

## Features

The Body-Solid Pro•Dual Adjustable Cable Column gives you the freedom and range of motion to accomplish a total body workout in just a 3' by 4' area.

- Dual 160 Lb weight stacks offer a resistance range fit for beginners and professional athletes alike
- Simple pop-pin adjustment allows the vertically adjustable pulleys to be set for over 100 exercises at a level that is comfortable for any size user
- Chrome-plated solid steel guide rods and selector rods for smooth movement
- Heavy gauge 2"x4" mainframe construction and aircraft quality cables and pulleys
- Biomechanically designed for maximum range of motion and outstanding muscle development
- Works as a modular component on the Pro•Dual 3-Stack and 4-Stack Gyms

## Benefits

### **The advantages of using the Body Solid Pro•Dual Adjustable Cable Column:**

Functional training has its origins in rehabilitation. Physical therapists developed exercises that mimicked what patients did at home or work in order to return to their lives or jobs after an injury or surgery.

For strength exercises to effectively transfer to your everyday movements, several components of the training movement need to be similar to the actual performance movement. This includes coordination, types of muscular contractions (concentric, eccentric, isometric), speed of movement and range of motion. Properly applied, functional strength training may provide exercise variety and additional training benefits that more directly transfer improvements to real-life activities.

Standard resistance training machines are of limited use for functional training because their fixed patterns rarely mimic natural movements, and they focus the effort on a single muscle group, rather than engaging the stabilizers and peripheral muscles. The Body-Solid Pro•Dual Adjustable Cable Column is extremely useful for functional training because it allows you to recruit all major muscle groups while moving in multiple planes.

The Pro•Dual Adjustable Cable Column provide a smooth, continuous action which reduces the need for momentum to start repetitions and a constant tension on the muscle which makes peak-contraction possible at the top of each rep. This station is designed to help your people wishing to:

- Improve flexibility
- Increase core stability
- Improve balance and strength
- Develop and maintain sport-specific strength

**We are dedicated** to manufacturing commercial-rated equipment that stands up to the demands of your facility, the expectations of your people and the rigors of daily use.

**We are focused** on designing equipment that adapts to fit the size and space requirements of a broad range of commercial facilities.

**We are committed** to providing our customers with the best lifetime warranty in the industry.