

Fitness Lifestyles, Inc.

BH COMMERCIAL STRENGTH PRICE LIST				
PRODUCT	DESCRIPTION	Intermediate Load Kit	Upholstery Color Options	MSRP
FUNCTIONAL TRAINING & MULTI-STATION - Selectorized				
L370	Functional Trainer - Club Commercial		N/A	\$4,800
LK500FT	Functional Trainer - Commercial		N/A	\$3,400
LK500FT-WK	LK500FT Weight Stack Add-On Kit		N/A	\$399
L360FS	4 Stack Cable Station		RED/BLK	\$7,200
L480	4 Stack Multi-Station		RED/BLK	\$8,000
L535	Ergolina (Adjustable Single Column, Black)	Y	N/A	\$2,500
L535-275	Ergolina (Adjustable Single Column, Black) w/275 Lbs. Weight Stack	Y	N/A	\$2,900
L555	Crossover Union Bar		N/A	\$500
DUALS - Selectorized				
L020	Leg Extension/Leg Curl, 200 Lbs.	Y	RED/BLK	\$3,000
L080	Multi Chest Press, 200 Lbs.	Y	RED/BLK	\$3,000
L140	Biceps/Triceps, 200 Lbs.	Y	RED/BLK	\$2,800
L250	Abduction/Adduction, 150 Lbs.	Y	RED/BLK	\$2,800
L550	Lat Pull/Row, 27 5lbs	Y	RED/BLK	\$2,900
L610	Ab/Back, 200 Lbs.	Y	RED/BLK	\$2,800
L450	Assisted Kneeling Dip/Pull Up, 200 Lbs.		RED/BLK	\$3,600
L410	Pec Fly/Rear Deltoid, 200 Lbs.		RED/BLK	\$3,000
L410-275	Pec Fly/Rear Deltoid, w/275 Lbs. Weight Stack		RED/BLK	\$3,400
UPPER BODY - Selectorized				
Biceps and Triceps				
L130	Biceps Curl, 150 Lbs.	Y	RED/BLK	\$2,700
L130-200	Biceps Curl, w/200 Lbs. Weight Stack	Y	RED/BLK	\$3,050
L150	Seated Dip, 200 Lbs.	Y	RED/BLK	\$2,800
L160	Horizontal Triceps; 150 Lbs.	Y	RED/BLK	\$2,800
L160-200	Horizontal Triceps; w/200 Lbs. Weight Stack	Y	RED/BLK	\$3,150
Lats				
L110	Lat Pull, 200 Lbs.	Y	RED/BLK	\$2,900
L110-275	Lat Pull, w/275 Lbs. Weight Stack Upgrade	Y	RED/BLK	\$3,300
L290	Seated Row (Isolateral), 200 Lbs.	Y	RED/BLK	\$2,800
L290-275	Seated Row (Isolateral), w/275 Lbs. Weight Stack	Y	RED/BLK	\$3,200
L450	Assisted Kneeling Dip/Pull Up, 200 Lbs.		RED/BLK	\$3,600
Shoulders				
L090	Shoulder Press, 200 Lbs.	Y	RED/BLK	\$3,200
L090-275	Shoulder Press, w/275 Lbs. Weight Stack	Y	RED/BLK	\$3,600
L490	Deltoid Raise, 200 Lbs.	Y	RED/BLK	\$3,200
Chest				
L070	Seated Chest Press, 200 Lbs.	Y	RED/BLK	\$2,800
L070-275	Seated Chest Press, w/275 Lbs. Weight Stack	Y	RED/BLK	\$3,150
L270	Butterfly, 200 Lbs.	Y	RED/BLK	\$2,900
L410	Pec Fly/Rear Deltoid, 200 Lbs.		RED/BLK	\$3,000
L410-275	Pec Fly/Rear Deltoid, w/275 Lbs. Weight Stack		RED/BLK	\$3,400
CORE/TORSO - Selectorized				
L310	Abdominal, 200 Lbs.	Y	RED/BLK	\$2,800
L430	Rotary Torso, 150 Lbs.	Y	RED/BLK	\$3,600
L430-200	Rotary Torso, w/200 Lbs. Weight Stack	Y	RED/BLK	\$3,950
L510	Lower Back, 200 Lbs.	Y	RED/BLK	\$3,000
L510-275	Lower Back, w/275 Lbs. Weight Stack	Y	RED/BLK	\$3,400

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CORE/TORSO - Selectorized				
L310	Abdominal, 200 lbs	Y	RED/BLK	\$0
L430	Rotary Torso, 150 lbs	Y	RED/BLK	\$0
L430-200	Rotary Torso, w/200 lbs Weight Stack	Y	RED/BLK	\$350
L510	Lower Back, 200 lbs	Y	RED/BLK	\$0
L510-275	Lower Back, w/275 lbs Weight Stack	Y	RED/BLK	\$400
LOWER BODY - Selectorized				
Hip and Gluteus				
L330	Standing Gluteus , 200 lbs	Y	RED/BLK	\$2,800
L340	Total Hip Abduction, 200 lbs		RED/BLK	\$3,600
L340-275	Total Hip Abduction, w/275 lbs Weight Stack		RED/BLK	\$4,000
Quadriceps				
L010	Leg Extension, 200 lbs	Y	RED/BLK	\$2,900
L010-275	Leg Extension, w/275 lbs Weight Stack	Y	RED/BLK	\$3,300
Hamstring & Calf				
L030	Lying Leg Curl, 200 lbs	Y	RED/BLK	\$2,900
L050	Leg Press, 300 lbs.	Y	RED/BLK	\$3,200
L170	Seated Leg Curl, 200 lbs	Y	RED/BLK	\$3,000
L210	Seated Calf, 200 lbs	Y	RED/BLK	\$2,800
Multi-Stations & Plate Loaded				
Multi-Function				
L845	Squat Rack		RED/BLK	\$1,200
L350	Multi Press Rack, without Counter Weight		N/A	\$2,000
L350CW	L350 Counter Weight Set		N/A	\$400
L350J	Multi Press, with Counter Weight		N/A	\$2,400
LD400	Max Rack		N/A	\$3,900
Upper Body Leverage				
PL070	Chest Press (Plate Loaded)		RED/BLK	\$2,600
PL090	Shoulder Press (Plate Loaded)		RED/BLK	\$2,600
PL110	Lat Pull Down (Plate Loaded)		RED/BLK	\$2,600
PL130	Bicep Curl (Plate Loaded)		RED/BLK	\$2,000
PL150	Seated Tricep (Plate Loaded)		RED/BLK	\$2,600
PL290	T-Bar Row (Plate Loaded)		RED/BLK	\$1,200
PL300	Seated Row (Plate Loaded)		RED/BLK	\$2,600
Lower Body Leverage				
PL010	Leg Extension (Plate Loaded)		RED/BLK	\$2,400
PL170	Leg Curl (Plated Loaded)		RED/BLK	\$2,400
PL200	Hack Squat (Plate Loaded)		RED/BLK	\$4,000
PL215	Seated Calf (Plated Loaded)		RED/BLK	\$800
PL700	45 Degree Leg Press (Plate Loaded)		RED/BLK	\$5,000
LD300	Seated Row (Plate Loaded)			\$0
LD700	Leg Press 45 (Plate Loaded)			\$0

BH FITNESS STRENGTH

PRICE LIST - 7-1-17

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PRODUCT	DESCRIPTION		Upholstery Color Options	MSRP
Benches & Multi-functional				
Olympic Benches				
L815	Olympic Flat Bench		RED/BLK	\$1,000
L820	Olympic Incline Bench		RED/BLK	\$1,300
L850	Olympic Shoulder Press Bench		RED/BLK	\$1,000
L855	Olympic Decline Bench		RED/BLK	\$1,200
Other Benches & Multi-Function Pieces				
L800	Abdominal Flexor Bench		RED/BLK	\$550
L805	40° Incline Bench		RED/BLK	\$600
L810	Flat Bench		RED/BLK	\$300
L825	Multi-Position Bench		RED/BLK	\$550
L830	Seated Scott Curl Bench		RED/BLK	\$600
L835	Crunch Bench		RED/BLK	\$650
L840	Roman Chair		RED/BLK	\$450
L885	Balanced Abdominal		RED/BLK	\$800
L900	Chin-Up/Dip/VKR		RED/BLK	\$900
S300	Stretch Machine		RED/BLK	\$699
Racks				
L860	Olympic Plate Rack		N/A	\$450
L870	Olympic Barbell Rack		N/A	\$500
L875	Dumbbell Rack (3-Tier Saddle)		N/A	\$850