

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.



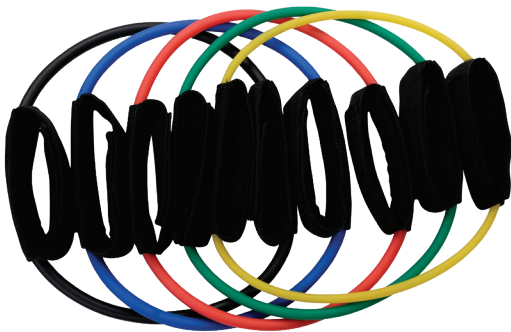
BSTB LIFTING BANDS

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 + 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.



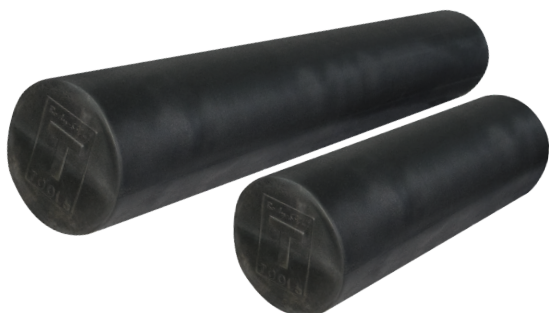
BSTSH **SLED HARNESS**

- 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.



BSTDH DUMBBELL HOOKS

- Connect & hang dumbbells to barbells
- Eliminate the need for kicking dumbbells into position
- Velcro strap to keep hook secure during lifts
- Fits dumbbell handles up to 1-3/8" diameter & 5" length
- 10"L x 5"W x 4"H, 2 lbs.



BSTHP HIGH PULLEY ATTACHMENT

- Versatile workout tool that connects to power racks, pull-up bars, beams, and more
- Smooth and efficient pulley system
- Easy to install and portable
- Product Weight: 3 lbs



BSTFB(FEIGHT) 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



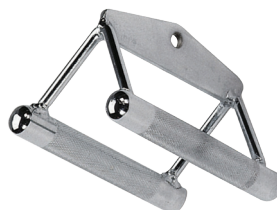
MB504A
ALUMINUM
TRICEP BAR



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
HARNES



NTS10
TRICEP STRAP



ACH18
AB CRUNCH
HARNES



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



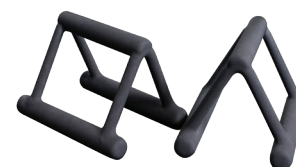
BB23
BICEPS BOMBER



GIB2R
INVERSION
BOOTS



PUB2
CHROME
PUSH-UP BARS

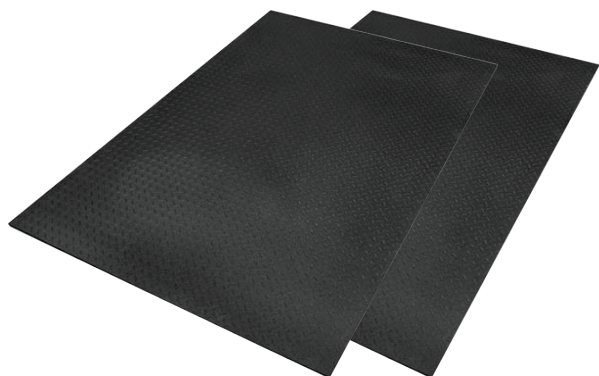


PUB5
PREMIUM
PUSH-UP BARS



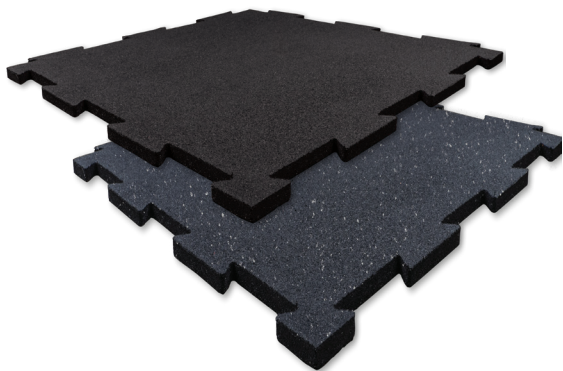
BSTBR **FITNESS TRAINING ROPES**

- 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.	<ul style="list-style-type: none"> Made in the USA 2" Stainless steel center bushing protects the rubber material Rubber made from recycled rubber Dimensions- each plate is 17.7" round regardless of weight 1 Year Commercial Warranty
OBPH15	15 lb.	
OBPH25	25 lb.	
OBPH35	35 lb.	
OBPH45	45 lb.	



OBPX CHICAGO EXTREME BUMPER PLATES

OBPX10	10 lb.	<ul style="list-style-type: none"> Diameter 450mm (17.72"), IWF Standard Collar Opening 50.8mm (2") Smooth Black Finish 1 Year Commercial Warranty for 10 lb. and 15 lb. 3 Year Commercial Warranty for 25 lb., 35 lb. and 45 lb.
OBPX15	15 lb.	
OBPX25	25 lb.	
OBPX35	35 lb.	
OBPX45	45 lb.	



OBPXC CHICAGO EXTREME COLOR BUMPER PLATES

OBPXC10	10 lb.	<ul style="list-style-type: none"> Diameter 450mm (17.72"), IWF Standard Collar Opening 50.8mm (2") Smooth Finish 1 Year Commercial Warranty for 10 lb. and 15 lb. 3 Year Commercial Warranty for 25 lb., 35 lb. and 45 lb.
OBPXC15	15 lb.	
OBPXC25	25 lb.	
OBPXC35	35 lb.	
OBPXC45	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.



BSTADBPR **ADJUSTABLE DUMBBELLS**

- Multiple weight configurations up to 48.7lbs per dumbbell
- Easy adjustability allows for quick change of weights
- 16 - 5 lb. plates and 4 - 2.5 lb. plates
- 2 threaded dumbbell handles w/ spin lock collars



SDBX66 **ADJUSTABLE WEIGHT DUMBBELLS**

- Adjustable from 11 to 66 lbs. in 5 lb. increments
- Fast Easy Adjustments
- Anti-slip Ergonomic Handle
- Optional Storage Stand with Caster Wheels



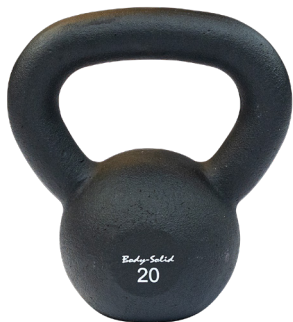
SBB(WEIGHT) **FIXED WEIGHT BARBELLS**

- 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.



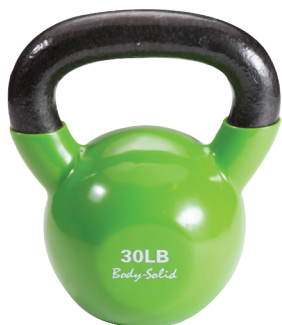
SBZ(WEIGHT) **FIXED WEIGHT BARBELLS**

- 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.



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.



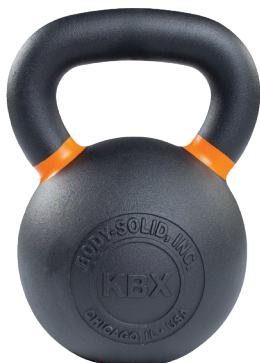
KBV(WEIGHT) VINYL DIPPED KETTLEBELLS

- 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
T-BAR ROW
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

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



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

OAS8 + 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