# VY-D690 Half Rack

# MATRIX

# **VARSITY** SERIES

- Open-front design gives users freedom of movement
- Includes adjustable safety bars and straight chin bar, plus bar, band and weight storage
- Product Weight = 129.5 kg / 285 lbs.
- Overall Dimensions (L x W x H) = 141 x 187 x 236.5 cm / 55.5" x 73.5" x 93"





DIP BARS - DOPT3 Product Weight: 16 kg / 35 lbs. Overall Dimensions (L x W x H): 89 x 70 x 25 cm / 35" x 27" x 10"

- Used on any Half Rack for bodyweight dips
- Available only in Ridge Black



2-PEG BAND PEGS - DOPT5 Product Weight: 7 kg / 15 lbs. Overall Dimensions (L x W x H): 50 x 6 x 25 cm / 19.5" x 2.25" x 9.5"

- 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



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 Half Rack platform
- Replaces standard platform framework
- Available only in Ridge Black



LAND MINE ATTACHMENT – DOPT13 Product Weight: 8.2 kg / 18 lbs. Overall Dimensions (L x W x H): 64 x 18.5 x 19.1 cm / 25.2" x 7.3" x 7.5"

Attaches to any Power 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 Half 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



JAMMIN ARMS – DOPT17 Product Weight: 54 kg / 118 lbs. Overall Dimensions (L x W x H): 94 x 53 x 64 cm / 37" x 21" x 25"

- Angled pressing arms can be placed at 13 different heights for added training variety
- Available in standard colors



JAMMIN ARMS W/BAND ATTACHMENT – DOPT17B Product Weight: 64 kg / 140 lbs.

**Overall Dimensions (L x W x H):** 92 x 59 x 94 cm / 36" x 23" x 37"

- Angled pressing arms with band attachments for added training variety with speed and resistance
- Available in standard colors

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# SAFETY ARM STORAGE (PAIR) -OPT23

**Product Weight:** 3 kg / 6 lbs. **Overall Dimensions (L x W x H):** 20 x 20 x 8 cm / 8" x 8" x 3"

- Bolt-on storage for safety arms provides easy access to arms when not in use
- Available only in Ridge Black



### VARSITY DOCKING KIT W/O PLATFORM – DOPT29

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 Half Racks
- Available only in Chrome



## 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 equipmentAvailable only in Ridge Black

## BOLT-ON OLYMPIC BAR HOLDER (PAIR) – DOPT44

**Product Weight:** 5.7 kg / 12.5 lbs. **Overall Dimensions (L x W x H):** 

- 23.2 x 10.2 x 27 cm / 9.25" x 4" x 10.6"
- Two bolt-on vertical Olympic bar holders
- Available only in Ridge Black



#### BOLT-ON SPOTTER STANDS -DOPT45

Product Weight: 31 kg / 68 lbs. Overall Dimensions (L x W x H): 53.5 x 81.5 x 23 cm / 21" x 32" x 9"

- Step-up platform used for assisting in heavy lifts
- Available only in Ridge Black



## BOLT-ON FRONT BAND PEGS -OPT46

**Product Weight:** 4 kg / 9 lbs. (per side) **Overall Dimensions (L x W x H):** 28 x 16 x 27 cm / 11" x 6.25" x 10.5"

- (per side)
  - Band pegs provide added training variety
  - Cannot be used in conjunction with OPT7 or OPT7R Step-up Platforms
  - Available only in Ridge Black



PLATFORM W/HARDWOOD INSERT - D690P

Product Weight: 189 kg / 415 lbs. Overall Dimensions (L x W x H): 305 x 254 x 7 cm / 120" 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 – DRP90

Product Weight: 214 kg / 470 lbs. Overall Dimensions (L x W x H): 305 x 254 x 7 cm / 120" x 100" x 2.5"

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