



We Change Lives from the Core®

# The Ultimate Training Accessory



## ABOUT THE AB BALL™

The patent pending Ab Ball™ is a multi functional training accessory that can provide a complete ab workout as well as functional and sport specific training in both the home and gym setting. The Ab Ball™ System provides unlimited training variety and will benefit users of all fitness levels.

### Includes:

Ab Ball™

Door strap hanger

2 Resistance bands: 20lbs & 30lbs

## FEATURES

- 6lb medicine ball attaches to weight stack or resistance bands
- Door hanger for home training
- Compact design for easy storage
- Unlimited training variety
- Patented design



Perform a variety of functional exercises including explosive movements, core stability and balance.



Perform a variety of ab workouts including Russian Twists, Overhead Crunch, Lateral Twists and more.



Explosive sports and athletic movements for a variety of sports including basketball, soccer and golf.



1-866-219-5335



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