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## Технические характеристики на силовые тренажеры (шведские стенки, стойки, принадлежности) компании **GYMSTICK**

шведские стенки Crosstraining Cage,  
стойки Alpha Power,  
стойки Alpha Cage,  
комплекты расширения Alpha Cage,  
стойки Half-Power,  
стойки для пресса и приседаний,

стойки для приседаний,  
стойки для подтягиваний и отжиманий  
Pull-Up & Dip Rack,  
силовые аксессуары Alpha Landmine  
рожки для отжиманий Alpha Dip Horn,  
держатели для блинов Alpha Plate Bar,  
силовые снегоходы Power Sled Pro.

## Crosstraining Cage



Very sturdy and durable Crosstraining Cage is designed for professional level. The rack is manufactured in Finland and it provides a comprehensive framework for effective training. High-quality rack is suitable for both indoor and outdoor use, and it can be painted in factory colors of your choice. Also, combining several cages together is possible.

The rack has wall bars, removable and height adjustable pull-up bar and dip bars. In addition, the rack has 2 monkey bars which makes training possibilities even more versatile. By fixing a 50mm barbell to the corner of the cage, you can make a powerful rotational and lifting exercises. Removable and height-adjustable barbell brackets makes squats or bench presses possible by using a separately purchased bench or bar. Battle rope and Boxing bag can be attached to their brackets.

Several different training tools can be attached to the Cage. Gymnastic rings, functional trainers. Power Bands, Ab Straps and many other functional training tools according to your needs. More than one person can work out at the Crosstraining cage at the same time.

Includes:

Frame (4 x legs + 2 side beams), Size: 160cm (L) x 115cm (W) x 240cm (H)

Monkeybar x 2

Rotational trainer (Barbell swivel)

Wallbars

Chin up bar (Detachable and Height adjustable)

Dip bars (Detachable and Height adjustable)

Jointed Carbines x 4

Barbell holders (Detachable and Height adjustable)

Battle rope mount

Boxing bag mount.

Technical information

SKU PRO CTC

EAN 6430016908450

Size (cm) 230 x 210 x 240

Weight (kg) 220

Materials Steel

Additional information

Max. Load (kg) 600

Includes Assembly instruction and Parts

## Alpha Power Rack



Gymstick Alpha Power Rack is a sturdy and durable squat rack for gym and corporate use. The adjustable safety rails provide the trainee with safety and security during training. The Power Rack has the option of chin pulling / hanging. With a flat bench, the rack can be utilized for bench press and skew bench press. Alpha heavy duty power rack includes the standard 32mm pull up bar along with a 50mm bar for increasing grip strength and partner workouts.

This Power Rack does not necessarily need to be anchored to the floor because the back stabilizing bar keeps the rack stable and sturdy during training. No need to tear up your floor with this rack! However, the product can be anchored to the substrate for maximum stability. The product includes: 2 x J-hooks, 2 x safety rails.

Alpha heavy duty power rack includes the standard 32mm pull up bar along with a 50mm bar for increasing grip strength and partner workouts.

- Maximum load 400kg.
- Product dimensions: 147 x 127 x 213 CM (LxWxH).
- Weight 113 KG

### Technical information

SKU PRO-APR

EAN 6430062513660

Size (cm) 147 x 127 x 213

Weight (kg) 113

Materials Steel

### Additional information

Max. Load (kg) 400

Includes Manual and installation parts

## Alpha Cage



The Gymstick Alpha Cage Half Power Rack is a sturdy stand for demanding use, professional grade half-power rack, will make sure you get the absolute most from your workouts. The rack is easy to adjust thanks to its height-adjustable rod racks and safety rails for safe squatting and bench press with a separate bench. Full Commercial Alpha is a rock-solid training partner that is without compromise, perfect for those who's looking to take their training to a next level. It has large footprint and over 100kg frame giving it ultimate stability. Rack combines squat rack, bench press station, dip station, pull up bar combo all in one. Two different thickness of jaw pull rods allow you to attach to any height you want. For example, Power Band elastic bands can be added to the exercise, which can be attached to the mounting pins of the pedestal. The product is suitable for professional and home use. The product includes: 2 x J hooks, 4 x fixing pins, 2 x safety iron.

- Maximum load 400kg.
- Product dimensions 188 x 120 x 239 CM (LxWxH).
- Weight 107 KG.

Technical information  
SKU PRO-ACH  
EAN 6430062513646  
Size (cm) 188 x 120 x 239  
Weight (kg) 107  
Materials Steel

Additional information  
Max. Load (kg) 400  
Includes Manual and installation parts

## Alpha Cage Expansion Kit



With the Gymstick Alpha Cage Expansion Kit you will be able to transform the already versatile Alpha Cage into its full potential. The Expansion Kit expands the Alpha Cage into a full-blown power rack. It is made with the same durable steel profile that the Alpha Cage is constructed of.

Technical information  
SKU PRO-ACE  
EAN 6430062513653  
Weight (kg) 63  
Materials Steel

Product package  
Package (cm) 235 x 21 x 9  
Package (kg) 33  
2. Package (cm) 113 x 30 x 16  
2. Package (kg) 34

Additional information  
Max. Load (kg) 500  
Includes Manual and accessories for installation

## Half-Power Rack



High quality free standing half-rack is sold with a pair of j-hooks, spotting arms, barbell holder and weight storage pins. Spotting arms will give the confidence to push further without the worry of damage or injury. Almost infinite flexibility and safety with 20 easy to adjust bar catch position. Power band resistance bars and multi-grip chin up bar gives even further possibilities for various training. Includes also closed hook for boxing bag or sling trainer.

- J-hooks and spotting arms for various barbell exercises
- Multi-grip chin up station
- Closed hook for boxing bag or sling trainer
- Power band resistance bars
- Weight plate storage pegs and barbell holder weight stack cover
- Adjustable seat, Adjustable pec/arm press.

### Technical information

SKU STR-HPR

EAN 6430016908115

Size (cm) 124 x 165 x 228

Weight (kg) 56

Materials Steel and Rubber

### Additional information

Max. User (kg) 200

Max. Load (kg) 350

Includes Assembly instruction and Parts

### Product package

Package (cm) 217 x 19,5 x 7

Package (kg) 23,5

2. Package (cm) 128 x 38 x 17

2. Package (kg) 35

## Press & Squat Stand



This is a freestanding multi-purpose stand. Ideal for use in a home where maximising space is a key. The stand is fully mobile and does not require drilling to the floor. It is great to use on its own or with a bench. It includes

height adjustable bar catches and safety spotters. Adjustable base for larger footprint and weight plate pegs adds more stability for the stand.

### Technical information

SKU STR-PSS

EAN 6430016908122

Size (cm) 54 x 52 x 106-164

Weight (kg) 19,5

Materials Steel and Rubber

### Additional information

Max. Load (kg) 150

Includes Assembly instruction and Parts

### Product package

Package (cm) 111 x 47 x 12,5

Package (kg) 21

## Squat Rack



Traditional height adjustable Squat rack for barbell training. Sturdy steel structure for heavy use. Adjustable height between 90- 157cm.

### Technical information

SKU PRO SQR-1

EAN 6430016907811

Size (cm) 50 x 40 x 110-177

Weight (kg) 54

Materials Steel

### Additional information

Max. Load (kg) 350

Note Measure for one Rack. Support plate 1cm.  
weightsupport height 20cm and width 4cm.

### Product package

Package (cm) 50 x 40 x 116cm

Package (kg) 28

2. Package (cm) 50 x 40 x 116cm

2. Package (kg) 28



## Home Gym 2



Home Gym 2 is a versatile training platform designed for home training. With Home Gym 2 you can effectively train all the main muscle groups of the body. You can do a number of different exercises for example for legs, breast, shoulders, back and for hands. 70kg weight stack offers good adjustability and enough resistance for effective home training. The sturdy steel frame together with the full-length weight stack cover provides safe training.

### Product Details:

- Durable and sturdy steel frame
- Adjustable resistance, weigh stack 70kg
- Safe full length weight stack cover
- Arm press and pec dec
- High pulley and Lat pulldown
- Seated leg developer
- Pulley-bar and lat pulldown-bar.

## Alpha Landmine



Gymstick Alpha Landmine is a versatile accessory for all our Alpha-series racks. Used for exercises that require the other end of a barbell to stay put. Allows easy setup for various exercises like T-bar rows, antirotational exercises or different push variations.

Technical information  
SKU PRO-LM  
EAN 6430062514599  
Materials Steel

Product package  
Package (cm) 37 x 9,5 x 10

## Alpha Dip Horn



Gymstick Alpha Dip Horn is usable with all Alpha-series racks. This sturdy accessory is made with the same durable steel profile that the racks are made with. Dip horn allows for efficient and convenient training of various dip exercises. Because of the sturdy build-quality, the horn can be used with extra weight. Easy and quick to install and remove on an Alpha rack. Includes a safety pin for safe usage.

Technical information  
SKU PRO-DHR  
EAN 6430062514605  
Weight (kg) 12  
Materials Steel

Product package  
Package (cm) 95,5 x 35 x 74  
Package (kg) 13

## Alpha Plate Bar



Alpha Plate Bar is the perfect solution for storing your weight plates conveniently and easily accessible. This plate holder is usable with all of our Alpha series racks. The holder takes standard 50 mm olympic weight plates and is quick and easy to install or remove. Made with the same durable steel as the Alpha racks.

### Technical information

SKU PRO-PBAR

EAN 6430062514032

Size (cm) 46 x 12 x 8,5

Weight (kg) 1.98

Materials Steel

### Wholesale package

Wholesale package type Brown carton

Wholesale package (cm) 48 x 26 x 10

Wholesale package (kg) 4.5

Wholesale package (pcs) 2

## Pull-Up & Dip Rack



Wall mounted multi-functional rack allows you to do various kinds of exercises like chin-ups with multiple grips, dips, knee and leg raises. Does not require a lot of space and is excellent for those who don't want to have big bulky tower or are limited with space. No need to unscrew it from the wall to change from pull-up to dip position.

The rack is easy to turn around and attaches to the same wall mount hooks. There are several grip handles on the jaw pull bar that allow you to perform various jaw pull exercises. It also has an integrated loop for attaching a punching bag. Change will take virtually just seconds.

Maximum user weight 100kg.

Product dimensions: 86 x 86.5 x 57cm (W x H x D).

Weight 12kg.

### Technical information

SKU STR-PUD

Size (cm) 86 x 86,5 x 57

Weight (kg) 12

Materials Steel, PU

### Additional information

Max. User (kg) 100

Includes Manual and parts for assembly

## Power Sled Pro



Push it, Pull it to maximize your speed and strength workout. The super solid steel frame of the Power Sled Pro can have weight plates added to increase load to challenge training even further. Interchangeable pushing bars allows quick and easy direction change. Simple and brutal training tool that builds leg and core power.

- Material: Steel
- Size: 120 cm (L) x 60 cm (W) x 115,5cm (H) / 25 kg (weight plates not included)
- Height of the weight plate tube: 45cm
- Color: Black

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