

GAB100B

Body-Solid Counter-Balanced Ab Bench

Body-Solid®
Built for Life



GAB100B

Counter-Balanced Ab Bench

The Body-Solid GAB100B Counter-Balanced Ab Bench is a user-friendly and durable bench designed to target the core muscles effectively, with features like reduced resistance and synchronized motion.

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



Frame & Welds Lifetime
Bushings and Hardware Lifetime
Pads, Cables and Grips Lifetime