



## Standing Ab Twist™



# A New Twist on Ab Training

## ABOUT THE STANDING AB TWIST™

Rotational Fitness is one of the most important aspects of core training. Most human movements include rotation, but the majority of training options are linear... Until now! Introducing the Standing Ab Twist. Stand on the large stable platform and select your starting resistance. Grip the ergonomic handles and twist your way to a lean, strong and healthy core. Added stability lower body support is available for beginners.

### Dimensions:

44 x 37 x 63 inches

(112 x 94 x 157 cm)

Unit Weight 482 lbs (219 kg)

Training Range: 20-200 lbs

### 01 Large comfortable platform

Provides full support while performing the rotational exercise.

### 02 Ergonomic handle grips

Elongated handles allow for user comfort and multiple grip positions for users of all heights.



### 03 Lower body support for beginners

Adjustable height knee pad allows beginners to support the lower body during exercise. Advanced users can lower the pad for an advanced workout.

### 04 Selectorized Weight Stack

170 lb (77kg) weight stack provides a progressive workout from beginner to advanced.



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