



## GF-18015

### Sit-up & back Extension



## TECHNICAL DATA

**Dimension:** 1700×1540×1210mm

**Training Space:** 2200×2000×1650mm (Sit-up Trainer)/∅2000×2200mm (Back Extension)

**Safe Area:** 3700×3500×3150mm (Sit-up Trainer)/∅3500×3700mm(Back Extension)

**Free Height of falling:** 650mm

**Maximum permissible user body weight:** 140KG

## FUNCTION

Enhance the strength in the abdomen & back.

## DIRECTION

### Abdominal Curl Exercise

1. Lay back on the bench with your feet hooked under the bars;
2. Place your hands across your chest;
3. DO NOT interlock fingers or hands behind your head;
4. Slowly lift your upper body off the bench, bending at the hips;
5. Inhale as you bend, and exhale on return;
6. Movement should be undertaken in a controlled manner on both strokes;
7. Care should be taken if you have or have had back problems;
8. Increase repeat as fitness improves.

### Back Extension Exercise

1. Rest your thigh against the support pad;
2. Bend and then raise your upper body slowly extending the lower back;
3. Increase repeat as fitness improves.

## CERTIFICATION

EN16630:2015

