

ABS

ABCOASTER® CS3000



The patented Ab Coaster® is the #1 Ab Machine in the world. The Ab Coaster® CS3000 combines the simplicity of the ab crunch with the effectiveness of the hanging leg raise. Unlike traditional crunches, the Ab Coaster® works your abs from the “bottom up,” while limiting stress to your neck, back and shoulders.

- 01 Ab Coaster® Console**
- 02 Stainless Steel Rails**
- 03 Ab Coaster® Carriage**
- 04 Easy Move Wheels**

Dimensions:

L 61" x W 33" x H 58"
(155 cm x 83 cm x 147 cm)
Unit Weight: 137 lb (67 kg)

Training Range: 20-100 lb
(9-36 kg)



ABCOASTER® CTL

The unique design of the patented Ab Coaster® CTL features the patented Ab Coaster® bottom-up movement without rails. The trackless CTL design features a frictionless resistance system, making the motion very easy for users at any fitness level. Another benefit is easy maintenance and 'whisper quiet' operation.

- 01 Ab Coaster® Console**
- 02 Trackless Design**
- 03 Ab Coaster® Carriage**
- 04 Easy Move Wheels**

Dimensions:

L 51" x W 41" x H 57"
(129 cm x 104 cm x 145 cm)
Unit Weight: 155 lb (70 kg)

Training Range: 20-80 lb
(9-36 kg)

