

Power Cage

The Throwdown Power Cage is built for serious strength training, offering a fully enclosed lifting environment that prioritizes safety without sacrificing versatility. With dual-position bar racking options (front or rear), adjustable bar catches, and safety supports, users can perform squats, presses, and pulls with total confidence. Its walk-through front design allows easy integration with benches, while integrated storage and pull-up functionality make it an all-in-one training station for any commercial gym or athletic facility.



PRODUCT DIMENSIONS	
Width	63 in (160 cm)
Length	69 in (174 cm)
Height	94 in (239 cm)
Overall Weight	538 lb (244 kg)
Shipping Weight	708 lb (321 kg)
ADJUSTMENTS	
Assisted Adjustments	None for Adjustable safety bar supports but pull pin adjustable bar catches
FRAME SPECIFICATIONS	
Standard Frame Color Options	-60 Black
Frame Finish	Electrostatic Powder coating
Customizable Paint 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
Static Placards	No
USER SPECIFIC INFORMATION	
Safety Catch & Stops	Yes, adjustable safety bar supports and walk through front design
Grip Specifications	Multiple grip configurations integrated with pull up station
Plate Loaded	900 lb max load capacity
Weight Storage Solution	Complete Olympic plate storage with angled, chrome weight horns (x8) with numeric markers for correct placement of stored plates
SKUS	
9TD-R8006	