Body-Solid

GPR400

POWER RACK
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.

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. 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. 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 including the GLA400 Lat Attachment, SPRCUA Multi-Chin, GPRDH Dip Handles, GPRTBR T-Bar Row, GPRUL U-Link and GPRWH Weight Horn allow complete customization to fit facility and user needs.

**Features**

- 11-gauge steel frames
- 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 133.5 x W 132 x H 201 cm
- **Weight:** 124 kg
- **Weight capacity:** 450 kg

**Optional Attachments**

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<th>Item</th>
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<td>01</td>
<td>GLA400</td>
<td>Lat Attachment</td>
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