

## DESCRIPTION

Ab Wheel with a sturdy non-slip wheel and ergonomic handles, designed to ensure stability and comfort during use. Ideal for improving abdominal strength and core stability, it is perfect for home and gym workouts. Includes a mat for additional knee support, making exercises more comfortable.

**ERGONOMIC HANDLES:** The non-slip handles offer a secure and comfortable grip, allowing for an effective and worry-free workout

**DURABILITY:** The solid construction ensures strength and durability, withstanding intensive and prolonged use

**ADDITIONAL SUPPORT:** The included mat provides extra support for the knees, enhancing comfort during workouts

**VERSATILITY:** In addition to abs, the wheel can be used to train obliques, deltoids, back, adductors, quadriceps, biceps, and triceps, providing a comprehensive solution for your workout regimen

**HEALTH BENEFITS:** Proper use of the Ab Wheel leads to abdominal strengthening, core stability, improved flexibility and mobility, contributing to overall physical well-being



## TECHNICAL SPECIFICATIONS.

Color

**Black**

## STRENGTHS