

*Body-Solid*<sup>®</sup>  
**ProClub Line**

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Body-Solid  
**ProClub Line**

### **SWT1000 WEIGHT TREE**

- 12 Chrome Weight Posts
- 4 Integrated Olympic Bar Holders
- 2 Integrated Olympic Collar Holders
- Perfect for Bumper Plates
- Oval 11 Gauge Steel Frame
- W 58" X L 58" X H 53"



Body-Solid  
**ProClub Line**

### **SDKR1000 MODULAR STORAGE RACK**

- Modular Storage Rack for Dumbbells, Kettlebells, and Medicine Balls
- 3 Tier Storage Rack
- Your Choice of Dumbbell, Kettlebell, or Medicine Ball Storage Tiers
- Mix and Match Tiers for Combination Storage
- Expandable Rack System for Any Size Facility
- Heavy Gauge Oval Steel Mainframe
- Full Commercial Rating
- W 32" X L 70" X H 43"  
W 32" X L 135" X H 43" (Expanded 2 Rack Unit)




Ropes, balls, bands, kettlebells, bars, plates and collars sold separately.

Hexagon PRO Club Package (SR-HEXPROCLUB)



## FUNCTIONAL TRAINING RIG

SR-HEX • SR-HEXPRO 

SR-HEXPRO, Hexagon Pro System

- Taller for higher clearance facilities
- 3" x 3" 11 gauge steel mainframe
- Anchor bolt holes to secure system to the floor
- Chip resistant powder coat paint finish
- Oversized 3/4" hardware
- Expandable
- Base Dimensions; 118" L x 74" W x 99" H, 423lbs
- Loaded Dimensions ; 190" L x 125" W x 132" H, 1171lbs

SR-HEX, Hexagon System 

- Shorter rig for lower clearance facilities and residential
- 3" x 3" 11 gauge steel mainframe
- Steel support plates
- Chip resistant powder coat paint finish
- Oversized 3/4" hardware
- Expandable
- Base Dimensions; 118" L x 74" W x 83" H, 416lbs
- Loaded Dimensions; 190" L x 125" W x 117" H, 1164lbs



**Hexagon Basic Package (SR-HEXPROBASIC)**

- Lift Offs(2)
- Safety Catches(2)
- Single Pull Up



**Hexagon Advanced Package (SR-HEXPROADVANCED)**

- Bar Holder(Vertical)
- Single Pull Up
- Dip Station
- Plyo Step
- Kettlebell Tray
- T-Bar Row
- Lift Offs(2)
- U-Link
- Multi-Grip Chin Up(2)
- Weight Plate Horns
- Safety Catches(2)



**Hexagon Club Package (SR-HEXPROCLUB)**

- Monkey Bars
- Medicine Ball Tray
- Bar Holder(Vertical)
- Multi-Grip Chin Up(2)
- Band Pegs(2)
- Ball Rebounder
- Ball Throw
- Safety Catches(2)
- Dip Station
- Single Pull Up
- Double Pull Up
- Plyo Step
- Flying Pull Up
- Suspension Rings
- Heavy Bag
- T-Bar Row
- Heavy Bag Hanger
- U-Link
- Kettlebell Tray
- Weight Plate Horns
- Lift Offs(2)



Hexagon Club Package (SR-HEXCLUB)

The Hexagon Functional Training Rig system offers unparalleled flexibility to match the needs of any and all facilities. With 23 different accessories, the Hexagon can be altered, customized and expanded to your exact needs making this piece the future cornerstone of any commercial workout space.

**Attachments:**

- |              |                       |
|--------------|-----------------------|
| 01 SR-BAR    | Monkey Bars           |
| 02 SR-BHV    | Bar Holder, Vertical  |
| 03 SR-BP     | Band Pegs             |
| 04 SR-BT     | Ball Throw            |
| 05 SR-DIP    | Adjustable Dip        |
| 06 SR-DPU    | Double Pull Up        |
| 07 SR-FPU    | Flying Pull Up        |
| 08 SR-HB     | Heavy Bag             |
| 09 SR-HBH    | Heavy Bag Hanger      |
| 10 SR-KB     | Kettlebell Tray       |
| 11 SR-LO     | Lift Offs (pair)      |
| 12 SR-MB     | Medicine Ball Tray    |
| 13 SR-MGC    | Multi-Grip Pull Up    |
| 14 SR-REB    | Ball Rebounder        |
| 15 SR-SBH    | Stability Ball Holder |
| 16 SR-SC     | Safety Catches        |
| 17 SR-SPU    | Single Pull Up        |
| 18 SR-STEP   | Adjustable Plyo Step  |
| 19 SR-SUSP   | Suspension Rings      |
| 20 SR-TBR    | T-Bar Row             |
| 21 SR-UL     | U-Link                |
| 22 SR-WPH    | Weight Plate Horn     |
| 23 SR-WPS    | Weight Plate Storage  |
| SR-HEXEXT    | Expansion Rig         |
| SR-HEXPROEXT | Pro Expansion         |





*Body-Solid*  
**ProClubLine** **SMR1000 MULTI SQUAT RACK** 

- 315 pounds
- 1/4" solid steel gun rack liftoffs
- 2"x3" 11-gauge steel safeties and mainframe
- Plate storage is included
- 1000 lb. capacity
- Integrated chinning bar and strength band pegs
- Extended frame for spotter access
- Commercial warranty, lifetime on frame and welds
- W 71" X L 80" X H 89"

*Body-Solid*  
**ProClubLine** **SCB1000 COUNTER-BALANCED SMITH MACHINE** 

- Super-smooth vertical movement up and down the carriage.
- Safe guided motion to keep you from losing your balance and eliminate the need for a spotter.
- Ergonomically designed oval, 11-gauge steel that gives the SCB1000 a modern look and superior stability.
- Case hardened rods and high quality bearings ensure smooth performance at any weight.
- Six Olympic weight plate storage posts to safely suspend plates off the floor for easy access.
- The perfect full body workout for people who are constantly on the run or unable to get a membership to a gym.
- W 86" X L 50" X H 84"



## FEATURES:



TRANSPORT WHEELS



6 POSITIONS

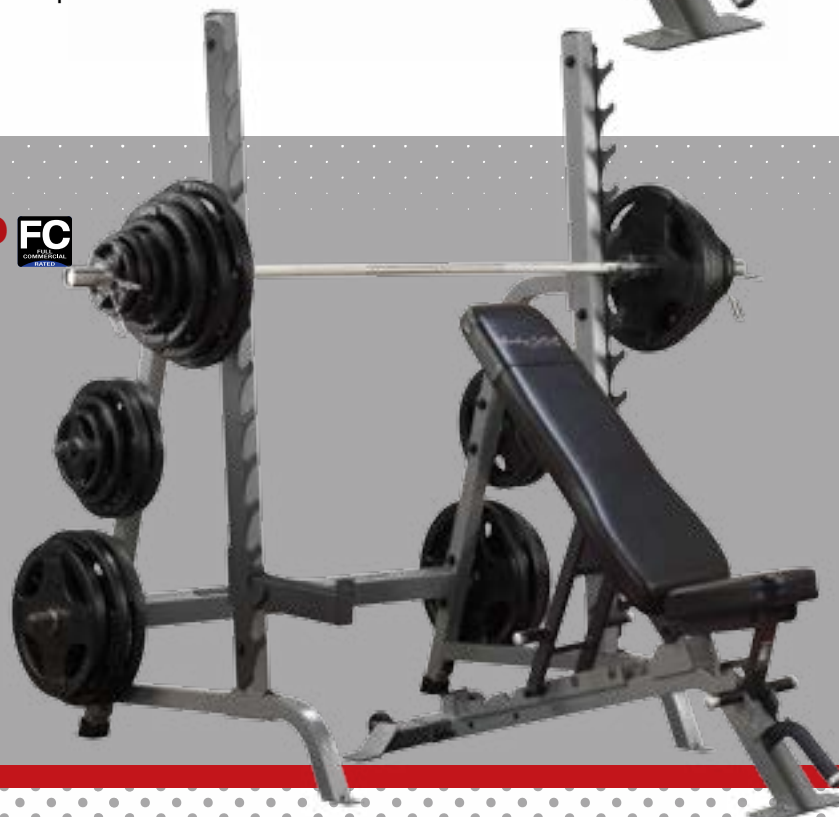
Body-Solid  
**ProClub Line**  
**SFID325 ADJUSTABLE BENCH** 

- 2"x3"; 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"



Body-Solid  
**ProClub Line** **SDIB370 BENCH RACK COMBO** 

- 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 65" X L 78" X H 74"



WEIGHTS, BARS AND COLLARS ARE ALL OPTIONAL



*Body-Solid*  
**ProClubLine SVKR1000 VERTICAL KNEE RAISE** 

- Multiple Close and Wide Grips for Pull Ups and Chin Ups
- Rock Climbing Grips
- Revolving Dip Handles (move out of the way for other exercises)
- Multiple Steps for Easy Access
- Oval Heavy Gauge Steel Frame
- W 71" X L 80" X H 89"

*Body-Solid*  
**ProClubLine SLS500 LEVERAGE SQUAT** 

- Biomechanically Correct Angled Squat Platform
- Rounded Calf Block Provides Extra Range of Motion
- Oval 11 Gauge Steel Frame
- Plate Storage Horns
- Dims and Weight
- W 86" X L 50" X H 84"



Body-Solid  
**ProClub Line SAB500 AB BENCH** **FC**  
COMMERCIAL RATED

- Gas assisted adjustment
- 4 Point Base Eliminates Rocking
- Transport Wheels and Handle
- Oval 11 Gauge Steel Frame
- W 71" X L 80" X H 89"



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

- 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  
**ProClub Line** **LVLA LEVERAGE LAT PULLDOWN** 

- 2" x 3" 11 gauge steel mainframe
- Electrostatically applied powder coat paint finish, metallic silver
- Durable double stitched upholstery
- Sealed bearing pivot points
- Dual axis diverging arm movement for biomechanically correct lat pull downs
- 360 degree articulating hand grips for free floating downward pulling motion
- Adjustable leg hold down pads
- Gas assisted seat adjustment
- Weight plate holders for plate storage
- W 49" X L 76" X H 84"

Body-Solid  
**ProClub Line** **LVIP LEVERAGE INCLINE BENCH PRESS** 

- 2" x 3" 11 gauge steel mainframe
- Electrostatically applied powder coat paint finish, metallic silver
- Durable double stitched upholstery
- Sealed bearing pivot points
- Adjustable press arms to fit all size users, with gas assisted start positions
- Adjustable seat pad with gas assist
- Ergonomic hand grip positions
- Converging press arm movement for advanced biomechanics
- Independent, unilateral arm action for balanced muscle development
- Weight plate holders for plate storage
- W 86" X L 50" X H 84"



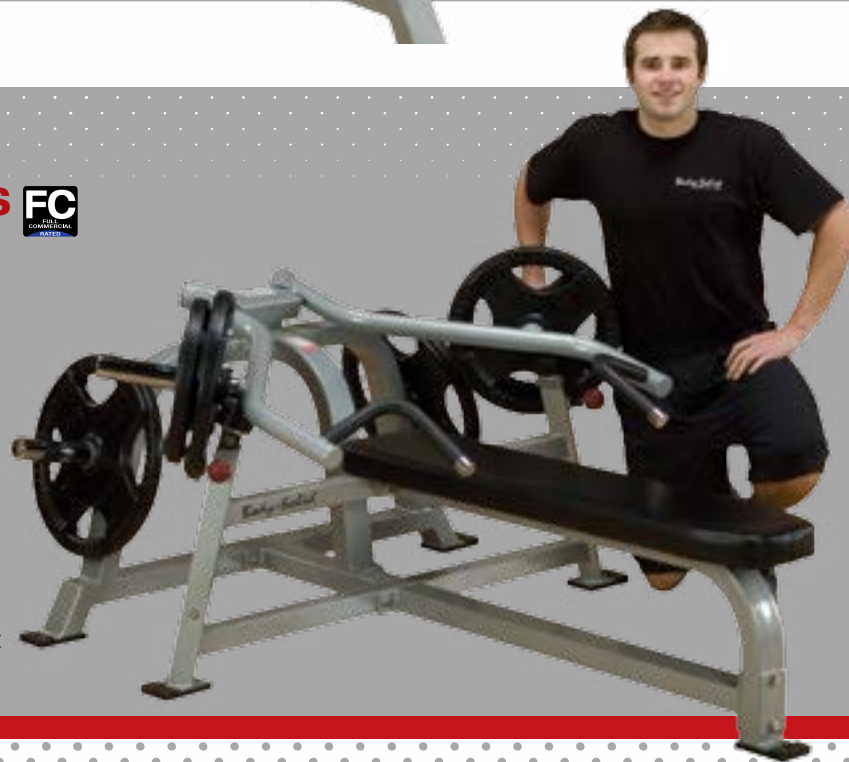
Body-Solid  
**ProClubLine LVLC LEVERAGE LEG CURL** 

- 2" x 3" 11 gauge steel mainframe
- Electrostatically applied powder coat paint finish, metallic silver
- Durable double stitched upholstery
- Sealed bearing pivot points
- Direct link movement arm design enhances smooth and continuous range of motion
- V-bench design provides total hamstring isolation. Helps reduce back stress and unwanted knee forces
- Adjustable foot rollers to accommodate all user sizes
- Side handles for stability and control
- Weight plate holders for plate storage
- W 46" X L 74" X H 26"



Body-Solid  
**ProClubLine LVBP LEVERAGE BENCH PRESS** 

- 2" x 3" 11 gauge steel mainframe
- Electrostatically applied powder coat paint finish, metallic silver
- Durable double stitched upholstery
- Sealed bearing pivot points
- Adjustable press arms to fit all size users, with gas assisted start positions
- Ergonomic hand grip positions
- Weight plate holders for plate storage
- Converging press arm movement for advanced biomechanics
- Independent, unilateral arm action for balanced muscle development
- W 53" X L 69" X H 30"





Body-Solid  
**ProClubLine** **LVSR LEVERAGE SEATED ROW** 

- 2" x 3" 11 gauge steel mainframe
- Electrostatically applied powder coat paint finish, metallic silver
- Durable double stitched upholstery
- Sealed bearing pivot points
- Adjustable seat pad with gas assist
- Dual axis diverging arm movement provides a biomechanically correct back exercise
- 360 degree articulating hand grips provide definition and natural range of motion
- Gas assisted chest support for various arm lengths and total isolation of back muscles
- Independent unilateral arm movement
- Weight plate holders for plate storage
- W 35" X L 65" X H 44"

Body-Solid  
**ProClubLine** **LVSP LEVERAGE SHOULDER PRESS** 

- 2" x 3" 11 gauge steel mainframe
- Electrostatically applied powder coat paint finish, metallic silver
- Durable double stitched upholstery • Sealed bearing pivot points
- Adjustable press arms to fit all size users, with gas assisted start positions
- Adjustable seat pad with gas assist
- Ergonomic hand grip positions
- Converging press arm movement for advanced biomechanics
- Independent, unilateral arm action for balanced muscle development
- Weight plate holders for plate storage
- W 53" X L 49" X H 52"





Body-Solid  
**ProClub Line LVLE LEVERAGE LEG EXTENSION** **FC**  
Full Commercial Grade

- 2" x 3" 11 gauge steel mainframe
- Electrostatically applied powder coat paint finish, metallic silver
- Durable double stitched upholstery
- Sealed bearing pivot points
- Direct link movement arm design enhances smooth and continuous range of motion
- Adjustable foot roller to accommodate different leg lengths and start position
- Gas assist back pad adjustment
- Weight plate holders for plate storage
- W 47" X L 68" X H 40"

Body-Solid  
**ProClub Line LVLP LEVERAGE HORIZONTAL LEG PRESS** **FC**  
Full Commercial Grade

- 2" x 3" 11 gauge steel mainframe
- Electrostatically applied powder coat paint finish, metallic silver
- Durable double stitched upholstery
- Sealed bearing pivot points
- Direct drive press system for accurate and effective weight resistance
- Large pivoting footplate maintains correct foot position throughout range of motion
- Dual self aligning 1 1/2" linear bearing seat carriage design easily adjusts to accommodate various foot positions
- Fully adjustable back support for proper body alignment and comfort
- Weight plate holders for plate storage
- W 61" X L 87" X H 56"





Body-Solid  
**ProClubLine**

## **SPB368G SHOULDER PRESS OLYMPIC BENCH**



- 2"x3" heavy duty 11 gauge mainframe construction
- 1/4" zinc plated solid gunracks
- Durable double stitched upholstery
- Electrostatically applied powdercoat paint finish , metallic silver
- W 50" X L 42" X H 72"



Body-Solid  
**ProClubLine**

## **SIB359G INCLINE OLYMPIC BENCH**



- 2"x3" heavy duty 11 gauge mainframe construction
- 1/4" zinc plated solid gunracks
- Durable double stitched upholstery
- Electrostatically applied powdercoat paint finish , metallic silver
- W 50" X L 61" X H 62"



Body-Solid  
**ProClub Line**

**SFB349G FLAT OLYMPIC BENCH** 

- 2" x 3" heavy duty 11 gauge mainframe construction
- 1/4" zinc plated solid gunracks
- Durable double stitched upholstery
- Electrostatically applied powdercoat paint finish, metallic silver
- W 50" X L 68" X H 48"

Body-Solid

**ProClub Line SDB351G DECLINE OLYMPIC BENCH** 

- 2" x 3" heavy duty 11 gauge mainframe construction
- 1/4" zinc plated solid gunracks
- Durable double stitched upholstery
- Electrostatically applied powdercoat paint finish, metallic silver
- W 50" X L 75" X H 50"



# Body-Solid® ProClub Line SERIES II

Comprised of 13 single and dual function stations, the Pro Clubline Series 2 is a complete circuit, providing facilities with strength stations covering the entire body. Each station is designed to be biomechanically correct, with multiple adjustments providing quality movements for any user. Every piece is built to last. 2" x 3" heavy gauge steel mainframes are powder coat painted for durability. Designed to endure in the harshest commercial settings, the Pro Clubline Series 2 is constructed with top quality components.



## Body-Solid ProClub Line **S2ACD ASSISTED CHIN AND DIP MACHINE**

- Full Commercial rated
- Instructional Placard included
- Standard weight stack 235lb (141kg)
- 5 different grips for pull ups and chin ups
- Dip handles rotate out of the way for the other exercises
- Solid guide rods with sealed bearings
- Weight stack shroud included
- Multiple steps for easy access
- W 33" X L 63" X H 98"



Body-Solid  
**ProClub Line S2MP MULTI-PRESS** **FC**  
 SERIES II

- Full Commercial rated
- Instructional Placard included
- Standard weight stack 210lbs (95kg) with optional 310lb (141kg) upgrade
- 4 position adjustment for flat, incline and shoulder presses
- Easy pop pin seat adjustments
- Oversized pivot shafts
- Fully Shrouded
- 2"x3" twelve gauge steel
- W 54" X L 72" X H 57"



Body-Solid  
**ProClub Line S2PEC PEC FLY &** **FC**  
 SERIES II **REAR DELT**

- Full Commercial rated
- Instructional Placard included
- Standard weight stack 160lbs (95kg) with optional 235lb (141kg) upgrade
- 5 position seat adjustments for all size users
- 5 position pec fly adjustments for full range of motion
- Advanced protective coating on variable cam extends cable life
- Fully Shrouded
- 2"x3" twelve gauge steel
- W 58" X L 51" X H 72"





Body-Solid  
**ProClubLine S2BTP BICEP & TRICEP** FC  
SERIES II

- Full Commercial Rated
- Instructional Placard included
- Standard weight stack 160lbs (95kg) with optional 235lb (141kg) upgrade
- Pivoting upper pulley for multi angle workouts
- Back pad ensures stability and isolation of tricep muscles
- Oversized diamond plated base for stability and traction
- Fully shrouded
- 2"x3" twelve gauge steel
- W 52" X L 42" X H 83"



Body-Solid  
**ProClubLine S2SP SHOULDER PRESS** FC  
SERIES II

- Full Commercial rated
- Instructional Placard included
- Standard weight stack 210lbs (95kg) with optional 310lb (141kg) upgrade
- 6 seat adjustments for all size users
- Multi-position hand grips for ultimate wrist comfort
- Center-drive design distributes weight evenly to eliminate torsional flexing of resistance arm and frame.
- Fully Shrouded
- 2"x3" twelve gauge steel
- W 55" X L 51" X H 57"

Body-Solid  
**ProClubLine** S2LAT LAT PULLDOWN &  
 SERIES II SEATED ROW **FC**

- Full Commercial rated
- Instructional Placard included
- Standard weight stack 160lbs (95kg) with optional 235lb (141kg) upgrade
- 5 position adjustment on leg hold down
- Independent lat pull down movements for symmetrical strength development.
- Longer seat pad to accommodate all size users on mid row station
- Fully shrouded
- 2"x3" twelve gauge steel
- W 33" X L 87" X H 87"



Body-Solid  
**ProClubLine** S2CP CHEST PRESS **FC**  
 SERIES II

- Full Commercial Rated
- Instructional Placard included
- Standard weight stack 210lbs (95kg) with optional 310lb (141kg) upgrade
- 5 Seat adjustments for all size users
- Comfortable multi position hand grips isolates chest and tricep muscles
- Fully Shrouded
- 2"x3" twelve gauge steel
- W 44" X L 55" X H 69"

Body-Solid  
**ProClubLine** S2ABB AB AND BACK  
SERIES II MACHINE **FC**

- Full Commercial Rated
- Instructional Placard Included
- Standard weight stack 160lbs (95kg) with optional 235lb (141kg) upgrade
- 6 position cam ensures full range of motion
- Advanced protective coating on cam extends cable life
- Foot brace to provide lower body stability
- Fully shrouded
- 2"x3" twelve gauge steel
- W 49" X L 59" X H 57"



Body-Solid  
**ProClubLine** S2AC ARM CURL  
SERIES II MACHINE **FC**

- Full Commercial Rated
- Instructional Placard included
- Standard weight stack 160lbs (95kg) with optional 235lb (141kg) upgrade
- 6 position seat adjustment for all size users
- Variable resistance cam keeps arc movements strong and smooth
- Contoured arm pad ensures accurate pivot point alignment for proper body positioning
- Multi-grip revolving handle bar ensure full high and low contraction
- Fully shrouded
- 2"x3" twelve gauge steel
- W 44" X L 50" X H 57"

*Body-Solid*  
**ProClub Line** **S2LPC LEG PRESS &**  
**SERIES II CALF RAISE** **FC**

- Full Commercial rated
- Instructional Placard included
- Standard weight stack 210lbs (95kg) with optional 310lb (141kg) upgrade
- Fully adjustable 10 position back pad
- Double beam design with Pillow Block bearings on pivot points for precision alignment and friction free movement
- Ergonomically designed two position, rubber lined press plate for greater traction on presses and calf raises.
- Fully Shrouded
- 2"x3" twelve gauge steel
- W 47" X L 83" X H 69"



*Body-Solid*  
**ProClub Line** **S2IOT INNER &**  
**SERIES II OUTER THIGH** **FC**

- Full Commercial Rated
- Instructional Placard Included
- Standard weight stacks-160lb (73kg) with optional 235lb (107kg) upgrades
- 7 Position Cam Adjustments to accommodate varying body sizes
- Hand grips for user stabilization
- Two position foot supports to provide lower body support
- Fully Shrouded
- 2"x3" twelve gauge steel
- W 37" X L 77" X H 57"



Body-Solid  
**ProClubLine** S2SLC SEATED LEG CURL **FC**  
SERIES II

- Full Commercial rated
- Instructional Placard included
- Standard weight stack 160lbs (95kg) with optional 235lb (141kg) upgrade
- 7 back pad adjustments for all size users
- Angled back pad (93 degrees between seat and back pad) is designed to relieve hamstring tension
- 13 adjustments on starting position for full range of motion
- Fully Shrouded
- 2"x3" twelve gauge steel
- W 52" X L 57" X H 57"



Body-Solid  
**ProClubLine** S2LEX LEG EXTENSION **FC**  
SERIES II

- Instructional Placard included
- Standard weight stack 160lbs (95kg) with optional 235lb (141kg) upgrade
- 7 back pad adjustments to fit all size users
- Angled back pad (93 degree angle between seat and back) is designed to relieve hamstring tension
- 13 starting position adjustments for full range of motion
- Stabilizer handles for perfect isolation of muscle groups
- Advanced protective coating on cam extends cable life and provides consistent resistance
- Fully shrouded
- 2"x3" twelve gauge steel
- W 52" X L 47" X H 57"



The ultimate strength-training solution for all experience levels. Body-Solid's new modular Commercial Dual equipment line is designed to be smooth and fluid to work in tandem with the body's natural movements, thereby providing a more efficient, more comfortable workout experience for users of all gender, age, size and body type. Best of all, you can buy with confidence, because every Body-Solid home gym is built to last a lifetime and is backed by the strongest warranty in the industry!

**Modularity meets modern design aesthetics**





## DABB-SF AB & BACK MACHINE

- Dual function oversized 9" diameter adjustable roller pad for comfort in use and proper alignment for both ab and back exercises.
- Counterbalanced resistance arm with 14 adjustable starting points.
- Biomechanically angled seat with 5 gas-assisted adjustable positions is user-adjustable to achieve proper pivot point for exercise.
- 6-position adjustable leg pad/foot brace provides stability for users of all heights.
- Includes a 210 lb. weight stack with a 310 lb. weight stack option.
- Industrially rated, sealed bearings at all pivot points
- Dimensions: 51"W x 43"L x 62"H (130cm x 109cm x 158cm)



## DLEC-SF LEG EXTENSION & CURL MACHINE

- Custom designed biomechanical seat with a 12-position adjustable back pad to properly align users of all sizes.
- Oversized 9" diameter self-adjusting leg pad provides comfort and proper alignment during both leg curls and leg extensions.
- Leg pad has 7 adjustments for both leg curls and leg extensions, providing a greater range of motion during either exercise.
- Pop-pin adjustable thigh hold-down pad comfortable secures user and helps provide support during exercise.
- Includes a 210 lb. weight stack with a 310 lb. weight stack option.
- Counterbalanced leg extension
- Dimensions: 53"W x 40"L x 62"H (135cm x 102cm x 158cm)



## DCLP-SF LEG & CALF PRESS MACHINE FC

- Ergonomic recumbent seat with 12 position adjustable back pad accommodates users of all sizes comfortable and safely for both leg press and calf exercises.
- Wide rubber, matted non-skid press plate and conveniently placed handgrips provide added stability during maximum pressing.
- Four bar linkage and oversized pillow block bearings provide smooth, continuous movement throughout each exercise.
- 2:1 weight ratio with a 210 lb. weight stack provides 420 lbs. of resistance. Also available in a 310 lb. weight stack.
- Dimensions: 41"W x 78"L x 77"H (104cm x 199cm x 196cm)



## DIOT-SF INNER & OUTER THIGH MACHINE FC

- Ergonomically correct forward-facing weight stack provides easy resistance adjustments and user privacy.
- Extra large rotating kneepads provide comfort and support during both the inner and outer thigh movements.
- 9-position seat back adjustments and dual, non-skid foot posts are designed to accommodate users of all sizes.
- Easy to reach pop-pin leg adjustments provide users a greater range of motion.
- Includes a 210 lb. weight stack with a 310 lb. weight stack option.
- Dimensions: 53"W x 40"L x 62"H (135cm x 102cm x 158cm)





## DLAT-SF LAT & MID ROW MACHINE

- No-cable-change design allows user to switch between exercises quickly without adding, connecting or changing cables.
- Oversized 9" diameter thigh pads easily adjust to provide stability during heavy workouts.
- Non-skid foot brace and an extra-long seat pad provide stability and support for mid row exercises.
- Accessory hooks store cable attachments when not in use.
- Includes a 210 lb. weight stack with a 310 lb. weight stack option.
- Dimensions: 33"W x 68"L x 83"H ( 84cm x 173cm x 211cm)



## DBTC-SF BICEP & TRICEP MACHINE

- Adjustable arm pad is ergonomically designed to fit multiple users and eliminate unwanted shoulder movements.
- 5-position gas-assisted adjustable seat with back support gives users a comfortable, stable platform to help isolate movement.
- 3-position pivoting handles reduce torque and provide continuous resistance around a natural arc.
- 14 combined adjustments between the bicep and triceps exercises provide users with multiple starting points and greater range of motion.
- Includes a 210 lb. weight stack with a 310 lb. weight stack option.
- Dimensions: 53"W x 40"L x 62"H (135cm x 102cm x 158cm)



## DPCC-SF CABLE COLUMN MACHINE FC

- 18 incremental adjustments for multiple positioning
- User-friendly one handed adjustments on vertical pulley system for quick workouts
- Pivoting quad pulley design allows full range of motion
- Dual handle design for isolateral movements
- Dimensions 36" W x 46" L x 83" H



## DPEC-SF PEC & REAR DELT MACHINE FC

- Independent arms with 5 adjustable starting positions enable users greater range of motion as well as both unilateral and bilateral arm movements.
- Extra-long 360 degree rotating handles self adjust to the users path of motion for both pec and rear delt exercises.
- Easy, 5-position gas-assisted seat adjustment puts users of any size in proper position.
- Includes a 210 lb. weight stack with a 310 lb. weight stack option.
- Dimensions: 34" W x 57" L x 69" H (86cm x 145cm x 173cm)



## DPLS VERTICAL PRESS & LAT MACHINE **FC**

- Adjustable press arm for full range of motion
- Ergo grip press handles for correct positioning.
- Heavy gauge 2"x4" mainframe construction and aircraft quality cables and pulleys.
- Biomechanically designed for maximum range of motion and outstanding muscle development.
- Dimensions: 78"W x 40"L x 83"H (198cm x 102cm x 211cm)



## DPRS-SF MULTI PRESS MACHINE **FC**

- Unique 20-position adjustable seat and back pad slide in unison, creating multiple press angles from flat through incline and vertical shoulder press.
- Heavy-duty counterbalanced press bar includes 5 adjustment angles and pillow block bearing pivots for continuously smooth movement.
- Biomechanically designed for maximum chest concentration and outstanding muscle development.
- Multiple press handles provide users of all sizes with different grip angles to create variable exercises to concentrate on distinct areas of the chest and triceps.
- Includes a 210 lb. weight stack with a 310 lb. weight stack option.
- Dimensions: 57"w x 89"L x 62"H (145cm x 226cm x 158cm)

**PRO-DUAL** **DGYM MODULAR GYM SYSTEM** **FC**

- Continuous welded, factory assembled connections on the weight and station frame provide extra stability along with durability that extends the life of the station.
- Impact-resistant fiberglass reinforced nylon pulleys include precision ground and sealed bearings providing prolonged cable life and smooth movement.
- 11-gauge 2.375" x 4.625" oval tubing on the main frame combined with 3 gauge steel connecting plates and 1/2" diameter connecting bolts provides high strength and durability.
- Two step durable, electrostatically applied metallic powder coat finish with clear coat, provides a high quality, low maintenance finish that is protected from scratching, chipping and fading.
- Spun steel aircraft cables over 2" high density foam, is double stitched and fully supported, guarantee a tear resistant, durable surface for comfort and support.
- High density rubber foam grips and handles provide durability with ergonomically correct gripping surfaces.
- Industrially rated sealed bearings at all major pivot points provide smooth movements and easy adjustments.
- See pages 94-95 for configurations and dimensions



DGYM combination on this page is just one of the thousands of configurations Pro•Dual has to offer. See pg. 94-95 for more options.

Pro•Dual DGYM

Shown with:

DPLS - Vertical Press and Lat

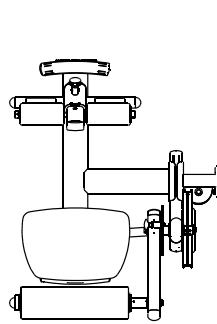
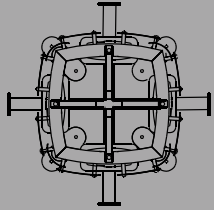
DPCC - Adjustable Cable Column

DLEC - Leg Extension/Leg Curl

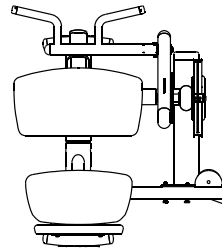
DPEC - Pec Dec/Rear Delt

# Thousands of configurations to build your own gym!

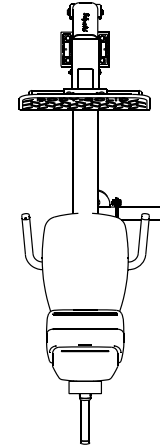
Start with the base station (DGYM), then chose any combination of four of the following Pro•Dual single stations to complete your package.



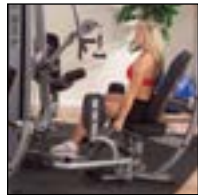
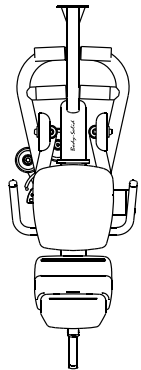
**DABB**  
Ab Crunch/  
Back Extension



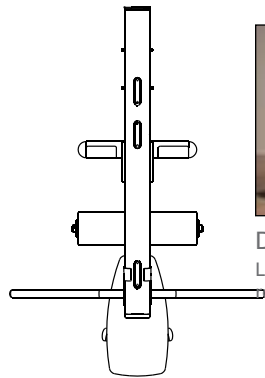
**DBTC**  
Bicep Curl/  
Tricep Extension



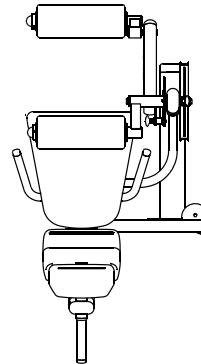
**DCLP**  
Leg Press/  
Calf Extension



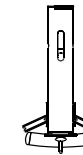
**DIOT**  
Inner Thigh/  
Outer Thigh



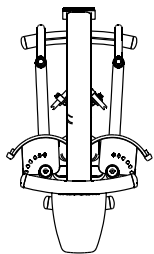
**DLAT**  
Lat Pull-Down/Mid-  
row



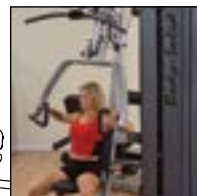
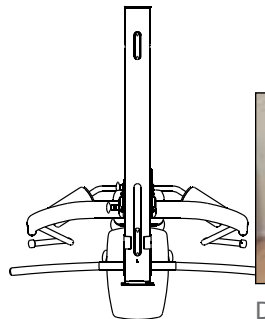
**DLEC**  
Leg Extension/  
Leg Curl



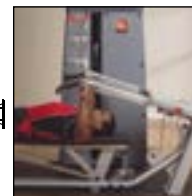
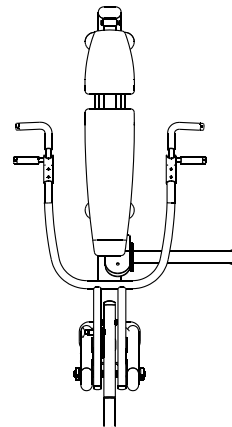
**DPCC**  
Adjustable Cable  
Column



**DPEC**  
Pec Dec/Rear Delt



**DPLS**  
Vertical Press and Lat



**DPRS**  
Multi-Press

## Pro•Dual Single Stations

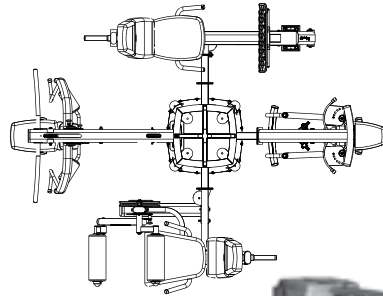
DABB.... Ab Crunch/Back Extension.....Pg. 88
DBTC.... Bicep Curl/Tricep Extension..Pg. 90
DCLP .... Leg Press/Calf Extension .....Pg. 89
DIOT ..... Inner Thigh/Outer Thigh .....Pg. 89
DLAT .... Lat Pull-Down/Midrow .....Pg. 90
DLEC .... Leg Extension/Leg Curl.....Pg. 88
DPCC .... Adjustable Cable Column.....Pg. 91
DPEC .... Pec Dec/Rear Delt .....Pg. 91
DPLS .... Vertical Press and Lat.....Pg. 92
DPRS .... Multi-Press.....Pg. 92

# Combine any Pro•Dual stations to suit your needs.

Here are four of our most popular DGYM combinations. But don't leave it up to us—there are thousands of combinations to create the gym that's right for you!

## DGYMP1 L: 102" W: 131" H: 83"

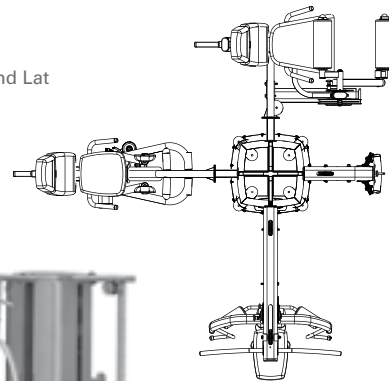
- DCLP  
Leg Press/Calf Extension
- DPLS  
Vertical Press and Lat
- DPEC  
Pec Dec/Rear Delt
- DLEC  
Leg Extension/  
Leg Curl



## DGYMP2 L: 123" W: 125" H: 83"

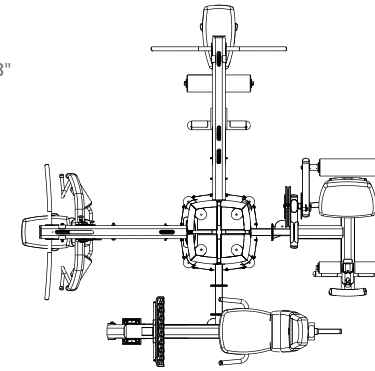
- DLEC  
Leg Extension/Leg Curl
- DPCC  
Adjustable Cable Column

- DPLS  
Vertical Press and Lat
- DIOT  
Inner Thigh/  
Outer Thigh



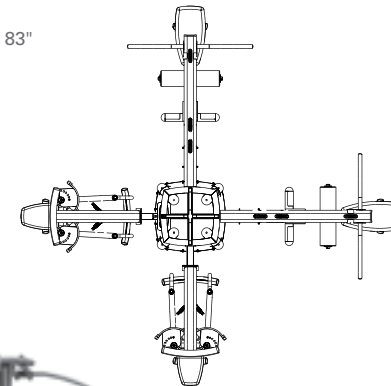
## DGYMP3 L: 125" W: 124" H: 83"

- DLAT  
Lat Pull-Down/Midrow
- DABB  
Ab Crunch/Back Extension
- DCLP  
Leg Press/Calf Extension
- DPLS  
Vertical Press and Lat



## DGYMP4 L: 141" W: 141" H: 83"

- DLAT (two)  
Lat Pull-Down/Midrow
- DPEC (two)  
Pec Dec/Rear Delt



All combinations and renderings on this page are for suggestion purposes. To build your own custom DGYM, visit [bodysolidcommercial.com](http://bodysolidcommercial.com) or call 800-833-1227 for more assistance.



Body-Solid  
ProClub Line

## SCC1200G CABLE CROSSOVER



- 12 Horizontal Pulley Positions
- 180 Degree Pivoting Pulleys
- 2 x 160lbs Standard Weight Stack, 2 x 235 Weight Stacks Available
- Optional Lat / Chin Attachment, GCA2
- 106" inside pulley to pulley dimensions
- 9.5' of cable extension
- W 156" X L 53" X H 91"

Body-Solid  
ProClub Line

## SDC2000G-2 DUAL CABLE COLUMN



- Mainframe: 2" x 4" high-tensile strength steel. All 4-side welded.
- Finish: Double, powder-coat finish protects against scratching, chipping and peeling.
- Cables: Nylon-coated, self-lubricating, aircraft-quality steel cables.
- Pulleys: Fiberglass reinforced nylon pulleys with v-grooved channels.
- Pads: Extra-tough, tear-resistant DuraFirm™ upholstery is double-stitched. Features high density top grade foam.
- Weight Plates: Machine drilled to exact specifications and employ oversized nylon bushings for super-smooth operation.
- Guide Rods: Highly-polished, chrome plated solid steel guide rods and selector rods for smooth movement.
- Instructional placard included
- W 46" X L 39" X H 91"



Body-Solid  
**ProClubLine SLE200G-2 LEG EXTENSION** **FC**

- Mainframe: 2"x 4" high-tensile strength steel. All 4-side welded.
- Finish: Double, powder-coat finish protects against scratching, chipping and peeling.
- Cables: Nylon-coated, self-lubricating, aircraft-quality steel cables.
- Pulleys: Fiberglass reinforced nylon pulleys with v-grooved channels.
- Pads: Extra-tough, tear-resistant DuraFirm™ upholstery is double-stitched. Features high density top grade foam.
- Weight Plates: Machine drilled to exact specifications and employ oversize nylon bushings for super-smooth operation.
- Guide Rods: Highly-polished, chrome plated solid steel guide rods and selector rods for smooth movement.
- Instructional placard included
- W 39" X L 42" X H 72"



Body-Solid  
**ProClubLine SLC400G-2 LEG CURL** **FC**

- Mainframe: 2"x 4" high-tensile strength steel. All 4-side welded.
- Finish: Double, powder-coat finish protects against scratching, chipping and peeling.
- Cables: Nylon-coated, self-lubricating, aircraft-quality steel cables.
- Pulleys: Fiberglass reinforced nylon pulleys with v-grooved channels.
- Pads: Extra-tough, tear-resistant DuraFirm™ upholstery is double-stitched. Features high density top grade foam.
- Weight Plates: Machine drilled to exact specifications and employ oversize nylon bushings for super-smooth operation.
- Guide Rods: Highly-polished, chrome plated solid steel guide rods and selector rods for smooth movement.
- Instructional placard included
- W 37" X L 64" X H 62"





Body-Solid  
**ProClubLine SLP500G-2 LEG PRESS** **FC**

- Mainframe: 2" x 4" high-tensile strength steel. All 4-side welded.
- Finish: Double, powder-coat finish protects against scratching, chipping and peeling.
- Cables: Nylon-coated, self-lubricating, aircraft-quality steel cables.
- Pulleys: Fiberglass reinforced nylon pulleys with v-grooved channels.
- Pads: Extra-tough, tear-resistant DuraFirm™ upholstery is double-stitched. Features high density top grade foam.
- Weight Plates: Machine drilled to exact specifications and employ oversize nylon bushings for super-smooth operation.
- Guide Rods: Highly-polished, chrome plated solid steel guide rods and selector rods for smooth movement.
- Instructional placard included
- W 32" X L 75" X H 72"



Body-Solid  
**ProClubLine SLM300G-2 LAT MID ROW** **FC**

- Mainframe: 2" x 4" high-tensile strength steel. All 4-side welded.
- Finish: Double, powder-coat finish protects against scratching, chipping and peeling.
- Cables: Nylon-coated, self-lubricating, aircraft-quality steel cables.
- Pulleys: Fiberglass reinforced nylon pulleys with v-grooved channels.
- Pads: Extra-tough, tear-resistant DuraFirm™ upholstery is double-stitched. Features high density top grade foam.
- Weight Plates: Machine drilled to exact specifications and employ oversize nylon bushings for super-smooth operation.
- Guide Rods: Highly-polished, chrome plated solid steel guide rods and selector rods for smooth movement.
- Instructional placard included
- W 24" X L 62" X H 83"

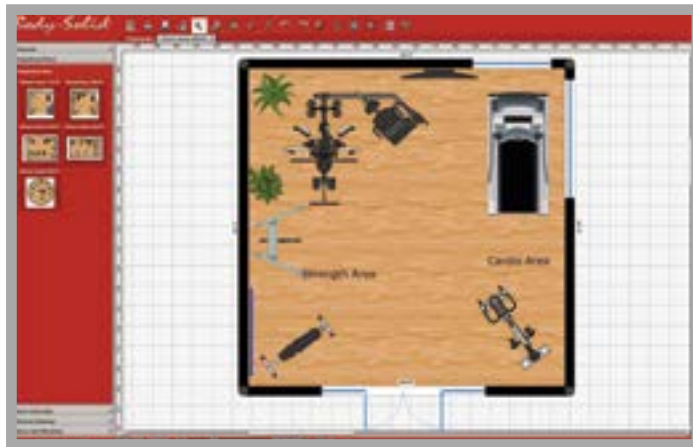




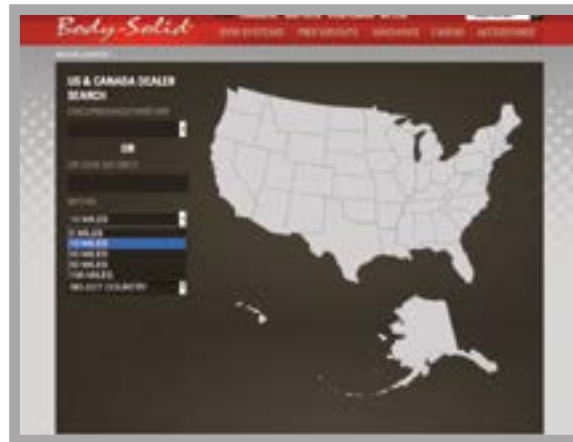
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**BUILT FOR LIFE CLUB**  
 The Built for Life Club represents Body-Solid's continued focus on using social media to help our users connect with us, us with them and with each other. You can already find us on Facebook, Twitter, Linked In and YouTube 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.

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