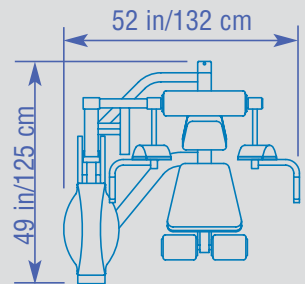


# PS-220 Abdominal Crunch



- Innovative arm crunch design on a single point of rotation applies resistance through the abdominals while stabilizing the torso
- Adjustable stabilizing handles
- Dual-linkage gas assist seat adjustment with built-in footrests
- 200 lbs. steel weight stack



Ht: 55 in/140 cm  
Wt: 590 lb/266 kg