

ABDOMINAL BOARD ADJUSTABLE

JPRBR - 107

The Abdominal Board Adjustable from the proton series is engineered to enhance core workouts through adjustable resistance. Engineered for effective core training, the Abdominal Board Adjustable allows users to perform a wide range of abdominal exercises with varying difficulty levels. The multi-position adjustable backrest provides customizable angles for progressive resistance, while high-density foam rollers lock the legs securely in place for added comfort and control.



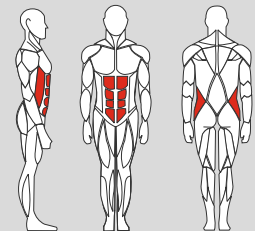
FEATURES

- ◆ **Adjustable Design:** Multiple incline settings allow users to target different abdominal muscles effectively.
- ◆ **Durable Construction:** Heavy-duty frame ensures stability and long-lasting durability for intense core workouts.
- ◆ **Ergonomic Padding:** High-density foam padding provides comfort and reduces strain during exercises.
- ◆ **Leg Rollers for Support:** Padded leg rollers offer stability and secure positioning for proper form.
- ◆ **Compact and Space-Saving:** Ideal for home or commercial gym setups, requiring minimal space.

SPECIFICATIONS

DIMENSIONS:

Length: 72 inches / 183 cms
Width: 28 inches / 71 cms
Height: 39 inches / 99 cms
Weight: 131 lbs / 63.7 kg



MUSCLE WORKED: Abdominal Muscles

COLOURS AVAILABLE: White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.