

The advantages of using the Body-Solid Selectorized Deluxe Cable Crossover

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 GCC250 Selectorized Deluxe Cable 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 cable exercises, including:

- Cable Crossover
- One Arm Row
- Leg Kickback
- Incline Fly