

Body-Solid®

Built for Life

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Body-Solid®

Built for Life

Everybody has their own idea of the "perfect" body. What's yours? Perhaps a firm, toned, slender body is your preference. Or maybe the well-muscled and defined body of an Olympic gymnast is what you want. How about the incredible size and strength of a bodybuilder? Whatever your "perfect" body may be...Body-Solid will get you there quickly and safely.

For over 20 years, Body-Solid has been building better bodies and improving the quality of life for people around the world. Over 5 million Body-Solid customers are enjoying the results of strength training in their everyday activities. If you want a slimmer waistline, a defined chest, a stronger back, well-muscled arms and powerful legs, strength training with Body-Solid is your quickest and most permanent solution.

Body-Solid is recognized worldwide as the leader in freeweight strength training equipment. We manufacture the widest selection of Smith Machines, Power Racks, and Single Station Machines in the industry. That is our specialty! We are dedicated to building fitness equipment that produces fast, effective results. Fitness equipment that is designed to fit a wide variety of lifestyles, space requirements, and user sizes. Fitness equipment that offers more features and better quality than the competition. Fitness equipment that will last a lifetime...Guaranteed!



BUILT FOR YOU

Having high quality fitness equipment that best suits your needs is an important element in keeping you focused on your goals. Body-Solid freeweight systems are engineered to accommodate your size, your fitness level, your goals, and your environment. Owning quality equipment encourages a very important aspect in strength training...motivation.

Motivation that will drive you to sculpt your body to its ultimate form. You will get rid of unwanted pounds and replace them with lean muscle mass. Fatigue will turn into a distant memory as you increase your endurance with each repetition.

From space saving single stations that fit in any room to full-blown Smith Gym Systems with every station imaginable, we give you the features you want at a price you can afford. The following pages contain the most powerful freeweight systems available. Designed to dramatically improve your quality of life and perform smoothly for years to come.



Do your homework. Shop and compare. Read the fine print. You will find that Body-Solid offers a Lifetime Warranty on everything; pads, pulleys, cables, frames. You name it. It's all covered. Forever. Period.



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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 club environments.

Light Institutional Limited LIFETIME WARRANTY

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

SERIES 7

The new angle on muscle development

Introducing the newest muscle-building breakthrough that will tap into your body's full potential. You can achieve results right now. A swimmer's shoulders, a rower's back, a gymnast's arms, a slugger's chest, a boxer's abs...you can unlock the ultimate growth potential that's been caged up inside you. Want more? How about a football player's glutes, a soccer player's thighs, and a cyclist's calves? Our new Series 7 Smith Gym allows you to develop muscle mass beyond your imagination at a rate that will amaze you. You get virtually all the same exercises as you do in a fully equipped gym, but in the convenience of your own home, on your own schedule, without the need for a spotter.

This is not just another smith machine. The process of developing a cutting edge, state-of-the-art Series 7 Smith Gym System that meets Body-Solid's meticulous standards of quality that has not been easy. While other companies have rushed to get their smith gyms to market, we've taken the time to get it just right. Now, with the Body-Solid Series 7 Smith Gym System, you can trust that you're getting the best system available.

Our Series 7 Smith Gym System gives you the freedom of movement you need to do your exercises correctly. The Series 7 Smith Gym is based on a 2"x3" commercial quality mainframe and set to a 7° reversed pitch. The 7° angle was designed to allow natural upper and lower body movements for precise chest and gluteal biomechanics. Over 50 exercises are available on our Series 7° Smith Gym System and all of them can be done correctly under your control. Every set, every rep, every movement. That is how you get real results. And there's only one thing you want from your gym system. Results.



SERIES 7 LINEAR BEARING SMITH MACHINE #GS348

- Precise 7° angle Smith Machine is designed to provide a natural upper and lower body exercise movement.
- Linear ball bearing Smith system with 20 crossmember lock-out points for a safe, solid stop at any point in your workout routine.
- Freeweight gunrack system with 14 lift-off and racking positions for ultimate versatility, safety, and control.
- Large diameter Smith bar responds quickly, is easy to control and weighs only 25 lbs. It's ideal for amateurs and professionals.
- Heavy-duty all-4-side welded 11 gauge and 12 gauge 2"x3" mainframe steel construction with a safe, solid 4-point stance for maximum stability.
- Includes incredibly strong, adjustable safeties for both the Smith system and the freeweight barbell workout center.
- Six Olympic weight plate storage posts safely suspend plates off the floor for easy access.
- Olympic Bar holder mounted to the frame stores your bar without obstructing any exercise movements.
- Ideal for home and commercial use.
- 83"H x 66"L x 64"W

OPTIONAL ATTACHMENTS



Selectorized
Lat Station



Pec Dec Station



7° Reversed Pitch design follows your bodies natural path of motion.



20 Lockout Points allow you to workout safely without a spotter and provides the safest workout possible.



Aluminum Pulley Upgrade
Enhance the look of the Series 7 Smith Machine with the Aluminum Pulley Upgrade.
#GAP348



FEATURES

SERIES 7 SMITH DELUXE PACKAGE INCLUDES:

#GS348P4



210 lb. Selectorized Lat Attachment - Features a precision machined 210 lb. alloy steel weight stack with "Add-on" plate posts for individual freeweight plates. The adjustable low row foot brace allows maximum prestretch for all size users. Includes Lat Bar and Low Row Straight Bar. #GLA348S



Pec Attachment - Extra thick arm roller pads and DuraFirm™ back pad make performing pectoral fly's comfortable even with the heaviest weight. Unique design allows both unilateral and bilateral movement. #GPA3



Commercial / Flat / Incline / Decline Bench - Full commercial design can handle over 1,000 lbs. Eight position back and seat pads adjust from decline to a 90° shoulder press position. #GHD71



6-Roller Leg Developer Attachment - Leg Extension is designed for ultimate strengthening of knee and thigh muscles. Leg Curl is designed for maximum concentration of hamstring and glute muscles. Features oversized 8" rollers for total comfort through the most intense leg workouts. #GLDA3



Preacher Curl Attachment - Set to the optimum angle which is designed to isolate and maximize biceps, triceps, and forearm muscle concentration. Extra-thick DuraFirm™ pad. Bar Saddle included. #GPCA1



BACK

* Sleeves, Bars, Plates, & Collars sold separately.

NEXT

MULTI-PRESS RACK

Industrial strength training partner

Fitness professional, coaches, and personal trainers agree that a heavy-duty rack with easy-to-use adjustments and a barbell set go a long way in the world of strength training. Freeweight training is most effective when the user feels safe enough to use heavy weight and push the envelope. Body-Solid is here to make sure you get the absolute most from your workout, the ability to push your limits, the room to excel. Our Full Commercial Multi-Press Rack is an Industrial strength training partner that doesn't try to change how you workout, it works with you.

Designed with an extra-wide 4-point stance, the GPR370 is a rock-solid performer that features a 7° reverse pitch that accommodates your body's natural lifting path. Lift-off and safety positions are right where you want them so racking the bar is always comfortable and predictable. Perform squats, calf raises, lunges, dead-lifts, upright rows, and many, many more power building exercises. For increased workout capacity, add any freeweight bench and do bench, incline, decline, and shoulder press routines. If you are looking to bulk up and build power, or simply to tone your muscles and increase performance, the Multi-Press Rack is definitely the foundation of the ultimate freeweight system.



MULTI-PRESS STATION

#GPR370

- 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.
- 74"H x 45"L x 64"W



Users can walk the barbell up and down the rack without removing weights from the bar.



The 7° reverse pitch conforms to your body's natural lifting path.



Easily works with all types of benches. (see pages 8-9)



Complete Gym Packages are available. Call for a dealer near you!



Flat, Incline, and Decline Bench



Leg Developer



POWERCENTER COMBO BENCH

#GD1B46L

Get a total-body workout on the most versatile and complete combo bench available. The PowerCenter Combo Bench (#GD1B46L) is a Squat Rack, Flat Bench, Incline Bench, Decline Bench, 90° Shoulder Press Bench, and Seated Leg Developer all in one. You can see the dynamics of this bench as soon as you glance at the multi-position, telescoping uprights that safely hold the bar for bench exercises, turn around to become a Squat Station. The 6-position Flat / Incline / Decline / Bench features pop-pin adjustable DuraFirm™ seat and back pads that are extra-thick, ultra-comfortable, and will never bottom out. The rock-solid strength and stability of the PowerCenter Combo Bench comes from the extra-heavy 12-gauge all-4-side welded high tensile strength steel mainframe. Strengthen, tone, and develop your knee, thigh, hamstring, and glute muscles with the six-roller Leg Extension / Leg Curl Station included with the PowerCenter Combo Bench. Thick, oversized foam rollers provide complete comfort through heavy lower body routines. Optional stations include a Preacher Curl Station (#GPCA1) for optimum Biceps development and the Lat Pulldown / Low Pulley Station (#GLRA81) for accelerated back and deltoid development.

OPTIONAL ATTACHMENTS



Preacher Curl Station
#GPCA1



Lat Pulldown & Seated Row
#GLRA81



POWER RACK

#GPR378

Freedom of movement combined with adjustable racking and safety positions make the Power Rack a must-have for those who want to strength train without compromise. The Body-Solid Power Rack is designed to work with all types of benches and engineered for extreme workouts. Heavy-duty 11-gauge high tensile strength steel frames feature all-4-side welded construction and oversized industrial strength hardware. Electrostatically applied powder coat finish resists chipping and scratching through the most brutal routines. If you want to get bigger and stronger fast, a Body-Solid Power Rack is what you need.

- Wide "walk-in" design.
- 20 adjustment levels.
- 3"x3" vertical support columns
- 41" wide knurled chinning bar.
- Heat tempered Lift-Offs and saber-style safety rods keep your workouts simple, safe, and effective.
- Ideal for home and commercial use.
- 82"H x 49"L x 46"W

Shown with **OPTIONAL** Plate Load Attachment #GLA378

- Includes Lat Bar and Straight Bar.
- Add on plate posts.
- Optional 210 lb. weight stack (#SP200).

"I look forward each day to my workouts and they are always motivated knowing I am using exceptional equipment."

Neal D.
Seattle, WA

BACK

* Sleeves, Bars, Plates, & Collars sold separately.

NEXT

OPTIONAL
ATTACHMENT



Leg Developer
Attachment
#GLDA1



Preacher Curl
Attachment
#GPCA1

FREWEIGHT BENCHES

The best in benches...period.

Without a doubt, the cornerstone of all strength training equipment is the freeweight bench. Use it with a barbell or dumbbells. Use it in a power rack, smith machine, or use it on its own. It's a fact. The freeweight bench is the core of any freeweight exercise program.

Body-Solid freeweight benches have been regarded as "the best benches available" by both leading consumer reporting magazines and fitness magazines alike. Our frames consist of 2"x 2" and 2"x 3" heavy-gauge high tensile strength steel with all-4-side welded construction. Wide bases with Euro-Cap foot levelers enhance lateral stability for rock-solid support through the most intense workouts. The electrostatically applied powder coat finish resists chipping and flaking, and makes cleaning fast and easy.

Our exclusive DuraFirm™ upholstery redefines how a workout should feel. On the outside, these tough, durable pads are double stitched and designed to be sweat and tear resistant. On the inside, the padding is extra-thick, ultra-firm and guaranteed never to bottom out.

Body-Solid freeweight benches simply can't be beat. They are the most versatile, best built weight benches available and they're backed with an exclusive LIFETIME WARRANTY at a price you can afford.



FLAT / INCLINE / DECLINE BENCH

#GFD31

- Over 1,000 lbs. capacity.
- Specifically designed with a shortened base frame to fit perfectly in all Smith Machines, Power Racks, and Multi-Press Racks.
- Improved design features quick, easy, solid, and secure 6-position ladder-style back pad adjustment.
- Adjustable seat pad allows all size users to do bent knee sit-ups and ab crunches with proper lower back support and hip alignment.
- Includes T-Bar Leg Hold Down Attachment
- Expandable for Leg Developer (#GLDA1), Preacher Curl Attachment (#GPCA1).
- Thick, rich, DuraFirm™ upholstery.
- Includes wheels for easy mobility.
- 22"H x 59"L x 27"W

POWERLIFT FLAT / INCLINE / DECLINE BENCH

#FD46

- Over 1,000 lbs. capacity.
- Heavy-duty 3" round stock steel mainframe with extra-wide base for maximum stability.
- Full 29" seat and back pads that will never bottom out.
- Includes wheels for easy mobility.
- Removable leg developer with upholstered 4"x 8" rollers and oversized brass bushings for friction-free movement.
- Two sets of cushioned hand grips for stability when doing leg curls and leg extensions.
- Features arched lying leg curl station that provides proper lower back support during the lying leg curl exercise.
- 9-position back pad with synchronized seat pad for fast, easy, fool-proof adjustments.
- Ideal for home and commercial use.
- 31"H x 75"L x 28"W

THE BEST IN BENCHES...PERIOD



FLAT / INCLINE BENCH

#GFI21

- Commercial 2"x 3" heavy gauge steel mainframe.
- "Glide & Lock" seat and back pad adjustment system.
- Adjusts from flat to 90° in 9 positions with convenient "one-touch" pop-pin.
- Full 2 3/4" thick DuraFirm™ seat and back pads.
- Ideal for home and commercial use.
- 17 1/2"H x 52"L x 21"W (46"H when Inclined)



FLAT BENCH

#GFB350

- Perfect for all basic barbell and dumbbell exercises.
- Commercial 2"x 3" heavy gauge steel mainframe.
- Wide base eliminates rocking.
- Extra-thick DuraFirm™ Pad.
- All-4-side welded construction.
- Ideal for home and commercial use.
- 20"H x 46"L x 23"W



UTILITY STOOL

#GST20

- A rock-solid tool ideal for performing both barbell and dumbbell workouts.
- Extra-wide and solid base provides maximum stability.
- DuraFirm™ upholstery is extra thick, double stitched.
- Heavy-duty 2"x 2" and 2"x 3" 12-gauge steel mainframe.
- Ideal for home and commercial use.
- 20"H x 46"L x 23"W



FLAT / INCLINE / DECLINE BENCH

#GFI071

- Full commercial quality with over 1,000 lbs. capacity.
- Quick, easy, solid, and secure 6-position ladder-style back pad adjustment.
- Improved design features 6-position seat pad adjustment allows all size users to do bent knee sit-ups and ab crunches with proper lower back support and hip alignment.
- Full 2 3/4" thick DuraFirm™ Pads will never bottom out.
- Includes T-Bar Leg Hold Down with oversized rollers for extra comfort and stability.
- Expandable for Leg Developer (#GLDA3), Preacher Curl Attachment (#GPCA1), and Lat Attachment (#GLRA81)
- Includes wheels for easy mobility.
- Ideal for home and commercial use.
- 19"H x 70"L x 28"W



OPTIONAL ATTACHMENTS



Leg Developer
Attachment
#GLDA3



Preacher Curl
Attachment
#GPCA1



Lat Pulldown
Attachment
#GLRA81



BACK

* Sleeves, Bars, Plates, & Collars sold separately.

NEXT

UPPER BODY MACHINES

Sculpting the upper body

An awesome upper body is often the focal point of first impressions. Well-muscled arms, strong shoulders, a defined chest, chiseled abs, and a v-shaped back have been the image of physical fitness for centuries. Attaining an upper-class torso is simply a matter of using the right tools for the job.

Body-Solid single stations are designed to target specific muscle groups in ways that promote more efficient movement and range-of-motion than typical machines or basic exercises. By increasing the effectiveness of an exercise, gains in strength, endurance, and muscle mass are accelerated dramatically.

Take your body as far as you want. Strengthen and tone your muscles or build a massive physique. Body-Solid is your training partner. All of these machines are built for years of performance and backed by the Body-Solid Exclusive In-Home Lifetime Warranty that covers every piece forever.



CAM SERIES BICEP & TRICEP MACHINE

#GCBT380

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

Bicep Curl



Triceps Extension



PREACHER CURL BENCH

#GPCB329

When it comes to isolating the biceps for maximum concentration and development, nothing beats the Preacher Curl! Preacher curls are essential for building overall biceps mass including the often difficult lower biceps. Our preacher curl bench is set to a perfect 30° angle, positioning the upper arm for maximum stretch and full range-of-motion while eliminating stress on your elbows and lower back.

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



TAKE YOUR BODY AS FAR AS YOU WANT



DIP STATION

#GDIP59

Build awesome shoulders, thicker delts, and killer triceps on our freestanding Dip Station. This upper body developer gets its stability from the wide and extended base that eliminates rocking. The 2"x3" heavy-gauge steel uprights are perfectly angled for all size users. Oversized 1 1/2" bars with extra-thick and slip-proof rubber grips provide excellent comfort and allow multiple hand grip positions. Ideal for home and commercial use.

39"H x 54"L x 44"W

BACK

* Sleeves, Bars, Plates, & Collars sold separately.

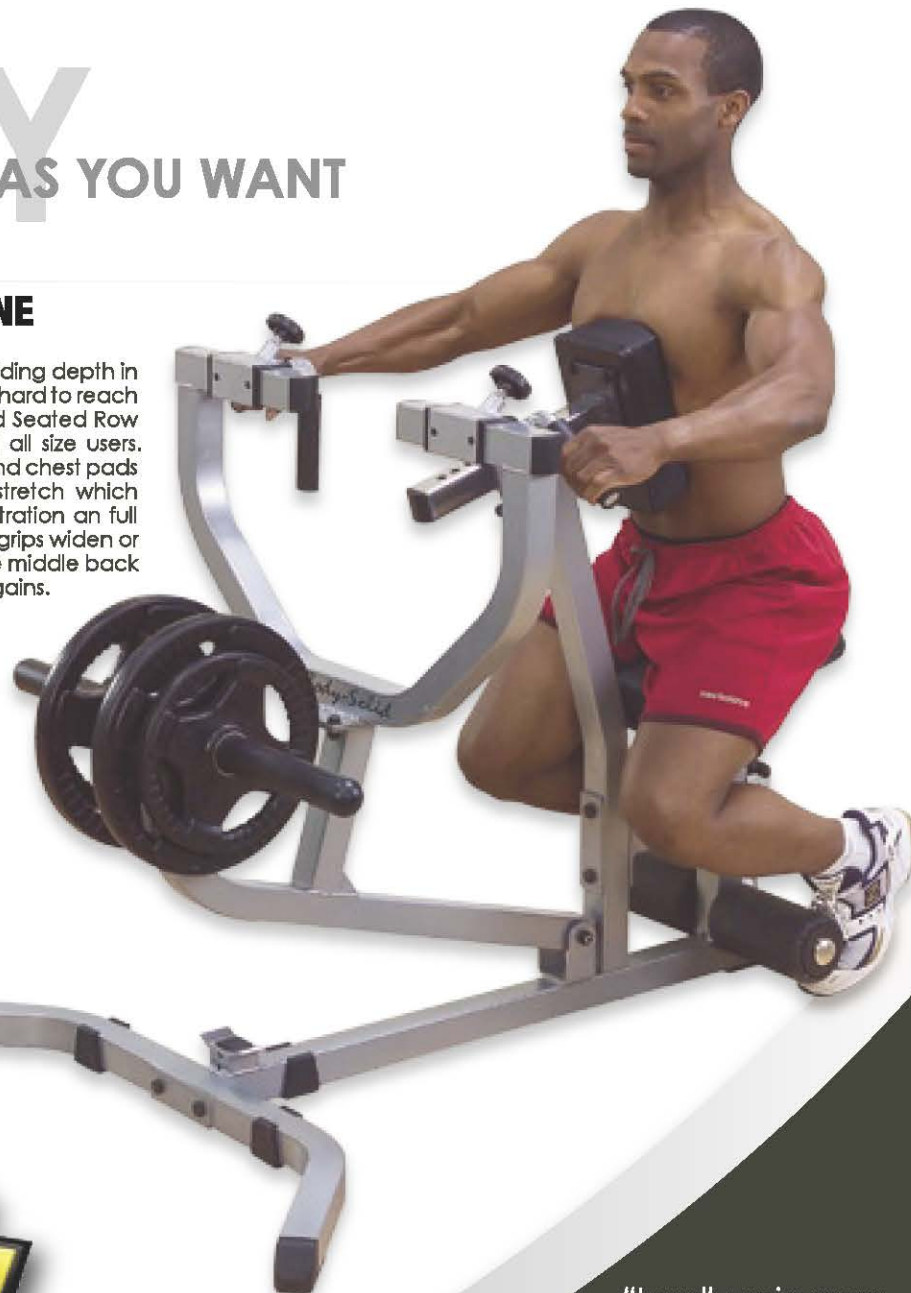


SEATED ROW MACHINE

#GSRM40

This is the tool of the trade for building depth in the middle back and training the hard to reach lower lats. Our uniquely designed Seated Row Machine is fully adjustable to fit all size users. The extra-thick DuraFirm™ seat and chest pads position you for maximum pre-stretch which is crucial for deep muscle penetration on full range-of-motion. Four-way handgrips widen or narrow to target resistance to the middle back resulting in accelerated muscle gains.

- DuraFirm™ chest and seat pads.
- Easy access plate load system.
- Oil-lite bronze bushings at all pivot points.
- Extra-thick foam padded foot braces.
- Ideal for home and commercial use.
- 39"H x 54"L x 44"W



"I really enjoy your products. They are extremely well built and they can take incredible amounts of abuse."

**Jesse H.
Pittsfield, NH**

NEXT

VERTICAL KNEE RAISE MACHINES

Designed to provide an intense ab workout while eliminating strain on the lower back, the Vertical Knee Raise Machine is hard to beat for vacuuming the waistline. Easy and convenient step entry makes getting started a breeze. Thick, comfortable DuraFirm™ back pads and arm supports reduce fatigue and discomfort allowing you keep working on your abs and obliques. Both machines feature Dip Station handles with oversized handgrips for a killer triceps / deltoid / lower pec workout. Rock solid support and stability is delivered via heavy-gauge steel frames with all-4-side welded construction.

CORE-TRAINING MACHINES

Tightening the mid-section

A muscular and trim mid-section enhances one's physical appearance and is the obvious sign of being physically fit. Many physical fitness instructors consider the abdominal region the center of health. They know that the development of the mid-section will improve one's health and vitality. Trainers, coaches, and athletes know that the abdominals, the obliques, and the lower back are involved in 90% of the movements you do in sports, at work, or your basic everyday activities.

Fitness professionals also know that there are no shortcuts to the six pack stomach. It doesn't come in a pill and it's not really on sale in the infomercials that plague daytime television. It takes a variety of exercises to strengthen, tone, and define your mid-section. We have taken the drudgery out of ab and lower back routines and actually made the process comfortable and more effective than ever.

The machines on these pages are engineered to support your body comfortably, isolate the mid-section, and allow full range-of-motion. These are the machines that have been narrowing the waist, developing the abs, and strengthening the back for decades. They are time-tested and proven performers.



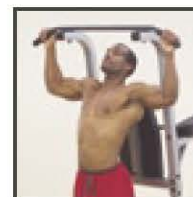
VERTICAL KNEE RAISE MACHINE #GKR60

- Safe, no-slip step-up entry.
- Thick DuraFirm™ back and arm pads.
- Comfortable oversized handgrips.
- Ideal for home and commercial use.
- 60"H x 37"L x 24"W



VERTICAL KNEE RAISE / DIP / PUSH-UP / CHIN MACHINE #GKR82

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



Chin-Ups



Push-Ups



Dips

DEVELOPMENT OF THE MID-SECTION WILL IMPROVE ONE'S HEALTH & VITALITY.



PRO-STYLE AB BOARD

#GAB60

Centered on a telescoping 2"x 2" steel beam, our Pro-Style Ab Board adjusts to 12 positions for increased or decreased difficulty when doing sit-ups or crunches. Featuring an extra-wide, extra-thick double-stitched DuraFirm™ pad and oversized 8" foam rollers, ideal for home and commercial use.

52"H x 54"L x 24"W



CAM SERIES AB & BACK MACHINE

#GCAB360

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

Ab Crunch



Back Hyperextension



ROMAN CHAIR / BACK HYPEREXTENSION

#GRCH322

Fitness professionals worldwide recognize the Roman Chair / Back Hyperextension for its unsurpassed development of the abdominal, oblique, lower back, glute, and hamstrings. Thick, double-stitched DuraFirm™ pads and oversized 8" foam rollers provide comfort and support.

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



45° HYPEREXTENSION

#GHYP345

- Commercial 2"x 3" heavy-gauge steel construction.
- Extra-thick 3¾" DuraFirm™ support pads.
- Relieves lower back pain.
- Increases flexibility.
- Improves circulation.
- Strengthens back and abdominal muscles.
- Ideal for home and commercial use.
- 36"H x 50"L x 26"W



BACK

* Sleeves, Bars, Plates, & Collars sold separately.

"The aesthetic appeal of the machines have brought a new image to our weight room."

**William D.
Gainesville, FL**

NEXT



LEG PRESS / HACK SQUAT MACHINE

#GLPH1100

Body-Solid engineers knew that the best way to build an explosive lower body, and stay that way, would be to make your workouts incredibly Powerful... Comfortable... and Safe. As you work your quads, glutes, and calves, the engineered smoothness of the Leg Press / Hack Squat Machine spares your bones and joints. Three lockout positions are under the user's control throughout the exercises and provide user safety and the option of different start / stop positions.

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



Hack Squat

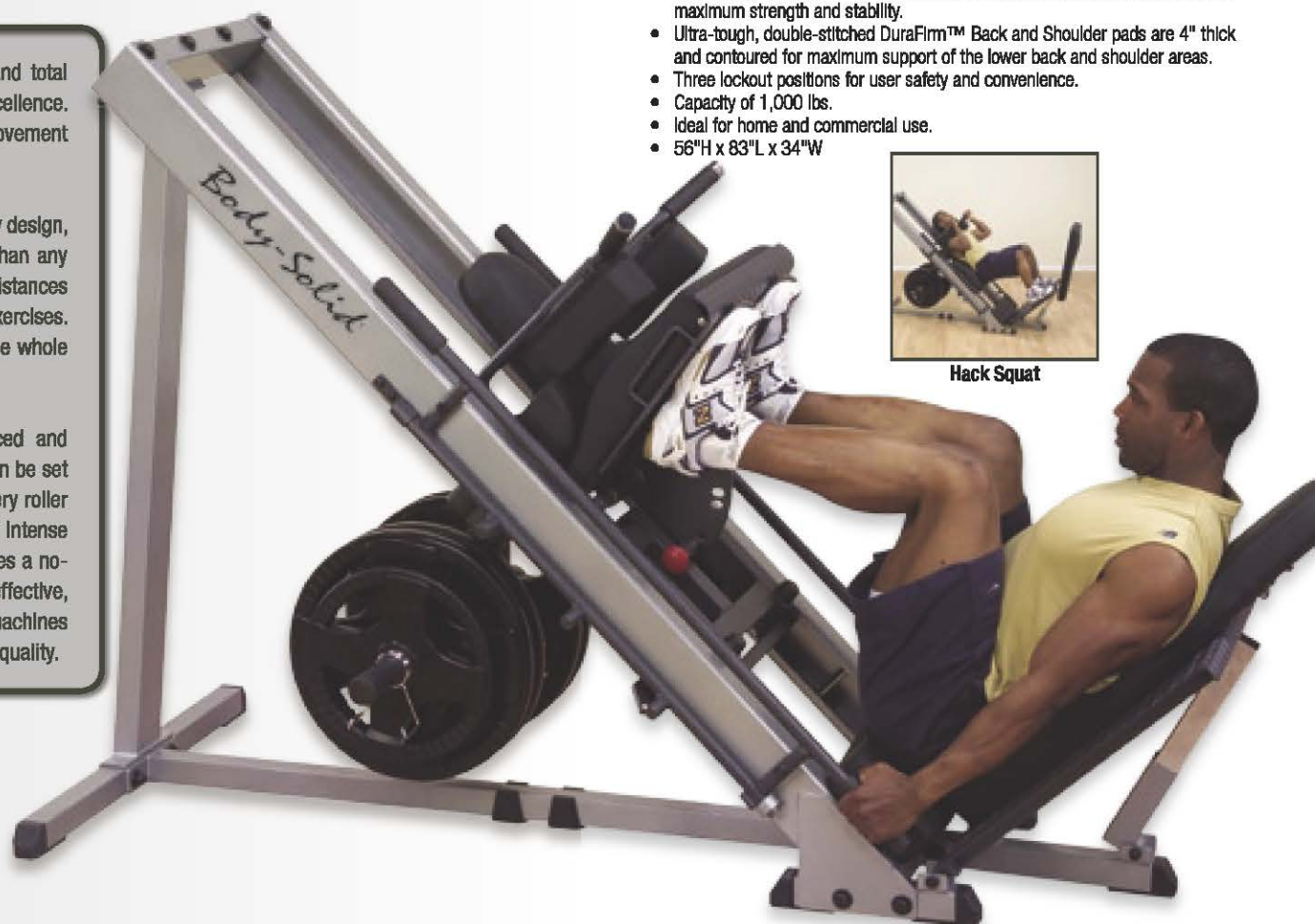
LOWER BODY MACHINES

The foundation of strength

Training the lower body is essential for performance, speed, and total body strength. Great leg strength is the foundation of athletic excellence. Professional athletes in just about every sport know that every movement begins with a powerful leg drive.

Over 65% of the body's muscle mass resides in the lower body. By design, the leg muscles are the strongest group. They burn more fat than any other part of the body. They can carry enormous weight for long distances and support the rest of the body through most non-leg related exercises. To say that thorough strength training for the legs will benefit the whole body is an understatement.

Body-Solid leg stations are the most technologically advanced and biomechanically correct machines available. Every pivot point can be set to match your own flexing points. Every DuraFirm™ pad and every roller is extra-thick, extra-firm, and extremely durable for a lifetime of intense workouts without ever bottoming out. Every foot platform features a no-slip surface for your safety and peace of mind. Experience how effective, safe, and comfortable your leg workouts can be with Body-Solid, machines that are designed to deliver outstanding results with outstanding quality.





Leg Curl

Leg Extension



SEATED CALF RAISE MACHINE

#GSCR349

- Commercial 2"x 3" heavy-gauge steel frame with all-4-side welded construction.
- Operates on a 3:1 weight ratio for developing powerful calves.
- Pillow block bearings at main pivot points for ultra smooth movement under the heaviest loads.
- Thick, comfortable DuraFirm™ knee pads and seat pad.
- Angled foot platform with no-slip surface for full range-of-motion.
- Adjustable for all size users.
- Ideal for home and commercial use.
- 39"H x 47"L x 20"W



Leg Curl



CAM SERIES LEG EXTENSION & LEG CURL MACHINE

#GCEC340

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



Leg Extension

LEG EXTENSION / LEG CURL MACHINE

#GLCE365

Leg extensions and leg curls produce so many benefits. They are high priority exercises with trainers, bodybuilders, coaches, and just about any fitness professional you can name. These exercises define the front and back of the leg. They strengthen the knees, hamstrings, quadriceps, and glutes. They also serve to protect the knee and joints from stress and injury. Body-Solid Leg Extension / Leg Curl Machine are engineered with the user in mind. These machines adjust to fit your body comfortably and position you for optimum exercise posture.

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



BACK

* Sleeves, Bars, Plates, & Collars sold separately.

NEXT



Pectoral Fly



Standing Military Press



Lat Pulldown



Calf Raise



Leverage Squat

LEVERAGE MACHINES

Accelerated gains. It's all part of the program.



POWERLIFT FREEWEIGHT LEVERAGE MACHINE

#SBL460 Shown with POWERLIFT Squat Attachment (#LSA50), and POWERLIFT Flat/Incline Decline Bench (#FID46).

Look at this machine. It screams for hardcore workouts. Everything you need is here. Enormous weight capacity? You got it. Rock-solid structure that can handle years of abuse? No problem. Safety features that eliminate the need for a spotter? PowerLIFT is your training partner.

Go heavy! Load up 300, 500, 800 pounds, or more. PowerLIFT is engineered to be the strongest leverage gym in existence. The extra-strong and extra-large 3"x3" 10 and 11-gauge steel mainframe features all-4-side welded construction, commercial grade pillow block and sealed ball bearings. DuraFirm™ pads and a super durable powder coat finish. PowerLIFT is built to handle daily use and abuse at gyms, health clubs, schools, or in the privacy of your own home. To make a long story short - PowerLIFT is built like a tank.

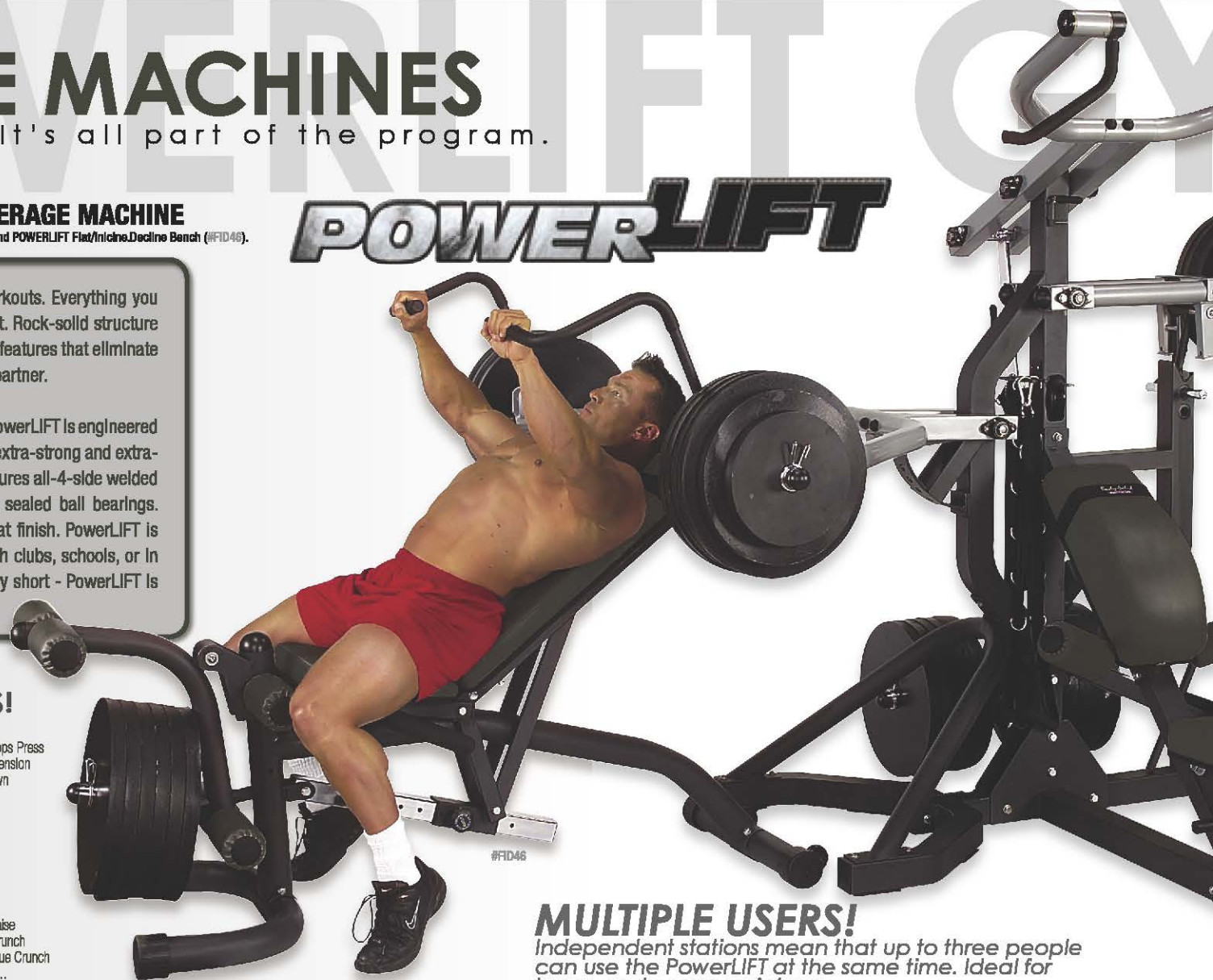
POWERLIFT

MORE MACHINE MEANS MORE EXERCISES!

Bench Press
Incline Press
Decline Press
Converging Chest Press
Converging Incline Press
Converging Decline Press
Pec Fly
Incline Pec Fly
Decline Pec Fly
Pullover
Crossover
Bent Over Row
Deadlift
Good Mornings
Chest Supported Midrow
One Arm Row
Frontal Lat Pulldown

Lat Pulldown
High Row
Upright Row
Shrugs
Standing Military Press
Standing Shoulder Press
Incline Front Delt Raise
Seated Shoulder Press
Seated Military Press
Converging Shoulder Press
Reverse Delt
Standing Biceps Curl
Standing Reverse Curl
Preacher Curl
Reverse Preacher Curl
Incline Biceps Curl
Front Wrist Curl

Rear Wrist Curl
Narrow Grip Triceps Press
Lying Triceps Extension
Triceps Pressdown
French Press
Squat
Front Squat
Calf Raise
Lunge
Prone Leg Curl
Leg Extension
Leverage Squat
Leverage Calf Raise
Resistance Ab Crunch
Resistance Oblique Crunch
And much more...



#FID46

MULTIPLE USERS!

Independent stations mean that up to three people can use the PowerLIFT at the same time. Ideal for home and commercial use.



Preacher Curl



Oblique Ab Crunch

LEVERAGE SQUAT / CALF RAISE MACHINE

Power, mass, and performance



Ask any fitness professional what exercise is the best for developing explosive lower body power and the answer is always the same: the Squat. The Squat is the ultimate exercise for building mass and strength in the thighs, glutes, calves, and lower back. This Leverage Squat / Calf Raise Machine is engineered to eliminate the risks of this essential exercise while enhancing the benefits and increasing the effectiveness.

Go heavy! Perform squats with 300, 500, 800 pounds and more! The Leverage Squat Machine is the strongest machine in its class and can handle the heaviest loads with ease. This machine is built for those who want it all... power, mass, and performance!



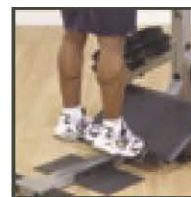
LEVERAGE SQUAT / CALF RAISE MACHINE

#GSCL360

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



The spring loaded lockout handle is within easy reach at all times.



Calf Raise



Floor Squat



BACK

* Sleeves, Bars, Plates, & Collars sold separately.

NEXT

CABLE MACHINES

Get bigger and stronger faster

Build strength and endurance simultaneously. Improve your balance and coordination. Sharpen your reflexes and protect yourself from injury. Sounds like a lot of work? It's easier than you think. It's called cable training.

Unlimited exercise variation and full range-of-motion are big advantages of cable training. The effect cable training has on both the primary (targeted) and secondary (stabilizer) muscles is legendary. Bodybuilders and top athletes have been relying on cable training for decades to get bigger, stronger, and faster. Most strength training equipment relies on guided motion to provide the path of motion for you, impacting only your primary muscles. Cable training requires more than the typical push / pull action. Since you are defining the path of motion for an exercise, your body calls on your primary and secondary muscles to keep your movement smooth and on track. Through this process, you are developing strength and control at the same time.

Body-Solid cable machines are engineered to be the best in their class. Heavy-gauge all-4-side welded steel frames, fiberglass reinforced pulleys, aircraft quality cables, DuraFirm™ upholstery, and heavy-duty hardware ensure a Lifetime of performance... guaranteed.

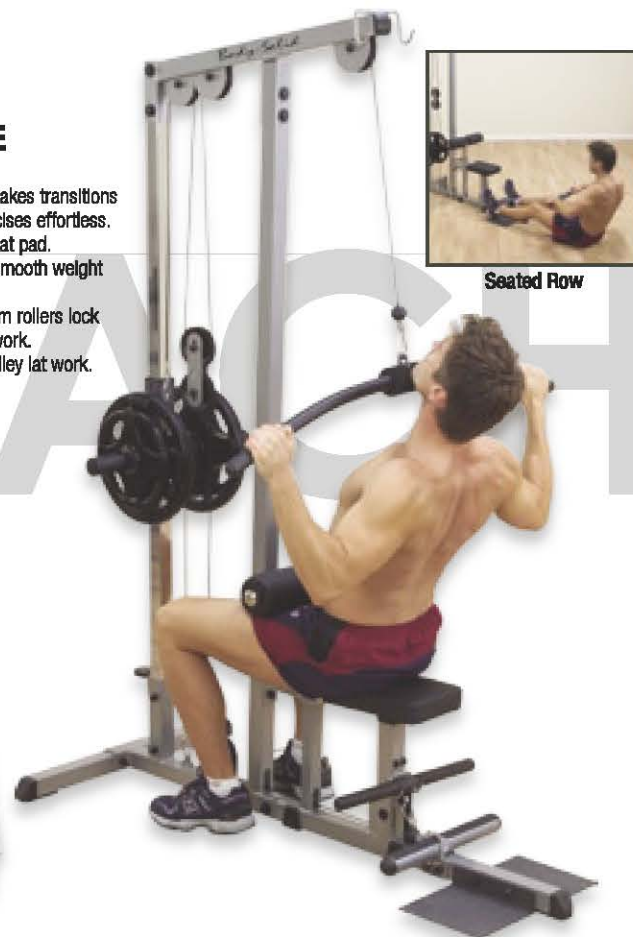
Reverse Pec Fly



PRO-LAT MACHINE

#GLM83

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



Seated Row



PEC MACHINE

#GPM65

Freestanding and balanced, this is two machines in one and both give you unrestricted full range-of-motion. Dual overhead variable resistance cams allow each arm to operate independently, thus providing unilateral and bilateral Chest, Back, and Shoulder conditioning. Independent range of motion adjustments provide all users with a deep, full stretch. Uniquely designed articulating Pec Arms provided optimal Pectoral and Rear Deltoid development. High weight capacity and low profile design provide excellent balance and control when pushing to the limit. Ideal for home and commercial use.

65"H x 32"L x 28"W



Perform a multitude of exercises.



CABLE CROSSOVER MACHINE

#GCC0150S

Our advanced Cable Crossover Machine exercises virtually every muscle group in your body. Uniquely designed to train Legs, Arms, Chest, and Back muscles, this machine is one of the most functional and versatile training units available. The wide and tall design provides easy access and an endless array of High, Mid, and Low Pulley exercises. Fully adjustable pulleys swivel through a 180° range of movement, providing frictionless resistance in all directions.

- Commercial 2"x3" heavy-gauge steel frame with all-4-side welded construction.
- Fully adjustable for any size user, the recumbent DuraFirm™ back pad with hold-down grips can be set to 3 upright positions and 2 supinated positions for traditional leg curls.
- Hold down grips on both back and thigh pads for support and stability.
- DuraFirm™ pads are extra-thick and double stitched for comfort and support.
- Oversized 8" foam rollers pop-pin adjust both vertically and horizontally for a proper fit.
- Wide base eliminates rocking for a solid leg workout.
- Ideal for home and commercial use.
- 31"H x 74"L x 27"W



2 users can workout simultaneously

OPTIONAL ATTACHMENT & UPGRADE



Lat Pull-Up / Chin-Up Station

Features lock-down dual grips with infinite variable width spacing that allows full extension and contraction when doing chin-ups and lat pull-ups. #GCA2



Aluminum Pulley Upgrade

Enhance the look of the Cable Crossover Machine with the Aluminum Pulley Upgrade. #GAP150

"I highly recommend this line of equipment and will continue to upgrade with it in the future."

Mike C.
Chicago, IL

BACK

* Sleeves, Bars, Plates, & Collars sold separately.

NEXT

STORAGE & ACCESSORIES

Get lean. Get cut. Lose the gut.

Keep your workout area organized, clean, and most importantly, safe. Our weight trees and dumbbell racks can be placed against any wall or centered in a room. Nobody builds stronger or more space efficient storage units. Heavy-gauge steel with all-4-side welded construction is deburred inside and out for user safety.

EZ-LOAD™ OLYMPIC WEIGHT TREE

#OWT24

- 24"H x 27"L x 16"W



EZ-LOAD™ STANDARD WEIGHT TREE

#SWT14

- 24"H x 27"L x 16"W



STANDARD WEIGHT TREE & BAR RACK

#GSWT

- Holds two (2) Standard Bars.
- Ideal for home and commercial use.
- 40"H x 20"L x 23"W



OLYMPIC WEIGHT TREE & BAR RACK

#GOWT

- 2 Olympic bar holders included.
- Ideal for home and commercial use.
- 40"H x 20"L x 23"W



OLYMPIC WEIGHT TREE

#WT46

- Heavy-gauge 2"x 3" and 3"x 3" all-4-side welded steel construction.
- 1,000 lb. capacity.
- 2 Olympic bar holders included.
- Ideal for home and commercial use.
- 44"H x 22"L x 21"W



OLYMPIC BAR HOLDER

#OBH5

- Ideal for home and commercial use.
- 9"H x 12"L x 12"W





- A DOORWAY CHIN BAR**
#PUB34
- B GUT-BLASTER SLINGS**
#AAB2
- C PUSH-UP BARS**
#PUB2
- D BICEP BOMBER**
#BB23
- E OLYMPIC ADAPTER SLEEVES**
#OAS14 (14" long) #OAS8 (8" long)
- F STRENGTH TRAINING TIME CLOCK**
#STT45
- G SQUAT / CALF BLOCK**
#SCB26
- H INVERSION BOOTS**
#GIB2
- I RUBBER FLOOR PROTECTORS**
#RF546

ACCESSORIES



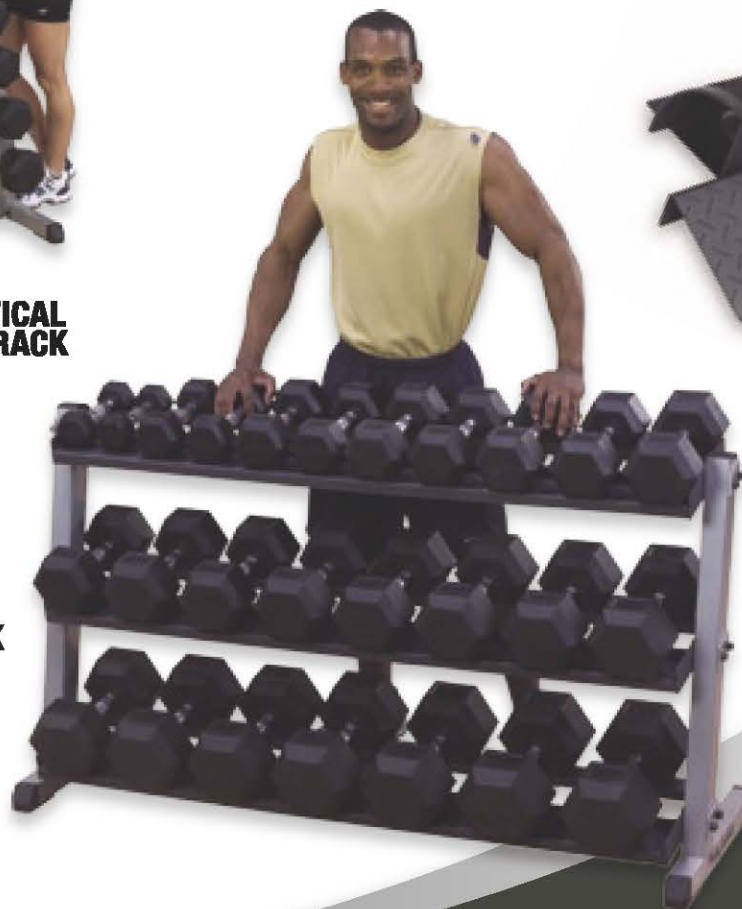
40" WIDE 3-TIER DUMBBELL RACK
#GDR363

- Holds one (1) pair each of 5-50 lb. Hex Dumbbells.
- 30"H x 20"L x 40"W



2-TIER VERTICAL DUMBBELL RACK
#GDR44

- Holds six (6) pair of Hex Dumbbells.
- 44"H x 17"L x 27"W



62" WIDE 2-TIER DUMBBELL RACK

#GDR60 Shown with optional third tier (#GDR76).

- Easily holds one (1) pair each 5-50 lb. Hex Dumbbells.
- Optional 3rd Tier allows storage of up to 70 lb. Hex Dumbbell pairs (#GDR76).
- Heavy-duty 2"x3" mainframe features a reversed pitch design that allows easy access to all three tiers.
- Ideal for home and commercial use.
- 32"H x 23"L x 62"W



62" WIDE 2-TIER DUMBBELL RACK

#GDR60 Shown with optional third tier (#GDR76).

- Easily holds one (1) pair each 5-50 lb. Hex Dumbbells.
- Optional 3rd Tier allows storage of up to 70 lb. Hex Dumbbell pairs (#GDR76).
- Heavy-duty 2"x3" mainframe features a reversed pitch design that allows easy access to all three tiers.
- Ideal for home and commercial use.
- 32"H x 23"L x 62"W



BACK

* Sleeves, Bars, Plates, Dumbbells, & Collars sold separately.

NEXT

CABLE ATTACHMENTS & ACCESSORIES



Heavy-Duty Lat Bar
#MB148S



Pro-Style Lat Bar 38"
#MB438



Pro-Style Lat Bar 28"
#MB428



Triceps Pressdown Bar
#MB504



**Revolving Triceps /
Biceps Bar**
#MB505



Balanced V-Bar
#MB507



Dual Purpose Bar
#MB200



Stirrup Handle
#MB501



**Horseshoe
Cable Handle**
#MB540



Pro Cable Handle
#MB590



**Seated Row
& Chinning Bar Combo**
#MB502



Revolving Curl Bar
#MB229



Revolving Straight Bar
#MB022



Multi-Exercise Bar
#MB503



3-Way Lat Blaster Bar
#MB336

Pro-Grip
Revolving Curl Bar
#MB229RG



Pro-Grip
Pro-Style Lat Bar
#MB438RG



Pro-Grip
Multi-Grip Lat Bar
#MB148RG



Pro-Grip
Seated Row / Chinning
Bar Combo
#MB502RG



Pro-Grip
Stirrup Cable Handle
#MB501RG



Pro-Grip
V-Bar
#MB507RG



Pro-Grip
Triceps Pressdown Bar
#MB504RG



Pro-Grip
Multi-Exercise Bar
#MB503RG



Pro-Grip
Revolving Straight Bar
#MB022RG



Nylon Ankle Straps
#NAS3



Pro-Power Grips
#PG2



Combo Thigh
& Ankle Strap
#TS31



Power Lifting Straps
#NB52



Nylon Triceps Strap
#NTS10



Leather Triceps Strap
#MA325



Triceps Rope
#TR20



Ab Crunch Harness
#ACH18



Ab Crunch
/ Triceps Straps
#NB54



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
Home Gym Buyer's Guide*



"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
Home Improvement*

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

Body-Solid, Inc.

1900 S. Des Plaines Avenue
Forest Park, IL 60130 USA

Toll Free: 1-800-833-1227

Phone: 1-708-427-3555

Fax: 1-708-427-3556

Web: www.bodysolid.com

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