



Body solid pro power rack review

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 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.

How many safeties does a power rack have?

Integrated chin up bar at 80" height, plus attach ab slings or inversion boots for additional uses. Power Rack includes 2 safeties and 2 Lift Offs. Quickly move the high-capacity safeties to one of 20 positions, one every 3", for exercise variety.

Does a power rack need a spotter?

With integrated safeties, the Power Rack eliminates the need for a spotter, and is a cornerstone of modern workout gyms, offering freeweight lifting for Bench Press, Squats, Overhead Press, Rack Lockout, Rack Pull, Barbell Shrug, Inverted row, Barbell Bent over Row, Barbell curls.

Who is body solid?

INDUSTRY LEADER: For 30+ years, Body Solid has held the widest array of products designed to meet the demands of the ever-changing fitness industry (home gym, free weight machines, treadmills, bikes, ellipticals, weight plates, kettlebells, dumbbells, flooring, accessories and more).

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 Pro Power Rack. Freedom of movement combined with adjustable racking and safety positions make the Power Rack a must-have for those who want to strength train without compromise. The Body-Solid Pro Power Rack is designed to work with all types of benches and is engineered for extreme workouts.

Body-Solid Pro ClubLine SPR1000 Power Rack Rear Extension. Rating * Name Review Subject * Comments * PRICE: \$625.00. MSRP: \$795.00 You save \$170.00 ... Review full FedEx terms. Customers Also Bought.



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Previous Next. Choose Options.

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 ...

It's heavier-duty than all of their Powerline racks, but not quite as impressive as Body-Solid's higher-end GPR400 and SPR1000. At the time of writing this, Body-Solid has the GPR378 listed with a MSRP of \$1,057, but you can find it for a lot cheaper through sites like Fitness Factory. Pros. 3' x 3' uprights; 11-gauge steel; Weight ...

The Body-Solid Pro Power Rack is designed to work with all types of benches and engineered for extreme workouts. ... Write a review of Body-Solid PRO Power Rack. Name. Email. Rating. Title. Review Johnson Health Tech Retail Inc. 1600 Landmark Drive Cottage Grove, Wisconsin, 53527 1-800-964-0124 ...

Body-Solid GPR378 Pro Power Rack - The GPR378 Pro Power Rack by Body-Solid is a beefy squat cage engineered for heavy duty strength training that is perfect for any garage gym, school gym, or cross-training facility. J-Hooks and ...

Write Review + Wishlist. Get Quote Download RELATED ITEMS. SPR1000DB Pro ClubLine Double SPR1000 Commercial Power Rack. ... Body-Solid's Pro ClubLine Power Rack Strap Safeties are specifically designed to offer user safety on heavy lifts while protecting Olympic bars and keeping your power rack looking brand new. Compatible only with the Body ...

Get the ultimate weight training setup with the Body-Solid GPR378P4 Pro Power Rack Package. Heavy-duty and versatile, this all-inclusive package is built to withstand intense workouts. With a durable powder coat finish and ample ...

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

The Powerline by Body-Solid Power Rack features a wide walk-in design that allows plenty of side-to-side movement for a variety of exercises, including squats, incline, decline, flat, and military presses, as well as shrugs ...

Body-Solid Pro Clubline Jammer Arms - Jammer Arms build explosive power and add another dimension to Body-Solid SPR1000 Power Rack series. Sold in pairs, Body-Solid Pro Clubline Jammer Arms feature an easy pull-pin design to quickly and ...

The Body-Solid Pro Power Rack is covered by a lifetime warranty from the manufacturer, which covers the



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frame and all parts, but not labor, paint, or finish. The frame is made from 11-gauge, high-tensile-strength heavy-duty steel, welded on all four sides, with oversized industrial-strength hardware and an electrostatically-applied powder ...

Body-Solid Power Rack - The heavy duty Body-Solid power rack is for weight training in home and clubs, add functionality with lat and dip attachments ... Body-Solid Pro ClubLine SPR1000 Power Rack. PRICE: \$1,295.00. MSRP: \$1,595.00 Previous Next. Choose Options. Add to My Wish List. Body-Solid Pro ClubLine SPR500 Half Rack ... Review full FedEx ...

This Body-Solid GPR378P4 Pro Power Rack Package home gym system includes the GPR378 power rack, the GLA378 lat pulldown station, the 210 weight stack, the GFID71 power bench, the preacher curl station, and the ...

The Body-Solid Pro Power Rack is built with heavy-duty 11-gauge high tensile strength steel frames, featuring all-4-side welded construction and oversized industrial strength hardware. ... Customer Reviews. Based on 1 review. Write a review. 100% (1) 0% (0) 0% (0) 0% (0) 0% (0) 0% (0) B . Breaton M. Oakland Fire Department. Wed like to thank Matt at ...

The Body-Solid Powerline Power Half Rack (PPR500) offers the durability and reliability of fully functional commercial half racks. ... Customer Reviews: 3.2 3.2 out of 5 stars 9 ratings. 3.2 out of 5 stars : Best Sellers Rank #988,861 in Sports & Outdoors (See Top 100 in Sports & Outdoors) #579 in Strength Training Power Cages: Date First ...

Powerline by Body-Solid's PPR1000 Power Rack offers features and reliability on par with our commercial-grade Power Racks at a lower cost. ... Write Review + Wishlist. Get Quote Options Download ... Body-Solid Fixed Weight Barbell Rack The Body-Solid Pro Clubline SBBR100 Fixed Weight Barbell Rack provides convenient and easy-access storage ...

About this item . **INDUSTRY LEADER:** For 30+ years, Body Solid has held the widest array of products designed to meet the demands of the ever-changing fitness industry (home gym, free weight machines, treadmills, bikes, ellipticals, weight plates, kettlebells, dumbbells, flooring, accessories and more).

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Body-Solid GPR400 Power Rack. GPR378. ... Body-Solid GPR370 Multi-Press Rack. SPR1000. Pro ClubLine SPR1000 Commercial Power Rack. SPR1000BACK. Pro ClubLine Extended SPR1000 Commercial Power Rack. SPR1000DB. Pro ClubLine Double SPR1000 Commercial Power Rack. SPR1000DBBACK. ... Reviews; Photos; Videos; Download A Catalog



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Freedom of movement combined with adjustable racking and safety positions make the Pro Power Rack a must-have for those who want to strength train without compromise - GPR378 - Body-Solid GPR378 Power Rack ... GPR378 - Body-Solid GPR378 Power Rack. HOME; COMMERCIAL; BODY FOCUS; ROOM PLANNER; FIND A DEALER; BLOG; CATALOG; GO. ...

The Powerline by Body-Solid Power Rack features a wide walk-in design that allows plenty of side-to-side movement for a variety of exercises, including squats, incline, decline, flat, and military presses, as well as shrugs and calf raises. ... Review written two days after receiving power rack. *The small posts (the ones that hold the barbell ...

"The Body-Solid GPR400 Power Rack is just 79" tall, solidly constructed, widely customizable, and will be able to take a beating for a long time." The review looks at all aspects of our new power rack including the ...

Freedom of movement combined with adjustable racking and safety positions make the Pro Power Rack a must-have for those who want to strength train without compromise - GPR378 - Body-Solid GPR378 Power Rack ... SEE REVIEWS » Write Review + ... Body-Solid GPR378 Power Rack HOME; COMMERCIAL; BODY FOCUS; ROOM PLANNER; FIND A DEALER; ...

This Body-Solid GPR378P4 Pro Power Rack Package home gym system includes the GPR378 power rack, the GLA378 lat pulldown station, the 210 weight stack, the GFID71 power bench, the preacher curl station, and the GLDA3 leg developer for the bench. ... Thanks for sharing your review on the Body-Solid Power Rack. I love working out and getting into ...

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. ... Write Review + Wishlist. Get Quote Options Download RELATED ITEMS ... Body-Solid Fixed Weight Barbell Rack The Body-Solid Pro Clubline ...

The GPR378P4 Pro Power Rack Gym Package by Body-Solid Max out your fitness with Body-Solid's complete GPR378 Power Rack Gym Package WHAT'S INCLUDE... View full details Original price \$2,495.00 - Original price \$4,466.00

Body-Solid's full commercial power rack, the Pro Clubline SPR1000, features everything you could want on a power rack today. The 3" x 3" 11 gauge steel mainframe gives the Body-Solid SPR1000 a heavy-duty capacity, meaning it'll hold up even through the most strenuous of workouts.

Enter: Body-Solid's new GPR400 Power Rack! "The Body-Solid GPR400 Power Rack is just 79" tall, solidly constructed, widely customizable, and will be able to take a beating for a long time." The review looks at all aspects of our new power rack including the much-heralded dimensions, the heavy-duty construction, attachments and ...



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The GPR378P4 Pro Power Rack Gym Package by Body-Solid. Max out your fitness with Body-Solid's complete GPR378 Power Rack Gym Package. WHAT'S INCLUDED? Body-Solid GPR378 Pro Power Rack; Body-Solid GLA378 Lat Pull / Low Row Attachment; Body-Solid SP200 200lb Stack Add-On; Body-Solid GFID31 FID Bench; Body-Solid GLDA1 Leg Developer

Web: <https://www.ekusenitours.co.za>