

# Fitness Abdominal Pad

**Model:** ZFT-FPST-0179

**Manufacturer:** Ziva

**MSRP:** \$26.99



- Help protect your back during abdominal workouts
- Prevents pain in the lumbar region with formation of hollow back
- Ergonomic and comfortable that supports the lower back
- Brings back length to abdominal muscles during stretching for optimal stimulus
- Durable structure and no-slip texture is great for beginners and experts
- Use for crunches, sit ups and core training
- Made of PU foam with PVC outer coating and plywood base