ProClub Line Body-Solide Heavy Duty Commercial Flat / Incline / Decline Bench #BSSFID325 Body-Solid's new SFID325 Commercial Flat/Incline/Decline bench is designed to meet any facility's requirements without breaking the bank. Utility benches are a critical part of any commercial or vertical market facility. Home use benches often

ty's requirements without breaking the bank. Utility benches are a critical part of any commercial or vertical market facility. Home use benches often incorporate leg attachments that get in the way of many exercises. Home use benches also do not have the quality to hold up in a commercial environment. The SFID325 satisfies both of these needs in an affordable quality bench. The unit adjusts from decline to flat to several incline positions. The back pad and seat pad adjust individually of each other.

- Dimensions: 25.5"W x 57.5"L x 18"H / 33.5 Kg
- 2"x3", eleven-gauge steel
- · Independent back pad and seat pad adjustments
- 1000 pound capacity tested
- · Thick, durable padding
- Transport wheels for easy movement
- Back pad adjusts flat, incline (15, 30, 45, 60 and 80 degrees) and decline (-18 degrees)
- · Seat pad adjusts flat, 10, and 18 degrees
- Warranty: In-Home LIFETIME Warranty



Pre-assembled

Folding Bench #BSGFID225

Completely assembled in the box, this unit is perfect for everyone. Small on space, but big on function, the GFID225 folds flat for storage without compromising the quality you expect from a Body Solid bench. Key features include:

- Completely assembled in the box
- Folds flat for storage
- Perform decline, flat, incline and shoulder exercises
- Extremely stable and compact

Dimensions: L62" x W15" x H19" flat Weight 71lb/32kg









FLAT BENCH #BSGFB350

If you want the ability to perform all the basic barbell and dumbbell exercises then this flat bench should be your choice! Increase your strength and flexibility with this ultra-tough workout bench. DuraFirm™ extra-thick upholstery adds comfort and stability to your exercise routine. The pad is positioned on the Body-Solid 2" x 3" commercial mainframe with four-side welded construction. Euro-Cap foot levelers add style and function to a popular piece that easily fits all users. Commercial warranty.

Dimensions: 46"L x 23"W x 20"H
Warranty: In-Home LIFETIME Warranty



Flat / Incline Bench #BSGFI21

The quick-change safety pull pin allows multiple angle back pad adjustment from flat to an exact 90 degree angle. Featuring full-length steel reinforced back and seat pads that provide double incline adjustments, it's perfect for a variety of barbell and dumbbell

exercises. If you are serious about training, this is the one for you!

Dimensions: 52"L x 21"W x 17½"H (46"H when inclined) Warranty: In-Home LIFETIME Warranty





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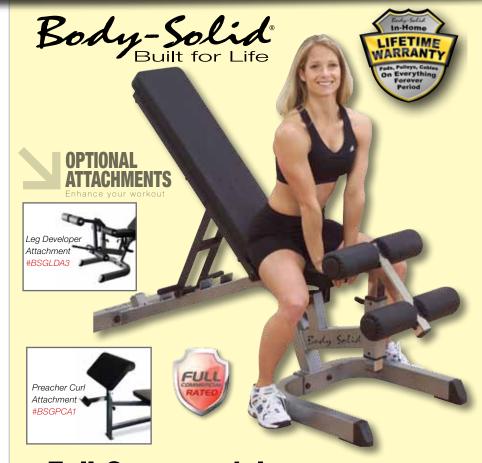


FLAT / INCLINE / DECLINE BENCH #BSGFID31

Ask any personal trainer or fitness professional what they

would buy if they were only allowed to purchase one piece of strength training equipment and the Flat / Incline / Decline Bench is sure to be at the top of the list. Specifically designed with a shortened base frame to fit perfectly in all Smith Machines, Power Racks and Multi-Press Racks. Allows proper form and positioning for incline press and shoulder press exercises in all racks. Improved design features quick, easy, solid and secure 6-position ladder-style back pad adjustment. Eight-position seat pad adjustment allows all size users to do bent knee sit-ups and ab crunches with proper lower back support and hip flexor alignment. Includes T-bar Leg Hold Down Attachment, thick, rich DuraFirm™ Upholstery, and wheels for easy mobility. Over 1000 lb. capacity.

Dimensions: 60"L x 28"W x 20"H Warranty: In-Home LIFETIME Warranty



Full Commercial FLAT / INCLINE / DECLINE BENCH #BSGFID71

Without a doubt, the cornerstone of all strength training equipment is the Flat / Incline / Decline Bench and nothing comes close to the GFID71! The extra heavy-duty 2" x 3" steel frame can easily handle a load capacity of 1,000 Lbs. The back and seat pads lock into eight positions to align your body for perfect posture in all your exercises while the ultra-thick DuraFirm upholstery supports you comfortably through the most intense workouts. Lock your legs in the T-Bar Leg Hold Down featuring oversized rollers for extra comfort and stability while you perform upper and lower abdominal exercises as well as incline and decline strength training. Convenient casters let you move the GFID71 effortlessly in and out of any rack for the ultimate in versatility. Commercial Warranty.

Dimensions: 66"L x 23"W x 20"H Warranty: In-Home LIFETIME Warranty

life Futness

Adjustable Bench #LFBEADJ

This is the bench that is supplied with the LifeFitness G5 and G7 multigyms. Now available on its own, this is the best value bench that we sell! As you would expect from LifeFitness, this is a high quality, durable, multi-angle bench.

- · Easily adjustable from flat to upright position
- · High grade upholstery
- · Ideal for dumbell work

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- Boxed-product Weight: 40 Kg
- Assembled Dimensions: H 49 x L 130 x W 54 CM









Heavy Duty RUBBER FLOOR Mats #FSMAGMAT

Designed and manufactured for workout intensity, comfort and value, heavy duty floor mats offer super heavy-duty solid rubber construction that absorbs the impact of free weights, making them ideal for use under utility benches.

 L182 x W121 x D1.7cm (approx 6' x 4' x 0.67")





The Body-Solid Utility Stool is a rock-solid tool for performing seated exercises such as shoulder presses, triceps pullovers. French curls, concentration curls, wrist curls and more. It works great in a rack for barbell exercises or on its own with dumbbells. The GST20 is designed to align your body to perfect seated posture and reduce stress on your back without restricting movement. Both seat pads are mounted to the heavy-duty 2" x 2" and 2" x 3" mainframe, which is constructed from 12-gauge high-tensile strength steel for maximum strength and features an extra-wide base that ensures lateral stability. When it comes to padding, you can't beat Body-Solid's extra thick, double stitched DuraFirm™ upholstery. It's tear resistant and guaranteed to provide a lifetime of comfort and support without ever bottoming out. Whether it is in a home or commercial setting, the GST20

is the best seat in the house! Commercial warranty.

Dimensions: 29"L x 27"W x 35"H



Body-Solid® Built for Life



LIGH

#BSFID46

- Heavy-Duty 3" round stock steel mainframe with extra-wide base for maximum stability.
- Full 2-3/4" seat and back pads that will never bottom out.
- Over 1000 lbs. capacity
- Removable leg developer with upholstered 4" x 8" rollers and oversize brass bushings for friction-free movement.
- Features arched lying leg curl station that provides proper lower back support during the lying leg curl exercise
- Nine-position back pad with synchronized seat pad for fast, easy, fool-proof adjustments
- · Weights not included
- Ideal for use with the Body-Solid SBL460.
- Assembled Dimensions: 31"H x 75"L x 28"W



POWERTEC

UTILITY BENCH

PTWBUB11

Easy mobility and comfort:

The Utility Bench offers rear wheels for easy in and out access of the Workbench Racks. Side seat handlebars are also included on all Workbenches for gripping during leg exercises.

SPECIFICATIONS:

Model # PTWBUB11

Bodyweight/Resistance combination = 600 LBS Note: (Capacities are fully tested to a reasonable load rate)

Dimensions:

L 47.5 in W 26.5 in H 39.5 in

Warranty:

- Lifetime on frames (excluding paint finish)
- 2 years on component parts (bearings, spring pins)
- 1 year on pads, grips and unspecified parts.



Vector Flat / Incline / Decline Bench

#VEBEBB (Black frame & Upholstery) #VEBESB (Silver frame & Black Upholstery)

A simple one-touch adjustment allows you to choose any of seven different positions, from a 15-degree decline to a shoulder press. All positions offer full back support. As you adjust the back pad, the seat pad automatically adjusts to the correct angle. This bench is also the perfect place for abdominal and dumbbell work. Wheels make positioning easy and they retract to ensure the bench stays put during use.

The Vector bench features a protractor style degree indicator so you can set the bench at the precise angle for your exercise. The contoured pads help keep you secure for exercises like sit-ups and decline press.

- Dimensions: L134-147 x W49 x H45-127cm
- Warranty: In Home Use: Lifetime frame, 3 years upholstery and other parts not listed. (Parts only)
- Warranty: Light commercial: 5 years frame, 1 year all other parts. (Parts only)



PTWBUB11

Requires olympic weights sold separately.



PTWBPFA10 Weight Capacity: 45 KG per Arm



Storage Rack # PTWBASR10



Utility Bench Connector # PTWBUB11-CN



PTWBCMA11
Weight Capacity: 91 KG



Leg Press # PTWBLPA11 Weight Capacity: 181 KG



PTWBLLA11
Weight Capacity: 91 KG



PTWBDMA11
Weight Capacity: 91 KG



Weight Capacity: 136 KG

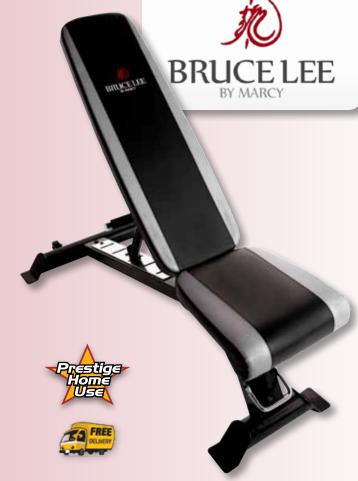


Signature Flat Bench

- Heavy duty 14 gauge steel tube frame
- Durable powered coated finish
- High density box stritched upholstery
- Dimensions (H) 46 cm (W) 63 cm (L) 110 cm
- Weight 11 Kg
- In Home Warranty: 12 months parts

Signature Utility Bench

- Heavy Duty 14 gauge steel tube fram
- Durable Powder coated finish
- High density box stitched upolstery
- 8 position backrest adjusts for flat, incline, decline and military press position
- Chrome adjustable slide rail with spring loaded pop-pin release catch
- Adjustable height oversized contoured hold down foam rollerpads
- Dimensions (H) 145 cm (W) 68 cm (L) 112 cm
- Weight 20 Kg
- In Home Warranty: 12 months parts



Dragon Utility Bench

- Heavy Duty 14 gauge steel tube frame
- Durable Powder coated finish
- High density box stitched two tone upolstery contructed from high grade density foam
- 6 position backrest adjusts for flat, incline, decline and military press position
- 3 position seat adjustment
- Space saving foldable front leg
- Transport wheels for easy storage
- Dimensions (H) 132 cm (W) 65 cm
 (L) 120 cm
- Weight 25 Kg
- In Home Warranty: 12 months parts



POWERTES

WORKBENCH NARROW BENCH

Patented Bench Linkage System:

All Workbench benches incorporate a Powertec linkage mechanism that allows for the bench section to pivot from the front to the rear locked position with ease for the purpose of the shoulder press exercise and to provide front stability support for all Workbench Machine Accessories. In addition the rear position is used to save space when not in use.

Dual bar catch access:

The upright adjustable bar catches on the Narrow Bench offer two sided bar catch capability to utilize the back of the rack section for power exercises such as squats.

Weights, bars and collars sold separately

This bench comprises the Powertec Workbench Olympic Bench (PTWBOB11) together with the Short Crossbar (PTWBOB11-SCB) to convert it to a narrow stance bench. This means that it can be set up as either a Narrow or Olympic Width Bench.

Specifications:

Model # PTWBNB11 Racking Catches = 600 LBS Suitable for 5, 6 or 7' bars

Dimensions:

L 54.5 in W 24 in H 62 in

Warranty:

- Lifetime on frames (excluding paint finish)
- 2 years on component parts (bearings, spring pins)
- 1 year on pads, grips and unspecified parts.







Olympic Folding Bench #RFOR10

The Best Fitness Olympic Folding Bench is ideal for a variety of barbell and dumbbell exercises. The quick-change safety pull pin allows multiple back pad adjustments, allowing you to move smoothly and safely through your routines. It accommodates users of any size with varying height adjustments and is designed to fit both 6-foot and 7-foot bars and also comes with leg curl/leg developer extension. Best of all, when you're done for the day, the Best Fitness Olympic Folding Bench collapses to a manageable, storable size.







Adjustable flat to inclin

Includes leg developer

Adjustable uprights L68" x W41" x H58"



Heavy duty 14 gauge steel tube frame Durable powder coated finish High density box stitched upholstery Multi-position backrest adjusts for flat, incline, decline and military press position Sliding seat rail adjusts and locks into position Adjustable height safety crutches Adjustable height preacher curl pad Leg developer with oversized contoured foam rollers Rear walk in squat station Olympic weight storage posts

- Height 138cm
- Width 123cm
- Length 154cm
- Weight 52kg
- In Home Warranty: 12 months parts

Build Your Workbench Accessories:

Optional work bench accessories for the *PTWBNB11* pictured right.



Optional Workbench **Accessories for PTWB0B11 & PTWBNB11**

Requires olympic weights sold separately.



Leg Lift # PTWBLLA11



Leg Press # PTWBLPA11



Pec Fly # PTWBPFA10



Curl Machine # PTWBCMA11



WORKBENCH

OLYMPIC BENCH

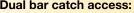
Patented Bench Linkage System:

All Workbench benches incorporate a Powertec linkage mechanism that allows for the bench section to pivot from the front to the rear locked position with ease for the purpose of the shoulder press exercise and to provide front stability support for all Workbench Machine Accessories. In addition the rear position is used to save space when not in use.

Dual bar catch access:

The upright adjustable bar catches on the Olympic Bench offer two sided bar catch capability to utilize the back of the rack

Weights, bars and collars sold separately



section for power exercises such as squats.



Model # PTWBOB11 Racking Catches = 600 LBS

Dimensions:

L 54.5 in W 48.2 in H 62 in

Warranty:

- Lifetime on frames (excluding)
- 2 years on component parts (bearings, spring pins)
- 1 year on pads, grips and unspecified parts.





7' Bar Required

















Dip Machine

PTWBDMA11

Lat Tower

PTWBLTA11





POWERLINES

Power Master Bench

#PLPOB44G

Powerful performance at a rock-bottom price. Do it all on the Power Master Bench. Flat bench presses, inclines, declines, military presses, leg work and a variety of dumbbell exercises. Safe, solid and secure, with top quality materials, comfortable padding and a wide, stable base. Finally...a bench that is big on strength, power and performance at a price you can afford! Inhome Warranty: 10 years frame, 1 year parts. 7' bar required 51"H x 70"L x 45"W

Optional Olympic Adapter Sleeve (for use with leg developer) #BSACOAS14



Prestige Home

Usa



- Heavy duty 14 gauge steel tube frame
- · Durable powder coated finish
- · High density box stitched two tone upholstery constructed from high grade density foam
- Multi-position seat and backrest
- Chrome sliding rail for smooth optimal backrest adjustment
- Patented multi-position cantilever bench
- Heavy duty leg developer with 6 vinyl covered padded foam rollers
- Adjustable height chrome upright
- Height 138cm Width 123cm Length 154cm
- Weight 65kg
- In Home Warranty: 12 Months Parts

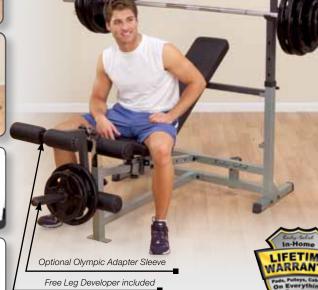












Body-Solid

PowerCenter Combo Bench

#BSGDIB46L

Get a total-body workout on the most versatile and complete combo bench available. The PowerCenter Combo Bench (#GDIB46L) is a Squat Rack, Flat Bench, Incline Bench, Decline Bench, 90° Shoulder Press Bench, and Seated Leg Developer all in one. You can see the dynamics of this bench as soon as you glance at the multi-position, telescoping uprights that safely hold the bar for bench exercises, turn around to become a Squat Station. The 6-position Flat / Incline / Decline / Bench features pop-pin adjustable DuraFirm™ seat and back pads that are extra-thick, ultra-comfortable, and will never bottom out. Strengthen, tone, and develop your knee, thigh, hamstring, and glute muscles with the six-roller Leg Extension / Leg Curl Station included with the PowerCenter Combo Bench. Thick, oversized foam rollers provide complete comfort through heavy lower body routines.

- Dimensions: 77"L x 46"W x 43"H
- Weights, bars and collars sold separately
 - see pages 91-95







Deluxe Power Center Package

#BSGDIB46P1

INCLUDES:

OPTIONAL

#BSGDIB46L

PowerCenter Combo Bench w/leg Developer

#BSGPCA1

Preacher Curl Attachment

#BSGLRA81

Lat Pulldown / Seated

Row Attacment



BASIC TRAINER

#PTPBT10

New design:

The new basic Trainer now provides all of the exercises from the front side making the rack much more compact.

Multiple gripping access:

Numerous grip positions are available to accomplish the different exercises. The chin-up section also incorporates a swivel straight bar for close grip training.

Specifications:

Model # PTPBT10

Weight capacity: Chin up and Dip bars 400 LBS BODYWEIGHT Note: (Capacities are fully tested to a reasonable load rate)

Dimensions:

L 45.6 in W 46 in H 83 in

LEVERGYM CHIN/ **DIP ASSIST PLUS**

#PTLCDAP11

The counterbalance advantage:

This machine provides reverse assisted resistance to allow for the user to perform a Dip, Chin up, Squat or Crunch. 4 great exercises to work the entire body. By loading weight on the lever it acts to counterbalance your own bodyweight thus allowing for full range of motion and perfect repetitions.

Swivel chin up bar:

In addition to the horizontal and neutral grips, the up section also includes a swivel straight bar that allows for close grip access to train the biceps.

Specifications:

Model # PTLCDAP11

Weight Capacity: 400 lbs body weight Note: (Capacities are fully tested to a reasonable load rate) * Weight Plates Not Included.

Dimensions:

L 55.6 in W 43.7 in H 82.8 in

Warranty:

- Lifetime on frames (excluding paint finish)
- 2 years on component parts (bearings, spring pins)
- 1 year on pads, grips and unspecified parts.



Chin Up









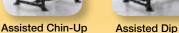




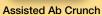














Assisted Squat





Push-Up

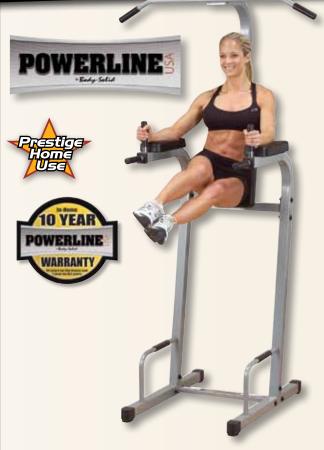
Dip



The BFVK10 Vertical Knee Raise stands ready to help you tighten your abs and define your upper body muscles. This single-station, multifunction workhorse is intelligently designed to combine ab-blasting vertical knee raise and oblique routines with muscle defining dip, pushup and chin stations. Built to last and designed to perform, the BFVK10 offers a lightweight solution to a heavyweight series of upper body exercises.

- Thick, comfortable back pads and arm supports are designed to reduce fatigue and discomfort.
- Dip station handles offer a thick, comfortable grip Lightweight design allows you to easily move the machine from an out-of-the-way corner to the middle of the room.
- Dimensions: 82.7" H x 43.3" L x 28" W
- In-Home Warranty 3 years parts





Vertical Knee Raise With Dip/ push-up/chin Stations

#PLPVKC83G

This freestanding VKR / Chin / Dip combo machine is exactly what you need to bulk up your arms and shoulders while you lose inches and rip your abs. Do knee raises, leg raises and oblique bends. Grab the dip handles to develop massive triceps. Do push-ups, pull-ups, and chin-ups. This machine has it all! Dimensions: 37"L x 26"W x 81"H
Warranty: POWERLINE Ten Year Warranty

· 17st user weight capacity.













Dip Station

#RSGDIP59

Dimensions: 38"L x 27"W x 53"H

Build awesome shoulders, thicker delts, and killer triceps on our freestanding Dip Station. This upper body developer gets its stability from the wide and extended base that eliminates rocking. The 2"x3" heavy-gauge steel uprights are perfectly angled for all size users. Oversized 134" bars with extra-thick and slip-proof rubber grips provide excellent comfort and allow multiple hand grip positions.

• 21st user weight capacity .• Warranty: In-Home LIFETIME Warranty





Vertical Knee Raise & Dip

Dimensions: 37"L x 24"W x 60"H



Vertical Knee Raise / Dip / Push-up/Chin Machine

#BSGVKR82

Dimensions: 57"L x 43"W x 82"H

Designed to provide an intense ab workout while eliminating strain on the lower back, the Vertical Knee Raise Machine is hard to beat for vacuuming the waistline. Easy and convenient step entry makes getting started a breeze. Thick, comfortable DuraFirm™ back pads and arm supports reduce fatique and discomfort allowing you to keep working on your abs and obliques. Both machines feature Dip Station handles with oversized handgrips for a killer triceps / deltoid / lower pec workout. Rock solid support and stability is delivered via heavy-gauge steel frames with all-4-side welded construction. Both 21 stone user weight capacity.