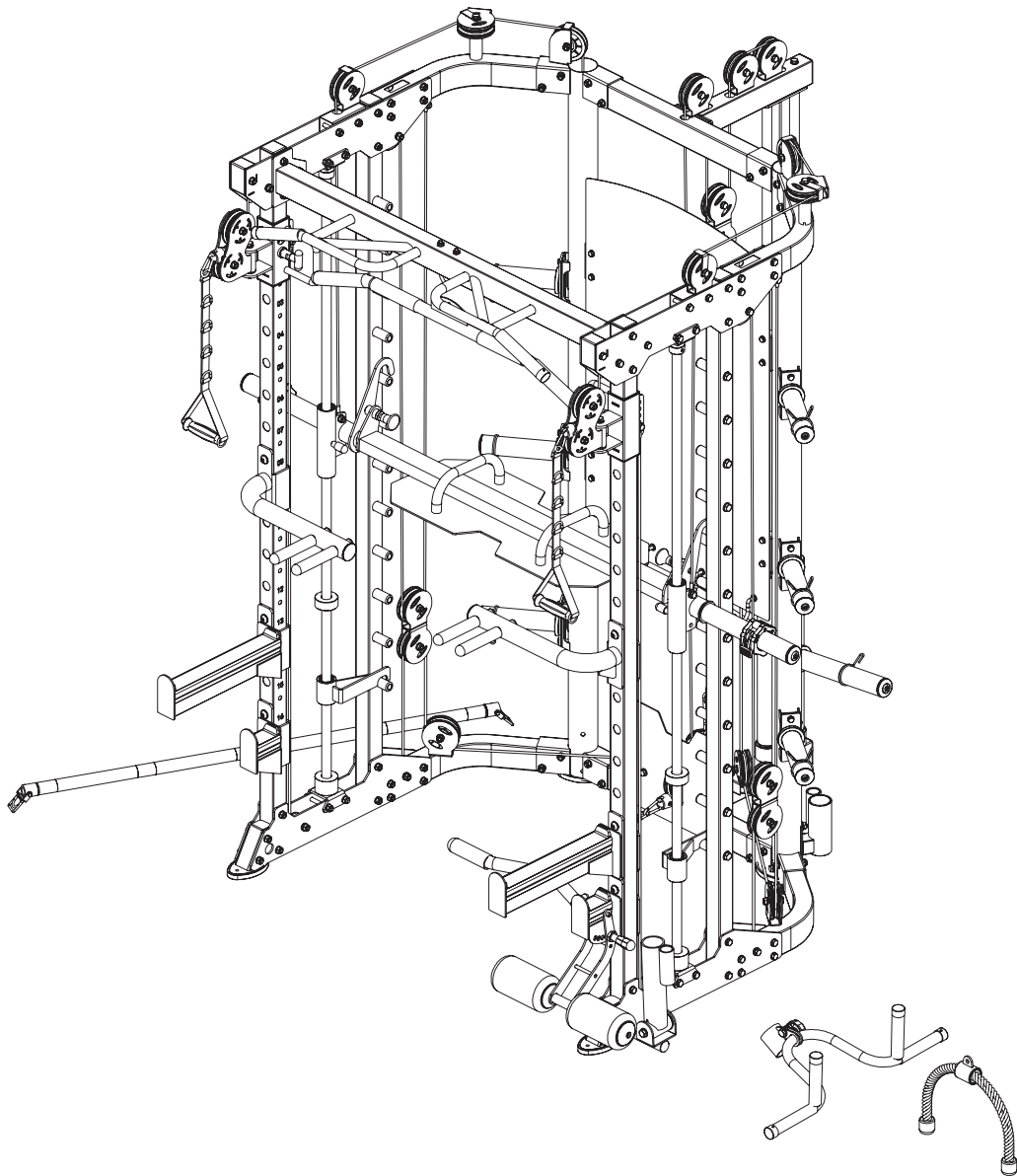


# FORCE USA

INNOVATION IN STRENGTH™



USER MANUAL | **F-G9**

# 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	connec <sup>2</sup> ion tube		1
2	upright frame le <sup>2</sup>		1
3	upright frame right		1
4	bending tube le <sup>2</sup>		1
5	bending tube right		1
6	upper connec <sup>2</sup> ion tube		1
7	upper bending tube right		1
8	upper bending tube le <sup>2</sup>		1
9	hexagon bolt	M10*75	54
10	lock nut	M10	105
11	washer	Φ10	217
12	chin up bar		1
13	upper plate		4
14	pulley frame tube right		1
15	pulley frame tube le <sup>2</sup>		1
16	upright tube		2
17	tube with hole right		1
18	tube with hole le <sup>2</sup>		1
19	lower plate		4
20	sliding tube right		1
21	sliding tube le <sup>2</sup>		1
22	foot tube cover		2
23	end tube		2
24	hexagon bolt	M10*80	14
25	lower base		2
26	upper base		2
27	guide rod	Φ25*1850	2
28	lock sleeve		2
29	sliding sleeve		2
30	rubber pad with groove	Φ60*Φ26*45	2
31	safety hook right		1
32	safety hook le <sup>2</sup>		1
33	hexagon bolt	M10*90	8
34	socket set screw	M8*10	4
35	end cap	Φ51*Φ 42.5*36.6L	2
36	check ring	Φ60*Φ48.5*27L	2

# PARTS LIST

No.	Description	Note	Qty.
37	pipe	Φ50*310*T0.5	2
38	bu <sup>o</sup> n head socket screw	M12*40	2
39	spring washer	Φ12	6
40	washer	Φ12	6
41	barbell rod		1
42	inner pipe	Φ48*298*2.5T	2
43	rubber pad	φ60*φ26*25	2
44	upper connec <sup>o</sup> n tube short		1
45	lower connec <sup>o</sup> n tube		1
46	hang lever frame		1
47	back guide rod nut		2
48	rubber pad		2
49	hexagon bolt	M10*25	11
50	hexagon bolt	M10*95	3
51	hexagon bolt	M10*55	2
52	hexagon bolt	M12*30	5
53	double pulley bracket		1
55	back barbell plate holder		2
56	wire	Φ5*2745mm	2
57	pulley	Φ95	25
58	pulley plate	20*96*T3	4
59	hexagon bolt	M10*45	17
60	hexagon bolt	M10*50	4
61	weight		2
62	low pull wire	Φ5*4740mm	1
63	"-" shaped pulley frame		3
64	short bar		1
65	footplate		1
66	chain + 2 snap hook		1
67	wire	Φ5*4185mm	2
68	pulley spacer sleeve	Φ20*10.5*L20.5	16
69	pulley frame		1
70	wire	Φ5*1705mm	1
71	5 sec <sup>o</sup> n chain + snap hook		1
72	wire	Φ5*9715mm	1

# PARTS LIST

No.	Description	Note	Qty.
73	pulley	Φ50	4
74	shield		1
75	barbell plate holder		6
76	hexagon bolt	M8*20	20
77	washer	Φ8	36
78	lock nut	M8	16
79	core trainer		1
80	powder metallurgy sleeve	Φ33.2*Φ 29*Φ20*18	2
81	barbell rod cup		1
82	big washer	Φ25*10*2.0	1
83	dip bar left		1
84	dip bar right		1
85	barbell rod holder rubber right		1
86	barbell rod holder rubber left		1
87	barbell rod holder short left		1
88	barbell rod holder short right		1
89	barbell clamp collar		2
90	long bar		1
91	ship rod		1
92	hand belt		2
93	pull limit device		1
94	T shape pin	Φ10*100	1
95	leg curl tube		1
96	footplate		1
97	bicep rope		1
98	hook		6
99	oval mat	131*80	4
100	countersunk rivet nut	M8	12
101	countersunk rivet nut	M10	2
102	square tube plug	□50*50*T1.2	10
103	bushing	□60-□50	4
104	T shape pin		2
105	pulley rotation frame		2
106	spring gasket	φ10	4
107	powder metallurgy sleeve	Φ33.*Φ29*Φ20*18	4
108	rotation bearing	Φ20*67	2

# PARTS LIST

No.	Description	Note	Qty.
109	hexagon bolt	M12*25	26
110	hang lever shaft	φ25*M12*98	30
111	rubber cover	φ21*35	2
112	straight line bearing	LM25UU	6
113	bearing	6005	4
114	spring collar	Φ40	8
115	left hook		1
116	button head socket screw	M6*16	4
117	right hook		1
118	barbell ball inner rod	φ25*1952	1
119	spring gasket	Φ6	4
120	50-70 inner plug	□50*70*2.0	1
121	nylon cover	φ50*35	4
122	anti-collision cover	φ50*φ65*24	4
123	"+"sloped countersunk head	M6*10	8
125	wire-ball head		3
126	oval cap		1
127	hexagon socket countersunk	M5*25	3
128	wire-connect part		3
129	handle cover	φ32*140	2
131	stainless steel tube	φ50*0.8*200	6
132	barbell bar tube	φ48*1.5*198	6
133	inner support cap	φ70*φ44.8*φ25.5*30	6
134	outside support cap	φ50*φ44.8*φ25.5	6
135	button head socket screw	M8*20	6
136	insert nut	M8	8
137	butterfly pin	φ50	6
138	cross recessed pan head	M4*12	6
139	rotation axle		1
140	powder metallurgy sleeve	φ50*φ47*φ25*15	2
141	rotation bearing	φ25*77*M12	1
142	slick plastic handle	φ24.5*150	4
143	inner plug	φ25*1.5	8
144	tube plug	φ48*2.5	2

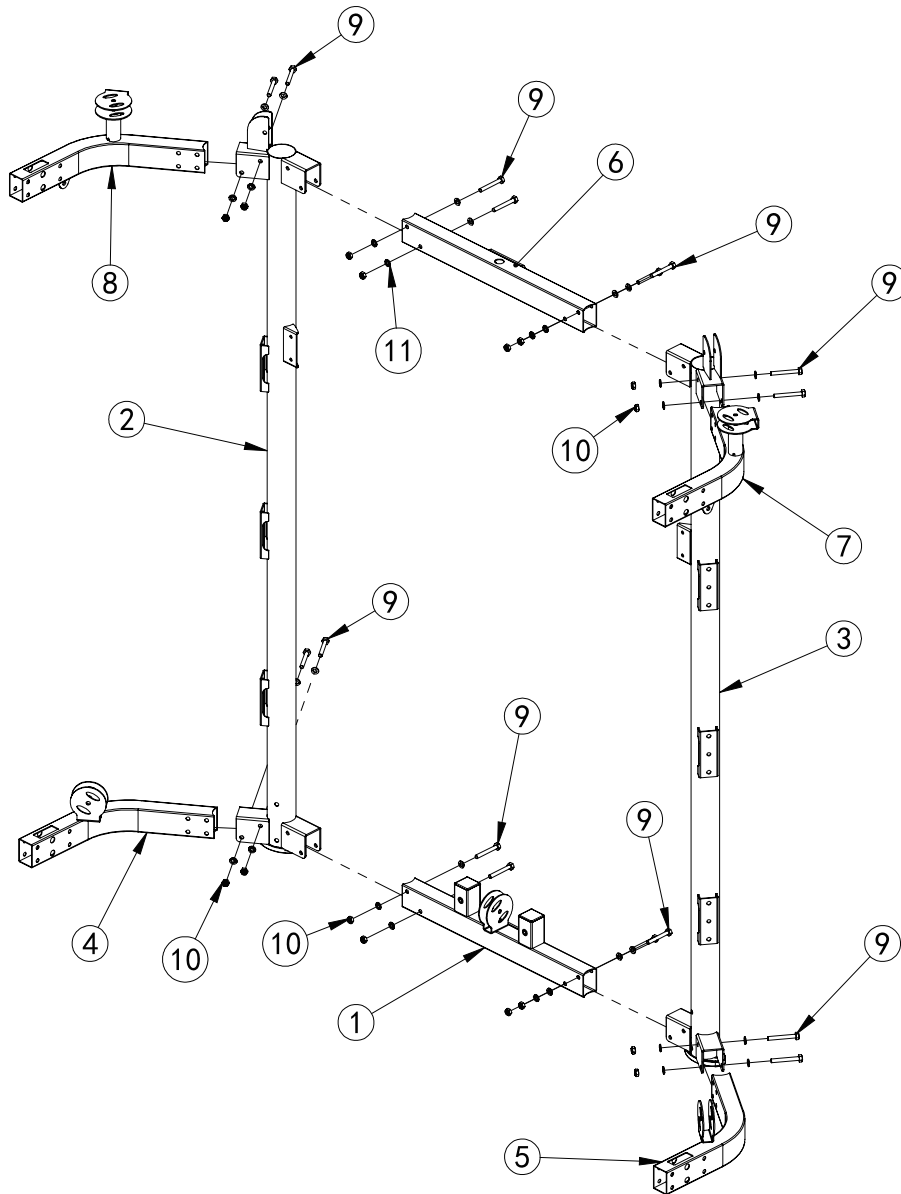


# PARTS LIST

No.	Description	Note	Qty.
145	long safety catch outside		2
146	long safety catch outside rubber		2
147	pull pin		1
148	sponge		2
149	sponge inner cap		2
150	sponge outer cap		2
151	hexagon socket bu <sup>l</sup> on head	M8*25	2
152	handle cover -205	φ31×205	2
153	handle belt -160	φ31×160	2
154	spring collar	28	2
155	inner tube nut		2
156	rod inner shaft	φ17*38	2
157	rod washer		2
158	bearing	6001-2RS	2
159	bearing cover		2
160	T shape pin		2
161	T shape pin bushing		4
162	U shape fastener		2
163	check ring	5	2
164	hexagon socket bu <sup>l</sup> on head	M8*16	2
165	spring gasket	φ8	2
166	umbrella pin		2
167	rubber catch collar	Φ70*Φ50*10	2
168	barbell hang bar	Φ25*358	2
169	straight cover	Φ25*160	2
170	handle aluminum cover	Φ33*Φ25.5*19	2
171	slotted headless screws	M4*5	2
172	hang ring		1
173	pull cover		1
174	spring locking knob	M10	1
175	handle cover	Φ25*150	2
176	viscoplastic cover	Φ25*130	2
177	handle aluminum cover	Φ33*Φ25.5*19	4
178	slotted headless screws	M4*5	4
179	lock nut	M12	1



# ASSEMBLY STEP 1

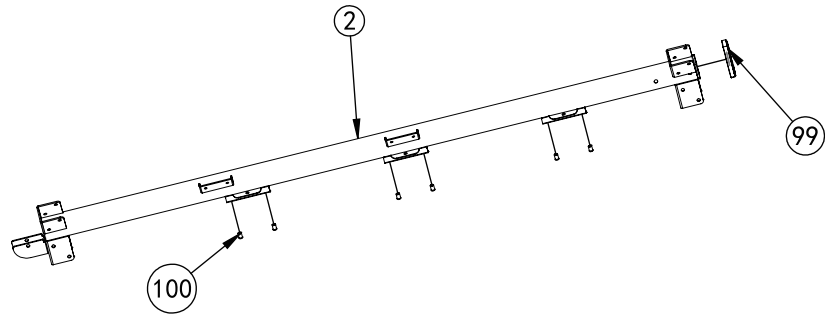


No.	Description	Note	Qty.
1	connec <sup>o</sup> n tube		1
2	upright frame le <sup>o</sup>		1
3	upright frame right		1
4	bending tube le <sup>o</sup>		1
5	bending tube right		1
6	upper connec <sup>o</sup> n tube		1
7	upper bending tube right		1
8	upper bending tube le <sup>o</sup>		1
9	hexagon bolt	M10x75	16
10	lock nut	M10	16
11	washer	Φ10	32

# ASSEMBLY DRAWING

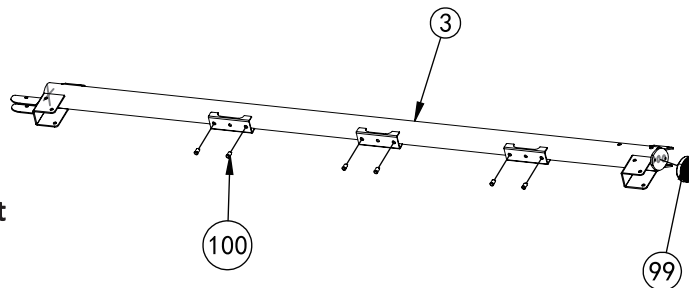
No.	Description	Note	Qty.
2	upright frame left		1
99	oval mat	131*80	1
100	countersunk rivet nut	M8	6

upright frame left  
QTY: 1PCS/SET



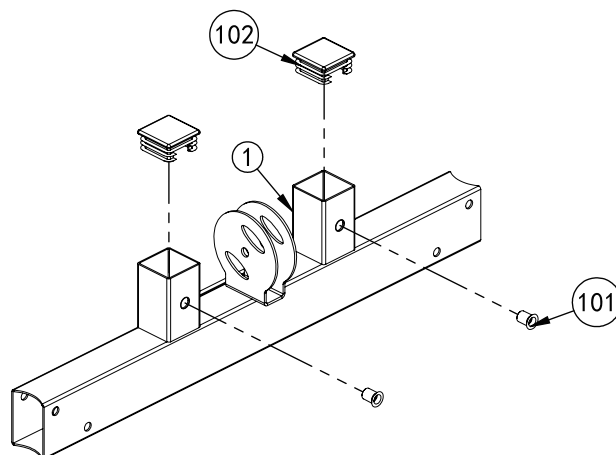
No.	Description	Note	Qty.
3	upright frame right		1
99	oval mat	131*80	1
100	countersunk rivet nut	M8	6

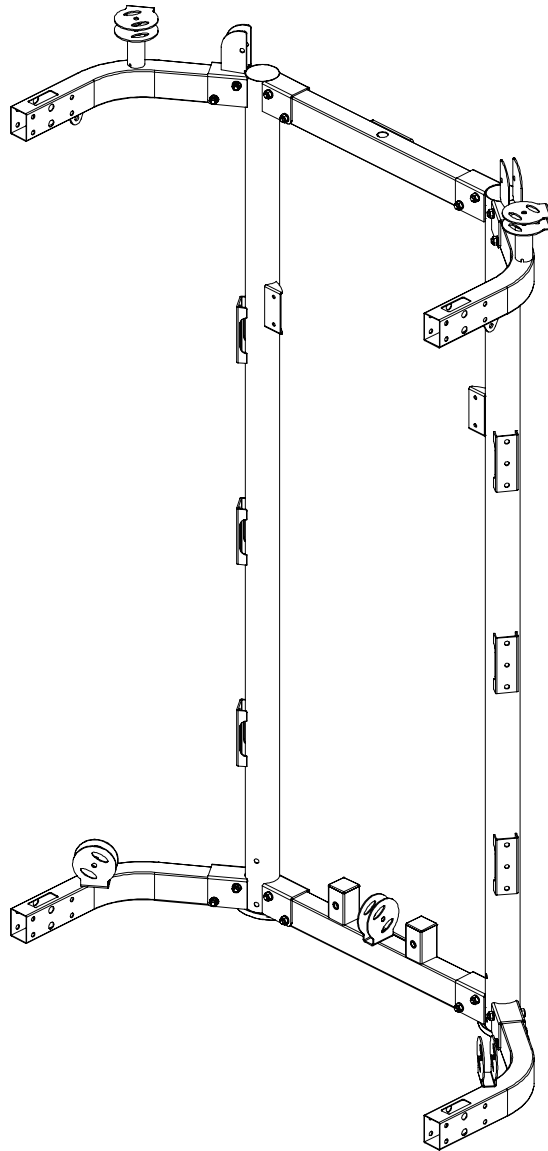
upright frame right  
QTY: 1PCS/SET



No.	Description	Note	Qty.
1	connection tube		1
101	countersunk rivet nut	M10	2
102	square tube plug	□50*50*T1.2	2

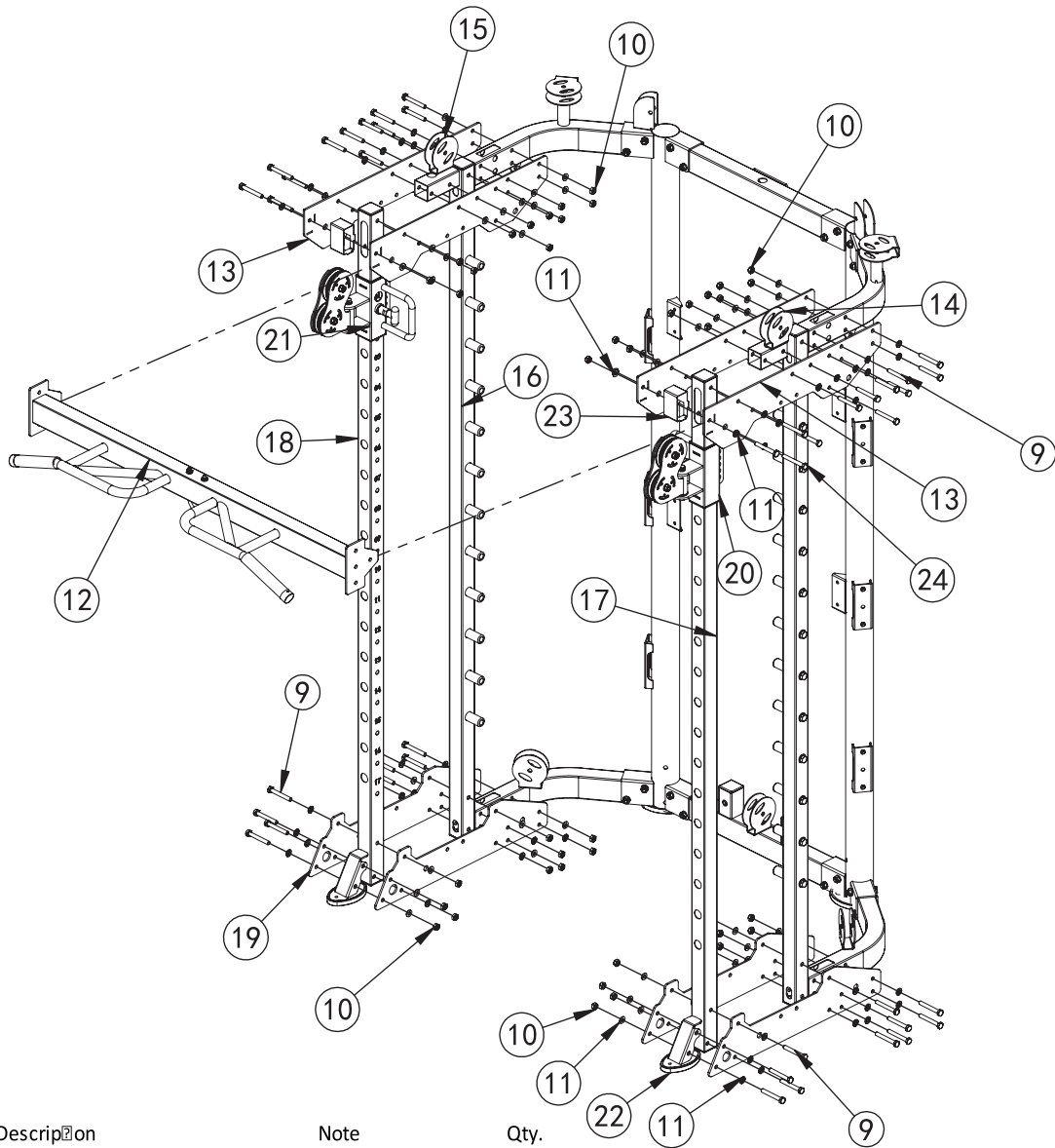
connection tube  
QTY: 1PCS/SET





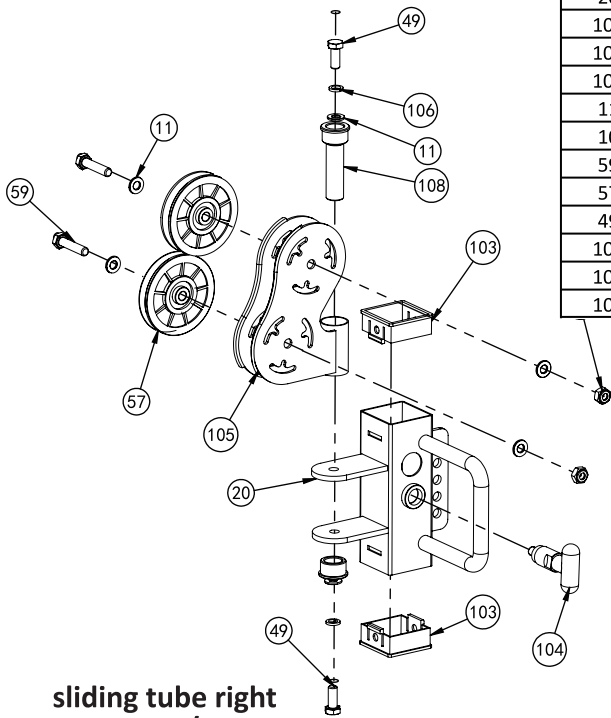
- 1 Fix bending tube lef-4 fastening on upright frame lef-2 using M10x75 hexagon bolt-9,  $\Phi$ 10 washer-11 and M10 lock nut-10
- 2 Fix bending tube right-5 fastening on upright frame right-3 using M10x75 hexagon bolt-9,  $\Phi$  10 washer-11 and M10 lock nut-10
- 3 Connect connec on tube-1, upright frame lef-2 and upright frame right-3 using M10x75 hexagon bolt-9,  $\Phi$  10 washer-11 and M10 lock nut-10.
- 4 Fix upper connec on tube-6 fastening on upright frame using M10x75 hexagon bolt-9,  $\Phi$ 10 washer-11 and M10 lock nut-10.
- 5 Fix upper bending tube lef-8 fastening on upright frame lef-2 using M10x75 hexagon bolt- 9,  $\Phi$ 10 washer-11 and M10 lock nut-10.
- 6 6 Fix upper bending tube right-7 fastening on upright frame right-3 using M10x75 hexagon bolt-9,  $\Phi$ 10 washer-11 and M10 lock nut-10.

# ASSEMBLY STEP 2



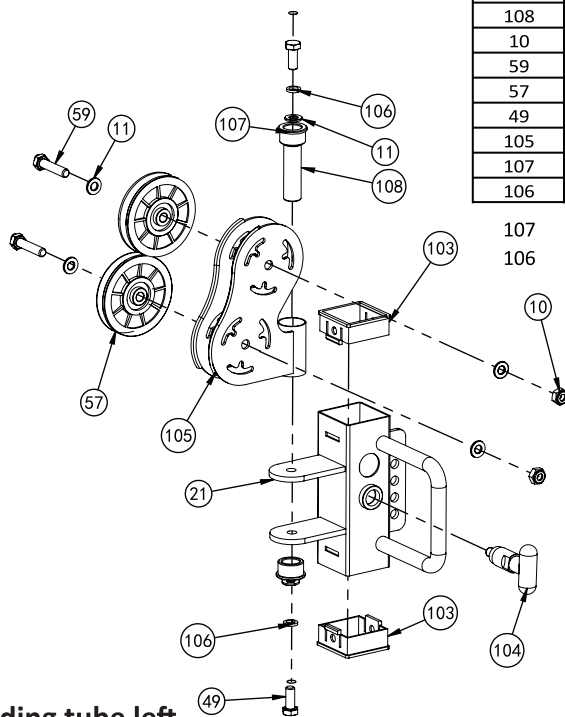
No.	Description	Note	Qty.
9	hexagon bolt	M10x75	38
10	lock nut	M10	44
11	washer	Φ10	88
12	chin up bar		1
13	upper plate		4
14	pulley frame tube right		1
15	pulley frame tube left		1
16	upright tube		2
17	tube with hole right		1
18	tube with hole left		1
19	lower plate		4
20	sliding tube right		1
21	sliding tube left		1
22	foot tube cover		2
23	end tube		2
24	hexagon bolt	M10x80	6

# ASSEMBLY DRAWING



No.	Description	Note	Qty.
20	sliding tube right		1
103	bushing	□60-□50	2
104	T shape pin		1
106	spring gasket	φ10	2
11	washer	Φ10	6
10	lock nut	M10	2
59	hexagon bolt	M10*45	2
57	pulley	Φ95	2
49	hexagon bolt	M10*25	2
105	pulley rotation frame		1
107	powder metallurgy sleeve	Φ33.*Φ29*Φ20*18	2
108	rotation bearing	Φ20*67	1

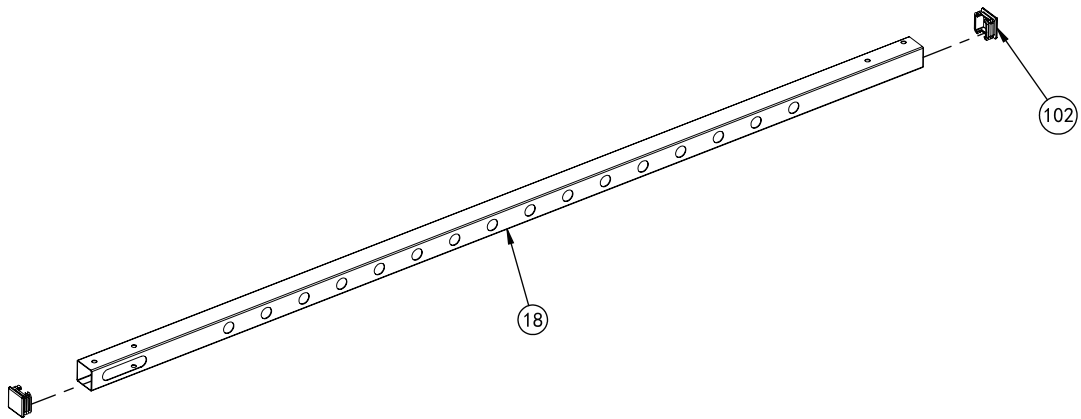
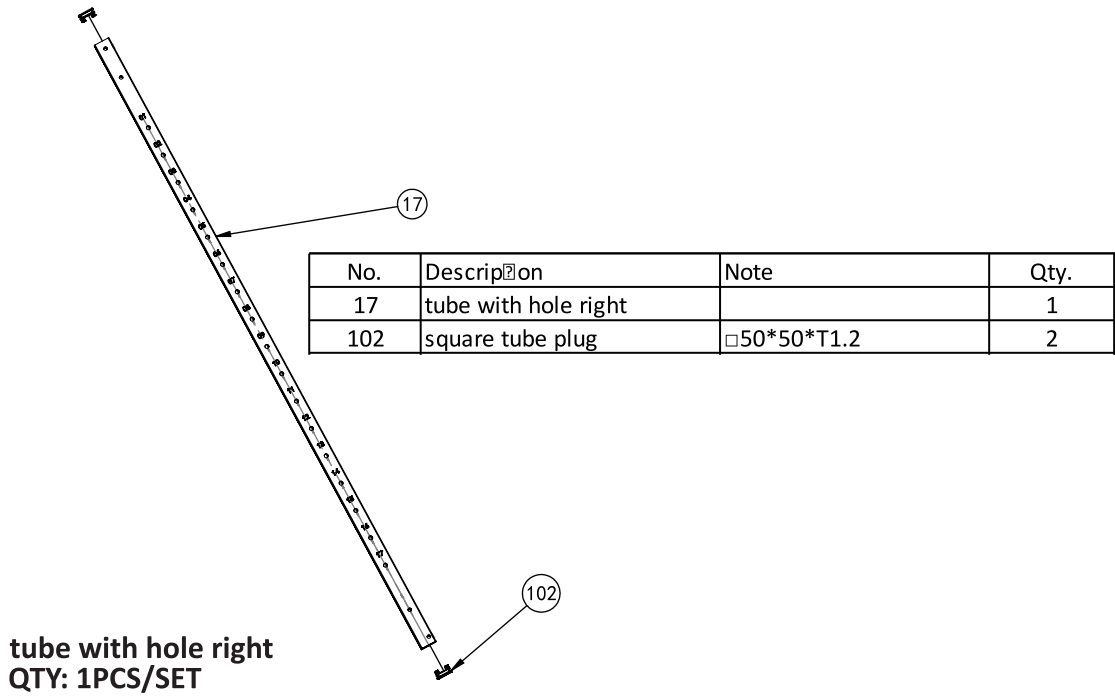
**sliding tube right**  
QTY: 1PCS/SET



No.	Description	Note	Qty.
21	sliding tube left		1
103	bushing	□60-□50	2
104	T shape pin		1
11	washer	Φ10	6
108	rotation bearing	Φ20*67	1
10	lock nut	M10	2
59	hexagon bolt	M10*45	2
57	pulley	Φ95	2
49	hexagon bolt	M10*25	2
105	pulley rotation frame		1
107	powder metallurgy sleeve	Φ33.*Φ29*Φ20*18	2
106	spring gasket	φ10	2

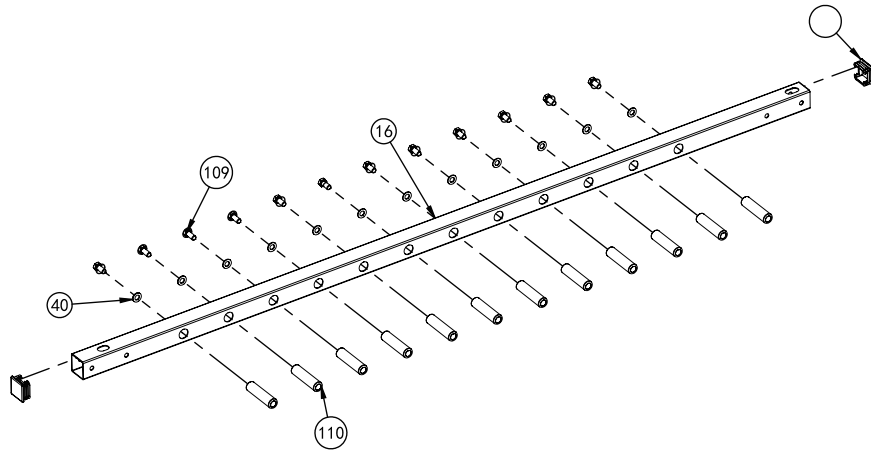
**sliding tube left**  
QTY: 1PCS/SET

# ASSEMBLY DRAWING



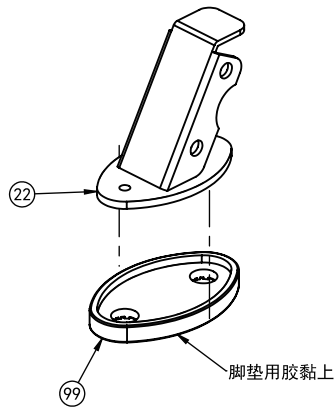
tube with hole left  
QTY: 1PCS/SET

# ASSEMBLY DRAWING



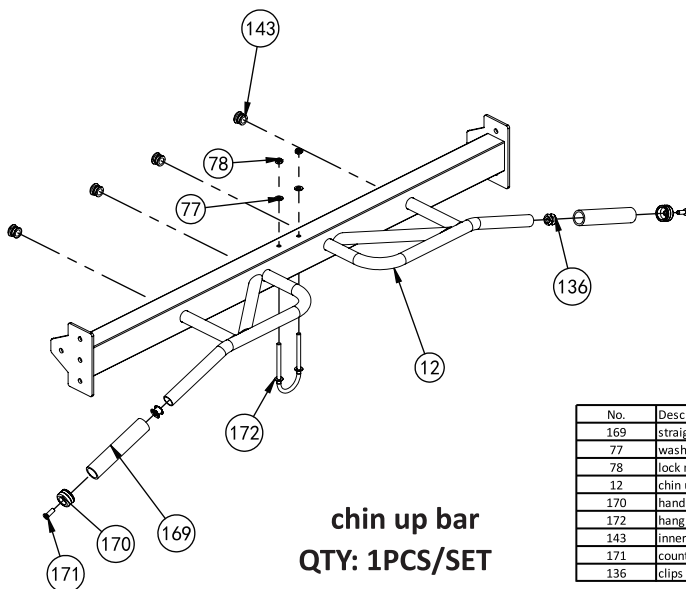
**upright tube**  
QTY: 2PCS/SET

No.	Description	Note	Qty.
16	upright tube		1
110	hang lever shaft	Φ25*M12*98	12
102	square tube plug	□50*50*T1.2	2
109	hexagon bolt	M12*25	12
40	washer	Φ12	12



**foot tube cover**  
QTY: 2PCS/SET

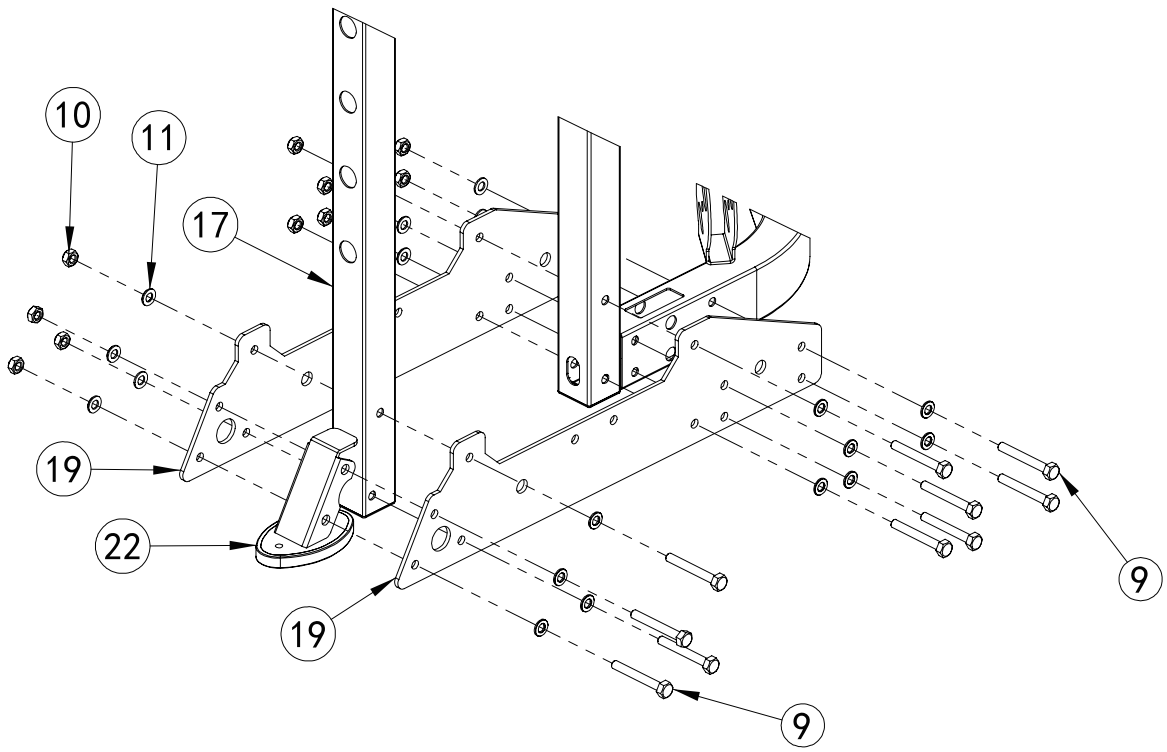
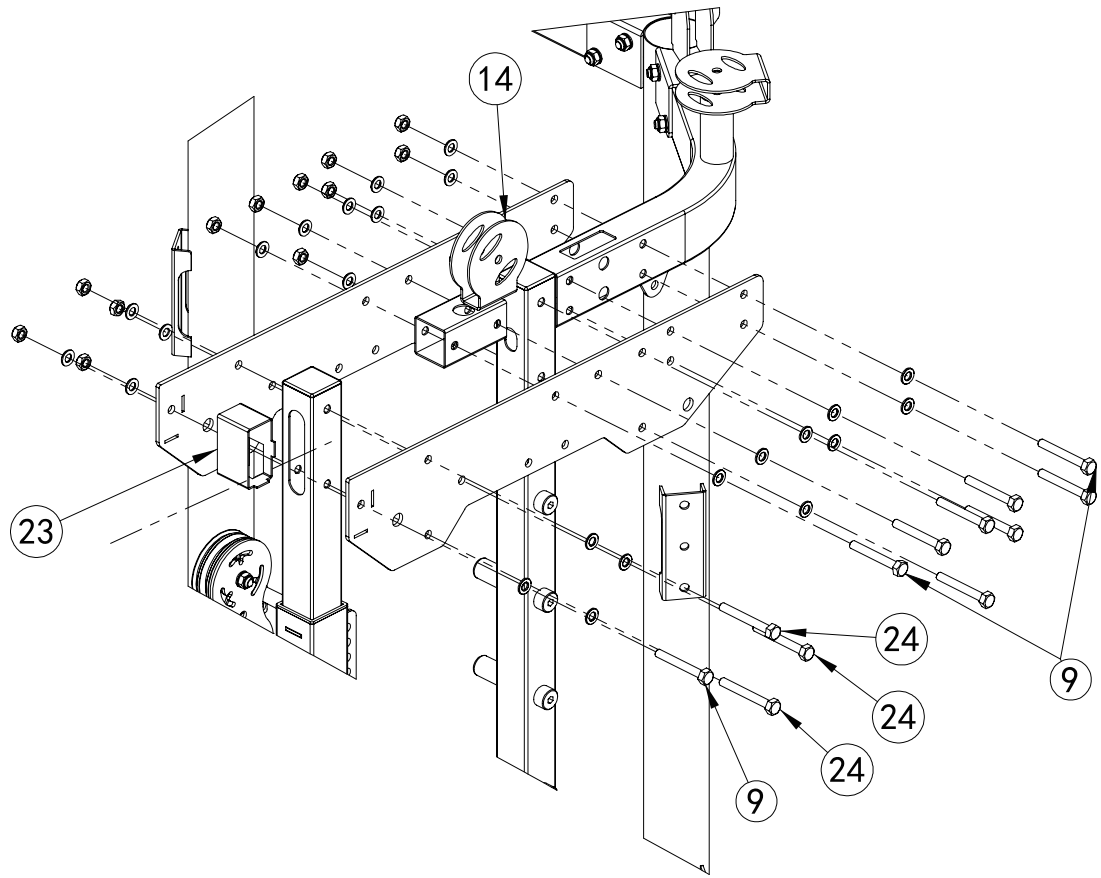
No.	Description	Note	Qty.
22	foot tube cover		1
99	oval mat	131*80	1

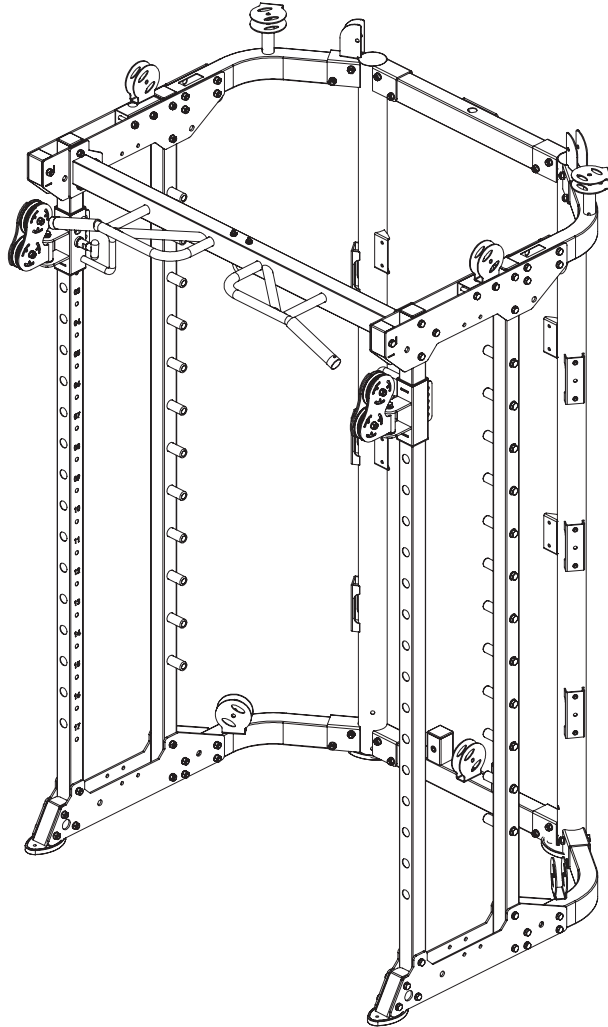


**chin up bar**  
QTY: 1PCS/SET

No.	Description	Note	Qty.
169	straight cover	Φ25*160	2
77	washer	Φ8	2
78	lock nut	M8	2
12	chin up bar		1
170	handbar collar	Φ25	2
172	hang ring		1
143	inner plug	Φ25*2	4
171	countersunk cross screw	M8*20	2
136	clips nut	Φ23*8	2

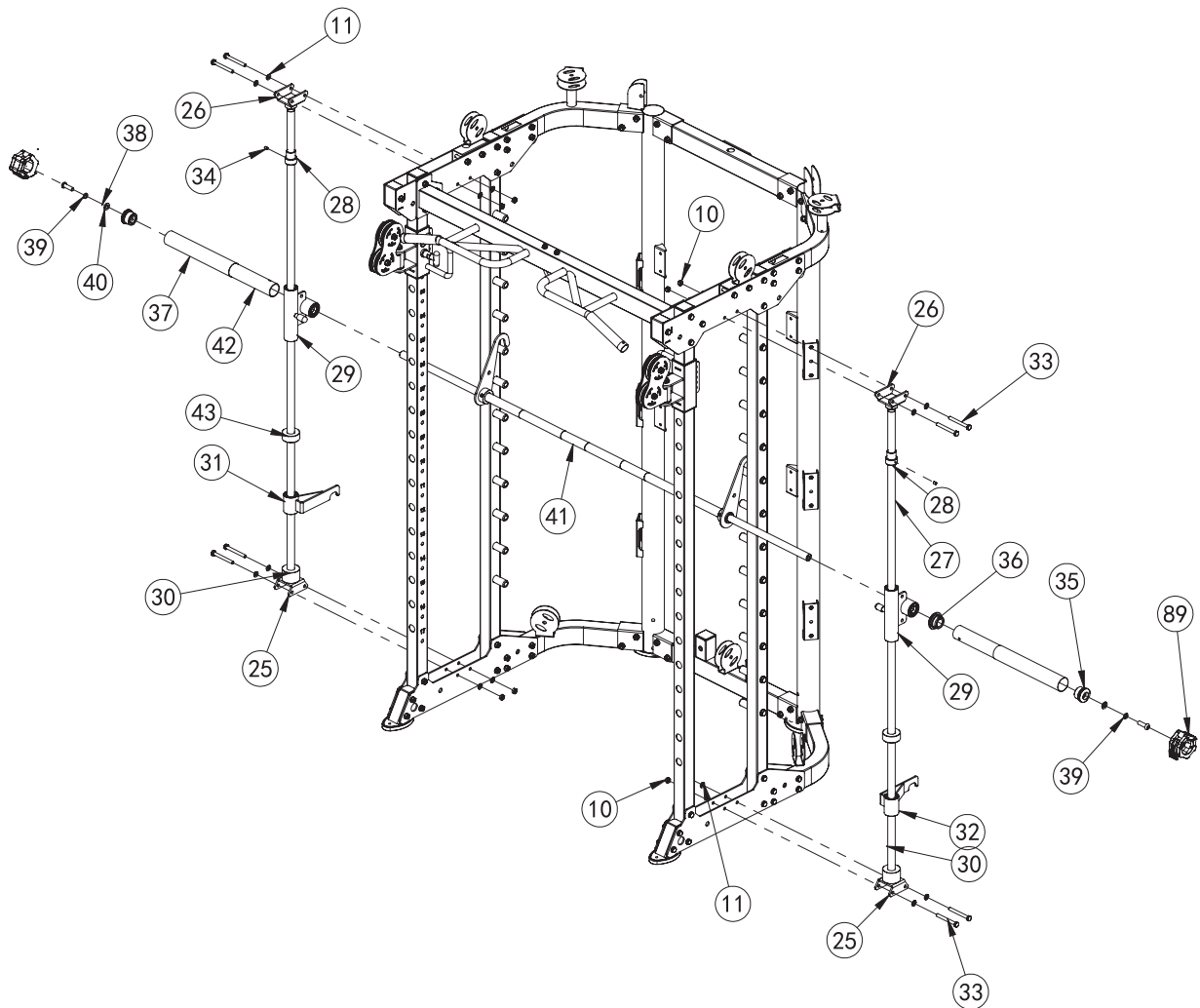






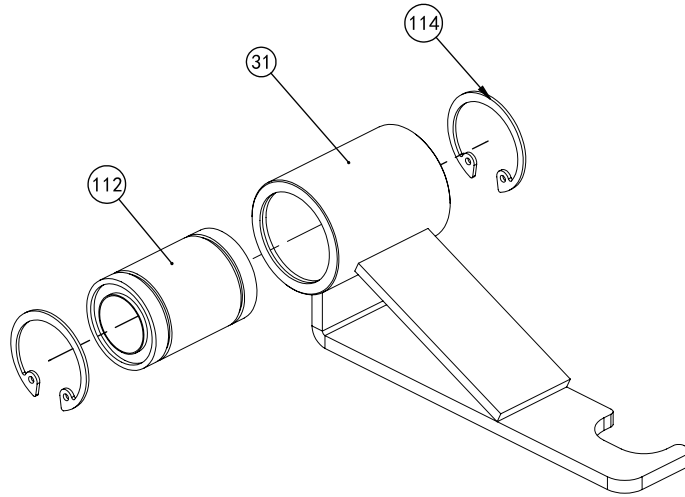
- 1 Fix sliding tube le<sup>2</sup>-21 on tube with hole le<sup>2</sup>-18.
- 2 Fix sliding tube right-20 on tube with hole right-17.
- 3 Fix upright tube-16 and tube with hole le<sup>2</sup>-18 and tube with hole right-17 fastening on step-1 using M10x75 hexagon bolt-9,  $\Phi$ 10 gasket-11, M10 lock nut-10, upper plate-13 and lower plate-19.
- 4 Fix pulley frame tube right-14 fastening on upper plate-13 using M10x75 hexagon bolt-9,  $\Phi$ 10 gasket-11 and M10 lock nut-10.
- 5 Fix end tube-23 fastening on upper plate-13 using M10x75 hexagon bolt-9,  $\Phi$ 10 gasket-11 and M10 lock nut-10
- 6 Fix foot tube cover-22 fastening on lower plate-19 using M10x75 hexagon bolt-9,  $\Phi$ 10 gasket-11 and M10 lock nut-10.
- 7 Fix chin up bar-12 fastening on upper plate-13 using M10x80 hexagon bolt-24,  $\Phi$ 10 gasket-11 and M10 lock nut-10.

# ASSEMBLY STEP 3



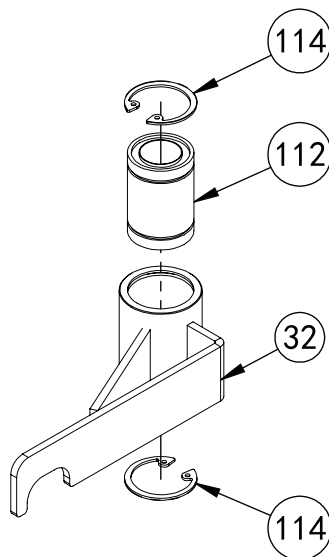
No.	Description	Note	Qty.
10	lock nut	M10	8
11	washer	Φ10	16
25	lower base		2
26	upper base		2
27	guide rod	Φ25x1850	2
28	lock sleeve		2
29	sliding sleeve		2
30	rubber pad with groove	Φ60xΦ26x45	2
31	safety hook right		1
32	safety hook left		1
33	hexagon bolt	M10x90	8
34	socket set screw	M8x10	2
35	end cap		2
36	check ring		2
37	pipe	Φ50x310xT0.5	2
38	button on head socket screw	M12x40	2
39	spring washer	Φ12	2
40	washer	Φ12	2
41	barbell rod		1
42	inner pipe	Φ48x298x2.5T	2
43	rubber pad	Φ60xΦ26x25	2
89	barbell rod ring		2

# ASSEMBLY DRAWING



**safety hook right**  
QTY: 1PCS/SET

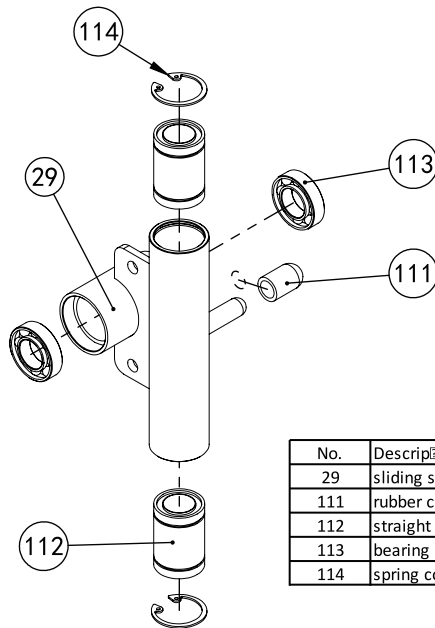
No.	Description	Note	Qty.
31	safety hook right		1
112	straight line bearing	LM25UU	1
114	spring collar	Φ40	2



**safety hook left**  
QTY: 1PCS/SET

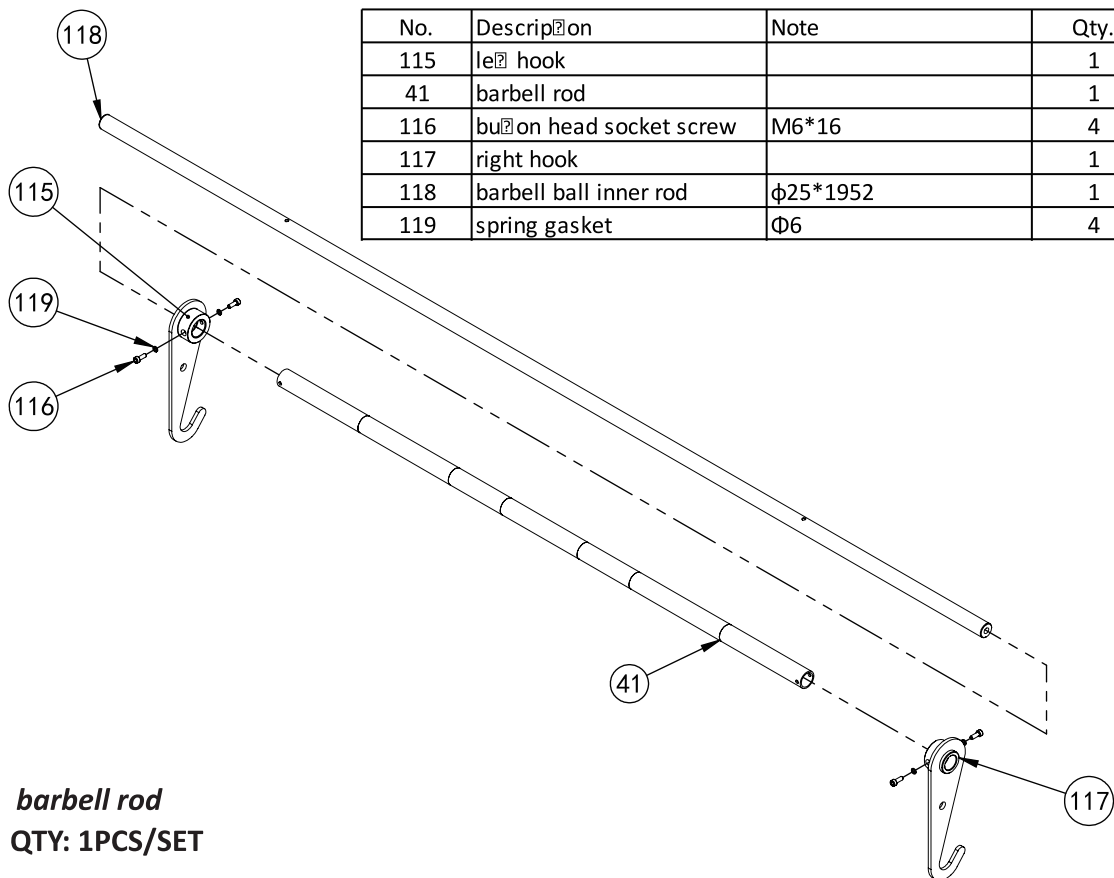
No.	Description	Note	Qty.
32	safety hook left		1
112	straight line bearing	LM25UU	1
114	spring collar	Φ40	2

# ASSEMBLY DRAWING



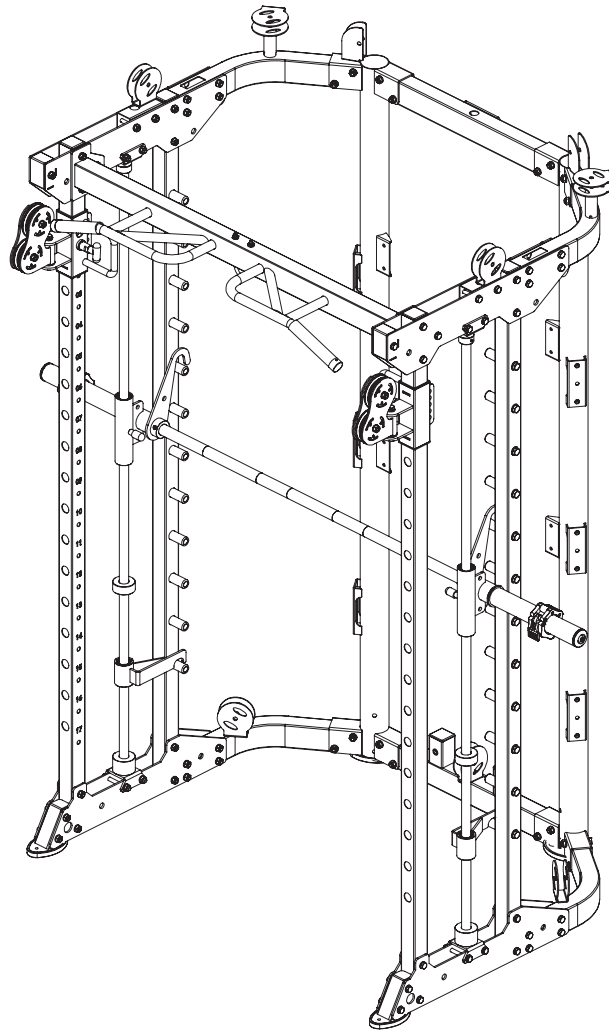
No.	Description	Note	Qty.
29	sliding sleeve		1
111	rubber cover	φ21*35	1
112	straight line bearing	LM25UU	2
113	bearing	6005	2
114	spring collar	Φ40	2

**sliding sleeve**  
QTY: 2PCS/SET



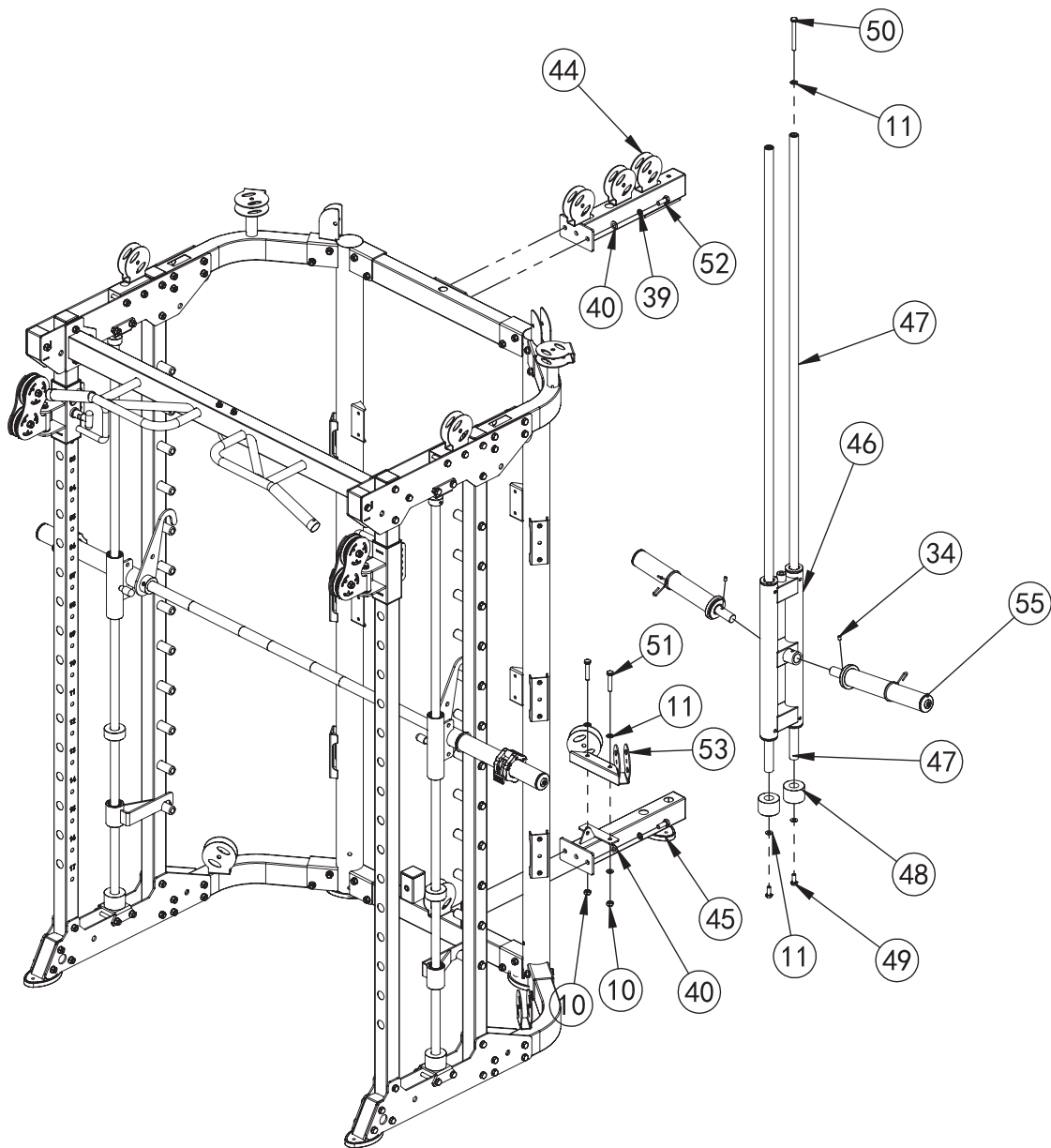
No.	Description	Note	Qty.
115	left hook		1
41	barbell rod		1
116	button head socket screw	M6*16	4
117	right hook		1
118	barbell ball inner rod	φ25*1952	1
119	spring gasket	Φ6	4

**barbell rod**  
QTY: 1PCS/SET



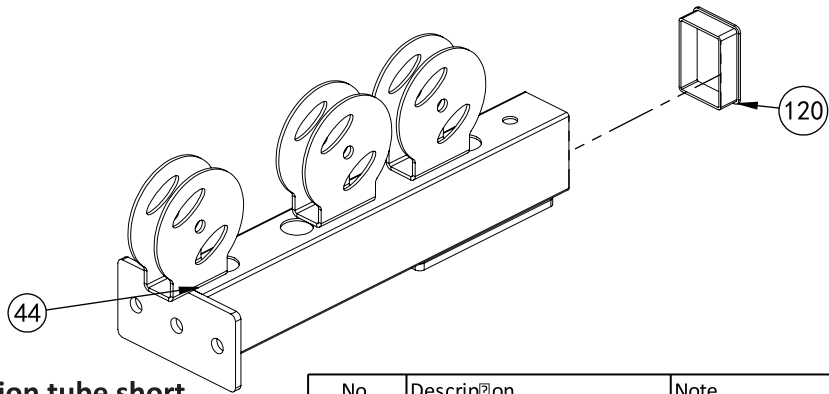
- 1 Fix lower base-25 fastening on lower plate using M10x90 hexagon bolt-33,  $\Phi$ 10 washer-11 and M10 lock nut-10.
- 2 Fix upper base-26 fastening on upper plate using M10x90 hexagon bolt-33,  $\Phi$ 10 washer-11 and M10 lock nut-10.
- 3 Guide rod-27 in turn through lock sleeve-28, sliding sleeve-29, rubber pad-43, safety hook left- 32 and rubber pad with groove-30 fastening on base using M8x10 socket set screw-34.
- 4 Barbell rod-41 in turn through sliding sleeve-29, check ring-36, inner pipe-42, pipe-37 and end cap-35 fastening using M12x40 button head socket screw-38,  $\Phi$ 12 spring washer-39 and  $\Phi$ 12 washer-40, then fit on barbell clamp collar-89.
- 5 Guide rod-27 in turn through lock sleeve-28, sliding sleeve-29, rubber pad-43, safety hook right- 31 and rubber pad with groove-30 fastening on base using M8x10 socket set screw-34.

# ASSEMBLY STEP 4



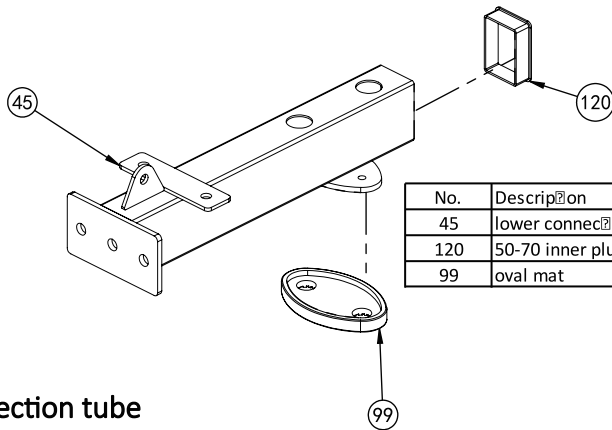
No.	Description	Note	Qty.
10	lock nut	M10	2
11	washer	Φ10	7
39	spring washer	Φ12	4
40	washer	Φ12	4
44	upper connection tube short		1
45	lower connection tube		1
46	big sliding sleeve		1
47	guide rod hollow		2
48	rubber pad		2
49	hexagon bolt	M10x25	2
50	hexagon bolt	M10x95	1
51	hexagon bolt	M10x55	2
52	hexagon bolt	M12x30	4
53	double pulley bracket		1
34	socket set screw	M8x10	2
55	back barbell plate holder		2

# ASSEMBLY DRAWING



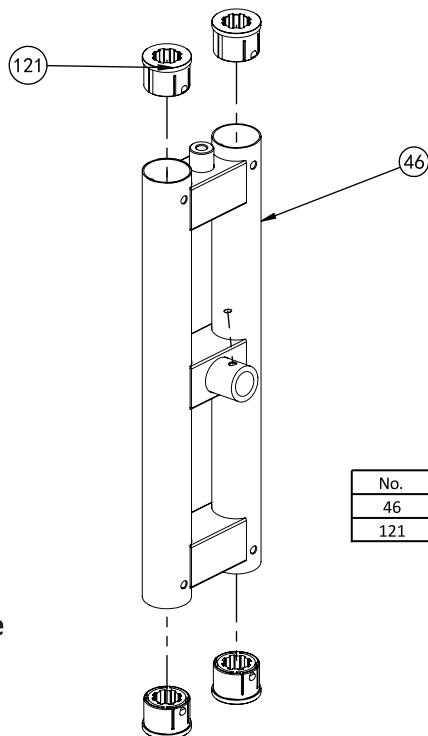
**upper connection tube short**  
QTY: 1PCS/SET

No.	Description	Note	Qty.
44	upper connection tube short		1
120	50-70 inner plug	□50*70*2.0	1



**lower connection tube**  
QTY: 1PCS/SET

No.	Description	Note	Qty.
45	lower connection tube		1
120	50-70 inner plug	□50*70*2.0	1
99	oval mat	131*80	1

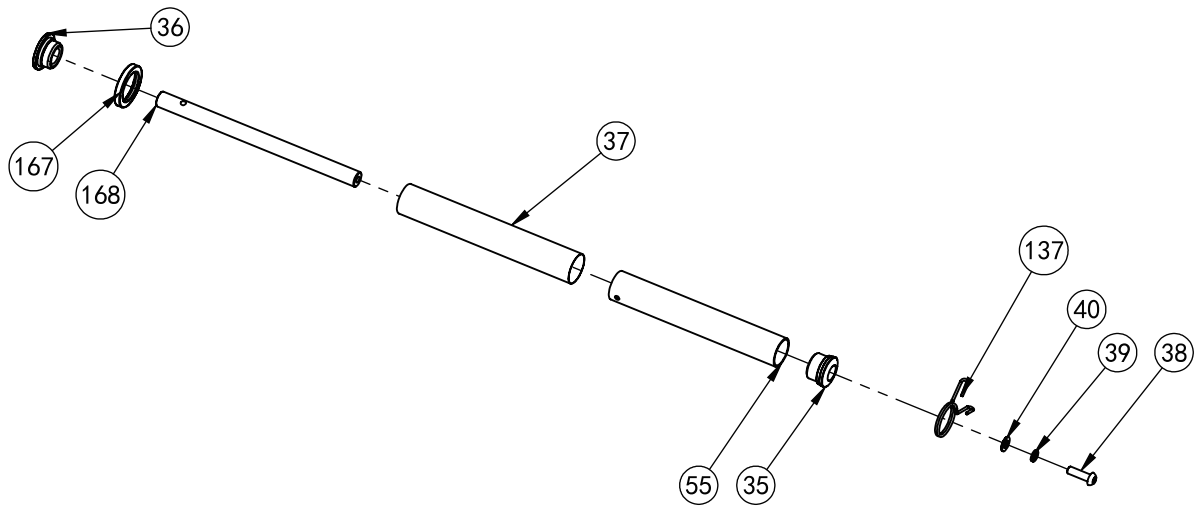


**hang lever frame**  
QTY: 1PCS/SET

No.	Description	Note	Qty.
46	hang lever frame		1
121	nylon cover	φ50*35	4

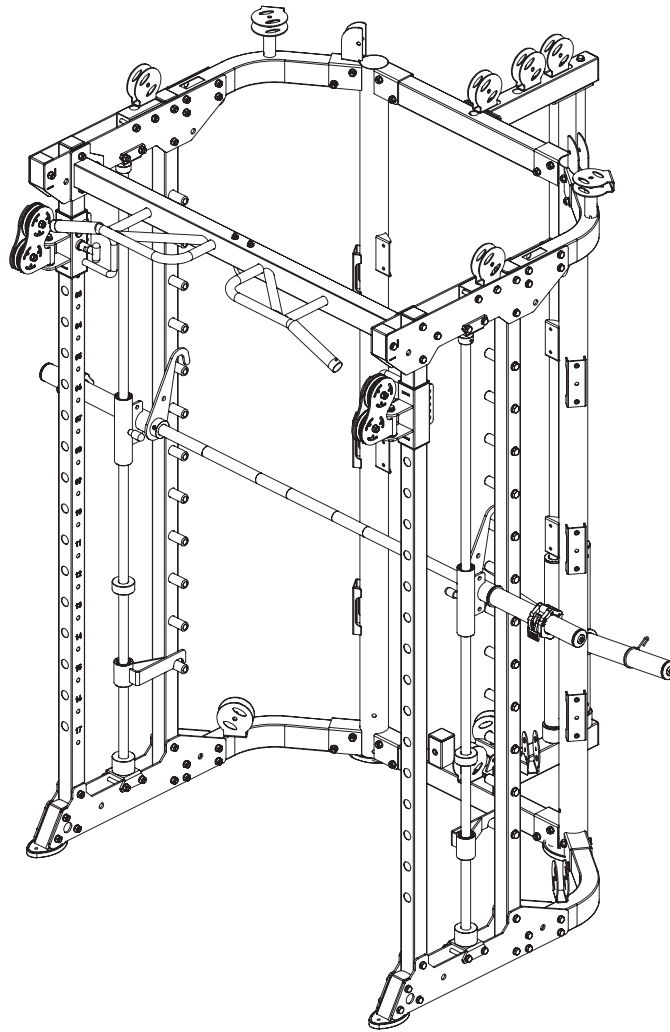


# ASSEMBLY DRAWING



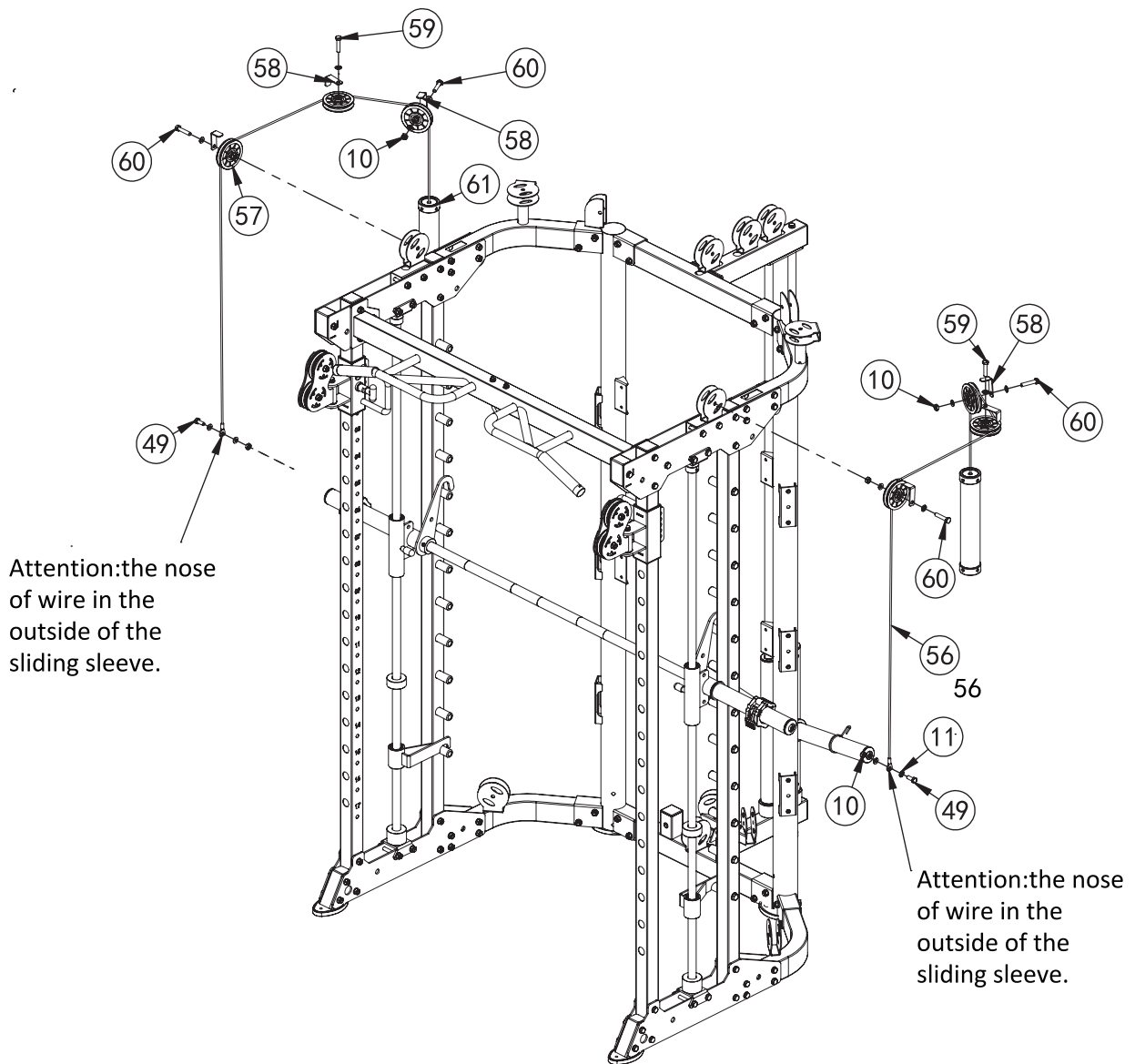
back barbell plate holder  
QTY: 2PCS/SET

No.	Description	Note	Qty.
167	rubber catch collar	$\Phi 70 * \Phi 50 * 10$	1
137	butterfly pin	$\phi 50$	1
38	union head socket screw	M12*40	1
39	spring washer	$\Phi 12$	1
55	back barbell plate holder		1
37	pipe	$\Phi 50 * 310 * T0.5$	1
35	end cap	$\Phi 51 * \Phi 42.5 * 36.6L$	1
36	check ring	$\Phi 60 * \Phi 48.5 * 27L$	1
40	washer	$\Phi 12$	1
168	barbell hang bar	$\Phi 25 * 358$	1



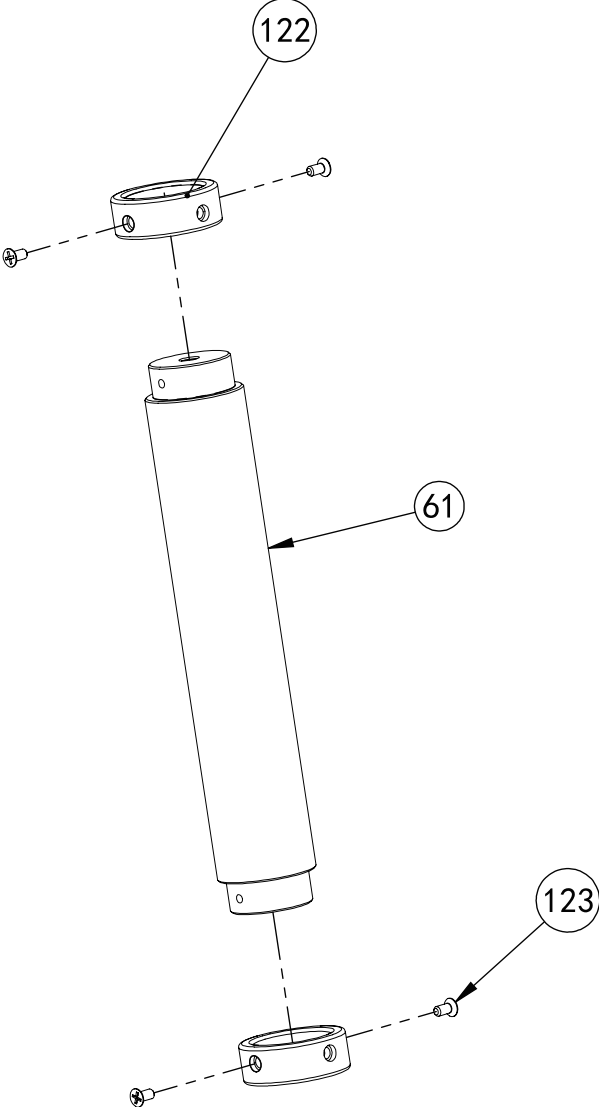
- 1 Fix upper connection tube short-44 fastening on main frame using M12x30 hexagon bolt-52,  $\Phi$ 12 spring washer-39 and  $\Phi$ 12 washer-40
- 2 Fix lower connection tube-45 fastening on main frame using M12x30 hexagon bolt-52,  $\Phi$ 12 spring washer-39 and  $\Phi$ 12 washer-40
- 3 Fix double pulley bracket-53 fastening on double pulley bracket-45 using M10x55 hexagon bolt-51,  $\Phi$ 10 washer-11 and M10 lock nut-10
- 4 Guide rod hollow-47 in turn through big sliding sleeve-46, rubber pad-48 fastening using M10x95 hexagon bolt-50,  $\Phi$ 10 washer-11 and M10x25 hexagon bolt-49
- 5 Fix back barbell plate holder-55 fastening on big sliding sleeve-46 using M8x10 socket set screw-34

# ASSEMBLY STEP 5



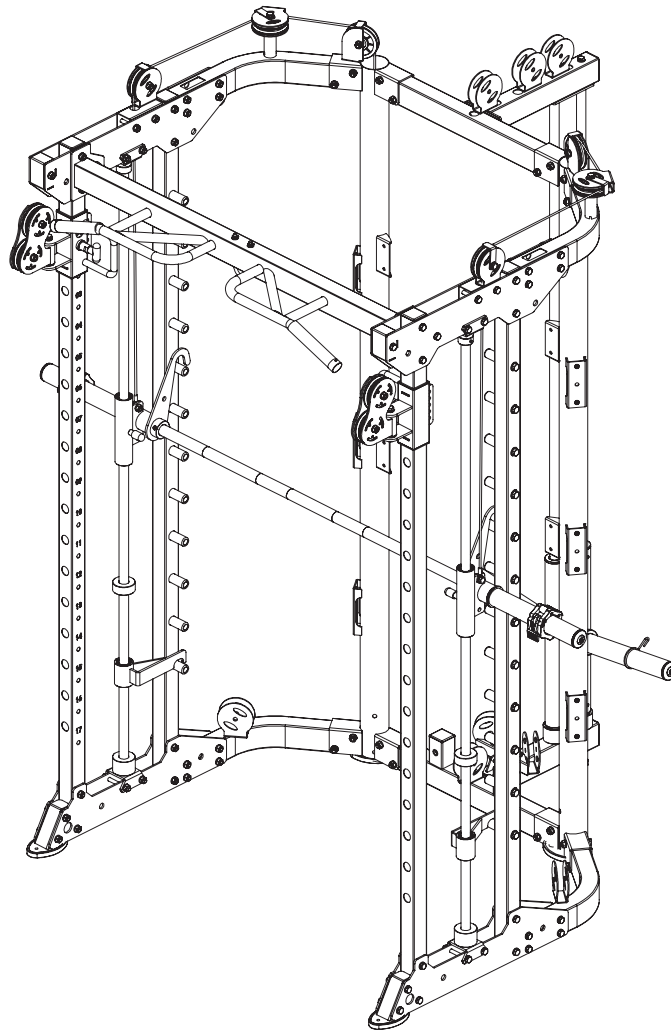
No.	Description	Note	Qty.
10	lock nut	M10	6
11	washer	Φ10	14
49	hexagon bolt	M10x25	2
56	wire	Φ5x2745mm	2
57	pulley	Φ95	6
58	pulley plate		6
59	hexagon bolt	M10x45	2
60	hexagon bolt	M10x50	4
61	weight		2

# ASSEMBLY DRAWING



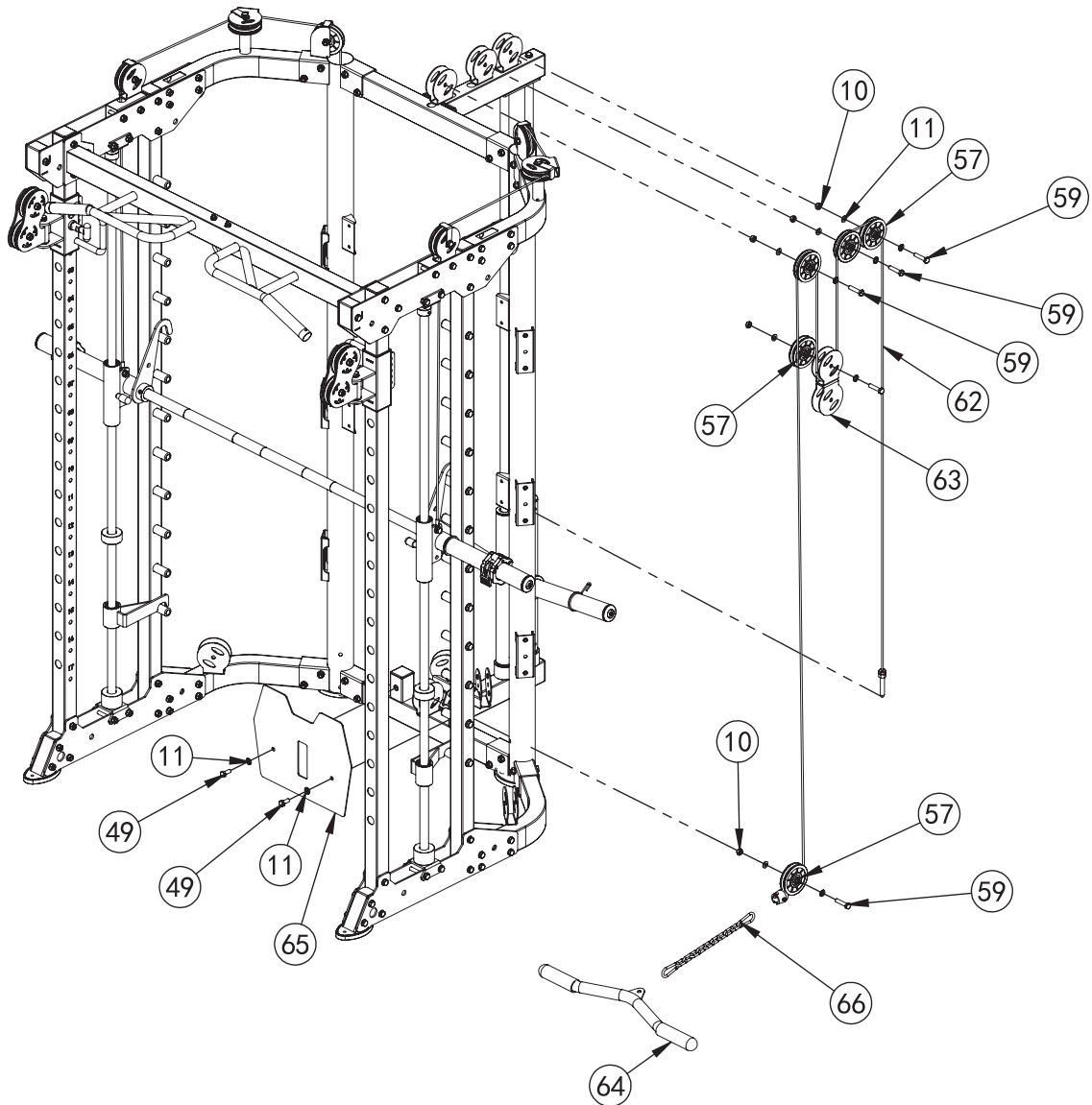
**WEIGHT**  
**QTY: 2PCS/SET**

No.	Description	Note	Qty.
122	anti-collision cover	φ50*φ65*24	2
61	weight		1
123	"+"sloped countersunk	M6*10	4



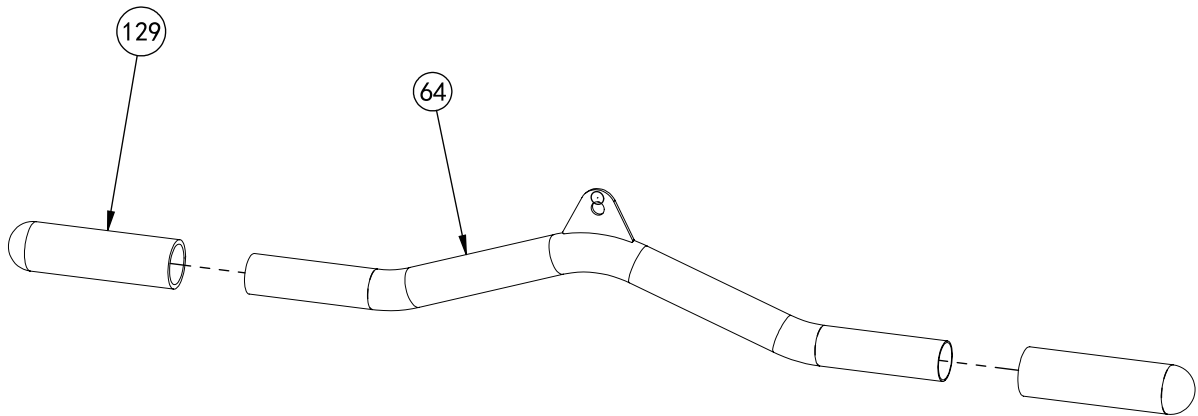
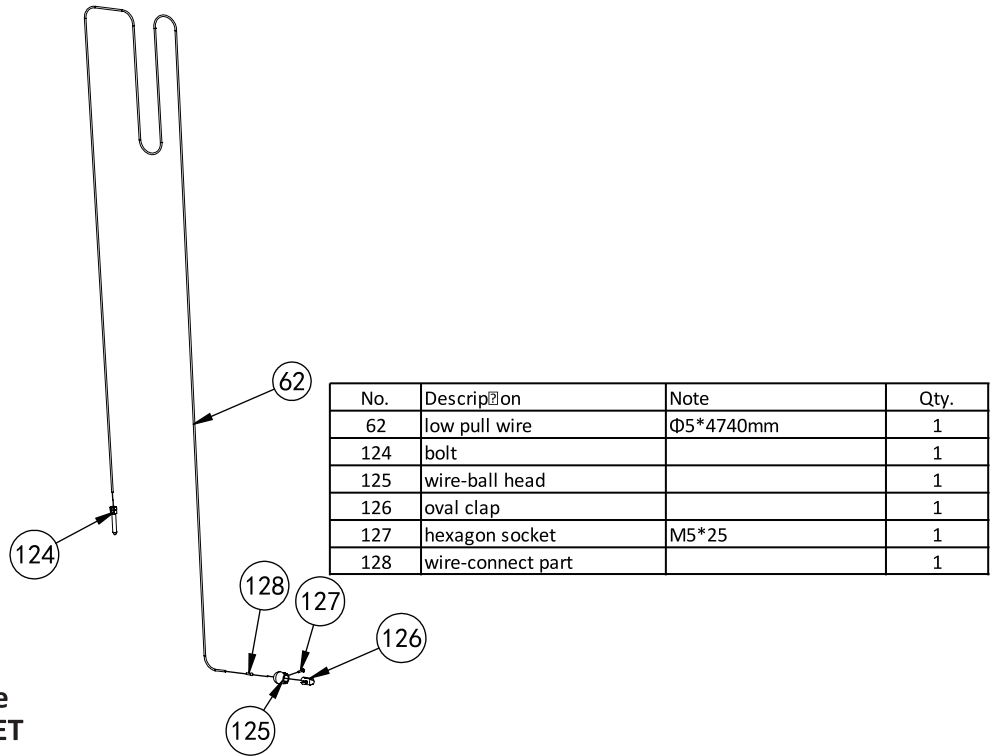
- 1 Connect wire-56 with weight-61, put them into upright frame
- 2 Fix pulley-57 fastening on upper bending tube using M10x50 hexagon bolt-60, pulley plate-58,  $\Phi$ 10 washer-11 and M10 lock nut-10
- 3 Fix pulley-57 fastening on upper bending tube using M10x45 hexagon bolt-59, pulley plate-58,  $\Phi$ 10 washer-11 and M10 lock nut-10
- 4 Fix wire-56 fastening on sliding sleeve outside using M10x25 hexagon bolt-49,  $\Phi$ 10 washer-11 and M10 lock nut-10

# ASSEMBLY STEP 6



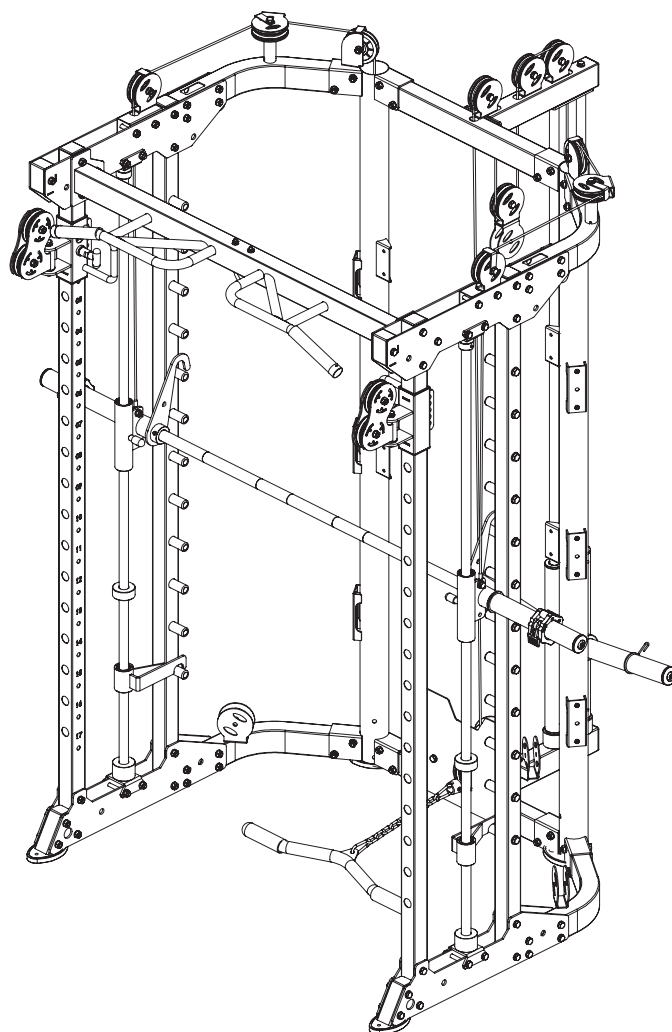
No.	Description	Note	Qty.
10	lock nut	M10	5
11	washer	Φ10	12
49	hexagon bolt	M10x25	2
57	pulley	Φ95	5
59	hexagon bolt	M10x45	5
62	wire	Φ5x4740mm	1
63	"I"-shaped pulley frame		1
64	short bar		1
65	footplate		1
66	chain + 2 snap hook		1

# ASSEMBLY DRAWING



short bar  
QTY: 1PCS/SET

No.	Description	Note	Qty.
64	short bar		1
129	handle cover	φ32*140	2

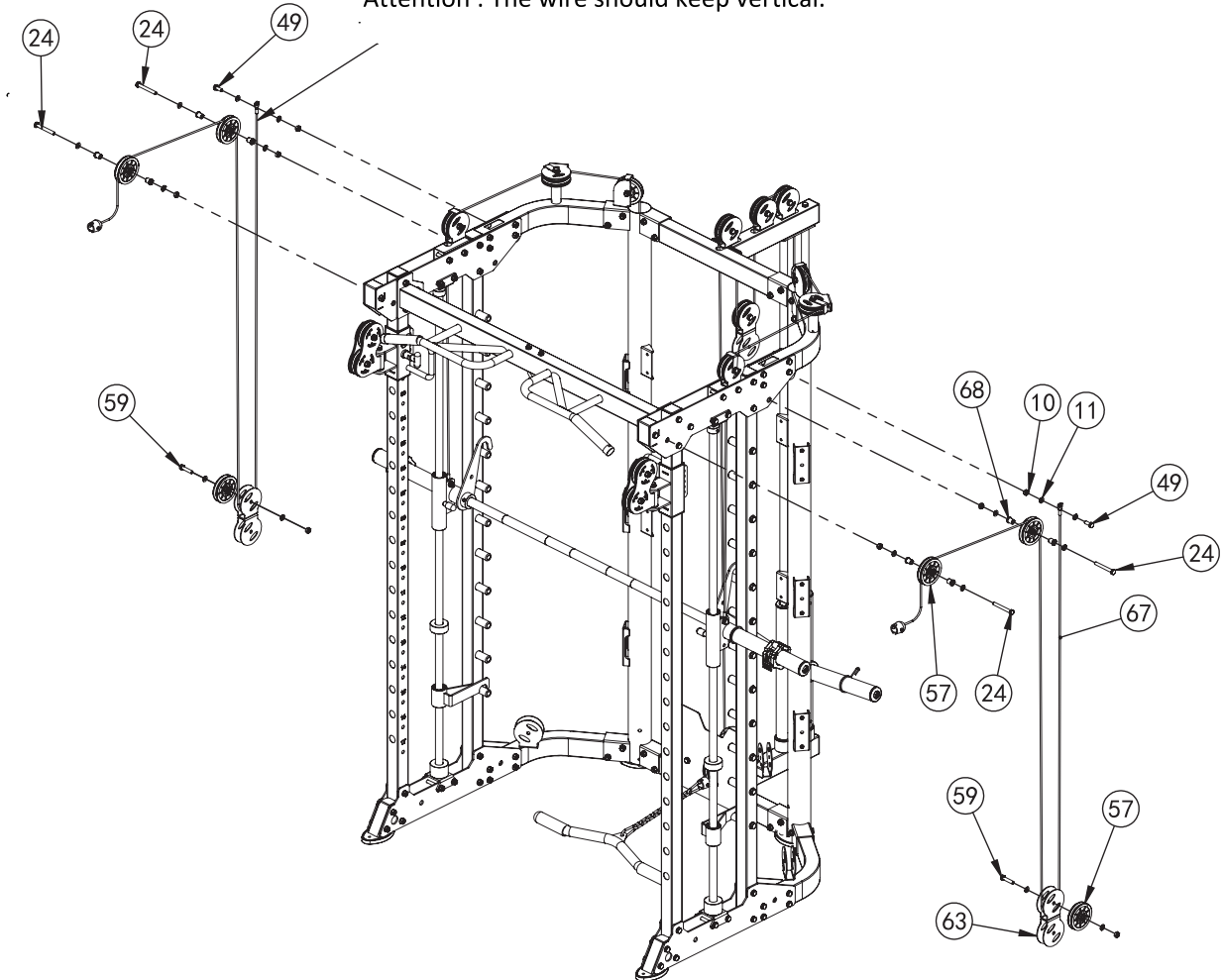


- 1 As the shown in the figure fix pulley-57 fastening on main frame and "—" shape pulley frame-63 using M10x45 hexagon bolt-59,  $\Phi$ 10 gasket-11 and M10 lock nut-10.
- 2 As the shown in the figure put the wire-62.
- 3 Connect short bar-64 to wire using chain + 2 snap hook-66.
- 4 Fix footplate-65 fastening on main frame using M10x25 hexagon bolt-49,  $\Phi$ 10 washer-11.



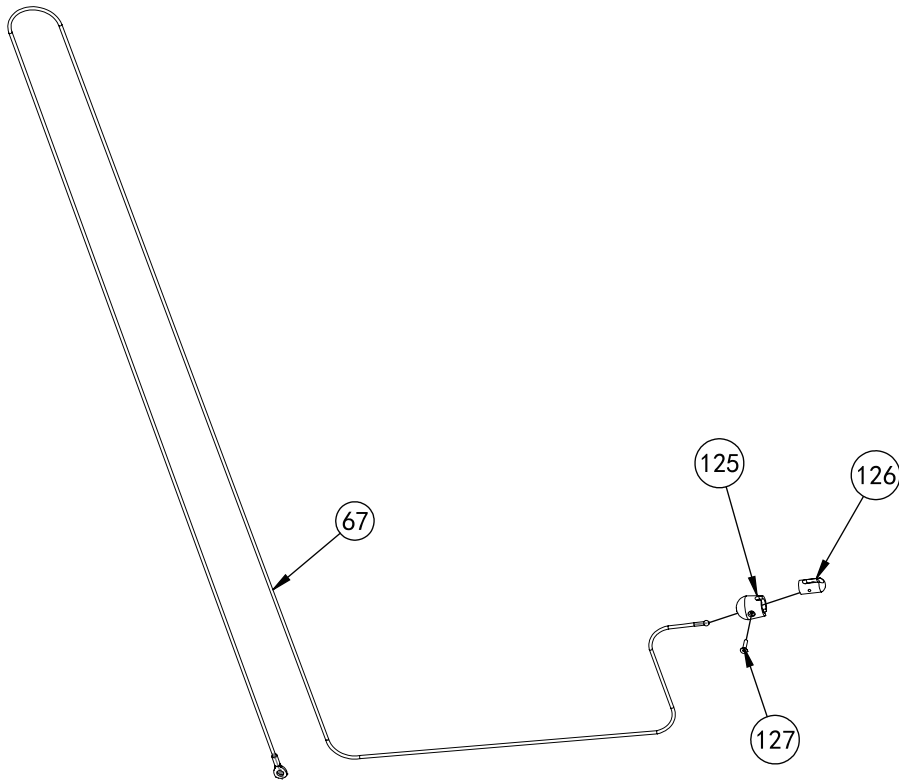
# ASSEMBLY STEP 7

Attention : The wire should keep vertical.



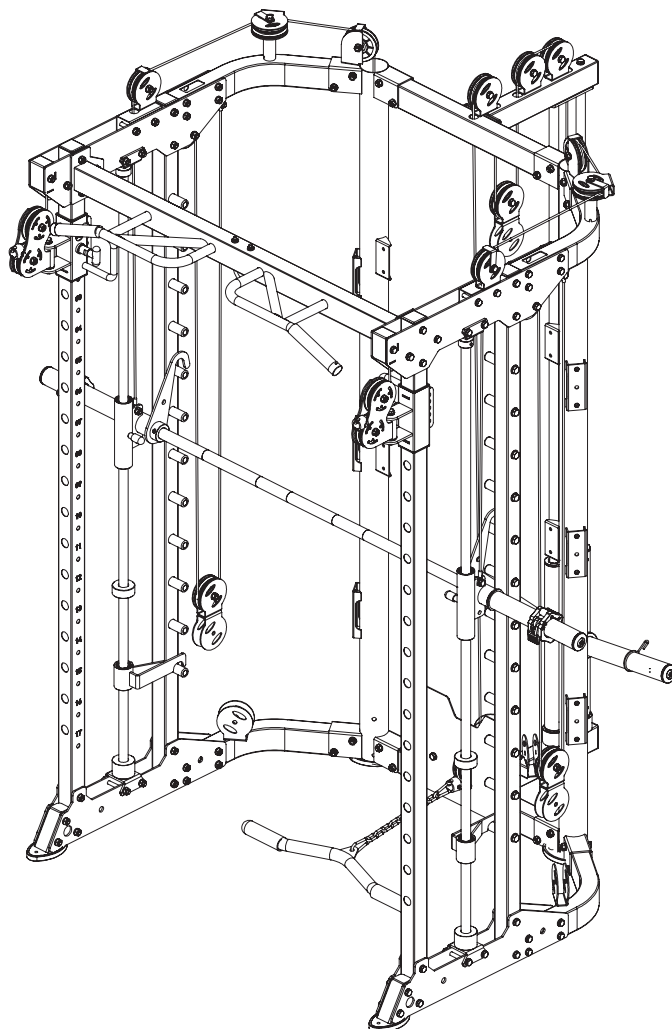
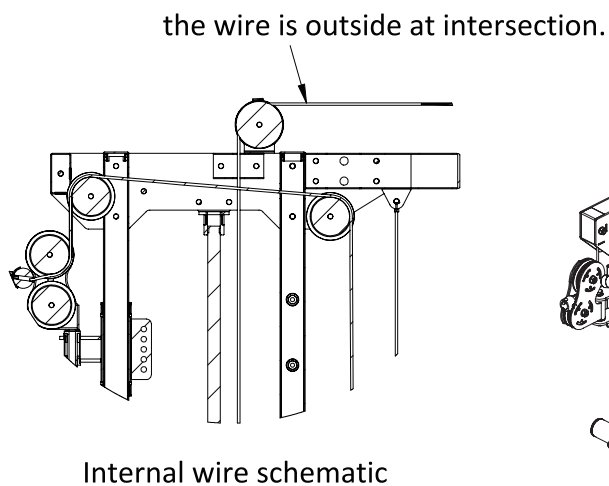
No.	Description	Note	Qty.
10	lock nut	M10	8
11	washer	Φ10	16
24	hexagon bolt	M10x80	4
49	hexagon bolt	M10x25	2
57	pulley	Φ95	6
59	hexagon bolt	M10x45	2
63	"-" shaped pulley frame		2
67	wire	Φ5x4185mm	2
68	pulley spacer sleeve	Φ20x10.5xL20.5	8

# ASSEMBLY DRAWING



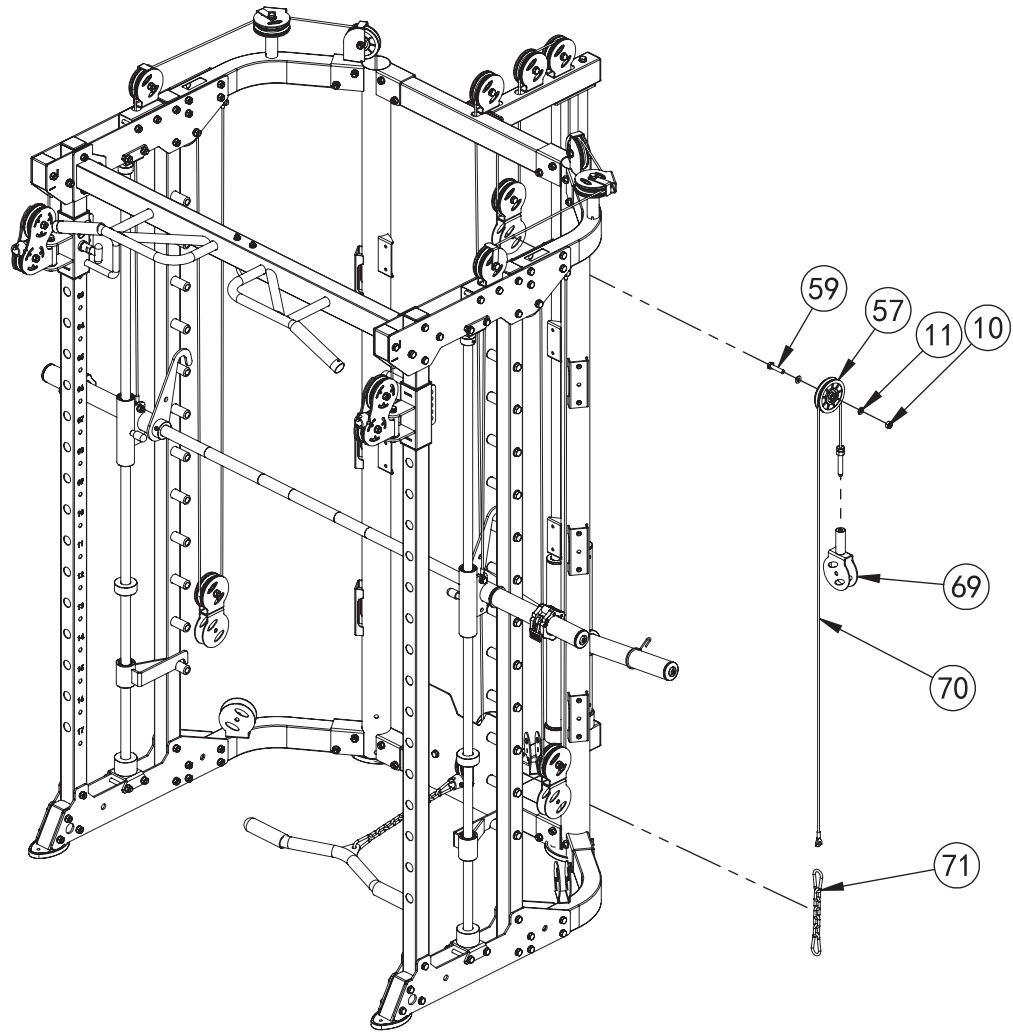
wire  
QTY: 2PCS/SET

No.	Description	Note	Qty.
127	hexagon socket	M5*25	1
126	oval clap		1
125	wire-ball head		1
67	wire	Φ5*4185mm	2

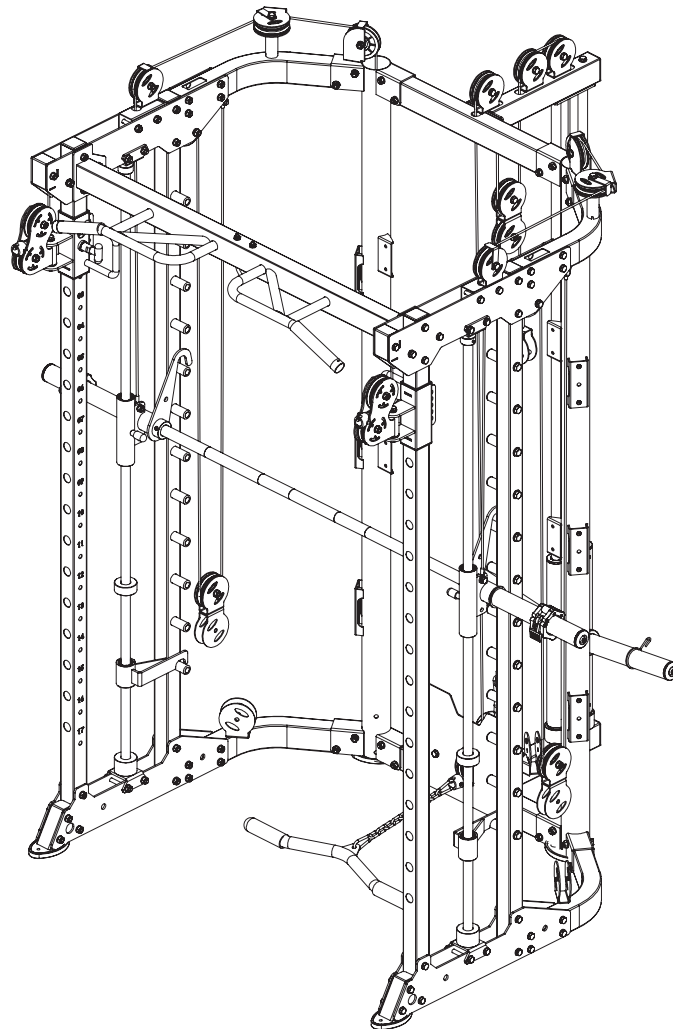


- 1 As the shown in the figure fix pulley-57 fastening on upper plate using M10x80 hexagon bolt-24,  $\Phi 10$  washer-11 and M10 lock nut-10 and pulley spacer sleeve-68
- 2 Fix pulley-57 fastening on "—" shape pulley frame-63 using M10x45 hexagon bolt-59,  $\Phi 10$  washer-11 and M10 lock nut-10
- 3 As the shown in the figure put the wire-67 using M10x45 hexagon bolt-59,  $\Phi 10$  washer-11 and M10 lock nut-10 fastening on bending tube, careful to keep the wire vertical

# ASSEMBLY STEP 8

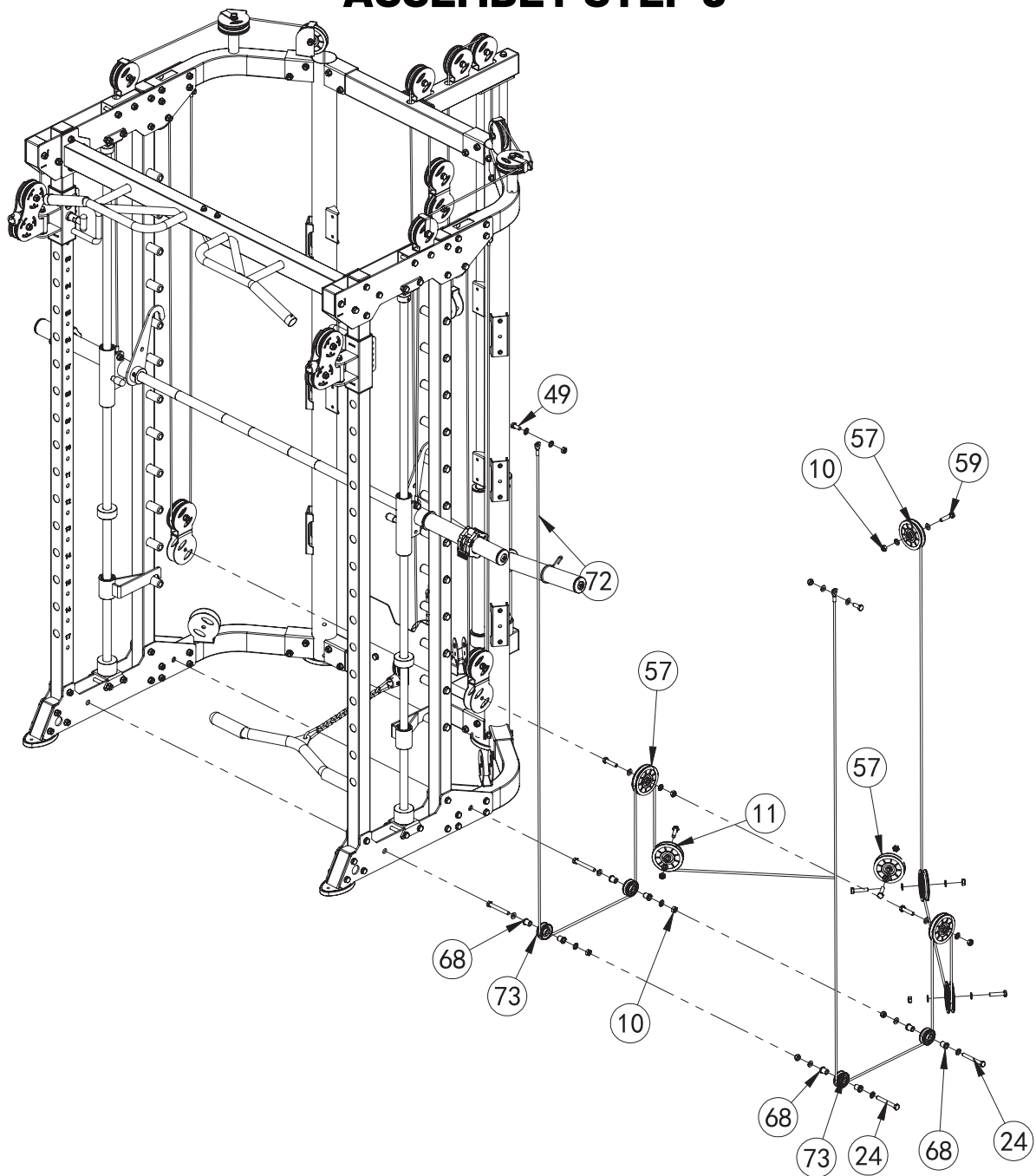


No.	Description	Note	Qty.
11	washer	Φ10	2
10	lock nut	M10	1
57	pulley	Φ95	1
59	hexagon bolt	M10x45	1
69	pulley frame		1
70	wire	Φ5x1705mm	1
71	5 sec <sup>2</sup> ion chain + snap hook		1

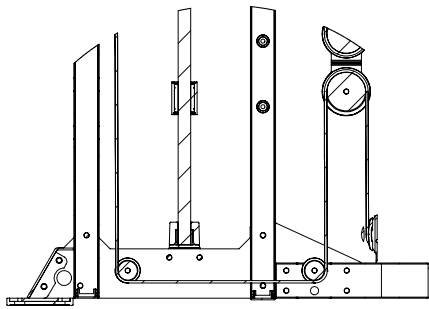


- 1 Fix pulley-57 fastening on "-" shape pulley frame-63 using M10x45 hexagon bolt-59,  $\Phi 10$  washer-11 and M10 lock nut-10
- 2 As the shown in the figure connect wire-70, pulley frame-69 and 5 sec $\square$ on chain + snap hook-71 on the main frame

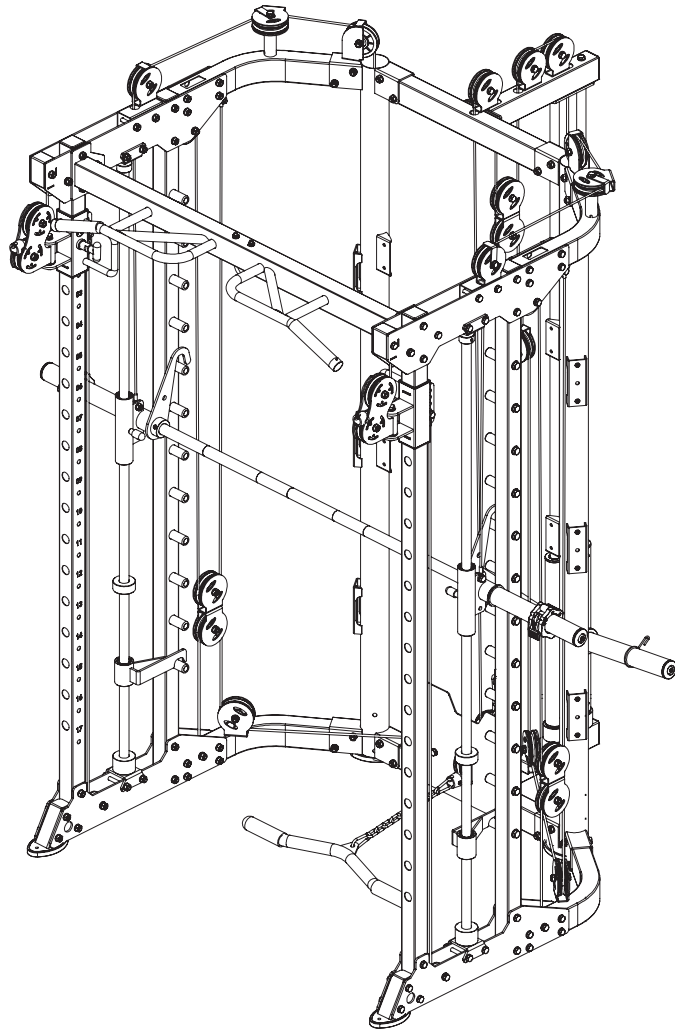
## ASSEMBLY STEP 9



No.	Description	Note	Qty.
11	washer	Φ10	26
10	lock nut	M10	13
24	hexagon bolt	M10x80	4
49	hexagon bolt	M10x25	2
57	pulley	Φ95	7
59	hexagon bolt	M10x45	7
68	pulley spacer sleeve	Φ20x10.5xL20.5	8
72	wire	Φ5x9715mm	1
73	pulley	Φ50	4

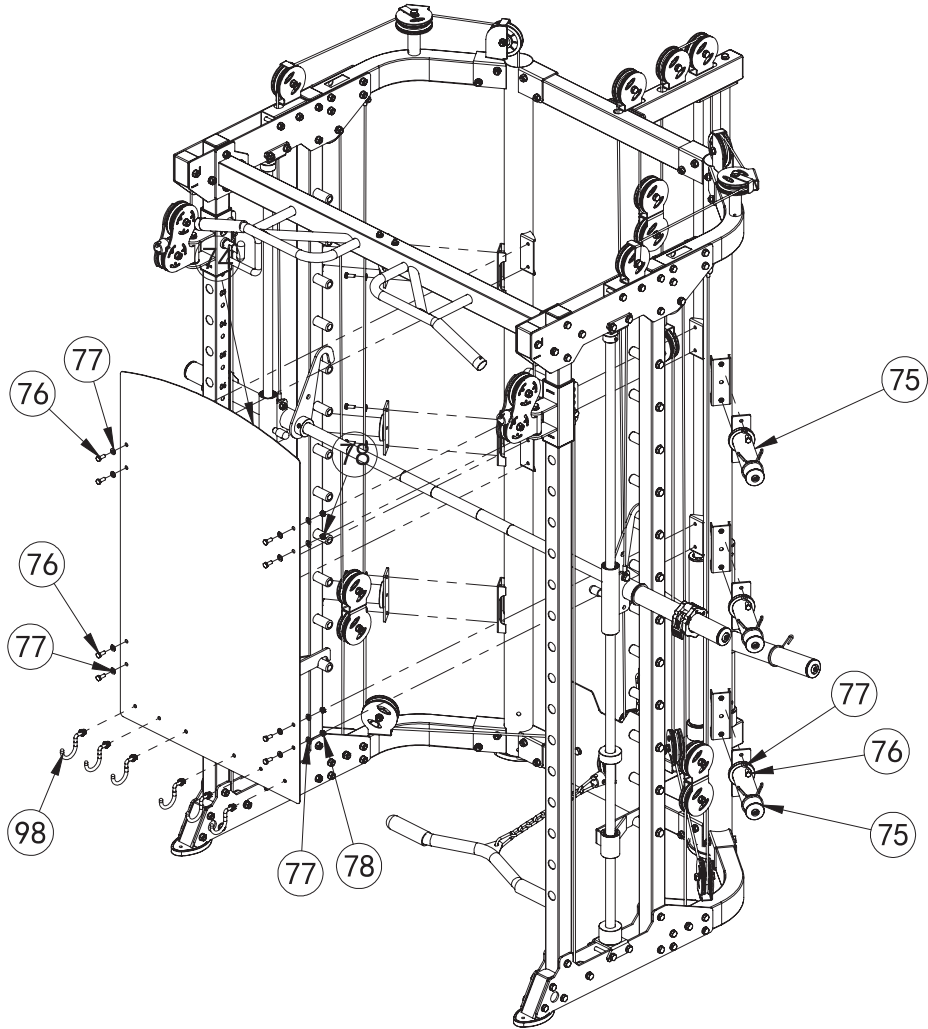


Internal wire schematic



- 1 Fix pulley-57 fastening on main frame using M10x45 hexagon bolt-59,  $\Phi$ 10 washer-11 and M10 lock nut-10
- 2 Fix pulley-73 fastening on lower plate using M10x80 hexagon bolt-24,  $\Phi$ 10 washer-11 and M10 lock nut-10 and pulley spacer sleeve-68
- 3 As the shown in the figure put the wire-72 on the machine

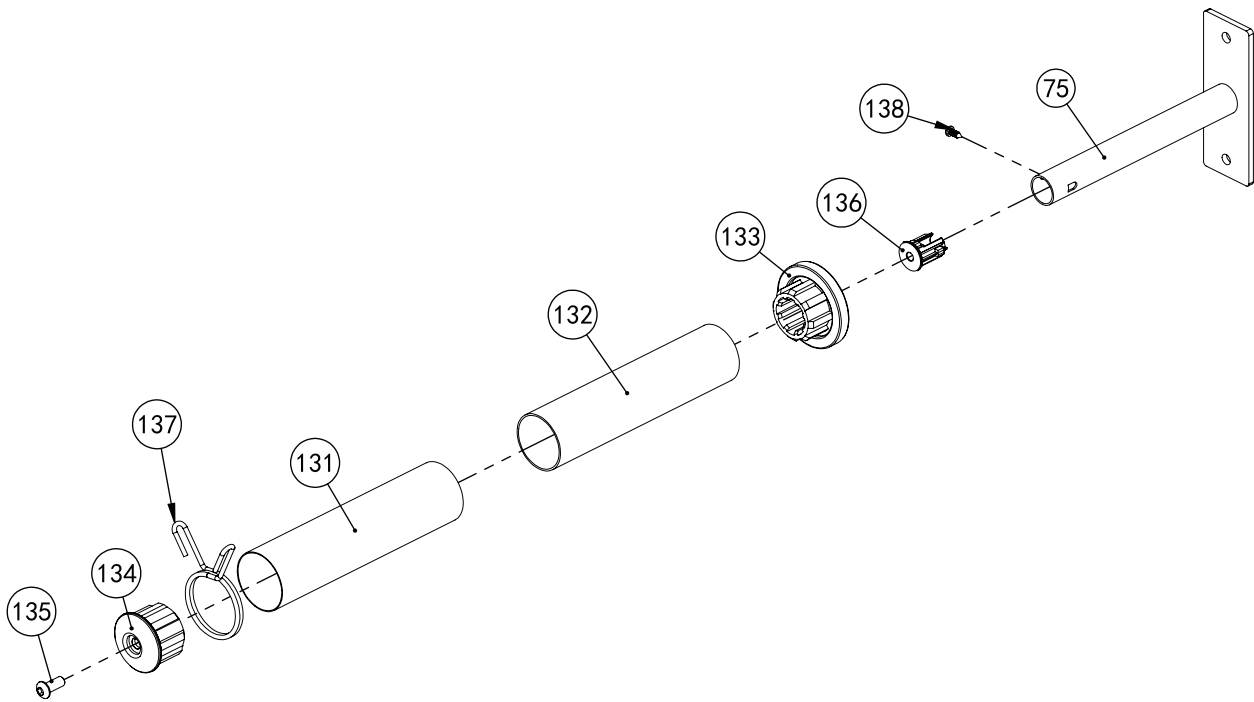
# ASSEMBLY STEP 10



No.	Description	Note	Qty.
74	shield		1
75	barbell plate holder		6
76	hexagon bolt	M8x20	20
77	washer	Φ8	34
78	lock nut	M8	14
98	hook		6

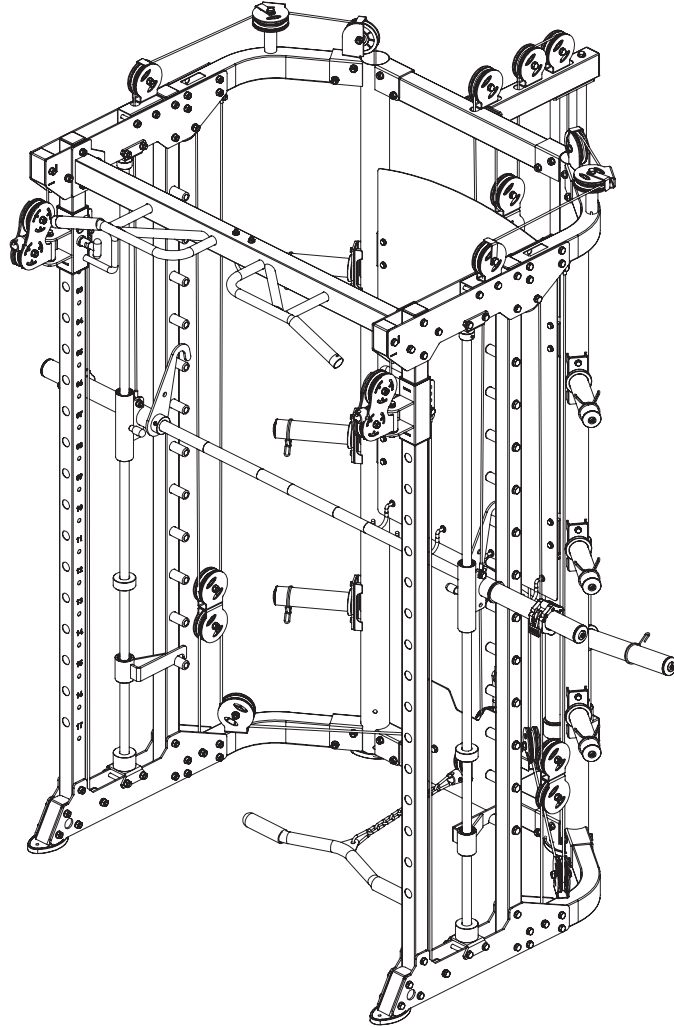


# ASSEMBLY DRAWING



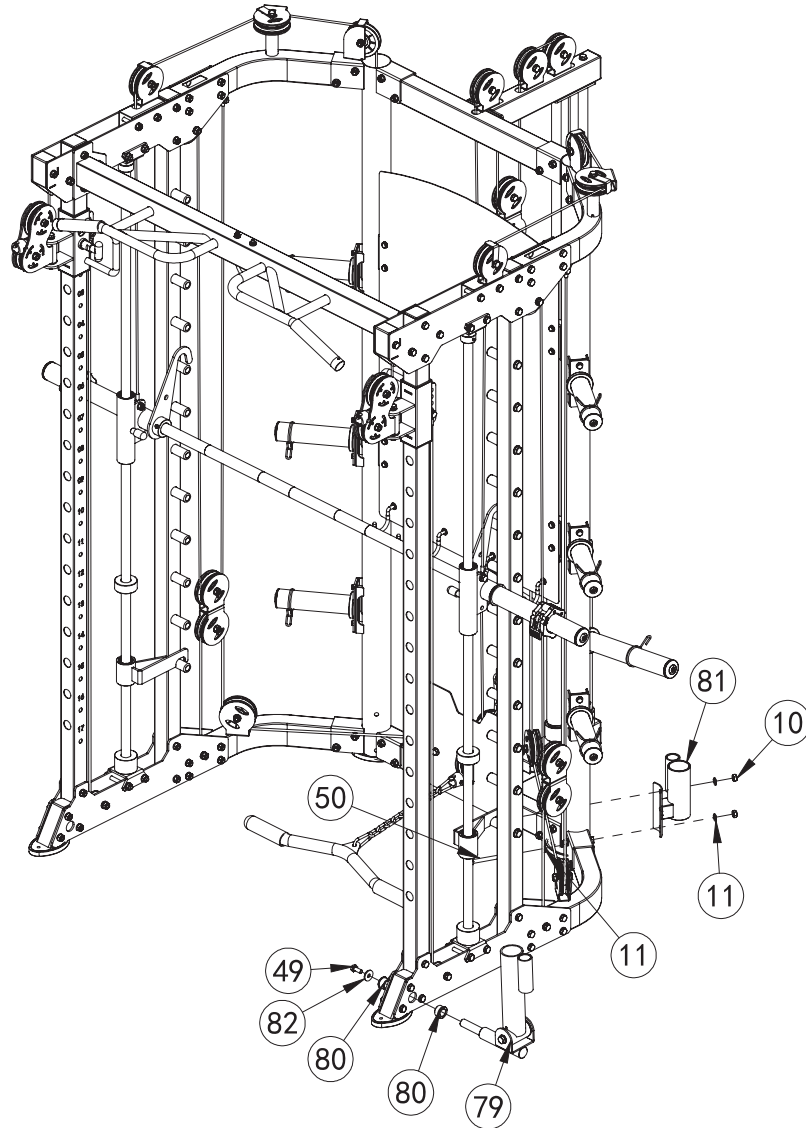
**barbell plate holder**  
**QTY:6PCS/SET**

No.	Description	Note	Qty.
131	stainless steel tube	$\phi 50 \times 0.8 \times 200$	1
132	barbell bar tube	$\phi 48 \times 1.5 \times 198$	1
133	inner support cap	$\phi 70 \times \phi 44.8 \times \phi 25.5 \times 30$	1
134	outside support cap	$\phi 50 \times \phi 44.8 \times \phi 25.5$	1
135	button head socket screw	M8*20	1
136	insert nut	M8	1
75	barbell plate holder		1
137	butterfly pin	$\phi 50$	1
138	cross recessed pan head	M4*12	1



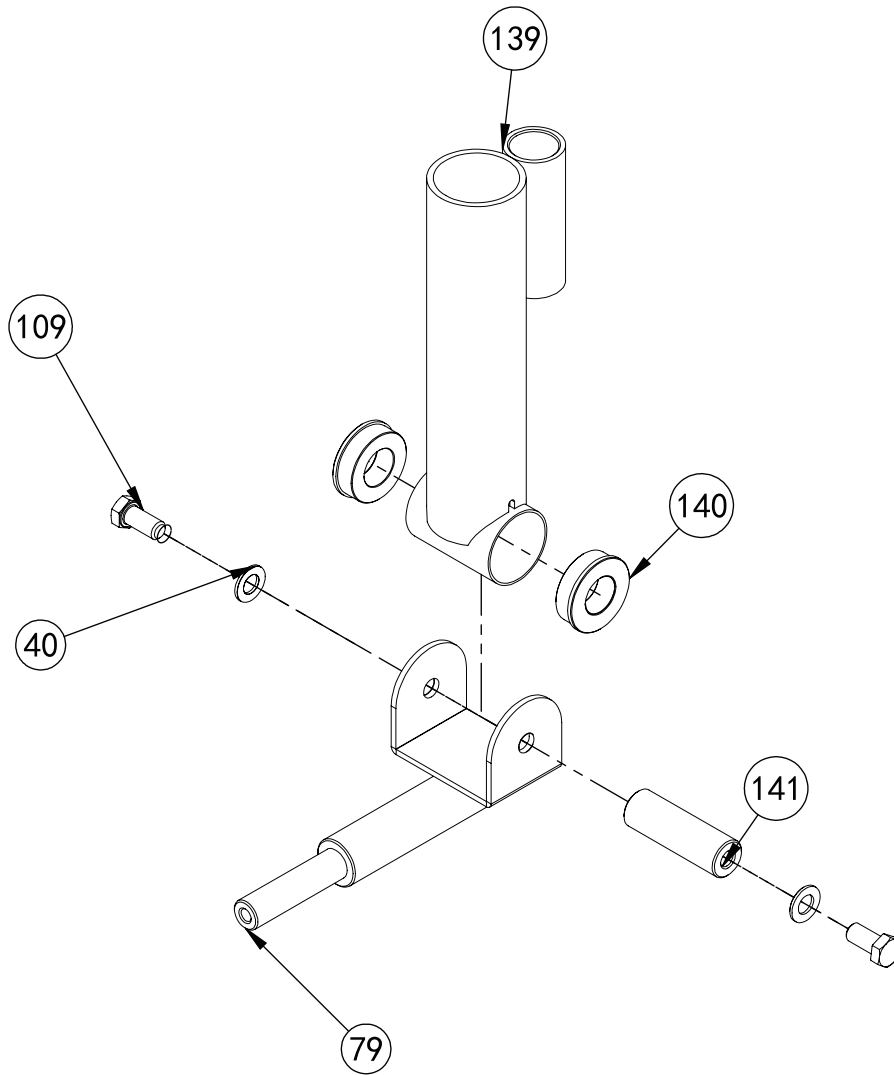
- 1 Fix shield-74 fastening on main frame using M8x20 hexagon bolt-76,  $\Phi 8$  washer-77 and M8 lock nut-78.
- 2 Fix barbell plate holder-75 on main frame using M8x20 hexagon bolt-76,  $\Phi 8$  washer-77.
- 3 Lock hook-98 on shield-74 using lock nut-78,  $\Phi 8$  washer-77.

# ASSEMBLY STEP 11



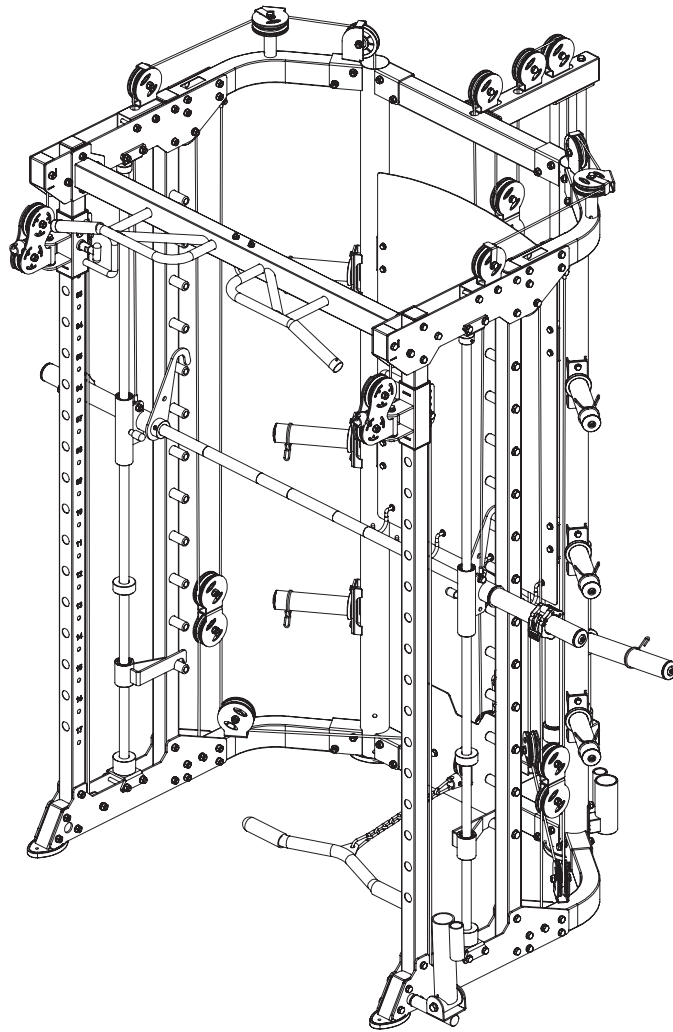
No.	Description	Note	Qty.
10	lock nut	M10	2
11	washer	Φ10	4
49	hexagon bolt	M10x25	1
50	hexagon bolt	M10x95	2
79	core trainer		1
80	powder metallurgy sleeve		2
81	barbell rod cup		1
82	big washer	Φ25x10x2.0	1

# ASSEMBLY DRAWING



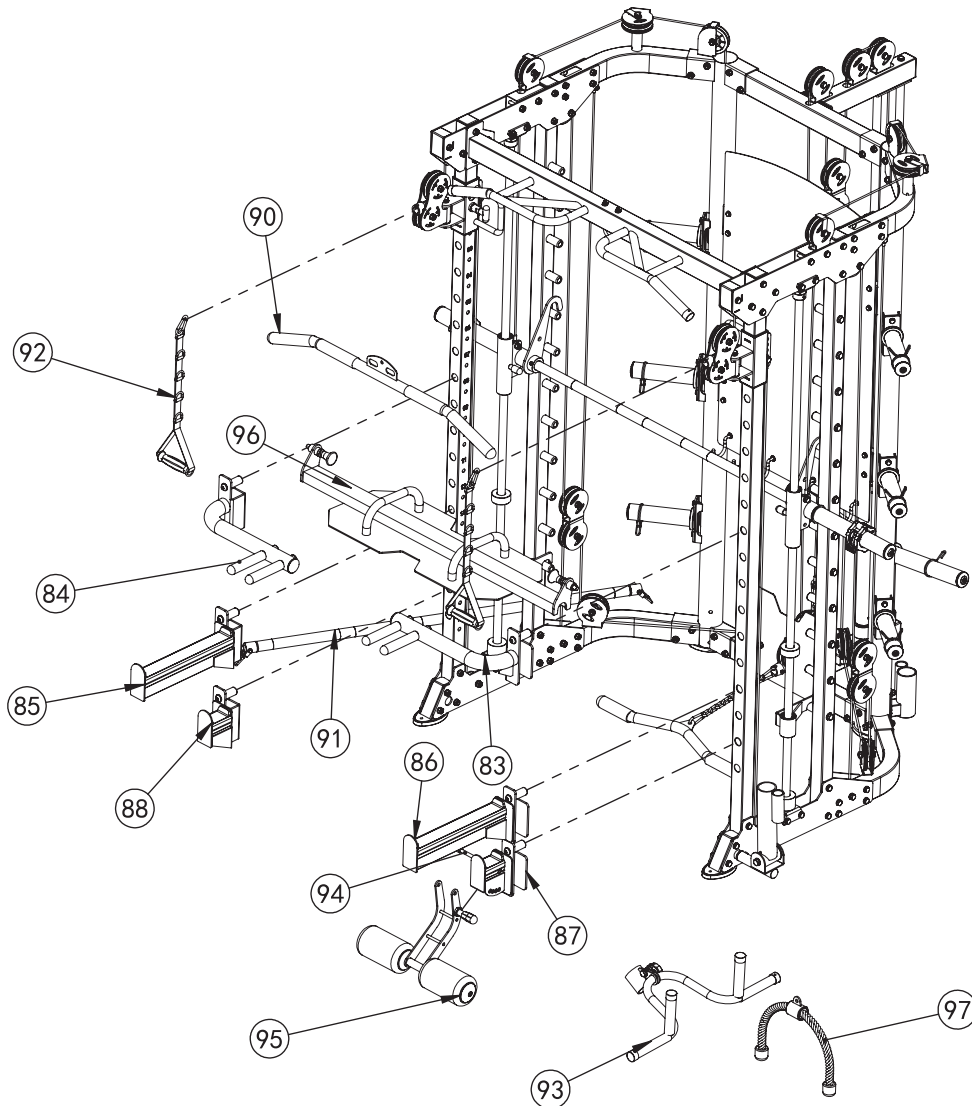
core trainer  
QTY: 1PCS/SET

No.	Description	Note	Qty.
79	core trainer		1
139	rotation axle		1
140	powder metallurgy sleeve	$\phi 50 * \phi 47 * \phi 25 * 15$	2
40	washer	$\Phi 12$	2
141	rotation bearing	$\phi 25 * 77 * M12$	1
109	hexagon bolt	M12*25	2



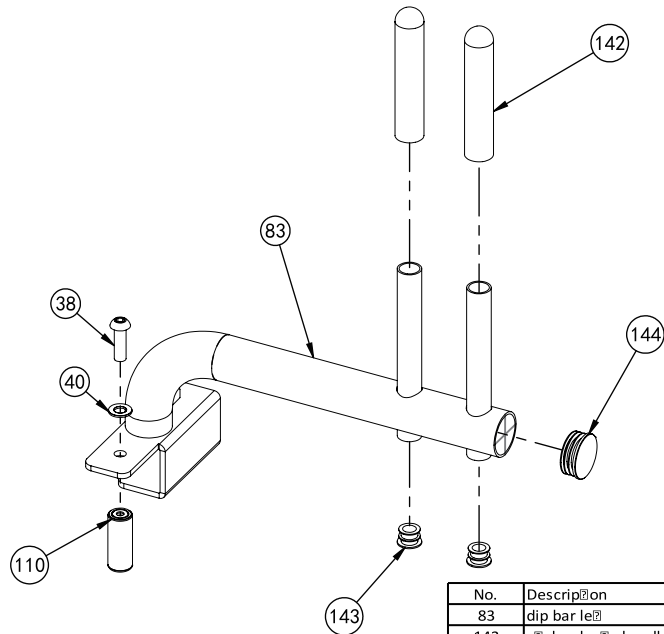
- 1 Fix core trainer-79 fastening on main frame using M10x25 hexagon bolt-49,  $\Phi$ 10 big washer-82 and powder metallurgy sleeve-80
- 2 Fix barbell rod cup-81 fastening on upright frame using M10x95 hexagon bolt-50,  $\Phi$ 10 washer-11 and M10 lock nut-10

# ASSEMBLY STEP 12



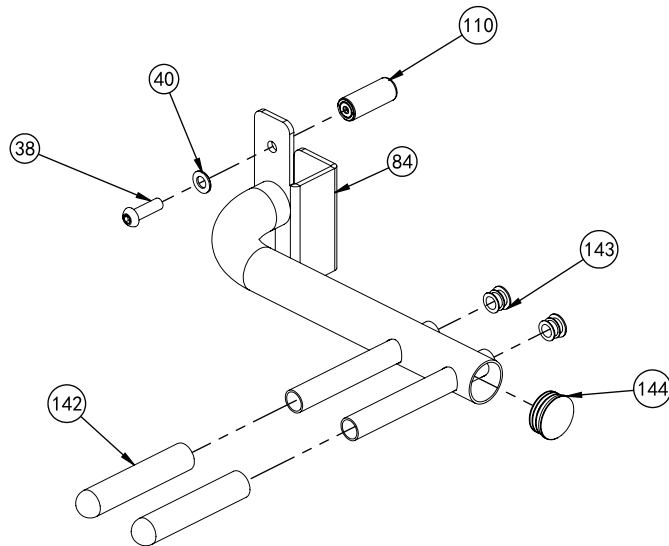
No.	Description	Note	Qty.
83	dip bar le <sup>ft</sup>		1
84	dip bar right		1
85	barbell rod holder right		1
86	barbell rod holder le <sup>ft</sup>		1
87	barbell rod holder short le <sup>ft</sup>		1
88	barbell rod holder short right		1
90	long bar		1
91	ship rod		1
92	hand belt		2
93	pull li <sup>ft</sup> device		1
94	T shape pin	Φ10x100	1
95	leg curl tube		1
96	footplate		1
97	biceps rope		1
			1

# ASSEMBLY DRAWING



**dip bar left**  
QTY: 1PCS/SET

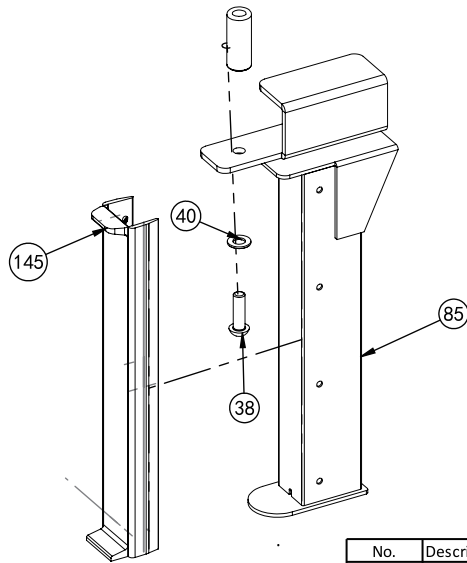
No.	Description	Note	Qty.
83	dip bar left		1
142	sticky plastic handle	φ24.5*150	2
143	inner plug	φ25*2	2
144	tube plug	φ48*2.5	1
110	hang lever shaft	φ25*M12*98	1
38	button head socket screw	M12*40	1
40	washer	Φ12	1



**dip bar right**  
QTY: 1PCS/SET

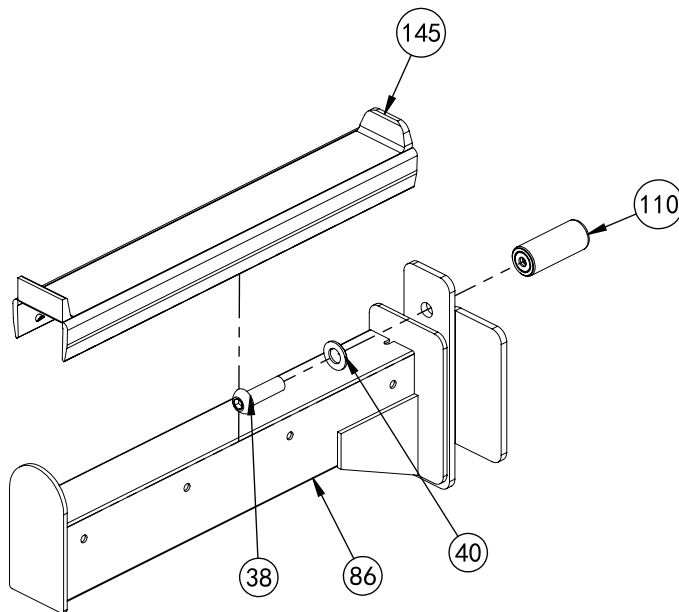
No.	Description	Note	Qty.
84	dip bar right		1
142	sticky plastic handle	φ24.5*150	2
38	button head socket screw	M12*40	1
143	inner plug	φ25*2	2
144	tube plug	φ48*2.5	1
110	hang lever shaft	φ25*M12*98	1
40	washer	Φ12	1

# ASSEMBLY DRAWING



**barbell rod holder rubber right**  
**QTY: 1PCS/SET**

No.	Description	Note	Qty.
85	barbell rod holder rubber		1
110	hang lever shaft	φ25*M12*98	1
38	bush on head socket screw	M12*40	1
145	long safety catch outside		1
40	washer	Φ12	1

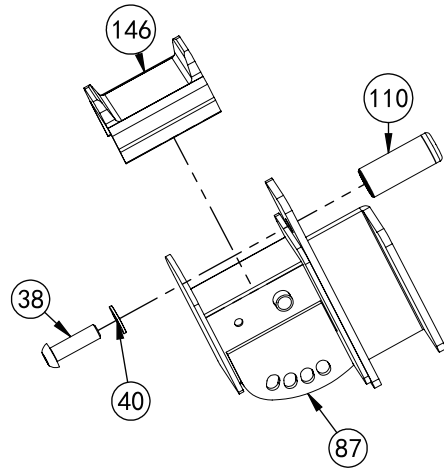


**barbell rod holder rubber left**  
**QTY: 1PCS/SET**

No.	Description	Note	Qty.
86	barbell rod holder rubber		1
38	bush on head socket screw	M12*40	1
40	washer	Φ12	1
110	hang lever shaft	φ25*M12*98	1
145	long safety catch outside		1

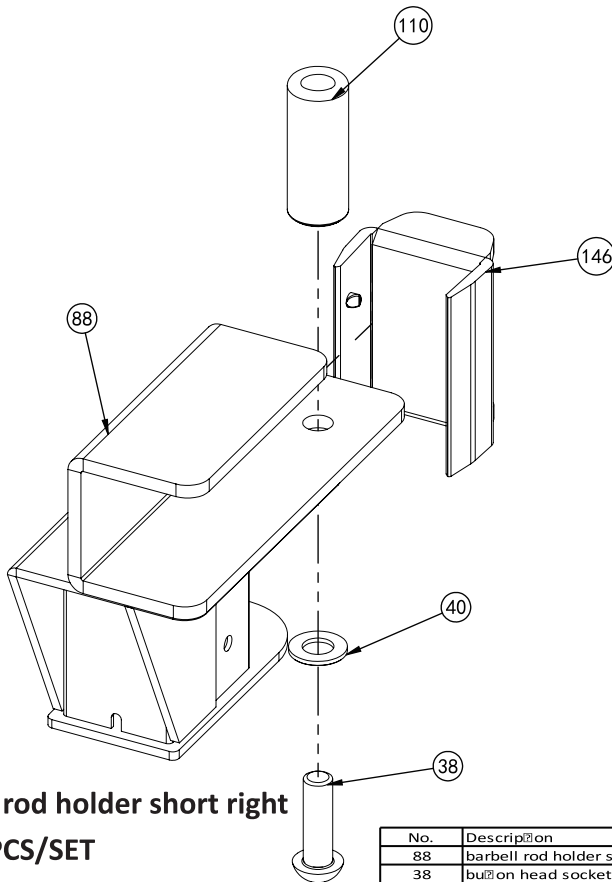


# ASSEMBLY DRAWING



barbell rod holder short left  
QTY: 1PCS/SET

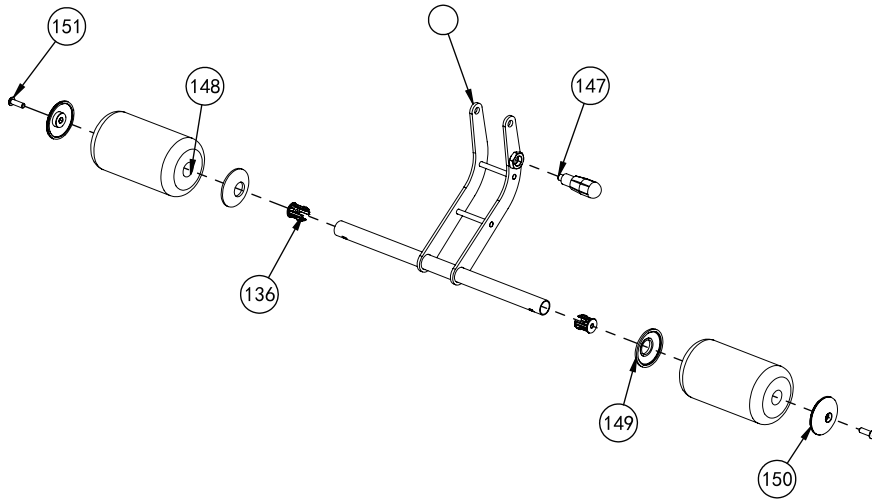
No.	Description	Note	Qty.
87	barbell rod holder short left		1
110	hang lever shaft	φ25*M12*98	1
40	washer	Φ12	1
38	button head socket screw	M12*40	1
146	long safety catch outside		1



barbell rod holder short right  
QTY: 1PCS/SET

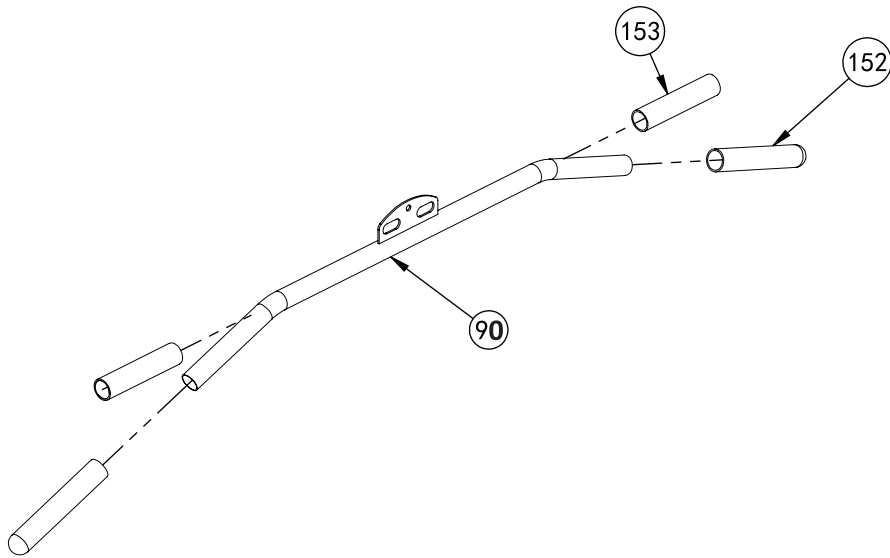
No.	Description	Note	Qty.
88	barbell rod holder short		1
38	button head socket screw	M12*40	1
110	hang lever shaft	φ25*M12*98	1
146	long safety catch outside		1
40	washer	Φ12	1

# ASSEMBLY DRAWING



**leg curl tube**  
QTY: 1PCS/SET

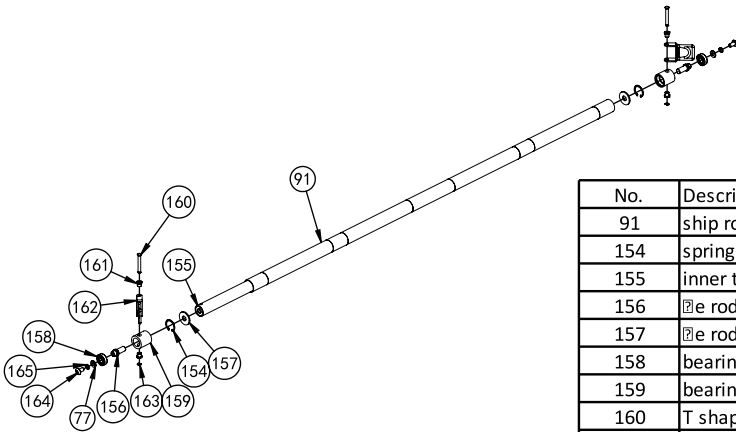
No.	Description	Note	Qty.
95	leg curl tube		1
147	pull pin		1
148	sponge		2
149	sponge inner cap		2
150	sponge outer cap		2
151	hexagon socket button head	M8*25	2
136	insert nut	M8	2



**long bar**  
QTY: 1PCS/SET

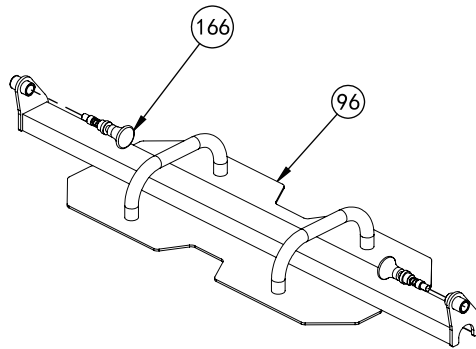
No.	Description	Note	Qty.
90	long bar		1
152	handle cover -205	φ31×205	2
153	handle belt -160	φ31×160	2

# ASSEMBLY DRAWING



**ship rod**  
QTY: 1PCS/SET

No.	Description	Note	Qty.
91	ship rod		1
154	spring collar	28	2
155	inner tube nut		2
156	rod inner shaft	φ17*38	2
157	rod washer		2
158	bearing	6001-2RS	2
159	bearing cover		2
160	T shape pin		2
161	T shape pin bushing		4
162	U shape fastener		2
163	check ring	5	2
164	hexagon socket button head	M8*16	2
165	spring gasket	φ8	2
77	washer	Φ8	2

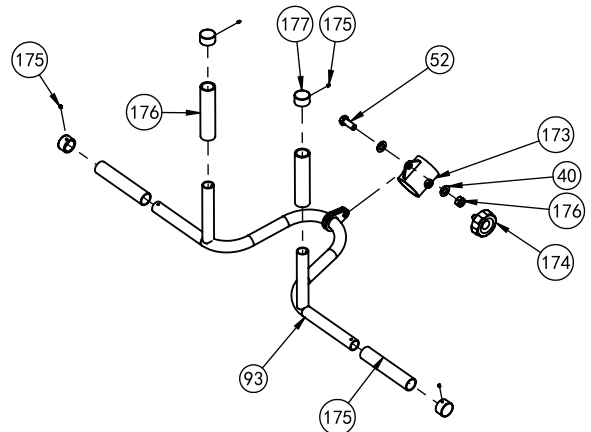


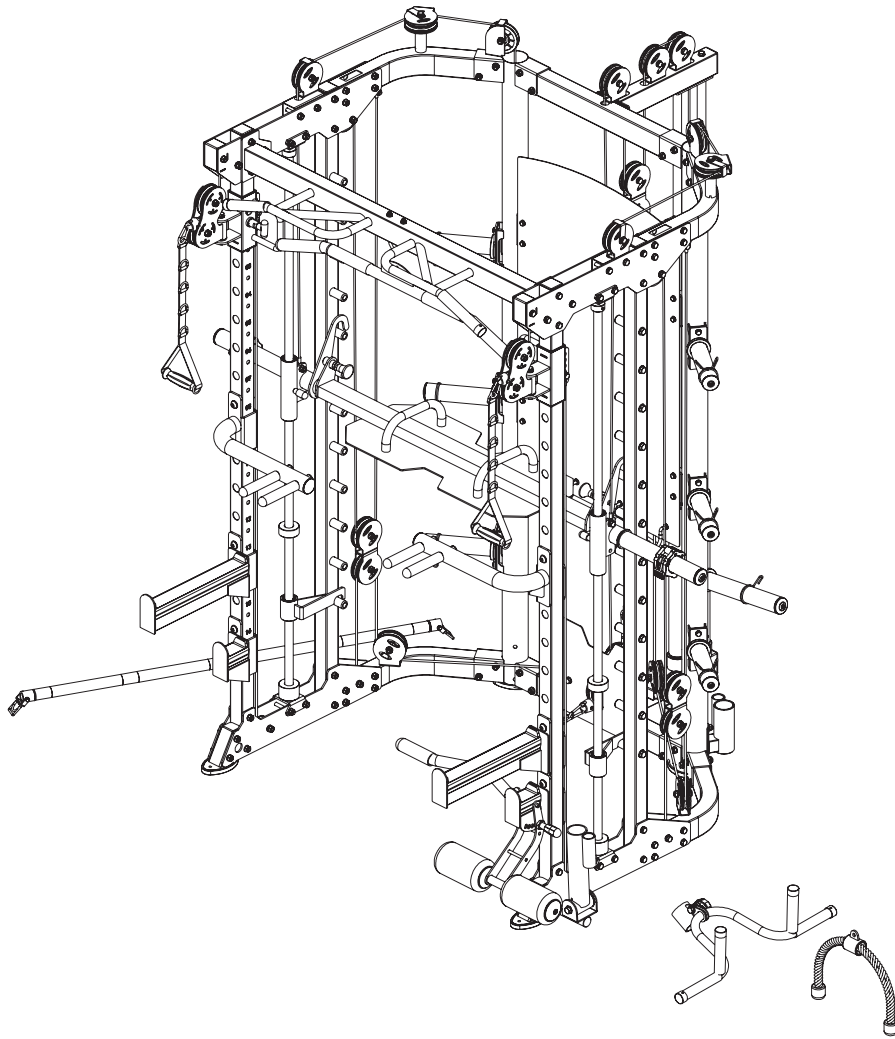
**pull lift device**  
QTY: 1PCS/SET

No.	Description	Note	Qty.
96	footplate		1
166	umbrella pin		2

**footplate QTY:**  
1PCS/SET

No.	Description	Note	Qty.
93	pull lift device		1
173	pull cover		1
174	spring locking knob	M10	1
175	handle cover	Φ25*150	2
176	viscoplastic cover	Φ25*130	2
177	handle aluminum cover	Φ33*Φ25.5*19	4
178	slotted headless screws	M4*5	4
40	washer	Φ12	2
179	lock nut	M12	1
52	hexagon bolt	M12*30	1





- 1 Connect leg curl tube-95 and barbell rod holder short leg-87 using T shape pin-94.
- 2 As shown in the figure,put the attached part on the machine.



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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