



BRT5088 TRIO TRAINER FAQ

For live and prompt assistance, feel free to contact and/or direct customer calls to our dedicated Customer Care Team toll-free at (888) 266-6789 (Monday thru Friday: 9 AM – 5 PM Pacific).

1. What does the assembly process look like?

The assembly process should take about 45 minutes to 1.5 hours. An easy-to-follow assembly video is available to help guide you through the process.

Link: <https://www.leisahart.com/trio-trainer-workouts-assembly>

Scan QR Code:



2. My package seems to be missing parts. What should I do?

For direct assistance with this, please contact our Southern California based manufacturer's customer service toll-free number directly at (888) 266-6789 between the hours of 9:00 AM and 5:00 PM (Pacific).

3. What is the Trio-Trainer®?

The Trio-Trainer® is a patented exercise machine which combines all three functions: Elliptical Trainer, Upright Stationary Bike and Recumbent Bike into one machine. Its effective design serves to maximize your home space, your time, and daily habits in the journey of health and wellness!

4. Are there any preset programs on the computer?

There are no preset programs, but the resistance levels can be adjusted by turning the adjustment knob. The focus of our design is to bring benefits to your health and body, and we designed the features of this Trio-Trainer® to be helpful and effective. This means making the computer easy to use, read, and understand. We opted to keep it simple with the core basics: tracking important functions such as Time, Speed, Calories, Distance and Heart Rate.

5. Is this a good exercise machine to put in my home?

Definitely yes! Because the Trio-Trainer® combines three of the most popular machines in fitness and gyms into one streamlined footprint, we definitely recommend this for your consideration as a tool in your exercise routine. If you live in an apartment or have set aside space for equipment in your home, the Trio-Trainer® maximizes your space and your time.

6. Is this a good exercise machine option for seniors?

Yes! The Trio-Trainer® offers safe and total versatility for all fitness levels and all fitness goals. It is friendly to use, and one can work at their own pace, their own level with this machine.

7. What is the user height range for this machine?

To enjoy all three modes in a comfortable position, we recommend a user height range between 4'11" to 6'2". With a user height of 4'9" to 4'11", you will be able to enjoy both the Elliptical mode (standing) and Upright Stationary bike mode (seated) functions comfortably when engaging in exercise movement, and, be able to transition between these two modes easily by simply changing your body position from standing to seated (you would not have to adjust the machine itself to switch between modes). The third mode, Recumbent bike mode (also seated) will likely require extension of the legs to be able to reach the foot pedals which may not be an optimal riding configuration.

8. Does this Trio-Trainer® require a lot of maintenance?

The Trio-Trainer® is designed for easy care and minimal maintenance. We recommend checking to re-tighten nuts and bolts that may naturally loosen from exercise usage. The Owner's Manual offers easy safety and care instructions as well.

9. Is it safe to use this Trio-Trainer® if I exceed the weight limit?

For comfort and safety, we do not recommend a user weight that exceeds the maximum recommended weight of 275 lbs.