

ABOUT THE ABS BENCH™ X3

The patented Abs Bench X3™ is the most effective and versatile Abs Bench ever made. Its dual-pivot design makes for 3 benches in one! Independently or together, work the upper and lower abs. The all-new construction allows for easier assembly, a lower starting weight, and a more sturdy bench!

Dual Upper Handles

01 2 sets of adjustment-free handles allow users of all sizes and abilities to effectively use the Abs Bench™ X3.

New Linkage System

02 All New linkage system allows for smoother motion, easier installation, and greater lifetime durability.



Dimensions:

L 82" x W 36" x H 41" (208 cm x 91 cm x 104 cm)Unit Weight: 175lb (80 kg)

Training Range

Top: 13-53 lbs (6-23.5kg) Bottom: 13-53 lbs (6-23.5kg

Double Crunch Technology

03 Designed to naturally perform a double-crunch exercise using an independent forward and reverse-crunch movement.

Progressive Training

04 Increase intensity by adding 2" Olympic weights to the upper and/or lower weight horns of the Abs Bench™ X3.













