

These **X-plode PFX-220 Independent Squat Stands** were built with the serious weightlifter in mind. We added both safety bar catches as well as an expandable base and adjustable bar supports. Some users may want to add a bench and make use of the stands for a bench press. Adjust the bar supports to your desired level and then adjust the safety bar catches in case you need safety support. Solid, expandable base with each base covering 400 square Inch of surface. For added safety, do not practice squats alone. Always have a spotter. *Bar not included.*



<b>Weight Capacity</b>	400 lbs (recommended max: 225 lbs)
<b>Assembled Dimensions</b>	50" L x 45" W x 52" H
<b>Max Height</b>	71.5"
<b>Minimum Height</b>	48"
<b>Base Footprint</b>	21" x 19.5"
<b>Bar Support Height</b>	43" to 67" (in 2" increments)
<b>Safety Catch Height</b>	28" to 36" (in 4" increments)

# PFX-220 Squat Rack

