

# SQUAT STAND



## E

Weighing in at almost 120 lbs, this isn't your normal squat rack. Built entirely from X-Rack components, it will handle any squat or bench press thrown at it.

## D

3" x 3" 11 gauge 6' uprights are slotted on one side only for engagement with J-hooks and attachments to minimize the loss of structural stiffness and rigidity caused by excessive holes common in other designs.

## I

1/4" (6mm) plate steel J-hooks have U.H.M.W. Wear guards on both the inside and outside to protect your Olympic bar and paint on your uprights.

**NEW!**

## S

Standard weight horns add built in storage and, when properly weighted down, allow the rack to be used for suspension training without the need to anchor to the floor.

## N

Fully welded brackets and upright gussets on 3" x 3" 11 gauge base keep the uprights rock solid and eliminate plastic end caps which are prone to fall out.

## G

Resistance band pegs allow for over-speed training to develop power and strength

### 1

### 2

### 3

## Specifications

Product Dimensions: L x W x H  
53.8" x 53.9" x 74.7"  
(137 cm x 137 cm x 190 cm)

Product Weight: 118lbs (54 kg)

Frame: 3" x 3" 11 gauge

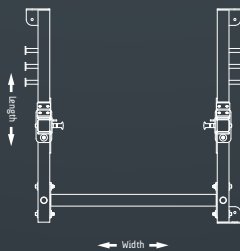
Hardware: 1/2" socket head bolts, oversized washers and nylock nuts

## Lifetime Warranty

For Residential use

Commercial Warranty

Frame and Welds: 10 years  
Parts and hardware: 1 year



**TORQUE**  
FITNESS



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# ABOUT THE XRWESS

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The X-Rack Squat Stand is simply the most solid and stable squat stand available. Built entirely out of 3" x 3" tubing and weighing nearly 120 lbs, it gives overkill new meaning. Paired with the X-Series flat bench it can complement any box with a dedicated bench pressing station. The base unit includes the base, two 6' uprights, and two bar catches. What really sets this rack apart is its optional attachments that are also compatible with X-Rack Rigs. Options include: bar catches, power block stand, triple play (weight storage/bar storage/battle rope anchor), ground rotational trainer, dip, and plyo-step.

