LEGENDFITNESS

AB CRUNCH

(Part 941)

- Adjustable seat and starting position.
- Smooth pillow block bearings.
- Aviation-grade cabling.



DESCRIPTION

If you are looking to create a lean, muscular abdominal area, the Legend Fitness Ab Crunch is exactly what you're looking for! It is surprisingly easy to use, with a fully adjustable seat, ankle rollers, and starting position. Adjustments are quick thanks to easily accessible pop pins and weight stack selector. This user-friendly design features a full-range crunching movement made possible by sealed pillow block bearings. The search is over for absolute isolation!

WEIGHT STACK INFO

The Ab Crunch is supplied with a 150-pound weight stack in 10-pound increments. You can upgrade to a 200-pound or 250-pound weight stack if desired, both also in 10 pound increments.





