



# Low Stress Plant Trainer



DIY.Mushroom.Tek

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## Summary

### Low Stress Plant Trainer

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**Tags:** [plant](#) [cannabis](#) [plantholder](#) [growth](#) [plantweight](#)  
[planttrainer](#) [plantshaper](#) [growthdirector](#) [weightadapter](#)  
[plantfastener](#)

This design is part of my Plant Grow Tent Project:

<https://www.printables.com/de/model/968800-400-grow-tent-for-plants-overview>

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This low-strain plant trainer is designed for use with strings or weights.

I pair it with my PlantWeight Trainer (<https://www.thingiverse.com/thing:6705838>) for optimal results. I hope you enjoy the design and find it helpful for your growing journey.

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Change Log:

Update 2024-07-30: Added a bigger 50 mm hanger

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Happy Growing!

## Model files



2024-07-26-plantbender\_40mm.stl



2024-07-26-plantbender\_50mm.stl

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