

TRAINING & EQUIPMENT



The Space Saver Rack

~ SOLUTION ~

This heavy-duty, versatile power rack and functional trainer is perfect for any gym

If there's a best-kept secret in the exercise equipment industry, it would have to be BFS's Space Saver Rack. Although many of our competitors have tried to copy our unique designs, no one has figured out how to come close to offering a heavy-duty unit of this quality.

The unique aspect of the Space Saver Rack is that in addition to serv-

a variety of angles, and chin-ups. It's a serious, commercial-quality piece of equipment for those who are serious about getting strong.

Two groups that have really taken to the Space Saver Rack are police and fire departments, organizations that have become loyal consumers of BFS products due to their need to have high-quality equipment at reasonable

prices. These public servants need to be in top shape and often prefer to train in their work environment but may not have much free space to devote to a workout facility. With this unit a firefighter or police officer might perform a heavy squat, bench press and then some cable exercises, then fold up the unit to give them space to perform hex bar deadlifts or perhaps some dot drills or rope jumping. Although these groups are

technically not considered athletes, the demands of their jobs require that they train like they were going for the gold. Just how heavy-duty is this unit? The Space Saver Rack is 2-inch, 11-gauge steel tubing, which is the industry standard for heavy-duty free weight equipment. It has super-tough, 4,000-pound aircraft cable for its pul-

A single person can open or close the unit in about 30 seconds – a great advantage, especially during classroom settings where time is extremely limited.

ing as a functional trainer and full-size power rack (49 inches by 48 inches by 84 inches), it can fold up into an area that is only 24 inches by 9 feet! Granted, there are some home units offered in late-night infomercials that offer some space-saving functions and use bands and rods to provide resistance, but with the BFS Space Saver Rack we're talking about a serious power rack that will enable you to perform heavy squats, bench presses from

prices. These public servants need to be in top shape and often prefer to train in their work environment but may not have much free space to devote to a workout facility. With this unit a firefighter or police officer might perform a heavy squat, bench press and then some cable exercises, then fold up the unit to give them space to perform hex bar deadlifts or perhaps some dot drills or rope jumping. Although these groups are

leaves, and the 400-pound weight stack prevents the unit from tipping when it's collapsed (although for maximum safety, as with any power rack, BFS recommends bolting the unit to the floor).

Another factor that sets this unit apart is its chromed vertical slides on the adjustable pulley system, which is a standard feature on both the stock and custom versions of this unit. Chromed slides prevent the pulley



The Space Saver Rack is a heavy-duty unit that enables you to safely and conveniently perform numerous core and auxiliary exercises.

from scratching the support bar, which is a problem that occurs with competitors that simply paint the support bar. Those units may look good in a photo, but within a few weeks those who purchase the inferior equipment often learn a valuable lesson in the concept of “you only pay

for quality once.”

The secret of the unit is a sliding support bar that also can be used as a chin-up bar, which safely secures the vertical power rack supports in place. This feature enables the unit to be opened and closed quickly without having to tighten bolts. How quickly?

With the rollers, a single person can open or close the unit in about 30 seconds – a great advantage, especially during classroom settings where time is extremely limited.

Then there are the little extras, such as a heavy-duty bench that folds up against the wall for easy storage



The unit folds up into an area that is only 24 inches wide, and a single person can open or close the unit in about 30 seconds!

and can be adjusted to military flat, decline and incline positions. The bench comes with roller pads, necessary to prevent you from sliding when performing decline bench presses, and the pads can be removed so they don't get in the way when the bench is converted to its flat and incline positions. Also, storage racks are built in, thereby eliminating a safety hazard because you don't have to stack the plates against the wall or on the floor.

What we're finding is that the Space Saver Rack is perfect for schools with serious space limitations, because being able to fold up the units enables the facility to be used for general conditioning exercises. Take a look at the weightroom configuration in Figure 1, which is set up for the BFS program. With this design, athletes will perform their power cleans and deadlifts on the platform, and their squats, benches and perhaps an auxiliary exercise on the Space Saver Rack. When that portion of the workout is completed, the



Some of the features of the BFS Space Saver Rack include an adjustable pulley system that swivels to allow for a greater variety of exercises, chromed vertical slides, a 400-pound weight stack and super-tough, 4,000-pound aircraft cable for its pulleys.

units are folded up, and out come the plyo boxes for plyometrics and medicine balls for general conditioning. The additional free space also can be used for performing the BFS 1-2-3-4

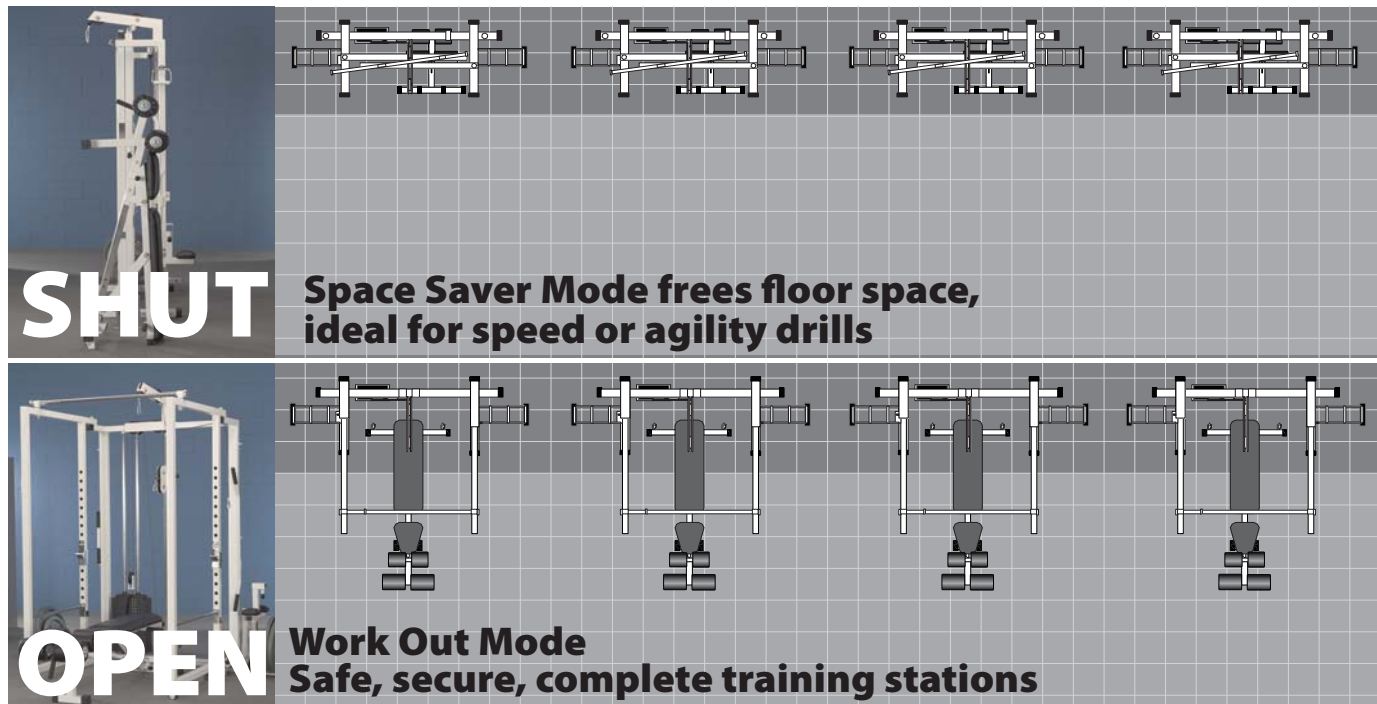
Flexibility program.

The Space Saver Rack is also perfect for the home environment, as it enables you to convert your garage into a heavy-duty gym, and convert it back into a garage where you can park your vehicles. Because often there is space for only one piece of equipment and there are so many needs (athletic fitness, physical fitness and rehabilitation) it's important that a home gym be versatile. With the combination of free weights and cables, there are literally hundreds of exercises you can perform on this rack, from those that isolate a single muscle to compound movements that can be performed for all levels of ability.

The stock version of this unit is black with gray upholstery, and at your request BFS will also customize the color of the rack, the upholstery and the roller pads.

What's the secret to a great workout in a small space? The incomparable Space Saver Rack! **BFS**

FIGURE 1



The Space Saver Rack is perfect for schools with serious space limitations, because being able to fold up the units enable the facility to be used for general conditioning exercises.

COMPLETE FUNCTIONAL TRAINING SOLUTION

The BFS **Space Saver Rack** is a full-size power rack *and* functional trainer, that folds up to an area only 24 inches wide! It's perfect for schools with serious space limitations, and great for the home gym environment.

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Complete with Heavy-Duty
Multi-Angle Bench



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Easily folds for storage (24")
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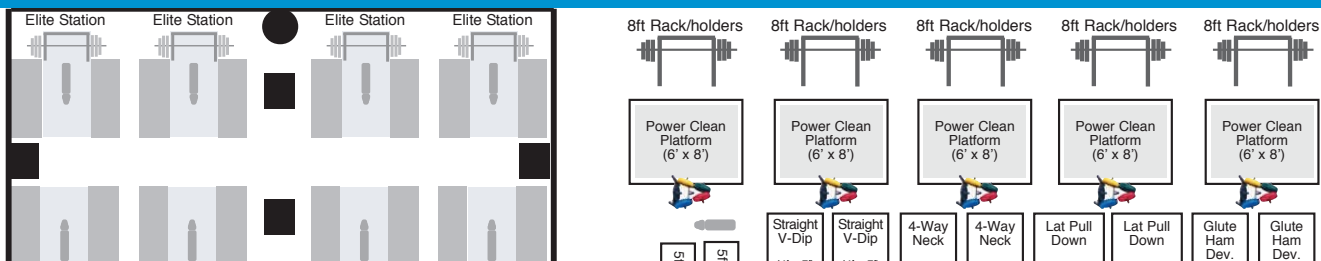
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CONCEPT TO COMPLETION™

SUPERIOR WEIGHTROOMS = ATHLETIC DOMINANCE

For over 30 years BFS has been providing middle schools, junior high schools and senior high schools with the tools they need for success. We'd like to do the same for your school. We are your full-service company for not only all your Exercise Equipment needs, but for safe and effective Exercise Instruction and Program Design.



1 The 2D illustration is the 1st step of the Concept to Completion process. These illustrations are drawn to scale to show you exactly how your weightroom can look, thereby ensuring proper use of available space and the best design for safe traffic flow.



3D ILLUSTRATION \$250.00

Fee waived upon order of \$3000.00 or more - Item #325095

2 In addition to 2D illustrations, BFS can also provide you with 3D illustrations. These 3D renderings are drawn to scale to show you exactly how your weightroom can look, ensuring proper use of available space and the best design for safe traffic flow. Having a 3D illustration is also a great way to help generate funding for a new facility. (BFS must complete a 2D illustration of your facility prior to the 3D illustration)



3 BFS provides unmatched, ongoing support. With instructional clinics in safety and technique as well as coaches' certification courses, BFS provides all the tools for raising your program to THE NEXT LEVEL!

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