

6-Minute Ab Zone

# The Patented Ab Training Solution



We Change Lives from the Core®



### Dimensions

- 6 piece 243 square feet (27x9)
- 5 piece 203 square feet
- 4 piece 162 square feet

## ABOUT THE 6 MINUTE AB ZONE

This system provides a complete ab workout in just six minutes! 45 seconds on one ab machine with 15 seconds rest before switching to the next exercise. This system gives new exercisers an area where they can immediately feel comfortable and be successful, and provides more experienced users with a challenging workout with ample progression.

### Includes:

- Ab Coaster® CS3000
- Ab Solo®
- Vertical Crunch™
- Abs Bench™ X3
- Target Abs™
- Lumbar X™
- Accessory kit with: Timing Light, Pull Up Banner, Machine Number Kit & Digital Signage (\$2000 Value)



Accessory Kit



1-866-219-5335



www.TheAbsCompany.com

