

Coastal Fitness

Better Equipment, Better Prices, Better Value

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Body-Solid Semi-Recumbent Ab

Perform the most effective crunches possible no matter what your level of fitness! The new Semi Recumbent Synchronized Dual Ab Crunch Bench works your abs to perfection by allowing you to increase or decrease resistance with weight plates. Having trouble finishing a set of crunches using your own weight as resistance? Simply add weight to the plate holder to the rear of the machine for assistance.

Crunches are as comfortable as they are effective with extra thick and durable DuraFirm seat pads. The days of dreading crunches and sit-ups on a cold, hard, unforgiving floor are over. Make ab work more effective, comfortable and exciting with the new Crunch Bench by Body Solid. Backed for a LIFETIME of use by the best warranty in the industry.