



# Product Data Sheet

## Abdominal Curl Bench (NAB)

A machine where form truly follows function. Not a fleeting trend – Scan the details of the Abdominal Curl Bench (NAB) and you'll see an impressive array of biomechanical and ergonomic features. But far more important is the feeling you get when you workout on this bench. After all, it was developed with the user as the focal point. In every respect, this machine provides abdominal training the way it should be.



### SPECIFICATIONS:

- Mainframe: Heavy Duty Steel , 12-Gauge 1.9 "x 3.9" Oval Tubing
- Frame Finish: Two-coat powder process, electrostatic applied powder coat finish
- Upholstery: CGPC 2" high density foam with PVC skin and durable double stitched upholstery
- Hand Grips: Dipped PVC Handle
- Welding: Continuous welds at all joints.
- Bearings: Commercial rated, sealed bearings at all pivot points
- Max. User Weight: 264 lbs / 120 kg
- Product Weight: 112 lbs / 51 kg
- Dimensions(LxWxH): 186 x 84 x 105 cm / 73" x 33" x 41"
- Olympic Weights shown are optional



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