



Product Data Sheet

NAC AB CORE

This Steelflex® NAC Ab Core allows a complete abdominal workout in just one compact machine. With its unique patent pending design and various adjustments, the Steelflex Ab Core, allows you to hit both your upper abdomen, lower abdomen and obliques all in one machine.

The abcore has two 13cm long holders for weight plates to vary the resistance.

By loading the upper plate pole you increase the resistance while loading the lower plate pole reduces the resistance. If the seat in its normal position, the lower and upper abdominal muscles can be trained.

By adjusting the rotation of the seat position you can train your obliques. Additionally, the height of the seat is also adjustable, allowing users of different heights you utilise this machine. Supplied without weight plates.



NAC SPECIFICATIONS

- A. Mainframe: 13 Heavy Gauge 1.574" x 3.149" (40 x 80 x 2T) Oval Tubing
- B. Frame Finish: Two-coat powder process, electrostatic applied powder coat finish, metallic silver
- C. Upholstery: 2+Re-bonded Scrap Foam + 10mm high density foam with CGPC PVC cold latex leather and durable double stitched upholstery
- D. Handgrips: Dipped PVC Handle
- E. Bearings: Commercial rated, sealed bearings at all pivot points
- F. Max. User Weight: 264 lbs. / 120 kg
- G. Product Dimensions: 97 x 74 x 154 cm / 38" x 29" x 61"