



Dual Series, Ab / Low Back

SKU: **GG-DUAL-005**

Dual function ab crunch and hyperextension in one machine delivers targeted core and lower back training in a single compact unit. Adjustable pads and dual footrests ensure comfort and correct positioning, making it a versatile addition to any commercial gym.

Key Features

- Ab crunch and hyperextension exercises combined for space efficiency
- Heavy-duty, commercial-grade frame for long-term durability
- 5mm American LOOS aircraft cable with 2,000lb breaking strength
- End fittings tested to withstand 250,000 full-stack cycles
- Glass fibre reinforced nylon pulleys with deep V-groove for smooth, consistent motion
- Adjustable chest/back pad to suit varied movements
- Dual footrests for secure positioning and comfort
- Colour-coded weight stack for fast, easy resistance changes

Technical Specifications

Weight	214.8 kg
Length / Depth	104 cm
Height	152 cm
Width	109 cm
Frame Weight	99.5 kg

Weight Stack	113 kg
Pin Select	Yes

