



# FORCE USA MYRACK POWER RACK

SKU: F-MR



## KEY FEATURES



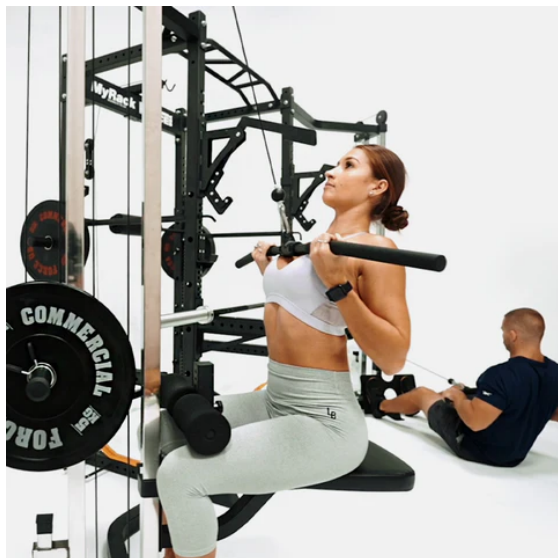
### QUALITY CONSTRUCTION

The Force USA® MyRack is manufactured using state-of-the-art, fully automated laser cutting and robotic welding technology. This manufacturing process means that you can have complete confidence when performing heavy, repetitive lifts. The flat foot design and rear stabilizer bar dramatically increase stability. It also increases the rack's durability by reducing rattling, which over time causes wear on the hardware. Force USA tests each production run to ensure they meet our rigorous safety standards and weight ratings to deliver the safest and highest quality power rack to your home or training facility.



### VERSATILE TRAINING

Don't settle for an off-the-shelf power rack. The Force USA® MyRack is customised to the way you train now with room to expand later. Whether you train for weightlifting, powerlifting, WODs, Olympic lifting, callisthenics, gymnastics, or want to build muscle or burn fat—the Force USA® MyRack can help get you to the next level.



## 900KG WEIGHT RATING

Static weight tested to hold up to 900kg and engineered using a combination of 12 gauge (2.3mm) steel, 2.4" (60mm) uprights and 10 gauge (3mm) support brackets, the MyRack rivals other power racks without compromising on weight capacity. The MyRack features Westside hole spacing with 54 laser-cut holes, which include different numbered adjustment points to perfectly position any size user for bench press, squats, and more. The numbered holes make each and every workout easier because you don't have to guess which height you need to adjust the J-hooks or safeties. You simply have to write down or remember, which numbers you use for certain exercises.



## COMPLETELY CUSTOMISABLE

The Force USA® MyRack is a versatile power rack system that can either be used freestanding or when bolted into the floor to perform squats, bench presses, deadlifts, and more. Choose from a range of chin-up bars, pull-up bars, dip handles, landmine rows, lat-pulldowns, J-hooks, safeties, cable crossovers, and even a monolift attachment to precisely match how you train. Complete your MyRack with a Force USA bench designed to fit perfectly with your unique power rack.

## SPECIFICATIONS

- Usage: Light Commercial
  - Westside Hole Spacing
- Optional Olympic Bar Storage Sleeves
  - Laser Cut Steel Construction
    - Robotic Welds
    - Rear Stabiliser
  - 12 GA Steel Uprights
  - Lifetime Structural Warranty
- Tubing (Upright) Size: 60 mm \* 60 mm
- Dimensions: 140cm (L) x 120cm (W) x 220cm (H)
  - Hole Diameter: 15 mm

## CHECK OUT OTHER MYRACK SETUPS





A detailed review by Garage Gym Reviews:  
<http://www.garagegymreviews.com/force-usa-myrack-in-depth-review/>

## THE WORLD'S FIRST FULLY CUSTOMIZABLE POWER RACK SYSTEM

You want Modular, Versatile, and Safe? Meet the Force USA MyRack Customizable Power Rack System!

### THE MYRACK IS IDEAL FOR WHEN:

- Your workout space is limited
- You have lower ceiling height
- You want a customizable rack
- You want an all-in-one solution
- You want the ultimate home gym

Why settle for an off-the-shelf power rack when you can have one that's custom built just for you?

The Force USA MyRack is the most versatile power rack ever designed and can either be used freestanding\* or when bolted-in to the floor to perform squats, bench presses, overhead presses, deadlifts, and more.

Whether you train weightlifting, powerlifting, Crossfit®, Olympic lifting, calisthenics, gymnastics or just want to build muscle or burn fat, the MyRack is 100% customizable so you can take your workout to the next level.





Start with the bulletproof MyRack base unit forged with precision welded, laser cut 12 gauge steel.

The MyRack features westside spacing with 54 different numbered adjustment points to perfectly position any size user for bench press, squats and more. The lower bench level heights have 1-inch spacing while the squat height levels have 2-inch spacing.

### **100'S OF DIFFERENT CONFIGURATIONS**

Next customize your MyRack with 20 different optional attachments including chin-up bars, pull-up bars, dip handles, landmine rows, lat-pulldowns, J-hooks, safeties, cable crossovers, and even a monolift attachment to unlock 100's of different configurations!

Complete your power rack system with the versatile MyBench. Each MyBench features flat, incline and decline settings and comes complete with removable preacher curl attachment and separate leg developer.

The MyRack has been engineered and tested to meet our rigorous safety standards and weight ratings. So you're guaranteed the safest, highest quality power rack available.

And, we stand behind every MyRack Power Rack we sell with our ironclad lifetime structural warranty. When buying Force USA, you're buying the best power rack money can buy.





262 cm

224 cm

200 cm





ADDITIONAL  
INFORMATION

More Information

<b>Warranty</b>	Mainframe: Lifetime, Other parts: 1 year
<b>Product Weight</b>	98kg
<b>Product Dimension</b>	122 x 140 x 220cm (width x depth x height)