

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

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

Key Features

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