

M10

ALL-IN-ONE TRAINER

+ 11-Gauge Steel 2" x 2" Uprights

Built on 11-gauge uprights paired with 5/8" holes and 2" laser-cut spacing on every side. Heavy duty design to handle your heaviest lifts.

+ Dual Force Twist Lock Design

Twist Lock mechanism allows the user to switch between a 2:1 and 1:1 in seconds. No attaching multiple cables, no clunky setup.

+ Plate-Loaded or Weight Stack

Same machine, your choice of resistance. Plate-loaded up to 270 lb per side, or a 150 lb stack upgradeable to 200 lb.

+ Modular Walk-Through Design

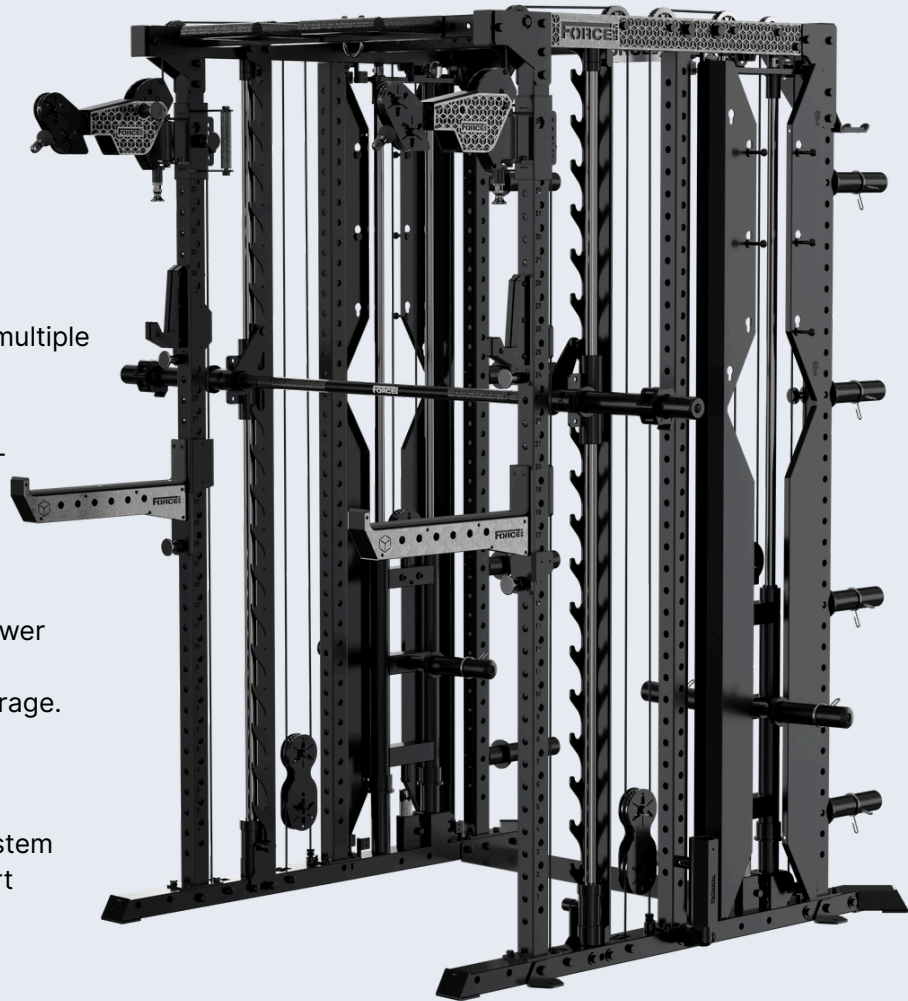
Six-post structure that delivers a 360 degree power rack design. Use both sides of the rack or place against the wall and take advantage of more storage.

+ Freestyle Articulating Arms

The strongest, most versatile pulley arms on the market. Features a unique Lock & Flow mode system for Traditional Strength training or Dynamic Sport Specific movements.

+ Solo Track Smith Machine

Single-column architecture delivers superior safety, wrapping the guide rod and linear bearings in 5-gauge steel, paired with a knurled barbell, grip lines and spinning sleeves.



*Shrouds not included

The Only 2" x 2" Rack Built to a True Professional Standard

Most 2" x 2" racks cut corners on steel. The M10 doesn't. 11-gauge uprights with a 5/8" hole pattern and 2" laser-cut spacing, paired with the **NEW** Dual Force Twist Lock design that allows the user to switch between 2:1 and 1:1 in seconds.

Plate-loaded or weight stack. Same machine either way. Modular walk-through rack, single-column Smith, Freestyle Articulating Arms, and 19 pro-grade attachments included. The standard for what a 2" x 2" trainer should be.

+ INCLUDED ATTACHMENTS

- Aluminum Lat Pulldown Bar
- Single Knurled Handles (Pair)
- Close Grip / Landmine Handle
- Magnetic Landmine
- Bodyweight Assisted Strap
- Tricep Rope
- Ankle Cuffs (2)
- Black Carabiners (8)
- Extension Chains (4)
- Weight Plate Storage Horns (4)
- J-Hooks (Pair)
- Spotter Arms (Pair)
- Barbell Holder
- Magnetic Collars (Pair)
- Spring Collars (8)
- Mag Pins (4)
- Hexagon L-Brackets (4)
- 2" Peg Board Pins (4)
- Double Hook Pins (2)



*Shrouds not included



SHIPPING SPECIFICATIONS - WEIGHT STACK

BOX 1		W	L	H	Weight
	cm	226.5	69	38.5	247 kg
in	89.2	27.2	15.2	544.5 lb	

BOX 2		W	L	H	Weight
	cm	215.5	34	13.5	61 kg
in	84.8	13.4	5.3	134.5 lb	

BOX 3		W	L	H	Weight
	cm	64.5	28	12	74 kg
in	25.4	11.0	4.7	163.1 lb	

SHIPPING SPECIFICATIONS - PLATE-LOADED

BOX 1		W	L	H	Weight
	cm	226.5	69	38.5	247 kg
in	89.2	27.2	15.2	544.5 lb	

BOX 2		W	L	H	Weight
	cm	215.5	34	13.5	61 kg
in	84.8	13.4	5.3	134.5 lb	

BOX 3		W	L	H	Weight
	cm	64.5	28.5	17	10 kg
in	25.4	11.2	6.7	22.0 lb	

FRAME & DIMENSIONS

Exterior	54" W (77" with Smith) × 60" D × 86.5" H		
Uprights	11-gauge 2×2" steel, 5/8" hole pattern		
Interior	44" W × 60" D × 83" H		
Weight	123 / 48.5"	152 / 60"	216 / 85"
Smith Bar Weight	35 lb / 16 kg integrated		

WEIGHT RATINGS

Cables	907 kg	2000 lb
--------	--------	---------