

Body-Solid®

Built for Life

Parks & Recreation

Police & Fire Departments

Community Service Agencies

Military/Government

Professional Sports Teams

Corporate Facilities

Rehab & Medical

Multi-Housing

Universities/Colleges

Personal Training Studios

High Schools

YMCA/JCC

Fitness Centers

Hotels & Spas



PRO-DUAL
by Body-Solid

ProClubLine

by Body-Solid

COMMERCIAL EQUIPMENT

Body-Solid®

Built for Life

For over twenty years, Body-Solid has been the leader in quality commercial fitness products. Our fitness equipment is innovative in design, durable in structure, and bio-mechanically correct to produce the optimum workout for users. In addition, Body-Solid is completely committed to providing the finest customer sales and service in the industry.

With its proven track record, Body-Solid can help you build a fitness center that will transform your facility into a showcase for prospective patients, clients, students, employees, tenants and members for many years to come. Body-Solid has reached out to every commercial sector in the industry...

Parks & Recreation

High Schools

Community Service Agencies

Hotels & Spas

Fitness Centers

Police & Fire Departments

Professional Sports Teams

Multi-Housing

Universities/Colleges

Personal Training Studios

Corporate Facilities

YMCA/JCC

Military/Government

Rehab & Medical





Commercial Rated

Select Body-Solid equipment comes with our exclusive Commercial Rating. A step up and a step beyond, this equipment is built to withstand the intense everyday use of multiple user club environments.



Light Institutional Limited LIFETIME WARRANTY

Frames, Welds, Weight Plates & Guide Rods.. Two Years
Pulleys, Bushings, Bearings & Hardware Two Years
Cables, Upholstery, Grips and all other
components not mentioned in this warranty.....One Year

TABLE OF CONTENTS

Pro Dual Machines	4-17
Pro Club Line Machines	18-27
Classic Gym	28-31

Body-Solid[®]



ProClubLine
by Body-Solid



IN-STOCK!

Pro-Dual Machines

Body-Solid® introduces the Pro-Dual™ commercial equipment line, developed specifically to address the needs of facilities with limited space options, such as hotels, fire stations, office buildings, and residential complexes. Ideally suited for smaller workout environments, the Pro-Dual line includes 10 function-specific dual machines that can stand-alone or be combined with a three-stack or four-stack weight tower to build a single multi-function gym. This modular flexibility allows facilities to create a customized series of workout stations even in the smallest spaces.

GENERAL SPECIFICATIONS

— 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 are 5.5mm diameter rated to over 2500 Lb., providing smooth movement along with durability and safety.

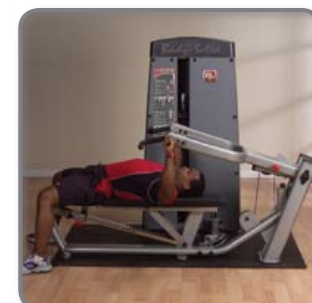
— DuraFirm™ upholstery over 2" high density foam, is double stitched and fully supported, guarantee a tear resistant, durable surface for comfort and support.

— 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 adjustment.



SHOULDER PRESS



FLAT BENCH

Pro-Dual Multi Press

- 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 counter balanced press bar includes 5 adjustment angles and pillow block bearing pivots for continuously smooth movement
- Multiple press handles provide user with different grip angles to create variable exercises and accommodate users of all sizes
- Includes a 210lb. weight stack with a 310lb. weight stack option
- Works as a modular component on the Pro Dual 3 Stack and 4 Stack Gym

SPECIFICATIONS

Model: DPRS-SF

Instructional Placard Included

Standard Weight Stack: 210 Lbs. (95kg)

Mainframe: 11 Gauge 2.375" x 4.625" oval tubing

Dimensions: 57"W x 89"L x 62"H (145 cm x 226 cm x 158 cm)

Cables: Spun steel aircraft cables are 5.5 mm diameter rated over 2500 Lb.

Upholstery: DuraFirm™ upholstery with over 2" high density foam

Weight Stack Enclosures: Standard

Optional: 310 Lb. Weight Stack (141kg)

Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



Common height weight stacks guarantee a design consistency throughout the series



LEG PRESS



CALF EXTENSION



MODULAR 3 OR 4 STACK



Pro•Dual Leg Press Calf Extension

- Ergonomic recumbent seat with 12 position adjustable back pad accommodates users of all sizes comfortably and safely for both leg press and calf exercises
- Wide rubber matted non-skid press plate and conveniently placed hand grips provide added stability during maximum pressing
- Four bar linkage and oversized pillow block bearings provide smooth continuous movement through out the exercise
- 2:1 weight ration with a 210lb. weight stack provides 420lbs. of resistance. Also available in a 310lb. weight stack
- Works as a modular component on the Pro Dual 3 Stack and 4 Stack Gym

SPECIFICATIONS

Model: DCLP-SF

Instructional Placard Included

Standard Weight Stack: 210 Lbs. (95kg)

Mainframe: 11 Gauge 2.375" x 4.625" oval tubing

Dimensions: 41"W x 78"L x 77"H (104 cm x 199 cm x 196 cm)

Cables: Spun steel aircraft cables are 5.5 mm diameter rated over 2500 Lb.

Upholstery: DuraFirm™ upholstery with over 2" high density foam

Weight Stack Enclosures: Standard

Optional: 310 Lb. Weight Stack (141kg)

Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions





BACK EXTENSION



AB CRUNCH



MODULAR 3 OR 4 STACK

Pro-Dual Ab Crunch Back Extension

- Dual function oversized 9" diameter adjustable roller pad for comfort in use and proper alignment for both ab and back exercises
- Counter balanced resistance arm with 14 adjustable starting points
- Bio mechanically angled seat with 5 gas assisted adjustable positions enables user to adjust to proper pivot point for exercise
- 6 position adjustable leg pad/foot brace to stabilize users of all heights
- Includes a 210lb. weight stack with a 310lb. weight stack option
- Works as a modular component on the Pro Dual 3 Stack and 4 Stack Gym

SPECIFICATIONS

Model: DABB-SF
Instructional Placard Included
Standard Weight Stack: 210 Lbs. (95kg)
Mainframe: 11 Gauge 2.375" x 4.625" oval tubing
Dimensions: 51"W x 43"L x 62"H (130 cm x 109 cm x 158 cm)
Cables: Spun steel aircraft cables are 5.5 mm diameter rated over 2500 Lb.
Upholstery: DuraFirm™ upholstery with over 2" high density foam
Weight Stack Enclosures: Standard
Optional: 310 Lb. Weight Stack (141kg)
 Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



Multiple ergonomic adjustments and bio-mechanically correct movements combine to provide a safe and effective work out.

Versatile, modular stations adaptable for any commercial setting

Pro•Dual Pec Dec Rear Delt

- 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 210lb. weight stack with a 310lb. weight stack option
- Works as a modular component on the Pro Dual 3 Stack and 4 Stack Gym



ONE ARM FLY



REVERSE FLY



MODULAR 3 OR 4 STACK



PEC FLY

SPECIFICATIONS

Model: DPEC-SF
Instructional Placard Included
Standard Weight Stack: 210 Lbs. (95kg)
Mainframe: 11 Gauge 2.375" x 4.625" oval tubing
Dimensions: 34"W x 57"L x 69"H (86 cm x 145 cm x 173 cm)
Cables: Spun steel aircraft cables are 5.5 mm diameter rated over 2500 Lb.
Upholstery: DuraFirm™ upholstery with over 2" high density foam
Weight Stack Enclosures: Standard
Optional: 310 Lb. Weight Stack (141kg)
Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



"We use Body Solid Pro Club and Pro Dual lines in all of our Workout 24/7 clubs. We feel it is the perfect blend of quality, value and user friendliness."

**Scott
Workout 24/7**



PRO•DUAL
by Body-Solid

Advanced materials in every station improves durability and functionality



LEG EXTENSION



LEG CURL



MODULAR 3 OR 4 STACK

Pro•Dual Leg Extension Leg Curl

- Custom designed Bio-Mechanical 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 to comfortably secure user and help provide support during exercise
- Includes a 210lb. weight stack with a 310lb. weight stack option
- Works as a modular component on the Pro Dual 3 Stack and 4 Stack Gym

SPECIFICATIONS

Model: DLEC-SF
Instructional Placard Included
Standard Weight Stack: 210 Lbs. (95kg)
Mainframe: 11 Gauge 2.375" x 4.625" oval tubing
Dimensions: 39"W x 49"L x 62"H (99 cm x 124 cm x 158 cm)
Cables: Spun steel aircraft cables are 5.5 mm diameter rated over 2500 Lb.
Upholstery: DuraFirm™ upholstery with over 2" high density foam
Weight Stack Enclosures: Standard
Optional: 310 Lb. Weight Stack (141kg)
 Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions





INNER THIGH



OUTER THIGH



MODULAR 3 OR 4 STACK

Pro•Dual Inner Thigh Outer Thigh

- Ergonomically correct forward facing weight stack provides easy resistance adjustments and user privacy
- Extra Large rotating knee pads 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 210lb. weight stack with a 310lb. weight stack option
- Works as a modular component on the Pro Dual 3 Stack and 4 Stack Gym



SPECIFICATIONS

Model: DIOT-SF

Instructional Placard Included

Standard Weight Stack: 210 Lbs. (95kg)

Mainframe: 11 Gauge 2.375" x 4.625" oval tubing

Dimensions: 75"W x 41"L x 62"H (191 cm x 104 cm x 158 cm)

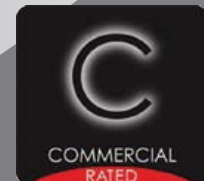
Cables: Spun steel aircraft cables are 5.5 mm diameter rated over 2500 Lb.

Upholstery: DuraFirm™ upholstery with over 2" high density foam

Weight Stack Enclosures: Standard

Optional: 310 Lb. Weight Stack (141kg)

Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



See page 3 for more
warranty information



Pro•Dual Bicep Curl Tricep Extension

- Adjustable arm pad 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 the movement
- 3 position pivoting handles reduce torque and provide continuous resistance around a natural arc
- 14 combined adjustments between the bicep and triceps exercises give users multiple starting points and greater range of motion
- Includes a 210lb. weight stack with a 310lb. weight stack option
- Works as a modular component on the Pro Dual 3 Stack and 4 Stack Gym



BICEP EXTENSION



TRICEP CURL



MODULAR 3 OR 4 STACK

SPECIFICATIONS

Model: DBTC-SF
Instructional Placard Included
Standard Weight Stack: 210 Lbs. (95kg)
Mainframe: 11 Gauge 2.375" x 4.625" oval tubing
Dimensions: 53"W x 40"L x 62"H (135 cm x 102 cm x 158 cm)
Cables: Spun steel aircraft cables are 5.5 mm diameter rated over 2500 Lb.
Upholstery: DuraFirm™ upholstery with over 2" high density foam
Weight Stack Enclosures: Standard
Optional: 310 Lb. Weight Stack (141kg)
 Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



*Compact footprint offers
two stations in the space of one*

Versatile, functional and affordable, backed by the finest customer service in the industry



MID ROW



MODULAR 3 OR 4 STACK

Pro•Dual Lat Pulldown Mid Row

- 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 to store extra cable attachments when not in use
- Includes a 210lb. weight stack with a 310lb. weight stack option
- Works as a modular component on the Pro Dual 3 Stack and 4 Stack Gym

SPECIFICATIONS

Model: DLAT-SF

Instructional Placard Included

Standard Weight Stack: 210 Lbs. (95kg)

Mainframe: 11 Gauge 2.375" x 4.625" oval tubing

Dimensions: 33"W x 68"L x 83"H (84 cm x 173 cm x 211 cm)

Cables: Spun steel aircraft cables are 5.5 mm diameter rated over 2500 Lb.

Upholstery: DuraFirm™ upholstery with over 2" high density foam

Weight Stack Enclosures: Standard

Cable Accessories: ProGrip 48" solid revolving lat bar with proGrip row bar

Optional: 310 Lb. Weight Stack (141kg)

Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



LAT PULLDOWN



See page 3 for more warranty information



PRO•DUAL
by Body-Solid



PULL DOWN



CABLE COLUMN



MODULAR 3 OR 4 STACK

Pro•Dual Adjustable Cable Column

- 210 Lb weight stacks offer a resistance range fit for beginners and professional athletes alike
- Simple pop-pin adjustment allows the vertically adjustable pulleys to be set for over 100 exercises at a level that is comfortable for any size user
- Chrome-plated solid steel guide rods and selector rods for smooth movement
- Heavy gauge 2"x4" mainframe construction and aircraft quality cables and pulleys
- Biomechanically designed for maximum range of motion and outstanding muscle development
- Pro•Dual Adjustable Cable Column gives you the freedom and range of motion to accomplish a total body workout in just a 3' by 4' area.

SPECIFICATIONS

Model: DPCC-SF

Instructional Placard Included

Standard Weight Stack: 210 Lbs. (95kg)

Mainframe: 11 Gauge 2.375"X 4.625" oval tubing

Dimensions: 46"W x 39"L x 91"H (117 cm X 99 cm X 231 cm)

Cables: Spun steel aircraft cables are 5.5 mm diameter rated over 2500 Lb.

Upholstery: DuraFirm™ upholstery with over 2" high density foam

Weight Stack Enclosures: Standard

Optional: 310 Lb. Weight Stack (141kg)

Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions





CHEST PRESS



LAT PULLDOWN



MODULAR 3 OR 4 STACK

Pro•Dual Vertical Press and Lat

- 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.
- Works as a modular component on the Pro•Dual 3-Stack and 4-Stack Gyms.
- Mid row exercises in addition to chest/incline/shoulder press exercises with back pad adjustability.

SPECIFICATIONS

Model: DPLS-SF

Instructional Placard Included

Standard Weight Stack: 210 Lbs. (95kg)

Mainframe: 11 Gauge 2.375"X 4.625" oval tubing

Dimensions: 41"W x 83"L x 83"H (104 cm X 211 cm X 211 cm)

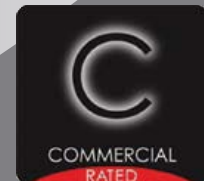
Cables: Spun steel aircraft cables are 5.5 mm diameter rated over 2500 Lb.

Upholstery: DuraFirm™ upholstery with over 2" high density foam

Weight Stack Enclosures: Standard

Optional: 310 Lb. Weight Stack (141kg)

Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



See page 3 for more warranty information



Build your workout center with any combination of three or four of the following Pro•Dual stations:

PRO•DUAL BASE FRAME C DGYM

Body-Solid revolutionizes the commercial equipment market by providing a modular approach to designing your next training facility. Pro•Dual offers ten dualfunction stations that can be used in single or multiple stack arrangements. There are thousands of combinations, allowing you to customize the equipment to best suit your training needs.

The anchor of the multi-station system is the Four Stack Weight Tower. With positions for three or four stations, the space saving four stack tower provides a solid foundation for any of the ten different Pro•Dual stations (shown at right).

- Four independent weight stations
- Four universal upper and lower station mounts
- Four universal upper and lower pulley stations
- Four easy mount chrome guide rods
- Optional 210 lb. or 310 lb. weight stack (weights not included with base frame)

Dimensions 83"H x 38"L x 38"W

See pages 16-17 for more information about customizing your DGYM.



DABB
Ab Crunch/
Back Extension



DBTC
Bicep Curl/
Tricep Extension



DCLP
Leg Press/
Calf Extension



DIOT
Inner Thigh/Outer Thigh



DLAT
Lat Pull-Down/Midrow



DLEC
Leg Extension/Leg Curl



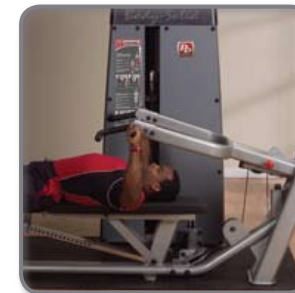
DPCC
Adjustable Cable Column



DPEC
Pec Dec/Rear Delt



DPLS
Vertical Press and Lat



DPRS
Multi-Press

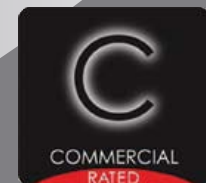


*Pro•Dual DGYM
Shown with:
DPLS
Vertical Press
and Lat
DPCC
Adjustable Cable
Column
DLEC
Leg Extension/
Leg Curl
DPEC
Pec Dec/Rear Delt*

• PRO•DUAL DGYM
Discover thousands of possibilities!

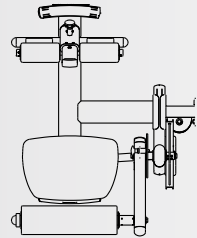
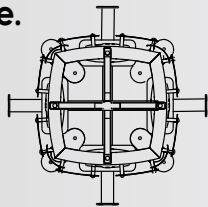
See pages 16-17.

DGYM combination on this page is just one of the thousands of configurations Pro•Dual has to offer. See pg. 16-17 for more options.

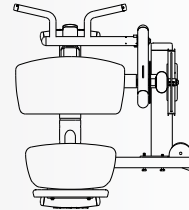


**See page 3 for more
warranty information**

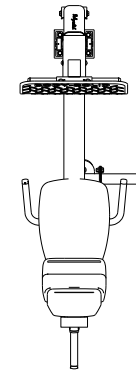
Start with the base station (DGYM), then choose any combination of four of the following Pro•Dual single stations to complete your package.



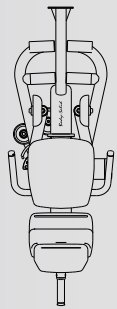
DABB
Ab Crunch/
Back Extension



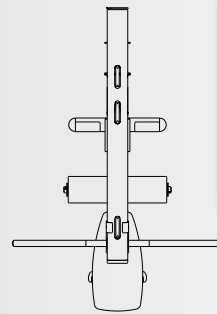
DBTC
Bicep Curl/
Tricep Extension



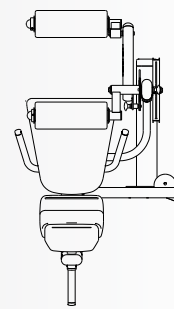
DCLP
Leg Press/
Calf Extension



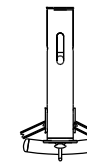
DIOT
Inner Thigh/Outer Thigh



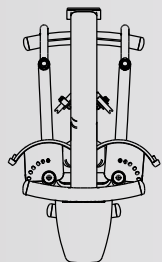
DLAT
Lat Pull-Down/Midrow



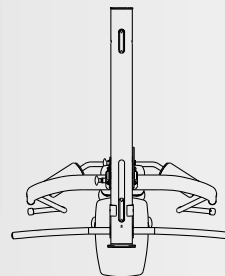
DLEC
Leg Extension/Leg Curl



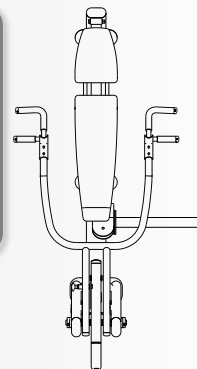
DPCC
Adjustable Cable Column



DPEC
Pec Dec/Rear Delt



DPLS
Vertical Press and Lat



DPRS
Multi-Press

Pro•Dual Single Stations

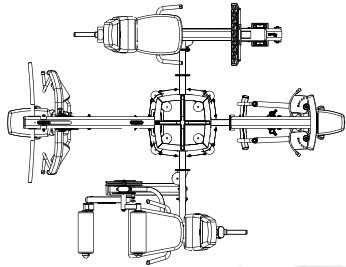
DPRS.....Multi-Press.....	Pg.4
DCLP.....Leg Press/Calf Extension....	Pg.5
DABB.....Ab Crunch/Back Extension..	Pg.6
DPEC.....Pec Dec/Rear Delt.....	Pg.7
DLEC.....Leg Extension/Leg Curl.....	Pg.8
DIOT..... Inner Thigh/Outer Thigh.....	Pg.9
DBTC.....Bicep Curl/Tricep Extension..	Pg.10
DLAT.....Lat Pull-down/Mid Row.....	Pg.11
DPCC.....Adjustable Cable Column....	Pg.12
DPLS.....Vertical Press and Lat.....	Pg.13

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

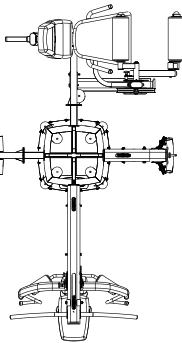
- DCLP
Leg Press/Calf Extension
- DPLS
Vertical Press and Lat
- DPEC
Pec Dec/Rear Delt
- DLEC
Leg Extension/
Leg Curl



DGYMP2

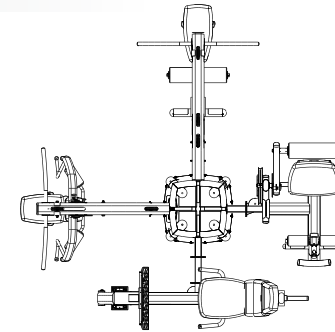
- DLEC
Leg Extension/Leg Curl
- DPCC
Adjustable Cable Column

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



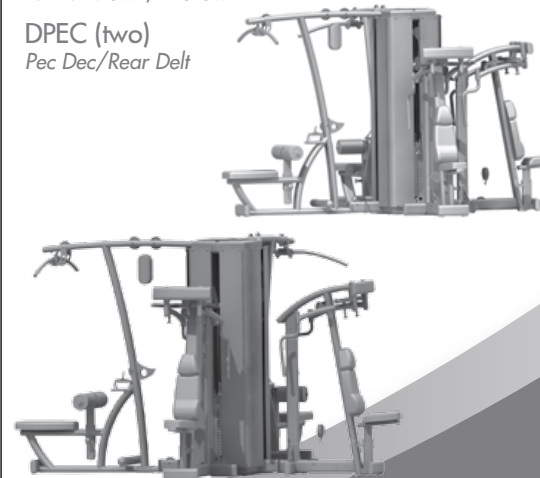
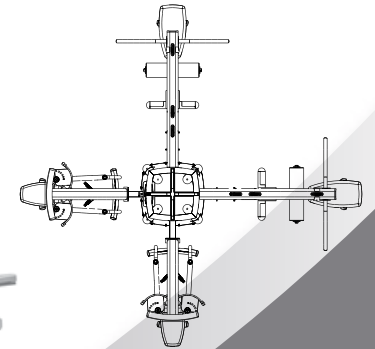
DGYMP3

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



DGYMP4

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



All combinations and renderings on this page are for suggestion purposes.



See page 3 for more warranty information

Leg Press Machine ●●●●●●●>

A machine of enormous power and durability. True to Body-Solid tradition, this is no ordinary Leg Press Machine - it uses sophisticated pillow block and sealed ball bearings for precision alignment and friction-free movement. This allows you to achieve higher performance results. Advanced design reduces spinal compression while allowing full range-of-motion in a natural biomechanical movement. Fully adjustable back pad with an ergonomically designed two position press plate accommodates all-size users for a complete Leg and Calf workout. For truly enormous muscle capacity and capability, you need to look no further than this machine. It's a machine designed to last - even under the most strenuous routines. Includes 210lb. Weight Stack (95kg) & Shroud.

*#SLP-500G/2 36"Wx75"Lx72"H (92cmx191cmx183cm)
Optional: 310lb. Weight Stack (141kg); 410lb. Weight Stack (186kg)
Optional: Black Upholstery*



Tricep Press Down Machine <●●●●●

Need a heavy work load with muscle isolation capability? Call in a specialist. The Pro Club-Line Tricep Pressdown Machine specializes in heavy-duty performance, simple as that. Built on a stable foundation, this machine is loaded with features such as: a low center of gravity that maximizes workout stability, a fully adjustable seat, and angled pressdown bars that provide full range-of motion while allowing comfort and control. Also, no-slip rubber grips for ultimate safety during an intense workout. Adjustable seat belt fits all-size users and stabilizes your body for pressdowns beyond your body weight. Unique, easy-access design assures a safe, secure workout experience. It's specialized equipment for specialized development. Includes 210lb. Weight Stack (95kg) & Shroud

*#STM-1000G/2 40"Wx42"Lx62"H (102cmx107cmx158cm)
Optional: 310lb. Weight Stack (141kg); 410lb. Weight Stack (186kg)
Optional: Black Upholstery*

Leg Extension Machine ●●●●●●●●>

When you're ready to build muscular legs and stronger knee joints, the Leg Extension Machine is ready to help you meet your goals, it's a sleek, smooth machine that rivals far more expensive machines. The exceptionally strong mainframe, combined with a specially contoured thigh pad and biomechanically exact movement pattern provide a smooth, solid feel and immediate response. Precise pivot point alignment and center-drive, variable resistance cam design delivers the smooth and powerful response you expect. Recumbent back pad adjusts for all-size users and eliminates lower back strain while allowing full range-of-motion. Pop pin adjustable foot pads assure proper alignment. Hold down grips provide ultimate stability for a worry-free workout. No compromises here - this machine was engineered to deliver strength, comfort and safety. Includes 210lb. Weight Stack (95kg) & Shroud.

#SLE-200G/2 39"Wx42"Lx72"H (100cmx107cmx183cm)
Optional: 310Lb. Weight Stack (141kg); 410Lb Weight Stack (186kg)
Optional: Black Upholstery



Seated Row Machine < ●●●●●●●●

This Seated Row Machine provides the most effective back and shoulder exercises for men and women of all ages and strength capabilities. Thick, comfortable and fully adjustable chest pad and seat pad allow full pre-stretch to optimize Latissimus Dorsi and upper back muscle isolation, while eliminating stress on the lower back. Unique vertical and horizontal grips utilize friction free oil-lite bronze bushings that pivot over solid steel axles for ultimate strength, durability and smooth performance. Each of the dual grip positions are mounted on a swiveling pull arm bracket that allows maximum concentration and isolation of all back and shoulder muscles. Features include 2"x4" high tensile strength steel mainframe construction and a center-pull design that distributes weight more evenly to eliminate torsional flexing. This machine delivers more strength, comfort and versatility for novice or experienced users of all sizes. Includes 210 lb. Weight Stack (95kg) & Shroud.

#SRM-1700G/2 45"Wx55"Lx62"H (115cmx140cmx158cm)
Optional: 310Lb. Weight Stack (141kg); 410Lb. Weight Stack (186kg)
Optional: Black Upholstery



See page 3 for more warranty information

Incline Press Machine ●●●●●●●●●●▶

Lean back on the extra thick, custom sewn, double stitched pads and feel the adrenaline flow. Place your hands on the multi-position grips, and as you look up to the ceiling at a 35° angle, you are ready for the upper chest workout of your life. This Incline Press Machine is built for the most brutal of workouts. The 2"x4" mainframe was structurally designed to resist torsional flex and wear. With this machine your upper Pectoral and Triceps are in for a serious workout. The ergonomically accurate motion is guided by oil-lite bronze bushings that allow for a smooth, comfortable workout experience. In just a short time, your body will be as well built and well proportioned as the machine itself. Includes 210Lb. Weight Stack (95kg) & Shroud.
#SIP-1400G/2 50"Wx43"Lx62"H (127cmx109cmx158cm)
Optional: 310Lb. Weight Stack (141kg); 410Lb. Weight Stack (186kg)
Optional: Black Upholstery



Leg Curl Machine ◀●●●●●●●●●●

This Leg Curl Machine sets the standards for workout comfort and convenience. There's not just ample strength, but highly regarded performance. And not just a comfortable workout, but one that can only be described as remarkably smooth. Compelling proof that a high quality, proven design never goes out of style. Uniquely engineered center-drive cam distributes weight evenly to eliminate lateral torque. Biomechanically accurate pivot point ensures ergonomically correct body positioning for natural and complete Hamstring and Leg Bicep development. Elliptical cam keeps arc of movement smooth and provides variable resistance through full range-of-motion. Pop pin adjustable foot pads assure proper alignment. An extremely low center of gravity aids in allowing maximum performance with uncanny stability. Finally, a form-fitting machine that is big on strength, style and performance. Includes 210 Lb. Weight Stack (95kg) & Shroud.
#SLC-400G/2 37"Wx64"Lx62"H (94cmx163cmx158cm)
Optional: 310Lb. Weight Stack (141kg); 410Lb. Weight Stack (186kg)
Optional: Black Upholstery

Multi-Hip Machine ●●●●●>

Get a grip on your hips and thighs! This machine will help you achieve the results you want-where you want them. A unique, adjustable range-of-motion cam allows you to set rotation limits when performing four distinct leg kick exercises. Get maximum results on the Inner Thigh, Outer Thigh, Hip Flexor or Glute/Buttock muscles. Trim, firm and tone your hips and thighs, or strengthen these areas for ultimate sports conditioning. Features include an extra large no-slip platform, easy access and an adjustable height pivot point on the cam for proper hip joint alignment. Includes 210 Lb. Weight Stack (95kg) & Shroud.

#SMH-1500G/2 53"Wx45"Lx62"H (135cmx115cmx158cm)
Optional: 310Lb. Weight Stack (141kg); 410Lb. Weight Stack (186kg)
Optional: Black Upholstery



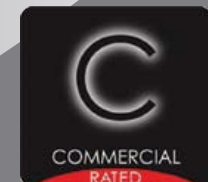
Shroud

Size: 2.30"Wx3.15"H (58.6cmx80cm)

Inner or Outer Thigh Machine

You can expect nothing but the best from these two machines. Unique pop pin cam adjustment allows user to select his or her starting position. Oversized contoured pads, biomechanically accurate foot posts and ergonomically correct bent-knee design make your workouts safe, comfortable and more effective. Four sealed pillow block ball bearing systems ride over solid steel axles for ultimate smoothness and friction-free action. Angled seat eliminates lower back stress while no-slip hand grips assure stability. Superior biomechanics assure each cam axis is directly inline with each hip joint axis for maximum results in minimum time. Includes 210Lb. Weight Stack (95kg) & Shroud.

#STH-1100G/2 64"Wx56"Lx62"H (163cmx143cmx158cm)
Optional: 310Lb. Weight Stack (141kg)
Optional: Black Upholstery

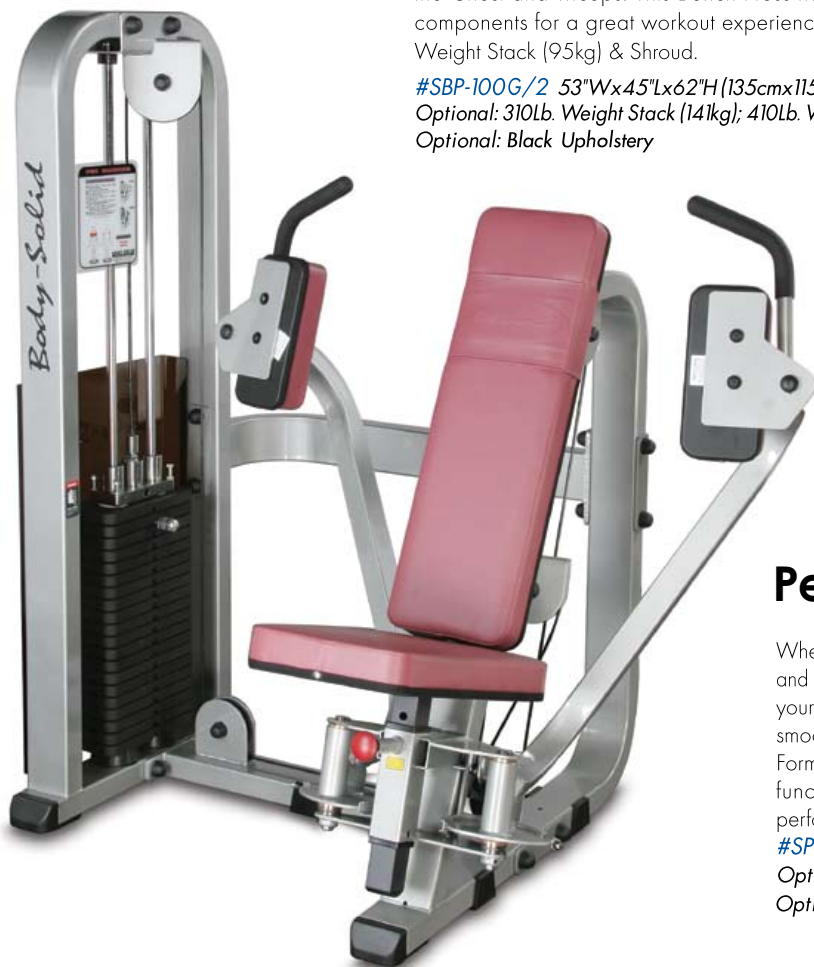


See page 3 for more warranty information

Chest Press Machine ●●●>

Built to deliver strength - and deliver it does. Structurally and biomechanically designed for intensive club use, the Bench Press' rigid body structure plays a critical role in the machine's superb handling. Its large base frame aids stability and comfort, and yields a more neutral weight distribution. Substantial rear and side subframes help eliminate lateral torsion and vibration. Kick-assist lever allows you to move the handgrips into comfortable Start and Finish positions for a complete pre-stretch and full range-of-motion without straining. Biomechanically designed for maximum chest concentration and outstanding muscle development. Comfortable, multi-position handgrips concentrate distinct areas of the Chest and Triceps. This Bench Press has all the essential components for a great workout experience. Includes 210lb. Weight Stack (95kg) & Shroud.

#SBP-100G/2 53"Wx45"Lx62"H(135cmx115cmx158cm)
Optional: 310lb. Weight Stack (141kg); 410lb. Weight Stack (186kg)
Optional: Black Upholstery



Pec Machine < ●●●●●●●●●●

When you surround yourself in the Pec Machine you experience a remarkable blend of function and form. That's clear the moment you sit on the contoured seat and adjust the weight stack to your workout level. Designed for bilateral or unilateral use, the hidden elliptical cams provide smooth, variable resistance throughout a full range-of-motion for optimal muscle development. Form fitting and comfortably padded - it offers a strong workout environment with impressive function. The Pec Machine is everything you want. The look is unique and sleek. The performance is strong and smooth. Includes 210lb. Weight Stack (95kg) & Shroud.

#SPD-700G/2 65"Wx32"Lx62"H(166cmx82cmx158cm)
Optional: 310lb Weight Stack (141kg); 410lb Weight Stack (186kg)
Optional: Black Upholstery



Dual Cable Column < ●●●

- Dual 160 lb. weight stacks (optional 235 lb. or 310 lb weight stacks are available)
- Stabilizer Bar for balance and support during use
- Seamless solid steel guide rods with Hard-coat chrome finish provide the lowest possible coefficient of friction
- Oversized 4 1/2" impact resistant fiberglass reinforced nylon pulleys with sealed ball bearings
- Lubricated steel aircraft cables with a test strength of 2500 Lbs.
- Cold rolled machined steel and heavy gauge 2"x4" mainframe
- 12 position, vertically adjustable pulleys for maximum versatility

#SDC-2000G/1

Dimensions: 91"Hx39"Lx46"W



Rotary Torso Machine ●●● >

- 210 lb. weight stack (optional 310lb. weight stack is available)
- Cam adjustment allows users to expand or limit their range of motion
- Seamless solid steel guide rods with Hard-coat chrome finish provide the lowest possible coefficient of friction
- Oversized 4 1/2" and 6" impact resistant fiberglass reinforced nylon pulleys with sealed ball bearings
- Lubricated steel aircraft cables with a test strength of 2500 Lbs.
- Cold rolled machined steel and heavy gauge 2"x4" mainframe construction
- Durable, tear resistant, double-stitched DuraFirm™ upholstery
- Multi-angle heavy-gauge steel diamond plate foot platform
- Upholstered, retractable lower body support for user safety and comfort
- Includes Wight Stack Shroud

#SOT-1800G/2

Dimensions: 62"Hx54"Lx48"W

Optional: Black Upholstery



See page 3 for more warranty information



Flat Olympic Bench

#SFB-349G + SPS-12
 2"x4" High Strength Tensile Steel
 49.8"Wx68.1"Lx48.4"H
 (126.6cmx173cmx123cm)
 Optional : Spotter Stand #SPS-12
 Optional : Black Upholstery

Ab Machine

Create a lean, muscular waist while surrounded in comfort and convenience. The Pro Club-Line Ab Machine provides absolute isolation of the stomach muscles with its unique, variable resistance cam. Biomechanically engineered for smooth, comfortable, full range-of-motion crunching movement - it was designed for firming, flattening and isolating the entire abdominal area. Features include fully adjustable seat pad, leg hold-down rollers, comfortably contoured chest pad and a weight stack that is easily accessible from the exercise position. Adjustable seat belt fits all-size users and stabilizes your body for ab crunches beyond your body weight. All these conveniences add up to workout pleasure, safety and top performance. Includes 210lb. Weight Stack (95kg) & Shroud.

#SAM-900G/2 42"Wx46"Lx62"H (107cm x117 cm x158cm)
 Optional: 310lb. Weight Stack (141kg)
 410lb. Weight Stack (186kg)
 Optional: Black Upholstery



Counter-Balanced Smith Machine

It's a machine for training top level athletes. It simulates the smoothness and safety of the best weight stack machine, yet gives you the feel and training effects of free weights. This combination assures primary and secondary muscle group development for a faster, stronger, more complete workout. Larger than the others, the design permits up to 49" of unrestricted horizontal gripping space and a full 68" of vertical travel. Unique Linear Bearing system is constantly recirculating to provide three times the load capacity and twenty-seven times the travel life of ordinary bearings. Features include dual 6" diameter pulleys, counter-balanced weights, fully adjustable Safety Stops and six Olympic weight plate storage posts. It's a breakthrough in exercise technology that offers more benefits and more results than any conventional Smith Machine in the industry.

#SSM-350G 86"Wx53"Lx90"H (219cmx135cmx229cm)



Flat/Incline/ Decline Bench

#SID-50G

2"x4" High Strength
Tensile steel
24"Wx56"Lx20"H
(61cmx143cmx51cm)
Optional: Black Upholstery

Lat Machine with Mid Row

Impressively versatile, the Pro Club-Line Lat Machine is a favorite for gym or personal use. Extraordinary capabilities set this machine apart. For starters, you get a high pulley directly overhead for optimum back and shoulder isolation. Extra long pulldown bar allows you to choose wide, medium or narrow handgrip position for maximum development. No-cable-change design allows you to go immediately and directly to a Long Pull / Seated Row exercise movement to further increase size, strength and endurance of your back muscles. Adjustable hold-down pads stabilize you for lifts beyond your body weight. Unique styling, space efficient design, exceptional performance and versatility make this Lat Machine a standout in any gym, club or home. Includes 210lb. Weight Stack (95kg) & Shroud.

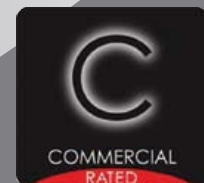
#SLM-300G/2 24"Wx62"Lx83"H (61cm x 158cm 211cm)
Optional: 310 Lb. Weight Stack (141kg); 410 Lb. Weight Stack (186kg)
Optional: Black Upholstery



Shoulder Press Machine

A machine where form truly follows function. Not some fleeting trend. Scan the details of the Shoulder Press Machine and you'll see an impressive array of mechanical and ergonomic features. But far more important is the feeling you get when you work out on this machine. After all, it was developed with the user as the focal point. Multi-position handgrips located on a forward and frontal plane to take the strain off the lower back and provide ultimate wrist comfort. Fully adjustable seat pad designed for all-size users and full range-of-motion exercise. Center-drive design distributes weight evenly to eliminate torsional flexing of resistance arm and frame. Pivot point is aligned at a level equal to the mid-point of exercise movement to ensure a smooth linear motion. In every respect, this is shoulder training the way it should be. Includes 210 Lb. Weight Stack (95kg) & Shroud.

#SSP-800G/2 51"Wx64"Lx62"H (130cm x 163cm x 158cm)
Optional: 310Lb. Weight Stack (141kg); 410Lb. Weight Stack (186kg)
Optional: Black Upholstery



See page 3 for more
warranty information

Cable Crossover Machine

Unparalleled quality, strength and durability. Only the Cable Crossover Machine will give you a total body workout. Technologically advanced, it will work virtually every muscle group in your body. Unique, vertically adjustable pulleys swivel smoothly and fully to provide accurate resistance throughout all exercise movements. Design features include a wide stance and a frame structure with exceptional rigidity. The benefit to you is impressive strength training abilities, a confident feel while exercising, and a wonderfully smooth workout experience. Versatile as well as durable - it's a machine reliable enough to be depended on in high-traffic, heavy use gyms and clubs. Includes two 160Lb. Weight Stacks (73kg each) & Shrouds.

#SCC-1200G/1 156"Wx35"Lx91"H (397cm x 89 cm x 232 cm)
 Optional: Two 235 Lb. Weight Stacks (107 kg each); Two 310Lb. Weight Stacks (141 kg each); CA-2 Chin-Up/Pull-UP attachment



Bicep Curl Machine < ● ● ● ● ● ● ● ●

The Body-Solid tradition of strength, durability and function is built right into this state-of-the-art Bicep Curl Machine. As you would expect in the Pro Club-Line, the Bicep Curl embodies an impressive array of amenities - each designed to strict quality standards. Multi-grip, revolving handle bar with oil impregnated bronze bushings ensure full range-of-motion for maximum high and low Bicep contraction. Fully adjustable seat pad and scientifically designed, contoured arm pad ensure accurate pivot point alignment for proper body positioning. Variable resistance cam keeps arc movement strong and smooth for ultimate results. Unique design allows Arms, Chest and Back the highest degree of comfort even when using extremely heavy poundage. Includes 210 lb. Weight Stack (95kg) & Shroud.

#SBC-600G/2 38"Wx41"Lx62"H (97cm x 105cm x 158cm)
 Optional: 310Lb. Weight Stack (141kg)
 Optional: Black Upholstery



Decline Olympic Bench

#SDB-351G + SPS-12
 2"x4" High Strength Tensile Steel
 49.5"Wx74.4"Lx49.7"H
 (125.8cmx189cmx126.2cm)
 Optional : Spotter Stand #SPS-12
 Optional : Black Upholstery



Inline Olympic Bench < • • • •

#SIB-359G + SPS-12

2"x4" High Strength Tensile Steel
49.7"Wx61.1"Lx61.8"H
(126.3cmx155.2cmx157cm)
Optional: Spotter Stand #SPS-12
Optional: Black Upholstery



Olympic Shoulder Press Bench < • • •

#SPB-368G

2"x4" High Strength Tensile Steel
49.5"Wx41.7"Lx71.8"H
(125.8cmx106cmx182.3cm)
Optional: Spotter Stand #SPS-12
Optional: Black Upholstery



Back Machine < • • • • • • • • • •

The Pro Club-Line Back Machine was scientifically designed to help you overcome impossible obstacles. It's a favorite of hospital therapists and has a proven success record for setting performance standards for lower back strengthening and rehabilitation. Body-Solid's "no-compromise" design engineering is readily apparent upon first inspection. Features include a fully adjustable seat pad, leg hold-down rollers, comfortably contoured back pad and a weight stack that is easily accessible from the exercise position. Pivot point properly aligns with user's hip joint for biomechanically accurate, full range-of-motion exercise movement. Unique, variable resistance cam allows smooth, safe, comfortable isolation of Erectus spinal muscles. Adjustable seat belt fits all size users and stabilizes your body for trunk flexion movement. You'll love the way this machine responds - with power, safety and precision. Includes 210lb. Weight Stack (95kg) & Shroud.

#SBK-1600G/2 42"Wx46"Lx62"H (107cmx117cmx158cm)
Optional: 310 Lb. Weight Stack (141kg); 410Lb. Weight Stack (186kg)
Optional: Black Upholstery



See page 3 for more warranty information

Classic Gym

EXM2000S MULTI-STATION **C** SELECTORIZED GYM

EXM2000S

Shrouds

Full length shrouds encompass the entire weight stack for enhanced appearance and improved safety.

Perfect Pec™ Station

It's a dual function station with unrestricted range of motion employing the technologically advanced articulating handle design. Double overhead cams and two grip positions provide the motion desired for pectoral and rear deltoid development.

Ab Crunch / Mid Pulley Station

Develop awesome abs and tremendous triceps quickly at this strength training station

Adjustable Chest Press Station

Biomechanically designed for maximum chest concentration and outstanding muscle development. Adjustable back pad and press arms provide complete prestretch and full range of motion. Comfortable, multi-position handgrips concentrate distinct areas of the chest and triceps.

210 lb. Alloy Steel Weight Stack

Advanced alloy weight stack plates are machine drilled to exact specifications and employ state-of-the-art nylon bushings for super smooth and quiet operation.



Lat Pull Down / High Pulley Station

Perform lat pull downs, triceps press downs, cable crossovers and many more high pulley exercises.



Optional Attachment:
Leg Press/Calf Press(LP20)

DuraFirm™ Pads

Durable, tear-resistant, fully supported duraFirm™ pads are double stitched and sewn. These high density, top grade pads provide a comfortable support and will not bottom out or wear out easily.

Leg Extension / Leg Curl Station

This cam-driven leg developer will help you work your quads and your hamstrings while developing incredible knee strength in precise biomechanical form.

Seated Row / Low Pulley Station

Essential for well-developed backs, seated row exercises build depth in the middle back and train the hard to reach lower lats. Extra wide, deep V-groove pulley provides accurate resistance for cable curls, upright rows, shrugs, leg abduction, leg adduction and much more.

EXM2750S MULTI-STATION SELECTORIZED GYM

EXM2750S

Shrouds

Full length shrouds encompass the entire weight stack for enhanced appearance and improved safety.

Ab Crunch / Mid Pulley Station

Develop awesome abs and tremendous triceps quickly at this strength training station. Biomechanically engineered for smooth, comfortable, full range of motion crunching movement. Specifically designed for firming, flattening and isolating the entire abdominal area.



Chest Press Station Shoulder Press Station

Patented Bi-Angular press mechanism guides you through bench press, incline press and shoulder press movement while applying resistance from two directions simultaneously. This smooth, fluid, multi-directional resistance system produces 25% more muscle interaction and ensures ultimate muscle isolation for maximum chest and arm strength development.

Pec Fly Station

Designed for bilateral or unilateral use, the hidden elliptical cams provide smooth, variable resistance throughout a full range of motion for optimum muscle development.

210 lb. Alloy Steel Weight Stack

Advanced alloy weight stack plates are machine drilled to exact specifications and employ state-of-the-art nylon bushings for super smooth and quiet operation.



Lat Pull Down / High Pulley Station

Ideal for increasing size, strength and endurance of your back, shoulder and triceps muscles. Unique easy-access hold down rollers fit all size users with no need for adjustment.

DuraFirm™ Pads

Durable, tear-resistant, fully supported duraFirm™ pads are double stitched and sewn. These high density, top grade pads provide a comfortable support and will not bottom out or wear out easily.



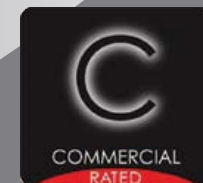
Optional Attachment:
Leg Press/Calf Press(LP275)

Seated Row / Low Pulley Station

Essential for well-developed backs, seated row exercises build depth in the middle back and train the hard to reach lower lats. Oversized foot brace allows maximum poundage to be pulled. Low pulley swivels smoothly and fully to provide accurate resistance for cable curls, upright rows, shrugs, leg abduction, leg adduction and much more.

Leg Extension / Leg Curl Station

This cam-driven leg developer will help you work your quads and your hamstrings while developing incredible knee strength in precise biomechanical form.



See page 3 for more warranty information

Classic Gym

EXM4000S MULTI-STATION SELECTORIZED GYM

EXM4000S

Twelve hardworking exercise stations at one affordable price, the Body-Solid EXM4000S is designed for those who demand the ultimate gym package. It offers an enormous range of upper and lower body exercises for maximum muscular strength, total body conditioning, and superior endurance. Up to four people can work out simultaneously with the optional Leg Press/Calf Press Station. The exercise stations are fed by three 210 lb. steel alloy weight stacks. Unique features include a bench press with kick assist lever for complete pre-stretch and full range of motion, seat pads with automatic hydraulic adjustments, easy access pop pin adjustments from the seated positions, and DuraFirm™ pads with lower lumbar support. Comes complete with weight stack shrouds for safety, 2"x4" mainframe to eliminate torsional flex, Perfect Pec™ Station with range limiters and a durable powder coat finish. Includes fully padded Lat Bar, Revolving Straight Bar, Balanced Triceps V-Bar, Utility Strap and comfortably padded Ab/Triceps Strap.

Dimensions:
91"L x 133"W x 83"H

*(Shown with optional
Leg Press/Calf Press)*



Optional Attachment:
Leg Press/Calf Press(LP40S)

Perform Multiple Exercises



EXM3000 MULTI-STATION SELECTORIZED GYM

EXM3000LPS

This multi-station selectorized gym provides health club quality strength training for up to three people simultaneously. The EXM3000LPS features a multi-function Press Arm Station for bench press, incline press, shoulder press and chest supported mid-row exercises. The fully-adjustable Perfect Pec™ Station with range limiters allows users to achieve deeper muscle penetration for faster, more defined results.

The Leg Press/Calf Press Station operates on a 2:1 weight ratio giving the EXM3000LPS the capacity of a 420 lb. leg press. The non-slip rubber encased foot plate is constructed of heavy gauge steel for safe operation during the most intense workouts. Thick DuraFirm™ pads are contoured for lumbar support. Both 210 lb. weight stacks are within easy reach for a quick weight selection.

Dimensions:
83"H x 91"L x 73"W

(Shown with
optional Knee
Raise and Dip
Station)



Optional Attachment:
Knee Raise and Dip Station
(VKR30)

Multiple Combinations



See page 3 for more
warranty information

TESTIMONIALS

Body-Solid Home Gyms and Freeweight Equipment have been praised in leading consumer reporting magazines and fitness enthusiast publications around the world. Here is what they had to say...



"Looking for a great deal on a high quality piece of exercise equipment? Buy a Body-Solid... Outstanding quality allows the company to offer the best warranty in the business."

Consumer Digest
Brand Review



"We like Body-Solid products because we couldn't find anything that could beat them. Plus they come with a Lifetime Warranty."

Men's Health Magazine

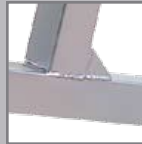


"On a budget, we wanted to replicate many of the movements we'd normally do at the gym, which required dumbbells, an Olympic barbell set, and an adjustable bench and rack... Mission impossible? Hardly. We looked to the Body-Solid catalog..."

Muscle & Fitness Magazine

COMPARE FEATURES

Unwilling to compromise, Body-Solid fitness equipment features materials and component parts of only the highest quality and durability.



Frames

All Body-Solid frames features all-4-side welded construction instead of the typical 2-side welds that have become common in the industry. We use heavy-gauge 2"x 2", 2"x 3", and 2"x 4" high tensile strength steel in our mainframes.



DuraFirm™ Pads

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 without bottoming out.



Finish

An electrostatically-applied powder coat finish protects all Body-Solid fitness equipment. This is the same process used on industrial machinery because of its durability. It resists cracking, chipping, and corrosion, and makes cleaning a breeze.



Pulleys & Cables

Fiberglass reinforced nylon pulleys are precision matched to our cable diameter and revolve on seated ball bearings that never need maintenance and provide a lifetime of friction-free performance.



Setting the Standard
in Quality Management

ISO 9000:2000 Certified

Body-Solid fitness equipment is produced in our state-of-the-art, ISO 9000:2000 certified manufacturing facility. The ISO 9000:2000 certification is only awarded to companies that live up to the most stringent quality, design, and customer support standards and is recognized world-wide as the sign of excellence.

Body-Solid®

Built for Life



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