

# Coastal Fitness

Better Equipment, Better Prices, Better Value  
*with Personalized Service*

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## Body-Solid Ab & Back Machine

This unique dual-function machine allows you to exercise two major muscle groups (the stomach and back) for one great low price. The innovative plate-load design is based on health club single station machines. We even incorporated 2" x 4" mainframe steel from our commercial grade line of equipment for institutional quality. The full-range cam design has an easy-to-use pop pin that allows an additional 26 adjustments to increase and control your range-of-motion. Break-through technology lets you tighten abdominal muscles, strengthen your lower back and increase flexibility. Weight plate post is 1" dia. Shown with optional #OAS14 - Olympic Adapter Sleeve.

Olympic Adapter Sleeve, weight plates and collar optional.

