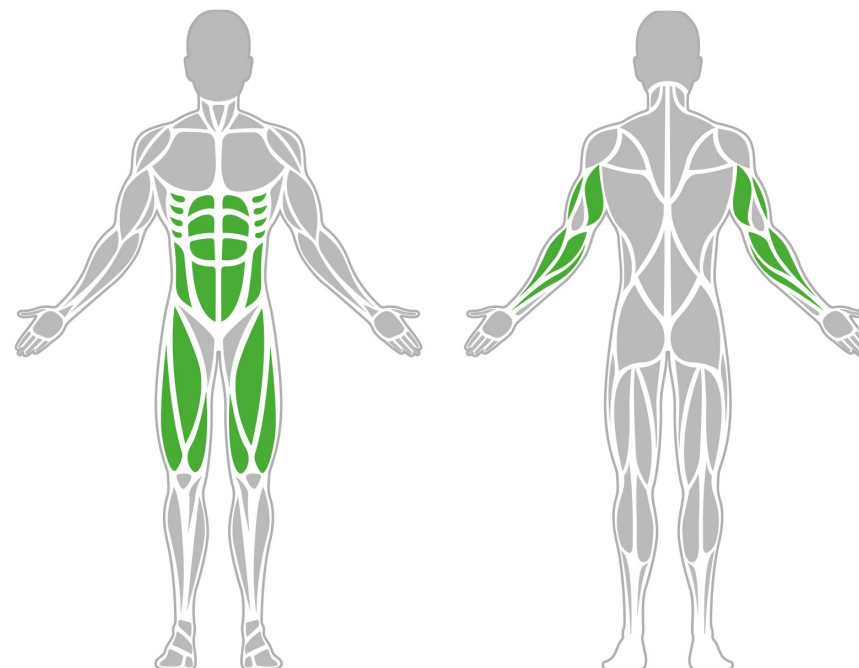




Muscle Groups Focus



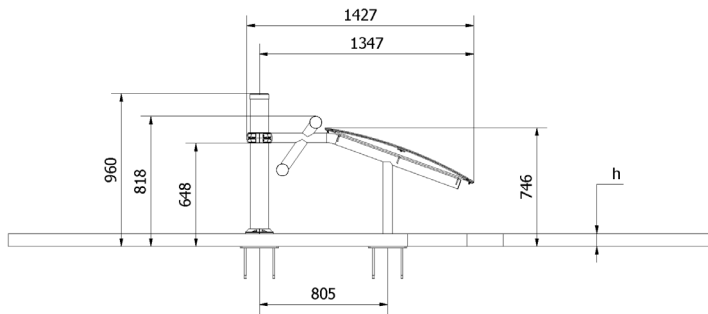
Double Ab Training Bench 1500 - Lite

The ab trainer has been developed especially for the effective training of all core abdominal muscles. The various core exercises are needed continuously during bodyweight training both for beginners and more advanced trainers and is crucial for continuous training.

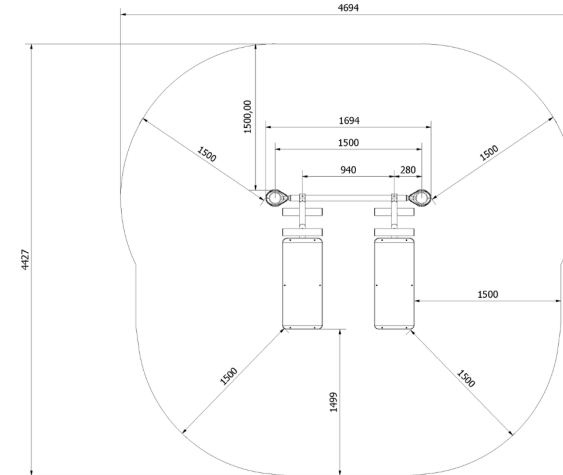
Attributes

| | |
|------------------|------------|
| Product code | 1-1-707 |
| Certificate | EN 16630 |
| Age group | 14 + years |
| Capacity | 2 people |
| Max. weight load | 99 kg |
| Type | Fitness |
| Difficulty level | Easy |

Side View



Plan View



Installation information

| | |
|---|-----------------------|
| Number of installers (concrete) | At least 2 people |
| Total installation time (concrete) | 60-120 min. |
| Number of installers (equipment) | At least 2 people |
| Total installation time (equipment) | 30-60 min. |
| Excavation volume | 0.8 m ³ |
| Concrete volume | 0.8 m ³ |
| Size of the base structure | 4pc 0,5 x 0,5 x 0,8 m |
| Anchoring options | In-ground or surface |
| In combined structures, the volume of concrete required varies. | |

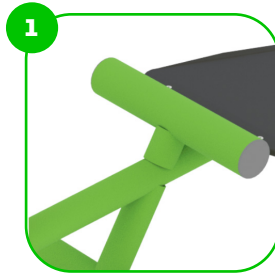
Technical specification

| | |
|---|---------------------|
| Safety surface area | Around 1,5 m radius |
| Net weight | 84 kg |
| Material | S235 |
| Critic fall height | 700 mm |
| Color options | |
| For more color options, discuss with your sales representative. | |

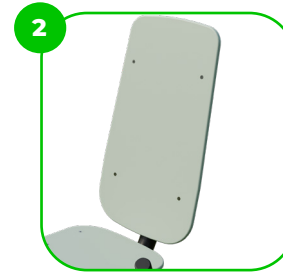
Warranty

| | |
|---|-------------|
| Structure | 25-15 years |
| Steel | 5-10 years |
| Paint | 2 years |
| Plastic | 5-10 years |
| Rubber | 1-3 years |
| Moving parts | 2 years |
| Detailed information in the warranty document | |

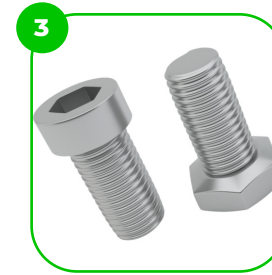
Material specification



The element is made of high quality S235 steel, which has been cleaned via sandblasting. A corrosion resistant powder coating finish is then applied. Also available with galvanized surface for even greater protection and longevity!



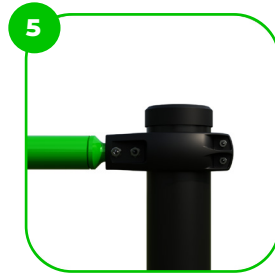
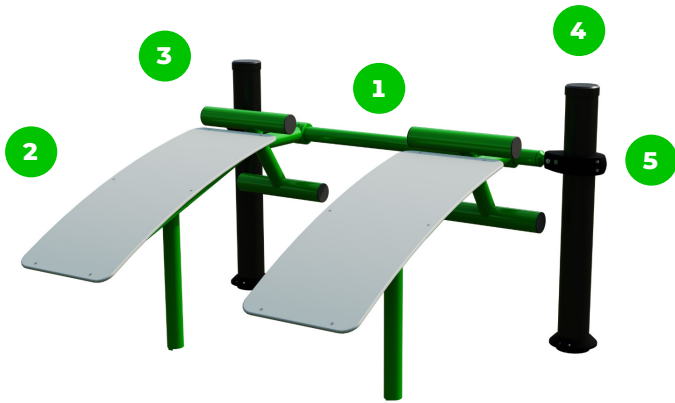
The seats and backrests are made of strong HDPE material. Which is fully heat, moisture and UV resistant.



The connecting elements are fastened with vandal-proof stainless steel screws and nuts.



The ends of the bars and posts are sealed with injection-moulded plastic caps.



The plastic clamp system allows for easy assembly and extreme stability.

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