IBL-VR1800

Light Commerial Power Rack

CONDITIONING
Strengthens your heart and lungs while increasing your metabolic rate.

POWER
Increases speed and agility by activating fast twitch muscle fibers.

STRENGTH
Increase muscle, tendon and ligament strength; bone density; metabolic rate while improving heart and body composition.

FLEXIBILITY
Increase range of motion, flexibility and reduce the risk of injury.

WARNING
Consult your physician before beginning this or any exercise program. Keep out of reach of children.



Note: This product does not include weight plate and weight bar

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Maximum weight & Main tube size



- Maximum user weight:300lbs
- Maximum weight capacity (including user weight): 600lbs
- □60×2
- □50×2
- ϕ25×2
- □60×2
- □50×1.5
- ϕ25×2
- ϕ25×2
- ϕ60×3.5
- ϕ60×3.5
- Φ34×2
- Φ28×2
- Φ25×2
- Φ38×2
- □60×2
- Φ25
- □60×2
- □60×2
- □60×2
- □50×2

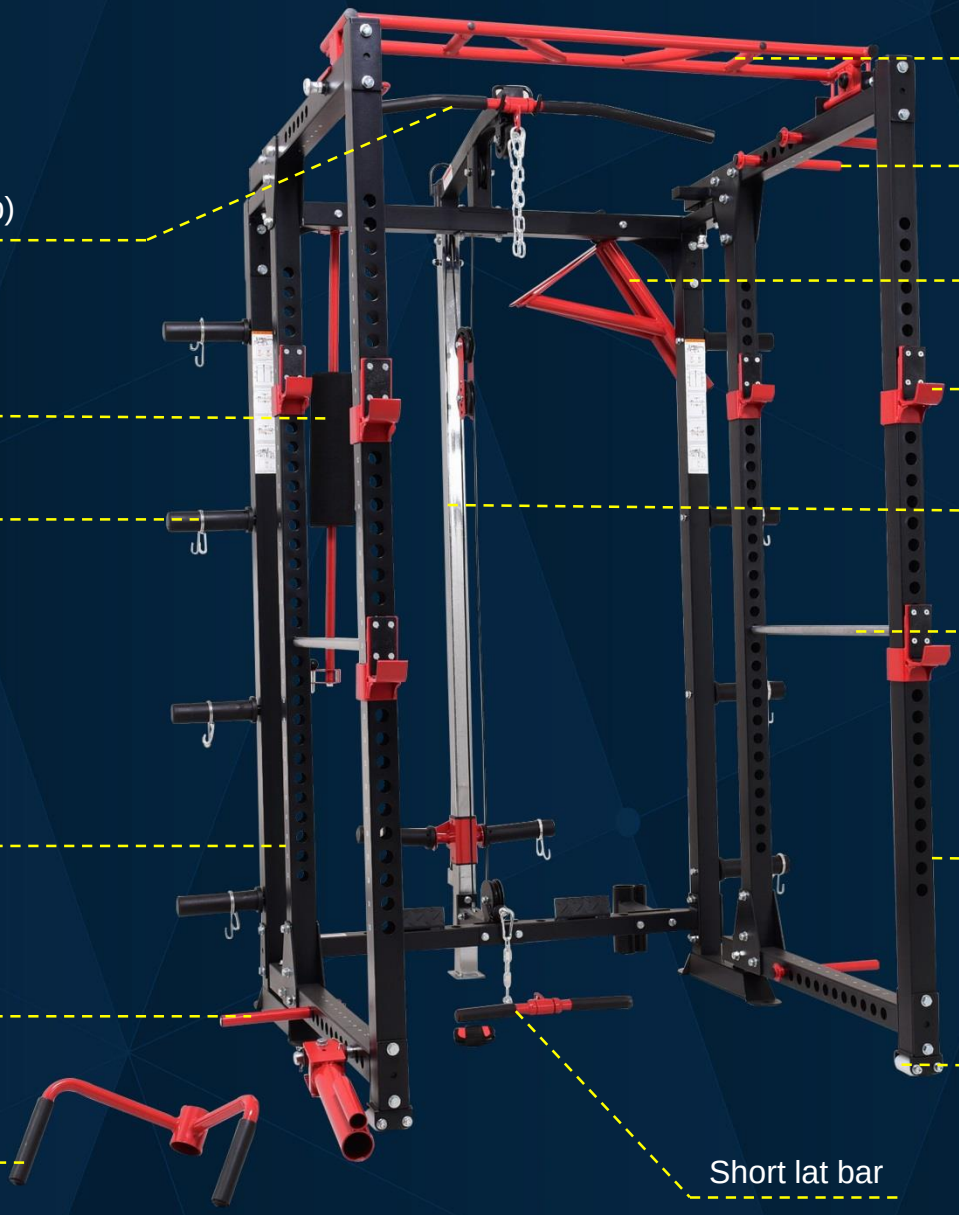
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Characteristic



- Pull up Bar
- Band hanger
- Lat bar (HDR skidding grip)
- Parallel bar frame
- Foam roll
- 4 pieces Safety catch
- Weight plate storage
- Chromium sliding Rack
- Solid support bar and safety catch
- 32 holes Rear Rack Post
- 32 holes Front Rack Post
- Band hanger
- Roller
- Rotating bar
- Short lat bar

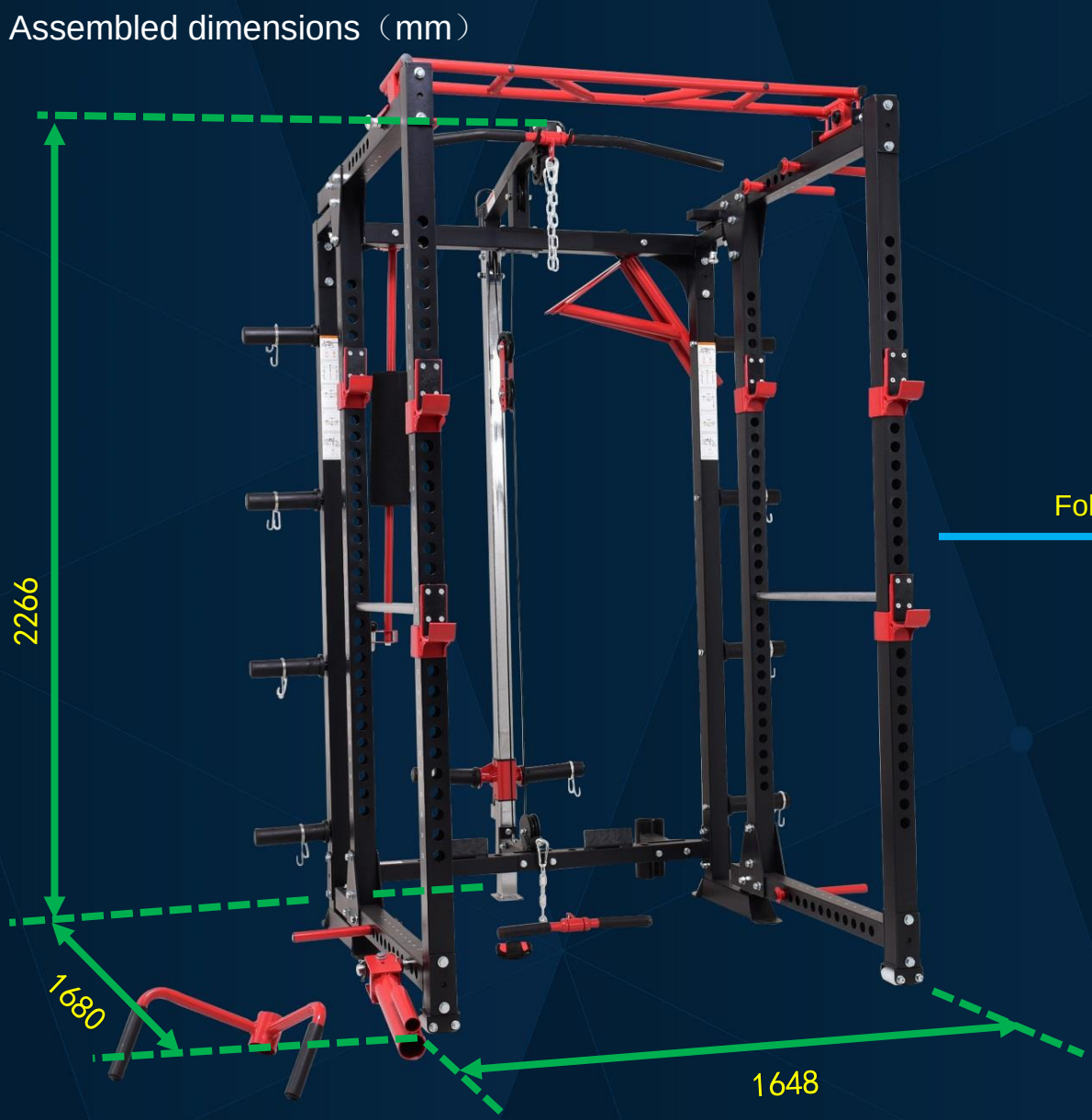
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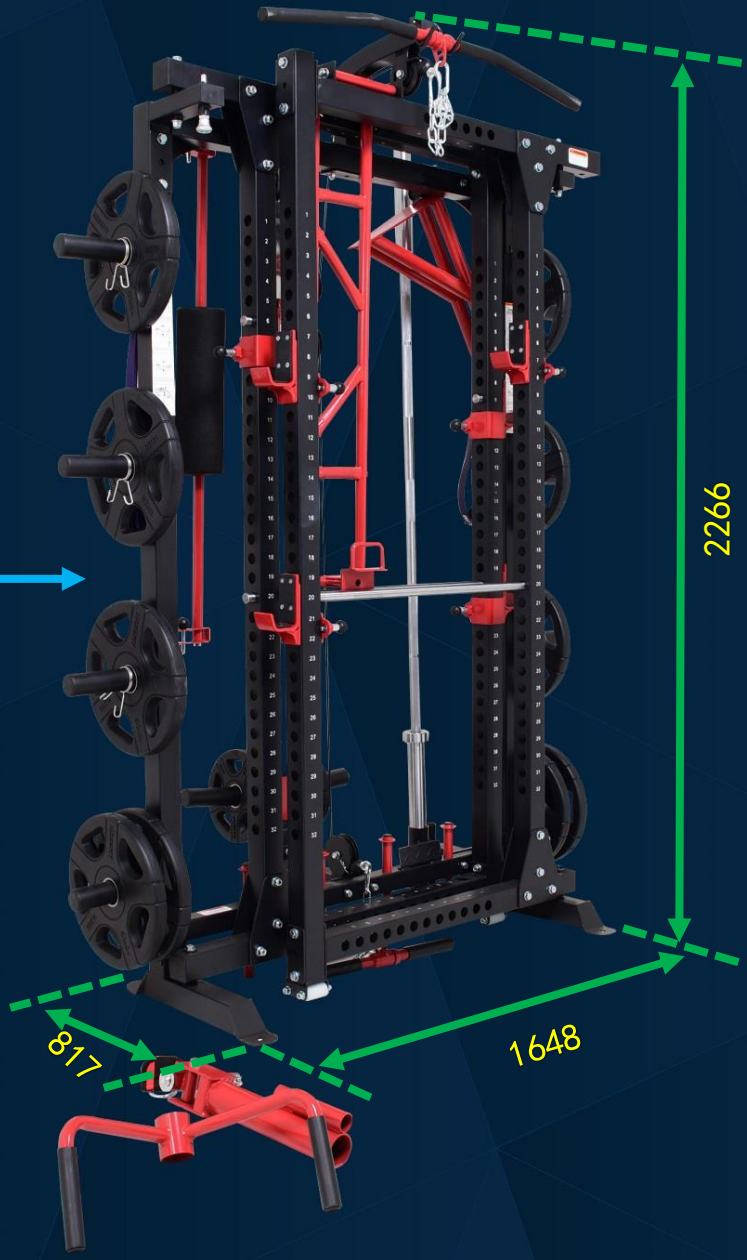
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Assembled dimensions（mm）



Folding



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Horizontal bar

Multi angle training bar handle to meet different needs.
The knurled handle can increase the force of friction.



multi-angle design
ordinary grip , underhand grip
mixed grip , sternum pull-up
one-hand chin-up , one-arm chin-up

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Movable pulley



Φ5mm Cable . Pass hrough 800 kg tension test. The cable is tensile, wear-resisting and safe.

Super flexible PP pulley(Same with bumper material）



5 holes adjustable design, adjust the cable length to meet the needs of different trainers.

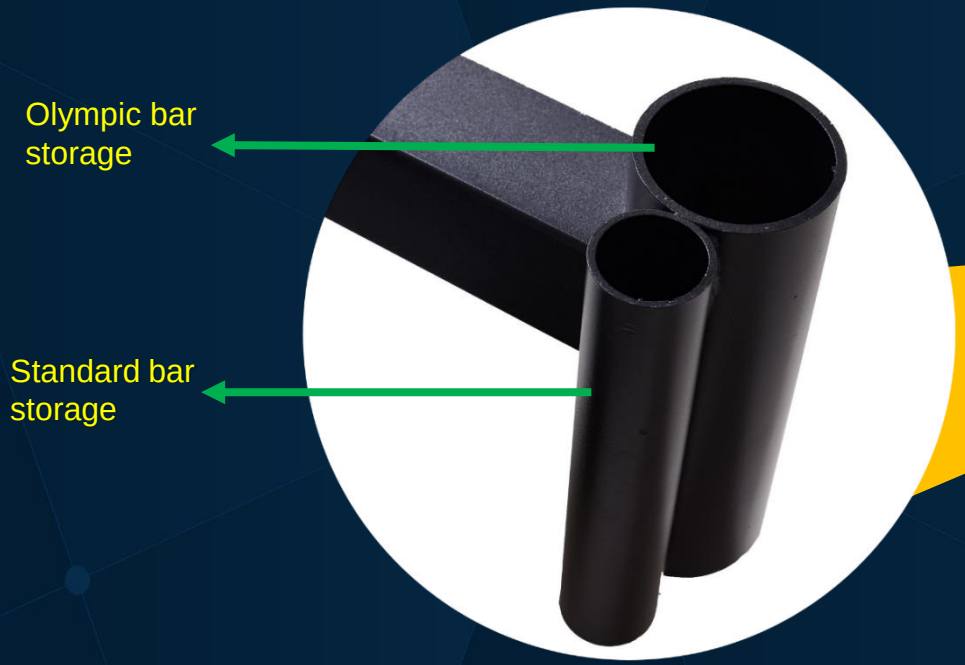
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Barbell rod & weight plate storage







The barbell rod storage can be used for both Standard bar and Olympic bar.

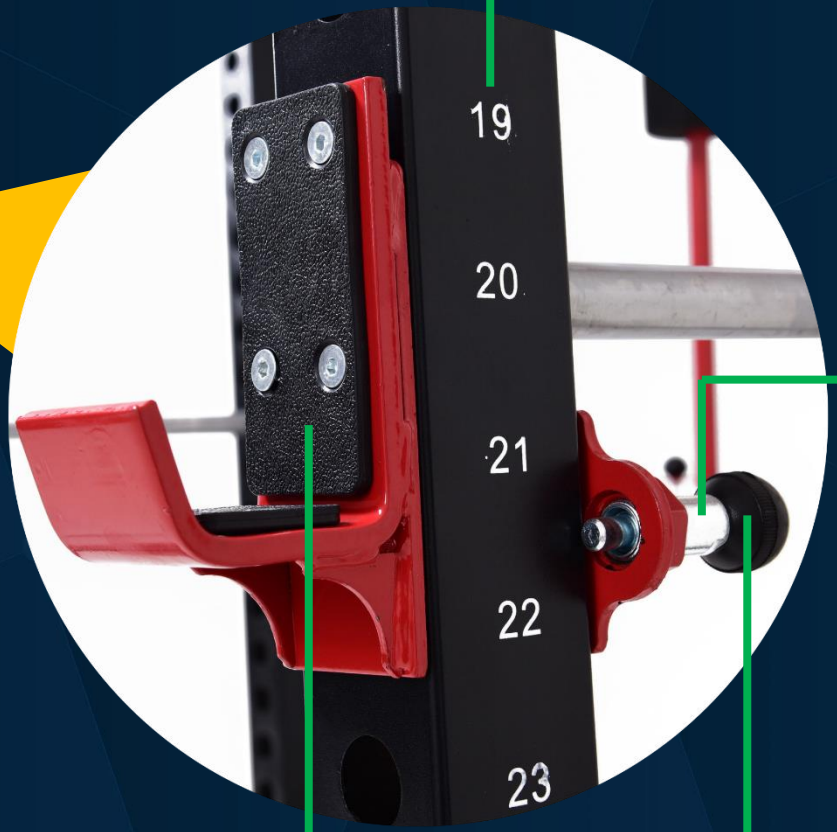
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Safety catch





screen printing numbers,
more relaxed positioning

Knob

ABS pad

More comfortable PE ball of knob

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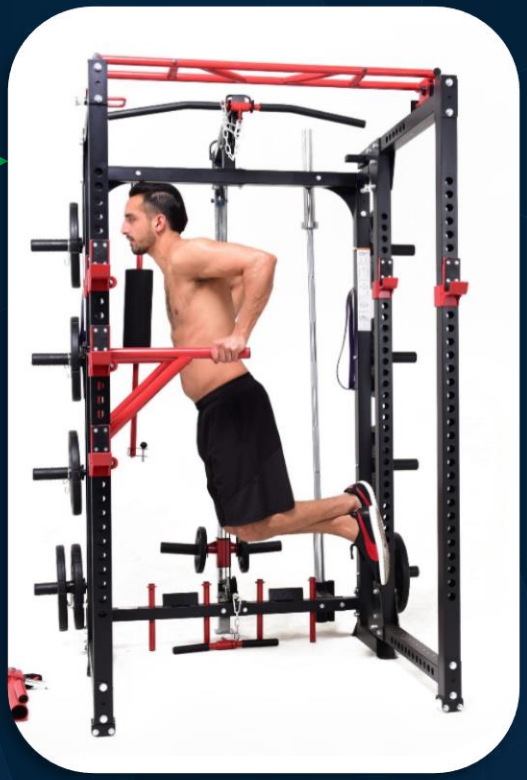
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Parallel Bar

Lock knob can adjust the space between parallel bars according to users‘ requirements.







You may do parallel bars exercise when moving the safety catch to the left dashed position in the same side with the other safety catch and then hang up the parallel bars.

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Parallel Bar Frame

The plum bolts can remove and fix the parallel bars frame. The distance between the parallel bars can be adjusted to meet the different needs.



Knurling handle can increase the force of friction

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Sliding Weight Post



Φ 50 sleeve with Φ 25 weight plate rod inside. Available with Φ 50 weight plate . You may also use weight plate with a Φ 25 hole after removing the Φ 50 weight plate sleeve.



Φ 49 Chromium Chrome plated spring clip

Rubber Stopper



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Antiskid metal footplate



3mm thickness antiskid metal footplate can increase the contact area and force of friction between the shoes and the plate.



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Folding schematic

Folding schematic diagram is simple and easy to understand.

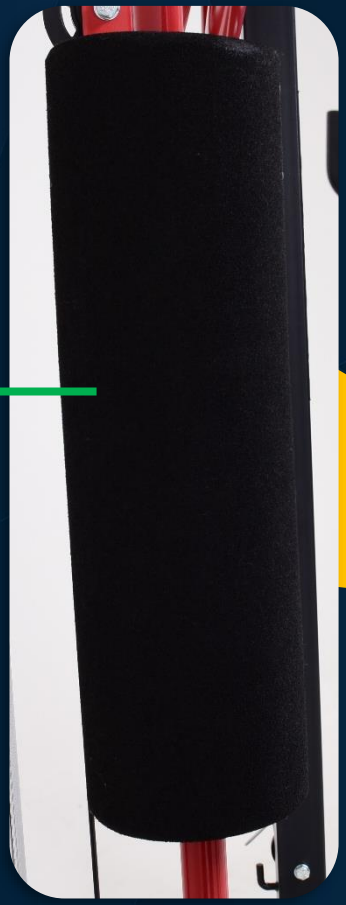




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Detail display



Foam roll (Φ120×400mm)



When using the leg press bar, you need to clip the U shape fixed device at the two side of the leg press on the solid bar.



Solid support bar

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Knob

When folding the machine, you need to pull up and rotate the aluminum alloy knob head first. Then the key will be separate from the limit groove to form an unlocked status.





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Roller



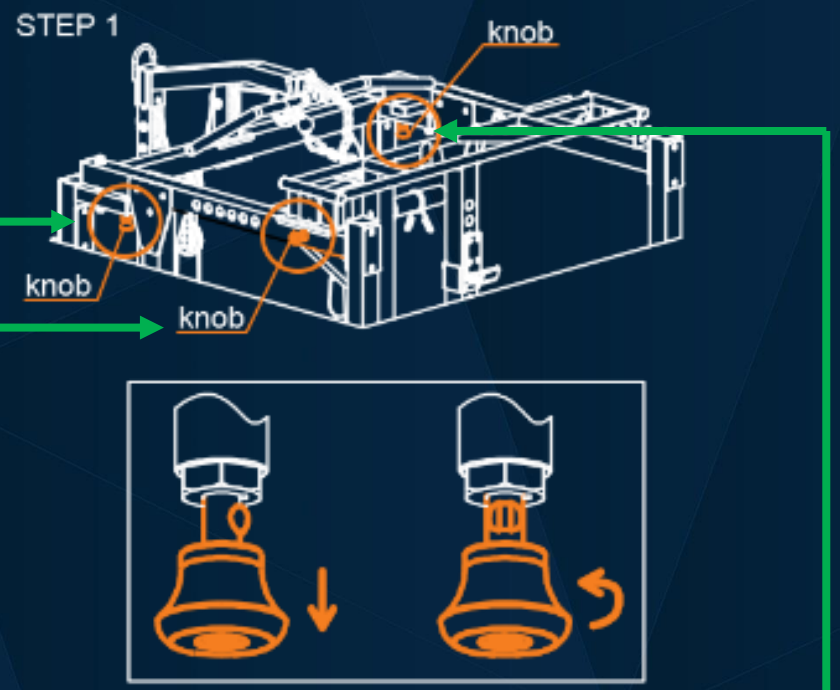
Double row more stable solid folding moveable roller design .



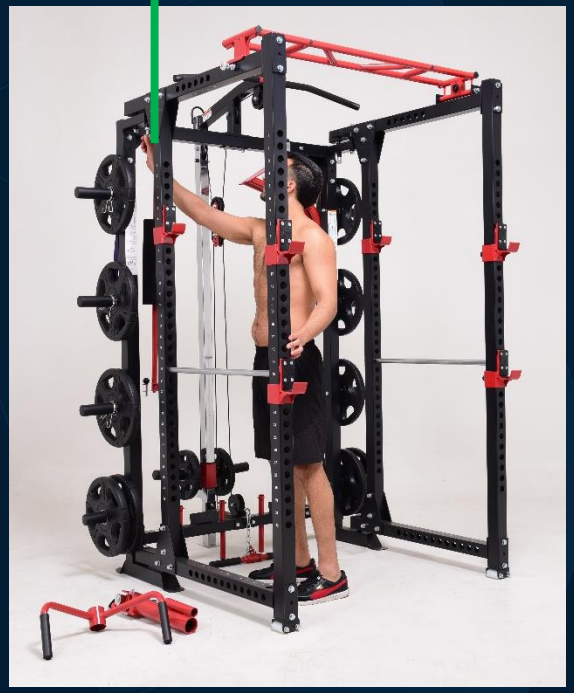
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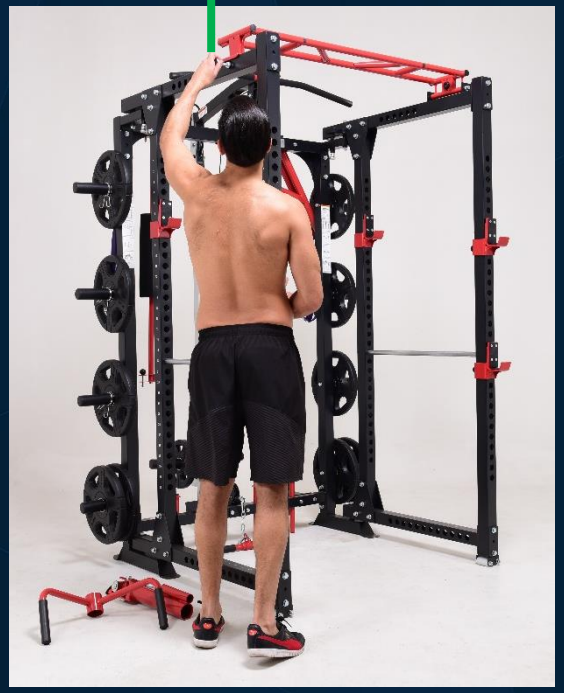
Light Commerial Power Rack

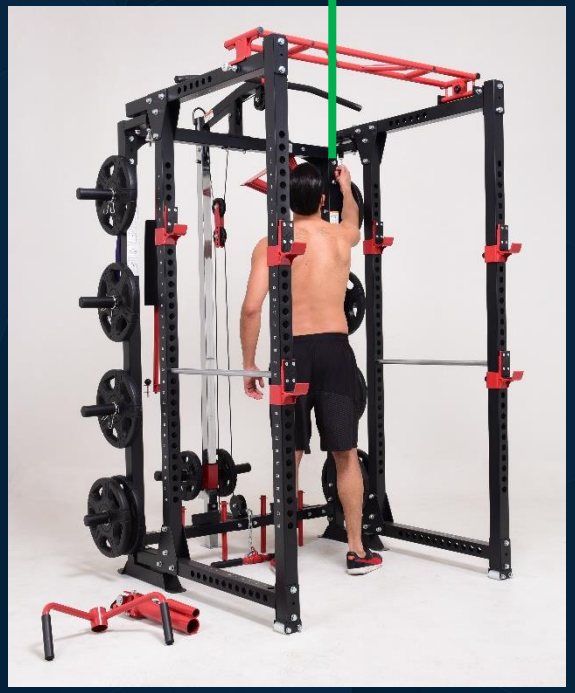
Folding（1）



The first step is to pull up and rotate all three (3) knobs on the rack. Then the key will be separate with the limit groove to form an unlocked status.







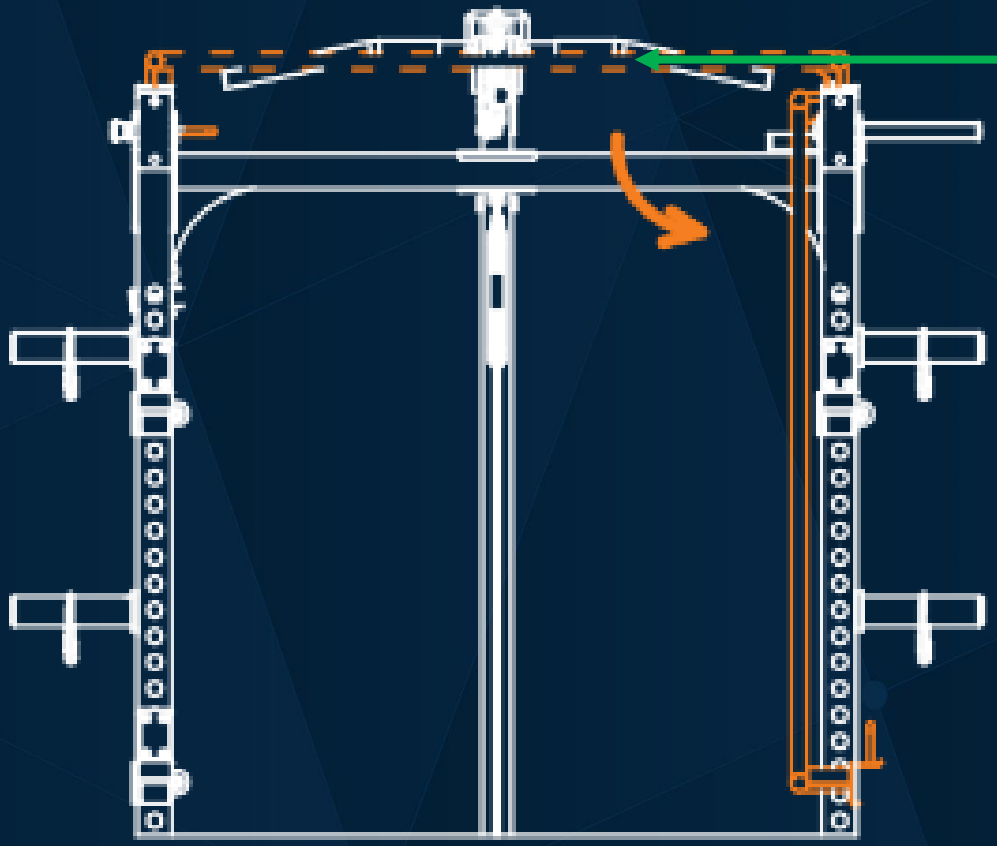
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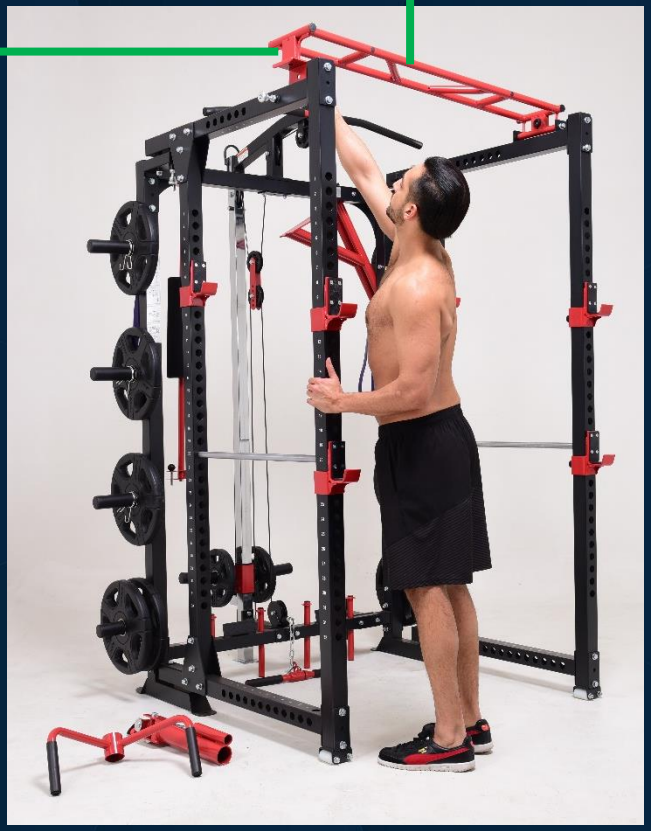
Light Commerial Power Rack

FITNESS PRODUCTS DIRECT

Folding（2）

STEP 2





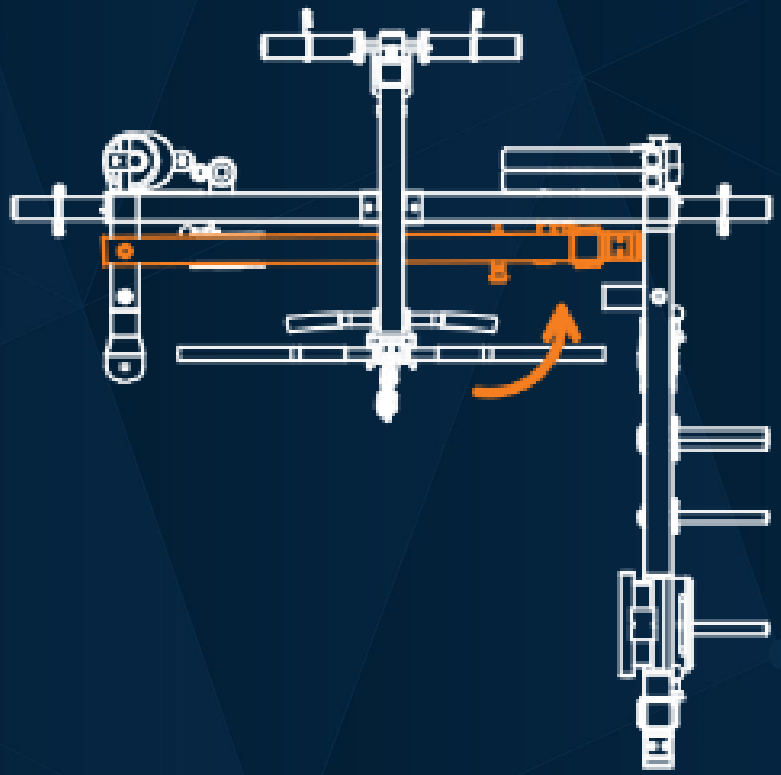
The second step is to lift up the chin up by right hand and push the left rack out to allow the chin up to be folded down to the right rack when users face to the machine.

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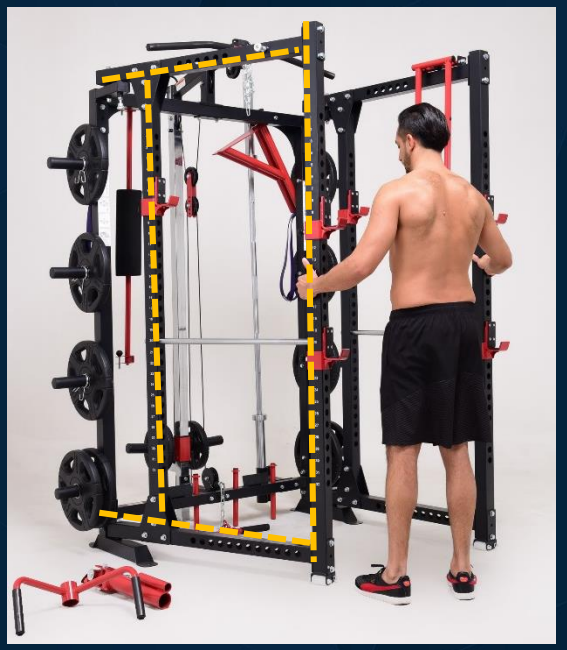
Light Commerial Power Rack

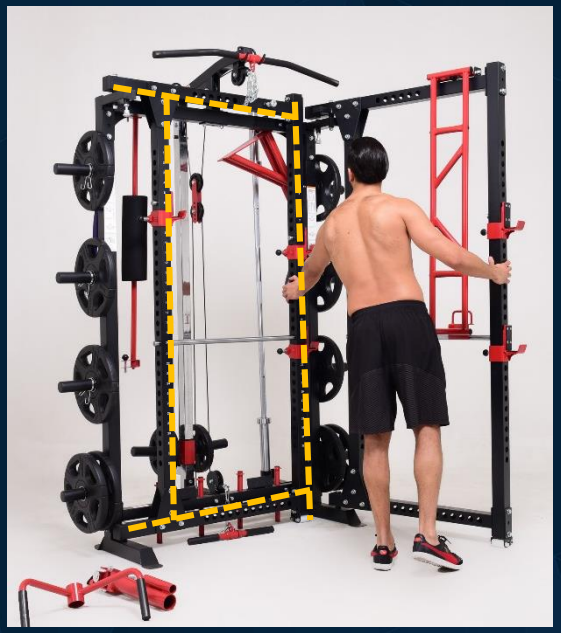
Folding（3）

STEP 3



The third step is to close the left rack by left hand.



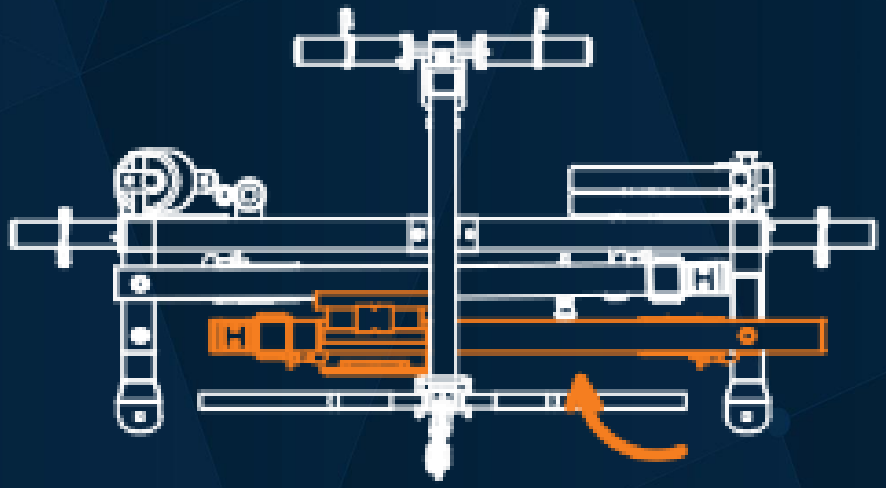


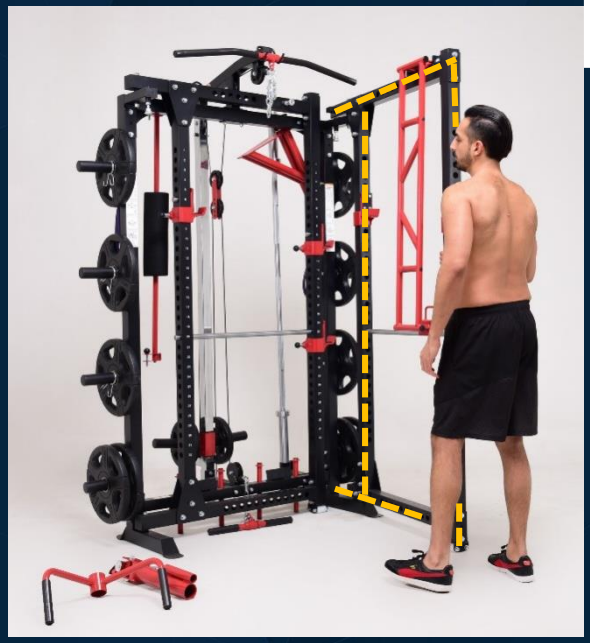
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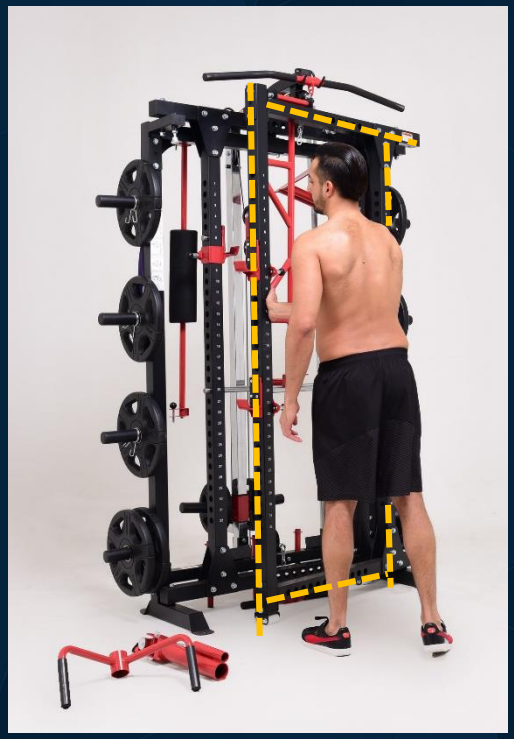
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Folding(4)

STEP 4





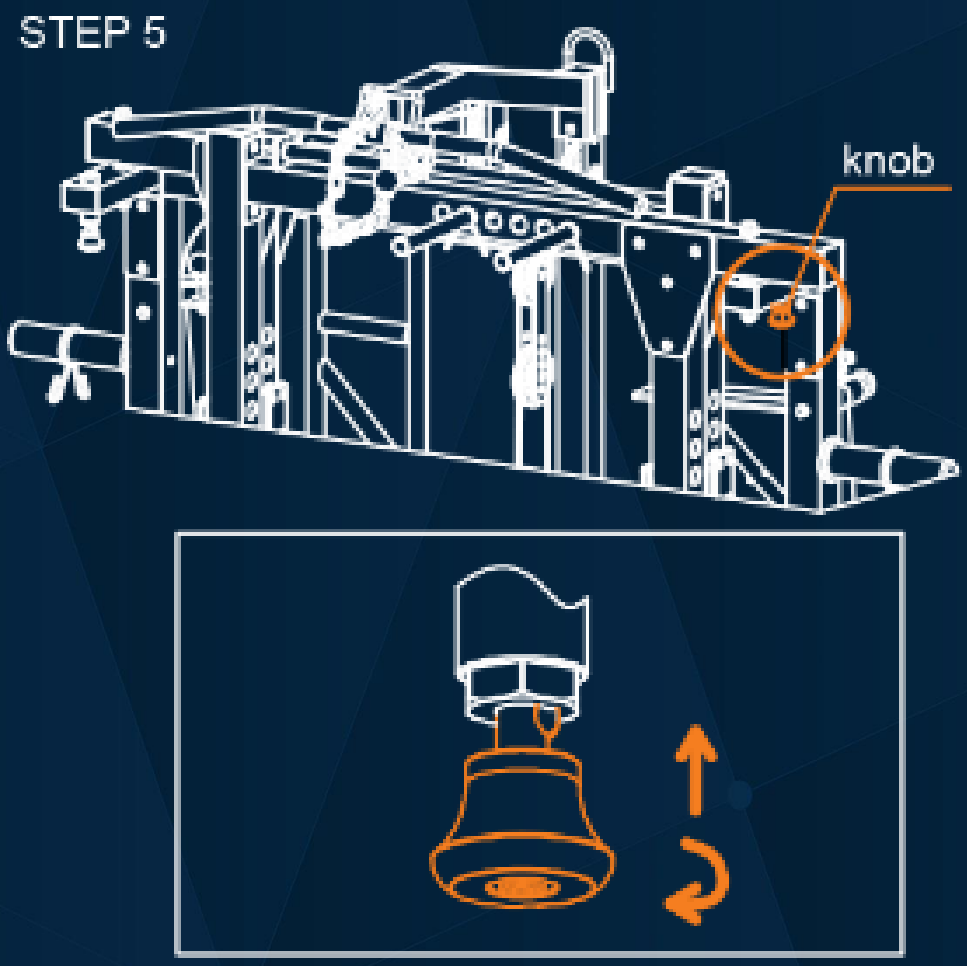


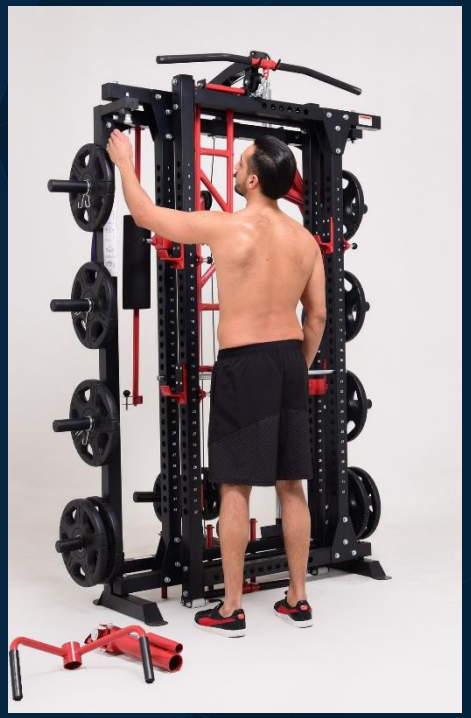
The forth step is to close the right rack.Making sure the Lat Pulldown bar & chain up should be stored in safe condition.

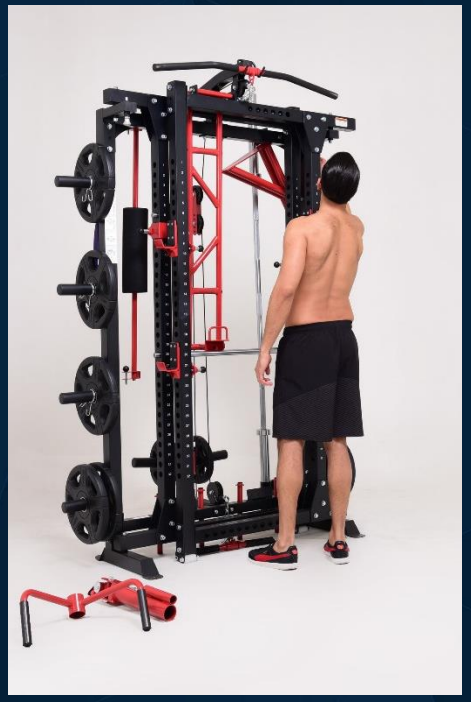
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Folding(5)





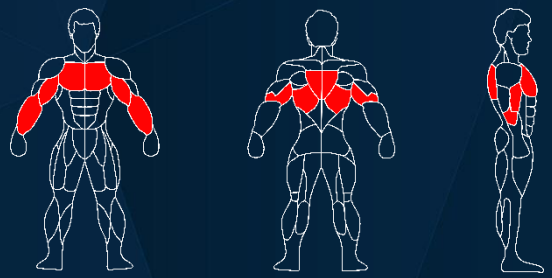


The 5 step is to rotate and lock backword the three knobs which were pulled up in the first step. Double checking they are secure and making sure the rack can not be opened.

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Ordinary grip







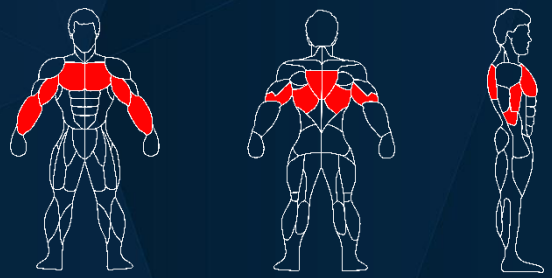
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Wide grip





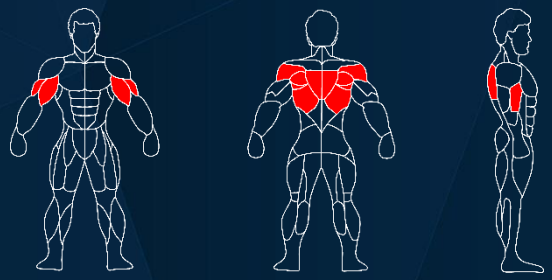


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Tricep extension







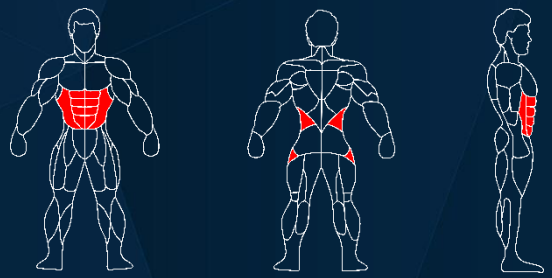
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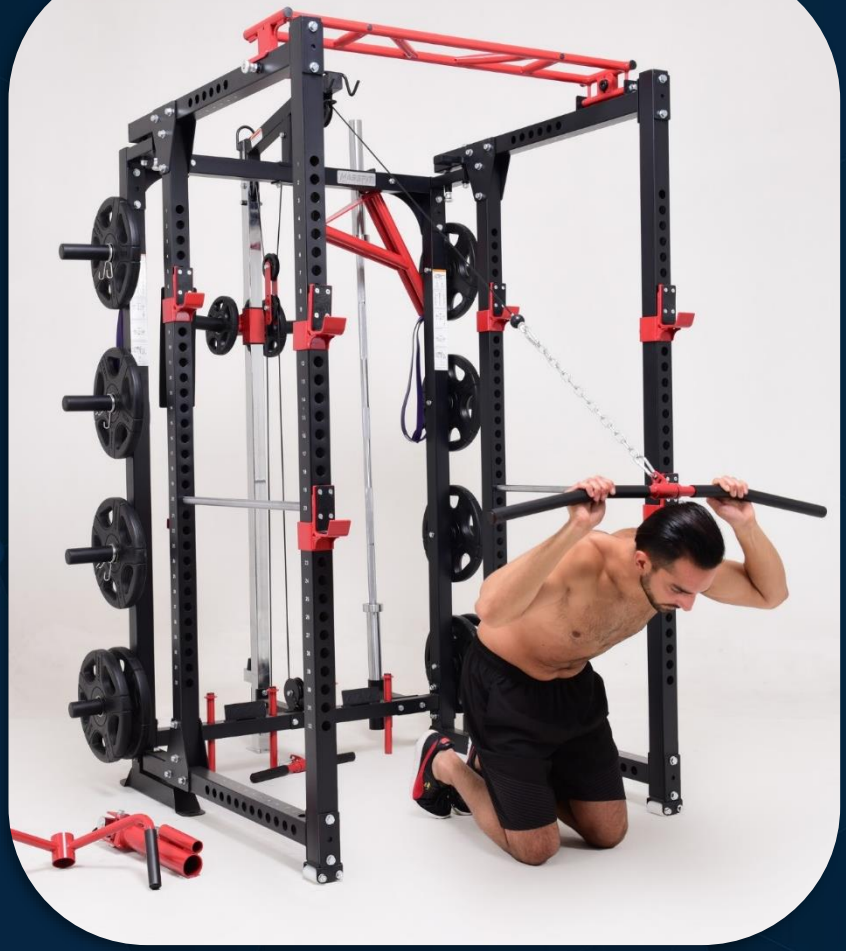
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Crunch





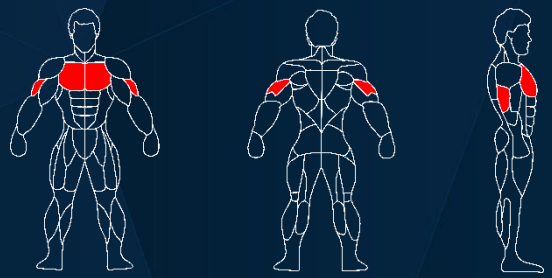


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Arm flexion and extension







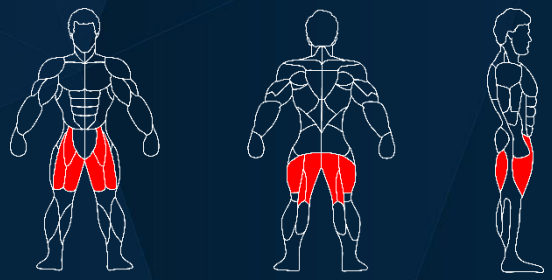
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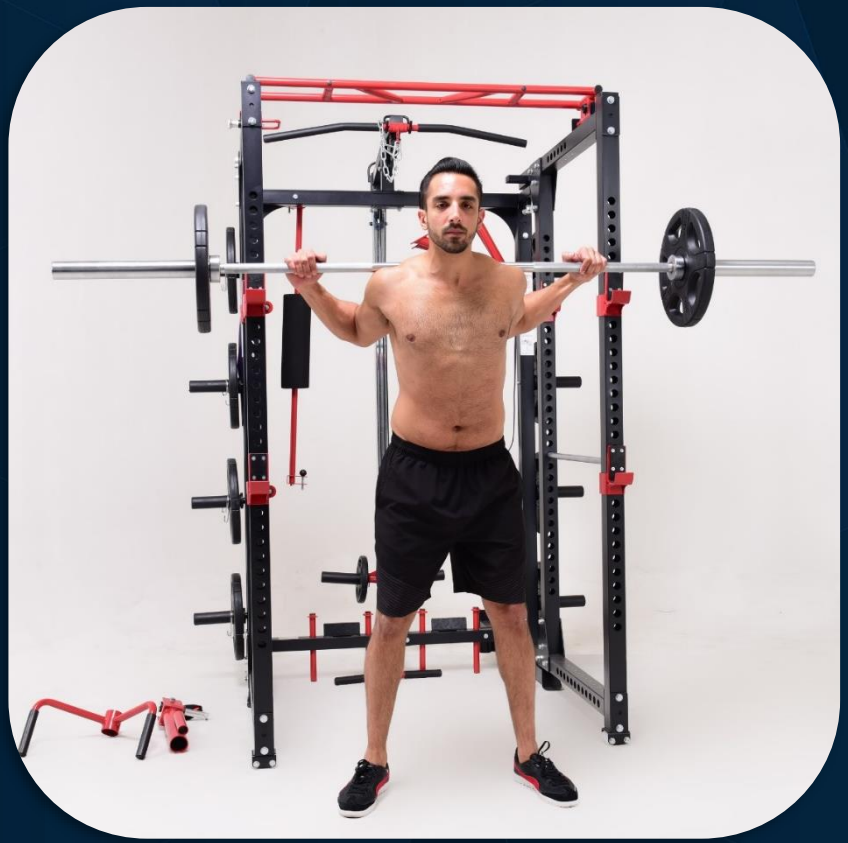
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Free weights squat





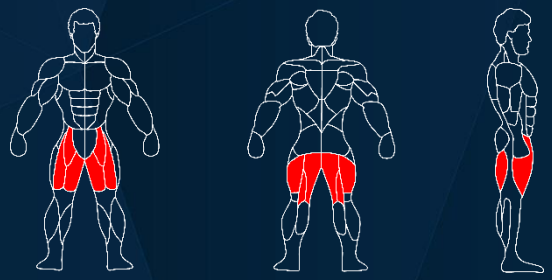


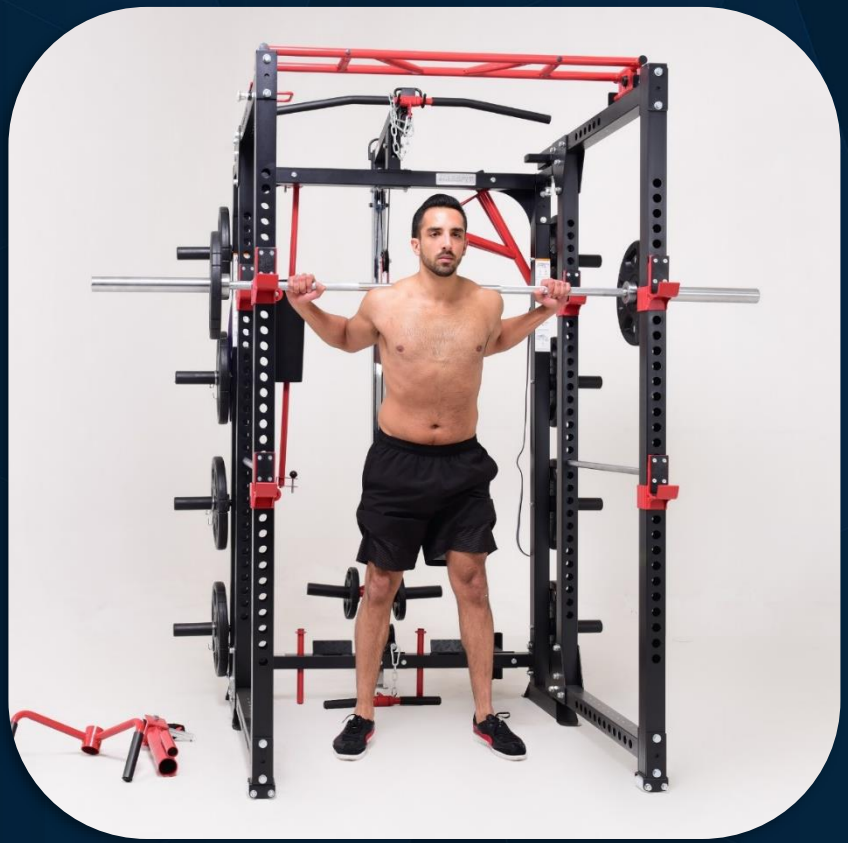
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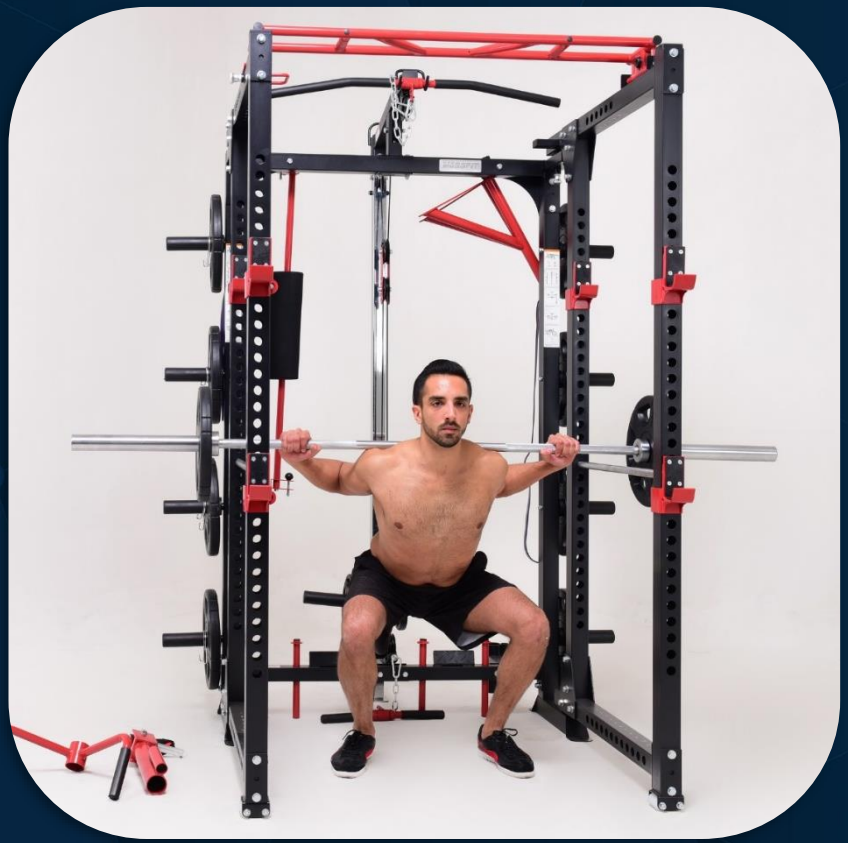
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Free weights squat inside the rack





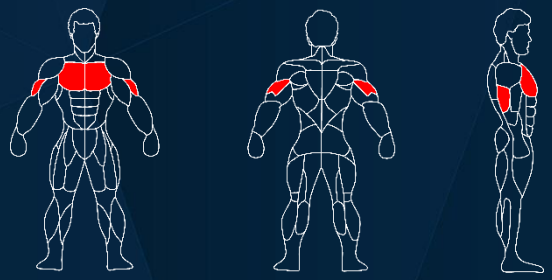


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Flat chest press



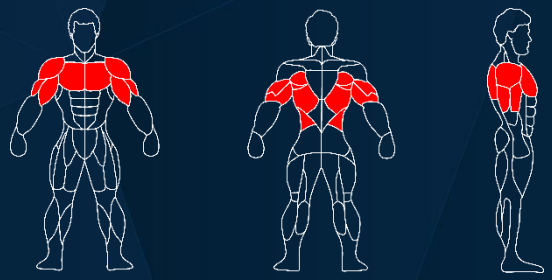




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Incline Chest press



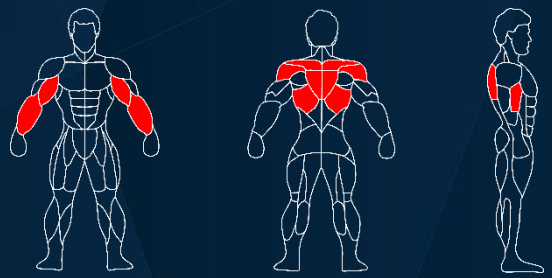


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Floor seated row







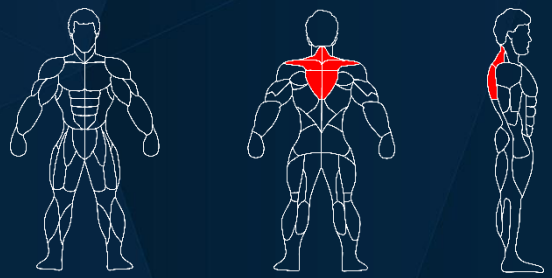
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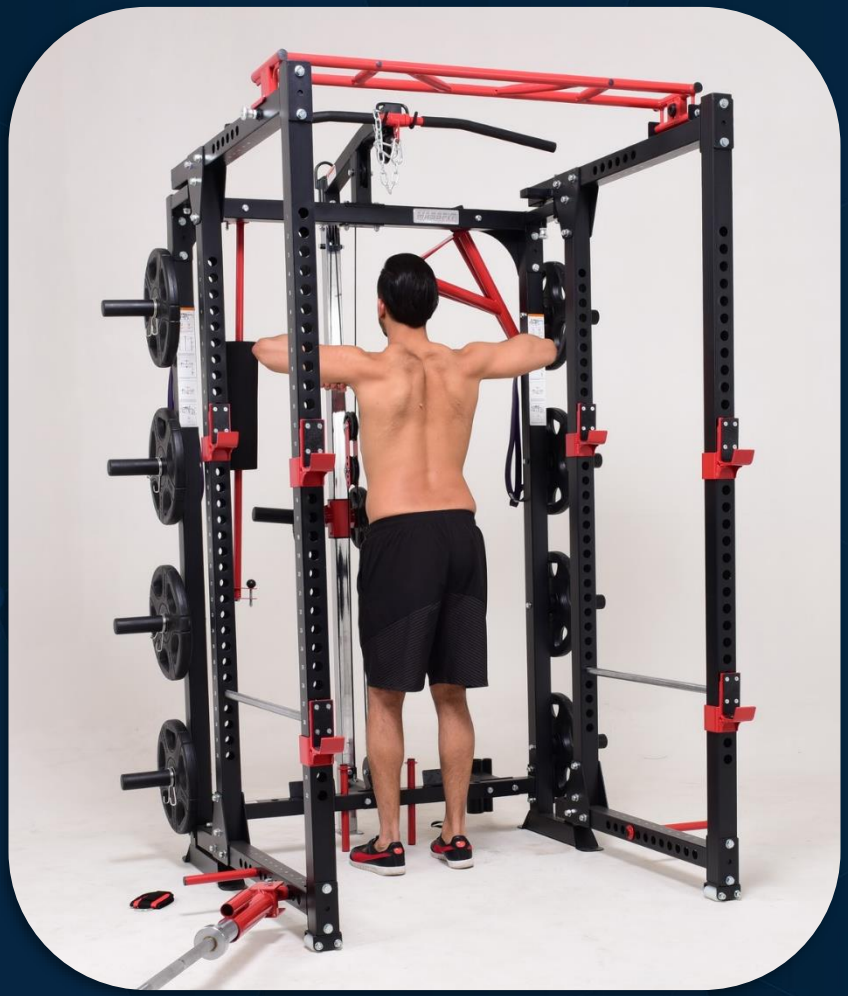
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Upright row





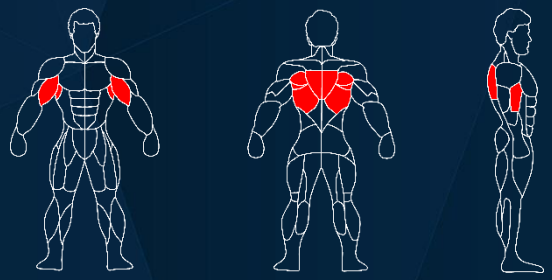


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Light Commerial Power Rack

T rowing





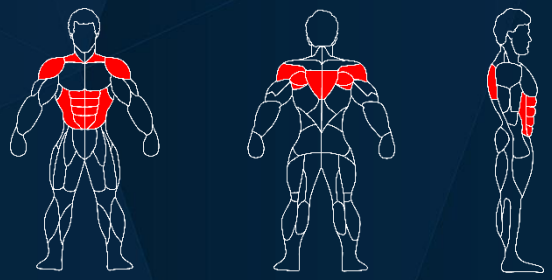


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Light Commerial Power Rack

Barbell push forward





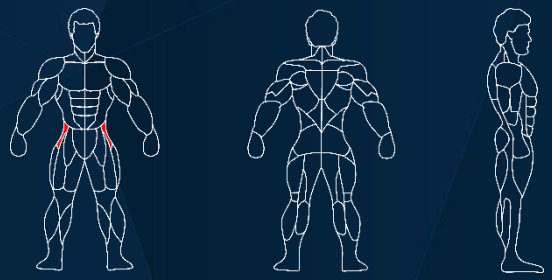


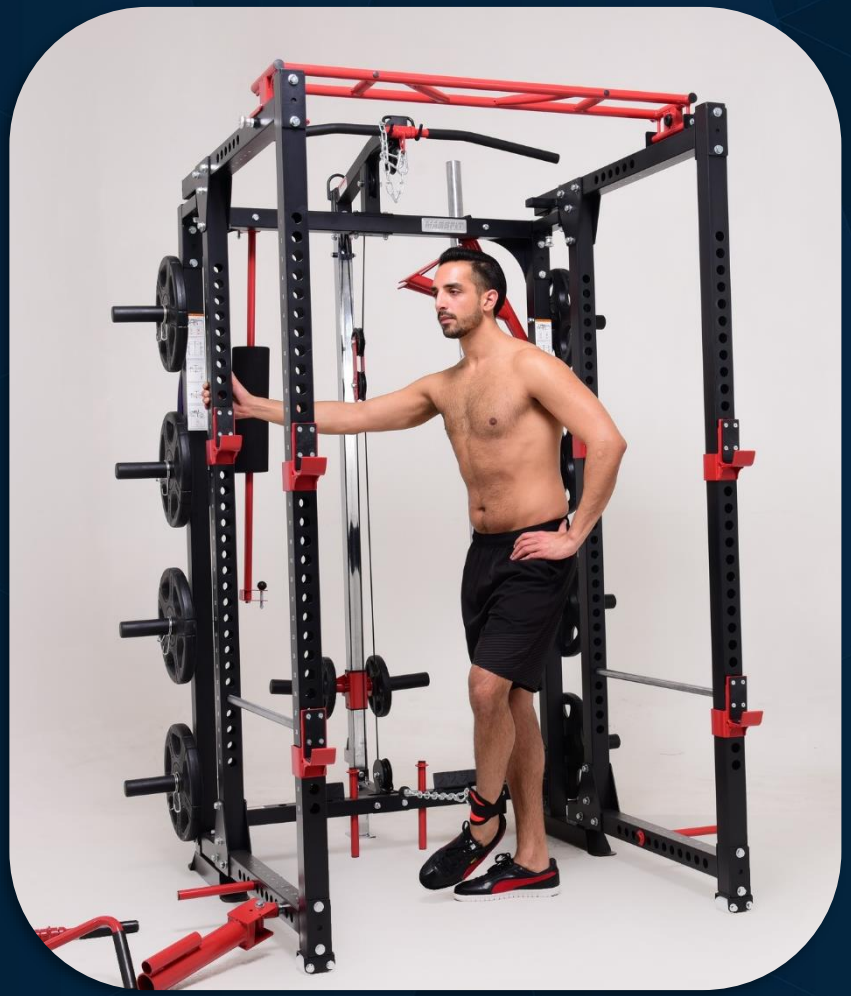
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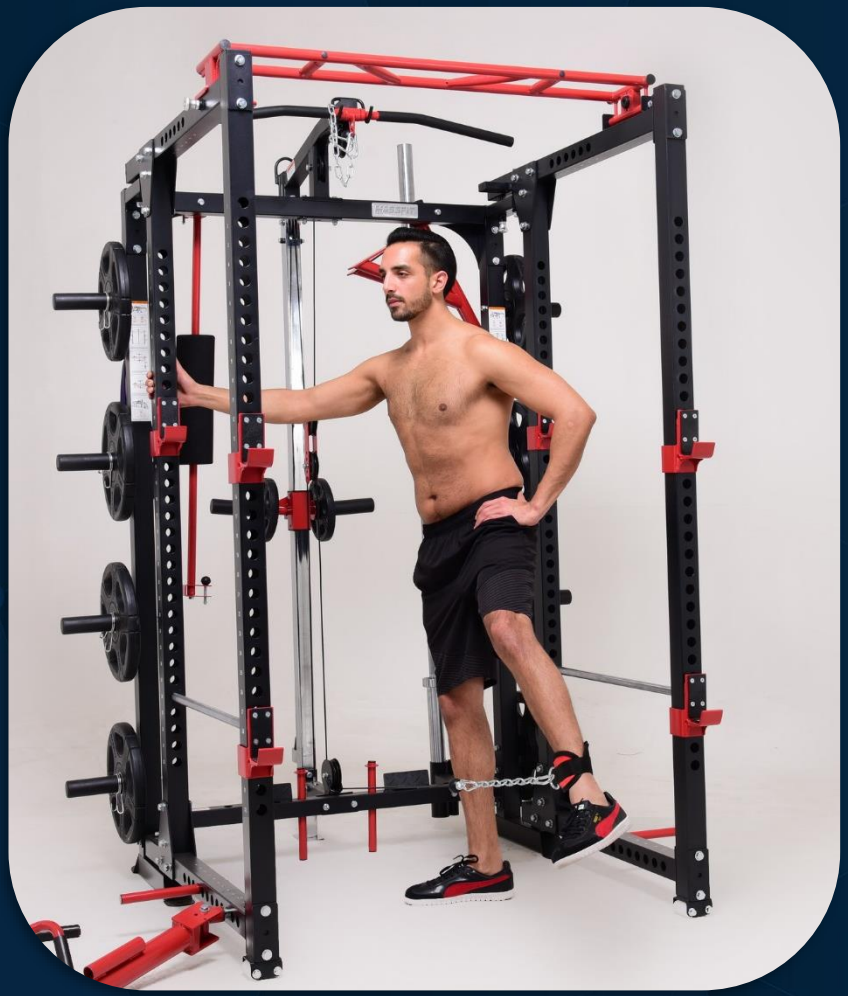
Light Commerial Power Rack

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Leg kick-outer







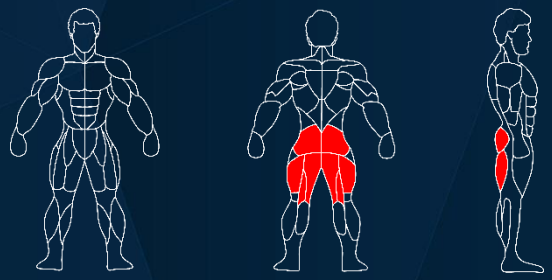
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Light Commerial Power Rack

FITNESS PRODUCTS DIRECT

Leg kick-back







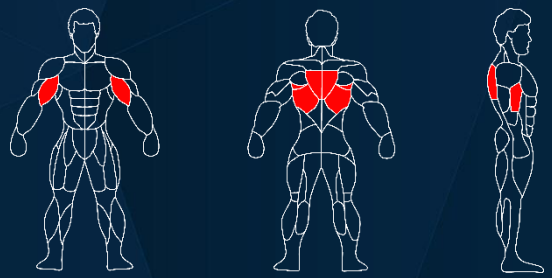
Qingdao Imbell Sporting Goods Co., Ltd.

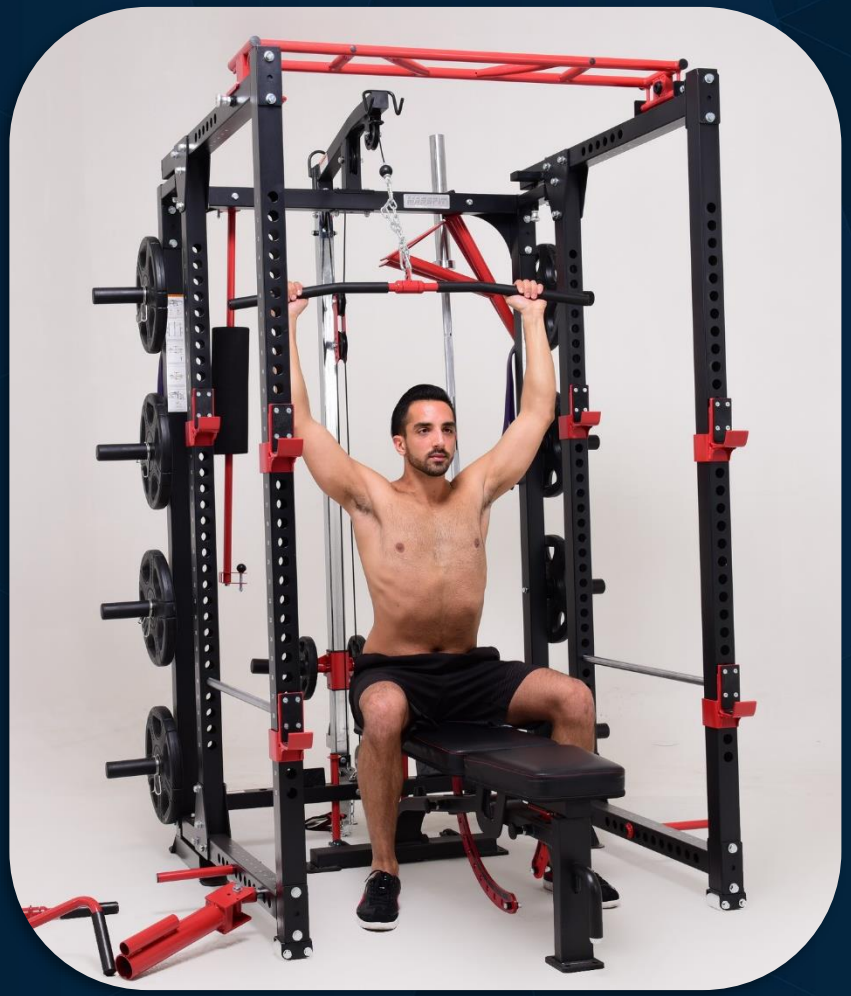
IBL-VR1800

Light Commerial Power Rack

FITNESS PRODUCTS DIRECT

Wide-grip pull-down







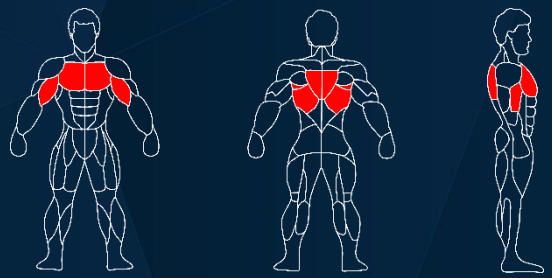
Qingdao Imbell Sporting Goods Co., Ltd.

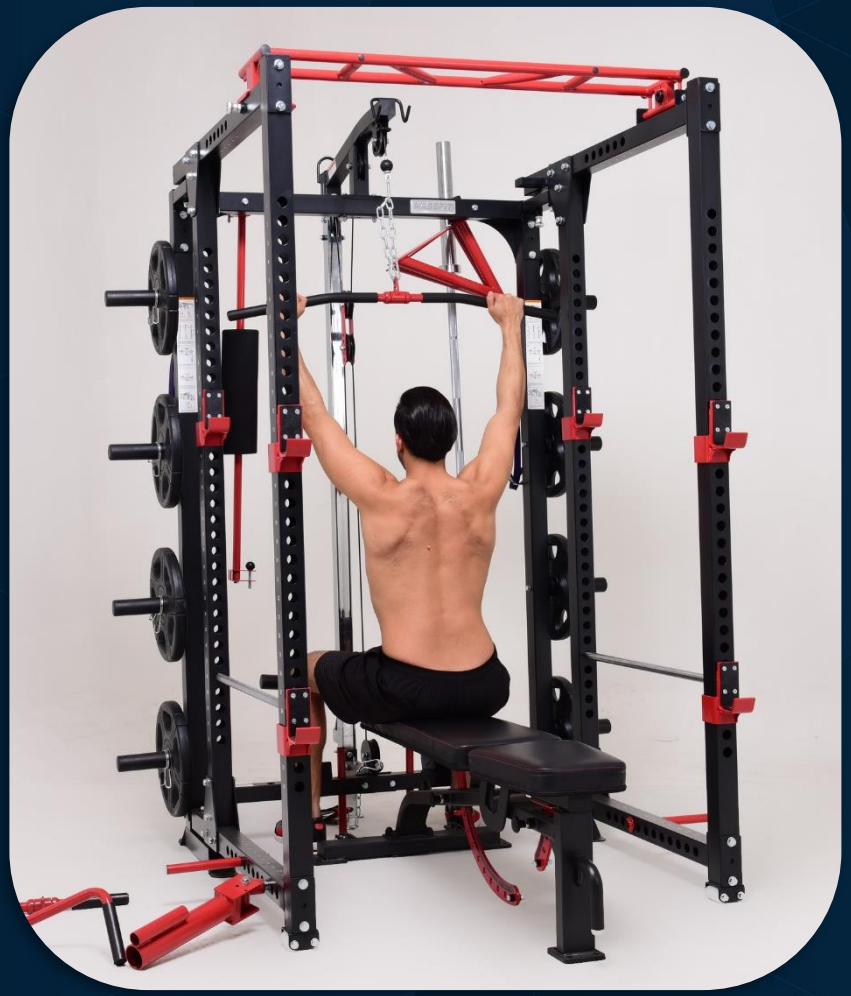
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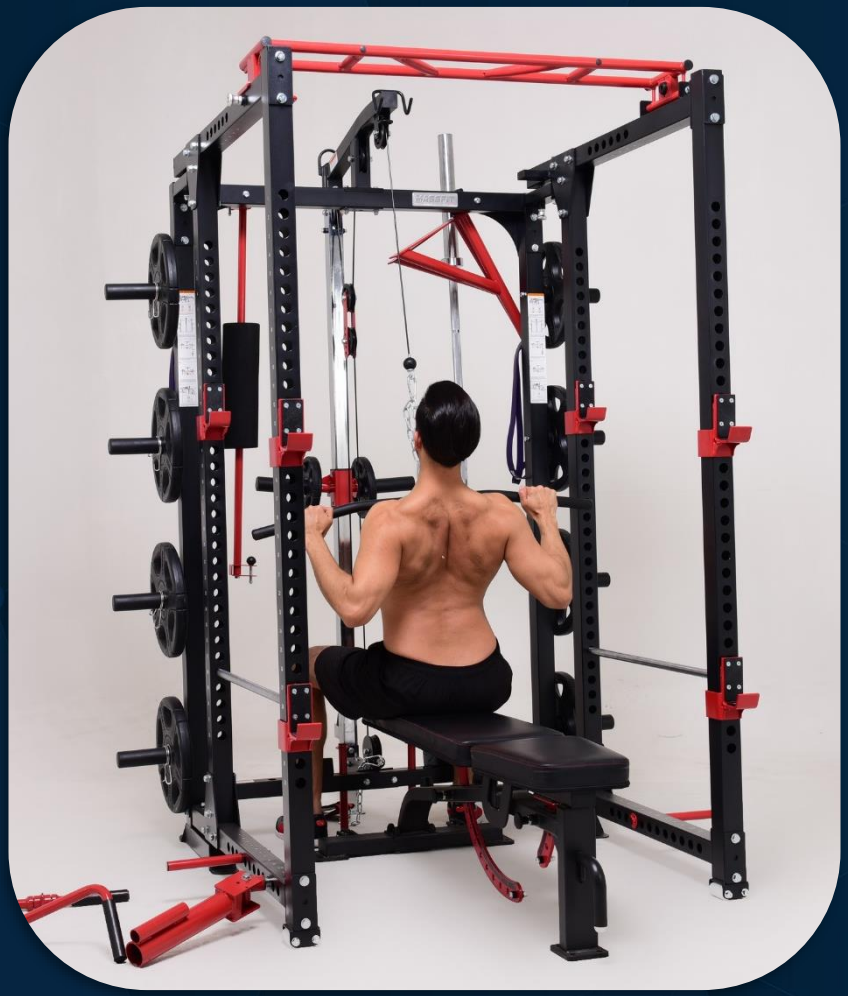
Light Commerial Power Rack

FITNESS PRODUCTS DIRECT

Lat pull-down







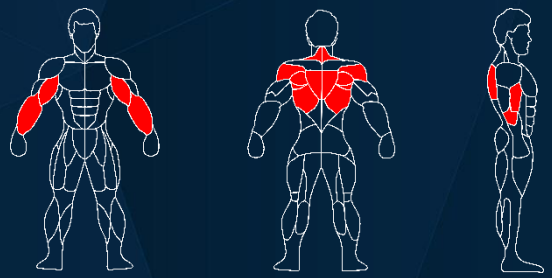
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Light Commerial Power Rack

FITNESS PRODUCTS DIRECT

Cable row





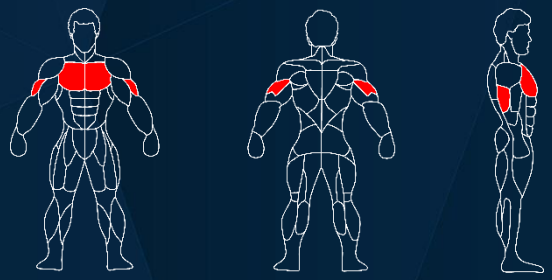


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Light Commerial Power Rack

Flat chest press with band







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