OUT-FIT®
Fitness Equipment for a **Healthy Lifestyle**

PRODUCT HIGHLIGHTS

The unique design of the Vitality™ Series Abdominal features a walk-in-and-use design with no adjustments necessary. The contoured shoulder pads auto-adjust to fit all users conveniently and cushioned rubber hand grips add comfort. Users can easily engage the add-on weight with a simple push of a lever to increase the work load.

ABDOMINAL-C014ES

VITALITY™ SERIES

PRODUCT FEATURES

Walk-In Design
The unit is designed to get exercisers working out quickly and effectively, with an open design that requires no adjustments.

Elevated Foot Rest
To ensure proper knee/hip alignment and back stabilisation, the foot rest is positioned to elevate the exerciser's knees to the correct angle

Shoulder Pads
The contoured shoulder pads auto-adjust to fit a wide range of exercisers and the cushioned rubber hand grips provide added comfort.

Roller Pad and Back Pad
The lumbar roller pad and pivoting back pad provide exercisers with a comfortable movement throughout the full range of motion.

Add-On Weight
Exercisers can easily engage the add-on weight with a simple push of a lever to increase the work load.

Instructional Placard
Easy-to-understand, large, text-free illustrations demonstrate correct form at a glance and a QR code links to a helpful 30-second instructional video.

PRODUCT SPECIFICATIONS

Dimensions: 145 x 97 x 155 cm
Equipment Weight: 218 kg
Weight Stack: 200 lb / 91 kg
Incremental Add-on Weight: 5 lb / 2.3 kg
Frame and Finish: Oversized 4x2-inch frames are 11 and 8-gauge steel and welded in all structural areas. Powder coated frames.

Standard Color Options