ROTATING POWER ARMS

PL-PA



Unlock More Training Possibilities with Multi-Grip Power Arms!

Transform your Power Rack into a versatile strength-training powerhouse. PMX Power Arms offer exceptional versatility, allowing you to target multiple muscle groups and expand your workout possibilities.

Perform a wide range of exercises, including shoulder presses, bench presses, shrugs, deadlifts, hip thrusts, belt squats, and much more.

FEATURES

- 180° Self-locking Rotating Power Arms
- 130° Forward Movement
- Two workout positions: straight on and converging
- Multi-grip handles offer more starting positions and increased effort
- Rotate out of the way so users can utilize the uprights for other exercises
- 3x3 11 ga tubing
- Fits all PMX and motivate racks

PMX™ PROMAXIMA

For additional information: *Contact us at orders@pmxstrength.com or call 800-231-6652 to speak to a representative now. Visit www.pmxstrength.com.*