

# PRODUCT SPECIFICATIONS

Performance AB Bench

Code: ADBE-10220

MRP : 13400.00

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.

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



Max.User Weight :	125 Kgs.
Net Weight :	11.5 Kgs.
Other Features :	SCAN TO TRAIN function
Warranty :	2-years manufacturer's warranty