

# Abdominal Trainers & Push-Up Handles

## Push-up handles



**1 | Sport-Thieme 'Twister' Push-Up Handles**  
Rotating push-up handles for strengthening your core, arms, shoulders and stomach. For ergonomic movements that are kind to your joints. With anti-slip surface. The push-up handles have 3 functions: rotating, for stationary push-up training by removing the handles from the platform, and a rotating platform as a dynamic base. Black/grey.  
71 273 4503 Pair



**2 | Sport-Thieme Push-Up Handles**  
For stable or unstable fitness training. Perfect for building muscle quickly. Can hold up to 100 kg. 'Basic' version (LxWxH): 21x13.5x12.5 cm, approx. 0.64 kg, with straight surface. 'Pro' version (LxWxH): 20x14.5x13.5 cm, approx. 1.2 kg, with curved surface for unstable training.  
71 273 4402 Basic Pair  
71 273 4415 Pro Pair

## Abdominal trainers



**3 | 'Power Ab Roller' Abdominal Trainer**  
The ideal fitness product for everyone. The adjustable neck support ensures the correct training position and relieves pressure on the spine. The abdominal trainer comes with an extensive workout booklet. Dimensions: approx. 65x73x65 cm.  
71 149 1379 Each

Don't forget to order:  
**Exercise mats, pages 363-367**

## Ab wheels



**4 | Sport-Thieme 'Power Ab Roller'**  
Trains the whole body. With strong handles and pedals for your feet. ø 30.5x50 cm, thermoplastic rubber, metal and polypropylene, black/red.  
71 148 3909 Each



**5 | Sport-Thieme Ab Wheel**  
Fitness training for your stomach, back and arms. Ergonomically shaped handles for comfortable training. The wide wheel offers stability during your workout. Compared to the 'Basic' version, the 'Return' Ab Wheel comes with return support (ideal for beginners), which allows it to roll forward and offers support as it moves back.  
71 273 4604 Basic Each  
71 273 4617 Return Each

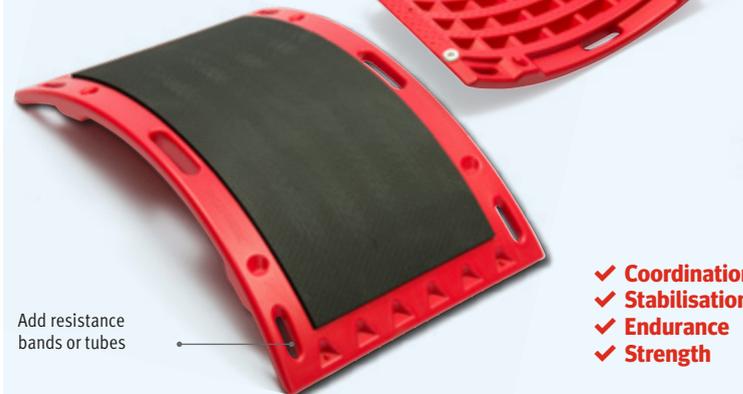


**6 | Pedalo Core Trainer**  
Allows for dynamic full-body training using various exercises. Improves body tension. Padded for comfort. Birch plywood, 50x50x9 cm, 1.6 kg.  
71 274 5002 Each

## SPORT-THIEME C-Step

**Multifunctional training:**

✓ **Countless possible exercises**



Add resistance bands or tubes

- ✓ **Coordination**
- ✓ **Stabilisation**
- ✓ **Endurance**
- ✓ **Strength**



**7 | Sport-Thieme 'C' Step**  
The fitness and therapy board for any level of ability and age group. Improves endurance, strength, movement and coordination. Can also be used as an underlay for strength exercises. 71x49.5x14.5 cm, can hold up to 200 kg.  
71 233 7601 Each