



# PPS-220 Ab Crunch

## Performance Plus Abdominal Crunch

### 2011 Performance Plus General product specifications.

#### PPS-220 Ab Crunch Exclusive Features:

- Made in USA.
- Tri-point rotation pivots in 3 zones for improved feel & performance.
- Unique design combines upper & lower body movement for more complete core isolation.
- 3 position seat pivots to allow oblique isolation and advanced free-floating option.
- Easy access design allows user to begin exercising without adjusting machine.
- 220 lb weight stack standard.

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- Low profile 2"x 4" 11 gauge, welded **oval** steel main frame offers modern styling & improved stability.
- 1" solid **stainless steel** pivot shafts, surrounded by internally encased 2" roller bearings on all primary pivot points.
- **Ergonomic** design and variable resistance cams ensure bio-mechanically correct movements & strength curves.
- All machines include rubber stabilizer feet **pre-drilled** for floor mounting.
- 1/4" thick **7-gauge** steel adjustment cams triple chrome plated for durability.
- High density Commercial EMR Urethane foam padding bonded to **1" thick** premium plywood backing supported with grade 8 zinc plated locking hardware and polished aluminum end caps.
- **Commercial Naugahyde** upholstery treated to resist bacteria, scuffing, and scratches.
- High strength, low stretch Military Spec Mectrol steel **reinforced Kevlar** belt transport system standard on most machines.
- Full length **dual sided** weight stack safety shields and **custom molded** shield covers with integrated storage compartments and exercise guides on most units.
- Patented Rotating Axial Convergence (R.A.C.) and Rotating Axial Divergence (R.A.D.) technology on all converging and diverging units mimics natural articulation of shoulder joint for **improved feel and bio-mechanics**.
- Piggyback add-on weight system combined with **Precision steel** weight stack and lanyard secured magnetic weight pin standard on most machines.

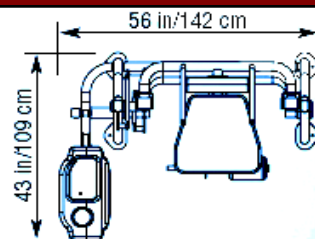
#### Full Commercial Warranty

**10 Years:** Frame, welds, cams and weight plates.

**5 Years:** Pivot bearings, pulleys, bushings, gas shocks & guide rods.

**1 Year:** Belts, Linear bearings, pull pin components, and all other parts not mentioned.

**6 Months:** Upholstery, cables, finish, and rubber grips.



Ht: 71 in/180 cm SH Wt: 640 lb/290 kg