

Perform Series, Abdominal Machine

The Perform Series Abdominal Machine is designed to work the abdominals through a natural crunch-style movement. The elevated footrest ensures maximal abdominal contraction, isolating the necessary muscles for a super effective core workout.



Water Bottle Holder



Instructions placard



High-density Poly-foam



Foot pegs



Technical Specifications

Rating	Commercial
Upholstery	High-density poly-foam and double stitches offer comfort and durability
Tubing	Tube of the functional part is primarily at a 3mm thickness. The weight stack cage is with D-shape tube size: 95 x 81.1 x 3mm and a racetrack tube size: 50 x 100 x 3mm which ensure ultra-durability and stability.
Instructions Plaque	Instructions placards to review proper set-up, movement and muscles trained
Shroud	Translucent ABS shroud at a thickness of 3.2mm ensures ultra-durability and shock resistance.
Weight Stack	72.5kg 160lbs
Product Weight	116.2kg 256lbs
Maximum User Weight	150kg 330lbs
Dimensions	L 134.8 x W 116.8 x H 158.1 cm L 53 x W 45.9 x H 62.2 inches

Key Features

Space efficient design requires minimal floor space	•
Self-lubricate American loos™ cable with nylon-coated 12 complex fiber ensures service life more than 250 thousand times.	•
Water bottle holder fixed on the cage is within reach.	•
Ergonomic handlebars in TPV material with aluminium ring limit offers comfort and security during a workout	•
All dynamic components are shielded for safety purpose	•
Lathed pulley with bearings of less tolerance ensure smooth movement	•
Meets EN957 safety regulation	•