

BFAB20**Best Fitness Semi-Recumbant Ab Bench****BFAB20**
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This ergonomically designed machine is built to help you tighten up your midsection, strengthen your back and improve your core stability. Dual functionality lets you target your lower abs with knee raises and your upper abs with abdominal crunches.

The BFAB20's 45° seat angle puts you in position to isolate your abdominal muscles, for a more efficient workout. Plus, with two additional 5° reclining positions, you'll be ideally supported for an entire range of core exercises.

Dimensions: 50"H x 64"L x 27"W

Special Features

- 3-year Best Fitness in-home warranty
- Ergonomic 45° seat angle with two additional 5-degree reclining positions offers exceptional range of motion and adjustability for any size user
- Upper ab directed motion with durable upholstered, upper back support, textured grip handles and standard weight post with spring lock.
- Knee-Raise: Lower ab directed motion with adjustable length, 2-position foot rests and standard weight post with spring lock
- Three-position, adjustable upholstered seat provides comfort at any setting