

SQUAT RACK / 1SC230



The Squat Rack is ideal for training the thigh muscles with maximum safety. It has been modified by revising its design and the attachment system of the barbell hooks and adjustable safety supports, which now uses the same architecture and elements introduced with the DFC Smart. Finally, the possibility has been introduced to have, instead of the upper crossbar, a traction bar of your choice among those always available on the DFC; to this end, the variable TRACKFRONT (Front Crossbar) has also been introduced on the SEC Squat Rack, which allows the choice between:

The Squat Rack is ideal for training the thigh muscles in the maximum safety. It stands out for:

- straight – simple straight crossing;
- triangular – triangle crossing;

- pullupball – pull up ball crossing;
- rubbergrip – sheath crossing.

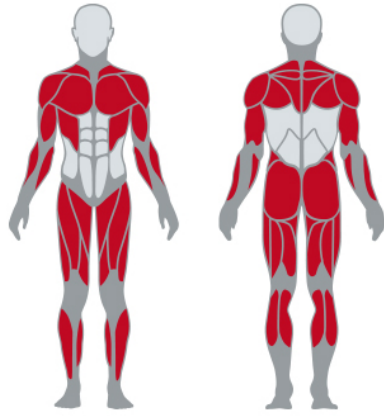
Plus

- height adjustable barbell supports;
- height adjustable safety hooks;
- 8 additional weight holders.

Optional:

- barbell;
- traction bars like dfc ones.

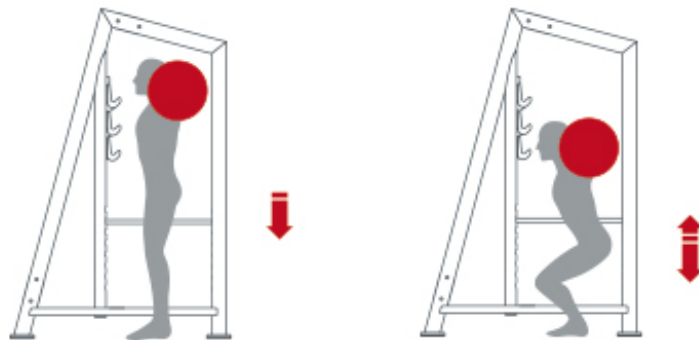
MUSCLES



TECHNICAL SPECIFICATIONS

Width	150 cm
Length	145 cm
Height	230 cm
Weight	150 Kg
Max. Weight	400 Kg

TRAINING



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The accessories (dumbbells, discs and barbells) are always placed as decorum therefore not included in the machine.