

TYPE > bench & rack

MODEL > Ab Lean®

AB LEAN®



The Ab Lean® engages the abdominal core muscles for an intense abdominal workout. The Ab Lean® features an extra-large pad for full lumbar support and a handle for easy transport. The transport handle also doubles as a resistance band point, enabling resistance band training for an even better workout. The Ab Lean is light-weight, yet very durable being manufactured using industrial quality materials.

FEATURES & BENEFITS

Great Abdominal Crunch: This Ab Lean® engages your abdominal core and for intense muscle activation and a great crunch exercise.

Extra-Large Pad For Lumbar Support: The extra large lumbar support pad provides a comfortable workout and maximum stability.

Resistance Band Training: The Ab Lean® can be used with resistance bands for taking workouts even further. Simply attached a resistance band to the welded handlebar.

Industrial Design: Featuring powder-coated steel and high quality upholstery, the Ab Lean is built to last.

Light Weight & Easy To Use: The Ab Lean® is light weight and includes a transport handle and transport wheels for easy placement and movement.

Very Space Efficient: The Ab Lean® features a small footprint, maximizing valuable floor space.



SPECS > HF-THFXAB

Dimensions	50" x 32"	Frame Color	Silver
Product Weight	70 lbs.	Upholstery Color	Black (Custom Colors Available)

> WARRANTY

30 Years Frame, 6 Months Upholstery