



NOHrD TriaTrainer Shadow



Classic ab trainer, back trainer and bench for weight training combined in a single piece of sports equipment - that's the TriaTrainer 3-in-1. The cube-shaped ab trainer can be folded out quickly and easily and thus becomes a back trainer or, if you fold it out completely, a weight bench.

CHF 529.00

3 devices combined in one - that's the TriaTrainer.

The cube-shaped ab trainer can be folded out quickly and easily and thus becomes a back trainer or, if you fold it out completely, a weight bench. The multifunctional training device offers the possibility of a varied strength training for the trunk and arm area. When folded, the TriaTrainer takes up less than one square meter of space.

Abdominal trainer

Less than one square meter of space, padded lying surface and secure hold - in the standard position, the TriaTrainer functions as a classic abdominal trainer.

Back trainer

The second position is suitable for targeted strengthening of the back muscles and for butt training, while the adjustable footrest provides secure support for all exercises.

Weight bench

Fully unfolded, the TriaTrainer becomes a stylish weight bench. Ideally suited for classic bench presses and exercises with weights - the TriaTrainer can withstand a lot.

Safe and stable

The robust workmanship and the solid connectors ensure safety during training in all positions. The TriaTrainer is designed for a maximum load capacity of up to 120kg.

Individually adjustable

The padded footrest provides secure support during training and can be individually adjusted to ten



different heights. In addition, the TriaTrainer can be locked in the folded position.

High-quality materials

Fine woods combined with artificial or genuine leather - the wood is finished and oiled by hand. The seamless transitions between wood and leather result in a harmonious design. The TriaTrainer is made from classic NOHRD woods: high-quality oak, ash, cherry and walnut from renewable sources are used for the frame.

- made of ash wood and then stained black
- available with imitation leather or genuine leather (color: black)
- incl. safety catch to ensure that the TriaTrainer cannot be opened unintentionally
- the integrated footrest can be locked in 10 different positions
- Dimensions (folded): L90cm x W35cm x H55cm
- Dimensions (unfolded): L140cm x W35cm x H44cm
- Weight 15kg
- Max. Load capacity: 150kg