

Inflatable Ab Toner with 2-Way Action Pump BF3432




It's all about ABS with this great Inflatable Ab Toner. Crunches, Oblique Crunches, Scissor Kicks, Leg Lifts...all ABS, all the time! Designed to work using your own body weight for resistance, the unique shape of this Ab Toner gets you off the floor and provides body support while you do your ultimate ab workout. 16 Ab exercises are printed right on the Ab Toner, and a separate fitness guide is included to guide you down the path to toning, trimming and sculpting your Abs!



- 16 Ab exercises are printed right on the Ab Toner.
- More effective than traditional crunches.

 **DOWNLOAD
FITNESS GUIDE**

 **PRINT
PRODUCT SHEET**

 The Surgeon General has determined that everyone should get 30 minutes of moderate physical activity five days of the week.™

- Always consult a physician before performing any physical activity.
- No liability or responsibility is assumed by the manufacturer for any injury incurred as a result of using this product.