

# ISOLATED CORE TRAINING



## AbCoaster PS 500

The PS 500 is the base model for the Personal Series home market.

### FEATURES

- All Steel Construction
- 1.5" Steel Rails
- Nylon Rollers
- Steel Bearings
- Vinyl Covered Molded Foam Pads
- Free-Style Motion Seat
- 300 lb. Weight Capacity
- 20 lb. Standard Weight Plate Capacity
- Powder-Coat Finish
- Digital Workout Counter

### DIMENSIONS & WEIGHT

L 51" (129 cm) W 25" (64 cm) H 50" (127 cm)  
Weight: 50 lb. (23 kg)

## TAC ACCESSORIES

### Weights

TAC Weight Plates are designed to fit all TAC Products so you can eliminate the guess work. Urethane constructions with a steel core.



10 lb. Plates  
Sold as set of 4



5 lb. Plates  
Sold as set of 4

### Med Balls

TAC Med Balls increase the intensity of your workout out. All rubber design with textured grip for safety and durability.



8 lb. Med Balls  
Sold as set of 2



6 lb. Med Balls  
Sold as set of 2



### Core Mat

Strengthen your abdominal muscles with the aid of a Core Mat. The Core Mat features a safe, comfortable design contoured to your lower back to provide support and to help prevent injury. Perfect for performing your sit-ups and crunches comfortably virtually anywhere. One size fits all.