

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.

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

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

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.