



## Body Solid Club Line - Pro Dual Cable Column DPCC-SF



The Pro Dual Line strength training equipment from Body Solid is designed for demanding home use and for light institutional use in physiotherapies, hotels, corporate fitness or schools. The Pro Dual Line impresses with an innovative design with oval tube frame and convinces with an attractive price/performance ratio.

**CHF 2'790.00**

Functional training originated in rehabilitation. Physical therapists developed exercises that mimicked what patients did at home or at work to return to their lives or jobs after injury or surgery.

For strength exercises to translate effectively to your everyday movements, several components of the exercise movement must be similar to the actual performance movement. These include coordination, type of muscle contraction (concentric, eccentric, isometric), speed of movement and range of motion. Properly applied, functional strength training can provide exercise variety and additional training benefits that translate improvements more directly to real-life activities.

Standard resistance training equipment has limited suitability for functional training because its fixed movement patterns rarely mimic natural movements, and effort is focused on a single muscle group rather than engaging stabilizers and peripheral muscles. The Body Solid Pro Dual Adjustable Cable Column is extremely useful for functional training because it allows you to work all major muscle groups while moving in multiple planes.

The Pro Dual Adjustable Cable Column provides a smooth, continuous motion that reduces momentum at the beginning of repetitions and applies constant tension to the muscle, allowing for a peak contraction at the end of each repetition. This station is designed for:

- improve flexibility
- increase core stability
- improve balance and strength
- Develop and maintain sport-specific strength

**Equipment:**



- Cable pulley tower with bilateral and isolateral exercise options.
- 18 exercise height settings
- 95kg weight block
- Aircraft style cable (load capacity up to 1100kg)
- no cable change required
- weight magazine with protective cover
- oval tube frame
- powder coated steel frame
- 4-sided welded connections
- ball bearing mounted pivot points
- shock-resistant, fiberglass-reinforced nylon rope pulleys with sealed ball bearings
- color: grey

Usage: Domestic to light institutional use, max user weight 200kg

Equipment dimensions: L119cm x W99cm x H211cm, weight 205kg

Warranty: 1 year on labor, 2 years on spare parts (excluding consumables such as pads/cables).