

Body-Solid[®]
Built for Life



Body-Solid®
Built for Life

www.bodysolid.com

800-833-1227

Body-Solid is the leading provider of high quality fitness products. With innovative design and durable structure, Body-Solid equipment delivers the optimum workout experience for any body type. For over twenty years, we have been committed to superior customer service and sales assistance. Even after the initial sale is complete, our representatives are there to help you for the life of your equipment. Your satisfaction is Body-Solid's top priority, no matter the setting.



BodySolid COM

- Browse by product brand or type
- See photos and read detailed information about each product
- Visit the Training Room to view short videos demonstrating product use
- Download assembly manuals
- View warranty information

Browse by Product Brand or Product Type



MULTI-STATION SELECTORIZED GYM

G9S

This multi-station gym provides health club quality strength training for up to three people simultaneously. The G9S incorporates a multi-function press arm station for chest press, incline press, shoulder press and chest supported mid row exercises. Perfect Pec™ station has fully adjustable range of motion. Includes Leg Press/Calf Press station that operates on a 2:1 ratio giving it a weight capacity of 420 pounds. The G9S provides maximum strength and a weight room full of workout options in a minimum amount of space. The G9S comes standard with a 210 lb. weight stack.

- Includes ab-crunch strap, lat bar, low row bar, ankle strap, water bottle, DVD and exercise chart

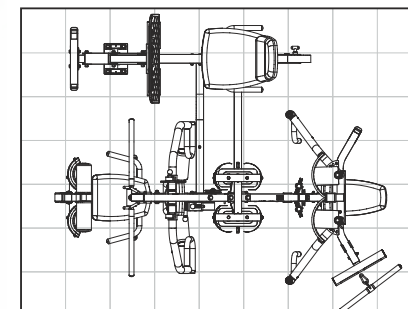
Optional Attachments



Vertical Knee Raise
(GKR9)



Seated Inner/Outer
Thigh (GIOT9)



G9S Dimensions
76"W x 89"L x 84"H

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FUSION600

PERSONAL TRAINER

F600

STATIONS

- **Bi-Angular** pressing station adjustable for incline and shoulder press
- **Synchronized adjustable cable arms** for functional training
- **Dedicated chest supported mid row station**
- **Seated leg curl and seated leg extension station**
- **High pulley station, swiveling mid and low pulley stations** from functional arms

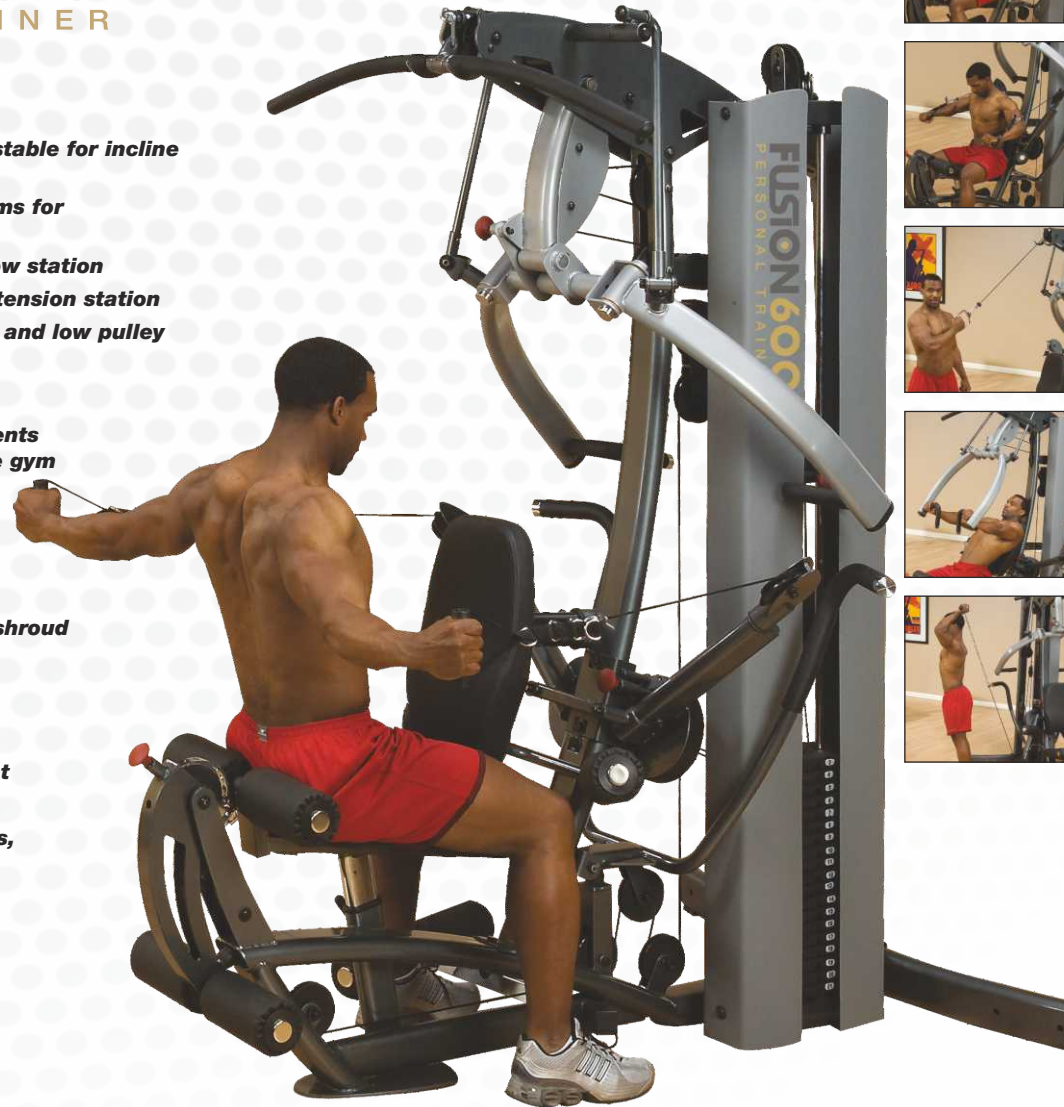
FEATURES

- **Cables add two optional attachments** allowing up to four options on one gym
- **Oversized V-groove high pulley**
- **Two-way adjustable back pad**
- **Gas assisted seat adjustment**
- **Standard 210 lb. weight stack**
- **Standard full metal weight stack shroud**

SPECIFICATIONS

- **2"x4" oval tubing, 11-gauge steel**
- **Sealed bearing bench press pivot**
- **Sealed bearing leg developer pivot**

The Fusion 600 includes a lat bar, low row bar, two nylon cable handles, ankle strap, exercise chart.



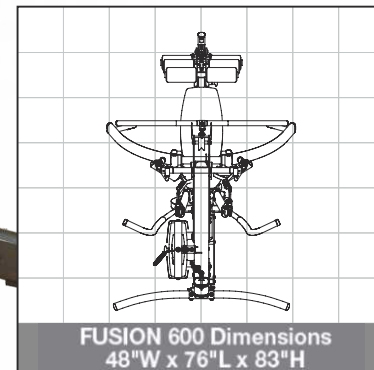
Over 60 Exercises



Optional Attachment



Leg Press (FLP)



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MULTI-STATION HOME GYM

G6BR

Patented Bi-Angular converging press arm system guides you through the optimal range of motion while applying resistance from two directions simultaneously. This increases muscle interaction by 25%. Comes complete with the Perfect Pec™ station with adjustable range of motion. Press station and leg developer station feature the SmoothGlide Bearing System™ with biomechanically accurate pivot points for friction free movement. The G6BR comes standard with a 210 lb. weight stack.

- Includes ab-crunch strap, lat bar, low row bar, ankle strap, water bottle, DVD and exercise chart

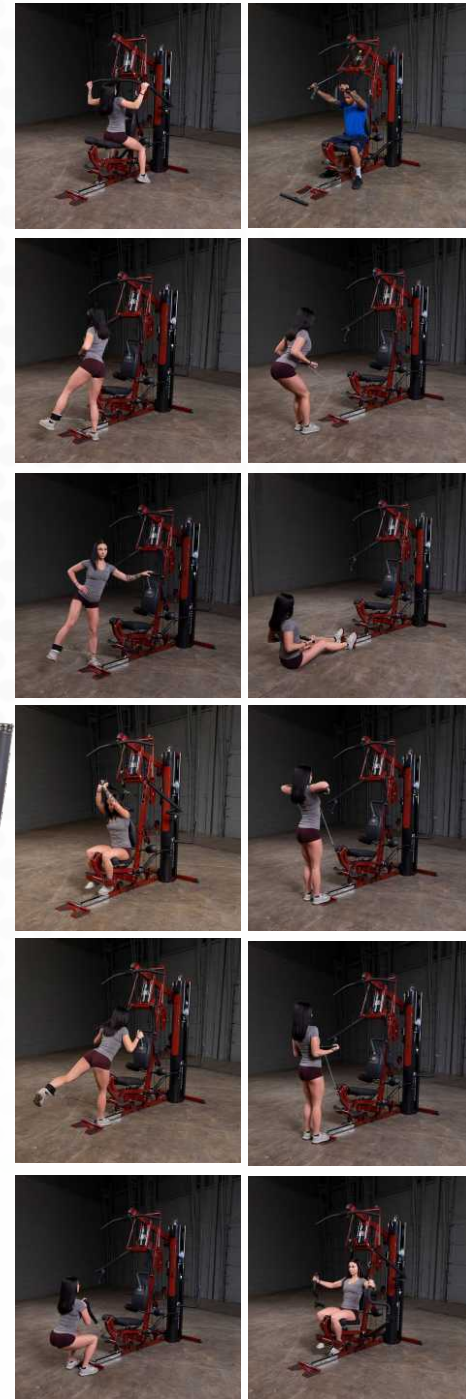
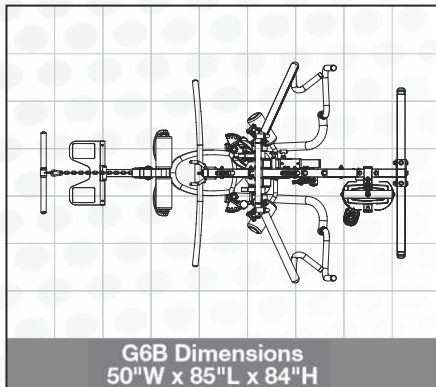
Optional Attachments



Seated Inner/Outer Thigh (GIOT)



Leg Press/Calf Press (GLP)



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MULTI-STATION HOME GYM

G6B

Patented Bi-Angular converging press arm system guides you through the optimal range of motion while applying resistance from two directions simultaneously. This increases muscle interaction by 25%. Comes complete with the Perfect Pec™ station with adjustable range of motion. Press station and leg developer station feature the SmoothGlide Bearing System™ with biomechanically accurate pivot points for friction free movement. The G6B comes standard with a 210 lb. weight stack.

- Includes ab-crunch strap, lat bar, low row bar, ankle strap, water bottle, DVD and exercise chart

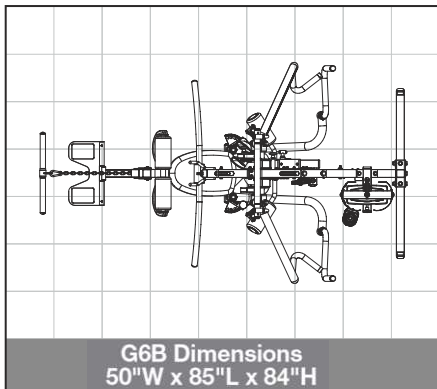
Optional Attachments



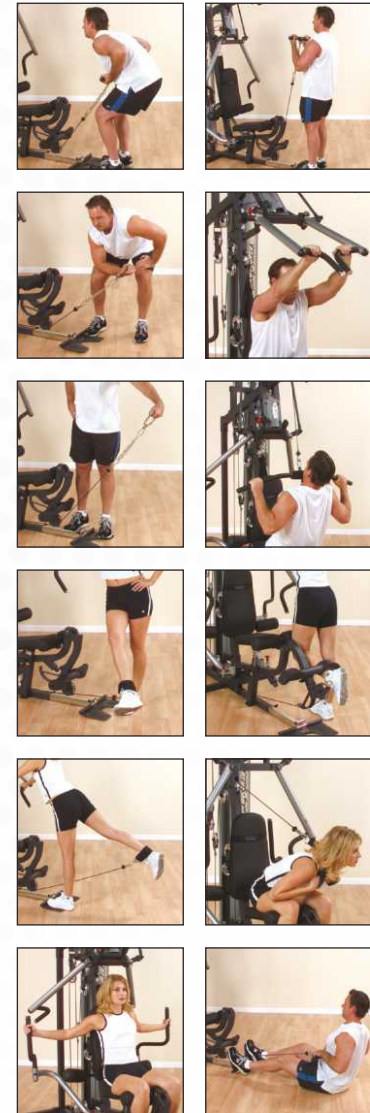
Seated Inner/Outer Thigh (GIOT)



Leg Press/Calf Press (GLP)



Shown with optional Seated Inner/Outer Thigh attachment (GIOT)



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MULTI-STATION HOME GYM

G2B

The G2B's most unique feature is the patented Bi-Angular[®] converging press arm system. Bi-Angular[®] technology uses a converging axis during all pressing motions to provide 25% more muscle interaction. Included in this versatile gym is a Multi-Hip station to sculpt your hips, thighs and glutes. The G2B allows you to perform every exercise you need to sculpt your body to its ultimate form. The G2B comes standard with a 160 lb. weight stack.

- Includes ab-crunch strap, lat bar, low row bar, ankle strap, water bottle, DVD and exercise chart

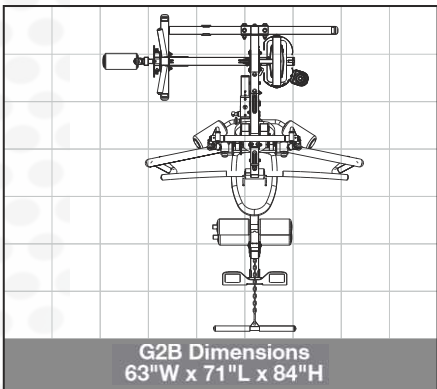
Optional Attachments



Seated Inner/Outer Thigh (GIOT)



Leg Press/Calf Press (GLP)



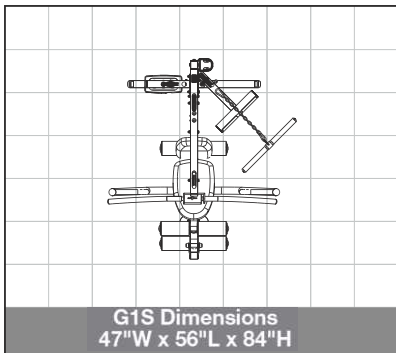


MULTI-STATION HOME GYM

G1S

The Body-Solid G1S packs a lot of power, strength and durability into the smallest footprint available. Centered on a 160 lb. selectorized weight stack, this gym allows over 40 toning, trimming and strength training exercises.

- Includes ab-crunch strap, lat bar, low row bar, ankle strap, water bottle, DVD and exercise chart



GS348QB

SERIES 7 SMITH MACHINE

- Large diameter, 25 lb. Smith Bar
- For smith and freeweight barbell exercises
- 56"L x 70"W x 83"H, 276 lbs.



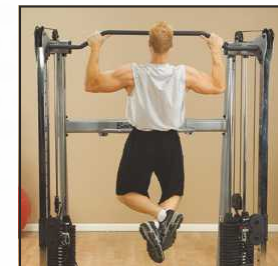
FUNCTIONAL TRAINING CENTER

GDCC200

Featuring a dual-independent weight stack system, users get dedicated resistance with true isolateral movements. Modern, precision-fitted components along with high quality materials and finishes guarantee a long lasting, durable station at a price that is unbeatable in the market. The Functional Training Center has ergonomically designed adjustments and interchangeable cable handles that offer an unlimited number of exercise possibilities for all experience levels.

Includes two 160 lb. weight stacks.

Dimensions: 83.5"H x 40.5"L x 78"W

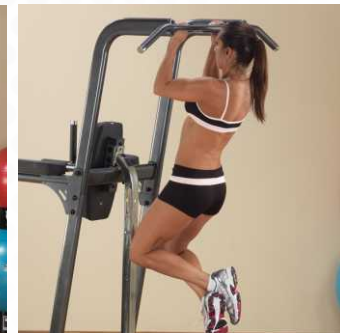
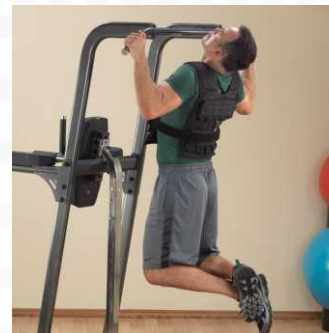
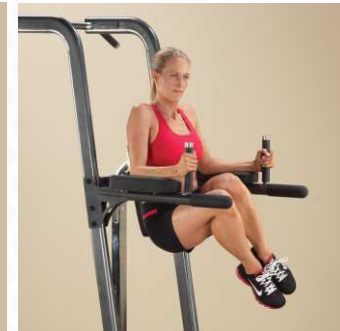


VERTICAL KNEE RAISE/ DIP/PULL-UP STATION

FCD

- **Close or wide grip pull-up bar**
- **Oversized dip handles**
- **Thick DuraFit™ back and arm pads**
- **2"x3" oval tubing**
- **10° reverse pitch increases abdominal range of motion**

Dimensions: 82"H x 63"L x 27"W



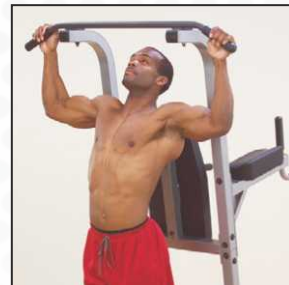


VERTICAL KNEE RAISE/DIP/ PULL UP/CHIN MACHINE

GVKR82B

- 10° reverse pitch increases abdominal range of motion and securely locks you into position
- Easy access dip station features oversized diameter grips for ultimate comfort
- Push-up station is cushioned and mounted 12" off the floor for the deep pec building push-ups
- DuraFirm™ back pad features extra lumbar support
- Heavy-gauge 2"x2" all-4-side welded high tensile strength steel mainframe construction

Dimensions: 82"H x 57"L x 43"W





FLAT/INCLINE/DECLINE BENCH

GFID31B

- Designed with a shortened base frame to fit perfectly in all Smith Machines, Power Racks and Multi-Press Racks
- Quick and secure six-position ladder-style back pad adjustment
- Expandable for Leg Developer (GLDA1), Preacher Curl Attachment (GPCA1)
- Thick DuraFirm™ upholstery

Dimensions: 22"H x 59"L x 27"W



HEAVY DUTY FLAT/INCLINE/ DECLINE BENCH

GFID71B

- Full commercial quality with over 1,000 lb. capacity
- Six-position seat and back pad adjustment allows any sized user to do bent knee sit-ups and ab crunches
- Full 2 $\frac{3}{4}$ " thick DuraFirm™ Pads will never bottom out
- Includes T-Bar leg hold-down attachment with rollers
- Expandable for Leg Developer (GLDA3), Preacher Curl Attachment (GPCA1).
- Wheels for easy mobility

Dimensions: 19"H x 70"L x 28"W



OPTIONAL

Leg Developer Attachment

GLDA1

FOR GFID31B



Leg Developer Attachment

GLDA3

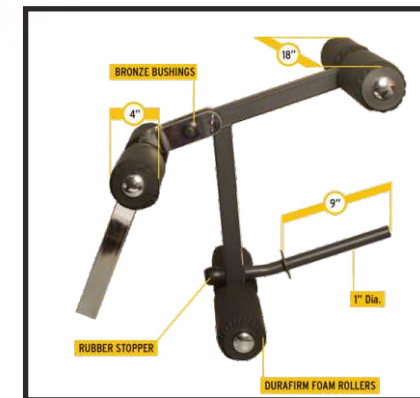
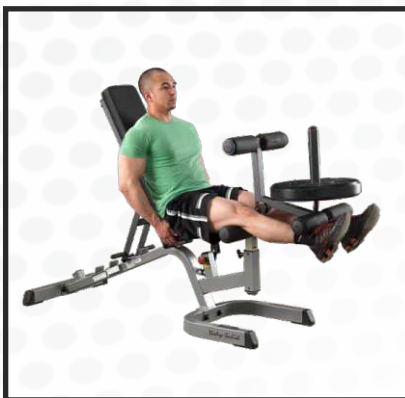
FOR GFID71B



Preacher Curl Attachment

GPCA1

FOR GFID31B/GFID71B





POWERCENTER COMBO BENCH

GDIB46LB

- *Includes Leg Developer*
- *Six position Flat/Incline/Decline*
- *DuraFirm™ back and seat pads*
- *Multi-position telescoping uprights*

Dimensions: 43"H x 77"L x 46"W



**GPCA1
Optional
Preacher Curl
Attachment**

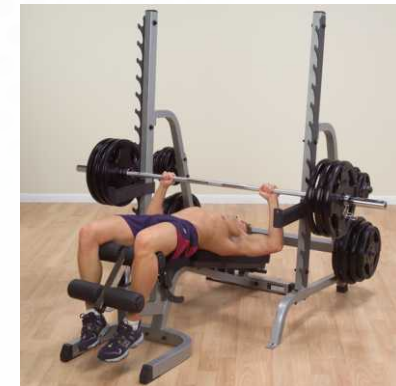
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MULTI-PRESS RACK

GPR370B

Fitness professionals, 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 weights and push the envelope. 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.

Dimensions: 74"H x 45"L x 64"W



LEG PRESS/HACK SQUAT MACHINE

GLPH1100B

- Quad track roller system operates smoothly and evenly distributes weight
- Both back pads utilize a quick flip-and-lock mechanism
- Heavy gauge diamond plate foot platforms for both leg press and hack squat positions
- Easy access under carriage plate load system
- Heavy duty 2"x4" 11-gauge steel mainframe minimizes torsional flex for maximum strength and stability
- Tough, double stitched 4" thick DuraFirm™ back and shoulder pads are contoured for maximum support of the lower back and shoulders
- 1,000 lb capacity

Dimensions: 56"H x 83"L x 34"W



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PRO·DUAL
- Body-Solid

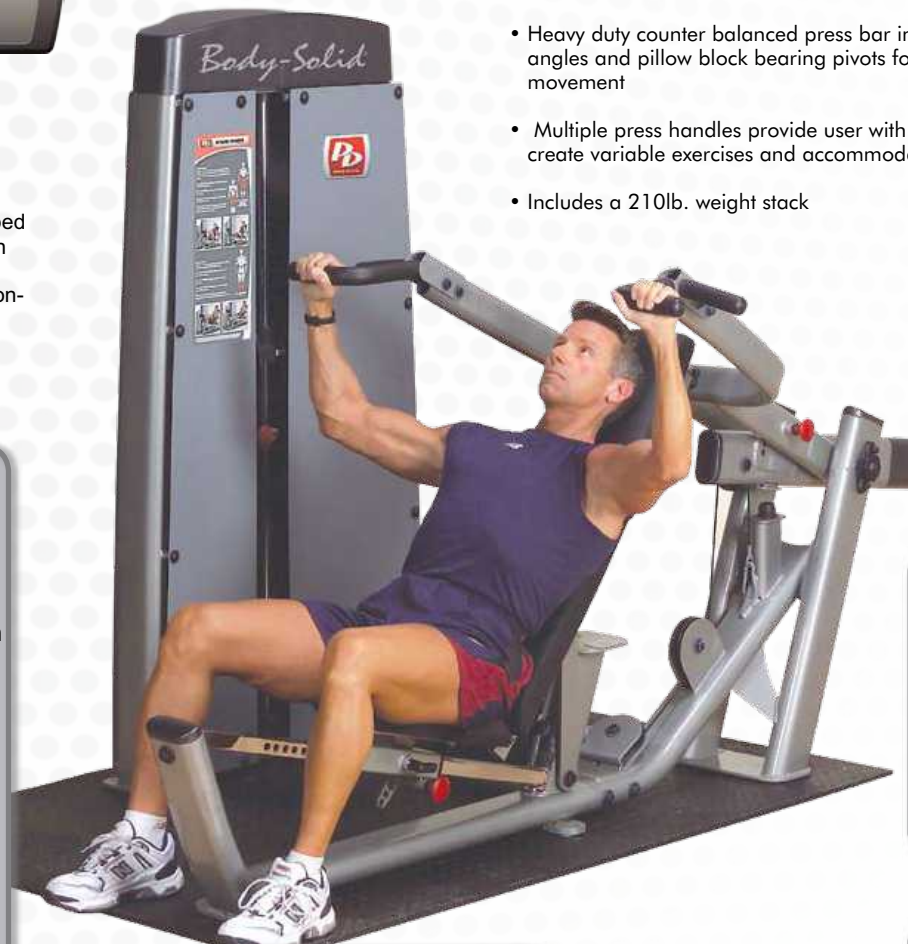


Pro-Dual Machines

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 7 function-specific dual machines.

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.
- Spunsteel 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.



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

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



SHOULDER PRESS



FLAT BENCH



Pro-Dual Leg Press Calf Extension

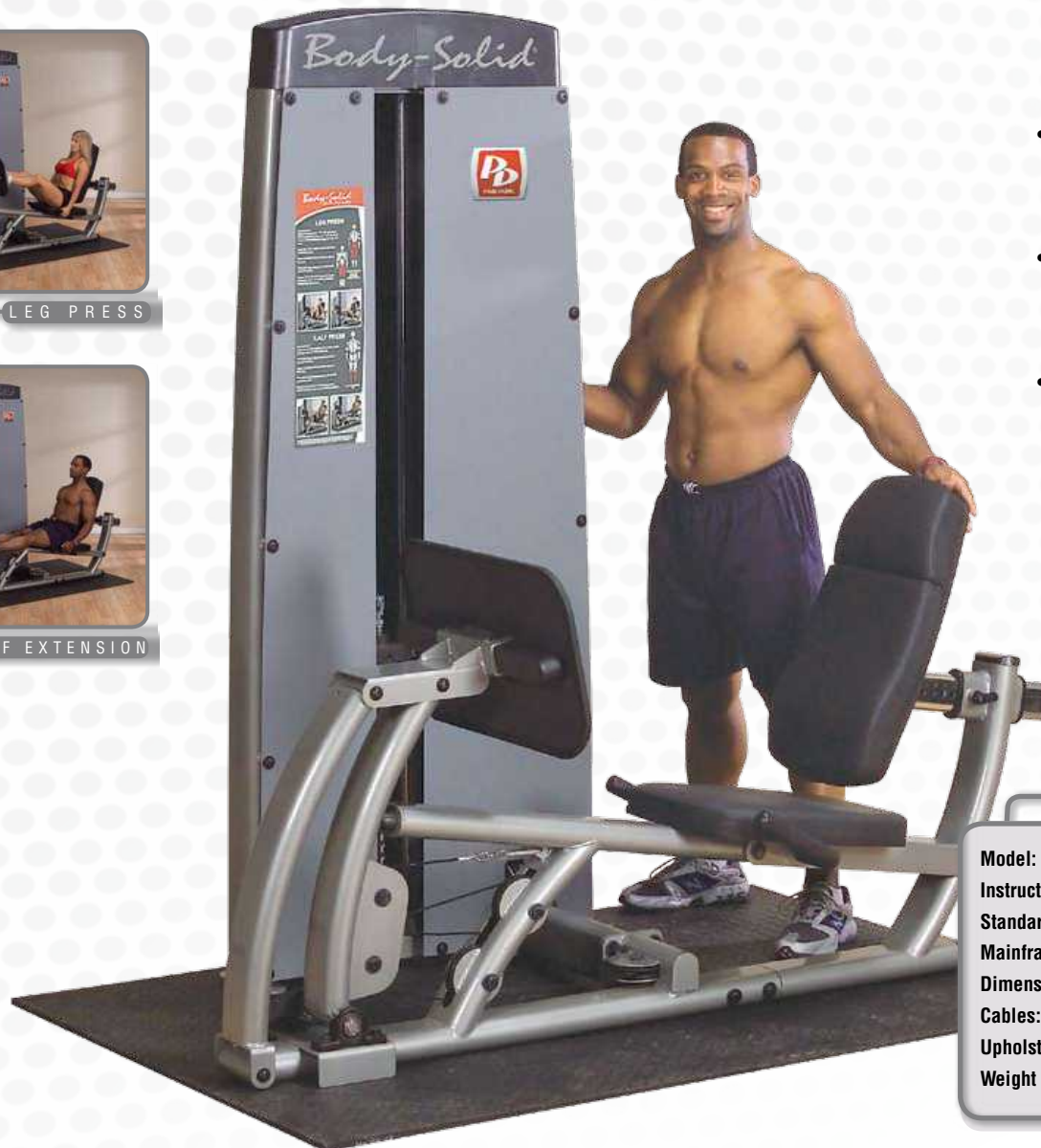
- Ergonomic recumbent seat with 12 position adjustable back pad accommodates users of all sizes comfortably and safely for both leg press and calf exercises
- Wide rubber matted non-skid press plate and conveniently placed hand grips provide added stability during maximum pressing
- Four bar linkage 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.



LEG PRESS



CALF EXTENSION



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



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



ONE ARM FLY



REVERSE 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



Pro-Dual Leg Extension Leg Curl



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

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





INNER THIGH



OUTER THIGH

Pro•Dual Inner Thigh Outer Thigh

- Ergonomically correct for ward 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



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



Pro•Dual Bicep Curl Tricep Extension



BICEP EXTENSION



TRICEP CURL

- 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



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



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



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



MID ROW

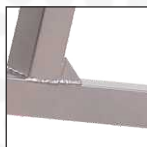
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Comparison Features

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



Frames

All Body-Solid frames feature a four side welded construction instead of the typical two-sided welds that have become common in the industry. Mainframes are made of heavy-gauge 2"x2", 2"x3" and 2"x4" high tensile strength steel.



DuraFirm™ Pads

Our exclusive DuraFirm™ Pads are tear-resistant, thick and 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 is easy to clean and resists cracking, chipping and corrosion.



Pulleys and Cables

Fiberglass reinforced nylon pulleys are precision matched to the cable diameter and revolve on sealed ball bearings that provide a near friction-free performance and never need maintenance.

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 a sign of excellence.

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