

AB Slings

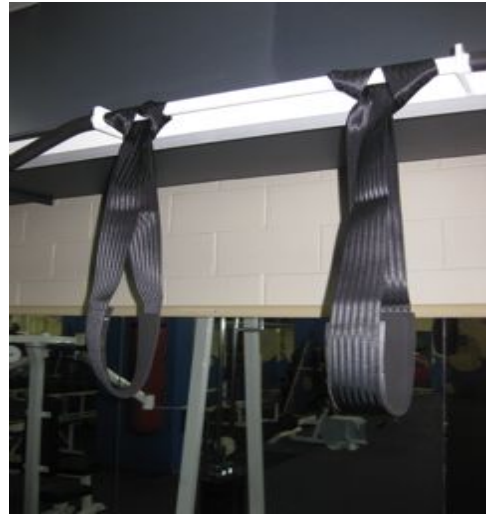
Ab slings are great to fully overload the lower and oblique abdominals.

We now offer two different types of Ab slings.

Choose your AB sling based upon the bars you are going to hang them from and the athletes who will be using them.

The Economy version is the most portable and now only costs \$30.

Simple to set-up by draping over a chin bar and then choking it on.



The Heavy Duty version is more suited to very heavy athletes and athletes who are less strong per kg of body mass and costs \$45.



This version needs neutral grip bars to slip over



Or you can attach a carabiner to clip onto a straight chin bar

The Heavy Duty version offers more padding and a wider area of support for the back of the upper arm, allowing more bracing for the upper body and reducing some of the apparent load the athletes feels. This also reduces the moment of resistance to a small degree. Some just find the extra padding more comfortable.