

Abdominal Crunch

Experience the epitome of abdominal strength training with our Abdominal Crunch machine, designed to reflect the premium quality of the Inspiration Strength Line and pay homage to the classic clamshell movement pioneered by the Nautilus brand over half a century ago. This exceptional fitness equipment is renowned for its ability to engage your entire core, as both your legs and arms work together in perfect alignment to facilitate a complete trunk flexion.



PRODUCT DIMENSIONS	
Width	52 in (132 cm)
Length	51 in (130 cm)
Height	64 in (163 cm)
Overall Weight	684 lb (310 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path of motion with the axis of rotation highlighted for precise user positioning. Combination of upper and lower movement arms with the four-bar linkage on upper movement arm provides a moving axis of rotation around the thoracic region of the spine for ultimate user feel and provides true abdominal crunch motion.
Assisted adjustments	Gas assist shock, wrap around handles on all seat height adjustments
Color coded pivot points and adjustments	Yes
Pulley ratio	1:1
FRAME SPECIFICATIONS & CABLE INFORMATION	
Frame & upholstery color	Black
Frame finish	Electrostatic Powder coating
Customizable paint, upholstery, and branding options	Yes, with additional fees and extended lead times
Cable vs. belt driven transmission	Cable
Bolt down locations defined	Yes
Integrated leveling system	Yes
Hardware type	Hex / Button Head
Tubbing style & thickness	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
USER SPECIFIC INFORMATION	
Static placards	Yes, simple and intuitive placard
Multi-language placards options available	Large and graphical, limited text to eliminate translation requirements
Safety catch & stops	Yes, end range of motion safety stop
Water bottle holders	Yes, integrated to weight stack tower, eye level
Phone holder	Yes, adjustable in size and position
Grip specifications	Rubber, large grips for pushing, smaller grips for pulling
Contoured pads	Yes, contoured pads and comfortable support pads
WEIGHT STACK SPECIFICATIONS	
Total stack weight	200 lb (91 kg)
Incremental weight system	10 lb increment, 5 lb add on
Lock N Load® Technology	Our Patented Lock N Load weight stack system uses intuitive, color-coded switches to safely engage weights with a simple flick—no pins to lose, no maintenance required
Weight stack shroud specifications	Uniform size, standard steel / customized aluminum materials
SKUS	
IPAC5	