

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. Electrostatic 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"x46"x80" and weighs 225lbs. Lifetime manufacturer warranty on frame & welds.

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 ...

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

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 ...

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 ...

Heavy-duty 11-gauge high tensile strength steel frames feature all-4-side welded construction and oversized industrial strength hardware. Electrostatic applied ...

Elevate your strength training with the Body-Solid GPR378 Pro Power Rack, designed for those who demand the best in their pursuit of peak physical conditioning. GPR378 Pro Power Rack Features: Wide "walk-in" design Allows ...

Body Solid Pro Power Rack - GPR400 Call to get the best price on options: The Body-Solid GPR400 Power Rack is a heavy-duty Power Rack designed to fit in several facilities from ...

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 ...

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 - ...

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Body-Solid (GPR378 Power Rack - Heavy-Duty Steel Squat Cage with Adjustable Safety Bars and Chin-Up Bar for Home and Light Commercial Gym ... The Body-Solid Pro Power Rack is designed to work with all types of benches and ...

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 ...

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 chipping and scratching. Square Tubed Lift ...

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 - Body-Solid GPR378 Power

Rack ... Body ...

Body-Solid Power Rack - The heavy duty Body-Solid power rack is for weight training in home and clubs, add functionality with lat and dip attachments ... Body-Solid Pro ClubLine SPR1000 Power Rack. PRICE: \$1,295.00. MSRP: \$1,595. ...

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.

Body-Solid Light Commercial Warranty - For Light Commercial Settings; LIFETIME: Frame & Welds; 3 YEARS: Pulleys, Bushings, Bearings, Hardware, Plates, Guide Rods; 1 YEAR: Cables, Upholstery, Grips (Normal Wear) BODY ...

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 ...

Elevate your strength training with the Body-Solid GPR378 Pro Power Rack, designed for those who demand the best in their pursuit of peak physical conditioning. Allows ample space for ...

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 ...

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