

Technical Data Sheet

Abdominal Bench

Device Description

Strengthens the rectus abdominis, back muscles (especially the lumbar region), and the muscles of the lower limbs. Helps shape the body and maintain proper posture.

Developed abilities: Strength, Fitness

Technical Specifications

Type: Strength equipment

Difficulty level: Medium

Recommended for: Users over 14 years of age and/or at least 140 cm tall

Maximum load: 150 kg

Height: 175 cm

Width: 145 cm

Length: 80 cm

Safety zone: 380 × 445 cm

Free fall height: 60 cm

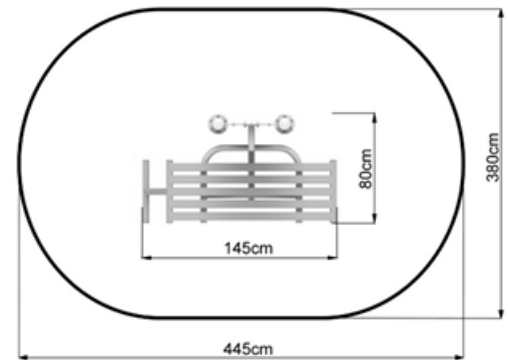
Instructions for Use

I. Lie on the bench facing upward and hook your feet under the crossbar. Place your hands behind your head or cross them over your chest. Slowly raise your torso a few centimetres above the bench, then slowly lower it back.

II. Lie face down so that only your torso rests on the bench. Hold the bench with straight arms. Without lifting your head, raise your legs together and lower them slowly.

Material Specification

- Supporting structure made of 88.9 × 3.6 mm steel pipes.
- Other tubular elements made of 48.3 × 3.2 mm, 42.4 × 3.2 mm and 33.7 × 2.9 mm steel pipes.
- Rectangular elements made of 60 × 40 × 2.5 mm steel profiles.
- Seats, backrests and footrests made of 3 mm thick steel sheet.
- Galvanized cap nuts protected against loosening; maintenance-free sealed bearings.
- All metal components are abrasive blasted and powder-coated with a zinc primer and weather- and UV-resistant polyester powder coating.



Standard

The equipment complies with PN-EN 16630:2015-06.