

GAB100B

Body-Solid Counter-Balanced Ab Bench

Body-Solid®
Built for Life



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Counter-Balanced Ab Bench

The Body-Solid GAB100B Counter-Balanced Ab Bench uses patented reverse-crunch technology to synchronize upper- and lower-abdominal engagement for maximum core isolation. The GAB100 features a unique counterbalance system for both weight assistance as well as extra resistance, a commercial-grade steel frame, and ergonomic DuraFirm pads.

Weight: 72 lbs
Dimensions: 33"W x 61"L x 36"H

Special Features

- Patented reverse crunch technology
- Unique design provides easy entry and exit
- Olympic 2" size plate posts for Olympic plates
- Variable resistance, increase or decrease resistance with weight plates
- Fully adjustable resistance

Warranty



Frame & Welds Lifetime
Bushings and Hardware 3 Years
Pads, Cables and Grips 1 Year



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Bushings and Hardware Lifetime
Pads, Cables and Grips Lifetime