

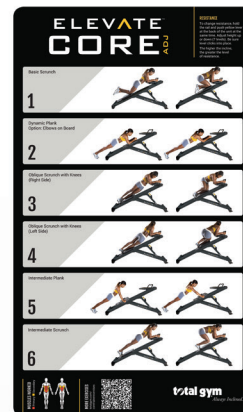
SCRUNCH Forearm Pad features an ergonomic grip bar for stabilization and a high-density foam cushion with box-stitched vinyl upholstery.



Incline Release Lever to move between seven levels of resistance.

Anchor Feet with Bolt Holes for safety and stability.

Instructional Placard provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.



Rolling Padded Glideboard allows for multiple progression options.

Rubber Foot Plate for safety and comfort.

PRODUCT SPECIFICATIONS

IN USE	72" x 33" x 51" [L/W/H] (1.8 m x .83 m x 1.29 m)
FLOOR SPACE	12 square feet [1.1 square meters]
UNIT WEIGHT	88 lbs (40 kg)
CONSTRUCTION	Steel with steel reinforced extruded aluminum rails
CAPACITY	Maximum user weight capacity of 400 lbs [181 kg]
GLIDEBOARD RANGE OF MOTION	31 inches [787 mm]
WARRANTY	Frame: 5 years Upholstery: 90 days Rubber & Moving Parts: 1 year

The ELEVATE Adjustable Core™ strengthens the abdominals while engaging the entire core musculature. Offering unparalleled versatility for an abdominal machine, the Adjustable Core is a plank facilitator that allows for two primary movements, the Dynamic Plank and the SCRUNCH®. Simple, intuitive, and accommodating all fitness levels, the ELEVATE Adjustable Core helps enhance basic core stability for beginners while providing advanced strengthening and increased core muscle recruitment to challenge conditioned athletes.

- 1. Upgrade on previous design:** user can choose between seven levels of resistance which uses a percentage of bodyweight.
- 2.** Provides dedicated area for planking off of the floor.
- 3.** Rolling glideboard offers option to increase instability for further strengthening.
- 4.** Ability to progress or regress exercises by changing body position.
- 5.** Includes link to exercise library with additional and advanced exercise options.
- 6.** Designed to be bolted to gym floor for designated plank area.

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