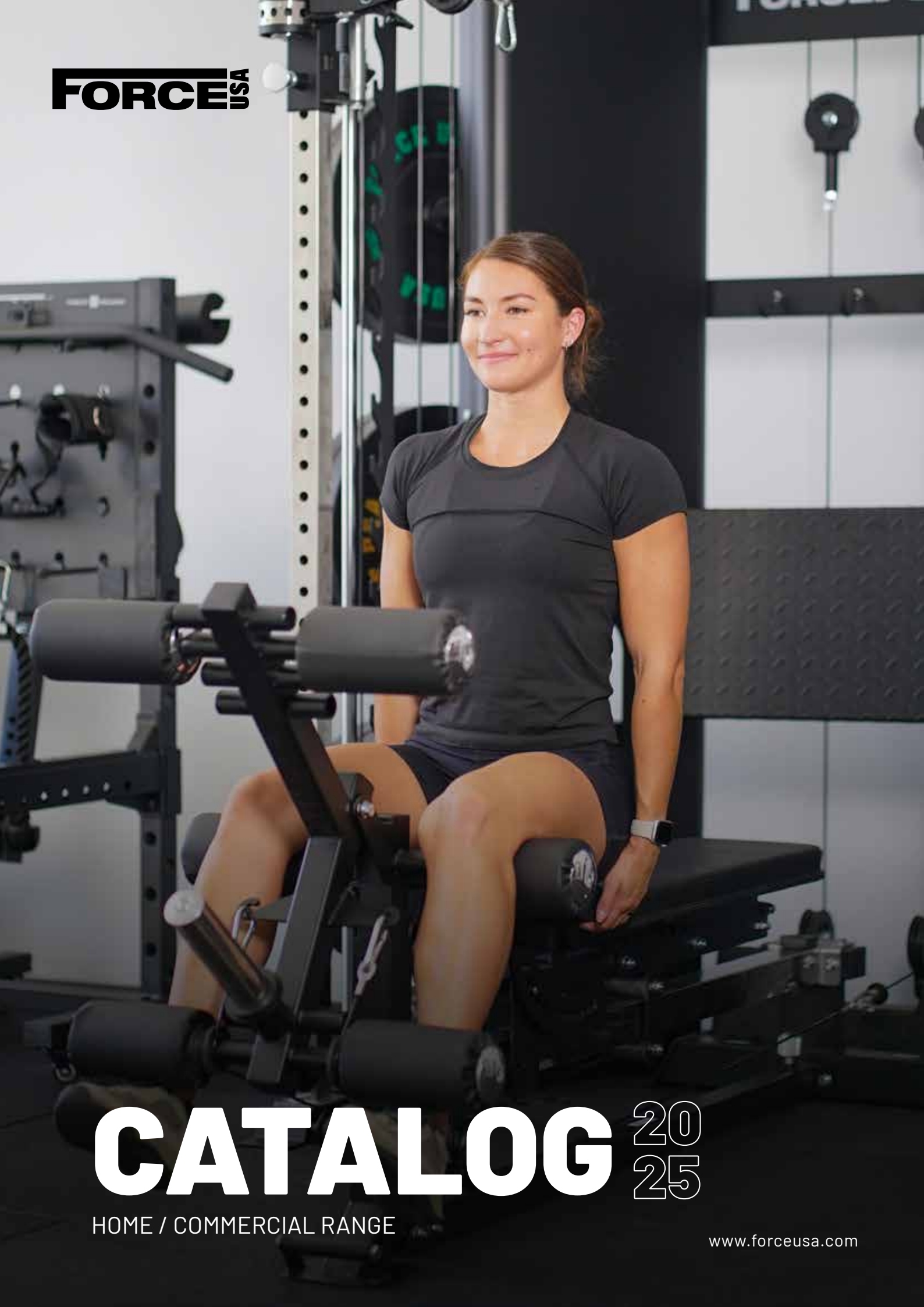


FORCE USA

CATALOG 2025

HOME / COMMERCIAL RANGE

www.forceusa.com

ABOUT US

The Force USA brand was founded in the early 2000s with the simple purpose of creating quality innovative strength training equipment at competitive prices.

Fueled with the belief that everybody deserves to build stronger, happier, and healthier lives, we're proud to distribute our equipment in over 25 countries.

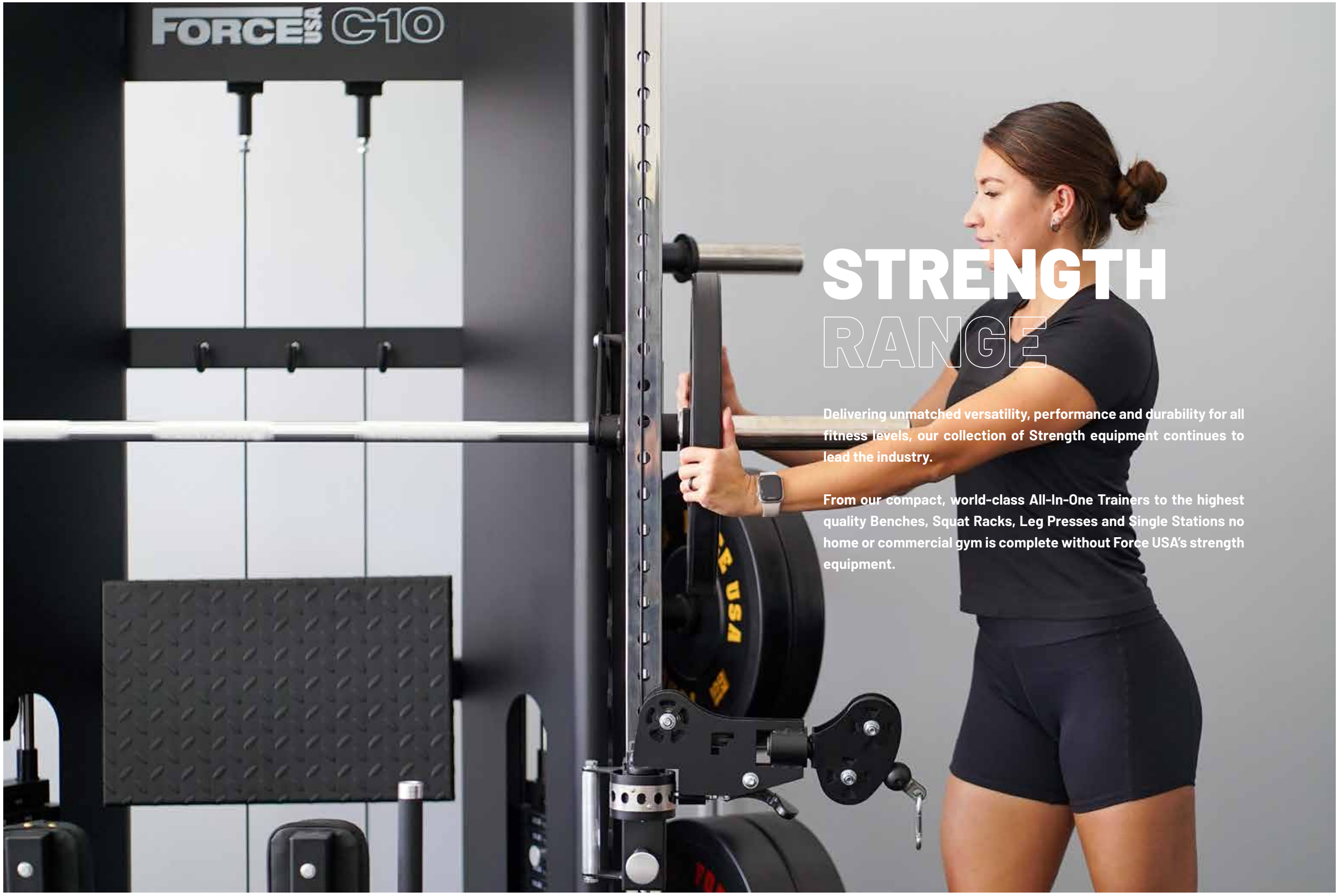
WHY PARTNER?

Force USA's talented global team includes product designers, professional athletes, personal trainers, content creators and sales and marketing representatives - who all help to design, showcase and deliver our amazing products to thousands of customers.

With a growing collection of world-class strength and fitness equipment and a streamlined logistics and supply chain, Force USA is excited to take its products into even more homes and commercial gyms across the world.

A partnership with the global leader in innovative fitness equipment design and distribution is the next step in your business success.

www.forceusa.com



STRENGTH RANGE

Delivering unmatched versatility, performance and durability for all fitness levels, our collection of Strength equipment continues to lead the industry.

From our compact, world-class All-In-One Trainers to the highest quality Benches, Squat Racks, Leg Presses and Single Stations no home or commercial gym is complete without Force USA's strength equipment.

FORCE USA G1™

ALL-IN-ONE TRAINER

F-G1-V2

The Force USA® G1™ All-In-One Trainer combines a power rack, pull up station and a cable pulley system into an All-In-One compact strength-training machine. Unlock your workout's full potential with this plate-loaded machine that will add resistance to essential exercises, such as squats, presses and pull movements, and many more.

SPECIFICATIONS:
Dimensions: 150 (D) x 220 (H) x 145 (W) cm
59" (D) x 86" (H) x 57" (W) in
Cable Ratio: 2:1
Weight Rating: 250 kg (551 lbs)
Weight: Plate-loaded
Chin Up Weight Rating: 350 kg (772 lbs)
Cable Rating: 907 kg (2000 lbs)

INCLUDED ACCESSORIES
Multi-Grip Chin-Up Bar
Suspension Trainer Anchor
J-Hooks (Pair)
Front Safeties (Pair)
Landmine attachment
A Frame Row Handle
2 x Single Nylon Handles
Tricep Rope
Long Straight Bar
Small Straight Bar
4 x Band Pegs
6 x Weight Plate Holders
Extension Chain
8 x Spring Collars (50mm)
4 x Carabiners
Barbell Storage
4 x Attachment Storage Hooks

STRENGTH **G SERIES** ALL-IN-ONE TRAINERS

FORCE USA G3™

ALL-IN-ONE TRAINER

F-G3-V2

The Force USA® G3™ All-In-One Trainer is a complete home fitness solution designed to satisfy all of your strength training goals. It features a power rack, functional trainer, smith machine, chin-up station, suspension trainer, and core trainer into a single power rack footprint - giving you the ability to perform over 75+ different exercises for ultimate safety at home without a spotter.

SPECIFICATIONS:
Dimensions: 192 (W) x 154 (D) x 220 (H) cm
(width of smith-bar) 78" (W) x 60.5" (D) x 87" (H) in
Cable Ratio: 2:1
Weight Rating: 450 kg (992 lbs)
Weight: Plate-loaded
Smith Machine Rating: 350 kg (772 lbs)
Chin Up Weight Rating: 350 kg (772 lbs)
Cable Rating: 907 kg (2000 lbs)

INCLUDED ACCESSORIES
Multi-Grip Chin-Up Bar
Suspension Trainer Anchor
J-Hooks (Pair)
Front Safeties (Pair)
Landmine attachment
A Frame Row Handle
2 x Single Nylon Handles
Tricep Rope
Long Straight Bar
Small Straight Bar
4 x Band Pegs
6 x Weight Plate Holders
Extension Chain
8 x Spring Collars (50mm)
4 x Carabiners
Barbell Storage
4 x Attachment Storage Hooks

FORCE USA G6™

ALL-IN-ONE TRAINER

F-G6-B

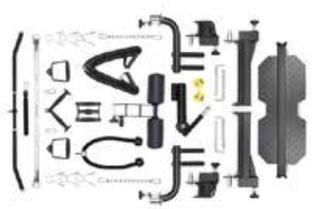
The Force USA® G6™ All-In-One Trainer is a versatile, convenient and safe piece of strength training equipment designed to help you or your clients reach their fitness goals. Equipped with an enormous dual 220lb / 100kg weight stack, commercial smith machine, power rack, functional trainer, dip station, chin-up station, core trainer, suspension trainer and leg press, the G6™ really is a complete and compact strength training solution.

SPECIFICATIONS:

Dimensions: 183 (W) x 160 (D) x 231 (H) cm
72" (W) x 64" (D) x 91" (H) in
Cable Ratio: 2:1
Weight Rating: 450 kg (992 lbs)
Weight Stacks: 100 kg (221 lbs)
Smith Machine Rating: 350 kg (772 lbs)
Chin Up Weight Rating: 350 kg (772 lbs)
Cable Rating: 907 kg (2000 lbs)

INCLUDED ACCESSORIES

Multi-Grip Chin-Up Bar
Multi-Grip Dip Handles (Pair)
Suspension Trainer Hook
J-Hooks (Pair)
Front Safeties (Pair)
Landmine attachment
A Frame Row Handle
Lat Pulldown Bar (Straight)
Small Straight Bar
Tricep V Bar
2 x Single Stirrup Handles
Tricep Rope
Abdominal Belt
Adjustable Leg Press Footplate
Lat Pulldown Knee Anchor
4 x Band Pegs
6 x Olympic Spring Collars
6 x Weight Plate Holders
2 x Extension Chain
4 x Carabiners
Rotating Exercise Chart with Extra Storage



STRENGTH **G SERIES** ALL-IN-ONE TRAINERS

FORCE USA G9™

ALL-IN-ONE TRAINER

F-G9

The Force USA G9 combines a power rack, smith machine, weight plated cable pulley system, chin-up station, dip station, vertical leg press, low row, and core trainer. It's like having eight strength training machines in one compact unit.
It even includes built-in storage for your barbells, weight plates, and cable attachments so you can also keep your training tidy, organized, and safe.

SPECIFICATIONS:

Dimensions: 148 (L) x 200 (W) x 223 (H) cm
57.5 (L) x 78.5" (W) x 88" (H) in
Cable Ratio: 1:1
Weight Rating: 450 kg (992 lbs)
Weight: Plate-loaded
Smith Machine Rating: 350 kg (772 lbs)
Chin Up Weight Rating: 350 kg (772 lbs)
Cable Rating: 907Kg (2000 lbs)

INCLUDED ACCESSORIES

J-Hooks
Safety Spotter Arms
Landmine attachment
A Frame Row Handle
Dual Hook Straight Bar
Lat Pulldown Bar
Small Straight Bar
Adjustable Nylon Stirrup Handles
Pulldown Rope
Leg Press Plate
Lat Pulldown Knee Holder
Multigrip Dip Handles
2 x Olympic Lock Collars
6 x Olympic Spring Clips
1 x Extension Chain
2 x Carabiners

FORCE USA G10™

ALL-IN-ONE TRAINER

F-G10

The new Force USA G10™ All-In-One Trainer features the World's first interchangeable cable pulley ratio (2:1 and 4:1), Heavy Gauge Steel Uprights, 18 Attachments, and an optional Upgrade Kit. The Force USA G10 base unit combines an entire commercial gym into a single power rack footprint, including a Power Rack, Functional Trainer, Smith Machine, Chin Up, Dip Handles, Low Row, Suspension Trainer, and a Lat Pulldown station.

SPECIFICATIONS:

Dimensions: 204 (W) x 184 (D) x 222 (H) cm
79.5" (W) x 74" (D) x 87.5" (H) in
Cable Ratio: 2:1 and 4:1
Weight Rating: 450 kg (992 lbs)
Weight: Plate-loaded
Smith Machine Rating: 350 kg (772 lbs)
Chin Up Weight Rating: 350 kg (772 lbs)
Cable Rating: 907 kg (2000 lbs)

INCLUDED ACCESSORIES

J-Hooks (Pair)
Safety Spotter Arms (Pair)
Long Straight Connection Bar
Long EZ Connection Bar
Lat Pulldown Bar
Small Straight Bar
Close Grip Handle
V-bar
Nylon Stirrup Handles
Tricep Rope
Low Row Footplate
Lat Pulldown Knee Holder
Dip Handles
4 x Band Pegs
6 x Olympic Lock Collars
4 x Extension Chains
10 x Carabiners

STRENGTH **G SERIES** ALL-IN-ONE TRAINERS

FORCE USA G12™

ALL-IN-ONE TRAINER

F-G12-V2

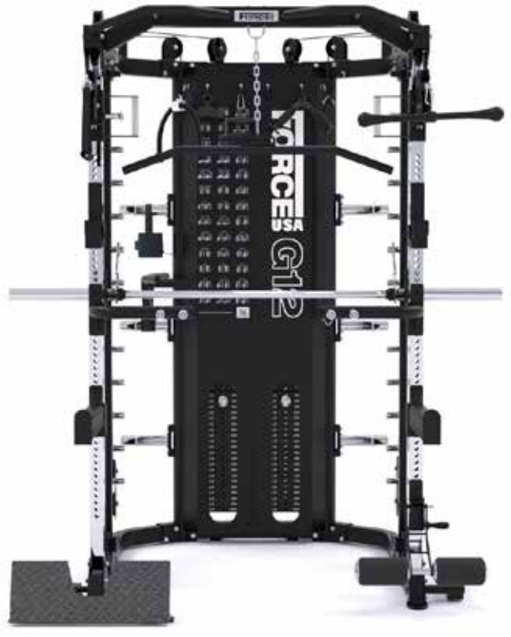
The Force USA® G12™ All-In-One Trainer with Counter Balanced Smith Machine & Squat Rack comes with an enormous Dual 100 kg / 220.5 lb weight stack (1:1 ratio) total (200 kg / 440.9 lb) built to the very highest of quality.
Designed to exceed strength training and rehabilitation goals for high-performance athletes, coaches, personal trainers or those wanting the edge while training at home.

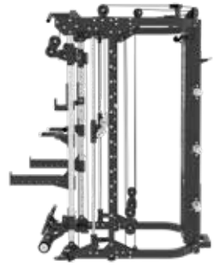
SPECIFICATIONS:

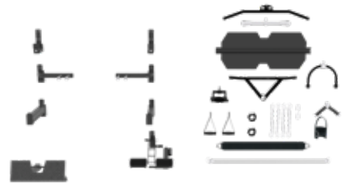
Dimensions: 135 (L) x 200 (W) x 223 (H) cm
56" (L) x 76" (W) x 88" (H) in
Cable Ratio: 1:1
Weight Rating: 450 kg (992 lbs)
Weight Stacks: 2x 100kg (220lb)
Smith Machine Rating: 350 kg (772 lbs)
Chin Up Weight Rating: 350 kg (772 lbs)
Cable Rating: 907 kg (2000 lbs)

INCLUDED ACCESSORIES

J-Hooks (Pair)
Safety Spotter Arms (Pair)
Dip Handles
Lat Pulldown Knee Anchor
Lat Pull Down Bar
Nylon Single Stirrup Handle (Pair)
Suspension Trainer Hook
Triceps Rope
Short Bar
V-Bar
Long Straight Connection Bar
4 x Extension Chain
2 x Oly-Lock Collar
Landmine
A Frame Row Handle
Leg Press Plate
Low Row Foot Plate
Close Grip Triangle
Bodyweight Assist Strap
Ankle Cuff







FORCE USA G15™

ALL-IN-ONE TRAINER

F-G15-B

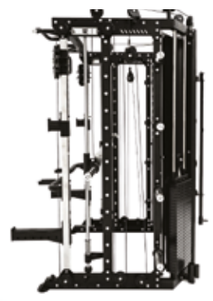
The all-new Force USA G15™ All-In-One Trainer features the World's first interchangeable cable pulley ratio (2:1 and 4:1), Heavy Duty Steel Uprights, Dual Integrated (131 kg / 289 lb) Weight Stacks, 20 Attachments, and an optional Upgrade Kit. The Force USA G15 base unit combines an entire commercial gym into a single power rack footprint, including a Power Rack, Functional Trainer, Smith Machine, Chin Up, Dip Handles, Low Row, Suspension Trainer, and a Lat Pulldown station.

SPECIFICATIONS:

Dimensions: 202 (W) x 135 (D) x 222 (H) cm
79.5" (W) x 53" (D) x 87.5" (H) in
Cable Ratio: 2:1 and 4:1
Weight Rating: 450 kg (992 lbs)
Weight Stacks: 2 x 130 kg (289 lb)
Smith Machine Rating: 350 kg (772 lbs)
Chin Up Weight Rating: 350 kg (772 lbs)
Cable Rating: 907 kg (2000 lbs)

INCLUDED ACCESSORIES

Multi-Grip Chin-Up Bar
Multi-Grip Dip Handles (Pair)
Suspension Trainer Hook
J-Hooks (Pair)
Front Safeties (Pair)
Lat Pulldown Bar
Small Straight Bar
Tricep V Bar
Close Grip Handle
Adjustable Nylon Cable Handles (Pair)
2 x Single Nylon handles
Triceps Rope
Low Row Foot Plate
Lat Pulldown Knee Anchor
4x Band Pegs
6 x Olympic Lock Collars
8 x Weight Plate Holders
4 x Extension Chain
6 x Carabiner
2 x Barbell Storage
Attachment Storage Hooks
2 x Exercise Charts (56 exercises)
Landmine
Leg Press Plate
Ankle Cuff



STRENGTH **G SERIES** ALL-IN-ONE TRAINERS

FORCE USA G20™

ALL-IN-ONE TRAINER

F-G20-V2

The Force USA G20 Pro, featuring a 2:1 cable pulley ratio and the most attachments and stack weights ever, offers unparalleled exercise versatility in a single strength training system. It includes 25 attachments, 262 kg / 578 lb of stack weights, and is built with commercial-grade 3mm steel. Additionally, it provides ample storage for 2 barbells, 10 weight plate holders, and a rack for various attachments, ensuring a tidy workout space.

SPECIFICATIONS:

Dimensions: 169 (L) x 190 (W) x 230 (H) cm
67" (L) x 79" (W) x 91" (H) in
Cable Ratio: 2:1
Weight Rating: 450 kg (992 lbs)
Weight Stacks: 2 x 130 kg (289 lb)
Smith Machine Rating: 350 kg (772 lbs)
Chin Up Weight Rating: 350 kg (772 lbs)
Cable Rating: 907 kg (2000 lbs)

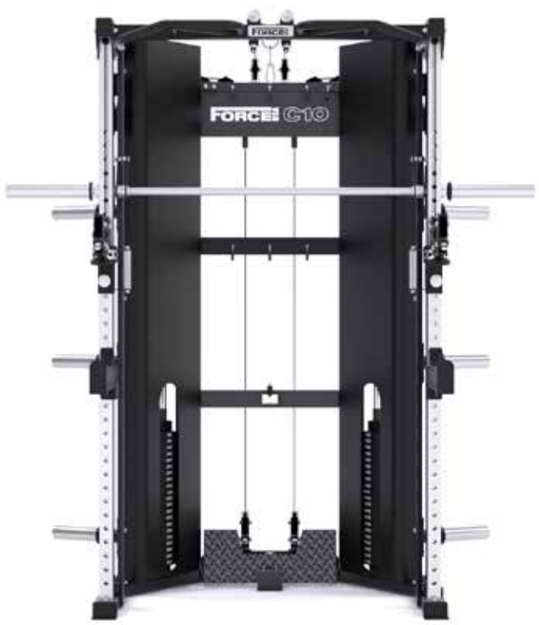
INCLUDED ACCESSORIES

Lat Pulldown Bar
Single Stirrup Nylon Handle (pair)
Single Stirrup Metal Handle (pair)
Triceps Rope
Short Bar
Tricep V-Bar
Straight Bar (Long)
Close Grip Triangle
Extension Chain (Pair)
Weight Plate Holders
Spring Collar (50mm)
Oly-Lock Collar
Landmine
Leg Press Plate
Multi-Grip Chin Bar
Exercise Chart
J-Hook & J-Hook/Safety
Barbell Row Handle
Band Pegs
Attachment Storage
15-Link Chain
Monolift
Saw Tooth Adjustable Bar

FORCE USA C10™
ALL-IN-ONE TRAINER
F-C10

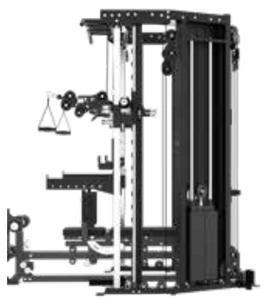
Welcome to the future of home fitness with the Force USA C10 All-In-One Trainer. This Patented innovative machine is a game-changer for fitness enthusiasts who demand versatility and quality in their home gym. Perfectly balancing functionality with convenience, the C10 is your ultimate fitness partner, whether you're a busy professional, a fitness lover, or just beginning your fitness journey. Designed to fit seamlessly into your home gym, this compact powerhouse offers a complete gym experience, letting you train smarter AND harder.

Dimensions: 131 (L) x 194 (W) x 222 (H) cm
51.5" (L) x 76.5" (W) x 87" (H) in
Cable Ratio: 2:1 (side and top) 1:1 (bottom)
Weight Rating: 450 kgs (992 lbs)
Weight Stacks: 2x 100kg (220lb)
Smith Machine Rating: 350 kg (772 lbs)
Chin Up Weight Rating: 350 kg (772 lbs)
Cable Rating: 907 kg (2000 lbs)



SPECIFICATIONS
Usage: Light Commercial
Weight: 1113 lbs (505 kgs)

Included Attachments:
2 x J-hooks - 2 x Front Safeties - 4 x Extension Chain - 6 x Carabiners - 1 x Connection Bar Straight - 1 x Connection Bar - EZ Curl - 1 x Lat Pulldown Bar - 1 x Foam Pad for Smith Bar - 2 x Single Stirrup - Nylon - 1 x Ankle Strap - 1 x Close Grip Triangle - 1 x Tricep Rope - 1 x Core Trainer + Handle - 2 x Olympic Quick Lock Collar, - 1 x Chin/ Dip Belt



FORCE USA C10
SLIDING BENCH
F-C10-SB

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. Its adaptable design as a flat and incline bench.

SPECIFICATIONS:
Usage: Light Commerical
Item Weight: 176 lbs (80 kg)
Extras: Leg Curl / Leg Extension attachment, Preacher curl attachment
Weight Rating: 330 lbs (150 kg)
Assembled Dimensions: 82.7in L x 26.8in W x 17.7-31.9in H (210cm L x 68cm W x 45-81cm H)

FORCE USA C10
BASE BENCH
F-C10-BB

Elevate your home gym experience with the Force USA C10 Base Bench, the next evolution in versatility. Designed for the Force USA C10 All-In-One Trainer, this bench is a compact powerhouse, perfect for adding another dimension to your home workouts.

SPECIFICATIONS:
Usage: Light Commercial
Extras: Leg Curl / Leg Extension Attachment, Preacher Curl Attachment
Weight Rating: 330 Lbs (150 Kg)
Item Weight: 132Lbs (60 Kg)
Assembled Dimensions: 75.6" L X 26.8" W X 18.5" H (192 Cm L X 68 Cm W X 47 Cm H)

FORCE USA X15

ALL IN ONE TRAINER

F-X15-V2

The X15 All-In-One Trainer includes two 90 kg - 200 lb weight stacks and gives you the ability to complete over 400 unique exercises with a Power Rack (Half), Lat Pulldown Attachment, Straight Bar Attachment, Landmine Attachment, Chin Up Station (450kg weight rating), Straight Pull Up Bar and a range of accessories for all your functional training needs! Featuring incredibly strong 7-11 gauge steel with oversized 1" diameter hardware throughout, this trainer will withstand whatever you throw at it.

SPECIFICATIONS:

Dimensions: 145 (L) x 130 (W) x 230 (H) cm
57" (L) x 51" (W) x 91" (H) in
Cable Ratio: 1:1 and 2:1 interchangeable
Weight Rating: 600 kg (1,323 lb)
Weight Stacks: 2 x 90 kg (198 lb)
Chin Up Weight Rating: 450 kg (992 lbs)
Cable Rating: 907 kg (2000 lbs)

INCLUDED ACCESSORIES

Single Nylon Stirrup Handle x2
Ankle Cuff
Close Grip Triangle
Triceps rope
Short straight bar
Long Connection bar
4 x Carabiner
2 x Chain
8 x Spring Collars
2 x Lock Jaw Collars
Safety Spotter Arms (Pair)
J-hooks (Pair)
Landmine attachment
A Frame Row Handle
Low Row Foot plate
Barbell Holder
Straight Pull Up Bar
Multi Grip Pull Up bar

STRENGTH **X SERIES** ALL-IN-ONE TRAINERS

FORCE USA X20

ALL IN ONE TRAINER

F-X20-V2

Force USA X20 All-In-One Trainer combines a full commercial Power Rack with an enormous 260kg (573lbs) weight stack. This trainer includes a Lat Pulldown Attachment, Straight Bar Attachment, Landmine Attachment, Chin Up Station (180 kg - 400 lb weight rating), Straight Pull Up Bar and a range of accessories for all your functional training needs. With a compact footprint and incredibly strong 11 gauge steel, you can unleash your inner workout beast and experience over 400 unique exercises.

SPECIFICATIONS:

Dimensions: 169 (L) x 190 (W) x 230 (H) cm
57" (L) x 51" (W) x 91" (H) in
Cable Ratio: 1:1 and 2:1 interchangeable
Weight Rating: 600 kg (1,323 lb)
Weight Stacks: 2 x 90 kg (198 lb)
Chin Up Weight Rating: 450 kg (992 lbs)
Cable Rating: 907 kg (2000 lbs)

INCLUDED ACCESSORIES

Single Nylon Stirrup Handle x2
Ankle Cuff
Close Grip Triangle
Triceps rope
Short straight bar
Long Connection bar
6 x Carabiner
4 x Chain
8 x Spring Collars
2 x Lock Jaw Collars
Safety Spotter Arms (Pair)
J-hooks (Pair)
Landmine Attachment
Low Row Foot plate
Barbell Holder
Straight Pull Up Bar
Multi Grip Pull Up bar
4 x Band Pegs
Flip Down Box Safeties (Pair)

FORCE USA FT
FUNCTIONAL TRAINER
F-FT

Bring the freedom and flexibility of your favourite commercial gym exercises into your own home with the versatile Force USA Functional Trainer. The two laser cut 60kg cable driven weight stacks and included attachments open up a world of training possibilities, allowing you to build strength and explosive power in your shoulders, chest, back, arms, torso and legs. Made with heavy-duty 14 gauge structured steel tubing throughout and commercial grade powder coating, this trainer will deliver years of gains without having to invest in individual pieces of equipment.

SPECIFICATIONS:
Dimensions: 146 (L) x 106 (W) x 213 (H) cm
57" (L) x 42" (W) x 84" (H) in
Cable Ratio: 2:1
Weight Stacks: 2x 90 kg (198 lb)

SPECIFICATIONS
2 x 60kg weight stacks
Lat Pulldown Bar
Long Straight Bar
Bicep Bar
Handles (2)
Tricep Rope
Ankle Cuff
Multi Grip Chin Up Bar
Exercise Chart
Exercise Band Hook
Storage Hooks
Tablet/Phone Holder
Upgrade option: 2 x 30kg

FORCE USA G10 / G15
SHELVES TVM
F-G10-G15-SHELVES-TVM

The Force USA G10 & G15 Shelves & TV Mount Upgrade enhances your G10 or G15 All-In-One Trainer with 4 extra storage shelves (45cm x 40cm) for dumbbells and kettlebells, plus an angled TV mount for screens up to 32 inches. Built with commercial-grade materials, it offers adjustable shelving and a lifetime frame warranty.

ATTACHMENTS INCLUDE

TV Mount
4 x Storage Shelves

FORCE USA G10® WITH UPGRADE KIT

FORCE USA G15® WITH UPGRADE KIT

FORCE USA X15 AND X20

MULTI TRAINER UPGRADE KIT

F-X15-X20-UPGRADE

Enhance your Force USA X15 or X20 multi-functional trainer with this customised Pro Upgrade Kit. Packed with precision built training accessories, you get a Multi Grip Lat Pulldown Attachment, Seat Attachment, Matador Attachment, V Bar Attachment, Single Metal Handle (Pair), TV Mount and Jammer Arms. Your upgrade kit also includes 4 extra storage shelves and a tough rubber mat to protect your workout space. Get the most out of your trainer and complete your gym set up with the commercial grade toughness of the Pro Upgrade Kit!

ATTACHMENTS INCLUDE

4 x Shelves with Rubber protection matt
TV Mount
Multi grip Lat Pulldown attachment
Seat attachment
Matador attachment
V Bar attachment
Single Metal Handle (Pair)

FORCE USA G20™

ALL-IN-ONE TRAINER LAT ROW STATION UPGRADE

F-G20-LATROW

Lat Row Station Upgrade for the Force USA® G20™ All-In-One Trainer. Level-up your G20® unit with additional lat pulls down / lat row station complete with a 289lbs/ 130kg weight stack.

SPECIFICATIONS:

G20™ Base and LatRow Dimensions:
240cm (L) x 190cm (W) x 230cm (H)
Additional 130kg/289lbs weight stack
Lat Pull Down Knee Lock
Oversized Slip Resistant Low Row Footplate
Dip Bar (Pair) and Barbell Holder
Cable Ratio = 1:1

FORCE USA G20® WITH LAT RAW STATION

FORCE USA G3™

ALL-IN-ONE TRAINER LEG PRESS ATTACHMENT

F-G3-V2-LEGPRESS

Made with heavy-duty high tensile steel and featuring an oversized footplate for varied stances, you can now turn your G3™ All-In-One Trainer into a vertical leg press to build strength and explosive power in your quads, glutes, hamstrings and calves.

SPECIFICATIONS:
Footplate Dimensions: 74cm (W) x 41cm (L)
Weight Rating: 350kg

FORCE USA SEAT

ADJUSTABLE SEAT ATTACHMENT WITH LEG HOLDER

F-SEAT

Designed specifically for the Force USA® G3™ All-In-One-Trainer and Force USA G1™ All-In-One Trainer, you can now add a lat pulldown station to your home gym set up with this customisable Adjustable Seat Attachment.

SPECIFICATIONS:
Upright Dimensions: 51mm
Pin Hole Size: 16mm
Weight Rating: 136kg

STRENGTH UPGRADES

FORCE USA GS-LEG-EXT-CURL

LEG EXTENSION AND CURL ATTACHMENT

F-GS-LEG-EXT-CURL

Ensure your G-series training never gets boring and hit those lower body strength gains with the Force USA® Leg Extension and Curl Attachment. Made with heavy-duty high tensile steel and high-density padding, this attachment will help you target and isolate your Glutes, Hips, Quads and Hamstrings across a range of exercises. Comfortable, supportive and easy to attach, it will add variety to every session and ensure you perform a balanced full-body workout. This attachment is compatible with select Force USA All-In-One Trainers. This product only works with olympic-sized weight plates.

SPECIFICATIONS:
Product Weight: 16 kgs

FORCE USA JAMMER ARM

JAMMER

F-JAMMER-2

Take your upper body workouts to the next level with Jammer Arms for your Force USA All-In-One Trainer. These attachments isolate your arms, chest, shoulders, and back, ensuring perfect form while reducing injury risk. Build explosive power and smash strength goals—ideal for any G or C-Series owner.

SPECIFICATIONS:
Compatible With:
All G-series machines
C10
Includes:
2 x Jammer Arms
1 set pin 16mm, 1 set pin 25mm
Product Weight: 22kg

SINGLE STATIONS

Designed with thick heavy-duty high tensile steel and finished in an environmentally-friendly powder coating, the Force USA® single station equipment will last for years to come! Enjoy the ultimate in comfort with durable high-density foam padding covered in commercial vinyl, equipped with a rip-stop mesh backing to help prevent rips and tears.

POWER RACKS

The Force USA racks are manufactured using state-of-the-art, fully automated laser cutting and robotic welding technology. This manufacturing process means that you can have complete confidence when performing heavy, repetitive lifts. The flat foot design and rear stabilizer bar dramatically increase stability. It also increases the rack's durability by reducing rattling, which over time causes wear on the hardware. Force USA tests each production run to ensure they meet our rigorous safety standards and weight ratings to deliver the safest and highest quality power rack to your home or training facility.

FORCE USA COMGHR

COMMERCIAL GHR/GHD V2

F-COMGHR-V2

Engage your glutes, hamstrings, core and back with the Force USA® Commercial GHR/GHD. An essential training tool for athletes, this machine has been shown to reduce ACL / MCL injuries by helping balance upper leg muscles while also safely training your spinal erectors.

DIMENSIONS

165cm (L) x 67cm (W) x 124 (H)

SPECIFICATIONS

Commercial grade
Transport wheels
A simple pop-pin design
Weight Rating: 600kg
Ankle adjustments: 17.75 to 38.5cm

STRENGTH SINGLE STATIONS

FORCE USA LEGM

LEG EXTENSION/LEG CURL MACHINE

F-LEGM-V3

A targeted and highly effective way to build strength in your quads, glutes and hamstrings, the Force USA® Leg Extension/Leg Curl Machine is the perfect go-to-choice for your home or studio gym. Made with heavy-duty high tensile steel and durable high-density foam padding, this versatile machine delivers a smooth, consistent movement on every set. Offering a massive 100kg weight rating and a Lifetime* Structural Warranty, you can finally take your leg workouts to the next level.

DIMENSIONS

127cm (W) 102cm (L) 99cm (H)

SPECIFICATIONS

Compatible with Standard or Olympic Weight Plates
Seat Dimensions: Front Seat - 40cm, Back Seat - 35cm, Depth - 54cm
Backrest Dimensions: 30cm (W) x 70cm (H)
Weight Rating: 100kg
Warranty: Lifetime* Structural Warranty, 2 Years - Parts, 90 Days - Upholstery.

FORCE USA VKR
POWER TOWER
F-VKR

The Force USA® Power Tower offers the ultimate workout versatility and allows you to exercise multiple muscle groups without having to use various pieces of equipment. Develop and tone your shoulders, back, arms and core strength with the four separate workout stations on the Force USA® Power Tower.

DIMENSIONS
145cm (L) x 109cm (W) x 208cm (H)

SPECIFICATIONS
52cm between Dip Handles
137cm to top of Dip Handles
41cm between Arm Pads
150cm to top of Arm Pads
107cm Lat Chin Bar
Chin user weight rating: 200kg
Knee raise weight rating: 300kg

FORCE USA CLP
COMPACT LEG PRESS & HACK SQUAT
F-CLP-V3

Never skip leg day again with this innovative compact leg press/ hack squat and calf raise vesiatile machine. The Force USA® Compact Standing Leg Press / Calf Raise Combination is a powerful lower body strength training solution that's perfect for garage gyms or home gyms with limited floor space. Never skip leg day again with this innovative compact leg press that combines a standing leg press, and a calf raise into one versatile machine.

DIMENSIONS
132cm (W) x 165cm (D) x 145cm (H)

SPECIFICATIONS
Sleeve length - 33cm
Leg Press plate - 60 cm (W) x 50 cm (L)
Back rest - 62cm (L) x 32cm (W)
Seat pad - 33cm (L) x 32cm (W)

FORCE USA MLPHS

ULTIMATE LEG PRESS HACK SQUAT COMBO F-MLPHS-V2

The perfect machine for when you're serious about leg day! The Force USA® Ultimate Leg Press & Hack Squat Combo combines two essential units in one, so you can develop explosive lower body strength and build solid legs. Whether used as a traditional leg press, hack squat, forward thrust, or calf raises, this unit can isolate the quadriceps, hamstrings and calves whilst also offering compound exercise options.

DIMENSIONS

167cm (W) x 239cm (D) x 152cm (H)

SPECIFICATIONS

Foot Plate: 55 x 66 cm
Extra-Sturdy 13 GA Steel Construction
11 GA Steel Joints and Stress Points
Dual Floor Support Beams for Maximum Rigidity and Stability
Calf Block for Calf Focused Workouts
4 Weight Plate Storage Holders
Additional Plate Holders Beneath Sled for Extreme Weight
4 Band Pegs and 6 Band Peg Positions
5 Racking/Safety Lockout Positions
Laser-Cut Powder-Coated Steel Construction
Commercial Grade Vinyl Upholstery
Weight Rating: 450KG

STRENGTH SINGLE STATIONS

FORCE USA MLPHS-PRO

PRO LEG PRESS HACK SQUAT F-MLPHS-PRO

For those serious about building lower body strength and explosive power, this updated Pro Series 4-in-1 Leg Press Squat Hack machines delivers everything your members will ever need. Made with unbelievably tough 13-gauge steel, a massive 450kg loading capacity and a host of new features, users can perform traditional leg presses, hack squats, calf raises and more!

DIMENSIONS

180 (W) x 220 (L) x 162 (H) cm

SPECIFICATIONS

Usage: Full Commercial
Materials: 13 gauge heavy-duty steel
Important Specs:
The upper and lower foot plate has been increased in width by 200mm
The seat pad has been increased in width to 400mm
Upper and lower foot plate has been changed to a more grippy material
Longer and more ergonomic safety handle with moulded grips
Redesigned removable backrest
5 different angles/adjustment points for the Footplate.
Weight loading sleeve lengths: 34cm x 2 and 20cm x 2
Product Weight: 217kg / 478lbs
Weight Capacity: 450kg / 992lbs

FORCE USA SPACESAVER

MYRACK SPACESAVER FOLDING POWER RACK

F-MR-BASE-SPACESAVER

Don't have space for a full-size power rack? Force USA has you covered with the MyRack Spacesaver folding MyRack. Designed with game-changing customisable features, the MyRack Spacesaver gives you all the versatility of a full-size power rack with fold-away convenience!

DIMENSIONS

Assembled: 105cm (D) x 124cm (W) x 219cm (H)
Folded: 52cm (D) x 133cm (W) x 214cm (H)

SPECIFICATIONS

Max Weight Rating: 900kg
12 GA Steel Uprights
Westside Spacing
54 Adjustment Points (Front and Back)
Lifetime Structural Warranty
Hole Diameter: 15 mm
Tubing (Upright) Size: 60 mm * 60 mm

FORCE USA PTPR

PT POWER RACK

F-PTPR-V2

Designed with PTs and garage gym owners in mind and constructed using durable powder-coated steel, this Force USA® PT Power Rack is built to withstand a massive 325KG while providing years of hard-wearing use.

SPECIFICATIONS:

Dimensions: 213cm (H) x 121 (W) x 121cm (D)
Upright Hole Spacing: 3" (76mm) | 1" (25mm) diameter holes
Includes 1x Pair Box Safeties & Pair J-Hooks
Max Weight Rating: 325kg
Pull-up Bar Rating : 200kg
Tubing Size: 50mm x 50mm

FORCE USA PTPR-LAT

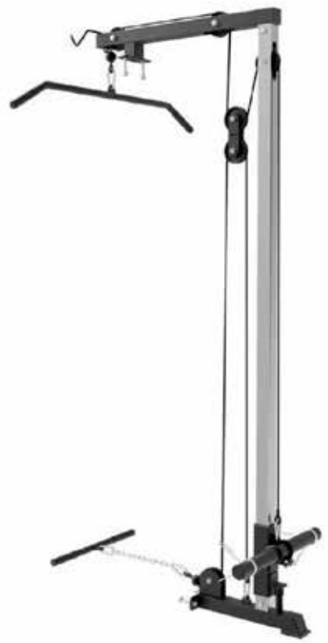
PT POWER RACK

F-PTPR-LAT-V2

The Force USA® PT Power Rack Lat Pull-down / Low Row attachment allows you to easily add lat pulldowns, tricep pushdowns, low rows and many more movements to your training routine. Simply connect to the back of your Force USA® PT Power Rack and add plates to the loadable sleeves for resistance. Extended 45cm from the rear of your Force USA® PT Power Rack, the Lat Pull-down / Low Row Attachment allows you room to perform seated exercises comfortably and easily.

SPECIFICATIONS:

Dimensions with PTPR**:** 213cm (H) x 121 (W) x 166cm (D)
21cm of loadable length on each side
Max weight plate capacity: 125KG
Compatible with Olympic weight plates.
Lat pull-down & straight bar included



FORCE USA MYRACK

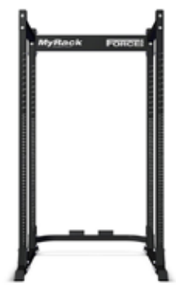
BASE UNIT

F-MR-BASE

The Force USA® MyRack is the first truly custom power rack of its kind. Starting with the base unit, you can build your custom rack from the ground up to suit the way you train. With over 18 different attachments to choose from and 100 different rack variations, you can create a truly personalised rack to fit your exact workout needs. You have nothing to lose and everything to gain! Each MyRack includes the Force USA lifetime structural warranty.

DIMENSIONS:
140cm (L) x 120cm (W) x 215cm (H)

SPECIFICATIONS
Westside Hole Spacing
54 Adjustment Points Front & Back
Built-in Olympic Bar Storage Sleeves
Laser Cut Steel Construction
Robotic Welds
Rear Stabiliser
12 GA Steel Uprights
Freestanding and Bolt-In Options
Lifetime Structural Warranty
Tubing (Upright) Size: 60 mm* 60 mm
Hole Diameter: 15 mm



FORCE USA MR-CROSS

CABLE CROSSOVER OPTION

F-MR-CROSS

The Force USA® MyRack fully adjustable Cable Cross Over attachment can work every muscle in your body in multiple ways and attaches easily to either side of your MyRack Base Unit. Unlike other similar Cable Crossover attachments, the MyRack offers floating pulleys, giving the user 28 different adjustment points to hit various exercises!

SPECIFICATIONS:
Dimensions with Cross: 220 (H) x 110 (W) x 80 (D) cm
2:1 Pulley Ratio
28x Adjustment options
Standard and Olympic weight plate adapters
Low-row folding footplate

FORCE USA MR-SAFE01

SAFETY OPTION 1

F-MR-SAFE01

Get ready to kick it old school with the Force USA® MyRack Option 1 Pin and Pipe Safety. These traditional pin-and-pipe systems have been used in training centres across the globe for years. The Force USA® Pin and Pipe Safeties are proven to deliver extreme durability, quick change-outs and protection for both yourself and your equipment!
Weight Rating: 450kg/1000lbs

FORCE USA MR-SAFE02

SAFETY OPTION 2

F-MR-SAFE02

The Force USA® MyRack Option 2 Box Tube Safety is an excellent upgrade from the Pin and Pipe safety system. Perfect for the athlete training alone, these box safeties will save you on any failed reps, while the nylon-based plastic protective lining will protect your barbell.
Weight Rating: 680kg/1500lbs

FORCE USA MR-SAFE03

SAFETY OPTION 3

F-MR-SAFE03

The Force USA® Olympic Quick Lock Collars allow for swift attachment and removal of Olympic plates from your bar during workouts. Super-strong, secure and safe, the easy-to-use latch can be flicked open and closed with one hand while quickly changing weight plates.
Weight Rating: 450kg/1000lbs

STRENGTH POWER RACK MYRACK ATTACHMENTS

FORCE USA MR-SAFE04

SAFETY OPTION 4

F-MR-SAFE04-V2

The Force USA® MyRack Option 4 Safety Slings offer a simple and reliable solution for protecting your body and equipment during lifts. As an advantage over some pin and pipe or flip-down safety systems, you can mount the ends of each strap hanger at different heights. This gives athletes the option of positioning the strap so that the barbell will roll safely away from them on a drop.
Weight Rating: 450kg/1000lbs

FORCE USA MR-PEG

BAND PEGS

F-MR-PEG

The Force USA® MyRack Band Pegs attach to the bottom of your MyRack or into the MyRack Safety Option 2 to help you transition between plateaus. These 26cm versatile peg attachments can add a wide range of resistance band training options to your MyRack power rack. Available in a set of four.

FORCE USA MR-WEIGHT

WEIGHT PLATE HOLDERS

F-MR-WEIGHT

The Force USA® MyRack Weight Plate Holders fit anywhere on your rack and give you the versatility to store Standard (29mm) and Olympic (50mm) weight plates or bumpers. Sold in packs of four, the Force USA® MyRack Plate Holders are a low-cost, space-efficient way to add weight plate storage to your MyRack.
Weight rating: 80kgs

FORCE USA MR-MONO

MONO-LIFT

F-MR-MONO

The Force USA® MyRack Mono-Lift attachment is the first of its kind in Australia and gives you the key functionality of a full monolift rack at a fraction of the size and cost. The Mono-Lift helps you achieve your heaviest power lifts by removing the need for the lifter to walk away from the rack with weight on their shoulders. As the lifter

FORCE USA MR-DIP

DIP HANDLE ATTACHMENT

F-MR-DIP

The Force USA® MyRack Dip Station attachment helps build bigger and stronger triceps while targeting the chest, shoulders, and back. The convenient V-handle design allows varying grip widths, ranging from narrow to wide, so you can isolate specific muscles and maximise each session.
Weight Rating: 400kg/880lbs (static tested)

FORCE USA MR-CORE

CORE TRAINER

F-MR-CORE

The Force USA® MyRack Core Trainer Attachment is designed for all types of rotational torso training and allows for a wide range of upper body workouts. The handle allows you to maintain a comfortable neutral grip position for all your landmine exercises. Simply insert the end of your barbell into the sleeve connected to the swivel joint, and you're ready to go!

STRENGTH POWER RACK MYRACK ATTACHMENTS

FORCE USA MR-KNEE

KNEE HOLDER FOR LAT

F-MR-KNEE

The Force USA® MyRack Knee Holder is a must-have attachment if you have added the Lat Pulldown Attachment to your MyRack and want to pull heavier loads. Simply by connecting the Knee Holder to the MyRack Pin & Pipe Safety Option 1. you can perform lat pulldowns whilst bracing your knees securely under the comfortable foam padding.

FORCE USA MR-CHIN01

CHIN UP OPTION 1

F-MR-CHIN01

The Chin Up Option 1 Monkey Bar Attachment is the most simplistic of the Force USA® MyRack pull up bar attachments. It comes in a set of two and includes a standard grip (32mm) and a fat grip (50mm) monkey bar. Position the chin-up bars at any precision laser cut holes in the top crossbars. The bar is bolted flush to the support brackets, so there is no movement and with a solid fixture it can take up to 400kg in weight.

FORCE USA MR-JHOOK

J-HOOK PRO

F-MR-JHOOK

Made with 10mm high gauge steel combined with a massive 800kg weight rating, your Force USA® J-Hook Pros are an essential training accessory to help you lift with greater confidence on every set. Featuring textured nylon inserts and powder coating, these commercial quality Pro J-Hooks will prevent damage to your barbells as you rack and re-rack them.

FORCE USA
DIP HANDLES
F-DIP-HANDLES

Force USA Dip Handles are designed to enhance your strength training by allowing you to perform dip exercises effectively. They are compatible with specific Force USA equipment, such as the MyRack system, and can be easily attached to add a dip station to your setup. These handles are built to be durable and provide a comfortable grip during workouts.

FORCE USA FOOT PLATE
LOW ROW FOOT PLATE
F-LOWROW-FP

The Force USA Low Row Foot Plate enhances your G6, G1, and G3 All-In-One Trainer, allowing effective Low Row exercises targeting Lats, Traps, and Biceps. It features a wide, non-slip platform, three adjustable angles, and a quick-attach design with a band peg. Made from heavy-duty steel with a durable black powder coating, it weighs 6.3 kg and includes a lifetime frame warranty.

FORCE USA LATROW
SEAT 27MM & 17MM
F-LATROWSEAT-27/17

The Force USA Lat Pull Down Seat enhances upper body workouts on All-In-One Trainers. It features adjustable height, dense foam padding, and a lightweight design for easy attachment and removal. Available in two sizes: 17mm, compatible with G1 V2, G3 V2, G10, G12 V2, G15, and G20 Pro; and 27mm, suitable for G6 and G9/G12 models.

STRENGTH POWER RACK MYRACK ATTACHMENTS

FORCE USA FT UPGRADE
WEIGHT STACK UPGRADE
F-FT-WSUPGRADE

The Force USA Functional Trainer Weight Stack Upgrade adds 2 x 30kg stacks, increasing each side from 60kg to 90kg, for a total of 180kg. Ideal for multi-user gyms, it allows greater strength progression. The upgrade is easy to install, light commercial-rated, and compatible only with Force USA Functional Trainers. Includes a lifetime frame warranty.

FORCE USA

HG100 HOME GYM

F-HG100

The Force USA® HG100 home gym is an ideal workout station for those looking for gym-quality workouts at home. Perform your full-body training or focus on a range of muscle groups with a piece of high-functioning equipment that combines compact design and functionality for a minimum amount of space. Equipped with upper and lower pulley stations and a total leg developer, you can perform a wide range of upper and lower body exercises.

DIMENSIONS

145cm (L) x 110cm (W) x 203cm (H)

SPECIFICATIONS

Max User Weight: 297lbs (135kg)
Weight Stack: 110lbs (50kg)
Max Horns Weight: 110lbs (50kg)
Frame Warranty (structural): Lifetime
Parts Warranty: 2 years
Upholstery Warranty: 90 days

FEATURES:

Bench Press
Pec Deck
Bicep Curl Bar
Leg Extension
Core Attachment
Lat Pulldown Bar
Ankle Strap

STRENGTH HOME GYMS

FORCE USA MG4

MULTI GYM

F-MG4

Perfect for the busy, fitness-focused individual, the Multi Gym 4 is a versatile, space saving solution. Four distinct stations allow you to seamlessly transition between muscle groups and exercise types. Whether you're a parent squeezing in a workout while the kids nap or a dedicated athlete, this multi-station gym is your ticket to a healthier, stronger you.

ASSEMBLED DIMENSIONS

105.2in L x 96.1in W x 85.3in H (2668mm L x 2442mm W x 2167mm H)

SPECIFICATIONS

Weight: 1004 lbs / 456 kg
Usage: Light Commercial
Material: Steel
Included Attachments: Short straight bar, Lat Pulldown Bar, Ab Strap, 1 x Nylon stirrup handle, 4 x carabiners, 1 x chain

KEY FEATURES:

Multi-Station Mastery
Robust And Reliable
Customizable Cable System
Space-Efficient Design
Ergonomically Designed For All Users

FORCE USA HOME GYM
PROFESSIONAL
F-HGPRO2

With unmatched versatility and performance, the Force USA® Home Gym Pro 2 is the perfect versatile trainer for all strength and fitness levels. The pin-loaded 90kg weight stack and multi-functional designs allow you to perform a full-body workout. Made with heavy-duty high tensile steel and commercial grade fixtures, the exercise stations include Chest Press, Chest Fly, Lat Pulldown, Seated Row, Leg Press, Leg Extension, Shoulder Press and many more.

DIMENSIONS
166cm (L) x 165cm (W) x 203cm (H)

SPECIFICATIONS
90kg Weight Stack
Steel Safety Shrouds
Steel and PVC Construction
Easy Installation
Usage: Domestic and Light Commercial
Lat Pull Down Seat Height: 56cm
Leg Press Seat Height: 46cm
Product Weight: 290.5 kg
Max User Weight: 158 kg

BENCHES

At Force USA, we've meticulously engineered a superior line of Exercise Benches, designed to meet the demands of any training environment, whether compact home gyms or spacious commercial facilities.

Our varied selection encompasses Multi-Adjustable, Flat, and Olympic Style Benches, each crafted from premium-quality materials for enduring strength and stability. These benches are built to accommodate a wide range of exercises, offering exceptional comfort and adaptability to suit all fitness levels and workout preferences.

FORCE USA FOLD-FID

FOLDING FID HOME BENCH
F-FOLD-FID

Engineered with heavy-gauge steel and fitted with high-density foam padding, the Force USA® Folding FID Home Bench is built solid so that you can perform free weight exercises easily and comfortably. This compact and light bench folds down to fit under your bed for easy storage.

SPECIFICATIONS:
Dimension: 123cm (L) x 40cm (W) x 44cm (H)
Weight Rating: 450KG
4 Levels of Adjustment
90° Incline / 45° Incline / Flat / Decline

FORCE USA SP1

SP1 FLAT BENCH
F-SP1

The Force USA® SP1 Flat Bench was developed for those wanting to expand their home training ability without the need for an oversized commercial flat bench. The Force USA® SP1 boasts high-quality foam padding and upholstery with heavy gauge rolled steel tubing for comfort and stability.

SPECIFICATIONS:
Dimension: 105cm (L) x 42cm (W) x 50cm (H)
Max Weight Rating: 250kg (including user)
Seat: 106cm (L) x 31cm (W)
Gross Weight: 10.8Kg

FORCE USA SFID

STUDIO FID BENCH
F-SFID

The Force USA® STUDIO bench features high-density foam pads for comfort and stability, covered in durable PVC leather. Seven adjustment points guided on a rod allow for quick height changes. It also comes with an easy-to-use handle, sturdy wheels, and high-quality rubber feet.

SPECIFICATIONS:
Dimensions: 1423cm L x 737cm W x 448.5cm H
Back Rest Pad: 975cm L x 275cm W
Seat Pad: 300cm L x 275cm W
Upholstery thickness: 50mm

FORCE USA SP3

SP3 FLAT/INCLINE/ DECLINE BENCH
F-SP3

The Force USA® SP3 Flat Incline Decline Bench is a compact, yet versatile bench with an in-built foot support, adding stability through those controlled reps. Increase your home workout routine with 8 points of adjustment, this is a must-have for any home gym enthusiast.

SPECIFICATIONS:
Dimensions: 113cm (L) x 52cm (W) 44cm (H)
Seat: 110cm (L) x 28cm (W)
Weight Rating: 400kg
Product Weight: 12.7kg

FORCE USA MR-FID

FID BENCH WITH ARM & LEG CURL ATTACHMENTS

F-MR-FID-V2

Your MyRack isn't complete without adding Force USA's popular Flat/Incline/Decline (FID) Bench. Offering incredible stability, comfort and durability, you can build explosive power in your legs to boost squatting performance with the Leg Developer and up your arm game with the Preacher Curl Attachment.

SPECIFICATIONS:

Dimension: 170cm (L) x 77cm (W) x 45cm (H)
6 Backrest Adjustments / 3 Seat Adjustments
-25 to 75 degrees
Leg Developer Attachment Included
Preacher Curl Attachment Included

FORCE USA PS-FID

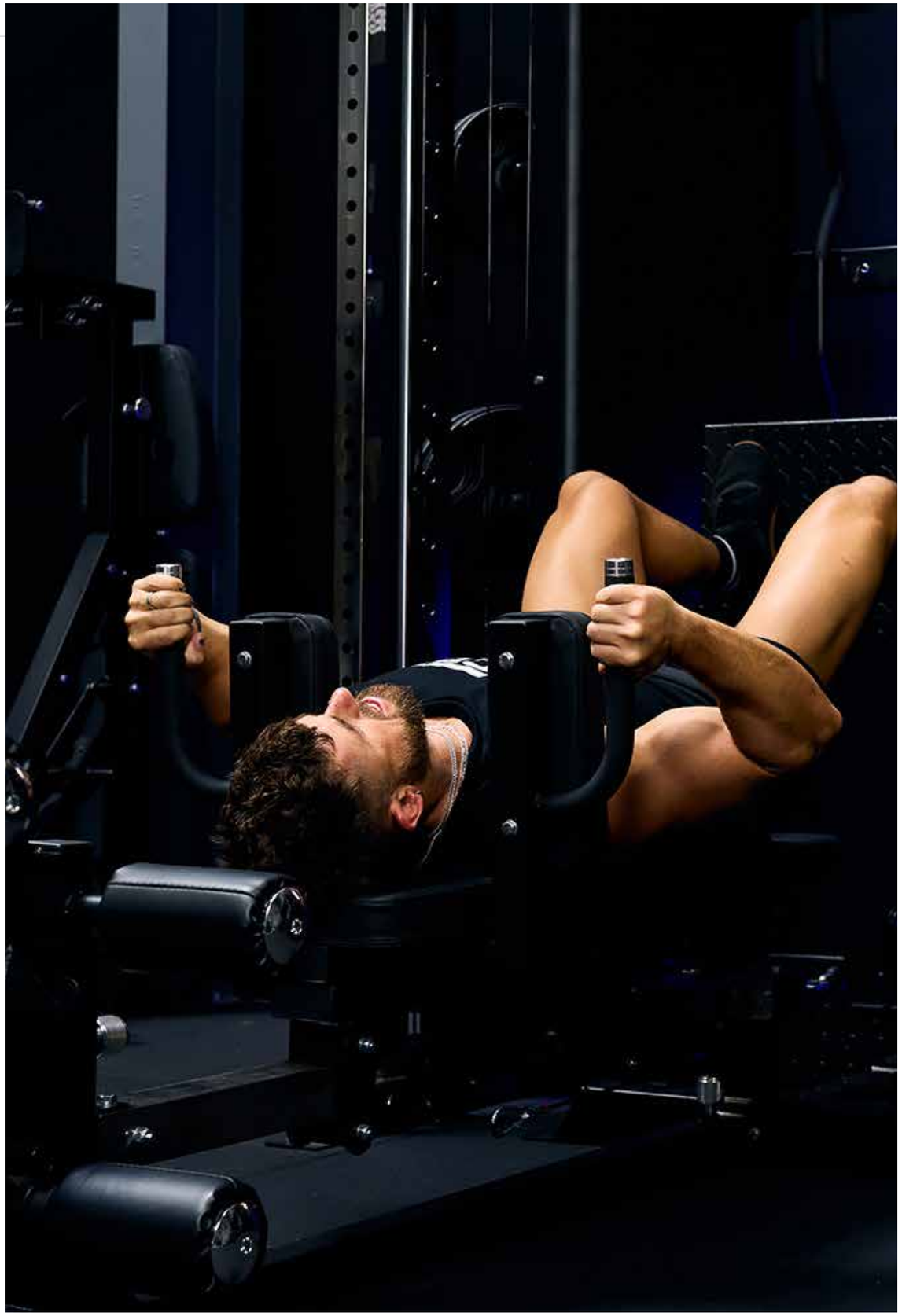
COMMERCIAL FID BENCH

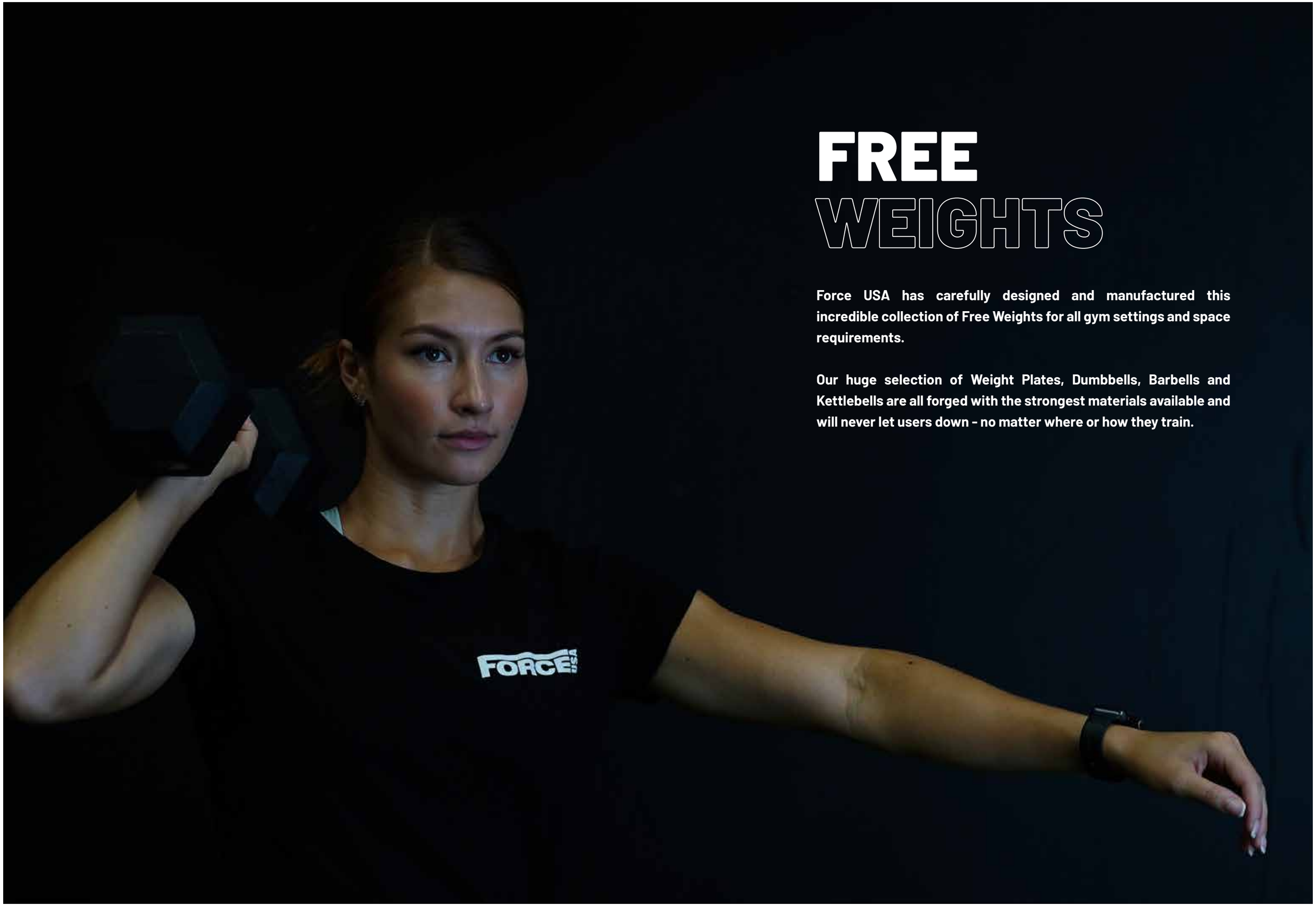
F-PS-FID

Force USA Pro Series FID Bench has 8 backrest adjustments, 5 seat adjustments and high-grip, ultra-dense foam throughout. With a huge 450kg (992lbs) weight rating and a Lifetime Frame Warranty, this is the perfect Flat/Incline/Decline bench for busy, high-volume usage gyms.

SPECIFICATIONS:

Dimensions:70cm (W) x 130cm (L) x 44cm (H)
Product Weight: 38 kgs
Max Weight Rating: 450 kgs





FREE WEIGHTS

Force USA has carefully designed and manufactured this incredible collection of Free Weights for all gym settings and space requirements.

Our huge selection of Weight Plates, Dumbbells, Barbells and Kettlebells are all forged with the strongest materials available and will never let users down - no matter where or how they train.

FORCE USA

PRO GRADE COLOURED BUMPER PLATES

F-PGB10C, F-PGB15C, F-PGB20C, F-PGB25C

The Force USA® Olympic rubber bumper plates are built to match IWF size specifications of 450mm in diameter and are available in 10kg, 15kg, 20kg and 25kg, so you can mix and match your plates to suit your needs. Please note: the price listed is for each individual plate.

SPECIFICATIONS:
Diameter: 450mm
Olympic Sized Collar Opening: 50.4mm
Plate Width: 10kg: 45mm (Green) | 15kg: 55mm (Yellow) | 20kg: 70mm (Blue) | 25kg: 80mm (Red)

FORCE USA

ULTIMATE TRAINING BUMPER PLATES

F-UTBP5, F-UTBP10, F-UTBP15, F-UTBP20, F-UTBP25

The Force USA® Ultimate Training Bumper Plates are built to match IWF size specifications of 450mm in diameter and are available in 5kg, 10kg, 15kg, 20kg and 25kg, so you can mix and match your plates to suit your needs. Please note: the price listed is for each individual plate.

SPECIFICATIONS:
Diameter: 450mm
Collar Opening: 50.4mm
Plate Width :5kg: 25mm | 10kg: 41mm | 15kg: 55mm | 20kg: 70mm | 25kg: 84mm

STRENGTH WEIGHT SETS

FORCE USA

RUBBER COATED 29MM WEIGHT PLATES

RCWP125, RCWP250, RCWP500, RCWP1000, RCWP2000

Created for everyday gym use the Force USA® Rubber The heavy-duty specially moulded rubber casing covers the weight plate eliminating the risk of flaking, chipping and rusting. While the ergonomic, tri-grip handles make changing your weight plates effortless, safer and more efficient.

SPECIFICATIONS:
Hole Diameter: 29 mm
Features both KG and LBS

FORCE USA

RUBBER COATED 51MM OLYMPIC WEIGHT PLATES

RCOWP050, RCOWP125, RCOWP250, RCOWP500, RCOWP1000, RCOWP1500, RCOWP2000

Solid construction and effective in design, the Force USA® 51mm Olympic Weight Plates built to last! The heavy-duty specially moulded rubber casing covers the weight plate eliminating the risk of flaking, chipping and rusting

SPECIFICATIONS:
Hole Diameter: 51 mm
Features both KG and LBS

FORCE USA

RUBBER HEX DUMBBELLS - ALL SIZES

F-RHD

Versatile, convenient to use and easy to store, the Rubber Hex Dumbbell is a simple solution for a durable weight that can provide various workouts to reach your training goals. Built with a solid rubber coating, Force USA® Rubber Hex Dumbbells have a one-piece forged construction with durable rubber protection for your flooring, and a hexagonal shape to prevent unwanted rolling on racks or floors.

SPECIFICATIONS:
Available in 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12.5, 15, 17.5, 20, 22.5, 25, 27.5, 30, 32.5, 35, 37.5, 40, 42.5, 45, 47.5, 50, 55 and 60kg

FORCE USA

RUBBER HEX STRAIGHT HANDLE DUMBBELLS - ALL SIZES

F-SHD

The Force USA® Straight Handle Dumbbells, versatile for various exercises, offer an ergonomic chrome grip for safety and comfort. Their unique, flat-sided design prevents rolling, ensuring stability on uneven surfaces. Ideal for home or gym use, these dumbbells enhance full-body workouts and bicep curls, making them a key component for efficient and effective training sessions.

SPECIFICATIONS:
Usage: Full Commercial
Handle Material: Chrome Plated Handle
Weight Discrepancy: +-3%

STRENGTH WEIGHT SETS

FORCE USA

CLASSIC CAST IRON KETTLEBELL

F-CKB8, F-CKB12, F-CKB16, F-CKB20, F-CKB24, F-CKB32

Produced as a one-piece forged construction with an ergonomic handle design for a snug hold, Force USA's Classic Cast Iron Kettlebells are an essential training aid for all fitness levels. With a stunning matte black powder coat finish, these kettlebells are available in 5 different weights and include colour coded rings on the handles for easy identification.

SPECIFICATIONS:
Available in 8kg, 12kg, 16kg, 20kg, 24kg and 32kg
Dimensions: 212mm (L) x 190mm (W) x 283mm (H)
Handle Diameter: 33.5mm

FORCE USA

OLYMPIC AND BUMPER WEIGHT PLATE TREE F-BPBST-V2

Introducing the upgraded Force USA® Olympic and Bumper Weight Plate Tree - now with added easy transport wheels for effortless movement. This amazing space saver is an efficient storage solution for your Olympic Barbells and Bumper Plates. Weights will glide effortlessly on and off the six chrome-coated plate horns, minimising damage to both the plates and the sleeve.

DIMENSIONS

131cm (H) x 65cm (L) 65cm (W)

SPECIFICATIONS

6 x chrome weight horns
6 x barbell holders
Low-profile design
High Tensile strength 12 gauge steel
Total weight capacity: 600kg
Weight horn capacity: 100kg
Rubber feet
Unit Weight: 19 kgs

STRENGTH FREE WEIGHT STORAGE

FORCE USA

3 TIER DUMBBELL RACK F-DRACK3T

Compact yet spacious, this 3 Tier Dumbbell Rack from Force USA is the perfect way to safely store and access all your Hex weights. Compatible with the Force USA Rubber Hex Dumbbells, you can keep 10-20 pairs of dumbbells on this rack and have them easily accessible for your workouts. With solid steel construction, anti-slip rubber base and hard-wearing protective powder coating, your convenient new dumbbell rack is designed for home or studio gyms.

SPECIFICATIONS:

Dimensions: 141cm (W) x 47cm (D) x 89.5cm (H)
Usage: Full Commercial
Extras: Compatible with Force USA Hex Dumbbells
Materials: Solid steel construction
Weight Rating: 400 kgs | Product Weight: 45 kgs
Shelf Space: 130cm x 45cm

FORCE USA

VERTICAL DUMBBELL RACK DRV10

Force USA has designed the perfect storage solution for your free weights with this unique double-sided Vertical Dumbbell Rack. Made with heavy-duty high tensile steel and finished in an attractive silver chrome coating, you can fit up to 10 pairs of dumbbells on this tree rack and keep your home or studio gym neat and tidy. The easy 5-minute assembly is why people choose Force USA equipment.

SPECIFICATIONS:

Dimensions: 56cm (L) x 50cm (W) x 130cm (H)
Max Capacity: 10 Pairs (1kg-10kg)

A SUPERIOR BARS WITH SUPERIOR BUSHINGS
The premium stainless steel bushings are durable and low maintenance, giving you the ultimate strength training superiority.

FORCE USA TRAPBAR

WALKTHROUGH TRAP BAR

F-TRAPBAR-02

The Force USA® Walkthrough Trap Bar is the latest specialty bar from the Force USA team. Designed and engineered for balanced ergonomic lifting with versatility in mind. With a built-in bar jack, the bar moves quickly from lifting position to loading position, allowing you to load and unload weight plates with ease!

SPECIFICATIONS:
Dimensions: 171cm L x 73cm W x 24cm H
Unit Assembled Weight: 30kg
Weight Capacity: 300kgs
Sleeve Length: 31 Cm

FORCE USA

OLYMPIC EZ CURL BARBELL

F-OCB

Significantly reduce stress on your wrists with the Force USA® EZ Curl Bar. This ergonomically designed, Olympic sized bar will develop your biceps, forearms, and upper arm muscles by increasing strength, mass, and definition. With a one-piece forged steel construction and EZ angled design, this bar is both durable and comfortable to use while training.

SPECIFICATIONS:
Bar Length: 120cm | Bar Weight: 8.7kg
Grip Diameter: 50mm
Usage: Olympic
Shaft Coat: Chrome | Sleeve Material: Cast Iron
Max Weight: 225kg

FORCE USA

OLYMPIC SAFETY SQUAT BARBELL

F-OSSB

Olympic safety squat barbell is a fantastic accessory barbell. Used frequently by powerlifters and those after a variation on the normal barbell. May especially be of benefit if you suffer from an injury that is preventing you from externally rotating your shoulders and encourages you to stay upright while squatting.

SPECIFICATIONS:

Weight Rating: 225kg/500lb
Commercial Grade
Ideal for powerlifters
Bar Weight: 15kg

FORCE USA HEXBAR

HEX BAR

F-HEXBAR

There is a wide range of benefits to using a Hex Bar, including reduced stress on the lower back, posterior chain and the ability to keep the bar close to the body with ease, all while engaging the same target muscle groups. It's also an effective tool for heavier training sessions and a great choice for lifters new to the deadlift.

SPECIFICATIONS:

Diamond knurling grip
Sleeve Length: 26cm | Sleeve Diameter: 50mm
Handle diameter: 25mm
Material: Chrome finish
Length: 1.41m in length
Product Weight: 20kg
Max. Capacity Loading: 450kg

FORCE USA

PRO SERIES BAR 20KG

F-PS-BAR

Force USA has designed one of the best Olympic barbells for those looking to maximise their powerlifting. The Pro Series Barbell includes class leading features, such as a huge 190k PSI tensile strength, cleverly placed dual knurl marks for Olympic / Powerlifts and bronze bushings for an incredibly reliable spin on every rep. Made with Force USA's trademark toughness and versatility, this is a must have for your home set up!

SPECIFICATIONS:

Bar Length: 220cm | Bar Weight: 20kg | Diameter: 28.5MM
Ergonomically designed in the USA
Black Zinc Shaft, Bright Zinc Sleeves
Bushing, Dual knurl marks, No centre knurl
Tensile Strength 190,000 PSI

FORCE USA OB-GUNNER

THE GUNNER BARBELL V2

F-OB-GUNNER-V2

The Gunner Barbell by Force USA® is a Multipurpose 'All-Rounder' barbell, ideal for intermediate and experienced lifters attempting Olympic Weightlifting and Powerlifting. Perfect for cross-training, performing WODs, athletic clubs, corporate and personal trainers. A more purposeful bar for cleans, jerks and snatches.

SPECIFICATIONS:

Bar Length: 220cm | Bar Weight: 20kg
Grip Diameter: 28mm
Usage: Multipurpose / All-Rounder
Shaft Coat: Black Zinc | Sleeve Coat: Bright Zinc
Max Weight: 680kg

FORCE USA
OLYMPIC TRICEP BARBELL
F-OTB

Every home or studio set-up needs Force USA's Olympic Tricep Barbell to complete their upper body weightlifting and strength training. Made with one-piece forged steel construction and delivering a super snug fit in the hand, you can perform your favourite hammer curls, tricep extensions and many other shoulder and back exercises.

SPECIFICATIONS:
Bar Length: 86cm | Bar Weight: 11.4kg
Includes Collars: Yes
Shaft Coating: Chrome | Shaft Material: Q235 Steel
Shaft Length: 48cm | Shaft Diameter: 27.7mm
Sleeve Diameter: 50mm | Loadable Sleeve Length: 17cm
Max Weight: 225kg

FORCE USA
OLYMPIC DUMBBELL HANDLES
F-ODH

The Olympic Dumbbell Handles designed and engineered for the toughest workouts, each handle has a chrome-plated finish, comfortable, non-slip knurled grip and incredibly thick, heavy-duty bushings. The 17cm loadable sleeve length provides enough space for 40kg of weight plates on either side.

SPECIFICATIONS:
Bar Length:51cm | Bar Weight: 6.5kg each
50mm Sleeves to fit Olympic sized weight plates
17cm of loadable sleeve length
Weight Capacity 80kg per dumbbell
Knurled hand grip
Includes 2 x Olympic Dumbbell Handles (sold as a pair)
Weight Rating: 80kg

FORCE USA OB-RANGER
THE RANGER BARBELL V2
F-OB-RANGER-V2

The Ranger Barbell, by Force USA®, is designed for the focused home garage gym trainer. Don't mess about with nasty, mass-produced barbells. Save money by buying a strong, quality Olympic Weightlifting Barbell that won't break the bank.

SPECIFICATIONS:
Bar Length: 2200 mm | Bar Weight: 20 kg
Grip Diameter: 28 mm
Loadable Sleeve Length:410 mm
Whip: Standard | Knurling Style: Standard
Bearings: 4
Bushings: Bronze
Static Weight Rating: 680 kg

FORCE USA OB-FREEDOM
WOMEN'S FREEDOM BARBELL V2
F-OB-FREEDOM-V2

The Force USA® Freedom Barbell is an Olympic 15kg barbell designed for women and best suited to female athletes who want to complete a wide range of free weight exercises. A multipurpose bar for WODs, Olympic Weightlifting or Powerlifting. Perfect for squats and deadlifts, this barbell will last through thousands of workouts.

SPECIFICATIONS:
Bar Length: 210cm | Bar Weight: 15kg
Tensile Strength: 170,000 PSI Rating
Static Testing: 1,000 lbs
Shaft length: 128cm
Grip Diameter: 25mm
Coat: Phosphate

FORCE USA OB350

17.5KG 7FT OLYMPIC BAR

F-OB350-V2

Solid construction and effective in design, the Force USA® 500lb Olympic Barbell is made for everyday gym use and designed for a snug fit in hand. The heavy-duty structural integrity means the Force USA® 500lb Olympic Barbell is built to take a pounding and will help you expand your range of exercises.

SPECIFICATIONS:

Bar Length: 200cm | Bar Weight: 17.5kg
Weight Rating: 500lbs (226KG)
Shaft Coating: Chrome | Shaft Material: Q235 Steel
Sleeve Material: Cast Iron
Tensile Strength: 150,000 PSI Rating

FORCE USA OB500

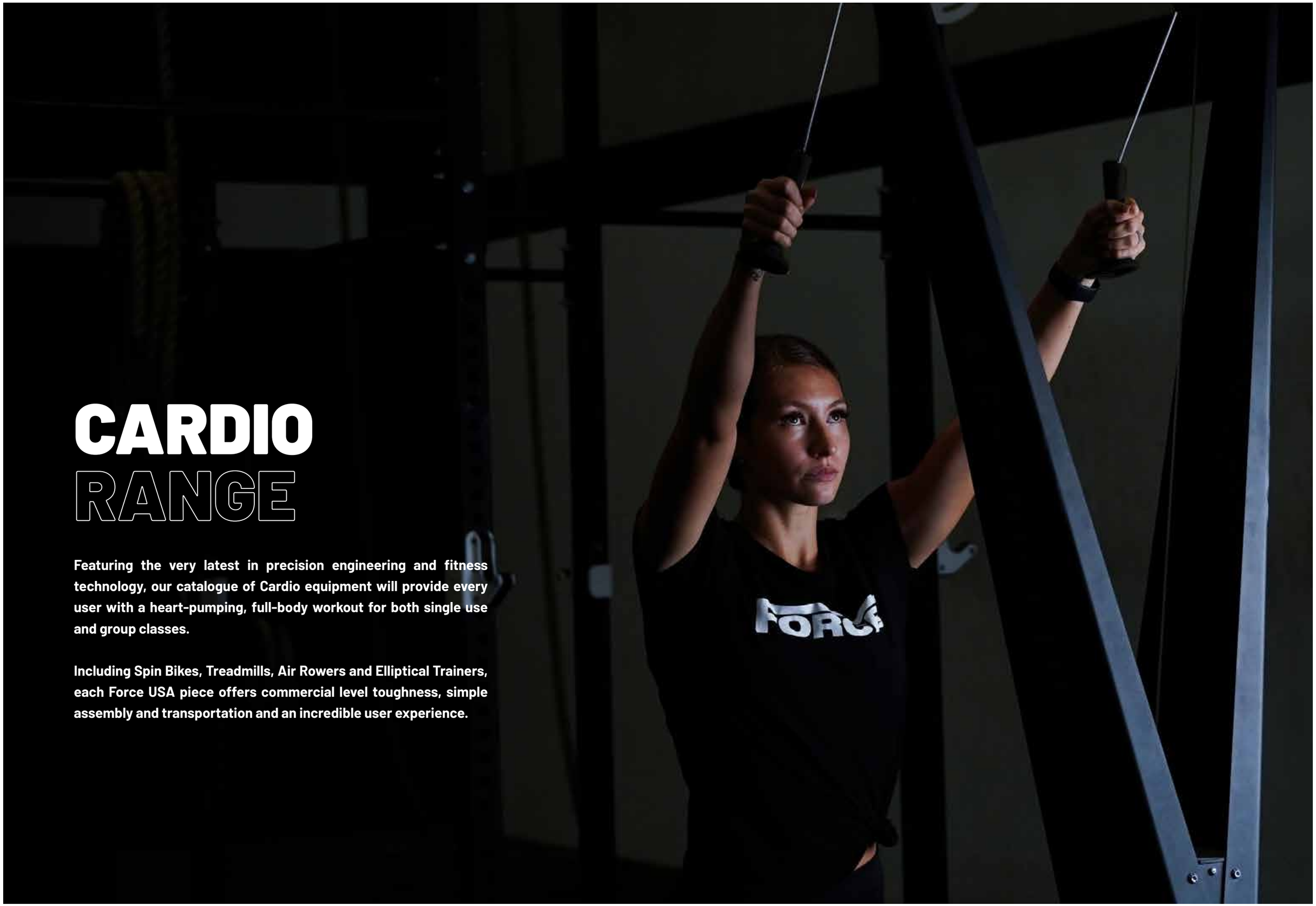
20.0KG 7FT OLYMPIC BAR

F-OB500-V2

Solid construction and effective in design, the Force USA® 700lb Olympic Barbell is made for everyday gym use and designed for a snug fit in hand. Made by a one-piece forged construction the Force USA® 700lb Olympic Barbell is ergonomically designed to handle extreme workouts, so you can rest assured you'll have a safe and solid piece of equipment for years to come. Suitable for gym and home use.

SPECIFICATIONS:

Bar Length: 200cm | Bar Weight: 20kg
Weight Rating: 700lbs (317KG)
Shaft Coating: Chrome | Shaft Material: Q235 Steel
Sleeve Material: Cast Iron
Tensile Strength: 150,000 PSI Rating



CARDIO RANGE

Featuring the very latest in precision engineering and fitness technology, our catalogue of Cardio equipment will provide every user with a heart-pumping, full-body workout for both single use and group classes.

Including Spin Bikes, Treadmills, Air Rowers and Elliptical Trainers, each Force USA piece offers commercial level toughness, simple assembly and transportation and an incredible user experience.

FORCE USA SKI-TRAINER

SKI TRAINER

F-SKI-TRAINER & STAND

Rapidly improve your cardio fitness, strengthen and tone your entire body, and enjoy the movement of cross-country skiing with the Force USA® Ski Trainer. Designed for home or studio gyms, your Ski Trainer includes the latest technology from the undisputed leader in high-quality gym equipment. The innovative flywheel technology has 10 resistance levels and allows you to quickly adjust the airflow during your workout. With comfortable strapless handles, a slip and sweat resistant base plus a smooth lightweight drive cord, you'll quickly fall in love with this low-impact stationary trainer.

DIMENSIONS

120cm (D) x 59cm (W) x 214cm (H)

SPECIFICATIONS

Includes Stand and Wall Mount
Bluetooth 4.0
Compatible with Kinomap App and Force USA Heart Rate Monitor
Battery Powered Console
Ski Trainer Weight: 37kg
Stand Weight:17kg
Total Unit Weight: 54kg

FORCE USA ROWER

R3 AIR ROWER

F-R3

Enjoy an effective low-impact, high-intensity, full-body workout with the Force USA® R3 Air Rower. This compact, fold-away unit, features an elite performance monitor with Bluetooth connectivity, ergonomically designed handles, adjustable footrests, and a precision-engineered flywheel that provides a smooth, natural rowing stroke while allowing users to have complete control of their resistance.

SPECIFICATIONS:

Compatible with Kinomap App and Force USA HRM
10 levels of resistance
Elite Performance monitor with Bluetooth
Max User Weight -140kg
Dimensions:240cm (W) x 105cm (L) x 65cm (H)

FORCE USA AIR BIKE

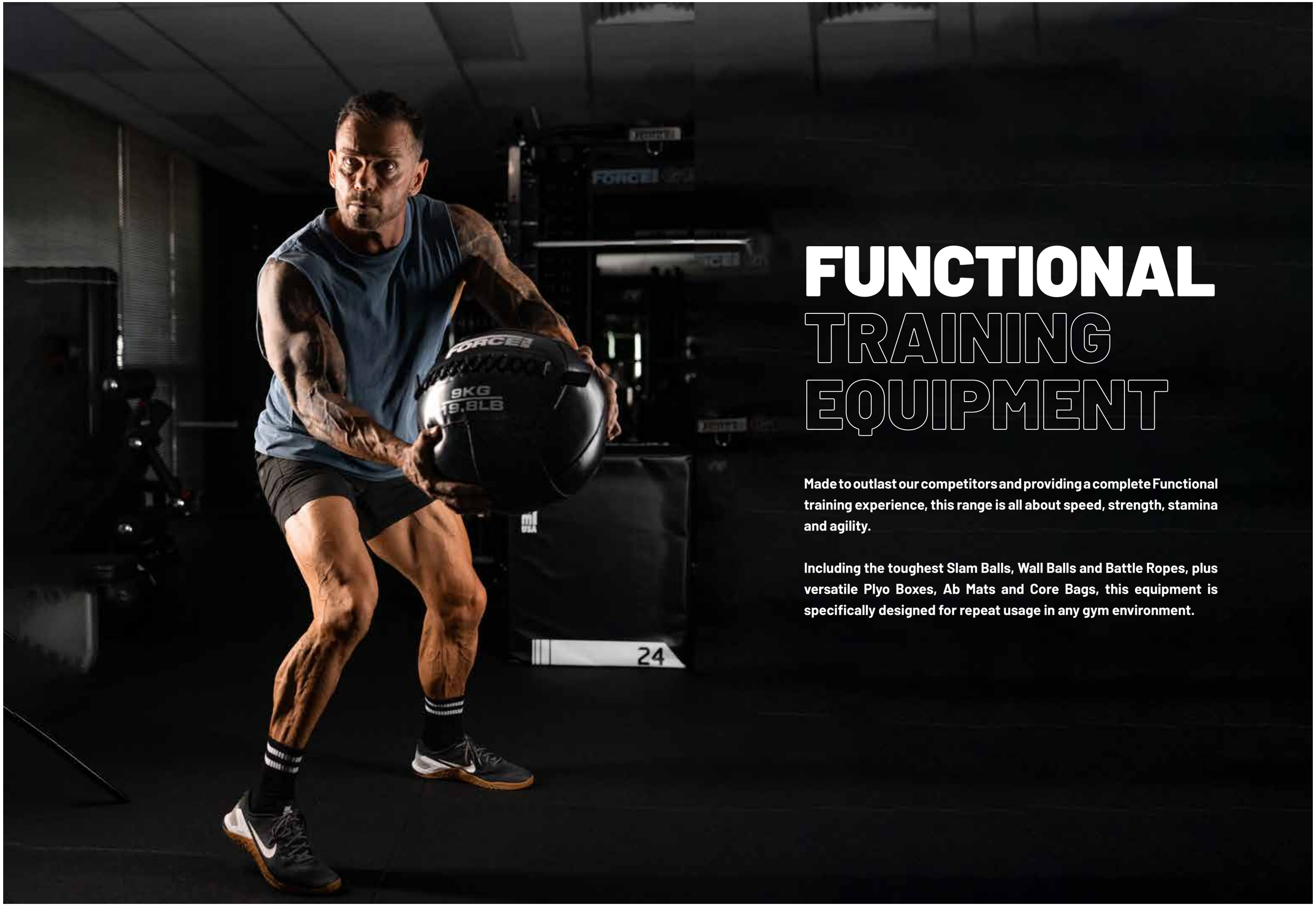
AIRBIKE

F-AIRBIKE

Enjoy one of the smoothest rides you can get, no matter what your training level. The Force USA Bike Ergometer features a quiet, adjustable and dynamic air resistance system, fully adjustable handlebars, and a responsive flywheel for a road bike feel. This quality training tool is lightweight and compact, easily fitting into any room, home or commercial gym.

SPECIFICATIONS:

Bluetooth 4.0
Compatible with Kinomap App and Force USA HRM
Battery Powered Console
10 Levels of Adjustment
Max User Weight: 200 kg
Dimensions: 240cm (W) x 105cm (L) x 65cm (H)



FUNCTIONAL TRAINING EQUIPMENT

Made to outlast our competitors and providing a complete Functional training experience, this range is all about speed, strength, stamina and agility.

Including the toughest Slam Balls, Wall Balls and Battle Ropes, plus versatile Plyo Boxes, Ab Mats and Core Bags, this equipment is specifically designed for repeat usage in any gym environment.

FORCE USA
SLAM BALLS
F-SB

The Force USA® Elite Slam Balls deliver enormous workout potential by teaching your body proper hip activation, hip extension, coordination, force production and core control! Develop strength, power and endurance through a range of functional movements with this highly versatile piece of equipment.

SPECIFICATIONS:
Available in 14 sizes: 4kg, 5kg, 6kg, 7kg, 8kg, 9kg, 10kg, 12kg, 15kg, 20kg, 25kg, 30kg, 35kg, 40kg,
Diameter 4kg - 10kg: 25cm
Diameter 12kg - 30kg: 30cm
Diameter 35kg - 40kg: 32cm

FORCE USA
ELITE WALL BALLS
F-WB

Improve your endurance, explosiveness, and core strength with the Force USA® Elite Wall Balls. Designed with a weighted centre mount system, the weight is distributed evenly throughout the wall ball so you can focus on your body movement and get the most out of your workout.

SPECIFICATIONS:
Available in 3 sizes: 6kg, 9kg and 12kg
Dimensions: 37cm Diameter
High-density thread pattern
Anti-rip soft vinyl shell
Dual-layer fabric and seal stitch
Minimalist design

STRENGTH FUNCTIONAL TRAINING EQUIPMENT

FORCE USA
15M BATTLE ROPE
F-BROPE15

Looking for something new to add to your workout? The Force USA® 15m Battle Rope is an intense, durable, functional training tool that can really take a beating and transform your fitness routine. This rope is designed to get your heart rate pumping while working the shoulders, abs and core, whatever your fitness level!

SPECIFICATIONS:
Terylene Material
Rubber End Caps
Weight: 13.5kg
Length: 15m (50ft)
Diameter: 33mm (1.3")

FORCE USA
ENDURANCE CORE BAG
F-COREBAG

The Force USA® Endurance Core Bag enables you to use your body efficiently while increasing coordination, agility and strength. An essential tool for functional fitness training, the Force USA® Core Bag can mimic any exercise performed with a barbell or dumbbell. The soft exterior makes it comfortable for learning new exercises and prevents common injuries associated with traditional steel equipment.

SPECIFICATIONS:
Available in 4 sizes: 5kg, 10kg, 15kg and 20kg
Dimensions: Length: 55cm Diameter: 22cm
Anti-rip soft vinyl shell
Dual-layer fabric and seal stitch

FORCE USA
WEIGHT VEST - 30KG
F-WVEST-V2

Force USA® Weight Vest lets you push your body to the limits with easily adjustable weight resistant training to improve stamina, build strength and burn fat. This training vest has shoulder and side straps plus an adjustable front strap to effectively fit your body shape. Your 30kg/66lbs weight inserts have been perfectly positioned to provide even distribution over your torso so the load is proximal to your core and minimises stress on your joints.
Adjustable to suit different body shapes
Max Weight: 30kgs

FORCE USA
TACTICAL TRAINING VEST
F-TACTICALVEST

With a sleek, high-performance design, your Force USA® Tactical Training Vest lets you push your body to the limits with easily adjustable weight training. Offering enhanced comfort and breathability, this training vest accommodates 2kg, 4.5kg & 10kg weight plates to quickly modify your training goals mid-workout.
Dimensions: 40cm (L) x 40cm (H) x 10cm (W)
Vest Colours: Black or Camo (pending availability)

FORCE USA
CURVED WEIGHT VEST PLATES

F-VESTPLATE3-V2, F-VESTPLATE8-V2, F-VESTPLATE20

Start building out your Force USA® Tactical Vest and add a pair of Force USA® Weight Plates. Enjoy the slim, curved design to quickly add or subtract weights during workouts.
Available in sizes: 2kg, 4.5kg, 10kg (Sold as pair)

STRENGTH FUNCTIONAL TRAINING EQUIPMENT

FORCE USA
FOAM PLYO BOX
F-FOAMPLYO

The Force USA® Foam Plyo Box is a simple solution for different box heights, designed specifically with safety and functionality in mind. The box, depending on which side you face it, allows for three separate box jumps 20", 24", 30" (51cm, 61cm, 76cm). An essential item in any home gym, pt studio or commercial facility, this simple but effective training tool can provide a full-body workout for all fitness levels.

SPECIFICATIONS:
Three height adjustments
Mesh backed vinyl
Weight capacity: 150kg
Dimensions: 70cm(L) x 60cm(W) x 50cm(H)

FORCE USA
WOODEN PLYO BOX
F-WPLYO

Jump into your functional fitness routine with the Force USA® Wooden Plyo Box. This aesthetically appealing piece of equipment is built for safe, effective plyometric training at any skill level. The 3-in-1 design allows for versatility in your workout with three different heights, 20", 24", 30" (51cm, 61cm, 76cm) and is the perfect staple to any home or garage gym.

SPECIFICATIONS:
Three height adjustments
18mm plywood
Internal supports
Easy to assemble
Flat packed on arrival
Dimensions: 76cm(L) x 61cm(W) x 51cm(H)
Weight Capacity: 400lbs/181kg

ACCESSORIES

Force USA has spent years in the lab creating this collection of accessories and attachments for Strength, Crossfit, TRX, Cardio and Endurance training.

Made to withstand the most punishing workouts and designed with storage in mind, each piece delivers the versatility and performance that users need to reach their strength and fitness goals.

FORCE USA
OLYMPIC QUICK LOCK COLLARS - PAIR
F-OLYLOCK

The Force USA® Olympic Quick Lock Collars allow for swift attachment and removal of Olympic plates from your bar during workouts. Super-strong, secure and safe, the easy-to-use latch can be flicked open and closed with one hand while quickly changing weight plates.

FORCE USA
OLYMPIC SPRING COLLARS - PAIR
F-OSC

Olympic dumbbells are a great addition to the serious weight trainer. If you already have a lot of Olympic weights then these are a must-have for you

FORCE USA
TRICEP PRESS DOWN BAR
F-TPDB

Solid construction and effective in design, the Force USA® Tricep Push Down Bar is made for everyday gym use and designed to fit on any cable exercise equipment. Featuring heavy-duty SteelForce™ Structural Integrity, the Force USA® Tricep Push Down Bar is built to take a pounding and helps you expand your range of exercises.

STRENGTH ACCESSORIES

FORCE USA
CLOSE GRIP TRIANGLE
F-CGTR

Solid construction and effective in design, the Force USA® Close Grip Triangle Row is made for everyday gym use and designed to fit on any cable exercise equipment. Featuring heavy-duty SteelForce™ Structural Integrity, the Force USA® Close Grip Triangle Row is built to take a pounding and helps you expand your range of exercises.

FORCE USA
TRICEP ROPE
F-TR

Solid construction and effective in design, the Force USA® Tricep Rope is made for everyday home gym use and designed to fit on any cable exercise equipment. Featuring heavy-duty SteelForce™ Structural Integrity, the Force USA® Tricep Rope is built to take a pounding and helps you expand your range of exercises.

FORCE USA
SINGLE STIRRUP HANDLE WITH RUBBER GRIPS
F-SSHRG

Made with heavy-duty high tensile steel and a comfortable spinning rubber handle, you can complete all your single-arm isolated lateral exercises, including tricep pulldowns, side raises and bicep curls. Quickly say goodbye to any burns or callus build-up and ramp up your performance today.

FORCE USA
CLOSE GRIP V BAR
F-RCGVB

Ready to hook onto any machine with a cable attachment, Force USA®'s Close-Grip V Bar is perfect for your home or commercial gym set-up. Featuring pronated and hammer rubber grip handles, you can really focus and isolate those key upper body muscle groups, including biceps, triceps, and lats.

FORCE USA
REVOLVING CURL ROW BAR
F-RCBR

Delivering heavy-duty high tensile steel and 3 super comfortable hand positions, your exercise options are limitless - wide and close grip seated rows, straight arm pulldowns, bicep curls, standing, and bent rows, you name it this bar has it.

FORCE USA
REVOLVING D HANDLE PULLDOWN BAR
F-RDHPDB

Are you looking to add a versatile, heavy-duty attachment to your home or studio and take your upper body training to a new level? Force USA's 36kg machine welded Revolving D Handle Pulldown Bar delivers a massive 195kg in tensile strength and 3 comfortable grip positions.

FORCE USA
ANKLE CUFF PAIR
F-AC1

Bring a new dimension to your exercise routine with the Force USA® Ankle Cuffs. An ideal solution to performing a wide range of leg and lower body pulley-type exercises, allowing you to target your muscles from multiple planes of movement. An easy fit for most Functional Trainers, Weight Stacks or Home Gyms, these ankle straps will see you toning and sculpting throughout your hips, thighs and glutes.

FORCE USA
BARBELL PAD
F-BP

Are you tired of heavy barbells digging into your neck, shoulders and hips? Being comfortable is a must if you're trying to get those gains during your workout. Introducing the Force USA® Barbell Pad. Preventing direct contact of your body with the bar, this barbell pad offers comfort, safety and support to help you focus on your training without discomfort.

FORCE USA
AB MAT
F-ABMAT

Utilise the specially designed shape to isolate the abdominal muscles and get the full range of motion, resulting in more effective sit-ups and crunches. The Force USA® Ab Mat prevents back and tailbone discomfort by maintaining a neutral spine position, supporting your lower back and taking the focus off your hip flexors so you get maximum burn in all the right places.
Dimensions: 70cm(L) x 30cm(W) x 37cm(H)

FORCE USA
HEART RATE MONITOR
F-HRM

The perfect training aid for anyone looking to track their fitness goals, Force USA's latest Heart Rate Monitor offers maximum precision and reliability when measuring your heart rate during workouts.
Battery Operated
Compatible with any POLAR frequency device
Minimum Chest Dimensions: 62cm
Maximum Chest Dimensions: 197cm

FORCE USA
LIQUID WEIGHT LIFTING CHALK - 250ML BOTTLE
F-LIQUIDCHALK

An essential training aid for every weightlifter or CrossFit athlete, Force USA's Liquid Weight Lifting Chalk offers a no-mess, hygienic solution and a super-strong grip for every workout.

FORCE USA
POWDER WEIGHT LIFTING CHALK - BLOCK
F-POWDERCHALK

Are you looking for consistent, long-lasting weight lifting chalk for your next workout? Made with the highest quality magnesium carbonate formula, Force USA's Powder Weight Lifting Chalk delivers the perfect grip and a highly absorbent texture that won't dissolve or cake. With 8 blocks included, you'll have enough chalk to last for months of weight training.

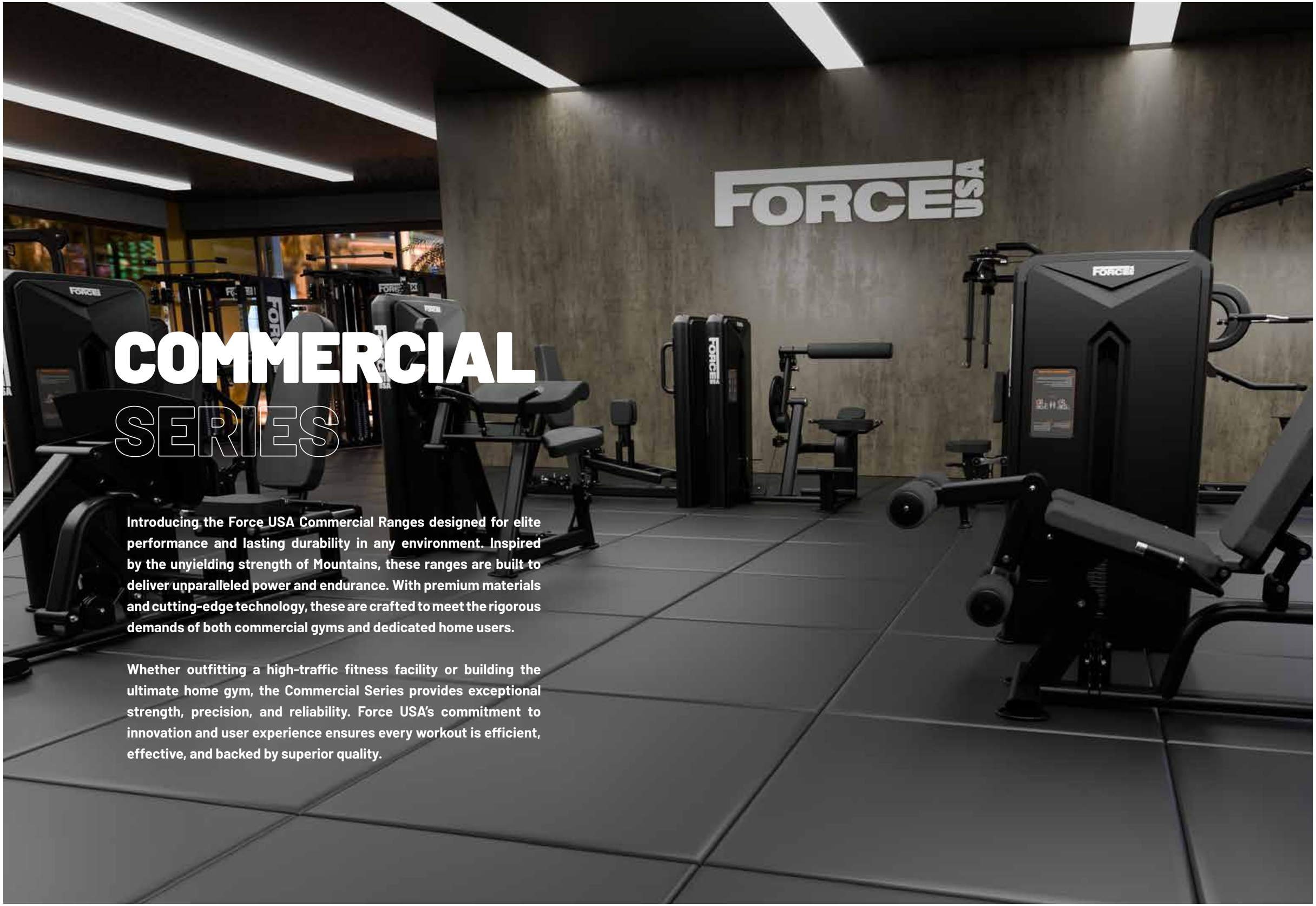
STRENGTH ACCESSORIES

FORCE USA
SPEED ROPE
F-SR1

Tangle-free aluminum light weight handle
Knurled aluminum grip
Independent rotational steel bearing ends to ensure a maximum speed when in use
3m adjustable PVC coated steel speed rope

FORCE USA
CALF BLOCK
F-CALFBLK

The Force USA® Calf Block will help you build your Calf muscles with near 100% isolation! Calf Blocks are a great stand-alone product but also an excellent add-on sale with Power Racks, Smith Machines, Benches, Dumbbells or many other pieces of equipment.
Dimensions: 56cm (L) x 38cm (W) x 10cm (H)

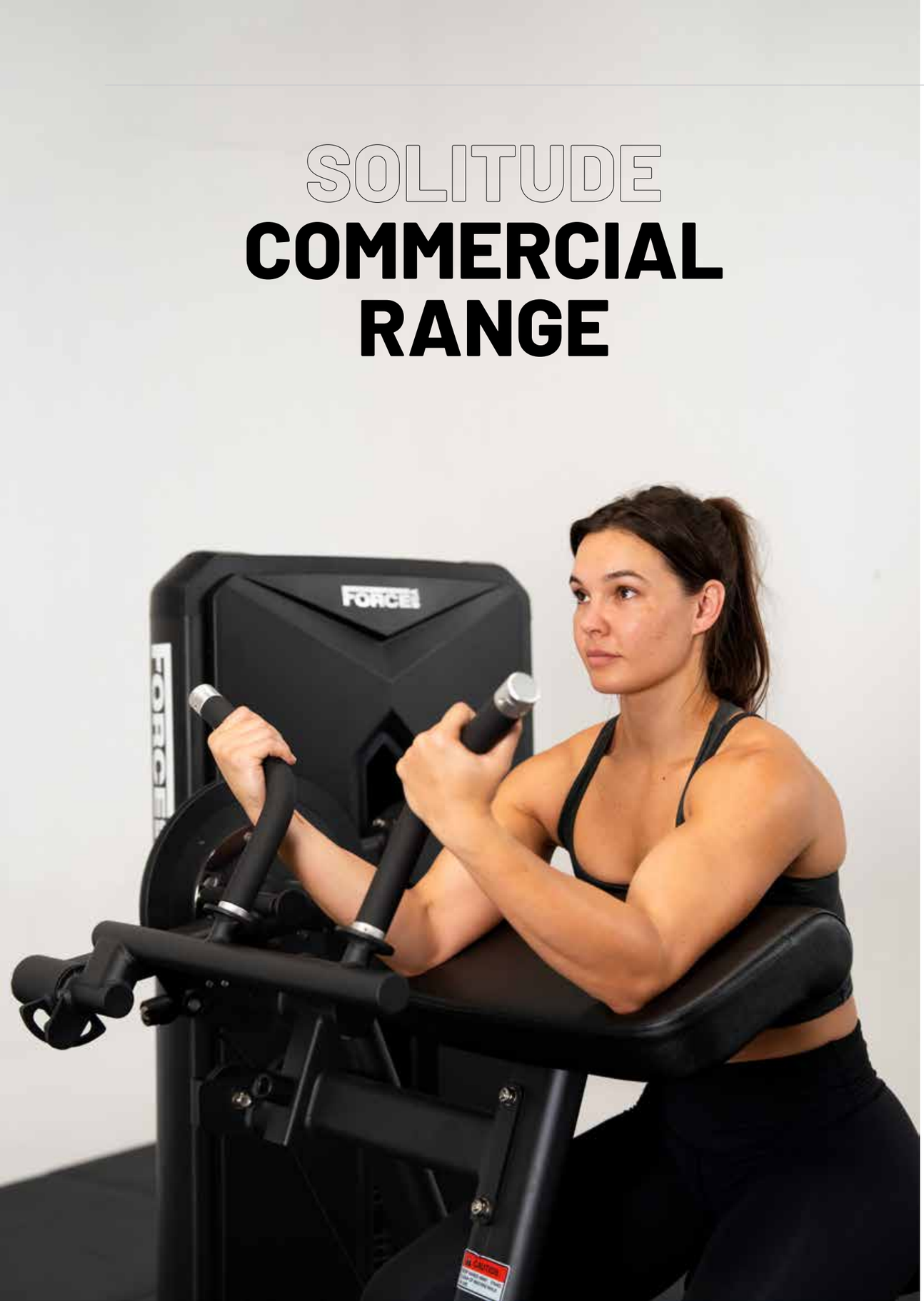


COMMERCIAL SERIES

Introducing the Force USA Commercial Ranges designed for elite performance and lasting durability in any environment. Inspired by the unyielding strength of Mountains, these ranges are built to deliver unparalleled power and endurance. With premium materials and cutting-edge technology, these are crafted to meet the rigorous demands of both commercial gyms and dedicated home users.

Whether outfitting a high-traffic fitness facility or building the ultimate home gym, the Commercial Series provides exceptional strength, precision, and reliability. Force USA's commitment to innovation and user experience ensures every workout is efficient, effective, and backed by superior quality.

SOLITUDE COMMERCIAL RANGE



CHEST/SHOULDER PRESS

F-S-CSP

Enhance your gym's versatility with the Force USA Chest/Shoulder Press Machine is a dual-function unit seamlessly transitions between chest and shoulder presses, maximizing space and efficiency. Built with a durable oval tube frame, it delivers stability and longlasting performance, catering to users of all heights for a customized experience.

SPECIFICATIONS:
Product Weight: 301.5 LBS / 244 KG
Max User Weight: 396 LBS / 180 KG
Weight Stack: 220 LBS / 100 KG
Main Frame: Oval Tube 3.94×1.97×0.12 IN / 100×50×3 MM
Dims (LxWxH): 64.37×54.72×57.48 IN / 163.5×139×146 CM

REAR DELTOID/PEC FLY

F-S-RDPF

Optimize your gym's training options with this versatile unit that delivers targeted muscle development for the rear deltoids and pectorals. Built with a sturdy oval tube frame, it ensures durability and smooth operation, making it an essential addition for comprehensive upper body workouts.

SPECIFICATIONS:
Product Weight: 473.7 LBS / 215 KG
Max User Weight: 396 LBS / 180 KG
Weight Stack: 220 LBS / 100 KG
Main Frame: Oval Tube 3.94×1.97×0.12 IN / 100×50×3 MM
Dims (LxWxH): 42.24×58.07×77.76 IN / 107.3×147.5×197.5 CM

BICEP/TRICEP MACHINE

F-S-BT

The Force USA Bicep/Tricep Machine offers a versatile solution for focused arm training, allowing users to isolate and strengthen both biceps and triceps with precision. Engineered for smooth operation and consistent performance, it is an essential piece of equipment for any gym aiming to provide comprehensive upper body workouts.

SPECIFICATIONS:

Product Weight: 479.5 LBS / 217.5 KG
Max User Weight: 396 LBS / 180 KG
Weight Stack: 220 LBS / 100 KG
Main Frame: Oval Tube 3.94×1.97×0.12 IN / 100×50×3 MM
Dims (LxWxH): 47.83×47.64×57.48 IN / 121.5×121.5×146 CM

LAT PULLDOWN/ROW

F-S-LPSR

The Force USA Lat Pulldown/Seated Row Machine provides a comprehensive solution for developing back strength. With the ability to perform both lat pulldowns and seated rows, this machine enhances upper body training efficiency and delivers smooth, reliable performance for a variety of users.

SPECIFICATIONS:

Product Weight: 471.8 LBS / 214 KG
Max User Weight: 396 LBS / 180 KG
Weight Stack: 264 LBS / 120 KG
Main Frame: Oval Tube 3.94×1.97×0.12 IN / 100×50×3 MM
Dims (LxWxH): 71.46×46.46×83.66 IN / 181.5×118×212.5 CM

ABS/BACK EXTENSION

F-S-ABE

The Force USA Abdominal/Back Extension machine provides targeted core strengthening with the ability to switch between abdominal and back extension exercises. Designed for smooth and consistent operation, it is an essential piece of equipment for any gym focusing on core stability, lower back health and enhancing spinal support.

SPECIFICATIONS:

Product Weight: 468.4 LBS / 212.5 KG
Max User Weight: 396 LBS / 180 KG
Weight Stack: 220 LBS / 100 KG
Main Frame: Oval Tube 3.94×1.97×0.12 IN / 100×50×3 MM
Dims (LxWxH): 40.94×49.21×57.48 IN / 104×125×146 CM

LEG EXTENSION/CURL

F-S-LELC

The Force USA Leg Extension/Leg Curl Machine is a versatile addition to any gym, enabling users to strengthen both the quadriceps and hamstrings with a single machine. Its dual-function design ensures efficient lower body workouts, with consistent performance that's built to endure intense training sessions over time.

SPECIFICATIONS:

Product Weight: 595.2 LBS / 270 KG
Max User Weight: 396 LBS / 180 KG
Weight Stack: 220 LBS / 100 KG
Main Frame: Oval Tube 3.94×1.97×0.12 IN / 100×50×3 MM
Dims (LxWxH): 68.11×42.91×57.48 IN / 173×109×146 CM

ABDUCTOR/ADDUCTOR

F-S-AA0IT

The Force USA Abductor/Adductor Machine is designed to strengthen the inner and outer thighs effectively. With a smooth transition between abductor and adductor exercises, this machine provides versatile lower body training, essential for enhancing leg stability, overall performance and muscle definition, making it indispensable for any gym.

SPECIFICATIONS:
Product Weight: 485 LBS / 220 KG
Max User Weight: 396 LBS / 180 KG
Weight Stack: 220 LBS / 100 KG
Main Frame: Oval Tube 3.94×1.97×0.12 IN / 100×50×3 MM
Dims (LxWxH): 66.73×28.54×57.48 IN / 169.5×72.5×146 CM

LEG PRESS MACHINE

F-S-LP

The Force USA Leg Press Machine is a powerhouse for lower body development, focusing on building strength and muscle mass in the quadriceps, hamstrings, and glutes. Engineered for smooth operation, it offers a robust weight stack and reliable performance, essential for serious strength training programs.

SPECIFICATIONS:
Product Weight: 660.3 LBS / 299.5 KG
Max User Weight: 396 LBS / 180 KG
Weight Stack: 264 LBS / 120 KG
Main Frame: Oval Tube 3.94×1.97×0.12 IN / 100×50×3 MM
Dims (LxWxH): 72.05×45.67×57.48 IN / 183×116×146 CM

CHIN UP/ DIP MACHINE

F-S-ACUD

The Assisted Chin-Up / Dip Machine is a versatile tool for upper body strength development, targeting key muscle groups such as the back, chest, shoulders, and arms. With smooth motion and a sturdy weight stack, it's perfect for users of all levels looking to enhance their pull-up and dip performance.

SPECIFICATIONS:
Product Weight: 654.9 LBS / 297.2 KG
Max User Weight: 396 LBS / 180 KG
Weight Stack: 264 LBS / 120 KG
Main Frame: Oval Tube 3.94×1.97×0.12 IN / 100×50×3 MM
Dims (LxWxH): 69.88×50.39×95.08 IN / 177.5×128×241.5 CM

RIDGELINE
COMMERCIAL RANGE

LEG EXTENSION LEG CURL MACHINE
F-R-LELC

The Force USA Ridgeline Leg Extension/Leg Curl Machine is a full-commercial dual-purpose solution, precision-engineered to isolate and strengthen the quadriceps and hamstrings. Built to endure high-traffic usage in commercial facilities, this machine combines durability with cutting-edge adjustability for superior biomechanics. Its ergonomic design, coupled with a sleek and robust build, ensures unmatched performance for gyms, military facilities, rehabilitation centers, and other professional environments.

SPECIFICATIONS:
Weight Rating: 120 kg (264 lbs)
Max User Weight: 120 kg (264 lbs)
Dimensions (L×W×H): 128.5×91×143cm (50.6"×35.8"×56.3")
Frame Type: Heavy-duty commercial-grade steel with a black powder-coated finish.

SEATED LEG PRESS
F-R-LP

The Force USA Ridgeline Seated Leg Press (F-R-LP) is a high-performance leg press machine crafted for full-commercial use. Designed to target the hamstrings, quadriceps, calves, and glutes, this quiet and smooth machine delivers an intense and effective workout experience. With its sleek black-on-black branding, luxurious steel shroud, and high durability, it's an exceptional addition to any high-traffic gym or professional training facility.

SPECIFICATIONS:
Function: Leg Press
Max User Weight: 190 kg (419 lbs)
Weight Stack: 120 kg (264 lbs)
Dimensions (L×W×H): 1790×1205×1810 mm (70.5"×47.4" × 71.3")
Tube Dimensions: 130.5 × 76 × 3 mm, 50 × 100 × 3 mm
Net Weight / Gross Weight: 341 kg/133 kg (751 lbs / 293 lbs)
Loading Capacity (20FT): 15 sets
Warranty: Frame (lifetime), moving parts (2 years), cables and springs (1 year), upholstery and hand grips (6 months)

ASSISTED CHIN-UP / DIP MACHINE

F-R-ACUD

The Force USA Ridgeline Assisted Chin-Up/Dip Machine is a versatile upper-body training solution designed for strength and endurance. With multiple handle positions and adjustable parallel bars, it allows users to perform dips and chin-ups with precision and support. Featuring a kneeling pad for assisted movements, this machine is engineered for comfort and adaptability while maintaining a sleek, full-commercial design.

SPECIFICATIONS:

Function: Assisted Chin-Up / Dip
Max User Weight: 190 kg (419 lbs)
Weight Stack: 120 kg (264 lbs)
Dimensions (L×W×H): 1625 × 1190 × 2280 mm (64″ × 46.9″ × 89.8″)
Tube Dimensions: 130.5 × 76 × 3 mm, 50 × 100 × 3 mm
Warranty: Frame (lifetime), moving parts (2 years), cables andsprings (1 year), upholstery and hand grips (6 months)

MULTI PRESS

F-R-MP

The Force USA Ridgeline Multi Press is a dual-function machine designed for chest and shoulder training. With height-adjustable push arms and an ergonomic seat, it ensures optimal user alignment. Built for full-commercial use, its heavy-duty steel frame and precise mechanics deliver consistent performance and durability, making it an excellent choice for high-traffic fitness facilities.

SPECIFICATIONS:

Function: Multi Press (Chest / Shoulder)
Max User Weight: 190 kg (419 lbs)
Weight Stack: 120 kg (264 lbs)
Dimensions (L×W×H): 210× 128 × 143.5 cm (82.7″ × 50.4″ × 56.5″)
Tube Dimensions: 130.5 × 76 × 3 mm, 50 × 100 × 3 mm
Net Weight / Gross Weight: 292 kg / 101 kg (644 lbs / 222 lbs)
Loading Capacity (20FT): 32 sets
Warranty: Frame (lifetime), moving parts (2 years), cables and springs (1 year), upholstery and hand grips (6 months)

REAR DELTOID / PEC FLY MACHINE

F-R-RDPF

The Force USA Ridgeline Rear Deltoid / Pec Fly Machine offers a seamless combination of rear delt and chest strengthening in one versatile machine. Its adjustable swing arms and seat provide superior alignment for enhanced range of motion and muscle engagement. With a safety mechanism for controlled pec fly motion and a durable, full-commercial build, it's ideal for heavy-use gym environments.

SPECIFICATIONS:

Function: Rear Delt / Pec Fly
Max User Weight: 190 kg (419 lbs)
Weight Stack: 120 kg (264 lbs)
Dimensions (L×W×H): 152.5×107.5×207.5 cm (60″ × 42.3″ × 81.7″)
Tube Dimensions: 130.5 × 76 × 3 mm, 50 × 100 × 3 mm
Net Weight / Gross Weight: 278 kg / 102 kg (613 lbs / 225 lbs)
Loading Capacity (20FT): 40 sets
Warranty: Frame (lifetime), moving parts (2 years), cables and springs (1 year), upholstery and hand grips (6 months)

LAT PULLDOWN / SEATED ROW MACHINE

F-R-LPSR

The Force USA Ridgeline Lat Pulldown / Seated Row Machine combines two upper-body exercises in one. It targets lats, traps, and delts with smooth motion and ergonomic adjustability. Built with a durable, full-commercial frame and premium materials, it ensures stability and comfort, making it an excellent choice for high-traffic professional fitness facilities.

SPECIFICATIONS:

Function: Lat Pulldown / Seated Row
Max User Weight: 190 kg (419 lbs)
Weight Stack: 120 kg (264 lbs)
Dimensions (L×W×H): 205×120.5×224.5 cm (80.7″×47.4″×88.4″)
Tube Dimensions: 130.5 × 76 × 3 mm, 50 × 100 × 3 mm
Net Weight / Gross Weight: 283 kg/105 kg (624 lbs/231 lbs)
Loading Capacity (20FT): 40 sets
Warranty: Frame (lifetime), moving parts (2 years), cables and springs (1 year), upholstery and hand grips (6 months)

ABDUCTOR / ADDUCTOR MACHINE

F-R-AA01T

The Force USA Ridgeline Abductor / Adductor Machine offers dual-functionality for targeted inner and outer thigh workouts. Its adjustable cushions and starting positions ensure optimal comfort and range of motion. Built with a full-commercial steel frame and premium components, it provides long-lasting durability and performance, making it an excellent addition to high-traffic fitness facilities.

SPECIFICATIONS:
Function: Adductor / Abductor
Max User Weight: 190 kg (419 lbs)
Weight Stack: 120 kg (264 lbs)
Dimensions (L×W×H): 155.5×69.5×143 cm (61.2"×27.4"×56.3")
Tube Dimensions: 130.5 × 76 × 3 mm, 50 × 100 × 3 mm
Net Weight / Gross Weight: 265 kg/89 kg (584 lbs/196 lbs)
Loading Capacity (20FT): 42 sets
Warranty: Frame (lifetime), moving parts (2 years), cables and springs (1 year), upholstery and handgrips (6 months)

RIDGELINE BICEP / TRICEP MACHINE

F-R-BT

The Force USA Ridgeline Bicep / Tricep Machine is a dual-function solution for effective arm training. With adjustable seat and handle positions, it ensures optimal biomechanics and deeper start positions for maximum muscle engagement. Designed for full-commercial use, it features a durable steel frame and precise mechanics, making it a reliable choice for high-traffic fitness facilities.

SPECIFICATIONS:
Function: Biceps / Triceps
Max User Weight: 190 kg (419 lbs)
Weight Stack: 120 kg (264 lbs)
Dimensions (L×W×H): 210×128×143.5 cm (82.7"×50.4"×56.5")
Tube Dimensions: 130.5×76×3 mm, 50×100×3 mm
Net Weight / Gross Weight: 264 kg/90 kg (582 lbs/198 lbs)
Loading Capacity (20FT): 48 sets
Warranty: Frame (lifetime), moving parts (2 years), cables and springs (1 year), upholstery and handgrips (6 months)

MULTIJUNGLE COMMERCIAL RANGE

MULTI-JUNGLE CABLE CROSSOVER

F-MJ-CCO

The Force USA Multi-Jungle Cable Crossover offers a versatile full-body workout solution with endless exercise possibilities. Built with a durable steel frame and aluminum pulleys, it provides smooth motion and exceptional reliability. Featuring dual 100 kg weight stacks and multiple grip options, this machine is ideal for high-traffic commercial gyms, delivering consistent performance and adaptability for all fitness levels.

SPECIFICATIONS:

Product Size: 3580 × 970 × 2280 mm (140.9" × 38.2" × 89.8")
Steel Tube: 50 × 100 × 3.0 mm
Net Weight: 372 kg (820 lbs)
Weight Stack: 2 × 100 kg (220 lbs each)
Wooden Box Size: 2270×850×430 mm/620×370×280 mm
Loading Capacity: 30 sets (20FT container)

MULTI-JUNGLE 4-STACK SP

F-MJ-4S-SP

The Force USA Multi-Jungle 4-Stack SP is a versatile multi-station machine designed for efficient group and individual training. With four weight stacks, including a triceps-focused stack, it allows simultaneous use for multiple exercises. Crafted with durable steel tubing, aluminum pulleys, and a chrome lat bar, it delivers smooth motion, durability, and functionality for full-commercial fitness environments.

SPECIFICATIONS:

Product Size: 3140 × 1330 × 2200 mm (123.6" × 52.4" × 86.6")
Steel Tube: 50 × 100 × 3.0 mm
Net Weight: 626 kg (1379 lbs)
Weight Stack: Triceps: 75 kg (165 lbs)
Other 3 Sides: 3 × 100 kg (220 lbs each)
Wooden Box Size: 2270×850×580 mm/620×370×440 mm
Loading Capacity: 24 sets (20FT container)

FORCE USA MULTI-JUNGLE 4-STACK DP

F-MJ-4S-DP

The Force USA Multi-Jungle 4-Stack DP is a premium multi-station machine designed for versatility and simultaneous multi-user functionality. Featuring double aluminum pulleys and chrome lat bars, it supports a variety of exercises including high pulls, rowing, and dual-pulley cable work. Built for durability and smooth performance, this machine is perfect for full-commercial gyms and high-traffic environments.

SPECIFICATIONS:

Product Size: 3140 × 1460 × 2200 mm (123.6″ × 57.5″ × 86.6″)
Steel Tube: 50 × 100 × 3.0 mm
Net Weight: 676 kg (1490 lbs)
Weight Stack: Double Pulley Side: 2 × 100 kg (220 lbs), High Pull/Rowing Side: 2 × 100 kg (220 lbs each)
Wooden Box Size: 2270 × 850 × 580 mm
Loading Capacity: 24 sets (20FT container)

FORCE USA MULTI-JUNGLE 5-STACK

F-MJ-5S

The Force USA Multi-Jungle 5-Stack is a high-capacity multi-station machine, ideal for group training or versatile solo workouts. With five weight stacks, including a dedicated 75 kg stack, it accommodates simultaneous users for a wide variety of exercises. Engineered with durable steel tubing and aluminum pulleys, this machine ensures smooth performance and longevity, making it a staple in full-commercial gyms.

SPECIFICATIONS:

Product Size: 4100 × 3140 × 2280 mm (161.4″ × 123.6″ × 89.8″)
Steel Tube: 50 × 100 × 3.0 mm
Net Weight: 827 kg (1824 lbs)
Weight Stack: 4 × 100 kg (220 lbs each) + 75 kg (165 lbs)
Wooden Box Size: 2270×850×720 mm / 620×370×600 mm
Loading Capacity: 18 sets (20FT container)

STRENGTH PIN LOADED EQUIPMENT

FORCE USA MULTI-JUNGLE 8-STACK

F-MJ-8S

The Force USA Multi-Jungle 8-Stack is a versatile, full-commercial solution for group and multi-user training. Featuring eight weight stacks, including six 100 kg stacks and two 75 kg stacks, this station supports simultaneous, diverse workouts. With smooth aluminum pulleys and a robust steel frame, it delivers exceptional performance and durability, making it ideal for high-traffic gyms and professional fitness facilities.

SPECIFICATIONS:

Product Size: 4630×3700 × 2280 mm (182.3″ × 145.7″ × 89.8″)
Steel Tube: 50 × 100 × 3.0 mm
Net Weight: 1282 kg (2826 lbs)
Weight Stack: 6 × 100 kg (220 lbs each), 2 × 75 kg (165 lbs each)
Wooden Box Size: 2270×850×580 mm/ 700×620×440 mm
Loading Capacity: 12 sets (20FT container)

NAVARONE
COMMERCIAL RANGE

SEATED DIP MACHINE
F-N-SD

The Force USA Seated Dip Machine enables effective training for the triceps, chest, and shoulders with superior biomechanics. Its compact design enhances usability in limited spaces, while smooth motion mechanics ensure a fluid workout experience. Built for durability, it's perfect for commercial gyms looking to expand their strength training options.

SPECIFICATIONS:
Product Size: 177.0 × 108.0 × 94.0 cm (69.7″ × 42.5″ × 37.0″)
Net Weight: 116 kg (255.7 lbs)
Gross Weight: 151 kg (333.1 lbs)
Steel Tube: 6.5 × 11.4 × 0.3 cm, 9.0 × 14.0 × 0.3 cm (2.6″ × 4.5″ × 0.1″, 3.5″ × 5.5″ × 0.1″)
Wooden Box Size: 179.0 × 96.0 × 56.0 cm (70.5″ × 37.8″ × 22.0″)
Loading Capacity: 42 sets (20FT container)

BICEPS CURL MACHINE
F-N-BC

The Force USA Biceps Curl Machine ensures isolated and controlled biceps activation with its preacher pad design. Engineered for precision and comfort, it supports proper form during every rep. Built for durability and stability, this compact machine delivers reliable performance, making it perfect for high-traffic fitness facilities.

SPECIFICATIONS:
Product Size: 177.0 × 108.0 × 94.0 cm (69.7″ × 42.5″ × 37.0″)
Net Weight: 116 kg (255.7 lbs)
Gross Weight: 151 kg (333.1 lbs)
Steel Tube: 6.5 × 11.4 × 0.3 cm, 9.0 × 14.0 × 0.3 cm (2.6″ × 4.5″ × 0.1″, 3.5″ × 5.5″ × 0.1″)
Wooden Box Size: 179.0 × 96.0 × 56.0 cm (70.5″ × 37.8″ × 22.0″)
Loading Capacity: 42 sets (20FT container)

ROW MACHINE

F-N-R

The Force USA Row Machine is a commercial-grade solution for effective back and shoulder training. Designed to target multiple muscle groups, it offers smooth motion and ergonomic seating for optimal alignment and comfort. With a durable steel frame and compact footprint, this machine ensures high performance and reliability, making it ideal for any commercial fitness facility.

SPECIFICATIONS:

Product Size: 145.0 × 140.0 × 140.0 cm (57.1″ × 55.1″ × 55.1″)
Net Weight: 134 kg (295.4 lbs)
Gross Weight: 168 kg (370.4 lbs)
Steel Tube: 6.5 × 11.4 × 0.3 cm, 9.0 × 14.0 × 0.3 cm (2.6″ × 4.5″ × 0.1″, 3.5″ × 5.5″ × 0.1″)
Wooden Box Size: 128.0 × 99.0 × 79.0 cm (50.4″ × 39.0″ × 31.1″)
Loading Capacity: 27 sets (20FT container)

PULLDOWN MACHINE

F-N-PD

The Force USA Pulldown Machine offers a versatile solution for lat and upper-back development. With smooth cable motion and an ergonomic design, it provides an effective workout experience. Its robust construction and user-focused features make it ideal for professional gym environments.

SPECIFICATIONS:

Product Size: 169.0 × 165.0 × 198.5 cm (66.5″ × 65.0″ × 78.1″)
Net Weight: 142 kg (313.1 lbs)
Gross Weight: 182 kg (401.2 lbs)
Steel Tube: 6.5 × 11.4 × 0.3 cm, 9.0 × 14.0 × 0.3 cm (2.6″ × 4.5″ × 0.1″, 3.5″ × 5.5″ × 0.1″)
Wooden Box Size: 174.0 × 107.0 × 63.0 cm (68.5″ × 42.1″ × 24.8″)
Loading Capacity: 24 sets (20FT container)

CHEST PRESS MACHINE

F-N-CP

The Force USA Chest Press Machine is engineered to provide effective chest and upper-body strength training. With smooth motion and an ergonomic seat, it ensures proper alignment and maximum comfort during workouts. Built with durable steel tubing and a compact design, this machine offers exceptional reliability and performance, making it a valuable addition to any professional gym.

SPECIFICATIONS:

Product Size: 156.0 × 130.0 × 190.0 cm (61.4″ × 51.2″ × 74.8″)
Net Weight: 145 kg (319.7 lbs)
Gross Weight: 187 kg (412.3 lbs)
Steel Tube: 6.5 × 11.4 × 0.3 cm, 9.0 × 14.0 × 0.3 cm (2.6″ × 4.5″ × 0.1″, 3.5″ × 5.5″ × 0.1″)
Wooden Box Size: 202.0 × 109.0 × 48.0 cm (79.5″ × 42.9″ × 18.9″)
Loading Capacity: 20 sets (20FT container)

LEG EXTENSION MACHINE

F-N-LE

The Force USA Leg Extension Machine is designed for precise quadriceps isolation and strength building. Its ergonomic seat and adjustable mechanics ensure proper alignment and user comfort. Built with a robust steel frame and smooth operation, this machine is perfect for commercial gyms, offering durability and reliability for high-performance lower-body training.

SPECIFICATIONS:

Product Size: 145.0 × 155.0 × 115.0 cm (57.1″ × 61.0″ × 45.3″)
Net Weight: 124 kg (273.4 lbs)
Gross Weight: 165 kg (363.8 lbs)
Steel Tube: 6.5 × 1.4 × 0.3 cm, 9.0 × 14.0 × 0.3 cm (2.6″ × 0.6″ × 0.1″, 3.5″ × 5.5″ × 0.1″)
Wooden Box Size: 138.0 × 116.0 × 63.0 cm (54.3″ × 45.7″ × 24.8″)
Loading Capacity: 24 sets (20FT container)

KNEELING LEG CURL MACHINE

F-N-KLC

The Force USA Kneeling Leg Curl Machine delivers focused hamstring training with its angled kneeling design, promoting precise movement and full range of motion. Adjustable settings accommodate various users, while the heavy-duty construction ensures durability and smooth operation. This machine provides an efficient solution for strengthening the posterior chain in high-performance commercial gym environments.

SPECIFICATIONS:

Product Size: 125.0 × 150.0 × 130.0 cm (49.2″ × 59.1″ × 51.2″)
Net Weight: 126 kg (277.8 lbs)
Gross Weight: 160 kg (352.7 lbs)
Steel Tube: 6.5 × 1.4 × 0.3 cm, 9.0 × 14.0 × 0.3 cm (2.6″ × 0.6″ × 0.1″, 3.5″ × 5.5″ × 0.1″)
Wooden Box Size: 174.0 × 125.0 × 61.0 cm (68.5″ × 49.2″ × 24.0″)
Loading Capacity: 16 sets (20FT container)

CALF RAISE MACHINE

F-N-CR

The Force USA Calf Raise Machine is built to enhance lower leg strength and stability through precise calf engagement. Its compact design and heavy-duty construction make it a reliable option for commercial gym setups. With ergonomic foot positioning and a smooth motion mechanism, this machine ensures effective and comfortable training for users of all levels.

SPECIFICATIONS:

Product Size: 154.0 × 73.0 × 106.0 cm (60.6″ × 28.7″ × 41.7″)
Net Weight: 97 kg (213.8 lbs)
Gross Weight: 112 kg (246.9 lbs)
Steel Tube: 6.5 × 11.4 × 0.3 cm, 9.0 × 14.0 × 0.3 cm (2.6″ × 4.5″ × 0.1″, 3.5″ × 5.5″ × 0.1″)
Wooden Box Size: 148.0 × 75.0 × 57.0 cm (58.3″ × 29.5″ × 22.4″)
Loading Capacity: 40 sets (20FT container)

SHOULDER PRESS MACHINE

F-N-SP

The Force USA Shoulder Press Machine offers an efficient solution for strengthening the shoulders and upper body. Designed with user comfort in mind, it features an adjustable seat and ergonomic grips for controlled and stable movements. Its heavy-duty construction ensures reliability and performance, making it a valuable asset for professional gym environments focused on shoulder development.

SPECIFICATIONS:

Product Size: 162.0 × 152.0 × 135.0 cm (63.8″ × 59.8″ × 53.1″)
Net Weight: 154 kg (339.5 lbs)
Gross Weight: 200 kg (440.9 lbs)
Wooden Box Size: 140.0 × 100.0 × 58.0 cm (55.1″ × 39.4″ × 22.8″)
Loading Capacity: 32 sets (20FT container)

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