

# BSTPACK Core Essentials



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Get a full body workout using only the equipment included in the Body-Solid Tools - Core Essentials. Target specific muscle groups like the arms, chest, back and legs while maintaining a strong focus on your core and cardiovascular health. Trim, tone and build a better body with the Body-Solid Tools Core Essentials, your all-in-one training tool.

Dimensions: 14"H x 26"L x 7"W

## Includes

- Exercise Booklet and DVD
- Two 3lb Vinyl Dumbbells
- 65cm Anti-Burst Exercise Ball
- 5mm 72" x 24" Yoga Mat
- Light Resistance Tube
- Heavy Resistance Tube
- Speed Rope
- Ab Wheel
- Push-Up Bars

