

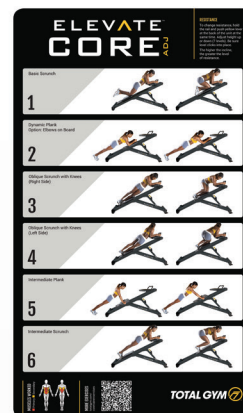
**SCRUNCH Forearm Pad** features an ergonomic grip bar for stabilization and a high-density foam cushion with box-stitched vinyl upholstery.



**Incline Release Lever** to move between seven levels of resistance.

**Instructional Placard** provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.

**Rolling Padded Glideboard** allows for multiple progression options.



**Anchor Feet with Bolt Holes** for safety and stability.

**Rubber Foot Plate** for safety and comfort.

## PRODUCT SPECIFICATIONS

|                                   |                                                                        |
|-----------------------------------|------------------------------------------------------------------------|
| <b>IN USE</b>                     | 72" x 33" x 51" [L/W/H]<br>(1.8 m x .83 m x 1.29 m)                    |
| <b>FLOOR SPACE</b>                | 12 square feet<br>[1.1 square meters]                                  |
| <b>UNIT WEIGHT</b>                | 88 lbs (40 kg)                                                         |
| <b>CONSTRUCTION</b>               | Steel with steel reinforced extruded aluminum rails                    |
| <b>CAPACITY</b>                   | Maximum user weight capacity of 400 lbs [181 kg]                       |
| <b>GLIDEBOARD RANGE OF MOTION</b> | 31 inches [787 mm]                                                     |
| <b>WARRANTY</b>                   | Frame: 5 years<br>Upholstery: 90 days<br>Rubber & Moving Parts: 1 year |

The ELEVATE Adjustable Core™ strengthens the abdominals while engaging the entire core musculature. Offering unparalleled versatility for an abdominal machine, the Adjustable Core is a plank facilitator that allows for two primary movements, the Dynamic Plank and the SCRUNCH®. Simple, intuitive, and accommodating all fitness levels, the ELEVATE Adjustable Core helps enhance basic core stability for beginners while providing advanced strengthening and increased core muscle recruitment to challenge conditioned athletes.

- 1. Upgrade on previous design:** user can choose between seven levels of resistance which uses a percentage of bodyweight.
- Provides dedicated area for planking off of the floor.
- Rolling glideboard offers option to increase instability for further strengthening.
- Ability to progress or regress exercises by changing body position.
- Includes link to exercise library with additional and advanced exercise options.
- Designed to be bolted to gym floor for designated plank area.