

ALL NEW TARGET LINE

4BACK ABDOMINAL



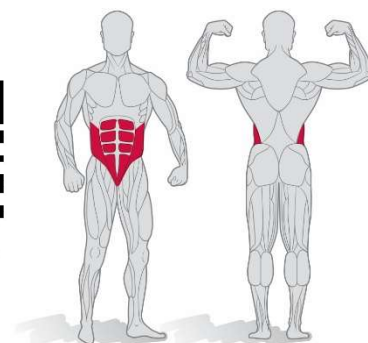
4back Abdominal
Art.-No.: **16100** Fitness

4back Abdominal
Medical Art.-No.: **1610M** Certified Medical Product

Length cm	Width cm	Height cm	Weight kg
135	95	145	240



Learn more



Training the straight abdominal muscles
(M. rectus abdominis)

✓ Integrated

+ Optional

Angle display ✓	Adjustable starting position ✓	All New Comfort Range ✓	Range Limiter for End Position +	Hydraulic assisted knee fixation +
Fine Increment 2,5kg +	Biofeedback-System +	Grab Handle +	Package Additional Selector Plates +	

Properties

- Movement mechanics precisely matched to the short contraction area of the straight abdominal muscles
- specially tailored power curve
- comfortable shoulder pad
- max. user weight: 200kg
- Weight block: 15 x 5kg

Device Setting

- Height-adjustable lumbar pad
- 2 ° starting angle setting
- Length-adjustable thigh support pad