



# PLATE LOADED

## 4307 PURE KRAFT LYING ABDOMINAL



### FEATURES

- Body area: Core
- Training of the abdominal muscles
- Footrest
- Two fixed handles, for an optimal training position
- 980 x 1180 x 1510 (H x B x L in mm)
- Total weight: 120kg
- Maximum load: 75kg



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