

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 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 gpr378 bench?

The GPR378 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.

How many safeties does a gpr378 have?

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. 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.

What is included in the gpr378 package?

Package includes: GPR378 Power Rack, GLA378 Lat Attachment, DR378 Dip Attachment, GFID31 Adjustable Bench, GPCA1 Preacher Curl Attachment, GLDA1 Leg Developer, SP200 Weight Stack Can be used with either Standard Sized or Olympic Sized Weight Plates Improved design features quick, easy, solid, and secure 6-position ladder-style back pad adjustment

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" x 46" x 80" and weighs 225lbs. Lifetime manufacturer warranty on frame & welds.

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. ...

This Body-Solid (#GPR378) Pro Power Rack is a heavy-duty training essential, built from 11-gauge steel with four-sided welded construction and a sleek, scratch-resistant powder coat finish. With an 800 lb weight capacity, 20 height ...

S2FT. Series II Functional Trainer Unlock a near-unlimited amount of workout possibilities with the Body-Solid S2FT Series II Functional Training Center. The S2FT's dual inde

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 brutal ...

The DR378 optional dip attachment lets you transform your GPR378 Body Solid power rack into an amazing dip station. Unlike the competition, the DR378 spans both safeties of the GPR378 ...

Body-Solid Pro Power Rack GPR378. Freedom of movement combined with adjustable racking and safety positions make the Power Rack a must-have for those who want to strength train ...

Verwandeln Sie Ihr Body Solid Power Rack GPR378 in ein Multi-Workout-Gerät. Diese Lat-/Ruderzug-Station hilft Ihnen, einen breiteren, kräftigeren Rücken und/oder einen stärkeren und grässeren Bizeps und Trizeps aufzubauen. Das ...

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 ...

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. Designed to isolate and ...

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 - ...

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 ...

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Body-Solid GPR378P4 Power Rack Package Industrial Strength Weight Training Workouts . Freedom of movement combined with adjustable racking and safety positions make the GPR378 Power Rack a must-have for those who want to ...

The Body-Solid GPR378 Power Rack. Body-Solid's a respected fitness brand with a great reputation for

providing well-built equipment that's reasonably priced. They also have one of the largest lineups of racks, home ...

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 ...

The Body-Solid GPR378 power rack is commercially rated, but it is also perfect for home gyms and is fast becoming a popular choice for many weightlifters. If you have been searching hard for a well built, versatile, stable ...

Heavy-duty 11-gauge high tensile strength steel frame features 4-side welded construction and oversized industrial strength hardware. The electrostatically applied powder coat finish resists ...

Body Solid GPR378 Power Rack Industrial Strength Weight Training Workouts . Freedom of movement combined with adjustable racking and safety positions make the GPR378 Power ...

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Web: <https://www.barc.com>

**Nominal Capacity**

**280Ah**

**Nominal Energy**

**50kW/100kWh**

**IP Grade**

**IP54**

