

Body-Solid Semi-Recumbent Ab Bench

Body-Solid is recognized worldwide as a leader in home gyms and commercial strength training equipment. Over 5 million customers are enjoying the results of strength training in their everyday lives. Our equipment is designed to fit a wide variety of lifestyles, space requirements and user sizes.

The Body-Solid GAB300 Semi-Recumbent Ab Bench puts you in position to build core strength as you define a chiseled midsection.

- 5-position seat, 5-position upper ab arm and 4-position lower ab leg support adjust to accommodate any size user.
- Ergonomically positioned handles provide a natural, fluid, biomechanically correct motion.
- High-strength frame is constructed from 2" x 3" steel tubing with an electrostatically applied powder coat finish.
- Compact design puts maximum functionality in a minimum required space.
- 2" foam cushions with DuraFirm™ upholstery assure a comfortable workout.
- Upper abdominal resistance is achieved with lock-out feature.
- Lower abdominal counterbalance and resistance is achieved with lock-out feature.
- Articulating foot support self-aligns for correct lower leg and ab crunch movement.
- Upright seating position provides easy access.