

Back & Ab Bench (Core Fitness Trainer)

The Core Fitness Trainer is the most unique slant board bench of its class. With capability back extensions and a variety of abdominal work along with the added resistance of medicine balls, your core muscles will tone up quickly and effectively. The bench has 4 adjustments from flat to decline to maximize your ab workout. The Core Fitness Trainer is equipped with 6 foam rollers and treaded foot plates for safe back-extension exercises.

45° Back-extension position

Comfortable and supportive thigh pad is ideal for back extension exercises.

Adjustable Sit-up bench

Easily adjust to your desired level.

Quality Construction

Sturdy 2" x 3" steel construction, chrome sliders on all moving parts.

Multiple Purpose Bench

Perform crunches, hyper extensions (Roman Chair), leg raises, dips, glute flex, dumbbell work and flat bench exercises.



Manufactured and distributed since 1998.
Lifetime Frame Warranty. 5 year parts.
Fully adjustable back pad and leg supports.
Thick, comfortable pads and rollers.
Simple assembly
Unique space saving design
Set-up dimensions: 52"L x 29"W x 35"H
Seat pad size: 26"L x 9"W x 2" thick
50 lbs.

MSRP: \$189.00

Product code: BAM

*Motion Fitness offers a line of Inversion, Back Care, & Fitness products.
Our products offer great value without compromising quality and function.
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