

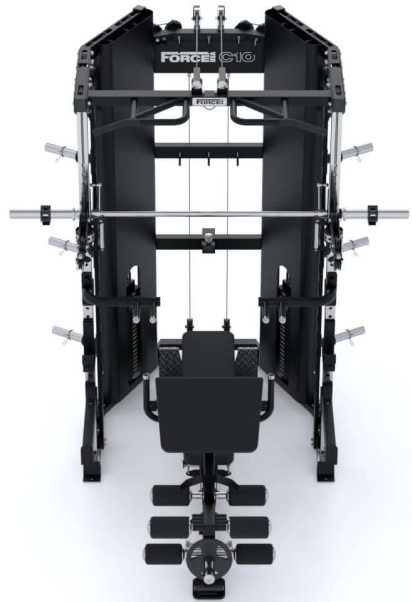


C10 Sliding Bench

SKU: F-C10-SB

Product Images







Short Description

Experience the next evolution in bench versatility with the **Force USA C10 Sliding Bench**. Specially designed for the **Force USA C10 All-In-One Trainer**, the **Sliding Bench** integrates with its weight stack, transforming your space into a comprehensive training ground. Whether you're targeting leg muscles with the leg curl/leg extension, powering through seated leg presses and hack squats, or focusing on upper body with the preacher curl attachment, the **Force USA C10 Sliding Bench** is your all-encompassing fitness ally. Its adaptable design as a flat and incline bench, coupled with easy vertical storage, makes it a perfect fit for the bustling home gym environment.

Description

Why should you buy the C10 Sliding Bench from Force USA®?



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 100kg weight stacks**, enabling a range of intense lower body exercises in the comfort of your home.



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.



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.



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:** 80 kg
- **Included Extras:** Leg Press Plate, Leg Curl / Leg Extension attachment, Preacher curl attachment
- **Weight Rating:** 150 kg
- **Weight Rating (Flat Position):** 450 kg
- **Assembled Dimensions:** 210 cm L x 68 cm W x 45-81 cm H

About Force USA®:

Leading brand in the sale of **equipment** and **machines** for **strength** and **cardio** training.

Additional Information

Use	Light Commercial
Colour	Black
Manufacturer	Force USA
Weight (kg)	80.000000
Width cms.	68
Height cms.	81
Large cms.	210
Disc diameter (mm)	50