

The GAB100 is incredibly effective at isolating the entire abdominal region with one synchronized motion. The linkage bars allow upper and lower body movements in one biomechanically correct abdominal crunch. The unique patented design allows for variable weight resistance; there is a weight post to add more weight for more resistance and there is a counter balance weight post that will decrease resistance, making it perfect for users of any exercise level.

### HORIZONTAL AB CRUNCH MACHINE

## GAB100



THE MACHINE  
FOR YOUR WORKOUT



The ergonomic pads ensure maximum comfort. The bronze bushing pivot points are positioned perfectly for proper body alignment. Made from quality components, the GAB100 carries Body Solid's famous In Home Lifetime Warranty and is also Commercial Rated for light commercial facilities.



38"H x 60"L x 32"W, 72lbs

- Isolates movement to cover entire abdominal region
- Synchronized to work upper and lower abdominals with one motion
- Variable resistance, increase or decrease resistance with weight plates
- Unique design offers exceptional support throughout the entire crunch
- Commercial Rated

Effective, versatile and easy to use, the GAB100 horizontal ab crunch bench is perfect for anyone looking to take abdominal training to the next level.

- Incredibly effective in isolating the entire abdominal region
- Patented reverse crunch technology
- Exceptional upper back and head support maintain proper body alignment
- Unique design provides easy entry and exit
- Fully adjustable resistance

#### INTERNATIONAL

3F28, No. 5, Shin-Yi Rd., Sec. 5, Taipei, Taiwan 110

Tel: +886-2-2720-9980

Fax: +886-2-2722-9750

E-mail: joong@ms13.hinet.net

<http://www.steelflexfitness.com>