



5-IN-1 FUNCTIONALITY

Leg press, hack squat & preacher curl in one unit

The Force USA C10 Sliding Bench is a 5-in-1 attachment for the C10 All-In-One Trainer, adding sliding leg press, hack squat, preacher curl, leg curl and leg extension to one compact unit. A patent-pending leg press plate connects to the C10's weight stacks, and the bench stands upright for space-saving vertical storage when not in use.

FEATURES

- ✓ 5-in-1: leg press, hack squat, preacher curl, leg curl & extension
- ✓ Preacher curl attachment expands upper-body training
- ✓ Patent-pending leg press plate connects to dual 220lb weight stacks
- ✓ Stands upright for space-saving vertical storage

EQUIPMENT SPECIFICATIONS

Seat Height	46cm
Sleeve Diameter	50mm / 2 in
Cushion Thickness	5.4cm
Transport Wheels	Yes
Floor Level Adjustment	No
Extra Features	Sliding functionality for horizontal leg exercise. Included Leg Press Hack Squat plate, Preacher Curl Attachment and Leg Extension Attachment
Installation	Not included. Please refer to the option for assembly service.
Dimensions	174 (L) x 68.2 (W) x 81.3 cm (without Leg Curl) / 210.5 (L) x 68.2 (W) x 45.9 cm (with Leg Curl)
Dimensions (Backrest)	75 (L) x 28 (W) cm
Dimensions (Seat)	35 (L) x 24.5–27 (W) cm. Tapered.
Back Pad Angles	1 flat 12 incline
Seat Pad Angles	1 flat 13 incline
Cushion Gap	3.5cm
Product Weight	80kg
Max User Weight	150kg