



# ADIDAS HIIT DECK

READY FOR SPORT

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The adidas HIIT Deck combines an aerobic fitness step and weight bench into a compact, unique, configurable workout platform.



# OVERVIEW

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-  > INCLINE, DECLINE AND FLAT BENCH OPTIONS
-  > MORE THAN 20 SETUP CONFIGURATIONS
-  > QUICK AND EASY HEIGHT ADJUSTMENT
-  > INTERNAL STORAGE COMPARTMENT
-  > NO ASSEMBLY REQUIRED
-  > SCAN TO TRAIN FEATURE
-  > SLIP-RESISTANT FEET
-  > HIGH-GRIP WORKOUT SURFACE
-  > INTEGRATED RESISTANCE TUBE ATTACHMENT POINTS
-  > ULTRA-DURABLE DESIGN - MAX. USER WEIGHT: 150 KG
-  > ADIDAS RESISTANCE TUBE AND SKIPPING ROPE INCLUDED
-  > COMPACT AND LIGHTWEIGHT  
WEIGHT: 12.4 KG  
DIMENSIONS: (L) 121.5 X (W) 33.7 X (H) 35 CM





## SCAN TO TRAIN

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Scan to Train feature – scan the QR code with your device to access online exercise content.

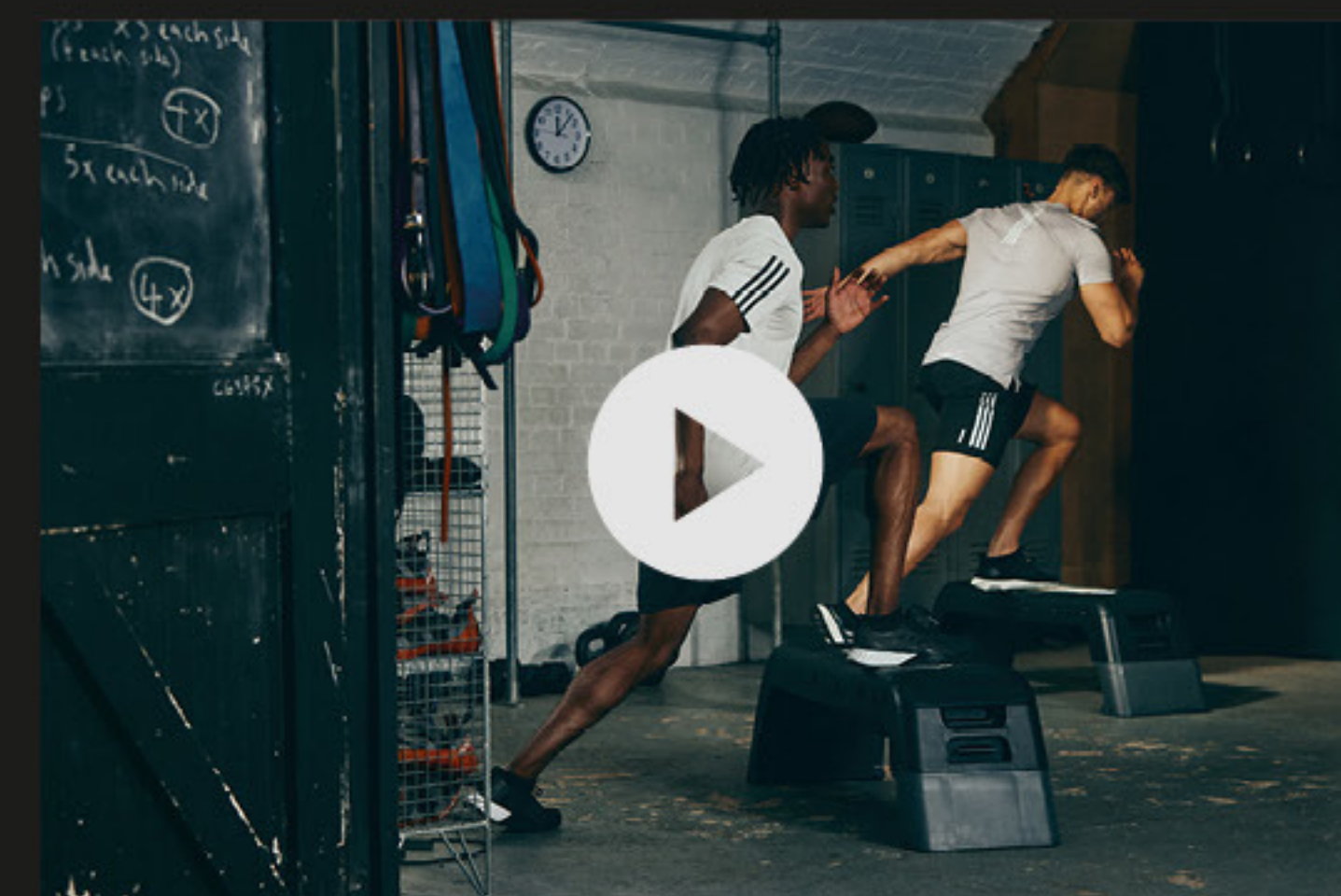
The Scan to Train QR code is located in the internal storage compartment, which gives you access to exclusive online workout content.



SCAN TO TRAIN / HIIT DECK

### HIIT DECK

WORKOUT VIDEOS



# CONFIGURATIONS

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> MORE THAN 20 SETUP COMBINATIONS

> QUICK AND EASY HEIGHT ADJUSTMENT:  
20 CM AND 35 CM

> QUICKLY SWITCH BETWEEN INCLINE, DECLINE AND  
FLAT BENCH SETTINGS TO BOOST EFFECTIVENESS  
OF YOUR WORKOUT



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## RESISTANCE TUBE + SKIPPING ROPE

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Enhance your workouts even further by incorporating any number of training accessories with the HIIT Deck.

To help get you started, a resistance tube and skipping rope are included within the internal storage compartment.

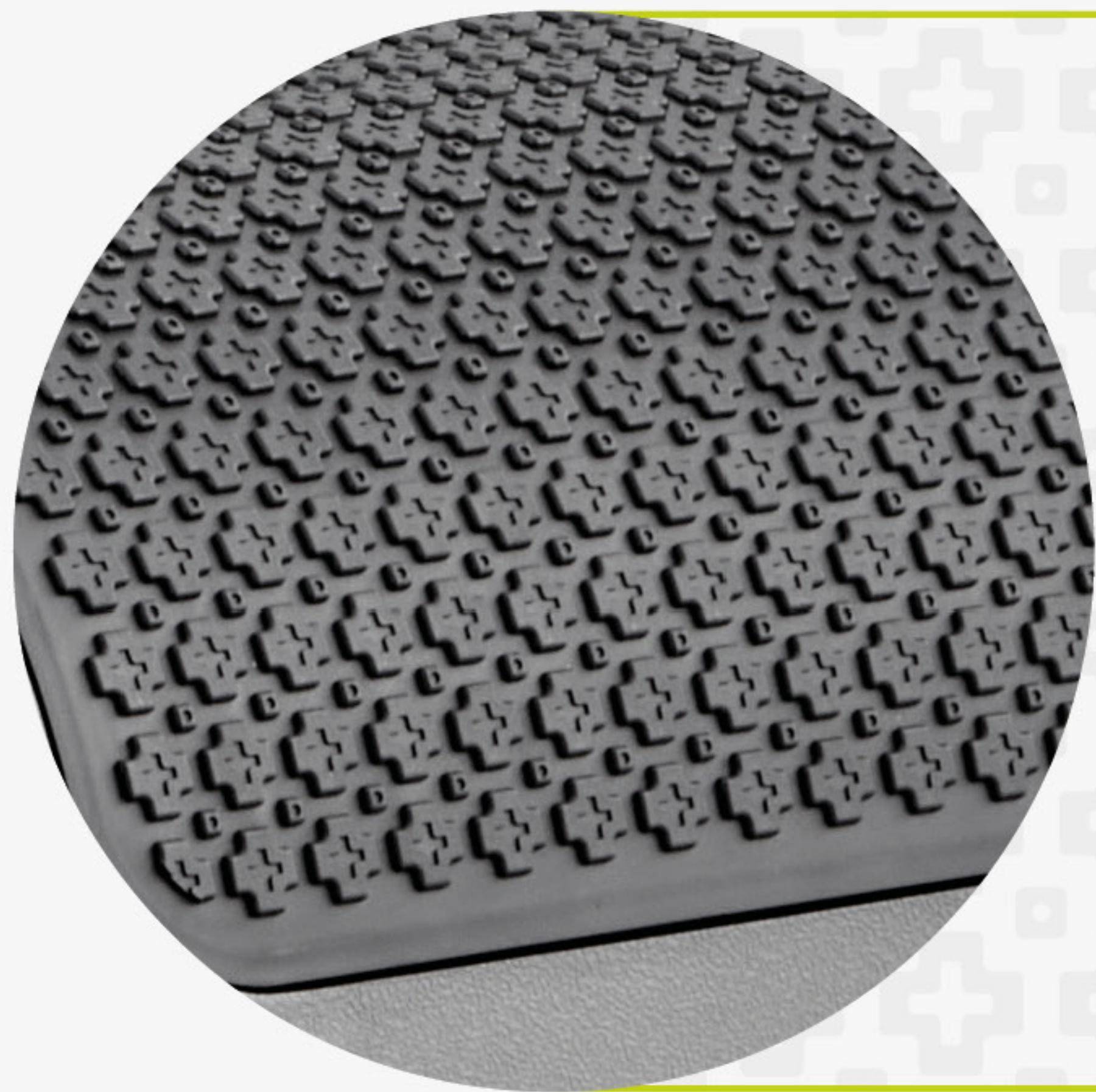
The deck features integrated resistance tube attachment points along the backrest and base.



# SURFACE TEXTURE

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- > HIGH-GRIP WORKOUT SURFACE
- > PROVIDES TRACTION TO STEP, JUMP, PRESS AND LUNGE
- > COMFORT AND STABILITY FOR BENCH PRESSING AND WEIGHTED EXERCISES



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