

HALF RACK

JBR - 106A

The Half rack A is a compact and heavy duty multipurpose unit that can be used for various free bar exercises such as squats, shoulder press, bench press etc. It also includes dual grip pull ups and storage for plates, bar and your lifting belt and bands.



Scan Here
to Access the Video

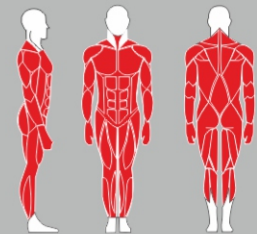
FEATURES

- ◆ **Space-Efficient Design:** Compact frame ideal for home gyms or smaller spaces without compromising functionality.
- ◆ **Versatile Use:** Supports squats, bench presses, shoulder presses, pull-ups, and more.
- ◆ **Safety Enhancements:** Adjustable safety spotters and durable J-hooks for secure and flexible workouts.
- ◆ **Integrated Pull-Up Bar:** Multi-grip pull-up bar for diverse upper-body exercises.
- ◆ **Plate Storage:** Built-in weight plate holders for organized and convenient storage

SPECIFICATIONS

DIMENSIONS:

Length: 68 inches/173 cms
Width: 67 inches/170 cms
Height: 94 inches/239 cms
Weight: 460 lbs/208.8 kg



MUSCLE WORKED: Full Body

COLOURS AVAILABLE: White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.