

LINK DUAL FUNCTION

LD-5 AB CRUNCH / BACK EXTENSION



CLICK OR SCAN
360° View



RANGE OF MOTION

12 settings ensure proper starting point for both extension and crunch exercises



CHEST/BACK PAD

large roller pad ensures comfort and proper alignment



ADJUSTABLE FOOT PLATFORM

adjusts to ideal position for both extension and crunch exercises



COUNTERBALANCED EXERCISE ARM

allows lower starting weight and easy arm adjustment



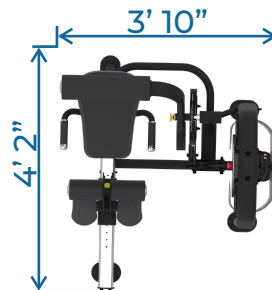
BACK EXTENSION HANDLES

and angled seat hold you in position during exercise



150 LB WEIGHT STACK

precise and durable machined solid steel



HEIGHT: 5'-0"
WEIGHT: 518 lbs



BATCA

REFINED STRENGTH FOR EVERY SPACE



DURABLE
BUILT TO LAST
HEAVY USE



TWO EXERCISES
ONE POWERFUL
MACHINE



DESIGNED FOR
EASY ACCESS &
PERFORMANCE



SPACE EFFICIENT
MAXIMIZE YOUR
WORKOUT AREA

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