



We Change Lives from the Core®



Ab Coaster® CS1500

# #1 Ab Machine Worldwide



SCAN QR CODE FOR AB COASTER CS1500 WORKOUTS

## ABOUT THE AB COASTER® CS1500

The patented Ab Coaster® is the #1 Ab Machine in the world. The Ab Coaster® CS1500 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 53" W 27" H 53"

(134 cm x 69 cm x 135 cm)

Unit Weight: 90 lbs (41 kg)

Training Range: 20-80 lb

(9-27 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.



1-866-219-5335



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