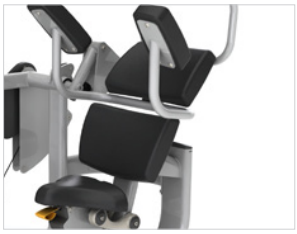
G7-S51 Abdominal Crunch

MATRIX



Curved Back Pads
for full muscular contraction

Self-Aligning
handles

Dual Pivot Design
for natural abdominal crunch motion

FRAME AND CABLES	
Frame finish	Proprietary two-coat powder process
Cable transmission	Internally lubricated cables and fittings
Machine anchoring	Independent machine hold down bracket

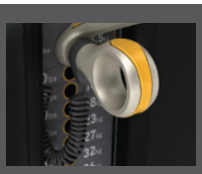
WEIGHT STACK	
Consistent 52" stack height	Yes
Weight stack guarding	Full front and rear shields
Total stack weight	240 lbs
Weight plate increments	10 lbs
Incremental weight system	2.5 lbs, 5 lbs, 7.5 lbs

USER AMENITIES	
Front placards	Muscle call outs, machine specific stretching, start and finish exercise illustrations, proper machine adjustment and adjustment point call outs
Rear placards	Color coded machine identification
Placard color coding	Green (core)
Personal storage	Dual size bottle holder, tactile storage mat and towel holder
Contoured seating	Yes
Rep counter	Electronic counter displays reps, exercise time and rest time
Action Specific Grips™	Yes

ADJUSTMENTS	
Color coded pivots and points of adjustment	Yes
Machine assisted user adjustment	Spring assisted seat
User adjustment range	7 position seat

TECH SPECS	
Overall dimensions	52"L X 48"W x 52"H
Weight	571 lbs
Shipping weight	617 lbs
Usage tracking	Monitors total repetitions and hours of use
Rep counter power supply	2 AA batteries
Rep counter battery life	Approximately 3 years

WARRANTY	
Frame (not coatings)	10 years
Structural parts	10 years
Weight stacks	5 years
Pulleys	5 years
Pivot bearings	5 years
Other/not specified	3 years
Labor	3 years
Springs/grips/upholstery	1 year
Accessories	6 months



Incremental Weights
Incremental weights are easily accessible from the seated position. Numeric selection allows users easy reference for future use.

Electronic Rep Counter
Integrated system tracks repetitions, activity time, and rest time for a simplified workout experience.

Exercise Placards
Conveniently located and easy to read exercise placards offer a quick reference to targeted muscle groups and proper machine use. Placards offer color references to easily identify muscle-group categories.

Action Specific Grips™
Ergonomically designed, function specific handles reduce stress on contact points to enhance user comfort.