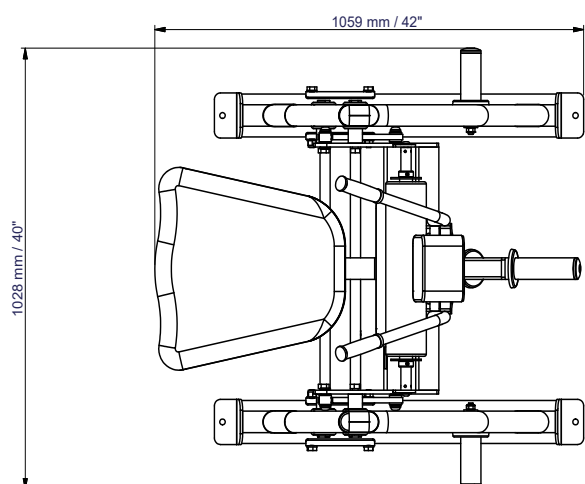
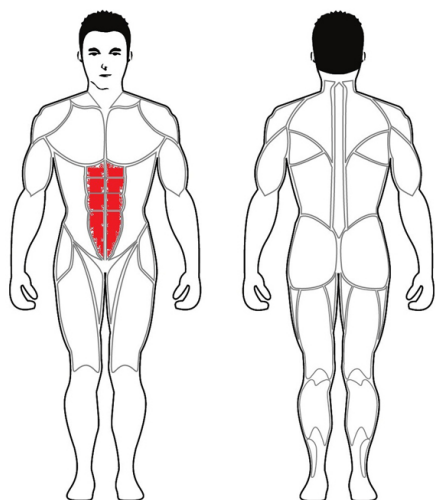


PLAC Plateload Abdominal Crunch



With over three decades of experience in designing top quality fitness products, Steelflex® offers you only the very best in Leverage equipment! The Steelflex Abdominus Crunch Machine PLAC therefore has a lot to offer.

- Olympic weight posts (for use only with olympic weight plates)
- For both commercial and non-commercial use
- **Weight plates not included**



FEATURES

- 11 gauge steel frame, 5 x 10 cm oval tubing
- Electrostatically applied powder coating
- Industrial rated bearings, sealed bearings at all pivot points
- Isolates both frontal abdominals and obliques with a simple seat adjustment
- With bio-mechanical movement, trains the abdominal region without stressing the lower back and helps support the lower spine.
- Positioning weight plate on lower peg decreases resistance, on the upper peg increases resistance.

SPECIFICATIONS

Dimensions:	106 x 102.8 x 157 cm
Product weight:	86 kg
Max. user weight:	120 kg

WARRANTY: COMMERCIAL AND RESIDENTIAL

Frame	15 years
Bearings	2 years
Upholstery & grips	6 months
Other parts	1 year