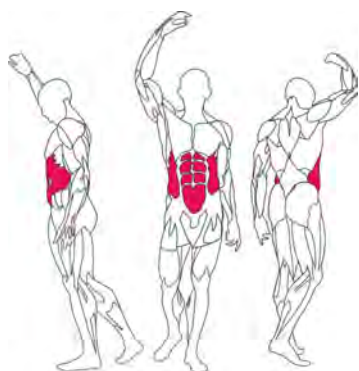


## L310 Abdominal

- **Front and rear fairings.** Provides greater security to the user during exercise, avoiding accidents while the plates are moving.
- **Design with lower profile and solid outline.** For a more visually striking and elegant line.
- **Setting elements are bright contrasting yellow.** They provide a quick and easy visual identification of the selectors to be adjusted by any user, without help from the coach.
- **Visual level indicator of weight training in 3 colors depending on the level of charge:** Light, medium y advanced (green, yellow and red). Intuitive system that helps the user to quickly identify the load and the development or progression at the exercise.
- **Double Roll V-shaped pad.** Provides support and holds shoulders firmly. Additionally, the lumbar support ensures the correct position at the start and the end of the exercise.
- **Double rubber feet support.** It fits to the height and natural posture adopted by each user

### Muscles:



### Specifications:

Length: 136 cm / 53,5 in  
Width: 105 cm / 41,3 in  
Height: 148,5 cm / 58,5 in  
Weight: 236 Kg / 520 lbs  
Weight stack: 91 Kg / 200 lbs



## L310 Abdominal Seated row

- Structure, loads and fatigue resistance according to the TÜV standard.
- Reinforced frame, for more security and protection.
- Guarantees free, stable and natural guided movements.
- Work loads adapted both to beginners and advanced users.
- Designed for optimum exercise biomechanics. Guarantee smooth, natural movements for full muscle concentration
- 4 mm thick ST-37 / 40 steel frame. High durability.
- Structure raised 50mm above floor level with rubber tipped feet. This provides access for cleaning and vacuuming without scratching the paint.
- Round edges with elliptical section in order to avoid cuts and knocks.
- High protection polycarbonate fairings. Provide prevention against accidents. Very easy to clean.
- Information panel showing worked muscle groups and exercise position. This helps the user to identify the machine quickly and use it correctly.
- Three layer coating. Enhanced by an initial anti-corrosion primer, followed by an epoxy powder layer and a lacquer or barnish.
- Injected core fireproof seat. Unlike the classic foam padded particle boards, the injected core offers the advantage of uniformity, anti-distortion and greater anti-bacterial protection.
- Magnetic weight plate selector. The magnets ensure that there is no possibility of the selector coming out during training.
- Easy access to all elements of control and load selection from the working position of the user.
- High resistance 5 mm thick coated steel cable. For a smooth, secure performance.
- Resistance adapted to all the strength moments developed throughout the whole movement.

