

# GFT100 Body-Solid Functional Trainer

*Body-Solid*<sup>®</sup>  
Built for Life



## GFT100 Functional Trainer

The Body-Solid GFT100 Functional Trainer is a versatile, reliable and space-saving functional trainer for home and garage gyms and fitness facilities.

The dual weight-stack design provides isolateral movements and balanced training. The Body-Solid GFT100 features a 1:2 stack to resistance ratio allowing for smaller incremental weight adjustments and an amazing range of motion. Add an optional Body-Solid bench or stability ball for even more workout variety. Fully-adjustable, swiveling pulleys offer complete workout freedom; and the included attachments (aluminum stirrup handles, triceps rope, chin & dip belt and double swivel bar) will give users a near-unlimited number of workout options. Use the included accessory rack to store each of these items and keep workout spaces clean and organized.

Weight: 633 lbs  
Dimensions: 45”L x 64”W x 83”H

## Special Features

- Two 160 lb. weight stacks (upgradable to two 210 lb. or two 310 lb. stacks)
- 1:2 weight resistance ratio
- 11-gauge, 2” x 3” steel construction
- Two fully adjustable swiveling pulleys
- Integrated chinning bar
- Space-saving design

## Warranty



Frame & Welds ..... Lifetime  
Bushings and Hardware ..... 3 Years  
Pads, Cables and Grips ..... 1 Year



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