

# GDCC200 Body-Solid Functional Training Center

*Body-Solid*<sup>®</sup>  
Built for Life



**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-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.

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

## **Warranty**



Frame & Welds ..... Lifetime  
Bushings and Hardware ..... 3 Years  
Pads, Cables and Grips ..... 1 Year



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