

HALF RACK



DESCRIPTION

The Human Half Rack is designed for athletes but built to suit everyone. It combines advanced biomechanics, functionality, and strict quality control.

Made with durable materials like powder-coated steel, stainless steel, and stainless-steel fasteners, it ensures long-lasting strength and reliability.

TECHNICAL FEATURES

The footrests, which can be attached to the safety bars, help with grip during pull-ups, making higher grips accessible even for shorter individuals. They can also assist in performing exercises. The elastic band attachment is designed with three-hook modules, ideal for combining weight training with resistance bands.

The barbell pivot is designed to hold the barbell in place. The barbell holder is adjustable and made from stainless steel. The weight plate holder is a practical accessory that turns the equipment into a functional rack.

The upper ring is designed for use with suspension trainers, resistance bands, ropes, and speed resistors.

The stainless-steel clamp holder is essential for storing springs, resistance bands, and clamps. The dip bars are removable, allowing you to perform bodyweight dips.

TECHNICAL SPECIFICATIONS

Product Code	HR - 00628
User Height Range	150 - 205 cm
Length	136 cm
Width	177 cm
Height	240 cm
Weight	210 kg

