

# **Fringe Sport - Osprey Commercial Power Cage (3X3)**

## **Specifications**



### **Key Features**

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- This rack is 100% commercial grade, very heavy, very tough, and amazingly stable

- Compatible with all 3X3, 1" rack attachments on the market so you're not locked in to a Fringe Sport ecosystem
- Rock-solid stability when re-racking heavy weight or performing dynamic movements like muscle-ups. This thing doesn't budge.
- Four post cage design makes it highly versatile with rack attachment options
- Matte black powder coat finish protects against chipping, scratching, and fading, even with heavy use over time
- Lifetime Warranty: Buy it for life!

## **Product Overview**

### **A BIG BEAUTIFUL TANK, OVERBUILT AND INDESTRUCTIBLE**

Your squat cage search ends today. Introducing the Osprey Commercial Power Cage by Fringe Sport. 13 years of outfitting garage gyms, CrossFit boxes, professional sports teams and more led to the creation of our best squat rack ever.

To start with, this rack has a 1200 pound capacity. **OVER ONE THOUSAND POUNDS!** Crafted from heavy-duty commercial-grade steel, this squat cage is designed to be amazing stable when re-racking heavy weight, performing rack pulls in the cage, or doing dynamic movements like muscle-ups on the built-in pull-up bar.

The Osprey also sports our favorite matte black powder coat finish to protect against chipping, scratching, and fading, even with heavy use over time. Translated: this rack will continue to look brand new, even after years of heavy usage.

### **TAILORED TO YOUR SPACE & TRAINING PREFERENCE**

The Osprey's depth provides a more compact footprint, ideal for tighter spaces or those seeking a focused, efficient workout environment.

## **COMPATIBLE WITH ALL 1" RACK ATTACHMENTS**

The innovative design of the Osprey Squat Cage plays well with ALL major competitor's 3x3 rack attachments, including those that must not be named. This ensures you're not limited to a single ecosystem, allowing for a wide range of rack attachment options. From land mines to band pegs, pulley systems, weight storage pins, lever arms, leg press attachments, and more, the Osprey Squat Cage is built to help you build.

The Osprey has an upright height of 89 inches (over 7 feet!) which allow you to do squats, pull ups of any kind, resistance training, benching, hang a hammock... you get the point!

## **THREE SAFETY SPOTTER ARM OPTIONS**

The Osprey Squat Cage delivers with three distinct spotter arm options: straps, pin pipes, and spotter arms. Each option caters to different training styles and levels of support.

- **Safety Straps:** Offer flexibility and adaptability, perfect for dynamic movements and functional training. They provide a forgiving safety net, allowing for controlled descent during heavy lifts while minimizing the risk of injury.
- **Pin Pipes:** Designed for a more traditional approach, providing solid support and stability, ideal for classic strength training exercises like squats and bench presses.
- **Spotter Arms:** Offer the utmost reassurance, with sturdy construction and adjustable height settings, making them suitable for heavy lifting and powerlifting routines.

## Product Specifications



Dimensions	47" X 30" X 89"
Material & Finish	11-Gauge with a steel matte black powder coat finish
Weight	110lbs
Weight Capacity	1,200lbs
Hole Size	1" Holes
Upright Size	3" X 3"
Warranty	Lifetime Warranty
Product ID	7777

## A PILLAR OF YOUR HOME GYM

The Osprey Commercial Power Cage comes from over a decade seeing how our customers use their racks of improving lives through strength. Most of our customers set up their squat cage as the KING of their garage gym. It's their centerpiece- the linchpin from which all other gear flows. And many customers want THE BEST. A squat rack for the ages. And what could be better than a commercial squat rack? A lot of things, actually.

### The Fringe Sport Osprey 3x3 Power Cage

We have multiple configurations of what you can choose for the rack to make it exactly what you need - you just follow the Fringe Squatch Prints:

## **CHOOSE YOUR SAFETY OPTIONS:**

Want spotter arms? We've got those. Maybe some pin pipe safeties are more your style - we've got those too. We even have super strong safety straps to use on the rack. Pick one or all 3 for your rack!

## **CHOOSE YOUR ATTACHMENT OPTIONS:**

You can use this rack to store gear and move it off the floor. Need a spot for your barbell? Grab a couple of our barbell holders that attach to your rack. Want to get those plates up and out of the way? Our weight storage pegs are the perfect solution for that - and you can get long or short! You can even get a battle rope anchor to put your battle rope to work.

## **DECIDE IF YOU WANT THE "FEET":**

This rack is super sturdy and not likely to move around while you're getting your gains. But if you want to be completely certain your rack won't move with your personal record of pull-ups, you can get feet extension to keep it from moving at all!

## **CHOOSE ONE OR ALL OF OUR EXTRAS:**

We don't stop at just accessories. We also offer you side bumper plate storage for both sizes of the rack to hold your stacks of bumpers. Need a place to stash the bar? We've got that too - a horizontal AND a vertical version! Want a single storage shelf - or two - that can hold anything from KBs to DBs to your favorite sandwich and brew? We have that too! Plus plate storage pins (long & short depending on how many extra plates you have!), a battle rope anchor and even some high class roller j-cups that do the hard work of putting your bar in the right place every time! Choose one - or ALL - of the amazing accessories!

The Fringe Sport 3x3 Osprey Rack will solve the problem of what cage you need for the rest of your lifting career - and for your kids (and their kids!) as well. Sturdy, durable, and built to change as needed, the 3x3 Osprey Rack is the perfect cage for every lifter.

The Fringe Sport Osprey is our most premium rack. Infinitely changeable and adaptable, having this rack in your gym will make you want to return home every day, ready to get your gains on!

## **The Osprey Fits Practically Unlimited Attachments:**

There are a few companies making commercial-style racks for home use- and making attachments for these racks. But they have a dirty secret.

They are trying to lock you into their "ecosystem" for attachments. A few even try to scare you that "it's too risky" to buy from anyone except them (since they are the most stable company on earth, apparently). And, many companies are now patenting their squat racks. Bro, it's a few sticks of metal with some holes in it. I'm not sure you and only you ever thought of that! That's why the Osprey 3x3 Squat Rack fits with all other standardized attachments from any company!

High cost? The base Osprey cage comes in at 40% less with FREE SHIPPING than most commercial options- despite offering the same thick steel, expert design and construction, weight limits that exceed ALL world record lifts (and indeed, even the human capacity to lift). AND, we back it with our double-lifetime warranty. The Osprey will be free of defects for your lifetime... and the lifetime of your kids.

Few attachments? The Osprey launches with 10+ attachments, accessories, and accouterments. And in an industry first, we specifically designed the Osprey to "play nice with others"- attachments for most other racks will fit the Osprey- and vice versa.

Low flexibility? You ever play with an erector set when you were a kid? Then you'll love the Osprey. Specifically engineered to be infinitely expandable. The uprights and crossbeams are endlessly configurable and reconfigurable. Want a whole "rig" of Osprey parts? We can do it. Want a "double rack" or a set-up that spans sideways to add storage? We can make it happen!

Learn more at: <https://fringesport.com>