

Fringe Sport - The Dane 2.0 + Gibbon Arms / Squat Rack with Cable Crossover



Key Features

- All-in-One Rack and True Cable Crossover System - Combines a compact half rack functional trainer with extended, adjustable cable arms for full commercial-style crossover training in a single footprint.
- Dual 160 lb Weight Stacks with 1:1 Resistance - True-to-weight resistance where 100 lbs feels like 100 lbs, with the option to link both stacks together for heavier pulls.
- Extra-Long Adjustable Arms for Full Cable Freedom - Gibbon Arms extend the cable path outward for full stretch, clean alignment, and unrestricted flies, presses, rows, and single-arm work.
- Precision Angle Control - 180-degree horizontal swivel with multiple locking positions plus 4-way vertical arm adjustment to dial in high, mid, and low cable movements.
- Compact, Space-Efficient Design - The Dane 2.0 maintains a 60" front-to-back footprint while delivering nearly 6 feet of cable travel outside the rack.
- Commercial-Grade Construction - Built with 11-gauge steel, 3x3 uprights, 1" holes, aluminum pulleys, and smooth-gliding trolleys designed for heavy, repeat use.
- Complete Training Setup Included - Includes reverse sandwich J-cups, low-profile spotter arms, D-handles, extension feet, and a landmine attachment at no added cost.

Product Overview

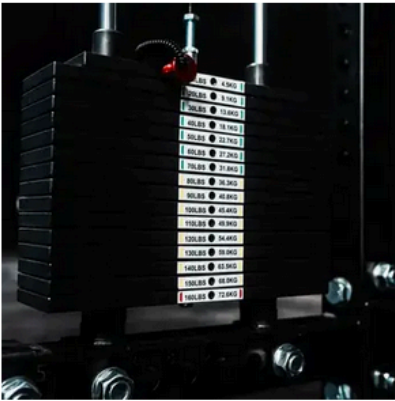
The Dane 2.0 is a compact half rack with a commercial-grade functional trainer built directly into the frame. By combining a squat rack and dual-stack cable system into a single 60" footprint, it delivers the strength training and versatility of two machines while taking up far less space.

On its own, the Dane 2.0 provides true 1:1 resistance, smooth trolley adjustment, and nearly six feet of cable travel outside the rack. With Gibbon Arms installed, the system goes further.

The Gibbon Arms extend the cable path away from the uprights and introduce precise horizontal and vertical angle control. This transforms the Dane 2.0 into a true cable crossover system, allowing full stretch, natural arm paths, and cleaner alignment for flies, presses, curls, rows, and single-arm movements.

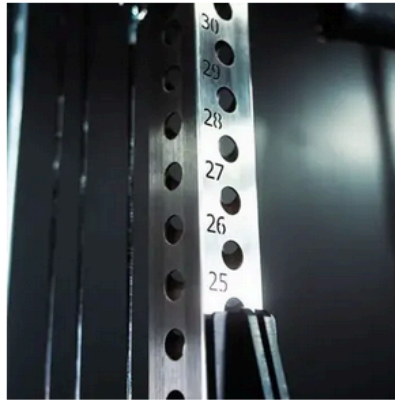
For heavier training, the arms can be angled inward and linked together, allowing both weight stacks to be used simultaneously. This unlocks heavier resistance for rows, pulldowns, and compound cable work that would otherwise be limited to a single stack.

The result is a compact, commercial-grade training system that handles barbell work, functional training, and true crossover cable movements without compromise.



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.

VERSATILE TRAINING SETUP WITH ADDITIONAL FREE ATTACHMENTS



- ✓ 2 D-handles
- ✓ Pair of Reverse Sandwich Jcups
- ✓ Extension Feet
- ✓ Landmine Attachment
- ✓ Low profile spotter arms





EXTENDED ARM LENGTH FOR FULL RANGE CABLE CROSSOVERS

Extended reach creates full range movement and proper crossover paths.

DOUBLE YOUR RESISTANCE

**Angle the
Gibbon Arms
inward** to
connect both
Dane 2 weight
stacks for
heavier cable
training.





PRECISE ANGLE CONTROL **FOR** **EVERY MOVEMENT**

7 horizontal and 4 vertical positions
let you dial in exact cable angles for every exercise.

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	9542

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