



VR-3028 COMPACT POWER RACK

SKU: VR-3028





PRODUCT DESCRIPTION

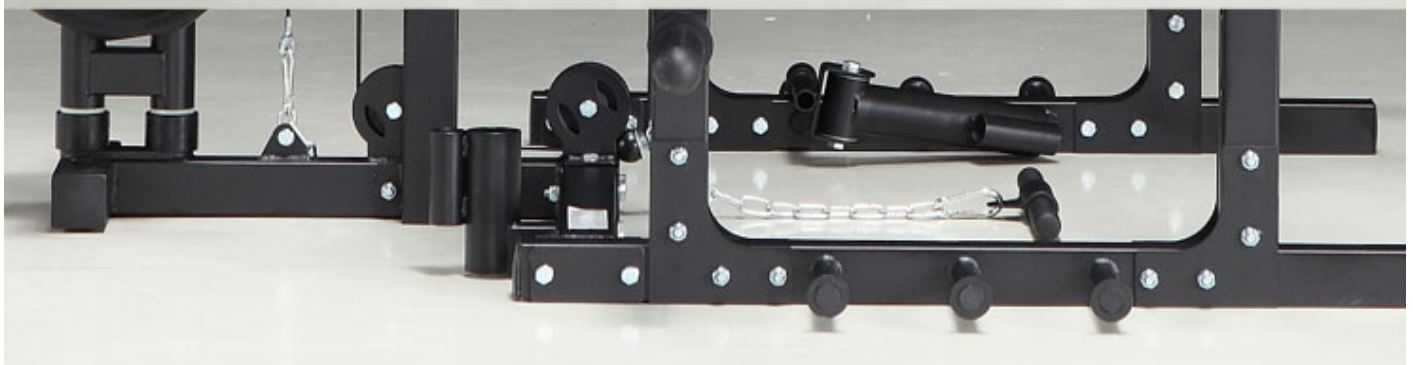
Perform chin ups and all your favourite barbell exercises on the Compact Power Rack.

- Multi Grip Chin Up Bar
- 2 pairs of J-hooks, 1 pair of Safety Straps, 1 pair of Safety Catch and Dip bar
 - Top and Bottom Band Pegs
 - 2 x Weight Plate Holder
- 1 x Barbell Holder (can be installed inside as well)
 - Landmine

Combine with a Barbell, Weight Plates and Bench for a complete gym set up to gain strength, build muscle, lose fat and get ripped.

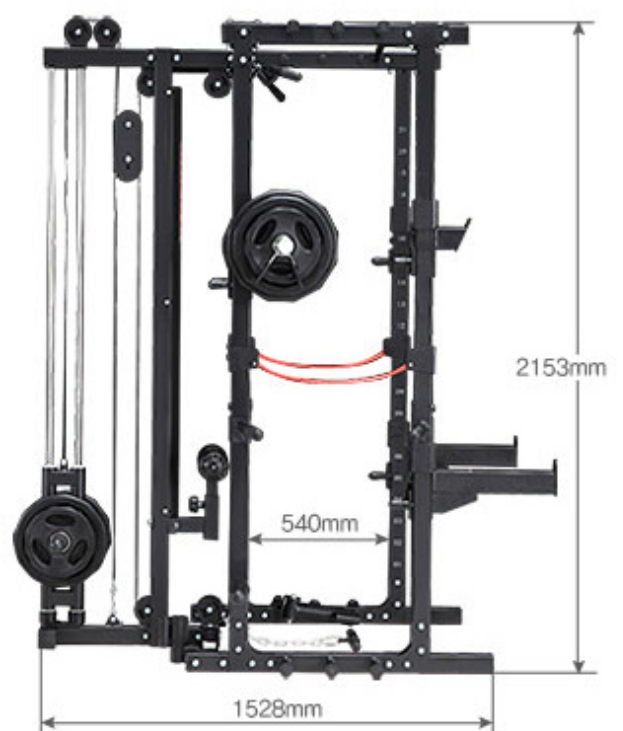
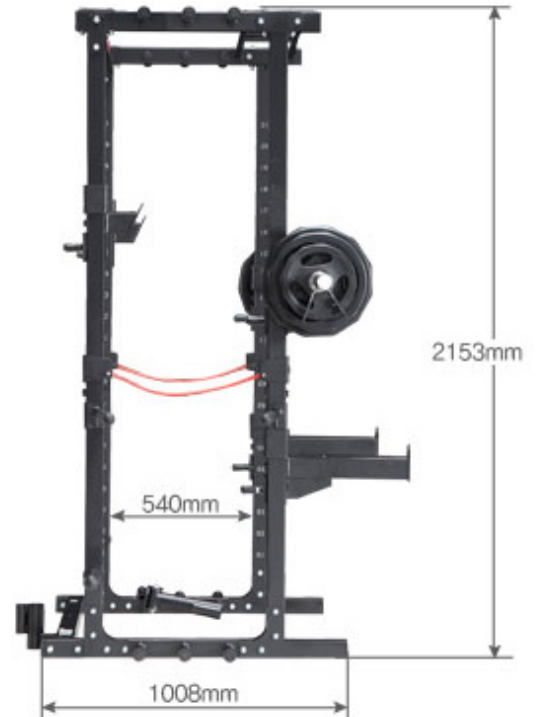


OVERVIEW





Product Size





Exercise



Squats



Usable with bands to increase resistance



Deadlifts



Dips



Multi Grip Chin Up Bar

Target different muscle groups using various types of grips available on the power rack.



Bench Exercise







Landmine row

Full Body Workout!

Squats - Deadlifts - Bench Press - Chin up - Dips - Bands Usage

Add on Lat Attachment for: Lat Pulldown, Low Row, Tricep Pushdown

**Weights, Barbell, Bench, Bands, Tricep Rope, Close Grip Triangle Attachment sold separately.*





ADDITIONAL
INFORMATION

More Information

Warranty	Mainframe: Lifetime, Other parts: 1 year
Product Weight	96kg (140kg with lat attachment)
Max Load	1000lbs
Product Dimension	100.8 x 169.6 x 215.3cm (L x W x H)