

ABS

RS-1601

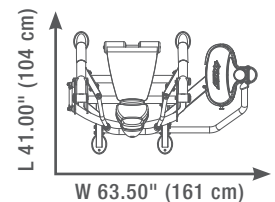


FEATURES

- Seat pad can be locked in place or unlocked for pivoting movement
- Pivoting seat pad provides multiple abdominal exercises and results in greater activation of the core musculature. Starts the body in an upright posture with the exercise handles overhead to pre-stretch the abdominal muscles
- Rocking movement lowers the hips to increase the involvement of the abdominal muscles to produce trunk flexion
- Designed to offer constant lumbar, thoracic and cervical support to avoid hyperextension or unnatural loading of the spine
- Avoids the excessive hip flexion unlike traditional ab machines
- Self-aligning starting position

SPECS

- Product Dimensions L x W x H
41.00" x 63.50" x 64.50"
(104 cm x 161 cm x 164 cm)
- Product Weight
553 lbs. (251 kg)
- Weight Stack
345 lbs. (157 kg)



HOIST® offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST warranties this product to the original purchaser only. HOIST guarantees this product to be free from defects in workmanship and/or materials under normal use or service.

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Warranty policy applies to defects from the manufacturer only. HOIST reserves the right to change product specifications, design, and function at any time.

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