

everfit

EVERFIT WBK-300

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109.20 €

Stock: Out Of Stock

Categories: [Fitness](#), [Fitness Equipment](#)



PRODUCT DETAILS

Everfit WBK-300

With a maximum structure weight of 150kg this half rack is made out of heavy-duty steel tubing. The rack features 3 weight horns that provide storage as well as keep the rack from moving. Additionally, the rack has 2 barbell holders.

The height and distance of the racking arms can also be adjusted to fit the users height and barbell length.

Key Features:

- Adjustable height and distance
- Weight horns
- Barbell holders

Benefits Of The Product:

Squat racks allow you to work out in a variety of different ways. As you start to build your home gym, you will see squat racks pop up as an essential piece of equipment. This is especially true if you're looking to integrate more strength training into your routine.

Performing squats challenges a variety of muscle groups in one movement. You can target your quads as well as your core and back. Squats activate your calves, glutes and improve core strength. Overall, squat racks help you to perform highly efficient movements that work multiple muscle groups.

Squats are highly demanding both physically and mentally. It takes a lot of drive and motivation to keep doing the same movement and progressing your strength. Squats will test your mental toughness like no other exercise. Therefore, it can help to improve your mental health as well as challenge multiple muscle groups.

BRAND

EVERFIT



Maximum Load Weight	150 Kg (user + loaded weights)
Frame	Square heavy-duty steel tubing 50 x 50 x 1.5 mm
Adjustable	Height: 114-154 cm Distance: 78.5-98.5 cm
Net Weight	15.5 Kg
Gross Weight	17.5 Kg