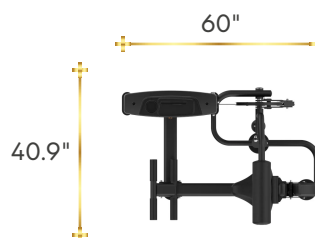
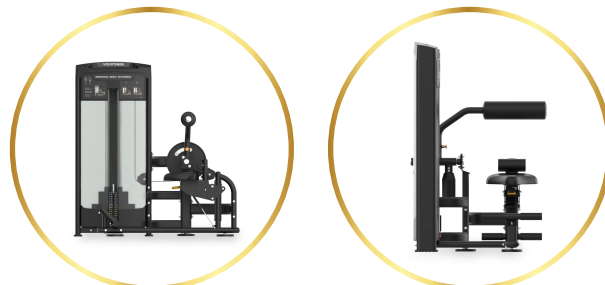




EVO Dual Ab Crunch/Back Extension



+ Key Features



5-Position Adjustable Pad

Adapts to both crunch and back extension starting positions, ensuring full range of motion and more effective muscle activation.



Pneumatic Infinite Seat Adjustment

Allows quick, precise, single-handed adjustments to accommodate users of different heights, ensuring ergonomic alignment and stable support.



Pelvic Support Pad

Designed to match pelvic angles, it minimizes compensation and helps isolate core activation for more focused and accurate training.



Dual Non-Slip Foot Pegs

Provide stable lower-body support and allow flexible leg positioning across different training modes, improving comfort and control.

Product Overview

The VO3 EVO Ab Crunch/Back Extension combines abdominal and lower-back training in one machine for effective core workouts.

Specifications

+ Dimensions (L x W x H):

60 x 40.9 x 63.1 in

152.3 x 103.8 x 160.2 cm

+ Product Weight: 485 lb (220 kg)

+ Maximum User Weight: 320 lb (145 kg)

+ Maximum Capacity: 595 lb (270 kg)

Warranty

+ Frame: 10 Years

+ Parts: 5 Years

+ Labour: 1 Year

