

- ◆ This machine is designed to imitate a floor crunch while targeting the lower abdominal muscles. The machine makes sure of the body's axis alignment for a biomechanically correct position. The Jerai Fitness Abdominal provides a maximum weight of up to 220 lbs.

- ◆ **DIMENSION:**
Length : 52 inches / 132 cms
Width : 50 inches / 127 cms
Height : 58 inches / 147 cms
Weight Stack : 220lbs / 100kg

- ◆ **MUSCLE WORKED:**
Rectus Abdominis

