

Product Datasheet

Abdominal Bench



Device Description

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

Specifications

Type: Strength equipment

Difficulty level: Medium

Recommended for: Users aged 14+ and/or at least 140 cm tall

Maximum load: 150 kg

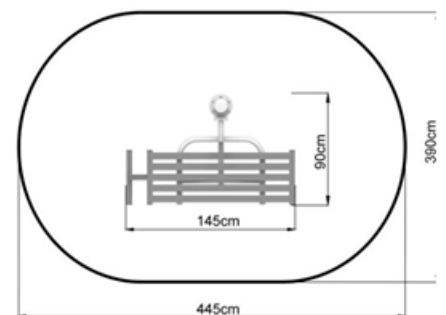
Height: 175 cm

Width: 145 cm

Length: 80 cm

Safety zone: 380 × 445 cm

Free fall height: 60 cm



Exercise Instructions

1. Lie on your back on the bench and hook your feet under the crossbar. Place your hands behind your head or crossed over your chest. Raise your upper body slightly, then slowly lower it back.
2. Lie face down so that only your torso rests on the bench. Hold the bench with straight arms. Without tilting your head back, raise your legs together and slowly lower them.

Construction

- Load-bearing structure made of 88.9×3.6 mm steel tube.
- Additional steel tubes: 48.3×3.2 mm, 42.4×3.2 mm and 33.7×2.9 mm.
- Rectangular structural members made of $60 \times 40 \times 2.5$ mm steel profiles.
- Seats, backrests and footrests made of 3 mm thick steel plate.
- Galvanized cap nuts protected against loosening and maintenance-free sealed bearings.
- All metal components are abrasive blasted and powder-coated with a zinc primer and weather- and UV-resistant polyester coating.
- Complies with PN-EN 16630:2015-06.