

## **BFAB10**

### **Best Fitness Folding Ab Board**

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The Best Fitness BFAB10 Ab Board is designed to tighten up your midsection, strengthen your back and improve your core stability. If you want to look and feel your best, start at your core!

Comfortable and effective, Body-Solid's BFAB10's three starting incline positions (15, 20 or 25 degrees) enable you to take your workout and turn it up a degree. Best of all, the BFAB10 is fully assembled right out of the box.

*Dimensions: 25"H x 39"L x 17"W*

#### **Special Features**

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- 3-year Best Fitness in-home warranty
- 9 starting positions enable you to vary your workout efficiency and achievable results
- 4" high-density foam roller pads and durable upholstered seat ensure comfortable workouts
- Safety pins and bolts for adjustable positions also allow for easy disassemble or permanent set-up
- No assembly required