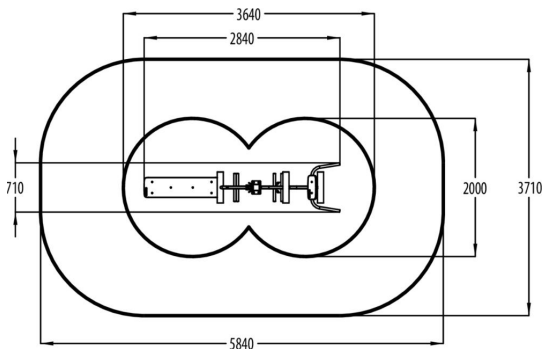


Sisu Back'n abs



Sisu Back'n abs is a combination of Sisu Sit up and Back extension. Equipment can be used for strengthen abdominal and lower back muscles. A tilted abdominal bench is suitable for different variations of sit-ups, abdominal crunches and leg raises. Back extension bench can be used for different variations of back exercises: dynamic extensions, static holds or for movements with or without rotation. A rack for a drink bottle and for hanging clothes is included.



Number of users	2
Product length, mm	2840
Product width, mm	710
Product height, mm	1510
Height required, mm	2000
Installation time (for 1), H	2
Colour of walls and HPL	