



- build strength
- develop power
- increase flexibility
- improve balance
- great core training
- restore back function
- dynamic stability
- efficient aerobics

The body's torso or core is the center of power when it comes to linking together the upper and lower extremities into whole body movements.

A workout with the **Ultimate Fitness Object** targets stability training for the back, abdominal and gluteal muscles, and center-of-power training. More than 30 innovative exercises with numerous variations and directions continually keeps the body active in multiple planes.

The design and unique rear motion provides users of all ability levels superior results for your abs, torso and entire body.



*The **Ultimate Fitness Object** was developed to be the latest advancement in total body training. It combines proven basic principles with the latest research on proper body biomechanics, core exercise, stability and range of motion. Now, one product ties it all together.*



- Commercial grade soft PU foam
- Contoured, molded knee pad
- Ergonomic push-up handles
- Multi-direction wheels, work on any surface
- UFO Experience Instructional video, Manual & Web support
- Natural Yoga & Pilates mvmts.
- 9 lbs / 18" round. Capacity: 350lb

