

# Ab & Back Machine

## PRO DUAL RANGE

## DABB-SF

*Use your gut instincts to build a stronger core*

A strong, functional torso requires well-defined abdominals and lower back. A successful workout of these complex muscle groups demands a routine built upon a foundation of consistency. The Pro Dual Ab and Back Machine features a unique rotation position that provides correct, crunch-style movement for maximum abdominal contraction. The adjustable seat and foot hold-down rollers permit ergonomically correct pivot positioning.

- Dual function oversized 9" diameter adjustable roller pad for comfort in use and proper alignment for both ab and back exercises.
- Counterbalanced resistance arm with 14 adjustable starting points.
- Biomechanically angled seat with 5 gas-assisted adjustable positions is user-adjustable to achieve proper pivot point for exercise.
- 6-position adjustable leg pad/foot brace provides stability for users of all heights.



- Continuous welded, factory assembled weight frame
- Fiberglass reinforced nylon pulleys
- 11 gauge 60mm x 120mm oval tubing
- Electrostatically applied powder coated
- 5.5mm dia., 1100kg rated aircraft cable
- Durafirm upholstery over 60mm high density foam
- .50 dia. connecting bolts
- 3 gauge steel connecting plates
- High density foam rubber hand grips and handles
- Industrially rated, sealed bearings at all pivot points
- Adjustable seat and leg hold downs
- Instructional placard included

### DIMENSIONS

Length	109 cm
Width	130 cm
Height	158 cm

### USAGE

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