

Maximize to Strong

**FEATURES**

Standard range of motion adjuster offers  
Position for individual preferences.  
Seat height adjusts for torso length

**MUSCLES USED**

Rectus Abdominis, External  
Oblique, Internal Oblique

**MOTION DEVELOPED**

Trunk Flexion



## Abdominal Crunch

### MAXNUM MA-857 S

**FRAME AND CABLES**

Oversized Frame Tubing	Yes
Frame Finish	Proprietary two-coat powder process
Cable Transmission	Internally Lubricated cables and fittings
Tube Thickness	3.0 mm.

**WEIGHT STACK**

Total Stack Weight	95 KG / 210 Lbs
Weight-Stack Pins	Magnetic Pins
Points of Adjustment	1 – point design
Guards and pulley Covers	Stack cover made of acrylic protects
Self-Lubricating weight stacks Bushings	Solid cold rolled steel plate, with Teflon inner bushings
Incremental Weight System	Yes

**USER AMENITIES**

Instructional Placards	Yes
Color-coded Pivots and Points of Adjustment	Yes
Personal Storage	No
Contoured Seating	Yes

**TECH SPECS**

Product Dimension ( L x W x H )	128 x 105 x 149 / 51.2" x 42" x 59.6"
Product Weight	255 kg / 561 lbs
Certification	ISO 9001 , EN 957 Certified