



FORCE

SKU: C10-bench





PRODUCT DESCRIPTION

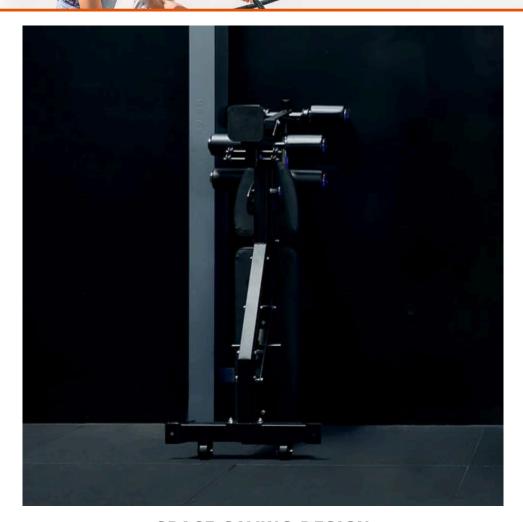
## **KEY FEATURES**



**PATENT-PENDING LEG PRESS** 

The included Force USA Adjustable Leg Press Plate enhances your leg workouts by attaching seamlessly to your C10 All-In-One Trainer. This patent-pending innovation connects to the dual 220lb (100kg) weight stacks, enabling a range of intense lower body exercises in the comfort of your home.

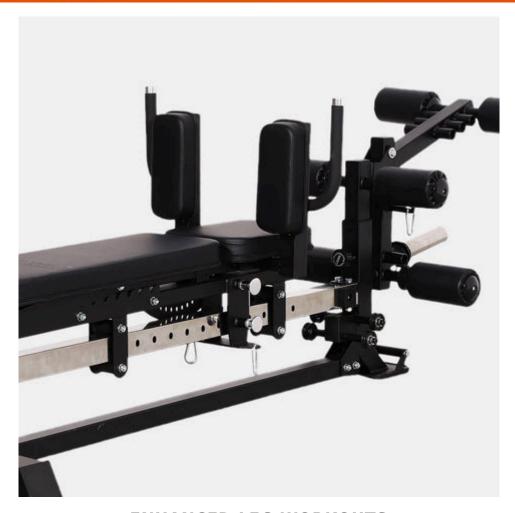




**SPACE-SAVING DESIGN** 

Understanding the value of space in a home gym, this bench is designed to be stored vertically, making it a perfect fit even in the most space-constrained environments. Its sleek, efficient space saving design allows you to maximise your workout area, providing more room for movement and additional equipment.





**ENHANCED LEG WORKOUTS** 

With the included leg press footplate and shoulder pads for hack squats, the C10 Sliding Bench elevates your lower body workout. These attachments ensure a safe, comfortable, and effective workout, adding a plethora of exercises to your leg day routine.





## **UPPER BODY MASTERY**

The additional preacher curl attachment opens up a range of upper-body exercises. Ideal for cable-loaded EZ-Curl bicep curls using the attachments from the C10 All-In-One Trainer.

## **SPECIFICATIONS**

• Usage: Light Commercial • Item Weight: 176 lbs (80 kg)

• Included Extras: Leg Press Plate, Leg Curl / Leg Extension attachment, Preacher Curl

attachment

• Weight Rating: 330lbs (150kg)

• Weight Rating (Flat Position): 992lbs (450kg)

Warranty:

Frame: LifetimeParts: 2 years

Upholstery/Labour: 90 Days

• Assembled Dimensions: 82.7in L x 26.8in W x 17.7-31.9in H (210cm L x 68cm W x 45-81cm H)

Cables are included

• Patent Pending

ADDITIONAL INFORMATION