

Body-Solid® Times

BodySolid.com

2020

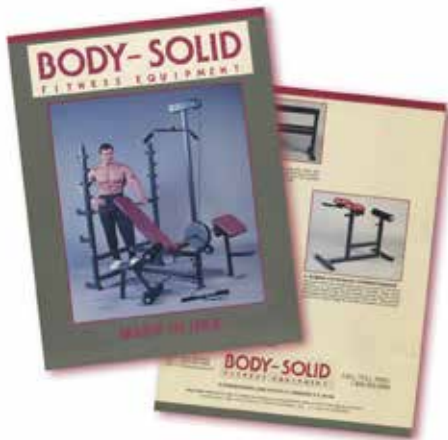
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BODY-SOLID'S 30TH YEAR PROVES TO BE ITS MOST INNOVATIVE

Welcome to the latest edition of the Body-Solid Times, bringing you up to date on the latest products introduced by Body-Solid over the last year.

This year is an exciting year as we celebrate our 30th year in business with our ongoing mission still intact – to provide high quality value-priced fitness products to health-conscious consumers around the world.

Grounded by our motto “Built for Life” and an industry-pioneering lifetime warranty, Body-Solid has become a premier manufacturer and distributor of what we believe to be the largest selection of high-quality fitness equipment for both home and commercial use available.



Body-Solid began its journey with the introduction of just one innovative Olympic combo bench in 1989. 30 years later we now produce over two dozen different benches of all types, sizes and functions. Within the first 5 years the company came out with the only economical Smith machine designed for home use. It could incorporate a lat station, pull up, dip station and a bench with leg and preacher curl, in what would be the first in a line of many home and commercial gyms.

Bolstered by many more product introductions and the 1994 introduction of the first ever offered Lifetime Warranty on fitness products. The company continued to grow with the introduction of the Powerline economy line of strength products that coincided with the debut of the first ever company website. With more product we needed more space, outgrowing several buildings before settling in our current 200,000 square foot home in early 2000.

The early part of this century saw Body-Solid garnering many product and corporate awards as well as the introduction of the Endurance line of cardio products, the Pro Clubline Series of commercial strength products, the development of the entry level, Best Fitness product line and most recently, the Body-Solid Tools line of fitness accessories.

An early adopter of the internet as a key selling tool, Body-Solid has aggressively increased its product assortment in order to provide the greatest amount of options from one vendor for its retail customers. Today, Body-Solid boasts one of the widest arrays of products in the industry with over 600 different items spanning the entire gamut of the fitness industry including home gyms, free weight machines, commercial strength products, cardio products, iron products and fitness accessories of all types.



One thing we have learned over the years, new products are essential to the growth of our business. So after 30 years of consistently offering, new, innovative and value based products, we are proud to introduce the largest selection of new product we have ever offered in one season since our inception over 30 years ago.

We hope you like what you see and remember also to visit BODYSOLID.COM to review our entire product line. Thank you all for your support and we look forward to the next 30 years.



See p.2 for the all new GPR400



See p.3 for ENDURANCE cardio products



See p.4 for new storage solutions

THE NEW GPR400 POWER RACK

The newest power rack in the Body-Solid lineup is the GPR400 Power Rack, a heavy-duty rack designed to fit in several facilities from home gyms, garage gyms to commercial strength training facilities, sports team weight rooms and more. Best of all, the GPR400 Power Rack features several optional attachments and accessories to customize the rack to your customer's exact needs and wants.



GLA400 LAT ATTACHMENT

- Plate load carriage with optional selectorized weight stack (SP150)
- Includes lat bar and low row bar
- Product Weight: 84.9 lbs.
- Dimensions: 51\"L x 47\"W x 80\"H

GPRTBR T-BAR ROW

- Dual pivot landmine attachment
- Build strength & power with rows, deadlifts, presses, rotational exercises
- Product Weight: 3.3 lbs.
- Dimensions: 10\"L x 4\"W x 3\"H

GPRDH DIP HANDLES

- Easily attachable dip handles for GPR400 Power Rack
- Solid, stable base for dips
- Product Weight: 12.1 lbs.
- Dimensions: 13\"L x 14\"W x 6\"H

GPRUL U-LINK

- Perfect rope anchor
- Storage for ropes, tubes, bands and more
- Product Weight: 4.4 lbs.
- Dimensions: 9\"L x 4\"W x 6\"H

SPRCUA (NOT SHOWN) MULTI CHIN UP BAR

- Compatible with GPR400 and SPR1000 Power Racks
- Grip-textured, non-slip grips for safe chin-up and pull-up movements
- Product Weight: 23.4 lbs.
- Dimensions: 42\"L x 16\"W x 6\"H

GPRWH WEIGHT HORN

- Easily movable and attachable weight horns for GPR400 Power Rack
- Secure weight plate and bumper plate storage
- Product Weight: 4.2 lbs.
- Dimensions: 13\"L x 3\"W x 6\"H

NEW ENDURANCE CARDIO

Body-Solid is proud to introduce several new, exciting cardio options to our Endurance by Body-Solid product lineup. New additions include re-designed, re-imagined bikes and ellipticals with updated, aesthetically-pleasing color changes.



B4UB ENDURANCE UPRIGHT BIKE

- 11 built-in workout programs and 24 resistance levels
- 120v Plug-in Model
- Product Weight: 95.9 lbs.
- Dimensions: 47"L x 23"W x 55"H



B4RB ENDURANCE RECUMBENT BIKE

- Wide walk-through design
- 120v Plug-in Model
- Product Weight: 118.8 lbs.
- Dimensions: 65"L x 27"W x 49"H



T150 ENDURANCE TREADMILL

- Industry-leading 4HP motor
- 110v Dedicated Commercial NEMA 5-20P
- Product Weight: 284 lbs.
- Dimensions: 82"L x 35"W x 62"H



E300 ENDURANCE CENTER- DRIVE ELLIPTICAL

- Patented Center Drive design
- Natural 21" stride rate
- Product Weight: 231.7 lbs.
- Dimensions: 50"L x 31"W x 66"H



E400 ENDURANCE CENTER- DRIVE ELLIPTICAL

- Patented Center Drive design
- Adjustable stride from 17" to 23"
- Product Weight: 243.5 lbs.
- Dimensions: 50"L x 31"W x 66"H



E5000 ENDURANCE CENTER- DRIVE ELLIPTICAL

- Patented Center Drive design
- Self generated power
- 20 levels of resistance
- Product Weight: 248.6 lbs.
- Dimensions: 68.4"L x 31"W x 69"H

NEW STORAGE SOLUTIONS

Body-Solid continues to grow its storage offerings with new multi-accessory racks, an all-new accessory tower, horizontal bar storage and upgrades to existing dumbbell racks.



GAR100 **MULTI ACCESSORY RACK**

- Holds up to six medicine balls, slam balls
- Holds three stability balls
- Holds four foam rollers or yoga mats
- Four prongs for tube and band storage
- Included transport wheels for convenient mobility
- Product Weight: 70.6 lbs.
- Dimensions: 32"L x 36"W x 74"H



GAR250 **ACCESSORY TOWER**

- Multi-use storage tower for dumbbells, kettlebells, medicine balls, stability balls and mats
- Included transport wheels for convenient mobility
- Product Weight: 155.5 lbs.
- Dimensions: 32"L x 79"W x 87"H



SBS100 **HORZ. BAR STORAGE**

- Easy access storage for up to 10 Olympic bars
- Composite lining protects bar finish
- Fits 6ft and 7ft Olympic bars
- Product Weight: 85.3 lbs.
- Dimensions: 24"L x 45"W x 72"H



GDR34 **VINYL/NEOPRENE** **DUMBBELL RACK**

- Holds one pair of 1-15lb. vinyl or neoprene dumbbells
- Product Weight: 55 lbs.
- Dimensions: 34"L x 14"W x 24"H



GDR60UP **SINGLE UPRIGHT FOR** **GDR60**

- Expand and chain together multiple GDR60 Dumbbell Racks
- Mix and match dumbbell, kettlebell and medicine ball shelves
- Product Weight: 13.5 lbs.
- Dimensions: 23"L x 2"W x 34"



GDR48 **3-TIER DUMBBELL RACK**

- Holds one pair of 5-55 lb. hex dumbbells
- Offset tiers for easy loading
- 43.5" tray space per tier
- Durable powder-coat paint finish
- Product Weight: 61.7 lbs.
- Dimensions: 23" L x 48" W x 30" H

NEW PRO CLUBLINE PIECES

Body-Solid's Pro Clubline product line has received a few additions in the last year including a brand-new squat stand and a standout t-bar row platform.



SPR250 PRO CLUBLINE SQUAT STAND

- Adjustable frame fits 5', 6' and 7' Olympic bars
- 3" x 3" 11-gauge steel
- 1" hole spacing for optional safety spotters (SPRSA)
- Includes 2 premium J-cup liftoffs
- Weight Capacity: 1,000 lbs.
- Product Weight: 141.1 lbs.
- Dimensions: 51"L x 59"W x 73"H



SFB125 PRO CLUBLINE FLAT BENCH

- 2x3" 11-gauge steel construction
- High-density foam
- Attached transport wheels
- Weight Capacity: 1500 lbs.
- Pad Dimensions: 48"L x 12"W
- Product Weight: 58.4 lbs.
- Dimensions: 63"L x 25"W x 17"H



STBR500 LEVERAGE T-BAR ROW

- Oversized Diamond-plated footplate
- Large integrated Olympic weight horn
- 16" of knurl on each side of handle
- Eyelet attachment for cable bars
- 11-gauge steel construction
- Dimensions: 79" L x 43" W x 19" H
- Product Weight: 163 lbs.
- Warranty: Full Commercial

NEW FAMILY OF ALUMINUM BARS

Body-Solid Tools introduces a new series of high-strength 1-1/4" aluminum cable attachments including a straight bar, curl bar, double swivel bar, lat bar and stirrup handle. Each of these new attachments features knurled grips and are rust-proof and lightweight giving them a distinct advantage over comparable steel cable attachments.



NB59A ALUMINUM HANDLE

MB022A ALUMINUM REVOLVING STRAIGHT BAR

MB229A ALUMINUM REVOLVING CURL BAR

MB148A ALUMINUM REVOLVING LAT BAR

MB100A ALUMINUM DUAL-END REVOLVING BAR

NEW BARS & WEIGHTS

This year, Body-Solid Tools introduces several new bar and weight options including fixed-weight barbells, a new approach to a classic movement in the farmer's walk bar and a tool to help lifters more easily add and remove weights with the olympic bar jack and olympic bar stand.



BSTFWH FARMERS WALK BARS

- Build strength & endurance across body
- Grip strength, shoulder, back, leg and core focus
- Knurled grip handles
- 11-gauge steel
- Sold in pairs
- 2" diameter collars
- Product Weight: 17.5 lbs. each
- Dimensions: 60"L x 3"W x 85"H



SBB & SBZ FIXED BARBELLS STRAIGHT AND EZ-CURL MODELS

- Available in 10 weight options (20-110 lbs.)
- Knurled for secure grip
- 32mm/1.26" grip diameter



BSTOPW OLYMPIC PLATE WEDGE

- Non-slip design
- Loading height: 1/2"
- Easy on and off plate load
- Silicone construction
- Designed to handle any weight
- Dimensions: 9"L x 1.75"W x 1.25"H



BSTOBJ OLYMPIC BAR JACK

- Elevate Olympic bars for easy plate load
- Ideal for use with deadlifts & other floor-starting lifts
- Heavy-duty plastic inserts to protect bar
- Sold individually
- Product Weight: 8.8 lbs
- Dimensions: 20"L x 5"W x 13"H



BSTOBS OLYMPIC BAR STANDS

- Ideal for dedicated deadlifting bars
- Heavy-duty bolt-on design
- 26mm solid steel
- 1.5" minimum plate to ground clearance
- Sold individually
- Product Weight: 6.6 lbs.
- Dimensions: 2"L x 17"W x 12"H

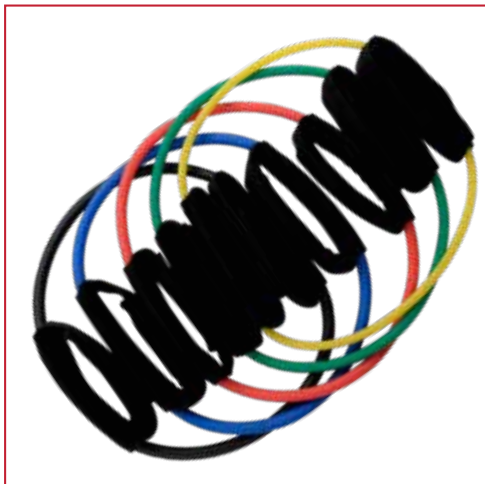


TBR50 T-BAR ROW LANDMINE BASE

- Heavy-gauge steel construction
- Free-flowing 360-degree pivot sleeve
- Accommodates any Olympic barbell
- Bolt to floor for stability
- Rope anchor for attaching fitness ropes
- Product Weight: 31 lbs
- Dimensions: 23"L x 15"W x 5"H

OTHER NEW PRODCUTS

Several new Body-Solid products made their debut this year including new ankle resistance tubes, re-designed inversion boots, an updated elliptical as well as some brand-new tools and accessories including a sissy squat, Olympic loading pin and lifting chains.



BSTART ANKLE CUFF RESISTANCE TUBES

- Soft-padded ankle cuffs
- Hook & loop closure for secure fit
- 36" circumference
- Available in five color-coded resistance levels



GIB2R INVERSION BOOTS

- Thick, comfortable, contoured support pads
- Built-in safety lever
- Product Weight: 5.5 lbs.
- Dimensions: 7"L x 9"W x 7"H



BSTOLP OLYMPIC LOADING PIN

- 10" pin
- Connect to carabiner for grip training workouts or weight belt for squats
- Product Weight: 2.2 lbs.
- Dimensions: 4"L x 4"W x 12"H



BFE2 BEST FITNESS CENTER- DRIVE ELLIPTICAL

- Patented Center Drive design
- 5" Color Digital Display & custom training modes/program profiles
- Product Weight: 181.5 lbs.
- Dimensions: 48"L x 30"W x 66"H



GSS50 SISSY SQUAT

- Perfect for isolation exercises: squats, deadlifts, russian twists, sit-ups and more
- Powder-coated heavy-gauge steel frame
- Product Weight: 46.3 lbs.
- Dimensions: 44"L x 24"W x 19"H



BSTCH44 LIFTING CHAINS

- Designed to fit any size Olympic barbell
- Offers scalable lifting resistance for squats, deadlifts and bench presses
- Sold in pairs
- 22 lb. each zinc-coated chains

NEW POWERLINE ITEMS

Body-Solid refreshed and elevated the Powerline brand of products with several new additions in 2019, including a brand-new power rack, half rack, multi-press rack and functional trainer.



PFT100 POWERLINE FUNCTIONAL TRAINER

- Includes two 160 lb. weight stack (two 210 lb. weight stacks available)
- Product Weight: 476 lbs.
- Dimensions: 42" D x 63" W x 83" H



PMP150 POWERLINE MULTI-PRESS RACK

- 7 degree reverse pitch accommodates natural lifting paths
- Includes J-cups and safety spotter arms
- Product Weight: 88.2 lbs.
- Dimensions: 46" L x 60" W x 71" H



PPR1000 POWERLINE POWER RACK WITH EXTENSION

- Includes 2 J-cups and 2 pipe & pin safeties
- 2"x2" heavy gauge steel frame
- Product Weight: 168 lbs.
- Dimensions: 70"L x 51"W x 83"H



PPR500 POWERLINE HALF RACK

- Space-saving half rack option
- Customize and expand with attachments
- Includes J-cups and safety spotter arms
- Product Weight: 112.6 lbs.
- Dimensions: 50.2"L x 50.9"W x 83"H

30 YEARS
Body-Solid®

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