



# FORCE USA G10 ALL-IN-ONE TRAINER

SKU: F-G10

**FORCE**  
USA



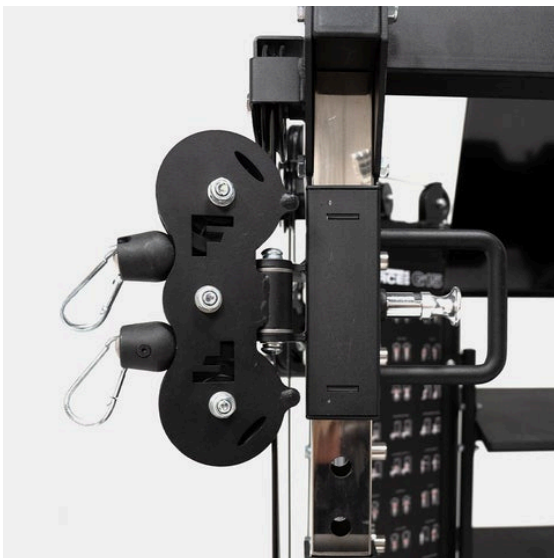
## KEY FEATURES



### OVER 50 EXERCISES IN ONE UNIQUE MACHINE

A dream strength and fitness solution, Force USA's G10® All-In-One Trainer let you complete over 50 unique exercises to target every part of your body. Made by the undisputed leaders in versatile, heavy-duty all-in-one trainers, you can switch up your training to keep those motivation levels high and reach your fitness goals.

- Strength and Split Training
- Bodybuilding and Powerlifting
- High-Intensity Interval Training
- Plyometric and Explosive Training



### UNIQUE INTERCHANGEABLE CABLE SYSTEM

The G10® All-In-One Trainer has a groundbreaking interchangeable cable system that allows you to easily select your cable ratio on the fly.

The 4:1 ratio is suitable for targeting smaller muscle groups, such as face pulls or lateral raises. When you want to go heavier, simply engage the 2:1 ratio, which is perfect for deadlifts, squats, lat pulldowns and other heavy movements. Force USA has once again taken all-in-one machines to a new level, allowing you to work out with friends and family by incorporating the cable ratio for different strength levels.



## **BUILT TO OUTLAST EVERY OTHER HOME GYM**

Your G10 commercial-grade All-In-One Trainer was precision built and manufactured using the highest quality materials. With a lifetime warranty and 2-year warranty on parts and attachments, the trainer includes:

- Heavy gauge structured steel tubing throughout
  - Tough PVC and rubber in heavy use areas to increase durability
  - Long-lasting clear coating with anti-rust protection
- Eco-friendly premium commercial grade powder coating



## **YOUR LEGENDARY SMITH MACHINE**

The Smith machine on the G10® All-In-One Trainer is counterbalanced, meaning the weight you load is the weight you lift. Incredibly smooth, strong (450kg/990lbs weight rating) and perfect for bigger muscles, you can push the limits on exercises like shoulder presses, calf raises and glute building movements. Your Smith machine includes:

- Adjustable spring-loaded safety supports for an extra layer of protection.
- Extended 7-inch commercial sealed linear bearing and oilite reinforced bushings.
  - Extra resistance with band pegs to add a new dimension to your weight training.
- The added advantage of safety pegs so you can quickly lock out the bar.



## **MASSIVE 450KG CHIN-UP BAR WEIGHT RATING**

Your ergonomically designed multi-grip Chin-Up and Pull-Up station comes with a huge 450kg weight rating. With an ultra-comfortable grip, you can perform wide-grip, close-grip, underhand, overhand and many other positions to build strength and muscle mass.

You can also hook up your resistance bands to the conveniently placed anchor point, helping you power through the toughest sessions.

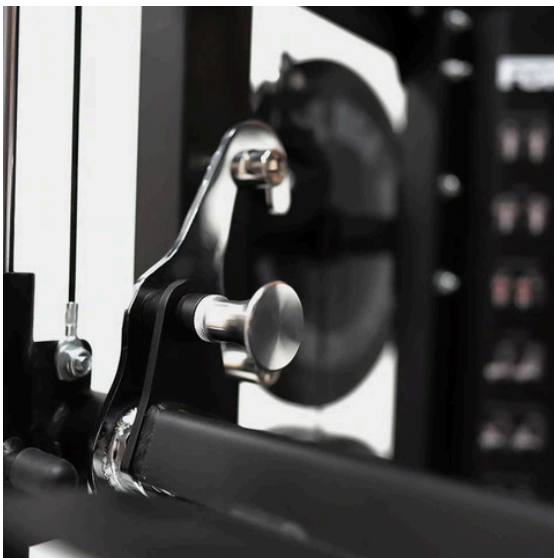


## **SAVE ON SPACE AND MONEY**

Why spend more on individual gym pieces that take up extra room when all of your strength and fitness goals are taken care of with the G10?

Perfect for anyone who has a garage or studio gym set up, this all-in-one-trainer allows you to save space with its compact footprint (W: 204cm, D:184cm) and not have to invest in single pieces of equipment.

To keep your workout space safe and organised, the new G10 also comes with storage for 2 Olympic style bars, 2 standard size barbells and 8 Olympic weight plate holders.

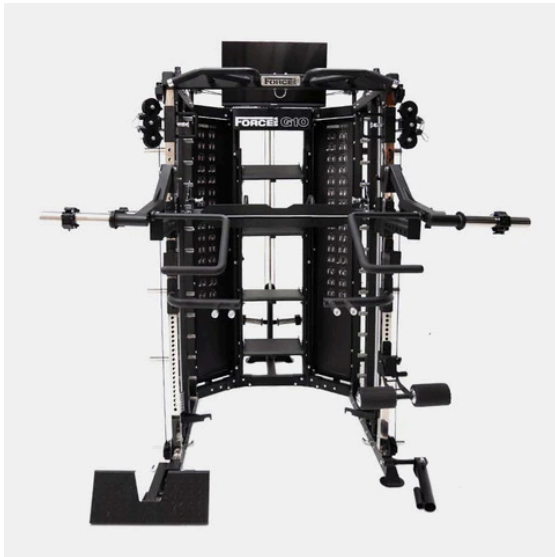


## **5 STAR SAFETY FROM THE INDUSTRY LEADER**

Force USA is a global leader in gym equipment safety and the G10 is no exception. With a 5-star safety rating, you can train with zero risk knowing every safety feature has been included.

With front safety bars, J-hooks, spring-loaded depth adjustment, lock-out pegs and smart safe locks, you and your family will have complete peace of mind no matter what exercises or weights you're doing.





## COMPLETE YOUR HOME GYM WITH THE G10™ UPGRADE KIT

Why not add a T Bar Row Handle, Leg Press Plate, Core Trainer, Jammer Arms, Ankle Cuffs, Single Stirrup Handles, plus 4 levels of storage shelving to finally complete your set-up! Every attachment in the G10™ Upgrade Kit is precision built with the highest quality commercial-grade materials and will deliver the ultimate in training performance.



## CONVENIENT INSTALLATION AND ASSEMBLY

To get you up and training as soon as possible, let us help you book a technician to come to your home or studio and assemble the G10™ for you!

Rather do it yourself? Force USA also provides detailed and easy-to-follow instructions to help you assemble your new G10™ All-In-One Trainer. Most customers are able to assemble the full machine over the course of two days with the help of one person.

## WHAT'S INCLUDED WITH YOUR G10™ ALL-IN-ONE TRAINER

- EZ Curl Bar
- Long Bar
- Short Bar
- Lat Pulldown Bar
- Tricep Pressdown Bar
- Close Grip Handle
- Tricep Rope
- Single PVC Stirrup Handles X 2
- Adjustable PVC Storup Handles X 2
- Cable extension chains X 4
- Olympic Bar Collars X 3 (Pairs)
  - Cable Carabina X 6
  - Band Pegs X 4
  - J-Hooks X 1 (Pair)

## OPTIONAL EXTRAS

Add the Upgrade Kit to your standard G10™ All-In-One-Trainer and enjoy even more benefits. This package includes:



- T Bar Row Handle
- Leg Press Plate
  - Core Trainer
- 2 x Jammer Arms
  - 1 x Ankle Cuff
- 2 x Single Stirrup Handles
  - 4 x Storage Shelves
  - TV Mount

## SPECIFICATIONS

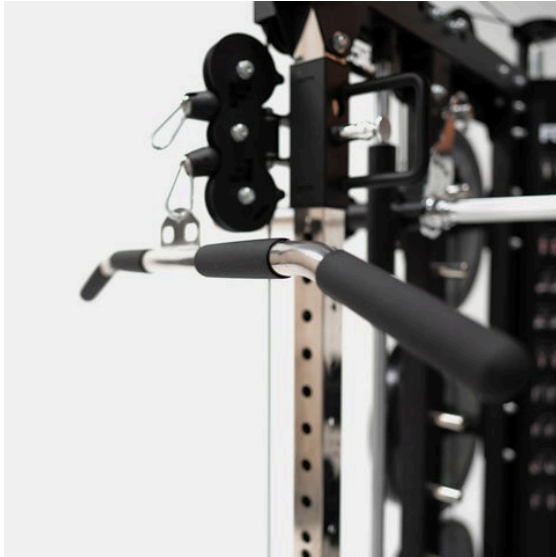
- **Weight Ratings:**
  - J Hook: 400kg (static test)
  - Safety Bars: 450kg
  - Chin Up Bar: 450kg
  - Cable Rating: 907kg
  - TRX Anchor Rating: 120kg
  - Plate Holders: 150kg
- **Assembled Dimensions:**
  - 204 cm (W) x 184 cm (D) x 222 cm (H)
    - Internal Width: 113cm
    - Height of Pull Up Bar: 208cm
- **Product Weight:** 290kgs

## UPGRADE KIT



### COMPLETE YOUR TRAINER WITH JAMMER ARMS

You haven't experienced a true upper body workout until you add Jammer Arms to your functional trainer. These legendary attachments work to isolate your arms, chest, shoulders and back so you not only keep perfect form through every rep but also reduce the risk of injury. Add deadlifts, bench press, shoulder press, incline press and many more exercises to your G10™ or G15™ training.



### **VERSATILE T BAR ROW HANDLE**

The T Bar Row Handle is one of the most versatile attachments for your G10™ or G15™. The compact bar offers multi-grip positions to really target your lats, traps, biceps and triceps, while quickly transforming into a low row station to be used with your cable pulley system.



### **ULTRA-WIDE LEG PRESS TO ENHANCE YOUR SMITH MACHINE**

Your heavy-duty high tensile steel Leg Press Plate can be easily added to your Smith Machine to change up your workout. This extra-wide plate offers incredible grip and a range of feet positions so you can go wide or narrow during leg press exercises.



### **BUILD EXPLOSIVE POWER AND A RIPPED TORSO**

The Core Trainer is one of the best ways to build explosive power throughout your core while adding a range of rotational torso exercises to your upper body training when used with a barbell. This can be used on both sides of your All-In-One-Trainer.



## WHAT ELSE DO YOU GET WITH YOUR UPGRADE KIT?

- Another great cable attachment, you'll love how effective these comfortable Ankle Cuffs are for strengthening your hips, glutes, hamstrings, calves and the ligaments in your ankles which help with overall stability.
- Add a pair of ultra-comfortable, heavy-duty Single Stirrup cable attachments to the nylon handles you currently have with your G10™ or G15™.
- Boost your storage capacity with 4 extra shelves that are easily added to your trainer. These shelves are perfect for dumbbells and kettlebells to keep your workout space neat and tidy.
- The angled TV Mount is a great addition to your all-in-one trainer, allowing you to follow your favourite video training programs or watch live sports while you work out. Your TV Mount attachment can mount most TV's up to 32 inches.

Read additional reviews: [King of The Gym Force USA G10 Review - A Plate-Loaded All-In-One with Interchangeable Pulley Ratios](#)

### ADDITIONAL INFORMATION

#### More Information

<b>Warranty</b>	Mainframe: Lifetime, Other parts: 2 year
<b>Max Load</b>	450kg
<b>Product Dimension</b>	204 cm (W) x 184 cm (D) x 222 cm (H)