

GDCC200

Functional Training Center

Also available:



GDCCBAR
Dual Press Bar Accessory



GDCCRACK
Accessory Rack

Weight Stack Options:

Two-160 lb. stack (standard)

Two-210 lb. stack (optional)

SP50 Optional Stack Upgrade



GDCC200 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