

*Body-Solid*<sup>®</sup>  
Built for Life



# Body-Solid®

Built for Life

ENDURANCE  
by Body-Solid



Body-Solid  
**Pro Club Line**

**POWERLINE** USA®  
by Body-Solid



Throughout the pages of this catalog you'll find the culmination of over 25 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, municipalities, 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 and accessories.

In keeping with our motto, Body-Solid builds products that are not only cutting-edge but reliable, durable and provide a tremendous value to consumers. Best of all, 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.***



# WARRANTIES



## ENDURANCE by Body-Solid Warranty:

Lifetime: Frame. 5 Years: Parts. 1 year: Labor



## ENDURANCE In-Home Lifetime Warranty:

Lifetime: Belts, motors, electronics and everything else. 1 year: Labor.



## ENDURANCE by Body-Solid Commercial Warranty:

15 Years: Frame. 3 Years: Parts. 2 Years: Electronics (Excludes Batteries). 6 Months: Wear Items. 1 Year : Labor.



## ENDURANCE Commercial Warranty:

15 Years: Frame. 3 Years: Parts. 2 Years: Electronics (Excludes Batteries). 6 Months: Wear Items. 1 Year : Labor.



**Body-Solid In-Home Lifetime Warranty:** Lifetime: 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).



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



## POWERLINE 10 Year Warranty:

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



**Best Fitness Commercial Warranty:** 15 Years: Frame. 3 Years: Parts. 2 Years: Electronics (Excludes Batteries). 6 Months: On Wear Items. 1 Year: Labor.



**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. 5 Years: Motor (if applicable). 1 Year: Parts. 1 Year: Electronics (if applicable). 3 Months: Wear parts (if applicable). 90 Days: Labor.



**Best Fitness 15 Year Warranty:** 15 Years: Frame. 10 Years: Motor (if applicable). 2 Years: Parts. 2 Years: Electronics (if applicable). 6 Months: Wear parts (if applicable). 1 Year: Labor.



Visit :  
[www.bodysolid.com/warranty](http://www.bodysolid.com/warranty)  
 for detailed information on all  
 Body-Solid product warranties.

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# ENDURANCE

by *Body-Solid*





ENDURANCE • T100 TREADMILL

by Body-Solid



- Commercial Rated
- Available in DC 110 Volt & AC 220 Volt
- Programs: Manual, Hill, Fat Burn, Cardio, Calorie, Interval, Strength, 5K run, 10K run, 2 Custom, 2 HRC, Fitness Test (Gerkin Protocol)
- Feedback: Time, Distance, Calories, Pace, Speed, Avg Speed, Incline, Pulse, Avg HR, METs
- HRC Chest Strap Compatible
- .5 to 12 MPH
- 0-15% Elevation
- 3 Horsepower Continuous Duty Motor
- 3" Rollers
- 1" Reversible, Double Sided Phenolic Deck with Wax Coating
- 22" x 60", 2 ply, Anti-static Belt
- Max User 330 lbs.
- W 35.5" x L 84" x H 60.25" - 396 lbs.



CONTACT HEART RATE



3" ROLLERS



0-15% ELEVATION



ENDURANCE MOTORS

## ENDURANCE • T10 TREADMILL

by Body-Solid



- Commercial Rated
- Programs: Endurance, Running, Interval, Cardiovascular, Walking, Custom Learner, Distance, Calories, Time, Manual, Fat Burn, and Heart Rate
- Feedback: Heart Rate, Elevation, Time, Distance, Speed, and Calories
- Heart Rate Technology: Heart Rate Control with Telemetric with strap
- Speed: .5 to 10 mph
- Elevation: 0% to 15%
- Motor: 3.0 HP Continuous Duty, 8.4 HP Peak Duty
- Rollers: Extra-large 2.5" Crowned
- Deck: 18mm Pre-waxed Phenolic
- Running Area: 20" x 60"
- Max User Weight - 330 lbs.
- W 32" x L 77" x H 57" - 264 lbs.



## ENDURANCE • T50 REHABILITATION TREADMILL

by Body-Solid



- Commercial Rated
- Jumbo 1 3/4" Big Blue LED Displays
- Speeds of 0.1 mph to 5 mph in 0.1 mph increments
- High Torque 1.25 HP Motor
- 17.75" x 51" orthopedic walking belt
- Wide Rear Entry Ramp
- Oversized Interface Buttons
- Full Length Thick Hand Rails
- Max User Weight of 310 lbs.
- W 30" x L 68" x H 55" - 146 lbs.





## ENDURANCE • TF3 TREADMILL

by Body-Solid

- Programs: Fat Burn, Interval, Cardiovascular, and Endurance
- Feedback: Elevation, Time, Distance, Speed, and Calories
- Heart Rate Technology: Contact Heart Rate Monitor
- Speed: .5 to 10 mph
- Elevation: 0% to 12%
- Motor: 2.2 HP Continuous Duty, 6.6 HP Peak Duty
- Running Area: 18" x 50"
- Max User Weight - 275 lbs.
- W 32" L 69" H 55" - 165 lbs.
- Folded Dimensions: W 32" x L 37" x H 61.5"

## ENDURANCE • T3 TREADMILL

by Body-Solid

- Programs: Fat Burn, Interval, Cardiovascular, and Endurance
- Feedback: Elevation, Time, Distance, Speed, and Calories
- Speed: .5 to 10 mph
- Elevation: 0% to 12%
- Motor: 2.2 HP Continuous Duty, 6.6 HP Peak Duty
- Shock Absorption: 6-point deck suspension
- Running Area: 18" x 50"
- Max User Weight: 275 lbs.
- Floor Space: W 31" x L 63.5" x H 54" - 165 lbs.



## CARDIO MATS

- RF36T ..... W 36" x L 78 x H 1/8"
- RF34B ..... W 36" x L 48 x H 1/8"







ENDURANCE  
by Body-Solid

## ESB250 INDOOR EXERCISE BIKE

- Commercial Rated
- 44 lb. Flywheel
- Quiet and smooth belt drive
- Road Style Dual Sided Pedals
- Micro Adjustable Handlebars and Seat Pad
- Easy One Touch Safety Stop
- Sealed Bearing Pivot Points
- Transport Wheels
- User Capacity - 350lbs
- W 21" x L 52" x H 52" - 145lbs



ENDURANCE  
by Body-Solid

## ESB150 INDOOR EXERCISE BIKE

- Commercial Rated
- 40lb Flywheel
- Quiet and Smooth Belt Drive
- Micro Adjustable Handlebars and Seat Pad
- Easy One Touch Safety Stop
- Sealed Bearing Pivot Points
- Transport Wheels
- User Capacity - 300lbs
- W 20" x L 42.5" x H 43" - 116.6lbs

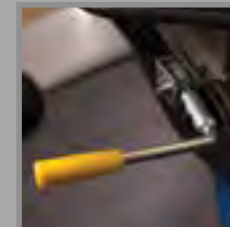




ENDURANCE  
by Body-Solid  
**B5R RECUMBENT BIKE**

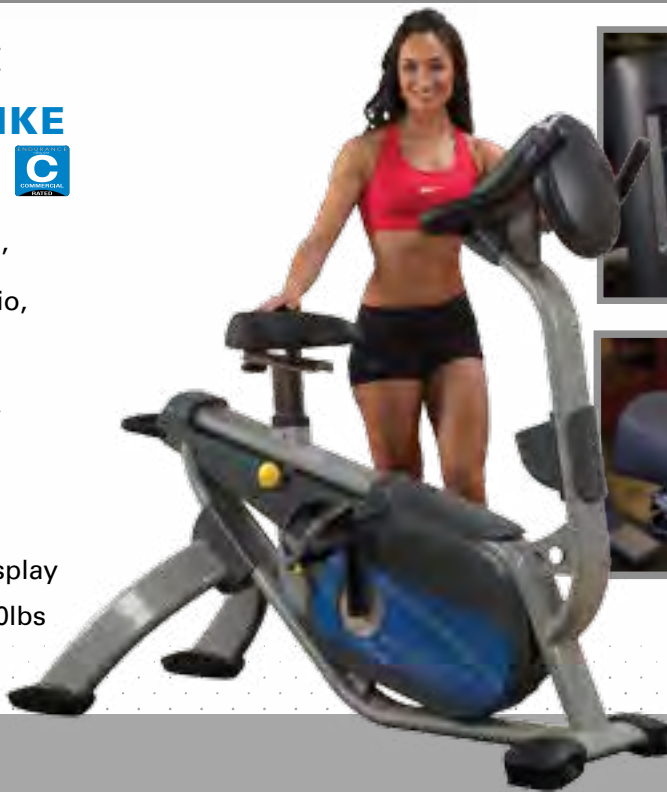


- Commercial Rated
- Programs: Manual, Speed Training, Random, Fatburn, Interval, Hill, Target Heart Rate, HR Fatburn, HR Cardio, HR Hill, HR Interval
- Feedback: Output Display: Speed, RPM, HR, Distance, Time, Watt, Calories
- Advanced HRC programs
- Self Generating Power
- Full Color Touch Screen Display
- Walk Through Design
- W 29" x L 75" x H 51" - 170lbs

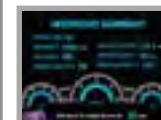


ENDURANCE  
by Body-Solid  
**B5U UPRIGHT BIKE**

- Commercial Rated
- Programs: Manual, Speed Training, Random, Fatburn, Interval, Hill, Target Heart Rate, HR Fatburn, HR Cardio, HR Hill, HR Interval
- Feedback: Output Display: Speed, RPM, HR, Distance, Time, Watt, Calories
- Advanced HRC Programs
- Self Generating Power
- Full Color Touch Screen Display
- W 26" x L 59" x H 63" - 150lbs



VIBRANT TOUCHSCREEN DISPLAYS







ENDURANCE  
by Body-Solid  
**B4R RECUMBENT BIKE**



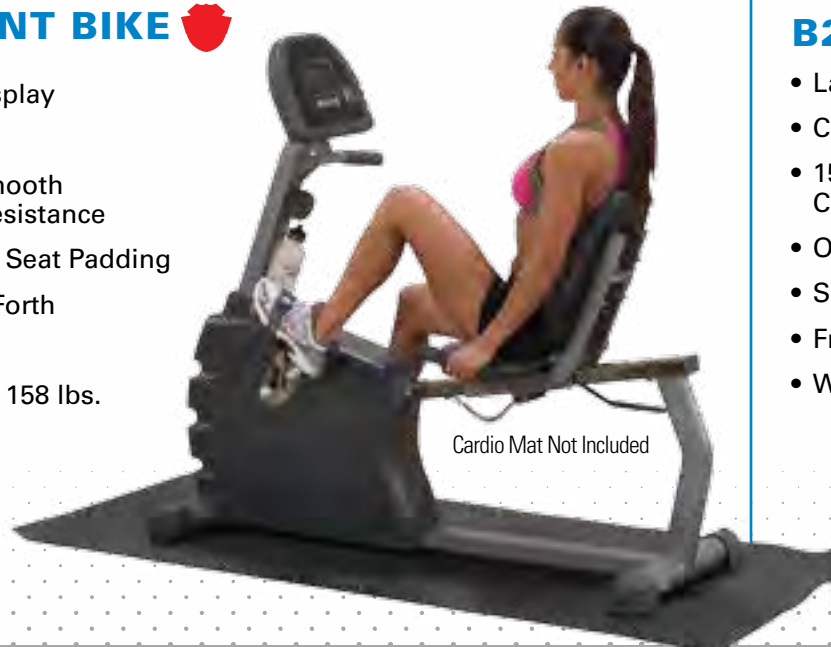
- Commercial Rated
- Programs: Manual, Programs (Strength, Cardio, Hill, Fat Burn, Interval, Speed Training), Fitness, Watt, Personal, Target Heart Rate, Random
- Feedback: Speed, RPM, HR, Distance, Time, Watt, Calories
- Wireless HRC Enabled (chest strap not included)
- Walkthrough Design
- W 27" x L 64" H x 49" - 119 lbs



ENDURANCE  
by Body-Solid  
**B2R RECUMBENT BIKE**



- Large, Easy to Read Display
- Contact Heart Rate
- 15 Tension Levels of Smooth Consistent Magnetic Resistance
- Over-sized Dura-Firm™ Seat Padding
- Seat Adjusts Back and Forth
- Front Transport Wheels
- W 35" x L 57" x H 35" - 158 lbs.



Cardio Mat Not Included

ENDURANCE  
by Body-Solid  
**B2U UPRIGHT BIKE**



- Large, Easy to Read Display
- Contact Heart Rate
- 15 Tension Levels of Smooth Consistent Magnetic Resistance
- Over-sized Dura-Firm™ Seat Padding
- Seat Adjusts Back and Forth
- Front Transport Wheels
- W 24" x L 41" x H 55" - 121 lbs.





ENDURANCE • E5000 ELLIPTICAL  
by Body-Solid



- Commercial Rated
- Programs: Manual, Random, Hills, Mountain, Interval Hills, Interval Mountain, Interval Speed Training
- Feedback: Heart Rate, Time, Distance, Speed, and Calories
- Wireless HRC with Chest Strap
- Self-generated Power
- Patented Center Drive Design
- Low Center of Gravity Combined with a Balanced Frame Prevents Rocking
- Easy Step-up Height
- Close Pedal Spacing Combined with Oversized Pedals Fits Any Size User and Eliminates Hip Fatigue
- Natural 21" Stride
- 325 Pound User Capacity
- W 31" x L 68" x H 69" - 249 lbs



Cardio Mat Not Included





Cardio Mat Not Included

## ENDURANCE • E300 ELLIPTICAL

by Body-Solid

- Programs: Manual, Random, Hills, Mountain, Interval Hills, Interval Mountain, Interval Speed Training
- Feedback: Heart Rate, Time, Distance, Speed, and Calories
- Patented Center Drive Design
- Low Center of Gravity Combined with a Balanced Frame Prevents Rocking
- Easy Step-up Height
- Close Pedal Spacing Combined with Oversized Pedals Fits any Size User and Eliminates Hip Fatigue
- Natural 21" Stride
- Rare Blend of Space Efficiency and Stability
- 300 Pound User Capacity
- W 31" x L 50" x H 66" - 232 lbs.

## ENDURANCE • E400 ADJUSTABLE STRIDE ELLIPTICAL

by Body-Solid

- Programs: Manual, Random, Hills, Mountain, Interval Hills, Interval Mountain, Interval Speed Training
- Feedback: Heart Rate, Time, Distance, Speed, and Calories
- Wireless HRC with Chest Strap
- Patented Center Drive design
- Low Center of Gravity Combined with a Balanced Frame Prevents Rocking
- Easy Step-up Height
- Close Pedal Spacing Combined with Oversized Pedals Fits Any Size User and Eliminates Hip Fatigue
- Adjustable Stride From 17" to 23" Ensures the Best Fit for Any Size User
- 300 Pound User Capacity
- W 31" x L 50" x H 66" - 244 lbs.



ADJUSTABLE STRIDE



Cardio Mat Not Included



**T** *Body-Solid*  
**TOOLS**





## STABILITY BALLS



STABILITY BALL STORAGE  
GSR10.....pg 31



- BSTSB45.....GREEN..... 45 CM
- BSTSB55.....SILVER..... 55 CM
- BSTSB65.....RED..... 65 CM
- BSTSB75.....BLUE..... 75 CM



## DUAL GRIP MEDICINE BALLS

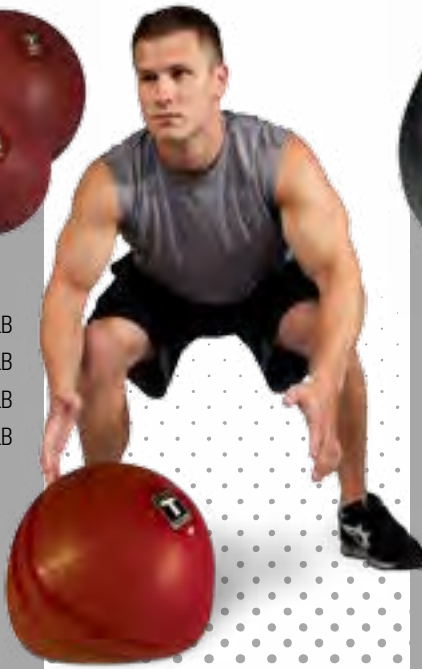


- BSTDMB6.....6 LB
- BSTDMB8.....8 LB
- BSTDMB10.....10 LB
- BSTDMB12.....12 LB
- BSTDMB14.....14 LB
- BSTDMB16.....16 LB
- BSTDMB18.....18 LB
- BSTDMB20.....20 LB
- BSTDMB25.....25 LB

## SLAM BALLS



- BSTHB15..... 15 LB
- BSTHB20..... 20 LB
- BSTHB25..... 25 LB
- BSTHB30..... 30 LB



## SOFT MEDICINE BALLS



- BSTSMB6..... 6 LB
- BSTSMB10..... 10 LB
- BSTSMB12..... 12 LB
- BSTSMB14..... 14 LB
- BSTSMB16..... 16 LB
- BSTSMB18..... 18 LB
- BSTSMB20..... 20 LB
- BSTSMB25..... 25 LB
- BSTSMB30..... 30 LB



## MEDICINE BALLS



- BSTDMB2.....PURPLE..... 2 LB
- BSTDMB4.....YELLOW..... 4 LB
- BSTDMB6.....AQUA..... 6 LB
- BSTDMB8.....RED..... 8 LB
- BSTDMB10.....BLUE..... 10 LB
- BSTDMB12.....BLACK..... 12 LB
- BSTDMB14.....ORANGE..... 14 LB
- BSTDMB16.....GREEN..... 16 LB
- BSTDMB20.....BLUE..... 20 LB
- BSTDMB25.....BLACK..... 25 LB
- BSTDMB30.....BLACK..... 30 LB



GMR10...MEDICINE  
BALL RACK....pg 31

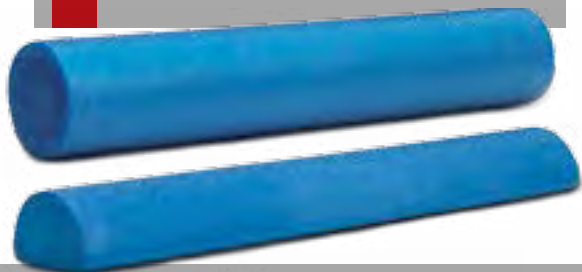
## LIFTING BANDS

- BSTB1 ..... ORANGE ..... LIGHTEST RESISTANCE
- BSTB2 ..... GREEN ..... LIGHT RESISTANCE
- BSTB3 ..... RED ..... MEDIUM RESISTANCE
- BSTB4 ..... BLUE ..... HEAVY RESISTANCE
- BSTB5 ..... PURPLE ..... ULTRA RESISTANCE



## FOAM ROLLERS

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



## PREMIUM FOAM ROLLERS

- BSTFRP36 ..... W 6" x L 36" x H 6" ..... FULL
- BSTFRP18 ..... W 6" x L 18" x H 6" ..... SHORT



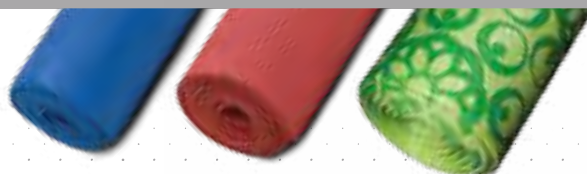
## RESISTANCE TUBES

- BSTR1 ..... YELLOW ..... VERY LIGHT RESISTANCE
- BSTR2 ..... GREEN ..... LIGHT RESISTANCE
- BSTR3 ..... RED ..... MEDIUM RESISTANCE
- BSTR4 ..... BLUE ..... HEAVY RESISTANCE
- BSTR5 ..... BLACK ..... VERY HEAVY RESISTANCE



## YOGA MATS

- BSTYM3 ..... CLASSIC ..... BLUE ..... 3MM
- BSTYM5 ..... DELUXE ..... RED ..... 5MM
- BSTYM10 ..... PREMIUM ..... GREEN ..... 6MM





## PLYO BOXES

- BSTSPB6..... H 6"
- BSTSPB12..... H 12"
- BSTSPB18..... H 18"
- BSTSPB24..... H 24"
- BSTSPB30..... H 30"
- BSTSPB36..... H 36"
- BSTSPB42..... H 42"



## WEIGHTED VESTS

- BSTWV20..... 20 LB
- BSTWV40..... 40 LB



## ANKLE WEIGHTS

- BSTAW10..... 10 LB
- BSTAW20..... 20 LB



## SOFT PLYO BOX

- BSTSPBOX..... 20" x 24" x 30"



## BICEP BOMBERS

- BB23..... Standard
- BB25..... 25th Anniversary





## GUT BLASTER AB SLINGS

AAB2



## CLOCK

STT45



## INVERSION BOOTS

GIB-2



## T-BAR & LAT BLASTER BAR

- A .....LBB28 ..... LAT BLASTER BAR
- B .....TBR20 ..... T-BAR ROW PLATFORM
- C .....TBR10 ..... T-BAR ROW PLATFORM

## AB WHEEL

BSTAB1



## TRAINING ROPES

- BSTBR1530 .... 1.5" DIA ..... 30'
- BSTBR1540 .... 1.5" DIA ..... 40'
- BSTBR1550 .... 1.5" DIA ..... 50'
- BSTBR2030 .... 2" DIA ..... 30'
- BSTBR2040 .... 2" DIA ..... 40'
- BSTBR2050 .... 2" DIA ..... 50'



## PUSH-UP BARS • SPEED ROPE • CABLE SPEED ROPE

PUB2

BSTJR1

BSTSR1



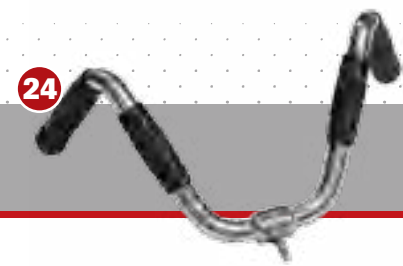
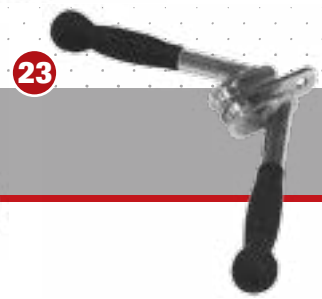
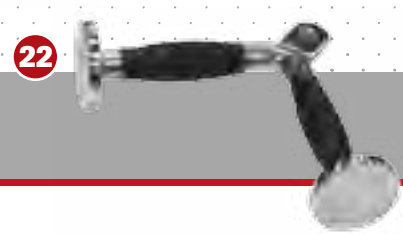
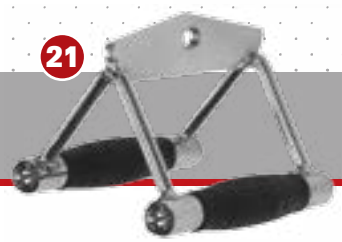
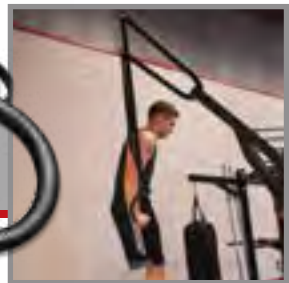
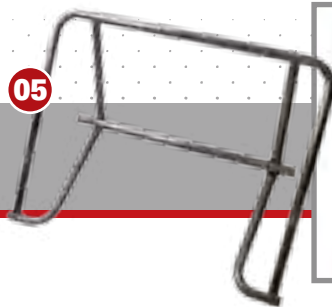


01..... MA310 ..... LEATHER DIPPING STRAP  
 02..... NB55 ..... NYLON DIPPING STRAP  
 03..... MA330 ..... LEATHER DIPPING BELT  
 04..... NB56 ..... NYLON DIPPING BELT  
 05..... PUB34 ..... CHIN-UP BAR  
 06..... PUB30 ..... PULL-UP/PUSH-UP BAR  
 07..... BSTRINGS.. RINGS

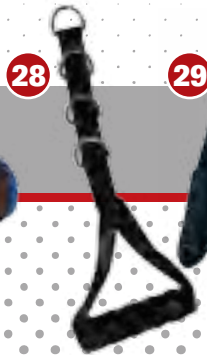
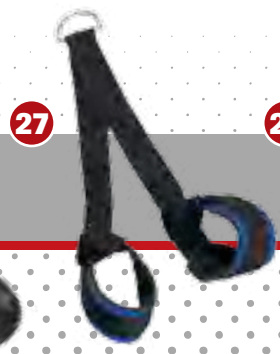
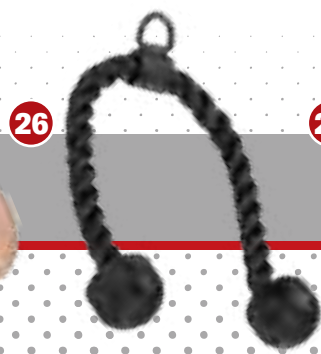
08..... NB51 ..... NYLON WRIST STRAPS  
 09..... NAS3..... NYLON ANKEL STRAP  
 10..... MA308V ..... LEATHER ANKLE STRAP  
 11..... MR136 ..... MANTA RAY  
 12..... PG2..... PRO POWER GRIPS  
 13..... MA307V ..... LEATHER HEAD HARNESS  
 14..... MA307N ..... NYLON HEAD HARNESS

15..... MA105 ..... BAR PAD  
 16..... MB148RG... PRO-GRIP MULTI-GRIP LAT BAR  
 17..... MB438RG... PRO-GRIP PRO-STYLE LAT BAR  
 18..... MB229RG... PRO-GRIP REVOLVING CURL BAR  
 19..... MB022RG... PRO-GRIP REVOLVING STRAIGHT BAR  
 20..... MB501RG... PRO-GRIP STIRRUP CABLE HANDLE  
 21..... MB502RG... PRO-GRIP SEATED ROW/CHINNING BAR





- 22..... MB504RG... PRO-GRIP TRICEP PRESS-DOWN BAR
- 23..... MB507RG... PRO-GRIP V-BAR
- 24..... MB503RG... PRO-GRIP MULTI-EXERCISE BAR
- 25..... MA325..... LEATHER TRICEP STRAP
- 26..... TR29..... TRICEP ROPE
- 27..... NTS10..... TRICEP STRAP
- 28..... NB59..... ADJUSTABLE NYLON CABLE HANDLE
- 29..... ACH18..... AB CRUNCH HARNESS





# CORE ESSENTIALS

BSTPACK

## Trim, Tone & Build A Better Body

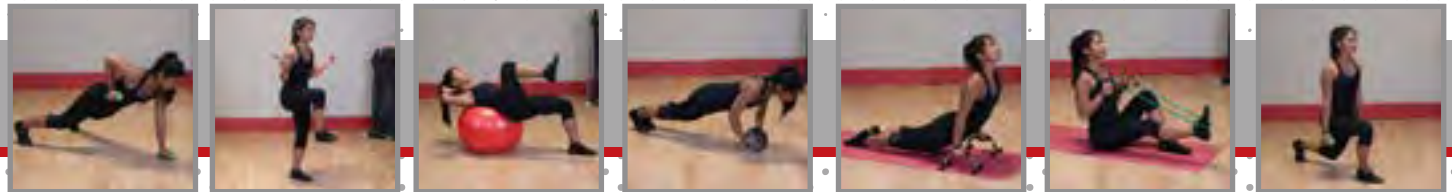
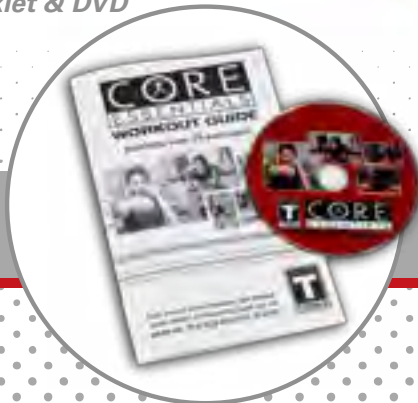
- Essential tools for on-the-go workouts
- Full body exercises for every body type
- Build core strength & cardiovascular health
- Instructional booklet & video included



### Includes:

- Exercise Booklet and DVD
- Two 3lb Vinyl Dumbbells
- 65cm Anti-Burst Exercise Ball
- 5mm 72" x 24" Yoga Mat
- Light Resistance Tube
- Heavy Resistance Tube
- Speed Rope
- Ab Wheel
- Push-Up Bars

Instructional  
booklet & DVD







*Body-Solid*  
Built for Life



**WEIGHTS • BARS  
& STORAGE**

## VINYL DUMBBELLS



BSTVD1..... 1 LB	BSTVD7..... 7 LB
BSTVD2..... 2 LB	BSTVD8..... 8 LB
BSTVD3..... 3 LB	BSTVD9..... 9 LB
BSTVD4..... 4 LB	BSTVD10..... 10 LB
BSTVD5..... 5 LB	BSTVD12..... 12 LB
BSTVD6..... 6 LB	BSTVD15..... 15 LB

## NEOPRENE DUMBBELLS



BSTND1..... 1 LB	BSTND7..... 7 LB
BSTND2..... 2 LB	BSTND8..... 8 LB
BSTND3..... 3 LB	BSTND9..... 9 LB
BSTND4..... 4 LB	BSTND10..... 10 LB
BSTND5..... 5 LB	BSTND12..... 12 LB
BSTND6..... 6 LB	BSTND15..... 15 LB

## CAST IRON HEX DUMBBELLS



SDX3, SDX5, SDX8, SDX10, SDX12,  
SDX15, SDX20, SDX25, SDX30, SDX35,  
SDX40, SDX45, SDX50, SDX55, SDX60,  
SDX65, SDX70, SDX75, SDX80,  
SDX85, SDX90, SDX95, SDX100

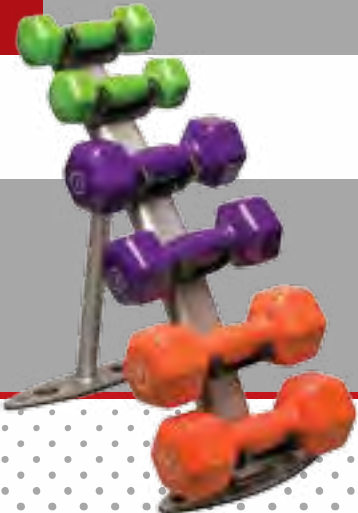
## RUBBER HEX DUMBBELLS



SDR3, SDR5, SDR8, SDR10, SDR12,  
SDR15, SDR20, SDR25, SDR30, SDR35,  
SDR40, SDR45, SDR50, SDR55, SDR60,  
SDR65, SDR70, SDR75, SDR80, SDR85,  
SDR90, SDR95, SDR100, SDR105,  
SDR110, SDR115, SDR120

## DUMBBELL RACK

GDR10..... W 9" X L 9" X H 17.5"



## DUMBBELL RACK

GDR500..... W 42.5" X L 26.5" X H 46"



## DUMBBELL RACK

GDR24..... W 26" X L 29" X H 52"





## ROUND RUBBER FIXED DUMBBELLS



SDP5, SDP10, SDP15, SDP20, SDP25,  
SDP30, SDP35, SDP40, SDP45, SDP50,  
SDP55, SDP60, SDP65, SDP70, SDP75,  
SDP80, SDP85, SDP90, SDP95, SDP100

## DUMBBELL RACK

GDR363..... W 40" X L 20" X H 30"



## DUMBBELL RACK

GDR60..... W 62" X L 23" X H 32"



OPTIONAL 3RD TIER  
GDRT6



## DUMBBELL RACK

GDR44..... W 27" X L 17" X H 44"



## POWERLINE<sup>USA</sup> DUMBBELL RACK

PDR282X..... W 32" X L 14" X H 22"



## CAST IRON KETTLEBELLS



KB5, KB10, KB15, KB20, KB25, KB30, KB35,  
KB40, KB45, KB50, KB55, KB60, KB65,  
KB70, KB75

## VINYL DIPPED KETTLEBELLS



KBV5 .....	5 LB	KBV15 .....	15 LB
KBV8 .....	8 LB	KBV20 .....	20 LB
KBV10 .....	10 LB	KBV25 .....	25 LB
KBV12 .....	12 LB	KBV30 .....	30 LB

## PREMIUM KETTLEBELLS



KBC5, KBC10, KBC15, KBC20, KBC25,  
KBC30, KBC35, KBC40, KBC45, KBC50,  
KBC55, KBC60, KBC65, KBC70, KBC75

## VINYL DIPPED KETTLEBALLS



KBL5, KBL10, KBL15, KBL20, KBL25, KBL30,  
KBL35, KBL40, KBL45, KBL50, KBL55, KBL60

## KETTLEBELL/DUMBBELL RACK

GDKR100..... W 23" X L 44.5" X H 33"

- Reversible Tiers for Kettlebells or Dumbbells



## KETTLEBELL RACK

GDKR50..... W 21" X L 17" X H 22"



## CARDIO BAR RACK

GCR100-PACK..... W 36" X L 39" X H 50"

### INCLUDES

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





## SDKR1000 MODULAR STORAGE RACK



- Modular Storage Rack for Dumbbells, Kettlebells, and Medicine Balls
- 3Tier Storage Rack
- Your Choice of Dumbbell, Kettlebell, or Medicine Ball Storage Tiers
- Mix and Match Tiers for Combination Storage
- Expandable Rack System for Any Size Facility
- Heavy Gauge Oval Steel Mainframe
- Full Commercial Rating
- W 32" X L 70" X H 43"
- W 32" X L 135" X H 43" (Expanded 2 Rack Unit)

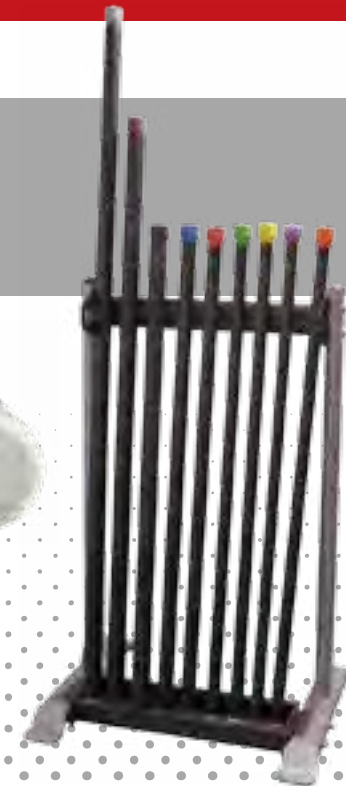


## FITNESS BARS

BSTFB4 .....	4 lb	BSTFB18 .....	18 lb
BSTFB6 .....	6 lb	BSTFB24 .....	24 lb
BSTFB9 .....	9 lb	BSTFB30 .....	30 lb
BSTFB12 .....	12 lb	BSTFB36 .....	36 lb
BSTFB15 .....	15 lb		

## FITNESS BAR RACK

GFR500  
HOLDS UP TO 30 BARS  
W 28.5" X L 25" X H 43.5"



## STANDARD CAST IRON

RPB[SIZE]  
1.5, 2.5, 5, 7.5, 10,  
12.5, 20, 25,50



## OLYMPIC CAST IRON

OPB[SIZE]  
2.5, 5, 10, 25, 35, 45, 100



## OLYMPIC STEEL GRIP

OPT[SIZE]  
2.5, 5, 10, 25, 35, 45



## OLYMPIC RUBBER GRIP

ORT[SIZE]  
2.5, 5, 10, 25, 35, 45, 100



## OLYMPIC COLORED GRIP

ORC[SIZE]  
2.5, 5, 10, 25, 35, 45



## WEIGHT SETS

### 300 LB WEIGHT SETS

(2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.  
(1) 7 ft. - 45 Lb.Olympic Bar #OB86 (Chrome Bar)  
(2) Olympic Spring Collars #OC06

**OST300S - OLYMPIC STEEL GRIP**

**OSR300S - OLYMPIC RUBBER GRIP**

**ORC300S - OLYMPIC COLORED GRIP**

**OSB300S - OLYMPIC CAST IRON** - Black Olympic Bar #OB86B

**OSC300S - OLYMPIC CAST IRON**

### 400 LB WEIGHT SETS

(4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb.  
(1) 7 ft. - 45 Lb.Olympic Bar #OB86 (Chrome Bar)  
(2) Olympic Spring Collars #OC06

**OST400S - OLYMPIC STEEL GRIP**

**OSR400S - OLYMPIC RUBBER GRIP**

**ORC400S - OLYMPIC COLORED GRIP**

**OSB400S - OLYMPIC CAST IRON** - Black Olympic Bar #OB86B

**OSC400S - OLYMPIC CAST IRON**

### 500 LB WEIGHT SETS

(6) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.  
(1) 7 ft. - 45 Lb.Olympic Bar #OB86 (Chrome Bar)  
(2) Olympic Spring Collars #OC06

**OST500S - OLYMPIC STEEL GRIP**

**OSR500S - OLYMPIC RUBBER GRIP**

**ORC500S - OLYMPIC COLORED GRIP**

**OSB500S - OLYMPIC CAST IRON** - Black Olympic Bar #OB86B

**OSC500S - OLYMPIC CAST IRON**

### 255 LB WEIGHT SETS

(2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.

**OST255 - OLYMPIC STEEL GRIP**

**ORST255 - OLYMPIC RUBBER GRIP**

**ORCT255 - OLYMPIC COLORED GRIP**

**OSB255 - OLYMPIC CAST IRON**

### 355 LB WEIGHT SETS

(4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb.

**OST355 - OLYMPIC STEEL GRIP**

**ORST355 - OLYMPIC RUBBER GRIP**

**ORCT355 - OLYMPIC COLORED GRIP**

**OSB355 - OLYMPIC CAST IRON**

### 455 LB WEIGHT SETS

(6) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.

**OST455 - OLYMPIC STEEL GRIP**

**ORST455 - OLYMPIC RUBBER GRIP**

**ORCT455 - OLYMPIC COLORED GRIP**

**OSB455 - OLYMPIC CAST IRON**



## RUBBER BUMPER PLATES

OBPB[SIZE]  
10, 15, 25, 35, 45



## COLORED RUBBER BUMPER PLATES

OBPC[SIZE]  
10, OBPB15, 25, 35, 45



## PREMIUM COMMERCIAL BUMPER PLATES

OBPP[SIZE]  
10, 15, 25, 35, 45



## PREMIUM HI TEMP BUMPER PLATES

OBPH[SIZE]  
10, 15, 25, 35, 45



## 260 LB WEIGHT SETS

(2) 45lb. (2) 35lb. (2) 25lb. (2) 15lb. (2) 10lb.

**ORBLK260 - RUBBER BUMPER PLATES**

**ORCOL260 - COLORED RUBBER BUMPER PLATES**

**OBPP260 - PREMIUM COMMERCIAL BUMPER PLATES**

**OBPH260 - PREMIUM HI TEMP BUMPER PLATES**

OA8..... 8' OLYMPIC ADAPTER SLEEVE

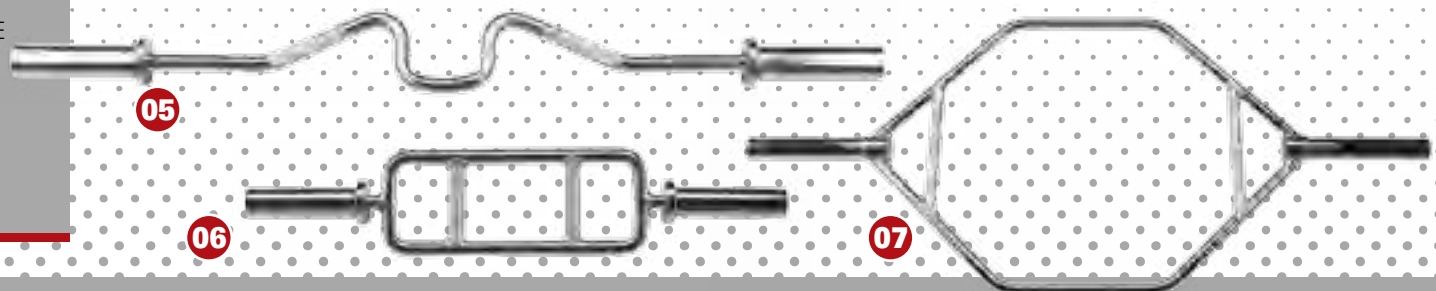
OAS14..... 14' OLYMPIC ADAPTER SLEEVE



**01**      **02**      **03**      **04**

- 01..... OB47B .....OLYMPIC CURL BAR - BLACK
- 02..... OB47C .....OLYMPIC CURL BAR - CHROME
- 03..... RB48.....STANDARD COMBO BAR
- 04..... RB47.....STANDARD CURL BAR
- 05..... OB48C .....OLYMPIC COMBO BAR
- 06..... OB34C .....OLYMPIC TRICEP BAR
- 07..... OTB50 .....OLYMPIC SHRUG BAR

ITEM#	BAR STYLE	LENGTH	FINISH	WEIGHT CAPACITY	GRIP DIAMETER
OB86B	OLYMPIC	86"	BLACK	600 LBS	30mm
OB86C	OLYMPIC	86"	CHROME	600 LBS	30mm
OB86P1000	POWER	86"	CHROME	1000 LBS	30mm
OB86P1000SS	POWER	86"	CHROME	1000 LBS	30mm
OB72B	OLYMPIC	72"	BLACK	600 LBS	30mm
OB72A15	OLYMPIC	72"	ALUMINUM		30mm
OB60	OLYMPIC	60"	BLACK	600 LBS	30mm
RB84	STANDARD	84"	CHROME		25mm
RB72	STANDARD	72"	CHROME		25mm



**05**      **06**      **07**



ITEM#	BAR STYLE	LENGTH	FINISH	WEIGHT CAPACITY	GRIP DIAMETER		
OB86CHICAGO	OLYMPIC	86"	BLACK/CHROME	1500 LBS	28.75mm		
OB8625THYR	OLYMPIC	86"	RED/CHROME	1200 LBS	28.75mm		
OB864STAR	POWER	86"	CHROME	1500 LBS	28.75mm		
OB86LPB	OLYMPIC	86"	CHROME	1000 LBS	28.5mm		
OB86PB	OLYMPIC	86"	CHROME	1000 LBS	28.57mm		
OB86PBG	OLYMPIC	86"	BLACK/CHROME	1500 LBS	28mm		
OB86PBS	OLYMPIC	86"	CHROME	1500 LBS	28mm		



**01**



**02**



**03**



**04**



**05**



**06**



**07**



**08**

01..... BSTROC1-RED.....OLYMPIC BAR COLLARS  
 02..... BSTROC1-NAT .....OLYMPIC BAR COLLARS  
 03..... OC04 .....OLYMPIC COLLARS  
 04..... OC06 .....OLYMPIC SPRING COLLARS  
 05..... RC0616.....STANDARD SPRING COLLARS  
 06..... RC02.....STANDARD 1 LB METAL COLLARS  
 07..... RC03.....STANDARD 1/2 LB METAL COLLARS  
 08..... BSTMC02(RD)(BK)...MUSCLE CLAMPS

Body-Solid  
ProClubLine

## SWT1000 WEIGHT TREE

- 12 Chrome Weight Posts
- 4 Integrated Olympic Bar Holders
- 2 Integrated Olympic Collar Holders
- Perfect for Bumper Plates
- Oval 11 Gauge Steel Frame
- W 58" X L 58" X H 53"



## GSWT STANDARD PLATE TREE & BAR HOLDER

- Holds two (2) Standard Bars.
- Ideal for home and commercial use.
- W 23" X L 20" X H 40"



See pgs. 26-27  
for our full line  
of Standard &  
Olympic weights.

## VDRA30 ACCESSORY STAND

- W 18" X L 19" X H 41"



## WEIGHT TREES

### EZ-LOAD™

SWT14..... W 16" x L 27" x H 24" .. STANDARD

OWT24..... W 16" x L 27" x H 24" .. OLYMPIC

WT46..... W 21" x L 22" x H 44" .. OLYMPIC

SWT14

OWT24

WT46





## GSR10 STABILITY BALL STORAGE RACK



- 2 or 3 ring option
- Dims (3 rings)  
36" w x 31" l x 74" h
- Dims (2 rings)  
36" w x 31" l x 39" h



## GMR10 MEDICINE BALL RACK



- Holds up to 6 balls
- W 18" X L 22" X H 63"

See pg. 14  
for Stability and  
Medicine Balls



## GOBH5 OLYMPIC BAR HOLDER

- W 12" X L 12" X H 9"

## GMR5 MEDICINE BALL RACK

- Holds up to 3 balls
- W 25" X L 25" X H 26"

## GBPR10 BUMPER PLATE RACK



- W 13" X L 41" X H 9"



## RUBBER FLOOR MAT

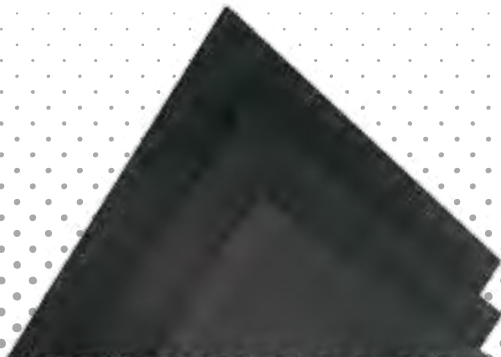
RF546 ..... 48" x 72", 1/2" THICK

## INTERLOCKING RUBBER FLOORING

- (A) RF4PMB ..... 19.5" X 19.5" ..... BLACK
- (B) RF4PMG ..... 19.5" X 19.5" ..... GRAY
- (C) RFBST4PB . 19.75" X 19.75" ..... BLACK

## CARDIO MATS

- RF36T ..... W 36" x L 78 x H 1/8"
- RF34B ..... W 36" x L 48 x H 1/8"





*Body-Solid*



- Precise 7° angle Smith Machine combined with 7° angle freeweight barbell workout center designed for natural upper and lower body exercise movements.
- Linear ball bearing Smith system with 20 crossmember lock-out points for a safe, solid stop at any point in your workout routine
- Freeweight gunrack system with 14 lift-off and racking positions for ultimate versatility, safety and control.
- Large diameter Smith Bar responds quickly, is easy to control and weighs only 25 Lbs.
- Heavy-duty all-4-side welded 11 gauge and 12 gauge 2"x3" mainframe steel construction
- Includes incredibly strong, adjustable safeties for both the Smith system and the freeweight barbell workout center
- Six Olympic weight plate storage posts safely suspend plates off the floor for easy access
- Olympic Bar holder mounted to the frame stores your bar without obstructing any exercise movements



GS348Q..... SERIES 7 LINEAR BEARING SMITH MACHINE

- W 71" X L 66" X H 84"

**GS348QP4 SERIES 7 SMITH MACHINE PACKAGE**

- W 71" X L 78" X H 84"

GS348Q..... SERIES 7 LINEAR BEARING SMITH MACHINE

GLA348QS..... 210 LB SELECTORIZED LAT ATTACHMENT

GPA3..... PEC ATTACHMENT

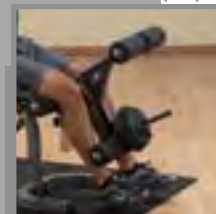
GFID71..... COMMERCIAL FLAT/INCLINE/DECLINE BENCH

GLDA3..... 6-ROLLER LEG DEVELOPER ATTACHMENT

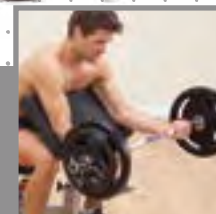
GPCA1..... PREACHER CURL ATTACHMENT



BASE MODEL (GS348Q)



GLDA3



GPCA1

# Body-Solid® **GPR370 MULTI-PRESS RACK**

Built for Life

- Extra-heavy duty 2" x 3" high tensile strength steel mainframe with all-4-side welded construction.
- 14-position gunrack can handle over 1,000 lbs. and gives the user the ability to walk the bar up and down without removing plates.
- Includes oversized 17" long safeties constructed from 2" x 3" 11-gauge steel.
- Mainframe uprights are set to a 7° reverse pitch that accommodates the body's natural lifting path.
- Features 4 Olympic storage posts that suspend weight plates for quick and easy access while keeping your workout area organized.
- Ideal for home and commercial use.
- W 64" X L 45" X H 74"



**See pgs. 26-27 for our full line of Olympic weights.**





**Body-Solid** **GPR378 POWER RACK**   
 Built for Life

- Wide 'walk-in' design
- 20 adjustment levels
- 3" x 3" vertical support columns
- 41" wide knurled chinning bar
- Includes 2 Safety Catches and 2 Bar Lift Offs
- lockouts 3" on center
- Ideal for home and commercial use
- Shown with OPTIONAL Lat Attachment (GLA378)
- Optional 210 lb. weight stack for lat attachment (#SP200)
- Lat Attachment Includes Lat Bar and Straight Bar
- W 46" X L 49" X H 80" - BASE MODEL
- W 46" X L 69" X H 83" - PACKAGE (PICTURED)



**SCB26 CALF SQUAT BLOCK**

- 18" long x 6-1/2" high calf block
- 26" long squat platform
- 1000 lb. capacity



**OPTIONS:**

- GLA378..... LAT ATTACHMENT
- SP200..... 200 LB. WEIGHT STACK
- DR378..... DIP STATION
- L0378..... BAR LIFT OFFS
- HP200..... PREMIUM STEEL WEIGHT STACK (RED)



Body-Solid  
**ProClubLine**

## SFID325 ADJUSTABLE BENCH



- 2" x 3", 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"
- Back Pad tapers 9.5" -12" towards seat pad
- W 25" X L 58" X H 18"

## FEATURES:



TRANSPORT WHEELS



ADJUSTABLE

Body-Solid  
Built for Life

## FID46 FLAT/INCLINE/DECLINE BENCH



- Heavy-Duty 3" round stock steel mainframe with extra-wide base for maximum stability
- Full 2 3/4" seat and back pads that will never bottom out
- Includes wheels for easy mobility
- Leg developer with upholstered 4" x 8" rollers and oversize brass bushings for friction-free movement.
- Two sets of cushioned hand grips for stability when doing leg curls and leg extensions.
- Features arched lying leg curl station that provides proper lower back support during the lying leg curl exercise.
- Nine-position back pad with synchronized seat pad for fast, easy, fool-proof adjustments.
- W 28" X L 75" X H 31"







**Body-Solid** Built for Life **GFID71 HEAVY DUTY F/I/D BENCH**   
**FLAT/INCLINE/DECLINE**

- Commercial quality with 1,000 lbs. capacity
- Quick, easy, solid, and secure 6-position ladder-style back pad adjustment
- Improved design features 6-position seat pad adjustment allows all size users to do bent knee sit-ups and ab crunches with proper lower back support and hip alignment
- Full 2¾" thick DuraFirm™ Pads will never bottom out.
- Includes T-Bar Leg Hold Down with oversize rollers for extra comfort and stability
- Expandable for Leg Developer (#GLDA3), Preacher Curl Attachment (#GPCA1), and Lat Attachment (#GLRA81)
- Includes transport wheels for easy mobility
- Ideal for home and commercial use
- W 28" X L 70" X H 19"

**OPTIONS:**



GLDA3



GPCA1



GLRA81

**Body-Solid** Built for Life **GFID100 FLAT/INCLINE/DECLINE BENCH** 

- Six adjustment positions
- Transport wheels for mobility
- 3" round steel mainframe
- 600 lb. Capacity
- Leg lock-down rollers
- DuraFirm™ back and seat pads
- W 28" X L 66" X H 19" (49" H when back pad is inclined)

**OPTIONS:**



GLDA3



GPCA1



**Built for our Corner Leverage Gym. See pgs. 51 for details.**

WEIGHTS, BARS AND COLLARS ARE ALL OPTIONAL

## Body-Solid<sup>®</sup> **GFI21 FLAT/INCLINE BENCH**

- Commercial 2" x 3" heavy gauge steel mainframe
- Glide & Lock seat and back pad adjustment system
- Adjusts from flat to 90 in 9 positions with convenient one-touch pop-pin
- Full 2" thick DuraFirm seat and back pads
- Ideal for home and commercial use
- Height to pad –flat position 19"
- Back pad 9.5" wide
- Back pad incline degrees 83°, 75°, 70°, 61°, 55°, 47°, 38°, 26° and 0° flat.
- Seat pad incline degrees: 0° flat, 15°, 25° and 30° incline.
- W 21" X L 52" X H 17" (46" when inclined)



Visit [bodysolid.com](http://bodysolid.com) for product videos, overviews, features and technical specifications.

## Body-Solid<sup>®</sup> **GFID225 FOLDING MULTI-BENCH**

- No assembly required
- Seven adjustment positions
- Transport wheels for mobility
- Distance from ground to flat position 18"
- Back pad dimensions tapered 8-9.5" length 31"
- Seat pad dimensions tapered 11-15" length 11.5" thickness 2.5"
- In Use Dimensions: W 16" X L 57" X H 18"
- Folded Dimensions: W 16" X L 57" X H 9"







See pgs. 22-23  
for our full line  
of dumbbells.

Body-Solid  
Built for Life

## GFB350 HEAVY DUTY FLAT BENCH



- Perfect for all basic barbell and dumbbell exercises
- Commercial 2" x 3" heavy gauge steel mainframe
- Wide base eliminates rocking
- Extra-thick DuraFirm™ Pad
- All-4-side welded construction
- Ideal for home and commercial use
- Height to pad –flat position 19"
- Back pad 9.5" wide
- W 23" X L 46" X H 20"



Body-Solid  
Built for Life

## GFID31 FLAT/INCLINE/DECLINE BENCH



- Specifically designed with a shortened base frame to fit perfectly in all Smith Machines, Power Racks, and Multi-Press Racks
- Improved design features quick, easy, solid, and secure 6-position ladder-style
- Adjustable seat pad allows all size users to do bent knee sit-ups and ab crunches with proper lower back support and hip alignment
- Includes T-Bar Leg Hold Down Attachment
- Thick, rich, DuraFirm™ upholstery
- Includes wheels for easy mobility
- Back pad 9.5" wide
- W 27" X L 59" X H 22"

### OPTIONS:



GLDA1



GPCA1

# Body-Solid<sup>®</sup> **GDIB46L POWERCENTER COMBO BENCH**

- Includes Leg Developer
- 6-Position Flat / Incline / Decline
- DuraFirm™ back and seat pads
- Adjustable Uprights
- W 46" X L 77" X H 43"

## OPTIONS:



GLRA81  
LAT ATTACHMENT



GPCA1  
PREACHER CURL



# Body-Solid<sup>®</sup> **GLM83 PRO-LAT MACHINE**



- "No-Cable-Change Technology" makes transitions between high and low pulley exercises effortless
- Thick, comfortable DuraFirm™ seat pad
- Patented nylon bushings provide smooth weight carriage travel
- 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
- W 32" X L 60" X H 82"





**Body-Solid** GST20 UTILITY STOOL   
Built for Life

- DuraFirm™ upholstery is extra thick, double stitched
- Heavy-duty 2" x 2" and 2" x 3" 12-gauge steel mainframe
- Ideal for home and commercial use
- W 23" X L 46" X H 20"

**Body-Solid** GSRM40 SEATED ROW MACHINE   
Built for Life

- DuraFirm™ chest and seat pads
- Multi-Position adjustable handles
- Oil-lite bronze bushings at all pivot points
- Extra-thick foam padded foot braces
- Ideal for home and commercial use
- W 44" X L 54" X H 39"



**Body-Solid** GPM65 PLATE LOADED PEC MACHINE   
Built for Life

- 2" x 2" high tensile strength steel frame.
- Extra-thick and super tough DuraFirm™ seat and back pads.
- Adjustable cam for variable starting positions
- Articulating handles for unilateral and bilateral chest development.
- W 28" X L 32" X H 65"



**Body-Solid** Built for Life **GCBT380 CAM SERIES BICEPS & TRICEPS MACHINE** 

- Adjustable seat for proper positioning
- Ultra-thick DuraFirm™ upholstery provides maximum comfort
- Positioned at a 30° angle for precise biomechanical movement
- Combination 2" x 2" and 2" x 4" supportive steel blends structural integrity with ultimate comfort
- V-Bar handle to blast out a burning set of arm curls
- Adjustable lifting arm can be positioned upward for Triceps workout
- Ideal for home and commercial use.
- W 43" X L 45" X H 40"



**Body-Solid** Built for Life **GPCB329 PREACHER CURL BENCH** 

- Full commercial 2" x 3" high tensile strength steel mainframe
- Extra-thick and super tough DuraFirm™ arm and seat pads
- Fully adjustable to accommodate all size users
- Extra-wide base and bar cradle
- Ideal for home and commercial use
- W 31" X L 41" X H 35"





**Body-Solid** Built for Life **GDIP59 DIP STATION** 



SEE OUR SELECTION OF DIPPING STRAPS  
AND BELTS ON PG 18

- 2" x 3" mainframe construction
- Oversize 1 3/4" diameter dipping bars
- Slip-proof rubber grips
- Electrostatically applied powder coat finish
- Distance between dip handles 19" at base to 21" at end
- W 27" X L 38" X H 53"



**Body-Solid** Built for Life **GVKR60 VERTICAL KNEE RAISE & DIP** 

- Safe, no-slip step-up entry
- Thick DuraFirm™ back and arm pads
- Comfortable oversized handgrips
- Ideal for home and commercial use
- Distance between dip handles 20.5" (inside to inside)
- W 24" X L 37" X H 60"



**Body-Solid**  
Built for Life

**GVKR82 VERTICAL KNEE RAISE/DIP/  
PUSH-UP/PULL-UP/ CHIN-UP MACHINE**



- 10° reverse pitch increases abdominal range-of-motion and securely locks you into position
- Lat Pull-Up / Chin-Up Station features easy step-up entry
- Easy access Dip Station features oversized diameter grips for ultimate comfort
- Push-Up Station is cushioned and mounted a full 12" off the floor for the deepest pec building push-ups possible
- Ultra-thick DuraFirm™ back pad features extra lumbar support
- Heavy-gauge 2" x 2" all-4-side welded high tensile strength steel mainframe construction
- Ideal for home and commercial use
- W 43" X L 57" X H 82"



**Body-Solid**  
Built for Life

**FCD VERTICAL KNEE RAISE/DIP/  
PULL-UP/ CHIN-UP MACHINE**



- Lat pull-up (wide grip)/chin-up (close grip) station features easy step-up entry
- Easy access dip station features oversized diameter grips for ultimate comfort
- Ultra-thick DuraFirm™ back, arm and knee pads
- 11-gauge steel frame with 2" x 3" oval tubing
- 2" x 2" all-4-side welded high tensile strength steel mainframe construction
- W 27" X L 63" X H 82"







Body-Solid  
ProClub Line

**SGH500 GLUTE & HAM MACHINE** 

- Vertical and horizontal adjustments ensure proper fit for any size user
- Isolates lower posterior muscles
- Works glutes, hamstrings, calves, abs and obliques in one machine
- Oversized pads for comfort
- DuraFirm upholstery for durability
- Step for easy access and dismount
- Commercial Rated
- W 33" X L 79" X H 51"



Body-Solid  
Built for Life

**GRCH322 ROMAN CHAIR** 

- Commercial 2" x 3" heavy-gauge steel construction
- Extra-wide base eliminates rocking
- Extra-thick 3¾" DuraFirm™ support pads
- Oversize foam rollers are pop-pin adjustable both vertically and horizontally to fit all size users
- No-slip step-up surface for safe positioning
- Ideal for home and commercial use
- W 26" X L 45" X H 43"

Body-Solid  
Built for Life

**GHYP345 45° BACK HYPEREXTENSION** 



- Commercial 2" x 3" heavy-gauge steel construction
- Relieves lower back pain
- Increases flexibility
- Improves circulation.
- Strengthens back and abdominal muscles
- W 26" X L 50" X H 36"



**Body-Solid** **GAB60 PRO-STYLE AB BOARD**   
Built for Life

- 12 adjustment levels from 0 to 45 degrees.
- 40" x 12" DuraFirm™ back pad.
- Incredibly effective in isolating the entire abdominal region.
- Exceptional upper back and head support maintain proper body alignment.
- Unique design provides easy entry and exit.
- Nylon transport wheels for easy mobility and storage.
- Oversize 8" Foam Rollers for comfort and stability.
- W 24" X L 54" X H 52"

**Body-Solid** **GCAB360 CAM SERIES AB & BACK MACHINE**   
Built for Life

- Ultra-thick DuraFirm™ upholstery provides maximum comfort.
- Positioned at a 30° angle for precise biomechanical movement.
- 2" x 4" mainframe steel for exceptional Light Commercial quality.
- 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.
- Ideal for home and commercial use.
- W 46" X L 60" X H 43"



**Body-Solid**  
Built for Life

## GAB350 SEMI-RECUMBENT DUAL AB BENCH



- Unique design provides easy entry and exit
- Incredibly effective in isolating the entire abdominal region
- Adjustable seat pad, roller bar (4 range of motion adjustments) and foothold to fit all users
- Provides maximum user comfort by positioning and stabilizing the lower back
- To increase resistance- add weights to the plate holder near feet.
- Olympic plate holders only
- W 27" X L 65" X H 43"



**Body-Solid**  
Built for Life



**Body-Solid**  
Built for Life

## GAB300 SEMI-RECUMBENT AB BENCH



- 5-position adjustable seat.
- 5-position upper ab arm
- 4-position lower ab leg support
- 11 gauge high strength 2" x 3" steel tube with electrostatically applied powder coat finish
- DuraFirm upholstery over 2" high density foam
- Ergonomically correct handles
- Upper abdominal resistance with lock-out feature
- Lower abdominal counterbalance and resistance with lock-out feature
- Articulating foot support self-aligns for correct lower leg and ab crunch movement
- Easy access upright seating position.
- W 34" X L 69" X H 52"





**Body-Solid** **GWS100 WEIGHT SLED**   
Built for Life

- Removable Posts
- Heavy Gauge Steel Frame
- Center weight horn
- Multiple handles to push and pull
- Attachment Anchors
- W 31" X L 42" X H 40" 68 lbs.



**Body-Solid** **GLPH1100 LEG PRESS & HACK SQUAT**   
Built for Life

- Quad track roller system operates smoothly and distributes weight evenly.
- Both back pads utilize a quick flip-and-lock mechanism.
- Extra-heavy gauge Diamond Plate foot platforms for both Leg Press and Hack Squat positions.
- Easy-access under-carriage plate load system.
- Extra heavy-duty 2" x 4" 11-gauge steel mainframe minimizes torsional flex for maximum strength and stability.
- Ultra-tough, double-stitched DuraFirm! Back and Shoulder pads are 4" thick and contoured for maximum support of the lower back and shoulder areas.
- Three lockout positions for user safety and convenience.
- Capacity of 1,000 lbs.
- W 34" X L 83" X H 56"



## Body-Solid<sup>®</sup> GSCR349 SEATED CALF RAISE

Built for Life



- Operates on a 3:1 weight ratio for developing powerful calves.
- Pillow block bearings at main pivot points for ultra smooth movement under the heaviest loads.
- Thick, comfortable DuraFirm™ knee pads and seat pad.
- Angled foot platform with no-slip surface for full range of motion.
- Adjustable for all size users.
- W 20" X L 47" X H 39"



Body-Solid<sup>®</sup>  
Built for Life



## Body-Solid<sup>®</sup> GSCL360 LEVERAGE SQUAT CALF MACHINE

Built for Life



- Heavy-gauge diamond plate foot platform is set to a perfect 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-blasting workouts.
- Heavy-duty mainframe is comprised of extra-large 3" x 3" high tensile strength 12-gauge steel with all-4-side welded construction.
- Exclusive DuraFirm™ shoulder and back pads are extra-thick and specifically contoured to conform to your shoulders.
- Spring-loaded lockouts handle is positioned within reach for user safety.
- Ideal for home and commercial use.
- W 43" X L 62" X H 56"

WEIGHTS, BARS AND COLLARS ARE ALL OPTIONAL

## Body-Solid<sup>®</sup> GCEC340 CAM SERIES LEG EXTENSION & CURL

- 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 hamstring and quads
- Ideal for home and commercial use
- Distance from top of seat pad to bottom of foam roller 16"
- W 42" X L 49" X H 37"



## Body-Solid<sup>®</sup> GLCE365 SEATED LEG EXTENSION & SUPINE CURL

- Commercial 2"x 3" 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.
- DuraFirm™ pads are extra-thick and double stitched for comfort and support.
- Oversize 8" foam rollers pop-pin adjust both vertically and horizontally for a proper fit.
- Wide base eliminates rocking for a solid leg workout.
- W 27" X L 74" X H 31"



**Body-Solid** Built for Life **SBL460P4 FREEWEIGHT LEVERAGE GYM** 

- Extra strong and extra large 3"x3" 10 and 11-gauge steel mainframe with all 4-side welded construction and thick, reinforcement plates give the Body-Solid Leverage Gym the strongest frame in its class, bar none!
- Commercial Grade Pillow Block & Sealed Ball Bearings Provide precision movement and friction-free performance without play even under enormous weight
- Prevent pinning under heavy weight and allow you to max out without a spotter
- Our exclusive DuraFirm™ Pads are tear resistant, extra thick and ultra comfortable. We use the highest density foam in the industry for a lifetime of support
- W 126" X L 107" X H 83"



SCB26 CALF SQUAT BLOCK  
PG. 35



**Body-Solid** Built for Life **GLGS100P4 CORNER LEVERAGE GYM** 

- Package includes GLGS100 Corner Leverage Gym and GFID100 Flat Incline and Decline Bench
- Fully adjustable, self-spotting press arm
- High and Low Pulley Stations
- Integrated leg hold down and plate storage
- Includes lat bar and revolving low row bar
- Complete, compact and safe
- W 67" X L 57" X H 82" (Gym) W 28" X L 67" X H 21" (Bench)

WEIGHTS, BARS AND COLLARS ARE ALL OPTIONAL



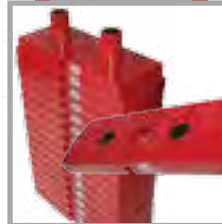
**Body-Solid** Built for Life **GDCC200 FUNCTIONAL TRAINING CENTER** 

- Vertical carriage system features fiberglass reinforced nylon pulleys and locking, universal attachment connections
- 11-gauge, 2" x 4" oval tubing with an electrostatically applied powder coat finish
- Precision-fitted frame components constructed from commercial grade 11-gauge, 2" x 4" oval tubing with an electrostatically applied powder coat finish.
- 4.8mm diameter spun steel aircraft cables rated to over 2,500 lbs.
- 20 independent height adjustments and 180° cable positioning
- Two 160 lb. weight stacks (weight ratio is 1/2 : 1)
- Dual position pull-up bar
- W 43" X L 73" X H 84"

**OPTIONAL UPGRADES & ATTACHMENTS**



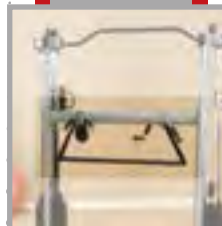
SP50  
50 LB. STACK



HP10  
PREMIUM  
WEIGHTS



GDCCRACK  
ACCESSORY  
RACK



GDCCBAR  
DUAL-PRESS  
BAR

**Body-Solid** Built for Life **GDCC210 FUNCTIONAL TRAINING CENTER** 

- Vertical carriage system features fiberglass reinforced nylon pulleys and locking, universal attachment connections
- Precision-fitted frame components constructed from commercial grade 11-gauge, 2" x 4" oval tubing with an electrostatically applied powder coat finish
- 11-gauge, 2" x 4" oval tubing with an electrostatically applied powder coat finish
- 4.8mm diameter spun steel aircraft cables rated to over 2,500 lbs.
- 20 independent height adjustments and 180° cable positioning
- Two 160 lb. weight stacks (weight ratio is 1/2 : 1)
- W 43" X L 64" X H 84"



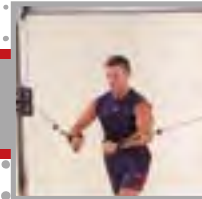
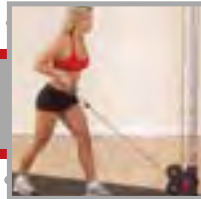
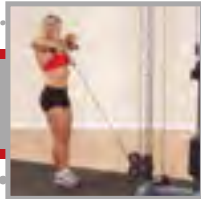
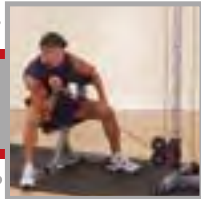
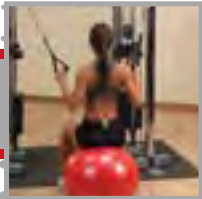
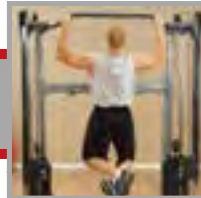


**Body-Solid**  
Built for Life

## GDCC210 DELUXE CABLE CROSSOVER



- Vertical carriage system features fiberglass reinforced nylon pulleys and locking, universal attachment connections
- 11-gauge, 2" x 4" oval tubing with an electrostatically applied powder coat finish
- 4.8mm diameter spun steel aircraft cables rated to over 2,500 lbs
- 20 independent height adjustments and 180° cable positioning
- Two 160 lb. weight stacks (weight ratio is 1/2 : 1)
- High-density foam rubber handgrips and handles
- High-density, injected molded end and foot caps
- Dual position pull-up bar
- W 29" X L 164" X H 84"



**Body-Solid**  
Built for Life



See pg. 61  
for gym  
options and  
attachments



## Body-Solid® G1S GYM

Built for Life

- Easy to use, space saving, no-cable-change design.
- Traditional press bar is biomechanically designed for maximum chest concentration and outstanding muscle development.
- DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- All stations feature self-lubricating bronze bushings with biomechanically accurate pivot points for friction-free shaft rotation.
- Telescoping, chrome plated seat post for quick, smooth adjustments and proper body positioning.
- 2,200 lb. tension strength, military spec, steel aircraft cables with nylon sheath provide durability and low maintenance.
- 4½" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings for prolonged cable life, smooth movement and maximum durability.
- Includes lat bar, straight bar, ankle strap, ab / triceps strap, Total Body Workout™ DVD, and convenient water bottle and towel holder.
- Options & Attachments: **GAP1-ALUMINUM PULLIES**, **HP10-PREMIUM WEIGHTS**
- W 36" X L 49" X H 83"

## Body-Solid® G2B BI-ANGULAR HOME GYM

Built for Life

- Patented Bi-Angular® converging press station replicates free weight dumbbell presses and provides 25% more muscle interaction.
- Includes commercial style multi-hip station with multiple start positions that provide resistance in either direction for emphasis on your hip, thigh and glute areas.
- 160 lb. (73kg) selectorized weight stack. Optional 210 lb. (95kg) weight stack available.
- Leg developer station features the SmoothGlide Bearing System™ with biomechanically accurate pivot point.
- Heavy duty 12-gauge steel construction provides ultimate strength, function and durability.
- 4½" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings for prolonged cable life, smooth movement and maximum durability.
- Options & Attachments: **GAP2-ALUMINUM PULLIES**, **SP50-50 LB. WEIGHT STACK UPGRADE**, **HP10-PREMIUM WEIGHTS**, **GLP-LEG PRESS/CALF PRESS**, **GCCA-CABLE COLUMN**, **GIOT-SEATED INNER/OUTER THIGH**
- W 63" X L 71" X H 84"





## Body-Solid<sup>®</sup> G3S GYM

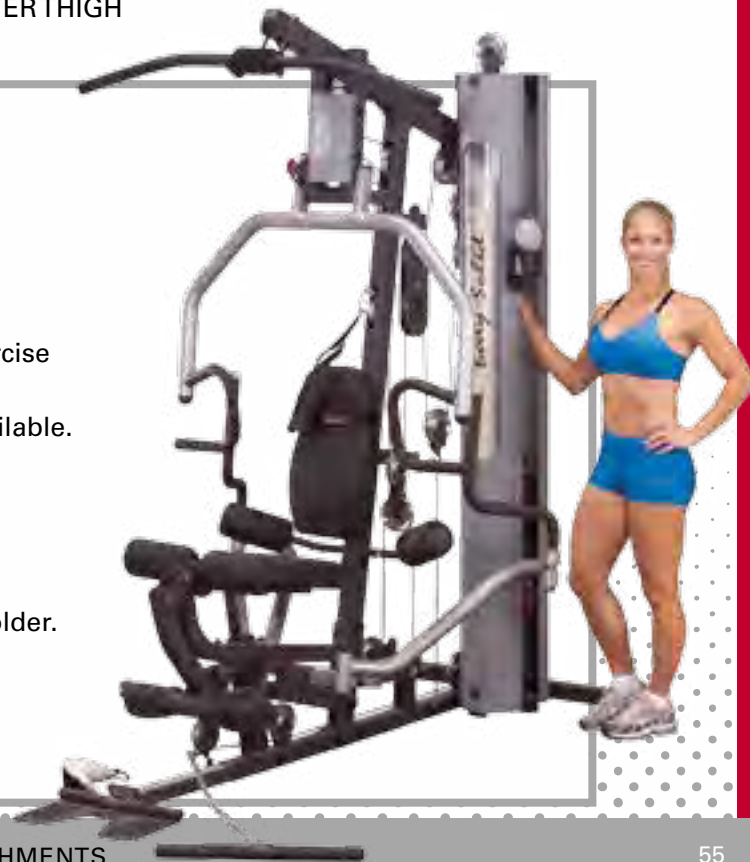
Built for Life

- Traditional press bar is biomechanically designed for maximum chest concentration and outstanding muscle development.
- Lat pulldown station allows unlimited, full range of motion through unilateral, bilateral, converging or diverging movement.
- Leg developer station features the SmoothGlide Bearing System™ with biomechanically accurate pivot point.
- 160 lb. (73kg) selectorized weight stack. Optional 210 lb. (95kg) weight stack available.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Easy to use, space saving, no-cable-change design.
- 12-gauge mainframe construction assures maximum strength, function and durability.
- Options & Attachments: **GAP3-ALUMINUM PULLIES**, **SP50-50 LB. WEIGHT STACK UPGRADE**, **HP10-PREMIUM WEIGHTS**, **GLP-LEG PRESS/CALF PRESS**, **GCCA-CABLE COLUMN**, **GIOT-SEATED INNER/OUTERTHIGH**
- W 47" X L 80" X H 84"

## Body-Solid<sup>®</sup> G5S SINGLE STACK GYM

Built for Life

- Chest, incline, shoulder press, mid row and leg developer stations incorporate the friction free SmoothGlide Bearing System™.
- Self-aligning, contoured leg extension cuffs automatically adjust throughout the exercise movement.
- Integrated leg developer CAM prevents resistance drop-off at the end of the exercise movement and provides consistent resistance throughout full range of motion.
- 210 lb. (95kg) selectorized weight stack. Optional 260 lb. (118kg) weight stack available.
- Telescoping, chrome plated, gas-assist adjustable seat post for quick, smooth adjustment and proper body positioning.
- 4½" pulleys are impact resistant fiberglass reinforced nylon
- Includes lat bar, revolving straight bar, ankle strap, ab/triceps strap, Total Body Workout™ DVD, full size exercise chart and convenient water bottle and towel holder.
- Options & Attachments: **GAP5-ALUMINUM PULLIES**, **SP50-50 LB. WEIGHT STACK UPGRADE**, **HP10-PREMIUM WEIGHTS**, **GLP-LEG PRESS/CALF PRESS**, **GCCA-CABLE COLUMN**, **GIOT-SEATED INNER/OUTERTHIGH**
- W 47" X L 80" X H 84"

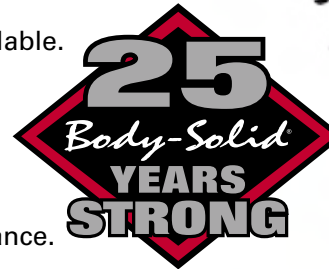


## Body-Solid® G6B25YR 25TH ANNIVERSARY EDITION G6B GYM

Built for Life



- Patented Bi-Angular® converging press station replicates a free weight dumbbell press and produces 25% more muscle interaction.
- Self-aligning, contoured leg extension cuffs automatically adjust throughout the exercise movement.
- Integrated leg developer CAM prevents resistance drop-off at the end of the exercise movement and provides consistent resistance throughout full range of motion.
- 210 lb. (95kg) selectorized weight stack. Optional 260 lb. (118kg) weight stack available.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Telescoping, chrome plated, gas-assist adjustable seat post for quick, smooth adjustment and proper body positioning.
- Flip-up seated row foot brace plate stabilizes your body when using heavy resistance.
- Options & Attachments: **GAP6-ALUMINUM PULLIES**, **SP50-50 LB. WEIGHT STACK UPGRADE**, **HP10-PREMIUM WEIGHTS**, **GLP-LEG PRESS/CALF PRESS**, **GCCA-CABLE COLUMN**, **GIOT-SEATED INNER/OUTERTHIG**
- W 47" X L 80" X H 84"



## Body-Solid® G6B BI-ANGULAR GYM

Built for Life



- Patented Bi-Angular® converging press station replicates a free weight dumbbell press and produces 25% more muscle interaction.
- Self-aligning, contoured leg extension cuffs automatically adjust throughout the exercise movement.
- Integrated leg developer CAM prevents resistance drop-off at the end of the exercise movement and provides consistent resistance throughout full range of motion.
- 210 lb. (95kg) selectorized weight stack. Optional 260 lb. (118kg) weight stack available.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Telescoping, chrome plated, gas-assist adjustable seat post for quick, smooth adjustment and proper body positioning.
- Flip-up seated row foot brace plate stabilizes your body when using heavy resistance.
- Options & Attachments: **GAP6-ALUMINUM PULLIES**, **SP50-50 LB. WEIGHT STACK UPGRADE**, **HP10-PREMIUM WEIGHTS**, **GLP-LEG PRESS/CALF PRESS**, **GCCA-CABLE COLUMN**, **GIOT-SEATED INNER/OUTERTHIG**
- W 47" X L 80" X H 84"

Shown with optional GIOT SEATED INNER/OUTERTHIG





**Body-Solid** **G9S TWO STACK GYM**   
Built for Life

See pg. 61  
for gym  
options and  
attachments



- Traditional press bar is biomechanically designed for maximum chest concentration and outstanding muscle development.
- Perfect Pec™ station features range of motion adjustment that allows beginning stretch preference.
- Telescoping, chrome plated, gas-assist adjustable seat posts for quick, smooth adjustment and proper body positioning.
- Two 210 lb. (95kg) selectorized weight stacks.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Includes Leg Press / Calf Press station with 2:1 ratio for maximum resistance of 420 lbs.
- Options & Attachments: **GAP9-ALUMINUM PULLIES**, **SP50-50 LB. WEIGHT STACK UPGRADE**, **HP10-PREMIUM WEIGHTS**, **GKR9-VERTICAL KNEE RAISE**, **GCCA-CABLE COLUMN**, **GIOT-SEATED INNER/OUTERTHIGH**
- W 76" X L 89" X H 84"

**Body-Solid** **G10B BI-ANGULAR GYM**   
Built for Life

- Patented Bi-Angular® converging press station replicates a free weight dumbbell press and produces 25% more muscle interaction.
- Two 210 lb. (95kg) selectorized weight stacks.
- Telescoping, chrome plated, gas-assist adjustable seat posts for quick, smooth adjustment and proper body positioning.
- Leg Extension / Leg Curl Station: When you're ready to build muscular legs and stronger knee joints, this leg developer is ready to help you meet your goals.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Options & Attachments: **GAP10-ALUMINUM PULLIES**, **SP50-50 LB. WEIGHT STACK UPGRADE**, **HP10-PREMIUM WEIGHTS**, **GLP-LEG PRESS/CALF PRESS**, **GCCA-CABLE COLUMN**, **GIOT-SEATED INNER/OUTERTHIGH**
- W 119" X L 72" X H 84"





## Body-Solid Built for Life EXM1500S HOME GYM

- Easy to use, space saving, no-cable-change design.
- Traditional press bar is biomechanically designed for maximum chest concentration and outstanding muscle development.
- DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- All stations feature self-lubricating bronze bushings with biomechanically accurate pivot points for friction-free shaft rotation.
- Telescoping, chrome plated seat post for quick, smooth adjustments and proper body positioning.
- 2,200 lb. tension strength, military spec, steel aircraft cables with nylon sheath provide durability and low maintenance.
- 4½" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings for prolonged cable life, smooth movement and maximum durability.
- Options & Attachments: **GAP1-ALUMINUM PULLIES**, **HP10-PREMIUM WEIGHTS**
- W 36" X L 49" X H 83"

See pg. 61  
for gym  
options and  
attachments

## Body-Solid Built for Life EXM3000LPS MULTI-STATION SELECTORIZED GYM




- 7 STATIONS: Multi-Press Station, Leg Press/Calf Press Station, Perfect Pec Station, Lat Pulldown/High Pulley, Ab Crunch/Mid Pulley, Leg Extension/Leg Curl, Seated Row/Low Pulley Station
- Dual 210 Lb. Alloy Steel Weight Stacks: Two weight stacks that employ state-of-the-art nylon bushings for super smooth and quiet operation.
- DuraFirm™ Pads: Durable, tear-resistant, fully supported DuraFirm™! pads are double stitched and sewn.
- Weight Stack Shrouds: Two full length, solid steel shrouds entirely encompass each weight stack for enhanced appearance and improved safety.
- Options & Attachments: **VKR30-VERTICAL KNEE RAISE & DIP STATION**, **HP10-PREMIUM WEIGHTS**
- W 73" X L 91" X H 83"





Optional LEG PRESS/CALF PRESS (LP40S)



Body-Solid® **EXM400S 3 STACK MULTI-STATION**  
Built for Life **GYM SYSTEM** 

- Twelve hardworking exercise stations for a total body workout
- Fits comfortably against a wall or on display in the center of a room or workout facility
- Three 210 lb. weight stacks
- DuraFirm seat pads feature hydraulic adjustments
- Bench Press station features kick-assist lever for complete pre-stretch and full range of motion
- Perfect Pec station feature articulating handles and range of motion adjustments
- Options & Attachments: **LP40S**-LEG PRESS/CALF PRESS, **HP10**-PREMIUM WEIGHTS
- W 91" X L 133" X H 83"



## Body-Solid® F500 FUSION 500 PERSONAL TRAINER

- New curved, design forward aesthetic
- 50mm x 100mm 11 ga. oval tubing
- 4 position standard Press arm with ergonomically designed multi-position handles
- Leg extension with pivoting rollers
- Synchronized articulating functional training arms with range extending from upper ab exercises to side accessed workouts
- Low row positions
- Lat pull down with wide groove pulley
- Telescoping back rest with multiple position cushion
- Gas assist telescoping seat
- Two Pre cabled accessory attachment points
- High density foam handle grips and chrome endcaps
- W 48" X L 76" X H 83"



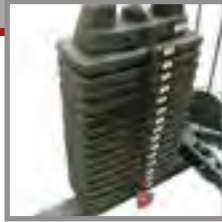
## Body-Solid® F600 FUSION 600 PERSONAL TRAINER

- Body-Solid's revolutionary Bi-Angular press arm that generates 25% more muscle interaction for better results.
- 4-position standard press arm with ergonomically designed multi-position handles.
- A leg curl station that lets the user develop both hamstrings simultaneously from a comfortable, seated position.
- Leg extension with pivoting rollers that provides a full range of motion and allows you to feel your quads being worked through the entire range of movement.
- Synchronized articulating functional training arms with range extending from upper ab exercises to side-accessed workouts.
- Gas assist telescoping seat and telescoping back rest with multiple position cushion that ensures comfort and adjustability for any size user.
- Two pre-cabled accessory attachment points that enable you to configure your gym to be as individually unique as your personal goals and routines demand.
- W 48" X L 76" X H 83"



## G-SERIES OPTIONS

Personalize your workout with the following optional attachments for the G-Series gyms shown on pages 54-57.



50 lb. Selectorized Weight Stack (SP50)  
G2B, G3S, G5S, G6B, G6B25YR, G10B



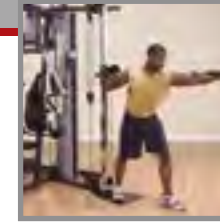
Seated Inner/Outer Thigh (GIOT)  
G2B, G3S, G5S, G6B, G6B25YR, G9S, G10B



Vertical Knee Raise (GKR9)  
G9S



Leg Press/Calf Press (GLP)  
G2B, G3S, G5S, G6B, G6B25YR, G10B



Cable Column (GCCA)  
G2B, G3S, G5S, G6B, G6B25YR, G10B



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

## EXM SERIES OPTIONS

Personalize your workout with the following optional attachments for the EXM Series gyms shown on pages 58-59.



Knee Raise/Dip Station (VKR30)  
EXM3000LPS



Leg Press/Calf Press (LP40S)  
EXM4000S

## For all selectorized gyms



Premium Weight Stacks (HP10)



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

## FUSION OPTIONS

Personalize your gym with the following optional attachments for the Fusion 400, Fusion 500 and/or Fusion 600 gyms shown on page 60.



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



Leg Press (FLP)  
Fusion 500, Fusion 600



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



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



Vertical Knee Raise (FKR)  
Fusion 500, Fusion 600

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

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

# Body-Solid<sup>®</sup> **PROSelect** Built for Life

Body-Solid's Pro Select line consists of seven multi-function selectorized stations: inner/outer thigh, leg /calf press, multi-functional press, ab/back, biceps/triceps, leg extensions/leg curl and weight-assisted chin-dip. Perfect for light commercial, training studio and home workout applications. Selectorized machines offer great function with a high degree of safety.

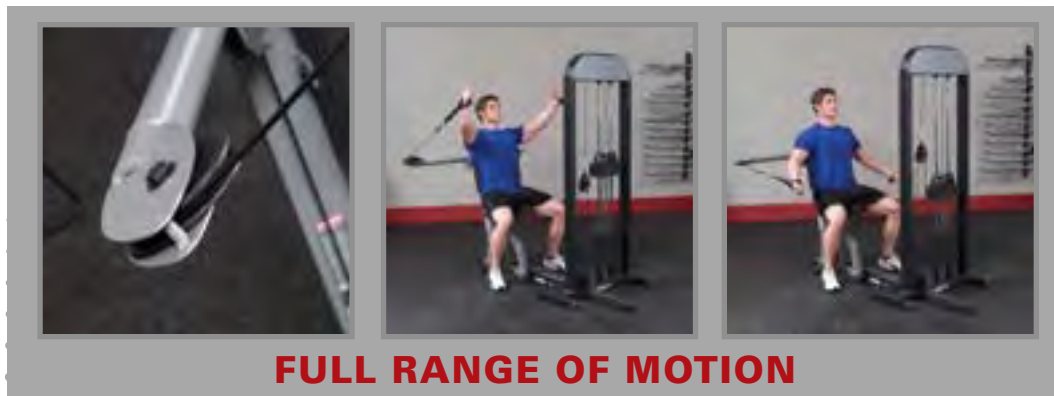
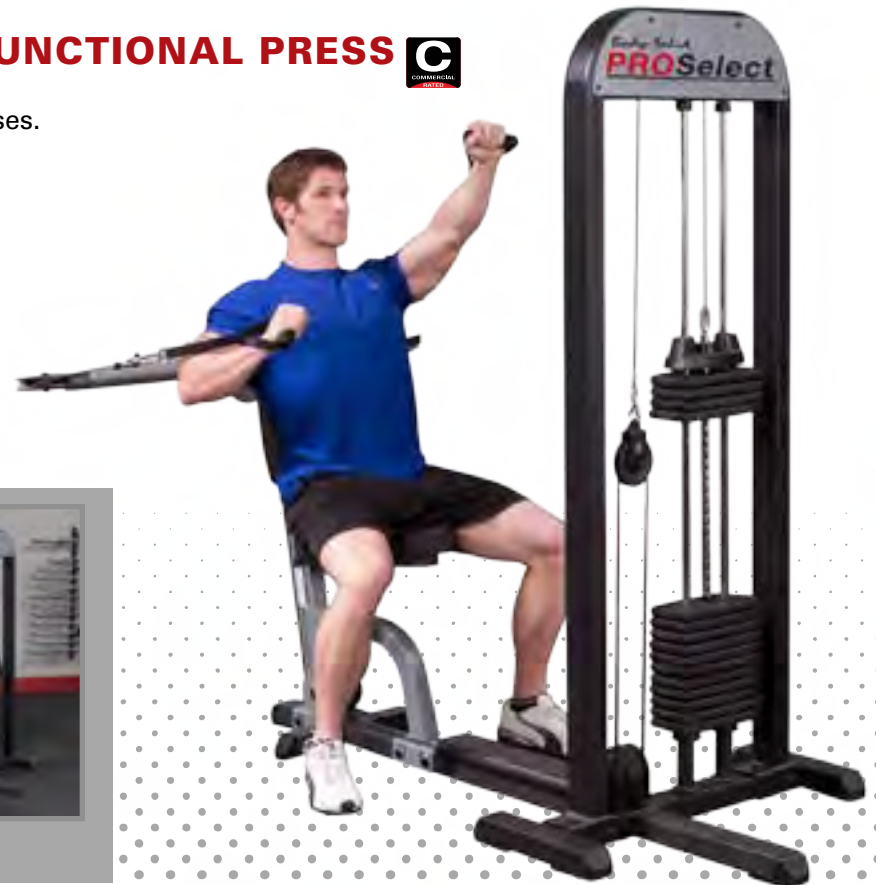
Less than half the price of most selectorized machines, the Pro Select line offers a unique value while maintaining advanced biomechanics and superior quality. An ideal fit for any exercise room or facility , the Body-Solid Pro Select line is designed with the quality and function of more expensive machines at a value only Body-Solid can offer.

- 7 multi-function selectorized stations
- Commercial Rated
- Space-efficient designs
- Cost-effective equipment
- Durafirm Pads
- Available in 210lb and 310lb stacks
- 11-gauge, 2x3 steel construction

## Body-Solid<sup>®</sup> **GMFP-STK PRO-SELECT MULTI FUNCTIONAL PRESS**



- User-defined movements recruit stabilizer muscles for all pressing exercises.
- Rotating pulleys provide smooth resistance through multiple planes of movement.
- Includes nylon cable handles with multiple connection rings.
- Pulleys rotate 180 degrees allowing for workouts on a stability ball.
- Adjustable seat pad ensures proper fit for all size users.
- Comes standard with 210 lb. weight stack - optional 310 lb tach available for upgrade.
- W 50" X L 80" X H 70"



**FULL RANGE OF MOTION**





**Body-Solid**  
Built for Life

## FCD-STK PRO-SELECT WEIGHT ASSISTED CHIN-DIP MACHINE

- Knee-pad platform allows user to control desired weight-assist balance
- Lat Pull-Up (wide grip) / Chin-Up (close grip) Station features easy step-up entry
- Easy access Dip Station features oversized diameter grips for ultimate comfort
- Ultra-thick DuraFirm™ back, arm and knee pads.
- 11 gauge steel frame with 1 5/8" x 3" oval tubing
- 2"x 2" all-4-side welded high tensile strength steel mainframe construction
- Ideal for home and commercial use
- Optional 300 Lb. and 400 Lb. weight stack available
- W 54" X L 65" X H 83"



**Body-Solid**  
Built for Life

## GCAB-STK PRO-SELECT AB & BACK MACHINE

- Ultra -thick DuraFirm upholstery provides maximum comfort
- Positioned at a 30 degree angle for precise biomechanical movement
- 2x4 mainframe steel for exceptional Light Commercial quality
- 20 position adjustable cam allows more range of motion
- ideal for home and commercial applications
- 7 position foot brace for all size users
- W 59" X L 64" X H 70"



**Body-Solid** **GCBT-STK PRO-SELECT BICEPS & TRICEPS MACHINE**   
 Built for Life

- Multi grip handle allows overhand and underhand grip positions
- Ultra thick Durafirm uholstry provides maximum comfort
- 7 position seat adjustment
- 28 hole adjustment for a full range of motion
- arm pad positioned at 30 degree angle for precise biomechanical movement
- Combination 2"x2" and 2"x4" supportive steel for commercial usage
- Adjustable lifting arm cam can be positioned upward for triceps workout
- Standard with 210lb stack – optional 310lb stack upgrade
- W 58" X L 64" X H 70"



**Body-Solid** **GCEC-STK PRO-SELECT LEG EXT. & LEG CURL MACHINE**   
 Built for Life

- Durafirm pads and oversized rollers for a comfortable workout
- 7 position adjustments on back pad and leg hold down to fit all size users
- Easy pull pin design adjusts positioning from leg extension to leg curl exercise
- Rotary range of motion adjustment enables various start positions
- Ideal for home and commercial usage
- Storage for leg hold down piece
- Distance from top of seat pad to bottom of foam roller (leg extension) 16"
- Biomechanically correct seat angle provides proper support and isolation of muscle group
- Options: 310 weight stack (15lb increments)
- W 50" X L 50" X H 70"



Body-Solid®  
Built for Life

## GIOT-STK PRO-SELECT INNER & OUTER THIGH MACHINE



- Combines both abductor and adductor exercises in one seated position
- 5 range of motion adjustments to accommodate users of all sizes
- No cable change design with swiveling knee pads provides comfort and convenience
- Side stability handles for better positioning
- 210lb. Stack included. Optional 310lb. stack
- W 65" X L 63" X H 70"



Body-Solid  
PROSelect



Body-Solid®  
Built for Life

## GLP-STK PRO-SELECT LEG & CALF PRESS MACHINE



- Oversize footplate to accommodate all user sizes
- Rubberized footplate for better traction on calf raise exercises
- Double beam design eliminates ankle stress and provides consistent resistance through range of motion
- Commercial grade, precision engineering block bearings for smooth movement and tighter tolerances
- 2:1 ratio
- Side stability handles lock you into place
- Optional 310 lb stack
- W 55" X L 63" X H 70"





*Body-Solid*<sup>®</sup>  
**ProClub Line**

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Body-Solid  
**ProClub Line**

### **SWT1000 WEIGHT TREE**

- 12 Chrome Weight Posts
- 4 Integrated Olympic Bar Holders
- 2 Integrated Olympic Collar Holders
- Perfect for Bumper Plates
- Oval 11 Gauge Steel Frame
- W 58" X L 58" X H 53"



Body-Solid  
**ProClub Line**

### **SDKR1000 MODULAR STORAGE RACK**

- Modular Storage Rack for Dumbbells, Kettlebells, and Medicine Balls
- 3Tier Storage Rack
- Your Choice of Dumbbell, Kettlebell, or Medicine Ball Storage Tiers
- Mix and Match Tiers for Combination Storage
- Expandable Rack System for Any Size Facility
- Heavy Gauge Oval Steel Mainframe
- Full Commercial Rating
- W 32" X L 70" X H 43"  
W 32" X L 135" X H 43" (Expanded 2 Rack Unit)



## FUNCTIONAL TRAINING RIG

SR-HEX • SR-HEXPRO **FC**  
COMMERCIAL GRADE

SR-HEXPRO, Hexagon Pro System

- Taller for higher clearance facilities
- 3" x 3" 11 gauge steel mainframe
- Anchor bolt holes to secure system to the floor
- Chip resistant powder coat paint finish
- Oversized 3/4" hardware
- Expandable
- Base Dimensions; 118" L x 74" W x 99" H, 423lbs
- Loaded Dimensions ; 190" L x 125" W x 132" H, 1171lbs



SR-HEX, Hexagon System **FC**  
COMMERCIAL GRADE

- Shorter rig for lower clearance facilities and residential
- 3" x 3" 11 gauge steel mainframe
- Steel support plates
- Chip resistant powder coat paint finish
- Oversized 3/4" hardware
- Expandable
- Base Dimensions; 118" L x 74" W x 83" H, 416lbs
- Loaded Dimensions; 190" L x 125" W x 117" H, 1164lbs







Hexagon Basic Package (SR-HEXPROBASIC)

- Lift Offs(2)
- Safety Catches(2)
- Single Pull Up



Hexagon Advanced Package (SR-HEXPROADVANCED)

- Bar Holder(Vertical)
- Dip Station
- Kettlebell Tray
- Lift Offs(2)
- Multi-Grip Chin Up(2)
- Safety Catches(2)
- Single Pull Up
- Plyo Step
- T-Bar Row
- U-Link
- Weight Plate Horns



Hexagon Club Package (SR-HEXPROCLUB)

- Monkey Bars
- Bar Holder(Vertical)
- Band Pegs(2)
- Ball Throw
- Dip Station
- Double Pull Up
- Flying Pull Up
- Heavy Bag
- Heavy Bag Hanger
- Kettlebell Tray
- Lift Offs(2)
- Medicine Ball Tray
- Multi-Grip Chin Up(2)
- Ball Rebounder
- Safety Catches(2)
- Single Pull Up
- Plyo Step
- Suspension Rings
- T-Bar Row
- U-Link
- Weight Plate Horns

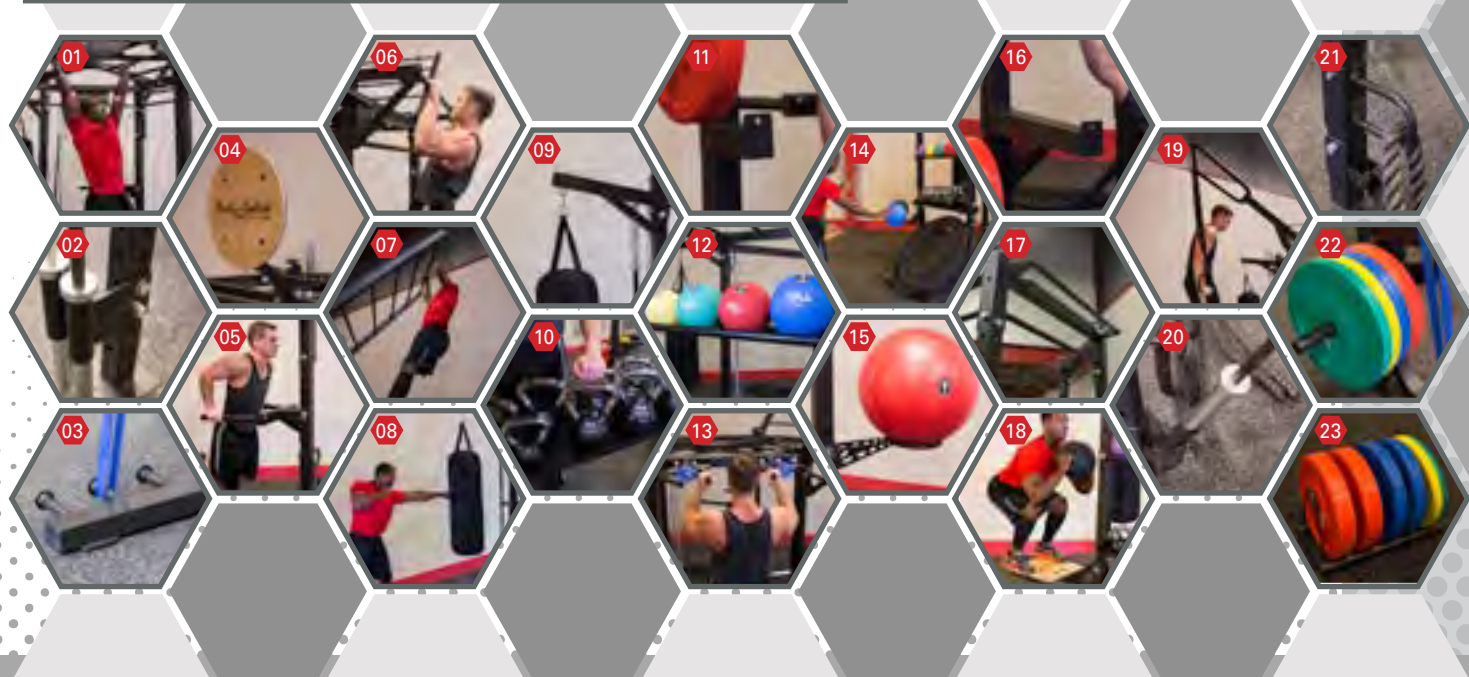


Hexagon Club Package (SR-HEXCLUB)

The Hexagon Functional Training Rig system offers unparalleled flexibility to match the needs of any and all facilities. With 23 different accessories, the Hexagon can be altered, customized and expanded to your exact needs making this piece the future cornerstone of any commercial workout space.

- Attachments:**
- 01 SR-BAR
  - 02 SR-BHV
  - 03 SR-BP
  - 04 SR-BT
  - 05 SR-DIP
  - 06 SR-DPU
  - 07 SR-FPU
  - 08 SR-HB
  - 09 SR-HBH
  - 10 SR-KB
  - 11 SR-LO
  - 12 SR-MB
  - 13 SR-MGC
  - 14 SR-REB
  - 15 SR-SBH
  - 16 SR-SC
  - 17 SR-SPU
  - 18 SR-STEP
  - 19 SR-SUSP
  - 20 SR-TBR
  - 21 SR-UL
  - 22 SR-WPH
  - 23 SR-WPS
  - SR-HEXEXT
  - SR-HEXPROEXT

- Monkey Bars
- Bar Holder, Vertical
- Band Pegs
- Ball Throw
- Adjustable Dip
- Double Pull Up
- Flying Pull Up
- Heavy Bag
- Heavy Bag Hanger
- Kettlebell Tray
- Lift Offs (pair)
- Medicine Ball Tray
- Multi-Grip Pull Up
- Ball Rebounder
- Stability Ball Holder
- Safety Catches
- Single Pull Up
- Adjustable Plyo Step
- Suspension Rings
- T-Bar Row
- U-Link
- Weight Plate Horn
- Weight Plate Storage
- Expansion Rig
- Pro Expansion





Body-Solid  
**ProClubLine** **SMR1000 MULTI SQUAT RACK** **FC**  
COMMERCIAL GRADE

- 315 pounds
- 1/4" solid steel gun rack liftoffs
- 2"x3" 11-gauge steel safeties and mainframe
- Plate storage is included
- 1000 lb. capacity
- Integrated chinning bar and strength band pegs
- Extended frame for spotter access
- Commercial warranty, lifetime on frame and welds
- W 71" X L 80" X H 89"

Body-Solid  
**ProClubLine** **SCB1000 COUNTER-BALANCED SMITH MACHINE** **FC**  
COMMERCIAL GRADE

- Super-smooth vertical movement up and down the carriage.
- Safe guided motion to keep you from losing your balance and eliminate the need for a spotter.
- Ergonomically designed oval, 11-gauge steel that gives the SCB1000 a modern look and superior stability.
- Case hardened rods and high quality bearings ensure smooth performance at any weight.
- Six Olympic weight plate storage posts to safely suspend plates off the floor for easy access.
- The perfect full body workout for people who are constantly on the run or unable to get a membership to a gym.
- W 86" X L 50" X H 84"





## FEATURES:



TRANSPORT WHEELS



6 POSITIONS

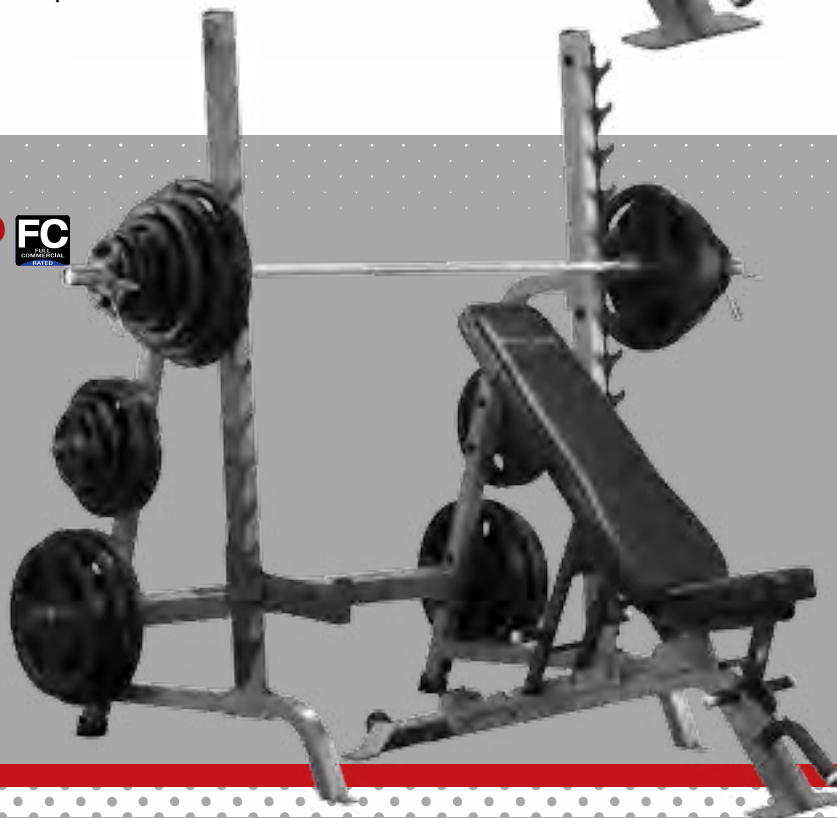
Body-Solid  
**ProClub Line**  
**SFID325 ADJUSTABLE BENCH** 

- 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"
- Back Pad tapers 9.5" -12" towards seat pad
- W 25" X L 58" X H 18"



Body-Solid  
**ProClub Line** **SDIB370 BENCH RACK COMBO** 

- Extra-heavy duty 2"x 3" high tensile strength steel mainframe with all-4-side welded construction.
- 14-position gunrack can handle over 1,000 lbs. and gives the user the ability to walk the bar up and down without removing plates.
- Includes oversized 17" long safeties constructed from 2"x 3" 11-gauge steel.
- Mainframe uprights are set to a 7° reverse pitch that accommodates the body's natural lifting path.
- Features 4 Olympic storage posts that suspend weight plates for quick and easy access while keeping your workout area organized.
- Ideal for home and commercial use.
- W 65" X L 78" X H 74"



WEIGHTS, BARS AND COLLARS ARE ALL OPTIONAL





*Body-Solid*  
**ProClubLine SVKR1000 VERTICAL KNEE RAISE** 

- Multiple Close and Wide Grips for Pull Ups and Chin Ups
- Rock Climbing Grips
- Revolving Dip Handles (move out of the way for other exercises)
- Multiple Steps for Easy Access
- Oval Heavy Gauge Steel Frame
- W 71" X L 80" X H 89"

*Body-Solid*  
**ProClubLine SLS500 LEVERAGE SQUAT** 

- Biomechanically Correct Angled Squat Platform
- Rounded Calf Block Provides Extra Range of Motion
- Oval 11 Gauge Steel Frame
- Plate Storage Horns
- Dims and Weight
- W 86" X L 50" X H 84"



Body-Solid  
**ProClub Line SAB500 AB BENCH** 

- Gas assisted adjustment
- 4 Point Base Eliminates Rocking
- Transport Wheels and Handle
- Oval 11 Gauge Steel Frame
- W 71" X L 80" X H 89"



Body-Solid  
**ProClub Line SGH500 GLUTE & HAM MACHINE** 

- Vertical and horizontal adjustments ensure proper fit for any size user
- Isolates lower posterior muscles
- Works glutes, hamstrings, calves, abs and obliques in one machine
- Oversized pads for comfort
- Durafirm upholstery for durability
- Step for easy access and dismount
- Commercial Rated
- W 33" X L 79" X H 51"



*Body-Solid*  
**ProClubLine** **LVLA LEVERAGE LAT PULLDOWN** 

- 2" x 3" 11 gauge steel mainframe
- Electrostatically applied powder coat paint finish, metallic silver
- Durable double stitched upholstery
- Sealed bearing pivot points
- Dual axis diverging arm movement for biomechanically correct lat pull downs
- 360 degree articulating hand grips for free floating downward pulling motion
- Adjustable leg hold down pads
- Gas assisted seat adjustment
- Weight plate holders for plate storage
- W 49" X L 76" X H 84"

*Body-Solid*  
**ProClubLine** **LVIP LEVERAGE INCLINE BENCH PRESS** 

- 2" x 3" 11 gauge steel mainframe
- Electrostatically applied powder coat paint finish, metallic silver
- Durable double stitched upholstery
- Sealed bearing pivot points
- Adjustable press arms to fit all size users, with gas assisted start positions
- Adjustable seat pad with gas assist
- Ergonomic hand grip positions
- Converging press arm movement for advanced biomechanics
- Independent, unilateral arm action for balanced muscle development
- Weight plate holders for plate storage
- W 86" X L 50" X H 84"





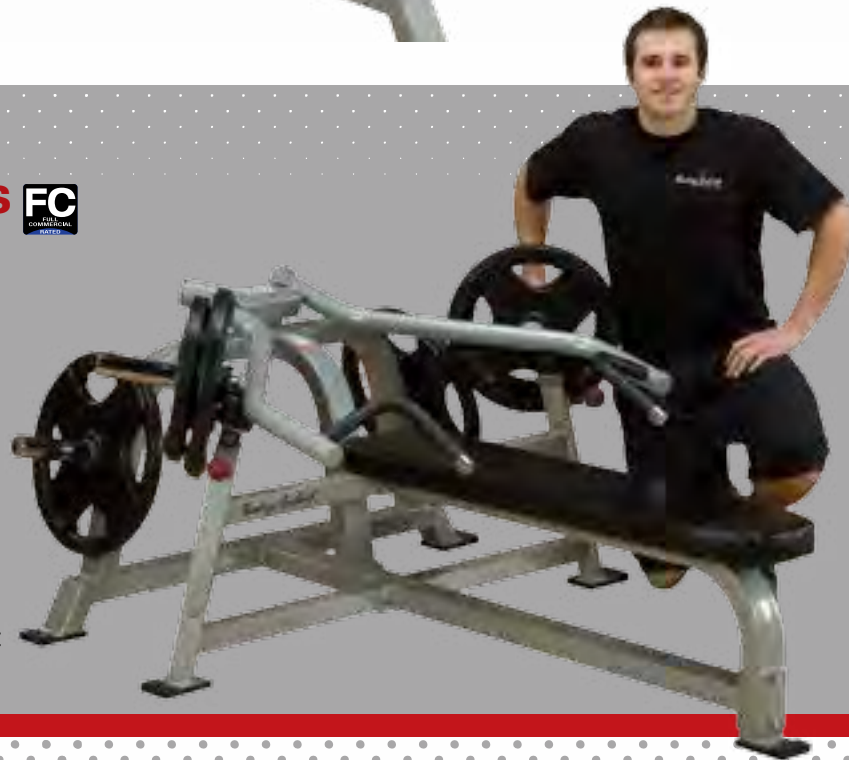
Body-Solid  
**ProClubLine LVLC LEVERAGE LEG CURL** 

- 2" x 3" 11 gauge steel mainframe
- Electrostatically applied powder coat paint finish, metallic silver
- Durable double stitched upholstery
- Sealed bearing pivot points
- Direct link movement arm design enhances smooth and continuous range of motion
- V-bench design provides total hamstring isolation. Helps reduce back stress and unwanted knee forces
- Adjustable foot rollers to accommodate all user sizes
- Side handles for stability and control
- Weight plate holders for plate storage
- W 46" X L 74" X H 26"



Body-Solid  
**ProClubLine LVBP LEVERAGE BENCH PRESS** 

- 2" x 3" 11 gauge steel mainframe
- Electrostatically applied powder coat paint finish, metallic silver
- Durable double stitched upholstery
- Sealed bearing pivot points
- Adjustable press arms to fit all size users, with gas assisted start positions
- Ergonomic hand grip positions
- Weight plate holders for plate storage
- Converging press arm movement for advanced biomechanics
- Independent, unilateral arm action for balanced muscle development
- W 53" X L 69" X H 30"





*Body-Solid*  
**ProClubLine** **LVSR LEVERAGE SEATED ROW** 

- 2" x 3" 11 gauge steel mainframe
- Electrostatically applied powder coat paint finish, metallic silver
- Durable double stitched upholstery
- Sealed bearing pivot points
- Adjustable seat pad with gas assist
- Dual axis diverging arm movement provides a biomechanically correct back exercise
- 360 degree articulating hand grips provide definition and natural range of motion
- Gas assisted chest support for various arm lengths and total isolation of back muscles
- Independent unilateral arm movement
- Weight plate holders for plate storage
- W 35" X L 65" X H 44"

*Body-Solid*  
**ProClubLine** **LVSP LEVERAGE SHOULDER PRESS** 

- 2" x 3" 11 gauge steel mainframe
- Electrostatically applied powder coat paint finish, metallic silver
- Durable double stitched upholstery • Sealed bearing pivot points
- Adjustable press arms to fit all size users, with gas assisted start positions
- Adjustable seat pad with gas assist
- Ergonomic hand grip positions
- Converging press arm movement for advanced biomechanics
- Independent, unilateral arm action for balanced muscle development
- Weight plate holders for plate storage
- W 53" X L 49" X H 52"





Body-Solid  
**ProClub Line LVLE LEVERAGE LEG EXTENSION** 

- 2" x 3" 11 gauge steel mainframe
- Electrostatically applied powder coat paint finish, metallic silver
- Durable double stitched upholstery
- Sealed bearing pivot points
- Direct link movement arm design enhances smooth and continuous range of motion
- Adjustable foot roller to accommodate different leg lengths and start position
- Gas assist back pad adjustment
- Weight plate holders for plate storage
- W 47" X L 68" X H 40"

Body-Solid  
**ProClub Line LVLP LEVERAGE HORIZONTAL LEG PRESS** 

- 2" x 3" 11 gauge steel mainframe
- Electrostatically applied powder coat paint finish, metallic silver
- Durable double stitched upholstery
- Sealed bearing pivot points
- Direct drive press system for accurate and effective weight resistance
- Large pivoting footplate maintains correct foot position throughout range of motion
- Dual self aligning 1 1/2" linear bearing seat carriage design easily adjusts to accommodate various foot positions
- Fully adjustable back support for proper body alignment and comfort
- Weight plate holders for plate storage
- W 61" X L 87" X H 56"







Body-Solid  
**ProClubLine**

## **SPB368G SHOULDER PRESS OLYMPIC BENCH**



- 2"x3" heavy duty 11 gauge mainframe construction
- 1/4" zinc plated solid gunracks
- Durable double stitched upholstery
- Electrostatically applied powdercoat paint finish , metallic silver
- W 50" X L 42" X H 72"

Body-Solid  
**ProClubLine**

## **SIB359G INCLINE OLYMPIC BENCH**



- 2"x3" heavy duty 11 gauge mainframe construction
- 1/4" zinc plated solid gunracks
- Durable double stitched upholstery
- Electrostatically applied powdercoat paint finish , metallic silver
- W 50" X L 61" X H 62"





Body-Solid  
**ProClub Line**

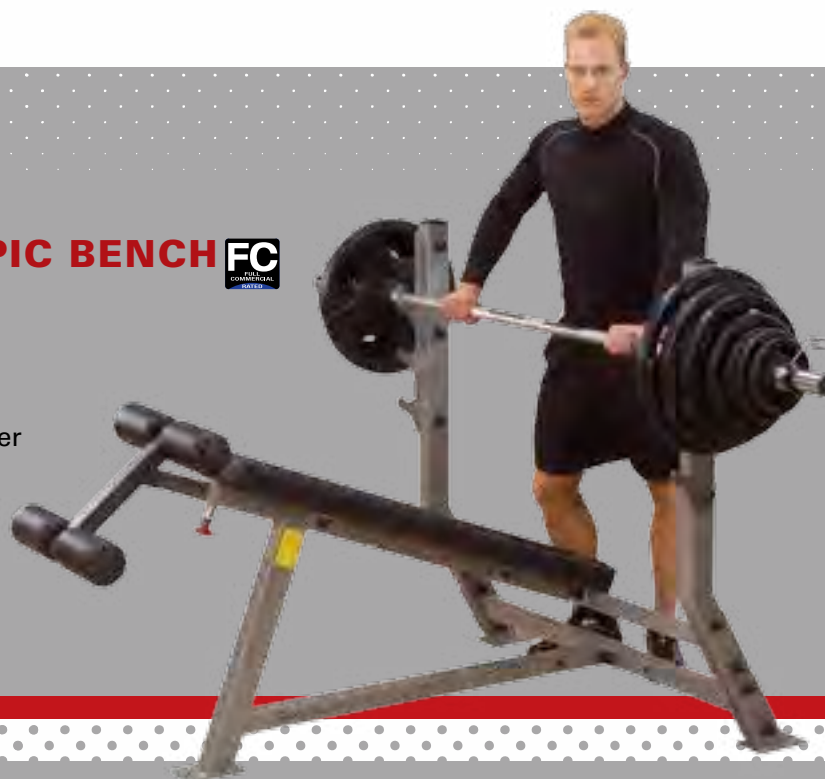
**SFB349G FLAT OLYMPIC BENCH** 

- 2" x 3" heavy duty 11 gauge mainframe construction
- 1/4" zinc plated solid gunracks
- Durable double stitched upholstery
- Electrostatically applied powdercoat paint finish, metallic silver
- W 50" X L 68" X H 48"

Body-Solid

**ProClub Line SDB351G DECLINE OLYMPIC BENCH** 

- 2" x 3" heavy duty 11 gauge mainframe construction
- 1/4" zinc plated solid gunracks
- Durable double stitched upholstery
- Electrostatically applied powdercoat paint finish, metallic silver
- W 50" X L 75" X H 50"



# Body-Solid® ProClub Line SERIES II

Comprised of 13 single and dual function stations, the Pro Clubline Series 2 is a complete circuit, providing facilities with strength stations covering the entire body. Each station is designed to be biomechanically correct, with multiple adjustments providing quality movements for any user. Every piece is built to last. 2" x 3" heavy gauge steel mainframes are powder coat painted for durability. Designed to endure in the harshest commercial settings, the Pro Clubline Series 2 is constructed with top quality components.



## Body-Solid ProClub Line **S2ACD ASSISTED CHIN AND DIP MACHINE**

- Full Commercial rated
- Instructional Placard included
- Standard weight stack 235lb (141kg)
- 5 different grips for pull ups and chin ups
- Dip handles rotate out of the way for the other exercises
- Solid guide rods with sealed bearings
- Weight stack shroud included
- Multiple steps for easy access
- W 33" X L 63" X H 98"





Body-Solid  
**ProClub Line S2MP MULTI-PRESS** **FC**  
 SERIES II

- Full Commercial rated
- Instructional Placard included
- Standard weight stack 210lbs (95kg) with optional 310lb (141kg) upgrade
- 4 position adjustment for flat, incline and shoulder presses
- Easy pop pin seat adjustments
- Oversized pivot shafts
- Fully Shrouded
- 2"x3" twelve gauge steel
- W 54" X L 72" X H 57"



Body-Solid  
**ProClub Line S2PEC PEC FLY &** **FC**  
 SERIES II **REAR DELT**

- Full Commercial rated
- Instructional Placard included
- Standard weight stack 160lbs (95kg) with optional 235lb (141kg) upgrade
- 5 position seat adjustments for all size users
- 5 position pec fly adjustments for full range of motion
- Advanced protective coating on variable cam extends cable life
- Fully Shrouded
- 2"x3" twelve gauge steel
- W 58" X L 51" X H 72"



Body-Solid  
**ProClubLine S2BTP BICEP & TRICEP** FC  
SERIES II

- Full Commercial Rated
- Instructional Placard included
- Standard weight stack 160lbs (95kg) with optional 235lb (141kg) upgrade
- Pivoting upper pulley for multi angle workouts
- Back pad ensures stability and isolation of tricep muscles
- Oversized diamond plated base for stability and traction
- Fully shrouded
- 2"x3" twelve gauge steel
- W 52" X L 42" X H 83"



Body-Solid  
**ProClubLine S2SP SHOULDER PRESS** FC  
SERIES II

- Full Commercial rated
- Instructional Placard included
- Standard weight stack 210lbs (95kg) with optional 310lb (141kg) upgrade
- 6 seat adjustments for all size users
- Multi-position hand grips for ultimate wrist comfort
- Center-drive design distributes weight evenly to eliminate torsional flexing of resistance arm and frame.
- Fully Shrouded
- 2"x3" twelve gauge steel
- W 55" X L 51" X H 57"

Body-Solid  
**ProClubLine** S2LAT LAT PULLDOWN &  
 SERIES II SEATED ROW **FC**

- Full Commercial rated
- Instructional Placard included
- Standard weight stack 160lbs (95kg) with optional 235lb (141kg) upgrade
- 5 position adjustment on leg hold down
- Independent lat pull down movements for symmetrical strength development.
- Longer seat pad to accommodate all size users on mid row station
- Fully shrouded
- 2"x3" twelve gauge steel
- W 33" X L 87" X H 87"



Body-Solid  
**ProClubLine** S2CP CHEST PRESS **FC**  
 SERIES II

- Full Commercial Rated
- Instructional Placard included
- Standard weight stack 210lbs (95kg) with optional 310lb (141kg) upgrade
- 5 Seat adjustments for all size users
- Comfortable multi position hand grips isolates chest and tricep muscles
- Fully Shrouded
- 2"x3" twelve gauge steel
- W 44" X L 55" X H 69"



Body-Solid  
**ProClubLine** S2ABB AB AND BACK  
SERIES II MACHINE **FC**

- Full Commercial Rated
- Instructional Placard Included
- Standard weight stack 160lbs (95kg) with optional 235lb (141kg) upgrade
- 6 position cam ensures full range of motion
- Advanced protective coating on cam extends cable life
- Foot brace to provide lower body stability
- Fully shrouded
- 2"x3" twelve gauge steel
- W 49" X L 59" X H 57"



Body-Solid  
**ProClubLine** S2AC ARM CURL  
SERIES II MACHINE **FC**

- Full Commercial Rated
- Instructional Placard included
- Standard weight stack 160lbs (95kg) with optional 235lb (141kg) upgrade
- 6 position seat adjustment for all size users
- Variable resistance cam keeps arc movements strong and smooth
- Contoured arm pad ensures accurate pivot point alignment for proper body positioning
- Multi-grip revolving handle bar ensure full high and low contraction
- Fully shrouded
- 2"x3" twelve gauge steel
- W 44" X L 50" X H 57"

*Body-Solid*  
**ProClub Line** **S2LPC LEG PRESS &**  
 SERIES II **CALF RAISE** **FC**  
FULL COMMERCIAL RATED

- Full Commercial rated
- Instructional Placard included
- Standard weight stack 210lbs (95kg) with optional 310lb (141kg) upgrade
- Fully adjustable 10 position back pad
- Double beam design with Pillow Block bearings on pivot points for precision alignment and friction free movement
- Ergonomically designed two position, rubber lined press plate for greater traction on presses and calf raises.
- Fully Shrouded
- 2"x3" twelve gauge steel
- W 47" X L 83" X H 69"



*Body-Solid*  
**ProClub Line** **S2IOT INNER &**  
 SERIES II **OUTER THIGH** **FC**  
FULL COMMERCIAL RATED

- Full Commercial Rated
- Instructional Placard Included
- Standard weight stacks-160lb (73kg) with optional 235lb (107kg) upgrades
- 7 Position Cam Adjustments to accommodate varying body sizes
- Hand grips for user stabilization
- Two position foot supports to provide lower body support
- Fully Shrouded
- 2"x3" twelve gauge steel
- W 37" X L 77" X H 57"



Body-Solid  
**ProClubLine** S2SLC SEATED LEG CURL **FC**  
SERIES II

- Full Commercial rated
- Instructional Placard included
- Standard weight stack 160lbs (95kg) with optional 235lb (141kg) upgrade
- 7 back pad adjustments for all size users
- Angled back pad (93 degrees between seat and back pad) is designed to relieve hamstring tension
- 13 adjustments on starting position for full range of motion
- Fully Shrouded
- 2"x3" twelve gauge steel
- W 52" X L 57" X H 57"



Body-Solid  
**ProClubLine** S2LEX LEG EXTENSION **FC**  
SERIES II

- Instructional Placard included
- Standard weight stack 160lbs (95kg) with optional 235lb (141kg) upgrade
- 7 back pad adjustments to fit all size users
- Angled back pad (93 degree angle between seat and back) is designed to relieve hamstring tension
- 13 starting position adjustments for full range of motion
- Stabilizer handles for perfect isolation of muscle groups
- Advanced protective coating on cam extends cable life and provides consistent resistance
- Fully shrouded
- 2"x3" twelve gauge steel
- W 52" X L 47" X H 57"

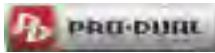




The ultimate strength-training solution for all experience levels. Body-Solid's new modular Commercial Dual equipment line is designed to be smooth and fluid to work in tandem with the body's natural movements, thereby providing a more efficient, more comfortable workout experience for users of all gender, age, size and body type. Best of all, you can buy with confidence, because every Body-Solid home gym is built to last a lifetime and is backed by the strongest warranty in the industry!

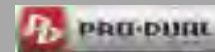
**Modularity meets modern design aesthetics**





## DABB-SF AB & BACK MACHINE

- Dual function oversized 9" diameter adjustable roller pad for comfort in use and proper alignment for both ab and back exercises.
- Counterbalanced resistance arm with 14 adjustable starting points.
- Biomechanically angled seat with 5 gas-assisted adjustable positions is user-adjustable to achieve proper pivot point for exercise.
- 6-position adjustable leg pad/foot brace provides stability for users of all heights.
- Includes a 210 lb. weight stack with a 310 lb. weight stack option.
- Industrially rated, sealed bearings at all pivot points
- Dimensions: 51"W x 43"L x 62"H (130cm x 109cm x 158cm)



## DLEC-SF LEG EXTENSION & CURL MACHINE

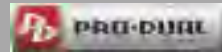
- Custom designed biomechanical seat with a 12-position adjustable back pad to properly align users of all sizes.
- Oversized 9" diameter self-adjusting leg pad provides comfort and proper alignment during both leg curls and leg extensions.
- Leg pad has 7 adjustments for both leg curls and leg extensions, providing a greater range of motion during either exercise.
- Pop-pin adjustable thigh hold-down pad comfortable secures user and helps provide support during exercise.
- Includes a 210 lb. weight stack with a 310 lb. weight stack option.
- Counterbalanced leg extension
- Dimensions: 53"W x 40"L x 62"H (135cm x 102cm x 158cm)





## DCLP-SF LEG & CALF PRESS MACHINE FC

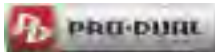
- Ergonomic recumbent seat with 12 position adjustable back pad accommodates users of all sizes comfortable and safely for both leg press and calf exercises.
- Wide rubber, matted non-skid press plate and conveniently placed handgrips provide added stability during maximum pressing.
- Four bar linkage and oversized pillow block bearings provide smooth, continuous movement throughout each exercise.
- 2:1 weight ratio with a 210 lb. weight stack provides 420 lbs. of resistance. Also available in a 310 lb. weight stack.
- Dimensions: 41"W x 78"L x 77"H (104cm x 199cm x 196cm)



## DIOT-SF INNER & OUTER THIGH MACHINE FC

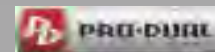
- Ergonomically correct forward-facing weight stack provides easy resistance adjustments and user privacy.
- Extra large rotating kneepads provide comfort and support during both the inner and outer thigh movements.
- 9-position seat back adjustments and dual, non-skid foot posts are designed to accommodate users of all sizes.
- Easy to reach pop-pin leg adjustments provide users a greater range of motion.
- Includes a 210 lb. weight stack with a 310 lb. weight stack option.
- Dimensions: 53"W x 40"L x 62"H (135cm x 102cm x 158cm)





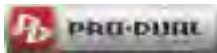
## DLAT-SF LAT & MID ROW MACHINE

- No-cable-change design allows user to switch between exercises quickly without adding, connecting or changing cables.
- Oversized 9" diameter thigh pads easily adjust to provide stability during heavy workouts.
- Non-skid foot brace and an extra-long seat pad provide stability and support for mid row exercises.
- Accessory hooks store cable attachments when not in use.
- Includes a 210 lb. weight stack with a 310 lb. weight stack option.
- Dimensions: 33"W x 68"L x 83"H ( 84cm x 173cm x 211cm)



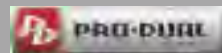
## DBTC-SF BICEP & TRICEP MACHINE

- Adjustable arm pad is ergonomically designed to fit multiple users and eliminate unwanted shoulder movements.
- 5-position gas-assisted adjustable seat with back support gives users a comfortable, stable platform to help isolate movement.
- 3-position pivoting handles reduce torque and provide continuous resistance around a natural arc.
- 14 combined adjustments between the bicep and triceps exercises provide users with multiple starting points and greater range of motion.
- Includes a 210 lb. weight stack with a 310 lb. weight stack option.
- Dimensions: 53"W x 40"L x 62"H (135cm x 102cm x 158cm)



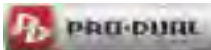
## DPCC-SF CABLE COLUMN MACHINE FC

- 18 incremental adjustments for multiple positioning
- User-friendly one handed adjustments on vertical pulley system for quick workouts
- Pivoting quad pulley design allows full range of motion
- Dual handle design for isolateral movements
- Dimensions 36" W x 46" L x 83" H



## DPEC-SF PEC & REAR DELT MACHINE FC

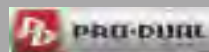
- Independent arms with 5 adjustable starting positions enable users greater range of motion as well as both unilateral and bilateral arm movements.
- Extra-long 360 degree rotating handles self adjust to the users path of motion for both pec and rear delt exercises.
- Easy, 5-position gas-assisted seat adjustment puts users of any size in proper position.
- Includes a 210 lb. weight stack with a 310 lb. weight stack option.
- Dimensions: 34" W x 57" L x 69" H (86cm x 145cm x 173cm)



## DPLS VERTICAL PRESS & LAT MACHINE **FC**



- Adjustable press arm for full range of motion
- Ergo grip press handles for correct positioning.
- Heavy gauge 2"x4" mainframe construction and aircraft quality cables and pulleys.
- Biomechanically designed for maximum range of motion and outstanding muscle development.
- Dimensions: 78"W x 40"L x 83"H (198cm x 102cm x 211cm)



## DPRS-SF MULTI PRESS MACHINE **FC**



- Unique 20-position adjustable seat and back pad slide in unison, creating multiple press angles from flat through incline and vertical shoulder press.
- Heavy-duty counterbalanced press bar includes 5 adjustment angles and pillow block bearing pivots for continuously smooth movement.
- Biomechanically designed for maximum chest concentration and outstanding muscle development.
- Multiple press handles provide users of all sizes with different grip angles to create variable exercises to concentrate on distinct areas of the chest and triceps.
- Includes a 210 lb. weight stack with a 310 lb. weight stack option.
- Dimensions: 57"w x 89"L x 62"H (145cm x 226cm x 158cm)



**PRO-DUAL DGYM MODULAR GYM SYSTEM** **FC**

- Continuous welded, factory assembled connections on the weight and station frame provide extra stability along with durability that extends the life of the station.
- Impact-resistant fiberglass reinforced nylon pulleys include precision ground and sealed bearings providing prolonged cable life and smooth movement.
- 11-gauge 2.375" x 4.625" oval tubing on the main frame combined with 3 gauge steel connecting plates and 1/2" diameter connecting bolts provides high strength and durability.
- Two step durable, electrostatically applied metallic powder coat finish with clear coat, provides a high quality, low maintenance finish that is protected from scratching, chipping and fading.
- Spun steel aircraft cables over 2" high density foam, is double stitched and fully supported, guarantee a tear resistant, durable surface for comfort and support.
- High density rubber foam grips and handles provide durability with ergonomically correct gripping surfaces.
- Industrially rated sealed bearings at all major pivot points provide smooth movements and easy adjustments.
- See pages 94-95 for configurations and dimensions



DGYM combination on this page is just one of the thousands of configurations Pro•Dual has to offer. See pg. 94-95 for more options.

Pro•Dual DGYM

Shown with:

DPLS - Vertical Press and Lat

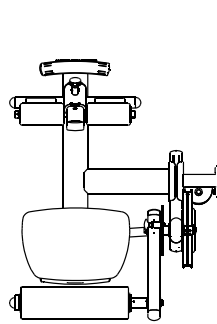
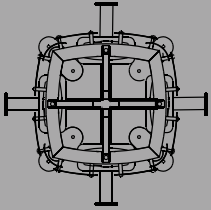
DPCC - Adjustable Cable Column

DLEC - Leg Extension/Leg Curl

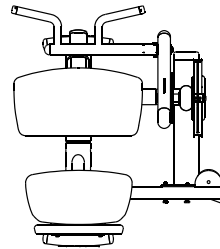
DPEC - Pec Dec/Rear Delt

# Thousands of configurations to build your own gym!

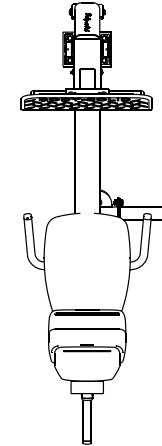
Start with the base station (DGYM), then chose any combination of four of the following Pro•Dual single stations to complete your package.



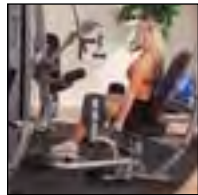
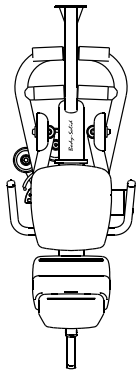
**DABB**  
Ab Crunch/  
Back Extension



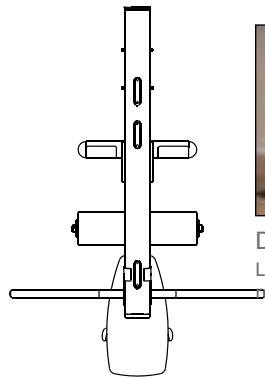
**DBTC**  
Bicep Curl/  
Tricep Extension



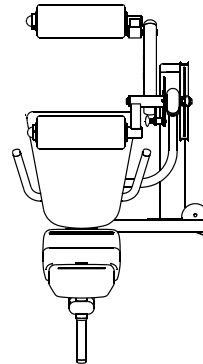
**DCLP**  
Leg Press/  
Calf Extension



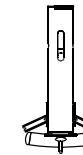
**DIOT**  
Inner Thigh/  
Outer Thigh



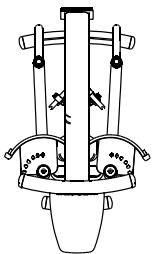
**DLAT**  
Lat Pull-Down/Mid-  
row



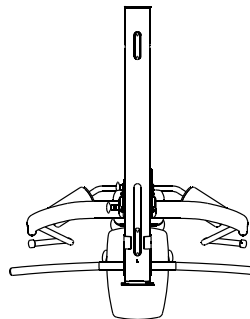
**DLEC**  
Leg Extension/  
Leg Curl



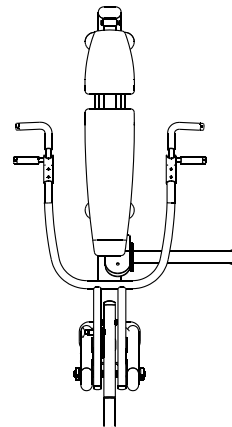
**DPCC**  
Adjustable Cable  
Column



**DPEC**  
Pec Dec/Rear Delt



**DPLS**  
Vertical Press and Lat



**DPRS**  
Multi-Press

## Pro•Dual Single Stations

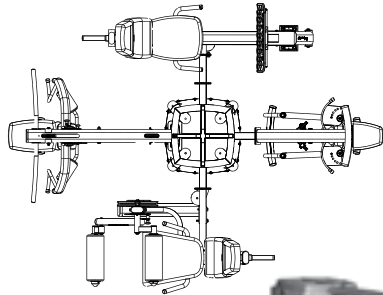
DABB.... Ab Crunch/Back Extension.....Pg. 88
DBTC.... Bicep Curl/Tricep Extension..Pg. 90
DCLP .... Leg Press/Calf Extension .....Pg. 89
DIOT..... Inner Thigh/Outer Thigh .....Pg. 89
DLAT .... Lat Pull-Down/Midrow .....Pg. 90
DLEC .... Leg Extension/Leg Curl.....Pg. 88
DPCC.... Adjustable Cable Column.....Pg. 91
DPEC .... Pec Dec/Rear Delt .....Pg. 91
DPLS .... Vertical Press and Lat.....Pg. 92
DPRS .... Multi-Press.....Pg. 92

# Combine any Pro•Dual stations to suit your needs.

Here are four of our most popular DGYM combinations. But don't leave it up to us—there are thousands of combinations to create the gym that's right for you!

## DGYMP1 L: 102" W: 131" H: 83"

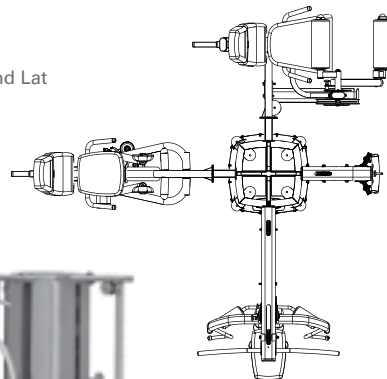
- DCLP  
Leg Press/Calf Extension
- DPLS  
Vertical Press and Lat
- DPEC  
Pec Dec/Rear Delt
- DLEC  
Leg Extension/  
Leg Curl



## DGYMP2 L: 123" W: 125" H: 83"

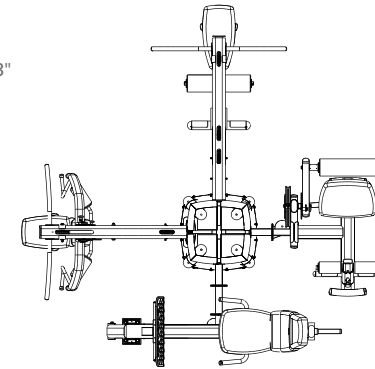
- DLEC  
Leg Extension/Leg Curl
- DPCC  
Adjustable Cable Column

- DPLS  
Vertical Press and Lat
- DIOT  
Inner Thigh/  
Outer Thigh



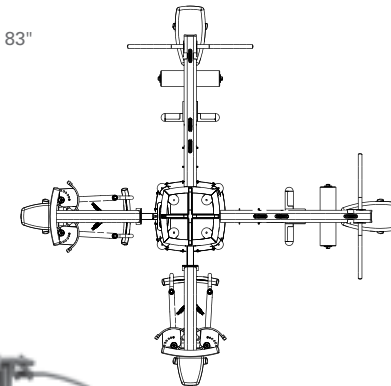
## DGYMP3 L: 125" W: 124" H: 83"

- DLAT  
Lat Pull-Down/Midrow
- DABB  
Ab Crunch/Back Extension
- DCLP  
Leg Press/Calf Extension
- DPLS  
Vertical Press and Lat



## DGYMP4 L: 141" W: 141" H: 83"

- DLAT (two)  
Lat Pull-Down/Midrow
- DPEC (two)  
Pec Dec/Rear Delt



All combinations and renderings on this page are for suggestion purposes. To build your own custom DGYM, visit [bodysolidcommercial.com](http://bodysolidcommercial.com) or call 800-833-1227 for more assistance.





Body-Solid  
ProClub Line

## SCC1200G CABLE CROSSOVER



- 12 Horizontal Pulley Positions
- 180 Degree Pivoting Pulleys
- 2 x 160lbs Standard Weight Stack, 2 x 235 Weight Stacks Available
- Optional Lat / Chin Attachment, GCA2
- 106" inside pulley to pulley dimensions
- 9.5' of cable extension
- W 156" X L 53" X H 91"

Body-Solid  
ProClub Line

## SDC2000G-2 DUAL CABLE COLUMN



- Mainframe: 2" x 4" high-tensile strength steel. All 4-side welded.
- Finish: Double, powder-coat finish protects against scratching, chipping and peeling.
- Cables: Nylon-coated, self-lubricating, aircraft-quality steel cables.
- Pulleys: Fiberglass reinforced nylon pulleys with v-grooved channels.
- Pads: Extra-tough, tear-resistant DuraFirm™ upholstery is double-stitched. Features high density top grade foam.
- Weight Plates: Machine drilled to exact specifications and employ oversized nylon bushings for super-smooth operation.
- Guide Rods: Highly-polished, chrome plated solid steel guide rods and selector rods for smooth movement.
- Instructional placard included
- W 46" X L 39" X H 91"



Body-Solid  
**ProClubLine SLE200G-2 LEG EXTENSION** 

- Mainframe: 2" x 4" high-tensile strength steel. All 4-side welded.
- Finish: Double, powder-coat finish protects against scratching, chipping and peeling.
- Cables: Nylon-coated, self-lubricating, aircraft-quality steel cables.
- Pulleys: Fiberglass reinforced nylon pulleys with v-grooved channels.
- Pads: Extra-tough, tear-resistant DuraFirm™ upholstery is double-stitched. Features high density top grade foam.
- Weight Plates: Machine drilled to exact specifications and employ oversize nylon bushings for super-smooth operation.
- Guide Rods: Highly-polished, chrome plated solid steel guide rods and selector rods for smooth movement.
- Instructional placard included
- W 39" X L 42" X H 72"



Body-Solid  
**ProClubLine SLC400G-2 LEG CURL** 

- Mainframe: 2" x 4" high-tensile strength steel. All 4-side welded.
- Finish: Double, powder-coat finish protects against scratching, chipping and peeling.
- Cables: Nylon-coated, self-lubricating, aircraft-quality steel cables.
- Pulleys: Fiberglass reinforced nylon pulleys with v-grooved channels.
- Pads: Extra-tough, tear-resistant DuraFirm™ upholstery is double-stitched. Features high density top grade foam.
- Weight Plates: Machine drilled to exact specifications and employ oversize nylon bushings for super-smooth operation.
- Guide Rods: Highly-polished, chrome plated solid steel guide rods and selector rods for smooth movement.
- Instructional placard included
- W 37" X L 64" X H 62"



Body-Solid  
**ProClubLine SLP500G-2 LEG PRESS** **FC**

- Mainframe: 2" x 4" high-tensile strength steel. All 4-side welded.
- Finish: Double, powder-coat finish protects against scratching, chipping and peeling.
- Cables: Nylon-coated, self-lubricating, aircraft-quality steel cables.
- Pulleys: Fiberglass reinforced nylon pulleys with v-grooved channels.
- Pads: Extra-tough, tear-resistant DuraFirm™ upholstery is double-stitched. Features high density top grade foam.
- Weight Plates: Machine drilled to exact specifications and employ oversize nylon bushings for super-smooth operation.
- Guide Rods: Highly-polished, chrome plated solid steel guide rods and selector rods for smooth movement.
- Instructional placard included
- W 32" X L 75" X H 72"



Body-Solid  
**ProClubLine SLM300G-2 LAT MID ROW** **FC**

- Mainframe: 2" x 4" high-tensile strength steel. All 4-side welded.
- Finish: Double, powder-coat finish protects against scratching, chipping and peeling.
- Cables: Nylon-coated, self-lubricating, aircraft-quality steel cables.
- Pulleys: Fiberglass reinforced nylon pulleys with v-grooved channels.
- Pads: Extra-tough, tear-resistant DuraFirm™ upholstery is double-stitched. Features high density top grade foam.
- Weight Plates: Machine drilled to exact specifications and employ oversize nylon bushings for super-smooth operation.
- Guide Rods: Highly-polished, chrome plated solid steel guide rods and selector rods for smooth movement.
- Instructional placard included
- W 24" X L 62" X H 83"







# Unlock Your Potential @ **BODYSOLID.COM**



## BUILT FOR LIFE CLUB

The Built for Life Club represents Body-Solid's continued focus on using social media to help our users connect with us, us with them and with each other. You can already find us on Facebook, Twitter, Linked In and YouTube and in conjunction with those sites we have developed the Built for Life Club.



## ROOM PLANNER

Our room planner allows you to plan out a fitness facility through an easy to use interface. After defining the size and shape of your room, you can drag and drop your chosen pieces of equipment into the space to evaluate your possible layouts.



## DEALER LOCATOR

Find a Body-Solid Authorized Dealer near you. Our Dealer Locator will pinpoint the closest Authorized Dealer anywhere in the world.



## BODY FOCUS

Use our Body-Focus approach and interactive models to find just the right equipment and exercises that match your Fitness Goals and the muscle groups you want to focus on.

Others ways to connect with us:  [facebook.com/bodysolidinc](https://facebook.com/bodysolidinc)

 [@bodysolidfit](https://twitter.com/bodysolidfit)

 [@bodysolidfit](https://instagram.com/bodysolidfit)

# POWERLINE<sup>®</sup> USA

by *Body-Solid*







## **POWERLINE**<sup>USA</sup> **PSM1442XS SMITH GYM**

- Heavy duty steel construction with heavy gauge reinforcement plates and hardware
- 14 Lockout Points spaced 4 1/2" apart for user safety
- Heavy Duty Adjustable Safeties
- Heavy Gauge Diamond Plate Foot Plate
- Patented Super-Glide Nylon Bushings for frictionless movement
- W 76" X L 45" X H 85"



PSM144X Smith Machine

### **PACKAGE INCLUDES:**

- PSM144X..... Powerline Smith Machine
- PFID130X ..... Powerline Flat/ Incline/ Decline Bench
- SP150..... 150Lb. Weight Stack
- PPA13X ..... Pec Station
- PPCA11 ..... Preacher Curl Station
- PLDA11 ..... Leg Developer Station
- PLA144X ..... Lat Row Station

## **POWERLINE**<sup>USA</sup> **PPR200X POWER RACK**

- Wide 'walk in' design
- 18 adjustment levels
- Upright pillars are a full 24" apart for free motion
- 41" wide knurled chinning bar
- 1" diameter chin-up bar
- Heat tempered Lift-Offs and saber-style safety rods keep your workouts simple, safe and effective
- W 46" X L 44" X H 82"

Shown with optional PFID130X FLAT/INCLINE/DECLINE BENCH  
PLA200X AND LAT ATTACHMENT

### **OPTIONS:**

- PLA200X ..... LAT ATTACHMENT
- BC2..... BAR CATCHES
- SCB26 ..... CALF SQUAT BLOCK

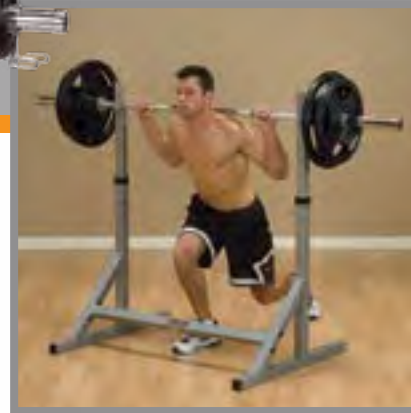






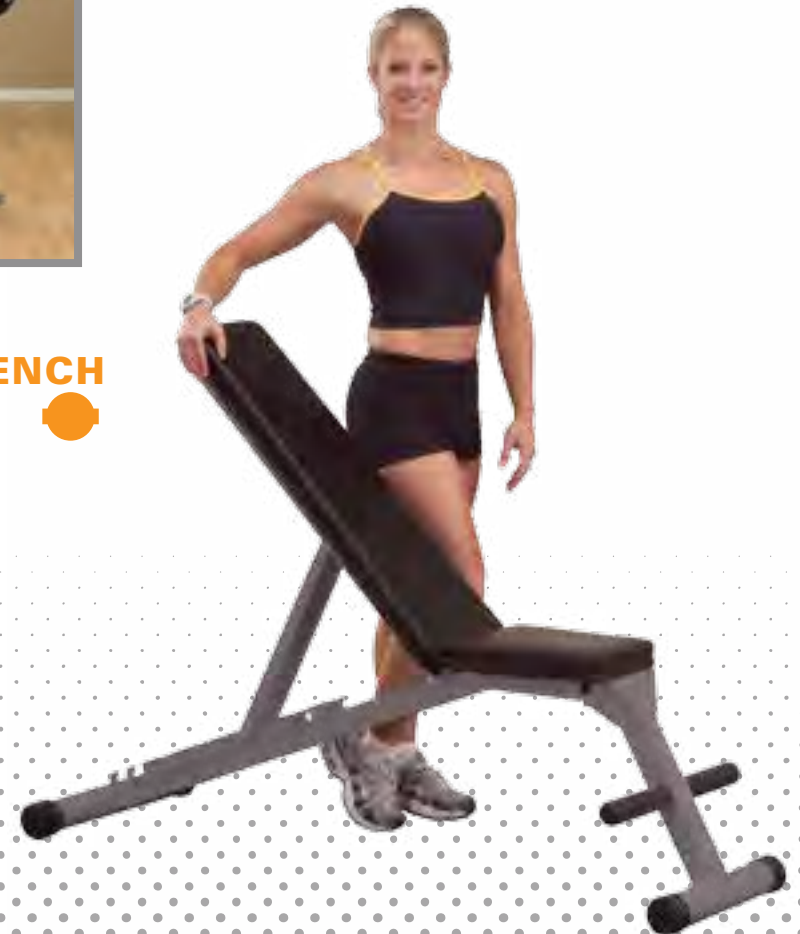
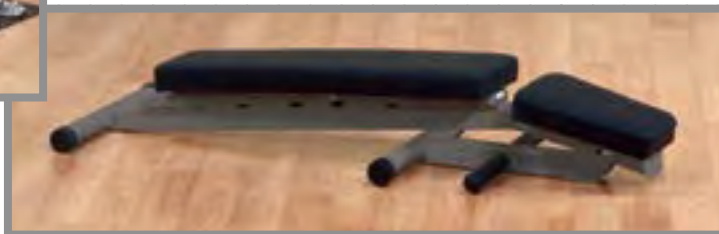
## POWERLINE<sup>USA</sup> PSS60X SQUAT RACK

- 2" x 2" mainframe design
- Adjusts from 30" to 60"
- W 46" X L 37" X H 30" to 60"



## POWERLINE<sup>USA</sup> PFID125X MULTI-BENCH

- No assembly required
- 7 positions adjustments
- Transport wheels for mobility
- In Use Dimensions: W 16" X L 57" X H 18"
- Folded Dimensions: W 16" X L 57" X H 9"

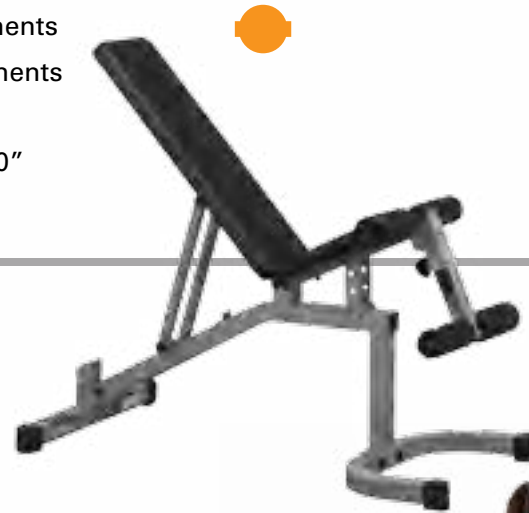


**POWERLINE**<sup>USA</sup>

**PFID130X**

**FLAT/INCLINE/DECLINE BENCH**

- 3-position seat pad adjustments
- 4-position back pad adjustments
- Leg hold-down included
- W 25" X L 55" X H 20" to 60"



**POWERLINE**<sup>USA</sup> **PAB21X AB BENCH**

- Features full range abdominal resistance.
- Full range motion starts at 30 degrees back of center to 30 degrees forward of center for a full range of exercise motion.
- Curved back pad puts you in a pre-stretch position that allows more intense abdominal contraction.
- You will get twice the results in half the time with a lot less work.
- Extra-wide, sealed ball bearing pulley allows complete freedom of movement for oblique workouts as well.
- W18" X L 37" X H 37"





## **POWERLINE**<sup>USA</sup> PAB139X AB BOARD

- Incredibly effective in isolating the entire abdominal region
- Oversize 8" Foam Rollers for comfort and stability
- Electrostatically applied powdercoat finish
- W 17" X L 39" X H 25"

## **POWERLINE**<sup>USA</sup> PHYP200X 45° BACK HYPEREXTENSION

- Relieves lower back pain
- Fights compression fatigue
- Increases flexibility
- Improves circulation
- Strengthens Back and Abdominal Muscles
- W 26" X L 42" X H 33"





**POWERLINE**<sup>USA</sup>  
*by Body-Solid*

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



- Safe No-Slip step up entry.
- Thick DuraFirm™ back and arm pads.
- Comfortable oversized handgrips.
- 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 possible.
- Assembled Dimensions: 83"H x 37"L x 26"W
- Distance between dip handles 21" (inside to inside)
- Distance between arm pads 18"
- Lat chin bar 43"8"
- Folded Dimensions: W 26" X L 37" X H 83"



**POWERLINE**<sup>USA</sup>  
*by Body-Solid*

**PCH24X ROMAN CHAIR  
BACK HYPEREXTENSION**

- 2" x 2" heavy-gauge steel construction
- Extra-wide base eliminates rocking
- Electrostatically applied powder coat finish
- W 25" X L 46" X H 36"





## **POWERLINE**<sup>USA</sup> By Body-Solid **PSC43X SEATED CALF RAISE**

- Operates on a 3:1 weight ratio for developing powerful calves.
- Angled foot platform with no-slip surface for full range of motion.
- Adjustable for all size users.
- W 21" X L 45" X H 32"

Shown with optional  
OA8 ADAPTER SLEAVES &  
OC06 SPRING COLLARS  
See pgs 28-29



LEG CURL

## **POWERLINE**<sup>USA</sup> By Body-Solid **PLCE165X LEG EXTENSION & CURL MACHINE**

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





See pgs. 26-27  
for our full line  
of Standard &  
Olympic weights.

**POWERLINE<sup>USA</sup> PVLP156X VERTICAL LEG PRESS**

- Three 1" dia. weight posts for even resistance distribution
- Nylon busings 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
- W 48" X L 46" X H 54" to 61"

**POWERLINE<sup>USA</sup> PGM200X GLUTE MAX**

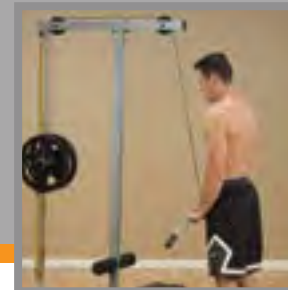
- Works each leg individually for maximum isolation of the gluteus maximus, medius and minimus.
- Adjustable forearm pads slide forward and backward to accommodate users of any height.
- Standard weight horn allows you to load weights to increase resistance and feel the burn.
- Quality rollers, comfortable pads and simple adjustments make this machine easy to use and comfortable for any user.
- W 26" X L 70" X H 60"





## POWERLINE<sup>USA</sup> PLM180X LAT MACHINE

- Heavy gauge steel construction
- Electrostatically applied powder coat finish
- 1" dia. weight posts
- 250 lb. weight capacity
- Lat Bar and Low Row Bar included
- W 25" X L 48" X H 80"



## POWERLINE<sup>USA</sup> PDR282X DUMBBELL RACK

- Place 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
- W 32" X L 14" X H 22"





## **POWERLINE** USA By Body-Solid **PPB32X PREACHER CURL** ●

- Heavy gauge steel construction
- Electrostatically applied powder coat finish
- 300 lb. weight capacity
- Extra-wide seat and arm pads
- W 36" X L 33" X H 37"

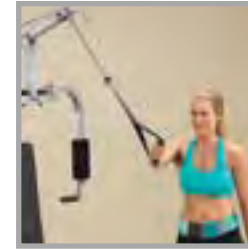


See pgs. 28-29  
for our full line  
of Olympic and  
Standard bars.

## **POWERLINE** USA By Body-Solid **PCC090X CABLE CROSSOVER MACHINE** ●

- Large diameter pulleys provide maximum cable life and smooth operation
- Carriage system travels on nylon bushings with four high resin pulleys on each side
- Accepts both Olympic and standard plates
- Includes two cable handles and one ankle strap
- W 39" X L 112" X H 82"





## POWERLINE<sup>USA</sup> PHG1000X HOME GYM

- User capacity: 1
- Weight Stack(s): Freeweight Carriage (weights optional)
- Accessories: Lat Bar, Straight Bar, Utility Strap
- Chest Press Station
- Lat Pulldown/ High Pulley
- Seated Row/ Low Pulley
- Leg Extension/ Leg Curl
- Pectoral Fly Station
- W 38" X L 61" X H 84"

## POWERLINE<sup>USA</sup> BSG10X HOME GYM

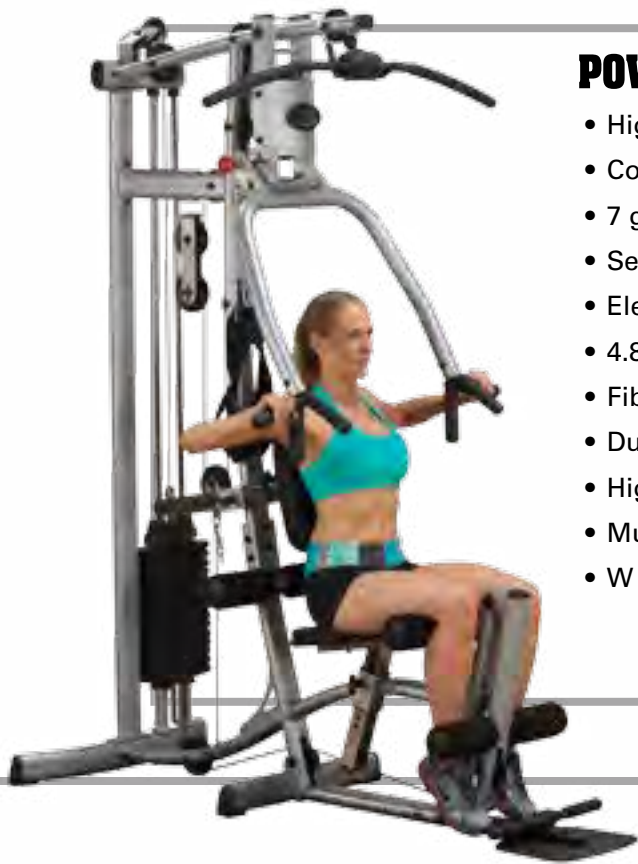
- Ships complete in one box and comes 80% pre-assembled.
- Lat pulldown station allows unlimited, full range of motion through unilateral, bilateral, converging or diverging movement.
- 160 lb. (73kg) selectorized weight stack.
- Easy to use, space saving, no-cable-change design.
- 11-gauge mainframe construction assures maximum strength, function and durability.
- Telescoping, chrome plated, adjustable seat post for quick, smooth adjustment and proper body positioning.
- W 70" X L 80" X H 42"



BSGLPX  
OPTIONAL LEG PRESS

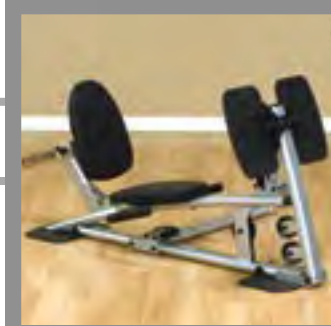






## POWERLINE<sup>USA</sup> P1X HOME GYM

- High strength 1.5" x 3.25" oval tubing
- Continuous weld, factory assembled frame components
- 7 gauge steel connecting plates
- Sealed bearings at all pivot points
- Electrostatically applied powder coated scratch resistant paint
- 4.8mm dia., nylon coated steel, 2200lb rated aircraft cable
- Fiberglass reinforced nylon pulleys
- Durable upholstery over high density foam
- High density foam rubber hand grips and handles
- Multiple seat and press arm adjustments
- W 66" X L 71" X H 83"



PLPX  
OPTIONAL LEG PRESS  
FOR PIX & P2X



## POWERLINE<sup>USA</sup> P2X HOME GYM

- Fixed pulleys also swivel to adjust for a variety of different exercises with smooth, consistent resistance.
- Traditional press arm allows users to perform chest press, incline press, shoulder press and mid row exercises.
- Two-way adjustable back pad and adjustable seat pad ensure a proper starting position for all users.
- High, mid and low pulleys round out the rest of the gym, enable you to efficiently complete a total body workout in a small, compact space.
- Optional leg press can be mounted on either side of the gym and offer a 2:1 ratio for increased resistance.
- W 66" X L 71" X H 83"

**BEST**  **FITNESS**  
EQUIPMENT



**Bf** 5 YEAR WARRANTY

**BEST Bf FITNESS EQUIPMENT** **BFUB1 UPRIGHT BIKE**

- Compact and stable
- Eight levels of magnetic resistance
- Contact HR readout
- Five panel feedback LCD display
- W 20" X L 41" X H 55"
- 77lbs



**Bf** 5 YEAR WARRANTY

**BEST Bf FITNESS EQUIPMENT** **BFRB1 RECUMBENT BIKE**

- Eight Levels of Magnetic Resistance
- Walkthrough Design
- Compact and Stable
- Contact HR Readout
- Five Panel Feedback LCD Display
- Two-Way Adjustable Seat
- Transport Wheels
- W 26" X L 52" X H 39"



**BEST Bf FITNESS EQUIPMENT**





## BFSB5 INDOOR TRAINING CYCLE

- 40 lb. flywheel
- Chain drive system
- Transport wheels
- User capacity 275lbs
- W 20" X L 44" X H 44"



## BFSB10 INDOOR TRAINING CYCLE



- One-piece 44lb. flywheel
- Durable, grooved V-belt transmission system.
- Handle bar with chrome post tube.
- More than 84 levels of high/low and forward/backward adjustments for handle bar and seat.
- 3 sealed bearing sets (pedals, belt wheel, flywheel).
- Unlimited range of tension adjustments.
- Smooth, quiet, aluminum bearing pedals.
- Low maintenance & easy assembly.
- user capacity 300lbs
- W 20" X L 44" X H 47"



**Bf** 5 YEAR WARRANTY

**BEST Bf FITNESS**  
EQUIPMENT

## BFCT1 CROSS TRAINER ELLIPTICAL

- 225 lb. weight capacity
- Compact and stable
- Eight levels of magnetic resistance
- Contact HR readout
- Five panel feedback LCD display
- W 26" X L 45" X H 66"
- 106 lbs



**Bf** 15 YEAR WARRANTY

**BEST Bf FITNESS**  
EQUIPMENT

## BFE1 CENTER DRIVE ELLIPTICAL

- Patented Center Drive design
- Compact and portable
- Low center of gravity and balanced frame prevents rocking
- Dual-action upper and lower body
- Easy step-up height
- Contact heart rate
- Close pedal spacing eliminates hip fatigue
- 275 pound user capacity
- W 30" X L 48" X H 66"



**BEST Bf FITNESS**  
EQUIPMENT

**BEST Bf FITNESS EQUIPMENT** **BFPR100 POWER RACK**

- 14 Gauge 2" x 2" steel mainframe
- 23 positions spread 3" apart
- 2 adjustable lift offs and full length safety bars included
- 500lb capacity
- Durable powder coat paint finish
- W 47" X L 46" X H 82"
- Weight: 117lbs



**BEST Bf FITNESS EQUIPMENT** **BFOB10 OLYMPIC BENCH**

- Folding space saving design
- Adjustable flat to incline
- Adjustable uprights
- 1.75" durable upholstered pads
- Includes leg developer
- W 41" X L 68" X H 58"





## BFPR10 OLYMPIC PRESS STAND

- 7-position angled uprights provide for correct lifting position
- 4" liftoffs and 7" safety's with durable rubber surface pads provided
- Sturdy "A" frame construction with 10 bolt assembly
- Durable powder coated finish
- An ideal companion to the Best Fitness BFFID10 flat/ incline/ decline bench
- W 30" X L 45" X H 57"



## BFSR10 SQUAT RACK

- Perfect for squats and dips
- Easy, open-access design
- 10 position adjustable lift offs
- Integrated dip station
- 3 year frame, 1 year parts warranty
- Works with any 7' bar
- Compact and affordable
- W 48" X L 32" X H 56"



## BFFID10 FLAT/INCLINE/ DECLINE BENCH

- 5 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" durable upholstered pads
- Durable powder coated finish
- No assembly required
- W 18" X L 55" X H 17"
- W 18" X L 55" X H 10" (Folded)



## BFVK10 VERTICAL KNEE RAISE

- Sturdy steel frame delivers a solid performance day after day.
- Thick, comfortable back pads and arm supports are designed to reduce fatigue and discomfort.
- Dip station handles offer a thick, comfortable grip.
- Lightweight design allows you to easily move the machine from an out-of-the-way corner to the middle of the room.
- W 28" X L 43" X H 83"



## BFHYP10 AB BOARD HYPEREXTENSION

- 3 starting positions: 15, 20 and 25 degrees.
- 6-position hyperextension support.
- 3-position lower leg supports.
- Safety pins and bolts for adjustable positions allow for easy disassembly or permanent set up.
- Rubber-gripped positioning handles.
- Minimal assembly required.
- W 29" X L 50" X H 32"



## BFAB10 AB BOARD

- 3 starting positions (15, 20 or 25 degrees) add variation to increase results.
- 4" high-density foam roller pads.
- 1.75" durable upholstered pads.
- No assembly required.
- Safety pins and bolts for adjustable positions allow for easy disassembly or permanent set up.
- Durable powder coated finish.
- W 18" X L 42" X H 23"



## BFINVER10 INVERSION TABLE

- Padded nylon backboard designed for comfort and breathability.
- Spring-loaded safety strap that controls stability and allows you to glide quickly and safely from the upright position to full inversion.
- Adjustable ankle cuffs that offer a comfortable, customizable fit for each individual user.
- Simple, 2-pin collapse-and-fold design that allows for fast storage in any closet.
- 300 lb. user capacity.
- Fits users from 4'10" to 6' 6"
- W 30" X L 47" X H 60"



## BFAB20 SEMI-RECUMBENT AB BENCH

- Seat angles- 45-degree start w/ 2 additional 5-degree reclining positions.
- Upper ab directed motion with durable upholstered, upper back support, textured grip handles, standard weight post with spring lock and lock-out option.
- Lower ab directed motion with adjustable length, 2-position foot rests and standard weight post with spring lock.
- Unique seated design is easy to use without compromising function.
- 1.75" durable upholstered seat with 3 available positions.
- Safety pins and bolts for adjustable positions allow for easy disassembly or permanent set up.
- Durable powder coated finish.
- W 22" X L 64" X H 46"





## **BFMG20** **SPORTSMAN GYM**



- Over 25 exercises
- Complete gym in one compact and affordable machine
- Press arm follows natural arc of a free weight bench
- Perform bench press, pectoral fly, lat pull-down, tricep extension/press-down and leg extension/leg curl
- Low pulley station ideal for curls, seated row, shrugs, oblique bends, upright rows and more
- Gym includes a 150 lb. weight stack, wide-grip lat bar and low row bar
- W 47" X L 64" X H 78"



## **BFFT10** **FUNCTIONAL TRAINER**



- 19 vertical pulley adjustments provide unmatched versatility while a 180 degree pulley swivel offers numerous starting positions.
- No-cable change design makes switching from exercise to exercise quick and easy
- Smaller spatial footprint than most functional trainers
- Integrated straight chinning bar allows for pull-ups, chin-ups and more
- Includes a single 190 lb. weight stack
- W 61" X L 55" X H 84"



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GST20	BODY-SOLID UTILITY STOOL	PG 41	OBPP(#)	PREMIUM OLYMPIC BUMPER PLATES	PG 27	S2PEC	PEC FLY/REAR DELTS	PG 81	VDRA30	ACCESSORY RACK	PG 30
GSWT	WEIGHT TREE	PG 30	OC04	OLYMPIC TRAINING COLLAR	PG 29	S2SLC	SEATED LEG CURL	PG 86	VKR30	VERT KNEE RAISE	PG 61
GVKR60	VERTICAL KNEE RAISE	PG 43	OC06	OLYMPIC SPRING COLLAR	PG 29	S2SP	SHOULDER PRESS	PG 82	WSA2-5	WEIGHT STACK ADAPTER 2.5	PG 61
GVKR82	VKR DIP	PG 44	OPB(#)	OLYMPIC PLATES	PG 26	SAB500	COMMERCIAL AB BOARD	PG 73	WSA5	WEIGHT STACK ADAPTER 5	PG 61
GWS100	WEIGHT SLED	PG 48	OPT(#)	OLYMPIC GRIP PLATES	PG 26	SBL460P4	POWERLIFT GYM	PG 51	WT46	OLYMPIC WEIGHT TREE	PG 30
HP10	PREMIUM WEIGHT STACK PLATE	PG 52, 61	ORC(#)	OLYMPIC GRIP PLATES	PG 26	SCB1000	COUNTER BALANCED SMITH	PG 70			
HP200	PREMIUM STEEL WEIGHT STACK	PG 35	ORT(#)	OLYMPIC RUBBER GRIP PLATES	PG 26	SCB26	SQUAT/CALF BLOCK	PG 35			
KB(#)	KETTLEBELLS	PG 24	OTB50	OLYMPIC SHRUG BAR	PG 28	SCC1200G	CABLE CROSSOVER	PG 96			
KBC(#)	PREMIUM KETTLEBELLS	PG 24	OWT24	OLYMPIC WEIGHT TREE	PG 30	SDA14	STANDARD DUMBBELL HANDLE	PG 29			
KBL(#)	VINYL DIPPED KETTLEBALLS	PG 24	P1X	HOME GYM	PG 111	SDA14T	THREAD D.B. HANDLE	PG 29			
KBV(#)	VINYL DIPPED KETTLEBELLS	PG 24	P2X	P2 GYM	PG 111	SDB351G	DECLINE OLYMPIC BENCH	PG 79			
LB28	LAT BLASTER BAR	PG 17	PAB139X	AB BENCH	PG 104	SDC2000G	DUAL COLUMN	PG 96			



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

**Toll Free: 800.833.1227  
Local: 708.427.3555  
Fax: 708.427.3556**

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