



The BFS Elite Rack with Platform enables athletes to perform all the BFS core lifts and many auxiliary exercises in one place.



## A Closer Look at the *BFS Elite Half Racks*

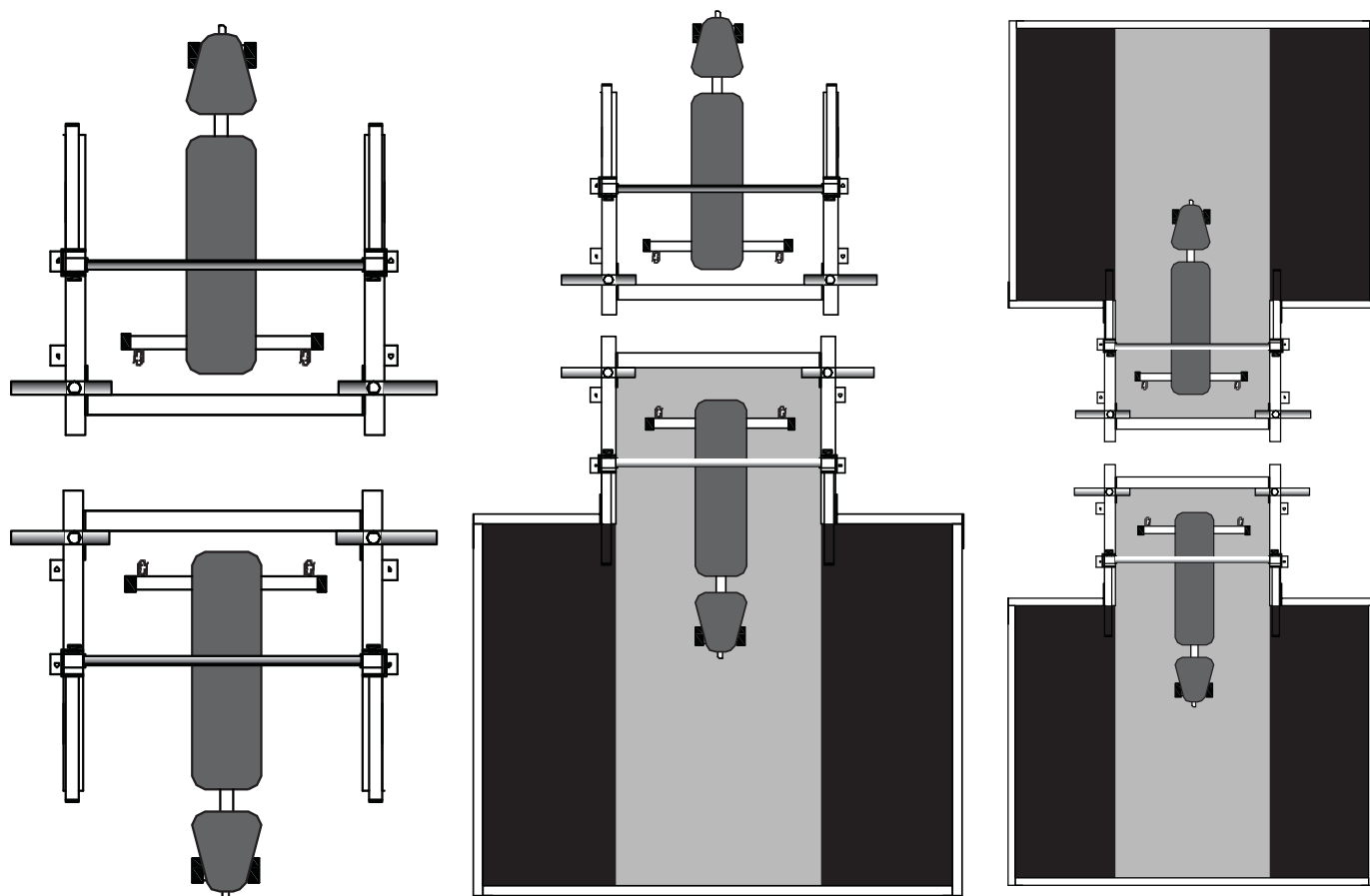
The BFS way to space-efficient weightrooms

Prior to the creation of the strength coaching profession several decades ago, gyms usually contained a few power racks and at least one lifting platform. At the time that was enough, as the only individuals who

would be using this type of equipment were powerlifters, weightlifters and perhaps a hardcore bodybuilder. That was then. This is now.

As sport coaches and physical education instructors have become more

educated about the benefits of weight training, there has been an increased demand for larger weightrooms with more power racks, bench press stations and weightlifting platforms. Athletes from all sports, male and female, want



BFS offers many configurations of half racks to fit any weight training facility and workout program.

to fulfill their physical potential with effective core lifts such as power cleans, squats, bench presses and deadlifts. The problem is that traditionally designed weightrooms, with separate stations for these lifts, quickly become overcrowded.

One reason is that each core lift has a unique time constraint. For example, it takes longer to complete a given number of sets on the parallel squat than it does on the bench press. If you have four squat stations and four bench stations with a system of rotating from one to another, you can run into problems. The athletes performing the bench will probably finish their sets before the athletes who are squatting. What do you do? Well, the athletes could perform an auxiliary lift in another part of the weightroom or just wait, but either option is a less than optimal use of time.

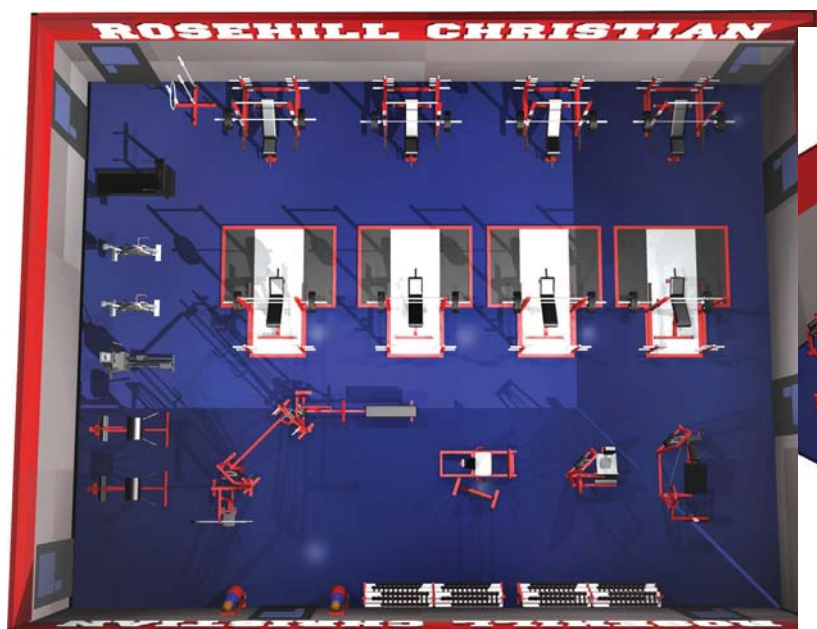
The solution is to have one station in which several athletes could perform all the core lifts and several major auxiliaries. We call these stations “Do It All Stations,” and one example of such a unit is the series of half racks available from BFS.

Let’s look at one of our most popular units: the elite half rack with platform. This unit contains a 6- by 8-foot weightlifting platform to perform exercises such as power cleans and deadlifts, and a vertical half rack to perform exercises such as squats and overhead presses. And with the vertical rack’s open design, an adjustable bench can be placed within the rack so that bench presses and incline bench presses can be performed. Such versatility eliminates the weightroom bottlenecks, as all these lifts can be performed at the same sta-

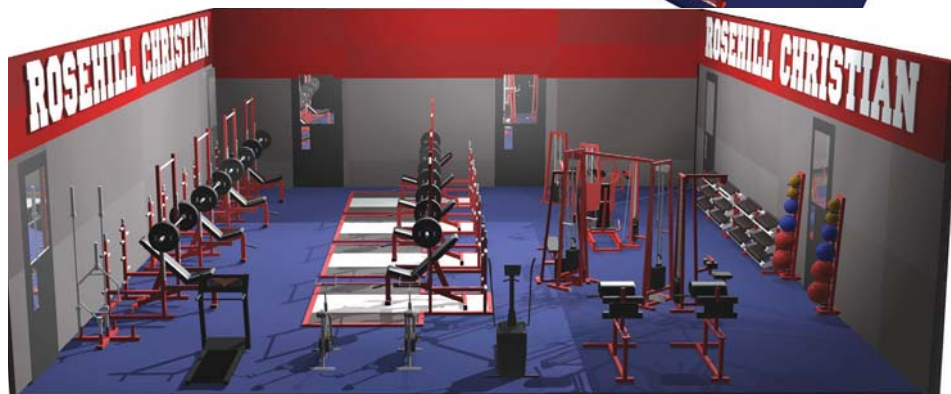
tion. Further, the open design of the racks makes it much easier for coaches and physical education instructors to supervise groups of athletes.

Depending upon the size of the facility and the number of athletes it services, a weightroom will have 8-20 half racks. Do the math. In a weightroom with 10 racks and three athletes per unit, one to lift and the other two to spot and help with loading the weights, 30 athletes can train at the same time. In a weightroom with 15 racks, 45 athletes can train, and with 20 half racks, 60 athletes can train. Such efficiency is why these racks have been, year after year, our best seller by far.

The elite half rack with platform fits in perfectly with the BFS Total Program of core and auxiliary lifts. Regardless of whether an athlete is on the off-season



Using the BFS 3D Design Service that shows how a weightroom can look from several perspectives, here is a weightroom that combines the Elite Half Rack with Platform and the Elite Half Rack without a platform (also called the Varsity Half Rack).



To increase their versatility, a sturdy dip attachment can be attached to all the BFS half racks.

or in-season program, he or she can get through all our core lifts, and many of our standard and advanced auxiliary lifts, in one place. It's the best piece of equipment for the best high school training program!

All the racks are built to last, with massive 7-gauge steel tubing and a lifetime frame warranty. For the platform, our most popular surface is a vinyl called Protect-All®, which is placed on top of two layers of heavy rubber for shock absorption. Protect-All is an attractive gray surface that is easy to clean and extremely durable and allows for the placement of logos. Protect-All is not sticky like some coverings, and it doesn't become

slippery when water or chalk is spilled on it.

In addition to the elite half rack with platform, there are many other configurations of these units available. For example, there is the dual elite half rack with two platforms, which consists of two units placed back to back – this design is great for team training sessions! You also can get a dual elite half rack with one platform, and even dual elite half racks without platforms. Also, we have many custom features available and additional features such as a dip attachment and technique attachment. Whatever your program calls for, we have the best half rack for you! **BFS**



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