

ABSTRACT

ABDOMINAL EXERCISE TRAINING DEVICE

An abdominal training device includes a stationary base with a user support surface and a hub connected to a track with a friction mitigation unit and a track anchor. A console is slidably mounted on the track and includes a hand support member and a console anchor. A bearing is fixedly mounted to the proximal end of the track and supports an elastic resistance element with one end attached to the track anchor and the other end attached to the console anchor. A beam rigidly connects the track to the hub of the stationary base so that the track is at least partially rotatable about the hub of the stationary base. The device may also include an electronic training program that directs a user to rotate the track to specified positions. The device may be part of an abdominal training kit.

Figure 1.