



TRIA TRAINER

In a closed position the TriaTrainer serves as the perfect abs and core trainer. Unfold one side into the first position and convert the chair into a semi-bench for working your back muscles and glutes.

Opened into full extension the TriaTrainer can be used for all standard bench workouts with or without free weights.



MORE VIEWS



SPECIFICATIONS

Weight	14 kg
Dimensions	140 × 35 × 44 cm
Colour	Ash, Cherry, Club Sport, Walnut
Material	Wood
Max User Weight	150kg (330.69lbs)
Warranty	1 year