

AbCrunch

SAB1300 (Grey version)
Steelflex PLAC (Dual color)

A True Professional Abdominal Machine



With over three decades of experience in designing fitness products of excellence, Steelflex® will only offer you the very best in Leverage equipment! To this end, the Steelflex Abdominus Crunch Machine (PLAC) and SAB1300 has lots to offer including:

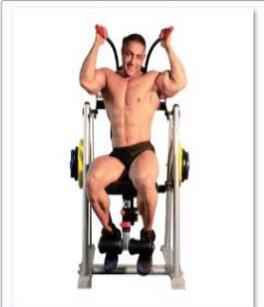


Total Abcore with Weight Assist.

- Total Abcore with Weight Assist abdominal machine is a unique original design by Abcore, designed with trainers in mind.
- Abcore isolates both frontal abdominals and obliques with a simple seat adjustment.
- With bio-mechanical movement, Abcore trains the abdominal region without stressing the lower back and helps support the lower spine.

Positioning weight plate on lower peg decreases resistance, on the upper peg increases resistance.

New Double Linkage Heavy Duty Design



Height	64 inch	(162.6 cm)
Length	43 inch	(109.2 cm)
Width	32 inch	(81.3 cm)
Weight	200 lbs	(90.7 kg)

**Get on Abcore
and Feel the Difference**



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