

POWERLINE[®] USA

by *Body-Solid*





POWERLINE^{USA} **PSM1442XS SMITH GYM** 

- Heavy duty steel construction with heavy gauge reinforcement plates and hardware
- 14 Lockout Points spaced 4 1/2" apart for user safety
- Heavy Duty Adjustable Safeties
- Heavy Gauge Diamond Plate Foot Plate
- Patented Super-Glide Nylon Bushings for frictionless movement
- W 76" X L 45" X H 85"



PSM144X Smith Machine

PACKAGE INCLUDES:

- PSM144X..... Powerline Smith Machine
- PFID130X Powerline Flat/ Incline/ Decline Bench
- SP150..... 150Lb. Weight Stack
- PPA13X Pec Station
- PPCA11 Preacher Curl Station
- PLDA11 Leg Developer Station
- PLA144X Lat Row Station

POWERLINE^{USA} **PPR200X POWER RACK** 

- Wide 'walk in' design
- 18 adjustment levels
- Upright pillars are a full 24" apart for free motion
- 41" wide knurled chinning bar
- 1" diameter chin-up bar
- Heat tempered Lift-Offs and saber-style safety rods keep your workouts simple, safe and effective
- W 46" X L 44" X H 82"

Shown with optional PFID130X FLAT/INCLINE/DECLINE BENCH
PLA200X AND LAT ATTACHMENT

OPTIONS:

- PLA200X LAT ATTACHMENT
- BC2..... BAR CATCHES
- SCB26 CALF SQUAT BLOCK





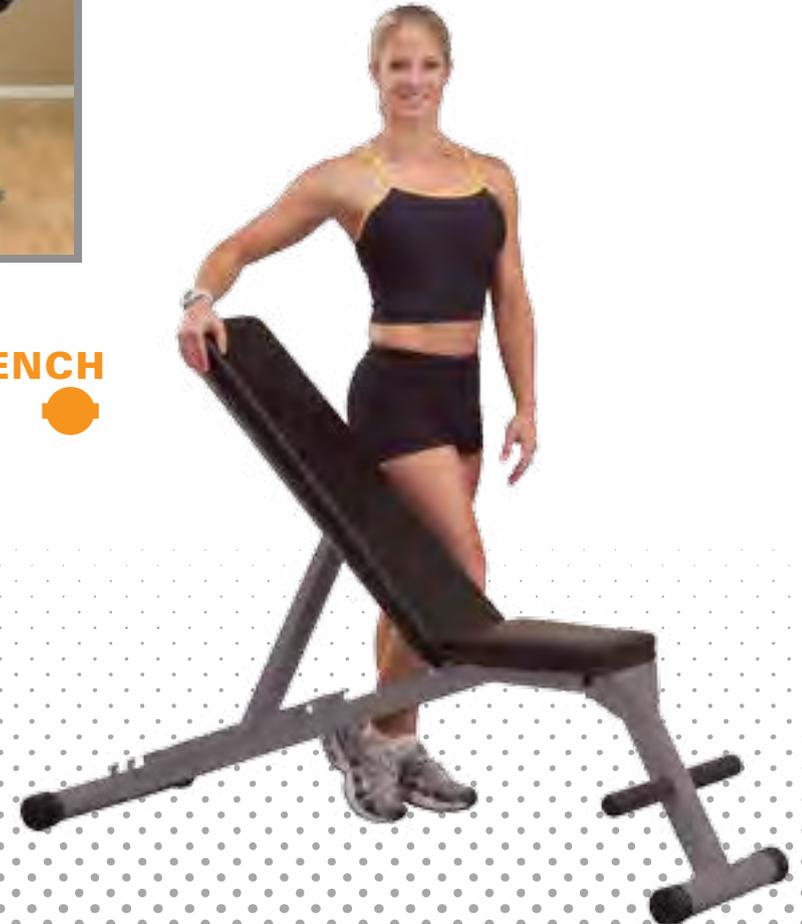
POWERLINE^{USA} PSS60X SQUAT RACK

- 2" x 2" mainframe design
- Adjusts from 30" to 60"
- W 46" X L 37" X H 30" to 60"



POWERLINE^{USA} PFID125X MULTI-BENCH

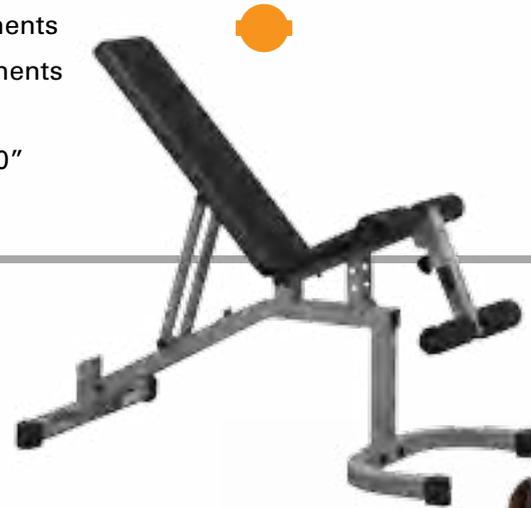
- No assembly required
- 7 positions adjustments
- Transport wheels for mobility
- In Use Dimensions: W 16" X L 57" X H 18"
- Folded Dimensions: W 16" X L 57" X H 9"



POWERLINE^{USA}

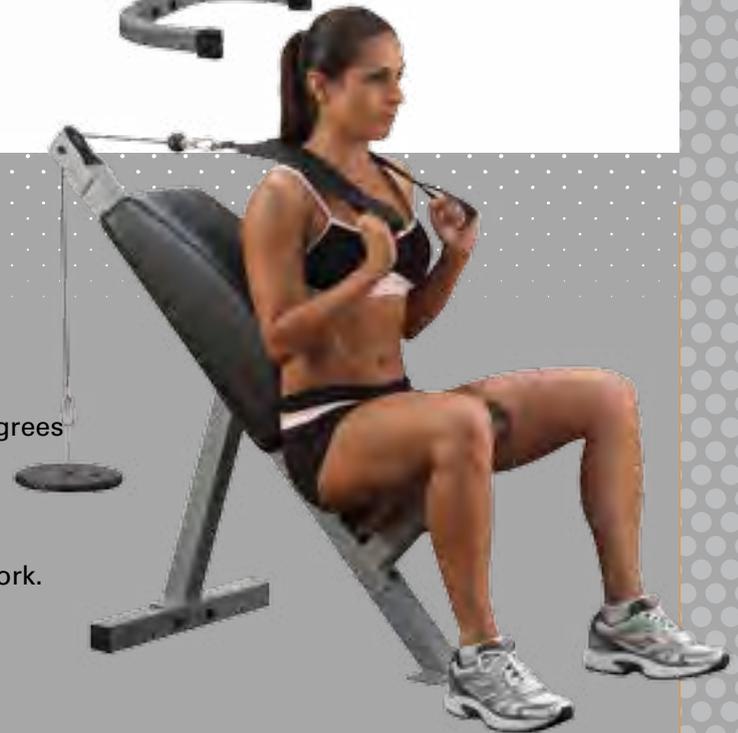
**PFID130X
FLAT/INCLINE/DECLINE BENCH**

- 3-position seat pad adjustments
- 4-position back pad adjustments
- Leg hold-down included
- W 25" X L 55" X H 20" to 60"



POWERLINE^{USA} **PAB21X AB BENCH**

- Features full range abdominal resistance.
- Full range motion starts at 30 degrees back of center to 30 degrees forward of center for a full range of exercise motion.
- Curved back pad puts you in a pre-stretch position that allows more intense abdominal contraction.
- You will get twice the results in half the time with a lot less work.
- Extra-wide, sealed ball bearing pulley allows complete freedom of movement for oblique workouts as well.
- W18" X L 37" X H 37"





POWERLINE^{USA} PAB139X AB BOARD

- Incredibly effective in isolating the entire abdominal region
- Oversize 8" Foam Rollers for comfort and stability
- Electrostatically applied powdercoat finish
- W 17" X L 39" X H 25"

POWERLINE^{USA} PHYP200X 45° BACK HYPEREXTENSION

- Relieves lower back pain
- Fights compression fatigue
- Increases flexibility
- Improves circulation
- Strengthens Back and Abdominal Muscles
- W 26" X L 42" X H 33"



POWERLINE^{USA}
by Body-Solid

**PVKC83X VERTICAL KNEE RAISE/
CHIN-UP/PUSH-UP/DIP**



- Safe No-Slip step up entry.
- Thick DuraFirm™ back and arm pads.
- Comfortable oversized handgrips.
- Lat pull-up/ chin-up station features easy step-up entry.
- Push-up Station is cushioned and mounted a full 12" off the floor for the deepest pec building push-ups possible.
- Assembled Dimensions: 83"H x 37"L x 26"W
- Distance between dip handles 21" (inside to inside)
- Distance between arm pads 18"
- Lat chin bar 43"8"
- Folded Dimensions: W 26" X L 37" X H 83"



POWERLINE^{USA}
by Body-Solid

**PCH24X ROMAN CHAIR
BACK HYPEREXTENSION**

- 2" x 2" heavy-gauge steel construction
- Extra-wide base eliminates rocking
- Electrostatically applied powder coat finish
- W 25" X L 46" X H 36"





POWERLINE^{USA}
By Body-Solid
PSC43X SEATED CALF RAISE 

- Operates on a 3:1 weight ratio for developing powerful calves.
- Angled foot platform with no-slip surface for full range of motion.
- Adjustable for all size users.
- W 21" X L 45" X H 32"

Shown with optional
OA8 ADAPTER SLEAVES &
OC06 SPRING COLLARS
See pgs 28-29



POWERLINE^{USA}
By Body-Solid
**PLCE165X LEG EXTENSION
& CURL MACHINE** 

- Designed for performing leg extensions and leg curls in the traditional upright and prone positions
- 1" diameter post
- W 25" X L 62" X H 27"





See pgs. 26-27
for our full line
of Standard &
Olympic weights.

POWERLINE^{USA} PVLP156X VERTICAL LEG PRESS

- Three 1" dia. weight posts for even resistance distribution
- Nylon busings for smooth, consistent motion
- Electrostatically applied powder coat finish
- Extra-wide foot plate with no-slip design
- Thick back and neck pads for comfort and support
- W 48" X L 46" X H 54" to 61"

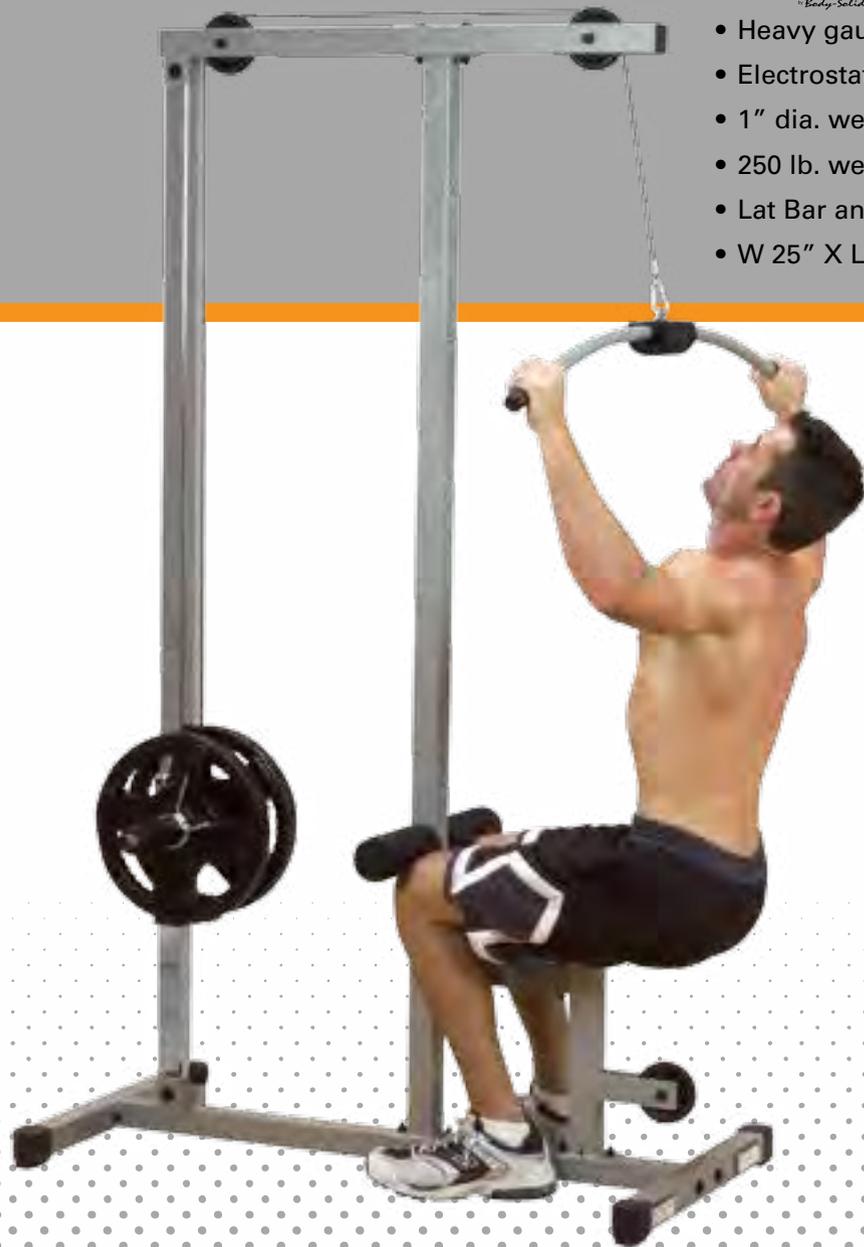
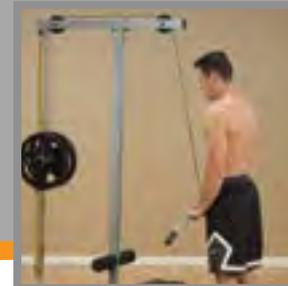
POWERLINE^{USA} PGM200X GLUTE MAX

- Works each leg individually for maximum isolation of the gluteus maximus, medius and minimus.
- Adjustable forearm pads slide forward and backward to accommodate users of any height.
- Standard weight horn allows you to load weights to increase resistance and feel the burn.
- Quality rollers, comfortable pads and simple adjustments make this machine easy to use and comfortable for any user.
- W 26" X L 70" X H 60"



POWERLINE^{USA} Body-Solid PLM180X LAT MACHINE

- Heavy gauge steel construction
- Electrostatically applied powder coat finish
- 1" dia. weight posts
- 250 lb. weight capacity
- Lat Bar and Low Row Bar included
- W 25" X L 48" X H 80"



POWERLINE^{USA} Body-Solid PDR282X DUMBBELL RACK

- Place against a wall or center in a room
- Heavy gauge steel with all-4-side welded construction
- Holds one pair each of 5-30 lb. hex dumbbells
- W 32" X L 14" X H 22"





POWERLINE USA **PPB32X PREACHER CURL**

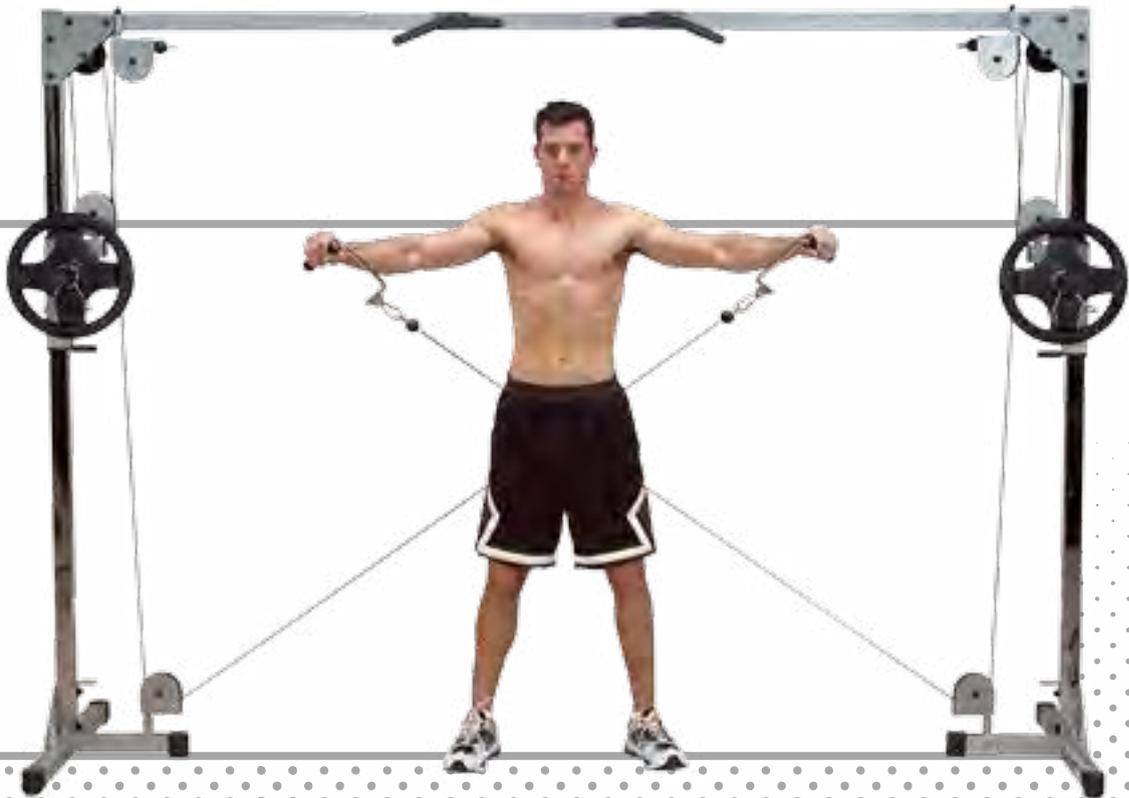
- Heavy gauge steel construction
- Electrostatically applied powder coat finish
- 300 lb. weight capacity
- Extra-wide seat and arm pads
- W 36" X L 33" X H 37"

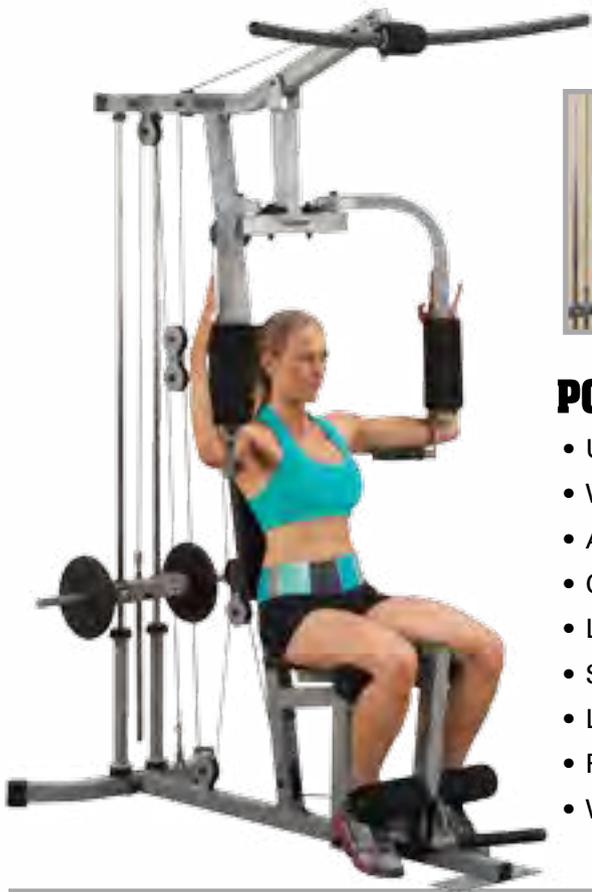


See pgs. 28-29
for our full line
of Olympic and
Standard bars.

POWERLINE USA **PCC090X CABLE CROSSOVER MACHINE**

- Large diameter pulleys provide maximum cable life and smooth operation
- Carriage system travels on nylon bushings with four high resin pulleys on each side
- Accepts both Olympic and standard plates
- Includes two cable handles and one ankle strap
- W 39" X L 112" X H 82"





POWERLINE^{USA} PHG1000X HOME GYM

- User capacity: 1
- Weight Stack(s): Freeweight Carriage (weights optional)
- Accessories: Lat Bar, Straight Bar, Utility Strap
- Chest Press Station
- Lat Pulldown/ High Pulley
- Seated Row/ Low Pulley
- Leg Extension/ Leg Curl
- Pectoral Fly Station
- W 38" X L 61" X H 84"

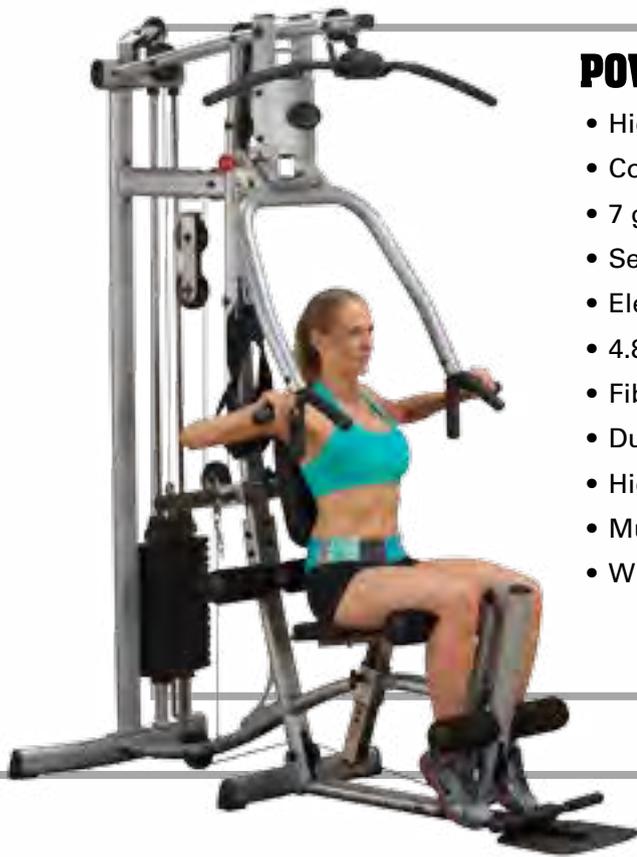
POWERLINE^{USA} BSG10X HOME GYM

- Ships complete in one box and comes 80% pre-assembled.
- Lat pulldown station allows unlimited, full range of motion through unilateral, bilateral, converging or diverging movement.
- 160 lb. (73kg) selectorized weight stack.
- Easy to use, space saving, no-cable-change design.
- 11-gauge mainframe construction assures maximum strength, function and durability.
- Telescoping, chrome plated, adjustable seat post for quick, smooth adjustment and proper body positioning.
- W 70" X L 80" X H 42"



BSGLPX
OPTIONAL LEG PRESS





POWERLINE^{USA} P1X HOME GYM

- High strength 1.5" x 3.25" oval tubing
- Continuous weld, factory assembled frame components
- 7 gauge steel connecting plates
- Sealed bearings at all pivot points
- Electrostatically applied powder coated scratch resistant paint
- 4.8mm dia., nylon coated steel, 2200lb rated aircraft cable
- Fiberglass reinforced nylon pulleys
- Durable upholstery over high density foam
- High density foam rubber hand grips and handles
- Multiple seat and press arm adjustments
- W 66" X L 71" X H 83"



PLPX
OPTIONAL LEG PRESS
FOR PIX & P2X



POWERLINE^{USA} P2X HOME GYM

- Fixed pulleys also swivel to adjust for a variety of different exercises with smooth, consistent resistance.
- Traditional press arm allows users to perform chest press, incline press, shoulder press and mid row exercises.
- Two-way adjustable back pad and adjustable seat pad ensure a proper starting position for all users.
- High, mid and low pulleys round out the rest of the gym, enable you to efficiently complete a total body workout in a small, compact space.
- Optional leg press can be mounted on either side of the gym and offer a 2:1 ratio for increased resistance.
- W 66" X L 71" X H 83"