

POWER RACK & HALF RACK

BUYER'S GUIDE

WHAT TO KNOW BEFORE YOU BUY.

A power rack is the foundation of any serious strength training space. The right rack should match your training style, user population, space, and performance needs while delivering safety, durability and versatility.



01 FULL RACK VS. HALF RACK

Full Rack – 4 uprights for maximum stability, safety and accessory use.

Half Rack – 2 uprights, space-saving and ideal for smaller spaces or budget-conscious setups.

TIP: Choose the rack style that fits your training goals, space and budget.

02 UPRIGHT CONSTRUCTION

- Look for heavy-duty steel with proper gauge thickness.
- 11-gauge steel is the industry standard for commercial use.
- Welded construction provides the highest durability and stability.

TIP: Strong uprights are the backbone of a safe rack.

03 HOLE SPACING

Hole spacing determines how precisely you can adjust J-cups, safeties and attachments.

Common spacing options:

- 2" (Westside)
- 2.5"
- 3"

TIP: 2" spacing offers the most flexibility.

04 WEIGHT STORAGE OPTIONS

- Integrated storage keeps plates organized and your floor space clear.
- Check the number, placement and weight capacity of storage pegs.

TIP: Storage capacity adds convenience and safety.

05 ATTACHMENT COMPATIBILITY

Ensure the rack supports the attachments you need:

- J-cups
- Spotter arms/safeties
- Landmine
- Dip handles
- Pull-up bars
- Band pegs

TIP: A rack that adapts to your training is an investment that grows with your facility.

06 ANCHORING & STABILITY

- Heavy training requires a stable foundation.
- For maximum safety, anchor the rack to the floor.
- Check the rack's base design for stability.

TIP: Always follow the manufacturer's anchoring guidelines.

07 TRAINING CLEARANCE

Racks need more space than their footprint.

- Allow clearance for the bar, weights and user movement.
- Consider lift type (squats, bench, overhead presses).
- Check ceiling height for pull-ups and kipping.

TIP: Plan clearance now to avoid costly layout mistakes later.

BEFORE YOU BUY

- ☐ Define your training goals and user population
- ☐ Measure your space and ceiling height
- ☐ Determine full rack or half rack
- ☐ Check upright construction and steel gauge
- ☐ Confirm hole spacing preference
- ☐ Review attachment compatibility
- ☐ Verify weight storage needs
- ☐ Ensure proper anchoring and stability
- ☐ Review warranty and service support
- ☐ Confirm delivery access and installation requirements

A black barbell with weights is shown horizontally.

THE DEPOT RULE

SAFETY. STRENGTH. LONG-TERM VALUE.

A great rack is built to handle heavy loads, heavy use and years of hard training. Buy quality once, and it will perform for your facility for years to come.

NEED HELP SPEC'ING YOUR SPACE?

Send us your room dimensions, user population and goals. We'll help you choose the right power rack or half rack and build the perfect strength solution for your facility.

WE'RE HERE TO HELP YOU BUILD IT RIGHT.