

# Adapt Cable Trainer Pack

SKU: MP37166



Categories: [Exercise & Fitness Equipments](#)

## Short Description:

The Adapt Cable Trainer delivers a full body and highly adaptable workout from the comfort of your own home. With over 50 exercises and over a 100 workout combinations the Cable Trainer enables a full body training experience.

## Description

[vc\_row full\_width="stretch\_row\_content\_no\_spaces" content\_placement="middle"] [vc\_column] [vc\_column] [vc\_row] [vc\_row content\_placement="middle"] [vc\_column] [vc\_column\_text]

## Adapt Cable Trainer

The Adapt Cable Trainer delivers a full body and highly adaptable workout from the comfort of your own home. With over 50 exercises and over a 100 workout combinations the Cable Trainer enables a full body training experience.

The Cable Trainer delivers a smooth and constant weight each and every rep to maximise your workouts. Providing resistance in this way gives you a muscle toning experience that produces better long term results.

[vc\_column\_text] [vc\_column] [vc\_row] [vc\_row] [vc\_column] [vc\_row\_inner

content\_placement="middle"] [vc\_column\_inner width="1/2"] [vc\_column\_text css\_animation="fadeIn"]



## TOTAL BODY WORKOUTS

Versatile workouts and 6 levels of resistance designed to define and tone lean muscle



[/vc\_column\_text][vc\_column\_inner][vc\_column\_inner width="1/2"]

## CORE STRENGTH + STABILITY

Train your core to improve physical performance for a more capable you

[/vc\_column\_text][vc\_column\_inner][vc\_row\_inner][vc\_column\_inner inner content\_placement="middle"]



width="1/2"]

## IMPROVE PILATES AND YOGA

Boost your existing workouts with strengthening range and mobility movements



[/vc\_column\_text][vc\_column\_inner][vc\_column\_inner width="1/2"]

## CARDIO FITNESS TRAINING

Improve your heart health through dynamic movement and training tempo

[/vc\_column\_text][vc\_column\_inner][vc\_row\_inner][vc\_column\_inner inner content\_placement="middle"]



width="1/2"]

## REHAB + INJURY PREVENTION

Restore your physicality and perform your specialist programs and exercises

[/vc\_column\_text][vc\_column\_inner][vc\_column\_inner width="1/2"]

css\_animation="fadeIn"[/vc\_column\_inner][vc\_row\_inner][vc\_column][vc\_row][vc\_row full\_width="stretch\_row\_content\_no\_spaces" content\_placement="middle"]

width="1/2"]

css\_animation="fadeIn"[/vc\_column][vc\_column width="1/2"]