



FORCE USA C10 SLIDING BENCH

SKU: C10-bench

FORCE
USA



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: Lifetime
 - Parts: 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