



FID BENCH SYSTEM
Flat, incline & decline in seconds

The Force USA C10 Base Bench extends the C10 All-In-One Trainer into a complete home strength station, with 7 back pad positions moving between flat, incline and decline and 3 seat pad angles for a secure fit. Leg curl/extension and preacher curl attachments add focused arm and leg work, while transport wheels and floor-level adjustment make it easy to move and level.

FEATURES

- ✓ 7 adjustable back pad positions: flat, incline & decline
- ✓ 3 adjustable seat pad angles for a secure fit
- ✓ Leg curl & extension and preacher curl attachments
- ✓ Transport wheels & floor-level adjustment

EQUIPMENT SPECIFICATIONS

Seat Height	47.3cm
Sleeve Diameter	50mm / 2in
Transport Wheels	Yes
Floor Level Adjustment	Yes
Installation	Not included. Please refer to the option for assembly service.
Dimensions	192 (L) X 68 (W) X 47 (H) cm
Back Pad Angles	7 adjustable position
Seat Pad Angles	3 adjustable position
Product Weight	60kg
Max Load	150kg