SKU: F-C10-SB

C10 Sliding Bench

The Force USA C10 Sliding Bench is a 5-in-1 cable-connected compact powerhouse. It combines an adjustable bench, sliding leg press, hack squat, preacher curl, leg curl, and leg extension that connect to the dual 220 lb weight stacks on the C10—no weight plates required!

Shipping Specifications

Box 1:	187 lb 85 kg	24 in (W) x 61 in (L) x 13 in (H) 61 cm (W) x 155 cm (L) x 33 cm (H)

Built Specifications

Dimensions:	27 in (W) x 68.5 in (L) x 18 in (H) 68 cm (W) x 155 cm (L) x 47 cm (H)
Weight:	167 lb / 76 kg

Warranties
Frame: Limited Lifetime
Upholstery: 90 Days

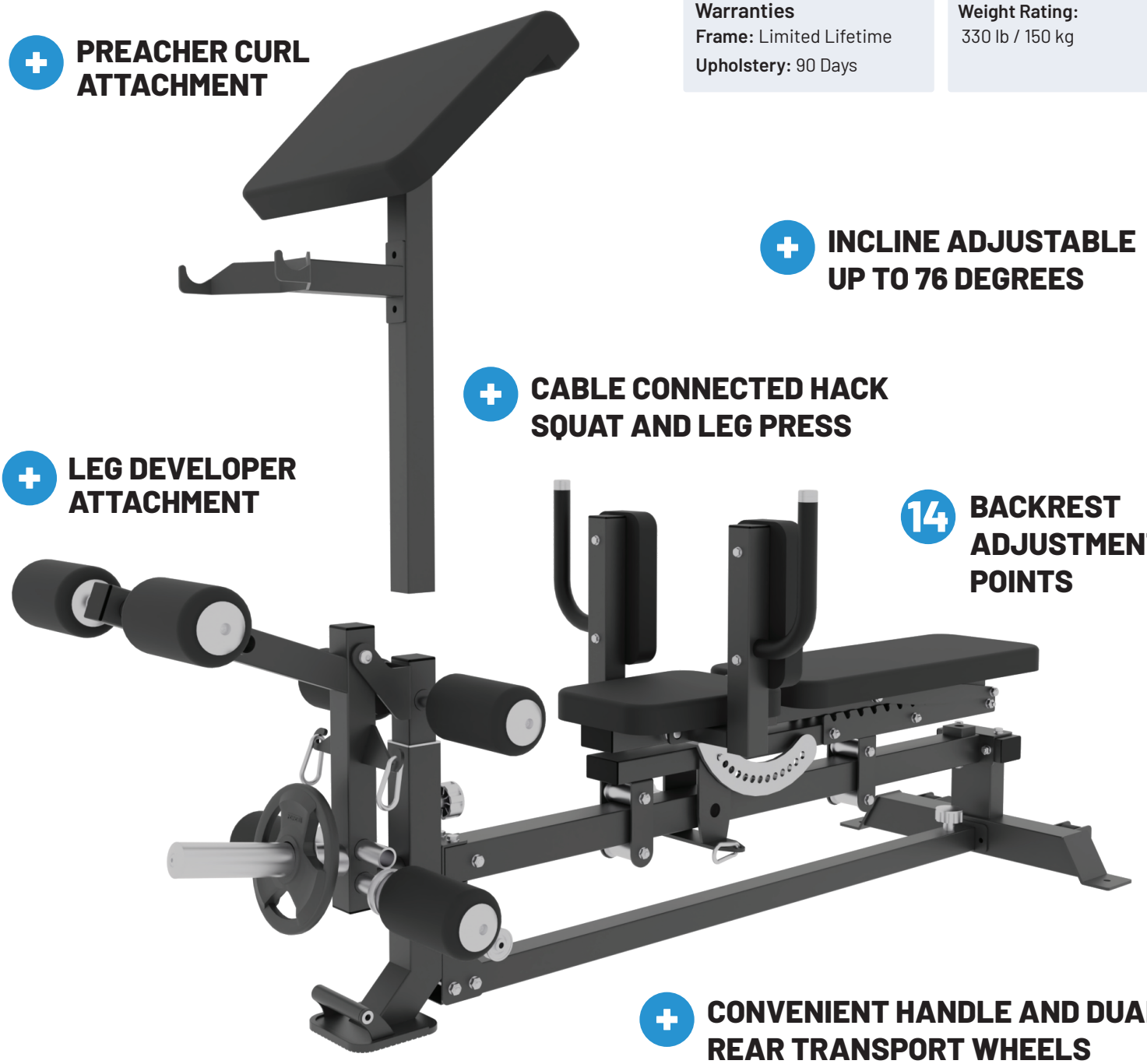
Weight Rating:
330 lb / 150 kg

PREACHER CURL ATTACHMENT

INCLINE ADJUSTABLE UP TO 76 DEGREES

CABLE CONNECTED HACK SQUAT AND LEG PRESS

LEG DEVELOPER ATTACHMENT



14 BACKREST ADJUSTMENT POINTS

CONVENIENT HANDLE AND DUAL REAR TRANSPORT WHEELS

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