



Perform Series, Abdominal / Back Extension

SKU: **GG-PERFORM-017**

Dual-function core and back training gives users the ability to work both abdominals and lower back on a single machine. Adjustable settings ensure correct alignment, smooth movement, and comfort for a wide range of users.

Key Features

- Targets abdominals and lower back for balanced core strength
- 3mm thick frame tubing provides long-lasting durability
- Stable weight stack cage with D-shaped and racetrack tubing
- 3.2mm ABS shrouds protect against impact and wear
- High-density poly-foam upholstery with reinforced stitching for comfort
- American Loos™ nylon-coated cable tested for 250,000+ cycles
- Adjustable seat and back pad for personalised setup
- Ergonomic TPV handlebars with aluminium end stops for secure grip
- Shielded dynamic components enhance user safety
- Lathed pulley with precision bearings for consistent resistance
- Built-in bottle holder keeps hydration within reach
- Meets EN957 safety standards for commercial use



Technical Specifications

Weight	224.3 kg	Weight Stack	72.5 kg
Length / Depth	120.8 cm	Pin Select	Yes
Height	150.6 cm		
Width	123.5 cm		
Frame Weight	135.2 kg		

