

REP ISO ARM FAQ

Q: Will it fit your power rack?

- We cannot guarantee cross-company compatibility.
- These arms fit 75mm x 75mm REP racks:
 - PR-5000 V2 attachment fits a 27mm hole.
 - PR-4000 attachment fits an 18mm hole.
- Because of its dynamic nature, the arms were engineered with a tight tolerance. As such, moving this product up and down your rack may leave behind some residue from the protective plastic.
 - This residue can be easily removed with mild soap and a wash rag.
- PR-4100 Folding Rack:
 - The ISO arms are compatible with the folding rack, but not recommended. This is because they place too high of a demand on your anchor system.

Q: What can I expect for installation and adjustment?

- Install:
 - When first putting the ISO arms on, it's easiest to start as far down your rack as possible.
 - Starting at the bottom allows the weight of the arms to be supported by the ground.
- During use:
 - We include additional pins to lock the ISO arms in place.
 - Locking them in place allows you to use the weight horn as a second handle for ease of adjusting.
- Belt Squatting
 - Shortening the length of your belt can help you achieve a greater range of motion as a belt squat, or you can stand on a rubber bumper plate.

Q: How do the ISO Arms Ship?

- Alone, the ISO arms will ship UPS Ground.
- If additional items are added, it is likely that the total weight of the shipment will go freight.
- Box specs:
 - 140lbs
 - 9"x15"x57"

Q: What should I know before purchasing the ISO Arms?

- **Racks should have Front Feet Stabilizers or be bolted down if using the ISO arms.**
- Spotter safeties can help increase the functionality outside the rack.
- 80" uprights will still function until they are maxed out on height.
- The arms should be installed only on the outside of the rack.
- You can use j-cups on the front of the arms or lock them at their highest height to squat off the front of your rack.

Q: Why do we recommend this product?

- You can do a wide variety of exercises without adding footprint:
 - Belt squats, shoulder and chest presses, hip/glute thrusts (with leg roller attachment), monolift bench press, more athletic twist and press movements, dips, L-sits, pull-ups, banded jumps, and more.