

- ◆ The versatile design offers to perform everything from bench press to squats. The free bar movement allow user to perform the exercise either inside / outside of the cage. Moreover, the power cage offer the multiple positioning of bars and caught are provided for safety.

- ◆ **DIMENSION:**
Length : 64 inches / 163 cms
Width : 86 inches / 218 cms
Height : 90 inches / 229 cms

- ◆ **MUSCLE WORKED:**
Full Body

