



We Change Lives from the Core®

# 3 Benches in 1

the **AbsBench**  
X3™

## ABOUT THE ABS BENCH X3™

The All New Abs Bench X3™ is the most effective and versatile Abs Bench ever made. It's dual pivot design makes for 3 benches in one! Independently or together, work the upper and lower abs! The all new construction allows for easier assembly, a lower starting weight, and a more sturdy bench!

### Dimensions:

L 82" x W 36" x H 41"

(208 cm x 91 cm x 104 cm)

Unit Weight: 175lb (80 kg)

## FEATURES

- 3 benches in 1
- Independently or together work the upper and lower abs
- Training range 12 - 52 lbs top & 13 - 53 lbs bottom
- Overhead handles for increased intensity
- Patented Design



The independent pivots allow for upper, lower and double crunch exercises.



All New linkage system allows for easier installation and greater durability.



Variable resistance with upper and lower weight horns.



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