

FREEMOTION.

BENCHES & RACKS

HALF RACK

MODEL # FMDY500012H



*Accessory upgrade package (as pictured) is sold separately

STRENGTH BENCHES & RACKS

Made strong with a 7-gauge steel frame, the Freemotion Half Rack is everything you need for functional fitness training and smart storage. Considerate details such as laser cut numbers and plastic liners on the bar storage, give the Freemotion Half Rack the competitive edge. (Not available outside of North America.)



BENCHES & RACKS HALF RACK

PRODUCT BENEFITS

STORAGE SOLUTIONS

12 short pegs give ample options for your busy facility.

FIND YOUR GRIP

The multi chin/neutral grip bar elevates this half rack from a weight lifting paradise to an aerobic training ground.

GET MORE DONE

Dual bar storage creates a weight storage and spotter station turning every square inch of your floor space into usable space.

CREATE CUSTOM WORKOUTS

3.5 in (8.8 cm) adjustments create personalized workouts for clients.

2 RECEPTACLES

The two receptacles on this half rack can be interchanged/removed with one another and do not need to be direct bolted to the unit.

FRAME | 7 Gauge Steel Frame

FRAME COLOR | Platinum, additional frame colors available at an up-charge.

MACHINE WEIGHT | 488 lbs (221.3 kg)

PRODUCT DIMENSIONS | 94.4 x 66 x 62.5 in (239.7 x 167.6 x 158.7 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
- » 12 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.