

## **BSTAB1** Ab Wheel



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The Body-Solid Tools Ab Wheel gives you one of the best core and upper body sculpting and toning exercises you can get. The Body-Solid Tools Ab Wheel is the perfect tool to strengthen and tone your abs, shoulders, arms, and back. It features 2 wheels for added stability and comfortable plastic grips. It is so effective because it forces you to isolate the stomach and oblique muscles while you work out. This enables you to effectively develop and strengthen the stomach area. Simple, easy to use and compact.

### **Special Features**

- Tone & strengthen abdominal, arm, back and shoulder muscles.
- Double wheel design adds stability
- Rubber handles provide comfortable and secure grip
- Lightweight and portable