



Body Solid Professional Ab Trainer AAB-2



For the best abdominal exercise - leg raises on the pull-up bar, without having to reach.

CHF 99.00

An incredibly effective workout for the straight abdominal muscle, the saw muscles and the oblique abdominal muscle, without stressing the lower back! Only hanging gives the full stretch of all the muscles of the waist region: with the ab trainers, each repetition leads to the greatest possible contraction and muscle growth. A super effective workout for those who want to quickly show off washboard abs.

Scope of delivery: 1 pair, wide professional version in high-strength nylon fabric with carabiner hook for home use to light institutional use