



ATX Triplex Workout Station



Compact workout station from the ATX series - space-saving workout station for the discerning home user. This workout station combines the popular lat pull-down, multi press and multi bench training equipment in the smallest of spaces.

CHF 1'390.00

- Sturdy construction in an extremely compact design
- easy and convenient handling with optimum ergonomics and top functionality
- Safe, stable and sturdy
- extensive exercise options
- with 30 mm weight plate holder
- with protective feet, floor-friendly and non-slip

Multi press station

- excellent biomechanics, ideal for performing fundamental exercises such as flat bench presses, incline bench presses, neck presses, negative bench presses and other exercises
- alternating lever arms with 2 grip variants, 11 height adjustments in a fine 50 mm grid and can therefore be optimally positioned for every exercise
- the alternating lever arms have the great advantage over one-piece rigid levers that both sides of the body have to perform exactly the same training effort up to the last repetition, which successfully counteracts disharmonious development in terms of strength and muscle size!
- with parking position and adjustment position of the lever arms, for increased exercise variety and greater ease of use
- including attachable straight bar for e.g. squats, close bench presses, etc.
- loadable up to 250kg (2 x 125kg)

Lat pull-down station

- versatile exercise options thanks to upper and lower pulley function, can be used without conversion



- ball-bearing lever arm for holding the weight plates, with outstandingly smooth running properties without jerking or tilting
- biomechanically optimized resistance curve for increased training stimulus
- highly flexible, stretch-free steel cable with black plastic coating
- adjustable leg clamp
- base plate for secure footing and support during pulling exercises via the lower pulley
- Ideally suited for training the back, shoulder and arm muscles
- Load capacity up to 160 kg

Universal bench

- Safe, extremely variable, comfortable and super stable
- Optimum ergonomics and easy handling
- Can be used independently and can be positioned quickly and precisely using the base plate as a centering aid
- 15-position adjustable backrest tilt from -10° (negative) to 82°
- Seat can be tilted in 3 positions
- thanks to the RAS roller adjustment system, the bench is always automatically in the correct position in relation to the bar once the incline has been adjusted, without the bench having to be moved. The bench is practically only aligned once on the barbell rack and can then remain in this position for all exercises from negative to neck presses.
- The seat height is reduced by up to 10 cm depending on the angle of inclination of the backrest. The lower seat height is advantageous for incline bench and neck presses as well as for various dumbbell exercises. This brings clear advantages in terms of safety and handling.
- with pivoting reinforcement strut for heavy loads in the flat position
- Extremely stable frame construction
- loadable up to 400 kg
- with front tube adapter for attaching various optional accessories (see below) for legs, chest, arms, shoulders and abdomen
- with transport rollers and swivel handle for quick and convenient positioning of the bench
- With protective feet, floor-friendly and non-slip

Scope of delivery: Triplex Workout Station

The equipment shown for the front tube adaptor is an optional extra and is not included in the scope of delivery! The weight plates, handles and pull-up bars shown are optional extras and are not included in the scope of delivery!

Application: Home use, payload multibank 400kg, : approx. 140kg, multi press lever arms: 250kg (2 x 125kg), lat pulldown: 160kg

Equipment dimensions: Base unit - D122cm-150cm x W132cm x H210cm, grip width: 98cm, weight approx.85kg: Multibank - L approx.149cm x W approx. 76cm x H approx. 45cm-112cm, weight: approx. 46kg, Multibank upholstery dimensions: backrest: length x width 80 cm x 24 cm / 31 cm, total upholstery length: 121 cm

Option: adapter set for 51mm discs (6 pcs.), discs, leg section to multibank, abdominal trainer to multibank, triceps dipper to multibank, pec fly to multibank, biceps curl to multibank, handles

Warranty: 2 years on labor and spare parts (excluding consumables)

**The Shark
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