

PRO CLUBLINE STRENGTH

Body-Solid Pro ClubLine Strength equipment is top-of-the-line premium equipment designed for heavy-use facilities. Each Pro ClubLine Strength equipment carries a full commercial rating and offers state-of-the-art features and construction.



SFB125 FLAT BENCH

- 63"L x 25"W x 17"H
- 58 lbs.



SAB500B AB BENCH

- 70"L x 27"W x 49"H
- 125 lbs.



SFID325 ADJUSTABLE BENCH

- 58"L x 25"W x 18"H
- 75 lbs.



SGH500B GLUTE & HAM MACHINE

- 77"L x 33"W x 50"H
- 136 lbs.



SFID325B ADJUSTABLE BENCH

- 58"L x 25"W x 18"H
- 75 lbs.



STBR500 T-BAR ROW MACHINE

- 78" L x 43" W x 18" H
- 163 lbs.



SFID425 FLAT / INCLINE / DECLINE BENCH

- 66"L x 25"W x 18"H
- 90 lbs.



SODB250 **DECLINE BENCH**

- 58"L x 50"W x 54"H
- 148 lbs.



SCB1000B **COUNTER-BALANCED SMITH MACHINE**

- 50"L x 86"W x 84"H
- 543 lbs.



SOFB250 **FLAT BENCH**

- 72"L x 50"W x 51"H
- 152 lbs.



SDIB370 **BENCH RACK COMBO**

- 78"L x 65"W x 74"H
- 215 lbs.

* Weights not included



SOIB250 **INCLINE BENCH**

- 74"L x 50"W x 63"H
- 174 lbs.



SVKR1000B **VERTICAL KNEE RAISE & DIP**

- 62"L x 47"W x 103"H
- 373 lbs.



SOSB250 **SHOULDER PRESS BENCH**

- 50"L x 50"W x 72"H
- 271 lbs.



SPR1000 POWER RACK

- Includes 2 x SPRJC J-cup lift offs
- Includes 2 x SPRSF Safety Spotter Bars
- Integrated Chin Bar
- 1" Hole Spacing for Spotters
- Available with Strap Safeties, SPR1000SS
- 81"L x 53"W x 90"H, 350 lbs.



SPR1000BACK EXTENDED POWER RACK

- Rear Extension includes 6 x SPRWPH weight plate horns
- Includes 2 x SPRJC J-cup lift offs
- Includes 2 x SPRSF Safety Spotter Bars
- Integrated Chin Bar
- 1" Hole Spacing for Spotters
- Available with Strap Safeties, SPR1000SSBACK
- 93"L x 81"W x 90"H, 494 lbs.



SPR1000DBBACK DOUBLE EXTENDED POWER RACK

- Includes 2 x SPR1000BACK Extended Power Racks
- Includes SPRMB Monkey Bar Connector
- Available as SPR1000DB, Double Rack no Rear Extensions
- Packages Available with Strap Safeties, SPR1000SSDB, SPR1000SSDBBACK
- 93"L x 225"W x 94"H, 1066 lbs.

SPR1000 OPTIONAL ATTACHMENTS

View the next 3 pages for all 29 SPR1000 Attachments



SPR1000

SPR1000 OPTIONAL ATTACHMENTS (page 1 of 3)



1.

GPRDH
Dip Handles



6.

SPRBSA
Belt Squat
Attachment



2.

GPRTBR
T-Bar Row



7.

SPRBT
Ball Target



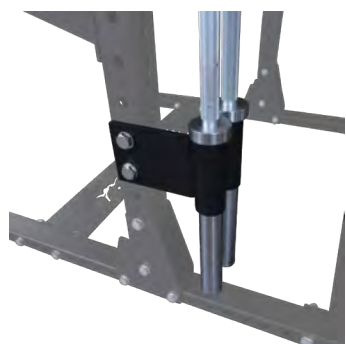
3.

SPRACB
Connector Bar



8.

SPRCB
Fat-Grip
Chin Bar



4.

SPRBHV
Dual Vertical
Bar Holder



9.

SPRCUA
Multi-Grip
Chin Bar



5.

SPRBP
Band Pegs



10.

SPRDCB
Dual Chin Bar

SPR1000 OPTIONAL ATTACHMENTS *(page 2 of 3)*



11.

SPRDIP
Dip Handles



16.

SPRLFT
Monolift

12.

SPRHBH
Heavy Bag Hangar



17.

SPRMB
Connecting Money Bars



13.

SPRHT
Hip Thrust



18.

SPRMGC
Multi-Grip Pull Up



14.

SPRJAM
Jammer Arms



19.

SPRBACK
Rear Extension



15.

SPRJC
J-Cups



20.

SPRSA
Spotter Arms



SPR1000 OPTIONAL ATTACHMENTS *(page 3 of 3)*



21.

SPRSF
Safeties



26.

SPRTB
Dual T-Bar Row



22.

SPRSP
Spotter Platforms



26.

SPRUL
U-Link



23.

SPRSS
Safety Straps



27.

SPRWPH
Weight Plate Horn



24.

SPRST
Storage Tray



28.

SPR-REB
Ball Rebounder Attachment



25.

SPRSTEP
Plyo Step Attachment



29.

SPR-SBH
Stability Ball Holder



SPR500 HALF RACK

- Includes 2 x SPRJC J-cup lift offs
- Includes 2 x SPRSA Safety Spotter Arms
- Integrated Chin Bar
- 1" Hole Spacing for Spotters
- 50" L x 53" W x 89" H, 208 lbs.



SPR500BACK EXTENDED HALF RACK

- Rear Extension includes 4 x SPRWPH weight plate horns
- Includes 2 x SPRJC J-cup lift offs
- Includes 2 x SPRSA Safety Spotter Arms
- Integrated Chin Bar
- 1" Hole Spacing for Spotters
- 50" L x 81" W x 89" H, 339 lbs.



SPR500DBL DOUBLE HALF RACK

- Two functional Half Rack in the space of a single Power Rack
- Laser-cut numbers
- 3"x3" 11-gauge steel mainframe
- Includes four j-cup liftoffs, four safety spotter arms, two chinning bars, six weight horns
- 101"L x 85"W x 89"H, 583 lbs.



SPR250 SQUAT STAND

- Includes 2 x SPRJC J-cup lift offs
- Optional SPRSA Safety Spotter Arms
- 1" Hole Spacing for Spotters
- Upright width can be customized to fit 5', 6' or 7' Olympic Bars
- 51"L x 59"W x 73"H, 141 lbs.

SPR500 OPTIONAL ATTACHMENTS

View the next 3 pages for all 25 SPR500 Attachments



SPR500

SPR500 OPTIONAL ATTACHMENTS *(page 1 of 3)*



1.

GPRDH
Dip Handles



6.

SPRBP
Band Pegs



2.

GPRTBR
T-Bar Row



7.

SPRBSA
BELT SQUAT
ATTACHMENT



3.

SPRACB
Connector Bar



8.

SPRBT
BALL TARGET



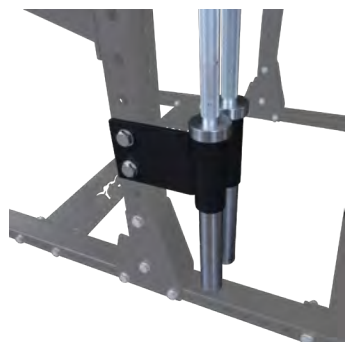
4.

SPRBCB
Bench
Clearance Bar



9.

SPRCB
FAT-GRIP
CHIN BAR



5.

SPRBHV
Dual Vertical
Bar Holder



10.

SPRDBLKIT

SPR500 OPTIONAL ATTACHMENTS *(page 2 of 3)*



11.

SPRDCB
Dual Chin Bar



16.

SPRJC
J-Cups



12.

SPRDIP
Dip Handles



17.

SPRLFT
Monolift



13.

SPRHALFBACK
Rear Extension



18.

SPRSA
Spotter Arms



14.

SPRHLA
Lat Attachment
(Optional weight stack, SP200)



19.

SPRSP
Spotter Platform



15.

SPRHT
Hip Thrust



20.

SPRST
Storage Tray

SPR500 OPTIONAL ATTACHMENTS *(page 3 of 3)*



21.

SPRSTEP
Plyo Step
Attachment



24.

SPRWPH
Weight Plate Horn



22.

SPRTB
Dual T-Bar Row



25.

SPR-REB
Ball Rebounder
Attachment



22.

SPRUL
U-Link



26.

SPR-SBH
Stability Ball
Holder

SPR500BACK OPTIONAL ATTACHMENTS

These 3 Attachments only fit the SPR500BACK

1.

SPRCUA
Monkey Bar



2.

SPRPS
Pipe+Pin Safeties



3.

SPRHBH
Heavy Bag Hanger



PRO CLUBLINE SERIES II

Comprised of 17 single and dual function stations, Body-Solid's Pro ClubLine Series II offers a complete circuit, providing facilities with strength stations specifically targeting muscle groups throughout the entire body. Each Pro ClubLine Series II station is designed to be biomechanically correct with multiple adjustments providing quality movements for users of all shapes and sizes.



S2CC CABLE COLUMN

- 36 starting positions
- Includes: nylon cable handle, ankle strap and straight bar
- Standard weight stack 160 lbs. with optional 210 lb. or 310 lb. available
- 53"L x 58"W x 99"H, 468 lbs.



S2FT FUNCTIONAL TRAINER

- 34 starting positions
- Includes 43" revolving straight bar, 20" straight bar, ankle strap, 2 nylon cable handles, and 14" athletic bar
- Standard weight stacks 160 lbs. with optional 210 lb. or 310 lb. available
- 54"L x 79"W x 99"H, 829 lbs.



S2CCO CABLE CROSSOVER

- 36 starting positions
- Includes: 2 nylon cable handles, ankle strap and revolving straight bar
- Standard weight stacks 160 lbs. with optional 210 lb. or 310 lb. available
- 191"L x 58"W x 99"H, 963 lbs.



S2LAT LAT PULLDOWN & SEATED ROW

- Independent lat pull-down movements for symmetrical strength development
- Traditional lat bar included
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 88"L x 34"W x 87"H, 405 lbs.



S2BTP BICEPS & TRICEPS

- Includes Tricep Rope and revolving straight bar
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 52"L x 43"W x 84"H, 400 lbs.



S2LEC LEG EXTENSION & LEG CURL

- Variable resistance cam ensures consistent weight
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 54"L x 52" W x 57"H, 467 lbs.



S2LEX LEG EXTENSION

- Variable resistance cam ensures consistent weight
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 47"L x 52"W x 57"H, 409 lbs.



S2SLC SEATED LEG CURL

- Variable resistance cam ensures consistent weight
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 57"L x 52"W x 57"H, 424 lbs.



S2LPC LEG & CALF PRESS

- Double beam design with Pillow Block bearings on pivot points for precision alignment and friction free movement
- Standard weight stack 210 lbs. with optional 310 lbs available
- 83"L x 47"W x 69"H, 481 lbs.



S210T INNER & OUTER THIGH

- Seven position cam adjustments to accommodate varying body sizes
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 77"L x 37"W x 57" H, 385 lbs.



S2ACD ASSISTED CHIN & DIP

- Five different grips for variety of pull-up and chin-up movements
- 235 lb. weight stack
- 63"L x 44"W x 88"H, 606 lbs.



S2MP MULTI-PRESS

- Features flat press, incline press, and shoulder press positions
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 72"L x 54"W x 57"H, 463 lbs.



S2SP SHOULDER PRESS

- Multi-position hand grips for ultimate wrist comfort
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 55"L x 55"W x 57"H, 400 lbs.



S2CP CHEST PRESS

- Comfortable multi-position hand grips isolate chest and triceps muscles
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 44"L x 55 "W x 69"H, 450 lbs.



S2ABB AB & BACK

- Six position cam for full range of-motion
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 59"L x 49"W x 57"H, 351 lbs.



S2AC **ARM CURL**

- Multi-grip revolving handle bar
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 41"L x 51"W x 57"H, 380 lbs.



S2PEC **PEC FLY & REAR DELT**

- Five adjustable starting positions for each arm and seat
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 58"L x 59"W x 72"H, 422 lbs.

PRO CLUBLINE PRO•DUAL

Developed specifically to address the needs of facilities with limited space options such as hotels, fire stations, office buildings and residential complexes. Ideal for smaller workout environments, the Pro•Dual line includes 10 function-specific dual machines that can stand alone or be combined in a three-stack or four-stack multi-function gym. The modular flexibility of our Pro•Dual line allows facilities to create a customized series of workout stations, even in small spaces.



DABB-SF AB & BACK

- 48"L x 48"W x 62"H
- 476 lbs.



DBTC-SF BICEPS & TRICEPS

- 53"L x 40"W x 62"H
- 503 lbs.



DCLP-SF LEG & CALF PRESS

- 37"L x 82"W x 77"H
- 549 lbs.



DIOT-SF INNER & OUTER THIGH

- 76"L x 36"W x 62"H
- 475 lbs.



DLAT-SF LAT PULLDOWN & MID ROW

- 77"L x 47"W x 83"H
- 529 lbs.



DLEC-SF LEG EXTENSION & CURL

- 46"L x 66"W x 62"H
- 506 lbs.

* Floor Mat not included



DPCC-SF CABLE COLUMN

- 43"L x 34"W x 83"H
- 443 lbs.



DPEC-SF PEC & REAR DELT

- 54"L x 38"W x 69"H
- 502 lbs.



DPLS-SF VERTICAL PRESS & LAT

- 67"L x 47"W x 83"H
- 543 lbs.



DPRS-SF MULTI-PRESS

- 56"L x 85"W x 62"H
- 558 lbs.

* Floor Mat not included



D-GYM

This Pro Dual DGYM is shown with:

- DGYM BASE STATION**
- DPLS-S VERTICAL PRESS / LAT**
- DPCC-S CABLE COLUMN**
- DLEC-S LEG EXT. / LEG CURL**
- DPEC-S PEC DEC / REAR DELT**

- AVAILABLE UPGRADES:
- HP200: 200 lb. red weight stack
- WSP200: 200 lb. premium black weight stack
- SP300: 300 lb. weight stack

All Pro•Dual machines
are available with 210 lb.
or 310 lb. weight stacks

Pro•Dual Machines can also be added in combination with the DGYM
Mix and match any 3 or 4 stations to customize your Pro•Dual DGYM

PRO CLUBLINE LEVERAGE

Body-Solid's Pro ClubLine Leverage series is built for users that want the feeling of freeweight workouts in a safe, controlled environment. Designed to mimic popular weight lifting movements, Body-Solid's Pro ClubLine Leverage equipment is ideal for group training facilities, athletic training facilities and more.



LVLA LEVERAGE LAT PULLDOWN

- 76"L x 49"W x 84"H
- 183 lbs.



LVLC LEVERAGE LEG CURL

- 74"L x 46"W x 26"H
- 165 lbs



LVLE LEVERAGE LEG EXTENSION

- 68"L x 47"W x 40"H
- 157 lbs.



SGLP500 LEVERAGE LEG PRESS

- 89"L x 68"W x 54"H
- 556 lbs



LVSR LEVERAGE SEATED ROW

- 65"L x 35"W x 44"H
- 158 lbs.



LVSP LEVERAGE SHOULDER PRESS

- 49"L x 53"W x 52"H
- 171 lbs.



LVBP LEVERAGE BENCH PRESS

- 69"L x 53"W x 30"H
- 169 lbs.



LVIP LEVERAGE INCLINE PRESS

- 71"L x 53"W x 41"H
- 167 lbs.



SLS500 LEVERAGE SQUAT

- 74"L x 61"W x 67"H
- 397 lbs.

* Weights not included

PRO CLUBLINE CLASSIC

The Body-Solid Pro ClubLine Classic product line is built to address the specific needs of facilities that require durable machines at affordable prices. Straight-forward, traditional designs and easy adjustments provide a safe and familiar workout environment for users of all experience levels.



SCC1200G CABLE CROSSOVER

- 35"L x 158"W x 91"H
- 671 lbs.



SDC2000G DUAL CABLE COLUMN

- 44"L x 46"W x 82.5"H
- 674 lbs.



SLM300G LAT MID ROW

- 64"L x 46"W x 83"H
- 444 lbs.



SLC400G LEG CURL

- 39"L x 66"W x 62"H
- 438 lbs.



SLE200G LEG EXTENSION

- 40"L x 48"W x 72"H
- 436 lbs.



SLP500G LEG PRESS

- 40"L x 80"W x 72"H
- 555 lbs.

All Pro ClubLine Classic machines are available with 210 lb. or 310 lb. weight stacks

PRO CLUBLINE SERIES II

Comprised of 17 single and dual function stations, Body-Solid's Pro ClubLine Series II offers a complete circuit, providing facilities with strength stations specifically targeting muscle groups throughout the entire body. Each Pro ClubLine Series II station is designed to be biomechanically correct with multiple adjustments providing quality movements for users of all shapes and sizes.



S2CC CABLE COLUMN

- 36 starting positions
- Includes: nylon cable handle, ankle strap and straight bar
- Standard weight stack 160 lbs. with optional 210 lb. or 310 lb. available
- 53"L x 58"W x 99"H , 468 lbs.



S2FT FUNCTIONAL TRAINER

- 34 starting positions
- Includes 43" revolving straight bar, 20" straight bar, ankle strap, 2 nylon cable handles, and 14" athletic bar
- Standard weight stacks 160 lbs. with optional 210 lb. or 310 lb. available
- 54"L x 79"W x 99"H, 829 lbs.



S2CCO

CABLE CROSSOVER

- 36 starting positions
- Includes: 2 nylon cable handles, ankle strap and revolving straight bar
- Standard weight stacks 160 lbs. with optional 210 lb. or 310 lb. available
- 191"L x 58"W x 99"H, 963 lbs.



S2LAT

LAT PULLDOWN & SEATED ROW

- Independent lat pull-down movements for symmetrical strength development
- Traditional lat bar included
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 88"L x 34"W x 87"H, 405 lbs.



S2BTP

BICEPS & TRICEPS

- Includes Tricep Rope and revolving straight bar
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 52"L x 43"W x 84"H, 400 lbs.



S2LEC **LEG EXTENSION** **& LEG CURL**

- Variable resistance cam ensures consistent weight
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 54"L x 52" W x 57"H, 467 lbs.



S2LEX **LEG EXTENSION**

- Variable resistance cam ensures consistent weight
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 47"L x 52"W x 57"H, 409 lbs.



S2SLC **SEATED LEG CURL**

- Variable resistance cam ensures consistent weight
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 57"L x 52"W x 57"H, 424 lbs.



S2LPC **LEG & CALF PRESS**

- Double beam design with Pillow Block bearings on pivot points for precision alignment and friction free movement
- Standard weight stack 210 lbs. (2:1 ratio) with optional 310 lbs available
- 83"L x 47"W x 69"H, 481 lbs.



S2IOT **INNER & OUTER THIGH**

- Seven position cam adjustments to accommodate varying body sizes
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 77"L x 37"W x 57" H, 385 lbs.



S2ACD **ASSISTED CHIN & DIP**

- Five different grips for variety of pull-up and chin-up movements
- 235 lb. weight stack
- 63"L x 44"W x 88"H, 606 lbs.



S2MP **MULTI-PRESS**

- Features flat press, incline press, and shoulder press positions
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 72"L x 54"W x 57"H, 463 lbs.



S2SP **SHOULDER PRESS**

- Multi-position hand grips for ultimate wrist comfort
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 55"L x 55"W x 57"H, 400 lbs.



S2CP **CHEST PRESS**

- Comfortable multi-position hand grips isolate chest and triceps muscles
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 44"L x 55 "W x 69"H, 450 lbs.



S2ABB **AB & BACK**

- Six position cam for full range of-motion
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 59"L x 49"W x 57"H, 351 lbs.



S2AC **ARM CURL**

- Multi-grip revolving handle bar
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 41"L x 51"W x 57"H, 380 lbs.



S2PEC **PEC FLY & REAR DELT**

- Five adjustable starting positions for each arm and seat
- Standard weight stack 160 lbs. with optional 235 lbs. available
- 58"L x 59"W x 72"H, 422 lbs.

PRO CLUBLINE PRO•DUAL

Developed specifically to address the needs of facilities with limited space options such as hotels, fire stations, office buildings and residential complexes. Ideal for smaller workout environments, the Pro•Dual line includes 10 function-specific dual machines that can stand alone or be combined in a three-stack or four-stack multi-function gym. The modular flexibility of our Pro•Dual line allows facilities to create a customized series of workout stations, even in small spaces.



DABB-SF AB & BACK

- Adjustable seat and leg hold downs
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 48"L x 48"W x 62"H, 476 lbs.



DBTC-SF BICEPS & TRICEPS

- 14 combined adjustments between the bicep and triceps exercises
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 53"L x 40"W x 62"H, 503 lbs.



DCLP-SF LEG & CALF PRESS

- Operates on a 2:1 weight ratio
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 37"L x 82"W x 77"H, 549 lbs.

* Floor Mat not included



DIOT-SF INNER & OUTER THIGH

- Pop-pin leg adjustments provide users a greater range of motion
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 76"L x 36"W x 62"H, 475 lbs.



DLAT-SF LAT PULLDOWN & MID ROW

- No-cable-change design allows user to switch between exercises quickly
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 77"L x 47"W x 83"H, 529 lbs.



DLEC-SF LEG EXTENSION & CURL

- Seven adjustments for both leg curls and extensions
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 46"L x 66"W x 62"H, 506 lbs.



DPCC-SF CABLE COLUMN

- 18 pulley adjustments
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 43"L x 34"W x 83"H, 443 lbs.

* Floor Mat not included



DPEC-SF **PEC & REAR DELT**

- Independent arms with 5 adjustable starting positions
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 54"L x 38"W x 69"H, 502 lbs.



DPLS-SF **VERTICAL PRESS & LAT**

- Adjustable press arm for full range of motion
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 67"L x 47"W x 83"H, 543 lbs.



DPRS-SF **MULTI-PRESS**

- Five press arm starting positions from flat press to shoulder press
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 56"L x 85"W x 62"H, 558 lbs.



HP10 **PREMIUM WEIGHT PLATES**

- Premium red powder coat finish
- Compatible with all existing Body-Solid cast iron weight stack equipment

* Floor Mat not included

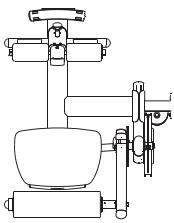


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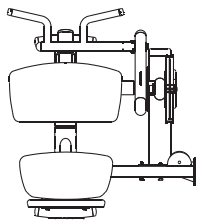
- AVAILABLE UPGRADES:
- HP200: 200 lb. red weight stack
- WSP200: 200 lb. premium black weight stack
- SP300: 300 lb. weight stack

DGYM **BASE STATION**
DPLS-S **VERTICAL PRESS / LAT**
DPCC-S **CABLE COLUMN**
DLEC-S **LEG EXTENSION / LEG CURL**
DPEC-S **PEC DEC / REAR DELT**

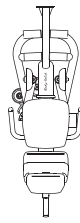
Pro Dual Machines can also be added in combination with the DGYM. Mix and match any 3 or 4 stations to customize your Pro•Dual DGYM.



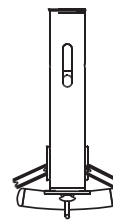
DABB-S
AB / BACK



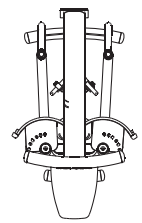
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BICEPS / TRICEPS



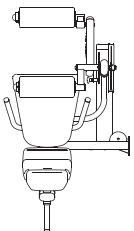
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INNER / OUTER THIGH



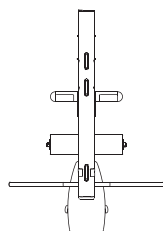
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CABLE COLUMN



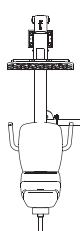
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PEC / REAR DELT



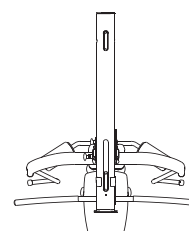
DLEC-S
LEG EXTENSION / CURL



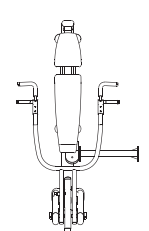
DLAT-S
LAT / LOW ROW



DCLP-S
LEG / CALF PRESS



DPLS-S
VERTICAL PRESS / LAT



DPRS-S
MULTI-PRESS

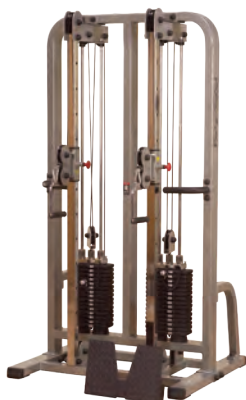
PRO CLUBLINE CLASSIC

The Body-Solid Pro ClubLine Classic product line is built to address the specific needs of facilities that require durable machines at affordable prices. Straight-forward, traditional designs and easy adjustments provide a safe and familiar workout environment for users of all experience levels.



SCC1200G CABLE CROSSOVER

- Standard weight stacks 160 lbs. with optional 235 lbs. available
- Shown with optional lat/chin attachment (GCA2)
- 35"L x 158"W x 91"H, 671 lbs.



SDC2000G DUAL CABLE COLUMN

- Standard weight stacks 160 lbs. with optional 235 lbs. available
- 44"L x 46"W x 82.5"H, 674 lbs.



SLM300G LAT MID ROW

- Includes revolving steel 48" lat bar and steel triangle row bar
- Standard weight stacks 210 lbs. with optional 310 lbs. available
- 64"L x 46"W x 83"H, 444 lbs.



SLC400G LEG CURL

- Variable cam provides consistent resistance throughout movement
- Standard weight stacks 210 lbs. with optional 310 lbs. available
- 39"L x 66"W x 62"H, 438 lbs.



SLE200G LEG EXTENSION

- Variable cam provides consistent resistance throughout movement
- Standard weight stacks 210 lbs. with optional 310 lbs. available
- 40"L x 48"W x 72"H, 436 lbs.



SLP500G LEG PRESS

- Four pivot linkage bars self align leg press plate through entire range of motion
- Standard weight stacks 210 lbs. with optional 310 lbs. available
- 40"L x 80"W x 72"H, 555 lbs.



HP10 PREMIUM WEIGHT PLATES

- Premium red powder coat finish
- Compatible with all existing Body-Solid cast iron weight stack equipment

PRO CLUBLINE LEVERAGE

Body-Solid's Pro ClubLine Leverage series is built for users that want the feeling of freeweight workouts in a safe, controlled environment. Designed to mimic popular weight lifting movements, Body-Solid's Pro ClubLine Leverage equipment is ideal for group training facilities, athletic training facilities and more.



LVLA

LEVERAGE LAT PULLDOWN

- 360° articulating hand grips for free-floating downward pulling motion
- 76"L x 49"W x 84"H, 183 lbs.



LVLC

LEVERAGE LEG CURL

- V-bench design provides total hamstring isolation
- 74"L x 46"W x 26"H, 165 lbs



LVLE

LEVERAGE LEG EXTENSION

- Adjustable foot roller to accommodate various leg lengths and start positions
- 68"L x 47"W x 40"H, 157 lbs.



LVSR

LEVERAGE SEATED ROW

- 360° articulating hand grips provide definition and natural range of motion
- 65"L x 35"W x 44"H, 158 lbs.



LVSP

LEVERAGE SHOULDER PRESS

- Independent, unilateral arm action for balanced upper body development
- 49"L x 53"W x 52"H, 171 lbs.



LVBP

LEVERAGE BENCH PRESS

- Converging press arm movement provides advanced biomechanics
- 69"L x 53"W x 30"H, 169 lbs.



LVIP **LEVERAGE INCLINE BENCH**

- Independent, unilateral arm action for balanced muscle and upper body development
- 71"L x 53"W x 41"H, 167 lbs.



SLS500 **LEVERAGE SQUAT**

- Biomechanically-correct squat platform targets glutes and quads
- 74"L x 61"W x 67"H, 397 lbs.

** Weights not included*



SGLP500 **COMMERCIAL LEG PRESS**

- Linear Bearings for Smooth Fluid Movements at Heavy Weights
- 1500 lb. Weight Capacity
- Oversized Foot Plate
- 89"L x 68"W x 54"H, 556 lbs.

PRO CLUBLINE RACKS & CAGES

Body-Solid Pro ClubLine Racks & Cages are built for facilities with strong freeweight training clientele. Body-Solid Pro ClubLine Racks, Cages and Benches are built tough using the finest materials to assure years of maintenance-free usage from powerlifters and iron warriors.



SCB1000B COUNTER-BALANCED SMITH MACHINE

- 10 lb. counterbalanced bar
- Integrated plate storage
- 50"L x 86"W x 84"H, 543 lbs.



SDIB370 BENCH RACK COMBO

- 14 position ¼" solid steel gunracks
- Integrated plate storage
- 78"L x 65"W x 74"H, 215 lbs.

* Weights not included



SODB250 **DECLINE BENCH**

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



SOSB250 **SHOULDER PRESS BENCH**

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



SPR1000 POWER RACK

- Includes 2 x SPRJC J-cup lift offs
- Includes 2 x SPRSF Safety Spotter Bars
- Integrated Chin Bar
- 1" Hole Spacing for Spotters
- Available with Strap Safeties, SPR1000SS
- 81"L x 53"W x 90"H, 350 lbs.



SPR1000BACK EXTENDED POWER RACK

- Rear Extension includes 6 x SPRWPH weight plate horns
- Includes 2 x SPRJC J-cup lift offs
- Includes 2 x SPRSF Safety Spotter Bars
- Integrated Chin Bar
- 1" Hole Spacing for Spotters
- Available with Strap Safeties, SPR1000SSBACK
- 93"L x 81"W x 90"H, 494 lbs.



SPR1000DBBACK DOUBLE EXTENDED POWER RACK

- Includes 2 x SPR1000BACK Extended Power Racks
- Includes SPRMB Monkey Bar Connector
- Available as SPR1000DB, Double Rack no Rear Extensions
- Packages Available with Strap Safeties, SPR1000SSDB, SPR1000SSDBBACK
- 93"L x 225"W x 94"H, 1066 lbs.

SPR1000 OPTIONAL ATTACHMENTS

View the next 3 pages for all 29 SPR1000 Attachments



SPR1000

SPR1000 OPTIONAL ATTACHMENTS *(page 1 of 3)*



1.
GPRDH
Dip Handles



6.
SPRBSA
Belt Squat
Attachment



2.
GPRTBR
T-Bar Row



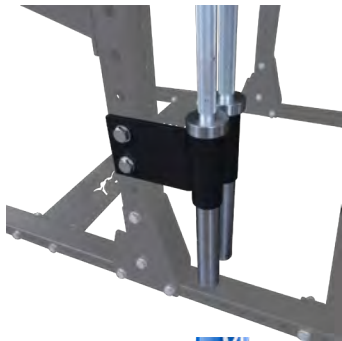
7.
SPRBT
Ball Target



3.
SPRACB
Connector Bar



8.
SPRCB
Fat-Grip
Chin Bar



4.
SPRBHV
Dual Vertical
Bar Holder



9.
SPRCUA
Multi-Grip
Chin Bar



5.
SPRBP
Band Pegs



10.
SPRDCB
Dual Chin Bar

SPR1000 OPTIONAL ATTACHMENTS *(page 2 of 3)*



11.

SPRDIP
Dip Handles



16.

SPRLFT
Monolift



12.

SPRHBH
Heavy Bag Hangar



17.

SPRMB
Connecting Money Bars



13.

SPRHT
Hip Thrust



18.

SPRMGC
Multi-Grip Pull Up



14.

SPRJAM
Jammer Arms



19.

SPRBACK
Rear Extension



15.

SPRJC
J-Cups



20.

SPRSA
Spotter Arms

SPR1000 OPTIONAL ATTACHMENTS *(page 3 of 3)*



21.
SPRSF
Safeties



26.
SPRTB
Dual T-Bar Row



22.
SPRSP
Spotter Platforms



26.
SPRUL
U-Link



23.
SPRSS
Safety Straps



27.
SPRWPH
Weight Plate Horn



24.
SPRST
Storage Tray



28.
SPR-REB
Ball Rebounder
Attachment



25.
SPRSTEP
Plyo Step
Attachment



29.
SPR-SBH
Stability Ball
Holder



SPR500 **HALF RACK**

- Includes 2 x SPRJC J-cup lift offs
- Includes 2 x SPRSA Safety Spotter Arms
- Integrated Chin Bar
- 1" Hole Spacing for Spotters
- 50" L x 53" W x 89" H, 208 lbs.



SPR500BACK **EXTENDED HALF RACK**

- Rear Extension includes 4 x SPRWPH weight plate horns
- Includes 2 x SPRJC J-cup lift offs
- Includes 2 x SPRSA Safety Spotter Arms
- Integrated Chin Bar
- 1" Hole Spacing for Spotters
- 50" L x 81" W x 89" H, 339 lbs.



SPR500DBL **DOUBLE HALF RACK**

- Two functional Half Rack in the space of a single Power Rack
- Laser-cut numbers
- 3"x3" 11-gauge steel mainframe
- Includes four j-cup liftoffs, four safety spotter arms, two chinning bars, six weight horns
- 101"L x 85"W x 89"H, 583 lbs.



SPR250 **SQUAT STAND**

- Includes 2 x SPRJC J-cup lift offs
- Optional SPRSA Safety Spotter Arms
- 1" Hole Spacing for Spotters
- Upright width can be customized to fit 5', 6' or 7' Olympic Bars
- 51"L x 59"W x 73"H, 141 lbs.

SPR500 OPTIONAL ATTACHMENTS

View the next 3 pages for all 25 SPR500 Attachments



SPR500

SPR500 OPTIONAL ATTACHMENTS *(page 1 of 3)*



1.
GPRDH
Dip Handles



6.
SPRBP
Band Pegs



2.
GPRTBR
T-Bar Row



7.
SPRBSA
BELT SQUAT
ATTACHMENT



3.
SPRACB
Connector Bar



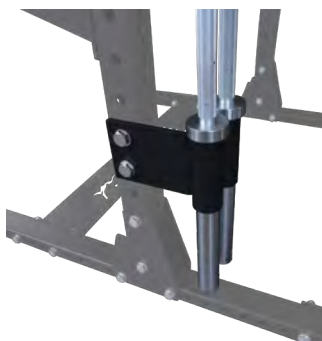
8.
SPRBT
BALL TARGET



4.
SPRBCB
Bench
Clearance Bar



9.
SPRCB
FAT-GRIP
CHIN BAR



5.
SPRBHV
Dual Vertical
Bar Holder



10.
SPRDBLKIT

SPR500 OPTIONAL ATTACHMENTS (page 2 of 3)



11.
SPRDCB
Dual Chin Bar



16.
SPRJC
J-Cups



12.
SPRDIP
Dip Handles



17.
SPRLFT
Monolift



13.
SPRHALFBACK
Rear Extension



18.
SPRSA
Spotter Arms



14.
SPRHLA
Lat Attachment
(Optional weight stack, SP200)



19.
SPRSP
Spotter Platform



15.
SPRHT
Hip Thrust



20.
SPRST
Storage Tray

SPR500 OPTIONAL ATTACHMENTS *(page 3 of 3)*



21.

SPRSTEP
Plyo Step
Attachment



24.

SPRWPH
Weight Plate Horn



22.

SPRTB
Dual T-Bar Row



25.

SPR-REB
Ball Rebounder
Attachment



22.

SPRUL
U-Link



26.

SPR-SBH
Stability Ball
Holder

SPR500BACK OPTIONAL ATTACHMENTS

These 3 Attachments only fit the SPR500BACK

1.

SPRCUA
Monkey Bar



2.

SPRPS
Pipe+Pin Safeties



3.

SPRHBH
Heavy Bag Hanger



PRO CLUBLINE STRENGTH

Body-Solid Pro ClubLine Strength equipment is top-of-the-line premium equipment designed for heavy-use facilities. Each Pro ClubLine Strength equipment carries a full commercial rating and offers state-of-the-art features and construction.



SFB125 FLAT BENCH

- Extra thick pad
- 63"L x 25"W x 17"H, 58 lbs.



SFID325 and SFID325B ADJUSTABLE BENCH

- Adjusts from flat to several incline positions (15, 30, 45, 60 and 80°)
- 58"L x 25"W x 18"H, 75 lbs.



SFID425 FLAT / INCLINE / DECLINE BENCH

- Adjusts from decline (-18°) to flat and several incline positions (15, 30, 45, 60 and 80°)
- 66"L x 25"W x 18"H, 90 lbs.



SAB500B **AB BENCH**

- Adjustable to: 0°, 5°, 10°, 15°, 20°, 25° and 30°
- 70"L x 27"W x 49"H, 125 lbs.



SGH500B **GLUTE & HAM MACHINE**

- Oversized pads for comfort
- 77"L x 33"W x 50"H, 136 lbs.



STBR500 **T-BAR ROW MACHINE**

- Oversized Diamond-plated footplate
- 78" L x 43" W x 18" H, 163 lbs.



SVKR1000B **VERTICAL KNEE RAISE & DIP**

- Multiple close and wide grips for pull-ups and chin-ups
- 62"L x 47"W x 103"H, 373 lbs.

BODY-SOLID PRO SELECT

Body-Solid's Pro-Select product line consists of seven multi-function selectorized stations, perfect for light commercial, training studio and home workout applications. Body-Solid Pro-Select selectorized machines offer great function with a high degree of safety and are one of the industry's most affordable commercial fitness equipment lines.



GCAB-STK AB & BACK

- 27 foam roller adjustments ensure proper starting positions
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 55"L x 50"W x 71"H, 399 lbs.



GCBT-STK BICEPS & TRICEPS

- Multi-grip handle allows overhand and underhand grip positions
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 52"L x 36"W x 71"H, 395 lbs.



GCEC-STK LEG EXTENSION & CURL

- 7 position adjustments on back pad and leg hold down
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 54"L x 54"W x 71"H, 412 lbs.



GIOT-STK **INNER / OUTER THIGH**

- Combines both abductor and adductor exercises in one seated position
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 63"L x 65"W x 71"H, 411 lbs.



GMFP-STK **MULTI-PRESS**

- Rotating pulleys provide smooth resistance through multiple planes of movement
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 76"L x 50"W x 71"H, 330 lbs.



GLP-STK **LEG & CALF PRESS**

- Double beam design eliminates ankle stress and provides consistent resistance
- 2:1 weight ratio
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 65"L x 64"W x 71"H, 441 lbs.



FCD-STK **WEIGHT ASSISTED CHIN / DIP**

- Perform chin-ups, pull-ups and dips more easily by using weight as assistance
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 63"L x 58"W x 83"H, 468 lbs.

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



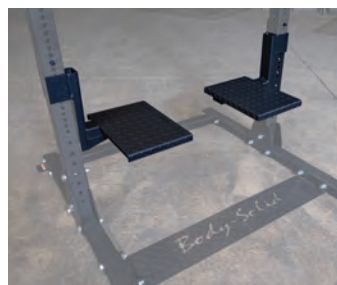
12.

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 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.



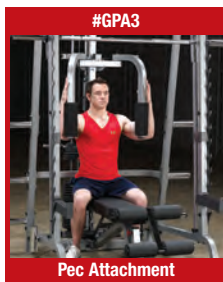
GS348QP4 **SERIES 7 SMITH PACKAGE**

- 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.



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.



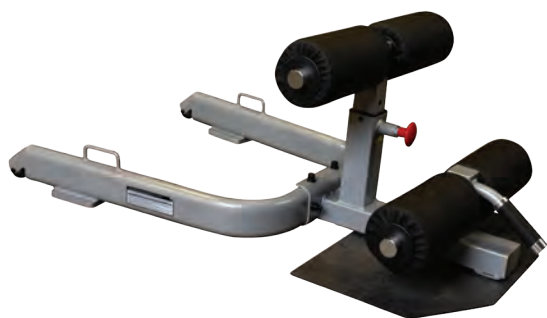
GSCR349 **SEATED CALF RAISE**

- 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