

Fitness Breakthru

Personalised Fitness Equipment Specialists

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Specs – Body Solid Pro Style Ad Board



Centred on a telescoping 2"x 2" steel beam, our Pro-Style Ab Board adjusts to 12 positions for increased or decreased difficulty when doing sit-ups or crunches. Featuring an extra wide, extra-thick double-stitched DuraFirm™ pad and oversized 8" foam rollers. The Ab Board is ideal for home and commercial use.

- 12 adjustment levels.
- Extra-wide DuraFirm™ back pad.
- Incredibly effective in isolating the entire abdominal region.
- Exceptional upper back and head support maintain proper body alignment.
- Unique design provides easy entry and exit.
- Oversized 8" Foam Rollers for comfort and stability.

Dimensions: 132cm(H) x 137cm(L) x 60cm(W)

Body-Solid®