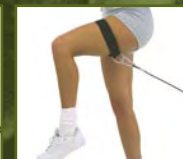
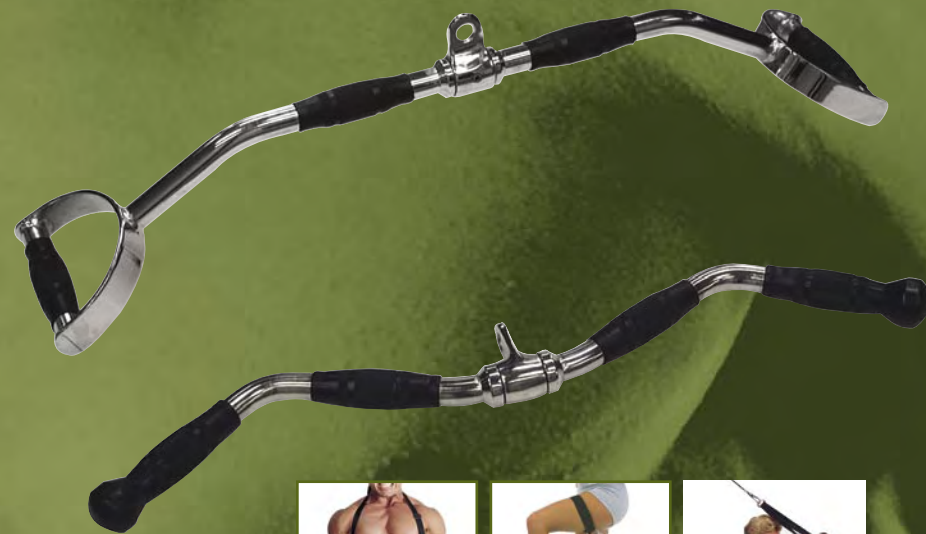


# Body-Solid<sup>®</sup>

Built for Life

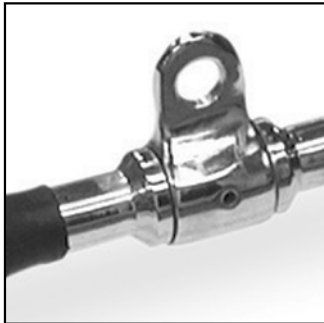


*Cable Attachments & Accessories*

# Pro-Grip™ Premium Cable Attachment Bars

Get a grip on this! Pro-Grip™ premium cable attachments bring a free weight feel to home gyms and cable systems with increased comfort and control. When you wrap your hands around the ergonomically contoured rubber grips, you know your holding real quality. The unique knurl-textured surface comfortably locks your grip in position throughout the entire exercise movement. You've never felt control like this, you've never felt comfort like this. Pro-Grip™ premium cable attachments reduce fatigue in your fingers, palms and wrists because they conform to the shape your hands greatly reducing your need to squeeze for control.

Pro-Grip™ premium cable attachments are the ultimate addition to any home gym or cable machine. They are constructed from the finest quality materials for a LIFETIME of performance and backed by the best warranty in the industry. Expand your exercise options and upgrade your exercise experience with the cable attachments designed to put *real* power in your hands. Pro-Grip™ by Body-Solid.



Precision engineered forged steel revolving swivels provide smooth, fluid and continuous rotation to minimize pulley maintenance and extend cable life. All bars attach quickly and easily to a simple S hook or snap-link.



Perfect #18 diamond knurl-textured rubber grips are contoured to match the natural shape of your hand and provide maximum comfort.



Top quality 1020 solid cold rolled steel, triple chrome plated and polished to a mirror finish. Craftmanship that assumes the highest quality and a LIFETIME of reliable performance.



Biomechanically engineered for optimum comfort, control and deep muscle fiber penetration.



All Pro-Grip™ premium cable attachments feature our exclusive In-Home LIFETIME Warranty... You name it. It's all covered. Forever. Period.



**Pro-Grip™  
Multi-Exercise Bar  
#MB503RG**

- There is nothing better for doing seated rows, tricep pressdowns and bicep curls.
- Super deep chest clearance allows you to hit every muscle fiber in your lats.
- Includes state-of-the-art, knurl-textured rubber grips for an extremely comfortable workout.
- Solid steel / 8 Lbs.
- LIFETIME Warranty

**Body-Solid®**  
Built for Life

## Pro-Grip™ V-Bar #MB507RG



- Center-balanced construction allows follow-through movement at optimum resistance.
- Ergonomically designed to provide continuous, consistent tension throughout full range of motion for all biceps and triceps exercises.
- Two knurl-textured rubber grips ensure no-slip comfort and control when maxing out.
- Solid steel / 7 Lbs.
- LIFETIME Warranty

## Pro-Grip™ Triceps Pressdown Bar #MB504RG



- Designed for maximum triceps contraction.
- Heavy-Duty, solid steel welded flange allows maximum load capacity.
- Dual knurl-textured grips and polished round end plates ensure a comfortable no-slip grip.
- Solid steel / 6Lbs.
- LIFETIME Warranty

## Pro-Grip™ Revolving Straight Bar #MB022RG



- Engineered to do tricep pressdowns, straight bar curls, upright rows, arm pullovers and much more.
- Smooth, fluid center swivel assures constant, steady, uninterrupted motion.
- This versatile bar is perfect for any gym, club or home.
- Solid steel / 21"L / 6Lbs.
- LIFETIME Warranty

## Pro-Grip™ Multi Grip Lat Bar #MB148RG



- Uniquely designed for lateral stability and an extra long stretch.
- Smooth, fluid center swivel assures steady follow-through movement.
- Total of six knurl-textured rubber grips allow multi-function useage.
- Full 48" long for complete development of your lats, shoulders and arms.
- Solid Steel / 48"L / 12Lbs.
- LIFETIME Warranty

## Pro-Grip™ Pro-Style Lat Bar #MB438RG



- Scientifically angled to allow a deeper stretch for better lat development.
- Smooth, fluid center swivel keeps your form on track.
- Extra set of knurl-textured rubber grips allow bar to be used for tricep and bicep workouts.
- 38" width for physiologically correct lat isolation movement.
- Solid steel / 38"L / 13Lbs.
- LIFETIME Warranty

## Pro-Grip™ Revolving Curl Bar #MB229RG



- Biomechanically designed for the most complete arm development possible.
- Two sets of comfortable knurl-textured rubber grips allow close-grip or wide-grip curls and tricep pressdowns with flawless control and balance.
- Angles on this bar were designed specifically for peak bicep and tricep contraction.
- Solid steel / 29"L / 7Lbs.
- LIFETIME Warranty

## Pro-Grip™ Stirrup Cable Handle #MB501RG



- Extra heavy-duty welded flange for a LIFETIME of extreme useage.
- Machined steel is accurately balanced for smooth, quiet operation.
- Super comfortable #18 diamond knurl-textured grip reduces finger fatigue and ensures absolute control.
- Solid steel / 2Lbs.
- LIFETIME Warranty

**WHEN ONLY THE  
BEST WILL DO.**

## Pro-Grip™ Seated Row/ Chinning Bar Combo #MB502RG



- Super heavy-duty welded flange assures LIFETIME useage even under extreme conditions.
- All ends are precision - ground and polished to an exact radius.
- Perfectly balanced with comfortable rubber #18 diamond knurl-textures grips.
- Solid steel / 5Lbs.
- LIFETIME Warranty

# Cable Attachment Bars

You are looking at the most complete collection of cable attachment bars in the industry. To appreciate the real beauty of the Body-Solid attachment bars, you have to look beyond the luster of the highly polished chrome finish, and into the thinking behind their structural integrity.

Every Body-Solid cable attachment bar is precisely formed from 1020 cold-rolled steel. A more costly material that assures superior strength and durability.

Extra-thick flanges and forged steel swivels guarantee maximum durability under the most grueling workouts. Precision-machined steel retention collars that hold the swivels in place and give perfect balance to each bar. What's important here is not only the quality of the parts that Body-Solid uses, but also the care and attention that goes into the manufacturing of each bar. Not to mention the precise quality control that oversees each step. Which all adds up to one very important thing. **RELIABILITY**

For total safety combined with the feel of natural free weight movement - nobody beats Body-Solid! These cable attachment bars will work with any home gym or cable system to add a world of exercise options in just seconds.



**Heavy-Duty Lat Bar**  
**#MB148S**

- Engineered for excellent lat pre-stretch.
- Two sets of knurled grips for maximum lat, shoulder, bicep and tricep work.
- Solid steel / 48"L / 10Lbs.



**Padded Black Lat Bar**  
**#MB148B**

- Designed for ultimate development of your lats shoulders and arms.
- Full length comfortable foam grips provide unlimited hand positioning and secure hold.
- 48"L / 3Lbs.



**X-Long Lat Bar**  
**#MB160**

- Extra- long 60" length for a super lat pre-stretch.
- Comfortable rubber handles are textured for a superior grip surface.
- Solid steel / 60"L / 15Lbs.



**Pro-Style Lat Bar 28"**  
**#MB428**

- Physiologically engineered for optimum lat development.
- Two sets of knurled surfaces for lat, bicep and tricep workouts.
- Solid steel / 28"L / 11Lbs.



**Pro-Style Lat Bar 38"**  
**#MB438**

- Extra-long and scientifically angled to give a deeper stretch for an accelerated lat development.
- Two sets of knurled surfaces for multiple use options.
- Solid steel / 38"L / 13Lbs.



**3-Way Lat Blaster Bar**  
**#MB336**

- Three grip positions enable you to hit every muscle fiber in your lats.
- Designed for extra-deep chest clearance.
- Center swivel keeps motion smooth and fluid with consistent resistance.
- Solid steel / 23"L / 20Lbs.



### Triceps Pressdown Bar #MB504

- Designed for maximum triceps contraction.
- Heavy-gauge welded flange allows no-limit load capacity.
- Solid steel / 6Lbs.



### Revolving Triceps/Biceps Bar #MB505

- Engineered for ultimate tricep and bicep development.
- Center swivel keeps motion smooth with consistent resistance.
- Solid steel / 7Lbs.



### Balanced V-Bar #MB507

- Designed to provide consistent resistance throughout full range of motion for all biceps and triceps exercises.
- Center-balanced design allows follow-through movement at optimum resistance.
- Solid steel / 7Lbs.



### Dual Purpose Bar #MB200

- Excellent for tricep pressdowns, seated rows and low pulls.
- 360° welded construction handles the heaviest loads.
- Solid steel / 9Lbs.



### Stirrup Handle #MB501

- Precision balanced for smooth action and reliable performance.
- Rotating knurled grip operates flawlessly even under the heaviest loads.
- Solid steel / 2Lbs.



### Horseshoe Cable Handle #MB540

- A perfect fit on all machines.
- Machined steel body with rotating knurled hand grip.
- Solid steel / 3Lbs.



### Pro Cable Handle #MB590

- Extra-large design allows freedom for wrist and forearm follow-through movement.
- Rotating knurled hand grip and center swivel allow precise movements through all exercise motions.
- Solid steel / 4Lbs.



### Revolving Curl Bar #MB229

- Specifically designed to replicate free weight curling motion on any cable system.
- Completely isolates your biceps for maximum contraction.
- Great for tricep pressdowns too!
- Solid steel / 29"L / 7Lbs.



### Revolving Straight Bar #MB022

- Perform tricep pressdowns, straight bar curls, upright rows, seated rows, arm pullovers and much more.
- Solid steel swivel provides steady, uninterrupted motion.
- Solid steel / 27"L / 6Lbs.



### Multi-Exercise Bar #MB503

- Perform seated rows, bicep curls tricep pressdowns and much more on this versatile attachment bar.
- Center swivel keeps motion smooth and fluid with consistent resistance.
- Solid steel / 7Lbs.



### Seated Row & Chinning Bar combo #MB502

- Close grip rowing and chinning have never been easier!
- Heavy gauge welded flange allows maximum load capacity.
- Solid steel / 5Lbs.

# Leather & Nylon accessories

Vital equipment for any gym, club or home. This is the equipment that builds champions! Body-Solid's leather and nylon accessories are the strongest, safest and most durable products on the market. Our leather products are hand sewn and handcrafted from the strongest and heaviest harness steerhides available. Our nylon products have the strength to pull a truck! Both feature edges that won't pinch, scrape or cut. Both include a contoured neoprene lining that absorbs shock and gives multi-directional cushioning, support and stability. Put them in your budget - they're 100% effective.



## Nylon Wrist Wraps #NB51

- Wrap your wrists in comfort and support for that extra edge in your workouts.
- Guaranteed to absorb shock and to deliver multi-directional stability.
- Fully adjustable for all size users.



## Pro-Power Grips #PG2

- Unique design takes the burden of heavy weight off your fingers and transfers it to your back, shoulders, arms and traps.
- Excellent for barbell, dumbbell and chinning bar exercises.



## Leather Ankle Strap #MA308V

- Top-grain leather construction with heavy-duty reinforcements.
- Ideal for use with all cable systems for leg hip and glute development..
- Contoured neoprene lining for cushioning, support and stability.
- Fully adjustable - one size fits all.

## Standard #NAS2



## Premium #NAS3



- Ideal for use with all cable systems for leg, hip and glute development.
- Contoured neoprene lining for cushioning, support and stability.
- Fully adjustable - one size fits all.

## #MA307N Nylon

## Leather & Nylon Head Harnesses

## #MA307V Leather



- Recommended training for those in contact sports.
- Excellent conditioning for the neck and upper back muscles.
- Padded with high density neoprene to absorb shock and prevent abrasion.
- Features heavy D-ring connectors and weight plate chain with quick release snap link.
- Fully adjustable - one size fits all.



## Nylon Dipping Belt #NB56

- Add resistance beyond your body weight to supercharge dips, chins and lunges.
- Heavy-duty steel chain with quick release snap link.



## Nylon Dipping Strap #NB55

- Attaches to any type or style of weightlifting belt.
- Heavy-duty steel chain with quick release snap link.



**Power Lifting Straps**  
**#NB52**

- Take the burden off your fingers and transfer the weight directly to the places you want it most.
- Features double-stitched, ultra strong, cotton wrap design.
- Great for Dumbbells, Lat Bars, Low Row Bars, Standard Olympic Bars.



**Triceps Rope**  
**#TR20**

- You can do the heaviest tricep pressdowns, curls, ab crunches, kickbacks and deltoid raises.
- Features over-sized impact resistant resin blocks.
- High-strength carbon steel swivel allows follow-through for full range of motion exercise.



**Nylon & Leather Triceps Straps**  
**#NTS10**                      **#MA325**

- Great for triceps extensions, bicep curls, resistance ab crunches, triceps pressdowns and much more!
- Neoprene lining allows your hands to breathe while in use.
- Designed for a comfortable workout and will not pinch, scrape or cut.



**Combo Thigh & Ankle Strap**  
**#TS31**

- Great for training the hips, thighs and glutes.
- Fully adjustable with a sure-lock velcro closure.
- Neoprene lining allows your skin to breathe while you work your way to great legs!



**Leather Dipping Belt**  
**#MA330**

- Increase the effectiveness of dips, chins and lunges by adding resistance beyond your own body weight.
- Constructed from top-grain leather.
- Extended back pad distributes weight evenly for comfort and stability.



**Leather Dipping Strap**  
**#MA310**

- Attaches to any type or style of weightlifting belt.
- Constructed from top-grain leather.
- Increase the effectiveness of dips, chins and lunges by adding resistance beyond your own body weight.



**Ab Crunch / Triceps Strap**  
**#NB54**

- Nylon construction with heavy duty steel D-ring connector.
- Padded handles add comfort to heavy workouts.
- Double-stitched for extra strength.



**Ab Crunch Harness**  
**#ACH18**

- Extra wide padded design protects your neck, shoulders, back and chest from chafing.
- Comfortable foam grips provide solid anchoring for crunches and oblique crunches.
- Nylon construction with heavy duty steel D-ring connector.

More and more people have been turning to Body-Solid for their fitness needs. Why? Because Body-Solid makes fitness equipment that does exactly what it's supposed to do: provide an excellent workout day after day, year after year. We pride ourselves on the fact that everyone at Body-Solid is a professional, dedicated to upholding the principles on which Body-Solid was founded: Quality, performance and value.



**Dumbbell Lift-Off Platforms**  
#DBH22



- Bring the safety and the adjustability of free weight machines to your dumbbell workout.
- Set your own start and stop points and go heavy with out wrestling your dumbbells into position.
- Quickly and easily attaches to any 2"x2" or 2"x3" horizontal frame piece or safety.
- Fits all dumbbell sizes and styles up to 300 Lbs. each.



**T-Bar Row Platform #TBR10**  
**Lat Blaster Bar #LBB28**



**Bicep Bomber**  
#BB23



**Shoulder Horn Harness**  
#SH22  
Size M/L or L/XL



**Gut-Blaster Slings**  
#AAB2



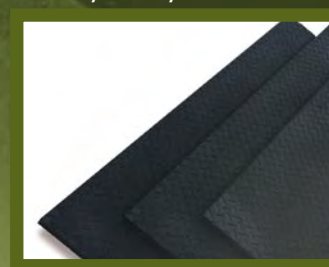
**Olympic Shrug Bar**  
#OTB50



**Bar Pad**  
#MA105



**Push-Up Bars**  
#PUB2



**Rubber Floor Protectors**  
#RF546



**Inversion Boots**  
#GIB2



**Pro-Style Doorway Chinning Bar**  
#PUB34



**Weight Stack Adapters**  
2 1/2 LB #WSA2.5  
5LB #WSA5



**Strength Training Time Clock**  
#STT45



**Olympic Adapter Sleeves**  
8" Long #OA8  
14" Long #OAS14

**Body-Solid**  
Built for Life

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