

FEATURES

The image shows a silver and black Ab Coaster exercise machine. It has a main vertical frame with a curved rail. A black seat is mounted on the rail, and a black handlebar is attached to the top. A digital display is located on the handlebar. The machine has a base with four casters. A foot pedal is attached to the front of the machine. Blue lines connect the text labels to the corresponding parts of the machine.

DIGITAL WORKOUT COUNTER

Tracks your repetitions
during intense workouts

ALL STEEL CONSTRUCTION

Heavy duty steel frame
and rails provide
maximum durability

FREESTYLE MOTION SEAT

Turn seat to the side to
work your love handles

EXPANDABLE TRAINING RANGE

Add weight plates to
intensify workout

EASY MOVE CASTERS

Easily move or store
your Ab Coaster

Ab Coaster Instructional Manual

O García



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