



**HOPE Series**

**HAM900**

**AB Crunch Machine**



HOPE series focus on **Modeling Innovation, Zero-Load Work and lower-profile tower.**

**High tensile strength** of cable driving concept, unique creation of **360 degree rotary design** help user to adjust position naturally and smoothly without any extra returned force.

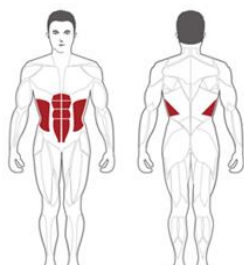
The **metal material** curved shield shows the **perfect sense of Power and Beauty.**

**Large, easy to read Exercise Charts**

**Ergonomic non-slip grips** enhance **comfortability**

**Convenient storage slot** for electronic devices or personal items.

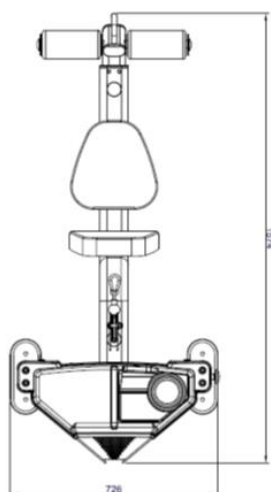
**Water bottle holder** within easy reach to keep users well hydrated.



Option for upholstery :

Black

Red



Target Muscle	Abdominal muscle
Mainframe	11 Heavy Gauge 1.968"x3.937" (50x100x3T) Low Carbon Steel Oval Tubing
Upholstery	Ergonomic design of CGPC 2" high density foam with PVC cold latex leather and durable double stitched
Frame Finish	Two-coat powder process, electrostatically applied powder coat finish, metallic silver
Seat	Adjustable with pneumatic cylinder
Cable	7x19 stainless steel, tensile strength of more than 2090 lbs (950kg)
Shroud	1.5T delicate safety cover
Product Weight	440 lbs / 200 kg
Dimension	62" L x 29" W x 55" H (157 cm x 73 cm x 140 cm)
Packing	3 Cartons, 55.3 Cubic Feet
Weight Stack	High-quality steel weight plates for smooth and durable operation
Standard Weight Stack	210 lbs / 100kg ( SSP10 x 20 pcs +10 lbs top plate ) Optional: 310 lbs / 410 lbs

Demonstration in Youtube