



We Change Lives from the Core®

Frictionless Ab Training



ABOUT THE AB COASTER® CTL

The unique design of the AbCoaster® CTL features the patented AbCoaster® bottom-up movement without rails. The trackless CTL design features a frictionless resistance system making the motion very easy for any user, as well as making for easy maintenance and super-quiet operation.

Dimensions:

L 51" x W 41" x H 57"

(129 cm x 104 cm x 145 cm)

Unit Weight: 155 lb (70 kg)

FEATURES

- Unique, patented Design
- Add up to six 5 or 10 lb weights
- Whisper quiet movement
- Free Swivel seat for oblique training
- Easy move casters



Trackless design features a frictionless resistance system.



Trackless design makes the bottom up motion very easy for any user.



Free Swivel Seat allows for easy transition to oblique training.



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