

◆ The Jerai Fitness Abdominal Machine, meticulously crafted to mimic a floor crunch while effectively targeting the lower abdominal muscles. Engineered for optimal biomechanical alignment, this machine ensures correct body axis positioning for maximum effectiveness and safety. With a maximum weight capacity of up to 165 lbs, users can customize their workouts to suit their strength levels and fitness goals.

◆ **DIMENSION:**
Length : 70 inches / 178 cms
Width : 50 inches / 127 cms
Height : 56 inches / 142 cms
Weight Stack : 110lbs / 50kg

◆ **MUSCLE WORKED:**
Rectus Abdominis

