# bodytone

## LINEADUAL



**DUAL**ABD/BACK EXT





131 x 137 x 153 cm.

#### **NET WEIGHT**

119 kg + 80/90/100 KG PLATES.

#### **STRUCTURE**

Plate structure part: Carbon steel tube 120x60 cm and 2.5 mm thick.

Functional part: Carbon steel tube 100x50 cm and 2.5 mm thick.

Non-projection machine welded.

#### **BEARINGS**

Ultra-quiet ball bearings with smooth motion, allowing for more fluid and pleasant operation.

#### **PLATE GUIDES**

Stainless steel plate guides.

Hardened double-chrome plated treatment for better gliding.

#### **PULLEYS**

Nylon with V-groove. With an internal bearing and silent operation.

9-pulley system per plate tower.

#### **STEEL CABLES**

Coated with PVC and 5 mm in diameter, with smooth and safe performance.



#### **WEIGHT PLATES**

80kg as standard, with 5kg plates. OPTIONAL 90/100 KG Ultra-silent movement.

Rubber protective stoppers on impact-resistant base.

PVC protective stoppers between impact-resistant plates.

#### **WEIGHT SELECTOR**

Magnetic, with colour coding on the plates indicating intensity level, and a safety cord.

#### **ADJUSTMENT LEVERS**

In aluminium, quick release, in red for easy identification.

#### **PLATE CASING**

3mm thick ABS thermoforming casing, protecting it against possible accidents.

#### TOP BOTTLE HOLDER AND STORAGE TRAY

3mm thick ABS thermoplastic piece, includes bottle holder and storage tray.

#### **GRIPS**

Non-absorbent non-slip PVC.

#### **GRIP STOPPERS**

Aluminium rubber stoppers and caps.

#### **UPHOLSTERY**

Backrest and seat made of Foam, covered in imitation leather, anti-allergenic and easy-to-clean.

#### **MATERIALS AND FINISHES**

High quality finishes.
3.5mm ABS thermoplastic caps.

#### **BASES**

Coated in non-slip rubber.

#### **POSSIBLE EXERCISES**

Abdominal and back extension exercises. Pivoting arm with multi-position adjustment for correct body alignment.

#### MAINTENANCE AND LUBRICATION

Lubrication of calibrated steel guides and bearings.

#### **PAINTING PROCESS**

3 layers of paint.

Stripped and stabilised steel through total immersion of the parts in different degreasing solutions to guarantee a perfect and full cleaning of the base material. Antioxidant primer to ensure adequate insulation from internal oxidation and good paint adhesion. 2 final layers of polyester epoxy paint powder, dried at 240°C.

#### **DESIGN PROCESS**

Study of biomechanics and ergonomics under the supervision of professionals and athletes. After a long design period: project outline, engineering research, prototype production, testing by professional athletes, and finally our products go on the market.



### **TOP COVER** DETAIL

Weight plates:

- 80kg (Standard)
- 90kg (Optional)100kg (Optional)

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133 <sub>lbs</sub>	60 <sub>kg</sub>		
14465	65 <sub>kg</sub>		
155₅	70 <sub>kg</sub>		
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