

PERSONAL CATEGORY / AB EQUIPMENTS



SIXPACK CORE - (SO)



Specifications

Aerofit Sixpack Core is a 6 in 1 machine which changes your midsection and focuses on your lower abs, upper abdomen, oblique, back, shoulder, thighs, arms and legs. Unlike normal machines Aerofit Sixpack Core provides an extended range of motion over 180 degrees, which enables a much and helps you bend and exercise more efficiently and with ease. Aerofit Sixpack Core has 100 % more effective muscle activity compared to regular machines or regular floor abs exercises. With dual resistance system you will be getting double the workout in half the time. The Aerofit Sixpack Core has high resistance power cords that gives you a customized upper body work out focusing on your chest, biceps, triceps and your back!

It can be compactly folded and stored when not in use, does not occupy much space.