



ABDOMINAL bench

<p>GZFW2131</p>				
<p>US / METRIC L - 58" / 147 cm W - 27" / 69 cm H - 56" / 142 cm</p> <p>130 lbs. / 59 kg</p>				

Backrest Adjustment - Backrest adjusts vertically to fit a wide variety of members and tilts for various abdominal exercises.

Gas Shock - Gas Shock facilitates backrest adjustments.

Leg Pads - Contoured leg pads provide a comfortable fit for many users.

Bolt-down Holes - For added safety, pieces can be bolted to the floor through predrilled holes.