



Abdominal / Lower Back

SD-1-AB

- Dual operation – Abdominal and Lower Back
- Dynamic variable resistance
- Starting position Range of Motion (R.O.M) adjustment

Muscles:
 - Abdominals
 - Erector Spinae

| | |
|----------------------|------|
| Length(mm): | 1487 |
| Width(mm): | 1233 |
| Height (mm): | 2010 |
| Machine Weight (kg): | 333 |

| | |
|---------------------|-----|
| Weight Stack | |
| Standard (kg): | 110 |

