

# Hard Abs Made Easy

## AbCoaster Black

The AbCoaster Black is the premium AbCoaster in the Personal Series home market. The AbCoaster Black also includes an exercise mat, weights, and a Lifetime Warranty.

### FEATURES

- All Steel Construction
- 1.5" Stainless Steel Rails
- Polyurethane Rollers
- Steel Bearings
- Vinyl Covered Molded Foam Pads
- Free-Style Motion Seat
- 300 lb. Weight Capacity
- 20 lb. Weight Plate Capacity
- Digital Workout Counter
- BONUS! Lifetime Warranty
- BONUS! Workout Mat
- BONUS! 5 lb. Weight Set

### DIMENSIONS & WEIGHT

L 51" W 25" H 50" Weight: 70 lb.



## AbCoaster PS 500

The PS 500 is the base model for the Personal Series home market.

### FEATURES

- All Steel Construction
- 1.5" Steel Rails
- Nylon Rollers
- Steel Bearings
- Vinyl Covered Molded Foam Pads
- Free-Style Motion Seat
- 300 lb. Weight Capacity
- 20 lb. Standard Weight Capacity
- Powder-Coat Finish
- Digital Workout Counter

### DIMENSIONS & WEIGHT

L 51" W 25" H 50" Weight: 70 lb.