

POWERLINE

Powerline by Body-Solid products are designed with the home user in mind featuring smart, user-friendly features, compact construction and versatile equipment. Powerline offers a wide array of benches, power racks, smith machines, home gyms, accessories and storage options.



#PPR500EXT



Rack Extension



PPR500 HALF RACK

- Includes J-cups and safety spotter arms
- Customize and expand with attachments
- 50"L x 51"W x 83"H, 113 lbs.

PPR500EXT RACK EXTENSION

- 50"L x 51"W x 83"H, 39 lbs.

PLA500 LAT ATTACHMENT

- 71"L x 51"W x 83"H, 59 lbs.

#PLA500



Lat Attachment



#PPR1000EXT



Rack Extension



PPR1000 POWER RACK

- 2" hole spacing for j-cups and pin and pipe safeties
- Includes J-cups and pipe & pin safeties
- 54"L x 51"W x 83"H, 168 lbs.

PPR1000EXT RACK EXTENSION

- 70"L x 51"W x 83"H, 49 lbs.

PLA1000 LAT ATTACHMENT

- 65"L x 51"W x 83"H, 59 lbs.

#PLA1000



Lat Attachment

PPR500 OPTIONAL ATTACHMENTS

View the next page for all 8 PPR500 Attachments



PPR500

PPR500 OPTIONAL ATTACHMENTS



1.

PLA500
Lat Attachment



5.

PPRPS
Pipe & Pin Safeties
(Only fits with
PPR500EXT)



2.

PPR500EXT
Rack Extension



6.

PPRTB
T-Bar Row



3.

PPRBP
Band Pegs



7.

PPRUL
U-Link



4.

PPRJC
J-Cups



8.

PPRWH
Weight Plate Horn

PPR1000 OPTIONAL ATTACHMENTS

View the next page for all 8 PPR1000 Attachments



PPR1000

PPR1000 OPTIONAL ATTACHMENTS



1.

PLA1000
Lat Attachment



5.

PPRMCU
Multi-Grip ChinUp Bar



2.

PPR1000EXT
Rack Extension



6.

PPRTB
T-Bar Row



3.

PPRBP
Band Pegs



7.

PPRUL
U-Link



4.

PPRJC
J-Cups



8.

PPRWH
Weight Plate Horn



PSM200 SMITH MACHINE

- Lift safely without the need for a spotter
- Effectiveness of free weight workouts with the safety of a machine
- 18 lockout points
- Weight Capacity: 400 lbs.
- 47"L x 66"W x 79"H, 63 lbs.



PLT200 LAT ATTACHMENT for the PSM200

- High & Low Pulley with no cable change
- Plate loaded or 160lb. stack
- Includes Lat Bar & Low Row Bar
- 76"L x 66"W x 82"H, 82 lbs.



PPR200X POWER RACK

- 18 adjustment levels
- 45"L x 47"W x 82"H, 133 lbs.

OPTIONS:

DR100	Dip Bar Attachment
BC2	Bar Catches
SCB26	Squat Calf Block



PMP150 MULTI-PRESS RACK

- Includes J-cup liftoffs, safeties, and plate storage horns
- 7 degree reverse pitch for biomechanically correct lifting patterns
- 46"L x 60"W x 71"H, 88 lbs.



PFT100 **FUNCTIONAL TRAINERS**

- Includes two 160 lb. weight stacks (two 210 lb. weight stacks available)
- Traveling pulleys swivel smoothly through 180-degree range of motion
- 42"L x 63"W x 83"H, 476 lbs.



PFT50 **FUNCTIONAL TRAINER**

- Includes one 210 lb weight stack (310 lb. weight stack available)
- Traveling pulleys swivel smoothly through 180-degree range of motion
- 55"L x 61"W x 84"H, 329 lbs.



PCC090X **CABLE CROSSOVER**

- Includes 2 cable handles and 1 ankle strap
- 37"L x 113"W x 83"H, 108 lbs.

OPTIONS:

- OAS14 14" Olympic Adapter Sleeve
GCA2 Chin-Up Handles



PHG1000X HOME GYM

- Bench Press and Pec Fly Station
- High and Low Pulley Station
- Leg Extension and Curl Station
- Lat Bar and Low Row Bar Included
- 61"L x 42"W x 84"H, 118 lbs.

OPTIONS:

SP150 150 lb. Weight Stack



BSG10X EASY ASSEMBLY HOME GYM

- 20 Minute Assembly Gym
- Bench, Incline and Shoulder Press Station
- High, Mid, and Low Pulley Stations
- Leg Extension and Curl Station
- Lat Bar, Low Row Bar and Ab/Tricep Strap Included
- 160lb standard weight stack
- 66"L x 47"W x 80"H, 316 lbs.

OPTIONS:

BSGLPX Leg Press Attachment



P2X HOME GYM

- Bench, Incline and Shoulder Press Station
- Functional Pulley Station
- High, Mid, and Low Pulley Stations
- Leg Extension and Curl Station
- Lat Bar, Low Row Bar and Ab/Tricep Strap
- 160lb standard weight stack
- 71"L x 50"W x 83"H, 381 lbs.
- 75"L x 72"W x 83"H, (with PLPX option)

OPTIONS:

PLPX Leg Press Attachment
SP50 50 lb. Weight Stack Upgrade

Shown with Optional Weight Stack Shroud



PAB139X **AB BOARD**

- Isolates abdominal region
- Foot hold allows full range of motion
- 40"L x 20"W x 24"H, 35 lbs.



PHYP200X **45° BACK HYPEREXTENSION**

- Increase flexibility and relieve back pain
- Easy to use design (feet stay on the ground)
- 42"L x 27"W x 31"H, 43 lbs.



PCH24X **ROMAN CHAIR / BACK HYPER**

- Extra-wide base eliminates rocking
- Works glutes, hamstrings, calves, abs, obliques and back
- 46"L x 24"W x 38"H, 40 lbs.



PAB21X **AB BENCH**

- Full range abdominal crunch
- Great for tricep extensions
- Tricep/ab strap included
- 40"L x 18"W x 38"H, 31 lbs.



PDR282X **DUMBBELL RACK**

- Holds one (1) pair each of 5-30 lb. Hex Dumbbells.
- 14"L x 33"W x 23"H, 32 lbs.



PLM180X **LAT MACHINE**

- 1" dia. weight posts
- Lat Bar and Low Row Bar included
- 48"L x 43"W x 81"H, 69 lbs.



PSC43X **SEATED CALF RAISE**

- Operates on a 3:1 weight ratio
- Isolates calf muscles
- 47"L x 21"W x 32"H, 44 lbs.



PLCE165X **LEG EXTENSION & LEG CURL**

- Leg extensions and curls in one machine
- Prone leg curl isolates hamstrings
- 62"L x 25"W x 27"H, 44 lbs.



PGM200X GLUTE MAX

- Works each leg individually for maximum isolation of the gluteus muscles.
- Adjustable chest pad to accommodate users of any height.
- 66"L x 26"W x 60"H, 67 lbs.



PVLP156X VERTICAL LEG PRESS

- Three 1" dia. weight posts for even resistance distribution
- Nylon busings for smooth, consistent motion
- Thick back and neck pads for comfort and support
- 45"L x 47"W x 55"H, 77 lbs.



PPB32X PREACHER CURL BENCH

- Angled arm pad isolates bicep muscles
- Cradle fits curl bars perfectly
- 34"L x 35"W x 37"H, 42 lbs.



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

- Lat pull-up / chin-up station features easy step-up entry.
- 35"L x 42"W x 83"H, 64 lbs.



PFI150 **FLAT / INCLINE BENCH**

- Independent back and seat pad adjustments (ladder style)
- 55"L x 24"W x 18"H, 53 lbs.



PFID125X **MULTI-BENCH**

- Fold flat for easy storage
- Ships fully assembled
- 59"L x 19"W x 17"H, 45 lbs.



PFID130X **FLAT / INCLINE / DECLINE BENCH**

- Independent back (ladder style) and seat pad (pin) adjustments
- 55"L x 26"W x 21"H, 48 lbs.

OPTIONS:

- GLDA1 Leg Developer Attachment
- GPCA1 Preacher Curl Attachment