

The advantages of using the Body-Solid Functional Training Center

Owning quality fitness equipment encourages a very important aspect of strength training... motivation that will drive you to sculpt your body to its ultimate form.

You'll have the tools to lose unwanted pounds and replace them with lean muscle mass. You'll create a workout regimen that renders fatigue a distant memory. You'll increase your endurance and achieve results with each repetition.

The Body-Solid GDCC200 Functional Training Center is packed with the features you want at a price you can afford. Best of all, you'll achieve your goals and enjoy the results of superior engineering and design as you master hundreds of exercises, including:

- Cable Crossover
- Shoulder Press
- Triceps Extension
- One Arm Row
- Pull-Up
- Leg Kickback
- Deltoid Crossover
- Oblique Crunch
- Incline Press
- Front Deltoid Raise