

ABDOMINAL MACHINE

JPCR - 603

This machine is designed to imitate a floor crunch while targeting the lower abdominal muscles. The machine makes sure of the body's axis alignment for a biomechanically correct position. The Jerai Fitness Abdominal provides a maximum weight of up to 220 lbs.



Scan Here
to Access the Video

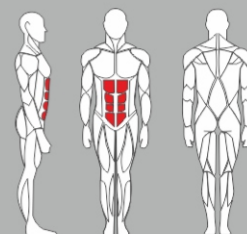
FEATURES

- ◆ **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.

SPECIFICATIONS

DIMENSIONS:

Length: 52 inches / 132 cms
Width: 44 inches / 112ms
Height: 62 inches / 157 cms
Weight: 541.45532 lbs / 245.6 kg
Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Rectus Abdominis

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