



Body Solid Jammer Arms to Power Rack SPR1000 (SPRJAM)



The BodySolid Pro Club Line Jammer Arms build explosive strength and add another dimension to the Body Solid SPR1000 Power Rack series. Popular with athletic training facilities, team sports facilities and schools, the Body-Solid Pro Club Line Jammer Arms integrate perfectly with a variety of sports workouts and offer the ability to increase explosiveness, power and speed.

CHF 399.00

Jammer arms are constructed of 3" x 3", 11-gauge steel and oversized, industrial-grade hardware and are designed for heavy-duty, commercial and athletic training facilities. The chrome-plated 28cm weight horns provide plenty of room for heavy workouts and allow users to fully customize weight and resistance with Olympic weight plates. Rubber bumpers protect racks from scratches and scrapes and reduce noise during workouts. Innovative handles allow for both neutral and angled grips for added workout versatility.

Popular with athletic training facilities, team sports facilities and schools, Body Solid Pro Club Line Jammer Arms integrate perfectly with football and other sports training and provide the opportunity to increase explosiveness, strength and speed.

Use the Body-Solid Pro Club Line Jammer Arms for powerful jammer movements, including single-arm jammers, rotational jammers, hammer jammers, rows, triple extension and more. In addition, jammer arms can be used in popular barbell-oriented movements such as bench press, deadlift, shoulder press, incline bench press and more.

- Easy pull-pin design attaches to SPR1000 power racks.
- 3" x 3", 11-gauge steel
- oversized industrial grade hardware
- 28cm long chrome-plated weight horns for Olympia discs (51mm)
- rubber bumpers to prevent scratches, wear and reduce noise
- **only compatible with Body Solid SPR1000 Power Racks (must be bolted to the floor)**
- weight: 39kg

**The Shark
Fitness Company**



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Recommendation: Body Solid Pro Clubline Jammer arms should only be installed on a Body Solid SPR1000 Power Rack that is securely fastened to the floor.