



Vertical
CRUNCH™

Complete Core Training Machine



ABOUT THE VERTICAL CRUNCH™

ABS1004B

The patented Vertical Crunch™ is a complete Core Training machine in a space-saving design. The linkage system allows beginners to easily sit and perform an effective double-crunch motion. The Free Swivel padded seat allows for a seamless transition to oblique training. Advanced users can progress by adding additional resistance.

Extended Handles

- 01** Adjustment-free handles make the Vertical Crunch™ perfect for any user 5' to 6'5" with no neck or shoulder strain.

Rear Weight Posts

- 02** Increase intensity up to 80 lbs by adding 2" Olympic Weights to the rear weight post. Also includes 2 additional weight storage posts.



Patented Linkage System

- 03** Allows beginners to easily sit and perform an effective double-crunch motion.

Free Swivel Seat

- 04** Free Swivel padded seat allows the user to easily train the oblique muscles.



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