

ABDOMINAL CRUNCH

The Maximus Abdominal Crunch is a biomechanically advanced commercial core training machine designed to deliver **complete abdominal development** through **multiple flexion patterns** and **rotational core engagement**. Engineered with a multijoint movement system and adjustable rotating seat, it effectively targets the upper abs, lower abs, obliques, and deep core musculature while ensuring smooth resistance, ergonomic support, and controlled movement execution.

✦ **Multijoint biomechanical** system for full core activation

✦ **Physiological resistance curve** for natural abdominal contraction

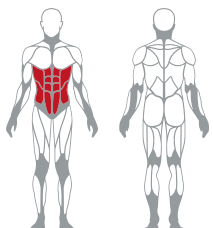
✦ **5-position rotating seat** for straight and angled torso crunches

✦ **Lateral support handles** for improved torso stabilization



✦ **Gas-assisted adjustable seat** and adaptive shoulder support

✦ 1 Additional Integrated weight plate storage holder



Targets rectus abdominis, obliques, hip flexors, and core muscles

Dimensions (L × W × H): 1390 × 1302 × 1648 mm
Net Weight: 77 kg