



The Half Rack with Platform is a basic piece of equipment for any strength and conditioning program.

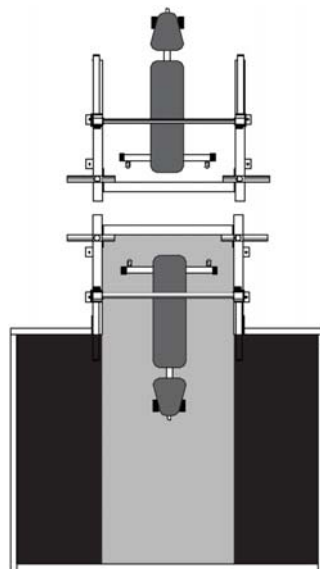
# A Closer Look at the Half Rack

*How to pick the half rack that is perfect for you*

**P**ower racks and lifting platforms are the heart of any weightroom. You can always tell if an athletic program is serious about developing athletics based upon the quality of this type of equipment. And if a weightroom doesn't have any of this equipment... well, it's simply not a fit place for an athlete to train.

Prior to the creation of the strength coaching profession several decades ago, commercial gyms usually contained a few power racks and lifting platforms. Now, especially with the larger health club chains, the floor space is dominated by cardio equipment and multimedia devices such as large-screen TVs to entertain those using the cardio equipment (which is vital because, let's face it, running on a treadmill is a pretty boring activity – well, unless you're a gerbil). In fact, most commercial gyms don't like all the noise associated with replacing heavy barbells on a power rack or dropping barbells onto a platform – not to mention the grunting often associated with such training. Again, not a place where an athlete can train.

Sport coaches and physical education instructors who are serious about athletic fitness demand larger weightrooms with power racks and lifting platforms. Athletes from all sports, male and female, want to fulfill their physical potential with effective core lifts such as power cleans, squats, bench presses and deadlifts. The problem is that



If a platform is not needed, a space saving, free standing Half Rack provides a space saving solution. And as shown by the illustration to the right, if you want more squat and bench press stations, you can place a Half Rack with Platform back-to-back with a free standing Half Rack.



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 auxiliary lifts 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 can perform all the core lifts and several major auxiliaries. We call these stations “Do It All Stations”; one example 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' 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 weightroom bottlenecks, as all



these lifts can be performed at the same station. Further, the open design of the racks makes it much easier for coaches and physical education instructors to supervise groups of athletes.

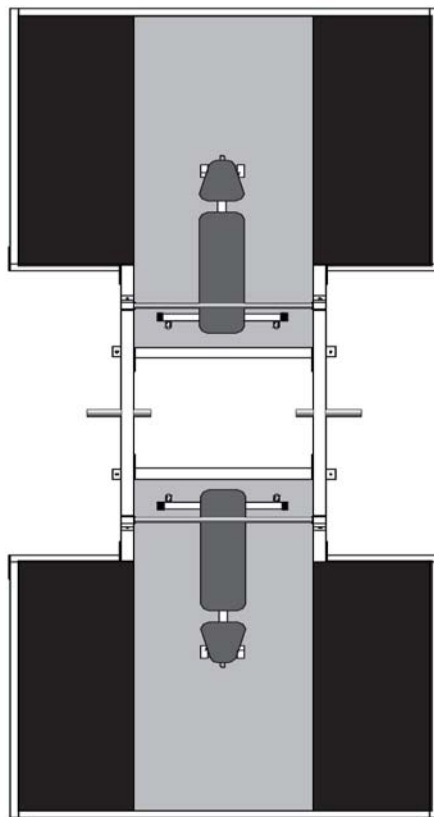
Depending upon the size of the facility and the number of athletes it services, a weightroom will have 8-20 half racks. Do the math. In a weightroom with 10 racks and three athletes per unit, one to lift and the other two to spot and help with loading the weights, 30 athletes can train at the same time. 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 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, will not warp as wood can and doesn't become slippery when water or chalk is spilled on it.

### Thinking Outside the Lifting Box

In addition to the Elite Half Rack with Platform, BFS also offers just the freestanding version of the half rack that can still be used for squats and bench presses but has a smaller footprint. Often



As this illustration shows, by sharing the same plate holders the Double-Sided Half Rack with Platforms has a smaller footprint that saves 24 feet of workout space!

what we find is that to better accommodate their workout programs, coaches might purchase one Elite Half Rack with Platform and place it back-to-back with a free standing half rack.

Another option is to combine two racks and two lifting platforms and share the plate holder. We call this the Double-Sided Half Rack with Platforms. This unit has a footprint that is three feet smaller, 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 on top of 1 1/2 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 of its durability and other outstanding features; serious weightlifters prefer it to other platforms' coatings because it's safe to lift on.

Next come the two Elite Half Racks, the workhorses of the weightroom. With their massive 7-gauge steel tubing and heavy-duty 3 1/4" chrome slides, they enable you to perform all the exercises you can with a single Elite Half Rack. The two attached chrome (not plastic!) plate holders – designed to hold six sizes of plates – are placed in the middle of the racks for easy access by all users. Each rack includes adjustable safeties and an oversized, 1 1/4" 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.

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.

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 a dip attachment and technique attachment. Whatever your program calls for, we have the best half rack for you! BFS

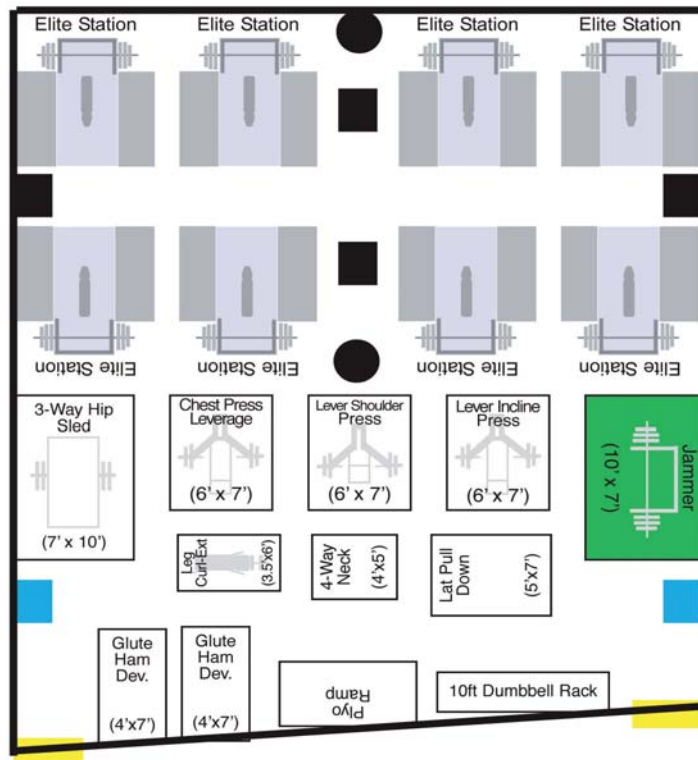


Using 2D and 3D design software technology enables high schools and colleges to determine the best use of BFS half racks.



### Bigger Faster Stronger Suggested Weight Room Layout

## Weight Room



Bigger Faster Stronger  
Attn: **John Rowbotham**  
843 West 2400 South  
Salt Lake City, Utah 84119  
1-800-628-9737

Treasure Coast High School  
Port St. Lucie FL  
Attn: **Dan Comeau**  
772-340-7169  
772-349-7180 Fax

Room Dimensions: 1918 sq ft

- Bumper Plate Rack
- 5 Bar Vertical Rack
- Olympic Plate Rack

• All dimension are approximate and are for rough placement only. There is no guarantee on the fit of this weight room layout for any weight room.

# ELITE HALF-RACK WITH PLATFORM

**Perform all core lifts in one station**

From  
**\$2399**  
STOCK VERSION  
Item #320462

Stock Now With Chrome Guides and Protective Stripping on all Bar Contact Points and Black Powder Coat Paint  
Built to last: Massive 7-gauge steel tubing.  
CALL FOR CUSTOM PRICING AND FEATURES

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Our most popular  
**TOTAL PROGRAM  
Unit!**

## COST EFFECTIVE SPACE EFFICIENT

### DUAL ELITE HALF RACKS W/PLATFORMS

INCLUDES 2 HEAVY-DUTY  
FLAT TO INCLINE BENCHES!



Shown in custom

Great for group or team usage • Designed for the most demanding facilities  
Massive 7-gauge steel construction

Stock Price  
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BIGGER FASTER STRONGER

**BFS**

DEDICATED TO HELPING  
ATHLETES SUCCEED  
SINCE 1976

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# BEDROCK FOUNDATION

Dimensions - 6ft. x 8ft. x 2in.  
Custom Logo \$279



## ELITE POWER CLEAN PLATFORM DELIVERS THE STABILITY AND DURABILITY TO PUSH TO YOUR MAX!

- ▶ Customizable Logos and Paint - Call for details and pricing
- ▶ Features ProtectAll™ long-lasting vinyl surface
- ▶ No warping. No wood. Solid rubber. Non-slip.
- ▶ Our most popular power clean platform

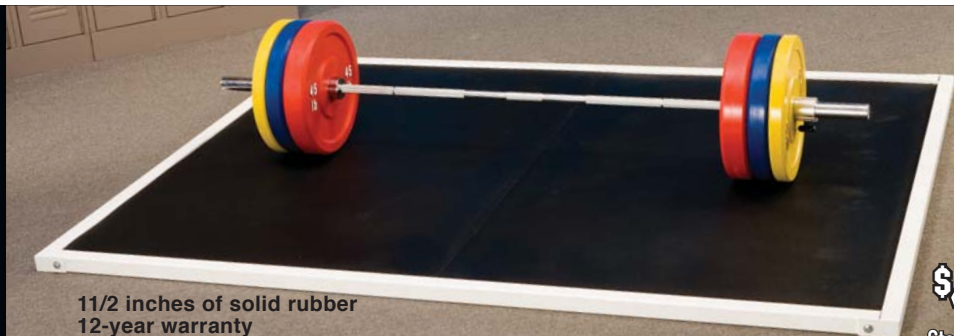
**\$799**

STOCK PRICE  
BLACK PAINT NO LOGO



## VARSITY POWER CLEAN PLATFORM

- ▶ SHOWN IN CUSTOM
- ▶ An affordable platform for years of reliable use
- ▶ CALL FOR CUSTOM PRICING



1 1/2 inches of solid rubber  
12-year warranty  
Dimensions - 6ft. x 8ft. x 2in.

**\$499**

Starting Price

## POWER CLEAN MAT

- ▶ 4'x8'x3/4" Solid Mat

## POWER CLEAN MAT

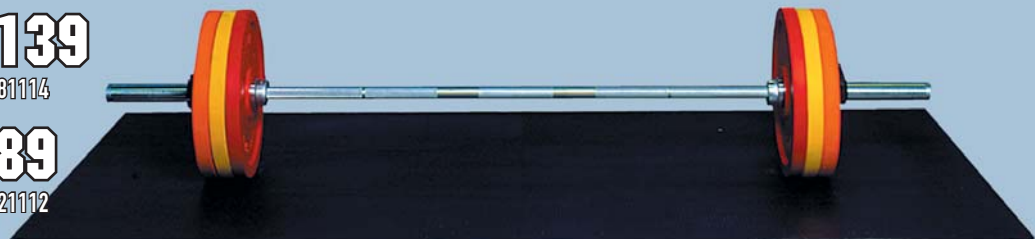
- ▶ 4'x8'x1/2" Solid Mat

**\$139**

#381114

**\$89**

#321112



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