



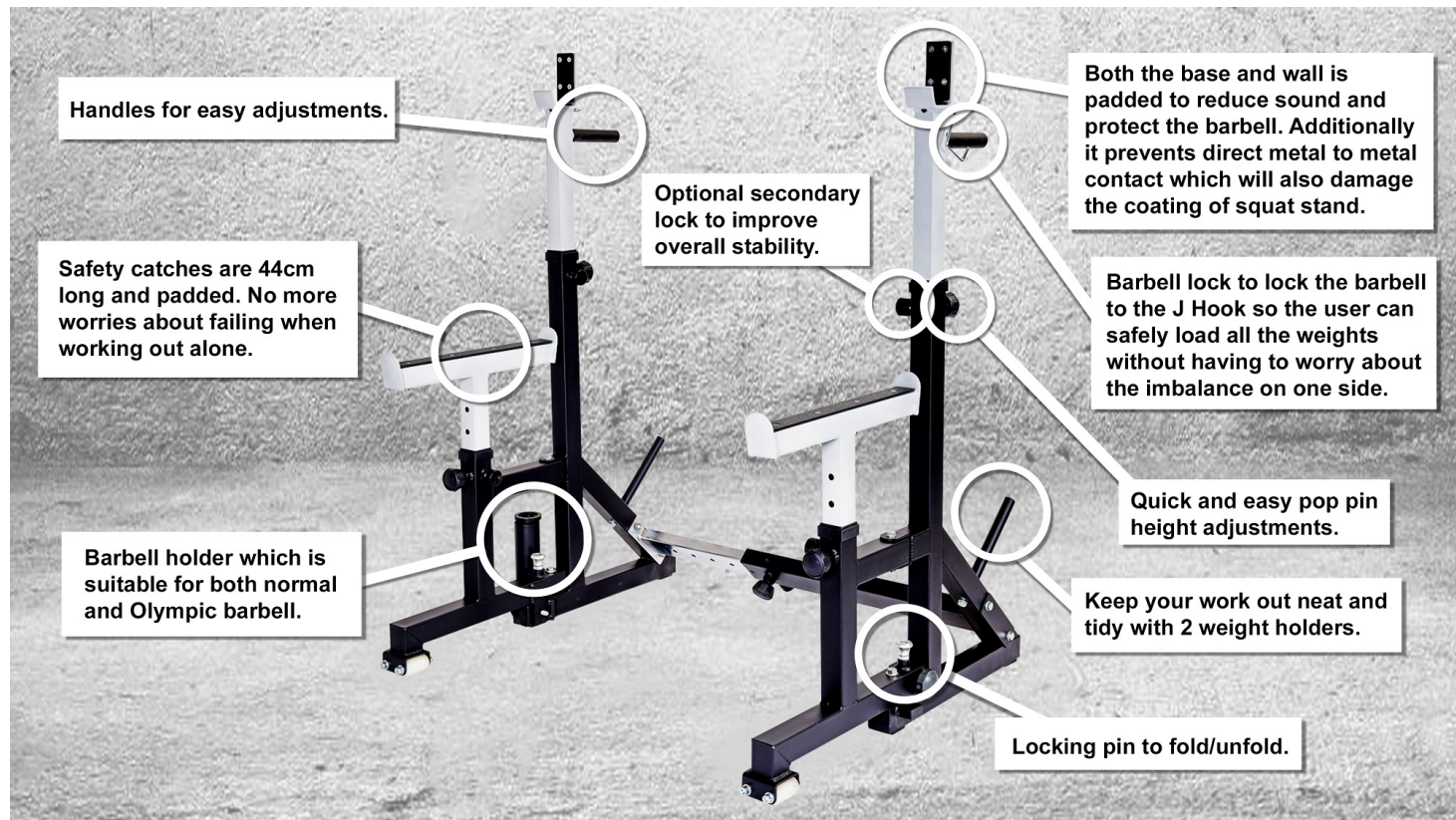
# VIGOR FOLDING ADJUSTABLE SQUAT STAND

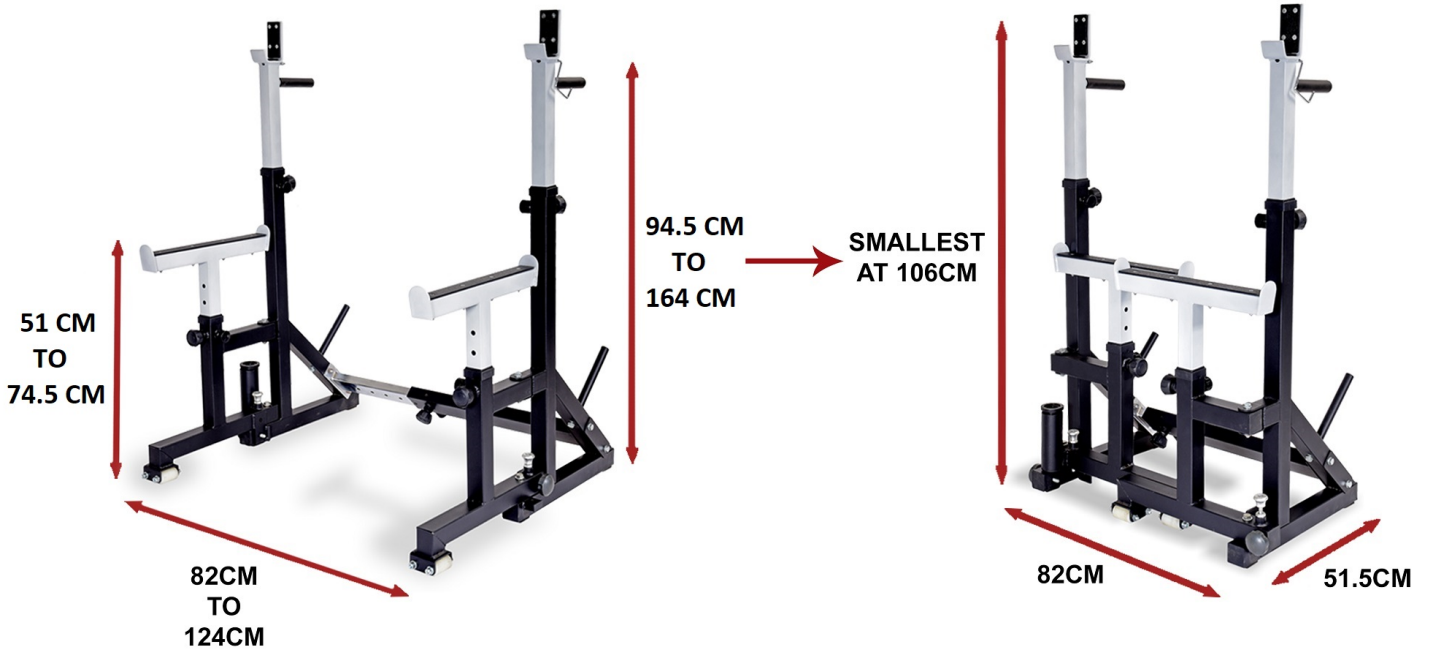
SKU: VR-FASS





PRODUCT  
DESCRIPTION









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## HANDLES

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Allows easy adjustments, even if the barbell is on the holder.

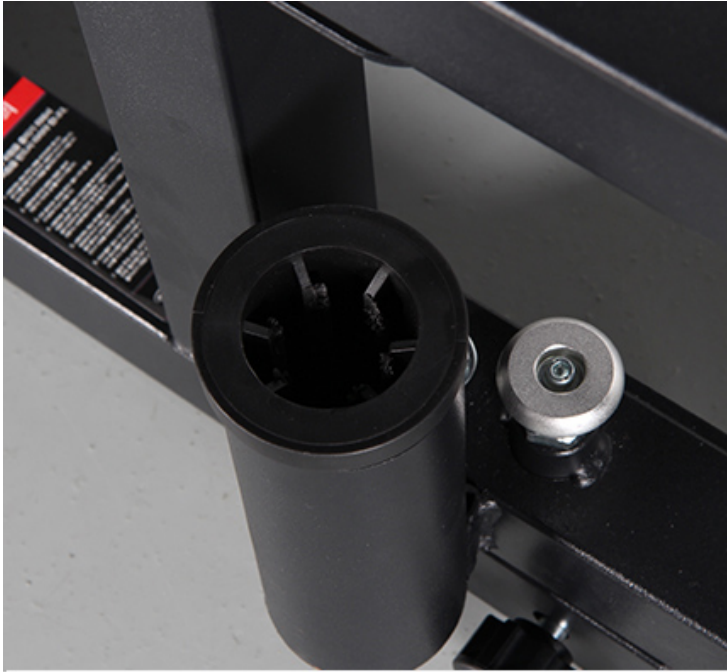
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## SAFETY CATCHES

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Safety catches are padded and 44cm long. No more worries about failing when working out alone.





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## BARBELL STORAGE

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Barbell holder accepts either normal or olympic barbell. Simply remove the adaptor to convert.

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## J HOOKS

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Both the base and the wall is padded to reduce sound and protects the barbell and the paint.





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## ADJUSTMENT KNOBS

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Quick and easy pull pin adjustment with optional secondary lock to improve overall stability.

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## WEIGHT PLATE STORAGE

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Keep your workout neat and tidy with 2 weight holders.



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## LOCKING PIN

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Allows quick and easy locking of folding mechanism. Optional secondary lock to improve overall stability.





**WORKOUT HABIT**



**SHOULDER  
PRESS**



**WORKOUT HABIT**



**INCLINE  
PRESS**





## WORKOUT HABIT



**BENCH  
PRESS**



## WORKOUT HABIT



**DECLINE  
PRESS**







## WORKOUT HABIT



**SQUATS**



## WORKOUT HABIT



**BICEPS  
CURL**

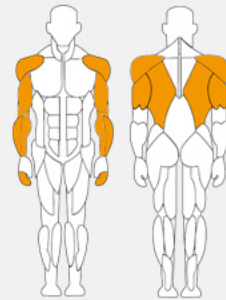




## WORKOUT HABIT



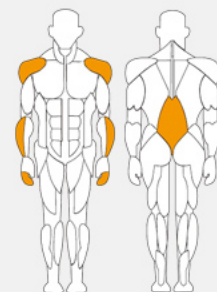
**TRICEP  
PULL**



## WORKOUT HABIT



**DEADLIFT**



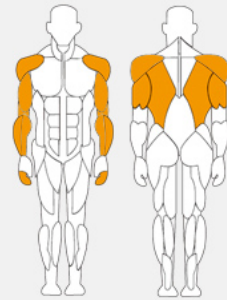




## WORKOUT HABIT



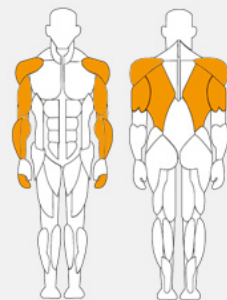
**BARBELL  
ROW**



## WORKOUT HABIT



**CHIN UP  
(LOW)**







## **SPACE SAVING DESIGN**

Foldable design allows the squat stand to be stored in a compact manner after every workout. It takes less than 1 minute to fold or unfold.

Storage Dimension: 51.5 x 82 x 106cm (L x W x H)

## **SOLID AND STABLE**

Although the squat stand is foldable, it is very stable when in use, due to the well-designed tightening knobs and solid materials.

## **PADDED J HOOKS AND SAFETIES**

J Hooks and Safety Catches are padded with nylon plates to protect the knurling of the barbell. Additionally, it prevents direct metal to metal contact which will also damage the coating of the squat stand.

## **BARBELL LOCKS**

The problem with having narrow width squat stand is that while loading weights on the barbell, it is very easy to topple due to the imbalance of weights on one side. The barbell lock solves this problem by locking the barbell to the J hook so that the user can safely load all the weights without having to worry about the imbalance.

## **EXTRA LONG SAFETY CATCHES**

Safety catches are 44cm long, much longer than similar size squat rack in the market. No more worries about failing when working out alone.

## **EASY ADJUSTMENTS**

Quick and easy pop pin height adjustments.

## **ADJUSTABLE HEIGHT SUITABLE FOR MOST EXERCISES**

This squat stand provides lower height settings as compared to many other models in the market. The benefit of lower height means that even decline bench press is possible with this rack. Other exercises that can be performed include Flat bench press, Incline bench press, squats, shoulder press, standing military press, barbell row.

## **STORAGE OPTIONS**

Keep your workout neat and tidy with 2 weight holders, and a barbell holder which is suitable for both normal and olympic barbell.

## **VARIOUS HEIGHT AND WIDTH ADJUSTMENT**

- J Hook: 94.5cm to 164cm (~2.7cm increment)
- Safety Catch: 51cm to 74.5cm (~2.7cm increment)
  - Width: 82 to 124cm (~6cm increment)
  - Depth: 89cm (unfold), 51.5cm (folded)

Note: For new batch, the white frame will be changed to grey colour.



## Still undecided? Here are 5 reasons to get it now!

1. Solid and stable although it is compact
2. Fits all bar width
3. Fits all bench position (decline, flat, incline)
4. Narrow adjustment points (better range of motion)
5. Storage for weights and bar

### ADDITIONAL INFORMATION

#### More Information

<b>Warranty</b>	Mainframe: Lifetime, Other parts: 1 year
<b>Product Weight</b>	33kg
<b>Max Load</b>	250kg
<b>Product Dimension</b>	Depth: 89cm (unfold), 51.5cm (folded)