



## MATRIX MG-A47-05 Power Rack Instructions

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**MATRIX MG-A47-05 Power Rack**



## **MG-A47-05 Power Rack**

The MG-A47-05 Power Rack is a fully enclosed style rack that offers ideal spotting abilities. It includes adjustable safety bars, straight chin bar, bar storage, band storage, and weight storage. Additionally, it is available in a 2.7 m / 9' tall configuration (MG-A47-9). The product weight of the MG-A47-05 Power Rack is 268 kg / 590 lbs. The overall dimensions of the rack are (L x W x H) = 204.5 x 187 x 256.5 cm / 80.5 x 73.5 x 101.

## **MAGNUM SERIES**

### **MAGNUM SERIES: High-Density Polyethylene (HDPE) Plate Storage**

The MAGNUM SERIES High-Density Polyethylene (HDPE) Plate Storage is made of high-density polyethylene to protect bar knurling. It is used on the outside of Power or Open Racks and is available only in Ridge Black. The product weight of the MAGNUM SERIES HDPE Plate Storage is 14 kg / 30 lbs. The overall dimensions of the product are (L x W x H): 36 x 13 x 26 cm / 14 x 5 x 10.

### **MAGNUM SERIES: Dip Attachment**

The MAGNUM SERIES Dip Attachment is used for attaching to the outside uprights of the Power and Open Racks for body-weight dips. It is available only in Ridge Black. The product weight of the MAGNUM SERIES Dip Attachment is 11 kg / 24 lbs. The overall dimensions of the product are (L x W x H): 87 x 69 x 26 cm / 34 x 27 x 10.

### **MAGNUM SERIES: Band Pegs**

The MAGNUM SERIES Band Pegs provide added training variety. They are available only in Ridge Black. The product weight of the MAGNUM SERIES Band Pegs is 12 kg / 26 lbs. The overall dimensions of the product are (L x W x H): 20 x 102 x 8 cm / 8 x 40 x 3.

### **MAGNUM SERIES: Squat Handles**

The MAGNUM SERIES Squat Handles can be set at any height on all rack uprights. They are available only in Ridge Black. The product weight of the MAGNUM SERIES Squat Handles is 8 kg / 16 lbs. The overall dimensions of the product are (L x W x H): 23 x 23 x 13 cm / 9 x 9 x 5.

### **MAGNUM SERIES: Adjustable Height Platform**

The MAGNUM SERIES Adjustable Height Platform provides additional body-weight exercises for use with Power Racks. It is used on the outside of Power or Open Racks and is available only in Ridge Black. The product weight of the MAGNUM SERIES Adjustable Height Platform is 22 kg / 47 lbs. The overall dimensions of the product are (L x W x H): 82 x 61 x 39 cm / 32 x 24 x 15.

#### **MAGNUM SERIES: Large Cradles**

The MAGNUM SERIES Large Cradles accept bumper plates to assist with Olympic lifts and customized takeoff heights. They attach to the outside of Power and Open Racks and are available only in Ridge Black. The product weight of the MAGNUM SERIES Large Cradles is N/A. The overall dimensions of the product are N/A.

#### **MAGNUM SERIES: Logo Attachment**

The MAGNUM SERIES Logo Attachment allows you to display your facility logo proudly. It has a product weight of 6 kg / 13.2 lbs. The overall dimensions of the product are (L x W x H): 14.5 x 106.7 x 6.4 cm / 5.7 x 42 x 2.5. The attachment is the same as frame color.

#### **MAGNUM SERIES: Ramp**

The MAGNUM SERIES Ramp allows for gradual incline to the Power Rack platform. It is available only in Ridge Black. The product weight of the MAGNUM SERIES Ramp is 8.4 kg / 18.4 lbs. The overall dimensions of the product are (L x W x H): 64 x 21.1 x 19.1 cm / 25.2 x 8.3 x 7.5.

#### **MAGNUM SERIES: Rotational Trainer**

The MAGNUM SERIES Rotational Trainer attaches to any Power Rack for rotational training (bar not included). It is available only in Ridge Black. The product weight of the MAGNUM SERIES Rotational Trainer is 2 kg / 5 lbs. The overall dimensions of the product are (L x W x H): 102 x 1 x 20 cm / 40 x .25 x 8.

#### **MAGNUM SERIES: Land Mine Attachment**

The MAGNUM SERIES Land Mine Attachment is used with an Olympic bar and Land Mine Attachment for added training variety. It is available only in Ridge Black. The product weight of the MAGNUM SERIES Land Mine Attachment is 5 kg / 10 lbs. The overall dimensions of the product are (L x W x H): 48 x 79 x 5 cm / 19 x 31 x 2.

#### **MAGNUM SERIES: Angled Pressing Arms**

The MAGNUM SERIES Angled Pressing Arms with band attachments provide added training variety with speed and resistance. They attach to the outside of Power and Open Racks and are available only in Ridge Black. The product weight of the MAGNUM SERIES Angled Pressing Arms is 64 kg / 140 lbs. The overall dimensions of the product are (L x W x H): 94 x 56 x 96 cm / 37 x 22 x 37.5.

#### **MAGNUM SERIES: Oversized Hook**

The MAGNUM SERIES Oversized Hook is made of high-density polyethylene to protect bar knurling. Oversized hooks accommodate large-diameter Olympic bars and are available only in Ridge Black. The product weight of the MAGNUM SERIES Oversized Hook is 16 kg / 35 lbs. The overall dimensions of the product are (L x W x H): 47 x 18 x 34 cm / 19 x 4 x 13.

### **Product Usage Instructions**

- Ensure that the MG-A47-05 Power Rack is properly assembled before use.
- Use the adjustable safety bars while performing exercises with heavy weights to prevent injury.
- Use the straight chin bar for chin-ups or pull-ups.
- Use the bar storage, band storage, and weight storage to keep your equipment organized and within reach.
- When using any of the MAGNUM SERIES attachments, ensure that they are properly attached to the Power Rack.
- Follow the instructions provided with each attachment for proper use.
- Always use caution and exercise proper form when using the equipment.

- Consult a fitness professional before starting a new exercise program.

For more information about Matrix Fitness, visit [matrixfitness.com](https://matrixfitness.com).

## **MG-A47-05 Power Rack**

- Fully enclosed style offers ideal spotting abilities
- Includes adjustable safety bars, straight chin bar, bar storage, band storage and weight storage
- Also available in a 2.7 m / 9' tall configuration (MG-A47-9) Product Weight = 268 kg / 590 lbs.
- Overall Dimensions (L x W x H) = 204.5 x 187 x 256.5 cm / 80.5" x 73.5" x 101"

### **REVERSE J-HOOKS – OPT1R**

- Product Weight: 14 kg / 30 lbs.
- Overall Dimensions (L x W x H): 36 x 13 x 26 cm / 14" x 5" x 10"



- Made of high-density polyethylene (HDPE) to protect bar knurling
- Used on the outside of Power or Open Racks
- Available only in Ridge Black

### **REVERSE DIP BARS – OPT3R**

- Product Weight: 11 kg / 24 lbs.
- Overall Dimensions (L x W x H): 87 x 69 x 26 cm / 34" x 27" x 10"



- Used for attaching to the outside uprights of the Power and Open Racks for body-weight dips
- Available only in Ridge Black

### **3-PEG BAND PEGS (PAIR)– OPT4**

- Product Weight: 12 kg / 26 lbs.
- Overall Dimensions (L x W x H): 20 x 102 x 8 cm / 8" x 40" x 3"



- Band pegs provide added training variety
- Available only in Ridge Black

### **SQUAT HANDLES – OPT6**

- Product Weight: 8 kg / 16 lbs.
- Overall Dimensions (L x W x H): 23 x 23 x 13 cm / 9" x 9" x 5"



- Squat handles can be set at any height on all rack uprights
- Available only in Ridge Black

### **REVERSE STEP-UP PLATFORM – OPT7R**

- Product Weight: 22 kg / 47 lbs.
- Overall Dimensions (L x W x H): 82 x 61 x 39 cm / 32" x 24" x 15"



- Adjustable height platform provides additional body-weight exercises for use with Power Racks
- Used on the outside of Power or Open Racks
- Available only in Ridge Black

#### **REVERSE TECHNIQUE SCOOPS – OPT8R**

- Product Weight: 35 kg / 76 lbs.
- Overall Dimensions (L x W x H): 69 x 44 x 41 cm / 27" x 17" x 16"



- Large cradles accept bumper plates to assist with Olympic lifts and customized takeoff heights
- Attaches to the outside of Power and Open Racks
- Available only in Ridge Black

#### **CUSTOM PLATFORM LOGO – OPT10**

- Product Weight: N/A
- Overall Dimensions (L x W x H): N/A



- Display your facility logo proudly with this option

### **PLATFORM RAMP –OPT11**

- Product Weight: 6 kg / 13.2 lbs.
- Overall Dimensions (L x W x H): 14.5 x 106.7 x 6.4 cm / 5.7" x 42" x 2.5"



- Ramp allows for gradual incline to the Power Rack platform
- Available only in Ridge Black

### **LAND MINE ATTACHMENT – OPT13**

- Product Weight: 8.4 kg / 18.4 lbs.
- Overall Dimensions (L x W x H): 64 x 21.1 x 19.1 cm / 25.2" x 8.3" x 7.5"



- Attaches to any Power Rack for rotational training (bar not included)
- Available only in Ridge Black

#### **NAMEPLATE – UNIVERSAL MOUNT – OPT14U**

- Product Weight: 2 kg / 5 lbs.
- Overall Dimensions (L x W x H): 102 x 1 x 20 cm / 40" x .25" x 8"



- Display your logo proudly above your Power Rack
- Same as frame color

#### **CORE HANDLE – OPT16**

- Product Weight: 5 kg / 10 lbs.
- Overall Dimensions (L x W x H): 48 x 79 x 5 cm / 19" x 31" x 2"



- Used with an Olympic bar and Land Mine Attachment for added training variety
- Available only in Ridge Black

#### **REVERSE JAMMIN ARMS W/BAND ATTACHMENT – OPT17RB**

- Product Weight: 64 kg / 140 lbs.
- Overall Dimensions (L x W x H): 94 x 56 x 96 cm / 37" x 22"x 37.5"





- Angled pressing arms with band attachments for added training variety with speed and resistance
- Attaches to the outside of Power and Open Racks
- Available only in Ridge Black

### **FAT BAR J-HOOKS – OPT26**

- Product Weight: 16 kg / 35 lbs.
- Overall Dimensions (L x W x H): 47 x 18 x 34 cm / 19" x 4" x 13"



- Made of high-density polyethylene (HDPE) to protect bar knurling
- Oversized hooks accommodate large-diameter Olympic bars
- Available only in Ridge Black

### **REVERSE FAT BAR J-HOOKS – OPT26R**

- Product Weight: 15 kg / 32 lbs.
- Overall Dimensions (L x W x H): 45 x 11 x 33 cm / 17.5" x 4" x 13"



- Made of high-density polyethylene (HDPE) to protect bar knurling
- Oversized hooks accommodate large-diameter Olympic bars on the outside of Power and Open Racks
- Available only in Ridge Black

#### **DOCKING KIT W/O PLATFORM – OPT29**

- Product Weight: 3 kg / 5 lbs.
- Overall Dimensions (L x W x H): 23 x 3 x 12 cm / 9" x 1" x 4.5"



- Connects MG-A695 and VY-D695 Horizontal Adjustment Benches directly to rack without a platform
- Available only in Ridge Black

#### **DOCKING KIT W/PLATFORM – OPT29P**

- Product Weight: 2 kg / 3 lbs.
- Overall Dimensions (L x W x H): 23 x 3 x 7 cm / 9" x 1" x 2.5"



- Connects MG-A695 and VY-D695 Horizontal Adjustment Benches directly to rack when using a platform
- Available only in Ridge Black

### **BATTLE ROPE ATTACHMENT – OPT31**

- Product Weight: 4 kg / 7 lbs.
- Overall Dimensions (L x W x H): 18 x 23 x 17 cm / 7" x 9" x 7"



- For rope training as an anchor point on any version of our Magnum Power Racks
- Available only in Chrome

### **DUAL OLYMPIC BAR STORAGE – OPT41**

- Product Weight: 12.7 kg / 28 lbs.
- Overall Dimensions (L x W x H): 16 x 110 x 31 cm / 6" x 43" x 12"



- Vertical Olympic bar storage Replaces standard equipment Same as frame color

### **ROTATING CHIN HANDLES – OPT42**

- Product Weight: 11 kg / 23 lbs.
- Overall Dimensions (L x W x H): 110 x 16.5 x 33 cm / 43" x 6.5" x 13"



- Handles rotate into multiple positions for added exercise variety
- Replaces standard equipment
- Available only in Ridge Black

### **SIDE-MOUNTED PULL-UP BAR – OPT43**

- Product Weight: 7.25 kg / 16 lbs.
- Overall Dimensions (L x W x H): 120 x 22 x 19 cm / 47.25" x 8.7" x 7.5"



- Mounts upward or downward for bodyweight exercises or additional suspension device exercises
- Available only in Ridge Black

### **BOLT-ON OLYMPIC BAR HOLDER (PAIR) – OPT44**

- Product Weight: 5.7 kg / 12.5 lbs. (Pair)
- Overall Dimensions (L x W x H): 23.2 x 10.2 x 27 cm / 9.25" x 4" x 10.6"



- Two bolt-on vertical Olympic bar holders
- Available only in Ridge Black

#### **BOLT-ON SPOTTER STANDS – OPT45**

- Product Weight: 31 kg / 68 lbs.
- Overall Dimensions (L x W x H): 38 x 81.5 x 29.5 cm / 15" x 32" x 11.5"



- Step-up platform used for assisting in heavy lifts
- Available only in Ridge Black

#### **BOLT-ON FRONT BAND PEGS – OPT46**

- Product Weight: 4 kg / 9 lbs. (per side)
- Overall Dimensions (L x W x H): 28 x 16 x 27 cm / 11" x 6.25" x 10.5" (per side)



- Band pegs provide added training variety
- Cannot be used in conjunction with OPT7 or OPT7R Step-up Platforms
- Available only in Ridge Black

#### **6' PLATFORM W/HARDWOOD INSERT – MA4794P**

- Product Weight: 209 kg / 460 lbs.
- Overall Dimensions (L x W x H): 366 x 254 x 7 cm / 144" x 100" x 2.6"



- Durable rubber training surface to absorb impact, dampen noise and protect flooring during Olympic lifts
- Hardwood center insert provides optimum foot grip and stability during explosive Olympic lifts

#### **6' SOLID RUBBER SURFACE PLATFORM – MARP4794**

- Product Weight: 242 kg / 533 lbs.
- Overall Dimensions (L x W x H): 366 x 254 x 7 cm / 144" x 100" x 2.6"



- Durable rubber training surface to absorb impact, dampen noise and protect flooring during Olympic lifts

#### **4' PLATFORM W/HARDWOOD INSERT – MA4794P-4**

- Product Weight: 162 kg / 356 lbs.

- Overall Dimensions (L x W x H): 305 x 254 x 7 cm / 120" x 100" x 2.6"



- Durable rubber training surface to absorb impact, dampen noise and protect flooring during Olympic lifts
- Hardwood center insert provides optimum foot grip and stability during explosive Olympic lifts

#### **4' SOLID RUBBER SURFACE PLATFORM – MARP4794-4**

- Product Weight: 189 kg / 417 lbs.
- Overall Dimensions (L x W x H): 305 x 254 x 7 cm / 120" x 100" x 2.6"



- Durable rubber training surface to absorb impact, dampen noise and protect flooring during Olympic lifts

#### **6' VRS PLATFORM W/HARDWOOD INSERT – MA4794P-VRS**

- Product Weight: 227 kg / 500.5 lbs.
- Overall Dimensions (L x W x H): 366 x 254 x 7 cm / 144" x 100" x 2.6"



- Impact-absorption platforms reduce sound by 21% and bounce by 67% over standard platforms

- Multi-layer design minimizes vibrations transferred through floors, essential for above-ground training facilities

#### 4' VRS PLATFORM W/HARDWOOD INSERT – MA4794P-VRS-4

- Product Weight: 174 kg / 383.5 lbs.
- Overall Dimensions (L x W x H): 305 x 254 x 7 cm / 120" x 100" x 2.6"



- Impact-absorption platforms reduce sound by 21% and bounce by 67% over standard platforms
- Multi-layer design minimizes vibrations transferred through floors, essential for above-ground training facilities

For more information about Matrix Fitness: [matrixfitness.com](https://matrixfitness.com)

#### Documents / Resources

	<p><a href="#">MATRIX MG-A47-05 Power Rack</a> [pdf] Instructions MG-A47-05, MG-A47-05 Power Rack, Power Rack, Rack</p>
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