

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-T1073 S

**FRAME AND CABLES**

Oversized Frame Tubing	Yes
Frame Finish	Proprietary two-coat powder process
Cable Transmission	Internally Lubricated cables and fittings
Tube Thickness	2.5 mm.

**WEIGHT STACK**

Total Stack Weight	94 KG / 206 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 )	130 x 95 x 135 / 52" x 38" x 54"
Product Weight	225 kg / 495 lbs
Certification	EN 957 Certified