

Below, I wanted to take a deep dive into all of the features that make the Body-Solid GPR378 Power Rack a great addition to any home gym. By simply looking at the beefy frame of this design, you know that it is built like a tank.

With 3? x 3?, 11-gauge steel uprights, the GPR378 is rated to safely rack up to 800 lb, which is pretty solid for a rack in this price range and more than enough weight to satisfy even the most gifted lifters out there. ...

We reviewed in detail the Body-Solid GPR378 Adjustable Pro Power Rack. Find out the pros, cons, and if we think it's worth spending on! Categories; Gym. Cardio Machines; Manual Treadmills ... 8.5 Titan Fitness T-3 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 ...

Compatible only with the Body-Solid GPR400 Power Rack. Power Rack not Included with #GPRFT. Maximize your workout space and experience the benefits of free-weight-based power rack workouts, cable-based functional ...

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 ...

For a more detailed assessment, you can read my full Powerline PPR200X review. I also cover this power rack in my list of best power rack reviews. ... Body-Solid GPR378 Power Rack. ...

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 ...

"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 ...

In our review, we will take a close look at all the pros and cons of the BFPR100. At the end of the review, we'll also compare the Best Fitness Power Rack with the slightly more expensive PPR200X Body-Solid rack, a ...

Review full FedEx terms. Customers Also Bought. Choose Options. Add to My Wish List. Powerline

PPR1000 Power Rack, 2inch x 2inch Steel Frame ... The Powerline by Body-Solid PPR200X Power Rack features a wide walk-in ...

There are not many racks on the market that can beat the versatility and build quality of the Body Solid SPR 1000 power rack. This is a tank of a power rack built to be extremely durable and solid, the 11 gauge 3" x 3" ...

- Worktime Athletics love Body-Solid - 5 / 5 : Worktime Athletics in Colorado features several Body-Solid SPR1000 Power Racks chained together to form an impressive power rack rig system. "I am pleased with the (Body-Solid) ...

1 2024 Body-Solid PowerLine PPR200X Power Rack Review; 2 Who are the Body-Solid PPR200X Power Rack Best Suited for? 3 Body-Solid PPR200X Power Rack Best Alternatives; 4 Why Should You Have a Power ...

Body Solid Review: Top Consumer Reviews reviews and ranks the best Home Gyms available today. UPDATED APRIL 2025. Body Solid Review: Top Consumer Reviews reviews and ranks the best Home Gyms available ...

No matter what type of workout is in your routine, whether its deadlifts, squats, a shoulder press or even seated rowing, the Body-Solid GPR378 rack can handle it. A proper power rack like this one gives you the ability to perform a full body ...

Full Review of Best Fitness Power Rack & Comparison With PPR200X. In our review, we will take a close look at all the pros and cons of the BFPR100. At the end of the review, we'll also compare the Best Fitness ...

Write Review + Wishlist. Get Quote Options Download RELATED ITEMS. DR100 Power Rack Dip Attachment. BFLA100 Best Fitness Lat Attachment ... upper body and core strength with the SPRCUA Multi-Chin Cross Member. The ...

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, ...

Write Review + Wishlist. Get Quote Options Download RELATED ITEMS. PPR1000EXT Powerline PPR1000 Power Rack Rear Extension. PLA1000 ... Powerline by Body-Solid's PPR1000 Power Rack offers features and reliability ...

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