



97 ABDOMINAL STAND UP BENCH: MSRP: 399.0000



DESCRIPTION

This Abdominal Stand Up Bench is a compact, yet heavy-duty unit that will offer a solid base to deliver an intense workout for abs, legs and core. The Abdominal Stand Up Bench is a simple machine that will deliver a best in class workout for abs, legs, and core. Abdominal Stand Ups are also an excellent alternative to regular squats for anyone suffering from back injury or other problems preventing them from squatting normally, as little stress is placed on other muscles.

Users can include dumbbells or medicine balls to their routine to increase the intensity and train the entire body. With a compact and light-weight design, the Abdominal Stand Up Bench offers portability, while also maintaining a rigid frame for the toughest of workouts.

Adjustable Height

The Northern Lights Abdominal Stand Up Bench features an adjustable calf pad to accommodate users of all sizes. It features 6 variable options, with up to 3" of additional height (14.75" - 17.75" total height).

Features

- Large non-slid foot plate
- Heavily padded adjustable calf pad
- Foam rollers for locking in feet (7.5" x 4")
- Grey powder coated finish
- Space saving design
- Overall Dimensions: 40.5" (L) x 29.25" (W) x 14.75" - 17.75" (H)

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Package Dimensions:

- **Weight:** 45 lbs
- **Packed in Box:** 29.5" x 25.5" x 5.5" = 2.39 ft³

Warranty

Manufacturer's limited lifetime warranty against broken welds and manufacturing defects.