AB CRUNCH / LOWER BACK

HD-3600

LOWER BACK



AB CRUNCH

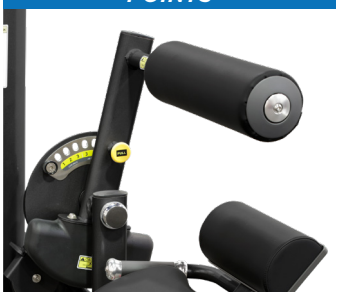




MULTIPLE FOOT PLACEMENTS



ADJUSTABLE EXERCISE POINTS



SPECS

PRODUCT DIMENSIONS (L X W X H)
48.00” x 49.25” x 55.00”(122 cm x 125 cm x 140 cm)

PRODUCT WEIGHT HD
505 lbs. (229 kg)
517 lbs. (235 kg) with RS-CAGE-NG-OPT1

PRODUCT WEIGHT HDG
538 lbs. (244 kg)
550 lbs. (249 kg) with RS-CAGE-NG-OPT1

WEIGHT STACK HD
180 lbs. (82 kg)
185 lbs. (84 kg) with RS-CAGE-NG-OPT1

WEIGHT STACK HDG
215 lbs. (98 kg)
220 lbs. (100 kg) with RS-CAGE-NG-OPT1

FEATURES

- Bi-directional press-arm allows for back and abs exercises in one machine
- Multiple range-of-motion adjustments for both exercises
- Seven seat pad adjustments for varying user heights
- Angled foot pegs and horizontal foot pads provide multiple foot placement options
- Optional 5 lbs Weight Upgrade (RS-CAGE-NG-OPT1)

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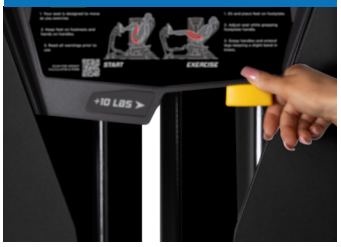
ADD ON WEIGHT



5 LB ADD ON



10 LB ADD ON



OPTIONS

RS-CAGE-NG-OPT1
5 lbs

RS-CAGE-NG-OPT2
10 lbs

RS-CAGE-NG-OPT3
5 lbs

RS-CAGE-NG-63-OPT1
5 lbs

RS-CAGE-NG-63-OPT2
10 lbs

RS-CAGE-NG-63-OPT3
10 lbs

FEATURES

- **User-Friendly Design:** Smaller Weight Increments: Cater to diverse users, enhancing accessibility.
- **Training Variety:** Range of Weight Options: Enables diverse training programs for engaging workouts.

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KEY CHANGES
ACROSS THE HD-LINE

CHANGES



GRIPS

- Change rubber grips to Ergo-grips



BOLT CAPS

- Removing large plastic bolt caps found at pivot points. (026-01M3605 retaining caps will be used for the through-shafting as seen above)



FOOTPLATES

- New molded footplates



SCUFF GUARDS

- Replacing plastic scuff guards with new stainless steel scuff guards



HANDLES

- Adding adjustable handles from CL line (RS-2301 and RS-2501)



CAGE

- Redesigned weight cage

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ADD ON WEIGHT

RS-CAGE-NG-OPT1

ROC-IT SELECTORIZED

- RS-2101
- RS-2102
- RS-1103
- RS-2201
- RS-2203
- RS-2204
- RS-2301
- RS-2302
- RS-2401
- RS-2402
- RS-2406
- RS-2407
- RS-2408
- RS-2412
- RS-2415
- RS-1501
- RS-1502
- RS-2601
- RS-2602

HD-DUAL

- HD/G-3100
- HD/G-3600
- HD/G-3800
- HD/G-3900

RS-CAGE-NG-OPT2

ROC-IT SELECTORIZED

- RS-2403

RS-CAGE-NG-OPT3

HD-DUAL

- HD/G-3300
- HD/G-3400

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ADD ON WEIGHT

RS-CAGE-NG-63-OPT1

HD-DUAL

- HD/G-3200

RS-CAGE-NG-63-OPT2

HD-DUAL

- HDG-3403

RS-CAGE-NG-63-OPT3

HD-DUAL

- HD-3403

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