



TriaTrainer

3 - in 1 Exercise Bench

Abdominal Trainer, Back Extension & Weight Bench





The Three-in-One Advantage

Meet the TriaTrainer abdominal trainer, back extension and weight bench all in one compact piece of fitness equipment. This versatile exercise bench combines a contemporary, elegant aesthetic with an athletic, minimalistic sturdiness.

In a closed position the TriaTrainer serves as the perfect abs and core trainer. The sit-up bench meets all abdominal workout demands, guaranteeing an optimal workout. In its folded position, the TriaTrainer enables efficient exercising in less than 1 m² space. It can be perfectly combined with other exercise equipment for a total body workout!

Your back can be exposed to a variety of strain during your daily routine, stemming maybe from hard physical labor, long periods of sitting and bad posture. Specific back training is highly recommended for preventing complications and pain. In its semi-opened position, your TriaTrainer is an effective back extension tool for specific exercises focused on strengthening your back and glutes.

Fully extended, the multi-functional TriaTrainer converts into a classic weight bench for free-weight training. Free weight exercise has become hugely popular, in that it benefits all levels of fitness.



Manufactured in our range of high-quality wood and leathers – the TriaTrainer suits all interiors.



Perfect combinations – the TriaTrainer can be used with a multitude of other workout equipment.



The TriaTrainer exudes a puristic elegance among classic weight benches.



Abdominal Trainer



Back Extension



Weight Bench



Technical Details

- Dimensions (closed position): 90 x 35 x 55 cm
- Dimensions (open position): 140 x 35 x 44 cm
- Weight: 14 kg
- Max. weight load: 150 kg
- Footrest adjustable in 10 positions
- Available in genuine or artificial leather
- Includes hooks for locking in closed position
- Optional felt sliders for extra floor protection



H: 55 cm
L: 90 cm
W: 35 cm



14 kg
Unit weight



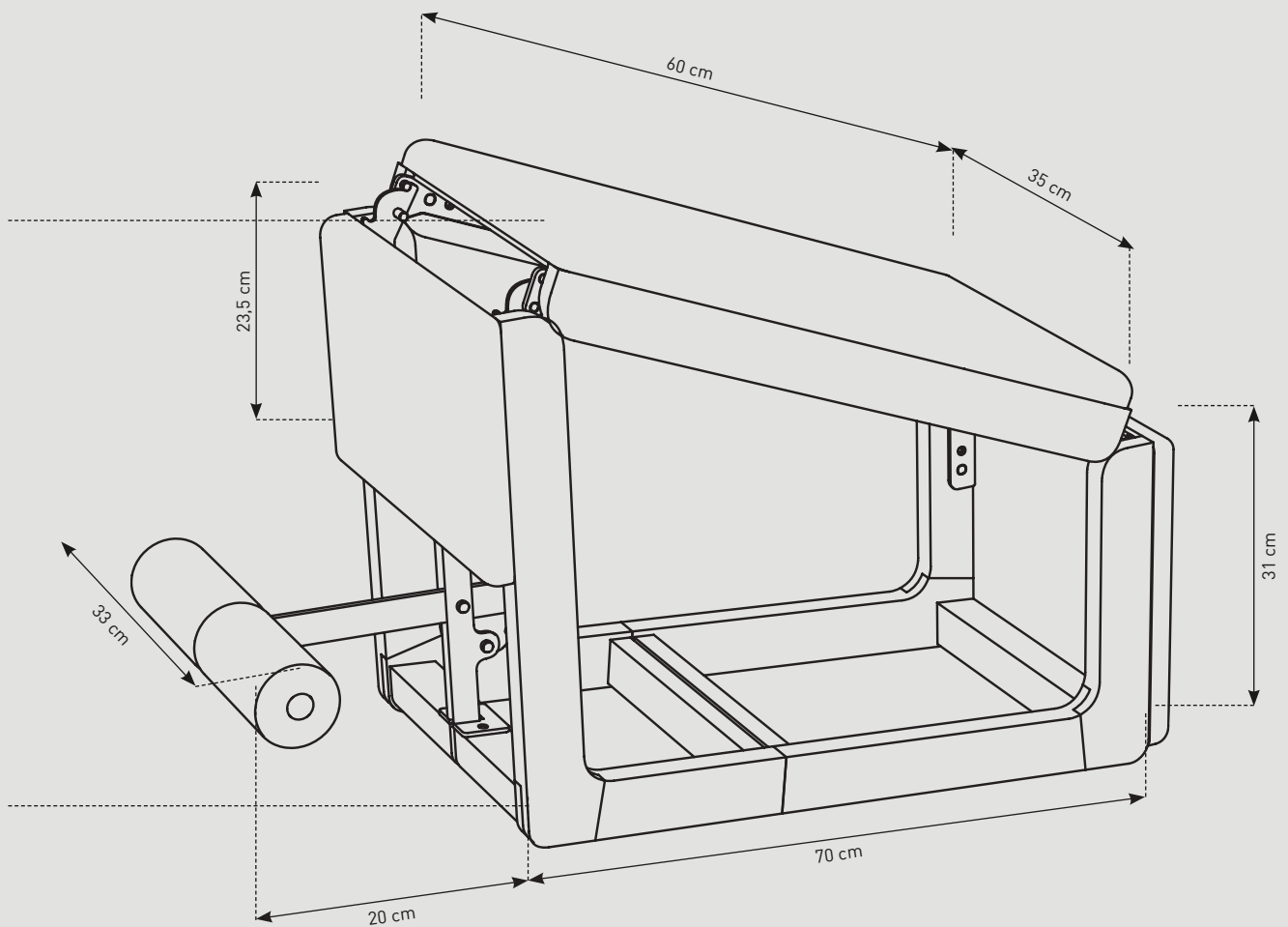
150 kg
Max. user weight



1 Package
17 kg, 58 x 39 x 80 cm



Strength



TriaTrainer Models



Ash



Club



Oak



Cherry



Walnut black



Walnut natural

| Model | Leather | Order No. | Model | Leather | Order No. |
|-------|--------------------|-----------|--------|-------------------------|-----------|
| Ash | Artificial leather | 19100 | Cherry | Artificial leather | 19106 |
| Ash | Genuine leather | 19101 | Cherry | Genuine leather | 19107 |
| Club | Artificial leather | 19102 | Walnut | Artificial leather | 19108 |
| Club | Genuine leather | 19103 | Walnut | Genuine leather | 19109 |
| Oak | Artificial leather | 19104 | Walnut | Genuine leather natural | 19121 |
| Oak | Genuine leather | 19105 | | | |

Accessories included: owner's manual