

TUMMY CRUNCH

Target Areas:

Abdominal, Lower Back, Hip, Knee, Buttocks.

The Tummy Crunch helps increase muscle strength of the abdominal and lower back whilst mobilising both hip and knee joint and buttocks. The Rectus Abdominus contracts during the sit up motion whilst the knees to chest action adds extra workload to the lower end of the muscle. A torso extension follows the sit up which helps strengthen the back extensors and reduce lower back pain.

Features Include:

Dual function of both upper & lower extremity
Power assisted (plug and play installation)
Standard 4.3" touch screen console unit with manual and programme options

Available in a wide range of colours



4.3" TOUCH SCREEN CONSOLE
OFFERING BOTH MANUAL AND
PROGRAMME OPTIONS



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DESIGNED AND
MANUFACTURED IN UK



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TECHNICAL SPECIFICATION

Dimensions	
Width	88cm
Depth	192 cm
Height	115cm
Electrical Specification	
Voltage	220v/240v (110v-USA)
Amps	3 Amps per table
Plug Cable Length	1.5 Metre
Upholstery	
Side Panels	High impact resistance ABS Plastic
Covers	Flame retardant vinyl and resistant to bacteria and moisture EN 1201-&2



PREMIUM COVER - DURABLE FIRE
AND WATER RESISTANT MATERIALS



**STRATEGIC
PARTNER**

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