



We Change Lives from the Core®

Touch Target Technology



TARGET  **ABS™**

ABOUT THE TARGET ABS™

TargetAbs™ is an abdominal training bench that incorporates the Touch Target Technology popularized by the AbSolo®. The adjustment free design allows any user to simply get on and train their abs! Touch the colored targets for oblique training and added variety. Reverse crunch handle allows users to perform a variety of exercises targeting the lower abs.

Dimensions:

L 69" x W 32" x H 43"

(175 cm x 81 cm x 109 cm)

Unit Weight: 85 lb (39 kg)

FEATURES

- Reverse grip handle for lower ab exercises
- No adjustments needed
- Easy move casters
- Touch targets allow for effective oblique training
- User friendly design



The TargetAbs™ features 3 "touch targets" for more training variety.



Increase the intensity of the workout by incorporating Medicine balls in to the routine. (Not included)



Allows for users to perform a perfect reverse crunch movement with ease.



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