

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.



GPR400 PRO POWER RACK OPTIONS

OPTIONS:

- | | |
|--------|--|
| GLA400 | Lat Attachment <i>(shown)</i> |
| GPRDH | Dip Handles <i>(shown)</i> |
| GPRFT | Functional Trainer Attachment <i>(not shown)</i> |
| GPRFTS | Functional Trainer Attachment <i>(not shown)</i> |
| GPRTBR | T-Bar Row attachment <i>(shown)</i> |
| GPRUL | U-Link <i>(shown)</i> |
| GPRWH | Weight Horns <i>(shown)</i> |
| SPRBP | Band Pegs <i>(not shown)</i> |
| SPRCUA | Multi-Chin Attachment <i>(not shown)</i> |
| SPRHT | Hip Thruster <i>(not shown)</i> |
| SPRJC | J-Cup Liftoffs <i>(shown)</i> |
| SPRLFT | Monolift Arms <i>(not shown)</i> |
| SPRSP | Spotter Platforms <i>(not shown)</i> |
| SPRTB | Dual T-Bar Row Platform <i>(not shown)</i> |

GPR400 OPTIONAL ATTACHMENTS

View the next 2 pages for all 15 GPR400 Attachments



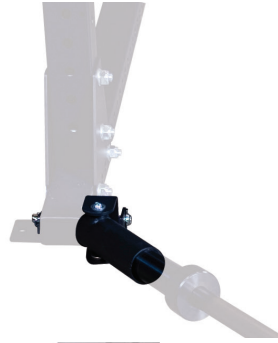
GPR400

GPR400 OPTIONAL ATTACHMENTS *(page 1 of 3)*



1.

GLA400
Lat Attachment



6.

GPRTBR
T-Bar Row



2.

GPRDH
Dip Handles



7.

SPRUL
U-Link



3.

GPRFT
Functional Trainer
(Plate Loaded)



8.

GPRWH
Weight Plate Horn



4.

GPRFTS
Functional Trainer
(Selectorized
Weight Stacks)



9.

SPRBP
Band Pegs



5.

GPRSF
Safeties



10.

SPRCUA
Multi-Grip
Chin Bar

GPR400 OPTIONAL ATTACHMENTS *(page 2 of 3)*



11.

SPRHT
Hip Thrust



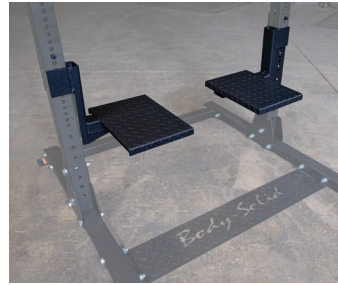
12.

SPRJC
J-Cups



13.

SPRLFT
Monolift



14.

SPRSP
Spotter Platform



15.

SPRTB
Dual T-Bar Row

GPR400 OPTIONAL ATTACHMENTS *(page 3 of 3)*



GPRFT **FUNCTIONAL TRAINER** **ATTACHMENT** *(only fits GRP400)*

The GRPFT adds fully adjustable functional pulleys on the front of the GPR400 and a dual lat pulldown/low pulley in the middle of the rack.

- Utilizes Olympic weight plates
- Fully adjustable dual front swiveling pulleys
- Dual pulley lat pulldown and low row
- Includes: 2 x nylon cable handles, lat bar, low row bar
- 77"L x 74"W x 81"H, 190lbs.



GPRFTS **FUNCTIONAL TRAINER** **ATTACHMENT** *(only fits GRP400)*

The GRPFTS adds fully adjustable functional pulleys on the front of the GPR400 and a dual lat pulldown/low pulley in the middle of the rack.

- Selectorized Weight Plate Stacks (2 x 210lbs.)
- Fully adjustable dual front swiveling pulleys
- Dual pulley lat pulldown and low row
- Includes: 2 x nylon cable handles, lat bar, low row bar
- 77"L x 57"W x 81"H, 625lbs.



GLA400 LAT ATTACHMENT

Transform the Body-Solid GPR400 Power Rack into a complete home gym with the GLA400 Lat Attachment.

- High and Low Pulley with no cable change design
- Includes lat bar and low row bar
- Optional 150 lb weight stack, SP150
- 80"L x 52"W x 80"H, 85lbs.



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.



GS348QB **SERIES 7 SMITH MACHINE**

- Large diameter, 25 lb. Smith Bar
- For smith and freeweight barbell exercises
- 56"L x 70"W x 83"H, 276 lbs.



GS348QP4 **SERIES 7 SMITH PACKAGE**

- Complete Smith Gym System
- 98"L x 70"W x 83"H, 724 lbs.

INCLUDES:

GS348QB	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.



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.



FID46 **FLAT / INCLINE / DECLINE BENCH**

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



GRCH32 **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.



GAB300B **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.



GVKR60B **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.



GCLP100 **COMPACT LEG PRESS**

- Combines leg press & calf raise in one compact machine
- Carriage with sealed linear bearings
- 67"L x 47"W x 46"H, 229 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, 340 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 develop 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.



GINV50 **INVERSION TABLE**

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



GLM85B **LAT MACHINE**

- High and low pulley no cable change design
- Plate loaded or 210lb. Selectorized Stack
- Includes Lat Bar and Low Row Bar
- Adjustable leg hold down, and foot plate for low rows
- 54"L x 45"W x 82"H 136 lbs.



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.



GFT100 **FUNCTIONAL TRAINING**

- Includes Two Aluminum Stirrup Handles, Triceps Rope, Chin/Dip Rope, Double Swivel Bar
- Accessory Rack included
- 45"L x 64"W x 83"H, 633 lbs.

OPTIONS:
GFT100SH Weight Stack Shrouds



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.



GDCC250 **DELUXE CABLE CROSSOVER**

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

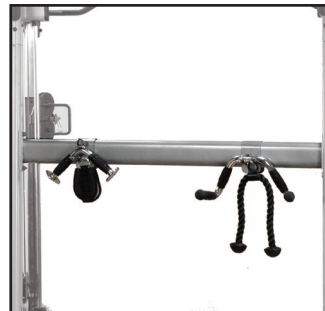
FUNCTIONAL TRAINING OPTIONS:



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.



S1000

PRO CLUBLINE S1000 FOUR-STACK GYM

- Four independent stations allow up to four people to workout simultaneously: chest press and leg developer, lat and mid row, leg press and calf raise, cable column
- 210 lb. weight stacks standard (upgradable to 310 lb. weight stacks)
- 11-gauge steel mainframe
- Fully-shrouded weight stacks
- Body-Solid Pro Clubline Full-Commercial Warranty
- Product Weight: 1728 lbs.
- Dimensions: 124" L x 135" W x 83"H



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
- Optional Leg Press Station (not shown)
- 72"L x 98"W x 84"H, 929 lbs.
- 84"L x 135"W x 84"H (with Leg Press option)



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
- Optional VKR Station (not shown)
- 90"L x 73"W x 84"H, 964 lbs.
- 90"L x 104"W x 84"H, (with GKR9 option)
- 90"L x 133"W x 84"H, (with GIOT option)



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
- Optional Leg Press Station (not shown)
- 84"L x 58"W x 84"H, 547 lbs.
- 84"L x 82"W x 84"H (with Leg Press option)



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
- Optional Leg Press Station (not shown)
- 81"L x 55"W x 84"H, 511 lbs.
- 81"L x 83"W x 84"H (with Leg Press option)
- 85"L x 104"W x 84"H (with GIOT option)



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
- Optional Leg Press Station (not shown)
- Optional Weight-Assisted Dip Station (not shown)
- 76"L x 48"W x 83"H, 526 lbs.
- 79"L x 80"W x 83"H (with Leg Press option)
- 76"L x 98"W x 83"H (with Assisted Chin Dip)



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
- Optional Leg Press Station (not shown)
- Optional Weight-Assisted Dip Station (not shown)
- 74"L x 51"W x 83"H, 573 lbs.
- 80"L x 80"W x 83"H (with Leg Press option)
- 76"L x 98"W x 83"H (with Assisted Chin Dip)



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.
- 90"L x 104"W x 83"H (with VKR30 option)

EXM SERIES GYM OPTIONAL ATTACHMENTS



VKR30

- Knee Raise/Dip Station
- Fits the EXM3000LPS

G SERIES GYM OPTIONAL ATTACHMENTS



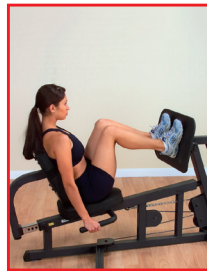
SP50
50 lb. Weight Stack
upgrade
G5S, G6BR,
G9S, G10B



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



GKR9
Vertical Knee
Raise
G9S

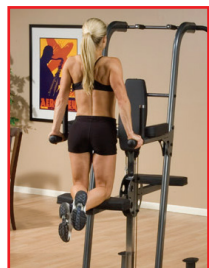


GLP
Leg Press/Calf
Press
G5S, G6BR,
G10B



GAP
Aluminum Pulley
G5S, G6BR,
G9S, G10B

FUSION GYM OPTIONAL ATTACHMENTS



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

OPTIONAL ATTACHMENTS FOR ALL BODY-SOLID GYMS



HP10
Premium Weight
Stack Plate



WSA
Weight Stack
Adapters
2.5 lb & 5 lb