



SCAN QR CODE FOR  
AB COASTER CS3000  
WORKOUTS

# #1 Ab Machine Worldwide



## ABOUT THE AB COASTER® CS3000

ABS1003B

The patented Ab Coaster® is the #1 Ab Machine in the world. The Ab Coaster® CS3000 combines the simplicity of the ab crunch with the effectiveness of the hanging leg raise. Unlike traditional crunches, the Ab Coaster® works your abs from the “bottom up,” while limiting stress to your neck, back and shoulders.

### Dimensions:

L 70" x W 30" x H 58"

(177 cm x 76 cm x 147 cm)

Unit Weight: 139 lb (67 kg)

Training Range: 20-100 lb  
(9-36 kg)

### Ab Coaster® Console

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

### Stainless Steel Rails

- 02** Curved track mimics natural spinal flexion, allowing anyone to perform a smooth abdominal lift in perfect form.



### 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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