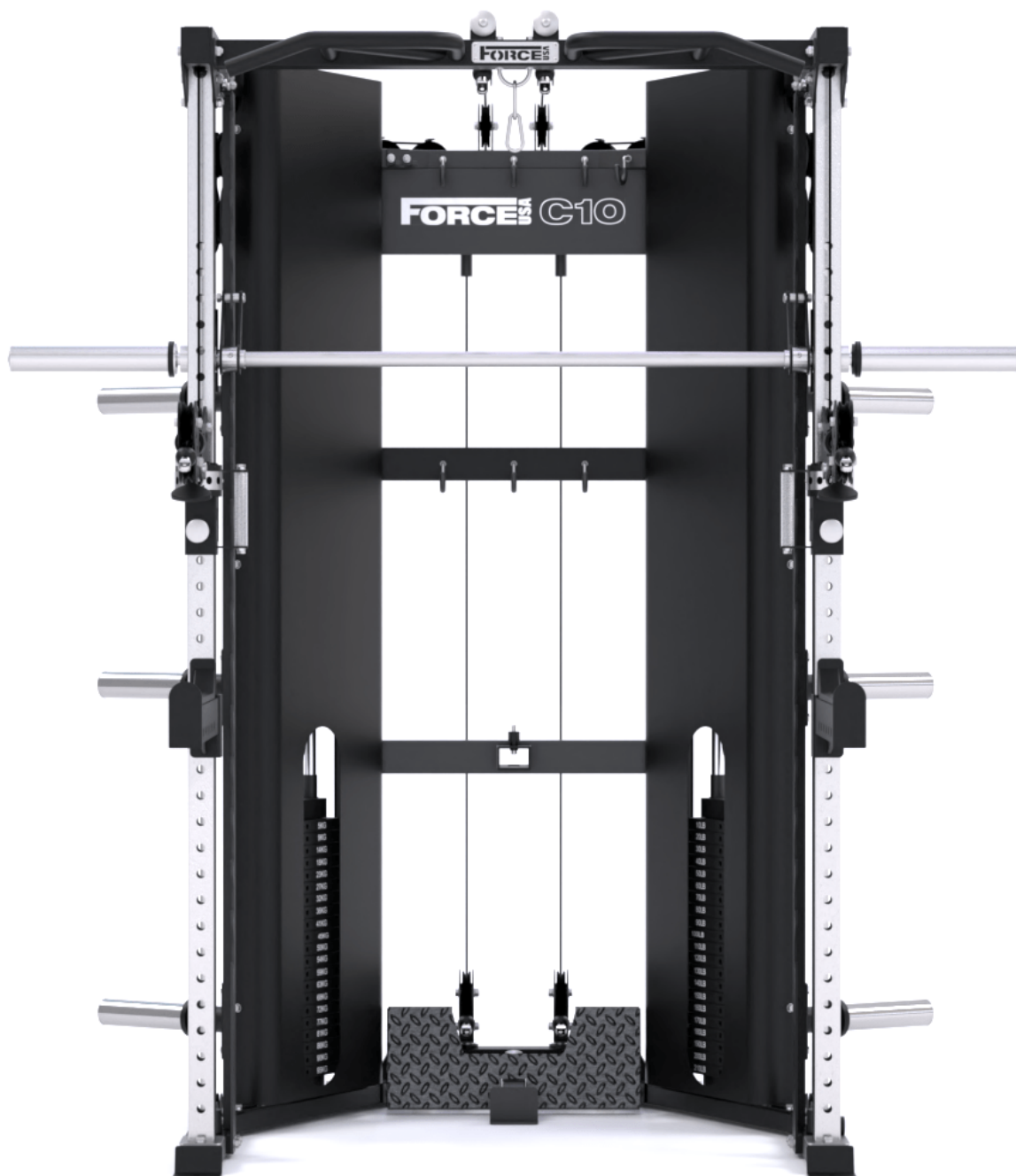


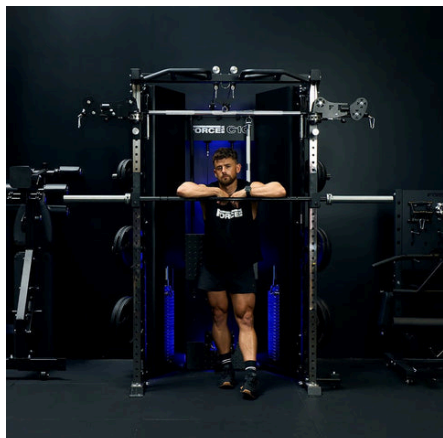


# FORCE USA C10 ALL-IN-ONE TRAINER

SKU: F-C10

**FORCE**  
USA





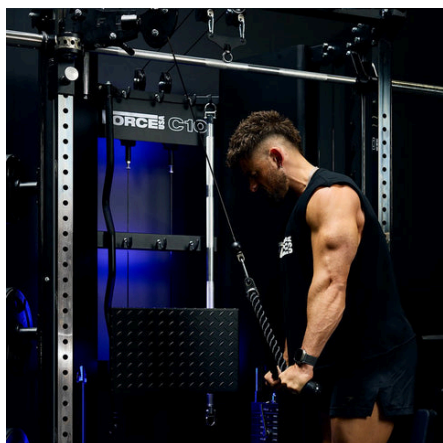
## VERSATILE TRAINING MADE SIMPLE

The C10 is built on a patent-pending Smith Machine and Power Rack foundation, expanding your workout possibilities across multiple stations. It supports the seven fundamental strength movements—push, pull, squat, press, bend, twist, and lunge—delivering varied workout options in a single footprint.



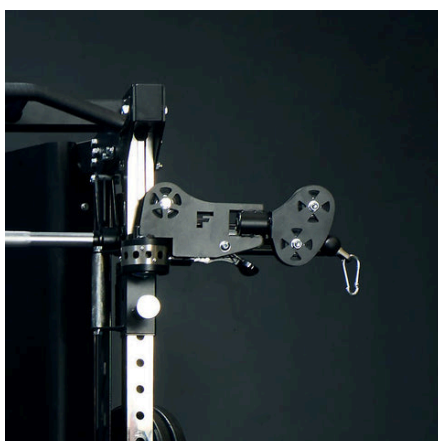
## DEDICATED CENTRAL CABLE SYSTEM

At the core of the C10 is a specialised central cable system connected to the 220lb (100kg) dual weights stacks, engineered for maximum range and fluid movement. The overhead pulleys are positioned to enable a full 90-degree lat pulldown, while the lower pulleys are optimally placed to utilise the unit's internal space for a heavy seated row utilizing both weight stacks at a 1:1 Cable Ratio.



## 6 DIVERSE CABLE STATIONS

With a combination of 2:1 and 1:1 cable ratio options, the six cable stations offer a broad range of exercise options. Whether you're focusing on strength, endurance, or muscle toning, these stations have got you covered for a full-body workout.



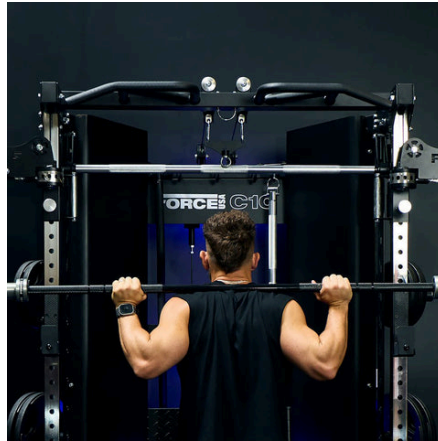
## FLEXIBLE 200° ADJUSTABLE PULLEY SYSTEM

Enjoy the versatility of our adjustable pulley system, providing over 200 degrees of movement. Our patent-pending design seamlessly integrates guide rods, uprights, and pulleys into a unified system, offering enhanced flexibility for precise muscle targeting and a diverse range of functional exercises.



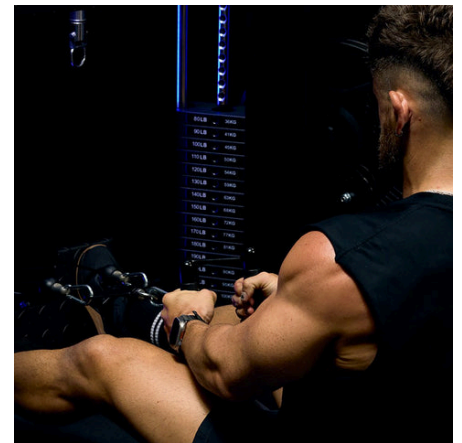
## ROBUST 50x50mm UPRIGHTS

The 50x50mm boxed uprights provide stability and compatibility with a wide range of Force USA attachments, ensuring your workouts are always fresh and challenging. Featuring a uniform 16mm hole size across the Force USA range, these uprights allow for seamless integration with numerous attachments, enhancing the versatility of your training equipment.



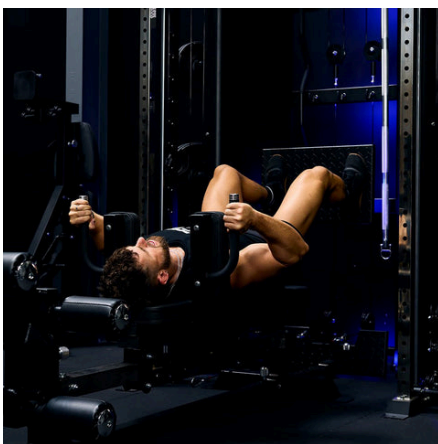
## MULTI-GRIP PULL-UP BAR

Target multiple muscle groups with our versatile, fully knurled pull-up bar. Its multi-grip design enables a variety of exercises, enhancing your upper body strength and flexibility. Perfect for pull-ups, chin-ups, and more!



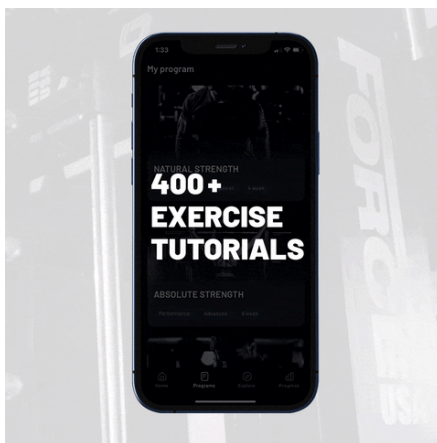
## DUAL WEIGHT STACKS

Boasting 2 x 220lbs (100kg) weight stacks, the C10 caters to all levels of fitness.



## PATENT-PENDING CONNECTED BENCH OPTION

Choose between the [Force USA C10 Base Bench](#) or the one-of-a-kind [Force USA C10 Sliding Bench](#) (patent-pending) with weight stack connectivity. This innovative sliding bench, equipped with an adjustable leg press plate, supports multiple exercises. Effortlessly configure it for seated upright leg presses, hack squats, leg curls, and leg extensions, all utilizing the dual weight stack system for versatile and effective lower body workouts.



## UNLEASH YOUR INNER ATHLETE WITH THE FORCE USA TRAINING APP

No time to plan today's workout?

The Force USA Training app is here for you! Eliminate the stress of planning with our streamlined app, guiding you through workouts effortlessly. Our expert coaches have compiled hundreds of video tutorials, providing the insight you need for an effective strength program. Alternatively, pick your favourite exercises to customise your routine. Training at home has never been easier.

## SPECIFICATIONS

- **Usage:** Light Commercial
  - [Assembly Video](#)
- **Included Attachments:**
  - 2 x J-hooks (roller & flat inserts)
    - 2 x Front Safeties
    - 4 x Extension Chain
    - 6 x Carabiners
  - 1 x Connection Bar Straight
  - 1 x Connection Bar - EZ Curl
    - 1 x Lat Pulldown Bar
  - 1 x Foam Pad for Smith Bar
  - 2 x Single Stirrup - Nylon
    - 1 x Ankle Strap
  - 1 x Close Grip Triangle
    - 1 x Tricep Rope
  - 1 x Core Trainer + Handle
  - 2 x Olympic Quick Lock Collar,
    - 1 x Chin/Dip Belt
- **Weight:** 1113 lbs (505 kgs)
- **Weight Rating:** 992 lbs (450 kgs)
- **Chin Up Bar Weight Rating:** 772 lbs (350 kgs)
- **Cable Rating:** 2000lbs (907kg)
  - **Warranty:**
    - Frame: Lifetime
    - Parts: 2 years
    - Upholstery/Labour: 90 Days
- **Dimensions:** 61.8in L x 76.7in W x 87.4in H (157cm L x 195cm W x 222cm H)

### ADDITIONAL INFORMATION

#### More Information

#### Warranty

Mainframe: Lifetime, Other parts: 2 years, Labour: 1 year