

**POWER
LIFT®**

**RACK
CATALOG**





ABOUT POWER LIFT

WHERE IT ALL BEGAN

Power Lift got its start back in 1999 by owner and CEO Jeff Conner. Jeff had a vision to manufacture Olympic lifting platforms and strength training equipment for athletic and sports performance facilities. Since that day back in 1999, Power Lift has maintained a steady growth that has always focused on manufacturing the highest quality of strength training and weight equipment you can buy.

CREATING QUALITY PRODUCTS

One of the key components to our success is the precise engineering process that we follow for high quality equipment manufacturing. Our innovative weight equipment is designed with the athlete in mind, and we pride ourselves on our ability to outfit athletic facilities based on a team's unique goals. That's why teams across the country have chosen us to help them maximize their strength training facilities.

DESIGNED FOR SUCCESS

Power Lift has always concentrated on accommodating the large school market. Our clientele includes a wide variety of high schools, colleges, universities, professional sports teams and athletic performance facilities. Our weight equipment is popular and sought after not only for its unique design and customizable appearance, but for its affordability and superior warranty that training facilities want and need. And to top it off, our strength training and weight room equipment is made with the toughest materials that can withstand excessive use from coaches and athletes.

PRO SERIES HALF RACK

8' or 9' (H) x 83.5" (W) x 53" (L) | 540 lbs. (Weight)

Key Features:

- Dual Grip Chin Bar included
- Safety Spot Bars
- Bar & Accessory Storage standard
- Wrinkle coat finish
- Patented "Rhino Hook" Bar Catches
- Angled weight storage with 4 outside pegs and 3 inside pegs to accommodate storage for either Olympic plates or Bumper plates



PRO SERIES POWER RACK

8' or 9' (H) x 83.5" (W) x 72" (D) | 790 lbs. (Weight)

Key Features:

- Patented "Rhino Hook" Bar Catches
- Safety Spot Bars
- Dual Grip Chin Bar
- Angled weight storage with 4 outside pegs and 3 inside pegs to accommodate storage for either Olympic plates or Bumper plates



PRO SERIES COMBO RACK

8' or 9' (H) x 94 5/32" (W) x 72" (D - Standard) or 52" (D - Short)

Key Features:

- Available in Standard or Short Base
- Safety Spot Bars
- Dual Grip Chin Bar Standard
- Angled weight storage with 4 outside pegs and 3 inside pegs to accommodate storage for either Olympic plates or Bumper Plates
- Shown with optional attachments and accessories
- Optional bumper plate storage available



Short Base



Standard Base

PRO SERIES 6 POST POWER RACK

8' or 9' (H) x 103 1/2" (W) x 108 3/8" (D) | 1100 lbs. (Weight)

Key Features:

- Available in a variety of configurations
- Safety Spot Bars
- Dual Grip Chin Bar Standard
- Shown with optional attachments and accessories
- Angled weight storage with 4 outside pegs and 3 inside pegs to accommodate storage for either Olympic plates or Bumper plates



The Power Lift Pro Series line is manufactured from 4" x 3" tubes with a 3/16" wall thickness. Uprights are laser cut to accommodate various Power Lift rack attachments.

PRO SERIES 3 X 3 HALF RACK

8' or 9' (H) x 72 1/2" (W) x 52" (D at base) or 54 1/2" (D with spot bars) | 444 lbs. (Weight)

Key Features:

- Vertical weight storage with 10 bolt on storage pegs
- Uprights feature 37 - 1" holes on the front / back and 42 - 1" holes on the side
- Multiple 2" holes incorporated into base tubes
- 3" x 3" 7 gauge steel uprights and 7 gauge steel bases
- Locking spot bars utilizing a twist and lock design
- Dual Grip Chin Handles feature welded accessory loops
- Shown with optional attachments and accessories



PRO SERIES 3 X 3 POWER RACK

8' or 9' (H) x 72 1/2" (W) x 72" (D) | 447 lbs. (Weight)

Key Features:

- Vertical weight storage with 10 bolt on storage pegs
- Uprights feature 37 - 1" holes on the front / back and 42 - 1" holes on the side
- Multiple 2" holes incorporated into base tubes
- 3" x 3" 7 gauge steel uprights and 7 gauge steel bases
- Dual Grip Chin Handles feature welded accessory loops
- Shown with optional attachments and accessories



PRO SERIES 3 X 3 COMBO RACK

8' or 9' (H) x 86 1/8" (W) x 72" (D)

Key Features:

- 3" x 3" 7 gauge steel uprights and 7 gauge steel bases
- "Rhino Hook" bar catch system with replaceable UHMW
- Bumper Plate Storage available
- Uprights feature 37 - 1" holes on the front / back and 42 - 1" holes on the side
- 10 bolt on weight storage pegs are standard
- Dual Grip Chin Handles feature welded accessory loops
- Shown with optional attachments and accessories



PRO SERIES 3 X 3 SHORT BASE COMBO RACK

8' or 9' (H) x 86 1/8" (W) x 52" (D)

Key Features:

- 3" x 3" 7 gauge steel uprights and 7 gauge steel bases
- "Rhino Hook" bar catch system with replaceable UHMW
- Bumper Plate Storage available
- Uprights feature 37 - 1" holes on the front / back and 42 - 1" holes on the side
- 10 bolt on weight storage pegs are standard
- Dual Grip Chin Handles feature welded accessory loops
- Shown with optional attachments and accessories



COLLEGIATE SERIES 3 X 3 HALF RACK

84", 95" or 108" (H) x 71 1/2" (W) x 53" (D) | 400 lbs. (Weight)

Key Features:

- 1 1/2" Chin Handles
- Bar Catch protected with HDPE
- 1" front & side utility holes
- 10 Adjustable / Angled Weight Storage Pegs with End Caps
- 1" Hardware
- 3" x 3" 11 ga. uprights with laser cut numbers
- Bar Storage & Weight Storage Pegs



COLLEGIATE SERIES 3 X 3 POWER RACK

84", 95" or 108" (H) x 71 1/2" (W) x 76 1/2" (D) | 580 lbs. (Weight)

Key Features:

- 1 1/2" Chin Handles
- Bar Catch protected with HDPE
- 1" front & side utility holes
- 10 Adjustable / Angled Weight Storage Pegs with End Caps
- 1" Hardware
- 3" x 3" 11 ga. uprights with laser cut numbers
- Bar Storage & Weight Storage Pegs



COLLEGIATE SERIES 3 X 3 COMBO RACK

84", 95" or 108" (H) x 48 1/2" (W) x 72 1/2" (D) or 122" (D with spot bars) | 615 lbs. (Weight)

Key Features:

- 1 1/2" Chin Handles
- Bar Catch protected with HDPE
- 1" front & side utility holes
- 10 Adjustable / Angled Weight Storage Pegs with End Caps
- 1" Hardware
- 3" x 3" 11 ga. uprights with laser cut numbers
- Bar Storage & Weight Storage Pegs



COLLEGIATE SERIES 3 X 3 SHORT BASE COMBO RACK

84", 95" or 108" (H) x 48 1/2" (W) x 53 1/2" (D) or 98" (D with extension) | 630 lbs. (Weight)

Key Features:

- 1 1/2" Chin Handles
- Bar Catch protected with HDPE
- 1" front & side utility holes
- 10 Adjustable / Angled Weight Storage Pegs with End Caps
- 1" Hardware
- 3" x 3" 11 ga. uprights with laser cut numbers
- Bar Storage & Weight Storage Pegs



The Power Lift Collegiate Series line is manufactured from 11 gauge steel, 1" hardware and features uprights with holes on all 4 sides. This rack design is compatible with Power Lift rack attachments.

BASIC SERIES HALF RACK

96" (H) x 69" (W) x 51" (D) | 290 lbs. (Weight)

Key Features:

- Frame Construction: 2" x 3" 11-gauge steel and features welded end caps
- Fixed Bar Tabs - 10 welded bar tabs on 3/8" steel plate (black wrinkle finish)
- 1/2" thick Chin Bar
- K-Brace (black wrinkle finish)
- 4 - 2" x 11" weight pegs per side (welded through frame) - spaced for bumper plates
- Removable Black Wrinkle Pair of Spot Arms that easily adjust into 1 of 10 bar tab positions (20" length | Top portion covered with HDPE)



FREE STANDING SQUAT STAND

73" (H - without chin attachment) x 90" (H with chin attachment) x 39" (D) x 26" (W) | 215 lbs. (Weight) | 25 lbs. (Weight of Chin Attachment)

Key Features:

- A deluxe piece of fitness equipment that is designed to build strength in a versatile and efficient way
- This piece of equipment is meant to handle squats without taking up space
- Shown with optional Chin-Up and Dip Attachments
- Chin ups, bench movements or squats can be taken from this squat rack
- Chin handles are not designed to be used in conjunction with a suspension trainer
- Portable, with wheels located on each stand, to assist with relocation or storage



Collegiate Series Dumbbell Bench

17 1/2" (H) x 50 11/32" (D) x 28 11/32" (W) | 91 lbs.

The Power Lift Collegiate Series Multi Angle Dumbbell Bench features 6 adjustable back pad angles and 3 adjustable seat pad angles. The bench can be easily moved using the front handle and can be stored in an upright position.



Pro Series Multi-Angle Dumbbell Bench

18 13/16" (H) x 50 7/16" (D) x 31 9/16" (W) | 101 lbs.

The Pro Series Multi Angle Dumbbell Bench incorporates popular features from our Multi Angle DB Bench but provides an updated look and optional attachments including the Rotating Utility Pad and a High Rotation Attachment location. The Pro Series Multi Angle DB Bench adjusts from 0-80 degrees and includes wheels and a handle for ease of movement. In addition, the Pro Series Multi Angle DB Bench can be stored vertically when not in use.



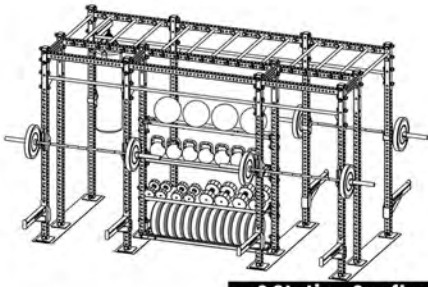
"Lever Action" Bench

19" (H) x 33 1/4" (W) x 52" (Extended) x 43" (Retracted) | 150 lbs.

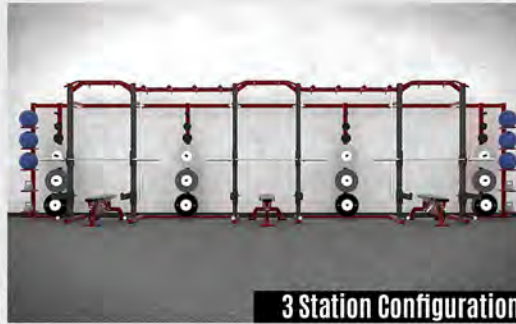
Power Lift's Lever Action Bench has our patented linkage system that adjusts seat angles when the back pad angle is re-positioned. Six adjustable lifting angles on the back pad and seat add to the incline bench press workout and extended spotter's platforms help provide a natural position for spotting. A linear bearing slide adjustment provides frictionless seat adjustments with an easy to reach lever and thermo-cushion bench wheels protect any flooring surface.



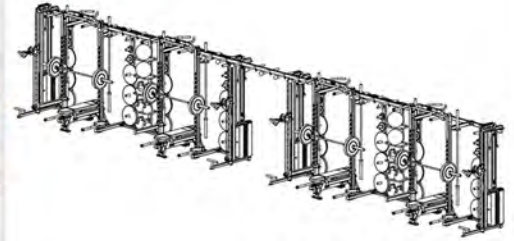
Our versatile line of weight rack stations and benches are built to handle any facility. From professional sports teams to collegiate athletics and high school gyms. Power Lift is providing the best equipment on the market.



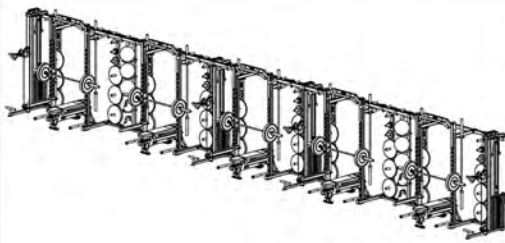
2 Station Configuration



3 Station Configuration



4 Station Configuration



5 Station Configuration



Iowa Colony High School



University of Akron



The University of Texas



Byron Nelson High School



Texas A&M University

KEY FEATURES

- Modular / space saving design allows rig station to be built specifically for the space
- Rig Station including pulleys and storage options can be reconfigured or added onto as training needs evolve
- Numerous storage options available including: weight plate, kettlebell and medicine ball storage
- Multi-Functional pulley unit can be incorporated into design to maximize the floor space
- Custom or standard connecting braces are built into the design for additional training areas
- Rig Station is compatible with Power Lift attachments including: band attachments, dip attachments and high rotation attachments
- Customize configurations to your specific needs
- Allows customer to utilize empty space between stations
- Eliminates need for other storage equipment and space



The Power Lift Rig Stations can be built specifically to fit any facility. Each Rig Station is space saving and customizable to fit all of your strength-training needs.



HIGH ROTATION ATTACHMENT

Ideal for rotational exercises.



ROTATING UTILITY PADS

Great for glute hamstring work, prone leg curls, single leg movements, etc.



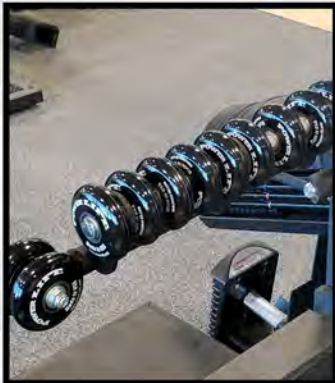
UTILITY / JAMMER ARM

Allows users to perform a multitude of pushing or pulling movements from Power Lift rack stations.



BAND ATTACHMENTS

Attaches to the barbell and rack to add resistance to various lifts.



MYOFASCIAL RELEASE ROLLER

Allows athletes to conveniently target problem areas prior to training in order to release muscle tightness or tension.



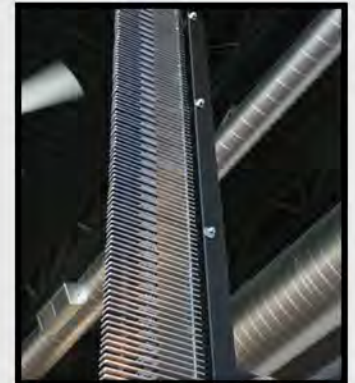
DIP ATTACHMENT

Allows users to perform dips outside of the Power Lift racks.



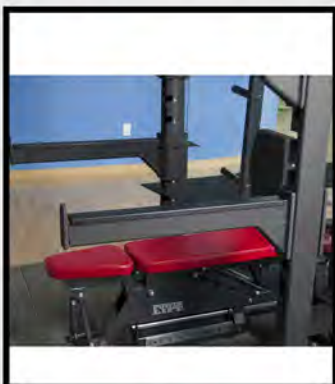
RACK SQUAT HANDLES

Allows users to perform squats with a safety squat bar.



VERTICAL JUMP TEST ATTACHMENT

Conveniently measures vertical jumps.



SPOT BARS

Designed to protect athletes during heavier lifts.



DOUBLE SIDED UHMW BAR CATCH

Increase the versatility of your rack with the Double Sided UHMW Bar Catches.



BAR CATCH WITH UHMW INSERT

Standard on the 3 x 3 Pro Series Rack stations and is available as an upgrade on the 4 x 3 and Collegiate Series Line.



"RHINO HOOK" BAR CATCH

The Patented bar catches comes standard with all Power Lift racks.



BATTLE ROPE RING

Great for competition within the weight room or when doing partner exercises.



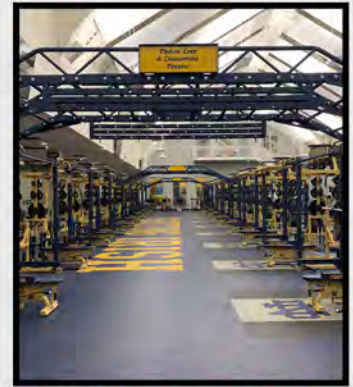
CONCENTRIC ASSISTED LADDER CHIN

Used as attachment points for bands, Suspension Trainer, Heavy Bag and various other training devices.



CONNECTING BRACE CHIN UP

A great addition for any room looking to add more chin-up bars or tie offs for suspension trainers.



CONNECTING BRIDGE SYSTEM

Maximizes space within a training facility by spanning from one area of the room to another.



CUSTOM CONNECTING BRACE

A great addition to any room looking to add space for chin-up bars or tie offs for suspension trainers.



DUAL GRIP CHIN BAR

Allows for traditional pull ups, chin ups and neutral grip pull ups.



LADDER CHIN ATTACHMENT

Provides various diameter handles for the pullup movement.



POWERBLOCK STORAGE

Angled storage space for PowerBlock dumbbells and expansion handles.



ROTATING CHIN HANDLE

Patented design attaches to your rack to assist in pullups.



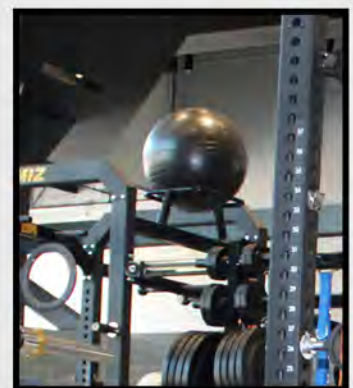
SIDE MOUNTED CHIN BAR

Chin bar mounted to the side of the rack to optimize space.



SPOTTER PLATFORMS - FOLDING

Over-sized platforms that raise and lower into position with the assistance of a gas shock.



STABILITY BALL STORAGE

Fits on top of racks to keep stability balls organized and out of the way during other workouts.



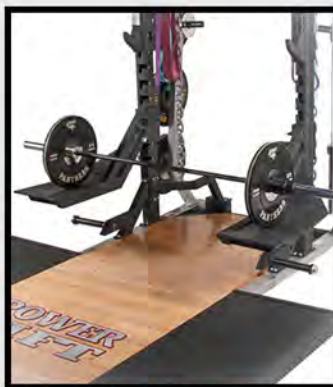
STEP UP PLATFORM

Attaches to the rack upright and provides an adjustable step-up device.



SUMO BASE

Gives athletes the ability to place their feet wider than what is allowed in a standard Power Rack.



TECHNIQUE TRAYS

Allows the user to perform pulling movements from outside the rack, while focusing on form.



THE DIFFERENCE ATTACHMENT

Enhances your upper body speed, strength and work capacity.



WOOD CHIN ATTACHMENT

Ideal for athletes trying to increase grip strength and finger dexterity.



WRIST ROLLER

Allows users to train forearm and grip strength without having to leave the lifting station.

STANDARD FRAME COLORS



STANDARD UPHOLSTERY COLORS



Custom Colors available for an additional fee | Used for Reference Purposes Only - Digital Colors Vary | Power Lift uses premium high quality Powder Coat and Upholstery



Power Lift offers a wide variety of power rack attachments and accessories that are compatible with various rack stations. These attachments allow you to utilize your space and rack station efficiently.



Key Features:

- Logo can be single or double sided
- Can mount to connecting bridge system and / or connecting brace-chin handles
- Connecting bridge sign max height is 20" and max width is 48"
- Max width for rack mounted signed measures 43", height will vary depending on logo
- Dual Grip Chin Handle version max height measures 20" and width will vary depending on logo
- Standard height on banner sign is 12"
- Can accommodate up to 6-color logo
- 20 gauge sheet steel used for laser cut logo plates

LASER CUT BANNER SIGN



Key Features:

- Logo can be single or double sided
- Can mount to dual grip chin bars and connecting bridge systems
- Max height is 28", max width is 28"
- Logos are manufactured from 7 gauge steel backing plates and 20 gauge steel color plates
- The laser-cut, powder-coated steel logo plates create a 3D color image

LASER CUT FLOATING SIGN



Key Features:

- Logos are manufactured from 20 gauge steel backing plates and 20 gauge steel color plates
- The laser-cut, powder-coated steel logo plates create a 3D color image
- Can accommodate up to 2 color logos
- 6 bolt design to fix logo signs to upright

LASER CUT UPRIGHT LOGO



Key Features:

- Logos are manufactured from 10 gauge sheet steel
- Can accommodate 1 color, steel plate design
- The laser-cut, powder-coated steel logo plates create a 3D color image
- 3 bolt design to fix logo plate to bar catch
- Max logo width is 2.5" and max logo height is 3"

LASER CUT "RHINO HOOK" BAR CATCH LOGO



Key Features:

- Logos are manufactured from 20 gauge steel backing plates and 20 gauge steel color plates
- The laser-cut, powder-coated steel logo plates create a 3D color image
- 4 bolt design used to fix logo plates to bench
- Can accommodate up to 6 color logos

LASER CUT PRO MULTI ANGLE DUMBBELL BENCH LOGO



Key Features:

- Logos are manufactured from 20 gauge steel backing plates and 20 gauge steel color plates, with the front plate being 14 gauge
- The laser-cut, powder-coated steel logo plates create a 3D color image
- 4 bolt design used to fix logo plates to dual grip chin handle
- 2 1/2" (H) x 16" (W)
- Can accommodate up to 6 color logos

LASER CUT DUAL GRIP CHIN HANDLE LOGO



Power Lift's Custom Laser Cut Logos are a great way to add your brand to the equipment. Logos are manufactured from 7 gauge steel backing plates and 20 gauge steel color plates.

powerliftusa.com | 800.872.1543

