



HOME GYM 100LB

SKU: TT16855

~~499.00 €~~ **359.00 €**

Stock: In stock

Categories: [Fitness](#), [Fitness Equipment](#), [Multi Gyms](#)

PRODUCT DETAILS

Elevate your fitness routine with our versatile Multi Gym, designed to provide a comprehensive workout experience for users of all levels.

Key Features:

Versatile Training Platform: This multi-functional gym equipment is perfect for performing a wide range of exercises, ensuring that you can target all the main muscle groups with ease.

Complete Muscle Training: Whether you're aiming to build strength, tone muscles, or enhance your endurance, this multi gym supports exercises for arms, chest, back, shoulders, abs, and legs, offering a full-body workout.

Durable and Sturdy Frame: Constructed from high-quality materials, this multi gym is designed to withstand intense workout sessions. The robust frame ensures stability and safety, making it a reliable addition to your home gym.

Specifications:

Maximum User Weight: 100 Kg

Weight Stack: 45.36 Kg

Dimensions: (L) 198 cm x (W) 46 cm x (H) 16.5 cm

Exercise Benefits

1. Full-Body Strength Training:

The multi gym allows you to perform various exercises targeting different muscle groups, promoting balanced muscle development and overall strength.

2. Improved Muscle Tone:

Regular use helps in toning muscles, giving your body a leaner and more defined appearance.

3. Enhanced Flexibility:

Incorporating a variety of exercises improves your flexibility and range of motion, reducing the risk of injury and enhancing overall mobility.

4. Cardiovascular Health:

Performing circuit training or high-intensity workouts on the multi gym can elevate your heart rate, contributing to better cardiovascular health.

5. Convenience and Accessibility:

With the ability to perform multiple exercises in one machine, you save space and time, making it easier to maintain a consistent workout routine.

6. Safe and Controlled Environment:

The weight stack system allows for precise adjustments, ensuring a safe and controlled workout environment, especially for beginners.

7. Versatility for All Fitness Levels:

Whether you're a beginner or an advanced athlete, the multi gym caters to all fitness levels, allowing for progressive training and continuous improvement.

Exercises

Back:

Wide-Grip (Lat Pull Front/Back): Target the upper back and lats, enhancing back width and strength.

Close-Grip (Lat Pull Down Front/Back): Focus on the lower lats, improving back thickness and overall back development.

Bent Over Cable Row: Strengthen the middle back and enhance posture.

Inverted Wide Grip Rows: Develop upper back muscles, improving back detail and thickness.
Chest:

Machine Press: Build chest strength and size with a controlled pressing motion.

Butterfly (Pec Deck): Isolate and define the pectoral muscles, enhancing chest shape and definition.

Shoulder:

Front Cable Raise: Target the front deltoids, improving shoulder definition.

Bent Over Row: Strengthen the rear deltoids and upper back, enhancing shoulder stability.

Cable Lateral Raises: Focus on the side deltoids, increasing shoulder width and overall aesthetics.

Front Cable Shrugs: Enhance trapezius development, improving shoulder and neck strength.

Cable Rows: Strengthen the entire shoulder complex and upper back.

Arms:

Cable Curls: Isolate the biceps, improving arm strength and size.

Tricep Push-Downs: Target the triceps, enhancing arm definition and strength.

Cable Wrist Curls: Strengthen the forearms and improve grip strength.

Legs:

Leg Extensions: Focus on the quadriceps, enhancing leg strength and definition.

Hamstring Curls: Strengthen the hamstrings, improving leg balance and overall lower body strength.

Maximum User Weight

100 Kg

Weight Stack

45.36 Kg

Dimensions When Assembled (LxWxH)

(L) 198 x (W) 46 x (H) 16.5 cm