



#1 Ab Machine Worldwide



ABOUT THE AB COASTER® PS500

The patented Ab Coaster® is the #1 Ab Machine in the world. The Ab Coaster® PS500 combines the simplicity of the ab crunch with the effectiveness of the hanging leg raise. It's the perfect addition to your home gym to give you the strong, toned abs you desire. Unlike traditional crunches, the Ab Coaster® works your abs from the "bottom up," while limiting stress to your neck, back, and shoulders.

Ab Coaster® Console

- 01** Ergonomic handles, comfortable arm pads, and adjustment free for a user friendly experience. Rep counter easily tracks your workout.

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.



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www.TheAbsCompany.com

