

Targeting Your Abs is Fun and Effective...

THE ABSOLO is a fun and creative way to make traditional ab crunches more exciting and effective. The AbSolo features a patented ball-design within a compact footprint. The seat design features an air-filled lumbar support pad that provides a pre-stretch to maximize full range abdominal contraction. Three multi-color "touch targets" promote oblique training and to provide an opportunity for personal trainers to interact with clients while exercising, for example calling out a sequence such as "black, red, throw, red, yellow." AbSolo includes a counter/timer that gives instant feedback for counting reps or timing intervals.

FEATURES

- Heavy Duty Steel Construction
- Easy to Use Digital Counter
- Three Color-Coded Touch Targets
- Complete Core and Cardio Workout
- Strong Quieter Design
- Two 6 lb. and Two 8 lb. Medicine Balls Included
- Quick and Easy Assembly

DIMENSIONS & WEIGHT

L 84" x W 41" x H 70" - Weight: 275 lb.

AbSolo®



TARGET ABS™

TARGET ABS is an abdominal training bench that incorporates the Touch Target Technology popularized by the Ab Solo. Target Abs is a fixed angle bench that eliminates the guesswork from the user as to how to set up the bench for maximum results. Simply get on and perform a sit up motion touching the colored targets as you crunch forward and reach toward the top of the bench. Once you touch the target your rep is complete. Two complementary targets are positioned on either side of the main target allowing for effective oblique training as well. Increase the intensity of the workout by incorporating Medicine balls in to the routine.

DIMENSIONS & WEIGHT

L69" x W32" x H43" - Weight: 85 lb.



Hard Abs Made Easy

REPS in Fitness

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