

- ◆ The heavy duty adjustable abdominal board allows user from flat to decline position. Five level adjustment provides low to high intensity core work out. Nylon travel wheels makes the movement of the abdominal board easier.

ABDOMINAL BOARD ADJUSTABLE JBR-114

- ◆ **DIMENSION:**
Length : 69 inches / 175cms
Width : 30 inches / 76 cms
Height : 34 inches / 86 cms

- ◆ **MUSCLE WORKED:**
Abdominal Muscles

