

What is a body solid pro power rack?

Heavy-duty 11-gauge high tensile strength steel frames feature all-4-side welded construction and oversized industrial strength hardware. Electrostatically applied powder coat finish resists chipping and scratching through the most brutal routines. If you want to get bigger and stronger fast, a Body-Solid Pro Power Rack is what you need.

What is a body-solid power rack?

With a body-solid power rack, you have everything you need to get an intense workout, without having to go to a crowded gym or pay for a costly membership. Pair yours with a Body-Solid bench, and even more possibilities are unlocked.

What is a heavy-duty power rack?

Ideal for home and commercial use. Heavy-duty Power Rack designed to fit in several facilities from home gyms,garage gyms to commercial strength training facilities,sports team weight rooms and more. Constructed with 11-gauge steel frames and oversized industrial-strength hardware,superior durability and is built to withstand.

How long does a body-solid power rack last?

Body-Solid warrants the Body-Solid series power racks for light commercial use in a more limited capacity as well: lifetime for the frame and welds,3 yearson pulleys,bushings,bearings,hardware,plates and guide rods,and 1 year on cables,upholstery and grips.

What is the best power rack for a home gym?

The SPR1000is Body-Solid's fully featured power rack perfect for any home gym or commercial setting. Standing 90" tall,made from 3" x 3",heavy-duty 11-gauge steel and industrial-strength hardware,the SPR1000 is as tough as they come. It features westside style hole spacing,making it perfect for powerlifters and recreationalists alike.

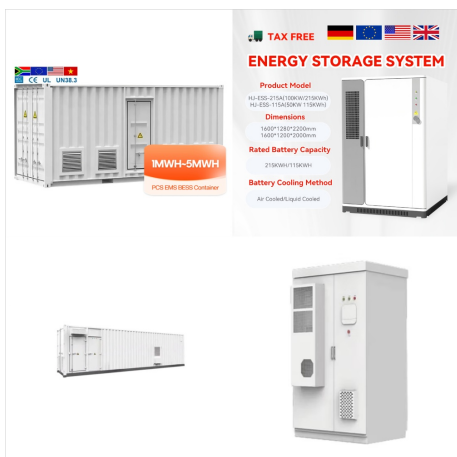
What are the dimensions of a power rack?

DIMENSIONS: Built to withstand intense workouts,this Power Rack boasts a heavy-duty 11-gauge steel 3" x 3" mainframe. The high tensile strength steel frames are constructed with all-4-side welded joints,ensuring longevity and reliability in your home gym. Measures 50"x46"x80"and weighs

225lbs. Lifetime manufacturer warranty on frame & welds.



What are Power Racks, what are their benefits/uses and a look at the Power Rack options we offer at Body-Solid. Sometimes called a power cage, squat cage or squat rack, the Power Rack is weight training equipment designed to allow for a free-weight workout using a barbell with no movement restrictions.



This add-on effortlessly integrates with the Body-Solid GPR400 Power Rack and offers diverse workout routines while saving precious gym floor space. The GPRFT with the GPR400 Power Rack is like having three machines???a high ???



Amazon : Body-Solid (PSM200) Smith Machine for Home Gym - Strength Training Equipment with Safety Catches, Squat Rack Cage, Half Rack, and Weight Plate Storage : Sports & Outdoors KABOR Wall Mounted Squat Rack, 50x70mm Steel SL100 Hevay Duty Power Rack, 1600lbs Power Cage with Two Cable Crossover System Includes J-Hooks, Leg ???



Power Racks. GPR400. Body-Solid Power Rack
The Body-Solid GPR400 Power Rack is a heavy-duty Power Rack designed to fit in several facilities from home gyms, garage gyms to commercial strength training facilities, sports team weight rooms and more.



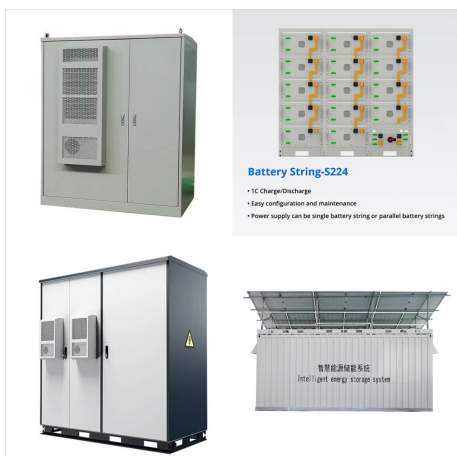
The Body-Solid Pro Power Rack is designed to work with all types of benches and engineered for extreme workouts. Heavy-duty 11-gauge high tensile strength steel frames feature all-4-side welded construction and oversized industrial strength hardware. Electrostatic applied powder coat finish resists chipping and scratching through the most



Body-Solid's new full commercial power rack package, the SPR1000BackP4, features everything you want on a power rack today, with all the attachments to make a complete gym. The 3" x 3" 11-gauge steel mainframe gives this rack a 1000 lb weight capacity, meaning it'll hold up even through the most strenuous of workouts.



The Body-Solid GPR400 Power Rack is a heavy-duty Power Rack designed to fit in several facilities from home gyms, garage gyms to commercial strength training facilities, sports team weight rooms and more. Constructed with 11-gauge steel frames and oversized industrial-strength hardware, the GPR400 offers superior dura



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Body-Solid's new full commercial extended power rack, the SPR1000Back, features everything you want on a power rack today. The 3" x 3" 11-gauge steel mainframe gives this rack a 1000 lb weight capacity, meaning it'll hold up even through the most strenuous of workouts. - SPR1000BACK - Pro ClubLine Extended SPR1000 Commercial Power Rack



BODY-SOLID GPR400 POWER RACK
RESOURCES. Body-Solid GPR400 Power Rack Data Sheet; Body-Solid GPR400 Power Rack Owner's Manual; **BODY-SOLID GPR400 COMPATIBLE ACCESSORIES.** The Body-Solid GPR400 Power Rack has a wide range of optional add-ons to make it the central feature of your gym.



The SPRCUA attaches easily to the Body-Solid GPR400 Power Rack and allows users to create unique muscle isolations with multiple grips for chin-up and pull-up movements. SPRDCB. SPR500 Dual Chin-Up Bar For use with the SPR500 Half Cage only SPRDIP. Dip ???



The Body-Solid GPR400 Power Rack is a heavy-duty Power Rack designed to fit in several facilities from home gyms, garage gyms to commercial strength training facilities, sports team weight rooms and more. Constructed with 11-gauge steel frames and oversized industrial-strength hardware, the GPR400 offers superior durability and is built to withstand the intensity of heavy ???



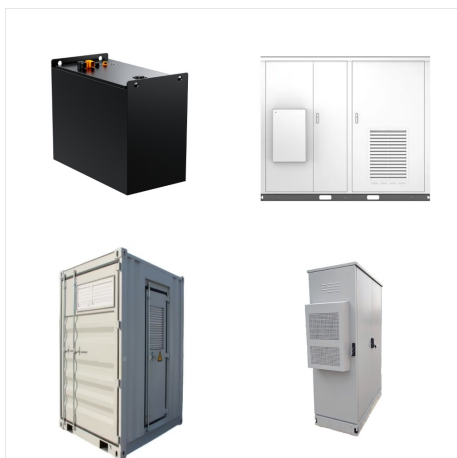
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Powerline by Body-Solid's PPR1000 Power Rack offers features and reliability on par with our commercial-grade power racks at a lower cost. The PPR1000 power rack can be expanded and customized with several options and attachments to make it ideal for any customer. Measuring at 83 in. tall, this power rack is shorter than most commercial power



Power Racks. GPR400. Body-Solid Power Rack
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If you own a Body-Solid power rack such as the GPR400 Power Rack, SPR1000 Power Rack, or SPR500 Half Rack, you can enhance the capabilities of your Body-Solid power rack with our huge range of attachments. These attachments include rear extensions, lat attachments, dip stations, safety straps, j-cups, weight storage, and much more.



power rack accessories Add functionality and workout diversity Attachments and accessories span multiple uses from organization and storage solutions such as bar holders, weight plate horns and storage trays to total body conditioning tools like dip stations, multi chin-up cross members, monkey bars, u-links, cannonball grips and ball rebounders.



The GPR400 Power Rack by Body-Solid If you're looking for a quality power rack that will help you get the most out of your workouts, the Body-Sol View full details Original price \$895.00 Original price \$895.00 - Original price \$895.00 Original price \$895.00



Body-Solid SPR1000 Commercial Power Rack ???
The SPR1000 from Body-Solid is a full commercial-rated power rack designed for high use and heavy duty training in any workout environment including dues paying fitness centers. Constructed with a rugged 3" x 3" 11-gauge steel mainframe, the SPR1000 has a 1000 pound weight capacity, meaning it will hold up ???



Lat Attachment: Transform the Body-Solid GPR400 Power Rack into a complete home gym with the GLA400 Lat Attachment. The GLA400 allows users to perform high and low pulley exercises including lat pulldowns, rows, biceps curls, shrugs and more in the comfort and stability of a power rack. Unique design allows the GLA400 Lat Attachment to



The Full Commercial Body Solid SPR1000 Power Rack was built to withstand the heaviest workout for any facility or home. A heavy duty 3 x 3" 11 gauge steel mainframe gives the SPR1000 a 1000 pound capacity. It measures 90" tall making it perfect for chin-ups, standing shoulder presses, and many other exercises that are often compromised on