

POWER LIFT®



Powerful Ideas for Powerful Results

POWER LIFT Manufacturing Facility



- Power Lift products are engineered and manufactured in our 60,000 sq. ft. facility located in Jefferson, Iowa.
- Innovative design and features
- Patent Protected Features
- In house, state-of-the-art automated powder coat paint system with:
 - Five Stage Wash System and R/O Final Rinse
 - On the Go Color Change in Powder Coat Booth
 - 750 ft. of Conveyor Transports Components
 - Oven Bakes at 400 Degrees for 30 Minutes
- In house engineering staff utilizes 3-D solid modeling computer technology on all products.
- All products are manufactured with welding jigs for reliable product consistency.
- In house Wood Products department builds and finishes all of Power Lift's products.
- All Power Lift products are pre-assembled and tested prior to delivery.
- Our factory trained delivery and installation crews assemble deliveries made by our Power Lift trucks.



POWER LIFT Patented "Lever Action" Bench

Power Lift® is the leading innovator in the heavy duty strength training industry. Innovation begins on our rack systems using 4" x 3" 7 gauge (3/16") steel uprights. Innovation can be found as well on the "Rotating Glute Ham Bench" and the Patent Pending "Rotating Chin Up Handle." We also lead the industry with the finest Olympic Lifting Platforms and Wood Products. Innovation and unique concepts surround all Power Lift products. Precise engineering and the high quality of manufacture make Power Lift the choice for strength training professionals.

Patented "Rhino Hook" Bar Catches



"Rhino Hook" Bar Catches - US Patent # D444,827 S - provides users with a stronger and safer bar catch. The "Rhino Hook" Bar Catches are a unique molded design formed from poured steel for smooth edges and minimal tolerance to fit laser cut upright. "Rhino Hook" Bar Catch patent includes the inside double pin design fitting two safety slots for added strength and safety. The design also eliminates bar from inadvertently lodging under catch while racking bar.

Patent Pending Rotating Chin Up Handle



- Patent Pending Rotating Chin Up Handle.
- Handles are easily adjusted with one hand.
- Chrome or black wrinkle finish.

The New Patented Power Lift "Lever Action" Bench. This new bench has been redesigned to greatly improve functionality for the user. No other lock-in bench has so many features:

- Bench easily wheels in and out of rack with handle on front of bench
- Spotters platforms now located on racks
- Bench has two locking positions on spotters platforms connected to racks
- Locking positions self-centers bench into rack
- No bench crossbrace in racks for an open design
- Wheels on front and rear of bench
- The unique mechanical pad linkage system minimizes gap between pads for greater user comfort
- Seat angle adjust simultaneously with back pad, plus an additional seat adjustment can be made for user preference
- Linear bearing provides smooth horizontal adjustment of bench position with bench locked into the rack
- With user in a seated position, they may adjust their body location to the lifting bar with the "Lever Action" handle feature of the bench
- New positive locking system firmly holds back pad into various angles
- Angles include: 0,15,30,45,60,80 degrees
- Head covers standard



POWER LIFT Combo Power Rack



Olympic Bar Storage



- Two 8'x8' Olympic Platforms with Extensions
- Two Patented "Lever Action" Benches
- Adjustable Bumper Plate Storage



Adjustable Bumper Plate Storage

• Standard Features



- 8'x8' Olympic Platform with extension
- Patented "Lever Action" Bench
- Technique Trays
- Bumper Plate Storage

Standard Features of the Combo Power Rack: • Two Pairs of Safety Spot Bars • Two Pairs of Patented "Rhino Hook" Bar Catches
• Two Dual Grip Chin Up Bars • Standard Weight Storage • Olympic Bar Storage • Adjustable Bumper Plate Storage

POWER LIFT Combo Power Rack

without Bumper Plate Storage

• Standard Features



• Two Patented "Lever Action" Benches

"With POWER LIFT™ Racks I don't have to create an atmosphere, it's done when you step into the rack!"

Joe Juraszek

Head Strength and Conditioning Coach
Dallas Cowboys



• Two "Lever Action" Benches



Standard Features of the Combo Power Rack: • Two Pairs of Safety Spot Bars • Two Pairs of Patented "Rhino Hook" Bar Catches
• Two Dual Grip Chin Up Bars • Standard Weight Storage • Olympic Bar Storage

POWER LIFT Power Rack



- Patented "Lever Action" Bench
- Reverse Technique Trays
- Horizontal Bumper Plate Racks
- 6'x8' Olympic Platform with extension



Optional Rotating Chin Up Handles (Patent Pending)



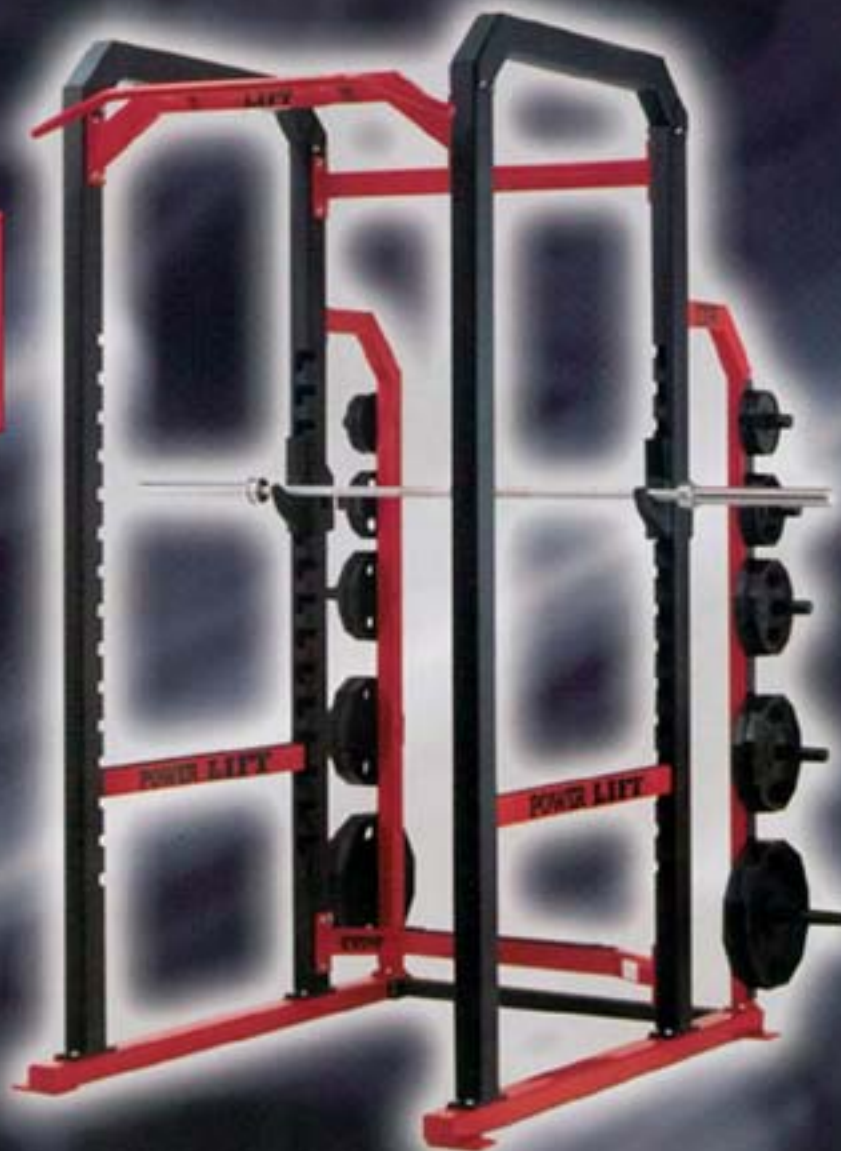
- Reverse Technique Trays
- Horizontal Bumper Plate Racks
- 6'x8' Olympic Platform with extension

"The first rate gear has led to first rate workouts. it gives us intangibles like motivation and improved work ethic.

We call it "The Wow Effect"

Joe Kenn

*Director of Athletic Performance
Arizona State University*



Standard Features of the Power Rack: • Patented "Rhino Hook" Bar Catches • Safety Spot Bars • Dual Vertical Bar Storage • Weight Storage • Dual Grip Chin Up Bar

POWER LIFT Half Rack



•7' Half Rack



- 9' Tall with Chin up bar
- Technique Trays
- Squat Handles
- 6'x8' Olympic Platform with Extension
- Horizontal Bumper Plate Racks

"Florida State has chosen POWER LIFT equipment because it is the most functional, most durable and best looking equipment made. We perform over 80% of our workout on the self-contained Half-Racks & Olympic Platforms"

Jon Jost
Director of Strength and Conditioning
Florida State University



- 9' Tall with Chin Up Bar
- Patented "Lever Action" Bench
- Wood Floor Insert with logo

Standard Features of the Half Rack: • Patented "Rhino Hook" Bar Catches • Safety Spot Bars • Dual Vertical Bar Storage • Weight Storage • Safety Spot Bars • Dual Grip Chin Up Bars Standard on 8' and 9' Racks

POWER LIFT Multi Rack



- 8' Tall with Chin up bar
- "Lever Action" Bench Included

- 7' Multi Rack
- Standard Features
- "Lever Action" Bench Included



- 6'x8' Olympic Platform with extension
- 7" Oak Technique Boxes
- Patented Reverse "Rhino Hook" Bar Catches
- Horizontal Bumper Plate Racks



Standard Features of the Multi Rack: • Patented "Lever Action" Bench • Patented "Rhino Hook" Bar Catches • Safety Spot Bars
• Dual Vertical Bar Storage • Weight Storage • Dual Grip Chin Up Bars Standard on 8' and 9' Racks

POWER LIFT Combo Bench Rack

POWER LIFT
Dumbbell Bench



"Our strength program has benefited greatly from the addition of the **POWERLIFT®** Half-Racks and Olympic Platforms!"
Coach Rob Glass,
Strength & Conditioning
Coach
University of Florida

POWER LIFT
Lying Tricep Bench



Adjustable Dip Stand



Standard Features of the Combo Bench Rack: • Fixed Patented "Lever Action" Bench • Adjustment Angles 0, 15, 30, & 45 Degrees
• Patented "Rhino Hook" Bar Catches • Vertical Bar Storage • Weight Storage • Safety Spot Bars

POWER LIFT Olympic Lifting Platform

"The lifting platforms by POWER LIFT are the most used areas in our weight room. They are functional, durable, and are aesthetically one of the highlights of the new Titan's Training Facility."

Coach Steve Watterson

Assistant Strength and Rehab Coordinator

Tennessee Titans



Standard Features of the Tri-Ex Rack:

- Adjustable Technique Trays for Power Cleans, Hang Cleans and Rack Cleans



- Standard Features of the Olympic Lifting Platform
- Oak Hardwood Center
 - School Logo
 - Optional Sizes available
 - Oak Technique Boxes Featured

POWER LIFT Rotating Glute Ham Bench



Standard Features of the Rotating Glute Ham Bench:

- Specially Constructed Dual Thigh Roller Pads for User Comfort
- "Easy Glide" Roller Mechanism for Footplate Assembly Adjustment
- Many Other Unique Features



Standard Features of the Reverse Back Extension:

- Plate Loaded
- Kevlar Belts
- ROM Limiter Standard
- Weight Storage



POWER LIFT Reverse Back Extension

POWER LIFT Pulley Systems

Modular Four Station Pulley System

Standard Features of the Pulley Systems:

- Kevlar Belt Driven
- 300 lb Weight Stacks
- 10 lb Increments
- Units Can be Wall Mounted or Free Standing
- Combo High/Low Pulley Unit Available



Fold Up Foot Support



Multiple Configurations Available Using:

- Low Row
- Lat Pulldown with Seat
- Adjustable Cable Columns

Wall Mounted Pulley Unit



Two Station Pulley Unit



POWER LIFT Wood Products

Oak Step Up Boxes



Jammer Platform with Rubber Top



Adjustable Plyo Boxes



Jammer Platform with Tongue & Groove Oak Center & School Logo



*"The **Power Lift** Equipment has been a great benefit to our program. The high quality of **Power Lift** aligns with the tradition of Ohio State Football."*

*Allan Johnson
Head Strength and
Conditioning Coach
Ohio State Football*

POWER LIFT Accessories

Patented "Rhino Hook" Bar Catches



Rack Dip Attachment



Horizontal Bumper Plate Storage



Chalk Bowl



Technique Trays



Accessory Tray



Patent Pending Rotating Chin Up Handle



Belt Rack with Storage Tray



POWER LIFT Mastiff Equipment

Mastiff Logs



Mastiff Thick Bars



Mastiff Farmer's Walk Implements & Sled



Mastiff Super Yoke



Power Lift® Collegiate Series Pound Bumper Plates



by Uesaka

Available in 45 lb., 35 lb., and 25 lb. Plates



Uesaka Kilo Bumper Plates



Available in 25 kg, 20 kg, 15 kg, 10 kg, 5 kg, and 2.5 kg Plates

Uesaka Kilogram Set



Uesaka Olympic Lifting Bars



POWER LIFT Uesaka Equipment

Powerful Ideas for Powerful Results

A partial listing of the many professional, collegiate, high schools and performance facilities where **PowerLift** equipment can be found.

Professional Teams

Tampa Bay Buccaneers
Tennessee Titans
Dallas Cowboys
Detroit Tigers
New Orleans Saints
Philadelphia Eagles
Kansas City Chiefs
Washington Redskins
Cincinnati Bengals
Green Bay Packers
Arizona Diamondbacks
Houston Texans
New England Patriots
Detroit Lions
Minnesota Vikings
San Diego Chargers
Charlotte Sting
New York Liberty
Toronto Blue Jays
Miami Dolphins
Dallas Stars
Anaheim Mighty Ducks
Maple Leaf Hockey
Joe Gibbs Racing
Seattle Seahawks
Utah Jazz
Jacksonville Jaguars



"PowerLift is the choice of Husker Power because of the many special features the equipment offers."

Boyd Epley,

Associate Athletic Director for Performance and Facilities,
University of Nebraska.

Performance Facilities

Velocity Sports Performance - Nationwide
Dr. Ken's High Performance Athletic Training - Long Island, N.Y.
The Training Club - Lake Oswego, OR
MVP Sports - Irvine, CA
Pro Train Performance Fitness - Avon, CO
Star Sports Performance - Fairport, NY
Nike Inc. - Beaverton, OR
Carroll Recreation Center - Carroll, IA
Rocky Mountain Performance - Greeley, CO
Sonnenalp Resort of Vail - Vail, CO
LifeBridge Health & Fitness - Baltimore, MD

Universities/Colleges

Ohio State University
Florida State University
University of Florida
Notre Dame University
University of Tennessee
Iowa State University
University of Nebraska
Arizona State University
Stanford University
Michigan State University
University of Mississippi
Belmont University
Valdosta State University
University of Northern Colorado
The University of Texas at El Paso
Florida Atlantic University
University of Kansas
University of Missouri
Western Carolina University
University of New Hampshire
Ball State University
University of Cincinnati
Texas A&M Commerce
University of Nebraska at Kearney
The Citadel
South East Missouri State University
Vanderbilt University
Boise State
University of Washington
University of Vermont
University of Iowa Wrestling
Buena Vista University
Central College
University of Minnesota at Mankato
University of North Dakota
University of Memphis

Top High School Programs

West Des Moines Valley High School - West Des Moines, IA
Mason City High School - Mason City, IA
Andover High School - Andover, KS
Lincoln North Star High School - Lincoln, NE
Piedmont High School - Oakland, CA
De La Salle HS - Concord, Ca
Fargo South High School - Fargo, ND
Winon's Senior High School - Winona, MN
Yellow Medicine East High School - Granite Falls, MN
Heritage Hall High School - Oklahoma City, OK
Valley View High School - Germantown, OH
Westside High School - Omaha, NE
Grand Island High School - Grand Island, NE
Missouri School of the Deaf - Fulton, MO
The Cathedral School - Little Rock, AR
Anderson High School - Cincinnati, OH
Flower Mound High School - Flower Mound, TX
Chautauqua Lake Central High School - Mayville, NY
Brewer High School - Fort Worth, TX
Sheridan High School - Sheridan, WY
Billings Senior High School - Billings, MT
Kaukauna High School - Kaukauna, WI
Hempfield High School - Landisville, PA
Newton High School - Newton, IA
Palmyra Macedon High School - Palmyra, NY
Catholic Memorial - West Roxbury, MA
Archbishop Moeller High School - Cincinnati, OH
Wahlert High School - Dubuque, IA
Davenport Assumption High School - Davenport, IA
Billings West High School - Billings, MT
Jefferson High School - Bloomington, MN
Eisenhower High School - New Berlin, WI
Appleton Xavier High School - Appleton, WI
Hoover High School - Birmingham, AL
Washington Senior High School - Cedar Rapids, IA
Creston High School - Creston, IA

POWER LIFT

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