

# AB CRUNCH / LOWER BACK

## HD-3600

### LOWER BACK



### AB CRUNCH



### MULTIPLE FOOT PLACEMENTS



### ADJUSTABLE EXERCISE POINTS



## SPECS

### PRODUCT DIMENSIONS (L X W X H)

52.0" x 48.0" x 55.0" (132 cm x 122 cm x 140 cm)

### PRODUCT WEIGHT HD

505 lbs (229 kg)

### PRODUCT WEIGHT HDG

538 lbs (244 kg)

### WEIGHT STACK HD

180 lbs (82 kg)

### WEIGHT STACK HDG

215 lbs (98 kg)

## FEATURES

- ◆ Bi-directional press-arm allows for back and abs exercises in one machine
- ◆ Multiple range-of-motion adjustments for both exercises
- ◆ Seven seat pad adjustments for varying user heights
- ◆ Angled foot pegs and horizontal foot pads provide multiple foot placement options