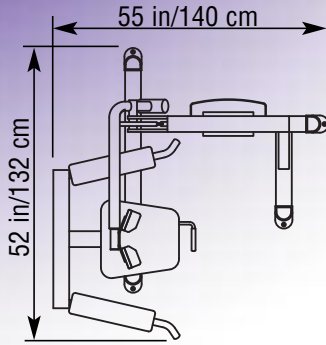


PS-216 4-Way Neck Machine

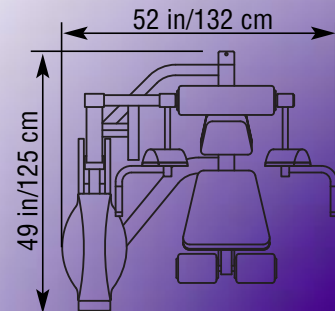
- 360° 4-way rotating seat design offers quick and easy positioning for various neck exercises
- Adjustable press arm for proper start position
- Rotating head pads to maintain proper alignment throughout the range of motion
- 150 lbs. steel weight stack/150 lbs. resistance



Ht: 65 in/165 cm
SH Wt: 580 lb/263 kg



- Innovative arm crunch design on a single point of rotation applies resistance through the abdominals while stabilizing the torso
- Adjustable stabilizing handles
- Dual-linkage gas assist seat adjustment with built-in footrolls
- Comfortable foot support for firm hold down when performing the exercise
- 300 lbs. steel weight stack/200 lbs. resistance



Ht: 55 in/140 cm
SH Wt: 650 lb/295 kg

PS-220 Abdominal