



Technogym Bench



SWITCH ON YOUR TRAINING

Switch to a new, easier and more effective functional training experience. The all-in-one Technogym Bench with dedicated storage holds all the tools you need for a complete workout.



DESCRIPTION

Perform a wide variety of total body exercises thanks to Technogym Bench's integrated tools: hexagon dumbbells, resistance bands, weighted knuckles and training mat, all in a compact footprint and linear design.

INCLUDED WITH THE BENCH

Weighted knuckles

The knuckles come in 3 different shapes and weights for core training.

Elastic bands

The three different resistance bands and attachments add exercise variety. Their storage keeps them from getting tangled.

Dumbbells

5 pairs of hexagon dumbbells are included in the practical holder that is designed to avoid finger pinching and cutting.

Training mat

The mat provides maximum comfort and stability during exercises.

Technogym Bench

Every tool has a dedicated space within the Technogym Bench. Keeping your training space tidy was never this easy. The inbuilt spacers hold 5 pairs of hexagon dumbbells and prevent accidental finger pinching and cutting when handling the tools. The dedicated storage area keeps bands neat and from getting tangled. It contains 3 different resistance bands for maximum exercise variety. The additional storage area can be used to lodge additional workout tools other than the included training mat, such as a kettlebell, a slam ball, or your personal belongings.

TECHNICAL SPECIFICATIONS

Dimensions (L x W x H)

1130 x 376 x 440 mm
44.4 x 14.8 x 17.3 in

Weight of empty bench

35 kg
77 lbs

Weight of accessories

55 kg
121 lbs

Max user weight

130 kg
287 lbs

Hexagon Dumbbells

5 pairs: 2.5 kg (5 lbs), 3.5 kg (7.5 lbs), 5 kg (10 lbs), 7.5 kg (15 lbs), 10 kg (20 lbs)

Elastic Bands

3 (Light Yellow, Medium Grey, Heavy Black)

Knuckles

3 Pairs: 0.5 kg (1 lbs), 1 kg (2 lbs), 1.5 kg (3 lbs)

Mat

1 piece

Stickers

5 pieces