



MAIN FEATURES

1. Multi-grip chin-up handles
2. Commercial grade guide rods
3. Linear bearing smith bar with rotating sleeves
4. Extra robust J-hooks & spotters
5. Plates & bar storage
6. 2mm thick heavy duty steel construction
7. 280kg maximum load

OPTIONAL ATTACHMENTS

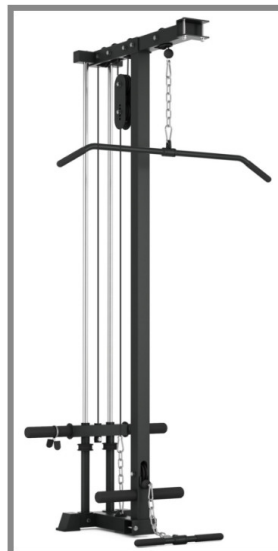
1. Pulley system (HR-LR02)
2. Dip handle (HA3710)
3. Landmine (HA3720)
4. Suspension hook (HA3740)
5. Battle rope anchor (HA3741)
6. Multi-grip pull-up bar arc (HA3742)
7. Multi-grip pull-up bar ball (HA3743)



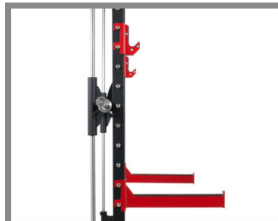
1 Multi-grip chin-up handles (28mm diameter) with improved textured surface for optimal grip and comfort.



2 Smart hook to help you lock the smith bar in place safely and quickly.



5 The design also allows for an **optional** pulley system attachment consisting of:
- High pulley with lat bar
- Low pulley with straight bar
- Loading sleeves (2in/5cm) with spring collars



3 Improved J-hook and spotter designs for MAXIMUM safety and a peace of mind during workouts.
- Extra thick J-hooks
- Extremely long spotters
- Double hook design



4 Plates and bar storage to help you store away your equipment for a neat and sleek look. Fully adjustable safety spotter for the smith bar.



Suspension Hook

Battle Rope Anchor

Dip Handle



Multi-Grip Pull-Up Bar Arc

Multi-Grip Pull-Up Bar Ball

Landmine



BUYING & INSTALLATION TIPS

Please click [here](#) to learn more about our insider buying and installation tips for workout benches and power racks!