Body-Solid's PROSelect line consists of seven multi-function selectorized stations, perfect for light commercial, training studio and home workout applications. PROSelect selectorized machines offer great function with a high degree of safety.

- Seven multi-function selectorized stations
- Light commercial rated
- Space-efficient designs
- Cost-effective equipment solution
- DuraFirm pads
- Available in 210 and 310 lb. weight stacks

GMFP-STK MULTI FUNCTIONAL PRESS

- Perform numerous upper body and chest exercises easily and effectively
- Rotating pulleys provide smooth resistance through multiple planes of movement
- User-defined movements recruit stabilizer muscles for all pressing exercises
- Pulleys rotate 180°s allowing increased exercise variation
- Adjustable seat pad ensures proper fit for users of all sizes
- 76"L x 50"W x 71"H
- Product Weight: 330 lbs.
- Body-Solid Commercial Rated Warranty

FULL RANGE OF MOTION
**BODY SOLID AB & BACK MACHINE**

- Isolate ab & back muscles
- Perform crunches and back extensions more easily and effectively
- Positioned at a 30° angle for precise biomechanical movement
- 20-position adjustable cam
- Seven position foot brace for users of all sizes
- Product Weight: 399 lbs.
- Body-Solid Commercial Rated Warranty

**WEIGHT ASSISTED CHIN-DIP MACHINE**

- Perform chin-ups, pull-ups and dips more easily by using weight as assistance
- Lat pull-up (wide grip) & chin-up (close grip) station features easy step-up entry
- Knee-pad platform allows user to control desired weight-assist balance
- Easy access dip station features oversized diameter grips for ultimate comfort
- Ultra-thick DuraFirm back, arm and knee pads
- 83”L x 58”W x 83”H
- Product Weight: 468 lbs.
- Body-Solid Commercial Rated Warranty

**WEIGHT ASSISTED CHIN-DIP MACHINE**

- Perform biceps curl and triceps extension movements from a comfortable seated position
- Multi-grip handle allows overhand and underhand grip positions
- Seven position seat adjustment
- 28 position adjustable cam
- Arm pad positioned at 30° angle
- Ultra-thick DuraFirm upholstery provides maximum comfort
- 52”L x 36”W x 71”H
- Product Weight: 395 lbs.
- Body-Solid Commercial Rated Warranty

**LEG EXT. & LEG CURL MACHINE**

- Comfortably and effectively perform leg curl and leg extension movements
- Seven position adjustments on back pad and leg hold to fit all users
- DuraFirm pads and oversized roller guarantee a comfortable workout
- Biomechanically correct seat angle provides proper support and muscle group isolation
- Distance from top of seat pad to bottom of foam roller: 16”
- 54”L x 54”W x 71”H
- Product Weight: 412 lbs.
- Body-Solid Commercial Rated Warranty
**GLP-STK LEG & CALF PRESS MACHINE**
- Focus on the quadriceps, quads, hamstrings, glutes and calves
- Side stability handles
- Oversized rubberized footplate
- Double beam design eliminates ankle stress and provides consistent resistance
- 2:1 weight ratio
- 63"L x 65"W x 71"H
- Product Weight: 411 lbs.
- Body-Solid Commercial Rated Warranty

**GIOT-STK INNER & OUTTER THIGH MACHINE**
- Combines both abductor and adductor exercises in one seated position
- Five range of motion adjustments to accommodate all users
- Swiveling knee pads provide comfort and convenience
- Side stability handles for better positioning
- 63"L x 64"W x 71"H
- Product Weight: 411 lbs.
- Body-Solid Commercial Rated Warranty

**GPR378 POWER RACK**
- 20 adjustment levels every 3" on center
- Includes two safety catches and two bar lift-offs
- 41" wide knurled chin-up bar
- 50"L x 46"W x 80"H
- Product Weight: 229 lbs.
- Weight Capacity: 800 lbs.
- Wide walk-in design
- Body-Solid Commercial Rated Warranty

**OPTIONS:**
- GLA378 LAT ATTACHMENT (pictured)
- SPD00 200 LB. WEIGHT STACK (pictured)
- DR378 DIP STATION
- LO378 BAR LIFT OFFS
- HP200 PREMIUM STEEL WEIGHT STACK (Red)

**SCB26 CALF SQUAT BLOCK**
- 18" long x 6-1/2" high calf block
- 26" long squat platform
- 1000 lb. capacity

**SCB26 CALF SQUAT BLOCK**
- 18" long x 6-1/2" high calf block
- 26" long squat platform
- 1000 lb. capacity
**GS348Q SERIES 7 SMITH MACHINE**

- Precise 7° angle Smith Machine combined with 7° angle freeweight barbell for natural upper and lower body movements
- 20 cross-member lock-out points for safe, solid stops
- Freeweight gun rack with 14 lift-off and rack positions
- Large diameter, 25 lb. Smith Bar responds quickly and is easy to control
- Strong, adjustable safeties
- Six Olympic weight plate storage posts
- Olympic bar holder mounted to frame for easy storage without obstruction
- 11-gauge 2” x 3” steel weight stack construction

**GS348Q SERIES 7 SMITH MACHINE**

56”L x 69”W x 83”H / with bench: 92”L
Product Weight: 276 lbs.

**GS348QP4 SERIES 7 SMITH MACHINE PACKAGE**

98”L x 69”W x 83”H / with bench: 110”L
Product Weight: 724 lbs.

**PACKAGE GS348QP4 INCLUDES:**
- GS348Q SERIES 7 LINEAR BEARING SMITH MACHINE
- GLA348QS 210 lb. SELECTORIZED LAT ATTACHMENT
- GPA3 PEC ATTACHMENT
- GFID71 COMMERCIAL FLAT/INCLINE/DECLINE BENCH
- GLDA3 6-ROLLER LEG DEVELOPER ATTACHMENT
- GPCA1 PREACHER CURL ATTACHMENT

Weights, bars, and collars are sold separately.

**GPR370 MULTI-PRESS RACK**

- 14 position 1” solid steel gunracks
- Oversized 17” safeties
- 7° reverse pitch for biomechanically correct lifting paths
- Integrated Olympic plate storage
- Weight Capacity: 1000 lbs.
- 45”L x 64”W x 74”H
- Product Weight: 140 lbs.
- Body-Solid Commercial Rated Warranty

See pg. 88-89 for our full line of Olympic weights.
**FID46 FLAT/INCLINE/DECLINE BENCH**
- Synchronized seat and back pad adjustments with glide and lock pull pin
- Includes leg developer for prone leg curls and seated leg extensions
- Transport wheels for easy movement
- Back pad adjusts to -20°, 0°, 10°, 20°, 30°, 40°, 50°, 60°, and 70°
- Seat pad adjusts to 0°, 4°, 8°, 12°, 16°, 20°, 24°, and 28°
- Height to pad-flat position: 23°
- Weight Capacity: 600 lbs.
- 72"L x 28"W x 31"H
- 13-gauge 3" round mainframe
- Optional attachments:
  - Leg Developer GLDA3
  - Preacher Curl GPCA1
  - Lat Row GLRA81
- Height to pad-/f_lat: 19"
- Product Weight: 93 lbs.
- Body-Solid Commercial Rated Warranty

**Body-Solid QFID71 HEAVY DUTY F/I/D BENCH**
- Independent back (ladder style) and seat pad (pull pin) adjustments
- Back pad declines with seat incline for bent knee ab crunch position
- Included leg hold down
- Transport wheels for easy movement
- 11 gauge, 2"x3" steel construction
- Optional attachments, Leg Developer GLDA3, Preacher Curl GPCA1, Lat Row GLRA81
- Back pad adjusts to -15°, 0°, 25°, 45°, 60°, and 80°
- Seat pad adjusts to -10°, 0°, 10°, 20°, 30°, 45°, and 60°
- Height to pad-flat position: 20"
- Weight Capacity: 800 lbs.
- 70"L x 28"W x 19"H
- Product Weight: 100 lbs.
- Body-Solid Commercial Rated Warranty

**Body-Solid QFID100 FLAT/INCLINE/DECLINE BENCH**
- Independent back (ladder style) and seat pad (pull pin) adjustments
- Included foot hold for stability in decline position
- Transport wheels for easy movement
- High gloss red paint finish
- Weight Capacity: 600 lbs.
- 14-gauge 3" round mainframe
- Optional attachments:
  - Leg Developer GLDA3, Preacher Curl GPCA1
  - Back pad adjusts to -18°, 0°, 19°, 30°, 45°, 60°, and 80°
  - Seat pad adjusts to 0°, 8°, 12°, 16°
  - Height to pad-flat: 19"
  - Product Weight: 53 lbs.
  - 66"L x 28"W x 19"H (49"H with inclined back pad)
- Body-Solid Commercial Rated Warranty

**OPTIONS:**
- GPCA1
- GLDA3
- GPCA
- GLRA81

*Weights, bars, and collars are sold separately.*

*Built for our Corner Leverage Gym. See pg 64 for details.*
Body-Solid GFID225 FOLDING MULTI-BENCH

• Ladder style back pad adjustment
• Back pad adjusts to -20°, 0°, 15°, 30°, 45°, 60°, and 75°
• Bench comes fully assembled in box
• Transport wheels for easy movement
• Height to pad-flat position 21”
• Weight Capacity: 600 lbs.
• 11-gauge, 2” x 3” oval steel construction
• 57”L x 18”W x 10”H - Folded
• 60”L x 18”W x 19”H - In-Use
• Product Weight: 53 lbs.
• Body-Solid Commercial Rated Warranty

Body-Solid GFID225 FLAT/INCLINE BENCH

• Independent back (glide and lock pull pin) and seat pad (pull pin) adjustments
• Transport wheels for easy movement
• 11-gauge, 2”x3” steel construction
• Back pad adjusts to: 83°, 75°, 70°, 61°, 55°, 47°, 38°, 26° and 0°
• Seat pad adjusts to: 30°, 25°, 15° and 0°
• Height to pad-flat position 17”
• Weight Capacity: 600 lbs.
• 52”L x 21”W x 17”H (46”H with inclined back pad)
• Product Weight: 57 lbs.
• Body-Solid Commercial Rated Warranty

Body-Solid GFB350 HEAVY DUTY FLAT BENCH

• Combination 11 and 12-gauge steel construction
• 9.5” wide back pad
• Transport wheels for easy movement
• Height to pad-flat position: 19”
• Weight Capacity: 800 lbs.
• 49”L x 23”W x 19”H
• Product Weight: 42 lbs.
• Body-Solid Commercial Rated Warranty

See pages 84-85 for our full line of dumbbells.
GPM65 PLATE LOADED PEC MACHINE

- Develop your pectoral and chest muscles
- Articulating handles for unilateral and bilateral chest development
- Adjustable cam for variable starting positions
- 2" x 2" high tensile strength steel frame
- DuraFirm seat and back pads
- 69”L x 39”W x 66”H
- Product Weight: 91 lbs.
- Body-Solid Commercial Rated Warranty

GSRM40 SEATED ROW MACHINE

- Perform isolated seated row movement to build a stronger, more developed back
- Multi-position adjustable handles
- Bronze bushing pivot points
- DuraFirm chest and seat pads
- 66”L x 43”W x 39”H
- Product Weight: 91 lbs.
- Body-Solid Commercial Rated Warranty

Perform isolated seated row movement to build a stronger, more developed back
Multi-position adjustable handles
Bronze bushing pivot points
DuraFirm chest and seat pads
66”L x 43”W x 39”H
Product Weight: 91 lbs.
Body-Solid Commercial Rated Warranty

See pg. 88-89 for our full line of Olympic weights.

Weights, bars, collars, and adapter sleeves are sold separately.

GCBT380 CAM SERIES BICEPS & TRICEPS MACHINE

- Perform bicep curl and tricep extension movements from a comfortable seated position
- V-Bar handle to better isolate targeted muscles
- Adjustable seat for proper positioning
- Positioned at 30° angle for precise biomechanical movement
- 41”L x 45”W x 40”H
- Product Weight: 79 lbs.
- Body-Solid Commercial Rated Warranty

Isolate biceps with classic preacher curl movement
Fully adjustable to accommodate users of all sizes
Extra-wide base and bar cradle
DuraFirm arm and seat pads
11-gauge, 2” x 3” steel construction
34”L x 35”W x 38”H
Product Weight: 74 lbs.
Body-Solid Commercial Rated Warranty

Weights, bars, collars, and adapter sleeves are sold separately.

PREACHER CURL BENCH

- Isolate biceps with classic preacher curl movement
- Fully adjustable to accommodate users of all sizes
- Extra-wide base and bar cradle
- DuraFirm arm and seat pads
- 11-gauge, 2” x 3” steel construction
- 34”L x 35”W x 38”H
- Product Weight: 74 lbs.
- Body-Solid Commercial Rated Warranty

Body-Solid Commercial Rated Warranty

Weights, bars, collars, and adapter sleeves are sold separately.

Body-Solid Commercial Rated Warranty
**GDIP59 DIP STATION**
- Develop stronger shoulders, delts and triceps on a freestanding dip station
- Oversized 1-¾” diameter dipping bars
- Slip-proof rubber grips
- 2” x 3” mainframe construction
- Dip handles taper from 21” to 15” width
- 40”L x 27”W x 53”H
- Product Weight: 44 lbs.
- Body-Solid Commercial Rated Warranty

**GVKR60 VERTICAL KNEE RAISE & DIP**
- Perfect for dips, knee raises and leg lifts
- Safe, no-slip step-up entry
- Comfortable oversized hand-grips
- DuraFirm back and arm pads
- Distance between dip handles: 20.5”
- 37”L x 27”W x 60”H
- Product Weight: 61 lbs.
- Body-Solid Commercial Rated Warranty

**GVKR82 VERTICAL KNEE RAISE/DIP/PUSH-UP/CHIN-UP MACHINE**
- Perform dips, leg lifts, knee raises, chin-ups and pull-ups with confidence
- Easy access dip station
- Lat pull-up/chin-up station features easy step-up entry
- 10” reverse pitch increases abdominal range of motion
- Cushioned push-up station mounted a full 12” off the floor for increased pec development
- 58”L x 50”W x 82”H
- Product Weight: 112 lbs.
- Body-Solid Commercial Rated Warranty

**FCD VERTICAL KNEE RAISE/DIP/CHIN-UP MACHINE**
- Perform dips, leg lifts, knee raises, chin-ups and pull-ups with confidence
- Lat pull-up (wide grip)/chin-up (close grip) station features easy step-up entry
- Easy access dip station features oversized grips for ultimate comfort
- DuraFirm back and arm pads
- 11-gauge steel construction
- 63”L x 43”W x 83”H
- Product Weight: 136 lbs.
- Body-Solid Commercial Rated Warranty
**Body-Solid GRCH322 ROMAN CHAIR**
- Works glutes, hamstrings, calves, abs, obliques and back
- Extra-wide base eliminate rocking
- No-slip step-up surface for safe positioning
- Oversized foam rollers adjustable vertically and horizontally
- 11-gauge, 2" x 3" steel construction
- DuraFirm support pads for increased comfort
- 51"L x 27"W x 43"H
- Product Weight: 70 lbs.
- Body-Solid Commercial Rated Warranty

---

**Body-Solid GHYP345 45° BACK HYPEREXTENSION**
- Perfect for back hyperextension movement
- Increase flexibility and relieve lower back pain
- DuraFirm support pads are adjustable to fit any size user
- Oversized foot plate provides easy access
- 11-gauge, 2" x 3" steel construction
- 53"L x 25"W x 36"H
- Product Weight: 68 lbs.
- Body-Solid Commercial Rated Warranty

---

**Body-Solid GCAB360 CAM SERIES AB & BACK MACHINE**
- Effective in isolating the entire abdominal region
- Perform crunches, sit-ups, oblique twists, and more
- Quad roller design locks you in a biomechanically correct crunch position
- 12 adjustment levels from 0° to 45°
- Transport wheels for easy mobility and storage
- Oversized foam rollers for comfort and stability
- 56"L x 24"W x 52"H
- Product Weight: 39 lbs.
- Body-Solid Commercial Rated Warranty

---

**Body-Solid GAB60 PRO-STYLE AB BOARD**
- Isolated ab and back movements in a comfortable seated position
- Easy-to-use pop-pin adjustments to increase and control range of motion
- Seat pad positioned at 30° angle for precise biomechanical movement
- Adjustable lifting arm
- 11-gauge, 2" x 3" steel construction
- DuraFirm upholstery provides maximum comfort
- 59"L x 45"W x 43"H
- Product Weight: 75 lbs.
- Body-Solid Commercial Rated Warranty

---

Weights, bars, collars, and adapter sleeves are sold separately.
**GBR10 BALL REBOUNDER**
- Add variety to strength and cardio workouts
- Perfect for functional/cross training, circuits, sports performance or rehabilitation
- Adjustable 30 to 60° angle
- Perform medicine ball workouts without a partner
- Four stabilization posts
- In-unit medicine ball storage
- Dimensions: 55"L x 34"W x 34”H
- Product Weight: 44 lbs.
- Body-Solid Light Commercial Rating

**GWS100 WEIGHT SLED**
- Multiple handles make pushing and pulling easy and effective
- Removable posts allow workout customization
- Center weight horn for storage and additional resistance
- Attachment horns for ropes, lifting bands and more
- 50"L x 31"W x 40”H
- Product Weight: 68 lbs.
- Body-Solid Commercial Rated Warranty

---

**GBR10 BALL REBOUNDER**
- Perfect tool for building stronger, muscular legs and lower body
- Quad track roller system operates smoothly and distributes weight evenly
- Flip-and-lock back pad mechanism
- Easy-access under-carriage plate load system
- Three lockout positions for user safety and convenience
- Diamond plate foot platform for both leg press and hack squat positions
- Weight Capacity: 1,000 lbs.
- 83"L x 34"W x 56”H
- Product Weight: 317 lbs.
- Body-Solid Commercial Rated Warranty

---

**GLPH1100 LEG PRESS & HACK SQUAT**
- Add variety to strength and cardio workouts
- Perfect for functional/cross training, circuits, sports performance or rehabilitation
- Adjustable 30 to 60° angle
- Perform medicine ball workouts without a partner
- Four stabilization posts
- In-unit medicine ball storage
- Dimensions: 55"L x 34"W x 34”H
- Product Weight: 44 lbs.
- Body-Solid Light Commercial Rating

---

**GAB100 HORIZONTAL AB CRUNCH MACHINE**
- Isolates movement to cover entire abdominal region
- Work upper and lower abs in one synchronized movement
- Weight posts for increased resistance or assistance
- Familiar prone starting position
- 61”L x 33”W x 36”H
- Product Weight: 72 lbs.
- Body-Solid Commercial Rated Warranty

---

**GAB300 SEMI-RECLINING AB BENCH**
- Intense isolation of the abdominal region
- Upper abdominal resistance with lock-out feature
- Lower abdominal counterbalance and resistance with lock-out feature
- Five-position adjustable seat and upper ab arm
- Four position lower ab leg support
- Ergonomically correct handles
- Articulating foot support self aligns for movement
- 69”L x 34”W x 52”H
- Product Weight: 100 lbs.
- Body-Solid Commercial Rated Warranty

---

**GAB350 SEMI-RECLINING DUAL AB BENCH**
- Isolate the entire abdominal region
- Work upper and lower abs in one synchronized movement
- Weight posts for increased resistance or assistance
- Adjustable seat pad, roller bar and foothold for all users
- Unique design provides easy entry and exit
- 69”L x 28”W x 43”H
- Product Weight: 88 lbs.
- Body-Solid Commercial Rated Warranty

---

**GLPH1100 LEG PRESS & HACK SQUAT**
- Multiple handles make pushing and pulling easy and effective
- Removable posts allow workout customization
- Center weight horn for storage and additional resistance
- Attachment horns for ropes, lifting bands and more
- 50”L x 31”W x 40”H
- Product Weight: 68 lbs.
- Body-Solid Commercial Rated Warranty

---

**Weights, bars, collars, medicine balls and adapter sleeves are sold separately.**
**GSCL360 LEVERAGE SQUAT CALF MACHINE**

- Perform squats and calf raises
- 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
- Extra-thick DuraFirm knee pads and seat pad contoured to conform to shoulders
- Spring-loaded lockout handle in easy reach for user safety
- 62"L x 47"W x 56"H
- Product Weight: 170 lbs.
- Body-Solid Commercial Rated Warranty

Weights, bars, collars, and adapter sleeves are sold separately.

**GSCR349 SEATED CALF RAISE**

- Isolate calves for intense calf raise workout
- Operates on a 3:1 weight ratio for extra development
- Pillow block bearings at main pivot points for ultra smooth movement
- Thick, comfortable DuraFirm knee pads and seat pad
- Angled foot platform with non-slip surface
- Adjustable thigh pads fit users of all sizes
- 11-gauge, 2" x 3" steel construction
- 47"L x 23"W x 39"H
- Product Weight: 93 lbs.
- Body-Solid Commercial Rated Warranty

**GCEC340 CAM SERIES LEG EXTENSION & CURL**

- Two leg exercises (leg extension & leg curl) performed from one comfortable seated position
- Adjustable lifting arm can be positioned for both hamstring and quad isolation
- Easy-to-use pop-pin for quick adjustments and range of motion control
- DuraFirm pads
- Distance from top of seat pad to bottom of foam roller: 16".
- 56"L x 44"W x 37"H
- Product Weight: 72 lbs.
- Body-Solid Commercial Rated Warranty

Weights, bars, collars, and adapter sleeves are sold separately.

**GLCE365 SEATED LEG EXTENSION & SUPINE CURL**

- Perform leg extensions and lying supine leg curls
- Synchronized pads provide back support for leg extension exercise
- V-shaped supine leg curl position eliminates back fatigue and isolates hamstring muscles
- Hold down grips on back and thigh pads offer support and stability
- Oversized 8" foam rollers adjust vertically and horizontally for proper fit
- 55"L x 27"W x 48"H
- Product Weight: 92 lbs.
- Body-Solid Commercial Rated Warranty
GLGS100P4 CORNER LEVERAGE GYM PACKAGE

- Perform hundreds of movements covering the entire body with this complete total body gym
- Complete, compact and safe
- Fully-adjustable, self-spotting press arm
- High and low pulley stations
- Integrated leg hold down and plate storage
- Includes lat bar and revolving low row bar
- Package includes GLGS100 Corner Leverage Gym and GFID100 Flat/Incline/Decline Bench
- 95” x 67” W x 82” H - Gym
- Product Weight: 244 lbs.
- Body-Solid Commercial Rated Warranty

SBL460P4 FREEWEIGHT LEVERAGE GYM PACKAGE

- Perform bench/incline/decline and shoulder presses, pec flies, lat pull-downs, preacher curls, squats, calf raises and more
- Three people can work out together safely
- Press arm handles rotate providing a barbell feel with total safety
- Bench (FID46) is removable increasing versatility
- Rotating lat pulldown handles provide consistent resistance throughout range
- Extra strong 3” x 3” 10 and 11-gauge steel mainframe with all-four-side welded construction
- Commercial-grade pillow block with sealed ball bearings provide precision movement and friction-free performance
- DuraFirm pads are tear resistant, extra thick and ultra comfortable
- 149” L x 100” W x 83” H
- Product Weight: 630 lbs.
- Body-Solid Commercial Rated Warranty

PACKAGE INCLUDES:
- SBL460
- LSA50 Leveraged Squat attachment
- FID46 FID Bench
GDCC200 FUNCTIONAL TRAINING CENTER

- Functional trainers are among the most versatile strength training machines available
- Compact functional trainer
- 20 Height Adjustments
- ½ : 1 Weight ratio
- Two – 160lb weight stacks standard, Two – 210lb weight stacks available with 50lb upgrade
- Pulleys swivel 180 degrees
- Over 6’ of cable travel per side
- Integrated chinning bar
- Includes two nylon cable handles and exercise chart
- 43’L x 73’W x 84”H
- Product Weight: 514 lbs.
- Body-Solid Commercial Rated Warranty

GDCC210 COMPACT FUNCTIONAL TRAINING CENTER

- Functional trainers are among the most versatile strength training machines available
- Compact functional trainer
- 20 Height Adjustments
- ½ : 1 Weight ratio
- Two – 160lb weight stacks standard, Two – 210lb weight stacks available with 50lb upgrade
- Pulleys swivel 180 degrees
- Over 6’ of cable travel per side
- Integrated chinning bar
- Includes two nylon cable handles and exercise chart
- 43’L x 58’W x 84”H
- Product Weight: 493 lbs.
- Body-Solid Commercial Rated Warranty

GDCC250 DELUXE CABLE CROSSOVER

- Cable Crossover Functional trainers are among the most versatile strength training machines available
- 20 Height Adjustments
- ½ : 1 Weight ratio
- Two – 160 lb. weight stacks standard, Two – 210 lb. weight stacks available with 50 lb. upgrade
- Pulleys swivel 180 degrees
- Over 6’ of cable travel per side
- Integrated chinning bar
- Two nylon cable handles and exercise chart
- 164’L x 29’W x 84”H
- Product Weight: 590 lbs.
- Body-Solid Commercial Rated Warranty

OPTIONAL UPGRADES & ATTACHMENTS

- SP50 55 LB. STACK
- HP10 PREMIUM WEIGHTS
- GDCCRACK ACCESSORY RACK
- GDCCBAR DUAL-PRESS BAR

See pages 80-81 for cable attachments
**Body-Solid G9S TWO STACK GYM**

- Two stack gym allows two users to workout at the same time
- Features seven stations: multi-press, leg press/calf press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Two full-length steel shrouds
- Leg Press/Calf Press station has 2:1 weight ratio for extra resistance
- Traditional press arm allows for chest supported row exercise
- Gas-assisted seat adjustments
- Pivoting ankle cuffs self-align to natural motion for leg extension and leg curl exercises
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- Two 210 lb. selectorized weight stacks. Upgradeable to two 260 lb. weights.
- 90”L x 73”W x 84”H
- Product Weight: 964 lbs.
- Body-Solid Commercial Rated Warranty

**OPTIONS & ATTACHMENTS:**
- GKR9 (vertical knee raise)
- GIOT9 (seated inner/outer thigh)
- GAP9 (aluminum pulleys)
- SP60 (50 lb weight stack upgrade)
- HP10 (premium weights)

---

**Body-Solid G6B25YR 25TH ANNIVERSARY EDITION G6B GYM**

- Compact footprint providing total body workout
- Features six stations: multi-press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Full length steel shroud
- Bi-Angular press arm generates 25% more muscle interaction than a traditional press arm
- Gas-assisted seat adjustments
- Pivoting ankle cuffs self-align to natural motion for leg extension and leg curl exercises
- 210 lb. standard weight stack upgradeable to 260 lb. stack
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- 84”L x 58”W x 84”H
- Product Weight: 457 lbs.
- Body-Solid Commercial Rated Warranty

See page 74 for options

---

**Body-Solid G6B BI-ANGULAR GYM**

- Compact footprint providing total body workout
- Features six stations: multi-press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Full length steel shroud
- Bi-Angular press arm generates 25% more muscle interaction than a traditional press arm
- Gas-assisted seat adjustments
- Pivoting ankle cuffs self-align to natural motion for leg extension and leg curl exercises
- 210 lb. standard weight stack upgradeable to 260 lb. stack
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- 84”L x 58”W x 84”H
- Product Weight: 547 lbs.
- Body-Solid Commercial Rated Warranty

---

**Body-Solid G6B BI-ANGULAR GYM**

- Compact footprint providing total body workout
- Features six stations: multi-press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Full length steel shroud
- Bi-Angular press arm generates 25% more muscle interaction than a traditional press arm
- Gas-assisted seat adjustments
- Pivoting ankle cuffs self-align to natural motion for leg extension and leg curl exercises
- 210 lb. standard weight stack upgradeable to 260 lb. stack
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- 84”L x 58”W x 84”H
- Product Weight: 547 lbs.
- Body-Solid Commercial Rated Warranty

See page 74 for options

---

**Options & Attachments:**
- GKR9 (vertical knee raise)
- GIOT9 (seated inner/outer thigh)
- GAP9 (aluminum pulleys)
- SP60 (50 lb weight stack upgrade)
- HP10 (premium weights)

---

**See page 74 for options**

---

**Shown with optional GIOT SEATED INNER/OUTER THIGH, see page 74 for options**

---

**Body-Solid G6B BI-ANGULAR GYM**

- Compact footprint providing total body workout
- Features six stations: multi-press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Full length steel shroud
- Bi-Angular press arm generates 25% more muscle interaction than a traditional press arm
- Gas-assisted seat adjustments
- Pivoting ankle cuffs self-align to natural motion for leg extension and leg curl exercises
- 210 lb. standard weight stack upgradeable to 260 lb. stack
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- 84”L x 58”W x 84”H
- Product Weight: 547 lbs.
- Body-Solid Commercial Rated Warranty

---

**Shown with optional GIOT SEATED INNER/OUTER THIGH, see page 74 for options**

---

**Body-Solid G6B BI-ANGULAR GYM**

- Compact footprint providing total body workout
- Features six stations: multi-press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Full length steel shroud
- Bi-Angular press arm generates 25% more muscle interaction than a traditional press arm
- Gas-assisted seat adjustments
- Pivoting ankle cuffs self-align to natural motion for leg extension and leg curl exercises
- 210 lb. standard weight stack upgradeable to 260 lb. stack
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- 84”L x 58”W x 84”H
- Product Weight: 547 lbs.
- Body-Solid Commercial Rated Warranty

---

**Shown with optional GIOT SEATED INNER/OUTER THIGH, see page 74 for options**

---

**Body-Solid G6B BI-ANGULAR GYM**

- Compact footprint providing total body workout
- Features six stations: multi-press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Full length steel shroud
- Bi-Angular press arm generates 25% more muscle interaction than a traditional press arm
- Gas-assisted seat adjustments
- Pivoting ankle cuffs self-align to natural motion for leg extension and leg curl exercises
- 210 lb. standard weight stack upgradeable to 260 lb. stack
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- 84”L x 58”W x 84”H
- Product Weight: 547 lbs.
- Body-Solid Commercial Rated Warranty

---

**Shown with optional GIOT SEATED INNER/OUTER THIGH, see page 74 for options**

---

**Body-Solid G6B BI-ANGULAR GYM**

- Compact footprint providing total body workout
- Features six stations: multi-press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Full length steel shroud
- Bi-Angular press arm generates 25% more muscle interaction than a traditional press arm
- Gas-assisted seat adjustments
- Pivoting ankle cuffs self-align to natural motion for leg extension and leg curl exercises
- 210 lb. standard weight stack upgradeable to 260 lb. stack
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- 84”L x 58”W x 84”H
- Product Weight: 547 lbs.
- Body-Solid Commercial Rated Warranty

---

**Shown with optional GIOT SEATED INNER/OUTER THIGH, see page 74 for options**
**Body-Solid G5S SINGLE STACK GYM**

- Compact footprint providing total body workout
- Features six stations: multi-press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Full length steel shroud
- Traditional press arm allows for chest supported row exercise
- Gas assisted seat adjustments
- Pivoting ankle cuffs self align to natural motion for leg extension and leg curl exercises
- 210 lb. standard weight stack, upgradeable to 260 lb. stack
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- 91"L x 55"W x 84"H
- Product Weight: 511 lbs.
- Body-Solid Commercial Rated Warranty

**Body-Solid F500 FUSION 500 PERSONAL TRAINER**

- The perfect fusion of isolated machine movement and free weight lifting
- Four position press arm with ergonomically designed multi-position handles
- Functional pulleys allow users to perform a variety of exercise that recruit stabilizer muscles
- Functional training arms feature range extending from upper ab exercises to side-accessed workouts
- Pivoting rollers allow for leg extension movement
- Gas-assisted telescoping seat
- Two pre-cabled accessory attachment points
- 210 lb. or 310 lb. weight stacks available
- Includes lat bar, low row bar, ankle cuff, two adjustable nylon cable handles, and workout chart
- 74"L x 51"W x 83"H
- Product Weight: 573 lbs.
- Body-Solid Commercial Rated Warranty

See page 74 for options
## EXM3000LPS MULTI-STATION SELECTORIZED GYM

- Two stack gym allows two users to work out at the same time.
- Two full length solid steel shrouds encompass each weight stack for enhanced appearance and safety.
- Two – 210 lb. weight stacks.
- Traditional press arm allows for chest supported row exercise.
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart.
- Options & Attachments: VKR30 (Vertical knee raise and dip station), HP10 (premium weights).
- 90”L x 82”W x 83”H.
- Product Weight: 947 lbs.
- Body-Solid Commercial Rated Warranty.

## EXM4000S 3 STACK MULTI-STATION GYM SYSTEM

- Three stack gym allows three users to work out at the same time, optional leg press LP405 allows four users to work out at the same time.
- Dedicated chest press, mid row, and shoulder press stations, two high pulley stations, Mid pulley and low pulley stations, perfect pec station, leg extension and curl station, optional leg press/calf press station (LP405).
- Includes lat bar, low row bar, tricep and bicep bar, and workout chart.
- Three – 210 lb. weight stacks, fourth 210 lb. optional with LP405 leg press attachment.
- 130”L x 168”W x 83”H (with LP405 attachment).
- 130”L x 93”W x 83”H (base unit).
- Product Weight: 1335 lbs.
- Body-Solid Commercial Rated Warranty.

Optional Vertical Knee Raise (VKR30)

Optional LEG PRESS/CALF PRESS (LP405)
G-SERIES
OPTIONAL ATTACHMENTS

Personalize your workout with the following optional attachments for the G-Series gyms shown on pages 43-69.

EXM SERIES
OPTIONAL ATTACHMENTS

Personalize your workout with the following optional attachments for the EXM Series gyms shown on pages 72-73.

FUSION
OPTIONAL ATTACHMENTS

Personalize your gym with the following optional attachments for the Fusion 500 and/or Fusion 600 gyms shown on page 71.

Photos not available:
- Pulley Area Shroud Metal (FSHDM)
- Pulley Area Shroud Plastic (FSHDP)

FITS ALL BODY-SOLID

Weights • Bars • Storage & Fitness Accessories