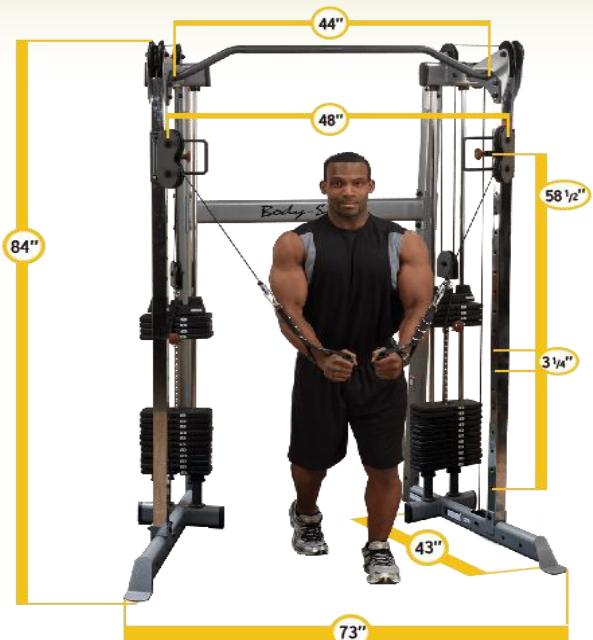


GDCC210

Compact Functional Training Center



GDCC200_Ex_ChinUp



GDCC200_Ex_Curl



GDCC210_Ex_ChinUp



GDCC210_Ex_Curl



GDCC210_Ex_LegCurl



GDCC210_Ex_Press



GDCC210_Ex_SeatRow



GDCC210_Ex_ShoulderPress



GDCC210_Ex_Squat



GDCC210_Ex_TriExt

GDCC210 Compact 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 GDCC210 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 GDCC210 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 GDCC210 Functional Training Center isolates an unbeatable value in today's advanced fitness market.

Dimensions: 83.5" H x 63.5" L x 40.5" W

Special Features

- 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