

# BFAB10 Folding Ab Board



*Folds for storage*

## BFAB10 Folding Ab Board

9 position ab board, folds up for storage, no assembly required! Core training should be considered a vital part of any workout regimen: add strength and muscle tone to your entire abdominal section, chisel a flatter stomach and slimmer waistline, better support and protect your internal organs and aid in breathing, aid your back muscles to control trunk motions like twisting and bending. 4" high density foam pads for legs.

## Special Features

- 9 starting positions
- 4" high-density foam roller pads
- Durable upholstered seat
- Safety pins and bolts for easy disassemble or set-up
- No assembly required

## Warranty

Frame & Welds .....	3 Years
Motor (if applicable) .....	1 Year
Parts.....	1 Year
Electronics (if applicable).....	3 Months
Wear Parts .....	30 Days

Weight: 24 lbs  
Dimensions: 42" L x 18" W x 23" H