

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



PD 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 it's 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.... LIFETIME
Pulleys, Bushings, Bearings & Hardware Two Years
Cables, Upholstery, Grips and all other
components not mentioned in this warranty..... One Year

Endurance Commercial Warranty

Frames and all parts..... Three Years
Labor One Year

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Body-Solid



ProClubLine
by Body-Solid



PRO-DUAL
—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.

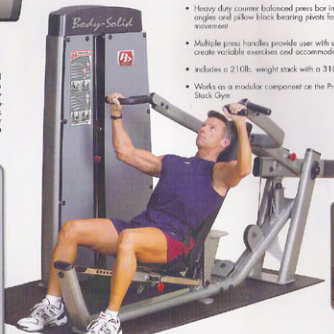
—Two step durable, electrostatically applied metallic powder coat finish with clear coat, provides a high quality, low maintenance finish that is protected from scratching, chipping and fading.

—Spun steel aircraft cables are 5.5 mm 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.



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 33"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)
5 Lb. Plates (rehab)
Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



SHOULDER PRESS



SEATED 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



GEN PRESS



CALF EXTENSION



MODULAR FOUR A STACK

Common height weight stacks guarantee a design consistency throughout the series

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-slip 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 throughout the exercise
- 2:1 weight ratio 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)
5 Lb. Plates (rehab)
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: QAB3-SF
Instructional Placard Included
Standard Weight Stack: 210 Lbs. (95kg)
Mainframe: 11 Gauge 2.375" x 4.825" oval tubing
Dimensions: 51"W x 43"D 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 (34kg)
5 Lb. Plates (rehab)
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



ONE ARM FLY



PEC FLY



MODULAR 2 OR 4 STACK

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

SPECIFICATIONS

Model: DPDC-SF
Instructional Placard Included
Standard Weight Stack: 210 Lbs. (95kg)
Mainframe: 11 Gauge 2.375" x 4.825" oval tubing
Dimensions: 34"W x 57"D 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)
5 Lb. Plates (rehab)
Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



PEC FLY

"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
Body-Solid

Advanced materials in every station improves durability and functionality

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: DEC-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)

5 Lb. Plates (rehab)

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: DIO-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)

5 Lb. Plates (rehab)

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 EXTENSION



MODULAR 3 OR 4 STACK

SPECIFICATIONS

Model: D3TC-SF
Instructional Placard Included
Standard Weight Stack: 210 Lbs. (95kg)
Mainframe: 11 Gauge 2.375" x 4.925" oval tubing
Dimensions: 53"W x 40"D 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)
 5 Lb. Plates (rehab)
 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

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



MID ROW



MODULAR 3 OR 4 STACK

SPECIFICATIONS

Model: DLAT-SF
Instructional Placard Included
Standard Weight Stack: 210 Lbs. (95kg)
Mainframe: 11 Gauge 2.375" x 4.925" oval tubing
Dimensions: 33"W x 68"L x 63"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: Pro Grip 48" solid revolving lat bar with pro grip row bar
Optional: 310 Lb. Weight Stack (141kg)
 5 Lb. Plates (rehab)
 Advanced alloy weight stack plates for super smooth operation and sound-absorbing cushions



LAT PULLDOWN



See page 3 for more warranty information



PRO•DUAL
Body-Solid

4 Stack Multi-Station System

The anchor of the multi-station system is the 4 Stack Weight Tower. With positions for 2, 3, or 4 stations, the space saving 4 Stack Tower provides a solid foundation any of the 10 different Pro Dual stations.

- 4 independent weight stations.
- 4 universal upper and lower station mounts
- 4 universal upper and lower pulley stations
- 4 easy mount chrome slide rods
- 210lb and 310 lb weight stack option

MIX & MATCH

Build any combination of Pro-Dual equipment for the perfect solution to your fitness needs.

Item #	Description
DPLS	Press Arm Station
DPCC	Cable Column
DPEC	Pec Dec Station
DLEC	Leg Extension / Leg Curl Station
DABB	Ab Crunch / Back Hyper Station
DPRS	Multi-Press Station
DCLP	Leg Press Station
DIOT	Inner Thigh / Outer Thigh Station
DLAT	Lat Pulldown / Midrow Station
DBTC	Bicep / Tricep Station



(Base Tower)
40GYM

BUILD YOUR WORKOUT CENTER



PRESS ARM STATION



CABLE COLUMN



PEC DEC STATION



LEG EXTENSION / CURL



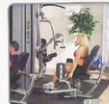
AB / BACK



MULTI-PRESS



LEG PRESS



INNER / OUTER THIGH



LAT / MIDROW



BICEP / TRICEP

PRO DUAL MULTI STATION SYSTEM

Body-Solid revolutionizes the commercial equipment market by providing a modular approach to designing your next training facility. The Pro Dual Line offers 10 dual function stations that can be used in single or multiple stack arrangements. The combinations are endless, allowing you to customize the equipment to best suit your training needs.



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-500/2 36"Wx75"Lx72"H (92cmx191cmx183cm)
Optional: 310lb. Weight Stack (141kg), 410lb. Weight Stack (186kg)



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-1000/2 40"Wx42"Lx62"H (102cmx107cmx158cm)
Optional: 310lb. Weight Stack (141kg), 410lb. Weight Stack (186kg)



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-200/2 39"Wx42"Lx72"H (100cmx107cmx183cm)
Optional: 310lb. Weight Stack (141kg), 410lb. Weight Stack (186kg)



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-1700/2 45"Wx55"Lx62"H (115cmx140cmx158cm)
Optional: 310lb. Weight Stack (141kg), 410lb. Weight Stack (186kg)



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 Pectorals and Triceps are in for a serious workout. The ergonomically accurate motion is guided by all-steel 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-1400/2 50"Wx43"Lx62"H (127cmx109cmx158cm)
 Optional: 310lb. Weight Stack (141kg), 410lb. Weight Stack (186kg)



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-400/2 37"Wx64"Lx62"H (94cmx163cmx158cm)
 Optional: 310lb. Weight Stack (141kg), 410lb. Weight Stack (186kg)



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-1500/2 53"Wx45"Lx62"H (135cmx115cmx158cm)
 Optional: 310lb. Weight Stack (141kg), 410lb. Weight Stack (186kg)



Multi-Hip Machine

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-1100/2 64"Wx56"Lx62"H (163cmx143cmx158cm)
 Optional: 310lb. Weight Stack (141kg)



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-100/2 53"Wx45"Lx62"H (135cmx115cmx158cm)
Optional: 310lb. Weight Stack (141kg), 410lb. Weight Stack (186kg)



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-700/2 65"Wx32"Lx62"H (166cmx82cmx158cm)
Optional: 310lb. Weight Stack (141kg), 410lb. Weight Stack (186kg)



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 4200 lbs.
- Cold rolled machined steel and heavy gauge 2"x4" mainframe
- 12 position, vertically adjustable pulleys for maximum versatility

#SDC-2000/1

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 4200 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 Weight Stack Shroud

#SOT-1800/2

Dimensions: 62"Hx54"Lx48"W



See page 3 for more warranty information



Flat Olympic Bench

#SFB-349 + SPS-12

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

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-900/2 42"Wx46"Lx62"H
(107cmx117cmx158cm)
Optional: 310lb. Weight Stack (141kg)
410lb. Weight Stack (186kg)



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-350 86"Wx53"Lx90"H (219cmx135cmx229cm)



Flat/Incline/Decline Bench

#SID-50

2"x4" High Strength
Tensile steel
24"Wx56"Lx20"H
(61cmx143cmx51cm)



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. Multiposition 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-800/2 57"Wx64"Lx62"H (130cmx163cmx158cm)
Optional: 310lb Weight Stack (141kg), 410lb. Weight Stack (186kg)

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-300/2 24"Wx62"Lx83"H (61cmx158cmx211cm)
Optional: 310 lb. Weight Stack (141kg), 410 lb. Weight Stack (186kg)



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-1200/1 156"Wx35"Lx91"H (397cm x 89cm x 232cm)
Optional: Two 235lb. Weight Stacks (107kg each); Two 310lb. Weight Stacks (141kg 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 210lb. Weight Stack (95kg) & Shroud.

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



Decline Olympic Bench

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

Inline Olympic Bench

#SIB-359 + SPS-12
2"x4" High Strength Tensile Steel
49.7"Wx61.1"Lx61.8"H
(126.3cmx155.2cmx157cm)
Optional: Spotter Stand #SPS-12



Olympic Shoulder Press Bench

#SPB-368
2"x4" High Strength Tensile Steel
49.5"Wx41.7"Lx71.8"H
(125.8cmx106cmx182.3cm)
Optional: Spotter Stand #SPS-12



Bicep Curl 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 Erector 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.

#SBC-1600/2 42"Wx46"Lx62"H (107cmx117cmx158cm)
Optional: 310lb. Weight Stack (141kg); 410lb. Weight Stack (186kg)



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 sealed ball bearings that never need maintenance and provide a lifetime of friction-free performance.

ISO 9

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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