

DATA SHEET

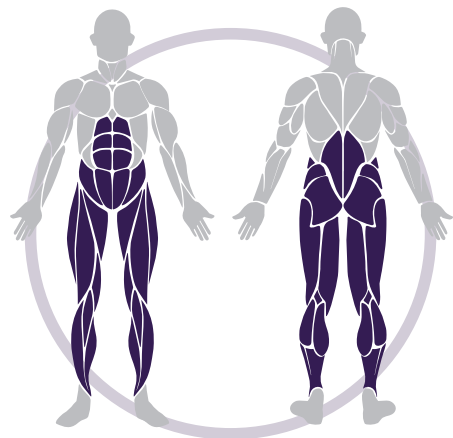
AB PULLOVER



Provides intensive hip and buttock exercise whilst stretching and strengthening the pectoral and intercostal chest muscles also tightening and strengthening the triceps.

The unique lower body action strengthens and firms the gluteal muscles.

Stretching the pectoralis medius muscle on the upper chest can effectively correct shoulder droop and will firm, lift and expand the chest. This will increase the vital capacity of the lungs enabling more oxygen to be processed. Hip joint mobility and upper and lower posture is also improved.



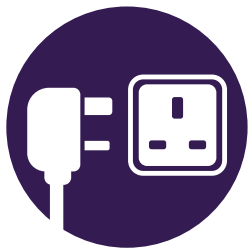
Targeted areas:

Abdominals, Lower Back, Glutes, Hips, Legs, Waist.

Technical Specifications



7" smart console offering both quick start and programme options



Power assisted (plug and play installation)



Dimensions:

W104cm x L179cm x H119cm



Weight:

111.2kg



Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps per machine

Plug Cable Length: 1.5 metre



Panels:

Side Panels: High impact resistant ABS plastic



Upholstery:

Flame retardant vinyl and resistant to bacteria and moisture EN 1021-&2

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