

ISOLATED CORE TRAINING

Making Functional Core Training Fun!

The **AbSolo** is a dynamic way to train your core using a combination of upper body movements involving a fun and effective ball tossing motion. The AbSolo features a patented ball-return 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 and 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
- **INCLUDES:** Two 6 lb. (2.7 kg) and Two 8 lb. (3.6 kg) Medicine Balls
- Quick and Easy Assembly

DIMENSIONS & WEIGHT

L 84" (213 cm) x W 41" (179 cm) x H 70" (179 cm)
Weight: 275 lb. (125 kg)

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 into the routine. Use the upper handle to perform a perfect reverse crunch motion to complete your core training.

DIMENSIONS & WEIGHT

L69" x (175 cm) W32" (81 cm) x H43" (109 cm)
Weight: 85 lb. (39 kg)



We Change Lives from the Core

follow us on:



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