



## 5310 ABDOMEN / BACK

Description	Abdomen / Back is a dual function machine for exercising both abdominal and back muscles. This unit is equipped with range limiters, isometric testing sensors, manual adjustable lever arm and seat. Resistance is adjusted through the help of (+) and (-) buttons, even during an exercise.
Features	Natural Transmission resistance mechanism/ Safe, enclosed transmission system/ Adjustable seat/ Adjustable lever arm/ Adjustable seat position/ Range limiters to determine start and finish position of lever arm/ Isometric testing.
Resistance	0–154 lbs. stepless resistance adjustment. Dual function.
Cylinders	2
Max. Inlet Pressure	9.9 bar
Controls	Manually operated, push button valve control, analog gauge.
Frame	Welded, lightweight steel frame. Fasteners made of stainless steel. Powder-coated, durable surface. Standard colors white, grey and black.
Upholstery	Ergonomically designed. High-quality artificial leather, abrasion resistant, dirt-repellent, extremely durable and easy to care for. Conforms to the public space fire resistance requirements (approximately 12% CO / PES jersey, 88% PVC combination).
Dimensions (W/L/H)	34 x 35 x 48 in.
Weight	Approx: 141lbs
Noise Level	≤50 dB
Options	Adjustable lever arm, reversible roller, range limiter, isometric testing, floor mount bracket, additional seat cushion, safety belt.
Warranty	10 years on frame, 3 years on all other parts, 3 months on upholstery.