



*Body-Solid*

- Precise 7° angle Smith Machine combined with 7° angle freeweight barbell workout center designed for natural upper and lower body exercise movements.
- Linear ball bearing Smith system with 20 crossmember lock-out points for a safe, solid stop at any point in your workout routine
- Freeweight gunrack system with 14 lift-off and racking positions for ultimate versatility, safety and control.
- Large diameter Smith Bar responds quickly, is easy to control and weighs only 25 Lbs.
- Heavy-duty all-4-side welded 11 gauge and 12 gauge 2"x3" mainframe steel construction
- Includes incredibly strong, adjustable safeties for both the Smith system and the freeweight barbell workout center
- Six Olympic weight plate storage posts safely suspend plates off the floor for easy access
- Olympic Bar holder mounted to the frame stores your bar without obstructing any exercise movements



GS348Q..... SERIES 7 LINEAR BEARING SMITH MACHINE

- W 71" X L 66" X H 84"

GS348QP4 SERIES 7 SMITH MACHINE PACKAGE

- W 71" X L 78" X H 84"

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



BASE MODEL (GS348Q)



GLDA3



GPCA1

# Body-Solid® GPR370 MULTI-PRESS RACK



- Extra-heavy duty 2" x 3" high tensile strength steel mainframe with all-4-side welded construction.
- 14-position gunrack can handle over 1,000 lbs. and gives the user the ability to walk the bar up and down without removing plates.
- Includes oversized 17" long safeties constructed from 2" x 3" 11-gauge steel.
- Mainframe uprights are set to a 7° reverse pitch that accommodates the body's natural lifting path.
- Features 4 Olympic storage posts that suspend weight plates for quick and easy access while keeping your workout area organized.
- Ideal for home and commercial use.
- W 64" X L 45" X H 74"



See pgs. 26-27 for our full line of Olympic weights.



**Body-Solid** **GPR378 POWER RACK**   
 Built for Life

- Wide 'walk-in' design
- 20 adjustment levels
- 3" x 3" vertical support columns
- 41" wide knurled chinning bar
- Includes 2 Safety Catches and 2 Bar Lift Offs
- lockouts 3" on center
- Ideal for home and commercial use
- Shown with OPTIONAL Lat Attachment (GLA378)
- Optional 210 lb. weight stack for lat attachment (#SP200)
- Lat Attachment Includes Lat Bar and Straight Bar
- W 46" X L 49" X H 80" - BASE MODEL
- W 46" X L 69" X H 83" - PACKAGE (PICTURED)



**SCB26 CALF SQUAT BLOCK**

- 18" long x 6-1/2" high calf block
- 26" long squat platform
- 1000 lb. capacity



**OPTIONS:**

- GLA378..... LAT ATTACHMENT
- SP200..... 200 LB. WEIGHT STACK
- DR378..... DIP STATION
- LO378..... BAR LIFT OFFS
- HP200..... PREMIUM STEEL WEIGHT STACK (RED)



Body-Solid  
ProClub Line

## SFID325 ADJUSTABLE BENCH



- 2" x 3", eleven-gauge steel
- Independent back pad and seat pad adjustments
- 1000 pound capacity tested
- Thick, durable padding
- Transport wheels for easy movement
- Back pad adjusts flat, incline (15, 30, 45, 60 and 80 degrees) and decline (-18 degrees)
- Seat pad adjusts flat, 10, and 18 degrees
- Height to pad –flat position 18"
- Back Pad tapers 9.5" -12" towards seat pad
- W 25" X L 58" X H 18"

## FEATURES:



TRANSPORT WHEELS



ADJUSTABLE

## Body-Solid<sup>®</sup> FID46 FLAT/INCLINE/DECLINE BENCH

Built for Life



- Heavy-Duty 3" round stock steel mainframe with extra-wide base for maximum stability
- Full 2 3/4" seat and back pads that will never bottom out
- Includes wheels for easy mobility
- Leg developer with upholstered 4" x 8" rollers and oversize brass bushings for friction-free movement.
- Two sets of cushioned hand grips for stability when doing leg curls and leg extensions.
- Features arched lying leg curl station that provides proper lower back support during the lying leg curl exercise.
- Nine-position back pad with synchronized seat pad for fast, easy, fool-proof adjustments.
- W 28" X L 75" X H 31"





**Body-Solid** Built for Life **GFID71 HEAVY DUTY F/I/D BENCH**   
**FLAT/INCLINE/DECLINE**

- Commercial quality with 1,000 lbs. capacity
- Quick, easy, solid, and secure 6-position ladder-style back pad adjustment
- Improved design features 6-position seat pad adjustment allows all size users to do bent knee sit-ups and ab crunches with proper lower back support and hip alignment
- Full 2¾" thick DuraFirm™ Pads will never bottom out.
- Includes T-Bar Leg Hold Down with oversize rollers for extra comfort and stability
- Expandable for Leg Developer (#GLDA3), Preacher Curl Attachment (#GPCA1), and Lat Attachment (#GLRA81)
- Includes transport wheels for easy mobility
- Ideal for home and commercial use
- W 28" X L 70" X H 19"

**OPTIONS:**



GLDA3



GPCA1



GLRA81

**Body-Solid** Built for Life **GFID100 FLAT/INCLINE/DECLINE BENCH** 

- Six adjustment positions
- Transport wheels for mobility
- 3" round steel mainframe
- 600 lb. Capacity
- Leg lock-down rollers
- DuraFirm™ back and seat pads
- W 28" X L 66" X H 19" (49" H when back pad is inclined)

**OPTIONS:**



GLDA3



GPCA1



**Built for our Corner Leverage Gym. See pgs. 51 for details.**

WEIGHTS, BARS AND COLLARS ARE ALL OPTIONAL

## Body-Solid<sup>®</sup> **GFI21 FLAT/INCLINE BENCH**

- Commercial 2" x 3" heavy gauge steel mainframe
- Glide & Lock seat and back pad adjustment system
- Adjusts from flat to 90 in 9 positions with convenient one-touch pop-pin
- Full 2" thick DuraFirm seat and back pads
- Ideal for home and commercial use
- Height to pad –flat position 19"
- Back pad 9.5" wide
- Back pad incline degrees 83°, 75°, 70°, 61°, 55°, 47°, 38°, 26° and 0° flat.
- Seat pad incline degrees: 0° flat, 15°, 25° and 30° incline.
- W 21" X L 52" X H 17" (46" when inclined)



Visit [bodysolid.com](http://bodysolid.com) for product videos, overviews, features and technical specifications.

## Body-Solid<sup>®</sup> **GFID225 FOLDING MULTI-BENCH**

- No assembly required
- Seven adjustment positions
- Transport wheels for mobility
- Distance from ground to flat position 18"
- Back pad dimensions tapered 8-9.5" length 31"
- Seat pad dimensions tapered 11-15" length 11.5" thickness 2.5"
- In Use Dimensions: W 16" X L 57" X H 18"
- Folded Dimensions: W 16" X L 57" X H 9"





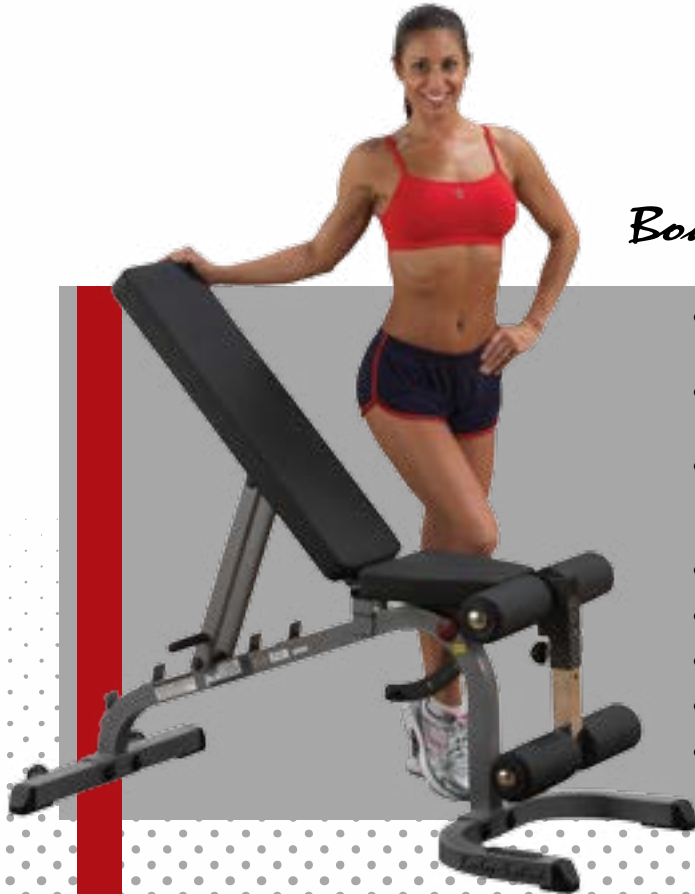
See pgs. 22-23  
for our full line  
of dumbbells.

Body-Solid  
Built for Life

## GFB350 HEAVY DUTY FLAT BENCH



- Perfect for all basic barbell and dumbbell exercises
- Commercial 2" x 3" heavy gauge steel mainframe
- Wide base eliminates rocking
- Extra-thick DuraFirm™ Pad
- All-4-side welded construction
- Ideal for home and commercial use
- Height to pad –flat position 19"
- Back pad 9.5" wide
- W 23" X L 46" X H 20"



Body-Solid  
Built for Life

## GFID31 FLAT/INCLINE/DECLINE BENCH



- Specifically designed with a shortened base frame to fit perfectly in all Smith Machines, Power Racks, and Multi-Press Racks
- Improved design features quick, easy, solid, and secure 6-position ladder-style
- Adjustable seat pad allows all size users to do bent knee sit-ups and ab crunches with proper lower back support and hip alignment
- Includes T-Bar Leg Hold Down Attachment
- Thick, rich, DuraFirm™ upholstery
- Includes wheels for easy mobility
- Back pad 9.5" wide
- W 27" X L 59" X H 22"

### OPTIONS:



GLDA1



GPCA1



# Body-Solid® **GDIB46L POWERCENTER COMBO BENCH**

- Includes Leg Developer
- 6-Position Flat / Incline / Decline
- DuraFirm™ back and seat pads
- Adjustable Uprights
- W 46" X L 77" X H 43"

## OPTIONS:



GLRA81  
LAT ATTACHMENT



GPCA1  
PREACHER CURL



# Body-Solid® **GLM83 PRO-LAT MACHINE**



- "No-Cable-Change Technology" makes transitions between high and low pulley exercises effortless
- Thick, comfortable DuraFirm™ seat pad
- Patented nylon bushings provide smooth weight carriage travel
- Comfortable, multi-position 8" foam rollers lock you in position for high pulley lat work
- Seated Row Foot Brace for low pulley lat work
- Includes Lat Bar and Straight Bar
- W 32" X L 60" X H 82"



**Body-Solid** **GST20 UTILITY STOOL**   
Built for Life

- DuraFirm™ upholstery is extra thick, double stitched
- Heavy-duty 2" x 2" and 2" x 3" 12-gauge steel mainframe
- Ideal for home and commercial use
- W 23" X L 46" X H 20"

**Body-Solid** **GSRM40 SEATED ROW MACHINE**   
Built for Life

- DuraFirm™ chest and seat pads
- Multi-Position adjustable handles
- Oil-lite bronze bushings at all pivot points
- Extra-thick foam padded foot braces
- Ideal for home and commercial use
- W 44" X L 54" X H 39"



**Body-Solid** **GPM65 PLATE LOADED PEC MACHINE**   
Built for Life

- 2" x 2" high tensile strength steel frame.
- Extra-thick and super tough DuraFirm™ seat and back pads.
- Adjustable cam for variable starting positions
- Articulating handles for unilateral and bilateral chest development.
- W 28" X L 32" X H 65"



**Body-Solid** Built for Life **GCBT380 CAM SERIES BICEPS & TRICEPS MACHINE** 

- Adjustable seat for proper positioning
- Ultra-thick DuraFirm™ upholstery provides maximum comfort
- Positioned at a 30° angle for precise biomechanical movement
- Combination 2" x 2" and 2" x 4" supportive steel blends structural integrity with ultimate comfort
- V-Bar handle to blast out a burning set of arm curls
- Adjustable lifting arm can be positioned upward for Triceps workout
- Ideal for home and commercial use.
- W 43" X L 45" X H 40"



**Body-Solid** Built for Life **GPCB329 PREACHER CURL BENCH** 

- Full commercial 2" x 3" high tensile strength steel mainframe
- Extra-thick and super tough DuraFirm™ arm and seat pads
- Fully adjustable to accommodate all size users
- Extra-wide base and bar cradle
- Ideal for home and commercial use
- W 31" X L 41" X H 35"



**Body-Solid** Built for Life **GDIP59 DIP STATION** 



SEE OUR SELECTION OF DIPPING STRAPS  
AND BELTS ON PG 18

- 2" x 3" mainframe construction
- Oversize 1 3/4" diameter dipping bars
- Slip-proof rubber grips
- Electrostatically applied powder coat finish
- Distance between dip handles 19" at base to 21" at end
- W 27" X L 38" X H 53"



**Body-Solid** Built for Life **GVKR60 VERTICAL KNEE RAISE & DIP** 

- Safe, no-slip step-up entry
- Thick DuraFirm™ back and arm pads
- Comfortable oversized handgrips
- Ideal for home and commercial use
- Distance between dip handles 20.5" (inside to inside)
- W 24" X L 37" X H 60"



**Body-Solid**  
Built for Life

**GVKR82 VERTICAL KNEE RAISE/DIP/  
PUSH-UP/PULL-UP/ CHIN-UP MACHINE**



- 10° reverse pitch increases abdominal range-of-motion and securely locks you into position
- Lat Pull-Up / Chin-Up Station features easy step-up entry
- Easy access Dip Station features oversized diameter grips for ultimate comfort
- Push-Up Station is cushioned and mounted a full 12" off the floor for the deepest pec building push-ups possible
- Ultra-thick DuraFirm™ back pad features extra lumbar support
- Heavy-gauge 2" x 2" all-4-side welded high tensile strength steel mainframe construction
- Ideal for home and commercial use
- W 43" X L 57" X H 82"



**Body-Solid**  
Built for Life

**FCD VERTICAL KNEE RAISE/DIP/  
PULL-UP/ CHIN-UP MACHINE**



- Lat pull-up (wide grip)/chin-up (close grip) station features easy step-up entry
- Easy access dip station features oversized diameter grips for ultimate comfort
- Ultra-thick DuraFirm™ back, arm and knee pads
- 11-gauge steel frame with 2" x 3" oval tubing
- 2" x 2" all-4-side welded high tensile strength steel mainframe construction
- W 27" X L 63" X H 82"





Body-Solid  
**ProClub Line** **SGH500 GLUTE & HAM MACHINE** **FC**

- Vertical and horizontal adjustments ensure proper fit for any size user
- Isolates lower posterior muscles
- Works glutes, hamstrings, calves, abs and obliques in one machine
- Oversized pads for comfort
- DuraFirm upholstery for durability
- Step for easy access and dismount
- Commercial Rated
- W 33" X L 79" X H 51"



Body-Solid  
Built for Life **GRCH322 ROMAN CHAIR** **C**

- Commercial 2" x 3" heavy-gauge steel construction
- Extra-wide base eliminates rocking
- Extra-thick 3¾" DuraFirm™ support pads
- Oversize foam rollers are pop-pin adjustable both vertically and horizontally to fit all size users
- No-slip step-up surface for safe positioning
- Ideal for home and commercial use
- W 26" X L 45" X H 43"

Body-Solid  
Built for Life **GHYP345 45° BACK HYPEREXTENSION** **C**



- Commercial 2" x 3" heavy-gauge steel construction
- Relieves lower back pain
- Increases flexibility
- Improves circulation.
- Strengthens back and abdominal muscles
- W 26" X L 50" X H 36"



**Body-Solid** **GAB60 PRO-STYLE AB BOARD**   
Built for Life

- 12 adjustment levels from 0 to 45 degrees.
- 40" x 12" DuraFirm™ back pad.
- Incredibly effective in isolating the entire abdominal region.
- Exceptional upper back and head support maintain proper body alignment.
- Unique design provides easy entry and exit.
- Nylon transport wheels for easy mobility and storage.
- Oversize 8" Foam Rollers for comfort and stability.
- W 24" X L 54" X H 52"

**Body-Solid** **GCAB360 CAM SERIES AB & BACK MACHINE**   
Built for Life

- Ultra-thick DuraFirm™ upholstery provides maximum comfort.
- Positioned at a 30° angle for precise biomechanical movement.
- 2" x 4" mainframe steel for exceptional Light Commercial quality.
- Easy-to-use pop-pin that allows adjustments to increase and control the user's range-of-motion.
- Adjustable lifting arm can be positioned for exercising both the abdominal and back muscles.
- Ideal for home and commercial use.
- W 46" X L 60" X H 43"



**Body-Solid**  
Built for Life

**GAB350 SEMI-RECUMBENT  
DUAL AB BENCH**



- Unique design provides easy entry and exit
- Incredibly effective in isolating the entire abdominal region
- Adjustable seat pad, roller bar (4 range of motion adjustments) and foothold to fit all users
- Provides maximum user comfort by positioning and stabilizing the lower back
- To increase resistance- add weights to the plate holder near feet.
- Olympic plate holders only
- W 27" X L 65" X H 43"



**Body-Solid**  
Built for Life



**Body-Solid**  
Built for Life

**GAB300 SEMI-RECUMBENT  
AB BENCH**



- 5-position adjustable seat.
- 5-position upper ab arm
- 4-position lower ab leg support
- 11 gauge high strength 2" x 3" steel tube with electrostatically applied powder coat finish
- DuraFirm upholstery over 2" high density foam
- Ergonomically correct handles
- Upper abdominal resistance with lock-out feature
- Lower abdominal counterbalance and resistance with lock-out feature
- Articulating foot support self-aligns for correct lower leg and ab crunch movement
- Easy access upright seating position.
- W 34" X L 69" X H 52"

WEIGHTS, BARS AND COLLARS ARE ALL OPTIONAL





**Body-Solid** **GWS100 WEIGHT SLED**   
Built for Life

- Removable Posts
- Heavy Gauge Steel Frame
- Center weight horn
- Multiple handles to push and pull
- Attachment Anchors
- W 31" X L 42" X H 40" 68 lbs.



**Body-Solid** **GLPH1100 LEG PRESS & HACK SQUAT**   
Built for Life

- Quad track roller system operates smoothly and distributes weight evenly.
- Both back pads utilize a quick flip-and-lock mechanism.
- Extra-heavy gauge Diamond Plate foot platforms for both Leg Press and Hack Squat positions.
- Easy-access under-carriage plate load system.
- Extra heavy-duty 2" x 4" 11-gauge steel mainframe minimizes torsional flex for maximum strength and stability.
- Ultra-tough, double-stitched DuraFirm! Back and Shoulder pads are 4" thick and contoured for maximum support of the lower back and shoulder areas.
- Three lockout positions for user safety and convenience.
- Capacity of 1,000 lbs.
- W 34" X L 83" X H 56"



## Body-Solid<sup>®</sup> GSCR349 SEATED CALF RAISE

Built for Life



- Operates on a 3:1 weight ratio for developing powerful calves.
- Pillow block bearings at main pivot points for ultra smooth movement under the heaviest loads.
- Thick, comfortable DuraFirm™ knee pads and seat pad.
- Angled foot platform with no-slip surface for full range of motion.
- Adjustable for all size users.
- W 20" X L 47" X H 39"



Body-Solid<sup>®</sup>  
Built for Life



## Body-Solid<sup>®</sup> GSCL360 LEVERAGE SQUAT CALF MACHINE

Built for Life



- Heavy-gauge diamond plate foot platform is set to a perfect 20° pitch for optimal development of the quadriceps and glutes.
- Innovative calf raise block is round instead of square, eliminating the painful edge and providing a deep pre-stretch for maximum calf-blasting workouts.
- Heavy-duty mainframe is comprised of extra-large 3" x 3" high tensile strength 12-gauge steel with all-4-side welded construction.
- Exclusive DuraFirm™ shoulder and back pads are extra-thick and specifically contoured to conform to your shoulders.
- Spring-loaded lockouts handle is positioned within reach for user safety.
- Ideal for home and commercial use.
- W 43" X L 62" X H 56"

WEIGHTS, BARS AND COLLARS ARE ALL OPTIONAL

## Body-Solid<sup>®</sup> GCEC340 CAM SERIES LEG EXTENSION & CURL

- The two most important leg exercises can now be performed from one comfortable position
- Thick, comfortable DuraFirm™ pads and fully adjustable 7-gauge steel cam will easily accommodate any user
- Easy-to-use pop-pin that allows adjustments to increase and control the user's range-of-motion
- Adjustable lifting arm can be positioned for exercising both the hamstring and quads
- Ideal for home and commercial use
- Distance from top of seat pad to bottom of foam roller 16"
- W 42" X L 49" X H 37"



## Body-Solid<sup>®</sup> GLCE365 SEATED LEG EXTENSION & SUPINE CURL

- Commercial 2"x 3" heavy-gauge steel frame with all-4-side welded construction.
- Fully adjustable for any size user, the recumbent
- DuraFirm™ back pad with hold-down grips can be set to 3 upright positions and 2 supinated positions for traditional leg curls.
- Hold down grips on both back and thigh pads for support and stability.
- DuraFirm™ pads are extra-thick and double stitched for comfort and support.
- Oversize 8" foam rollers pop-pin adjust both vertically and horizontally for a proper fit.
- Wide base eliminates rocking for a solid leg workout.
- W 27" X L 74" X H 31"

## Body-Solid<sup>®</sup> SBL460P4 FREEWEIGHT LEVERAGE GYM

- Extra strong and extra large 3"x3" 10 and 11-gauge steel mainframe with all 4-side welded construction and thick, reinforcement plates give the Body-Solid Leverage Gym the strongest frame in its class, bar none!
- Commercial Grade Pillow Block & Sealed Ball Bearings Provide precision movement and friction-free performance without play even under enormous weight
- Prevent pinning under heavy weight and allow you to max out without a spotter
- Our exclusive DuraFirm™ Pads are tear resistant, extra thick and ultra comfortable. We use the highest density foam in the industry for a lifetime of support
- W 126" X L 107" X H 83"



SCB26 CALF SQUAT BLOCK  
PG. 35



## Body-Solid<sup>®</sup> GLGS100P4 CORNER LEVERAGE GYM

- Package includes GLGS100 Corner Leverage Gym and GFID100 Flat Incline and Decline Bench
- 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
- Complete, compact and safe
- W 67" X L 57" X H 82" (Gym) W 28" X L 67" X H 21" (Bench)

WEIGHTS, BARS AND COLLARS ARE ALL OPTIONAL



**Body-Solid** Built for Life **GDCC200 FUNCTIONAL TRAINING CENTER** 

- Vertical carriage system features fiberglass reinforced nylon pulleys and locking, universal attachment connections
- 11-gauge, 2" x 4" oval tubing with an electrostatically applied powder coat finish
- Precision-fitted frame components constructed from commercial grade 11-gauge, 2" x 4" oval tubing with an electrostatically applied powder coat finish.
- 4.8mm diameter spun steel aircraft cables rated to over 2,500 lbs.
- 20 independent height adjustments and 180° cable positioning
- Two 160 lb. weight stacks (weight ratio is 1/2 : 1)
- Dual position pull-up bar
- W 43" X L 73" X H 84"

**OPTIONAL UPGRADES & ATTACHMENTS**



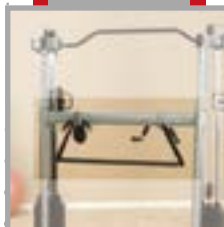
SP50  
50 LB. STACK



HP10  
PREMIUM  
WEIGHTS



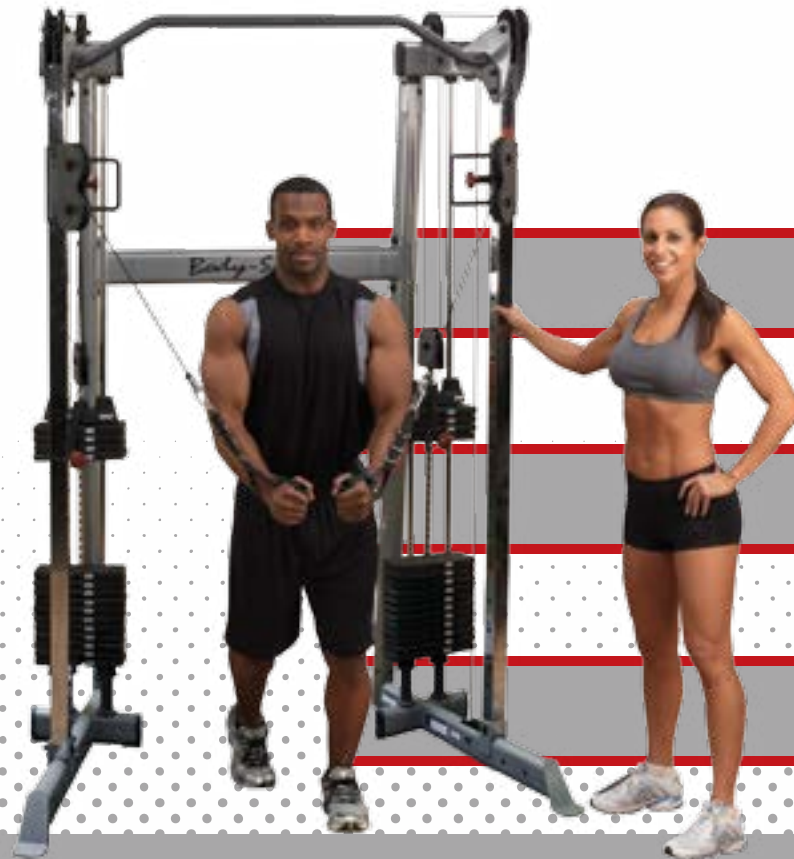
GDCCRACK  
ACCESSORY  
RACK



GDCCBAR  
DUAL-PRESS  
BAR

**Body-Solid** Built for Life **GDCC210 FUNCTIONAL TRAINING CENTER** 

- Vertical carriage system features fiberglass reinforced nylon pulleys and locking, universal attachment connections
- Precision-fitted frame components constructed from commercial grade 11-gauge, 2" x 4" oval tubing with an electrostatically applied powder coat finish
- 11-gauge, 2" x 4" oval tubing with an electrostatically applied powder coat finish
- 4.8mm diameter spun steel aircraft cables rated to over 2,500 lbs.
- 20 independent height adjustments and 180° cable positioning
- Two 160 lb. weight stacks (weight ratio is 1/2 : 1)
- W 43" X L 64" X H 84"



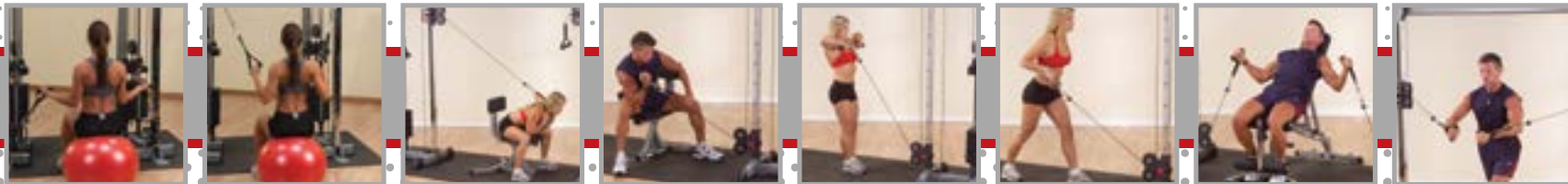
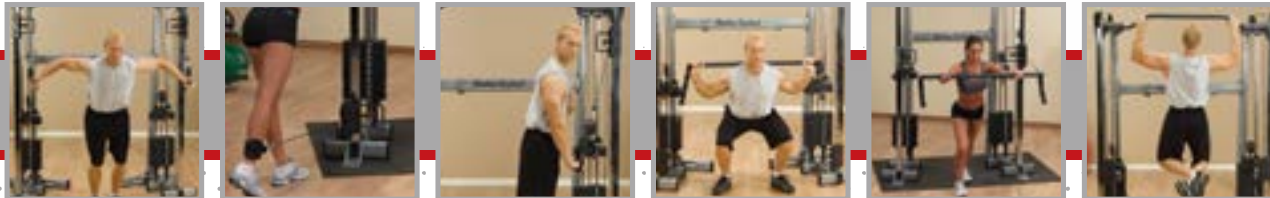
**Body-Solid®** Built for Life **GDCC210 DELUXE CABLE CROSSOVER**



- Vertical carriage system features fiberglass reinforced nylon pulleys and locking, universal attachment connections
- 11-gauge, 2" x 4" oval tubing with an electrostatically applied powder coat finish
- 4.8mm diameter spun steel aircraft cables rated to over 2,500 lbs
- 20 independent height adjustments and 180° cable positioning
- Two 160 lb. weight stacks (weight ratio is 1/2 : 1)
- High-density foam rubber handgrips and handles
- High-density, injected molded end and foot caps
- Dual position pull-up bar
- W 29" X L 164" X H 84"



*Body-Solid®*  
Built for Life



See pg. 61  
for gym  
options and  
attachments



## Body-Solid® G1S GYM

Built for Life

- Easy to use, space saving, no-cable-change design.
- Traditional press bar is biomechanically designed for maximum chest concentration and outstanding muscle development.
- DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- All stations feature self-lubricating bronze bushings with biomechanically accurate pivot points for friction-free shaft rotation.
- Telescoping, chrome plated seat post for quick, smooth adjustments and proper body positioning.
- 2,200 lb. tension strength, military spec, steel aircraft cables with nylon sheath provide durability and low maintenance.
- 4½" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings for prolonged cable life, smooth movement and maximum durability.
- Includes lat bar, straight bar, ankle strap, ab / triceps strap, Total Body Workout™ DVD, and convenient water bottle and towel holder.
- Options & Attachments: **GAP1-ALUMINUM PULLIES**, **HP10-PREMIUM WEIGHTS**
- W 36" X L 49" X H 83"

## Body-Solid® G2B BI-ANGULAR HOME GYM

Built for Life

- Patented Bi-Angular® converging press station replicates free weight dumbbell presses and provides 25% more muscle interaction.
- Includes commercial style multi-hip station with multiple start positions that provide resistance in either direction for emphasis on your hip, thigh and glute areas.
- 160 lb. (73kg) selectorized weight stack. Optional 210 lb. (95kg) weight stack available.
- Leg developer station features the SmoothGlide Bearing System™ with biomechanically accurate pivot point.
- Heavy duty 12-gauge steel construction provides ultimate strength, function and durability.
- 4½" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings for prolonged cable life, smooth movement and maximum durability.
- Options & Attachments: **GAP2-ALUMINUM PULLIES**, **SP50-50 LB. WEIGHT STACK UPGRADE**, **HP10-PREMIUM WEIGHTS**, **GLP-LEG PRESS/CALF PRESS**, **GCCA-CABLE COLUMN**, **GIOT-SEATED INNER/OUTER THIGH**
- W 63" X L 71" X H 84"



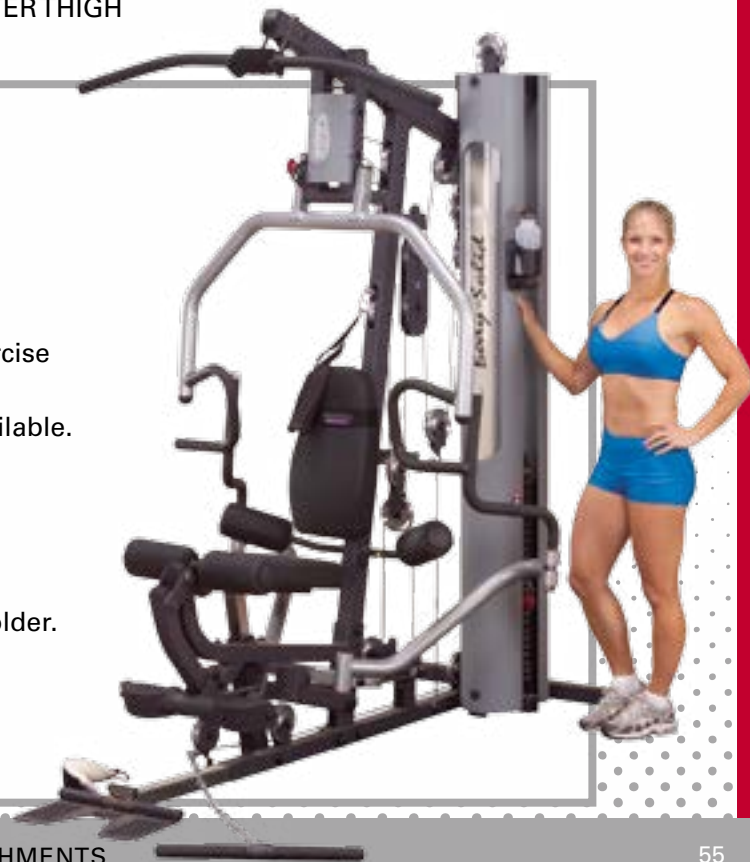


**Body-Solid** **G3S GYM**   
Built for Life

- Traditional press bar is biomechanically designed for maximum chest concentration and outstanding muscle development.
- Lat pulldown station allows unlimited, full range of motion through unilateral, bilateral, converging or diverging movement.
- Leg developer station features the SmoothGlide Bearing System™ with biomechanically accurate pivot point.
- 160 lb. (73kg) selectorized weight stack. Optional 210 lb. (95kg) weight stack available.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Easy to use, space saving, no-cable-change design.
- 12-gauge mainframe construction assures maximum strength, function and durability.
- Options & Attachments: **GAP3-ALUMINUM PULLIES**, **SP50-50 LB. WEIGHT STACK UPGRADE**, **HP10-PREMIUM WEIGHTS**, **GLP-LEG PRESS/CALF PRESS**, **GCCA-CABLE COLUMN**, **GIOT-SEATED INNER/OUTERTHIGH**
- W 47" X L 80" X H 84"

**Body-Solid** **G5S SINGLE STACK GYM**   
Built for Life

- Chest, incline, shoulder press, mid row and leg developer stations incorporate the friction free SmoothGlide Bearing System™.
- Self-aligning, contoured leg extension cuffs automatically adjust throughout the exercise movement.
- Integrated leg developer CAM prevents resistance drop-off at the end of the exercise movement and provides consistent resistance throughout full range of motion.
- 210 lb. (95kg) selectorized weight stack. Optional 260 lb. (118kg) weight stack available.
- Telescoping, chrome plated, gas-assist adjustable seat post for quick, smooth adjustment and proper body positioning.
- 4½" pulleys are impact resistant fiberglass reinforced nylon
- Includes lat bar, revolving straight bar, ankle strap, ab/triceps strap, Total Body Workout™ DVD, full size exercise chart and convenient water bottle and towel holder.
- Options & Attachments: **GAP5-ALUMINUM PULLIES**, **SP50-50 LB. WEIGHT STACK UPGRADE**, **HP10-PREMIUM WEIGHTS**, **GLP-LEG PRESS/CALF PRESS**, **GCCA-CABLE COLUMN**, **GIOT-SEATED INNER/OUTERTHIGH**
- W 47" X L 80" X H 84"



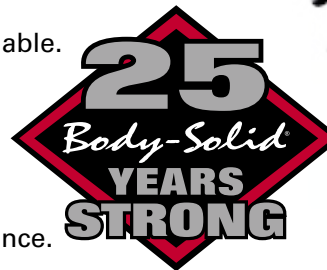


## Body-Solid® G6B25YR 25TH ANNIVERSARY EDITION G6B GYM

Built for Life



- Patented Bi-Angular® converging press station replicates a free weight dumbbell press and produces 25% more muscle interaction.
- Self-aligning, contoured leg extension cuffs automatically adjust throughout the exercise movement.
- Integrated leg developer CAM prevents resistance drop-off at the end of the exercise movement and provides consistent resistance throughout full range of motion.
- 210 lb. (95kg) selectorized weight stack. Optional 260 lb. (118kg) weight stack available.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Telescoping, chrome plated, gas-assist adjustable seat post for quick, smooth adjustment and proper body positioning.
- Flip-up seated row foot brace plate stabilizes your body when using heavy resistance.
- Options & Attachments: **GAP6-ALUMINUM PULLIES**, **SP50-50 LB. WEIGHT STACK UPGRADE**, **HP10-PREMIUM WEIGHTS**, **GLP-LEG PRESS/CALF PRESS**, **GCCA-CABLE COLUMN**, **GIOT-SEATED INNER/OUTERTHIG**
- W 47" X L 80" X H 84"



## Body-Solid® G6B BI-ANGULAR GYM

Built for Life



- Patented Bi-Angular® converging press station replicates a free weight dumbbell press and produces 25% more muscle interaction.
- Self-aligning, contoured leg extension cuffs automatically adjust throughout the exercise movement.
- Integrated leg developer CAM prevents resistance drop-off at the end of the exercise movement and provides consistent resistance throughout full range of motion.
- 210 lb. (95kg) selectorized weight stack. Optional 260 lb. (118kg) weight stack available.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Telescoping, chrome plated, gas-assist adjustable seat post for quick, smooth adjustment and proper body positioning.
- Flip-up seated row foot brace plate stabilizes your body when using heavy resistance.
- Options & Attachments: **GAP6-ALUMINUM PULLIES**, **SP50-50 LB. WEIGHT STACK UPGRADE**, **HP10-PREMIUM WEIGHTS**, **GLP-LEG PRESS/CALF PRESS**, **GCCA-CABLE COLUMN**, **GIOT-SEATED INNER/OUTERTHIG**
- W 47" X L 80" X H 84"

Shown with optional GIOT SEATED INNER/OUTERTHIG

**Body-Solid** **G9S TWO STACK GYM**   
Built for Life

See pg. 61  
for gym  
options and  
attachments



- Traditional press bar is biomechanically designed for maximum chest concentration and outstanding muscle development.
- Perfect Pec™ station features range of motion adjustment that allows beginning stretch preference.
- Telescoping, chrome plated, gas-assist adjustable seat posts for quick, smooth adjustment and proper body positioning.
- Two 210 lb. (95kg) selectorized weight stacks.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Includes Leg Press / Calf Press station with 2:1 ratio for maximum resistance of 420 lbs.
- Options & Attachments: **GAP9-ALUMINUM PULLIES**, **SP50-50 LB. WEIGHT STACK UPGRADE**, **HP10-PREMIUM WEIGHTS**, **GKR9-VERTICAL KNEE RAISE**, **GCCA-CABLE COLUMN**, **GIOT-SEATED INNER/OUTERTHIGH**
- W 76" X L 89" X H 84"

**Body-Solid** **G10B BI-ANGULAR GYM**   
Built for Life

- Patented Bi-Angular® converging press station replicates a free weight dumbbell press and produces 25% more muscle interaction.
- Two 210 lb. (95kg) selectorized weight stacks.
- Telescoping, chrome plated, gas-assist adjustable seat posts for quick, smooth adjustment and proper body positioning.
- Leg Extension / Leg Curl Station: When you're ready to build muscular legs and stronger knee joints, this leg developer is ready to help you meet your goals.
- High-density, top grade DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- Options & Attachments: **GAP10-ALUMINUM PULLIES**, **SP50-50 LB. WEIGHT STACK UPGRADE**, **HP10-PREMIUM WEIGHTS**, **GLP-LEG PRESS/CALF PRESS**, **GCCA-CABLE COLUMN**, **GIOT-SEATED INNER/OUTERTHIGH**
- W 119" X L 72" X H 84"





**Body-Solid** EXM1500S HOME GYM   
Built for Life

- Easy to use, space saving, no-cable-change design.
- Traditional press bar is biomechanically designed for maximum chest concentration and outstanding muscle development.
- DuraFirm™ pads with lumbar support provide ultimate comfort and prevent lower back strain.
- All stations feature self-lubricating bronze bushings with biomechanically accurate pivot points for friction-free shaft rotation.
- Telescoping, chrome plated seat post for quick, smooth adjustments and proper body positioning.
- 2,200 lb. tension strength, military spec, steel aircraft cables with nylon sheath provide durability and low maintenance.
- 4½" pulleys are impact resistant fiberglass reinforced nylon with precision machined steel ball bearings for prolonged cable life, smooth movement and maximum durability.
- Options & Attachments: **GAP1-ALUMINUM PULLIES**, **HP10-PREMIUM WEIGHTS**
- W 36" X L 49" X H 83"

See pg. 61  
 for gym  
 options and  
 attachments

**Body-Solid** EXM3000LPS MULTI-STATION  
Built for Life **SELECTORIZED GYM**



- 7 STATIONS: Multi-Press Station, Leg Press/Calf Press Station, Perfect Pec Station, Lat Pulldown/High Pulley, Ab Crunch/Mid Pulley, Leg Extension/Leg Curl, Seated Row/Low Pulley Station
- Dual 210 Lb. Alloy Steel Weight Stacks: Two weight stacks that employ state-of-the-art nylon bushings for super smooth and quiet operation.
- DuraFirm™ Pads: Durable, tear-resistant, fully supported DuraFirm™! pads are double stitched and sewn.
- Weight Stack Shrouds: Two full length, solid steel shrouds entirely encompass each weight stack for enhanced appearance and improved safety.
- Options & Attachments: **VKR30-VERTICAL KNEE RAISE & DIP STATION**, **HP10-PREMIUM WEIGHTS**
- W 73" X L 91" X H 83"






Optional LEG PRESS/CALF PRESS (LP40S)



Body-Solid®  
Built for Life

## EXM4000S 3 STACK MULTI-STATION GYM SYSTEM



- Twelve hardworking exercise stations for a total body workout
- Fits comfortably against a wall or on display in the center of a room or workout facility
- Three 210 lb. weight stacks
- DuraFirm seat pads feature hydraulic adjustments
- Bench Press station features kick-assist lever for complete pre-stretch and full range of motion
- Perfect Pec station feature articulating handles and range of motion adjustments
- Options & Attachments: **LP40S**-LEG PRESS/CALF PRESS, **HP10**-PREMIUM WEIGHTS
- W 91" X L 133" X H 83"

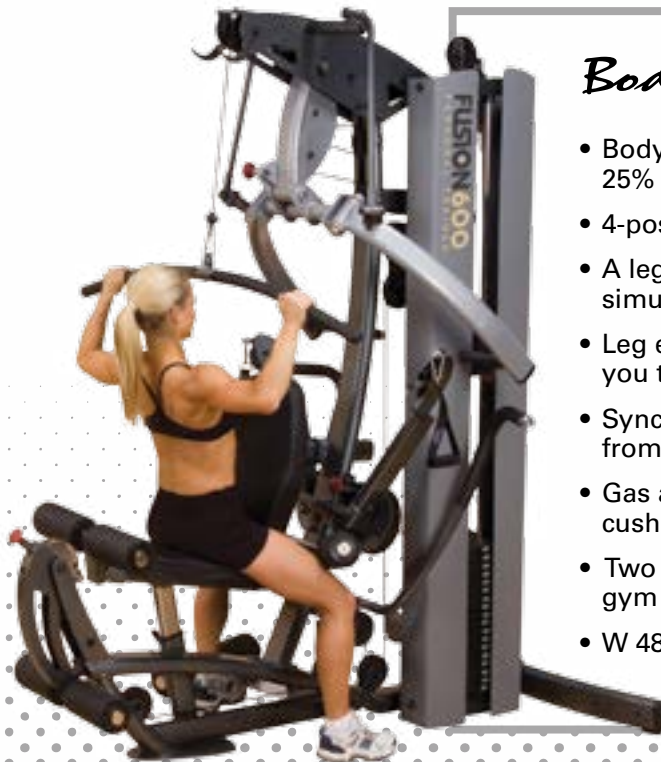
## Body-Solid® F500 FUSION 500 PERSONAL TRAINER

- New curved, design forward aesthetic
- 50mm x 100mm 11 ga. oval tubing
- 4 position standard Press arm with ergonomically designed multi-position handles
- Leg extension with pivoting rollers
- Synchronized articulating functional training arms with range extending from upper ab exercises to side accessed workouts
- Low row positions
- Lat pull down with wide groove pulley
- Telescoping back rest with multiple position cushion
- Gas assist telescoping seat
- Two Pre cabled accessory attachment points
- High density foam handle grips and chrome endcaps
- W 48" X L 76" X H 83"



## Body-Solid® F600 FUSION 600 PERSONAL TRAINER

- Body-Solid's revolutionary Bi-Angular press arm that generates 25% more muscle interaction for better results.
- 4-position standard press arm with ergonomically designed multi-position handles.
- A leg curl station that lets the user develop both hamstrings simultaneously from a comfortable, seated position.
- Leg extension with pivoting rollers that provides a full range of motion and allows you to feel your quads being worked through the entire range of movement.
- Synchronized articulating functional training arms with range extending from upper ab exercises to side-accessed workouts.
- Gas assist telescoping seat and telescoping back rest with multiple position cushion that ensures comfort and adjustability for any size user.
- Two pre-cabled accessory attachment points that enable you to configure your gym to be as individually unique as your personal goals and routines demand.
- W 48" X L 76" X H 83"



## G-SERIES OPTIONS

Personalize your workout with the following optional attachments for the G-Series gyms shown on pages 54-57.



50 lb. Selectorized Weight Stack (SP50)  
G2B, G3S, G5S, G6B, G6B25YR, G10B



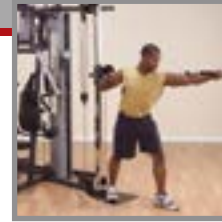
Seated Inner/Outer Thigh (GIOT)  
G2B, G3S, G5S, G6B, G6B25YR, G9S, G10B



Vertical Knee Raise (GKR9)  
G9S



Leg Press/Calf Press (GLP)  
G2B, G3S, G5S, G6B, G6B25YR, G10B



Cable Column (GCCA)  
G2B, G3S, G5S, G6B, G6B25YR, G10B



Aluminum Pulley (GAP#)  
G1S (GAP1), G2B (GAP2), G3S (GAP3), G5S (GAP5), G6B (GAP6), G9S (GAP9), G10B (GAP10)

## EXM SERIES OPTIONS

Personalize your workout with the following optional attachments for the EXM Series gyms shown on pages 58-59.



Knee Raise/Dip Station (VKR30)  
EXM3000LPS



Leg Press/Calf Press (LP40S)  
EXM4000S

## For all selectorized gyms



Premium Weight Stacks (HP10)



Weight Stack Adapters 2.5 lb./5 lb. (WSA2.5/WSA5)

## FUSION OPTIONS

Personalize your gym with the following optional attachments for the Fusion 400, Fusion 500 and/or Fusion 600 gyms shown on page 60.



Weight Assisted Dip/Pull-Up (FCDWA)  
Fusion 500, Fusion 600



Leg Press (FLP)  
Fusion 500, Fusion 600



Multi-Hip Station (FMH)  
Fusion 500, Fusion 600



Pull-Up Bar (FPU)  
Fusion 500, Fusion 600



Vertical Knee Raise (FKR)  
Fusion 500, Fusion 600

(Photo not available)  
Pulley Area Shroud Metal (FSHDM)  
Fusion 500, Fusion 600

Pulley Area Shroud Plastic (FSHDP)  
Fusion 500, Fusion 600

# Body-Solid® **PROSelect** Built for Life

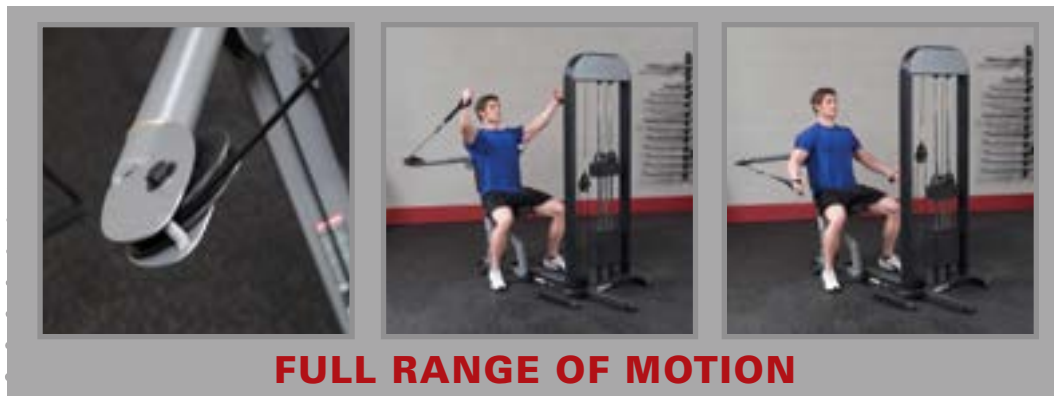
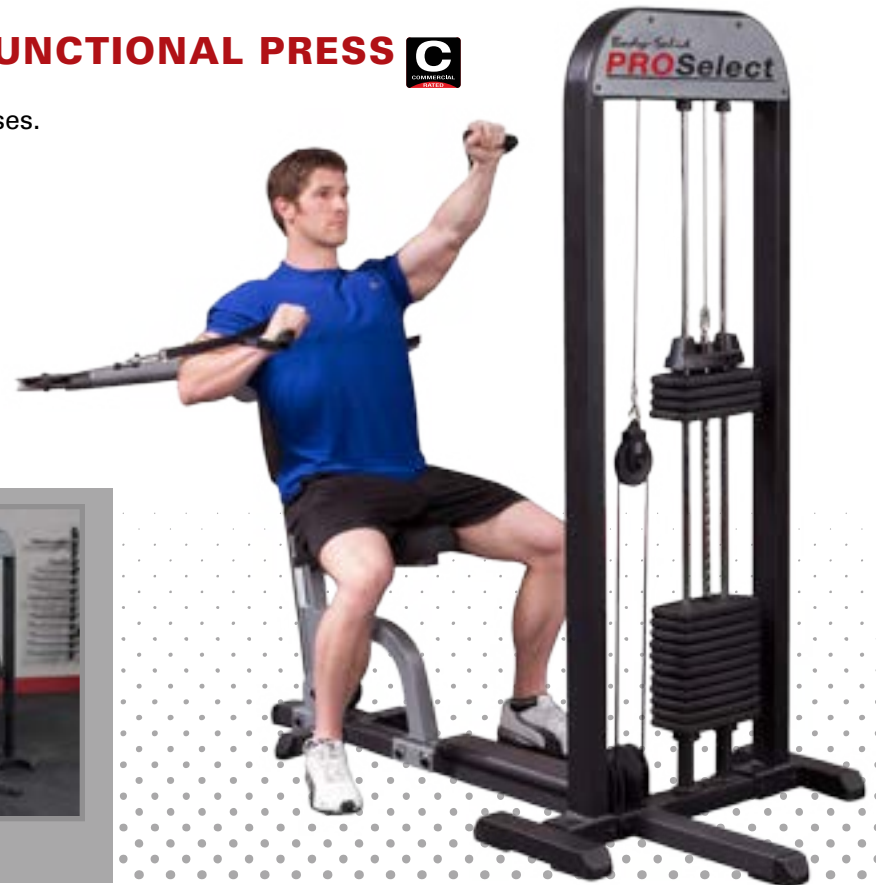
Body-Solid's Pro Select line consists of seven multi-function selectorized stations: inner/outer thigh, leg /calf press, multi-functional press, ab/back, biceps/triceps, leg extensions/leg curl and weight-assisted chin-dip. Perfect for light commercial, training studio and home workout applications. Selectorized machines offer great function with a high degree of safety.

Less than half the price of most selectorized machines, the Pro Select line offers a unique value while maintaining advanced biomechanics and superior quality. An ideal fit for any exercise room or facility, the Body-Solid Pro Select line is designed with the quality and function of more expensive machines at a value only Body-Solid can offer.

- 7 multi-function selectorized stations
- Commercial Rated
- Space-efficient designs
- Cost-effective equipment
- Durafirm Pads
- Available in 210lb and 310lb stacks
- 11-gauge, 2x3 steel construction

## Body-Solid® **GMFP-STK PRO-SELECT MULTI FUNCTIONAL PRESS**

- User-defined movements recruit stabilizer muscles for all pressing exercises.
- Rotating pulleys provide smooth resistance through multiple planes of movement.
- Includes nylon cable handles with multiple connection rings.
- Pulleys rotate 180 degrees allowing for workouts on a stability ball.
- Adjustable seat pad ensures proper fit for all size users.
- Comes standard with 210 lb. weight stack - optional 310 lb tach available for upgrade.
- W 50" X L 80" X H 70"



**FULL RANGE OF MOTION**



**Body-Solid**  
Built for Life

## FCD-STK PRO-SELECT WEIGHT ASSISTED CHIN-DIP MACHINE

- Knee-pad platform allows user to control desired weight-assist balance
- Lat Pull-Up (wide grip) / Chin-Up (close grip) Station features easy step-up entry
- Easy access Dip Station features oversized diameter grips for ultimate comfort
- Ultra-thick DuraFirm™ back, arm and knee pads.
- 11 gauge steel frame with 1 5/8" x 3" oval tubing
- 2" x 2" all-4-side welded high tensile strength steel mainframe construction
- Ideal for home and commercial use
- Optional 300 Lb. and 400 Lb. weight stack available
- W 54" X L 65" X H 83"



**Body-Solid**  
Built for Life

## GCAB-STK PRO-SELECT AB & BACK MACHINE

- Ultra -thick DuraFirm upholstery provides maximum comfort
- Positioned at a 30 degree angle for precise biomechanical movement
- 2x4 mainframe steel for exceptional Light Commercial quality
- 20 position adjustable cam allows more range of motion
- ideal for home and commercial applications
- 7 position foot brace for all size users
- W 59" X L 64" X H 70"





## Body-Solid<sup>®</sup> **GCBT-STK PRO-SELECT BICEPS & TRICEPS MACHINE**

Built for Life



- Multi grip handle allows overhand and underhand grip positions
- Ultra thick Durafirm upholstery provides maximum comfort
- 7 position seat adjustment
- 28 hole adjustment for a full range of motion
- arm pad positioned at 30 degree angle for precise biomechanical movement
- Combination 2"x2" and 2"x4" supportive steel for commercial usage
- Adjustable lifting arm cam can be positioned upward for triceps workout
- Standard with 210lb stack – optional 310lb stack upgrade
- W 58" X L 64" X H 70"



## Body-Solid<sup>®</sup> **GCEC-STK PRO-SELECT LEG EXT. & LEG CURL MACHINE**

Built for Life



- Durafirm pads and oversized rollers for a comfortable workout
- 7 position adjustments on back pad and leg hold down to fit all size users
- Easy pull pin design adjusts positioning from leg extension to leg curl exercise
- Rotary range of motion adjustment enables various start positions
- Ideal for home and commercial usage
- Storage for leg hold down piece
- Distance from top of seat pad to bottom of foam roller (leg extension) 16"
- Biomechanically correct seat angle provides proper support and isolation of muscle group
- Options: 310 weight stack (15lb increments)
- W 50" X L 50" X H 70"



Body-Solid®  
Built for Life

## GIOT-STK PRO-SELECT INNER & OUTER THIGH MACHINE



- Combines both abductor and adductor exercises in one seated position
- 5 range of motion adjustments to accommodate users of all sizes
- No cable change design with swiveling knee pads provides comfort and convenience
- Side stability handles for better positioning
- 210lb. Stack included. Optional 310lb. stack
- W 65" X L 63" X H 70"



Body-Solid®  
Built for Life

## GLP-STK PRO-SELECT LEG & CALF PRESS MACHINE



- Oversize footplate to accommodate all user sizes
- Rubberized footplate for better traction on calf raise exercises
- Double beam design eliminates ankle stress and provides consistent resistance through range of motion
- Commercial grade, precision engineering block bearings for smooth movement and tighter tolerances
- 2:1 ratio
- Side stability handles lock you into place
- Optional 310 lb stack
- W 55" X L 63" X H 70"



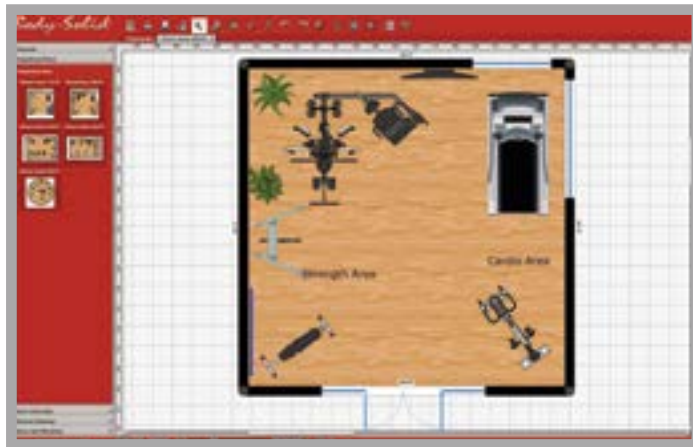


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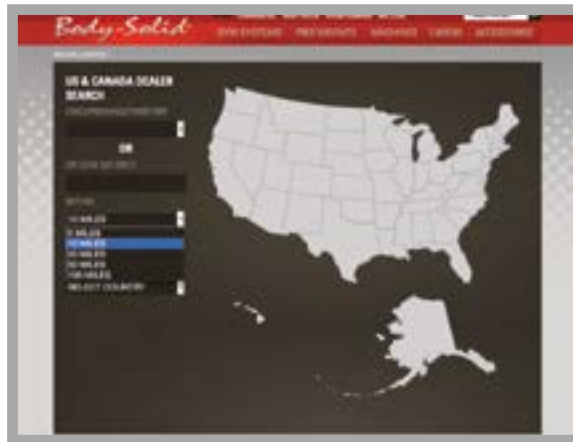
## BUILT FOR LIFE CLUB

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)



**Body-Solid®**  
Built for Life

ENDURANCE  
by Body-Solid



Body-Solid  
**ProClub Line**

**POWERLINE** USA  
by Body-Solid



**AUTHORIZED DEALER**

**Body-Solid®**  
Built for Life

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