





Perform Series, Abdominal Machine

SKU: **GG-PERFORM-015**

The Perform Series Abdominal Machine delivers a crunch-style motion that isolates the abs with precision. The elevated footrest supports maximum contraction, ensuring the core muscles are fully engaged for an efficient, focused workout.

Key Features

- 3mm thick functional tubing for lasting durability
- Weight stack cage built with 95 x 81.1 x 3mm D-shaped and 50 x 100 x 3mm racetrack tubing for strength and stability
- 3.2mm translucent ABS shrouds provide impact protection
- High-density poly-foam upholstery with reinforced double stitching for comfort
- Self-lubricating American Loos™ nylon-coated cable tested for 250,000+ cycles
- Ergonomic TPV handlebars with aluminium ring stops for a secure grip
- Convenient built-in bottle holder for quick access
- Fully enclosed dynamic components to enhance user safety
- Lathed pulleys with precision bearings for smooth movement
- Certified to EN957 safety standards

Technical Specifications

Weight	208.6 kg	**Weight Stack**	72.5 kg
Length / Depth	134.8 cm	**Pin Select**	Yes
Height	158.1 cm		
Width	116.8 cm		
Frame Weight	116.2 kg		