

# PRODUCT SPECIFICATIONS

*AB Wheel*

Code: ADAC-11404

MRP : 1999.00

**COSCO**<sup>®</sup>  
SPORTS | FITNESS



AB Wheel improves and optimises the movement by placing you closer to the floor; every muscle involved in stability and dynamic strength is called in to action. Doing 1000s of sit ups won't give you flat abs - to achieve that you have to work the abdominal muscles as an integrated part of your torso.