

HANGING STRAPS for Legendary Abs Workout

Here are some examples available on Amazon. Similar items available from Dick's Sporting Goods, Play It Again Sports, and other sports stores.

Harbinger 371000 Deluxe Ab Straps



These are high quality and give better support with less pinching. About \$35 from Amazon



Ader Fitness 4" Hanging Steps

Less support but adequate, cheap and fit in a gym bag. About \$14 from Amazon



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