



## Finnlo Tricon back trainer (3868)



The Finnlo Tricon back exerciser provides a spine-friendly workout for the lower back muscles. Ideal for strengthening the back muscles and preventing back problems. Training of the back, buttocks and leg muscles.

**CHF 189.00**

Frequent and incorrect sitting and too little movement do your body and especially your back no good. Abdominal and back trainers are therefore used specifically to strengthen the torso. A strong torso promotes better posture and thus relieves the strain on your spine. Posture-related back problems can thus be prevented. The ab trainers focus on the front of the body and, with appropriate training, shape the washboard abs, the so-called six-pack, back trainers primarily train the back extensor. Often the exercises are combined in one fitness machine.

The TRICON back trainer by FINNLO finally makes the back and buttocks fit again and thus reduces posture-related back pain in the medium term. The 12 different height settings of the support pad create an ergonomically favorable position for this purpose and prevent the fitness athlete from falling into a hollow back. Support handles serve as entry and training aids. With the help of the folding mechanism, the TRICON back trainer can be conveniently stored.

### **Equipment:**

- Training device for back training
- 10-fold height-adjustable support pad for individual adjustment to body size
- support handles as entry/training aid for safe training
- comfortable foot padding
- space-saving foldable
- high-quality, hygienic, ergonomically shaped padding material (padding color: black / frame color: silver)
- guide price CHF 229.--

Use: home use, payload: 130kg

**The Shark  
Fitness Company**



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Machine dimensions: L112 x W51 x H92cm, folding dimensions: L41 x W51 x H136cm, weight 15kg  
Warranty: 1 year on labor, 3 years on spare parts (excluding consumables)