

# abCORE<sup>®</sup>



PATENTED  
**TVA**

is a total core trainer designed predominantly to target deep core muscles that include the Transverse Abdominis and Inner Obliques.





## TVA.

■ TVA puts you in a unique sit-kneeling pre stretched position which activates all core muscles from a maximum extension to a full contraction movement.

■ Integrated weight horns on lower half of the machine allows users to add resistance for a more challenging core workout.

■ TVA encapsulates and holds down rectus abdominis like wearing a belt.

■ TVA naturally recruits the deep and intermediate abdominals.

■ TVA gives strength and shape to your lower belly.

■ TVA works in tandem with your pelvic floor.

■ TVA increases the intra abdominal pressure necessary for the support of vertebral column with the assistance of the rectus abdominis and obliques, the TVA holds the abdomen flat.

Height 67 inch (170.18 cm)

Length 40 inch (101.6 cm)

Width 46 inch (116.84 cm)

Weight 200 lbs (90.7 kg)



**TVA** is a patented advanced core machine which in combination with **Total Abcore with Weight Assist**, exercises the entire core.

### **Inner Oblique**

option is easy with a simple pull of a lever and moving of seat without exiting the machine.





## Total Abcore with Weight Assist.

■ Total Abcore with Weight Assist abdominal machine is a unique original design by Abcore, designed with trainers in mind.

■ Abcore isolates both frontal abdominals and obliques with a simple seat adjustment.

■ With bio-mechanical movement, Abcore trains the abdominal region without stressing the lower back and helps support the lower spine.

Positioning weight plate on lower peg decreases resistance, on the upper peg increases resistance.

This gives Abcore the ability to accommodate beginners with weak abdominals to elite athletes with conditioned abs.

Height 64 inch (162.6 cm)  
Length 43 inch (109.2 cm)  
Width 32 inch (81.3 cm)  
Weight 200 lbs (90.7 kg)

# Get on Abcore and Feel the Difference



### New Double Linkage Heavy Duty Design



**Oblique** option is easy with a simple pull of a lever and moving of seat without exiting the machine.



**“To compete in Brazilian Jiu Jitsu requires a well conditioned torso, complete with strong abs and oblique muscles. I find the Abcore to be a major advantage in giving me the results I need.”**

*- Bob Taggart, Gold Medalist, 2003  
PAN AMERICAN  
Brazilian Jiu Jitsu Championship*

**“The Abcore has improved the physical capacity of my chronic low back pain patients by maintaining the structural integrity of the spine during contractions of the abdominals. It prevents injury to the spine by emphasizing muscular stabilization of the abdominals, as well as the paraspinal musculature”**

*- Dr. Maria Giacalone-Sorick,  
Canadensis Chiropractic & Fitness  
Center, Canadensis, PA*

**“My customers absolutely love it, it’s the most popular piece in the gym.”**

*- Bruce Filaski, Golds Gym,  
Middletown, NJ*

**“Love the Abcore machine,  
Nothing but raves.”**

*- Ralph Raiola,  
Iron Island Gym,  
Oceanside, NY*

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*Abcore Fitness, Inc. is based on 37 years  
of manufacturing fitness equipment.*