



REASONS TO OWN A HOME GYM

1 WORK THE ENTIRE BODY WITH ONE MACHINE

Work every major muscle group and smash your workout in half the amount of time.



2 BECOME A VERSATILE ATHLETE

Increase your strength, power and endurance and improve your ability to perform in other sports.

3 TRAIN ON YOUR TERMS

Stay in control of your training schedule, adapt to external factors and train when it suits you.



4 YOUR GYM, YOUR ATMOSPHERE

Do what it takes to motivate you to train. Get creative with your very own training space.

5 VARY YOUR WORKOUTS

Enjoy the freedom to use the environment around you to mix up your training exercises without the confines of the gym room and a load of people around.



7 SET UP AND GO

A one-off simple assembly and you're ready to go. No pack up or pack down, your kit is set-up for each and every workout.

6 INCREASED DETERMINATION

Feel determined to achieve your fitness goals with knowing that you can rely on your gym to be functioning how it should when you go to train.

ADIDAS TRAINING.
NEVER DONE.