

# PRODUCT SPECIFICATIONS

F-G10 & G15 UPGRADE KIT

Code: 49207

MRP : 109000.00

**COSCO**  
SPORTS | FITNESS



Level up your Force USA G10 or G15 All-In-One Trainer with our exclusive G10 & G15 Upgrade Kit\*. Adds three additional strength training stations, three functional attachments, a TV mount, and four convenient storage shelves for one irresistible price.

Jammer Arms (Pair), Adjustable Vertical Leg Press Plate, Core Trainer, TV Mount, Barbell Row Handle, Single Metal Handle (Pair), Ankle Cuff, 4 x Storage Shelves

## **Jammer Arms**

Perform multiple explosive lifts, including incline bench presses, bent-over rows, deadlifts, shrugs, squats, snatches, lunges, and more.

## **Adjustable Vertical Leg Press Plate**

Never skip leg day again! The Leg Press Plate transforms the Fixed Smith Machine Bar into a Vertical Leg Press Machine.

## **Core Trainer**

Allows for a wide range of upper body training when using a barbell. Attaches to either side of the front rack to adapt to your workout space.

## **Barbell Row Handle**

Perfect for rotational torso training, including squats, half-kneeling presses, single-arm presses, standing presses, landmine rows, and more.

## **Single Metal Handle (Pair)**

The metal stirrup handles attach to the functional trainer cable system and features smooth-rolling bearings and comfortable grip knurling.

## **TV Mount**

Bolts directly to the structure—no drilling required! Accommodates up to 32-inch screens (flat or curved) so you can watch your favorite shows while you work out.

## **Ankle Cuff**

Target your lower body with straight leg hip flexions, inner thigh pulls, hip abductions, 45-degree kickbacks, standing leg extensions, and more.

## **4 x Storage Shelves**

Includes four metal shelves (18"x16") perfect for storing attachments, dumbbells, kettlebells, cups, gloves, and more.