

# POWERLINE<sup>®</sup> USA

by *Body-Solid*





## POWERLINE<sup>USA</sup> PSM1442XS SMITH GYM

- Heavy duty steel construction with heavy gauge reinforcement plates and hardware
- 14 Lockout Points spaced 4 1/2" apart for user safety
- Heavy Duty Adjustable Safeties
- Heavy Gauge Diamond Plate Foot Plate
- Patented Super-Glide Nylon Bushings for frictionless movement
- W 76" X L 45" X H 85"



PSM144X Smith Machine

### PACKAGE INCLUDES:

- PSM144X..... Powerline Smith Machine
- PFID130X ..... Powerline Flat/ Incline/ Decline Bench
- SP150..... 150Lb. Weight Stack
- PPA13X ..... Pec Station
- PPCA11 ..... Preacher Curl Station
- PLDA11 ..... Leg Developer Station
- PLA144X ..... Lat Row Station

## POWERLINE<sup>USA</sup> PPR200X POWER RACK

- Wide 'walk in' design
- 18 adjustment levels
- Upright pillars are a full 24" apart for free motion
- 41" wide knurled chinning bar
- 1" diameter chin-up bar
- Heat tempered Lift-Offs and saber-style safety rods keep your workouts simple, safe and effective
- W 46" X L 44" X H 82"

Shown with optional PFID130X FLAT/INCLINE/DECLINE BENCH  
PLA200X AND LAT ATTACHMENT

### OPTIONS:

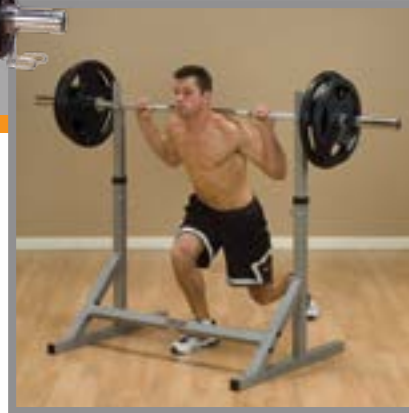
- PLA200X ..... LAT ATTACHMENT
- BC2..... BAR CATCHES
- SCB26 ..... CALF SQUAT BLOCK





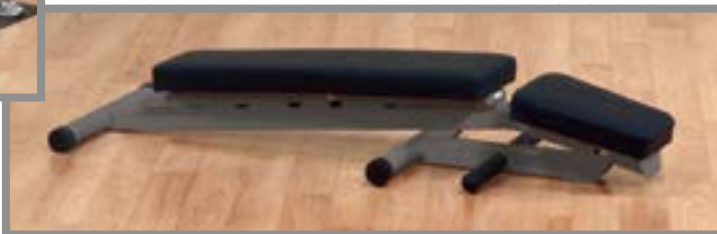
## POWERLINE<sup>USA</sup> PSS60X SQUAT RACK

- 2" x 2" mainframe design
- Adjusts from 30" to 60"
- W 46" X L 37" X H 30" to 60"



## POWERLINE<sup>USA</sup> PFID125X MULTI-BENCH

- No assembly required
- 7 positions adjustments
- Transport wheels for mobility
- In Use Dimensions: W 16" X L 57" X H 18"
- Folded Dimensions: W 16" X L 57" X H 9"

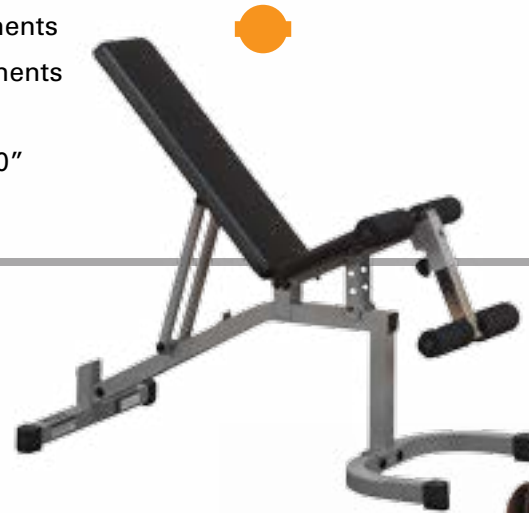


**POWERLINE**<sup>USA</sup>

**PFID130X**

**FLAT/INCLINE/DECLINE BENCH**

- 3-position seat pad adjustments
- 4-position back pad adjustments
- Leg hold-down included
- W 25" X L 55" X H 20" to 60"



**POWERLINE**<sup>USA</sup> **PAB21X AB BENCH**

- Features full range abdominal resistance.
- Full range motion starts at 30 degrees back of center to 30 degrees forward of center for a full range of exercise motion.
- Curved back pad puts you in a pre-stretch position that allows more intense abdominal contraction.
- You will get twice the results in half the time with a lot less work.
- Extra-wide, sealed ball bearing pulley allows complete freedom of movement for oblique workouts as well.
- W18" X L 37" X H 37"





## **POWERLINE**<sup>USA</sup> PAB139X AB BOARD

- Incredibly effective in isolating the entire abdominal region
- Oversize 8" Foam Rollers for comfort and stability
- Electrostatically applied powdercoat finish
- W 17" X L 39" X H 25"

## **POWERLINE**<sup>USA</sup> PHYP200X 45° BACK HYPEREXTENSION

- Relieves lower back pain
- Fights compression fatigue
- Increases flexibility
- Improves circulation
- Strengthens Back and Abdominal Muscles
- W 26" X L 42" X H 33"





**POWERLINE**<sup>USA</sup>  
by Body-Solid

## PVKC83X VERTICAL KNEE RAISE/ CHIN-UP/PUSH-UP/DIP



- Safe No-Slip step up entry.
- Thick DuraFirm™ back and arm pads.
- Comfortable oversized handgrips.
- Lat pull-up/ chin-up station features easy step-up entry.
- Push-up Station is cushioned and mounted a full 12" off the floor for the deepest pec building push-ups possible.
- Assembled Dimensions: 83"H x 37"L x 26"W
- Distance between dip handles 21" (inside to inside)
- Distance between arm pads 18"
- Lat chin bar 43"8"
- Folded Dimensions: W 26" X L 37" X H 83"



**POWERLINE**<sup>USA</sup>  
by Body-Solid

## PCH24X ROMAN CHAIR BACK HYPEREXTENSION

- 2" x 2" heavy-gauge steel construction
- Extra-wide base eliminates rocking
- Electrostatically applied powder coat finish
- W 25" X L 46" X H 36"

**POWERLINE**<sup>USA</sup>  
by Body-Solid



## **POWERLINE**<sup>USA</sup> Body-Solid **PSC43X SEATED CALF RAISE**

- Operates on a 3:1 weight ratio for developing powerful calves.
- Angled foot platform with no-slip surface for full range of motion.
- Adjustable for all size users.
- W 21" X L 45" X H 32"

Shown with optional  
OA8 ADAPTER SLEAVES &  
OC06 SPRING COLLARS  
See pgs 28-29



LEG CURL

## **POWERLINE**<sup>USA</sup> Body-Solid **PLCE165X LEG EXTENSION & CURL MACHINE**

- Designed for performing leg extensions and leg curls in the traditional upright and prone positions
- 1" diameter post
- W 25" X L 62" X H 27"



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

**POWERLINE<sup>USA</sup> PVLP156X VERTICAL LEG PRESS**

- Three 1" dia. weight posts for even resistance distribution
- Nylon busings for smooth, consistent motion
- Electrostatically applied powder coat finish
- Extra-wide foot plate with no-slip design
- Thick back and neck pads for comfort and support
- W 48" X L 46" X H 54" to 61"

**POWERLINE<sup>USA</sup> PGM200X GLUTE MAX**

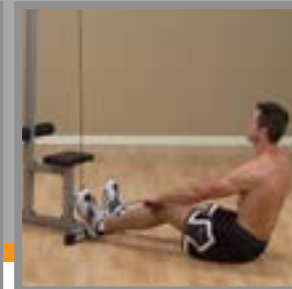
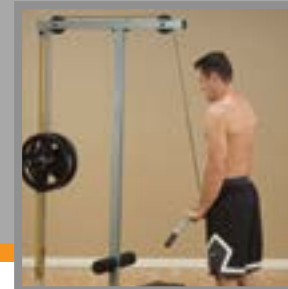
- Works each leg individually for maximum isolation of the gluteus maximus, medius and minimus.
- Adjustable forearm pads slide forward and backward to accommodate users of any height.
- Standard weight horn allows you to load weights to increase resistance and feel the burn.
- Quality rollers, comfortable pads and simple adjustments make this machine easy to use and comfortable for any user.
- W 26" X L 70" X H 60"





## **POWERLINE**<sup>USA</sup> Body-Solid PLM180X LAT MACHINE

- Heavy gauge steel construction
- Electrostatically applied powder coat finish
- 1" dia. weight posts
- 250 lb. weight capacity
- Lat Bar and Low Row Bar included
- W 25" X L 48" X H 80"



## **POWERLINE**<sup>USA</sup> Body-Solid PDR282X DUMBBELL RACK

- Place against a wall or center in a room
- Heavy gauge steel with all-4-side welded construction
- Holds one pair each of 5-30 lb. hex dumbbells
- W 32" X L 14" X H 22"





## **POWERLINE** USA By Body-Solid **PPB32X PREACHER CURL** ●

- Heavy gauge steel construction
- Electrostatically applied powder coat finish
- 300 lb. weight capacity
- Extra-wide seat and arm pads
- W 36" X L 33" X H 37"



See pgs. 28-29  
for our full line  
of Olympic and  
Standard bars.

## **POWERLINE** USA By Body-Solid **PCC090X CABLE CROSSOVER MACHINE** ●

- Large diameter pulleys provide maximum cable life and smooth operation
- Carriage system travels on nylon bushings with four high resin pulleys on each side
- Accepts both Olympic and standard plates
- Includes two cable handles and one ankle strap
- W 39" X L 112" X H 82"





## POWERLINE<sup>USA</sup> PHG1000X HOME GYM

- User capacity: 1
- Weight Stack(s): Freeweight Carriage (weights optional)
- Accessories: Lat Bar, Straight Bar, Utility Strap
- Chest Press Station
- Lat Pulldown/ High Pulley
- Seated Row/ Low Pulley
- Leg Extension/ Leg Curl
- Pectoral Fly Station
- W 38" X L 61" X H 84"

## POWERLINE<sup>USA</sup> BSG10X HOME GYM

- Ships complete in one box and comes 80% pre-assembled.
- Lat pulldown station allows unlimited, full range of motion through unilateral, bilateral, converging or diverging movement.
- 160 lb. (73kg) selectorized weight stack.
- Easy to use, space saving, no-cable-change design.
- 11-gauge mainframe construction assures maximum strength, function and durability.
- Telescoping, chrome plated, adjustable seat post for quick, smooth adjustment and proper body positioning.
- W 70" X L 80" X H 42"



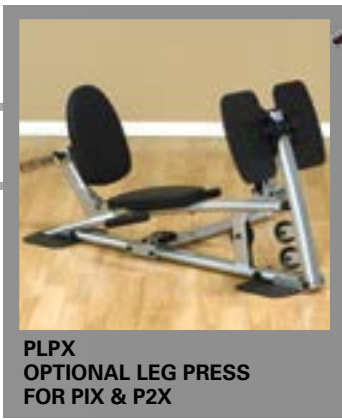
BSGLPX  
OPTIONAL LEG PRESS





## POWERLINE<sup>USA</sup> P1X HOME GYM

- High strength 1.5" x 3.25" oval tubing
- Continuous weld, factory assembled frame components
- 7 gauge steel connecting plates
- Sealed bearings at all pivot points
- Electrostatically applied powder coated scratch resistant paint
- 4.8mm dia., nylon coated steel, 2200lb rated aircraft cable
- Fiberglass reinforced nylon pulleys
- Durable upholstery over high density foam
- High density foam rubber hand grips and handles
- Multiple seat and press arm adjustments
- W 66" X L 71" X H 83"



PLPX  
OPTIONAL LEG PRESS  
FOR PIX & P2X



## POWERLINE<sup>USA</sup> P2X HOME GYM

- Fixed pulleys also swivel to adjust for a variety of different exercises with smooth, consistent resistance.
- Traditional press arm allows users to perform chest press, incline press, shoulder press and mid row exercises.
- Two-way adjustable back pad and adjustable seat pad ensure a proper starting position for all users.
- High, mid and low pulleys round out the rest of the gym, enable you to efficiently complete a total body workout in a small, compact space.
- Optional leg press can be mounted on either side of the gym and offer a 2:1 ratio for increased resistance.
- W 66" X L 71" X H 83"

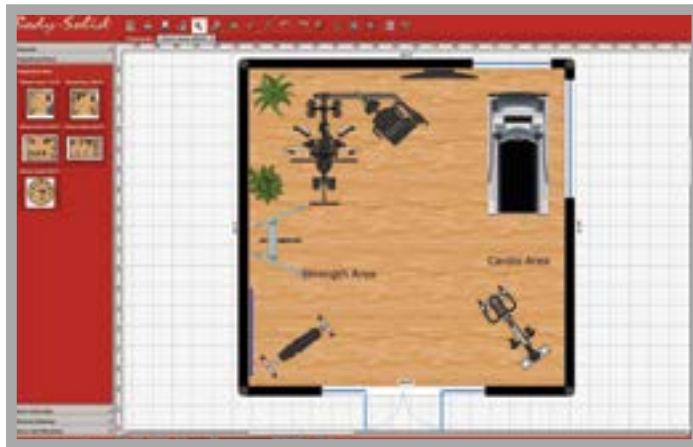


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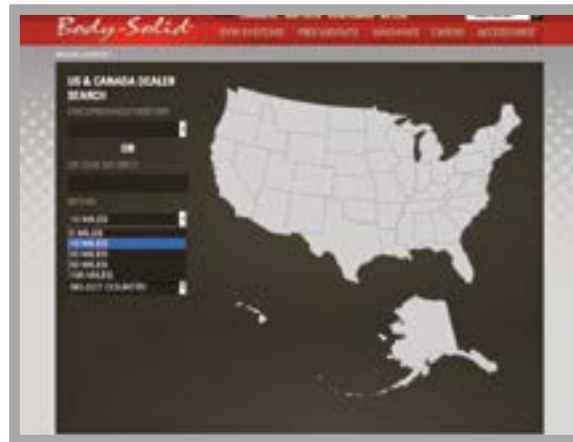
## BUILT FOR LIFE CLUB

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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ENDURANCE  
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**ProClub Line**

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**AUTHORIZED DEALER**

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Built for Life

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