

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.

How much does a power rack weigh?

Whether your workout regimen includes squats, incline presses, flat bench presses, shoulder shrugs, or calf raises, the power rack makes your routine easy and safe. The rack measures 44 by 82 by 46 inches (W x H x D), weighs 136 pounds, and carries a 10-year warranty on the frame and one-year warranty on all other parts.

What is a body solid powerline half rack?

COMPACT & VERSATILE: The Body-Solid Powerline Half Rack is designed to fit into smaller spaces like basements and garage gyms without compromising functionality. With 2" hole spacing for j-cups and safety spotter arms, it's perfect for a variety of strength training exercises, making it an essential piece for your home gym setup.

What is included with a body solid half rack?

Included with the rack are a pair of j-cups, liftoffs, and safety spotter arms, allowing users to safely workout alone with peace of mind. The Body-Solid Powerline Power Half Rack (PPR500) offers the durability and reliability of fully functional commercial half racks.

How much does a body solid half rack weigh?

DIMENSIONS: Built with a 2"x2" heavy gauge steel frame, the Body-Solid Powerline Half Rack is designed to withstand the toughest workouts while providing a stable and secure platform for weightlifting. Measures 50.2"x50.9"x83" and weighs 700lbs. 10 years manufacturer warranty on frame and welds. One of these items ships sooner than the other.

What is the powerline by body-solid power rack?

EXPANSIVE EXERCISE OPTIONS: Equipped with a 41" wide knurled chinning bar and a full 24" between upright pillars, the Powerline by Body-Solid Power Rack expands your workout potential by accommodating a wide range of exercises from chin-ups to shrugs, ensuring a comprehensive home fitness experience.

The Body-Solid Powerline Multi Chin Up Attachment (PPRMCU) can help transform a PPR1000 Power Rack into a one-of-a-kind total training tool. This high-quality cross member attaches across the top of the PPR1000

...

Amazon : Body-Solid (GS348B Precise 7" Angle Smith Machine Home Gym - Strength Training

Equipment with Adjustable Safeties, Squat Rack Cage, Half Rack & Weight Cage Power Rack - for Amateurs & ...

Body Solid Power Rack - Powerline PPR200X. Das Body Solid Power Rack ist eine einfache, günstige, aber dennoch qualitative Lösung, um schwer, effizient und sicher trainieren zu können. Dieses Power Rack eignet sich sehr gut für ...

Perform high and low pulley exercises including lat pulldowns, rows, biceps curls, shrugs and more in the comfort and stability of a power rack. Plate-loaded attachment allows ...

The Body-Solid Powerline Extension (PPR1000EXT) is an optional attachment for the PPR1000 Power Rack. The extension expands the back of the power rack, creating an ...

The Body-Solid Powerline Adjustable Multi-Function Barbell Rack, 600 LB Capacity (PMP150), is the perfect gym partner for users wanting to perform quality barbell movements with total safety. Significantly shorter than ...

Amazon : Body Solid Powerline (PPRJC) Powerline Half Rack J-Cupsr for PPR1000 Power Rack or PPR500 Half Rack, Olympic Weight Plate Bumper Storage Gym ...

Body Solid Full Commercial Half Rack . An alternative to traditional power racks, Half Racks are great space savers providing a smaller footprint than most enclosed power ...

Body-Solid's SPRMB monkey bar attachment bolts the two SPR1000 power racks together creating a perfect platform for multiple users or group exercise. For facilities looking ...

The PPR500 Half Rack can be expanded and customized with several options and attachments to make it ideal for any customer. Measuring at 83" tall, this Half Rack is shorter than most commercial half racks making it an ...

Body Solid + Follow. Home; NEW ITEMS; Best Fitness Brand. Back; Best Fitness Brand; Home Gyms; Free Weight ; Machines; ... Power Racks; Benches; Olympic Bars; Standard Bars; ...

Amazon : Body Solid Powerline (PPRTB) T-Bar Row Platform Attachment for PPR1000 Power Rack/PPR500 Half Rack, Power Cage/Rack Attachments Expand Fitness Routine for Squats, Press, Lunge, and LAT : ...

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 ...

Sunny Health & Fitness Power Zone Strength Rack Power Cage - 1000 LB Weight Capacity, Spotter Bar,

Angled Pull-Up Bar, J-Hooks, Resistance Band Pins, Optional LAT Pull ...

Body-Solid's Full Commercial Power Rack is a sturdy 90" tall, 3" x 3" 11 gauge steel mainframe which can hold up to 1000lbs in weight. With this design, the SPR1000 is perfect for chin-ups, ...

Freedom of movement combined with adjustable racking and safety positions make the GPR378 Power Rack a must-have for those who want to strength train. The GPR378 is designed to work with all types of benches and engineered for ...

Amazon : Body-Solid (SPRHT Pro Clubline Hip Thruster Attachment SPRHT for SPR250, SPR500, SPR1000, GPR400 Power Racks Only, Includes Padded Platform for Hip Thrust, Glutes, Hamstrings, Quads ...

Whether your workout regimen includes squats, incline presses, flat bench presses, shoulder shrugs, or calf raises, the power rack makes your ...

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 ...

Amazon : Body-Solid Powerline (PPR1000) Power Rack - Steel Frame Squat Cage with J-Cups and Safety Pipes for Home Gym Strength Training : Sports & Outdoors. ...

Web: <https://www.body-solid.com/>

