

GDCC210 Body-Solid Functional Training Center

Body-Solid[®]
Built for Life



GDCCBAR
Optional Dual Press
Accessory Bar



GDCCRACK
Optional Accessory Rack

GDCC210 **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 GDCC210 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 GDCC210 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 GDCC210.

Weight: 493 lbs
Dimensions: 38"W x 64"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



Frame & Welds Lifetime
Bushings and Hardware Lifetime
Pads, Cables and Grips Lifetime