

# BODY-SOLID PRO SELECT

Body-Solid's Pro-Select product line consists of seven multi-function selectorized stations, perfect for light commercial, training studio and home workout applications. Body-Solid Pro-Select selectorized machines offer great function with a high degree of safety and are one of the industry's most affordable commercial fitness equipment lines.



## **GCAB-STK** **AB & BACK**

- 27 foam roller adjustments ensure proper starting positions
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 55"L x 50"W x 71"H, 399 lbs.



## **GCBT-STK** **BICEPS & TRICEPS**

- Multi-grip handle allows overhand and underhand grip positions
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 52"L x 36"W x 71"H, 395 lbs.



## **GCEC-STK** **LEG EXTENSION & CURL**

- 7 position adjustments on back pad and leg hold down
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 54"L x 54"W x 71"H, 412 lbs.



## **GIOT-STK** **INNER / OUTER THIGH**

- Combines both abductor and adductor exercises in one seated position
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 63"L x 65"W x 71"H, 411 lbs.



## **GMFP-STK** **MULTI-PRESS**

- Rotating pulleys provide smooth resistance through multiple planes of movement
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 76"L x 50"W x 71"H, 330 lbs.



## **GLP-STK** **LEG & CALF PRESS**

- Double beam design eliminates ankle stress and provides consistent resistance
- 2:1 weight ratio
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 65"L x 64"W x 71"H, 441 lbs.



## **FCD-STK** **WEIGHT ASSISTED CHIN /DIP**

- Perform chin-ups, pull-ups and dips more easily by using weight as assistance
- Standard weight stack 210 lbs. with optional 310 lbs. available
- 63"L x 58"W x 83"H, 468 lbs.

# BODY-SOLID RACKS & CAGES

Body-Solid Power Racks and Cages have a proven track record with years of reliability and innovation. User-friendly features on each Body-Solid Power Rack and Cage along with optional attachments, accessories and customizations allows users and facilities to tailor racks and cages to their exact needs.



## **GPR400** **PRO POWER RACK**

- 1" hole spacing for safeties
- Includes premium j-cup liftoffs and pin-n pipe safeties
- 53"L x 52"W x 79"H, 273 lbs.

### **OPTIONS:**

SPRJJC	J-Cup Liftoffs
GLA400	Lat Attachment (shown)
SP150	150 lb. Weight Stack (shown)
GPRDH	Dip Handles (shown)
GPRTBR	T-Bar Row attachment (shown)
GPRUL	U-Link (shown)
GPRWH	Weight Horns (shown)
SPRCUA	Multi-Chin Attachment
SCB26	Calf Block



## **GPR378** **POWER RACK**

- 3" hole spacing
- 3" x 3", 11-gauge steel frame
- 50"L x 46"W x 80"H, 229 lbs.

### **OPTIONS:**

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



## **GPR370** **MULTI-PRESS RACK**

- 14 position ¼" solid steel gunracks
- 7° reverse pitch for biomechanically correct lifting paths
- 45"L x 64"W x 74"H, 140 lbs.



## **GS348Q** **SERIES 7 SMITH MACHINE**

- Large diameter, 25 lb. Smith Bar
- For smith and freeweight barbell exercises
- 56"L x 69"W x 83"H, 276 lbs.

### **OPTIONS:**

GLA348QS	210 lb. Lat Attachment
GPA3	Pec Attachment
GFID71	Flat / Incline / Decline Bench
GLDA3	Leg Developer Attachment
GPCA1	Preacher Curl Attachment
GPU348	Pull-Up Bar Attachment (shown)
SCB26	Calf Block

*\*Shown with optional GPU348 Pull-Up Bar*



## **GS348QP4** **SERIES 7 SMITH PACKAGE**

- Complete Smith Gym System
- 98"L x 69"W x 83"H, 724 lbs.

### **INCLUDES:**

GS348Q	Smith Machine
GLA348QS	210 lb. Lat Attachment
GPA3	Pec Attachment
GFID71	Flat / Incline / Decline Bench
GLDA3	Leg Developer Attachment
GPCA1	Preacher Curl Attachment

# BODY-SOLID STRENGTH

Body-Solid produces more benches and all-purpose strength equipment than any other manufacturer. Our wide array of products are designed to be versatile enough to cover the entire body while also maximizing results.



## **GFB350** **FLAT BENCH**

- Transport wheels for easy movement
- 49"L x 23"W x 19"H, 42 lbs.



## **GFI21** **FLAT / INCLINE BENCH**

- Independent back (glide and lock pull pin) and seat pad (pull pin) adjustments
- Transport wheels for easy movement
- 52"L x 21"W x 17"H, 57 lbs.



## **FID46** **FLAT / INCLINE / DECLINE BENCH**

- Synchronized seat and back pad
- Includes leg developer
- 72"L x 28" W x 31"H, 93 lbs.



## **GFID100** **FLAT / INCLINE / DECLINE BENCH**

- Independent back (ladder style) and seat pad (pull pin) adjustments
- Optional attachments: GLDA3 Leg Developer and GPCA1 Preacher Curl
- 66"L x 28"W x 19"H, 53 lbs.



## **GFID225** **FOLDING MULTI-BENCH**

- Folds flat for easy storage
- Ships fully assembled
- 57"L x 18"W x 10"H - Folded
- 60"L x 18"W x 19"H - In-Use
- 53 lbs.



## **GFID31** **FLAT / INCLINE / DECLINE BENCH**

- Independent back (ladder style) and seat pad (pull pin) adjustments
- Oversized seat adjustment for bent-knee ab crunch position
- Optional attachments: GLDA1 Leg Developer and GPCA1 Preacher Curl
- 59"L x 27"W x 22"H, 57 lbs.



## **GFID71** **FLAT / INCLINE / DECLINE BENCH**

- Independent back (ladder style) and seat pad (pull pin) adjustments
- 2" x 3" 11-gauge steel frame
- Optional attachments: GLDA3 Leg Developer, GPCA1 Preacher Curl, and GLRA81 Lat Row
- 68"L x 28"W x 19"H, 100 lbs.



## **GDIB46L** **POWERCENTER COMBO BENCH**

- Includes Leg Developer
- Flat / Incline / Decline
- 77"L x 46"W x 43"H, 110 lbs.



## **GST20** **UTILITY BENCH**

- Wide rear legs prevent rocking
- Height to seat pad: 18"
- 28"L x 28"W x 46"H, 30 lbs.



## **GRCH322** **ROMAN CHAIR**

- Works glutes, hamstrings, calves, abs, obliques and back
- Extra-wide base eliminates rocking
- 51"L x 27"W x 43"H, 70 lbs.



## **GHYP345** **45° BACK HYPEREXTENSION**

- Increase flexibility and relieve back pain
- Oversized foot plate provides easy access
- 53"L x 29"W x 36"H, 68 lbs.



## **GAB100** **HORIZONTAL AB** **CRUNCH MACHINE**

- Work upper and lower abs in one synchronized movement
- Weight posts for increased resistance or assistance
- 61"L x 33"W x 36"H, 72 lbs.



## **GAB300** **SEMI-RECUMBENT AB BENCH**

- Intense isolation of the abdominal region
- Lower abdominal counter-balance and resistance with lock-out feature
- 69"L x 34"W x 52"H, 100 lbs.



## **GAB60** **PRO-STYLE AB BOARD**

- 12 adjustment levels from 0° to 45°
- Transport wheels for easy mobility
- 66"L x 24"W x 52"H, 39 lbs.



## **GCAB360** **CAM SERIES AB & BACK**

- Isolated ab and back movements
- Easy-to-use pop-pin adjustments
- 59"L x 45"W x 43"H, 75 lbs.





## **GDIP59** **DIP STATION**

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



## **GVKR60** **VERTICAL KNEE RAISE & DIP**

- Safe, no-slip step-up entry
- 37"L x 27"W x 60"H, 61 lbs.



## **GVKR82** **VERTICAL KNEE RAISE / DIP / PUSH-UP / CHIN-UP**

- Lat pull-up/chin-up station features easy step-up entry
- 58"L x 50"W x 82"H, 112 lbs.



## **FCD** **VERTICAL KNEE RAISE / DIP / CHIN-UP**

- Lat pull-up (wide grip)/chin-up (close grip) station features easy step-up entry
- Dip station features oversized grips for ultimate comfort
- 63"L x 42"W x 83"H, 136 lbs.



## **GPM65 PEC DEC**

- Articulating handles for unilateral and bilateral chest development
- 69"L x 39"W x 66"H, 91 lbs.



## **GSRM40 SEATED ROW MACHINE**

- Multi-position adjustable handles
- 56"L x 43"W x 39"H, 81 lbs.



## **GPCB329 PREACHER CURL BENCH**

- Isolate biceps with classic preacher curl movement
- Extra-wide base and bar cradle
- 34"L x 35"W x 38"H, 74 lbs.



## **GCBT380 CAM SERIES BICEPS & TRICEPS**

- V-Bar handle to better isolate targeted muscles
- Arm pad positioned at 30° angle
- Shown with optional OA8 Olympic Adapter Sleeve
- 41"L x 45"W x 40"H, 79 lbs.



## **GLPH1100** **LEG PRESS & HACK SQUAT**

- Quad track roller system operates smoothly and distributes weight evenly
- Flip-and-lock back pad mechanism
- 83"L x 34"W x 56"H, 317 lbs.



## **GCEC340** **CAM SERIES LEG EXT. & CURL**

- Leg extension & leg curl performed from one comfortable seated position
- Adjustable lifting arm can be positioned for both hamstring and quad isolation
- 56"L x 44"W x 37"H, 72 lbs.



## **GLCE365** **LEG EXTENSION & CURL**

- Perform leg extensions and lying supine leg curls
- Synchronized pads provide back support for leg extension exercise
- 55"L x 27"W x 48"H, 92 lbs.



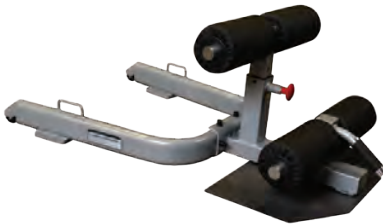
## **GSCR349** **SEATED CALF RAISE**

- Isolate calves for intense calf raise workout
- Operates on a 3:1 weight ratio
- 47"L x 23"W x 39"H, 93 lbs.



## **GSCL360** **LEVERAGE SQUAT & CALF**

- Innovative rounded calf raise block provides a deep pre-stretch for maximum development
- Diamond plate foot platform is set to perfect 20° pitch for optimal development of quads and glutes
- 62"L x 47"W x 56"H, 170 lbs.



## **GSS50** **SISSY SQUAT**

- Train abs, legs and core
- 43.5"L x 24"W x 19"H, 47 lbs.



## **GWS100** **WEIGHT SLED**

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



## **GBR10** **BALL REBOUNDER**

- Adjustable 30 to 60° angle
- 55"L x 48"W x 38"H, 44 lbs.



## **GINV50** **INVERSION TABLE**

- Stable extra heavy gauge steel frame
- Proprietary ankle adjustment
- 72"L x 28"W x 79"H, 53 lbs.



## **GLM83** **LAT MACHINE**

- No-cable-change design
- Includes Lat Bar and Straight Bar
- 60"L x 32"W x 82"H, 101 lbs.



## **GLGS100** **CORNER LEVERAGE GYM**

- Features Lat Pulldown, Press / Squat, Low Pulley stations.
- 69"L x 67"W x 82"H, 191 lbs.

### **OPTIONS:**

GFID100 Flat / Incline / Decline Bench



## **SBL460** **LEVERAGE GYM**

- Total body freeweight gym
- 107"L x 74"W x 83"H, 415 lbs.

### **OPTIONS:**

LSA50 Leverage Squat Attachment  
FID46 FID Bench



## **GLGS100P4** **CORNER LEVERAGE PACKAGE**

- Total body freeweight gym
- Features Lat Pulldown, Press / Squat, Low Pulley stations.
- 95"L x 67"W x 83"H, 244 lbs.

### **INCLUDES:**

GLGS100 Corner Leverage Gym  
GFID100 Flat / Incline / Decline Bench



## **SBL460P4** **LEVERAGE GYM PACKAGE**

- Total body freeweight gym
- Three people can work out together safely
- 149"L x 100"W x 83"H, 630 lbs.

### **INCLUDES:**

SBL460 Leverage Gym  
LSA50 Leverage Squat Attachment  
FID46 FID Bench

# BODY-SOLID FUNCTIONAL

Body-Solid functional training equipment provides unparalleled performance and value. We blend modern designs and a lifetime of knowledge to build equipment that can train multiple muscle groups, maximize sports-specific performance or fit comfortably into rehabilitation and physical therapy studios.

## ALL BODY-SOLID FUNCTIONAL TRAINERS FEATURE:

- Two – 160lb weight stacks standard
- Optional – 210 lb. or 310 lb. weight stacks available
- Integrated chin-up / pull-up bar
- Pulleys swivel 180°
- 20 pulley adjustments per side
- 1/2:1 weight resistance ratio



### **GDCC210** COMPACT FUNCTIONAL TRAINING CENTER

- Includes two nylon cable handles and exercise chart
- 43"L x 58"W x 84"H, 493 lbs.



### **GDCC200** FUNCTIONAL TRAINING CENTER

- Includes two nylon cable handles and exercise chart
- 43"L x 73"W x 84"H, 514 lbs.



## **GDCC250** **DELUXE CABLE CROSSOVER**

- Includes two nylon cable handles and exercise chart
- 164"L x 29"W x 84"H, 560 lbs.

### **FUNCTIONAL TRAINING OPTIONS:**



**SP50**  
**50 LB. STACK UPGRADE**



**GDCCBAR**  
**DUAL PRESS BAR**



**GDCCRACK**  
**ACCESSORY RACK**

- GDCC210 & GDCC200



**MB100A**  
**ALUMINUM DOUBLE SWIVEL BAR**



# BODY-SOLID GYM SYSTEMS

Body-Solid gyms are designed to maximize performance and last a lifetime. Each Body-Solid gym features state-of-the-art designs and user-friendly features at an affordable price. Our industry-leading selection range from space-saving gyms to robust multi-user gyms and everything in-between.



## **G9S** **TWO STACK GYM**

- Chest Press, Incline Press, Shoulder Press, Row Station
- High, Mid and Low Pulley Stations
- Leg Press Station w 2:1 ratio
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- Two 210 lb. standard weight stack, optional 260 lb. available
- 90"L x 73"W x 84"H, 964 lbs.



## **G10B** **BI-ANGULAR TWO STACK GYM**

- Bi-Angular Chest Press, Incline Press, Shoulder Press Station
- High, Mid and Low Pulley Stations
- Pec Fly, Rear Delt Station
- Dedicated Leg Extension and Seated Leg Curl Station
- Two 210 lb. standard weight stack, optional 260 lb. available
- 72"L x 98W x 84"H, 929 lbs.



## **G5S** **SINGLE STACK GYM**

- Chest Press, Incline Press, Shoulder Press, Row Station
- High, Mid and Low Pulley Stations
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- 210 lb. standard weight stack, optional 260 lb. available
- 81"L x 55"W x 84"H, 511 lbs.



## **G6BR** **BI-ANGULAR SINGLE STACK GYM**

- Bi-Angular Chest Press, Incline Press, Shoulder Press Station
- High, Mid and Low Pulley Stations
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- 210 lb. standard weight stack, optional 260 lb. available
- 84"L x 58"W x 84"H, 547 lbs.

## **G-SERIES** **GYM OPTIONS**

Personalize your workout with the following optional attachments.



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



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



**GKR**  
Vertical Knee Raise  
G9S



**GLP**  
Leg Press/ Calf Press  
G5S, G6BR, G10B



**GCCA**  
Cable Column  
G5S, G6BR, G10B



**GAP**  
Aluminum Pulley  
G5S, G6BR, G9S, G10B



## F600 FUSION 600 SINGLE STACK GYM

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



## F500 FUSION 500 SINGLE STACK GYM

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

### FUSION GYM OPTIONS

Personalize your gym with the following optional attachments

Photos not available:  
Pulley Area Shroud Metal  
(FSHDM)  
F500, F600

Pulley Area Shroud Plastic  
(FSHDP)  
F500, F600



**FCDWA**  
Weight Assisted Dip/  
Pull-Up  
F500, F600



**FLP**  
Leg Press  
F500, F600



**FMH**  
Multi-Hip  
Station  
F500, F600



**FPU**  
Pull-Up Bar  
F500, F600



**FKR**  
Vertical Knee  
Raise  
F500, F600



## EXM3000LPS TWO STACK GYM

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



## EXM4000 3-STACK MULTI STATION GYM

- Chest Press Station
- Pec Fly, Rear Delt Station
- Shoulder Press Station
- High Pulley Station x 2
- Mid and Low Pulley Stations
- Leg Extension and Curl Station
- Optional Leg Press Attachment (LP40S with 4th weight stack)
- (3) 210 lb. weight stacks included
- 130"L x 93"W x 83"H, 1335 lbs.

### EXM SERIES GYM OPTIONS

Personalize your workout with the following optional attachments.



**VKR30**  
Knee Raise/  
Dip Station  
EXM3000LPS



**LP40S**  
Leg Press/  
Calf Press  
EXM4000S

### FITS ALL BODY-SOLID



**HP10**  
Premium  
Weight  
Stacks



**WSA**  
Weight Stack  
Adapters  
2.5 lb & 5 lb

# WEIGHTS & BARS

Body-Solid offers one of the largest selections of free weights and bars in the industry. Each Body-Solid weight plate, Olympic bar, kettlebell and dumbbell is meticulously designed and constructed to perform its best every time.



## OPB CAST IRON OLYMPIC PLATES

- OPB2-5** 2.5 lb.
- OPB5** 5 lb.
- OPB10** 10 lb.
- OPB25** 25 lb.
- OPB35** 35 lb.
- OPB45** 45 lb.
- OPB100** 100 lb.

## SETS

- OSB255** - (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.
- OSB355** - (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb.
- OSB455** - (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb.
- OSC300S** - (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.  
(1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
- OSC400S** - (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb.  
(1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
- OSC500S** - (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb.  
(1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars



## SETS W/ BLACK BAR

- OSB300S** - (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.  
(1) 44 lb. Olympic Bar #OB86B (black) (2) #OC06 Spring Collars
- OSB400S** - (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb.  
(1) 44 lb. Olympic Bar #OB86B (black) (2) #OC06 Spring Collars
- OSB500S** - (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb.  
(1) 44 lb. Olympic Bar #OB86B (black) (2) #OC06 Spring Collars



## OPT CAST IRON GRIP OLYMPIC PLATES

- OPT2-5** 2.5 lb.
- OPT5** 5 lb.
- OPT10** 10 lb.
- OPT25** 25 lb.
- OPT35** 35 lb.
- OPT45** 45 lb.

## SETS

- OST255** - (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.
- OST355** - (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb.
- OST455** - (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb.
- OST300S** - (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.  
(1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
- OST400S** - (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb.  
(1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
- OST500S** - (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb.  
(1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars



## ORT RUBBER GRIP OLYMPIC PLATES

- ORT2-5** 2.5 lb.
- ORT5** 5 lb.
- ORT10** 10 lb.
- ORT25** 25 lb.
- ORT35** 35 lb.
- ORT45** 45 lb.
- ORT100** 100 lb.

## SETS

- ORST255** - (2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.
- ORST355** - (4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb.
- ORST455** - (6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb.
- OSR300S** - (2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.  
(1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
- OSR400S** - (4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb.  
(1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
- OSR500S** - (6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb.  
(1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars



## ORC COLOR RUBBER GRIP OLYMPIC PLATES SETS

<b>ORC2-5</b>	2.5 lb.	<b>ORCT255</b>	- (2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.
<b>ORC5</b>	5 lb.	<b>ORCT355</b>	- (4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb.
<b>ORC10</b>	10 lb.	<b>ORCT455</b>	- (6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb.
<b>ORC25</b>	25 lb.	<b>ORCT300S</b>	- (2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 Lb. Olympic Bar #OB86B (black) (2) #OC06 Spring Collars
<b>ORC35</b>	35 lb.	<b>ORCT400S</b>	- (4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. (1) 44 Lb. Olympic Bar #OB86B (black) (2) #OC06 Spring Collars
<b>ORC45</b>	45 lb.	<b>ORCT500S</b>	- (6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 Lb. Olympic Bar #OB86B (black) (2) #OC06 Spring Collars



## OBPH PREMIUM BUMPER PLATES

<b>OBPH10</b>	10 lb.	<ul style="list-style-type: none"> <li>• Made in the USA</li> <li>• 2" Stainless steel center bushing protects the rubber material</li> <li>• Rubber made from recycled rubber</li> <li>• Dimensions- each plate is 17.7" round regardless of weight</li> </ul>
<b>OBPH15</b>	15 lb.	
<b>OBPH25</b>	25 lb.	
<b>OBPH35</b>	35 lb.	
<b>OBPH45</b>	45 lb.	



## OBPX CHICAGO EXTREME BUMPER PLATES

<b>OBPX10</b>	10 lb.	<ul style="list-style-type: none"> <li>• Diameter 450mm (17.72"), IWF Standard</li> <li>• Collar Opening 50.8mm (2")</li> <li>• Smooth Black Finish</li> <li>• 1 Year Commercial Warranty for 10 lb. and 15 lb.</li> <li>• 3 Year Commercial Warranty for 25lb., 35 lb. and 45 lb.</li> </ul>
<b>OBPX15</b>	15 lb.	
<b>OBPX25</b>	25 lb.	
<b>OBPX35</b>	35 lb.	
<b>OBPX45</b>	45 lb.	



## OBPXC COLOR CHICAGO EXTREME BUMPER PLATES

<b>OBPXC10</b>	10 lb.	<ul style="list-style-type: none"> <li>• Diameter 450mm (17.72"), IWF Standard</li> <li>• Collar Opening 50.8mm (2")</li> <li>• Smooth Finish</li> <li>• 1 Year Commercial Warranty for 10 lb. and 15 lb.</li> <li>• 3 Year Commercial Warranty for 25 lb., 35 lb. and 45 lb.</li> </ul>
<b>OBPXC15</b>	15 lb.	
<b>OBPXC25</b>	25 lb.	
<b>OBPXC35</b>	35 lb.	
<b>OBPXC45</b>	45 lb.	



## RPB CAST IRON STANDARD PLATES

<b>RPB1-5</b>	1.5 lb.	<b>RPB12-5</b>	12.5 lb.
<b>RPB2-5</b>	2.5 lb.	<b>RPB20</b>	20 lb.
<b>RPB5</b>	5 lb.	<b>RPB25</b>	25 lb.
<b>RPB7-5</b>	7.5 lb.	<b>RPB50</b>	50 lb.
<b>RPB10</b>	10 lb.		



### **BSTVD(WEIGHT) & BSTND(WEIGHT) VINYL & NEOPRENE DUMBBELL**

- Durable vinyl or neoprene finish
- Color-coded by weight
- Available in 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, and 15 lb.



### **SDX(WEIGHT) CAST IRON HEX DUMBBELLS**

- Straight handles
- Available in 2, 3, 5, 8, 10, 12, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, and 100 lb.



### **SDR(WEIGHT) RUBBER HEX DUMBBELLS**

- Contoured, knurled, chrome handles
- Available in 3, 5, 8, 10, 12, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, and 120 lb.



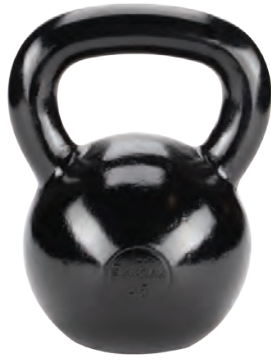
### **SDP(WEIGHT) PREMIUM ROUND RUBBER DUMBBELLS**

- Straight, knurled, chrome handles
- Available in 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, and 100 lb.



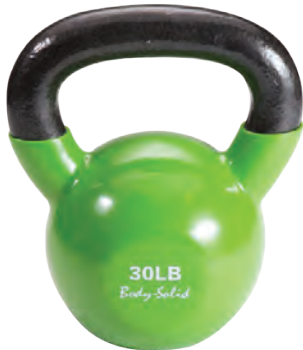
### **SBB(WEIGHT) & SBZ(WEIGHT) FIXED WEIGHT BARBELLS**

- Knurled chrome handles for secure grip
- Straight or ez-curl bar design
- 1.26" grip diameter
- Available in 20, 30, 40, 50, 60, 70, 80, 90, 100, and 110 lb.



## **KB(WEIGHT)** **CAST IRON KETTLEBELLS**

- Black enamel paint finish
- Available in 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, and 100 lb.



## **KBV(WEIGHT)** **VINYL DIPPED KETTLEBELLS**

- Durable vinyl coating is color-coded by weight
- Available in 5, 8, 10, 12, 15, 20, 25, 30, 35, 40, 45, and 50 lb.



## **KBC(WEIGHT)** **PREMIUM KETTLEBELLS**

- Durable rubber coating with premium, chrome handles
- Available in 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, and 80 lb.



## **KBL(WEIGHT)** **VINYL DIPPED KETTLEBALLS**

- Angled handle for reduced wrist stress
- Available in 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, and 60 lb.



## **KBX(WEIGHT)** **EXTREME KETTLEBELLS**

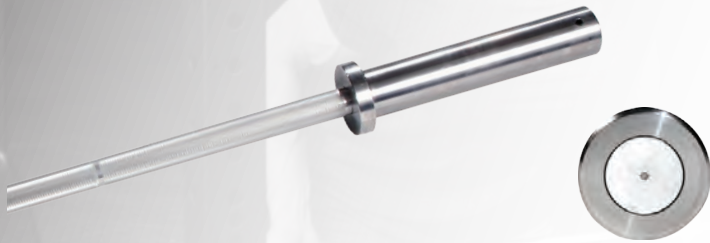
- Durable powder-coat finish
- Gravity cast
- Available in 4 kg (8.8 lb), 6 kg (13.2 lb), 8 kg (17.6 lb), 12 kg (46.4 lb), 16 kg (35.2 lb), 20 kg (44.1 lb), 24 kg (52.9 lb), 28 kg (61.7 lb), 32 kg (70.5 lb), and 36 kg (79.4 lb)





**OB60B**  
**5' OLYMPIC BAR (BLACK)**

- Bar Dia: 30.00 mm
- (ID) Collars: 36.5"
- Collar Length: 9.75"
- Weight Capacity: 600 lbs.
- 60"L, 30 lbs.



**OB72A15**  
**6' OLYMPIC BAR (ALUMINUM)**

- Bar Dia: 28.50 mm
- (ID) Collars: 51.5"
- Collar Length: 9.25"
- Weight Capacity: 300 lbs.
- 72"L, 15 lbs.



**OB72B**  
**6' OLYMPIC BAR (BLACK)**

- Bar Dia: 30.00 mm
- (ID) Collars: 46.0"
- Collar Length: 11.25"
- Weight Capacity: 600 lbs.
- 72"L, 40 lbs.



**OB79WBB**  
**15 KG HIIT OLYMPIC BAR (ZINC)**

- Bar Dia: 25.50 mm
- (ID) Collars: 46.0"
- Collar Length: 13.625"
- Weight Capacity: 600 lbs.
- 79.25"L, 33 lbs.



**OB79EXT**  
**WOMEN'S OLYMPIC BAR**

- Bar Dia: 25.00 mm
- (ID) Collars: 51.5"
- Collar Length: 12.5"
- Weight Capacity: 1000 lbs.
- 78"L, 33 lbs.



**OB86B**  
**7' OLYMPIC BAR (BLACK)**

- Bar Dia: 30.00 mm
- (ID) Collars: 51.50"
- Collar Length: 15.75"
- Weight Capacity: 600 lbs.
- 86"L, 44 lbs.



### **OB86C** **7' OLYMPIC BAR (CHROME)**

- Bar Dia: 30.00 mm
- (ID) Collars: 51.50"
- Collar Length: 15.75"
- Weight Capacity: 600 lbs.
- 86"L, 44 lbs.



### **OB86P1000** **7' OLYMPIC POWER BAR (CHROME)**

- Bar Dia: 30.00 mm
- (ID) Collars: 52.75"
- Collar Length: 15.25"
- Weight Capacity: 1000 lbs.
- 86"L, 44 lbs.



### **OB86LPB** **7' OLYMPIC POWER BAR (ZINC)**

- Bar Dia: 28.50 mm
- (ID) Collars: 52.75"
- Collar Length: 15.75"
- Weight Capacity: 1000 lbs.
- 86"L, 44 lbs.



### **OB86CHICAGO** **CHICAGO POWER BAR**

- Bar Dia: 28.50 mm
- (ID) Collars: 52.00"
- Collar Length: 16.5"
- Weight Capacity: 1500 lbs.
- 86"L, 44 lbs.



### **OB86EXT** **EXTREME OLYMPIC BAR**

- Bar Dia: 28.75 mm
- (ID) Collars: 52.00"
- Collar Length: 16.25"
- Weight Capacity: 1500 lbs.
- 86"L, 44 lbs.



### **OB864STAR** **4STAR POWER BAR (BLACK)**

- Bar Dia: 28.50 mm
- (ID) Collars: 52.00"
- Collar Length: 16.50"
- Weight Capacity: 1500 lbs.
- 86"L, 44 lbs.



**OB20C**  
**OLYMPIC DUMBBELL HANDLES**

- Sold Individually
- Knurled grip
- 20"L, 20 lbs.



**OB34C**  
**OLYMPIC TRICEPS BAR**

- Bar Dia: 25.50 mm
- (ID) Collars: 18.5"
- Collar Length: 7"
- 34"L, 22 lbs.



**OB47C**  
**OLYMPIC CURL BAR (CHROME)**

- Bar Dia: 25.50 mm
- (ID) Collars: 31.5"
- Collar Length: 7"
- 47"L, 17 lbs.



**OB47B**  
**OLYMPIC CURL BAR (BLACK)**

- Bar Dia: 25.50 mm
- (ID) Collars: 31.5"
- Collar Length: 7"
- 47"L, 17 lbs.



**OB48**  
**OLYMPIC COMBO BAR (CHROME)**

- Bar Dia: 25.50 mm
- (ID) Collars: 33.75"
- Collar Length: 7"
- 48"L, 20 lbs.



**OMG86**  
**OLYMPIC MULTI-GRIP BAR (BLACK)**

- Bar Dia: 25.50 mm
- (ID) Collars: 52.5"
- Collar Length: 16.5"
- 86"L, 45 lbs.



### **BSTFWH** **FARMERS WALK BARS**

- Sold in pairs
- Bar Dia: 50 mm
- (ID) Collars: 35 3/8
- Collar Length: 12"
- 60"L, 18 lbs.



### **OTB50 & OTB50RH** **OLYMPIC SHRUG BARS**

- Bar Dia: 25.50 mm
- (ID) Collars: 24" Handle
- Collar Length: 9.75"
- Weight Capacity: 600 lbs.
- 56"L, OTB50 - 45 lbs. | OTB50RH - 50 lbs.



### **OC06PR** **OLYMPIC SPRING COLLARS**

- Sold in pairs
- Simple and effective spring tension design



### **OC04** **OLYMPIC TRAINING COLLARS**

- Sold individually
- Classic old school style for quick changes



### **BSTLJ02** **LOCK JAW OLY 2 COLLARS**

- Sold in pairs
- Uni-body construction for heavy usage
- Durable and secure lever design
- Quick and easy to use
- Elastomer pads protect bar finish



### **BSTLJHX** **LOCK JAW HEX COLLARS**

- Sold in pairs
- Quick and easy to use
- Elastomer pads protect bar finish

**TBR10**  
T-BAR ROW  
PLATFORM

- 11"L x 5"W x 6"H
- 7 lbs.



**TBR20**  
DUAL PIVOT  
T-BAR ROW  
PLATFORM

- 11"L x 5"W x 6"H
- 7 lbs.



**LBB28**  
LAT BLASTER BAR

- 31"L x 5"W x 1"H
- 5 lbs.



**TBR50**  
HOME PLATE  
LANDMINE

- 23"L x 15"W x 5"H
- 31 lbs.



**LMSE**  
LANDMINE  
SINGLE EYELET

- 13"L x 5"W x 2"H
- 3 lbs.



**LMPP**  
LANDMINE  
PLATE PIVOT

- 10"L x 10"W x 2.5"H
- 5 lbs.



**LMMG**  
LANDMINE  
MULTI-GRIP

- 44"L x 9"W x 8"H
- 8 lbs.



**LMCG**  
LANDMINE  
CLUBGRIP

- 24"L x 5"W x 3"H
- 7 lbs.





### **BSTOBJ** OLYMPIC BAR JACK

- Sold individually
- 20"L x 5"W x 13"H
- 9 lbs.



### **BSTPIN** PLATE LOAD PIN

- 12"L x 4"W x 4"H
- 2 lbs.



### **BSTOBS** OLYMPIC BAR STANDS

- Sold individually
- 2"L x 17"W x 12"H
- 7 lbs.



### **BSTCH44** LIFTING CHAINS

- Zinc-coated
- 5' Length
- 22 lbs. each



### **BSTOPW** PLATE WEDGE

- Sold individually
- 9"L x 2"W x 1"H
- .5 lbs.



### **MA105** BAR PAD

- 16"L x 4"W x 4"H
- 1 lb.



### **MR136** MANTA RAY

- 12"L x 3"W x 8"H
- 1 lb.



### **BSTBPAD** PREMIUM BAR PAD

- 18"L x 4"W x 4"H
- 1 lb.

## **RB72**

### **6' STANDARD BAR (CHROME)**

- Bar Dia: 25.4 mm
- (ID) Collars: 41"
- Collar Length: 15"
- 72"L, 18 lbs.

## **RB84**

### **7' STANDARD BAR (CHROME)**

- Bar Dia: 25.4 mm
- (ID) Collars: 51.0"
- Collar Length: 16"
- 84"L, 20 lbs.

## **RB47**

### **STANDARD CURL BAR (CHROME)**

- Bar Dia: 25.4 mm
- (ID) Collars: 30.5"
- Collar Length: 7.875"
- 47"L, 11 lbs.

## **RB48**

### **STANDARD COMBO BAR (CHROME)**

- Bar Dia: 25.4 mm
- (ID) Collars: 30.5"
- Collar Length: 7.875"
- 48"L, 16 lbs.

## **SDA14**

### **STANDARD DUMBBELL HANDLES**

- Sold individually
- Bar Dia: 25.4 mm
- (ID) Collars: 4.5"
- Collar Length: 4.5"
- 14"L, 3.5 lbs. (ea.)

## **SDA14T**

### **STANDARD THREADED DUMBBELL HANDLES**

- Sold individually
- Bar Dia: 25.4 mm
- (ID) Collars: 5"
- Collar Length: 4"
- 14"L, 5 lbs. (ea.)



### **RC0616** **STANDARD SPRING COLLARS**

- Sold in pairs
- Classic design for quick-changes



### **RC03** **STANDARD 1/2 LB COLLARS**

- Sold individually
- 1/5 lb. cast iron



### **RC02** **STANDARD 1 LB. COLLARS**

- Sold individually
- 1lb. cast iron



### **OA8** **8" OLYMPIC ADAPTER**

- Sold individually
- Converts 1" dia. posts to 2" Olympic posts
- Heavy-Duty nylon
- Lock-down allen hex bolt



### **OAS14** **14" OLYMPIC ADAPTER**

- Sold individually
- Converts 1" dia. posts to 2" Olympic posts
- Heavy-Duty nylon
- Lock-down allen hex bolt



# STORAGE

Body-Solid is an industry leader in equipment storage and organization with modular and customizable storage solutions to help keep facilities clean, organized and safe.



## SDKR EXPANDABLE STORAGE SYSTEM

- Modular storage rack for dumbbells, kettlebells and medicine balls
- Mix and match tiers for combination storage
- Your choice of dumbbell, kettlebell or medicine ball storage tiers
- Expandable rack system for any size facility



SDKR Uprights are drilled on both sides to allow expansion to right or left

The SDKR1000 storage rack offers unparalleled flexibility for storage of Dumbbells, Kettlebells and Medicine Balls.

2-Tier or 3-Tier uprights available

6 different shelves for customization



**SDKRUP2**  
2-TIER UPRIGHT

**SDKRUP**  
3-TIER UPRIGHT



**SDKRKB**  
KETTLEBELL SHELF



**SDKRMB**  
MEDICINE BALL SHELF



**SDKRDBS**  
DUMBBELL SHELF



**SDKRSD6**  
6 SADDLE DUMBBELL SHELF



**SDKRDBL**  
LARGE DUMBBELL SHELF



**SDKRSD8**  
8 SADDLE DUMBBELL SHELF



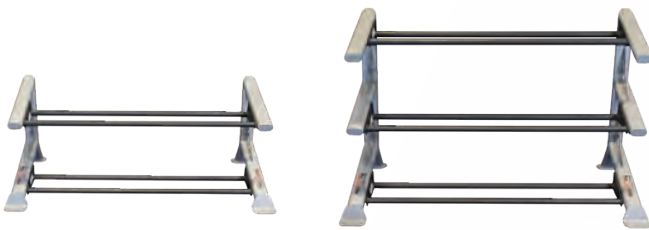
## **SDKRDB DUMBBELL RACK**

SDKR500DB 32"L x 70"W x 28"H Two tier rack  
 SDKR1000DB 32"L x 70"W x 43"H Three tier rack



## **SDKRSD SADDLE DUMBBELL RACK**

SDKR500SD 32"L x 70"W x 28"H Two tier rack  
 SDKR1000SD 32"L x 70"W x 43"H Three tier rack



## **SDKRMB MEDICINE BALL RACK**

SDKR500MB 32"L x 70"W x 28"H Two tier rack  
 SDKR1000MB 32"L x 70"W x 43"H Three tier rack



## **SDKRKB KETTLEBELL RACK**

SDKR500KB 32"L x 70"W x 28"H Two tier rack  
 SDKR1000KB 32"L x 70"W x 43"H Three tier rack





## **GDR60** DUMBBELL RACK & STORAGE SYSTEM

- Designed to hold one (1) pair each of 5-50 lb. hex dumbbells
- Features optional third-tier design so you can add another dumbbell, kettlebell, or medicine ball shelf
- Expand and chain together with optional GDR60UP Upright
- Offset tiers for easy access
- 23"L x 63"W x 32"H, 79 lbs.

**Customize the GDR60 for a perfect fit in your facility**

**GDR60**  
Dumbbell Rack

**GDR6UP**  
Single Upright

**GDRT6**  
Dumbbell Shelf

**GKRT6**  
Kettlebell Shelf

**GMRT6**  
Medicine Ball Shelf



## **GMRT6** OPTIONAL MEDICINE BALL SHELF

- 56"L x 9"W

## **GKRT6** OPTIONAL KETTLEBELL SHELF

- 56"L x 12"W

## **GDRT6** OPTIONAL DUMBBELL SHELF

- 56"L x 12"W

## **GDR60UP** SINGLE UPRIGHT

- Expand and chain together multiple racks
- Mix-n-match dumbbell, kettlebell, and medicine ball shelves
- Customized storage solutions
- 22"L x 2"W x 34"H





### **GDKR100** **45" KETTLEBELL / DUMBBELL RACK**

- Reversible tiers for kettlebells or dumbbells
- 23"L x 45"W x 33"H, 79 lbs.



### **GDR363** **40" 3-TIER DUMBBELL RACK**

- Designed to hold one pair of 5lb-50lb hex dumbbells
- 20"L x 40"W x 30"H, 44 lbs.



### **GDR48** **48" 3-TIER DUMBBELL RACK**

- Designed to hold one pair of 5-55 lb. hex dumbbells
- Offset tiers for easy access
- 23" L x 48" W x 30" H, 62 lbs.



### **GDR44** **VERTICAL DUMBBELL RACK**

- Designed to hold one pair of 5-30 lb. hex dumbbells
- 23"L x 25"W x 45"H, 44 lbs.



### **GDR80** **VERTICAL DUMBBELL RACK**

- Designed to hold one pair of 5-50 lb. hex dumbbells
- Top tray can be used for medicine ball storage
- 24"L x 22"W x 41"H, 58 lbs.



**GWT56**  
**OLYMPIC WEIGHT TREE**

- Six 9" weight posts, perfect for bumper plates
- Two Olympic bar holders
- 30"L x 30"W x 53"H, 51 lbs.



**GWT66**  
**OLYMPIC WEIGHT TREE**

- Eight 9" weight posts, perfect for bumper plates
- 26"L x 43"W x 33"H, 59 lbs.



**GWT76**  
**HIGH CAPACITY OLYMPIC BUMPER  
PLATE RACK**

- Customize with either 8 or 10 weight horn pattern
- Each weight horn features 8-¼" capacity
- 41"L x 36"W x 66"H, 108 lbs.



**GOWT**  
**OLYMPIC PLATE TREE & BAR HOLDER**

- Two Olympic bar holders included
- 20"L x 23"W x 40"H, 31 lbs.



**GSWT**  
**STANDARD PLATE TREE & BAR HOLDER**

- Two standard bar holders included
- 20"L x 23"W x 40"H, 24 lbs.



- *Customize with*
- *8 or 10 posts*





**WT46**  
**OLYMPIC PLATE TREE & BAR HOLDER**

- Two Olympic bar holders included
- Chrome weight posts
- 22"L x 20"W x 40"H, 34 lbs.



**OWT24**  
**OLYMPIC WEIGHT TREE**

- 27"L x 16"W x 24"H, 24 lbs.



**SWT14**  
**STANDARD WEIGHT TREE**

- 27"L x 16"W x 24"H, 17 lbs.



**GBPR10**  
**BUMPER PLATE RACK**

- 4" gaps in each of the 8 plate slots
- 43"L x 13"W x 9"H, 22 lbs.



**SBS100**  
**OLYMPIC BAR RACK**

- Convenient and portable barbell storage
- Holds 10 barbells
- 24"L x 45"W x 72"H, 85 lbs.



## **GOBH5** **OLYMPIC BAR HOLDER**

- Holds 5 Olympic bars
- 12"L x 12"W x 9"H, 22 lbs.



## **VDRA30** **ACCESSORY STAND**

- For use with accessory bars, ropes, straps, dumbbells and more
- 14"L x 14"W x 36"H, 70 lbs.



## **GAR100** **ACCESSORY RACK**

- Storage for medicine balls, stability balls, workout mats and more
- Transport wheels for convenient mobility
- 32"L x 36"W x 74"H, 71 lbs.



## **GAR250** **ACCESSORY TOWER**

- Multi-use storage tower for dumbbells, kettlebells, medicine balls, stability balls and mats
- Transport wheels for convenient mobility
- 32"L x 79"W x 87"H, 156 lbs.



## **GSR10** **STABILITY BALL RACK**

- Easy access storage for stability balls
- 36"L x 36"W x 73"H, 31 lbs.



## **GMR10** **MEDICINE BALL RACK**

- Holds up to six medicine balls
- 20"L x 21"W x 63"H, 29 lbs.



## **GMR5** **MEDICINE BALL RACK**

- Holds up to four medicine balls
- 22"L x 22"W x 33"H, 14 lbs.



## **GDR10** **DUMBBELL RACK**

- Designed to hold 3 pairs of vinyl or neoprene dumbbells, 1lbs to 15lbs
- 15"L x 9"W x 18"H, 5 lbs.





### **GDR24** **DUMBBELL RACK**

- Designed to hold 12 pairs of vinyl or neoprene dumbbells, 1lbs to 15lbs
- 31"L x 25"W x 52"H, 34 lbs.



### **GDR500** **DUMBBELL RACK**

- Designed to hold vinyl or neoprene dumbbells, 1lbs to 15lbs
- Features locking caster wheels
- 27"L x 44"W x 46"H, 85 lbs.



### **GDKR50** **KETTLEBELL RACK**

- Designed to hold 6 kettlebells
- 19"L x 16"W x 21"H, 19 lbs.



### **GYR500** **FOAM ROLLER & YOGA MAT RACK**

- Holds 12 Foam Rollers or Yoga Mats
- Features locking caster wheels
- 32"L x 21"W x 37"H, 38 lbs.

