

MULTIGYM PLUS

KETTLER

MG1042-100

Multi-gym Level: Premium Plus



KETTLER



- For varied strength training
- 3D-flex motion system
- 80 kg weight block included
- Training for various muscle groups
- 31 strength exercises
- Adjustable seat and back cushions
- Hand/foot straps and biceps curl bar included

MULTIGYM PLUS		
Identifiers	Trisport model name from 2020	MULTIGYM PLUS
	Official name	Kettler MULTIGYM PLUS
	Category	Multi-gyms
	Range	
	Old model name until 2020	Multigym Plus
	Trisport item number	MG1042-100
	EAN number	7640119481470
Mass	Dimensions (LxWxH)	181 × 156 × 200 cm
	Product weight	160 kg
	Maximum load	130 kg
Training	Weight block	80 kg (16 x 5 kg, 3D-flex motion: 2 x 40 kg)
	Number of exercises	31
	Muscle groups	Whole body
	Exercises	Bench presses, pullovers, triceps presses, upright rows, front raises, biceps curls, leg raises, cable chest presses, chest fly, overhead biceps curls, lateral raises, leg extensions, leg curls, cable hip abduction & adduction, sitting or standing hip abduction & adduction, hammer biceps curls, bent-over rowing, machine rowing, cable rowing, lateral pull-downs, lateral flexion, shoulder presses, reverse fly, cross pulls, shoulder internal rotation, shoulder external rotation and cable crunches
Practicality	Back cushion	Adjustable middle section
Features	Included	Hand/foot straps and biceps curl bar
	Main colour	Black