

We Change Lives from the Core®



At The Abs Company WE CHANGE LIVES FROM THE CORE®. Since 2007 this has been our singular mission. We BELIEVE that FITNESS CHANGES LIVES! Like most people in our industry we got into health and fitness due to our own passion for a healthy lifestyle and our passion for helping others. It's WHY we do what we do!

We operate by a set of Core Values that are non-negotiable.

- Gratitude - Our Spirit.
- Leadership - How we Act.
- Big Things - Our Mindset.
- WIN! - What we do and what we help others do.

When you do business with The Abs Company you will experience these values first hand!

Creating INNOVATIVE Core and Functional Training equipment is WHAT we do! We call this concept CORE BASED FUNCTIONAL TRAINING. Our innovations help you STAND APART from the competition and give your customers a truly unique fitness experience.

We are proud to have earned:

- 34 World Wide Patents and Trademarks
- Customers in 54 countries around the globe
- Over 20,000 commercial customers
- Over 1 MILLION residential customers

Whether you - or your customers - are new to exercise or are an advanced athlete we have solutions for you.

We assist our customers in 3 key areas of fitness:

- ABS
- HIIT Training
- Glutes

These are the areas of fitness that consumers and members want and our mission is to provide them with the best solutions and world class RESULTS.

Welcome to The Abs Company!

In Health,

Sean Gagnon
CEO



AB THE ABS COMPANY
ZONE



AB ZONE EQUIPMENT

The ab training system specifically designed to provide the most effective abdominal workout for any fitness level.

SPACE REQUIREMENT:

225 sq ft (21 sq m)

**CUSTOMIZE YOUR AB ZONE
WITH OUR EXTENSIVE LINE OF
INNOVATIVE AB PRODUCTS.**

AB COASTER® CS3000 FEATURES

DIMENSIONS:

L 61" x W 33" x H 58"
(155 cm x 83 cm x 147 cm)

WEIGHT:

137 lb (67 kg)



FREE SWIVEL SEAT TO WORK THE OBLIQUES

ADDITIONAL FEATURES:

- Patented bottom up design
- Add up to 60 lbs. (27 kg) additional resistance
- Adjustment free design
- 450 lb user weight capacity

AB COASTER® CTL FEATURES

DIMENSIONS:

L 51" x W 41" x H 57"
(129 cm x 104 cm x 145 cm)

WEIGHT:

155 lb (70 kg)



FREE SWIVEL SEAT TO WORK THE OBLIQUES

ADDITIONAL FEATURES:

- Patented bottom up design
- Add up to 60 lbs. (27 kg) additional resistance
- Quiet, trackless design
- 450 lb user weight capacity

THE ABS BENCH™ X3

DIMENSIONS:

L 82" x W 36" x H 41"
(208 cm x 91 cm x 104 cm)

WEIGHT:

175 lb (80 kg)



the **AbsBench**
X3



**DOUBLE CRUNCH
DESIGN**

ADDITIONAL FEATURES:

- Overhead handles for increased intensity
- Variable resistance with upper & lower weight horns
- Add up to 40 lbs. (18 kg) additional resistance on top and bottom

THE ABS BENCH™ ELITE FEATURES

DIMENSIONS:

L 85" x W 36" x H 41"
(215 cm x 91 cm x 104 cm)

WEIGHT:

139 lb (63 kg)



the **AbsBench Elite**



**PERFECT CRUNCH
DESIGN**

ADDITIONAL FEATURES:

- Add up to 40 lbs. (18 kg) additional resistance
- Upper weight horn
- Adjustment free design

ABSOLLO® FEATURES

DIMENSIONS:

L 84" x W 41" x H 70"
(213 cm x 104 cm x 178 cm)

WEIGHT:

275 lb (125 kg)



AbSolo



INTERACTIVE TOUCH
TARGETS FOR OBLIQUE
TRAINING

ADDITIONAL FEATURES:

- Comfortable air filled back support
- Digital workout counter
- Two 6 lb & 8 lb medicine balls included

TARGET ABS™ FEATURES

DIMENSIONS:

L 69" x W 32" x H 43"
(175 cm x 81 cm x 109 cm)

WEIGHT:

85 lb (39 kg)



TARGET ABS



INTERACTIVE TOUCH
TARGETS FOR OBLIQUE
TRAINING

ADDITIONAL FEATURES:

- Easy grip handle to perform a reverse crunch
- Fixed angle bench
- User friendly design

THE VERTICAL CRUNCH™ FEATURES

DIMENSIONS:

L 39" x W 41" x H 69"
(91 cm x 107 cm x 160 cm)

WEIGHT:

195 lb (34 kg)



FREE SWIVEL SEAT TO WORK THE OBLIQUES

ADDITIONAL FEATURES:

- Add up to 60 lbs (27 kg) additional resistance
- Dual weight storage posts
- Adjustment free design

LUMBAR X™ FEATURES

DIMENSIONS:

L 50" x W 32" x H 35"
(127 cm x 81 cm x 89 cm)

WEIGHT:

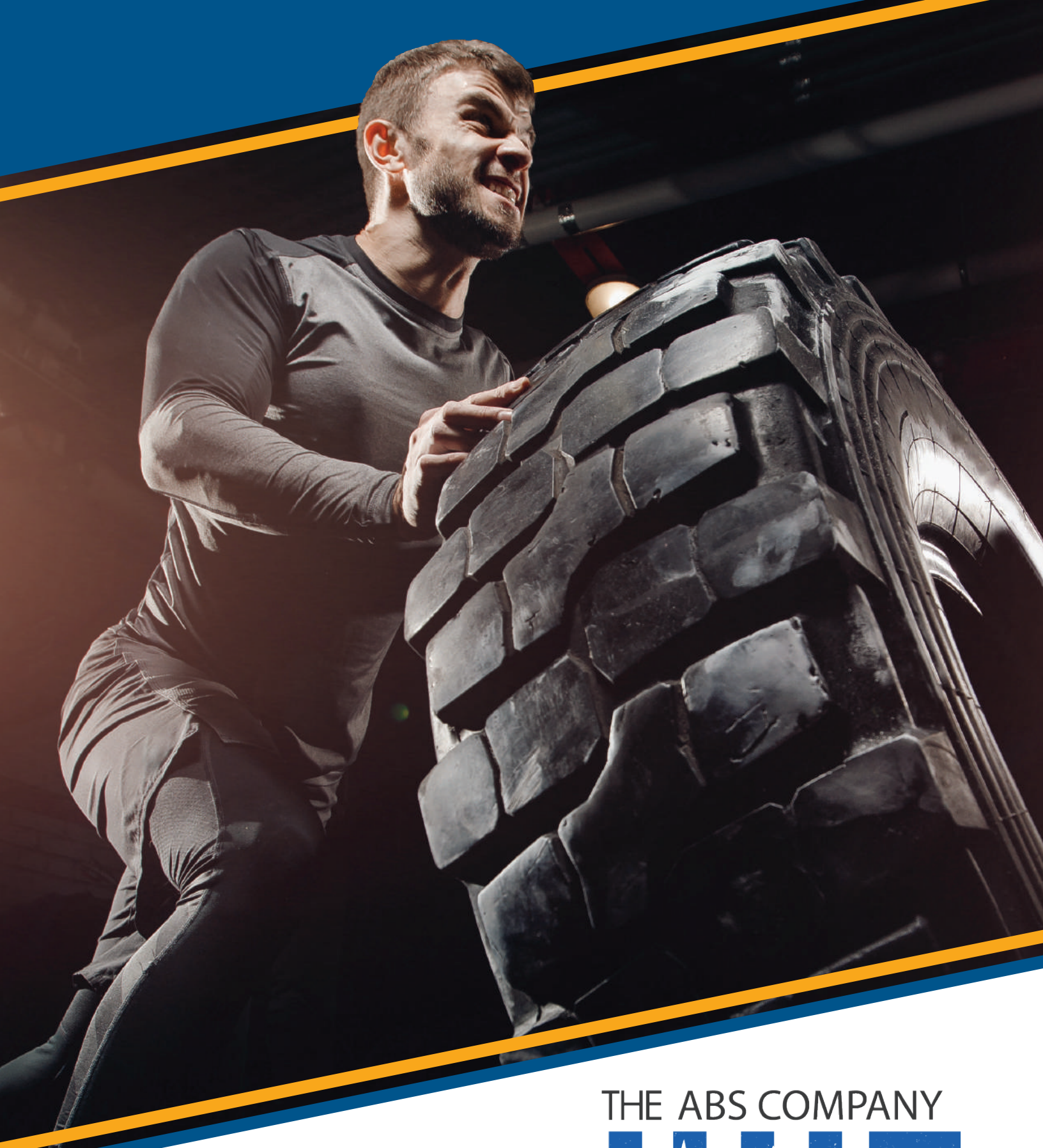
75 lb (34 kg)



TELESCOPING HEIGHT

ADDITIONAL FEATURES:

- 45 Degree back extension
- Pivoting comfort padding
- Target lower back, glutes, and hamstrings



THE ABS COMPANY

HIT

ZONE™



HIIT ZONE EQUIPMENT

A dedicated functional training area is a feature that will attract new members, engage existing members, and promote both group and personal training.

SPACE REQUIREMENT:
200 sq ft (18 sq m)

**CUSTOMIZE YOUR HIIT ZONE
WITH OUR EXTENSIVE LINE OF
INNOVATIVE FUNCTIONAL
TRAINING PRODUCTS.**

SLEDMILL™ FEATURES

DIMENSIONS:

L 92" x W 36" x H 50"
(233 cm x 91 cm x 128 cm)

WEIGHT:

650 lb (295 kg)



SLEDMILL



HIIT MODE SETTINGS FOR MULTIPLE TRAINING PROTOCOLS

ADDITIONAL FEATURES:

- Bi-directional track allows users to quickly change directions (sled push, sled pull, lateral movement)
- Multiple attachments for training variety including sprints and strength training
- Self generating motor provides 8 levels of magnetic resistance and simulates pushing up to 450 lbs
- Telescoping handles

TIREFLIP 180®/ TIREFLIP 180® XL FEATURES

PRODUCT	STARTING WEIGHT	TRAINING RANGE	DIMENSIONS/ WEIGHT:
TF180®	100 lb	100-180 lb	4'x 5' (1.2m x 1.5m) 253 lb (133 kg)
TF180® XL	160 lb	160-240 lb	4'x 5' (1.2m x 1.5m) 293 lb (160kg)



ALSO AVAILABLE IN XL MODEL



PATENTED DESIGN ALLOWS USERS TO STEP AND FLIP

ADDITIONAL FEATURES:

- Dual anchor points for battle ropes and resistance bands
- Mobility wheels for easy portability
- Noise reducing bumpers
- Add up to eight (8) 5 lb or 10 lb plates (weights not included)

BATTLE ROPE ST® FEATURES

WEIGHT:

Handles: 6 lb (2.7 kg)
Rope: 14 lb (6.2 kg)



ADD TO TIREFLIP 180° FOR SMALL GROUP TRAINING

ADDITIONAL FEATURES:

- 10' rope to train effectively in half the space
- 6 lb weighted handles for increased intensity
- Strength and cardio workout

X3S™ PRO FEATURES

DIMENSIONS:

L40" W 29" H 15"

WEIGHT:

Weight: 50 lb.



DESIGNED TO PUT YOU IN THE PERFECT SQUAT POSITION



INCLINE BENCH ATTACHMENT ALLOWS FOR UNLIMITED EXERCISES

ADDITIONAL FEATURES:

- Delivers a complete ab, leg, and glute workout
- Incline bench allows for progression from sissy squat to full stand up
- Add weights to increase training intensity



THE ABS COMPANY
GLUTE
ZONE



GLUTE ZONE EQUIPMENT

Glute training is one of the hottest trends in fitness today. The Glute Zone will help you leverage this in a safe and effective way.

SPACE REQUIREMENT:
100 sq ft (9 sq m)

WITH A COMBINED DOWN AND BACK MOTION, THE GLUTE COASTER™ ISOLATES THE GLUTES AND PROVIDES A TOTAL LOWER BODY EXERCISE. COMBINED WITH THE LOWER BODY WORKOUT OF THE X3S™ PRO, THE GLUTE ZONE™ DELIVERS UNPARALLELED RESULTS!

GLUTE COASTER™ FEATURES

DIMENSIONS:

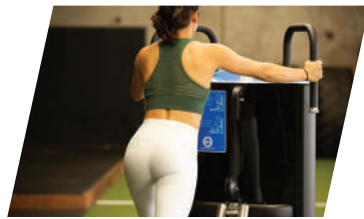
69" L x 34" W x 67" H
(175 cm x 86 cm x 170 cm)

WEIGHT:

500 lbs (226 kg)



The Glute Coaster™ combines two motions in one! The curved rails of the Glute Coaster™ provide the perfect motion to isolate the glute muscles and sculpt a rounded, toned posterior. Get a total lower body workout with the combined down and back motion of the Glute Coaster™.



ISOLATES THE GLUTES



PROPER BIOMECHANICS



TOTAL LOWER BODY WORKOUT



SELECTORIZED WEIGHT RESISTANCE UP TO 170 LBS



HOME & STUDIO ZONE



HOME & STUDIO EQUIPMENT

Get the same quality gym equipment in a slightly smaller footprint for your HOME or STUDIO!

FOR OVER 20 YEARS THE ABS COMPANY HAS PROVIDED INNOVATIVE FITNESS SOLUTIONS. WE ARE PROUDLY FEATURED IN MILLIONS OF HOMES AND STUDIOS AROUND THE WORLD. WE'RE EXCITED TO HELP YOU CREATE THE PERFECT FITNESS EXPERIENCE FOR YOUR HOME OR STUDIO!

AB COASTER® CS1500 FEATURES

DIMENSIONS:

L 53" W 27" H 53"
(134 cm x 69 cm x 135 cm)

WEIGHT:

90 lbs (41 kg)



**SWIVEL SEAT DESIGN
TO WORK OBLIQUES**

ADDITIONAL FEATURES:

- Patented bottom up movement
- Add up to 60 lbs (27 kg) additional weight capacity
- Adjustment free design
- 450 lb User weight capacity

AB COASTER® PS500 FEATURES

DIMENSIONS:

L 51" x W 25" x H 50"
(129 cm x 64 cm x 127 cm)

WEIGHT:

56 lb (23 kg)



**SWIVEL SEAT DESIGN
TO WORK OBLIQUES**

ADDITIONAL FEATURES:

- Patented bottom up movement
- Add up to 20lbs (9kg) additional weight capacity (standard size weights)
- Digital workout counter
- 300 lb user weight capacity

X3S BENCH™ FEATURES

DIMENSIONS:

L 34" x W 27" x H 7"
(86 cm x 68 cm x 17 cm)

WEIGHT:

50 lbs (22 kg)



DESIGNED TO PUT YOU IN THE PERFECT SQUAT POSITION



INCLINE BENCH ATTACHMENT ALLOWS FOR UNLIMITED EXERCISES

ADDITIONAL FEATURES:

- Delivers a complete ab, leg, and glute workout
- Full body workout in minimal space
- Add weights to increase training intensity

BATTLE ROPE ST SYSTEM® FEATURES

WEIGHT:

Handles: 6 lb (2.7 kg)
Rope: 14 lb (6.2 kg)



PERFORM UNLIMITED STRENGTH AND ROPE TRAINING EXERCISES

ADDITIONAL FEATURES:

- Only 10' long - half the length of traditional ropes
- 6lb weighted handles
- Bracket System easily mounts to any wall for easy out of the way storage

MEDICINE BALLS

WEIGHT:

6 lb, 8lb, and 10 lbs.



The Abs Company Medicine Balls are a great addition to any workout routine, and work perfectly with the AbSolo®, X3S Pro™, and TargetAbs™!

THE ABS COMPANY SLAM BALLS

WEIGHT:

6 lb, 8lb and 12 lbs.



The Abs Company Slam Balls increase the intensity of your workout out. All rubber design with textured grip for safety and durability.

OLYMPIC WEIGHT PLATES

MATERIAL:

Urethane constructions with a steel core



The Abs Company Weight Plates are designed to fit all TAC products and ensure users get the full training range.

The Abs Company products are proudly featured in over 20,000 commercial fitness facilities and over 54 countries around the world.



TESTIMONIALS

Ab Coaster®

"Our PT Clients LOVE the Ab Coaster. I have seen people lined up waiting to use it. I wish I would have added the Ab Coaster sooner!"

- Kelly Miller, Owner
Snap Fitness, LeClaire IA

TireFlip 180®

"I love the TireFlip 180! Function, aesthetics, and quality all in one! That never goes out of style. This fits anywhere in the workout so I had to make room for it in the gym!"

- Gunnar Peterson C.S.C.S.
Personal Trainer

SledMill

"The Sled Mill and TireFlip 180 from the Abs Company has helped bring our members back and sell more PT!"

- Mike S, ManagerAnytime
Fitness, Conifer, CO

Ab Zone

"The Ab Zone from The Abs Company has been a great investment in my clubs. We always tour new prospects through the Core Zone and it also has been a true asset for member retention. For these reasons, I just purchased my second Core Zone and soon I will be doing a third!"

- Dave Gurnsey, Owner/Operator
Gold's Gym Winter Haven, FL

Glute Coaster

"The Glute Coaster is an intuitive and effective innovation from The Abs Company and one that we build our new Glute Club and Glute Zone around!"

- Michael Sanciprian, CEO
World Gym Taiwan

Target Abs

"We love the ab equipment from the Abs Company. My personal favorite is the Target Abs bench. I love the fact that there are no adjustments plus its easy to use and the targets makes it fun to work your abs."

Kristin A.,
Planet Fitness, Andover, MA

X3S Pro

"My members really like the X3S machine, We like the fact that it does not take a lot of space and it works your entire body. We use it as sit up machine, often times we add weight plates to the sit up routine".

— Roy Frank,
Fitness4You, New York



We Change Lives from the Core[®]

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