

Tummy Crunch

DATA SHEET



Target Areas: Abdominal, Lower Back, Hip, Knee, Buttocks.

The Tummy Crunch helps increase muscle strength of the abdominal and lower back whilst mobilising both hip and knee joint and buttocks. The Rectus Abdominus contracts during the sit up motion whilst the knees to chest action adds extra workload to the lower end of the muscle.

A torso extension follows the sit up which helps strengthen the back extensors and reduce lower back pain.

Features Include:

- Dual function of both upper & lower extremity
- Power assisted (plug and play installation)
- Standard 4.3" touch screen console unit with manual and programme options
- Available in a wide range of colours



Technical Specification

Dimensions	
Width	88cm
Length	192cm
Height	115cm
Electrical Specification	
Voltage	220V/240V (110V-USA)
Amps	3 Amps
Plug Cable Length	1.5 metre
Upholstery	
Side Panels	High impact resistant ABS plastic
Covers	Flame retardant vinyl, resistant to moisture and bacteria EN 1021-&2



powertone POWER ASSISTED EXERCISE



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