

## Dual Series, Ab, Low Back

The Gym Gear Dual Series strength line offers a comprehensive solution for fitness facilities where space, budget or both are limited. Featuring 8 dual / multi-functional strength stations, the Dual range can provide a versatile strength training area for a wide range of facilities including boutique studios, hotels and fire stations.

This space efficient, dual functional machine is designed to target the abdominals and lower back through a choice of ab crunch and hyperextension movements. The adjustable chest / back pad and dual foot rests make it easy for users to position themselves optimally for the exercise selected.



Poly-foam Pads



Adjustable Chest / Back



Instructions Plaque



Colour Coded Weight Stack

### Technical Specifications

<b>Rating</b>	Commercial
<b>Weight Stack</b>	Colour co-ordinated 113kg weight stack with a magnetic weight stack pin
<b>Instructions</b>	Integrated instruction placard to illustrate start / finish position together with used muscles
<b>Storage</b>	Bottle storage and dedicated key / mobile phone area
<b>Adjustments</b>	Adjustable seat and hand grips
<b>Upholstery</b>	High-density poly-foam pads for user comfort
<b>Shroud</b>	Integrated translucent PVC shroud to the rear of the weight stack
<b>Tubing</b>	2.5 mm thick / 50mm x 100 mm oval tubing
<b>Weight Stack</b>	113kg 250lbs
<b>Product Weight</b>	99.5kg 219lbs
<b>Dimensions</b>	L 104 x W 109 x H 152 cm L 41 x W 43 x H 60 inches

### Key Features

<b>Poly-foam Pads</b>	•
<b>Dual Foot Rests</b>	•
<b>Instructions Plaque</b>	•
<b>Colour Coded Weight Stack</b>	•
<b>Adjustable Back and Chest Pads</b>	•
<b>Robust and Heavy Duty Construction</b>	•
<b>Dual Function Machine</b>	•