

Body-Solid Functional Training Center

Body-Solid is recognized worldwide as a leader in home gyms and commercial strength training equipment. Over 5 million customers are enjoying the results of strength training in their everyday lives. Our equipment is designed to fit a wide variety of lifestyles, space requirements and user sizes.

The Body-Solid GDCC200 Functional Training Center puts core stability within your grasp by offering a limitless variety of balance-improving, coordination-enhancing, user-defined workout regimens.

- Vertical carriage system features fiberglass reinforced nylon pulleys and locking, universal attachment connections.
- Precision-fitted frame components constructed from commercial grade 11-gauge, 2" x 4" oval tubing with an electrostatically applied powder coat finish.
- 4.8mm 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.
- Includes two 160 lb. weight stacks.
- High-density foam rubber handgrips and handles.
- High-density, injected molded end and foot caps.
- Includes dual position pull-up bar.
- Optional 50lb upgrade.
- Built and guaranteed with Body-Solid quality that will last a lifetime.