

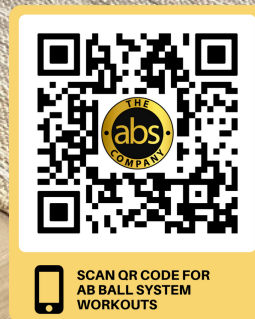


We Change Lives from the Core®



Ab Ball™

The Ultimate Training Accessory



SCAN QR CODE FOR AB BALL SYSTEM WORKOUTS

ABOUT THE AB BALL™

The patent pending Ab Ball™ is a multi-functional training accessory that can provide a complete ab workout as well as functional and sport-specific training in both the home and gym setting. The Ab Ball™ System includes the 6 lb Ab Ball™, door strap, and resistance bands to provide unlimited training variety using a door or cable weight stack.

Patented Strap System

- 01 Allows you to put your hands in a more secure position on the medicine ball, and increase training intensity.

Attachment Ring

- 02 Patented strap system can be attached to a cable weight stack or used with the included resistance bands.



Includes:

- Ab Ball™
- Door strap hanger
- 2 Resistance bands: 20lbs & 30lbs

Resistance Bands

- 03 The included resistance bands allow for progressive training for users of all abilities.

Door Strap

- 04 The Included door hanger also makes this a perfect in-home training system and unlocks hundreds of exercises.



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