

FREEMOTION.

BENCHES & RACKS

DOUBLE HALF RACK

MODEL # FMDY500016



*Accessory upgrade package (as pictured) is sold separately

STRENGTH BENCHES & RACKS

Looks and brains in one hardworking machine, the Freemotion Double Half Rack is where weight training and superior organization come together. Built with 7-gauge steel and in a variety of custom colors, the Freemotion Double Half Rack is sharp-looking and hard working with ample storage and workout stations for one-on-one or small group training.



BENCHES & RACKS DOUBLE HALF RACK

PRODUCT BENEFITS

CREATE CUSTOM WORKOUTS

3.5 in (8.8 cm) adjustments create personalized workouts for clients.

STORAGE SOLUTIONS

24 short pegs (10 outside, 4 inside) create a lifter's playground with plenty of options.

GRAB HOLD

The multi chin/neutral grip bar is just asking for a chin up challenge and can also be used to support training straps and other tools.

4 RECEPTACLES

The four receptacles on this double half rack can be interchanged/removed with one another and do not need to be direct bolted to the unit.

MULTI CHIN/NEUTRAL GRIP BAR

Workout how you want to with a strong bar that accommodates a variety of grip styles.

FRAME | 7 Gauge Steel Frame

FRAME COLOR | Platinum, additional frame colors available at an up-charge.

MACHINE WEIGHT | 1170 lbs (530.7 kg)

PRODUCT DIMENSIONS | 94.4 x 199 x 62.5 in (239.7 x 505.5 x 158.7 cm)

INCLUDED ATTACHMENTS

- » 4x3 ft (1.2 x 0.9 m) steel uprights
- » Fiber-Laser cut numbering system for exact attachment positioning
- » Multi-Grip Chin-up Bar
- » 2 Short Peg/ 10 long peg plate storage
- » Olympic Plate Storage
- » UHMW plastic on J-Hooks and Safeties to prevent Upright, Brand J-Hook Damage
- » Fiber-Laser cut upright slots for fast and solid J-Hook and Safety Arm adjustments
- » Footplate anchor options for maximum rack stability
- » Carriage bolt hardware for a smooth and clean finish

WARRANTY US AND INTERNATIONAL

Lifetime - Structural Steel Frame | **5 Year** - Wear Guards/UHMW, Rubber & Plastic, and Finish | **1 Year** - Fitness Products, and Pads, Grips, Components | **90 Days** - Accessory Products.