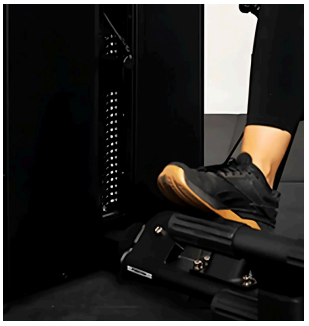


DUAL-FUNCTION CORE MACHINE

Ab crunch & back extension, one station







The Force USA Solitude Abdominal / Back Extension Machine delivers powerful core and lower-back training in a compact, elegant package, with a 100kg pin-loaded weight stack offering consistent, smooth resistance. A heavy-duty oval steel frame combines commercial-grade durability with refined aesthetics, while the dual-function design allows seamless transitions between abdominal crunches and back extensions. A dual dial design with lock pin allows precise body alignment, and contoured padding with adjustable seat positioning supports proper form and minimises fatigue across all fitness levels.

FEATURES

- Dual-function ab crunch & back extension in one machine
- 100kg progressive resistance for all fitness levels
- Dual dial design with lock pin for precise alignment
- Contoured padding with adjustable seat positioning

EQUIPMENT SPECIFICATIONS

Weight Stack	1 x 100kg / 220lb
Device Holder	No
Water Bottle Holder	No
Adjustability	Dual dial design with lock pin for precise body alignment
Extra Features	Commercial grade oval steel tubing construction. Foot rest for comfort and support.
Installation	Included
Dimensions	104 (L) x 125 (W) x 145 (H) cm
Product Weight	212.5kg