

# The Rack Workout Guide

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**The Rack Workout Guide** - Although it looks like a walker, the "Rack" all-in-one gym is actually a workout machine, or more precisely, a workout frame. The solid steel frame folds into three ...Your browser does not currently recognize any of the video formats available. [Click here to visit our frequently asked questions about HTML5 video.](#) THERACK® Workout All In One Gym . If all those “get in shape in 30 days” exercise units worked, more people would be in better shape. Face it, to get and stay ...