



THREE GOOD REASONS TO USE THE ABSOLO TRAINING SYSTEM



● A Challenging Core Exercise

Absolo training address the mid-section, the area where most people want improvement. Throwing and retrieving the Absolo medicine balls stabilizes the core and improves torso and back strength, improving everyday functional movement and helping reduce the risk of injury due to weak core muscles.

● Improving Real Life Athletic Performance

Medicine ball training increases strength and hand-eye coordination by stimulating sport-specific functions (like tennis, baseball and golf swings.)

● Motivational and Fun

The interactive Absolo training movement allows exercisers to set their own pace and increases motivation while the resulting adrenaline rush creates a feeling of satisfaction and accomplishment toward their personal goals.

The revolutionary new Absolo core abdominal intensive training system has created an international fitness phenomenon. Facilities, trainers and exercisers are raving about this interactive, fun and effective way to develop abdominal strength, cardio endurance and muscle coordination.

Absolo Specifications

- Machine and Set of Six Medicine Balls
- Dimensions: 7' tall x 9' long x 2' wide (extended)
- Weight: 354 pounds (machine and six balls)

