



We Change Lives from the Core®

AbSolo®

Ab Solo®

Fun & Engaging Ab Training



SCAN QR CODE FOR
AB SOLO
WORKOUTS

ABOUT THE AB SOLO®

The patented Ab Solo® is a fun and effective abdominal exercise machine that keeps users excited about working their Abs. With a patented ball return design, the Ab Solo® features a sleek design and quiet performance to train your abs in a whole new way. Colored touch targets provide an effective and interactive workout.

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

Patented Ball Return Design

- 01 Users simply toss the included medicine balls to the suspended target and repeat!

Repetition Counter

- 02 Keeps track of your training session and counts how many times a training ball has been thrown to the target.



Touch Target Technology

- 03 Features 3 touch targets for interactive training variety including oblique muscle workouts.

Air Filled Bumper

- 04 Innovative air-filled bumper seat provides a comfortable and effective core workout.



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