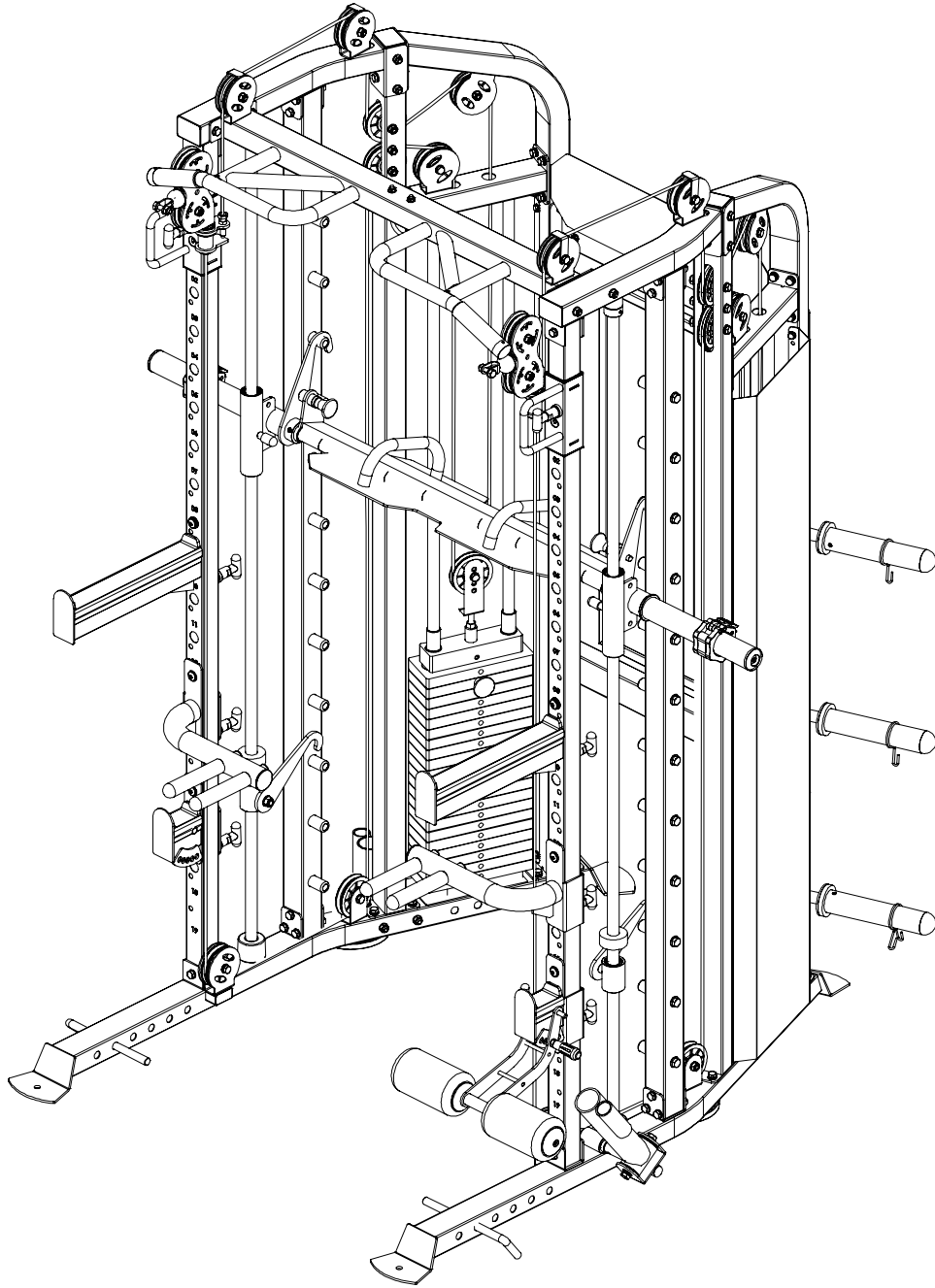


# FORCE USA

INNOVATION IN STRENGTH™



USER MANUAL | **F-G6-B**

# ASSEMBLY MANUAL

## BEFORE YOU START

Read all instructions in this manual before assembling or using this equipment.

Remove all parts from the packaging and separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

We recommended you keep these instructions.

## SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment
- Assemble equipment on a flat surface
- Consider placing a mat under equipment to protect your floor
- Only tighten nuts and bolts by hand until whole equipment is assembled
- Ensure all parts are in working order prior to use
- Do not use equipment outdoors or around water
- Keep hair, fingers and clothing away from moving parts
- Only use attachments recommended by the manufacturer
- Never operate if parts are not functioning correctly
- Always stretch prior to using equipment
- Stop immediately if you experience any pain, dizziness or nausea.
- Before starting any exercise program consult your doctor

# **IMPORTANT ASSEMBLY INFORMATION**

NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.

## **FASTENING NUTS AND BOLTS**

- Only tighten all nuts and bolts after all components have been fully assembled.
- Do not over tighten any component with pivoting function.
- Make sure all pivoting components are able to move freely.

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

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# PARTS LIST

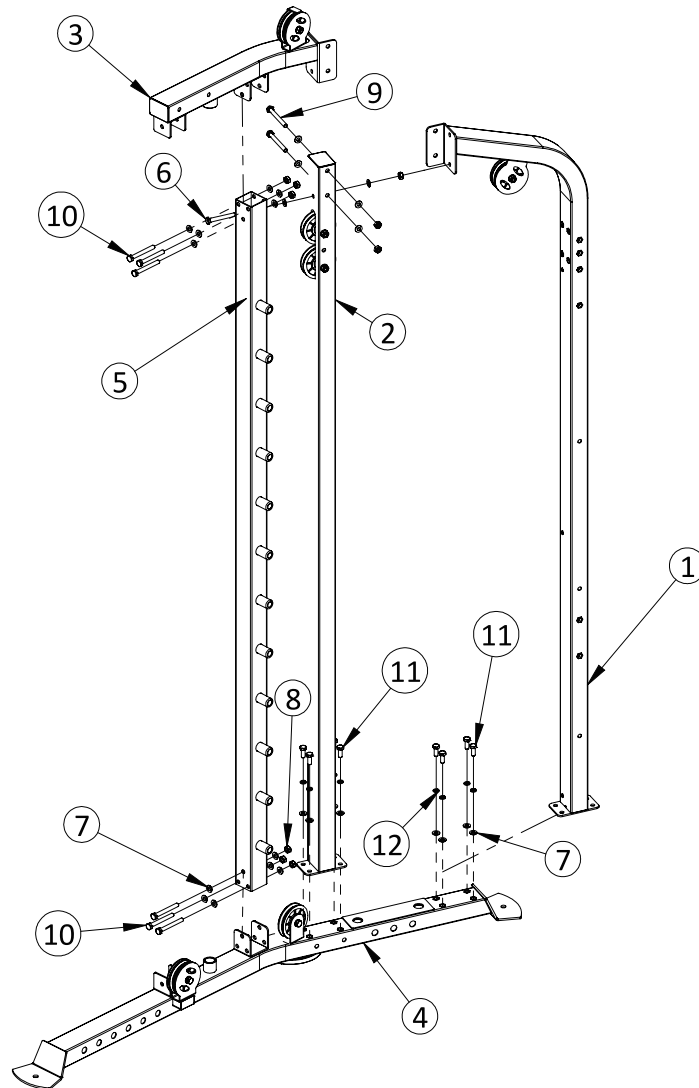
No.	Description	Note	Qty.
1	upright frame left		1
2	upright frame middle		1
3	upper frame left		1
4	base frame left		1
5	upright frame with barbell holder		2
6	hex bolt	M10x75	6
7	washer	Φ10	118
8	lock nut	M10	30
9	hex bolt	M10x95	4
10	hex bolt	M10x85	14
11	hex bolt	M10x30	58
12	spring washer	Φ10	58
13	connection frame		2
15	rotation plate		1
16	chip up bar		1
17	guide rod nut		4
18	rubber block	Φ60xΦ27x42	4
19	hex bolt	M10x90	6
20	short connection frame		2
21	weight plate		2
22	pulley frame		2
23	weight plate pin		2
24	guide rod		2
25	bearing frame		2
26	barbell rod		1
27	barbell rod sleeve		2
28	footplate		1
29	guide rod lock sleeve		2
30	safety hook right		1

No.	Description	Note	Qty.
31	safety hook left		1
32	rubber block	Φ60xΦ26x45	2
33	rubber block	Φ60xΦ26x25	2
34	allen bolt	M12x40	2
77	spring washer	Φ12	2
78	allen bolt	M8x10	2
35	washer	Φ12	2
36	guide tube right		1
37	guide tube left		1
38	sliding frame left		1
39	sliding frame right		1
40	weight plate cover		2
41	core trainer		1
42	barbell rod cup		1
43	hex bolt	M8x16	12
44	washer	Φ8	16
45	wire		2
46	lock nut	M12	4
47	J hook left short		1
48	J hook right		1
49	J hook left		1
50	dip bar left		1
51	dip bar right		1
52	L shape pin		4
53	J hook right short		1
54	lat pull down roller		1
55	T shape pin	Φ10x100	1
56	barbell plate holder		6
57	hook		4

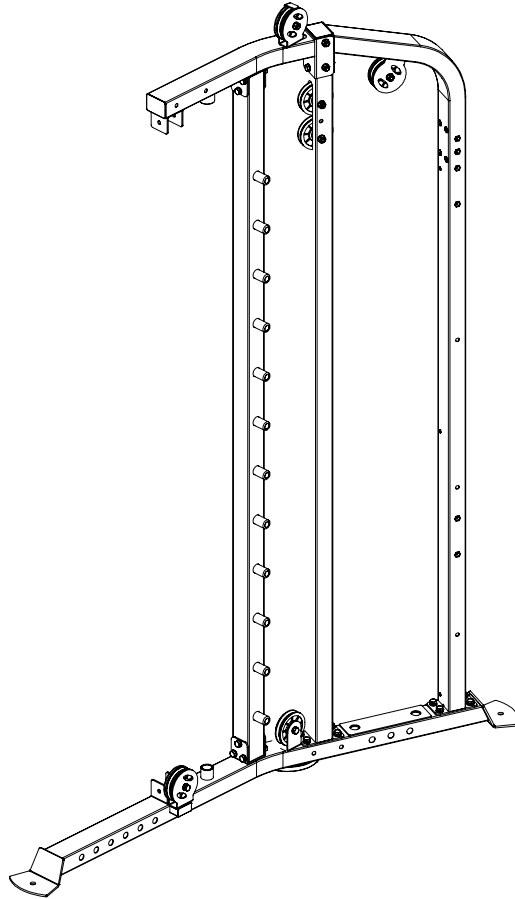
No.	Description	Note	Qty.
58	logo plate		1
59	hook short		4
60	spring collar		6
61	barbell rod ring		2
62	lock nut	M8	4
63	base frame right		1
64	back upright frame right		1
65	upright frame middle right		1
66	upper frame right		1
67	abdominal belt		1
68	lat pull down bar		1
69	snap hook		2
70	handle		2
71	triceps rope		1
72	function training bar short		1
73	shiver bar		1
74	function training bar		1
75	close grip rowing handle		1
76	section chain + snap hook x2		2



# ASSEMBLY STEP 1

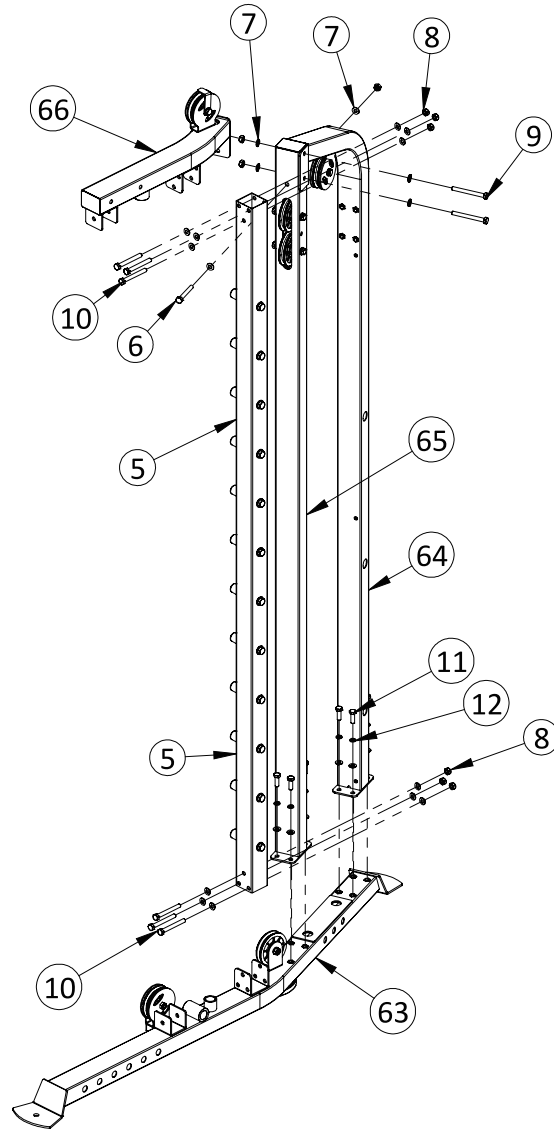


No.	Description	Note	Qty.
1	back upright frame left		1
2	upright frame middle left		1
3	upper frame left		1
4	base frame left		1
5	upright frame with barbell holder		1
6	hex bolt	M10x75	1
7	washer	Φ10	26
8	lock nut	M10	9
9	hex bolt	M10x95	2
10	hex bolt	M10x85	6
11	hex bolt	M10x30	8
12	spring washer	Φ10	8

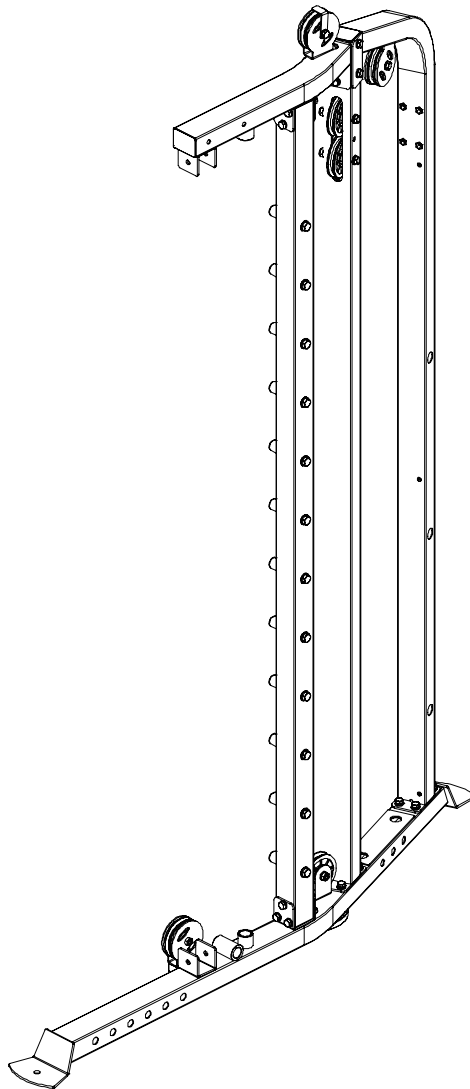


- 1 Fix upright frame left-1 fastening on base frame left-4 using M10x30 hex bolt-11,  $\Phi$ 10 spring 12 and  $\Phi$ 10 washer-7
- 2 Fix upright frame middle-2 fastening on base frame left-4 using M10x30 hex bolt-11,  $\Phi$ 10 spring 12 and  $\Phi$ 10 washer-7
- 3 Fix upright frame with barbell holder-5 fastening on base frame left-4 using M10x85 hex bolt-10,  $\Phi$ 10 washer-7 and M10 lock nut-8
- 4 Attach the upper frame left-3, upright frame left-1, upright frame middle-2 and upright frame with barbell holder-5 using M10x85 hex bolt-10, M10x75 hex bolt-6, M10x95 hex bolt-9,  $\Phi$ 10 washer-7 and M10 lock nut-8

## ASSEMBLY STEP 2

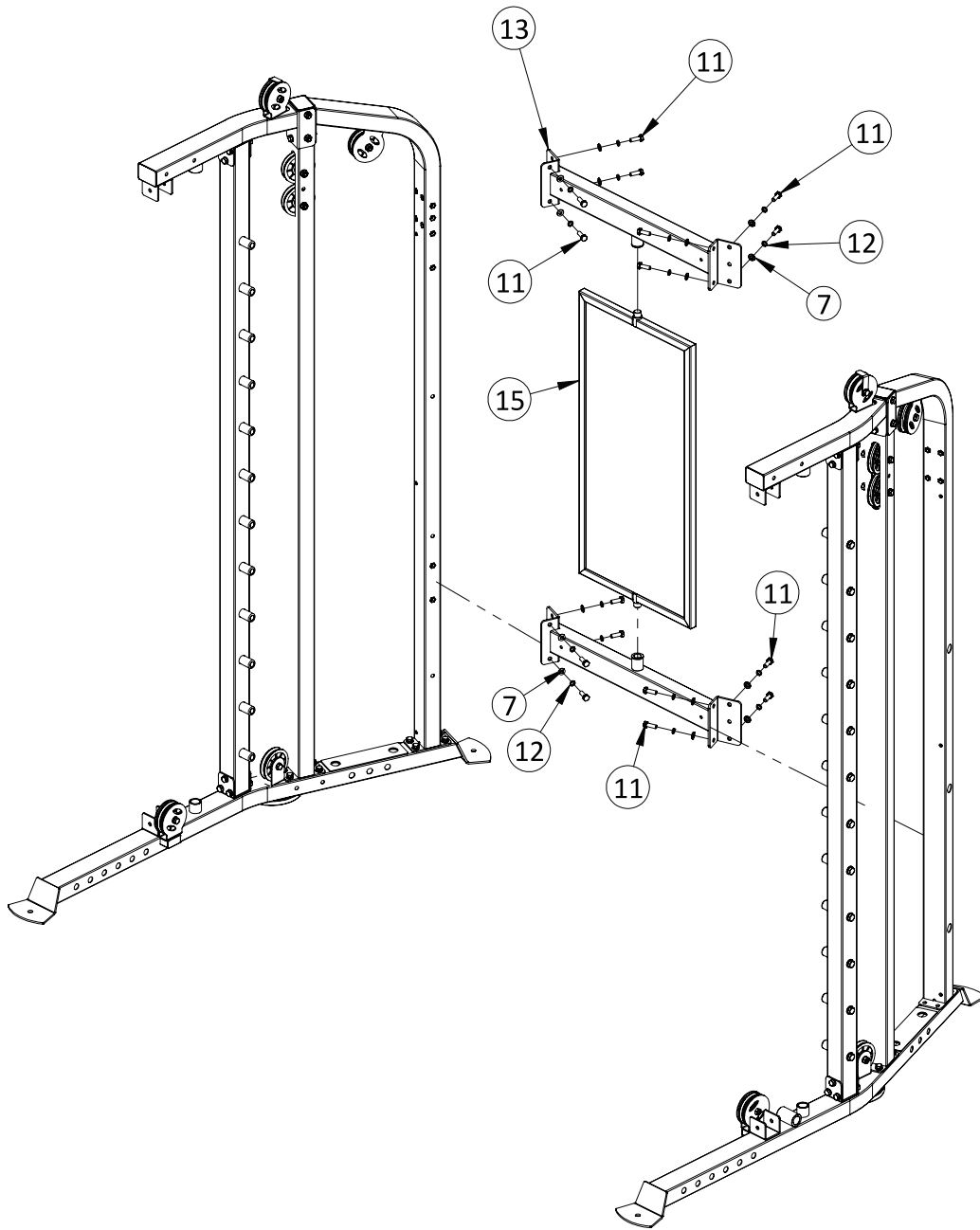


No.	Description	Note	Qty.
5	upright frame with barbell holder		1
6	hex bolt	M10x75	1
7	washer	Φ10	26
8	lock nut	M10	9
9	hex bolt	M10x95	2
10	hex bolt	M10x85	6
11	hex bolt	M10x30	8
12	spring washer	Φ10	8
63	base frame right		1
64	back upright frame right		1
65	upright frame middle right		1
66	upper frame right		1



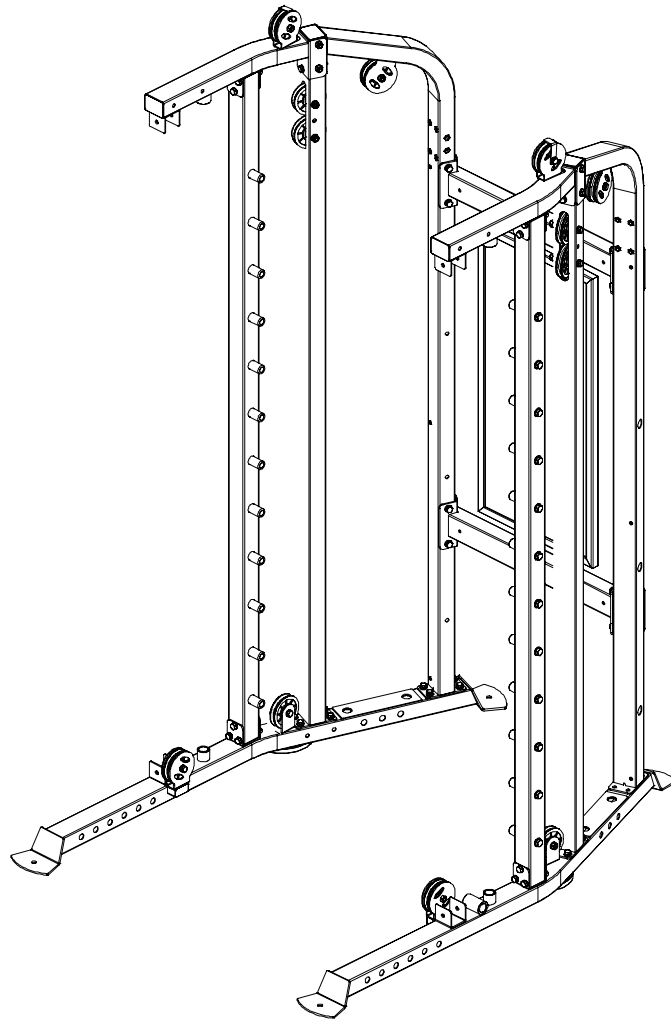
- 1 Fix back upright frame right-64 fastening on base frame right-63 using M10x30 hex bolt-11,  $\Phi$ 10 spring washer-12 and  $\Phi$ 10 washer-7
- 2 Fix upright frame middle right-65 fastening on base frame right-63 using M10x30 hex bolt-11,  $\Phi$ 10 spring washer-12 and  $\Phi$ 10 washer-7
- 3 Fix upright frame with barbell holder-5 fastening on base frame right-63 using M10x85 hex bolt-10,  $\Phi$ 10 washer-7 and M10 lock nut-8
- 4 Attach the upper frame right-66, back upright frame right-64, upright frame middle right-65 and upright frame with barbell holder-5 using M10x85 hex bolt-10, M10x75 hex bolt-6, M10x95 hex bolt-9,  $\Phi$ 10 washer-7 and M10 lock nut-8

# ASSEMBLY STEP 3



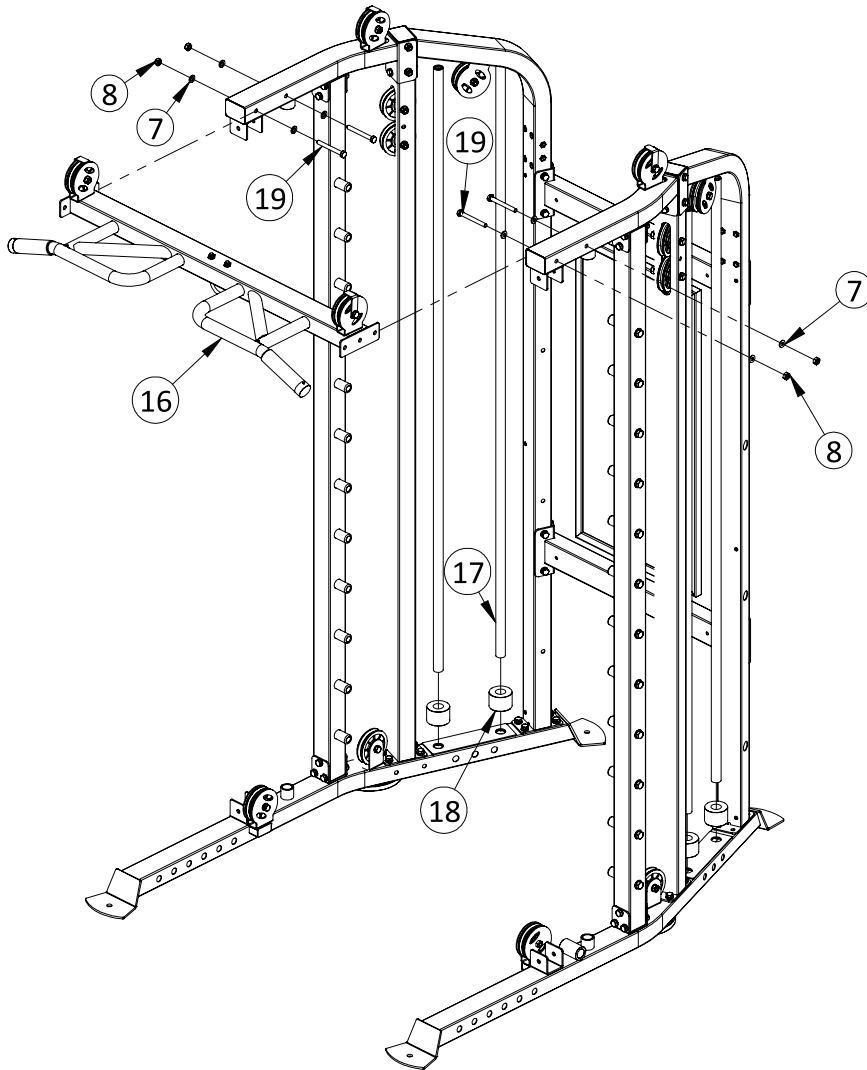
No.	Description	Note	Qty.
7	washer	Φ10	16
12	spring washer	Φ10	16
13	connection frame		2
11	hex bolt	M10x30	16
15	rotation plate		1



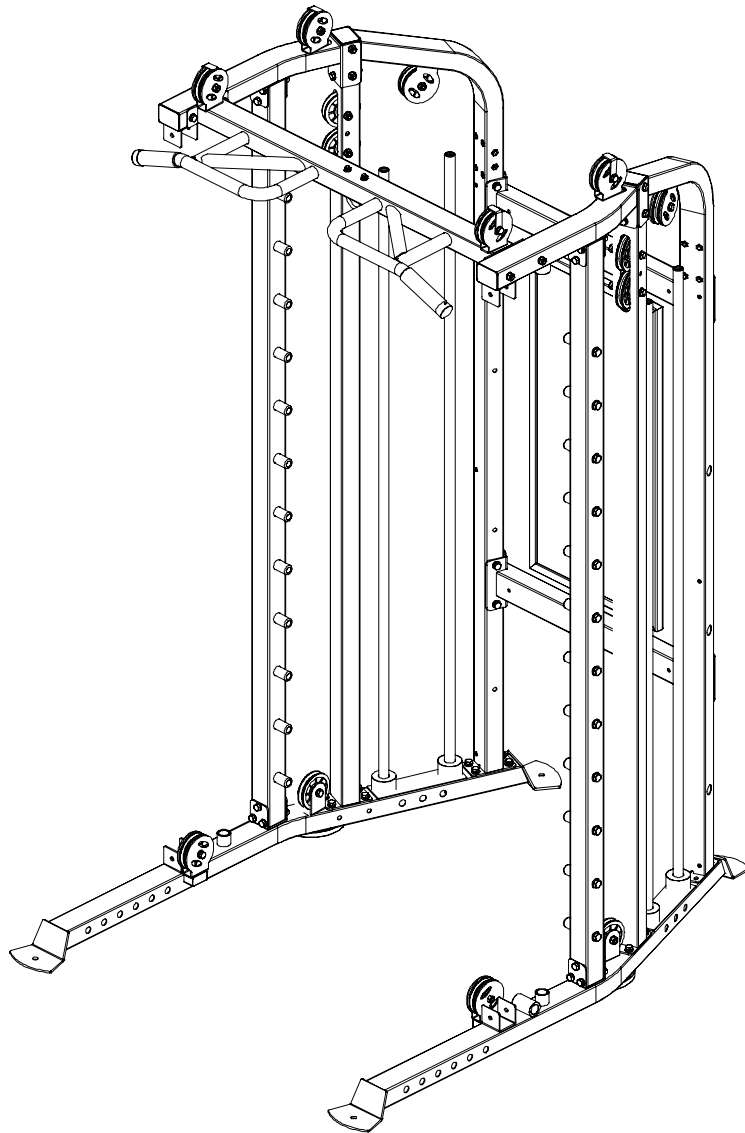


- 1 Fix upper connection frame-13 fastening on main frame using M10x30 hex bolt-11,  $\Phi$ 10 spring washer-12 and  $\Phi$ 10 washer-7
- 2 Attach rotation plate-15 with connection frame-13
- 3 Fix lower connection frame-13 fastening on main frame using M10x30 hex bolt-11,  $\Phi$ 10 spring washer-12 and  $\Phi$ 10 washer-7

# ASSEMBLY STEP 4

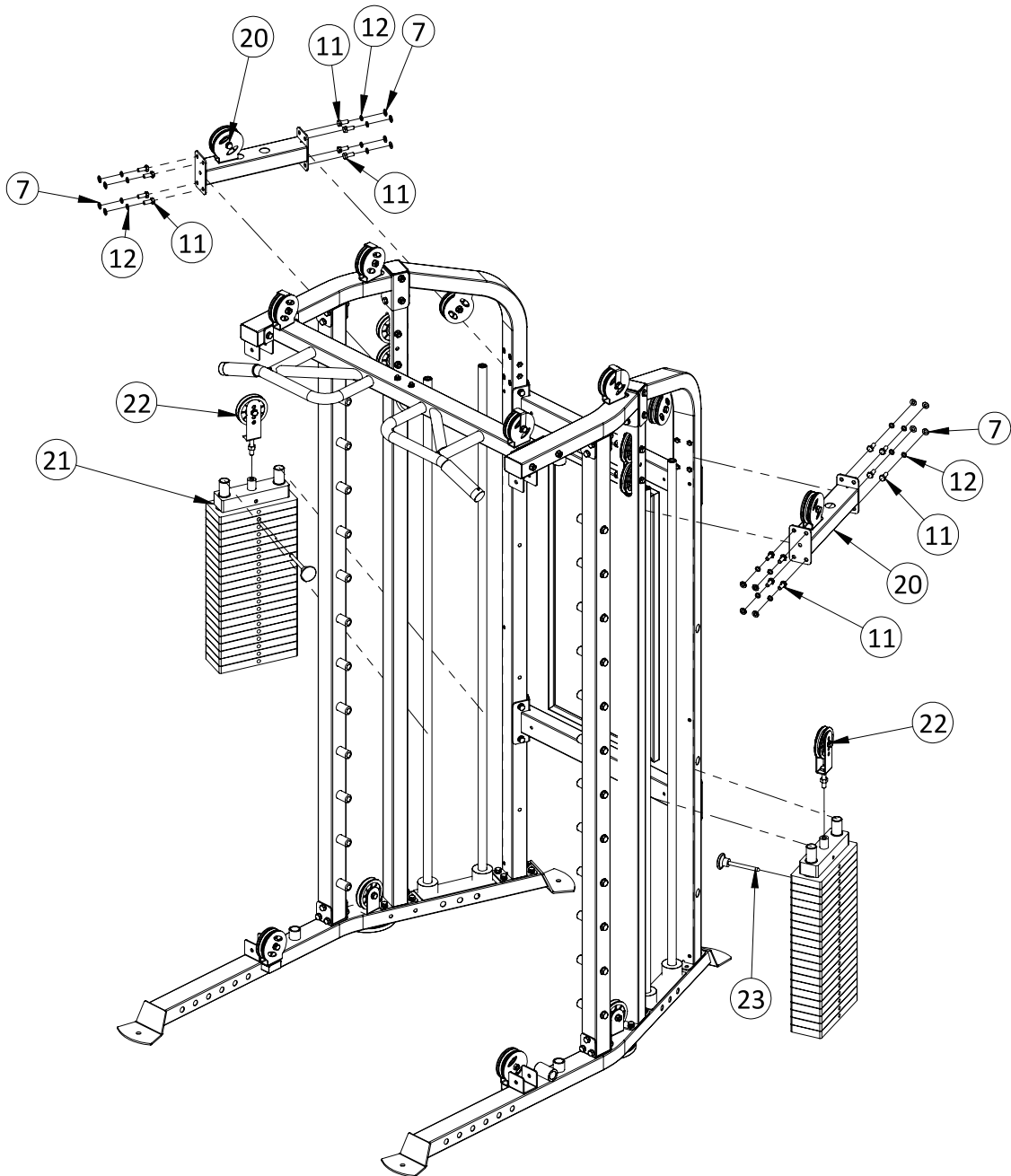


No.	Description	Note	Qty.
7	washer	Φ10	8
8	lock nut	M10	4
16	chip up bar		1
17	guide rod nut		4
18	rubber block	Φ60xΦ27x42	4
19	hex bolt	M10x90	4

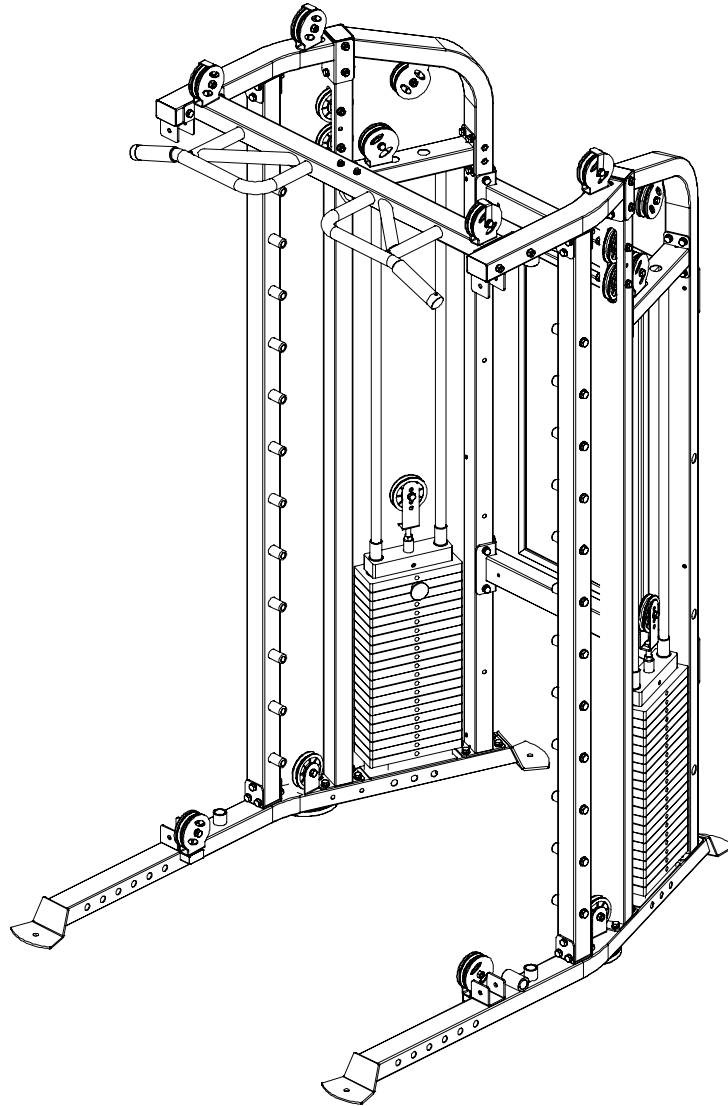


- 1 Fix chip up bar-16 fastening on the main frame using M10x90 hex bolt-19,  $\Phi$ 10 washer-7 and M10 lock nut-8
- 2 Put guide rod nut-17 through rubber block-18 on the main frame

# ASSEMBLY STEP 5

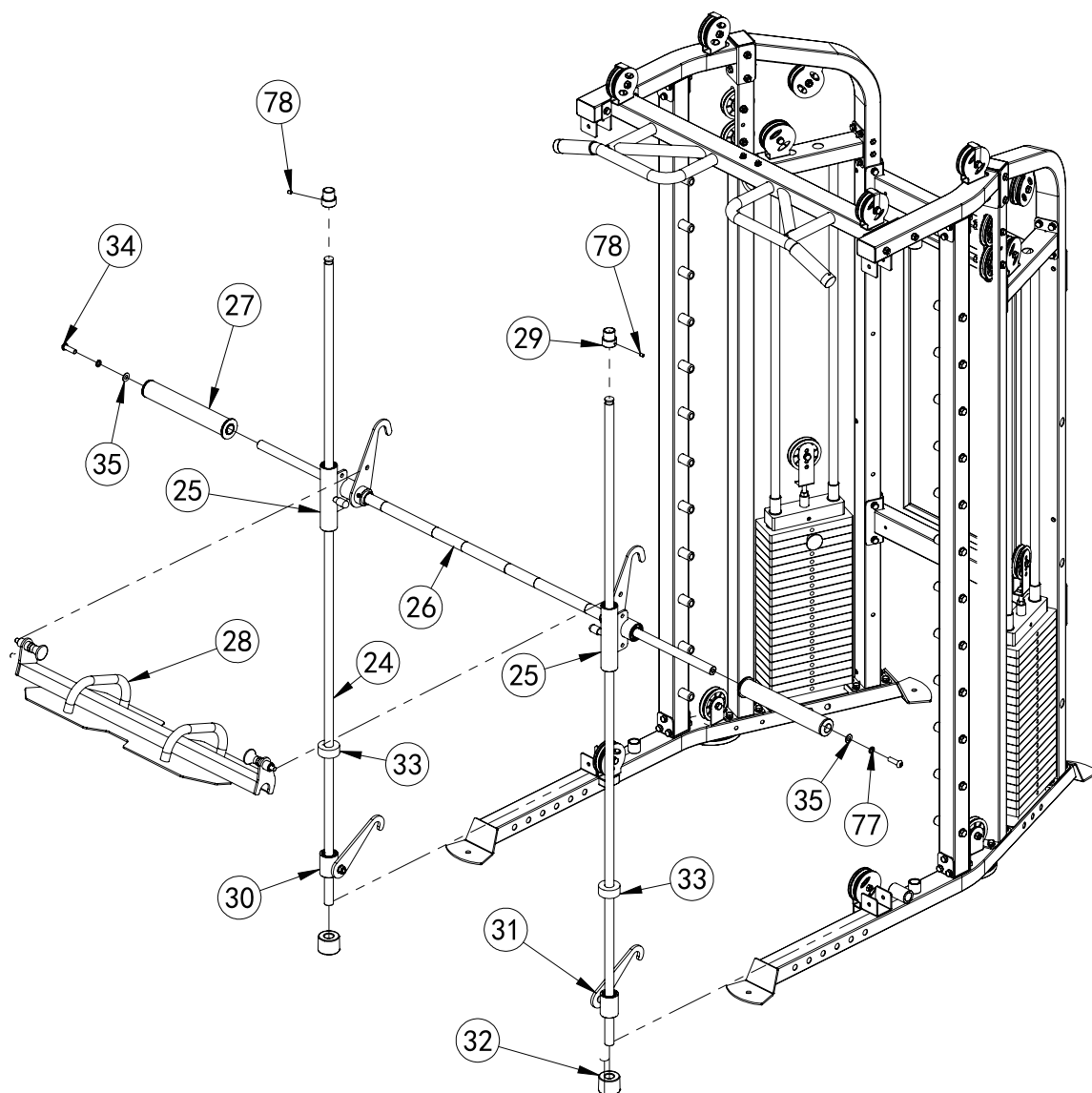


No.	Description	Note	Qty.
7	washer	Φ10	16
11	hex bolt	M10x30	16
12	spring washer	Φ10	16
20	short connection frame		2
21	weight plate		2
22	pulley frame		2
23	weight plate pin		2

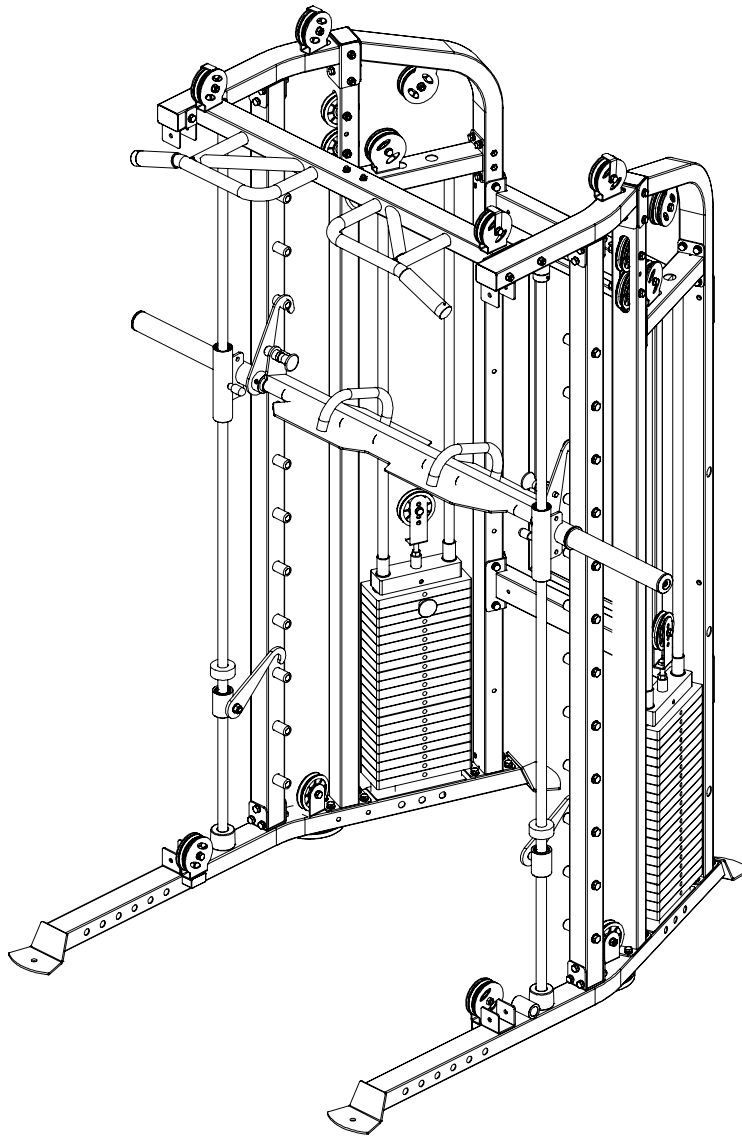


- 1 Put the weight plate from numbers go from small to big through the guide rod-17, put pulley frame-22 on the weight plate and insert the weight plate pin-23
- 2 Fix short connection frame-20 fastening on the main frame using M10x30 hex bolt-11,  $\Phi$ 10 spring 12 and  $\Phi$ 10 washer-7

# ASSEMBLY STEP 6

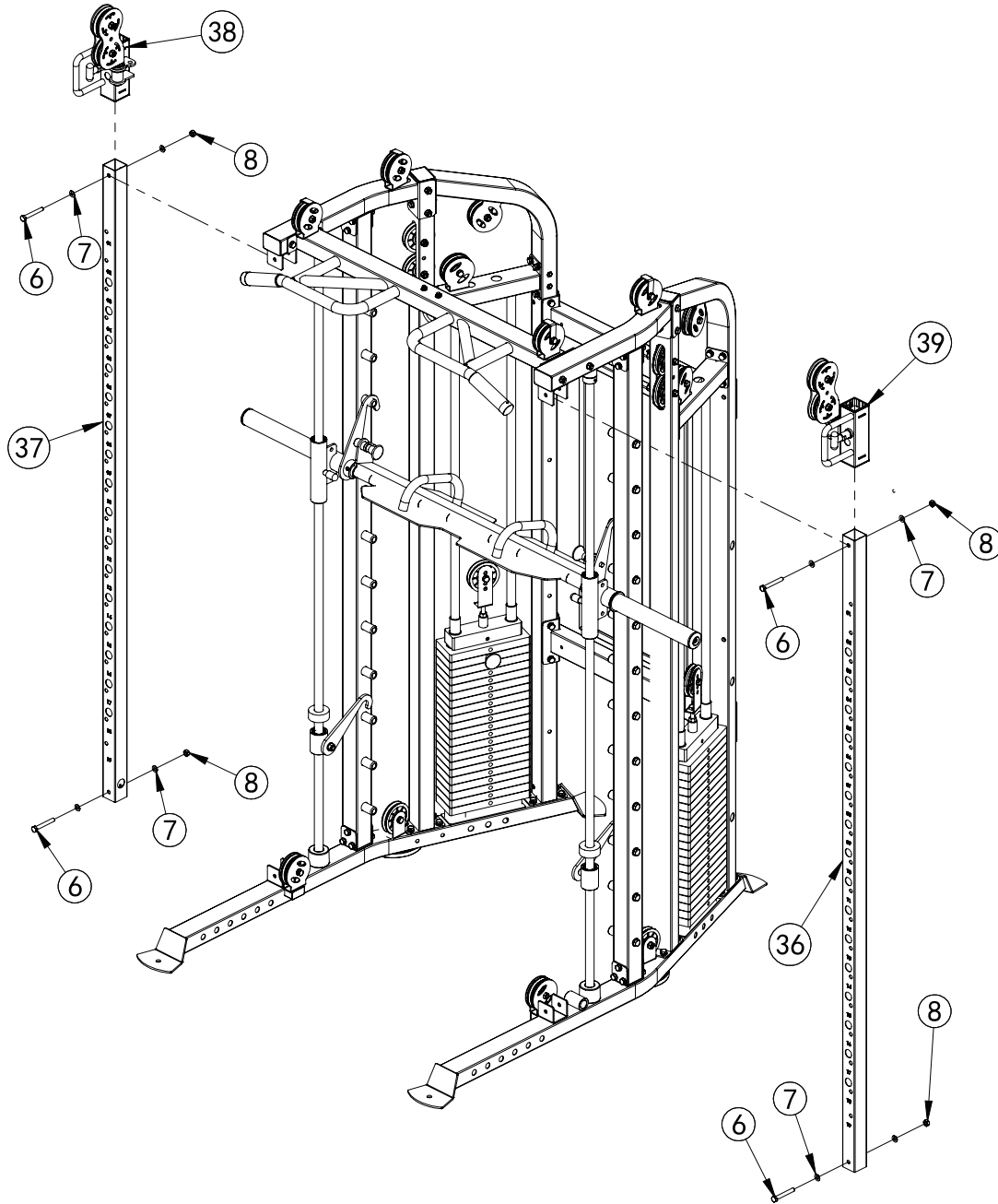


No.	Description	Note	Qty.
24	guide rod		2
25	bearing frame		2
26	barbell rod		1
27	barbell rod sleeve		2
28	footplate		1
29	guide rod lock sleeve		2
30	safety hook right		1
31	safety hook left		1
32	rubber block	Φ60xΦ26x45	2
33	rubber block	Φ60xΦ26x25	2
34	allen bolt	M12x40	2
77	spring washer	Φ12	2
78	allen bolt	M8x10	2
35	washer	Φ12	2



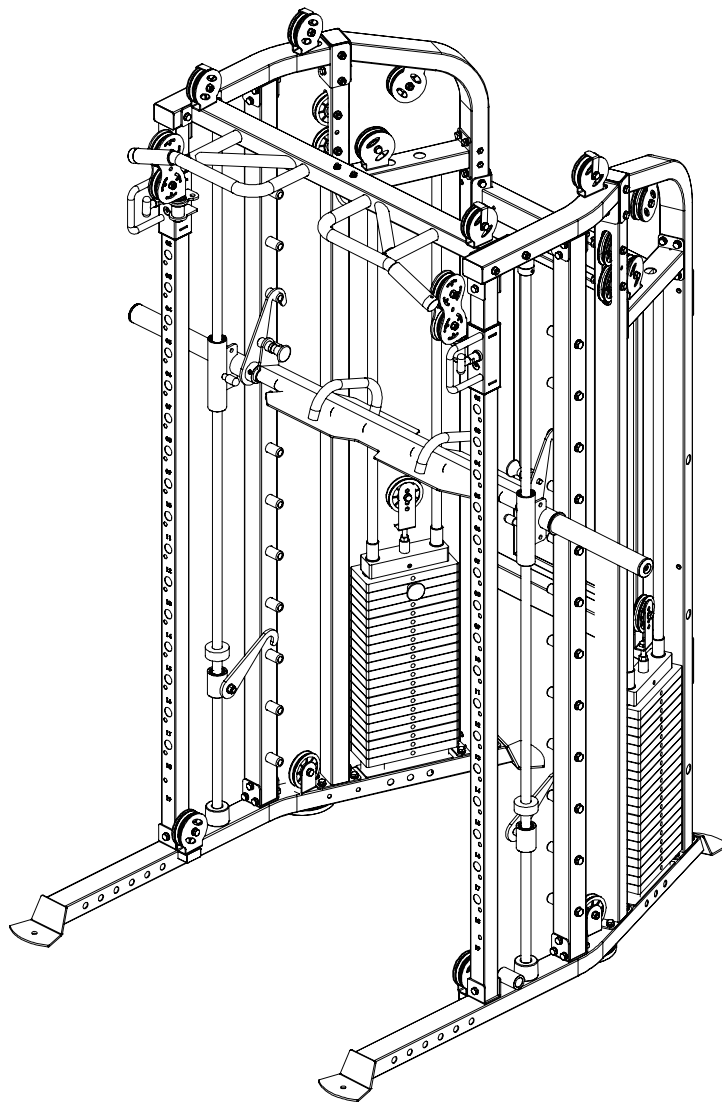
- 1 Fix guide rod-24 in turn through guide rod lock sleeve-29, bearing frame-25, rubber block-33,safety hook left-31 and rubber block-32 fastening on the main frame using M8x10 allen bolt-78
- 2 Put barbell rod-26 through bearing frame-25 hang on the main frame
- 3 Fix guide rod-24 in turn through guide rod lock sleeve-29, bearing frame-25, rubber block-33,safety hook right and rubber block-32 fastening on the main frame using M8x10 allen bolt-78
- 4 Fix barbell rod sleeve-27 fastening on the barbell rod-26 using M12x40 allen bolt-34,  $\Phi$ 12 washer-35,  $\Phi$ 12 spring washer-77
- 5 Install footplate-28 onto barbell rod-26

# ASSEMBLY STEP 7



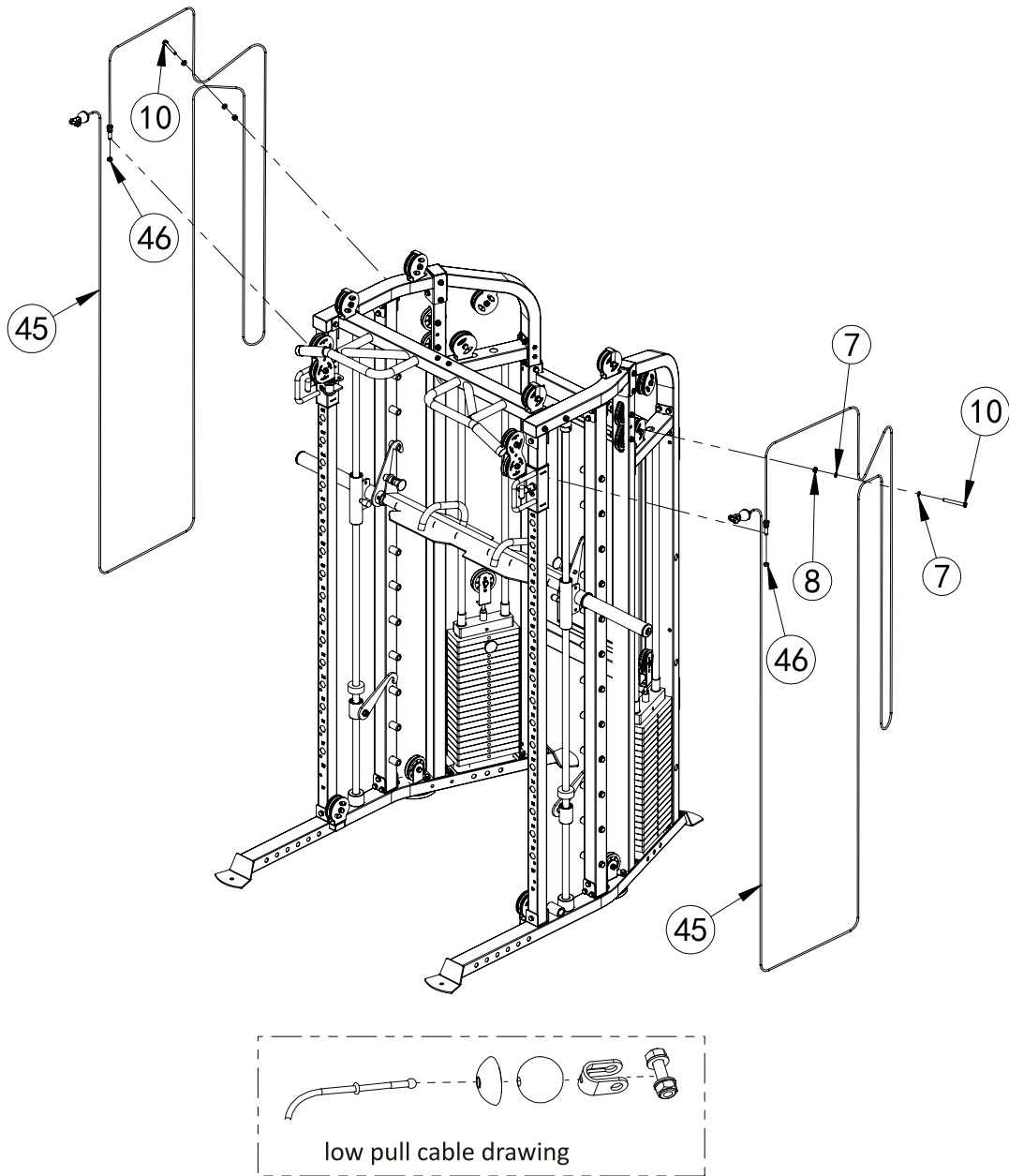
No.	Description	Note	Qty.
6	hex bolt	M10x75	4
7	washer	Φ10	8
8	lock nut	M10	4
36	guide tube right		1
37	guide tube left		1
38	sliding frame left		1
39	sliding frame right		1



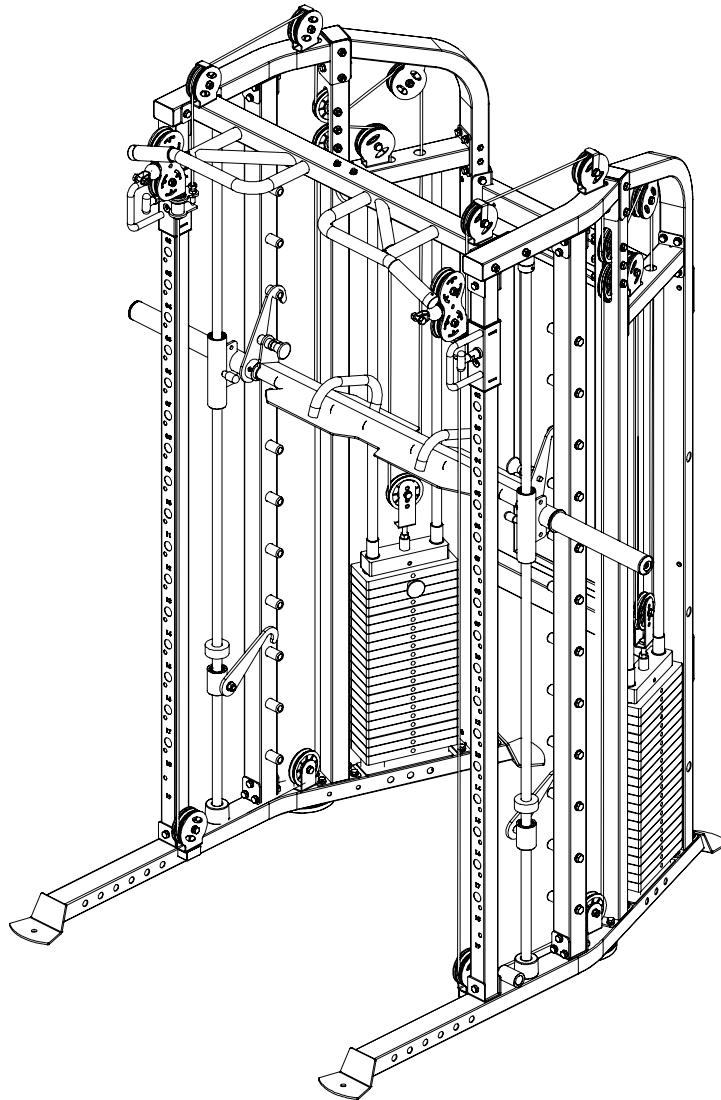


- 1 Install sliding frame left-38 onto guide tube left-37
- 2 Install sliding frame right-39 onto guide tube right-36
- 3 Fix guide tube left-37 and guide tube right-36 fastening on main frame using M10x75 hex bolt-6,  $\Phi$ 10 washer-7 and M10 lock nut-8

# ASSEMBLY STEP 8

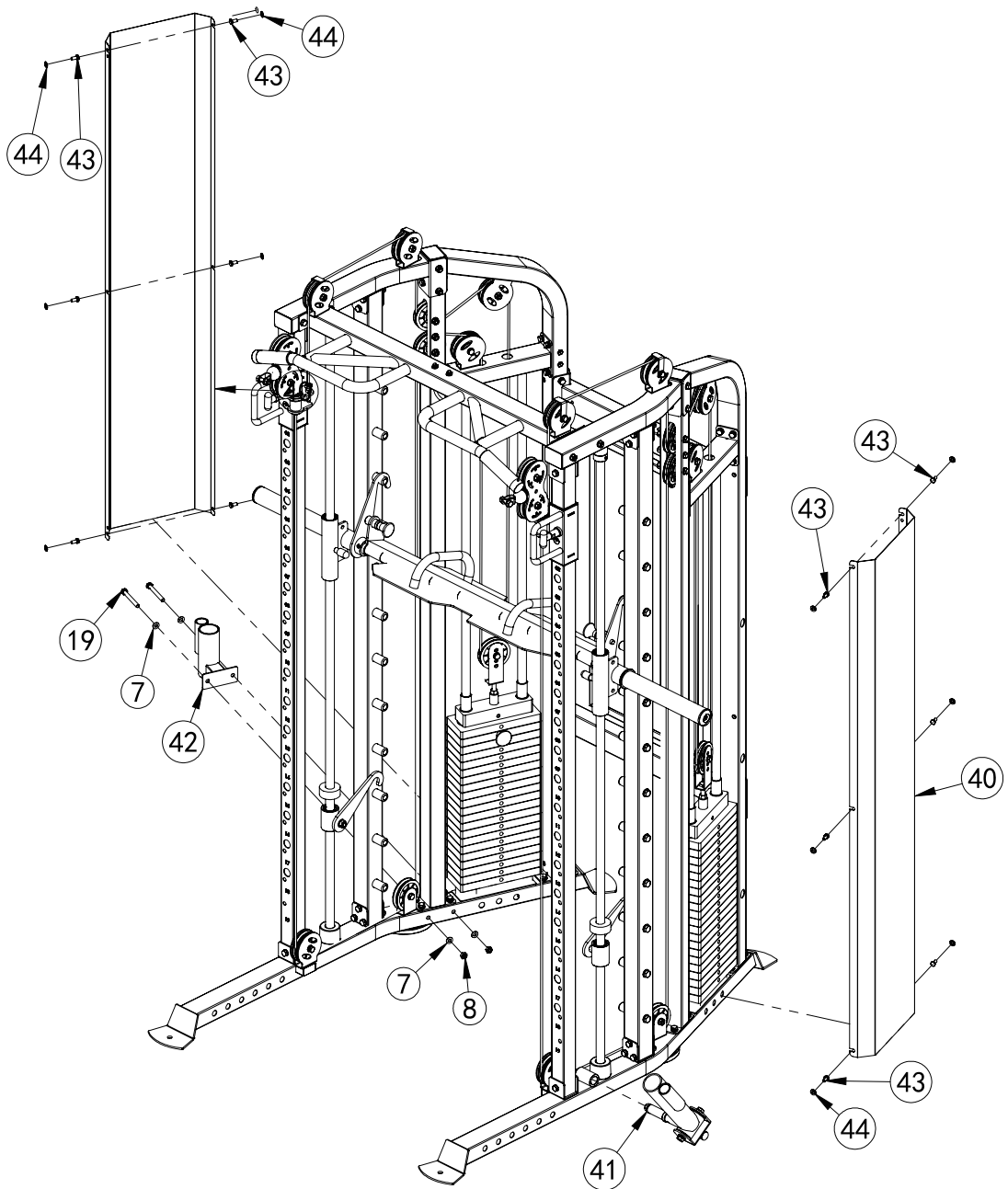


No.	Description	Note	Qty.
45	wire		2
7	washer	Φ10	4
8	lock nut	M10	2
10	hex bolt	M10x85	2
46	lock nut	M12	4

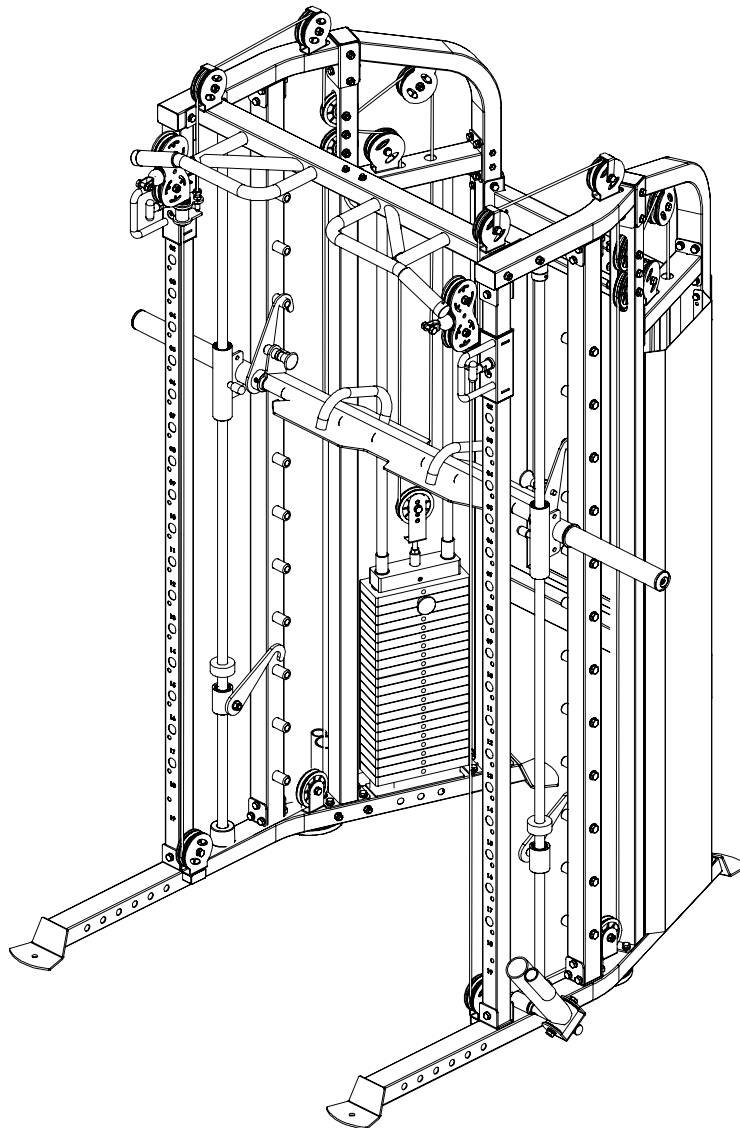


- 1 Disassemble the wire ball head as shown in the picture and thread the wire rope-45 according to the picture.
- 2 Fix the wire on the sliding frame right and left using M12 lock nut-46
- 3 Put M10x85 hex bolt-10,  $\Phi 10$  washer-7 and M10 lock nut-8 on the right and left upright frame middle upright frame

# ASSEMBLY STEP 9

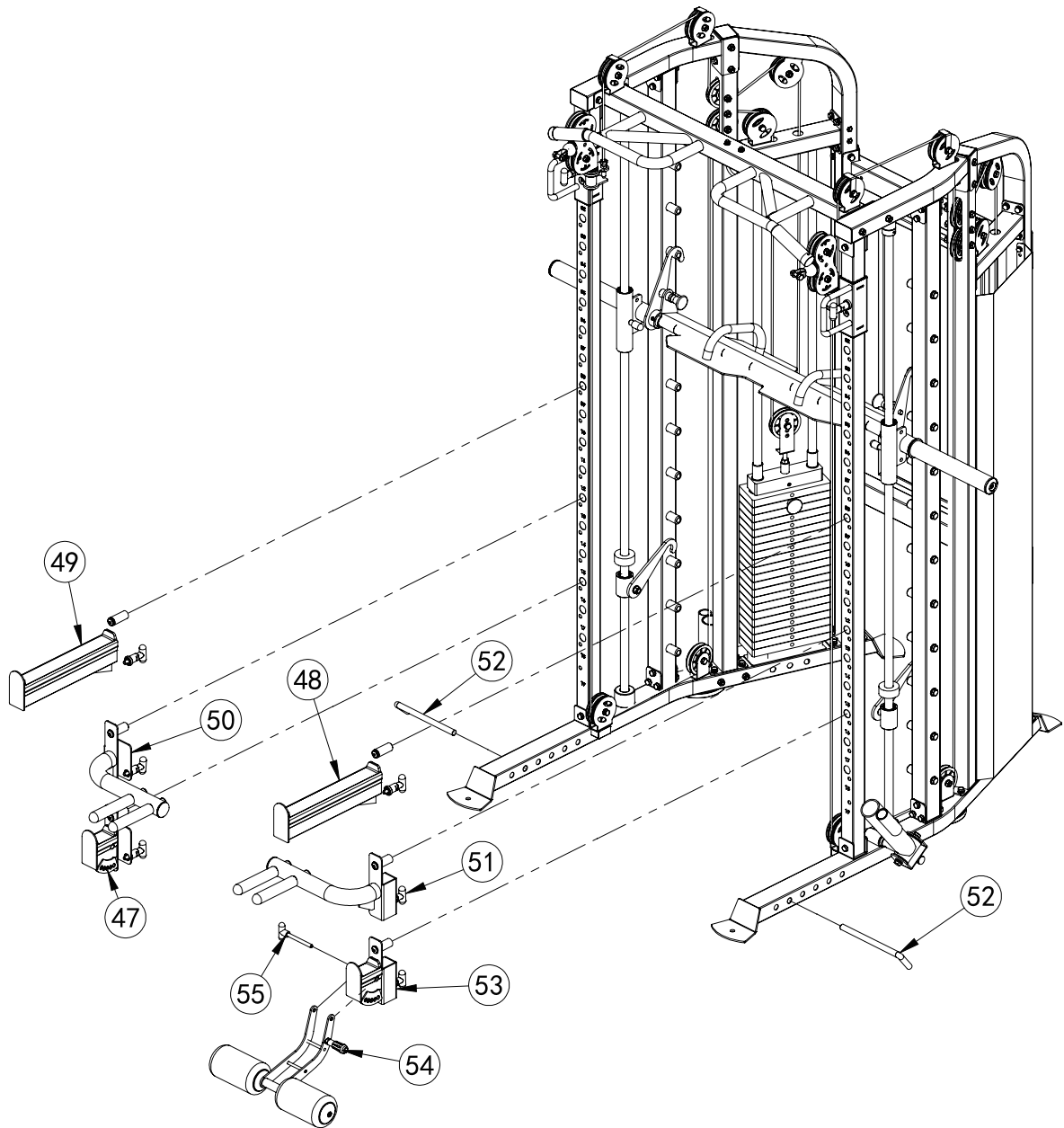


No.	Description	Note	Qty.
7	washer	Φ10	4
8	lock nut	M10	2
19	hex bolt	M10x90	2
40	weight plate cover		2
41	core trainer		1
42	barbell rod cup		1
43	hex bolt	M8x16	12
44	washer	Φ8	12

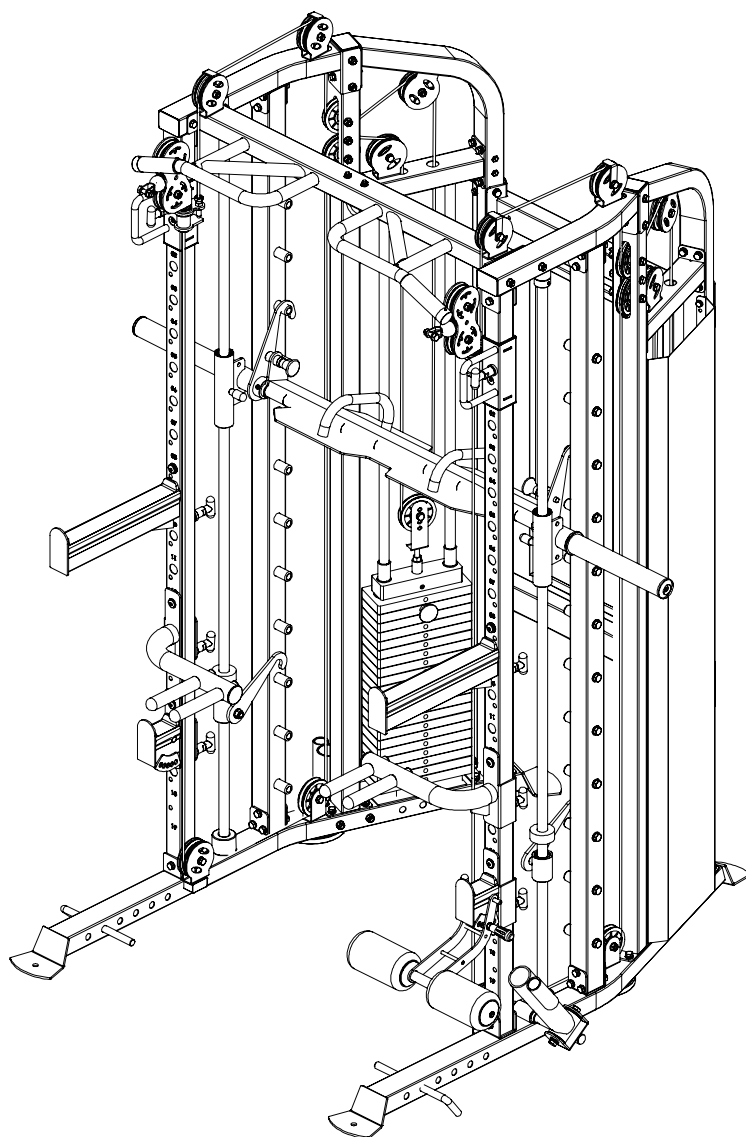


- 1 Fix barbell rod cup-42 fastening on the main frame using M10x90 hex bolt-19,  $\Phi$ 10 washer-7, M10 lock nut-8
- 2 Put core trainer-41 on the main frame
- 3 Fix weight plate cover-40 fastening on main frame using M8x16 hex bolt-43,  $\Phi$ 8 washer-44

# ASSEMBLY STEP 10

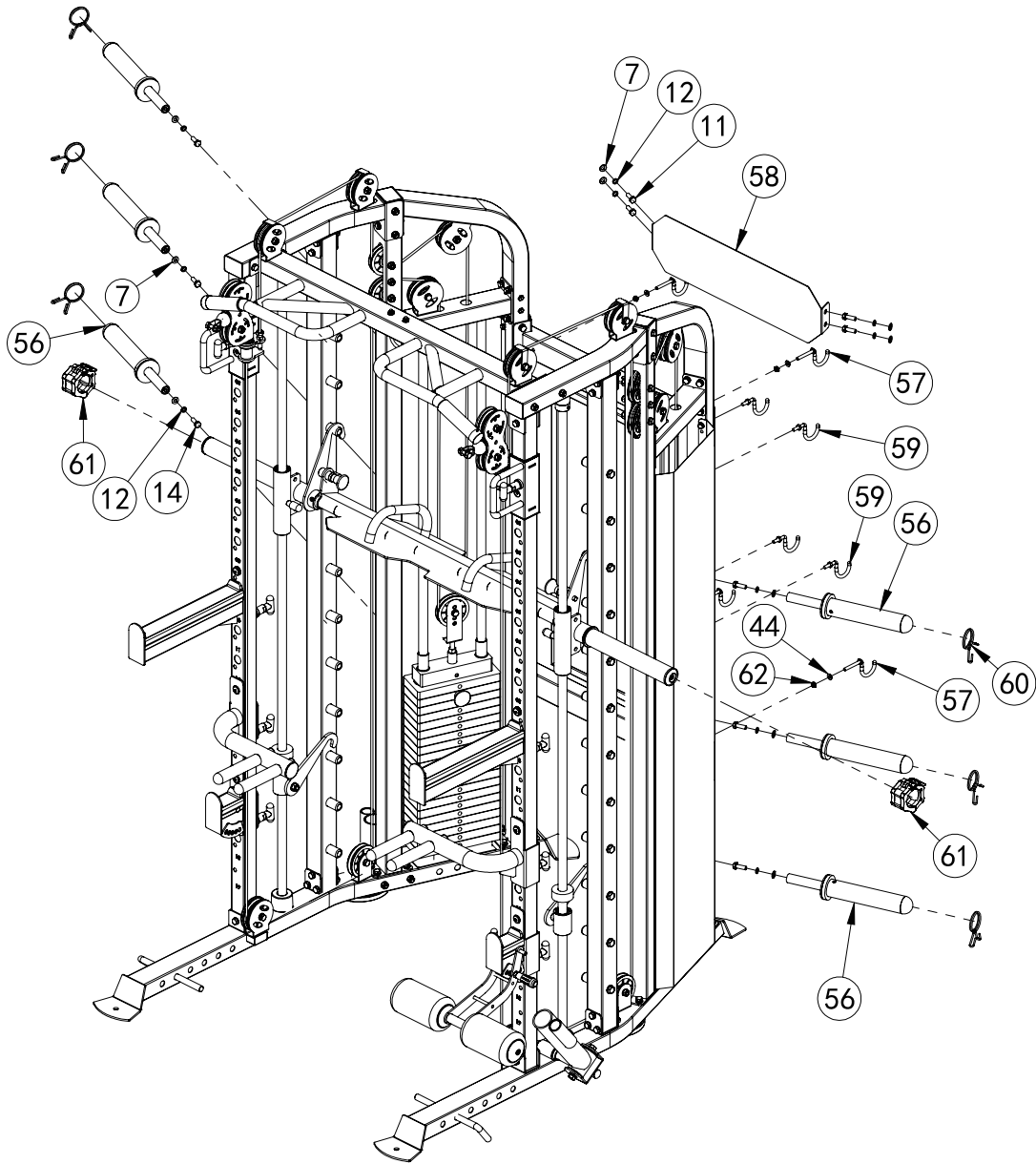


No.	Description	Note	Qty.
47	J hook left short		1
48	J hook right		1
49	J hook left		1
50	dip bar left		1
51	dip bar right		1
52	L shape pin		4
53	J hook right short		1
54	lat pull down roller		1
55	T shape pin	Φ10x100	1



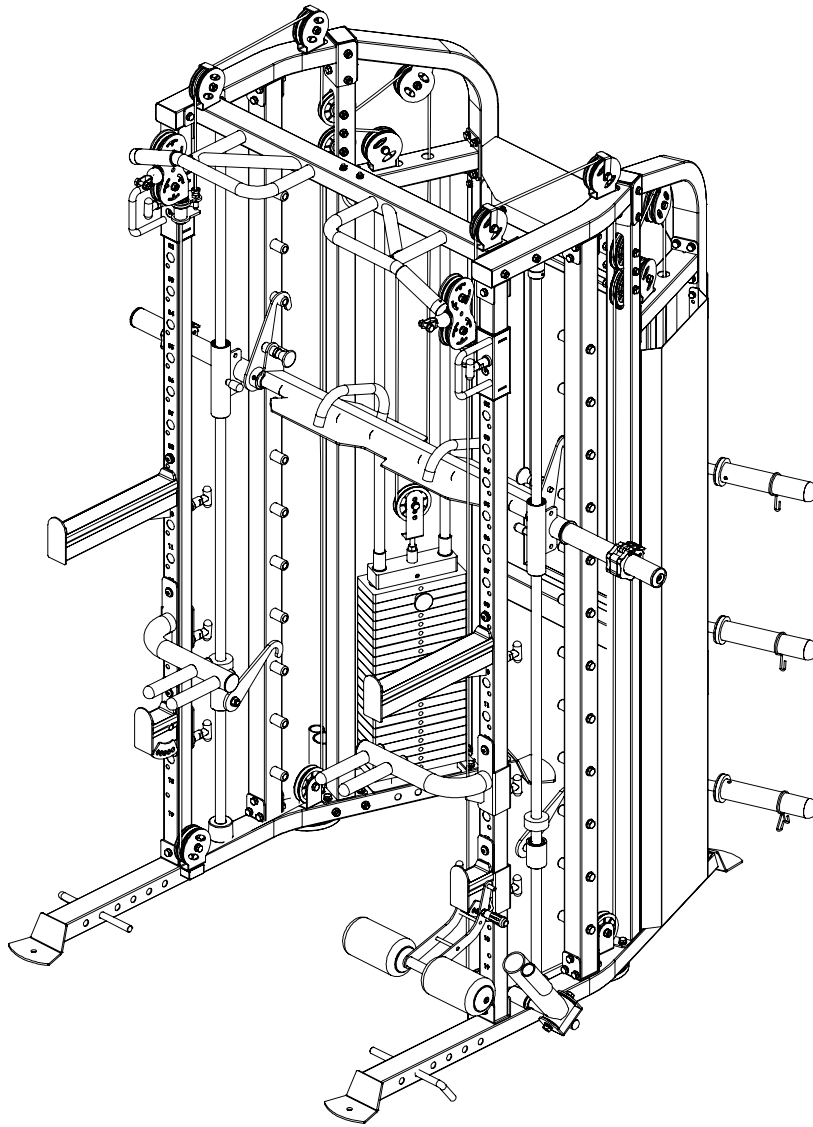
- 1 Connect lat pull down roller-54 and J hook right short-53 using T shape pin-55
- 2 Put the attached part on the machine

# ASSEMBLY STEP 11



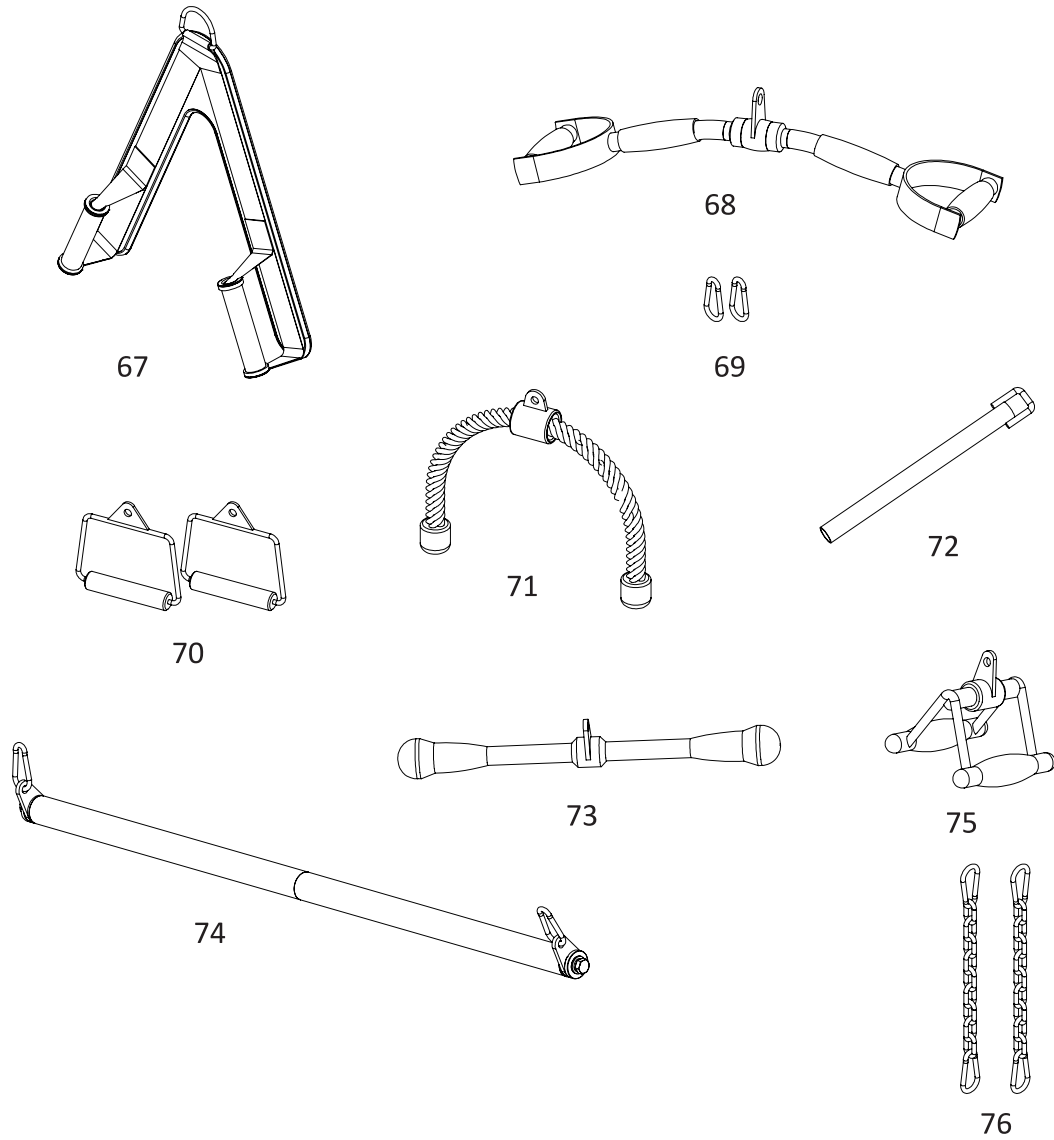
No.	Description	Note	Qty.
7	washer	Φ10	10
12	spring washer	Φ10	10
11	hex bolt	M10x30	10
44	washer	Φ8	4
56	barbell plate holder		6
57	hook		4
58	logo plate		1
59	hook short		4
60	spring collar		6
61	barbell rod ring		2
62	lock nut	M8	4





- 1 Fix barbell plate holder-56 fastening on main frame using M10x70 hex bolt-11,  $\Phi$ 10 washer-7,  $\Phi$ 10 spring washer-12
- 2 Put barbell rod ring-61 on the barbell rod
- 3 Fix logo plate-58 fastening on the main frame using M10x70 hex bolt-11,  $\Phi$ 10 washer-7,  $\Phi$ 10 spring washer-12
- 4 Install hook short-59 onto rotating plate-15
- 5 Fix hook-57 fastening on the connection frame-13 using  $\Phi$ 8 washer-44, M8 lock nut-62

# ATTACHMENT DRAWINGS



No.	Description	Note	Qty.
67	abdominal belt		1
68	lat pull down bar		1
69	snap hook		2
70	handle		2
71	triceps rope		1
72	function training bar short		1
73	shiver bar		1
74	function training bar		1
75	close grip rowing handle		1
76	section chain + snap hook x2		2



INNOVATION IN STRENGTH™

Success doesn't come from sitting on your ass. Success comes from striving to be better than yesterday. It comes from the urge to push boundaries and break through barriers. We know this because we've been there from selling the first piece of Force USA gear in 2007 to providing commercial and home gym equipment all over the globe. We are for helping you become your strongest self. **We are for innovation in strength.**

## WARRANTY

LIFETIME WARRANTY ON FRAME - 2 YEAR WARRANTY ON MOVING PARTS

The Force USA range of strength equipment carries a Lifetime Structural Warranty along with two years cover on all cables and pulleys. This warranty applies to first owners and does not cover second-hand equipment or re-sold equipment. This Force USA warranty covers only failures due to defects in structural, cables and pulleys and workmanship that occur during regular home use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, misapplication, alteration or improper assembly of the product. This warranty does not cover the use or failure of equipment in-studio commercial applications. The replacement or repair provided for under the Force USA warranty is the responsibility of the user, and the customer will be responsible for any freight charges that apply. Force USA will not be liable for any consequential damages or breach of any implied warranty on the range of Force USA strength equipment. Force USA reserves the right to provide reconditioned parts and/or to request a return and repair existing defective components on the Force USA product.

Force USA uses commercial-grade upholstery for all Force USA strength equipment. The commercial vinyl comes with a rip-stop mesh backing to help prevent rips and tears.

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