

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, 20, 25 and 30 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.



BSTMB(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.



BSTDYN(WEIGHT) **DYNAMAX MEDICINE BALLS**

- Soft-shell design is scuff-resistance and designed to hold shape
- Heavy-duty, vinyl-coated nylon cover
- 14" diameter
- Available in 4, 6, 8, 10, 12, 14, 16, 18, 20, 25, and 30 lb.



BSTHRB(WEIGHT) **HEAVY RUBBER BALLS**

- Heavy-rubber construction for significantly longer life
- Durable rubber construction
- Consistent center of gravity
- Available in 20, 30, 40, 50, 60, and 70 lbs.



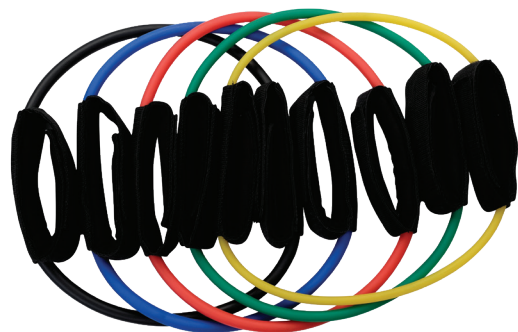
BSTB LIFTING BANDS

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



BSTBM MINI RESISTANCE BANDS

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



BSTART ANKLE RESISTANCE TUBES

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

BSTRT 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





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 **3-IN-1 PLYO BOX**

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



BSTWPBOX **3-IN-1 PLYO BOX**

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.



BSTSH SLED HARNESS

- Fully adjustable fit
- Quick release strap
- For use with weight sleds and parachutes



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 **FOAM 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.



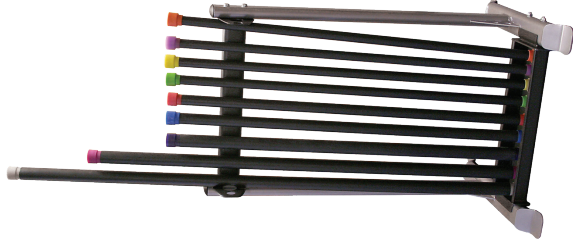
PUB30 **PULL-UP/PUSH-UP BAR**

- No mounting hardware required
- Fits doorways 27.5" to 30"W
- 37"L x 16"W x 7"H, 4 lbs.



BSTFB(WEIGHT) FITNESS BARS

- 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 29"W x 43"H, 37 lbs.
- 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 |



MB229
REVOLVING
CURL BAR



MB229RG
REVOLVING
CURL BAR



MB022
REVOLVING
STRAIGHT BAR



MB022RG
PRO-GRIP
REVOLVING
STRAIGHT BAR



MB022A
ALUMINUM
REVOLVING
STRAIGHT BAR



MB229A
ALUMINUM
REVOLVING
CURL BAR



MB148A
ALUMINUM
LAT BAR



MB100A
ALUMINUM
DOUBLE SWIVEL
BAR



MB501A
ALUMINUM
REVOLVING
STIRRUP HANDLE



MB502A
ALUMINUM
CHIN HANDLE



MB504A
ALUMINUM
TRICEP BAR



MB501
STIRRUP HANDLE



MB501RG
PRO-GRIP
STIRRUP HANDLE



MB502
SEATED ROW /
CHIN BAR



MB502RG
PRO-GRIP
SEATED ROW /
CHIN BAR



MB503RG
PRO-GRIP
MULTI BAR



MB504
TRICEP PRESS-
DOWN BAR



MB504RG
PRO-GRIP
TRICEP PRESS-
DOWN BAR



MB507RG
PRO-GRIP
V-BAR



MB438RG
PRO-GRIP
MULTI-GRIP
LAT BAR



MB148RG
PRO-GRIP
PRO-STYLE
LAT BAR



MB148
LAT BAR



NB51
NYLON WRIST
STRAPS



NB52
LIFTING STRAPS



NB55
NYLON DIPPING
STRAP



NB56
NYLON DIPPING
BELT



NAS3
NYLON ANKLE
STRAP



MA307N
NYLON HEAD
HARNESS



NTS10
TRICEP STRAP



ACH18
AB CRUNCH
HARNESS



NB59
ADJUSTABLE
NYLON HANDLE



NB59A
ALUMINUM
NYLON HANDLE



TR20
TRICEP ROPE



TR30
NATURAL FIBER
TRICEP ROPE



BSTGT
GRIP TRAINER



BSTCB
CANNONBALL
GRIPS



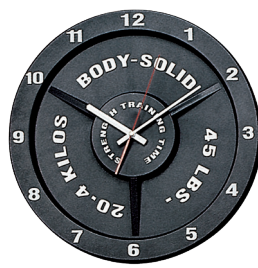
BSTNG
NUN-CHUCK
GRIPS



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



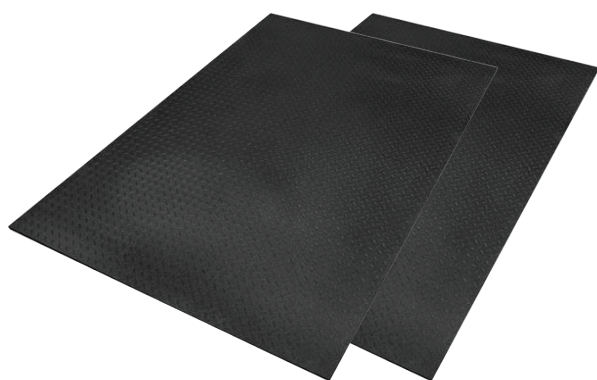
GIB2R
INVERSION
BOOTS



BSTBR

FITNESS TRAINING ROPES

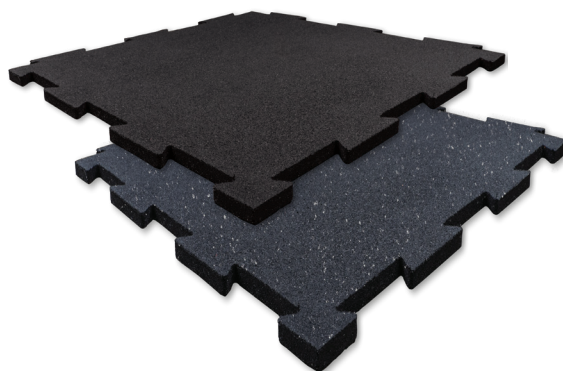
| | |
|-----------|---------------------|
| BSTBR1530 | 1.5" DIA x 30' LONG |
| BSTBR1540 | 1.5" DIA x 40' LONG |
| BSTBR2030 | 2.0" DIA x 30' LONG |
| BSTBR2040 | 2.0" DIA x 40' LONG |



RF546

RUBBER FLOORING

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

WEIGHTS & BARS

Body-Solid offers one of the largest selections of free weights and bars in the industry. Each Body-Solid weight plate, Olympic bar, kettlebell and dumbbell is meticulously designed and constructed to perform its best every time.



OPB CAST IRON OLYMPIC PLATES

| | |
|---------------|---------|
| OPB2-5 | 2.5 lb. |
| OPB5 | 5 lb. |
| OPB10 | 10 lb. |
| OPB25 | 25 lb. |
| OPB35 | 35 lb. |
| OPB45 | 45 lb. |
| OPB100 | 100 lb. |

SETS

| | |
|----------------|-----------------------------------------------------------------------------------------------------------------------------------|
| OSB255 | - (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. |
| OSB355 | - (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. |
| OSB455 | - (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. |
| OSC300S | - (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars |
| OSC400S | - (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars |
| OSC500S | - (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars |



SETS W/ BLACK BAR

| | |
|----------------|-----------------------------------------------------------------------------------------------------------------------------------|
| OSB300S | - (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86B (black) (2) #OC06 Spring Collars |
| OSB400S | - (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86B (black) (2) #OC06 Spring Collars |
| OSB500S | - (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86B (black) (2) #OC06 Spring Collars |



OPT CAST IRON GRIP OLYMPIC PLATES

| | |
|---------------|---------|
| OPT2-5 | 2.5 lb. |
| OPT5 | 5 lb. |
| OPT10 | 10 lb. |
| OPT25 | 25 lb. |
| OPT35 | 35 lb. |
| OPT45 | 45 lb. |

SETS

| | |
|----------------|-----------------------------------------------------------------------------------------------------------------------------------|
| OST255 | - (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. |
| OST355 | - (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. |
| OST455 | - (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. |
| OST300S | - (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars |
| OST400S | - (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars |
| OST500S | - (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars |



ORT RUBBER GRIP OLYMPIC PLATES

| | |
|---------------|---------|
| ORT2-5 | 2.5 lb. |
| ORT5 | 5 lb. |
| ORT10 | 10 lb. |
| ORT25 | 25 lb. |
| ORT35 | 35 lb. |
| ORT45 | 45 lb. |
| ORT100 | 100 lb. |

SETS

| | |
|----------------|----------------------------------------------------------------------------------------------------------------------------------|
| ORST255 | - (2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. |
| ORST355 | - (4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. |
| ORST455 | - (6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. |
| OSR300S | - (2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars |
| OSR400S | - (4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars |
| OSR500S | - (6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars |



ORC COLOR RUBBER GRIP OLYMPIC PLATES SETS

| | | | |
|---------------|---------|----------------|----------------------------------------------------------------------------------------------------------------------------------|
| ORC2-5 | 2.5 lb. | ORCT255 | - (2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. |
| ORC5 | 5 lb. | ORCT355 | - (4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. |
| ORC10 | 10 lb. | ORCT455 | - (6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. |
| ORC25 | 25 lb. | ORC300 | - (2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 Lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars |
| ORC35 | 35 lb. | ORC400 | - (4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. (1) 44 Lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars |
| ORC45 | 45 lb. | ORC500 | - (6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 Lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars |



OBPH PREMIUM BUMPER PLATES

| | | |
|---------------|--------|------------------------------------------------------------------|
| OBPH10 | 10 lb. | • Made in the USA |
| OBPH15 | 15 lb. | • 2" Stainless steel center bushing protects the rubber material |
| OBPH25 | 25 lb. | • Rubber made from recycled rubber |
| OBPH35 | 35 lb. | • Dimensions- each plate is 17.7" round regardless of weight |
| OBPH45 | 45 lb. | • 1 Year Commercial Warranty |



OBPX CHICAGO EXTREME BUMPER PLATES

| | | |
|---------------|--------|------------------------------------------------------------|
| OBPX10 | 10 lb. | • Diameter 450mm (17.72"), IWF Standard |
| OBPX15 | 15 lb. | • Collar Opening 50.8mm (2") |
| OBPX25 | 25 lb. | • Smooth Black Finish |
| OBPX35 | 35 lb. | • 1 Year Commercial Warranty for 10 lb. and 15 lb. |
| OBPX45 | 45 lb. | • 3 Year Commercial Warranty for 25 lb., 35 lb. and 45 lb. |



OBPXC CHICAGO EXTREME COLOR BUMPER PLATES

| | | |
|----------------|--------|------------------------------------------------------------|
| OBPXC10 | 10 lb. | • Diameter 450mm (17.72"), IWF Standard |
| OBPXC15 | 15 lb. | • Collar Opening 50.8mm (2") |
| OBPXC25 | 25 lb. | • Smooth Finish |
| OBPXC35 | 35 lb. | • 1 Year Commercial Warranty for 10 lb. and 15 lb. |
| OBPXC45 | 45 lb. | • 3 Year Commercial Warranty for 25 lb., 35 lb. and 45 lb. |



RPB CAST IRON STANDARD PLATES

| | | | |
|---------------|---------|----------------|----------|
| RPB1-5 | 1.5 lb. | RPB12-5 | 12.5 lb. |
| RPB2-5 | 2.5 lb. | RPB20 | 20 lb. |
| RPB5 | 5 lb. | RPB25 | 25 lb. |
| RPB7-5 | 7.5 lb. | RPB50 | 50 lb. |
| RPB10 | 10 lb. | | |



BSTVD(WEIGHT) **VINYL DUMBBELL**

- Durable vinyl finish
- Color-coded by weight
- Available in 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, and 15 lb.



BSTND(WEIGHT) **NEOPRENE DUMBBELL**

- Durable neoprene finish
- Color-coded by weight
- Available in 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, and 15 lb.



SDX(WEIGHT) **CAST IRON HEX DUMBBELLS**

- Straight handles
- Available in 2, 3, 5, 8, 10, 12, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, and 100 lb.



SDR(WEIGHT) **RUBBER HEX DUMBBELLS**

- Contoured, knurled, chrome handles
- Available in 3, 5, 8, 10, 12, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, and 120 lb.



SDP(WEIGHT) **PREMIUM ROUND RUBBER DUMBBELLS**

- Straight, knurled, chrome handles
- Available in 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, and 100 lb.



SBB(WEIGHT) FIXED WEIGHT BARBELLS

- Knurled chrome handles for secure grip
- Straight bar design
- 1.26" grip diameter
- Available in 20, 30, 40, 50, 60, 70, 80, 90, 100, and 110 lb.



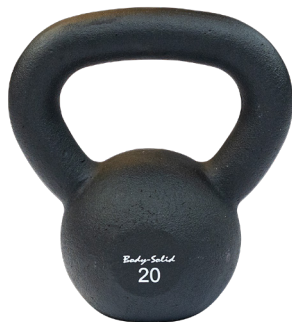
SBZ(WEIGHT) FIXED WEIGHT BARBELLS

- Knurled chrome handles for secure grip
- Ez-curl bar design
- 1.26" grip diameter
- Available in 20, 30, 40, 50, 60, 70, 80, 90, 100, and 110 lb.



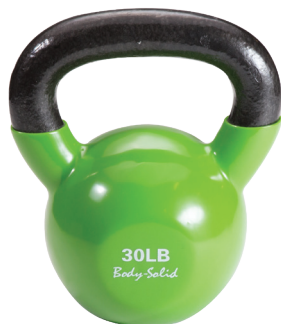
SBBR100 FIXED WEIGHT BARBELL RACK FOR SBB and SBZ BARBELLS

- Easy access storage for up to 10 Fixed Weight Barbells
- Composite lining protects bar finish
- 40"L x 37"W x 62"H, 139 lbs.



KBR(WEIGHT) CAST IRON KETTLEBELLS

- Powder Coated finish
- Available in 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, and 100 lb.



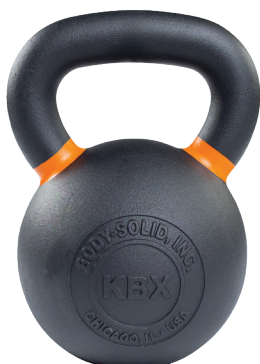
KBV(WEIGHT) VINYL DIPPED KETTLEBELLS

- Durable vinyl coating is color-coded by weight
- Available in 5, 8, 10, 12, 15, 20, 25, 30, 35, 40, 45, and 50 lb.



KBC(WEIGHT) PREMIUM KETTLEBELLS

- Durable rubber coating with premium, chrome handles
- Available in 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, and 80 lb.



KBX(WEIGHT) TRAINING KETTLEBELLS

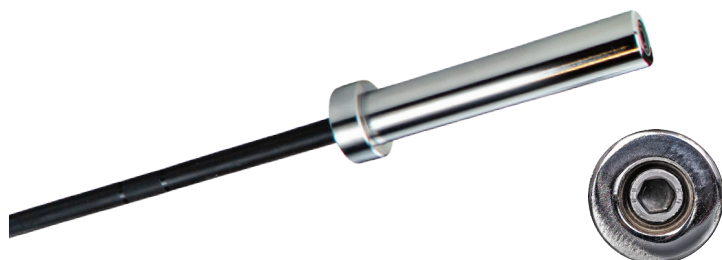
- Durable powder-coat finish
- Gravity cast
- Available in 4 kg (8.8 lb), 6 kg (13.2 lb), 8 kg (17.6 lb), 10 kg (22.0 lb), 12 kg (26.4 lb), 14 kg (30.8 lb), 16 kg (35.2 lb), 18 kg (39.7 lb), 20 kg (44.1 lb), 22 kg (48.5 lb), 24 kg (52.9 lb), 28 kg (61.7 lb), 32 kg (70.5 lb), and 36 kg (79.4 lb)

**OB60B****5' OLYMPIC BAR (BLACK)**

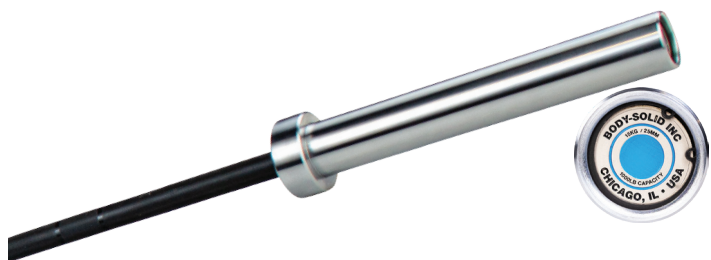
- E-Coat Center Section
- Bar Dia: 30.00 mm
- (ID) Collars: 36.5"
- Sleeve Length: 9.75"
- Weight Capacity: 600 lbs.
- 60"L, 30 lbs.

**OB72A15****6' OLYMPIC BAR (ALUMINUM)**

- Bar Dia: 28.50 mm
- (ID) Collars: 51.5"
- Sleeve Length: 9.25"
- Weight Capacity: 300 lbs.
- 72"L, 15 lbs.

**OB72B****6' OLYMPIC BAR (BLACK)**

- E-Coat Center Section
- Bar Dia: 30.00 mm
- (ID) Collars: 46.0"
- Sleeve Length: 11.25"
- Weight Capacity: 600 lbs.
- 72"L, 40 lbs.

**OB79EXT****WOMEN'S OLYMPIC BAR**

- Bar Dia: 25.00 mm
- (ID) Collars: 51.5"
- Sleeve Length: 12.5"
- Weight Capacity: 1000 lbs.
- 78"L, 33 lbs.

**OB86B****7' OLYMPIC BAR (BLACK)**

- E-Coat center section
- Bar Dia: 30.00 mm
- (ID) Collars: 51.50"
- Sleeve Length: 15.75"
- Weight Capacity: 600 lbs.
- 86"L, 44 lbs.

**OB86****7' OLYMPIC BAR (CHROME)**

- Bar Dia: 30.00 mm
- (ID) Collars: 51.50"
- Sleeve Length: 15.75"
- Weight Capacity: 600 lbs.
- 86"L, 44 lbs.

**OB86P1000****7' OLYMPIC POWER BAR (CHROME)**

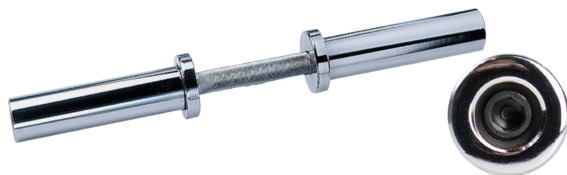
- Bar Dia: 30.00 mm
- (ID) Collars: 52.75"
- Sleeve Length: 15.25"
- Weight Capacity: 1000 lbs.
- 86"L, 44 lbs.

**OB86LPB****7' OLYMPIC POWER BAR (ZINC)**

- Bar Dia: 28.50 mm
- (ID) Collars: 52.75"
- Sleeve Length: 15.75"
- Weight Capacity: 1000 lbs.
- 86"L, 44 lbs.

**OB86EXT****EXTREME OLYMPIC BAR**

- Bar Dia: 28.75 mm
- (ID) Collars: 52.00"
- Sleeve Length: 16.25"
- Weight Capacity: 1500 lbs.
- 86"L, 44 lbs.

**OB20****OLYMPIC DUMBBELL HANDLES**

- Sold Individually
- Knurled grip
- 20"L, 20 lbs.

**OB34C****OLYMPIC TRICEPS BAR**

- Bar Dia: 25.50 mm
- (ID) Collars: 18.5"
- Sleeve Length: 7"
- 34"L, 22 lbs.

**OB47C****OLYMPIC CURL BAR (CHROME)**

- Bar Dia: 25.50 mm
- (ID) Collars: 31.5"
- Sleeve Length: 7"
- 47"L, 17 lbs.

**OB47B****OLYMPIC CURL BAR (BLACK)**

- Bar Dia: 25.50 mm
- (ID) Collars: 31.5"
- Sleeve Length: 7"
- 47"L, 17 lbs.

**OB48****OLYMPIC COMBO BAR (CHROME)**

- Bar Dia: 25.50 mm
- (ID) Collars: 33.75"
- Sleeve Length: 7"
- 48"L, 20 lbs.

**OB86FG****FAT GRIP BAR (BLACK)**

- 2" grip diameter for extra emphasis on forearms/grip strength
- 2" diameter sleeves for use with Oly weights
- 86"L x 2.5"W x 2.5"H, 29 lbs.
- Sleeve Length: 15.75"
- Weight Capacity: 600 lbs.

**OB48F****FAT CURL BAR (BLACK)**

- 2" grip diameter for extra emphasis on forearms/grip strength
- 11-gauge steel
- 2" diameter sleeves for use with Oly weights
- 48"L x 5"W x 3"H, 12 lbs.

**OMG47****OLYMPIC MULTI-GRIP CURL BAR**

- Three separate neutral grips to enhance muscle recruitment
- Knurled handles for comfortable and secure lifts
- 2" sleeve diameter for use with Oly weights
- 48"L x 8"W x 3"H, 12 lbs.

**OMG86****OLYMPIC MULTI-GRIP BAR (BLACK)**

- Bar Dia: 25.50 mm
- (ID) Collars: 52.5"
- Sleeve Length: 16.5"
- 86"L, 45 lbs.



OBSS50B **SAFETY SQUAT BAR**

- E-Coat Center Section
- Redistribute weight during squats and lunges
- Extra thick pad to prevent sliding & movement during lifts
- Heavy-duty & comfortable vinyl pads
- 2" diameter sleeves for use with Oly weights
- 16"L x 87"W x 4"H, 47 lbs..



BSTFWH **FARMERS WALK BARS**

- Sold in pairs
- Bar Dia: 25.50 mm
- (ID) Collars: 35.625"
- Sleeve Length: 12"
- 60"L, 18 lbs. each



OTB50 & OTB50RH **OLYMPIC TRAP BARS**

- Bar Dia: 25.50 mm
- (ID) Collars: 24" Handle
- Sleeve Length: 9.75"
- 56"L, OTB50 - 45 lbs. | OTB50RH - 50 lbs.



OTB100 **OPEN TRAP BAR**

- Perfect for deadlifts, shrugs, lunges & more
- Dual high & low ergonomic handles
- Built-in bar jack
- 16.25" 2" diameter plate sleeves
- 26"L x 73"H x 8"H, 58 lbs



OC06PR **OLYMPIC SPRING COLLARS**

- Sold in pairs
- Simple and effective spring tension design



OC04 **OLYMPIC TRAINING COLLARS**

- Sold individually
- Classic old school style for quick changes



BSTLJ02 **LOCK JAW OLY 2 COLLARS**

- Sold in pairs
- Uni-body construction for heavy usage
- Durable and secure lever design
- Quick and easy to use
- Elastomer pads protect bar finish



BSTLJHX **LOCK JAW HEX COLLARS**

- Sold in pairs
- Quick and easy to use
- Elastomer pads protect bar finish



TBR10
T-BAR ROW
PLATFORM

- 11"L x 5"W x 6"H
- 7 lbs.



TBR20
DUAL PIVOT
T-BAR ROW
PLATFORM

- 11"L x 5"W x 6"H
- 7 lbs.



LBB28
LAT BLASTER BAR

- 31"L x 5"W x 1"H
- 5 lbs.



TBR50
HOME PLATE
LANDMINE

- 23"L x 15"W x 5"H
- 31 lbs.



LMSE
LANDMINE
SINGLE EYELET

- 13"L x 5"W x 2"H
- 3 lbs.



LMPP
LANDMINE
PLATE PIVOT

- 10"L x 10"W x 2.5"H
- 5 lbs.



LMMG
LANDMINE
MULTI-GRIP

- 44"L x 9"W x 8"H
- 8 lbs.



LMCG
LANDMINE
CLUBGRIP

- 24"L x 5"W x 3"H
- 7 lbs.



BSTOBJ
OLYMPIC
BAR JACK

- Sold individually
- 20"L x 5"W x 13"H
- 9 lbs.



BSTOLP
PLATE LOAD PIN

- 12"L x 4"W x 4"H
- 2 lbs.



BSTOBS
OLYMPIC
BAR STANDS

- Sold individually
- 2"L x 17"W x 12"H
- 7 lbs.



BSTCH44
LIFTING CHAINS

- Sold in pairs
- Zinc-coated
- 5' Length
- 22 lbs. each



BSTOPW
PLATE WEDGE

- Sold individually
- 9"L x 2"W x 1"H
- .5 lbs.



MA105
BAR PAD

- 16"L x 4"W x 4"H
- 1 lb.



MR136
MANTA RAY

- 12"L x 3"W x 8"H
- 1 lb.



BSTBPAD
PREMIUM
BAR PAD

- 18"L x 4"W x 4"H
- 1 lb.

**RB72****6' STANDARD BAR (CHROME)**

- Bar Dia: 25.4 mm
- (ID) Collars: 41"
- Collar Length: 15"
- 72"L, 18 lbs.

**RB84****7' STANDARD BAR (CHROME)**

- Bar Dia: 25.4 mm
- (ID) Collars: 51.0"
- Collar Length: 16"
- 84"L, 20 lbs.

**RB47****STANDARD CURL BAR (CHROME)**

- Bar Dia: 25.4 mm
- (ID) Collars: 30.5"
- Collar Length: 7.875"
- 47"L, 11 lbs.

**RB48****STANDARD COMBO BAR (CHROME)**

- Bar Dia: 25.4 mm
- (ID) Collars: 30.5"
- Collar Length: 7.875"
- 48"L, 16 lbs.

**SDA14****STANDARD DUMBBELL HANDLES**

- Sold individually
- Bar Dia: 25.4 mm
- (ID) Collars: 4.5"
- Collar Length: 4.5"
- 14"L, 3.5 lbs. (ea.)

**SDA14T****STANDARD THREADED
DUMBBELL HANDLES**

- Sold individually
- Bar Dia: 25.4 mm
- (ID) Collars: 5"
- Collar Length: 4"
- 14"L, 5 lbs. (ea.)



RC0616 **STANDARD SPRING COLLARS**

- Sold in pairs
- Classic design for quick-changes

RC03 **STANDARD 1/2 LB COLLARS**

- Sold individually
- 1/2 lb. cast iron

RC02 **STANDARD 1 LB. COLLARS**

- Sold individually
- 1lb. cast iron

BSTLJ1 **1" STANDARD COLLARS**

- Sold in pairs
- Quick and easy to use
- Elastomer pads protect bar finish

OAS + OAS14 **8" or 14" OLYMPIC ADAPTER SLEEVES**

- Sold individually
- Converts 1" dia. posts to 2" Olympic posts
- Heavy-Duty nylon
- Lock-down allen hex bolt
- Available in either 8" or 14" length