



MyRack Mono-Lift (Sold in Pair)

SKU: F-MR-MONO

Product Images



Short Description

The **Force USA® MyRack Mono-Lift** attachment is the first of its kind in Australia and gives you the key functionality of a full monolift rack at a fraction of the size and cost. The **Mono-Lift** helps you achieve your heaviest power lifts by removing the need for the lifter to walk away from the rack with weight on their shoulders. As the lifter un-racks the loaded bar, the **Mono-Lift's** hooks automatically fall out of the way.

Description

Why should you buy the MyRack Mono-Lift (Sold in Pair) from Force USA®?

UNRACK WITHOUT TAKING A SINGLE STEP

As the lifter un-racks the loaded bar, the Monolift's hooks automatically move out of the way. Start each lift from a balanced, stable, and controlled position. This minimises energy waste and any unnecessary risk to your joints by removing the asymmetrical dynamic loading that takes place when you are required to take steps under load. For ultimate safety, combine with a set of spotters or dual safeties when lifting heavy.

The **Force USA® MyRack Monolift** attachment is strong enough to handle a massive amount of 1200kg of weight. The **MyRack Monolift** attachment is designed to be safe for solo use; however, it's always recommended to have spotters available for heavier lifts.

Attachment is compatible with the **Force USA® MyRack** and **MyRack SpaceSaver** ONLY

SPECIFICATIONS

- **Usage:** Light Commercial
- **Weight Rating:** 1200kg
- **Shipping Weight:** 14kgs
- **Tubing (Upright) Size:** 60 mm * 60 mm
- **Hole Diameter:** 15 mm
- Includes 2x Mono Lift Attachments (1x for each side)

About Force USA®:

One of the **leading brands** in the distribution and sale of **cardio** and **weight training gym equipment**.

Additional Information

Use	Light Commercial
Colour	Black
Manufacturer	Force USA
Large cms.	0