



## TOTAL TRAINING TOWER BOC-T3

### Bodyweight Training

- Pull ups - the complete chin bar allows for every hand grips position
- Dips - the comfortable, oversized dip handles are angled for variety of workout positions
- Push ups - another comfortable, oversized set of handles at the bottom
- Reverse dips - using the lower set of handles, feet on the floor, or on the stability ball
- Reverse hyper-extensions - using the stability ball in its holder

### Core Training

- Hanging knee raises - extra wide ab slings are adjustable up & down, and front-to-back for your comfort and ability level
- Self supported knee raises - perform leg raises while supporting yourself on the dip handles
- Oblique raises - the dip handles fold up so you can raise your knees to the side, or twist
- Planks - at a variety of angles using different combinations of stability ball and lower handles
- Stability ball crunches - remove the 55 cm anti-burst stability ball from its holder
- Oblique twists with power band - attach a power band to the mid-hook twists and wood chops

Overall Weight	Width	Length	Height
114 lbs.	45"	47"	83"

#### FEATURES AND SPECIFICATIONS

**Ab Slings:** Padded and 8 inches wide for comfortable support. Adjustable both in height and front-to-back to fit your body and fit levels

**Stability Ball:** Anti-burst, 55 cm

**Power Bands:** Top quality latex. Three sets with incrementally higher resistance

**Stability Ball Training Exercises:** Trunk Curls, back extensions, reverse curls, squats against a wall, power band exercises while sitting on stability ball and stretchings

**Power Band Training Exercises:** Pressing exercises at any angle, pulling exercises at any angle, leg lifts,

extensions, and curls, full body exercises such as lunges or squats, power bands can be used to assist dips or pull ups

**T3 Includes** Exercise poster, 3 sets of progressive resistance power bands, 55 cm anti-burst stability ball and adjustable hanging ab slings

**Mounting:** Built-in mounting holes to secure to floor for advanced exercises

**Warranty:** 10 years frame, 2 years parts and 90 days power bands, stability ball, ab slings