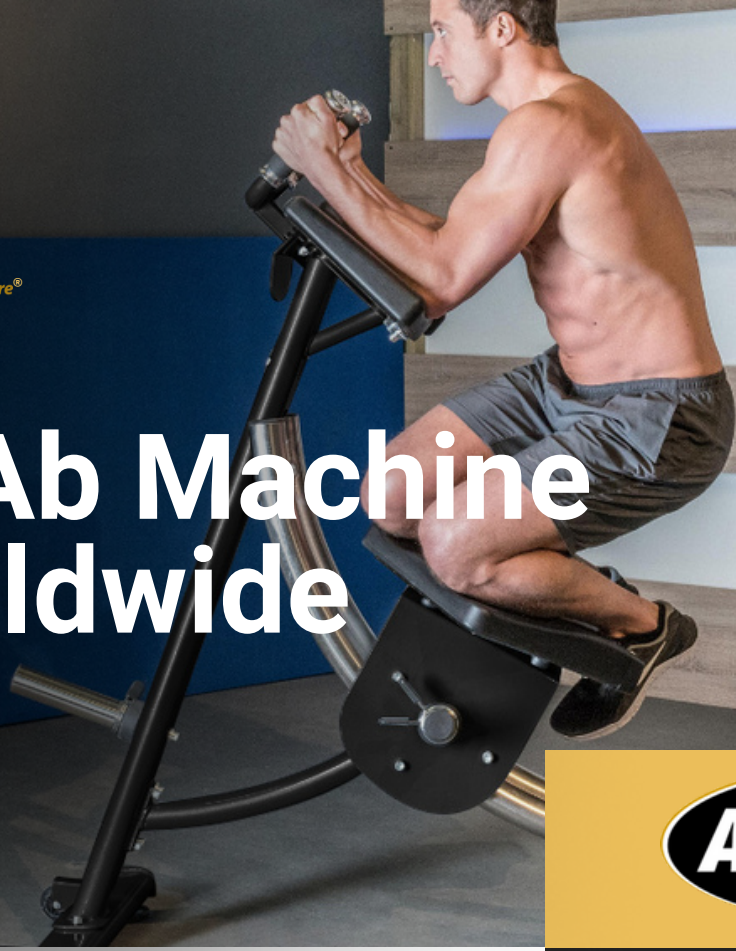




We Change Lives from the Core®

#1 Ab Machine Worldwide



ABOUT THE AB COASTER® CS3000

The Ab Coaster® is the #1 Ab Machine in the world. The AbCoaster® CS3000 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 61" x W 33" x H 58"
(155 cm x 83 cm x 147 cm)
Unit Weight: 137 lb (67 kg)

FEATURES

- Patented Design
- Free swivel seat to train obliques
- 450 lb user weight capacity
- 60lb plate weight capacity
- Storage posts to keep your weights organized



AbCoaster® allows for progressive exercise and added intensity with a training range of 20-60lbs.



The curved track mimics natural spinal flexion, allowing anyone to perform a perfect abdominal lift .



Free swivel motion seat allows the user to seamlessly shift to oblique training for a complete core workout.

1-866-219-5335

www.TheAbsCompany.com

