



The Extreme Ab & Arm Wheel

As you can see in the attached chart (page 3), there are many factors that separate The Extreme Ab & Arm Wheel from traditional options. The Extreme Ab & Arm Wheel serves with both neutral and traditional grips but what really separates it from other options is that the neutral grip is raised above the central axis of the wheel. This makes the exercise more difficult for the user and adds the dimension of more intense exercise for grip, forearms, arms, lats, and core. The placement of the neutral grip also helps protect the shoulders of the users. This is especially important for individuals with shoulder problems and also overhead athletes in Baseball, Softball, Volleyball, Tennis, and Swimming, as well as Quarterbacks.

The Extreme Ab & Arm Wheel Also gives the ability to be used as a platform for both close grip and neutral close grip push-ups. This is advantageous because many individuals do not use proper form in completing push-ups and this will put the user in a better starting position. The Extreme Ab & Arm wheel can be a great addition to any gym or training facility. They are easily storable and the exercises can be performed in basically space available. For the same reason are great for home use and the perfect addition to a home gym.

Use of the Extreme Ab & Arm Wheel can positively benefit competitive athletes as well as novice exercisers. Highly trained athletes should be able to train up to using the neutral grip and performing complete roll outs while at the same time the novice exerciser can perform roll outs with a neutral grip to the distance of their comfort.

In review the Extreme Ab & Arm Wheel is a valuable product that can help anyone reach there fitness goals.

Testimonials

“After testing The Extreme Ab & Arm Wheel we were so impressed with the results that we purchased an additional dozen wheels. This allows us to cycle our entire Men’s and Women’s Basketball and Volleyball Teams through our core workout sessions. The neutral grip allows us to incorporate a variety of core stability and strength exercises, while indirectly working the wrists, forearms and more importantly protecting the shoulders. Not only have the Ab and Arm Wheels produced positive physical benefits related to improved sports performance, but they are also cost efficient and practical in regards to our limited space and storage. “

Douglas Smith, MS, RSCC *E, CSCS, NASM - PES, USAW Senior

Strength & Conditioning Coordinator, Juniata College

“The addition of The Extreme Ab & Arm Wheels to our facility has made it easy to perform rollouts with groups in any available location. This gives us greater flexibility in where we can perform an entire core workout routine or how we choose to implement the extreme Ab & Arm wheel into our programs.”

Ron Shrift, BS, USAW Level 1

Assistant Strength & Conditioning Coach, Juniata College

Altus Dual Exercise Wheel



PurAthletics Ab Wheel Glider



The Extreme Ab & Arm Wheel



Barbell Rollouts



	\$11.99	\$22.99	\$39.95	
	www.DicksSportingGoods.com	www.Target.com	XtremeAbArmWheel@aol.com	
Portable	Yes	Yes	Yes	No
Suited for home use	Yes	Yes	Yes	No
Pronated Grip (traditional)	Yes	Yes	Yes	Yes
Neutral grip	No	No	Yes	No
Raised Grip	No	No	Yes	No
Spring coiled wheels	No	Yes	No	No
Grip suited for pronated close grip push-ups	No	No	Yes	Yes
Grip suited for neutral close grip push-ups	No	No	Yes	No