

# AB BENCH

G208

The G208 Plate Loaded ab bench lets the users stack Olympic weights onto the bench to increase to heavy loads. The folding motion targets the mid to upper abdominal muscles.

• Biomechanically Correct Movement

Various Foot and Leg Positions

Unique Floating Pivot Point Design

Plate Loading and Plate Storage Weight Pegs

Plate Loading and Plate Storage Weight Pegs



**Dimensions**  
61" x 36" x 37"

**Weight**  
137lbs

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Warranty	
<b>STRENGTH WARRANTY (NORTH AMERICA ONLY)</b>	
FRAME (NOT COATINGS)**	LIFETIME
WEIGHT STACKS	10 YEARS
PULLEYS	10 YEARS
PIVOT BEARINGS	10 YEARS
OTHER ITEMS NOT SPECIFIED	3 YEARS
LABOR	3 YEARS
UPHOLSTERY / CABLES / SPRINGS / GRIPS	1 YEAR
ACCESSORIES	6 MONTHS



### Biomechanically Correct Movement

For a comfortable, focused workout



### Plate Loading and Plate Storage Weight Pegs



### Unique Floating Pivot Point Design

Creates the ideal crunch movement, reducing stress to neck and shoulders



### Various Foot and Leg Positions

For multiple workout options



### Plate Loading and Plate Storage Weight Pegs