



Abdominal Crunch

The Nautilus Leverage Abdominal Crunch delivers targeted core engagement through an innovative clamshell-style design that replicates the original Nautilus experience. By combining upper and lower movement arms and incorporating a four-bar linkage for the upper arm, this machine supports optimal spine alignment and dynamic resistance. With low load points, ergonomic grips, and biomechanically precise motion, it offers a safe, effective abdominal workout for users of all levels.



FEATURES	
Length	62 in (157 cm)
Width	61 in (156 cm)
Height	61 in (156 cm)
Product Weight	461 lb (209 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path
Assisted adjustments	Gas assist shock, wrap around handles on all seat height adjustments.
Color coded pivot points and adjustments	Yes on all units
Unilateral or bilateral movement	Unilateral and bilateral use
Converging or diverging movements	Converging and Diverging motion with user pre-stretch adjustment for optimal start position dependent on SKU
FRAME SPECIFICATIONS & CABLE INFORMATION	
Standard frame color options	Matte Black (-60)
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	No
Cable vs. belt driven transmission	Belt & Lever Drive
Bolt down locations defined	Yes
Integrated leveling system	No, rubber feet for floor protection
Hardware type	Hex / Button Head
Tubing 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 with stating weight included
Multi-language placards options available	Yes
Safety catch & stops	Yes, where applicable
Grip specifications	Stainless steel knurled grip with red accent
Foot platform	Oversized rubber non slip foot platform
Contoured pads	Yes, contoured back pads on select machines with lumbar support
WEIGHT STACK SPECIFICATIONS	
Plate loaded	Yes, Max capacity 270 lbs, 540 lb total. Starting resistance 15 lbs.
Weight storage solution	4 weight horns to accommodate easy access
SKUS	
9NP3-L5003	