

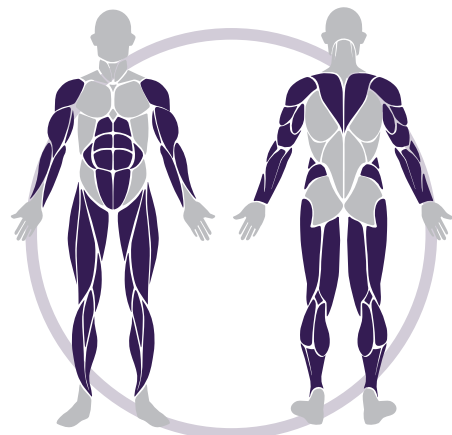
DATA SHEET

# CORE CRUNCH



Multifunctional machine which exercises the abdominals and lower back whilst mobilising both hip and knee joint and glutes.

Rectus Abdominus (most superficial abdominal muscle) contracts during the sit up motion and the knees to chest action adds extra workload to the lower end of the muscle. A back extension follows the sit up which targets the back extensors (Erector Spinae). These muscles are like powerful columns which support the spine. Exercising these muscles will help to strengthen the back and therefore prevent lower back pain.



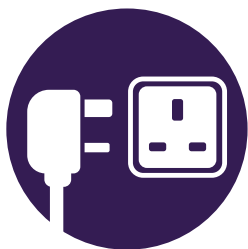
## Targeted areas:

Shoulders, Arms, Legs, Abdominals,  
Upper Back, Waist.

## Technical Specifications



7" smart console offering both quick start and programme options



Power assisted (plug and play installation)



### Dimensions:

W75cm x D175cm x H123cm



### Weight:

110.2kg



### 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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