

L610 Ab / Low back

- It allows for a dual exercise: abdominal and lumbar muscles.
- **Adjustable support roller with 12 different positions.** The selector has 12 working angles, that offer maximum adaptability to the shape, height and constitution of the user. This enables full adjustment.
- **Adjustable training arm with 6 different positions.** Enables you to select different starting positions, to choose between an abdominal or lumbar exercise.
- **Double rubber feet support.** It fits to the height and natural posture adopted by each user.
- **The lumbar support ensures the correct position at the start and the end of the exercise.**
- **Counterbalanced arm.** Override the weight of the structure to be moved in order to lift only the selected weight plates.
- **Visual level indicator of weight training in 3 colors depending on the level of charge:** Light, medium and advanced (green, yellow and red). Intuitive system that helps the user to quickly identify the load and the development or progression at the exercise. They show weight information in lbs and kgs.



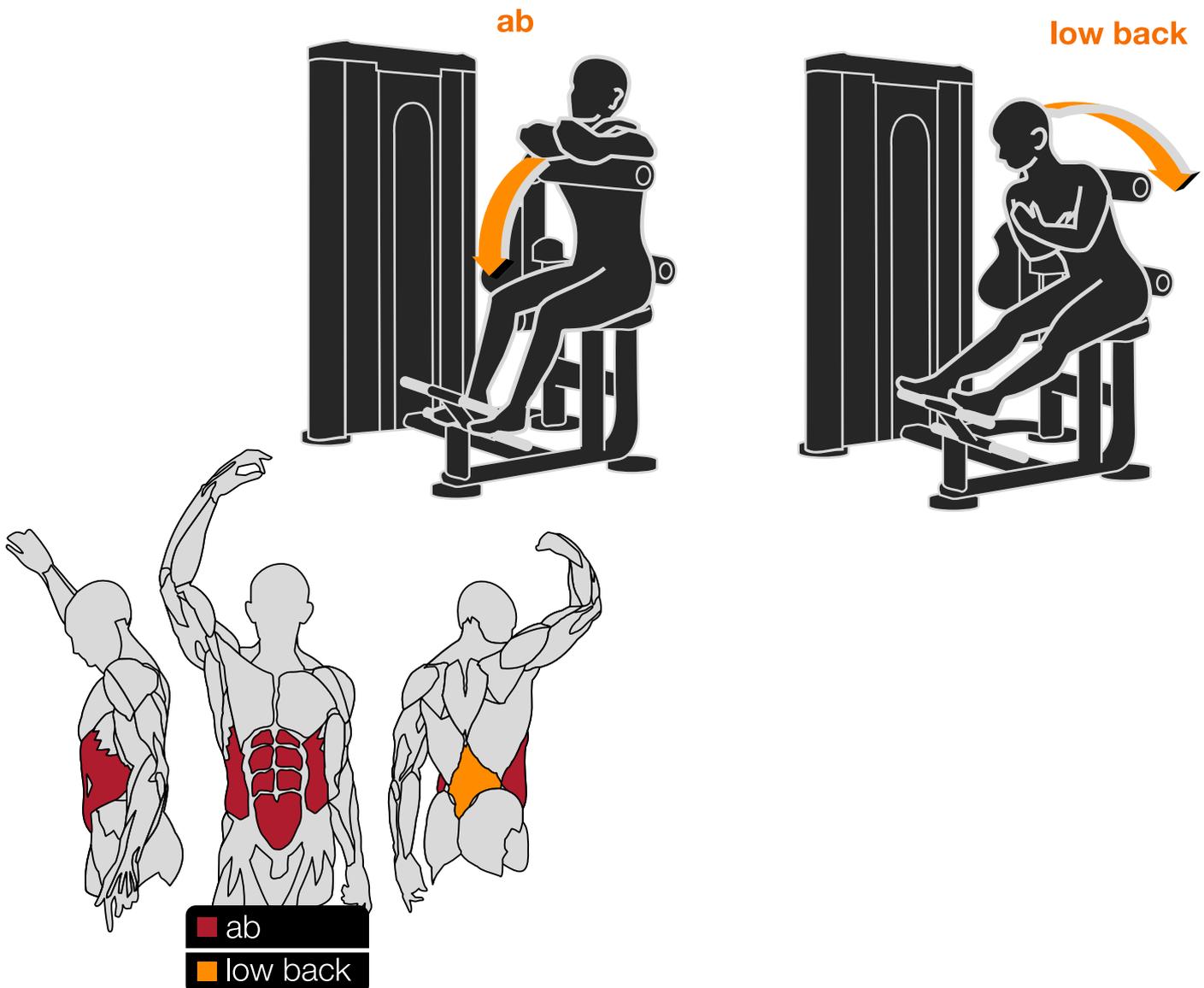
Specifications:

Length: 104 cm / 41"
 Width: 110 cm / 43"
 Height: 152 cm / 60"
 Weight: 201 Kg / 443 lbs
 Load: 90 Kg / 200 lbs.



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- **Magnetic weight plate selector.** The magnets ensure that there is no possibility of the selector coming out during training.
- **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.
- **Use of “cams” to produce even weight distribution.** The cam system used on this model keeps the power arm at a constant setting throughout the whole movement. This biomechanical improvement prevents overuse of the Golgi tendon organ which controls muscular tension.



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- **Front and rear fairings.** Provides greater security to the user during exercise, avoiding accidents while the plates are moving.
- **Information panel showing worked muscle groups and exercise position.** This helps the user to identify the machine quickly and use it correctly.
- **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.
- **Designed for optimum exercise biomechanics.** It guarantee smooth, natural movements for full muscle concentration.
- **4 mm thick ST-37 / 40 steel frame.** High durability.
- **Round edges with elliptical section in order to avoid cuts and knocks.**
- **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.
- **Reliable and durable design with optimized safety and comfort.** Designed under the highest biomechanical standards and based on thorough studies of the anatomy of each muscle and its behavior during exercise. It ensures a range of soft and progressive exercise and a natural, precise and fluid movement.
- **Design with lower profile and solid outline.** For a more visually striking and elegant line.
- **Structure raised 50mm above floor level with rubber tipped feet.** This provides access for cleaning and vacuuming without scratching the paint.