



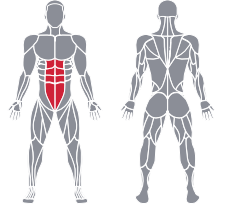
Keeping South Florida Healthy
& Fit for over 25 Years!

SPIRIT | 40 YEARS

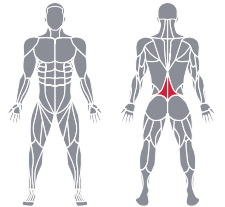
CSD-ACBE AB CRUNCH / BACK EXTENSION



AB CRUNCH



BACK EXTENSION



The Abdominal Crunch and Back Extension machine comes equipped with an adjustable roller pad for ideal positioning across the upper chest or back, with an adjustable range of motion to fit users of all sizes. Dual foot bars provide lower body stabilization, while a lower back pad provides stability and full range of motion. With an integrated rep counter and built-in storage on the top cap, users will stay motivated set after set.

CSD-ACBE ABDOMINAL CRUNCH / BACK EXTENSION

- Premium beveled pads with sport stitching
- 5lb increment weight for more variety
- Premium LOOS brand USA cables
- Low profile, modern design
- Large storage tray at top of tower
- 200lb graduated weight stack



561-712-0381



COASTALFITNESS@AOL.COM



WWW.COASTALFITNESS.COM

SPECIFICATIONS

Performance	<ul style="list-style-type: none"> • 200lb Weight Stack <ul style="list-style-type: none"> • 5 lb Increment Weight • 2 x 10 lb Top Plate • 9 x 10 lb Plates • 6 x 15 lb Plates • Pulley Ratio 0.5 x Weight Ab, 0.7 x Weight Back • LOOS USA Cables • Premium Beveled Edge Pads • Sport Stitching
Convenience	<ul style="list-style-type: none"> • Rep/Time Counter • Start/Finish Workout Diagrams • Storage Trays (Top of Weight Tower)
Frame	<ul style="list-style-type: none"> • Heavy Gauge Steel Frame • Low Profile Design • High-Quality Electrostatic Powder Coat Finish • Fully Enclosed Weight Stack • Steel Feet w/Rubber Foot Covers • Max User Weight Capacity: 360 lbs
Dimensions and Weight	<ul style="list-style-type: none"> • Setup Dimensions: 51.7" x 44" x 62.2" • Shipping Dimensions - Shipping Weight: <ul style="list-style-type: none"> • Carton A: 54" x 24" x 5" - 19.8 lb • Carton B: 60" x 23" x 10" - 92.6 lb • Carton C: 43" x 29" x 19" - 302 lb • Carton D: 20" x 7" x 22" - 12.3 lb • Carton E: 21" x 20" x 11" - 204.6 lb
US Light Commercial Warranty	<ul style="list-style-type: none"> • 10 Years Frame • 5 Years Bushings, Bearings, Shocks, Pulleys, Guide Rods • 1 Year Paint and Finishes, Cables, Grips, Counter/Timer, Pull-Pin Components, Rail Wheels, Attachments, All Other Parts Not Mentioned • 6 Months Upholstery • 1 Year Labor <p>*Prisons and correctional facilities are excluded from warranty coverage.</p>



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