

DF306

BACK EXTENSION AB CRUNCH

The SportsArt Dual Function Strength Series is uniquely engineered to offer training on multiple muscle groups per station without compromising range of motion or user experience, making them ideal for smaller spaces.

KEY FEATURES

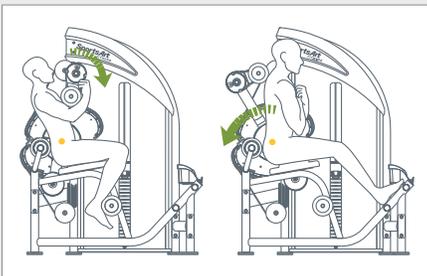
- Direct drive system offers two opposing cams for less cable-slop and faster workout changeover
- Fully adjustable chest/back pad
- Plate increments: 20 x 11 lbs (5 kg)
- Multiple foot supports for greater stability



TECHNICAL DETAILS

Unit Weight	473 lbs / 215 kg
Dimensions (LxWxH)	44.6 x 42.8 x 57 in / 113.3 x 108.7 x 144.7 cm
Weight Stack	220 lbs / 100 kg
Max User Weight	500 lbs / 227 kg
Starting Weight	Back Extension: 7.7 lbs / 3.5 kg Ab Crunch: 7.7 lbs / 3.5 kg
Features	5 inch deep groove POM pulleys provide consistent cable tracking 14-gauge machine welded frame Stainless steel guide rods resist rust and maintain smooth operation Heavy-duty marine grade cushions Multiple adjustment points for maximum customization

NOTABLE DETAILS



Dual Function Series allows users to work at least 2 major muscle groups per machine maximizing both space and convenience



Dual cam system improves biomechanics and reduces cable slack



Our stacks feature sound dampeners and magnetized selector fork for maximum stability.