

ABDOMINAL MACHINE

JCRAB - 101

This machine is designed to replicate the motion of a floor crunch while providing controlled resistance for effective core training. Its movement pattern promotes proper body alignment and supports bio mechanically correct positioning throughout the exercise. The Jerai Fitness Abdominal provides a maximum weight of up to 220LBS (100 KG)



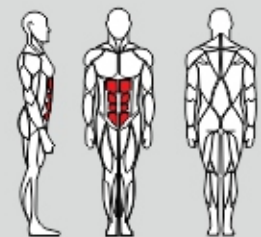
FEATURES

- ◆ **Ergonomic Design:** Maintains proper posture to target abs while reducing back strain.
- ◆ **Adjustable Seat & Pads:** Customizable for comfort and ideal positioning.
- ◆ **Smooth Resistance:** Precision weight stack ensures fluid and consistent motion.
- ◆ **Wide Base:** Provides stability and safety during workouts.
- ◆ **Padded Support:** High-density foam enhances comfort during intense sessions.
- ◆ **Smart Accessory Storage:** Built-in accessory holder for shaker bottle and mobile phone.

SPECIFICATIONS

DIMENSIONS:

Length: 44 inches / 112 cms
Width: 52 inches / 132 cms
Height: 64 inches / 163 cms
Weight: 622.3 lbs / 282.3 kg
Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Rectus Abdominis

COLOURS AVAILABLE: Black.