



We Change Lives from the Core®

the **AbsBench Elite**



Abs Bench™ Elite

The Perfect Crunch Every Time



SCAN QR CODE FOR ABS BENCH ELITE WORKOUTS

ABOUT THE ABS BENCH™ ELITE

The patented Abs Bench™ Elite places the user in the proper position to perform a perfect crunch with every rep. The Abs Bench™ Elite stationary lower attachment saves space.

Dimensions:

L 66" x W 36" x H 41"

(215 cm x 91 cm x 104 cm)

Unit Weight: 139 lb (63 kg)

Training Range: 17-53 lb

(8-24 kg)

Ergonomic Handles

- 01 Ergonomic handles, padded bench, and completely adjustment free.

Progressive Training

- 02 Increase intensity by adding 2" Olympic Weights to the Upper weight horns of the Abs Bench™ Elite



New Linkage System

- 03 All New linkage system in the AbsBench™ Elite allows for easier installation and greater lifetime durability.

Adjustment Free Bench

- 04 Eliminates the guesswork from the user as to how to set up the bench for maximum results.



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