



AB CRUNCH/BACK EXTENSION

BAT-LD-5

- Range of motion settings
- Large chest/back roller pad
- Adjustable foot platform
- Counter-balanced exercise arm
- Back extension handles
- 150 lbs. weight stack



Overall Weight	Weight Stack	Width	Depth	Height
430 lbs.	150 lb.	46"	50"	60"

FEATURES AND SPECIFICATIONS

Frame: 2" x 4" and 1-1/2" x 3" 11 gauge (.120 wall) structural steel tube with 3/8" and 1/4" thick steel plate. Mounting plates with rubber feet protect floor and prevent the machine from sliding

Finish: Abrasive blasted and/or chemically treated frames are electrostatically powder coated ensuring maximum adhesion and durability

Pivot Points: Sealed bearings and oil impregnated bronze bushings operate on solid shafts to ensure a smooth movement and tight fit

Cams: Laser cut from 3/8" steel plate and offer starting point adjustment on applicable machines

Weight Stack: Precision machined solid steel weight plates with individual bushings travel on solid, chromed, guide rods to ensure ultra smooth operation. Heavy rubber suspension bumpers are used to absorb and reduce shock

Foot Platforms: 3/16" thick powder coated steel diamond plate to avoid slipping

Pulleys: Glass reinforced nylon operating on precision steel ball bearings

Cables: Nylon coated, lubricated, mil. spec. cable. 2000 lb. tensile strength. Pivoting cable ends with oil-impregnated bronze bushings promote long cable life

Upholstery: Contoured pads with lumbar support make a comfortable and well supported workout. Pads are double stitched and handcrafted from the finest materials available

Seat Adjustments: Adjustable seats are gas assisted and all telescoping pad adjustments use nylon sleeves to make Batca seat adjustments smooth and effortless

Shroud: Formed and powder coated steel weight stack guard is standard

Warranty: 10 years frame, 3 years parts, 6 months upholstery