

# Hard Abs Made Easy



## AbSolo®

The Ab Solo has been totally re-designed and is being re-launched by The Abs Company for 2013. The Ab Solo is a fun and effective abdominal exercise machine that keeps users excited about working their core and abdominal muscles with a patented ball return design. The all-new Ab Solo features a sleek design with a smaller footprint and quieter performance than the original. The new Ab Solo also features 3 "touch targets" for more training variety and an innovative air-filled bumper seat for an effective core workout.

### FEATURES

- Heavy Duty Steel Construction
- Easy to Use Digital Counter
- Three Color-Coded Touch Targets
- Complete Core and Cardio Workout
- Strong Quieter Design
- Two 6 lb. and Two 8 lb. Medicine Balls Included
- Quick and Easy Assembly

### DIMENSIONS & WEIGHT

L 84" x W 41" x H 70" - Weight: 275 lb.