

What is a weight CAGE & how does it work?

This weight cage is designed to help weightlifters fire up their workout safely and effectively, with two heat-tempered lift-offs, two saber-style safety rods for solo lifting, and a 41-inch-wide knurled chin-up bar integrated into the top of the rack.

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 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.

What is a body solid machine & equipment?

Body-Solid machines and equipment are designed to fit your everyday needs. Prioritizing easy-to-do workouts, easy-to-achieve results, and equipment that lasts. Ideal for home and commercial use.

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 Power Cage:** 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 ...

**Sunny Health & Fitness Power Cage Squat Rack Upgrade Attachments,** Dip Bar, Plate Bar Holder, Belt Squat, J Hook, Lat, Adapter, U Ring, Pull Up Bar, Landmine, Captain's Chair, Tricep Rope For Home Gym ... 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 1000 lb. weight capacity, meaning it'll hold up even ...

Use this workout cage for squats, incline presses, flat bench, shoulder shrugs, and more. Choose from 18

adjustment levels, and customize ...

**VERSATILE WORKOUT OPTIONS:** Equipped with a multi-grip pull-up bar, dip station, and a half power cage, the Body-Solid Pro Clubline Commercial Half Rack offers a ...

Power Rack Comparison Chart. Click on images to select multiple models and click Compare button to compare features. Click on ITEM# to go to product page. Models. ... Full Cage; Powerline 10 Year 10 Years Frame. 1 ...

Body-Solid Power Rack Spotter Arms Pair - Perfect for Strength Training, Home Gym Power Cage, Workout Cage, Compatible with Y100 Power Rack and Y120 Half Rack. ... Multi ...

Posted By Body-Solid on Apr 24, 2019. This is a guest post from James Cousins of Smart Fitness Results.. Introduction. Besides dumbbells, barbells, and plates, a power rack is one of the essential pieces of equipment ...

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 ...

**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 ...

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 ...

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 ...

Body-Solid EXM2750S Gym Spares; Body-Solid EXM3000S Gym Spares; Body-Solid EXM4000S Gym Spares; Body-Solid G6B Biangular Gym Spares; Body-Solid G9S/G9U Biangular Gym Spares; Body-Solid G10B Bi-Angular Gym ...

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 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. ... For use with the SPR500 ...

FAGUS H 3"x3"x3" Power Cage, 2400lbs Multi-Function Power Rack, Commercial Squat Rack for

Home Gym Free Weight with Attachment Set, Jammer Arm, Lever Arm, LAT Pulldown, Leg Extension and Curl ... The Body-Solid Pro Power ...

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 ...

Power Racks (also known as a squat rack, squat cage or power cage) are a piece of training equipment that functions as a mechanical spotter for free weight, barbell-based exercises without movement restrictions. Power ...

Heavy duty squat racks, power racks, squat stands, power cages from Body Solid, York, Valor and Legend Fitness. Free shipping on most orders. Skip to main content. Shop. 888.867.1945. ...

Upgrade your power rack with FitnessFactory 's extensive range of attachments! Whether you have a Best Fitness, Body-Solid, Powerline by Body-Solid, or RUGGED Y100 Power Rack, we ...

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