



# HOME RIG

A HUB OF STRENGTH TRAINING ACTIVITIES

Upper pulley system suitable for numerous back and arm exercises

Integrated crossbar for bodyweight training, including pull-ups and suspension training

13 height adjustable positions for bars and attachments

2 chrome barbell rests

6 weight plate storage bars with Olympic plate attachments and spring collars

Develop chest, shoulders, deltoids and triceps using the integrated dip bars

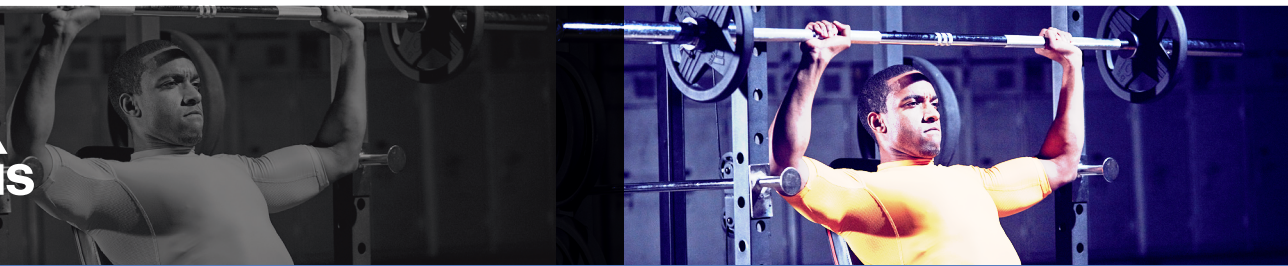
Can be fixed to the floor by corner bolt plates (not required if storage bars are loaded with sufficient weight)

Also comes with 4 types of carabiner attachments:

- Lat pull down bar
- Straight bar
- Dual foam padded hand grips
- Ankle strap

Low pulley system for both upper and lower body resistance exercises

Max load: 160kg  
149 (L) x 154 (W) x 208cm (H)



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