

AKROWHEELS™

DVD + AKROWHEELS FITNESS SYSTEM

simple fitness, smart results.

FITNESS SYSTEM BENEFITS:

- Develop superior abs, chest and arms
- Over 10 unique exercises with infinite variations
- 3 Akro workouts included: beginner, strength, core
- Appropriate for all fitness levels*

*Always consult a physician before starting any exercise program or trying new exercises. Use at your own risk.

AKROWHEELS™

DVD + AKROWHEELS FITNESS SYSTEM

Two brothers were working out one day on some big exercise equipment when they realized it just wasn't fun. They preferred to be running, climbing, wrestling, or doing yoga.

Having both worked as fitness trainers, they knew they could do something to bring athletic strength and fun into the gym. Akrowheels™ integrate core dynamics and stability as experienced in athletics into a piece of equipment that can be used by athletes and non-athletes alike!

Akrowheels™ represent a step away from standard exercise and towards natural movements proven to work. Try them and see!

FITNESS SYSTEM INCLUDES:

- DVD with 3 workouts: strength, core, beginner
- Pair of Akrowheels
- Instructional Brochure



AKROWHEELS™

DVD + AKROWHEELS FITNESS SYSTEM

simple fitness, smart results.



OVER **10** UNIQUE EXERCISES

AKROWHEELS™

DVD + AKROWHEELS FITNESS SYSTEM

Unique rolling handles work with your body's natural movements to target the abs, chest and arms. The US Navy Seals, professional athletes and everyday people use Akrowheels™ to get leaner, stronger, more functional bodies. With over 10 specific exercises suitable for virtually any fitness level, Akrowheels™ will get you in great shape, maximizing results in minimal time.

BALANCED



STRETCHES

The AkroStability pushup tones biceps, triceps and shoulders. This move can be done against a wall, on your knees, or on your feet, using one wheel or two. No matter your current level of fitness you have a place to start and to progress so your arms will keep getting results.

ARM STRENGTHENER

Now you can perform the proven Ab roll out with even more stability. By having your hands on individual wheels you can adjust how far to go out, accommodating virtually any fitness level. Akrowheels™ put you in control of your ab workout!

DAILY

AB TONER

With the cobra roll up you can stretch out your abs and back anytime, anywhere. This one of a kind move can only be done on the Akrowheels™ and is a favorite among trainers. All it takes is a few reps a day.

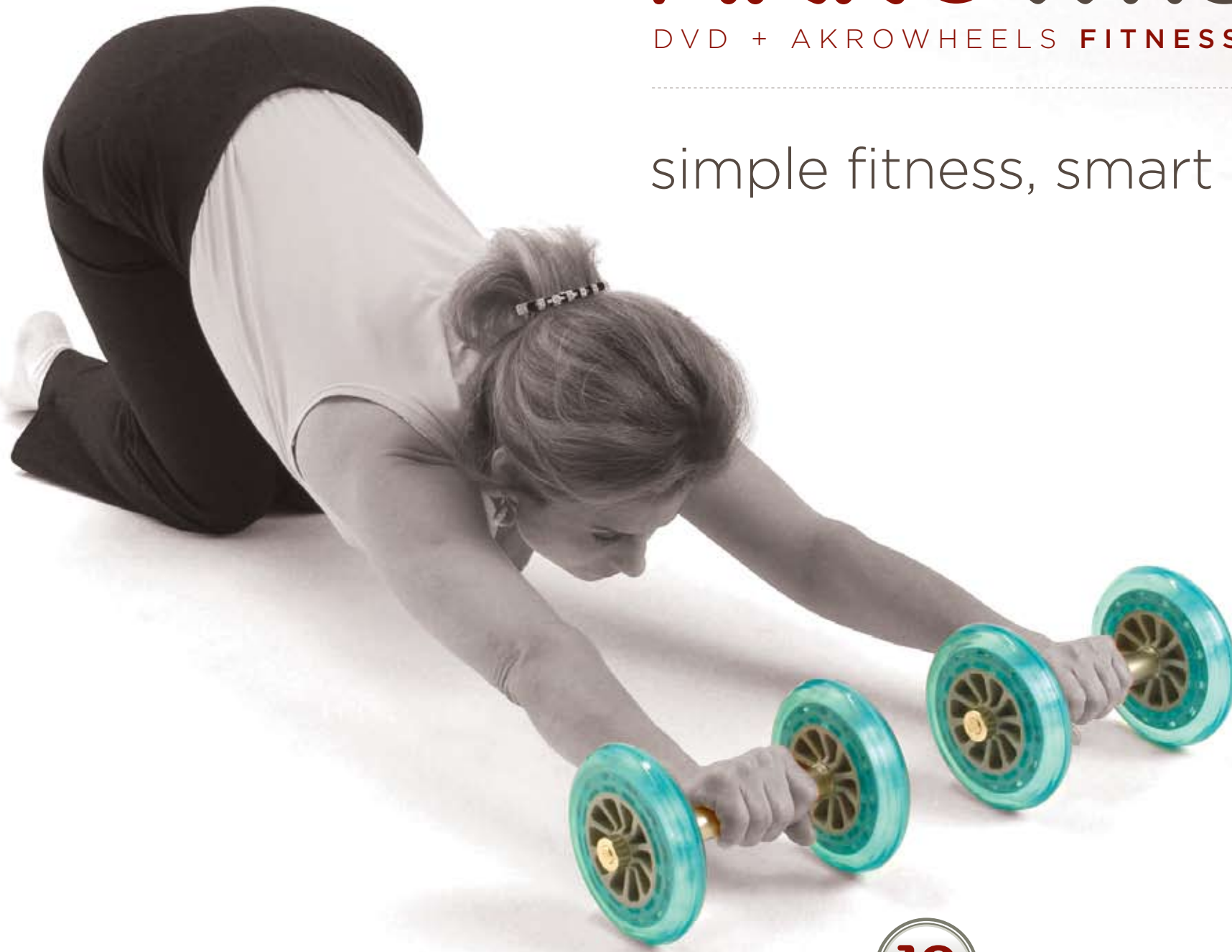
Always consult a physician before starting any exercise program or trying new exercises. Use at your own risk.



AKROWHEELS™

DVD + AKROWHEELS FITNESS SYSTEM

simple fitness, smart results.



OVER **10** UNIQUE EXERCISES