

RSL0714

Resolute™ Strength Selectorized Line

Ab Crunch 

Resolve to make your selectorized strength equipment purchase with confidence—choose the Resolute™ Strength line from Precor. It delivers on what matters most: your investment will withstand the test of time.

The Resolute Strength Ab Crunch maximizes abdominal muscle engagement for an effective and comfortable workout. Exercisers will have an easier start to their crunch with an assist from the counter-balanced pivot system.



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ITEM S11

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# Ab Crunch

### Biomechanically Sound

A fixed, non-slip footplate contributes stabilization to the supportive design of the Resolute Ab Crunch to assist exercisers while their torso contracts, mimicking a sit-up or crunch. The counter-balanced pivot system gives exercisers an easier start to their crunch and allows them to increase their working weight.

### Designed to Go the Distance

The upholstered pads of the Resolute Ab Crunch underwent 1.2 million cycles of testing to ensure that this machine will be the durable workhorse for any facility. One piece, soft rubber foot caps make the equipment easier to move and will remain in place even if kicked.

### Focused on the Experience

Exercisers can set themselves up for a successful set of crunches by using the easy-to-locate seat adjustment to reach the proper height. The patented add-on weight switch is within easy reach. The over-molded hand grips provide texture and padding for comfort.

### Advanced Training with Sony® Advagym

Strength training has gone digital. Add the Sony Advagym training and tracking system, along with the app, to give your exercisers a whole new way to train. Through the Advagym app, personal trainers can prescribe workouts and monitor their clients' progress.



## Specifications

**Dimensions (L x W x H):** 50 x 47 x 58 in / 126 x 118 x 148 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Equipment Weight:** 559 lb / 254 kg

**Weight Stack:** 160 lb / 73 kg

**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.

## Color Options\*

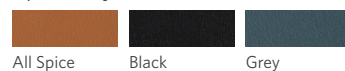
### Frame



Black Pearl

Gloss Metallic Silver

### Upholstery

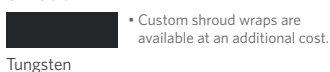


All Spice

Black

Grey

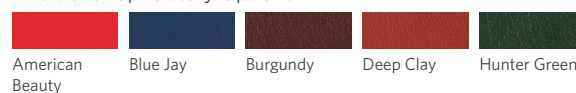
### Shroud



Tungsten

\* Custom shroud wraps are available at an additional cost.

### Additional Upholstery Options\*\*



American Beauty

Blue Jay

Burgundy

Deep Clay

Hunter Green



Navy

New Purple

Regal Blue

Slate

\*Colors may vary.

\*\*Additional lead time applies.

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