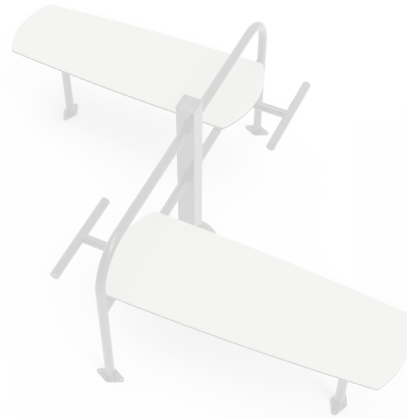


# TECHNICAL DATA



Ref.: BS16

Abdominals bench



Made with structural metal profiles.  
Thermo-lacquered paint treatment with primer.  
Wood Compacmel.  
Stainless steel screws.

**Users:** 2

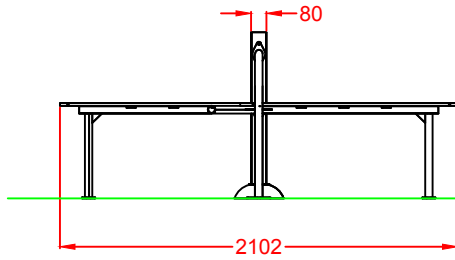
**Instructions:** Lying on your back on the board, hold both legs with the tube horizontally, cross your hands on the back of your neck or on your chest, contract your abdomen and slightly bend the trunk forward. Slowly return to the starting position.

**Functions:** Strengthens the muscles of the upper, lower abdominals, obliques, waist and back.

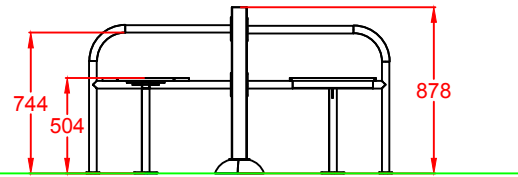
**Warning:** Use the equipment according to the manufacturer's instructions.



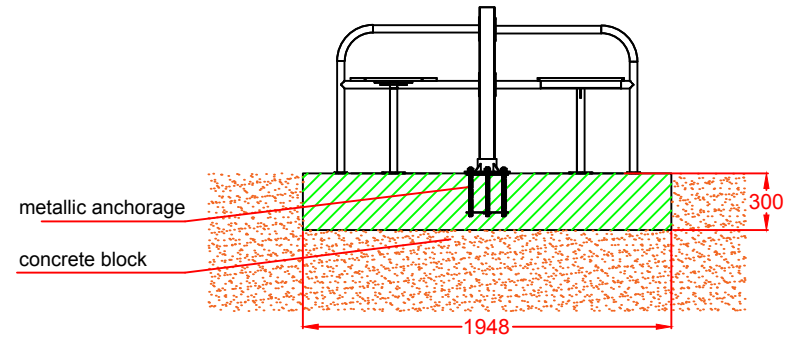
FRONT VIEW



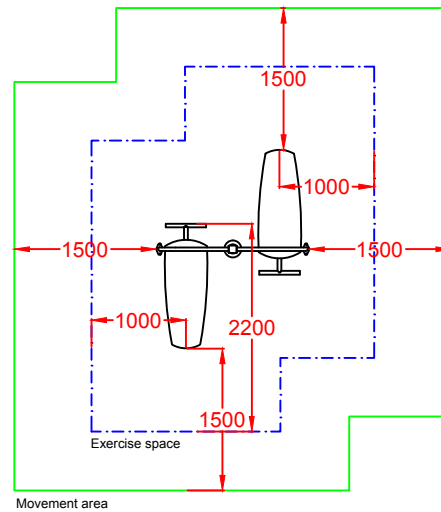
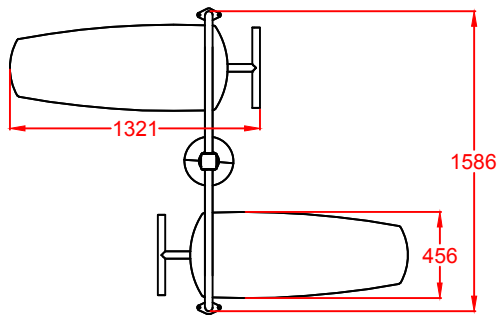
LATERAL VIEW




FOUNDATION



TOP VIEW



Drawn		VIEWS AND FOUNDATIONS	Ref: BS16
Reviewed			
Passed			
Description:		Scale:	Full number: 2/2
METALLIC BIO-HEALTHY DEVICE "ABDOMINALS BENCH"		Date: 10-07-2018	