

GAB 100 Ab Crunch Machine



The GAB100 is incredibly effective at isolating the entire abdominal region with one synchronized motion. The linkage bars allow upper and lower body movements in one biomechanically correct abdominal crunch. The unique patented design allows for variable weight resistance; there is a weight post to add more weight for more resistance and there is a counter balance weight post that will decrease resistance, making it perfect for users of any exercise level.

Effective, versatile and easy to use, the GAB100 horizontal ab crunch bench is perfect for anyone looking to take abdominal training to the next level.

- Incredibly effective in isolating the entire abdominal region
- Patented reverse crunch technology
- Exceptional upper back and head support maintain proper body alignment
- Unique design provides easy entry and exit
- Fully adjustable resistance