



Platinum Series, Abdominal / Back Extension

SKU: **GG-PLAT-112**

The Platinum Series Abdominal / Back Extension combines two core training movements in one compact unit, allowing users to switch between ab crunches and hyperextensions with ease. The adjustable back pad and foot rests ensure optimal alignment for both exercises, delivering effective results while supporting proper form.

Key Features

- Dual-function design for ab and lower back training
- Space-saving, low-profile frame
- 3mm thick electrostatic powder-coated steel tubing for durability
- Anti-corrosion coated, polished guide rod for smooth operation
- 3.2mm injection-moulded translucent shroud for added protection
- Ergonomic polyurethane handles and contoured PU foam upholstery for comfort and support
- Cable and belt drive mechanisms for long-lasting performance
- Patented 3-linkage seat adjustment to fit all user sizes
- 5lb weight stack increments to suit a wide range of abilities
- All dynamic components are fully shielded for safety

Technical specifications:

- Rating: Commercial
- Adjustments: Adjustable seat height
- Upholstery: Black moulded PU foam
- Tubing: 3mm thick electrostatic powder-coated steel



Technical Specifications

Weight	247.6 kg	Weight Stack	91 kg
Length / Depth	111 cm	Pin Select	Yes
Height	157 cm		
Width	127 cm		
Frame Weight	135.5 kg		

