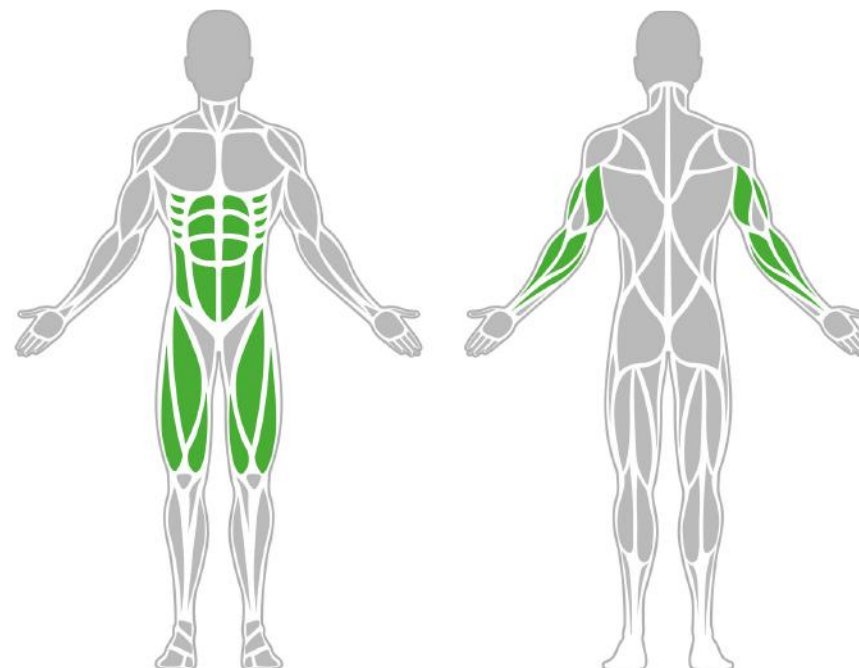




## Muscle Groups Focus



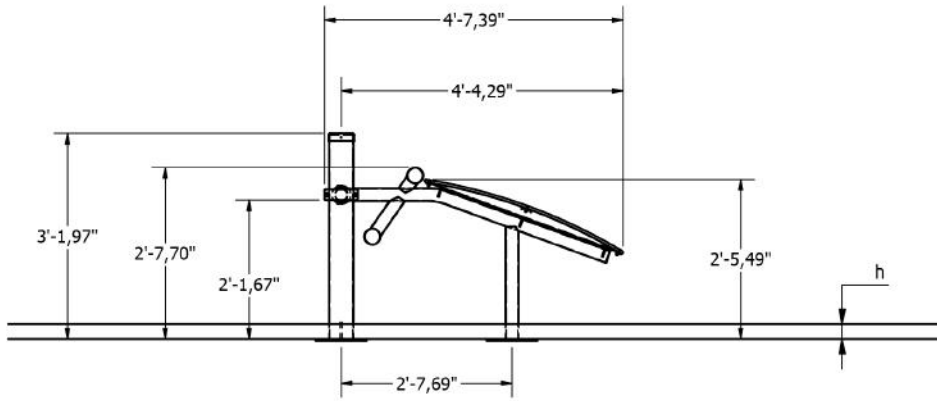
### Double Ab Training Bench 1500

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.

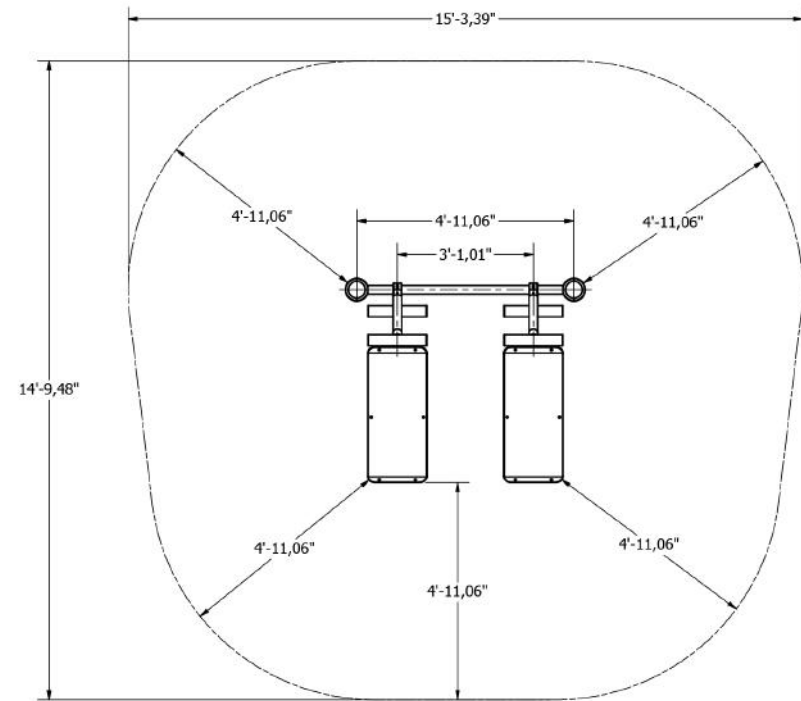
### Attributes

Product code	1-1-039
Certificate	EN 16630, ASTM F3101
Age group	14 + years
Capacity	2 people
Max. weight load	218.26 lbs
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	28,25 ft <sup>3</sup>
Concrete volume	28,25 ft <sup>3</sup>
Size of the base structure	4pc 19.69 x 19.69 x 31.5 „
Anchoring options	In-ground or surface
In combined structures, the volume of concrete required varies.	

### Technical specification

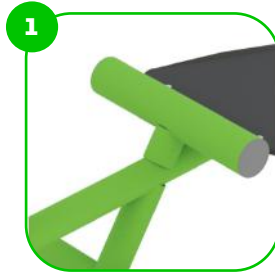
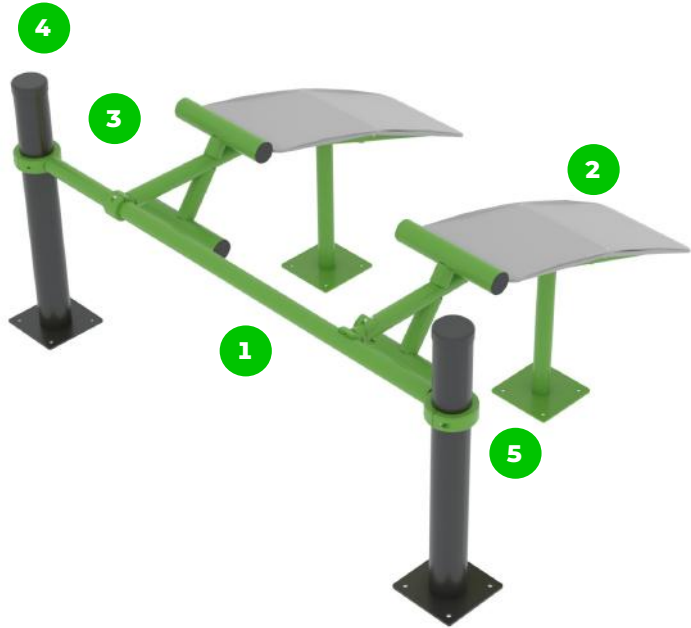
Safety surface area	Around 4.92 ft radius
Net weight	185.19 lbs
Material	S235
Critic fall height	27.56"
Color options	

For more color options, discuss with your sales representative.

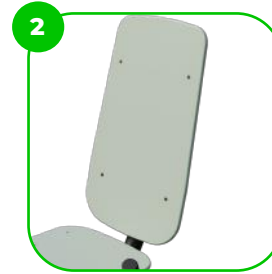
### Warranty

Structure	25 years
Steel	15 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 clamp system allows for easy assembly and extreme stability.



[bestrongworld](#) [bestrongworld](#) [usa.bestrong.com](#) [usa@bestrong.com](#)

