

Power Rack

- Thirteen racking positions spaced 4" (10 cm) apart
- Laser engraved position indicators
- Bar catches and adjustable bar stops with UHMW protection
- Standard swing-away spotter platforms with 10 positions spaced 2" (5 cm) apart
- Optional platform not included



Half Rack

- 6' x 8' platform with insert
- Multi-layer construction with center section of red oak top layer with tongue and groove construction and polyurethane top coat
- 3/4" rubber flooring outer sections



Half/Half Combo Rack

- Dual linear bearing track system with foot release ensures easy positioning
- 24 horizontal adjustments spaced 1" (2.5 cm) to accommodate a wide range of athlete sizes; 9 vertical adjustments spaced 1" (2.5 cm) provide for progression and athlete fit
- Knee pad helps to simplify setup and provide security
- Angled ankle rollers provide for easy foot placement and fit
- Footplate mounted handles allow for anchoring for use as a reverse hyper-extension
- Band attachments provide for the use of bands for added resistance in reverse hyper-extension movements



Bench

- 6' x 8' platform with insert
- Multi-layer construction with center section of red oak top layer with tongue and groove construction and polyurethane top coat
- 3/4" rubber flooring outer sections
- Provides platform area for both sides of the Combo Rack

