It Started with an idea...

Throughout the pages of this catalog you’ll find the culmination of over 30 years of Body-Solid’s dedication, innovation and product development.

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

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

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

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

**PRO POWER RACK OPTIONS**

**OPTIONS:**

- SPRJC J-Cup Liftoffs (shown)
- 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 (not shown)
- SCB26 Squat Calf Block (not shown)
GPR400 OPTIONAL ATTACHMENTS

#GLA400  Lat Attachment
#GPRDH  Dip Handles
#SPRCUA  Multi-Chin-Up Bar
#GPRTBR  T-Bar Row
#GPRUL  U-Link
#GPRWH  Weight Horn
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.

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 Squat Calf Block

GPR378 OPTIONAL ATTACHMENTS

#GLA378 Lat Attachment
#SP200 200 lb. Weight Stack
#DR378 Dip Station
#LO378 Bar Lift Offs
#SCB26 Calf Block
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.

*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 (not shown)
- GPCA1 Preacher Curl (not shown)

GS348Q OPTIONAL ATTACHMENTS

#GLA348QS Lat Attachment
#GPA3 Pec Attachment
#GPU348 Calf Block
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 GLRA81 Lat 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 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.
**GVKR60**
**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.

**GDIP59**
**DIP STATION**
- Large diameter grips
- Dip handles taper from 21" to 19" width
- 40"L x 27"W x 53"H, 44 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.
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.

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.

GSCSR349
SEATED CALF RAISE
• Isolate calves for intense calf raise workout
• Operates on a 3:1 weight ratio
• 47"L x 23"W x 39"H, 93 lbs.
GSCL360
LEVERAGE SQUAT & CALF
- Innovative rounded calf raise block provides a deep pre-stretch for maximum development
- Diamond plate foot platform is set to perfect 20° pitch for optimal development of quads and glutes
- 62”L x 47”W x 56”H, 170 lbs.

GSS50
SISSY SQUAT
- Train abs, legs and core
- 44”L x 24”W x 19”H, 47 lbs.

GWS100
WEIGHT SLED
- Multiple handles make pushing and pulling easy and effective
- Removable posts allow workout customization
- 50”L x 31”W x 40”H, 68 lbs.

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.

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 Flat / Incline / Decline Bench
GLGS100P4
CORNER LEVERAGE PACKAGE
• Total body freeweight gym
• Features Lat Pulldown, Press / Squat, Low Pulley stations.
• 95"L x 67"W x 83"H, 244 lbs.

INCLUDES:
GLGS100  Corner Leverage Gym
GFID100  Flat / Incline / Decline Bench

SBL460P4
LEVERAGE GYM PACKAGE
• Total body freeweight gym
• Three people can work out together safely
• 149"L x 100"W x 83"H, 630 lbs.

INCLUDES:
SBL460  Leverage Gym
LSA50  Leverage Squat Attachment
FID46  Flat / Incline / Decline Bench
Body-Solid functional training equipment provides unparalleled performance and value. We blend modern designs and a lifetime of knowledge to build equipment that can train multiple muscle groups, maximize sports-specific performance or fit comfortably into rehabilitation and physical therapy studios.

**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.

**GDCCBAR**
DUAL PRESS BAR

**SP50**
50 LB. STACK UPGRADE

**GDCCRACK**
ACCESSORY RACK
- GDCC210 & GDCC200

**MB100A**
ALUMINUM DOUBLE SWIVEL BAR
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**
- Includes lat bar, low row bar, ankle cuff, ab/triceps strap, workout chart and dvd
- Chest Press, Incline Press, Shoulder Press, Row Station
- High, Mid and Low Pulley Stations
- Leg Press Station with 2:1 ratio
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- Two 210 lb. standard weight stack, optional 260 lb. available
- 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.

**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.
G3S
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
• 160 lb. standard weight stack, optional 210 lb. available
• 80”L x 47”W x 84”H, 339 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.

* Pictured with optional Aluminum Pulleys
G1S
SINGLE STACK GYM
• Multi-Grip Chest Press Station
• High, Mid and Low Pulley Stations
• Leg Extension and Curl Station
• 160 lb. standard weight stack
• 55"L x 47"W x 83"H, 329 lbs.

*Floor mat not included

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

SP50
50 lb. Weight Stack upgrade
G3S, G5S, G6BR, G9S, G10B

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

GKR
Vertical Knee Raise G9S

GLP
Leg Press/Calf Press G3S, G5S, G6BR, G9S, G10B

GCCA
Cable Column G3S, G5S, G6BR, G10B

GAP
Aluminum Pulley G1S, G3S, G5S, G6BR, G9S, G10B
FUSION GYM OPTIONS

Personalize your gym with the following optional attachments

Photos not available: Pulley Area Shroud Metal (FSHDM) Fusion 500, Fusion 600
Pulley Area Shroud Plastic (FSHDP) Fusion 500, Fusion 600

FCDWA Weight Assisted Dip/Pull-Up Station Fusion 500, Fusion 600
FLP Leg Press Station Fusion 500, Fusion 600
FMH Multi-Hip Station Fusion 500, Fusion 600
FPU Pull-Up Bar Station Fusion 500, Fusion 600
FKR Vertical Knee Raise Station Fusion 500, Fusion 600

**F500**

**FUSION 500 SINGLE STACK GYM**

- Chest Press, Incline Press, Shoulder Press, Row Station
- High Pulley Station
- Adjustable Functional Pulley Station
- Leg Extension and Curl Station
- 210 lb. standard weight stack, optional 310 lb. available
- 76"L x 48"W x 83"H, 526 lbs.

**F600**

**FUSION 600 SINGLE STACK GYM**

- Bi-Angular Chest Press, Incline Press, Shoulder Press Station
- Row Station
- High Pulley Station
- Adjustable Functional Pulley Station
- Leg Extension and Seated Curl Station
- 210 lb. standard weight stack, optional 310 lb. available
- 74"L x 51"W x 83"H, 573 lbs.

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EXM3000LPS
TWO STACK GYM
• Chest Press, Incline Press, Shoulder Press, Row Station
• High, Mid and Low Pulley Stations
• Leg Press Station with 2:1 ratio
• Pec Fly, Rear Delt Station
• Leg Extension and Curl Station
• (2) 210 lb. weight stacks included
• 90"L x 82"W x 83"H, 947 lbs.

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)
• (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.

VKR30
Knee Raise/
Dip Station
EXM3000LPS

LP40S
Leg Press/
Calf Press
EXM4000S

HP10
Premium
Weight Stack
Plate

WSA
Weight Stack
Adapters
2.5 lb & 5 lb

FITS ALL
BODY-SOLID