



We Change Lives from the Core®



SCAN QR CODE FOR AB COASTER CS3000 WORKOUTS

Ab Coaster® CS3000

# #1 Ab Machine Worldwide



## ABOUT THE AB COASTER® 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.

### 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)

### Ab Coaster® Console

- 01 Ergonomic handles, comfortable arm pads, and adjustment free for a user friendly experience.

### Stainless Steel Rails

- 02 Curved track mimics natural spinal flexion, allowing anyone to perform a smooth abdominal lift in perfect form.



### Ab Coaster® Carriage

- 03 Features a free swivel padded knee rest to easily train the oblique muscles. Weight posts allow for added resistance and a progressive workout.

### Easy Move Wheels

- 04 Easily store or move your Ab Coaster® around your home or fitness facility.



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