



"The Core of Good Health"

2016



A Dedicated Core Training Area May Be The Most Important Part of Your Club

A strong core is a key to good health. A dedicated core training area combined with a variety of functional training and isolation equipment and programs appeals to health club prospects and members for a lot of reasons.

Anyone looking to get in shape— from the 16 year old student to the 90 year old senior — has a very specific reason why a strong core is of utmost importance.

- Young members are focused on how they look, with a strong desire for a beach body six pack.
- Athletes know that a strong core improves sports performance and reduces the risk of injury
- Moms want to get rid of the baby pouch and get their flat bellies back.
- Dads fear being labeled a DAD BOD and know a “big belly” is a BIG HEALTH RISK
- Seniors understand that having a strong core is the key to preventing life threatening hip fractures caused from falls related to lack of balance and core strength.

Offering a dedicated core training area with isolated core exercise machines allows your members to safely strengthen the core muscles which provides the body with the structural integrity needed for balance and coordination. Once strengthened, the risk of injury from performing daily activities and intense workouts is greatly reduced. This area of the club also gives new exercisers an area where they can immediately be comfortable and successful.

Functional training emphasizes core stability and strength, and it has become a very popular way to workout. This type of training features whole body movements with short intense intervals, combined with barbell bells, kettle bells, medicine balls for higher intensity. Functional training not only attracts new members to your facility but also delivers amazing results, turning your members into raving fans.

Combining functional training tools together with core strength training equipment is crucial to helping your members succeed. By adding a dedicated core training area to your facility you will be advertising the importance of building a strong core as a base for all forms of exercise especially the popular functional training workouts.

Your members and prospects all have the same goal in mind: Results without the risk of injury. Having a dedicated Core Training area and an exciting Functional Training area in your club will excite your prospects, wow your members of all abilities and give your sales staff powerful closing tools to use during a club tour.

ENTER

THE **CORE**
STRENGTH **ZONE**



Creating Your Own Core Training Area

Whether you are upgrading an existing ab/stretching area or creating a new area from scratch, you can create your own customized Core Training Area for your Club's specific needs, space and budget. With 9 different unique machines to choose from, there is a large variety of possible combinations to build the perfect package for your members.

SUGGESTED CORE STRENGTH ZONE PACKAGES:

4 PACK



4 PACK INCLUDES: AbCoaster CS3000, AbSolo, The AbsBench X2, and Vertical Crunch (space requirement: 225 sq. ft.)

6 PACK



6 PACK INCLUDES: AbCoaster CS3000, AbSolo, The AbsBench X2, Vertical Crunch, Target Abs, and AbCoaster CTL (space requirement: 350 sq. ft.)

THE **CORE** STRENGTH **ZONE**

**Customize Your
Core Training Area
with any of our
9 Core Training Products**



Choose from the following products: Ab Coaster CS3000, AbSolo, The AbsBench X2, Vertical Crunch, Target Abs, The AbsBench, X3S Bench, Ab Coaster CTL, and Lumbar X

Let us Help you Brand your Core Training Area with a Custom Graphics Package!



ISOLATED CORE TRAINING

**Now in over 10,000
Commercial Fitness Centers**



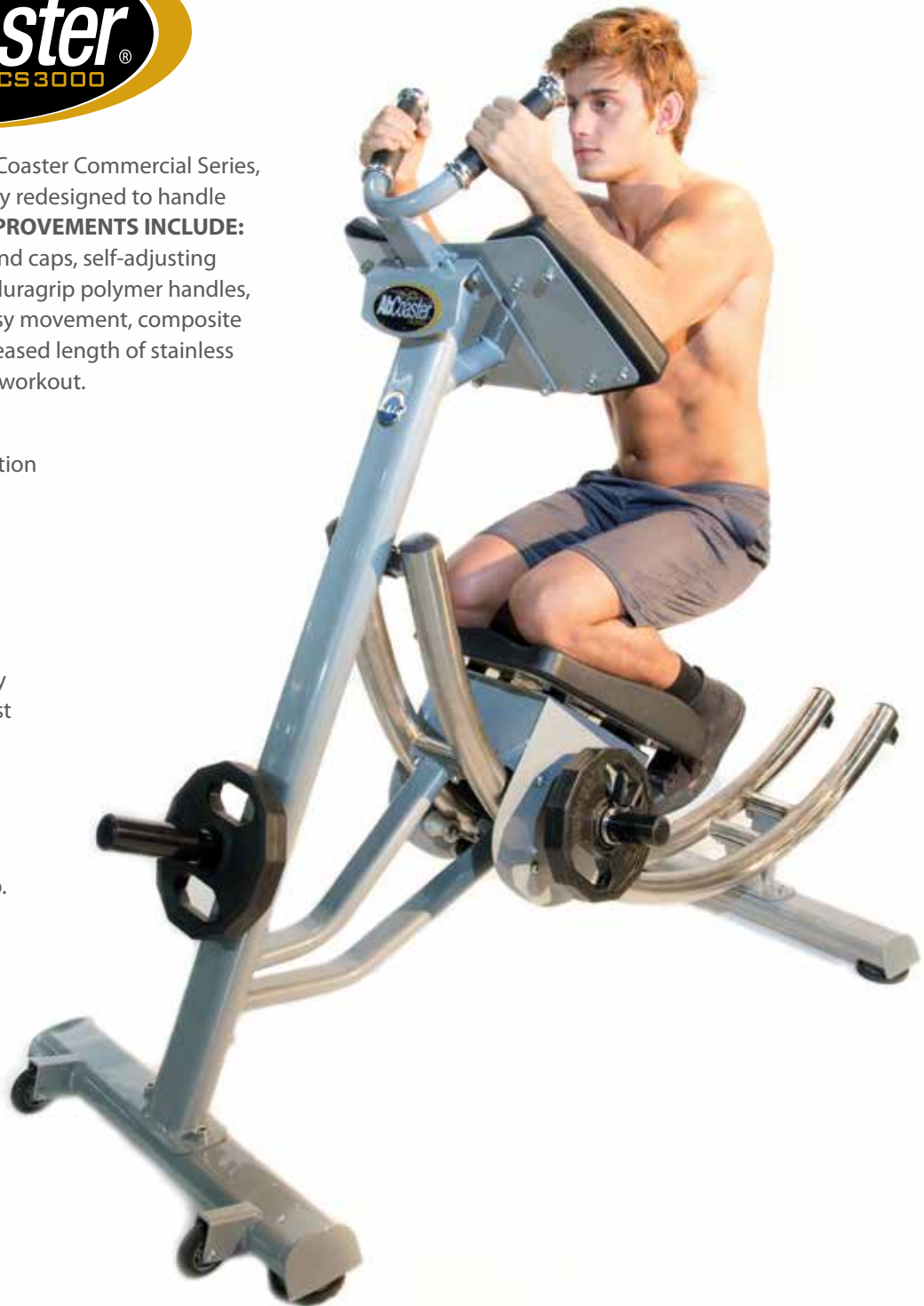
The flagship product of the Ab Coaster Commercial Series, the CS3000 has been completely redesigned to handle the toughest workout ever. **IMPROVEMENTS INCLUDE:** welded steel replacing plastic end caps, self-adjusting armrest for easy maintenance, duragrip polymer handles, lightweight seat carriage for easy movement, composite weight post protector, and increased length of stainless steel rails for smoother, quieter workout.

FEATURES

- Heavy-Duty All-Steel Construction
- 2.5" Stainless Steel Rails
- Ultra-Glide Nylon Rollers
- Urethane Molded Foam Pads
- Duragrip Polymer Handles
- Free-style Motion Seat
- 450 lb. User Weight Capacity
- 40 lb. Olympic Weight Capacity
- Composite Weight Storage Post
- Easy-Move Casters
- Extended Warranty
- Quick and Easy Assembly

DIMENSIONS & WEIGHT

L 61" W 33" H 58" Weight: 150 lb.





The CTL is a unique, alternative way to work your abs from the “bottom up”—without any rails. The trackless CTL features a frictionless resistance system making the motion very easy for any user, including deconditioned and rehab patients. The CTL makes for easy maintenance and super-quiet operation.

FEATURES

- Heavy-Duty All-Steel Construction
- Urethane Molded Foam Pads
- Duragrip Polymer Handles
- Free-style Motion Seat
- 450 lb. User Weight Capacity
- 40 lb. Olympic Weight Capacity
- Composite Weight Storage Post
- Easy-Move Casters
- Extended Warranty
- Quick and Easy Assembly

DIMENSIONS & WEIGHT

L 51”W 41”H 57” Weight: 130 lb.



Making Functional Core Training Fun!

The AbSolo is a dynamic way to train your core using a combination of upper body movements involving a fun and effective ball tossing motion. The AbSolo features a patented ball-return design within a compact footprint. The seat design features an air-filled lumbar support pad that provides a pre-stretch to maximize full range abdominal contraction. Three multi-color "touch targets" promote oblique training and to provide an opportunity for personal trainers to interact with clients while exercising, for example calling out a sequence such as "black, red, throw, red, yellow." AbSolo includes a counter/timer that gives instant feedback for counting reps and timing intervals.

FEATURES

- Heavy Duty Steel Construction
- Easy to Use Digital Counter
- Three Color-Coded Touch Targets
- Complete Core and Cardio Workout
- Strong Quieter Design
- **INCLUDES:** Two 6 lb. and Two 8 lb. Medicine Balls
- Quick and Easy Assembly

DIMENSIONS & WEIGHT

L 84" x W 41" x H 70" - Weight: 275 lb.

AbSolo®



TARGET ABS™

Target Abs is an abdominal training bench that incorporates the Touch Target Technology popularized by the Ab Solo. Target Abs is a fixed angle bench that eliminates the guesswork from the user as to how to set up the bench for maximum results. Simply get on and perform a sit up motion touching the colored targets as you crunch forward and reach toward the top of the bench. Once you touch the target your rep is complete. Two complementary targets are positioned on either side of the main target allowing for effective oblique training as well. Increase the intensity of the workout by incorporating Medicine balls in to the routine. Use the upper handle to perform a perfect reverse crunch motion to complete your core training.

DIMENSIONS & WEIGHT

L 69" x W 32" x H 43" - Weight: 85 lb.

the AbsBench™ X2

The Abs Bench X2 is designed with dual pivot motion to naturally perform a double-crunch exercise using both a forward-crunch movement and a reverse-crunch movement. The forward crunch and reverse crunch can be performed separately or simultaneously for an innovative abdominal workout. The Abs Bench X2 is the only commercial-quality abdominal bench that works both the upper and lower abs at the same time. Integrated weight horns on the upper and lower parts of the machine allow users to add and vary the resistance level for the forward- and reverse-crunch movements for a more challenging workout. The ergonomically-angled pads and foot pegs provide superior comfort and stabilization regardless of exerciser's size.

FEATURES

- Heavy-Duty Steel Construction
- Forward Crunch and Reverse Crunch Design
- Dual Weight Horns - allows you to add resistance to both upper and lower crunch
- Extended Overhead Handles - for increased challenge and variety
- 50 lb. Olympic Weight Plate capacity
- Quick and Easy Assembly
- Extended Warranty

DIMENSIONS & WEIGHT

L 82" x W 36" x H 41" - Weight: 175 lb.



the AbsBench™

The Abs Bench incorporates the same ergonomic design that has made The Abs Bench X2 so popular in clubs worldwide. The Abs Bench places the user in the proper position to perform a perfect ab crunch with every rep. Its stationary lower attachment saves space and makes this an economical alternative to the Double Crunch Abs Bench X2.

FEATURES

- Heavy-Duty Steel Construction
- Composite Weight Horns
- 30 lb. Olympic Weight Plate capacity
- Steel Foot Rests for Comfort and Durability
- Quick and Easy Assembly
- Extended Warranty

DIMENSIONS & WEIGHT

L69" x W37" x H40" - Weight: 139 lb.

the Vertical CRUNCH™

The space saving Vertical Crunch provides a complete abdominal workout — upper, lower and obliques in one machine. Its free swivel seat allows the user to seamlessly change from rectus abdominus to obliques without pausing the workout. Plate loading allows for increased intensity for advanced users and the built in weight storage keeps your fitness floor neat and orderly.

FEATURES

- Free Style Motion Seat
- Extended Easy Grip Handles
- 70 lb Olympic Weight Capacity
- Dual Composite Weight Storage Posts

DIMENSIONS & WEIGHT

L36" x W42" x H63" - Weight: 195 lb.



LUMBAR X™

This 45-degree back extension bench is a versatile piece of equipment that is designed for development of the lower back, glutes, and hamstrings. Its comfortable padding and telescoping height make it the perfect complement for an entire core workout.

DIMENSIONS & WEIGHT

L50" x W32" x H35" - Weight: 75 lb.



Light Commercial & Home Use

AbCoaster CS 1500

The CS1500 is designed for personal training studios, hotels, and other light commercial use.

FEATURES

- All-Steel Construction
- 2" Stainless Steel Rails
- Ultra-Glide Nylon Rollers
- Steel Bearings
- Urethane Molded Foam Pads
- Adjustable Hand Grips
- Free-style Motion Seat
- 400 lb. User Weight Capacity
- 30 lb. Standard Weight Capacity

DIMENSIONS & WEIGHT

L 53" W 27" H 53" Weight: 90 lb.



AbCoaster Black

The AbCoaster Black is the premium AbCoaster in the Personal Series home market. The AbCoaster Black also includes an exercise mat, weights, and a Lifetime Warranty.

FEATURES

- All Steel Construction
- 1.5" Stainless Steel Rails
- Polyurethane Rollers
- Steel Bearings
- Vinyl Covered Molded Foam Pads
- Free-Style Motion Seat
- 300 lb. Weight Capacity
- 20 lb. Weight Plate Capacity
- Digital Workout Counter
- BONUS! Lifetime Warranty
- BONUS! Workout Mat
- BONUS! 5 lb. Weight Set

DIMENSIONS & WEIGHT

L 51" W 25" H 50" Weight: 70 lb.



AbCoaster PS 500

The PS 500 is the base model for the Personal Series home market.

FEATURES

- All Steel Construction
- 1.5" Steel Rails
- Nylon Rollers
- Steel Bearings
- Vinyl Covered Molded Foam Pads
- Free-Style Motion Seat
- 300 lb. Weight Capacity
- 20 lb. Standard Weight Capacity
- Powder-Coat Finish
- Digital Workout Counter

DIMENSIONS & WEIGHT

L 51" W 25" H 50" Weight: 70 lb.



FUNCTIONAL CORE TRAINING

X3S

X3S Bench - Functional and Isolation Training in One Machine



The X3S Bench combines both functional and isolated exercise safely in one machine. This unique combination enables you to functionally exercise your complete core while isolating your quads, glutes and hamstrings with one simple compound movement. The X3S Bench can challenge any fitness level with the use of dumbbells or weighted balls for a total body workout.

DIMENSIONS & WEIGHT

L40" W 29" H 15" Weight: 50 lb.



The Tire Flip 180 products allow you to add up to 80 pounds of additional free weight resistance so users of all abilities are sure to get a great workout. With a resistance ranges of 100-240 pounds there is no need to have multiple size tires in your facility.

Now You Can Flip a Tire Anywhere



TIRE FLIP 180 XL FEATURES

- Starting resistance of 160 lbs.
- Plate loading ability up to 80 additional pounds
- 6 Sound Reducing Bumpers
- 2 Battle Rope Anchor Points
- 4 Floor Levelers
- 8 Floor Mounting Points
- Extended Warranty



DIMENSIONS & WEIGHT

4' x 5' - Weight: 353 lb.

TIRE FLIP 180 FEATURES

- Starting resistance of 100 lbs
- Plate loading ability up to 40 additional pounds
- 4 Sound Reducing Bumpers
- 2 Battle Rope Anchor Points
- 4 Floor Levelers
- 8 Floor Mounting Points
- Extended Warranty

DIMENSIONS & WEIGHT

4' x 5' - Weight: 293 lb.

IMPACT CAGES™

Impact Cages are designed to make a unique statement in your facility. All cages are custom made to your exact specifications. Regardless of your space or budget we can design a Small Group Training Solution that will truly stand out to your members. Impact Cages are not the same off the shelf product that everyone else has. Our 4-inch tubular steel gives you unparalleled quality and durability. Impact Cages incorporate your colors, your branding, your facilities personality. Your members will know that you only provide them the best equipment in your facility when they see the Impact Cage.

HEX PRO

The Hex Pro is a mid sized multi-functional cage allowing up to 12 people to train at once. Multiple workout stations allow for exercisers of all abilities to train simultaneously on the same cage. Impact Cages are fully customizable and can be designed with your corporate colors and branding.

SPECS

- Dimensions - 10' x 8'
- Working Space - 200 SF
- Exercisers on the cage - 12
- Indoor/Outdoor (additional fee applies)
- Custom Colors
- Extended Warranty
- Accessory and Weight Plate Storage



IMPACT CAGES™

QUAD SERIES

The Quad Series product line features a more traditional rectangular mid sized multi-functional cage for your facility.

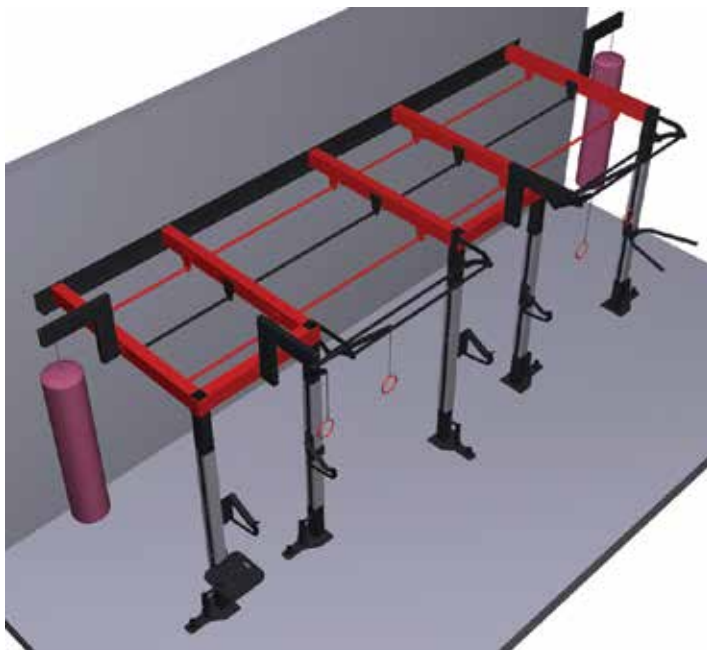
Q6

The Q6 provides a space saving narrow design allowing up to 12 users to train at once. Multiple workout stations allow for exercisers of all abilities to train simultaneously on the same cage.

Impact Cages are fully customizable and can be designed with your corporate colors and branding.

SPECS

- Dimensions - 18' x 4'
- Working Space - 200 SF
- Exercisers on the cage - 12
- Indoor/Outdoor (additional fee applies)
- Custom Colors
- Extended Warranty
- Accessory and Weight Plate Storage



Q5

The Q5 is a traditional rectangular wall mounted multi-functional cage. The space saving narrow design allows up to 10 people to train at once. Multiple workout stations allow for exercisers of all abilities to train simultaneously on the same cage. Impact Cages are fully customizable and can be designed with your corporate colors and branding.

SPECS

- Dimensions - 19' x 6'
- Working Space - 150 SF
- Exercisers on the cage - 10
- Includes Wall Mounting Hardware
- Indoor/Outdoor (additional fee applies)
- Custom Colors
- Extended Warranty



QUAD SERIES

The Quad Series product line features a more traditional rectangular mid sized multi-functional cage for your facility.

Q4

The Q4 is a versatile multi-functional cage in a space saving design. Narrow footprint makes it accessible to virtually any space while allowing up to 8 people to train at once. The modular design allows you to easily convert the Q4 into a larger Q6 Cage design as your small group training program grows. Multiple workout stations allow for exercisers of all abilities to train simultaneously on the same cage. Impact Cages are fully customizable and can be designed with your corporate colors and branding.

SPECS

- Dimensions - 10' x 4'
- Working Space - 200 SF
- Exercisers on the cage - 8
- Indoor/Outdoor (additional fee applies)
- Custom Colors
- Extended Warranty
- Accessory and Weight Plate Storage



IMPACT CAGES™

DYNAMO SERIES

The Dynamo product line provides a dynamic functional training solution when you are short on space.

D4

The D4 features a narrow footprint making it accessible to virtually any space while allowing up to 6 people to train at once. Optional Ball Target with Heavy bag increases the training versatility of the D4. Multiple workout stations allow for exercisers of all abilities to train simultaneously on the same cage. Impact Cages are fully customizable and can be designed with your corporate colors and branding.

SPECS

- Size 4'x 4'
- Working Space 100 SF
- Exercisers on Cage - 6
- Indoor/Outdoor (additional fee applies)
- Custom Colors
- Extended Warranty
- Accessory and Weight Plate Storage



D2

The D2 features a narrow footprint making it accessible to virtually any space while allowing up to 4 people to train at once. The D2 easily installs on the wall to create a secure and space saving workout area. You can easily install multiple D2 units on any wall to create a showcase in your club. Optional Ball Target with Heavy bag increases the training versatility of the D2. Multiple workout stations allow for exercisers of all abilities to train simultaneously on the same cage. Impact Cages are fully customizable and can be designed with your corporate colors and branding.

SPECS

- Size 4'x 2'
- Working Space 50 SF
- Exercisers on Cage - 4
- Includes Wall Mounting Hardware
- Indoor/Outdoor (additional fee applies)
- Custom Colors
- Extended Warranty
- Accessory Storage



D2 HT (Home Trainer)

The D2 HT is a dynamic functional training solution for your home gym. All the same great features of the D2 but using 2" steel posts. Easily installs on the floor or the wall.

SPECS: • Size 4'x 2' • Working Space 50 SF • Exercisers on Cage - 4 • Includes Wall Mounting Hardware

IMPACT CAGES™

KO 3

The KO3 is the perfect solution for those seeking a versatile boxing experience in a small footprint. It can hold up to 3 heavy bags of varying styles for increased striking versatility. The KO3 comes with dips, box step, renegade and battle rope stations to accommodate small group training with a boxing/MMA focus. Optional TRX Anchor Points are available.

SPECS

- Size 14' x 4'
- Working Space 100 SF
- Exercisers on Cage 10
- Indoor/Outdoor (additional fee applies)
- Custom Colors
- Extended Warranty

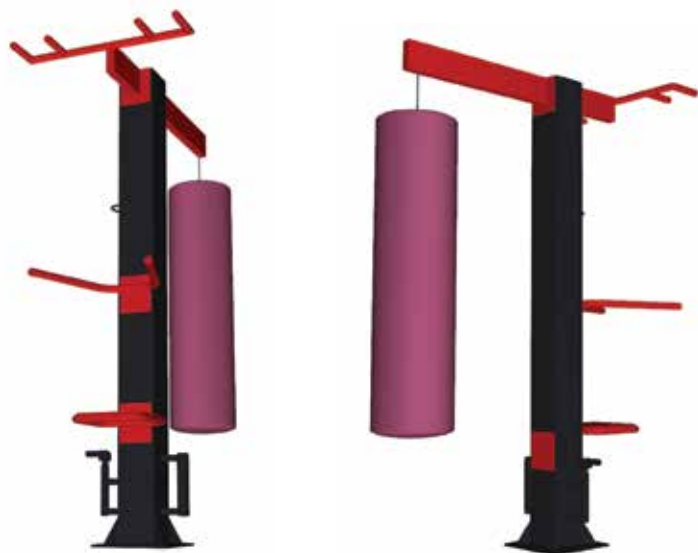


KO 1

The KO1 was designed for those seeking a boxing/MMA inspired total body conditioning workout. One side holds the striking bag of your choice while the other allows for total body conditioning including dips, box step, battle rope, pull ups, suspension training and renegade work. The KO1 also has a weight storage post. The 8" square post provides a sturdy base for even to most vigorous striker. Get fight ready in record time with the KO1.

SPECS

- Size 4' x 2'
- Working Space 25 SF
- Exercisers on Cage 4
- Indoor/Outdoor (additional fee applies)
- Custom Colors
- Extended Warranty



FUNCTIONAL TRAINING

IMPACT
CAGES™

When designing a functional space for your facility you should not be limited by pre-fabricated solutions. Impact Cages allow you to break the mold. If you can conceive it, we can build it for you. Make your facility as unique as you are. From cages, to stairways to storage we can do it all. Take a look at some of our creations. We can't wait to design something special just for you!



FUNCTIONAL TRAINING



Standard Features

FEATURES	HexPro	Q6	Q5	Q4	D4	D2	D2 HT	KO 3	KO 1
Custom Paint Colors	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
4"x4" Steel Posts SS Covers	6	6	5	4	4	2	2 (2"x2")	4	1 (8"x8")
Full Set of Monkey Bars	Yes	Yes	Yes	Yes	Yes				
Pull Up Ramps	3	2	2	2	2	1	1		1
Dip Station	1	2	1	1	1	1	1	1	1
Landmine/ Renegade	3	3	3	2	2	1	1	2	1
J-Hook Sets	3	2	2	2	2	1	1		
Box Step	1	1	1	1	1	1	1	1	1
Ball Target with Heavy Bag	1	1	2	1	Optional	Optional	Optional		
Battle-Rope Anchors	6	6	5	4	4	2	2	4	1
Olympic-Bar Storage	6	6	5	4	4	2	2		
Multiple Suspension Strap Anchors	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Storage Box	1	1		1	1	1			
Weight-Plate Storage	1	1		1	1				
Accessory Storage Racks	2	2		2	2	2	2		
Heavy Bags	1	1	2	1	Optional	Optional	Optional	3	1

The Abs Company Products Are Proudly Featured in These World-Class Facilities:



**In 10,000 commercial fitness facilities
in over 40 countries around the world**



What Fitness Professionals Are Saying About Our Products...

"My members love the new Abs Bench. It has been a hit in my club."

— **Thomas Huggie**
Anytime Fitness

"I have the AbCoaster CS3000 in my gym and my members LOVE it! I recently added the Abs Bench and it has also been a hit. I will add the AbSolo next!"

— **Dave DeYoung**
Quads Gym

"My members love the Ab Solo. It is one of the most popular pieces of equipment in my gym. We look forward to adding the Ab Solo to our other locations as well."

— **Dusty Mason**
Gold's Gym

"We recently purchased 2 Ab Coaster CS 3000 for our Snap Fitness Clubs. We put them right by the front desk so that any member or prospect walking in gets to try it. Our members LOVE the AbCoaster!"

— **Kim Dillow**
Snap Fitness

"We use the Ab Coaster as part of our conditioning program and our players love the way it provides a complete abdominal workout quickly and effectively."

— **Garrett Giemont**
Conditioning Coordinator
Pittsburgh Steelers



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