



Keeping South Florida Healthy
& Fit for over 20 Years!

GDCC200 Body-Solid Functional Training Center



GDCCBAR Optional
Dual Press Accessory
Bar



GDCCRACK
Optional Accessory Rack

GDCC200 Body-Solid Functional Training Center

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-build-ing 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.

From cable crossovers and shoulder presses to pull-ups, leg kickbacks and everything in between, make a motion to improve your core, build your strength and increase your endurance with the Body-Solid GDCC200.

Weight: 514 lbs | Dimensions: 43"W x 78"L x 84"H

Special Features

- 11gauge, 2" x 4" oval tubing
- Electrostatically applied powder coat finish
- Precision-fitted frame components
- 4.8mm diameter spun steel aircraft cables
- 20 independent height adjustments
- 180° cable positioning
- Two 160 lb. weight stacks (weight ratio is 1/2 : 1)
- High-density foam rubber handgrips and handles
- Dual position pull-up bar



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