

DABB-SF

Pro•Dual Ab and Back

Optional Configurations:

SP300

300lb. Weight Stack (15lbs x 20pcs)



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The Pro•Dual Ab and Back Machine features a unique rotation position that provides correct, crunch-style movement for maximum abdominal contraction. Offers a 2:1 ratio for double the resistance of the weight stack up to 600 lbs.

With gracefully curved frames constructed from sleek, powder-coated tubing that exhibits a modern, design-forward aesthetic, the Pro•Dual Ab and Back Machine builds form into function and value into a superior modular strength training system. Best of all, you can buy with confidence, because the Pro•Dual Ab Crunch Back Extension is built to last a lifetime and is backed by the strongest warranty in the industry!

Dimensions: 62"H x 43"L x 51"W

Special Features

- Commercial rated
- Continuous welded, factory assembled weight frame
- Fiberglass reinforced nylon pulleys
- 11-gauge 2.375"x4.625" oval tubing
- Electrostatically applied powder coated
- 5.5 mm diameter, 2500 lb. rated aircraft cable
- DuraFirm™ upholstery over 2" high density foam
- 3-gauge steel connecting plates