

# GAB300

## Body-Solid Semi-Recumbent Ab Bench

*Body-Solid*<sup>®</sup>  
Built for Life



### **GAB300**

## **Body-Solid Semi-Recumbent Ab Bench**

With the ability to adapt to users' changing fitness needs, the GAB300 delivers an efficient workout for both beginners and advanced users. For beginners, the counterbalance option helps you master the exercise movement. As your abdominal strength builds, you can increase resistance by adding weights for a productive and challenging workout, limited only by your own increasing endurance and strength.

When it gets down to crunch time, the GAB300 Semi-Recumbent Ab Bench is the choice for those serious about establishing and maintaining six-pack abs and well developed obliques. Use your gut instincts and buy the best... Body-Solid.

Olympic style plates only. Weight plates optional.

Weight: 88 lbs  
Dimensions: 34"W x 69"L x 52"H

## **Special Features**

- 11 gauge high strength 2" x 3" steel tube
- DuraFirm upholstery over 2" high density foam
- Ergonomically correct handles
- Upper abdominal resistance with lock-out feature
- Lower abdominal counterbalance and resistance
- Articulating foot support self-aligns for correct lower leg and ab crunch movement
- Easy access upright seating position.

## **Warranty**



Frame & Welds ..... Lifetime  
Bushings and Hardware ..... 3 Years  
Pads, Cables and Grips ..... 1 Year



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