

# Ab mat



## Details

Take your core workouts to the floor with the Ab Mat. Built to last, the Ab Mat can be used safely for all types of abdominal workouts, due to its vinyl covering, foam core and non-slip base.

One size fits all to make sure it is perfectly suited for solo as well as circuit based sessions.

- Dimensions: 365 x 305 x 70mm (L x W x H)
- Weight: 0.5kg
- Enables full flexion of the spine which ensures a full abdominal workout
- Comes in one standard size to suit all users
- Foam core with durable vinyl covering
- Easy wipe clean surface and non-slip base
- Lightweight and portable