

FREEMOTION

BENCHES & RACKS

PRO HALF RACK

MODEL # FMDY704003



*Accessory upgrade package (as pictured) is sold separately

STRENGTH BENCHES & RACKS

Contrasting colors and functional design are two reasons why the Freemotion Pro Half Rack is in a class of its own. Quad bar storage and 12 long pegs add to its versatility. Ball grips on the multi chin and neutral grip bar expand your training space that infuses excitement onto the floor.



BENCHES & RACKS PRO HALF RACK

PRODUCT BENEFITS

IN IT FOR THE LONG HAUL

Frame is made with 7 gauge steel and 7 gauge steel wrap that helps protect the frame from wear and tear.

MADE TO FIT

2 in (5 cm) adjustments can personalize the workout to the person using the pro half rack as a functional training tool.

ROOM TO GROW

12 long pegs are ideal for storing weights and training equipment.

MULTI CHIN AND NEUTRAL GRIP BAR WITH BALL GRIPS

With variety of different grips for a customizable pull up, this Pro Half Rack also has Ball Grips for added functionality.

QUAD BAR STORAGE

Easy reach storage options keep the workout succinct.

2 RECEPTACLES

The two receptacles on this 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 | 591.3 lbs (268.2 kg)

PRODUCT DIMENSIONS | 96.4 x 74.5 x 63.5 in (244.8 x 189.2 x 161.2 cm)

INCLUDED ATTACHMENTS

- » 4x3 ft (1.2 x 0.9 m) steel uprights
- » 4.5 x 3.5 in (11.4 x 8.8 cm) plated upright wrap
- » Fiber-Laser cut numbering system for exact attachment positioning
- » Multi-grip chin-up bar with 2 in (5 cm) ball grips
- » Four place bar storage
- » Band peg pair
- » 14 in (35.5 cm) Plate Storage Pegs (12)
- » 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, and Pads, Grips, Components | **90 Days** - Accessory Products.