



# AB CORE PAD (MAT)

SKU: F-ACORE





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PRODUCT  
DESCRIPTION

The AbCore Pad is one of the most effective training pads available on the market. It offers:

- The full range of motion necessary which allows you target all of your abdominal muscle groups
  - A variety of exercises can be done to achieve different goals.
- Can be used to isolate upper or lower abs, as well as targeting those hard to train obliques
- The ab core pad is a safe, comfortable design which fits snugly to the contour in your lower back
  - The ab core pad provides the necessary support to help prevent injury
- One size fits all! This unique pad is designed to be suitable for people of all heights, shapes, weights, sizes and physical ability!
- The AbCore Pads have a compact, ideal to take it with you anywhere. Take your ab core pad and some Force USA super bands for the ultimate workouts while away on business!

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ADDITIONAL  
INFORMATION