





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		