

Ab Roller Plus Manual

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I have had the Ab Roller Plus since it came out. This is one piece of equipment that is easy to use, if used according to the instructions and it is very effective.

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Jun 15, 2011 Brenda Dykgraaf's amazing video that came packaged with the Ab Roller Plus in 1995. There is a 5 minute beginners basic segment and a 6 minute advanced

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