

## Ultra Abdominal Crunch

G7-S51-AS2007

Powerful and intuitive, the design of our Ultra Abdominal Crunch offers a comfortable way to tone and build core muscles. The sculpted back pads allow for full muscular contraction, while the dual-supported pivoting design fosters a natural abdominal crunch motion. The self-aligning handles adjust to accommodate a variety of users, and elbow pad covers protect the upholstery at touchpoints.

Also available in [Ultra Base option G7-S51B](#).



- The optional Intelligent Training Console features Endurance, Build and Strength programs to give members a guided training experience specific to their goals
- Curved back pads for full muscular contraction and comfort
- Self-aligning handles adjust to accommodate a variety of users
- Dual-supported pivoting design fosters natural abdominal crunch motion
- Action Specific Grips provide greater comfort and minimal point pressure
- Elbow pad wear covers improve upholstery performance in high contact areas

INTELLIGENT TRAINING CONSOLE (OPTIONAL)	
PROGRESSION BASED PROGRAMMING	Yes
STORED USER SETTINGS	Yes, seat settings and Bluetooth HR
DEMO VIDEO	Yes
DUAL USER SIGN-IN	Yes
WORKOUTS	Manual, Endurance, Build, Strength, E-Lifts, Engage 360
ENGAGE 360 COMPATIBLE	Yes
EGYM COMPATIBLE	Yes
COMMUNITY 360 COMPATIBLE	Yes
WEB CONNECTIVITY	Yes
WI-FI	Yes
DISPLAY FEEDBACK	Sets, Reps, Rest Time, Total Weight Lifted
ETHERNET PORT	Yes
BLUETOOTH	Heart rate only
USER-DEFINED MULTI-LANGUAGE DISPLAY	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish
LIFT TO START	Yes
FITTOUCH TECHNOLOGY	Yes
DISPLAY TYPE	40.6 cm / 16" class capacitive touchscreen LCD
ASSET MANAGEMENT COMPATIBLE	Yes
FACILITY COMMUNICATION PORTAL/CALENDAR	No
CSAFE READY-FITLINXX CERTIFIED	No
USB PORT	No, service only
ASSEMBLED HEIGHT	147.3 cm / 58" as assembled on Ultra weight stack

POWER REQUIREMENTS	100v–240v / 50–60 Hz AC
SHIPPING WEIGHT	9.4 kg / 21 lbs.

ADJUSTMENTS	
USER ADJUSTMENT RANGE	7 position seat
MACHINE ASSISTED USER ADJUSTMENTS	Spring assisted seat
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes

FRAME & CABLES	
CABLE TRANSMISSION	Internally lubricated cables & fittings
MACHINE ANCHORING	Independent machine hold down brackets
INTEGRATED LEVELING SYSTEM	Yes, top-down leveler
FRAME FINISH	Proprietary two-coat powder process
AVAILABLE FRAME COLORS	Iced Silver, Matte Black, Gloss Black, Lace White, Polarized Titanium

TECH SPECS	
PRODUCT WEIGHT	290 kg / 640 lbs
REP COUNTER MACHINE USAGE TRACKING	Service mode tracks total machine reps and hours of use
REP COUNTER BATTERY LIFE	Approximately 3 years
REP COUNTER POWER SUPPLY	2 AA batteries
OVERALL "IN-USE" DIMENSIONS (L X W X H)	139 x 121 x 147 cm / 54.6" x 47.5" x 57.9"
OVERALL "STATIC" DIMENSIONS (L X W X H)	139 x 121 x 147 cm / 54.6" x 47.5" x 57.9"

USER AMENITIES	
<b>ACTION SPECIFIC GRIPS</b>	Exercise specific grips improving feel, function and form during use
<b>CONTOURED SEAT</b>	Yes
<b>ELBOW WEAR COVERS</b>	Yes
<b>PERSONAL STORAGE</b>	Two tactile storage mats, personal device cradle and towel hook
<b>REP COUNTER</b>	Electronic counter displays reps, exercise time and rest time
<b>PLACARD COLOR CODING</b>	Green (core)
<b>REAR PLACARDS</b>	Color-coded machine identification, exercise specific stretching
<b>FRONT PLACARDS</b>	Muscle call outs, exercise specific stretching, start & finish exercise illustrations, proper machine adjustments, color-coded machine identification

WEIGHT STACK	
<b>WEIGHT STACK GUARDING</b>	Full front and rear shields
<b>INCREMENTAL WEIGHT SYSTEM</b>	1.1, 2.3, 3.4 kg / 2.5, 5, 7.5 lbs
<b>MAX TRAINING WEIGHT</b>	111.4 kg / 247.5 lbs
<b>CONSISTENT 53" STACK HEIGHT</b>	Yes
<b>WEIGHT PLATE INCREMENTS</b>	4.5 kg / 10 lbs
<b>TOTAL STACK WEIGHT</b>	108 kg / 240 lbs