

### GDCC200

### Functional Training Center



GDCC200\_DeltRaise



GDCC200\_DualCurl



GDCC200\_GolfSwing



GDCC200\_ShoulderPress

Also available: *Dual GDCC-Bar MB-132*

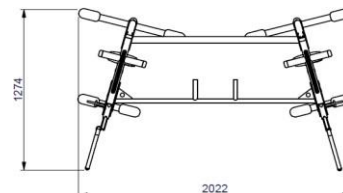


Weight Stack Options:

Two-160 lb. stack (standard)

Two-210 lb. stack (optional)

SP50 Optional Stack Upgrade



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#### Functional Training Center

Core stability training can lead to improved balance, coordination and stability. By efficiently working your body's stabilizer muscles through a limitless number of exercises, the GDCC200 Functional Training Center offers strength-building results to users of all sizes.

Unrestricted multiple planes of motion approximate the muscle activity required for many of the activities you do in everyday life. The Body-Solid GDCC200 features ergonomically designed adjustments and interchangeable cable handles engineered to put hundreds of strength-building exercises within your grasp.

With a space-saving footprint, dual independent weight stacks, user-friendly ergonomics and adjustability and precision-fitted components, the GDCC200 Functional Training Center isolates an unbeatable value in today's advanced fitness market.

Dimensions: 83.5"H x 74.5"L x 40.5"W

#### Special Features

- Lifetime warranty
- Vertical carriage system features fiberglass reinforced nylon pulleys and locking, universal attachment connections
- Precision-fitted frame components constructed from commercial grade 11-gauge, 2"x4" oval tubing with an electrostatically applied powder coat finish
- 4.8 mm diameter spun steel aircraft cables rated to over 2,500 lbs.
- 20 independent height adjustments and 180° cable positioning for frictionless resistance in all directions

Find out more at [bodysolid.co.uk](http://bodysolid.co.uk)