

## Pilates Ab Exerciser BF7684




Specifically developed to firm and tighten your abs. Targets abdominal muscles automatically, by locking your legs in place. Allows for a full, controlled range of motion during your workout. Easy to learn, easy to use.

- Adjustable nylon strap length accommodates all heights.
- Soft foam bar and traction stirrups lock legs and feet in place eliminating the need for assistance.
- Fitness Guide Included.

 **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.