

Body-Solid®
Built for Life



Body-Solid®
Built for Life

www.bodysolid.com
800-833-1227

Body-Solid is the leading provider of high quality home fitness products. With innovative design and durable structure, Body-Solid equipment delivers the optimum workout experience for any body type. For over twenty years, we have been committed to superior customer service and sales assistance. Even after the initial sale is complete, our representatives are there to help you for the life of your equipment. Your satisfaction is Body-Solid's top priority, no matter the setting.

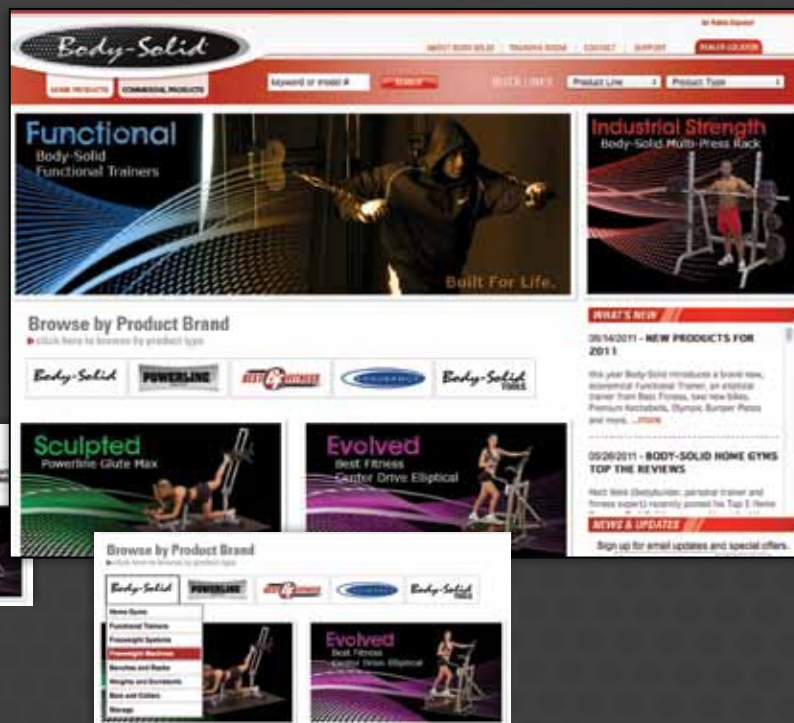
*Product Description
See page 28*



- Browse by product brand or type
- See photos and read detailed information about each product
- Visit the Training Room to view short videos demonstrating product use
- Download assembly manuals
- View warranty information



Browse by Product Brand or Product Type



Commercial Warranty

Lifetime:
Frames, welds, weight plates and guide rods

Two Years:
Pulleys, bushings, bearings and hardware

One Year:
Cables, upholstery, grips and all other components not mentioned in this warranty



Body-Solid In-Home Lifetime Warranty
Pads, pulleys, cables, frames and everything else.



Powerline Ten Year Warranty
Ten Years: All frames
One Year: All other parts



Endurance In-Home Lifetime Warranty
Belts, motors, electronics and everything else.
One year labor.



Best Fitness Three Year Warranty
Three Years: Frames
One Year: All other parts



Endurance by Body-Solid In-Home Warranty
Lifetime: Frame
Five Years: Parts
One year labor.

Body-Solid

Selectorized Gyms	4
Fusion Gym Systems	4
G-Series Gym Systems.....	7
EXM Series Systems.....	15
Gym Options	18
Functional Trainers	20
Freeweight Machines	22
Leverage Machine.....	22
Smith Machine	23
Racks and Benches	24
Core Trainers	27
Upper Body Equipment	29
Lower Body Equipment	31
Weights and Storage.....	33

Body-Solid Tools

Dynamic Training.....	36
Cable Attachments & Accessories	38

Powerline

Selectorized Gyms	41
Freeweight Machines	44
Power Rack	44
Smith Machine	45
Benches and Core Training	47
Lower Body Equipment	49
Upper Body Equipment	50
Cable Crossover Machine	51

Best Fitness

Gyms	53
Strength Equipment	54
Cardio Equipment.....	56
Elliptical / Treadmill	56
Spin Style Bikes	57

Endurance

Cardio Equipment.....	58
Ellipticals	59
Exercise Bikes.....	61
Treadmills	64
Index	66

Body-Solid®
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FUSION500

PERSONAL TRAINER

F500

STATIONS

- Adjustable press station with ergo press grip adjusts for incline, shoulder and chest supported row
- Synchronized adjustable cable arms for functional training
- Leg extension and leg curl station with pivoting roller
- High pulley station, swiveling mid and low pulley stations from functional arms

FEATURES

- Cables add two optional attachments allowing up to four options on one gym
- Oversized V-groove high pulley
- Two-way adjustable back pad
- Gas assisted seat adjustment
- Standard 210 lb. weight stack (F500/2), optional 310 lb. weight stack (F500/3)
- Standard full metal weight stack shroud

SPECIFICATIONS

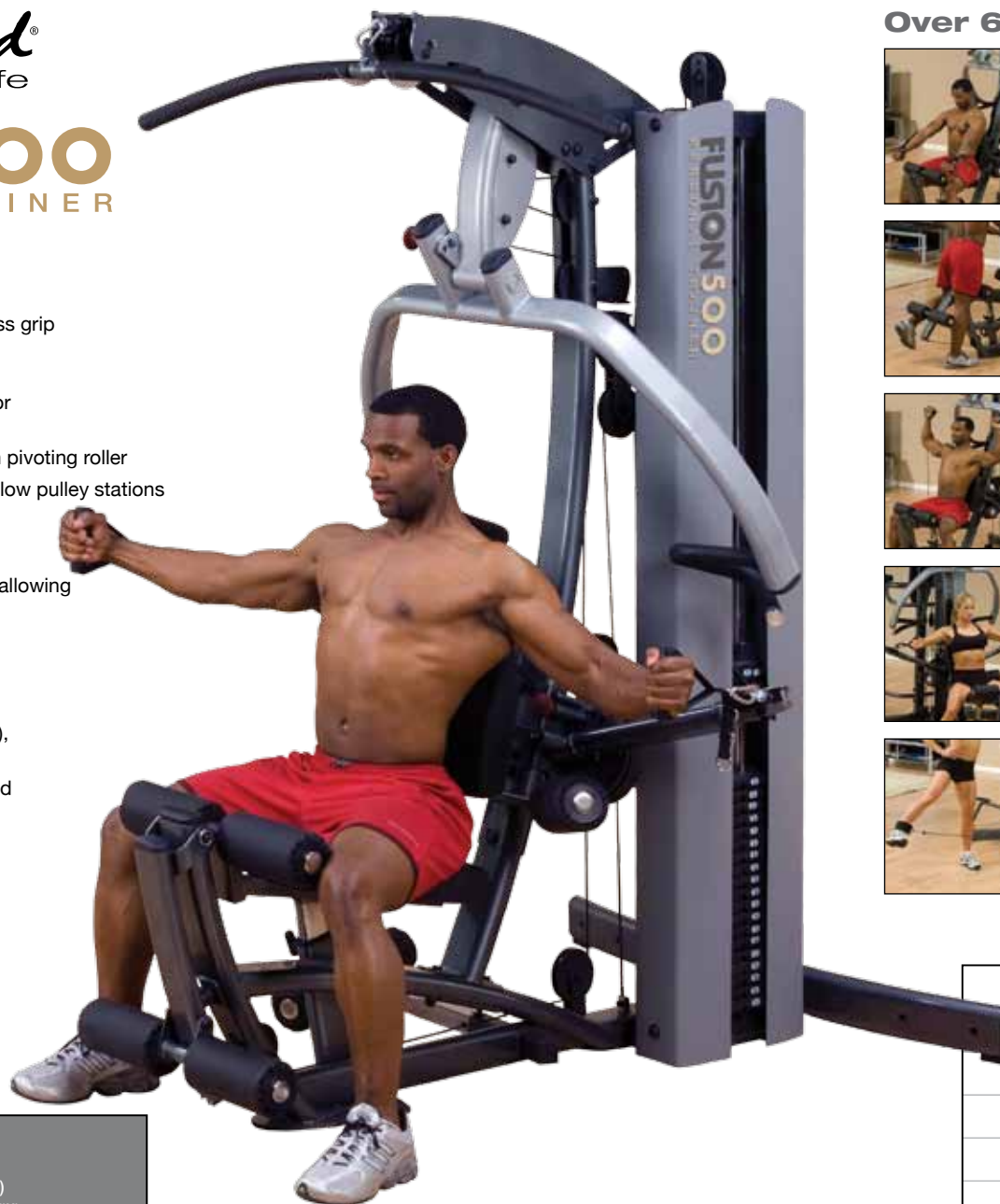
- 2"x4" oval tubing, 11-gauge steel
- Sealed bearing bench press pivot
- Sealed bearing leg developer pivot

The Fusion 500 includes a lat bar, low row bar, two nylon cable handles, ankle strap, exercise chart.

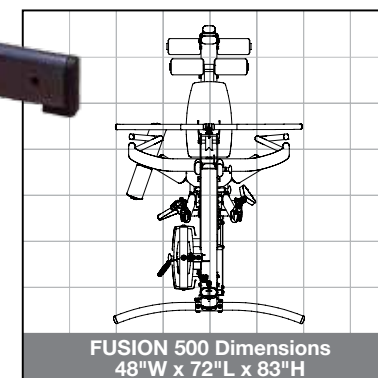
Fusion 500 Optional Attachments

See pg. 18 for these optional attachments:

FLP.....Leg Press (80"W x 79"L x 83"H)
FMH.....Multi-Hip Station (82"W x 72"L x 83"H)
FKR.....Vertical Knee Raise (48"W x 99"L x 83"H)
FPU.....Pull-Up Bar
FCDWA.....Weight Assisted Dip/Pull-Up Station (98"W x 72"L x 83"H)
FSHDP.....Pulley Area Shroud Plastic
FSHDM.....Pulley Area Shroud Metal
All dimensions shown include gym.



Over 60 Exercises



FUSION600

PERSONAL TRAINER

F600 C

STATIONS

- Bi-Angular® pressing station adjustable for incline and shoulder press
- Synchronized adjustable cable arms for functional training
- Dedicated chest supported mid row station
- Seated leg curl and seated leg extension station
- High pulley station, swiveling mid and low pulley stations from functional arms

FEATURES

- Cables add two optional attachments allowing up to four options on one gym
- Oversized V-groove high pulley
- Two-way adjustable back pad
- Gas assisted seat adjustment
- Standard 210 lb. weight stack (F600/2), optional 310 lb. weight stack (F600/3)
- Standard full metal weight stack shroud

SPECIFICATIONS

- 2"x4" oval tubing, 11-gauge steel
- Sealed bearing bench press pivot
- Sealed bearing leg developer pivot

The Fusion 600 includes a lat bar, low row bar, two nylon cable handles, ankle strap, exercise chart.

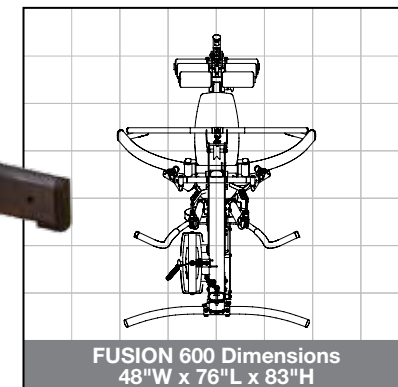
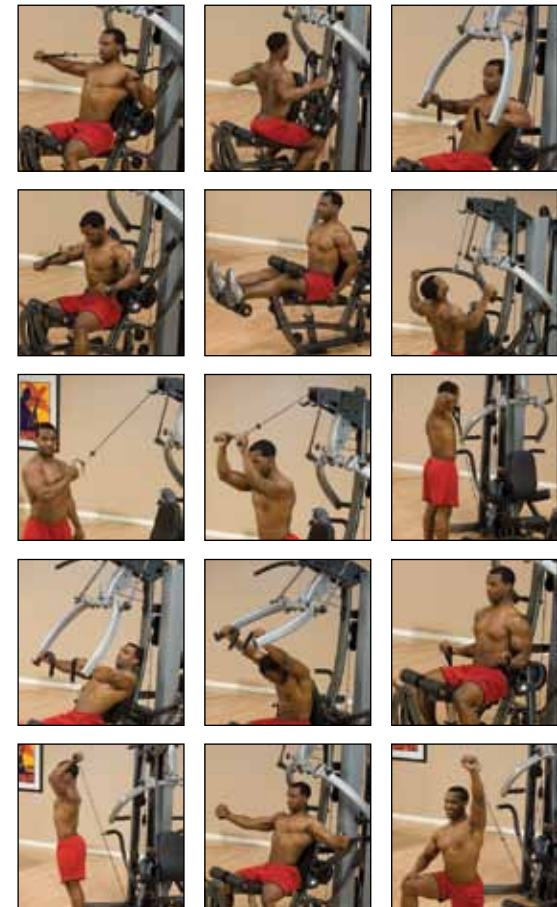
Fusion 600 Optional Attachments

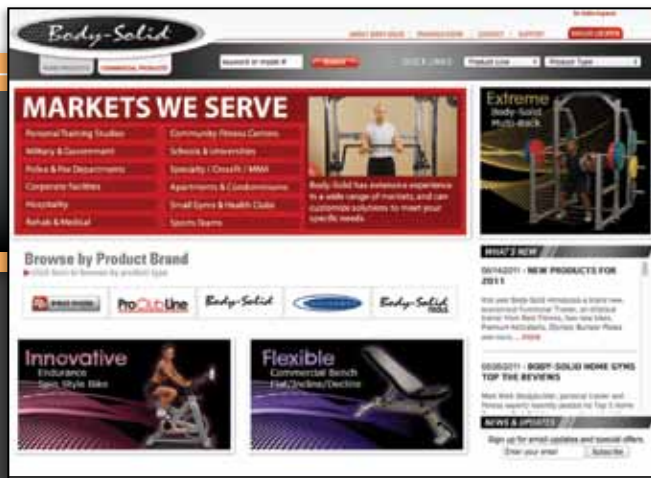
See pg. 18 for these optional attachments:

FLP.....Leg Press (79.5"W x 79"L x 83"H)
 FMHMulti-Hip Station (82"W x 76"L x 83"H)
 FKRVertical Knee Raise (48"W x 99"L x 83"H)
 FPUPull-Up Bar
 FCDWA.....Weight Assisted Dip/Pull-Up Station (98"W x 76"L x 83.5"H)
 FSHDP.....Pulley Area Shroud Plastic
 FSHDM.....Pulley Area Shroud Metal
 All dimensions shown include gym.



Over 60 Exercises





BodySolidCommercial.com



Body-Solid Offers a Full Line of Commercial Equipment

Body-Solid has a full line of commercial equipment to fit the needs of any facility.

Body-Solid's **Pro•Dual** line of dedicated dual function equipment is the perfect solution for facilities with limited space options, such as hotels, fire stations, office buildings and residential complexes. The **Pro•Dual** line includes ten function-specific dual machines that can stand alone or be combined with a three or four stack weight tower to build a single multi-function gym.

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. The **ProClub Line** includes twenty of the most popular selectorized and freeweight strength training stations requested by commercial facilities. Straight forward designs and easy adjustments provide a safe and familiar workout environment for fitness enthusiasts of all experience levels.

Visit www.bodysolidcommercial.com for more information including case studies on installations and detailed product information. All of these products are in stock and ready to ship with no waiting or special orders required. Each product is commercial rated and backed by Body-Solid's one-of-a-kind service and support commitment.



See our full line of commercial equipment at www.bodysolidcommercial.com



MULTI-STATION HOME GYM



G1S

The Body-Solid G1S packs a lot of power, strength and durability into the smallest footprint available. Centered on a 160 lb. selectorized weight stack, this gym allows over 40 toning, trimming and strength training exercises.

- Includes ab-crunch strap, lat bar, low row bar, ankle strap, water bottle, DVD and exercise chart

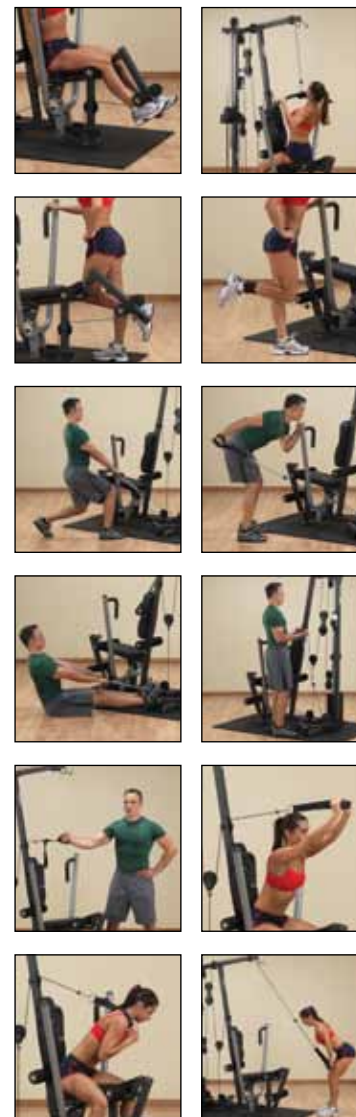
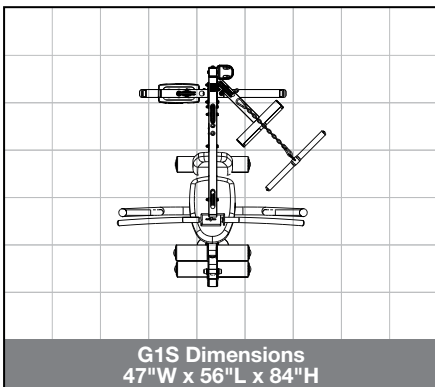
G1S Optional Attachments



Aluminum Pulley (GAP1)



Gym Mounted Accessory Rack (GRACK)



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MULTI-STATION HOME GYM

G2B

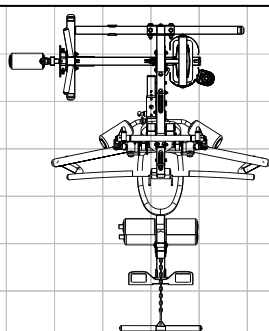
The G2B's most unique feature is the patented Bi-Angular® converging press arm system. Bi-Angular® technology uses a converging axis during all pressing motions to provide 25% more muscle interaction. Included in this versatile gym is a Multi-Hip station to sculpt your hips, thighs and glutes. The G2B allows you to perform every exercise you need to sculpt your body to its ultimate form. The G2B comes standard with a 160 lb. weight stack, with the option of a 210 lb. stack.

- Includes ab-crunch strap, lat bar, low row bar, ankle strap, water bottle, DVD and exercise chart

G2B Optional Attachments

See pg. 18 for these optional attachments:

GLP	Leg Press/Calf Press (89"W x 71"L x 83.5"H)
SP50	50 lb. Selectorized Weight Stack
GAP2	Aluminum Pulley
GCCA	Cable Column Attachment (93"W x 71"L x 83.5"H)
GIOT	Seated Inner/Outer Thigh (85"W x 71"L x 83.5"H)
GRACK	Gym Mounted Accessory Rack
All dimensions shown include gym.	



G2B Dimensions
63"W x 71"L x 84"H



Shown with optional
Aluminum Pulleys (GAP2) and Cable
Column Attachment (GCCA)



MULTI-STATION HOME GYM

G3S

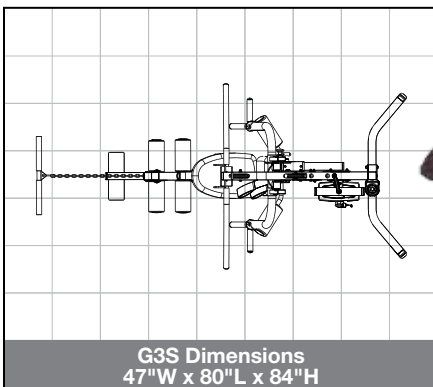
Advanced engineering with a traditional multi-grip press arm system delivers deep and effective muscle interaction for chest press, incline press, shoulder press and mid row movements. Simply face the machine and grasp the mid row handles for a lower back workout. The Leg Extension/Leg Curl station is fully adjustable for maximum comfort. Add the optional Leg Press/Calf Press station for the ultimate lower body workout. It has everything you need for a lifetime of stimulating, efficient workouts. The G3S comes standard with a 160 lb. weight stack, with the option of a 210 lb. stack.

- Includes ab-crunch strap, lat bar, low row bar, ankle strap, water bottle, DVD and exercise chart

G3S Optional Attachments

See pg. 18 for these optional attachments:

GLPLeg Press/Calf Press (72"W x 80"L x 84"H)
 SP5050 lb. Selectorized Weight Stack
 GAP3Aluminum Pulley
 GCCA.....Cable Column Attachment (79"W x 80"L x 84"H)
 GIOTSeated Inner/Outer Thigh (71"W x 80"L x 84"H)
 GRACK.....Gym Mounted Accessory Rack
 All dimensions shown include gym.



G3S Dimensions
47"W x 80"L x 84"H



Shown with optional
Aluminum Pulleys (GAP3) and
50 lb. Selectorized Weight Stack (SP50)

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MULTI-STATION HOME GYM **C**

G4I

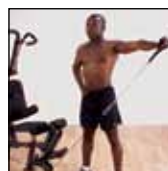
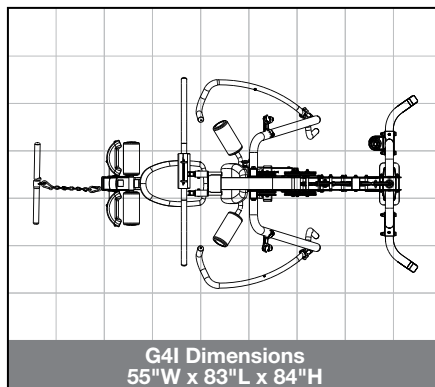
The freedom of the independent 3-D motion arms allow you to simultaneously work your targeted muscles as well as your stabilizer muscles for natural, defined development. The swiveling dual pulley lat station, chest supported mid row station and a self-aligning cuffed leg developer station provide maximum comfort for quadriceps and hamstring development. The G4I comes standard with a 160 lb. weight stack, with the option of a 210 lb. stack.

- Includes lat bar, low row bar, ankle strap, two cable handles, water bottle, DVD and exercise chart

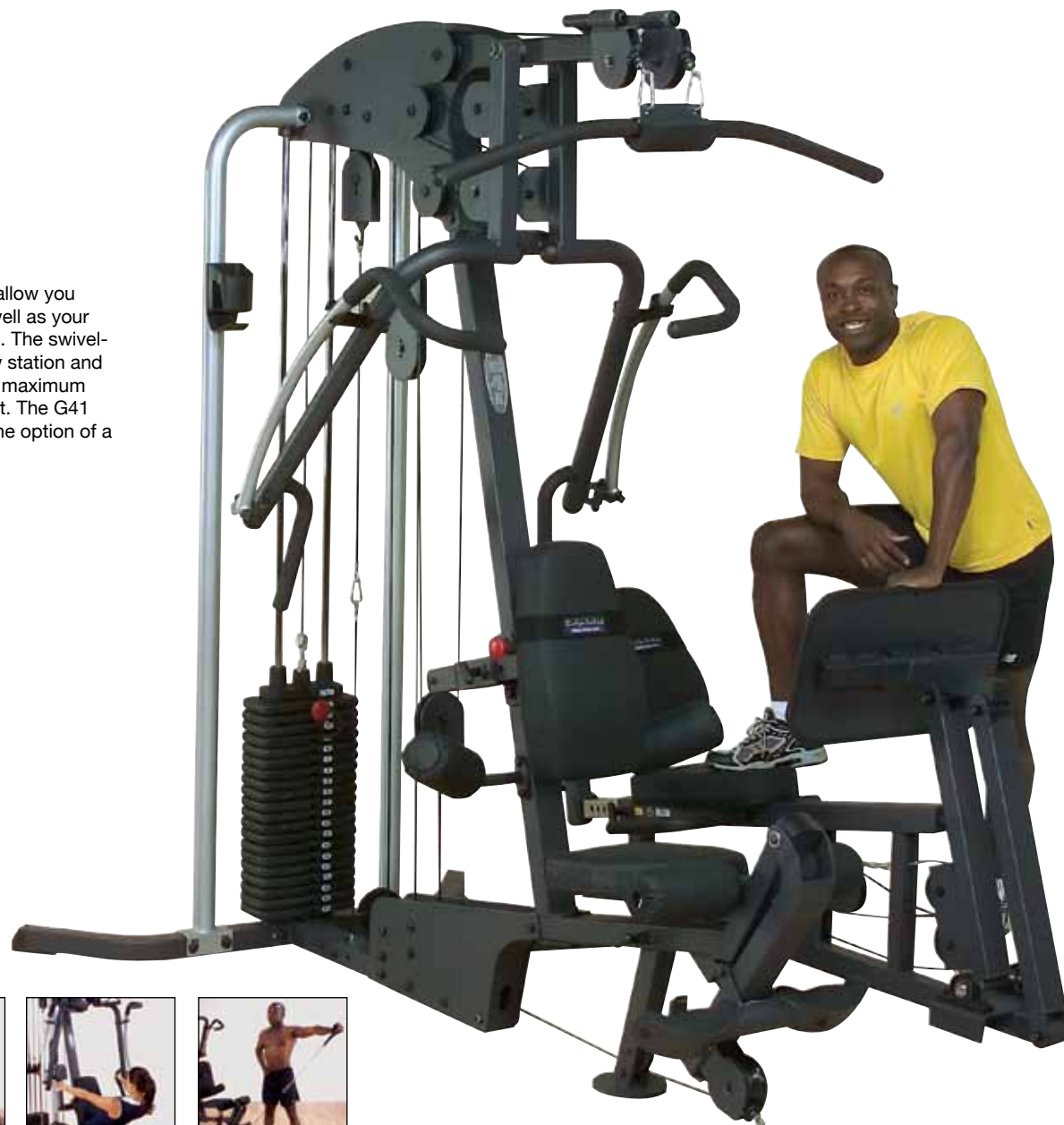
G4I Optional Attachments

See pg. 18 for these optional attachments:

GLPLeg Press/Calf Press (86"W x 83"L x 84"H)
SP5050 lb. Selectorized Weight Stack
GAP4Aluminum Pulley
GIOTSeated Inner/Outer Thigh (75"W x 83"L x 84"H)
All dimensions shown include gym.



Shown with optional
50 lb. Selectorized Weight Stack
(SP50) and Leg Press/Calf Press (GLP)



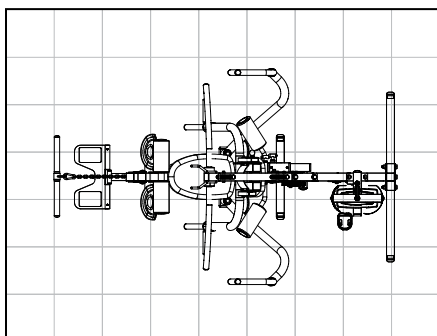


MULTI-STATION HOME GYM **C**

G5S

The Body-Solid G5S is a feature packed selectorized gym making your workouts faster, more efficient and requiring less space than conventional gyms. The multi-grip press arm features three pairs of hand grips to work muscle groups from various angles. Adjust the cam at the top of the press arm to perform flawless, chest, shoulder and back exercises. Turn around and work your lats with a chest supported mid row or reach up and grab the lat bar. The Perfect Pec™ Station is equipped with swivel arms and designed for both unilateral and bilateral movements. The leg developer's SmoothGlide Bearing System™ glides you through the most demanding leg curls and leg extensions. Loaded with over 50 exercises and a 210 lb. weight stack, the G5S is the perfect gym for someone looking for maximum versatility in minimum space. The G5S comes standard with a 160 lb. weight stack, with the option of a 210 lb. stack.

- Includes ab-crunch strap, lat bar, low row bar, ankle strap, water bottle, DVD and exercise chart



G5S Dimensions
46"W x 83"L x 84"H



Shown with optional
Aluminum Pulleys (GAP5)



G5S Optional Attachments

See pg. 18 for these optional attachments:

GLP	Leg Press/Calf Press (83"W x 83"L x 84"H)
SP50	50 lb. Selectorized Weight Stack
GAP5	Aluminum Pulley
GCCA	Cable Column Attachment (79"W x 83"L x 84"H)
GIOT	Seated Inner/Outer Thigh (72"W x 83"L x 84"H)
GRACK	Gym Mounted Accessory Rack
All dimensions shown include gym.	

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MULTI-STATION HOME GYM **C**

G6B

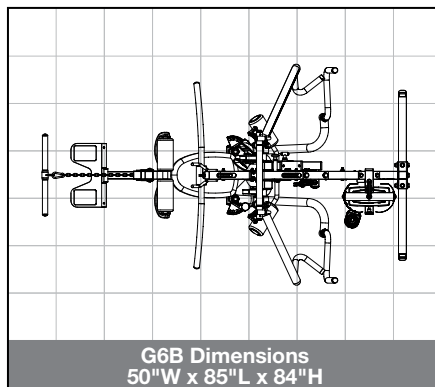
Patented Bi-Angular® converging press arm system guides you through the optimal range of motion while applying resistance from two directions simultaneously. This increases muscle interaction by 25%. Comes complete with the Perfect Pec™ station with adjustable range of motion. Press station and leg developer station feature the SmoothGlide Bearing System™ with biomechanically accurate pivot points for friction free movement. The G6B comes standard with a 210 lb. weight stack, with the option of a 260 lb. stack.

- Includes ab-crunch strap, lat bar, low row bar, ankle strap, water bottle, DVD and exercise chart

G6B Optional Attachments

See pg. 18 for these optional attachments:

GLPLeg Press/Calf Press (82"W x 85"L x 84"H)
 SP5050 lb. Selectorized Weight Stack
 GAP6Aluminum Pulley
 GCCACable Column Attachment (81"W x 85"L x 84"H)
 GIOTSeated Inner/Outer Thigh (83"W x 85"L x 84"H)
 All dimensions shown include gym.



Shown with optional Seated Inner/Outer Thigh attachment (GIOT) and Aluminum Pulleys (GAP6)



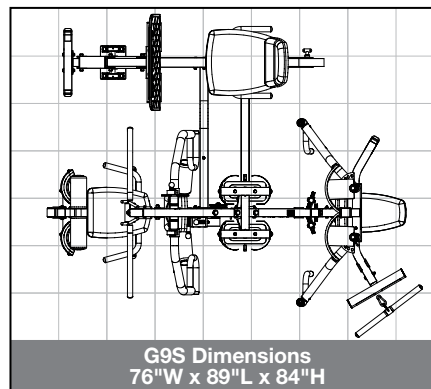


MULTI-STATION SELECTORIZED GYM

G9S

This multi-station gym provides health club quality strength training for up to three people simultaneously. The G9S incorporates a multi-function press arm station for chest press, incline press, shoulder press and chest supported mid row exercises. Perfect Pec™ station has fully adjustable range of motion. Includes Leg Press/Calf Press station that operates on a 2:1 ratio giving it a weight capacity of 420 pounds. The G9S provides maximum strength and a weight room full of workout options in a minimum amount of space. The G9S comes standard with a 210 lb. weight stack, with the option of a 260 lb. stack.

- Includes ab-crunch strap, lat bar, low row bar, ankle strap, water bottle, DVD and exercise chart



G9S Optional Attachments

See pg. 18 for these optional attachments:

- GKR9.....Vertical Knee Raise (104\"W x 89\"L x 84\"H)
GAP9.....Aluminum Pulley
GIOT-9.....Seated Inner/Outer Thigh (125\"W x 89\"L x 84\"H)
SP5050 lb. Weight Stack Upgrade
All dimensions shown include gym.



Shown with optional
Aluminum Pulleys (GAP9)



MULTI-STATION HOME GYM **C**

G10B

Precision engineered for quality without compromise, the patented Bi-Angular® converging press arm system guides you through a free weight dumbbell style workout that applies resistance from two directions simultaneously. Perfect Pec™ station features adjustable range of motion for individual pre-stretch. Seated leg extension/seat-ed leg curl provides quick easy access and state-of-the-art exercise movement. Two-210 lb. weight stacks can be upgraded to 260 pounds. The G10B offers over 50 professional exercises.

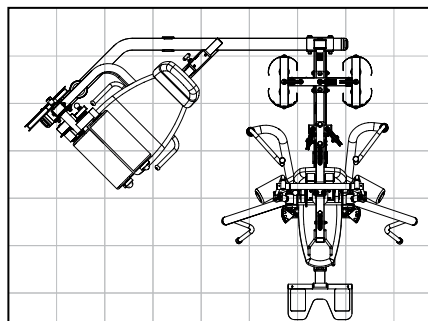
- Includes ab-crunch strap, lat bar, low row bar, ankle strap, water bottle, DVD and exercise chart



G10B Optional Attachments

See pg. 18 for these optional attachments:

- GLPLeg Press/Calf Press (135"W x 84"L x 84"H)
 - SP5050 lb. Selectorized Weight Stack
 - GAP10Aluminum Pulley
 - GCCA.....Cable Column Attachment (129"W x 73"L x 84"H)
 - GIOTSeated Inner/Outer Thigh (131"W x 73"L x 84"H)
- All dimensions shown include gym.



G10B Dimensions
108"W x 73"L x 83"H

Shown with optional Aluminum Pulleys (GAP9)

EXM1500S MULTI-STATION SELECTORIZED GYM

EXM1500S

When the leading consumer reporting magazines were searching for the number one best buy in the home gym category, they found it in the EXM1500S. It has all the features you need for a complete toning, trimming and strength training program at home. This gym is centered on a selectorized 160 lb. weight stack, adjustable in 10 lb. increments. While sitting on the firm, oversized adjustable seat pad you can begin by grabbing the multi-grip press arm and work on your chest and shoulders, then wrap your legs over the comfortable foam rollers to rip through a set of thigh burning leg extensions. Now, take hold of the Ab Strap and crunch your way to a washboard stomach. Spin around and reach for the Lat Bar and work your shoulders and upper back. Using the Straight Bar on the multi-purpose Low Pulley you can perform seated rows, biceps curls, wrist curls, upright rows, shrugs and more.

Dimensions:

83"H x 49"L x 36"W



BodySolid .COM

See more information about all available selectorized gyms at bodysolid.com

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EXM3000LPS MULTI-STATION C SELECTORIZED GYM

EXM3000LPS

This multi-station selectorized gym provides health club quality strength training for up to three people simultaneously. The EXM3000LPS features a multi-function Press Arm Station for bench press, incline press, shoulder press and chest supported mid-row exercises. The fully-adjustable Perfect Pec™ Station with range limiters allows users to achieve deeper muscle penetration for faster, more defined results.

The Leg Press/Calf Press Station operates on a 2:1 weight ratio giving the EXM3000LPS the capacity of a 420 lb. leg press. The non-slip rubber encased foot plate is constructed of heavy gauge steel for safe operation during the most intense workouts. Thick DuraFirm™ pads are contoured for lumbar support. Both 210 lb. weight stacks are within easy reach for a quick weight selection.

Dimensions:
83"H x 91"L x 73"W



*Optional Vertical Knee Raise/Dip Station
(VKR30)*



Multiple Combinations



EXM4000S MULTI-STATION **C** SELECTORIZED GYM

EXM4000S

Twelve hardworking exercise stations at one affordable price, the Body-Solid EXM4000S is designed for those who demand the ultimate gym package. It offers an enormous range of upper and lower body exercises for maximum muscular strength, total body conditioning, and superior endurance. Up to four people can work out simultaneously with the optional Leg Press/Calf Press Station. The exercise stations are fed by three 210 lb. steel alloy weight stacks. Unique features include a bench press with kick assist lever for complete pre-stretch and full range of motion, seat pads with automatic hydraulic adjustments, easy access pop pin adjustments from the seated positions, and DuraFirm™ pads with lower lumbar support. Comes complete with weight stack shrouds for safety, 2"x4" mainframe to eliminate torsional flex, Perfect Pec™ Station with range limiters and a durable powder coat finish. Includes fully padded Lat Bar, Revolving Straight Bar, Balanced Triceps V-Bar, Utility Strap and comfortably padded Ab/Triceps Strap.

Dimensions:

91"L x 133"W x 83"H

Dimensions with LP40S:

168"L x 133"W x 83"H



*Optional Attachment:
Leg Press (LP40S)*



FUSION OPTIONS

Personalize your gym with the following optional attachments for the Fusion 400, Fusion 500 and/or Fusion 600 gyms shown on pages 4-6.

(Photo not available)

Pulley Area Shroud Metal (FSHDM)
Fusion 500, Fusion 600

Pulley Area Shroud Plastic (FSHDP)
Fusion 500, Fusion 600



Weight Assisted Dip/Pull-Up
(FCDWA)
Fusion 400, Fusion 500,
Fusion 600



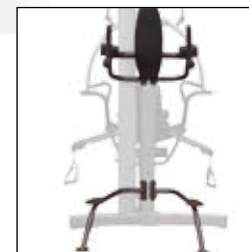
Leg Press (FLP)
Fusion 400, Fusion 500,
Fusion 600



Multi-Hip Station (FMH)
Fusion 400, Fusion 500,
Fusion 600



Pull-Up Bar (FPU)
Fusion 500, Fusion 600



Vertical Knee Raise (FKR)
Fusion 500, Fusion 600

G-SERIES OPTIONS

Personalize your workout with the following optional attachments for the G-Series gyms shown on pages 7-14.



50 lb. Selectorized Weight
Stack (SP50)
G2B, G3S, G4I, G5S,
G6B, G10B



Seated Inner/Outer
Thigh (GIOT)
G2B, G3S, G4I, G5S, G6B,
G9S, G10B



Vertical Knee Raise
(GKR9)
G9S



Aluminum Pulley (GAP#)
G1S (GAP1), G2B (GAP2), G3S
(GAP3), G4I (GAP4), G5S (GAP5),
G6B (GAP6), G9S (GAP9), G10B
(GAP10)

For all selectorized gyms



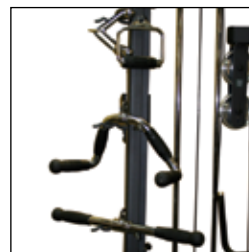
Weight Stack Adapters, 2.5 lb./5 lb. (WSA2.5/
WSA5)



Leg Press/Calf Press (GLP)
G2B, G3S, G4I, G5S,
G6B, G10B

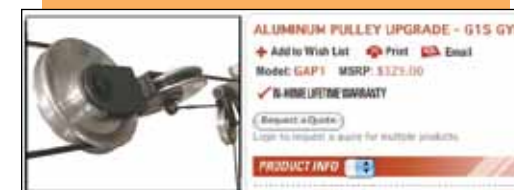


Cable Column (GCCA)
G2B, G3S, G5S,
G6B, G10B



Gym Mounted Accessory
Rack (GRACK)
G1S, G2B, G3S, G4I,
G5S, G6B

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View more information about optional
attachments and upgrades for
your gym at bodysolid.com

See our extensive line of gym attachments, bars and
accessories on pages 38-39.



INNER AND OUTER THIGH MACHINE

GIOT-STK

- Combines both abductor and adductor exercises in one seated position
- Five range of motion adjustments to accommodate users of all sizes
- No cable change design with swiveling knee pads provides comfort and convenience
- Optional 310 lb.

Dimensions: 70"H x 62.5"L x 65"W

Sleeves, bars, plates and collars sold separately.

FUSION CHIN DIP COMBO

FCD-STK

- Dip station handles with oversized hand grips for a killer triceps/deltoid/lower pec workout
- Counter-resistance kneepad platform allows user to control desired weight-assist balance
- Thick DuraFirm™ back, arm and kneepads
- Optional 310 lb.

Dimensions: 54"W x 64"L x 80"H



LEG PRESS/CALF PRESS STATION

GLP-STK

- Oversized rubber foot plate to accommodate all user sizes and provide better traction on calf raise exercises
- Commercial grade, precision engineered pillow block bearings for smooth movement and tighter tolerances
- 2:1 ratio
- Optional 310 lb.

Dimensions: 70"H x 63"L x 55"W

Perform Hundreds of Exercises



FUNCTIONAL TRAINING CENTER **C**

GDCC200

Featuring a dual-independent weight stack system, users get dedicated resistance with true isolateral movements. Modern, precision-fitted components along with high quality materials and finishes guarantee a long lasting, durable station at a price that is unbeatable in the market. The Functional Training Center has ergonomically designed adjustments and interchangeable cable handles that offer an unlimited number of exercise possibilities for all experience levels.

Includes two 160 lb. or two 210 lb. weight stacks. Optional 50 lb. stack upgrade available.

Dimensions: 83.5"H x 40.5"L x 78"W

FUNCTIONAL TRAINING CENTER **C**

GDCC210

Featuring a dual-independent weight stack system, users get dedicated resistance with true isolateral movements. Precision-fitted components along with high quality materials guarantee a long lasting, durable station at an unbeatable price. The Functional Training Center features ergonomically designed adjustments and interchangeable cable handles that offer an unlimited number of exercise possibilities. The GDCC210 excels at pressing exercises and has the smallest footprint of all the Body-Solid functional training centers.

Includes two 160 lb. or two 210 lb. weight stacks.
Optional 50 lb. stack upgrade available.

Dimensions: 83.5"H x 38"L x 64"W



SP50
Optional 50 lb. stack



GDCCBAR



GDCCRACK
Accessory Rack



SELECTORIZED DELUXE CABLE CENTER

GDCC250

The GDCC250's dual independent carriages are ergonomically designed to offer twice as many height adjustments as previous models. The interchangeable cable handles provide an unlimited number of possibilities for all experience levels. The unique pull up station offers multiple grip positions that add more exercise options to this already versatile station.

- Modern design, precision fitted frame components
- Impact-resistant, fiberglass reinforced nylon pulleys with sealed bearings
- 11-gauge, 2"x4" oval tube main frame
- 20 independent height adjustments and 180° cable positioning
- Electrostatically applied powder coat finish
- 4.8 mm diameter spun steel aircraft cables rated to over 2,500 lb.
- High density foam rubber hand grips/handles and injection molded ends/footcaps
- Dual position pull up bar

Includes two 160 lb. or two 210 lb. weight stacks. Optional 50 lb. stack upgrade available.

Dimensions: 83.5"H x 164"L x 29"W





LEVERAGE MACHINE

SBL460P4

With enormous weight capacity, rock-solid structure and safety features that eliminate the need for a spotter, the Freeweight Leverage Machine is your training partner. Load up 300, 500, 800 pounds or more. This machine is engineered to be the strongest leverage gym in existence. The extra strong and extra large 3"x3" 10- and 11-gauge steel main-frame features all-4-side welded construction, commercial grade pillow block, sealed ball bearings, DuraFirm™ pads and a durable powder coat finish. Independent stations mean that up to three people can use the Freeweight Leverage Machine at the same time.

Dimensions: 107"L x 126"W x 83"H

Operating Dimensions: 144"L x 168"W x 83"H

SBL460P4 Includes

SBL460Mainframe
LSA50Squat Attachment
FID46Flat/Incline/Decline Bench



More Machine Means More Exercise

Bench Press	Decline Pec Fly	Frontal Lat Pull-Down	Seated Military Press	Front Wrist Curl	Calf Raise
Incline Press	Pullover	Lat Pull-Down	Converging Shoulder Press	Rear Wrist Curl	Lunge
Decline Press	Crossover	High Row	Reverse Delt	Narrow Grip Triceps Press	Prone Leg Curl
Converging Chest Press	Bent Over Row	Upright Row	Standing Biceps Curl	Lying Triceps Extension	Leg Extension
Converging Incline Press	Dead lift	Standing Military Press	Standing Reverse Curl	Triceps Press down	Leverage Squat
Converging Decline Press	Good Mornings	Standing Shoulder Press	Praecher Curl	French Press	Leverage Calf Raise
Pec Fly	Chest Supported Mid row	Incline Front Delt Raise	Reverse Praecher Curl	Squat	Resistance Ab Crunch
Incline Pec Fly	One Arm Row	Seated Shoulder Press	Incline Biceps Curl	Front Squat	Resistance Oblique Crunch



Calf Squat Block
(SCB26)

Series 7 Smith Machine Package

GS348QP4



210 lb. Selectorized Lat Attachment

Precision machined 210 lb. alloy steel weight stack with add-on plate posts for individual freeweight plates. Adjustable low row foot brace allows maximum pre-stretch for all size users. Includes Lat Bar and Low Row Straight Bar.

GLA348QS



Pec Attachment

Extra thick arm roller pads and DuraFirm™ back pad make performing pectoral flys comfortable even with the heaviest weight. Unique design allows both unilateral and bilateral movement.

GPA3



Flat/Incline/Decline Bench

Handles over 1,000 lb. Eight position back and seat pads adjust from decline to a 90° shoulder press position.

GFID71



Six-Roller Leg Developer Attachment

Leg Extension is designed for ultimate strengthening of knee and thigh muscles. Leg Curl is designed for maximum concentration of hamstring and glute muscles. Features oversized 8" rollers for total comfort.

GLDA3



Preacher Curl Attachment

Set to the optimum angle which is designed to isolate and maximize biceps, triceps, and forearm muscle concentration. Extra thick DuraFirm™ pad. Bar Saddle included.

GPCA1



Base Unit (GS348Q)



Twenty lockout points allow you to workout safely without a spotter and provides the safest workout possible.



Seven-degree reversed pitch design follows your body's natural path of motion.

GS348Q Dimensions: 56"L x 64"W x 83"H

GS348QP4 Dimensions: 78"L x 64"W x 84"H

Sleeves, bars, plates and collars sold separately.

MULTI-PRESS RACK



GPR370

Fitness professionals, coaches and personal trainers agree that a heavy duty rack with easy to use adjustments and a barbell set go a long way in the world of strength training. Freeweight training is most effective when the user feels safe enough to use heavy weights and push the envelope. Our full commercial Multi-Press Rack is an industrial strength training partner that doesn't try to change how you workout, it works with you.

Dimensions: 74"H x 45"L x 64"W



POWER RACK



GPR378

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 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. Electrostatically applied powder coat finish resists chipping and scratching through the most brutal routines.

Dimensions: 79"H x 49"L x 46"W



*Shown with
Lat Attachment GLA378
and Weight Stack
SP200*



HEAVY DUTY FLAT/INCLINE/DECLINE BENCH

GFID71



- Full commercial quality with over 1,000 lb. capacity
- Six-position seat and back pad adjustment allows any sized user to do bent knee sit-ups and ab crunches
- Full 2¾" thick DuraFirm™ Pads will never bottom out
- Includes T-Bar leg hold-down attachment with rollers
- Expandable for Leg Developer (GLDA3), Preacher Curl Attachment (GPCA1), and Lat Attachment (GLRA81)
- Wheels for easy mobility

Dimensions: 19"H x 70"L x 28"W

FOLDING MULTI-BENCH



GFID225

- No assembly required
- Seven adjustment positions for flexibility and comfort
- 2"x3" oval tubing ensures durability and support for the heaviest of workouts
- Wheels for easy mobility
- Folds flat for storage

Dimensions: 18"H x 57"L x 16"W



Folded

Dimensions: 16"W x 43"L x 7.5"H

Sleeves, bars, plates and collars sold separately.



FLAT/INCLINE/DECLINE BENCH

GFID31

- Designed with a shortened base frame to fit perfectly in all Smith Machines, Power Racks and Multi-Press Racks
- Quick and secure six-position ladder-style back pad adjustment
- Expandable for Leg Developer (GLDA1), Preacher Curl Attachment (GPCA1)
- Thick DuraFirm™ upholstery

Dimensions: 22"H x 59"L x 27"W



FLAT/INCLINE/DECLINE BENCH

FID46

- Heavy duty 3" round stock steel mainframe
- Full 2¾" seat and back pads
- Leg developer with upholstered 4"x8" rollers and oversized brass bushings
- Arched lying leg curl station that provides proper lower back support
- Nine-position back pad with synchronized seat pad

Dimensions: 31"H x 75"L x 28"W

PRO CLUBLINE



FLAT / INCLINE / DECLINE BENCH

SFID325

- 74 pounds
- 2"x3", eleven-gauge steel
- Independent back pad and seat pad adjustments
- 1000 pound capacity tested
- Thick, durable padding
- Transport wheels for easy movement
- Back pad adjusts flat, incline (15, 30, 45, 60 and 80 degrees) and decline (-18 degrees)
- Seat pad adjusts flat, 10, and 18 degrees
- Height to pad -flat position 18"

Dimensions: 25.5"W x 57.5"L x 18"H



Easy Transport Wheels

FLAT/INCLINE BENCH



GF121

- Commercial 2"x3" heavy gauge steel mainframe
- Glide and lock seat and back pad adjustment
- Adjusts from flat to 90° in 9 positions with convenient one-touch pop-pin
- Thick DuraFirm™ pads

Dimensions:
17.5"H x 52"L x 21"W (46"H when inclined)



Featured in:
Mens Fitness Magazine UK
Gear Guide 2009
Best For Versatility

UTILITY STOOL



GST20

- Ideal for performing both barbell and dumbbell workouts
- Extra wide, solid base provides maximum stability
- Thick DuraFirm™ pads
- Heavy duty 2"x2" and 2"x3" 12-gauge steel mainframe

Dimensions:
20"H x 46"L x 23"W



HEAVY DUTY FLAT BENCH

GFB350

- Commercial 2"x3" heavy gauge steel mainframe
 - Wide base eliminates rocking
 - Thick DuraFirm™ pad
 - All-4-side welded construction
- Dimensions: 20"H x 46"L x 23"W



POWERCENTER COMBO BENCH



GDIB46L

- Includes Leg Developer
 - Six position Flat/Incline/Decline
 - DuraFirm™ back and seat pads
 - Multi-position telescoping uprights
- Dimensions: 43"H x 77"L x 46"W



GPCA1
Optional
Preacher Curl
Attachment



GLRA81
Optional Lat Row
Attachment

PRO-STYLE AB BOARD C

GAB60

- Twelve adjustment levels
- Thick DuraFirm™ back pad
- Upper back and head support
- Oversized 8" foam rollers

Dimensions: 52"H x 54"L x 24"W



SEMI-RECUMBENT SYNCHRONIZED AB BENCH C

GAB350

- Adjustable seat pad, roller bar and foot-hold
- Provides maximum comfort by stabilizing the lower back
- Add weights to the plate holder to increase resistance
- Olympic plate holders only

Dimensions: 65"L x 27"W x 43"H



CAM SERIES AB AND BACK MACHINE C

GCAB360

- Thick DuraFirm™ pads
- Positioned at a 30° angle for precise movement
- 2"x4" steel mainframe
- Pop-pin allows adjustments to increase and control range-of-motion
- Adjustable lifting arm can be positioned for exercising abdominal and back muscles
- Shown with optional Olympic Adapter Sleeve (OAS14)

Dimensions: 43"H x 60"L x 46"W



SEMI-RECUMBENT AB BENCH C

GAB300

- 2"x3" heavy gauge steel mainframe
- Glide and lock seat and back pad adjustment
- Adjusts from flat to 90° in nine positions
- Thick DuraFirm™ pads
- Plate loaded resistance for upper and lower abs
- Weight assisted lower ab

Dimensions:
17.5"H x 52"L x 21"W (46"H when inclined)



VERTICAL KNEE RAISE AND DIP

GVKR60

- Safe, no-slip step-up entry
- Thick DuraFirm™ back and arm pads
- Comfortable oversized hand grips

Dimensions: 60"H x 37"L x 24"W



VERTICAL KNEE RAISE/DIP/PULL UP/CHIN MACHINE

GVKR82

- 10° reverse pitch increases abdominal range of motion and securely locks you into position
- Easy access dip station features oversized diameter grips for ultimate comfort
- Push-up station is cushioned and mounted 12" off the floor for the deep pec building push-ups
- DuraFirm™ back pad features extra lumbar support
- Heavy-gauge 2"x2" all-4-side welded high tensile strength steel mainframe construction

Dimensions: 82"H x 57"L x 43"W

VERTICAL KNEE RAISE/DIP/PULL-UP STATION

FCD

- Close or wide grip pull-up bar
- Oversized dip handles
- Thick DuraFirm™ back and arm pads
- 2"x3" oval tubing
- 10° reverse pitch increases abdominal range of motion

Dimensions: 82"H x 63"L x 27"W



45° HYPER EXTENSION C

GHYP345

- 2"x3" heavy-gauge steel construction
- Thick 3¾" DuraFirm™ pads
- Relieves lower back pain
- Increases flexibility and improves circulation
- Strengthens back and abdominal muscles

Dimensions: 36"H x 50"L x 26"W



BodySolid .COM

BodySolid 45° BACK HYPEREXTENSION

It's a comfortable, reversible back extender and midline heater and at an exact 45° angle for ultimate conditioning.

Model: GHYP345 MSRP: \$375.00

✓ 18-MONTH WARRANTY

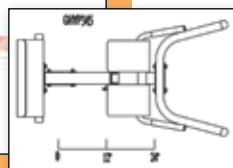
PRODUCT INFO

Submaterial: Steel Frame, Steel Base, Steel Support, Steel Pad, Steel Roller

SCHEMATICS

- CAD: step file
- AutoCAD: dwt file
- SolidWorks: sldprt file

Download product schematics and diagrams at bodysolid.com



SEATED ROW MACHINE C

GSRM40

- Thick DuraFirm™ chest and seat pads
- Easy access plate load system
- Oil-lite bronze bushings at all pivot points
- Extra-thick foam padded foot braces
- Dimensions: 39"H x 54"L x 44"W



PRO-LAT MACHINE

GLM83

- Effortless transitions between high and low pulley exercises
- Thick DuraFirm™ seat pad
- Comfortable, multi-position 8" foam rollers lock you in position for high pulley lat work
- Seated row foot brace for low pulley lat work
- Includes lat bar and straight bar

Dimensions: 82"H x 60"L x 32"W

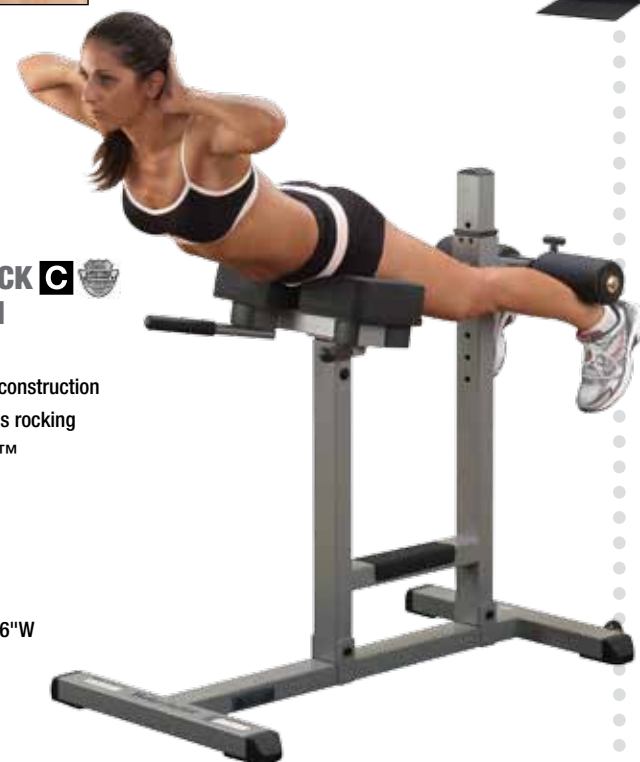


ROMAN CHAIR/BACK HYPER EXTENSION C

GRCH322

- 2"x3" heavy-gauge steel construction
- Extra wide base eliminates rocking
- Extra thick 3¾" DuraFirm™ support pads
- Vertically and horizontally adjustable foam rollers
- No slip step-up surface for safe positioning

Dimensions: 43"H x 45"L x 26"W





DIP STATION **C**

GDIP59

- 2"x2" mainframe construction
- Oversized 1¾" diameter dipping bars
- Slip-proof rubber grips
- Electrostatically applied powder coat finish

Dimensions: 54"H x 39"L x 44"W



See pg 39 for
Dipping Belts

PREACHER CURL BENCH **C**

GPCB329

- 2"x3" high tensile strength steel mainframe
- Thick DuraFirm™ arm and seat pads
- Fully adjustable to accommodate all size users
- Extra-wide base and bar cradle

Dimensions:
35"H x 41"L x 31"W



BICEPS AND TRICEPS MACHINE **C**

GCBT380

- Adjustable seat for proper positioning
- Thick DuraFirm™ pads
- Positioned at a 30° angle for precise biomechanical movement
- 2"x2" and 2"x4" supportive steel blends structural integrity with ultimate comfort
- V-Bar handle for arm curls
- Adjustable lifting arm can be positioned upward for tricep workout

Dimensions: 40"H x 45"L x 43"W



PEC MACHINE **C**

GPM65

- 2"x2" high tensile strength steel frame
- Dual overhead variable resistance cams
- Extra-thick and super tough DuraFirm™ seat and back pads
- Fully adjustable to accommodate any size user
- Articulating arms for unilateral and bilateral chest development

Dimensions: 65"H x 32"L x 28"W



LEG PRESS/HACK SQUAT MACHINE

GLPH1100

- Quad track roller system operates smoothly and evenly distributes weight
- Both back pads utilize a quick flip-and-lock mechanism
- Heavy gauge diamond plate foot platforms for both leg press and hack squat positions
- Easy access under carriage plate load system
- Heavy duty 2"x4" 11-gauge steel mainframe minimizes torsional flex for maximum strength and stability
- Tough, double stitched 4" thick DuraFirm™ back and shoulder pads are contoured for maximum support of the lower back and shoulders
- 1,000 lb capacity

Dimensions: 56"H x 83"L x 34"W



LEVERAGE SQUAT/CALF RAISE MACHINE

GSCL360

- Heavy-gauge diamond plate foot platform is set to a 20° pitch for optimal development of the quadriceps and glutes
- Innovative calf raise block is round instead of square, eliminating the painful edge and providing a deep pre-stretch for maximum calf workouts
- Heavy duty mainframe is comprised of extra large 3"x3" high tensile strength 12-gauge steel with all-4-side welded construction
- Thick DuraFirm™ shoulder and back pads are specifically contoured to conform to shoulders
- Spring loaded lockout handle is positioned within reach for user safety

Dimensions: 56"H x 62"L x 43"W

SEATED CALF RAISE MACHINE

GSCR349

- Commercial 2"x3" heavy-gauge steel frame with all-4-side welded construction
- 3:1 weight ratio for developing powerful calves
- Pillow block bearings at main pivot points for smooth movement under the heaviest loads
- Thick DuraFirm™ knee pads and seat pad
- Angled foot platform with non-slip surface for full range of motion
- Adjustable for all size users

Dimensions: 39"H x 47"L x 20"W



CAM SERIES LEG EXTENSION/ LEG CURL MACHINE

GCEC340

- The two most important leg exercises can now be performed from one comfortable position
- Thick, comfortable DuraFirm™ pads and fully adjustable 7-gauge steel cam will easily accommodate any user
- Easy-to-use pop-pin that allows adjustments to increase and control the user's range of motion
- Adjustable lifting arm can be positioned for exercising both the abdominal and back muscles

Dimensions: 37"H x 49"L x 42"W

LEG EXTENSION/ LEG CURL MACHINE

GLCE365

- Commercial 2"x3" heavy-gauge steel frame with all-4-side welded construction
- Fully adjustable for any size user, the recumbent DuraFirm™ back pad with hold-down grips can be set to 3 upright positions and 2 supinated positions for traditional leg curls
- Hold-down grips on both back and thigh pads for support and stability
- Thick, double stitched DuraFirm™ pads for comfort and support
- Oversized 8" foam rollers pop-pin adjust both vertically and horizontally for a proper fit
- Wide base eliminates rocking for a solid leg workout

Dimensions: 31"H x 74"L x 27"W



STANDARD WEIGHT TREE **C** AND BAR RACK

GSWT

- Six 1"x8" weight plate storage posts
- 1,000 lb. weight capacity.
- Two standard bar holders included
- Heavy-duty 2"x2" and 2"x3" high tensile strength steel with all-4-side welded construction
- Electrostatically applied powder coat finish

Dimensions: 40"H x 20"L x 23"W

OLYMPIC WEIGHT TREE/BAR RACK

GOWT

- Six 2"x8" weight plate storage posts
- 1,000 lb. weight capacity.
- Two Olympic bar holders included
- Heavy-duty 2"x2" and 2"x3" high tensile strength steel with all-4-side welded construction
- Electrostatically applied powder coat finish

Dimensions:

40"H x 20"L x 23"W



OLYMPIC RUBBER BUMPER PLATES **C**

OBPB/OBPC

- Solid rubber with steel insert ring
- OBPB: (Black) 10, 15, 25, 35, 45 pound
- OBPC: (Colors) 10, 25, 35, 45 pound



EZ-LOAD™ OLYMPIC/STANDARD WEIGHT TREE

OWT24 (Olympic)
SWT14 (Standard)

Dimensions:

24"H x 27"L x 16"W



OLYMPIC BAR **C** HOLDER

GOBH5

- Designed for ultimate safety and convenience
- Perfect for 5', 6' and 7' Olympic bars, curl bars, triceps bars or trap bars
- Satin black powder coat finish

Dimensions: 9"H x 12"L x 12"W



OLYMPIC WEIGHT TREE **C**

WT46

- 2"x3" and 3"x3" all-4-side welded steel construction
- 1,000 lb. weight capacity
- Two Olympic bar holders included

Dimensions: 44"H x 22"L x 21"W



Body-Solid® Built for Life



Optional third tier



62" WIDE 2-TIER DUMBBELL RACK

GDR60 (Shown with optional third tier: GDRT6)

- Holds one pair each 5-50 lb. hex dumbbells
- Optional third tier allows storage of up to 70 lb. Hex Dumbbell pairs (GDRT6)
- Reversed pitch 2"x3" mainframe

Dimensions: 32"H x 23"L x 62"W

3-TIER DUMBBELL RACK

GDR363

- Heavy gauge steel with all-4-side welded construction
- Holds one pair each of 5-50 lb. hex dumbbells

Dimensions:
30"H x 20"L x 40"W



CABLE ACCESSORY STAND

VDRA30

- Keep your workout area neat and organized
- Store cable attachments, gloves, straps or dumbbells

Dimensions:
36"H x 14"W x 14"L

See pages 38-39
for optional cable accessories.



2-TIER VERTICAL DUMBBELL RACK

GDR44

Holds six pairs of
Hex Dumbbells

Dimensions:
44"H x 17"L x 27"W



DUMBBELL/ KETTLEBELL RACK

GDKR100

- Keep your workout area neat, organized and safe
- Tiers are reversible to handle dumbbells or kettlebells
- Heavy gauge steel with all-4-side welded construction

Dimensions:
33"H x 23"W x 44.5"L



KETTLEBELL RACK

GDKR50

- Holds 5-30 lb. single kettlebells

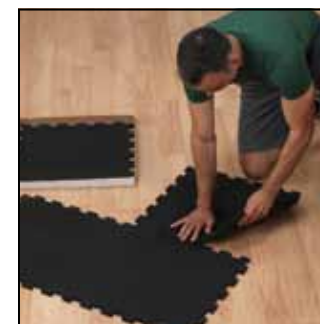
Dimensions:
22"H x 21"W x 17"L



INTERLOCKING RUBBER FLOORING

RF4PMB (BLACK) RF4PMG (GRAY)

- Made from recycled rubber
- Can be easily trimmed
- 4 - 19.5" squares to a box
- Available in black and gray spec



RUBBER FLOOR MAT

RF546

- Solid rubber construction
- Bike and treadmill mats also available





*Produced under US patent number 5,137,502 from Iron Grip Barbell Company, Inc.

1. Rubber Grip Olympic Sets
OSR300/OSR400/OSR500
2. Steel Grip Olympic Sets
OST300/OST400/OST500
3. Olympic Plate Weight Sets
OSB300/OSB400/OSB500
4. Standard Weight Plates
RBP[Size]
5. Rubber Grip Olympic Plates*
ORT[Size]
Available in cast iron: OPT[Size]
6. Olympic Weight Plates
OPB[Size]
7. 5' Black Olympic Bar
OB60B
8. 6' Black Olympic Bar
OB72B
9. 7' Black Olympic Bar
OB86B
10. 7' Chrome Olympic Bar
OB86
11. Chrome Olympic Curl Bar
OB47
12. Black Olympic Curl Bar
OB47B
13. Olympic Combo Bar
OB48
14. Olympic Tricep Bar
OB34
15. Olympic Dumbbell Handles
OB20
16. Olympic Spring Collars
OC06
17. 84" Standard Bar
RB84
18. Standard Combo Bar
RB48
19. Standard Curl Bar
RB47
20. Solid Steel Standard Dumbbell Handles
SDA14
21. Threaded Solid Steel Standard
Dumbbell Handles w/Collars
SDA14T
22. Standard Spring Collars
RC0616/RC0617
23. Standard Half Pound
Metal Collars
RC03
24. Standard One Pound
Metal Collars
RC02
25. Olympic Shrug Bar
OTB50
26. Rubber* Coated Hex Dumbbells
SDR[Size]
27. Kettlebells
KB[Size]
28. Premium Kettlebells
KBC[Size]
29. Power Bars
OB86LPB (Limited)
OB86PB (Bronze)
OB86PBS (Silver)
OB86PBG (Gold)

Commercial Rated Power Bars





Dynamic Training

*A good fit for your life.
A great fit for your space.*

Finally, there's a simple solution for a superior workout. Body-Solid Tools let you get a grip on core strength and conditioning in the comfort and convenience of your own home.

Designed to fit your lifestyle as neatly and inconspicuously as they fit into your home, this durable line of fitness bars, medicine balls, vinyl-coated dumbbells and stability balls are there when you need them and out of the way when you don't.

Body-Solid Tools are available in incremental weights and sizes, putting you in complete control over the intensity of your workouts as well as the rate at which you gain strength, stability, flexibility and endurance.

Best of all, Body Solid Tools are compact, portable and attractively designed, allowing you to easily store them discreetly behind a door or neatly in a closet until your next workout.

With Body-Solid Tools, the possibilities are as flexible as you are!

EXERCISE BALLS (ANTI-BURST)

Lbs.....	Color.....	Item #
45cm.....	Green	BSTSB45
55cm.....	Grey	BSTSB55
65cm.....	Red	BSTSB65
75cm.....	Blue	BSTSB75



DUAL-GRIP MEDICINE BALLS

Lbs.....	Color.....	Item #
6.....	Black.....	BSTDMB6
8.....	Black.....	BSTDMB8
10.....	Black.....	BSTDMB10
12.....	Black.....	BSTDMB12
14.....	Black.....	BSTDMB14
16.....	Black.....	BSTDMB16
18.....	Black.....	BSTDMB18
20.....	Black.....	BSTDMB20

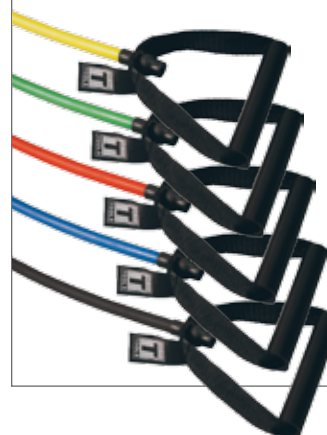


FOAM ROLLERS

BSTFR36F (36"L x 6"W x 6"H)
BSTFR36H (36"L x 6"W x 3"H)



RESISTANCE TUBES (9" long)



BSTRT1 (Yellow)
Very light resistance

BSTRT2 (Green)
Light resistance

BSTRT3 (Red)
Medium resistance

BSTRT4 (Blue)
Heavy resistance

BSTRT5 (Black)
Very heavy resistance

YOGA MATS (72" x 24")

BSTYM3 (Blue, 3mm thick)
BSTYM5 (Red, 5mm thick)



VINYL DUMBBELLS

Lbs.	Color	Item #
1	Pink	BSTVD1
2	Lt. Purple	BSTVD2
3	Green	BSTVD3
4	Lt. Grey	BSTVD4
5	Blue	BSTVD5
6	Red	BSTVD6
7	Dk. Purple	BSTVD7
8	Black	BSTVD8
9	Yellow	BSTVD9
10	Orange	BSTVD10
12	Magenta	BSTVD12
15	Grey	BSTVD15



DUMBBELL RACK

GDR500



MEDICINE BALLS

Lbs.	Color	Item #
2	Lt. Purple	BSTMB2
4	Yellow	BSTMB4
6	Aqua	BSTMB6
8	Red	BSTMB8
10	Blue	BSTMB10
12	Black	BSTMB12
14	Orange	BSTMB14
16	Green	BSTMB16



MEDICINE BALL RACK

GMR5

Dimensions:
26"H x 25"W x 25"D



MEDICINE BALL RACK

GMR10

Can also hold
Dual-Grip
Medicine Balls.
(BSTDMB)

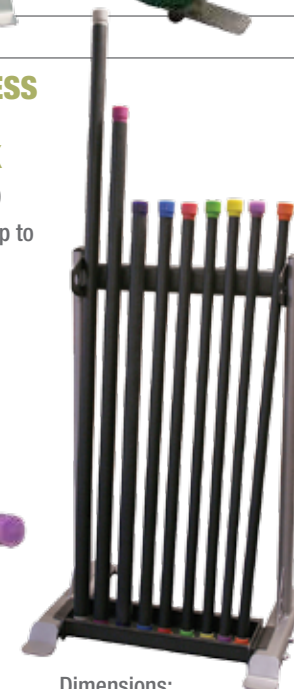
Dimensions:
62"H x 21"W x 23"D



FITNESS BAR RACK

GFR500

Holds up to
30 bars



Dimensions:
43.5"H x 28.5"W x 25"D

FITNESS BARS

Lbs.	Color	Item #
4	Orange	BSTFB4
6	Lt. Purple	BSTFB6
9	Yellow	BSTFB9
12	Green	BSTFB12

15	Red	BSTFB15
18	Blue	BSTFB18
24	Dk. Purple	BSTFB24
30	Magenta	BSTFB30
36	Lt. Grey	BSTFB36





14 (a)

15



16



17



18



14 (b)



1. Pro-Grip Multi-Grip Lat Bar
MB148RG
2. Pro-Grip Pro-Style Lat Bar
MB438RG
3. Pro-Grip Revolving Curl Bar
MB229RG
4. Pro-Grip Revolving Straight Bar
MB022RG
5. Pro-Grip Stirrup Cable Handle
MB501RG
6. Pro-Grip Seated Row/Chinning Bar Combo
MB502RG
7. Pro-Grip Multi-Exercise Bar
MB503RG
8. Pro-Grip Tricep Press-Down Bar
MB504RG
9. Pro-Grip V-Bar
MB507RG
10. Ab Crunch Harness
ACH18
11. Gut Blaster Ab Slings
AAB2
12. Bicep Bomber
BB23
13. Inversion Boots
GIB-2
14. a.) T-Bar Row Platform
TBR10
b.) Lat Blaster Bar
LBB28
15. Bar Pad
MA105
16. Nylon Head Harness
MA307N
17. Leather Head Harness
MA307V
18. Leather Ankle Strap
MA308V



19



20



21



22



23



26



27



24



25



28



31



32



29



33



34



30



35



36



37



38



39



40

19. Leather Dipping Strap
MA310
20. Nylon Dipping Strap
NB55
21. Leather Dipping Belt
MA330
22. Nylon Dipping Belt
NB56
23. Power Lifting Strap
NB52
24. Nylon Ankle Strap
NAS3
25. Leather Tricep Strap
MA325
26. Manta Ray
MR136
27. Nylon Wrist Straps
NB51
28. Speed Rope
BSTJR1
29. Olympic Adapter Sleeve, 8"
OA8
30. Olympic Adapter Sleeve, 14"
OAS14
31. Weighted Vest
BSTWV20/BSTWV40
32. Tricep Rope
TR20
33. Adjustable Nylon Cable Handle
NB59
34. Tricep Strap
NTS10
35. Pro Power Grips (pair)
PG2
36. Ankle Weight
BSTAW
37. Push-Up Bar
PUB2
38. Chin-Up Bar
PUB34
39. Pull-Up/Push-Up Bar
PUB30
40. Body-Solid Clock
STT45



POWERLINE

The Powerline series is designed to be versatile, durable, dependable and affordable. With its graceful arcs and design-forward aesthetic, this cost-conscious gym merges form and function to complement any home decor.

The Powerline series has been engineered to increase stability while reducing assembly time. The compact design of the Powerline series offers proven motion and pivot points for a fluid routine. To increase comfort and functionality, ergonomically correct press arms allow for natural arm movement as you cruise through your favorite workouts. Finally, advanced engineering has resulted in exceptional range of motion and full adjustment for user. The Powerline series has all the right moves to help you get a total body workout.



Powerline Home Gym
BSG10X
See page 43



POWERLINE P1X HOME GYM

P1X

The multi-grip press arm system delivers deep and effective muscle interaction for chest, incline and shoulder press movements. The range of motion adjustment also provides a chest supported row. Switch between high, mid and low pulley exercises quickly and easily with the P1X's no cable change design. Perform lat pull downs, tricep press downs, bicep curls, resistance abdominal crunches and dozens more exercises with the included cable attachments.

The Powerline P1X Home Gym offers everything a home fitness enthusiast needs to build a stronger body. The P1X comes standard with a 160 lb. weight stack, with the option of a 210 lb. stack.

Dimensions: 83"H x 71"L x 37"W

Dimensions with PLPX: 83"H x 71"L x 66"W

P1X Optional Attachments



PLPX

Powerline Leg Press

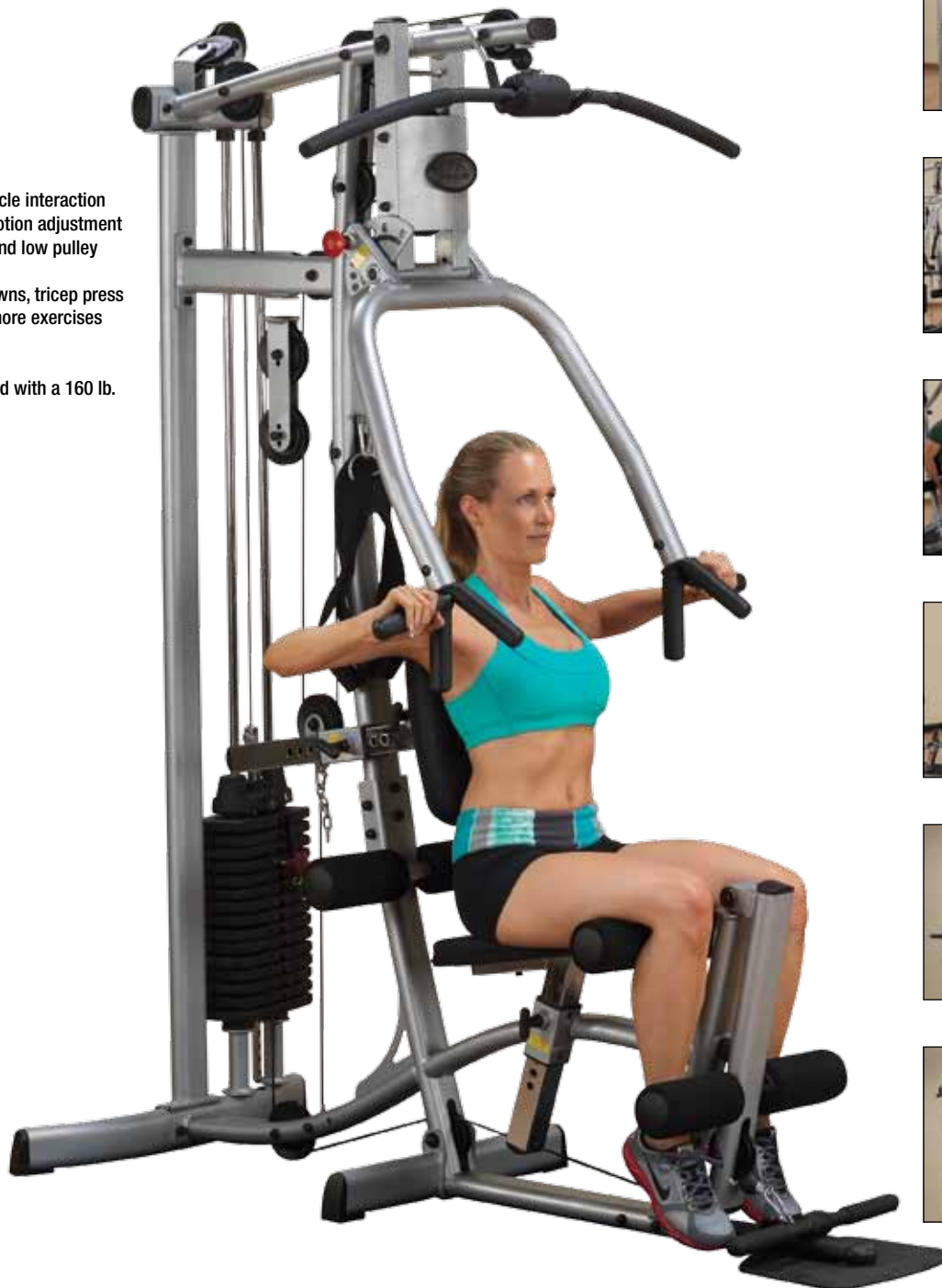
(PLPX Can be mounted to either side of the P1X.)



SP50

50 lb. Selectorized Weight Stack

Sleeves, bars, plates and collars sold separately.





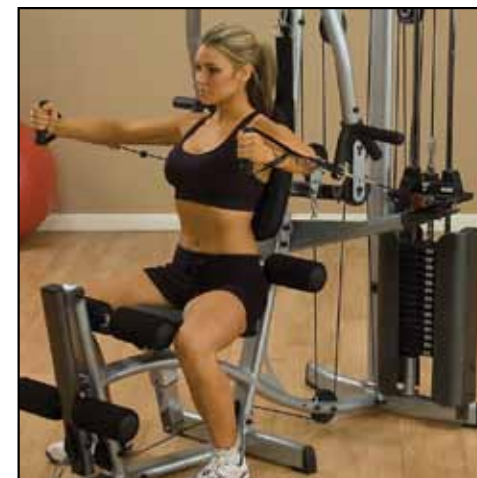
POWERLINE P2X HOME GYM

P2X

The Powerline P2X Home Gym adds functional pulleys to a traditional home gym platform allowing users to perform a variety of exercises that recruit stabilizer muscles to exercise movements, such as pec flies and converging press. The Powerline P2X Home Gym combines functional and traditional exercises in a versatile design that gives you free range of motion for a total body workout in a compact space. The P2X comes standard with a 160 lb. weight stack, with the option of a 210 lb. stack.

Dimensions: 83"H x 71"L x 49"W

Dimensions with PLPX: 83"H x 71"L x 66"W



Functional Training Station



P2X Optional Attachments

PLPXPowerline Leg Press (Shown)
SP5050 lb. Selectorized Weight Stack
P2METALSH...Metal Shroud



SP50
50 lb. Selectorized Weight Stack



Shown with optional Powerline
Leg Press attachment (PLPX) (PLPX Can be mounted to either side of the P2X.)

POWERLINE BSG10X HOME GYM

BSG10X

The BSG10X comes 90% pre-assembled in one box. All of the high impact resistant nylon pulleys and 2200 lb. tensile strength steel cables have been hung and strung by the factory. There are no confusing diagrams to follow-it is a simple nine-bolt process. Assembly takes as little as 30 minutes. The compact frame is less than four feet wide and 6 1/2 foot tall, allowing you install this gym anywhere.

A stable platform and multiple seat adjustments let the BSG10X accommodate users of all sizes. The BSG10X enables the user to safely perform over forty exercises with a 160 lb. adjustable weight stack, high, mid and low pulleys, eight-position adjustable press arm and leg developer station.

Dimensions: 80"L x 70"W x 42"H

BodySolid **COM**

BSG10X MULTISTATION HOME GYM

- Comes Pre-Collared Complete in 1 Box
- Easy 9 Bolt Assembly
- 1 Hour Setup Time

Watch the step-by-step assembly of the BSG10X

BSG10X MULTISTATION HOME GYM

- Comes Pre-Collared Complete in 1 Box
- Easy 9 Bolt Assembly
- 1 Hour Setup Time

Watch the step-by-step assembly of the BSG10X

See how easy it is to assemble the BSG10X with step-by-step visual instructions.



Optional Attachment
Powerline Leg Press (BSGLPX)





POWERLINE PHG1000X HOME GYM

PHG1000X

The PHG1000X is designed to be versatile, durable, dependable and affordable. The patented press arm system functions as a chest press station and replicates the pectoral dumbbell fly. Perform numerous high pulley, low pulley and leg extension/leg curl exercises in any room of your home. Take your workouts to a higher level by adding the optional 150 lb. selectorized weight stack. The selector pin allows you to add standard weight plates when you want to push your limits.

Dimensions:
83"H x 60"L x 37"W

PHG1000X Optional Attachments



SP150
150 lb. Selectorized Weight
Stack



POWER RACK



PPR200X

Every serious gym has at least one of these muscle-building machines. Now you can perform intense freeweight workouts safely and effectively in your own home.

- Heavy-gauge steel construction with electrostatically applied powder coat finish
- 18 adjustment levels for comfortable start and stop points
- Includes two heat tempered lift-offs and two saber style safety rods
- 42" chinning bar with knurled hand grips

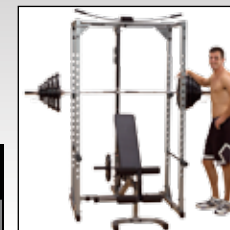
Dimensions: 82"H x 44"L x 46"W



Calf Squat Block
(SCB26)

PPR200X Optional Attachments

PLA200XLat Attachment
BC2Bar Catches



PLA200X



PSM144X



PSM144X with
PFID130X



E



F



SMITH MACHINE

PSM1442XS

Push your limits and make faster gains than you can imagine. The Smith Machine has been building better bodies for decades.

- Heavy duty steel construction with heavy gauge reinforcement plates and hardware
- 14 lockout points spaced 4½" apart
- Heavy duty adjustable safeties
- Heavy gauge diamond plate foot plate
- Patented nylon bushings for near-frictionless movement

Includes:

- A. PSM144X Powerline Smith Machine
- B. PFID130X Powerline Flat/Incline/Decline Bench
- C. SP150 150 lb. Weight Stack
- D. PPA13X Pec Station
- E. GPCA1 Preacher Curl Station
- F. GLDA1 Leg Developer Station
- G. PLA144X Lat Row Station

Dimensions:

85"H x 45"L x 76"W



SQUAT RACK

PSS60X

The 2"x2" main frame design adjusts from 30" to 60" for a variety of freeweight exercises and user heights. Perfect for squats, lunges, calf raises and much more.

Dimensions: 30" to 60"H x 37"L x 46"W

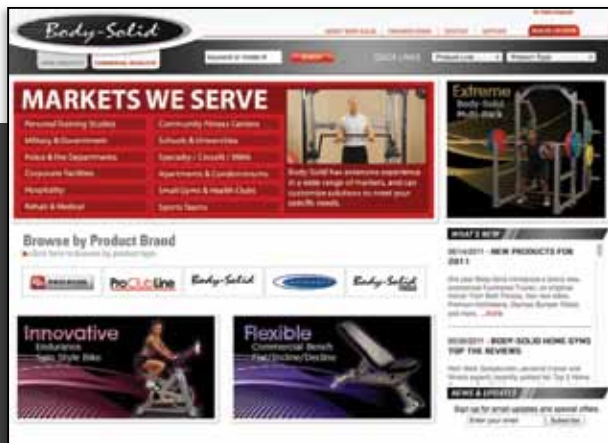


Squat



Weights sold
separately

Body-Solid Offers a Full Line of Commercial Equipment



BodySolidCommercial.com



SCC1200G



Make Your Workouts **DYNAMIC** With Body-Solid Tools

See page 36 for more.



**Medicine Balls
Resistance Tubes
Exercise Balls
Foam Rollers
Yoga Mats
Vinyl Dumbbells
Fitness Bars
Weight Vests
Ankle Weights
Push-Up Bars
Jump Ropes
& Much More...**



See our full line of commercial equipment at
www.bodysolidcommercial.com

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FOLDING FLAT/INCLINE/DECLINE BENCH

PFID125X

- No assembly required
- Seven positions adjustments
- Transport wheels for mobility

Dimensions: 18"H x 57"L x 16"W

Folded Dimensions: 9"H x 57"L x 16"W



Folded

Featured in:
Men's Fitness Magazine UK
Gear Guide 2009
Best Value

FLAT/INCLINE/DECLINE BENCH

PFID130X

- Fits in Smith Machine and Power Rack
- Eight position seat pad adjustments
- Six position back pad adjustments
- Leg hold-down included

Dimensions: 20"H x 60"L x 28"W



CRUNCH BOARD

PAB21X

- 2"x2" steel mainframe with all-4-side welded construction
- Full range motion starts at 30° back of center to 30° forward of center
- Curved back pad puts you in a pre-stretch position that allows more intense abdominal contraction
- Wide sealed ball bearing pulley allows complete freedom of movement for oblique workouts
- Adjustable back pad

Dimensions: 37"H x 37"L x 18"W



AB BOARD

PAB139X

- Isolates the entire abdominal region
- Oversized 8" foam rollers
- Electrostatically applied powdercoat finish

Dimensions:
25"H x 39"L x 17"W





ROMAN CHAIR/ BACK HYPER EXTENSION

PCH24X

- 2"x2" heavy-gauge steel construction
- Extra wide base eliminates rocking
- Electrostatically applied powder coat finish

Dimensions: 36"H x 46"L x 25"W



BodySolid.COM



Read consumer product reviews
at bodysolid.com

45° BACK HYPER EXTENSION

PHYP200X

- Set to an exact 45° angle for optimum conditioning
- Telescoping midsection pads adjust to all size users
- Thick double-stitched pads
- Over-sized 8" foam rollers
- Fully adjustable 4" thick midsection pads

Dimensions: 33"H x 42"L x 26"W



Dips



Pull-Ups



Push-Ups



VERTICAL KNEE RAISE

PVKC83X

- Thick DuraFirm™ back and arm pads
- Comfortable oversized hand grips
- Lat pull-up/chin-up station features easy step-up entry
- Push-up station is cushioned and mounted a full 12" off the floor for the deepest pec building push-ups

Dimensions: 81"H x 37"L x 26"W

SEATED CALF RAISE MACHINE

PSC43X

- 3:1 weight ratio for developing powerful calves
- Angled foot platform with no-slip surface
- Adjustable for all users

Dimensions: 32"H x 45"L x 21"W

Shown with optional OA8 Olympic Adapter Sleeve (pg. 39)

GLUTE MASTER

PGM200X

- Works each leg individually for maximum isolation of the gluteus maximus, medius and minimus
- Standard weight horn allows you to load weights to increase resistance
- Quality rollers, comfortable pads and simple adjustments

Dimensions: 60"H x 70"L x 26"W

VERTICAL LEG PRESS MACHINE

PVLP156X

- Three 1" diameter weight posts for even resistance distribution
- Nylon bushings for smooth consistent motion
- Electrostatically applied powder coat finish
- Extra wide foot plate with no-slip design
- Thick back and neck pads for comfort and support

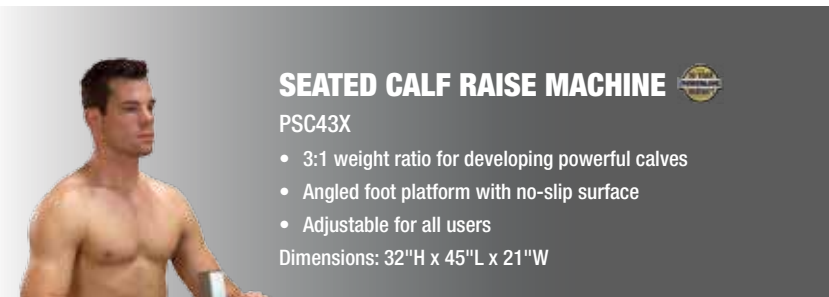
Dimensions: 54" to 61"H x 46"L x 48"W

Shown with optional OA14 Olympic Adapter Sleeves (pg. 39)

LEG EXTENSION & CURL MACHINE

PLCE165X

- Designed for performing leg extensions and leg curls in the traditional upright and prone positions
- 1" diameter post
- Dimensions: 27"H x 62"L x 25"W





Shown with optional OA8 Olympic Adapter Sleeve (pg. 39)

LAT MACHINE



PLM180X

- Heavy gauge steel construction
- Electrostatically applied powder coat finish
- 1" diameter weight posts
- Lat Bar and Low Row Bar included

Dimensions: 80"H x 48"L x 25"W



PREACHER CURL BENCH



PPB32X

- Heavy gauge steel construction
- Adjustable seat
- Electrostatically applied powder coat finish

Dimensions: 37"H x 33"L x 36"W



32" WIDE 2-TIER DUMBBELL RACK



PDR282X

- Place it against a wall or center in a room
- Heavy gauge steel with all-4-side welded construction
- Holds one pair each of 5-30 lb. hex dumbbells

Dimensions: 22" H x 14" L x 32" W

BodySolid  .COM



Download high resolution product images and save them to your computer.

BodySolid.COM



The Powerline series is designed to be versatile, durable, dependable and affordable. With its graceful angles and design-forward esthetic, this cost conscious equipment merges form and function to complement any home decor.

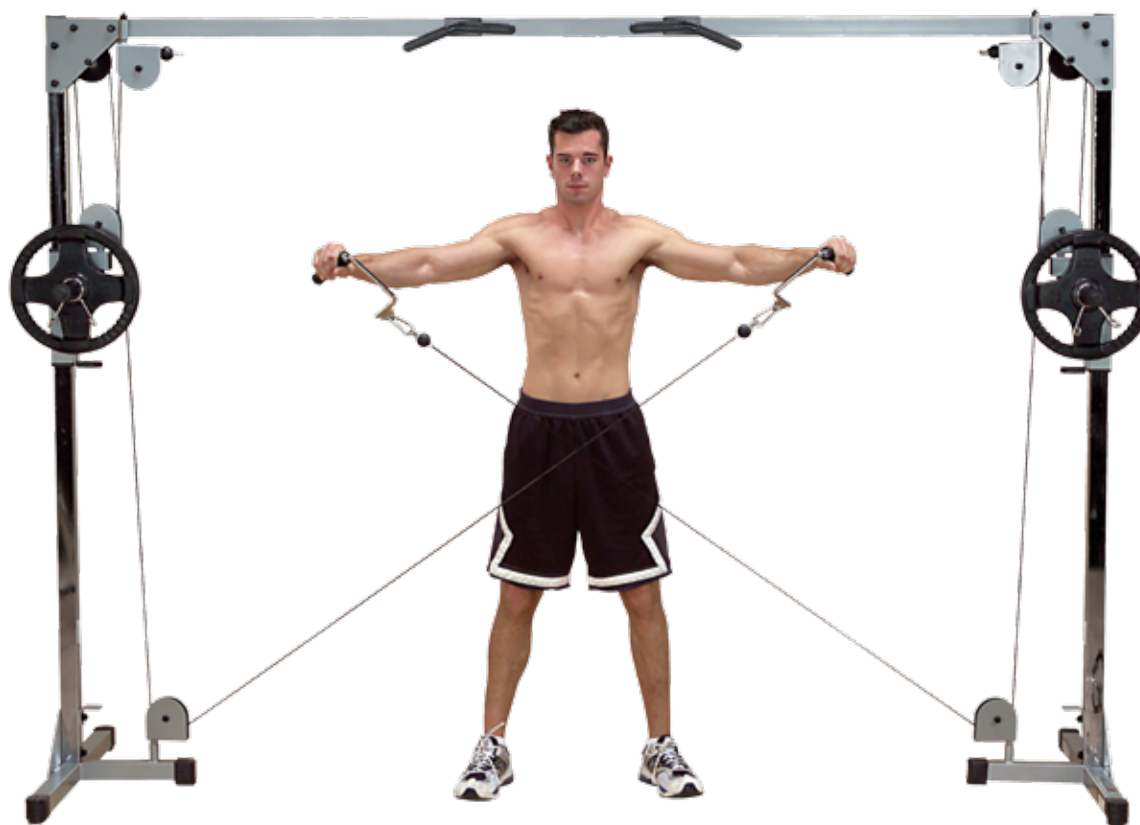
See more details about Powerline at bodysolid.com

CABLE CROSSOVER MACHINE

PCC090X

The Cable Crossover Machine lets you exercise virtually every major muscle group in your body. Sturdy construction of the extra wide and tall mainframe allows easy access to an endless array of high and low pulley exercises. Your workout options become unlimited when you invest in one of the most versatile and functional machines manufactured today. The professional carriage system utilizes patented nylon bushing technology and eight sealed ball bearing high resin pulleys. Top and bottom pulleys swivel smoothly with over 180° of movement for frictionless guidance.

Dimensions: 82"H x 112"L x 39"W



Pull-Down



Leg Kickback



Tricep Extension



Incline Fly

Shown with optional Lat/Chin-Up Attachment (GCA2)
OA8 Olympic Adapter Sleeves &
OC06 Olympic Collars (pg. 39)



Best Fitness Spin Style Bike
BFSB10
See page 57

BEST FITNESS

The first step to a lifetime of health benefits is determining a regimen of regular workouts that accommodate your comfort, skill level and goals. Many people are intimidated by the thought of joining a health club, and others haven't yet discovered the right fitness routine. Best Fitness is committed to providing equipment specially tailored for achievable results with simple daily workouts. The most basic and efficient exercises can be accomplished in the comfort and convenience of your own home. Give your cardiovascular system a great workout, build strength, burn fat and lose weight with Best Fitness!

BEST FITNESS MULTI-STATION GYM

BFMG20

The BFMG20 is a complete gym in one compact, affordable machine. The padded pressing arms follow the natural arc of a free weight bench press and pectoral dumbbell fly. Features 2200 lb. test nylon coated aircraft quality cables and fiberglass pulleys with ball bearing movement on solid axle rotation.

Dimensions: 78"H x 64"L x 47"W

Exercises

Bench press

Pectoral fly

Front/back lat pull-down

Tricep pressdown/tricep extension

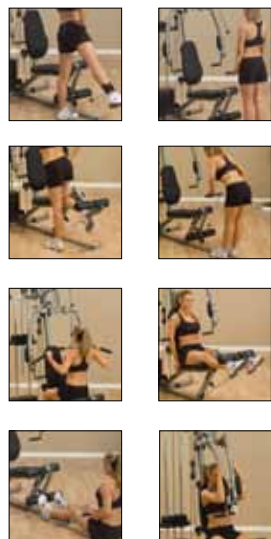
Leg extension/leg curl

Low Pulley Station: curls, seated row, shrugs, oblique bends, upright rows, bent over rows, adduction, abduction, front/side deltoid raises

Includes

150 lb. weight stack

Wide grip lat bar, low row bar



BEST FITNESS FUNCTIONAL TRAINER

BFFT10

The BFFT10 brings affordable functional training to customers of all exercise levels. The BFFT10 features adjustable pulleys which swivel 180 degrees providing a wide variety of starting positions. The 190lb weight stack is challenging for most users. The no cable change design allows you to go from exercise to exercise quickly. Two adjustable nylon cable handles are included with the unit.

- Smaller Functional Trainer Footprint
- 19 vertical pulley adjustments
- Single 190lb weight stack
- Integrated Straight Chinning Bar
- Best Fitness In home warranty, 3 years on frame, 1 year on parts

Dimensions: 83.5"H x 55"L x 61"W



FOLDING *Bf* OLYMPIC BENCH

BF0B10

- Go from flat to incline press exercises at the pull of a pin
- Adjustable flat to incline
- Adjustable uprights
- Built to accommodate both 6-foot and 7-foot bars
- Folding space saving design
- Includes leg developer

Dimensions: 58" H x 68" L x 41" W



Folds for storage.

OLYMPIC PRESS *Bf* STAND

BFPR10

- Seven-position angled uprights provide for correct lifting position
- 4" liftoffs and 7" with durable rubber surface pads provided
- adjustable lift-off positions and safeties
- Sturdy A-frame construction with ten-bolt assembly
- Durable powder coated finish

Dimensions: 45"L x 56.5"H x 29.5"W



INVERSION TABLE *Bf*

BINVER10

- Ease back pain and improve circulation
- Spring loaded safety strap controls stability and allows you to glide from upright position to full inversion
- Adjustable ankle cuffs offer a customizable fit for each user
- Simple two-pin collapse-and-fold design that allows for storage in any closet

Dimensions: 61" H x 51" L x 29" W



FOLDING BENCH *Bf*

BFFID10

- Five starting positions: 70, 55, 45, 35, 0 and 10 degrees
- Safety pins and bolts allow for easy adjustments, disassembly or permanent set up
- 1.75" upholstered pads
- Durable powder coated finish
- No assembly required

Dimensions: 54.5"L x 18"W x 17"H



AB BOARD HYPEREXTENSION

BFHYP10

- Three starting positions: 15, 20 and 25 degrees
- Six position hyperextension support
- Three position lower leg supports
- 6" and 4" high density foam roller pads
- 1.75" durable upholstered pads
- Safety pins and bolts for adjustable positions
- Rubber-gripped positioning handles
- Minimal assembly required

Dimensions: 32"H x 49.5"L x 29"W



AB BOARD

BFAB10

- Three starting positions: 15, 20 or 25 degrees
- 4" high-density foam roller pads
- 1.75" durable upholstered pads
- Safety pins and bolts for adjustable positions allow for easy disassembly or permanent set up

- Durable powder coated finish

Dimensions: 42"L x 18"W x 23"H



SEMI-RECLUMBENT AB BENCH

BFAB20

- 45° seat angle with two additional 5° reclining positions
- Upper ab directed motion with durable upholstered upper back support, textured grip handles and standard weight post with spring lock and lock-out option
- Lower ab directed motion with adjustable length dual position foot rests
- 1.75" durable upholstered seat with three positions
- Safety pins and bolts for adjustable positions allow for easy disassembly or permanent set up
- Durable powder coated finish

Dimensions: 64"L x 22"W x 46"H



VERTICAL KNEE RAISE

BFVK10

- Sturdy steel frame always delivers a solid performance
- Thick back pads and arm supports designed to reduce fatigue and discomfort
- Dip station handles offer a thick comfortable grip

Dimensions: 83"H x 43"L x 28"W





*Bike Mat
(Shown)
(RF34B)*

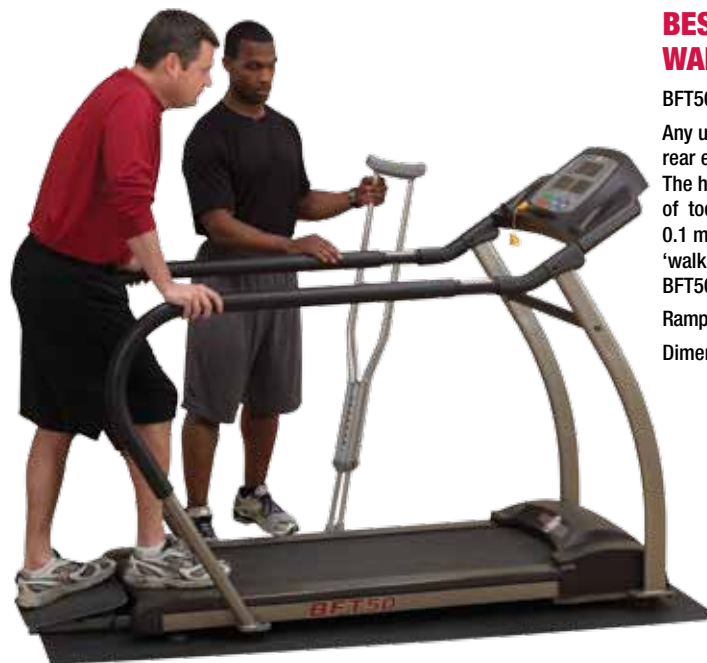


BEST FITNESS E1 ELLIPTICAL

BFE1

Patented technology provides a comfortable workout in an extremely compact space. A natural 21" stride, quality manufacturing and superior support blend together in the Best Fitness Center Drive to create the next evolution of cardio training.

Dimensions: 43.5"L x 20"W x 47"H



BEST FITNESS WALKING TREADMILL

BFT50

Any user will find the BFT50 easy to access with its belt wide rear entry ramp and 17.75"x51" orthopedic walking belt. The high torque motor has been tuned to meet the needs of today's seniors and is capable of moving a load from 0.1 mph to 5 mph in 0.1 mph increments. While most other 'walking' treadmills feature ¼ to ½ length hand rails, the BFT50 goes the extra mile with full length hand rails.

Ramp is removable.

Dimensions: 69"L (77"L with ramp) x 30"W x 54"H



BEST FITNESS UPRIGHT BIKE

BFUB

Bring the road home with the new BFUB1 upright bike. The BFUB1 bike provides a quality cardio workout in the comfort of your own home. The two-way adjustable seat ensures a proper fit for any size user. The eight levels of magnetic resistance will challenge users of all exercise levels. The compact footprint allows easy placement in any home. The transport wheels allow anyone to move the unit easily. Compact and affordable the BFUB1 is a quality entry level upright bike.

Dimensions: 41"L x 20"W x 54.5"H

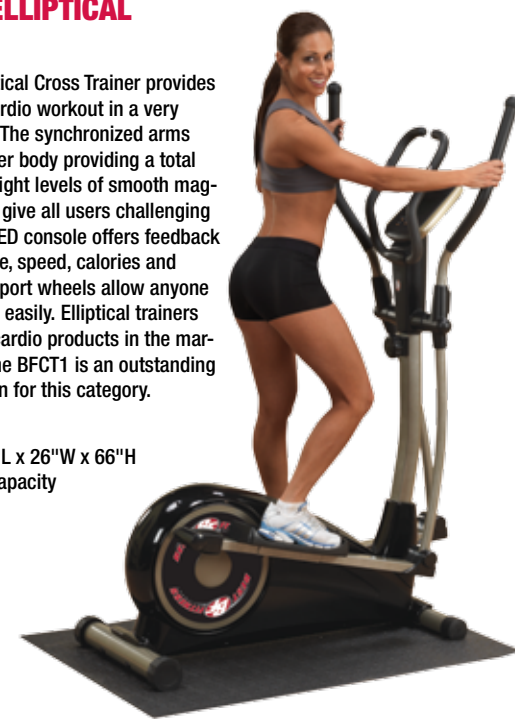


BEST FITNESS CROSS TRAINER ELLIPTICAL

BFCT1

The BFCT1 Elliptical Cross Trainer provides a non-impact cardio workout in a very compact space. The synchronized arms recruit your upper body providing a total body workout. Eight levels of smooth magnetic resistance give all users challenging workouts. The LED console offers feedback for time, distance, speed, calories and heart rate. Transport wheels allow anyone to move the unit easily. Elliptical trainers are the hottest cardio products in the market today, and the BFCT1 is an outstanding entry level option for this category.

Dimensions: 45"L x 26"W x 66"H
225 lb. weight capacity





BEST FITNESS SPIN STYLE BIKE

BFSB5

The BFSB5 Spin Style Bike features a challenging 40 pound flywheel, chain drive system, and plenty of custom adjustments. The all-new top braking mechanism will add plenty of durability to a bike that is sure to be among the our sellers. The BFSB5 also features a compact 3'x4' usage area.

Dimensions: 44"L x 20"W x 44"H

BEST FITNESS SPIN STYLE BIKE



BFSB10

Fifteen vertical seat adjustments coupled with an easy-fly horizontal adjustment guarantee a perfect seat position. Seven vertical handlebar adjustments and the same easy-fly horizontal adjustment offer the position flexibility that makes the BFSB10 a match for any rider.

Dimensions: 43.5"L x 20"W x 47"H



*Premium Pedals
(BPEDS)*





ENDURANCE

Endurance equipment is built to perform to your highest standards. Compare the features of these extraordinary machines, and you'll discover the qualities that make Endurance the premier name in home cardio fitness. Endurance equipment is built using precision engineering with high quality components and state-of-the-art electronics, all backed by the best warranty in the industry. Try to find a better treadmill or bike, and you'll end up at the gym. These machines are built to challenge you to a lifetime of cardio fitness that fit your schedule, your lifestyle and your home.

Endurance Elliptical
E5000
See page 59



E5000 ENDURANCE CENTER DRIVE ELLIPTICAL C

E5000

Endurance Center Drive elliptical trainers are the perfect blend of research, engineering, performance and technology. Patented technologies have been applied to provide a stable, space-efficient platform to perform rigorous low impact full body workouts. The combination of a natural 21" stride, quality manufacturing and superior programming have created the latest evolution in cardio training. The E5000 uses an internal generator eliminating any power requirement. Designed for extreme durability, the E5000 offers a commercial warranty.

Dimensions: 31"W x 68.4"D x 69"H

E5000



Cardio Mat (RF34B)

Wheels and removable handles for easy transport.



E5000 Console



E300 ENDURANCE CENTER DRIVE ELLIPTICAL

E300

Endurance Center Drive elliptical trainers are the perfect blend of research, engineering, performance and technology. Patented technologies have been applied to provide a stable, space-efficient platform to perform rigorous low impact full body workouts. The combination of a natural 21" stride, quality manufacturing and superior programming have created the latest evolution in cardio training.

Dimensions:

31"W x 50"D x 66"H

E300

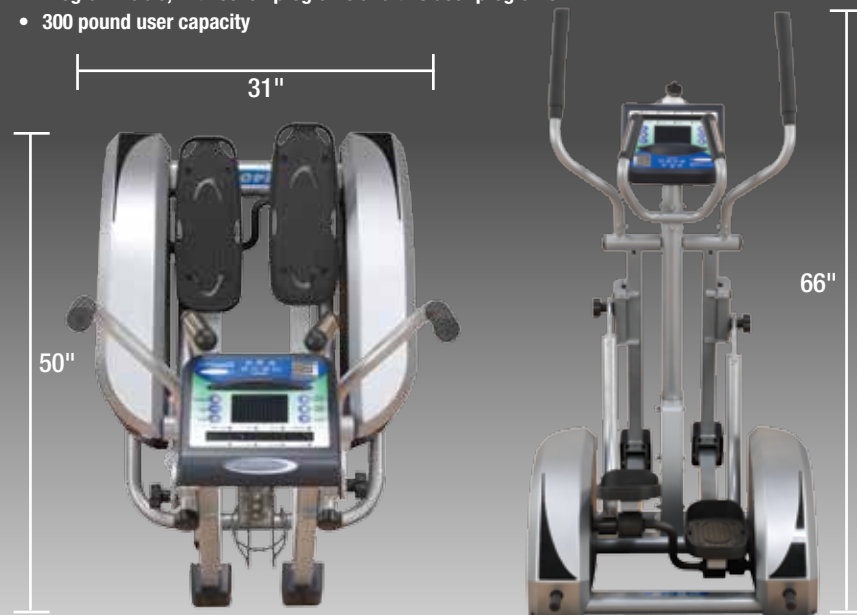


Cardio Mat (RF34B)



CENTER DRIVE ELLIPTICALS

- Patented Center Drive design
- Rare blend of space efficiency and stability
- Low center of gravity combined with a balanced frame prevents rocking
- Dual-action upper and lower body with premium handgrips
- Easy step-up height
- Close pedal spacing combined with oversized pedals fits any size user and eliminates hip fatigue
- Includes handles for easy transport
- Natural 21" stride • Contact heart rate (E300)
- Adjustable 17-23" stride • Heart Rate Control (E400)
- Programmable, with seven programs and two user programs
- 300 pound user capacity



E300



E400

E400 ENDURANCE CENTER DRIVE ELLIPTICAL

E400

Endurance Center Drive elliptical trainers are the perfect blend of research, engineering, performance and technology. Patented technologies have been applied to provide a stable, space-efficient platform to perform rigorous low impact full body workouts. The combination of a natural 21" stride, quality manufacturing and superior programming have created the latest evolution in cardio training. To ensure the best fit for users of all sizes, the E400 features an adjustable stride. The E400 also features wireless heart rate control with advanced heart rate programs.

Dimensions:
31"W x 50"D x 66"H

E400



Adjustable stride from
17" to 23" ensures the
best fit for any size user



HEART RATE CONTROL



ESB250 ENDURANCE SPIN STYLE BIKE

ESB250

Designed to perform like a road bike, the ESB250 offers the absolute best value in a spin-style design. Whether the unit is for your home or for a heavy use group based facility the ESB250 provides uncompromised quality and function at an amazing price. The 44-pound flywheel is precisely balanced for the smoothest action available. The oversized 2"x5" steel frame is rock solid even during extreme workouts. The single motion safety stop is easy to engage. The top down resistance mechanism has a leather pad for increased durability. The ESB250 provides road bike style seat and dual sided pedals for the bike enthusiast. Micro two-way adjustable handlebars and seat pad ensures the exact fit for any size user. Transport wheels provide easy mobility. The ESB250 provides uncompromised quality in a commercial spin style bike at an amazing value.

- 145 pounds
- 44 lb. flywheel
- Road style dual sided pedals
- Micro adjustable handlebars and seat pad
- Easy one touch safety stop
- Transport wheels

Dimensions: 52"H x 52"L x 21"W



Cardio Mat (RF34B)

SELF-GENERATING RECUMBENT BIKE



B3R

With DuraFirm™ padding providing comfortable lumbar support, a more comfortable seat than a traditional road bike and 16 levels of smoothly adjustable magnetic resistance, the Endurance B3R puts you in control of your daily ride. The Endurance B3R's self-generating electronics provide you with the constant feedback you need to monitor your workout.

- Interval, random, heart rate control, fat burn, weight loss, rolling and cardiovascular programs
- Heart rate, distance, speed, time, calories, resistance level, watts and METS feedback
- Eight LED segments, 8x30 profile matrix LED
- Contact heart rate readout
- Magnetic resistance system with 16 levels
- 24 lb. precision balanced flywheel and poly-V belt drive system
- Optional cardio mat (RF36T) available

Dimensions:
57"H x 57"L x 21"W



Cardio Mat (RF36T)



Cardio Mat (RF34B)

B3R/B3U Console



SELF-GENERATING UPRIGHT BIKE



B3U

With a more comfortable seat than a traditional road bike and 16 levels of smoothly adjustable magnetic resistance, the Endurance B3U puts you in control of your daily ride. You're free to adjust your workouts to suit your mood, challenge your endurance or maximize your cardio benefit. The Endurance B3U's self generating electronics provide you with the constant feedback you need to monitor your workout.

- Interval, random, heart rate control, fat burn, weight loss, rolling, cardiovascular programs
- Heart rate, distance, speed, time, calories, resistance level, watts and METS feedback
- Eight LED segments, 8x30 profile matrix LED Contact heart rate readout
- Magnetic resistance system with 16 levels
- 24 lb. precision balanced flywheel and poly-V belt drive system
- Optional cardio mat (RF34B) available

Dimensions: 55"H x 41"L x 24"W

ELECTRONIC UPRIGHT BIKE

B2.5U

- Interval, Random, Hills, Fat burn, Manual, Cardio (20 resistance levels) programs
- Heart Rate, Distance, Speed, Time, Calories, Resistance Level feedback
- Three LED segment feedback display
- Contact heart rate readout
- On-the-fly programming
- Drive System: Super Silent Poly-V Belt Driven
- 24 lb. precision balanced flywheel
- Heavy-gauge welded steel frame with textured powder coat finish
- Fourteen-position recumbent seat with DuraFirm™ upholstery and contoured for lumbar support
- Self-balancing pedals with straps

Dimensions: 35"W x 41"D x 55"H



B2.5U/B2.5R Console

ELECTRONIC RECUMBENT BIKE

B2.5R

- Interval, Random, Hill, Fat burn, Manual, Cardio (20 resistance levels) programs
- Heart Rate, Distance, Speed, Time, Calories, Resistance Level feedback
- Three LED segment feedback display
- Contact heart rate readout
- On-the-fly programming
- 24 lb. precision balanced flywheel
- Heavy-gauge welded steel frame with textured powder coat finish
- Infinitely adjustable recumbent seat with DuraFirm™ upholstery and contoured for lumbar support
- Self-balancing pedals with straps

Dimensions: 35"W x 41"D x 55"H



Cardio Mat (RF34B)
available for
B2.5U and B2U



B2U/B2R Console



Cardio Mat (RF36T)
available for
B2.5R and B2R

UPRIGHT BIKE

B2U

- Friendly console with large, easy-to-read display helps motivate any user
- Contact heart rate
- Fifteen levels of smooth consistent magnetic resistance challenges any user
- Over-sized DuraFirm™ seat pad
- Front transport wheels allow you to roll the bike easily

Dimensions: 55"W x 41"D x 24"H

RECUMBENT BIKE

B2R

- Friendly console with large, easy-to-read display helps motivate any user
- Contact heart rate
- Fifteen levels of smooth consistent magnetic resistance challenges any user
- Oversized DuraFirm™ seat pad
- Front transport wheels allow you to roll the bike easily.

Dimensions: 51"W x 57"D x 21"H





ENDURANCE FOLDING TREADMILL

TF3i

The Endurance TF3i is an ideal choice for cost-conscious people focused on getting a great cardio workout in the comfort and of their own home. The solidly built Endurance Folding Treadmill is designed to help you achieve your fitness goals and provide many years of reliable service and challenging, flexible programs. Precision engineering and state-of-the art electronics make the Endurance TF3i an affordable choice for shoppers looking for a folding treadmill that has been built according to the demanding specifications and standards of professional health clubs, yet without the high price tag normally associated with such a machine.

Dimensions: 32"W x 69"L x 55"H



Cardio Mat (RF36T)
available



TF3i/T3 Console

ENDURANCE TREADMILL

T3

The Endurance T3 Treadmill has many features you would expect to find in a much more expensive machine. It is an ideal choice for cost-conscious people focused on getting a top cardio workout in the comfort and convenience of their own homes. The solidly built Endurance T3 is designed to help you achieve your fitness goals and provide many years of reliable service and challenging, flexible programs.

Dimensions: 31"W x 63.5"L x 54"H

 Commercial Rated

 Lifetime Warranty

800-833-1277 • www.bodysolid.com

TREADMILL WITH HEART RATE CONTROL

T6iHRC

With twenty programs at your fingertips, you'll excel in your workout objectives as you achieve maximum cardiovascular efficiency. With all the top features of our finest treadmills, including heart rate control, the Endurance T6i makes an ideal choice for people serious about their workouts. The Endurance T6i is built according to demanding specifications and standards of professional health clubs, offering you the freedom and convenience to achieve a world-class workout in your own home. Best of all, you'll program an efficient, fluid session every time you work out, whether your focus is weight loss, endurance or speed.

Dimensions:
32"W x 70"L x 57"H



T6iHRC Console



T10HRC Console



Cardio Mat (RF36T)

Endurance
Commercial
Warranty

3 YearsParts
1 YearLabor

ENDURANCE LIGHT
COMMERCIAL TREADMILL

T10HRC

Now you can march to the beat of 25 state-of-the-art fitness programs designed by some of the industry's top athletic trainers, targeting your optimum performance levels for running, endurance, distance, fat burning, cardio fitness and more. With all the top features of our finest treadmills, including Heart Rate Control, the Endurance T10HRC is the quintessential choice for discerning athletes and dedicated running enthusiasts.

The extra large running surface and one touch speed adjustment are perfect for all runners. The Endurance T10HRC is built according to demanding specifications and standards of professional health clubs, offering the freedom and convenience to achieve a world-class workout.

Dimensions: 57"H x 77"L x 32"W



• Index by Product Type

• Gyms •

Fusion Gym Systems

F500.....	Fusion 500 Personal Trainer.....	4
F600.....	Fusion 600 Personal Trainer.....	5
Attachments.....	Fusion Gym Attachments.....	18

G-Series Gym Systems

G1S.....	Multi-Station Home Gym.....	7
G2B.....	Multi-Station Home Gym.....	8
G3S.....	Multi-Station Home Gym.....	9
G4I.....	Multi-Station Home Gym.....	10
G5S.....	Multi-Station Home Gym.....	11
G6B.....	Multi-Station Home Gym.....	12
GSS.....	Multi-Station Selectorized Gym.....	13
G10B.....	Multi-Station Home Gym.....	14

Attachments.....

G-Series Gym Attachments.....	18
-------------------------------	----

Selectorized Gyms

BSG10X.....	Powerline BSG10X Home Gym.....	43
BFGM20.....	Best Fitness Multi-Purpose Gym.....	53
EXM1500S.....	Multi-Station Selectorized Gym.....	15
EXM3000LPS.....	Multi-Station Selectorized Gym.....	16
EXM4000S.....	Multi-Station Selectorized Gym.....	17
P1X.....	Powerline Home Gym.....	41
P2X.....	Powerline Home Gym.....	42
PHG1000X.....	Powerline PHG1000X Home Gym.....	44

Functional Trainers

BFFT10.....	Best Fitness Functional Trainer.....	53
GDCC200.....	Functional Training Center.....	20
GDCC210.....	Functional Training Center.....	20
GDCC250.....	Selectorized Deluxe Cable Center.....	21
PCC090X.....	Cable Crossover Machine.....	51

Freeweight Gyms

GDIB46L.....	PowerCenter Combo Bench.....	26
SBL460.....	Leverage Machine.....	22

Gym Attachments/Upgrades

BSGLPX.....	Powerline Leg Press.....	43
FCDWA.....	Weight Assisted Dip/Pull-Up Station.....	18
FKR.....	Vertical Knee Raise.....	18
FLP.....	Leg Press.....	18
FMH.....	Multi-Hip Station.....	18
FPU.....	Pull-Up Bar.....	18
GAP.....	Aluminum Pulley.....	18
GCCA.....	Cable Column Attachment.....	18
GDCCBAR.....	Dual-Press Bar.....	20
GDCCRACK.....	Accessory Rack.....	20
GIOT.....	Seated Inner/Outer Thigh.....	18
GKR9.....	Vertical Knee Raise.....	18
GLP.....	Leg Press/Calf Press.....	18
GRACK.....	Gym Mounted Accessory Rack.....	18
LP40.....	EXM Leg Attachment.....	17
PLPX.....	Powerline Leg Press.....	41, 42
SP50.....	50 lb. Selectorized Weight Stack.....	18, 41, 42
SP150.....	150 lb. Selectorized Weight Stack.....	44, 45
SP200.....	200 lb. Selectorized Weight Stack.....	24
VKR30.....	Vertical Knee Raise/Dip Station.....	16
WSA2.5.....	Weight Stack Adapters, 2.5 lbs.....	18
WSA5.....	Weight Stack Adapters, 5 lbs.....	18

• Freeweight Systems •

Smith/Rack Systems

BFRP10.....	Olympic Press Stand.....	54
GPR370.....	Multi-Press Rack.....	24
GPR378.....	Power Rack.....	24
GS348QP4.....	Series 7 Linear Bearing Smith Machine.....	23
PPR200X.....	Powerline Power Rack.....	44
PSM1442XS.....	Powerline Smith Machine.....	45
PSS60X.....	Squat Rack.....	45

Smith/Rack Attachments

BC2.....	PPR200X Bar Catches.....	44
GCA2.....	Lat/Chin-Up Attachment.....	51
GLA348QS.....	210 lb. Selectorized Lat Attachment.....	23
GLA378.....	Lat Attachment.....	24
GLDA1.....	Leg Developer Attachment.....	45
GLDA3.....	Six-Roller Leg Developer Attachment.....	45
GLRA81.....	Lat Row Attachment.....	26
GPA3.....	Pec Attachment.....	23
GPCA1.....	Preacher Curl Attachment.....	23, 26, 45
LSA50.....	Squat Attachment.....	22
PLA144X.....	Lat Row Station.....	45
PLA200X.....	PPR200X Lat Attachment.....	44
PPA13X.....	Pec Station.....	45
SCB26.....	Calf Squat Block.....	24, 44
SP50.....	50 lb. Selectorized Weight Stack.....	18, 41, 42
SP150.....	150 lb. Selectorized Weight Stack.....	44, 45
SP200.....	200 lb. Selectorized Weight Stack.....	24
WSA2.5.....	Weight Stack Adapters, 2.5 lbs.....	39
WSA5.....	Weight Stack Adapters, 5 lbs.....	39

Ab and Back Machines

BFAB10.....	Ab Board.....	55
BFAB20.....	Semi-Recumbent Ab Bench.....	55
BFHYP10.....	Ab Board Hyperextension.....	55
BFVK10.....	Vertical Knee Raise.....	55
BIINVER10.....	Inversion Table.....	54
FCD.....	Vertical Knee Raise/Dip/Pull-Up Station.....	28
FCD-STK.....	Fusion Chin Dip Combo.....	19
GAB60.....	Pro-Style Ab Board.....	27
GAB300.....	Semi-Recumbent Ab Bench.....	27
GAB350.....	Semi-Recumbent Synchronized Ab Bench.....	27

GCAB360.....	Cam Series Ab and Back Machine.....	27
GHYP345.....	45° Hyper Extension.....	29
GRCH322.....	Roman Chair/Back Hyper Extension.....	29
GRSM40.....	Seated Row Machine.....	29
GVKR60.....	Vertical Knee Raise and Dip.....	28
GVKR82.....	Vertical Knee Raise/Dip/Pull-Up/Chin-Up.....	28
PAB21X.....	Powerline Crunch board.....	47
PAB139X.....	Powerline Ab Board.....	47
PCH24X.....	Roman Chair/Back Hyper Extension.....	48
PHY200X.....	45° Back Hyper Extension.....	48
PLM180X.....	Lat Machine.....	50
PKC3X.....	Vertical Knee Raise.....	48

Chest and Arm Machines

FCD-STK.....	Fusion Chin Dip Combo.....	19
GCBT380.....	Biceps and Triceps Machine.....	30
GDIP59.....	Dip Station.....	30
GLM83.....	Pro Lat Machine.....	29
GPCB329.....	Preacher Curl Bench.....	30
GPM65.....	Pec Machine.....	30
PPB32X.....	Powerline Preacher Curl Bench.....	50

Leg and Hip Machines

GIOT-STK.....	Inner and Outer Thigh Machine.....	19
GLCE365.....	Leg Extension/Leg Curl Machine.....	32
GLP-STK.....	Leg Press/Calf Press Station.....	19
GLPH1100.....	Leg Press/Hack Squat Machine.....	31
GCCE340.....	Cam Series Leg Ext./Leg Curl Machine.....	32
GSLC360.....	Leverage Squat/Calf Raise Machine.....	31
GSCR349.....	Seated Calf Raise Machine.....	32
PGM200.....	Glute Master.....	49
PLCE165X.....	Leg Extension and Leg Curl Machine.....	49
PSC43X.....	Seated Calf Raise Machine.....	49
PVLP156X.....	Powerline Vertical Leg Press Machine.....	49

Leverage Machines

SBL460P4.....	Leverage Machine.....	22
---------------	-----------------------	----

Benches

BFFID10.....	Folding Bench.....	54
BFHYP10.....	Ab Board Hyperextension.....	55
BF0B10.....	Folding Olympic Bench.....	54
FD46.....	Olympic Lev. Flat/Incline/Decline Bench.....	22, 25
GDIB46L.....	PowerCenter Combo Bench.....	26
GFB350.....	Heavy Duty Flat Bench.....	26
GF121.....	Flat/Incline Bench.....	26
GFID31.....	Flat/Incline/Decline Bench.....	25
GFID71.....	Heavy Duty Flat/Incline/Decline Bench.....	23, 25
GFID225.....	Folding Multi-Bench.....	25
GLDA1.....	Leg Developer Attachment.....	45
GLDA3.....	Six-Roller Leg Developer Attachment.....	23
GLRA81.....	Lat Row Attachment.....	26
GPCA1.....	Preacher Curl Attachment.....	23, 26, 45
GST20.....	Utility Stool.....	26
PFID125X.....	Powerline Folding Flat/Incline/Decline Bench.....	47
PFID130X.....	Powerline Flat/Incline/Decline Bench.....	47
SFID325.....	Pro ClubLine Flat / Incline / Decline Bench.....	25

• Cardio •

Treadmills

BFT50.....	Best Fitness Walking Treadmill.....	56
T3.....	Endurance Treadmill.....	64
TF3i.....	Endurance Folding Treadmill.....	64
T6iHRC.....	Treadmill with Heart Rate Control.....	65
T10-HRC.....	Endurance Light Commercial Treadmill.....	65

Exercise Bikes

B2R.....	Recumbent Bike.....	63
B2.5R.....	Electronic Recumbent Bike.....	63
B2U.....	Upright Bike.....	63
B2.5U.....	Electronic Upright Bike.....	63
B3R.....	Self-Generating Recumbent Bike.....	62
B3U.....	Self-Generating Upright Bike.....	62
BFSB5.....	Best Fitness Spin Style Bike.....	57
BFSB10.....	Best Fitness Spin Style Bike.....	57
BFUB.....	Best Fitness Upright Bike.....	56
BPEDS.....	Premium Pedals.....	57

Ellipticals

BFTC1.....	Best Fitness Cross Trainer Elliptical.....	56
BFE1.....	Best Fitness Elliptical.....	56
BFT50.....	Best Fitness Walking Treadmill.....	56
E300.....	Endurance Center Drive Elliptical.....	60
E400.....	Endurance Center Drive Elliptical.....	61
E5000.....	Endurance Center Drive Elliptical.....	59

• Bars and Accessories •

Cable Attachments

ACH18.....	Ab Crunch Harness.....	38
MB022RG.....	Pro-Grip Revolving Straight Bar.....	38
MB148RG.....	Pro-Grip Multi-Grip Lat Bar.....	38
MB229RG.....	Pro-Grip Revolving Curl Bar.....	38
MB438RG.....	Pro-Grip Pro-Style Lat Bar.....	38
MB501RG.....	Pro-Grip Stirrup Cable Handle.....	38
MB502RG.....	Pro-Grip Seated Row/Chinning Bar Combo.....	38
MB503RG.....	Pro-Grip Multi-Exercise Bar.....	38
MB504RG.....	Pro-Grip Tricep Press-Down Bar.....	38
MB507RG.....	Pro-Grip V-Bar.....	38
NTS10.....	Tricep Strap.....	39
TR20.....	Tricep Rope.....	39

Accessories

AAB2.....	Gut Blaster Ab Slings.....	38
BB23.....	Bicep Bomber.....	38
BSTAW.....	Ankle Weights.....	39

BSTDMB[#].....	Dual-Grip Medicine Balls.....	36
BSTFB[#].....	Fitness Bars.....	37
BSTFR36/36H.....	Foam Rollers.....	36
BSTJR1.....	Speed Rope.....	39
BSTMB[#].....	Medicine Balls.....	37
BSTRIT[#].....	Resistance Tubes.....	36
BSTSB#.....	Exercise Balls (Anti-Burst).....	36
BSTVD[#].....	Vinyl Dumbbells.....	37
BSTWV[#].....	Weighted Vest.....	39
BSTYM[#].....	Yoga Mat.....	36
GB-2.....	Inversion Boots.....	38
MA105.....	Bar Pad.....	38
MA307N.....	Nylon Head Harness.....	38
MA307V.....	Leather Head Harness.....	38
MA308V.....	Leather Ankle Strap.....	38
MA310.....	Leather Dip Strap.....	39
MA325.....	Leather Tricep Strap.....	39
MA330.....	Leather Dip Belt.....	39
MR136.....	Manta Ray.....	39
NB51.....	Nylon Wrist Straps.....	39
NB52.....	Power Lifting Strap.....	39
NB55.....	Nylon Dipping Strap.....	39
NB56.....	Nylon Dipping Belt.....	39
NA33.....	Nylon Ankle Strap.....	39
NB59.....	Adjustable Nylon Cable Handle.....	39
NTS10.....	Tricep Strap.....	39
OA8/OA14.....	Olympic Adapter Sleeve, 8" or 14".....	39
PG2.....	Pro Power Grips (pair).....	39
PUB2.....	Push-Up Bar.....	39
PUB34.....	Chin-Up Bar.....	39
RF34B.....	Bike Mat.....	59, 60, 61, 62, 63
RF36T.....	Tread Mat.....	63, 64, 65
RF4PMB.....	Interlocking Rubber Flooring (Black).....	34
RF4PMG.....	Interlocking Rubber Flooring (Gray Spec).....	34
RF546.....	Rubber Floor Mat.....	34
STT45.....	Strength Training Time Clock.....	39
TBR10/LBB28.....	T-Bar Row Platform.....	38

• Weights, Dumbbells, Storage •

Weights and Bars

BSTVD[#].....	Vinyl Dumbbells.....	37
BSTFB[#].....	Fitness Bars.....	37
BSTDMB[#].....	Dual-Grip Medicine Balls.....	36
BSTMB[#].....	Medicine Balls.....	37
KB[Size].....	Kettlebells.....	35
KBC[Size].....	Premium Kettlebells.....	35
OB20.....	Olympic Dumbbell Handles.....	35
OB34.....	Olympic Tricep Bar.....	35
OB47.....	Chrome Olympic Curl Bar.....	35
OB47B.....	Black Olympic Curl Bar.....	35
OB48.....	Olympic Combo Bar.....	35
OB60B.....	5' Black Olympic Bar.....	35
OB72B.....	6' Black Olympic Bar.....	35
OB86.....	7' Chrome Olympic Bar.....	35
OB86B.....	7' Black Olympic Bar.....	35
OBPB/OBPC.....	Olympic Rubber Bumper Plates.....	33
OB86PB.....	Pro Bars (Limited, Broze, Silver, Gold).....	35
OC06.....	Olympic Spring Collars.....	35
OPB[Size].....	Olympic Weight Plates.....	35
ORT[Size].....	Rubber Grip Olympic Plates.....	35
OSB300/400/0500.....	Olympic Plate Weight Sets.....	35
OSR300/400/500.....	Rubber Grip Olympic Sets.....	35
OST300/400/500.....	Steel Grip Olympic Sets.....	35
OTB50.....	Olympic Shrug Bar.....	35
RB47.....	Standard Curl Bar.....	35
RB48.....	Standard Combo Bar.....	35
RB84.....	84" Standard Bar.....	35
RC02.....	Standard One Pound Metal Collars.....	35
RC03.....	Standard Half Pound Metal Collars.....	35
RC0616/RC0617.....	Standard Spring Collars.....	35
RPB[Size].....	Standard Weight Plates.....	35
SDA14.....	Solid Steel Standard Dumbbell Handles.....	35
SDA14T.....	Threaded Solid Steel Standard Dumbbell Handles w/Collars.....	35
SDR[Size].....	Rubber Coated Hex Dumbbells.....	35

Weight Trees and Storage Racks

WT46.....	Olympic Weight Tree.....	33
GDKR50.....	Kettlebell Rack.....	34
GDKR100.....	Dumbbell and Kettlebell Rack.....	34
GDR44.....	2-Tier Vertical Dumbbell Rack.....	34
GDR60.....	62" Wide 2-Tier Dumbbell Rack.....	34
GDR363.....	3-Tier Dumbbell Rack.....	34
GDR76.....	GDR60 Optional Third Tier.....	34
GMR5.....	Medicine Ball Rack.....	37
GMR10.....	Medicine Ball Rack.....	37
GFR500.....	Fitness Bar Rack.....	37
GDR500.....	Dumbbell Rack.....	37
GBH5.....	Olympic Bar Holder.....	33
GSWT.....	Standard Weight Tree and Bar Rack.....	33
GOWT.....	Olympic Weight Tree and Bar Rack.....	33
OWT24.....	EZ-Load™ Olympic Weight Tree.....	33
SWT24.....	EZ-Load™ Standard Weight Tree.....	33
PDR282X.....	Powerline 32" Wide 2-Tier Dumbbell Rack.....	50
VDRA30.....	Cable Accessory Stand.....	34

•• Alphabetical Index by Item Number

AAB2	Gut Blaster Ab Slings	38
ACH18	Ab Crunch Harness	38
B2.5R	Electronic Recumbent Bike	63
B2.5U	Electronic Upright Bike	63
B2R	Recumbent Bike	63
B2U	Upright Bike	63
B3R	Self-Generating Recumbent Bike	62
B3U	Self-Generating Upright Bike	59
BB23	Bicep Bomber	38
BC2	PPR200X Bar Catches	44
BFAB10	Ab Board	55
BFAB20	Semi-Recumbent Ab Bench	55
BFBG10	Best Fitness Basic Training Gym	53
BFE1	Best Fitness Elliptical	56
BFC1	Best Fitness Cross Trainer Elliptical	56
BFFID10	Folding Bench	54
BFFT10	Best Fitness Functional Trainer	53
BFHYP10	Ab Board Hyperextension	55
BFMG20	Best Fitness Multi-Purpose Gym	53
BF0B10	Folding Olympic Bench	54
BFPR10	Olympic Press Stand	54
BFSB5	Best Fitness Spin Style Bike	57
BFSB10	Best Fitness Spin Style Bike	57
BF750	Best Fitness Walking Treadmill	56
BFUB	Best Fitness Upright Bike	56
BFVK10	Vertical Knee Raise	55
BINVER10	Inversion Table	54
BPED5	Premium Pedals	57
BSG10X	Powerline BSG10X Home Gym	43
BSGLPX	Powerline Leg Press	43
BSTAW	Ankle Weights	39
BSTDMB[#]	Dual-Grip Medicine Balls	36
BSTFB[#]	Fitness Bars	37
BSTFR36/36H	Foam Rollers	36
BSTJR1	Speed Rope	39
BSTMB[#]	Medicine Balls	37
BSTRT[#]	Resistance Tubes	36
BSTSB#	Exercise Balls (Anti-Burst)	36
BSTVD[#]	Vinyl Dumbbells	37
BSTWV[#]	Weighted Vest	39
BSTYM[#]	Yoga Mat	36
E300	Endurance Center Drive Elliptical	60
E400	Endurance Center Drive Elliptical	61
E5000	Endurance Center Drive Elliptical	59
EXM1500S	Multi-Station Selectorized Gym	15
EXM3000LPS	Multi-Station Selectorized Gym	16
EXM4000S	Multi-Station Selectorized Gym	17
F500	Fusion 500 Personal Trainer	4
F600	Fusion 600 Personal Trainer	5
FCD	Vertical Knee Raise/Dip/Pull-Up Station	28
FCD-STK	Fusion Chin Dip Combo	19
FCDWA	Weight Assisted Dip/Pull-Up Station	18
FID46	Olympic Lev. Flat/Incline/Decline Bench	22, 25
FKR	Vertical Knee Raise	18
FLP	Leg Press	18
FMH	Multi-Hip Station	18
FPU	Pull-Up Bar	18
G10B	Multi-Station Home Gym	14
G1S	Multi-Station Home Gym	7
G2B	Multi-Station Home Gym	8
G3S	Multi-Station Home Gym	9
G4I	Multi-Station Home Gym	10
G5S	Multi-Station Home Gym	11
G6B	Multi-Station Home Gym	12
G9S	Multi-Station Selectorized Gym	13
GAB300	Semi-Recumbent Ab Bench	27
GAB350	Semi-Recumbent Synchronized Ab Bench	27
GAB60	Pro-Style Ab Board	27
GAP	Aluminum Pulley	18
GCA2	Lat/Chin-Up Attachment	51
GCAB360	Cam Series Ab and Back Machine	27
GCBT380	Biceps and Triceps Machine	30
GCCA	Cable Column Attachment	18
GCEC340	Cam Series Leg Ext./Leg Curl Machine	32
GDCC200	Functional Training Center	20
GDCC210	Functional Training Center	20
GDCC250	Selectorized Deluxe Cable Center	21
GDCCBAR	Dual-Press Bar	20
GDCCRACK	Accessory Rack	20
GDIB46L	PowerCenter Combo Bench	26
GDIP59	Dip Station	30
GDKR50	Kettlebell Rack	34
GDKR100	Dumbbell and Kettlebell Rack	34

GDR363	3-Tier Dumbbell Rack	34
GDR44	2-Tier Vertical Dumbbell Rack	34
GDR60	62" Wide 2-Tier Dumbbell Rack	34
GDR500	Dumbbell Rack	37
GDR16	GDR60 Optional Third Tier	34
GFB350	Heavy Duty Flat Bench	26
GF121	Flat/Incline Bench	26
GFID31	Flat/Incline/Decline Bench	25
GFID225	Folding Multi-Bench	25
GFID71	Heavy Duty Flat/Incline/Decline Bench	23, 25
GFR500	Fitness Bar Rack	37
GHPY345	45° Hyper Extension	39
GIB-2	Inversion Boots	28
GIOT	Seated Inner/Outer Thigh	18
GIOT-STK	Inner and Outer Thigh Machine	19
GKR9	Vertical Knee Raise	18
GLA348QS	210 lb. Selectorized Lat Attachment	23
GLA378	Lat Attachment	24
GLCE365	Leg Extension/Leg Curl Machine	32
GLDA1	Leg Developer Attachment	45
GLDA3	Six-Roller Leg Developer Attachment	23
GLM83	Pro Lat Machine	29
GLP	Leg Press/Calf Press	18
GLPH1100	Leg Press/Hack Squat Machine	31
GLP-STK	Leg Press/Calf Press Station	19
GLRA81	Lat Row Attachment	26
GMR5	Medicine Ball Rack	37
GMR10	Medicine Ball Rack	37
GOBH5	Olympic Bar Holder	33
GOWT	Olympic Weight Tree and Bar Rack	33
GPA3	Pec Attachment	23
GPCA1	Preacher Curl Attachment	23, 26, 45
GPCB329	Preacher Curl Bench	30
GPM65	Pec Machine	30
GPR370	Multi-Press Rack	24
GPR378	Power Rack	24
GRACK	Gym Mounted Accessory Rack	18
GRCH322	Roman Chair/Back Hyper Extension	29
GS348Q	Series Smith Machine Base Unit	23
GS348QP4	Series 7 Linear Bearing Smith Machine	23
GSC1360	Leverage Squat/Calf Raise Machine	31
GSCR349	Seated Calf Raise Machine	32
GSRSM40	Seated Row Machine	29
GST20	Utility Stool	26
GSWT	Standard Weight Tree and Bar Rack	33
GVKR60	Vertical Knee Raise and Dip	28
GVKR82	Vertical Knee Raise/Dip/Pull-Up/Chin-Up	28
KB[Size]	Kettlebells	35
KBC[Size]	Premium Kettlebells	35
LBB28	T-Bar Row Platform	38
LP40	EXM Leg Attachment	17
LSA50	Squat Attachment	22
MA105	Bar Pad	38
MA307N	Nylon Head Harness	38
MA307V	Leather Head Harness	38
MA308V	Leather Ankle Strap	38
MA310	Leather Dip Strap	39
MA325	Leather Tricep Strap	39
MA330	Leather Dip Belt	39
MB022RG	Pro-Grip Revolving Straight Bar	38
MB148RG	Pro-Grip Multi-Grip Lat Bar	38
MB229RG	Pro-Grip Revolving Curl Bar	38
MB438RG	Pro-Grip Pro-Style Lat Bar	38
MB501RG	Pro-Grip Stirrup Cable Handle	38
MB502RG	Pro-Grip Seated Row/Chinning Bar Combo	38
MB503RG	Pro-Grip Multi-Exercise Bar	38
MB504RG	Pro-Grip Tricep Press-Down Bar	38
MB507RG	Pro-Grip V-Bar	38
MR136	Manta Ray	39
NAS3	Nylon Ankle Strap	39
NB51	Nylon Wrist Straps	39
NB52	Power Lifting Strap	39
NB55	Nylon Dipping Strap	39
NB56	Nylon Dipping Belt	39
NB59	Adjustable Nylon Cable Handle	39
NTS10	Tricep Strap	39
OA8/OA14	Olympic Adapter Sleeve, 8" or 14"	39
OB20	Olympic Dumbbell Handles	35
OB34	Olympic Tricep Bar	35
OB47	Chrome Olympic Curl Bar	35
OB47B	Black Olympic Curl Bar	35
OB48	Olympic Combo Bar	35
OB60B	5" Black Olympic Bar	35

OB72B	6" Black Olympic Bar	35
OB86	7" Chrome Olympic Bar	35
OB86B	7" Black Olympic Bar	35
OBPB/OBPC	Olympic Rubber Bumper Plates	33
OB86PB	Pro Bars (Limited, Broze, Silver, Gold)	35
OC06	Olympic Spring Collars	35
OPB[Size]	Olympic Weight Plates	35
ORT[Size]	Rubber Grip Olympic Plates	35
OSB300/400/500	Olympic Plate Weight Sets	35
OSR300/400/500	Rubber Grip Olympic Sets	35
OST300/400/500	Steel Grip Olympic Sets	35
OTB50	Olympic Shrug Bar	35
OWT24	EZ-LoadTM Olympic Weight Tree	33
P1X	Powerline Home Gym	41
P2X	Powerline Home Gym	42
PAB139X	Powerline Ab Board	47
PAB21X	Powerline Crunch board	47
PCC090X	Cable Crossover Machine	51
PCH24X	Roman Chair/Back Hyper Extension	48
PDR282X	Powerline 32" Wide 2-Tier Dumbbell Rack	50
PFID125X	Powerline Folding Flat/Incline/Decline Bench	47
PFID130X	Powerline Flat/Incline/Decline Bench	47
PG2	Pro Power Grips (pair)	39
PGM200	Glute Master	49
PHG1000X	Powerline PHG1000X Home Gym	44
PHY200X	45° Back Hyper Extension	48
PLA144X	Lat Row Station	45
PLA200X	PPR200X Lat Attachment	44
PLCE165X	Leg Extension and Leg Curl Machine	49
PLM180X	Lat Machine	50
PLPX	Powerline Leg Press	41, 42
PPA13X	Pec Station	45
PPB32X	Powerline Preacher Curl Bench	50
PPR200X	Powerline Power Rack	44
PSC43X	Seated Calf Raise Machine	49
PSM1442XS	Powerline Smith Machine	45
PSM144X	Powerline Smith Machine	45
PSS60X	Squat Rack	39
PUB2	Push-Up Bar	45
PUB34	Chin-Up Bar	39
PVKC83X	Vertical Knee Raise	48
PVLP156X	Powerline Vertical Leg Press Machine	49
RB47	Standard Curl Bar	35
RB48	Standard Combo Bar	35
RB84	84" Standard Bar	35
RC02	Standard One Pound Metal Collars	35
RC03	Standard Half Pound Metal Collars	35
RC0616/RC0617	Standard Spring Collars	35
RF34B	Bike Mat	59, 60, 61, 62, 63
RF36T	Tread Mat	63, 64, 65
RF4PMB	Interlocking Rubber Flooring (Black)	34
RF4PMG	Interlocking Rubber Flooring (Gray Spec)	34
RF546	Rubber Floor Mat	34
RPB[Size]	Standard Weight Plates	35
SBL460P4	Leverage Machine	22
SCB26	Calf Squat Block	24, 44
SDA14	Solid Steel Standard Dumbbell Handles	35
SDA14T	Threaded Solid Steel Standard Dumbbell Handles w/Collars	35
SDR[Size]	Rubber Coated Hex Dumbbells	35
SFID325	Pro ClubLine Flat / Incline / Decline Bench	25
SP50	50 lb. Selectorized Weight Stack	18, 41, 42
SP150	150 lb. Selectorized Weight Stack	44, 45
SP200	200 lb. Selectorized Weight Stack	24
STT45	Strength Training Time Clock	39
SWT14	EZ-LoadTM Standard Weight Tree	33
T10-HRC	Endurance Light Commercial Treadmill	65
T3	Endurance Treadmill	64
T6HRC	Treadmill with Heart Rate Control	65
TBR10	T-Bar Row Platform	38
TBR10/LBB28	T-Bar Row Platform	39
TF3I	Endurance Folding Treadmill	64
TR20	Tricep Rope	39
VDRA30	Cable Accessory Stand	34
VKR30	Vertical Knee Raise/Dip Station	16
WSA2.5	Weight Stack Adapters, 2.5 lbs.	18
WSA5	Weight Stack Adapters, 5 lbs.	18
WT46	Olympic Weight Tree	33

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