

# **Body solid pro power rack system w bench**





## Overview

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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 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 much weight can a body solid spr1000 hold?

The 3 $\frac{1}{2}$ " x 3 $\frac{1}{2}$ " 11 gauge steel mainframe gives the Body-Solid SPR1000 a 1000 lb. weight capacity, meaning it'll hold up even through the most strenuous of workouts. Body-Solid's new full commercial extended power rack, the SPR1000Back, features everything you want on a power rack today.

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.

What is a gpr378 power rack?

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



train. The GPR378 is designed to work with all types of benches and engineered for extreme workouts.

What is the best flat workout bench?

The Body-Solid Pro Clubline SFB125 Flat Bench is a no-frills flat workout bench with extra-thick upholstery and a heavy-duty steel base. The Body-Solid GFID100B Flat Incline Decline Bench is a stand-out FID bench suitable for both home and commercial settings.



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### Body-Solid GPR378P4 Pro Power Rack , For Extreme ...

This Body-Solid GPR378P4 Pro Power Rack Package home gym system includes the GPR378 power rack, the GLA378 lat pulldown station, the 210 weight stack, the GFID71 power bench, the preacher curl station, and ...

### [Body-Solid Pro Power Rack GPR378](#)

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### Body-Solid GPR378P4 Pro Power Rack Package for Weight ...

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### [Body-Solid Pro Power Rack GPR378](#)

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those who want to strength train without compromise.



**Body-Solid GPR400 Power Rack with Functional Trainer, Bench, ...**

The Body-Solid GPR400 Power Rack with Functional Trainer and Weight Set, GPR400FT500 is for sale today at Fitness Factory. Buy on our website or call 800-383-9300



**GDIB46L**

The Body-Solid GPR400 Power Rack is a heavy-duty Power Rack designed to fit in several facilities from home gyms, Pro Clubline Flat Bench The Body-Solid Pro Clubline SFB125 Flat Bench is a no-frills flat workout bench with extra-thick upholstery and a



**GDIB46L**

The PowerCenter Combo Bench (#GDIB46L) is a Flat Bench, Incline Bench, Decline Bench, 90 Shoulder Press Bench, and Seated Leg Developer all in one. You can see the dynamics of this bench as soon as you glance at the multi-position, telescoping uprights that safely hold the bar for bench exercises.





### SDIB370

Fitness Professionals, Coaches and Trainers agree that the highly efficient Combo Bench/Squat Package by Body Solid is a perfect fit for any Fitness Facility. - SDIB370 - Pro Club Bench Rack Combo Features Fitness Professionals, Coaches and Trainers agree



### [Body-Solid GPR378 Power Rack GPR378](#)

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- IP65/IP55 OUTDOOR CABINET
- OUTDOOR CABINET WITH AIR CONDITIONER
- OUTDOOR ENERGY STORAGE CABINET
- 19 INCH

### SPR1000DBBACK

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### GLEG

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### Powerline PPR1000 Power Rack

Powerline by Body-Solid's PPR1000 Power Rack offers features and reliability on par with our commercial-grade Power Racks at a lower cost. - PPR1000 - Powerline PPR1000 Power Rack S2FT Series II Functional Trainer Unlock a near-unlimited amount of workout



- Efficient Higher Revenue**
  - Max Efficiency 97.5%
  - Max PV Input Voltage 600V
  - 100% Peak Output Power
  - 2 MPPT Trackers, 100% DC Input Overvoltage
  - Max PV Input Current 55A, Compatible with High-Power Modules
- Intelligent Simple O&M**
  - IP65 Protection Degree: support outdoor installation
  - Smart ITC Error Diagnostic Function: locate PV string faults accurately and automatically detect faults
  - DC & AC Type II SPD: prevent lightning damage
  - Battery Reverse Connection Protection
- Flexible Abundant Configuration**
  - Plug & Play, EPC Switching Under 10min
  - Compatible with Lead-acid and Lithium Batteries
  - Max. 6 Units Inverters Parallel
  - MFC Function (Optional): when an arc fault is detected the inverter immediately stops operation



### **SPRACB**

Pro ClubLine Power Rack Connecting Bar Easily attach two Body-Solid SPR1000 Commercial Power Racks or two Body-Solid SPR500 Half Racks together with the Body-Solid Power Rack Connecting Bar. Model: SPRACB MSRP: \$245.00

### **SPRSS**

Body-Solid's Pro ClubLine Power Rack Strap Safeties are specifically designed to offer user safety on heavy lifts while protecting Olympic bars and keeping your power rack looking brand new. Compatible only with the Body-Solid SPR1000 Commercial Power Rack.



### Pro ClubLine SPR1000 Commercial Power Rack

Body-Solid's full commercial power rack, the SPR1000, features everything you could want on a power rack today. The Body-Solid Pro Clubline SFB125 Flat Bench is a no-frills flat workout bench with extra-thick upholstery and a heavy-duty steel base.



### SOIB250

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 facilities and schools, Body-Solid Pro Clubline Jammer Arms integrate perfectly into football and other sports training offering the ability to increase explosiveness, power and speed.



### Body-Solid (#GPR378) Pro Power Rack , Gtech Fitness

Unlock your fitness potential with this versatile power cage. Add the GLA378 high/low pulley and a premium adjustable bench, and you've got a complete full-body workout hub. It offers 20 ...

### Pro ClubLine SFID325 Adjustable Bench (Black)

Body-Solid's new SFID325B Commercial Adjustable bench is designed to meet any facility's requirements without breaking the bank. - SFID325B - Pro ClubLine SFID325 Adjustable Bench (Black) S2FT Series II Functional Trainer Unlock a near-unlimited amount of

### Commercial and Industrial ESS

Air Cooling / Liquid Cooling

- Budget Friendly Solution
- Renewable Energy Integration
- Modular Design for Flexible Expansion



### SFB125

The Body-Solid Pro Clubline SFB125 Flat Bench is a no-frills flat workout bench with extra-thick upholstery and a heavy Take your dips to the next level with the SR-DIP attachment for your Hexagon Rig system or SPR1000 Commercial Power Rack. A lock-in



Pro ClubLine SFID325 Adjustable Bench

Body-Solid's new SFID325 Commercial Adjustable bench is designed to meet any facility's requirements without breaking the bank. - SFID325 - Pro ClubLine SFID325 Adjustable Bench S2FT Series II Functional Trainer Unlock a near-unlimited amount of workout



**Pro Clubline**

COMMERCIAL RATED. PRECISION BUILT. The Body-Solid designed ProClub Line is built to address the specific needs of thousands of facilities across the country and around the world that require durable machines at affordable prices, available on demand.

**SDIB370**

Pro Club Bench Rack Combo Fitness Professionals, Coaches and Trainers agree that the highly efficient Combo Bench/Squat Package by Body Solid is a perfect fit for any Fitness Facility. F600 FUSION 600 Personal Trainer Body-Solid's Fusion 600 has all the



**GPRFT**

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### SAB500B

Build a stronger, more toned core with Body-Solid's SAB500B Ab Bench. The SAB500B is built to withstand the rigors of a high-traffic workout facility while also maintaining a small enough footprint for smaller studios or homes. New Black Finish - SAB500B - Pro



### [Body-Solid Leg Ext / Curl Bench Attachment](#)

The Body-Solid GPR400 Power Rack is a heavy-duty Power Rack designed to fit in several facilities from home gyms, Pro Clubline Flat Bench The Body-Solid Pro Clubline SFB125 Flat Bench is a no-frills flat workout bench with extra-thick upholstery and a

### [Body-Solid Multi Press Rack Combo with Bench](#)

45" L x 64" W x 74" H, 140lbs. Body-Solid ProClub SFID325 Adjustable Bench Body-Solid's ProClub SFID325 Adjustable Bench is designed to meet any facility's requirements without breaking the bank. Utility benches are a critical



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### [Body-Solid Pro Power Rack BUY NOW](#)

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 Pro Power Rack is designed to work with all types of benches and engineered for extreme workouts. Heavy-duty 11-gauge



## Contact Us

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