

MULTI GYM RACK

JHBR - 103

A robust and compact rack that supports all types of strength workouts. Available with a range of attachments. Combine it with our Super bench to create a full body training station.



Scan Here
to Access the Video

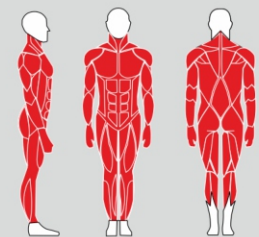
FEATURES

- ◆ **Full Adjustability:** Offers customizable height settings for various exercises like squats, bench press, and overhead lifts.
- ◆ **Pull-Up Bar Integration:** Includes a sturdy pull-up bar for upper-body and core workouts.
- ◆ **Versatile Exercise Options:** Suitable for a range of free-weight exercises, including squats, deadlifts, and shoulder presses.
- ◆ **Built-In Weight Plate Storage:** Convenient storage pegs for organized and easy access to weight plates.
- ◆ **Heavy-Duty Stability:** Ensures maximum support and safety during high-intensity workouts.

SPECIFICATIONS

DIMENSIONS:

Length: 58 inches/147 cms
Width: 52 inches/132 cms
Height: 88 inches/224 cms
Weight: 145.2 lbs./66 KG



MUSCLE WORKED: Full Body

COLOURS AVAILABLE: Black.

*Plates, barbell, attachments and accessories are not included and need to be bought separately.