

## Abcrunch **GAB400** A True Professional Home Abdominal Machine

Get the sixpack you always wanted with this abdominal machine. Ab crunches are the most common abdominal exercises. But they are not always done on a safe way. Training on the Abcrunch GAB400 will guarantee you a safe workout avoiding the possibility of being injured.

- Requires absolute no preconditioning for beginners
- Isolates front abs
- Isolates left and right oblique's
- Puts no stress on the lower back
- Enjoyable workout, fun to use
- No maintenance needed

Are you tired of working your abs without seeing any results? Use the Abcrunch **GAB400** abdominal machine, which isolates your abdominals better than any other workout method. Endorsed by chiropractors, gym owners and celebrities from all over the world.

The Abcrunch **GAB400** targets both the upper and lower abs in perfect synchronicity while relieving strain from the lower back. The result is simple and effective, safe exercise, minimum time and one single machine.

Tone and strengthen your abdominals now in the comfort and convenience of your home gym with the incredible Abcrunch **GAB400**.



### Technical info

Adjustable seat for targeting upper and lower abs

Seat can be positioned sideways to hit obliques

Dimensions : 75 cm (L) x 85 (W) cm x 155 cm (H)

Weight : 60 kg

Maximum user weight: 125 kg

Plate loaded : 25 / 28 / 30 mm

Classified under EN957 / CE quality certification

