

# Fringe Sport - The Dane 2.0, Half Rack Functional Trainer Specifications



## Key Features

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- Combines a half rack and functional trainer into a compact 60" footprint, saving space and cost compared to separate units
- Dual 160lb weight stacks with a 1:1 pulley ratio, so 100lbs feels like 100lbs

- The highly adjustable cable system features 180-degree swivel pulleys and smooth-gliding trolleys for cable work outside of the rack
- 11-gauge steel construction with 3" x 3" uprights and 1" holes
- The improved top plate design, which has been reduced from 10lbs to 5lbs, allows for a lighter starting weight & more precise adjustments
- The new compact weight stack design allows for up to 5.8' of cable travel outside of the rack
- Includes upgraded reverse sandwich J-Cups, low profile spotter arms, a pair of D-Handles, extensions feet, and a landmine attachment at no additional cost (\$600 value)
- Lifetime warranty on the rack and a 5 year warranty on the pulley system

## Product Overview

### THE DANE 2.0

The Dane 2.0 features a half rack in the front with a commercial grade functional trainer built into the rack. The combination of squat rack & functional trainer in one provides a smaller footprint (and lower price point) than two stand alone units. With a length of only 60" from front to back, The Dane 2.0 is extremely space efficient for all the functionality it brings to the table. The squat rack is sturdy, commercial grade, and includes a pair of low-profile spotter arms for performing squats outside the rack. The pulley system is also highly adjustable, allowing you to customize the angle, range of motion, and resistance for each exercise.

### COMMERCIAL GRADE PULLEY SYSTEM

The Dane 2.0 features dual 160lb weight stacks with a 1:1 pulley ratio, so 100lbs feels like 100lbs.

A 1:1 pulley ratio provides the same heavy resistance while requiring half the stack size of a 2:1 system. This means the Dane 2.0 can maintain a compact 60" footprint without compromising on performance. By maximizing resistance in a smaller design, this functional trainer saves space and cost, making it a smarter investment for compact spaces.

## LET'S TALK UPGRADES

One of the biggest upgrades on the Dane 2.0 is the improved top plate design, which has been reduced from 10lbs to 5lbs based on user feedback. Many lifters requested a lighter starting weight for more precise adjustments, especially for isolation exercises, rehab work, and beginner-friendly training. We've also added a dedicated hole for the selector pin when using only the top plate, making it easier and more secure to lock in your starting weight.

We've also re-engineered the weight stack design to be more compact, which increases cable travel outside of the rack. The Dane 1.0 allowed for 5 feet of cable movement, but the Dane 2.0 extends nearly 6 feet, giving you more freedom for full-range movements. Despite this increased range of motion, the Dane 2.0 maintains its dual 160lb weight stacks with a 1:1 pulley ratio, delivering true-to-weight resistance in a compact footprint.

The Dane 2.0 is also equipped with upgraded aluminum pulleys featuring a wider pulley channel, which minimizes friction and drag. This ensures a more direct force transfer and an overall smoother pull.

The pulley cables reach 5.8' outside the rack and operate on a 180 degree swivel, giving you plenty of room for cable work outside the rack. With a height of 92", The Dane 2.0 provides plenty of reach for high & low cable positions, like lat pull-downs and low rows. The Dane 2.0 Functional Trainer features custom-fit rollers that allow the trolleys to glide effortlessly up and down the rack. Designed for ease of use, the trolleys are light enough to be moved with just one hand, making them incredibly user-friendly. Despite their lightweight design, these trolleys remain rock-solid during use. Once the pop pin is secure, they won't budge.

## THE RACK

Don't let the pulley system steal the show, the rack portion of The Dane 2.0 is just as enticing. Made from 11-gauge steel, The Dane 2.0 features a commercial grade squat rack with a 1,200lb weight capacity. The uprights are 3" X 3" with 1" holes.

The Dane comes with a pair of extension feet which increase the stability at the base of the rack while squatting. It also includes a pair of low-profile spotter arms for squatting outside the rack. The upgraded sandwich j-cups have a thick lining of UHMW plastic so there's never steel on steel contact with your barbell.

Both the inside and the outside of each upright is sprayed with a thorough layer of high-quality powder-coat, making it extremely rust resistant, especially in more humid climates.

## WHAT ATTACHMENTS COME INCLUDED WITH THE RACK?

Unlike other systems that require you to spend hundreds more on essential accessories, the Dane 2.0 includes five attachments at no additional charge, a value of over \$600. With these five additional attachments, the Dane 2.0 delivers a versatile training setup right out of the box, making it one of the most comprehensive and cost-effective functional trainers on the market today.

1. Two D-handles
2. A pair of Reverse Sandwich J-cups
3. Extension feet
4. Landmine attachment
5. Low profile spotter arms

### PRODUCT SPECIFICATIONS



Materials and Finish	11-gauge steel with a powder coat finish
Weight Stacks	Dual 160lb weight stacks with a 1:1 pulley ratio
Rack Weight Capacity	1,200lbs
Extra Accessories	Low profile spotter arms, upgraded reverse sandwich j-cups, a pair of D-handles, a landmine attachment, and extensions feet are all included with the rack at no additional cost
Dimensions	60" X 47" X 92"
Uprights & Hole Sizing	3" X 3" uprights with 1" holes
Pin Hole Diameter	8mm. The hole is open on both ends and is 4" in depth.
Pin Length	3 1/4"
Warranty	Lifetime warranty on the squat rack & 5 year warranty on the pulley system
Product ID	8999

## PRODUCT FEATURES

### Dual 160lb Weight Stacks

The Dane 2.0 features dual 160lb weight stacks with a 1:1 pulley ratio. Both weight stacks are adjustable from 10lb - 160lbs in 10lb increments. With a the new compact weight stack design, the pulley cables reach 5.8' outside the rack and move on a 180 degree swivel, giving you plenty of room for cable work outside the rack.

## **Commercial Grade Squat Rack**

Along with the functional trainer, The Dane 2.0 also features a commercial grade squat rack in the front. Every Dane includes a pair of low-profile spotter arms for squatting outside of the rack and a pair of extension feet for extra stability at the base of the rack while squatting.

## **Commercial Grade Pulley System**

The Dane 2.0 now features higher-quality aluminum pulleys with a larger diameter, creating an even smoother pull compared to the Dane 1.0. This upgrade reduces friction and drag, allowing for fluid motion and better control throughout each rep. In addition to performance improvements, we've given the Dane 2.0 a bold new look with Warhawk Red accents on the pulleys and accessories, adding an aggressive yet sleek aesthetic to the rack.

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