
Ab mat O'Live

Ideal for isolating abdominals, obliques and back muscles, it offers adequate support.

Product description:

The Ab Mat increases the range of motion necessary to work the entire abdominal muscle group. It allows you to perform a variety of exercises that isolate upper and/or lower abdominals, as well as obliques and lower back muscles. The O'live Ab Mat is safe, with a contoured design that conforms to the lower back to provide support and prevents abrasion caused during faster exercises in the sacrum and gluteal area.



Reference: EN51400.00
EAN13: 8436554048106
UPC: -