

ABDOMINAL BOARD ADJUSTABLE

JFBR - 1080

The heavy duty adjustable abdominal board allows user from flat to decline position. Five level adjustment provides low to high intensity core work out. Nylon travel wheels makes the movement of the abdominal board easier.



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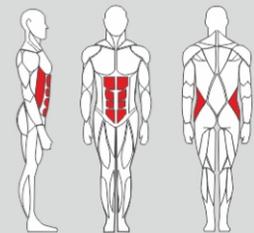
FEATURES

- ◆ **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: 69 inches / 175 cms
Width: 30 inches / 76 cms
Height: 34 inches / 86 cms
Weight: 103.6 lbs / 47 kg



MUSCLE WORKED: Abdominal Muscles

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