

2024 CORE CATALOG



We Change Lives from the Core®



ABOUT THE AB & GLUTE ZONE™

Ab and Glute training are the hottest trends in fitness today. There are TWO body parts that most members are concerned with, The Belly and the Butt. The Front and the Back. Now you can have a dedicated area to work them both! From 2 pieces to 6 pieces, the options are unlimited! The patented Ab and Glute Zone™ is completely customizable to fit your club and your members! Select from our complete line of innovative Ab & Glute equipment - only from The Abs Company®.

SUGGESTED PACKAGES:

6 PIECE AB & GLUTE ZONE

Ab Coaster® CS3000

Vertical Crunch™

Standing Ab Twist™

Glute Coaster™ TL

Total Glute™

Glute Lift™ Elite

4 PIECE AB & GLUTE ZONE

Glute Coaster™ TL

Total Glute™

Ab Coaster® CS3000

Vertical Crunch™

See our full line up of Ab & glute products to customize your zone!



AB EQUIPMENT



AB COASTER® CS3000

ABS1003B

The patented Ab Coaster® is the #1 Ab Machine in the world. The Ab Coaster® CS3000 combines the simplicity of the ab crunch with the effectiveness of the hanging leg raise. Unlike traditional crunches, the Ab Coaster® works your abs from the “bottom up,” while limiting stress to your neck, back and shoulders.

Dimensions:

L 70" x W 30" x H 58"
(177 cm x 76 cm x 147 cm)
Unit Weight: 139 lb (67 kg)

Training Range: 20-100 lb
(9-36 kg)

AB COASTER® CTL

ABS1001B

The unique design of the patented Ab Coaster® CTL features the patented Ab Coaster® bottom-up movement without rails. The trackless CTL design features a frictionless resistance system, making the motion very easy for users at any fitness level. Another benefit is easy maintenance and 'whisper quiet' operation. Advanced users can progress by adding additional resistance.

Dimensions:

L 49" x W 41" x H 58"
(124 cm x 104 cm x 147 cm)
Unit Weight: 172 lb (70 kg)

Training Range: 20-80 lb
(9-36 kg)



STANDING AB TWIST™

ABS1016

Rotational Fitness is one of the most important aspects of core training. Most human movements include rotation, but the majority of training options are linear.... Until now! Introducing the Standing Ab Twist™. Stand on the large stable platform and select your starting resistance. Grip the ergonomic handles and twist your way to a lean, strong and healthy core. Added stability lower body support is available for beginners.

Dimensions:

44 x 37 x 63 inches
(112 x 94 x 160 cm)
Unit Weight 482 lbs (219 kg)

Training Range: 20-200 lbs



AB EQUIPMENT



AB SOLO®

ABS1008-01B

The patented Ab Solo® is a fun and effective abdominal exercise machine that keeps users excited about working their Abs. With a patented ball return design, the Ab Solo® features a sleek design and quiet performance to train your abs in a whole new way. Colored touch targets provide an effective and interactive workout.

Dimensions:

L 84" x W 41" x H 70"
(213 cm x 106 cm x 178 cm)
Unit Weight: 275 lb (125 kg)

Included: Two 6-lb Med Balls,
and two 8-lb Med Balls

ABS BENCH™ X3

ABS1014B

The patented Abs Bench X3™ is the most effective and versatile Abs Bench ever made. Its dual-pivot design makes for 3 benches in one! Independently or together, work the upper and lower abs. The all-new construction allows for easier assembly, a lower starting weight, and a more sturdy bench!

Dimensions:

L 78" x W 37" x H 37"
(198 cm x 93 cm x 93 cm)
Unit Weight: 172lb (80 kg)

Training Range

Top: 13-53 lbs (6-23.5kg)
Bottom: 13-53 lbs (6-23.5kg)



ABS BENCH™ ELITE

ABS7004B

The patented Abs Bench™ Elite places the user in the proper position to perform a perfect crunch with every rep. The Abs Bench™ Elite stationary lower attachment saves space.

Dimensions:

L 66" x W 37" x H 42"
(167 cm x 93 cm x 106 cm)
Unit Weight: 150 lb (63 kg)

Training Range: 17-53 lb
(8-24 kg)

AB EQUIPMENT

VERTICAL CRUNCH™

ABS1004B

The patented Vertical Crunch™ is a complete Core Training machine in a space-saving design. The linkage system allows beginners to easily sit and perform an effective double-crunch motion. The Free Swivel padded seat allows for a seamless transition to oblique training. Advanced users can progress by adding additional resistance.

Dimensions:

L 47" x W 44" x H 58"
(119 cm x 111 cm x 147 cm)
Unit Weight: 216 lb (34 kg)

Training Range: 20-80 lb
(9-36 kg)



TARGET ABS™

ABS7013B

TargetAbs™ is a patented abdominal training bench that incorporates the Touch Target Technology™ popularized by the AbSolo®. The adjustment-free design allows any user to simply get on and train their abs! Touch the colored targets for oblique training and added variety. The reverse crunch handle allows users to perform a variety of exercises targeting the lower abs.

Dimensions:

L 64" x W 35" x H 57"
(162 cm x 88 cm x 144 cm)
Unit Weight: 99 lb (39 kg)

LUMBAR X™

ABS7008B

The patented LumbarX™ is a versatile piece of equipment designed for development of the lower back, glutes, and hamstrings. A fundamental piece of equipment for core training.

Dimensions:

L 45" x W 30" x H 44"
(114 cm x 76 cm x 111 cm)
Unit Weight: 86 lb (34 kg)



AB EQUIPMENT

STEALTH™ CORE TRAINER & RACK

#SWV2010-B & #SWV2011

The patented Stealth® Core Trainer turns the boring plank exercise into a fun, gamified workout that trains your core, arms, and chest all at the same time. It carefully calibrates with your phone's motion detector to recognize your movements. It then translates those movements into gameplay actions on the screen of your phone. Simply download the FREE App with Gamified Workouts onto your smartphone. Games never play out the same way, so you'll always be in store for something new and exciting. Optional Stealth Rack holds up to 3 units, providing convenient and attractive storage.



Dimensions:

Rack Dimensions: 37 in x 20 in
(94 cm x 50 cm)

Height: 38" (96.5 cm)

AB BALL™ SYSTEM

ABS3020

The Patent Pending Ab Ball™ is a multi-functional training accessory that provides a complete ab workout in the gym, in your home or on the go. Use the Ab Ball™ for an effective core workout or for sport specific training. The System includes the 6lb Ab Ball™, door strap, and resistance bands to provide unlimited training variety using a door or cable weight stack.

Includes:

Ab Ball™
Door strap hanger
2 Resistance bands:
20lbs & 30lbs



GLUTE EQUIPMENT



GLUTE COASTER TL™

ABS1020

The ALL NEW patent pending Glute Coaster TL is the redesign of the super popular Glute Coaster found in facilities worldwide. The smaller footprint and whisper-quiet trackless design is exactly what you've been asking for! The down and back motion of the Glute Coaster™ TL remains the most effective way to train the glutes in a safe and functional way. The 170 lb weight stack provides a progressive workout for users of all abilities.

Dimensions:

74 x 33 x 65 inches

(188 x 83 x 165 cm)

Unit Weight: 507 lbs (230 kg)

Training Range: 0-200 lb

(0-77 kg)

TOTAL GLUTE™

ABS1015B

The all-new and patent pending Total Glute™ is a revolutionary way to train all parts of the glute muscles on one machine. Perform a core stabilizing Glute Medius abduction motion with the support of the ergonomic handles. Then move to the platform and use the cable attachments to perform squats, deadlifts and lunges. Maximum versatility in a compact design! The 170 lb weight stack provides a progressive workout for users of all abilities.

Dimensions:

67 x 41 x 58 inches

(170 x 104 x 147 cm)

Unit Weight: 619 lb (281 kg)



NORDIC CURL™

ABS1022

The Nordic Curl is designed to strengthen, build and develop the hamstrings and glutes in a safe, effective way. The ergonomic design allows you to perform the perfect nordic curl safely, leveraging the weight of your body. The PATENT PENDING DESIGN features an adjustable Chest Pad which allows users to work their way up to the full range of motion. There are 4 levels of adjustment making it perfect for beginners or advanced athletes.

Dimensions:

60 in x 25 x 29 in (152 cm x 64 cm x 74 cm)

Weight: 125 lb (57 kg)



GLUTE EQUIPMENT



GLUTE LIFT™ ELITE

ABS1019

The patent pending Glute Lift™ Elite allows users to effectively train their glutes in a comfortable and non-intimidating way. Simply sit on the large seat and strap the wide, comfortable belt around your hips. Select the appropriate resistance for you and raise your hips. The ergonomic back pad fully supports you as you comfortably train your way to great glutes! The 170 lb weight stack provides a progressive workout for users of all abilities.

Dimensions:

64 x 51 x 58 inches
(160 x 130 x 147 cm)

Unit Weight: 559 lb (254 kg)

Training Range

20-200 lbs (9-90.7kg)

GLUTE LIFT™ PRO

ABS1018

The patent pending Glute Lift™ Pro allows users to effectively train their glutes in a comfortable and non-intimidating way. Simply sit on the large seat and strap the wide, comfortable belt around your hips. The ergonomic back pad fully supports you as you comfortably train your way to great glutes! Olympic plate loading provides a progressive workout for users of all abilities.

Dimensions:

63 x 57 x 27 inches
(160 x 145 x 69 cm)

Unit Weight: 195lb (88 kg)

Training Range: 20-440lb (88 kg)



Dimensions:

Product Dimensions: 70 in x 27 in x 30 in (177.8 cm x 68.6 cm x 76.2cm)

Weight: 95 lb (43.5 kg)

Training Range 25-250 lbs per side. 50-500lbs Total.

GLUTE LIFT™

ABS1017

The new patented Glute Lift™ allows users of all abilities to effectively train their glutes in a comfortable and non intimidating way! The new, more compact unit is perfect for light commercial use, or to elevate your home gym. Simply attach the desired resistance band and strap the wide, comfortable belt around your hips. The ergonomic back pad pivots as you raise your hips. It supports the full length of the spine for safety and to allow you to fully maximize your glute training!

GLUTE ZONE™

Glute training is one of the hottest areas in fitness! Whether its for looks or performance, the data is clear, GLUTES ARE IN! Members of all ages, genders and abilities are looking for safe, effective and systematized ways to train this coveted body part. Such a system has not existed and members are left to their own imagination to come up with ways to target their glutes. Not anymore! Introducing the all-new GLUTE ZONE™ exclusively from The Abs Company.



Glute Coaster TL™



Total glute™



Glute Lift™ PRO



Glute Lift™ ELITE



Nordic Curl™

**SCAN TO LEARN MORE
ABOUT OUR GLUTE ZONE**



6 MINUTE AB ZONE™



This system provides a complete ab workout in just six minutes! 45 seconds on one ab machine with 15 seconds rest before switching to the next exercise. This system gives new exercisers an area where they can immediately feel comfortable and be successful, and provides more experienced users with a challenging workout with ample progression.

Includes your choice of the following pieces:

- Ab Coaster® CS3000
- Ab Solo®
- Vertical Crunch™
- Abs Bench™ X3
- Standing Ab Twist™
- Target Abs™
- Lumbar X™
- Accessory kit with: Timing Light, Pull Up Banner, Machine Number Kit & Digital Signage (\$2000 Value)



CUSTOMIZE YOUR AB ZONE!



HIIT ZONE™



A dedicated functional training area is a feature that will attract new members, engage existing members and promote both group and personal training. Often times this area can be intimidating and lack of space can be an issue. The Abs Company HIIT ZONE solves these issues. The Abs Company HIIT Zone gives you a complete functional training area in less than 150 square feet. (14 sm).



Sledmill™



TireFlip 180° or
TireFlip 180° XL System

**SCAN TO LEARN MORE
ABOUT OUR HIIT ZONE**



HIIT EQUIPMENT

TIREFLIP 180® SYSTEM

ABS4004-02



The patented TireFlip 180® is an innovative functional training system that gives you all the benefits of tire training in a safe, space-saving design. Flipping is just the beginning. Perform hundreds of exercises including strength, power, and agility in only 4x5 feet of space. The included Battle Rope ST® makes it perfect for Small Group Training!

TireFlip 180® Dimensions:

Starting Weight: 100 lbs
Includes the 60 lb weight system for a training range of 100-160 lbs

4'x 5' (1.2m x 1.5m)
330 lb (149kg)

TIREFLIP 180® XL SYSTEM

ABS4005-02

The patented TireFlip 180® is an innovative functional training system that gives you all the benefits of tire training in a safe, space-saving design. Flipping is just the beginning. Perform hundreds of exercises including strength, power, and agility in only 4x5 feet of space. The included Battle Rope ST® makes it perfect for Small Group Training!

TireFlip 180® XL Dimensions:

Starting Weight: 160 lbs
Includes the 80 lb weight system for a training range of 160-240 lbs

4'x 5' (1.2m x 1.5m)
364 lb (165kg)



SLEDMILL™

ABS1010-01B



Sled Training is one of the most effective exercises today. The patented SledMill® system is one of the most popular HIIT Products on the market. It's a total body workout that improves strength, stamina, speed, and power. Get all the benefits of sled training and the ability to perform hundreds of exercises in only 8 feet of space!

Dimensions:

L 79" x W 40" x H 51"
(200 cm x 101 cm x 129 cm)
Unit Weight: 575 lb (295 kg)

Training Range: 0-450 lb
(0-204 kg)

HOME EQUIPMENT



AB COASTER PS500

ABS2005

The patented Ab Coaster® is the #1 Ab Machine in the world, combining the simplicity of the ab crunch with the effectiveness of the hanging leg raise. It's the perfect addition to your home gym to give you the strong, toned abs you desire. Unlike traditional crunches, the Ab Coaster® works your abs from the "bottom up," while limiting stress to your neck, back, and shoulders.

Dimensions:

L 43" x W 25" x H 50"
(109 cm x 63 cm x 127 cm)
Unit Weight: 48 lb (23 kg)

Training Range: 20-40 lb
(9-18 kg)

CALI LIFT™

ABS2009

The new patented Cali Lift® allows users of all abilities to effectively train their glutes in a comfortable and non intimidating way - from anywhere! This compact unit is portable, easy to use and easy to store! Simply place your feet on the foot rest, attach the desired resistance band to the belt and raise your hips. Puts you in the perfect position every time. The foot rest has 3 levels of elevation allowing you to increase resistance as you get stronger.

Dimensions:

Product Dimensions: 20.5 in x 27.5 in (52 cm x 70 cm)
Weight: 29 lb (13 kg)

Training Range 25-175 lbs per side. 50-300lbs Total.



BATTLE ROPE ST™

ABS3022

Two great training methods in one awesome system! The patented Battle Rope ST® system combines Body Weight Strength Training and Battle Rope training in ONE fun, engaging and effective workout! The weighted handles allow for a rope half the size of a standard battle rope. Perform Standing Oscillations, Chest Fly, Knee Ins, Slams, High Rows and more in only 10' of space!

Dimensions:

Unit Weight:
Handles: 6 lb (2.7 kg)
Rope: 14 lb (6.2 kg)

HOME EQUIPMENT

AB COASTER® CS1500

ABS2003



The patented Ab Coaster® is the #1 Ab Machine in the world. The Ab Coaster® CS1500 combines the simplicity of the ab crunch with the effectiveness of the hanging leg raise. Unlike traditional crunches, the Ab Coaster® works your abs from the “bottom up,” while limiting stress to your neck, back, and shoulders.

Dimensions:

L 54" W 23" H 54"

(137 cm x 58 cm x 137 cm)

Unit Weight: 93 lbs (41 kg)

Training Range: 20-80 lb

(9-27 kg)

STEALTH™ CORE TRAINER

SWV2010-B

The patented Stealth® Core Trainer turns the boring plank exercise into a fun, gamified workout that trains your core, arms, and chest all at the same time. It carefully calibrates with your phone's motion detector to recognize your movements. It then translates those movements into gameplay actions on the screen of your phone. Simply download the FREE App with Gamified Workouts onto your smartphone. Games never play out the same way, so you'll always be in store for something new and exciting. Optional Stealth Rack holds up to 3 units, providing convenient and attractive storage.

Dimensions:

L 43" x W 25" x H 50"

(109 cm x 63 cm x 127 cm)

Unit Weight: 48 lb (23 kg)

Training Range: 20-40 lb

(9-18 kg)



The Abs Company products are proudly featured in over 25,000 commercial fitness facilities and over 70 countries around the world and have 49 worldwide patents.



Testimonials

Our members love the ab equipment from The Abs Company. We have the Ab Coaster CTL, Abs Bench X2, and Target Abs in all of our clubs. They love it because it's easy to use with no adjustments plus it's fun and it adds variety when doing ab workouts!

Stephen Kindler Jr- Owner

"Thank you again to The Abs Company for the amazing TireFlip 180®. We absolutely love it!" -

Hermitage - Owner

"We recently received our TireFlip 180® and 180XL here at Brigham Young University.

The students are so excited about using it!"

Brigham Young University

"Our members love the SledMill® and TireFlip 180®! They have been great additions to our functional training area. Our trainers love to use the Sled Mill and TireFlip180 with their clients as well."

YMCA - Great South Bay

"Everyone loves the BootyCoaster™!"

The girls love it because it's super simple to use and works the booty like no other machine. The guys love it too especially for strengthening the hamstrings. Perfect for all heights and body types too!"

NAS Corpus christie

We've been using Abs Company Products as our 5 Minute Ab Zone for years. Our Trainers and members love it! Now, the Glute Coaster is an intuitive and effective innovation that we build our new Booty Club and Booty Zone around!

Michael SANCIPRIAN - CEO, World Gym Taiwan

OUR CORE VALUES

The Abs Company is guided by a set of core values which are non-negotiable. We believe that fitness changes lives and seek to live our mission every day as We Change Lives from the Core!®



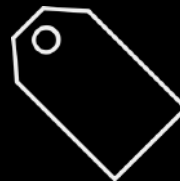
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