



 **BODYKORE**
Home Gym

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About Us

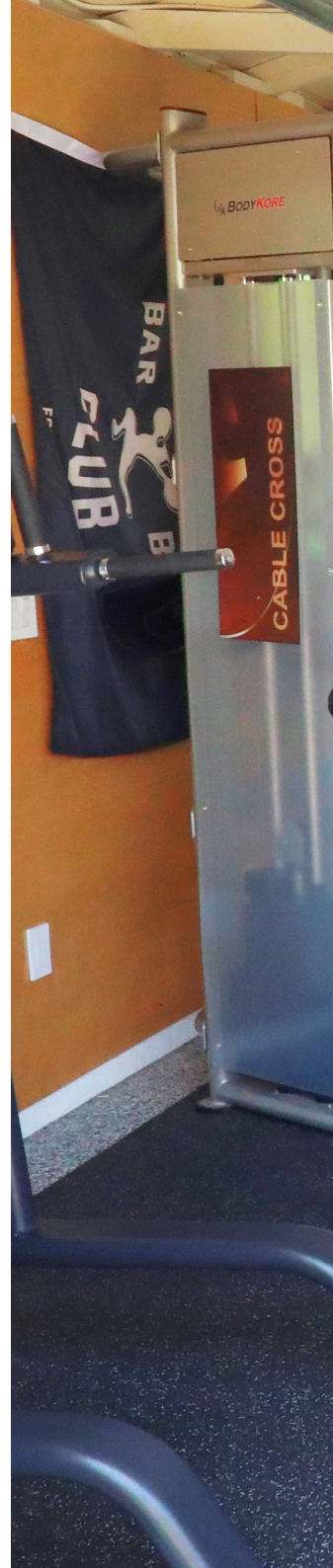
Our mission at BodyKore is to provide our customers with state of the art home gym equipment, design & installation.

Our home fitness equipment line is composed of commercial grade equipment, backed with up to a 10 year industry leading warranty.

We offer home gym essentials & functional equipment that can be used in various spaces, inside or outside of your home.

Our team is comprised of product specialists, engineers, designers and hand on specialist who can help ensure that your home gym equipment is specific to your fitness goals and functionality of your space.

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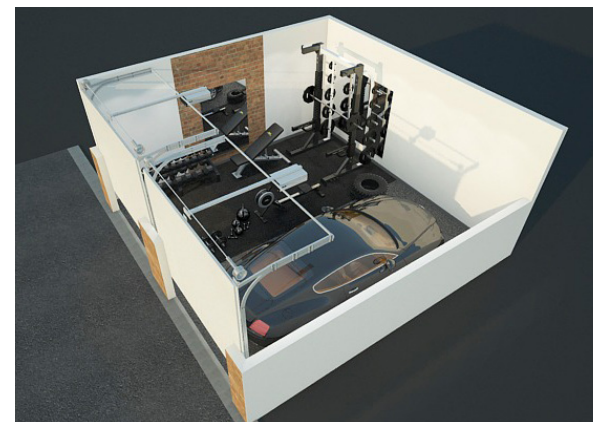


Design

Our experienced designers can help provide you with a floor plan that maximizes space efficiency as well as providing an enjoyable atmosphere.

We take into consideration the space constraints in your home and help you select the most functional equipment for your needs.









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Packages

BodyKore Equipment packages were built with your space in mind, no matter how large or how small.

Not only do we have packages already built out for small and larger sized spaces, all of our home gym equipment packages are customizable to your needs and fitness goals.

Each Package is designed to fit multiple spaces for a wide range of fitness goal and backed by an industry leading warranty.



Our dumbbell and bench package is for our clients that don't have a lot of space to build a full home gym.

The rack and bench can fit in the corner of a room, side of a garage or backyard patio.

The 5-50lb dumbbells provide a wide range of weights and the adjustable bench allows for countless number of exercises that range from chest and shoulder presses, lat rows, triceps extensions and step up lunges to name a few.

Space needed approximately 6'x6' or 36sqft.

ITEMS	DIMENSIONS	WEIGHT	SPECS
G206 Multi-Adjustable Bench	54"x24"x17"	106lbs	Frame - 11 gauge Rolled Steel Oval Tubing Upholstery - Double Stitched Industrial Vinyl
5-50lb Dumbbell Set w/ 3 Tier Rack	52"x33"x21"	668lbs	<i>Dumbbell Rack</i> Frame - 11 gauge Rolled Steel Oval Tubing Shelves - 11 gauge Steel <i>Dumbbells</i> Rubber Coated Rubber Hexagon Contoured Chrome Handles
OPTIONAL			
5-70lb Dumbbell set w/ 3 Tier Rack	67"x33"x21"	1238lbs	<i>Dumbbell Rack</i> Frame - 11 gauge Rolled Steel Oval Tubing Shelves - 11 gauge Steel <i>Dumbbells</i> Rubber Coated Rubber Hexagon Contoured Chrome Handles
5-100lb Dumbbell set w/ 3 Tier Rack	95"x33"x21"	2385lbs	<i>Dumbbell Rack</i> Frame - 11 gauge Rolled Steel Oval Tubing Shelves - 11 gauge Steel <i>Dumbbells</i> Rubber Coated Rubber Hexagon Contoured Chrome Handles

DUMBBELLS & BENCH Package

SQUAT RACK & BENCH Package

The squat rack and bench package is the ideal package for strength training.

With the G256 cage, you can do pull-ups and dips, squats and deadlifts or chest and shoulder presses with the G206 adjustable bench.

The high quality rubber encased Olympic grip plates are made to last and the 7' Olympic Bar is rated at over 1000lbs.

Space needed approximately 10'x10 or 100sqft.

ITEMS	DIMENSIONS	WEIGHT	SPECS
G256 Commercial Squat Cage	67"x65"x90"	357lbs	Frame - 11 gauge Rolled Steel Oval Tubing Thermoplastic Powder Coated Paint
G206 Multi-Adjustable Bench	54"x24"x17"	106lbs	Frame - 11 gauge Rolled Steel Oval Tubing Upholstery - Double Stitched Industrial Vinyl
300lb Weight Set w/ 7' Olympic Bar	84"	300lbs	<i>Olympic Weights</i> Rubber Coated Steel Grip Plates <i>Olympic Bar</i> 1000lb Rated Needle Bearing Olympic Lifting Bar
5-50lb Dumbbell Set w/ 3 Tier Rack	52"x33"x21"	668lbs	<i>Dumbbell Rack</i> Frame - 11 gauge Rolled Steel Oval Tubing Shelves - 11 gauge Steel <i>Dumbbells</i> Rubber Coated Rubber Hexagon Contoured Chrome Handles





Our garage gym package is designed to convert a single car garage or half of a two car garage into your own home gym.

With the full G701 Squat Cage, you'll have the option to do pull ups, squats, deadlifts, benching and multiple other strength training exercises.

The bench and dumbbell set gives you the option of isolated free weight exercises and the optional rower or air bike is great for cardio HIIT and doesn't take up a ton of room.

Space needed approximately 20'x10' or 200sqft.

ITEMS	DIMENSIONS	WEIGHT	SPECS
G703 Commercial Squat Cage	67"x57"x90"	506lbs	Frame - 11 gauge 3"x3" Square Steel Tubing Powder Coated Paint
G703 Multi-Adjustable Bench	52"x23"x17"	86lbs	Frame - 11 gauge 3"x3" Square Steel Tubing Upholstery - Double Stitched Industrial Vinyl
260lb Bumper Plate Set w/ 7' Olympic Bar	84"	305lbs	<i>Bumper Plates</i> 19" Diameter All Rubber Plates w/ Steel Ring <i>Olympic Bar</i> 1000lb Rated Needle Bearing Olympic Lifting Bar
5-50lb Dumbbell Set w/ 3 Tier Rack	52"x33"x21"	668lbs	<i>Dumbbell Rack</i> Frame - 11 gauge Rolled Steel Oval Tubing Shelves - 11 gauge Steel <i>Dumbbells</i> Rubber Coated Rubber Hexagon Contoured Chrome Handles
AR45 Air Rower	84"x30"x33"	70lbs	16" Fan Flywheel
OPTIONAL			
AB45 Air Bike	56"x26"x50"	140lbs	27" Fan Flywheel

GARAGE GYM Package

HOME GYM Package

Our home gym package is designed for customers that have the room to convert a full garage or room into their home gym.

This package has all of the strength equipment from the garage gym package with the additional dual pulley Functional Trainer.

Space needed approximately 20'x10' or 200sqft.

ITEMS	DIMENSIONS	WEIGHT	SPECS
MX1161 Functional Trainer	48"x70"x90"	403lbs w/o weight stack	Frame - 11 gauge Rolled Steel Oval Tubing Thermoplasma Powder Coated Paint 220lbx 2 Weight Stack
G256 Commercial Squat Cage	67"x65"x90"	357lbs	Frame - 11 gauge Rolled Steel Oval Tubing Thermoplasma Powder Coated Paint
G206 Multi-Adjustable Bench	54"x24"x17"	106lbs	Frame - 11 gauge Rolled Steel Oval Tubing Upholstery- Double Stitched Industrial Vinyl
300lb Weight Set w/ 7' Olympic Bar	84"	300lbs	Olympic Weights Rubber Coated Steel Grip Plates Olympic Bar 1000lb Rated Needle Berring Olympic Lifting Bar
5-50lb Dumbbell Set w/ 3 Tier Rack	52"x33"x21"	668lbs	Dumbbell Rack Frame - 11 gauge Rolled Steel Oval Tubing Shelves - 11 gauge Steel Dumbbells Rubber Coated Rubber Hexagon Contoured Chrome Handles





DYNAMIC Package

The Dynamic Package is great for rooms with space constraints.

The Dynamic Trainer is a multi-functional machine that has an assortment of attachments that allows the user to switch between cable resistance exercises and free weights.

Space needed approximately 15'x10' or 150sqft.

ITEMS	DIMENSIONS	WEIGHT	SPECS
MX1161EX Dynamic Trainer	63"x70"x90"	555lb w/o weight stacks	Frame - 11 gauge Rolled Steel Oval Tubing Thermoplasma Powder Coated Paint 220lbx 2 Weight Stack
G206 Multi-Adjustable Bench	54"x24"x17"	106lbs	Frame- 11 gauge Rolled Steel Oval Tubing Upholstery- Double Stitched Industrial Vinyl
300lb Weight Set w/ 7' Olympic Bar	84"	300lbs	Olympic Weights Rubber Coated Steel Grip Plates Olympic Bar 1000lb Rated Needle Berring Olympic Lifting Bar
5-50lb Dumbbell Set w/ 3 Tier Rack	52"x33"x21"	668lbs	Dumbbell Rack Frame - 11 gauge Rolled Steel Oval Tubing Shelves - 11 gauge Steel Dumbbells Rubber Coated Rubber Hexagon Contoured Chrome Handles

UNIVERSAL Package

Our Universal package is designed for customers that have the room to convert a full garage or room into their home gym.

This package has all of the strength equipment from the garage gym package with the additional dual pulley Functional Trainer.

Space needed approximately 20'x10' or 200sqft.

ITEMS	DIMENSIONS	WEIGHT	SPECS
MX1162 Universal Trainer	65"x90"x90"	595lbs w/o weight stack	Frame - 11 gauge Rolled Steel Oval Tubing Thermoplasma Powder Coated Paint 220lbx 2 Weight Stack
MX1163 Flat/Incline/Decline Bench	58"x22"x17"	96lbs	Frame - 11 gauge 2"x2" Square Steel Tubing Upholstery- Double Stitched Industrial Vinyl
300lb Weight Set w/7' Olympic Bar	84"	300lbs	<i>Olympic Weights</i> Rubber Coated Steel Grip Plates <i>Olympic Bar</i> 1000lb Rated Needle Berring Olympic Lifting Bar
5-50lb Dumbbell Set w/ 3 Tier Rack	52"x33"x21"	668lbs	<i>Dumbbell Rack</i> Frame - 11 gauge Rolled Steel Oval Tubing Shelves - 11 gauge Steel <i>Dumbbells</i> Rubber Coated Rubber Hexagon Contoured Chrome Handles







Portfolio _04



Complete Home Gym

A perfectly planned out floor plan helps maximize your space efficiency and allows you fit out the space with all the necessary components. While taking space constraints into consideration, our multi functional racks and combo units are the perfect solution.

Our trained consultants can help you design your dream gym with all your equipment requirements.

The all new Dynamic Trainer is the ultimate home gym system. Combining a dual pulley system with multiple attachments that allows the unit to be used as a squat rack, bench press, lat pull down, multi-grip pull up and dip station, Olympic bar and weight storage, band pegs and land mine attachment. This compact unit is high quality, heavy duty and extremely robust as well as aesthetically pleasing.

- MX1161EX Dynamic Trainer
- G206 Adjustable Bench
- 10-100lb Pro Dumbbell Set w/ G231 Dumbbell Rack
- G209 Stretch Trainer
- 200sqft Rubber Interlocking Tiles







Murray Home

With two little ones running around, the Murray's no longer had time to get to the gym every day.

Being hardcore gym goers they decided they had to build their own so they sought us to help them convert their 2 car garage into a full home gym.

Given 400sqft of space they decided to go with Equipment:

- MX1162 Universal Trainer
- G206 Adjustable Bench
- 5-100 Rubber Hex Dumbbell Set w/ Rack
- GR639 Leg Extension/Leg Curl
- 400sqft Rubber Tiles





Russo Home

Located in Newport Beach, CA the Russo's wanted to convert their garage into a full gym.

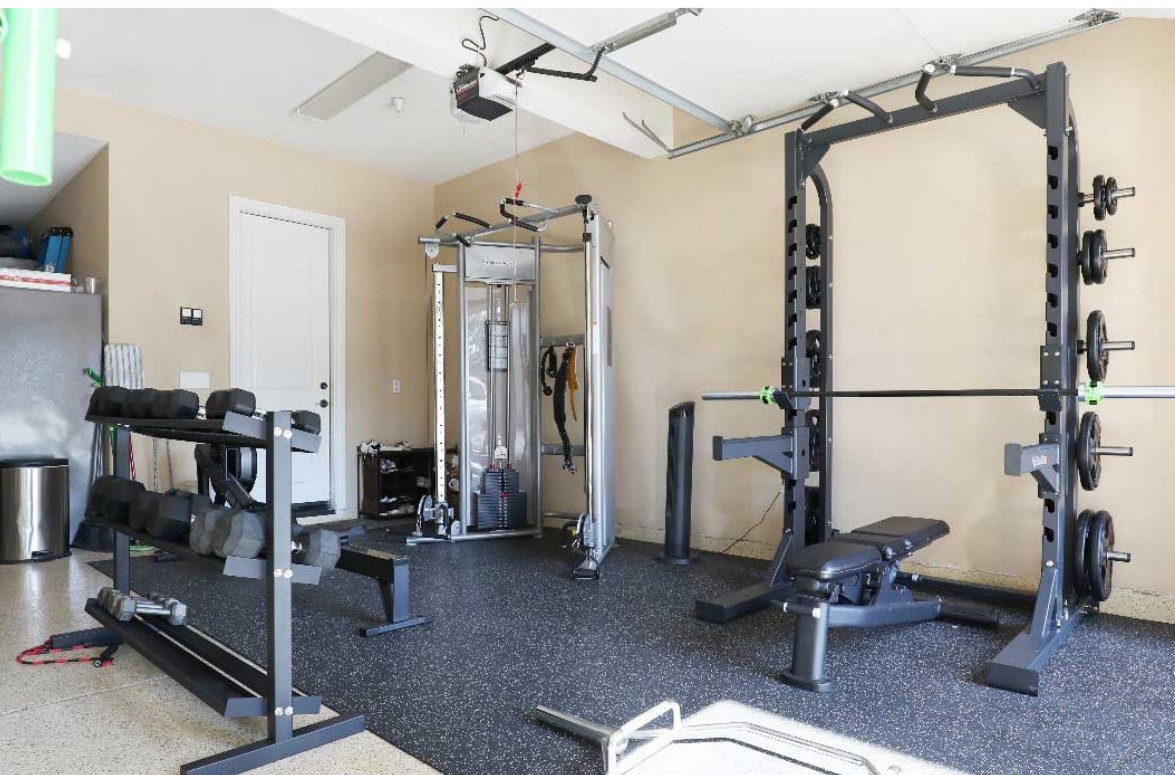
With limited storage space, they still needed cabinets to store items but also wanted to use the remaining space for their home gym.

Mr. Russo was looking for a high quality set up and heavy weights and Mrs. Russo needed space for her Body Pump exercises so we advised them to go with the All in One Universal Trainer and 5-100 dumbbell set.

Equipment:

- MX1162 Universal Trainer
- Cf2106 Adjustable Bench
- 5-100 Pro Dumbbells w/ G231 Rack
- 300sqft Rubber Tiles







Ladera Home

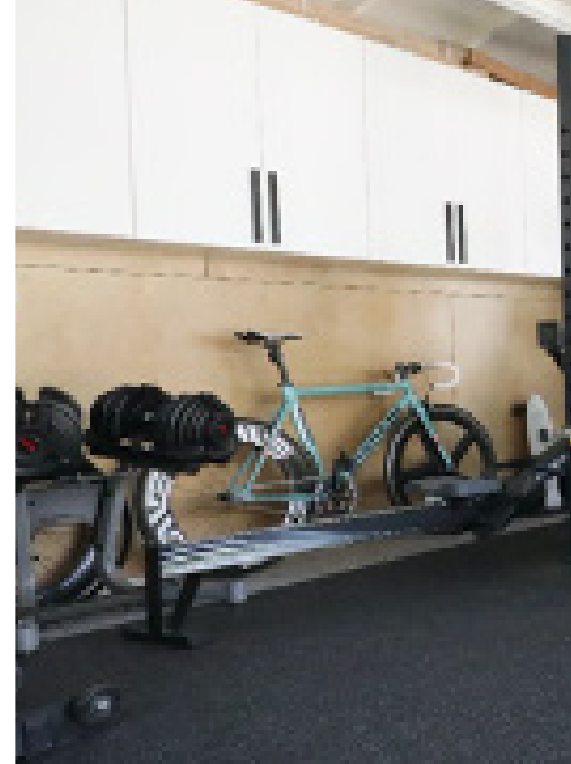
The Peterson boys are active high school and college athletes so Mr. Peterson asked us to design and install a home gym for them.

For athletes strength training is some of the key fundamentals so we recommended the BodyKore Home Gym package which includes a G701 Half rack (switched from the G256 squat cage), MX1161 Functional Trainer, 5-50lb Rubber Hex Dumbbell Set and Air Rower.

The G701 Half Rack allows the boys to work all the main muscle groups with squats, benching, deadlifts and pullups while the MX1161 Functional Trainer offers resistance training with the cable exercises.

- MX1161 Functional Trainer
- G701 Half Rack
- G206 Adjustable Bench
- 300lb Olympic Weight Set w/ Olympic bar
- 5-50lb Dumbbell Set w/ Rack
- Air Rower
- 200sqft Rubber Flooring







Zerner Home

Having two little ones recently, Matthew couldn't find the time to make it to the gym anymore so decided to build his own home gym.

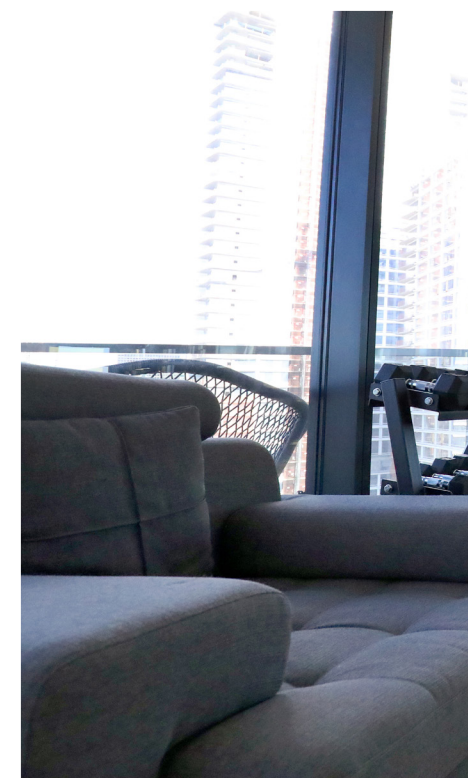
As a longtime member of the Equinox Gym, the Zerner's were looking for some high quality equipment for their brand new home so they sought us to build their private home gym.

They have a full garage that was available so we had about 400sqft of space to create their own private BodyKore gym.

They decided to go with:

- G256 Squat Cage w/ G206 Bench
- MX1161 Functional Trainer
- G277 45 Degree Leg Press
- G207 Vertical Knee Raise
- CF2172 Plate Loaded Calf Raise
- 400sqft Rubber Tiles







Gym above the Stars

Located at the Circa in Downtown LA, Mr. Shariff wanted to set up a home gym in the living room of his luxury apartment.

With a birds-eye view of the Staples Center, this home gym setup is truly one of a kind.

By allocating 20'x10' of space we were able to fit in custom flooring, our Foundation Series G702 Full Squat Cage, 5-50lb Rubber Hex dumbbell set w/ a 3 tier rack and the BodyKore Air Rower.

- G702 Foundation Series Squat Cage
- G206 Adjustable Bench
- 5-50lb Dumbbell Set
- Air Rower
- 200sqft Rubber Interlocking Tiles





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