

# BODY-SOLID PRO SELECT

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



## GCAB-STK AB & BACK

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



## GCBT-STK BICEPS & TRICEPS

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



## GCEC-STK LEG EXTENSION & CURL

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



## GIOT-STK INNER / OUTER THIGH

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



## GMFP-STK MULTI-PRESS

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



## GLP-STK LEG & CALF PRESS

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



## FCD-STK WEIGHT ASSISTED CHIN /DIP

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

# BODY-SOLID RACKS & CAGES

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



## GPR400 PRO POWER RACK

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



## GPR400 PRO POWER RACK OPTIONS

### OPTIONS:

- |        |  |
|--------|--|
| GLA400 | Lat Attachment <i>(shown)</i>                    |
| GPRDH  | Dip Handles <i>(shown)</i>                       |
| GPRFT  | Functional Trainer Attachment <i>(not shown)</i> |
| GPRFTS | Functional Trainer Attachment <i>(not shown)</i> |
| GPRTBR | T-Bar Row attachment <i>(shown)</i>              |
| GPRUL  | U-Link <i>(shown)</i>                            |
| GPRWH  | Weight Horns <i>(shown)</i>                      |
| SPRBP  | Band Pegs <i>(not shown)</i>                     |
| SPRCUA | Multi-Chin Attachment <i>(not shown)</i>         |
| SPRHT  | Hip Thruster <i>(not shown)</i>                  |
| SPRJC  | J-Cup Liftoffs <i>(shown)</i>                    |
| SPRLFT | Monolift Arms <i>(not shown)</i>                 |
| SPRSP  | Spotter Platforms <i>(not shown)</i>             |
| SPRTB  | Dual T-Bar Row Platform <i>(not shown)</i>       |

## GPR400 OPTIONAL ATTACHMENTS

View the next 2 pages for all 15 GPR400 Attachments



# GPR400



# GPR400 OPTIONAL ATTACHMENTS *(page 1 of 3)*



1.

**GLA400**  
Lat Attachment



6.

**GPRTBR**  
T-Bar Row



2.

**GPRDH**  
Dip Handles



7.

**SPRUL**  
U-Link



3.

**GPRFT**  
Functional Trainer  
(Plate Loaded)



8.

**GPRWH**  
Weight Plate Horn



4.

**GPRFTS**  
Functional Trainer  
(Selectorized  
Weight Stacks)



9.

**SPRBP**  
Band Pegs



5.

**GPRSF**  
Safeties



10.

**SPRCUA**  
Multi-Grip  
Chin Bar

# GPR400 OPTIONAL ATTACHMENTS *(page 2 of 3)*



11.

**SPRHT**  
Hip Thrust



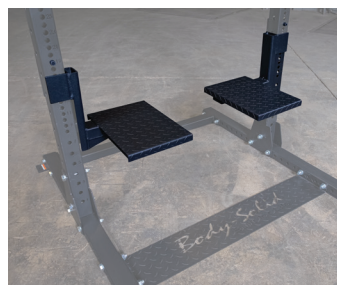
12.

**SPRJC**  
J-Cups



13.

**SPRLFT**  
Monolift



14.

**SPRSP**  
Spotter Platform



15.

**SPRTB**  
Dual T-Bar Row

## GPR400 OPTIONAL ATTACHMENTS *(page 3 of 3)*



### **GPRFT** **FUNCTIONAL TRAINER** **ATTACHMENT** *(only fits GRP400)*

The GRPFT adds fully adjustable functional pulleys on the front of the GPR400 and a dual lat pulldown/low pulley in the middle of the rack.

- Utilizes Olympic weight plates
- Fully adjustable dual front swiveling pulleys
- Dual pulley lat pulldown and low row
- Includes: 2 x nylon cable handles, lat bar, low row bar
- 77"L x 74"W x 81"H, 190lbs.



### **GPRFTS** **FUNCTIONAL TRAINER** **ATTACHMENT** *(only fits GRP400)*

The GRPFTS adds fully adjustable functional pulleys on the front of the GPR400 and a dual lat pulldown/low pulley in the middle of the rack.

- Selectorized Weight Plate Stacks (2 x 210lbs.)
- Fully adjustable dual front swiveling pulleys
- Dual pulley lat pulldown and low row
- Includes: 2 x nylon cable handles, lat bar, low row bar
- 77"L x 57"W x 81"H, 625lbs.



## GLA400 LAT ATTACHMENT

Transform the Body-Solid GPR400 Power Rack into a complete home gym with the GLA400 Lat Attachment.

- High and Low Pulley with no cable change design
- Includes lat bar and low row bar
- Optional 150 lb weight stack, SP150
- 80"L x 52"W x 80"H, 85lbs.



## GPR370 MULTI-PRESS RACK

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



### **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.



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

- Complete Smith Gym System
- 98"L x 70"W x 83"H, 724 lbs.

#### **INCLUDES:**

GS348QB	Smith Machine
GLA348QS	210 lb. Lat Attachment
GPA3	Pec Attachment
GFID71	Flat / Incline / Decline Bench
GLDA3	Leg Developer (not shown)
GPCA1	Preacher Curl (not shown)

## **GS348Q OPTIONAL ATTACHMENTS**





# BODY-SOLID STRENGTH

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



## GFB350 FLAT BENCH

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



## GFID100 FLAT / INCLINE / DECLINE BENCH

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



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

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



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

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



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

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



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

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



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

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



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

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



### **GRCH32** **ROMAN CHAIR**

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



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

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



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

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



### **GAB300B** **SEMI-RECUMBENT AB BENCH**

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



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

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



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

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





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

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



### **GVKR60B** **VERTICAL KNEE RAISE & DIP**

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



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

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

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

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

**GPM65****PEC DEC / REAR DELT**

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

**GSRM40****SEATED ROW MACHINE**

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



### **GPCB329** **PREACHER CURL BENCH**

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



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

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



### **GCLP100** **COMPACT LEG PRESS**

- Combines leg press & calf raise in one compact machine
- Carriage with sealed linear bearings
- 67"L x 47"W x 46"H, 229 lbs.



## GLPH1100 LEG PRESS & HACK SQUAT

- Quad track roller system operates smoothly and distributes weight evenly
- Flip-and-lock back pad mechanism
- 83"L x 34"W x 56"H, 340 lbs.



## GCEC340 CAM SERIES LEG EXT. & CURL

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



## GLCE365 LEG EXTENSION & CURL

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



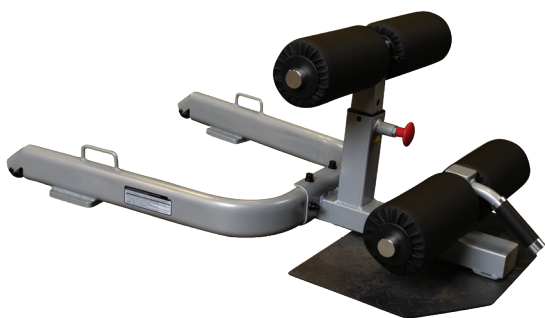
### **GSCR349** **SEATED CALF RAISE**

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



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

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



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

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





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

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



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

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



### **GLM85B** **LAT MACHINE**

- High and low pulley no cable change design
- Plate loaded or 210lb. Selectorized Stack
- Includes Lat Bar and Low Row Bar
- Adjustable leg hold down, and foot plate for low rows
- 54"L x 45"W x 82"H 136 lbs.



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

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

### **INCLUDES:**

GLGS100 Corner Leverage Gym

GFID100 Flat / Incline / Decline Bench



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

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

### **INCLUDES:**

SBL460 Leverage Gym

LSA50 Leverage Squat Attachment

FID46 Flat / Incline / Decline Bench

# BODY-SOLID FUNCTIONAL

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



## GFT100 FUNCTIONAL TRAINING

- Includes Two Aluminum Stirrup Handles, Triceps Rope, Chin/Dip Rope, Double Swivel Bar
- Accessory Rack included
- 45"L x 64"W x 83"H, 633 lbs.

### OPTIONS:

GFT100SH Weight Stack Shrouds



## ALL BODY-SOLID FUNCTIONAL TRAINERS FEATURE:

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



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

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



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

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

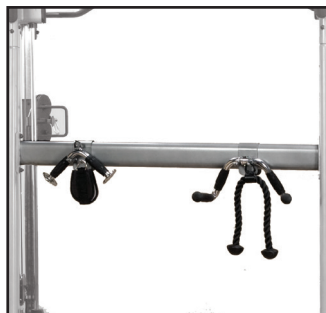
**FUNCTIONAL TRAINING OPTIONS:**



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



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



**GDCCRACK**  
**ACCESSORY RACK**

- GDCC210 & GDCC200



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

# BODY-SOLID GYM SYSTEMS

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



**S1000**

## PRO CLUBLINE S1000 FOUR-STACK GYM

- Four independent stations allow up to four people to workout simultaneously: chest press and leg developer, lat and mid row, leg press and calf raise, cable column
- 210 lb. weight stacks standard (upgradable to 310 lb. weight stacks)
- 11-gauge steel mainframe
- Fully-shrouded weight stacks
- Body-Solid Pro Clubline Full-Commercial Warranty
- Product Weight: 1728 lbs.
- Dimensions: 124" L x 135" W x 83"H





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

- Bi-Angular Chest Press, Incline Press, Shoulder Press Station
- High, Mid and Low Pulley Stations
- Pec Fly, Rear Delt Station
- Dedicated Leg Extension and Seated Leg Curl Station
- Two 210 lb. standard weight stack, optional 260 lb. available
- Optional Leg Press Station (not shown)
- 72"L x 98"W x 84"H, 929 lbs.
- 84"L x 135"W x 84"H (with Leg Press option)



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

- Includes lat bar, low row bar, ankle cuff, ab/triceps strap, workout chart and dvd
- Chest Press, Incline Press, Shoulder Press, Row Station
- High, Mid and Low Pulley Stations
- Leg Press Station with 2:1 ratio
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- Two 210 lb. standard weight stack, optional 260 lb. available
- Optional VKR Station (not shown)
- 90"L x 73"W x 84"H, 964 lbs.
- 90"L x 104"W x 84"H, (with GKR9 option)
- 90"L x 133"W x 84"H, (with GIOT option)



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

- Bi-Angular Chest Press, Incline Press, Shoulder Press Station
- High, Mid and Low Pulley Stations
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- 210 lb. standard weight stack, optional 260 lb. available
- Optional Leg Press Station (not shown)
- 84"L x 58"W x 84"H, 547 lbs.
- 84"L x 82"W x 84"H (with Leg Press option)



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

- Chest Press, Incline Press, Shoulder Press, Row Station
- High, Mid and Low Pulley Stations
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- 210 lb. standard weight stack, optional 260 lb. available
- Optional Leg Press Station (not shown)
- 81"L x 55"W x 84"H, 511 lbs.
- 81"L x 83"W x 84"H (with Leg Press option)
- 85"L x 104"W x 84"H (with GIOT option)



## **F500** **FUSION 500 SINGLE STACK GYM**

- Chest Press, Incline Press, Shoulder Press, Row Station
- High Pulley Station
- Adjustable Functional Pulley Station
- Leg Extension and Curl Station
- 210 lb. standard weight stack, optional 310 lb. available
- Optional Leg Press Station (not shown)
- Optional Weight-Assisted Dip Station (not shown)
- 76"L x 48"W x 83"H, 526 lbs.
- 79"L x 80"W x 83"H (with Leg Press option)
- 76"L x 98"W x 83"H (with Assisted Chin Dip)



## **F600** **FUSION 600 SINGLE STACK GYM**

- Bi-Angular Chest Press, Incline Press, Shoulder Press Station
- Row Station
- High Pulley Station
- Adjustable Functional Pulley Station
- Leg Extension and Seated Curl Station
- 210 lb. standard weight stack, optional 310 lb. available
- Optional Leg Press Station (not shown)
- Optional Weight-Assisted Dip Station (not shown)
- 74"L x 51"W x 83"H, 573 lbs.
- 80"L x 80"W x 83"H (with Leg Press option)
- 76"L x 98"W x 83"H (with Assisted Chin Dip)



## EXM3000LPS TWO STACK GYM

- Chest Press, Incline Press, Shoulder Press, Row Station
- High, Mid and Low Pulley Stations
- Leg Press Station with 2:1 ratio
- Pec Fly, Rear Delt Station
- Leg Extension and Curl Station
- (2) 210 lb. weight stacks included
- 90"L x 82"W x 83"H, 947 lbs.
- 90"L x 104"W x 83"H (with VKR30 option)

## EXM SERIES GYM OPTIONAL ATTACHMENTS



### VKR30

- Knee Raise/Dip Station
- Fits the EXM3000LPS



## G SERIES GYM OPTIONAL ATTACHMENTS



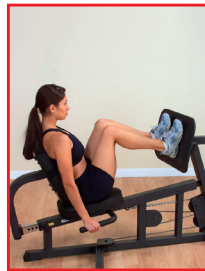
**SP50**  
50 lb. Weight Stack  
upgrade  
G5S, G6BR,  
G9S, G10B



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



**GKR9**  
Vertical Knee  
Raise  
G9S

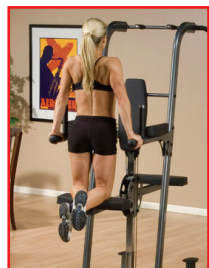


**GLP**  
Leg Press/Calf  
Press  
G5S, G6BR,  
G10B



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

## FUSION GYM OPTIONAL ATTACHMENTS



**FCDWA**  
Weight Assisted  
Dip/Pull-Up  
Fusion 500,  
Fusion 600

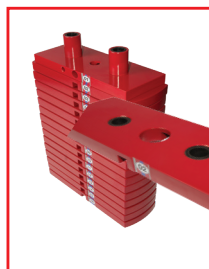


**FLP**  
Leg Press  
Fusion 500,  
Fusion 600



**FMH**  
Multi-Hip Station  
Fusion 500,  
Fusion 600

## OPTIONAL ATTACHMENTS FOR ALL BODY-SOLID GYMS



**HP10**  
Premium Weight  
Stack Plate



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