



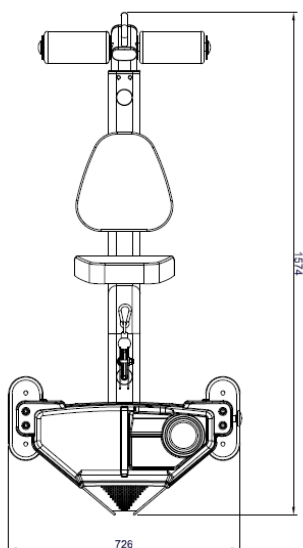
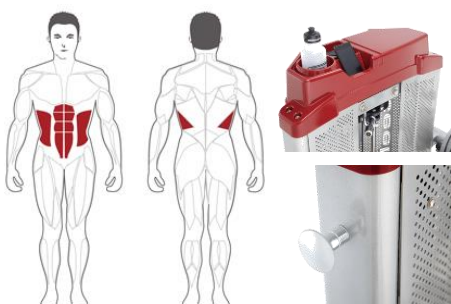
HOPE Series

HAM900


AB Crunch Machine

HOPE series

- The HOPE series focus on “modeling innovation and zero-load work”, The cable driving concept, unique creation of 360 degree rotary design help user to adjust position naturally and smoothly without any extra returned force. The curved shield is made of metal material and utilizing LASER cutting technology, shows the sense of beauty and perfect combine with Power and Beauty.
- Convenient storage slot for music player or personal items.
- Water bottle holder within easy reach to keep users well hydrated.



SPECIFICATIONS

- A. Model: HAM900 AB Crunch Machine
- B. Target Muscle: Rectus Abdominis and obliques internus & externus abdominis muscle
- C. Mainframe: 13 Gauge 1.968"x3.937" Low Carbon Steel oval tubing(50x100x2T)
- D. Upholstery (B/R): Durable double stitched upholstery (ergonomic design)

- E. Frame Finish: Two-coat powder process
- F. Seat: Adjustable with pneumatic cylinder
- G. Cable: 7x19 stainless steel ,tensile strength of more than 2425 lbs (1100kg)
- H. Shroud: 1.5T delicate safety cover
- I. Product Weight:430 lbs / 195 kg
- J. Dimension: 60" L x 29" W x 54" H (153 cm x 75 cm x 137.5 cm)
- K. Packing: 4 Cartons, 53.9 Cubic Feet
- L. Weight Stack: High-quality weight plates for smooth and durable operation.
Standard Weight Stack: 210 Lb (95 kg)
SP20 20 Lb x 10 pcs + Top Plate 10 Lb
Incremental weight system:10 lbs (4.5 kg)