

SRX40

ABDOMINAL CRUNCH



bodytone

**SOLID
ROCK**



PLATE HOLDER

Steel tubes coated in technopolymer, supports Olympic plates up to 250kg



ISOLATERAL MOVEMENTS

Strength balance, greater muscle focus, and improved range of motion



MAXIMUM STABILITY

Calibrated steel hubs, Ø65 mm and 8 mm thick



FRAME

Robust 3mm thick carbon steel frame



HIGH DURABILITY

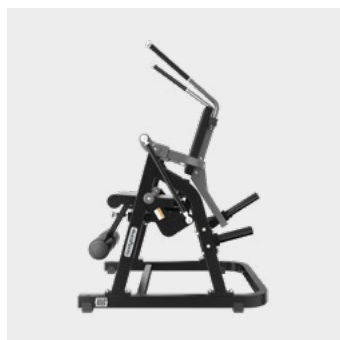
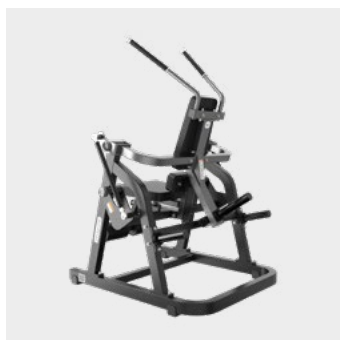
EVA foam with antibacterial coating against sweat, wear-resistant



D-SHAPED BASE

Makes the machine more stable and very compact

ROCK YOUR TRAINING. STAY SOLID.



SRX40

ABDOMINAL CRUNCH

Core training with controlled flexion and focus on lumbar stability.



114_{cm}
114_{cm}
163_{cm}

Dimensions



88
kg

Net weight



125
kg

Maximum load



6205
High precision

Bearings



75x50
mm

Steel tubes

STRUCTURE

Steel tube 75 x 50 mm, welded using a robotized process, completely free of projections. Structural connection plates of 8 and 10 mm for an extra-rigid joint.

MAXIMUM LOAD CAPACITY

Supports Olympic weight plates up to 125 kg.

PLATE HOLDERS

Steel tube coated with technopolymer.
Dimensions: Ø50 mm x 250 mm.

BEARINGS

High precision 6205 bearings.

AXLES

Manufactured from 20# calibrated steel, Ø25 mm.

HANDLES

Dual grip made of Ø34 mm x 170 mm steel tube with non-slip PVC cover and aluminum end caps.

BACKREST AND SEAT

Made of high-density EVA for extra comfort.
Thickness: 60 mm.

UPHOLSTERY

Leather-like finish, highly durable against friction and wear.
Sweat-resistant and antibacterial.

BASE

Height-adjustable levelling plastic feet.

BOLTS

M10, hardness grade 8.8.

BODYTONE DESIGN PROCESS

Ergonomic and biomechanical study under our associated Professional's supervision and by professional athletes. After a long design process; from the drawing of the sketch, engineering research, prototypes making, and tested by Professional athletes our products are released to the market.



150 kg
User max weight

bodytone

SOLID ROCK



Discover all the
details of the new
Solid Rock range.

pro.bodytone.eu