

MONOLIFT ATTACHMENT

Eliminate the need to “walk-out” for your squat or get a “lift-off” in your bench. The Sorinex Mono Lift Arms are rack attached and easily adjustable with our industrial grade Hitch Pins. UHMW high-grade plastic inserts protect your barbell and rack. The Sandwich Style J-Hook is 2” in depth to secure most standard barbells and some specialty bars (Sorinex Ox Bar). As you lift your bar, the monolift arms will automatically move out of the way and secure themselves to the rack until you are ready to re-rack. Always use a spotter when lifting to ensure safety. Best implemented when used with banded or chained barbell movements, wide squat stances, and box squats.

SPECIFICATIONS

LENGTH	22”
WIDTH	3.5”
HEIGHT	19”
J-HOOK DEPTH	2”
INCLUDES	Monolift Arm (2) Hitch Pin (2)



FEATURES



EASY ADJUST ATTACHMENT POINT W/ HITCH PINS (INCLUDED)



RACK ATTACHED MONOLIFT SOLUTION



UHMW PLASTIC INSERTS (BAR & RACK PROTECTION)