

# RETAIL CATALOG



**Elk Grove, CA**  
**[www.bwproducts.com](http://www.bwproducts.com)**

**Since 1984**



**(916) 684-2790 FAX (916) 684-6090**  
**Outside California call 1-888-353-0968**



Part #	Description	Price
<b>Repair Parts Continued</b>		
SP5	WEIGHT STACK PIN 3/8" X LOCKING SPACE 2 1/2"	\$ 6.00 EA.
SP10	WEIGHT STACK PIN 3/8" X LOCKING SPACE 3 1/4"	6.00 EA.
SP15	WEIGHT STACK PIN 3/8" X LOCKING SPACE 3 3/4"	6.00 EA.
SP20	WEIGHT STACK PIN 3/8" X LOCKING SPACE 4 1/4"	6.00 EA.
WS100G	100 LB. INC. 5 LB. GENERIC GRAY WEIGHT STACK	250.00 EA.
WS200G	200 LB. INC 10 LB. GENERIC GRAY WEIGHT STACK	350.00 EA.
CA	3/16" CABLE COATED TO 1/4" IN BLACK PVC	1.25 FT.
CL	CABLE LOOP FOR ABOVE (CRIMPING & PARTS)	3.50 EA.
CB	CABLE BALL RUBBER STOP	2.50 EA.
WSCB	WEIGHT STACK CABLE BLOCK (BOLT TO TOP PLATE FOR CABLE)	6.00 EA.
CR	CABLE RETAINER FOR WELD ON APPLICATION	4.00 EA.
IRSA	IVANKO RUBBER SHOCK ABSORBER FOR STACKS	11.00 EA.
WSS	WEIGHT STACK SPRING 3" X 1" TO 1 1/8" ID	3.50 EA.
GRS	1" X 84" SOLID GUIDE ROD - CHROME	60.00 EA.
GRH	1" X 84" TUBULAR GUIDE ROD - CHROME	45.00 EA.

**Services**

REPLACEMENT CABLE 3/16" UNCOATED	\$ .75 FT.
REPLACEMENT CABLE 3/16" COATED TO 1/4"	1.25 FT.
CABLE LOOP	3.50 EA.
STAMP DUMBBELLS	2.00 PR.
REUPHOLSTERY SERVICE	
REPAIR SERVICES INCLUDING REPAIR & REFURBISH	
PLEASE CALL FOR PRICES	

QUANTITY DISCOUNT - CALL FOR DETAILS  
 20% RESTOCKING FEE ON ALL RETURNED MERCHANDISE  
 PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE & DO NOT INCLUDE CA SALES TAX  
 PRICES DO NOT INCLUDE SHIPPING  
 \$25.00 RETURNED CHECK FEE

BW Products offers a complete line of weight lifting equipment and IVANKO weight lifting accessories. Not all machines are listed, and custom machine are built, so if you don't see a machine you want, give us a call.

Universal Machines are custom built to your specifications with two or more work stations.

Steel Black weight stacks are standard on selectorized equipment. Chrome stacks and variations in stack sizes are optional. Please call for prices.

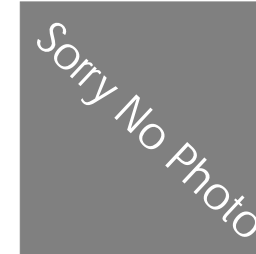
We also reupholster weight equipment on your site or our site (UPS service) and offer fast turn over time. We can match your existing and we use naugahyde fabric. If your upholstery is in need of repair give us a call for a free quote.

AS YOU KNOW, IT IS UNSAFE TO OPERATE A MACHINE WITH WORN OR FRAYED CABLES. WE WILL THOROUGHLY INSPECT AND REPAIR YOUR MACHINES WHERE REQUIRED.

**BENCHES**



**B01 - OLYMPIC BENCH PRESS**  
**\$360.00**  
**Features:**  
 Multiple Bar Racks 3/8" thick  
 10" X 48" Pad  
**Options:**  
 12" X 48" Upgrade \$20.00



**B02 - OLYMPIC BENCH PRESS W/ SPOTTER**  
**\$450.00**  
**Features:**  
 Large Spotter Platform  
 Multiple Bar Racks 3/8" thick  
 10" X 48" Pad



**B03 - OLYMPIC INCLINE BENCH PRESS W/ ADJ. SEAT & SPOTTER**  
**\$490.00**  
**Features:**  
 Seat and Back adjust as one unit (to avoid the gap)  
 Multiple Bar Racks



**B04 - PREACHER CURL BENCH W/ ADJUSTABLE ARM REST**  
**\$370.00**  
**Features:**  
 Adjustable Arm Rest  
 2 V racks for bar Stability  
 20" Wide Arm Rest Pad



**B05 - STANDING INCLINE BENCH**  
**\$340.00**  
**Features:**  
 10" X 48" Pad



**B06 - SEATED INCLINE BENCH W/ ADJUSTABLE ANGLE**  
**\$345.00**  
**Features:**  
 Back & Bottom Seat adjust as one unit



**B07 - FLAT BENCH**  
**\$210.00**  
**Features:**  
 10" X 48" Bench  
**Options:**  
 12" X 48" Upgrade \$20.00



**B08 - ADJUSTABLE FLAT BENCH (shown w/ optional wheels)**  
**\$315.00**  
**Features:**  
 Back is adjustable from Flat to Incline  
**Options:**

Preacher Curl Attachment (Adjustable) Add \$135.00  
 Wheels with handle Add \$35.00  
 Leg Extension Leg Curl Combo Attachment Add \$240.00



**B09 - SEATED TRICEPS BENCH**  
**\$170.00**  
**Features:**  
 Solid light weight bench

ALL BW PRODUCTS EQUIPMENT COMES WITH A 3 YEAR WELDING DEFECT WARRANTY. SHIPPING PAID BY CUSTOMER.

PRICES DO NOT INCLUDE SHIPPING.

PRICES INCLUDE CHOICE OF: OVER 60 NAUGAHYDE UPHOLSTERY COLORS AND CHOICE BETWEEN WHITE OR BLACK POWDER COATING.

**BENCHES CONTINUED**

**LEGS**



**B10 - STANDING PREACHER CURL**  
**\$410.00**  
**Features:**  
 Adjustable Arm Rest  
 Usable from Both Sides  
 20" Wide Arm Rest



**L01 - 45 LEG PRESS MACHINE**  
**\$1,350.00**  
**Features:**  
 Plate loaded to except Olympic Plates  
 Sled Capacity of 2000 lbs. (500 lbs. Each wheel)  
 Adjustable Back Rest add \$95.00



**L02 - 45 HACK SQUAT MACHINE**  
**\$1,315.00**  
**Features:**  
 Plate loaded to except Olympic Plates  
 Sled Capacity of 2000 lbs. (500 lbs. Each wheel)



**L03 - SEATED CALF MACHINE**  
**\$399.00**  
**Features:**  
 Plate Loaded using Olympic Plates



**L04 - STANDING CALF MACHINE**  
**\$399.00**  
**Features:**  
 Plate Loaded using Olympic Plates



**L05 - VERTICAL LEG PRESS MACHINE**  
**\$870.00**  
**Features:**  
 Plate Loaded to except Olympic or Regular Plates  
 Sled has a safety spotter



**L06 - SISSY SQUAT BENCH**  
**\$285.00**  
**Features:**  
 Rear Foam Rollers are adjustable in height.  
 Diamond Plate foot plate.

**Part #**

**Description**

**Price**

**Gloves, Belts, Straps, & Wraps Continued**

LB4	4" LEATHER BELT S-M-L-XL	\$ 30.00 EA.
LB6	6" LEATHER BELT S-M-L-XL	36.00 EA.
LB4D	4" PADDED BLACK LEATHER BELT S,M,L,XL	40.00 EA.
LB6D	6" PADDED BLACK LEATHER BELT S,M,L,XL	42.00 EA.
LDB	LEATHER DIPPING BELT WITH CHAIN	34.00 EA.
LHH	LEATHER HEAD HARNESS WITH CHAIN	44.00 EA.
LHHD	LEATHER HEAD HARNESS W/ CHAIN & SHEEPSKIN PAD USA MADE	50.00 EA.
WW	WRIST WRAPS WITH THUMB LOOP	10.00 PR.
KW	KNEE WRAPS 72" LONG	15.00 PR.
LS	PRO DEAD LIFT STRAPS	7.00 PR.
DABLR	DELUXE AB CRUNCH & LEG RAISE STRAPS	64.00 PR.

**Special Items**

GBB	GENERIC BICEPS BLASTER	\$ 36.00 EA.
IBP	IVANKO BAR PAD	12.50 EA.
ISG	IVANKO SUPER GRIPPER	30.00 EA.
ISGS	IVANKO SUPER GRIPPER SPRING	4.00 EA.
GCB	GYM CHALK 8 - 2 OZ. BLOCK (TOTAL 1 LB.)	15.00 EA.
GCB2OZ	GYM CHALK 2 OZ. BLOCK	2.50 EA.
EM	AEROBIC EXERCISE MAT 60" X 22" X 3/4"	27.00 EA.
RF4612	4' X 6' X 1/2" THICK RUBBER FLOOR	89.00 EA.
RF4638	4' X 6' X 3/8" THICK RUBBER FLOOR	79.00 EA.
ELFE	EZ FLOOR FLOORING EDGE - 2 sf - BLACK	31.50 EA.
ELFC	EZ FLOOR FLOORING CORNER - 3 sf - BLACK	47.25 EA.
ELFCEN	EZ FLOOR FLOORING CENTER - 4 sf - BLACK	60.75 EA.
ELFIC	EZ FLOOR FLOORING INSIDE CENTER - 1 sf - BLACK	15.75 EA.
CS	CARPET SAVERS	124.00 EA.
CG	COMFORT GRIPS	4.00 PR.

**Repair Parts**

PPP	3/8" POP PIN PREMIUM TROUBLE FREE	\$ 8.00 EA.
SC	SPRINGS CLIPS	4.00 EA.
FR8	FOAM ROLLER 8" X 4"	7.30 EA.
FR16	FOAM ROLLER 16" X 4"	12.40 EA.
FR18	FOAM ROLLER 18" X 4"	13.50 EA.
FR8EZ	FOAM ROLLER EZ CLEAN 8" X 4"	11.80 EA.
FR8PC	FOAM ROLLER COATED 8" X 4"	11.80 EA.
RG	6" RUBBER GRIP CLOSED ONE END (FITS 1")	1.75 EA.
RG8	8" RUBBER GRIP CLOSED ONE END (FITS 1")	2.00 EA.
RG15	15" RUBBER GRIP CLOSED ONE END (FITS 1")	4.75 EA.
PC22	PLASTIC CAPS FITS 2 X 2 MULTI GAUGE	.95 EA.
1SC	1" SHAFT COLLAR	2.00 EA.
PU4.5HQ	PULLEY HIGH QUALITY 4 1/2" X 1" X 3/8" BORE	11.00 EA.
PU6HQ	PULLEY HIGH QUALITY 6" X 1" X 3/8" BORE	14.00 EA.
PU4	PULLEY 4" X 3/4" X 3/8" BORE	11.25 EA.
PU5	PULLEY 5" X 3/4" X 3/8" BORE	12.50 EA.
PU6	PULLEY 6" X 3/4" X 3/8" BORE	13.50 EA.
PB4	PULLEY BRACKET FITS 4"	6.00 EA.
PB4.5	PULLEY BRACKET FITS 4 1/2"	7.00 EA.
GT	GRIP TAPE 2" WIDE DARK GRAY SAND	.65 FT.

Part #	Description	Price
<b>Wrist and Ankle Weights</b>		
AWW2	WRIST & ANKLE WEIGHT 2 LB. ADJ. VELCRO TYPE	\$ 12.00 PR.
AWW5	WRIST & ANKLE WEIGHT 5 LB. ADJ. VELCRO TYPE	18.00 PR.
AWW10	WRIST & ANKLE WEIGHT 10 LB. ADJ. VELCRO TYPE	24.00 PR.
AAW5	ADJ. WEIGHT 5 LB. ANKLE WEIGHT W/ INGOTS	28.00 PR.
AAW10	ADJ. WEIGHT 10 LB. ANKLE WEIGHT W/ INGOTS	42.00 PR.
NAWW2	NEOPRENE ANKLE & WRIST WEIGHT 2 LB. PAIR	15.00 PR.
NAWW3	NEOPRENE ANKLE & WRIST WEIGHT 3 LB. PAIR	16.00 PR.

### Cable Attachments

LAS	LEATHER ANKLE STRAP	\$ 26.00 EA.
IRSB18	IVANKO 18" REVOLVING STRAIGHT BAR	46.00 EA.
IRSB34	IVANKO 34" REVOLVING STRAIGHT BAR	42.00 EA.
IBLB48	IVANKO 48" BENT LAT BAR	55.00 EA.
IPPLB28	IVANKO 28" PALMS PARALLEL LAT BAR	47.00 EA.
IRCB28	IVANKO 28" REVOLVING CURL BAR	48.00 EA.
ITVB12	IVANKO 12" TRICEPS V BAR	34.00 EA.
IMPB11	IVANKO 11" MULTI PURPOSE BAR	45.00 EA.
ITR29	IVANKO 29" TRICEPS ROPE	37.00 EA.
ISPH	IVANKO SINGLE PULL HANDLE	25.00 EA.
GRSB20	GENERIC 20" REVOLVING STRAIGHT BAR	32.00 EA.
GBLB40	GENERIC 40" BENT LAT BAR	42.00 EA.
GBLB48	GENERIC 48" BENT LAT BAR	50.00 EA.
GBLB60	GENERIC 60" BENT LAT BAR	52.00 EA.
GPPLB24	GENERIC 24" PALMS PARALLEL LAT BAR	58.00 EA.
GPPLB34	GENERIC 34" PALMS PARALLEL LAT BAR	62.00 EA.
GRCB28	GENERIC 28" REVOLVING CURL BAR	48.00 EA.
GTVB	GENERIC TRICEPS V BAR	50.00 EA.
GMPB	GENERIC MULTI PURPOSE BAR	42.00 EA.
GSPH	GENERIC SINGLE PULL HANDLE	18.00 EA.
GCT	GENERIC CHINNING TRIANGLE NARROW SOLID	36.00 EA.
GCTW	GENERIC CHINNING TRIANGLE WIDE SOLID	36.00 EA.
GTR	GENERIC TRICEPS ROPE	31.00 EA.
GNAS	GENERIC NYLON ANKLE STRAP VELCRO STYLE	5.75 EA.

### Gloves, Belts, Straps, & Wraps

GG	GENERIC GLOVES BLACK	\$ 10.00 PR.
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### ARMS / BACK



**A01 - SMITH MACHINE WITH SPOTTERS**

**\$999.00**

**Features:**

Plastic bushing guides.

Adjustable spotter.

Ivanko Chrome or

Black Olympic Bar.

Fully Welded Frame with bolt on side rails for stability.



**A01C - SMITH MACHINE W/ COUNTER BALANCE & ADJUSTABLE SPOTTERS**

**\$1,250.00**

**Features:**

Counter balanced to bar weight.

Plastic bushing guides.

Adjustable spotter.

Ivanko Chrome or

Black Olympic Bar.

Fully Welded Frame with bolt on side rails for stability.



**A01CL - SMITH MACHINE WITH LINEAR BEARINGS, COUNTER BALANCE & ADJUSTABLE SPOTTERS**

**\$2,150.00**

**Features:**

Counter balanced to bar weight with plastic bushing guides.

4 - Linear Bearings in Aluminum Carriages & Harden Shaft.

Adjustable spotter.

Ivanko Chrome or

Black Olympic Bar.

Fully Welded Frame with bolt on side rails for stability.



**A02 - BAR DIP**

**\$225.00**

**Features:**

Grip area is 1.9" round (1 7/8" + round).

V shape to create a varying grip area for comfort and varying positions.



**A03 - OLYMPIC SHOULDER PRESS BENCH**

**\$299.00**

**Features:**

Olympic Bar width

Spotter Platform



**A04 - 45 LAYING T-BAR ROW**

**\$595.00**

**Features:**

Olympic Plate Style



**A05 - SELF STANDING T-BAR ROW**

**\$415.00**

**Features:**

10" X 16" Foot Plates

Olympic Plate Style

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## ABDOMINALS



**AB1 - HYPER EXTENSION ROMAN CHAIR**  
\$399.00

Features:  
4 Position Workout  
Obloquies  
Abdominal  
Lower Back  
Frame is 1 1/2" X 1 1/2" X .120 Square Tube  
Optional foam removal in center can be done with no extra charge.



**AB2 - LEG RAISE**  
\$459.00

Features:  
Frame is 1 1/2" X 1 1/2" X .120 Square Tube  
Large pad for back support  
Bar Dip add on \$30.00



**AB3 - SIT UP BOARD W/ LADDER SINGLE STATION**  
\$525.00

Features:  
2" wheels for easy adjustment or movement.  
Fully padded board for comfort.  
Optional foot rollers with front set adjustable rollers can be added for \$130.00



**AB4 - SIT UP BOARD W/ LADDER DOUBLE STATION**  
\$830.00

Features:  
2 Sit Up Boards  
2" wheels for easy adjustment or movement.  
Fully padded board for comfort.  
Optional foot rollers with front set adjustable rollers can be added for \$130.00 Each Side



**AB5 - DECLINE ROMAN CHAIR**  
\$335.00

Features:  
Large width pad 18"



**AB6 - AB CRUNCH BENCH**  
\$449.00

Features:  
Roller Pads are Adjustable

## RACKS



**AB7 - 45 HYPER BENCH**  
\$335.00

Features:  
Split Bench for comfort.  
Adjustable Bench and Adjustable Foot Roller



**R01 - SQUAT RACK WITHOUT SAFETY ARMS**  
\$425.00

Features:  
Easy racking.  
Plate Racks can be added for \$10.00 Each



**R02 - SQUAT RACK WITH SAFETY ARMS**  
\$525.00

Features:  
Great for safe secure Squats  
Plate Racks can be added with the Safety Arms to back you up. Plate Racks can be added for \$10.00 each  
This machine can be turned into a multi-use machine by adding a weight stack.

## Part #

## Description

## Price

### Yoga Gear

EM	AEROBIC EXERCISE MAT 60" X 22" X 3/4"	\$ 27.00 EA.
YMB	YOGA MAT 24" X 68" X 6mm THICK - BLUE	17.50 EA.
YMP	YOGA MAT 24" X 68" X 6mm THICK - PURPLE	17.50 EA.
YBB	YOGA BLOCK PAIR OF BLUE	11.00 PR.
YSR	YOGA STRENGTH STRETCH ROPE 48 1/2"X1" webbing	9.00 EA.
YBVCD	YOGA BOARD YOGA MAT AND VCD INCLUDED	95.00 EA.
YHR36	HALF ROUND 6" X 36" - BLUE	17.00 EA.
YR36	ROUND 6" X 36" - WHITE	36.00 EA.
YHR12	HALF ROUND 6" X 12" - BLUE	9.00 EA.
YR12	ROUND 6" X 12" - WHITE	13.00 EA.

### Stretch Bands & Tubes

RTW	WEIGHTED EXERCISE TUBE	\$ 23.00 EA.
RTSM	STRETCHER	6.00 EA.
RTSH	STRETCHER WITH TWO HANDLES	8.50 EA.
CEH	CHEST EXPANDER, HANDCISER	6.50 EA.
EB34	ELASTIC BAND LENGTH 34"	8.00 EA.
RTH45	ADJ. EXPANDER SET TUBES-LEVEL 1,2,3 45cm	18.00 EA.
RTH125	ADJ. EXPANDER SET TUBES-LEVEL 1,2,3 125cm	24.00 EA.
RTS	SOFT EXPANDER	14.00 EA.
SB35	STRETCH BAND 120cm X 15cm X .35mm THICK	8.00 EA.
SB50	STRETCH BAND 120cm X 15cm X .5mm THICK	9.00 EA.
SB65	STRETCH BAND 120cm X 15cm X .65mm THICK	10.00 EA.

### Balls

GB45	ANTI-BURST GYM BALL 45cm	\$ 14.50 EA.
GB55	ANTI-BURST GYM BALL 55cm	18.50 EA.
GB65	ANTI-BURST GYM BALL 65cm	21.00 EA.
GB75	ANTI-BURST GYM BALL 75cm	24.00 EA.
GB85	ANTI-BURST GYM BALL 85cm	33.00 EA.
WEB2	WEIGHTED EXERCISE BALL 2 LB. PAIR	11.00 EA.
WEB4	WEIGHTED EXERCISE BALL 4 LB. PAIR	13.00 EA.
WEB6	WEIGHTED EXERCISE BALL 6 LB. PAIR	17.00 EA.
AMB15	AIR MASSAGE BALL 15cm	5.00 EA.
AMB20	AIR MASSAGE BALL 20cm	6.00 EA.
AMB30	AIR MASSAGE BALL 30cm	7.00 EA.
RMB1KG	RUBBERIZED MEDICINE BALL-LT BLUE 1 KG. 2.2 LBS.	21.00 EA.
RMB2KG	RUBBERIZED MEDICINE BALL-RED 2 KG. 4.4 LBS.	24.50 EA.
RMB3KG	RUBBERIZED MEDICINE BALL-YELLOW 3 KG. 6.6 LBS.	32.75 EA.
RMB4KG	RUBBERIZED MEDICINE BALL-ROYAL 4 KG. 8.8 LBS.	43.50 EA.
RMB5KG	RUBBERIZED MEDICINE BALL-ORANGE 5 KG. 11 LBS.	50.25 EA.
RMB6KG	RUBBERIZED MEDICINE BALL-KELLY 6 KG. 13.2 LBS.	56.50 EA.
RMB7KG	RUBBERIZED MEDICINE BALL-PURPLE 7 KG. 15.2 LBS.	63.00 EA.

Part #	LBS	Price	Description	Part #	LBS	Price
<b>Generic Chrome Dumbbells</b>						
GCD1	1	\$ 3.00 EA.		GCD20	20	\$ 48.00 EA.
GCD2	2	5.60 EA.		GCD25	25	60.00 EA.
GCD3	3	7.20 EA.		GCD30	30	72.00 EA.
GCD5	5	12.00 EA.		GCD35	35	84.00 EA.
GCD8	8	19.20 EA.		GCD40	40	96.00 EA.
GCD10	10	24.00 EA.		GCD45	45	108.00 EA.
GCD12	12	28.80 EA.		GCD50	50	120.00 EA.
GCD15	15	36.00 EA.				
<b>Ivanko Chrome Dumbbells</b>						
CD-3	3	\$ 13.50 EA.		CD-25	25	\$ 64.00 EA.
CD-5	5	17.50 EA.		CD-30	30	77.00 EA.
CD-8	8	23.70 EA.		CD-35	35	88.00 EA.
CD-10	10	27.00 EA.		CD-40	40	99.00 EA.
CD-12	12	31.50 EA.		CD-45	45	108.50 EA.
CD-15	15	37.50 EA.		CD-50	50	117.50 EA.
CD-20	20	53.00 EA.				
<b>Generic Hexagonal Cast Dumbbells</b>						
GH1	1	\$ 1.45 EA.		GH45	45	\$ 64.80 EA.
GH2	2	2.90 EA.		GH50	50	72.00 EA.
GH3	3	4.40 EA.		GH55	55	79.20 EA.
GH5	5	7.20 EA.		GH60	60	86.40 EA.
GH8	8	11.60 EA.		GH65	65	93.60 EA.
GH10	10	14.40 EA.		GH70	70	100.80 EA.
GH12	12	17.30 EA.		GH75	75	108.00 EA.
GH15	15	21.60 EA.		GH80	80	115.20 EA.
GH20	20	28.80 EA.		GH85	85	122.40 EA.
GH25	25	36.00 EA.		GH90	90	129.60 EA.
GH30	30	43.20 EA.		GH95	95	136.80 EA.
GH35	35	50.40 EA.		GH100	100	144.00 EA.
GH40	40	57.60 EA.				
<b>Kettlebells</b>						
KB4KG	9	\$ 13.85 EA.		KB24KG	53	\$ 83.00 EA.
KB8KG	18	27.75 EA.		KB28KG	62	96.90 EA.
KB12KG	26	41.50 EA.		KB32KG	70	110.70 EA.
KB16KG	35	55.35 EA.		KB36KG	79	124.55 EA.
KB20KG	44	69.20 EA.		KB40KG	88	138.40 EA.
				KB44KG	97	152.25 EA.
<b>Steel Fingers</b>						
SF10	10	\$ 16.65 EA.		SF15	15	\$ 25.00 EA.
				SF20	20	33.50 EA.

**RACKS CONTINUED**



**R03 - TRIANGLE WEIGHT TREE**  
 \$145.00  
 Features:  
 Solid 1" Cold Rolled Round  
 Use with Olympic or Regular Plates



**R04 - PORTABLE SQUAT RACKS**  
 \$315.00  
 Features:  
 The Portable Squat Racks are fully adjustable in width and height. Width Adjustment is 18" to 53" to the outside edges of the Rack Plates. Height Adjustment is 37 1/4" to 61 1/4" in 2" increments.



**R04BD - BAR DIP HANDLES FOR PORTABLE SQUAT RACKS**  
 \$95.00  
 Features:  
 Grip area is a 1.9" Round Pipe with a 6" Grip Area (8" full length)



**R04SR - SPOTTER RACKS**  
 \$325.00  
 Features:  
 Spotter Racks are adjustable in height from 25" to 39".



**R05 - DUMBBELL RACK HOLD'S 5 PAIR**  
 \$260.00  
 Features:  
 90 1/2" Wide  
 Rack can be made to any Size  
 Rubber Saddles Add On \$75.00 (\$15.00 Per Pair)



**R06 - DUMBBELL RACK HOLD'S 8 PAIR TILTED**  
 \$275.00  
 Features:  
 76 1/2" Wide  
 Rack can be made to any Size.  
 Rubber Saddles Add On \$120.00 (\$15.00 Per Pair)



**R07 - BARBELL RACK HOLD'S 10 BARS HORIZONTAL**  
 \$345.00  
 Features:  
 Solid 1" Cold Rolled Round Racks



**R08 - BARBELL RACK HOLD'S 8 BARS VERTICAL**  
 \$270.00  
 Features:  
 Can be placed against wall

**POWER LINE**



**P01 - POWER OLYMPIC BENCH PRESS WITH SPOTTER**  
**\$469.00**  
**Features:**  
 Tucked under Spotter standing area (diamond Plate) for easy spotting  
 Reinforced Bar Rack  
 Add on Bar Rack \$15.00 set  
 Extra Heavy Duty Design



**P02 - POWER OLYMPIC INCLINE BENCH PRESS WITH SPOTTER**  
**\$549.00**  
**Features:**  
 Entire seat adjust so there is always support (no gap)  
 Diamond Plate spotter area  
 Reinforced Bar Rack  
 Extra Heavy Duty Design



**P03 - POWER OLYMPIC SHOULDER BENCH PRESS WITH SPOTTER**  
**\$479.00**  
**Diamond Plate Spotter Stand**  
**Reinforced Bar Rack**  
**Extra Heavy Duty Design**



**P04 - POWER SEATED CALF**  
**\$510.00**  
**Features:**  
 When weight is lifted the Arm that hold's the weight up automatically releases the weight so you can concentrate on your lift and not unranking your weight.  
 Designed for Olympic Plates  
 All Swivels are done with Bronze bushings and 1" Solid Cold rolled steel for strength



**P05 - POWER STANDING CALF**  
**\$750.00**  
**Features:**  
 Adjustable Height  
 Excepts Regular or Olympic Plates  
 Pillow Block Swivel Joints



**P06 - POWER RACK**  
**\$529.00**  
**Features:**  
 Pull Up Bar  
 1 Set of Hooks  
 1 set of Safety Bars  
 You have endless amount of exercises you can do with this unit and with the safety of the bars it makes it even more desirable. You can do Squats, Pull Ups, Curls, Shoulder Presses, and with an Adjustable Flat Bench you can do Bench Presses, Incline Presses and always using the Safety Bars and Much More!  
 Catches are attached with a coarse threaded 1" bolts that can be adjusted with no Tools.  
**Options:**  
 Choice of Open Base (Left Photo) or Plywood closed Covered Base (Above Photo) - No Cost Change  
 Extra Set of Hooks \$50.00  
 Chrome Knurled Pull Up Bar \$50.00  
 Each set of additional holes will add \$5.00  
 Other options are Plate Racks, Super Band Attachments, Lat Machine, Low Row  
 Call for Pricing!



**P06 - POWER RACK**  
**Open Base Style**



The Hook is shown to show how the hook insets into the channel which makes racking easier to do without any hardware in the way.

**Part #**

**Description**  
**Barbell & Dumbbell Sets**

**Price**

IR45	IVANKO RUBIMO 45 LB. DUMBBELL SET	\$ 91.00 EA.
IB45	IVANKO BEST 45 LB. DUMBBELL SET	143.50 EA.
IR110	IVANKO RUBIMO 110 LB. SET	187.25 EA.
IB110	IVANKO BEST 110 LB. SET	280.00 EA.
IB136	IVANKO BEST 136 LB. SET	390.00 EA.
IR160	IVANKO RUBIMO 160 LB. SET	253.75 EA.
GB110	GENERIC BLACK REGULAR 110 LB. SET	165.00 EA.
GG110	GENERIC GREY REGULAR 110 LB. SET	165.00 EA.
GR110	GENERIC RUBBER REGULAR 110 LB. SET	220.00 EA.

**Olympic Sets**

IBO302	IVANKO BLACK OLYMPIC SET 302 LB. W/ BAR	\$ 425.00 EA.
GBO300	GENERIC BLACK OLYMPIC SET 300 LB. W/ BAR	360.00 EA.
GGO300	GENERIC GRAY OLYMPIC SET 300 LB. W/ BAR	360.00 EA.

**Dumbbell Handles**

GDH14	GENERIC DUMBBELL HANDLE 14" SOLID CHROME	\$ 10.00 EA.
GDHO	GENERIC OLYMPIC DUMBBELL HANDLE	45.00 EA.
GTDH14	GENERIC THREADED DUMBBELL 14" W/ COLLARS	12.00 EA.
GSDH1	GENERIC DUMBBELL HANDLE SDH-1 5-20 LBS.	19.00 EA.
GSDH2	GENERIC DUMBBELL HANDLE SDH-2 25-40 LBS.	21.00 EA.
GSDH3	GENERIC DUMBBELL HANDLE SDH-3 45-60 LBS.	23.00 EA.
GSDH4	GENERIC DUMBBELL HANDLE SDH-4 65-80 LBS.	25.00 EA.
GSDH5	GENERIC DUMBBELL HANDLE SDH-5 85-100 LBS.	27.00 EA.
GSDH6	GENERIC DUMBBELL HANDLE SDH-6 105-120 LBS.	29.00 EA.
GSDH7	GENERIC DUMBBELL HANDLE SDH-7 125-140 LBS.	32.00 EA.
GSDH8	GENERIC DUMBBELL HANDLE SDH-8 145-160 LBS.	35.00 EA.
GSDH9	GENERIC DUMBBELL HANDLE SDH-9 165-180 LBS.	37.00 EA.
GSDH10	GENERIC DUMBBELL HANDLE SDH-10 185-200 LBS	39.00 EA.
GCDH1	GENERIC CONTOURED DUMBBELL 5-20 LBS.	22.00 EA.
GCDH2	GENERIC CONTOURED DUMBBELL 25-40 LBS.	24.50 EA.
GCDH3	GENERIC CONTOURED DUMBBELL 45-60 LBS.	26.50 EA.
GCDH4	GENERIC CONTOURED DUMBBELL 65-80 LBS.	28.50 EA.
GCDH5	GENERIC CONTOURED DUMBBELL 85-100 LBS.	30.50 EA.
GCDH6	GENERIC CONTOURED DUMBBELL 105-120 LBS.	33.00 EA.
GCDH7	GENERIC CONTOURED DUMBBELL 125-140 LBS.	37.00 EA.
GCDH8	GENERIC CONTOURED DUMBBELL 145-160 LBS.	39.00 EA.
ISDH0	IVANKO SDH-0 DUMBBELL HANDLE W/ COLLARS	33.00 EA.
ISDH1	IVANKO DUMBBELL HANDLE SDH-1 5-20 LBS.	23.00 EA.
ISDH2	IVANKO DUMBBELL HANDLE SDH-2 25-40 LBS.	23.00 EA.
ISDH3	IVANKO DUMBBELL HANDLE SDH-3 45-60 LBS.	23.25 EA.
ISDH4	IVANKO DUMBBELL HANDLE SDH-4 65-80 LBS.	24.00 EA.
ISDH5	IVANKO DUMBBELL HANDLE SDH-5 85-100 LBS.	25.75 EA.
ISDH6	IVANKO DUMBBELL HANDLE SDH-6 105-120 LBS.	28.00 EA.
ISDH7	IVANKO DUMBBELL HANDLE SDH-7 125-140 LBS.	29.00 EA.

Part #	Description	Price
<b>Collars</b>		
ICOT1.25	IVANKO COT-1 ¼ OLYMPIC TRAINING COLLARS	\$ 30.00 PR.
ICOT2.5	IVANKO COT-2 ½ OLYMPIC TRAINING COLLARS	50.00 PR.
ICO2.5	IVANKO CO-2 ½ kg OLYMPIC COLLARS (SPIN LOCK STYLE)	49.00 PR.
GMCO	GENERIC MUSCLE CLAMP OLYMPIC COLLARS	44.00 PR.
ICL.25	IVANKO CL-1/4 REGULAR TRAINING COLLARS	15.00 PR.
GMCR	GENERIC MUSCLE CLAMP REGULAR COLLARS	32.00 PR.
GC.5	GENERIC C-½ COLLARS WITH T-HANDLE	4.00 PR.
RSL1	REGULAR SPRING LOCK COLLARS 1"	4.00 PR.
RSL1116	REGULAR SPRING LOCK COLLARS 1 1/16"	4.00 PR.
OSLC	OLYMPIC SPRING LOCK COLLARS	9.00 PR.
OQLCP	OLYMPIC QUICK LOCK COLLARS PLASTIC	25.00 PR.
OQLCM	OLYMPIC QUICK LOCK COLLARS METAL	56.00 PR.
RQLCP	REGULAR QUICK LOCK COLLARS PLASTIC	18.00 PR.

<b>Bars</b>		
IB66	IVANKO B-66 CHROME WELDED INSIDE COLLARS	\$ 45.00 EA.
OBZ20B	IVANKO OLYMPIC CURL BAR W/ COLLARS BLACK	130.00 EA.
OBZ20C	IVANKO OLYMPIC CURL BAR W/ COLLARS CHROME	130.00 EA.
IOB28KG	IVANKO OB-28KG OLYMPIC BAR BLACK or CHROME	199.00 EA.
IOB20KG	IVANKO OB-20KG. OLYMPIC HIGH STRESS BAR BLACK	455.00 EA.
IOBX20KG	IVANKO OBX-20KG. OLYMPIC BAR BLACK	465.00 EA.
IOBS20KG	IVANKO OBS-20KG STAINLESS STEEL OLY BAR	745.00 EA.
IOBSX20	IVANKO OBSX-20KG29MM STAINLESS OLY BAR	945.00 EA.
IOBSNB20	IVANKO OBSNB-20KG STAINLESS STEEL OLY BAR	945.00 EA.
IOB60	IVANKO OB-60 5' OLYMPIC BAR BLACK or CHROME	149.00 EA.
ISTB	IVANKO SAFIMO TTB-100 TRICEPS BAR(Threaded)	34.99 EA.
GB60	GENERIC 1" X 60" REGULAR SOLID CHROME BAR	40.50 EA.
GB72	GENERIC 1" X 72" REGULAR SOLID CHROME BAR	45.00 EA.
GB84	GENERIC 1" X 84" REGULAR SOLID CHROME BAR	56.25 EA.
GRCB	GENERIC REGULAR CURL BAR	36.00 EA.
GTB	GENERIC REGULAR SOLID TRICEPS BAR	47.00 EA.
GTCB	GENERIC REG. THREADED CURL BAR W/ COLLARS	38.20 EA.
GTB60	GENERIC REG. THREADED BARBELL BAR 60" collars	42.75 EA.
GTB72	GENERIC REG. THREADED BARBELL BAR 72" collars	47.25 EA.
GTB84	GENERIC REG. THREADED BARBELL BAR 84" collars	51.75 EA.
GOCB	GENERIC OLYMPIC ECONOMY CURL BAR	53.00 EA.
GOCBD	GENERIC DELUXE OLYMPIC CURL BAR	86.00 EA.
GOTB	GENERIC OLYMPIC TRICEPS BAR	78.00 EA.
GOB60	GENERIC OB-60 OLYMPIC 5' BAR BLACK	93.00 EA.
GOB72	GENERIC OB-72 OLYMPIC 6' BAR BLACK	140.00 EA.
GOB86	GENERIC OB-86 7' OLYMPIC BAR CHROME	125.00 EA.
GOBE86	GENERIC ECONO 7' OLYMPIC BAR BLACK	108.00 EA.
GOPB	GENERIC OLYMPIC POWER BAR 1500 LB. - 2 TONE	215.00 EA.
GCOB	GENERIC CAMBERED OLYMPIC BAR	175.00 EA.
GOSB	GENERIC OLYMPIC SHRUG BAR ZINC FINISH	190.00 EA.
GAOB	GENERIC ALUMINUM OLYMPIC BAR 180 LB. CAP.	180.00 EA.

**POWER LINE CONTINUED**



**P06D - DELUXE POWER RACK**  
**\$775.00**  
**Features:**  
 Pair of hooks  
 Pair of Safety Bars  
 Inside Dimensions are 30" X 42"  
 Height is 90"  
 Holes start at 19" to 73" from ground to center of hole.  
 Holes are 3" center to center.  
 Main Frame is 3" X 3" X .120" Square Tube



**P06D - HOOKS**  
 Quick release hooks are Heavy Duty!  
**Options:**  
 Extra Set of Hooks \$55.00  
 Chrome Knurled Pull Up Bar \$50.00  
 Each set of additional holes will add \$8.00  
 Power Band Bars can be placed \$8.00 per bar



**P06D - ADD ONS**  
 You name it we will build it for you!  
 The above Photo shows a Deluxe Power Rack with Lat Pull Down 200 lb. Stack Low Row attachment (padded) Plate Racks on the back for Storage  
 Create your own custom Deluxe Power Rack!



**P07 - POWER FLAT BENCH**  
**\$230.00**  
**Features:**  
 Flat Bench with the same Power Line look as the Olympic Line.  
 3 X 2 X .120 Rectangle Tube



**P08 - POWER INCLINE BENCH WITH ADJUSTABLE ANGLE**  
**\$365.00**  
**Features:**  
 Seat and Back are adjustable as one unit.  
 3 X 2 X .120 Rectangle Tube



**P09 - POWER SEATED TRICEPS BENCH**  
**\$225.00**  
**Features:**  
 Great for use with Dumbbells or a Smith Machine  
 3 X 2 X .120 Rectangle Tube

**SELECTORIZED MACHINES**

COST OF SELECTORIZED MACHINES CAN BE REDUCED BY USING A GENERIC STACK. (FOR HOME USE ONLY)



**S01 - CABLE CROSSOVER**  
 100 LB. CEMCO WEIGHT STACKS  
**\$1,599.00**  
**Features:**  
 Complete with  
 2 - Single Pull Handles  
 2 - Leather Ankle Straps  
 Add On a Pull Up Bar

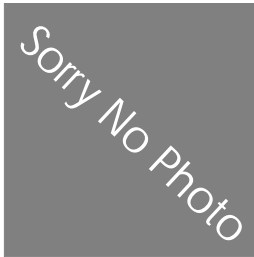


**S02 - STANDING LEG CURL**  
 100 LB. CEMCO WEIGHT STACK  
**\$985.00**  
**Feature:**  
 Single Leg Curl for Isolation or great for therapy



**S03 - SITTING LEG EXTENSION**  
 200 LB. CEMCO WEIGHT STACK  
**\$1,285.00**  
**Features:**  
 Back Support

**SELECTORIZED MACHINES CONTINUED**



**S04 - LAYING LEG CURL**  
200 LB. CEMCO  
WEIGHT STACK  
**\$1,299.00**  
Features:  
Flat Bench Pad Style



**S05 - 45 LAYING LEG CURL**  
200 LB. CEMCO  
WEIGHT STACK  
**\$1,355.00**  
Features:  
45 Degree angle for  
great stretch  
Adjustable Foot Roller



**S06 - LEG EXTENSION LEG  
CURL COMBINATION**  
200 LB. CEMCO  
WEIGHT STACK  
**\$1,350.00**  
Features:  
2 exercises in one machine



**S07 - LAT PULL DOWN  
ROW COMBINATION**  
200 LB. CEMCO  
WEIGHT STACK  
**\$1,325.00**  
Features:

1-Ivanko Lat Pull Down Bar  
1-Ivanko Multi Purpose Bar  
Adjustable Thigh Pads  
No Changing this machine  
to do Low Rows simply  
attach the cable on the  
bottom to the top.



**S07 - LAT PULL DOWN  
LOW COMBINATION**  
Options:  
Bolt on Low Row Seat **\$150.00**  
(as seen in the above photo)  
Ivanko Revolving Curl Bar for Cable  
Curls-Press Downs **\$37.00**  
Ivanko Revolving Straight Bar for  
Press Downs **\$26.00**  
Ivanko Palms Parallel Bar for Lat  
Pull Down - Press Downs **\$45.00**  
Ivanko Triceps V Bar for Press  
Downs **\$29.50**  
Ivanko Triceps Rope for Press  
Downs - AB Crunches **\$31.00**



**S08 - PEC DECK**  
100 LB. CEMCO  
WEIGHT STACK  
**\$1,095.00**  
Features:  
Adjustable Seat  
Large arm pads for comfort  
and versatility



**S09 - UNIVERSAL MACHINE**  
CUSTOM ORDER  
**\$ SPECIAL ORDER**  
Add any of the below  
Lat Pull Down, Low Row,  
Mid Cable Low Row, Cable  
Curl, Press Down, High  
Low Machine, Cable Crossover,  
Pull Up Bar, and Many More!!!



**S10 - STANDING CALF  
MACHINE**  
300 LB. CEMCO  
WEIGHT STACK  
**\$1,445.00**  
Features:  
Adjustable shoulder pads  
Easy to use  
**Page 8**



**S11 - CABLE CURL  
MACHINE**  
200 LB. CEMCO  
WEIGHT STACK  
**\$1,365.00**  
Features:  
Adjustable Pulley Height  
Adjustable Seat  
1-Ivanko Revolving Curl Bar

Part #	LBS	Price	Description	Part #	LBS	Price
<b>Generic Black Olympic Plates</b>						
GBO2.5	2 ½	\$ 3.28 EA.		GBO25	25	\$32.75 EA.
GBO5	5	6.55 EA.		GBO35	35	45.85 EA.
GBO10	10	13.10 EA.		GBO45	45	58.95 EA.
<b>Ivanko Black Olympic Plates</b>						
IBO1.25	1 ¼	\$ 3.25 EA.		IBO25	25	\$32.50 EA.
IBO2.5	2 ½	3.25 EA.		IBO35	35	45.50 EA.
IBO5	5	6.50 EA.		IBO45	45	58.50 EA.
IBO10	10	13.00 EA.		IBO100	100	130.00 EA.
<b>Generic Gray Olympic Plates</b>						
GGO2.5	2 ½	\$ 4.02 EA.		GGO25	25	\$40.50 EA.
GGO5	5	8.05 EA.		GGO35	35	56.70 EA.
GGO10	10	16.20 EA.		GGO45	45	72.90 EA.
<b>Ivanko Gray Machined Olympic Plates</b>						
IGO1.25	1 ¼	\$ 5.45 EA.		IGO25	25	\$ 48.75 EA.
IGO2.5	2 ½	5.45 EA.		IGO35	35	68.25 EA.
IGO5	5	9.75 EA.		IGO45	45	87.75 EA.
IGO10	10	19.50 EA.		IGO100	100	195.00 EA.
<b>Ivanko Rubber Encased Olympic Plates</b>						
IRO25Y YELLOW	25	\$ 90.00 EA.		IRO25	25	\$ 83.25 EA.
IRO35B BLUE	35	126.00 EA.		IRO35	35	116.55 EA.
IRO45R RED	45	162.00 EA.		IRO45	45	151.70 EA.
<b>Ivanko KG Rubber Encased Calibrated Olympic Plates</b>						
IRO5KG	5 kg	\$ 122.10 EA.		IRO20KG	20 kg	\$ 194.25 EA.
IRO10KG	10 kg	125.80 EA.		IRO25KG	25 kg	203.50 EA.
IRO15KG	15 kg	185.00 EA.		IRO50KG	50 kg	388.50 EA.
<b>Kraiburg Premium Solid Rubber Bumper Olympic Plates</b>						
KRBO10	10 lb	\$ 55.50 EA.		KRBO35	35 lb	\$ 109.00 EA.
KRBO15	15 lb	59.50 EA.		KRBO45	45 lb	138.00 EA.
KRBO25	25 lb	94.00 EA.				
<b>Generic Black Regular Plates</b>						
CBS2.5	2 ½	\$ 3.28 EA.		CBS7.5	7 ½	\$ 9.83 EA.
CBS5	5	6.55 EA.		CBS10	10	13.10 EA.
				CBS25	25	32.75 EA.
<b>Ivanko Black Regular Plates</b>						
IBS1.25	1 ¼	\$ 3.70 EA.		IBS7.5	7 ½	\$ 11.10 EA.
IBS2.5	2 ½	3.70 EA.		IBS10	10	14.80 EA.
IBS5	5	7.40 EA.				
<b>Generic Gray Regular Plates</b>						
CGS2.5	2 ½	\$ 4.02 EA.		CGS7.5	7 ½	\$ 12.15 EA.
CGS5	5	8.05 EA.		CGS10	10	16.20 EA.
				CGS25	25	40.50 EA.
<b>Ivanko Gray Regular Plates</b>						
IGS2.5	2 ½	\$ 4.07 EA.		IGS12.5	12 ½	\$ 20.54 EA.
IGS5	5	7.95 EA.		IGS20	20	27.80 EA.
IGS7.5	7 ½	12.12 EA.		IGS75	75	104.25 EA.
IGS10	10	16.00 EA.		IGS100	100	139.00 EA.
<b>Ivanko Rubber Encased Regular Plates</b>						
IRS2.5	2 ½	\$ 5.20 EA.		IRS7.5	7 ½	\$17.75 EA.
IRS5	5	10.45 EA.		IRS10	10	20.75 EA.
				IRS25	25	51.80 EA.