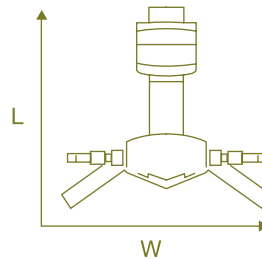




selectorized **ABDOMINAL**



specifications	GZFM6011
<p>effective resistance: 1 arm - 75 lbs. (34 kg) 2 arms - 150 lbs. (68 kg)</p> <p>configuration: 5 - 50 x 5 lbs. (2.25 - 22.75 x 2.25 kg) 60 - 150 x 10 lbs. (27.25 - 68.25 x 4.5 kg)</p>	<p>US / METRIC L - 34" / 87 cm W - 36" / 92 cm H - 75" / 191 cm</p> <p>460 lbs. / 209 kg</p> <p>cable diameter: 3/16-inch rated to 2,000 lbs.</p>



Swivel Pulleys - Pulley design ensures fluid cable travel and provides nearly unlimited range of motion.

Independent Arm Movement - Arm straps move independently for a wide variety of abdominal exercises and single arm movements.

Vertical Design - Standing exercises lessen stress on the user's neck and occupies a much smaller footprint.

ADA Compliant - Compliant with Americans with Disabilities Act for wheel-chair accessibility.

Lumbar Support - Lumbar pad adjusts to various positions to fit a variety of users.

Weight Stack - Enclosed weight stack limits access to moving parts for user safety.

Industrial Construction - Equipment is built with 11- and 7-gauge steel and is electrostatically powder-coated.

Kick Plates - 16-gauge, stainless steel kick plates protect the machine from wear and tear.