

Body-Solid® Times

BodySolid.com/times

2023

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GARAGE GYMS CONTINUE TO DRIVE HOME FITNESS

In the last few years, when it comes to home fitness, the rise of garage gyms has taken the spotlight as one of the key trends to watch. This has been driven by overall fitness industry changes but also by the growth of stay and work-at-home trends versus venturing out to the office or a health club.

As the name indicates, these are usually in a garage, but the same principles apply to an installation in a home basement or utility room. Depending on the size of the space available and the patience of your domestic partners,

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BACK TO SCHOOL WITH BODY-SOLID



School fitness business is a commercial market sector that continues to grow. Colleges, universities, high schools, and middle schools are constantly looking to expand their fitness facilities to meet a growing range of needs. Unlike other commercial facilities, schools must consider a selection of fitness equipment to satisfy the needs of an entire student body and athletes from varied sports. The sports teams are concerned with providing their athletes with high-quality, durable equipment and specialized equipment for sports with a focus on strength, agility, and cardio. Other students need equipment friendly to beginners and suit-

able for someone just starting. Finding the right mix of equipment to satisfy these different needs and keep within budget is challenging for schools of all sizes.

Body-Solid has developed a wide range of quality and durable fitness equipment at great values to meet any school's budget. Body-Solid can outfit complete school gyms with strength equipment, cardio equipment, weights and bars, fitness accessories, flooring, and more. Our free Room Planner Tool can help you layout the perfect solution for any school.

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BRING FUNCTIONAL FITNESS TO THE FOREFRONT



The move to more functional exercises has been one of the hottest trends in strength training over the last ten years and has picked up momentum in the last year. Specifically, moving away from the isolation of old-school weightlifting and into compound exercises involving multiple planes of movement that recruit stabilizer muscles. These machines also offer greater safety for usage in any environment.

Functional training focuses on exercises that promote coordinated balance and strength, often from a standing position. Functional trainers, cable crossovers, and cable columns are cornerstone machines for these types of exercises. Hospitality, corporate facilities, multi-housing, military, police and fire, and Rehab are all looking to incorporate functional training into their facilities and are a staple for any new gym of any size.

Body-Solid currently has the most comprehensive lineup of functional trainers, cable crossovers, and cable columns in the fitness industry. With over a dozen options spanning prices and quality from home use to full commercial, Body-Solid has a functional

machine for any setting at any budget.

Body-Solid has several full commercial offerings for heavy-use facilities in the Pro Clubline Series. The newest, the Pro Clubline Series 2, has a functional trainer (S2FT), a cable column (S2CC), and a cable crossover (S2CCO). These units are the highest quality full commercial func-

tional machines Body-Solid offers. These Pro Clubline Series 2 units are extra tall (99"); giving the most starting point adjustments (34-36) and cable travel in the entire lineup. The Pro Clubline Series 2 units are all fully shrouded and come in weight stack sizes of 160lbs, 210lbs, or 310lbs. Body-Solid's Pro Dual line features the DPCCSF Cable Column. The DPCCSF is a





fully shrouded, compact machine perfect for space confined spaces. The DPCCSF is available with a 210 or 310lb weight stack. For facilities looking to save some money without sacrificing full commercial quality, the Pro Clubline Classic series offers two units, the SCC1200g cable crossover, and the SDC2000g dual cable column. Body-Solid also offers light commercial/premium home-use functional

machines. They are perfect for home gym enthusiasts, training studios, corporate fitness centers, multi-housing, smaller schools, and lighter-duty facilities. These units all carry Body-Solid's renowned lifetime in-home warranty, covering cables, pulleys, and everything else, and boast a light commercial rating.

Our newest unit is the Body-Solid GFT100 functional trainer. While extremely space efficient, the GFT100 does not compromise on quality or function. The 2"x3" 11-gauge steel mainframe combines with premium pulleys and cables for smooth, fluid movements. The matte black paint finish and optional shrouds (GFT100SH) look fantastic in any modern facility or workout room. The GFT100 includes an integrated chin bar, aluminum cable handles, a tricep rope, a dip belt, and an aluminum dual swivel bar. The GFT100 is available with 160, 210, or 310lb weight stacks.

The rest of the light commercial - premium home use functional machine lineup is the GDCC200 mid-width, the GDCC210 narrow-width functional trainers, and the GDCC250 full-length cable crossover.

Powerline by Body-Solid offers three functional machines for customers looking for quality equipment that won't break

the bank. The Powerline PFT100 functional trainer is the most popular unit for home gyms. Featuring two independent weight stacks (160lb or 210lb), adjustable pulleys that swivel 180 degrees and an integrated chin bar, the PFT100 has all the same features you find on the full commercial gym models.

The newest Powerline functional machine is the PFT50 functional trainer. The PFT50 features a single 210lb weight stack, fully adjustable pulleys, and an integrated chin bar for outstanding value. Lastly, the PCCO90x Cable Crossover is a classic design, featuring high and low pulleys that swivel 180 degrees with smooth frictionless carriages that glide on chrome guide rods.

The Best Fitness lineup also has two functional options for home gyms at entry-level price points. The new BFCCO10 cable crossover offers a no-cable change design with high and low pulleys that swivel 180 degrees. The wide base and chrome guide rods provide quality movements at budget-friendly prices. Best Fitness also offers the popular functional trainer, the BFFT10. The BFFT10 functional trainer features fully adjustable pulleys that swivel 180 degrees with an integrated chin bar. The BFFT10 utilizes a 190lb weight stack and a no-cable change design.



NEW SPR ATTACHMENTS FOR PRO CLUBLINE

Body-Solid continues its legacy of innovation with several new attachments and options for our SPR Pro Clubline series of power and half racks. Each of these new attachments helps users get additional use out of their existing SPR racks, each aimed at contemporary fitness trends and popular exercises such as belt squats, hip thrusts, and more.



SPRBSA BELT SQUAT ATTACHMENT

- Compatible with Body-Solid SPR500 Half Rack and Body-Solid SPR1000 Power Rack
- Squat heavy without stress on back & shoulders
- Compatible with 2" Olympic weight plates
- Dims: 50"L x 38"W x 24"H, 69 lbs.



SPRHLA LAT ATTACHMENT

- Compatible with the Body-Solid SPR500 and SPR500Back
- Optional 200 lb. stack
- No cable change design
- Includes lat bar and a low row bar
- Dims: 73"L x 53"W x 89"H, 91 lbs.



SPRHT HIP THRUSTER

- Compatible with Body-Solid's SPR250, SPR500, SPR1000, and GPR400 Racks
- Safe, comfortable, and stable platform for performing hip thrusts
- Ships fully assembled
- Dims: 48"L x 8"W x 7"H, 31 lbs.



SPRJAM JAMMER ARMS

- Compatible with Body-Solid SPR1000 Power Racks (Must be bolted to floor)
- 3"x 3", 11-gauge steel
- Oversized industrial-strength hardware
- Dims: 8"L x 30"W x 39"H, 85 lbs.



SPRLFT MONOLIFT ARMS

- Compatible with Body-Solid GPR400, SPR500 and SPR1000
- Additional safety on max weight lifts
- Mounts to racks with j-hook style mount
- Sold as a pair
- Dims: 26"L x 3"W x 19"H, 55 lbs.



SPRSP SPOTTER PLATFORM

- Compatible with Body-Solid SPR500 Half Rack Body-Solid SPR1000 Power Rack
- Increased safety for bench presses, incline presses, and more
- Large 16"x11" diamond-plated surface
- Dims: 16"H x 18"W x 16"H, 44 lbs.

GARAGE GYMS *(Continued from p1)*

some of these can run into installations that might rival a small fitness studio, but most will be shoe-horned into only a fairly small space adjacent to the lawn mower and Christmas decorations. Garage gym enthusiasts are not casual users though, they require durable, quality machines that will perform like commercial gym equipment.

Given the space limitations, these installations are ideally suited to equipment with a small footprint, below certain height limitations (generally maxing out at 8 or 9 feet), and have multiple uses – requirements that Body-Solid has specifically factored into the design of much of its home-use equipment.

Power racks, half racks, and squat stands are the most popular items to start a garage gym, and Body-Solid carries

a wide range. The most popular for a garage gym is the new GPR400 power rack. The GPR400 is an excellent option at under seven feet (80" tall). Garage gym enthusiasts also love the ability to add on and customize their equipment, and the GPR400 has several different attachments already, with more on the way.

Another great example is the new GCLP100 compact leg press with a 4'x5½' footprint, 1000lb capacity, and all the same high-quality moving parts for smooth operation that you expect from Body-Solid's larger products. The GCLP100 is like a sports car, compact and high-performance.

For an option-packed selectorized machine with a small footprint, the perfect option is one of our functional trainers, of which we have many. Functional trainers provide a nearly unlimited number of exercises for the total body, making them one of the most popular garage gym machines. Look elsewhere in this edition of the Body-Solid Times for a complete rundown of our options for this rapidly growing fitness equipment segment.

Also crucial for space-limited installations is flexible storage to keep unused equipment



GDR60 + GKRT6

off the floor. Body-Solid has an extensive portfolio of storage products, but the recently introduced GAR100 (and its larger cousin, the GAR250) offers an ideal option for keeping bands, balls, and other accessories stored off the floor in a neat, elegant (and, if desired, mobile) platform. Also, check out our GDR60, which can be customized with three different types of shelves (Dumbbell, Medicine Ball, Kettlebell/Accessory tray) and extended/chained together for even more storage. Body-Solid also carries a wide range of flooring, including stall mats, puzzle tiles, lifting platforms, and more. And don't forget to stock the gym with our complete line of iron and accessories.

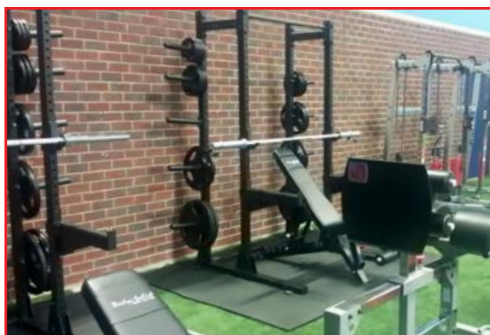
Garage gym enthusiasts are repeat customers, so cultivate them and use Body-Solid as a critical part of your strategy.



GCLP100

SHARE YOUR INSTALLS!

Sharing is caring! Share all your great installs (no matter large or small) with us via email or tag us on your social media platform of choice (we are @BodySolidFit on all of them.) Sharing your installs allows prospective customers to see what you can offer, cultivate home and garage gym inspiration, and get additional eyeballs on Body-Solid products. It's a win-win scenario for all of us.



BACK TO SCHOOL WITH BODY-SOLID (Continued from p1)

The SPR1000 Power Rack and SPR500 Half Rack have been two of the most popular Body-Solid items for schools. Body-Solid's Pro Clubline SPR series is



perfect for any school looking for commercial racks and cages with a large variety of today's top attachments. One of the newest items is the SPR500DBL Double Half Rack. The SPR500DBL Double Half Rack offers the versatility of two fully-functional half rack stations in the space of just a single power rack without sacrificing safety or function. Designed with 3" x 3" 11-gauge steel and a sturdy 1000lb weight capacity, the SPR500DBL provides solid, stable, and safe workouts. The SPR500DBL features laser-cut numbers, premium j-cup liftoffs, safety spotter arms, plate storage, and chinning bars for pull-ups, chin-ups, leg raises, and more.

The SPR500DBL Double Half Rack also comes with a wide range of optional attachments and accessories, allowing facilities to customize these to their needs and desires. Attachments include band pegs, storage trays, ball rebounders, bar holders, dip stations, plyo steps, u-links, hip thrusters, monolifts, and others. The SPRACB Connector Bar lets you connect two or more together with space in between for suspension training, heavy bags, chinning bars, or grip trainers.

Proper storage for fitness equipment is another challenge facing schools and facilities of all sizes. Keeping your fitness equipment clean and organized helps promote workout efficiency and safety. Body-Solid has the most comprehensive array of storage solutions in the fitness industry, offering multiple unique and creative storage options for weight plates, dumbbells, kettlebells, barbells,



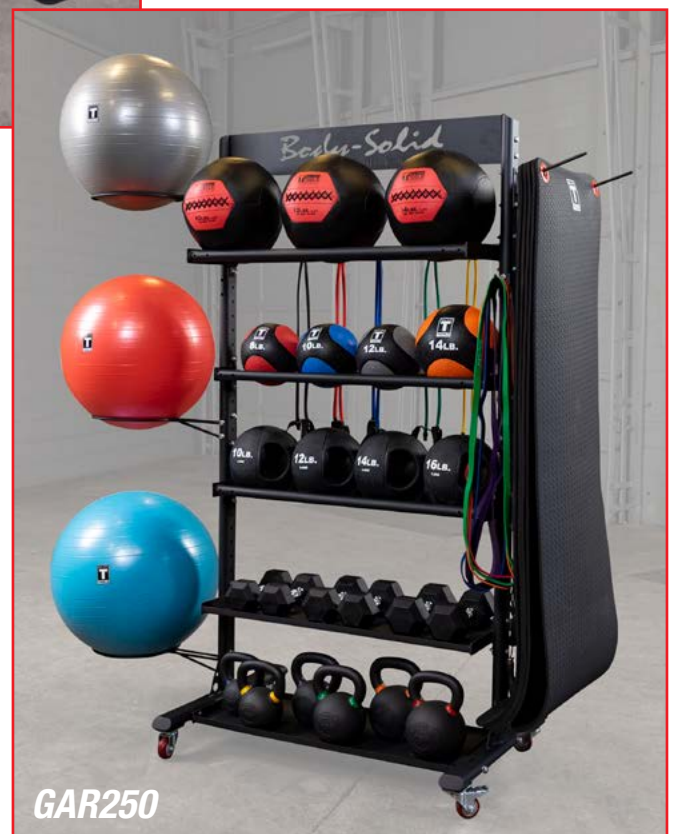
cable handles, yoga mats, foam rollers, medicine balls, wall balls, and just about anything else.

One of our newest storage items is the Body-Solid Multi-Storage Accessory Tower GAR250. Designed to store medicine balls, slam balls, stability balls, kettlebells, dumbbells, jump ropes, tubes, bands, and more, the GAR250 is one of the most versatile storage towers in the industry. The GAR250 is perfect for facilities with a wide range of accessories looking for a compact and mobile storage solution. Three

round tube shelves make for the ideal storage of medicine balls, wall balls, and slam balls. Two heavy-duty, high-capacity trays (40" wide x 15.5" deep) accommodate dumbbells, kettlebells, and just about anything else. The GAR250 features hanging mat storage, pegs for accessories, cable handles, resistance bands/tubes, and more, as well as three stability ball holders. Removable locking caster wheels allow for easy mobility.

Also new for storage are the Body-Solid SSBR100 (8-ball) and SSBR200 (12-ball) stability ball racks. These two new storage racks complement the popular GSR10 (3-ball) stability ball rack. Made from durable plastic tubing, the SSBR100 and SSBR200 help maintain stability ball integrity and keep your stability balls clean and organized. The locking caster wheels make for easy transportation. These two storage racks will fit any size stability ball from 45 cm-75 cm.

When it comes to the school market, look to Body-Solid for all your needs.



PRO CLUBLINE COMMERCIAL FIXED BENCHES



SODB250 DECLINE BENCH

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



SOFB250 FLAT BENCH

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



SOIB250 INCLINE BENCH

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



SOSB250 SHOULDER BENCH

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

REVOLUTIONARY S1000 FOUR-STACK GYM

Multi-station commercial gyms are an excellent way for facilities to offer safe and effective total body workouts while saving space and money. Compared to a suite of exercise-specific single stations, multi-station gyms cost less and are more space efficient.

The new Body-Solid Pro Clubline S1000 Four-Stack Gym is a full commercial multi-station gym featuring four independent, unique exercise stations and weight stacks, allowing up to four people to work out simultaneously.

Meticulously crafted and designed to look great in all contemporary workout and fitness facilities, the Body-Solid S1000 features a bold matte black finish and sleek fully-shrouded weight stacks, available in 210lb or 310lb weight stack sizes. Built with 11-gauge steel, the S1000 can hold up in heavy-use commercial and light commercial facilities.

The four stations include an adjustable cable column, a bench press/mid row/leg extension/leg curl, a lat & mid row, and a leg press & calf raise.

The leg extension/leg curl station allows for safe and effective training for hamstring and quadriceps muscles. The bench press station features an adjustable press arm with an adjustable seat and back pad, allowing a perfect fit for bench press, incline press, shoulder press, and chest-supported row exercises. The bench press also includes two adjustable nylon cable handles that attach to the press arm for performing pec flies, converging presses, and more.

The leg press/calf raise station has an adjustable back pad and a large non-slip leg press plate. This station features a 2:1 weight ratio giving an impressive 420-620lbs of resistance.

The Body-Solid Pro Clubline S1000 Four-Stack Gym comes standard with four x 210 lb. weight stacks (upgradeable to 310 lb. stacks), and each gym includes a lat bar, curl bar, ab strap, ankle strap, and two cable handles.



The lat/mid row station has an adjustable leg hold down and an oversized seat pad to fit any size user. The no-cable change design allows users to seamlessly switch between high and mid-pulley exercises.

The adjustable cable column features 23 height adjustments, allowing for many functional exercise possibilities.

These four stations have something for everyone and offer a comprehensive total body workout.

The Body-Solid Pro Clubline S1000 Four-Stack Gym is ideal for hotels, apartments, police & fire stations, schools, training facilities, corporate fitness rooms, and more.

S1000 **QUICK SPECS:**

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

NEW PRODUCTS COMING SOON IN 2023

Body-Solid has several new product developments coming in 2023. Here is a look at some of our latest innovations coming very soon.



CL300 CLIMBER

The newest edition to Body-Solid's Endurance cardio line is the CL300 Climber. The CL300 gives users and facilities low-impact, heart-racing cardio and total body workouts with a small footprint. This climber features an adjustable touchscreen display, padded side handrails, and fully-adjustable resistance.

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



GROW ROWER ATTACHMENT

Add all the benefits of low-impact, calorie-burning indoor rowing to most home gyms, pulley, or cable machines with the Body-Solid GROW. This attachment quickly installs to the low pulley station and adds high-intensity cardio workout capabilities to weight machines, power racks, and more.

- Add indoor rower to most home gyms with a low pulley or cable machines
- Installs on low pulley station
- Low-impact total body workouts
- Cardio workouts with weight machines
- Dims: 66"L x 20"W x 12"H, 43 lbs.



GPRFT FUNCTIONAL TRAINER ATTACHMENT

Take your GRP400 to the next level with the new GPRFT Functional Trainer Attachment. The GPRFT adds fully adjustable functional pulleys on the front of the GRP400 and a dual lat pulldown/low pulley in the middle of the rack.

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

BEST FITNESS NEW PRODUCT RELEASES



BFSM250 SMITH MACHINE

Lift safely without needing a spotter, thanks to the BFSM250's safety catches. These safety catches feature 20 lockout points giving users the confidence to lift heavy without a spotter and no fear of failure

- Lift safely without a spotter
- 20 lockout points
- Solid-steel knurled Olympic barbell
- Weight Capacity: 300 lbs.
- Dims: 50" L x 66" W x 79" H, 114 lbs.



BFLA250 LAT ATTACHMENT

Add workout variety to your Best Fitness BFSM250 Smith Machine with the BFLA250 Lat Attachment. The BFLA250 Lat Attachment allows users to perform lat pulldowns, triceps press-downs, cable crossovers, seated rows, and so much more. The BFLA250 features both a high and low pulley and comes with a lat bar and low row bar.

- 2" diameter sleeves for Olympic weights
- High and low pulley with a no-cable change design
- Includes lat bar and low row bar
- Dims: 59" L x 66" W x 82" H, (when attached to the BFSM250 Smith Machine), 47 lbs.



BFT25 TREADMILL

The Best Fitness BFT25 Folding Treadmill is a great home treadmill that folds for easy storage. This treadmill offers several user-friendly features and functions, including short keys, built-in quick speed/incline adjustments, preset workout programs, a 1.5 HP continuous motor (2.5 HP peak), 15 incline levels, and a 0.6 to 10 mph speed range.

- 1.5 HP continuous motor (2.5 hp peak)
- 0.6-10 mph speeds
- 15 different incline levels
- Handrail short keys for easy adjustments & speed/incline presets
- 18x54" rubber-cushioned running surface
- Transport wheels for easy movement
- Dims: 71"L x 31"W x 55"H, 163 lbs.

NEW BARS & ACCESSORIES FROM BODY-SOLID



BFWT5 STANDARD WEIGHT TREE

- Three weight posts
- Designed for 1" standard weight plates
- Side Horns Length: 9"
- Top Horn Length: 6"
- Dims: 20"L x 32"W x 25"H, 20 lbs.



BSTDH DUMBBELL HOOKS

- Connect & hang dumbbells on barbells
- Ideal for chest and shoulder press
- Velcro strap to keep dumbbell secure during lifts
- Fits dumbbell handles up to 1-3/8" diameter & 5" length
- Dimensions: 10"L x 5"W x 3.9"H, 2 lbs.



OB48F FAT CURL BAR

- 2" grip diameter puts extra emphasis on forearms and grip strength
- 11-gauge steel
- Sleeve Length: 8.25"
- 2" diameter sleeves for Olympic weights
- Dims: 48"L x 5"W x 3"H, 12 lbs.



GWT86 VERTICAL WEIGHT TREE

- Keep workout spaces clean & organized
- Vertical stack plate storage
- Designed for use with Olympic bumper plates
- Four caster wheels for easy movement
- Dims: 24"L x 24"W x 45"H, 17 lbs.



OTB100 OPEN TRAP BAR

- Makes deadlifts, shrugs, and lunges easier and more effective
- Dual high & low ergonomic handles
- Built-in bar jack
- 16.25" plate sleeves
- 2" diameter sleeves for Olympic weights
- Dims: 26"L x 73"H x 8"H, 58 lbs.



OMG47 MULTI GRIP CURL BAR

- Ideal for bench press, curls, skull crushers, rows & more
- Three separate neutral grips to enhance muscle recruitment
- Knurled handles for secure lifts
- 2" diameter sleeves for Olympic weights
- Dims: 48"L x 8"W x 3"H, 45 lbs.

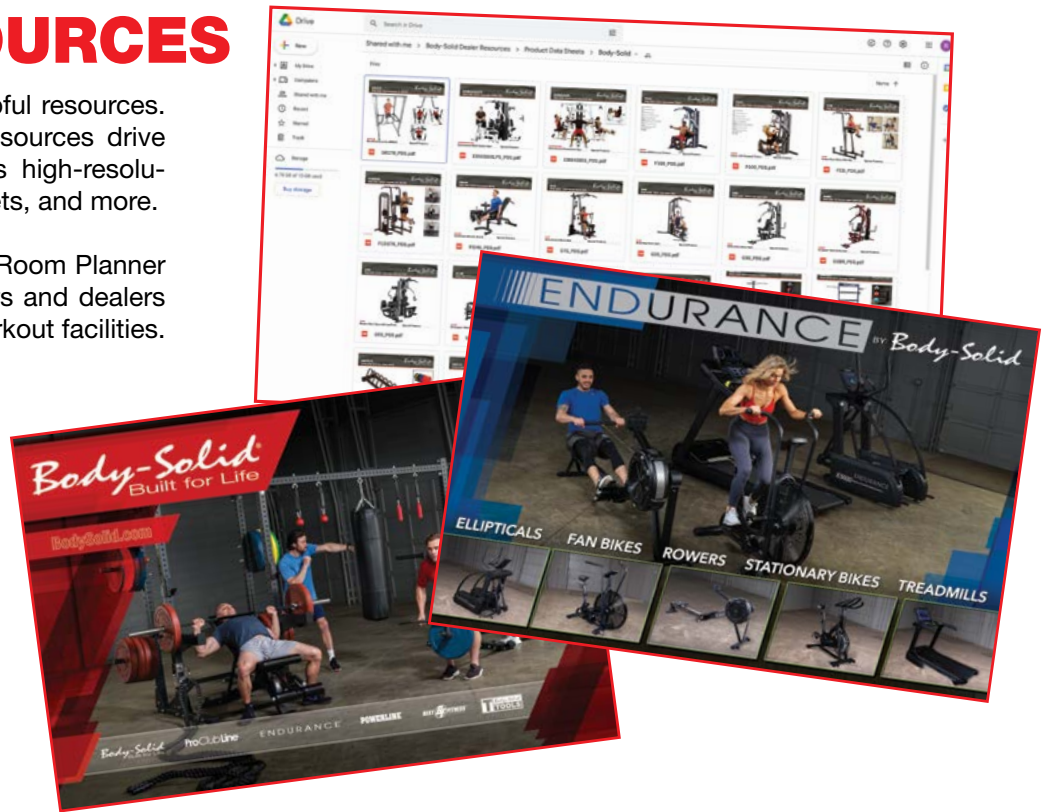
DEALER RESOURCES

Body-Solid offers dealers several helpful resources. The highlights include our Dealer Resources drive (bodysolid.com/drive), which contains high-resolution photos, videos, product data sheets, and more.

Body-Solid also offers the interactive Room Planner Tool, a popular tool among consumers and dealers that helps layout, plan, and design workout facilities.

Visit the Dealer Center to stay up-to-date on Body-Solid's tradeshow appearances, place stocking orders directly on our site, and access additional helpful information and tools like manuals, schematics, and more.

Use these resources to become a better seller and offer your customers exceptional service.



- ROOM PLANNER** Help your customer plan out their workout space and the layout of Body-Solid equipment.
- BODY FOCUS** Suggested Body-Solid equipment and exercises based on specific muscle groups and goals.
- GOOGLE DRIVE** Download images, videos and all other product information at bodysolid.com/drive
- MANUALS** Download manuals for all Body-Solid equipment, past and present
- MY STORE** A listing on our Dealer Locator tool with photos, links, and contact information so local customers can find you.

Body-Solid
Built for Life

SALES and SUPPORT
800-833-1227

sales@bodysolid.com
service@bodysolid.com

Duane Abbott
Western Sales Manager
dabbott@bodysolid.com
x:3569

Andy Huck
Eastern/International Sales Manager
ahuck@bodysolid.com
x:3568

David Vargas
E-Commerce Sales Manager
dvargas@bodysolid.com
x:3578

Eddie Garcia
International Sales
eddieg@bodysolid.com
x:3583

Steve Szafarczyk
Midwest Sales Manager
szafarczyk@bodysolid.com
x:3571

Donna Knight
Dealer Support
dknight@bodysolid.com
x:3572