

Body-Solid®

Built for Life

Body-Solid



COMMERCIAL BUYER'S GUIDE

The background of the page is a grayscale photograph of a gym. In the foreground, a person is seated on a piece of exercise equipment, possibly a leg press or similar machine. The person is wearing light-colored pants and dark shoes. In the background, there is a large metal rack with several barbells and weight plates. The lighting is soft, creating a professional and clean atmosphere.

Body-Solid®

Built for Life

It started with an idea...

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

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

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

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

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



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PRO CLUBLINE SERIES II

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



S2CC **CABLE COLUMN**

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



S2FT **FUNCTIONAL TRAINER**

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



S2CCO **CABLE CROSSOVER**

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



S2LAT **LAT PULLDOWN & SEATED ROW**

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



S2BTP **BICEPS & TRICEPS**

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



S2LEC **LEG EXTENSION** **& LEG CURL**

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



S2LEX **LEG EXTENSION**

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



S2SLC **SEATED LEG CURL**

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



S2LPC **LEG & CALF PRESS**

- Double beam design with Pillow Block bearings on pivot points for precision alignment and friction free movement
- Standard weight stack 210 lbs. (2:1 ratio) with optional 310 lbs available
- 83"L x 47"W x 69"H, 481 lbs.



S2IOT **INNER & OUTER THIGH**

- Seven position cam adjustments to accommodate varying body sizes
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 77"L x 37"W x 57" H, 385 lbs.



S2ACD **ASSISTED CHIN & DIP**

- Five different grips for variety of pull-up and chin-up movements
- 235 lb. weight stack
- 63"L x 44"W x 88"H, 606 lbs.



S2MP **MULTI-PRESS**

- Features flat press, incline press, and shoulder press positions
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 72"L x 54"W x 57"H, 463 lbs.



S2SP **SHOULDER PRESS**

- Multi-position hand grips for ultimate wrist comfort
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 55"L x 55"W x 57"H, 400 lbs.



S2CP **CHEST PRESS**

- Comfortable multi-position hand grips isolate chest and triceps muscles
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 44"L x 55 "W x 69"H, 450 lbs.



S2ABB **AB & BACK**

- Six position cam for full range of-motion
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 59"L x 49"W x 57"H, 351 lbs.



S2AC **ARM CURL**

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



S2PEC **PEC FLY & REAR DELT**

- Five adjustable starting positions for each arm and seat
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 58"L x 59"W x 72"H, 422 lbs.

PRO CLUBLINE PRO•DUAL

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



DABB-SF **AB & BACK**

- Adjustable seat and leg hold downs
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 48"L x 48"W x 62"H, 476 lbs.



DBTC-SF **BICEPS & TRICEPS**

- 14 combined adjustments between the bicep and triceps exercises
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 53"L x 40"W x 62"H. 503 lbs.



DCLP-SF **LEG & CALF PRESS**

- Operates on a 2:1 weight ratio
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 37"L x 82"W x 77"H, 549 lbs.

* Floor Mat not included



DIOT-SF **INNER & OUTER THIGH**

- Pop-pin leg adjustments provide users a greater range of motion
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 76"L x 36"W x 62"H, 475 lbs.



DLAT-SF **LAT PULLDOWN** **& MID ROW**

- No-cable-change design allows user to switch between exercises quickly
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 77"L x 47"W x 83"H, 529 lbs.



DLEC-SF **LEG EXTENSION & CURL**

- Seven adjustments for both leg curls and extensions
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 46"L x 66"W x 62"H, 506 lbs.



DPCC-SF **CABLE COLUMN**

- 18 pulley adjustments
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 43"L x 34"W x 83"H, 443 lbs.

* Floor Mat not included



DPEC-SF **PEC & REAR DELT**

- Independent arms with 5 adjustable starting positions
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 54"L x 38"W x 69"H, 502 lbs.



DPLS-SF **VERTICAL PRESS & LAT**

- Adjustable press arm for full range of motion
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 67"L x 47"W x 83"H, 543 lbs.



DPRS-SF **MULTI-PRESS**

- Five press arm starting positions from flat press to shoulder press
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 56"L x 85"W x 62"H, 558 lbs.



HP10 **PREMIUM WEIGHT PLATES**

- Premium red powder coat finish
- Compatible with all existing Body-Solid cast iron weight stack equipment

* Floor Mat not included

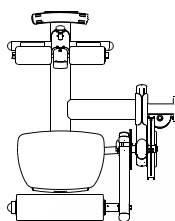


This particular Pro Dual DGYM is shown with:

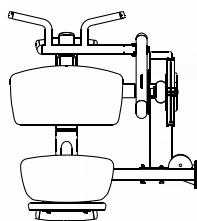
- AVAILABLE UPGRADES:
- HP200: 200 lb. red weight stack
- WSP200: 200 lb. premium black weight stack
- SP300: 300 lb. weight stack

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

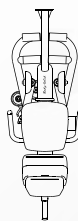
**Pro Dual Machines can also be added in combination with the DGYM
 Mix and match any 3 or 4 stations to customize your Pro•Dual DGYM**



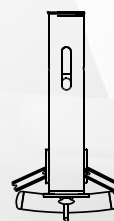
DABB-S
 AB / BACK



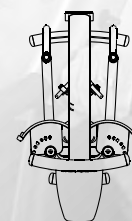
DBTC-S
 BICEPS / TRICEPS



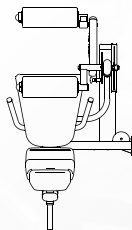
DIOT-S
 INNER / OUTER THIGH



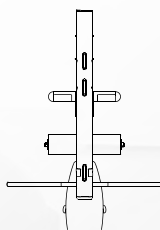
DPCC-S
 CABLE COLUMN



DPEC-S
 PEC / REAR DELT



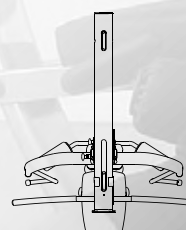
DLEC-S
 LEG EXTENSION / CURL



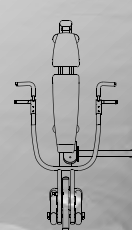
DLAT-S
 LAT / LOW ROW



DCLP-S
 LEG / CALF PRESS



DPLS-S
 VERTICAL PRESS / LAT



DPRS-S
 MULTI-PRESS

PRO CLUBLINE CLASSIC

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



SCC1200G CABLE CROSSOVER

- Standard weight stacks 160 lbs. with optional 235 lbs. available
- Shown with optional lat/chin attachment (GCA2)
- 35"L x 158"W x 91"H, 671 lbs.



SDC2000G DUAL CABLE COLUMN

- Standard weight stacks 160 lbs. with optional 235 lbs. available
- 44"L x 46"W x 82.5"H , 674 lbs.



SLM300G LAT MID ROW

- Includes revolving steel 48" lat bar and steel triangle row bar
- Standard weight stacks 210 lbs. with optional 310 lbs. available
- 64"L x 46"W x 83"H, 444 lbs.



SLC400G LEG CURL

- Variable cam provides consistent resistance throughout movement
- Standard weight stacks 210 lbs. with optional 310 lbs. available
- 39"L x 66"W x 62"H, 438 lbs.



SLE200G LEG EXTENSION

- Variable cam provides consistent resistance throughout movement
- Standard weight stacks 210 lbs. with optional 310 lbs. available
- 40"L x 48"W x 72"H, 436 lbs.



SLP500G LEG PRESS

- Four pivot linkage bars self align leg press plate through entire range of motion
- Standard weight stacks 210 lbs. with optional 310 lbs. available
- 40"L x 80"W x 72"H, 555 lbs.



HP10 PREMIUM WEIGHT PLATES

- Premium red powder coat finish
- Compatible with all existing Body-Solid cast iron weight stack equipment

PRO CLUBLINE LEVERAGE

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



LVLA

LEVERAGE LAT PULLDOWN

- 360° articulating hand grips for free-floating downward pulling motion
- 76"L x 49"W x 84"H, 183 lbs.



LVLC

LEVERAGE LEG CURL

- V-bench design provides total hamstring isolation
- 74"L x 46"W x 26"H, 165 lbs



LVLE

LEVERAGE LEG EXTENSION

- Adjustable foot roller to accommodate various leg lengths and start positions
- 68"L x 47"W x 40"H, 157 lbs.



LVLP

LEVERAGE LEG PRESS

- Dual self-aligning linear bearing seat carriage easily adjusts for various foot positions
- 87"L x 61"W x 56"H, 513 lbs.



LVSR

LEVERAGE SEATED ROW

- 360° articulating hand grips provide definition and natural range of motion
- 65"L x 35"W x 44"H, 158 lbs.



LVSP

LEVERAGE SHOULDER PRESS

- Independent, unilateral arm action for balanced upper body development
- 49"L x 53"W x 52"H, 171 lbs.



LVBP

LEVERAGE BENCH PRESS

- Converging press arm movement provides advanced biomechanics
- 69"L x 53"W x 30"H, 169 lbs.



LVIP

LEVERAGE INCLINE BENCH

- Independent, unilateral arm action for balanced muscle and upper body development
- 71"L x 53"W x 41"H, 167 lbs.



SLS500

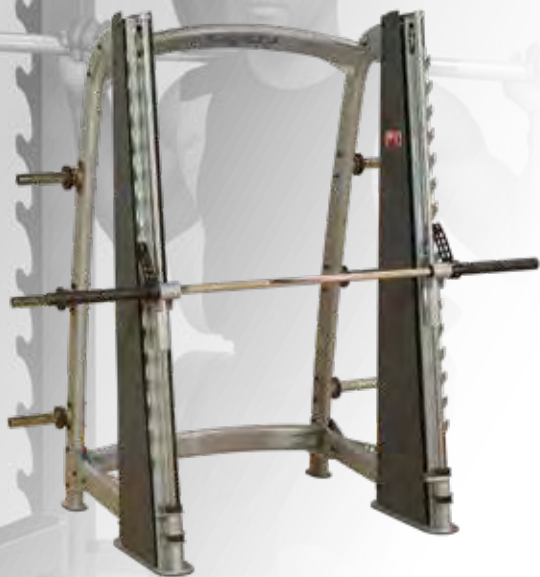
LEVERAGE SQUAT

- Biomechanically-correct squat platform targets glutes and quads
- 74"L x 61"W x 67"H, 397 lbs.

* Weights not included

PRO CLUBLINE RACKS & CAGES

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



SCB1000 **COUNTER-BALANCED** **SMITH MACHINE**

- 10 lb. counterbalanced bar
- Integrated plate storage
- 50"L x 86"W x 84"H, 543 lbs.



SDIB370 **BENCH RACK COMBO**

- 14 position 1/4" solid steel gunracks
- Integrated plate storage
- 78"L x 65"W x 74"H, 215 lbs.

** Weights not included*



SODB250 **DECLINE BENCH**

- 2"x3" heavy-duty 11-gauge steel mainframe, 1000 lbs Capacity
- Adjustable leg hold positions
- Backpad Width: 11.5"
- 58"L x 50"W x 55"H, 148 lbs.



SOFB250 **FLAT BENCH**

- 2"x3" heavy-duty 11-gauge steel mainframe, 1000 lbs Capacity
- Spotter Stand included
- Backpad Width: 11.5"
- 72"L x 50"W x 57"H, 152 lbs.



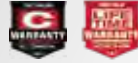
SOIB250 **INCLINE BENCH**

- 2"x3" heavy-duty 11-gauge steel mainframe, 1000 lbs Capacity
- Backpad Width: 11.5"
- 74"L x 50"W x 63"H, 174 lbs.



SOSB250 **SHOULDER PRESS BENCH**

- Spotter Stand included
- 2"x3" heavy-duty 11-gauge steel mainframe, 1000 lbs Capacity
- 50"L x 50"W x 72"H, 271 lbs.



SPR1000 POWER RACK

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



SPR1000BACK EXTENDED POWER RACK

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






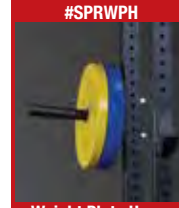




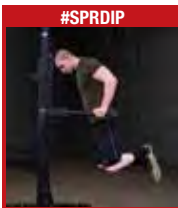

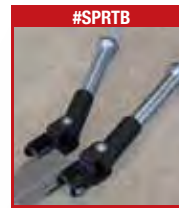
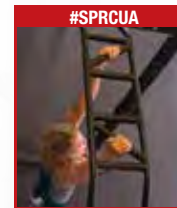
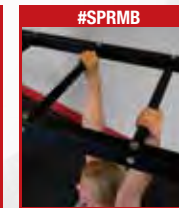







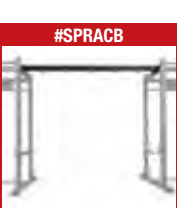

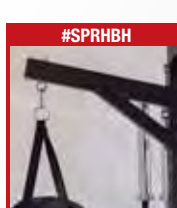
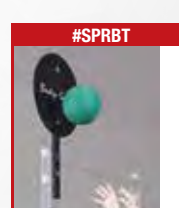


SPR1000DBBACK DOUBLE EXTENDED POWER RACK

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





SPR1000 OPTIONAL ATTACHMENTS

| | | | | | | |
|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
|  #SPRJC J-Cups |  #SRPSF Premium Safeties |  #SPRSS Strap Safeties |  #SPRWPH Weight Plate Horns |  #SPRBHV Bar Holder |  #SPRBP Band Pegs |  #SPRBSA Belt Squat |
|  #SPRBACK Rear Extension |  #SPRDIP Dip Station |  #SPRST Storage Tray |  #SPRTB Dual T-Bar Row Platform |  #SPRCUA Multi-Grip Chin Bar |  #SPRMB Monkey Bars |  #SPRLFT MonoLift |
|  #SPRCB Fat Chin-Up Bar |  #BSRPRJAM Jammer Arms |  #SPRUL U-Link |  #SPRMGC Multi-Grip Pull Up |  #SPRSTEP Plyo Step |  #SPRPLATFORM Floor Mat | |
|  #SPRACB Connecting Bar |  #GPRDH Dip Handles |  #SPRHBH Heavy Bag Holder |  #SPRBT Ball Target |  #SPRHT Hip Thruster |  #SPRSP Spotter Stands | |



SPR500 **HALF RACK**

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



SPR500BACK **EXTENDED HALF RACK**

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



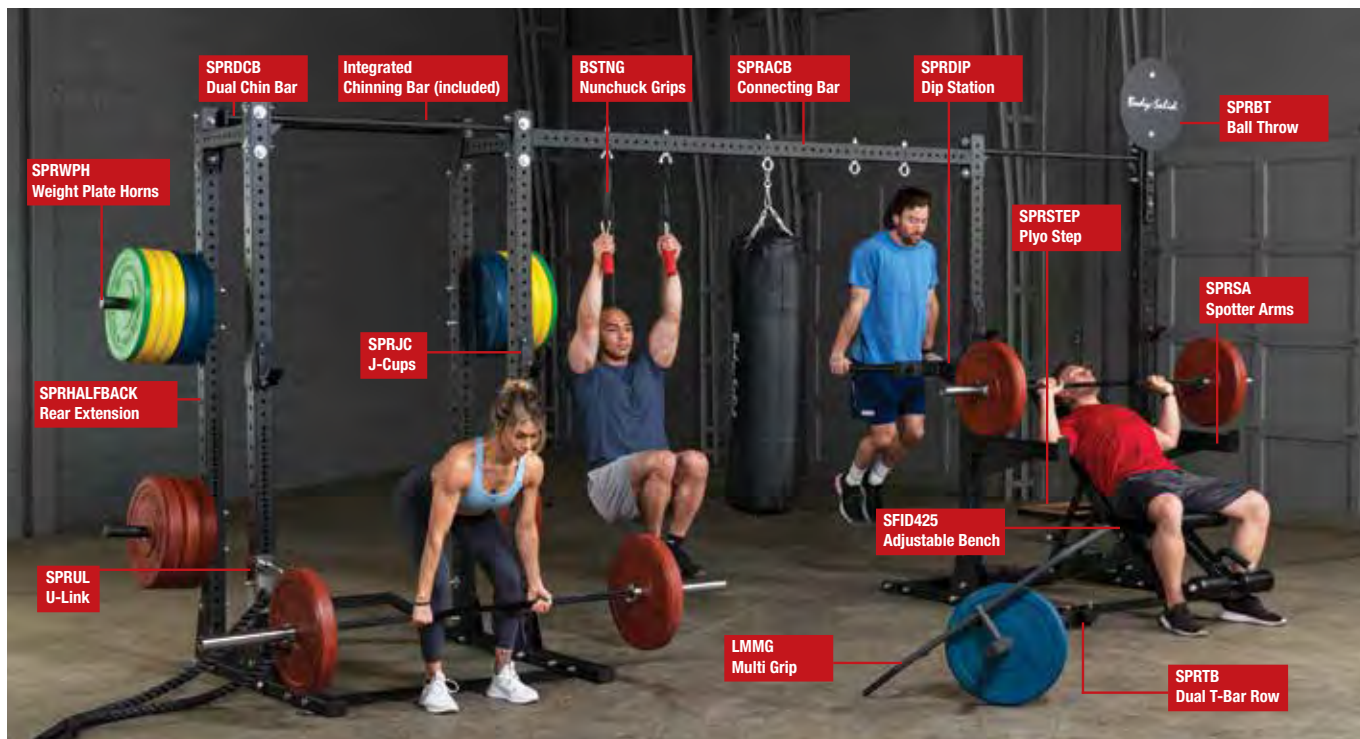
SPR500DBL **DOUBLE HALF RACK**

- Two functional Half Rack in the space of a single Power Rack
- Laser-cut numbers
- 3"x3" 11-gauge steel mainframe
- Includes four j-cup liftoffs, four safety spotter arms, two chinning bars, six weight horns
- 101"L x 85"W x 89"H, 583 lbs.

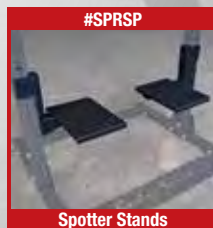
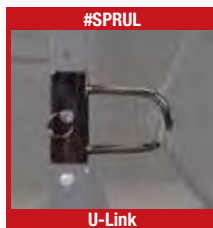
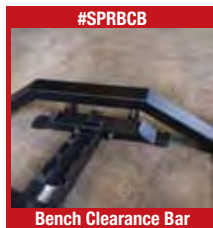
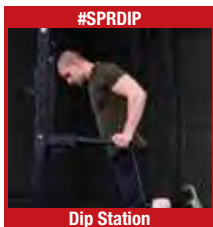
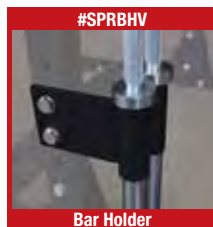
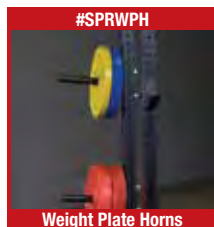


SPR250 **SQUAT STAND**

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



SPR500 OPTIONAL ATTACHMENTS



PRO CLUBLINE STRENGTH

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



SFB125 **FLAT BENCH**

- Extra thick pad
- 63"L x 25"W x 17"H, 58 lbs.



SFID325 and SFID325B **ADJUSTABLE BENCH**

- Adjusts from flat to several incline positions (15, 30, 45, 60 and 80°)
- 58"L x 25"W x 18"H, 75 lbs.



SFID425 **FLAT / INCLINE / DECLINE BENCH**

- Adjusts from decline (-20°s) to flat and several incline positions (15, 30, 45, 60 and 80°)
- 66"L x 25"W x 18"H, 90 lbs.



SAB500 **AB BENCH**

- Adjustable to: 0°, 5°, 10°, 15°, 20°, 25° and 30°
- 70"L x 27"W x 49"H, 125 lbs.



SGH500 **GLUTE & HAM MACHINE**

- Oversized pads for comfort
- 77"L x 33"W x 50"H, 136 lbs.

** Floor Mat not included*



STBR500 **T-BAR ROW MACHINE**

- Oversized Diamond-plated footplate
- 78" L x 43" W x 18" H, 163 lbs.



SVKR1000 **VERTICAL KNEE RAISE & DIP**

- Multiple close and wide grips for pull-ups and chin-ups
- 62"L x 47"W x 103"H, 373 lbs.

BODY-SOLID PRO SELECT

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



GCAB-STK **AB & BACK**

- 27 foam roller adjustments ensure proper starting positions
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 55"L x 50"W x 71"H, 399 lbs.



GCBT-STK **BICEPS & TRICEPS**

- Multi-grip handle allows overhand and underhand grip positions
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 52"L x 36"W x 71"H, 395 lbs.



GCEC-STK **LEG EXTENSION & CURL**

- 7 position adjustments on back pad and leg hold down
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 54"L x 54"W x 71"H, 412 lbs.



GIOT-STK **INNER / OUTER THIGH**

- Combines both abductor and adductor exercises in one seated position
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 63"L x 65"W x 71"H, 411 lbs.



GMFP-STK **MULTI-PRESS**

- Rotating pulleys provide smooth resistance through multiple planes of movement
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 76"L x 50"W x 71"H, 330 lbs.



GLP-STK **LEG & CALF PRESS**

- Double beam design eliminates ankle stress and provides consistent resistance
- 2:1 weight ratio
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 65"L x 64"W x 71"H, 441 lbs.



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

- Perform chin-ups, pull-ups and dips more easily by using weight as assistance
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 63"L x 58"W x 83"H, 468 lbs.

BODY-SOLID RACKS & CAGES

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



GPR400 **PRO POWER RACK**

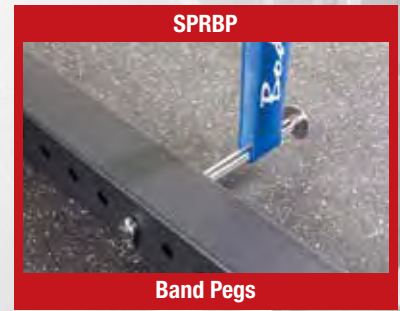
- 1" hole spacing for safeties
- Includes premium j-cup liftoffs and pin-n-pipe safeties
- 53"L x 52"W x 79"H, 273 lbs.

OPTIONS:

- SPRJC J-Cup Liftoffs
- GLA400 Lat Attachment (shown)
- SP150 150 lb. Weight Stack (shown)
- GPRDH Dip Handles (shown)
- GPRTBR T-Bar Row attachment (shown)
- GPRUL U-Link (shown)
- GPRWH Weight Horns (shown)
- SPRBP Band Pegs
- SPRCUA Multi-Chin Attachment
- SCB26 Calf Block



GPR400 OPTIONAL ATTACHMENTS





GLA400 LAT ATTACHMENT

Transform the Body-Solid GPR400 Power Rack into a complete home gym with the GLA400 Lat Attachment.

- High and Low Pulley with no cable change design
- Includes lat bar and low row bar
- Optional 150 lb weight stack, SP150
- 80"L x 52"W x 80"H, 85lbs.



GPRFT FUNCTIONAL TRAINER ATTACHMENT

The GPRFT adds fully adjustable functional pulleys on the front of the GPR400 and a dual lat pulldown/low pulley in the middle of the rack.

- Plate loaded or Selectorized
- Fully adjustable dual front swiveling pulleys
- Dual pulley lat pulldown and low row
- Includes: 2 x nylon cable handles, lat bar, low row bar

BODY-SOLID RACKS & CAGES

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



GPR370 **MULTI-PRESS RACK**

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



GPR378 **POWER RACK**

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

OPTIONS:

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



GS348Q **SERIES 7 SMITH MACHINE**

- Large diameter, 25 lb. Smith Bar
- For smith and freeweight barbell exercises
- 56"L x 70"W x 83"H, 276 lbs.

OPTIONS:

| | |
|----------|--------------------------------|
| GLA348QS | 210 lb. Lat Attachment |
| GPA3 | Pec Attachment |
| GFID71 | Flat / Incline / Decline Bench |
| GLDA3 | Leg Developer Attachment |
| GPCA1 | Preacher Curl Attachment |
| GPU348 | Pull-Up Bar Attachment (shown) |
| SCB26 | Calf Block |

**Shown with optional GPU348 Pull-Up Bar*



GS348QP4 **SERIES 7 SMITH PACKAGE**

- Complete Smith Gym System
- 98"L x 70"W x 83"H, 724 lbs.

INCLUDES:

| | |
|----------|--------------------------------|
| GS348Q | Smith Machine |
| GLA348QS | 210 lb. Lat Attachment |
| GPA3 | Pec Attachment |
| GFID71 | Flat / Incline / Decline Bench |
| GLDA3 | Leg Developer Attachment |
| GPCA1 | Preacher Curl Attachment |

BODY-SOLID STRENGTH

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



GFB350 **FLAT BENCH**

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



GFI21 **FLAT / INCLINE BENCH**

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



FID46 **FLAT / INCLINE / DECLINE BENCH**

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



GFID100 **FLAT / INCLINE / DECLINE BENCH**

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



GFID225 **FOLDING MULTI-BENCH**

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



GFID31 **FLAT / INCLINE / DECLINE BENCH**

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



GFID71 **FLAT / INCLINE / DECLINE BENCH**

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



GDIB46L **POWERCENTER COMBO BENCH**

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



GST20 **UTILITY BENCH**

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



GRCH322 **ROMAN CHAIR**

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



GHYP345 **45° BACK HYPEREXTENSION**

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



GAB100 **HORIZONTAL AB** **CRUNCH MACHINE**

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



GAB300 **SEMI-RECUMBENT AB BENCH**

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



GAB60 **PRO-STYLE AB BOARD**

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



GCAB360 **CAM SERIES AB & BACK**

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



GDIP59 **DIP STATION**

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



GVKR60 **VERTICAL KNEE RAISE & DIP**

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



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

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



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

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



GPM65 **PEC DEC**

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



GSRM40 **SEATED ROW MACHINE**

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



GPCB329 **PREACHER CURL BENCH**

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



GCBT380 **CAM SERIES BICEPS & TRICEPS**

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



GCLP100 **COMPACT LEG PRESS**

- Combines leg press & calf raise in one compact machine
- Carriage with sealed linear bearings
- 67"L x 47"W x 46"H, 229 lbs.



GLPH1100 **LEG PRESS & HACK SQUAT**

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



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

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



GLCE365 **LEG EXTENSION & CURL**

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



GSCR349 **SEATED CALF RAISE**

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



GSCL360 **LEVERAGE SQUAT & CALF**

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



GSS50 **SISSY SQUAT**

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



GWS100 **WEIGHT SLED**

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



GBR10 **BALL REBOUNDER**

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



GINV50 **INVERSION TABLE**

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



GLM83 **LAT MACHINE**

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



GLGS100 **CORNER LEVERAGE GYM**

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

OPTIONS:

GFID100 Flat / Incline / Decline Bench



SBL460 **LEVERAGE GYM**

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

OPTIONS:

LSA50 Leverage Squat Attachment

FID46 FID Bench



GLGS100P4 **CORNER LEVERAGE PACKAGE**

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

INCLUDES:

GLGS100 Corner Leverage Gym

GFID100 Flat / Incline / Decline Bench



SBL460P4 **LEVERAGE GYM PACKAGE**

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



INCLUDES:

SBL460 Leverage Gym

LSA50 Leverage Squat Attachment

FID46 FID Bench

BODY-SOLID FUNCTIONAL

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



GDCC210 **COMPACT FUNCTIONAL TRAINING CENTER**

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



GDCC200 **FUNCTIONAL TRAINING CENTER**

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



GDCC250 **DELUXE CABLE CROSSOVER**

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



GFT100 **FUNCTIONAL TRAINING**

- Includes two nylon cable handles and exercise chart
- 45"L x 64"W x 83"H, 633 lbs.

OPTIONS:

GFT100SH Weight Stack Shrouds



FUNCTIONAL TRAINING OPTIONS:



SP50 **50 LB. STACK** **UPGRADE**



GDCCBAR **DUAL PRESS BAR**



GDCCRACK **ACCESSORY** **RACK**

- GDCC210 & GDCC200



MB100A **ALUMINUM** **DOUBLE SWIVEL** **BAR**

ALL BODY-SOLID FUNCTIONAL TRAINERS FEATURE:

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

BODY-SOLID GYM SYSTEMS

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



\$1000

PRO CLUBLINE S1000 FOUR-STACK GYM

- Four independent stations allow up to four people to workout simultaneously
- 210 lb. weight stacks standard (upgradable to 310 lb. weight stacks)
- 11-gauge steel mainframe
- Fully-shrouded weight stacks
- Full commercial rated
- Body-Solid Pro Clubline Full-Commercial Warranty
- Product Weight: 1728 lbs.
- Dimensions: 124" L x 135" W x 83"H



G9S **TWO STACK GYM**

- Includes lat bar, low row bar, ankle cuff, ab/triceps strap, workout chart and dvd
- Chest Press, Incline Press, Shoulder Press, Row Station
- High, Mid and Low Pulley Stations
- Leg Press Station with 2:1 ratio
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- Two 210 lb. standard weight stack, optional 260 lb. available
- Optional VKR Station (not shown)
- 90"L x 73"W x 84"H, 964 lbs.
- 90"L x 104"W x 84"H, (with GKR9 option)
- 90"L x 133"W x 84"H, (with GIOT option)



G10B **BI-ANGULAR TWO STACK GYM**

- Bi-Angular Chest Press, Incline Press, Shoulder Press Station
- High, Mid and Low Pulley Stations
- Pec Fly, Rear Delt Station
- Dedicated Leg Extension and Seated Leg Curl Station
- Two 210 lb. standard weight stack, optional 260 lb. available
- Optional Leg Press Station (not shown)
- 72"L x 98"W x 84"H, 929 lbs.
- 84"L x 135"W x 84"H (with Leg Press option)



G6BR BI-ANGULAR SINGLE STACK GYM

- Bi-Angular Chest Press, Incline Press, Shoulder Press Station
- High, Mid and Low Pulley Stations
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- 210 lb. standard weight stack, optional 260 lb. available
- Optional Leg Press Station (not shown)
- 84"L x 58"W x 84"H, 547 lbs.
- 84"L x 82"W x 84"H (with Leg Press option)



G5S SINGLE STACK GYM

- Chest Press, Incline Press, Shoulder Press, Row Station
- High, Mid and Low Pulley Stations
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- 210 lb. standard weight stack, optional 260 lb. available
- Optional Leg Press Station (not shown)
- 81"L x 55"W x 84"H, 511 lbs.
- 81"L x 83"W x 84"H (with Leg Press option)
- 85"L x 104"W x 84"H (with GIOT option)

G-SERIES GYM OPTIONS

Personalize your workout with the following optional attachments:



SP50
50 lb. Weight Stack upgrade
G5S, G6BR, G9S, G10B



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



GKR
Vertical Knee Raise
G9S



GLP
Leg Press/Calf Press
G5S, G6BR, G10B



GAP
Aluminum Pulley
G5S, G6BR, G9S, G10B



F500

FUSION 500 SINGLE STACK GYM

- Chest Press, Incline Press, Shoulder Press, Row Station
- High Pulley Station
- Adjustable Functional Pulley Station
- Leg Extension and Curl Station
- 210 lb. standard weight stack, optional 310 lb. available
- Optional Leg Press Station (not shown)
- Optional Weight-Assisted Dip Station (not shown)
- 76"L x 48"W x 83"H, 526 lbs.
- 79"L x 80"W x 83"H (with Leg Press option)
- 76"L x 98"W x 83"H (with Assisted Chin Dip)



F600

FUSION 600 SINGLE STACK GYM

- Bi-Angular Chest Press, Incline Press, Shoulder Press Station
- Row Station
- High Pulley Station
- Adjustable Functional Pulley Station
- Leg Extension and Seated Curl Station
- 210 lb. standard weight stack, optional 310 lb. available
- Optional Leg Press Station (not shown)
- Optional Weight-Assisted Dip Station (not shown)
- 74"L x 51"W x 83"H, 573 lbs.
- 80"L x 80"W x 83"H (with Leg Press option)
- 76"L x 98"W x 83"H (with Assisted Chin Dip)

FUSION GYM OPTIONS

Personalize your gym with the following optional attachments:



FCDWA

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



FLP

Leg Press
Fusion 500,
Fusion 600



FMH

Multi-Hip Station
Fusion 500,
Fusion 600



EXM3000LPS TWO STACK GYM

- Chest Press, Incline Press, Shoulder Press, Row Station
- High, Mid and Low Pulley Stations
- Leg Press Station with 2:1 ratio
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- (2) 210 lb. weight stacks included
- 90"L x 82"W x 83"H, 947 lbs.
- 90"L x 104"W x 83"H (with VKR30 option)



EXM4000 3-STACK MULTI STATION GYM

- Chest Press Station
- Pec Fly, Rear Delt Station
- Shoulder Press Station
- High Pulley Station x 2
- Mid and Low Pulley Stations
- Leg Extension and Curl Station
- Optional Leg Press Attachment (LP40S)
- (3) 210 lb. weight stacks included
- 130"L x 93"W x 83"H, 1335 lbs.
- 130"L x 133"W x 83"H, (with LP40S option)



EXM SERIES GYM OPTIONS

Personalize your workout with the following optional attachments:



VKR30
Knee Raise/
Dip Station
EXM3000LPS



LP40S
Leg Press/
Calf Press
EXM4000S

FITS ALL BODY-SOLID



HP10
Premium
Weight Stack
Plate



WSA
Weight Stack
Adapters
2.5 lb & 5 lb



BSTDMB(WEIGHT) DUAL GRIP MEDICINE BALLS

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

BSTMB(WEIGHT) PREMIUM MEDICINE BALLS

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

BSTDYN(WEIGHT) DYNAMAX MEDICINE BALLS

- Soft-shell design is scuff-resistance and designed to hold shape
- Heavy-duty, vinyl-coated nylon cover
- 14" diameter
- Available in 4, 6, 8, 10, 12, 14, 16, 18, 20, 25, and 30 lb.

BSTHRB(WEIGHT) HEAVY RUBBER BALLS

- Heavy-rubber construction for significantly longer life Durable rubber construction
- Consistent center of gravity
- Available in 20, 30, 40, 50, 60, and 70 lbs.

BSTFB(WEIGHT) FITNESS BARS

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

GFR500 FITNESS BAR RACK

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



BSTB(WEIGHT) LIFTING BANDS

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



BSTBM(WEIGHT) MINI RESISTANCE BANDS

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



BSTART(WEIGHT) ANKLE RESISTANCE TUBES

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



BSTRT(WEIGHT) RESISTANCE TUBES

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

BSTRTDA RESISTANCE TUBE DOOR ATTACHMENT

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



GCRPACK CARDIO BAR PACK

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

PACK INCLUDES:

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



BSTPB(HEIGHT) STACKABLE METAL PLYO BOXES

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



BSTSPBOX + BSTWPBOX 3-IN-1 PLYO BOXES

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

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



BSTAW(WEIGHT) ADJUSTABLE ANKLE WEIGHTS

- Sold in pairs
- Adjustable in 1 lb. increments

BSTAW10 10 lb.

BSTAW20 20 lb.



BSTWVP(WEIGHT) WEIGHTED VESTS

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

BSTWVP20 20 lb.

BSTWVP40 40 lb.



BSTSH SLED HARNESS

- Fully adjustable fit
- Quick release strap
- For use with weight sleds and parachutes



BSTFR
FOAM ROLLERS

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

BSTFRP
PREMIUM FOAM ROLLERS

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

BSTYM
YOGA MATS

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



BSTYB10
PREMIUM FOAM YOGA BLOCK

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



BSTFM10 **EXERCISE MAT**

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



BSTFM20 **HANGING FOAM EXERCISE MAT**

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

BSTFMH **FOAM MAT HANGER**

21"L x 7"W" x 2"H, 1 lbs.



PUB34 **CHIN-UP BAR**

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



PUB30 **PULL-UP/PUSH-UP BAR**

- No mounting hardware required
- Fits doorways 27.5" to 30"W
- 37"L x 16"W x 7"H, 4 lbs.



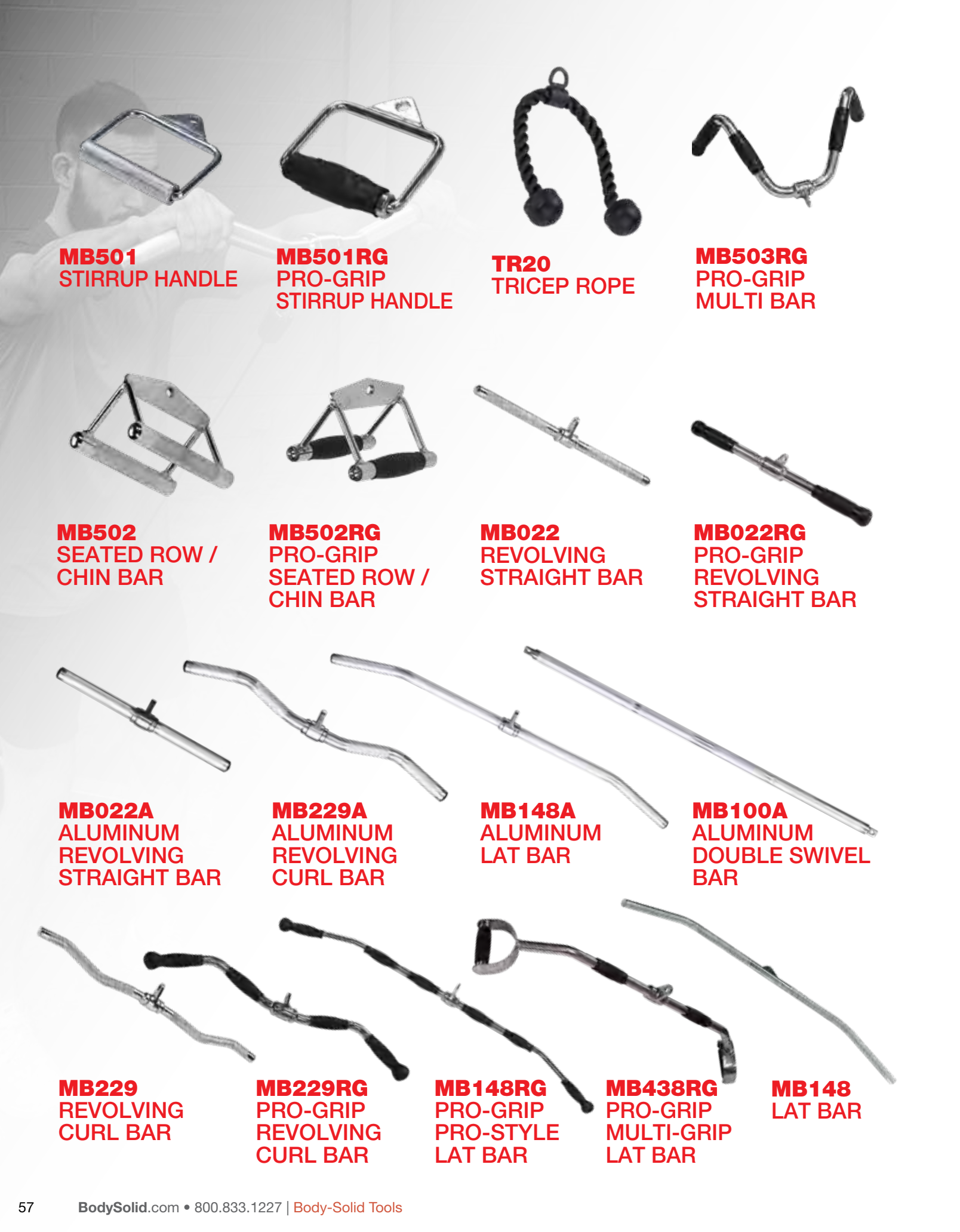
PUB2 • PUB5 **PUSH-UP BARS**

PUB2 7"L x 6"W x 8"H

CHROME

PUB5 7"L x 6"W x 9"H

BLACK



MB501
STIRRUP HANDLE

MB501RG
PRO-GRIP
STIRRUP HANDLE

TR20
TRICEP ROPE

MB503RG
PRO-GRIP
MULTI BAR

MB502
SEATED ROW /
CHIN BAR

MB502RG
PRO-GRIP
SEATED ROW /
CHIN BAR

MB022
REVOLVING
STRAIGHT BAR

MB022RG
PRO-GRIP
REVOLVING
STRAIGHT BAR

MB022A
ALUMINUM
REVOLVING
STRAIGHT BAR

MB229A
ALUMINUM
REVOLVING
CURL BAR

MB148A
ALUMINUM
LAT BAR

MB100A
ALUMINUM
DOUBLE SWIVEL
BAR

MB229
REVOLVING
CURL BAR

MB229RG
PRO-GRIP
REVOLVING
CURL BAR

MB148RG
PRO-GRIP
PRO-STYLE
LAT BAR

MB438RG
PRO-GRIP
MULTI-GRIP
LAT BAR

MB148
LAT BAR



MB504
TRICEP PRESS-DOWN BAR



MB504RG
PRO-GRIP
TRICEP PRESS-DOWN BAR



MB507RG
PRO-GRIP
V-BAR



NTS10
TRICEP STRAP



NB59
ADJUSTABLE
NYLON HANDLE



NB59A
ALUMINUM
NYLON HANDLE



NB51
NYLON WRIST
STRAPS



NB52
LIFTING STRAPS



ACH18
AB CRUNCH
HARNESS



NB55
NYLON DIPPING
STRAP



NB56
NYLON DIPPING
BELT



NAS3
NYLON ANKLE
STRAP



MA307N
NYLON HEAD
HARNESS



BSTGT
GRIP TRAINER



BSTCB
CANNONBALL
GRIPS



BSTNG
NUN-CHUCK
GRIPS



BSTDB
DOG BONE
GRIP



AAB2
GUT BLASTER
AB SLINGS



STT45
WEIGHT PLATE
CLOCK



BSTAB1
AB WHEEL



PG2
PRO POWER
GRIPS



BSTJR1
JUMP ROPE



BSTSR1
CABLE SPEED
ROPE



BSTSR10
PREMIUM
SPEED ROPE



BSTRINGS
RINGS



BB23
BICEPS BOMBER



GIB2R
INVERSION
BOOTS



BSTBR

FITNESS TRAINING ROPES

- BSTBR1530 1.5" DIA x 30' LONG
- BSTBR1540 1.5" DIA x 40' LONG
- BSTBR2030 2.0" DIA x 30' LONG
- BSTBR2040 2.0" DIA x 40' LONG



RF546

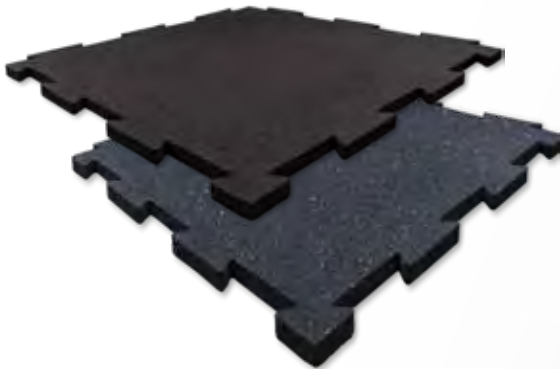
RUBBER FLOORING

- 72"L x 48"W x 1/2"H

RFHU463/4ECO

RUBBER FLOORING

- 72"L x 48"W x 3/4"H



RFBST4PB | RFBST4PS

INTERLOCKING RUBBER FLOORING

RFBST4PB (box of 4 pcs) - BLACK

- 19.75"L x 19.75"W x 7/16"H

RFBST4PS (box of 4 pcs) - GRAY SPECK

- 19.75"L x 19.75"W x 7/16"H



RF36T | RF34B | RF38R

CARDIO MATS

- RF36T 78"L x 36"W x 1/8"H
- RF34B 48"L x 36"W x 1/8"H
- RF38R 102"L x 36"W x 1/8"H

WEIGHTS & BARS

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



OPB CAST IRON OLYMPIC PLATES

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

SETS

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



SETS W/ BLACK BAR

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



OPT CAST IRON GRIP OLYMPIC PLATES

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

SETS

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



ORT RUBBER GRIP OLYMPIC PLATES

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

SETS

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



ORC COLOR RUBBER GRIP OLYMPIC PLATES SETS

| | | | |
|---------------|---------|----------------|----------------------------------------------------------------------------------------------------------------------------------|
| ORC2-5 | 2.5 lb. | ORCT255 | - (2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. |
| ORC5 | 5 lb. | ORCT355 | - (4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. |
| ORC10 | 10 lb. | ORCT455 | - (6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. |
| ORC25 | 25 lb. | ORC300 | - (2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 Lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars |
| ORC35 | 35 lb. | ORC400 | - (4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. (1) 44 Lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars |
| ORC45 | 45 lb. | ORC500 | - (6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 Lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars |



OBPH PREMIUM BUMPER PLATES

| | | |
|---------------|--------|------------------------------------------------------------------|
| OBPH10 | 10 lb. | • Made in the USA |
| OBPH15 | 15 lb. | • 2" Stainless steel center bushing protects the rubber material |
| OBPH25 | 25 lb. | • Rubber made from recycled rubber |
| OBPH35 | 35 lb. | • Dimensions- each plate is 17.7" round regardless of weight |
| OBPH45 | 45 lb. | • 1 Year Commercial Warranty |



OBPX CHICAGO EXTREME BUMPER PLATES

| | | |
|---------------|--------|------------------------------------------------------------|
| OBPX10 | 10 lb. | • Diameter 450mm (17.72"), IWF Standard |
| OBPX15 | 15 lb. | • Collar Opening 50.8mm (2") |
| OBPX25 | 25 lb. | • Smooth Black Finish |
| OBPX35 | 35 lb. | • 1 Year Commercial Warranty for 10 lb. and 15 lb. |
| OBPX45 | 45 lb. | • 3 Year Commercial Warranty for 25 lb., 35 lb. and 45 lb. |



OBPXC CHICAGO EXTREME COLOR BUMPER PLATES

| | | |
|----------------|--------|------------------------------------------------------------|
| OBPXC10 | 10 lb. | • Diameter 450mm (17.72"), IWF Standard |
| OBPXC15 | 15 lb. | • Collar Opening 50.8mm (2") |
| OBPXC25 | 25 lb. | • Smooth Finish |
| OBPXC35 | 35 lb. | • 1 Year Commercial Warranty for 10 lb. and 15 lb. |
| OBPXC45 | 45 lb. | • 3 Year Commercial Warranty for 25 lb., 35 lb. and 45 lb. |



RPB CAST IRON STANDARD PLATES

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



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

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

SDX(WEIGHT) CAST IRON HEX DUMBBELLS

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

SDR(WEIGHT) RUBBER HEX DUMBBELLS

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

SDP(WEIGHT) PREMIUM ROUND RUBBER DUMBBELLS

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

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

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





KBR(WEIGHT) **CAST IRON KETTLEBELLS**

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



KBV(WEIGHT) **VINYL DIPPED KETTLEBELLS**

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



KBC(WEIGHT) **PREMIUM KETTLEBELLS**

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



KBX(WEIGHT) **TRAINING KETTLEBELLS**

- Durable powder-coat finish
- Gravity cast
- Available in 4 kg (8.8 lb), 6 kg (13.2 lb), 8 kg (17.6 lb), 10 kg (22.0 lb), 12 kg (26.4 lb), 14 kg (30.8 lb), 16 kg (35.2 lb), 18 kg (39.7 lb), 20 kg (44.1 lb), 22 kg (48.5 lb), 24 kg (52.9 lb), 28 kg (61.7 lb), 32 kg (70.5 lb), and 36 kg (79.4 lb)



OB60B
5' OLYMPIC BAR (BLACK)

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



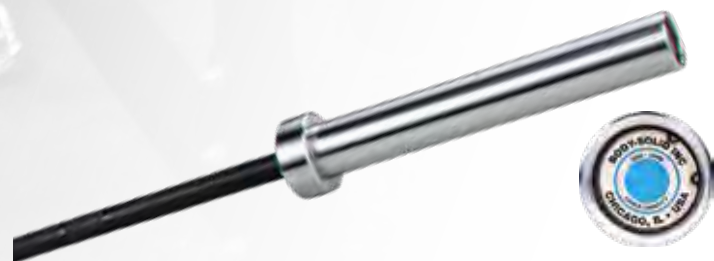
OB72A15
6' OLYMPIC BAR (ALUMINUM)

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



OB72B
6' OLYMPIC BAR (BLACK)

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



OB79EXT
WOMEN'S OLYMPIC BAR

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



OB86B
7' OLYMPIC BAR (BLACK)

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



OB86 7' OLYMPIC BAR (CHROME)

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



OB86P1000 7' OLYMPIC POWER BAR (CHROME)

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



OB86LPB 7' OLYMPIC POWER BAR (ZINC)

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



OB86EXT EXTREME OLYMPIC BAR

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



OB864STAR 4STAR POWER BAR (BLACK)

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



OB20
OLYMPIC DUMBBELL HANDLES

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



OB34C
OLYMPIC TRICEPS BAR

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



OB47C
OLYMPIC CURL BAR (CHROME)

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



OB47B
OLYMPIC CURL BAR (BLACK)

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



OB48
OLYMPIC COMBO BAR (CHROME)

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



OB48F
FAT CURL BAR (BLACK)

- 2" grip diameter for extra emphasis on forearms/grip strength
- 11-gauge steel
- 2" diameter sleeves for use with Oly weights
- 48"L x 5"W x 3"H, 12 lbs.



OMG47
OLYMPIC MULTI-GRIP CURL BAR

- Three separate neutral grips to enhance muscle recruitment
- Knurled handles for comfortable and secure lifts
- 2" sleeve diameter for use with Oly weights
- 48"L x 8"W x 3"H, 12 lbs.



OMG86

OLYMPIC MULTI-GRIP BAR (BLACK)

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



OBSS50

SAFETY SQUAT BAR

- Redistribute weight during squats and lunges
- Extra thick pad to prevent sliding & movement during lifts
- Heavy-duty & comfortable vinyl pads
- 2" diameter sleeves for use with Oly weights
- 16"L x 87"W x 4"H, 47 lbs..



BSTFWH

FARMERS WALK BARS

- Sold in pairs
- Bar Dia: 25.50 mm
- (ID) Collars: 35.625"
- Sleeve Length: 12"
- 60"L, 18 lbs.



OTB50 & OTB50RH

OLYMPIC TRAP BARS

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



OTB100

OPEN TRAP BAR

- Perfect for deadlifts, shrugs, lunges & more
- Dual high & low ergonomic handles
- Built-in bar jack
- 16.25" 2" diameter plate sleeves
- 26"L x 73"H x 8"H, 58 lbs



TBR10
T-BAR ROW
PLATFORM

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



TBR20
DUAL PIVOT
T-BAR ROW
PLATFORM

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



LBB28
LAT BLASTER BAR

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



TBR50
HOME PLATE
LANDMINE

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



LMSE
LANDMINE
SINGLE EYELET

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



LMPP
LANDMINE
PLATE PIVOT

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



LMMG
LANDMINE
MULTI-GRIP

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



LMCG
LANDMINE
CLUBGRIP

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



BSTOBJ **OLYMPIC** **BAR JACK**

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



BSTOLP **PLATE LOAD PIN**

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



BSTOBS **OLYMPIC** **BAR STANDS**

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



BSTCH44 **LIFTING CHAINS**

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



BSTOPW **PLATE WEDGE**

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



MA105 **BAR PAD**

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



MR136 **MANTA RAY**

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



BSTBPAD **PREMIUM** **BAR PAD**

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



RB72

6' STANDARD BAR (CHROME)

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

RB84

7' STANDARD BAR (CHROME)

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

RB47

STANDARD CURL BAR (CHROME)

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

RB48

STANDARD COMBO BAR (CHROME)

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

SDA14

STANDARD DUMBBELL HANDLES

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

SDA14T

STANDARD THREADED DUMBBELL HANDLES

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



RC0616 **STANDARD SPRING COLLARS**

- Sold in pairs
- Classic design for quick-changes



RC03 **STANDARD 1/2 LB COLLARS**

- Sold individually
- 1/2 lb. cast iron



RC02 **STANDARD 1 LB. COLLARS**

- Sold individually
- 1lb. cast iron



BSTLJ1 **1" STANDARD COLLARS**

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



OAS8 + OAS14 **8" or 14" OLYMPIC ADAPTER SLEEVES**

- Sold individually
- Converts 1" dia. posts to 2" Olympic posts
- Heavy-Duty nylon
- Lock-down allen hex bolt
- Available in either 8" or 14" length

STORAGE

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



SDKR EXPANDABLE STORAGE SYSTEM

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



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

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

2-Tier or 3-Tier uprights available

6 different shelves for customization



SDKRUP2
2-TIER UPRIGHT

SDKRUP3
3-TIER UPRIGHT



SDKRKB
KETTLEBELL SHELF



SDKRMB
MEDICINE BALL SHELF



SDKRDBS
DUMBBELL SHELF



SDKRSD6
6 SADDLE DUMBBELL SHELF



SDKRDBL
LARGE DUMBBELL SHELF



SDKRSD8
8 SADDLE DUMBBELL SHELF



SDKRDB DUMBBELL RACK

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



SDKRSD SADDLE DUMBBELL RACK

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



SDKRMB MEDICINE BALL RACK

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



SDKRKB KETTLEBELL RACK

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





GDR60 DUMBBELL RACK & STORAGE SYSTEM

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

Customize the GDR60 for a perfect fit in your facility



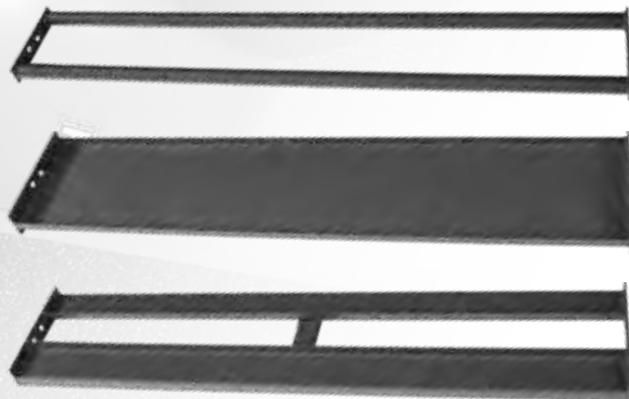
GDR60
Dumbbell Rack

GDRT6
Dumbbell Shelf

GDR60UP
Single Upright

GKRT6
Kettlebell Shelf

GMRT6
Medicine Ball Shelf



GMRT6 OPTIONAL MEDICINE BALL SHELF

- 56"L x 9"W

GKRT6 OPTIONAL KETTLEBELL SHELF

- 56"L x 12"W

GDRT6 OPTIONAL DUMBBELL SHELF

- 56"L x 12"W

GDR60UP SINGLE UPRIGHT

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





GDR363 **40" 3-TIER DUMBBELL RACK**

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



GDR48 **48" 3-TIER DUMBBELL RACK**

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



GDR44 **VERTICAL DUMBBELL RACK**

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



GDR80 **VERTICAL DUMBBELL RACK**

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



GDR10 **DUMBBELL RACK**

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



GDR24 **DUMBBELL RACK**

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



GDR34 **34" 3-TIER DUMBBELL RACK**

- Storage for 12 pairs of vinyl or neoprene dumbbells (1-15 lbs.)
- Solid steel construction
- 14"L x 34"W x 24"H, 51 lbs.



GDR500 **DUMBBELL RACK**

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



GDKR100 **45" KETTLEBELL / DUMBBELL RACK**

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



GDKR50 **KETTLEBELL RACK**

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





OWT24 **OLYMPIC WEIGHT TREE**

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



WT46 **OLYMPIC PLATE TREE & BAR HOLDER**

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



GWT56 **OLYMPIC WEIGHT TREE**

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



GWT66 **OLYMPIC WEIGHT TREE**

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



- *Customize with 8 or 10 posts*



GWT76 **HIGH CAPACITY OLYMPIC BUMPER PLATE RACK**

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



GWT86 **VERTICAL OLYMPIC WEIGHT TREE**

- Keep workout spaces clean & organized
- Designed for use with Olympic bumper plates
- Four castor wheels for easy movement
- 24"L x 24"W x 45"H, 17 lbs.



GBPR10 **BUMPER PLATE RACK**

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



SWT14 **STANDARD WEIGHT TREE**

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



GSWT **STANDARD PLATE TREE & BAR HOLDER**

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



GYR500 **FOAM ROLLER & YOGA MAT RACK**

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

* Accessories not included



SBS100 **HORIZONTAL BAR RACK**

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



SBBR100 **FIXED WEIGHT BARBELL RACK**

- Easy access storage for up to 10 Fixed Weight Barbells
- Composite lining protects bar finish
- 40"L x 37"W x 62"H, 139 lbs.



GOBH5 **OLYMPIC BAR HOLDER**

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



GAR100 **ACCESSORY RACK**

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

** Accessories not included*



GAR250 **ACCESSORY TOWER**

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

** Accessories not included*



VDRA30 ACCESSORY STAND

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



SSBR100 & SSBR200 PVC STABILITY BALL RACKS

- Storage of eight or 12, 45cm to 75cm stability balls
- SSBR100: 17"L x 55"W x 89"H, 34 lbs.
- SSBR200: 17"L x 108"W x 89"H, 63 lbs.



GSR10 STABILITY BALL RACK

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



GMR10 MEDICINE BALL RACK

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



GMR5 MEDICINE BALL RACK

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



ENDURANCE CARDIO

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



CL300 CLIMBER

- Low-impact, heart-racing cardio & total body workouts
- Adjustable touchscreen display
- Padded side handrails
- Fully-adjustable resistance
- 46"L x 44"W x 88"H, 151 lbs.



R300 ROWER

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



FB300B FAN BIKE

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





E5000 **ELLIPTICAL**

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



T50 **REHAB WALKING TREADMILL**

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



T150 **COMMERCIAL TREADMILL**

- Power Source: 110v Dedicated Commercial NEMA 5-20P
- Drive Motor: 4 HP
- Incline Motor: 115 V | 0.8 A | 1/6 HP
- Belt Size: 60"L x 22"W
- Speed Range: 0.5-12.5 mph
- Incline Range: 0% to 15%
- 82"L x 35"W x 62"H, 285 lbs.





B4RB **RECUMBENT BIKE**

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



B4UB **UPRIGHT BIKE**

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



ESB250 **INDOOR EXERCISE BIKE**

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

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