



Body-Solid

Light Commercial

Body-Solid
Built for Life

PROSelect

Body-Solid's PROSelect line consists of seven multi-function selectorized stations, perfect for light commercial, training studio and home workout applications. PROSelect selectorized machines offer great function with a high degree of safety.

- Seven multi-function selectorized stations
- Light commercial rated
- Space-efficient designs
- Cost-effective equipment solution
- DuraFirm pads
- Available in 210 and 310 lb. weight stacks

Body-Solid **GMFP-STK MULTI FUNCTIONAL PRESS** 

- Perform numerous upper body and chest exercises easily and effectively
- Rotating pulleys provide smooth resistance through multiple planes of movement
- User-defined movements recruit stabilizer muscles for all pressing exercises
- Pulleys rotate 180°s allowing increased exercise variation
- Adjustable seat pad ensures proper fit for users of all sizes
- 76"L x 50"W x 71"H
- Product Weight: 330 lbs.
- Body-Solid Commercial Rated Warranty



FULL RANGE OF MOTION





Body-Solid **FCD-STK** WEIGHT ASSISTED CHIN-DIP MACHINE 

- Perform chin-ups, pull-ups and dips more easily by using weight as assistance
- Lat pull-up (wide grip) & chin-up (close grip) station features easy step-up entry
- Knee-pad platform allows user to control desired weight-assist balance
- Easy access dip station features oversized diameter grips for ultimate comfort
- Ultra-thick DuraFirm back, arm and knee pads
- 63”L x 58”W x 83”H
- Product Weight: 468 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid **GCBT-STK** BICEPS & TRICEPS MACHINE 

- Perform biceps curl and triceps extension movements from a comfortable seated position
- Multi-grip handle allows overhand and underhand grip positions
- Seven position seat adjustment
- 28 position adjustable cam
- Arm pad positioned at 30° angle
- Ultra-thick DuraFirm upholstery provides maximum comfort
- 52”L x 36”W x 71”H
- Product Weight: 395 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid **GCAB-STK** AB & BACK MACHINE 

- Isolate ab & back muscles
- Perform crunches and back extensions more easily and effectively
- Positioned at a 30° angle for precise biomechanical movement
- 20-position adjustable cam
- Seven position foot brace for users of all sizes
- 55”L x 50”W x 71”H
- Product Weight: 399 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid **GCEC-STK** LEG EXT. & LEG CURL MACHINE 

- Comfortably and effectively perform leg curl and leg extension movements
- Seven position adjustments on back pad and leg hold to fit all users
- DuraFirm pads and oversized roller guarantee a comfortable workout
- Biomechanically correct seat angle provides proper support and muscle group isolation
- Distance from top of seat pad to bottom of foam roller: 16”
- 54”L x 54”W x 71”H
- Product Weight: 412 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid
Built for Life

GIOT-STK INNER & OUTER THIGH MACHINE 

- Combines both abductor and adductor exercises in one seated position
- Five range of motion adjustments to accommodate all users
- Swiveling knee pads provide comfort and convenience
- Side stability handles for better positioning
- 63”L x 65”W x 71”H
- Product Weight: 411 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid **GLP-STK LEG & CALF PRESS MACHINE** 

- Focus on the quadriceps quads, hamstrings, glutes and calves
- Side stability handles
- Oversized rubberized footplate
- Double beam design eliminates ankle stress and provides consistent resistance
- 2:1 weight ratio
- 65”L x 64”W x 71”H
- Product Weight: 441 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid **GPR378 POWER RACK** 

- 20 adjustment levels every 3” on center
- Includes two safety catches and two bar lift-offs
- 41” wide knurled chin-up bar
- 50”L x 46”W x 80”H
- Product Weight: 229 lbs.
- Weight Capacity: 800 lbs.
- Wide walk-in design
- Body-Solid Commercial Rated Warranty

OPTIONS:

- GLA378 LAT ATTACHMENT (pictured)
- SP200 200 LB. WEIGHT STACK (pictured)
- DR378 DIP STATION
- LO378 BAR LIFT OFFS
- HP200 PREMIUM STEEL WEIGHT STACK (Red)



SCB26 CALF SQUAT BLOCK

- 18” long x 6-1/2” high calf block
- 26” long squat platform
- 1000 lb. capacity



Body-Solid **GS348Q** SERIES 7 SMITH MACHINE 
Built for Life

- Precise 7° angle Smith Machine combined with 7° angle freeweight barbell for natural upper and lower body movements
- 20 cross-member lock-out points for safe, solid stops
- Freeweight gun rack with 14 lift-off and rack positions
- Large diameter, 25 lb. Smith Bar responds quickly and is easy to control
- Strong, adjustable safeties
- Six Olympic weight plate storage posts
- Olympic bar holder mounted to frame for easy storage without obstruction
- 11-gauge 2" x 3" steel weight stack construction

GS348Q SERIES 7 SMITH MACHINE
56"L x 69"W x 83"H / with bench: 92"L
Product Weight: 276 lbs.

GS348QP4 SERIES 7 SMITH MACHINE PACKAGE
98"L x 69"W x 83"H / with bench: 110"L
Product Weight: 724 lbs.

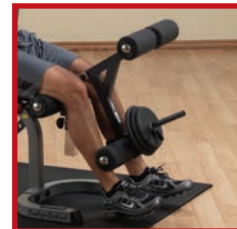
PACKAGE GS348QP4 INCLUDES:
GS348Q SERIES 7 LINEAR BEARING SMITH MACHINE
GLA348QS 210 lb. SELECTORIZED LAT ATTACHMENT
GPA3 PEC ATTACHMENT
GFID71 COMMERCIAL FLAT/INCLINE/DECLINE BENCH
GLDA3 6-ROLLER LEG DEVELOPER ATTACHMENT
GPCA1 PREACHER CURL ATTACHMENT



GS348QP4



GS348Q



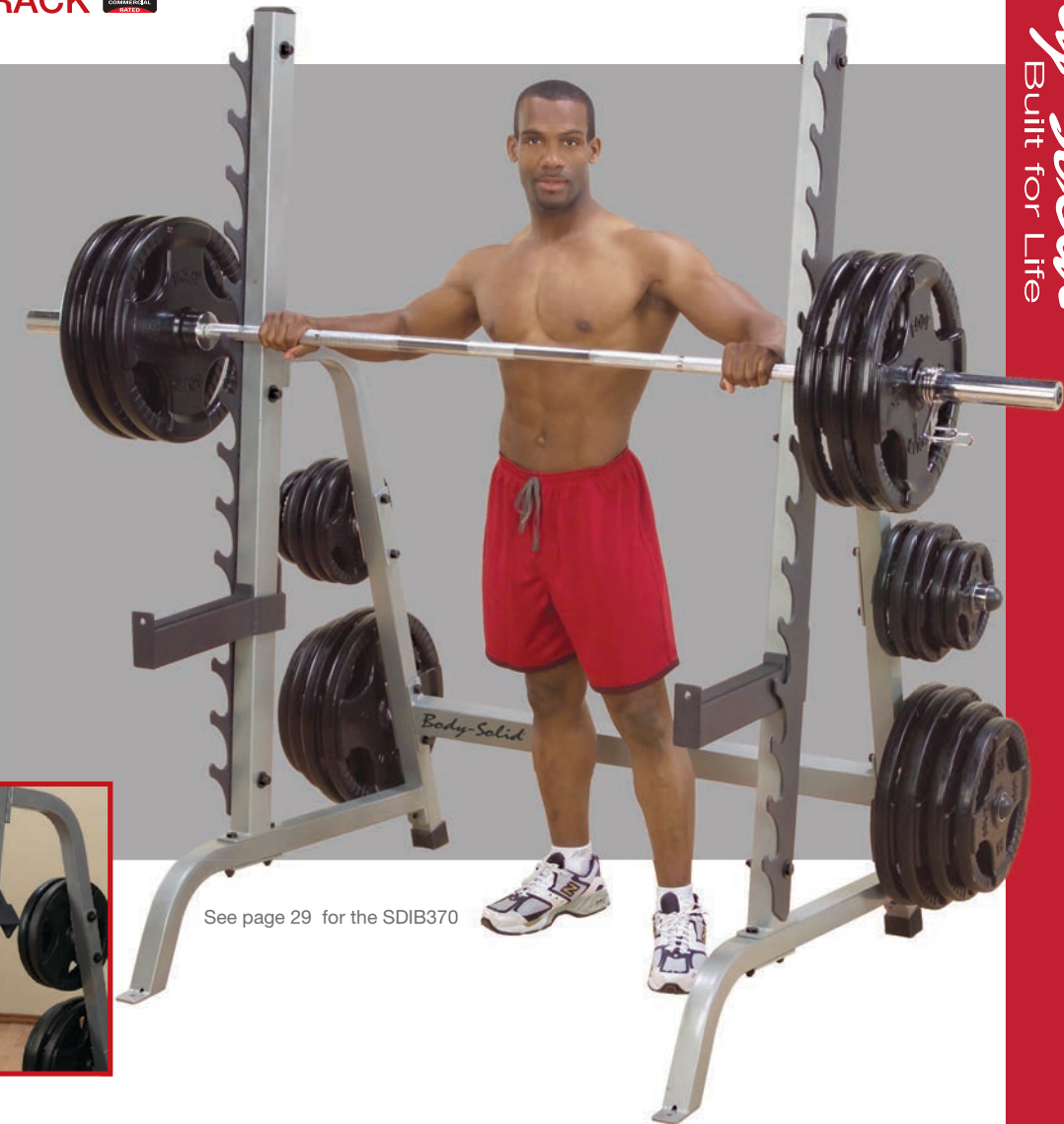
GLDA3



GPCA1

Body-Solid **GPR370** MULTI-PRESS RACK 
Built for Life

- 14 position 1/4" solid steel gunracks
- Oversized 17" safeties
- 7° reverse pitch for biomechanically correct lifting paths
- Integrated Olympic plate storage
- Weight Capacity: 1000 lbs.
- 45"L x 64"W x 74"H
- Product Weight: 140 lbs.
- Body-Solid Commercial Rated Warranty



See page 29 for the SDIB370



See pg. 88-89 for our full line of Olympic weights.

Weights, bars, and collars are sold separately.

Weights, bars, and collars are sold separately.



Body-Solid **GFID71 HEAVY DUTY F/I/D BENCH** 
Built for Life
FLAT/INCLINE/DECLINE

- Independent back (ladder style) and seat pad (pull pin) adjustments
- Back pad declines with seat incline for bent knee ab crunch position
- Included leg hold down
- Transport wheels for easy movement
- 11 gauge, 2"x3" steel construction
- Optional attachments, Leg Developer GLDA3, Preacher Curl GPCA1, Lat Row GLRA81
- Back pad adjusts to -15°, 0°, 25°, 45°, 60° and 80°
- Seat pad adjusts to -10°, 0°, 10°, 20°, 30°, 45° and 60°
- Height to pad-flat position 20"
- Weight Capacity: 800 lbs.
- 70"L x 28"W x 19"H
- Product Weight: 100 lbs.
- Body-Solid Commercial Rated Warranty

Body-Solid **GFID100 FLAT/INCLINE/DECLINE BENCH** 
Built for Life

- Independent back (ladder style) and seat pad (pull pin) adjustments
- Included foot hold for stability in decline position
- Transport wheels for easy movement
- High gloss red paint finish
- Weight Capacity: 600 lbs
- 14-gauge 3" round mainframe
- Optional attachments:
 Leg Developer GLDA3, Preacher Curl GPCA1
- Back pad adjusts to -18°, 0°, 15°, 30°, 45°, 65° and 80°
- Seat pad adjusts to 0°, 8°, 12°, 16°
- Height to pad-flat: 19"
- Product Weight: 53 lbs.
- 66"L x 28"W x 19"H
 (49"H with inclined back pad)
- Body-Solid Commercial Rated Warranty



Body-Solid **FID46 FLAT/INCLINE/DECLINE BENCH** 
Built for Life

- Synchronized seat and back pad adjustments with glide and lock pull pin
- Includes leg developer for prone leg curls and seated leg extensions
- Transport wheels for easy movement
- Back pad adjusts to -20°, 0°, 10°, 20°, 30°, 40°, 50°, 60° and 70°
- Seat pad adjusts to 0°, 4°, 6°, 8°, 10°, 12°, 15° and 17°
- Height to pad-flat position: 23"
- Weight Capacity: 600 lbs.
- 72"L x 28" W x 31"H
- 13-gauge 3" round mainframe
- Product Weight: 93 lbs.



Weights, bars, and collars are sold separately.

OPTIONS:



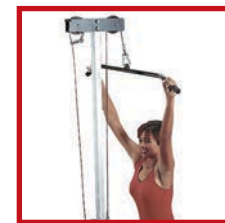
GPCA1



GLDA3



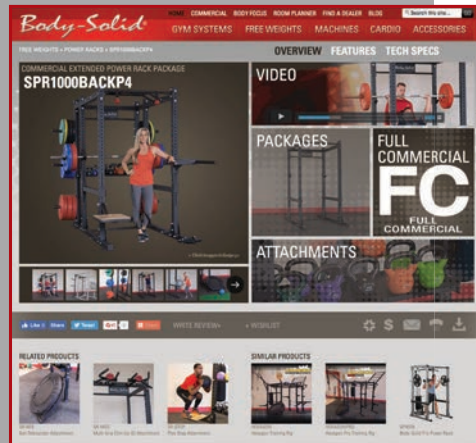
GPCA



GLRA81



Built for our Corner Leverage Gym.
 See pg 64 for details.



Visit bodysolid.com for product videos, overviews, features and technical specifications.



Body-Solid **GFI21** FLAT/INCLINE BENCH

Built for Life

- Independent back (glide and lock pull pin) and seat pad (pull pin) adjustments
- Transport wheels for easy movement
- 11-gauge, 2"x3" steel construction
- Back pad adjusts to: 83°, 75°, 70°, 61°, 55°, 47°, 38°, 26° and 0°
- Seat pad adjusts to: 30°, 25°, 15° and 0°
- Height to pad—flat position 17"
- Weight Capacity: 600 lbs.
- 52"L x 21"W x 17"H (46"H with inclined back pad)
- Product Weight: 57 lbs.
- Body-Solid Commercial Rated Warranty



Bench folds flat (9.5" high) for storage

Body-Solid **GFID225** FOLDING MULTI-BENCH

Built for Life

- Ladder style back pad adjustment
- Back pad adjusts to -20°, 0°, 15°, 30°, 45°, 60°, and 75°
- Bench comes fully assembled in box
- Transport wheels for easy movement
- Height to pad—flat position 21"
- Weight Capacity: 600 lbs.
- 11-gauge, 2" x 3" oval steel construction
- 57"L x 18"W x 10"H - Folded
- 60"L x 18"W x 19"H - In-Use
- Product Weight: 53 lbs.
- Body-Solid Commercial Rated Warranty



See pages 84-85 for our full line of dumbbells.

Body-Solid **GFB350** HEAVY DUTY FLAT BENCH

Built for Life

- Combination 11 and 12-gauge steel construction
- 9.5" wide back pad
- Transport wheels for easy movement
- Height to pad - flat position: 19"
- Weight Capacity: 800 lbs.
- 49"L x 23"W x 19"H
- Product Weight: 42 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid **GST20** UTILITY STOOL

Built for Life

- Combination 11 and 12-gauge steel construction
- Back pad support for seated exercises
- Wide rear legs prevent rocking
- Height to seat pad: 18"
- Weight Capacity: 800 lbs.
- 28"L x 28"W x 46"H
- Product Weight: 30 lbs.
- Body-Solid Commercial Rated Warranty

Weights, bars, and collars are sold separately.



See pg. 88-89 for our full line of Olympic weights.



Body-Solid Built for Life **GPM65 PLATE LOADED PEC MACHINE** 

- Develop your pectoral and chest muscles
- Articulating handles for unilateral and bilateral chest development
- Adjustable cam for variable starting positions
- 2" x 2" high tensile strength steel frame
- DuraFirm seat and back pads
- 69"L x 39"W x 66"H
- Product Weight: 91 lbs.
- Body-Solid Commercial Rated Warranty

Weights, bars, collars, and adapter sleeves are sold separately.

Body-Solid Built for Life **GSRM40 SEATED ROW MACHINE** 

- Perform isolated seated row movement to build a stronger, more developed back
- Multi-position adjustable handles
- Bronze bushing pivot points
- DuraFirm chest and seat pads
- 56"L x 43"W x 39"H
- Product Weight: 81 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid Built for Life **GCBT380 CAM SERIES BICEPS & TRICEPS MACHINE** 

- Perform bicep curl and tricep extension movements from a comfortable seated position
- V-Bar handle to better isolate targeted muscles
- Adjustable seat for proper positioning
- Positioned at 30° angle for precise biomechanical movement
- 41"L x 45"W x 40"H
- Product Weight: 79 lbs.
- Body-Solid Commercial Rated Warranty

Body-Solid Built for Life **GPCB329 PREACHER CURL BENCH** 

- Isolate biceps with classic preacher curl movement
- Fully adjustable to accommodate users of all sizes
- Extra-wide base and bar cradle
- DuraFirm arm and seat pads
- 11-gauge, 2" x 3" steel construction
- 34"L x 35"W x 38"H
- Product Weight: 74 lbs.
- Body-Solid Commercial Rated Warranty



Weights, bars, collars, and adapter sleeves are sold separately.



Body-Solid **GDIP59** DIP STATION 



- Develop stronger shoulders, delts and triceps on a freestanding dip station
- Oversized 1-3/4" diameter dipping bars
- Slip-proof rubber grips
- 2" x 3" mainframe construction
- Dip handles taper from 21" to 19" width
- 40"L x 27"W x 53"H
- Product Weight: 44 lbs.
- Body-Solid Commercial Rated Warranty

See our selection of dipping straps and belts on page 80



Body-Solid **GVKR60** VERTICAL KNEE RAISE & DIP 

- Perfect for dips, knee raises and leg lifts
- Safe, no-slip step-up entry
- Comfortable oversized hand-grips
- DuraFirm back and arm pads
- Distance between dip handles: 20.5"
- 37"L x 27"W x 60"H
- Product Weight: 61 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid **GVKR82** VERTICAL KNEE RAISE/DIP/
PUSH-UP/CHIN-UP MACHINE 

- Perform dips, leg lifts, knee raises, chin-ups and pull-ups with confidence
- Easy access dip station
- Lat pull-up/chin-up station features easy step-up entry
- 10° reverse pitch increases abdominal range of motion
- Cushioned push-up station mounted a full 12" off the floor for increased pec development
- 58"L x 50"W x 82"H
- Product Weight: 112 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid **FCD** VERTICAL KNEE RAISE/
DIP/CHIN-UP MACHINE 

- Perform dips, leg lifts, knee raises, chin-ups and pull-ups with confidence
- Lat pull-up (wide grip)/chin-up (close grip) station features easy step-up entry
- Easy access dip station features oversized grips for ultimate comfort
- DuraFirm back and arm pads
- 11-gauge steel construction
- 63"L x 42"W x 83"H
- Product Weight: 136 lbs.
- Body-Solid Commercial Rated Warranty





Body-Solid **GRCH322 ROMAN CHAIR** 
Built for Life

- Works glutes, hamstrings, calves, abs, obliques and back
- Extra-wide base eliminate rocking
- No-slip step-up surface for safe positioning
- Oversized foam rollers adjustable vertically and horizontally
- 11-gauge, 2" x 3" steel construction
- DuraFirm support pads for increased comfort
- 51"L x 27"W x 43"H
- Product Weight: 70 lbs.
- Body-Solid Commercial Rated Warranty

Body-Solid **GHYP345 45° BACK HYPEREXTENSION** 
Built for Life

- Perfect for back hyperextension movement
- Increase flexibility and relieve lower back pain
- DuraFirm support pads are adjustable to fit any size user
- Oversized foot plate provides easy access
- 11-gauge, 2" x 3" steel construction
- 53"L x 29"W x 36"H
- Product Weight: 68 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid **GAB60 PRO-STYLE AB BOARD** 
Built for Life

- Effective in isolating the entire abdominal region
- Perform crunches, sit-ups, oblique twists, and more
- Quad roller design locks you in a biomechanically correct crunch position
- 12 adjustment levels from 0° to 45°
- Transport wheels for easy mobility and storage
- Oversized foam rollers for comfort and stability
- 66"L x 24"W x 52"H
- Product Weight: 39 lbs.
- Body-Solid Commercial Rated Warranty

Body-Solid **GCAB360 CAM SERIES AB & BACK MACHINE** 
Built for Life

- Isolated ab and back movements in a comfortable seated position
- Easy-to-use pop-pin adjustments to increase and control range of motion
- Seat pad positioned at 30° angle for precise biomechanical movement
- Adjustable lifting arm
- 11-gauge, 2" x 3" steel construction
- DuraFirm upholstery provides maximum comfort
- 59"L x 45"W x 43"H
- Product Weight: 75 lbs.
- Body-Solid Commercial Rated Warranty



Weights, bars, collars, and adapter sleeves are sold separately.

Body-Solid Built for Life **GAB350 SEMI-RECUMBENT DUAL AB BENCH** 

- Isolate the entire abdominal region
- Work upper and lower abs in one synchronized movement
- Weight posts for increased resistance or assistance
- Adjustable seat pad, roller bar and foothold for all users
- Unique design provides easy entry and exit
- 69"L x 28"W x 43"H
- Product Weight: 88 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid Built for Life **GAB100 HORIZONTAL AB CRUNCH MACHINE** 

- Isolates movement to cover entire abdominal region
- Work upper and lower abs in one synchronized movement
- Weight posts for increased resistance or assistance
- Familiar prone starting position
- 61"L x 33"W x 36"H
- Product Weight: 72 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid Built for Life **GAB300 SEMI-RECUMBENT AB BENCH** 

- Intense isolation of the abdominal region
- Upper abdominal resistance with lock-out feature
- Lower abdominal counterbalance and resistance with lock-out feature
- Five-position adjustable seat and upper ab arm
- Four position lower ab leg support
- Ergonomically correct handles
- Articulating foot support self aligns for movement
- 69"L x 34"W x 52"H
- Product Weight: 100 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid Built for Life **GBR10 BALL REBOUNDER** 

- Add variety to strength and cardio workouts
- Perfect for functional/cross training, circuits, sports performance or rehabilitation
- Adjustable 30 to 60° angle
- Perform medicine ball workouts without a partner
- Four stabilization posts
- In-unit medicine ball storage
- Dimensions: 55"L x 48"W x 34"H
- Product Weight: 44 lbs.
- Body-Solid Light Commercial Rating



Body-Solid Built for Life **GWS100 WEIGHT SLED** 

- Multiple handles make pushing and pulling easy and effective
- Removable posts allow workout customization
- Center weight horn for storage and additional resistance
- Attachment anchors for ropes, lifting bands and more
- 50"L x 31"W x 40"H
- Product Weight: 68 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid Built for Life **GLPH1100 LEG PRESS & HACK SQUAT** 

- Perfect tool for building stronger, muscular legs and lower body
- Quad track roller system operates smoothly and distributes weight evenly
- Flip-and-lock back pad mechanism
- Easy-access under-carriage plate load system
- Three lockout positions for user safety and convenience
- Diamond plate foot platform for both leg press and hack squat positions
- Weight Capacity: 1,000 lbs.
- 83"L x 34"W x 56"H
- Product Weight: 317 lbs.
- Body-Solid Commercial Rated Warranty



Weights, bars, collars, medicine balls and adapter sleeves are sold separately.

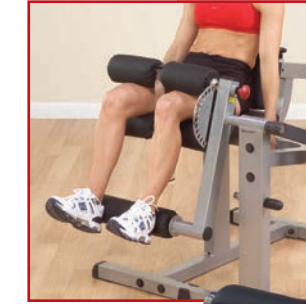



Body-Solid **GSCR349 SEATED CALF RAISE** 

- Isolate calves for intense calf raise workout
- Operates on a 3:1 weight ratio for extra development
- Pillow block bearings at main pivot points for ultra smooth movement
- Thick, comfortable DuraFirm knee pads and seat pad
- Angled foot platform with no-slip surface
- Adjustable thigh pads fit users of all sizes
- 11-gauge, 2" x 3" steel construction
- 47"L x 23"W x 39"H
- Product Weight: 93 lbs.
- Body-Solid Commercial Rated Warranty

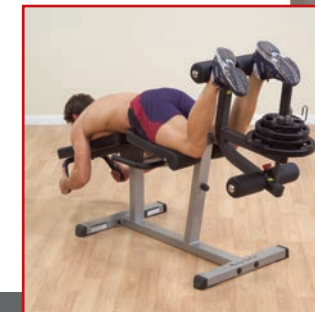
Body-Solid **GCEC340 CAM SERIES LEG EXTENSION & CURL** 

- Two leg exercises (leg extension & leg curl) performed from one comfortable seated position
- Adjustable lifting arm can be positioned for both hamstring and quad isolation
- Easy-to-use pop-pin for quick adjustments and range of motion control
- DuraFirm pads
- Distance from top of seat pad to bottom of foam roller: 16"
- 56"L x 44"W x 37"H
- Product Weight: 72 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid **GSCL360 LEVERAGE SQUAT CALF MACHINE** 

- Perform squats and calf raises
- 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
- Extra-thick DuraFirm shoulder and back pads contoured to conform to shoulders
- Spring-loaded lockout handle in easy reach for user safety
- 62"L x 47"W x 56"H
- Product Weight: 170 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid **GLCE365 SEATED LEG EXTENSION & SUPINE CURL** 

- Perform leg extensions and lying supine leg curls
- Synchronized pads provide back support for leg extension exercise
- V-shaped supine leg curl position eliminates back fatigue and isolates hamstring muscles
- Hold down grips on back and thigh pads offer support and stability
- Oversized 8" foam rollers adjust vertically and horizontally for proper fit
- 55"L x 27"W x 48"H
- Product Weight: 92 lbs.
- Body-Solid Commercial Rated Warranty

Weights, bars, collars, and adapter sleeves are sold separately.

Body-Solid
Built for Life

GLGS100P4 CORNER LEVERAGE GYM PACKAGE



- Perform hundreds of movements covering the entire body with this complete total body gym
- Complete, compact and safe
- Fully-adjustable, self-spotting press arm
- High and low pulley stations
- Integrated leg hold down and plate storage
- Includes lat bar and revolving low row bar
- Package includes GLGS100 Corner Leverage Gym and GFID100 Flat/Incline/Decline Bench
- 95”L x 67”W x 82”H - Gym
- Product Weight: 244 lbs.
- Body-Solid Commercial Rated Warranty



Base unit GLGS100



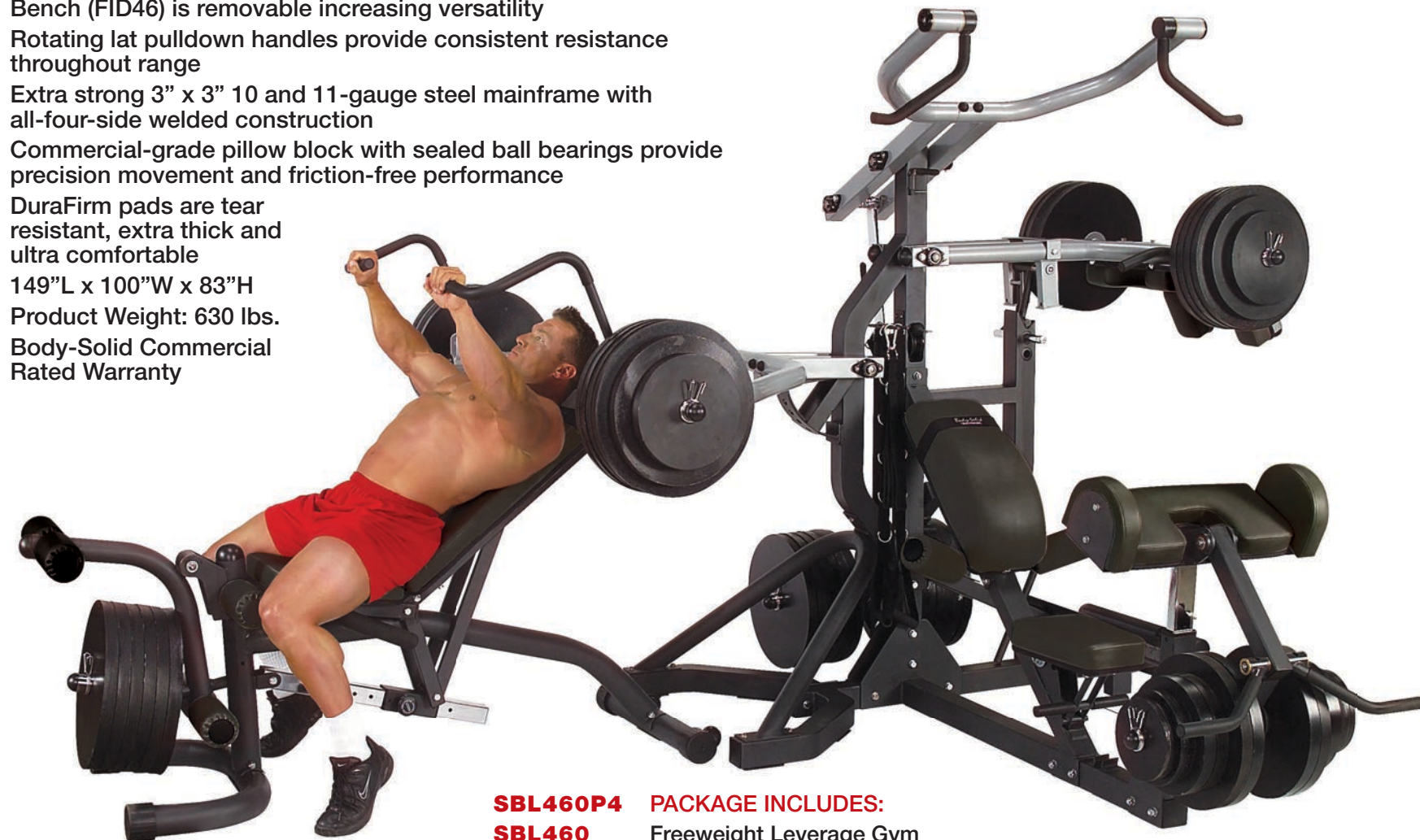
Weights, bars, collars, and adapter sleeves are sold separately.

Body-Solid
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SBL460P4 FREWEIGHT LEVERAGE GYM PACKAGE



- Perform bench/incline/decline and shoulder presses, pec flies, lat pull-downs, preacher curls, squats, calf raises and more
- Three people can work out together safely
- Press arm handles rotate providing a barbell feel with total safety
- Bench (FID46) is removable increasing versatility
- Rotating lat pulldown handles provide consistent resistance throughout range
- Extra strong 3” x 3” 10 and 11-gauge steel mainframe with all-four-side welded construction
- Commercial-grade pillow block with sealed ball bearings provide precision movement and friction-free performance
- DuraFirm pads are tear resistant, extra thick and ultra comfortable
- 149”L x 100”W x 83”H
- Product Weight: 630 lbs.
- Body-Solid Commercial Rated Warranty



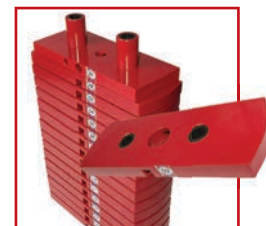
SBL460P4 PACKAGE INCLUDES:
SBL460 Freeweight Leverage Gym
LSA50 Leverage Squat attachment
FID46 FID Bench



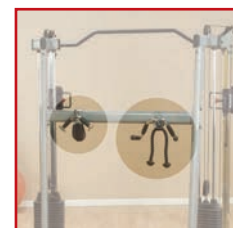
**OPTIONAL UPGRADES
& ATTACHMENTS**



SP50
50 LB. STACK



HP10 PREMIUM
WEIGHTS



GDCCRACK
ACCESSORY RACK



GDCCBAR
DUAL-PRESS BAR

Body-Solid **GDCC200 FUNCTIONAL
TRAINING CENTER**

- Functional trainers are among the most versatile strength training machines available
- 20 Height Adjustments
- 1/2 : 1 Weight ratio
- Two – 160lb weight stacks standard, Two – 210lb weight stacks available with 50lb upgrade
- Pulleys swivel 180 degrees
- Over 6' of cable travel per side
- Integrated chinning bar
- Includes two nylon cable handles and exercise chart
- 43"L x 73"W x 84"H
- Product Weight: 514 lbs.
- Body-Solid Commercial Rated Warranty

Body-Solid
Built for Life

GDCC210

COMPACT FUNCTIONAL TRAINING CENTER

- Functional trainers are among the most versatile strength training machines available
- Compact functional trainer
- 20 Height Adjustments
- 1/2 : 1 Weight ratio
- Two – 160lb weight stacks standard, Two – 210lb weight stacks available with 50lb upgrade
- Pulleys swivel 180 degrees
- Over 6' of cable travel per side
- Integrated chinning bar
- Includes two nylon cable handles and exercise chart
- 43"L x 58"W x 84"H
- Product Weight: 493 lbs.
- Body-Solid Commercial Rated Warranty



Body-Solid
Built for Life

GDCC250

DELUXE CABLE CROSSOVER

- Cable Crossover Functional trainers are among the most versatile strength training machines available
- 20 Height Adjustments
- 1/2 : 1 Weight ratio
- Two – 160 lb. weight stacks standard, Two – 210 lb. weight stacks available with 50 lb. upgrade
- Pulleys swivel 180 degrees
- Over 6' of cable travel per side
- Integrated chinning bar
- Two nylon cable handles and exercise chart
- 164"L x 29"W x 84"H
- Product Weight: 560 lbs.
- Body-Solid Commercial Rated Warranty



See pages 80-81
for cable attachments

Body-Solid **G9S TWO STACK GYM** 
Built for Life

- Two stack gym allows two users to workout at the same time
- Features seven stations: multi-press, leg press/calf press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Two full length steel shrouds
- Leg Press/Calf Press station has 2:1 weight ratio for extra resistance
- Traditional press arm allows for chest supported row exercise
- Gas assisted seat adjustments
- Pivoting ankle cuffs self align to natural motion for leg extension and leg curl exercises
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, workout chart and dvd
- Two 210 lb. selectorized weight stacks. Upgradeable to two 260 lb. weights.
- 90”L x 73”W x 84”H
- Product Weight: 964 lbs.
- Body-Solid Commercial Rated Warranty



OPTIONS & ATTACHMENTS:

- GKR9 (vertical knee raise)
- GIOT9 (seated inner/outer thigh)
- GAP9 (aluminum pulleys)
- SP50 (50 lb weight stack upgrade)
- HP10 (premium weights)

Body-Solid **G6B25YR 25TH ANNIVERSARY EDITION G6B GYM** 
Built for Life

- Compact footprint providing total body workout
- Features six stations: multi-press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Full length steel shroud
- Bi-Angular press arm generates 25% more muscle interaction than a traditional press arm
- Gas-assisted seat adjustments
- Pivoting ankle cuffs self align to natural motion for leg extension and leg curl exercises
- 210lb standard weight stack upgradeable to 260lb stack
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- Upgraded aluminum pulleys, included
- Automotive quality, clear-coated, red and black paint
- Limited edition with custom shroud and badges
- 84”L x 58”W x 84”H
- Product Weight: 547 lbs.
- Body-Solid Commercial Rated Warranty



See page 74 for options



Body-Solid **G6B BI-ANGULAR GYM** 
Built for Life

- Compact footprint providing total body workout
- Features six stations: multi-press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Full length steel shroud
- Bi-Angular press arm generates 25% more muscle interaction than a traditional press arm
- Gas assisted seat adjustments
- Pivoting ankle cuffs self align to natural motion for leg extension and leg curl exercises
- 210 lb. standard weight stack upgradeable to 260 lb. stack
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- 84”L x 58”W x 84”H
- Product Weight: 547 lbs.
- Body-Solid Commercial Rated Warranty

Shown with optional GIOT SEATED INNER/OUTER THIGH, see page 74 for options



See page 74 for options

Body-Solid **G5S** SINGLE STACK GYM 
Built for Life

- Compact footprint providing total body workout
- Features six stations: multi-press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Full length steel shroud
- Traditional press arm allows for chest supported row exercise
- Gas assisted seat adjustments
- Pivoting ankle cuffs self align to natural motion for leg extension and leg curl exercises
- 210 lb. standard weight stack, upgradeable to 260 lb. stack
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- 81"L x 55"W x 84"H
- Product Weight: 511 lbs.
- Body-Solid Commercial Rated Warranty

Body-Solid **G10B** BI-ANGULAR GYM 
Built for Life

- Two stack gym allows two users to workout at same time
- Features six stations: multi-press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Two full length steel shrouds
- Bi-Angular press arm generates 25% more muscle interaction than a traditional press arm
- Unique leg extension and seated leg curl station allows both legs to curl at the same time
- Gas assisted seat adjustments
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- Two 210 lb. weight stacks, upgradable to 260 lbs. each
- 72"L x 98W x 84"H
- Product Weight: 929 lbs.
- Body-Solid Commercial Rated Warranty



See page 74 for options

Body-Solid **F500** FUSION 500 PERSONAL TRAINER 
Built for Life

- The perfect fusion of isolated machine movement and free weight lifting
- Four position press arm with ergonomically designed multi-position handles
- Functional pulleys allow users to perform a variety of exercise that recruit stabilizer muscles
- Functional training arms feature range extending from upper ab exercises to side-accessed workouts
- Pivoting rollers allow for leg extension movement
- Gas-assisted telescoping seat
- Two pre-cabled accessory attachment points
- 210 lb. or 310 lb. weight stacks available
- Includes lat bar, low row bar, ankle cuff, two adjustable nylon cable handles, and workout chart
- 76"L x 48"W x 83"H
- Product Weight: 526 lbs.
- Body-Solid Commercial Rated Warranty



See page 74 for options



Body-Solid **F600** FUSION 600 PERSONAL TRAINER 
Built for Life

- Combines traditional and functional training routines
- Bi-Angular press arm generates 25% more muscle interaction
- Functional pulleys allow users to perform a variety of exercise that recruit stabilizer muscles
- Functional training arms feature range extending from upper ab exercises to side-accessed workouts
- Pivoting rollers allow for leg extension movement
- Gas-assisted telescoping seat
- Two pre-cabled accessory attachment points
- 210 lb. or 310 lb. weight stacks available
- Includes lat bar, low row bar, ankle cuff, two adjustable nylon cable handles, and workout chart
- 74"L x 51"W x 83"H
- Product Weight: 573 lbs.
- Body-Solid Commercial Rated Warranty

See page 74 for options

Body-Solid EXM3000LPS MULTI-STATION SELECTORIZED GYM 
Built for Life

- Two stack gym allows two users to work out at the same time
- Features seven stations: multi-press, leg press/calf press, perfect pec, lat pulldown/high pulley, ab crunch/mid pulley, leg extension/leg curl, seated row/low pulley
- Two full length solid steel shrouds encompass each weight stack for enhanced appearance and safety
- Two – 210 lb. weight stacks
- Traditional press arm allows for chest supported row exercise
- Includes lat bar, low row bar, ankle cuff, ab/tricep strap, and workout chart
- Options & Attachments: VKR30 (Vertical knee raise and dip station), HP10 (premium weights)
- 90”L x 82”W x 83”H
- Product Weight: 947 lbs.
- Body-Solid Commercial Rated Warranty

Optional Vertical Knee Raise (VKR30)



See page 74 for gym options and attachments

Body-Solid EXM4000S 3 STACK MULTI-STATION GYM SYSTEM 
Built for Life

- Three stack gym allows three users to work out at the same time, optional leg press LP40S allows four users to work out at the same time
- Dedicated chest press, mid row, and shoulder press stations, two high pulley stations, Mid pulley and low pulley stations, perfect pec station, leg extension and curl station, optional leg press/calf press station (LP40S)
- Includes lat bar, low row bar, tricep and bicep bar, and workout chart
- Three – 210 lb. weight stacks, fourth 210 lb. optional with LP40S leg press attachment
- Options & Attachments: LP40S (leg press/calf press), HP10 (premium weights)
- 130”L x 168”W x 83”H (with LP40S attachment)
- 130”L x 93”W x 83”H (base unit)
- Product Weight: 1335 lbs.
- Body-Solid Commercial Rated Warranty

Optional LEG PRESS/CALF PRESS (LP40S)



See page 74 for gym options and attachments



G-SERIES OPTIONAL ATTACHMENTS

Personalize your workout with the following optional attachments for the G-Series gyms shown on pages 43-69.



50 lb. Selectorized Weight Stack (SP50)
G5S, G6B, G6B25YR, G9S, G10B



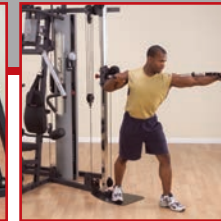
Seated Inner/Outer Thigh (GIOT)
G5S, G6B, G6B25YR, G9S, G10B



Vertical Knee Raise (GKR9)
G9S



Leg Press/Calf Press (GLP)
G5S, G6B, G6B25YR, G10B



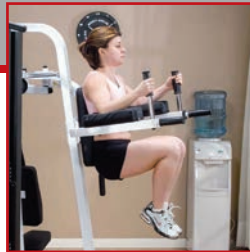
Cable Column (GCCA)
G5S, G6B, G6B25YR, G10B



Aluminum Pulley (GAP#)
G5S (GAP5), G6B (GAP6), G9S (GAP9), G10B (GAP10)

EXM SERIES OPTIONAL ATTACHMENTS

Personalize your workout with the following optional attachments for the EXM Series gyms shown on pages 72-73.

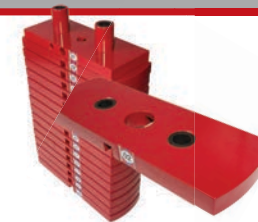


Knee Raise/Dip Station (VKR30)
EXM3000LPS



Leg Press/Calf Press (LP40S)
EXM4000S

FITS ALL BODY-SOLID



Premium Weight Stacks (HP10)



Weight Stack Adapters
2.5 lb./5 lb. (WSA2.5/WSA5)

FUSION OPTIONAL ATTACHMENTS

Personalize your gym with the following optional attachments for the Fusion 500 and/or Fusion 600 gyms shown on page 71 .



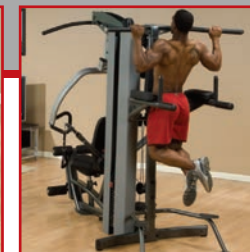
Weight Assisted Dip/Pull-Up (FCDWA)
Fusion 500, Fusion 600



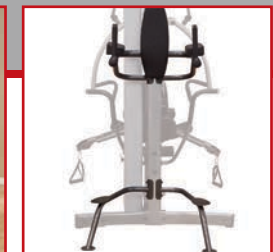
Leg Press (FLP)
Fusion 500, Fusion 600



Multi-Hip Station (FMH)
Fusion 500, Fusion 600



Pull-Up Bar (FPU)
Fusion 500, Fusion 600



Vertical Knee Raise (FKR)
Fusion 500, Fusion 600

Photos not available:
Pulley Area Shroud Metal (FSHDM)
Fusion 500, Fusion 600
Pulley Area Shroud Plastic (FSHDP)
Fusion 500, Fusion 600