



Ab Mat

SKU: F-ABMAT

Product Images



Short Description

The **Force USA® Ab Mat** is a must-have for your conditioning arsenal. Utilise the specially designed shape to isolate the abdominal muscles and get the full range of motion, resulting in more effective sit-ups and crunches. Sit-ups are hard enough without worrying about pain from the floor. The Force USA® Ab Mat prevents back and tailbone discomfort by maintaining a neutral spine position, supporting your lower back and taking the focus off your hip flexors so you get maximum burn in all the right places.

Description

Why should you buy the Ab Mat from Force USA®?



ABS-OLUTELY ANYWHERE, ANYTIME

Compact and portable, the **Force USA® Ab Mat** is ready for you to hit a workout anywhere, anytime. The comfortable dense foam contours naturally with your body, supporting your lower back while being firm enough not to be compressed over time. Easy to clean with durable commercial grade vinyl featuring anti-rip technology and dual-layer stitching, you can be sure you'll get a great ab workout time and time again.

SPECIFICATIONS

- **Usage:** Full Commercial
- **Dimensions:** 70 cm (Long) x 30 cm (Width) x 37 cm (High)

About Force USA®:

One of the **leading brands** in the distribution and sale of **cardio** and **weight training gym equipment**.

Additional Information

Use	Commercial
Colour	Black
Manufacturer	Force USA