

# F22 PRO

## POWER RACK

The Major Fitness F22 Pro power rack is built for beginners and fitness enthusiasts who are looking for a commercial-quality strength system. Unapparelled quality, value, and safety make this a perfect choice for homes and vertical commercial fitness centers.

### All-In-One Home Gym Power Rack



**Power Rack**

- + 2×3"Steel Tubing
- + Heavy Duty 12-Gauge Front Frame / 14-Gauge Rear Steel Frame
- + J-Hooks [1500 lbs] and Spotter Arms [1500 lbs Static Load] Max Load Capacity
- + Sturdy and Safe
- +31 Height Adjustment Positions

**Space Savings**

- + 82×64×58". Perfect for low ceilings

**Dip Bar Attachment**

- + Wide and Narrow Grip Design
- + Fits Users of Different Heights and Builds

**Independent Cable Cross Pulley System**

- + 2 Independent [Aluminum] Pulleys For Unlimited Strength Exercises
- + 32 Vertical for Upper/Lower Adjustments
- + Commercial Grade Nylon Coated Cables
- + Premium Dual 170 lbs Weight Stacks
- + 2:1 Cable Pulley Ratio

**Multi-Grip Chin / Pull-Up Bar**

- + Multi-Grip Options for Versatile Muscle Targeting

**Landmine**

- + Integrated 360° Landmine
- + Enhance Exercise Variety



Standard Color: Black / Red / Blue

### ACCESSORIES

Sandwich J-Hooks

Straight Bar

Dip Bars

T-Bar

Lever Arms

Rack Mounted Leg Extension

Shoulder Lateral Raise Attachment

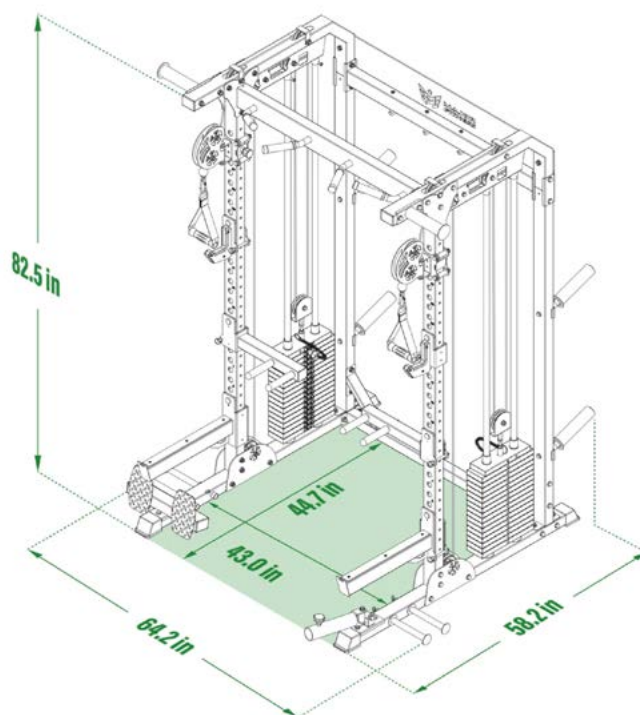
Multifunctional Handle Bar

Included Free Accessories	Sandwich J-Hooks * 1, Safety Arms * 2, Dip Bars * 2, Barbell Spring Clips * 4, T-Bar * 1, Lat Pulldown Bar * 1, Straight Bar * 1, Stirrup Handles * 2
Optional Accessories	Rack Mounted Leg Extension(2×3 "), Shoulder Lateral Raise Attachment(2×3 "), Lever Arm(2×3 "), Multifunctional Handle bar, Leg Holder Attachment(2×3 "), Weight Plates Holder(2×3 ")



## Product Dimension

Material	Front Uprights Upgraded to 12-Gauge Steel 2x3 " 14-Gauge Steel
Rack Weight	628.8 lbs
Rack Width	64.2 "
Rack Depth	58.2 "
Rack Height	82.6 "
Inside Depth	44.7 "
Inside Width	43.0 "
Pulley Material	Aluminum
Adjustable Holes For Uprights	31
Adjustable Holes For Cable System	32
Cable Pulley Ratio	2:1
Upright Hole Size	1.0 "



Light Commercial Warranty Parts Including Wear Items		Home Warranty Parts Including Wear Items	
Frame	Lifetime	Frame	Lifetime
Accessories	90 Days	Accessories	90 Days
Bars	1 Year	Bars	1 Year
Upholstery	1 Year	Upholstery	6 Months
Plates and Dumbbells	Lifetime	Plates and Dumbbells	Lifetime

For Sales Information or to become a dealer send email to [sales@majorfitness.com](mailto:sales@majorfitness.com) or call **800-276-8577**  
For additional product information visit [www.majorfitness.com](http://www.majorfitness.com)