



NOHrD Safety Rest Set for Squat Rack



The safety rests on the NOHrD Squat Rack are an essential part of protecting the user during strength training and minimizing the risk of injury. They give the user a sense of security to train more intensively.

CHF 399.00

Protection when squatting

When squatting, a trainee may not be able to manage the movement or may be exhausted. Safety rests are usually located at the height where the barbell bar is at the lowest point of the squat. If the exerciser cannot finish the repetition or cannot lift the barbell bar, the safety rack catches the bar so the exerciser is not trapped under the load.

Bench Press Help

Safety rests also provide protection during the bench press. If a trainee is unable to control the barbell or cannot lift the weight, the safety rests prevent the barbell from falling onto the trainee's chest. This reduces the risk of injury, especially to the chest and shoulders.

Support for other exercises

In addition to squats and bench presses, safety rests can be useful for other strength exercises, such as shoulder presses, deadlifts or performing rack pulls.

Height Adjustment

Safety rests can be adjusted to different heights to suit individual needs and exercises. This allows exercisers to find the right height for their specific body size and range of motion.

Scope of delivery: 1 pair