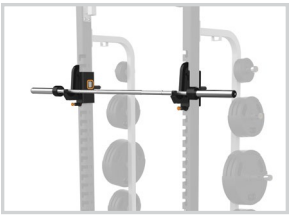
VY-D694 Open Rack

MATRIX

VARSITY | SERIES

- Designed for a variety of lifts – presses, squats, overhead lifts and more
- Includes integrated spotter stands, adjustable safety bars and straight chin bar, plus bar, band and weight storage
- Available without integrated spotter stands (VY-D694N)



REVERSE J-HOOKS – DOPT1R

Product Weight: 12 kg / 26 lbs.

Overall Dimensions (L x W x H):
35 x 9 x 33 cm / 13.5" x 3.5" x 13"

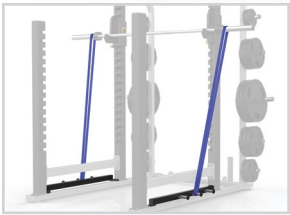
- Made of high-density polyethylene (HDPE) to protect bar knurling
- Used on the outside of Power or Open Racks
- Available only in Ridge Black

REVERSE DIP BARS – DOPT3R

Product Weight: 11 kg / 24 lbs.

Overall Dimensions (L x W x H):
84 x 69 x 26 cm / 33" x 27"x 10"

- Used for attaching to the outside uprights of the Power and Open Racks for body-weight dips
- Available only in Ridge Black



3-PEG BAND PEGS – DOPT4

Product Weight: 12 kg / 26 lbs.

Overall Dimensions (L x W x H):
20 x 102 x 8 cm / 8" x 40" x 3"

- Band pegs provide added training variety
- Available only in Ridge Black

SQUAT HANDLES – DOPT6

Product Weight: 8 kg / 16 lbs.

Overall Dimensions (L x W x H):
23 x 23 x13 cm / 9" x 9" x 5"

- Squat handles can be set at any height on all rack uprights
- Available only in Ridge Black

REVERSE STEP-UP PLATFORM – DOPT7R

Product Weight: 21 kg / 46 lbs.

Overall Dimensions (L x W x H):
79 x 61 x 37cm / 31" x 24" x 14.25"

- Adjustable height platform provides additional body-weight exercises for use with Power Racks
- Used on the outside of Power or Open Racks
- Available only in Ridge Black

CUSTOM PLATFORM LOGO – OPT10

Product Weight: N/A

Overall Dimensions (L x W x H):
N/A

- Display your facility logo proudly with this option

PLATFORM RAMP – OPT11

Product Weight: 10 kg / 22 lbs.

Overall Dimensions (L x W x H):
15 x 107 x 8 cm / 6" x 42" x 3"

- Ramp allows for gradual incline to the Open Rack platform
- Replaces standard platform framework
- Available only in Ridge Black

LAND MINE ATTACHMENT – DOPT13

Product Weight: 9 kg / 20 lbs.

Overall Dimensions (L x W x H):
48 x 30 x 13 cm / 19" x 12" x 5"

- Attaches to any Open Rack for rotational training (bar not included)
- Available only in Ridge Black

NAMEPLATE – UNIVERSAL MOUNT – OPT14U

Product Weight: 2 kg / 5 lbs.

Overall Dimensions (L x W x H):
102 x 1 x 20 cm / 40" x .25" x 8"

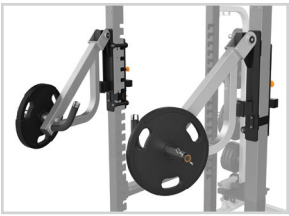
- Display your logo proudly above your Open Rack
- Same as frame color

CORE HANDLE – OPT16

Product Weight: 5 kg / 10 lbs.

Overall Dimensions (L x W x H):
48 x 79 x 5 cm / 19" x 31" x 2"

- Used with an Olympic bar and Land Mine Attachment for added training variety
- Available only in Ridge Black



REVERSE JAMMIN ARMS – DOPT17R

Product Weight: 54 kg / 118 lbs.

Overall Dimensions (L x W x H):
89 x 56 x 69 cm / 35" x 22" x 27"

- Angled pressing arms can be placed at 13 different heights for added training variety
- Attaches to the outside of Power and Open Racks
- Available in standard colors

REVERSE JAMMIN ARMS W/BAND ATTACHMENT – DOPT17RB

Product Weight: 64 kg / 140 lbs.

Overall Dimensions (L x W x H):
94 x 56 x 96 cm / 37" x 22" x 37.5"

- Angled pressing arms with band attachments for added training variety with speed and resistance
- Attaches to the outside of Power and Open Racks
- Available in standard colors

FAT BAR J-HOOKS – DOPT26

Product Weight: 16 kg / 35 lbs.

Overall Dimensions (L x W x H):
47 x 18 x 34 cm / 18.5" x 7" x 13.25"

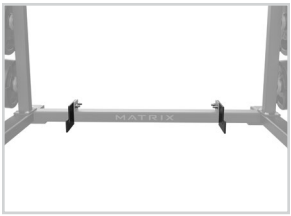
- Made of high-density polyethylene (HDPE) to protect bar knurling
- Oversized hooks accommodate large-diameter Olympic bars
- Available only in Ridge Black

REVERSE FAT BAR J-HOOKS – DOPT26R

Product Weight: 14 kg / 30 lbs.

Overall Dimensions (L x W x H):
44 x 9 x 35 cm / 17" x 3.5" x 13.5"

- Made of high-density polyethylene (HDPE) to protect bar knurling
- Oversized hooks accommodate large-diameter Olympic bars on the outside of Power and Open Racks
- Available only in Ridge Black

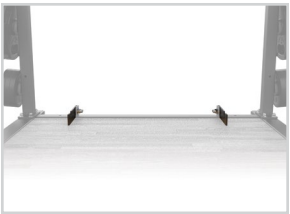


VARSITY DOCKING KIT W/O PLATFORM – DOPT29

Product Weight: 2 kg / 4 lbs.

Overall Dimensions (L x W x H):
21 x 6 x 11 cm / 8" x 2" x 4"

- Connects MG-A695 and VY-D695 Horizontal Adjustment Benches directly to rack without a platform
- Available only in Ridge Black

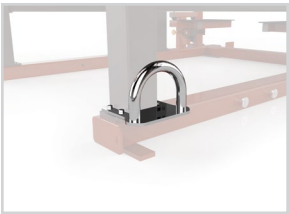


VARSITY DOCKING KIT W/ PLATFORM – DOPT29P

Product Weight: 2 kg / 2.5 lbs.

Overall Dimensions (L x W x H):
21 x 6 x 6 cm / 8" x 2" x 2"

- Connects MG-A695 and VY-D695 Horizontal Adjustment Benches directly to rack when using a platform
- Available only in Ridge Black



BATTLE ROPE ATTACHMENT – DOPT31

Product Weight: 3 kg / 6.5 lbs.

Overall Dimensions (L x W x H):
18 x 23 x 17 cm / 7" x 9" x 6.5"

- For rope training as an anchor point on any version of our Varsity Open Racks
- Available only in Chrome

BUMPER PLATE STORAGE – OPT39D

Product Weight: 33 kg / 72 lbs.

Overall Dimensions (L x W x H):
55 x 77 x 201 cm / 22" x 31" x 80"

- Weight horn spacing set to accommodate bumper plates
- Replaces standard equipment
- Color: same as frame choice, standard colors

ROTATING CHIN HANDLES – OPT42

Product Weight: 11 kg / 23 lbs.

Overall Dimensions (L x W x H):
110 x 16.5 x 33 cm / 43" x 6.5" x 13

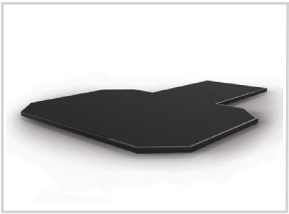
- Handles rotate into multiple positions for added exercise variety
- Replaces standard equipment
- Available only in Ridge Black

PLATFORM W/HARDWOOD INSERT – D694P

Product Weight: 198 kg / 435 lbs.

Overall Dimensions (L x W x H):
346 x 254 x 7 cm / 136" x 100" x 2.5"

- Durable rubber training surface to absorb impact, dampen noise and protect flooring during Olympic lifts
- Hardwood center insert provides optimum foot grip and stability during explosive Olympic lifts



SOLID RUBBER SURFACE PLATFORM – DRP4794

Product Weight: 227 kg / 500 lbs.

Overall Dimensions (L x W x H):
346 x 254 x 7 cm / 136" x 100" x 2.5"

- Durable rubber training surface to absorb impact, dampen noise and protect flooring during Olympic lifts