*Equipment shown in custom colors

# ARM CRUNCH HSAC3

HumanSport is so simple, intuitive and natural that it feels as if it were custom-built for each and every user. Seven cable-based machines with dual weight stacks provide a complete range of workouts for total body training. When paired with the provided programming designed by our Master Trainers, HumanSport makes a powerful addition to any facility.

| PRODUCT DIMENSIONS | |
|---|---|
| **WIDTH** | 39 IN (99 CM) |
| **LENGTH** | 43 IN (109 CM) |
| **HEIGHT** | 68 IN (172 CM) |
| **STACK WEIGHT** | 2X 88 LBS (2X 40 KG) |
| **OVERALL WEIGHT** | 655 LBS (298 KG) |
| **SHIPPING WEIGHT** | 767 LBS (348 KG) |

| ADJUSTMENTS & MOVEMENTS | |
|---|---|
| **USER DEFINED RANGE OF MOTION** | Yes, seat is eliminated to facilitate exercise in the standing position and provide multiple arm curling motions pronated, supinated and hammer curls. Adjustable lumbar pads provides stabilization for abdominal movements |
| **ASSISTED ADJUSTMENTS** | Yes, gas assist shock |
| **COLOR CODED PIVOT POINTS AND ADJUSTMENTS** | Yes |
| **UNILATERAL OR BILATERAL MOVEMENT** | Yes, Unilateral or bilateral use user defined |
| **CONVERGING OR DIVERGING MOVEMENTS** | Yes, user defined |
| **PULLEY RATIO** | 2:1 ratio |
| **FRAME SPECIFICATIONS & CABLE INFORMATION** | |
| **STANDARD FRAME COLOR OPTIONS** | Silver with wood trim, Black with carbon fiber trim |
| **STANDARD UPHOLSTERY COLOR OPTIONS** | Black |
| **FRAME FINISH** | Electrostatic Powder coating |
| **CUSTOMIZABLE PAINT OPTIONS AVAILABLE** | Yes with additional fees and extended lead times |
| **CUSTOMIZABLE UPHOLSTERY OPTIONS AVAILABLE** | Yes with additional fees and extended lead times |
| **CUSTOMIZABLE BRANDING OPTIONS AVAILABLE** | Yes with additional fees and extended lead times |
| **CABLE VS. BELT DRIVEN TRANSMISSION** | 3mm cable driven |
| **BOLT DOWN LOCATIONS DEFINED** | Yes |
| **INTEGRATED LEVELING SYSTEM** | No, rubber feet for floor protection |
| **HARDWARE TYPE** | Hex / Button Head |
| **TUBBING STYLE & THICKNESS** | Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga |
| **USER SPECIFIC INFORMATION** | |
| **STATIC PLACARDS** | Start finish diagram |
| **MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE** | Yes |
| **ANIMATED LENTICULAR** | No |
| **SAFETY CATCH & STOPS** | No |
| **WATER BOTTLE HOLDER** | No |
| **PHONE HOLDER** | No |
| **GRIP SPECIFICATIONS** | Multiple accessory handle configurations with multiple D-rings to support varying levels of pre-stretch and modalities. Abdominal crunch straps can be used for overhead triceps extension |
| **FOOT PLATFORM** | Steel foot platform with black traction paint |
| **CONTOURED PADS** | Yes |
| **RESTRAINT SYSTEM** | No but wheelchair accessible |
| **WEIGHT STACK SPECIFICATIONS** | |
| **TOTAL STACK WEIGHT** | Stack Weight Capacity: 2x 88 lbs (2x 40 kg) |
| **INCREMENTAL WEIGHT SYSTEM** | No |
| **WEIGHT STACK TOWER HEIGHT** | 65 in (165 cm) |
| **PLATE LOADED** | N/A |
| **WEIGHT STORAGE SOLUTION** | N/A |
| **LNL TECHNOLOGY** | Yes, standard |
| **ADD-ON RESISTANCE AVAILABLE** | No |
| **WEIGHT STACK SHROUD SPECIFICATIONS** | Inside and outside steel shrouds. |

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CORE HEALTH & FITNESS

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