

HALF RACK JBR-106A

- ◆ The Half rack is a compact and heavy duty multipurpose unit that can be used for various free bar exercises such as squats, shoulder press, bench press etc. It also includes dual grip pull ups and storage for plates, bar and your lifting belt and bands.

- ◆ **DIMENSION:**
Length : 68 inches / 173 cms
Width : 67 inches / 170 cms
Height : 94 inches / 239 cms

- ◆ **MUSCLE WORKED:**
Full Body

