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.

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.

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.
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 pin-n pipe safeties
• 53"L x 52"W x 79"H, 273 lbs.

OPTIONS:
SPRJC J-Cup Liftoffs
GLA400 Lat Attachment (shown)
SP150 150 lb. Weight Stack (shown)
GPRDH Dip Handles (shown)
GPRTBR T-Bar Row attachment (shown)
GPRUL U-Link (shown)
GPRWH Weight Horns (shown)
SPRCUA Multi-Chin Attachment
SCB26 Calf Block

GPR378
POWER RACK
• 3" hole spacing
• 3" x 3", 11-gauge steel frame
• 50"L x 46"W x 80"H, 229 lbs.

OPTIONS:
GLA378 Lat Attachment (shown)
SP200 200 lb. Weight Stack (shown)
DR378 Dip Station
LO378 Bar Lift Offs
SCB26 Calf Block
GPR370
MULTI-PRESS RACK
- 14 position ¼" solid steel gunracks
- 7° reverse pitch for biomechanically correct lifting paths
- 45"L x 64"W x 74"H, 140 lbs.

GS348Q
SERIES 7 SMITH MACHINE
- Large diameter, 25 lb. Smith Bar
- For smith and freeweight barbell exercises
- 56"L x 69"W x 83"H, 276 lbs.

OPTIONS:
- GLA348QS 210 lb. Lat Attachment
- GPA3 Pec Attachment
- GFID71 Flat / Incline / Decline Bench
- GLDA3 Leg Developer Attachment
- GPCA1 Preacher Curl Attachment
- GPU348 Pull-Up Bar Attachment (shown)
- SCB26 Calf Block

*Shown with optional GPU348 Pull-Up Bar

GS348QP4
SERIES 7 SMITH PACKAGE
- Complete Smith Gym System
- 98"L x 69"W x 83"H, 724 lbs.

INCLUDES:
- GS348Q Smith Machine
- GLA348QS 210 lb. Lat Attachment
- GPA3 Pec Attachment
- GFID71 Flat / Incline / Decline Bench
- GLDA3 Leg Developer Attachment
- GPCA1 Preacher Curl Attachment
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.

GFI21
FLAT / INCLINE BENCH
• Independent back (glide and lock pull pin) and seat pad (pull pin) adjustments
• Transport wheels for easy movement
• 52”L x 21”W x 17”H, 57 lbs.

FID46
FLAT / INCLINE / DECLINE BENCH
• Synchronized seat and back pad
• Includes leg developer
• 72”L x 28” W x 31”H, 93 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.

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 GLRA81Lat Row
- 68"L x 28"W x 19"H, 100 lbs.
**GST20**
UTILITY BENCH
- Wide rear legs prevent rocking
- Height to seat pad: 18"
- 28"L x 28"W x 46"H, 30 lbs.

**GDIB46L**
POWERCENTER COMBO BENCH
- Includes Leg Developer
- Flat / Incline / Decline
- 77"L x 46"W x 43"H, 110 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 0º to 45º
- 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.
GVKR60
VERTICAL KNEE RAISE & DIP
- Safe, no-slip step-up entry
- 37"L x 27"W x 60"H, 61 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.

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.
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.
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, 317 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.
**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.

**GSS50**
**SISSY SQUAT**
- Train abs, legs and core
- 43.5"L x 24"W x 19"H, 47 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.

**GBR10**
**BALL REBOUNDER**
- Adjustable 30 to 60° angle
- 55"L x 48"W x 38"H, 44 lbs.
GLGS100
CORNER LEVERAGE GYM
• Features Lat Pulldown, Press / Squat, Low Pulley stations.
• 69"L x 67"W x 82"H, 191 lbs.

SBL460
LEVERAGE GYM
• Total body freeweight gym
• 107"L x 74"W x 83"H, 415 lbs.

CHARACTERISTICS:

GINV50
INVERSION TABLE
• Stable extra heavy gauge steel frame
• Proprietary ankle adjustment
• 72"L x 28"W x 79"H, 53 lbs.

GLM83
LAT MACHINE
• No-cable-change design
• Includes Lat Bar and Straight Bar
• 60"L x 32"W x 82"H, 101 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  FID 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  FID Bench
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.

**GDCC200**
FUNCTIONAL TRAINING CENTER

- Includes two nylon cable handles and exercise chart
- 43"L x 73"W x 84"H, 514 lbs.
FUNCTIONAL TRAINING OPTIONS:

**GDCC250**
DELUXE CABLE CROSSOVER
- Includes two nylon cable handles and exercise chart
- 164”L x 29”W x 84”H, 560 lbs.

**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.

**G9S**
TWO STACK GYM
- Chest Press, Incline Press, Shoulder Press, Row Station
- High, Mid and Low Pulley Stations
- Leg Press Station w 2:1 ratio
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- Two 210 lb. standard weight stack, optional 260 lb. available
- 90"L x 73"W x 84"H, 964 lbs.

**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
- 72"L x 98"W x 84"H, 929 lbs.
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
• 81"L x 55"W x 84"H, 511 lbs.

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
• 84"L x 58"W x 84"H, 547 lbs.

G-SERIES
GYM OPTIONS
Personalize your workout with the following optional attachments.

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

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

GKR
Vertical Knee Raise G9S

GLP
Leg Press/Calf Press G5S, G6BR, G10B

GCCA
Cable Column G5S, G6BR, G10B

GAP
Aluminum Pulley G5S, G6BR, G9S, G10B
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
• 74"L x 51"W x 83"H, 573 lbs.

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
• 76"L x 48"W x 83"H, 526 lbs.

FUSION GYM OPTIONS
Personalize your gym with the following optional attachments

Photos not available:
Pulley Area Shroud Metal (FSHDM) F500, F600
Pulley Area Shroud Plastic (FSHDP) F500, F600

FCDWA
Weight Assisted Dip/Pull-Up F500, F600

FLP
Leg Press F500, F600

FMH
Multi-Hip Station F500, F600

FPU
Pull-Up Bar F500, F600

FKR
Vertical Knee Raise F500, F600
EXM3000LPS
TWO STACK GYM
- Chest Press, Incline Press, Shoulder Press, Row Station
- High, Mid and Low Pulley Stations
- Leg Press Station w 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.

EXM4000
3-STACK MULTI STATION GYM
- Chest Press Station
- Pec Fly, Rear Delt Station
- Shoulder Press Station
- High Pulley Station x 2
- Mid and Low Pulley Stations
- Leg Extension and Curl Station
- Optional Leg Press Attachment (LP40S with 4th weight stack)
- (3) 210 lb. weight stacks included
- 130”L x 93”W x 83”H, 1335 lbs.

EXM SERIES
GYM OPTIONS
Personalize your workout with the following optional attachments.

FITS ALL
BODY-SOLID
VKR30
Knee Raise/ Dip Station
EXM3000LPS
LP40S
Leg Press/ Calf Press
EXM4000S
HP10
Premium Weight Stacks
WSA
Weight Stack Adapters 2.5 lb & 5 lb
WEIGHTS & BARS

Body-Solid offers one of the largest selections of free weights and bars in the industry. Each Body-Solid weight plate, Olympic bar, kettlebell and dumbbell is meticulously designed and constructed to perform its best every time.

**OPB** CAST IRON OLYMPIC

<table>
<thead>
<tr>
<th>PLATES</th>
<th>SETS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>OPB2-5</td>
<td>OPB2S5 - (2) 45 lb. (2) 35 lb. (2) 25 lb. (2) 10 lb. (4) 5 lb. (2) 2.5 lb.</td>
<td></td>
</tr>
<tr>
<td>OPB5</td>
<td>OPB3S5 - (4) 45 lb. (2) 35 lb. (2) 25 lb. (2) 10 lb. (6) 5 lb. (2) 2.5 lb.</td>
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</tr>
<tr>
<td>OPB10</td>
<td>OPB4S5 - (6) 45 lb. (2) 35 lb. (2) 25 lb. (4) 10 lb. (4) 5 lb. (2) 2.5 lb.</td>
<td></td>
</tr>
<tr>
<td>OPB25</td>
<td>OPB300S - (2) 45 lb. (2) 35 lb. (2) 25 lb. (2) 10 lb. (4) 5 lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB88 (chrome) (2) #OC06 Spring Collars</td>
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</tr>
<tr>
<td>OPB35</td>
<td>OPB400S - (4) 45 lb. (2) 35 lb. (2) 25 lb. (2) 10 lb. (6) 5 lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB88 (chrome) (2) #OC06 Spring Collars</td>
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<tr>
<td>OPB45</td>
<td>OPB500S - (6) 45 lb. (2) 35 lb. (2) 25 lb. (4) 10 lb. (4) 5 lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB88 (chrome) (2) #OC06 Spring Collars</td>
<td></td>
</tr>
</tbody>
</table>
| OPB100     | OPB100 set - 100 lb. bar, 2.5 lb. collars, and #OB88 (chrome) Spring Collars |}

**OPT** CAST IRON GRIP OLYMPIC

<table>
<thead>
<tr>
<th>PLATES</th>
<th>SETS</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>OPT2-5</td>
<td>OSST2S5 - (2) 45 lb. (2) 35 lb. (2) 25 lb. (2) 10 lb. (4) 5 lb. (2) 2.5 lb.</td>
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</tr>
<tr>
<td>OPT5</td>
<td>OSST3S5 - (4) 45 lb. (2) 35 lb. (2) 25 lb. (2) 10 lb. (6) 5 lb. (2) 2.5 lb.</td>
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<tr>
<td>OPT10</td>
<td>OSST4S5 - (6) 45 lb. (2) 35 lb. (2) 25 lb. (4) 10 lb. (4) 5 lb. (2) 2.5 lb.</td>
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<tr>
<td>OPT25</td>
<td>OSST300S - (2) 45 lb. (2) 35 lb. (2) 25 lb. (2) 10 lb. (4) 5 lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB88 (chrome) (2) #OC06 Spring Collars</td>
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<tr>
<td>OPT35</td>
<td>OSST400S - (4) 45 lb. (2) 35 lb. (2) 25 lb. (2) 10 lb. (6) 5 lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB88 (chrome) (2) #OC06 Spring Collars</td>
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<tr>
<td>OPT45</td>
<td>OSST500S - (6) 45 lb. (2) 35 lb. (2) 25 lb. (4) 10 lb. (4) 5 lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB88 (chrome) (2) #OC06 Spring Collars</td>
<td></td>
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</tbody>
</table>
| OPT100     | OSST100 set - 100 lb. bar, 2.5 lb. collars, and #OB88 (chrome) Spring Collars |}

**ORT** RUBBER GRIP OLYMPIC

<table>
<thead>
<tr>
<th>PLATES</th>
<th>SETS</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>ORT2-5</td>
<td>ORST2S5 - (2) 45 lb. (2) 35 lb. (2) 25 lb. (2) 10 lb. (4) 5 lb. (2) 2.5 lb.</td>
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<tr>
<td>ORT5</td>
<td>ORST3S5 - (4) 45 lb. (2) 35 lb. (2) 25 lb. (2) 10 lb. (6) 5 lb. (2) 2.5 lb.</td>
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</tr>
<tr>
<td>ORT10</td>
<td>ORST4S5 - (6) 45 lb. (2) 35 lb. (2) 25 lb. (4) 10 lb. (4) 5 lb. (2) 2.5 lb.</td>
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<tr>
<td>ORT25</td>
<td>ORST300S - (2) 45 lb. (2) 35 lb. (2) 25 lb. (2) 10 lb. (4) 5 lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB88 (chrome) (2) #OC06 Spring Collars</td>
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<td>ORT35</td>
<td>ORST400S - (4) 45 lb. (2) 35 lb. (2) 25 lb. (2) 10 lb. (6) 5 lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB88 (chrome) (2) #OC06 Spring Collars</td>
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<tr>
<td>ORT45</td>
<td>ORST500S - (6) 45 lb. (2) 35 lb. (2) 25 lb. (4) 10 lb. (4) 5 lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB88 (chrome) (2) #OC06 Spring Collars</td>
<td></td>
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<tr>
<td>ORT100</td>
<td>ORST100 set - 100 lb. bar, 2.5 lb. collars, and #OB88 (chrome) Spring Collars</td>
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</tbody>
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**ORC** COLOR RUBBER GRIP OLYMPIC PLATES

<table>
<thead>
<tr>
<th>PLATES</th>
<th>WEIGHTS (lb)</th>
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<tbody>
<tr>
<td>ORC2-5</td>
<td>2.5</td>
</tr>
<tr>
<td>ORC5</td>
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<td>ORC10</td>
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<td>ORC35</td>
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<td>ORC45</td>
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**SETS**

<table>
<thead>
<tr>
<th>SETS</th>
<th>DESCRIPTION</th>
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<tbody>
<tr>
<td>ORCT255</td>
<td>(2) 45lb, (2) 35lb, (2) 25lb, (2) 10lb, (4) 5lb, (2) 2.5 lb.</td>
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<tr>
<td>ORCT355</td>
<td>(4) 45lb, (2) 35lb, (2) 25lb, (2) 10lb, (6) 5lb, (2) 2.5 lb.</td>
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<td>ORCT455</td>
<td>(6) 45lb, (2) 35lb, (2) 25lb, (4) 10lb, (4) 5lb, (2) 2.5 lb.</td>
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<tr>
<td>ORCT300S</td>
<td>(2) 45lb, (2) 35lb, (2) 25lb, (2) 10lb, (4) 5lb, (2) 2.5 lb.</td>
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<tr>
<td>ORCT400S</td>
<td>(4) 45lb, (2) 35lb, (2) 25lb, (2) 10lb, (6) 5lb, (2) 2.5 lb.</td>
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<tr>
<td>ORCT500S</td>
<td>(6) 45lb, (2) 35lb, (2) 25lb, (4) 10lb, (4) 5lb, (2) 2.5 lb.</td>
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**OBPH** PREMIUM BUMPER PLATES

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<thead>
<tr>
<th>PLATES</th>
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<tr>
<td>OBPH10</td>
<td>10</td>
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<tr>
<td>OBPH15</td>
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<tr>
<td>OBPH25</td>
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<td>OBPH35</td>
<td>35</td>
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<td>OBPH45</td>
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**OBPX** CHICAGO EXTREME BUMPER PLATES

<table>
<thead>
<tr>
<th>PLATES</th>
<th>WEIGHTS (lb)</th>
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<tbody>
<tr>
<td>OBPX10</td>
<td>10</td>
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<tr>
<td>OBPX15</td>
<td>15</td>
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<tr>
<td>OBPX25</td>
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<td>OBPX35</td>
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<tr>
<td>OBPX45</td>
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</tbody>
</table>

**OBPX-C** COLOR CHICAGO EXTREME BUMPER PLATES

<table>
<thead>
<tr>
<th>PLATES</th>
<th>WEIGHTS (lb)</th>
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<tbody>
<tr>
<td>OBPC10</td>
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<tr>
<td>OBPC15</td>
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<td>OBPC25</td>
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<td>OBPC35</td>
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<tr>
<td>OBPC45</td>
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</tbody>
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**RPB** CAST IRON STANDARD PLATES

<table>
<thead>
<tr>
<th>PLATES</th>
<th>WEIGHTS (lb)</th>
</tr>
</thead>
<tbody>
<tr>
<td>RPB1-5</td>
<td>1.5</td>
</tr>
<tr>
<td>RPB2-5</td>
<td>2.5</td>
</tr>
<tr>
<td>RPB5</td>
<td>5</td>
</tr>
<tr>
<td>RPB7-5</td>
<td>7.5</td>
</tr>
<tr>
<td>RPB10</td>
<td>10</td>
</tr>
</tbody>
</table>

- Made in the USA
- 2" Stainless steel center bushing protects the rubber material
- Rubber made from recycled rubber
- Dimensions- each plate is 17.7" round regardless of weight
- Diameter 450mm (17.72"), IWF Standard
- Collar Opening 50.8mm (2")
- Smooth Black Finish
- 1 Year Commercial Warranty for 10 lb. and 15 lb.
- 3 Year Commercial Warranty for 25 lb., 35 lb. and 45 lb.
- 1 Year Commercial Warranty for 10 lb. and 15 lb.
- 3 Year Commercial Warranty for 25 lb., 35 lb. and 45 lb.
- Diameter 450mm (17.72"), IWF Standard
- Collar Opening 50.8mm (2")
- Smooth Finish
- 1 Year Commercial Warranty for 10 lb. and 15 lb.
- 3 Year Commercial Warranty for 25 lb., 35 lb. and 45 lb.
- Diameter 450mm (17.72"), IWF Standard
- Collar Opening 50.8mm (2")
- Smooth Finish
- 1 Year Commercial Warranty for 10 lb. and 15 lb.
- 3 Year Commercial Warranty for 25 lb., 35 lb. and 45 lb.
- Diameter 450mm (17.72"), IWF Standard
- Collar Opening 50.8mm (2")
- Smooth Finish
- 1 Year Commercial Warranty for 10 lb. and 15 lb.
- 3 Year Commercial Warranty for 25 lb., 35 lb. and 45 lb.
**BSTVD(WEIGHT) & BSTND(WEIGHT)**
**VINYL & NEOPRENE DUMBBELL**
- Durable vinyl or neoprene finish
- Color-coded by weight
- Available in 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, and 15 lb.

**SDX(WEIGHT)**
**CAST IRON HEX DUMBBELLS**
- Straight handles
- Available in 2, 3, 5, 8, 10, 12, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, and 100 lb.

**SDR(WEIGHT)**
**RUBBER HEX DUMBBELLS**
- Contoured, knurled, chrome handles
- Available in 3, 5, 8, 10, 12, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, and 120 lb.

**SDP(WEIGHT)**
**PREMIUM ROUND RUBBER DUMBBELLS**
- Straight, knurled, chrome handles
- Available in 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, and 100 lb.

**SBB(WEIGHT) & SBZ(WEIGHT)**
**FIXED WEIGHT BARBELLS**
- Knurled chrome handles for secure grip
- Straight or ez-curl bar design
- 1.26” grip diameter
- Available in 20, 30, 40, 50, 60, 70, 80, 90, 100, and 110 lb.
**KB(WEIGHT)**  
CAST IRON KETTLEBELLS  
- Black enamel paint finish  
- Available in 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, and 100 lb.

**KBV(WEIGHT)**  
VINYL DIPPED KETTLEBELLS  
- Durable vinyl coating is color-coded by weight  
- Available in 5, 8, 10, 12, 15, 20, 25, 30, 35, 40, 45, and 50 lb.

**KBC(WEIGHT)**  
PREMIUM KETTLEBELLS  
- Durable rubber coating with premium, chrome handles  
- Available in 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, and 80 lb.

**KBL(WEIGHT)**  
VINYL DIPPED KETTLEBELLS  
- Angled handle for reduced wrist stress  
- Available in 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, and 60 lb.

**KBX(WEIGHT)**  
EXTREME KETTLEBELLS  
- Durable powder-coat finish  
- Gravity cast  
- Available in 4 kg (8.8 lb), 6 kg (13.2 lb), 8 kg (17.6 lb), 12 kg (26.4 lb), 16 kg (35.2 lb), 20 kg (44.1 lb), 24 kg (52.9 lb), 28 kg (61.7 lb), 32 kg (70.5 lb), and 36 kg (79.4 lb)
OB60B
5' OLYMPIC BAR (BLACK)
- Bar Dia: 30.00 mm
- (ID) Collars: 36.5"
- Collar Length: 9.75"
- Weight Capacity: 600 lbs.
- 60"L, 30 lbs.

OB72A15
6' OLYMPIC BAR (ALUMINUM)
- Bar Dia: 28.50 mm
- (ID) Collars: 51.5"
- Collar Length: 9.25"
- Weight Capacity: 300 lbs.
- 72"L, 15 lbs.

OB72B
6' OLYMPIC BAR (BLACK)
- Bar Dia: 30.00 mm
- (ID) Collars: 46.0"
- Collar Length: 11.25"
- Weight Capacity: 600 lbs.
- 72"L, 40 lbs.

OB79WBB
15 KG HIIT OLYMPIC BAR (ZINC)
- Bar Dia: 25.50 mm
- (ID) Collars: 46.0"
- Collar Length: 13.625"
- Weight Capacity: 600 lbs.
- 79.25"L, 33 lbs.

OB79EXT
WOMEN'S OLYMPIC BAR
- Bar Dia: 25.00 mm
- (ID) Collars: 51.5"
- Collar Length: 12.5"
- Weight Capacity: 1000 lbs.
- 78"L, 33 lbs.

OB86B
7' OLYMPIC BAR (BLACK)
- Bar Dia: 30.00 mm
- (ID) Collars: 51.50"
- Collar Length: 15.75"
- Weight Capacity: 600 lbs.
- 86"L, 44 lbs.
OB86C
7' OLYMPIC BAR (CHROME)
- Bar Dia: 30.00 mm
- (ID) Collars: 51.50"
- Collar Length: 15.75"
- Weight Capacity: 600 lbs.
- 86"L, 44 lbs.

OB86P1000
7' OLYMPIC POWER BAR (CHROME)
- Bar Dia: 30.00 mm
- (ID) Collars: 52.75"
- Collar Length: 15.25"
- Weight Capacity: 1000 lbs.
- 86"L, 44 lbs.

OB86LPB
7' OLYMPIC POWER BAR (ZINC)
- Bar Dia: 28.50 mm
- (ID) Collars: 52.75"
- Collar Length: 15.75"
- Weight Capacity: 1000 lbs.
- 86"L, 44 lbs.

OB86CHICAGO
CHICAGO POWER BAR
- Bar Dia: 28.50 mm
- (ID) Collars: 52.00"
- Collar Length: 16.5"
- Weight Capacity: 1500 lbs.
- 86"L, 44 lbs.

OB86EXT
EXTREME OLYMPIC BAR
- Bar Dia: 28.75 mm
- (ID) Collars: 52.00"
- Collar Length: 16.25"
- Weight Capacity: 1500 lbs.
- 86"L, 44 lbs.

OB864STAR
4STAR POWER BAR (BLACK)
- Bar Dia: 28.50 mm
- (ID) Collars: 52.00"
- Collar Length: 16.50"
- Weight Capacity: 1500 lbs.
- 86"L, 44 lbs.
OB20C
OLYMPIC DUMBBELL HANDLES
• Sold Individually
• Knurled grip
• 20"L, 20 lbs.

OB34C
OLYMPIC TRICEPS BAR
• Bar Dia: 25.50 mm
• (ID) Collars: 18.5"
• Collar Length: 7"
• 34"L, 22 lbs.

OB47C
OLYMPIC CURL BAR (CHROME)
• Bar Dia: 25.50 mm
• (ID) Collars: 31.5"
• Collar Length: 7"
• 47"L, 17 lbs.

OB47B
OLYMPIC CURL BAR (BLACK)
• Bar Dia: 25.50 mm
• (ID) Collars: 31.5"
• Collar Length: 7"
• 47"L, 17 lbs.

OB48
OLYMPIC COMBO BAR (CHROME)
• Bar Dia: 25.50 mm
• (ID) Collars: 33.75"
• Collar Length: 7"
• 48"L, 20 lbs.

OMG86
OLYMPIC MULTI-GRIP BAR (BLACK)
• Bar Dia: 25.50 mm
• (ID) Collars: 52.5"
• Collar Length: 16.5"
• 86"L, 45 lbs.
**BSTFWH**  
**FARMERS WALK BARS**  
- Sold in pairs  
- Bar Dia: 50 mm  
- (ID) Collars: 35 3/8  
- Collar Length: 12"  
- 60"L, 18 lbs.

**OTB50 & OTB50RH**  
**OLYMPIC SHRUG BARS**  
- Bar Dia: 25.50 mm  
- (ID) Collars: 24" Handle  
- Collar Length: 9.75"  
- Weight Capacity: 600 lbs.  
- 56"L, OTB50 - 45 lbs. | OTB50RH - 50 lbs.

**OC06PR**  
**OLYMPIC SPRING COLLARS**  
- Sold in pairs  
- Simple and effective spring tension design

**OC04**  
**OLYMPIC TRAINING COLLARS**  
- Sold individually  
- Classic old school style for quick changes

**BSTLJ02**  
**LOCK JAW OLY 2 COLLARS**  
- Sold in pairs  
- Uni-body construction for heavy usage  
- Durable and secure lever design  
- Quick and easy to use  
- Elastomer pads protect bar finish

**BSTLJHX**  
**LOCK JAW HEX COLLARS**  
- Sold in pairs  
- Quick and easy to use  
- Elastomer pads protect bar finish
TBR10  
T-BAR ROW PLATFORM  
- 11"L x 5"W x 6"H  
- 7 lbs.

TBR20  
DUAL PIVOT T-BAR ROW PLATFORM  
- 11"L x 5"W x 6"H  
- 7 lbs.

LBB28  
LAT BLASTER BAR  
- 31"L x 5"W x 1"H  
- 5 lbs.

TBR50  
HOME PLATE LANDMINE  
- 23"L x 15"W x 5"H  
- 31 lbs.

LMSE  
LANDMINE SINGLE EYELET  
- 13"L x 5"W x 2"H  
- 3 lbs.

LMPP  
LANDMINE PLATE PIVOT  
- 10"L x 10"W x 2.5"H  
- 5 lbs.

LMMG  
LANDMINE MULTI-GRIP  
- 44"L x 9"W x 8"H  
- 8 lbs.

LMCG  
LANDMINE CLUBGRIP  
- 24"L x 5"W x 3"H  
- 7 lbs.
**BSTOBS**
**OLYMPIC BAR STANDS**
- Sold individually
- 2”L x 17”W x 12”H
- 7 lbs.

**BSTOBJ**
**OLYMPIC BAR JACK**
- Sold individually
- 20”L x 5”W x 13”H
- 9 lbs.

**BSTPIN**
**PLATE LOAD PIN**
- 12”L x 4”W x 4”H
- 2 lbs.

**BSTCH44**
**LIFTING CHAINS**
- Zinc-coated
- 5’ Length
- 22 lbs. each

**BSTPW**
**PLATE WEDGE**
- Sold individually
- 9”L x 2”W x 1”H
- .5 lbs.

**MA105**
**BAR PAD**
- 16”L x 4”W x 4”H
- 1 lb.

**MR136**
**MANTA RAY**
- 12”L x 3”W x 8”H
- 1 lb.

**BSTBPAD**
**PREMIUM BAR PAD**
- 18”L x 4”W x 4”H
- 1 lb.
RB72
6' STANDARD BAR (CHROME)
• Bar Dia: 25.4 mm
• (ID) Collars: 41"
• Collar Length: 15"
• 72"L, 18 lbs.

RB84
7' STANDARD BAR (CHROME)
• Bar Dia: 25.4 mm
• (ID) Collars: 51.0"
• Collar Length: 16"
• 84"L, 20 lbs.

RB47
STANDARD CURL BAR (CHROME)
• Bar Dia: 25.4 mm
• (ID) Collars: 30.5"
• Collar Length: 7.875"
• 47"L, 11 lbs.

RB48
STANDARD COMBO BAR (CHROME)
• Bar Dia: 25.4 mm
• (ID) Collars: 30.5
• Collar Length: 7.875"
• 48"L, 16 lbs.

SDA14
STANDARD DUMBBELL HANDLES
• Sold individually
• Bar Dia: 25.4 mm
• (ID) Collars: 4.5"
• Collar Length: 4.5"
• 14"L, 3.5 lbs. (ea.)

SDA14T
STANDARD THREADED DUMBBELL HANDLES
• Sold individually
• Bar Dia: 25.4 mm
• (ID) Collars: 5"
• Collar Length: 4"
• 14"L, 5 lbs. (ea.)
RC0616
STANDARD SPRING COLLARS
- Sold in pairs
- Classic design for quick-changes

RC03
STANDARD 1/2 LB COLLARS
- Sold individually
- 1/5 lb. cast iron

RC02
- STANDARD 1 LB. COLLARS
- Sold individually
- 1lb. cast iron

OA8
8" OLYMPIC ADAPTER
- Sold individually
- Converts 1" dia. posts to 2" Olympic posts
- Heavy-Duty nylon
- Lock-down allen hex bolt

OAS14
14" OLYMPIC ADAPTER
- Sold individually
- Converts 1" dia. posts to 2" Olympic posts
- Heavy-Duty nylon
- Lock-down allen hex bolt
STORAGE

Body-Solid is an industry leader in equipment storage and organization with modular and customizable storage solutions to help keep facilities clean, organized and safe.

**SDKR EXPANDABLE STORAGE SYSTEM**
- Modular storage rack for dumbbells, kettlebells and medicine balls
- Mix and match tiers for combination storage
- Your choice of dumbbell, kettlebell or medicine ball storage tiers
- Expandable rack system for any size facility

SDKR Uprights are drilled on both sides to allow expansion to right or left.

The SDKR1000 storage rack offers unparalleled flexibility for storage of Dumbbells, Kettlebells and Medicine Balls.

2-Tier or 3-Tier uprights available
6 different shelves for customization

- **SDKRUP2** 2-TIER UPRIGHT
- **SDKRUP** 3-TIER UPRIGHT
- **SDKRKB** KETTLEBELL SHELF
- **SDKRMB** MEDICINE BALL SHELF
- **SDKRDBS** DUMBBELL SHELF
- **SDKRSD6** 6 SADDLE DUMBBELL SHELF
- **SDKRSD8** 8 SADDLE DUMBBELL SHELF
SDKRDB
DUMBBELL RACK
SDKR500DB 32"L x 70"W x 28"H Two tier rack
SDKR1000DB 32"L x 70"W x 43"H Three tier rack

SDKRSD
SADDLE DUMBBELL RACK
SDKR500SD 32"L x 70"W x 28"H Two tier rack
SDKR1000SD 32"L x 70"W x 43"H Three tier rack

SDKRMB
MEDICINE BALL RACK
SDKR500MB 32"L x 70"W x 28"H Two tier rack
SDKR1000MB 32"L x 70"W x 43"H Three tier rack

SDKRKB
KETTLEBELL RACK
SDKR500KB 32"L x 70"W x 28"H Two tier rack
SDKR1000KB 32"L x 70"W x 43"H Three tier rack
**GDR60**
**DUMBBELL RACK & STORAGE SYSTEM**

- Designed to hold one (1) pair each of 5-50 lb. hex dumbbells
- Features optional third-tier design so you can add another dumbbell, kettlebell, or medicine ball shelf
- Expand and chain together with optional GDR60UP Upright
- Offset tiers for easy access
- 23"L x 63"W x 32"H, 79 lbs.

*Customize the GDR60 for a perfect fit in your facility*

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**GMRT6**
**OPTIONAL MEDICINE BALL SHELF**
- 56"L x 9"W

**GKRT6**
**OPTIONAL KETTLEBELL SHELF**
- 56"L x 12"W

**GDRT6**
**OPTIONAL DUMBBELL SHELF**
- 56"L x 12"W

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**GDR60UP**
**SINGLE UPRIGHT**

- Expand and chain together multiple racks
- Mix-n-match dumbbell, kettlebell, and medicine ball shelves
- Customized storage solutions
- 22"L x 2"W x 34"H
GDKR100
45" KETTLEBELL / DUMBBELL RACK
• Reversible tiers for kettlebells or dumbbells
• 23"L x 45"W x 33"H, 79 lbs.

GDR363
40" 3-TIER DUMBBELL RACK
• Designed to hold one pair of 5lb-50lb hex dumbbells
• 20"L x 40"W x 30"H, 44 lbs.

GDR48
48" 3-TIER DUMBBELL RACK
• Designed to hold one pair of 5-55 lb. hex dumbbells
• Offset tiers for easy access
• 23" L x 48" W x 30" H, 62 lbs.

GDR44
VERTICAL DUMBBELL RACK
• Designed to hold one pair of 5-30 lb. hex dumbbells
• 23"L x 25"W x 45"H, 44 lbs.

GDR80
VERTICAL DUMBBELL RACK
• Designed to hold one pair of 5-50 lb. hex dumbbells
• Top tray can be used for medicine ball storage
• 24"L x 22"W x 41"H, 58 lbs.
**GWT56**
OLYMPIC WEIGHT TREE
- Six 9" weight posts, perfect for bumper plates
- Two Olympic bar holders
- 30"L x 30"W x 53"H, 51 lbs.

**GWT66**
OLYMPIC WEIGHT TREE
- Eight 9" weight posts, perfect for bumper plates
- 26"L x 43"W x 33"H, 59 lbs.

**GWT76**
HIGH CAPACITY OLYMPIC BUMPER PLATE RACK
- Customize with either 8 or 10 weight horn pattern
- Each weight horn features 8-¼" capacity
- 41"L x 36"W x 66"H, 108 lbs.

**GOWT**
OLYMPIC PLATE TREE & BAR HOLDER
- Two Olympic bar holders included
- 20"L x 23"W x 40"H, 31 lbs.

**GSWT**
STANDARD PLATE TREE & BAR HOLDER
- Two standard bar holders included
- 20"L x 23"W x 40"H, 24 lbs.
WT46
OLYMPIC PLATE TREE & BAR HOLDER
• Two Olympic bar holders included
• Chrome weight posts
• 22"L x 20"W x 40"H, 34 lbs.

OWT24
OLYMPIC WEIGHT TREE
• 27"L x 16"W x 24"H, 24 lbs.

SWT14
STANDARD WEIGHT TREE
• 27"L x 16"W x 24"H, 17 lbs.

GBPR10
BUMPER PLATE RACK
• 4" gaps in each of the 8 plate slots
• 43"L x 13"W x 9"H, 22 lbs.

SBS100
OLYMPIC BAR RACK
• Convenient and portable barbell storage
• Holds 10 barbells
• 24"L x 45"W x 72"H, 85 lbs.
**GOBH5**
**OLYMPIC BAR HOLDER**
- Holds 5 Olympic bars
- 12"L x 12"W x 9"H, 22 lbs.

**VDRA30**
**ACCESSORY STAND**
- For use with accessory bars, ropes, straps, dumbbells and more
- 14"L x 14"W x 36"H, 70 lbs.

**GAR100**
**ACCESSORY RACK**
- Storage for medicine balls, stability balls, workout mats and more
- Transport wheels for convenient mobility
- 32"L x 36"W x 74"H, 71 lbs.

**GAR250**
**ACCESSORY TOWER**
- Multi-use storage tower for dumbbells, kettlebells, medicine balls, stability balls and mats
- Transport wheels for convenient mobility
- 32"L x 79"W x 87"H, 156 lbs.
GSR10
STABILITY BALL RACK
• Easy access storage for stability balls
• 36”L x 36”W x 73”H, 31 lbs.

GMR10
MEDICINE BALL RACK
• Holds up to six medicine balls
• 20”L x 21”W x 63”H, 29 lbs.

GMR5
MEDICINE BALL RACK
• Holds up to four medicine balls
• 22”L x 22”W x 33”H, 14 lbs.

GDR10
DUMBBELL RACK
• Designed to hold 3 pairs of vinyl or neoprene dumbbells, 1 lbs to 15 lbs
• 15”L x 9”W x 18”H, 5 lbs.
**GDKR50**
**KETTLEBELL RACK**
- Designed to hold 6 kettlebells
- 19"L x 16"W x 21"H, 19 lbs.

**GDR24**
**DUMBBELL RACK**
- Designed to hold 12 pairs of vinyl or neoprene dumbbells, 1lbs to 15lbs
- 31"L x 25"W x 52"H, 34 lbs.

**GDR500**
**DUMBBELL RACK**
- Designed to hold vinyl or neoprene dumbbells, 1lbs to 15lbs
- Features locking caster wheels
- 27"L x 44"W x 46"H, 85 lbs.

**GYR500**
**FOAM ROLLER & YOGA MAT RACK**
- Holds 12 Foam Rollers or Yoga Mats
- Features locking caster wheels
- 32"L x 21"W x 37"H, 38 lbs.