

SCAN TO TRAIN

SCAN TO TRAIN delivers detailed training information to help guide your workouts.

Simply scan the QR code for free exercise videos

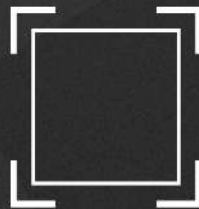




PERFORMANCE HOME GYM



2.5" thick dense
foam padding



SCAN TO TRAIN
function



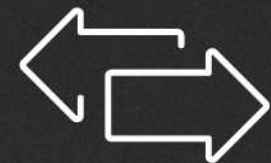
Durable steel
construction



100 kg
weight stack



Includes handle, ankle,
z bar and short bar
attachments



Push and pull
function with pivot
bar for fly's