

The Body-Solid Pro•Dual Ab Crunch Back Extension lets you use your gut instincts to build a stronger core.

Body-Solid is recognized worldwide as a leader in home gyms and commercial strength training equipment. Over 5 million customers are enjoying the results of strength training in their everyday lives. Our equipment is designed to fit a wide variety of lifestyles, space requirements and user sizes.

- Dual function oversized 9" diameter adjustable roller pad for comfort in use and proper alignment for both ab and back exercises.
- Counterbalanced resistance arm with 14 adjustable starting points.
- Biomechanically angled seat with 5 gas-assisted adjustable positions is user-adjustable to achieve proper pivot point for exercise.
- 6-position adjustable leg pad/foot brace provides stability for users of all heights.
- Includes a 210 lb. weight stack with a 310 lb. weight stack option.
- Works as a modular component on the Pro •Dual 3-Stack and 4-Stack Gyms.