

THE ULTIMATE POWER RACK FOR ELITE ATHLETES

Developed for training athletes, this power rack combines the versatility of numerous exercises with the simplicity of one station. Olympic lifting and weightlifting can now be done in the same place on one rack. Designed to accommodate multiple users, this rack is perfect for teams short on space and time.

This unique design is one-of-a-kind. It's the ultimate training tool brought to you by FreeMotion Fitness.



 **FREEMOTION™**

THE ULTIMATE POWER RACK[®] FOR ELITE ATHLETES

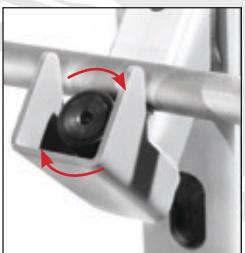
● MULTIPLE USER STATIONS

Olympic lifting and weightlifting can now be done in the same place on one rack. Designed to accommodate multiple users, this rack is perfect for teams short on space and time.



● ADJUSTABLE WEIGHT CRUTCHES

These weight crutches adjust to various settings to accommodate specific exercises and users of different heights. The customized training offers better results in every workout. Unlike any other available weight training unit, these weight crutches feature rubber roller wheels (crutch rolls) to easily center weight during each workout. These roller wheels also help avoid wear and tear on the Olympic weight bars.

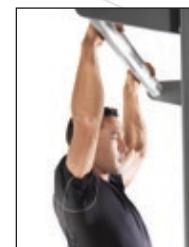


FEATURES:



● ADJUSTABLE PULL-UP STATION

Perform the perfect pull-up! Quickly adjust the pins to fit your needs for a narrow or wide pull-up. By changing the angle of your hands, you can target any muscle group.



● WIDE GRIP PULL-UP STATION

Strengthen your upper back with the Wide Grip Pull-Up Station. This bar is knurled for better hand stability. The large diameter of the bar will help you improve your grip for other exercises and sport-related activities.



● STANDARD PULL-UP BAR

Target your lats, biceps and forearms with this standard pull-up bar. Adjust the distance of your grip to focus on different muscle groups and get great results fast.



● REMOVABLE DIP STATION

Increase your upper-body strength with this adjustable dip station. Conveniently slide it on the upright to select the correct height adjustment. The dip station is also removable for added space.



● WEIGHT SUPPORTS

Keep heavy weight off the floor with these convenient weight supports. Rest the bar on the supports for ease of use. Ideal for power clean movements.

● INTEGRATED ADJUSTABLE WEIGHT BENCH

Offering multiple angles and settings, this bench will accommodate any exercise or workout you have in mind. Easily adjust the ten bench settings and the five seat settings to find the right fit for you. This bench is also removable. Quickly roll it in or out of the rack with the convenient portability wheels. Also attaches to spotter station to lock in place.

 **FREEMOTION™**



● SLIDING PULLEY RESISTANCE

Power lifting bands attach to the sliding pulleys on both sides to add additional resistance and enhance stability training. Attach the bands to the end of the weightlifting bars for squats, bench presses, dead lifts and more!

● SAFETY SPOTTER BAR

Designed to assist you in lifting weights, these safety spotter bars will help you prevent injury during your workout. Select the quick 4" adjustment or the full height adjustment based on the exercise movement or move anywhere on the upright.

● SPOTTING PLATFORMS

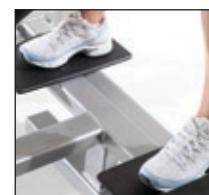
Increase your weightlifting safety with these convenient, built-in spotting platforms. Now your spotter can have a step up to spot heavy weight.

● PLYO BOXES

Plyo boxes are essential for speed and explosive jump training. Using your body weight and gravity, Plyometrics will help you build muscle and tone your body. Plyo boxes can also be used for weighted step ups and reverse lunges. Two plyo boxes are included measuring 18" and 21". Each box hooks into the spotter station for increased stability.

● WEIGHT PLATE STORAGE RACKS

Store multiple weight plates on the convenient racks built-in to the back of the unit. Also stores 2 olympic bars.



Height: 9'4"

User Weight Capacity: 400 lbs.

Loaded Weight Capacity: 495 lb