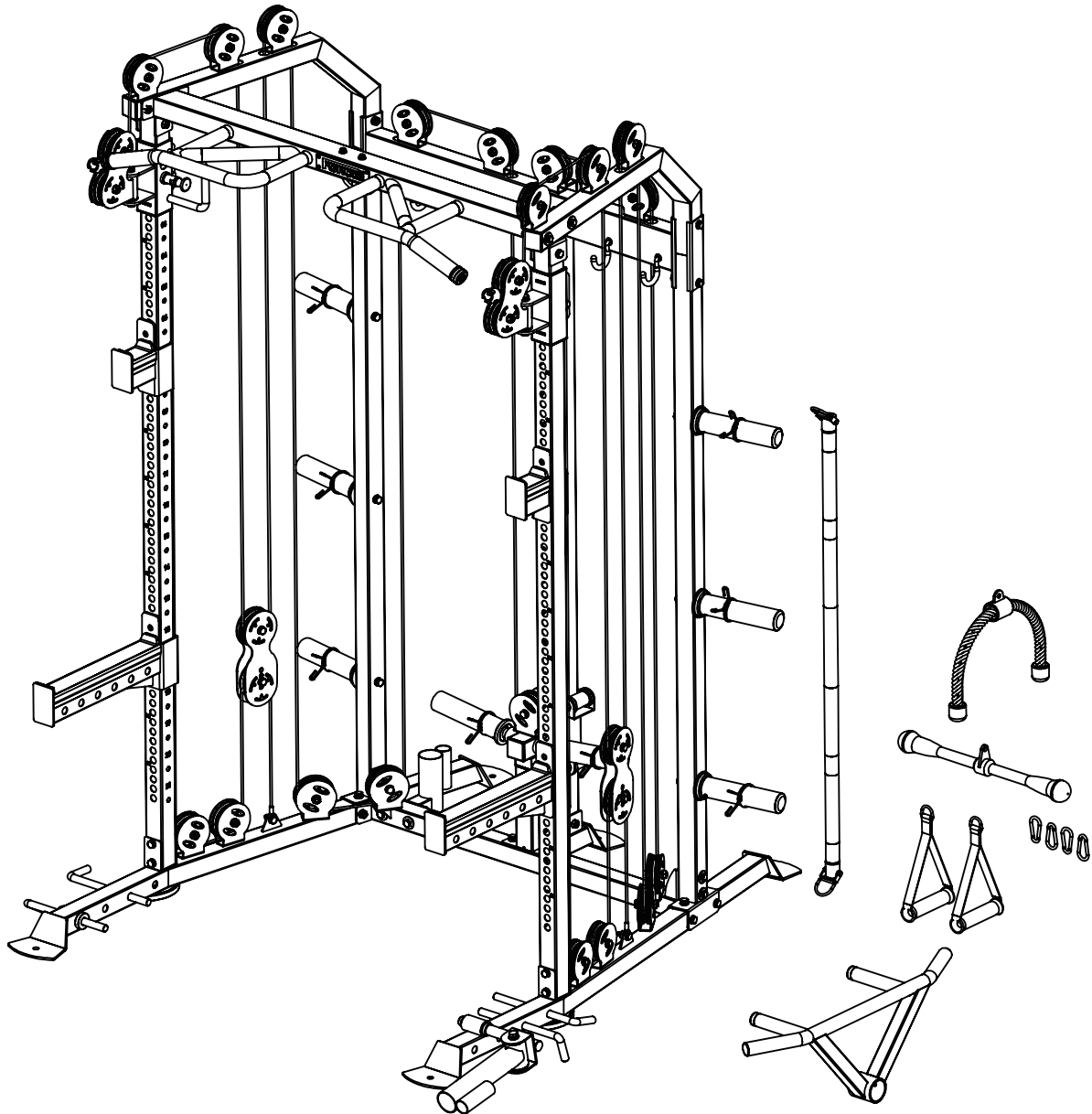


FORCE USA

G1-V2



OWNERS MANUAL | **F-G1-V2**

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PARTS LIST

KEY NUMBER	DESCRIPTION OF PART	QUANTITY
1	Ground Tube-Right Assembly Part	1
2	Back Standing Tube	2
3	Ground Tube-Left Assembly Part	1
4	Middle Down Link Tube Assembly Part	1
5	Limit Tube Assembly Part	1
6	Hexagon Bolt M10*70	26
7	Flat Washer Φ 10	121
8	Lock Nut M10	57
9	Big Flat Washer Φ 30* Φ 10*3	10
10	Hexagon Bolt M10*25	20
11	Spring Washer Φ 10	16
12	Side Up Link Tube-Left Assembly Part	1
13	Side Up Link Tube-Right Assembly Part	1
14	Front Standing Tube-Right	1
15	Sliding Frame-Right Assembly Part	1
16	Sliding Frame-Left Assembly Part	1
17	Front Standing Tube-Left	1
18	Middle Up Link Tube Assembly Part	1
19	Fixing Plate	2
20	Chin Up Frame Assembly Part	1
21	Middle Standing Tube	1
22	Lift Frame Assembly Part	1
23	Headless Hexagon Socket Bolt M8*10	2
24	Lift Rod Assembly Part	2
25	Cable Two End Both Alloy Buckle	2
26	Pulley Frame Assembly Part	2
27	Cable Two End Both Ball	1
28	Right Safety Assembly Part	1

PARTS LIST

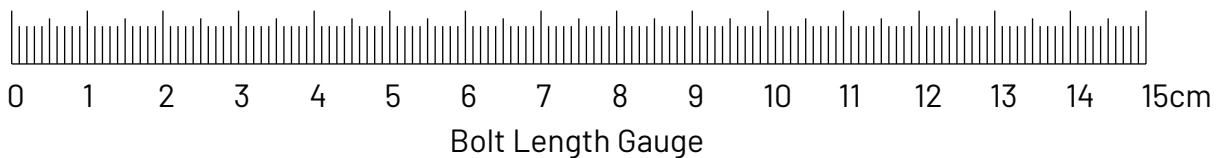
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
29	Left Safety Assembly Part	1
30	Left J-Hook Assembly Part	1
31	Right J-Hook Assembly Part	1
32	Band Peg	4
33	Hook Assembly Part	4
34	Core Trainer Assembly Part	1
35	Spring Collar	8
36	Barbell Plate Plastic Holder Assembly Part	12
37	Barbell Rod Cup	1
38	Flat Washer $\Phi 8$	6
39	Lock Nut M8	6
40	Long Straight Bar	1
41	Short Straight Bar	1
42	Tricep Rope	1
43	Plastic Handle	2
44	Lift Handle Assembly Part	1
45	Carabiner	4
46	Ground Tube-Left	1
47	Pulley $\Phi 92$	27
48	Hexagon Bolt M10*45	27
49	Round Tube End Cap $\Phi 38*1.5$	2
50	Countersunk Hexagon Rivet Nut M10	9
51	Ground Tube-Right	1
52	Middle Down Link Tube	1
53	Limit Tube	1
54	Hexagon Socket Button Head Screws M10*35	1
55	Square Rubber Block $\Phi 50*50*30$	1
56	Side Up Link Tube-Left	1

PARTS LIST

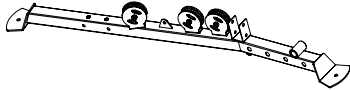
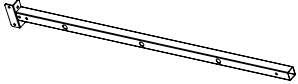
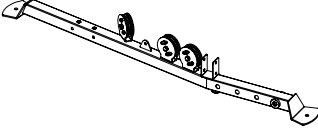
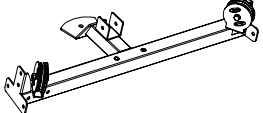
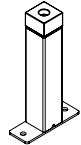
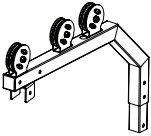
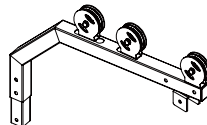
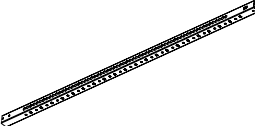
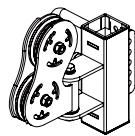
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
57	Square Rubber Block $\Phi 50 \times 50 \times 2$	4
58	Side Up Link Tube-Right	1
59	Middle Up Link Tube	1
60	Sliding Frame-Right	1
61	Aluminum Pull Pin	2
62	Internal Thread Axle $\Phi 20 \times 67$	2
63	Pulley Holder	2
64	Powder Metallurgy $\Phi 33 \times \Phi 29 \times \Phi 20 \times 18$	4
65	Reduction Sleeve 50-60	4
66	Sliding Frame-Left	1
67	Chin Up Frame	1
68	Bar Cover $\Phi 38 \times \Phi 32 \times 130$	2
69	U Shape Hook	1
70	Round Tube Plug $\Phi 32 \times 1.5$	8
71	Two Layer Spring Nut	2
72	Cross Recessed Countersunk Head Screw M10*25	2
73	Retaining Ring $\Phi 38 \times 32 \times 32$	2
74	FORCEUSA LOGO Plate	1
75	Flat Round Head Blind Rivet 4*10	4
76	U Shape Frame	1
77	50 Tube Roller Assembly Part	4
78	Hexagon Bolt M12*90	4
79	Flat Washer $\Phi 12$	10
80	Lock Nut M12	4
81	Tube Roller $\Phi 44 \times 66.5$	4
82	6001 Bearing 6001	8
83	Lift Rod	2
84	210 Sleeve	2

PARTS LIST

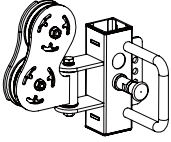
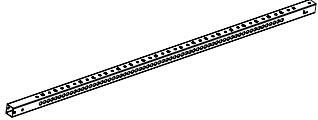
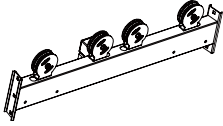
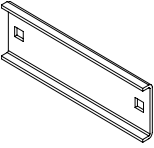
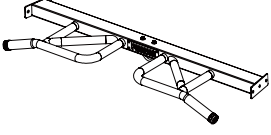
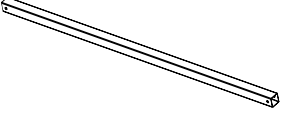
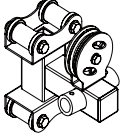
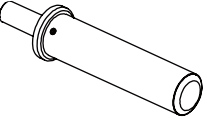
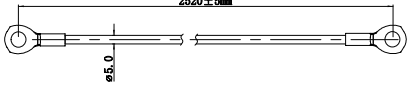

KEY NUMBER	DESCRIPTION OF PART	QUANTITY
85	Pulley Adjustment Plate	4
86	J-Hook Rubber Cover	2
87	Right J-Hook	1
88	Left J-Hook	1
89	Right Safety	1
90	Safety Rubber Cover	2
91	Left Safety	1
92	Core Trainer Holder	1
93	Powder Metallurgy $\Phi 50*\Phi 47*\Phi 25*15$	2
94	Hexagon Bolt M12*25	2
95	Round Tube End Cap $\Phi 25*2$	1
96	Core Trainer Tube	1
97	Internal Thread Axle $\Phi 25*77*M12$	1
98	Axle $\Phi 25*86$	1
99	Limit Shaft $\Phi 22*39.5$	1
100	Limit Right $\Phi 25*\Phi 20*5$	1
101	Spring Washer $\Phi 12$	2
102	Hook	4
103	Hook Cover $\Phi 8*100$	4
104	Barbell Plate Holder	6
105	Four Shrapnel Nut $\Phi 23-M10$ Four Shrapnel	6
106	Lift Handle	1



PARTS DRAWING

NUMBER	NUMBER	PART DESCRIPTION	QTY	PART PICTURE
1	BK-3102-01	Ground Tube-Right Assembly Part	1	
2	BK-3102-0500	Back Standing Tube	2	
3	BK-3102-02	Ground Tube-Left Assembly Part	1	
4	BK-3102-03t	Middle Down Link Tube Assembly Part	1	
5	BK-3102-04	Limit Tube Assembly Part	1	
12	BK-3102-07	Side Up Link Tube-Left Assembly Part	1	
13	BK-3102-08	Side Up Link Tube-Right Assembly Part	1	
14	BK-3102-1000	Front Staning Tube-Right	1	
15	BK-3102-10	Sliding Frame-Right Assembly Part	1	

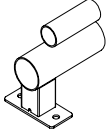
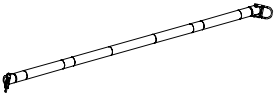
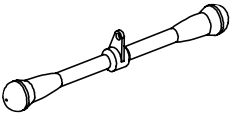


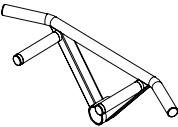


PARTS DRAWING

NUMBER	NUMBER	PART DESCRIPTION	QTY	PART PICTURE
16	BK-3102-11	Sliding Frame-Left Assembly Part	1	
17	BK-3102-1100	Front StandingTube-Left	1	
18	BK-3102-09	Front StandingTube-Left	1	
19	BK-168A-0202	Fixing Plate	2	
20	BK-3102-12	Up Frame Assembly Part	1	
21	BK-3102-1300	Middle StandingTube	1	
22	BK-3102-14	Lift Frame Assembly Part	1	
24	BK-3102-15	Lift Rod Assembly Part	2	
25	BK-3102-GSS01	Cable	2	
26	BK-3102-30	Pulley Frame Assembly Part	2	

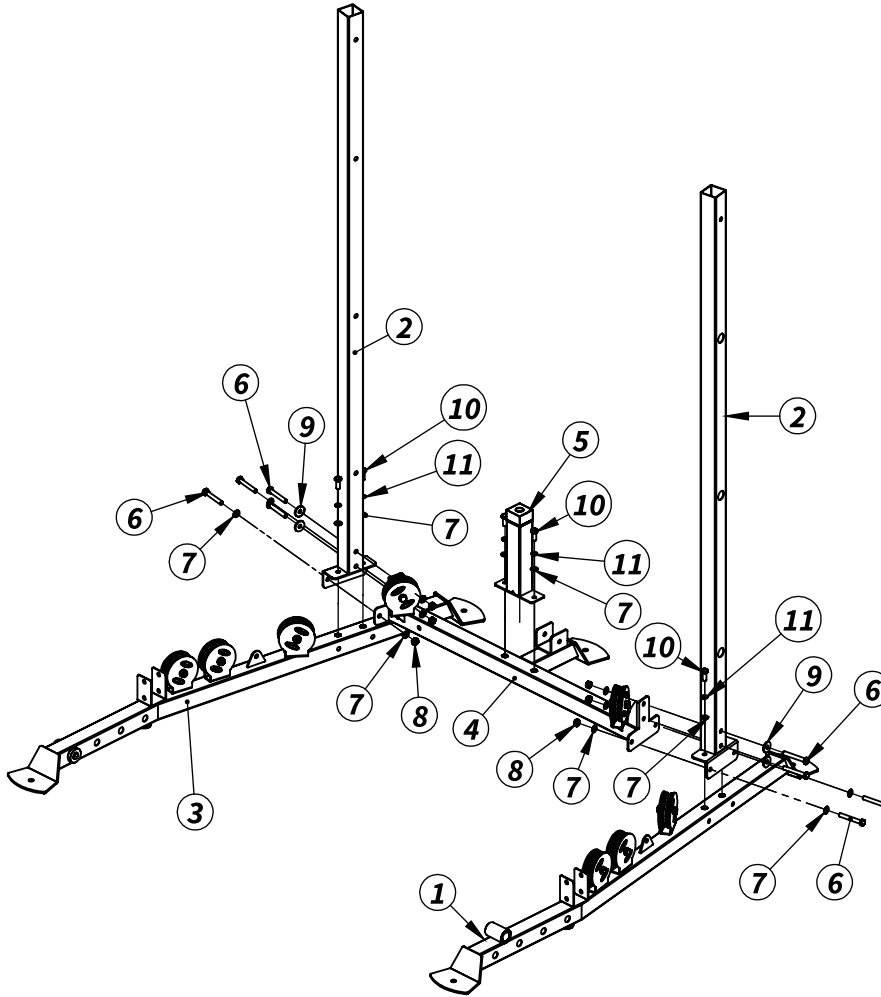
PARTS DRAWING

NUMBER	NUMBER	PART DESCRIPTION	QTY	PART PICTURE
27	BK-3102-GSS02	Cable	1	
28	BK-3070-11	Right Safety Assembly Part	1	
29	BK-3070-12	Left Safety Assembly Part	1	
30	BK-3070-13	Left J-Hook Assembly Part	1	
31	BK-3070-14	Right J-Hook Assembly Part	1	
32	BK-3000E-4600	Band Peg	4	
33	M-810-15	Hook Assembly Part	4	
34	BK-3000-46	Hook Assembly Part	1	
35	HDJ-01001	Spring Collar	8	
36	BK-3102-50	Barbell Plate Plastic Holder Assembly Part	6	

PARTS DRAWING

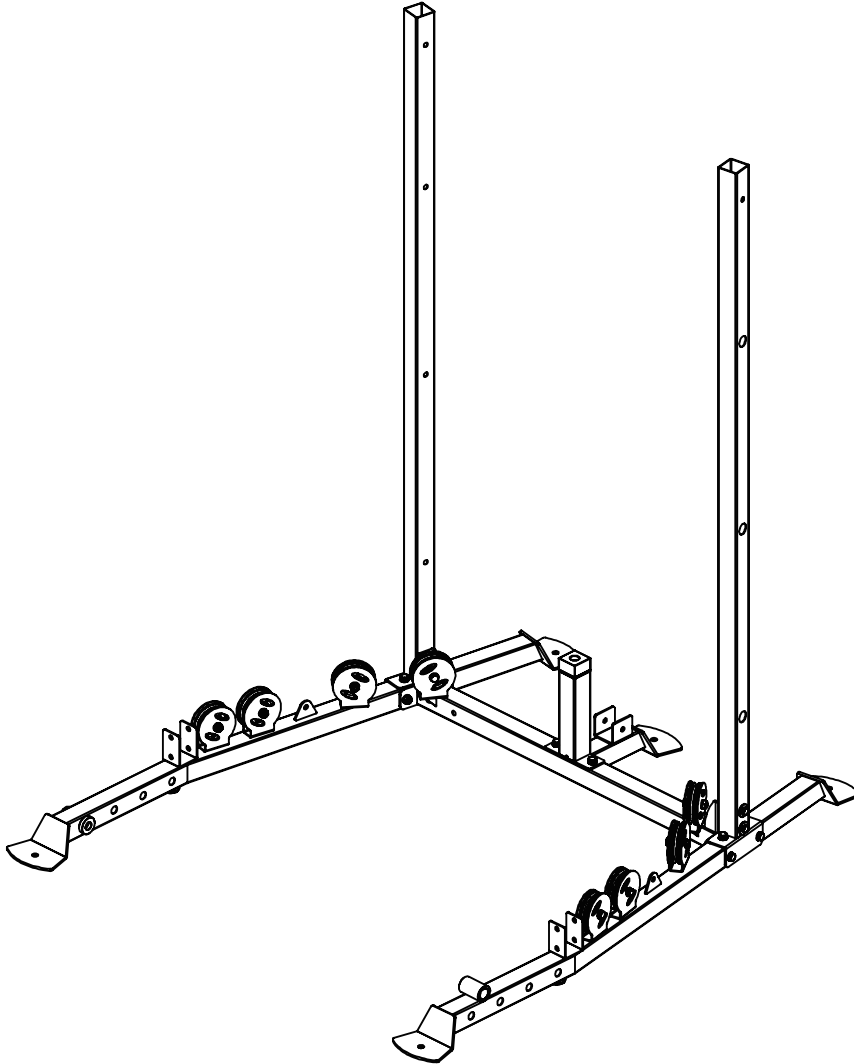
NUMBER	NUMBER	PART DESCRIPTION	QTY	PART PICTURE
37	BK-3000-2100	Barbell Rod Cup	1	
40	BK-3102-60	Long Straight Bar	1	
41	BK-3102-61	Short Straight Bar	1	
42	BK-3102-62	Tricep Rope	1	
43	BK-3102-63	Plastic Handle	2	
44	BK-3102-64	Lift Handle Assembly Part	1	
45	BK-3102-65	Carabiner	4	
47	HL-01004	Pulley	18	

ASSEMBLY STEP 1



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
1	Ground Tube-Right Assembly Part	1
2	Back Standing Tube	2
3	Ground Tube-Left Assembly Part	1
4	Middle Down Link Tube Assembly Part	1
5	Limit Tube Assembly Part	1
6	Hexagon Bolt M10*70	8
7	Flat Washer $\phi 10$	18
8	Lock Nut M10	8
9	Big Flat Washer $\phi 30 * \phi 10 * 3$	4
10	Hexagon Bolt M10*25	6
11	Spring Washer $\phi 10$	6

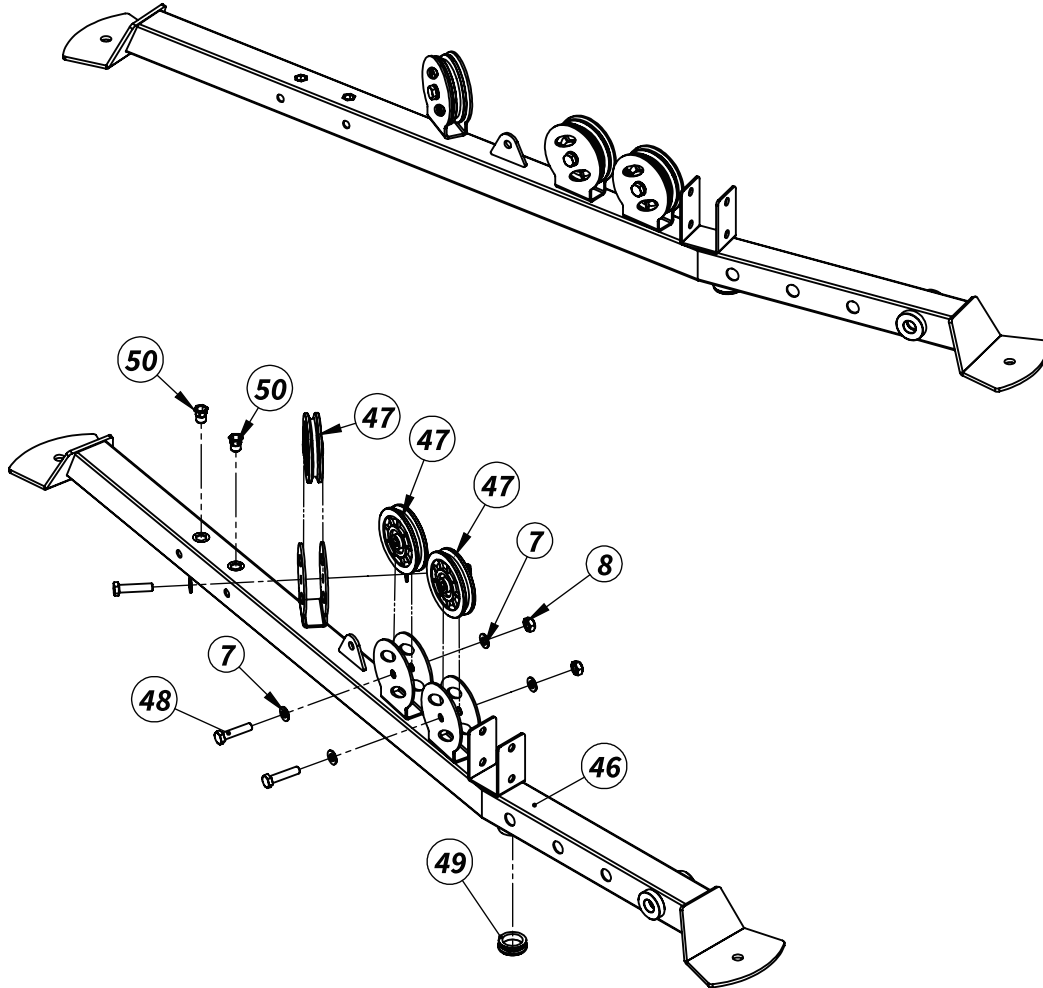
ASSEMBLY DRAWING



1. Lock ground tube-right assembly part-1, ground tube-left assembly part-3, middle down link tube assembly part-4 and back standing tube-2 use M10*70 hexagon bolt-6, $\phi 30*\phi 10*3$ big flat washer-9, $\phi 10$ flat washer-7 and M10 lock nut-8.
2. Make sure $\phi 30*\phi 10*3$ big flat washer-9 are in the right place.
3. Fix limit tube assembly part-5 on middle down link tube assembly part-4 use M10*25 hexagon bolt-10, $\phi 10$ spring washer-11 and $\phi 10$ flat washer-7.

ASSEMBLY DRAWING

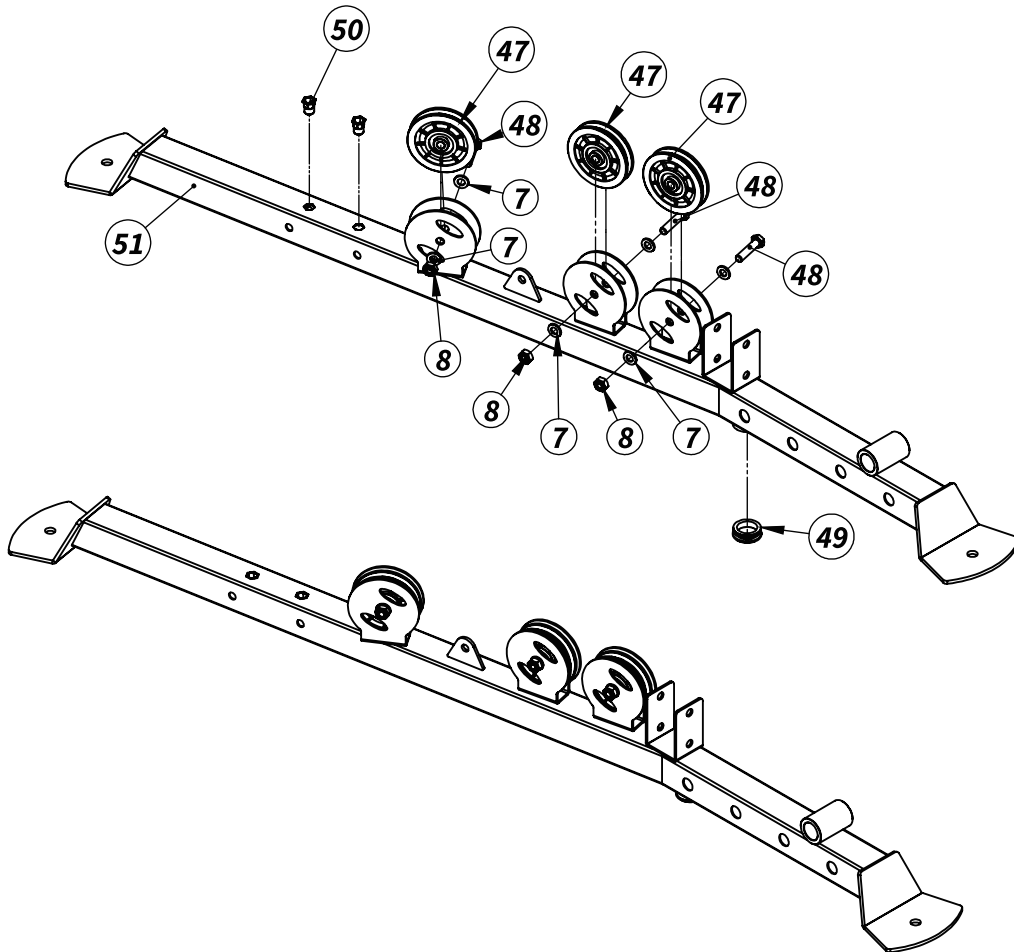
GROUND TUBE-LEFT ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
46	Ground Tube-Left	1
47	Pulley $\phi 92$	3
48	Hexagon Bolt M10*45	3
7	Flat Washer $\phi 10$	6
8	Lock Nut M10	3
49	Round Tube End Cap $\phi 38 \times 1.5$	1
50	Countersunk Hexagon Rivet Nut M10	2

ASSEMBLY DRAWING

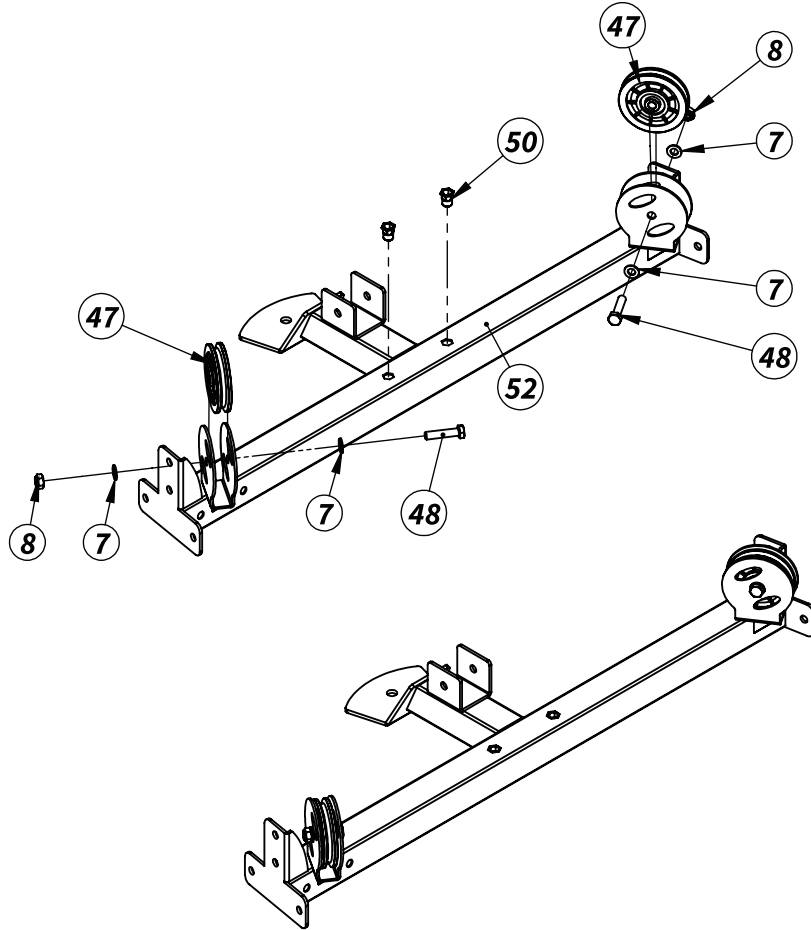
GROUND TUBE-RIGHT ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
51	Ground Tube-Right	1
49	Round Tube End Cap $\phi 38 \times 1.5$	1
47	Pulley $\phi 92$	3
48	Hexagon Bolt M10*45	3
7	Flat Washer $\phi 10$	6
8	Lock Nut M10	3
50	Countersunk Hexagon Rivet Nut M10	2

ASSEMBLY DRAWING

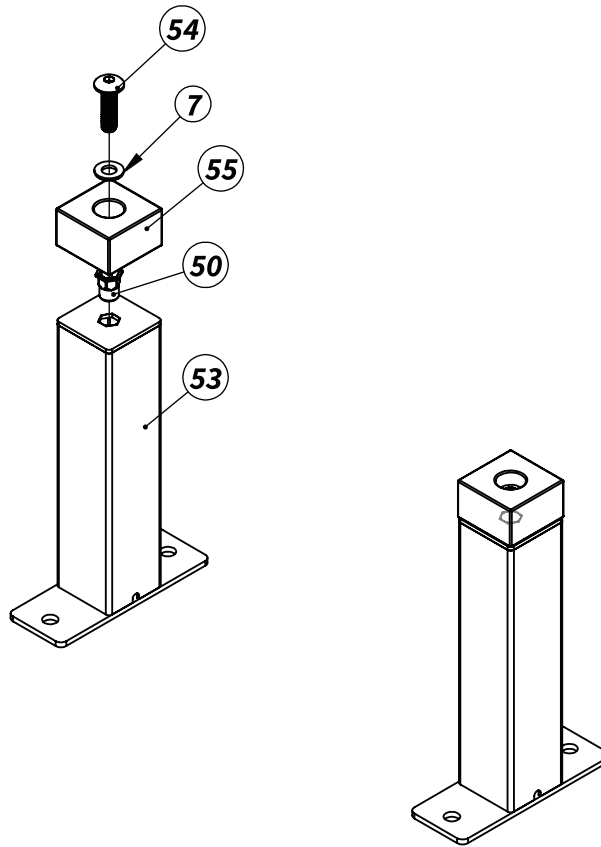
MIDDLE DOWN LINK TUBE ASSEMBLY PART 1PCS/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
51	Ground Tube-Right	1
49	Round Tube End Cap $\phi 38 \times 1.5$	1
47	Pulley $\phi 92$	3
48	Hexagon Bolt M10*45	3
7	Flat Washer $\phi 10$	6
8	Lock Nut M10	3
50	Countersunk Hexagon Rivet Nut M10	2

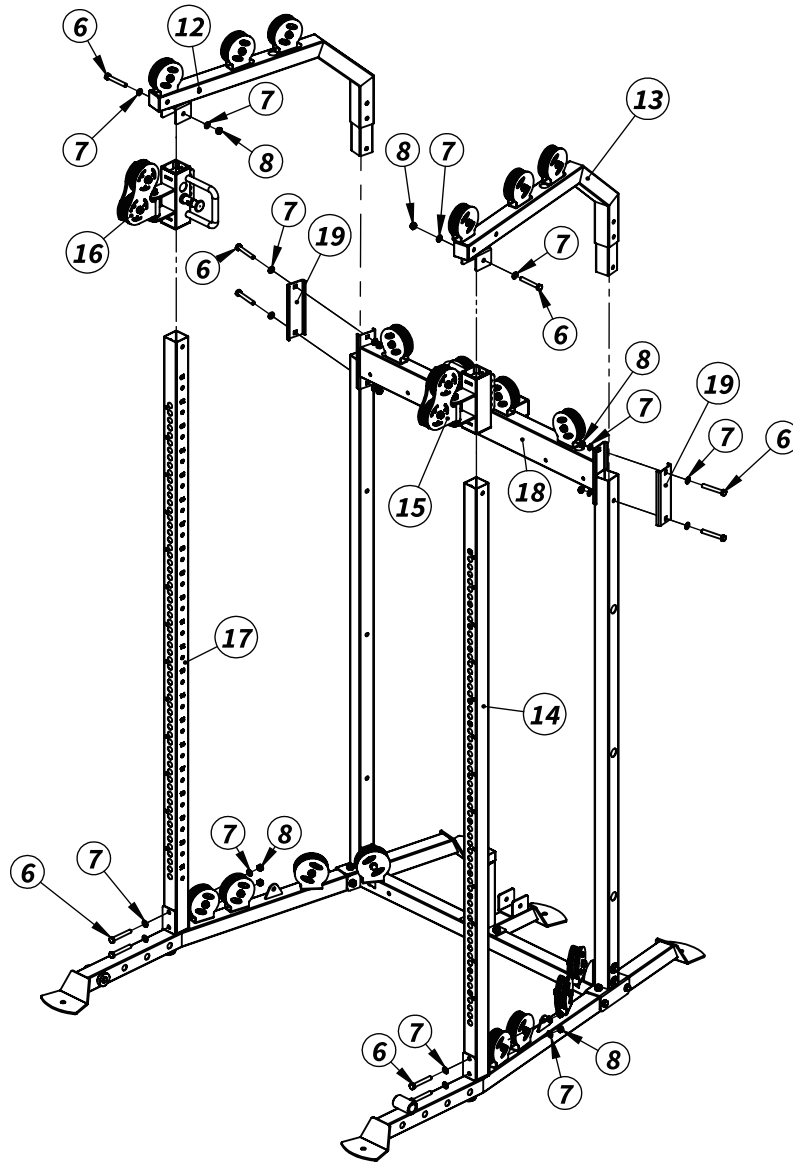
ASSEMBLY DRAWING

LIMIT TUBE ASSEMBLY PART 1PCS/SET



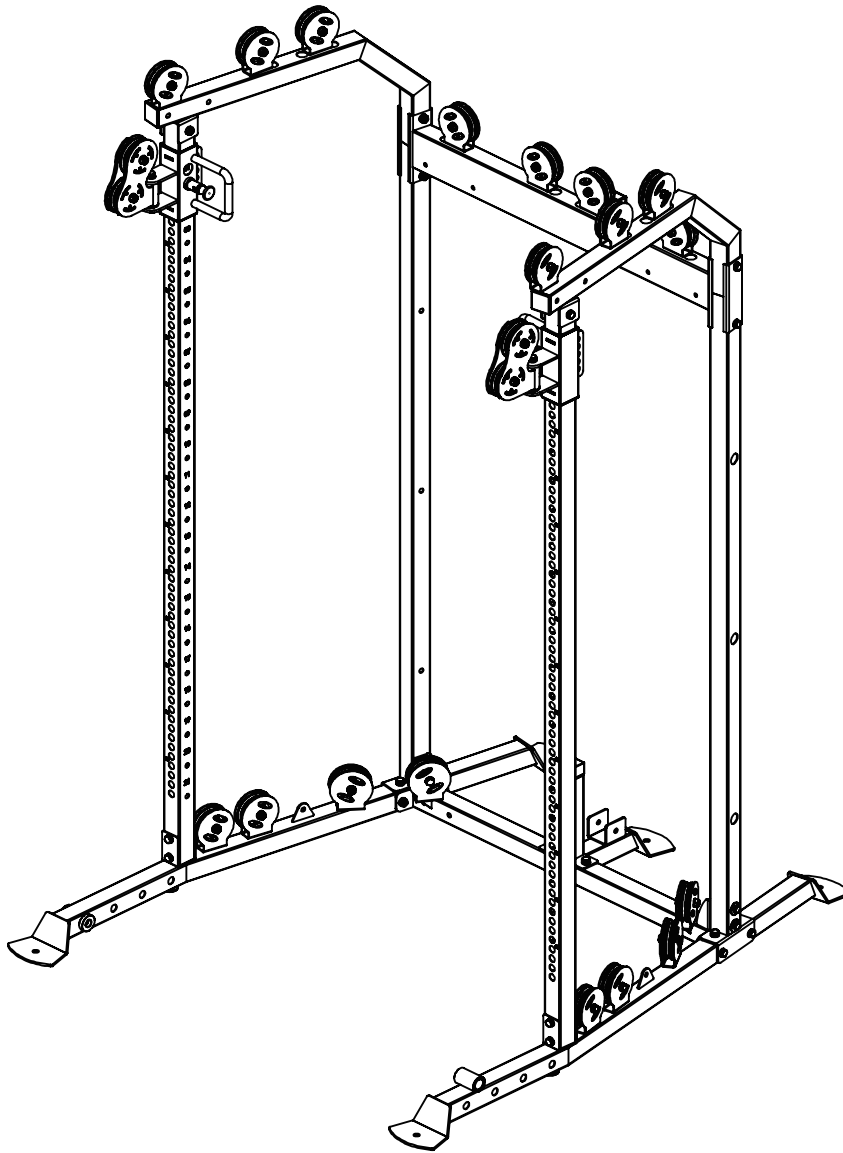
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
53	Limit Tube	1
54	Hexagon Socket Button Head Screws M10*35	1
7	Flat Washer $\phi 10$	1
55	Square Rubber Block $\phi 50*50*30$	1
50	Countersunk Hexagon Rivet Nut M10	1

ASSEMBLY STEP 2



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
12	Side Up Link Tube-Left Assembly Part	1
13	Side Up Link Tube-Right Assembly Part	1
14	Front Standing Tube-Right	1
15	Sliding Frame-Right Assembly Part	1
16	Sliding Frame-Left Assembly Part	1
17	Front Standing Tube-Left	1
18	Middle Up Link Tube Assembly Part	1
19	Fixing Plate	2
6	Hexagon Bolt M10*70	10
7	Flat Washer φ10	20
8	Lock Nut M10	10

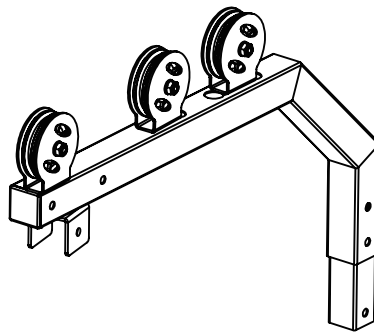
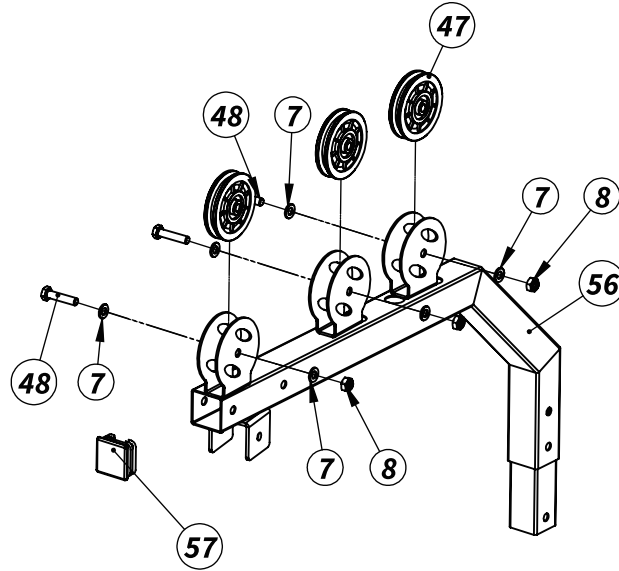
ASSEMBLY DRAWING



1. Slide sliding frame-left assembly part-16 onto front standing tube-left-17, fix them and link tube on main frame use M10*70 hexagon bolt-6, $\phi 10$ flat washer-7 and M10 lock nut-8.
2. Slide sliding frame-right assembly part-15 onto front standing tube-right-14, fix them and link tube on main frame use M10*70 hexagon bolt-6, $\phi 10$ flat washer-7 and M10 lock nut-8.
3. Insert side up link tube-left assembly part-12 and side up link tube-right assembly part-13 onto main frame, lock middle up link tube assembly part-18 and fixing plate-19 use M10*70 hexagon bolt-6, $\phi 10$ flat washer-7 and M10 lock nut-8.
4. Lock front standing tube-left-17, front standing tube-right-14 and side up link tube-left assembly part-12, side up link tube-right assembly part-13 use M10*70 hexagon bolt-6, $\phi 10$ flat washer-7 and M10 lock nut-8.

ASSEMBLY DRAWING

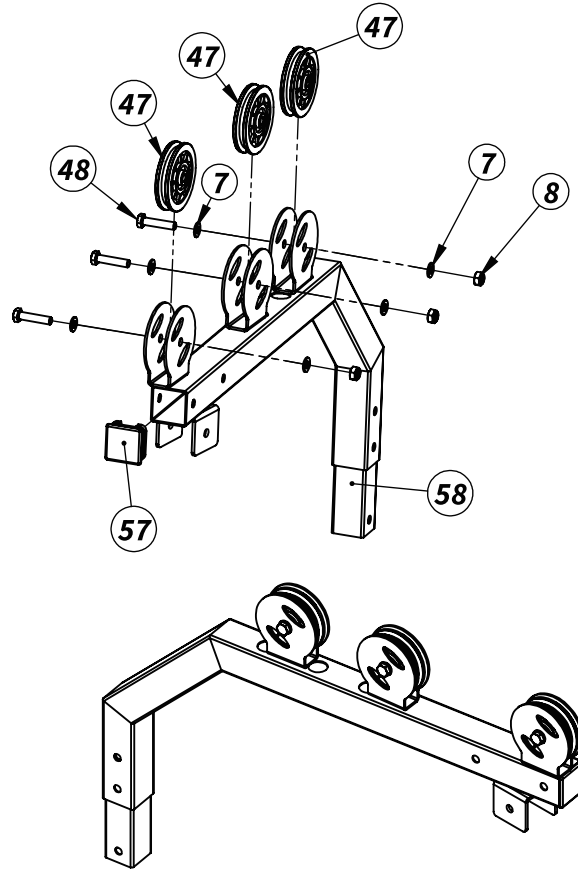
SIDE UP LINK TUBE-LEFT ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
56	Side Up Link Tube-Left	1
47	Pulley $\phi 92$	3
57	Square Rubber Block $\phi 50*50*2$	1
48	Hexagon Bolt M10*45	3
7	Flat Washer $\phi 10$	6
8	Lock Nut M10	3

ASSEMBLY DRAWING

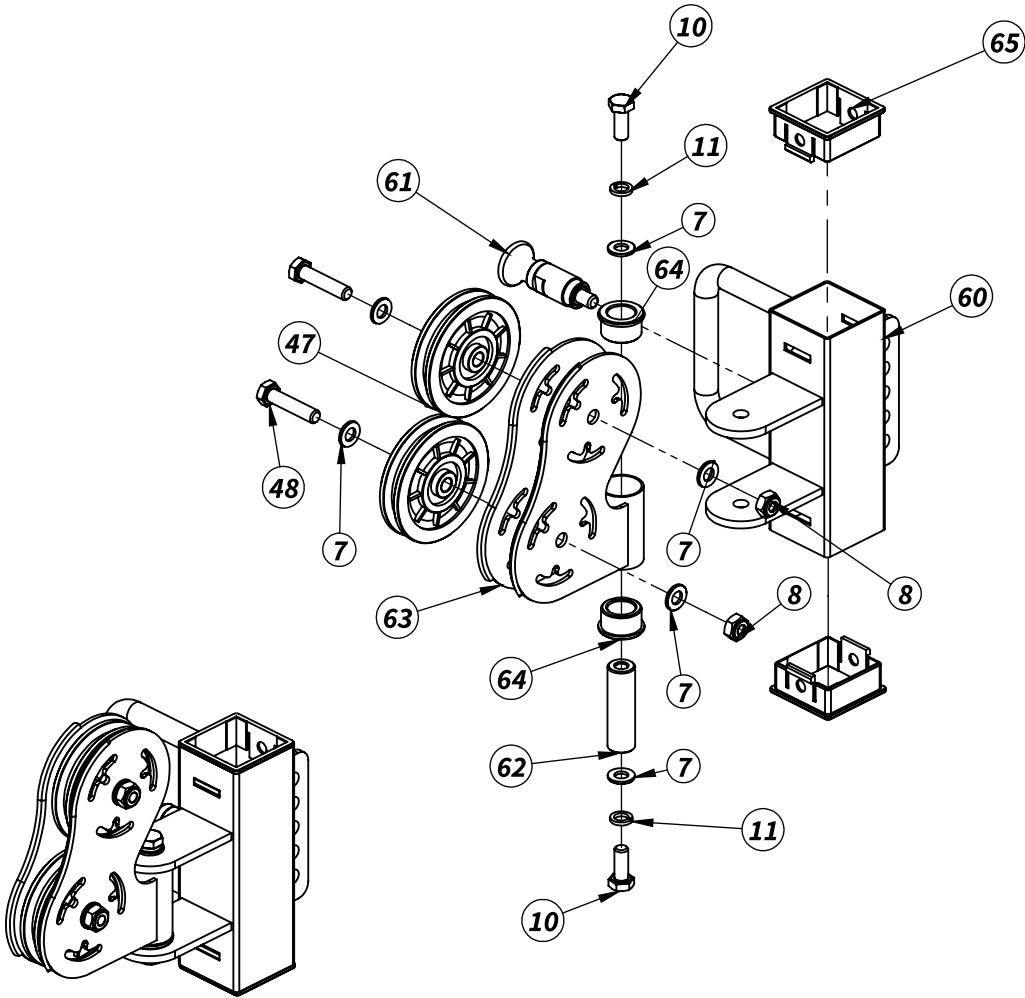
SIDE UP LINK TUBE-RIGHT ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
58	Side Up Link Tube-Right	1
57	Square Rubber Block $\phi 50*50*2$	1
47	Pulley $\phi 92$	3
48	Hexagon Bolt M10*45	3
7	Flat Washer $\phi 10$	6
8	Lock Nut M10	3

ASSEMBLY DRAWING

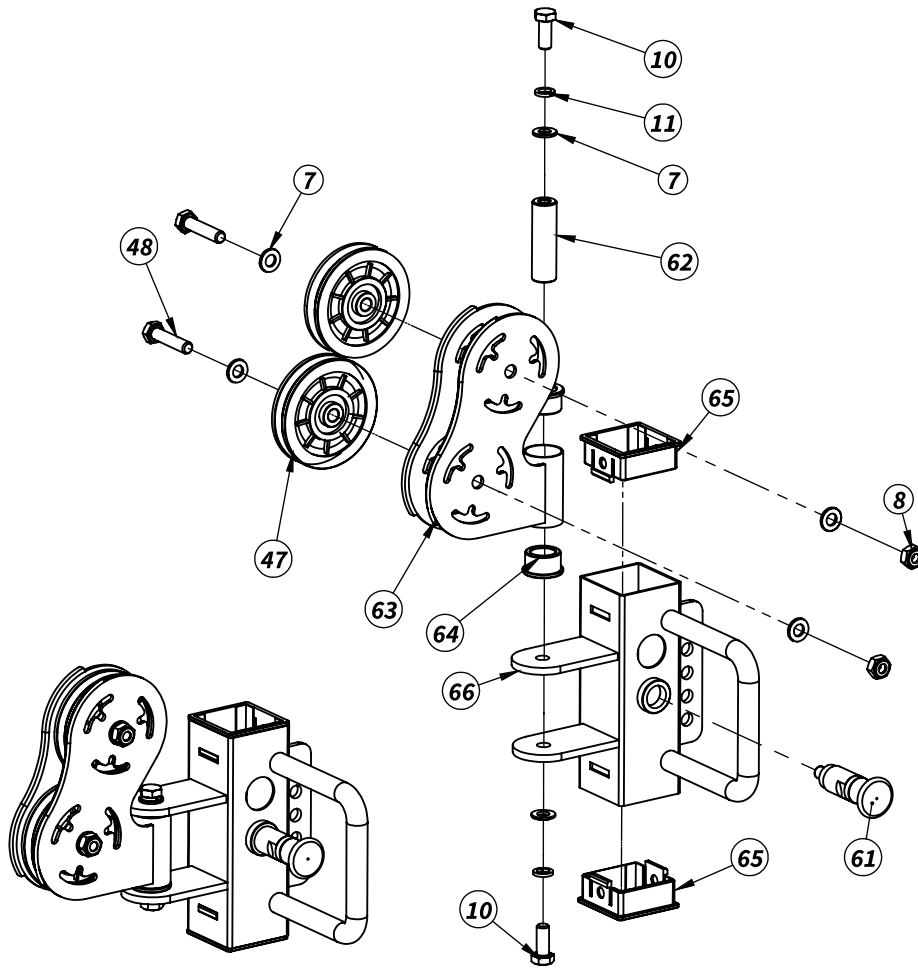
SLIDING FRAME-RIGHT ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
60	Sliding Frame-Right	1
61	Aluminum Pull Pin	1
7	Flat Washer φ10	6
48	Hexagon Bolt M10*45	2
8	Lock Nut M10	2
47	Pulley φ92	2
62	Internal Thread Axle φ20*67	1
63	Pulley Holder	1
64	Powder Metallurgy φ33*φ29*φ20*18	2
11	Spring Washer φ10	2
10	Hexagon Bolt M10*25	2
65	Reduction Sleeve 50-60	2

ASSEMBLY DRAWING

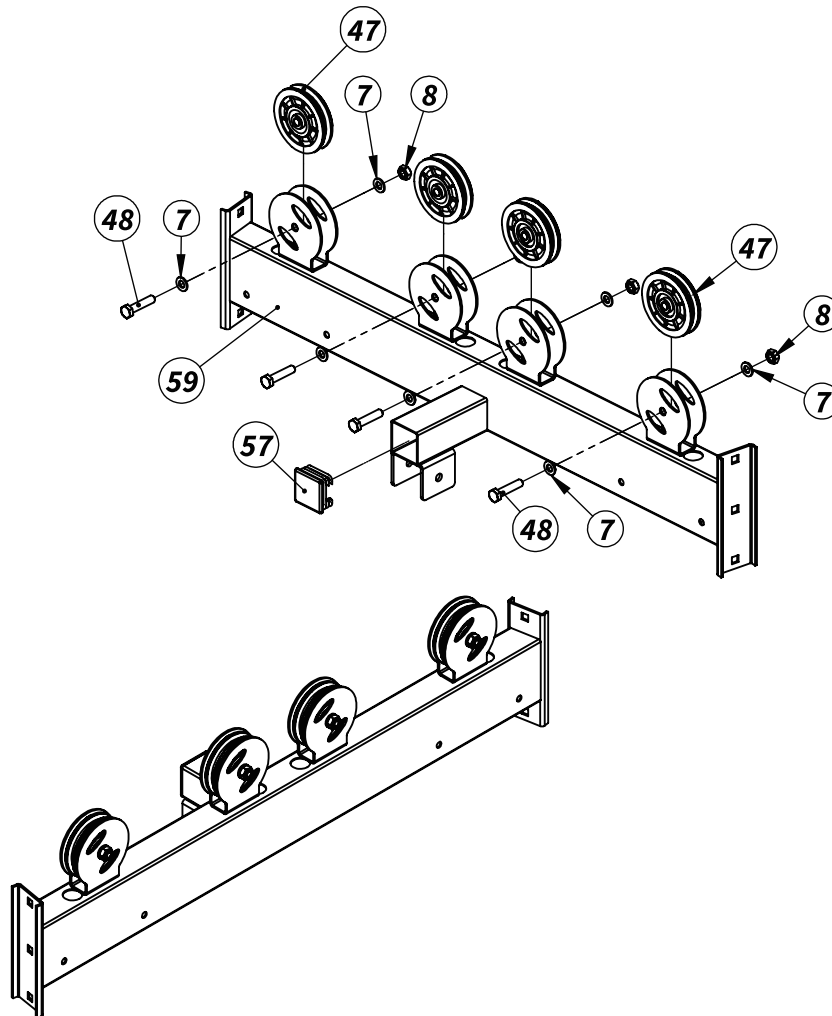
SLIDING FRAME-LEFT ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
66	Sliding Frame-Left	1
65	Reduction Sleeve 50-60	2
51	Aluminum Pull Pin	1
7	Flat Washer $\phi 10$	6
48	Hexagon Bolt M10*45	2
8	Lock Nut M10	2
63	Pulley Holder	1
47	Pulley $\phi 92$	2
64	Powder Metallurgy $\phi 33 * \phi 29 * \phi 20 * 18$	2
62	Internal Thread Axle $\phi 20 * 67$	1
10	Hexagon Bolt M10*25	2
11	Spring Washer $\phi 10$	2

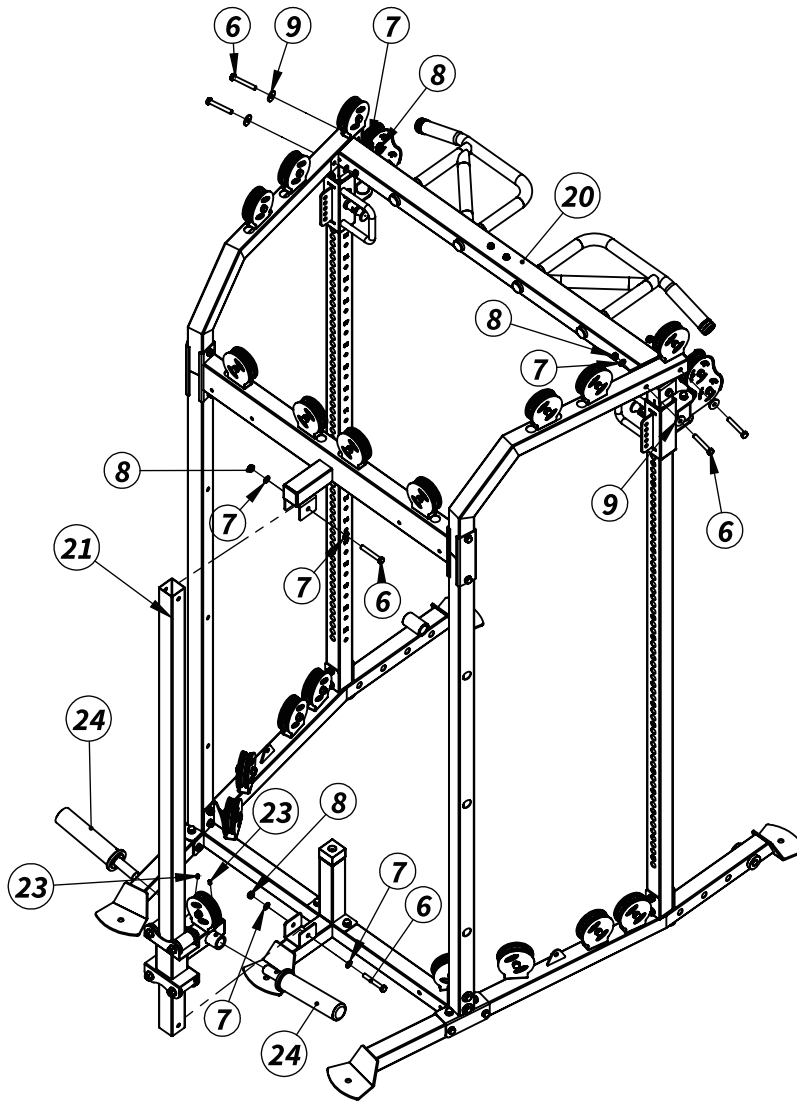
ASSEMBLY DRAWING

MIDDLE UP LINK TUBE ASSEMBLY PART 1PC/SET



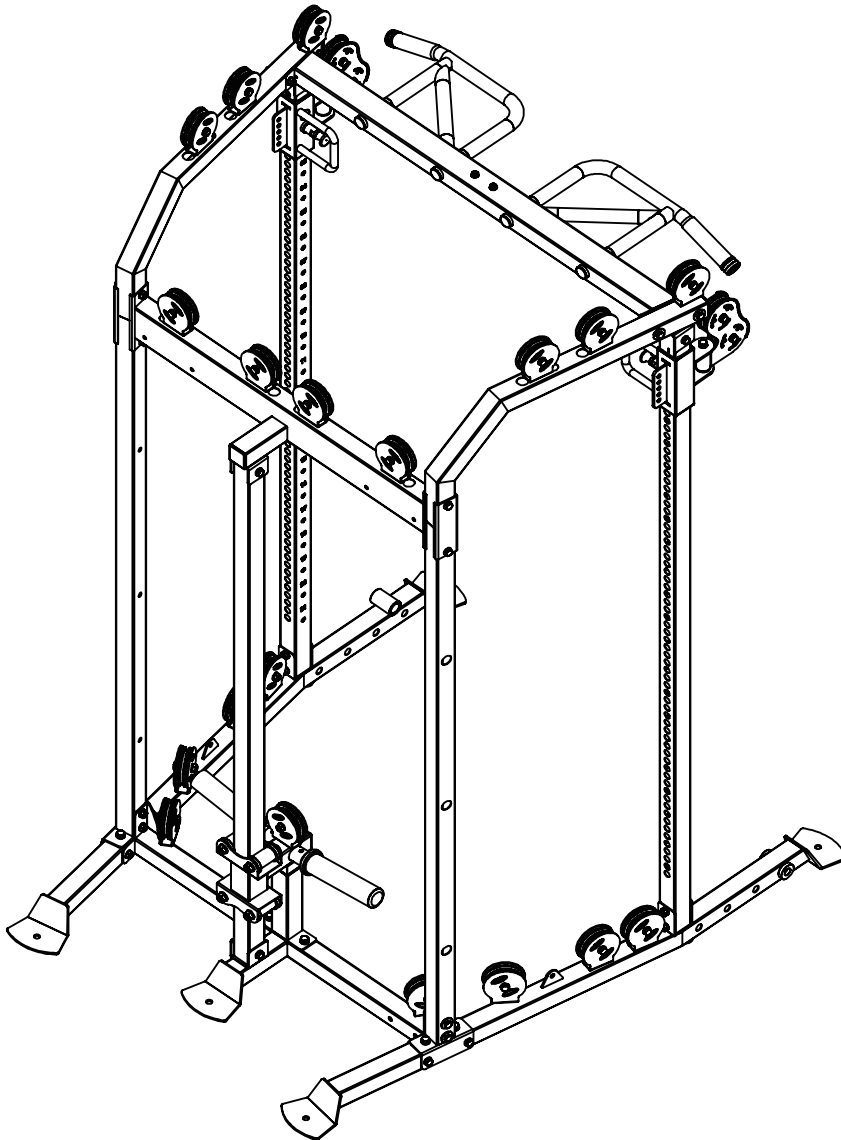
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
59	Middle Up Link Tube	1
57	Square Rubber Block $\phi 50*50*2$	1
47	Pulley $\phi 92$	4
48	Hexagon Bolt M10*45	4
7	Flat Washer $\phi 10$	8
8	Lock Nut M10	4

ASSEMBLY STEP 3



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
20	Chin Up Frame Assembly Part	1
21	Middle Standing Tube	1
22	Lift Frame Assembly Part	1
23	Headless Hexagon Socket Bolt M8*10	2
24	Lift Rod Assembly Part	2
6	Hexagon Bolt M10*70	6
9	Big Flat Washer $\phi 30 * \phi 10 * 3$	4
7	Flat Washer $\phi 10$	8
8	Lock Nut M10	6

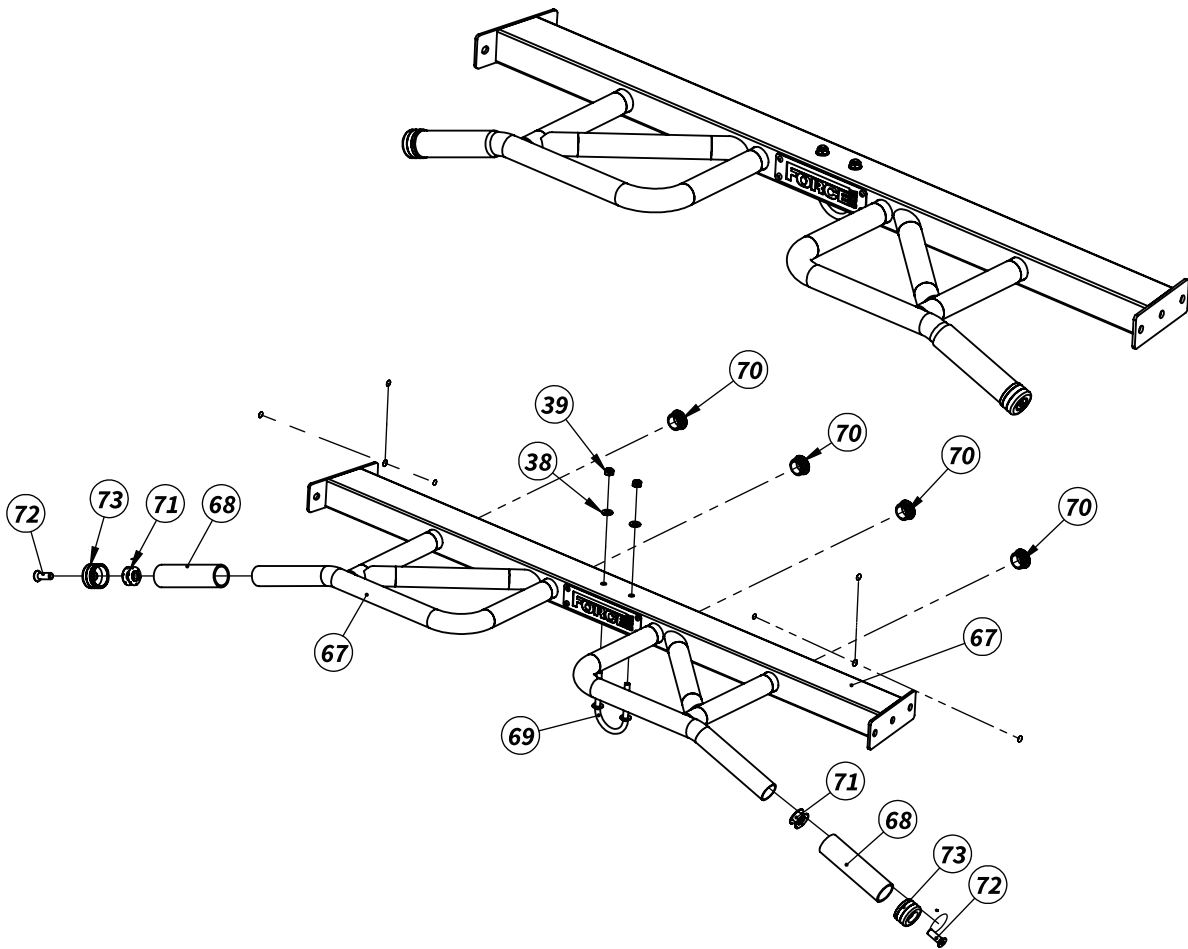
ASSEMBLY DRAWING



1. Put lift frame assembly part-22 on middle standing tube-21, then fix them on main frame use M10*70 hexagon bolt-6, $\phi 10$ flat washer-7 and M10 lock nut-8.
2. Fix chin up frame assembly part-20 on main frame use M10*70 hexagon bolt-6, $\phi 30*\phi 10*3$ big flat washer-9, $\phi 10$ flat washer-7 and M10 lock nut-8.
Make sure $\phi 30*\phi 10*3$ big flat washer-9 are in the right place.
3. Fix lift rod assembly part-24 on lift frame assembly part-22 use M8*10 headless hexagon socket bolt-23.

ASSEMBLY DRAWING

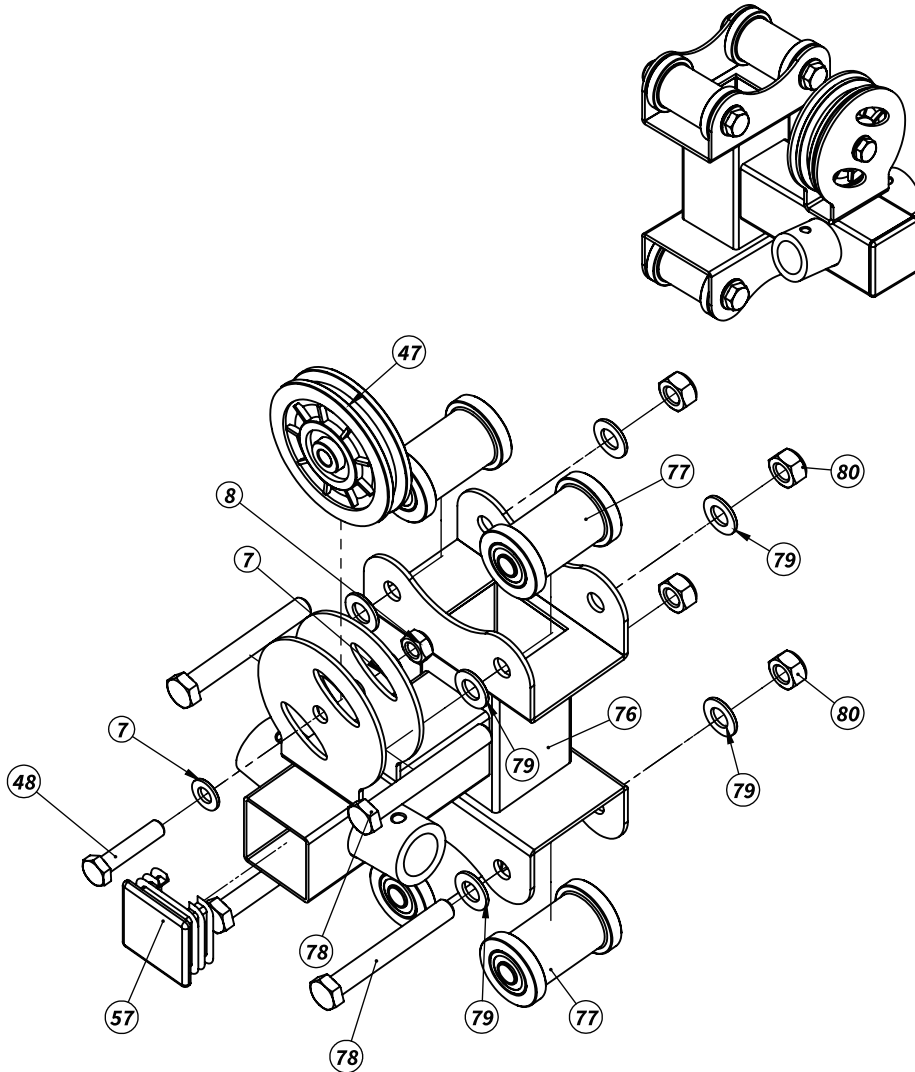
CHIN UP FRAME ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
67	Chin Up Frame	1
68	Bar Cover $\phi 38 * \phi 32 * 130$	2
69	U Shape Hook	7
39	Lock Nut M8	2
38	Flat Washer $\phi 8$	2
70	Round Tube Plug $\phi 32 * 1.5$	4
71	Two Layer Spring Nut	2
72	Cross Recessed Countersunk Head Screw M10*25	2
73	Retaining Ring $\phi 38 * 32 * 32$	2
74	FORCEUSA LOGO Plate	1
75	Flat Round Head Blind Rivet 4*10	4

ASSEMBLY DRAWING

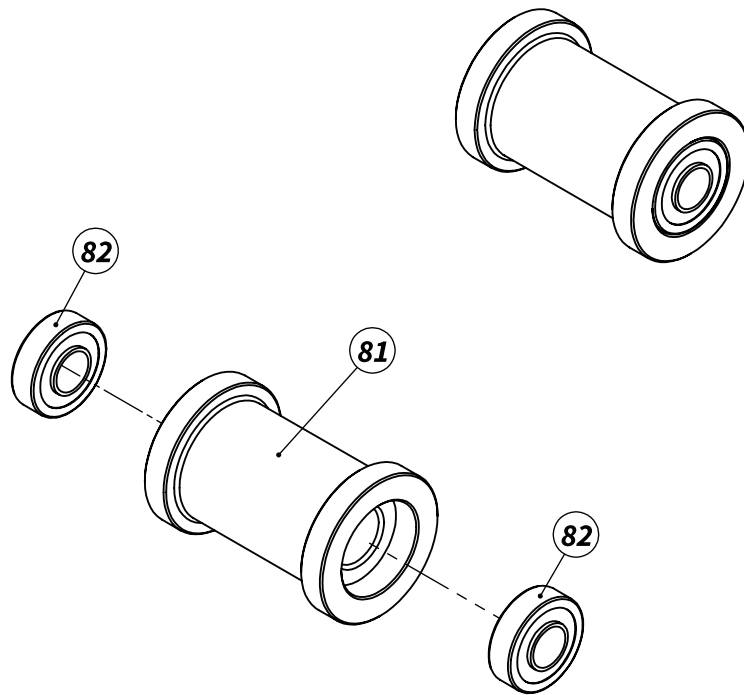
LIFT FRAME ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
76	U Shape Frame	1
77	50 Tube Roller Assembly Part	4
47	Pulley $\phi 92$	1
48	Hexagon Bolt M10*45	1
7	Flat Washer $\phi 10$	2
8	Lock Nut M10	1
57	Square Rubber Block $\phi 50*50*2$	1
78	Hexagon Bolt M12*90	4
79	Flat Washer $\phi 12$	8
80	Lock Nut M12	4

ASSEMBLY DRAWING

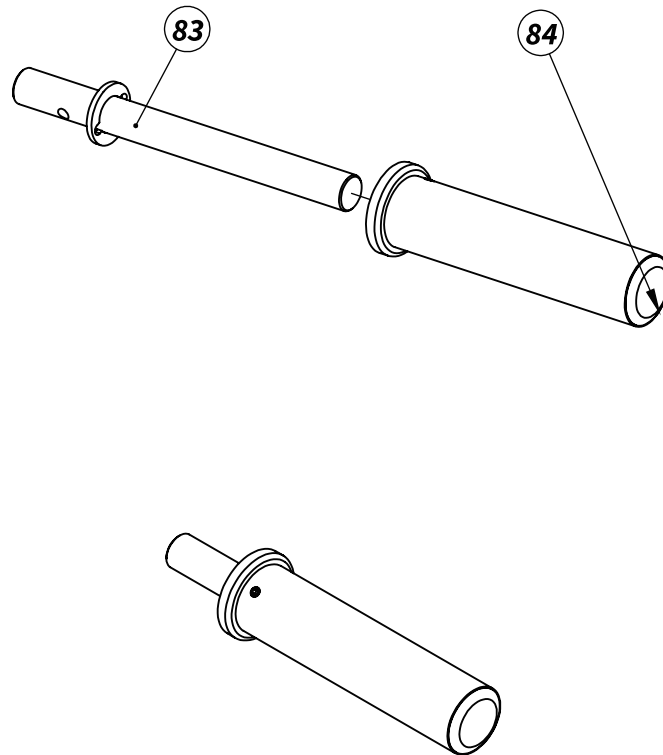
50 TUBE ROLLER ASSEMBLY PART 4PCS/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
81	Tube Roller $\phi 44*66.5$	1
82	6001 Bearing 6001	2

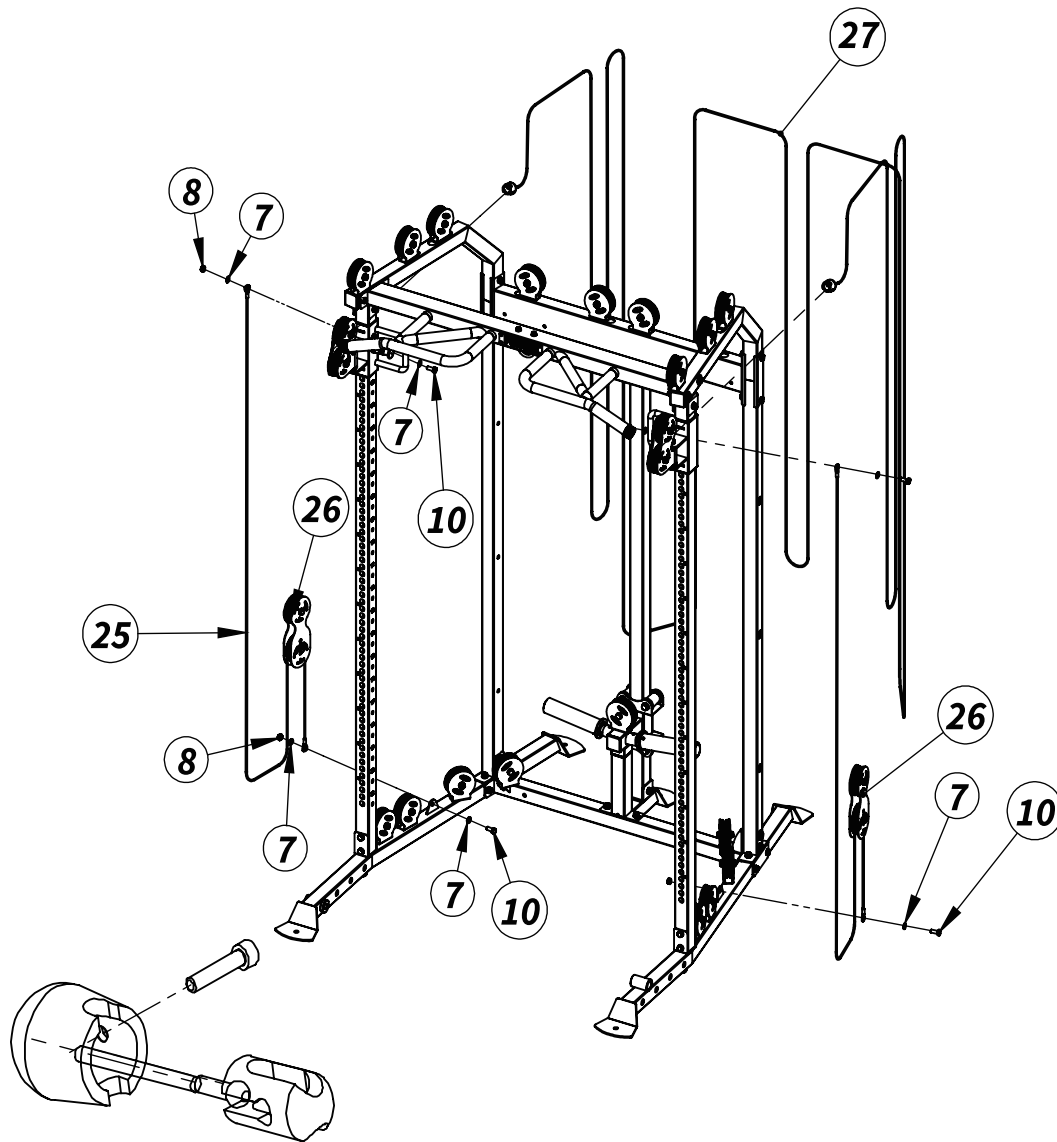
ASSEMBLY DRAWING

LIFT ROD ASSEMBLY PART 2PCS/S



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
83	Lift Rod	1
84	210 Sleeve	1

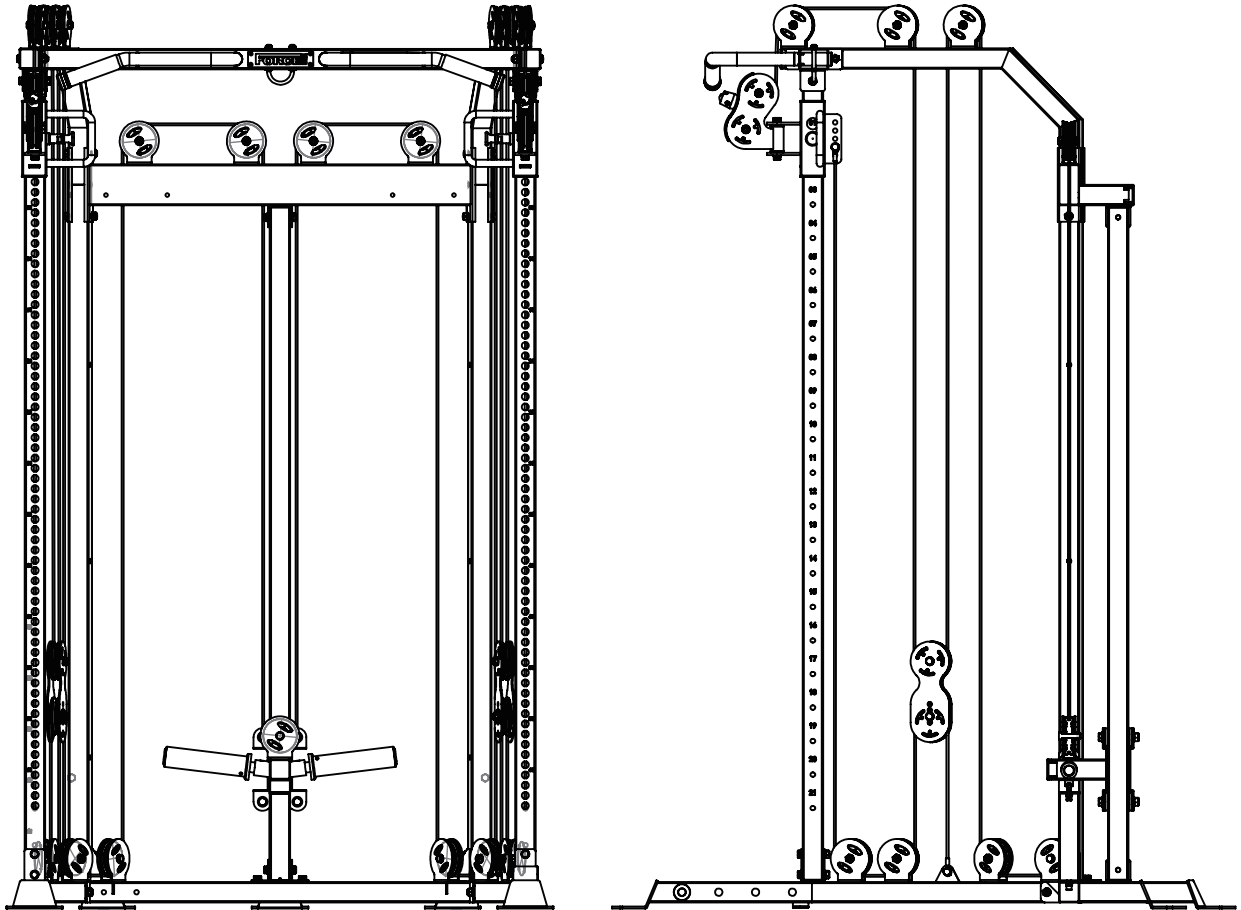
ASSEMBLY STEP 4



CABLE BALL HEAD ASSEMBLY DRAWING

KEY NUMBER	DESCRIPTION OF PART	QUANTITY
25	Cable Two End Both Alloy Buckle	2
26	Pulley Frame Assembly Part	2
27	Cable Two End Both Ball	1
10	Hexagon Bolt M10*25	4
7	Flat Washer ϕ 10	8
8	Lock Nut M10	4

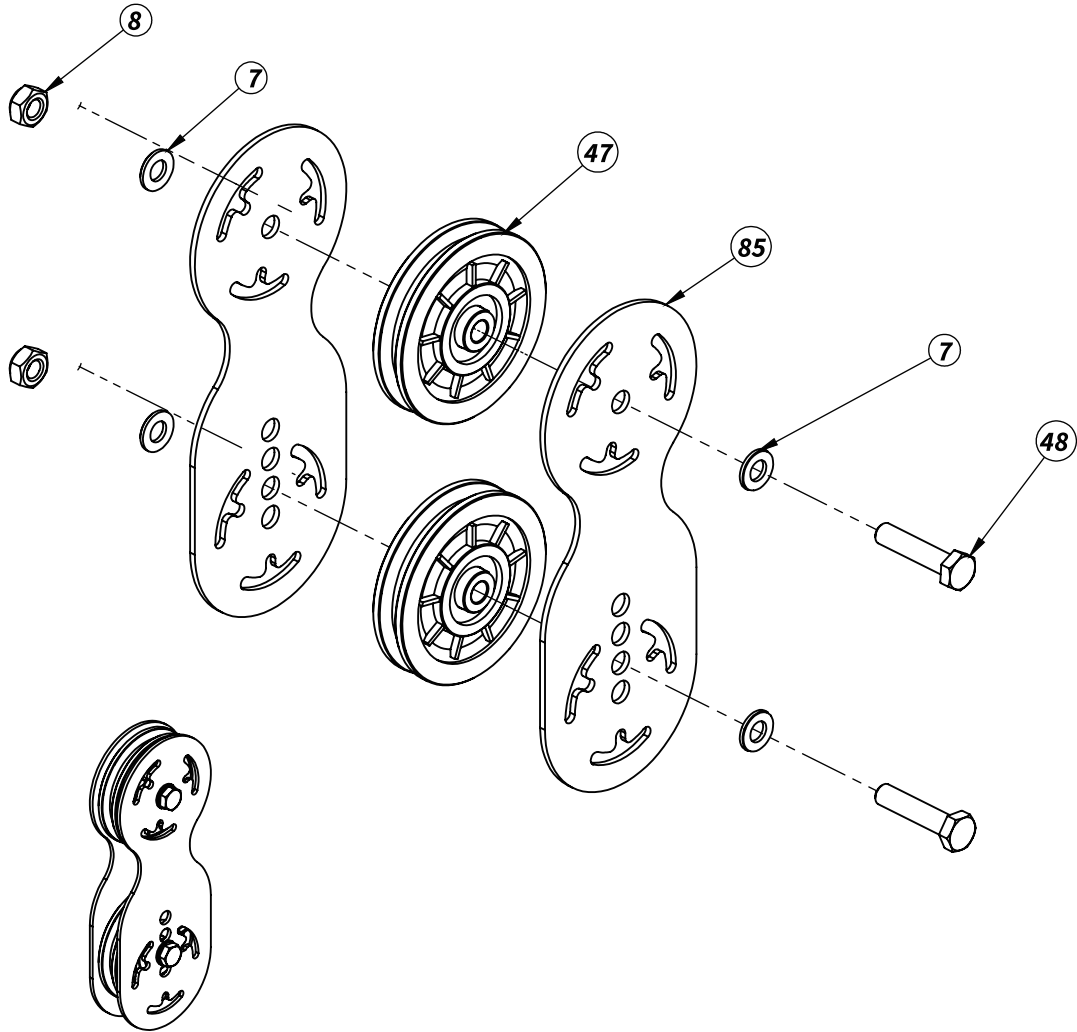
ASSEMBLY DRAWING



1. As shown in figure, remove either end of two end both ball cable-27, with pulley frame assembly part-26 as shown in figure threading the cable.
2. Thread the two end both alloy buckle cable-25 as shown in figure, lock two end use M10*25 hexagon bolt-10, $\phi 10$ flat washer-7 and M10 lock nut-8.

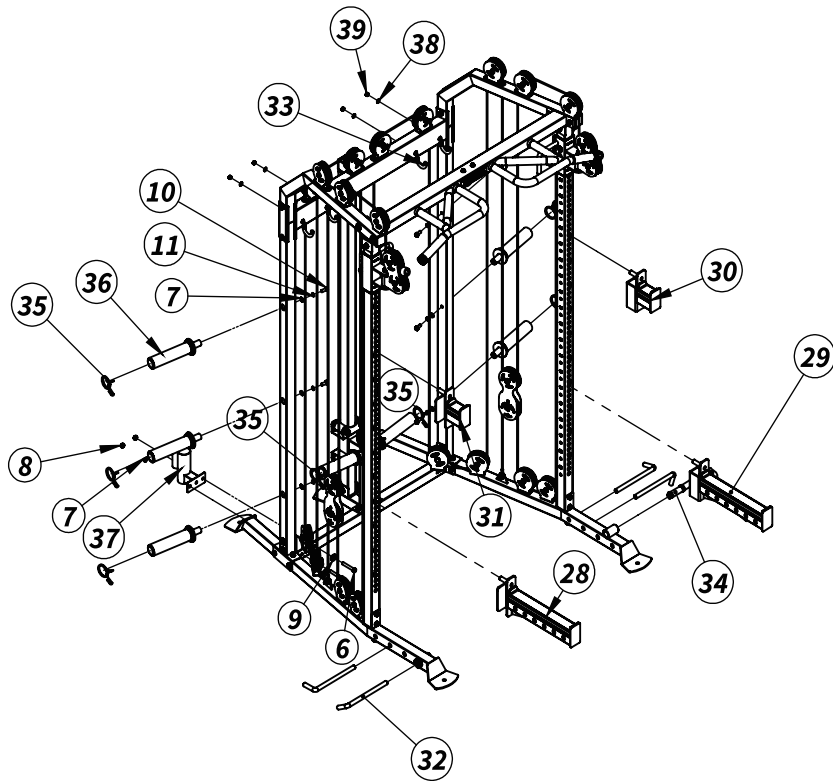
ASSEMBLY DRAWING

PULLEY FRAME ASSEMBLY PART 2PCS/SET



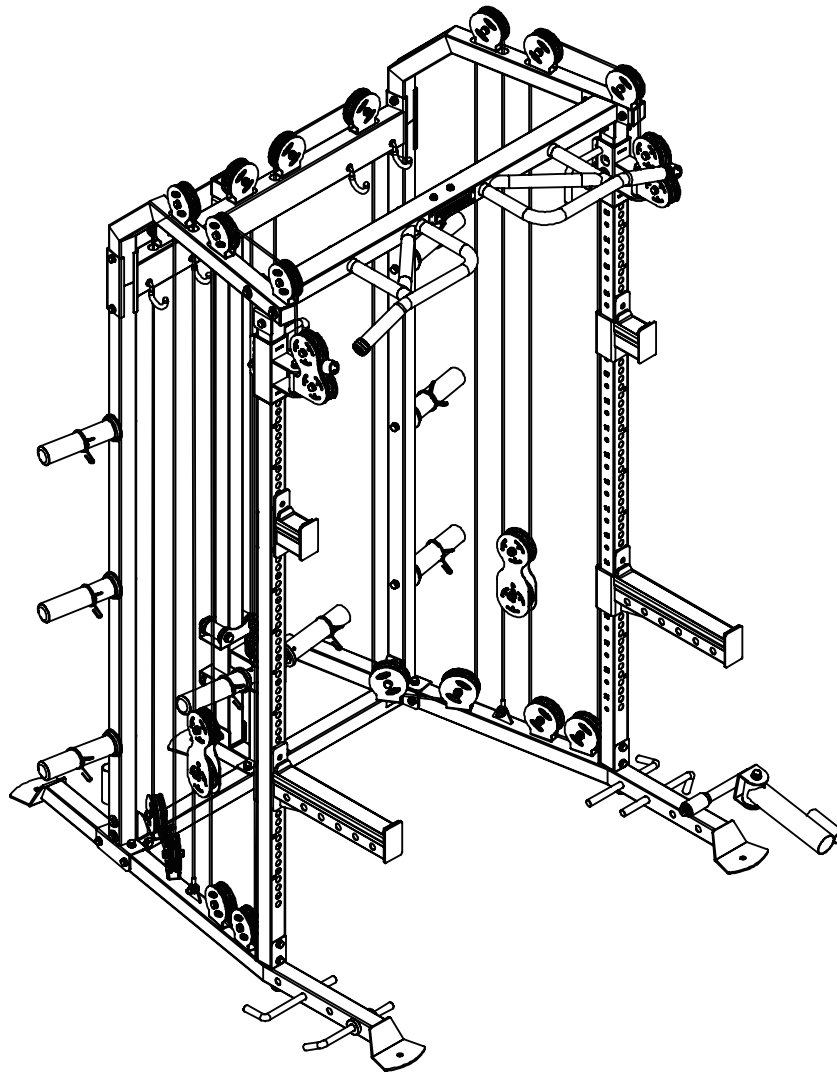
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
47	Pulley $\phi 92$	2
85	Pulley Adjustment Plate	2
48	Hexagon Bolt M10*45	2
7	Flat Washer $\phi 10$	4
8	Lock Nut M10	2

ASSEMBLY STEP 5



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
28	Right Safety Assembly Part	1
29	Left Safety Assembly Part	1
30	Left J-Hook Assembly Part	1
31	Right J-Hook Assembly Part	1
32	Band Peg	4
33	Hook Assembly Part	4
34	Core Trainer Assembly Part	1
35	Spring Collar	8
36	Barbell Plate Plastic Holder Assembly Part	6
10	Hexagon Bolt M10*25	6
7	Flat Washer $\phi 10$	8
11	Spring Washer $\phi 10$	6
37	Barbell Rod Cup	1
6	Hexagon Bolt M10*70	2
9	Big Flat Washer $\phi 30 * \phi 10 * 3$	2
8	Lock Nut M10	2
38	Flat Washer $\phi 8$	4
39	Lock Nut M8	4

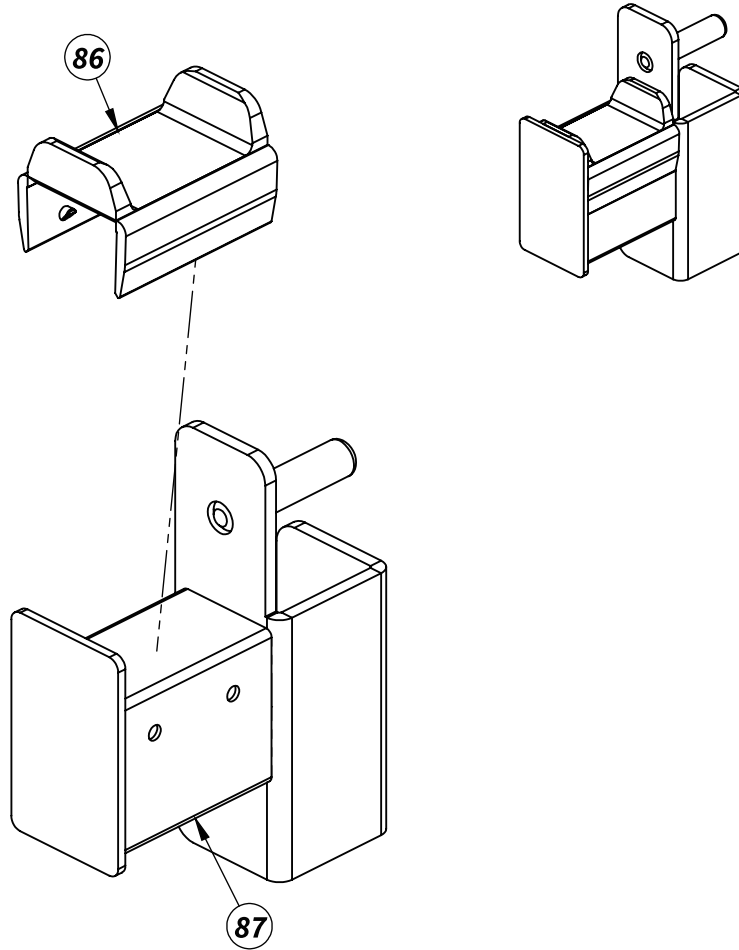
ASSEMBLY DRAWING



1. Fix barbell plate plastic holder assembly part-36 on main frame use M10*25 hexagon bolt-10, $\phi 10$ spring washer-11, $\phi 10$ flat washer-7 and M10 lock nut-8, put on spring collar-35.
2. Fix barbell rod cup-37 on main frame use M10*70 hexagon bolt-6, $\phi 30*\phi 10*3$ big flat washer-9, $\phi 10$ flat washer-7 and M10 lock nut-8.
3. Fix hook assembly part-33 on main frame use M8 lock nut-39 and $\phi 8$ flat washer-38.
4. As shown in figure put right safety assembly part-28, left safety assembly part-29, left j-hook assembly part-30, right j-hook assembly part-31, band peg-32 and core trainer assembly part-34 on main frame.

ASSEMBLY DRAWING

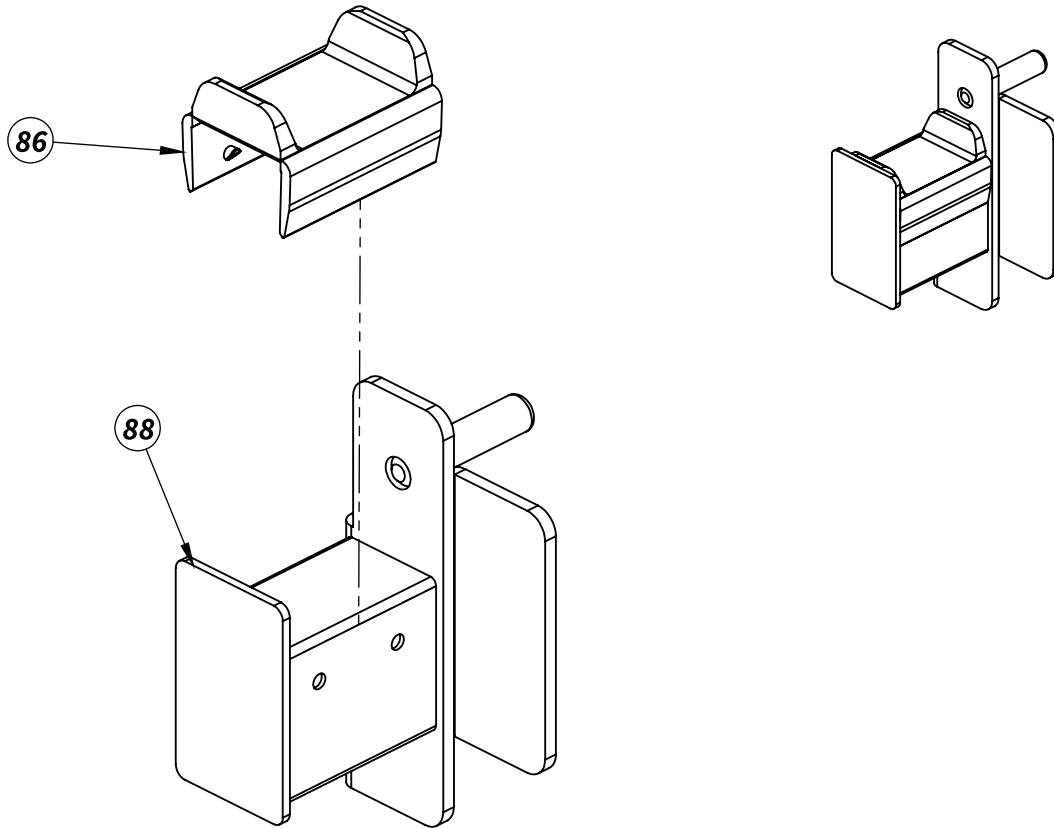
RIGHT J-HOOK ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
86	J-Hook Rubber Cover	1
87	Right J-Hook	1

ASSEMBLY DRAWING

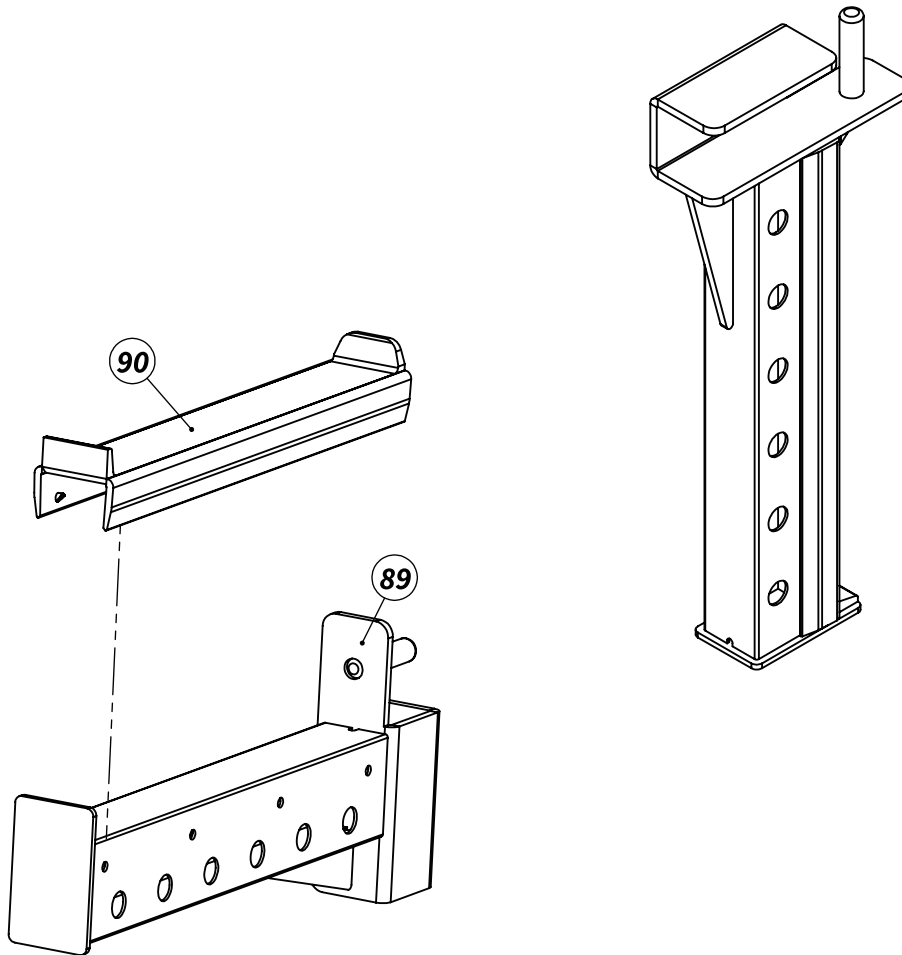
LEFT J-HOOK ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
86	J-Hook Rubber Cover	1
88	Left J-Hook	1

ASSEMBLY DRAWING

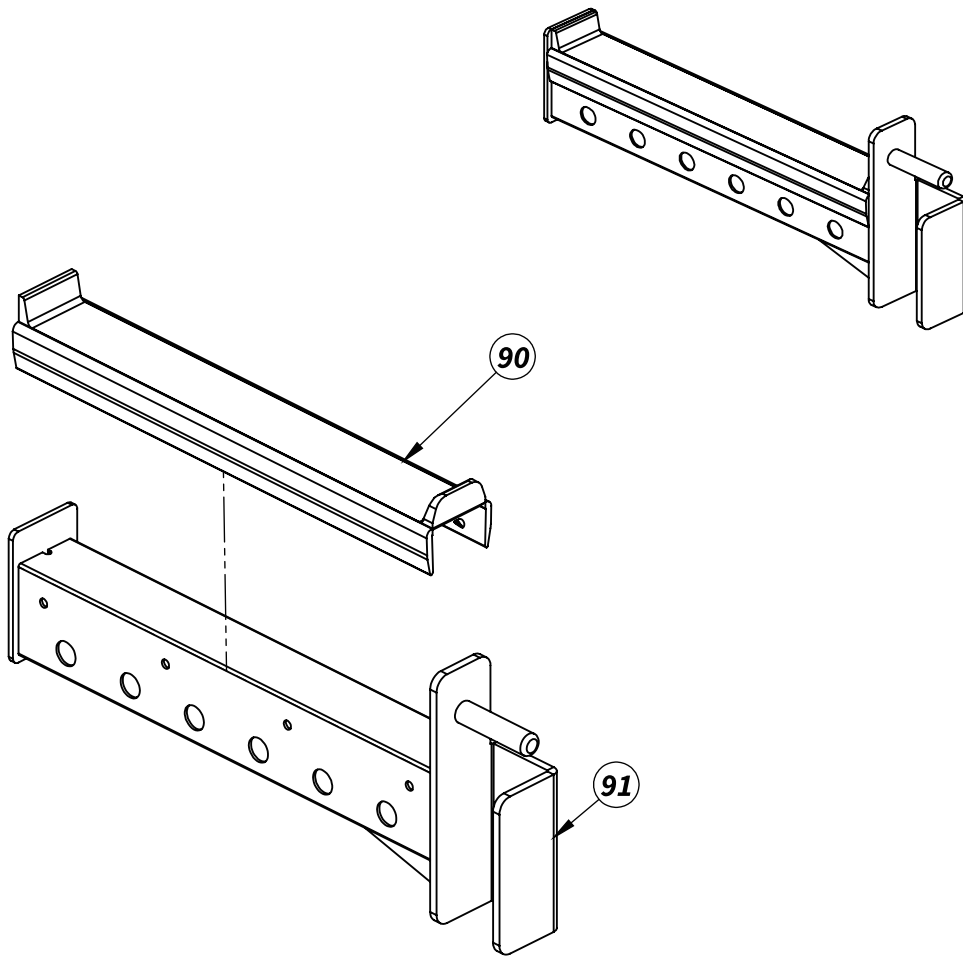
RIGHT SAFETY ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
89	Right Safety	1
90	Safety Rubber Cover	1

ASSEMBLY DRAWING

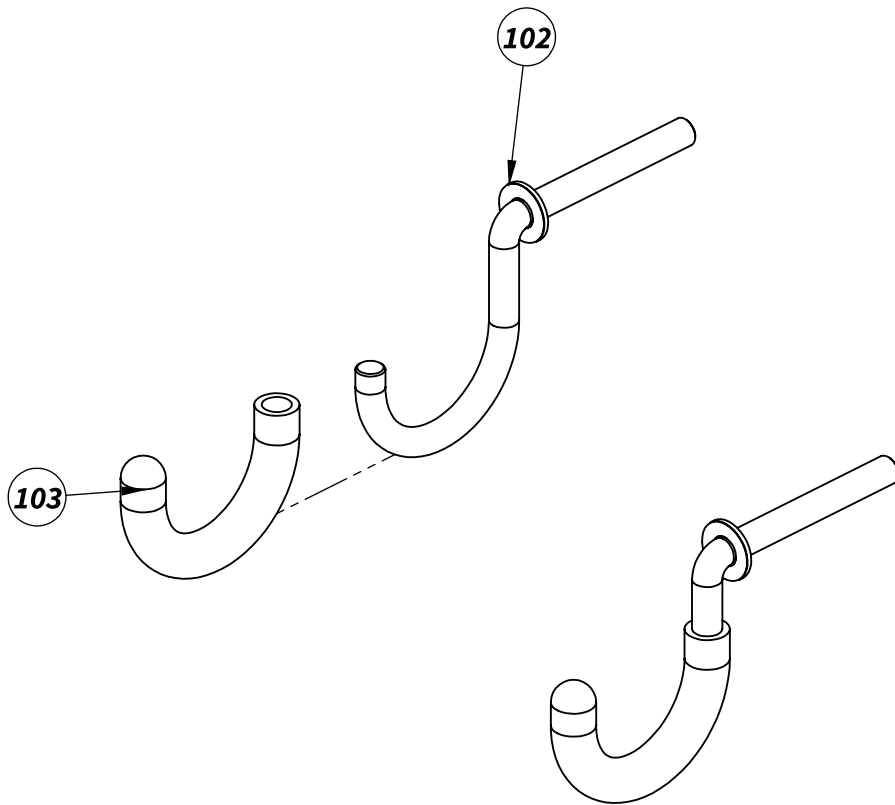
LEFT SAFETY ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
91	Left Safety	1
90	Safety Rubber Cover	1

ASSEMBLY DRAWING

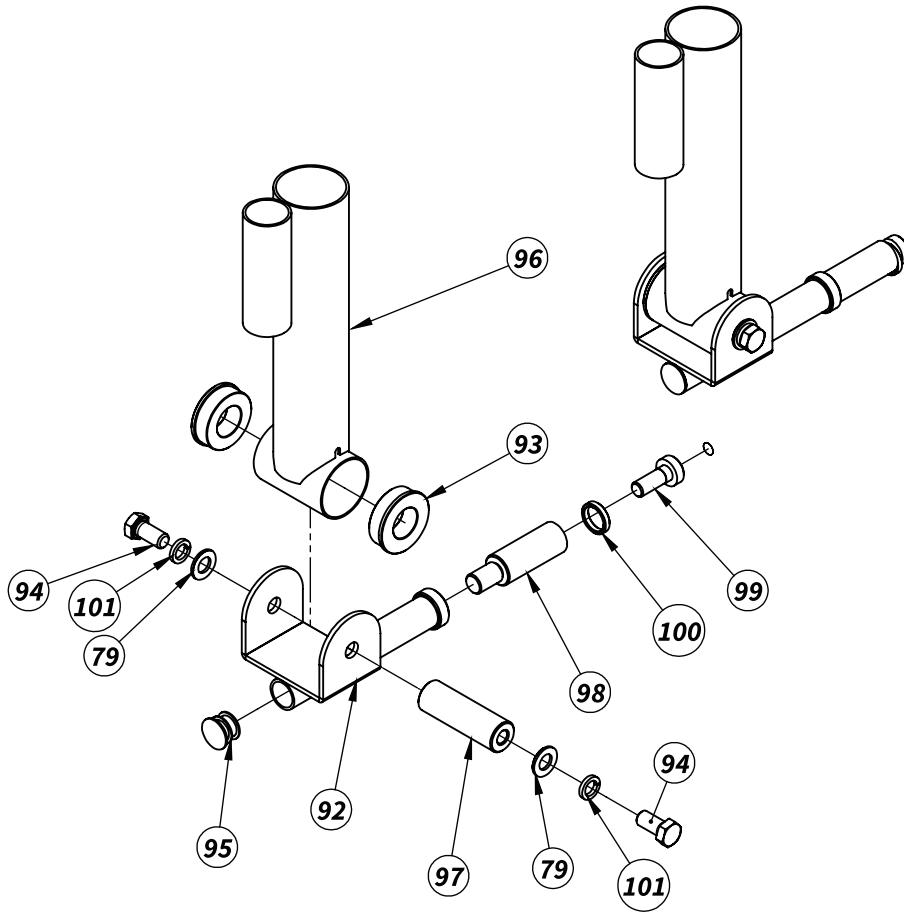
HOOK ASSEMBLY PART 4PCS/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
102	Hook	1
103	Hook Cover $\varphi 8 \times 100$	1

ASSEMBLY DRAWING

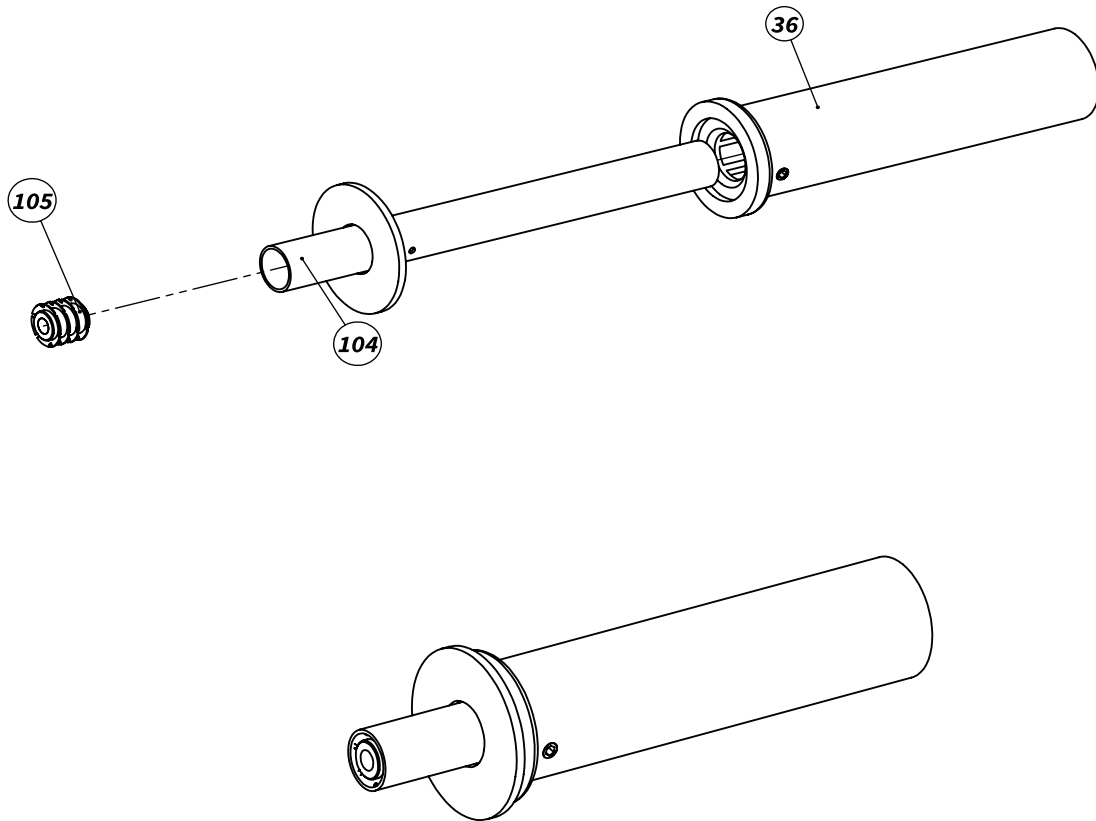
CORE TRAINER ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
92	Core Trainer Holder	1
93	Powder Metallurgy $\varphi 50^* \varphi 47^* \varphi 25^* 15$	2
94	Hexagon Bolt M12*25	2
95	Round Tube End Cap $\varphi 25^* 2$	1
79	Flat Washer $\varphi 12$	2
96	Core Trainer Tube	1
97	Internal Thread Axle $\varphi 25^* 77^* M12$	1
98	Axle $\varphi 25^* 86$	1
99	Limit Shaft $\varphi 22^* 39.5$	1
100	Limit Right $\varphi 25^* \varphi 20^* 5$	1
101	Spring Washer $\varphi 12$	2

ASSEMBLY DRAWING

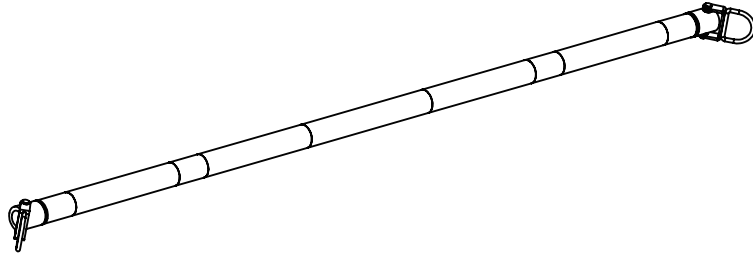
BARBELL PLATE PLASTIC HOLDER ASSEMBLY PART 6PCS/SET



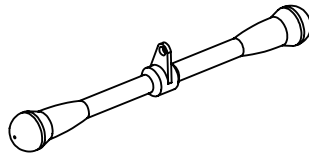
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
104	Barbell Plate Holder	1
105	Four Shrapnel Nut $\phi 23$ -M10 Four Shrapnel	1
84	210 Sleeve	1

ATTACHMENT DRAWING

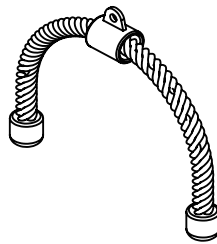
LONG STRAIGHT BAR 1130 1PC/SET



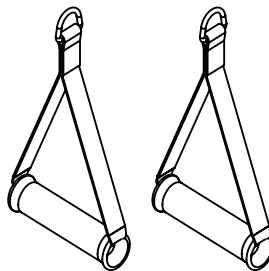
SHORT STRAIGHT BAR 1PC/SET



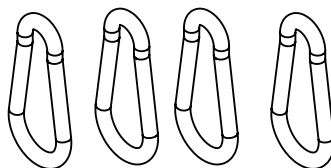
TRICEP ROPE 1PC/SET



PLASTIC HANDLE 2PCS/SET

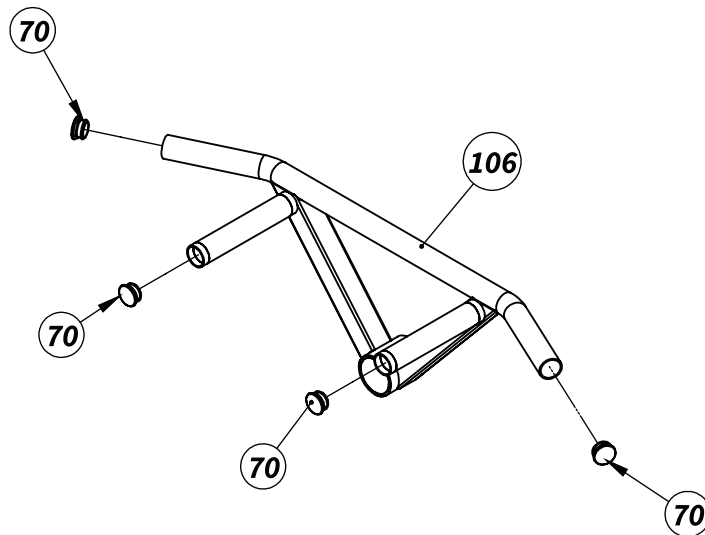
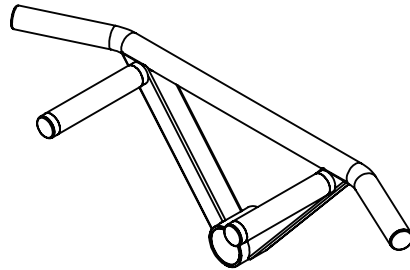


CARABINER 4PCS/SET



ATTACHMENT DRAWING

LIFT HANDLE ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
106	Lift Handle	1
70	Round Tube End Cap $\phi 32*1.5$	4