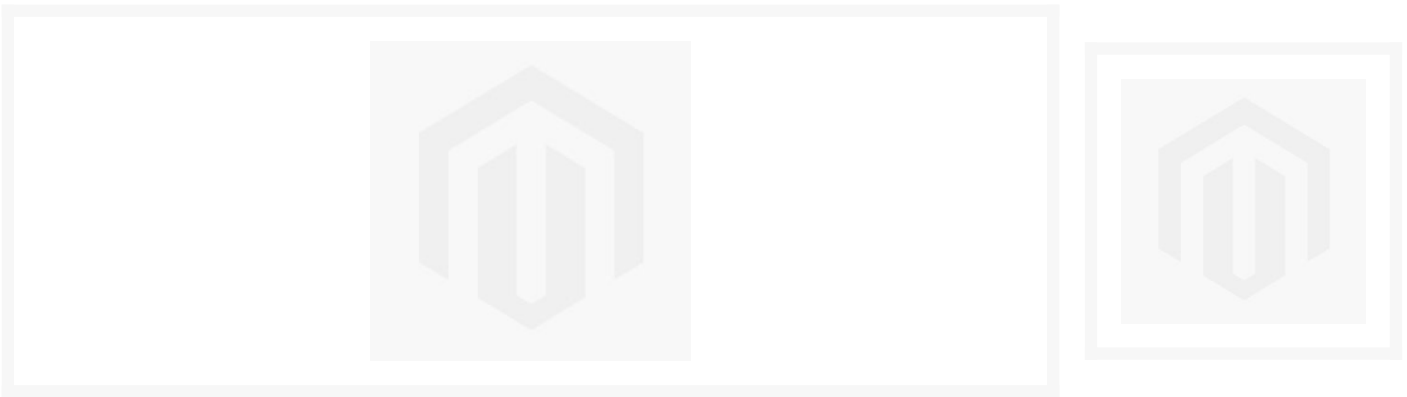


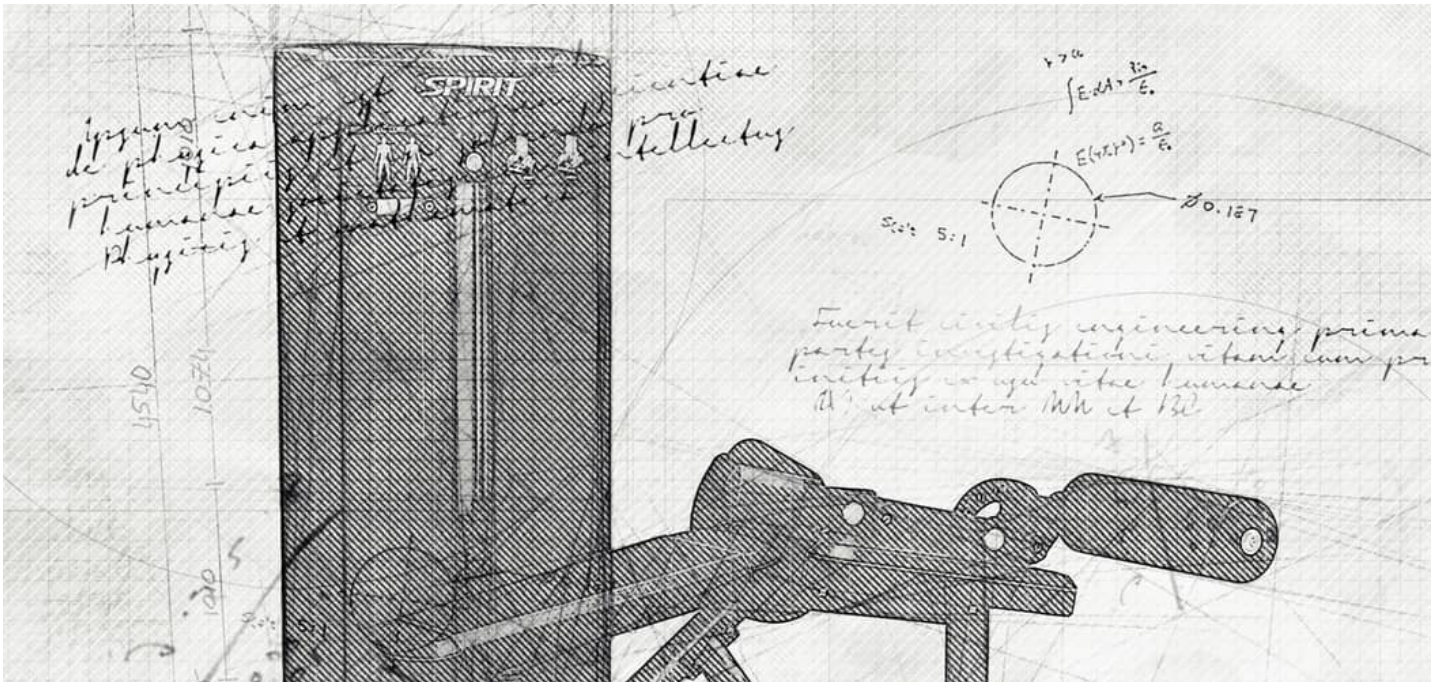
# Spirit 35 Pin Select Abdominal

£3,495.00

## Product Images



## Short Description



Part of the 21 model range, this Spirit 35 Pin Select Abdominal machine uses straps that you hold in order to then ensure you use your abdominal muscles to perform the exercise. It's 90kg weight stack giving you lots of scope to improve and strengthen those abs, the straps have multiple hand holds and grip positions for comfort.

For many, working your abs means sit ups, crunches or hanging knees to chest type exercises. The 35 Pin Abdominal machine can do all of these exercises, giving you a true ab workout. Spirit have also ensured the back pad is rounded to help introduce some spinal extension also.

## Working Your Abs

Crunches are a good way to work your abdominals and this machine helps you to perform the exercise from a seated position so that you get full range of motion. The straps actually work independently which also means you can work your obliques too.

Making sure you activate your ab muscles without resorting to floor exercises is a problem for some. This abdominal machine does a great job of simplifying the option for many.

## Key Features

- 90kg weight stack
- Easy to hold straps
- Multi grip holds on the straps
- Smooth pulley mechanism
- Stylish graphite colour scheme
- Fixed downward angled seat
- Commercial warranty

## Additional Information

SKU	SP-3511
Weight	207.000000
Equipment Usage	Home & Commercial Use
Warranty	3 Years Parts & Labour
Length Dimensions	1069mm
Width Dimensions	1143mm
Height Dimensions	1572mm