

## INDIVIDUAL PRODUCT DETAILS

### AE8027 Abdominal Crunch



### 1. Identity Card

Model	AE8027
English Name	Abdominal Crunch
Primary Muscle	Rectus Abdominis
Secondary Muscles	External & Internal Obliques

#### One-line Pitch

"Maximizing floor efficiency via mirrored layout, while delivering intense core stimulation through 3-position adjustable postures and natural linkage trajectories."

## 2. Product Overview

The **AE8027** is a selectorized strength machine specifically engineered for abdominal muscle training. Featuring precision aesthetics and compact, sculpted lines, it delivers dual efficiency in space utilization and training intensity. Extra-long rubber-coated grips allow users with varying shoulder mobility to maintain a comfortable hold, preventing spinal compensation and ensuring sustained abdominal engagement. The ergonomic rear pad aligns with the natural posterior tilt of the pelvis, providing stable support and ensuring the motion path follows the physiological contraction of the abdominals. The oversized seat offers ample legroom and stability, with a 3-position adjustment system to target the rectus abdominis and obliques effectively. Padded leg rollers secure the lower body to enhance hip stability, while the advanced linkage structure ensures the motion trajectory follows the natural curvature of the spine for smooth, isolated muscle stimulation.

### 3. Key Features



#### 超长包胶握把

握感舒适且耐用，适应不同肩关节灵活度，显著减少因姿势受限带来的脊柱代偿，让发力更聚焦核心。

#### Extra-Long Rubber-Coated Grips

Provides a comfortable, durable grip that accommodates various shoulder flexibility levels, minimizing spinal compensation for focused core engagement.



#### 舒适腿部支撑系统

海绵腿档柔韧适中，有效稳固下肢位置并限制髋关节多余动作，显著增强训练过程中的整体稳定性。

#### Comfortable Leg Support System

Balanced foam rollers secure the lower body and limit hip movement, greatly enhancing overall stability during exercise.



#### 三档可调宽大坐垫

后靠垫稳固骨盆，坐垫完整支撑双腿，通过三档角度调节可激活不同的核心部位，显著提升训练效率。

#### 3-Position Adjustable Oversized Seat

Stabilizes the pelvis and supports the legs, with three adjustable angles to target different core areas for high-efficiency training.



#### 自然贴合的连杆结构

动作轨迹紧贴脊柱自然弯曲路径，确保动作切换流畅无阻，强化腹部肌肉的孤立发力感。

#### Natural Linkage Structure

The motion trajectory closely follows the natural curvature of the spine, ensuring smooth transitions and intense abdominal isolation.

## 4. Main Parameters

Functional	Single Function
Dimensions (L × W × H)	1395×1228×1529mm 55"×48"×60"
Net Weight	210kg/463lbs
Weight Stack Options	80kg/176lbs
Maximum Weight Stack	105kg/231lbs
Maximum body weight	150kg/331lbs
Machine pulley ratio	1:1
Main Frame Tubing	J50×150×3.0mm