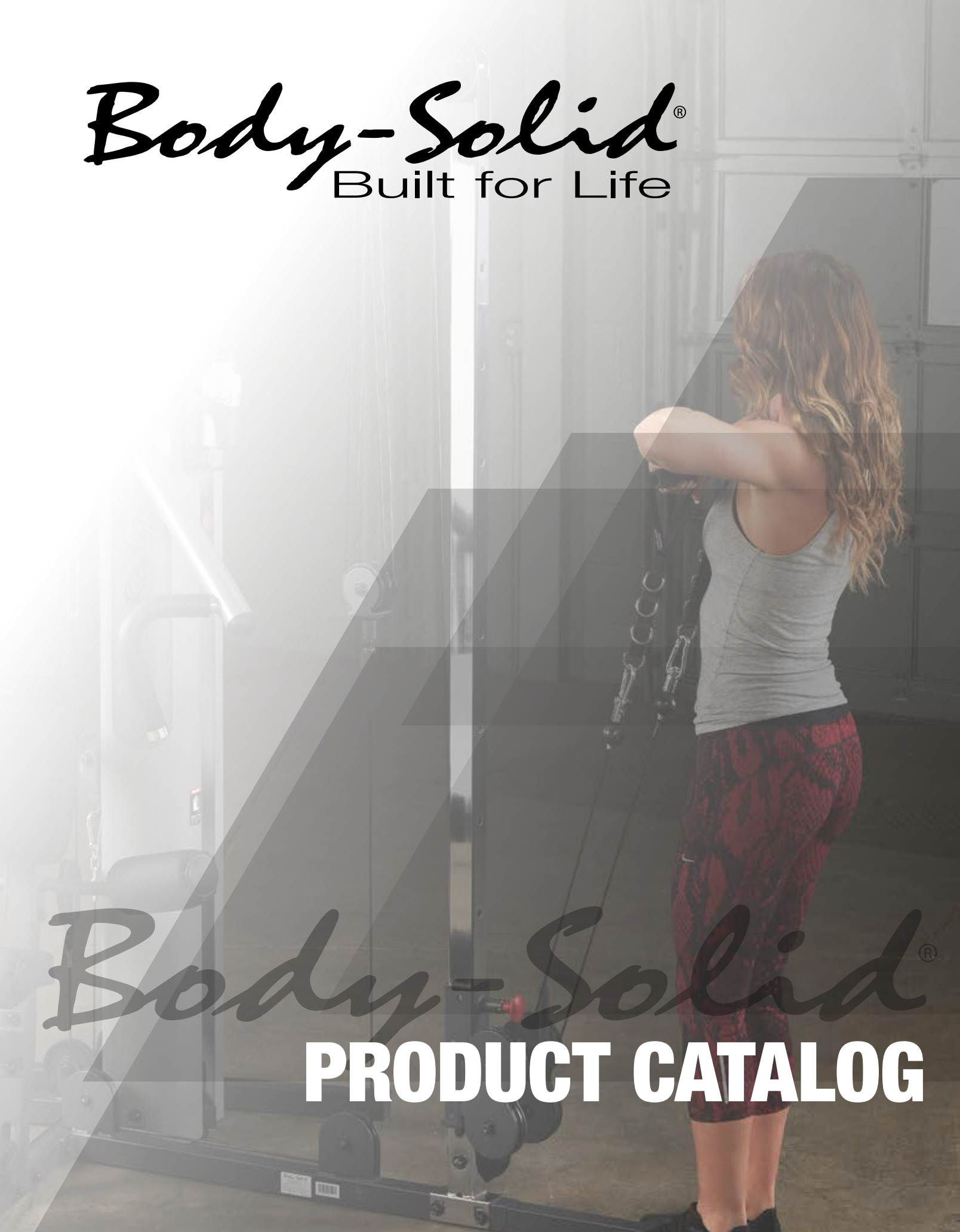




Body-Solid®
Built for Life

Body-Solid®
PRODUCT CATALOG

Body-Solid®

Built for Life

It Started with an idea...

Throughout the pages of this catalog you'll find the culmination of over 30 years of Body-Solid's dedication, innovation and product development.

Body-Solid products are developed and designed with multiple markets in mind, from personal training studios, police and fire departments and municipalities to schools, military bases, health clubs, businesses and homes. The needs of these markets are constantly changing, but through strong relationships with our customers, Body-Solid has been able to evolve and grow to meet the demands of the ever-changing fitness industry.

As a result, Body-Solid boasts the widest array of products in fitness including home and commercial multi-station gyms, free weight machines, treadmills, bikes, ellipticals, weight plates, kettlebells, dumbbells, flooring, accessories and more.

In keeping with our motto—Built for Life—Body-Solid builds products that are not only cutting-edge but reliable, durable and provide a tremendous value to consumers. Body-Solid backs each and every one of those products with the best warranty and customer service in the industry.

Body-Solid products are Built for Life... Your Life.

Body-Solid

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BODY-SOLID RACKS & CAGES

Body-Solid Power Racks and Cages have a proven track record with years of reliability and innovation. User-friendly features on each Body-Solid Power Rack and Cage along with optional attachments, accessories and customizations allows users and facilities to tailor racks and cages to their exact needs.



GPR400 PRO POWER RACK

- 1" hole spacing for safeties
- Includes premium j-cup liftoffs and pipe & pin safeties
- Integrated chin-up bar
- 53"L x 52"W x 79"H, 273 lbs.



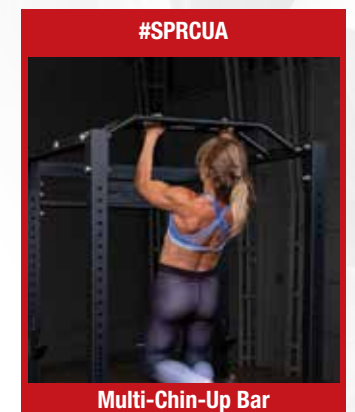
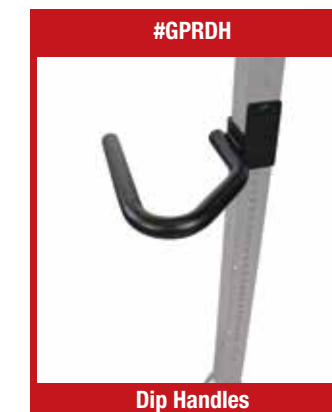
PRO POWER RACK OPTIONS

OPTIONS:

SPRJC	J-Cup Liftoffs (shown)
GLA400	Lat Attachment (shown)
SP150	150 lb. Weight Stack (shown)
GPRDH	Dip Handles (shown)
GPRTBR	T-Bar Row attachment (shown)
GPRUL	U-Link (shown)
GPRWH	Weight Horns (shown)
SPRCUA	Multi-Chin Attachment (not shown)
SCB26	Squat Calf Block (not shown)



GPR400 OPTIONAL ATTACHMENTS





GPR370 MULTI-PRESS RACK

- 14 position ¼" solid steel gunracks
- 7° reverse pitch for biomechanically correct lifting paths
- 45"L x 64"W x 74"H, 140 lbs.



GPR378 POWER RACK

- 3" hole spacing
- 3" x 3", 11-gauge steel frame
- 50"L x 46"W x 80"H, 229 lbs.

OPTIONS:

GLA378	Lat Attachment (shown)
SP200	200 lb. Weight Stack (shown)
DR378	Dip Station
LO378	Bar Lift Offs
SCB26	Squat Calf Block



GS348Q SERIES 7 SMITH MACHINE

- Large diameter, 25 lb. Smith Bar
- For smith and freeweight barbell exercises
- 56"L x 69"W x 83"H, 276 lbs.

**Shown with optional GPU348 Pull-Up Bar*



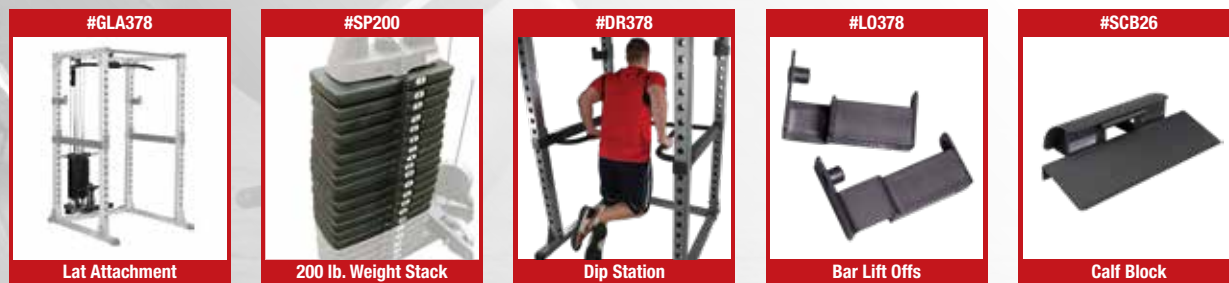
GS348QP4 SERIES 7 SMITH PACKAGE

- Complete Smith Gym System
- 98"L x 69"W x 83"H, 724 lbs.

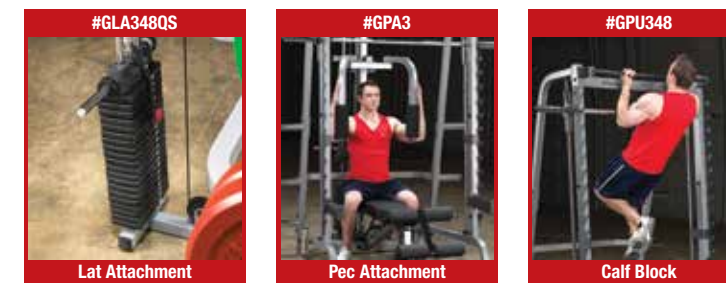
INCLUDES:

GS348Q	Smith Machine
GLA348QS	210 lb. Lat Attachment
GPA3	Pec Attachment
GFID71	Flat / Incline / Decline Bench
GLDA3	Leg Developer (not shown)
GPCA1	Preacher Curl (not shown)

GPR378 OPTIONAL ATTACHMENTS



GS348Q OPTIONAL ATTACHMENTS



BODY-SOLID STRENGTH

Body-Solid produces more benches and all-purpose strength equipment than any other manufacturer. Our wide array of products are designed to be versatile enough to cover the entire body while also maximizing results.



GFID100 **FLAT / INCLINE / DECLINE BENCH**

- Independent back (ladder style) and seat pad (pull pin) adjustments
- Optional attachments: GLDA3 Leg Developer and GPCA1 Preacher Curl
- 66"L x 28"W x 19"H, 53 lbs.



GFID225 **FOLDING MULTI-BENCH**

- Folds flat for easy storage
- Ships fully assembled
- 57"L x 18"W x 10"H - Folded
- 60"L x 18"W x 19"H - In-Use
- 53 lbs.



GFID31 **FLAT / INCLINE / DECLINE BENCH**

- Independent back (ladder style) and seat pad (pull pin) adjustments
- Oversized seat adjustment for bent-knee ab crunch position
- Optional attachments: GLDA1 Leg Developer and GPCA1 Preacher Curl
- 59"L x 27"W x 22"H, 57 lbs.



GFID71 **FLAT / INCLINE / DECLINE BENCH**

- Independent back (ladder style) and seat pad (pull pin) adjustments
- 2" x 3" 11-gauge steel frame
- Optional attachments: GLDA3 Leg Developer, GPCA1 Preacher Curl, and GLRA81 Lat Row
- 68"L x 28"W x 19"H, 100 lbs.



GFB350 **FLAT BENCH**

- Transport wheels for easy movement
- 49"L x 23"W x 19"H, 42 lbs.



GFI21 **FLAT / INCLINE BENCH**

- Independent back (glide and lock pull pin) and seat pad (pull pin) adjustments
- Transport wheels for easy movement
- 52"L x 21"W x 17"H, 57 lbs.



FID46 **FLAT / INCLINE / DECLINE BENCH**

- Synchronized seat and back pad
- Includes leg developer
- 72"L x 28" W x 31"H, 93 lbs.



GDIB46L **POWERCENTER COMBO BENCH**

- Includes Leg Developer
- Flat / Incline / Decline
- 77"L x 46"W x 43"H, 110 lbs.



GST20 **UTILITY BENCH**

- Wide rear legs prevent rocking
- Height to seat pad: 18"
- 28"L x 28"W x 46"H, 30 lbs.



GRCH322 **ROMAN CHAIR**

- Works glutes, hamstrings, calves, abs, obliques and back
- Extra-wide base eliminates rocking
- 51"L x 27"W x 43"H, 70 lbs.



GHYP345 **45° BACK HYPEREXTENSION**

- Increase flexibility and relieve back pain
- Oversized foot plate provides easy access
- 53"L x 29"W x 36"H, 68 lbs.



GAB100 **HORIZONTAL AB CRUNCH MACHINE**

- Work upper and lower abs in one synchronized movement
- Weight posts for increased resistance or assistance
- 61"L x 33"W x 36"H, 72 lbs.



GAB300 **SEMI-RECUMBENT AB BENCH**

- Intense isolation of the abdominal region
- Lower abdominal counter-balance and resistance with lock-out feature
- 69"L x 34"W x 52"H, 100 lbs.



GAB60 **PRO-STYLE AB BOARD**

- 12 adjustment levels from 0° to 45°
- Transport wheels for easy mobility
- 66"L x 24"W x 52"H, 39 lbs.



GCAB360 **CAM SERIES AB & BACK**

- Isolated ab and back movements
- Easy-to-use pop-pin adjustments
- 59"L x 45"W x 43"H, 75 lbs.



GDIP59 DIP STATION

- Large diameter grips
- Dip handles taper from 21" to 19" width
- 40"L x 27"W x 53"H, 44 lbs.



GVKR60 VERTICAL KNEE RAISE & DIP

- Safe, no-slip step-up entry
- 37"L x 27"W x 60"H, 61 lbs.



GVKR82 VERTICAL KNEE RAISE / DIP / PUSH-UP / CHIN-UP

- Lat pull-up/chin-up station features easy step-up entry
- 58"L x 50"W x 82"H, 112 lbs.



FCD VERTICAL KNEE RAISE / DIP / CHIN-UP

- Lat pull-up (wide grip)/chin-up (close grip) station features easy step-up entry
- Dip station features oversized grips for ultimate comfort
- 63"L x 42"W x 83"H, 136 lbs.



GPM65 PEC DEC / REAR DELT

- Articulating handles for unilateral and bilateral chest development
- 69"L x 39"W x 66"H, 91 lbs.



GSRM40 SEATED ROW MACHINE

- Multi-position adjustable handles
- 56"L x 43"W x 39"H, 81 lbs.



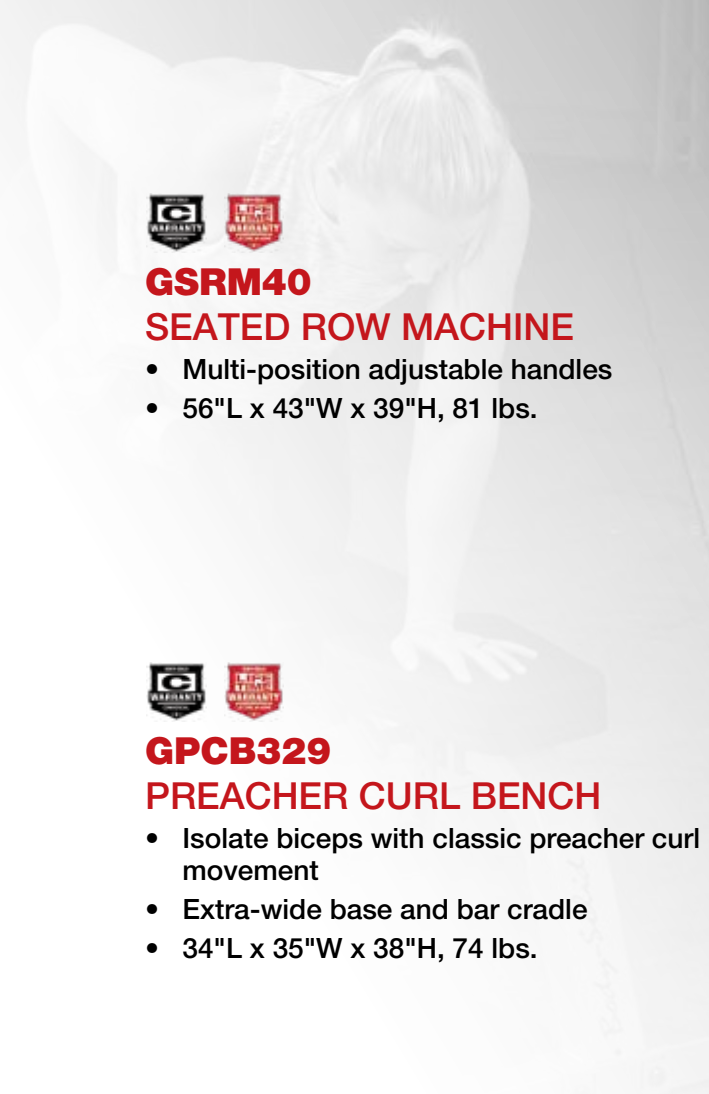
GPCB329 PREACHER CURL BENCH

- Isolate biceps with classic preacher curl movement
- Extra-wide base and bar cradle
- 34"L x 35"W x 38"H, 74 lbs.



GCBT380 CAM SERIES BICEPS & TRICEPS

- V-Bar handle to better isolate targeted muscles
- Arm pad positioned at 30° angle
- Shown with optional OA8 Olympic Adapter Sleeve
- 41"L x 45"W x 40"H, 79 lbs.





GLPH1100 **LEG PRESS & HACK SQUAT**

- Quad track roller system operates smoothly and distributes weight evenly
- Flip-and-lock back pad mechanism
- 83"L x 34"W x 56"H, 340 lbs.



GSCL360 **LEVERAGE SQUAT & CALF**

- Innovative rounded calf raise block provides a deep pre-stretch for maximum development
- Diamond plate foot platform is set to perfect 20° pitch for optimal develop of quads and glutes
- 62"L x 47"W x 56"H, 170 lbs.



GCEC340 **CAM SERIES LEG EXT. & CURL**

- Leg extension & leg curl performed from one comfortable seated position
- Adjustable lifting arm can be positioned for both hamstring and quad isolation
- 56"L x 44"W x 37"H, 72 lbs.



GSS50 **SISSY SQUAT**

- Train abs, legs and core
- 44"L x 24"W x 19"H, 47 lbs.



GLCE365 **LEG EXTENSION & CURL**

- Perform leg extensions and lying supine leg curls
- Synchronized pads provide back support for leg extension exercise
- 55"L x 27"W x 48"H, 92 lbs.



GWS100 **WEIGHT SLED**

- Multiple handles make pushing and pulling easy and effective
- Removable posts allow workout customization
- 50"L x 31"W x 40"H, 68 lbs.



GSCR349 **SEATED CALF RAISE**

- Isolate calves for intense calf raise workout
- Operates on a 3:1 weight ratio
- 47"L x 23"W x 39"H, 93 lbs.



GBR10 **BALL REBOUNDER**

- Adjustable 30 to 60° angle
- 55"L x 48"W x 38"H, 44 lbs.



GINV50 INVERSION TABLE

- Stable extra heavy gauge steel frame
- Proprietary ankle adjustment
- 72"L x 28"W x 79"H, 53 lbs.



GLM83 LAT MACHINE

- No-cable-change design
- Includes Lat Bar and Straight Bar
- 60"L x 32"W x 82"H, 101 lbs.



GLGS100 CORNER LEVERAGE GYM

- Features Lat Pulldown, Press / Squat, Low Pulley stations.
- 69"L x 67"W x 82"H, 191 lbs.

OPTIONS:

GFID100 Flat / Incline / Decline Bench



SBL460 LEVERAGE GYM

- Total body freeweighted gym
- 107"L x 74"W x 83"H, 415 lbs.

OPTIONS:

LSA50 Leverage Squat Attachment
FID46 Flat / Incline / Decline Bench



GLGS100P4 CORNER LEVERAGE PACKAGE

- Total body freeweighted gym
- Features Lat Pulldown, Press / Squat, Low Pulley stations.
- 95"L x 67"W x 83"H, 244 lbs.

INCLUDES:

GLGS100 Corner Leverage Gym
GFID100 Flat / Incline / Decline Bench



SBL460P4 LEVERAGE GYM PACKAGE

- Total body freeweighted gym
- Three people can work out together safely
- 149"L x 100"W x 83"H, 630 lbs.

INCLUDES:

SBL460 Leverage Gym
LSA50 Leverage Squat Attachment
FID46 Flat / Incline / Decline Bench

BODY-SOLID FUNCTIONAL

Body-Solid functional training equipment provides unparalleled performance and value. We blend modern designs and a lifetime of knowledge to build equipment that can train multiple muscle groups, maximize sports-specific performance or fit comfortably into rehabilitation and physical therapy studios.

ALL BODY-SOLID FUNCTIONAL TRAINERS FEATURE:

- Two – 160lb weight stacks standard
- Optional – 210 lb. or 310 lb. weight stacks available
- Integrated chin-up / pull-up bar
- Pulleys swivel 180°
- 20 pulley adjustments per side
- 1/2:1 weight resistance ratio



GDCC210 COMPACT FUNCTIONAL TRAINING CENTER

- Includes two nylon cable handles and exercise chart
- 43"L x 58"W x 84"H, 493 lbs.



GDCC200 FUNCTIONAL TRAINING CENTER

- Includes two nylon cable handles and exercise chart
- 43"L x 73"W x 84"H, 514 lbs.



GDCC250 DELUXE CABLE CROSSOVER

- Includes two nylon cable handles and exercise chart
- 164"L x 29"W x 84"H, 560 lbs.

FUNCTIONAL TRAINING OPTIONS:



SP50 50 LB. STACK UPGRADE



GDCCRACK ACCESSORY RACK

- GDCC210 & GDCC200



GDCCBAR DUAL PRESS BAR



MB100A ALUMINUM DOUBLE SWIVEL BAR

BODY-SOLID GYM SYSTEMS

Body-Solid gyms are designed to maximize performance and last a lifetime. Each Body-Solid gym features state-of-the-art designs and user-friendly features at an affordable price. Our industry-leading selection range from space-saving gyms to robust multi-user gyms and everything in-between.



G9S TWO STACK GYM

- Includes lat bar, low row bar, ankle cuff, ab/triceps strap, workout chart and dvd
- Chest Press, Incline Press, Shoulder Press, Row Station
- High, Mid and Low Pulley Stations
- Leg Press Station with 2:1 ratio
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- Two 210 lb. standard weight stack, optional 260 lb. available
- 90"L x 73"W x 84"H, 964 lbs.



G10B BI-ANGULAR TWO STACK GYM

- Bi-Angular Chest Press, Incline Press, Shoulder Press Station
- High, Mid and Low Pulley Stations
- Pec Fly, Rear Delt Station
- Dedicated Leg Extension and Seated Leg Curl Station
- Two 210 lb. standard weight stack, optional 260 lb. available
- 72"L x 98W x 84"H, 929 lbs.



G6BR BI-ANGULAR SINGLE STACK GYM

- Bi-Angular Chest Press, Incline Press, Shoulder Press Station
- High, Mid and Low Pulley Stations
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- 210 lb. standard weight stack, optional 260 lb. available
- 84"L x 58"W x 84"H, 547 lbs.



G5S SINGLE STACK GYM

- Chest Press, Incline Press, Shoulder Press, Row Station
- High, Mid and Low Pulley Stations
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- 210 lb. standard weight stack, optional 260 lb. available
- 81"L x 55"W x 84"H, 511 lbs.



G3S SINGLE STACK GYM

- Chest Press, Incline Press, Shoulder Press, Row Station
- High, Mid and Low Pulley Stations
- Leg Extension and Curl Station
- 160 lb. standard weight stack, optional 210 lb. available
- 80"L x 47"W x 84"H, 339 lbs.

* Pictured with optional Aluminum Pulleys



G1S SINGLE STACK GYM

- Multi-Grip Chest Press Station
- High, Mid and Low Pulley Stations
- Leg Extension and Curl Station
- 160 lb. standard weight stack
- 55"L x 47"W x 83"H, 329 lbs.

* Floor mat not included

G-SERIES GYM OPTIONS

Personalize your workout with the following optional attachments.



SP50
50 lb. Weight Stack up-grade
G3S, G5S, G6BR, G9S, G10B



GIOT
Inner/Outer Thigh
G3S, G5S, G6BR, G9S, G10B



GKR
Vertical Knee Raise
G9S



GLP
Leg Press/Calf Press
G3S, G5S, G6BR, G10B



GAP
Aluminum Pulley
G1S, G3S, G5S, G6BR, G9S, G10B



F500 FUSION 500 SINGLE STACK GYM

- Chest Press, Incline Press, Shoulder Press, Row Station
- High Pulley Station
- Adjustable Functional Pulley Station
- Leg Extension and Curl Station
- 210 lb. standard weight stack, optional 310 lb. available
- 76"L x 48"W x 83"H, 526 lbs.



F600 FUSION 600 SINGLE STACK GYM

- Bi-Angular Chest Press, Incline Press, Shoulder Press Station
- Row Station
- High Pulley Station
- Adjustable Functional Pulley Station
- Leg Extension and Seated Curl Station
- 210 lb. standard weight stack, optional 310 lb. available
- 74"L x 51"W x 83"H, 573 lbs.



EXM3000LPS TWO STACK GYM

- Chest Press, Incline Press, Shoulder Press, Row Station
- High, Mid and Low Pulley Stations
- Leg Press Station with 2:1 ratio
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- (2) 210 lb. weight stacks included
- 90"L x 82"W x 83"H, 947 lbs.



EXM4000 3-STACK MULTI STATION GYM

- Chest Press Station
- Pec Fly, Rear Delt Station
- Shoulder Press Station
- High Pulley Station x 2
- Mid and Low Pulley Stations
- Leg Extension and Curl Station
- Optional Leg Press Attachment (LP40S)
- (3) 210 lb. weight stacks included
- 130"L x 93"W x 83"H, 1335 lbs.

FUSION GYM OPTIONS

Personalize your gym with the following optional attachments

Photos not available:
Pulley Area Shroud Metal (FSHDM)
Fusion 500, Fusion 600

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



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



FLP
Leg Press
Fusion 500, Fusion 600



FMH
Multi-Hip Station
Fusion 500, Fusion 600



FPU
Pull-Up Bar
Fusion 500, Fusion 600



FKR
Vertical Knee Raise
Fusion 500, Fusion 600

EXM SERIES GYM OPTIONS

Personalize your workout with the following optional attachments.

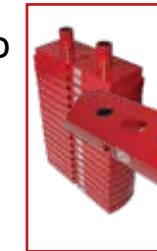


VKR30
Knee Raise/Dip Station
EXM3000LPS



LP40S
Leg Press/Calf Press
EXM4000S

FITS ALL BODY-SOLID



HP10
Premium Weight Stack Plate



WSA
Weight Stack Adapters
2.5 lb & 5 lb

ENDURANCE CARDIO

Designed with small clubs, rehab facilities, hospitality and police/fire departments in-mind, Endurance by Body-Solid treadmills, bikes, ellipticals and rowers perform to the highest standards.



T50 REHAB WALKING TREADMILL

- Designed for rehabilitation and physical therapy
- Full length thick handrails
- Drive Motor: High torque 1.5 HP motor
- Belt Size: 53"L x 18.9"W walking belt
- Speed Range: 0.1-5 mph
- Oversized easy-to-read display
- 77"L x 30"W x 54"H, 162 lbs.



T150 COMMERCIAL TREADMILL

- Power Source: 110v Dedicated Commercial NEMA 5-20P
- Drive Motor: 4 HP
- Incline Motor: 115 V | 0.8 A | 1/6 HP
- Belt Size: 60"L x 22"W
- Speed Range: 0.5-12.5 mph
- Incline Range: 0% to 15%
- 82"L x 35"W x 59"H, 285 lbs.



T3 TREADMILL

- Drive Motor: 2.2HP
- Belt Size: 50"L x 18"W
- Speed Range: 5-10 mph
- Incline Range: 0% to 12%
- Oversized easy-to-read display
- 64"L x 31"W x 54"H, 165 lbs.



R300 ROWER

- User-controlled air resistance
- Self-generating machine eliminates power requirements
- Nickel plated chain
- Display features Track Time, Stroke, Heart Rate (with wireless Heart Rate Strap), Calories, Paddle Width, Stroke Rate, Distance, Cycle & Watts.
- 95"L x 24"W x 40"H, 82 lbs.



FB300B FAN BIKE

- 27" largest in class steel-resistance fan
- Best in class sealed bearings
- Seat post adjusts horizontally and vertically for ideal seat positioning
- LCD display features quick program buttons, heart rate, speed, RPM, time, watts and calories
- 49"L x 24"W x 50"H, 97 lbs.



E300 **ELLIPTICAL**

- Natural 21" stride
- Compact and stable
- 50"L x 31"W x 66"H, 232 lbs.

* Floor mat not included



E400 **ELLIPTICAL**

- Adjustable stride of 17" to 21"
- Wireless HRC with chest strap
- 50"L x 31"W x 66"H, 244 lbs.



E5000 **ELLIPTICAL**

- Natural 21" stride
- Self generated machine eliminates power requirements
- Wireless HRC with chest strap
- 68"L x 31"W x 69"H, 249 lbs.



B4RB **RECUMBENT BIKE**

- 11 built-in workout programs
- 24 resistance levels Walk through design
- Transport wheels for easy mobility
- 120v Plug-in Model
- 64"L x 26"W x 49"H, 119 lbs.



B4UB **UPRIGHT BIKE**

- 11 built-in workout programs
- 24 resistance levels
- Transport wheels for easy mobility
- 120v Plug-in Model
- 47"L x 22"W x 55"H, 96 lbs



ESB150 **INDOOR EXERCISE BIKE**

- 40 lb. flywheel
- Seat and handlebars adjust both vertically and horizontally
- Quiet belt drive
- 43"L x 20"W x 48"H, 117 lbs.



ESB250 **INDOOR EXERCISE BIKE**

- 44-pound flywheel
- Dual sided pedals feature toe-clips and pro-style clip-less mounts
- Seat and handlebars adjust both vertically and horizontally
- Transport wheels provide easy mobility
- Quiet belt drive
- 47"L x 20"W x 46"H, 139 lbs.

POWERLINE

Powerline by Body-Solid products are designed with the home user in mind featuring smart, user-friendly features, compact construction and versatile equipment. Powerline offers a wide array of benches, power racks, smith machines, home gyms, accessories and storage options.



#PPR500EXT



Rack Extension

#PLA500



Lat Attachment



PPR500 HALF RACK

- Includes J-cups and safety spotter arms
- Customize and expand with attachments
- 50"L x 51"W x 83"H, 113 lbs.

PPR500EXT RACK EXTENSION

- 50"L x 51"W x 83"H, 39 lbs.

PLA500 LAT ATTACHMENT

- 71"L x 51"W x 83"H, 59 lbs.



#PPR1000EXT



Rack Extension

#PLA1000



Lat Attachment



PPR1000 POWER RACK

- 2" hole spacing for j-cups and pin and pipe safeties
- Includes J-cups and pipe & pin safeties
- 54"L x 51"W x 83"H, 168 lbs.

PPR1000EXT RACK EXTENSION

- 70"L x 51"W x 83"H, 49 lbs.

PLA1000 LAT ATTACHMENT

- 65"L x 51"W x 83"H, 59 lbs.



PPR500



PPR1000

PPR OPTIONAL ATTACHMENTS

#PPR500EXT



Rack Extension

#PLA500



Lat Attachment

#PPR1000EXT



Rack Extension

#PLA1000



Lat Attachment

#PPRPS



Pin & Pipe Safeties

#PPRUL



U-Link

#PPRBP



Band Pegs

#PPRTB



T-Bar Row

#PPRWH



Weight Horn

#PPRMCU



Multi Chin-Up Bar



PPR200X POWER RACK

- 18 adjustment levels
- 45"L x 47"W x 82"H, 133 lbs.

OPTIONS:

- PLA200X Lat Attachment
- DR100 Dip Bar Attachment
- BC2 Bar Catches
- SCB26 Squat Calf Block



PMP150 MULTI-PRESS RACK

- Includes J-cup liftoffs, safeties, and plate storage horns
- 7 degree reverse pitch for biomechanically correct lifting patterns
- 46"L x 60"W x 71"H, 88 lbs.



PSS60X SQUAT RACK

- 2" x 2" mainframe design
- Adjusts from 30"H to 60"H
- 36"L x 46"W x 60"H, 51 lbs.



PSM144X SMITH MACHINE

- 14 lockout positions and adjustable safeties
- Deeply knurled single pivot sleeve
- 45"L X 76"W X 80"H, 159 lbs.



PSM144XS SMITH MACHINE PACKAGE

Package Includes:

PSM144X Smith Machine, PFID130X Flat / Incline / Decline Bench, PLA144X Lat Station, SP150 150 lb. Weight Stack, PPA13X Pec Station, GPCA1 Preacher Curl Attachment, GLDA1 Leg Developer Attachment



PFT100 FUNCTIONAL TRAINER

- Includes two 160 lb. weight stack (two 210 lb. weight stacks available)
- Traveling pulleys swivel smoothly through 180-degree range of motion
- 42"L x 63"W x 83"H, 476 lbs.



PCCO90X CABLE CROSSOVER

- Includes 2 cable handles and 1 ankle strap
- 37"L x 113"W x 83"H, 108 lbs.

OPTIONS:

- OAS14 14" Olympic Adapter Sleeve
- GCA2 Chin-Up Handles



PLM180X LAT MACHINE

- 1" dia. weight posts
- Lat Bar and Low Row Bar included
- 48"L x 43"W x 81"H, 69 lbs.



PHG1000X HOME GYM

- Bench Press and Pec Fly Station
- High and Low Pulley Station
- Leg Extension and Curl Station
- Lat Bar and Low Row Bar Included
- 61"L x 42"W x 84"H, 118 lbs.

OPTIONS:

SP150 150 lb. Weight Stack



BSG10X EASY ASSEMBLY HOME GYM

- 20 Minute Assembly Gym
- Bench, Incline and Shoulder Press Station
- High, Mid, and Low Pulley Stations
- Leg Extension and Curl Station
- Lat Bar, Low Row Bar and Ab/Tricep Strap Included
- 160lb standard weight stack
- 66"L x 47"W x 80"H, 316 lbs.

OPTIONS:

BSGLPX Leg Press Attachment



P2X HOME GYM

- Bench, Incline and Shoulder Press Station
- Functional Pulley Station
- High, Mid, and Low Pulley Stations
- Leg Extension and Curl Station
- Lat Bar, Low Row Bar and Ab/Tricep Strap Included
- 160lb standard weight stack
- 71"L x 50"W x 83"H, 381 lbs.

OPTIONS:

PLPX Leg Press Attachment
SP50 50 lb. Weight Stack Upgrade

Shown with Optional Weight Stack Shroud



PAB139X AB BOARD

- Isolates abdominal region
- Foot hold allows full range of motion
- 40"L x 20"W x 24"H, 35 lbs.



PHYP200X 45° BACK HYPEREXTENSION

- Increase flexibility and relieve back pain
- Easy to use design (feet stay on the ground)
- 42"L x 27"W x 31"H, 43 lbs.



PCH24X ROMAN CHAIR / BACK HYPER

- Extra-wide base eliminates rocking
- Works glutes, hamstrings, calves, abs, obliques and back
- 46"L x 24"W x 38"H, 40 lbs.



PAB21X AB BENCH

- Full range abdominal crunch
- Great for tricep extensions
- Tricep/ab strap included
- 40"L x 18"W x 38"H, 31 lbs.



PDR282X DUMBBELL RACK

- Holds one (1) pair each of 5-30 lb. Hex Dumbbells.
- 14"L x 33"W x 23"H, 32 lbs.



PSC43X **SEATED CALF RAISE**

- Operates on a 3:1 weight ratio
- Isolates calf muscles
- 47"L x 21"W x 32"H, 44 lbs.



PLCE165X **LEG EXTENSION & LEG CURL**

- Leg extensions and curls in one machine
- Prone leg curl isolates hamstrings
- 62"L x 25"W x 27"H, 44 lbs.



PGM200X **GLUTE MAX**

- Works each leg individually for maximum isolation of the gluteus maximus, medius and minimus.
- Adjustable forearm pads slide forward and backward to accommodate users of any height.
- 66"L x 26"W x 60"H, 67 lbs.



PVLP156X **VERTICAL LEG PRESS**

- Three 1" dia. weight posts for even resistance distribution
- Nylon busings for smooth, consistent motion
- Thick back and neck pads for comfort and support
- 45"L x 47"W x 55"H, 77 lbs.



PFID125X **MULTI-BENCH**

- Fold flat for easy storage
- Ships fully assembled
- 59"L x 19"W x 17"H, 45 lbs.



PFID130X **FLAT / INCLINE / DECLINE BENCH**

- Independent back (ladder style) and seat pad (pin) adjustments
- 55"L x 26"W x 21"H, 48 lbs.

OPTIONS:

- | | |
|-------|--------------------------|
| GLDA1 | Leg Developer Attachment |
| GPCA1 | Preacher Curl Attachment |



PFI150 **FLAT / INCLINE BENCH**

- Independent back and seat pad adjustments (ladder style)
- 55"L x 24"W x 18"H, 53 lbs.



PPB32X **PREACHER CURL BENCH**

- Angled arm pad isolates bicep muscles
- Cradle fit curl bars perfectly
- 34"L x 35"W x 37"H, 42 lbs.



PVKC83X **VERTICAL KNEE RAISE / DIP / PUSH-UP / CHIN-UP**

- Lat pull-up / chin-up station features easy step-up entry.
- 35"L x 42"W x 83"H, 64 lbs.

BEST FITNESS

With value at top of mind, the Body-Solid Best Fitness product line is ideal for entry-level home users looking to bring their workouts home. Featuring cardio pieces, free weight machines, free weight rack systems/benches as well as home gyms, Best Fitness has something for everybody.



BFUB1 UPRIGHT BIKE

- Eight levels of magnetic resistance
- Contact HR readout
- Five panel feedback LCD display
- Transport wheels
- 41"L x 20"W x 55"H, 72 lbs.



BFRB1 RECUMBENT BIKE

- Eight levels of magnetic resistance
- Five panel feedback LCD display
- Contact HR readout
- Transport wheels
- 51"L x 25"W x 40"H, 67 lbs.



BFSB5 INDOOR TRAINING CYCLE

- 40 lb. flywheel
- Chain drive system
- Transport wheels
- 44"L x 20"W x 44"H, 101 lbs.



BFCT1 CROSS TRAINER ELLIPTICAL

- Eight levels of magnetic resistance
- Contact HR readout
- Five panel feedback LCD display
- 45"L x 26"W x 66"H, 97 lbs.



BFE2 CENTER DRIVE ELLIPTICAL

- 21" natural stride
- Contact heart rate
- Close pedal spacing eliminates hip fatigue
- 5" digital display
- 48"L x 30"W x 66"H, 182 lbs.



BFMC10 MOUNTAIN CLIMBER

- Lower body stepper and upper body climber in one machine
- Easy to store / folds for storage
- Low impact workout
- 9"L x 25"W x 77"H (folded)
- 37"L x 25"W x 85"H, 49 lbs.



BFFT10 FUNCTIONAL TRAINER

- Integrated chinning bar allows for pull-ups
- Adjustable swiveling pulleys
- Two nylon cable handles included
- Includes a single 190 lb. weight stack
- 55"L x 61"W x 84"H, 309 lbs.



BFPR100 **POWER RACK**

- Includes bar catches and safeties
- 46"L x 47"W x 83"H, 107 lbs.

OPTIONS:

BFLA100 Lat Attachment

DR100 Dip Bar Attachment



BFOB10 **FOLDING OLYMPIC BENCH**

- Adjustable uprights
- Includes leg developer
- 25"L x 42"W x 72"H (folded)
- 68"L x 42"W x 57"H, 71 lbs.



BFPR10 **OLYMPIC PRESS STAND**

- Includes liftoffs and safeties
- 30"L x 45"W x 57"H, 68 lbs.



BFFID10 **FLAT / INCLINE / DECLINE BENCH**

- No assembly required
- 42"L x 18"W x 10"H (folded)
- 58"L x 18"W x 19"H, 34 lbs.

OPTIONS:

BFPL10 Preacher Curl / Leg Station



BFVK10 **VERTICAL KNEE RAISE / DIP / PUSH-UP / CHIN-UP**

- Lat pull-up / chin-up station features easy step-up entry.
- 39"L x 27"W x 83"H, 69 lbs.



BFINVER10 **INVERSION TABLE**

- Simple, 2-pin collapse-and-fold design that allows for fast storage in any closet.
- Fits users from 4'10" to 6' 6"
- 47"L x 30"W x 60"H, 46 lbs.



BFAB10 **AB BOARD**

- 3 starting positions (15, 20 or 25 degrees) No assembly required.
- 37"L x 18"W x 10"H (folded)
- 49"L x 18"W x 27"H, 23 lbs.



BFHYP10 **AB BOARD / HYPEREXTENSION**

- 3 starting positions: 15, 20 and 25 degrees.
- Folds for storage
- 37"L x 29"W x 11"H (folded)
- 50"L x 29"W x 32"H, 30 lbs.



BFAB20 **SEMI-RECUMBENT AB BENCH**

- Seat angles- 45-degree start w/ 2 additional 5-degree reclining positions.
- 64"L x 22"W x 46"H, 61 lbs.



BFMG20 **SPORTSMAN GYM**

- Bench Press and Pec Fly Station
- High and Low Pulley Station
- Leg Extension and Curl Station
- Lat Bar and Low Row Bar Included
- 150lb weight stack
- 64"L x 47"W x 78"H, 276 lbs.

BODY-SOLID TOOLS

The Body-Solid Tools line of accessories is designed with all users in mind. From medicine balls and slam balls to plyo boxes, pull-up bars and training ropes, Body-Solid Tools accessories cover every facet of fitness and provide gyms and facilities with everything they need for a complete user experience.



BSTSB(SIZE) STABILITY BALLS

- Durable, latex-free, anti-burst construction
- Available in 45, 55, 65, and 75 cm diameter



BSTTT(WEIGHT) TIRE TREAD SLAM BALLS

- Thick durable rubber shell
- Non bouncing, non rolling design
- Aggressive tire tread surface for superior grip
- Available in 10, 15, and 20 lb.



BSTHB(WEIGHT) SLAM BALLS

- Thick durable rubber shell
- Non bouncing, non rolling design
- Textured surface for superior grip
- Available in 10, 15, 20, 25, and 30 lb.



BSTSMB(WEIGHT) SOFT MEDICINE BALLS

- Easy to catch, impact-absorbing design
- Each medicine ball features a 14" diameter
- Available in 6, 8, 10, 12, 14, 16, 18, 20, 25, and 30 lb.



BSTDMB(WEIGHT) DUAL GRIP MEDICINE BALLS

- Durable rubber, easy-grip handles
- Available in 6, 8, 10, 12, 14, 16, 18, and 20 lb.



BSTMBP(WEIGHT) PREMIUM MEDICINE BALLS

- Textured grip for superior handling
- Durable rubber construction
- Large, easy-to-identify weight identifiers and color-coding
- Available in 2, 4, 6, 8, 10, 12, 14, 16, 20, 25, and 30 lb.



BSTFB(WEIGHT) FITNESS BARS

- Durable and comfortable grip
- Weight designations permanently stamped into color-coordinated rubber end caps
- Available in 4, 6, 9, 12, 15, 18, 24, 30, and 36 lb.



GFR500 FITNESS BAR RACK

- 24"L x 29"W x 43"H, 37 lbs.
- Holds up to 30 bars



GCRPACK CARDIO BAR PACK

- 35"L x 36"W x 50"H, 505 lbs.

PACK INCLUDES:

1 GCR100	RACK
10 RBCW	55" STRAIGHT BARS
20 RCCW	SPRING COLLARS
20 RPCW2-5	2.5 lb. PLATES
20 RPCW5	5 lb. PLATES
20 RPCW10	10 lb. PLATES



BSTB(WEIGHT) LIFTING BANDS

BSTB1	ORANGE	VERY LIGHT
BSTB2	GREEN	LIGHT
BSTB3	RED	MEDIUM
BSTB4	BLUE	HEAVY
BSTB5	PURPLE	VERY HEAVY



BSTBM(WEIGHT) MINI RESISTANCE BANDS

BSTBM1	YELLOW	VERY LIGHT
BSTBM2	GREEN	LIGHT
BSTBM3	RED	MEDIUM
BSTBM4	BLUE	HEAVY
BSTBM5	BLACK	VERY HEAVY



BSTRT(WEIGHT) RESISTANCE TUBES

BSTRT1	YELLOW	VERY LIGHT
BSTRT2	GREEN	LIGHT
BSTRT3	RED	MEDIUM
BSTRT4	BLUE	HEAVY
BSTRT5	BLACK	VERY HEAVY

BSTRTDA RESISTANCE TUBE DOOR ATTACHMENT

- Anchor resistance tubes in door frame
- 8.5" L x 1.5" W



BSTART(WEIGHT) ANKLE RESISTANCE TUBES

BSTART1	YELLOW	VERY LIGHT
BSTART2	GREEN	LIGHT
BSTART3	RED	MEDIUM
BSTART4	BLUE	HEAVY
BSTART5	BLACK	VERY HEAVY



BSTPB(HEIGHT) STACKABLE METAL PLYO BOXES

BSTPB6	H 6"	BSTPB30	H 30"
BSTPB12	H 12"	BSTPB36	H 36"
BSTPB18	H 18"	BSTPB42	H 42"
BSTPB24	H 24"		



BSTSPBOX + BSTWPBOX 3-IN-1 PLYO BOXES

BSTSPBOX - SOFT PLYO BOX
20" x 24" x 30"

BSTWPBOX - WOODEN PLYO BOX
20" x 24" x 30"



BSTAW(WEIGHT) ADJUSTABLE ANKLE WEIGHTS

- Sold in pairs
- Adjustable in 1 lb. increments

BSTAW10	10 lb.
BSTAW20	20 lb.



BSTWVP(WEIGHT) WEIGHTED VESTS

- Dual velcro straps for secure fit
- Individual 1.25 lb. sandbags for easy adjustments

BSTWVP20	20 lb.
BSTWVP40	40 lb.



BSTFITBAG BODY-SOLID TOOLS FIT BAG

- For travel and on the go workouts
- Includes: yoga mat, foam roller, 5 pack resistance tubes, travel bag
- Exercise chart included plus access to online video instruction



BSTFR FOAM ROLLERS

BSTFR36F	36"L x 6"W x 6"H	FULL
BSTFR36H	36"L x 6"W x 3"H	HALF



BSTFRP PREMIUM FOAM ROLLERS

BSTFRP36F	36"L x 6"W x 6"H	FULL
BSTFRP18F	18"L x 6"W x 6"H	SHORT



BSTYM YOGA MATS

BSTYM3	72"L x 24"W x 3mm	BLUE
BSTYM5	72"L x 24"W x 5mm	RED
BSTYM10	72"L x 24"W x 6mm	GREEN



BSTYB10 PREMIUM FOAM YOGA BLOCK

- Lightweight, high-density and sturdy for long-lasting durability
- Beveled edges provide soft, stable grip
- 9"L x 4"W x 6"H, .5 lb.



BSTPACK CORE ESSENTIALS PACKAGE INCLUDES:

- (2) 3 lb. dumbbells, Anti-Burst Exercise Ball, (2) Resistance tubes, speed jump rope, ab wheel, push up bars, yoga mat, workout booklet, instructional dvd.



BSTFM10 FOAM EXERCISE MAT

- Contoured bottom to minimize slippage
- Carrying strap & hand-hold
- 48"L x 20"W x .5"H, 2 lbs.



BSTFM20 HANGING FOAM EXERCISE MAT

- Reinforced eyelets to hang on wall or door
- Water-resistant, non-slip surface
- 71"L x 23"W x .5"H, 2 lbs.



BSTFMH FOAM MAT HANGER 21"L x 7"W" x 2"H, 1 lbs.



PUB34 CHIN-UP BAR

- Easily removes from door frame brackets when not in use
- Extends up and out from door frame increasing range of motion
- 37"L x 16"W x 7"H, 9 lbs.



PUB30 PULL-UP/PUSH-UP BAR No mounting hardware required 37"L x 16"W x 7"H, 4 lbs.



MB501
STIRRUP HANDLE



MB501RG
PRO-GRIP
STIRRUP HANDLE



MB502
SEATED ROW /
CHIN BAR



MB502RG
PRO-GRIP
SEATED ROW /
CHIN BAR



MB507RG
PRO-GRIP
V-BAR



MB503RG
PRO-GRIP
MULTI BAR



NB59
ADJUSTABLE
NYLON HANDLE



NB59A
ALUMINUM
NYLON HANDLE



MB022
REVOLVING
STRAIGHT BAR



MB022RG
PRO-GRIP
REVOLVING
STRAIGHT BAR



MB504
TRICEP PRESS-
DOWN BAR



MB504RG
PRO-GRIP
TRICEP PRESS-
DOWN BAR



TR20
TRICEP ROPE



ACH18
AB CRUNCH
HARNESS



NTS10
TRICEP STRAP



NB51
NYLON WRIST
STRAPS



MB229
REVOLVING
CURL BAR



MB229RG
PRO-GRIP
REVOLVING
CURL BAR



MB148RG
PRO-GRIP
PRO-STYLE
LAT BAR



MB438RG
PRO-GRIP
MULTI-GRIP
LAT BAR



NB55
NYLON DIPPING
STRAP



MA330
LEATHER
DIPPING BELT



NB56
NYLON DIPPING
BELT



NAS3
NYLON ANKLE
STRAP



MB022A
ALUMINUM
REVOLVING
STRAIGHT BAR



MB229A
ALUMINUM
REVOLVING
CURL BAR



MB148A
ALUMINUM
LAT BAR



MB100A
ALUMINUM
DOUBLE SWIVEL
BAR



MA308V
LEATHER ANKLE
STRAP



MA307V
LEATHER HEAD
HARNESS



MA307N
NYLON HEAD
HARNESS



BSTGT
GRIP TRAINER



BSTCB
CANNONBALL
GRIPS



BSTNG
NUN-CHUCK
GRIPS



BSTDB
DOG BONE
GRIP



BSTBR
FITNESS TRAINING ROPES
BSTBR1530 1.5" DIA x 30' LONG
BSTBR1540 1.5" DIA x 40' LONG
BSTBR1550 1.5" DIA x 50' LONG
BSTBR2030 2.0" DIA x 30' LONG
BSTBR2040 2.0" DIA x 40' LONG
BSTBR2050 2.0" DIA x 50' LONG



AAB2
GUT BLASTER
AB SLINGS



STT45
WEIGHT PLATE
CLOCK



BSTAB1
AB WHEEL



PG2
PRO POWER
GRIPS



RF546
RUBBER FLOORING
• 72"L x 48"W x 1/2"H

RFHU463/4ECO
RUBBER FLOORING
• 72"L x 48"W x 3/4"H



BSTJR1
JUMP ROPE



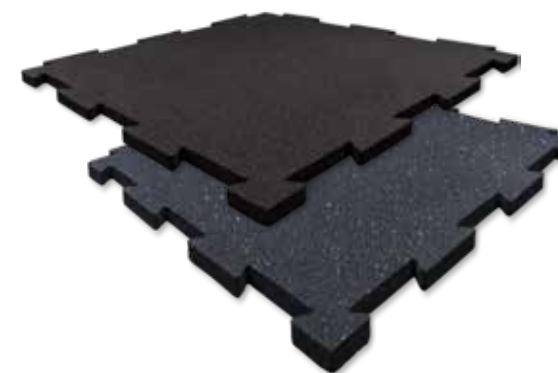
BSTSR1
CABLE SPEED
ROPE



BSTSR10
PREMIUM
SPEED ROPE



BSTRINGS
RINGS



RFBST4PB | RFBST4PS
INTERLOCKING RUBBER FLOORING
RFBST4PB (box of 4 pcs) - BLACK
• 19.75"L x 19.75"W x 7/16"H
RFBST4PS (box of 4 pcs) - GRAY SPECK
• 19.75"L x 19.75"W x 7/16"H



BB23
BICEPS BOMBER



GIB2R
INVERSION
BOOTS



PUB2
CHROME
PUSH-UP BARS



PUB5
PREMIUM
PUSH-UP BARS



RF36T | RF34B | RF38R
CARDIO MATS
• RF36T 78"L x 36"W x 1/8"H
• RF34B 48"L x 36"W x 1/8"H
• RF38R 102"L x 36"W x 1/8"H

WEIGHTS & BARS

Body-Solid offers one of the largest selections of free weights and bars in the industry. Each Body-Solid weight plate, Olympic bar, kettlebell and dumbbell is meticulously designed and constructed to perform its best every time.



OPB CAST IRON OLYMPIC PLATES

OPB2-5	2.5 lb.
OPB5	5 lb.
OPB10	10 lb.
OPB25	25 lb.
OPB35	35 lb.
OPB45	45 lb.
OPB100	100 lb.

SETS

OSB255	- (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.
OSB355	- (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb.
OSB455	- (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb.
OSC300S	- (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
OSC400S	- (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
OSC500S	- (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars

SETS W/ BLACK BAR

OSB300S	- (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86B (black) (2) #OC06 Spring Collars
OSB400S	- (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86B (black) (2) #OC06 Spring Collars
OSB500S	- (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86B (black) (2) #OC06 Spring Collars



OPT CAST IRON GRIP OLYMPIC PLATES

OPT2-5	2.5 lb.
OPT5	5 lb.
OPT10	10 lb.
OPT25	25 lb.
OPT35	35 lb.
OPT45	45 lb.

SETS

OST255	- (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.
OST355	- (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb.
OST455	- (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb.
OST300S	- (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
OST400S	- (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
OST500S	- (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars



ORT RUBBER GRIP OLYMPIC PLATES

ORT2-5	2.5 lb.
ORT5	5 lb.
ORT10	10 lb.
ORT25	25 lb.
ORT35	35 lb.
ORT45	45 lb.
ORT100	100 lb.

SETS

ORST255	- (2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.
ORST355	- (4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb.
ORST455	- (6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb.
OSR300S	- (2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
OSR400S	- (4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
OSR500S	- (6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars



ORC COLOR RUBBER GRIP OLYMPIC PLATES

ORC2-5	2.5 lb.
ORC5	5 lb.
ORC10	10 lb.
ORC25	25 lb.
ORC35	35 lb.
ORC45	45 lb.

SETS

ORCT255	- (2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.
ORCT355	- (4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb.
ORCT455	- (6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb.
ORC300	- (2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 Lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
ORC400	- (4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. (1) 44 Lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
ORC500	- (6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 Lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars



OBPH PREMIUM BUMPER PLATES

OBPH10	10 lb.
OBPH15	15 lb.
OBPH25	25 lb.
OBPH35	35 lb.
OBPH45	45 lb.

- Made in the USA
- 2" Stainless steel center bushing protects the rubber material
- Rubber made from recycled rubber
- Dimensions- each plate is 17.7" round regardless of weight



OBPX CHICAGO EXTREME BUMPER PLATES

OBPX10	10 lb.
OBPX15	15 lb.
OBPX25	25 lb.
OBPX35	35 lb.
OBPX45	45 lb.

- Diameter 450mm (17.72"), IWF Standard
- Collar Opening 50.8mm (2")
- Smooth Black Finish
- 1 Year Commercial Warranty for 10 lb. and 15 lb.
- 3 Year Commercial Warranty for 25lb., 35 lb. and 45 lb.



OBPXC CHICAGO EXTREME COLOR BUMPER PLATES

OBPXC10	10 lb.
OBPXC15	15 lb.
OBPXC25	25 lb.
OBPXC35	35 lb.
OBPXC45	45 lb.

- Diameter 450mm (17.72"), IWF Standard
- Collar Opening 50.8mm (2")
- Smooth Finish
- 1 Year Commercial Warranty for 10 lb. and 15 lb.
- 3 Year Commercial Warranty for 25 lb., 35 lb. and 45 lb.



RPB CAST IRON STANDARD PLATES

RPB1-5	1.5 lb.	RPB12-5	12.5 lb.
RPB2-5	2.5 lb.	RPB20	20 lb.
RPB5	5 lb.	RPB25	25 lb.
RPB7-5	7.5 lb.	RPB50	50 lb.
RPB10	10 lb.		



BSTVD(WEIGHT) & BSTND(WEIGHT) **VINYL & NEOPRENE DUMBBELL**

- Durable vinyl or neoprene finish
- Color-coded by weight
- Available in 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, and 15 lb.



SDX(WEIGHT) **CAST IRON HEX DUMBBELLS**

- Straight handles
- Available in 2, 3, 5, 8, 10, 12, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, and 100 lb.



SDR(WEIGHT) **RUBBER HEX DUMBBELLS**

- Contoured, knurled, chrome handles
- Available in 3, 5, 8, 10, 12, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, and 120 lb.



SDP(WEIGHT) **PREMIUM ROUND RUBBER DUMBBELLS**

- Straight, knurled, chrome handles
- Available in 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, and 100 lb.



SBB(WEIGHT) & SBZ(WEIGHT) **FIXED WEIGHT BARBELLS**

- Knurled chrome handles for secure grip
- Straight or ez-curl bar design
- 1.26" grip diameter
- Available in 20, 30, 40, 50, 60, 70, 80, 90, 100, and 110 lb.



KB(WEIGHT) **CAST IRON KETTLEBELLS**

- Black enamel paint finish
- Available in 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, and 100 lb.



KBV(WEIGHT) **VINYL DIPPED KETTLEBELLS**

- Durable vinyl coating is color-coded by weight
- Available in 5, 8, 10, 12, 15, 20, 25, 30, 35, 40, 45, and 50 lb.



KBC(WEIGHT) **PREMIUM KETTLEBELLS**

- Durable rubber coating with premium, chrome handles
- Available in 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, and 80 lb.



KBL(WEIGHT) **VINYL DIPPED KETTLEBALLS**

- Angled handle for reduced wrist stress
- Available in 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, and 60 lb.



KBX(WEIGHT) **TRAINING KETTLEBELLS**

- Durable powder-coat finish
- Gravity cast
- Available in 4 kg (8.8 lb), 6 kg (13.2 lb), 8 kg (17.6 lb), 12 kg (26.4 lb), 16 kg (35.2 lb), 20 kg (44.1 lb), 24 kg (52.9 lb), 28 kg (61.7 lb), 32 kg (70.5 lb), and 36 kg (79.4 lb)



OB60B

5' OLYMPIC BAR (BLACK)

- Bar Dia: 30.00 mm
- (ID) Collars: 36.5"
- Sleeve Length: 9.75"
- Weight Capacity: 600 lbs.
- 60"L, 30 lbs.



OB72A15

6' OLYMPIC BAR (ALUMINUM)

- Bar Dia: 28.50 mm
- (ID) Collars: 51.5"
- Sleeve Length: 9.25"
- Weight Capacity: 300 lbs.
- 72"L, 15 lbs.



OB72B

6' OLYMPIC BAR (BLACK)

- Bar Dia: 30.00 mm
- (ID) Collars: 46.0"
- Sleeve Length: 11.25"
- Weight Capacity: 600 lbs.
- 72"L, 40 lbs.



OB79WBB

15 KG HIIT OLYMPIC BAR (ZINC)

- Bar Dia: 25.50 mm
- (ID) Collars: 46.0"
- Sleeve Length: 13.625"
- Weight Capacity: 600 lbs.
- 79.25"L, 33 lbs.



OB79EXT

WOMEN'S OLYMPIC BAR

- Bar Dia: 25.00 mm
- (ID) Collars: 51.5"
- Sleeve Length: 12.5"
- Weight Capacity: 1000 lbs.
- 78"L, 33 lbs.



OB86B

7' OLYMPIC BAR (BLACK)

- Bar Dia: 30.00 mm
- (ID) Collars: 51.50"
- Sleeve Length: 15.75"
- Weight Capacity: 600 lbs.
- 86"L, 44 lbs.



OB86

7' OLYMPIC BAR (CHROME)

- Bar Dia: 30.00 mm
- (ID) Collars: 51.50"
- Sleeve Length: 15.75"
- Weight Capacity: 600 lbs.
- 86"L, 44 lbs.



OB86P1000

7' OLYMPIC POWER BAR (CHROME)

- Bar Dia: 30.00 mm
- (ID) Collars: 52.75"
- Sleeve Length: 15.25"
- Weight Capacity: 1000 lbs.
- 86"L, 44 lbs.



OB86LPB

7' OLYMPIC POWER BAR (ZINC)

- Bar Dia: 28.50 mm
- (ID) Collars: 52.75"
- Sleeve Length: 15.75"
- Weight Capacity: 1000 lbs.
- 86"L, 44 lbs.



OB86CHICAGO

CHICAGO POWER BAR

- Bar Dia: 28.50 mm
- (ID) Collars: 52.00"
- Sleeve Length: 16.5"
- Weight Capacity: 1500 lbs.
- 86"L, 44 lbs.



OB86EXT

EXTREME OLYMPIC BAR

- Bar Dia: 28.75 mm
- (ID) Collars: 52.00"
- Sleeve Length: 16.25"
- Weight Capacity: 1500 lbs.
- 86"L, 44 lbs.



OB864STAR

4STAR POWER BAR (BLACK)

- Bar Dia: 28.50 mm
- (ID) Collars: 52.00"
- Sleeve Length: 16.50"
- Weight Capacity: 1500 lbs.
- 86"L, 44 lbs.



OB20 OLYMPIC DUMBBELL HANDLES

- Sold Individually
- Knurled grip
- 20"L, 20 lbs.



OB34C OLYMPIC TRICEPS BAR

- Bar Dia: 25.50 mm
- (ID) Collars: 18.5"
- Sleeve Length: 7"
- 34"L, 22 lbs.



OB47C OLYMPIC CURL BAR (CHROME)

- Bar Dia: 25.50 mm
- (ID) Collars: 31.5"
- Sleeve Length: 7"
- 47"L, 17 lbs.



OB47B OLYMPIC CURL BAR (BLACK)

- Bar Dia: 25.50 mm
- (ID) Collars: 31.5"
- Sleeve Length: 7"
- 47"L, 17 lbs.



OB48 OLYMPIC COMBO BAR (CHROME)

- Bar Dia: 25.50 mm
- (ID) Collars: 33.75"
- Sleeve Length: 7"
- 48"L, 20 lbs.



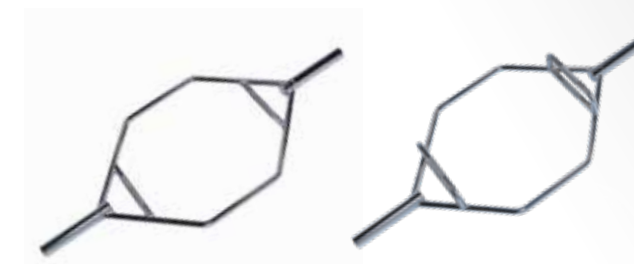
OMG86 OLYMPIC MULTI-GRIP BAR (BLACK)

- Bar Dia: 25.50 mm
- (ID) Collars: 52.5"
- Sleeve Length: 16.5"
- 86"L, 45 lbs.



BSTFWH FARMERS WALK BARS

- Sold in pairs
- Bar Dia: 50 mm
- (ID) Collars: 35 3/8"
- Sleeve Length: 12"
- 60"L, 18 lbs.



OTB50 & OTB50RH OLYMPIC SHRUG BARS

- Bar Dia: 25.50 mm
- (ID) Collars: 24" Handle
- Sleeve Length: 9.75"
- 56"L, OTB50 - 45 lbs. | OTB50RH - 50 lbs.



OC06PR OLYMPIC SPRING COLLARS

- Sold in pairs
- Simple and effective spring tension design



OC04 OLYMPIC TRAINING COLLARS

- Sold individually
- Classic old school style for quick changes



BSTLJ02 LOCK JAW OLY 2 COLLARS

- Sold in pairs
- Uni-body construction for heavy usage
- Durable and secure lever design
- Quick and easy to use
- Elastomer pads protect bar finish



BSTLJHX LOCK JAW HEX COLLARS

- Sold in pairs
- Quick and easy to use
- Elastomer pads protect bar finish



TBR10
T-BAR ROW
PLATFORM

- 11"L x 5"W x 6"H
- 7 lbs.



TBR20
DUAL PIVOT
T-BAR ROW
PLATFORM

- 11"L x 5"W x 6"H
- 7 lbs.



BSTOBJ
OLYMPIC
BAR JACK

- Sold individually
- 20"L x 5"W x 13"H
- 9 lbs.



BSTOLP
PLATE LOAD PIN

- 12"L x 4"W x 4"H
- 2 lbs.



LBB28
LAT BLASTER BAR

- 31"L x 5"W x 1"H
- 5 lbs.



TBR50
HOME PLATE
T-BAR ROW
LANDMINE

- 23"L x 15"W x 5"H
- 31 lbs.



BSTOBS
OLYMPIC
BAR STANDS

- Sold individually
- 2"L x 17"W x 12"H
- 7 lbs.



BSTCH44
LIFTING CHAINS

- Zinc-coated
- 5' Length
- 22 lbs. each



LMSE
LANDMINE
SINGLE EYELET

- 13"L x 5"W x 2"H
- 3 lbs.



LMPP
LANDMINE
PLATE PIVOT

- 10"L x 10"W x 2.5"H
- 5 lbs.



BSTOPW
PLATE WEDGE

- Sold individually
- 9"L x 2"W x 1"H
- .5 lbs.



MA105
BAR PAD

- 16"L x 4"W x 4"H
- 1 lb.



LMMG
LANDMINE
MULTI-GRIP

- 44"L x 9"W x 8"H
- 8 lbs.



LMCG
LANDMINE
CLUBGRIP

- 24"L x 5"W x 3"H
- 7 lbs.



MR136
MANTA RAY

- 12"L x 3"W x 8"H
- 1 lb.



BSTBPAD
PREMIUM
BAR PAD

- 18"L x 4"W x 4"H
- 1 lb.



RB72
6' STANDARD BAR (CHROME)

- Bar Dia: 25.4 mm
- (ID) Collars: 41"
- Collar Length: 15"
- 72"L, 18 lbs.



RB84
7' STANDARD BAR (CHROME)

- Bar Dia: 25.4 mm
- (ID) Collars: 51.0"
- Collar Length: 16"
- 84"L, 20 lbs.



RB47
STANDARD CURL BAR (CHROME)

- Bar Dia: 25.4 mm
- (ID) Collars: 30.5"
- Collar Length: 7.875"
- 47"L, 11 lbs.



RB48
STANDARD COMBO BAR (CHROME)

- Bar Dia: 25.4 mm
- (ID) Collars: 30.5"
- Collar Length: 7.875"
- 48"L, 16 lbs.



SDA14
STANDARD DUMBBELL HANDLES

- Sold individually
- Bar Dia: 25.4 mm
- (ID) Collars: 4.5"
- Collar Length: 4.5"
- 14"L, 3.5 lbs. (ea.)



SDA14T
STANDARD THREADED DUMBBELL HANDLES

- Sold individually
- Bar Dia: 25.4 mm
- (ID) Collars: 5"
- Collar Length: 4"
- 14"L, 5 lbs. (ea.)



RC0616
STANDARD SPRING COLLARS

- Sold in pairs
- Classic design for quick-changes



RC03
STANDARD 1/2 LB COLLARS

- Sold individually
- 1/2 lb. cast iron



RC02
STANDARD 1 LB. COLLARS

- Sold individually
- 1lb. cast iron



OA8
8" OLYMPIC ADAPTER SLEEVE

- Sold individually
- Converts 1" dia. posts to 2" Olympic posts
- Heavy-Duty nylon
- Lock-down allen hex bolt



OAS14
14" OLYMPIC ADAPTER SLEEVE

- Sold individually
- Converts 1" dia. posts to 2" Olympic posts
- Heavy-Duty nylon
- Lock-down allen hex bolt

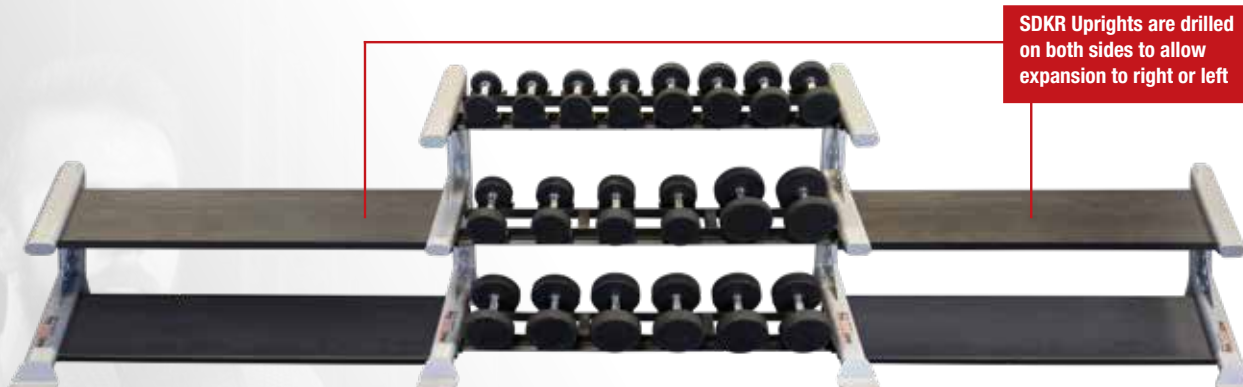
STORAGE

Body-Solid is an industry leader in equipment storage and organization with modular and customizable storage solutions to help keep facilities clean, organized and safe.



SDKR EXPANDABLE STORAGE SYSTEM

- Modular storage rack for dumbbells, kettlebells and medicine balls
- Mix and match tiers for combination storage
- Your choice of dumbbell, kettlebell or medicine ball storage tiers
- Expandable rack system for any size facility



SDKR Uprights are drilled on both sides to allow expansion to right or left

The SDKR1000 storage rack offers unparalleled flexibility for storage of Dumbbells, Kettlebells and Medicine Balls.

2-Tier or 3-Tier uprights available

6 different shelves for customization



SDKRUP2
2-TIER UPRIGHT

SDKRUP3
3-TIER UPRIGHT



SDKRKB
KETTLEBELL SHELF



SDKRMB
MEDICINE BALL SHELF



SDKRDBS
SMALL DUMBBELL SHELF



SDKRSD6
6 SADDLE DUMBBELL SHELF



SDKRDBL
LARGE DUMBBELL SHELF



SDKRSD8
8 SADDLE DUMBBELL SHELF



SDKRDB DUMBBELL RACK

SDKR500DB 32"L x 70"W x 28"H Two tier rack
SDKR1000DB 32"L x 70"W x 43"H Three tier rack



SDKRSD SADDLE DUMBBELL RACK

SDKR500SD 32"L x 70"W x 28"H Two tier rack
SDKR1000SD 32"L x 70"W x 43"H Three tier rack



SDKRMB MEDICINE BALL RACK

SDKR500MB 32"L x 70"W x 28"H Two tier rack
SDKR1000MB 32"L x 70"W x 43"H Three tier rack



SDKRKB KETTLEBELL RACK

SDKR500KB 32"L x 70"W x 28"H Two tier rack
SDKR1000KB 32"L x 70"W x 43"H Three tier rack



GDR60 DUMBBELL RACK & STORAGE SYSTEM

- Designed to hold one (1) pair each of 5-50 lb. hex dumbbells
- Features optional third-tier design so you can add another dumbbell, kettlebell, or medicine ball shelf
- Expand and chain together with optional GDR60UP Upright
- Offset tiers for easy access
- 23"L x 63"W x 32"H, 79 lbs.

Customize the GDR60 for a perfect fit



GMRT6 OPTIONAL MEDICINE BALL SHELF

- 56"L x 9"W

GKRT6 OPTIONAL KETTLEBELL SHELF

- 56"L x 12"W

GDRT6 OPTIONAL DUMBBELL SHELF

- 56"L x 12"W

GDR60UP SINGLE UPRIGHT

- Expand and chain together multiple racks
- Mix-n-match dumbbell, kettlebell, and medicine ball shelves
- Customized storage solutions
- 22"L x 2"W x 34"H



GDKR100 45" KETTLEBELL / DUMBBELL RACK

- Reversible tiers for kettlebells or dumbbells
- 23"L x 45"W x 33"H, 79 lbs.



GDR363 40" 3-TIER DUMBBELL RACK

- Designed to hold one pair of 5lb-50lb hex dumbbells
- 20"L x 40"W x 30"H, 44 lbs.



GDR48 48" 3-TIER DUMBBELL RACK

- Designed to hold one pair of 5-55 lb. hex dumbbells
- Offset tiers for easy access
- 23" L x 48" W x 30" H, 62 lbs.



GDR44 VERTICAL DUMBBELL RACK

- Designed to hold one pair of 5-30 lb. hex dumbbells
- 23"L x 25"W x 45"H, 44 lbs.



GDR80 VERTICAL DUMBBELL RACK

- Designed to hold one pair of 5-50 lb. hex dumbbells
- Top tray can be used for medicine ball storage
- 24"L x 22"W x 41"H, 58 lbs.



WT46 OLYMPIC PLATE TREE & BAR HOLDER

- Two Olympic bar holders included
- Chrome weight posts
- 22"L x 20"W x 40"H, 34 lbs.



GWT56 OLYMPIC WEIGHT TREE

- Six 9" weight posts, perfect for bumper plates
- Two Olympic bar holders
- 30"L x 30"W x 53"H, 51 lbs.



GWT66 OLYMPIC WEIGHT TREE

- Eight 9" weight posts, perfect for bumper plates
- 26"L x 43"W x 33"H, 59 lbs.



- Customize with 8 or 10 posts



GWT76 HIGH CAPACITY OLYMPIC BUMPER PLATE RACK

- Customize with either 8 or 10 weight horn pattern
- Each weight horn features 8-1/4" capacity
- 41"L x 36"W x 66"H, 108 lbs.



OWT24 OLYMPIC WEIGHT TREE

- 27"L x 16"W x 24"H, 24 lbs.



SWT14 STANDARD WEIGHT TREE

- 27"L x 16"W x 24"H, 17 lbs.



GSWT STANDARD PLATE TREE & BAR HOLDER

- Two standard bar holders included
- 20"L x 23"W x 40"H, 24 lbs.



GBPR10 BUMPER PLATE RACK

- 4" gaps in each of the 8 plate slots
- 43"L x 13"W x 9"H, 22 lbs.



SBS100 HORIZONTAL BAR RACK

- Convenient and portable barbell storage
- Holds 10 barbells
- 24"L x 45"W x 72"H, 85 lbs.



GOBH5 OLYMPIC BAR HOLDER

- Holds 5 Olympic bars
- 12"L x 12"W x 9"H, 22 lbs.



VDRA30 ACCESSORY STAND

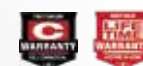
- For use with accessory bars, ropes, straps, dumbbells and more
- 14"L x 14"W x 36"H, 70 lbs.



GAR100 ACCESSORY RACK

- Storage for medicine balls, stability balls, workout mats and more
- Transport wheels for convenient mobility
- 32"L x 36"W x 74"H, 71 lbs.

** Accessories not included*



GAR250 ACCESSORY TOWER

- Multi-use storage tower for dumbbells, kettlebells, medicine balls, stability balls and mats
- Transport wheels for convenient mobility
- 32"L x 79"W x 87"H, 156 lbs.

** Accessories not included*



GSR10 STABILITY BALL RACK

- Easy access storage for stability balls
- 36"L x 36"W x 73"H, 31 lbs.



GMR10 MEDICINE BALL RACK

- Holds up to six medicine balls
- 20"L x 21"W x 63"H, 29 lbs.



GMR5 MEDICINE BALL RACK

- Holds up to four medicine balls
- 22"L x 22"W x 33"H, 14 lbs.



GDR10 DUMBBELL RACK

- Designed to hold 3 pairs of vinyl or neoprene dumbbells, 1lbs to 15lbs
- 15"L x 9"W x 18"H, 5 lbs.



GDR24 **DUMBBELL RACK**

- Designed to hold 12 pairs of vinyl or neoprene dumbbells, 1lbs to 15lbs
- 31"L x 25"W x 52"H, 34 lbs.



GDR500 **DUMBBELL RACK**

- Designed to hold vinyl or neoprene dumbbells, 1lbs to 15lbs
- Features locking caster wheels
- 27"L x 44"W x 46"H, 85 lbs.



GDKR50 **KETTLEBELL RACK**

- Designed to hold 6 kettlebells
- 19"L x 16"W x 21"H, 19 lbs.



GYR500 **FOAM ROLLER & YOGA MAT RACK**

- Holds 12 Foam Rollers or Yoga Mats
- Features locking caster wheels
- 32"L x 21"W x 37"H, 38 lbs.

BODY-SOLID PRO SELECT

Body-Solid's Pro-Select product line consists of seven multi-function selectorized stations, perfect for light commercial, training studio and home workout applications. Body-Solid Pro-Select selectorized machines offer great function with a high degree of safety and are one of the industry's most affordable commercial fitness equipment lines.



GCAB-STK **AB & BACK**

- 55"L x 50"W x 71"H
- 399 lbs.



GCBT-STK **BICEPS & TRICEPS**

- 52"L x 36"W x 71"H
- 395 lbs.



GCEC-STK **LEG EXTENSION & CURL**

- 54"L x 54"W x 71"H
- 412 lbs.



GIOT-STK **INNER / OUTER THIGH**

- 63"L x 65"W x 71"H
- 411 lbs.



GMFP-STK **MULTI-PRESS**

- 76"L x 50"W x 71"H
- 330 lbs.



GLP-STK **LEG & CALF PRESS**

- 65"L x 64"W x 71"H
- 441 lbs.



FCD-STK **WEIGHT ASSISTED CHIN / DIP**

- 63"L x 58"W x 83"H
- 468 lbs.

All Body-Solid Pro-Select are available with 210 lb. or 310 lb. weight stacks

PRO CLUBLINE STRENGTH

Body-Solid Pro ClubLine Strength equipment is top-of-the-line premium equipment designed for heavy-use facilities. Each Pro ClubLine Strength equipment carries a full commercial rating and offers state-of-the-art features and construction.



SFB125 FLAT BENCH

- 63"L x 25"W x 17"H
- 58 lbs.



SGH500 GLUTE & HAM MACHINE

- 77"L x 33"W x 50"H
- 136 lbs.

* Floor Mat not included



SFID325 ADJUSTABLE BENCH

- 58"L x 25"W x 18"H
- 75 lbs.



STBR500 T-BAR ROW MACHINE

- 78" L x 43" W x 18" H
- 163 lbs.



SFID425 FLAT / INCLINE / DECLINE BENCH

- 66"L x 25"W x 18"H
- 90 lbs.



SVKR1000 VERTICAL KNEE RAISE & DIP

- 62"L x 47"W x 103"H
- 373 lbs.



SAB500 AB BENCH

- 70"L x 27"W x 49"H
- 125 lbs.

PRO CLUBLINE RACKS & CAGES

Body-Solid Pro ClubLine Racks & Cages are built for facilities with strong freeweight training clientele. Body-Solid Pro ClubLine Racks, Cages and Benches are built tough using the finest materials to assure years of maintenance-free usage from powerlifters and iron warriors.



SMR1000 MULTI SQUAT RACK

- 80"L x 71"W x 89"H
- 343 lbs.



SCB1000 COUNTER- BALANCED SMITH MACHINE

- 50"L x 86"W x 84"H
- 543 lbs.



SDIB370 BENCH RACK COMBO

- 78"L x 65"W x 74"H
- 215 lbs.
- * Weights not included



SDB351G DECLINE BENCH

- 75"L x 50"W x 50"H
- 123 lbs.



SFB349G FLAT BENCH

- 68"L x 50"W x 48"H
- 111 lbs.



SIB359G INCLINE BENCH

- 61"L x 50"W x 62"H
- 123 lbs.



SPB368G SHOULDER PRESS BENCH

- 42"L x 50"W x 72"H
- 121 lbs.



SPR1000 POWER RACK

- Includes 2 x SPRJC J-cup lift offs
- Includes 2 x SPRSF Safety Spotter Bars
- Integrated Chin Bar
- 1" Hole Spacing for Spotters
- Available with Strap Safeties, SPR1000SS
- 81"L x 53"W x 90"H, 350 lbs.



SPR1000BACK EXTENDED POWER RACK

- Rear Extension includes 6 x SPRWPH weight plate horns
- Includes 2 x SPRJC J-cup lift offs
- Includes 2 x SPRSF Safety Spotter Bars
- Integrated Chin Bar
- 1" Hole Spacing for Spotters
- Available with Strap Safeties, SPR1000SSBACK
- 93"L x 81"W x 90"H, 494 lbs.

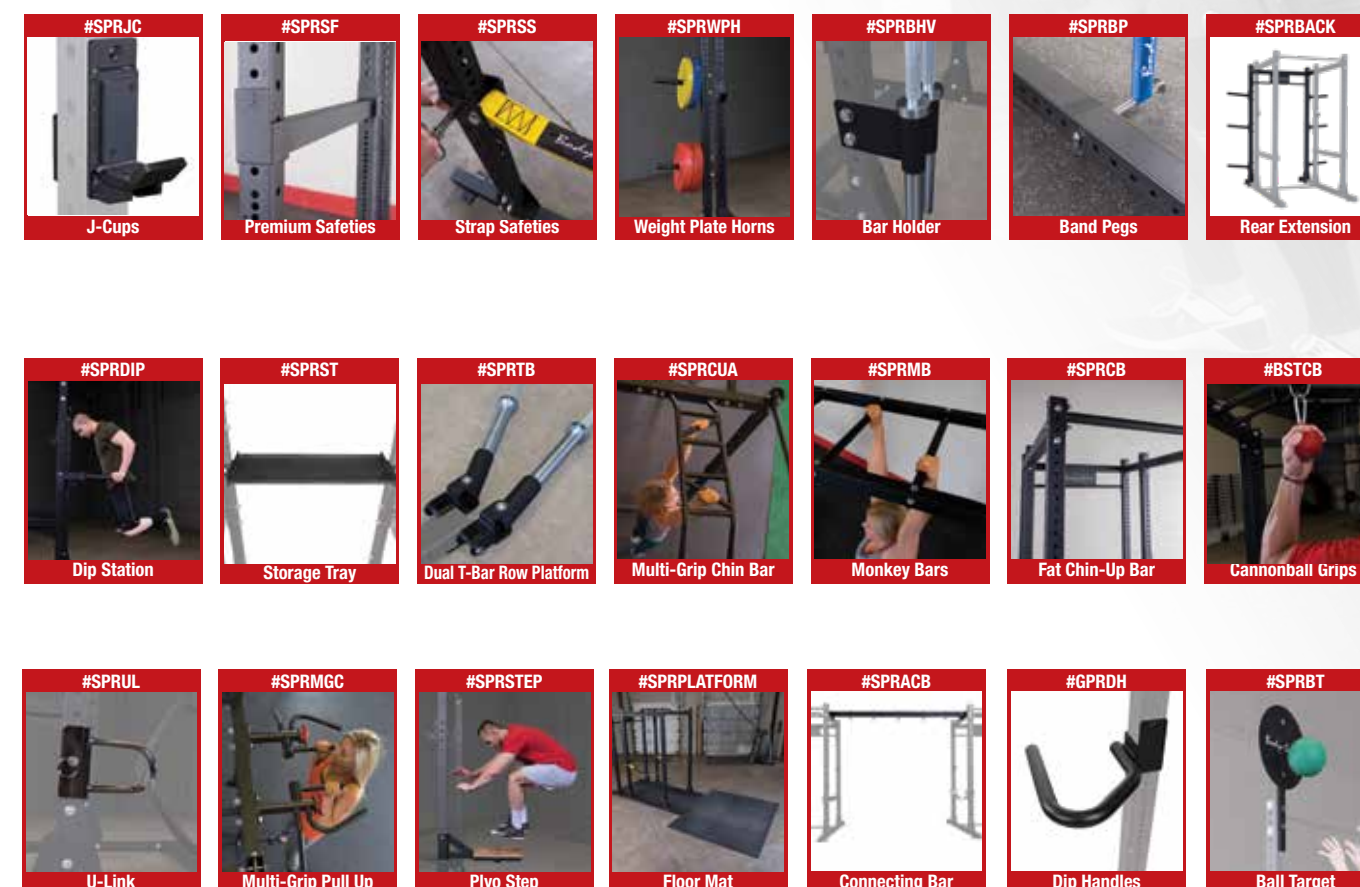


SPR1000DBBACK DOUBLE EXTENDED POWER RACK

- Includes 2 x SPR1000BACK Extended Power Racks
- Includes SPRMB Monkey Bar Connector
- Available as SPR1000DB, Double Rack no Rear Extensions
- Packages Available with Strap Safeties, SPR1000SSDB, SPR1000SSDBBACK
- 93"L x 225"W x 94"H, 1066 lbs.



SPR1000 OPTIONAL ATTACHMENTS





SPR500 HALF RACK

- Includes 2 x SPRJC J-cup lift offs
- Includes 2 x SPRSA Safety Spotter Arms
- Integrated Chin Bar
- 1" Hole Spacing for Spotters
- 50" L x 53" W x 89" H, 208 lbs.



SPR500BACK EXTENDED HALF RACK

- Rear Extension includes 4 x SPRWPH weight plate horns
- Includes 2 x SPRJC J-cup lift offs
- Includes 2 x SPRSA Safety Spotter Arms
- Integrated Chin Bar
- 1" Hole Spacing for Spotters
- 50" L x 81" W x 89" H, 339 lbs.

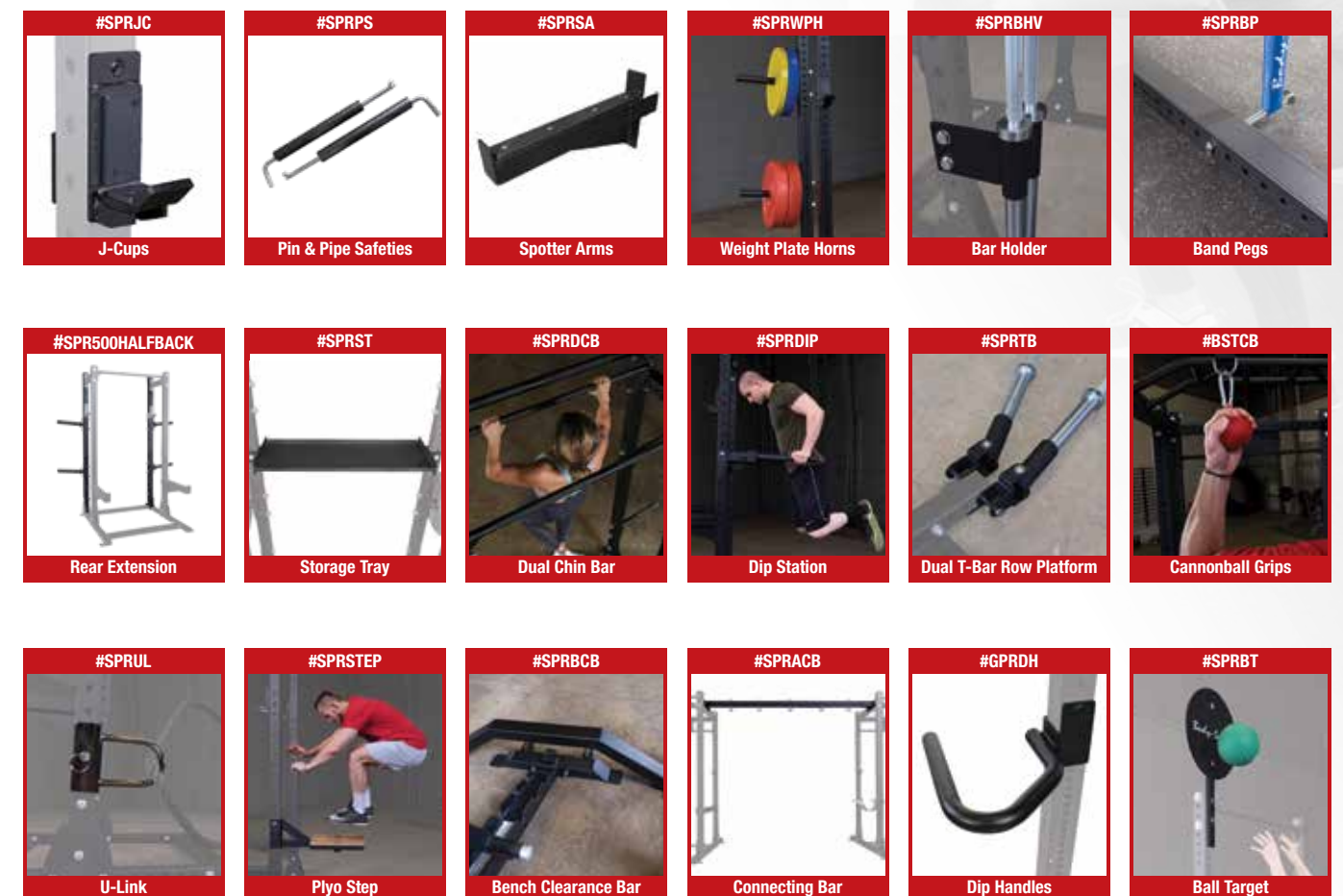


SPR250 SQUAT STAND

- Includes 2 x SPRJC J-cup lift offs
- Optional SPRSA Safety Spotter Arms
- 1" Hole Spacing for Spotters
- Upright width can be customized to fit 5', 6' or 7' Olympic Bars
- 51"L x 59"W x 73"H, 141 lbs.



SPR500 OPTIONAL ATTACHMENTS



PRO CLUBLINE SERIES II

Comprised of 17 single and dual function stations, Body-Solid's Pro ClubLine Series II offers a complete circuit, providing facilities with strength stations specifically targeting muscle groups throughout the entire body. Each Pro ClubLine Series II station is designed to be biomechanically correct with multiple adjustments providing quality movements for users of all shapes and sizes.



S2CC CABLE COLUMN

- 36 starting positions
- Includes: nylon cable handle, ankle strap and straight bar
- Standard weight stack 160 lbs. with optional 210 lb. or 310 lb. available
- 53"L x 58"W x 99"H, 468 lbs.



S2FT FUNCTIONAL TRAINER

- 34 starting positions
- Includes 43" revolving straight bar, 20" straight bar, ankle strap, 2 nylon cable handles, and 14" athletic bar
- Standard weight stacks 160 lbs. with optional 210 lb. or 310 lb. available
- 54"L x 79"W x 99"H, 829 lbs.



S2CCO CABLE CROSSOVER

- 36 starting positions
- Includes: 2 nylon cable handles, ankle strap and revolving straight bar
- Standard weight stacks 160 lbs. with optional 210 lb. or 310 lb. available
- 191"L x 58"W x 99"H, 963 lbs.



S2LAT LAT PULLDOWN & SEATED ROW

- Independent lat pull-down movements for symmetrical strength development
- Traditional lat bar included
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 88"L x 34"W x 87"H, 405 lbs.



S2BTP BICEPS & TRICEPS

- Includes Tricep Rope and revolving straight bar
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 52"L x 43"W x 84"H, 400 lbs.



S2LEC LEG EXTENSION & LEG CURL

- Variable resistance cam ensures consistent weight
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 54"L x 52" W x 57"H, 467 lbs.



S2LEX LEG EXTENSION

- Variable resistance cam ensures consistent weight
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 47"L x 52"W x 57"H, 409 lbs.

Body-Solid
Built for Life



S2SLC **SEATED LEG CURL**

- Standard weight stack 160 lbs. with optional 235 lbs. available
- 57"L x 52"W x 57"H, 424 lbs.



S2LPC **LEG & CALF PRESS**

- Standard weight stack 210 lbs. (2:1 ratio) with optional 310 lbs. available
- 83"L x 47"W x 69"H, 481 lbs.



S2IOT **INNER & OUTER THIGH**

- Standard weight stack 160 lbs. with optional 235 lbs. available
- 77"L x 37"W x 57" H, 385 lbs.



S2ACD **ASSISTED CHIN & DIP**

- 235 lb. weight stack
- 63"L x 44"W x 88"H, 606 lbs.



S2MP **MULTI-PRESS**

- Standard weight stack 210 lbs. with optional 310 lbs. available
- 72"L x 54"W x 57"H, 463 lbs.



S2SP **SHOULDER PRESS**

- Standard weight stack 210 lbs. with optional 310 lbs. available
- 55"L x 55"W x 57"H, 400 lbs.



S2CP **CHEST PRESS**

- Standard weight stack 210 lbs. with optional 310 lbs. available
- 44"L x 55 "W x 69"H, 450 lbs.



S2ABB **AB & BACK**

- Standard weight stack 160 lbs. with optional 235 lbs. available
- 59"L x 49"W x 57"H, 351 lbs.



S2AC **ARM CURL**

- Standard weight stack 160 lbs with optional 235 lbs. available
- 41"L x 51"W x 57"H, 380 lbs.



S2PEC **PEC FLY & REAR DELT**

- Standard weight stack 160 lbs. with optional 235 lbs. available
- 58"L x 59"W x 72"H, 422 lbs.

PRO CLUBLINE PRO•DUAL

Developed specifically to address the needs of facilities with limited space options such as hotels, fire stations, office buildings and residential complexes. Ideal for smaller workout environments, the Pro•Dual line includes 10 function-specific dual machines that can stand alone or be combined in a three-stack or four-stack multi-function gym. The modular flexibility of our Pro•Dual line allows facilities to create a customized series of workout stations, even in small spaces.



DABB-SF AB & BACK

- 48"L x 48"W x 62"H
- 476 lbs.



DBTC-SF BICEPS & TRICEPS

- 53"L x 40"W x 62"H
- 503 lbs.



DCLP-SF LEG & CALF PRESS

- 37"L x 82"W x 77"H
- 549 lbs.



DIOT-SF INNER & OUTER THIGH

- 76"L x 36"W x 62"H
- 475 lbs.



DLAT-SF LAT PULLDOWN & MID ROW

- 77"L x 47"W x 83"H
- 529 lbs.



DLEC-SF LEG EXTENSION & CURL

- 46"L x 66"W x 62"H
- 506 lbs.

* Floor Mat not included



DPCC-SF CABLE COLUMN

- 43"L x 34"W x 83"H
- 443 lbs.



DPEC-SF PEC & REAR DELT

- 54"L x 38"W x 69"H
- 502 lbs.



DPLS-SF VERTICAL PRESS & LAT

- 67"L x 47"W x 83"H
- 543 lbs.



DPRS-SF MULTI-PRESS

- 56"L x 85"W x 62"H
- 558 lbs.

* Floor Mat not included



This Pro Dual DGYM is shown with:

DGYM BASE STATION
DPLS-S VERTICAL PRESS / LAT
DPCC-S CABLE COLUMN
DLEC-S LEG EXT. / LEG CURL
DPEC-S PEC DEC / REAR DELT

- AVAILABLE UPGRADES:
- HP200: 200 lb. red weight stack
- WSP200: 200 lb. premium black weight stack
- SP300: 300 lb. weight stack

All Pro•Dual machines
are available with 210 lb.
or 310 lb. weight stacks

Pro•Dual Machines can also be added in combination with the DGYM
Mix and match any 3 or 4 stations to customize your Pro•Dual DGYM

PRO CLUBLINE LEVERAGE

Body-Solid's Pro ClubLine Leverage series is built for users that want the feeling of freeweight workouts in a safe, controlled environment. Designed to mimic popular weight lifting movements, Body-Solid's Pro ClubLine Leverage equipment is ideal for group training facilities, athletic training facilities and more.



LVLA LEVERAGE LAT PULLDOWN

- 76"L x 49"W x 84"H
- 183 lbs.



LVLE LEVERAGE LEG EXTENSION

- 68"L x 47"W x 40"H
- 157 lbs.



LVSR LEVERAGE SEATED ROW

- 65"L x 35"W x 44"H
- 158 lbs.



LVBP LEVERAGE BENCH PRESS

- 69"L x 53"W x 30"H
- 169 lbs.



SLS500 LEVERAGE SQUAT

- 74"L x 61"W x 67"H
- 397 lbs.



LVLC LEVERAGE LEG CURL

- 74"L x 46"W x 26"H
- 165 lbs.



LVLP LEVERAGE LEG PRESS

- 87"L x 61"W x 56"H
- 513 lbs.



LVSP LEVERAGE SHOULDER PRESS

- 49"L x 53"W x 52"H
- 171 lbs.



LVIP LEVERAGE INCLINE PRESS

- 71"L x 53"W x 41"H
- 167 lbs.

PRO CLUBLINE CLASSIC

The Body-Solid Pro ClubLine Classic product line is built to address the specific needs of facilities that require durable machines at affordable prices. Straight-forward, traditional designs and easy adjustments provide a safe and familiar workout environment for users of all experience levels.



SCC1200G CABLE CROSSOVER

- 35"L x 158"W x 91"H
- 671 lbs.



SLM300G LAT MID ROW

- 64"L x 46"W x 83"H
- 444 lbs.



SLE200G LEG EXTENSION

- 40"L x 48"W x 72"H
- 436 lbs.



SDC2000G DUAL CABLE COLUMN

- 44"L x 46"W x 91"H
- 674 lbs.



SLC400G LEG CURL

- 39"L x 66"W x 62"H
- 438 lbs.



SLP500G LEG PRESS

- 40"L x 80"W x 72"H
- 555 lbs.

All Pro ClubLine Classic machines are available with 210 lb. or 310 lb. weight stacks

* Weights not included

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S2CCO	CABLE CROSSOVER	80	SLP500G	LEG PRESS	87	WT46	OLY. PLATE TREE AND BAR HOLDER	68
S2CP	CHEST PRESS	83	SLS500	LEVERAGE SQUAT	86			
S2FT	FUNCTIONAL TRAINER	80	SMR1000	MUTLI SQUAT RACK	75			
S2IOT	INNER/OUTER THIGH	82	SP150	150 LB. WEIGHT STACK	33			
S2LAT	LAT PULLDOWN & SEATED ROW	81	SP150	150 LB. WEIGHT STACK	34			

THE STRONGEST INDUSTRY WARRANTIES

Body-Solid products feature the strongest warranties in the industry, guaranteed. All Body-Solid commercial equipment is covered by our industry-leading lifetime commercial warranty. No other company protects its customers or products like we do.



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



Body-Solid Commercial Warranty:
LIFETIME: Frame & Welds. 3 Years: Pulleys, Bushings, Bearings, Hardware, Plates, Guide Rods. 1 Year: Cables, Upholstery, Grips (Normal Wear).



Pro ClubLine Full Commercial Warranty:
LIFETIME: Frame & Welds. 3 Years: Pulleys, Bushings, Bearings, Hardware, Plates, Guide Rods. 1 Year: Cables, Upholstery, Grips (Normal Wear).



ENDURANCE by Body-Solid In-Home Warranty:
Lifetime: Frame. 5 Years: Parts. 2 Years: Electronics. 1 Year: Labor.
6 Months: Wear Items



ENDURANCE by Body-Solid Commercial:
15 Years: Frame. 3 Years: Parts. 2 Years: Electronics (Excludes Batteries).
6 Months: Wear Items. 1 Year : Labor.



POWERLINE 10 Year Warranty:
10 Years: All Frames 1 Year: All other parts.



Best Fitness 3 Year Warranty:
3 Years: Frame. 1 Year: ALL parts. 1 Year: Motor (if applicable).
3 Months: Electronics (if applicable).



Best Fitness 5 Year Warranty:
5 Years: Frame & Motor (if applicable). 1 Year: Parts. 1 Year: Electronics (if applicable). 3 Months: Wear parts (if applicable). 90 Days: Labor.

Body-Solid®

1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

Toll Free: 800.833.1227
Local: 708.427.3555
Fax: 708.427.3556

BodySolid.com

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