

1 MACHINE | 100+ EXERCISES

Ideally suited to use in the home or club, the ALLN-1® Functional Fitness Bench is a unique and multi-faceted piece of fitness equipment.

The ALLN-1® is the first piece of fitness equipment that not only allows you to effectively train your upper body, lower body and mid-section, you can also use it for cardio and Pilates!

Its intelligent design means you can perform over 174 different exercises on one machine. To put it simply, think of it like a **Fitness Erector Set™**

Visit ALLN-1.studio for our customized workout routines!



Length: 48" in
Height: 33" in
Width: 28.25" in

Weight: 52 lbs.*



*If you can think it,
you can train it."*



Multiple patents pending.
*Some items sold separately.

TRAINCHANGE FITNESS

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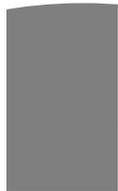
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ALLN-1
FUNCTIONAL FITNESS BENCH®

ALLN-1 IS A REGISTERED TRADEMARK OF NEVER LIMITED, LLC.
AND PRODUCT OF TRAINCHANGE FITNESS





JUST DO IT, ALL!
ALLN-1

ONE MACHINE | ENDLESS POSSIBILITIES

The intelligent design of the ALLN-1® Functional Fitness Bench means you can “configure” it into numerous pieces of exercise equipment specific to your training needs, like a: Hip Thrust, Landmine, Resistance and Suspension Band Base, Donkey Kicker, Preacher Curl Bench, Roman Chair, Push-Pull-Lift Power Sled, Football Drive Sled, Ab Bench, Pilates Push Through Bar, Row Machine, Elliptical and Cardio Slider...just to name a few.

With so many training options the immediate benefit is that you'll be able to perform over 174 different functional exercises on one machine! There is nothing else like it. You'll save money, time and space, with an ALLN-1® Functional Fitness Bench.

HIIT ROUTINES

The ALLN-1® Functional Fitness Bench is specifically designed to allow users to make smooth transitions between exercises during rest periods, and seamlessly incorporate cardio workouts into progressive resistance training for the ultimate HIIT routines.

CARDIO TRAINING

Use with ALLN-1® cardio attachments to take your cardio training to the max, without the injuries associated with high-intensity cardio training. You'll have access to three of the best lower body toning exercises: Stair Climbers, Mountain Climbers and Cross Country Skiing, all in one.

Starting at Just \$249!

- 30 Day Money Back Guarantee
- 3 Year Warranty
- Portable
- 52* lbs.
- Affordable
- 12 Gauge Commercial Grade Steel
- Home and Club Models Available

