

## 1 MACHINE | 100+ EXERCISES

Ideally suited to use in the home or in a commercial setting, the ALLN-1™ Exercise 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 your cardio and Pilates!

Its intelligent design means you can perform over 100 different exercises on one machine. Get a full body workout anytime, anywhere, with the intensity of being at a gym...without having to leave your home.

Length: 48" in  
Height: 33" in  
Weight: 87 lbs.\*



Multiple patents pending.  
\*Some items sold separately.



## TRAINCHANGE FITNESS

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**ALLN-1™**  
**EXERCISE BENCH**

A PRODUCT OF  
TRAINCHANGE FITNESS





## HIIT ROUTINES

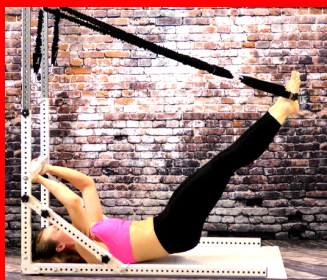
The ALLN-1™ Exercise Bench is specifically designed to allow users to make smooth transitions between exercises during rest periods, while seamlessly incorporating cardio workouts into progressive resistance training to create the ultimate HIIT routines.



## CARDIO TRAINING

The ALLN-1™ Exercise Bench and ALLN-1™ Cardio Slider

attachments allow you to take your cardio training to the max without the high impact damage associated with high intensity cardio training. We've combined three of the best lower body toning simulation exercises: Stair Climbers, Mountain Climbers and Cross Country Skiing, all in one.



## PILATES STUDIO WORK

Developing powerful muscles and cardio stamina is just the start

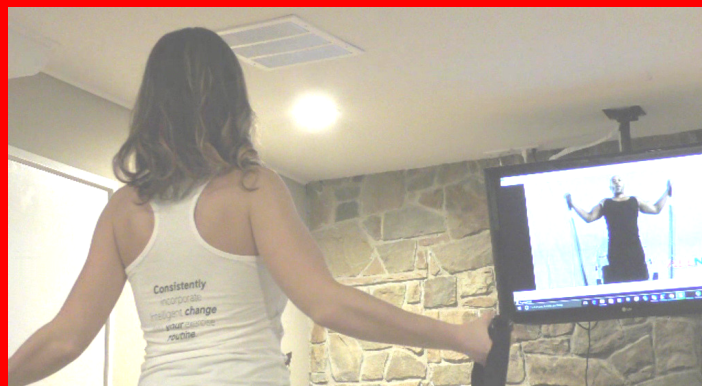
to building an amazing body. ALLN-1™ Pilates attachments are also available that specifically target your core with exercises that elongate muscles by improving flexibility, while focusing your mind to address postural imbalances...for a true total body workout.

START OFFERING LIVE-VIRTUAL

## KEEPING YOU MOTIVATED

One of the requirements, and challenges to following a fitness routine is the need for consistency. It can be best friend and worst enemy. However, the ALLN-1™ easily adjusts according to your fitness goals and ever changing fitness level. Use can use a your body weight, free weights, fitness or combination of them all create new new and interesting workout routines to keep you motivated on your fitness journey.

You can even incorporate new modalities like the ALLN-1 Cardio™ and ALLN-1™ Pilate's attachments, along with our VRS (Variable Resistance Suspension) Bands™ to ensure you're always able to challenge, and take your training to new levels to ensure you're always staying on track to reach your fitness goal.



## Virtual Personal Training

If you're currently a certified personal trainer you can join our Virtual Personal Trainer program to purchase ALLN-1™ Exercise Benches at a discounted price, then resell them to your clients as part of your own virtual training package. It's that simple. And if you need additional assistance, we can even provide you with client referrals and a virtual fitness studio.

Join Here: [TrainChange.com/VPT](https://TrainChange.com/VPT)



Starting at Just \$389!

- 30 Day Money Back Guarantee

- 3 Year Warranty

- Portable

- 89 lbs.

- Affordable

- 12 Gauge Commercial Grade Steel

- Home and Studio Models Available

