

# PAB21X Ab Crunch Bench

**POWERLINE** USA<sup>®</sup>  
*by Body-Solid*



## **PAB21X** **Ab Crunch Bench**

Perform crunches easily, effectively, and safely with full range abdominal resistance on the Powerline PAB21X Ab Crunch Bench. Achieve a 6-pack and toned, tight obliques in less than half the time of other systems. The curved back is specially designed to place you in an automatic pre-stretch position. Full-range motion adjusts from 30 degrees back of center to 30 degrees forward of center for the ultimate in comfort and efficiency. Back pad is infinitely adjustable for a customized workout that is appropriate and safe, no matter your size. Perform tricep extensions with ease in addition to abdominal workouts. For smooth operation and freedom of movement, the ball bearing pulley is both extra-wide and sealed.

## **Special Features**

- Features full range abdominal resistance
- Curved back pad puts you in a pre-stretch position
- Extra-wide, sealed ball bearing pulley
- Infinitely adjustable back pad
- Excellent for tricep extensions too

## **Warranty**

Frame & Welds .....10 Years  
Bushings and Hardware.....1 Year  
Pads, Grips, Cables and Pulleys .....1 Year

Weight: 31 lbs  
Dimensions: 37”L x 18”W x 37”H