

TRANSFORMING

YOUR LIMITED SPACE

Sometimes the best things come in small and big packages – at the same time!
Part two of our two-part Training Spaces series

By Rick Anderson, Vice President, BFS

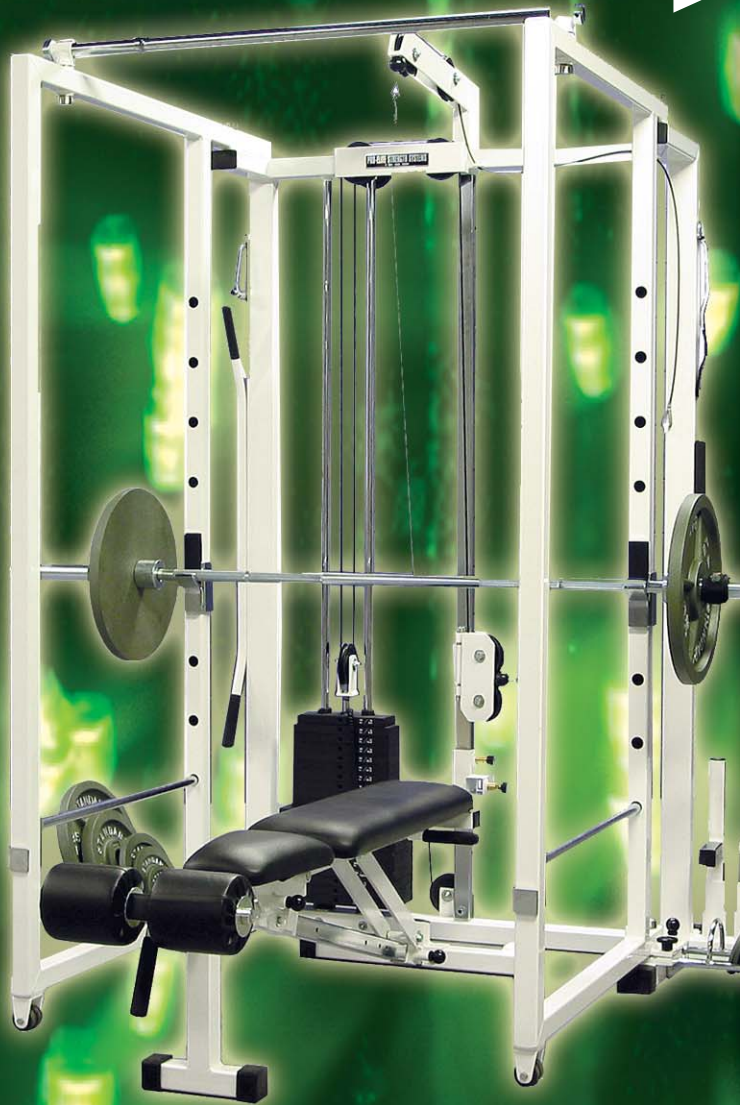


Transformers are high-tech robots that transform into a variety of mechanical devices that fight bad guys. These robots, with the ability to convert into crime-fighting planes, trains and automobiles, are a pop culture phenomenon that launched a series of toys, comic books and television shows. Using the same idea, our resident equipment design wizard, Eric Snowden, came up with the idea of developing a multipurpose power rack with special transformer-like features.

“I came up with the idea back in 2002 when I was riding my motorcycle back from the Health and Fitness Business Trade Show in Denver,” says Snowden. “This was the time when the Bowflex was really getting popular because it was space efficient and you could perform so many exercises with it. But one of the things that I repeatedly heard from people who attended the trade show was that it was a shame that there was not a more formidable form of resistance for such space-saving units other than those using bands.”

As he rode back to Salt Lake City, Snowden thought about combining a power rack and a cable crossover so you could perform basic free weight exercises. Then he figured out a way to make the power rack collapse and added a lat pulldown and vertical plate racks. Eventually a prototype was developed that could fold out to an area that is only 24 inches by 9 feet. He called it the BFS Space Saver Rack (it’s also known as the Total Program Rack).

The key to the design is a sliding support bar that can also be used as a chin-up bar, a feature developed by Snowden’s design partner, Jake Hutchinson. “We wanted to be able to open and close the unit very quickly without having to tighten bolts. Jake’s sliding chin-up bar enables the unit to be opened or closed in about 30 seconds. It’s really efficient.”



Space-Saver Rack



Operating the unit is also very smooth, thanks to a chromed vertical slide on the adjustable pulley system. Snowden says the chrome prevents the pulley from scratching the support bar, a problem that often happens with competitors' pulley systems that simply paint the support bar.

While the company that makes Bowflex had to recall almost a million units, there is little chance of this unit breaking down. The unit is 2-inch, 11-gauge steel tubing – the industry standard for heavy-duty free weight equipment – and the 400-pound weight stack prevents the unit from tipping when it's collapsed. It also has super-tough, 4,000-pound aircraft cable for its pulleys.

Then there are the little extras, such as a bench that can be adjusted to flat, decline and incline positions. You can also pull off the bench's roller pads – used to prevent you from sliding when performing decline benches – so they don't get in your way when the bench is converted to its flat and incline positions.

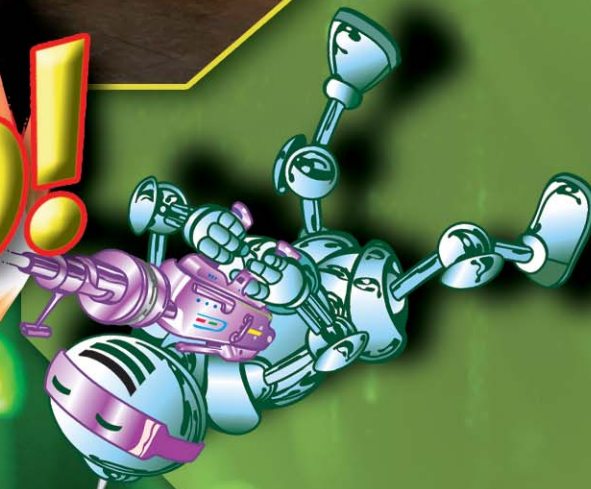
For the school environment, the Space Saver Rack is ideal for weight-rooms that have fluctuating space requirements. "Police and fire departments also love this rack because they often have limited space and only a few people training at one time," says Snowden. The best feature of our space saver rack for a school is the efficiency of doing the Core Lifts: do your bench and squat and then fold it up. Now you're ready to do cleans and the hex-bar lift or any other phase of the BFS Program. Really Slick!

For the home environment, the Space Saver Rack enables you to convert your garage into a heavy-duty gym, and then convert it back into a garage where you can park your car. Snowden says that one top bodybuilder who bought the unit was able to do most of his training at home due to the variety of exercises he could perform with the rack. "Effective training is all about variations and having options,"

says Snowden. "That's the problem I see with so many home units – sure, you can perform several exercises on them, but you're locked into a single movement pattern that is monotonous and may increase the risk of overuse injuries."



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