



Product Description Copy

Centr Fitness Kits

Product Name: Centr Centr Core Kit

Product Name Optimized for Ecomm: Centr by Chris Hemsworth Core Kit with 3-month Centr Membership

Introducing Centr's Core Kit, the ultimate package of tools to help you work your entire core. This comprehensive workout kit is designed to strengthen and tone your abdominal and back muscles so your core can feel stronger and look better.

The combination of different tools allows you to customize your routine based on your specific needs and preferences - and work muscle groups well beyond your core.

The kit includes a physio ball, 6lb slam ball, ab wheel, and a pair of slider discs with slider socks for multiple surfaces, providing everything you need to conduct a range of core-strengthening exercises at home. Whether looking to build a stronger core or to focus on endurance with an HIIT style workout, this kit has what you need.

Use your equipment with Centr to get personalized coaching from Chris Hemsworth's team of experts. Your equipment purchase includes a complimentary 3-month digital membership (\$59.99 in subscription savings) to fuel your movement, meals, and mind. Centr's digital platform can be used on any device and syncs with your favorite wearable to track your progress. Centr coaching comes with limitless ways to improve your total well-being with fitness training, nutrition advice, and mindfulness tools from Centr's top experts.

- **Train Your Core** A strong core is the key to almost all physical activities. Improved core strength increases balance, improves posture, and can decrease back pain. This kit has all the tools you need to strengthen, tone, and work your entire core.
- **Ab Roller** Easily target and strengthen arm, back, and core muscles. Built with cushioned handles and a sturdy wheel.

- **Physio Ball** Improve balance, and muscle tone with this 26 in / 65 cm physio ball that engages small muscles by making you stabilize,
- **6 Lb Slam Ball** Add resistance and weight while performing dynamic movements that work your whole body.
- **Slider Discs with Optional Slider Socks** Add difficulty and engage more muscles with lunges, planks, push ups, and other exercises.
- **Includes 3 Month Centr Digital Membership** Train with Chris Hemsworth's team of experts while unlocking the power of your new equipment through customized workout programs. It's your go-to source for total well-being with limitless ways to fuel your movement, meals, and mind.

ALT - Shorter Copy

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The kit includes a physio ball, 6lb slam ball, ab wheel, and a pair of slider discs with slider socks for multiple surfaces, providing everything you need to conduct a range of core-strengthening exercises at home.

This Centr Kit includes a 3 month digital membership (\$59.99 value) to the Centr app where you can train with Chris Hemsworth's team of experts while unlocking the power of your new gym through customized workout programs. Centr is your go-to source for total well-being with limitless ways to fuel your movement, meals, and mind.

- A complete fitness kit designed to work your entire core.
 - Includes physio ball, 6 lb slam ball, ab wheel, and a pair of slider discs with slider socks.
 - Glide smoothly across any type of flooring with slider discs and socks.
 - Conduct a wide range of core-strengthening exercises at home.
 - Includes 3-month Centr digital membership (\$59.99 value)
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