



We Change Lives from the Core®



Ab Coaster® CTL

Frictionless Ab Training



SCAN QR CODE FOR AB COASTER CTL WORKOUTS

ABOUT THE AB COASTER® 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 any user, as well as making for easy maintenance and whisper quiet operation.

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)

Ab Coaster® Console

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

Trackless Design

- 02 Frictionless resistance system makes the bottom-up motion easy and whisper quiet.



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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