

Body-Solid®



GPR4000

POWER RACK

Body-Solid

GPR400 Power Rack

€895.00



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.

Constructed with 11-gauge steel frames and oversized industrial-strength hardware, the GPR400 offers superior durability and is built to withstand the intensity of heavy powerlifting and frequent group training.

With a height of 201 cm, the GPR400 features a shorter height than most competitive Power Racks and will fit more comfortably in home, garage or basement gym settings.

A wide walk-in design gives users increased space and comfort when using the rack for a multitude of movements including squats, lunges, rack pulls and deadlifts. Add a Body-Solid bench and open up several new workout possibilities including decline and incline press, bench press, shoulder press and more.

An integrated 32mm diameter pull-up bar adds additional functionality to the GPR400 Power Rack with the ability to perform pull-ups, chin-ups, leg lifts and oblique twists.

Each GPR400 comes standard with pipe & pin safeties and J-cup liftoffs. Optional attachments and accessories allow complete customization to fit facility and user needs.

Features

11-gauge steel frame

Wide walk-in design

25 mm hole spacing for safeties

Includes pipe & pin safeties & J-cup liftoffs

Integrated 32 mm pull-up bar

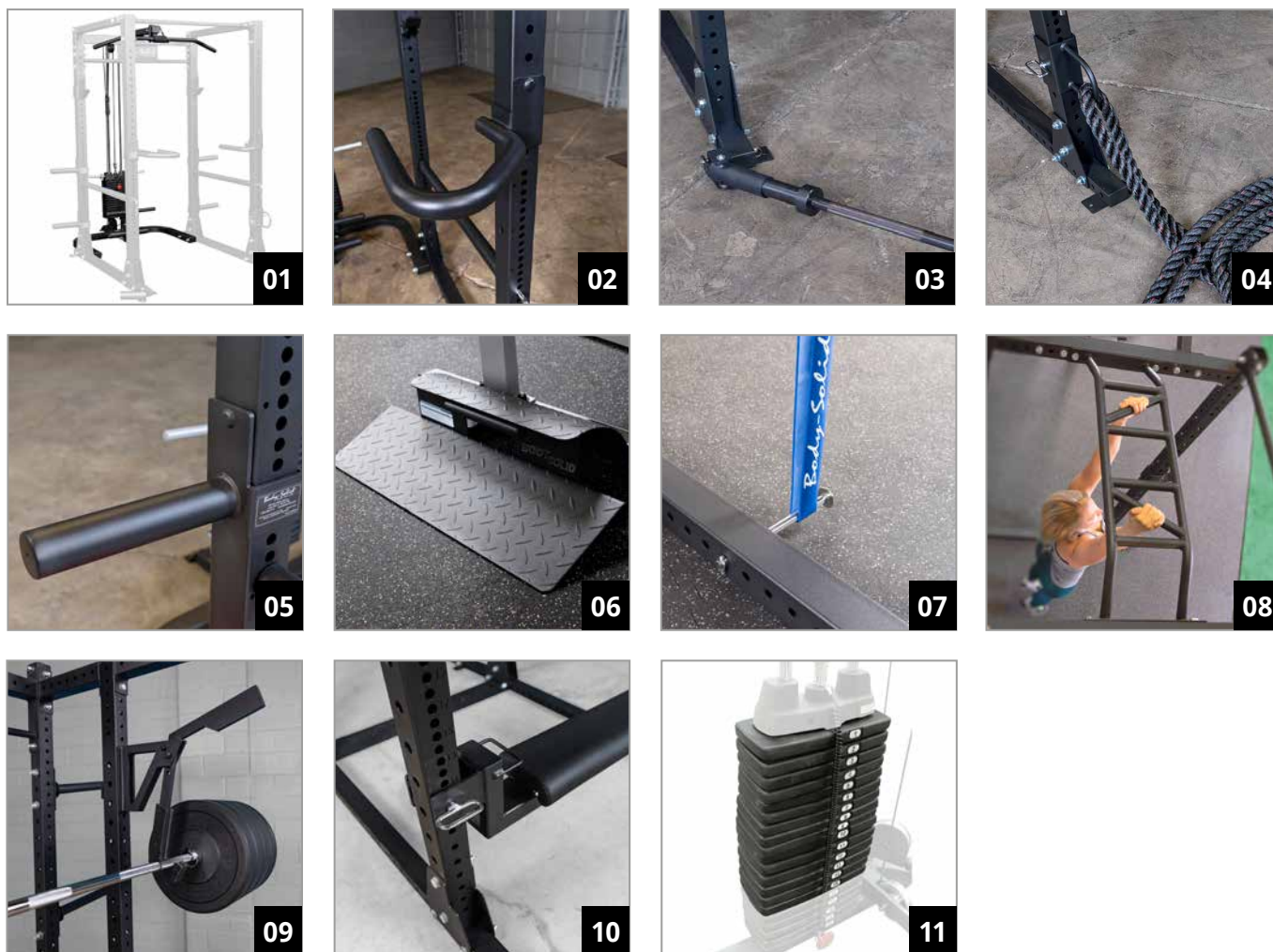
Dimensions: L 134.6 x W 132 x H 201 cm

Net weight: 124 kg

Weight capacity: 450 kg



Bar and Weights sold separately



Optional Attachments

01	GLA400 Lat Attachment	Transform the GPR400 Power Rack into a complete home gym with the GLA400 Lat Attachment.	€549.00
02	GPRDH Dip Handles	GPRDH Dip Handles attaches easily to the inside of the power rack offering a solid, stable base for dips without compromising or requiring additional space.	€69.00
03	GPRTBR T-Bar Row	Designed to attach easily to the bottom of a GPR400 Power Rack, the GPRTBR helps users build strength and power while performing exercises like rows, deadlifts, presses, lunge presses, rotational exercises and more.	€49.00
04	GPRUL U-Link	Increases the functionality of the GPR400 Power Rack. Pair with Body-Solid Training Ropes and build muscle and explosive strength in the arms, back and core while integrating with intense HIIT and cross-training workouts.	€45.00
05	GPRWH Weight Horns	Organize and display weight plates on the Body-Solid GPR400 Power Rack with the GPRWH Weight Horn attachment.	€45.00
06	SCB26 Calf Squat Block	Maximize your Squats and Calf Raises with the Squat Block	€149.00
07	SPRBP Band Pegs	Add progressive resistance to any workout with the SPRBP Band Pegs add-on. Compatible with Body-Solid's BSTB Lifting Bands, these pegs allow you to get peak effectiveness out of a number of workouts including squats.	€55.00
08	SPRCUA Multi-Grip Chin Attachment	The SPRCUA allows users to create unique muscle isolations with multiple grips for chin-up and pull-up movements.	€215.00
09	SPRLFT Monolift	This attachment reduces the chance of injury when lifting max weight and offers additional safety.	
10	SPRHT Hip thruster	The hip thrust movement builds strength, size, and stability in the glutes, hamstrings, and quads.	€175.00
11	SP150 Weight Stack	Weight stack upgrade	€390.00

Optional Attachments for Body-Solid Power Racks GPR400, SPR250, SPR500 and SPR1000



Code	Compatible with	Description	Net/kg	Gross/kg	Retail
SPRACB	SPR500 / SPR1000	Connecting Bar	23.5	24.5	€ 275.00
SPRBACK	SPR1000	Rack Extension Kit	N/A	N/A	€ 895.00
SPRBCB	SPR500	Bench Clearance Back Bar	8.3	10.5	€ 119.00
SPRBP	GRR400 / SPR500 / SPR1000	Band Pegs For	0.9	1.4	€ 55.00
SPRCB	SPR1000	Fat Chin-Up Bar	5.4	6.2	€ 79.00
SPRCUA	GRR400 / SPR1000	Multi-Grip Chin Bar	10.6	13.7	€ 249.00
SPRDCB	SPR500	Dual Chin-Up Bar	12.1	15	€ 125.00
SPRHLA	SPR500	Lat Attachment	41.3		€ 595.00
SPRHT	GPR400 / SPR250 / SPR500 / SPR1000	Hip Thrust Attachment	14	15	€ 175.00
SPRJAM	SPR1000	Jammer Arms	38.5	41.6	€ 395.00
SPRJC	SPR500 / SPR1000	J-Cups	7	7.6	€ 119.00
SPRMB	SPR1000	Monkey Bars	35.5	38.2	€ 449.00
SPRLFT	GPR400 / SPR500 / SPR1000	Monolift Attachment	25	26	
SPRPS	SPR500	Pin & Pipe Safeties	6.5	7	€ 89.00
SPRSA	SPR500 / SPR1000	Spotter Arms	17	18	€ 189.00
SPRSF	SPR1000	Premium Safeties	14.8	16.2	€ 215.00
SPRSP	SPR500 / SPR1000 / GPR400	Spotter Stand	20		€ 215.00
SPRSS	SPR1000	Power Rack Strap Safeties	9.7	10.4	€ 279.00
SPRST	SPR500 / SPR1000	Storage Tray	14.7	16.1	€ 199.00
SPRTB	SPR500 / SPR1000	Dual T-Bar Row	3.8	4	€ 95.00
SR-BHV	SPR500 / SPR1000	Vertical Bar Storage	4.2	5.4	€ 95.00
SR-DIP	SPR500	Dip Station			€ 299.00
SR-MGC	SPR1000	Multi-Grip Chin Up (2 in box)	12.8	14.5	€ 269.00
SR-REB	SPR1000	Rebounder	24.8	29.9	€ 760.00
SR-SBH	SPR500 / SPR1000	Stability Ball Holder	6.4	8.2	€ 209.00
SR-STEP	SPR500 / SPR1000	Step (Plyo) Attachment	16.4	18.6	€ 369.00
SR-UL	SPR500 / SPR1000	U-Link Attachment (for ropes/tubes)	4.5	5.4	€ 115.00
SR-WPH	SPR1000	Weight plate Horns	2.9	4.1	€ 55.00