

# PRODUCT SPECIFICATIONS

ADAC 11604 Core Rollers

Code: ADAC-11604

MRP : 4199.00

Designed to engage the core muscles and strengthen the upper body. The rolling motion of the equipment triggers hard to target muscles through a variety of exercises such as oblique and pike roll-outs. Individual rollers can be used to train the core, arms, chest, shoulders, hips.

**COSCO**  
SPORTS | FITNESS



|                   |                     |
|-------------------|---------------------|
| Dim.(LxWxH) :     | 21 x 14.5 x 14.5cms |
| Max.User Weight : | 120 Kgs.            |
| Net Weight :      | 0.83 Kg             |