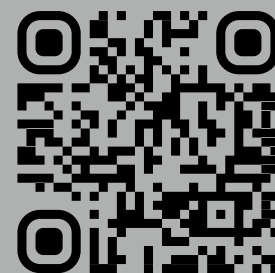


ABDOMINAL OBLIQUE CRUNCH

JPL - 162

The Abdominal Oblique Crunch machine is specifically designed to isolate and engage the core muscles, with a focus on the obliques. Its ergonomic structure and dual-handle movement allow users to perform controlled twisting motions, promoting balanced development of the abdominal region. The angled backrest and adjustable seat enhance user positioning, while the heavy-duty frame and plate-loaded mechanism ensure durability and resistance customization. Ideal for targeting the waistline, improving core stability, and enhancing rotational strength.



Scan Here
to Access the Video

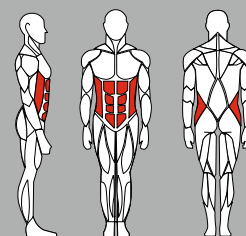
FEATURES

- ◆ **Adjustable Positions:** Incline, decline, and flat settings for versatile workouts.
- ◆ **Heavy-Duty Frame:** High-quality steel for durability and stability.
- ◆ **Ergonomic Design:** Padded seat and backrest for comfort and support.
- ◆ **Premium Upholstery:** Sweat-resistant material for long-lasting use.
- ◆ **Non-Slip Base:** Rubber foot caps for better grip and floor protection.

SPECIFICATIONS

DIMENSIONS:

Length: 58 inches/147 cms
Width: 40 inches/102 cms
Height: 64 inches/163 cms
Weight: 298.5 lbs/135.4 kg
Start Weight: 16.7 lbs/7.6 kg
Max Load: 309 lbs/140 kg



MUSCLE WORKED: Obliques, Upper Abdominals, Core

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

***Plates are not included and need to be bought separately.**