



We Change Lives from the Core®

the Vertical CRUNCH™



Vertical Crunch™

# Complete Core Training Machine



SCAN QR CODE FOR VERTICAL CRUNCH WORKOUTS

## ABOUT THE VERTICAL CRUNCH™

The patented Vertical Crunch™ is a complete Core Training machine in a space-saving design. The linkage system allows beginners to easily sit and perform an effective double-crunch motion. The Free Swivel padded seat allows for a seamless transition to oblique training. Advanced users can progress by adding additional resistance.

### Dimensions:

L 39" x W 41" x H 69"

(91 cm x 107 cm x 160 cm)

Unit Weight: 195 lb (34 kg)

Training Range: 20-80 lb

(9-36 kg)

### Extended Handles

- 01 Adjustment-free handles make the Vertical Crunch™ perfect for any user 5' to 6'5" with no neck or shoulder strain.

### Rear Weight Posts

- 02 Increase intensity up to 80 lbs by adding 2" Olympic Weights to the rear weight post. Also includes 2 additional weight storage posts.



### Patented Linkage System

- 03 Allows beginners to easily sit and perform an effective double-crunch motion.

### Free Swivel Seat

- 04 Free Swivel padded seat allows the user to easily train the oblique muscles.



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