

FREEMOTION®

# ***FREEMOTION RACKS***

## ***PRO HALF RACK***

MODEL # **FMDY704003**



PICTURED ACCESSORIES SOLD SEPARATELY

## ***STRENGTH BENCHES & RACKS***

The Freemotion Pro Half Rack offers outstanding workout variety in a small footprint. Users can incorporate the use of benches and other accessories for a tailored workout. Durable construction, bolt-down holes and safety catch bars are essential for powerlifting.



## BENCHES & RACKS PRO HALF RACK

### PRODUCT BENEFITS

#### KEEP PLATES CLOSE AT HAND

Integrated storage is perfect for quick transitions for drop sets and keeps the weight room tidy.

#### CONFIDENTLY LIFT HEAVY

Open frame is constructed with 3 x 3 in / 7.62 cm, 11-gauge steel and features bolt-down holes for stability. Coated bar hooks and catches protect both the machine and the lifter.

#### NATURAL GRIP FOR NATURAL MOVEMENT

Built-in chin-up bars have angled wide grip to reduce stress on wrists.

#### LASER-CUT HEIGHT INDICATORS

For quick, precise adjustments, bar hooks and safety catches can be placed in 2 in / 5.08 cm height increments.

#### VERSATILITY CLOSE AT HAND

Add bands, dumbbells, bars and a wide variety of plates to the workout with accessories close at hand.

### INCLUDED ATTACHMENTS

- » 4 x 3 ft (1.2 x 0.9 m) steel uprights
- » Fiber-Laser cut numbering system for exact attachment positioning
- » Multi-Grip Chin-up Bar
- » Dual Bar Storage
- » 8 Short Peg Plate Storage
- » Olympic Plate Storage
- » UHMW plastic on J-Hooks and Safeties to prevent Upright, Bar and J-Hook Damage
- » Fiber-Laser cut upright slots for fast and solid J-Hook and Safety
- » Arm adjustments
- » Footplate anchor options for maximum rack stability
- » Carriage bolt hardware for a smooth and clean finish

**FRAME** | 7 Gauge Steel Frame

**FRAME COLORS** | Black River, Flat Black, White River, Platinum Sparkle, Red Barron

**MACHINE WEIGHT** | 488 lbs (221.3 kg)

**PRODUCT DIMENSIONS** | 62.5 x 66 x 94.4 in / 158.7 x 167.6 x 239.7 cm

### WARRANTY US AND INTERNATIONAL

**Lifetime** - Structural Steel Frame | **5 Year** - Wear Guards/UHMW, Rubber, Plastic and Finish | **1 Year** - Fitness Products, Pads, Grips and Components | **90 Days** - Accessory Products.