



We Change Lives from the Core®



# Complete Core Training Machine

## the Vertical CRUNCH™

### ABOUT THE VERTICAL CRUNCH™

The Vertical Crunch™ is a complete Core Training machine in a space saving design. The linkage system allows beginners to easily sit and perform an effective crunch motion. The Free Swivel seat allows for seamless transition to oblique training. Advanced users can progress by adding additional resistance.

#### Dimensions:

L 39" x W 41" x H 69"

(91 cm x 107 cm x 160 cm)

Unit Weight: 195 lb (34 kg)

### FEATURES

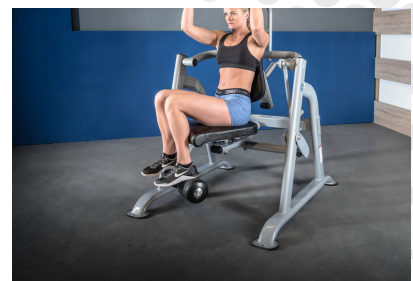
- Free swivel seat
- Adjustment free design
- Allows for upper and lower crunch
- Progressive training range of 20 - 60lbs
- 60lb Olympic Weight Plate capacity



4 bar linkage system allows for a simultaneous upper and lower crunch for a total Ab Workout!



The Vertical Crunch™ allows for added intensity with a training range of 20-80lbs.



Free Swivel motion seat allows the user to seamlessly shift to oblique training for a complete core workout.



1-866-219-5335



www.TheAbsCompany.com

