

## Adjustable Abdominal Crunch Sit Up Bench

RRP: \$209.95

Enjoy the comfort, full support and versatility of the amazing Ab Crunch Sit-up Bench right in your own home!

This must-have fitness enhancement features a fully adjustable, longer than average and wider than average plank. This generous plank allows you to adjust the incline of your bench for greater resistance and to reach your target muscles. For beginners and veteran workout enthusiasts, this resistance level can be adjusted as fitness levels improve.

This amazing sit-up bench will stand up to the most intense workouts. Its sturdy construction of tube metal and mental support frame allows you to have the best ab workout you can imagine. The full range of sit-up exercises - decline sit-ups, back extensions and side twists - can become part of your regular routine. Add tricep kickbacks to the list of targeted exercises that are made possible with this great workout tool.

The padded leg provides extra comfort and its sturdy construction provides extra safety. No worries about marring the floor. The bench is fitted with capped feet that have protective ends. Some assembly is required.

Give your workout a lift and bring your fitness to a whole new level. Order this great sit-up bench today!

### Features:

- Fully adjustable incline
- Study metal construction
- Comes in black
- For the home gym
- Easy assembly

### Specifications:

- Flat bench dimensions: 99 x 30cm
- Pitch row: 5cm
- Leg support padding: 116cm\*
- Product dimensions: 148 x 36 x 65-80cm (L x W x H)\*
- Package dimensions: 71 x 37 x 27cm (L x W x H)\*
- Package weight: 11kg\*

\*Dimensions and weights approximate

