

# ABS

## AB SOLO®

The patented Ab Solo® is a fun and effective abdominal exercise machine that keeps users excited about working their Abs. The patented ball return and suspended throw target provides a continuous and effective workout. Colored touch targets provide an interactive oblique workout as well.



- 01 Patented Ball Return Design**
- 02 Repetition Counter**
- 03 Touch Target Technology**
- 04 Air Filled Bumper**

### Dimensions:

L 84" x W 41" x H 70"  
(213 cm x 104 cm x 178 cm)  
Unit Weight: 275 lb (125 kg)

Included: Two 6-lb Med Balls,  
and two 8-lb Med Balls



## TARGET ABS™

TargetAbs™ is a patented 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. The reverse crunch handle allows users to perform a variety of exercises targeting the lower abs.

- 01 Touch Target Technology™**
- 02 Reverse Grip Handle**
- 03 Fixed 45 Degree Bench**
- 04 Easy Move Wheels**

### Dimensions:

L 69" x W 32" x H 43"  
(175 cm x 81 cm x 109 cm)  
Unit Weight: 85 lb (39 kg)

