

Body-Solid[®]
Built for Life

Body-Solid[®]
PRODUCT CATALOG



Body-Solid®

Built for Life

It Started with an idea...

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

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

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

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

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

BODY-SOLID RACKS & CAGES

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



GPR400 **PRO POWER RACK**

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



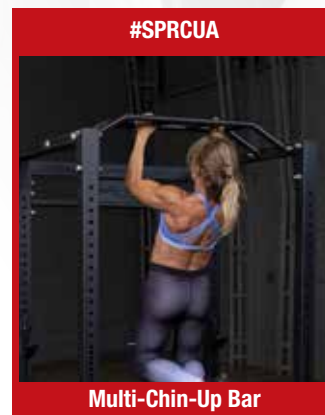
PRO POWER RACK OPTIONS

OPTIONS:

- | | |
|--------|-----------------------------------|
| SPRJC | J-Cup Liftoffs (shown) |
| GLA400 | Lat Attachment (shown) |
| SP150 | 150 lb. Weight Stack (shown) |
| GPRDH | Dip Handles (shown) |
| GPRTBR | T-Bar Row attachment (shown) |
| GPRUL | U-Link (shown) |
| GPRWH | Weight Horns (shown) |
| SPRCUA | Multi-Chin Attachment (not shown) |
| SCB26 | Squat Calf Block (not shown) |



GPR400 OPTIONAL ATTACHMENTS





GPR370 **MULTI-PRESS RACK**

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



GPR378 **POWER RACK**

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

OPTIONS:

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

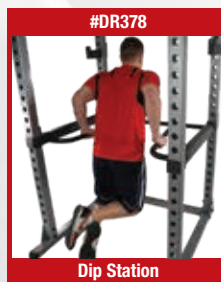
GPR378 OPTIONAL ATTACHMENTS



Lat Attachment



200 lb. Weight Stack



Dip Station



Bar Lift Offs



Calf Block



GS348Q **SERIES 7 SMITH MACHINE**

- Large diameter, 25 lb. Smith Bar
- For smith and freeweight barbell exercises
- 56"L x 69"W x 83"H, 276 lbs.

**Shown with optional GPU348 Pull-Up Bar*



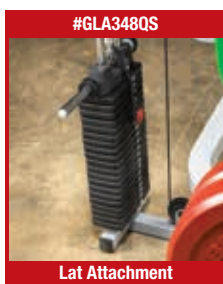
GS348QP4 **SERIES 7 SMITH PACKAGE**

- Complete Smith Gym System
- 98"L x 69"W x 83"H, 724 lbs.

INCLUDES:

GS348Q	Smith Machine
GLA348QS	210 lb. Lat Attachment
GPA3	Pec Attachment
GFID71	Flat / Incline / Decline Bench
GLDA3	Leg Developer (not shown)
GPCA1	Preacher Curl (not shown)

GS348Q OPTIONAL ATTACHMENTS



BODY-SOLID STRENGTH

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



GFB350 **FLAT BENCH**

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



GFI21 **FLAT / INCLINE BENCH**

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



FID46 **FLAT / INCLINE / DECLINE BENCH**

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



GFID100 **FLAT / INCLINE / DECLINE BENCH**

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



GFID225 **FOLDING MULTI-BENCH**

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



GFID31 **FLAT / INCLINE / DECLINE BENCH**

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



GFID71 **FLAT / INCLINE / DECLINE BENCH**

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



GDIB46L **POWERCENTER COMBO BENCH**

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



GST20 **UTILITY BENCH**

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



GRCH322 **ROMAN CHAIR**

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



GHYP345 **45° BACK HYPEREXTENSION**

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



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

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



GAB300 **SEMI-RECUMBENT AB BENCH**

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



GAB60 **PRO-STYLE AB BOARD**

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



GCAB360 **CAM SERIES AB & BACK**

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



GDIP59 **DIP STATION**

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



GVKR60 **VERTICAL KNEE RAISE & DIP**

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



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

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



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

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



GPM65 **PEC DEC / REAR DELT**

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



GSRM40 **SEATED ROW MACHINE**

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



GPCB329 **PREACHER CURL BENCH**

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



GCBT380 **CAM SERIES BICEPS & TRICEPS**

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



GLPH1100 **LEG PRESS & HACK SQUAT**

- Quad track roller system operates smoothly and distributes weight evenly
- Flip-and-lock back pad mechanism
- 83"L x 34"W x 56"H, 317 lbs.



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

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



GLCE365 **LEG EXTENSION & CURL**

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



GSCR349 **SEATED CALF RAISE**

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



GSCL360 **LEVERAGE SQUAT & CALF**

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



GSS50 **SISSY SQUAT**

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



GWS100 **WEIGHT SLED**

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



GBR10 **BALL REBOUNDER**

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



GINV50 **INVERSION TABLE**

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



GLM83 **LAT MACHINE**

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



GLGS100 **CORNER LEVERAGE GYM**

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

OPTIONS:

GFID100 Flat / Incline / Decline Bench



SBL460 **LEVERAGE GYM**

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

OPTIONS:

LSA50 Leverage Squat Attachment
FID46 Flat / Incline / Decline Bench



GLGS100P4 **CORNER LEVERAGE PACKAGE**

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

INCLUDES:

GLGS100 Corner Leverage Gym

GFID100 Flat / Incline / Decline Bench



SBL460P4 **LEVERAGE GYM PACKAGE**

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

INCLUDES:

SBL460 Leverage Gym

LSA50 Leverage Squat Attachment

FID46 Flat / Incline / Decline Bench

BODY-SOLID FUNCTIONAL

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

ALL BODY-SOLID FUNCTIONAL TRAINERS FEATURE:

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



GDCC210

COMPACT FUNCTIONAL TRAINING CENTER

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



GDCC200

FUNCTIONAL TRAINING CENTER

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





GDCC250 DELUXE CABLE CROSSOVER

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

FUNCTIONAL TRAINING OPTIONS:



SP50
50 LB. STACK UPGRADE



GDCCBAR
DUAL PRESS BAR



GDCCRACK
ACCESSORY RACK

- GDCC210 & GDCC200



MB100A
ALUMINUM DOUBLE
SWIVEL BAR

BODY-SOLID GYM SYSTEMS

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



G9S **TWO STACK GYM**

- Includes lat bar, low row bar, ankle cuff, ab/triceps strap, workout chart and dvd
- Chest Press, Incline Press, Shoulder Press, Row Station
- High, Mid and Low Pulley Stations
- Leg Press Station with 2:1 ratio
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- Two 210 lb. standard weight stack, optional 260 lb. available
- 90"L x 73"W x 84"H, 964 lbs.



G10B **BI-ANGULAR TWO STACK GYM**

- Bi-Angular Chest Press, Incline Press, Shoulder Press Station
- High, Mid and Low Pulley Stations
- Pec Fly, Rear Delt Station
- Dedicated Leg Extension and Seated Leg Curl Station
- Two 210 lb. standard weight stack, optional 260 lb. available
- 72"L x 98W x 84"H, 929 lbs.



G6BR **BI-ANGULAR SINGLE STACK GYM**

- Bi-Angular Chest Press, Incline Press, Shoulder Press Station
- High, Mid and Low Pulley Stations
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- 210 lb. standard weight stack, optional 260 lb. available
- 84"L x 58"W x 84"H, 547 lbs.



G5S **SINGLE STACK GYM**

- Chest Press, Incline Press, Shoulder Press, Row Station
- High, Mid and Low Pulley Stations
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- 210 lb. standard weight stack, optional 260 lb. available
- 81"L x 55"W x 84"H, 511 lbs.



G3S **SINGLE STACK GYM**

- Chest Press, Incline Press, Shoulder Press, Row Station
- High, Mid and Low Pulley Stations
- Leg Extension and Curl Station
- 160 lb. standard weight stack, optional 210 lb. available
- 80"L x 47"W x 84"H, 339 lbs.

** Pictured with optional Aluminum Pulleys*



G1S SINGLE STACK GYM

- Multi-Grip Chest Press Station
- High, Mid and Low Pulley Stations
- Leg Extension and Curl Station
- 160 lb. standard weight stack
- 55"L x 47"W x 83"H, 329 lbs.

* Floor mat not included

G-SERIES GYM OPTIONS

Personalize your workout with the following optional attachments.



SP50
50 lb. Weight Stack up-grade
G3S, G5S, G6BR, G9S, G10B



GIOT
Inner/Outer Thigh
G3S, G5S, G6BR, G9S, G10B



GKR
Vertical Knee Raise
G9S



GLP
Leg Press/Calf Press
G3S, G5S, G6BR, G10B



GCCA
Cable Column
G3S, G5S, G6BR, G10B



GAP
Aluminum Pulley
G1S, G3S, G5S, G6BR, G9S, G10B



F500 FUSION 500 SINGLE STACK GYM

- Chest Press, Incline Press, Shoulder Press, Row Station
- High Pulley Station
- Adjustable Functional Pulley Station
- Leg Extension and Curl Station
- 210 lb. standard weight stack, optional 310 lb. available
- 76"L x 48"W x 83"H, 526 lbs.



F600 FUSION 600 SINGLE STACK GYM

- Bi-Angular Chest Press, Incline Press, Shoulder Press Station
- Row Station
- High Pulley Station
- Adjustable Functional Pulley Station
- Leg Extension and Seated Curl Station
- 210 lb. standard weight stack, optional 310 lb. available
- 74"L x 51"W x 83"H, 573 lbs.

FUSION GYM OPTIONS

Personalize your gym with the following optional attachments

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

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



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



FLP
Leg Press
Fusion 500, Fusion 600



FMH
Multi-Hip Station
Fusion 500, Fusion 600



FPU
Pull-Up Bar
Fusion 500, Fusion 600



FKR
Vertical Knee Raise
Fusion 500, Fusion 600



EXM3000LPS TWO STACK GYM

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



EXM4000 3-STACK MULTI STATION GYM

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

EXM SERIES GYM OPTIONS

Personalize your workout with the following optional attachments.



VKR30
Knee Raise/
Dip Station
EXM3000LPS



LP40S
Leg Press/
Calf Press
EXM4000S

FITS ALL BODY-SOLID



HP10
Premium
Weight Stack
Plate



WSA
Weight Stack
Adapters
2.5 lb & 5 lb