

**T** *Body-Solid*  
**TOOLS**



## STABILITY BALLS



STABILITY BALL STORAGE  
GSR10.....pg 31



- BSTSB45.....GREEN..... 45 CM
- BSTSB55.....SILVER..... 55 CM
- BSTSB65.....RED..... 65 CM
- BSTSB75.....BLUE..... 75 CM



## DUAL GRIP MEDICINE BALLS

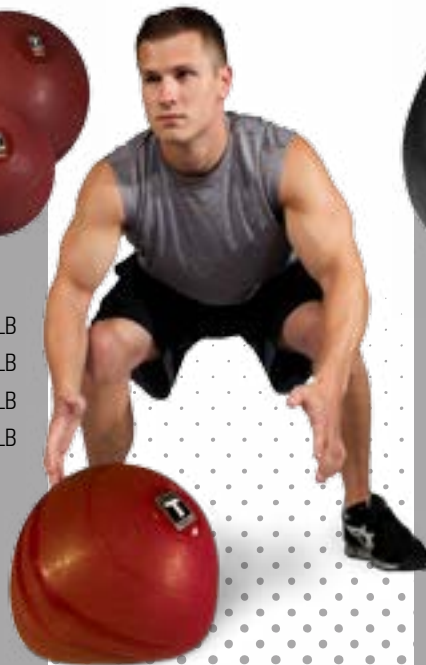


- BSTDMB6.....6 LB
- BSTDMB8.....8 LB
- BSTDMB10.....10 LB
- BSTDMB12.....12 LB
- BSTDMB14.....14 LB
- BSTDMB16.....16 LB
- BSTDMB18.....18 LB
- BSTDMB20.....20 LB
- BSTDMB25.....25 LB

## SLAM BALLS



- BSTHB15..... 15 LB
- BSTHB20..... 20 LB
- BSTHB25..... 25 LB
- BSTHB30..... 30 LB



## SOFT MEDICINE BALLS



- BSTSMB6..... 6 LB
- BSTSMB10..... 10 LB
- BSTSMB12..... 12 LB
- BSTSMB14..... 14 LB
- BSTSMB16..... 16 LB
- BSTSMB18..... 18 LB
- BSTSMB20..... 20 LB
- BSTSMB25..... 25 LB
- BSTSMB30..... 30 LB



## MEDICINE BALLS



- BSTDMB2.....PURPLE..... 2 LB
- BSTDMB4.....YELLOW..... 4 LB
- BSTDMB6.....AQUA..... 6 LB
- BSTDMB8.....RED..... 8 LB
- BSTDMB10.....BLUE..... 10 LB
- BSTDMB12.....BLACK..... 12 LB
- BSTDMB14.....ORANGE..... 14 LB
- BSTDMB16.....GREEN..... 16 LB
- BSTDMB20.....BLUE..... 20 LB
- BSTDMB25.....BLACK..... 25 LB
- BSTDMB30.....BLACK..... 30 LB



GMR10...MEDICINE BALL RACK....pg 31

## LIFTING BANDS

- BSTB1 ..... ORANGE .....LIGHTEST RESISTANCE
- BSTB2 ..... GREEN .....LIGHT RESISTANCE
- BSTB3 ..... RED .....MEDIUM RESISTANCE
- BSTB4 ..... BLUE .....HEAVY RESISTANCE
- BSTB5 ..... PURPLE .....ULTRA RESISTANCE



## FOAM ROLLERS

- BSTFR36F ..... W 6" x L 36" x H 6" ..... FULL
- BSTFR36H ..... W 6" x L 36" x H 3" ..... HALF



## PREMIUM FOAM ROLLERS

- BSTFRP36 ..... W 6" x L 36" x H 6" ..... FULL
- BSTFRP18 ..... W 6" x L 18" x H 6" ..... SHORT



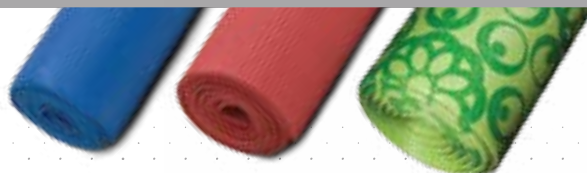
## RESISTANCE TUBES

- BSTR1 ..... YELLOW .....VERY LIGHT RESISTANCE
- BSTR2 ..... GREEN .....LIGHT RESISTANCE
- BSTR3 ..... RED .....MEDIUM RESISTANCE
- BSTR4 ..... BLUE .....HEAVY RESISTANCE
- BSTR5 ..... BLACK .....VERY HEAVY RESISTANCE



## YOGA MATS

- BSTYM3 ..... CLASSIC .....BLUE .....3MM
- BSTYM5 ..... DELUXE .....RED .....5MM
- BSTYM10 ..... PREMIUM .....GREEN .....6MM



## PLYO BOXES

- BSTSPB6..... H 6"
- BSTSPB12..... H 12"
- BSTSPB18..... H 18"
- BSTSPB24..... H 24"
- BSTSPB30..... H 30"
- BSTSPB36..... H 36"
- BSTSPB42..... H 42"



## WEIGHTED VESTS

- BSTWV20..... 20 LB
- BSTWV40..... 40 LB



## ANKLE WEIGHTS

- BSTAW10..... 10 LB
- BSTAW20..... 20 LB



## SOFT PLYO BOX

- BSTSPBOX..... 20" x 24" x 30"



## BICEP BOMBERS

- BB23..... Standard
- BB25..... 25th Anniversary



## GUT BLASTER AB SLINGS

AAB2



## CLOCK

STT45



## INVERSION BOOTS

GIB-2



## T-BAR & LAT BLASTER BAR

- A .....LBB28 ..... LAT BLASTER BAR
- B .....TBR20 ..... T-BAR ROW PLATFORM
- C .....TBR10 ..... T-BAR ROW PLATFORM



## AB WHEEL

BSTAB1



## TRAINING ROPES

- BSTBR1530 .... 1.5" DIA ..... 30'
- BSTBR1540 .... 1.5" DIA ..... 40'
- BSTBR1550 .... 1.5" DIA ..... 50'
- BSTBR2030 .... 2" DIA ..... 30'
- BSTBR2040 .... 2" DIA ..... 40'
- BSTBR2050 .... 2" DIA ..... 50'



## PUSH-UP BARS • SPEED ROPE • CABLE SPEED ROPE

PUB2

BSTJR1

BSTSR1

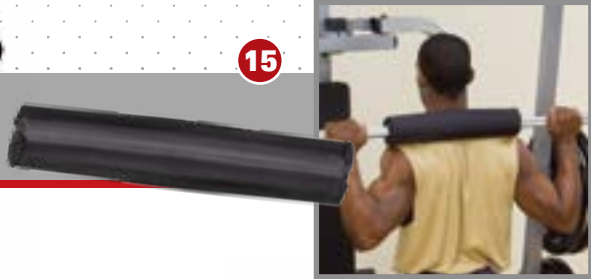
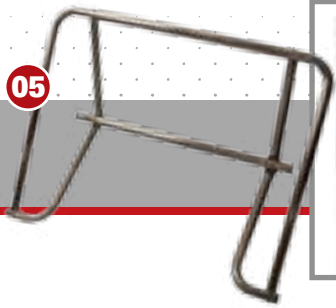




01..... MA310 ..... LEATHER DIPPING STRAP  
 02..... NB55 ..... NYLON DIPPING STRAP  
 03..... MA330 ..... LEATHER DIPPING BELT  
 04..... NB56 ..... NYLON DIPPING BELT  
 05..... PUB34 ..... CHIN-UP BAR  
 06..... PUB30 ..... PULL-UP/PUSH-UP BAR  
 07..... BSTRINGS.. RINGS

08..... NB51 ..... NYLON WRIST STRAPS  
 09..... NAS3..... NYLON ANKEL STRAP  
 10..... MA308V ..... LEATHER ANKLE STRAP  
 11..... MR136 ..... MANTA RAY  
 12..... PG2..... PRO POWER GRIPS  
 13..... MA307V ..... LEATHER HEAD HARNESS  
 14..... MA307N ..... NYLON HEAD HARNESS

15..... MA105 ..... BAR PAD  
 16..... MB148RG... PRO-GRIP MULTI-GRIP LAT BAR  
 17..... MB438RG... PRO-GRIP PRO-STYLE LAT BAR  
 18..... MB229RG... PRO-GRIP REVOLVING CURL BAR  
 19..... MB022RG... PRO-GRIP REVOLVING STRAIGHT BAR  
 20..... MB501RG... PRO-GRIP STIRRUP CABLE HANDLE  
 21..... MB502RG... PRO-GRIP SEATED ROW/CHINNING BAR



22..... MB504RG... PRO-GRIP TRICEP PRESS-DOWN BAR

23..... MB507RG... PRO-GRIP V-BAR

24..... MB503RG... PRO-GRIP MULTI-EXERCISE BAR

25..... MA325..... LEATHER TRICEP STRAP

26..... TR29..... TRICEP ROPE

27..... NTS10..... TRICEP STRAP

28..... NB59..... ADJUSTABLE NYLON CABLE HANDLE

29..... ACH18..... AB CRUNCH HARNESS





# CORE ESSENTIALS

BSTPACK



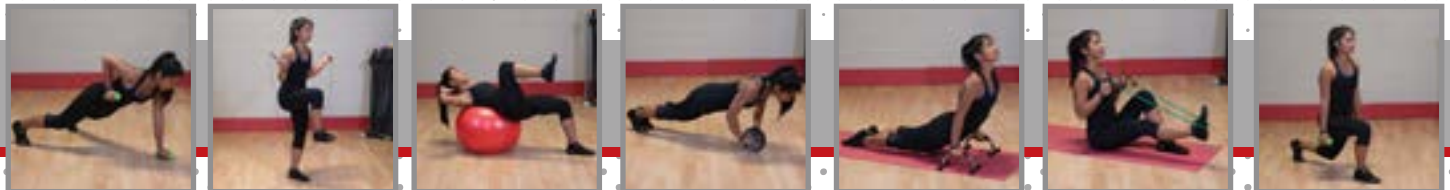
## Trim, Tone & Build A Better Body

- Essential tools for on-the-go workouts
- Full body exercises for every body type
- Build core strength & cardiovascular health
- Instructional booklet & video included

### Includes:

- Exercise Booklet and DVD
- Two 3lb Vinyl Dumbbells
- 65cm Anti-Burst Exercise Ball
- 5mm 72" x 24" Yoga Mat
- Light Resistance Tube
- Heavy Resistance Tube
- Speed Rope
- Ab Wheel
- Push-Up Bars

Instructional booklet & DVD





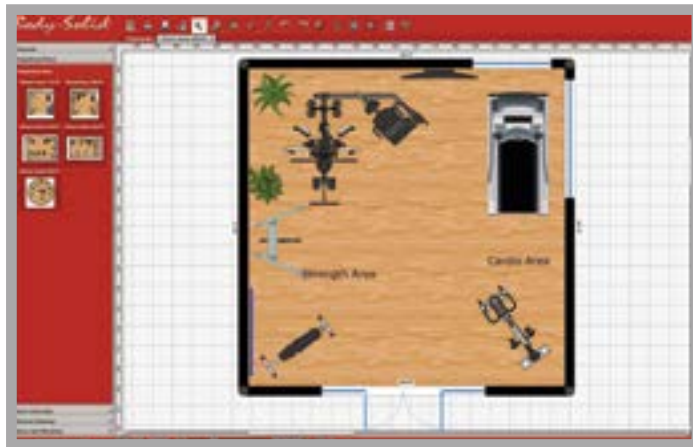


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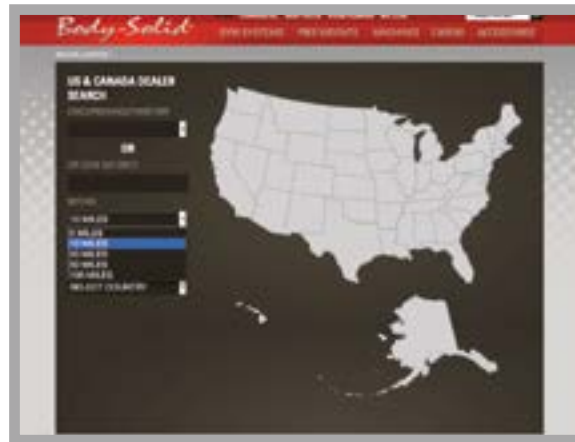
## BUILT FOR LIFE CLUB

The Built for Life Club represents Body-Solid's continued focus on using social media to help our users connect with us, us with them and with each other. You can already find us on Facebook, Twitter, Linked In and YouTube and in conjunction with those sites we have developed the Built for Life Club.



## ROOM PLANNER

Our room planner allows you to plan out a fitness facility through an easy to use interface. After defining the size and shape of your room, you can drag and drop your chosen pieces of equipment into the space to evaluate your possible layouts.



## DEALER LOCATOR

Find a Body-Solid Authorized Dealer near you. Our Dealer Locator will pinpoint the closest Authorized Dealer anywhere in the world.



## BODY FOCUS

Use our Body-Focus approach and interactive models to find just the right equipment and exercises that match your Fitness Goals and the muscle groups you want to focus on.

Others ways to connect with us:  [facebook.com/bodysolidinc](https://facebook.com/bodysolidinc)

 [@bodysolidfit](https://twitter.com/bodysolidfit)

 [@bodysolidfit](https://instagram.com/bodysolidfit)



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