

FREEMOTION

# EPIC SELECTORIZED

## ABDOMINAL CRUNCH

MODEL # ES819



### CABLE STRENGTH EPIC SELECTORIZED

Two effective pivoting points, dense padding and skid-resistant foot rests make the Freemotion EPIC Abdominal Crunch different from other ab machines. The low tower height works well with the open design of your floor plan and adds to a 'welcome' environment. The water bottle holder, phone/key area and long-lasting hand grips are there for member convenience, while the extended length pin makes it easy to adjust weight settings when seated. The 4-bar linkage system provides a natural, full range of motion with gas-shock assisted handles to make the training experience easier and smoother.



## EPIC SELECTORIZED ABDOMINAL CRUNCH

### PRODUCT FEATURES

#### LOW PROFILE TOWER DESIGN

The low profile tower works well with an open design floor plan and adds to the 'welcome' environment.

#### CONTOURED SHOULDER PADS

Contoured and padded for comfort, the shoulder pad assembly features a gas-shock shoulder pad release for easy entry and exit of the machine.

#### PIVOTING SEAT BOTTOM

The seat bottom pivots upward, as the upper body pivots downward, to engage the abdominals through a natural range of motion.

#### BUILT-IN STORAGE

The redesigned top cap of this machine features a built-in accessory tray to help users keep track of their phone, keys and more.

#### SMALLER FOOTPRINT

The new EPIC Abdominal Crunch has a smaller, narrower footprint to free up your square footage.

#### CONTOURED SHIN PADS

Contoured shin pads help support and isolate the abdominals while also adjusting to accommodate users of varying sizes.

#### GAS SHOCK FOR SHOULDER PAD RELEASE

The shoulder pad assembly features a gas-shock shoulder pad release for easy entry and exit of the new EPIC Abdominal Crunch machine.

#### HEAVY DUTY CABLE

Heavy duty cable is designed to support the rigorous usage demands of this machine.

#### HEAVY DUTY FLOOR PROTECTORS

Made with molded rubber, the Freemotion floor guards help better protect your floor.

#### EASY SERVICEABILITY

The tower design allows for simple cable service.

#### WARRANTY US AND INTERNATIONAL

10 Years Frame | 3 Years Parts | 1 Year Cables and Labor | 120 Days Other

### SPECIFICATIONS

Weight Stack	155 lbs (70.3 kg)
Resistance	155 lbs (70.3 kg)
Drop Down Weight	5 lbs (2.2 kg)
Weight Stack Configuration	10 lbs header (4.5 kg) 20-150 x 10 lbs (4.5 kg)
Standard Frame	Platinum Sparkle, Black River
Plastic Color	Black
Upholstery Color	Black
Product Dimensions (LxWxH)	47.4 x 40.5 x 57.8 in (120.3 x 102.8 x 146.8 cm)
Product Weight	440.9 lbs (200 kg)
Shipping Dimensions (LxWxH)	Box 1: 46 x 43 x 65 in (116.8 x 109.2 x 165.1 cm) Box 2: 30.3 x 16.5 x 6.8 in (76.9 x 41.9 x 17.2 cm)
Shipping Weight	Box 1: 569.8 lbs (258.4 kg) Box 2: 19.8 lbs (8.9 kg)
Regulatory Approval	CE