

BSTPACK Core Essentials



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Get a full body workout using only the equipment included in the Body-Solid Tools Core Essentials. Target specific muscle groups like the arms, chest, back and legs while maintaining a strong focus on your core and cardiovascular health. Trim, tone and build a better body with the Body-Solid Tools Core Essentials, your all-in-one training tool.

Box Dimensions: 14”H x 26”L x 7”W

Includes

- Exercise Booklet and DVD
- BSTVD3 - Two 3lb Vinyl Dumbbells
- BSTSB65 - 65cm Anti-Burst Exercise Ball
- BSTYM5 - 5mm 72” x 24” Yoga Mat
- BSTRT2 - Light Resistance Tube
- BSTRT4 - Heavy Resistance Tube
- BSTSR1 - Speed Rope
- BSTAB1 - Ab Wheel
- PUB2 - Push-Up Bars

