

# Power Personal



## The beauty of strength

Strength gains need hard work: Power Personal delivers the best possible training feeling, making your workouts safer and more enjoyable than ever. Fully configurable to your own likings, it starts with the user-friendly features of Rack Personal and the comfort of Bench Personal, and goes to any length with the dedicated accessories.



## Description

### Why Power Personal

Tone your body with consistent strength training routines  
Increase your strength and improve your metabolism  
More than 300 exercises available for endless combinations and diverse workouts  
A complete training system that fits any room  
Fully configurable to your own needs, with strength and functional training options



### Rack Personal

Multi-grip positions on the chrome-plated steel bar allowing different pull-up options  
Smart Lock system avoids accidentally unlocking the barbell, resulting in safe training  
The barbell holders are easy and smooth to adjust thanks to the Precision Glide system  
Integrated barbell and dumbbell holders, and weight storage  
Aluminium cast base available both in chrome and dark versions

Size (LxWxH)	Weight	Max load
1412 x 1313 x 2216 mm	185 kg	150 kg
56 x 52 x 87 in	408 lbs	330 lbs



### Bench Personal

The Body Print padding offers maximum stability and comfort  
The Soft Touch upholstery and its stylish finishing make it pleasant to the eye and touch  
Integrated wheels for easy relocation of the bench  
High pressure aluminium casting for the finest details, available both in chrome and dark versions  
Innovative set up allows to adjust the bench inclination with one hand

Size (LxWxH)	Weight	Max user weight
584 x 1316 x 443 mm	47 kg	150 kg
23 x 52 x 17 in	103 lbs	330 lbs

## Colour versions

● Chrome

● Dark

## Accessories

Power Personal is available in three different configurations (see next page), but it can also be fully configured based on your needs with the accessories below.

**Dumbbells and Weights Kit:** 2 dumbbells and 16 plates for 55 kg total

**Barbell, Dumbbells and Weights Kit:** 2 dumbbells, 1 barbell and 20 plates for 115 kg total

**Personal Mat:** a 3 sections padded mat for bodyweight exercises that also protects your floor

**Flooring:** a permanent rubber flooring (7mm thick) to protect the inner part of the rack

**Functional upgrade kit:** includes 2 additional hook to connect elastic bands, 2 Omnia-Pivot to attach Dual Lift accessory and perform suspension training exercises, 1 wall fixing support for added stability. The kit supports all the accessories included in the Functional Training Bag.

**Functional Training Bag:** includes the following accessories

- Short Handle
- Ankle Strap
- Sleeved Elastic Tubing
- Waist Belt
- Lift Band
- Dual Lift

## Power Personal Essential

The Essential configuration includes:

Bench Personal  
2 dumbbells  
Personal Mat

8 x 5 kg plates  
4 x 2.5 kg plates  
4 x 1.25 kg plates



## Power Personal Superior

The Superior configuration includes:

Rack Personal  
Bench Personal  
2 dumbbells  
1 barbell

2 x 20 kg plates  
2 x 10 kg plates  
8 x 5 kg plates  
4 x 2.5 kg plates  
4 x 1.25 kg plates



## Power Personal Excellence

The Excellence configuration includes:

Rack Personal  
Bench Personal  
2 dumbbells  
1 barbell

Functional Training Bag  
Functional Upgrade Kit  
Flooring 7mm

2 x 20 kg plates  
2 x 10 kg plates  
8 x 5 kg plates  
4 x 2.5 kg plates  
4 x 1.25 kg plates



## Services

Pricing is inclusive of VAT, 2 years warranty, transport and installation. Installation by Technogym is a high quality service including assembly and positioning of the equipment, testing and final cleaning of the installation area. Technogym will contact you to confirm the established date and time of delivery.