



AVANTI POWER CAGE

The Avanti Power Cage is a great piece of equipment for those who are focused on strength and power training.

Various exercises can be performed safely with the adjustable safety catch system and adjustable bar racks which are positioned on both front and back of the cage, such as squats, bench press and shoulder press. There is also a multi positional chin up bar to allow for many different grips when doing chin ups as well as removable side handles allowing for tricep dip exercises.



AVANTI FID BENCH

The Avanti FID Bench is ideal for a range of free-weight and machine based flat/incline/decline workouts. Thick cushion pads for extra comfort, commercial grade steel construction and quick adjustment settings makes the Avanti FID Bench your ideal training tool. Use in conjunction with Avanti power cage.

