

## Fitness Gear Review:

### Abcore Fitness: The Abcore Junior “A Professional Home Abdominal Machine for Everyone”

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#### **Summary:**

- Finally, an abdominal machine anyone can jump on and reap immediate health benefits
- Abcore Jr. requires absolutely no preconditioning for beginners to start using right away
- Abcore Jr. isolates left & right oblique's and frontal abs without stressing lower back
- Amazing “fit & finish” and build quality—factory pre-fabrication and detail outstanding
- Abcore Jr. is the first ab machine I enjoyed working my abs with and is really fun to use

#### **About Abcore Fitness Inc.**

Abcore Fitness Incorporated from East Stroudsburg, Pennsylvania ([www.abcoreinc.com](http://www.abcoreinc.com)) has been manufacturing fitness equipment for 27 years, but their most popular and innovative piece by far is the Abcore Machine. Abcore Fitness Inc. makes two types of Abcore Machines—a commercial health club machine, and the home Abcore Junior. This review is all about the newer home version called the Abcore Junior.

## The Assembly Process

The Abcore Junior comes in two boxes—a small box and a heavier big rectangular box. Both boxes come packaged superbly. The included three different sizes of Allen wrenches are helpful, but truth be told, you'll need about four additional wrench sizes to complete the job. A nice classy touch is the inclusion of both black and white touch up paint (each packaged in sealed plastic bags). My unit arrived in perfect condition and I didn't even need to use the touch up paint!



Don't be intimidated by all the parts—the assembly builds up faster than you may think. Once you identify the proper bolts and washers that go with each part, you'll be off and assembling your Abcore Junior. Just follow the 9 step included instructions. The trickiest part by far is during step 5 when attaching the right stabilizer arm to the upper and lower horizontal support bars—you may need to loosen and undo both ends to make assembly easier (this is where some accompanying text would have been helpful). All in all I put my Abcore Junior together without a hitch in about 2 hours, and I took my sweet time! You may want to have a helper hold some parts for you on the first few steps.



## What Makes the Abcore Junior Unique?

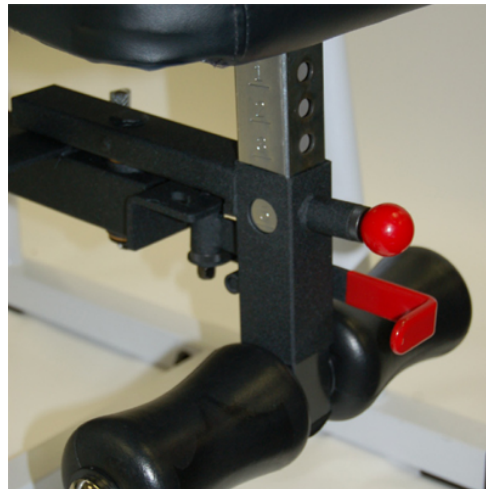
The Abcore Junior is the real deal. Don't waste your money on other inferior abdominal contraptions which are just marketing hype. This is the same machine many health clubs use but much better for two reasons. First, the Abcore Junior is based on the exact same

design principles of its big brother the “Abcore Commercial” but with a smaller size to better accommodate the home market (or areas of space constraints). Second and more important, just like its big brother, the Abcore Junior allows you to isolate your abdominals like no other machine. Utilizing its patented bio-mechanical motion, the Abcore Junior directly targets both the upper and lower Abs in perfect synchronicity while taking the strain off the lower back. I have a vulnerable lower back and can testify this is 100% true for me. This is also why the Abcore has been endorsed by chiropractors and gym owners from all over the country. But wait—it gets even better. For example, if you wish to isolate your left or right oblique muscles you can do so with a simple quick adjustment. Simply reach down under the seat (while seated) and lift the red handle and slide it left or right...you are now isolating your side oblique! Here is a tip: remember to count how many reps you do on each side so you do the same number of reps on your opposite side.



### **Abcore Junior Stats**

Abcore Junior supports users up to 240 pounds, and weighs only 120 pounds! The compact dimensions are length 33" width 29" and height 61". As you can see from the picture below, the seat height is easily adjustable to accommodate almost any size user.



There is also another nice feature you need to know about—you can add weight to the Abcore Junior via the attached weight peg located on the upper back of the machine. This is helpful for increasing abdominal conditioning and can accommodate up to 50 pounds on the peg horn.

The Abcore Junior's average street price is about \$750 online (\$899 MSRP). This is a fun machine anyone in your family will enjoy using\*. You'll be making a wise investment in the Abcore Junior...finally getting real results from your abdominal workout and it's a pleasure to use! The machine makes no noise and is a good habit to do even while watching TV. For more information about the Abcore Junior or Abcore Fitness Inc, be sure to visit their web site at: [www.abcoreinc.com](http://www.abcoreinc.com)

\* Always consult a physician before starting any exercise program.

\* For optimal results, a healthy reduced calorie diet may be recommended.

Bruce Pechman The Muscleman of Technology® is founder of Muscleman of Technology, LLC. He is a Technology and Fitness Expert appearing regularly on morning news programs, including Fox & Friends, KTLA Morning Show, and Good Morning San Diego with over 150 live TV appearances. Bruce's moniker reflects his 20 years of technology expertise and 30 years of fitness training. Visit him at [www.mrbicep.com](http://www.mrbicep.com)