

Body Power Dealer  
2009 Price List  
Modified Model Numbers

Description	New Model	Old Body Power Item Number	Approximate Product Weight
<b>BENCHES</b>			
Flat Work Bench - Extended Series	100-B	100	75#
Olympic Competition (2" tube) - Extreme Series *	108-2-A	108-2X	100#
Olympic Competition (2" tube) - Extended Series *	108-2-B	108-2	100#
Olympic Competition (3" tube) - Extended Series	108-3-B	108-3	140#
Olympic Incline (2" tube) - Extreme Series *	111-2-A	111-2X	140#
Olympic Incline (2" tube) - Extended Series *	111-2-B	111-2	140#
Olympic Incline (3" tube) - Extended Series	111-3-B	111-3	150#
Olympic Shoulder Press (2" tube) - Extreme Series *	113-2-A	113-2X	100#
Olympic Shoulder Press (2" tube) - Extended Series *	113-2-B	113-2	100#
Olympic Shoulder Press (3" tube) - Extended Series	113-3-B	113-3	140#
Concentrated Curl - Extended Series	116-B	116	100#
Adjustable Decline - Extended Series	118-B	118	120#
Olympic Decline (2" tube) - Extreme Series *	119-2-A	119-2X	150#
Olympic Decline (2" tube) - Extended Series *	119-2-B	119-2	150#
Olympic Decline (3" tube) Extended Series	119-3-B	119-3	150#
Adj. Flat Incline w/Wheel & Handle (2" Tube) Gunrack - Extended Series	120-2-B	120-2	75#
Adj. Flat Incline w/Wheel & Handle (3" Tube) Gunrack - Extended Series	120-3-B	120-3	90#
Adj. Incline - Extended Series	121-B	121	75#
Adj. Flat/Incline/Decline bench, w/Wheel & Handle Gunrack - Extended Series	122-2-B	122-2SP	100#
Shoulder Press Seat - Extended Series	123-B	123	60#
Add On: Weight Storage Arches- Extended Series (pictured on #108-3 and #111-3)	WS-B-Bench	WSA	75#
<b>SPECIAL BENCHES</b>			
Supine/Decline - Extreme Series	124-A	124	150#
Supine/Incline - Extreme Series	125-A	125	150#
<b>ABDOMINAL CONDITIONERS</b>			
Professional Sit-up Board and Ladder - Extended Series	131-B	131	140#
Vertical Leg Raise w/Dip Handles - Extended Series	135E-B	135E	100#
Vertical Leg Raise w/Chinning Bar and Dip - Extended Series	135EX-B	135EX	150#
45° Back Hyperextension - Extended Series	136-B	136	85#
Roman Chair/Back Hyperextension - Extended Series	137-B	137	75#
Glute Ham - Extreme Series *	138-A	138X	100#
Glute Ham - Extended Series *	138-B	138	100#
Glute Ham-Low Profile - Extended Series	138LP-B	138LP	125#
Adjustable Ab Crunch Bench - Extended Series	139-B	139	125#
<b>LEG CONDITIONERS</b>			
Combination Leg Curl/Leg Extension - Extended Series	140C-B	140C	175#
Power Rack (2" tube) - Extended Series	141-2-B	141-2	225#
Power Rack (3" tube) - Extreme Series *	141-3-A	141-3X	550#
Power Rack (3" tube) - Extended Series *	141-3-B	141-3	300#
Standing Calf - Extended Series	142-B	142	125#
Seated Leverage Calf - Extended Series	143-B	143	100#
Hack Squat - Extreme Series *	144-A	144X	375#
Hack Squat - Extended Series *	144-B	144	375#
Donkey Calf - Extreme Series	145-A	145	275#
Hip Sled - Extreme Series *	147-A	147X	350#
Hip Sled - Extended Series *	147-B	147	350#
Leg Press-Hack Squat w/Linear Bearings - Extreme Series	147-44-A	147-44	400#
Walk In Squat Rack - Extended Series	149-B	149	200#
Add On: Weight Storage Arches -Extended Series	WS-B-Racks	WSA	75#

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<b>ARM, SHOULDER AND NECK CONDITIONERS</b>			
Dip Stand - Extended Series	150-B	150	90#
Adjustable Chining Bar - Extended Series	151-B	151-B	25#
Four-Sided Dip Stand - Extended Series	152-B	152	180#
Neck Machine-Four Way - Extended Series	153-B	153	150#
Multi-Grip Chinning Bar, Wall Mounted - Extended Series	154-B	154	40#
Chin/Dip Combo - Extended Series	155-B	155	175#
Bent Over Lever Row - Extended Series	156-B	156	100#
High Lat/Rowing Machine - Extended Series	158-B	158	175#
Add On: Weight Storage Strip - Extended Series	WS-B-Strip	WSS	40#
<b>STORAGE RACKS</b>			
Plate Storage Rack, Vertical - Extended Series	161-B	161	45#
Barbell Storage Rack - Extended Series	165-B	165	60#
Bumper Plate Storage Rack, Eight Storage Slots - Extended Series	166-B	166	50#
Pyramid Storage Rack - Extended Series	167-B	167	200#
Dumbbell Rack, Two Tier (10 pairs) w/Rubber Saddles Extended Series	172-B	172	225#
Dumbbell Rack, One Tier, Super Duty, 5' Long - Extended Series (not pictured)	178-5-B	178-5	75#
Dumbbell Rack, One Tier, Super Duty, 10' Long Extended Series (not pictured)	178-10-B	178-10	125#
Dumbbell Rack, Two Tier, Super Duty, 5' Long Extended Series	179-5-B	179-5	125#
Dumbbell Rack, Two Tier, Super Duty, 10' Long - Extended Series	179-10-B	179-10	175#
<b>SPECIAL RACKS AND FRAMES</b>			
Multi-Purpose Rack, Single Sided - Extreme Series *	MPR-31-A	MPR-31X	450#
Multi-Purpose Rack, Single Sided - Extended Series *	MPR-31-B	MPR-31	290#
Multi-Purpose Rack, Double Sided - Extreme Series *	MPR-32-A	MPR-32X	650#
Multi-Purpose Rack, Double Sided - Extended Series *	MPR-32-B	MPR-32	350#
Super Rack - Extreme Series *	SR-A	SRX	550#
Super Rack - Extended Series *	SR-B	SR	350#
Dip Attachment for MPR Racks - Extended Series	Dip Attach B	Dip Attach	40#
VKR Attachment for MPR Racks - Extended Series	VKR Attach B	VKR Attach	50#
Training Trays for MPR Racks (left/right) - Extended Series	TT-B	TT	175#
Lifting Platform Frames - Extended Series	PF-B	PF	85#
<b>SINGLE/DUAL PURPOSE MACHINES</b>			
<b>UPPER BODY</b>			
Pec Deck, 200# - Extreme Series	180-A-200	180X	400#
Pec Deck, 200# - Extended Series	180-B-200	180	400#
Pec Deck/Rear Deltoid Combo, 200# - Extreme Series	180RD-A-200	180RDX	425#
Pec Deck/Rear Deltoid Combo, 200# - Extended Series	180RD-B-200	180RD	425#
Tricep Extension, 150# - Extreme Series	181E-A-150	181EX	325#
Tricep Extension, 150# - Extended Series	181E-B-150	181E	325#
Arm Curl, 150# - Extreme Series	182-A-150	182X	325#
Arm Curl, 150# - Extended Series	182-B-150	182	325#
Arm Curl/Tricep Extension Combo, 200# - Extreme Series	182-B1-A-200	182-B1X	400#
Arm Curl/Tricep Extension Combo, 200# - Extended Series	182-B1-B-200	182-B1	400#
Shoulder Press, 200# - Extreme Series	183-A-200	183X	400#
Shoulder Press, 200# - Extended Series	183-B-200	183	400#
Incline Press, 200# - Extreme Series	183I-A-200	183-IX	400#
Incline Press, 200# - Extended Series	183I-B-200	183-I	400#
Seated Chest Press, 200# - Extreme Series	184-A-200	TBD	400#
Seated Chest Press, 200# - Extended Series	184-B-200	184	400#
Seated Chest Press, 250# - Extreme Series	184-A-250	184X	450#
Seated Chest Press, 250# - Extended Series	184-B-250	TBD	450#

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<b>SINGLE/DUAL PURPOSE MACHINES</b>			
<b>UPPER BODY - Continued.....</b>			
Pullover, 200# - Extreme Series	185-A-200	185X	375#
Pullover, 200# - Extended Series	185-B-200	185	375#
Lateral Deltoid, 100# - Extreme Series	186-A-100	186X	300#
Lateral Deltoid, 100# - Extended Series	186-B-100	186	300#
Lateral Deltoid, 150# - Extreme Series	186-A-150	TBD	350#
Lateral Deltoid, 150# - Extended Series	186-B-150	TBD	350#
Cable Crossover, 2 ea., 150# - Extreme Series	187MP-A-150	187 MP	700#
Cable Crossover, 2 ea., 200# - Extreme Series	187MP-A-200	187 MP-SP	800#
Compact Crossover, 2 ea., 200# - Extreme Series	187Compact-A-200	187 Compact	800#
Cable Column, 150# - Extreme Series	187Column-A-150	187 Column	325#
High Lat/Mid Row Combo w/Continuous Cable, 200# - Extreme Series	188CC-A-200	188CCX	450#
High Lat/Mid Row Combo w/Continuous Cable, 200# - Extended Series	188CC-B-200	188CC	450#
High Lat/Mid Row Combo w/Continuous Cable, 250# - Extreme Series	188CC-A-250	TBD	450#
High Lat/Mid Row Combo w/Continuous Cable, 250# - Extended Series	188CC-B-250	TBD	450#
High Lat, 200# - Extreme Series	188H-A-200	188HX	325#
High Lat, 200# - Extended Series	188H-B-200	188H	325#
High Lat, 250# - Extreme Series	188H-A-250	TBD	375#
High Lat, 250# - Extended Series	188H-B-250	TBD	375#
Mid Row, 200# - Extreme Series	188MR-A-200	188MRX	400#
Mid Row, 200# - Extended Series	188MR-B-200	188MR	400#
Mid Row, 250# - Extreme Series	188MR-A-250	TBD	450#
Mid Row, 250# - Extended Series	188MR-B-250	TBD	450#
High Lat/Rowing w/Cable Column, 200# - Extreme Series	188-87-A-200	188-87	475#
Seated Rowing, 200# - Extreme Series	196-A-200	196X	425#
Seated rowing, 200# - Extended Series	196-B-200	196	425#
<b>TRUNK TORSO</b>			
Ab Crunch/Back Extension Combo, 200# - Extreme Series	189C-A-200	189CX	400#
Ab Crunch/Back Extension Combo, 200# - Extended Series	189C-B-200	189C	400#
<b>LOWER BODY</b>			
Standing Leg Curl, 100# - Extreme Series	190-A-100	190X	275#
Standing Leg Curl, 100# - Extended Series	190-B-100	190	275#
Leg Curl/Leg Extension Combo, 200# - Extreme Series	190C-A-200	190-CX	475#
Leg Curl/Leg Extension Combo, 200# - Extended Series	190C-B-200	190-C	475#
Leg Curl/Leg Extension Combo, 250# - Extreme Series	190C-A-250	TBD	525#
Leg Curl/Leg Extension Combo, 250# - Extended Series	190C-B-250	TBD	525#
Leg Extension, 200# - Extreme Series	191-A-200	191X	375#
Leg Extension, 200# - Extended Series	191-B-200	191	375#
Leg Extension, 250# - Extreme Series	191-A-250	TBD	425#
Leg Extension, 250# - Extended Series	191-B-250	TBD	425#
Prone Leg Curl, 150# - Extreme Series	192-A-150	192X	350#
Prone Leg Curl, 150# - Extended Series	192-B-150	192	350#
Prone Leg Curl, 200# - Extreme Series	192-A-200	TBD	400#
Prone Leg Curl, 200# - Extended Series	192-B-200	TBD	400#
Seated Leg Curl, 150# - Extreme Series	192S-A-150	192SX	325#
Seated Leg Curl, 150# - Extended Series	192S-B-150	192S	325#
Seated Leg Curl, 200# - Extreme Series	192S-A-200	TBD	375#
Seated Leg Curl, 200# - Extended Series	192S-B-200	TBD	375#
Inner/Outer Thigh AB, AD Combo, 125# Resistance - Extreme Series	193C-A-250	193CX	450#
Inner/Outer Thigh AB, AD Combo, 125# Resistance - Extended Series	193C-B-250	193C	450#
Standing Calf, 400# - Extreme Series	194-A-400	194X	425#
Standing Calf, 400# - Extended Series	194-B-400	194	425#
Multi-Hip, 200# - Extreme Series	195-A-200	195	400#

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<b>LOWER BODY - Continued.....</b>			
Leg Press, 400# Resistance - Extreme Series	198-A-200	198X	425#
Leg Press, 400# Resistance- Extended Series	198-B-200	198	425#
Leg Press, 500# Resistance- Extreme Series	198-A-250	TBD	475#
Leg Press, 500# Resistance - Extended Series	198-B-250	TBD	475#
Horizontal Leg Press, 500# Resistance - Extreme Series	199-A-300	199	650#
<b>JUNGLE GYM</b>			
Main Frame w/Cable Crossover, MP, 2 ea., 200# - Extreme Series	JG-187MP-A-200	JG-187MP	850#
Add on High Lat Station, 200# - Extreme Series	JG-188H-A-200	JG-188H	325#
Add on Mid Row Station, 200# - Extreme Series	JG-188L-A-200	JG-188L	325#
Add on Standing Tricep Extension - Extreme Series	JG-188TE-A	JG-188TE	250#
<b>SPECIAL</b>			
Assist Chin/Dip Combo, 200# - Extreme Series *	159-A-200	159X	450#
Assist Chin/Dip Combo, 200# - Extended Series *	159-B-200	159	450#
Smith Machine - Extreme Series *	197-A	197X	500#
Smith Machine - Extended Series *	197-B	197	500#
Smith Machine/Power Rack Combo (3" tube)- Extreme Series	197/141-3-A	197/141-3X	1050#
All Smith Machines equipped with counter balanced bars			
<b>PLYO PLATFORMS</b>			
12" Platform - Extended Series	PP12-B	PP12	30#
18" Platform - Extended Series	PP18-B	PP18	40#
24" Platform - Extended Series	PP24-B	PP24	55#
30" Platform - Extended Series	PP30-B	PP30	65#
<b>INDIVIDUAL CONDITIONERS</b>			
Step Trainer - Extended Series	S-1100-B	S-1100	180#
Trap Bar - Extended Series	TB-B	TB	40#
* There are distinct design differences among the Extended and Extreme versions of the products marked with an asterisk.			
Super Vertical Velocity Builder - Extended Series	SVVB-B	SVVB	TBD
<b>POPULAR OPTIONS</b>			
Hidem Welt Pad Finish	\$11.00/pad		
Double Stitched Upholstery	\$11.00/pad		
Weight Shrouds w/Instruction Placards	\$49.00 ea.		
Instruction Placards w/Metal Back	\$12.00 ea.		
Steel Weight Stacks	please call		
Rubber Add-on Weights (2.5#, 5#, 7.5#)	please call		
Milled Sleeve Numbers	\$12.00 ea.		
ABS Protective Strips	\$.80/in. ft.		
Extra Tier on Dumbbell Racks: 5' long	\$50.00		
10" long	\$70.00		

## Body Power General Specifications

### Frames:

- 1) Primary frame construction is 2" x 2" 11 gauge or heavier steel tubing. Extreme Series Power Racks use 7 gauge tubular steel.
- 2) Every machine has flat plate "feet" welded to the bottom of each leg. Feet have mounting holes to secure to floor if desired. As an option, rubber pads are adhered to feet for floor protection.
- 3) Frames carry a lifetime warranty.
- 4) Where adjusting tubes are required, they are chrome plated and fit into a telescopic tubing sleeve.

### Frame Finish:

- 1) Welds are brushed/ground to enhance frame surface and allow uniform exterior coating.
- 2) Frames are chemically washed to etch the surface for maximum adhesion. After the wash, frames are dried and then coated with electrostatically-applied powder-coat paint to produce a bonded, durable, attractive finish.
- 3) Standard frame colors are white, black, metallic silver, and hammertone. Non-stock colors or textures are available and are quoted on request.

### Upholstery and Pads:

- 1) Pad backs are 3/4" plywood. Plywood backs are pre-drilled and fitted with 3/8" x 16, 4 prong t-nuts set to anchor pads to the machines.
- 2) Extended and Extreme Series padding is 1"+ thick, two pound polyethylene crosslink foam. Padding is glued to the back, and covered with 40 oz. oil, stain, and mildew resistant premier upholstery. Essential Series padding is 1 1/2" high density urethane.
- 3) As an option, double stitched pads with Hidem welt finishing and wear covers are available upon request.
- 4) Body Power offers 17 standard upholstery colors.
- 5) Upholstery has a 90 day warranty.

### Weight Stacks:

- 1) Standard weight stack plates are precision cast iron with black exterior finish. Plates are marked with black weight stack numbers on a metallic silver background.
- 2) Weight stack guide rods are 1" stainless steel tubes with a "super buff" finish.
- 3) Guide rod holes in every plate of all weight stacks are fitted with Teflon bushings.
- 4) Weight stacks are supported by 2 1/2" x 1" x 1 3/4" rubber bumpers.
- 5) Weights are selected by using a ball lock selector pin which completely penetrates the weight plate and locks in place. Selector pins are permanently attached to each stack by a jumbo lanyard cord (900# test).
- 6) As an option, all weight stacks can be fitted for the use of 2 1/2 and 5 lb. increment weights.
- 7) As an option, solid, cold rolled steel weight stack plates with powder-coat finish are available upon request.

### Weight Stack Guards:

- 1) As an option, the contact areas of weight stacks are protected on the backside with 16 gauge steel guards. Steel guards are painted with same finish to match the machine frame color. Weight stack guards come with a 5" x 10" instructional placard highlighting the optimum usage of the machine.

**Weight Transfer:**

- 1) Cable. Cable used is 7 x 19 construction 1/4" 4200# tensile strength steel aircraft cable with nylon coating. Cables are professionally made, and nylon grommets line passageways to protect coating.
- 2) Where applicable, exercise arms are counterweighted to effectively eliminate their weight when lifting the top plate.
- 3) Exercise handles have rubber hand grips for comfort, safety, and durability.
- 4) Pulleys are 4 1/2" diameter fiberglass impregnated nylon fitted with sealed bearings. Pulleys have a one year warranty.
- 5) All cams are individually designed for each unit to match appropriate strength curves. Cams are laser cut steel for accuracy. Cams have a lifetime warranty. As an option, cams may be ordered with a chrome finish.
- 6) Where specified, linear bearings are used on machine traveling systems.
- 7) Pivot points are fitted with 1" pillow block bearings.

**Machine Use:**

- 1) Individuals 5' 0" to 6' 6" are able to comfortably and safely exercise on the equipment.
- 2) The majority of weight stacks are accessible from the user position.
- 3) Where applicable, exercise arms are telescopic to accommodate varying leg, arm, and torso lengths.
- 4) As an option, left-handed weight stacks may be ordered to accommodate space requirements.
- 5) For any machine that utilizes a seat belt, the belt is made of 2" wide 100% nylon webbing, and has a metal automotive-type buckle with a push button release. Where needed, hand grips are provided for user stabilization while performing the movement. All hand grips are anatomically correct to alleviate wrist strain.
- 7) Foot platforms are all non-skid safety plate with chrome finish on Extreme Series. Selected foot plates are equipped with protective edge liner.

## Body Power Series Comparison

Feature	Extreme Series	Extended Series	
Frames	11 Gauge x 2" (or heavier) Steel Tube	Same as Extreme	
Paint	Electrostatically applied Powder Coat Paint	Same as Extreme	
Upholstery	40 oz. Premier leather-look upholstery, knit back, oil and mildew resistant	Same as Extreme	
Foam Padding	Crosslink polyethylene foam, superior durability, 2# density	Same as Extreme	
Cables	1/4" Nylon aircraft cable, 4200# tensil strength	Same as Extreme	
Pulleys	Molded high strength nylon, fitted with precision bearing to insure accurate and quiet tracking	Same as Extreme	
Weight Stacks	Black cast iron plate with exact spec's, fitted with nylon bushings, 1 3/4" solid rubber bumper at base	Same as Extreme	
Selector Pin	Ball lock pin penetrates plate to securely lock in place, pin equipped with jumbo lanyard cord	Same as Extreme	
Guide Rods	1" Stainless steel tube with super buff finish	Same as Extreme	
Pivot Points	Sealed linear and ball bearings or pillow blocks to insure frictionless movement	Same as Extreme	
Chrome Finished Counter-weighted Lifting Arms	Applied when needed to balance weight of lifting arm for true resistance	Same as Extreme	
Rotary Cams	Laser cut to match strength curve of user, adjustable starting point on several machines	Same as Extreme	
Milled Sleeve Numbers on Selectorized Machines	Chrome adjustment stems with milled slot and number decal for easy setting	Optional	
Pull Pins and Adjustment Stems	1/2" Extra strong pull pin, chrome adjustment stem, telespar sleeve	Same as Extreme	
Multi Grip Handles	Various hand positions for additional exercise options	Same as Extreme	
ABS Protective Strips	Mounted on frame wear areas to protect paint finish	Optional	
Chrome Finished Foot Plates	3/16" Safety plate with bright chrome finish at foot placement points	Optional	

**Note 1:** In addition to the differences listed above, there are distinct design differences among the two series for certain products. Those products are marked with an asterisk on the Dealer Price List.

**Note 2:** Extreme Series Power Racks (MPR-31, MPR-32, SR, and 141-3) are manufactured from 7 gauge steel tubing with laser-cut, double-notched safety bars and Line-X protective coating on rails.

**Note 3:** All Extended products with non-chrome bar rests are now equipped with UHMW protective tape to prevent scuffs on painted surfaces.

## Body Power Warranty Summary

Under normal wear and use, Body Power warrants its products against defects in materials and workmanship. This warranty is extended only to the original purchaser.

During the warranty period, this product will be repaired or replaced, at Body Power's option, at no charge under the following conditions:

**Structure:** Welded structures are guaranteed for lifetime. Customer is responsible for shipping the defective unit back to the factory via prepaid freight for no charge repair or replacement.

**Moving Parts:** Pulleys, bushings, ball bearings are guaranteed against defects in materials and workmanship for a period of one year from date of purchase.

**Miscellaneous Parts:** Cables and upholstery are guaranteed against defects in materials and workmanship for a period of 90 days from date of purchase.

This warrant covers failures due to defects in materials or workmanship which occur during normal use. It does not cover damage which occurs in shipment or failure to perform proper maintenance.