

THE MACHINE  
FOR YOUR WORKOUT

Steelflex



## Abdominus Crunch (NAC) Steelflex Neo Series

see how



This Steelflex® NAC Ab Core allows a complete abdominal workout in just one compact machine. With its unique patent pending design and various adjustments, the Steelflex Ab Core, allows you to hit both your upper abdomen, lower abdomen and obliques all in one machine.



The abcore has two 13cm long holders for weight plates to vary the resistance. By loading the upper plate pole you increase the resistance while loading the lower plate pole reduces the resistance. If the seat is in its normal position, the lower and upper abdominal muscles can be trained. By adjusting the rotation of the seat position you can train your obliques. Additionally, the height of the seat is also adjustable, allowing users of different heights you utilise this machine. Supplied without weight plates



**Get on Abcore  
and Feel the Difference**

### INTERNATIONAL

3F28, No. 5, Shin-Yi Rd., Sec. 5, Taipei, Taiwan110

Tel: +886-2-2720-9980

Fax: +886-2-2722-9750

E-mail: joong@ms13.hinet.net

<http://www.steelflexfitness.com>

