

# Perfect.<sup>®</sup>

## AB CARVER<sup>®</sup>

### PRO

### ACCELERATE YOUR ABS

The Perfect Ab-Carver<sup>®</sup> Pro will shred your core muscles. The patented kinetic engine uses a carbon steel spring to turbocharge core and arm workouts by providing resistance rolling out and assistance rolling back.

#### KINETIC ENGINE

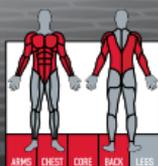
Allows anyone to get a great workout

#### ULTRA-WIDE WHEEL

Provides stability and allows for carving to help target obliques

#### PORTABLE

Use anywhere to get a total core workout



Find more free workouts online at [PerfectOnline.com](http://PerfectOnline.com)

**BEGINNER**

## Use a Wall for a Stop

**▶ SET UP**

Position Ab Carver Pro 12"-16" away from a wall. Knees on foam pads, toes on the ground and Ab Carver Pro directly under shoulders.

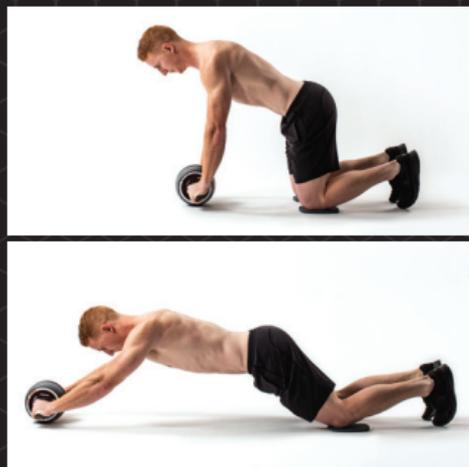
**▶ MOVEMENT**

Squeeze glutes and brace core. Slowly lower the body by pushing the Ab Carver Pro to the wall and return. Take it slow, try 5 seconds out and 5 seconds back for 2-3 reps at a time.

NOTE: If strain is felt in the low back reduce rolling distance.

**INTERMEDIATE**

## Partial Extension

**▶ SET UP**

Knees on foam pads, toes on the ground and Ab Carver Pro directly under shoulders.

**▶ MOVEMENT**

Squeeze glutes and brace core. Slowly lower the body by pushing the Ab Carver Pro out as far as you can while maintaining balance and return. Aim for 3-5 reps at a time.

NOTE: If strain is felt in the low back reduce rolling distance.

**EXPERT**

## Full Extension

**▶ SET UP**

Knees on foam pads, toes on the ground and Ab Carver Pro directly under shoulders.

**▶ MOVEMENT**

Squeeze glutes and brace core. Slowly lower the body by pushing the Ab Carver Pro out as far as you can while maintaining balance and return. Aim for 5-7 reps at a time.