



# POWER RACK

## FEATURES

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- Adjustable Barbell Hooks - 120kg
- Adjustable Barbell Safety Bars - 120kg
- Band Pegs (Works as weight plate holders) - 50kgs
- Pulley system (Fits 50mm Olympic Weights) - 80kg
- Dip handles - 110kg

## EXERCISES

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- Compound Barbell workouts: Bench Press (Bench required), Squats, Barbell Shrugs, Military Press/Barbell Shoulder and more
- Tons of Cable exercises with a high pulley and a low pulley (Lat pulldown, cable curls, seated rows etc.)
- Band Pegs for resistance bands
- Dip handles for Chest Dip Exercises

## SIZING DETAILS

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### Assembled Size

L: 170 cm  
W: 146 cm  
H: 216 cm

### Packaging Size

L: 123cm L: 212 cm  
W: 45.5 cm W: 30 cm  
H: 16 cm H: 18 cm

### Packaging Weight

Gross: 64 Kg  
Net: 69 Kg

