

MICRO

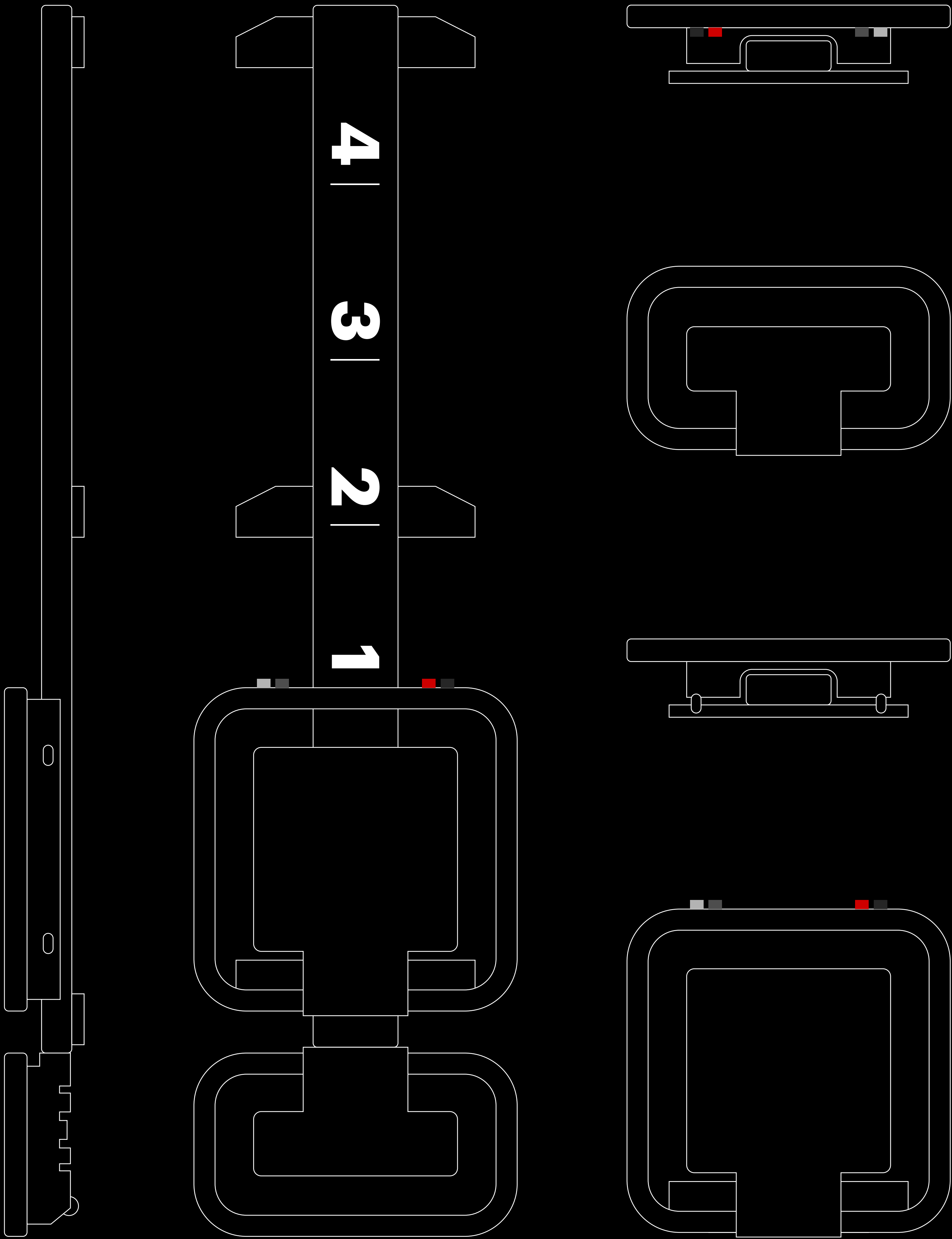
PROMO



INTRO

THE MICRO — PRACTICALITY BEYOND EVERYTHING

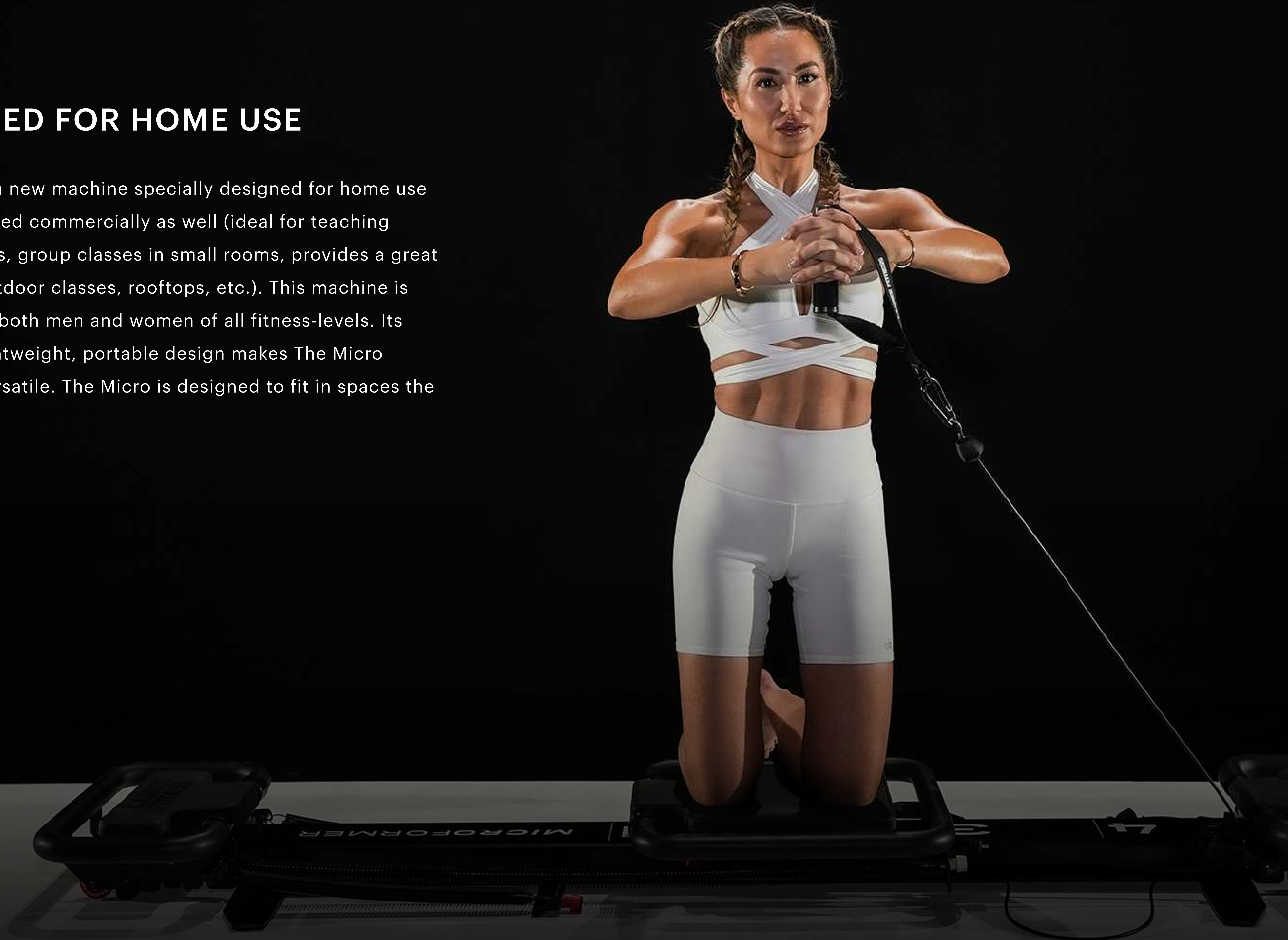
The Micro's inception began in 2019, a year before the pandemic put a spotlight on home workouts, virtual fitness classes, and making health and wellness a larger priority for gym rats and couch potatoes alike. The 2020 launch of the Micro came at a time when the world needed it most. Home workouts are here to stay. And so is the Micro.



INTRO

DESIGNED FOR HOME USE

The Micro is a new machine specially designed for home use but can be used commercially as well (ideal for teaching virtual classes, group classes in small rooms, provides a great option for outdoor classes, rooftops, etc.). This machine is designed for both men and women of all fitness-levels. Its compact, lightweight, portable design makes The Micro incredibly versatile. The Micro is designed to fit in spaces the Mega can't.



DIMENSIONS

THE MICRO: NUMBERS

The Micro was designed to go wherever the Megaformer can't. While the Megaformer weighs in at a husky 181 kg, the Micro boasts a light 23 kg weight. In addition, the Micro is half the length and width of the Megaformer, making it the perfect machine for at-home training.

181 cm

LONG

47 cm

WIDE

27 kg

WEIGHT

4

SPRINGS

FEATURES

LOW-IMPACT. HIGH-INTENSITY

Like the Megaformer, the Evo, and the Mini, the Micro delivers low-impact, high-intensity, full-body workouts for users of all fitness levels. This incredible machine builds cardio endurance, muscular strength, muscular endurance, core strength, and improves both balance and flexibility. Meet the Micro, the machine that will transform any body composition.

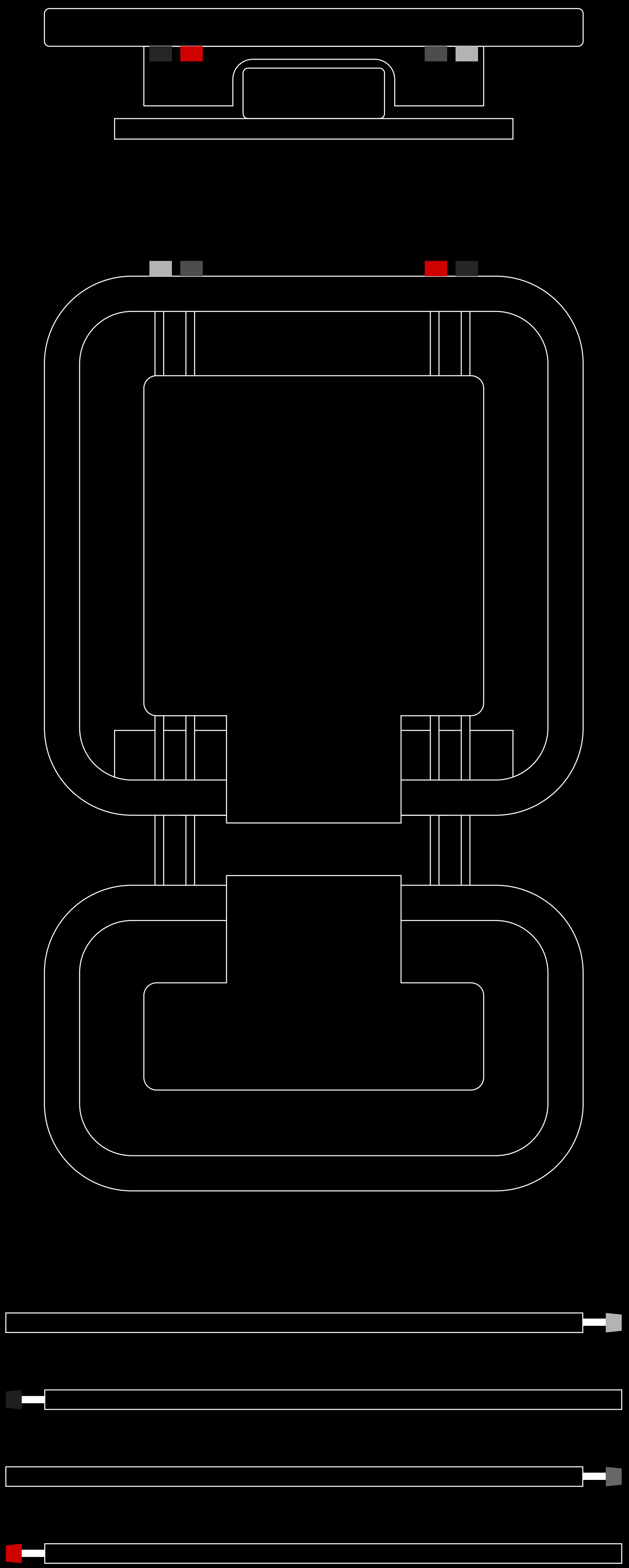


FEATURES

SPRINGS

There are four springs on the Micro. One Heavy (Red), one Light (Black), one Very Light (White), and Medium (Grey). Overall, the tension is similar to that of the Mega.

- super light
- light
- medium
- heavy



FEATURES

ADVANCED MOVES

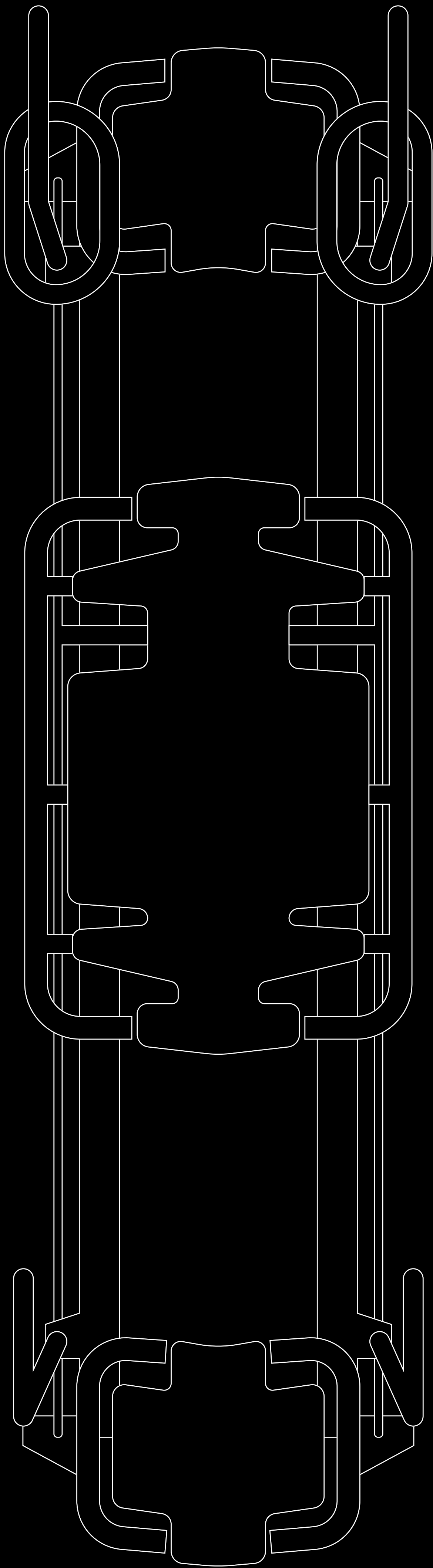
Because of its small height, the Micro lets you integrate many floor exercises not possible on the Mega and gives you a greater range of motion than the Mega. The Micro can accommodate people up to 203 cm which cannot be accomplished on the Mega.



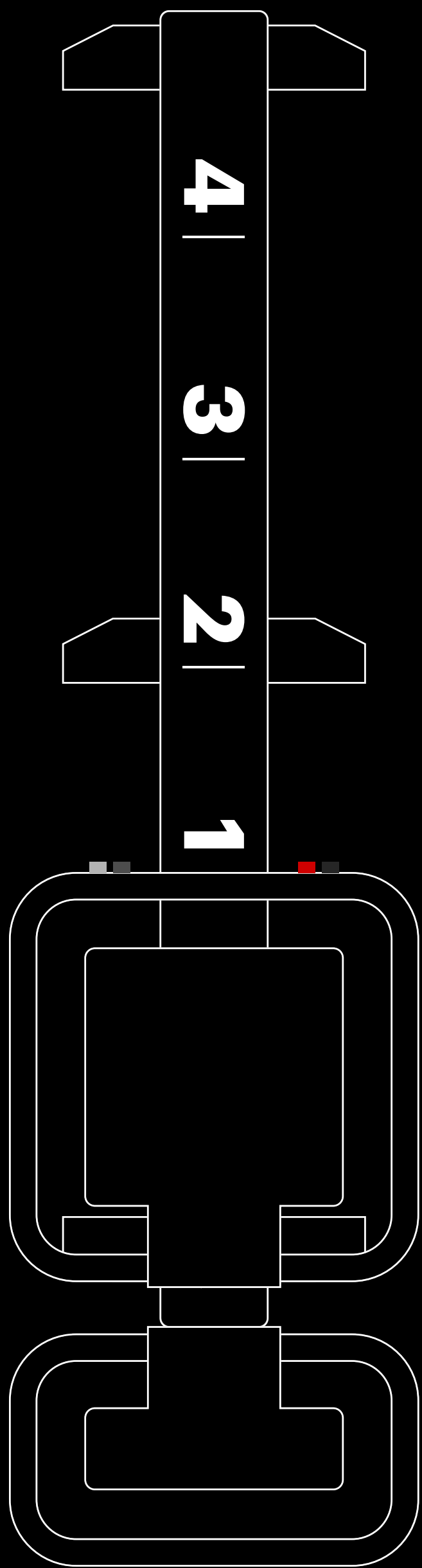
FEATURES

MAXIMIZE ROOM CAPACITY IN A LAGREE STUDIO

Due to the Micro's compact size, Lagree studio owners can fit twice as many Micros as Megaformers in the same room, doubling the class size for less than half the cost of a Megaformer. Not only does a studio of Micros make room for more participants, but it doubles the profit of each class!



THE MEGA M3K



THE MICRO: BASE UNIT

FEATURES

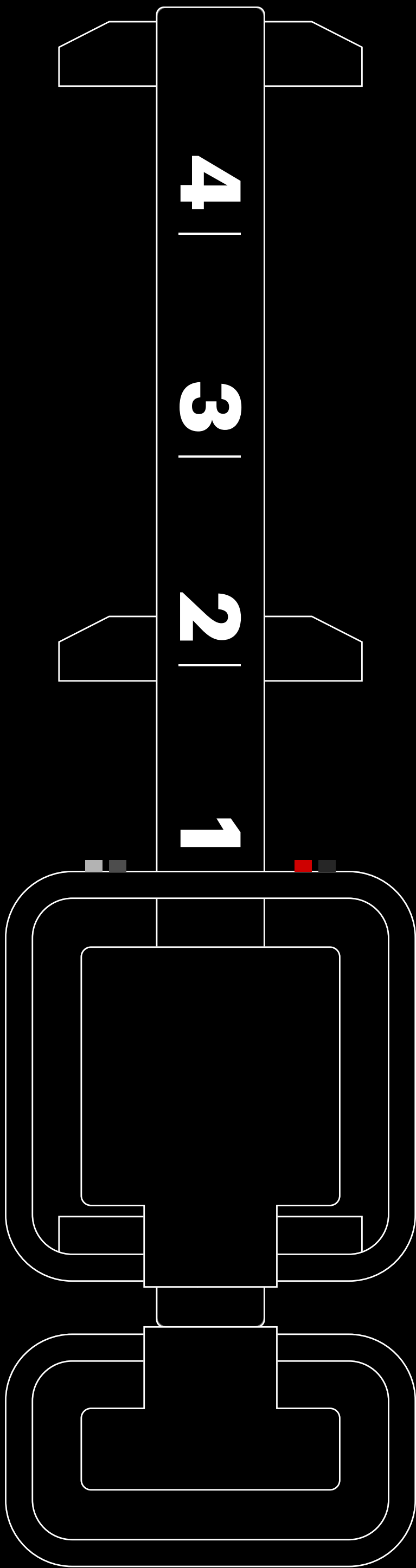
THE MICRO-ROW

Lagree Fitness is revolutionizing the fitness industry once again with the first of it's kind machine to combine our Microformer with a built in Rower created for home or anywhere! Using the same spring systems it keeps the workout low impact and allows you to go from rowing to Lagree moves interchangeably for the ultimate cross training experience. The Rower will be compatible as an add on to existing Micros!



CONFIGURATIONS

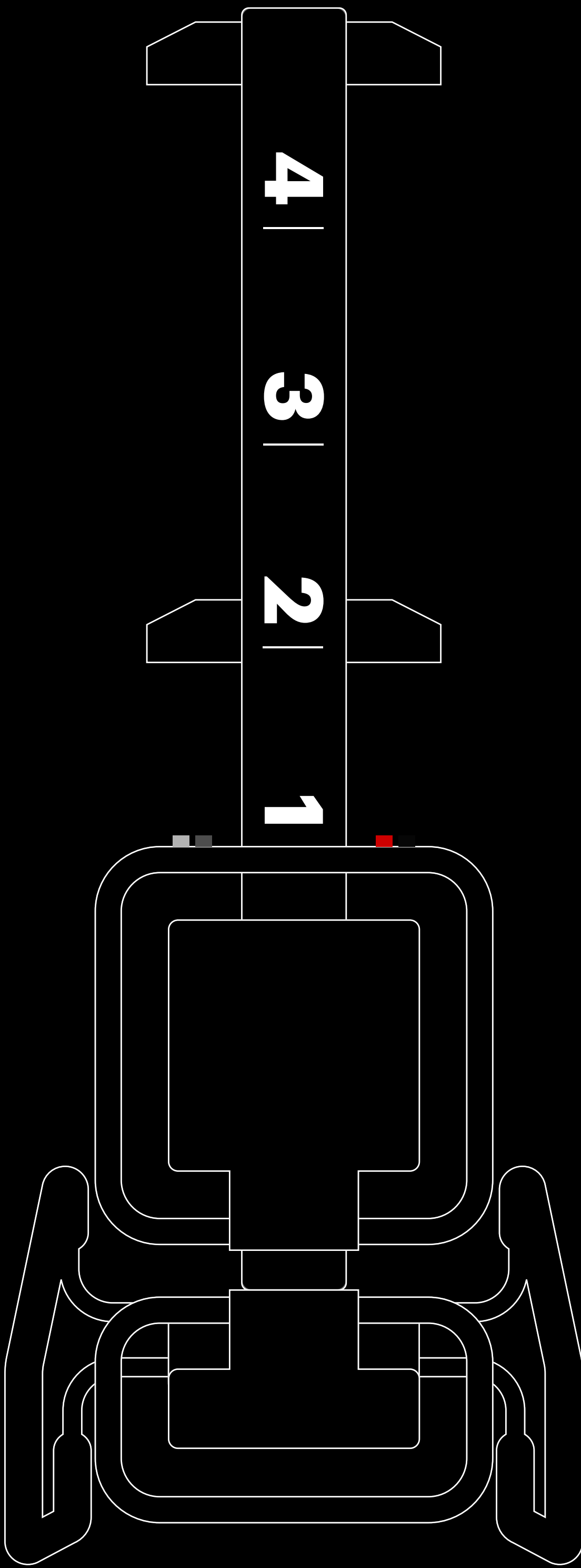
MICRO #1
\$990



LENGTH: 181 cm, WIDTH: 47 cm

BASE UNIT

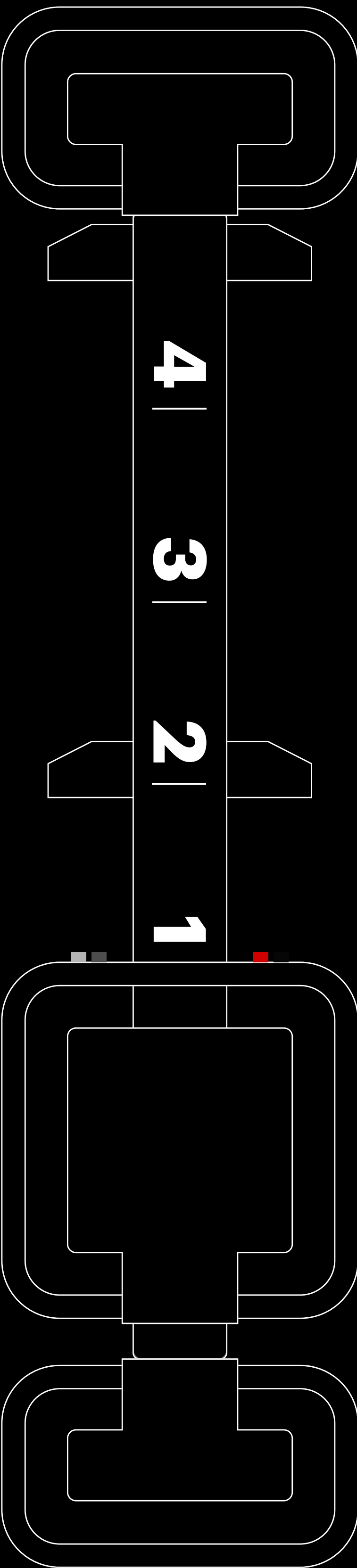
MICRO #2
\$1180



LENGTH: 181 cm, WIDTH: 60 cm

BASE UNIT
FRONT HANDLES

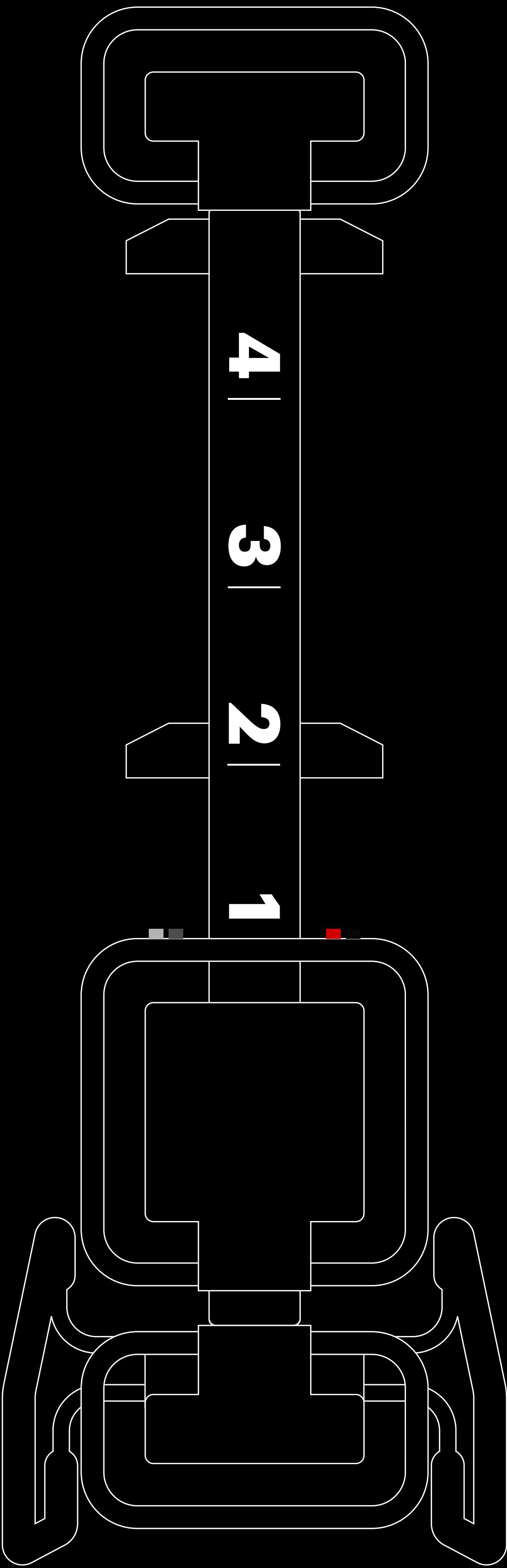
MICRO #3
\$1280



LENGTH: 206 cm, WIDTH: 47 cm

BASE UNIT
REAR PLATFORM

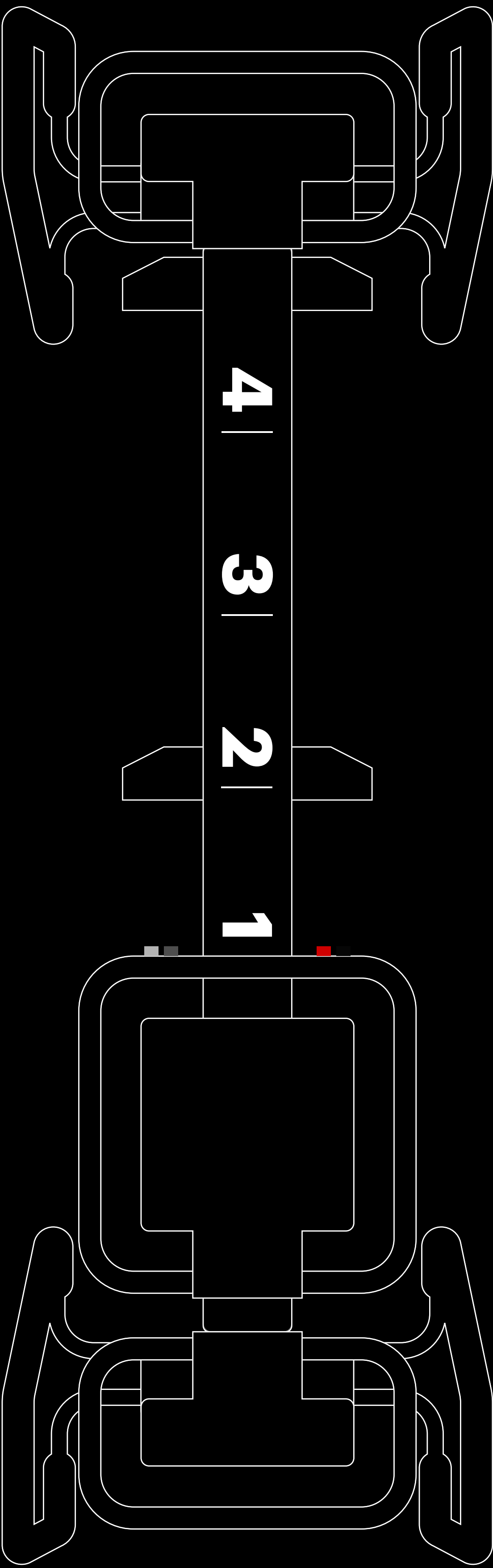
MICRO #4
\$1470



LENGTH: 206 cm, WIDTH: 60 cm

BASE UNIT
FRONT HANDLES
REAR PLATFORM

MICRO #5
\$1660



LENGTH: 206 cm, WIDTH: 60 cm

BASE UNIT
FRONT HANDLES
REAR HANDLES
REAR PLATFORM

FEATURES

HANDLES OPTIONAL

The Micro by Lagree Fitness offers specific handles designed to enhance your workout experience. These handlebars are designed to amplify your Lagree workout.

\$190



FEATURES

REAR PLATFORM OPTIONAL

The Micro rear platform is an accessory designed to enhance your Lagree workout experience on the Micro machine. It provides additional support and versatility for various exercises.

\$290



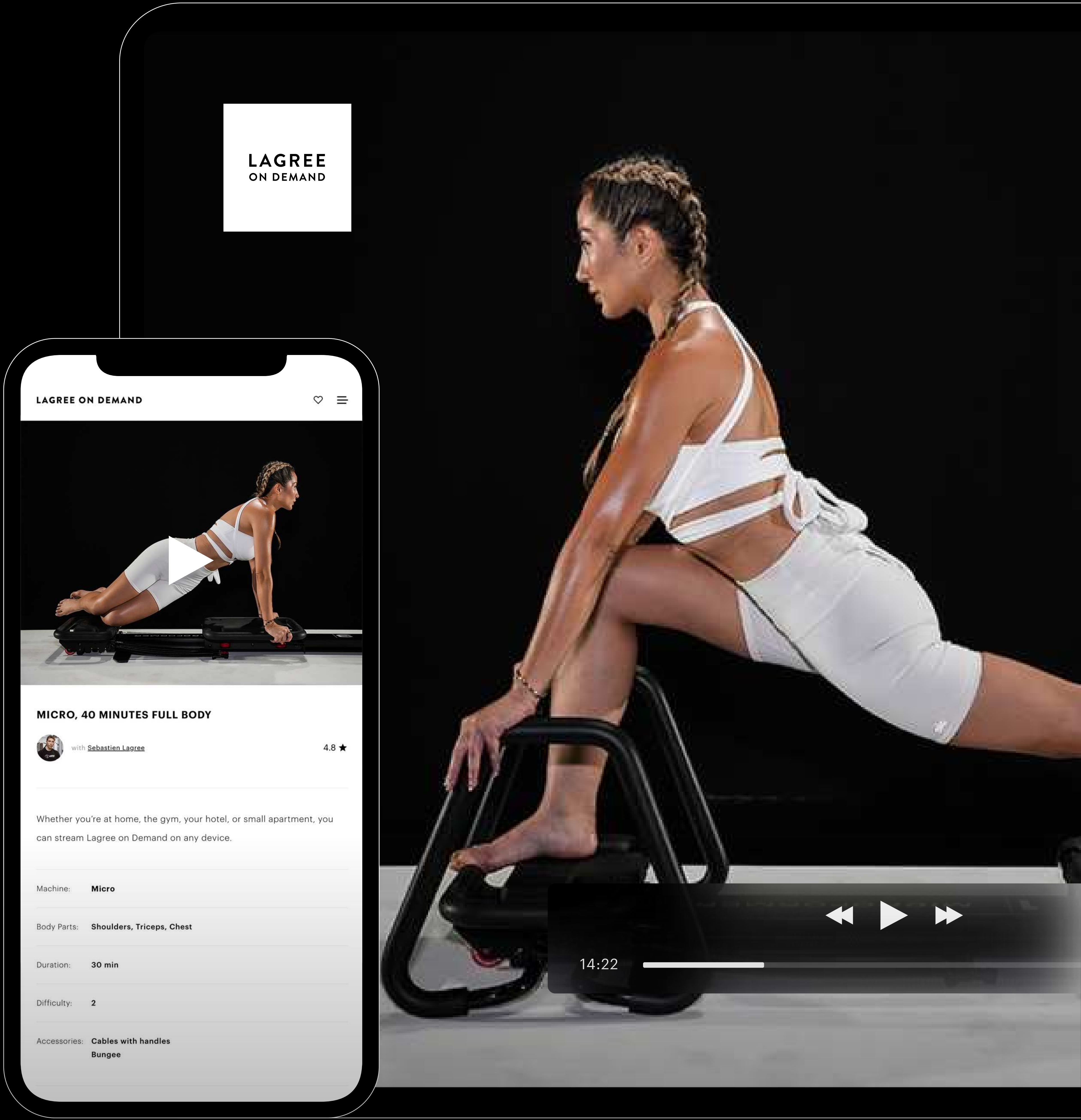
MICRO VS MICRO PRO

	MICRO	MICRO PRO
A FLIP-UP FRONT PLATFORM		
CARRIAGE WITH A FLIP UP PLATFORM		
SPRINGS	4 springs	4 springs
RUBBERIZED STEEL CABLES		
HANDLES FOR THE RUBBERIZED STEEL CABLES		
LENGTH	181 cm	198 cm
WIDTH	47 cm	47 cm
HEIGHT	14 cm	15 cm
WEIGHT	23 kg	47 kg
CARRIAGE SIZE	L 51 cm X W 47 cm	L 48 cm X W 46 cm
FOOTPRINT	0.84 m²	0.93 m²

THE MICRO CLASSES

LAGREE ON DEMAND

Lagree’s on demand platform features live events, endless Micro workouts taught by Master Lagree Trainers, and so much more. Take your workout to your at-home gym, on vacation, or anywhere you and your Micro dare to go. Now, you’ll never miss a workout or the Lagree Shakes.



INTERESTED?

BUY THE MICRO

Lagree Shop can ship equipment throughout the United States and internationally. Check our website for more information.

*Monthly payment may vary and determined by Affirm

