

Abdominal Crunch

G7-S51



- Curved back pads for full muscular contraction and comfort
- Self-aligning handles adjust to accommodate a variety of users
- Dual-supported pivoting design fosters natural abdominal crunch motion
- Action Specific Grips provide greater comfort and minimal point pressure
- Elbow pad wear covers improve upholstery performance in high contact areas
- The optional Intelligent Training Console features Endurance, Build and Strength programs to give members a guided training experience specific to their goals

ADJUSTMENTS

User adjustment range	7 position seat
Machine assisted user adjustments	Spring assisted seat
Color coded pivots & points of adjustment	Yes

FRAME & CABLES

Available frame colors	Iced Silver, Matte Black, Gloss Black, Lace White, Polarized Titanium
Frame finish	Proprietary two-coat powder process
Cable transmission	Internally lubricated cables & fittings
Machine anchoring	Independent machine hold down brackets
Integrated leveling system	Yes, top-down leveler

TECH SPECS

Overall "static" dimensions (L x W x H)	139 x 121 x 147 cm / 54.6" x 47.5" x 57.9"
Overall "in-use" dimensions (L x W x H)	139 x 121 x 147 cm / 54.6" x 47.5" x 57.9"
Product weight	290 kg / 640 lbs
Shipping weight	338 kg / 746 lbs
Rep counter machine usage tracking	Service mode tracks total machine reps and hours of use
Rep counter battery life	Approximately 3 years
Rep counter power supply	2 AA batteries

USER AMENITIES

Front placards	Muscle call outs, exercise specific stretching, start & finish exercise illustrations, proper machine adjustments, color-coded machine identification
Rear placards	Color-coded machine identification, exercise specific stretching
Placard color coding	Green (core)
Rep counter	Electronic counter displays reps, exercise time and rest time
Personal storage	Two tactile storage mats, personal device cradle and towel hook
Action Specific Grips	Exercise specific grips improving feel, function and form during use

Contoured seat	Yes
Elbow Wear Covers	Yes

WEIGHT STACK

Total stack weight	108 kg / 240 lbs
Weight plate increments	4.5 kg / 10 lbs
Incremental weight system	1.1, 2.3, 3.4 kg / 2.5, 5, 7.5 lbs
Max Training Weight	111.4 kg / 247.5 lbs
Consistent 53" stack height	Yes
Weight stack guarding	Full front and rear shields