



Description

The Bench Fitness Abmat is designed to snugly support your spine, removing any gap between your back and the floor, thereby enhancing stability and zeroing in on your abdominal muscles for a complete core workout. When placed under your spine as you initiate a sit-up, the Abmat enables a comprehensive stretching of your abdominal muscles, giving you an effective exercise experience.

Perfectly suited for fitness enthusiasts of all levels, the Bench Fitness Abmat adds value to your workouts. For those new to fitness, proper positioning of the spine ensures an easier and safer way to perform a correct sit-up. For the more advanced, modifications to the AbMat's orientation and adjustments to arm placement can provide a more rigorous and stimulating workout.

Constructed with a foam core and covered in resilient vinyl, the Bench Fitness Abmat combines durability with comfort. This balanced design ensures that it's suitable for exercises ranging from gentle stretching to intensive core strengthening.

Features

- Enhance stability for core workouts
- Suitable for all fitness levels
- Durable constructed foam core with vinyl covering
- Enables effective core exercises

Specifications

Material:	
Length:	300mm
Height:	70mm
Width:	365m
Weight:	1kg

Dimension

