



GF-18014

Vertical Abdominal Trainer



TECHNICAL DATA

Dimension: 1140×650×1800mm

Training Space: ∅2000×2200mm

Safe Area: ∅3500×3700mm

Free Height of falling: 1320mm

Maximum permissible user body weight: 140KG

FUNCTION

Enhance the strength in the whole upper body, abdomen, arms, shoulders, chest & back.

DIRECTION

Abdominal Exercise

1. Stand close to the backrest, grab the vertical handles firmly while placing both elbows on the cushion of handles;
2. Extend your whole body and support your weight with your elbows and hands;
3. Lift your legs up towards your chest keeping them extended, until they are parallel to the floor, and hold this position for a second;
4. Lower your legs to the starting position;
5. Increase repeats as fitness improves.

Push up & Dip Exercise

1. Stand between the bars, facing outwards or inwards, while keeping a straight back placing both hands on the horizontal handles;
2. Raise your knees up towards your chest to work the abdominal muscles; Or alternatively try dips, lowering your body between the bars to work the shoulders, biceps, and triceps;
3. Slowly return to original position maintaining a smooth, controlled movement during the exercise;
4. Increase repeat as fitness improves.

CERTIFICATION

EN16630:2015

