

Smart

CORE WHEEL™

**DELIVERS THE BEST CORE
WORKOUT FOR THE ENTIRE CORE
(NOT JUST ABS!) WITH ONE TOOL!**

Strap to your feet or grip with your hands and get ready for a great ab-focused workout.



The Smart Core Wheel™ definitely lives up to its name and here's how:

- Comes with mat for added comfort for hands/knees
- Mat features 8 exercises printed on it for easy reference
- First of its kind with fold down handles for slim and upright storage! (U.S. Patent Pending)
- Easily switch between hand and feet exercises

Lay down that mat and start rolling!



	SKU	MSRP
Core Wheel with Mat	400-460-210	\$ 79

CONTACT US TODAY | www.prismfitnessgroup.com | 608.845.8300 | sales@prismfitnessgroup.com



SMART FEATURE #1
Self-Guided Floor Mat

The Core Wheel™ comes with its very own floor mat, which is invaluable not only to your hands and knees but also your workout routine - the mat features 8 wheel exercises printed directly on it for easy reference.

SMART FEATURE #2
Easy Storage

We solved the problem of where and how to store this training tool - simply fold down the handles/pedals and store on any shelf. It slims down to a manageable size and can stand upright on its own without rolling away AND it can easily fit in a travel bag!



SMART FEATURE #3

Combined Handle and Foot Pedal

Comfortably grip the handle for traditional prone ab wheel exercises and then rotate the handle to utilize the foot pedal for even more full-body exercises. One tool, dual uses!

- Allows for unique exercises that tighten glutes and legs
- Foot Cuffs hold feet in tight for a multitude of plank holds, lifts and upper body exercises



SMART FEATURE #4
Velcro Straps to Secure Feet

Both toe and heel straps are featured to securely fasten feet to the pedals whether in the prone or supine position. Adjust the velcro straps to fit any shoe size.



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