

Technogym Bench



TECHNOGYM

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.



Flexible and strong

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.



Dumbbells

5 pairs of hexagon dumbbells to train your strength.



Elastic bands

The three different resistance bands add exercise variety and intensity.



Training mat

Maximum comfort and stability during exercises.

Practical and functional

ELASTIC BAND STORAGE

The dedicated storage area keeps bands neat and from getting tangled.



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

(Freephone - UK only)

+971 4 3375337

(United Arab Emirates only)

800 8040952

(Toll free - US only)

0800 3322448

(Toll free - Netherlands only)

1800 615440

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+39 0547 650111

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WEBSITE TECHNOGYM.COM

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