

GAB300B

Body-Solid Semi-Recumbent Ab Bench

Body-Solid®
Built for Life



GAB300B

Semi-Recumbent Ab Bench

The Body-Solid GAB300B Semi-Recumbent Ab Bench allows users to efficiently and effectively perform biometrically correct sit-ups, crunches, and knee raises on a comfortable, reliable, and fully-adjustable machine.

Special Features

- 11 gauge high strength 2" x 3" steel tube
- DuraFirm upholstery over 2" high density foam
- Ergonomically correct handles
- Upper abdominal resistance with lock-out feature
- Lower abdominal counterbalance and resistance
- Articulating foot support self-aligns for correct lower leg and ab crunch movement
- Easy access upright seating position

Warranty



Frame & Welds Lifetime
Bushings and Hardware 3 Years
Pads, Cables and Grips 1 Year



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Bushings and Hardware Lifetime
Pads, Cables and Grips Lifetime

Weight: 88 lbs
Dimensions: 34"W x 69"L x 52"H