



VIGOR X20 SLIDING BENCH

SKU: VT-B20-COMBO



PRODUCT DESCRIPTION

- Dual tube gliding system ensure smooth and balance motion
 - Dual side wheels for easy handling
 - Semi commercial upholstery
- Glide Adjustor - One of a kind position adjustor (for leg press)
 - Rubber padded feet
 - Stainless Steel Support For back adjustment
 - Stainless Steel plate for seat adjustment
 - Thick roller pads for leg attachment

Includes:

- Leg Attachment for Leg Curl and Leg Extension
 - Preacher Attachment
 - Hack Squat Pad

Semi Commercial Upholstery



Most home-use weight benches have upholstery that's simply wrapped and stapled along the sides, then covered with a black strap—an approach that tends to wear out more quickly.

The **B20**, however, features upholstery that is **fully wrapped to the back** of the padding, creating a **seamless, durable, and premium finish** that stands far above typical home benches.

Glide Adjustor



This system is designed to help the user snap into the perfect position with ease, then dial up the tension as needed—without ever adjusting the bench itself. After the workout, the user can quickly release the tension to step out smoothly and comfortably.

Leg Press / Hack Squat



Connect the B20 bench to the X20 cable system to unlock a full range of powerful lower-body training options, including leg presses and hack squats. This setup transforms the bench into a highly versatile station capable of delivering challenging, gym-level workouts right at home.

The sliding bench is engineered with a dual-glide system that enhances stability and provides an ultra-smooth track, ensuring every movement feels controlled, fluid, and secure—even under heavier resistance. This makes the experience not only safer but also more comfortable for users of different strength levels.

To further personalize the workout, the back support can be adjusted to multiple incline positions. Whether the user prefers a more upright angle for support or a steeper angle for increased challenge, the bench adapts easily. This adjustability helps accommodate different body types, training goals, and comfort preferences, giving every user the optimal setup for strong, effective training.

Leg Extension / Curl

With the leg attachment, the user can perform both leg extensions and leg curls with smooth, controlled motion. For resistance, they can either connect the bench to the X20 cable system or load additional weight plates—giving them flexible options to match their strength and training style.

Ab Crunches

One of the standout features of this bench is that the leg attachment doubles as a secure leg anchor, letting the user hook in and perform challenging ab-crunch exercises. The intensity is fully adjustable—simply change the back-support angle. It can tilt to a surprisingly steep position, perfect for anyone looking to push their core training to the next level.

Arm Curl

The preacher curl attachment allows the user to fully isolate the biceps for smooth, controlled arm-curl movements. By stabilizing the upper arms and eliminating momentum, it helps the user focus on strict form, achieve a stronger muscle contraction, and get

more out of every rep—perfect for building strength and definition in the upper arms.

Moving and Storage



The bench is equipped with wheels on both ends, making it effortless for the user to move it around the space. It can also be stored upright, allowing for even greater floor-space savings whenever needed.