



# BODYX MFORC ALL-IN-1 TRAINER

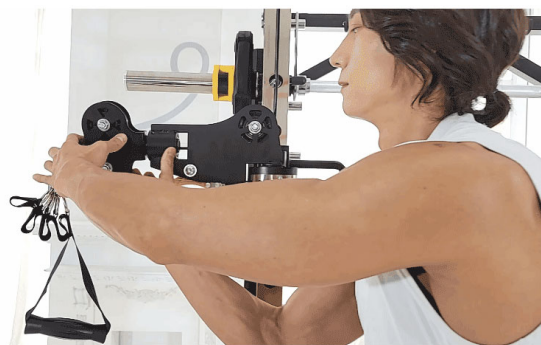
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WEIGHTS SOLD SEPARATELY



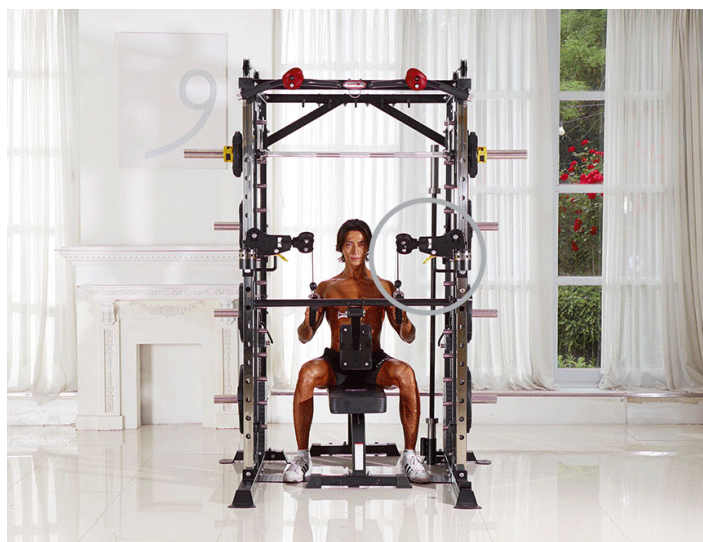
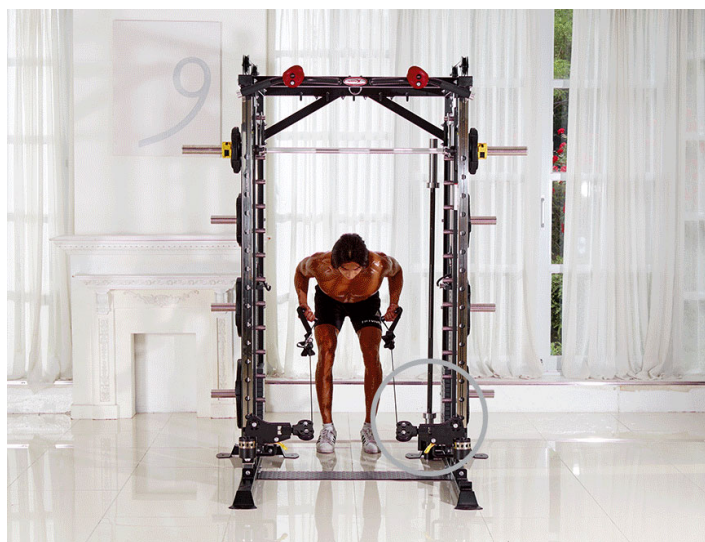
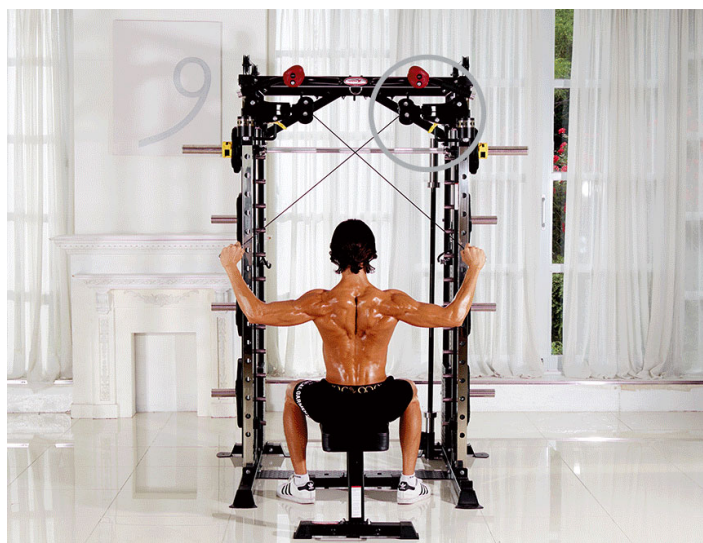
## NEW FEATURES that change everything



### 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.

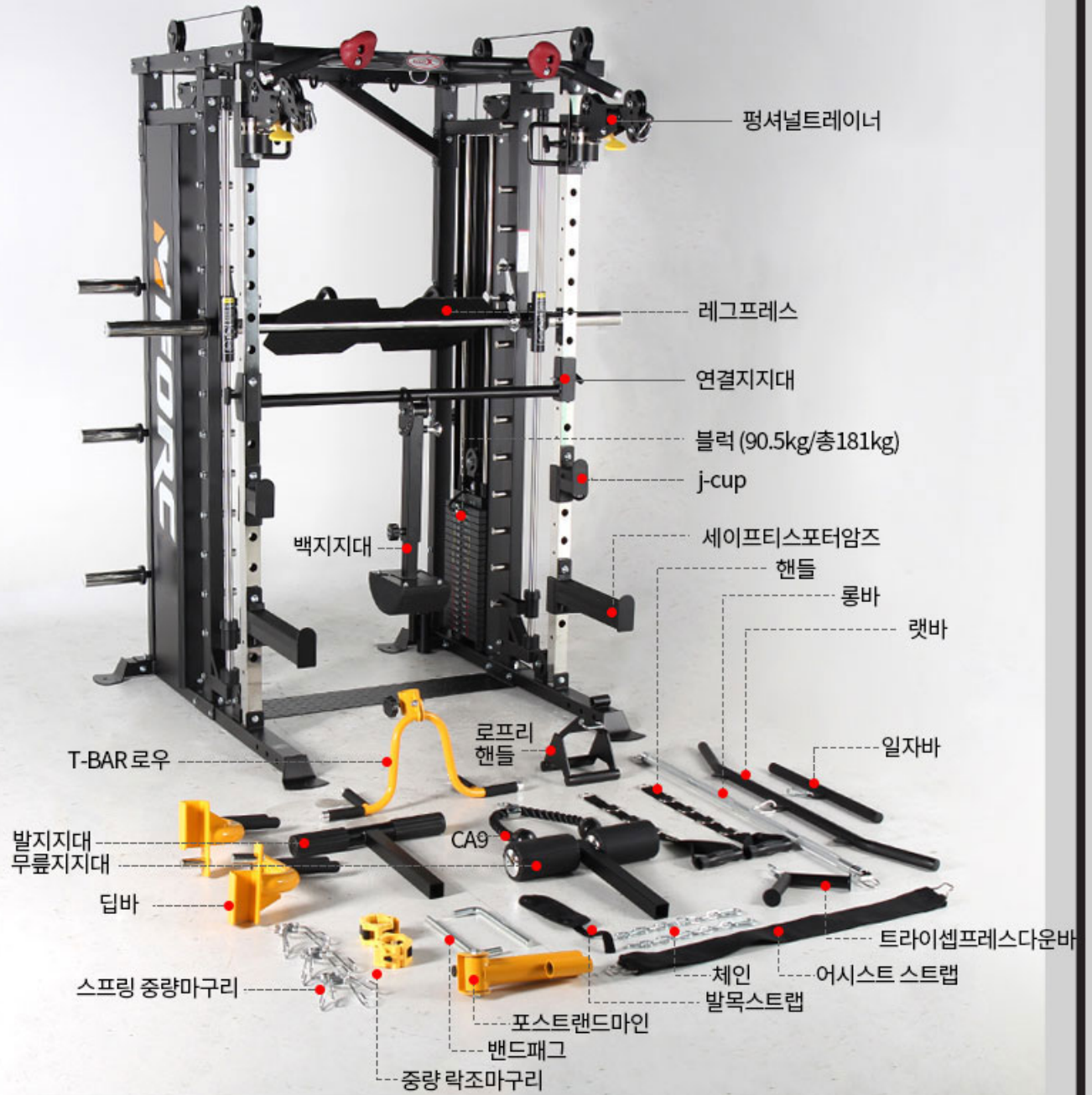


## EASILY STORE YOUR WEIGHTS AND ATTACHMENTS

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



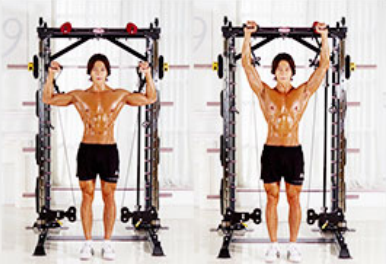
로우

LOW



숄더프레스

SHOULDER PRESS



킥백

KICK BACK



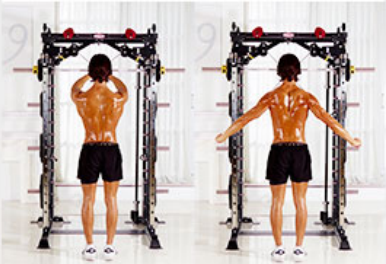
백리어델트

BACK REAR DELT



백리어델트

BACK REAR DELT



프론트레이즈

FRONT RAISE



페이스풀

FACE PULL



오버헤드프레스

OVERHEAD PRESS



프레스다운 프레스

DOWN PRESS



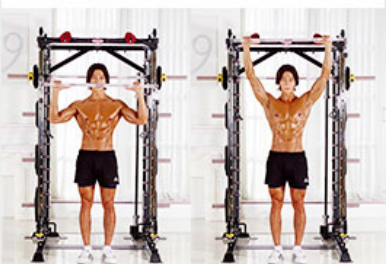
암컬

ARM CURL



숄더프레스

SHOULDER PRESS



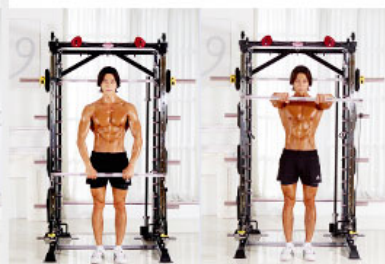
스쿼트

SQUAT



프론트레이즈

FRONT RAISE





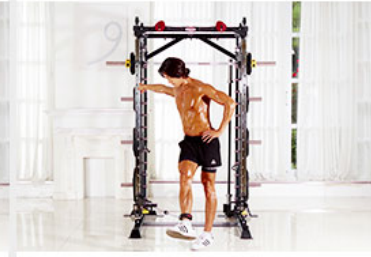
킥백  
KICK BACK



아웃타이  
OUT THIGH



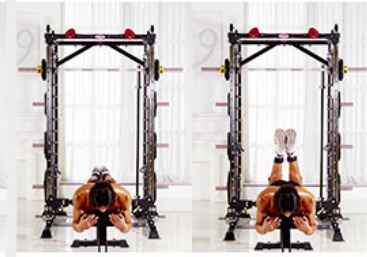
이너타이  
INNER THIGH



레그익스텐션  
LEG EXTENSION



레그컬  
LEG CURL



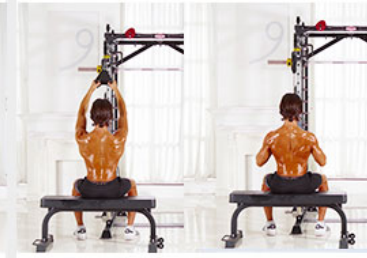
트라이셉프레스  
TRICEP PRESS



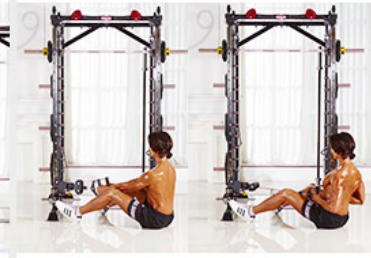
오버헤드프레스  
OVERHEAD PRESS



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

## 중량봉 운동



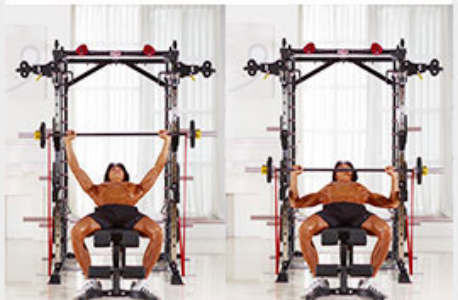
### 스쿼트 CHEST PRESS



### 데드리프트 DEADLIFT



### 벤치 프레스 BENCH PRESS

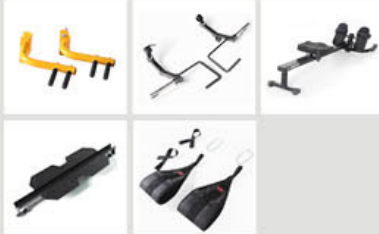


### 티바로우 TBAR ROW



# 4

## 어시스트 옵션운동



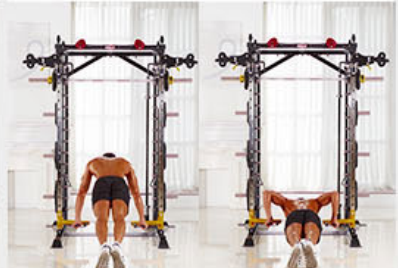
딥스  
DIPS



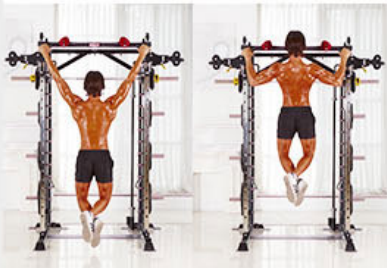
레그레이즈  
LEG RAISE



푸쉬업  
PUSH UP



풀업  
PULL UP



레그레이즈  
LEG RAISE



숄더벤치 프레스  
LEVER ARM KIT



로잉  
ROWING



레그프레스  
LEG PRESS

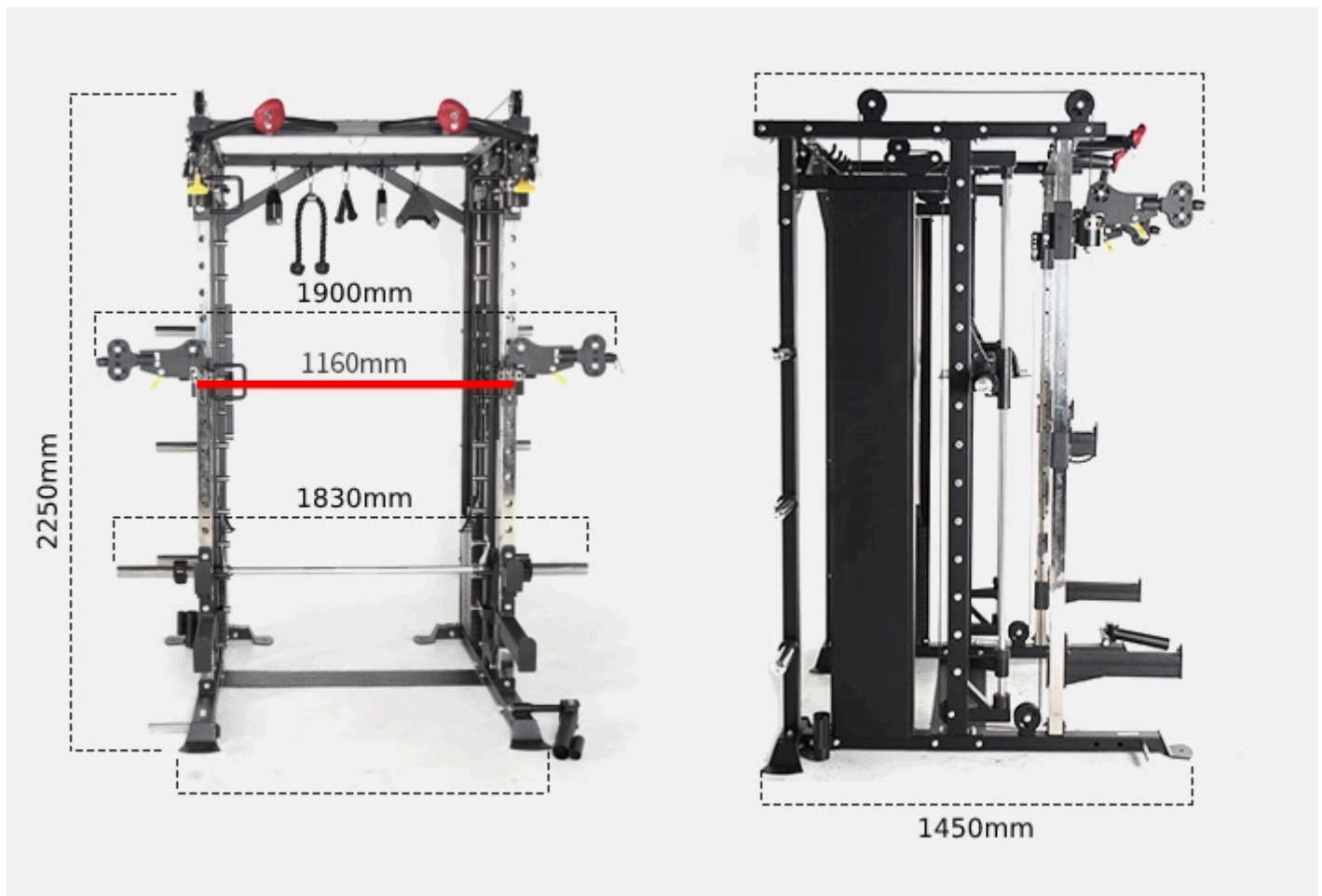






WFORC





## 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

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