



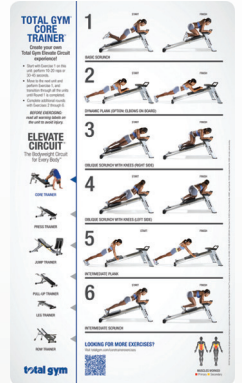
**SCRUNCH Forearm Pad** features an ergonomic grip bar for stabilization and a high-density foam cushion with box-stitched vinyl upholstery.

**Rolling Padded Glideboard** allows for multiple progression options.

**Rubber Foot Plate** for safety and comfort.

**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.



## PRODUCT SPECIFICATIONS

<b>IN USE</b>	72" x 23.5" x 30" (L/W/H) [1.8 m x .6 m x .8 m]
<b>FLOOR SPACE REQUIRED</b>	12 square feet [1.1 square meters]
<b>UNIT WEIGHT</b>	80 lbs [36.3 kg]
<b>CONSTRUCTION</b>	Steel with steel reinforced extruded aluminum rails
<b>GLIDEBOARD ROM</b>	31 inches [787 mm]
<b>CAPACITY</b>	Maximum user weight capacity of 400 lbs [181 kg]
<b>WARRANTY</b>	Frame: 5 years Moving Parts: 1 year Foam, Rubber & Upholstery: 90 days

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

1. Fixed-incline design provides assistance for novice or de-conditioned exercisers.
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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For additional information on this product, the Recovery Series and other Total Gym products, visit [totalgym.com](http://totalgym.com)  
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