

# DABB-SF

## Pro•Dual Ab & Back Machine



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A strong, functional torso requires well-defined abdominals and lower back. A successful workout of these complex muscle groups demands a routine built upon a foundation of consistency.

Body-Solid's Pro•Dual Ab Crunch & Back Extension features a unique rotation position that provides correct, crunch-style movement for maximum abdominal contraction. The adjustable seat and foot hold-down rollers permit ergonomically correct pivot positioning.

### Optional Configurations

- DABB-F: Pro•Dual Ab & Back Machine without Weight Stack
- WSP200: 200 Lb. Premium Weight Stack
- WSP300: 300 Lb. Premium Weight Stack

Weight: 482 lbs  
Dimensions: 43"L x 51"W x 62"H

### Special Features

- Continuous welded, factory assembled frame
- Fiberglass reinforced nylon pulleys
- 11 gauge 2.375" x 4.625" oval tubing
- Electrostatically applied powder coated
- 5.5mm dia., 2500lb rated aircraft cable
- Durafirm upholstery over 2" high density foam
- 3 gauge steel connecting plates

### Warranty



Frame & Welds ..... Lifetime  
Bushings and Hardware..... 3 Years  
Pad, Rollers and Grips ..... 1 Year



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