

# Body-Solid®

Built for Life

ProClubLine

**PRO-DUAL**

ENDURANCE

Body-Solid  
Built for Life

POWERLINE

BEST FITNESS

Body-Solid  
TOOLS



# PRODUCT CATALOG

# Body-Solid®

## Built for Life

### **It started with an idea...**

Throughout the pages of this catalog you'll find the culmination of over 35 years of Body-Solid's dedication, innovation and product development.

Body-Solid products are developed and designed with multiple markets in mind, from personal training studios, police and fire departments and municipalities to schools, military bases, health clubs, businesses and homes. The needs of these markets are constantly changing, but through strong relationships with our customers, Body-Solid has been able to evolve and grow to meet the demands of the ever-changing fitness industry.

As a result, Body-Solid boasts the widest array of products in fitness including home and commercial multi-station gyms, free weight machines, treadmills, bikes, ellipticals, weight plates, kettlebells, dumbbells, flooring, accessories and more.

In keeping with our motto—Built for Life—Body-Solid builds products that are not only cutting-edge but reliable, durable and provide a tremendous value to consumers. Body-Solid backs each and every one of those products with the best warranty and customer service in the industry.

***Body-Solid products are Built for Life... Your Life.***

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

## 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.



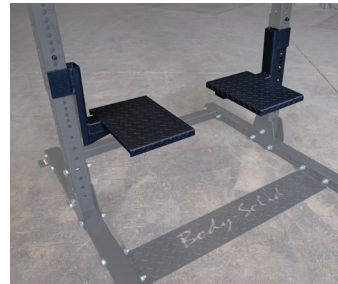
**SPRJC**  
J-Cups

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.

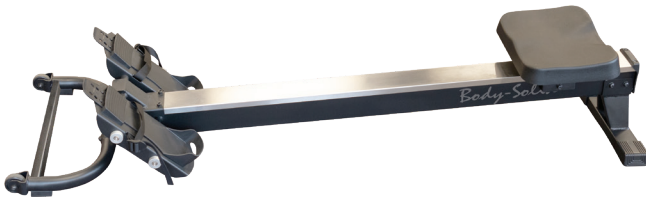




## GLA400 LAT ATTACHMENT

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.



## GROW ROWER ATTACHMENT

Add indoor rower to most home gym, pulley, or cable machine

- Installs on low pulley station
- Low-impact total body workouts
- Cardio workouts with weight machines
- 66"L x 20"W x 12"H, 43 lbs.



## GPR370 MULTI-PRESS RACK

- 14 position 1/4" 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

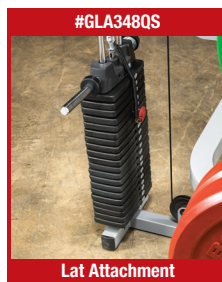
### SERIES 7 SMITH PACKAGE

- 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



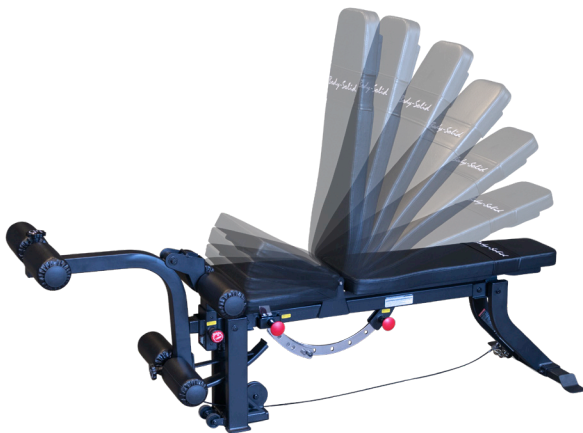
# BODY-SOLID STRENGTH

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.



## GLEG BENCH with LEG DEVELOPER

- Unique cabled leg developer station adds leg curls and leg extensions using your existing cable machine's weight stack.
- Flat to Incline Bench, Use with Racks, Cages, Functional Trainers and more
- 77"L x 22"W x 26"H
- 110 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, and GLRA81 Lat Row
- 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.

Optional Lat/Row Attachment:

### **GLRA81**



## **GST20** **UTILITY BENCH**

- Wide rear legs prevent rocking
- Height to seat pad: 18"
- 28"L x 28"W x 46"H, 30 lbs.



## **GRCH322** **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.



## **GAB300** **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.



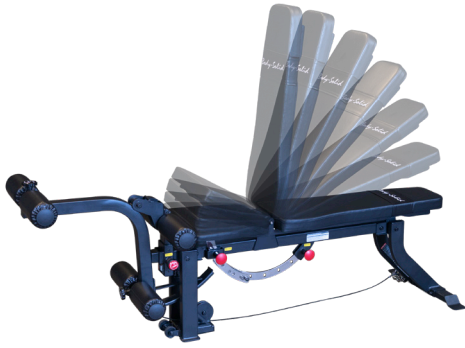
### **GCEC340** **CAM SERIES LEG EXT. & CURL**

- 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.



## GLEG BENCH with LEG DEVELOPER

- Cabled leg developer station built into fully functional flat-to-incline bench.
- Attach to most low pulley stations
- 600 lb. weight capacity
- 77"L x 22"W x 26"H, 110 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 development 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.



## GLGS100 CORNER LEVERAGE GYM

- Features Lat Pulldown, Press / Squat, Low Pulley stations.
- 69"L x 67"W x 82"H, 191 lbs.

### OPTIONS:

GFID100 Flat / Incline / Decline Bench



## SBL460 LEVERAGE GYM

- Total body freeweight gym
- 107"L x 74"W x 83"H, 415 lbs.

### OPTIONS:

LSA50 Leverage Squat Attachment  
FID46 Flat / Incline / Decline Bench



## 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 98W 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)



## G3S SINGLE STACK GYM

- Chest Press, Incline Press, Shoulder Press, Row Station
- High, Mid and Low Pulley Stations
- Leg Extension and Curl Station
- 160 lb. standard weight stack, optional 210 lb. available
- Optional Leg Press Station (not shown)
- 80"L x 47"W x 84"H, 339 lbs.
- 80"L x 72"W x 84"H (with Leg Press option)
- 74"L x 100"W x 84"H (with GIOT option)

\* Pictured with optional Aluminum Pulleys



## G1S SINGLE STACK GYM

- Multi-Grip Chest Press Station
- High, Mid and Low Pulley Stations
- Leg Extension and Curl Station
- 160 lb. standard weight stack
- 55"L x 47"W x 83"H, 329 lbs.

\* Floor mat not included

### G-SERIES GYM OPTIONS

Personalize your workout with the following optional attachments.



**SP50**  
50 lb. Weight Stack up-grade  
G3S, G5S, G6BR, G9S, G10B



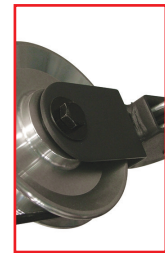
**GIOT**  
Inner/Outer Thigh  
G3S, G5S, G6BR, G9S, G10B



**GKR**  
Vertical Knee Raise  
G9S



**GLP**  
Leg Press/Calf Press  
G3S, G5S, G6BR, G10B



**GAP**  
Aluminum Pulley  
G1S, G3S, G5S, G6BR, G9S, G10B



**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-Assited 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-Assited 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)

**FUSION GYM OPTIONS**

Personalize your gym with the following 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



## 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)

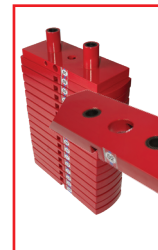
### EXM SERIES GYM OPTIONS

Personalize your workout with the following optional attachments.



**VKR30**  
Knee Raise/  
Dip Station  
EXM3000LPS

### FITS ALL BODY-SOLID



**HP10**  
Premium  
Weight Stack  
Plate



**WSA**  
Weight Stack  
Adapters  
2.5 lb & 5 lb