

Sterling Series, Half Power Rack

The sterling Series Half Power Rack lets you train hard and stay safe. The sleek walk-through design integrated with chin up bars and hooks to rack a barbell, allows endless training possibilities. Power racks are often used as a convenient workout station for virtually all compound exercises, including deadlifts, squats, bench presses, overhead presses or any other movement that you may require a spotter to be able to perform. The Half Power Rack is ideal for performing the olympic lifts and is thereby very popular within cross fit gyms, it is also a fantastic addition to any facility where space it needed.



J-Hooks



Chin Up Bar



Safety Spotter Arms



Power Band Attachments

Technical Specifications

Rating	Commercial
Tubing	2.5-3mm by 50 x 100 square tubing, electro welded to maximum integrity
Loading Capacity	300kg 660lbs
Product Weight	153kg 337lbs
Dimensions	L 139 x W 175 x H 244 cm L 55 x W 69 x H 96 inches

Key Features

Robust and heavy construction	•
Electro powder-coated and heat cured for superior durability	•
Olympic weight horns fitted as standard for optimum storage capacity	•
Low maintenance due to plate loading nature	•
Integrated chin up bar	•
2 x Adjustable J-hooks	•
2 x Adjustable safety spotter arms	•
2 x Power band attachments	•