

Freedom Rack

The Throwdown Freedom Rack® redefines barbell training by combining the safety of a Smith Machine with the freedom of a Power Rack. Its innovative track system allows for simultaneous vertical and horizontal bar movement, closely mimicking free-weight lifting patterns. With multiple safety catch positions, built-in exercise placards, and a rotating Olympic bar, this rack gives users the confidence to lift with control and safety.



PRODUCT DIMENSIONS	
Width	75 In (191 cm)
Length	83 in (211 cm)
Height	90 in (229 cm)
Overall Weight	655 lb (297 kg)
Shipping Weight (Boxed)	829 lb (376 kg)
ADJUSTMENTS & MOVEMENTS	
User Defined Range Of Motion	Yes, unique technology provides simultaneous bar movement both vertically and horizontally
Assisted Adjustments	Unique design provides the safety of a Smith Machine with the exercise diversity of a Power Rack. Unique technology provides simultaneous bar movement both vertically and horizontally.
FRAME SPECIFICATIONS & CABLE INFORMATION	
Standard Frame Color Options	-60 Black
Frame Finish	Electrostatic Powder coating
Customizable Paint Options Available	Yes with additional fees and extended lead times
Customizable Branding Options Available	Yes with additional fees and extended lead times
Bolt Down Locations Defined	Yes
Integrated Leveling System	No, rubber feet for floor protection
Hardware Type	Hex / Button Head
Tubbing Style & Thickness	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
USER SPECIFIC INFORMATION	
Static Placards	Yes, intuitive user placards featuring 20 detailed exercise explanations are conveniently located within the unit
Multi-Language Placards Options Available	Yes
Animated Lenticular	No
Safety Catch & Stops	Multiple bar rack safety catches offer forward, rear and lower racking for enhanced safety
Water Bottle Holder	No
Phone Holder	No
Grip Specifications	Integrated multi-grip pull-up station
Restraint System	Multiple bar rack safety catches offer forward, rear and lower racking for enhanced safety
WEIGHT STACK SPECIFICATIONS	
Plate Loaded	Custom rotating 44 lb (20 kg) Olympic bar
Weight Storage Solution	Complete Olympic plate storage
Add-On Resistance Available	500 lb (227 kg) max load capacity
SKUS	

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