



We Change Lives from the Core®

TARGET ABS™



Target Abs™

Touch Target Technology

ABOUT THE TARGET ABS™

TargetAbs™ is a patented abdominal training bench that incorporates the Touch Target Technology™ popularized by the AbSolo®. The adjustment-free design allows any user to simply get on and train their abs! Touch the colored targets for oblique training and added variety. The reverse crunch handle allows users to perform a variety of exercises targeting the lower abs.

Dimensions:

L 69" x W 32" x H 43"

(175 cm x 81 cm x 109 cm)

Unit Weight: 85 lb (39 kg)

Touch Target Technology™

- 01 Simply get on and perform a sit up motion touching the colored targets for an effective ab and oblique workout. Increase intensity using medicine balls.

Reverse Grip Handle

- 02 The reverse grip handle also allows for a simple and effective lower ab workout.



Fixed 45 Degree Bench

- 03 Eliminates the guesswork from the user as to how to set up the bench for maximum results.

Easy Move Wheels

- 04 Easily store or move your TargetAbs™ around your home or fitness facility.



1-866-219-5335



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