

SSO RACKS

Storage Racks



Our SSO Storage Systems deliver a space-efficient, integrated solution for organizing dumbbells, kettlebells, and other strength accessories. Designed to mount seamlessly to the rear of HR and PR rack systems, SSO maximizes vertical space while keeping training areas clean, accessible, and performance-ready.

Available configurations include:

- Kettlebell Divider Shelf × 1
- Dumbbell Divider Shelf (5–35 lb) × 1
- Dumbbell Divider Shelf (40–75 lb) × 1
- Kettlebell Hanging Board × 3
- Dumbbell Hanging Board × 5

SPECIFICATIONS

Height: 85.6" or 93.3"
Steel Notes: 3" x 3" 11-gauge steel
Frame Color: Matte Black Powder Coat Finish
Product Weight: 414 lbs
Patent No.: 18/826,872

BENCHES

Multi-Adjustable Bench



Our Multi-Adjustable Bench is more than just a standard bench. It provides quick and easy adjustments at any angle to meet your workout requirements while also allowing for easy movement throughout your gym.

MATERIAL

Finish: Powder-Coated Black
Upholstery Material: Hefty Grip Vinyl
Frame Material: 2" x 3" – 11 Gauge Steel
 6 positions – 0° / 30° / 45° / 60° / 75° / 85°

SPECIFICATIONS

Bench Height: 17 inches
Overall Length: 56.5"
Overall Width: 24.75"
Back Pad Length: 40"
Back Pad Width: 12"
Seat Pad Length: 12"
Seat Pad Width: 12"
Seat Pad Thickness: 2.5"
Weight: 121.25 lbs

Pop 'n' Lock Bench



Pop 'n' Lock Bench — Precision. Power. Comfort. Engineered for serious strength training, the Pop 'n' Lock Bench delivers unmatched performance and rock-solid stability. Its precision sliding rail system lets you adjust positions in seconds—keeping workouts fast, fluid, and efficient.

Ergonomically contoured pads ensure maximum comfort and perfect body alignment:

Tapered backrest — narrow at the top for shoulder mobility, wider at the bottom for full support.

Shaped seat pad — narrow at the front for movement freedom, wider at the back for stability.

Built for high-traffic, professional gyms, the Pop 'n' Lock Bench combines durability, efficiency, and user-focused comfort—so every rep feels stronger, smoother, and more controlled.

SPECIFICATIONS

Bench Height: 17 inches
Overall Length: 56.5"
Overall Width: 24.75"
Weight: 101.4 lbs

5 positions – 0° / 30° / 45° / 75° / 90°

Patent No. : Patent Pending

Battle Flex Anchor



The Battle Flex Anchor is an essential accessory for adding dynamic and functional training options to your fitness routine. Designed to be compatible with any of our rack systems, this anchor point allows you to incorporate battle ropes, resistance bands, and other versatile training tools into your workouts.

SPECIFICATIONS

Dimensions: 12.4"x8"x2.95"

Weight: 10 lbs

Frame Color: Matte Black Powder Coat Finish

Landmine Post



The Post Landmine can improve total explosive power and strength transfer from core to limb. It helps athletes increase their general explosiveness and rotational range of motion. Our regular independent Post Landmine is also suitable with most 3x3 -11-gauge steel squat racks and can be easily fitted with the necessary components. The sleeve works with the majority of regular Olympic barbells, making it perfect for rotating training activities.

SPECIFICATIONS

Dimensions: 18"x4.76"x3.5"

Weight: 12.5 lbs

Frame Color: Matte Black Powder Coat Finish

Safety Straps



When using high-strength nylon webbing, it maintains flexibility and produces a silent effect.

SPECIFICATIONS

Dimensions: 42.4"x5.9"x3.8"
/strap: 32"x2.95"

Weight: 11 lbs

Frame Color: Matte Black Powder Coat Finish

Jammer Arms



Enhance your strength training with the Jammer Arms, designed for explosive power movements and controlled resistance training. Built for durability and versatility, these arms integrate seamlessly with your half rack, allowing for a variety of push, pull, and pressing exercises.

SPECIFICATIONS

Dimensions: 50.00" x 4.72" x 27.95"

Weight: 48.50 lbs (per pair)

Material & Finish: Heavy-duty steel with black matte coating

Compatibility: Designed for Half Racks
Included Accessories: Hex socket screws & magnetic locking pins

Dip Station



Our Dip Station accessory allows you to incorporate one of the best and most effective movements into any workout. Built with high-quality materials. It connects perfectly with our rack systems, providing a solid and dependable platform for executing dips and meeting your clients' training needs.

SPECIFICATIONS

Dimensions: 28"x9.4"x27.5"

Weight: 23.5 lbs

Frame Color: Matte Black Powder Coat Finish