

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