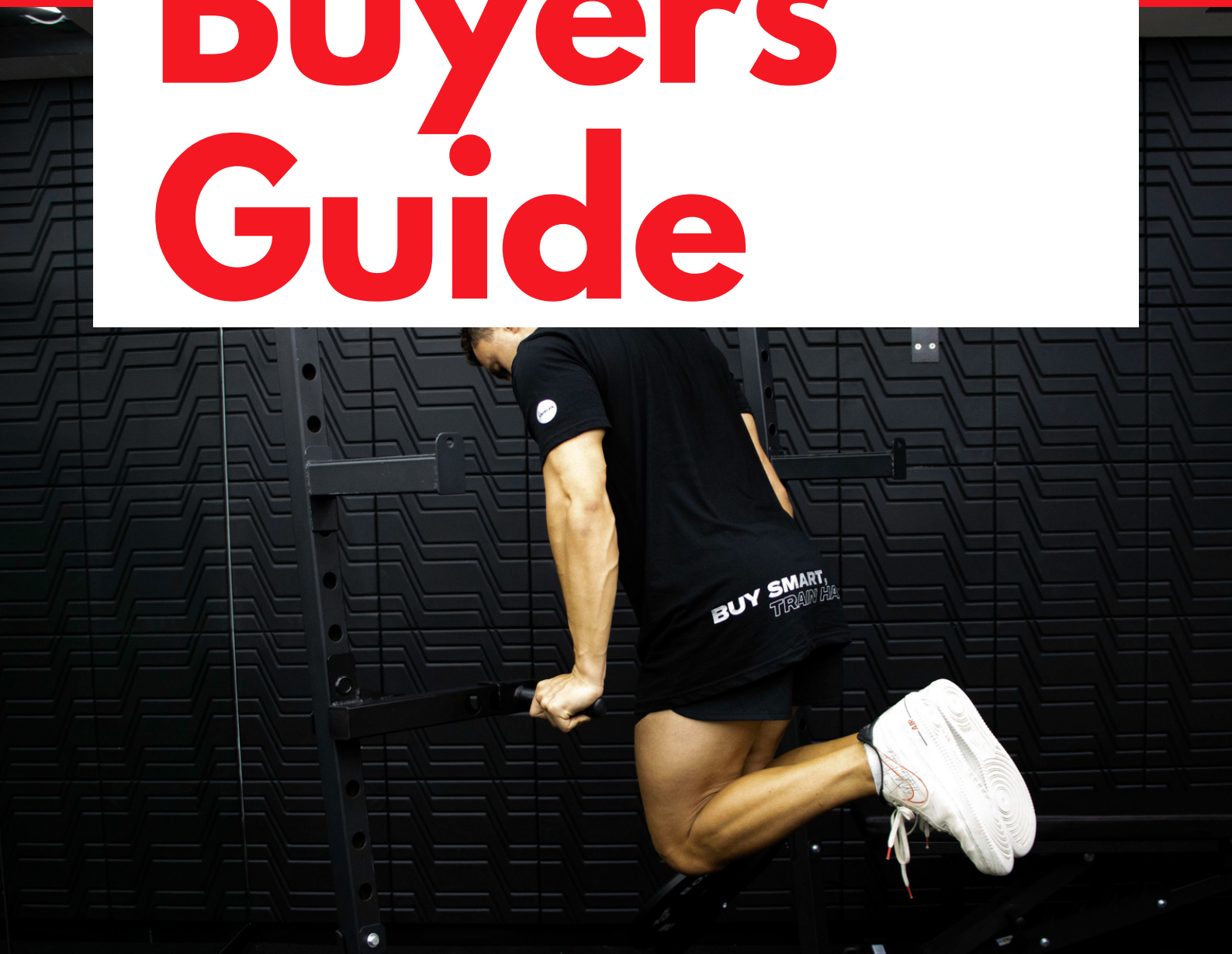


Power Rack Buyers Guide





THIS POWER RACK BUYERS GUIDE WAS CREATED TO HELP OUR CUSTOMERS DETERMINE WHICH RACK IS THE RIGHT FIT FOR THEIR GYM.

RACK ANATOMY

First things first, you need to understand each of the foundational components to your lifting set-up. As you can see from the diagram below most our racks, rigs and cages will feature uprights, a lifting area, j-hooks, spotter arms, and a base. Majority will also include some sort of pull up bar for some added variety.



TYPES OF RACKS

POWER RACKS

Power racks are easily identifiable by their four upright posts. Often referred to as 'cages', power racks are designed for lifting inside the four pillars. Their broad inside space accommodates to some powerful barbells movements, including bench press, squats and rack pulls.

Another unique feature of power cages are their adjustable, horizontal safety arms. Unlike other racks, the spotter arms on a power cage go the entire length of the lifting area. This makes them impossible to miss if you need to bail on a rep, providing maximum safety and confidence when striving for a new personal best or when you're training to failure.

The safety arms can easily be moved up or down to meet the demands of the exercise, allowing you to train without a spotter.

Most power racks will have the ability to add additional attachments. This not only offers greater exercise variety but also provides a simple solution for adding more to your gym without taking up additional space.



TYPES OF RACKS

HALF RACK

A half rack is probably the most recognisable of the bunch. Constructed with two to four upright posts and supported by a sturdy metal base, this lifting system is almost like cutting your power cage in half.

Half racks are still built with spotter arms, only you don't lift inside an enclosed cage. Instead, the safety arms extend out from the upright pillars into an open space.

They also include a horizontal beam, or pull up bar, connected to the tops of your front upright posts.

Half racks offer enough support and stability to cater to all lifting levels. However, if you don't bolt them into the floor and/or wall whilst moving heavy loads they do impose a greater risk of toppling over or shifting during racking and un-racking.



TYPES OF RACKS

SQUAT RACKS AND STANDS

Squat racks and squat stands are your most basic set-ups. They follow a similar construction to your half rack, only they are built with two upright posts connected by a three beam base.

Most squat stands don't include a pull up bar, and they aren't compatible with as many attachments due to not having the stability to support them.



TYPES OF RACKS

WALL MOUNTED RIGS

You can probably guess where these bad boys are designed to go... that's right, balls to the wall baby! Wall mounted rigs are super space savers, just secure them to the wall and you've eliminated the need for any back or base beams.

They offer all the same benefits to your other racks or cages, only they take up half the room!



TYPES OF RACKS

SMITH MACHINES

Some people may think that smith machines have no place in a power rack buyer's guide, but considering there probably is very little you cannot do on a smith compared to a free weight lifting station, we are putting them in!

Smith machines look fairly similar to a half rack or squat stand only that the

barbell is fixed to the vertical posts. This means you can only move the bar up and down for vertical movements.

They are an excellent way for beginner lifters to learn the correct movement patterns for more complicated exercises such as squats and deadlifts.

Smith machines also include adjustable safety catchers (similar to safety arms) that control how far down the barbell can go, which is an awesome feature for any lone-trainer.



THINGS TO CONSIDER

HOW MUCH SPACE DO YOU HAVE?

This is the first hurdle everyone battles when building a home gym. When working with limited space it's important to ALWAYS choose quality over quantity.

Sure, you might be able to fit a squat stand and a treadmill in a smaller room. However, if you're a seasoned lifter who works with big weights 5 - 6 times per week, and does cardio maybe once a month, then have you really invested your money wisely when you've got a dusty cardio machine tucked away in the corner and an overworked squat stand that doesn't support your capabilities? No.

Something else you need to consider is the length of your barbell. All our racks and cages are designed to be used with a 7ft Olympic barbell. For this reason, we recommend leaving at least 30cm clearance on either side of your rack to make moving plates on and off the bar a hell of a lot easier.



THINGS TO CONSIDER

WHAT EXERCISES WILL YOU BE DOING?

Something most people don't really think about when purchasing a new rack or cage are the numbered increments, or the number of holes, in the uprights.

Put simply, more holes equals more control. This is because you'll be able to adjust your j-hooks and/or spotter arms into a position that is better for you and the exercise you're performing. Think about squats for example.

You want to be able to lift the barbell into a starting position that doesn't compromise your form from the get go. The greater the number of increments, the greater the likelihood this can happen.



If you're going to be doing a variety of exercises that test the capabilities of your strength, then it's always best to have more increments to ensure you can get the best starting position.

HOW HEAVY DO YOU PLAN TO LIFT?

This is where **weight capacity** comes into the mix. You should always purchase a lifting system that can not only handle your current capabilities, but one that will also be able to support your future strength.

If you're already benching 100kg then you would be silly to buy a rack that can only handle that amount of weight, otherwise how would you ever progress? You should always opt for a rack that exceeds the amount of weight you predict you'll be moving, however, there is no need to go overboard.

THINGS TO CONSIDER

HOW OFTEN DO YOU PLAN TO LIFT?

Things become a little more technical here. If you're moving iron most days you need a rack that is going to last. So, you need to be thinking about the construction, quality and materials of your set up.

Materials:

Our racks and cages are all built from solid steel, however, some are thicker than others. It's not too hard to infer that the thicker the steel, the stronger the rack.

For home gym users, 12-14 gauge steel is substantial enough to handle some pretty heavy weights for extended periods of time. Anything higher than 14 gauge will save you a few bucks, but isn't the greatest for holding big loads (even if they have the capacity to do so). Thinner frames should be used with lower weights to enhance their longevity.

Welding:

Side by side with the steel, you should always check the welding of your rack. The welded joints tend to be the weakest point of any lifting system, so it's important to make sure they are secure before purchasing.

Finish:

If you're checking out the specifications you'll also notice our racks all come with a powder coated finish. Whilst this is a little bit more expensive, it is much more resistant to wear and tear, extending the life line of your lifting set up.



THINGS TO CONSIDER

DO YOU PLAN TO USE ATTACHMENTS?

You're most basic lifting systems will most likely come with j-hooks, spotter arms, and/or a pull up bar. But have you thought about what else you might like it to do?

There are a TON of additional attachments that can be secured to a rack or cage, expanding the variety and intensity of your home workouts.

Extras such as dip bars and lat pull downs are awesome for targeting your upper body, helping you to hit pesky muscles like your triceps, which can often be a tough muscle group to isolate.



Other attachments such as band pegs give you another way to keep adding progressive overload to your training. This can be extremely helpful, especially when adding additional weight plates is a bit too much.

When shopping for these extras it's important to match the tube size of attachment to the hole size of the rack so you know they'll fit.

IS IT COMPATIBLE WITH YOUR OTHER EQUIPMENT?

Most people who are buying a rack want to use it for a range of different exercises, some of which may require additional equipment.

For example, if you're buying a new rack because you want to advance your bench press, then it's crucial your bench actually fits into the lifting space.