

## 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

<b>Rating</b>	Commercial
<b>Upholstery</b>	High-density poly-foam and double stitches offer comfort and durability
<b>Tubing</b>	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.
<b>Instructions Plaque</b>	Instructions placards to review proper set-up, movement and muscles trained
<b>Shroud</b>	Translucent ABS shroud at a thickness of 3.2mm ensures ultra-durability and shock resistance.
<b>Weight Stack</b>	72.5kg 160lbs
<b>Product Weight</b>	116.2kg 256lbs
<b>Maximum User Weight</b>	150kg 330lbs
<b>Dimensions</b>	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

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