



Pro Series, Abdominal Crunch

SKU: **GG-PRO-126**

Core strength made simple, the Pro Series Abdominal Crunch delivers precise ab isolation with added hip flexor engagement. Easy weight selection and adjustable start positioning make it quick to set up and effective for all users. With lumbar support from the ergonomic back pad and secure stability from the roller pad, every rep feels controlled and consistent. The adjustable chest pad ensures correct alignment, helping users of all sizes train safely and effectively.

Key Features

- Targets abdominals while engaging hip flexors
- Ergonomic back pad supports the lower spine
- Roller pad keeps users stable through the movement
- Adjustable chest pad for proper positioning
- Selector pin allows fast, simple weight changes

Technical Specifications

Weight	191.1 kg	Pin Select	Yes
Length / Depth	130 cm		
Height	149 cm		
Width	148 cm		
Frame Weight	89.5 kg		

