



Heavy Duty Construction/Superior Performance:

- 16 gauge steel tubing construction
- Solid Polyurethane wheel with 500lb. weight capacity
- Durblend foam grips
- Heavy duty shaft collar
- Heavy duty tube inserts
- 4lbs.(1.814kg) effective weight

The Extreme Ab & Arm Wheel

NFL great, Ray Lewis of the Baltimore Ravens, who is arguably one of the most effective and feared defensive players in the NFL, uses a "custom-made steel ab wheel" to perform roll outs as a centerpiece of his ab routine.

According to the following excerpt from Men's Fitness Magazine (Strauss, 2008), during the off season, Ray Lewis will perform 5 sets of 50 ab rollouts with his custom made steel ab wheel. This shows that even a high caliber NFL athlete, recognizes the tremendous strengthening and conditioning benefits that can result from using a high quality abdominal wheel. I believe the sturdy steel construction and versatility of the Extreme ab and arm wheel, makes it such a device! - Ken Frederick, inventor of The Extreme ab and arm wheel

"I work out every day of my life," Lewis says. "I don't work out for football. It's a lifestyle. We take care of our minds every day. Why not work on your body the same way?"

On this June morning, Lewis is up at 8 a.m., starting his routine with 20 minutes of ab work. He'll knock out five sets of 50 ab rollouts on a custom-made steel ab wheel that he received as a gift from former University of Miami teammate Rohan Marley. Lewis makes a point of doing several sets of ab rollouts before each of his three daily workouts and usually totals between 2,500 and 3,000 a week. That's right--up to 3,000 every week.

"My abs have done great things for me," Lewis says. "I don't have what they call show abs, I have what they call work abs. You see my abs and you'll be like, He work. My abs don't get shallow or hollow. I'm a man! You can look at anyone and be like, Ooh, he got some nice abs, but you can look at the other person and be like, Damn, he work."

(Strauss, 2008) http://findarticles.com/p/articles/mi_m1608/is_8_24/ai_n29474798/