PRODUCT SPECIFICATIONS

AB Wheel Code: ADAC-11404

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.





Dim.(LxWxH):	29.3 x 18 x 18cms
Material:	PP(Polypropylene) TPR
Net Weight:	0.485Kg
Other Features:	18cm diameter wheel