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Abdominal Oblique Crunch



SKU: ONEUP-3047

The Plated-Loaded **Abdominal Oblique Crunch** uses a swivel seat to target both sets of oblique muscles. The Hammer Strength Abdominal Crunch is a fundamental part of the strength training progression. The ab crunch is an exercise machine exercise that primarily targets the abs.

The seated crunch machine does allow lifters to pile on the weight that seems to be effective at working the core.

This dual action motion trains the full abdominal wall. The **hammer strength ab machine** trains the full abdominal wall by using two motions — the exerciser's upper body moving downward and the lower body moving upward.

Great abs are a quick sign of a fit body and hard work. Everyone wants a six pack. An eight pack should really be the goal because the obliques on the side of the abs are just as important.

Combo Twist



SKU: ONEUP-3084

The **Plate-Loaded Ground Base Combo Twist** is perfect for athletes who rely on rotating motions for maximum performance. It also combines two workouts to save space. Ground Base equipment is designed to keep the exerciser firmly planted on the ground while maximizing power and explosiveness from the feet up.

Decline / Abdominal Bench



SKU: ONEUP-3056

Specifications

Technical Specifications

Dimensions (L x W x H) 510*1700*810mm

Machine Weight 43kg

Important: The Glute Bridge Machine Fitness Equipment is a built-to-order product and may require a 3-6 week lead time. The Hip Thrust Machine shown above uses a custom color configuration. Manufactured in China.

This product is designed solely for use in commercial fitness settings.

We strive for complete accuracy with our technical specifications. However, specifications are subject to change without notice. The variation between posted information and the actual specification does not warrant any changes, modifications, or exchanges to any products affected by a variation. If we may provide further details, please contact our Ntaifitness Service Team.

Hammer Strength Select Abdominal Crunch



SKU: ONEUP-3620

Product Features

- Each piece of Hammer Strength Select equipment is an easy-to-use and effective strength training tool. A mechanically simple design allows for rugged durability and a smooth feel.
- Polyethylene spray-coated for impact, corrosion, and abrasion resistance.
- The built-in foot bar enhances user stabilization.
- Sturdy steel tubing, precision welds, and internally lubricated cables help Hammer Strength Select stand up to the toughest environments.
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability; Standard rubber feet protect the base of the frame and prevent the machine from slipping;

- Attention to biomechanics and the natural motion of the user results in equipment that effectively and efficiently builds strength. Built with the Hammer Strength engineering philosophy to produce equipment elite athletes depend on.
- Easy-to-follow instructions illustrate proper use and muscles trained Axis of rotation marked with red indicator to help cue correct alignment.
- Grips retained with aluminum collars, preventing them from slipping during use; Hand grips are an extruded thermo rubber compound that is non-absorbing and wear-and-tear resistant.
- Sold-steel weight plates. A top weight plate is fitted with self-lubricating bushings.
- Separate frame and work-arm color options enhance any club or group training facility.

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