



We Change Lives from the Core®

# Fun & Engaging Ab Training



# AbSolo®

## ABOUT THE AB SOLO®

The AbSolo® is a fun and effective abdominal exercise machine that keeps users excited about working their Abs. With a patented ball return design, the AbSolo® features a sleek design and quiet performance to train your abs in a whole new way.

### Dimensions:

L 84" x W 41" x H 70"

(213 cm x 104 cm x 178 cm)

Unit Weight: 275 lb (125 kg)

## FEATURES

- Suspended throw target
- Digital counter
- Air filled lumbar support
- Unique & engaging design
- 2-6lb and 2-8lb medicine ball included



Patented ball return keeps users engaged and excited about working their core. (Training balls included)



The AbSolo® also features 3 "touch targets" for more training variety.



Digital counter tracks your performance by counting reps and provides a timer for a variety of workouts.



1-866-219-5335



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