

Perfect.®

AB CARVER® **SPORT**

STONE YOUR CORE

Ab Carver® Sport is one of the most challenging core exercise devices on the market. The wide wheelbase delivers a stable, precise movement to the user.

UNRESTRICTED MOVEMENT

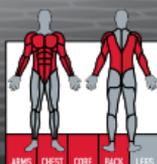
Spring-free hub intensifies your workout

STABILIZING WIDE WHEEL

Carve left, right and center with precision

PORTABLE

Ergonomic grips with removable handles makes storage easy



Find more free workouts online at PerfectOnline.com

BEGINNER

Use a Wall for a Stop

**▶ SET UP**

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

▶ MOVEMENT

Squeeze glutes and brace core. Slowly lower the body by pushing the Ab Carver Sport 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 Sport directly under shoulders. Keep back straight.

▶ MOVEMENT

Squeeze glutes and brace core. Slowly lower the body by pushing the Ab Carver Sport out as far as possible 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 Sport directly under shoulders. Keep back straight.

▶ MOVEMENT

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

*Foam pads sold separately

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