

FED Fitness Turns One Rack Into Entire Gym, the SR2 Delivers 5 Training Stations and 30+ Exercises in a Single Footprint

The SR2 All-in-One Squat Rack, a Compact and Complete Home Strength Gym for \$699

BOSTON, MA, UNITED STATES, August 12, 2026 /EINPresswire.com/ -- FED Fitness, the global home-fitness brand and Official Partner of the Houston Rockets, today introduced the All-in-One Squat Rack SR2, a home strength-training system built to do what a standard rack cannot: deliver a complete, full-body workout without a garage full of separate machines. Priced at \$699 and available now on the FED Fitness official website and Amazon, the SR2 packs five purpose-built training stations into one compact footprint.

As more consumers continue building dedicated strength-training spaces at home, expectations for home gym equipment have evolved. To meet that growing demand, FED Fitness has introduced the All-in-One Squat Rack SR2.



A traditional squat rack covers the fundamentals, but expanding a workout often means purchasing additional attachments, investing in separate machines, or continually upgrading equipment over time. The SR2 was engineered to eliminate that cycle by delivering a complete strength training system from day one. With five built-in training stations already integrated into the rack, users can perform more than 30 exercises immediately while supporting long-term progression without the need to continuously purchase additional equipment.

“More than a Rack, the Whole Gym” is more than a tagline—it's the design brief. Beyond the core power rack, the SR2 integrates a pull-up station, a preacher curl station, a dedicated hip-and-lower-body station, and resistance-band anchors, so a single purchase covers pressing, pulling, squatting, hinging, and isolation work. Instead of requiring users to build out their gym piece by piece, the SR2 arrives as a complete strength training system with multiple built-in workout

stations already included. The result is a home gym designed to maximize space, deliver greater value from day one, and support users throughout their long-term fitness journey.

FIVE STATIONS, 30+ EXERCISES, ONE FOOTPRINT

Each station is designed to work together as one system, supporting more than 30 exercises for a complete full-body strength-training experience.

Power Rack: Barbell Squat, Front Squat, Bench Press, Incline Bench Press, Overhead Press, Rack Pull, Barbell Row

Pull-Up Station: Pull-Up, Chin-Up, Hanging Leg Raise, Hanging Knee Raise

Preacher Curl Station: Preacher Curl, Single-Arm Curl, Reverse Curl, Dumbbell Curl

Hip & Lower-Body Station: Hip Thrust, Glute Bridge, Single-Leg Hip Thrust, Bulgarian Split Squat

Resistance Band Anchors: Band Squat, Band Deadlift, Band Row, Chest Press, Face Pull, Triceps Pushdown, Biceps Curl, Core Rotation

BUILT FOR REAL HOME USE

The SR2 is aimed at the fastest-growing segment of the fitness market: home gym owners who want serious, progressive strength training without a commercial gym membership or a room full of equipment. By consolidating five integrated training stations into one rack, the SR2 helps users save space, reduce the need for additional equipment purchases, and begin full-body strength training immediately. Whether starting a new home gym or upgrading an existing one, the SR2 is



designed to support long-term progression without requiring constant expansion of the setup, making it a practical investment for years of training. Consistency is the single biggest driver of long-term results.

“Most people don't quit strength training because they lack motivation. They quit because of consistency. Either their setup gets in the way or they stop going to the gym. The SR2 removes that friction. It gives you a complete full-body gym in the footprint of one rack, so the workout is always ready when you are. That's what turns a piece of equipment into a habit.” — Palson Yi, Chief Marketing Officer, FED Fitness

PRICING & AVAILABILITY

Price: \$699 (USD)

Available now in the United States via the FED Fitness official website and Amazon.

Review Samples: Available on request for qualified media and reviewers.

ABOUT FED FITNESS

FED Fitness, Official Partner of the Houston Rockets, is a global home-fitness brand serving more than 12 million users worldwide. The company provides a full ecosystem of fitness solutions, including cardio equipment, strength-training systems, and recovery products, with a portfolio of leading product lines including YOSUDA, FLYBIRD, FEIERDUN,

SPORTSROYALS, BCAN, and WAYPLUS. FED Fitness is committed to innovating products that bring the joy of fitness to families everywhere and helping users build healthier, more fulfilling lifestyles.



[FED Fitness SR2 All-in-One Squat Rack Website](#)

[FED Fitness SR2 All-in-One Squat Rack Amazon](#)

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