

KNEE RAISE /AB CRUNCH PLS-0500

 **TRUE**[®]

Built for dynamic core training, the Palladium Series Plate Loaded PLS-0500 Knee Raise/Ab Crunch utilizes a patent-pending dual pivot design to target both upper and lower abdominals. Its low-profile frame allows for easy entry and exit, and two weight storage posts keep plates within reach for a seamless workout.

FEATURES

- Unique, patent-pending dual pivot design provides simultaneous ab crunch and knee raise movements to target upper and lower abs
- Low profile design allows for easy entry and exit

USER AMENITIES

- (2) Weight Storage Posts
- Instruction Placard illustrates proper START and END positions



SPECIFICATIONS

DIMENSIONS (L x W x H)
39" x 75" x 62" / 99cm x 191cm x 157cm

COLOR OPTIONS
Frame comes standard with matte black powder coat finish. Custom frame and upholstery options available.

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