

COMMANDER 3.0

COMPACT POWER RACK SYSTEM



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.



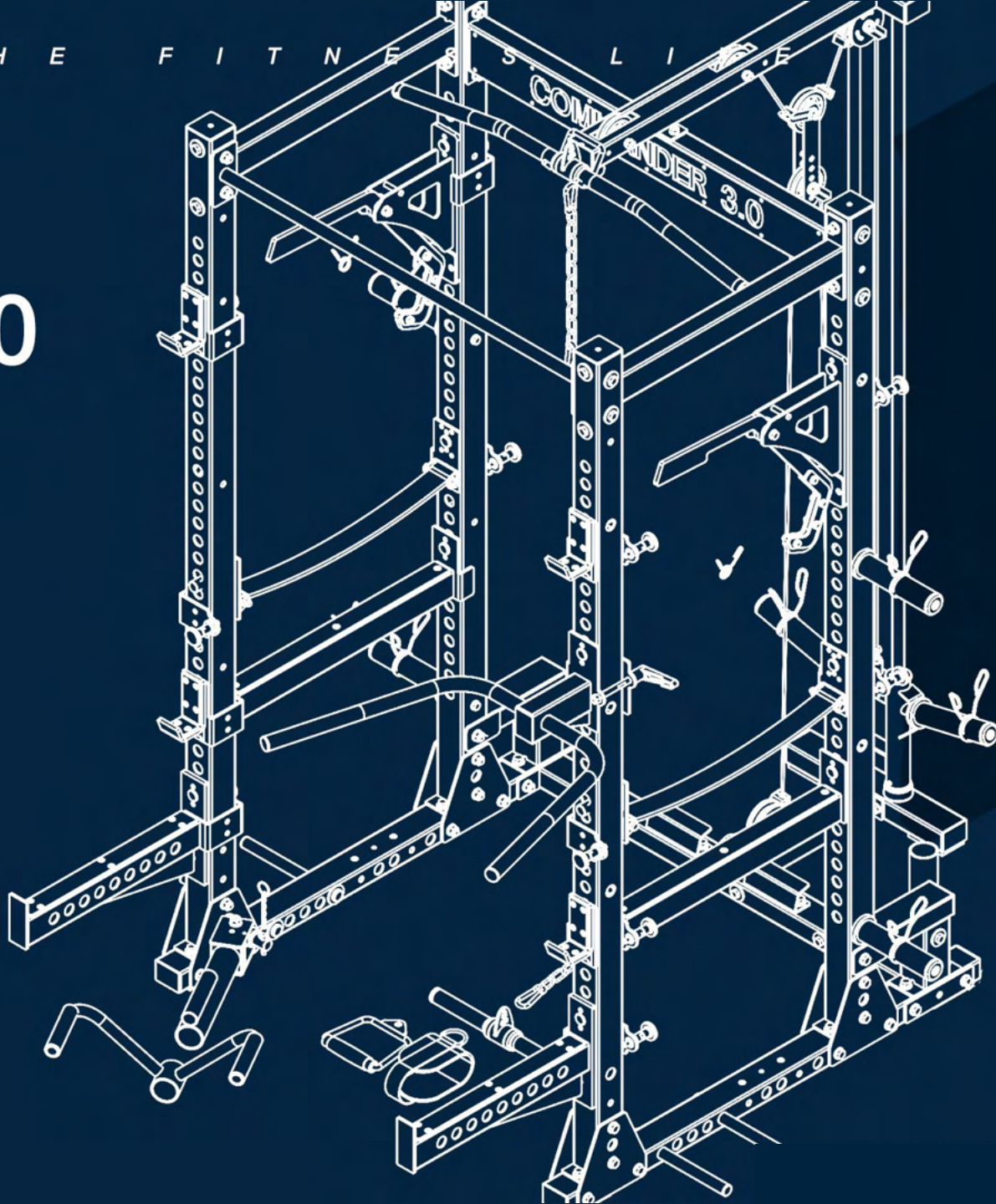
FLEXIBILITY

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.

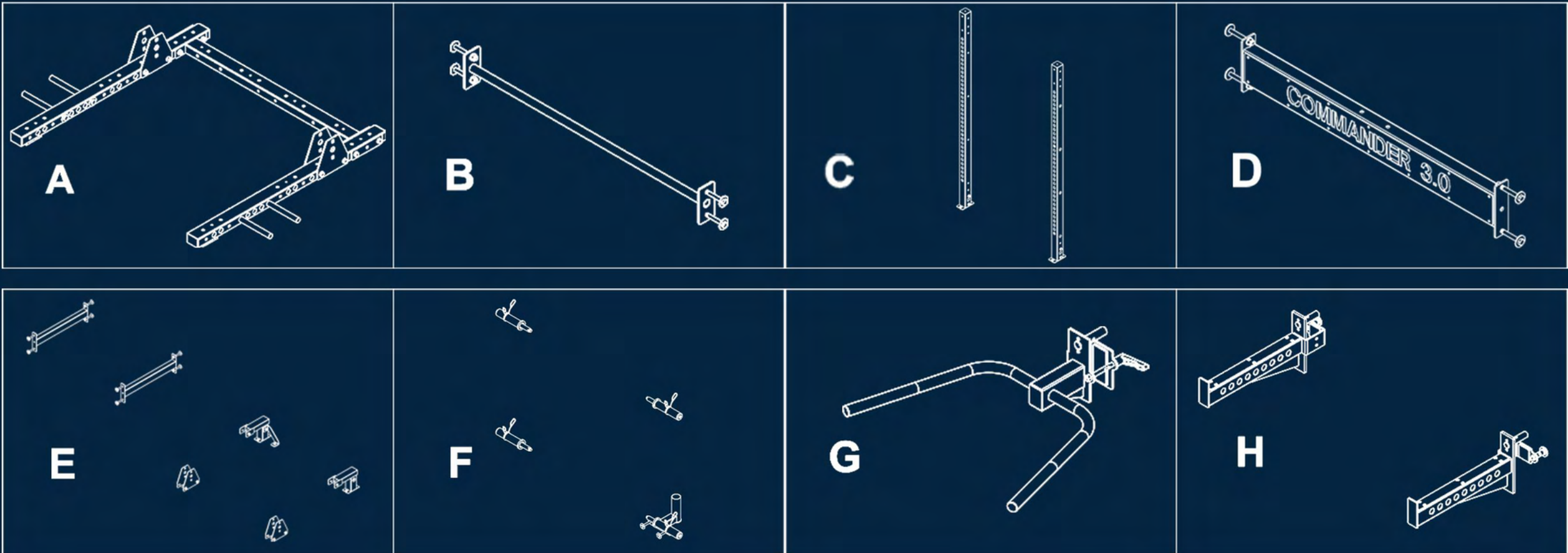


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Freely combined independent parts- 1

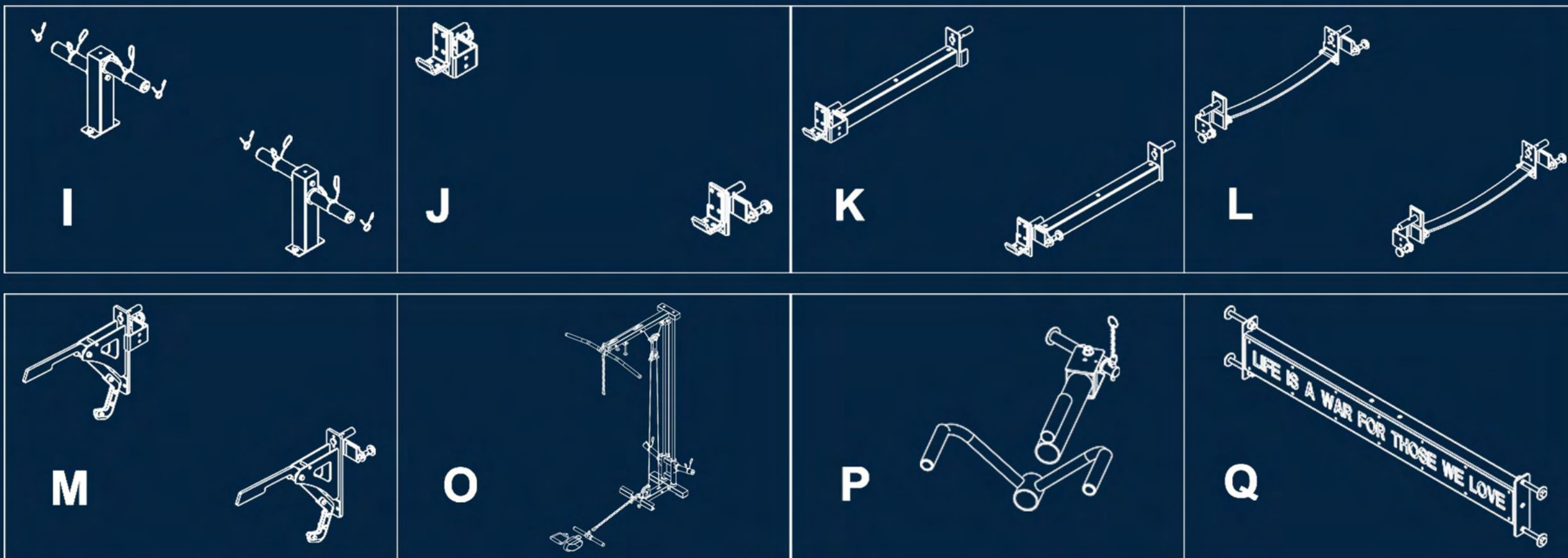
COMMANDER 3.0 combined power rack is composed of 16 independent optional parts such as COMMANDER 3.0-A, B, C, D, E, F, G, H, I, J, K, L, M, O, P, Q (details as below) . Customers can customize DIY according to their requirements.



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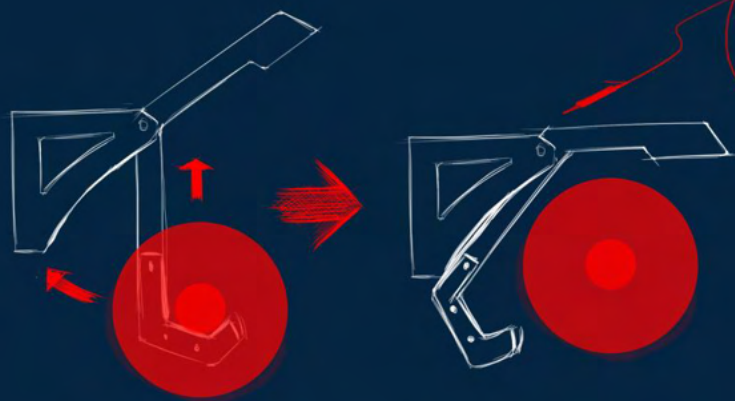
Freely combined independent parts- 2



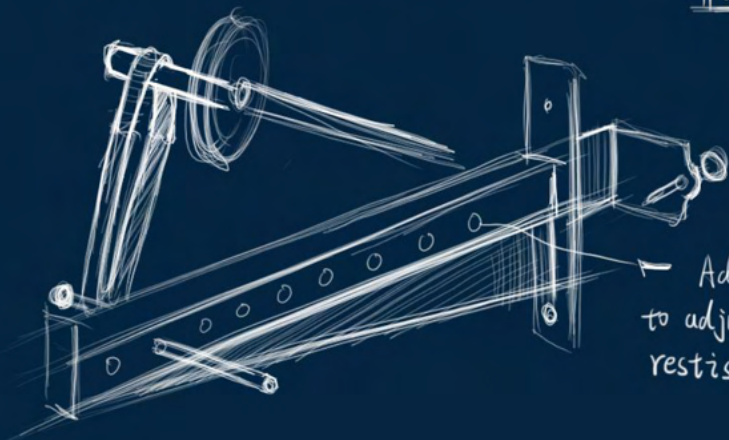
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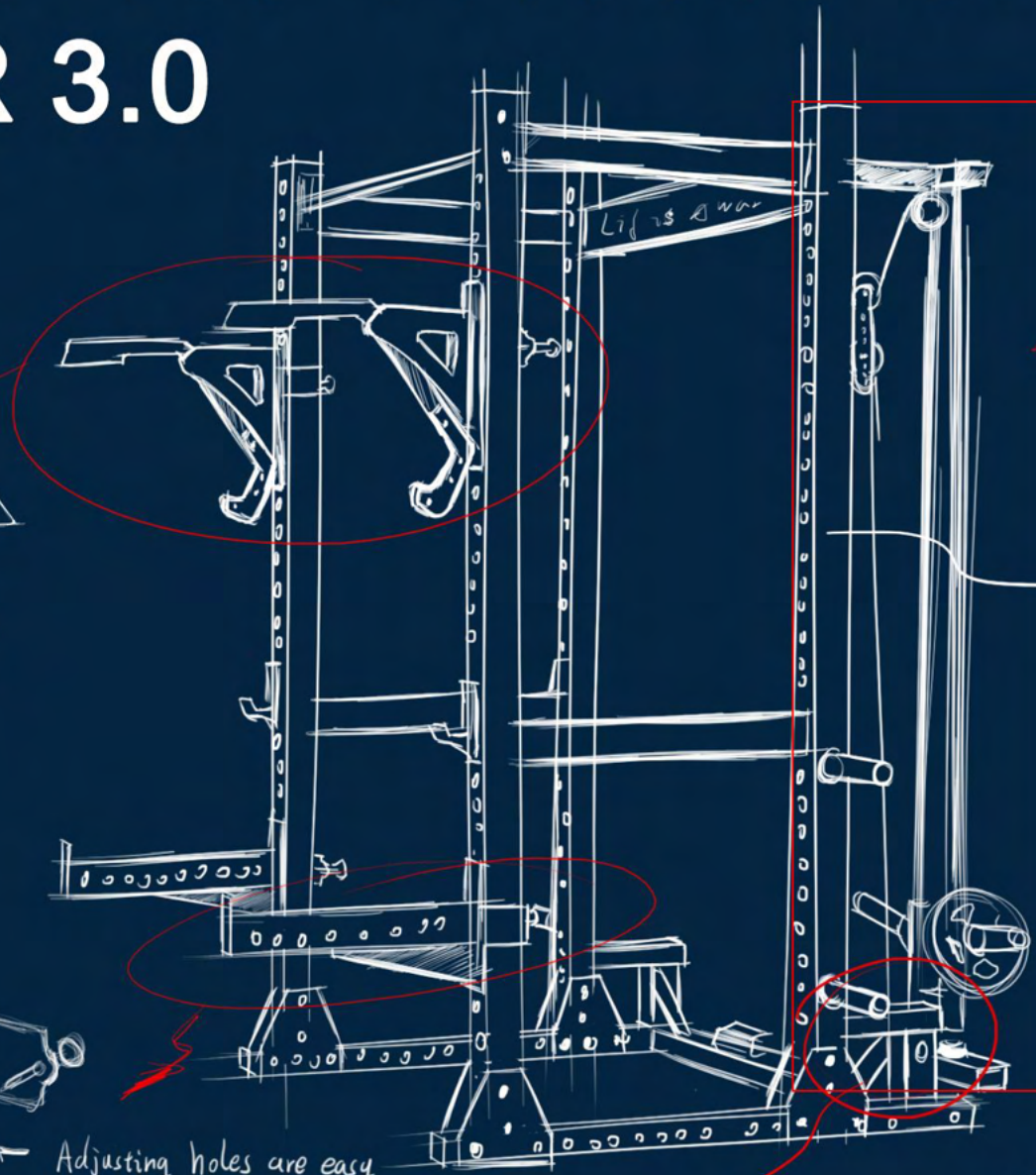
Pre-conception



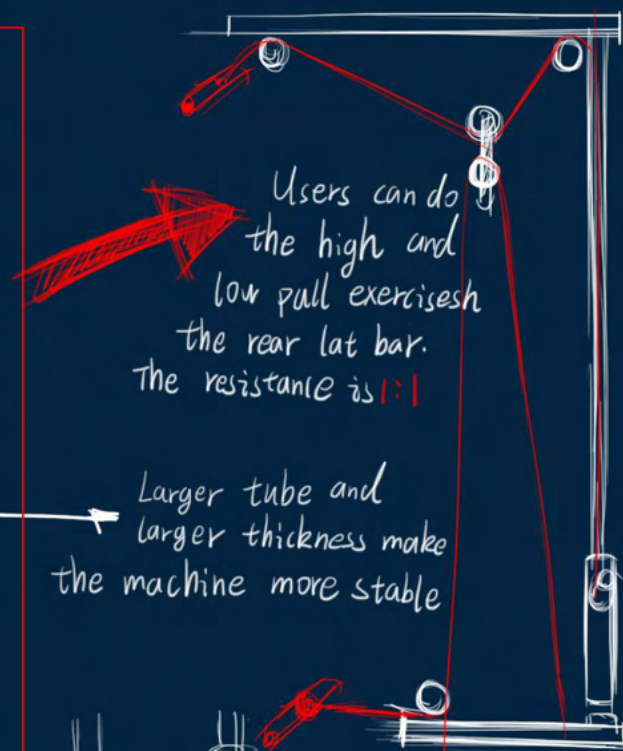
Monolift schematic diagram



Adjusting holes are easy to adjust the position of resistant band.

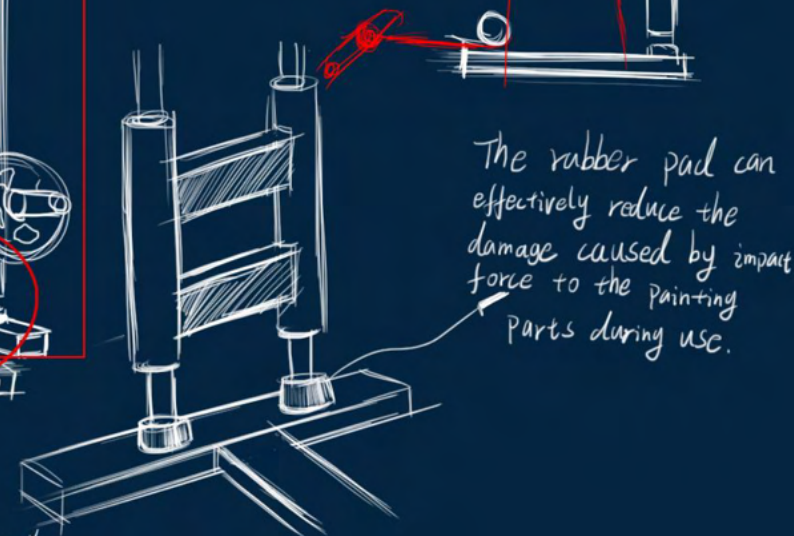


The rear triangular support structure effectively ensures the overall stability and greatly enhances the training experience



Users can do the high and low pull exercises the rear lat bar. The resistance is 1:1

Larger tube and larger thickness make the machine more stable



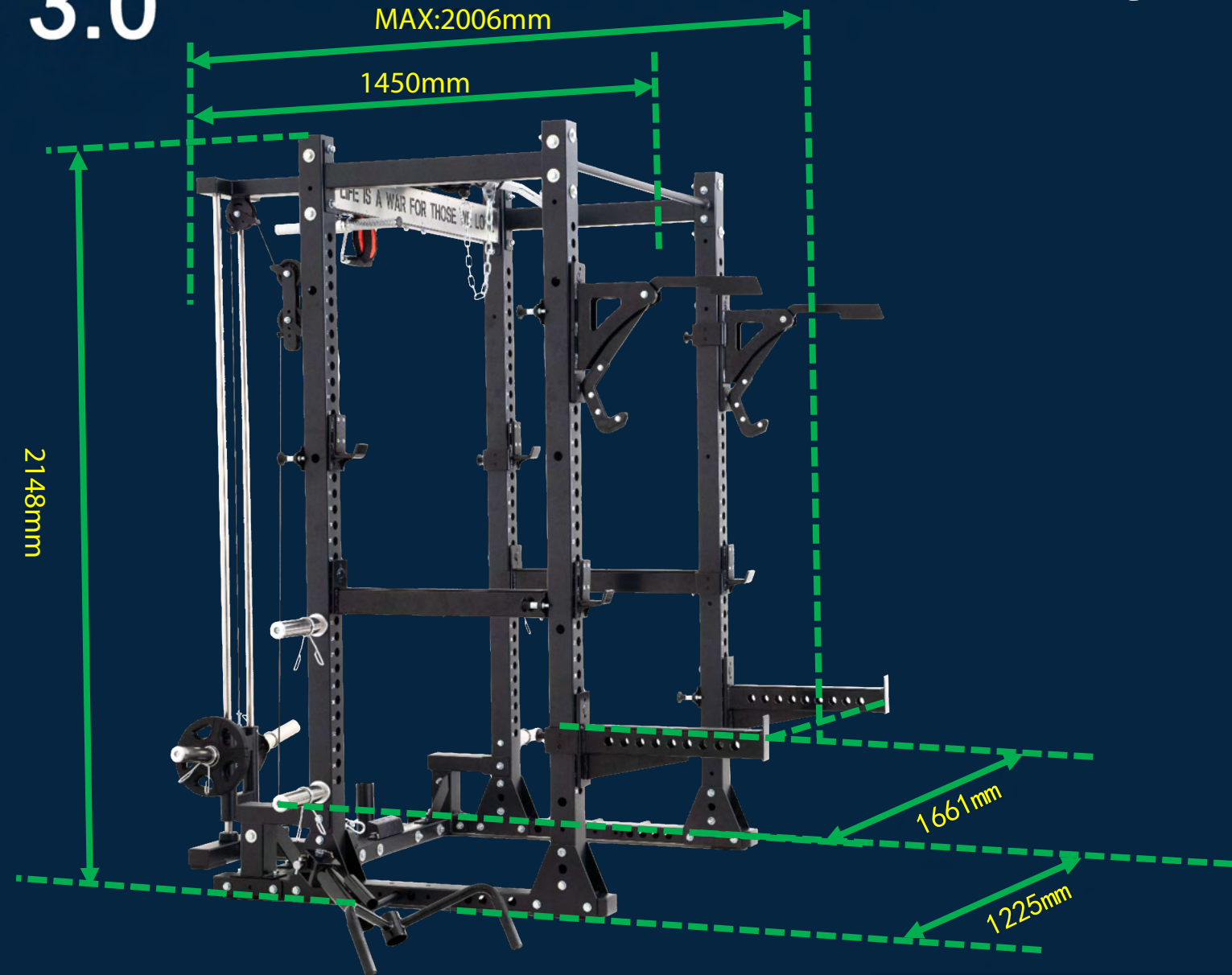
The rubber pad can effectively reduce the damage caused by impact force to the painting parts during use.

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Assembled dimensions

The largest area is
about **3.3 m²**

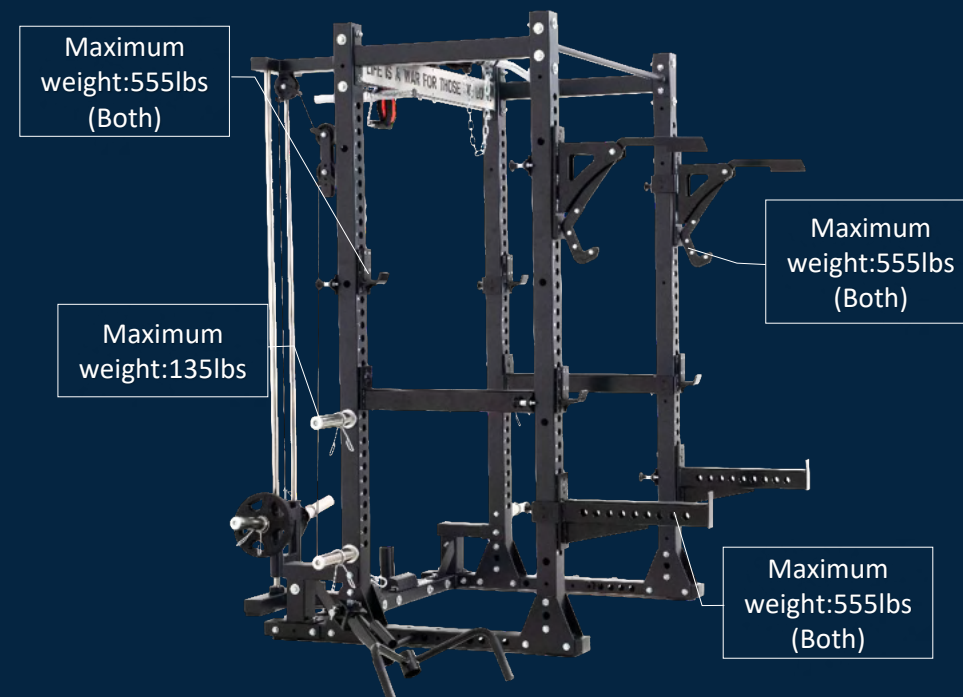
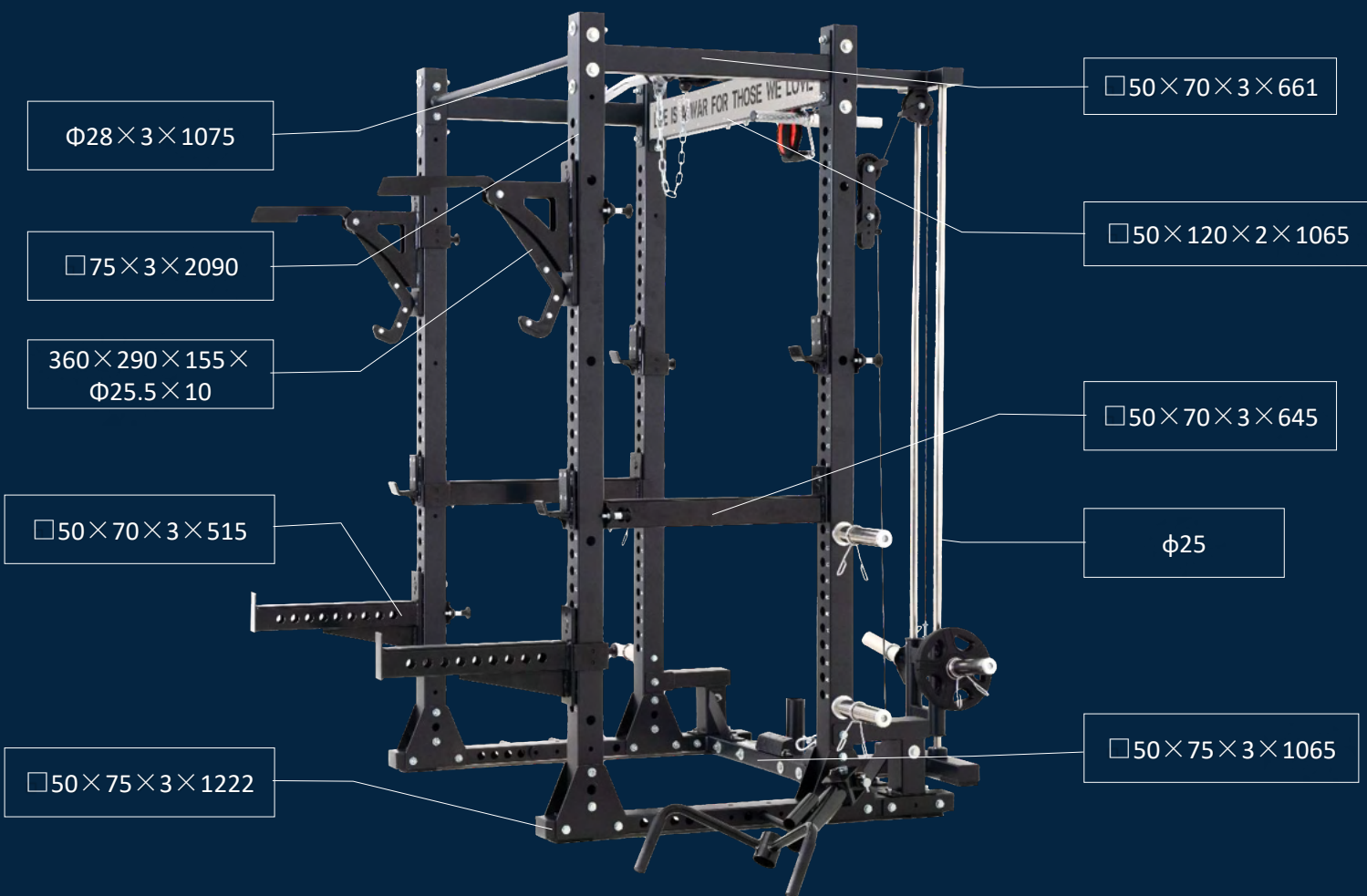


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Main tube size and Maximum weight

Maximum user weight:350lbs



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Characteristic

Φ5mm Cable . Pass through 800 kg tension test. The cable is tensile, wear-resisting and safe. 1:1 output of up and down force.

Solid hard chrome plated guide rod

Weight plate storage

Rally output load area

Weight plate storage

Chin up bar

Logo plate

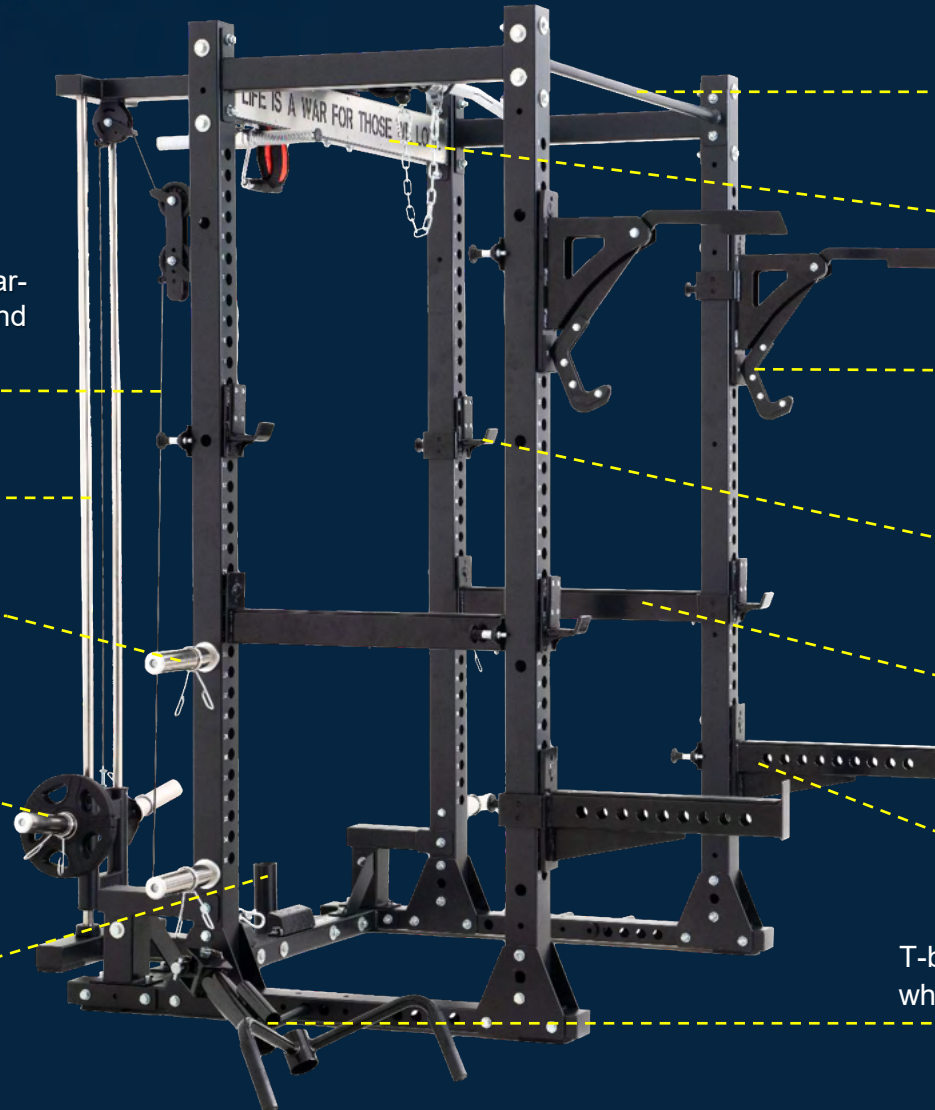
Monolift

Short safety catch

Weight bar safety catch frame

Long safety catch

T-bar row landmine can expand a variety of training functions which can be adjusted at will, convenient and free.



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Long safety rack and short safety rack

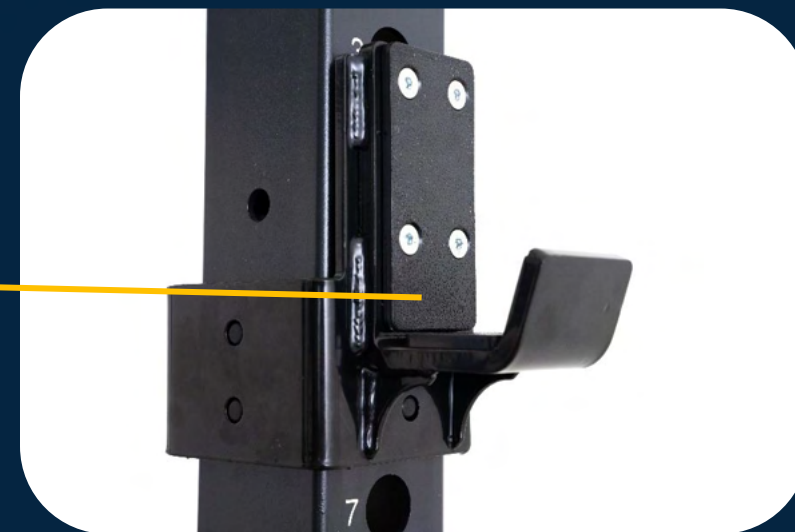


Steel safety rack has the protective function.

ABS pad, anti-wear and deformation resistance

There are 9 holes to adjust the position of resistant band to meet the needs of different trainers

magnetic pin



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Monolift



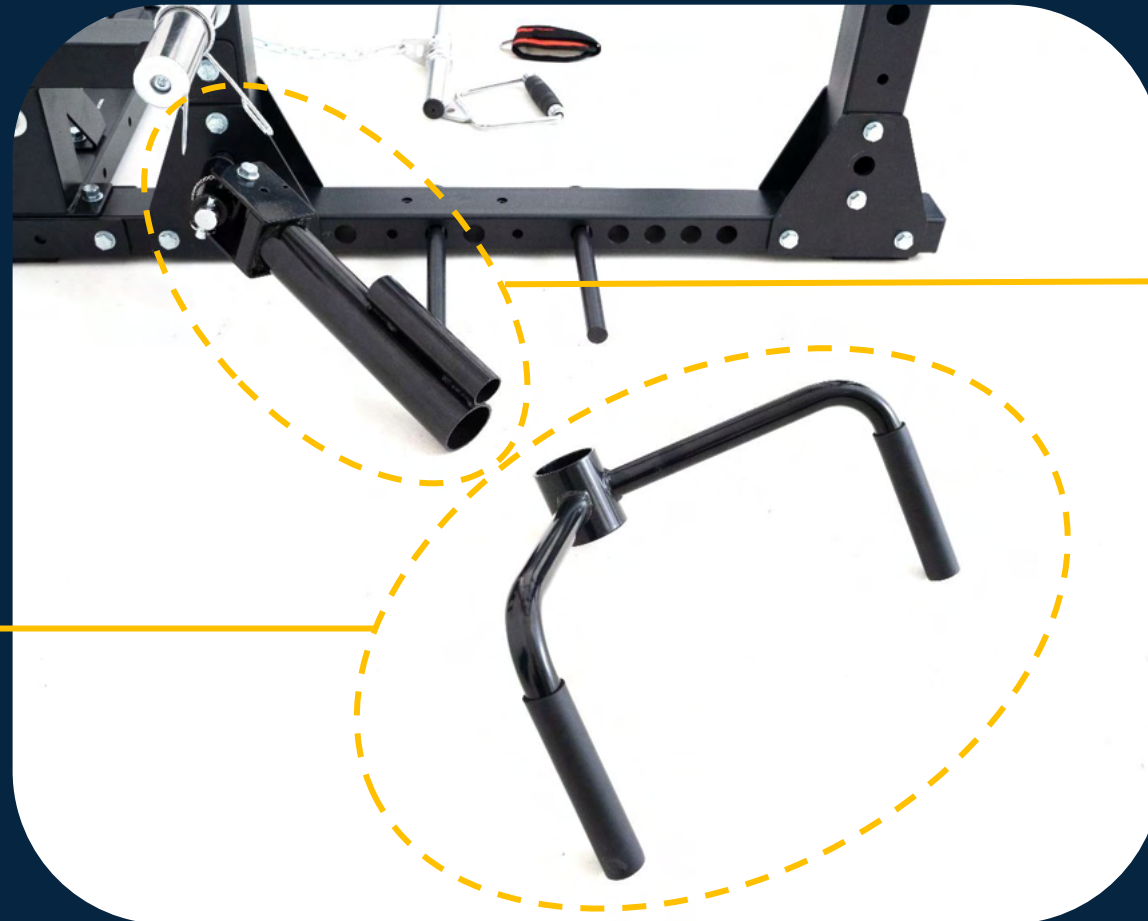
These hooks are designed with special counterweight handles at the top, so when you lift a barbell off the Monolift, the hooks will swing several inches back toward the rack and stay there. This clears up enough extra space to go straight into your workout, and also enables safe re-racking, as the slanted angle of the unloaded hooks makes it easy to guide the bar in, swinging the Monolift back into its original position



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Details



The simple handle bar fully considers ergonomics and meets the requirements of trainers.

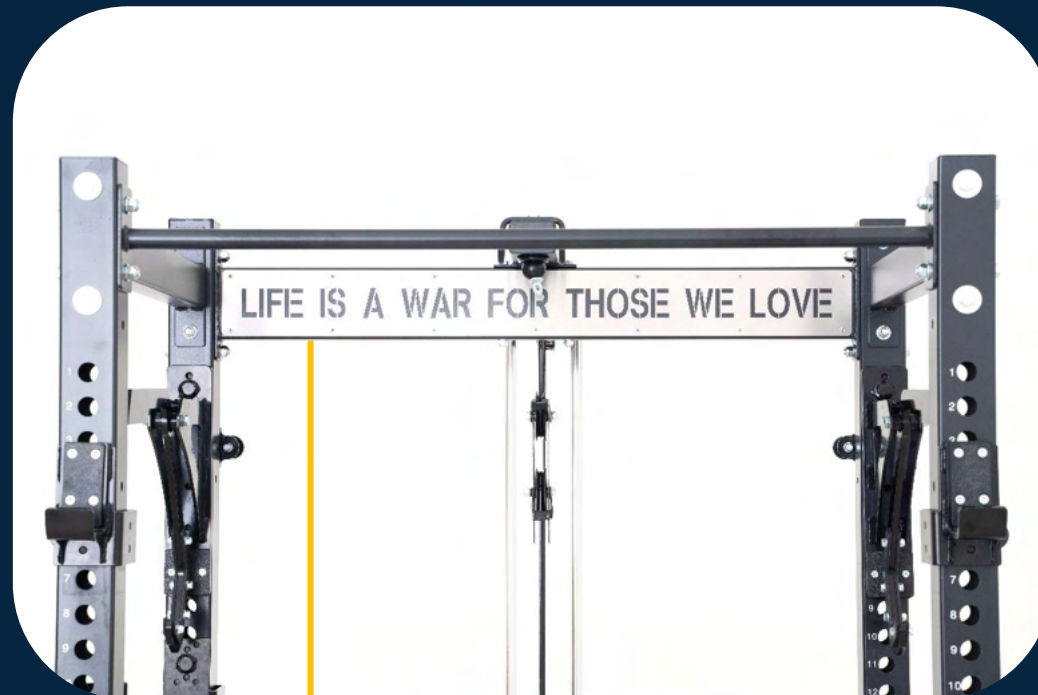
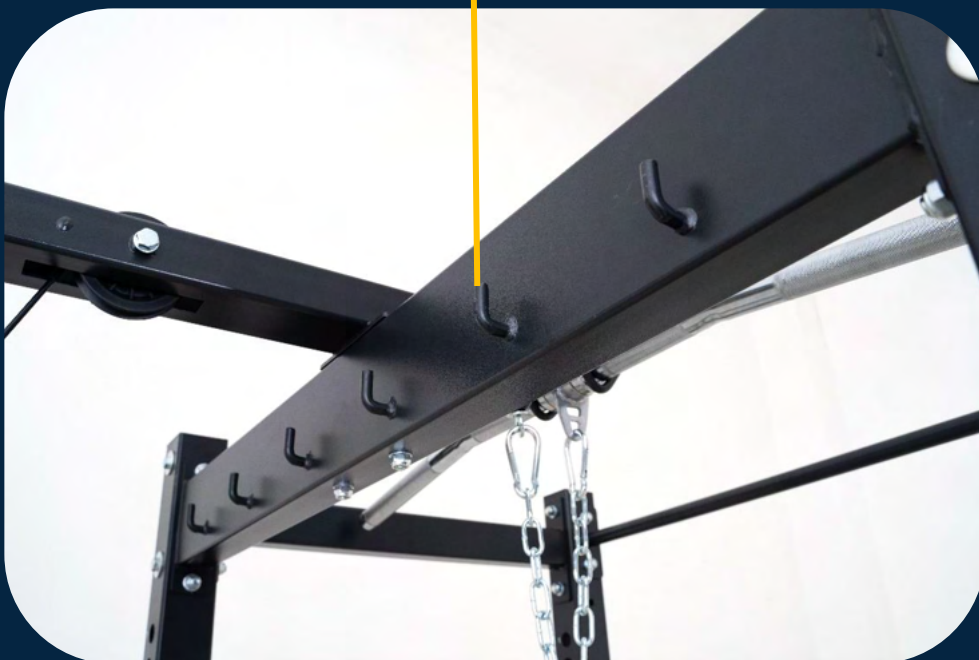
Rotating landmine attachment rotating frame is wear resistance. Suitable for $\Phi 50$ and $\Phi 28$ weight bar.

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Details

The hidden fitting storage hook.



Stainless steel logo plate more recognizable.

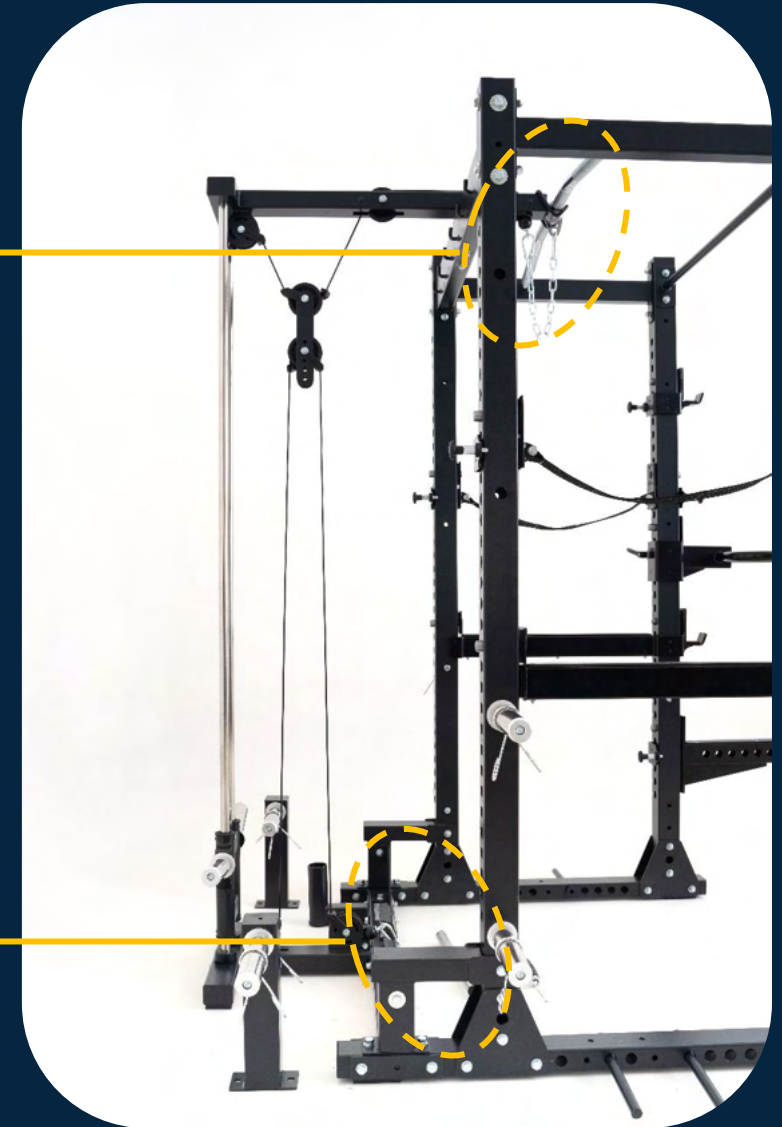
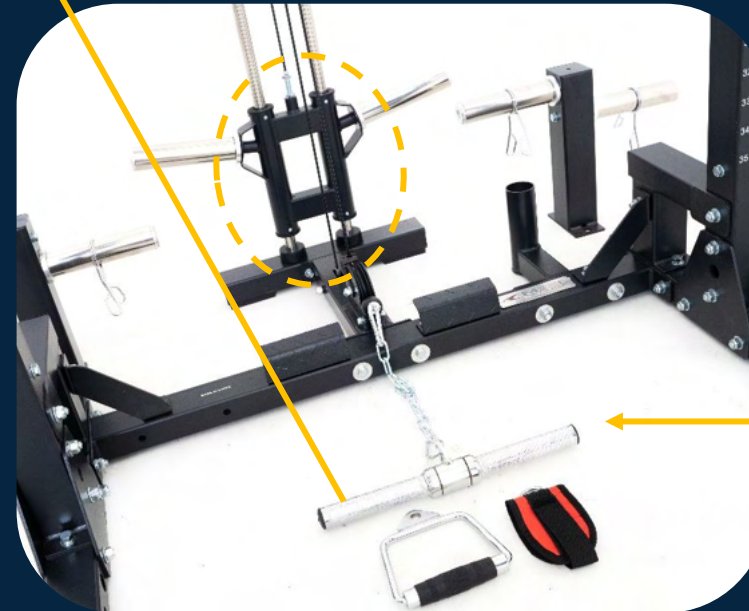
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Rally frame

Aluminum alloy handle with mesh M=1.2 knurled grip is more comfortable. The height-adjustable design can meet different users' needs.

The rubber pad can effectively reduce the damage caused by impact force to the painting parts during use.

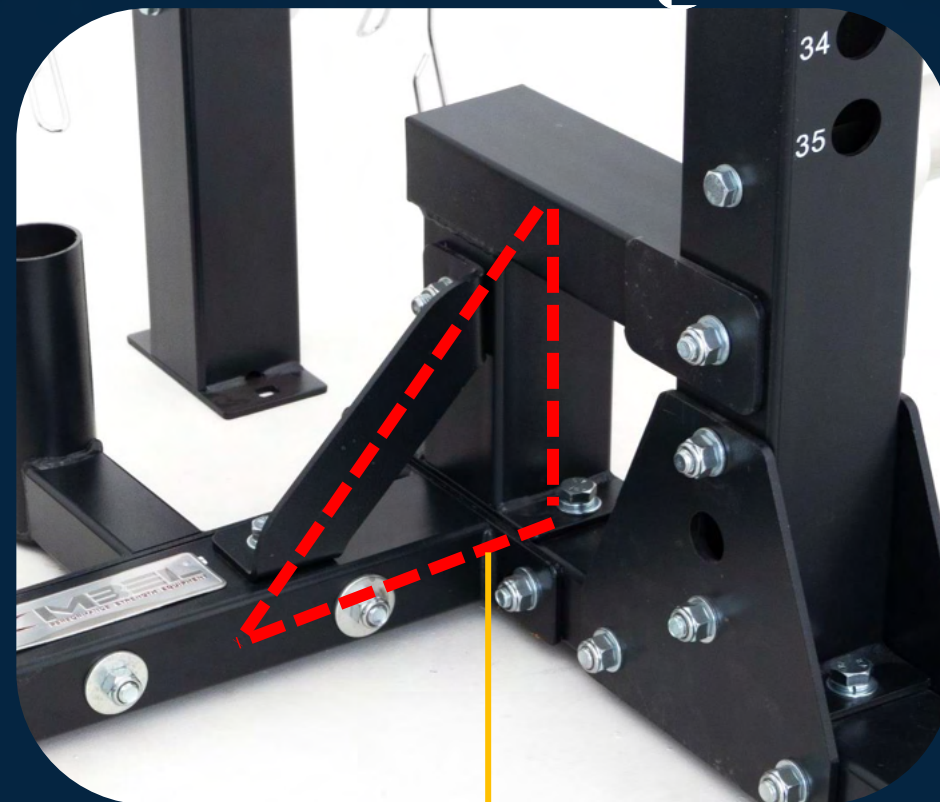


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Details

The newly upgraded metal D-shaped handle has better holding stability. The rubber grip effectively increases the friction while providing a softer touch which can comprehensively enhance the training experience.



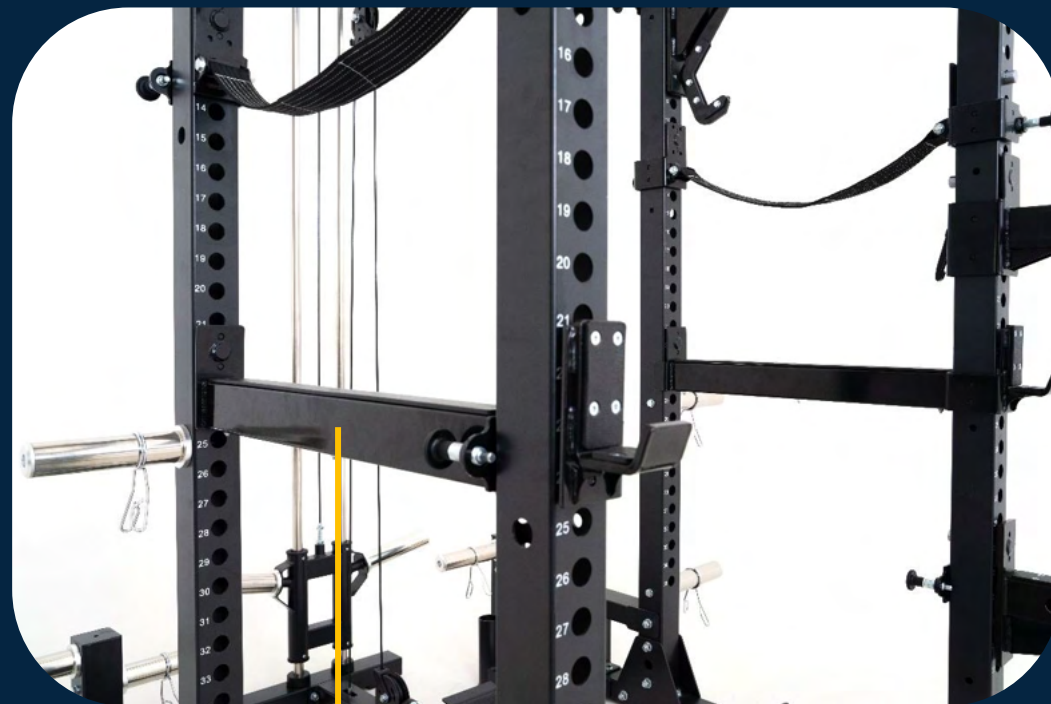
The rear triangular support structure effectively ensures the overall stability and greatly enhances the training experience.

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Details

high-impact nylon safety belt will not tear with loading one ton weight.



Weight bar safety catch frame

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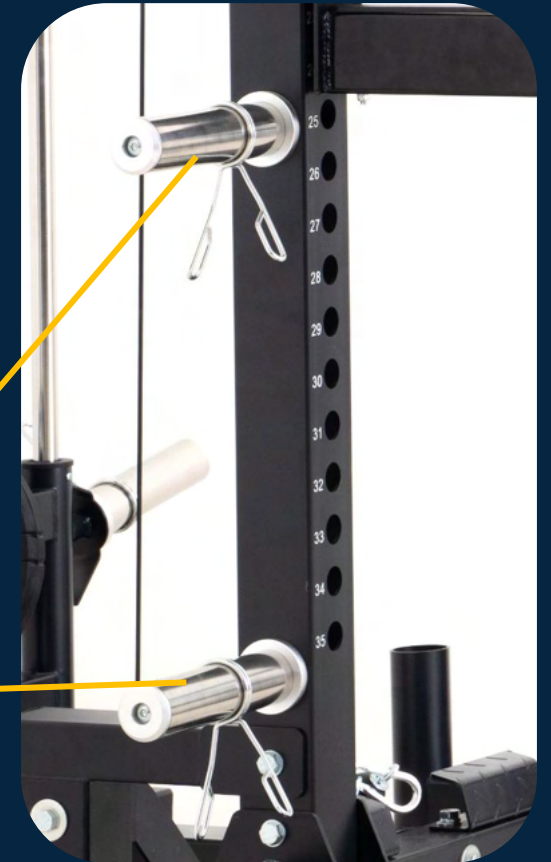
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Barbell casing



Stainless steel metal sleeve with aluminum alloy cover is wear-resistant and rust-proof.

Eight barbell sleeves can store different size weight plates.



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Dip



The arm flexion and extension of the parallel bars are mainly to practice the chest muscles, triceps and deltoids (front bundle), and also practice the latissimus dorsi and trapezius muscles. The equipment needed is the best parallel bars.



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Pull-up



The wider the grip distance, the greater the stimulation to the back. Especially the latissimus dorsi. When the grip distance is narrower than the shoulder, the brachial and arm muscles will participate in the movement to a large extent.



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Pull down



Exercise part: triceps.
Secondary exercises: pectoralis
major, deltoid, rectus abdominis,
posterior wrist extensor.



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Rally curl



Exercise area: biceps.
Main exercises: brachialis,
brachioradialis.
Secondary exercises: anterior
deltoid, trapezius, wrist flexor.



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Rally stand rowing



The motion resistance is forward. During the the process of extending the shoulder joint horizontally in the opposite direction of the resistance direction. The deltoid muscle has the function of horizontally extending the shoulder and the action is consistent with the muscle function. So this action can be exercised to the triangle muscle.



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Seated rowing



The resistance of the action is backward. During the process of extending the shoulder joint is opposite to the direction of the resistance. The latissimus dorsi muscle has the function of extending the shoulder joint and the action is consistent with the muscle function. So this action can be exercised to the back muscle.



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Kneeling superman



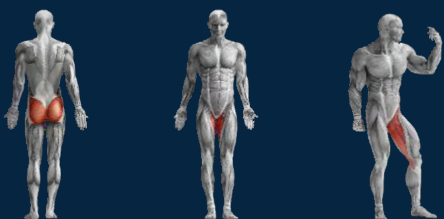
Mainly exercise the quadriceps, biceps, gastrocnemius and other leg muscle.



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Hip flexion



The original flexor muscle of hip flexion is the iliopsoas muscle, and the auxiliary muscles are rectus femoris muscle, pubic muscle, sartorius muscle, great adductor muscle, long adductor muscle, short adductor muscle, and extensor fascia lata.



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Leg kick-back



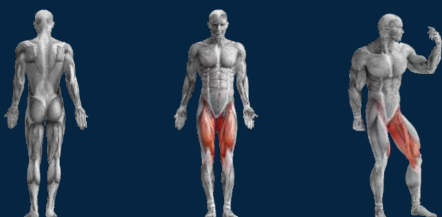
Mainly exercise hips and biceps.



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Low leg swing



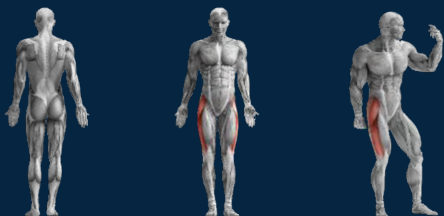
Mainly exercise the adductor muscles of the thigh (large adductor, long adductor, short adductor, gracilis, pubic muscle, etc.).



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Low leg swing



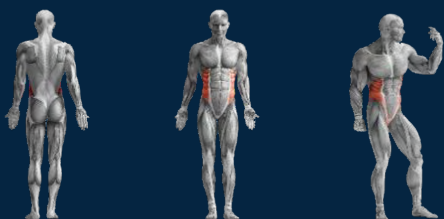
Mainly exercise hip abductor muscles (mid gluteal muscle, gluteus minimus, etc.)



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Side bend



Mainly exercise the lateral abdominal muscles.



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Bend over row with one arm



Exercise area: back muscles.

Main exercises: middle trapezius, rhomboid, latissimus dorsi, lower deltoid, infraspinatus, brachioradialis, pectoralis major.

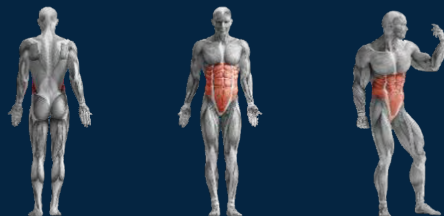
Secondary exercises: gluteus maximus, hamstrings, triceps.



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Woodchopper



Mainly exercise abdominal core strength.



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Free weights squat



Load-bearing squat has strong stimulation to the entire lower limbs and trunk. It can exercise the quadriceps, gluteus maximus, biceps femoris, semitendinosus muscle, and also has a strong effect on the erector spinae, piriformis, great adductor muscle, gluteus medius muscle, gluteus minor muscle, and calf muscle.



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Free weights lunge



Mainly exercise gluteus maximus and leg muscles.



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T-rowing



Mainly exercise latissimus dorsi.

