

# PRODUCT SPECIFICATIONS

Performance AB Bench

Code: ADBE-10220

MRP : 16999.00

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



Designed to enhance core workouts, the Adjustable Ab Bench extends your range of motion for greater abdominal stress. Upping the intensity of your basic core movements, the bench's foam-padded anchors lock in your legs; providing the necessary leverage for decline exercises. Constructed with a sturdy steel frame, the bench lays a comfortable foundation with a dense foam back pad for total performance. Featuring 'SCAN TO TRAIN', the Ab Bench delivers detailed training information to help guide your workouts - simply scan the QR code for full exercise videos.