

FREE WEIGHT

F430 POWER RACK



F430

Power Rack

CODE LF430G



DESCRIPTION

This power rack offers everything you need for beginning your strength training adventure featuring an extra wide walk-in design for ease of use.

Adjustable spotter arms for holding weights and safety cross bar arms for doing further exercise. 2 jumbo pins employed for dips, reverse dips, and push-ups enhance durability.

To give this unit a broader application, chin-up bar can be used with bands and accessories, optional attachment such as lat-pull downs with a 200lbs weight stack and cable crossover are all available to enrich your home gym.

- F431 PLATE LOADED LAT & LOW ROW CABLE
- F200 200LB WEIGHT STACK UPGRADE KIT FOR F431
- F432 DIP ATTACHMENT
- F433 EXTRA BAR HOOK SET
- F434 CABLE CROSSOVER
- F435 PLATE RACK OPTION
- F436 CHIN-UP BAR

SPEC

- 2" Spacing between each adjustment point
- Rugged heavy gauge 2" x 3" steel tube

• Dimensions:

F430	131cm (L) x 125cm (W) X 210cm (H)
With F431	162cm (L) x 125cm (W) X 210cm (H)
With F434	197cm (L) x 259cm (W) X 210cm (H)
With F431 & F434	218cm (L) x 259cm (W) X 210cm (H)

BODYCRAFT

FREE WEIGHT



- Quick and easy pop-pin adjustments for hooks and spotters.
- Hooks and spotters topped with high-density rubber, secured with screws to last.
- Engineered and constructed for extreme rigidity.



- 2" Spacing between each adjustment point.
- Precise adjustment to safely and effectively customize your workout.



F431 Plate Loaded Lat/ Low Row Cable Attachment

- High and low pulleys
- 1:1 ratio
- Includes Lat-Pull Bar, Curl/ Row Bar and chain



F200 200 lb Weight Stack Upgrade Kit

- Upgrade from F431 free weight to 200lb pin select weight stack.
- Selector pin included.



F432 DIP Attachment & F433 Bar Catcher

- Can be used for dips, reverse dips, and push-ups.
- Insert in left and right side to serve as a knee hold down for F431 Lat option
- Bar Catcher : Add an extra set of bar catches.



F434 Cable Crossover

- Swivel high and low pulleys.
- 2 : 1 ratio
- Single handles included



F436 Plate Rack

- Features a total of 12 solid chrome Olympic weight holders
- Weight Plate : Adaptable for 30mm center hole.



F438 Chin Up Bar

- Multi-grp positions
- Used with hanging ab straps and bands to enrich your workout.