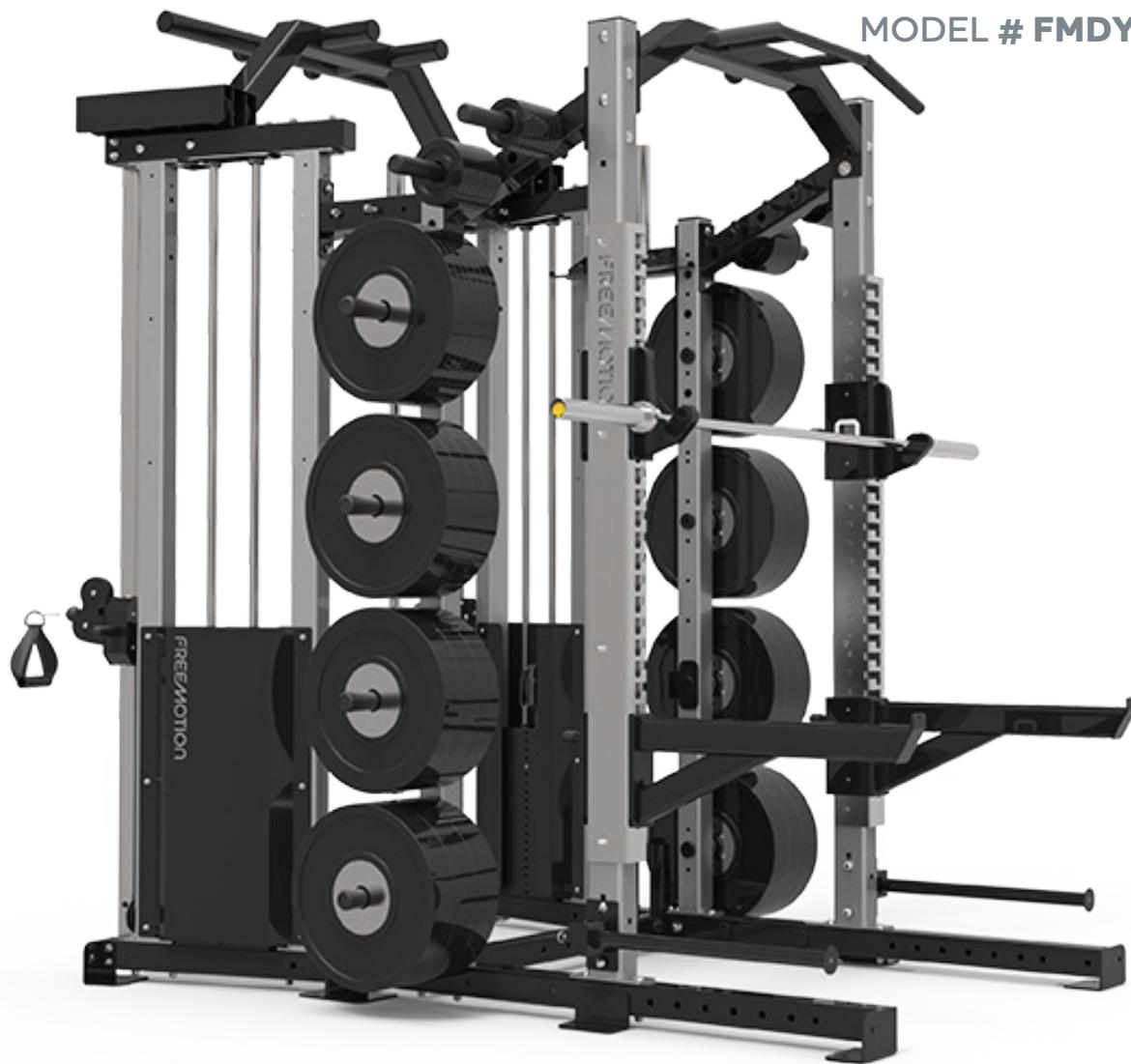


FREEMOTION.

# BENCHES & RACKS

## PRO FUNCTIONAL HALF RACK

MODEL # FMDY70400



\*Accessory upgrade package (as pictured) is sold separately

### STRENGTH BENCHES & RACKS

Bring functional training to your facility with the Freemotion Pro Functional Half Rack. This rack is as tough as it looks with multiple training areas and storage options almost everywhere you look. With a hefty 200-pound (90.7 kg) weight stack, this multi-use piece is made for personal training, but is just as intuitive when your clients use it on their own.



## BENCHES & RACKS PRO FUNCTIONAL HALF RACK

### PRODUCT BENEFITS

#### PROTECT YOUR INVESTMENT

This Freemotion Pro Functional Half Rack has a 7 gauge steel frame - made even stronger with a 7-gauge wrap to help with wear and tear.

#### LONG AND STRONG

With 14 long pegs and 2 in (5 cm) adjustments, storage options go up instead of out, maximizing your floor space.

#### GO YOUR OWN WAY

The multi chin and neutral grip bar pull an aerobic edge to this strength-building piece.

#### 14 LONG PEGS

Organize the strength training experience with 14 pegs that can accommodate multiple weights.

#### 300 LBS STACK

Meet members at their current fitness level, and propel them forward, with a 200 lbs (90.7 kg) weight stack.

**FRAME** | 7 Gauge Steel Frame

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

**MACHINE WEIGHT** | 1545.2 lbs (700 kg)

**PRODUCT DIMENSIONS** | 101 x 92 x 74.5 in (256.5 x 233.6 x 189.2 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
- » Adjustable cable 2:1 dual pull system attached
- » 200 lbs (90.7 kg) cable stack each side
- » 2 in (5 cm) diameter grip multi bar

#### 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.

FREEMOTION.

# BENCHES & RACKS

## DUMBBELL RACK SMALL

MODEL # FMDY109083



\*Accessory upgrade package (as pictured) is sold separately

**STRENGTH BENCHES & RACKS**

Made to fit in spaces big and small, the Freemotion Dumbbell Rack (Small) is ideal for keeping spaces organized. Holding up to 12 standard dumbbells, the three shelf rack has a rolled edge to prevent the dumbbells from rolling off.



## BENCHES & RACKS DUMBBELL RACK SMALL

### PRODUCT BENEFITS

#### SOLID

Constructed with 11 gauge steel, this small rack can give you the support you need.

#### FLAT SHELF

Because the shelves are flat you can store dumbbells along with any other fitness tools.

#### SHELF EDGE

The rolled shelf edge keeps dumbbells in place and can prevent rolling.

#### HOLDS ADDITIONAL PAIR PER SHELF (12)

This modest dumbbell rack works overtime with the ability to hold 12 sets in one compact footprint.

### SPECIFICATIONS

Frame	11-Gauge Steel Frame
Frame Color	Platinum, additional frame colors available at an up-charge.
Machine Weight	154 lbs (69.8 kg)
Product Dimensions (L x W x H)	35 x 60 x 39 in (88.9 x 152.4 x 99 cm)

### 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.

FREEMOTION.

# BENCHES & RACKS

## POWER SLED

MODEL # FMDY109990



\*Accessory upgrade package (as pictured) is sold separately

### STRENGTH BENCHES & RACKS

Train like a professional athlete with the Freemotion Power Sled. Pile on the weight and push to strengthen muscles, crush calories and get an amazing overall workout. The Power Sled has a smooth glide with a deeply padded push handle. With multiple vertical push poles to accommodate as much weight as you need or want, the Freemotion Power Sled has a solid 11 gauge steel frame that's ready to work as hard as your clients.



## BENCHES & RACKS POWER SLED

### PRODUCT BENEFITS

#### PUSH IT

Removable, vertical push poles make the workout truly customizable with multiple options.

#### HEAVY DUTY CONSTRUCTION

Investing in the best is one way to cut down on replacement and repair costs. Made with the smart design and solid construction, the Power Sled is as tough as you are.

#### ANCHORS AWAY

3 sled harness anchor spots open up training possibilities to build strength and muscle.

#### PADDLED LOWER PUSH HANDLE (2 OPTIONS)

Work with your member's strength and abilities with a lower push handles that's generously padded with two grip options.

#### CENTER POST

Hold 45 lbs (20.4 kg) plates on Power Sled's Center Post.

#### STRONG PUSH POLES

The Power Sled's Push Pole accommodate 25 lbs (11.3 kg) plates to get the job done.

### SPECIFICATIONS

<b>Frame</b>	11-Gauge Steel Frame
<b>Frame Color</b>	Platinum, additional frame colors available at an up-charge.
<b>Machine Weight</b>	96 lbs (43.5 kg)
<b>Product Dimensions (L x W x H)</b>	41 x 31 x 38 in (104.1 x 78.7 x 96.5 cm)

### WARRANTY US AND INTERNATIONAL

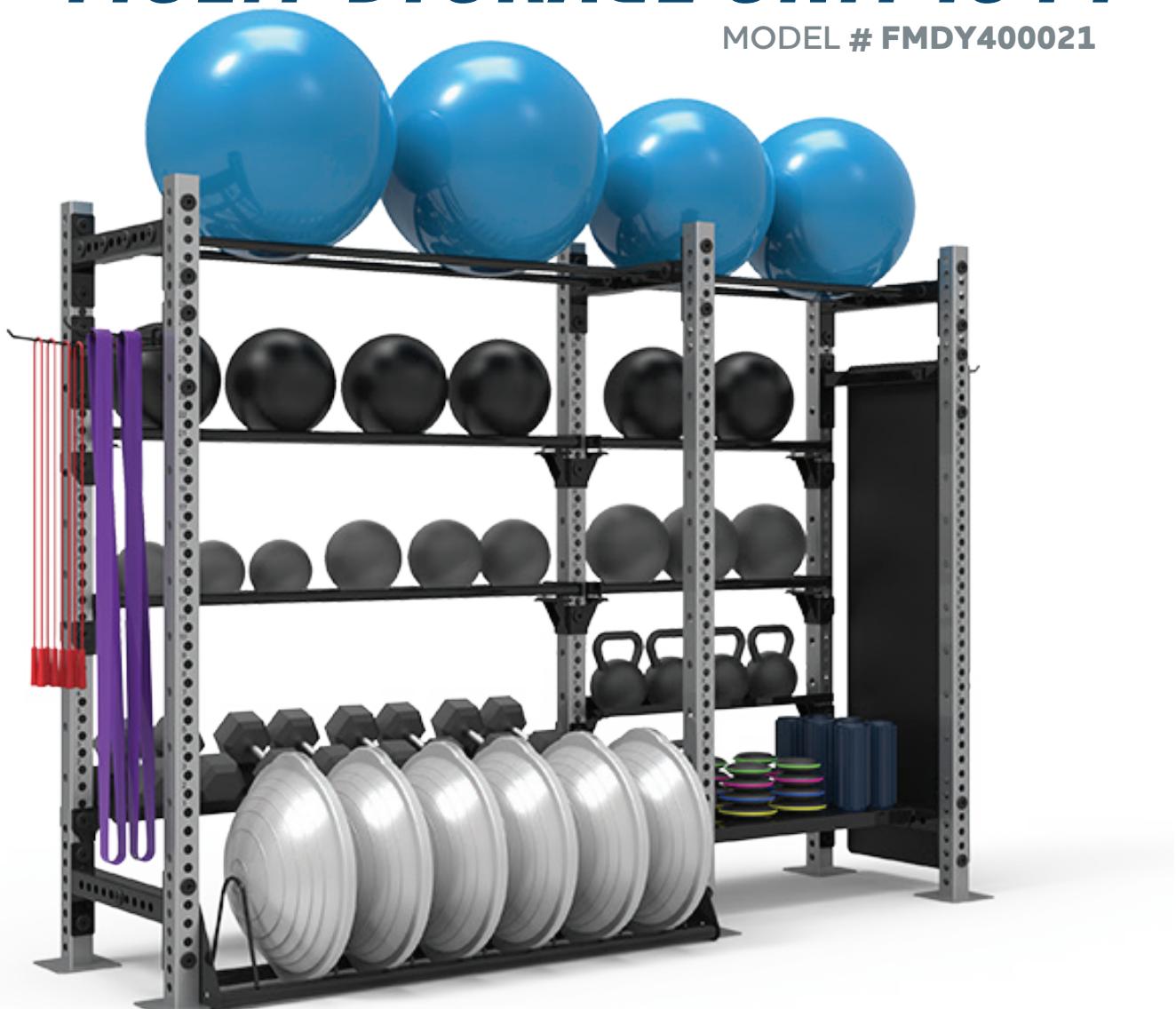
**Lifetime** - Structural Steel Frame | **5 Year** - Wear Guards/UHMW, Rubber & Plastic, and Finish | **1 Year** - Fitness Products, and Pads, Grips, Components | **90 Days** - Accessory Products.

FREEMOTION.

# BENCHES & RACKS

## MULTI-STORAGE UNIT 10 FT

MODEL # FMDY400021



\*Accessory upgrade package (as pictured) is sold separately

## STRENGTH BENCHES & RACKS

Look smart, store smart with this amazing storage solution. The Freemotion 10 ft (3 m) Multi-Storage Unit is your answer to personalized storage, that can be adjusted to fit your changing needs. With the capacity to hold dumbbells, med balls, wall balls, kettlebells and more, the Freemotion Multi Storage Unit holds it all, and more. (Not available outside of North America.)



## BENCHES & RACKS MULTI-STORAGE UNIT 10 FT

### PRODUCT BENEFITS

#### FUNCTIONAL STORAGE

When you add rig attachments, this smart storage piece transforms into a training tool.

#### EXPAND YOUR SPACE

Because the Freemotion Multi Storage Unit holds anything and everything it is ideal for smaller gyms who lack proper storage closets and more.

#### HEAVY DUTY ADJUSTABLE SHELVES

Hold it all together with shelves that can withstand the weight. Because these heavy duty shelves are 100% customizable, you can configure the space to your unique needs.

#### MULTI-FUNCTIONING

Holds Dumbbells, Medicine Balls, Wall Balls, Stability Balls, Kettlebells, Bosu Balls, Ropes, Mats, Bands and much more.

#### ANY WAY YOU WANT IT

This generous storage solution can be expanded and used with Freemotion FitRig™ attachments for additional training opportunities.

### SPECIFICATIONS

<b>Frame</b>	11-Gauge Steel Frame
<b>Frame Color</b>	Platinum, additional frame colors available at an up-charge.
<b>Machine Weight</b>	726.8 lbs (329.6 kg)
<b>Product Dimensions (L x W x H)</b>	39 x 127 x 91.2 in (99 x 322.5 x 231.6 cm)

### 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.

FREEMOTION.

# BENCHES & RACKS

## MULTI-STORAGE UNIT 6 FT

MODEL # FMDY400023



\*Accessory upgrade package (as pictured) is sold separately

## STRENGTH BENCHES & RACKS

An organized gym helps everything run smoother. The Freemotion 6 ft (1.8 m) Multi-Storage Unit is where it all comes together. With plenty of room for all your training equipment, this one piece does the work of multiple dumbbell racks and storage closets – but in an upgraded, single unit. When you add on rig attachment, this unit moves from smart organization to functional training without missing a beat.



## BENCHES & RACKS MULTI-STORAGE UNIT 6 FT

### PRODUCT BENEFITS

#### GYM EVOLUTION

Because the adjustable shelves fit in a variety of different configurations, the Multi Storage Unit by Freemotion changes as much as you do.

#### SMALL FOOTPRINT, BIG FEEL

Make 6 ft (1.8 m) feel like 12 ft (3.6 m) with smart storage that goes vertically and horizontally.

#### THE PERFECT FIT

No matter if you're a big box gym or a boutique personal training studio, this 6' Multi Storage Units fits almost everywhere.

#### DESIGNED TO HOLD IT ALL

Holds Dumbbells, Medicine Balls, Wall Balls, Stability Balls, Kettlebells, Bosu Balls, Ropes, Mats, Bands and much more.

#### CUSTOMIZED ORGANIZATION

This generous storage solution can be expanded and used with Freemotion FitRig™ attachments for additional training opportunities.

### SPECIFICATIONS

<b>Frame</b>	11-Gauge Steel Frame
<b>Frame Color</b>	Platinum, additional frame colors available at an up-charge.
<b>Machine Weight</b>	489.9 lbs (222.2 kg)
<b>Product Dimensions (L x W x H)</b>	39 x 77 x 91.2 in (99 x 195.5 x 231.6 cm)

#### WARRANTY US AND INTERNATIONAL

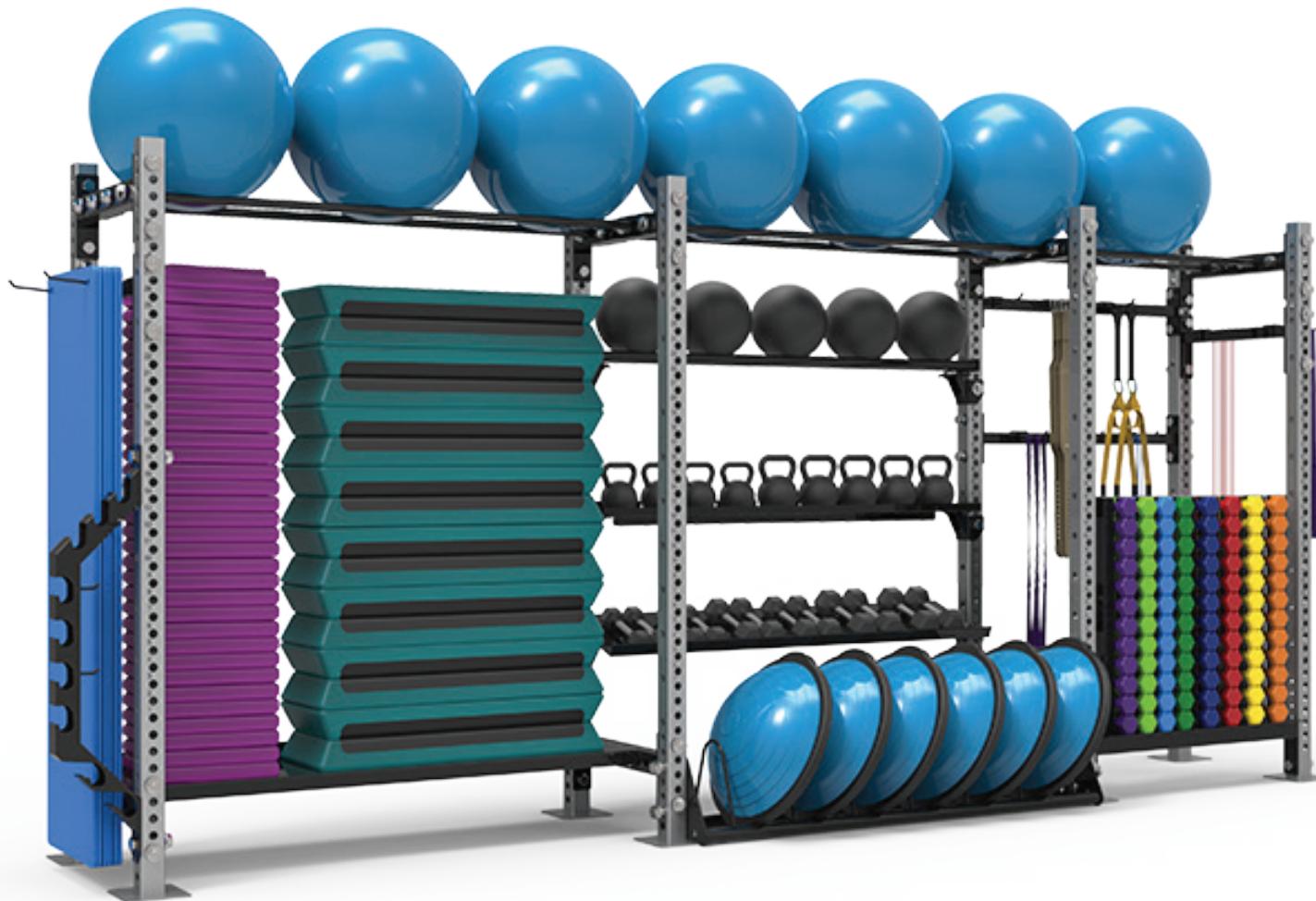
**Lifetime** - Structural Steel Frame | **5 Year** - Wear Guards/UHMW, Rubber & Plastic, and Finish | **1 Year** - Fitness Products, and Pads, Grips, Components | **90 Days** - Accessory Products.

FREEMOTION.

# BENCHES & RACKS

## MULTI-STORAGE UNIT 16 FT

MODEL # FMDY400025



\*Accessory upgrade package (as pictured) is sold separately

### STRENGTH BENCHES & RACKS

The Freemotion 16 ft (4.8 m) Multi-Storage Unit definitely brings in the "wow" factor. With ample storage and incredible design, the Multi-Storage Unit has versatility that can be customized to fit your gym's needs, wants and desires. The add-on rig attachment converts this storage piece into a personal or small group training tool.  
(Not available outside of North America.)



## BENCHES & RACKS MULTI-STORAGE UNIT 16 FT

### PRODUCT BENEFITS

#### HOLDS UP UNDER PRESSURE

Constructed with the best 11 gauge steel, this sharp unit adds to the overall aesthetic of your facility.

#### GO BIG

As the biggest of all the Freemotion Multi Storage Units the 16 ft (4.8 m) unit can handle almost any fitness tool you have on your floor."

#### WELL-ADJUSTED

All the components of the 16 ft (4.8 m) unit can be modified to fit your changing class schedule and fitness tools.

#### HEAVY DUTY ADJUSTABLE SHELVES

Hold it all together with shelves that can withstand the weight. Because these heavy duty shelves are 100% customizable, you can configure the space to your unique needs."

#### A MORE ORGANIZED WORKOUT

Holds Dumbbells, Medicine Balls, Wall Balls, Stability Balls, Kettlebells, Bosu Balls, Ropes, Mats, Bands and much more.

#### GET MORE

This generous storage solution can be expanded and used with Freemotion FitRig™ attachments for additional training opportunities.

### SPECIFICATIONS

<b>Frame</b>	11-Gauge Steel Frame
<b>Frame Color</b>	Platinum, additional frame colors available at an up-charge.
<b>Machine Weight</b>	997.1 lbs (452.2 kg)
<b>Product Dimensions (L x W x H)</b>	39 x 196 x 91.2 in (99 x 497.8 x 231.6 cm)

### 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.

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.

FREEMOTION.

# BENCHES & RACKS

## DOUBLE HALF RACK

MODEL # FMDY500016



\*Accessory upgrade package (as pictured) is sold separately

### STRENGTH BENCHES & RACKS

Looks and brains in one hardworking machine, the Freemotion Double Half Rack is where weight training and superior organization come together. Built with 7-gauge steel and in a variety of custom colors, the Freemotion Double Half Rack is sharp-looking and hard working with ample storage and workout stations for one-on-one or small group training.



## BENCHES & RACKS DOUBLE HALF RACK

### PRODUCT BENEFITS

#### CREATE CUSTOM WORKOUTS

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

#### STORAGE SOLUTIONS

24 short pegs (10 outside, 4 inside) create a lifter's playground with plenty of options.

#### GRAB HOLD

The multi chin/neutral grip bar is just asking for a chin up challenge and can also be used to support training straps and other tools.

#### 4 RECEPTACLES

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

#### MULTI CHIN/NEUTRAL GRIP BAR

Workout how you want to with a strong bar that accommodates a variety of grip styles.

**FRAME** | 7 Gauge Steel Frame

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

**MACHINE WEIGHT** | 1170 lbs (530.7 kg)

**PRODUCT DIMENSIONS** | 94.4 x 199 x 62.5 in (239.7 x 505.5 x 158.7 cm)

#### INCLUDED ATTACHMENTS

- » 4x3 ft (1.2 x 0.9 m) steel uprights
- » Fiber-Laser cut numbering system for exact attachment positioning
- » Multi-Grip Chin-up Bar
- » 2 Short Peg/ 10 long peg plate storage
- » Olympic Plate Storage
- » UHMW plastic on J-Hooks and Safeties to prevent Upright, Brand 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.

FREEMOTION.

# BENCHES & RACKS

## ANNEXED HALF RACK SYSTEM

MODEL # FMDY500052



### STRENGTH BENCHES & RACKS

The wide open design of the Annexed Half Rack System by Freemotion opens up new training opportunities and keeps your facility organized. With two barbell storage areas and four receptacles, this piece creates training opportunities and storage you never thought possible.



## BENCHES & RACKS ANNEXED HALF RACK SYSTEM

### PRODUCT BENEFITS

#### AS TOUGH AS YOUR TRAINERS

Made with commercial 7 gauge steel.

#### STORAGE SOLUTIONS

12 short pegs add to the storage and functionality of this tough rack system.

#### SAFETY-MINDED

Storage for two bars act as the spotter when your clients are creating their own workout.

#### 3.5 IN (8.8 CM) ADJUSTMENTS

Finding the perfect fit is easier with the rack's convenient 3.5 in increments.

#### MULTI CHIN/NEUTRAL GRIP BAR

Workout how you want to with a strong bar that accommodates a variety of grip styles.

#### 2 DUAL BAR STORAGE

More than nice to have, these "need to have" dual storage bars keep your space organized and the workout streamlined.

#### 4 RECEPTACLES

The four receptacles on this rack system 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** | 956.4 lbs (433.8 kg)

**PRODUCT DIMENSIONS** | 94.4 x 72.5 x 122.5 in (239.7 x 184.1 x 311.1 cm)

### INCLUDED ATTACHMENTS

- » 4x3 ft (1.2 x 0.9 m) steel uprights
- » Fiber-Laser cut numbering system for exact attachment positioning
- » Multi-Grip Chin-up Bar
- » 14 in (35.5 cm) Plate Storage Pegs (24)
- » 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.

FREEMOTION.

# BENCHES & RACKS

## FID BENCH

MODEL # FMDY509063



### STRENGTH BENCHES & RACKS

To Freemotion, FID means 'Flat, Incline and Decline.' This red and black FID Bench offers the most functionality in one bench. Durable, long lasting pads along with an 11 gauge steel frame provide the perfect foundation for this multi-use piece. Additional foot rollers anchor in the feet for abdominal work and core strength. Because this Freemotion FID Bench has wheels, it's the perfect transitional piece to place in front of strength-training machines and work into HIIT classes.



## BENCHES & RACKS FID BENCH

### PRODUCT BENEFITS

#### ADJUST AND GO

Easy ladder-style adjustments are intuitive and take seconds to change.

#### SAFER

Protected contact points have been coated for member and trainer protection.

#### COMFORT-DRIVEN

An extra wide seat pad with knee support makes the workout as comfortable as possible so members can focus on a results-driven experience.

#### WHEELS FOR MOBILITY

Thanks to convenient the FID Bench's convenient wheels, this training tool can be moved around from place to place.

#### FOOT ROLLERS FOR DECLINE/AB WORKOUT

Lock feet into place for a targeted ab workout. Generous padding keep things comfortable.

#### HANDLE FOR EASY MOBILITY

Move the FID bench from the strength area to the cardio floor with a handle that makes moving it easier.

**FRAME** | 11 Gauge Steel Frame

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

**MACHINE WEIGHT** | 153.9 lbs (69.8 kg)

**PRODUCT DIMENSIONS** | 64.9 x 24.5 x 18.6 in (164.8 x 62.2 x 47.2 cm)

#### INCLUDED ATTACHMENTS

- » 3x3 in (7.6 x 7.6 cm) main frame
- » Pop pin angular horizontal adjustment
- » Pop pin vertical foot plate adjustment
- » Heavy duty diamond plate foot plate with reverse hyper grips
- » Split pad half moon hip pads for added comfort
- » Band peg anchor points
- » Footplate anchor options for maximum 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.

FREEMOTION.

# BENCHES & RACKS

## DUMBBELL RACK (FLAT)

MODEL # FMDY509081



\*Accessory upgrade package (as pictured) is sold separately

### STRENGTH BENCHES & RACKS

There's just something about a well-organized gym that adds to its credibility. The Freemotion Dumbbell Rack (Flat) is a smart way to organize dumbbells and other fitness tools in an efficient way. Three shelves provide ample storage for dumbbells of any size. The rolled shelf edge holds equipment in place, ready when your clients are.



## BENCHES & RACKS DUMBBELL RACK (FLAT)

### PRODUCT BENEFITS

#### DESIGNED FOR EASE OF USE

The "no catch" shelf is designed to fit in with your active environment without slowing members down.

#### THERE WHEN YOU NEED IT

Holds up to 18 pairs of dumbbells on three different levels.

#### STRONG

The 11 gauge steel frame is strong enough to stand up to multiple weight use.

#### HOLDS ADDITIONAL PAIR PER SHELF (18)

This dumbbell rack works overtime with the ability to hold 18 sets of dumbbells in one compact footprint.

### SPECIFICATIONS

<b>Frame</b>	11-Gauge Steel Frame
<b>Frame Color</b>	Platinum, additional frame colors available at an up-charge.
<b>Machine Weight</b>	237.5 lbs (107.7 kg)
<b>Product Dimensions (L x W x H)</b>	35 x 101 x 40 in (88.9 x 256.5 x 101.6 cm)

#### WARRANTY US AND INTERNATIONAL

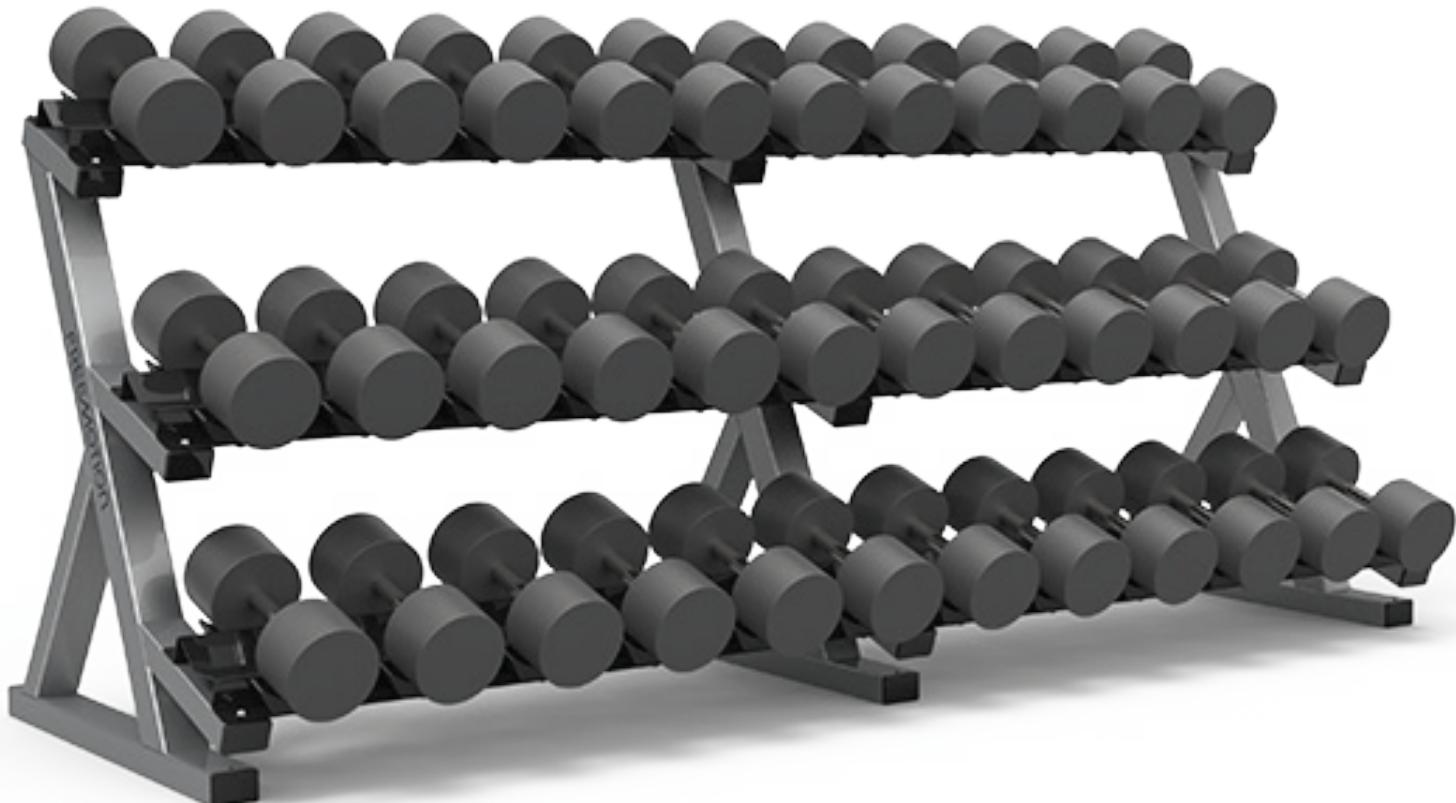
**Lifetime** - Structural Steel Frame | **5 Year** - Wear Guards/UHMW, Rubber & Plastic, and Finish | **1 Year** - Fitness Products, and Pads, Grips, Components | **90 Days** - Accessory Products.

FREEMOTION.

# BENCHES & RACKS

## DUMBBELL RACK (SADDLE)

MODEL # FMDY509083



\*Accessory upgrade package (as pictured) is sold separately

### STRENGTH BENCHES & RACKS

Look as professional as you are with the Freemotion Dumbbell Rack (Saddle). Molded holders keep dumbbells separated to keep from hitting each other, resulting in damage to fitness tools. Three levels of organization maximize square footage and keep your vital training tools right where you need them.



## BENCHES & RACKS DUMBBELL RACK (SADDLE)

### PRODUCT BENEFITS

#### DURABLE CONSTRUCTION

Built with 11 gauge steel, the red frame is as beautiful as it is long lasting.

#### SADDLE DESIGN

The saddle shelf keeps dumbbells side by side and organized for members and trainers.

#### ANTI-ROLL

The curved edge of the shelf prevents dumbbells from rolling or slipping to the floor.

#### HOLDS ADDITIONAL PAIR PER SHELF (18)

This dumbbell rack works overtime with the ability to hold 18 sets of dumbbells in one compact footprint.

### SPECIFICATIONS

<b>Frame</b>	11-Gauge Steel Frame
<b>Frame Color</b>	Platinum, additional frame colors available at an up-charge.
<b>Machine Weight</b>	402 lbs (182.3 kg)
<b>Product Dimensions (L x W x H)</b>	34.7 x 101 x 40 in (88.1 x 256.5 x 101.6 cm)

### 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.

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.

FREEMOTION.

# BENCHES & RACKS

## PRO POWER RACK

MODEL # FMDY704004



\*Accessory upgrade package (as pictured) is sold separately

### STRENGTH BENCHES & RACKS

Get a chin up, a leg up and a bar up on your competition with the Freemotion Pro Power Rack. An eye-catching design with extreme versatility creates the ultimate training ground for personal training sessions or small groups. Customized with 2 in (5 cm) adjustments, this rack features longer than normal pegs, quad bar storage and tougher-than-nails 7 gauge steel.



## BENCHES & RACKS PRO POWER RACK

### PRODUCT BENEFITS

#### LOOKS GREAT, LASTS LONGER

Additional 7 gauge steel wrap protects the rack from damage from weights.

#### ANYTHING BUT TYPICAL

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

#### COMFORT GRIP

The multi chin/neutral grip bar has ball grips for safety, comfort and ease of use.

#### 2 IN (5 CM) ADJUSTMENTS

Get the fit perfect, right down to the ideal inches thanks to the 2 in increments on the Pro Power Rack.

#### 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** | 847.2 lbs (384.2 kg)

**PRODUCT DIMENSIONS** | 96.4 x 74.5 x 79.5 in (244.8 x 189.2 x 201.9 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.

FREEMOTION.

# BENCHES & RACKS

## GLUTE-HAM DEVELOPER

MODEL # FMDY709072



### STRENGTH BENCHES & RACKS

A better designed machine for a better workout. The Freemotion Glute Ham Developer is the lower body workout that's as tough as it is comfortable. Extra plush pads are the perfect starting block for a workout that gets results. The heavy duty anti-tip design makes this a safe, smart option for facilities large and small. Dual functionality means that members can get the work of two machines in one - without taking up additional floor space.



## BENCHES & RACKS GLUTE-HAM DEVELOPER

### PRODUCT BENEFITS

#### OPEN DESIGN

The walk through design of the machine makes it accessible to people of all shapes and sizes.

#### ANYWAY YOU WANT IT

A convenient, reverse hyper grip bar add to the workout possibilities with this one machine.

#### EASY ANGULAR HORIZONTAL ADJUSTMENT

Make the workout personalized with this Freemotion angular horizontal adjustment. Intuitive design and dependable security come together in this easy strength floor solution.

#### BAND ANCHORS

Lock bands into place with anchors you can trust.

#### HEAVY DUTY ANTI-TIP DESIGN

Security comes standard on this Glute-Ham Developer that was created to stand still and strong.

**FRAME** | 11 Gauge Steel Frame

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

**MACHINE WEIGHT** | 256.5 lbs (116.3 kg)

**PRODUCT DIMENSIONS** | 63.6 x 39.7 x 52.6 in (161.5 x 100.8 x 133.6 cm)

#### INCLUDED ATTACHMENTS

- » 3x3 in (7.6 x 7.6 cm) main frame
- » Pop pin angular horizontal adjustment
- » Pop pin vertical foot plate adjustment
- » Heavy duty diamond plate foot plate with reverse hyper grips
- » Split pad half moon hip pads for added comfort
- » Band peg anchor points
- » Footplate anchor options for maximum 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.