



BODYX MFORC ALL-IN-1 TRAINER

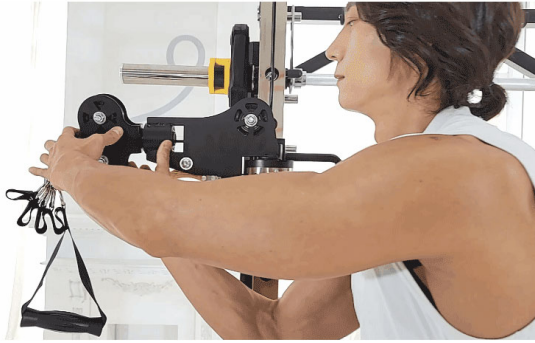
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WEIGHTS SOLD SEPARATELY



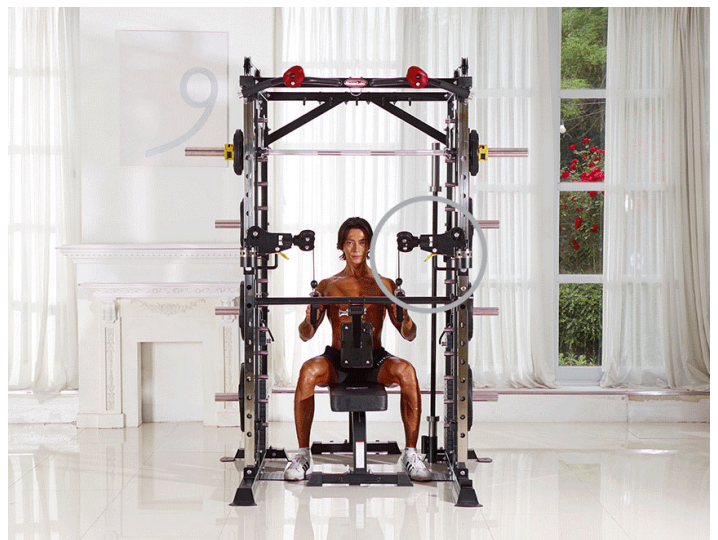
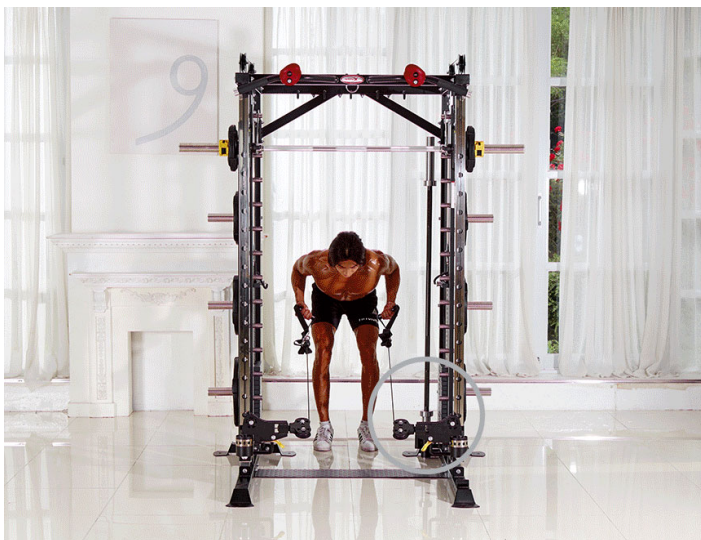
NEW FEATURES that change everything



Adjustable width and height dual cable

Most systems in the market only provides adjustable height, but the Bodyx MForc bring it to a whole new level with adjustable width cables, which:

- Allows full width cable workout while keeping overall footprint small
- Provides better position for bilateral arm workout
- Allows using both weight stack for lat pulldown (Double the weight)
- Provides more variation when using with many cable attachments





UNIQUE CORE SUPPORT ATTACHMENT

The MForc has a world-first interchangeable support attachment that can be fitted on the machine

- Core support Pad helps to stabilise the body and isolate the muscles to work on
- Knee support pad helps to hold you down while doing lat pulldown
- Feet support bar provides leg support for low row



INCREASE INTENSITY USING BANDS

With the included band pegs, you can add resistance bands to your smith machine or half rack barbell to workout without the need for weight plates. Simply add more bands to increase the intensity when needed.





DIP HANDLES

The adjustable dip handles come with 2 different grip width to choose from. You can also perform weighted dips by attaching to the cable system using a dip belt.



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. The T Bar Row Handle offers multi-grip positions to really target your lats, traps, biceps and triceps.



MASSIVE 250KG CHIN-UP BAR WEIGHT RATING

Your ergonomically designed multi-grip Chin-Up and Pull-Up station comes with a huge 250kg 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. Perform assisted chin up with the included strap attachment.

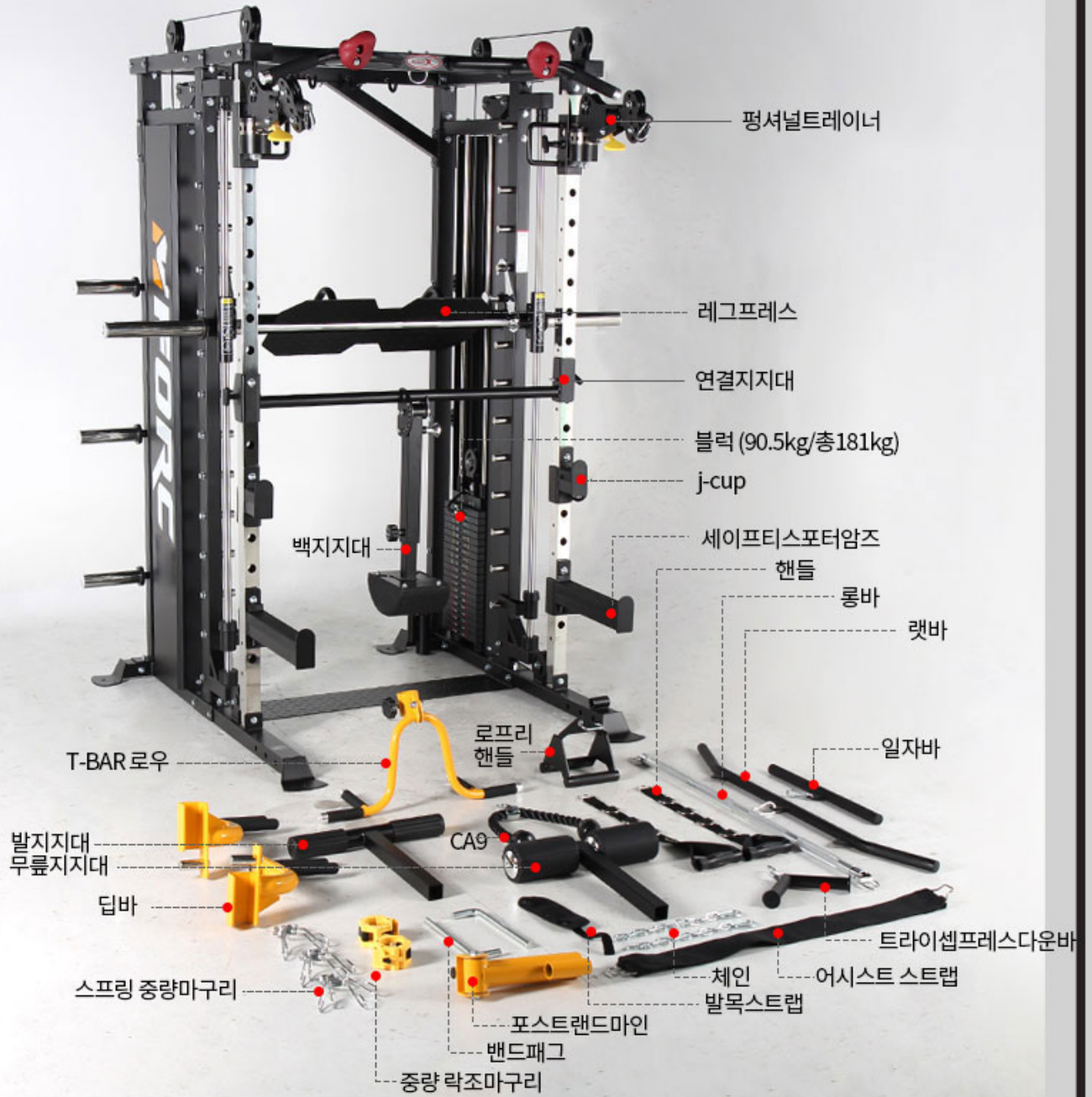
You can also hook up your resistance bands to the conveniently placed anchor point, helping you power through the toughest sessions.



EASILY STORE YOUR WEIGHTS AND ATTACHMENTS

To keep your workout space safe and organised, the MForc comes with storage for 1 Olympic style barbells, 6 Olympic weight plate holders and hooks for cable attachments.

INCLUDED ATTACHMENTS

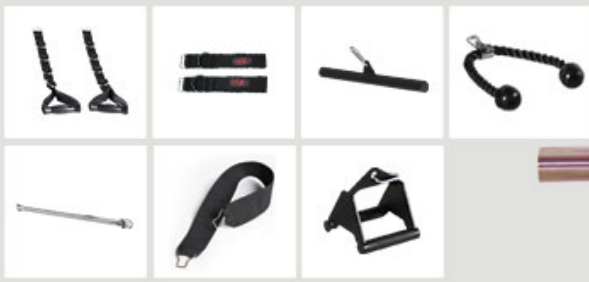


WORKOUTS



1

케이블운동



케이블 크로스오버
CABLE CROSS OVER



체스트플라이
CHESTFLY



체스트 프레스
CHEST PRESS



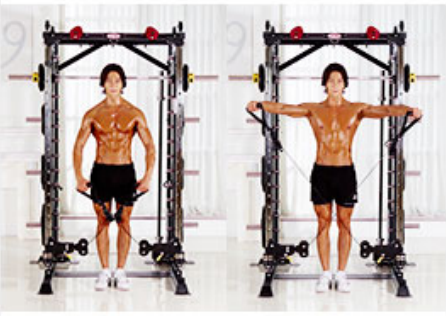
체스트 플라이
CHEST FLY



프레스
PRESS

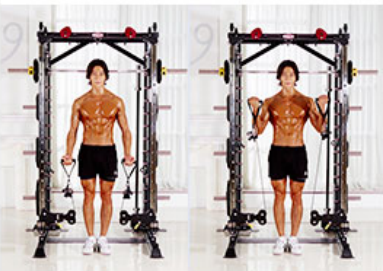


레터럴레이즈
LATERAL RAISE





암 컬
ARM CURL



원암암컬
ONE ARM ARM CURL



로우
LOW



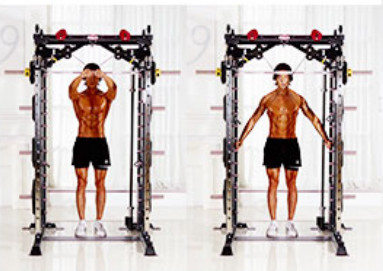
숄더프레스
SHOULDER PRESS



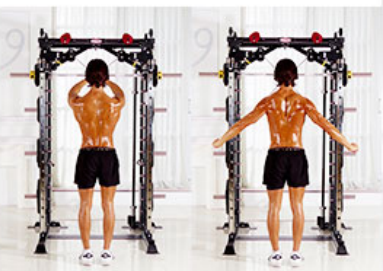
킥백
KICK BACK



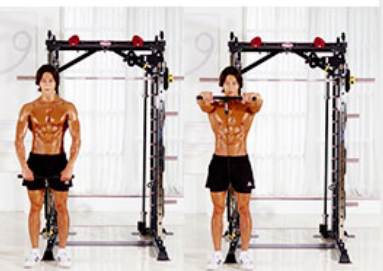
백리어델트
BACK REAR DELT



백리어델트
BACK REAR DELT



프론트레이즈
FRONT RAISE



페이스풀
FACE PULL



오버헤드프레스
OVERHEAD PRESS



프레스다운 프레스
DOWN PRESS



암 컬
ARM CURL



숄더프레스
SHOULDER PRESS



스쿼트
SQUAT



프론트레이즈
FRONT RAISE





킥백
KICK BACK



아웃타이
OUT THIGH



이너타이
INNER THIGH



레그익스텐션
LEG EXTENSION



레그컬
LEG CURL



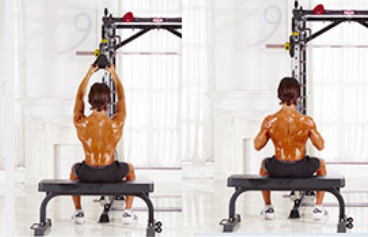
트라이셉프레스
TRICEP PRESS



오버헤드프레스
OVERHEAD PRESS



랫풀
LAT PULL



로우
ROW



푸쉬업
PUSH UP



풀업
PULL UP



로우
ROW



로우
ROW





2

케이블 - 지지대 운동



로우
ROW

로우
ROW

로우
ROW

랫풀다운
LAT PULL DOWN

로우
ROW

롱풀
LONG PULL

체스트프레스
CHEST PRESS



3

중량동 운동



스쿼트
CHEST PRESS



데드리프트
DEADLIFT



벤치 프레스
BENCH PRESS



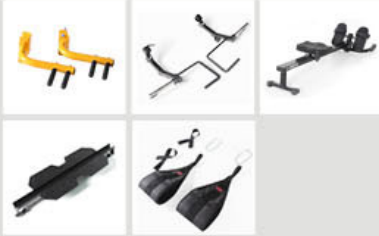
티바로우
TBAR ROW





4

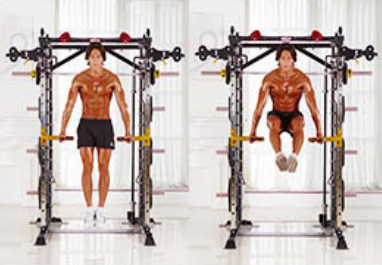
어시스트 옵션운동



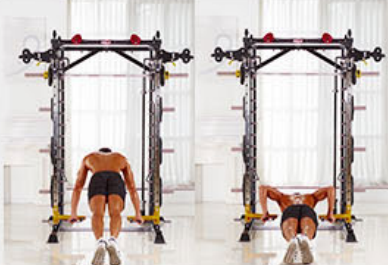
딤스
DIPS



레그레이즈
LEG RAISE



푸쉬업
PUSH UP



풀업
PULL UP



레그레이즈
LEG RAISE



숄더벤치 프레스
LEVER ARM KIT



로잉
ROWING



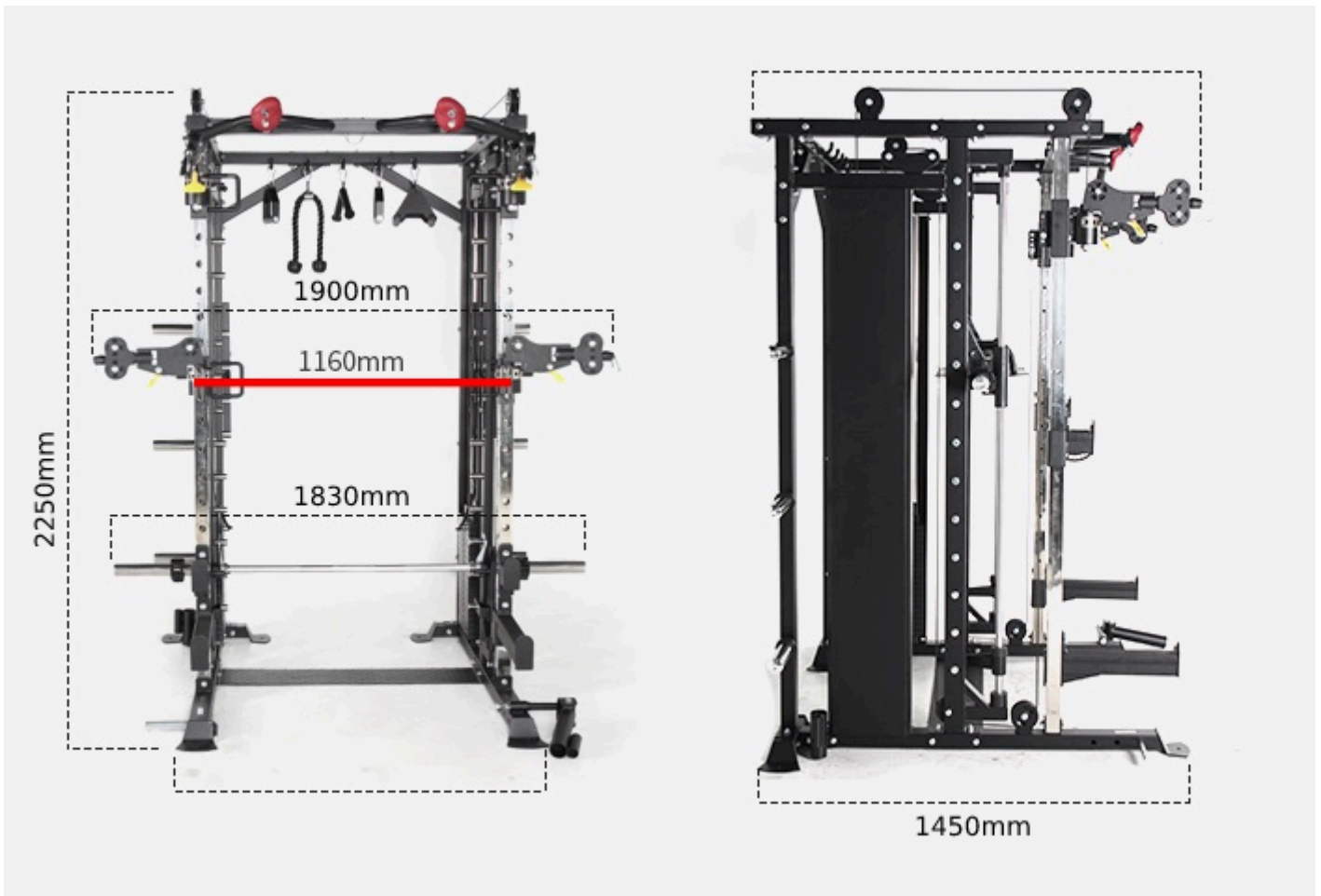
레그프레스
LEG PRESS





WFORC





SPECIFICATIONS

- **Weight Ratings:**
 - J Hook: 250kg (static test)
 - Safety Bars: 350kg
 - Smith Bar: 250kg
 - Chin Up Bar: 250kg
 - Cable Rating: 907kg
- TRX Anchor Rating: 120kg
- Plate Holders: 150kg

ADDITIONAL INFORMATION

More Information

Warranty	Mainframe: Lifetime, Other parts: 2 years, Labour: 1 year
More Information	2 x 90kg weight stack
Product Weight	437kg
Product Dimension	147 x 190 x 225cm (L x W x H)