

# POWERTEC

"Awesome look, real results!"



**COMPONENTS:** Parts such as aircraft cable, ball bearing reinforced pulleys, side mounted and linear bearings, nylon precision bushings, and spring loaded pins are all industrial grade to ensure a smooth and quiet operation. PVC scratch guards are located on all weight horns to protect the product from scratching.

We would like to thank the many people over the years who have chosen Powertec and those considering our strength equipment for the first time. Our brand continues to become more established through our network of fine authorized Powertec dealers worldwide in addition to our strong online presence in which our website [www.powertecfitness.com](http://www.powertecfitness.com) continues to evolve with the latest technology to help you attain detailed knowledge of our product line including complete product descriptions, video and our new interactive room planner. We continue our drive to introduce new products. We were the first to develop Plate Loaded Gyms and have successfully established Powertec as the pioneer and leader in this area of strength equipment. LeverGym™ machines provide the natural resistance of free weight with the safety of a machine. We released our highly successful "Workbench Series" over a decade ago and have sold thousands of Gyms and Systems to homes and light commercial applications worldwide. We are now excited to announce the expansion of our highly successful "Build your Workbench" accessories for 2011! Introduced in 2010,

the accessories are a line of individual, innovative machines that plug into all orkbench Gyms and Bench Systems providing additional workout stations and allowing you to design your own gym. The years have been exciting for us and we continue to grow even during these tough economic times. We have never lost sight of our objective and vision to provide a line of strength equipment that successfully combines high quality construction with precise function at a truly affordable price. That has been and remains our goal from day one! The progress continues. Powertec continues to gain a very dedicated following of repeat customers over many years.

The main reason being that our equipment is carefully engineered to be precise in function and fits most every user. Powertec equipment is also built to take a serious beating. We came from the commercial gym background so we have many years of experience in building equipment for the most demanding market that accepts nothing but perfection.

We would like to thank the many people over the years who have chosen Powertec and those considering our strength equipment for the first time.

## Redesigned New Features

New for 2011, Powertec has made a number of global updates on their equipment: Black, plastic, embossed end caps, logo embossed on workbenches (updated from vinyl Logo slipcovers), plastic ends on tricep pushdown cable bars and pull up bars, and improved handle material.

## WARRANTY:

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

## FRAMES:

All Powertec frame structures are mig welded and consist primarily of 2 - 4" square and rectangular tubing with a wall thickness of 2.5 mm or 12 gauge. All of our steel materials are of the highest-level grade available.

## FINISH:

Steel frames are thoroughly cleaned and treated. They are then painted and baked in a hard, durable powder coat finish. Powertec is one of the only consumer companies to offer multiple colors in some select models.

## UPHOLSTERY:

Pads are constructed of thick, high-density foam surrounded by top grade upholstery for a firm, contoured feel. Powertec is also the only company to provide all roller pads with an upholstered finish, which are secured with an aluminum end cap.



## Turn your home into a powerhouse.

You can have a great body and a healthier lifestyle. And Powerline Strength Training Equipment can get you there. Sculpt your body to its ultimate form. Build well-muscled arms, a defined chest, chiselled abs, powerful legs, a stronger back. Add strength, stamina, and explosive energy to every major muscle group in your body.

For over 15 years Powerline Strength Training Equipment has been saving our customers from the expense, travel time, and hassle of the gym. From the privacy of your own home, you can perform the same exercises to trim, tone, and build the body you want on your own schedule.

With Powerline, you can enjoy the benefits of quality fitness equipment ...anytime you want at an affordable price. We put health and strength within your reach. This adds a vital element to your workout motivation. Get inspired! See what a difference just 20 minutes a day - three days a week can make and enjoy the new you.

**POWERLINE WARRANTY:** Home Consumer: 10 years frame 1 year parts. Please call for full details

The TKO philosophy has always been to create quality fitness products for the sports enthusiast. TKO started producing fitness related accessories such as weight belts over a decade ago. The desire we had to produce superior more comfortable

lifting belts translated into an entire array of fitness accessories. We now are a leading manufacturer of hundreds of fitness related products; all designed and built a cut above the anything on the market. TKO spent countless hours sourcing the finest materials, gearing its factories to the highest levels of quality, and labouring over all of the "little details" that makes its equipment superior.



**TKO PRODUCT WARRANTY:** TKO products have a LIMITED LIFETIME warranty against defects in material and workmanship. Provided that the merchandise receives proper care and is used for the purposes it was designed for, our responsibility under the warranty is limited to replacement or repair at our factory. TKO will determine after inspection if a repair, replacement or credit is due. This limited warranty does not apply to normal wear and maintenance abuse.

# Body-Solid® Built for Life

Everybody has their own idea of the "perfect" body. What's yours? Perhaps a firm, toned, slender body is your preference. Or maybe the well-muscled and defined body of an Olympic gymnast is what you want. How about the incredible size and strength of a bodybuilder? Whatever your "perfect" body may be...Body-Solid will get you there quickly and safely.

For over 20 years, Body-Solid has been building better bodies and improving the quality of life for people around the world. Over 5 million Body-Solid customers are enjoying the results of strength training in their everyday activities. If you want a slimmer waistline, a defined chest, a stronger back, well-muscled arms and powerful legs, strength training with Body-Solid is your quickest and most permanent solution.

Body-Solid is recognized worldwide as the leader in freeweight strength training equipment. We manufacture the widest selection of Smith Machines, Power Racks, and Single Station Machines in the industry. That is our specialty! We are dedicated to building fitness equipment that produces fast, effective results. Fitness equipment that is designed to fit a wide variety of lifestyles, space requirements, and user sizes. Fitness equipment that offers more features and better quality than the competition. Fitness equipment that will last a lifetime...Guaranteed!

## BUILT FOR YOU

Having high quality fitness equipment that best suits your needs is an important element in keeping you focused on your goals. Body-Solid freeweight systems are engineered to accommodate your size, your fitness level, your goals, and your environment. Owning quality equipment encourages a very important aspect in strength training...motivation.

Motivation that will drive you to sculpt your body to its ultimate form. You will get rid of unwanted pounds and replace them with lean muscle mass. Fatigue will turn into a distant memory as you increase your endurance with each repetition.

From space saving single stations that fit in any room to full-blown Smith Gym Systems with every station imaginable, we give you the features you want at a price you can afford. The following pages contain the most powerful freeweight systems available. Designed to dramatically improve your quality of life and perform smoothly for years to come.



Do your homework. Shop and compare. Read the fine print. You will find that Body-Solid offers a Lifetime In-Home Warranty on everything; pads, pulleys, cables, frames. You name it. It's all covered. Forever. Period.

# SPORTS NUTRITION

## NOW AVAILABLE **ONLINE**

## AND IN ALL OUR NATIONWIDE SHOWROOMS\*

\*WITH EXCEPTION TO MANCHESTER

reflex®  
Tomorrow's Nutrition Today™

**ON**  
Optimum Nutrition

**Gaspari**  
Nutrition

 **maximuscle**

**HYPER**  
STRENGTH





## Optional Attachments

### Build your Workbench Accessories:

Optional work bench accessories for the PTWBMS-11.

Requires olympic weights sold separately.



**Leg Press**  
# PTWBLPA11  
Weight Capacity:  
181 KG



**Leg Lift**  
# PTWBLLA11  
Weight Capacity:  
91 KG



**Pec Fly**  
# PTWBPA10  
Weight Capacity: 45 KG  
per Arm



**Dip Machine**  
# PTWBDA11  
Weight Capacity: 91 KG



**Curl Machine**  
# PTWBCMA11  
Weight Capacity: 91 KG



**Storage Rack**  
# PTWBASR10

# POWERTEC

"Still the #1 Best Selling LeverGym™ in the World!"

## WORKBENCH MULTISYSTEM

# PTWBMS-11

The complete leverage home gym. This three-station system provides over a dozen of the best, most effective free weight exercises in machine form. Leverage machines combine the feel and resistance of free weights, with the safety and control of a machine. The multi system does not use any cables or pulleys so aside from pure motion, it is virtually maintenance free and easy to assemble. Although this gym provides three-person accessibility, the footprint is quite compact.

### KEY FEATURES

#### 3 Person Access:

This gym provides multiple user access opening up all types of applications from the home into many light commercial settings. The footprint remains quite compact for a multiple station gym.

#### Over 12 Single Station Machines:

Each station is pre-set to provide it's own individual exercise machine. The user can move quickly from station to station with minimal adjustments

#### The LeverGym Advantage:

Lever Arms drive the exercises. Weight plates are loaded directly onto the lever which simply replaces the barbell thus providing the natural feel and resistance of free weight with the safety and control of a machine.

### Virtually Maintenance Free:

The Workbench Multi System has no cables or pulleys. All exercises incorporate bearing driven lever arms to provide a smooth and quiet operation.

### Build Your Workbench Accessories:

Optional work bench accessories for the WBMS-11 pictured left.

### WARRANTY:

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



Ab Crunch



Calf Raise



Shoulder Press



Incline Overhead  
Tricep Extension



Incline Shoulder  
Press



Incline Bench Rows



Machine Squat



Shrug

# POWERTEC

## SPECIFICATIONS:

Lever Press Arm starting weight w/o plates = 20 LBS  
 Lever Press Arm = 500 LBS  
 Squat Arm = 500 LBS Lat Lever = 400 LBS  
 Tricep Bar = 200 LBS Ab Crunch = 100 LBS

## DIMENSIONS:

L 120.6 in  
 W 72.5 in  
 H 78 in

## Exercises

- Incline Bench Rows
- Shoulder Press
- Incline Overhead Tricep Extension
- Calf Raise
- Machine Squat
- Incline Shoulder Press
- Ab Crunch
- Lat Pulldown
- Tricep Press
- Bench Press
- Shrug
- Squat



For Olympic weights only  
sold separately

**BUY NOW  
 PAY LATER\***

\* see page 2 for details





# POWERTEC

## ISOLATERAL WORKBENCH MULTI PRESS

#PTWBMP11

### Build your Workbench Accessories:

Optional work bench accessories for the PTWBMP11 pictured right.

"Isolateral lever arms for a more complete upper body workout"

### KEY FEATURES

#### The Workbench Advantage:

The lever arm drives the exercises. Weight plates are loaded directly onto the lever arm which simply replaces the barbell thus providing the natural feel and resistance of free weight with the safety and control of a machine.

#### Powertec bench linkage system:

The MultiPress incorporates 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 available accessories. In addition the rear position is used to save space when the machine is not in use.

#### Accepts accessories:

The MultiPress includes the front tube adaptor that accepts all Workbench Machine Accessories.

#### WARRANTY:

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

#### SPECIFICATIONS:

Model # WB-MP11

Lever Press Arm starting weight w/o plates = 20 LBS  
Capacity of 200 LBS / Arm

#### DIMENSIONS:

L 75 in  
W 55.6 in  
H 38.8 in



\* see page 2 for details



For Olympic weights only  
sold separately



Shrug



Bent Over Row



Decline Press



Flat Press



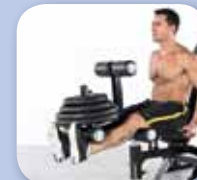
Incline Press



Shoulder Press

### Optional Workbench Accessories for PTWBMP11 & PTWBS11

Optional workbench accessories for the WBMP11 and WBS11 machines.  
Requires olympic weights sold separately.



Leg Lift

# PTWBLA11

Weight Capacity: 91 KG



Leg Press

# PTWBLPA11

Weight Capacity: 181 KG



Pec Fly

# PTWBPA10

Weight Capacity: 45 KG per Arm



Lat Tower

# PTWBLTA11

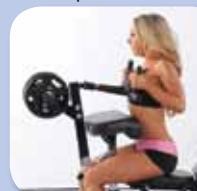
Weight Capacity: 136 KG



Dip Machine

# PTWBDMA11

Weight Capacity: 91 KG



Curl Machine

# PTWBCMA11

Weight Capacity: 91 KG



Storage Rack

# PTWBASR10

# POWERTEC

## WORKBENCH LEVERGYM™

"Awesome look, real results" #PTWBS-11



This great machine provides over 20 of the best free weight exercises in the leverage form to build the entire body. The lever arm simply replaces the barbell making this the safest and most effective method of resistance training available. The linkage seat section provides numerous positions. The bench is removable; opening up the main lever section for power movements such as squats and rows. Also incorporated is the high/low cable system making this an all in one machine.

### KEY FEATURES

#### Total Body Training:

Over 16 of the best and most effective classic strength training exercises built into this gym to work every muscle group to its maximum providing precise function.

#### The LeverGym™ Advantage:

The Lever Arm drives the exercises. Weight plates are loaded directly onto the lever which simply replaces the barbell, thus providing the natural feel and resistance of free weight with the safety and control of a machine.

#### Power Lifting Access:

The LeverGym™ incorporates a lock and load removable bench section opening up the lever area for power exercises such as squats, shrugs and rows. The bench has wheels for easy in and out access and includes handlebars for gripping during leg exercises.

### SPECIFICATIONS:

Model # WB-LS11

Lever Press Arm = 500 LBS starting weight w/o plates = 20 LB

Lat Machine = 300 LBS

Squat Bar=500 LBS

### Build your Workbench Accessories:

Optional work bench accessories for the PTWBS-11 pictured left.

- Bent Over Row
- Tricep Press
- Shoulder Press
- Bench Press
- Arm Curl
- Squat
- Lat Pulldown
- Ab Crunch
- Wide Grip Row
- Bicep Curl
- Front Lateral Raise
- Calf raise
- Shrug
- Stiff Leg Deadlift
- Pec Fly
- Lat Pulldown



**BUY NOW  
PAY LATER\***

\* see page 2 for details

*Our Best Seller*



*For Olympic weights only*  
sold separately



Bent Over Row



Bench Press



Bicep Curl



Upright Row



Squat



Wide Grip Row



Front Lat Raise



Lat Pull Down





## Body-Solid ProClub Line

### Leverage Bench Press

#BSLVBP

- 2" x 3" 11 gauge steel mainframe
- Electrostatically applied powder coat paint finish, metallic silver
- Durable double stitched upholstery
- Sealed bearing pivot points
- Adjustable press arms to fit all size users, with gas assisted start positions
- Ergonomic hand grip positions
- Weight plate holders for plate storage
- Converging press arm movement for advanced biomechanics
- Independent, unilateral arm action for balanced muscle development
- Olympic weight plates not included
- Dimensions: 67"(170cm) L x 55"(140cm) W x 51"(130cm) H
- Shipping weight 171lbs/78kg

*For Olympic  
Weights Only*  
sold separately



**BUY NOW  
PAY LATER\***

\* see page 2 for details



## Body-Solid ProClub Line

### Leverage Shoulder Press

#BSLVSP

- 2" x 3" 11 gauge steel mainframe
- Sealed bearing pivot points
- Electrostatically applied powder coat paint finish, metallic silver
- Durable double stitched upholstery
- Adjustable press arms to fit all size users, with gas assisted start positions
- Converging press arm movement for advanced biomechanics
- Adjustable seat pad with gas assist
- Ergonomic hand grip positions
- Independent, unilateral arm action for balanced muscle development
- Weight plate holders for plate storage
- Olympic weight plates not included
- Dimensions: 51"(130cm) L x 56"(142cm) W x 70"(178cm) H
- Shipping weight 189lbs/86kg

*For Olympic  
Weights Only*  
sold separately



**BUY NOW  
PAY LATER\***

\* see page 2 for details

## Body-Solid ProClub Line



*For Olympic  
Weights Only*  
sold separately

### Leverage Incline Bench Press

#BSLVIP

- 2" x 3" 11 gauge steel mainframe
- Electrostatically applied powder coat paint finish, metallic silver
- Durable double stitched upholstery
- Sealed bearing pivot points
- Adjustable press arms to fit all size users, with gas assisted start positions
- Adjustable seat pad with gas assist
- Ergonomic hand grip positions
- Converging press arm movement for advanced biomechanics
- Independent, unilateral arm action for balanced muscle development
- Weight plate holders for plate storage
- Olympic weight plates not included
- Dimensions: 68"(173cm) L x 51"(130cm) W x 57"(145cm) H
- Shipping weight 184lbs/84kg



**BUY NOW  
PAY LATER\***

\* see page 2 for details

# Body-Solid<sup>®</sup> Built for Life

## POWERLIFT<sup>®</sup>

### Freeweight Leverage Gym System

#### Powerlift Leverage Machine #BSSBL460 (Base Unit)

Turn up the intensity of your workouts and achieve maximum gains in strength and size in a minimum amount of time. The new PowerLIFT Freeweight Leverage Gym allows you to work out without compromise, Feel free to max out and train to muscular exhaustion for accelerated gains. The PowerLIFT's versatility and advanced safety features ensure a complete heavy-duty workout without the need for a spotter. Load up the plates and go to work! Perform (using optional Bench) / Incline / Decline and Shoulder Presses, Pec Flys, Lat Pulldowns, Preacher Curls, Squats, Calf Raises and much, much more! Over 40 exercises are available on this versatile leverage freeweight gym. Each station adjusts to fit your size for proper positioning, beneficial pre-stretch and full range of motion. Every repetition on this rock-solid training centre feels just right, The PowerLIFT features 2 - 2" and 3" thick DuraFirm™ seat, back and shoulder pads to support you comfortably through the heaviest routines, DuraFirm™ upholstery is super tough, sweat and tear resistant and is guaranteed to never bottom out. The extra heavy duty mainframe is built from 10 and 11-gauge high tensile strength steel with all-4-side welded construction. There is no other machine in its class that can compare to its strength and stability. Each leverage exercise station moves fluidly on pivot points utilising commercial grade pillow block bearings and oversized bronze bushings.

Durable, electrostatically applied powder coat finish resists scratches, scrapes and chips. The textured finish hides fingerprints and cleans easily. The PowerLIFT Freeweight Leverage Gym is built to last a lifetime and is backed by the Body-Solid Exclusive In-Home LIFETIME Warranty on everything; pads, pulleys, cables, frame. You name it. It's all covered. FOREVER. Period.

- Dimensions: Basic unit (without optional bench) 88"W (from press arm to stabiliser foot), 110"L (from preacher curl station to lat weight holder) 88.5"H
- Optional Bench: 30"H (44" Inclined) x 75L" x 29W"
- Base Unit with Optional Squat/Calf Station: 115"W (from press arm to squat station)

#### Multiple Users!

Independent stations mean that up to four people can use the PowerLIFT at the same time.

#### Press Station

PowerLIFT features a free-motion press station with pivoting arms for accurate biomechanical movement during both standing and seated exercises. Multiple adjustment points enable you to set your own starting and safety positions. PowerLIFT features a free-motion press station with pivoting arms for accurate biomechanical movement during both standing and seated exercises. Multiple adjustment points enable you to set your own starting and safety positions.



**For Olympic Weights Only**  
sold separately

#### Optional PowerLIFT Flat / Incline / Decline Bench #FID46

Based on a heavy gauge 3" round stock steel mainframe, this Flat / Incline / Decline Bench features 9-position seat and back pads that are a full 2" thick and will never bottom out...guaranteed. Complete leg developer provides a concentrated lower body workout. Perform Leg Extensions with full 90 degree seat back support and Lying Leg Curls from the traditional arched prone position.

#### Lat Pull Down Station

Perform Lat Pull Downs with the benefit of a full pre-stretch which promotes deeper muscle fibre penetration and maximum development. From 4'10" to 7' tall, this back-builder fits everybody. Thick, oversized DuraFirm™ leg rollers hold you in place for Lat work beyond your own body weight.

#### Optional Squat/Calf Station #LSA50

PowerLIFT's Leverage Squat / Calf Station features a heavy gauge diamond plate steel foot platform that is set to a 20-degree pitch for optimum development of your quads and glutes. The 3" round calf raise block provides a deep pre-stretch for maximum calf-blasting workouts. This self-spotting leg station features full 3" thick DuraFirm™ padding for comfort through the most brutal workout sessions.



#### Preacher Curl Station

Engineered for maximum concentration and development of the biceps. The extra-thick DuraFirm™ arm pad is set to a 20-degree angle positioning your upper arms for full range of motion while eliminating stress on your elbows and lower back. The Preacher Curl is essential for building overall biceps mass including the often difficult to hit lower biceps.



**BUY NOW  
PAY LATER\***  
\* see page 2 for details



**Body-Solid®**  
Built for Life

# SERIES 7

The new angle on muscle development

Introducing the newest muscle-building breakthrough that will tap into your body's full potential. You can achieve results right now. A swimmer's shoulders, a rower's back, a gymnast's arms, a slugger's chest, a boxer's abs...you can unlock the ultimate growth potential that's been caged up inside you. Want more? How about a football player's glutes, a soccer player's thighs, and a cyclist's calves? Our new Series 7 Smith Gym allows you to develop muscle mass beyond your imagination at a rate that will amaze you. You get virtually all the same exercises as you do in a fully equipped gym, but in the convenience of your own home, on your own schedule, without the need for a spotter.

This is not just another smith machine. The process of developing a cutting edge, state-of-the-art Series 7 Smith Gym System that meets Body-Solid's meticulous standards of quality that has not been easy. While other companies have rushed to get their smith gyms to market, we've taken the time to get it just right. Now, with the Body-Solid Series 7 Smith Gym System, you can trust that you're getting the best system available.

Our Series 7 Smith Gym System gives you the freedom of movement you need to do your exercises correctly. The Series 7 Smith Gym is based on a 2"x3" commercial quality mainframe and set to a 7° reversed pitch. The 7° angle was designed to allow natural upper and lower body movements for precise chest and gluteal biomechanics. Over 50 exercises are available on our Series 7° Smith Gym System and all of them can be done correctly under your control. Every set, every rep, every movement. That is how you get real results. And there's only one thing you want from your gym system. Results.



## SERIES 7 LINEAR BEARING SMITH MACHINE

#BSGS348Q

- Precise 7° angle Smith Machine is designed to provide a natural upper and lower body exercise movement.
- Linear ball bearing Smith system with 20 crossmember lock-out points for a safe, solid stop at any point in your workout routine.
- Freeweight gunrack system with 14 lift-off and racking positions for ultimate versatility, safety, and control. (7' bar required)
- Large diameter Smith bar responds quickly, is easy to control and weighs only 25 lbs. It's ideal for amateurs and professionals.
- Heavy-duty all-4-side welded 11 gauge and 12 gauge 2"x3" mainframe steel construction with a safe, solid 4-point stance for maximum stability.
- Includes incredibly strong, adjustable safeties for both the Smith system and the freeweight barbell workout centre.
- Six Olympic weight plate storage posts safely suspend plates off the floor for easy access.
- Olympic Bar holder mounted to the frame stores your bar without obstructing any exercise movements.
- Ideal for home and light commercial use.
- 83"H x 59"D x 72"W. WT130kg

## OPTIONAL ATTACHMENTS



### Selectorised Lat Attachment

Features a precision machined 210 lb. alloy steel weight stack with "Add-on" plate posts for individual freeweight plates. Adjustable foot brace. Includes Lat Bar and Low Row Straight Bar. Changes length of machine to 79". WT147kg

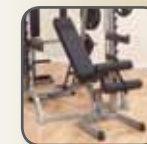
#BSGLA348Q



### Pec Dec Station

Easily attaches to the GLA348S to deliver full range unilateral or bilateral pec-fly motion. Features extra-thick back and arm roller pads for ultimate comfort. WT18kg

#BSGPA3



### Flat / Incline / Decline Bench

Super strong commercial 2"x3" steel frame with 6-position back and seat pads. Extra-thick DuraFirm™ upholstery is guaranteed for comfort. WT46kg

#BSGFID71



### Preacher Curl Attachment

Designed to isolate and maximize Biceps, Triceps, and Forearm muscle concentration. Extra-thick DuraFirm™ pad. Bar saddle included. WT7kg

#BSGPCA1



### 6-Roller Leg Developer Attachment

Leg extension is designed for ultimate strengthening of Knee and Thigh muscles. Leg Curl is designed for maximum concentration of Hamstring and Glute muscles. WT8kg

#BSGLDA3



20 Lockout Points allow you to workout safely without a spotter and provides the safest workout possible.



7° Reversed Pitch design follows your bodies natural path of motion.

**"Commercial Quality at a Home Price!"**



**Body-Solid®**  
Built for Life

## SERIES 7 SMITH DELUXE PACKAGE

#BSGS348QP1

### INCLUDES:



#### Series 7 Smith Machine

#BSGS348Q

Precise 7° angle Smith Machine Base unit



#### 210 lb. Selectorised Lat Attachment

Features a precision machined 210 lb. alloy steel weight stack with "Add-on" plate posts for individual freeweight plates. The adjustable low row foot brace allows maximum prestretch for all size users. Includes Lat Bar and Low Row Straight Bar. #BSGLA348Q



#### Pec Attachment

Extra thick arm roller pads and DuraFirm™ back pad make performing pectoral fly's comfortable even with the heaviest weight. Unique design allows both unilateral and bilateral movement. #BSGPA3



#### Commercial / Flat / Incline / Decline Bench

Full commercial design can handle over 1,000 lbs. Eight position back and seat pads adjust from decline to a 90° shoulder press position. #BSGFID71



#### 6-Roller Leg Developer Attachment

Leg Extension is designed for ultimate strengthening of knee and thigh muscles. Leg Curl is designed for maximum concentration of hamstring and glute muscles. Features oversized 8" rollers for total comfort through the most intense leg workouts. #BSGLDA3



#### Preacher Curl Attachment

Set to the optimum angle which is designed to isolate and maximize biceps, triceps, and forearm muscle concentration. Extra-thick DuraFirm™ pad. Bar Saddle included. #BSGPCA1

FEATURES

**BUY NOW  
PAY LATER\***

\* see page 2 for details





# POWERLINE

Body-Solid

## Smith Machine

#PLPSM144G

The PowerLine Smith Machine is a true powerhouse that is often imitated but never duplicated. It's a sophisticated combination of free weight power and resistance coupled with the safety and control of a machine. The PowerLine Smith Machine uses four 2"x2" 12 gauge steel pillars to support and guide the patented Super-Glide carriage during your most vigorous sets. 14 lockout positions and adjustable safeties assure the lifter ultimate safety while striving for greater muscle gains. PowerLine has taken the best equipment out of the health club and engineered it to their own uncompromising standards. Best of all, we made it affordable! The PowerLine Smith Machine is just the beginning; the cornerstone of a modular gym that can be purchased separately or in extra value Packages.

- Dimensions:  
46"L x 48"W  
(84"W at  
bar) x 80"H

Olympic Adaptor Sleeves  
#BSACOAS14 optional  
2 required

14 Lockout Points for  
maximum versatility



Heavy-Duty Adjustable Safeties



Military Press



Pec Deck



Squat



Incline Bench Press

### POWERLINE SMITH GYM PACKAGES

Packages include the following features:

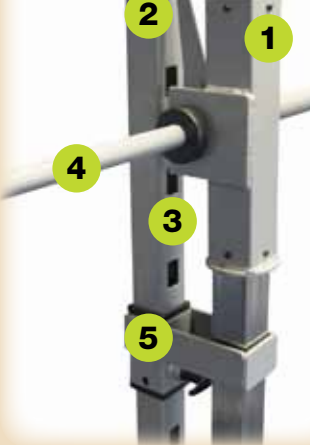
#### STATIONS

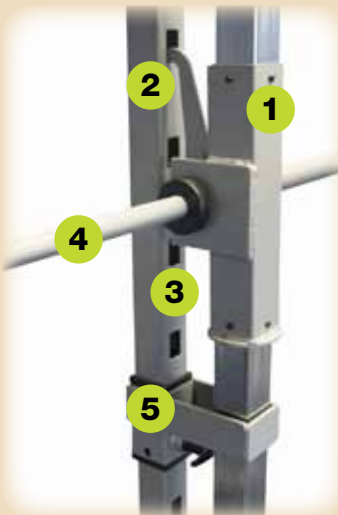
		Package 1 PSM144GP1	Package 2 PSM144GP2	Package 3 PSM144GP3
POWERLINE SMITH MACHINE	#PLPSM144G	✓	✓	✓
POWERLINE FLAT / INCLINE / DECLINE BENCH	#PLPFD130G	✓	✓	✓
POWERLINE PLATE LOAD LAT ATTACHMENT	#PLPLA144G		✓	✓
150LB. SELECTORISED WEIGHT STACK UPGRADE	#BSSP150			✓
POWERLINE LEG DEVELOPER STATION	#PLPLDA11	✓	✓	✓
POWERLINE PEC ATTACHMENT	#PLPPA13G		✓	✓
POWERLINE PREACHER CURL ATTACHMENT	#PLPPCA11		✓	✓
8" OLYMPIC ADAPTER SLEEVES	#BSACOAS8	optional	optional	optional
14" OLYMPIC ADAPTER SLEEVES	#BSACOAS14	optional	optional	optional
Nylon reinforced fibreglass pulleys with precision bearings		✓	✓	✓
Thick, heavy gauge bolt plates and reinforcement plates		✓	✓	✓
Snap-lock nylon bushings on all adjustable seats and parts		✓	✓	✓
Extra large, self-lubricating bronze oil-lite bushings at all pivot points		✓	✓	✓
Pop pins that utilise a 1/2" dia. tempered steel plunger		✓	✓	✓
Powder coat finish that is tough, durable and scratch proof		✓	✓	✓

**BUY NOW  
PAY LATER\***  
\* see page 2 for details



## EXCLUSIVE FEATURES..

1. Extra long twin carriages have long-life patented Super-Glide nylon bushings for frictionless movement and performance over 2" square, high polished chrome guide bars.
  2. The ladder-type mainframe features full length, heavy-duty 12 gauge square pillars with 14 cross member Lock-Out Points providing a solid foundation for the Safety Spotter Catches during the heaviest routines.
  3. Another high-tech feature standard on the PowerLine Smith Machine is the dual-lock Safety Spotter Catch System. It prevents the bar from pinning the user in a max-out situation by simply turning the pivot sleeve only 15°.
  4. Deeply knurled single pivot sleeve with positive glide roll radius was created to transfer lifting movements smoothly to the Safety Spotter Catches. Deemed a sophisticated dual-safety anti-slip lockout system, it operates independently from the main cross bar and simply locks in place with a quick turn of the wrists.
  5. Heavy-duty Adjustable Safeties equip you for the unexpected. Jumbo pop pins are quickly and easily adjusted to help you come to a safer, predetermined stop with greater straight-line stability.
- 



**WEIGHTS AND COLLARS SOLD SEPARATELY**

Flat / incline / Decline  
Bench **#PLPFID130G**

< Pictured  
package  
3 includes  
#PLPLDA11  
Leg developer  
shown below



## TSA5762 Half Smith Olympic System

#MASM5762

The TSA5762 benefits from a striking new design, incorporating the bench and smiths machine into one solid piece of equipment. Suitable for both olympic and standard plates, this attractive half smith system also incorporates a leg developer, preacher curl pad & curl bar.



\* see page 2 for details



- Heavy Duty Tubular Steel Construction
- Durable Powder Coated Finish
- Ultra Glide Bushings Assure Smooth Operation
- Bench Adjusts To Flat, Decline & Incline
- 6 Over Sized Roller Pads With Vinyl Covering On Leg Developer
- Includes Preacher Curl Pad
- Commercial Grade Press Bar And Safety Catches
- Will Accept Olympic Discs & Standard Discs
- 175cm 180cm 175cm (HxWxD)
- Weight: 57.00Kg
- In Home Warranty: 12 months parts

## MP3100 Smith with Bench

#MAMP3100

Marcy MP3100 Smith and Bench is a unique combination of design and innovation, offering a high quality piece of equipment which includes pec-dec and lat pull down attachments as well as commercial grade press bar and safety catchers.

The impressive structural design of the MP3100 is met equally by the decoration and features of the bench. Aesthetically, the MP3100 is stylish and trendy, suitable for home usage with its smart powder coated finish, and durable heavy duty steel frame.

The pec attachment of the MP3100 features a comfortable back pad and high & low pulley systems, to create a variety of exercises for the user to experience. The bench is multi position adjustable – allowing flat, incline & decline points and comes with the preacher curl attachment.

Marcy MP3100 has been designed to cope with both standard and Olympic size plates, allowing for a huge range of weight levels to be tried.



\* see page 2 for details

- Heavy Duty Steel Frame Construction
- Durable Powder Coated Finish
- Ultra Glide Bushings Assure Smooth Operation
- Pec Attachment With Back Pad, Plus High & Low Pulley System
- Commercial Grade Press Bar With Safety Catchers
- 6 Over Sized Roller Pads On Leg Developer
- Multi Position Adjustable Bench, Flat, Incline & Decline With Preacher Curl Attachment
- Will Accept Olympic And Standard Plates
- Product Weight 106 KG
- Maximum Capacity 270KG (Including User And Barbell Weight)
- H 231cm x W 127cm x L 223cm
- In Home Warranty: 12 months parts



## SM4000 Deluxe Smith Machine

### #MASM4000

An extremely strong and robust machine for the serious home gym. Ergonomically designed to complement the body's natural movements. Smiths machine features pec dec, foot brace for seated row, 6 olympic storage pegs, lat bar, tricep rope, shiver bar, ankle strap, single handle and chromed v-bar. Also includes separate utility bench with arm curl pad and leg developer

- 50mm x 75mm and 50mm x 50mm Heavy Duty Tubular Steel Construction.
- 10cm Nylon Pulleys With Sealed Ball Bearings
- 900kg Tensile Strength Aircraft Cable
- High Quality 25mm Chrome Guide Rods
- Smiths Ultra Glide Bushings Assures Smoothest Movement
- Commercial Grade Pop Pin Adjustments With Tightening Feature
- Frame Structure Features A 7 Degree Slant Designed To Accommodate The Natural Upper And Lower Body Movements
- 'Off The Floor' Base Frame Design Provides Increased Stability
- Adjustable Bar Catches And Safety Stoppers. Cage Uprights Feature Chromed Diamond Striker Plates And Commercial Grade Bar And Safety Catches
- Diamond Plated Non Slip Foot Brace For Seated Row Exercise. 6 Olympic Plate Storage Pegs. Includes Lat Bar, Tricep Rope, Shiver Bar, Ankle Strap, Single Handle And Chromed V Bar
- AB4050 Multi-Function Bench Included With Preacher Pad And Olympic Sleeve On Leg Developer
- Dimensions CM: (H) 210 x (W) 198 x (D) 175
- Weight: 156.00Kg
- In Home Warranty: 12 months parts



\* see page 2 for details



Pec Deck



Preacher Curl



Lat Pulldown



# Body-Solid® Built for Life

## Pro Power Rack

#BSGPR378

Freedom of movement combined with adjustable racking and safety positions make the Pro Power Rack a must-have for those who want to strength train without compromise. The Body-Solid Pro Power Rack is designed to work with all types of benches and engineered for extreme workouts. Heavy-duty 11-gauge high tensile strength steel frames feature all-4-side welded construction, huge 3"x3" vertical posts, and oversized industrial strength hardware. Electrostatically applied powder coat finish resists chipping and scratching through the most brutal routines. If you want to get bigger and stronger fast, a Body-Solid Power Rack is what you need. Dimensions: 52"D x 46"W x 79"H  
Warranty: In-Home LIFETIME Warranty



Pictured with Optional Selectorised Lat Attachment #GLA378/P1  
Barbell, weights and collars - sold separately.

### OPTIONAL ATTACHMENTS

#### 200lb Selectorised Lat Attachment

with high and low pulleys, lat bar, and low row bar  
Pictured left

#GLA378/P1

Dimensions with Lat attachment : 72"D x 46"W x 82"H

7' Bar Required  
sold separately



POWERLINE  
By Body-Solid

## Power Rack

#PLPR200G

Fire up your workouts on one of the first inventions that allowed weight lifters to workout safely and effectively, the Power Rack! Created several years ago, nearly every gym has one ...so why not you? With the wide "walk-in" design there is plenty of side-to-side movement for a variety of exercises such as squats, incline, decline, flat and military presses as well as shrugs and calf raises. Complete with 18 positions, two heat tempered lift-offs and two saber style safety rods so you can keep your exercise routine the way it should be simple and effective. Dimensions: 44"L x 46"W x 82"H  
Warranty: POWERLINE Ten Year Warranty



Pictured with optional Lat Attachment #PLA200,  
Bench #PFID130G, Barbell, weights and collars - sold separately.

### OPTIONAL ATTACHMENTS

#### Plate Loaded Lat Attachment

Comes with high and low pulleys. Lat bar and Straight bar included. Pictured left

#PLA200

7' Bar Required  
sold separately



# POWERTEC

## WORKBENCH POWER RACK

# PTWBPR11-B (Black)

# PTWBPR11-Y (Yellow)

**BUY NOW  
PAY LATER\***

\* see page 2 for details



### Build your Workbench:

You can customize your Workbench Power Rack to include the Utility Bench which provides lock and load access and the high/low cable system providing numerous cable driven exercises.

### Free Body stations:

The Power Rack comes standard with both Chin up and Dip bars at no additional cost.

### Training with Safety:

Innovative Gravity Lock catches are included that provide an easy access in and out catch lock which ensures safety at all times. The Power rack also has a number system for quick adjustments.

### Lat Tower Option # PTWBLTO11

Expand the Power Rack by adding the popular Lat Tower Option which features high and low pulleys and padded bar, for a full range of cable exercises.

### Specifications:

Model # PTWBPR11-B / # PTWBPR11-Y

Racking Section = 1000 LBS Chin up and Dip

Bars = 400 LBS Bodyweight

### Lat Tower Option:

Model # PTWBLTO11

Wt Carriage / Cable = 300 LBS

### Dimensions:

L 50.4 in W 50 in H 83.5 in

L 65.1 (with lat tower option fitted)

### Warranty:

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

Pictured with optional utility bench (PTWBUB11) and utility bench connector (PTWBUB11-CN). See page 27 for utility bench and optional accessories. Olympic weights and bars sold separately.

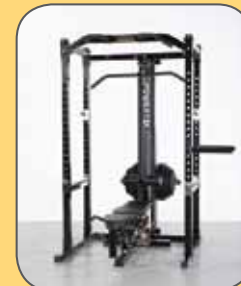
"Includes Chin-up and Dip Bars"

7' Bar Required



Available in **Yellow** and **Black**

With Lat Attachment



PTWBPR11P1 Package pictured left comprises of PTWBPR11-B Power Rack, PTWBLTO11 Lat Attachment & PTWBUB11 Utility Bench. Olympic bar and weights not included (sold separately)



Chin-up



Dip



Abdominal hanging leg raise



Abdominal hanging twist



Horizontal Pull-up



Overhead Tricep Extension



Lying Tricep Extension (only with lat attachment)



Push Up

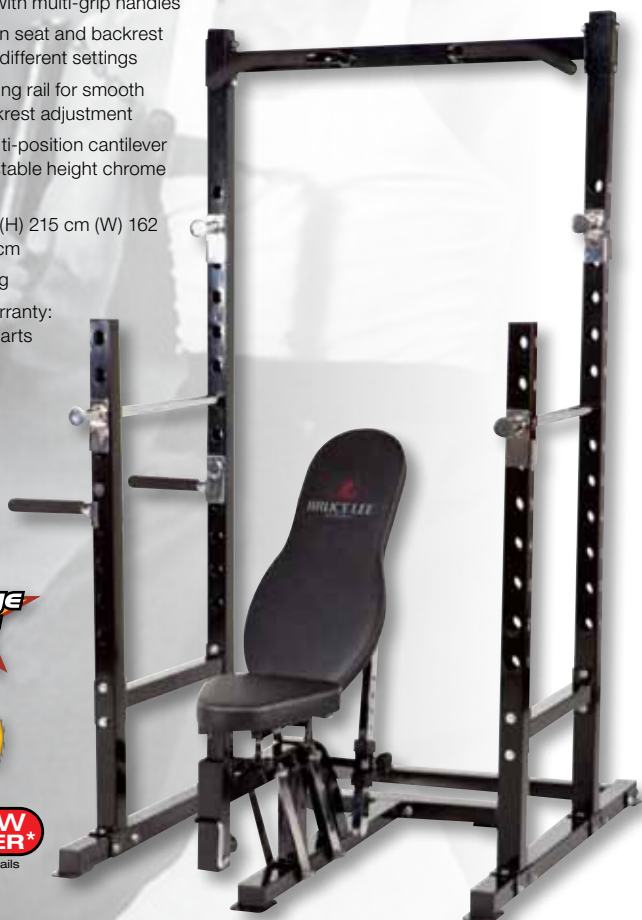




## Dragon Power Rack & Bench

#BLDPR

- Heavy duty 14 gauge steel tube frame
- Durable Powder coated finish
- High density box stitched two tone upholstery constructed from high grade density foam
- Chrome plated bar catches, safety catches and dip handles
- Pull-up bar with multi-grip handles
- Multi-position seat and backrest with up to 8 different settings
- Chrome sliding rail for smooth optimal backrest adjustment
- Patented multi-position cantilever bench Adjustable height chrome uprights
- Dimensions (H) 215 cm (W) 162 cm (L) 140 cm
- Weight 85 Kg
- In Home Warranty: 12 months parts



\* see page 2 for details

## ProClubLine

### Pro Club-Line Multi Squat Rack

#BSSMR1000

The SMR1000 commercial multi rack system is the perfect machine for providing all size users a safe and comfortable platform to maximize squats and pressing motions. 1/4" solid steel gun rack style liftoffs provide multiple positions for a comfortable starting position. Rack

solid adjustable safeties allow users to workout safely and maximize their load. The 2"x3" 11-gauge steel frame holds up in any heavy use environment. The back frame is extended to allow spotters easy access. Integrated weight storage keeps the plates right where you need them. The SMR1000 has integrated pegs for strength bands for extreme plyometric training. The integrated chinning bar allows users to incorporate pull ups, chin ups, inversion, ab slings and other body weight resistance systems for amazing versatility. The SMR1000 is an uncompromised monster free weight system. The SMR1000 multi-rack system is perfect for heavy use, heavy load environments, like schools, military, police and fire departments.

- 315 pounds (143kg)
- 1/4" solid steel gun rack liftoffs
- 2"x3" 11-gauge steel safeties and mainframe
- Plate storage is included
- 1000 lb. capacity
- Integrated chinning bar and strength band pegs
- Extended frame for spotter access
- Commercial warranty, lifetime on frame and welds
- Dimensions: 89"H x 80"L x 71"W



\* see page 2 for details

**7' Bar Required**  
sold separately

**Body-Solid®**  
Built for Life



Storage posts for Olympic weights only



**Body-Solid®**  
Built for Life

## MULTI-PRESS RACK

Industrial strength training partner

### #BSGPR370

Fitness professional, coaches, and personal trainers agree that a heavy-duty rack with easy-to-use adjustments and a barbell set go a long way in the world of strength training. Freeweight training is most effective when the user feels safe enough to use heavy weight and push the envelope. Body-Solid is here to make sure you get the absolute most from your workout., the ability to push your limits, the room to excel. Our Full Commercial Multi-Press Rack is an industrial strength training partner that doesn't try to change how you workout, it works with you.

Designed with an extra-wide 4-point stance, the GPR370 is a rock-solid performer that features a 7° reverse pitch that accommodates your body's natural lifting path. Lift-off and safety positions are right where you want the so racking the bar is always comfortable and predictable. Perform squats, calf raises, lunges, dead-lifts, upright rows, and many, many more power building exercises. For increased workout capacity, add any freeweight bench and do bench, incline, decline, and shoulder press routines. If you are looking to bulk up and build power, or simply to tone your muscles and increase performance, the Multi-Press Rack is definitely the foundation of the ultimate freeweight system.

- Extra-heavy duty 2"x 3" high tensile strength steel mainframe with all-4-side welded construction.
- 14-position gunrack can handle over 1,000 lbs. and gives the user the ability to walk the bar up and down without removing plates.
- Includes oversized 17" long safeties constructed from 2"x 3" 11-gauge steel.
- Mainframe uprights are set to a 7° reverse pitch that accommodates the body's natural lifting path.
- Features 4 Olympic storage posts that suspend weight plates for quick and easy access while keeping your workout area organized.
- Ideal for home and commercial use.
- 74"H x 45"L x 64"W. Wt65kg

### Multi-Press Rack Package.

#### #BSGPR3701P1

We hand picked the best additions for the GPR370 to offer you the best freeweight package available at the best possible price. Every piece features commercial-grade 2" x 3" heavy-duty steel construction for brutal training regimens and an In-Home Lifetime Warranty that covers every component Forever.

#BSGPR370 Commercial Multi-press Rack

#BSGLDA3 Leg Developer

#BSGFID71 Flat / Incline / Decline Bench

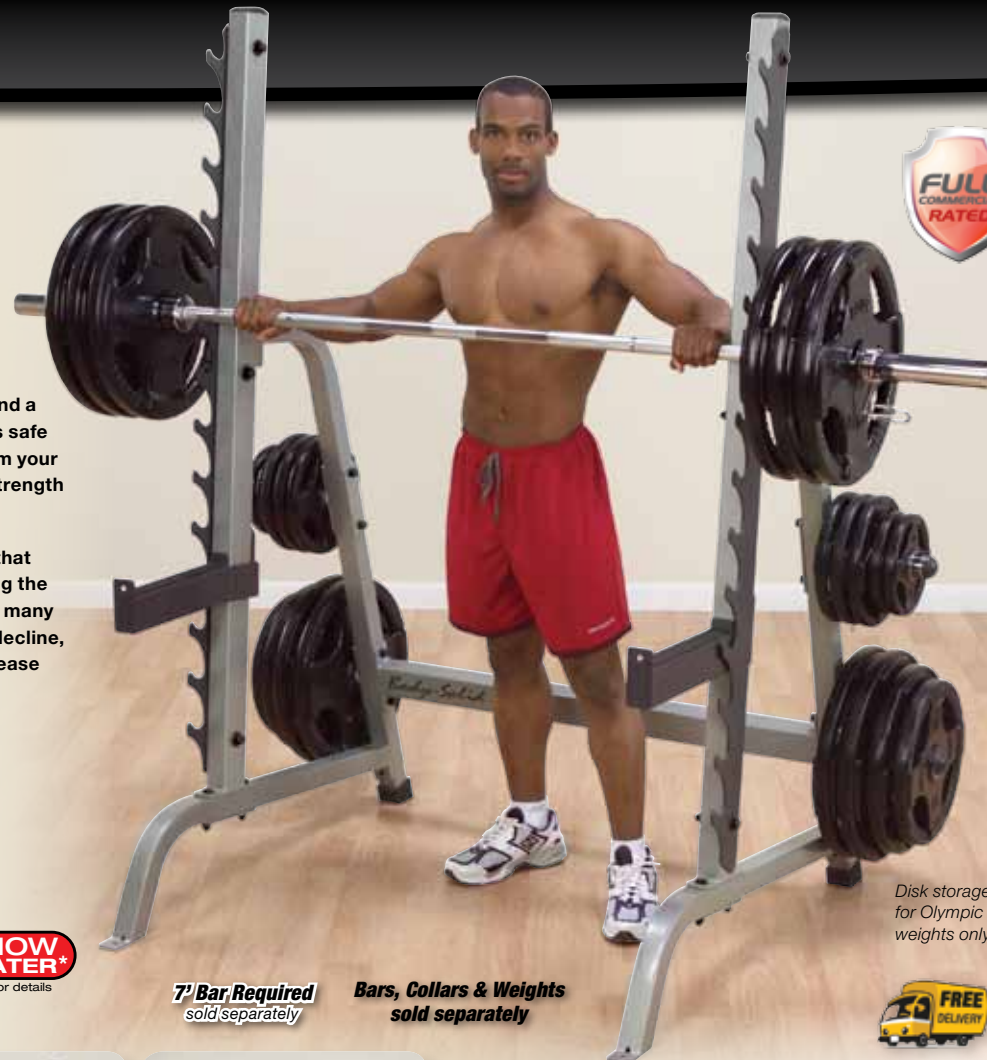
#BSGPCA1 Preacher Curl Attachment



Preacher Curl  
Attachment  
#BSGPCA1



Leg Developer  
Attachment  
#BSGLDA3



Disk storage  
for Olympic  
weights only

**BUYNOW  
PAY LATER\***  
\* see page 2 for details

**7' Bar Required**  
sold separately

**Bars, Collars & Weights**  
sold separately



The 7° reverse pitch conforms to  
your body's natural lifting path.



Users can walk the barbell up  
and down the rack without  
removing weights from the bar.

### Optional Dumbbell Lift-Offs

#### #BSDBH22







## SR 50 Squat Rack

#MAMESR50

- Club style 'Akimbo' uprights with scratch resistant chrome striker plates
- 40 ins crutch width accommodates both 6 ft and 7 ft barbell bars
- Solid Steel Chrome bar catches with safety latch are easily adjusted to multiple heights
- Easy assembly
- Assembled Dimensions: 163cmH x 101cmW x 80cmL
- Weight: 33kg
- In-Home Warranty: 12 months parts



**7' Bar Required**  
sold separately



## POWER 10 RACK

#MAP10

Large fixed 48" wide frame with easy walk in space for squat and pressing exercises. Club style 'akimbo' uprights with diamond striker plates and safety catches

- 1 5/8" And 1 3/4" heavy duty tube frame
- Nylon pulleys with sealed ball bearings
- High pulley station with lat bar
- 2000Lb tensile strength aircraft cable
- 2 Weight plate storage posts
- Includes easy curl lat bar, single handle and shiver bar, multi-function bench with preacher pad and leg developer
- H 208cm x w 165cm x l 223cm. Weight 71kg
- Maximum capacity 270kg barbell weight)
- In-Home Warranty: 12 months parts



**7' Bar Required**  
sold separately



## MCB880M Olympic Bench/Rack

#MABE880M

- Commercial Grade Heavy Duty Steel Tube Frame
- Heavy Gauge 3" Round Steel Tube Uprights
- Durable Grey Powder Coated Finish
- Dual Pulley Lat Tower
- Includes Lat Bar And Olympic Adaptor Sleeves
- Sturdy No Tip Front And Rear Stabilizers
- Dual Action Leg Developer With Olympic Sleeve
- 4 Oversized Roller Pads On Leg Developer With Rotating Arm Curl Handle
- Decline/Incline/Flat Pressing Positions
- Walk In Squat Capability
- 2 Weight Plate Holders With Olympic Sleeve
- Includes Adjustable Arm Curl Pad
- In-Home warranty: 12 months parts



**POWERLINE**  
- Body-Solid



## Squat Rack with Adjustable Height

#PLPSS60G

Solid and stable, this Squat Rack holds the bar safe and secure with the heaviest of weights. Bar supports feature height adjustments from 30 inches to 60 inches for doing Flat, Incline and Decline Bench Presses, Squats, Curls, Upright Rows, Shrugs, Calf Raises and much more! Barbell, weights and collars optional

- Dimensions: 37"L x 46"W x 30" to 60"H
- Warranty: POWERLINE Ten Year Warranty

**7' Bar Required**  
sold separately

Bars, weights and collars not included - sold separately



# POWERTEC

## WORKBENCH HALF RACK

#PTWBHR11-B

### Build your Workbench:

You can customize your Workbench Half Rack to include the Utility bench which provides lock and load access and the high/low cable system providing numerous cable driven exercises. The Chin up bars come standard with the rack.

### Training with Safety:

Innovative Gravity Lock catches are included that provide an easy access in and out catch lock that ensures safety at all times. The Half Rack also has a number system for quick adjustments.

### Build your Workbench Accessories:

An access tube and knob lock pin have been incorporated into the optional Utility Bench providing the new "Workbench Machine Accessories" to be added to your Half Rack System.

### Lat Tower Option:

Model # PTWBLT011

Wt Carriage / Cable = 300 LBS

### Dimensions:

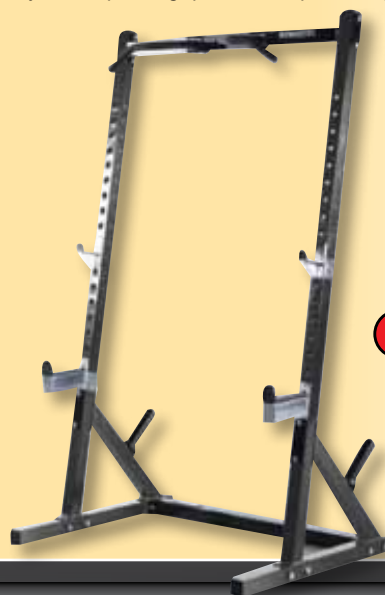
L 35.6 in W 49 in H 82 in

L 50 in (with lat tower option fitted)

### Warranty:

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

*7' Bar Required*



**BUY NOW  
PAY LATER\***  
\* see page 2 for details



Pictured above is the Half Rack package (PTWBHR11P1) which comprises the Work Bench Half Rack (PTWBHR11) with lat attachment (PTWBLT011) and utility bench (PTWBUB11). Also pictured is the optional utility bench connector (PTWBUB11-CN). See page 27 for utility bench and optional accessories. Olympic weights and bars sold separately.

*For Olympic weights only*  
sold separately