

TRUE
AB/BACK

FORCE
C O M M E R C I A L



PREMIUM FITNESS EQUIPMENT SINCE 1981

AB/BACK

The FORCE Series Ab/Back features a conveniently located adjustment disk for quick and easy transition between the lowback extension and abdominal crunch exercises. This compact machine allows users of all sizes to exercise comfortably with its varying 4-position range of motion selection. The integrated lumbar support and large rubber coated foot platform provide added support and encourage proper anatomical alignment during both exercises.



TRUE is Impacting Fitness. TRUE has a thirty-four year history making the most world's premium cardio equipment. Now, we are taking that same manufacturing and design quality and bringing it to you in the new FORCE strength line. All of the features you have come to associate with TRUE are found in the FORCE line...quality, durability, craftsmanship and superior aesthetics. Welcome to the new TRUE.

AB / BACK

Key Features:

- 4-position range of motion adjustment allows users to easily change between abdominal and low back exercises while remaining in the seated position.
- Overhead grips and rolling back pad pre-stretch the abdominals during abdominal crunch movement and provide support throughout the entire range of motion on low back extensions.
- Integrated lumbar support and large rubber coated foot platform provide support and encourage proper anatomical alignment during exercise.

Product Dimensions L x W x H

52.75" x 47.5" x 57"

134 cm x 121 cm x 145 cm

Product Weight (including weight stack)

Standard - 484 lbs / 220 kg

Heavy - 564 lbs / 256 kg

Weight Stack

Standard - 175 lbs / 79 kg / 15 lbs top plate + 10 lbs increments

Heavy - 255 lbs / 116 kg / 15 lbs top plate + 10 lbs increments

Warranty

10 YEARS: Frames, welds, cams, and weight plates

5 YEARS: Bushings, pivot bearings, gas-shocks, pulleys, and guide rods

1 YEAR: Cables, rubber grips

6 MONTHS: Upholstery, hardware, and all other parts not mentioned

Warranties outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice.

