



Making Tight Spaces Work with the *Space Saver Rack*

A closer look at this heavy-duty, versatile power rack and functional trainer

Make It Work!™ is the catch phrase of a popular TV fashion show called *Project Runway*. Due to the popularity of weight training in the US, coaches must find safe, efficient ways to work with a lot of athletes while having limited space. One piece of vertical equipment that can make a small

weightroom work is the BFS Space Saver Rack.

The unique aspect of the Space Saver Rack is that in addition to serving 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! And with the BFS Space Saver Rack we're

talking about a serious power rack that will enable athletes to perform heavy squats, bench presses from a variety of angles, and chin-ups.

Just how heavy-duty is this unit? The Space Saver Rack is made of 2-inch, 11-gauge steel tubing, which is the industry standard for heavy-duty free weight equipment. It uses

super-tough, 4,000-pound aircraft cable for its pulleys, 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 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 open 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



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!

extremely limited.

Then there are the little extras, such as a heavy-duty bench that folds up against the wall for easy storage 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. The Space Saver Rack is also perfect for the home environment, as it enables you to easily convert your garage into a heavy-duty gym, and just as easily convert it back into a garage where you can park your vehicles.

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! It makes training in small spaces work! BFS

SHUT Space Saver Mode frees floor space, ideal for speed or agility drills

OPEN Work Out Mode Safe, secure, complete training stations

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

FITS YOUR WORK OUT

Space-Saver Rack

Easily Folds to
Only 24" Deep

Includes cable weight stack
and built in plate storage

Complete with HD
multi-angle bench

**ALL FOR ONLY
\$3,695**

49 Inches

48 Inches

OPEN 1-49" w-48" h-84"
FOLDED 1-49" w-24" h-84"

BENCH PRESS ■ PARALLEL SQUAT ■ CABLE
ROWS ■ PLATE STORAGE ■ PULL UP ■ LAT
PULL DOWN ■ 200 LB WEIGHT STACK

BIGGER FASTER STRONGER

BFS

BFS steel equipment
is proudly designed and
manufactured in the USA

GET STARTED! 1-800-628-9737

online at www.biggerfasterstronger.com • email us at info@bfsmail.com
843 West 2400 South, Salt Lake City, UT 84119 • Fax (801) 975-1159



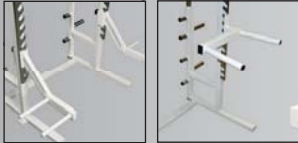
ELITE HALF RACK WITH PLATFORM STARTING AT ONLY \$2695



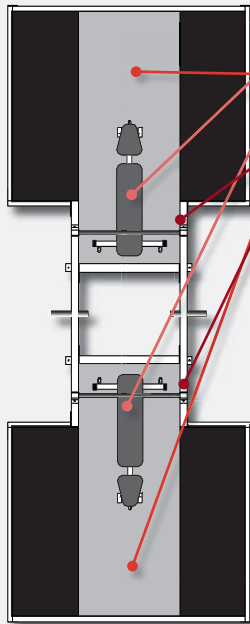
Perform all core lifts in one station • Box Squat • Power Clean • Hex Bar Deadlift • Bench Press



Versatile & Expandable



Technique Attachment - \$275 Dip Attachment - \$265



- 2 BENCHES
- 2 PLATFORMS
- 2 HALF RACKS
- 1 AMAZING UNIT!

TEAM SOLUTION

DOUBLE SIDED
ELITE HALF RACK
WITH PLATFORMS
\$5,695

BIGGER FASTER STRONGER



BFS steel equipment
manufactured
in the USA

CALL NOW 1-800-628-9737
www.biggerfasterstronger.com • info@bfsmail.com
843 West 2400 South, SLC, UT 84119 • Fax (801) 975-1159



Expand Your Rack!
Add Rotational Training
to your rack for only
\$249.99