



SelectORIZED BSP19 Abdominal

Product Images



Description

Binom Steel Pro - BSP19 Selectorized Abdominal - 100% Professional



The **Binom Steel Pro BSP19 Selectorized Abdominal** is designed to deliver a complete, efficient, and safe core workout, suitable for both beginners and advanced users. Its robust structure and ergonomic design allow movements to be performed with full control, promoting proper posture and reducing the risk of compensation. Thanks to its guided system, users can focus on muscle activation without worrying about complex technique.

This equipment stands out by integrating trunk engagement into a single movement, resulting in more comprehensive abdominal activation. Its design is intended to replicate functional movement patterns, leading to better transfer to sports activities and everyday life. In addition, its selectorized system allows for quick and easy load adjustments, optimizing training time.

We are confident in saying that choosing this machine guarantees your investment with a **100% reliable and precise product**. With all spare parts readily available in stock, you can save both space and money. The entire biomechanics of this machine has been developed by top engineers and trainers to isolate the muscle in the most efficient way.

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GENERAL FEATURES

The BSP19 incorporates a **carefully designed backrest and seat** stabilize the pelvis and spine throughout the entire movement, promoting safe and effective execution. The **upper handles**, strategically positioned, help maintain proper trunk alignment and provide a solid support point during the exercise.

The Binom Steel Pro line allows users to experience the same range of motion and feel as free weights, but with the safety of a selectorized machine. **The machines include:**

- High-quality nylon pulleys.
- Ultra-reinforced frame structure.
- High-resistance cables designed for intensive use.
- Magnetic weight stack selector for quick and secure adjustments.
- Advanced manufacturing with laser cutting, robotic welding, and a high-durability anti-corrosion finish.

Additionally, its innovative biomechanical design **allows simultaneous training of both the upper and lower abdominal areas**, which is uncommon in selectorized machines. This dual action enhances activation of the rectus abdominis along its full length, promoting balanced core development. The weight stack tower enables quick load changes without interruptions, making it an ideal option for high-traffic gyms or dynamic training sessions.

Our guided machines stand out for their **high quality and reliability**. Our products are a benchmark for their excellent performance under intensive use. As a professional-grade machine, it can deliver very high performance without causing stress or wear on its components.

TECHNICAL SPECIFICATIONS

- Structure: Main frame flat oval tubes of 65 × 114 mm and 40 × 70 mm.
- Robust construction with 3 mm tube thickness.
- High-performance industrial bearings.
- Front frame: D-shaped tube of 76 × 130 × 3 mm.
- 114 mm nylon pulley for smooth and quiet movement.
- Weight plates: 1pc x 5 kg + 16pc x 7 kg + 2 additional pcs x 2.3 kg.
- Total weight stack: 117 kg + 4.6 kg.
- Material: High-quality Q235 steel.
- Pulley ratio: 2:1.
- Includes upper side handles for more comfortable exercise.
- Weight: 316 kg.
- Maximum user weight: 200 kg.
- Packing dimensions: 162 cm x 112 cm x 79 cm.
- **DIMENSIONS:** Length: 134 cm x Width: 165 cm x Height: 158 cm.



All BINOM equipment is manufactured under the highest design and quality standards to offer our customers the best quality at the best price.

Additional Information

Product line	Steel
Use	Profesional
Condition	New
Total Dimensions (cm)	L: 134 cm x W: 165 cm x H: 158 cm.
Machine Weight (Kg)	316 kg.
Total Weight of Plates	117 kg + 4.6kg.
Available on	30 Jul 2026

