

A Great

EXERCISE PRESENTS

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LEAN BODY™

TECH NEEDS

THE RACK OLD SCHOOL MEETS HI-DEF



No, “TheRack” is not the name of a classic medieval torture device, nor a crude referral to a gal’s upper torso. And no, it’s not quite available to buy just yet . . . but recently, I did spend some time with Ironman triathlete Travis Burrell, inventor of this clever new fitness device. He gave me a sneak preview of TheRack, and also let me test-drive it.

BY PATRICK NETTER

While it looks like your basic, sturdy dip machine, TheRack is much more than that. In fact, it’s arguably a whole new category of exercise equipment – tough, versatile and portable, and one with multiple configurations. It is designed to hit lots of muscle groups using “old school” bodyweight resistance.

I can still feel the burn as I type. And I chal-

lenge anyone (gym rats included) who thinks old school exercises aren’t effective to give it a try. TheRack allows for a variety of classic moves like dips, push-ups and crunches in a single one-unit-does-it-all device.

According to Burrell, TheRack has more than 10 years of research and development behind it, plus three patents. What I noticed

was the sleek design of its steel frame, which turned out to be deceptively simple. TheRack is uncommonly versatile, and can easily be configured for multiple exercises and levels. By using your own bodyweight or adding weight plates, you can hit chest, triceps, biceps, delts, lats, back and abs with time-tested exercises that have endured for so long because they work!


As you know, I’m all for the latest, greatest in high-tech machinery. But sometimes you gotta keep things simple and basic. And this is one of those times. What’s so cool about TheRack is that its versatility gives it the qualities of a home gym, yet it’s entirely portable (and storable). Its 30-lb. steel frame is rugged, sturdy and heavy enough to do arm curls, shoulder presses, upright rows and the ab crawl. And it stays totally stable when performing these exercises.

For more resistance, you can add an additional 40 lbs. of plates. I was able to change TheRack from a portable dip station to a curling bar with weights in seconds. If you’re short on time, try a superset – performing 2-3 of the exercises back to back. You will burn extra calories and increase your lean mass.

TheRack exercises can be performed on three different machine configurations. Each one targets the muscles differently by changing hand and body positions. The exercises build core strength and muscle balance, as well as power and endurance for peak performance.

This is a serious piece of workout equipment from some serious workout folks. Nothing less

would do for its inventor, who knows something about endurance having spent the last six years competing around the world in Ironman triathlons. In addition, the people at TheRack are not only inventive, but have developed their heart muscles as well; each unit sold will trigger a donation to building houses for victims of Hurricane Katrina as part of their “Build A Body. Build A House” program.

Compared to other dip bars, and similar-yet-less-versatile devices on the market, TheRack is a great deal for what you get. With a suggested list price of \$199.95, the good news about this rack is that it won’t torture your fitness budget in the process. Go to therackworkout.com for more information. 

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