



We Change Lives from the Core®

# #1 Ab Machine Worldwide



**AbCoaster®**  
CS1500

## ABOUT THE AB COASTER® CS1500

The Ab Coaster® is the #1 Ab Machine in the world. The AbCoaster® CS1500 combines the simplicity of the ab crunch with the effectiveness of the hanging leg raise. Unlike traditional crunches, the AbCoaster® works your abs from the “bottom up,” while limiting stress to your neck, back and shoulders.

### Dimensions:

L 53" W 27" H 53"

(134 cm x 69 cm x 135 cm)

Unit Weight: 90 lbs (41 kg)

## FEATURES

- Progressive Training
- 400 lb User Capacity
- Free Swivel seat for oblique training
- 40 lb Weight Capacity and weight storage post.
- Patented Design



Upgrades include stronger thicker handle, upgraded front and rear legs and more



Olympic Plate Loading Capacity  
Training range of up to +40LBS  
(weights sold separately)



Great for targeting lower abs.  
Free Swivel Seat effectively  
trains the obliques.



1-866-219-5335



[www.TheAbsCompany.com](http://www.TheAbsCompany.com)

