

The background is a blurred image of a gym with various exercise machines. A semi-transparent blue overlay covers the entire image. On the left side, there are decorative green wavy lines composed of small dots, curving upwards and towards the center.

MILON Q ZIRKEL

Kraft-Ausdauer-Zirkel 2

ZIRKEL

KRAFT-AUSDAUER 2

Zeit für Variation: Diese Abwandlung des klassischen Kraft-Ausdauer-Zirkels bietet neue Trainings- und Belastungsreize.

So geht nachhaltige Motivation!

Sechs Kraft-Geräte und sechs Cardio-Geräte sorgen für ein effektives Ganzkörpertraining in nur 17,5 Minuten.

Diese Zirkelkonstellation eignet sich optimal, um Trainierenden neue Trainingsreize und konstante Fortschritte zu bieten oder Neukunden anzusprechen.



Maße  Gewicht  Bodenfläche  Wlan 

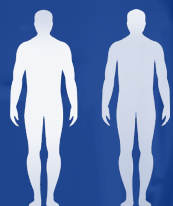
Medizinproduktgesetz  TÜV Rheinland  Lan 



EINZELGERÄTE



3 x Q Crosstrainer



Beanspruchte Muskulatur:

Herz-Kreislauf-System



1,78 x 0,56 x 1,63m



110kg



1,00m²



1 x Q Butterfly Reverse



Beanspruchte Muskulatur:

Rücken- und Deltamuskulatur
(m. deltoideus pars spinalis)



1,74 x 0,72 x 1,5m



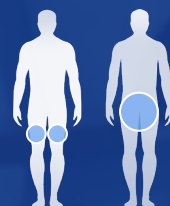
215kg



1,22m²



1 x Q Leg Press



Beanspruchte Muskulatur:

Bein- und Gesäßmuskulatur
(m. quadriceps femoris, m. gluteus maximus, m. biceps femoris)



2,37 x 1,14 x 1,27m



370kg



2,70m²



1 x Q Rotator



Beanspruchte Muskulatur:

Rumpf- und Bauchmuskeln (m. transversus abdominis, m. obliquus externus/internus abdominis)



1,52 x 0,78 x 1,3m



196kg



1,25m²





3 x Q Bike



Beanspruchte Muskulatur:

Herz-Kreislauf-System



1,22 x 0,57 x 1,29m



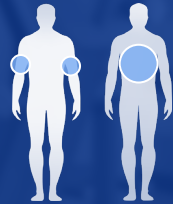
88kg



0,70m²



1 x Q Lat Pulldown



Beanspruchte Muskulatur:

Rückenmuskel und Bizeps
(m. latissimus dorsi, m. biceps brachii)



1,98 x 1,09 x 1,54m



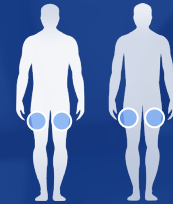
290kg



2,16m²



1 x Q Abductor



Beanspruchte Muskulatur:

Oberschenkel
(m. gluteus maximus, m. gluteus minimus, m. piri-formis, m. tensor fasciae latae)



1,52 x 1,42 x 1,18m



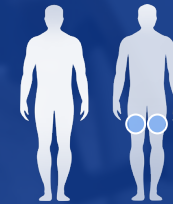
205kg



1,19m²



1 x Q Adductor



Beanspruchte Muskulatur:

Oberschenkeladduktoren (m. adductor longus, m. adductor brevis, m. adductor magnus, m. adductor minimus, m. pectineus, m. gracilis)



1,52 x 1,42 x 1,18m



205kg



1,19m²



FARBVARIANTEN

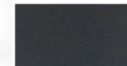


RAHMEN



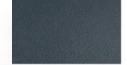
Dark Iron

GEHÄUSE



Anthracite

POLSTER



Anthracite



RAHMEN



Dark Iron

GEHÄUSE



Anthracite

POLSTER



Ruby Red

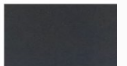


RAHMEN



Dark Iron

GEHÄUSE



Anthracite

POLSTER



Sepia Brown

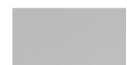


RAHMEN



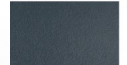
Dark Iron

GEHÄUSE



Silver

POLSTER



Anthracite

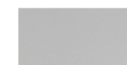


RAHMEN



Dark Iron

GEHÄUSE



Silver

POLSTER



Ruby Red

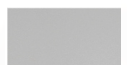


RAHMEN



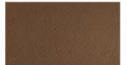
Dark Iron

GEHÄUSE



Silver

POLSTER



Sepia Brown



INSPIRATION

