

# SR1 SQUAT RACK



## FEATURES

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- Heavy Duty Steel Tubing - 50mm x 50mm
- Max. Weight: Adjustable Barbell Hooks - 180kg
- Max. Weight: Adjustable Barbell Safety Bars - 200kg

## EXERCISES

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- Compound Barbell workouts: Bench Press (Bench required), Squats, Barbell Shrugs, Military Press/Barbell Shoulder and more
- Body Weight Exercises: Chest Dips, Vertical knee or Leg Raises

## SIZING DETAILS

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<b>Occupancy Size</b>	187cm x 52cm x 177cm (L x W x H)
<b>Packaging Size</b>	179cm x 27cm x 12cm (L x W x H)
<b>Gross Weight</b>	31kg

