

# PRODUCT SPECIFICATIONS

AB Wheel

Code: ADAC-11404

MRP : 1999.00

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.

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SPORTS | FITNESS



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