



Abdominal G3-S50



- Hand grips and contoured-edge chest pad provide greater user comfort
- Adjustable-resistance arm allows users to determine their own starting position

EASE OF USE

Color-coded Pivots & Adjusts	Yes
Instructional Placards	Yes
Bottle & Towel Holder	Yes
Ergo Form Cushions	Yes

FRAME & BELT

Over-sized Frame Tubing	Yes
Frame finish	Proprietary two-coat powder process
Frame Color	Polarized Titanium
Belt Transmission	Reinforced 15/16" flat Kevlar/urethane belt

TECH SPECS

Overall Dimensions	54"L x 37"W x 59"H
Total Weight	405 lbs.
Weight Stack	150 lbs.
Shipping Weight	500 lbs.

WEIGHT STACK

Self-lubricating Weight Stack Bushings	Solid cold-rolled steel plate, with Teflon inner bushings.
Suspension	3-Point Design
Guards & Pulleys Covers	Yes
Deck Step Height	Yes
Weight Pins	Magnetic & tethered