



Body solid power hooks

Body-Solid's full commercial power rack, the Pro Clubline 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 heavy-duty capacity, meaning it will hold up even through the most strenuous of workouts.

The SPRCUA attaches easily to the Body-Solid GPR400 Power Rack and allows users to create unique muscle isolations with multiple grips for chin-up and pull-up movements. SPRDCB. SPR500 Dual Chin-Up Bar For use with the SPR500 Half Cage only SPRDIP. Dip ...

Body-Solid Tools Dumbbell Spotter Hooks allow users to connect and hang dumbbells to barbells, eliminating the need for kicking dumbbells into position for chest and shoulder presses. This offers a safe and comfortable way to perform ...

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 without compromise. The Body-Solid Power Rack | GPR378 is designed to work with all types of benches and engineered for extreme workouts.

Body-Solid GPR400 Power Rack: Assembly Manual: GPR400: Body-Solid GPR400 Power Rack: Product Data Sheet: GPR400: Body-Solid GWT56 Vertical Weight Tree: Product Data Sheet: ... Body-Solid Tools Dumbbell Spotter Hooks _PDS_2022.pdf: BSTDH: Body-Solid Tools Fitness Bars: Product Data Sheet: BSTFB: Body-Solid Tools Fitness Pack: Product Data Sheet:

Body-Solid Tools Dumbbell Spotter Hooks - Perfect for Connecting and Hanging Dumbbells to Barbells. 3.7 out of 5 stars. 38. \$35.50 \$ 35. 50. List: \$39.99 \$39.99. FREE delivery Sat, Oct 12 Kipika J-Hooks for 2" x 2" Power Rack with 1" Hole - Bottom Reinforced Steel Hooks with Rubber Pads - Heavy Duty Power Rack Attachments - Squat Rack ...

Transform the Body-Solid GPR400 power rack into a complete home gym with the GLA400 lat attachment. The attachment allows users to perform high and low pulley exercises including lat pulldowns, rows, biceps curls, shrugs and more in the comfort and stability of a power rack. Unique design allows the lat attachment to fit into the GPR400 without ...

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. ... Pro ClubLine J-Hooks (Pair) SPRJC; Pro ClubLine Hip Thruster SPRHT; Pro ClubLine Monolift (Pair) SPRLFT;

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



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(Normal Wear) BODY-SOLID GPR400 POWER RACK RESOURCES. Body-Solid GPR400 Power Rack Data Sheet; Body-Solid GPR400 Power Rack Owner's Manual; ...

Posted By Body-Solid on Mar 6, 2023. A new product from our Body-Solid Tools line of accessories: Dumbbell Spotter Hooks! What are Dumbbell Spotter Hooks? Body-Solid Tools Dumbbell Spotter Hooks allow users to connect and hang dumbbells to barbells, eliminating the need for kicking dumbbells into position for chest and shoulder presses.

Body-Solid G6B Biangular Gym Spares; Body-Solid G9S/G9U Biangular Gym Spares; Body-Solid G10B Bi-Angular Gym Spares; Body-Solid GCAB360 Ab/Back Machine Spares; Body-Solid GCBT380 Triceps Machine Spares; Body-Solid GCEC340 Leg Curl Machine Spares; PLA200X Power Rack Lat Spares; Body-Solid GDCC Functional Trainer Spares; Body-Solid GLM83 Pro ...

Body-Solid Tools Adjustable Dumbbell Stand with Locking Wheels. BSTADBPR. Body-Solid Tools Adjustable Dumbbells. SDBX132. ... Body-Solid Tools Dumbbell Spotter Hooks. GDR10B-Pack. Body-Solid 3-Pair Vinyl Dumbbell Rack Package. GDR24-NPACK. Body-Solid Neoprene Dumbbell Rack Package. GDR24-VPACK.

Body-Solid, Inc. Global Trade Identification Number 00638448003439 : UPC 638448005891 638448003439 066510401850 : Item Package Dimensions L x W x H 6 x 4 x 2.6 inches : Package Weight 0.6 Pounds : Item Dimensions LxWxH 3.5 x 2 x 6 inches : Brand Name Body-Solid : Model Name Body-Solid PG2 Pro-Power Grips, Pair ...

Body-Solid Tools Dumbbell Spotter Hooks - Perfect for Connecting and Hanging Dumbbells to Barbells. 3.7 out of 5 stars. 38. \$34.49 \$ 34. 49. ... Kipika J-Hooks for Power Rack with Hole - Bottom Reinforced Steel Hooks with Rubber Pads - Heavy Duty Power Rack Attachments - Squat Rack Accessories for Strength Training - Set of 2 ...

The Body-Solid GPR400 Power Rack is a complete power rack station, now in an efficient package that fits in basements, garages, offices, and smaller gyms. Featuring a compact frame that saves space without sacrificing strength, you ...

Our selection includes the Powertec Power Rack, Powerline by Body Solid Power Rack, and Sunny Health & Fitness J-Hook Power Racks Attachment. Each product is designed to provide a safe and secure workout experience, allowing you to focus on your fitness goals without worrying about stability or safety.

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-Solid Power Rack with Functional Trainer Resources. Body-Solid GPR400 Power Rack Data Sheet; Body-Solid GPR400 Power Rack Owner's ...



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Shop Body-Solid Equipment at DICK'S Sporting Goods. If you find a lower price on Body-Solid Equipment somewhere else, we'll match it with our Best Price Guarantee. ... Body-Solid Power Rack Package. Home Gym Olympic. \$690.00. WAS: \$690.99* ADD TO CART Body Solid Tools Dumbbell Spotter Hooks. Body Solid Tools Dumbbells. \$31.00. ADD TO CART ...

Attachments for Body-Solid Power Racks. Attachments for Rugged Power Racks. Attachments for Powerline Power Racks. Attachments for Best Fitness Power Racks. Free Weights Body-Solid Tools Dumbbell Spotter Hooks. PRICE: \$39.99. MSRP: \$44.99 Previous Next. Add to Cart BUY NOW. Compare Add to My Wish List. Body-Solid Tools Gut Blaster Ab ...

Body-Solid Inc. is a leading manufacturer and distributor of high-quality fitness equipment for the home and commercial markets. With 30 years of experience, Body-Solid offers one of the widest arrays of products in the industry including multi-station gyms, free weight machines, power racks, a complete line of cardiovascular products including rowers, bikes, treadmills and ellipticals as ...

The Body-Solid GPR400 Power Rack. Body-Solid is a powerhouse in the world of home fitness. ... If that footprint measurement is from the very utmost width of the foot, than the area where the J-hook is would be a few cm closer in, allowing the 131 cm shaft to just fit on the J-hooks the way they should. I hope that makes sense. Moving on to ...

Body Solid GPR378 Power Rack by Body Solid is one of the quality products on Fitnessgiant . At a low price of \$599.00. Skip to main content. Shop. 888.867.1945. ... paint wears off real easy on safety bars and L hooks just from normal use like resting bar between sets, needs numbers above every hole to make it easy to move safety bars and L ...

Body-Solid Tools Dumbbell Spotter Hooks allow users to connect and hang dumbbells to barbells, eliminating the need for kicking dumbbells into position for chest and shoulder presses. This offers a safe and comfortable way to perform dumbbell movements without wasting energy or damaging the user's shoulders.

The Body-Solid Powerline Power Half Rack (PPR500) offers the durability and reliability of fully functional commercial half racks. The PPR500 Half Rack can be expanded and customized with several options and attachments to make it ideal for any customer. Measuring at 83" tall, this Half Rack is shorter than most commercial half racks making ...

For use with the Bodysolid Power Rack GPR378 Only. Boasting a heavy-duty steel construction, the bar hooks mount securely to the Bodysolid GPR378 Power Rack. Having an extra set of J-Hooks will make your workouts that much faster and rewarding. No more having to unload weights off a bar just to make height adjustments.

Lat Attachment for GPR400 Transform the Body-Solid GPR400 Power Rack into a complete home gym with the GLA400 Lat Attachment. *Please note: some pictures shown with optional weight stack plates (SP150).



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Model: GLA400 MSRP: \$595.00

Body-Solid SPR J-Cup Pair - Add Lift-Offs to the SPR500 or SPR1000, The SPRJC can mount on the front or rear uprights and are tested to hold 1000lbs. ... Body-Solid's full commercial power rack, the Pro Clubline SPR1000, features everything you could want on a power rack today. The 3" x 3" 11 gauge steel mainframe gives the Body-Solid ...

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