

## Ab Crunch Abdominal Exercise Roller with Computer

RRP: \$139.95

We all know that the abs are one of the hardest areas of the body to isolate and tone. Use the Abdominal Exercise Crunch Roller with Computer to win the war with your abs. It'll give you the right form to truly target those stubborn ab muscles so you can get real results.

The crunch roller is made with a durable steel padding with comfortable memory foam. There is extra padding in the head/neck rest — no more stressing and straining of your neck while doing crunches. You'll benefit from proper alignment and form, and you'll target upper and lower ab muscles for a full ab-attack. Focus on quality rather than quantity and you'll get a great workout in just a handful of minutes per day.

As an extra bonus, you'll also receive a handy computer that attaches to the top of the roller. It will tell you time, number of crunches, reps per minute, and calories burned. You'll benefit from a little extra motivation knowing exactly where you are in your workout.

The rock-hard abs of your dreams can be yours. All it takes is a little effort, a little discipline, and the right equipment. Order your Abdominal Exercise Crunch Roller with Computer today.

### Features and specifications:

- Proper form and alignment for a rock-solid ab workout
- Get results in mere minutes a day
- Targets both abdominal areas, upper and lower
- Sturdy steel frame with memory foam padding
- Extra padding for head/neck rest — no more stress and strain on the neck
- Handy computer to keep track of time and count
- Easy to assemble; no tools required
- Dimensions of roller: 61 x 68 x 71cm (H x W x L)
- Package dimensions: 68 x 37 x 13cm

