

## POWER CAGE

JBR - 103

The versatile design offers to perform everything from bench press to squats. The free bar movement allow user to perform the exercise either inside / outside of the cage. Moreover, the power cage offer the multiple positioning of bars and catches are provided for safety.



Scan Here  
to Access the Video

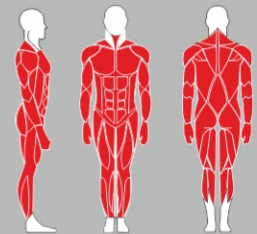
### FEATURES

- ◆ **High Load Capacity:** Engineered to withstand heavy weights for advanced training.
- ◆ **Versatile Use:** Supports squats, bench presses, pull-ups, and more.
- ◆ **Enhanced Safety:** Safety spotters and drop stops for secure lifting.
- ◆ **Pull-Up Bar:** Multi-grip bar for versatile upper body workouts.
- ◆ **Compact Design:** Efficient layout suitable for home gyms and fitness centers.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 64 inches/163 cms  
Width: 86 inches/218 cms  
Height: 90 inches/229 cms  
Weight: 376 lbs/171 kg



**MUSCLE WORKED:** Full Body

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

\*Attachments, Accessories, Weight Plates, Dumbbells & Bars to be Ordered Separately