

Abdominal bench
OFG018

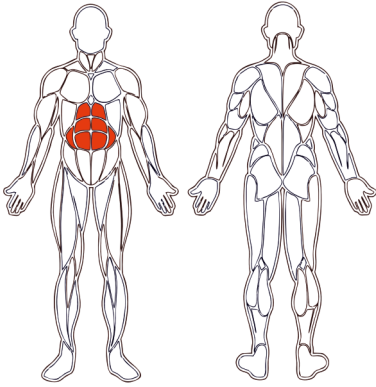


LENGHT / WIDTH / HEIGHT
1925mm / 500mm / 1000mm



TRAINING LOAD
RANGE: -

TARGETED MUSCLE GROUPS



TRAINING BENCH



• **Technical Specifications**

Frame	Steel coated with a multi-layer corrosion protection system (up to C5), wall thickness 3–6 mm
Moving parts and handles	Made of stainless steel and wall thickness is 3–6 mm
Surface finish	Powder-coated in RAL colors
Support surfaces	20 mm ribbed UV-resistant plastic
Adjustable components	Adjustable back support - 5 positions
Footplate	Made of stainless steel
Optional	Ergonomic backrest available

• **Usage Conditions**

1. Minimum user height: 140 cm
2. Recommended minimum age: 14 years

• **Equipment Installation**

The training equipment can be installed in three different ways. Detailed installation instructions are available [HERE](#).



The training bench complies with EN 16630:2015 safety standards and has a corresponding certificate of conformity.



Manufactured in Estonia