



Abdominal Health Equipment Abdominal Curling Board Multifunctional Sit Up Board Household Fitness Equipment

Our Product Introduction

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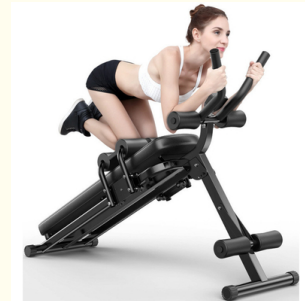
Basic Information

- Place of Origin: Qingdao, China
- Brand Name: HBS
- Model Number: Abdominal health equipment, abdominal curling board, multifunctional sit up board, household fitness equipment
- Minimum Order Quantity: 1 unit
- Price: Please contact sales personnel
- Packaging Details: Carton packaging
- Delivery Time: Please contact sales personnel
- Payment Terms: D/P, T/T
- Supply Ability: Please contact sales personnel

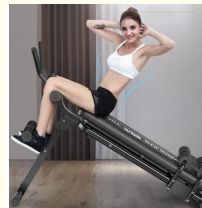
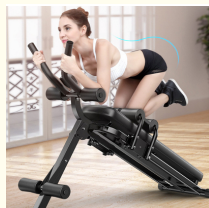
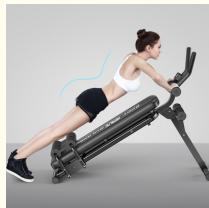


Product Specification

- Product Category: Belly Rolling Machine
- Brand: Customizable OEM
- Function: Multi Functional
- Storage: Foldable
- Pad: High Quality Leather+high Elasticity Sponge
- Angle: Adjustable In Multiple Gears
- Highlight: Foldable Abdominal Health Equipment, Multifunctional Abdominal Health Equipment, Household Fitness Equipment



More Images



Product Description

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Bellboard is a fitness equipment mainly used to exercise abdominal muscles. It is usually a board with a curved or curly design, which can provide different angles and difficulty to increase the diversity of abdominal training.

When using abdominal curling plates for abdominal training, one can adopt supine, lateral, or other positions to complete various movements by contracting abdominal muscles, such as curling up and sit ups. The abdominal curling plate can help strengthen abdominal muscles such as the rectus abdominis, external oblique abdominis, and internal oblique abdominis, improving abdominal strength and endurance.

When selecting a web plate, the following factors need to be considered:

Stability: Ensure that the web plate has good stability to avoid shaking or tilting during use.

Adjustable: Some belly plates can adjust their angle and height to meet different training needs and difficulty levels.


Comfort: Choose a rolled belly plate that suits your body size and shape to ensure comfort during training.

Quality and durability: Choose reliable and durable web plates to ensure long-term use.

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