

# WEIGHTS & BARS

Body-Solid offers one of the largest selections of free weights and bars in the industry. Each Body-Solid weight plate, Olympic bar, kettlebell and dumbbell is meticulously designed and constructed to perform its best every time.



## OPB CAST IRON OLYMPIC PLATES

<b>OPB2-5</b>	2.5 lb.
<b>OPB5</b>	5 lb.
<b>OPB10</b>	10 lb.
<b>OPB25</b>	25 lb.
<b>OPB35</b>	35 lb.
<b>OPB45</b>	45 lb.
<b>OPB100</b>	100 lb.

## SETS

<b>OSB255</b>	- (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.
<b>OSB355</b>	- (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb.
<b>OSB455</b>	- (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb.
<b>OSC300S</b>	- (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
<b>OSC400S</b>	- (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
<b>OSC500S</b>	- (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars



## SETS W/ BLACK BAR

<b>OSB300S</b>	- (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86B (black) (2) #OC06 Spring Collars
<b>OSB400S</b>	- (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86B (black) (2) #OC06 Spring Collars
<b>OSB500S</b>	- (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86B (black) (2) #OC06 Spring Collars



## OPT CAST IRON GRIP OLYMPIC PLATES

<b>OPT2-5</b>	2.5 lb.
<b>OPT5</b>	5 lb.
<b>OPT10</b>	10 lb.
<b>OPT25</b>	25 lb.
<b>OPT35</b>	35 lb.
<b>OPT45</b>	45 lb.

## SETS

<b>OST255</b>	- (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.
<b>OST355</b>	- (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb.
<b>OST455</b>	- (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb.
<b>OST300S</b>	- (2) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
<b>OST400S</b>	- (4) 45 lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
<b>OST500S</b>	- (6) 45 lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars



## ORT RUBBER GRIP OLYMPIC PLATES

<b>ORT2-5</b>	2.5 lb.
<b>ORT5</b>	5 lb.
<b>ORT10</b>	10 lb.
<b>ORT25</b>	25 lb.
<b>ORT35</b>	35 lb.
<b>ORT45</b>	45 lb.
<b>ORT100</b>	100 lb.

## SETS

<b>ORST255</b>	- (2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.
<b>ORST355</b>	- (4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb.
<b>ORST455</b>	- (6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb.
<b>OSR300S</b>	- (2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
<b>OSR400S</b>	- (4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
<b>OSR500S</b>	- (6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars



## ORC COLOR RUBBER GRIP OLYMPIC PLATES SETS

<b>ORC2-5</b>	2.5 lb.	<b>ORCT255</b>	- (2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb.
<b>ORC5</b>	5 lb.	<b>ORCT355</b>	- (4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb.
<b>ORC10</b>	10 lb.	<b>ORCT455</b>	- (6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb.
<b>ORC25</b>	25 lb.	<b>ORC300</b>	- (2) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 Lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
<b>ORC35</b>	35 lb.	<b>ORC400</b>	- (4) 45lb. (2) 35lb. (2) 25lb. (2) 10lb. (6) 5lb. (2) 2.5 lb. (1) 44 Lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars
<b>ORC45</b>	45 lb.	<b>ORC500</b>	- (6) 45lb. (2) 35lb. (2) 25lb. (4) 10lb. (4) 5lb. (2) 2.5 lb. (1) 44 Lb. Olympic Bar #OB86 (chrome) (2) #OC06 Spring Collars



## OBPH PREMIUM BUMPER PLATES

<b>OBPH10</b>	10 lb.	• Made in the USA
<b>OBPH15</b>	15 lb.	• 2" Stainless steel center bushing protects the rubber material
<b>OBPH25</b>	25 lb.	• Rubber made from recycled rubber
<b>OBPH35</b>	35 lb.	• Dimensions- each plate is 17.7" round regardless of weight
<b>OBPH45</b>	45 lb.	• 1 Year Commercial Warranty



## OBPX CHICAGO EXTREME BUMPER PLATES

<b>OBPX10</b>	10 lb.	• Diameter 450mm (17.72"), IWF Standard
<b>OBPX15</b>	15 lb.	• Collar Opening 50.8mm (2")
<b>OBPX25</b>	25 lb.	• Smooth Black Finish
<b>OBPX35</b>	35 lb.	• 1 Year Commercial Warranty for 10 lb. and 15 lb.
<b>OBPX45</b>	45 lb.	• 3 Year Commercial Warranty for 25 lb., 35 lb. and 45 lb.



## OBPXC CHICAGO EXTREME COLOR BUMPER PLATES

<b>OBPXC10</b>	10 lb.	• Diameter 450mm (17.72"), IWF Standard
<b>OBPXC15</b>	15 lb.	• Collar Opening 50.8mm (2")
<b>OBPXC25</b>	25 lb.	• Smooth Finish
<b>OBPXC35</b>	35 lb.	• 1 Year Commercial Warranty for 10 lb. and 15 lb.
<b>OBPXC45</b>	45 lb.	• 3 Year Commercial Warranty for 25 lb., 35 lb. and 45 lb.



## RPB CAST IRON STANDARD PLATES

<b>RPB1-5</b>	1.5 lb.	<b>RPB12-5</b>	12.5 lb.
<b>RPB2-5</b>	2.5 lb.	<b>RPB20</b>	20 lb.
<b>RPB5</b>	5 lb.	<b>RPB25</b>	25 lb.
<b>RPB7-5</b>	7.5 lb.	<b>RPB50</b>	50 lb.
<b>RPB10</b>	10 lb.		



### **BSTVD(WEIGHT)** **VINYL DUMBBELL**

- Durable vinyl finish
- Color-coded by weight
- Available in 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, and 15 lb.



### **BSTND(WEIGHT)** **NEOPRENE DUMBBELL**

- Durable neoprene finish
- Color-coded by weight
- Available in 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, and 15 lb.



### **SDX(WEIGHT)** **CAST IRON HEX DUMBBELLS**

- Straight handles
- Available in 2, 3, 5, 8, 10, 12, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, and 100 lb.



### **SDR(WEIGHT)** **RUBBER HEX DUMBBELLS**

- Contoured, knurled, chrome handles
- Available in 3, 5, 8, 10, 12, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, and 120 lb.



### **SDP(WEIGHT)** **PREMIUM ROUND RUBBER DUMBBELLS**

- Straight, knurled, chrome handles
- Available in 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, and 100 lb.



### **SBB(WEIGHT) FIXED WEIGHT BARBELLS**

- Knurled chrome handles for secure grip
- Straight bar design
- 1.26" grip diameter
- Available in 20, 30, 40, 50, 60, 70, 80, 90, 100, and 110 lb.



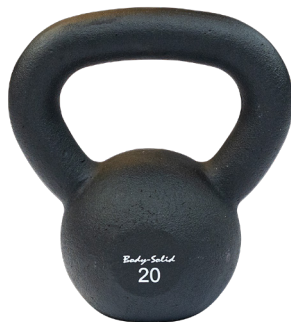
### **SBZ(WEIGHT) FIXED WEIGHT BARBELLS**

- Knurled chrome handles for secure grip
- Ez-curl bar design
- 1.26" grip diameter
- Available in 20, 30, 40, 50, 60, 70, 80, 90, 100, and 110 lb.



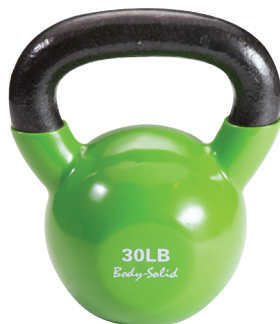
### **SBBR100 FIXED WEIGHT BARBELL RACK FOR SBB and SBZ BARBELLS**

- Easy access storage for up to 10 Fixed Weight Barbells
- Composite lining protects bar finish
- 40"L x 37"W x 62"H, 139 lbs.



### **KBR(WEIGHT) CAST IRON KETTLEBELLS**

- Powder Coated finish
- Available in 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, and 100 lb.



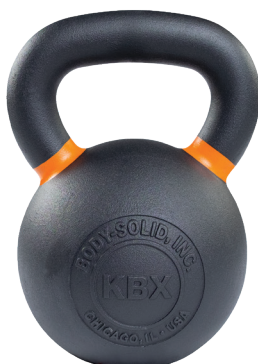
### **KBV(WEIGHT) VINYL DIPPED KETTLEBELLS**

- Durable vinyl coating is color-coded by weight
- Available in 5, 8, 10, 12, 15, 20, 25, 30, 35, 40, 45, and 50 lb.



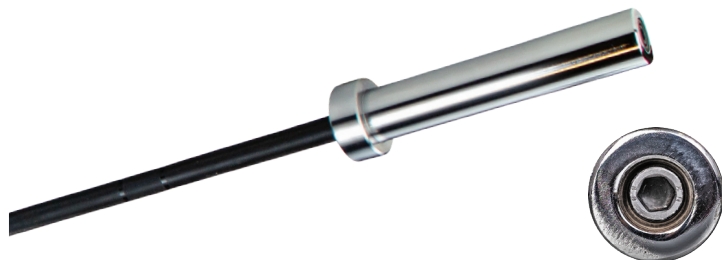
### **KBC(WEIGHT) PREMIUM KETTLEBELLS**

- Durable rubber coating with premium, chrome handles
- Available in 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, and 80 lb.



### **KBX(WEIGHT) TRAINING KETTLEBELLS**

- Durable powder-coat finish
- Gravity cast
- Available in 4 kg (8.8 lb), 6 kg (13.2 lb), 8 kg (17.6 lb), 10 kg (22.0 lb), 12 kg (26.4 lb), 14 kg (30.8 lb), 16 kg (35.2 lb), 18 kg (39.7 lb), 20 kg (44.1 lb), 22 kg (48.5 lb), 24 kg (52.9 lb), 28 kg (61.7 lb), 32 kg (70.5 lb), and 36 kg (79.4 lb)

**OB60B****5' OLYMPIC BAR (BLACK)**

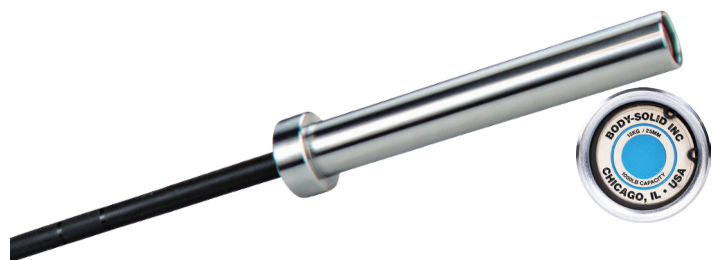
- E-Coat Center Section
- Bar Dia: 30.00 mm
- (ID) Collars: 36.5"
- Sleeve Length: 9.75"
- Weight Capacity: 600 lbs.
- 60"L, 30 lbs.

**OB72A15****6' OLYMPIC BAR (ALUMINUM)**

- Bar Dia: 28.50 mm
- (ID) Collars: 51.5"
- Sleeve Length: 9.25"
- Weight Capacity: 300 lbs.
- 72"L, 15 lbs.

**OB72B****6' OLYMPIC BAR (BLACK)**

- E-Coat Center Section
- Bar Dia: 30.00 mm
- (ID) Collars: 46.0"
- Sleeve Length: 11.25"
- Weight Capacity: 600 lbs.
- 72"L, 40 lbs.

**OB79EXT****WOMEN'S OLYMPIC BAR**

- Bar Dia: 25.00 mm
- (ID) Collars: 51.5"
- Sleeve Length: 12.5"
- Weight Capacity: 1000 lbs.
- 78"L, 33 lbs.

**OB86B****7' OLYMPIC BAR (BLACK)**

- E-Coat center section
- Bar Dia: 30.00 mm
- (ID) Collars: 51.50"
- Sleeve Length: 15.75"
- Weight Capacity: 600 lbs.
- 86"L, 44 lbs.

**OB86****7' OLYMPIC BAR (CHROME)**

- Bar Dia: 30.00 mm
- (ID) Collars: 51.50"
- Sleeve Length: 15.75"
- Weight Capacity: 600 lbs.
- 86"L, 44 lbs.

**OB86P1000****7' OLYMPIC POWER BAR (CHROME)**

- Bar Dia: 30.00 mm
- (ID) Collars: 52.75"
- Sleeve Length: 15.25"
- Weight Capacity: 1000 lbs.
- 86"L, 44 lbs.

**OB86LPB****7' OLYMPIC POWER BAR (ZINC)**

- Bar Dia: 28.50 mm
- (ID) Collars: 52.75"
- Sleeve Length: 15.75"
- Weight Capacity: 1000 lbs.
- 86"L, 44 lbs.

**OB86EXT****EXTREME OLYMPIC BAR**

- Bar Dia: 28.75 mm
- (ID) Collars: 52.00"
- Sleeve Length: 16.25"
- Weight Capacity: 1500 lbs.
- 86"L, 44 lbs.

**OB20****OLYMPIC DUMBBELL HANDLES**

- Sold Individually
- Knurled grip
- 20"L, 20 lbs.

**OB34C****OLYMPIC TRICEPS BAR**

- Bar Dia: 25.50 mm
- (ID) Collars: 18.5"
- Sleeve Length: 7"
- 34"L, 22 lbs.

**OB47C****OLYMPIC CURL BAR (CHROME)**

- Bar Dia: 25.50 mm
- (ID) Collars: 31.5"
- Sleeve Length: 7"
- 47"L, 17 lbs.

**OB47B****OLYMPIC CURL BAR (BLACK)**

- Bar Dia: 25.50 mm
- (ID) Collars: 31.5"
- Sleeve Length: 7"
- 47"L, 17 lbs.

**OB48****OLYMPIC COMBO BAR (CHROME)**

- Bar Dia: 25.50 mm
- (ID) Collars: 33.75"
- Sleeve Length: 7"
- 48"L, 20 lbs.



**OB86FG****FAT GRIP BAR (BLACK)**

- 2" grip diameter for extra emphasis on forearms/grip strength
- 2" diameter sleeves for use with Oly weights
- 86"L x 2.5"W x 2.5"H, 29 lbs.
- Sleeve Length: 15.75"
- Weight Capacity: 600 lbs.

**OB48F****FAT CURL BAR (BLACK)**

- 2" grip diameter for extra emphasis on forearms/grip strength
- 11-gauge steel
- 2" diameter sleeves for use with Oly weights
- 48"L x 5"W x 3"H, 12 lbs.

**OMG47****OLYMPIC MULTI-GRIP CURL BAR**

- Three separate neutral grips to enhance muscle recruitment
- Knurled handles for comfortable and secure lifts
- 2" sleeve diameter for use with Oly weights
- 48"L x 8"W x 3"H, 12 lbs.

**OMG86****OLYMPIC MULTI-GRIP BAR (BLACK)**

- Bar Dia: 25.50 mm
- (ID) Collars: 52.5"
- Sleeve Length: 16.5"
- 86"L, 45 lbs.



### **OBSS50B** **SAFETY SQUAT BAR**

- E-Coat Center Section
- Redistribute weight during squats and lunges
- Extra thick pad to prevent sliding & movement during lifts
- Heavy-duty & comfortable vinyl pads
- 2" diameter sleeves for use with Oly weights
- 16"L x 87"W x 4"H, 47 lbs..



### **BSTFWH** **FARMERS WALK BARS**

- Sold in pairs
- Bar Dia: 25.50 mm
- (ID) Collars: 35.625"
- Sleeve Length: 12"
- 60"L, 18 lbs. each



### **OTB50 & OTB50RH** **OLYMPIC TRAP BARS**

- Bar Dia: 25.50 mm
- (ID) Collars: 24" Handle
- Sleeve Length: 9.75"
- 56"L, OTB50 - 45 lbs. | OTB50RH - 50 lbs.



### **OTB100** **OPEN TRAP BAR**

- Perfect for deadlifts, shrugs, lunges & more
- Dual high & low ergonomic handles
- Built-in bar jack
- 16.25" 2" diameter plate sleeves
- 26"L x 73"H x 8"H, 58 lbs



### **OC06PR** **OLYMPIC SPRING COLLARS**

- Sold in pairs
- Simple and effective spring tension design



### **OC04** **OLYMPIC TRAINING COLLARS**

- Sold individually
- Classic old school style for quick changes



### **BSTLJ02** **LOCK JAW OLY 2 COLLARS**

- Sold in pairs
- Uni-body construction for heavy usage
- Durable and secure lever design
- Quick and easy to use
- Elastomer pads protect bar finish



### **BSTLJHX** **LOCK JAW HEX COLLARS**

- Sold in pairs
- Quick and easy to use
- Elastomer pads protect bar finish



**TBR10**  
T-BAR ROW  
PLATFORM

- 11"L x 5"W x 6"H
- 7 lbs.



**TBR20**  
DUAL PIVOT  
T-BAR ROW  
PLATFORM

- 11"L x 5"W x 6"H
- 7 lbs.



**LBB28**  
LAT BLASTER BAR

- 31"L x 5"W x 1"H
- 5 lbs.



**TBR50**  
HOME PLATE  
LANDMINE

- 23"L x 15"W x 5"H
- 31 lbs.



**LMSE**  
LANDMINE  
SINGLE EYELET

- 13"L x 5"W x 2"H
- 3 lbs.



**LMPP**  
LANDMINE  
PLATE PIVOT

- 10"L x 10"W x 2.5"H
- 5 lbs.



**LMMG**  
LANDMINE  
MULTI-GRIP

- 44"L x 9"W x 8"H
- 8 lbs.



**LMCG**  
LANDMINE  
CLUBGRIP

- 24"L x 5"W x 3"H
- 7 lbs.



**BSTOBJ**  
**OLYMPIC**  
**BAR JACK**

- Sold individually
- 20"L x 5"W x 13"H
- 9 lbs.



**BSTOLP**  
**PLATE LOAD PIN**

- 12"L x 4"W x 4"H
- 2 lbs.



**BSTOBS**  
**OLYMPIC**  
**BAR STANDS**

- Sold individually
- 2"L x 17"W x 12"H
- 7 lbs.



**BSTCH44**  
**LIFTING CHAINS**

- Sold in pairs
- Zinc-coated
- 5' Length
- 22 lbs. each



**BSTOPW**  
**PLATE WEDGE**

- Sold individually
- 9"L x 2"W x 1"H
- .5 lbs.



**MA105**  
**BAR PAD**

- 16"L x 4"W x 4"H
- 1 lb.



**MR136**  
**MANTA RAY**

- 12"L x 3"W x 8"H
- 1 lb.



**BSTBPAD**  
**PREMIUM**  
**BAR PAD**

- 18"L x 4"W x 4"H
- 1 lb.

**RB72****6' STANDARD BAR (CHROME)**

- Bar Dia: 25.4 mm
- (ID) Collars: 41"
- Collar Length: 15"
- 72"L, 18 lbs.

**RB84****7' STANDARD BAR (CHROME)**

- Bar Dia: 25.4 mm
- (ID) Collars: 51.0"
- Collar Length: 16"
- 84"L, 20 lbs.

**RB47****STANDARD CURL BAR (CHROME)**

- Bar Dia: 25.4 mm
- (ID) Collars: 30.5"
- Collar Length: 7.875"
- 47"L, 11 lbs.

**RB48****STANDARD COMBO BAR (CHROME)**

- Bar Dia: 25.4 mm
- (ID) Collars: 30.5"
- Collar Length: 7.875"
- 48"L, 16 lbs.

**SDA14****STANDARD DUMBBELL HANDLES**

- Sold individually
- Bar Dia: 25.4 mm
- (ID) Collars: 4.5"
- Collar Length: 4.5"
- 14"L, 3.5 lbs. (ea.)

**SDA14T****STANDARD THREADED  
DUMBBELL HANDLES**

- Sold individually
- Bar Dia: 25.4 mm
- (ID) Collars: 5"
- Collar Length: 4"
- 14"L, 5 lbs. (ea.)



### **RC0616** **STANDARD SPRING COLLARS**

- Sold in pairs
- Classic design for quick-changes

### **RC03** **STANDARD 1/2 LB COLLARS**

- Sold individually
- 1/2 lb. cast iron

### **RC02** **STANDARD 1 LB. COLLARS**

- Sold individually
- 1lb. cast iron

### **BSTLJ1** **1" STANDARD COLLARS**

- Sold in pairs
- Quick and easy to use
- Elastomer pads protect bar finish

### **OAS + OAS14** **8" or 14" OLYMPIC ADAPTER SLEEVES**

- Sold individually
- Converts 1" dia. posts to 2" Olympic posts
- Heavy-Duty nylon
- Lock-down allen hex bolt
- Available in either 8" or 14" length