

# FOLDABLE POWER RACK



## PRODUCT FEATURES

The rack is designed for a full-body workout when used with a barbell and weight plates. It has the ability to be used for bench press, overhead press, squats, and more. It also comes with a pull-up bar and dip station to hit your back, biceps, and triceps. Additionally, it has high and low cable pulleys (with lat pulldown and curl bar attachments), excellent for a range of exercises, including lat pulldowns, tricep extensions, bicep curls, and lateral raises.

The rack comes with pegs for resistance bands, landmine attachment, dip attachment, 8 plate storages, 2 bar storages, 2 pairs of J-Hooks, and 2 Safety Spotter arms.

2x2, Heavy 12-Gauge Commercial Grade Steel Tubing with 1" holes

## PRODUCT SPECIFICATIONS

|                        |                                |
|------------------------|--------------------------------|
| SKU                    | FPD-GF-FR250                   |
| Dimensions When Open   | L-64.88"   W-66.14"   H-89.21" |
| Dimensions When Folded | L-64.88"   W-32.16"   H-89.21" |