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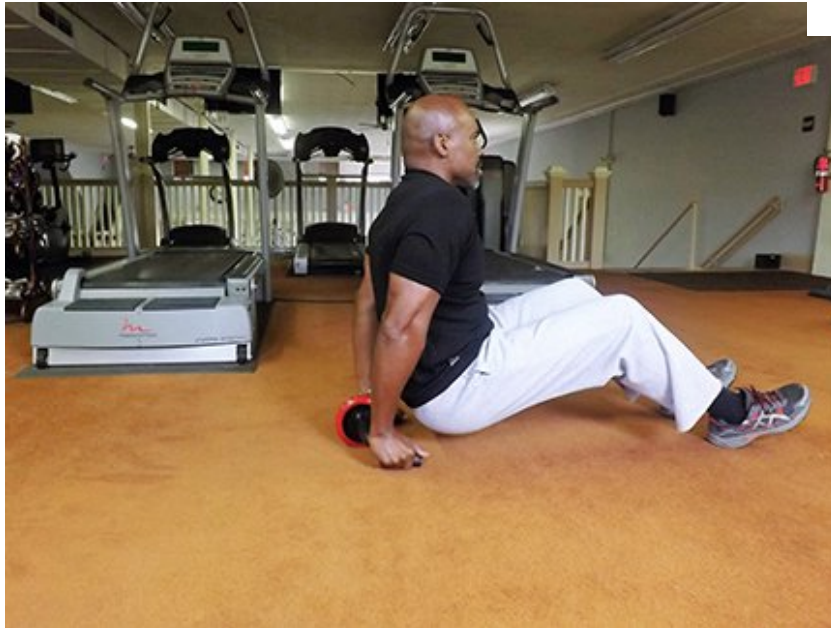
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Fitness To The Extreme

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by Vicky Waite

As I'm browsing through my LinkedIn network on my work anniversary, one of my members gave me a thumbs up and a like on my anniversary post that LinkedIn puts up for its members. With this member's photo, I see an exercise piece that is being demonstrated. I go to the Website and so glad I did. It's a unique multi-purpose exerciser designed and invented by Kenneth Frederick. The full name is the Extreme Ab & Arm Wheel multi-purpose exerciser.

I had Ken send one out to me, and I was very anxious to try it. As soon as it arrived I took it out of the box. Nothing to put together; all in one piece, my husband's lucky day! I like the fact that it is so well made. It's sturdy and steel constructed.

After using it, I found it to be so much more than just working your abs and arms. This goes way beyond that! This unique device is effective, versatile and nicely designed for performance and strength. Due to the bullhorn handles, with various grip angles, it makes me feel the different muscle groups being worked. And boy do I mean being worked!

This is not your ordinary wheel like so many out there. The Extreme Ab & Arm Wheel multi-purpose exerciser will knock your socks off! Luckily, I wasn't wearing any socks at the time. You can actually feel muscles being worked. Just using the neutral grips, it felt so much more comfortable for my shoulders with doing just basic ab rollouts. Great for any age due to the neutral grip handle benefits beginners and

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advanced users. The design enables you to have three different grip options, on the side, and vertical grip option with less stress on the shoulders. Also there is a traditional grip. Ken believes that by selecting neutral grip positions, either side or vertical, you will benefit from a variation in emphasis and effect on your abs, arms, back, chest and shoulder muscles. And, I couldn't agree more.

With the Extreme Ab & Arm Wheel multi-purpose exerciser, you can set up your own roll stop option for your own comfort level and size. This is good since everyone has a different body length. This will let you stop where you want and then go back. You can gradually adjust as you build more muscle tone and strength to go further out. You can do full rollouts or partial roll outs to help work the calf muscles, thighs and quads.

There are several exercises including the plank core strengtheners, advanced plank movements and core lifts and quad exercises. I mean what wheel out there offers all that? I can see why Ken has multi-purpose exerciser as part of the name. I tried all the exercises as featured in the multi-purpose exerciser user guide. I felt my triceps getting worked by using the neutral grip with the wheel behind me. With all exercises I felt the engaged multiple muscles being worked.

Several well known colleges and universities prefer to use the Extreme Ab & Arm wheel multi-purpose exerciser for their strength and conditioning programs. A Human Performance coach for the U.S. Army Rangers ordered units to use in his program and a strength coach from the Pittsburgh Steelers also requested units.

The Extreme Ab & Arm Wheel multi-purpose exerciser is great for the beginner to the athlete. Very affordable and well done to the extreme. For more information visit: www.extremeabandarmwheel.com and like with any exercise program be sure to consult your physician before you begin.

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