

Smart CORE WHEEL™

**DELIVERS THE BEST CORE
WORKOUT FOR THE ENTIRE CORE
(NOT JUST ABS!) WITH ONE TOOL!**

Strap to your feet or grip with your hands and get ready for a great ab-focused workout.



The Smart Core Wheel™ definitely lives up to its name and here's how:

- Comes with mat for added comfort for hands/knees
- Mat features 8 exercises printed on it for easy reference
- First of its kind with fold down handles for slim and upright storage! (U.S. Patent Pending)
- Easily switch between hand and feet exercises

Lay down that mat and start rolling!



| | SKU | MSRP |
|---------------------|-------------|-------|
| Core Wheel with Mat | 400-460-210 | \$ 79 |

CONTACT US TODAY | www.prismfitnessgroup.com | 608.845.8300 | sales@prismfitnessgroup.com



SMART FEATURE #1 *Self-Guided Floor Mat*

The Core Wheel™ comes with it's very own floor mat, which is invaluable not only to your hands and knees but also your workout routine - the mat features 8 wheel exercises printed directly on it for easy reference.

SMART FEATURE #2 *Easy Storage*

We solved the problem of where and how to store this training tool - simply fold down the handles/pedals and store on any shelf. It slims down to a manageable size and can stand upright on its own without rolling away AND it can easily fit in a travel bag!



SMART FEATURE #3

Combined Handle and Foot Pedal

Comfortably grip the handle for traditional prone ab wheel exercises and then rotate the handle to utilize the foot pedal for even more full-body exercises. One tool, dual uses!

- Allows for unique exercises that tighten glutes and legs
- Foot Cuffs hold feet in tight for a multitude of plank holds, lifts and upper body exercises



SMART FEATURE #4 *Velcro Straps to Secure Feet*

Both toe and heel straps are featured to securely fasten feet to the pedals whether in the prone or supine position. Adjust the velcro straps to fit any shoe size.



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