

# *Space-Efficient Equipment:* The BFS Solution

An exciting new product that enables you to train more athletes in your weight training facility



FIGURE 1

“The major problem with our weightroom is that we just have too much open space,” is a comment we just don’t expect to hear from high school coaches. As a matter of fact, we’ve never heard *anyone* say this! Without question, every high school coach would like a bigger weightroom. Although we can’t help you make your building larger, and money for new building expansion

is rare in today’s economy, we have some ideas for using the workout space you do have more effectively. Case in point: The Double-Sided Elite Half Rack with Platforms.

One of the most popular multiuse pieces of free-weight equipment is the BFS Elite Half Rack with Platform. And with good reason – the rack enables athletes to perform heavy core lifts such as squats and benches, and

the attached lifting platform allows athletes to safely perform Olympic lifting movements and deadlifts. Weight holders are included, so you don’t have to purchase separate weight trees. The result is that the unit saves time, saves space, saves money – and improves traffic flow. And now BFS offers a new multistation unit that is even better!

As shown in the accompanying

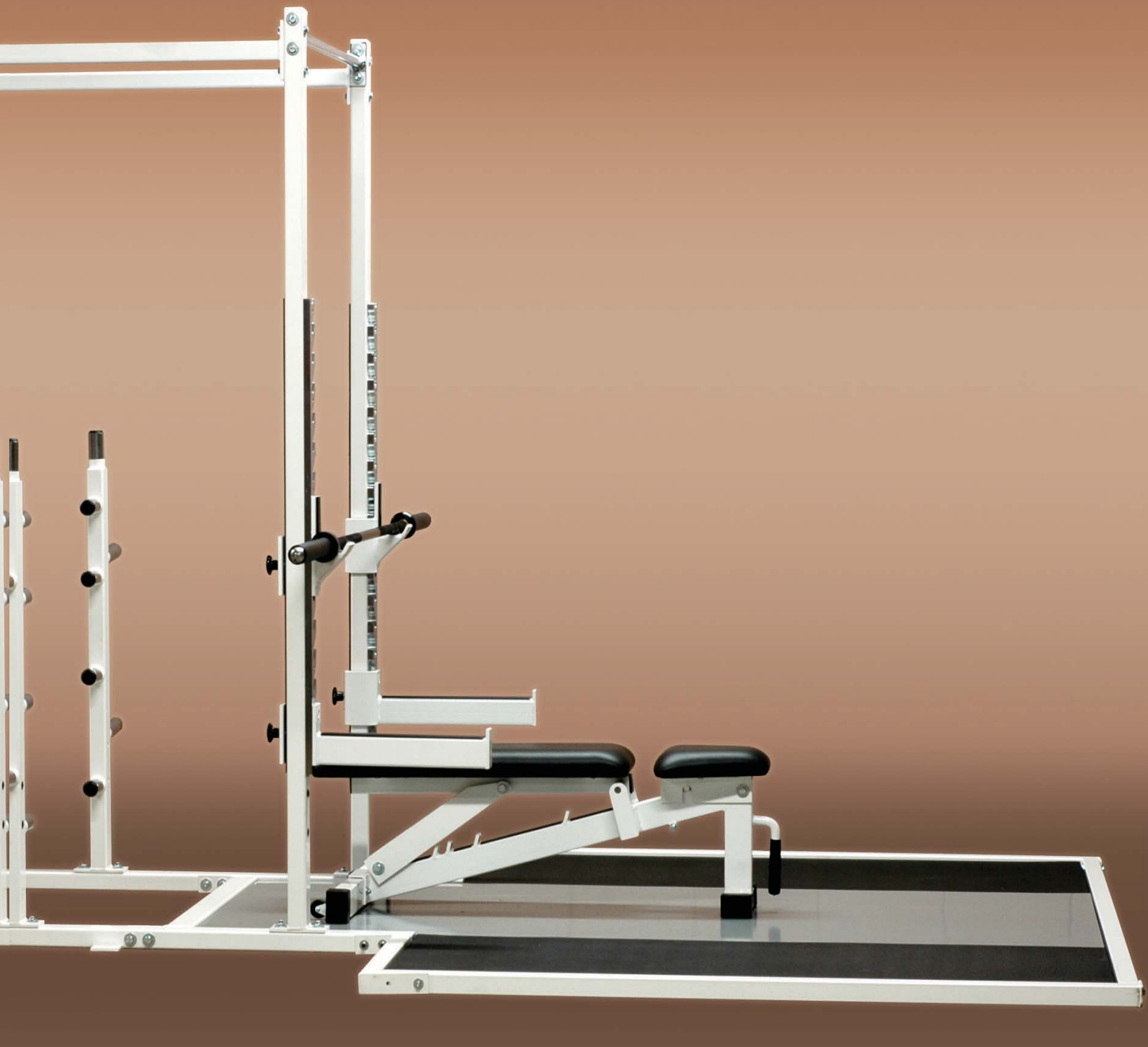


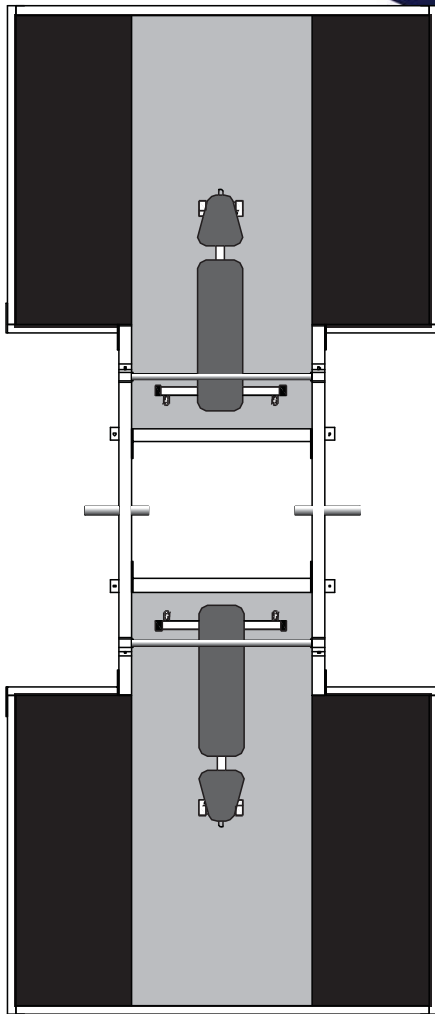
diagram (Figure 1), by combining two racks and two lifting platforms and sharing the plate holders, the Double-Sided Half Rack with Platforms has a three-foot-smaller footprint, which saves 24 feet of workout space! That means three of these units will save a total of 72 feet of floor space and therefore will enable many more athletes to train at the same time in your facility.

The unit starts with a base of two 6' x 8' platforms with a PROTECT-ALL® vinyl surface that is placed in the rack for a total of 1½ inches of solid rubber for shock absorption to protect the barbell and the floor (and trust us when we say that you don't want to know what it costs to repair an unprotected floor that has been damaged by dropped barbells!). We decided on PROTECT-ALL® because

it's durable and easy to clean, allows for the placement of logos and will not warp as wood can. Serious weightlifters prefer PROTECT-ALL® to other platforms' coatings because it's safe to lift on – it is not sticky like some coverings, and it doesn't become slippery when water or chalk is spilled on it.

Next come the two elite half racks, the workhorses of the weightroom. With their massive 7-gauge

FIGURE 3



**FIGURE 2.** The footprint of the BFS Double-Sided Elite Half Rack with Platforms saves 24 feet of floor space because the unit shares the weight trees.

This 3D rendering shows how the BFS Double-Sided Elite Half Rack with Platforms forms the base of a superior weightroom.

steel tubing and heavy-duty, 3¼" chrome adjustment slides, they enable you to perform all the exercises you can with a single Elite Half Rack. The two attached chrome plate holders – designed to hold six sizes of plates – are placed in the middle of the racks for easy access by all users (Figure 2). Each rack includes adjustable safeties and a 1¼" solid chrome chin-up bar.

The unit also comes with the versatile BFS Flat Bench with Incline. Another stable, heavy-duty bench that is built to last, it is constructed with rollers so it can easily be placed inside the racks so athletes can perform both bench presses and several angles of incline benches: 0, 30, 35, 45 and 85 degrees.

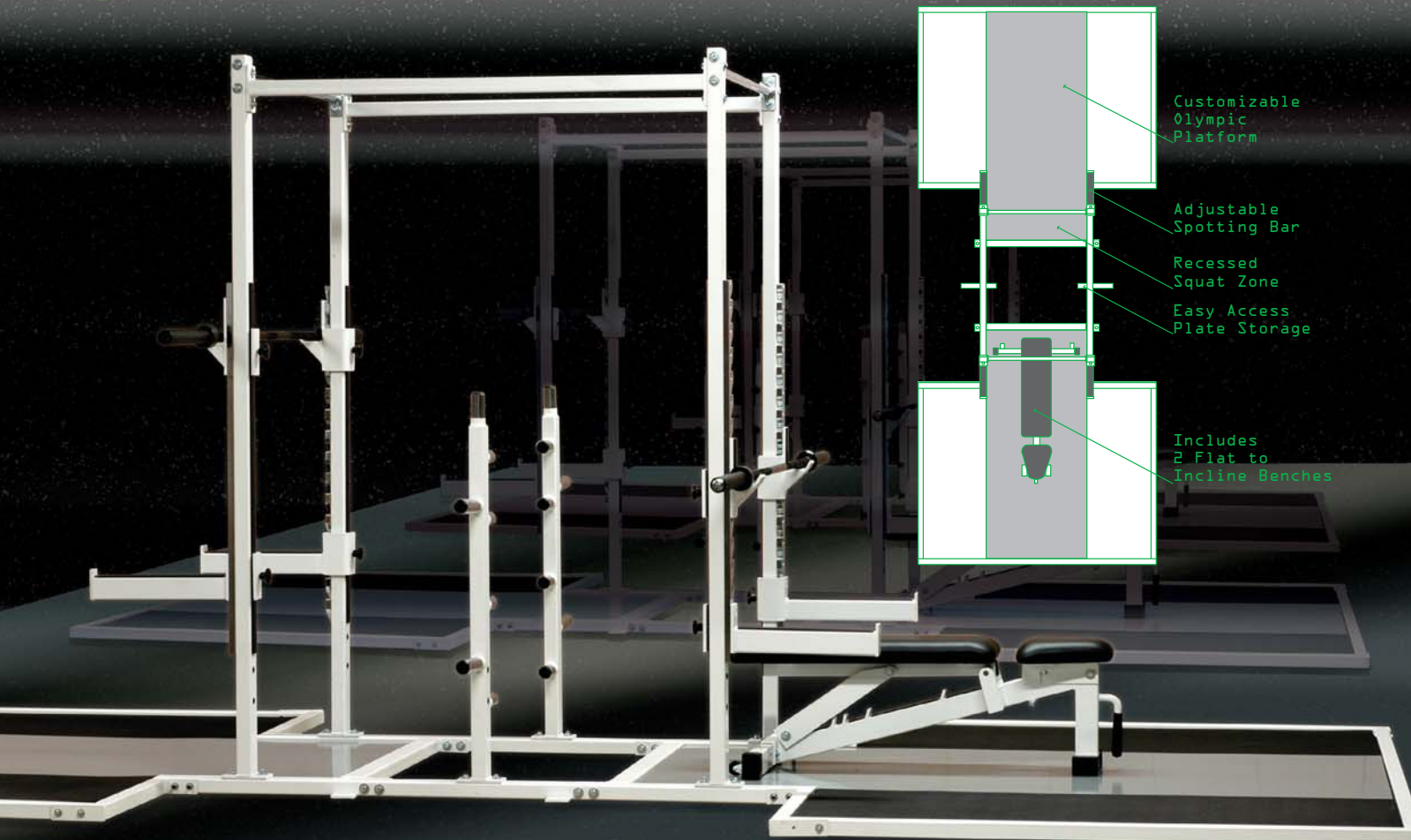
Can you visualize what this versatile, space-saving unit could look like in your facility? We can – with the help of our 3D computerized

layouts. Figure 3 shows the layout of a possible weightroom using the double-sided racks. You'll see that by using these multipurpose racks as the base of the room, considerably more equipment can be safely used in the room.

BFS is excited to offer the Double-Sided Elite Half Rack with Platforms. And we offer additional configurations of this unit, such as the Double-Sided Elite Half Rack with One Platform, and the Double-Sided Elite Half Rack Without Platforms. With such a large selection of quality products, we can effectively accommodate any size weightroom and enable you to train more athletes at the same time. Please give us a call at 800-628-9737 and learn how you can make this amazing piece of free-weight equipment a part of your winning program. **BFS**

# \$5199

Stock configuration #320469  
(Black Paint / Gray Upholstery)  
Call for Pricing on Custom Paint, Features and Logos



## SPACE EXPLORATION

BFS INTRODUCES OUR SMALLEST FOOTPRINT IN A DUAL WORKSTATION

### THE DOUBLE-SIDED ELITE HALF RACK WITH 2 PLATFORMS AND 2 FLAT-TO-INCLINE BENCHES

Additional configurations of this remarkable workstation are available, including our Double-Sided Elite Half Rack with One Platform, and a Double-Sided Elite Half Rack (without platforms). Both of these options include two Flat-to-Incline benches. A BFS Weight Room Specialist is standing by to help you get the most out of your facility.

**MAXIMIZE YOUR SPACE**



*DEDICATED TO HELPING ATHLETES SUCCEED SINCE 1976*

**CALL NOW 1-800-628-9737**

online at [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com) • email us at [info@bfsmail.com](mailto:info@bfsmail.com)

843 West 2400 South, Salt Lake City, UT 84119 • Fax (801) 975-1159

