

# SPIRIT



## Abdominal / Back Extension

SP-4609

### FEATURES

- Entry and positioning for both Abdominal and lower back exercises is easy for users of all levels
- Easily adjust machine Cam to switch between exercises
- Adjustable roller pad helps with ideal positioning between these exercises
- Dual foot bars for lower body stabilization during exercise
- Integrated rep counter and built-in storage on top cap

**PRODUCT DIMENSION** | 1314 x 1119 x 1580mm / 52" x 44" x 62"

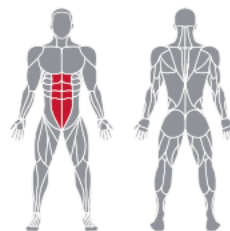
**WEIGHT STACK** | 118kg / 260lb (10lb x 8pcs + 20lb x 9pcs)  
The incremental weight : 5lb

**PRODUCT WEIGHT** | 227kg / 500lb

#### CARTON DIMENSION

CARTON A 1390 x 600 x 125mm / 54" x 24" x 5"  
 CARTON B 1520 x 580 x 260mm / 60" x 23" x 10"  
 CARTON C 1090 x 730 x 495mm / 43" x 29" x 19"  
 CARTON D 500 x 180 x 550mm / 20" x 7" x 22"  
 CARTON E 530 x 500 x 290mm / 21" x 20" x 11"

#### ABDOMINAL



#### BACK EXTENSION

