

Abdominal Pad Sit Up Core Strength Trainer Mat

RRP: \$39.95

Enjoy comfort and ultimate support while you work those abs and strengthen your core muscle groups!

Our high-quality contoured cross-fit exercise mat is made of the highest quality material and designed to give you the optimum support and comfort during your workout. The ergonomically contoured design fits your back and lends extra support in all the right spots while you exercise.

The mat's unique design assists in targeting the hard-to-reach abdominal and core muscles. Those new to fitness routines as well as seasoned fitness enthusiasts will enjoy the benefits of this great exercise pad. This fitness enhancer provides comfort, safety and the results you expect. Using this great pad will help improve and intensify the full-spectrum of fitness training from toning to strength training. The non-slip underside of the pad will keep you in place and avoid unwanted movement.

This pad is designed for comfort, safety, support and most of all to enhance your workout.

Features:

- Non-slip backing
- High-quality material and design
- Built to last
- Colour: Black

