

# TRUE<sup>®</sup>

# COMPOSITE STRENGTH

## AB CRUNCH/ BACK ROW

C O M M E R C I A L



PREMIUM FITNESS EQUIPMENT SINCE 1981

### AB CRUNCH/BACK ROW

Composite Motion<sup>®</sup> Technology provides the integration of functional exercises using controlled movement patterns for a safer and more effective workout experience. The Ab Crunch/Back Row combines the benefits of core conditioning with the simultaneous knee raise and back row exercises. An easily adjustable, multi-position starting point allows this machine to accommodate a wide range of users varying in size and flexibility levels. The multi-grip handle bars provide added user stability during exercise and allow users to find the most comfortable position for precise exercise execution.





## COMPOSITE STRENGTH AB CRUNCH / BACK ROW

- Safer and more effective method of functional training for users of all ability levels
- Incorporates both upper and lower body exercises for a faster and more efficient workout
- Incorporate oblique muscles by unlocking the swiveling shin pad for added results
- Quickly burns more calories and strengthens more muscle groups in less time

Light starting weights and heavy load capacities accommodates all ability levels.

## Product Dimensions L x W x H

85" x 31" x 61" / 216 cm x 79 cm x 155 cm

## Product Weight

410 lbs / 186 kg

## Warranty

TEN YEAR WARRANTY COMMERCIAL PRODUCTS - Frame Components and Welds excluding coatings

FIVE YEAR WARRANTY - Bushings, Sealed Rotating Bearings, Pulleys, Weight plates and Guide Rods excluding coatings

ONE YEAR WARRANTY - Cables, Linear Bearings and Shafts and all other components not mentioned elsewhere in this warranty

90-DAY WARRANTY - Normal wear parts including but not limited to labels, upholstered pads and grips

ONE YEAR WARRANTY - Labor

Warranties outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice.

