

# ISOLATED CORE TRAINING

**Now in over 15,000  
Commercial Fitness Centers!**



The flagship product of the Ab Coaster Commercial Series, the CS3000 has been completely redesigned to handle the toughest workout ever. **IMPROVEMENTS INCLUDE:** welded steel replacing plastic end caps, self-adjusting armrest for easy maintenance, duragrip polymer handles, lightweight seat carriage for easy movement, composite weight post protector, and increased length of stainless steel rails for smoother, quieter workout.

## FEATURES

- Heavy-Duty All-Steel Construction
- 2.5" Stainless Steel Rails
- Ultra-Glide Nylon Rollers
- Urethane Molded Foam Pads
- Duragrip Polymer Handles
- Free-style Motion Seat
- 450 lb. (205 kg) User Weight Capacity
- 40 lb. (18 kg) Olympic Weight Capacity
- Composite Weight Storage Post
- Easy-Move Casters
- Extended Warranty
- Quick and Easy Assembly

## DIMENSIONS & WEIGHT

L 61"W (155 cm) 33"H (83 cm) 58" (147 cm)  
Weight: 137 lbs (62 kg)



***We Change Lives from the Core***

follow us on:



call for details **1-866-219-5335** • outside the U.S. **1-908-879-2713**

**[www.theabscompany.com](http://www.theabscompany.com)**

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