

# Half Rack Safety Straps

## SPECS

|                 |                    |
|-----------------|--------------------|
| Material Tubing | 1/4" Steel         |
| Height          | 11.5"              |
| Width           | 4"                 |
| Depth           | 32.5"              |
| Weight          | 33 LBS             |
| Foot Print      | 11.5" x 4" x 32.5" |
| Made In Usa     | Yes                |

## FEATURES



Safety Straps are the safest and most effective way to spot a barbell, minimizing bounce, noise, and barbell damage during training. However, they are usually only available for large full racks. Introducing the Half Rack Safety Strap—designed to bring the benefits of Safety Straps to any 1" hole half rack. This innovative solution allows half racks to now have Safety Straps and ISO Barbell Hooks. The ISO Hook will allow athletes to easily setup and perform Overcoming Isometrics without worrying about the barbell.



30" Spud INC Strap



ISO Cup Slot



Add to any 1" hole rack