

## **BFPR100**

### **Best Fitness - Power Rack**

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Fire up your workouts on one of the first inventions that allowed weightlifters to workout safely and effectively, the Power Rack! Created several years ago, nearly every gym has one...so why not you? With the wide "walk-in" design there is plenty of side-to-side movement for a variety of exercises such as squats, incline, decline, flat and military presses as well as shrugs and calf raises. Complete with 23 positions, two heat tempered lift-offs and two saber style safety rods so you can keep your exercise routine the way it should be simple and effective.

#### **Special Features**

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- Integrated Chinning Bar
- 2"x2" steel mainframe
- 500lb weight capacity
- Full length safety bars
- Adjustments every 3" for liftoffs and safeties

Dimensions: 83" H x 45"L x 47" W