

# BFAB20

## Semi-Recumbant Ab Bench



### **BFAB20**

#### **Semi-Recumbant Ab Bench**

Shape. Tone. Sculpt. Strengthen. Make any time crunch time with the Best Fitness Semi-Recumbent Ab Crunch Bench. This ergonomically designed machine is built to help you tighten up your midsection, strengthen your back and improve your core stability. Its dual functionality lets you target your lower abs with knee raises and your upper abs with abdominal crunches. No other machine can provide such a total ab workout from a comfortable seated position.

The BFAB20's 45-degree seat angle puts you in position to isolate your abdominal muscles, for a more efficient workout. Plus, with two additional 5-degree reclining positions, you'll be ideally supported for an entire range of core exercises.

Weight: 61 lbs  
Dimensions: 64" L x 22" W x 46" H

#### **Special Features**

- Ergonomic 45-degree Seat
- Two 5-degree recline positions
- Two 1" plate posts for weight plate resistance
- Two position footrest
- Textured Grip Handles

#### **Warranty**

Frame & Welds .....	3 Years
Motor (if applicable) .....	1 Year
Parts.....	1 Year
Electronics (if applicable).....	3 Months
Wear Parts .....	30 Days