

BODY-SOLID TOOLS

The Body-Solid Tools line of accessories is designed with all users in mind. From medicine balls and slam balls to plyo boxes, pull-up bars and training ropes, Body-Solid Tools accessories cover every facet of fitness and provide gyms and facilities with everything they need for a complete user experience.



BSTSB(SIZE) **STABILITY BALLS**

- Durable, latex-free, anti-burst construction
- Available in 45, 55, 65, and 75 cm diameter



BSTTT(WEIGHT) **TIRE TREAD SLAM BALLS**

- Thick durable rubber shell
- Non bouncing, non rolling design
- Aggressive tire tread surface for superior grip
- Available in 10, 15, and 20 lb.



BSTHB(WEIGHT) **SLAM BALLS**

- Thick durable rubber shell
- Non bouncing, non rolling design
- Textured surface for superior grip
- Available in 10, 15, 20, 25, and 30 lb.



BSTSMB(WEIGHT) **SOFT MEDICINE BALLS**

- Easy to catch, impact-absorbing design
- Each medicine ball features a 14" diameter
- Available in 6, 8, 10, 12, 14, 16, 18, 20, 25, and 30 lb.



BSTDMB(WEIGHT) **DUAL GRIP MEDICINE BALLS**

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

BSTMBP(WEIGHT) **PREMIUM MEDICINE BALLS**

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

BSTFB(WEIGHT) **FITNESS BARS**

- Durable and comfortable grip
- Weight designations permanently stamped into color-coordinated rubber end caps
- Available in 4, 6, 9, 12, 15, 18, 24, 30, and 36 lb.

GFR500 **FITNESS BAR RACK**

- 24"L x 28.5"W x 43"H
- Holds up to 30 bars



GCRPACK **CARDIO BAR PACK**

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

PACK INCLUDES:

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



**BSTB(WEIGHT)
LIFTING BANDS**

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

**BSTBM(WEIGHT)
MINI RESISTANCE BANDS**

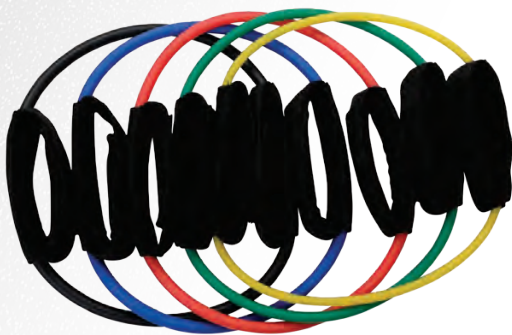
BSTBM1	YELLOW	VERY LIGHT
BSTBM2	GREEN	LIGHT
BSTBM3	RED	MEDIUM
BSTBM4	BLUE	HEAVY
BSTBM5	BLACK	VERY HEAVY

**BSTRT(WEIGHT)
RESISTANCE TUBES**

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

**BSTRTDA
RESISTANCE TUBE DOOR
ATTACHMENT**

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



**BSTART(WEIGHT)
ANKLE RESISTANCE TUBES**

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



BSTPB(HEIGHT) STACKABLE METAL PLYO BOXES

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



BSTSPBOX + BSTWPBOX 3-IN-1 PLYO BOXES

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

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



BSTAW(WEIGHT) ADJUSTABLE ANKLE WEIGHTS

- Sold in pairs
- Adjustable in 1 lb. increments

BSTAW10	10 LB.
BSTAW20	20 LB.



BSTWVP(WEIGHT) WEIGHTED VESTS

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

BSTWVP20	20 LB.
BSTWVP40	40 LB.



BSTFITBAG **BODY-SOLID TOOLS FIT BAG**

- For travel and on the go workouts
- Includes: yoga mat, foam roller, 5 pack resistance tubes, travel bag
- Exercise chart included plus access to online video instruction



BSTFR **FOAM ROLLERS**

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



BSTFRP **PREMIUM FOAM ROLLERS**

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



BSTYM **YOGA MATS**

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



BSTYB10 **PREMIUM FOAM YOGA BLOCK**

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



BSTFM10 **EXERCISE MAT**

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



BSTFM20 **HANGING FOAM EXERCISE MAT**

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

BSTFMH **FOAM MAT HANGER**

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



PUB34 **CHIN-UP BAR**

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



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

- No mounting hardware required
- 37"L x 16"W x 7"H, 4 lbs.



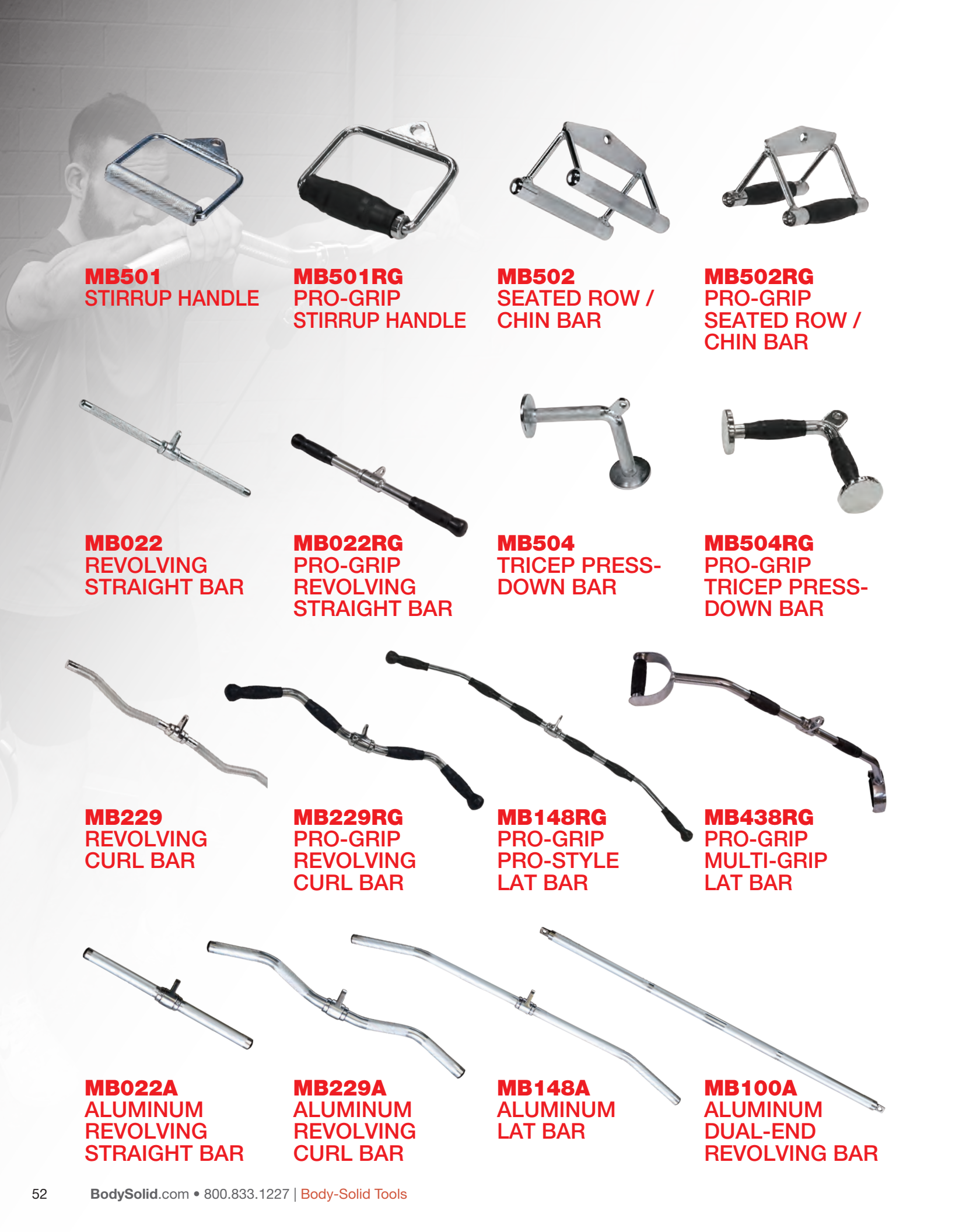
PUB2 • PUB5 **PUSH-UP BARS**

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

CHROME

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

BLACK



MB501
STIRRUP HANDLE

MB501RG
PRO-GRIP
STIRRUP HANDLE

MB502
SEATED ROW /
CHIN BAR

MB502RG
PRO-GRIP
SEATED ROW /
CHIN BAR

MB022
REVOLVING
STRAIGHT BAR

MB022RG
PRO-GRIP
REVOLVING
STRAIGHT BAR

MB504
TRICEP PRESS-
DOWN BAR

MB504RG
PRO-GRIP
TRICEP PRESS-
DOWN BAR

MB229
REVOLVING
CURL BAR

MB229RG
PRO-GRIP
REVOLVING
CURL BAR

MB148RG
PRO-GRIP
PRO-STYLE
LAT BAR

MB438RG
PRO-GRIP
MULTI-GRIP
LAT BAR

MB022A
ALUMINUM
REVOLVING
STRAIGHT BAR

MB229A
ALUMINUM
REVOLVING
CURL BAR

MB148A
ALUMINUM
LAT BAR

MB100A
ALUMINUM
DUAL-END
REVOLVING BAR



MB507RG
PRO-GRIP
V-BAR



MB503RG-
PRO-GRIP
MULTI BAR



NB59
ADJUSTABLE
NYLON HANDLE



NB59A
ALUMINUM
NYLON HANDLE



TR20
TRICEP ROPE



ACH18
AB CRUNCH
HARNESS



NTS10
TRICEP STRAP



NB51
NYLON WRIST
STRAPS



MA310
LEATHER
DIPPING STRAP



NB55
NYLON DIPPING
STRAP



MA330
LEATHER
DIPPING BELT



NB56
NYLON DIPPING
BELT



NAS3
NYLON ANKLE
STRAP



MA308V
LEATHER ANKLE
STRAP



MA307V
LEATHER HEAD
HARNESS



MA307N
NYLON HEAD
HARNESS



BSTGT
GRIP TRAINER



BSTCB
CANNONBALL
GRIPS



BSTNG
NUN-CHUCK
GRIPS



BSTDB
DOG BONE
GRIP



AAB2
GUT BLASTER
AB SLINGS



STT45
WEIGHT PLATE
CLOCK



BSTAB1
AB WHEEL



PG2
PRO POWER
GRIPS



BSTJR1
JUMP ROPE



BSTSR1
CABLE SPEED
ROPE



BSTSR10
PREMIUM
SPEED ROPE



BSTRINGS
RINGS



BB23
BICEPS BOMBER

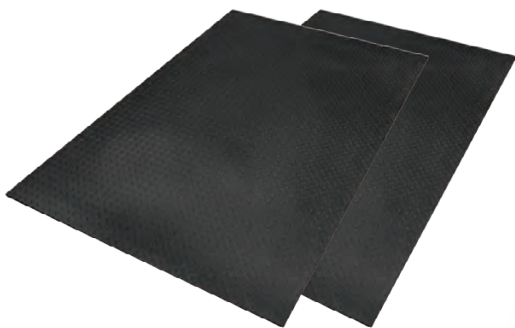


GIB2R
INVERSION
BOOTS



BSTBR **FITNESS TRAINING ROPES**

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

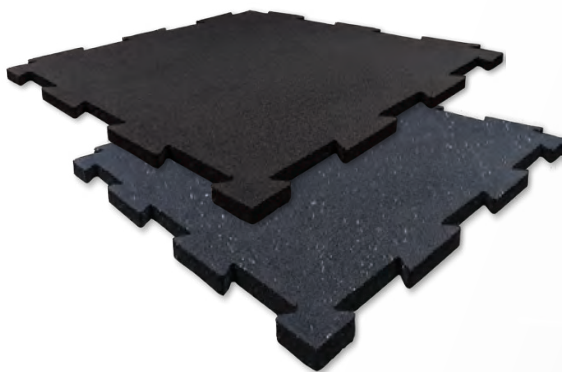


RF546 **RUBBER FLOORING**

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

RFHU463/4ECO **RUBBER FLOORING**

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



RFBST4PB | RFBST4PS **INTERLOCKING RUBBER FLOORING**

RFBST4PB (box of 4 pcs) - BLACK

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

RFBST4PS (box of 4 pcs) - GRAY SPECK

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



RF36T | RF34B | RF38R **CARDIO MATS**

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