

RSL0714

Resolute™ Strength Selectorized Line

# Ab Crunch



Resolve to make your selectorized strength equipment purchase with confidence—choose the Resolute™ Strength line from Precor. It delivers on what matters most: your investment will withstand the test of time.

The Resolute Strength Ab Crunch maximizes abdominal muscle engagement for an effective and comfortable workout. Exercisers will have an easier start to their crunch with an assist from the counter-balanced pivot system.



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## Resolute™ Strength Selectorized Line

# Ab Crunch

### Biomechanically Sound

A fixed, non-slip footplate contributes stabilization to the supportive design of the Resolute Ab Crunch to assist exercisers while their torso contracts, mimicking a sit-up or crunch. The counter-balanced pivot system gives exercisers an easier start to their crunch and allows them to increase their working weight.

### Designed to Go the Distance

The upholstered pads of the Resolute Ab Crunch underwent 1.2 million cycles of testing to ensure that this machine will be the durable workhorse for any facility. One piece, soft rubber foot caps make the equipment easier to move and will remain in place even if kicked.

### Focused on the Experience

Exercisers can set themselves up for a successful set of crunches by using the easy-to-locate seat adjustment to reach the proper height. The patented add-on weight switch is within easy reach. The over-molded hand grips provide texture and padding for comfort.



## Specifications

**Dimensions (L x W x H):** 51 x 47 x 58 in / 130 x 119 x 147 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 559 lb / 254 kg

**Weight Stack:** 160 lb / 73 kg

**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.

## Color Options\*

### Frame



Black Pearl    Gloss Metallic    Gloss White\*\*

\* Custom frame colors are available, subject to minimum order quantities and extended lead times.

\*\*Additional lead time applies.

### Shroud



• Custom shroud wraps are available at an additional cost.

Tungsten

### Upholstery



Black

### Additional Upholstery Options\*\*



Grey    Slate    Candy Apple    All Spice    Bucksuede



Burgundy    Royal Blue    Blue Jay    Chocolate    Hunter Green

• Additional upholstery options may have longer lead times. Please contact a sales representative.  
• Colors may vary.