

# PRODUCT SPECIFICATIONS

*Performance AB Bench*

Code: ADBE-10220

MRP : 16999.00

Designed to enhance core workouts, the Adjustable Ab Bench extends your range of motion for greater abdominal stress. Upping the intensity of your basic core movements, the bench's foam-padded anchors lock in your legs; providing the necessary leverage for decline exercises. Constructed with a sturdy steel frame, the bench lays a comfortable foundation with a dense foam back pad for total performance. Featuring 'SCAN TO TRAIN', the Ab Bench delivers detailed training information to help guide your workouts - simply scan the QR code for full exercise videos.

**COSCO**  
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Dim.(LxWxH) :	1130 x 460 x 460mm
Max. Load :	175 Kgs.
Max.User Weight :	125 Kgs.
Net Weight :	11.5 Kgs.
Other Features :	SCAN TO TRAIN function
Seat Thickness :	2.5" thick dense foam padding
Warranty :	2-years manufacturer's warranty