

SWITCH ON









YOUR TRAINING







One Bench, over 200 exercises

Perform the widest variety of total body exercises with hexagon dumbbells, resistance bands, weighted knuckles and training mat, all in a compact footprint.



Core power-ups

The weighted knuckles escalate your core improvement with engaging exercises.





Elastic bands in 3 different resistance levels add training variety and increase your strength.



Increased muscle tone

Perform endless weight training exercises with the hexagon dumbbells for full-body blasts.

Get moving with our trainers

Build your six pack.
Sculpt your glutes.
Get leaner and stronger.

Let our training programs inspire you and reach your objectives faster than ever with the Technogym Bench.





Download Technogym App to discover on-demand training programs



















All you need to reach your goals





Weighted knuckles

Boost your core training.

Elastic bands

The three different resistance bands add exercise variety and intensity.



Dumbbells

5 pairs of hexagon dumbbells to train your strength.



Training mat

Maximum comfort and stability during exercises.

Practical and functional

ELASTIC BAND STORAGE



DUMBBELL HOLDER WITH SPACERS

The inbuilt spacers prevent accidental finger pinching and scratching the bench when handling dumbbells.

EASY TO MOVE

Thanks to the integrated wheels, Technogym Bench can be moved and stored away according to your space needs.



STORAGE AREA

You can place your folded training mat or more tools here.

WEIGHTED KNUCKLE STORAGE

The perfect space to hold your knuckles.



Technogym Bench

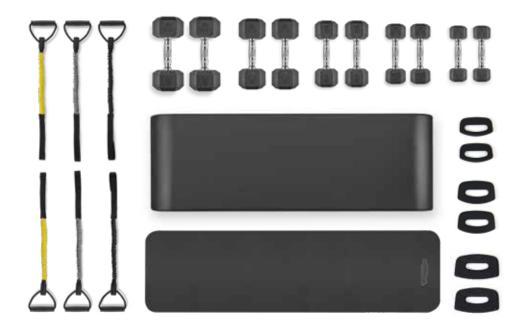




Dimensions	
Length	1129 mm (44.5 in)
Width	376 mm (14.8 in)
Height	455 mm (17.9 in)
Weight of empty bench	35.2 kg (77.6 lbs)
Weight of bench with all accessories inside	98.8 kg (217.2 lbs)
Max user weight	120 kg (264.6 lbs)

ACCESSORIES:

Kg dumbbells DGY100KGNRNR20			
Lbs dumbbells	DGY100LBNRNR20		
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. Knuckle 1: 0.45 kg (1lb); Knuckle 2: 0.8 kg (1.7 lbs); Knuckle 3: 1.20 kg (2.6 lbs)		
Mat	1 piece		





FOR INFORMATION AND PURCHASING

Technogym products and services are only sold directly.

PHONE NUMBERS

Call us for advice on which products and services best fit your needs.

0800 3162496 +971 4 3375337

(Freephone - UK only) (United Arab Emirates only)

800 8040952 0800 3322448

(Toll free - US only) (Toll free - Netherlands only)

1800 615440 +39 0547 650111

(Toll free - Australia only) (Other countries)

WEBSITE TECHNOGYM.COM

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