

Hotel Fitness Club®
Phone (800) 291.0403
FAX (800) 813.1102
info@HotelFitness.com
www.HotelFitnessClub.com

CORE
LEAN™

Hotel Fitness Club® Core Lean™

Hotel Fitness Club® is pleased to introduce the Core Lean™. The Core Lean™ is a 3-in-1 core training bench that provides exercises that target the full range of core muscles. The **abdominal crunch** blasts the abdominal area for rock-hard abs. The **back extension** tones the muscles of the lower and middle back for excellent posture. The **side bends** target the oblique muscles for a toned and trim waistline. The core has been shown to be a very important part of the body to exercise regularly and it has become extremely popular with travelers. The Core Lean™ provides this important exercise ingredient for any home or fitness facility.

The Core Lean™ is light-weight, yet manufactured using high-quality materials making it highly durable. The Core Lean™ includes an instructional placard for easy use. A built-in transport handle allows the Core Lean™ to be moved with ease. The transport handle has also been positioned to allow for use of resistance training with bands.

- **3 Core Exercises – Abdominal Crunch, Back Extension, Side Bends**
- **Instructional Placard Included**
- **Transportable Handle & Wheels**
- **Very Space Efficient**
- **Can Also Be Used With Resistance Band Training**
- **Light-Weight And Easy To Use**



Company Information

Hotel Fitness Club®, the world's leader in hotel and resort fitness, has specifically been supplying the hotel & resort markets for over 15 years and has an excellent reputation for both products and services. Hotel Fitness Club® offers custom fitness room planning and design as well as individualized marketing programs that allow hotels and resorts to increase brand awareness and brand equity. Hotel Fitness Club® offers dynamic marketing programs to help guests identify your property as being part of our leading global organization. The affiliation will assure guests that your facility has met a high quality standard. Hotel Fitness Club® partners with other leading worldwide manufacturers to provide the highest quality of equipment. The goal is that hotels and resorts can take confidence in high-quality equipment, safe features and state-of-the-art designs that will be consistent across all of its hotels and resorts.

HOTEL FITNESS®
C L U B

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