

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 much weight can a power rack hold?

You literally can't have a maximum weight that's too high for your requirements, as it just means that it's ready to handle whatever you can throw at it... or drop! Most, if not all Power racks have adjustable squat rack bars, which will allow for you to move the handles up or down.

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.

What is a gpr378 power rack?

Oversize Industrial Strength Hardware and 3 x 3' 11-gauge steel with 4-side welds mean the GPR378 can stand up to the toughest workouts. Electrostatic applied powder coat finish resists chipping and scratching. Body-Solid GPR400 Power Rack with 1000 Lb.

What is a power rack?

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. 41" wide knurled chinning bar 1.5" diameter chinning bar

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 ...

Body-Solid Pro Clubline Jammer Arms build explosive power and add another dimension to Body-Solid SPR1000 Power Rack series. BSTHRB. Body-Solid Tools Heavy Rubber Balls Body ...

While the Lat Attachment and 200lb weight stack are optional, the wide walk-in design, 20 adjustment levels, and 3 vertical support columns are not. Body-Solid specifications speak ...

Massive 3"x 3" Uprights made from Heavy Duty 11-gauge Steel Construction! Fits in rooms with 7 foot ceilings! The GPR378 Power Rack is designed to work with all types of benches and is engineered for extreme workouts.

With a height of 200 cm, the GPR400 features a shorter height than most competitive Power Racks and will fit more comfortably in home, garage or basement gym settings. A wide walk-in design gives users increased space ...

With a height just under 80", the GPR400 features a shorter height than most competitive Power Racks and will fit more comfortably in home, garage or basement gym settings. A wide walk-in ...

The Body-Solid power rack is an affordable 4-post rack for anyone concerned about ceiling height. This rack stands 79" tall and will work for most home gyms and basement gyms. ... \$2,720 (\$725 for the power rack alone) ...

Body-Solid Pro Clubline Jammer Arms build explosive power and add another dimension to Body-Solid SPR1000 Power Rack series. BSTHRB. Body-Solid Tools Heavy Rubber Balls Body-Solid Tools BSTHRB Heavy Rubber Balls are ...

Body-Solid Pro Clubline Jammer Arms build explosive power and add another dimension to Body-Solid SPR1000 Power Rack series. Popular with athletic training facilities, team sports ...

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 - ...

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 ...

Created to allow weight lifters to workout safely and effectively without the need for a spotter, the Power Rack has a proven track record of success with top athletes, bodybuilders and powerlifters everywhere.

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 ...

An alternative to traditional power racks, Half Racks are great space savers providing a smaller footprint than most enclosed power racks. The ProClub Line SPR500 Commercial half rack is an all-purpose weight training

station. The ...

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 ...

DIMENSIONS: Heavy-duty construction with 2"x2", 14-gauge steel frame ensures maximum durability. Measures 45"x47"x82" and weighs 133lbs. 10 years manufacturer warranty on frame and welds. ... The Powerline by Body ...

The chart will allow you to sort and compare features across Body-Solid's entire line of squat racks, half racks and Power Racks. If you have additional questions, please reach out to us at sales@bodysolid or call us ...

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 ...

Constructed with 11-gauge steel frames and oversized industrial-strength hardware, superior durability and is built to withstand. With a height just under 80", the ...

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 ...

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