

Ab Crunch - Back Extension

Model: ES-55A08YR

FEATURES

The Ab Crunch / Back Extension embodies the core principles of the Essential Strength Line—durability, smooth performance, and intuitive movement. This dual-function unit allows users to effectively train both the abdominal muscles and lower back, promoting balanced core strength and improved stability. Designed for full-commercial environments, this machine delivers controlled, biomechanically sound movement patterns for both exercises. Its compact, space-efficient design makes it a valuable addition to any training facility, offering versatility without compromising performance or durability.

Key Features & Specifications:

Commercial-Grade Frame Construction:

Main frame: 4.65" x 2.95" x 0.12" semi-elliptical steel tubing
Functional area: 4.72" x 1.97" x 0.12" flat oval tubing
Movement arms: 3.15" x 1.57" x 0.12" steel tubing
Joint sections: 3.94" x 1.97" x 0.12" flat oval tubing
All structural components utilize high-quality Q235 steel

Smooth & Controlled Performance:

Precision-engineered movement arms provide a fluid, consistent range of motion for both abdominal and lower back exercises
High-strength 7x19 strand cable system rated for up to 3,080 lbs ensures long-term durability and reliable performance

Dual-Function Efficiency:

Combines ab crunch and back extension movements into one compact unit
Promotes balanced core development and efficient use of training space

Full Shroud Design:

Durable full shrouds constructed from 0.16" thick virgin ABS for enhanced safety and a clean, modern appearance

Comfort-Driven Components:

High-resilience MC foam padding delivers long-lasting comfort and support
Upholstered with premium-grade PU leather for durability and easy maintenance



SPECIFICATIONS

- Net Weight:** 437lbs
- Gross Weight:** 459lbs
- Footprint (L x W x H):** 44.5" x 40.9" x 63.8"
- Weight Stack:** 155lbs