

ABDOMINAL MACHINE

JPCR-601

◆ 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.

◆ **DIMENSION:**
Length : 52 inches / 132 cms
Width : 44 inches / 112 cms
Height : 62 inches / 157 cms
Weight Stack : 220lbs / 100kg

◆ **MUSCLE WORKED:**
Rectus Abdominis

