DF306
BACK EXTENSION AB CRUNCH



The SportsArt DF-306 Back Extension/Ab Crunch provides balanced core training by targeting the lower back and abdominal muscles from one station. The adjustable support pad and multiple foot positions help users establish a stable training posture, while the DirectDrive™ system allows quick transitions between exercises.

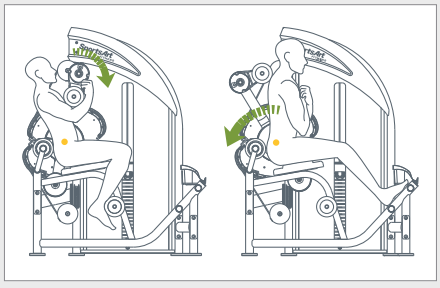
KEY FEATURES

- **Direct drive system offers two opposing cams for less cable-slop and faster workout changeover**
- **Fully adjustable chest/back pad**
- **Plate increments: 20 x 11 lbs (5 kg)**
- **Multiple foot supports for greater stability**

TECHNICAL DETAILS	
Unit Weight	474 lbs / 215 kg
Dimensions (LxWxH)	44.6 x 44.1 x 57.2 in / 113.2 x 112.2 x 145.3 cm
Weight Stack	220 lbs / 100 kg
Max User Weight	500 lbs / 227 kg
Starting Weight	Back Extension: 7.7 lbs / 3.5 kg Ab Crunch: 7.7 lbs / 3.5 kg
Features	5 inch deep groove POM pulleys provide consistent cable tracking 14-gauge machine welded frame Stainless steel guide rods resist rust and maintain smooth operation Heavy-duty cushions featuring double-stitched upholstery Multiple adjustment points for maximum customization Manufactured to meet EN ISO 20957 / ASTM F2276 standards

WARRANTY*	
Type	Full Commercial - no usage limit
Frame	10 Years
Weights & Guide Rods	5 Years
Cables, Belts, Bearings & Parts	3 Years
Grips, Enclosures & Covers	1 Year
Upholstery	6 Months
Labor	1 Year

NOTABLE DETAILS



Dual Function Series allows users to work at least 2 major muscle groups per machine maximizing both space and convenience



Dual cam system improves biomechanics and reduces cable slack



Our stacks feature sound dampeners and magnetized selector fork for maximum stability.

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