



SelectORIZED BF09 Abdominal Contraction

Product Images



Description

Binom Force - BF09 Abdominal Contraction - 100% Professional



Unilateral and convergent machine to train your upper body like never before. It has an elegant and aesthetic design and a quality for professional use. It is ergonomically designed to provide a natural movement, maximize the effectiveness of the exercises and complies with the EN-957 Class S standard. Get the most out of your abdominal training with this selectorized from Binom.

We are more than sure to tell you that by choosing this machine your investment will be guaranteed with a **100% reliable and precise product**. With all the necessary spare parts in stock. You can save space and money. All the biomechanics of this machinery have been created by the best engineers and trainers in order to isolate the muscle in the most efficient way.

Binom Force Selectorized BF09 Abdominal Contraction



GENERAL FEATURES

With this Abdominal Contraction machine from the Force line you can have the best professional quality in reduced spaces since almost all the machines in this line work more than one muscle group. **Machines include:**

- **Explanatory pictogram** about the correct posture to perform the exercise and the muscles involved in it.
- **Removable parts** made of solid steel to avoid wear problems.
- The machines are mounted on **bearings** (circular or linear) or bronze wheels and bearings.
- **Setting dials** red in color for easy location.
- **Plate tower** with weight indicators in kg. and in lbs.
- Includes two large trays as **bottle support and slides**.

Our selectorized machines are recognized in the world of fitness for their high quality and reliability, our products are a benchmark for having the best response to intensive use. As it is a professional selectorized machine, you can give it a very high performance without any of its components having a minimum of

suffering.

TECHNICAL SPECIFICATIONS

- **Structure** made of high quality 3 mm oval steel tube. thick.
- **Moving parts** assembled with a 0.5 cm plate. thick.
- Plate selectors **magnetized**. The magnets prevent the selector from coming off during exercise.
- The guide bars are made of **stainless steel**.
- **Transmission** by cable.
- **Front and rear fairings** to avoid accidents while the plates are in motion.
- Rubber grips **non-absorbent and non-slip**. They are highly resistant.
- **Upholstered** with viscoelastic padding and antibacterial and fire retardant leatherette.
- **Structure warranty**: 7 years.
- **Maximum user weight**: 180 kg.
- **Plate load**: 8 plates(10lb) and 4 plates(20lb).
- **Total plate load**: 86.2 kg.
- **Weight**: 216 kg.
- **DIMENSIONS**: Length: 90 cm x Width: 121 cm x Height: 150 cm.



The painting process of the machines is carried out in a four-layer treatment tunnel, which offers an absolute

guarantee against corrosion. In the first layer we proceed to degreasing and hot phosphating. The second is a prephosphating at room temperature. In the third, hot phosphating is carried out. And finally, the structure is covered with epoxy powder paint.

Counterbalanced arms. They cancel the weight of the part of the structure to be moved, to lift only the selected weight with the plates.

Use of cam system to develop a uniform weight. Maintains the strength arm with constant resistance throughout the stroke.

The plates are made of calibrated steel, painted black, they have teflo rings of superior quality, which produces correct sliding and prevents friction noise.

Adjustments of the seat, backrest and padded rollers. It allows the adaptation of the machines to any user and helps to perform the exercises with the correct posture.

With our line of Binom Force Machinery you will achieve the best results for you and your clients.

All of our BINOM Machinery is manufactured with the highest design and quality controls to offer our customers the best quality at the best price.

Additional Information

Product line	Force
Use	Profesional, Home Premium
Condition	New
Total Dimensions (cm)	Largo: 90 cm x Ancho: 121 cm x Alto: 150 cm
Machine Weight (Kg)	216 kg

