

Black/grey
is the standard
colour, but all
RAL colours
are available.



Abs Board

Function	The design and construction of this situp prevents overloading of the back. With the ABS board, muscles of the abdomen will be trained.
Usage	Sit-ups. Hook your feet behind the handles and lie down on the board. Hold your hands behind your head/neck. Pull yourself up without moving your hands or feet, use only your abs.

Type	OFS100337
Dim.	136,5 x 109 x 70 cm
Space	440 x 410 cm
Montage	50 x 50 x 70 cm, must be secured in position with concrete.
Weight	40 kg
Volume	0,5 m ³



Each piece of equipment has a specific sticker, detailing how to use the equipment in pictogram form and with a warning against improper use (size of the user).

