

**** NEW ** Thera-Crunch**

QWT-245 :: Recumbent Thera-Crunch

• RECUMBENT POSITION

Easy entry, exit and working position for users of all conditions.

• ADJUSTABLE COUNTER WEIGHT

Upper weight peg allows for adjustable counterbalance measures for deconditioned users or rehabilitation.

• SIMULTANEOUS ACTIVATION

Our patented dual pivot point design allows for both upper and lower crunch movements to be performed together. Simply pull with your feet and upper body.

• SCIENTIFICALLY PROVEN

University lab tests prove that the THERA-CRUNCH on average, created 92% more muscle activity by the abdominals.

• BEGINNING TO ADVANCED PROTOCOLS

Resistance can be increased to keep pace with progression in developing core muscles by simply adding weight to the built in weight peg.

• SPACE EFFICIENT-TIME EFFICIENT EXERCISE

Only 26" wide by 62", with built in plate storage, the Thera-Crunch will deliver results in less time than any other abdominal unit!

HIGH IMPACT

Olympic Flat Bench Press

Olympic Incline Press

Squat Rack

Power Rack

Seated Preacher Curl

2-Tiered 10 Pair Dumbbell Rack

2-Tiered Hex Head Dumbbell Rack

Double-Sided Plate Rack

Bar and Handle Accessory Pack

Power Crunch 1200

Power Crunch 1500

[Chin/Dip/Leg Raise](#)

[45° Hyperextension Bench](#)

[Angled Smith Machine](#)

[Angled Inverted Leg Press](#)

[Flat Bench w/ Wide Tapered Top](#)

[Adj Incline Bench \(30°-80°\)](#)

[Flat/Adj Incline Bench\(0°-85°\)](#)

[Seated Utility Bench](#)

[Adj Sit Up/Decline Bench](#)

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