

ABDOMINAL MACHINE

JFCR - 6010

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:

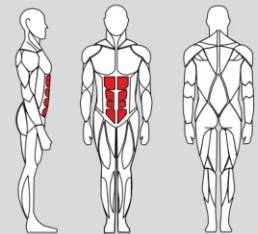
Length: 52 inches / 132 cms

Width: 50 inches / 127 cms

Height: 58 inches / 147 cms

Weight: 557.7 lbs / 253 kg

Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Rectus Abdominis

COLOUR AVAILABLE: Black.