

Fitness Breakthru

Personalised Fitness Equipment Specialists

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Specs – Body Solid Abdominal / Back Machine



This unique dual-function machine allows you to exercise two major muscle groups, the stomach and back. The innovative “plate-load” design is based on health club single station machines. The full-range cam design has an easy-to-use pop pin that allows 26 adjustments to increase and control your range of motion. Breakthrough technology lets you tighten abdominal muscles, strengthen your lower back and increase flexibility. Weight plate post is 1" diameter. Weight plates optional extra.

- Ultra-thick DuraFirm™ upholstery provides maximum comfort.
- Positioned at a 30° angle for precise biomechanical movement.
- 2"x 4" mainframe steel for exceptional quality.
- Easy-to-use pop pin that allows adjustments to increase and control the user's range of motion.
- Adjustable lifting arm can be positioned for exercising both the abdominal and back muscles.
- Ideal for home and commercial use.

Dimensions: 109cm(H) x 152cm(L) x 116cm(W)

Body-Solid®