

Body-Solid®

Built for Life



- Parks & Recreation
- Police & Fire Departments
- Community Service Agencies
- Military/Government
- Professional Sports Teams
- Corporate Facilities
- Rehab & Medical
- Multi-Housing
- Universities/Colleges
- Personal Training Studios
- High Schools
- YMCA/JCC
- Fitness Centers
- Hotels & Spas

COMMERCIAL EQUIPMENT

Body-Solid  PRO-DUAL
ProClubLine
by Body-Solid

Body-Solid®

Built for Life

For over twenty years, Body-Solid has been the leader in quality commercial fitness products. Our fitness equipment is innovative in design, durable in structure, and bio-mechanically correct to produce the optimum workout for users. In addition, Body-Solid is completely committed to providing the finest customer sales and service in the industry.

With it's proven track record, Body-Solid can help you build a fitness center that will transform your facility into a showcase for prospective patients, clients, students, employees, tenants and members for many years to come. Body-Solid has reached out to every commercial sector in the industry...

Parks & Recreation

High Schools

Community Service Agencies

Hotels & Spas

Fitness Centers

Police & Fire Departments

Professional Sports Teams

Multi-Housing

Universities/Colleges

Personal Training Studios

Corporate Facilities

YMCA/JCC

Military/Government

Rehab & Medical

www.bodysolid.com

1-800-833-1227





Commercial Rated

Select Body-Solid equipment comes with our exclusive Commercial Rating. A step up and a step beyond, this equipment is built to withstand the intense everyday use of multiple user club environments.



**Light Institutional
Limited LIFETIME WARRANTY**

Frames, Welds, Weight Plates & Guide Rods.....LIFETIME
Pulleys, Bushings, Bearings & Hardware Two Years
Cables, Upholstery, Grips and all other components not mentioned in this warranty..... One Year

Endurance Commercial Warranty

Frames and all parts Three Years
Labor One Year

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Body-Solid[®]



ProClubLine
by Body-Solid





IN-STOCK!

Pro-Dual Machines

Body-Solid® introduces the Pro-Dual™ commercial equipment line, developed specifically to address the needs of facilities with limited space options, such as hotels, fire stations, office buildings, and residential complexes. Ideally suited for smaller workout environments, the Pro-Dual line includes 10 function-specific dual machines that can stand-alone or be combined with a three-stack or four-stack weight tower to build a single multi-function gym. This modular flexibility allows facilities to create a customized series of workout stations even in the smallest spaces.

GENERAL SPECIFICATIONS

— Continuous welded, factory assembled connections on the weight and station frame provide extra stability along with durability that extends the life of the station.

— Impact resistant, fiberglass reinforced nylon pulleys include precision ground and sealed bearings providing prolonged cable life and smooth movement.

— 11 gauge 2.375" x 4.625" oval tubing on the main frame combined with 3 gauge steel connecting plates and 1/2" diameter connecting bolts provides high strength and durability.

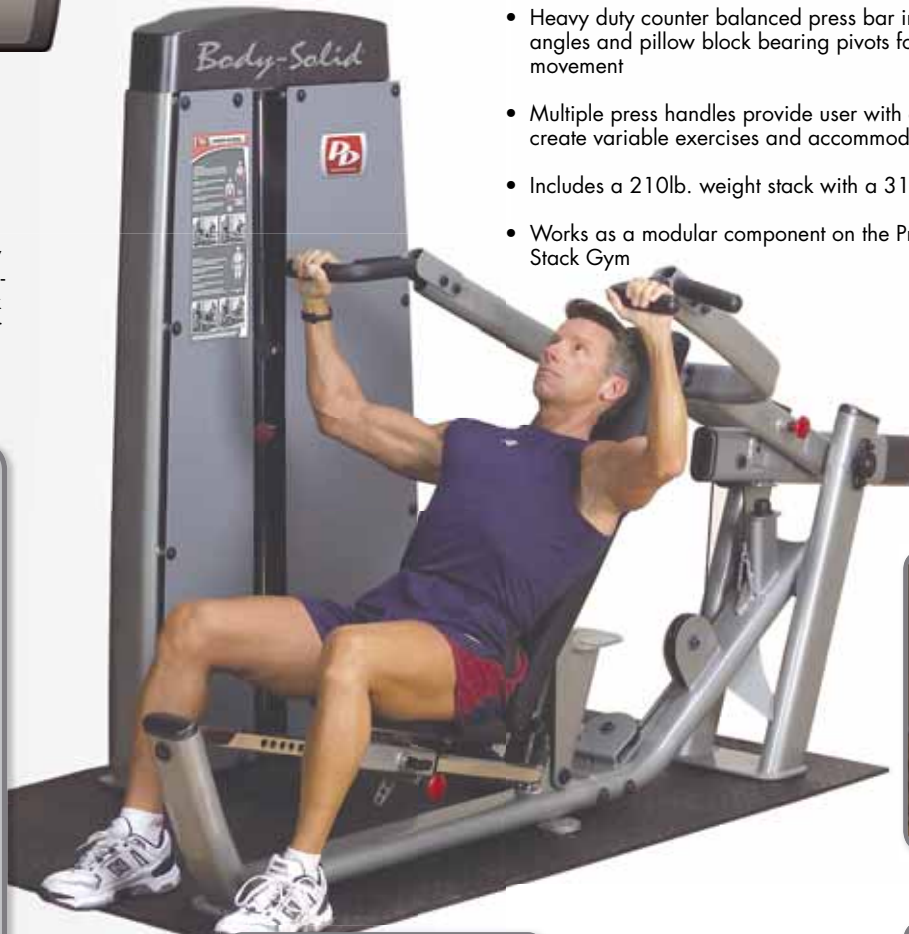
— Two step durable, electrostatically applied metallic powder coat finish with clear coat, provides a high quality, low maintenance finish that is protected from scratching, chipping and fading.

— Spun steel aircraft cables are 5.5mm diameter rated to over 2800 Lb., providing smooth movement along with durability and safety.

— DuraFirm™ upholstery over 2" high density foam, is double stitched and fully supported, guarantee a tear resistant, durable surface for comfort and support.

— High density rubber foam grips and handles provide durability with ergonomically correct gripping surfaces.

— Industrially rated, sealed bearings at all major pivot points provide smooth movements and easy adjustment.



Pro-Dual Multi Press

- Unique 20 position adjustable seat and Back pad slide in unison creating multiple press angles from flat through incline and vertical shoulder press
- Heavy duty counter balanced press bar includes 5 adjustment angles and pillow block bearing pivots for continuously smooth movement
- Multiple press handles provide user with different grip angles to create variable exercises and accommodate users of all sizes
- Includes a 210lb. weight stack with a 310lb. weight stack option
- Works as a modular component on the Pro Dual 3 Stack and 4 Stack Gym

SPECIFICATIONS

Model: DPRS SF

Instructional Placard Included

Standard Weight Stack: 210 Lbs. (95kg)

Mainframe: 11 Gauge 2.375" x 4.625" oval tubing

Dimensions: 57"W x 89"L x 62"H (145 cm x 226 cm x 158 cm)

Cables: Spun steel aircraft cables are 5.5 mm diameter rated over 2500 Lb.

Upholstery: DuraFirm™ upholstery with over 2" high density foam

Weight Stack Enclosures: Standard

Optional: 310 Lb. Weight Stack (141kg)

5 Lb. Plates (rehab)

Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



SHOULDER PRESS



FLAT BENCH

Common height weight stacks guarantee a design consistency throughout the series



LEG PRESS



CALF EXTENSION



MODULAR 3 OR 4 STACK



Pro•Dual Leg Press Calf Extension

- Ergonomic recumbent seat with 12 position adjustable back pad accommodates users of all sizes comfortably and safely for both leg press and calf exercises
- Wide rubber matted non-skid press plate and conveniently placed hand grips provide added stability during maximum pressing
- Four bar linkage and oversized pillow block bearings provide smooth continuous movement through out the exercise
- 2:1 weight ration with a 210lb. weight stack provides 420lbs. of resistance. Also available in a 310lb. weight stack
- Works as a modular component on the Pro Dual 3 Stack and 4 Stack Gym

SPECIFICATIONS

Model: DCLP SF

Instructional Placard Included

Standard Weight Stack: 210 Lbs. (95kg)

Mainframe: 11 Gauge 2.375" x 4.625" oval tubing

Dimensions: 41"W x 78"L x 77"H (104 cm x 199 cm x 196 cm)

Cables: Spun steel aircraft cables are 5.5 mm diameter rated over 2500 Lb.

Upholstery: DuraFirm™ upholstery with over 2" high density foam

Weight Stack Enclosures: Standard

Optional: 310 Lb. Weight Stack (141kg)

5 Lb. Plates (rehab)

Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions





Pro-Dual Ab Crunch Back Extension

- Dual function oversized 9" diameter adjustable roller pad for comfort in use and proper alignment for both ab and back exercises
- Counter balanced resistance arm with 14 adjustable starting points
- Bio mechanically angled seat with 5 gas assisted adjustable positions enables user to adjust to proper pivot point for exercise
- 6 position adjustable leg pad/foot brace to stabilize users of all heights
- Includes a 210lb. weight stack with a 310lb. weight stack option
- Works as a modular component on the Pro Dual 3 Stack and 4 Stack Gym



BACK EXTENSION



AB CRUNCH



MODULAR 3 OR 4 STACK

SPECIFICATIONS

Model: DABB SF
Instructional Placard Included
Standard Weight Stack: 210 Lbs. (95kg)
Mainframe: 11 Gauge 2.375" x 4.625" oval tubing
Dimensions: 51"W x 43"L x 62"H (130 cm x 109 cm x 158 cm)
Cables: Spun steel aircraft cables are 5.5 mm diameter rated over 2500 Lb.
Upholstery: DuraFirm™ upholstery with over 2" high density foam
Weight Stack Enclosures: Standard
Optional: 310 Lb. Weight Stack (141kg)
 5 Lb. Plates (rehab)
 Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



Multiple ergonomic adjustments and bio-mechanically correct movements combine to provide a safe and effective work out.

Versatile, modular stations adaptable for any commercial setting

Pro•Dual Pec Dec Rear Delt

- Independent arms with 5 adjustable starting positions enable users greater range of motion as well as both unilateral and bilateral arm movements
- Extra-long 360 degree rotating handles self adjust to the users path of motion for both pec and rear delt exercises
- Easy 5 position gas assisted seat adjustment puts users of any size in proper position
- Includes a 210lb. weight stack with a 310lb. weight stack option
- Works as a modular component on the Pro Dual 3 Stack and 4 Stack Gym



ONE ARM FLY



REVERSE FLY



MODULAR 3 OR 4 STACK



PEC FLY

SPECIFICATIONS

Model: DPEC SF

Instructional Placard Included

Standard Weight Stack: 210 Lbs. (95kg)

Mainframe: 11 Gauge 2.375" x 4.625" oval tubing

Dimensions: 34"W x 57"L x 69"H (86 cm x 145 cm x 173 cm)

Cables: Spun steel aircraft cables are 5.5 mm diameter rated over 2500 Lb.

Upholstery: DuraFirm™ upholstery with over 2" high density foam

Weight Stack Enclosures: Standard

Optional: 310 Lb. Weight Stack (141kg)

5 Lb. Plates (rehab)

Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



"We use Body Solid Pro Club and Pro Dual lines in all of our Workout 24/7 clubs. We feel it is the perfect blend of quality, value and user friendliness."

**Scott
Workout 24/7**



Advanced materials in every station improves durability and functionality



LEG EXTENSION



LEG CURL



MODULAR 3 OR 4 STACK

Pro•Dual Leg Extension Leg Curl

- Custom designed Bio- Mechanical seat with a 12 position adjustable back pad to properly align users of all sizes
- Oversized 9" diameter self adjusting leg pad provides comfort and proper alignment during both leg curls and leg extensions
- Leg pad has 7 adjustments for both leg curls and leg extensions providing a greater range of motion during either exercise
- Pop pin adjustable thigh hold down pad to comfortably secure user and help provide support during exercise
- Includes a 210lb. weight stack with a 310lb. weight stack option
- Works as a modular component on the Pro Dual 3 Stack and 4 Stack Gym

SPECIFICATIONS

Model: DLEC SF
Instructional Placard Included
Standard Weight Stack: 210 Lbs. (95kg)
Mainframe: 11 Gauge 2.375" x 4.625" oval tubing
Dimensions: 39"W x 49"L x 62"H (99 cm x 124 cm x 158 cm)
Cables: Spun steel aircraft cables are 5.5 mm diameter rated over 2500 Lb.
Upholstery: DuraFirm™ upholstery with over 2" high density foam
Weight Stack Enclosures: Standard
Optional: 310 Lb. Weight Stack (141kg)
5 Lb. Plates (rehab)
Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions





INNER THIGH



OUTER THIGH



MODULAR 3 OR 4 STACK

Pro•Dual Inner Thigh Outer Thigh

- Ergonomically correct forward facing weight stack provides easy resistance adjustments and user privacy
- Extra Large rotating knee pads provide comfort and support during both the inner and outer thigh movements
- 9 position seat back adjustments and Dual non-skid foot posts are designed to accommodate users of all sizes
- Easy to reach pop-pin leg adjustments provide users a greater range of motion
- Includes a 210lb. weight stack with a 310lb. weight stack option
- Works as a modular component on the Pro Dual 3 Stack and 4 Stack Gym



SPECIFICATIONS

Model: DIOT SF

Instructional Placard Included

Standard Weight Stack: 210 Lbs. (95kg)

Mainframe: 11 Gauge 2.375" x 4.625" oval tubing

Dimensions: 75"W x 41"L x 62"H (191 cm x 104 cm x 158 cm)

Cables: Spun steel aircraft cables are 5.5 mm diameter rated over 2500 Lb.

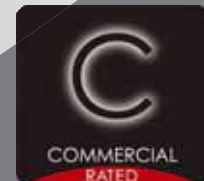
Upholstery: DuraFirm™ upholstery with over 2" high density foam

Weight Stack Enclosures: Standard

Optional: 310 Lb. Weight Stack (141kg)

5 Lb. Plates (rehab)

Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



See page 3 for more
warranty information



Pro-Dual Bicep Curl Tricep Extension



BICEP EXTENSION



TRICEP EXTENSION



MODULAR 3 OR 4 STACK

- Adjustable arm pad ergonomically designed to fit multiple users and eliminate unwanted shoulder movements
- 5 position gas-assisted adjustable seat with back support gives users a comfortable stable platform to help isolate the movement
- 3 position pivoting handles reduce torque and provide continuous resistance around a natural arc
- 14 combined adjustments between the bicep and triceps exercises give users multiple starting points and greater range of motion
- Includes a 210lb. weight stack with a 310lb. weight stack option
- Works as a modular component on the Pro Dual 3 Stack and 4 Stack Gym

SPECIFICATIONS

Model: DBTC SF
Instructional Placard Included
Standard Weight Stack: 210 Lbs. (95kg)
Mainframe: 11 Gauge 2.375" x 4.625" oval tubing
Dimensions: 53"W x 40"L x 62"H (135 cm x 102 cm x 158 cm)
Cables: Spun steel aircraft cables are 5.5 mm diameter rated over 2500 Lb.
Upholstery: DuraFirm™ upholstery with over 2" high density foam
Weight Stack Enclosures: Standard
Optional: 310 Lb. Weight Stack (141kg)
 5 Lb. Plates (rehab)
 Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



*Compact footprint offers
two stations in the space of one*

Versatile, functional and affordable, backed by the finest customer service in the industry



MID ROW



MODULAR 3 OR 4 STACK

Pro•Dual Lat Pulldown Mid Row

- No-Cable change design allows user to switch between exercises quickly without adding, connecting or changing cables
- Oversized 9" diameter thigh pads easily adjust to provide stability during heavy workouts
- Non-skid foot brace and an extra long seat pad provide stability and support for mid row exercises
- Accessory hooks to store extra cable attachments when not in use
- Includes a 210lb. weight stack with a 310lb. weight stack option
- Works as a modular component on the Pro Dual 3 Stack and 4 Stack Gym

SPECIFICATIONS

Model: DLAT SF

Instructional Placard Included

Standard Weight Stack: 210 Lbs. (95kg)

Mainframe: 11 Gauge 2.375" x 4.625" oval tubing

Dimensions: 33"W x 68"L x 83"H (84 cm x 173 cm x 211 cm)

Cables: Spun steel aircraft cables are 5.5 mm diameter rated over 2500 Lb.

Upholstery: DuraFirm™ upholstery with over 2" high density foam

Weight Stack Enclosures: Standard

Cable Accessories: ProGrip 48" solid revolving lat bar with proGrip row bar

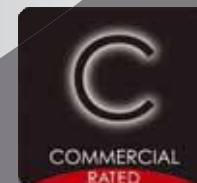
Optional: 310 Lb. Weight Stack (141kg)

5 Lb. Plates (rehab)

Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



LAT PULLDOWN



See page 3 for more warranty information



4 Stack Multi-Station System

The anchor of the multi-station system is the 4 Stack Weight Tower. With positions for 2, 3, or 4 stations, the space saving 4 Stack Tower provides a solid foundation any of the 10 different Pro Dual stations.

- 4 independent weight stations.
- 4 universal upper and lower station mounts
- 4 universal upper and lower pulley stations
- 4 easy mount chrome hiode rods
- 210lb and 310 lb weight stack option

MIX & MATCH

Build any combination of Pro-Dual equipment for the perfect solution to your fitness needs.

Item #	Description
DPLS	Press Arm Station
DPCC	Cable Column
DPEC	Pec Dec Station
DLEC	Leg Extension / Leg Curl Station
DABB	Ab Crunch / Back Hyper Station
DPRS	Multi-Press Station
DCLP	Leg Press Station
DIOT	Inner Thigh / Outer Thigh Station
DLAT	Lat Pulldown / Midrow Station
DBTC	Bicep / Tricep Station



(Base Tower)
#DGYM

BUILD YOUR WORKOUT CENTER



#DPLS

PRESS ARM STATION



#DPCC

CABLE COLUMN



#DPEC

PEC DEC STATION



#DLEC

LEG EXTENSION / CURL



#DABB

AB / BACK



#DPRS

MULTI-PRESS



#DCLP

LEG PRESS



#DIOT

INNER / OUTER THIGH



#DLAT

LAT / MIDROW



#DBTC

BICEP / TRICEP

PRO DUAL MULTI STATION SYSTEM

Body-Solid revolutionizes the commercial equipment market by providing a modular approach to designing your next training facility. The Pro Dual Line offers 10 dual function stations that can be used in single or multiple stack arrangements. The combinations are endless, allowing you to customize the equipment to best suit your training needs.



See page 3 for more
warranty information

IN-STOCK!

Pro Club Line Machines

The Body-Solid designed Pro-Club line was built to address the specific needs of thousands of facilities across the country and around the world, facilities that require durable machines at affordable prices that are available on demand. The Pro-Club Line includes 8 of the most popular strength training stations requested by commercial facilities today. Straight forward designs and easy adjustments provide a safe and familiar workout environment for fitness enthusiasts of all experience levels.

GENERAL SPECIFICATIONS

Unwilling to compromise, the Body-Solid Pro Club Line uses materials and component parts of only the highest quality and durability available.

— Precision fitted frame components combine easy assembly with durability and stability.

— Two step durable, electrostatically applied metallic powder coat finish with clear coat, provides a high quality, low maintenance finish that is protected from scratching, chipping and fading.

— Durable, tear resistant, fully supported vinyl upholstery is double stitched and sewn. High density, top grade foam provides ultimate support and comfort.

— Lubricated steel aircraft cables in 7 x 19 cable pattern, 3/16" diameter nylon coated to 1/4" with a breaking strength of 4200 Lbs.

— Optional alloy weight stack plates are machine drilled to exact specifications and employ state-of-the-art, oversized nylon bushings for super smooth operation and sound-absorbing cushioning.

— Cold rolled machined steel and 2" x 4" mainframe construction assures maximum strength, function and durability.

— Oversized 4½" and 6" impact resistant fiberglass reinforced nylon pulleys with precision ground and sealed ball bearings for prolonged cable life, smooth movement and maximum durability.

Lat Machine with Mid Row

- High overhead pulley ensures optimum back and shoulder isolation.
- Extra-long pulldown bar permits wide, medium or narrow handgrip positions for maximum development.
- No cable-change design allows use to switch directly from long pull to seated row back-building exercises.
- Adjustable hold-down pads provide stability for lifts beyond body weight.
- Space-efficient design, exceptional design and unique styling fit any gym, club or institutional setting.



LAT PULLDOWN



MID ROW

SPECIFICATIONS

Model: SLM300G

Instructional Placard Included

Standard Weight Stack: 210 Lbs. (95kg)

Mainframe: 2" x 4" High Tensile Strength Steel

Dimensions: 24"W x 62"L x 83"H (61 cm x 58 cm x 211 cm)

Cables: Lubricated steel aircraft cables in 7 x 19 cable pattern, 3/16" diameter nylon coated to 1/4" with a breaking strength of 4200 Lbs.

Pulleys: Fiberglass reinforced nylon pulleys with V-grooved channels and precision ground, sealed ball bearings

Optional: 310 Lb. Weight Stack (141kg)

410 Lb. Weight Stack (186kg)

5 Lb. Plates (rehab)

Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions





LEG EXTENSION



Chest Press Machine

- Large base frame adds stability and comfort while yielding a neutral weight distribution.
- Substantial rear and side sub-frames help eliminate lateral torsion and vibration.
- Kick-assist lever allows user to move handgrips into comfortable START and FINISH positions, providing complete pre-stretch and full range-of-motion without straining.
- Biomechanically designed for maximum chest concentration and outstanding muscle development.
- Comfortable, multi-position handgrips enable use to concentrate on distinct areas of the chest and triceps.

SPECIFICATIONS

Model: SBP100G

Instructional Placard Included

Standard Weight Stack: 210 Lbs. (95kg)

Mainframe: 2" x 4" High Tensile Strength Steel

Dimensions: 53"W x 45"L x 62"H (135 cm x 115 cm x 158 cm)

Cables: Lubricated steel aircraft cables in 7 x 19 cable pattern, 3/16" diameter nylon coated to 1/4" with a breaking strength of 4200 Lbs.

Pulleys: Fiberglass reinforced nylon pulleys with V-grooved channels and precision ground, sealed ball bearings

Optional: 310 Lb. Weight Stack (141kg)

410 Lb. Weight Stack (186kg)

5 Lb. Plates (rehab)

Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



CHEST PRESS

Leg Curl Machine

- Uniquely engineered center-drive cam distributes weight evenly to eliminate lateral torque.
- Biomechanically accurate pivot point ensures ergonomically correct body positioning for natural and complete hamstring and leg biceps development.
- Elliptical cam keeps arc of movement smooth and provides consistent resistance through full range-of-motion.
- Pop-pin adjustable footpads assure proper alignment.
- Ergonomically placed handles to stabilize the user throughout the movement.

SPECIFICATIONS

Model: SLC400G

Instructional Placard Included

Standard Weight Stack: 210 Lbs. (95kg)

Mainframe: 2" x 4" High Tensile Strength Steel

Dimensions: 37"W x 64"L x 62"H (94 cm x 163 cm x 158 cm)

Cables: Lubricated steel aircraft cables in 7 x 19 cable pattern, 3/16" diameter nylon coated to 1/4" with a breaking strength of 4200 Lbs.

Pulleys: Fiberglass reinforced nylon pulleys with V-grooved channels and precision ground, sealed ball bearings

Optional: 310 Lb. Weight Stack (141kg)

410 Lb. Weight Stack (186kg)

5 Lb. Plates (rehab)

Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



Inner or Outer Thigh Machine



- Pop-pin cam adjustment allows users to select starting position and range-of-motion.
- Four sealed, pillow-block ball bearing systems provide smooth, comfortable inner thigh and hip concentration.
- Pinpoint outer thigh concentration with additional emphasis on hips and glutes.
- Angled seat eliminates lower back stress.
- No-slip handgrips assure stability.
- Oversized DuraFirm™ pads, biomechanically accurate foot posts and ergonomically correct bent-knee design make workouts safe, comfortable and more effective.



OUTER THIGH

INNER THIGH

SPECIFICATIONS

Model: STH1100G

Instructional Placard Included

Standard Weight Stack: 210 Lbs. (95kg)

Mainframe: 2" x 4" High Tensile Strength Steel

Dimensions: 64"W x 56"L x 62"H (99 cm x 117 cm x 231 cm)

Cables: Lubricated steel aircraft cables in 7 x 19 cable pattern, 3/16" diameter nylon coated to 1/4" with a breaking strength of 4200 Lbs.

Pulleys: Fiberglass reinforced nylon pulleys with V-grooved channels and precision ground, sealed ball bearings

Optional: 310 Lb. Weight Stack (141kg)

410 Lb. Weight Stack (186kg)

5 Lb. Plates (rehab)

Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushion



Leg Press Machine

- Sophisticated pillow block and sealed ball bearings for precision alignment and friction-free movement.
- Advanced design reduces spinal compression while allowing full range-of-motion in a natural biomechanical movement.
- Fully adjustable DuraFirm™ back pad with an ergonomically designed two-position press plate accommodates all sizes of users for a complete leg and calf workout.

SPECIFICATIONS

Model: SLP500G

Instructional Placard Included

Standard Weight Stack: 210 Lbs. (95kg)

Mainframe: 2" x 4" High Tensile Strength Steel

Dimensions: 36"W x 75"L x 72"H (92 cm x 191 cm x 1 cm)

Cables: Lubricated steel aircraft cables in 7 x 19 cable pattern, 3/16" diameter nylon coated to 1/4" with a breaking strength of 4200 Lbs.

Pulleys: Fiberglass reinforced nylon pulleys with V-grooved channels and precision ground, sealed ball bearings

Optional: 310 Lb. Weight Stack (141kg)

410 Lb. Weight Stack (186kg)

5 Lb. Plates (rehab)

Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



LEG PRESS

Leg Extension Machine

- Exceptionally strong mainframe, specially contoured DuraFirm™ thigh pad and biomechanically exact movement pattern provide a smooth, solid feel and immediate response.
- Precise pivot point alignment and center-drive, variable resistance cam design deliver a smooth, powerful response.
- Recumbent DuraFirm™ back pad adjusts for all sizes of users and eliminates lower back strain while allowing full range-of-motion.
- Pop-pin adjustable footpads assure proper alignment.
- Hold-down grips provide ultimate stability for a worry-free workout.

SPECIFICATIONS

Model: SLE200G

Instructional Placard Included

Standard Weight Stack: 210 Lbs. (95kg)

Mainframe: 2" x 4" High Tensile Strength Steel

Dimensions: 39"W x 42"L x 62"H (100 cm x 107 cm x 158 cm)

Cables: Lubricated steel aircraft cables in 7 x 19 cable pattern, 3/16" diameter nylon coated to 1/4" with a breaking strength of 4200 Lbs.

Pulleys: Fiberglass reinforced nylon pulleys with V-grooved channels and precision ground, sealed ball bearings

Optional: 310 Lb. Weight Stack (141kg)

410 Lb. Weight Stack (186kg)

5 Lb. Plates (rehab)

Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



BICEP CURL



Dual Cable Column System

- Space-saving design permits an unlimited number of exercises in just a 3' x 4' area.
- Dual 160 lb. weight stacks offer a resistance range fit for beginners and professional athletes alike.
- Using simple pop-pins, the vertically adjustable pulleys can be set for over 100 exercises at a level comfortable for any sized user.
- Heavy gauge 2" x 4" mainframe construction and aircraft quality cables and pulleys.

SPECIFICATIONS

Model: SDC2000G

Instructional Placard Included

Standard Weight Stack: 210 Lbs. (95kg)

Mainframe: 2" x 4" High Tensile Strength Steel

Dimensions: 46"W x 39"L x 91"H (99 cm x 117 cm x 231 cm)

Cables: Lubricated steel aircraft cables in 7 x 19 cable pattern, 3/16" diameter nylon coated to 1/4" with a breaking strength of 4200 Lbs.

Pulleys: Fiberglass reinforced nylon pulleys with V-grooved channels and precision ground, sealed ball bearings

Optional: (2) 235 Lb. Weight Stack (107kg)

(2) 310 Lb. Weight Stack (141kg)

5 Lb. Plates (rehab)

Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



LEG EXTENSION



DIMENSIONS

G4I

Iso-Flex™ Gym

Key Features

- Patent pending Iso-Flex™ 3D press arms allow you to define all press and pec fly exercises with your own personal path of motion. This allows maximum development of both your primary (targeted) muscles as well as your secondary (stabilizer) muscles.
- Swiveling dual lat pulldown station allows unlimited, full range of motion through unilateral, bilateral, converging or diverging movement.
- Leg developer station features the SmoothGlide Bearing System™ with biomechanically accurate pivot point and integrated CAM to prevent resistance drop-off at the end of the exercise movement. This provides consistent resistance throughout full range of motion.
- Self-aligning, contoured leg extension cuffs automatically adjust throughout the exercise movement.
- 160 lb. (73kg) selectorized weight stack. Optional 210 lb. (95kg) weight stack available.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Easy to use, space saving, no-cable-change design.
- 2" x 3", 11-gauge mainframe construction assures maximum strength, function and durability.
- Telescoping, chrome plated, gas-assist adjustable seat post for quick, smooth adjustment and proper body positioning.
- 2,200 lb. tension strength, military spec, steel aircraft cables with swiveling ends provide durability and low maintenance.
- 4¼" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings.
- Tough, durable, electrostatically applied powder coat finish.
- Includes two stirrup handles, lat bar, revolving straight bar, ankle strap ab / triceps strap, Total Body Workout™ DVD, full size exercise chart and convenient water bottle and towel holder.

This gym combines all the advantages of a free weight dumbbell workout with the safety and convenience of a selectorized machine. The freedom of the independent 3D Motion arms allow you to simultaneously work your primary (targeted) muscles as well as your secondary (stabilizer) muscles for more natural, more defined development. Other unique features on the G4I include the swiveling dual pulley Lat station, Chest Supported Mid Row station and a self-aligning, cuffed leg developer station that provides maximum comfort for quadriceps and hamstring development. It's the perfect blend of quality, function and convenience.



Shoulder Press



Chest Press



Front Lat Pulldown



Side Deltoid Raise



Back Hyperextension



Pec Fly



Leg Curl



Ab Crunch



Concentration Curl



Oblique Bend



Mid Row



Upright Row

FREE
with gym!



OPTIONAL ATTACHMENTS

Inner / Outer Thigh Station



Floor Space Dimensions With G4:
83"L x 75"W x 83½"H
(210cm x 191cm x 212cm)

Trim and tone those trouble spots with the inner outer thigh attachment. Do both abductor/adductor exercises from one seated position. 5 range-of-motion adjustments accommodate users of all sizes. A lumbar supported adjustable back pad, swiveling knee pads and no cable change design provide the quality, comfort and ease of use necessary to achieve great results. #GIOT

Leg Press / Calf Press



Floor Space Dimensions With G4:
83"L x 86"W x 83½"H
(210cm x 218cm x 212cm)

2:1 ratio. Double beam design self aligns to eliminate ankle stress and provides consistent resistance throughout full range of motion. Extra large, extra wide, non-slip rubber covered press plate will handle the big guys. It's built for safety, comfort and exercise variation. Side stability handles lock you in place. Commercial grade, precision engineered pillow block bearings for smooth movement and tighter tolerances. #GLP



OPTIONAL UPGRADES



Aluminum Pulley Upgrade

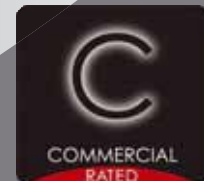


Weight Stack Add-On Kit

Enhance the look of the G4 Iso-Flex™ Home Gym with the Aluminum Pulley Upgrade. #GAP4

50 lb. Weight Stack Add-On Kit takes the standard weight stack to a new level of performance. #SP50

* Shown with OPTIONAL Leg Press Attachment (#GLP), and Weight Stack Add-On Kit (#SP50)



See page 3 for more warranty information

DIMENSIONS

G5S

Multi-Station Gym

Considered the best in overall design quality. The multi-grip traditional press arm features Ergo Press™ arms to work muscle groups from various angles, creating more thorough muscular development. Completely adjustable press arm allows a perfect fit for all size users when doing chest, incline and shoulder presses. Work your lats on the chest supported mid row or reach up and grab the lat bar to really blast your lats. The G5S includes the Perfect Pec™ station for incredible upper body development. Press station and leg developer incorporate the SmoothGlide Bearing System™. Loaded with over 50 exercises, it's the perfect gym for maximum versatility in minimum space.

Key Features

- Traditional press bar is biomechanically designed for maximum chest concentration and outstanding muscle development.
- Chest, incline, shoulder press, mid row and leg developer stations incorporate the friction free SmoothGlide Bearing System™.
- Self-aligning, contoured leg extension cuffs automatically adjust throughout the exercise movement.
- Integrated leg developer CAM prevents resistance drop-off at the end of the exercise movement and provides consistent resistance throughout full range of motion.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- 210 lb. (95kg) selectorized weight stack. Optional 260 lb. (118kg) weight stack available.
- Telescoping, chrome plated, gas-assist adjustable seat post for quick, smooth adjustment and proper body positioning.
- Flip-up seated row foot brace plate stabilizes your body when using heavy resistance.
- 2,200 lb. tension strength, military spec, steel aircraft cables with swiveling ends provide durability and low maintenance.
- 4¼" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings.
- 2" x 3", 11-gauge mainframe construction assures maximum strength, function and durability.
- Tough, durable, electrostatically applied powder coat finish.
- Easy to use, space saving, no-cable-change design.
- Includes lat bar, revolving straight bar, ankle strap, ab / triceps strap, Total Body Workout™ DVD, full size exercise chart and convenient water bottle and towel holder.



Biceps Curl



Chest Press



Leg Extension



Pec Fly



Front Lat Pulldown



Oblique Bend



Leg Adduction



Upright Row



Ab Crunch



Leg Abduction



Triceps Extension



Mid Row

FREE
with gym!



OPTIONAL ATTACHMENTS

Cable Column



Floor Space Dimensions With G5S:
83" L x 79" W x 83½" H
(210cm x 201cm x 212cm)

Add Versatility to your gym. 10 incremental adjustments and pivoting quad pulley design provide natural movements and allow users to fully customize their exercises. The dual handle design allows both unilateral and bilateral movements so you can concentrate on a single muscle or on a whole muscle group. A single pop pin adjustment keeps the transition between exercises smooth and simple. #GCCA

Inner / Outer Thigh Station



Floor Space Dimensions With G5S:
83" L x 72" W x 83½" H
(210cm x 183cm x 212cm)

Trim and tone those trouble spots with the inner outer thigh attachment. Do both abductor/adductor exercises from one seated position. 5 range-of-motion adjustments accommodate users of all sizes. A lumbar supported adjustable back pad, swiveling knee pads and no cable change design provide the quality, comfort and ease of use necessary to achieve great results. #GIOT

Leg Press / Calf Press



Floor Space Dimensions With G5S:
83" L x 83" W x 83½" H
(210cm x 210cm x 212cm)

2:1 ratio. Double beam design self aligns to eliminate ankle stress and provides consistent resistance throughout full range of motion. Extra large, extra wide, non-slip rubber covered press plate will handle the big guys. It's built for safety, comfort and exercise variation. Side stability handles lock you in place. Commercial grade, precision engineered pillow block bearings for smooth movement and tighter tolerances. #GLP



OPTIONAL UPGRADES



Aluminum Pulley Upgrade

Enhance the look of the G5S Multi-Station Home Gym with the Aluminum Pulley Upgrade. #GAP5



Weight Stack Add-On Kit

50 lb. Weight Stack Add-On Kit takes the standard weight stack to a new level of performance. #SP50

* Shown with OPTIONAL Leg Press Attachment (#GLP), Weight Stack Add-On Kit (#SP50) and Aluminum Pulley Upgrade (#GAP5)



See page 3 for more warranty information

DIMENSIONS

G6B

Bi-Angular® Gym

Rated a Consumer Guide® "Best Buy". Patented Bi-Angular® converging press arm system guides you through the optimal range of motion while applying resistance from two directions simultaneously. This increases muscle interaction by 25%. Comes complete with the Perfect Pec™ station with adjustable range of motion. Press station and leg developer station feature the SmoothGlide Bearing System™ with biomechanically accurate pivot points for friction free movement. The Body-Solid G6B represents quality without compromise... it's a "Best Buy".

Key Features

- Patented Bi-Angular® converging press station replicates a free weight dumbbell press and produces 25% more muscle interaction.
- Chest, incline, shoulder press and leg developer stations incorporate the friction free SmoothGlide Bearing System™.
- Self-aligning, contoured leg extension cuffs automatically adjust throughout the exercise movement.
- Integrated leg developer CAM prevents resistance drop-off at the end of the exercise movement and provides consistent resistance throughout full range of motion.
- 210 lb. (95kg) selectorized weight stack. Optional 260 lb. (118kg) weight stack available.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Telescoping, chrome plated, gas-assist adjustable seat post for quick, smooth adjustment and proper body positioning.
- Flip-up seated row foot brace plate stabilizes your body when using heavy resistance.
- 2,200 lb. tension strength, military spec, steel aircraft cables with swiveling ends provide durability and low maintenance.
- 4¼" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings.
- 2" x 3", 11-gauge mainframe construction assures maximum strength, function and durability.
- Tough, durable, electrostatically applied powder coat finish.
- Easy to use, space saving, no-cable-change design.
- Includes revolving lat bar, revolving straight bar, ankle strap, ab / triceps strap, Total Body Workout™ DVD, full size exercise chart and convenient water bottle and towel holder.



Bent Over Row



Leg Adduction



Front Lat Pulldown



Incline Press



Oblique Crunch



Pec Fly



Leg Curl



Biceps Curl



Side Deltoid Raise



Seated Row



Leg Kickback



Concentration Curl



FREE
with gym!

OPTIONAL ATTACHMENTS

Cable Column



Floor Space Dimensions With G6B:
85" L x 81" W x 83½" H
(215cm x 206cm x 212cm)

Add Versatility to your gym. 10 incremental adjustments and pivoting quad pulley design provide natural movements and allow users to fully customize their exercises. The dual handle design allows both unilateral and bilateral movements so you can concentrate on a single muscle or on a whole muscle group. A single pop pin adjustment keeps the transition between exercises smooth and simple. #GCCA

Inner / Outer Thigh Station



Floor Space Dimensions With G6B:
85" L x 83" W x 83½" H
(215cm x 211cm x 212cm)

Trim and tone those trouble spots with the inner outer thigh attachment. Do both abductor/adductor exercises from one seated position. 5 range-of-motion adjustments accommodate users of all sizes. A lumbar supported adjustable back pad, swiveling knee pads and no cable change design provide the quality, comfort and ease of use necessary to achieve great results. #GIOT

Leg Press / Calf Press



Floor Space Dimensions With G6B:
85" L x 82" W x 83½" H
(215cm x 208cm x 212cm)

2:1 ratio. Double beam design self aligns to eliminate ankle stress and provides consistent resistance throughout full range of motion. Extra large, extra wide, non-slip rubber covered press plate will handle the big guys. It's built for safety, comfort and exercise variation. Side stability handles lock you in place. Commercial grade, precision engineered pillow block bearings for smooth movement and tighter tolerances. #GLP

OPTIONAL UPGRADES



Aluminum Pulley Upgrade

Enhance the look of the G6B Bi-Angular® Home Gym with the Aluminum Pulley Upgrade. #GAP6



Weight Stack Add-On Kit

50 lb. Weight Stack Add-On Kit takes the standard weight stack to a new level of performance. #SP50



* Shown with OPTIONAL Inner / Outer Thigh Station (#GIOT) and Aluminum Pulley Upgrade (#GAP6)



See page 3 for more warranty information

DIMENSIONS

G9S

Multi-Station Gym

This multi-station workhorse provides health club quality strength training for up to three people simultaneously. The G9S incorporates a multi-function press arm station for chest press, incline press, shoulder press and chest supported mid row exercises. Perfect Pec™ station has fully adjustable range of motion. Includes Leg Press / Calf Press station that operates on a 2 to 1 weight ratio giving it the awesome capacity of 420 lbs. If maximum strength and a weight room full of workout options is what you want in a minimum amount of space, then try the G9S on for size.

Key Features

- Traditional press bar is biomechanically designed for maximum chest concentration and outstanding muscle development.
- Leg developer station features the SmoothGlide Bearing System™ with biomechanically accurate pivot point and integrated CAM to prevent resistance drop-off at the end of the exercise movement. This provides consistent resistance throughout full range of motion.
- Self-aligning, contoured leg extension cuffs automatically adjust throughout the exercise movement.
- Perfect Pec™ station features range of motion adjustment that allows beginning stretch preference.
- Telescoping, chrome plated, gas-assist adjustable seat posts for quick, smooth adjustment and proper body positioning.
- Two 210 lb. (95kg) selectorized weight stacks.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- 2,200 lb. tension strength, military spec, steel aircraft cables with swiveling ends provide durability and low maintenance.
- 4¼" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings.
- 2" x 4", 11-gauge mainframe construction assures maximum strength, function and durability.
- Tough, durable, electrostatically applied powder coat finish.
- Includes Leg Press / Calf Press station with 2:1 ratio for maximum resistance of 420 lbs.
- Includes revolving lat bar, revolving straight bar, ankle strap, ab / triceps strap, Total Body Workout™ DVD, full size exercise chart and convenient water bottle and towel holder.



Back Hyperextension



Chest Press



Pec Fly



Front Deltoid Raise



Standing Shoulder Press



Ab Crunch



Incline Press



Leg Kickback



Biceps Curl



Front Lat Pulldown



Leg Abduction



Leg Press



OPTIONAL ATTACHMENTS

Vertical Knee Raise



Floor Space Dimensions With G9S:
89"L x 104"W x 83½"H
(226cm x 264cm x 212cm)

Specially contoured and oversized back pad, arm pads and handgrips add comfort to the abdominal, shoulder and triceps workouts. It's a combination Vertical Knee Raise and Dip Station. This option builds champions. #GKR9

Inner / Outer Thigh Station



Floor Space Dimensions With G9S:
89"L x 125"W x 83½"H
(226cm x 318cm x 212cm)

Trim and tone those trouble spots with the inner outer thigh attachment. Do both abductor/adductor exercises from one seated position. 5 range-of-motion adjustments accommodate users of all sizes. A lumbar supported adjustable back pad, swiveling knee pads and no cable change design provide the quality, comfort and ease of use necessary to achieve great results. #GIOT9

OPTIONAL UPGRADE



Aluminum Pulley Upgrade

Enhance the look of the G9S Multi-Station Home Gym with the Aluminum Pulley Upgrade. #GAP9

**FREE
with gym!**



N



* Shown with OPTIONAL Vertical Knee Raise Station (#GKR9), and Aluminum Pulley Upgrade (#GAP9)



See page 3 for more warranty information

G10B

Bi-Angular® Gym

Key Features

- Patented Bi-Angular® converging chest, incline and shoulder press station with friction free SmoothGlide Bearing System™ replicates a free weight dumbbell workout that produces 25% more muscle interaction.
- Seated leg extension / seated leg curl station features the SmoothGlide Bearing System™ with biomechanically accurate pivot point and extra thick, comfortable rollers.
- Integrated leg developer CAM with self-aligning roller automatically adjusts throughout exercise movement to provide consistent resistance and full range of motion.
- Perfect Pec™ station features range of motion adjustment that allows you to quickly adjust to individual body size and stretch preference.
- Telescoping, chrome plated, gas-assist adjustable seat post for quick, smooth adjustment.
- Flip-up seated row foot brace plate stabilizes your body when using heavy resistance.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Two 210 lb. (95kg) selectorized weight stacks. Optional 260 lb. (118kg) weight stacks available.
- 2,200 lb. tension strength, military spec, steel aircraft cables with swiveling ends provide durability and low maintenance.
- 4½" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings.
- 2" x 3", 11-gauge mainframe construction assures maximum strength, function and durability.
- Tough, durable, electrostatically applied powder coat finish.
- Includes revolving lat bar, revolving straight bar, ankle strap, ab / triceps strap, Total Body Workout™ DVD, full size exercise chart and convenient water bottle and towel holder.

Precision engineered for quality without compromise! Patented Bi-Angular® converging press arm system guides you through a free weight dumbbell style workout that applies resistance from two directions simultaneously. Perfect Pec™ station features adjustable range of motion for individual pre-stretch. Seated leg extension / seated leg curl provides quick, easy access and state-of-the-art exercise movement. Two 210 lb. weight stacks can be upgraded to 260 lbs. The G10B offers over 50 professional exercise.



Side Deltoid Raise



Ab Crunch



Biceps Curl



Front Lat Pulldown



Pec Fly



Shoulder Press



Chest Press



Upright Row



Leg Adduction



Oblique Crunch



Leg Extension



Leg Curl

DIMENSIONS



OPTIONAL ATTACHMENTS

Cable Column



Inner / Outer Thigh Station



Leg Press / Calf Press



**FREE
with gym!**



Add Versatility to your gym. 10 incremental adjustments and pivoting quad pulley design provide natural movements and allow users to fully customize their exercises. The dual handle design allows both unilateral and bilateral movements so you can concentrate on a single muscle or on a whole muscle group. A single pop pin adjustment keeps the transition between exercises smooth and simple. #GCCA

Trim and tone those trouble spots with the inner outer thigh attachment. Do both abductor/adductor exercises from one seated position. 5 range-of-motion adjustments accommodate users of all sizes. A lumbar supported adjustable back pad, swiveling knee pads and no cable change design provide the quality, comfort and ease of use necessary to achieve great results. #GIOT

2:1 ratio. Double beam design eliminates ankle stress and provides consistent resistance throughout full range of motion. Pivoting press plate rotates both forward and downward to target thighs, hamstrings and glutes. Extra large, extra wide, non-slip rubber covered press plate will handle the big guys. It's built for safety, comfort and exercise variation. Side stability handles lock you in place. Commercial grade, precision engineered pillow block bearings for smooth movement and tighter tolerances. #GLP

OPTIONAL UPGRADES



Aluminum Pulley Upgrade

Enhance the look of the G10B Bi-Angular® Home Gym with the Aluminum Pulley Upgrade. #GAP10



Weight Stack Add-On Kit

50 lb. Weight Stack Add-On Kit takes the standard weight stack to a new level of performance. #SP50



"I really enjoy your products. They are extremely well built and they can take incredible amounts of abuse."

*Bill,
Marion, IL*

* Shown with OPTIONAL Leg Press Attachment(#GLP), and Aluminum Pulley Upgrade (#GAP10)

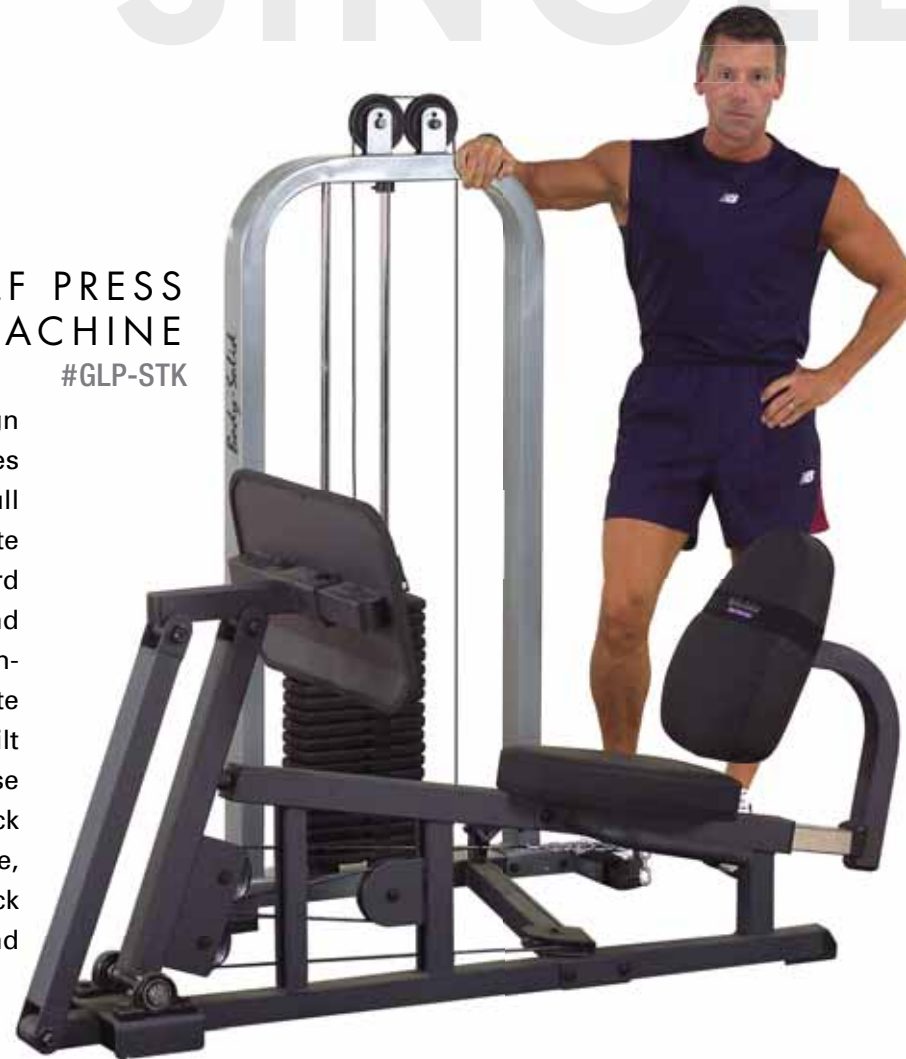
DIMENSIONS

SINGLE STATION

LEG PRESS/CALF PRESS SINGLE STATION MACHINE

#GLP-STK

2:1 ratio. Double beam design eliminates ankle stress and provides consistent resistance throughout full range of motion. Pivoting press plate rotates both forward and downward to target thighs, hamstrings and glutes. Extra large, extra wide, non-slip rubber covered press plate will handle the big guys. It's built for safety, comfort and exercise variation. Side stability handles lock you in place. Commercial grade, precision engineered pillow block bearings for smooth movement and tighter tolerances.



Leg Press / Calf Press

- Oversized footplate to accommodate all user sizes
- Rubberized footplate for better traction on calf raise exercises
- Double beam design eliminates ankle stress and provides consistent resistance through range of motion
- Commercial grade, precision engineered pillow block bearings for smooth movement and tighter tolerances
- 2:1 ratio
- Side stability handles lock you into place
- Optional 310 lb and 410 lb stacks

DIMENSIONS

PTIONS OPTIONS

INNER/OUTER THIGH
SINGLE STATION MACHINE

#GIOT-STK

Trim and tone those trouble spots with the inner outer thigh attachment. Do both abductor/adductor exercises from one seated position. 5 range-of-motion adjustments accommodate users of all sizes. A lumbar supported adjustable back pad, swiveling knee pads and no cable change design provide the quality, comfort and ease of use necessary to achieve great results.

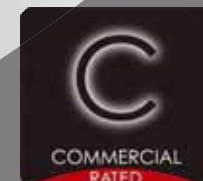


Inner Thigh



Outer Thigh

- Combines both abductor and adductor exercises in one seated position
- 5 range of motion adjustments to accommodate users of all sizes
- No cable change design with swiveling knee pads provides comfort and convenience
- Side stability handles for better positioning
- Optional 310 stack



See page 3 for more
warranty information



Pectoral Fly



Standing Military Press



Lat Pulldown



Calf Raise



Leverage Squat

LEVERAGE MACHINES

Accelerated gains. It's all part of the program.

FREWEIGHT LEVERAGE MACHINE

#SBL460 Shown with Squat Attachment (#LSA50), and Flat/Incline/Decline Bench (#FID46).

Look at this machine. It screams for hardcore workouts. Everything you need is here. Enormous weight capacity? You got it. Rock-solid structure that can handle years of abuse? No problem. Safety features that eliminate the need for a spotter? The Freeweight Leverage Machine is your training partner.

Go heavy! Load up 300, 500, 800 pounds, or more. This machine is engineered to be the strongest leverage gym in existence. The extra-strong and extra-large 3"x3" 10 and 11-gauge steel mainframe features all-4-side welded construction, commercial grade pillow block and sealed ball bearings. DuraFirm™ pads and a super durable powder coat finish. It's built to handle daily use and abuse at gyms, health clubs, schools, or in the privacy of your own home. To make a long story short - the Freeweight Leverage Machine is built like a tank.

MORE MACHINE MEANS MORE EXERCISES!

- | | | |
|--------------------------|---------------------------|---------------------------|
| Bench Press | Lat Pulldown | Rear Wrist Curl |
| Incline Press | High Row | Narrow Grip Triceps Press |
| Decline Press | Upright Row | Lying Triceps Extension |
| Converging Chest Press | Shrugs | Triceps Pressdown |
| Converging Incline Press | Standing Military Press | French Press |
| Converging Decline Press | Standing Shoulder Press | Squat |
| Pec Fly | Incline Front Delt Raise | Front Squat |
| Incline Pec Fly | Seated Shoulder Press | Calf Raise |
| Decline Pec Fly | Seated Military Press | Lunge |
| Pullover | Converging Shoulder Press | Prone Leg Curl |
| Crossover | Reverse Delt | Leg Extension |
| Bent Over Row | Standing Biceps Curl | Leverage Squat |
| Deadlift | Standing Reverse Curl | Leverage Calf Raise |
| Good Mornings | Preacher Curl | Resistance Ab Crunch |
| Chest Supported Midrow | Reverse Preacher Curl | Resistance Oblique Crunch |
| One Arm Row | Incline Biceps Curl | And much more... |
| Frontal Lat Pulldown | Front Wrist Curl | |



#FID46

MULTIPLE USERS!

Independent stations mean that up to three people can use the Freeweight Leverage Machine at the same time. Ideal for home and commercial use.



Preacher Curl



Oblique Ab Crunch

LEVERAGE SQUAT / CALF RAISE MACHINE

Power, mass, and performance

Ask any fitness professional what exercise is the best for developing explosive lower body power and the answer is always the same: the Squat. The Squat is the ultimate exercise for building mass and strength in the thighs, glutes, calves, and lower back. This Leverage Squat / Calf Raise Machine is engineered to eliminate the risks of this essential exercise while enhancing the benefits and increasing the effectiveness.

Go heavy! Perform squats with 300, 500, 800 pounds and more! The Leverage Squat Machine is the strongest machine in its class and can handle the heaviest loads with ease. This machine is built for those who want it all... power, mass, and performance!

LEVERAGE SQUAT / CALF RAISE MACHINE

#GSCL360

- Heavy-gauge diamond plate foot platform is set to a perfect 20° pitch for optimal development of the quadriceps and glutes.
- Innovative calf raise block is round instead of square, eliminating the painful edge and providing a deep pre-stretch for maximum calf-blasting workouts.
- Heavy-duty mainframe is comprised of extra-large 3"x 3" high tensile strength 12-gauge steel with all-4-side welded construction.
- Exclusive DuraFirm™ shoulder and back pads are extra-thick and specifically contoured to conform to your shoulders.
- Spring-loaded lockouts handle is positioned within reach for user safety.
- Ideal for home and commercial use.
- 56"H x 62"L x 43"W



The spring loaded lockout handle is within easy reach at all times.



Calf Raise



Floor Squat



#LSA50

* Sleeves, Bars, Plates, & Collars sold separately.



See page 3 for more warranty information

SERIES 7

The new angle on muscle development

Introducing the newest muscle-building breakthrough that will tap into your body's full potential. You can achieve results right now. A swimmer's shoulders, a rower's back, a gymnast's arms, a slugger's chest, a boxer's abs...you can unlock the ultimate growth potential that's been caged up inside you. Want more? How about a football player's glutes, a soccer player's thighs, and a cyclist's calves? Our new Series 7 Smith Gym allows you to develop muscle mass beyond your imagination at a rate that will amaze you. You get virtually all the same exercises as you do in a fully equipped gym, but in the convenience of your own home, on your own schedule, without the need for a spotter.

This is not just another Smith Machine. The process of developing a cutting edge, state-of-the-art Series 7 Smith Gym System that meets Body-Solid's meticulous standards of quality that has not been easy. While other companies have rushed to get their smith gyms to market, we've taken the time to get it just right. Now, with the Body-Solid Series 7 Smith Gym System, you can trust that you're getting the best system available.

Our Series 7 Smith Gym System gives you the freedom of movement you need to do your exercises correctly. The Series 7 Smith Gym is based on a 2"x 3" commercial quality mainframe and set to a 7° reversed pitch. The 7° angle was designed to allow natural upper and lower body movements for precise chest and gluteal biomechanics. Over 50 exercises are available on our Series 7° Smith Gym System and all of them can be done correctly under your control. Every set, every rep, every movement. That is how you get real results. And there's only one thing you want from your gym system. Results.



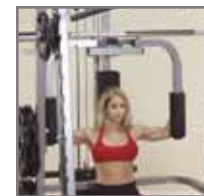
SERIES 7 LINEAR BEARING SMITH MACHINE #GS348

- Precise 7° angle Smith Machine is designed to provide a natural upper and lower body exercise movement.
- Linear ball bearing Smith system with 20 crossmember lock-out points for a safe, solid stop at any point in your workout routine.
- Freeweight gunrack system with 14 lift-off and racking positions for ultimate versatility, safety, and control.
- Large diameter Smith bar responds quickly, is easy to control and weighs only 25 lbs. It's ideal for amateurs and professionals.
- Heavy-duty all-4-side welded 11 gauge and 12 gauge 2"x 3" mainframe steel construction with a safe, solid 4-point stance for maximum stability.
- Includes incredibly strong, adjustable safeties for both the Smith system and the freeweight barbell workout center.
- Six Olympic weight plate storage posts safely suspend plates off the floor for easy access.
- Olympic Bar holder mounted to the frame stores your bar without obstructing any exercise movements.
- Ideal for home and commercial use.
- 83"H x 66"L x 64"W

OPTIONAL ATTACHMENTS



Selectorized
Lat Station



Pec Dec Station

FEATURES

SERIES 7 SMITH DELUXE PACKAGE

#GS348P4

INCLUDES:



210 lb. Selectorized Lat Attachment - Features a precision machined 210 lb. alloy steel weight stack with "Add-on" plate posts for individual freeweight plates. The adjustable low row foot brace allows maximum prestretch for all size users. Includes Lat Bar and Low Row Straight Bar. #GLA348S



Pec Attachment - Extra thick arm roller pads and DuraFirm™ back pad make performing pectoral fly's comfortable even with the heaviest weight. Unique design allows both unilateral and bilateral movement. #GPA3



Commercial / Flat / Incline / Decline Bench - Full commercial design can handle over 1,000 lbs. Eight position back and seat pads adjust from decline to a 90° shoulder press position. #GFID71



6-Roller Leg Developer Attachment - Leg Extension is designed for ultimate strengthening of knee and thigh muscles. Leg Curl is designed for maximum concentration of hamstring and glute muscles. Features oversized 8" rollers for total comfort through the most intense leg workouts. #GLDA3



Preacher Curl Attachment - Set to the optimum angle which is designed to isolate and maximize biceps, triceps, and forearm muscle concentration. Extra-thick DuraFirm™ pad. Bar Saddle included. #GPCA1



7° Reversed Pitch design follows your bodies natural path of motion.



20 Lockout Points allow you to workout safely without a spotter and provides the safest workout possible.



Aluminum Pulley Upgrade
Enhance the look of the Series 7 Smith Machine with the Aluminum Pulley Upgrade. #GAP348

* Sleeves, Bars, Plates, & Collars sold separately.

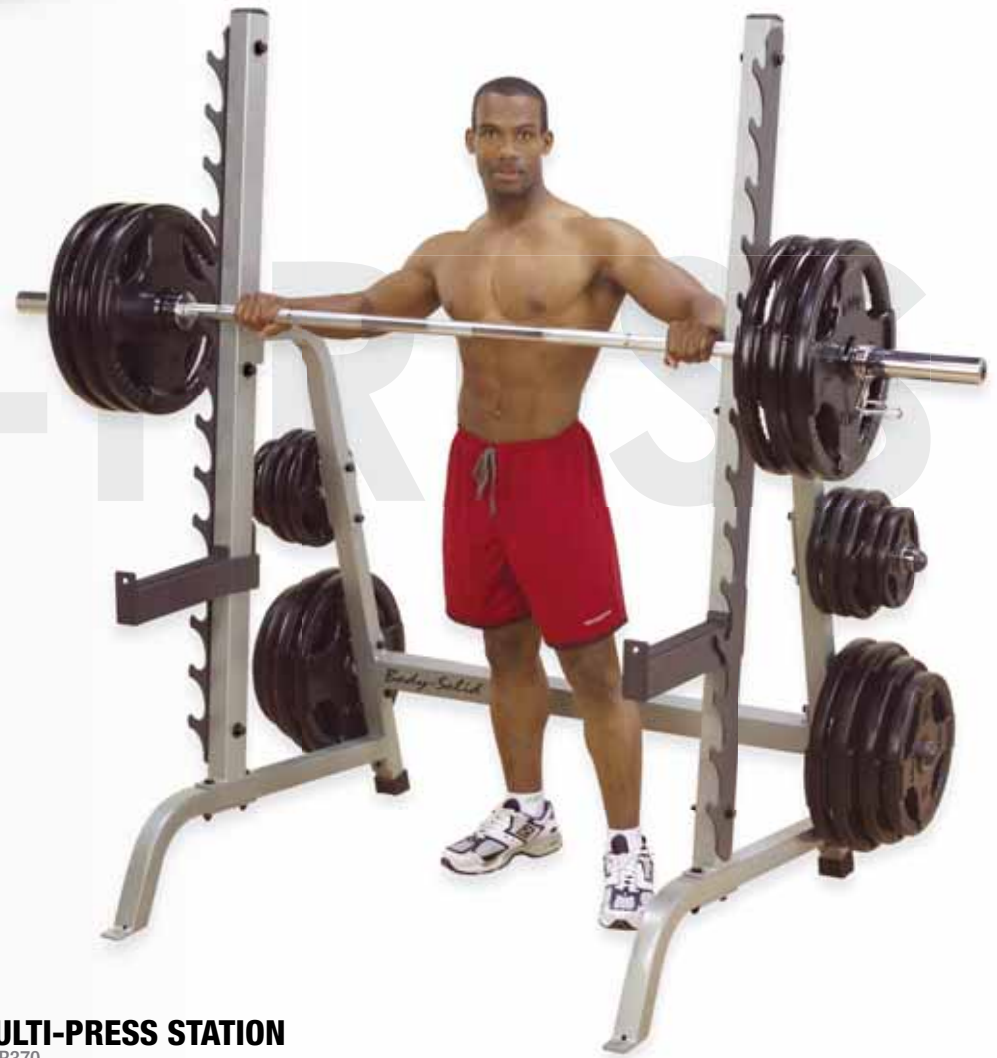
"The cost, style, and quality has been unbeatable."
Jesup Gym Equipment
Jesup, IA

MULTI-PRESS RACK

Industrial strength training partner

Fitness professional, coaches, and personal trainers agree that a heavy-duty rack with easy-to-use adjustments and a barbell set go a long way in the world of strength training. Freeweight training is most effective when the user feels safe enough to use heavy weight and push the envelope. Body-Solid is here to make sure you get the absolute most from your workout., the ability to push your limits, the room to excel. Our Full Commercial Multi-Press Rack is an industrial strength training partner that doesn't try to change how you workout, it works with you.

Designed with an extra-wide 4-point stance, the GPR370 is a rock-solid performer that features a 7° reverse pitch that accommodates your body's natural lifting path. Lift-off and safety positions are right where you want the so racking the bar is always comfortable and predictable. Perform squats, calf raises, lunges, dead-lifts, upright rows, and many, many more power building exercises. For increased workout capacity, add any freeweight bench and do bench, incline, decline, and shoulder press routines. If you are looking to bulk up and build power, or simply to tone your muscles and increase performance, the Multi-Press Rack is definitely the foundation of the ultimate freeweight system.



MULTI-PRESS STATION

#GPR370

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

**Complete Gym Packages
are available. Call for a
dealer near you!**



Users can walk the barbell up and down the rack without removing weights from the bar.



The 7° reverse pitch conforms to your body's natural lifting path.



Easily works with all types of benches. (see pages 8-9)



FLAT / INCLINE / DECLINE BENCH

#GFID71

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

OPTIONAL ATTACHMENTS



Leg Developer Attachment
#GLDA3



Preacher Curl Attachment
#GPCA1



Lat Pulldown Attachment
#GLRA81



POWER RACK

#GPR378

Freedom of movement combined with adjustable racking and safety positions make the Power Rack a must-have for those who want to strength train without compromise. The Body-Solid Power Rack is designed to work with all types of benches and engineered for extreme workouts. Heavy-duty 11-gauge high tensile strength steel frames feature all-4-side welded construction and oversized industrial strength hardware. Electrostatically applied powder coat finish resists chipping and scratching through the most brutal routines. If you want to get bigger and stronger fast, a Body-Solid Power Rack is what you need.

- Wide "walk-in" design.
- 20 adjustment levels.
- 3"x 3" vertical support columns
- 41" wide knurled chinning bar.
- Heat tempered Lift-Offs and saber-style safety rods keep your workouts simple, safe, and effective.
- Ideal for home and commercial use.
- 82.5"H x 72"L x 46"W

Shown with OPTIONAL Attachments #GLA378 & #SP200

- Includes Lat Bar and Straight Bar.
- Add on plate posts.
- Optional 210 lb. weight stack (#SP200)



See page 3 for more warranty information

FREWEIGHT BENCHES

The best in benches...period.

Without a doubt, the cornerstone of all strength training equipment is the freeweight bench. Use it with a barbell or dumbbells. Use it in a power rack, smith machine, or use it on its own. It's a fact. The freeweight bench is the core of any freeweight exercise program.

Body-Solid freeweight benches have been regarded as "the best benches available" by both leading consumer reporting magazines and fitness magazines alike. Our frames consist of 2"x 2" and 2"x 3" heavy-gauge high tensile strength steel with all-4-side welded construction. Wide bases with Euro-Cap foot levelers enhance lateral stability for rock-solid support through the most intense workouts. The electrostatically applied powder coat finish resists chipping and flaking, and makes cleaning fast and easy.

Our exclusive DuraFirm™ upholstery redefines how a workout should feel. On the outside, these tough, durable pads are double stitched and designed to be sweat and tear resistant. On the inside, the padding is extra-thick, ultra-firm and guaranteed never to bottom out.

Body-Solid freeweight benches simply can't be beat. They are the most versatile, best built weight benches available and they're backed with an exclusive LIFETIME WARRANTY at a price you can afford.



FLAT / INCLINE / DECLINE BENCH

#FID46

- Over 1,000 lbs. capacity.
- Heavy-duty 3" round stock steel mainframe with extra-wide base for maximum stability.
- Full 2¾" seat and back pads that will never bottom out.
- Includes wheels for easy mobility.
- Removable leg developer with upholstered 4"x 8" rollers and oversized brass bushings for friction-free movement.
- Two sets of cushioned hand grips for stability when doing leg curls and leg extensions.
- Features arched lying leg curl station that provides proper lower back support during the lying leg curl exercise.
- 9-position back pad with synchronized seat pad for fast, easy, fool-proof adjustments.
- Ideal for home and commercial use.
- 31"H x 75"L x 28"W

THE BEST IN BENCHES...PERIOD

FLAT / INCLINE BENCH

#GF121

- Commercial 2"x 3" heavy gauge steel mainframe.
- "Glide & Lock" seat and back pad adjustment system.
- Adjusts from flat to 90° in 9 positions with convenient "one-touch" pop-pin.
- Full 2¾" thick DuraFirm™ seat and back pads.
- Ideal for home and commercial use.
- 17½"H x 52"L x 21"W (46"H when inclined)



FLAT BENCH

#GFB350

- Perfect for all basic barbell and dumbbell exercises.
- Commercial 2"x 3" heavy gauge steel mainframe.
- Wide base eliminates rocking.
- Extra-thick DuraFirm™ Pad.
- All-4-side welded construction.
- Ideal for home and commercial use.
- 20"H x 46"L x 23"W



UTILITY STOOL

#GST20

- A rock-solid tool ideal for performing both barbell and dumbbell workouts.
- Extra-wide and solid base provides maximum stability.
- DuraFirm™ upholstery is extra thick, double stitched.
- Heavy-duty 2"x 2" and 2"x 3" 12-gauge steel mainframe.
- Ideal for home and commercial use.
- 20"H x 46"L x 23"W

SEMI-RECLINENT AB BENCH

#GAB300

- Commercial 2"x 3" heavy gauge steel mainframe.
- "Glide & Lock" seat and back pad adjustment system.
- Adjusts from flat to 90° in 9 positions with convenient "one-touch" pop-pin.
- Full 2¾" thick DuraFirm™ seat and back pads.
- Ideal for home and commercial use.
- 17½"H x 52"L x 21"W (46"H when inclined)



*"Our fitness members
always comment on how
user friendly the equipment
has been for them."*
Jesup Gym Equipment
Jesup, IA

SINGLE STATION UPPER BODY MACHINES

Sculpting the upper body

An awesome upper body is often the focal point of first impressions. Well-muscled arms, strong shoulders, a defined chest, chiseled abs, and a v-shaped back have been the image of physical fitness for centuries. Attaining an upper-class torso is simply a matter of using the right tools for the job.

Body-Solid single stations are designed to target specific muscle groups in ways that promote more efficient movement and range-of-motion than typical machines or basic exercises. By increasing the effectiveness of an exercise, gains in strength, endurance, and muscle mass are accelerated dramatically.

Take your body as far as you want. Strengthen and tone your muscles or build a massive physique. Body-Solid is your training partner. All of these machines are built for years of performance and backed by the Body-Solid Exclusive In-Home Lifetime Warranty that covers every piece forever.

CAM SERIES BICEP & TRICEP MACHINE

#GCBT380

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

Bicep Curl



Triceps Extension



PREACHER CURL BENCH

#GPCB329

When it comes to isolating the biceps for maximum concentration and development, nothing beats the Preacher Curl! Preacher curls are essential for building overall biceps mass including the often difficult lower biceps. Our preacher curl bench is set to a perfect 30° angle, positioning the upper arm for maximum stretch and full range-of-motion while eliminating stress on your elbows and lower back.

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

TAKE YOUR BODY AS FAR AS YOU WANT



DIP STATION

#GDIP59

Build awesome shoulders, thicker delts, and killer triceps on our freestanding Dip Station. This upper body developer gets its stability from the wide and extended base that eliminates rocking. The 2"x3" heavy-gauge steel uprights are perfectly angled for all size users. Oversized 1 3/4" bars with extra-thick and slip-proof rubber grips provide excellent comfort and allow multiple hand grip positions. Ideal for home and commercial use.

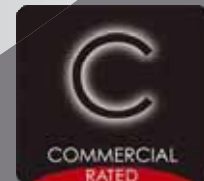
54"H x 39"L x 44"W

SEATED ROW MACHINE

#GSRM40

This is the tool of the trade for building depth in the middle back and training the hard to reach lower lats. Our uniquely designed Seated Row Machine is fully adjustable to fit all size users. The extra-thick DuraFirm™ seat and chest pads position you for maximum pre-stretch which is crucial for deep muscle penetration an full range-of-motion. Four-way handgrips widen or narrow to target resistance to the middle back resulting in accelerated muscle gains.

- DuraFirm™ chest and seat pads.
- Easy access plate load system.
- Oil-lite bronze bushings at all pivot points.
- Extra-thick foam padded foot braces.
- Ideal for home and commercial use.
- 39"H x 54"L x 44"W



See page 3 for more
warranty information

VERTICAL KNEE RAISE MACHINES

Designed to provide an intense ab workout while eliminating strain on the lower back, the Vertical Knee Raise Machine is hard to beat for vacuuming the waistline. Easy and convenient step entry makes getting started a breeze. Thick, comfortable DuraFirm™ back pads and arm supports reduce fatigue and discomfort allowing you keep working on your abs and obliques. Both machines feature Dip Station handles with oversized handgrips for a killer triceps / deltoid / lower pec workout. Rock solid support and stability is delivered via heavy-gauge steel frames with all-4-side welded construction.

SINGLE STATION CORE-TRAINING MACHINES

Tightening the mid-section

A muscular and trim mid-section enhances one's physical appearance and is the obvious sign of being physically fit. Many physical fitness instructors consider the abdominal region the center of health. They know that the development of the mid-section will improve one's health and vitality. Trainers, coaches, and athletes know that the abdominals, the obliques, and the lower back are involved in 90% of the movements you do in sports, at work, or your basic everyday activities.

Fitness professionals also know that there are no shortcuts to the six pack stomach. It doesn't come in a pill and it's not really on sale in the infomercials that plague daytime television. It take a variety of exercises to strengthen, tone, and define your mid-section. We have taken the drudgery out of ab and lower back routines and actually made the process comfortable and more effective than ever.

The machines on these pages are engineered to support your body comfortably, isolate the mid-section, and allow full range-of-motion. These are the machines that have been narrowing the waist, developing the abs, and strengthening the back for decades. They are time-tested and proven performers.

VERTICAL KNEE RAISE MACHINE

#GVKR60

- Safe, no-slip step-up entry.
- Thick DuraFirm™ back and arm pads.
- Comfortable oversized handgrips.
- Ideal for home and commercial use.
- 60"H x 37"L x 24"W



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

#GVKR82

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



Chin-Ups



Push-Ups



Dips

DEVELOPMENT OF THE MID-SECTION WILL IMPROVE ONE'S HEALTH & VITALITY.



PRO-STYLE AB BOARD

#GAB60

Centered on a telescoping 2"x 2" steel beam, our Pro-Style Ab Board adjusts to 12 positions for increased or decreased difficulty when doing sit-ups or crunches. Featuring an extra-wide, extra-thick double-stitched DuraFirm™ pad and oversized 8" foam rollers. Ideal for home and commercial use.

52"H x 54"L x 24"W

ROMAN CHAIR / BACK HYPEREXTENSION

#GRCH322

Fitness professionals worldwide recognize the Roman Chair / Back Hyperextension for its unsurpassed development of the abdominal, oblique, lower back, glute, and hamstrings. Thick, double-stitched DuraFirm™ pads and oversized 8" foam rollers provide comfort and support.

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

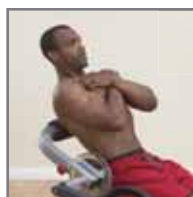
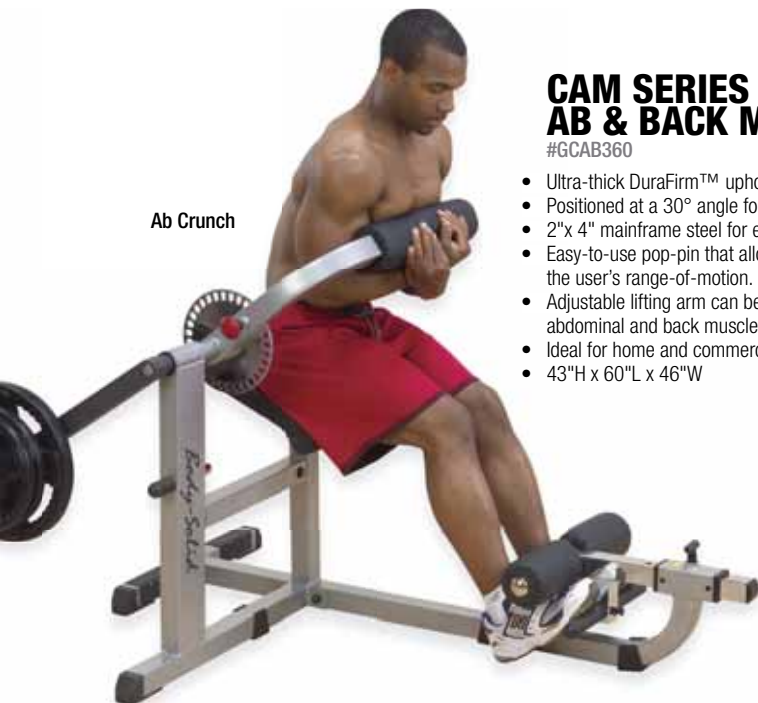


CAM SERIES AB & BACK MACHINE

#GCAB360

- Ultra-thick DuraFirm™ upholstery provides maximum comfort.
- Positioned at a 30° angle for precise biomechanical movement.
- 2"x 4" mainframe steel for exceptional Light Commercial quality.
- Easy-to-use pop-pin that allows adjustments to increase and control the user's range-of-motion.
- Adjustable lifting arm can be positioned for exercising both the abdominal and back muscles.
- Ideal for home and commercial use.
- 43"H x 60"L x 46"W

Ab Crunch



Back Hyperextension



45° HYPEREXTENSION

#GHYP345

- Commercial 2"x 3" heavy-gauge steel construction.
- Extra-thick 3¾" DuraFirm™ support pads.
- Relieves lower back pain.
- Increases flexibility.
- Improves circulation.
- Strengthens back and abdominal muscles.
- Ideal for home and commercial use.
- 36"H x 50"L x 26"W

"The aesthetic appeal of the machines have brought a new image to our weight room."

**William D.
Gainesville, FL**

SINGLE STATION LOWER BODY MACHINES

The foundation of strength

Training the lower body is essential for performance, speed, and total body strength. Great leg strength is the foundation of athletic excellence. Professional athletes in just about every sport know that every movement begins with a powerful leg drive.

Over 65% of the body's muscle mass resides in the lower body. By design, the leg muscles are the strongest group. They burn more fat than any other part of the body. They can carry enormous weight for long distances and support the rest of the body through most non-leg related exercises. To say that thorough strength training for the legs will benefit the whole body is an understatement.

Body-Solid leg stations are the most technologically advanced and biomechanically correct machines available. Every pivot point can be set to match your own flexing points. Every DuraFirm™ pad and every roller is extra-thick, extra-firm, and extremely durable for a lifetime of intense workouts without ever bottoming out. Every foot platform features a no-slip surface for your safety and peace of mind. Experience how effective, safe, and comfortable your leg workouts can be with Body-Solid, machines that are designed to deliver outstanding results with outstanding quality.



Hack Squat

LEG PRESS / HACK SQUAT MACHINE

#GLPH1100

Body-Solid engineers knew that the best way to build an explosive lower body, and stay that way, would be to make your workouts incredibly Powerful... Comfortable... and Safe. As you work your quads, glutes, and calves, the engineered smoothness of the Leg Press / Hack Squat Machine spares your bones and joints. Three lockout positions are under the user's control throughout the exercises and provide user safety and the option of different start / stop positions.

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



Leg Curl

Leg Extension

LEG EXTENSION / LEG CURL MACHINE

#GLCE365

Leg extensions and leg curls produce so many benefits. They are high priority exercises with trainers, bodybuilders, coaches, and just about any fitness professional you can name. These exercises define the front and back of the leg. They strengthen the knees, hamstrings, quadriceps, and glutes. They also serve to protect the knee and joints from stress and injury. Body-Solid Leg Extension / Leg Curl Machine are engineered with the user in mind. These machines adjust to fit your body comfortably and position you for optimum exercise posture.

- Commercial 2"x 3" heavy-gauge steel frame with all-4-side welded construction.
- Fully adjustable for any size user, the recumbent DuraFirm™ back pad with hold-down grips can be set to 3 upright positions and 2 supinated positions for traditional leg curls.
- Hold down grips on both back and thigh pads for support and stability.
- DuraFirm™ pads are extra-thick and double stitched for comfort and support.
- Oversized 8" foam rollers pop-pin adjust both vertically and horizontally for a proper fit.
- Wide base eliminates rocking for a solid leg workout.
- Ideal for home and commercial use.
- 31"H x 74"L x 27"W

SEATED CALF RAISE MACHINE

#GSCR349

- Commercial 2"x 3" heavy-gauge steel frame with all-4-side welded construction.
- Operates on a 3:1 weight ratio for developing powerful calves.
- Pillow block bearings at main pivot points for ultra smooth movement under the heaviest loads.
- Thick, comfortable DuraFirm™ knee pads and seat pad.
- Angled foot platform with no-slip surface for full range-of-motion.
- Adjustable for all size users.
- Ideal for home and commercial use.
- 39"H x 47"L x 20"W



Leg Curl



Leg Extension

CAM SERIES LEG EXTENSION & LEG CURL MACHINE

#GCEC340

- The two most important leg exercises can now be performed from one comfortable position.
- Thick, comfortable DuraFirm™ pads and fully adjustable 7-gauge steel cam will easily accommodate any user.
- Easy-to-use pop-pin that allows adjustments to increase and control the user's range-of-motion.
- Adjustable lifting arm can be positioned for exercising both the abdominal and back muscles.
- Ideal for home and commercial use.
- 37"H x 49"L x 42"W



See page 3 for more warranty information



PEC MACHINE

#GPM65

Freestanding and balanced, this is two machines in one and both give you unrestricted full range-of-motion. Dual overhead variable resistance cams allow each arm to operate independently, thus providing unilateral and bilateral Chest, Back, and Shoulder conditioning. Independent range of motion adjustments provide all users with a deep, full stretch. Uniquely designed articulating Pec Arms provided optimal Pectoral and Rear Deltoid development. High weight capacity and low profile design provide excellent balance and control when pushing to the limit. Ideal for home and commercial use.

65"H x 32"L x 28"W

CABLE MACHINES

Get bigger and stronger faster

Build strength and endurance simultaneously. Improve your balance and coordination. Sharpen your reflexes and protect yourself from injury. Sounds like a lot of work? It's easier than you think. It's called cable training.

Unlimited exercise variation and full range-of-motion are big advantages of cable training. The effect cable training has on both the primary (targeted) and secondary (stabilizer) muscles is legendary. Bodybuilders and top athletes have been relying on cable training for decades to get bigger, stronger, and faster. Most strength training equipment relies on guided motion to provide the path of motion for you, impacting only your primary muscles. Cable training requires more than the typical push / pull action. Since you are defining the path of motion for an exercise, your body calls on your primary and secondary muscles to keep your movement smooth and on track. Through this process, you are developing strength and control at the same time.

Body-Solid cable machines are engineered to be the best in their class. Heavy-gauge all-4-side welded steel frames, fiberglass reinforced pulleys, aircraft quality cables, DuraFirm™ upholstery, and heavy-duty hardware ensure a Lifetime of performance... guaranteed.



Reverse Pec Fly

Perform hundreds of cable exercises including:



Cable Crossover



One Arm Crossover



Incline Press



One Arm Press



Shoulder Press



Reverse Crossover



Deltoid Crossover



Front Deltoid Raise



Upright Row



One Arm Row



Triceps Extension



Pull Up



Leg Kickback



Leg Abduction



Leg Adduction



SELECTORIZED DELUXE CABLE CENTER

#GDCC250

For over 10 years, Body-Solid's Cable Crossover Stations have provided unparalleled functionality and value. The new GDCC250 builds on the legacy by adding even more functionality with a new modern design. The dual-independent carriages are ergonomically designed and offer twice as many height adjustments as previous models. The interchangeable cable handles provide an unlimited number of possibilities for all experience levels. The unique pull up station offers multiple grip positions that add more exercise options to this already versatile station.

83½"H x 164"L x 29"W



FUNCTIONAL TRAINING CENTER

#GDCC200

User-defined motion is the latest trend in strength training and Body-Solid meets your needs with the GDCC200 Functional Training Center. Featuring a dual-independent weight stack system, users get dedicated resistance with true isolateral movements. Modern designed, precision-fitted components along with high quality materials and finishes guarantee a long lasting, durable station at a price that is unbeatable in the market. The Functional Training Center features ergonomically designed adjustments and interchangeable cable handles that offer an unlimited number of exercise possibilities for all experience levels.

83½"H x 74½"L x 40½"W



Cable Crossover



One Arm Row



Leg Kickback



Incline Fly



Ab Crunch



Concentration Curl

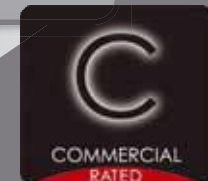


Triceps Extension



Upright Row

- Precision fitted frame components
- Impact resistant, fiberglass reinforced nylon pulleys with sealed bearings
- 11 gauge, 2" x 4" oval tube main frame
- 20 independent height adjustments and 180° cable positioning
- Two (2) 160 lb. weight stacks
- Electrostatically applied powder coat finish
- 4.8mm dia. spun steel aircraft cables rated to over 2,500lb
- High density foam rubber hand grips and handles
- High density, injection molded end and footcaps.
- Dual position pull up bar
- Optional 50 lb. upgrade



See page 3 for more warranty information

STORAGE WEIGHTS & STORAGE

Stay organized. Spend your time getting fit.

Keep your workout area organized, clean, and most importantly, safe. Our weight trees and dumbbell racks can be placed against any wall or centered in a room. Nobody builds stronger or more space efficient storage units. Heavy-gauge steel with all-4-side welded construction is deburred inside and out for user safety.

OLYMPIC WEIGHT TREE

#WT46

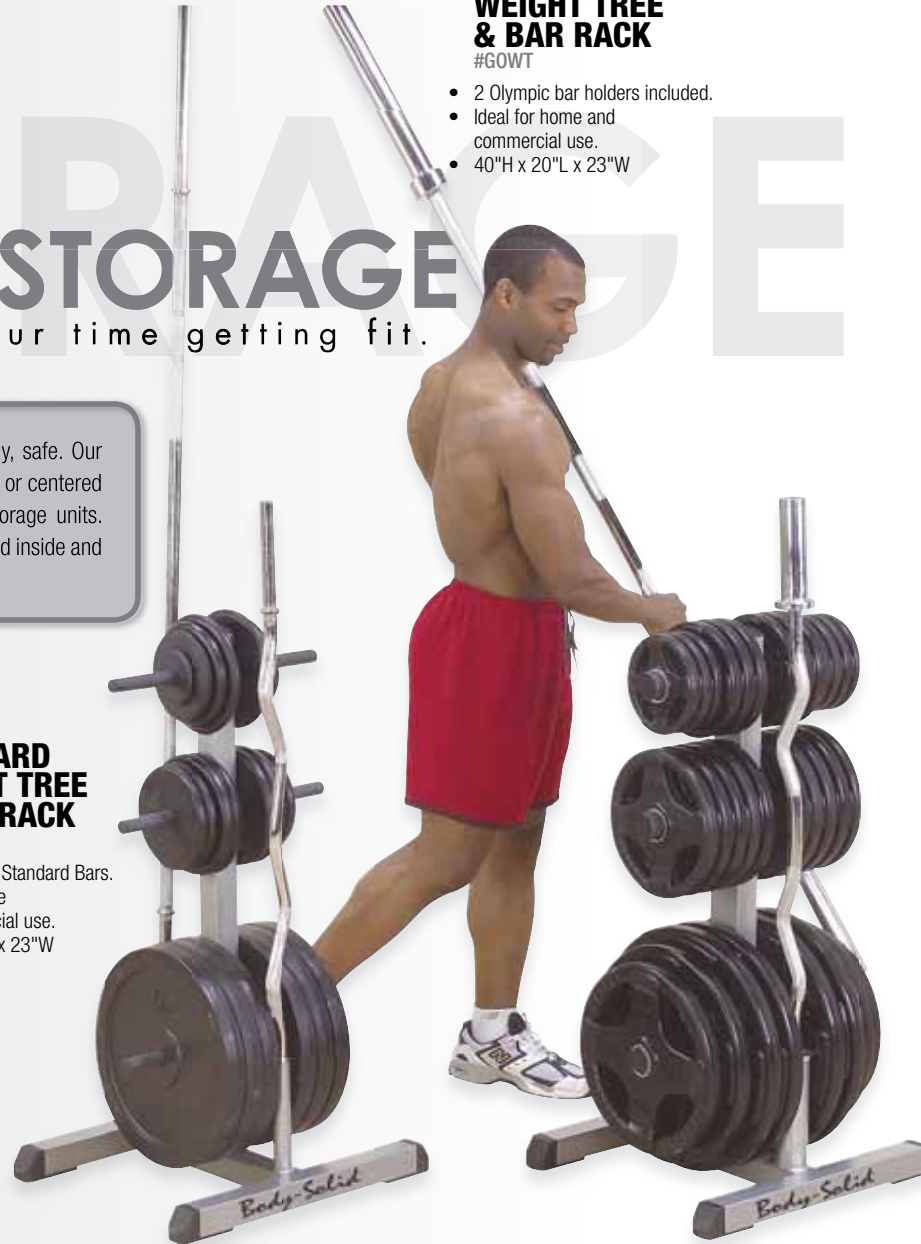
- Heavy-gauge 2"x 3" and 3"x 3" all-4-side welded steel construction.
- 1,000 lb. capacity.
- 2 Olympic bar holders included.
- Ideal for home and commercial use.
- 44"H x 22"L x 21"W



STANDARD WEIGHT TREE & BAR RACK

#GSWT

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



OLYMPIC WEIGHT TREE & BAR RACK

#GOWT

- 2 Olympic bar holders included.
- Ideal for home and commercial use.
- 40"H x 20"L x 23"W

OLYMPIC BAR HOLDER

#OBH5

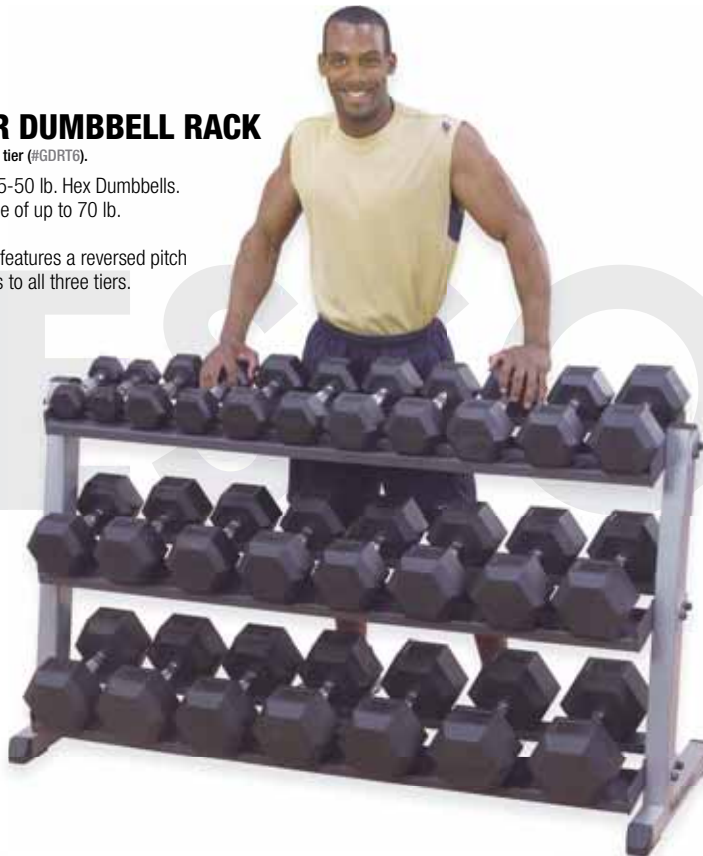
- Ideal for home and commercial use.
- 9"H x 12"L x 12"W



62" WIDE 2-TIER DUMBBELL RACK

#GDR60 Shown with optional third tier (#GDRT6).

- Easily holds one (1) pair each 5-50 lb. Hex Dumbbells.
- Optional 3rd Tier allows storage of up to 70 lb. Hex Dumbbell pairs (#GDRT6).
- Heavy-duty 2"x 3" mainframe features a reversed pitch design that allows easy access to all three tiers.
- Ideal for commercial use.
- 32"H x 23"L x 62"W



RUBBER COATED HEX DUMBBELLS

#SDR(size)

- Patent pending Secure Dumbbell System
- Compact design makes, easier to handle
- Durable rubber coating prevents damage to floors and equipment.
- Available in 5-50, 55-75, and 80-100 pound sets.



CABLE ACCESSORY STAND

#VDRA30

The Body-Solid Cable Accessory Stand keeps your workout area neat and organized. No more searching for attachments or fumbling for accessories. The VDRA30 has a place for everything, whether it's cable attachments, gloves, straps or dumbbells. The VDRA30 helps keep you organized, and an organized workout room makes your workouts quicker and more efficient.



RUBBER GRIP OLYMPIC PLATES

#ORT(size)

Designed using state-of-the-art technology, Body-Solid Rubber Grip Olympic Plates surpass all others in quality, accuracy, reliability and price. Quad-grip design guarantees safer and easier performance than any other plate on the market. Encased in durable heavy-duty rubber to prevent scuffing or damage to equipment, walls or floors. Impact-resistant, these Olympic Plates will not split, crack or peel. They are also impervious to rusting, chipping, flaking or losing their color. And the integrated metal sleeve provides a smooth, secure fit onto any Olympic bar. Heavy lifting has never been easier or safer. Available in 2½, 5, 10, 25, 35, 45, and 100 lb. sizes.

RUBBER FLOOR MAT

#RF546

- Designed for workout intensity, comfort, and value.
- Solid rubber construction absorbs the impact of freeweights, gyms, and treadmills.
- Enhances any workout room.



"You can be sure, as our club expands we will make Body-Solid equipment the backbone of our selection of machines."

**Tom L.
Marietta, GA**

Pro-Grip
Multi-Grip Lat Bar
#MB148RG



CABLE ATTACHMENTS & ACCESSORIES

Workout with the best tools of the trade.

PRO-GRIP CABLE ATTACHMENTS are backed by the same exclusive In-Home LIFETIME Warranty that covers all Body-Solid fitness equipment. If you want to work with the best tools of the trade, ProGrip is the clear choice.

Pro-Grip
Revolving Curl Bar
#MB229RG



Pro-Grip
Pro-Style Lat Bar
#MB438RG



Pro-Grip
Seated Row / Chinning
Bar Combo
#MB502RG



Pro-Grip
Stirrup Cable Handle
#MB501RG



Pro-Grip
V-Bar
#MB507RG



Pro-Grip
Revolving Straight Bar
#MB022RG



Pro-Grip
Triceps Pressdown Bar
#MB504RG



Pro-Grip
Multi-Exercise Bar
#MB503RG





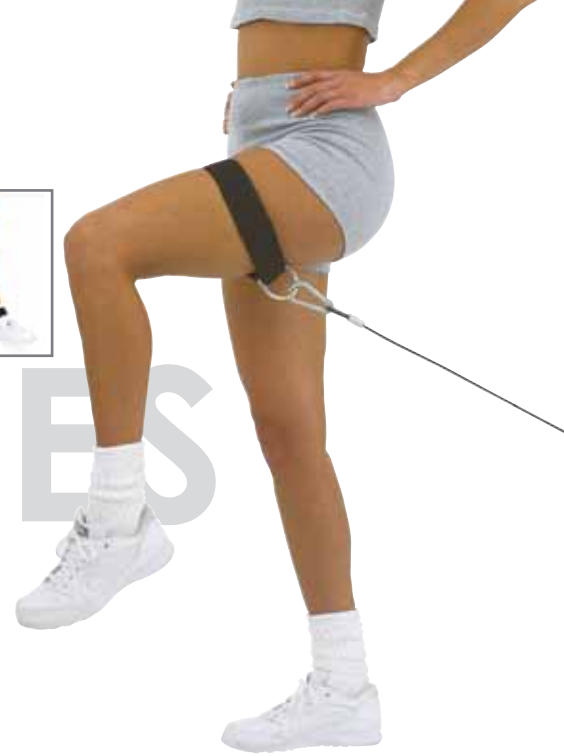
Power Lifting Straps
#NB52

Nylon Ankle Straps
#NAS3



Pro-Power Grips
#PG2

Combo Thigh & Ankle Strap
#TS31



S & ACCESSORIES



Triceps Rope
#TR20

Nylon Triceps Strap
#NTS10



Leather Triceps Strap
#MA325



Ab Crunch / Triceps Straps
#NB54



Ab Crunch Harness
#ACH18



* Sleeves, Bars, Plates, Dumbbells, & Collars sold separately.

TESTIMONIALS

Body-Solid Home Gyms and Freeweight Equipment have been praised in leading consumer reporting magazines and fitness enthusiast publications around the world. Here is what they had to say...



"Looking for a great deal on a high quality piece of exercise equipment? Buy a Body-Solid... Outstanding quality allows the company to offer the best warranty in the business."

*Consumer Digest
Brand Review*



"We like Body-Solid products because we couldn't find anything that could beat them. Plus they come with a Lifetime Warranty."

Men's Health Magazine



"On a budget, we wanted to replicate many of the movements we'd normally do at the gym, which required dumbbells, an Olympic barbell set, and an adjustable bench and rack... Mission impossible? Hardly. We looked to the Body-Solid catalog..."

Muscle & Fitness Magazine

COMPARE FEATURES

Unwilling to compromise, Body-Solid fitness equipment features materials and component parts of only the highest quality and durability.



Frames

All Body-Solid frames features all-4-side welded construction instead of the typical 2-side welds that have become common in the industry. We use heavy-gauge 2"x 2", 2"x 3", and 2"x 4" high tensile strength steel in our mainframes.



DuraFirm™ Pads

Our exclusive DuraFirm™ Pads are tear-resistant, extra-thick and ultra comfortable. We use the highest density foam in the industry for a lifetime of support without bottoming out.



Finish

An electrostatically-applied powder coat finish protects all Body-Solid fitness equipment. This is the same process used on industrial machinery because of its durability. It resists cracking, chipping, and corrosion, and makes cleaning a breeze.



Pulleys & Cables

Fiberglass reinforced nylon pulleys are precision matched to our cable diameter and revolve on seated ball bearings that never need maintenance and provide a lifetime of friction-free performance.

ISO 9

**Setting the Standard
in Quality Management**

ISO 9000:2000 Certified

Body-Solid fitness equipment is produced in our state-of-the-art, ISO 9000:2000 certified manufacturing facility. The ISO 9000:2000 certification is only awarded to companies that live up to the most stringent quality, design, and customer support standards and is recognized world-wide as the sign of excellence.

Body-Solid®

Built for Life

Bodypower Sports Plc
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