

Pro Series, Ab / Back

SKU: **GG-PRO-127**

Train abs and lower back in one machine. The Pro Series Ab / Back combines crunches and back extensions in a compact unit, giving users balanced core strength and stability. Smooth, controlled resistance and adjustable settings keep every rep safe and effective.

Key Features

- Dual-function design targets both abdominal and lower back muscles
- Biomechanically accurate movement for smooth, natural motion
- Adjustable start positions ensure correct alignment for all users
- Supports safe form and posture during every exercise
- Compact, multi-functional unit for focused core development



Technical Specifications

Weight	196 kg
Length / Depth	159 cm
Height	153 cm
Width	125 cm

Weight Stack	72.5 kg
Pin Select	Yes

