BODY-SOLID TOOLS

The Body-Solid Tools line of accessories is designed with all users in mind. From medicine balls and slam balls to plyo boxes, pull-up bars and training ropes, Body-Solid Tools accessories cover every facet of fitness and provide gyms and facilities with everything they need for a complete user experience.

BSTSB(SIZE)
STABILITY BALLS
• Durable, latex-free, anti-burst construction
• Available in 45, 55, 65, and 75 cm diameter

BSTTT(WEIGHT)
TIRE TREAD SLAM BALLS
• Thick durable rubber shell
• Non bouncing, non rolling design
• Aggressive tire tread surface for superior grip
• Available in 10, 15, and 20 lb.

BSTHB(WEIGHT)
SLAM BALLS
• Thick durable rubber shell
• Non bouncing, non rolling design
• Textured surface for superior grip
• Available in 10, 15, 20, 25, and 30 lb.

BSTSMB(WEIGHT)
SOFT MEDICINE BALLS
• Easy to catch, impact-absorbing design
• Each medicine ball features a 14” diameter
• Available in 6, 8, 10, 12, 14, 16, 18, 20, 25, and 30 lb.
**BSTDMB (WEIGHT)**
**DUAL GRIP MEDICINE BALLS**
- Durable rubber, easy-grip handles
- Available in 6, 8, 10, 12, 14, 16, 18, and 20 lb.

**BSTMBP (WEIGHT)**
**PREMIUM MEDICINE BALLS**
- Textured grip for superior handling
- Durable rubber construction
- Large, easy-to-identify weight identifiers and color-coding
- Available in 2, 4, 6, 8, 10, 12, 14, 16, 20, 25, and 30 lb.

**BSTFB (WEIGHT)**
**FITNESS BARS**
- Durable and comfortable grip
- Weight designations permanently stamped into color-coordinated rubber end caps
- Available in 4, 6, 9, 12, 15, 18, 24, 30, and 36 lb.

**GFR500**
**FITNESS BAR RACK**
- 24"L x 28.5"W x 43"H
- Holds up to 30 bars

**GCRPACK**
**CARDIO BAR PACK**
- 35"L x 36"W x 50"H, 505 lbs.
  PACK INCLUDES:
  1  GCR100  RACK
  10  RBCW  55" STRAIGHT BARS
  20  RCCW  SPRING COLLARS
  20  RPCW2-5  2.5 LB. PLATES
  20  RPCW5  5 LB. PLATES
  20  RPCW10  10 LB. PLATES
**BSTR**<sub>T</sub>(**WEIGHT**)  
**RESISTANCE TUBES**

- BSTRT1: YELLOW, VERY LIGHT
- BSTRT2: GREEN, LIGHT
- BSTRT3: RED, MEDIUM
- BSTRT4: BLUE, HEAVY
- BSTRT5: BLACK, VERY HEAVY

**BSTR**<sub>TDA**<sub>**RESISTANCE TUBE DOOR ATTACHMENT**

- Anchor resistance tubes in door frame
- 8.5" L x 1.5" W

**BSTR**<sub>T**<sub>**AN**<sub>KLE RESISTANCE TUBES**

- BSTART1: YELLOW, VERY LIGHT
- BSTART2: GREEN, LIGHT
- BSTART3: RED, MEDIUM
- BSTART4: BLUE, HEAVY
- BSTART5: BLACK, VERY HEAVY

**BSTR**<sub>BM**<sub>**MINI RESISTANCE BANDS**

- BSTBM1: YELLOW, VERY LIGHT
- BSTBM2: GREEN, LIGHT
- BSTBM3: RED, MEDIUM
- BSTBM4: BLUE, HEAVY
- BSTBM5: BLACK, VERY HEAVY

**BSTR**<sub>TDA**<sub>**RESISTANCE TUBE DOOR ATTACHMENT**

- Anchor resistance tubes in door frame
- 8.5" L x 1.5" W
**BSTPB** (HEIGHT)
STACKABLE METAL PLYO BOXES
- BSTPB6  H 6”
- BSTPB12 H 12”
- BSTPB18 H 18”
- BSTPB24 H 24”
- BSTPB30 H 30”
- BSTPB36 H 36”
- BSTPB42 H 42”

**BSTSPBOX + BSTWPBOX**
3-IN-1 PLYO BOXES
- BSTSPBOX - SOFT PLYO BOX
  20” x 24” x 30”
- BSTWPBOX - WOODEN PLYO BOX
  20” x 24” x 30”

**BSTAW** (WEIGHT)
ADJUSTABLE ANKLE WEIGHTS
- Sold in pairs
- Adjustable in 1 lb. increments
- BSTAW10  10 LB.
- BSTAW20  20 LB.

**BSTWVP** (WEIGHT)
WEIGHTED VESTS
- Dual velcro straps for secure fit
- Individual 1.25 lb. sandbags for easy adjustments
- BSTWVP20  20 LB.
- BSTWVP40  40 LB.
BSTFRP
PREMIUM FOAM ROLLERS
BSTFRP36F 36"L x 6"W x 6"H  FULL
BSTFRP18F 18"L x 6"W x 6"H  SHORT

BSTYM
YOGA MATS
BSTYM3 72"L x 24"W x 3mm  BLUE
BSTYM5 72"L x 24"W x 5mm  RED
BSTYM10 72"L x 24"W x 6mm  GREEN

BSTYB10
PREMIUM FOAM YOGA BLOCK
• Lightweight, high-density and sturdy for long-lasting durability
• Beveled edges provide soft, stable grip
• 9"L x 4"W x 6"H, .5 lb.

BSTFITBAG
BODY-SOLID TOOLS FIT BAG
• For travel and on the go workouts
• Includes: yoga mat, foam roller, 5 pack resistance tubes, travel bag
• Exercise chart included plus access to online video instruction

BSTFR
FOAM ROLLERS
BSTFR36F 36"L x 6"W x 6"H  FULL
BSTFR36H 36"L x 6"W x 3"H  HALF
**BSTFM10**
**EXERCISE MAT**
- Contoured bottom to minimize slippage
- Carrying strap & hand-hold
- 48"L x 20"W x .5"H, 2 lbs.

**BSTFM20**
**HANGING FOAM EXERCISE MAT**
- Reinforced eyelets to hang on wall or door
- Water-resistant, non-slip surface
- 71"L x 23"W x .5"H, 2 lbs.

**BSTFMH**
**FOAM MAT HANGER**
21"L x 7"W x 2"H, 1 lbs.

**PUB34**
**CHIN-UP BAR**
- Easily removes from door frame brackets when not in use
- Extends up and out from door frame increasing range of motion
- 37"L x 16"W x 7"H, 9 lbs.

**PUB30**
**PULL-UP/PUSH-UP BAR**
- No mounting hardware required
- 37"L x 16"W x 7"H, 4 lbs.

**PUB2 • PUB5**
**PUSH-UP BARS**
PUB2 7"L x 6"W x 8"H  CHROME
PUB5 7"L x 6"W x 9"H  BLACK
Pro ClubLine
Body-Solid
Body-Solid TOOLS
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MA310 LEATHER DIPPING STRAP
MB507RG PRO-GRIP V-BAR
MB503RG-PRO-GRIP MULTI BAR
NB59 ADJUSTABLE NYLON HANDLE
NB59A ALUMINUM NYLON HANDLE

TR20 TRICEP ROPE
ACH18 AB CRUNCH HARNESS
NTS10 TRICEP STRAP
NB51 NYLON WRIST STRAPS

MA330 LEATHER DIPPING BELT
NB55 NYLON DIPPING STRAP
MA307V LEATHER HEAD HARNESS
NB56 NYLON DIPPING BELT

NAS3 NYLON ANKLE STRAP
MA308V LEATHER ANKLE STRAP
MA307V LEATHER HEAD HARNESS
MA307N NYLON HEAD HARNESS
**RF546**
**RUBBER FLOORING**
- 72"L x 48"W x 1/2"H

**RFHU463/4ECO**
**RUBBER FLOORING**
- 72"L x 48"W x 3/4"H

**RFBST4PB | RFBST4PS**
**INTERLOCKING RUBBER FLOORING**
- RFBST4PB (box of 4 pcs) - BLACK
  - 19.75"L x 19.75"W x 7/16"H
- RFBST4PS (box of 4 pcs) - GRAY SPECK
  - 19.75"L x 19.75"W x 7/16"H

**RF36T | RF34B | RF38R**
**CARDIO MATS**
- RF36T 78"L x 36"W x 1/8"H
- RF34B 48"L x 36"W x 1/8"H
- RF38R 102"L x 36"W x 1/8"H