

# BENCHES & RACKS



## ABDOMINAL BENCH

HOT-THFXAB

- Great abdominal crunch. The Ab Lean® engages your abdominal core and for intense muscle activation and a great crunch exercise
- The extra large lumbar support pad provides a comfortable workout and maximum stability
- The Ab Lean® can be used with resistance bands for taking workouts even further. Simply attached a resistance band to the welded handlebar
- Featuring powder-coated steel and high quality upholstery, with its industrial design, the Ab Lean® is built to last
- The Ab Lean® is light weight and includes a transport handle and transport wheels for easy placement and movement
- The Ab Lean® features a small footprint, maximizing valuable floor space. Leg extension and curl station provides seated leg extension and standing leg curl Space saving design allows placement against a wall
- 7 fully adjustable positions for greater exercise variety

Overall Weight	Width	Length
55 lbs.	32"	50"
FEATURES AND SPECIFICATIONS		
<b>Warranty:</b> 30 years frame and 6 months upholstery		