

Proform Dual Trainer



Rating: Not Rated Yet

Price:

Variant price modifier:

RM 4558

Price with discount: RM 3,698.00

RM 3,698.00

RM 4,558.00

RM -860.00

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Description

Low-impact, cardio training with the recumbent bike and rower in 1—we introduce the ProForm Dual Trainer. Develop strength and flexibility with 20 digital resistance levels. And the 24 smart workouts help you blast through calories and improve form and performance—each specially designed by a certified personal trainer. Great for injury prevention, rehabilitation and cross training, the Dual Trainer brings you a proven total body workout.

EXCLUSIVE FEATURES & BENEFITS



BIKE & ROWER IN ONE

Work your legs, core, back, and arms all at the same time with the Dual Trainer Bike/Rower. Easily transition between a recumbent bike and rower with the adjustable console, pedals, and seat.



24 SMART WORKOUTS

Take your cross training to the max with 24 smart workouts. Select from 12 calorie-burning and 12 performance programs to get your body stronger and fitter. Each workout was designed by a certified personal trainer with your goals in mind.



SPACE SAVER® DESIGN

Fold it up and walk away—in one easy step. With our SpaceSaver® design you free up precious floor space in seconds. Because when you're done, you're done.



20 RESISTANCE LEVELS

Start light and progress to heavy resistance with over 20 levels. The Dual Trainer is with you every step of your fitness journey—ready to push you to a new definition of fit.



ADJUSTABLE LARGE PADDED SEAT

Work out in comfort with this cushioned seat. Adjust it to find the perfect fit.



TARGET PACER

The built-in target pacer keeps you on track with an indicator light telling you when to speed up or slow down. You set the pace based on your desired fitness goals. See your performance displayed on the easy-to-read LCD monitor.

SPECIFICATIONS

Console	LCD Monitor/Speed/Time/Distance/RPM/Calories Burned
Resistance Level	20 Resistance Levels
Flywheel	Inertia-Enhanced Flywheel
Programmes	24 Performance Programmes
Handle	Soft Touch Ergonomic Handle
Leveling Feet	Yes and adjustable
Transport Wheels	Front Mounted Wheels
Maximum User Weight	158KG / 350lbs
Product Dimension (L x W x H)	38.3" x 20.50" x 79.2"
Added Features	Footrests with adjustable straps/Adjustable large padded seat/Aluminum seat rail

Downloads

[Proform Dual Trainer Brochure](#)