

FitnessBreakthru

Personalised Fitness Equipment Specialists

WWW.GYMEQUIPMENT.CO.ZA TEL: 041 581 4876 FAX: 086 683 6873 E-MAIL: RESULTS@MWEB.CO.ZA

Specs – Cable Crossover Machine



Two Weight Stacks Included!

This Selectorised Cable Crossover Machine exercises virtually every muscle group in your body. Uniquely designed to train Legs, Arms, Chest and Back muscles, this machine is one of the most functional and versatile training units available. The wide and tall design provides easy access and an endless array of High and Low Pulley exercises. Top and bottom pulleys swivel smoothly through a 180-degree range of movement, providing frictionless resistance in all directions.

Includes 2 x 150 lb weight stacks that have free weight add-on top plate posts that allow you to pack on up to 200 lbs more weight per stack. 11-position vertically adjustable pulleys provide an endless array of high, mid, and low pulley exercises.

Shown with optional Lat Pull-Up / Chin-Up Station (#GCA2).

Product Features:

10 x high/low pulley adjustments
Supplied with 2 x stirrup handles and 1 x ankle strap

Dimensions: 210cm(H) x 355cm(L) x 99cm(W)

Body-Solid®