

BODY-SOLID TOOLS

The Body-Solid Tools line of accessories is designed with all users in mind. From medicine balls and slam balls to plyo boxes, pull-up bars and training ropes, Body-Solid Tools accessories cover every facet of fitness and provide gyms and facilities with everything they need for a complete user experience.



BSTSB(SIZE) **STABILITY BALLS**

- Durable, latex-free, anti-burst construction
- Available in 45, 55, 65, and 75 cm diameter



BSTTT(WEIGHT) **TIRE TREAD SLAM BALLS**

- Thick durable rubber shell
- Non bouncing, non rolling design
- Aggressive tire tread surface for superior grip
- Available in 10, 15, 20, 25 and 30 lb.



BSTHB(WEIGHT) **SLAM BALLS**

- Thick durable rubber shell
- Non bouncing, non rolling design
- Textured surface for superior grip
- Available in 10, 15, 20, 25, and 30 lb.



BSTSMB(WEIGHT) **SOFT MEDICINE BALLS**

- Easy to catch, impact-absorbing design
- Each medicine ball features a 14" diameter
- Available in 6, 8, 10, 12, 14, 16, 18, 20, 25, and 30 lb.



BSTDMB(WEIGHT) **DUAL GRIP MEDICINE BALLS**

- Durable rubber, easy-grip handles
- Available in 6, 8, 10, 12, 14, 16, 18, and 20 lb.



BSTMB(WEIGHT) **PREMIUM MEDICINE BALLS**

- Textured grip for superior handling
- Durable rubber construction
- Large, easy-to-identify weight identifiers and color-coding
- Available in 2, 4, 6, 8, 10, 12, 14, 16, 20, 25, and 30 lb.



BSTDYN(WEIGHT) **DYNAMAX MEDICINE BALLS**

- Soft-shell design is scuff-resistance and designed to hold shape
- Heavy-duty, vinyl-coated nylon cover
- 14" diameter
- Available in 4, 6, 8, 10, 12, 14, 16, 18, 20, 25, and 30 lb.



BSTHRB(WEIGHT) **HEAVY RUBBER BALLS**

- Heavy-rubber construction for significantly longer life
- Durable rubber construction
- Consistent center of gravity
- Available in 20, 30, 40, 50, 60, and 70 lbs.



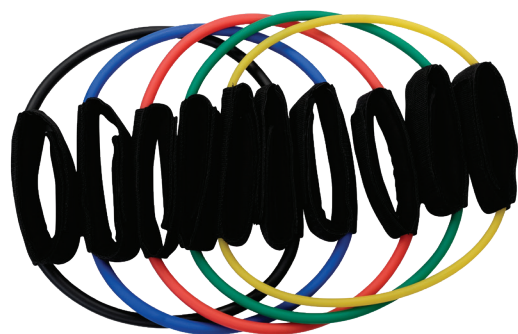
BSTB LIFTING BANDS

BSTB1	ORANGE	VERY LIGHT
BSTB2	GREEN	LIGHT
BSTB3	RED	MEDIUM
BSTB4	BLUE	HEAVY
BSTB5	PURPLE	VERY HEAVY



BSTBM MINI RESISTANCE BANDS

BSTBM1	YELLOW	VERY LIGHT
BSTBM2	GREEN	LIGHT
BSTBM3	RED	MEDIUM
BSTBM4	BLUE	HEAVY
BSTBM5	BLACK	VERY HEAVY



BSTART ANKLE RESISTANCE TUBES

BSTART1	YELLOW	VERY LIGHT
BSTART2	GREEN	LIGHT
BSTART3	RED	MEDIUM
BSTART4	BLUE	HEAVY
BSTART5	BLACK	VERY HEAVY

BSTRT RESISTANCE TUBES

BSTRT1	YELLOW	VERY LIGHT
BSTRT2	GREEN	LIGHT
BSTRT3	RED	MEDIUM
BSTRT4	BLUE	HEAVY
BSTRT5	BLACK	VERY HEAVY

BSTRTDA RESISTANCE TUBE DOOR ATTACHMENT

- Anchor resistance tubes in door frame
- 8.5" L x 1.5" W





BSTPB(HEIGHT) **STACKABLE METAL PLYO BOXES**

BSTPB6	H 6"	BSTPB30	H 30"
BSTPB12	H 12"	BSTPB36	H 36"
BSTPB18	H 18"	BSTPB42	H 42"
BSTPB24	H 24"		



BSTSPBOX **3-IN-1 PLYO BOX**

BSTSPBOX - SOFT PLYO BOX
20" x 24" x 30"



BSTWPBOX **3-IN-1 PLYO BOX**

BSTWPBOX - WOODEN PLYO BOX
20" x 24" x 30"



BSTAW(WEIGHT) **ADJUSTABLE ANKLE WEIGHTS**

- Sold in pairs
- Adjustable in 1 lb. increments

BSTAW10 10 lb.

BSTAW20 20 lb.



BSTWVP(WEIGHT) **WEIGHTED VESTS**

- Dual velcro straps for secure fit
- Individual 1.25 lb. sandbags for easy adjustments

BSTWVP20 20 lb.

BSTWVP40 40 lb.



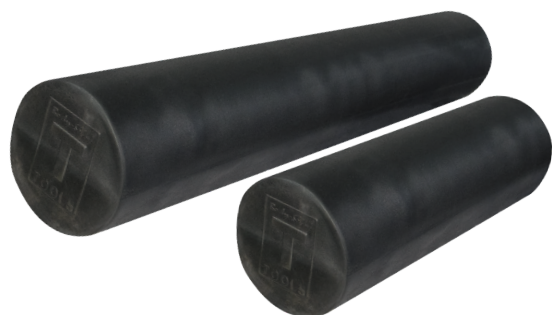
BSTSH **SLED HARNESS**

- Fully adjustable fit
- Quick release strap
- For use with weight sleds and parachutes



BSTFR FOAM ROLLERS

BSTFR36F	36"L x 6"W x 6"H	FULL
BSTFR36H	36"L x 6"W x 3"H	HALF



BSTFRP PREMIUM FOAM ROLLERS

BSTFRP36F	36"L x 6"W x 6"H	FULL
BSTFRP18F	18"L x 6"W x 6"H	SHORT



BSTYM YOGA MATS

BSTYM3	72"L x 24"W x 3mm	BLUE
BSTYM5	72"L x 24"W x 5mm	RED
BSTYM10	72"L x 24"W x 6mm	GREEN



BSTYB10 PREMIUM FOAM YOGA BLOCK

- Lightweight, high-density and sturdy for long-lasting durability
- Beveled edges provide soft, stable grip
- 9"L x 4"W x 6"H, .5 lb.



BSTFM10 **FOAM EXERCISE MAT**

- Contoured bottom to minimize slippage
- Carrying strap & hand-hold
- 48"L x 20"W x .5"H, 2 lbs.



BSTFM20 **HANGING FOAM EXERCISE MAT**

- Reinforced eyelets to hang on wall or door
- Water-resistant, non-slip surface
- 71"L x 23"W x .5"H, 2 lbs.

BSTFMH **FOAM MAT HANGER**

- 21"L x 7"W x 2"H, 1 lbs.



PUB34 **CHIN-UP BAR**

- Easily removes from door frame brackets when not in use
- Extends up and out from door frame increasing range of motion
- 37"L x 16"W x 7"H, 9 lbs.



PUB30 **PULL-UP/PUSH-UP BAR**

- No mounting hardware required
- Fits doorways 27.5" to 30"W
- 37"L x 16"W x 7"H, 4 lbs.



BSTFB(WEIGHT) FITNESS BARS

- Weight designations permanently stamped into color-coordinated rubber end caps
- Available in 4, 6, 9, 12, 15, 18, 24, 30, and 36 lb.



GFR500 FITNESS BAR RACK

- 24"L x 29"W x 43"H, 37 lbs.
- Holds up to 30 bars



GCRPACK CARDIO BAR PACK

- 35"L x 36"W x 50"H, 505 lbs.

PACK INCLUDES:

1 GCR100	RACK
10 RBCW	55" STRAIGHT BARS
20 RCCW	SPRING COLLARS
20 RPCW2-5	2.5 lb. PLATES
20 RPCW5	5 lb. PLATES
20 RPCW10	10 lb. PLATES



MB229
REVOLVING
CURL BAR



MB229RG
REVOLVING
CURL BAR



MB022
REVOLVING
STRAIGHT BAR



MB022RG
PRO-GRIP
REVOLVING
STRAIGHT BAR



MB022A
ALUMINUM
REVOLVING
STRAIGHT BAR



MB229A
ALUMINUM
REVOLVING
CURL BAR



MB148A
ALUMINUM
LAT BAR



MB100A
ALUMINUM
DOUBLE SWIVEL
BAR



MB501A
ALUMINUM
REVOLVING
STIRRUP HANDLE



MB502A
ALUMINUM
CHIN HANDLE



MB504A
ALUMINUM
TRICEP BAR



MB501
STIRRUP HANDLE



MB501RG
PRO-GRIP
STIRRUP HANDLE



MB502
SEATED ROW /
CHIN BAR



MB502RG
PRO-GRIP
SEATED ROW /
CHIN BAR



MB503RG
PRO-GRIP
MULTI BAR



MB504
TRICEP PRESS-
DOWN BAR



MB504RG
PRO-GRIP
TRICEP PRESS-
DOWN BAR



MB507RG
PRO-GRIP
V-BAR



MB438RG
PRO-GRIP
MULTI-GRIP
LAT BAR



MB148RG
PRO-GRIP
PRO-STYLE
LAT BAR



MB148
LAT BAR



NB51
NYLON WRIST
STRAPS



NB52
LIFTING STRAPS



NB55
NYLON DIPPING
STRAP



NB56
NYLON DIPPING
BELT



NAS3
NYLON ANKLE
STRAP



MA307N
NYLON HEAD
HARNESS



NTS10
TRICEP STRAP



ACH18
AB CRUNCH
HARNESS



NB59
ADJUSTABLE
NYLON HANDLE



NB59A
ALUMINUM
NYLON HANDLE



TR20
TRICEP ROPE



TR30
NATURAL FIBER
TRICEP ROPE



BSTGT
GRIP TRAINER



BSTCB
CANNONBALL
GRIPS



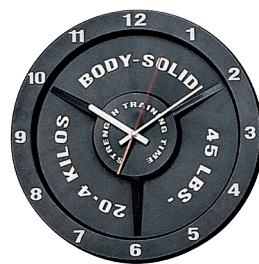
BSTNG
NUN-CHUCK
GRIPS



BSTDB
DOG BONE
GRIP



AAB2
GUT BLASTER
AB SLINGS



STT45
WEIGHT PLATE
CLOCK



BSTAB1
AB WHEEL



PG2
PRO POWER
GRIPS



BSTJR1
JUMP ROPE



BSTSR1
CABLE SPEED
ROPE



BSTSR10
PREMIUM
SPEED ROPE



BSTRINGS
RINGS



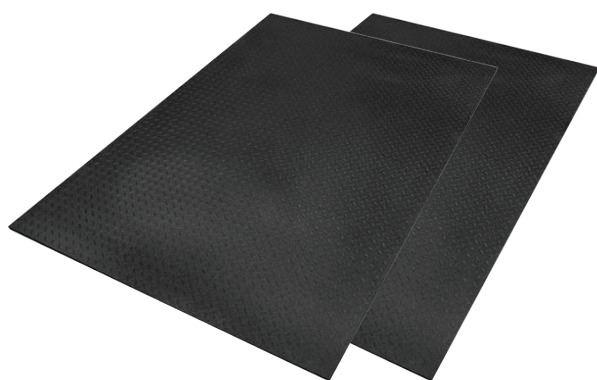
BB23
BICEPS BOMBER



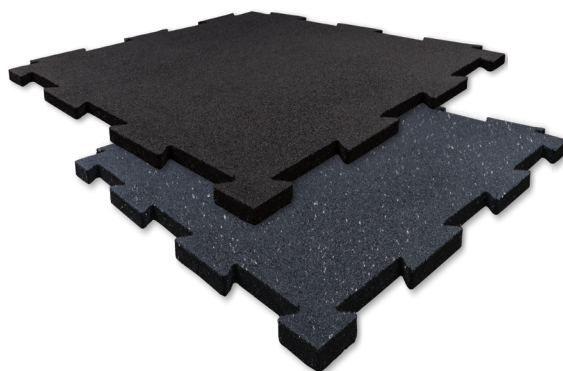
GIB2R
INVERSION
BOOTS

**BSTBR****FITNESS TRAINING ROPES**

BSTBR1530	1.5" DIA x 30' LONG
BSTBR1540	1.5" DIA x 40' LONG
BSTBR2030	2.0" DIA x 30' LONG
BSTBR2040	2.0" DIA x 40' LONG

**RF546****RUBBER FLOORING**

- 72"L x 48"W x 1/2"H

**RFBST4PB | RFBST4PS**
INTERLOCKING RUBBER FLOORING

RFBST4PB (box of 4 pcs) - BLACK

- 19.75"L x 19.75"W x 7/16"H

RFBST4PS (box of 4 pcs) - GRAY SPECK

- 19.75"L x 19.75"W x 7/16"H

**RF36T | RF34B | RF38R**
CARDIO MATS

- RF36T 78"L x 36"W x 1/8"H
- RF34B 48"L x 36"W x 1/8"H
- RF38R 102"L x 36"W x 1/8"H