



Prescribed for Progress™

5151 South 110th East Avenue
Tulsa, OK 74146
PH (800)-278-3933
www.SCIFIT.com



Columbia Centre III 9525 Bryn Mawr Avenue
Rosemont, IL 60018
PH (800) 735-3867
www.LifeFitness.com

PRODUCT DESCRIPTION	PRODUCT ORDER CODE	MODEL NUMBER	MSRP PRICE
Bikes			
Upright - forward only - step through	ISO1007-INT	ISO1000	\$3,085
Upright - bi-directional - step through	ISO7001-INT	ISO7000	\$3,600
Recumbent - forward only - step through - standard seat	ISO1010R-INT	ISO1000R	\$3,805
Recumbent - forward only - step through - premium seat	ISO1011R-INT	ISO1000R	\$4,525
Recumbent - forward only - step through - bariatric seat	ISO1027R-INT	ISO1027R	\$4,725
Recumbent - bi-directional - step through - standard seat	ISO7010R-INT	ISO7000R	\$4,425
Recumbent - bi-directional - step through - premium seat	ISO7011R-INT	ISO7000R	\$4,895
Recumbent - bi-directional - step through - bariatric seat	ISO7027R-INT	ISO7027R	\$5,095
Ellipticals			
Elliptical Total Body with Tele-Rail and Bio Flex	SXT7000-INT	SXT7000	\$5,615
Elliptical Total Body with Easy Entry Package (platform & handrails)	SXT7000E-INT	SXT7000E	\$6,175
REX Total Body Recumbent Elliptical - standard seat	REX7000-INT	REX7000	\$5,795
REX Total Body Recumbent Elliptical - premium seat, foot straps	REX7001-INT	REX7001	\$5,895
Treadmills			
110v or 220v - Side handrail switches	AC5000-INT	AC5000	\$6,825
110v or 220v - Side handrail - reverse and decline - includes side handrail switch	AC5000M-INT	AC5000M	\$7,515
Steppers			
Total body recumbent stepper - standard seat	SONE01	StepOne	\$5,795
Total body recumbent stepper - Bariatric seat	SONE02	StepOne	\$6,250
Total body recumbent stepper - premium seat	SONE03	StepOne	\$5,995
Weight bearing climber - Quiet and Smooth	TC1002-INT	TC1000	\$4,480
Lateral Stability Trainer			
Latitude - standard seat	LATITUDE-01	Latitude	\$5,795
Latitude - premium seat	LATITUDE-01	Latitude	\$5,995
Latitude - bariatric seat	LATITUDE-01	Latitude	\$6,250
PRO-Sport Series			
Standing upper body - adjustable cranks	PRO101-INT	PRO1 Sport	\$4,685
Total body - fixed cranks - standard seat	PRO231-INT	PRO2 Sport	\$4,895
Upper body - fixed cranks - standard seat	PRO1030-INT	PRO1000 Sport	\$4,560
PRO Series			
Upper body - adjustable cranks - standard seat	PRO1032-INT	PRO1000	\$4,780
Upper body - adjustable cranks - premium seat	PRO1031-INT	PRO1000	\$5,060
Upper body - adjustable cranks - bariatric seat	PRO1049-INT	PRO1000	\$5,275
Upper body - adjustable tilt head, cranks - standard seat	PRO102-INT	PRO1	\$5,225
Upper body - adjustable tilt head, cranks - standard seat - 6" taller mast	PRO102-XXL	PRO102-XXL	\$5,380
Upper body - adjustable tilt head, cranks - premium seat	PRO100-INT	PRO1	\$5,540
Upper body - Adjustable tilt head, cranks - Bariatric seat	PRO117-INT	PRO1	\$5,765
Total body - adjustable cranks - standard seat	PRO232-INT	PRO2	\$5,280
Total body - adjustable cranks - premium seat	PRO230-INT	PRO2	\$5,590
Total Body - adjustable cranks - bariatric seat	PRO248-INT	PRO2	\$5,795
Inclusive Fitness			
Adjustable upper body exerciser - premium seat - Includes IF wheelchair ramp	PRO103-INT(USA)	IF PRO1	\$6,015
Total Body Exerciser - premium seat - low boots - Includes IF wheelchair ramp	PRO234-INT(USA)	IF PRO2	\$6,120
Bi-Directional Recumbent Bike - premium removable seat - low boots	ISO7012R-(USA)	IF ISO7000R	\$5,095

PRODUCT DESCRIPTION	PRODUCT ORDER CODE	MODEL NUMBER	MSRP PRICE
Entertainment			
Entertainment (Bikes, Ellipticals, Rex, Stepper)	S4957	S4957	\$2,450
Entertainment (Pro, Treadmill)	S4956	S4956	\$2,795
Entertainment (StepOne)	S5590	S5590	\$2,795
Accessories (Electronic)			
AC Adapter	P4861	P4861	\$20
Polar Strap	65190	65190	\$100
Fit-Key Software	A4953	A4953	\$495
USB Fit-Key Thumb Drive - Black	P6128	P6128	\$15
USB Fit-Key Thumb Drive - Yellow	P6129	P6129	\$15
USB Fit-Key Thumb Drive - Red	P6130	P6130	\$15
USB Fit-Key Thumb Drive - Teal	P6131	P6131	\$15
USB Fit-Key Thumb Drive - Lime	P6132	P6132	\$15
Accessories			
Wheelchair Platform (StepOne)	S5587	S5587	\$160
Wheelchair Ramp (StepOne)	A4098 + A5585	A4098 + A5585	\$565
Wheelchair Platform (Pro)	A1180	A1180	\$160
IF Wheelchair Ramp (Pro)	A4098	A4098	\$565
Tread Step	P3970	P3970	\$140
Upright/Recumbent Adj. Cranks	P4313	P4313	\$305
Sports Pedals (Bikes/Pro2)	P4578	P4578	\$125
Handrails (AC5000)	P4491-CH	P4491-CH	\$360
Assist Gloves	P3981	P3981	\$115
Foot Straps (Rex)	A3506	A3506	\$50
Leg Stabilizers (StepOne)	S5619	S5619	\$670
Leg Stabilizers (Pro2)	S6413	S6413	\$775
Support Boots (Bikes)	P3245	P3245	\$155
Low Support Boots (Pro2)	A3248	A3248	\$340
Seat Belt - (Premium Seats - Except REX)	S6466	S6466	\$155
Straight Hand Grips (Pro)	A2253	A2253	\$250
External Rotations (Pro1)	A2974	A2974	\$360
T-Handle Seat Adjustment	S6913	S6913	\$40

L A T E R A L H3500 T R A I N E R TOUCH

In a landmark study conducted by the University of Tampa Human Performance Lab, when compared to the leading elliptical tainer, Helix delivered dramatically increased muscle activation in literally 2/3 of the body, from “the core to the floor.” Here are the results:

Vastus Lateralus



Adductors



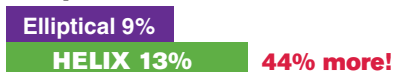
Gluteus Maximus



Gluteus Medius



Obliques



Rectus Abdominis



Spinal Erectors



As you can see, Helix training is **Radically Different AND Radically Effective.** It's no wonder users shape up faster with Helix!

The Most Effective Cardio Product Ever Built™

By training **more** muscle groups, and by creating **more** activation within those muscle groups, Helix burns more calories and delivers results **faster** than any other cardio product.



The patented 360° motion of Helix delivers a no-impact, super effective workout that engages multiple planes of human movement.



The state-of-the-art **TFT Touchscreen** is super intuitive, and the great graphics and feedback data will keep users motivated.

H3500 TOUCH

SPECS AT A GLANCE

- Resistance Type:** Generator Magnetic
- Resistance Method:** Electro-magnetic
- Resistance Levels:** 16
- Total Resistance (watts):** 400
- Flywheel Weight:** 26.4 lbs / 12kg
- Max User Weight:** 350 lbs / 159kg
- Unit Weight:** 225 lbs / 102kg
- Market:** Full Commercial
- Assembled Footprint:**
36" x 42" (92cm x 107cm)
- Packaging Dimensions:**
38" x 18" x 29"
(96.5cm x 45cm x 74cm)
- Power Requirements:** Self-generated
- Parts:** 3 years Commercial; 5 years Residential upon owner registration
- Labor:** 1 year



HLT3500

The **HLT3500 Standard** features the same great workout as the 3500 Touch, but with a classic dot matrix / LED console.

SPECS AT A GLANCE

- Resistance Type:** Generator Magnetic
- Resistance Method:** Electro-magnetic
- Resistance Levels:** 16
- Total Resistance (watts):** 400
- Programs:** Quick Start, Manual, Random, Interval, HR Control, Valley, Rolling Mountain, Olympian
- Feedback:** Time, Calories, RPM, Distance, HR, Level, Mets, Watts
- Flywheel Weight:** 26.4 lbs / 12kg
- Max User Weight:** 350 lbs / 159kg
- Unit Weight:** 225 lbs / 102kg
- Market:** Full Commercial
- Assembled Footprint:** 36" x 42" (92cm x 107cm)
- Packaging Dimensions:**
38" x 18" x 29" (96.5cm x 45cm x 74cm)
- Power Requirements:** Self-generated
- Parts:** 3 years Commercial; 5 years Residential upon owner registration
- Labor:** 1 year





Iron and Accessory MSRP Pricing, 1900 S Des Plaines Ave, Forest Park, IL 60130
www.bodysolid.com

Effective 12-05-2018

Accessories

AAB2	GUT BLASTER SLINGS	\$64.29
AP3	3 Inch Aluminum Pulley	\$23.81
AP4	4 Inch Aluminum Pulley	\$26.19
BB23	BICEP BOMBER	\$40.00
BB25	Limited Edition 25th Anniv Bicep Bomber	\$64.29
BSTAB1	Body Solid Tools Ab Wheel	\$19.05
BSTAW10	10LB ANKLE WEIGHTS, PAIRS	\$78.57
BSTAW20	20LB ANKLE WEIGHTS, PAIRS	\$111.90
BSTBPAD	Premium Bar Pad	\$16.67
BSTCH44	Pair of Lifting Chains, 22lbs each	\$171.43
BSTFR36F	36" FULL FOAM ROLLER	\$38.10
BSTFR36H	36" HALF FOAM ROLLER	\$35.71
BSTFRP18F	18" PREMIUM FULL FOAM ROLLER, EVA, HIGH DENSITY	\$33.33
BSTFRP36F	36" PREMIUM FULL FOAM ROLLER, EVA, HIGH DENSITY	\$57.14
BSTJR1	SPEED JUMP ROPE	\$9.17
BSTSR1	Cable Speed Rope	\$13.93
BSTSR10	Ultra Speed Rope	\$25.00
BSTRINGS	Exercise Rings, pair with straps	\$76.19
BSTWVP20	PREMIUM ADJUSTABLE WEIGHTED VEST, 20LBS	\$107.14
BSTWVP40	PREMIUM ADJUSTABLE WEIGHTED VEST, 40LBS	\$130.95
BSTYB10	YOGA BLOCK	\$7.74
GIB2	INVERSION BOOTS	\$83.33
MA105	BAR PAD	\$17.86
MA307N	Nylon Head Harness	\$33.33
MA307V	Leather Head Harness	\$71.43
MA310	Leather Dip Strap	\$28.57
MA330	Leather Dip Belt	\$88.10
MR136	Manta Ray	\$88.10
NB51	Nylon Wrist Straps	\$20.24
NB52	Pair Nylon Power Lifting Straps	\$23.21
NB55	Nylon Dipping Strap	\$25.00

	NB56	Nylon Dipping Belt	\$38.10
	OA8	OLYMPIC ADAPTER SLEEVE, 8"	\$12.50
	OAS14	OLYMPIC ADAPTER SLEEVE, 14"	\$25.00
	PG2	PRO-POWER GRIPS, pair	\$37.50
	PUB2	PUSH UP BARS	\$20.24
	PUB30	DOOR MOUNTED CHIN BAR	\$50.00
	PUB34	CHIN UP BAR	\$114.29
	PUB5	Premium Push Up Bars	\$63.10
	SH22M/L	Shoulder Horn Medium/Large	\$126.19
	SH22XL/XXL	Shoulder Horn Xtra Large / Double Xtra Large	\$126.19
	STT45	STRENGTH TRAINING TIME CLOCK	\$40.48
	WSA2.5	2.5 WEIGHT STACK ADAPTERS	\$12.50
	WSA5	5 # WEIGHT STACK ADAPTERS	\$20.24
	Grip	BSTCB	Cannon Ball Grips (pair)
BSTDB		Dogbone Grip	\$35.71
BSTNG		Nunchuck Grips (pair)	\$30.95
Mats	BSTFM10	Thick Exercise Mat	\$30.95
	BSTFM20	Hanging Exercise Mat	\$50.00
	BSTFMH	Mat Hangar for BSTFM20	\$28.57
	BSTYM3	YOGA MAT BLUE, 3MM	\$20.24
	BSTYM5	YOGA MAT RED, 5MM	\$25.00
	BSTYM10	PREMIUM YOGA MAT GREEN, 6MM	\$40.48
Flooring	RF34B	Rubber Bike Mat	\$42.86
	RF36T	Rubber Treadmill Mat	\$54.76
	RF38R	Rubber Rower Mat 36"x109"	\$83.33
	RF4PMB	4 piece puzzle mat, 19.5" square, 3/8" thick, black	\$66.67
	RF4PMG	4 piece puzzle mat, 19.5" square, 3/8" thick, gray speck	\$90.48
	RFBST4PB	4 piece puzzle mat, 19.7" square, 7/16" thick, black	\$60.12
	RFBST4PS	4 piece puzzle mat, 19.7" square, 7/16" thick, gray speck	\$72.62
	RF46	Rubber Equipment Mat 4' x 6', 3/8" thick	\$100.00
	RF546	Rubber Equipment Mat 4' x 6', 1/2" thick	\$102.38
	RFHU68	7'-6" x 6' Rubber Lifting Platform, 3/4" thick, bevel edge	\$416.67
Lc	LBB28	LAT-BLASTER BAR	\$50.00

Tbar	Landmine and	LMCG	Landmine Club Grip	\$62.50
		LMSE	Landmine Single Eyelet	\$25.00
		LMPP	Landmine Plate Pivot	\$38.10
		LMMG	Landmine Multigrip	\$88.10
		TBR10	T bar row platform	\$71.43
		TBR20	T-BAR ROW PLATFORM, Dual Swivel	\$80.95
Cardio Barbell Pack		GCRPACK	Cardio Barbell Pack, Includes 1-Rack, 10-55" straight bars, 20-1" spring collars, 20-2.5lb plates, 20-5lb plates, 20-10lb plates	\$2,678.57
		CB40	Cardio Barbell Individual Set, Includes 1-55" straight bar, 2-1" spring collars, 2-10lb plates, 2-5lb plates, 2-2.5lb plates	\$238.10
		RCCW	Cardio Barbell Spring Collars (pair) only for RBCW	\$4.76
		RBCW	Cardio Barbell Set Barbell Single	\$35.71
		RPCW10	Cardio Barbell 10lb Urethane Weight Plate	\$57.14
		RPCW2-5	Cardio Barbell 2.5lb Urethane Weight Plate	\$15.48
		RPCW5	Cardio Barbell 5lb Urethane Weight Plate	\$30.95
Package	10015	BSTPACK	Body-Solid Tools Core Essentials includes two 3lb vinyl dumbbells, an anti-burst exercise ball, a 5mm, 72" x 24" Yoga Mat, a light and heavy resistance tube, 9' Speed Rope, Ab Wheel, Push-Up Bars as well as an exercise booklet and DVD in one retail-ready box.	\$130.95
		BSTFITBAG	Body Solid Tools Fit Bag includes a premium yoga mat, premium 18" foam roller, a five pack of resistance tubes in an easy to carry workout bag	\$154.76
Sled		GWS100	Body Solid Weight Sled	\$338.10
Cable Att:		ACH18	AB CRUNCH	\$30.36
		MA308V	Leather Ankle Strap	\$50.00
		MB022	Revolving Solid Straight Bar	\$59.52
		MB022A	Aluminum Revolving Straight Bar	\$35.71
		MB022RG	Revolving Solid Straight Bar(rubber grip)	\$64.29
		MB100A	Aluminum Revolving Dual Cable Straight Bar for Functional Trainer	\$76.19
		MB148A	Aluminum Revolving Lat Bar	\$76.19
		MB148RG	Lat Bar (rubber grip)	\$69.05
		MB229	Revolving Curl Bar	\$59.52
		MB229A	Aluminum Revolving Curl Bar	\$66.67
		MB229RG	Revolving Curl Bar (rubber grip)	\$64.29
		MB438RG	Pro Style Lat Bar - 38" (rubber grip)	\$83.33
		MB501	Stirrup Handle	\$17.86

Attachments	MB501RG	Stirrup Handle(rubber grip)	\$25.00
	MB502	Seated Row/Chin Bar Combo	\$33.33
	MB502RG	Seated Row/Chin Bar Combo(rubber grip)	\$35.71
	MB503RG	Revolving Solid Multipurpose Bar(rubber grip)	\$61.90
	MB504	Solid Tricep Pressdown Bar	\$30.95
	MB504RG	Solid Tricep Pressdown Bar(rubber grip)	\$35.71
	MB507RG	Balanced V-Bar (rubber grip)	\$45.24
	NAS3	ANKLE STRAP	\$15.48
	NB59	Nylon Adjustable Cable Handle	\$20.24
	NB59A	Aluminum Adjustable Cable Handle	\$23.81
	NTS10	TRICEPSTRAP	\$25.00
	TR20	TRICEP ROPE	\$28.57
	TS31	THIGH STRAPS	\$14.29
Wood Plyo Box	BSTWPBOX	3 Way Wooden Plyo Box, 20", 24", 30"	\$226.19
Soft Plyo Box	BSTSPBOX	3 Way Soft Plyo Box, 20", 24", 30"	\$376.19
Plyo Boxes	BSTPB6	6 inch PLYO BOX	\$126.19
	BSTPB12	12 inch PLYO BOX	\$138.10
	BSTPB18	18 inch PLYO BOX	\$157.14
	BSTPB24	24 inch PLYO BOX	\$183.33
	BSTPB30	30 inch PLYO BOX	\$200.00
	BSTPB36	36 inch PLYO BOX	\$226.19
	BSTPB42	42 inch PLYO BOX	\$257.14
	BSTPBS1	Set 12-24 PLYO BOX SET	\$476.19
	BSTPBS2	Set 12-30 PLYO BOX SET	\$676.19
BSTPBS5	Set 6-42 PLYO BOX SET	\$1,276.19	
Training Ropes	BSTBR1530	1.5" DIAMETER 30' Fitness Training Rope	\$130.95
	BSTBR1540	1.5" DIAMETER 40' Fitness Training Rope	\$178.57
	BSTBR1550	1.5" DIAMETER 50' Fitness Training Rope	\$202.38
	BSTBR2030	2" DIAMETER 30' Fitness Training Rope	\$214.29
	BSTBR2040	2" DIAMETER 40' Fitness Training Rope	\$300.00
	BSTBR2050	2" DIAMETER 50' Fitness Training Rope	\$376.19

Trainer	Grip	BSTGT100	Body Solid Tools Grip Trainer 100lb	\$11.90
		BSTGT150	Body Solid Tools Grip Trainer 150lb	\$13.10
		BSTGT200	Body Solid Tools Grip Trainer 200lb	\$14.29
Bands	Power	BSTB1	Resistance band, very light 1/2" orange	\$13.69
		BSTB2	Resistance band, light 3/4" green	\$19.05
		BSTB3	Resistance band, medium 1 1/8" red	\$25.00
		BSTB4	Resistance band, heavy 1 3/4" blue	\$41.67
		BSTB5	Resistance band, very heavy 2 1/2" purple	\$53.57
		BSTB-5PACK	5 pack resistance bands, includes BSTB1,2,3,4,5	\$152.38
Bands	Mini Loop	BSTBM1	Mini Loop Bands Yellow Very Light	\$2.38
		BSTBM2	Mini Loop Bands Green Light	\$2.38
		BSTBM3	Mini Loop Bands Red Medium	\$2.38
		BSTBM4	Mini Loop Bands Blue Heavy	\$2.98
		BSTBM5	Mini Loop Bands, Black Very Heavy	\$3.57
		BSTBM-5PACK	Mini Loop Bands, 5 pack, retail packaging	\$13.69
Tubing	Resistance	BSTRT1	RESISTANCE TUBE, YELLOW VERY LIGHT	\$13.69
		BSTRT2	RESISTANCE TUBE, GREEN LIGHT	\$14.88
		BSTRT3	RESISTANCE TUBE, RED MEDIUM	\$16.07
		BSTRT4	RESISTANCE TUBE, BLUE HEAVY	\$17.26
		BSTRT5	RESISTANCE TUBE, BLACK VERY HEAVY	\$18.45
		BSTRT-5PACK	5 PACK RESISTANCE TUBES, INCLUDES BSTRT1,2,3,4,5	\$80.36
		BSTRTDA	RESISTANCE TUBE DOOR FRAME ATTACHMENT	\$5.95
		BSTRT-GYMPACK	5 PACK RESISTANCE TUBES WITH DOOR FRAME ATTACH	\$85.12
Medicine Balls		BSTMBP2	2LB PURPLE, BLACK MED BALL	\$35.71
		BSTMBP4	4LB YELLOW, BLACK MED BALL	\$44.05
		BSTMBP6	6LB LIGHT GREEN, BLACK MED BALL	\$50.00
		BSTMBP8	8LB RED, BLACK MED BALL	\$57.14
		BSTMBP10	10LB BLUE, BLACK MED BALL	\$64.29
		BSTMBP12	12LB GRAY, BLACK MED BALL	\$71.43
		BSTMBP14	14LB ORANGE, BLACK MED BALL	\$85.71
		BSTMBP16	16LB DARK GREEN, BLACK MED BALL	\$90.48
		BSTM20	20LB DARK BLUE	\$123.81
		BSTM25	25LB BLACK	\$169.05

	BSTMB30	30LB BLACK	\$183.33
Dual Grip Medicine Balls	BSTDMB6	6LB BLACK	\$69.05
	BSTDMB8	8LB BLACK	\$76.19
	BSTDMB10	10LB BLACK	\$85.71
	BSTDMB12	12LB BLACK	\$95.24
	BSTDMB14	14LB BLACK	\$100.00
	BSTDMB16	16LB BLACK	\$114.29
	BSTDMB18	18LB BLACK	\$133.33
	BSTDMB20	20LB BLACK	\$142.86
	BSTDMB25	25LB BLACK	\$195.24
Soft Med Balls	BSTSMB6	6 LB SOFT MEDICINE BALL (WALL BALL)	\$66.67
	BSTSMB8	8 LB SOFT MEDICINE BALL (WALL BALL)	\$71.43
	BSTSMB10	10 LB SOFT MEDICINE BALL (WALL BALL)	\$73.81
	BSTSMB12	12 LB SOFT MEDICINE BALL (WALL BALL)	\$76.19
	BSTSMB14	14 LB SOFT MEDICINE BALL (WALL BALL)	\$78.57
	BSTSMB16	16 LB SOFT MEDICINE BALL (WALL BALL)	\$80.95
	BSTSMB18	18 LB SOFT MEDICINE BALL (WALL BALL)	\$83.33
	BSTSMB20	20 LB SOFT MEDICINE BALL (WALL BALL)	\$90.48
	BSTSMB25	25 LB SOFT MEDICINE BALL (WALL BALL)	\$92.86
	BSTSMB30	30 LB SOFT MEDICINE BALL (WALL BALL)	\$97.62
Slam Balls	BSTHB10	Slam Ball, Black, 10lb	\$40.48
	BSTHB15	Slam Ball, Black, 15lb	\$47.62
	BSTHB20	Slam Ball, Black, 20lb	\$59.52
	BSTHB25	Slam Ball, Black, 25lb	\$69.05
	BSTHB30	Slam Ball Black, 30lb	\$78.57
	BSTTT10	Premium Tire Tread Slam Ball, 10lb	\$52.38
	BSTTT15	Premium Tire Tread Slam Ball, 15lb	\$59.52
	BSTTT20	Premium Tire Tread Slam Ball, 20lb	\$69.05
Stability Balls	BSTSB45	45CM GREEN	\$31.55
	BSTSB55	55CM GRAY	\$31.55
	BSTSB65	65CM RED	\$31.55
	BSTSB75	75CM BLUE	\$31.55
	BSTFB4	4LB ORANGE PADDED WEIGHTED BAR - Grip Diameter 1"	\$36.90

Fitness Bars	BSTFB6	6LB LIGHT PURPLE PADDED WEIGHTED BAR - Grip Diameter 1.05"	\$42.86
	BSTFB9	9LB YELLOW PADDED WEIGHTED BAR - Grip Diameter 1.05"	\$50.00
	BSTFB12	12LB GREEN PADDED WEIGHT BAR - Grip Diameter 1.05"	\$59.52
	BSTFB15	15LB RED PADDED WEIGHTED BAR - Grip Diameter 1.20"	\$66.67
	BSTFB18	18LB BLUE PADDED WEIGHTED BAR - Grip Diameter 1.25"	\$76.19
	BSTFB24	24LB DARK PURPLE PADDED WEIGHTED BAR - Grip Diameter 1.50"	\$100.00
	BSTFB30	30LB MAGENTA PADDED WEIGHTED BAR - Grip Diameter 1.55"	\$133.33
	BSTFB36	36LB LIGHT GRAY PADDED WEIGHT BAR - Grip Diameter 1.55"	\$150.00
Kettlebells	KB(Size)	Cast Black Kettle Bells, 5,10,15,20,25,30,35,40,45,50,55,65,70,75 lbs	\$2.14
	KBS105	Cast Kettle Bell Set Singles Set One Each 5-30	\$225.00
	KBS275	Cast Kettle Bell Set Singles Set One Each 5-50	\$589.29
	KBV(Size)	Vinyl Coated Kettle Bells, 5,8,10,12,15,20,25,30,35,40,45,50lbs	\$2.38
	KBVS70	Vinyl Coated Kettle Bells Set, One Each 5,8,10,12,15,20	\$166.67
	KBVS70PACK	Vinyl Coated Kettle Bells Set, One Each 5,8,10,12,15,20, with GDKR50	\$309.52
	KBVS105	Vinyl Coated Kettle Bells Set One Each 5,10,15,20,25,30	\$250.00
	KBVS125	Vinyl Coated Kettle Bells Set One Each 5,8,10,12,15,20,25,30 lbs	\$297.62
	KBVS275	Vinyl Coated Kettle Bells Set 5-50	\$654.76
	KBL(Size)	Vinyl Dipped Kettleballs 5,10,15,20,25,30,35,40, 45, 50, 55, 60 lbs	\$2.62
	KBLS105	Vinyl Dipped Kettleball Set 5-30	\$275.00
	KBLS180	Vinyl Dipped Kettleball Set 5-40	\$471.43
	KBLS275	Vinyl Dipped Kettleball Set 5-50	\$720.24
	KBC(Size)	Chrome Handle, Rubber Coated Kettle Bells, 5,10,15,20,25,30,35,40,45,50,55,65,70,75 lbs	\$2.86
	KBCS105	Chrome Handle, Rubber Kettle Bell Set One Each 5-30	\$300.00
	KBCS275	Chrome Handle, Rubber Kettle Bell Set One Each 5-50	\$785.71
	KBX4KG	Premium Training Kettlebell 4kg, 9lb	\$20.95
	KBX6KG	Premium Training Kettlebell 6kg, 13lb	\$31.43
	KBX8KG	Premium Training Kettlebell 8kg, 18lb, Pink Band	\$41.90
	KBX12KG	Premium Training Kettlebell 12kg, 26lb, Blue Band	\$62.86
	KBX16KG	Premium Training Kettlebell 16kg, 35lb, Yellow Band	\$83.81
	KBX20KG	Premium Training Kettlebell 20kg, 44lb, Purple Band	\$104.76
	KBX24KG	Premium Training Kettlebell 24kg, 53lb, Green Band	\$125.71
	KBX28KG	Premium Training Kettlebell 28kg, 62lb, Orange Band	\$146.67
	KBX32KG	Premium Training Kettlebell 32kg, 70lb, Red Band	\$167.62
	KBX36KG	Premium Training Kettlebell 36kg, 80lb, Gray Band	\$188.57

	KBXS66	Premium Training KB set 4,6,8,12,16,20 KG	\$345.71
	KBXS66PACK	Premium Training KB set 4,6,8,12,16,20 KG, w GDKR50 rack	\$488.57
	KBXS186	Premium Training KB set 4,6,8,12,16,20,24,28,32,36 KG	\$974.29
Dumbbells	SDX(Size)	Individual Cast Hex DBs 3,5,8,10,12,15,20-100 lbs (per LB)	\$2.02
	SDS550	Grey Hex Dumbell set 5-50lb pairs	\$1,095.24
	SDS650	Grey Hex Dumbell set 55-75lb pairs	\$1,297.62
	SDS900	Grey Hex Dumbell set 80-100lb pairs	\$1,797.62
	SDR(Size)	Individual Rubber Hex DBs 3,5,8,10,12,15,20-120 lbs (per LB)	\$2.38
	SDRS550	Rubber Hex Dumbell 5-50lb pairs	\$1,309.52
	SDRS650	Rubber Hex Dumbell 55-75lb pairs	\$1,547.62
	SDRS900	Rubber Hex Dumbell 80-100lb pairs	\$2,142.86
	SDRSHEAVY	Rubber Hex Dumbell 105-120lb pairs	\$2,142.86
	SDP(Size)	Individual Rubber Round DBs 5,10,15,20-100 lbs (per LB)	\$3.93
	SDPS550	Rubber Round Dumbell 5-50lb pairs	\$2,160.71
	SDPS650	Rubber Round Dumbell 55-75lb pairs	\$2,553.57
	SDPS900	Rubber Round Dumbell 80-100lb pairs	\$3,535.71
Color Rubber Grip Plate	ORC(XXX)	Individual, Colored Rubber Grip Oly Plates 2.5, 5, 10, 25, 35, 45, lbs (per LB)	\$2.74
	ORCT255	Colored Rubber/Hand Grip/Oly Plate 255LBS	\$698.21
	ORCT355	Colored Rubber/Hand Grip/Oly Plate 355LBS	\$972.02
	ORCT455	Colored Rubber/Hand Grip/Oly Plate 455LBS	\$1,245.83
	ORC300S	Colored 300 LB Rubber Grip Oly Set, Chrome Bar	\$876.79
	ORC400S	Colored 400 LB Rubber Grip Oly Set, Chrome Bar	\$1,150.60
	ORC500S	Colored 500 LB Rubber Grip Oly Set, Chrome Bar	\$1,424.40
Rubber Grip Plate	ORT(XXX)	Individual, Rubber Grip Oly Plates 2.5, 5, 10, 25, 35, 45, 100 lbs (per LB)	\$2.50
	ORST255	Rubber/Hand Grip/Oly Plate 255LBS	\$637.50
	ORST355	Rubber/Hand Grip/Oly Plate 355LBS	\$887.50
	ORST455	Rubber/Hand Grip/Oly Plate 455LBS	\$1,137.50
	OSR300S	300 LB Rubber Grip Oly Set, Chrome Bar	\$816.07
	OSR400S	400 LB Rubber Grip Oly Set, Chrome Bar	\$1,066.07
	OSR500S	500 LB Rubber Grip Oly Set, Chrome Bar	\$1,316.07
Cast Plates	OPT(Size)	Individual Cast Grip Oly Plates 2.5, 5, 10, 25, 35, 45 lbs (per LB)	\$2.14
	OST255	Grey Hand Grip Oly Plate 255LBS	\$535.71
	OST355	Grey Hand Grip Oly Plate 355LBS	\$750.00

ate t Grip	OST455	Grey Hand Grip Oly Plate 455LBS	\$964.29
	OST300S	300 LB Cast Grip Oly Set, Chrome Bar	\$726.19
	OST400S	400 LB Cast Grip Oly Set, Chrome Bar	\$940.48
	OST500S	500 LB Cast Grip Oly Set, Chrome Bar	\$1,154.76
Cast Plate	OPB(Size)	Individual Cast Black Oly 2" Plates, 2.5, 5, 10, 25, 35, 45, 100 lbs (per LB)	\$2.02
	OSB255	255 LB Cast Oly Set	\$511.90
	OSB355	355 LB Cast Oly Set	\$714.29
	OSB455	455 LB Cast Oly Set	\$916.67
	OSB300S	300 LB Cast Oly Set, Black Bar	\$690.48
	OSB400S	400 LB Cast Oly Set, Black Bar	\$892.86
	OSB500S	500 LB Cast Oly Set, Black Bar	\$1,095.24
	OSC300S	300 LB Cast Oly Set, Chrome Bar	\$690.48
	OSC400S	400 LB Cast Oly Set, Chome Bar	\$892.86
	OSC500S	500 LB Cast Oly Set, Chrome Bar	\$1,095.24
	RPB(Size)	Individual Cast Black 1" Plates 1.25, 2.5, 5, 7.5, 10, 12.5, 20, 25, 50 lbs (per LB)	\$2.02
Rubber Bumper Plate	OBPH10	10LB BLACK BUMPER PLATES 17.375 ", Full Commercial Made is USA	\$41.07
	OBPH15	15LB BLACK BUMPER PLATES 17.375 ", Full Commercial Made is USA	\$61.62
	OBPH25	25LB BLACK BUMPER PLATES 17.375 ", Full Commercial Made is USA	\$102.69
	OBPH35	35LB BLACK BUMPER PLATES 17.375 ", Full Commercial Made is USA	\$143.76
	OBPH45	45LB BLACK BUMPER PLATES 17.375 ", Full Commercial Made is USA	\$184.83
	OBPH260	260LB BUMPER SET BLACK, PAIRS 10,15,25,35,45, Full Commercial Made is USA	\$1,067.86
	OBPX10	BLACK 10LB CHICAGO EXTREME BUMPER, 17.72", FULL COMMERCIAL	\$41.67
	OBPX15	BLACK 15LB CHICAGO EXTREME BUMPER, 17.72", FULL COMMERCIAL	\$45.24
	OBPX25	BLACK 25LB CHICAGO EXTREME BUMPER, 17.72", FULL COMMERCIAL	\$64.29
	OBPX35	BLACK 35LB CHICAGO EXTREME BUMPER, 17.72", FULL COMMERCIAL	\$83.33
	OBPX45	BLACK 45LB CHICAGO EXTREME BUMPER, 17.72", FULL COMMERCIAL	\$107.14
	OBPX260	260LB BUMPER SET BLACK, PAIRS 10,15,25,35,45, Full Commercial	\$683.33
	OBPXC10	GREEN 10LB CHICAGO EXTREME BUMPER, 17.72", FULL COMMERCIAL	\$57.14
	OBPXC25	YELLOW 25LB CHICAGO EXTREME BUMPER, 17.72", FULL COMMERCIAL	\$85.71
	OBPXC35	BLUE 35LB CHICAGO EXTREME BUMPER, 17.72", FULL COMMERCIAL	\$109.52
	OBPXC45	RED 45LB CHICAGO EXTREME BUMPER, 17.72", FULL COMMERCIAL	\$138.10
OBPXC260	260LB BUMPER SET COLORS, PAIRS 10,15,25,35,45, Full Commercial	\$871.43	
	OB20C	Oly Dumbell Handle	\$63.10

Bars and Collars

OB34C	Oly Tricep Bar	\$109.52
OB47B	Oly Curl Bar-47", Black	\$88.10
OB47C	Oly Curl Bar-47", Chrome	\$88.10
OB48C	Oly Combo Bar, Chrome	\$92.86
OB60B	Oly Bar-5 feet, Black - 30mm grip -space between collars 37"	\$150.00
OB72A15	Oly Bar, made from Aluminum, 15lb weight, 6ft, 28mm grip	\$333.33
OB72B	Oly Bar-6 feet. Black - 30mm grip -space between collars 46"	\$161.90
OB79EXT	Oly Bar, 6.5 feet, Chicago Extreme, 33lbs	\$261.90
OB79WBB	Oly Bar, 6.5 feet, zinc, 33lbs	\$357.14
OB86B	Oly, Bar-7 feet, Black - 30mm grip -space between collars 51.5"	\$178.57
OB86C	Oly Bar-7 feet, Chrome - 30mm grip -space between collars 51.5"	\$178.57
OB86EXT	Oly Bar, 7 feet, 28mm, Chicago Extreme 44lbs	\$309.52
OB86P1000	OLY BAR, 7FT, CHROME, 1000LB CAPACITY - 30mm GRIP	\$278.57
OB86P1000SS	OLY BAR, 7FT, STAINLESS STEEL, 1000LB CAPACITY - 30mm GRIP	\$357.14
OB86CHICAGO	OLY BAR, 7FT, CHICAGO 1500lb CAPACITY - 28.75mm grip (made in USA)	\$666.67
OB864STAR	OLY BAR, 7FT, POWER BAR, CENTER KNURL, 28.75mm grip (made in USA)	\$690.48
OB86LPB	REBEL OLYMPIC BAR, 7ft, 1000lb CAPACITY - 31.75mm GRIP (made in USA)	\$345.24
OB86PB	OLY BAR, 7FT, BRONZE 1200LB CAPACITY - 28.75mm grip (made in USA)	\$440.48
OB86PBS	OLY BAR, 7FT, SILVER, 1500LB CAPACITY - 28.75mm grip (made in USA)	\$642.86
OB86PBG	OLY BAR, 7FT, GOLD, 1500LB CAPACITY - 28mm grip (made in USA)	\$1,071.43
OMG86	Multi Grip Football Olympic Bar	\$238.10
OTB50	Oly Shrug Bar - Handles 25" apart - 25.5mm	\$214.29
OTB50RH	Oly Shrug Bar - Raised Handles	\$238.10
RB47	Standard Curl Bar-47", Chrome	\$52.38
RB48	Standard Super Curl-47", Chrome	\$57.14
RB72	Standard Bar 6 feet, Chrome	\$64.29
RB84	Standard Bar-84", Chrome	\$76.19
SDA14	Solid Steel Handles, Standard	\$15.48
SDA14T	Threaded Solid Steel Handles, Standard	\$17.86
BSTLJHX	Lock Jaw Hex Collars	\$38.10
BSTLJO2	Lock Jaw Oly 2 Collars	\$52.38
BSTMCO2BK	Black Body Solid Muscle Clamp Collars (sold in pairs only)	\$71.43
BSTMCO2RD	Red Body Solid Muscle Clamp Collars (sold in pairs only)	\$71.43
BSTROCNAT	Body Solid Tools Roepke Olympic Collars, Solid Aluminum construction (sold in pairs only)	\$80.95

	BSTROCED	Body Solid Tools Roepke Olympic Collars, Solid Aluminum construction (sold in pairs only)	\$95.24
	OC04	Olympic training collar (single)	\$8.33
	OC06pr	Oly Spring Collar (pairs only)	\$12.50
	RC02	Standard Collar 1", (single) 1lb	\$9.52
	RC03	Standard Collar 1", (single) 0.5lb	\$7.14
	RC0616	Standard Collar 1", (pair)	\$5.00
Vinyl Dumbbells	BSTVD1	pink 1lb vinyl dumbbell	\$2.26
	BSTVD2	light purple 2lb vinyl dumbbell	\$4.52
	BSTVD3	green 3lb vinyl dumbbell	\$6.79
	BSTVD4	light gray 4lb vinyl dumbbell	\$9.05
	BSTVD5	blue 5lb vinyl dumbbell	\$11.31
	BSTVD6	red 6lb vinyl dumbbell	\$13.57
	BSTVD7	dark purple 7lb vinyl dumbbell	\$15.83
	BSTVD8	black 8lb vinyl dumbbell	\$18.10
	BSTVD9	yellow 9lb vinyl dumbbell	\$20.36
	BSTVD10	orange 10lb vinyl dumbbell	\$22.62
	BSTVD12	magenta 12 vinyl dumbbell	\$27.14
	BSTVD15	gray 15lb vinyl dumbbell	\$33.93
	BSTVDS110	Vinyl dumbbell set, 1-10lbs pairs	\$248.81
	BSTVDS164	Vinyl dumbbell set, 1-15lbs pairs	\$370.95
Neoprene Dumbbells	BSTND1	pink 1lb neoprene dumbbell	\$2.26
	BSTND2	light purple 2lb neoprene dumbbell	\$4.52
	BSTND3	green 3lb neoprene dumbbell	\$6.79
	BSTND4	light gray 4lb neoprene dumbbell	\$9.05
	BSTND5	blue 5lb neoprene dumbbell	\$11.31
	BSTND6	red 6lb neoprene dumbbell	\$13.57
	BSTND7	dark purple 7lb neoprene dumbbell	\$15.83
	BSTND8	black 8lb neoprene dumbbell	\$18.10
	BSTND9	yellow 9lb neoprene dumbbell	\$20.36
	BSTND10	orange 10lb neoprene dumbbell	\$22.62
	BSTND12	magenta 12 neoprene dumbbell	\$27.14
	BSTVN15	gray 15lb neoprene dumbbell	\$33.93
	BSTNDS110	Neoprene dumbbell set, 1-10lbs pairs	\$248.81

	BSTNDS164	Neoprene dumbbell set, 1-15lbs pairs	\$370.95





MSRP Pricing 1900 S Des Plaines Ave, Forest Park, IL 60130
www.bodysolid.com

Effective 1-1-19

Item Number	Description	MSRP
B2.5u	B2.5 Upright Bike, plug-in	2075
B2U	B2U Upright Bike	975
B4R	B4R Recumbent Bike, plug-in	1450
B5R	B5 Recumbent Bike	3110
B5U	B5 Upright Bike	2720
BC2	Extra Pair of Bar Catches for PPR200X and BFPR100	90
BFAB10	Ab Bench/Seat	180
BFAB20	Ab Mantis Bench	400
BFCT1	Best Fitness Cross Trainer Elliptical	765
BFE1	Best Fitness Center Drive Elliptical	1755
BFFID10	Best Fitness Leg Dev/Preach Curl Attach	230
BFFT10R	Best Fitness Functional Trainer	940
BFHYP10	Best Fitness Ab-Hyp Bench	210
BFINVER10	Best Fitness Inversion Table	250
BFLA100	Best Fitness Lat Attachment for BFPR100	370
BFMC10	Best Fitness Mountain Climber	247
BFMG20	Sportsman Gym	650
BFOB10	Best Fitness Olympic Bench w. Leg Developer	355
BFPL10	Best Fitness Preacher Leg Attachment for bench	165
BFPR10	Best Fitness Multi-Press Station	280
BFPR100	Best Fitness Power Rack	475
BFRB1	BEST FITNESS RECUMBENT BIKE	520
BFSB5	Best Fitness Chain Indoor Exercise Bike	650
BFSR10	Best Fitness Squat, Dip Rack	235
BFUB1	Best Fitness Upright Bike	520
BFVK10	Best Fitness Vertical knee raise	260
BPEDS	Bike Premium Pedals	95
BSG10X	Powerline Short Assembly Home Gym	1400
BSGLPX	Leg Press for BSG10X	250
DABB	DUAL AB/BACK, DGYM NO STACK	2015

DABBF	DUAL AB/BACK, FREESTANDING, NO STACK	3400
DABBS	Dual Ab/Back, DGYM w STACK	2490
DABBSF	Dual Ab/Back, FREESTANDING, W STACK	3870
DBTC	DUAL BI/TRICEP STATION, DGYM NO STACK	2015
DBTCF	DUAL BI/TRICEP MACHINE, FREESTANDING, NO STACK	3400
DBTCS	Dual Bi/Tricep Station, DGYM w STACK	2490
DBTCSF	Dual Bi/Tricep Machine, FREESTANDING, W STACK	3870
DCLP	DUAL LEG/CALF STATION, DGYM NO STACK	2015
DCLPF	DUAL LEG/CALF MACHINE, FREESTANDING NO STACK	3400
DCLPS	Dual Leg/Calf Station, DGYM W STACK	2490
DCLPSF	Dual Leg/Calf Machine FREESTANDING, W STACK	3870
DGYM	3/4 Stack Base Unit	3725
DIOT	DUAL INNER OUTER THIGH STATION, DGYM NO STACK	2015
DIOTF	DUAL INNER OUTER THIGH MACHINE, FREESTANDING, NO STACK	3400
DIOTS	DUAL INNER OUTER THIGH STATION, DGYM 210LB STACK	2490
DIOTSF	DUAL INNER OUTER THIGH MACHINE, FREESTANDING, 210LB STACK	3870
DLAT	DUAL LAT/ROW-STATION, DGYM NO STACK	2015
DLATF	DUAL LAT/ROW-MACHINE, FREESTANDING NO STACK	3400
DLATS	DUAL LAT/ROW-STATION, DGYM 210LB STACK	2490
DLATSF	DUAL LAT/ROW-MACHINE, FREESTANDING 210LB STACK	3870
DLEC	DUAL LEG EXTENSION-STATION, DGYM NO STACK	2015
DLECF	DUAL LEG EXTENSION-MACHINE, FREESTANDING NO STACK	3400
DLECS	DUAL LEG EXTENSION-STATION, DGYM 210LB STACK	2490
DLEC-SF	DUAL LEG EXTENSION-MACHINE, FREESTANDING 210LB STACK	3870
DPCC	DUAL CABLE COLUMN-STATION, DGYM NO STACK	1150
DPCCF	DUAL CABLE COLUMN-MACHINE, FREESTANDING NO STACK	2800
DPCCS	Dual Cable Column-Station DGYM w STACK	1625
DPCCSF	Dual Cable Column-Machine, FREESTANDING W STACK	3280
DPEC	DUAL PEC/FLY-STATION, DGYM NO STACK	2015
DPECF	DUAL PEC/FLY-MACHINE, FREESTANDING NO STACK	3400
DPECS	DUAL PEC/FLY-STATION, DGYM 210LB STACK	2490
DPECSF	DUAL PEC/FLY-MACHINE, FREESTANDING 210LB STACK	3870
DPLS	DUAL PRESS/LAT STATION-STATION, DGYM NO STACK	2015
DPLSF	DUAL PRESS/LAT STATION-MACHINE, FREESTANDING NO STACK	3400

DPLSS	DUAL PRESS/LAT STATION-STATION, DGYM 210LB STACK	2490
DPLSSF	DUAL PRESS/LAT STATION-MACHINE, FREESTANDING 210LB STACK	3870
DPRS	DUAL FID PRESS-STATION, DGYM NO STACK	2015
DPRSF	DUAL FID PRESS-MACHINE, FREESTANDING NO STACK	3400
DPRSS	Dual FID Press-Station, DGYM W STACK	2490
DPRSSF	Dual FID Press-Machine, FREESTANDING W STACK	3870
DR100	Dip Attachment PPR200x and BFPR100	120
DR378	Dip Attachment GPR378	150
E300	ENDURANCE ELLIPTICAL FS	2170
E400	ENDURANCE ELLIPTICAL AS	2570
E5000	ENDURANCE ELLIPTICAL LC	3445
ESB150	ENDURANCE INDOOR EXERCISE BIKE, ESB150	975
ESB250	Endurance Indoor Exercise Bike, ESB250	1290
EXM1500S	Home Gym, EXM1500s	1590
EXM3000LPS	2 stack, light commercial gym, EXM3000lps	5295
EXM4000S	3-4 stack full commercial gym, EXM4000S	8935
F500/2	F500 Gym	3345
F500/3	F500 GYM, 310LB STACK	3575
F600/2	F600 Gym	3735
F600/3	F600 GYM, 310LB STACK	4075
FB300	Endurance Fan Bike	1100
FB300B	Endurance Fan Bike Black	1100
FCD	Fusion Chin Dip	700
FCD-STK	PRO SELECT FREE STANDING WEIGHT ASSIST	2065
FCD-STK/3	PRO SELECT FREE STANDING WEIGHT ASSIST, 310LB STACK	2300
FCDWA	Fusion Weight Assist Dip Attachment	1075
FID46	FID BENCH	500
FKR	Fusion Knee Raise attachment	390
FLP	Fusion Leg Press attachment	1235
FMH	Fusion Multi-Hip attachment	455
FPU	Fusion Pull Up Bar attachment	140
FSHDM	Fusion Metal Pulley Shroud	85
FSHDP	Fusion Plastic Pulley Shroud	85
G10B	2 STACK BI-ANGULAR HOME GYM	5265

G1S	SELECTORIZED HOME GYM, G1S	1625
G2B	BI-ANGULAR HOME GYM, G2B	2590
G3S	SELECTORIZED HOME GYM, G3S	2110
G5S	SELECTORIZED HOME GYM, G5S	3185
G6BR	Red Bi Angular Home Gym G6Br	3640
G9S	2 Stack Light Commercial Gym G9S	5850
GAB100	Horizontal Ab Crunch Bench	535
GAB300	Ab Crunch Bench Seated	520
GAB350	Synchronized Ab Crunch Bench Seated	520
GAB60	Adjustable Ab Bench	335
GAP1	ALUMINUM PULLEY UPGRADE, G1S	320
GAP10	ALUMINUM PULLEY UPGRADE, G10B	450
GAP2	ALUMINUM PULLEY UPGRADE, G2B	320
GAP3	ALUMINUM PULLEY UPGRADE, G3S	320
GAP348	ALUMINUM PULLEY UPGRADE, GLA348QS	250
GAP378	ALUMINUM PULLEY UPGRADE, GLA378	190
GAP5	ALUMINUM PULLEY UPGRADE, G5S	385
GAP6	ALUMINUM PULLEY UPGRADE, G6B	385
GAP9	ALUMINUM PULLEY UPGRADE, G9S	515
GAPCCA	ALUMINUM PULLEY UPGRADE, GCCA	150
GAPIOT	ALUMINUM PULLEY UPGRADE, GIOT	45
GAPLP	ALUMINUM PULLEY UPGRADE, GLP	100
GBPR10	Bumper Plate Rack	275
GBR10	BALL REBOUNDER	465
GCA2	Chin/Lat for PCCO90X, SCC1200g	115
GCAB360	Cam Series Ab and Back Machine	770
GCAB-STK	PRO SELECT AB AND BACK SELECTORIZED, 210LB STACK	1755
GCAB-STK/3	PRO SELECT AB AND BACK SELECTORIZED, 310LB STACK	1980
GCBT380	Cam Series Bicep Tricep Machine	770
GCBT-STK	PRO SELECT BICEP TRICEP 210LB STACK	1750
GCBT-STK/3	PRO SELECT BICEP TRICEP 310LB STACK	1980
GCCA	Cable Column Attachment	725
GCEC340	Cam Series Seated Leg Extension and Curl	770
GCEC-STK	PRO SELECT LEG EXTENSION / CURL STATION, 210LB STACK	1750

GCEC-STK/3	PRO SELECT LEG EXTENSION / CURL STATION, 310LB STACK	1980
GCR100	Cardio Weight Rack	540
GCRPACK	Cardio Weight Set	2650
GDCC200	Functional Training Center GDCC200	2695
GDCC210	Compact Functional Training Center GDCC210	2695
GDCC250	Cable Crossover	2695
GDCCBAR	Bar for GDCC200, GDCC210	48
GDCCRACK	GDCC Accessory Rack, GDCC200, GDCC210	90
GDIB46L	Power Center Combo Bench	545
GDIB46LP4	Power Center Combo Bench Package	910
GDIP59	Dip Station	390
GDKR100	Dumbbell/Kettlebell Rack	325
GDKR50	Compact Kettlebell Rack	145
GDR10	Vinyl Rack Small	60
GDR24	12 pair Vinyl, Neoprene Rack	145
GDR24-NPACK	12 Pair Neoprene Rack with Rack, Includes GDR24 and pairs Neoprene Dumbbells 1-11	500
GDR24-VPACK	12 Pair Vinyl Rack with Rack, Includes GDR24 and pairs Vinyl Dumbbells 1-11	500
GDR363	Dumbbell Rack, 3 tier Horizontal	225
GDR44	2 Tier Vertical Dumbbell Rack	155
GDR500	Vinyl Dumbbell Rack	500
GDR500-NEOPACK	GDR500 50 PAIRS NEOPRENE 10 EACH (1,2,3,4,5,6,7,8,9,10LBS)	1720
GDR500-PACK	GDR500 50 PAIRS VINYL 10 EACH (1,2,3,4,5,6,7,8,9,10LBS)'	1720
GDR60	2 Tier Horizontal Dumbbell Rack	360
GDR80	Vertical Dumbbell Rack, 10 pairs	295
GDRT6	Third Tier for GDR60	110
GFB350	Flat Bench	260
GFI21	2x3 Flat Incline Bench	335
GFID100	FLAT/INCLINE/DECLINE BENCH, RED FRAME	355
GFID225	Fully Assembled Body Solid Folding Bench, GFID225	355
GFID31	Flat/Incline/Decline Bench, 2"x 2", GFID31	435
GFID71	Flat/Incline/Decline Bench, 2"x3", GFID71	500
GFR500	FITNESS BAR RACK	225
GFR500-PACK	GFR500 + 4,6,9,12,15,18,24,30,36 LB FITNESS BARS	910
GHYP345	2"x3" 45 degree back hyper extension	375

GINV50	BODY SOLID INVERSION TABLE	385
GIOT	Inner Outer Thigh Attachement	1295
GIOT-STK	PRO SELECT INNER/OUTER THIGH 210LB STACK	2240
GIOT-STK/3	PRO SELECT INNER/OUTER THIGH 310LB STACK	2475
GKR9	VERTICAL KNEE RAISE FOR G9S	525
GKRT6	GDR60 KETTLEBELL SHELF	145
GLA348QS	Lat Attachment for GS348q	1170
GLA378	Lat Attachment for GPR378	485
GLCE365	Leg Extension and Prone Leg Curl Machine	715
GLDA1	4 Roller Leg Developer	155
GLDA3	6 Roller Leg Developer	155
GLGS100	Corner Leverage Gym, no bench	1235
GLGS100P4	Corner Leverage Gym Package, Includes GFID100 Bench	1550
GLM83	Pro-Lat Machine	650
GLP	Leg Press for G3,G4,G5,G6,G10	1100
GLPH1100	Leg Press/Hack Squat	1940
GLP-STK	PRO SELECT LEG PRESS, 210LB STACK	2070
GLP-STK/3	PRO SELECT LEG PRESS, 310LB STACK	2300
GLRA81	Lat Pull Down/Seated Row Attachment for Benches	315
GMFP-STK	Pro Select Funtional Pressing Station 210lb stack	1590
GMFP-STK/3	Pro Select Funtional Pressing Station 310lb stack	1820
GMR10	MEDICINE BALL RACK 6	185
GMR10-PACK	GMR10 + Premium 4,6,8,10,12,14 LB MEDICINE BALLS	535
GMR5	MEDICINE BALL RACK 3	100
GMRT6	GDR60 MED BALL TIER	100
GOBH5	Oly Bar Holder	140
GOWT	Oly Weight Tree, GOWT	160
GPA3	Pec Dec Attachement, GLA348qs	415
GPCA1	Preacher Curl Attachment	155
GPCB329	Preacher Curl Bench	510
GPM65	Pec Dec Machine	815
GPR370	Multi Press Station	760
GPR378	Power Rack, GPR378	835
GPR378P4	Power Rack Package, GPR378, GLA378, SP200, DR378, GFID31, GPCA1, GLD	2535

GPU348	Chin Bar for GS348q	70
GRCH322	Roman Chair	520
GS348Q	Series 7 Smith Machine	2045
GS348QP4	Series 7 Package	3850
GSCL360	Leverage Squat/Calf Machine	1125
GSCR349	Seated Calf Raise	760
GSR10	STABILITY BALL RACK	180
GSRM40	Seated Row Machine	715
GSS50	Sissy Squat	270
GST20	Utility Stool	260
GSTCK	Stack for attachments	990
GSWT	Standard Weight Tree, GSWT	155
GVKR60	Vertical Knee Raise, GVKR60	500
GVKR82	Vertical Knee Raise Chin Dip, GVKR82	620
GWS100	WEIGHT SLED	335
GWT4	Gym Weight Tree, for PSM144x	44
GWT56	Olympic Weight Tree and Bar Holder	230
GWT66	Olympic Weight Tree	250
GWT76	Capacity Olympic Weight Tree	470
GYR500	Mat/Roller Storage	220
HP150	PREMIUM RED STEEL WEIGHT STACK 150LBS, 15 X 10LB PLATES AND TOP P	475
HP200	PREMIUM RED STEEL WEIGHT STACK 200LBS, 20 X 10LB PLATES AND TOP P	635
HP50	PREMIUM RED STEEL WEIGHT STACK 50LBS, 5 X 10LB PLATES	155
LO378	EXTRA PAIR OF BAR CATCHES FOR GPR378	115
LP40S	LEG PRESS ATT.FOR EXM-4000	2700
LSA50	SBL460 SQUAT ATTACH	650
LVBP	PCL Leverage Bench Press	1290
LVIP	PCL Leverage Incline Press	1495
LVLA	PCL Leverage Lat Pulldown	1680
LVLC	PCL Leverage Leg Curl	1280
LVLE	PCL Leverage Leg Extension	1300
LVLP	PCL Leverage Leg Press	3670
LVSP	PCL Leverage Shoulder Press	1370
LVSR	PCL Leverage Seated Row	1525

OWT24	OLYMPIC WEIGHT TREE	100
P2CLOTHSH	P2x Cloth Shroud	60
P2METALSH	P2x METAL SHROUD	60
P2X	Powerline Home Gym P2X	1700
PAB139X	POWERLINE SIT-UP BOARD	200
PAB21X	Powerline Ab Crunch, Tricep Bench	200
PCCO90X	Powerline Cable Cross over	695
PCH24X	Powerline Roman Chair	245
PDR282X	Powerline Dumbbell Rack	145
PFID125X	Powerline fully assembled FID bench	270
PFID130X	POWERLINE FLAT INC/DECLINE UTILITY BENCH, PFID130x	260
PFT100	Powerline Functional Trainer, 2 x 160lb stacks	1550
PGM200X	Powerline Glute Master	570
PHG1000X	POWERLINE HARDCORE GYM	810
PHYP200X	Powerline 45 degree hyper extension	330
PLA1000	Powerline Lat Attachment for PPR1000	370
PLA144X	Powerline lat attachment for PSM144x	485
PLA200X	Powerline Lat Attachment for PPR-200x	415
PLA500	Powerline Lat Attachment for PPR500	355
PLCE165X	POWERLINE LEG CURL LEG EXTENSION MACHINE	500
PLM180X	POWERLINE LAT WITH LOW ROW	520
PLPX	Leg Press Attachment for P1x, P2x	585
PMP150	Powerline Multi Press Rack	370
PPA13X	POWERLINE PEC ATTACHMENT FOR PLA144X	350
PPB32X	POWERLINE PREACHER CURL BENCH	285
PPR1000	Powerline Premium Power Rack	640
PPR1000EXT	Powerline Power Rack Extension for PPR1000	200
PPR200X	Powerline Power Rack	545
PPR500	Powerline Half Rack	415
PPR500EXT	Powerline Rack Extension for PPR500	175
PPRBP	Powerline Band Peg Attachment (pair) for PPR1000, PPR500	20
PPRJc	Powerline Extra Pair of J-cups, for PPR1000, PPR500	55
PPRMCU	Powerline Multi Grip Chin Attachments for PPR1000	100
PPRPS	Powerline PPR500EXT Pin & Pipe Safeties, for PPR500 w PPR500EXT	70

PPRTB	Powerline T-Bar, Landmine Attachment for PPR1000, PPR500	25
PPRUL	Powerline U-Link, for PPR1000, PPR1000EXT, PPR500, PPR500EXT	25
PPRWH	Powerline Weight Horn Attachment (single), for PPR1000, PPR1000EXT, PP	20
PSC43X	Powerline Seated Calf Raise	305
PSM1442XS	POWERLINE SMITH PACKAGE	2400
PSM144X	POWERLINE SMITH MACHINE	715
PSS60X	POWERLINE SQUAT RACK	250
PVKC83X	POWERLINE VERTICAL KNEE RAISE	425
PVLP156X	POWERLINE VERTICLE LEG PRESS	570
R300	Endurance Rower	1199
RPU160	PREMIUM RED WEIGHT STACK UPGRAGE,160LBS W TOP PLATE, UPGRADE	170
RPU210	PREMIUM RED WEIGHT STACK UPGRAGE, 210LBS W TOP PLATE, UPGRADE	215
S2ABB/1	PCL2 AB/BACK, 160LB STACK	2565
S2ABB/2	PCL2 AB/BACK, 235LB STACK	2765
S2AC/1	PCL2 ARM CURL, 160LB STACK	2565
S2AC/2	PCL2 ARM CURL, 235LB STACK	2765
S2ACD/2	PCL2 ASSISTED CHIN DIP, 235LB STACK	4490
S2BTP/1	PCL2 BICEP/TRICEP, 160LB STACK	2875
S2BTP/2	PCL2 BICEP/TRICEP, 235LB STACK	3055
S2CC/1	PCL2 CABLE COLUMN, 160LB STACK	3175
S2CC/2	PCL2 CABLE COLUMN, 210LB STACK	3295
S2CC/3	PCL2 CABLE COLUMN, 310LB STACK	3540
S2CCO/1	PCL2 CABLE CROSSOVER, 160LB STACK	6660
S2CCO/2	PCL2 CABLE CROSSOVER, 210LB STACK	6890
S2CCO/3	PCL2 CABLE CROSSOVER, 310LB STACK	7360
S2CP/2	PCL2 CHEST PRESS, 210LB STACK	2980
S2CP/3	PCL2 CHEST PRESS, 310LB STACK	3215
S2FT/1	PCL2 FUNCTIONAL TRAINER, 160LB STACK	5620
S2FT/2	PCL2 FUNCTIONAL TRAINER, 210LB STACK	5850
S2FT/3	PCL2 FUNCTIONAL TRAINER, 310LB STACK	6320
S2IOT/1	PCL2 INNER/OUTER THIGH, 160LB STACK	2825
S2IOT/2	PCL2 INNER/OUTER THIGH, 235LB STACK	3000
S2LAT/1	PCL2 LAT PULL/ROW, 160LB STACK	2955
S2LAT/2	PCL2 LAT PULL/ROW, 235LB STACK	3135

S2LEC/1	PCL2 LEG EXT AND CURL, 160LB STACK	3250
S2LEC/2	PCL2 LEG EXT AND CURL, 235LB STACK	3430
S2LEX/1	PCL2 LEG EXTENSION, 160LB STACK	2810
S2LEX/2	PCL2 LEG EXTENSION, 235LB STACK	2990
S2LPC/2	PCL2 LEG PRESS/CALF RAISE, 210LB STACK	3190
S2LPC/3	PCL2 LEG PRESS/CALF RAISE, 310LB STACK	3430
S2MP/2	PCL2 MULTI PRESS, 210LB STACK	3110
S2MP/3	PCL2 MULTI PRESS, 310LB STACK	3345
S2PEC/1	PCL2 PEC FLY/REAR DELTS, 160LB STACK	3075
S2PEC/2	PCL2 PEC FLY/REAR DELTS, 235LB STACK	3250
S2SLC/1	PCL2 SEATED LEG CURL, 160LB STACK	3020
S2SLC/2	PCL2 SEATED LEG CURL, 235LB STACK	3190
S2SP/2	PCL2 SHOULDER PRESS, 210LB STACK	2695
S2SP/3	PCL2 SHOULDER PRESS, 310LB STACK	2915
SAB500	PROCLUBLINE AB BENCH	845
SBL460	LEV GYM BASE FRAME	2210
SBL460P4	LEV GYM PACKAGE	3250
SCB1000	Proclubline Counter Balanced Smith	3345
SCB26	SQUAT CALF BLOCK	175
SCC1200G/1	PCL CABLE CROSSOVER, 2-165LB STACKS	4750
SCC1200G/2	PCL CABLE CROSSOVER, 2, 235LB STACKS	5100
SDB351G	PCL DECLINE OLYMPIC BENCH	1120
SDC2000G/1	PCL DUAL CABLE COL. 2-165LB STACKS	4370
SDC2000G/2	PCL DUAL CABLE COL. 2-235LB STACKS	4725
SDIB370	PCL FULL COMMERCIAL ADJUSTABLE OLYMPIC PACKAGE	1235
SDKR1000DB	PCL SDKR 3 Tier Dumbbell Rack	1120
SDKR1000KB	PCL SDKR 3 Tier Kettlebell Rack	1075
SDKR1000MB	PCL SDKR 3 Tier Med Ball Rack	830
SDKR1000SD	PCL SDKR 3 Tier Saddle Dumbbell Rack	1090
SDKR500DB	PCL SDKR 2 Tier Dumbbell Rack	780
SDKR500KB	PCL SDKR 2 Tier Kettlebell Rack	770
SDKR500MB	PCL SDKR 2 Tier Med Ball Rack	590
SDKR500SD	PCL SDKR 2 Tier Saddle Dumbbell Rack	770
SDKRDBL	SDKR Large Dumbbell Shelf	245

SDKRDBS	SDKR Small Dumbbell Shelf	210
SDKRKB	SDKR Kettlebell Tray	200
SDKRMB	SDKR Medicine Ball Shelf	115
SDKRSD6	SDKR DB Saddles (6 spots)	200
SDKRSD8	SDKR DB Saddles (8 spots)	210
SDKRUP	SDKR Side Upright-3 level (single)	310
SDKRUP2	SDKR Side Upright-2 level (single)	225
SFB349G	PCL OLY FLAT BENCH	1120
SFID325	ProClubline Flat, Incline Bench	615
SFID425	ProClubline Flat, Incline and Decline Bench	675
SGH500	PCL Glute Ham Machine	795
SIB359G	PCL OLY INCLINE BENCH	1120
SLC400G/2	PCL LEG CURL MACHINE, 210 LB STACK	3020
SLC400G/3	PCL LEG CURL MACHINE, 310 LB STACK	3250
SLE200G/2	PCL LEG EXTENSION MACHINE 210 LB STACK	3020
SLE200G/3	PCL LEG EXTEN. 310LB STACK	3250
SLM300G/2	PCL LAT MACHINE 210 LB STACK	3020
SLM300G/3	PCL LAT MACHINE 310LB STACK	3250
SLP500G/2	PCL LEG PRESS MACHINE 210 LB STACK	3020
SLP500G/3	PCL LEG PRESS MACHINE 310LB STACK	3250
SLS500	PROCLUBLINE LEVERAGE CALF SQUAT	2080
SMR1000	PCL Commercial Multi Rack	1885
SP150	150 lb stack upgrade (pp10)	350
SP200	200 lb weight stack (pp10)	470
SP300	300 lb weight stack (pp15)	580
SP50	50 lb stack upgrade (pp10)	120
SPB368G	PCL OLY SHOULDER PRESS BENCH	1120
SPR1000	PCL Power Rack Base Rack/Liftoffs/Premium Safeties	1395
SPR1000Back	PCL Power Rack Base Rack SPR1000 and Extension	2045
SPR1000BackP4	PCL Power Rack SPR1000 and Extension Package	3050
SPR1000BackP5	PCL Power Rack SPR1000 and Ext w SFID425 Package	3600
SPR1000DB	PCL Power Rack Double SPR1000 w. Monkey Bar	3050
SPR1000DBBack	PCL Power Rack Double Rack/Extension w Monkey Bar	4385
SPR1000P2	SPR1000 + SFID425	1980

SPR1000SS	PCL Power Rack Base Rack/Liftoffs/Strap Safeties	1430
SPR1000SSBack	PCL Power Rack Base Rack SPR1000SS strap safeties and Extension	2080
SPR1000SSBackP4	PCL Power Rack SPR1000SS strap safeties and Extension Package	3120
SPR1000SSBackP5	PCL Power Rack SPR1000SS strap safeties and Ext w SFID425 Package	3640
SPR1000SSDB	PCL Power Rack Double SPR1000SS strap safeties w. Monkey Bar	3120
SPR1000SSDBBack	PCL Power Rack Double Rack strap safeties/Extension w Monkey Bar	4450
SPR1000SSP2	SPR1000SS + SFID425	2015
SPR500	PCL Half Cage	745
SPR500BACK	PCL Half Cage w Extension	1235
SPR500BACKP4	PCL Half Cage Package SPR500BACK + SFID425 + SPRDCB + SR-DIP+ SR-CB	2165
SPR500P2	PCL Half Cage SPR500 + SFID425	1350
SPRACB	PCL Power Rack, Half Rack Connecting Bar	200
SPRBACK	SPR1000 Rear Extension	700
SPRBCB	PCL Half Cage SPR500 Bench Clearance Back Bar	120
SPRBP	Band Pegs for SPR1000 (pair)	45
SPRBT	Ball Toss, SPR500, SPR1000, SPRACB, SR-HEX	115
SPRCB	Fat Chin Up Bar for SPR1000	65
SPRCU	Multi Chin Up Cross Member for SPR1000	200
SPRDCB	PCL Half Cage SPR500 Dual Chin Bar	115
SPRHALFBACK	PCL Half Cage SPR500 Extension w 4 Weight Horns	460
SPRJ	J Cups for SPR1000	115
SPRMB	Monkey Bar Cross Member for SPR1000	375
SPRPLATFORM	Rubber Platform Mat for SPR1000	1235
SPRPS	Pin and Pipe Safeties for SPR500 Extension	75
SPRRE	Rack Extension for SPR1000	470
SPRSA	Spotter Arms SPR500 (pair)	155
SPRSF	Premium Safeties for SPR1000	175
SPRSS	Strap Safeties for SPR1000 (Pair)	225
SPRST	Storage Tray for SPR1000	175
SPRTB	Dual T Bar Row for SPR1000	75
SR-BAR	MONKEY BARS HEXAGON	585
SR-BHV	BAR HOLDER (Vertical) Hex or SPR1000	85
SR-BKT	Bracket (4 pieces) SPRMB to Hexagon	100
SR-BP	BAND PEGS (2) HEXAGON	295

SR-BT	BALL THROW HEXAGON	195
SR-DIP	DIP STATION Hex or SPR1000	225
SR-DPU	DOUBLE PULL UP HEXAGON	295
SR-FPU	FLYING PULL UP HEXAGON	360
SR-HB	HEAVY BAG HEXAGON	205
SR-HBH	HEAVY BAG HANGER HEXAGON	110
SR-HEX	SHORT HEXAGON RIG	1820
SR-HEXCLUB	Short Hexagon Rig Pro Pack	6825
SR-HEXDBLP4	Short Hexagon Double Pack	8840
SR-HEXEXT	SHORT HEXAGON RIG EXPANSION	1560
SR-HEXPRO	Hexagon Pro	1820
SR-HEXPROCLUB	Tall Hexagon Rig Pro Pack	6825
SR-HEXPRODBLP4	Tall Hexagon Double Pack	8840
SR-HEXPROEXT	TALL HEXAGON RIG EXPANSION	1560
SR-HEXPROTPLP4	Tall Hexagon Triple Pack	14300
SR-HEXTPLP4	Short Hexagon Triple Pack	14300
SR-KB	KETTLEBELL TRAY HEXAGON	155
SR-LO	LIFT OFFS (2) HEXAGON	115
SR-MB	MEDICINE BALL TRAY HEXAGON	130
SR-MGC	MULTI-GRIP CHIN UP (2) Hex or SPR1000	220
SR-MONK	MONKEY BAR CROSS MEMBER TO CONNECT 2 HEXAGON	415
SR-REB	BALL REBOUNDER Hex or SPR1000	620
SR-SBH	STABILITY BALL HOLDER Hex or SPR1000	160
SR-SC	SAFETY CATCHS (2) HEXAGON	195
SR-SPU	SINGLE PULL UP HEXAGON	120
SR-STEP	PLYO STEP Hex or SPR1000	285
SR-SUSP	SUSPENSION RINGS HEXAGON	520
SR-TBR	T-BAR ROW HEXAGON	130
SR-UL	U-LINK Hex or SPR1000	85
SR-WPH	WEIGHT PLATE HORN (Single) Hex or SPR1000	39
SR-WPS	WEIGHT PLATE STORAGE HORIZ. HEXAGON	240
SVKR1000	PROCLUBLINE VERTICAL KNEE RAISE CHIN DIP	1560
SWT1000	PCL FULL COMMERCIAL OLYMPIC PLATE TREE AND BAR HOLDER	825
SWT14	STANDARD WEIGHT TREE, SWT14	90

T100A	T100A AC Motor, Commercial Treadmill, Euro Plug for Export	5375
T100D	T100D Commercial Treadmill	4840
T100strap	HR Strap T100	59
T10HRC	T10 Treadmill	4840
T3	T3 TREADMILL	2190
T50	T50 walking treadmill	1495
TF3i	TF3i FOLDING TREADMILL	2470
VDRA30	Accessory Rack	275
VDRA30-PACK	VDRA30 PLUS BARS	990
VKR30	VERTICAL KNEE RAISE FOR EXM3000	485
WSP200	200 lb premium weight stack (wsp10)	525
WT46	OLY PLATE TREE WT46	165
WTA2	Weight tree adapter, fits GDR60, GDR363, PDR282x	30

Body-Solid[®]
Built for Life

COMMERCIAL



Body-Solid[®]

Body-Solid
Built for Life

Body-Solid
Pro Club Line



ENDURANCE
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 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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COMMERCIAL WARRANTIES

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

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

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



Visit:
www.BodySolid.com/warranty
for detailed information on all
Body-Solid product warranties.

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Body-Solid
Pro Club Line
 SERIES II

Comprised of 16 single and dual function stations, Body-Solid's Pro ClubLine Series II offers 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.

Pro ClubLine Specs (all Pro ClubLine units feature):

- 11-gauge 2" x 3" or 2" x 2" oval tubing
- 3/8" diameter bolts
- 2-step powder coat finish
- Spun steel aircraft cables, 5.5mm diameter, 2800 lb. test
- Fiberglass reinforced nylon pulleys with sealed bearing movements
- 2" high density pads



Body-Solid
Pro Club Line
 SERIES II

S2ACD ASSISTED CHIN AND DIP MACHINE 

- Perform dip, chin-up and pull-up movements more easily and effectively by counterbalancing bodyweight
- Full range of motion, perfect repetitions and proper form regardless of the user's current fitness level
- Five different grips for variety of pull-up and chin-up movements
- Rotating dip handles
- Multiple steps for easy access and dismount
- 235 lb. weight stack
- 63"L x 44"W x 88"H
- Product Weight: 606 lbs.
- Body-Solid Full Commercial Warranty



S2CCO CABLE CROSS OVER 

- 36 starting positions for both weight stacks
- Integrated multi grip chinning bar
- Fully shrouded
- Available weight stack options: 160 lb, 235 lbs. or 310lbs.
- 2"x 3" 11-gauge steel frame
- Includes: 2 nylon cable handles, ankle strap and straight bar
- Product Weight: 963 lbs.
- 58"L x 191"W x 99"H
- Body-Solid Full Commercial Warranty



S2CC CABLE COLUMN 

- 36 starting positions
- Fully shrouded
- Available weight stack options: 160 lb, 235 lbs. or 310lbs.
- 2"x 3" 11-gauge steel frame
- Includes: nylon cable handle, ankle strap and straight bar
- Product Weight: 468 lbs.
- 53"L x 58"W x 99"H
- Body-Solid Full Commercial Warranty



S2FT FUNCTIONAL TRAINER 

- 34 starting positions for both weight stacks
- Integrated chinning bar
- Fully shrouded
- Available weight stack options: 160 lb, 235 lbs. or 310lbs.
- 2"x 3" 11-gauge steel frame
- Includes 43" revolving straight bar, 14" athletic bar, 2 nylon cable handles, ankle strap and straight bar
- Product Weight: 837 lbs.
- 54"L x 79"W x 92"H
- Body-Solid Full Commercial Warranty



S2LEC LEG EXTENSION - LEG CURL 

- Performs two important leg exercises from one comfortable position
- Strengthen quads, glutes, hamstrings
- Transition between movements simple and easy
- Available weight stack options: 160 lbs. or 235lbs.
- 2"x 3" 11-gauge steel frame
- Product Weight: 467 lbs.
- 54"L x 52" W x 57"H
- Body-Solid Full Commercial Warranty



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

- Exercise hamstrings from comfortable seated position
- Adjustable back pad ensures biomechanically correct pivot alignment
- Adjustable ankle roller fits any size user
- Variable resistance cam ensures consistent weight for entire range of motion
- Angled seat pad allows for a full leg curl motion
- Leg hold down keeps proper form during heavy workouts
- Stability handles
- Available weight stack options: 160 lb. or 235 lbs.
- 57”L x 52”W x 57”H
- Product Weight: 424 lbs.
- Body-Solid Full Commercial Warranty



Body-Solid
ProClubLine S2MP MULTI-PRESS **FC**
 SERIES II

- Four popular pressing exercises in one machine
- Exercises include: one flat press, two incline press, one shoulder press starting positions
- Multiple handle positions for increased comfort and variety
- One synchronized four position adjustment for back and seat pad
- Available weight stack options: 160 lb. or 235 lbs.
- 72”L x 54”W x 57”H
- Product Weight: 463 lbs.
- Body-Solid Full Commercial Warranty



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

- Exercise quads and strengthen knee joints
- Adjustable back pad ensures biomechanically correct pivot alignment
- Adjustable ankle roller fits any size user
- Variable resistance cam ensures consistent weight for entire range of motion
- Angled seat pad allows for a full leg extension motion
- Stability handles
- Available weight stack options: 160 lb. or 235 lbs.
- 47”L x 52”W x 57”H
- Product Weight: 409 lbs.
- Body-Solid Full Commercial Warranty



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

- Exercise pectoral and deltoid muscles in one machine
- Variable resistance cam ensures consistent weight for entire range of motion
- Five adjustable starting positions for each arm and seat will fit any size user
- Pivoting arms self align to fit any user for biomechanically correct movements
- Available weight stack options: 160 lb. or 235 lbs.
- 58”L x 59”W x 72”H
- Product Weight: 422 lbs.
- Body-Solid Full Commercial Warranty



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

- Precise isolation makes biceps curls and triceps extensions more effective
- Pivoting upper pulley for multi-angle workouts
- Oversized diamond plated base for stability and traction
- Back pad ensures stability and isolation of triceps muscles
- Available weight stack options: 160 lb. or 235 lbs.
- 52”L x 43”W x 84”H
- Product Weight: 400 lbs.
- Body-Solid Full Commercial Warranty



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

- Multi-position hand grips for ultimate wrist comfort
- Center-drive design distributes weight evenly to eliminate torsional flexing
- Six seat adjustments for users of all sizes
- Available weight stack options: 160 lb. or 235 lbs.
- 55”L x 55”W x 57”H
- Product Weight: 400 lbs.
- Body-Solid Full Commercial Warranty

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

- Independent lat pull-down movements for symmetrical strength development
- Longer seat pad to accommodate users of all sizes on mid-row station
- Five position adjustment on leg hold down
- Traditional lat bar included
- Available weight stack options: 160 lb. or 235 lbs.
- 88”L x 34”W x 87”H
- Product Weight: 405 lbs.
- Body-Solid Full Commercial Warranty



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

- Isolate chest muscles for an explosive workout
- Comfortable multi-position hand grips isolate chest and triceps muscles
- Five seat adjustments for users of all sizes
- Available weight stack options: 160 lb. or 235 lbs.
- 55”L x 44”W x 69”H
- Product Weight: 450 lbs.
- Body-Solid Full Commercial Warranty

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

- Perform isolated ab crunch and back extension movements
- Six position cam ensures full range of motion
- Foot brace to provide lower body stability
- Extended cable life with advanced protective coating on cam
- Available weight stack options: 160 lb. or 235 lbs.
- 59"L x 49"W x 57"H
- Product Weight: 351 lbs.
- Body-Solid Full Commercial Warranty



Body-Solid
ProClubLine S2LPC LEG PRESS & CALF PRESS **FC**
SERIES II

- Develop powerful quads, glutes and calves
- Four pivot linkage bars biomechanically self align leg press plate through entire range of motion
- Wide no-slip leg press plate with bottom angle for calf press isolation
- Fully-adjustable ten position back pad
- 2:1 ratio allows for 420 to 620 lbs. of resistance
- Available weight stack options: 210 lb. or 310 lbs.
- 83"L x 47"W x 69"H
- Product Weight: 481 lbs.
- Body-Solid Full Commercial Warranty



Body-Solid
ProClubLine S2IOT INNER & OUTER THIGH **FC**
SERIES II

- Perform abductor and adductor exercises from a comfortable seated position
- Seven position cam adjustments to accommodate varying body sizes
- Two position foot supports to provide lower body support throughout the movement
- Rubber hand grips for user stabilization
- Available weight stack options: 160 lb. or 235 lbs.
- 77"L x 37"W x 57" H
- Product Weight: 385 lbs.
- Body-Solid Full Commercial Warranty



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

- Perfect for precise arm curls
- Variable resistance cam ensures consistent weight for entire range of motion
- Contoured arm pad ensures accurate pivot point alignment
- Multi-grip revolving handle offers full high and low contraction
- Six position seat adjustment for users of all sizes
- Available weight stack options: 160 lb. or 235 lbs.
- 41"L x 51"W x 57"H
- Product Weight: 380 lbs.
- Body-Solid Full Commercial Warranty





Body Solid's Pro Dual machines were 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 into a 4-stack multi function gym. This modular flexibility allows facilities to create a customized series of workout stations even in small spaces.

Modularity meets modern design aesthetics



Pro Dual Specs
(all Pro Dual units feature):

- 11-gauge 2.375" x 4.625" oval tubing
- ½" diameter bolts
- 2-step powder coat finish
- 210 lb, or 310 lb, weight stacks available
- Spun steel aircraft cables, 5.5mm diameter, 2800lb test
- Fiberglass reinforced nylon pulleys with sealed bearing movements
- 2" high density pads

PRO-DUAL DABB-SF AB & BACK MACHINE FC

- Perform isolated ab crunches and back extensions
- Counterbalanced resistance arm features 14 adjustable starting points
- Oversized 9" adjustable roller pad offers comfort and proper alignment for both ab and back exercises
- Biomechanically-angled seat with five gas-assisted adjustable positions
- Six-position adjustable leg pad/foot brace provides stability for users of all heights
- 48"L x 48"W x 62"H
- Product Weight: 476 lbs.
- Body-Solid Full Commercial Warranty



PRO-DUAL DLEC-SF LEG EXTENSION & CURL MACHINE FC

- Safely and comfortably perform leg extensions and leg curls from one seated position
- Custom-designed biomechanical seat with 12-position adjustable back pad to properly fit users of all sizes
- Oversized self-adjusting leg roller provides ultimate comfort and proper alignment during both movements
- Seven adjustments for both leg curls and extensions, providing a great range of motion
- Adjustable thigh hold-down pad
- 46"L x 66"W x 62"H
- Product Weight: 506 lbs.
- Body-Solid Full Commercial Warranty

PRO-DUAL **DCLP-SF LEG & CALF PRESS MACHINE** **FC**

- Develop powerful quads, glutes and calves
- 4 pivot linkage bars biomechanically self align leg press plate through entire range of motion
- Wide no-slip leg press plate with bottom angle for calf press isolation
- 12 position adjustable back pad accommodates users of all sizes
- 210 lb, or 310 lb, weight stacks available
- 2:1 ratio, 210 lb. weight stack provides 420 lbs. of resistance 310lb. weight stack provides 620lbs. of resistance
- 37"L x 82"W x 77"H
- Product Weight: 549 lbs.
- Body-Solid Full Commercial Warranty



PRO-DUAL **DIOT-SF INNER & OUTER THIGH MACHINE** **FC**

- Perform abductor and adductor exercises from a comfortable seated position
- Extra large rotating knee pads provide comfort and support
- Ergonomically-correct forward-facing weight stack provides easy resistance adjustments and user privacy
- Pop-pin leg adjustments provide users a greater range of motion
- Nine position seat back adjustments
- 76"L x 36"W x 62"H
- Product Weight: 475 lbs.
- Body-Solid Full Commercial Warranty

PRO-DUAL **DLAT-SF LAT & MID ROW MACHINE** **FC**

- Isolates upper body, back and lat muscles
- No cable change design allows user to switch between exercises quickly
- Includes solid steel revolving lat bar and triangle row bar
- Oversized thigh pads easily adjust for stability
- Non-skid foot brace provides stability and support for mid row exercises
- 77"L x 47"W x 83"H
- Product Weight: 528 lbs.
- Body-Solid Full Commercial Warranty



PRO-DUAL **DBTC-SF BICEP & TRICEP MACHINE** **FC**

- Isolate bicep and tricep muscles
- Work two key arm muscles from a comfortable seated position
- 14 combined adjustments provide users with multiple starting points and greater range of motion
- Three-position pivoting handles reduce torque and provide continuous resistance
- Five-position gas-assisted adjustable seat with back support
- Adjustable arm pad is ergonomically designed to fit users of all sizes
- 49"L x 44"W x 62"H
- Product Weight: 503 lbs.
- Body-Solid Full Commercial Warranty

PRO-DUAL **DPGC-SF CABLE COLUMN MACHINE** **FC**

- Target numerous muscles for limitless exercise variation
- Dual handle design for isolateral movements
- 18 incremental adjustments for multiple positioning
- User-friendly one-handed adjustments for quick workouts
- Pivoting quad pulley design allows for full range of motion
- 43"L x 34"W x 83"H
- Product Weight: 443 lbs.
- Body-Solid Full Commercial Warranty



PRO-DUAL **DPLS-SF VERTICAL PRESS & LAT MACHINE** **FC**

- Perform lat pulldown and mid row exercises as well as chest/incline/shoulder press exercises
- Adjustable press arm, back pad and seat pad to fit any size user
- Lat pulldown includes revolving lat bar and leg hold down
- Ergonomically correct handle angles for pressing and rowing
- Ergo grip press handles for correct positioning
- 67"L x 47"W x 83"H
- Product Weight: 543 lbs.
- Body-Solid Full Commercial Warranty



PRO-DUAL **DPEC-SF PEC & REAR DELT MACHINE** **FC**

- Isolate your pec and deltoid muscles for an efficient workout
- Independent arms with five adjustable starting positions for greater range of motion
- Self-adjusting 360 ° rotating handles
- Five-position gas-assisted seat adjustment
- 54"L x 38"W x 69"H
- Product Weight: 502 lbs.
- Body-Solid Full Commercial Warranty

PRO-DUAL **DPRS-SF MULTI PRESS MACHINE** **FC**

- Perform flat, incline and shoulder press exercises
- Industrial pillow block pivot point with counter balance
- Five press arm starting positions from flat press to shoulder press
- Multiple press handles provide users of all sizes different grip angles
- 20-position adjustable seat and back pad create multiple press angles
- 56"L x 85"W x 62"H
- Product Weight: 558 lbs.
- Body-Solid Full Commercial Warranty





DGYM
MODULAR GYM SYSTEM



Body-Solid created three popular DGYM packages, each carefully crafted to fit several markets and applications.

All three packages feature a wide range of stations focusing on the entire body from leg press/calf extensions to vertical press & lat stations.

This particular Pro Dual DGYM is shown with:

- DGYM** Base Station
- DPLS-S** Vertical Press and Lat
- DPCC-S** Adjustable Cable Column
- DLEC-S** Leg Extension/Leg Curl
- DPEC-S** Pec Dec/Rear Delt



Pro Dual stations are also available as Single Stations

DABB-SF	Ab Crunch/Back Extension	Pg. 15
DBTC-SF	Bicep Curl/Tricep Extension	Pg. 17
DCLP-SF	Leg Press/Calf Extension	Pg. 16
DIOT-SF	Inner Thigh/Outer Thigh	Pg. 16
DLAT-SF	Lat Pull-Down/Midrow	Pg. 17
DLEC-SF	Leg Extension/Leg Curl	Pg. 15
DPCC-SF	Adjustable Cable Column	Pg. 18
DPEC-SF	Pec Dec/Rear Delt	Pg. 19
DPLS-SF	Vertical Press and Lat	Pg. 19
DPRS-SF	Multi-Press	Pg. 19

D-GYM, PACKAGE #1:

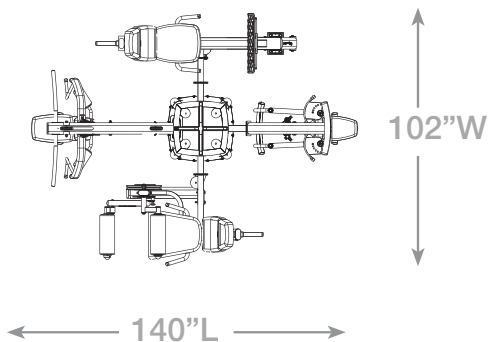
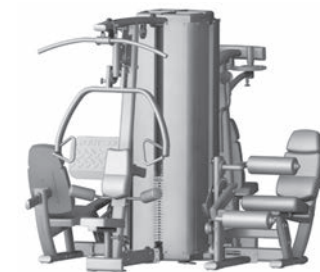
DGYMP1 120"W x 140"H x 83"L

DCLP-S Leg Press/Calf Extension

DPLS-S Vertical Press and Lat

DPEC-S Pec Dec/Rear Delt

DLEC-S Leg Extension/Leg Curl



D-GYM, PACKAGE #2:

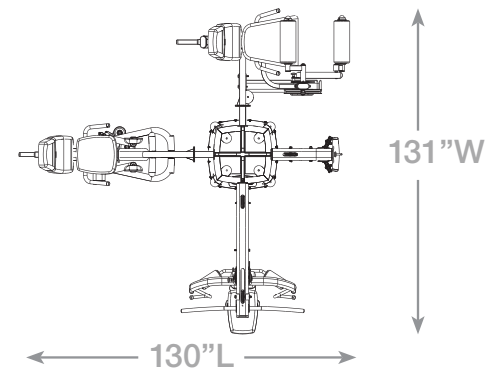
DGYMP2 131"W x 130"H x 83"L

DLEC-S Leg Extension/Leg Curl

DPCC-S Adjustable Cable Column

DPLS-S Vertical Press and Lat

DIOT-S Inner Thigh/Outer Thigh



D-GYM, PACKAGE #3:

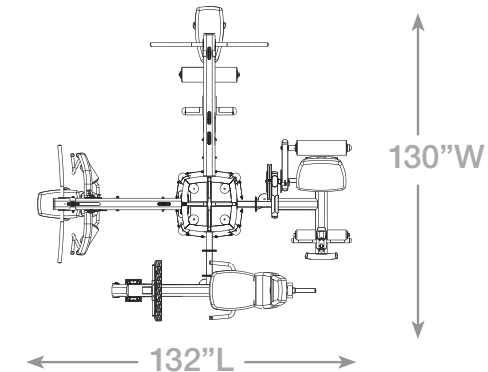
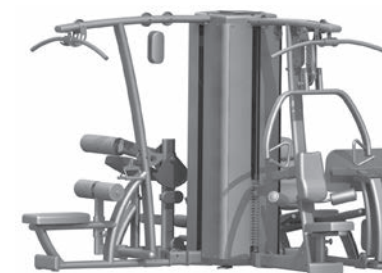
DGYMP3 130"W x 132"H x 83"L

DLAT-S Lat Pull-Down/Midrow

DABB-S Ab Crunch/Back Extension

DCLP-S Leg Press/Calf Extension

DPLS-S Vertical Press and Lat

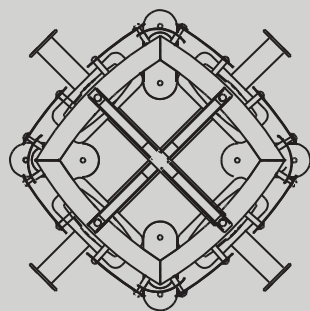


Three easy steps unlocks thousands of configurations for your own custom gym. Combine any Pro•Dual stations to suit your needs.

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

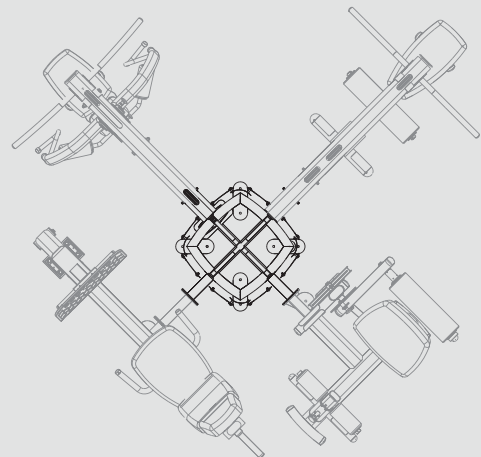
Step 1:

Start with the base station (DGYM).



Step 2:

Choose any combination of four of the Pro•Dual single stations (as seen on the next page) to complete your package.



Step 3:

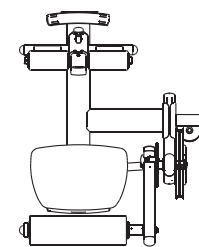
Upgrade weight stacks if desired.



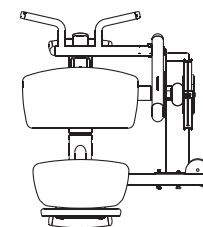
AVAILABLE UPGRADE:

- HP10: Premium weight stacks, Red
- HP200: 200 lb. red weight stack
- WSP200: 200 lb. premium black weight stack
- SP300: 300 lb. weight stack

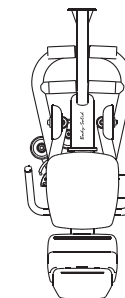
DABB-S
Ab Crunch/
Back Extension



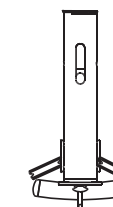
DBTC-S
Biceps Curl/
Triceps Extension



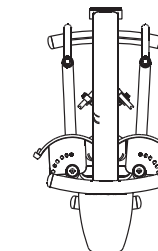
DIOT-S
Inner Thigh/
Outer Thigh



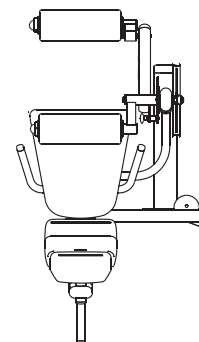
DPCC-S
Adjustable Cable
Column



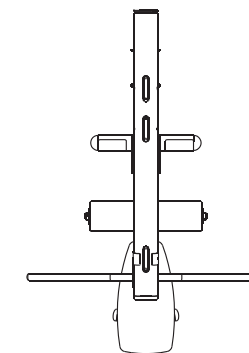
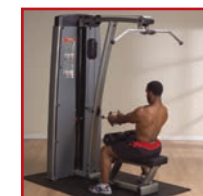
DPEC-S
Pec Dec/
Rear Delt



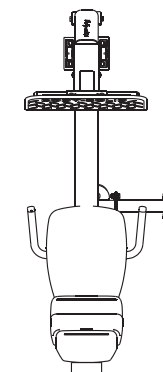
DLEC-S
Leg Extension/
Leg Curl



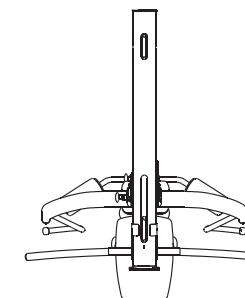
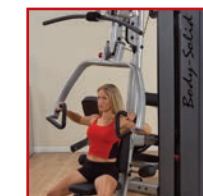
DLAT-S
Lat Pull-Down/
Midrow



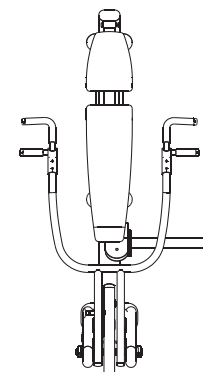
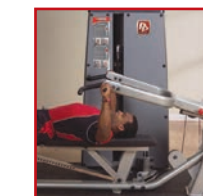
DCLP-S
Leg Press/
Calf Extension



DPLS-S
Vertical Press
and Lat



DPRS-S
Multi-Press





**COMMERCIAL RATED.
PRECISION BUILT.**

The Body-Solid designed ProClub Line is built to address the specific needs of thousands of facilities across the country and around the world that require durable machines at affordable prices, available on demand. Straight forward designs and easy adjustments provide a safe and familiar workout environment for fitness enthusiasts of all experience levels.

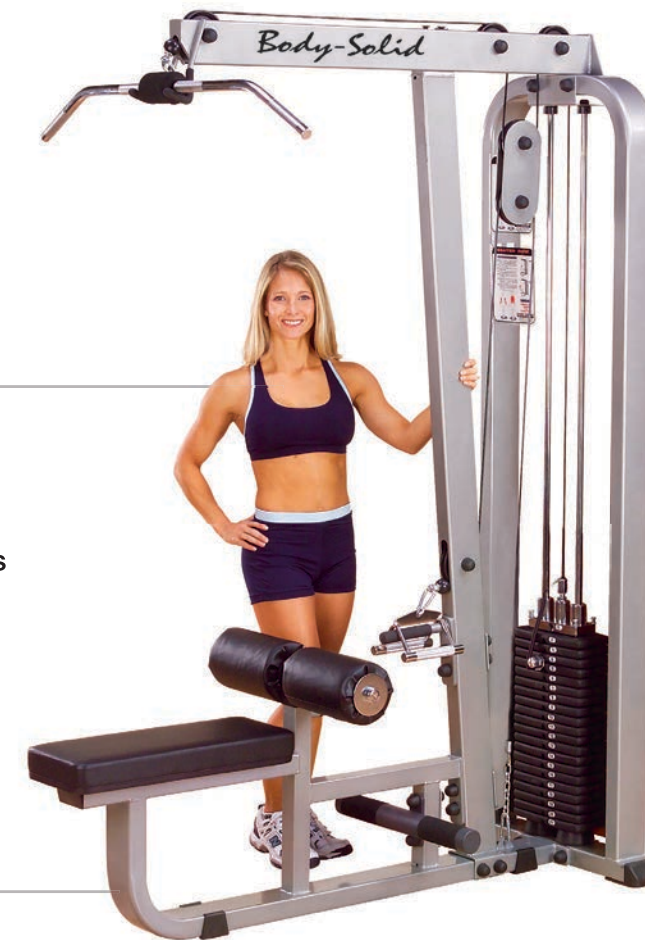
ProClub Line Specs

- Heavy-gauge steel frame
- Double, powder-coat finish protects against scratching, chipping and peeling
- Premium DuraFirm upholstery — double-stitched, extra-tough and tear-resistant
- High-density top-grade foam
- Nylon-coated, self-lubricating, aircraft-quality steel cables
- Sealed bearing pivot points
- Full Commercial Rating



Body-Solid
ProClub Line **SLP500G LEG PRESS** **FC**

- Develop powerful quads, glutes and calves
- Four pivot linkage bars biomechanically self align leg press plate through entire range of motion
- Adjustable back pad with lumbar support
- Wide no-slip leg press plate with bottom angle for calf press isolation
- 210 lb. weight stack, optional 310 lb. weight stack
- 2" x 3" heavy-duty 11-gauge mainframe construction
- 40"L x 8032"W x 72"H
- Product Weight: 555 lbs.
- Body-Solid Full Commercial Warranty



Body-Solid
ProClub Line **SLM300G LAT MID ROW** **FC**

- High pulley directly overhead for front and rear lat pulldowns
- Extra long pad ensures proper range for lat and row exercises
- Includes revolving steel 48" lat bar and steel triangle row bar
- 2" x 3" heavy-duty 11-gauge mainframe construction
- 210 lb. weight stack, optional 310 lb. weight stack
- 64"L x 46"W x 83"H
- Product Weight: 444 lbs.
- Body-Solid Full Commercial Warranty



Body-Solid
ProClubLine SCC1200G CABLE CROSSOVER 

- Nearly limitless number of exercises, movements and muscle groups
- A staple of any gym, health club, fitness center or workout facility
- 180° pulley swivel allowing accurate resistance throughout any movement
- 12 horizontal pulley positions
- Two 160 lb. standard weight stacks, optional 235 lb. weight stacks are available
- 2" x 3" heavy-duty 11-gauge mainframe construction
- Optional lat/chin attachment (GCA2)
- 35"L x 158"W x 91"H
- Product Weight: 671 lbs.
- Body-Solid Full Commercial Warranty

Body-Solid
ProClubLine SDC2000G DUAL CABLE COLUMN 

- Small footprint allows for a nearly unlimited number of exercises and movements across the body
- Two 160 lb. standard weight stacks. Upgradeable to two 235 lb. weight stacks
- 2" x 3" heavy-duty 11-gauge mainframe construction
- 44"L x 46"W x 91"H
- Product Weight: 674 lbs.
- Body-Solid Full Commercial Warranty



Body-Solid
ProClubLine SLE200G LEG EXTENSION 

- Variable cam provides consistent resistance throughout movement
- Biomechanically correct pivot point aligns with knee joint
- Adjustable foot rollers
- 210 lb. weight stack, optional 310 lb. weight stack
- 2" x 3" heavy-duty 11-gauge mainframe construction
- 40"L x 48"W x 72"H
- Product Weight: 436 lbs.
- Body-Solid Full Commercial Warranty

Body-Solid
ProClubLine SLC400G LEG CURL 

- Biomechanically-accurate pivot point ensures correct body position for complete hamstring and leg development
- Variable cam provides consistent resistance throughout movement
- Adjustable foot rollers guarantee proper alignment
- V-shaped prone back pad isolates hamstring muscles and eliminates back fatigue
- 39"L x 66"W x 62"H
- Product Weight: 438 lbs.
- Body-Solid Full Commercial Warranty





Body-Solid
ProClub Line SMR1000 MULTI SQUAT RACK 

- Provides users a safe, comfortable platform for squats and pressing movements
- Integrated chinning bar and strength band pegs
- Extended frame for spotter access
- ¼" solid steel gun-rack liftoffs
- 2"x 3" 11-gauge steel safeties and mainframe
- Included plate storage
- Weight Capacity: 1000 lbs.
- 80"L x 71"W x 89"H
- Product Weight: 343 lbs.
- Body-Solid Full Commercial Warranty



Body-Solid
ProClub Line SCB1000 COUNTER-BALANCED SMITH MACHINE 

- Safe-guided motion keeps users from losing balance
- Eliminates need for a spotter
- Modern oval, 11-gauge steel frame
- Smooth performance at any weight
- Included plate storage
- 10 lb. counterbalanced bar
- Weight Capacity: 1000 lbs.
- 50"L x 86"W x 84"H
- Product Weight: 543 lbs.
- Body-Solid Full Commercial Warranty



Body-Solid
ProClub Line SFID325 ADJUSTABLE BENCH 

- Adjusts from decline (-20°s) to flat and several incline positions (15, 30, 45, 60 and 80°)
- Back pad and seat pad adjust individually
- Seat pad adjusts to flat, 10 and 18°s
- Transport wheels for easy mobility
- 2"x 3", 11-gauge steel
- Weight Capacity: 1000 lbs.
- Height to pad - flat position: 18"
- Back pad tapers 9.5" - 12" towards seat pad
- 55"L x 25"W x 18"H
- Product Weight: 75 lbs.
- Body-Solid Full Commercial Warranty

Body-Solid
ProClub Line SDIB370 BENCH RACK COMBO 

- 14 position ¼" solid steel gunracks
- Oversized 17" safeties
- 7° reverse pitch for biomechanically correct lifting paths
- Bench (SFID325) and Squat Rack (GPR370) can be used separately
- Integrated Olympic plate storage
- Weight Capacity: 1000 lbs.
- 78"L x 65"W x 74"H
- Product Weight: 215 lbs.
- Body-Solid Full Commercial Warranty



Weights, bars, and collars are sold separately.

Body-Solid
ProClubLine SLS500 LEVERAGE SQUAT 

- Safely maximize squats
- Biomechanically-correct squat platform targets glutes and quads
- Rounded calf block for extra range of motion
- Two 11" Olympic plate storage posts
- Modern oval, 11-gauge steel frame
- Weight Capacity: 1000 lbs.
- 74"L x 61"W x 67"H
- Product Weight: 397 lbs.
- Body-Solid Full Commercial Warranty



Body-Solid
ProClubLine SVKR1000 VERTICAL KNEE RAISE 

- Multiple close and wide grips for pull-ups and chin-ups
- Body-Solid exclusive rock-climbing grips
- Revolving dip handles
- Modern oval, 11-gauge steel frame
- Weight Capacity: 300 lbs.
- 62"L x 47"W x 103"H
- Product Weight: 282 lbs.
- Body-Solid Full Commercial Warranty

Body-Solid
ProClubLine SAB500 AB BENCH 

- Perfect for ab crunches, oblique bend, knee raises and more.
- Gas-assisted adjustment
- Adjustable to: 0°, 5°, 10°, 15°, 20°, 25° and 30°
- Four-point base eliminates rocking
- Modern oval, 11-gauge steel frame
- Transport wheels and handle for easy mobility
- Weight Capacity: 300 lbs.
- 70"L x 27"W x 49"H
- Product Weight: 125 lbs.
- Body-Solid Full Commercial Warranty



Body-Solid
ProClubLine SGH500 GLUTE & HAM MACHINE 

- Unsurpassed development of the abdominal, oblique, lower back, glutes and hamstrings
- Isolates lower posterior muscles
- Vertical and horizontal adjustments ensure proper fit for any size user
- Oversized pads for comfort
- Step for easy access and dismount
- 2"x3" 11-gauge steel mainframe
- Weight Capacity: 300 lbs.
- 77"L x 33"W x 50"H
- Product Weight: 136 lbs.
- Body-Solid Full Commercial Warranty

Weights, bars, and collars are sold separately.



Body-Solid
ProClubLine LVLA LEVERAGE LAT PULLDOWN 

- 360° articulating hand grips for free-floating downward pulling motion
- Dual axis diverging arm movement for biomechanically-correct lat pull-downs
- Adjustable leg hold down pads
- Gas-assisted seat adjustment
- 2" x 3" 11-gauge steel mainframe
- Weight plate storage
- 76"L x 49"W x 84"H
- Product Weight: 183 lbs.
- Body-Solid Full Commercial Warranty

Body-Solid
ProClubLine LVSR LEVERAGE SEATED ROW 

- 360° articulating hand grips provide definition and natural range of motion
- Dual axis diverging arm movement provides a biomechanically-correct back exercise
- Independent unilateral arm movement
- Gas-assisted seat adjustment
- 2" x 3" 11-gauge steel mainframe
- 65"L x 35"W x 44"H
- Product Weight: 158 lbs.
- Body-Solid Full Commercial Warranty



Body-Solid
ProClubLine LVLC LEVERAGE LEG CURL 

- V-bench design provides total hamstring isolation
- Reduced back fatigue
- Side handles for stability and control
- Adjustable foot rollers accommodate any size user
- Weight plate holder
- 74"L x 46"W x 26"H
- Product Weight: 165 lbs.
- Body-Solid Full Commercial Warranty



Body-Solid
ProClubLine LVLE LEVERAGE LEG EXTENSION 

- Adjustable foot roller to accommodate various leg lengths and start positions
- Gas-assisted back pad adjustment
- Direct link movement arm design
- Weight plate holder
- 68"L x 47"W x 40"H
- Product Weight: 157 lbs.
- Body-Solid Full Commercial Warranty

Weights, bars, and collars are sold separately.

Body-Solid
ProClub Line LVIP LEVERAGE INCLINE BENCH PRESS 

- Independent, unilateral arm action for balanced muscle and upper body development
- Converging press arm movement provides advanced biomechanics
- Ergonomic hand grip positions
- Gas-assisted starting position
- Adjustable press arms to fit users of all size
- Weight plate holders
- 71”L x 53”W x 41”H
- Product Weight: 167 lbs.
- Body-Solid Full Commercial Warranty



Body-Solid
ProClub Line LVBP LEVERAGE BENCH PRESS 

- Perform bench press-like movement without the need of a spotter
- Independent, unilateral arm action for balanced muscle and upper body development
- Converging press arm movement provides advanced biomechanics
- Ergonomic hand grip positions
- Gas-assisted starting position
- Adjustable press arms to fit users of all size
- Weight plate holders
- 69”L x 53”W x 30”H
- Product Weight: 169 lbs.
- Body-Solid Full Commercial Warranty

Weights, bars, and collars are sold separately.

Body-Solid
ProClub Line LVSP LEVERAGE SHOULDER PRESS 

- Independent, unilateral arm action for balanced upper body/shoulder development
- Converging press arm movement
- Ergonomic hand grip position
- Gas-assisted starting position
- Adjustable seat pad
- Weight plate holders
- 49”L x 53”W x 52”H
- Product Weight: 171 lbs.
- Body-Solid Full Commercial Warranty



Body-Solid
ProClub Line LVLP LEVERAGE HORIZONTAL LEG PRESS 

- Safe and effective leg press movements
- Fully-adjustable back support for proper body alignment and comfort
- Dual self-aligning linear bearing seat carriage easily adjusts for various foot positions
- Pivoting footplate maintains correct foot position throughout
- Direct drive press system for accurate weight resistance
- 87”L x 61”W x 56”H
- Product Weight: 513 lbs.
- Body-Solid Full Commercial Warranty



Body-Solid
ProClubLine SPB368G SHOULDER PRESS OLYMPIC BENCH 

- Safe and effective shoulder press movements
- Durable double-stitched upholstery
- Powder coat paint finish
- ¼" zinc-plated gun racks
- 2" x 3" heavy-duty 11-gauge mainframe construction
- Weight Capacity: 1000 lbs.
- 42"L x 50"W x 72"H
- Product Weight: 121 lbs.
- Body-Solid Full Commercial Warranty



Body-Solid
ProClubLine SFB349G FLAT OLYMPIC BENCH 

- Perfect for bench and other chest press movements
- ¼" zinc-plated gun racks
- 2" x 3" heavy-duty 11-gauge mainframe construction
- 68"L x 50"W x 48"H
- Product Weight: 111 lbs.
- Body-Solid Full Commercial Warranty

Body-Solid
ProClubLine SIB359G INCLINE OLYMPIC BENCH 

- Work your chest and upper body with an inclined angle
- 30° backrest angle
- Adjustable seat pad
- ¼" zinc-plated gun racks
- 2" x 3" heavy-duty 11-gauge mainframe construction
- Weight Capacity: 1000 lbs.
- 61"L x 50"W x 62"H
- Product Weight: 123 lbs.
- Body-Solid Full Commercial Warranty



Body-Solid
ProClubLine SDB351G DECLINE OLYMPIC BENCH 

- Ideal for decline bench presses and other chest press movements
- -20° backrest angle
- Adjustable leg hold positions for comfort and safety
- 2" x 3" heavy-duty 11-gauge mainframe construction
- 75"L x 50"W x 50"H
- Product Weight: 123 lbs.
- Body-Solid Full Commercial Warranty



Weights, bars, and collars are sold separately.

Body-Solid
ProClub Line

SPR1000 POWER RACK 

- 3" x 3" 11-gauge steel mainframe
- 1" hole spacing for safety spotter bars
- Includes two J-Cup liftoffs and premium safety spotter bars
- Integrated chinning bar
- Optional expansion for weight storage and spotter access
- Optional monkey bar expansion bolts two racks together
- Product Weight: 273 lbs.
- 81"L x 53"W x 90"H
- Body-Solid Full Commercial Warranty



Body-Solid
ProClub Line

SPR1000BACK EXTENDED POWER RACK 

- 3" x 3" 11-gauge steel mainframe
- 1" hole spacing for safety spotter bars
- Includes two J-Cup liftoffs and premium safety spotter bars
- Integrated chinning bar
- Includes expansion for weight storage and spotter access
- Optional monkey bar expansion bolts two racks together
- Product Weight: 501 lbs.
- 93"L x 81"W x 90"H
- Body-Solid Full Commercial Warranty



Body-Solid
ProClub Line

SPR1000DBACK DOUBLE EXTENDED POWER RACK 

- Package includes two complete SPR1000Back Extended Power Racks and the SPRMB Monkey Bar Cross Member
- 3"x3" 11 gauge steel mainframe
- 1" hole spacing for safety spotter bars
- Includes two J-Cup liftoffs and safety spotter bars
- Includes integrated chinning bar
- Includes Expansion for weight storage and spotter access
- Includes Monkey bar expansion bolts 2 or more racks together
- Product Weight: 1080 lbs.
- 93"L x 225"W x 94"H
- Body-Solid Full Commercial Warranty



View the full line of accessories to load onto the SPR1000 Power Racks at www.bodysolid.com/spr1000



Body-Solid
ProClub Line **SPR1000BACKP4 EXTENDED POWER RACK PACKAGE** 

- 3"x3" 11 gauge steel mainframe
- 1" hole spacing for safety spotter bars
- Includes integrated chinning bar
- Optional Monkey bar expansion bolts two or more racks together
- Product Weight: 628 lbs.
- 112"L x 81"W x 90"H
- Body-Solid Full Commercial Warranty

SPR1000BACKP4 INCLUDES:

- SPR1000 power rack with Jcup lift offs and safeties
- SPRBACK expansion with weight horns
- SR-DIP dip station
- SPRCU multi grip chin bar
- SPRBP band pegs (pair)
- SR-STEP plyo step
- SR-CB cannon ball grips
- SPRST storage tray
- SPRTB dual tbar row





SR-HEXPRO, Pro Hexagon System

- 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: 105"L x 84"W x 99"H, 490 lbs.
 - Loaded Dimensions: 160"L x 148"W x 132"H, 1149 lbs.

SR-HEX, Hexagon System

- 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: 107"L x 87"W x 83"H, 483 lbs.
 - Loaded Dimensions: 160"L x 148"W x 117"H, 1141 lbs.

Hexagon Club Package (SR-HEXPROCLUB)



Ropes, balls, bands, kettlebells, bars, plates and collars sold separately.

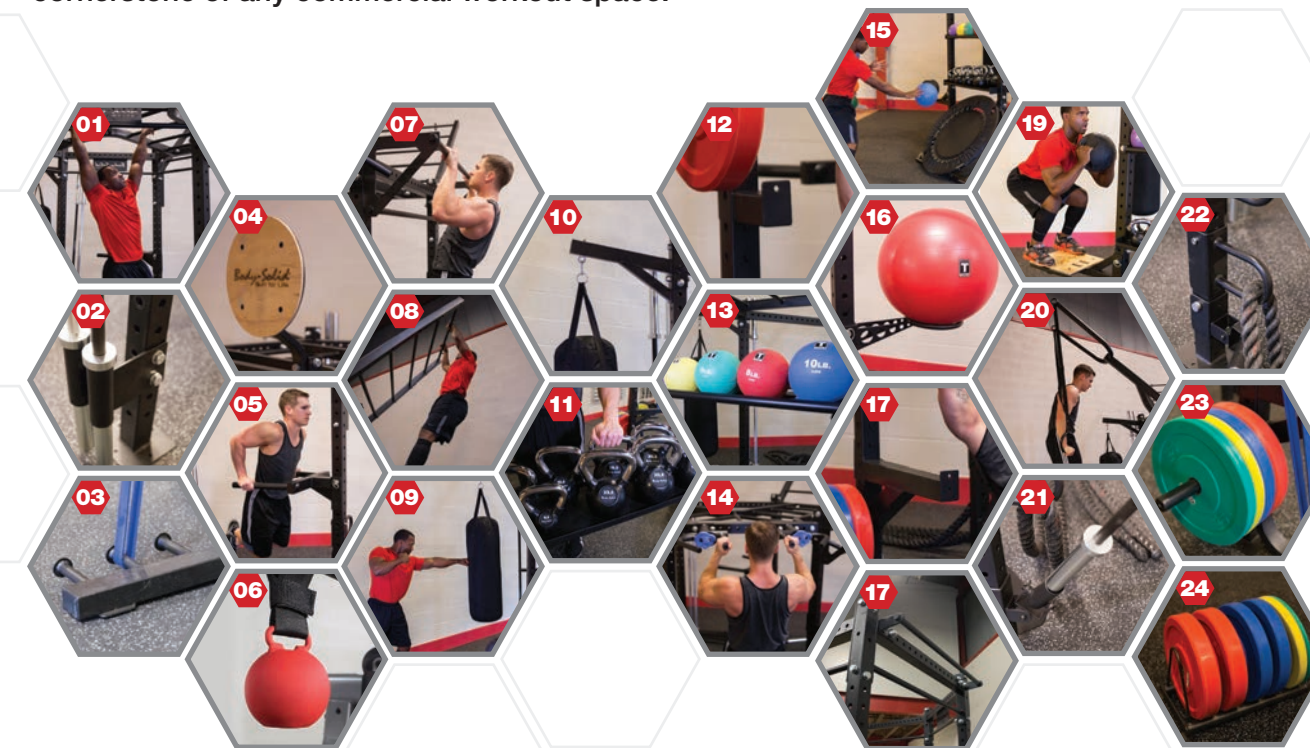
Hexagon Club Package (SR-HEXCLUB)



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 | Monkey Bars |
| 02 SR-BHV | Bar Holder, Vertical |
| 03 SR-BP | Band Pegs |
| 04 SR-BT | Ball Throw |
| 05 SR-DIP | Adjustable Dip |
| 06 SR-CB | Cannonball Grips |
| 07 SR-DPU | Double Pull Up |
| 08 SR-FPU | Flying Pull Up |
| 09 SR-HB | Heavy Bag |
| 10 SR-HBH | Heavy Bag Hanger |
| 11 SR-KB | Kettlebell Tray |
| 12 SR-LO | Lift Offs (pair) |
| 13 SR-MB | Medicine Ball Tray |
| 14 SR-MGC | Multi-Grip Chin Up(2) |
| 15 SR-REB | Ball Rebounder |
| 16 SR-SBH | Stability Ball Holder |
| 17 SR-SC | Safety Catches |
| 18 SR-SPU | Single Pull Up |
| 19 SR-STEP | Adjustable Plyo Step |
| 20 SR-SUSP | Suspension Rings |
| 22 SR-TBR | T-Bar Row |
| 22 SR-UL | U-Link |
| 23 SR-WPH | Weight Plate Horn |
| 24 SR-WPS | Weight Plate Storage |
| SR-HEXEXT | Expansion Rig |
| SR-HEXPROEXT | Pro Expansion |

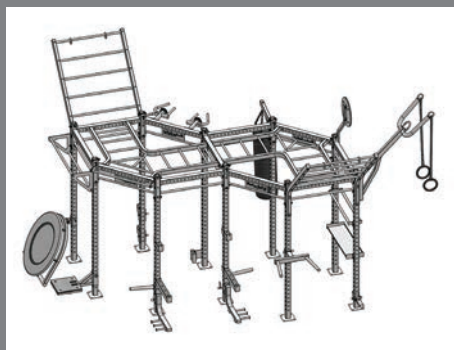


Hexagon Club Package (SR-HEXPROCLUB), also available, 83" SR-HEXCLUB

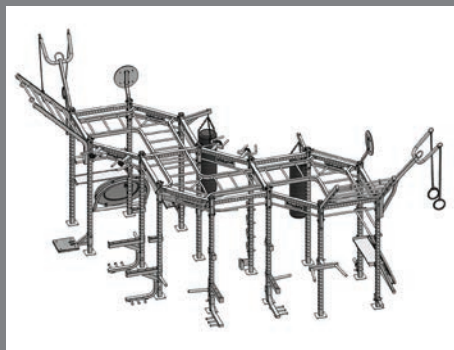


- | | |
|----------------------|-----------------------|
| Monkey Bars | Medicine Ball Tray |
| Bar Holder(Vertical) | Multi-Grip Chin Up(2) |
| Band Pegs(2) | Ball Rebounder |
| Ball Throw | Safety Catches(2) |
| Dip Station | Single Pull Up |
| Double Pull Up | Plyo Step |
| Flying Pull Up | Suspension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

Hexagon Double Package (SR-HEXPRODBLP4), also available 83" SR-HEXDBLP4



Hexagon Triple Package (SR-HEXPROTPLP4), also available, 83" SR-HEXTPLP4





Body-Solid

Light Commercial

Body-Solid
Built for Life

PROSelect

Body-Solid's PROSelect line consists of seven multi-function selectorized stations, perfect for light commercial, training studio and home workout applications. PROSelect selectorized machines offer great function with a high degree of safety.

- Seven multi-function selectorized stations
- Light commercial rated
- Space-efficient designs
- Cost-effective equipment solution
- DuraFirm pads
- Available in 210 and 310 lb. weight stacks

Body-Solid **GMFP-STK MULTI FUNCTIONAL PRESS**

- Perform numerous upper body and chest exercises easily and effectively
- Rotating pulleys provide smooth resistance through multiple planes of movement
- User-defined movements recruit stabilizer muscles for all pressing exercises
- Pulleys rotate 180°s allowing increased exercise variation
- Adjustable seat pad ensures proper fit for users of all sizes
- 76"L x 50"W x 71"H
- Product Weight: 330 lbs.
- Body-Solid Commercial Rated Warranty



FULL RANGE OF MOTION





Body-Solid **FCD-STK** WEIGHT ASSISTED CHIN-DIP MACHINE 

- Perform chin-ups, pull-ups and dips more easily by using weight as assistance
- Lat pull-up (wide grip) & chin-up (close grip) station features easy step-up entry
- Knee-pad platform allows user to control desired weight-assist balance
- Easy access dip station features oversized diameter grips for ultimate comfort
- Ultra-thick DuraFirm back, arm and knee pads
- 63”L x 58”W x 83”H
- Product Weight: 468 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid **GCBT-STK** BICEPS & TRICEPS MACHINE 

- Perform biceps curl and triceps extension movements from a comfortable seated position
- Multi-grip handle allows overhand and underhand grip positions
- Seven position seat adjustment
- 28 position adjustable cam
- Arm pad positioned at 30° angle
- Ultra-thick DuraFirm upholstery provides maximum comfort
- 52”L x 36”W x 71”H
- Product Weight: 395 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid **GCAB-STK** AB & BACK MACHINE 

- Isolate ab & back muscles
- Perform crunches and back extensions more easily and effectively
- Positioned at a 30° angle for precise biomechanical movement
- 20-position adjustable cam
- Seven position foot brace for users of all sizes
- 55”L x 50”W x 71”H
- Product Weight: 399 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid **GCEC-STK** LEG EXT. & LEG CURL MACHINE 

- Comfortably and effectively perform leg curl and leg extension movements
- Seven position adjustments on back pad and leg hold to fit all users
- DuraFirm pads and oversized roller guarantee a comfortable workout
- Biomechanically correct seat angle provides proper support and muscle group isolation
- Distance from top of seat pad to bottom of foam roller: 16”
- 54”L x 54”W x 71”H
- Product Weight: 412 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid
Built for Life

GIOT-STK INNER & OUTER THIGH MACHINE 

- Combines both abductor and adductor exercises in one seated position
- Five range of motion adjustments to accommodate all users
- Swiveling knee pads provide comfort and convenience
- Side stability handles for better positioning
- 63”L x 65”W x 71”H
- Product Weight: 411 lbs.
- Body-Solid Commercial Rated Warranty

Body-Solid **GLP-STK LEG & CALF PRESS MACHINE** 

- Focus on the quadriceps quads, hamstrings, glutes and calves
- Side stability handles
- Oversized rubberized footplate
- Double beam design eliminates ankle stress and provides consistent resistance
- 2:1 weight ratio
- 65”L x 64”W x 71”H
- Product Weight: 441 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid **GPR378 POWER RACK** 

- 20 adjustment levels every 3” on center
- Includes two safety catches and two bar lift-offs
- 41” wide knurled chin-up bar
- 50”L x 46”W x 80”H
- Product Weight: 229 lbs.
- Weight Capacity: 800 lbs.
- Wide walk-in design
- Body-Solid Commercial Rated Warranty

OPTIONS:

- GLA378 LAT ATTACHMENT (pictured)
- SP200 200 LB. WEIGHT STACK (pictured)
- DR378 DIP STATION
- LO378 BAR LIFT OFFS
- HP200 PREMIUM STEEL WEIGHT STACK (Red)



SCB26 CALF SQUAT BLOCK

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



Body-Solid **GS348Q** SERIES 7 SMITH MACHINE 
Built for Life

- Precise 7° angle Smith Machine combined with 7° angle freeweight barbell for natural upper and lower body movements
- 20 cross-member lock-out points for safe, solid stops
- Freeweight gun rack with 14 lift-off and rack positions
- Large diameter, 25 lb. Smith Bar responds quickly and is easy to control
- Strong, adjustable safeties
- Six Olympic weight plate storage posts
- Olympic bar holder mounted to frame for easy storage without obstruction
- 11-gauge 2" x 3" steel weight stack construction

GS348Q SERIES 7 SMITH MACHINE
56"L x 69"W x 83"H / with bench: 92"L
Product Weight: 276 lbs.

GS348QP4 SERIES 7 SMITH MACHINE PACKAGE
98"L x 69"W x 83"H / with bench: 110"L
Product Weight: 724 lbs.

PACKAGE GS348QP4 INCLUDES:
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



GS348QP4



GS348Q



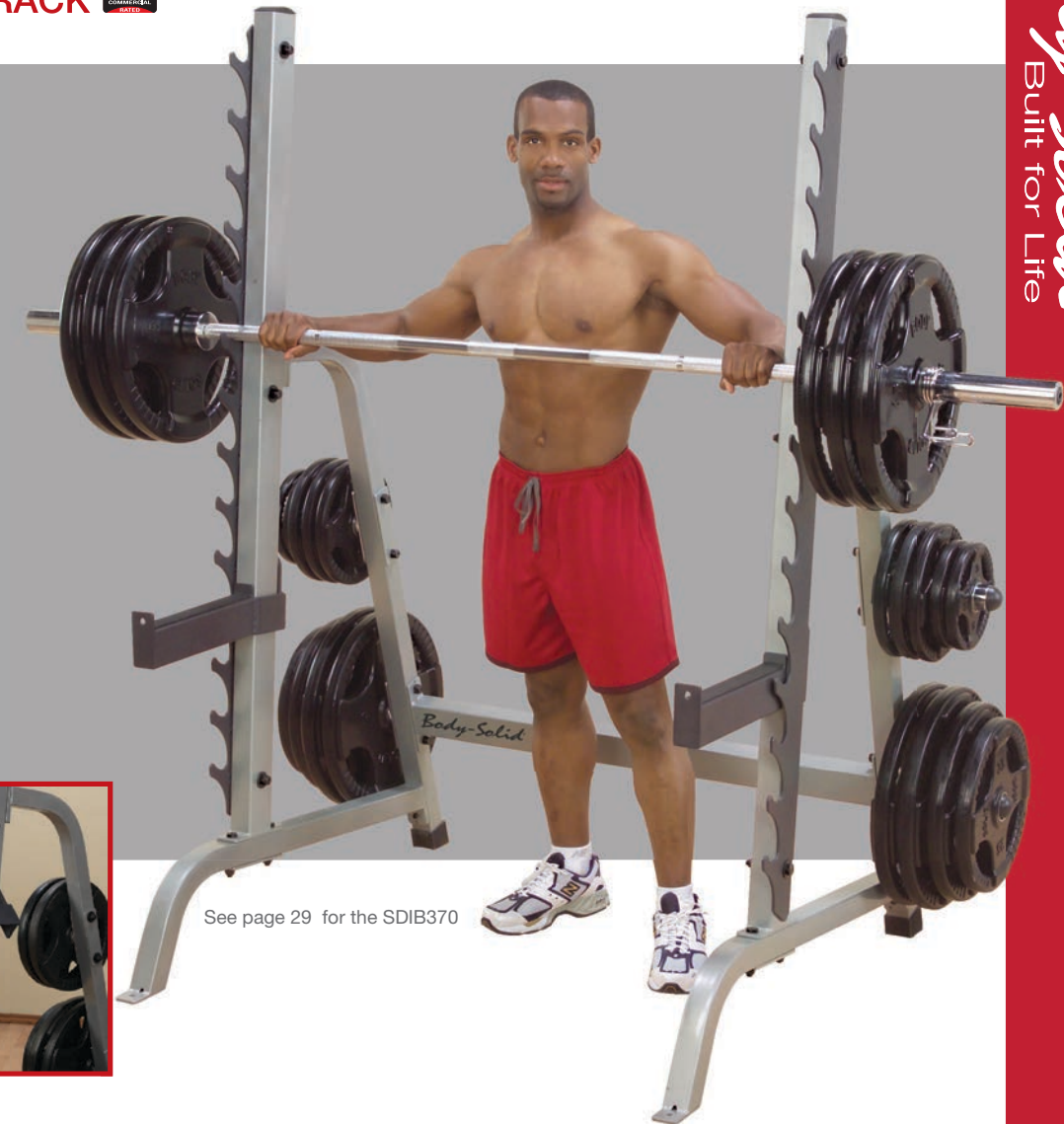
GLDA3



GPCA1

Body-Solid **GPR370** MULTI-PRESS RACK 
Built for Life

- 14 position 1/4" solid steel gunracks
- Oversized 17" safeties
- 7° reverse pitch for biomechanically correct lifting paths
- Integrated Olympic plate storage
- Weight Capacity: 1000 lbs.
- 45"L x 64"W x 74"H
- Product Weight: 140 lbs.
- Body-Solid Commercial Rated Warranty



See page 29 for the SDIB370



See pg. 88-89 for our full line of Olympic weights.

Weights, bars, and collars are sold separately.

Weights, bars, and collars are sold separately.



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

- Independent back (ladder style) and seat pad (pull pin) adjustments
- Back pad declines with seat incline for bent knee ab crunch position
- Included leg hold down
- Transport wheels for easy movement
- 11 gauge, 2"x3" steel construction
- Optional attachments, Leg Developer GLDA3, Preacher Curl GPCA1, Lat Row GLRA81
- Back pad adjusts to -15°, 0°, 25°, 45°, 60° and 80°
- Seat pad adjusts to -10°, 0°, 10°, 20°, 30°, 45° and 60°
- Height to pad-flat position 20"
- Weight Capacity: 800 lbs.
- 70"L x 28"W x 19"H
- Product Weight: 100 lbs.
- Body-Solid Commercial Rated Warranty

Body-Solid **GFID100 FLAT/INCLINE/DECLINE BENCH** 

- Independent back (ladder style) and seat pad (pull pin) adjustments
- Included foot hold for stability in decline position
- Transport wheels for easy movement
- High gloss red paint finish
- Weight Capacity: 600 lbs
- 14-gauge 3" round mainframe
- Optional attachments: Leg Developer GLDA3, Preacher Curl GPCA1
- Back pad adjusts to -18°, 0°, 15°, 30°, 45°, 65° and 80°
- Seat pad adjusts to 0°, 8°, 12°, 16°
- Height to pad-flat: 19"
- Product Weight: 53 lbs.
- 66"L x 28"W x 19"H (49"H with inclined back pad)
- Body-Solid Commercial Rated Warranty



Body-Solid **FID46 FLAT/INCLINE/DECLINE BENCH** 

- Synchronized seat and back pad adjustments with glide and lock pull pin
- Includes leg developer for prone leg curls and seated leg extensions
- Transport wheels for easy movement
- Back pad adjusts to -20°, 0°, 10°, 20°, 30°, 40°, 50°, 60° and 70°
- Seat pad adjusts to 0°, 4°, 6°, 8°, 10°, 12°, 15° and 17°
- Height to pad-flat position: 23"
- Weight Capacity: 600 lbs.
- 72"L x 28" W x 31"H
- 13-gauge 3" round mainframe
- Product Weight: 93 lbs.



Weights, bars, and collars are sold separately.

OPTIONS:



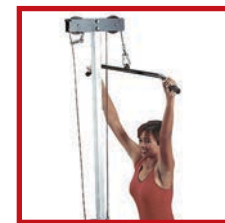
GPCA1



GLDA3



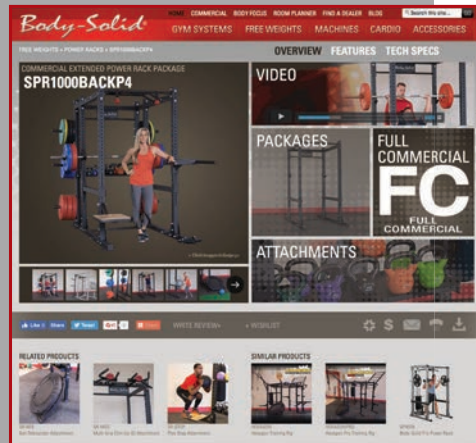
GPCA



GLRA81



Built for our Corner Leverage Gym. See pg 64 for details.



Visit bodysolid.com for product videos, overviews, features and technical specifications.



Body-Solid **GFI21** FLAT/INCLINE BENCH

- Independent back (glide and lock pull pin) and seat pad (pull pin) adjustments
- Transport wheels for easy movement
- 11-gauge, 2"x3" steel construction
- Back pad adjusts to: 83°, 75°, 70°, 61°, 55°, 47°, 38°, 26° and 0°
- Seat pad adjusts to: 30°, 25°, 15° and 0°
- Height to pad-flat position 17"
- Weight Capacity: 600 lbs.
- 52"L x 21"W x 17"H (46"H with inclined back pad)
- Product Weight: 57 lbs.
- Body-Solid Commercial Rated Warranty



Bench folds flat (9.5" high) for storage

Body-Solid **GFI225** FOLDING MULTI-BENCH

- Ladder style back pad adjustment
- Back pad adjusts to -20°, 0°, 15°, 30°, 45°, 60°, and 75°
- Bench comes fully assembled in box
- Transport wheels for easy movement
- Height to pad-flat position 21"
- Weight Capacity: 600 lbs.
- 11-gauge, 2" x 3" oval steel construction
- 57"L x 18"W x 10"H - Folded
- 60"L x 18"W x 19"H - In-Use
- Product Weight: 53 lbs.
- Body-Solid Commercial Rated Warranty



See pages 84-85 for our full line of dumbbells.

Body-Solid **GFB350** HEAVY DUTY FLAT BENCH

- Combination 11 and 12-gauge steel construction
- 9.5" wide back pad
- Transport wheels for easy movement
- Height to pad - flat position: 19"
- Weight Capacity: 800 lbs.
- 49"L x 23"W x 19"H
- Product Weight: 42 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid **GST20** UTILITY STOOL

- Combination 11 and 12-gauge steel construction
- Back pad support for seated exercises
- Wide rear legs prevent rocking
- Height to seat pad: 18"
- Weight Capacity: 800 lbs.
- 28"L x 28"W x 46"H
- Product Weight: 30 lbs.
- Body-Solid Commercial Rated Warranty

Weights, bars, and collars are sold separately.



See pg. 88-89 for our full line of Olympic weights.



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

- Develop your pectoral and chest muscles
- Articulating handles for unilateral and bilateral chest development
- Adjustable cam for variable starting positions
- 2" x 2" high tensile strength steel frame
- DuraFirm seat and back pads
- 69"L x 39"W x 66"H
- Product Weight: 91 lbs.
- Body-Solid Commercial Rated Warranty

Weights, bars, collars, and adapter sleeves are sold separately.

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

- Perform isolated seated row movement to build a stronger, more developed back
- Multi-position adjustable handles
- Bronze bushing pivot points
- DuraFirm chest and seat pads
- 56"L x 43"W x 39"H
- Product Weight: 81 lbs.
- Body-Solid Commercial Rated Warranty



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

- Perform bicep curl and tricep extension movements from a comfortable seated position
- V-Bar handle to better isolate targeted muscles
- Adjustable seat for proper positioning
- Positioned at 30° angle for precise biomechanical movement
- 41"L x 45"W x 40"H
- Product Weight: 79 lbs.
- Body-Solid Commercial Rated Warranty

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

- Isolate biceps with classic preacher curl movement
- Fully adjustable to accommodate users of all sizes
- Extra-wide base and bar cradle
- DuraFirm arm and seat pads
- 11-gauge, 2" x 3" steel construction
- 34"L x 35"W x 38"H
- Product Weight: 74 lbs.
- Body-Solid Commercial Rated Warranty



Weights, bars, collars, and adapter sleeves are sold separately.



Body-Solid **GDIP59 DIP STATION** 



- Develop stronger shoulders, delts and triceps on a freestanding dip station
- Oversized 1-3/4" diameter dipping bars
- Slip-proof rubber grips
- 2" x 3" mainframe construction
- Dip handles taper from 21" to 19" width
- 40"L x 27"W x 53"H
- Product Weight: 44 lbs.
- Body-Solid Commercial Rated Warranty

See our selection of dipping straps and belts on page 80



Body-Solid **GVKR60 VERTICAL KNEE RAISE & DIP** 

- Perfect for dips, knee raises and leg lifts
- Safe, no-slip step-up entry
- Comfortable oversized hand-grips
- DuraFirm back and arm pads
- Distance between dip handles: 20.5"
- 37"L x 27"W x 60"H
- Product Weight: 61 lbs.
- Body-Solid Commercial Rated Warranty



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

- Perform dips, leg lifts, knee raises, chin-ups and pull-ups with confidence
- Easy access dip station
- Lat pull-up/chin-up station features easy step-up entry
- 10° reverse pitch increases abdominal range of motion
- Cushioned push-up station mounted a full 12" off the floor for increased pec development
- 58"L x 50"W x 82"H
- Product Weight: 112 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid **FCD VERTICAL KNEE RAISE/DIP/CHIN-UP MACHINE** 

- Perform dips, leg lifts, knee raises, chin-ups and pull-ups with confidence
- Lat pull-up (wide grip)/chin-up (close grip) station features easy step-up entry
- Easy access dip station features oversized grips for ultimate comfort
- DuraFirm back and arm pads
- 11-gauge steel construction
- 63"L x 42"W x 83"H
- Product Weight: 136 lbs.
- Body-Solid Commercial Rated Warranty





Body-Solid **GRCH322 ROMAN CHAIR** 
Built for Life

- Works glutes, hamstrings, calves, abs, obliques and back
- Extra-wide base eliminate rocking
- No-slip step-up surface for safe positioning
- Oversized foam rollers adjustable vertically and horizontally
- 11-gauge, 2" x 3" steel construction
- DuraFirm support pads for increased comfort
- 51"L x 27"W x 43"H
- Product Weight: 70 lbs.
- Body-Solid Commercial Rated Warranty

Body-Solid **GHYP345 45° BACK HYPEREXTENSION** 
Built for Life

- Perfect for back hyperextension movement
- Increase flexibility and relieve lower back pain
- DuraFirm support pads are adjustable to fit any size user
- Oversized foot plate provides easy access
- 11-gauge, 2" x 3" steel construction
- 53"L x 29"W x 36"H
- Product Weight: 68 lbs.
- Body-Solid Commercial Rated Warranty



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

- Effective in isolating the entire abdominal region
- Perform crunches, sit-ups, oblique twists, and more
- Quad roller design locks you in a biomechanically correct crunch position
- 12 adjustment levels from 0° to 45°
- Transport wheels for easy mobility and storage
- Oversized foam rollers for comfort and stability
- 66"L x 24"W x 52"H
- Product Weight: 39 lbs.
- Body-Solid Commercial Rated Warranty

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

- Isolated ab and back movements in a comfortable seated position
- Easy-to-use pop-pin adjustments to increase and control range of motion
- Seat pad positioned at 30° angle for precise biomechanical movement
- Adjustable lifting arm
- 11-gauge, 2" x 3" steel construction
- DuraFirm upholstery provides maximum comfort
- 59"L x 45"W x 43"H
- Product Weight: 75 lbs.
- Body-Solid Commercial Rated Warranty



Weights, bars, collars, and adapter sleeves are sold separately.

Body-Solid Built for Life **GAB350 SEMI-RECUMBENT DUAL AB BENCH** 

- Isolate the entire abdominal region
- Work upper and lower abs in one synchronized movement
- Weight posts for increased resistance or assistance
- Adjustable seat pad, roller bar and foothold for all users
- Unique design provides easy entry and exit
- 69”L x 28”W x 43”H
- Product Weight: 88 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid Built for Life **GAB100 HORIZONTAL AB CRUNCH MACHINE** 

- Isolates movement to cover entire abdominal region
- Work upper and lower abs in one synchronized movement
- Weight posts for increased resistance or assistance
- Familiar prone starting position
- 61”L x 33”W x 36”H
- Product Weight: 72 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid Built for Life **GAB300 SEMI-RECUMBENT AB BENCH** 

- Intense isolation of the abdominal region
- Upper abdominal resistance with lock-out feature
- Lower abdominal counterbalance and resistance with lock-out feature
- Five-position adjustable seat and upper ab arm
- Four position lower ab leg support
- Ergonomically correct handles
- Articulating foot support self aligns for movement
- 69”L x 34”W x 52”H
- Product Weight: 100 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid Built for Life **GBR10 BALL REBOUNDER** 

- Add variety to strength and cardio workouts
- Perfect for functional/cross training, circuits, sports performance or rehabilitation
- Adjustable 30 to 60° angle
- Perform medicine ball workouts without a partner
- Four stabilization posts
- In-unit medicine ball storage
- Dimensions: 55”L x 48”W x 34”H
- Product Weight: 44 lbs.
- Body-Solid Light Commercial Rating



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

- Multiple handles make pushing and pulling easy and effective
- Removable posts allow workout customization
- Center weight horn for storage and additional resistance
- Attachment anchors for ropes, lifting bands and more
- 50”L x 31”W x 40”H
- Product Weight: 68 lbs.
- Body-Solid Commercial Rated Warranty



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

- Perfect tool for building stronger, muscular legs and lower body
- Quad track roller system operates smoothly and distributes weight evenly
- Flip-and-lock back pad mechanism
- Easy-access under-carriage plate load system
- Three lockout positions for user safety and convenience
- Diamond plate foot platform for both leg press and hack squat positions
- Weight Capacity: 1,000 lbs.
- 83”L x 34”W x 56”H
- Product Weight: 317 lbs.
- Body-Solid Commercial Rated Warranty



Weights, bars, collars, medicine balls and adapter sleeves are sold separately.

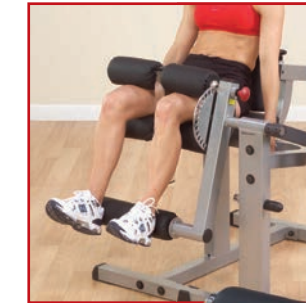



Body-Solid **GSCR349 SEATED CALF RAISE** 
Built for Life

- Isolate calves for intense calf raise workout
- Operates on a 3:1 weight ratio for extra development
- Pillow block bearings at main pivot points for ultra smooth movement
- Thick, comfortable DuraFirm knee pads and seat pad
- Angled foot platform with no-slip surface
- Adjustable thigh pads fit users of all sizes
- 11-gauge, 2" x 3" steel construction
- 47"L x 23"W x 39"H
- Product Weight: 93 lbs.
- Body-Solid Commercial Rated Warranty

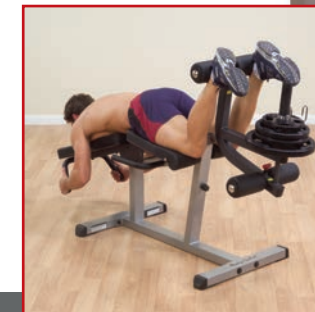
Body-Solid **GCEC340 CAM SERIES LEG EXTENSION & CURL** 
Built for Life

- Two leg exercises (leg extension & leg curl) performed from one comfortable seated position
- Adjustable lifting arm can be positioned for both hamstring and quad isolation
- Easy-to-use pop-pin for quick adjustments and range of motion control
- DuraFirm pads
- Distance from top of seat pad to bottom of foam roller: 16"
- 56"L x 44"W x 37"H
- Product Weight: 72 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid **GSCL360 LEVERAGE SQUAT CALF MACHINE** 
Built for Life

- Perform squats and calf raises
- Innovative rounded calf raise block provides a deep pre-stretch for maximum development
- Diamond plate foot platform is set to perfect 20° pitch for optimal develop of quads and glutes
- Extra-thick DuraFirm shoulder and back pads contoured to conform to shoulders
- Spring-loaded lockout handle in easy reach for user safety
- 62"L x 47"W x 56"H
- Product Weight: 170 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid **GLCE365 SEATED LEG EXTENSION & SUPINE CURL** 
Built for Life

- Perform leg extensions and lying supine leg curls
- Synchronized pads provide back support for leg extension exercise
- V-shaped supine leg curl position eliminates back fatigue and isolates hamstring muscles
- Hold down grips on back and thigh pads offer support and stability
- Oversized 8" foam rollers adjust vertically and horizontally for proper fit
- 55"L x 27"W x 48"H
- Product Weight: 92 lbs.
- Body-Solid Commercial Rated Warranty

Weights, bars, collars, and adapter sleeves are sold separately.

Body-Solid
Built for Life

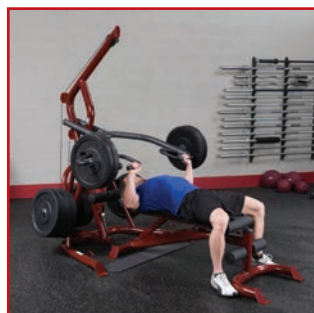
GLGS100P4 CORNER LEVERAGE GYM PACKAGE



- Perform hundreds of movements covering the entire body with this complete total body gym
- Complete, compact and safe
- 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
- Package includes GLGS100 Corner Leverage Gym and GFID100 Flat/Incline/Decline Bench
- 95”L x 67”W x 82”H - Gym
- Product Weight: 244 lbs.
- Body-Solid Commercial Rated Warranty



Base unit GLGS100



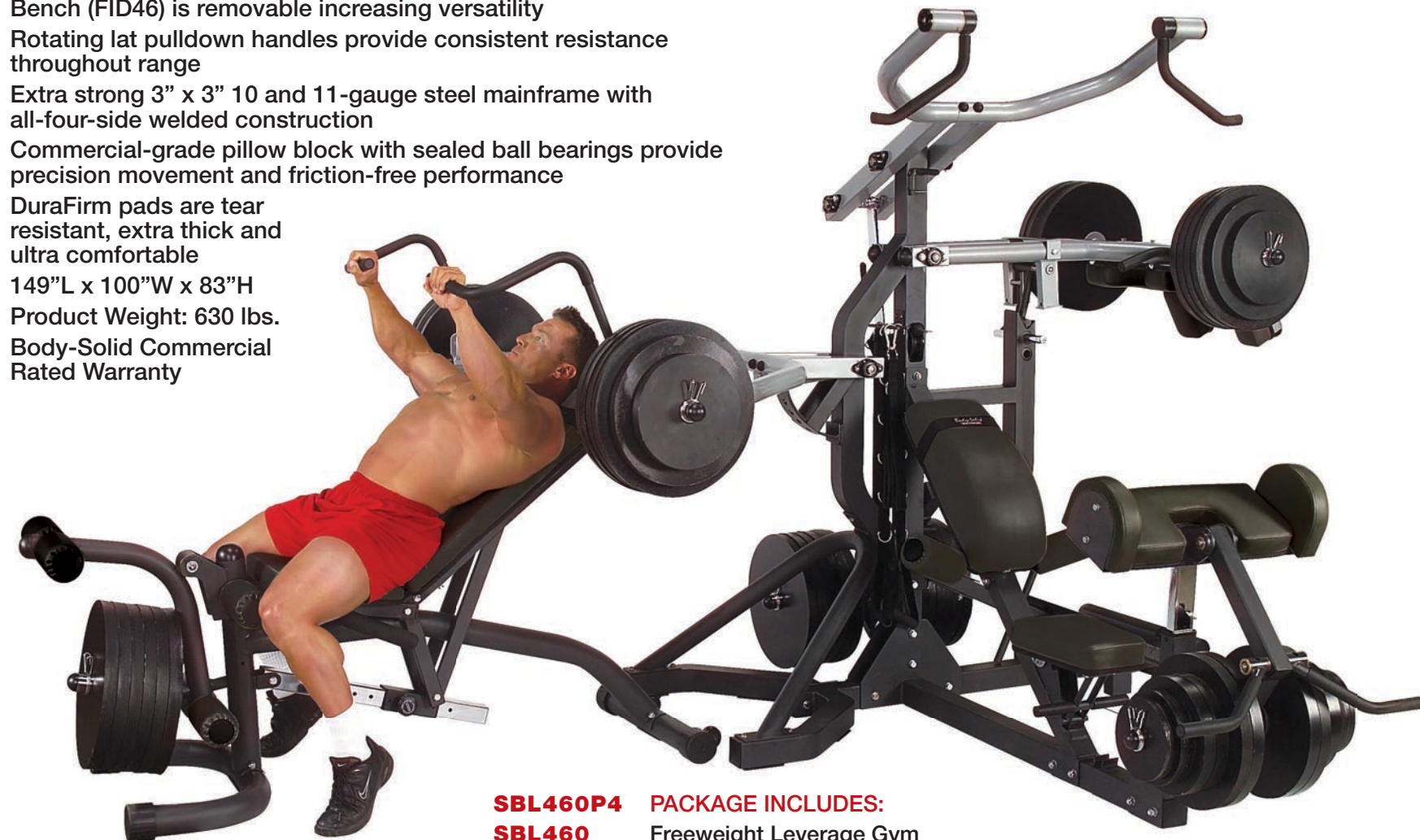
Weights, bars, collars, and adapter sleeves are sold separately.

Body-Solid
Built for Life

SBL460P4 FREWEIGHT LEVERAGE GYM PACKAGE



- Perform bench/incline/decline and shoulder presses, pec flies, lat pull-downs, preacher curls, squats, calf raises and more
- Three people can work out together safely
- Press arm handles rotate providing a barbell feel with total safety
- Bench (FID46) is removable increasing versatility
- Rotating lat pulldown handles provide consistent resistance throughout range
- Extra strong 3” x 3” 10 and 11-gauge steel mainframe with all-four-side welded construction
- Commercial-grade pillow block with sealed ball bearings provide precision movement and friction-free performance
- DuraFirm pads are tear resistant, extra thick and ultra comfortable
- 149”L x 100”W x 83”H
- Product Weight: 630 lbs.
- Body-Solid Commercial Rated Warranty



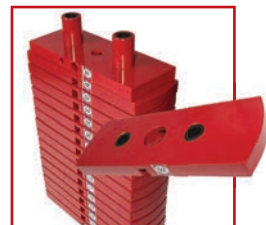
SBL460P4 PACKAGE INCLUDES:
SBL460 Freeweight Leverage Gym
LSA50 Leverage Squat attachment
FID46 FID Bench



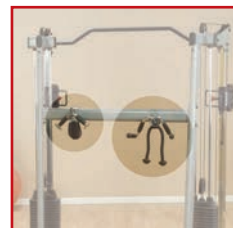
**OPTIONAL UPGRADES
& ATTACHMENTS**



SP50
50 LB. STACK



HP10 PREMIUM
WEIGHTS



GDCCRACK
ACCESSORY RACK



GDCCBAR
DUAL-PRESS BAR

Body-Solid **GDCC200 FUNCTIONAL
TRAINING CENTER**

- Functional trainers are among the most versatile strength training machines available
- 20 Height Adjustments
- 1/2 : 1 Weight ratio
- Two – 160lb weight stacks standard, Two – 210lb weight stacks available with 50lb upgrade
- Pulleys swivel 180 degrees
- Over 6' of cable travel per side
- Integrated chinning bar
- Includes two nylon cable handles and exercise chart
- 43"L x 73"W x 84"H
- Product Weight: 514 lbs.
- Body-Solid Commercial Rated Warranty

Body-Solid
Built for Life

GDCC210

COMPACT FUNCTIONAL TRAINING CENTER

- Functional trainers are among the most versatile strength training machines available
- Compact functional trainer
- 20 Height Adjustments
- 1/2 : 1 Weight ratio
- Two – 160lb weight stacks standard, Two – 210lb weight stacks available with 50lb upgrade
- Pulleys swivel 180 degrees
- Over 6' of cable travel per side
- Integrated chinning bar
- Includes two nylon cable handles and exercise chart
- 43"L x 58"W x 84"H
- Product Weight: 493 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid
Built for Life

GDCC250

DELUXE CABLE CROSSOVER

- Cable Crossover Functional trainers are among the most versatile strength training machines available
- 20 Height Adjustments
- 1/2 : 1 Weight ratio
- Two – 160 lb. weight stacks standard, Two – 210 lb. weight stacks available with 50 lb. upgrade
- Pulleys swivel 180 degrees
- Over 6' of cable travel per side
- Integrated chinning bar
- Two nylon cable handles and exercise chart
- 164"L x 29"W x 84"H
- Product Weight: 560 lbs.
- Body-Solid Commercial Rated Warranty



See pages 80-81
for cable attachments

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

- Two stack gym allows two users to workout at the same time
- Features seven stations: multi-press, leg press/calf press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Two full length steel shrouds
- Leg Press/Calf Press station has 2:1 weight ratio for extra resistance
- Traditional press arm allows for chest supported row exercise
- Gas assisted seat adjustments
- Pivoting ankle cuffs self align to natural motion for leg extension and leg curl exercises
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, workout chart and dvd
- Two 210 lb. selectorized weight stacks. Upgradeable to two 260 lb. weights.
- 90”L x 73”W x 84”H
- Product Weight: 964 lbs.
- Body-Solid Commercial Rated Warranty



OPTIONS & ATTACHMENTS:

- GKR9 (vertical knee raise)
- GIOT9 (seated inner/outer thigh)
- GAP9 (aluminum pulleys)
- SP50 (50 lb weight stack upgrade)
- HP10 (premium weights)

Body-Solid **G6B25YR 25TH ANNIVERSARY EDITION G6B GYM** 
Built for Life

- Compact footprint providing total body workout
- Features six stations: multi-press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Full length steel shroud
- Bi-Angular press arm generates 25% more muscle interaction than a traditional press arm
- Gas-assisted seat adjustments
- Pivoting ankle cuffs self align to natural motion for leg extension and leg curl exercises
- 210lb standard weight stack upgradeable to 260lb stack
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- Upgraded aluminum pulleys, included
- Automotive quality, clear-coated, red and black paint
- Limited edition with custom shroud and badges
- 84”L x 58”W x 84”H
- Product Weight: 547 lbs.
- Body-Solid Commercial Rated Warranty



See page 74 for options



Body-Solid **G6B BI-ANGULAR GYM** 
Built for Life

- Compact footprint providing total body workout
- Features six stations: multi-press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Full length steel shroud
- Bi-Angular press arm generates 25% more muscle interaction than a traditional press arm
- Gas assisted seat adjustments
- Pivoting ankle cuffs self align to natural motion for leg extension and leg curl exercises
- 210 lb. standard weight stack upgradeable to 260 lb. stack
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- 84”L x 58”W x 84”H
- Product Weight: 547 lbs.
- Body-Solid Commercial Rated Warranty

Shown with optional GIOT SEATED INNER/OUTER THIGH, see page 74 for options



See page 74 for options

Body-Solid **G5S** SINGLE STACK GYM 
Built for Life

- Compact footprint providing total body workout
- Features six stations: multi-press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Full length steel shroud
- Traditional press arm allows for chest supported row exercise
- Gas assisted seat adjustments
- Pivoting ankle cuffs self align to natural motion for leg extension and leg curl exercises
- 210 lb. standard weight stack, upgradeable to 260 lb. stack
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- 81"L x 55"W x 84"H
- Product Weight: 511 lbs.
- Body-Solid Commercial Rated Warranty

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

- Two stack gym allows two users to workout at same time
- Features six stations: multi-press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Two full length steel shrouds
- Bi-Angular press arm generates 25% more muscle interaction than a traditional press arm
- Unique leg extension and seated leg curl station allows both legs to curl at the same time
- Gas assisted seat adjustments
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- Two 210 lb. weight stacks, upgradable to 260 lbs. each
- 72"L x 98W x 84"H
- Product Weight: 929 lbs.
- Body-Solid Commercial Rated Warranty



See page 74 for options

Body-Solid **F500** FUSION 500 PERSONAL TRAINER 
Built for Life

- The perfect fusion of isolated machine movement and free weight lifting
- Four position press arm with ergonomically designed multi-position handles
- Functional pulleys allow users to perform a variety of exercise that recruit stabilizer muscles
- Functional training arms feature range extending from upper ab exercises to side-accessed workouts
- Pivoting rollers allow for leg extension movement
- Gas-assisted telescoping seat
- Two pre-cabled accessory attachment points
- 210 lb. or 310 lb. weight stacks available
- Includes lat bar, low row bar, ankle cuff, two adjustable nylon cable handles, and workout chart
- 76"L x 48"W x 83"H
- Product Weight: 526 lbs.
- Body-Solid Commercial Rated Warranty



See page 74 for options



Body-Solid **F600** FUSION 600 PERSONAL TRAINER 
Built for Life

- Combines traditional and functional training routines
- Bi-Angular press arm generates 25% more muscle interaction
- Functional pulleys allow users to perform a variety of exercise that recruit stabilizer muscles
- Functional training arms feature range extending from upper ab exercises to side-accessed workouts
- Pivoting rollers allow for leg extension movement
- Gas-assisted telescoping seat
- Two pre-cabled accessory attachment points
- 210 lb. or 310 lb. weight stacks available
- Includes lat bar, low row bar, ankle cuff, two adjustable nylon cable handles, and workout chart
- 74"L x 51"W x 83"H
- Product Weight: 573 lbs.
- Body-Solid Commercial Rated Warranty

See page 74 for options

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

- Two stack gym allows two users to work out at the same time
- Features seven stations: multi-press, leg press/calf press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Two full length solid steel shrouds encompass each weight stack for enhanced appearance and safety
- Two – 210 lb. weight stacks
- Traditional press arm allows for chest supported row exercise
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- Options & Attachments: VKR30 (Vertical knee raise and dip station), HP10 (premium weights)
- 90”L x 82”W x 83”H
- Product Weight: 947 lbs.
- Body-Solid Commercial Rated Warranty

Optional Vertical Knee Raise (VKR30)



See page 74 for gym options and attachments

Body-Solid EXM4000S 3 STACK MULTI-STATION GYM SYSTEM 
 Built for Life

- Three stack gym allows three users to work out at the same time, optional leg press LP40S allows four users to work out at the same time
- Dedicated chest press, mid row, and shoulder press stations, two high pulley stations, Mid pulley and low pulley stations, perfect pec station, leg extension and curl station, optional leg press/calf press station (LP40S)
- Includes lat bar, low row bar, tricep and bicep bar, and workout chart
- Three – 210 lb. weight stacks, fourth 210 lb. optional with LP40S leg press attachment
- Options & Attachments: LP40S (leg press/calf press), HP10 (premium weights)
- 130”L x 168”W x 83”H (with LP40S attachment)
- 130”L x 93”W x 83”H (base unit)
- Product Weight: 1335 lbs.
- Body-Solid Commercial Rated Warranty

Optional LEG PRESS/CALF PRESS (LP40S)



See page 74 for gym options and attachments



**G-SERIES
OPTIONAL ATTACHMENTS**

Personalize your workout with the following optional attachments for the G-Series gyms shown on pages 43-69.



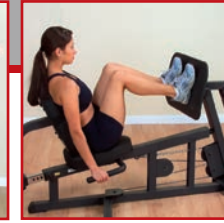
50 lb. Selectorized Weight Stack (SP50)
G5S, G6B, G6B25YR, G9S, G10B



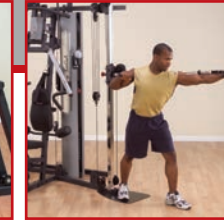
Seated Inner/Outer Thigh (GIOT)
G5S, G6B, G6B25YR, G9S, G10B



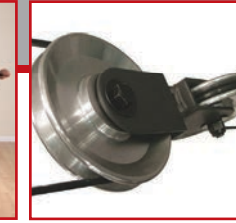
Vertical Knee Raise (GKR9)
G9S



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



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



Aluminum Pulley (GAP#)
G5S (GAP5), G6B (GAP6), G9S (GAP9), G10B (GAP10)

**EXM SERIES
OPTIONAL ATTACHMENTS**

Personalize your workout with the following optional attachments for the EXM Series gyms shown on pages 72-73.



Knee Raise/Dip Station (VKR30)
EXM3000LPS



Leg Press/Calf Press (LP40S)
EXM4000S

FITS ALL BODY-SOLID



Premium Weight Stacks (HP10)



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

**FUSION
OPTIONAL ATTACHMENTS**

Personalize your gym with the following optional attachments for the Fusion 500 and/or Fusion 600 gyms shown on page 71 .



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

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



Body-Solid
Built for Life



**Weights • Bars • Storage
& Fitness Accessories**



STABILITY BALL STORAGE
GSR10 pg 93

STABILITY BALLS



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



LIFTING BANDS

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



GYR500 FOAM ROLLER and YOGA MAT RACK

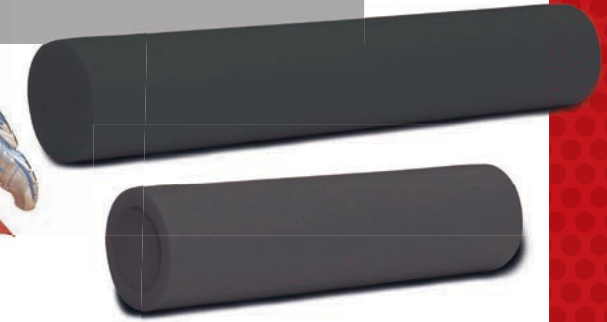
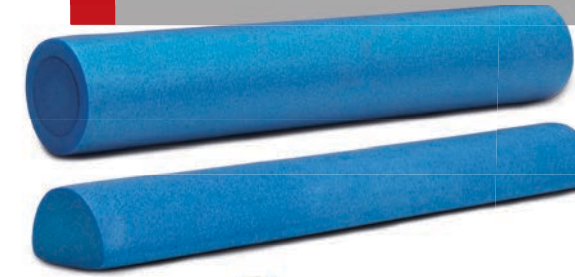
GYR500 • 32"L x 21"W x 37"H, 38lbs

PREMIUM FOAM ROLLERS

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

FOAM ROLLERS

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



SLAM BALLS



BSTHB10	10 LB
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



BSTMB2	PURPLE	2 LB
BSTMB4	YELLOW	4 LB
BSTMB6	AQUA	6 LB
BSTMB8	RED	8 LB
BSTMB10	BLUE	10 LB
BSTMB12	BLACK	12 LB
BSTMB14	ORANGE	14 LB
BSTMB16	GREEN	16 LB
BSTMB20	BLUE	20 LB
BSTMB25	BLACK	25 LB
BSTMB30	BLACK	30 LB



GMR10....MEDICINE BALL RACK....pg 93

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

EXERCISE MAT

BSTFM10	PREMIUM BLACK	12MM
---------	---------------	------



PLYO BOXES

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



WEIGHTED VESTS

BSTWV20	20 LB
BSTWV40	40 LB
BSTWVP40	40 LB



ANKLE WEIGHTS

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



PLYO BOXES

BSTSPBOX	20"L x 24"W x 30"H	SOFT PLYO BOX
BSTWPBOX	20"L x 24"W x 30"H	WOODEN PLYO BOX



Three boxes in one: 20" tall x 24" long x 30" wide

BICEP BOMBERS

BB23	STANDARD
BB25	25TH ANNIVERSARY



TRAINING ROPES

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



T-BAR/LAT BLASTER/LANDMINES

A	LBB28	LAT BLASTER BAR
B	TBR20	T-BAR ROW PLATFORM
C	TBR10	T-BAR ROW PLATFORM
D	LMMG	LANDMINE MULTI-GRIP
E	LMSE	LANDMINE SINGLE EYELET
F	LMCG	LANDMINE CLUBGRIP
G	LMPP	LANDMINE PLATE PIVOT



GUT BLASTER AB SLINGS

AAB2



CLOCK

STT45



INVERSION BOOTS

GIB-2



AB WHEEL

BSTAB1



PUSH-UP BARS • JUMP ROPES

PUB2

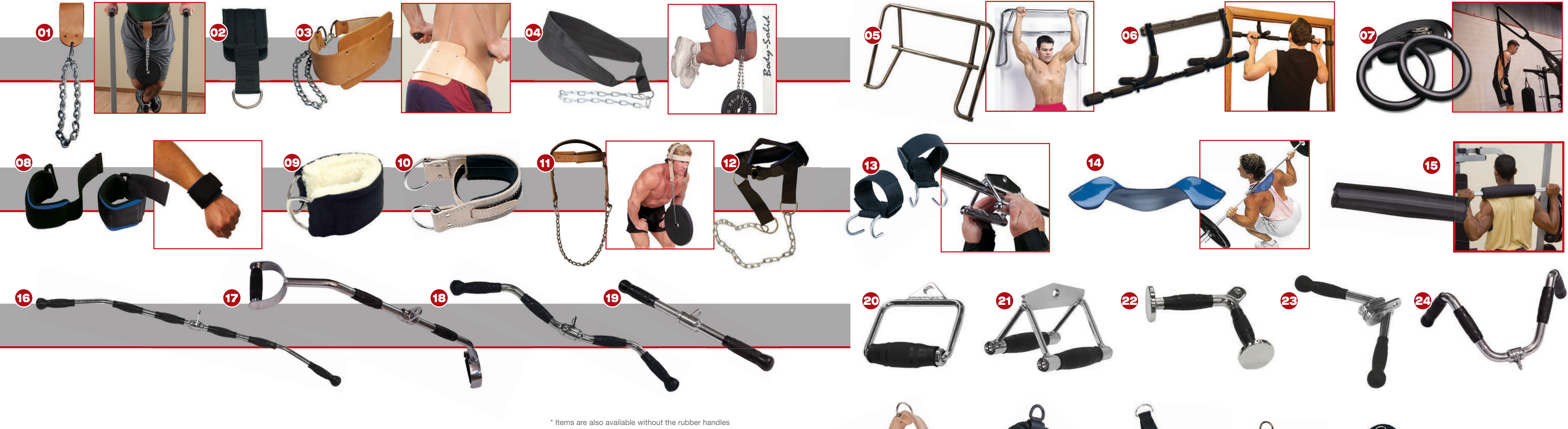
PUB5

BSTJR1

BSTSR1

BSTSR10

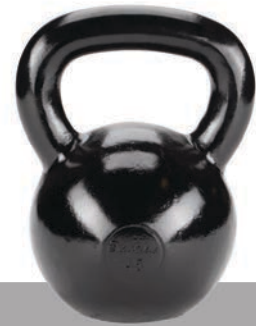




* Items are also available without the rubber handles

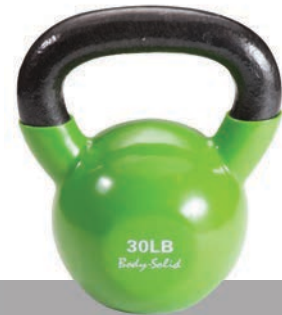
01	MA310	LEATHER DIPPING STRAP	11	MA307V	LEATHER HEAD HARNESS	21	MB502RG	PRO-GRIP SEATED ROW/CHINNING BAR
02	NB55	NYLON DIPPING STRAP	12	MA307N	NYLON HEAD HARNESS	22	MB504RG	PRO-GRIP TRICEP PRESS-DOWN BAR
03	MA330	LEATHER DIPPING BELT	13	PG2	PRO POWER GRIPS	23	MB507RG	PRO-GRIP V-BAR
04	NB56	NYLON DIPPING BELT	14	MR136	MANTA RAY	24	MB503RG	PRO-GRIP MULTI-EXERCISE BAR
05	PUB34	CHIN-UP BAR	15	MA105	BAR PAD	25	MA325	LEATHER TRICEP STRAP
06	PUB30	PULL-UP/PUSH-UP BAR	16	MB148RG	PRO-GRIP MULTI-GRIP LAT BAR	26	TR20	TRICEP ROPE
07	BSTRINGS	RINGS	17	MB438RG	PRO-GRIP PRO-STYLE LAT BAR	27	NTS10	TRICEP STRAP
08	NB51	NYLON WRIST STRAPS	18	MB229RG	PRO-GRIP REVOLVING CURL BAR	28	NB59	ADJUSTABLE NYLON CABLE HANDLE
09	NAS3	NYLON ANKLE STRAP	19	MB022RG	PRO-GRIP REVOLVING STRAIGHT BAR	29	ACH18	AB CRUNCH HARNESS
10	MA308V	LEATHER ANKLE STRAP	20	MB501RG	PRO-GRIP STIRRUP CABLE HANDLE	30	SR-CB	CANNONBALL GRIPS

CAST IRON KETTLEBELLS



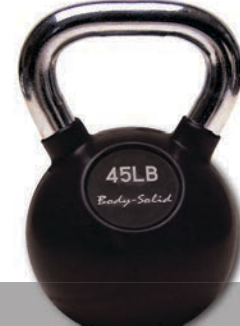
KB5, KB10, KB15, KB20, KB25, KB30, KB35, KB40, KB45, KB50, KB55, KB60, KB65, KB70, KB75, KB80, KB100

VINYL DIPPED KETTLEBELLS



KBV5, KBV8, KBV10, KBV12, KBV15, KBV20, KBV25, KBV30

PREMIUM KETTLEBELLS



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

VINYL DIPPED KETTLEBALLS



Angled handle reduces stress on the wrist

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

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		



GFR500 FITNESS BAR RACK

24" L x 28.5" W x 43" H
HOLDS UP TO 30 BARS



See the entire SDKR rack system on pages 86-87



GDKR100 KETTLEBELL/DUMBBELL RACK

45" L x 23" W x 33" H
Reversible Tiers for Kettlebells or Dumbbells



GDKR50 KETTLEBELL RACK

19" L x 16" W x 21" H



GCR PACK CARDIO BAR PACK

35" L x 36" W x 50" H

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



VINYL DUMBBELLS



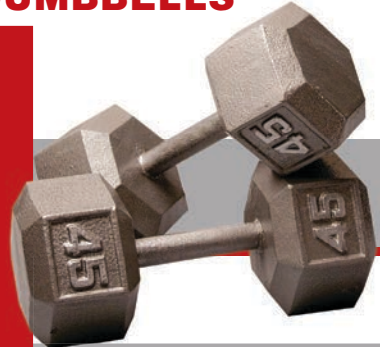
BSTVD1	1 LB	BSTVD7	7 LB
BSTVD2	2 LB	BSTVD8	8 LB
BSTVD3	3 LB	BSTVD9	9 LB
BSTVD4	4 LB	BSTVD10	10 LB
BSTVD5	5 LB	BSTVD12	12 LB
BSTVD6	6 LB	BSTVD15	15 LB

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

PREMIUM ROUND RUBBER DUMBBELLS



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

GDR363 DUMBBELL RACK

20"L x 40"W x 30"H



Built for 5lb-50lb Hex and Rubber dumbbells

GDR60 DUMBBELL RACK

23"L 60"W x 34"H



GDR60 with optional GDRT6, built for 5lb-70lb Hex and Rubber Hex Dumbbells

GDR10 DUMBBELL RACK

15"L x 9"W x 17.5"H



Built for 1lb-15lb Neoprene and Vinyl dumbbells only

GDR500 DUMBBELL RACK

27"L x 44"W x 46"H



Built for 1lb-15lb Neoprene and Vinyl dumbbells only

GDR24 DUMBBELL RACK

31"L x 25"W x 52"H



Built for 1lb-15lb Neoprene and Vinyl dumbbells only



Built for 5lb-30lb Hex and Rubber dumbbells

GDR44 DUMBBELL RACK

25"L x 23"W x 45"H



Built for 5lb-50lb Hex and Rubber dumbbells

GMRT6 Optional Medicine Ball shelf
GKRT6 Optional Kettlebell shelf
GDRT6 Optional Dumbbell shelf

Body-Solid
ProClub Line

SDKR1000 MODULAR STORAGE RACK 

- Modular storage rack for dumbbells, kettlebells and medicine balls
- Mix and match tiers for combination storage
- Available in 2-tier, or 3-tier
- Your choice of dumbbell, kettlebell or medicine ball storage tiers
- Expandable rack system for any size facility
- Heavy-gauge oval steel mainframe
- 32"L x 70"W x 28"H (2-tier unit)
- 32"L x 70"W x 43"H (3-tier unit)
- Body-Solid Full Commercial Warranty



SDKR DUMBBELL RACK PACKAGE

SDKR1000P2PACK 32"L x 70"W x 43"H



SDKR 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

SDKR SADDLE 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

SDKR 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

SDKR 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

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 CAST GRIP

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



OLYMPIC RUBBER GRIP

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



OLYMPIC COLOR GRIP

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



RUBBER BUMPER PLATES

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



COLOR 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



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 CAST GRIP**
OSR300S - **OLYMPIC RUBBER GRIP**
ORC300S - **OLYMPIC COLOR GRIP**
OSB300S - **OLYMPIC CAST IRON**
Black Olympic Bar #OB86B
OSC300S - **OLYMPIC CAST IRON**

255 LB WEIGHT SETS

(2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.
OST255 - **OLYMPIC CAST GRIP**
ORST255 - **OLYMPIC RUBBER GRIP**
ORCT255 - **OLYMPIC COLOR GRIP**
OSB255 - **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 CAST GRIP**
OSR400S - **OLYMPIC RUBBER GRIP**
ORC400S - **OLYMPIC COLOR GRIP**
OSB400S - **OLYMPIC CAST IRON**
Black Olympic Bar #OB86B
OSC400S - **OLYMPIC CAST IRON**

355 LB WEIGHT SETS

(4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb.
OST355 - **OLYMPIC CAST GRIP**
ORST355 - **OLYMPIC RUBBER GRIP**
ORCT355 - **OLYMPIC COLOR GRIP**
OSB355 - **OLYMPIC CAST IRON**

500 LB WEIGHT SETS

(6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb.
(1) 7 ft. - 45 Lb. Olympic Bar #OB86 (Chrome Bar)
(2) Olympic Spring Collars #OC06
OST500S - **OLYMPIC CAST GRIP**
OSR500S - **OLYMPIC RUBBER GRIP**
ORC500S - **OLYMPIC COLOR GRIP**
OSB500S - **OLYMPIC CAST IRON**
Black Olympic Bar #OB86B
OSC500S - **OLYMPIC CAST IRON**

455 LB WEIGHT SETS

(6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb.
OST455 - **OLYMPIC CAST GRIP**
ORST455 - **OLYMPIC RUBBER GRIP**
ORCT455 - **OLYMPIC COLOR GRIP**
OSB455 - **OLYMPIC CAST IRON**



260 LB WEIGHT SETS

(2) 45lb. (2) 35lb. (2) 25lb. (2) 15lb. (2) 10lb.
ORBLK260 - **RUBBER BUMPER PLATES**
ORCOL260 - **COLOR RUBBER BUMPER PLATES**
OBPP260 - **PREMIUM COMMERCIAL BUMPER PLATES**
OBPH260 - **PREMIUM HI TEMP BUMPER PLATES**

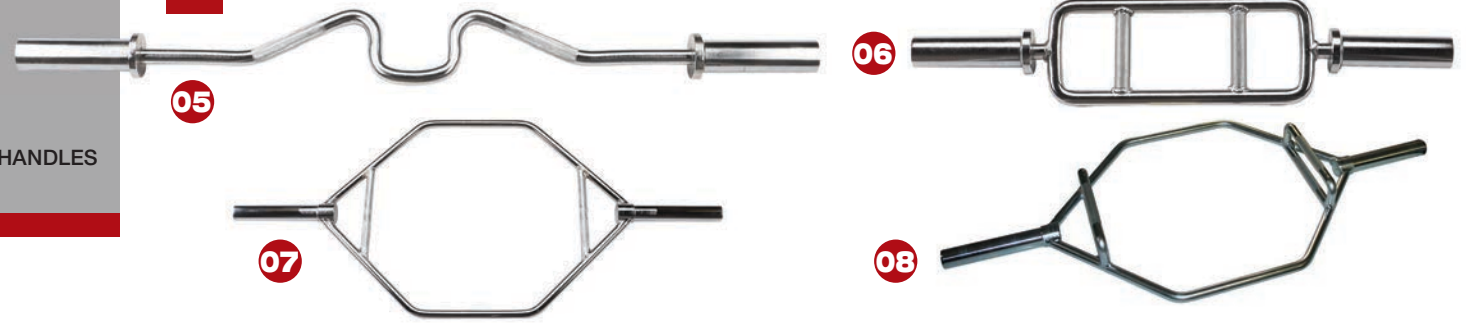
ITEM#	BAR STYLE	LENGTH	FINISH	WEIGHT CAPACITY	GRIP DIAMETER
OB86B	OLYMPIC	86"	BLACK	600 LBS	30mm
OB86C	OLYMPIC	86"	CHROME	600 LBS	30mm
OB86P1000	POWER	86"	CHROME	1000 LBS	30mm
OB86P1000SS	POWER	86"	CHROME	1000 LBS	30mm
OB72B	OLYMPIC	72"	BLACK	600 LBS	30mm
OB72A15	OLYMPIC	72"	ALUMINUM		30mm
OB60	OLYMPIC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

OA8 8' OLYMPIC ADAPTER SLEEVE

OAS14 14' OLYMPIC ADAPTER SLEEVE



- 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
- 08 OTB50RH OLYMPIC SHRUG BAR-RAISED HANDLES



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	28.75mm
OB86PBG	OLYMPIC	86"	BLACK/CHROME	1500 LBS	28mm
OB86PBS	OLYMPIC	86"	CHROME	1500 LBS	28mm

OB20C..... OLYMPIC DUMBBELL HANDLE

SDA14 STANDARD DUMBBELL HANDLES

SDA14T STANDARD THREADED DUMBBELL HANDLES



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



Body-Solid
ProClub Line

SWT1000 WEIGHT TREE



- 12 chrome weight posts
- Four integrated Olympic bar holders
- Two integrated Olympic collar holders
- Perfect for bumper plates
- Oval 11-gauge steel frame
- 58"L x 58"W x 53"H

GSWT STANDARD PLATE TREE & BAR HOLDER



- Holds two standard bars
- 20"L x 23"W x 40"H

EZ-LOAD™ WEIGHT TREES

- SWT14 27"L x 16"W x 24"H STANDARD
- OWT24 27"L x 16"W x 24"H OLYMPIC



VDRA30 ACCESSORY STAND



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

Accessories, and weights, are not included

GOWT OLYMPIC PLATE TREE & BAR HOLDER



- Two Olympic bar holders included
- 20"L x 23"W x 40"H



OLYMPIC WEIGHT TREE AND BAR HOLDER



- WT46 20"L x 22"W x 41"H



SWT14

OWT24

WT46

GSR10 STABILITY BALL STORAGE RACK



- Two or three ring option
- Dims (3 rings) 32"L x 36"W x 73"H
- Dims (2 rings) 32"L x 36"W x 39"H



GMR10 MEDICINE BALL RACK



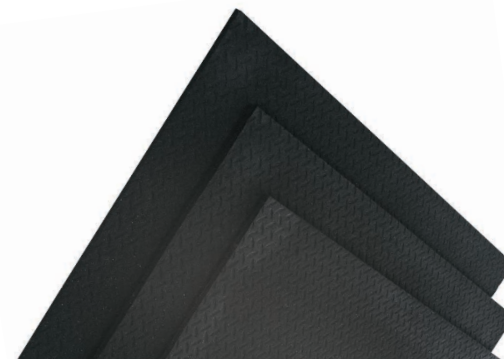
- Holds up to six balls
- 20"L x 21"W x 63"H

See pg. 76 for Stability and Medicine Balls



RF546 RUBBER FLOOR MAT

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



INTERLOCKING FLOORING

- (A) RFBST4PB 19.75" X 19.75" BLACK
- (B) RFBST4PS 19.75" X 19.75" GRAY SPECK



GOBH5 OLYMPIC BAR HOLDER

- 12"L x 12"W x 9"H

GMR5 MEDICINE BALL RACK

- Holds up to four balls
- 24"L x 24"W x 33"H



GBPR10 BUMPER PLATE RACK



- 43"L x 13"W x 9"H



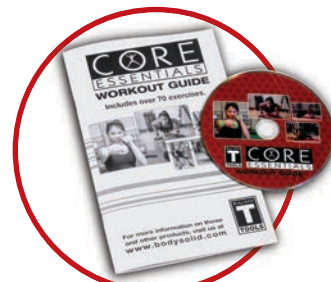
CARDIO MATS

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





T **BSTPACK**
 Body-Solid Tools FIT PACK



Instructional Exercise Booklet & DVD

- Trim, tone and build a better body
- Essential training tools for on-the-go workouts
- Full body exercises for every body type
- Build core strength & cardiovascular health
- Nine different tools that can provide over 70 different exercises: two 3lb vinyl dumbbells, 65cm anti-burst exercise ball, 5mm 72”L x 24”W yoga mat, speed rope, ab wheel, push-up bars, light and heavy resistance tubes
- Instructional exercise booklet and DVD included

T **BSTFITBAG**
 Body-Solid Tools FIT BAG



- Target specific muscle groups like the arms, chest, back and legs
- Strong focus on core and cardiovascular health
- Trim, tone and build a better body
- Features Body-Solid Tools Yoga mat, 18” premium foam roller, five-pack of resistance tubes
- Includes comprehensive workout guide with instructional video links

ENDURANCE
 by *Body-Solid*



Commercial Cardio

ENDURANCE • T100 TREADMILL 
by Body-Solid

- Heavy-duty treadmill with the latest technology and user-friendly design
- Perfect for walking and running with speed and incline adjustability
- 14 Programs including manual, hill, fat burn, cardio, calorie, interval, strength, 5k, 10k, custom, HRC, Gerkin Protocol fitness test
- Real-time feedback on advanced LED console: time, distance, calories, pace, speed, average speed, incline, pulse, average heart rate and METs
- 0-15% elevation for workout customization
- Enduro Flex cushioning deck reduces impact up to 40%
- Three horsepower motor is heaviest and most powerful in class
- 3" rollers possess a sealed bearing design and copper ground wires to reduce static
- Durable multi-ply belt to provide comfort and reduce impact with each foot strike
- Max user weight: 330 lbs.
- 82"L x 34.5"W x 60"H
- Product Weight: 396 lbs.
- Endurance by Body-Solid Commercial Rated Warranty



ENDURANCE • E5000 ELLIPTICAL 
by Body-Solid

- Perfect blend of engineering, performance and technology
- Provides space efficient platform to perform rigorous low-impact full body workouts
- Self-generated power, no electricity required
- Patented center drive design
- Oversized pedals are spaced close to fit any size user and eliminate hip fatigue
- Natural 21" stride
- Five readout LED display
- Synchronized arms for smooth, continuous movement
- Transport handles for easy transport
- Weight Capacity: 325 lbs.
- 68"L x 31"W x 69"H
- Product Weight: 249 lbs.
- Endurance by Body-Solid Commercial Rated Warranty



Cardio Mat Not Included

ENDURANCE • T10 TREADMILL 
by Body-Solid

- Precision engineering and state-of-the-art electronics
- 12 programs including endurance, running, interval, cardiovascular, walking, custom learner, distance, calories, time, manual, fat burn and heart rate
- Real-time feedback on bright LED display: heart rate, elevation, time, distance, speed and calories
- Endurance Poly-V Belt Drive System delivers an amazingly quiet workout experience
- Fusion-seamed multi-ply tread belts for strength, flexibility and smooth travel
- Motor protected by Pulse Width Modulation technology and air-cooled for efficient performance
- Speed: .5-10 MPH
- Elevation: 0% to 15%
- Max User Weight: 330 lbs.
- 77"L x 32"W x 57"H
- Product Weight: 264 lbs.
- Endurance by Body-Solid Commercial Rated Warranty



ENDURANCE • FB300 FAN BIKE 
by Body-Solid

- Suitable for all fitness levels
- Seat post adjusts horizontally and vertically for ideal seat positioning
- Convenient transport wheels
- 27" largest in class steel-resistance fan
- Best in class sealed bearings
- Oval tubing/12-gauge steel movement arms
- LCD display features quick program buttons, heart rate, speed, RPM, time, watts and calories
- Weight Capacity: 300 lbs.
- Product Weight: 96.8 lbs.
- 49"L x 24"W x 50"H



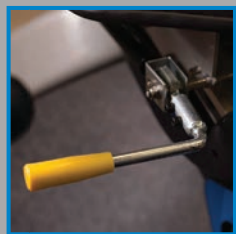


ENDURANCE **ESB250** by Body-Solid INDOOR EXERCISE BIKE

- Perfect for heavy-use group fitness facilities
- Quiet and smooth belt drive
- 44-pound flywheel precisely balanced for smooth movement
- Dual sided pedals feature toe-clips and pro-style clipless mounts
- Two-way adjustable handlebars and comfortable seat pad ensures proper fit for all users
- Transport wheels provide easy mobility
- Max User Weight: 350 lbs.
- 47”L x 20”W x 46”H
- Product Weight: 139 lbs.
- Endurance by Body-Solid Commercial Rated Warranty

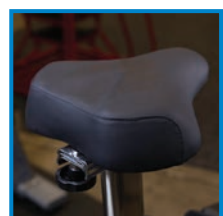
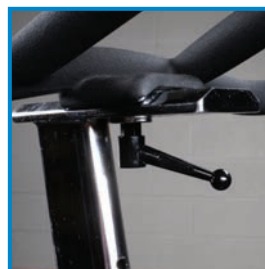
ENDURANCE **B5R** RECUMBENT BIKE by Body-Solid

- Comfortable walk-through design provides easy access for all users
- Fully-adjustable seat and back pad for maximum comfort
- 11 Programs: manual, speed training, random, fat burn, interval, hill, target heart rate, HR fat burn, HR cardio, HR hill and HR interval
- Real-time feedback: speed, RPMs, HR, distance, time, watts and calories
- Self-generating power — create energy by pedaling
- 8” LCD touch screen console
- Transport handle and wheels for easy mobility
- 69”L x 29”W x 49”H
- Product Weight: 170 lbs.
- Endurance by Body-Solid Commercial Rated Warranty



ENDURANCE **ESB150** INDOOR EXERCISE BIKE

- Ideal for heavy-use group facilities and cardio rooms
- Quiet and smooth ride thanks to sealed bearing pivot points and v-grooved belt drive
- 40 lb. flywheel
- Smooth, consistent resistance
- Easy one-touch safety stop
- Seat and handlebars adjust both vertically and horizontally allowing a perfect fit for almost any size user
- Transport wheels for easy mobility
- Max User Weight: 300 lbs.
- 42.5”L x 20”W x 48”H
- Product Weight: 117 lbs.
- Endurance by Body-Solid Commercial Rated Warranty



VIBRANT TOUCHSCREEN DISPLAYS



ENDURANCE **B5U** UPRIGHT BIKE

- 11 Programs: manual, speed training, random, fat burn, interval, hill, target heart rate, HR fat burn, HR cardio, HR hill and HR interval
- Real-time feedback: speed, RPMs, HR, distance, time, watts and calories
- Ergonomic handle bar replicates true road cycling experience
- Self-generating power — create energy by pedaling
- 8” LCD touch screen console
- Heart rate sensors feature dual sensor plates for precise contact readings
- Transport wheels and hands for easy mobility
- 58”L x 26”W x 55”H
- Product Weight: 150 lbs.
- Endurance by Body-Solid Commercial Rated Warranty



ENDURANCE B4R RECUMBENT BIKE

- Ideal for users looking for high-powered cardio workout from sitting position
- Comfortable, reclined seating design
- Ergonomic design distributes rider's weight comfortably
- Wide walk through design provides easy access for all users
- Adjustable seat pad ensures maximum comfort
- 12 programs: manual, strength, cardio, hill, fat burn, interval, speed training, fitness, watt, personal, target heart rate and random.
- Real-time feedback: speed, RPMs, HR, distance, time, watt, calories
- Wireless HRC enabled (chest strap not included)
- 65"L x 27"W x 49"H
- Product Weight: 119 lbs.
- Endurance by Body-Solid Commercial Rated Warranty



CARDIO MATS

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



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