

# Ab-X

## Abdominal Trainer

## Strength



Increased core strength and well-defined abs are popular fitness goals for many people. With the Ab-X, users enjoy an efficient, well-designed solution with sound biomechanics built in. The unique “floating pivot point” design creates the ideal “crunch” movement, while the contoured pads reduce stress to neck and shoulders.

### PRODUCT HIGHLIGHTS

- 1 Ideal Crunch Movement**  
The unique “floating pivot point” design creates the ideal “crunch” movement.
- 2 Superior Upper Back & Head Support**  
Contoured pads reduces stress to neck and shoulders.
- 3 Slip Resistant Handles**  
Handles have a slip resistant rubber sleeve with machined alloy end-cap.
- 4 Space-Efficient Design**  
Small footprint allows for maximum flexibility of placement within your facility.

### PRODUCT SPECIFICATIONS

- Dimensions (L x W):** 68 x 36 inches / 173 x 90 centimeters  
**Product Height:** 38 in / 97 cm  
**Weight:** 150 lbs / 68 kg  
**Workout Area (L x W):** 50 x 28 in / 127 x 71 cm
- Color Options:** Standard frame colors: Sky White and Experience Titanium (shown).  
Standard upholstery color: Black
- Frame and Finish:** Powder-coated steel. 11 Gauge (.120")  
2x4-inch bent electroweld steel tubing.
- Upholstery:** Back pad and head pad are made from a high-density injection-molded foam.
- Accessories:** Rubber Feet
- Warranty:** Frame - 10 years  
Parts (Mechanical) - 5 years  
Wear Items - 6 months  
Labor - 1 year

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