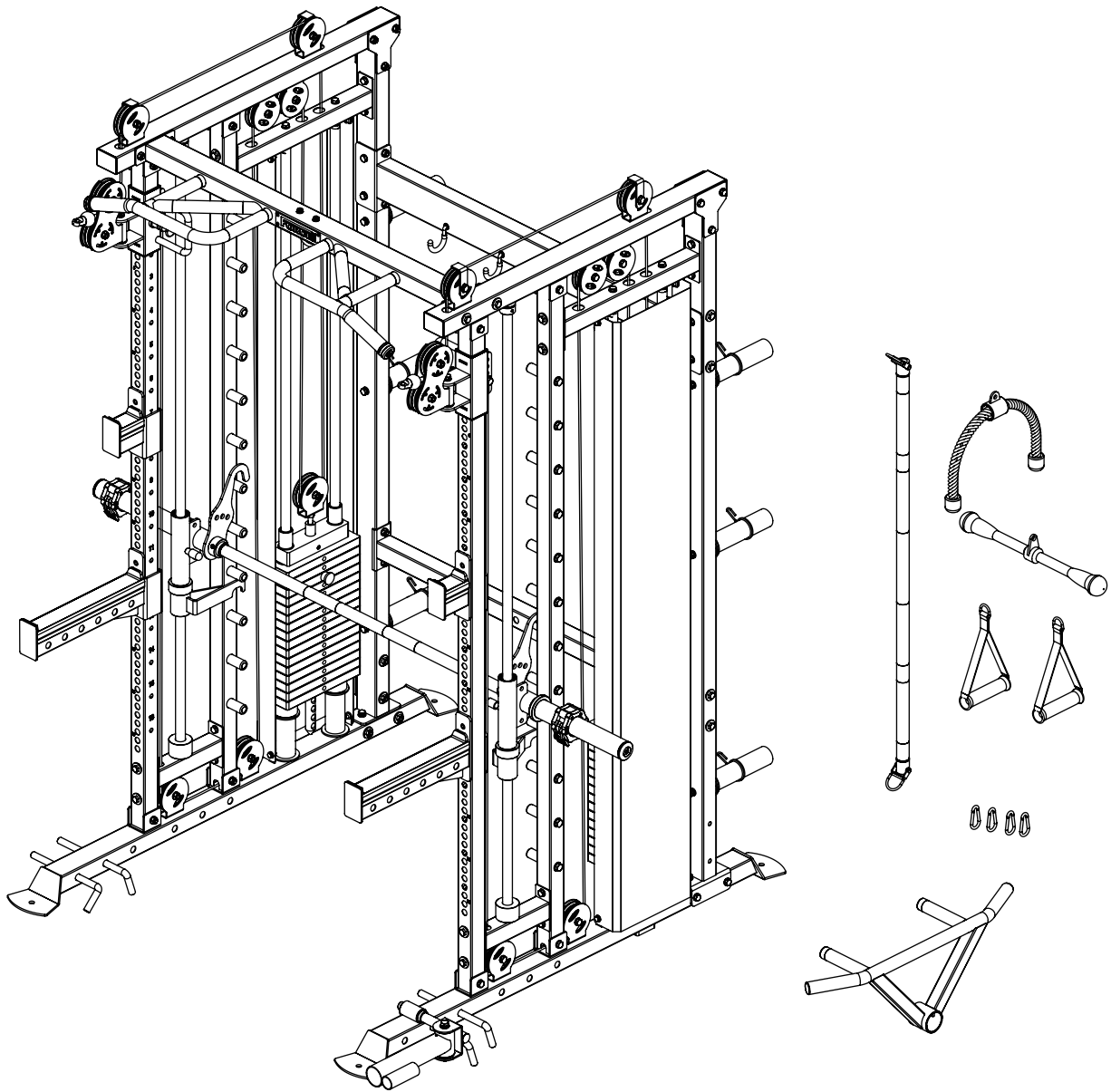


FORCE^{USA}



USER MANUAL | **F-G4**



THANK YOU FOR YOUR PURCHASE

**For the most up to date info about using
your equipment and our latest support
videos, please visit:**

www.forceusa.com





TRAINING APP

Download now and get access to 400+ exercise tutorials, absolutely free!



DOWNLOAD THE APP



STAY FOCUSED

Enjoy a low-friction interface designed to keep you focused on your next set.

NEW WORKOUT PLANS

Loaded with a growing library of unique workouts. Hundreds of movement tutorials designed by our expert panel of coaches.

REWARD YOUR SUCCESS

See your results build after every session with the pyramid progress tracker. Feel the support and share your progress with family and friends.

HARDER IS GOOD SMARTER IS BETTER

The Force USA Training App offers customized workout plans so that you can get the same results in half the time.

Learn more at app.forceusa.com



BEFORE YOU START



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



Only tighten nuts and bolts loosely until all equipment is assembled. Once the equipment is fully assembled, tighten from the bottom up, working evenly around the unit.

- Remove all parts from the packaging and count each component separately to ensure everything is provided correctly, noting that some items may be pre-assembled
- Follow the instructions and refer to both the individual assembly pages and the exploded views of the equipment whenever possible
- The owner is responsible for ensuring that all users of this unit have read the user manual and understand the safety precautions
- Descriptions of left and right refer to the perspective of standing in front, facing the equipment.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until all assembly steps are completed
- It is recommended to keep these instructions

Although current at the time of this printing, specifications for this model may have changed in our continuing effort for improvement. Force USA reserves the right to modify and improve the specifications of its products without prior notice.

BEFORE YOU START CONTINUED

SAFETY PRECAUTIONS

Every piece of Force USA equipment is built for maximum safety and meets or exceeds all applicable domestic and international standards. However, certain precautions must be taken when operating any piece of fitness equipment.

- It is highly recommended that two or more people are used for assembly
- Assemble equipment on a flat surface
- Consider placing a mat/mats under the equipment to protect your floor
- Ensure all parts are in working order prior to use
- Make sure all pivoting components are able to move freely
- Do not use or store the equipment outdoors or around water
- Do not over tighten any component with pivoting function
- 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

PREVENTATIVE MAINTENANCE

To ensure your equipment is operating at its peak, please follow the below preventative maintenance schedule performing all tasks upon initial assembly:

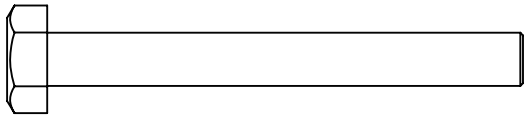
Daily Maintenance

- Wipe down the equipment to remove any dust and sweat residue with a dry, non-abrasive cloth
- Inspect the unit for noisy, damaged or loose components

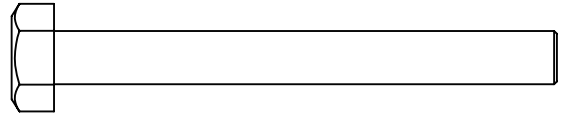
Monthly Maintenance

- Thoroughly clean the equipment using a non abrasive cloth dampened with a mild, all purpose cleaner ensuring to thoroughly wipe down and dry the equipment afterwards
- Apply a 100% silicone lubrication (preferably spray) to guide rods, pulley sliders, weight plate carriages and any other moving parts where friction can occur including bearings (where applicable). Any other form of lubrication will void your warranty
- Check the tightness of all bolts, nuts and screws
- Check the cables for fraying or any signs of wear and ensure they are at the correct tension with a small amount of slack at resting position (where applicable)
- Inspect pulleys for any damage or cracks (where applicable)
- Knurling can be cleaned using a soft bristled brush to help remove any particles that may be nestled within the knurling
- Vacuum around the machine/equipment to prevent dust accumulation

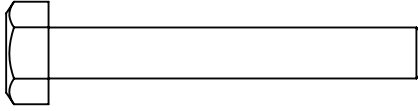
HARDWARE IDENTIFIER



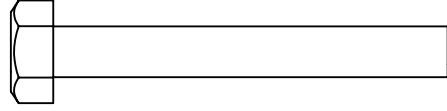
M10*90 18PCS(13)



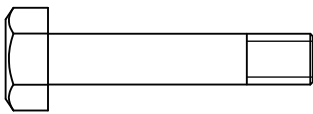
M10*95 6PCS(23)



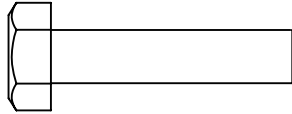
M10*70 24PCS (10)



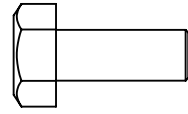
M10*75 8PCS(18)



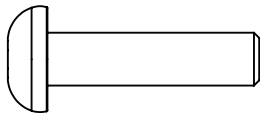
M10*50 4PCS(50)



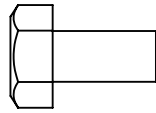
M10*45 8PCS(48)



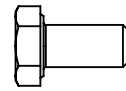
M10*25 6PCS (7)



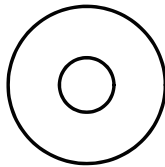
M12*40 2PCS(44)



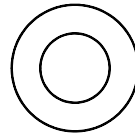
M10*20 6PCS(56)



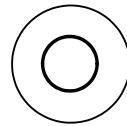
M8*16 8PCS (60)



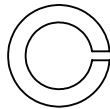
M30×M11×3 38PCS (11)



M12 2PCS(46)



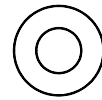
M10 108PCS (8)



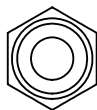
M12 2PCS(45)



M10 10PCS (9)



M8 12PCS(57)



M10 66PCS (12)



M8 4PCS(58)

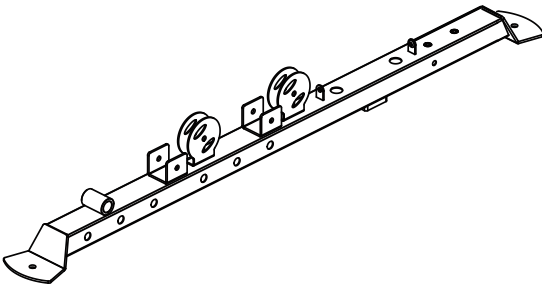


M8*10 2PCS(38)

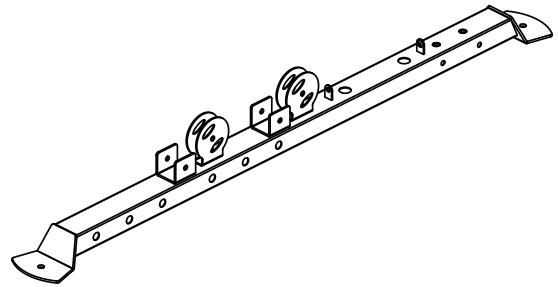
Note: parts may not be to scale

STEP 1 - PARTS & HARDWARE

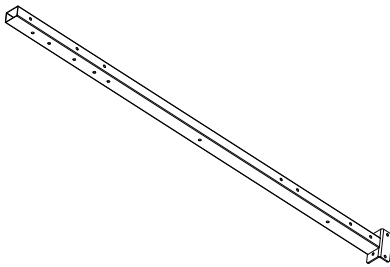
1 x1 Base Frame - Right



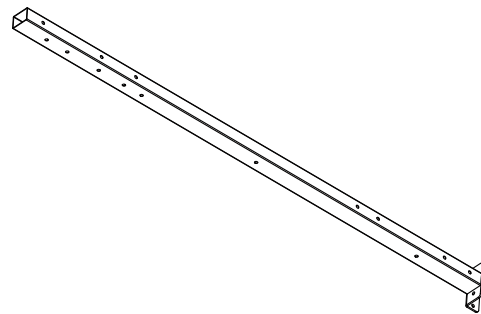
2 x1 Base Frame - Left



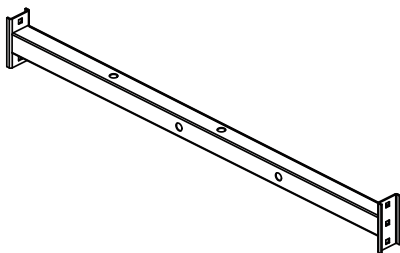
3 x1 Right Rear Column



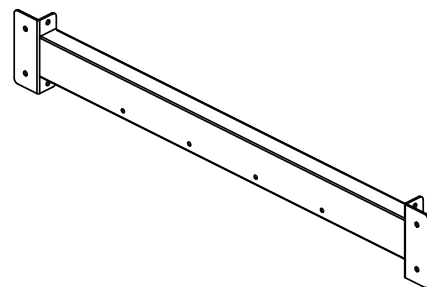
4 x1 Left Rear Column



5 x1 Rear Lower Connection Frame

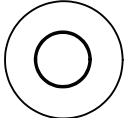


6 x1 Rear Top Connection Frame

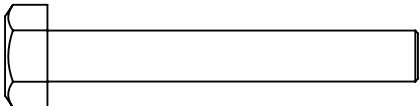


STEP 1 - PARTS & HARDWARE

7 x4  Hexagon Head Bolt M10*25

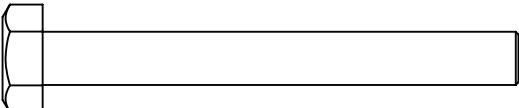
8 x20  Washer M10

9 x4  Spring Washer M10

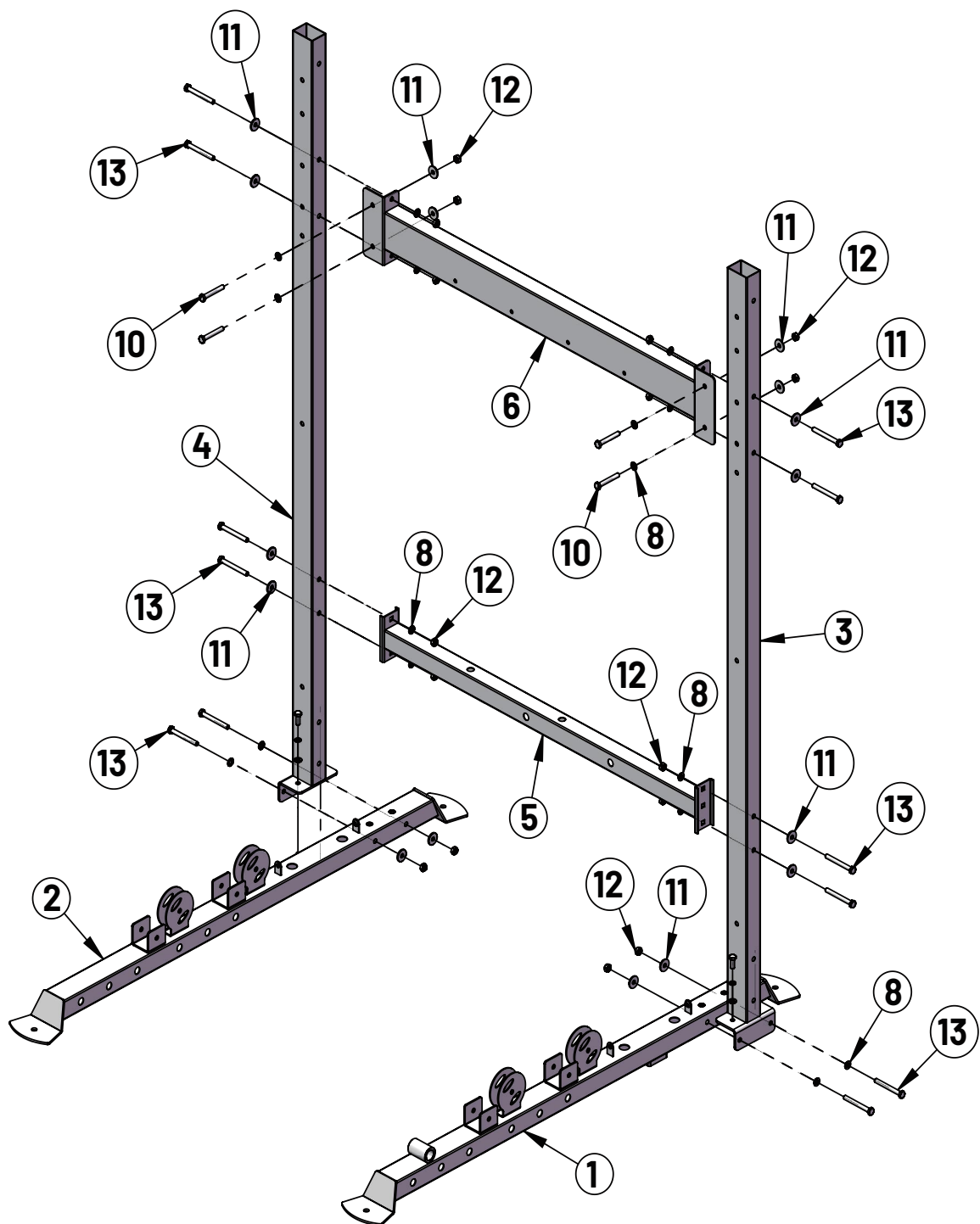
10 x4  Hexagon Head Bolt M10*70

11 x16  Large Plain Washer M30×M11×3

12 x16  Locking Nut M10

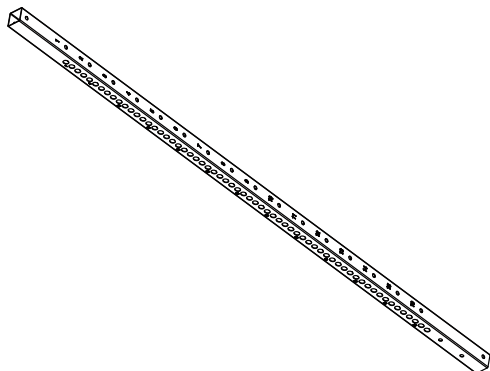
13 x12  Hexagon Head Bolt M10*90

STEP 1 - ASSEMBLY

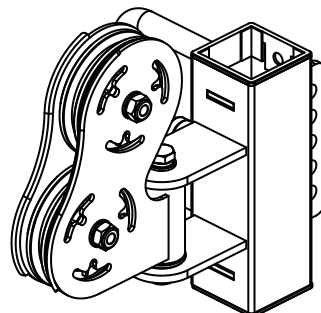


STEP 2 - PARTS & HARDWARE

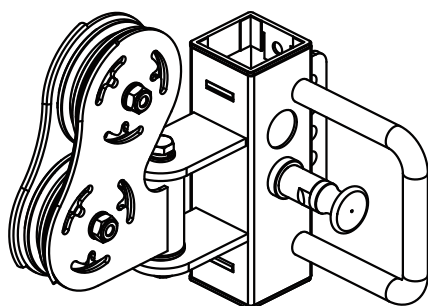
14 x1 Rear Left Uprigh



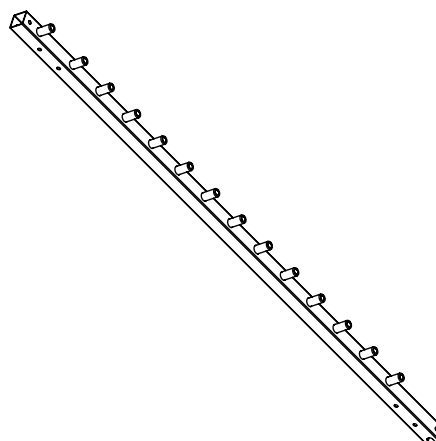
15 x1 Sliding Tube Right



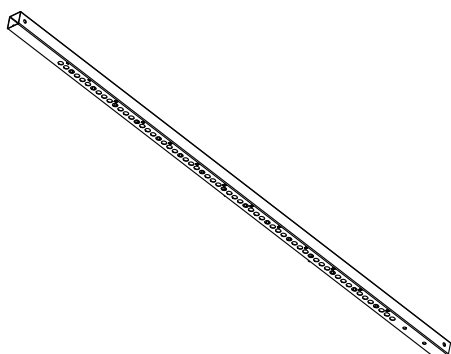
16 x1 Sliding Tube Left



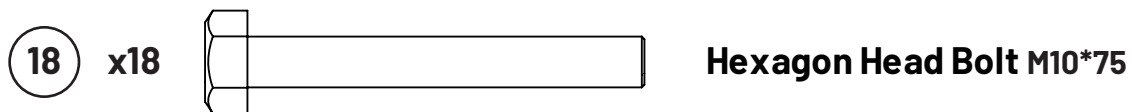
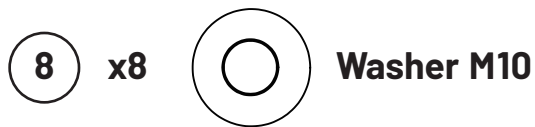
17 x2 Smith Bar Racking Frame



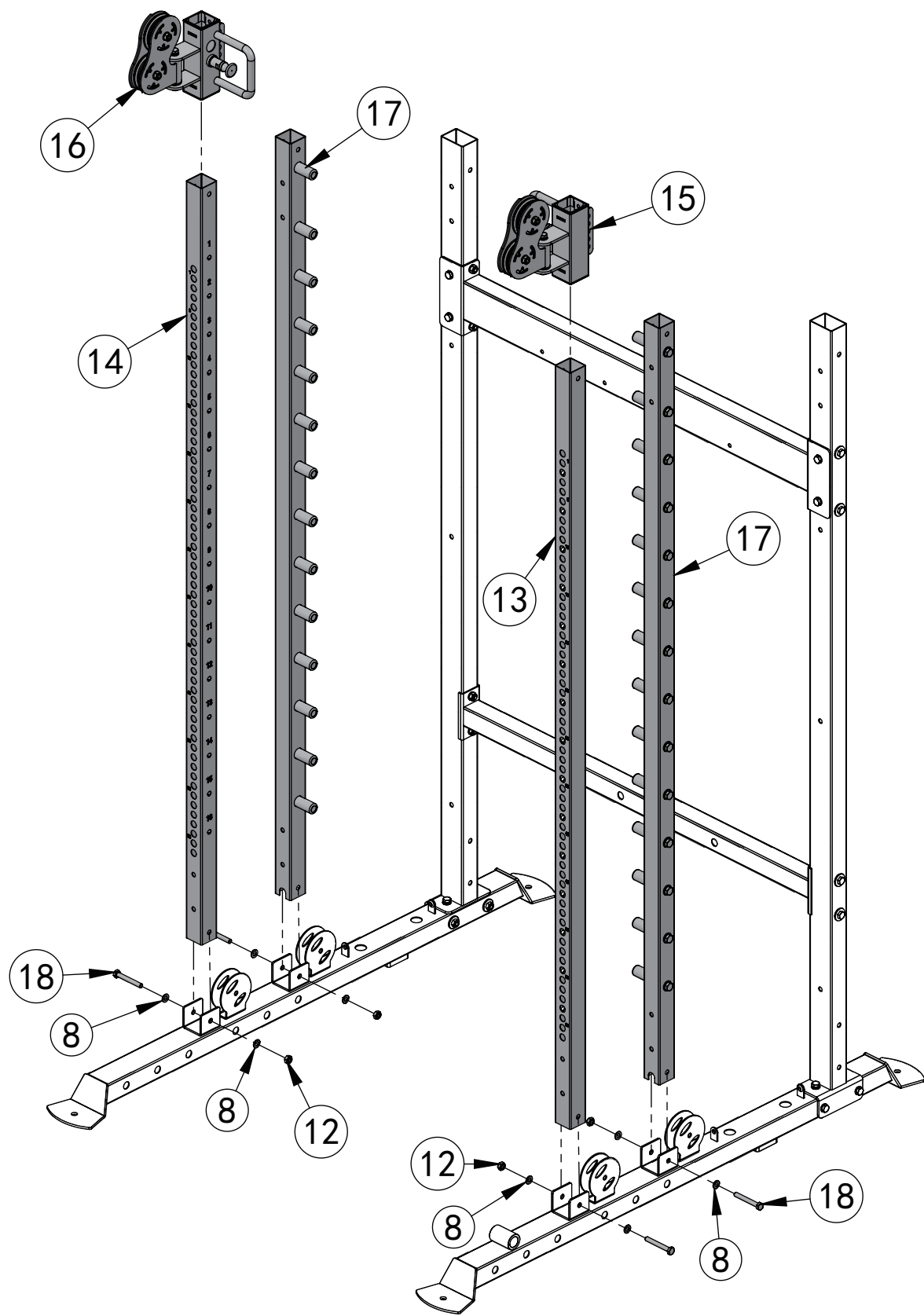
13 x1 Rear Right Upright



STEP 2 - PARTS & HARDWARE

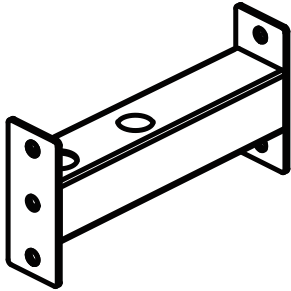


STEP 2 - ASSEMBLY

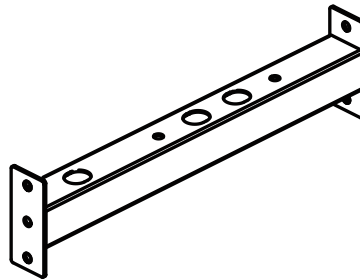


STEP 3 - PARTS & HARDWARE

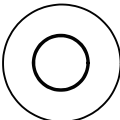
19 x2 Guide Rod Lower Frame

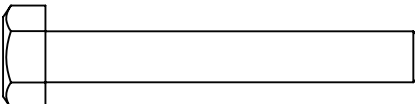


20 x2 Guide Rod Top Frame



STEP 3 - PARTS & HARDWARE

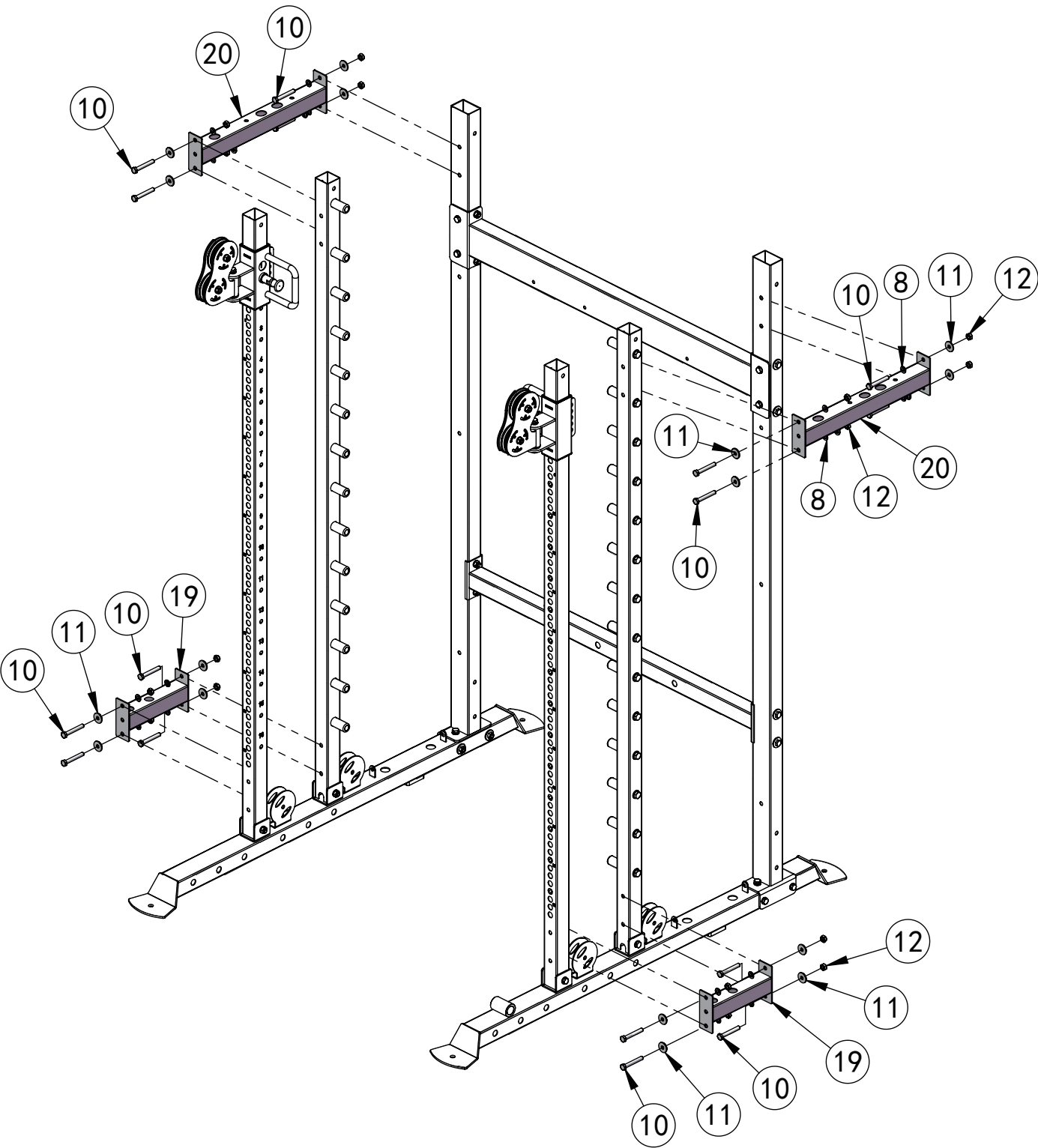
8 x16  Washer M10

10 x16  Hexagon Head Bolt M10*70

11 x16  Large Plain Washer M30*M11*3

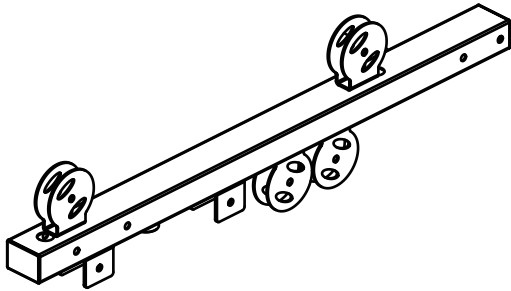
12 x16  Locking Nut M10

STEP 3 - ASSEMBLY

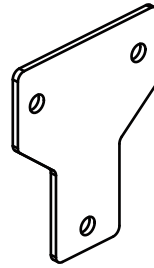


STEP 4 - PARTS & HARDWARE

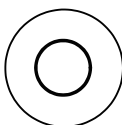
21 x2 Top Frame



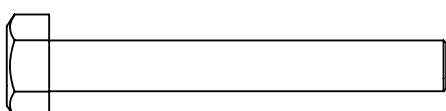
22 x4 Top Support Bracket

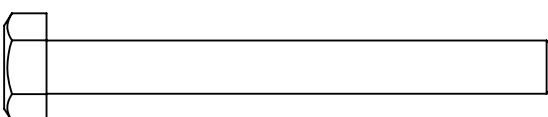


STEP 4 - PARTS & HARDWARE

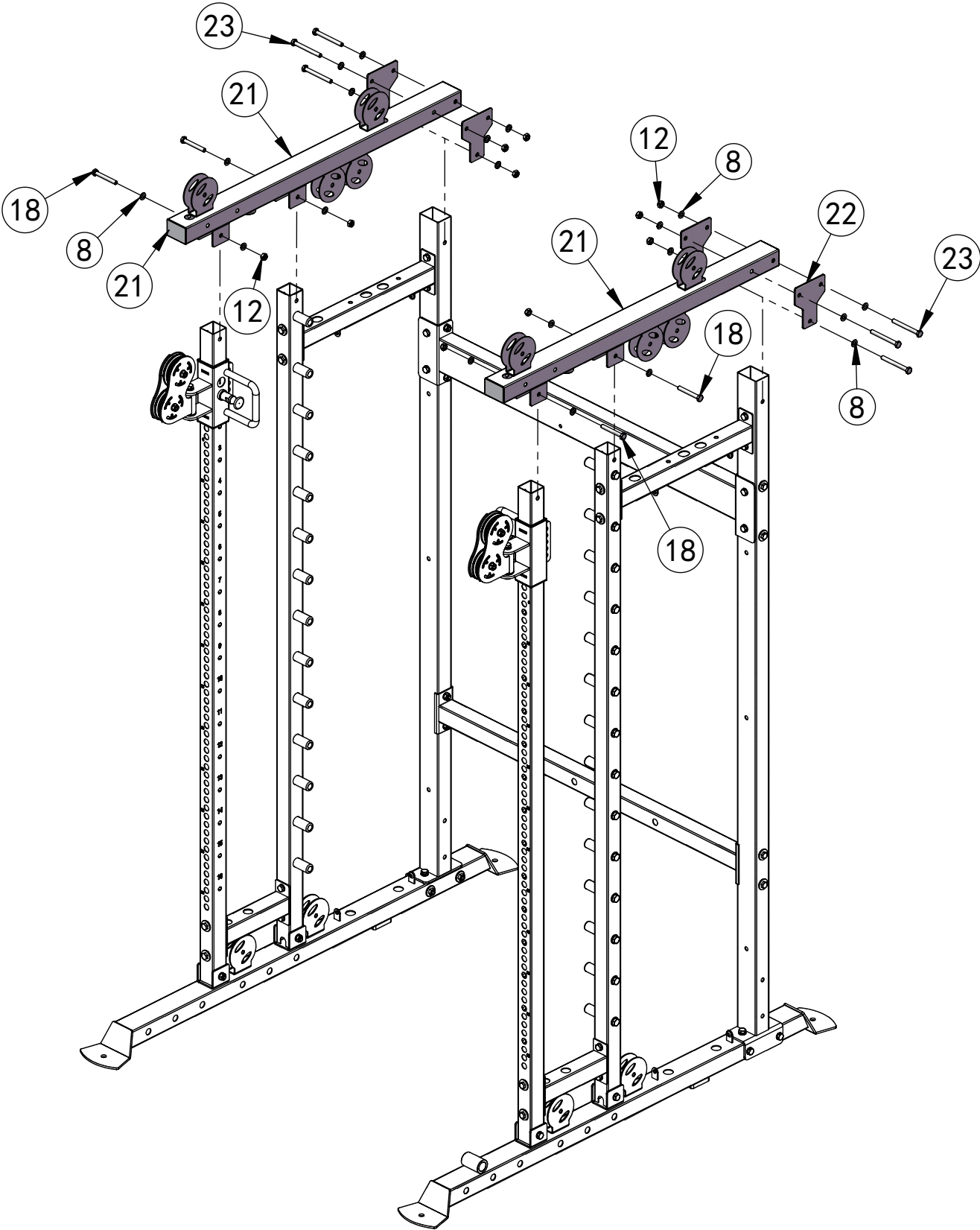
8 x16  Washer M10

12 x16  Locking Nut M10

18 x18  Hexagon Head Bolt M10*75

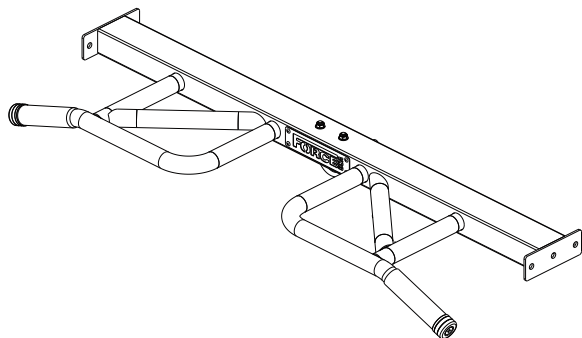
23 x18  Hexagon Head Bolt M10*95

STEP 4 - ASSEMBLY

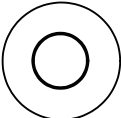


STEP 5 - PARTS & HARDWARE

24 x1 Front Connection Frame

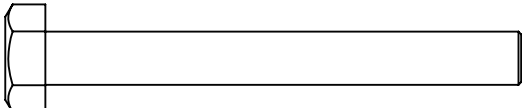


STEP 5 - PARTS & HARDWARE

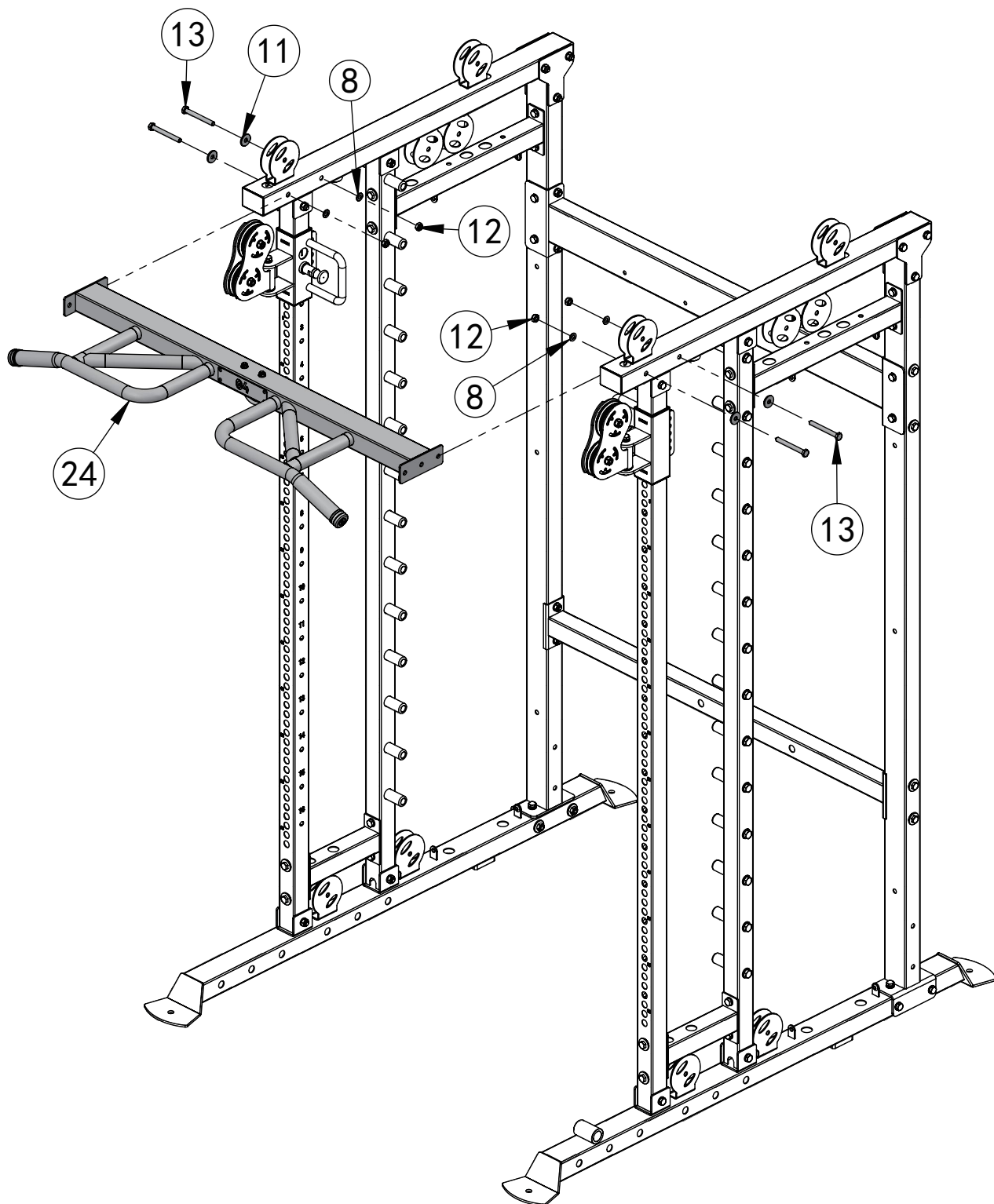
8 x4  Washer M10

11 x4  Large Plain Washer M30xM11x3

12 x4  Locking Nut M10

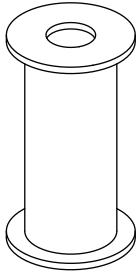
13 x4  Hexagon Head Bolt M10*90

STEP 5 - ASSEMBLY

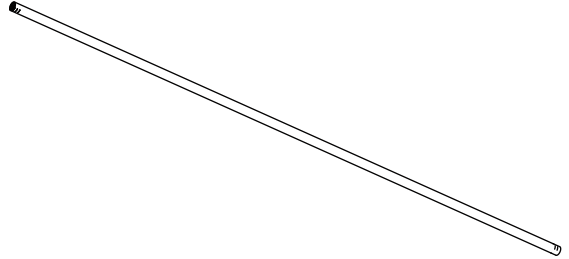


STEP 6 - PARTS & HARDWARE

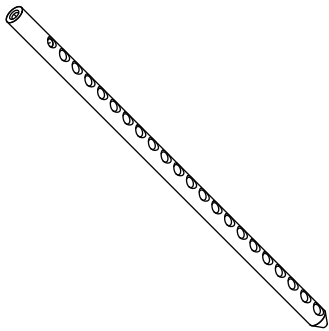
25 x2 Weight Stack Spacer



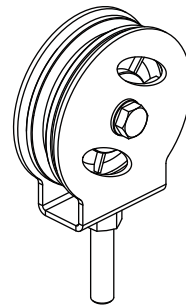
26 x4 Guide Rod



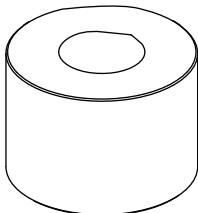
27 x2 Selector Rod



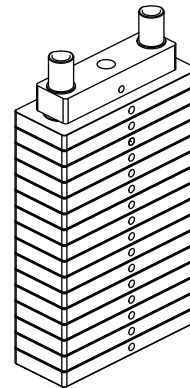
28 x4 Pulley Frame



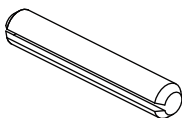
29 x2 Weight Stack Rubber Bumper



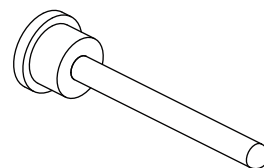
30 x4 Weight Stack



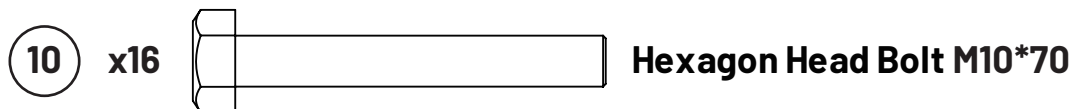
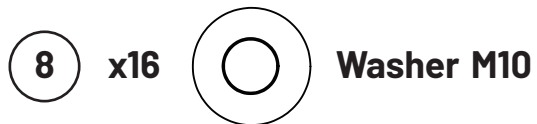
31 x2 Selector Rod
Connecting Pin



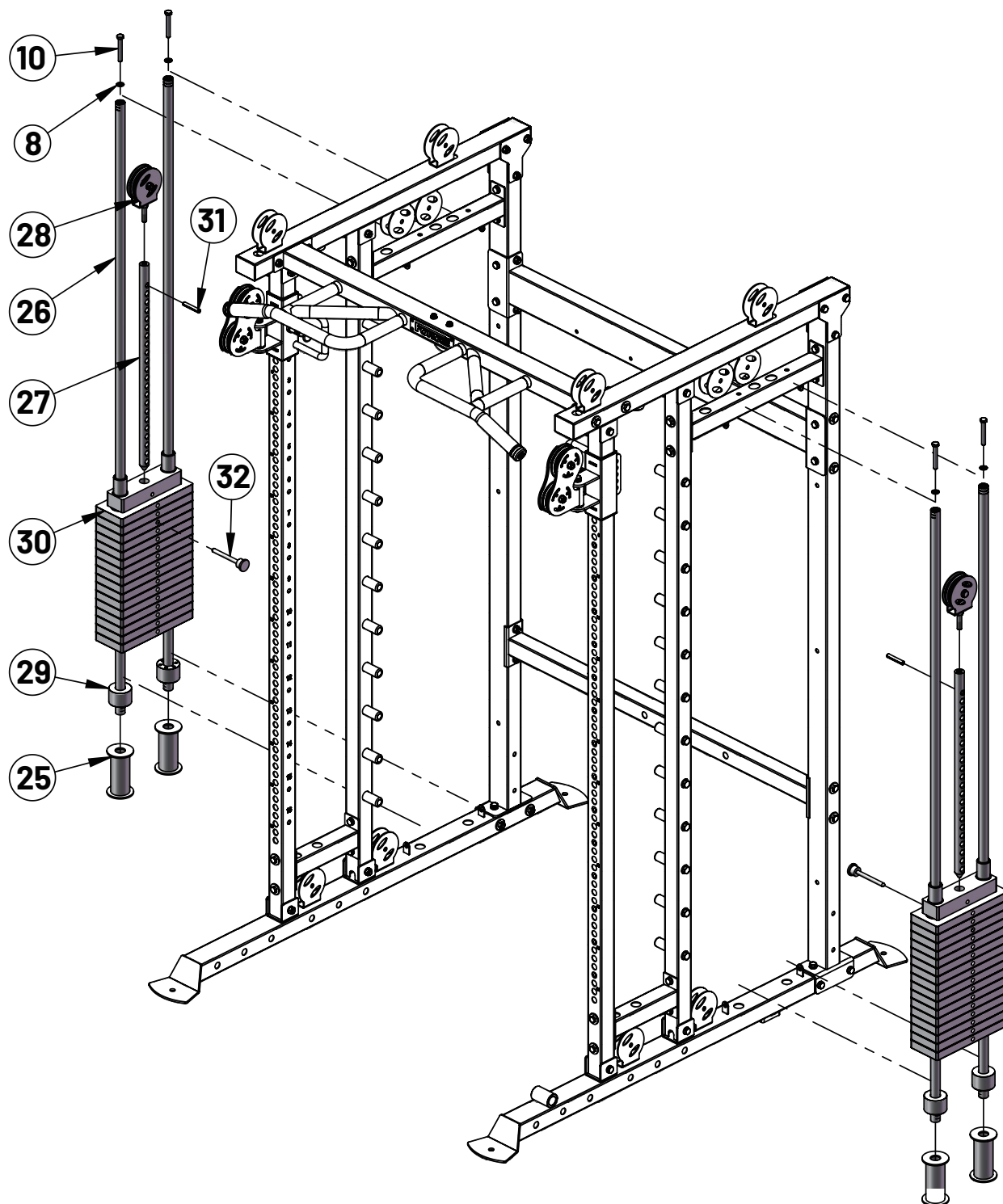
32 x4 Weight Stack Selector Pin



STEP 6 - PARTS & HARDWARE

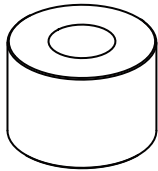


STEP 6 - ASSEMBLY

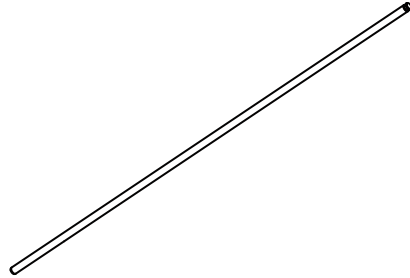


STEP 7 - PARTS & HARDWARE

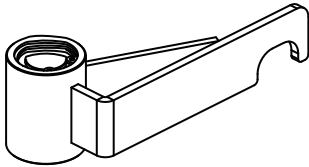
- 33** x1 Smith Bar Guide Rod Bottom Insert



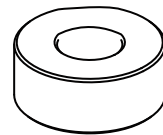
- 34** x1 Smith Bar Guide Rod



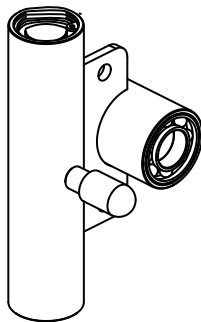
- 35** x1 Left Smith Bar Safety Hook



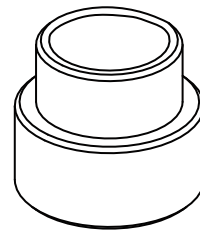
- 36** x1 Smith Bar Rubber Bumper



- 37** x1 Smith Bar Sliding Frame



- 39** x1 Smith Bar Safety Hook



STEP 7 - PARTS & HARDWARE

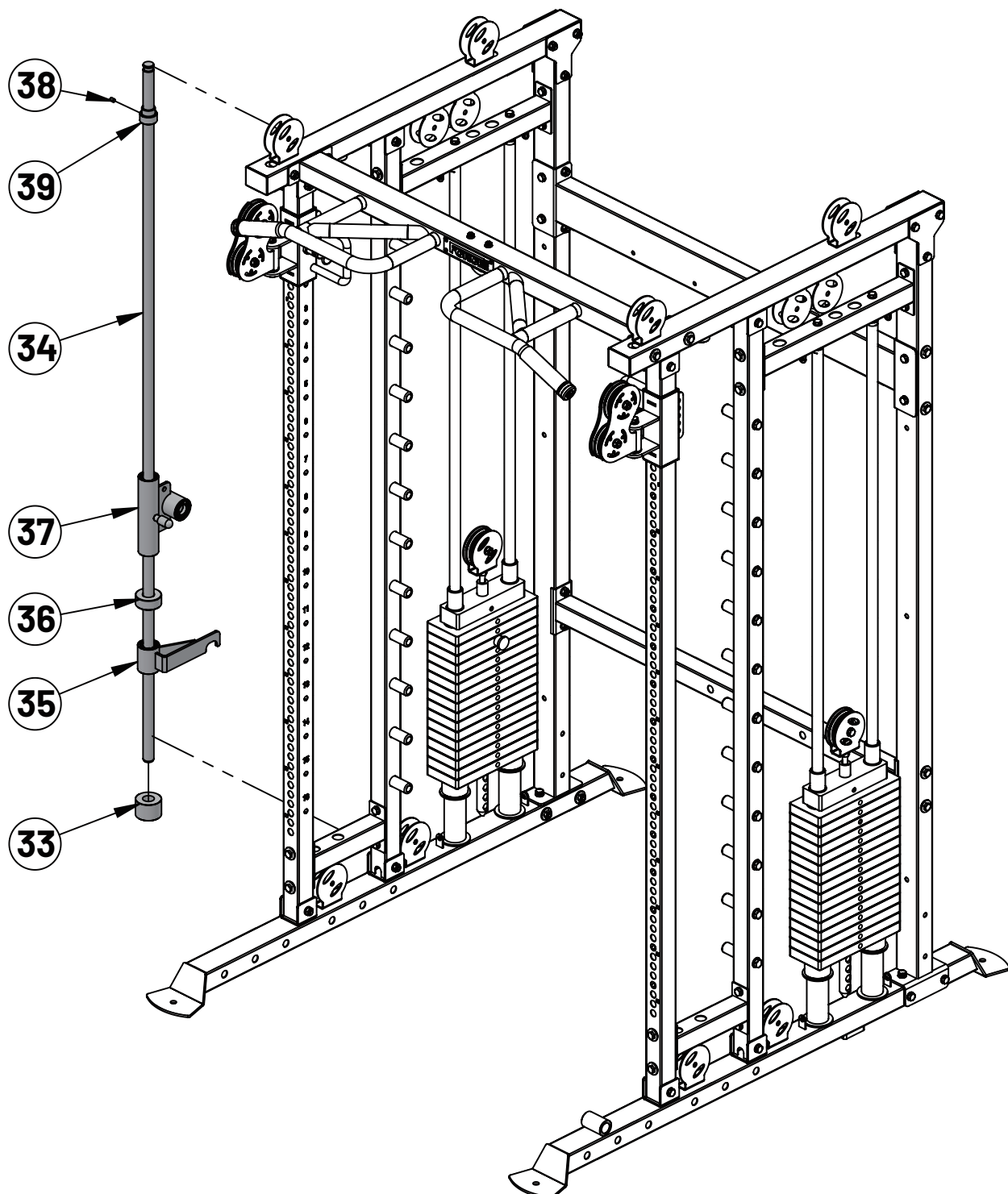
38

x16



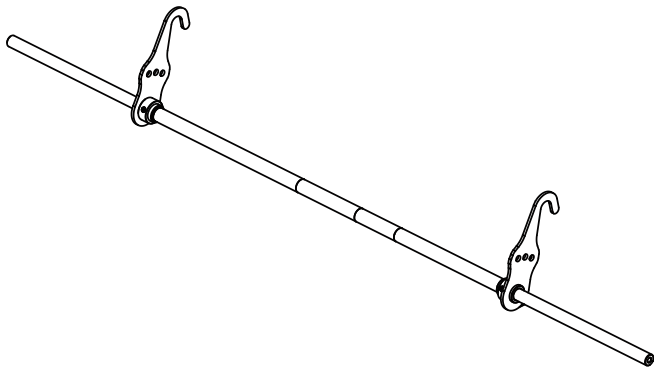
Guide Rod Locking Sleeve M8*10

STEP 7 - ASSEMBLY

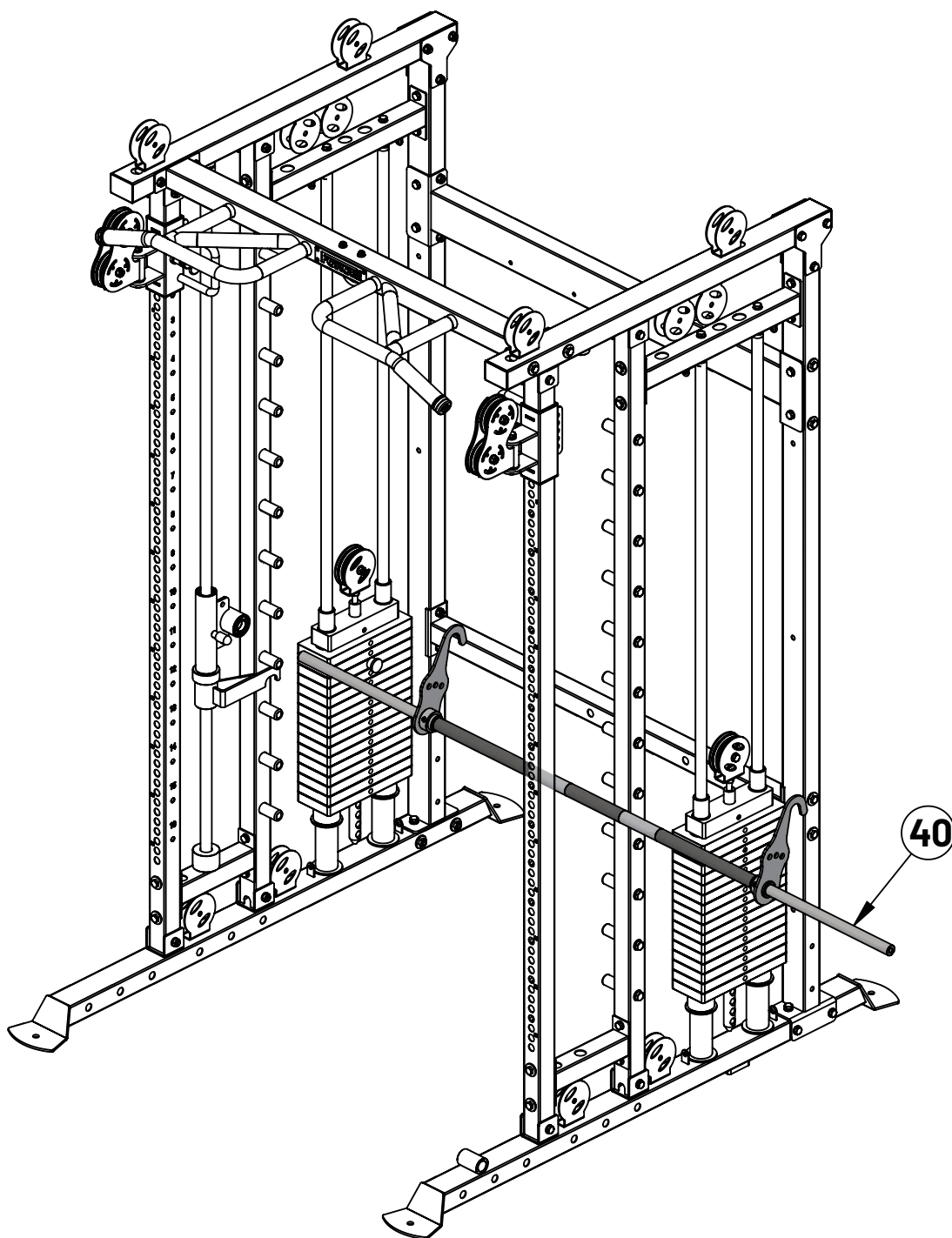


STEP 8 - PARTS & HARDWARE

40 x1 Smith Bar

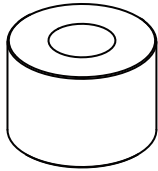


STEP 8 - ASSEMBLY

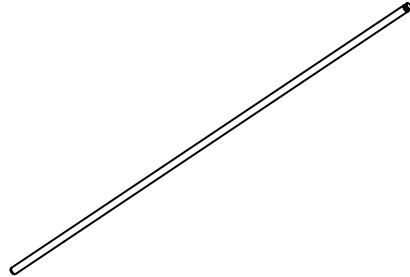


STEP 9 - PARTS & HARDWARE

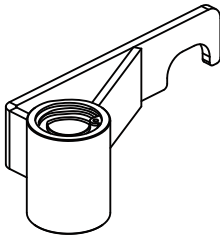
33 x1 Smith Bar Guide Rod Bottom Insert



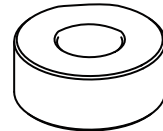
34 x1 Smith Bar Guide Rod



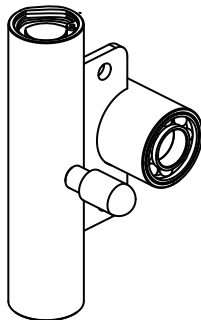
41 x1 RightSmith Bar Safety Hook



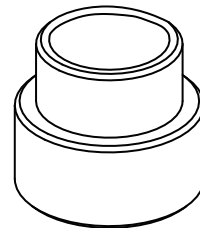
36 x1 Smith Bar Rubber Bumper



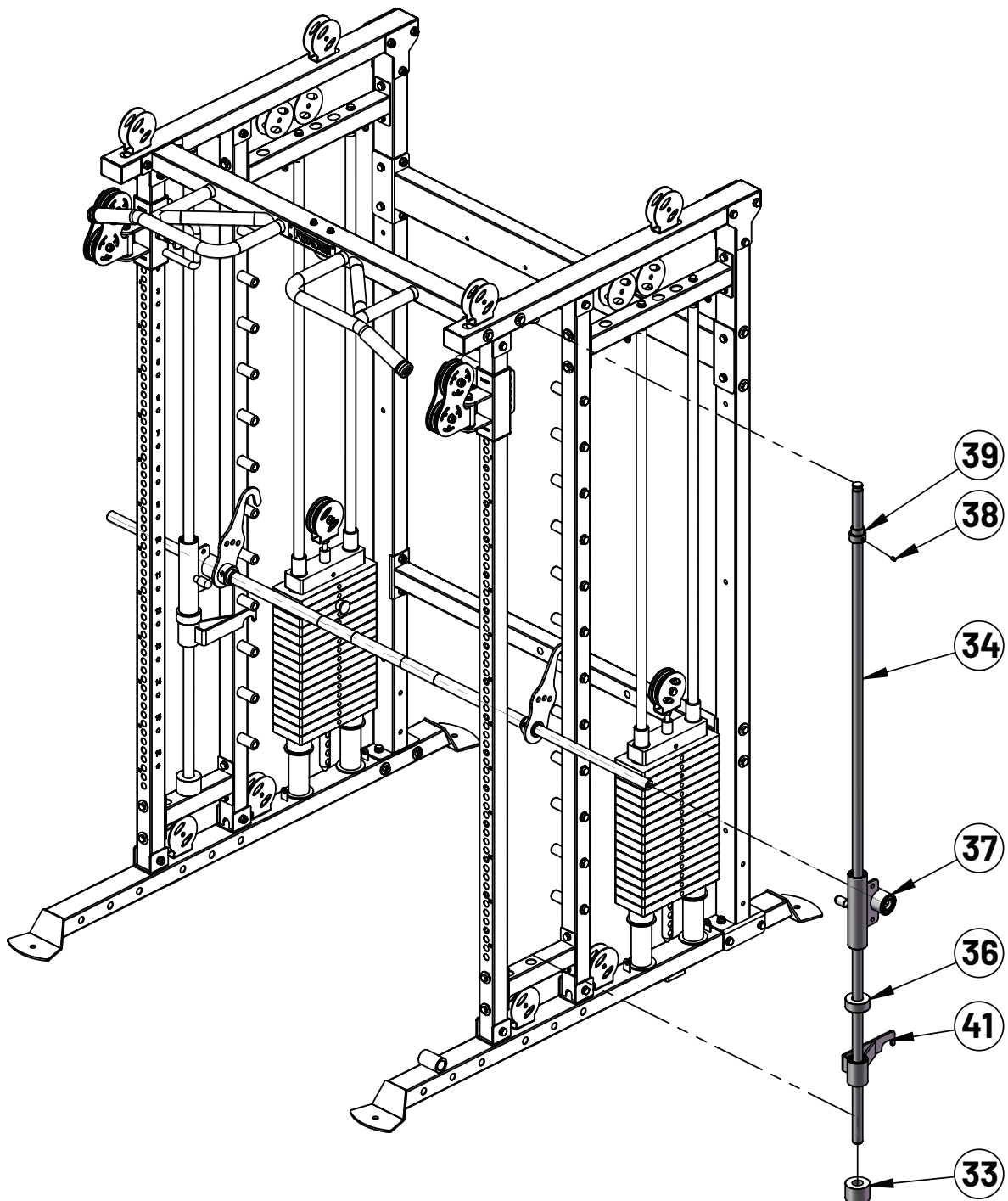
37 x1 Smith Bar Sliding Frame



39 x1 Smith Bar Safety Hook

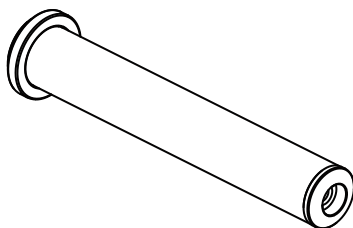


STEP 9 - ASSEMBLY

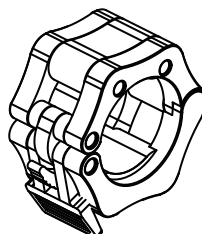


STEP 10 - PARTS & HARDWARE

42 x2 Smith Barbell Sleeve

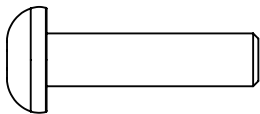


43 x2 Magnetic Olympic Lock Collars



STEP 10 - PARTS & HARDWARE

44 x2



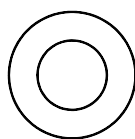
Hexagon Socket Countersunk Head Screw M12*40

45 x2



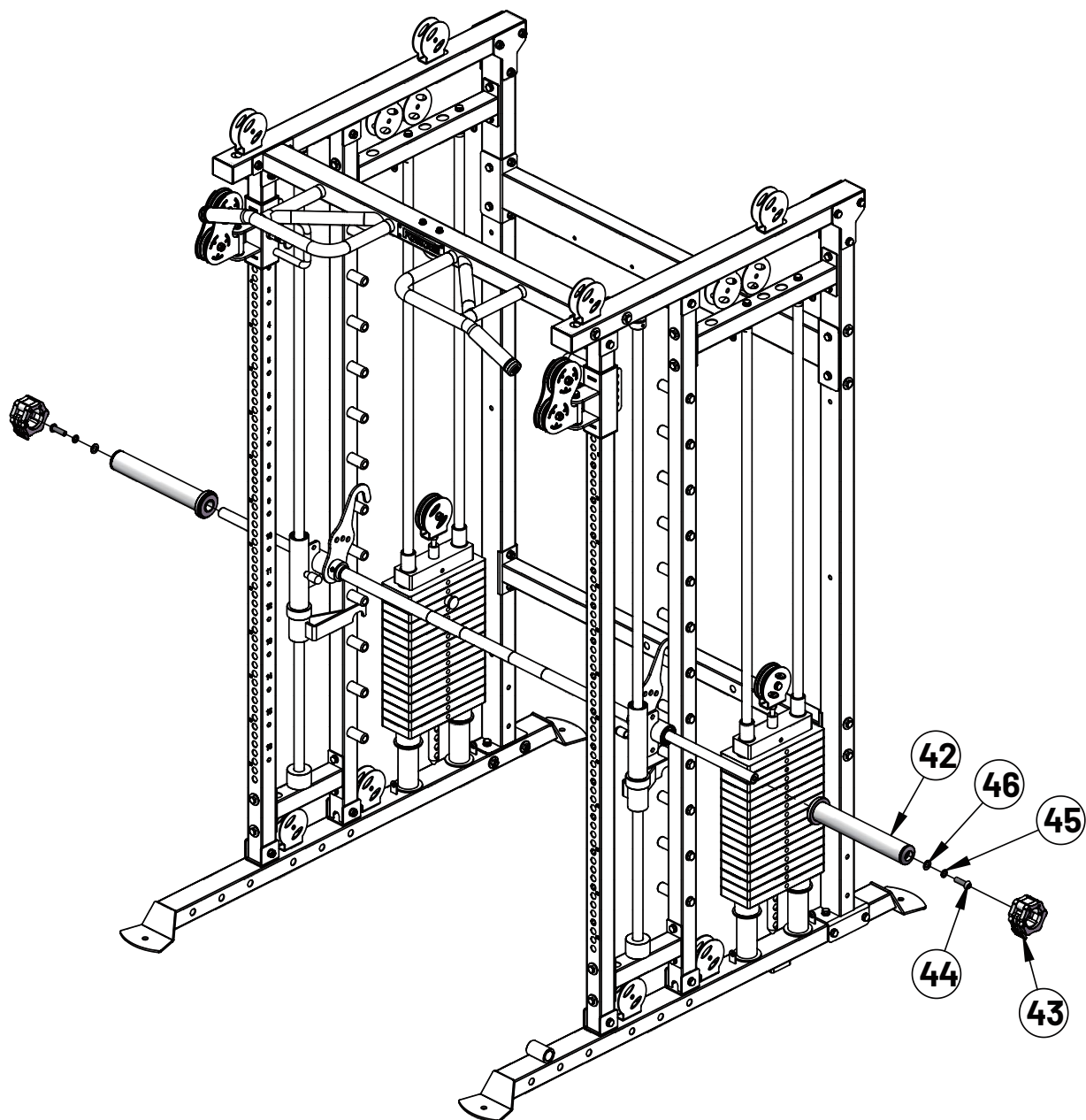
Spring Washer M12

46 x2



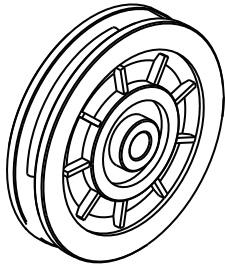
Washer M12

STEP 10 - ASSEMBLY

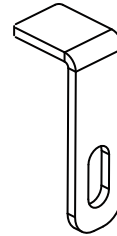


STEP 11 - PARTS & HARDWARE

47 x12 Pulley



49 x4 Pulley Plate

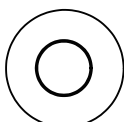


51 x2 Wire



STEP 11 - PARTS & HARDWARE

7 x2  Hexagon Head Bolt M10*25

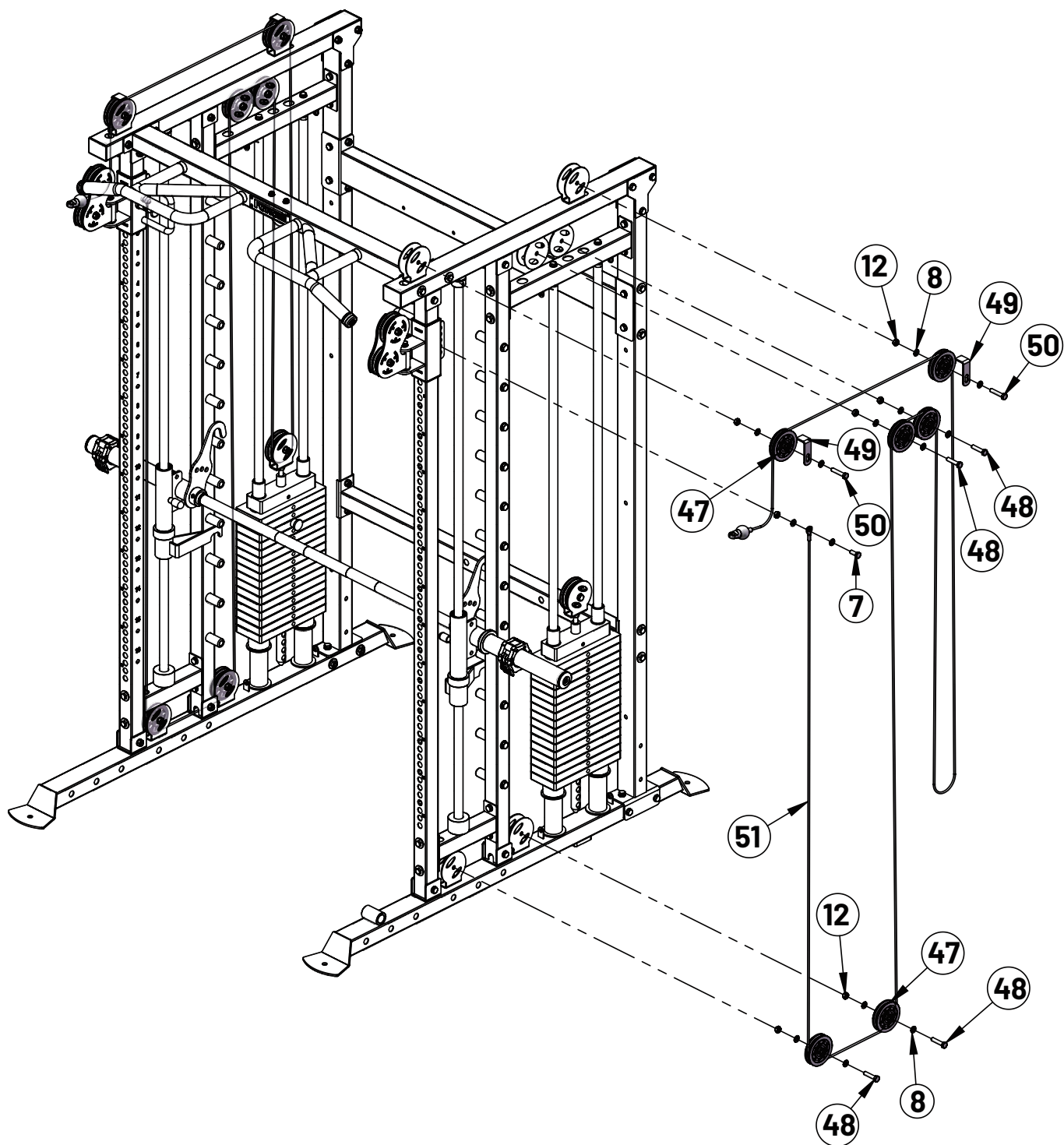
8 x28  Washer M10

12 X14  Locking Nut M10

48 x8  Washer M12

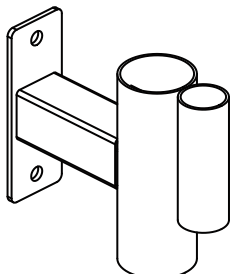
50 x4  Hexagon Head Bolt M10*50

STEP 11 - ASSEMBLY

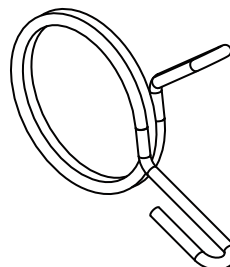


STEP 12 - PARTS & HARDWARE

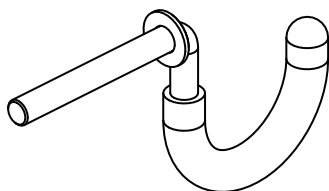
52 x2 Barbell Rod Cover



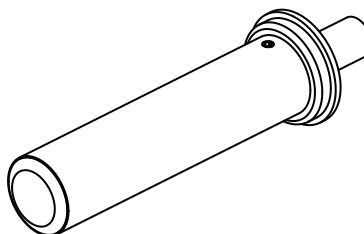
53 x2 Olympic Sping Collar



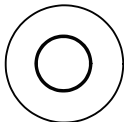
54 x2 Hook



55 x6 Weight Plate Storage



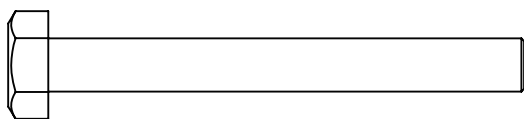
STEP 12 - PARTS & HARDWARE

8 x8  Washer M10

9 x6  Spring Washer M10

11 x2  Large Plain Washer M30xM11x3

12 X2  Locking Nut M10

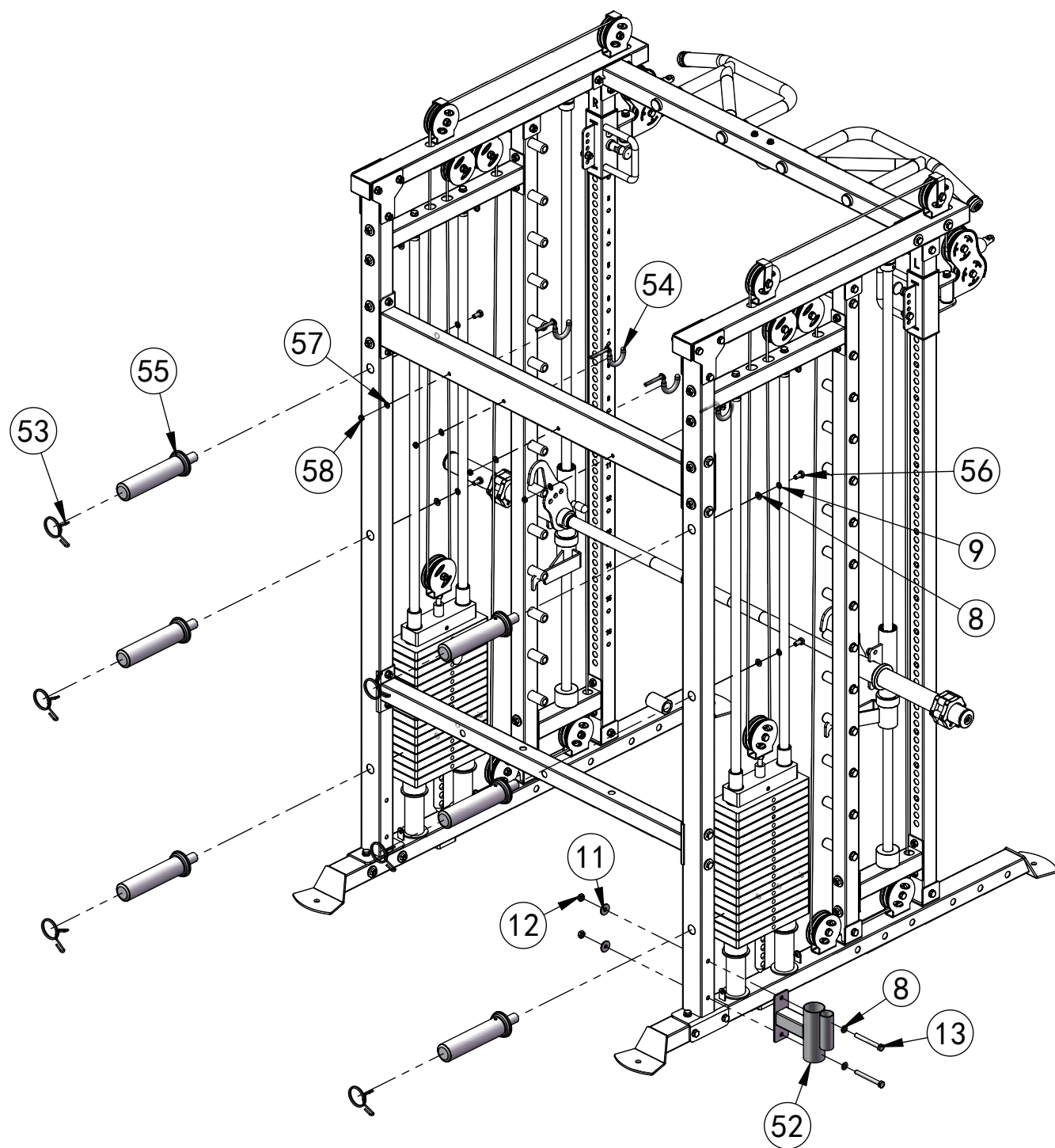
13 x2  Hexagon Head Bolt M10*90

56 x6  Hexagon Head Bolt M10*20

57 x4  Plane Washer M8

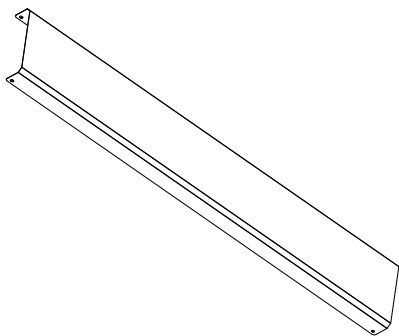
58 X4  Locking Nut M8

STEP 12 - ASSEMBLY



STEP 13 - PARTS & HARDWARE

59 x2 Weight Stack Cover



STEP 13 - PARTS & HARDWARE

57

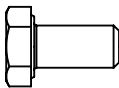
x8



Plane Washer M8

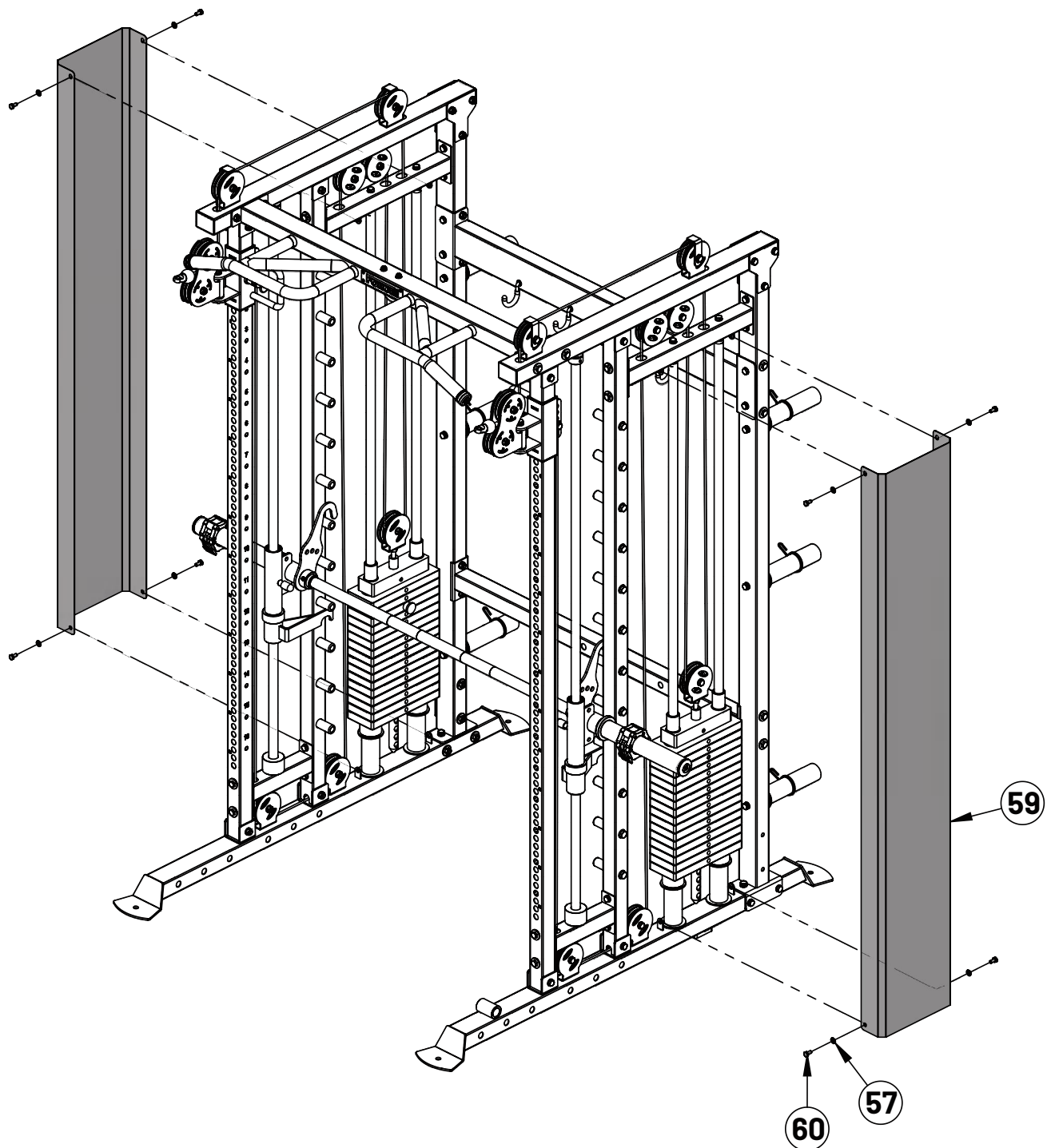
60

x8



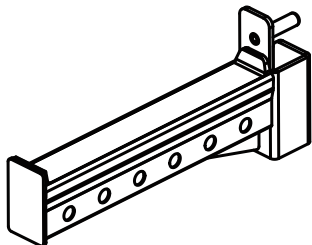
Hexagon Head Bolt M8*16

STEP 13 - ASSEMBLY

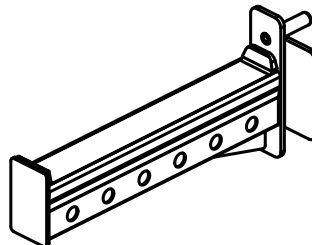


STEP 14 - PARTS & HARDWARE

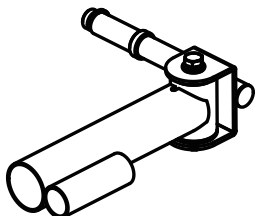
61 x1 Spotter Arm Left



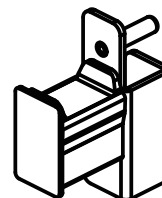
62 x1 Spotter Arm Right



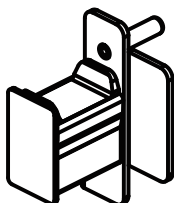
63 x1 Core Trainer



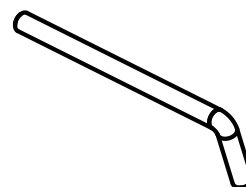
64 x1 J-Hook Left



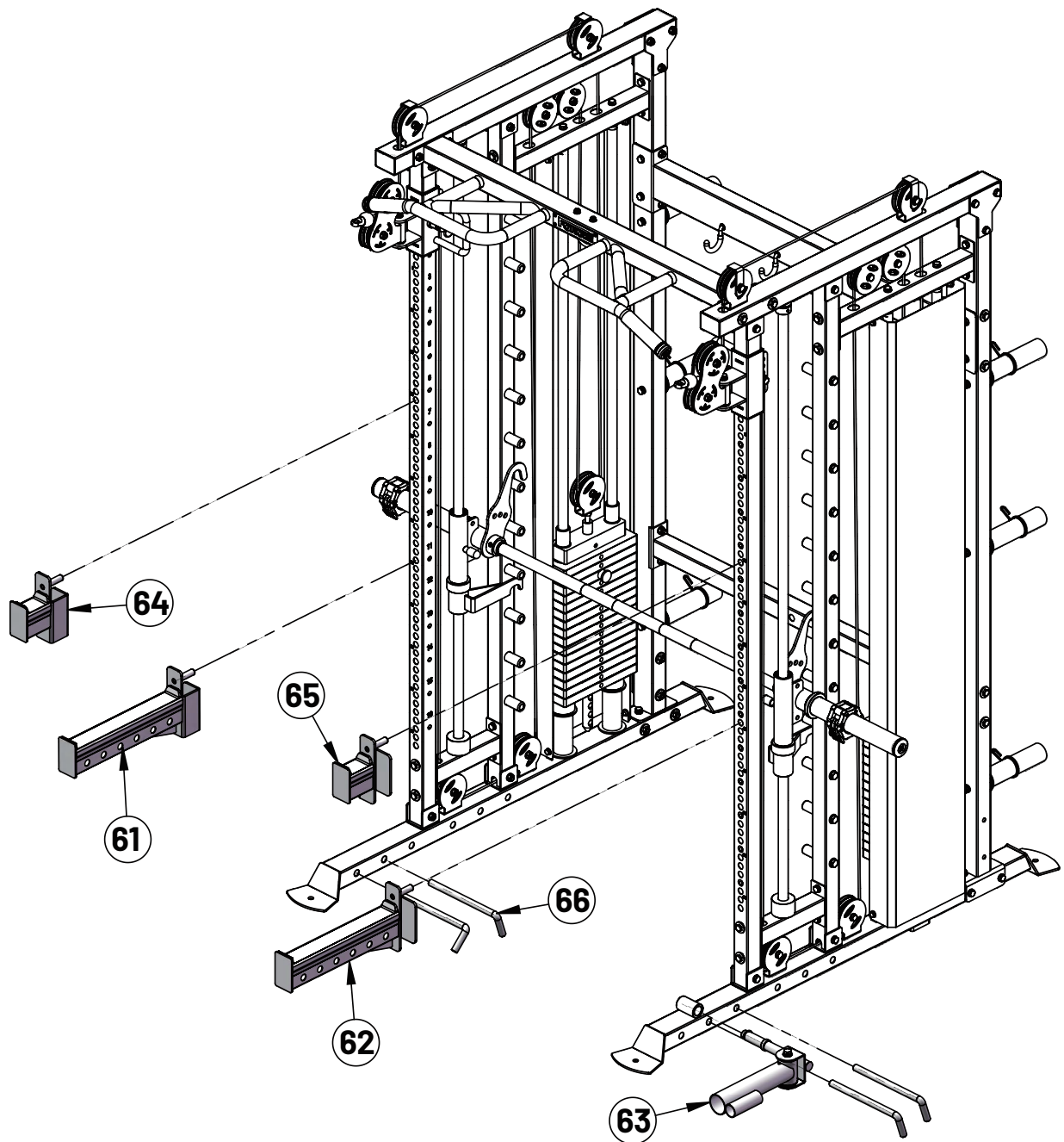
65 x1 J-Hook Right



66 x2 Band Peg



STEP 14 - ASSEMBLY



ATTACHMENTS AND ACCESSORIES

Illustrations may appear different than actual attachments

67 Revolving Short Straight Bar 1 pc

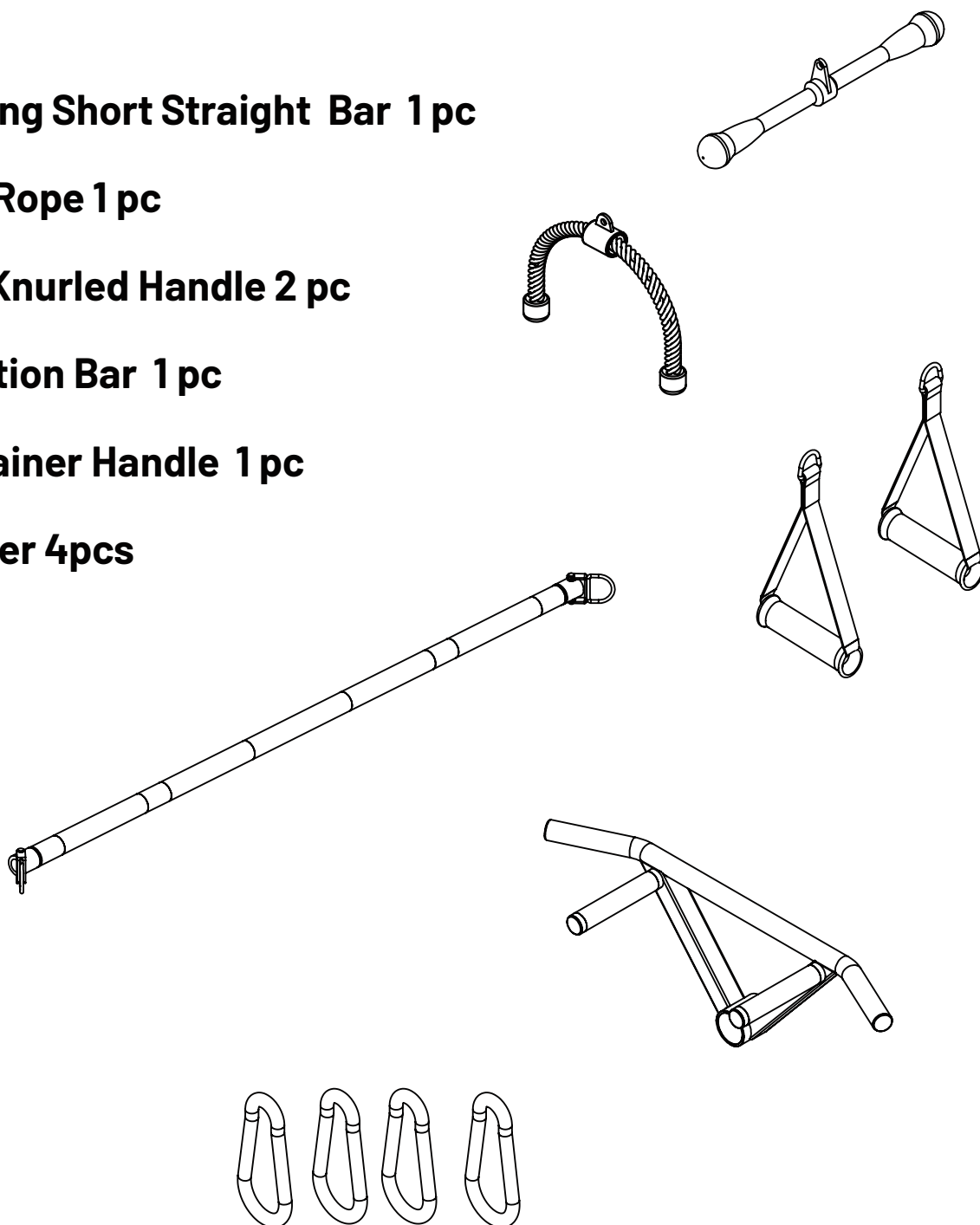
68 Tricep Rope 1 pc

69 Single Knurled Handle 2 pc

70 Connection Bar 1 pc

71 Core Trainer Handle 1 pc

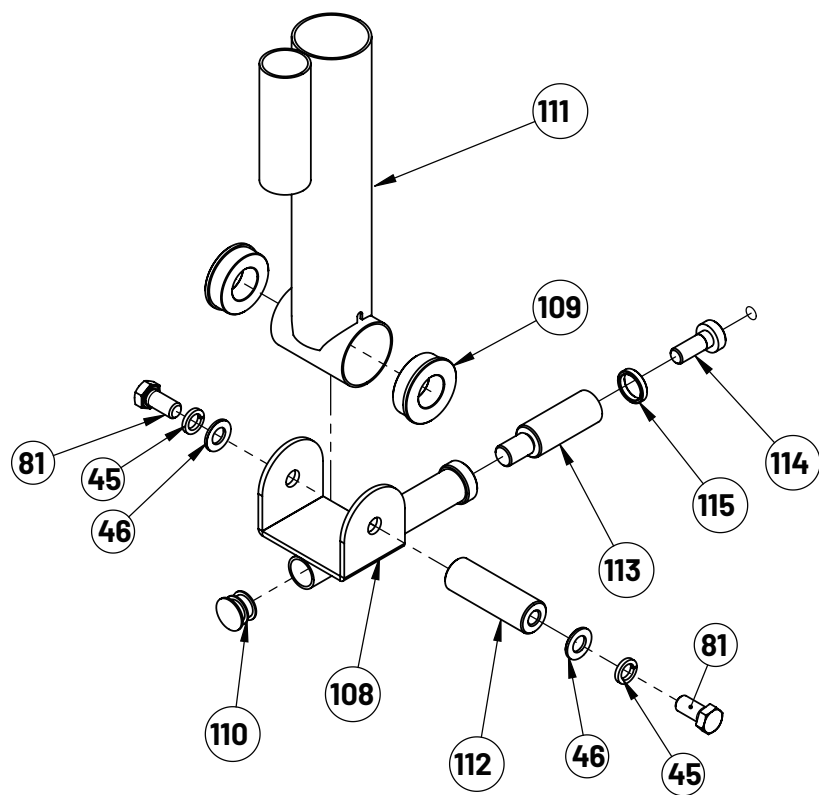
70 Carabiner 4pcs



EXPLODED DIAGRAMS

The upcoming pages feature an exploded view drawing of your product. These diagrams visually represents each component as it relates to the whole, although additional assembly by you is not required. It serves to help you identify and understand every part included in your purchase. While this guide offers a clear insight into how these parts fit together, it is particularly useful for troubleshooting and maintaining your product. Beyond practical benefits, the exploded view also aims to enhance your understanding of the product's design and functionality. As you explore these pages, you'll find they make it easier to discuss any component with our customer support, should the need arise. We hope this detailed visual approach not only informs but also enriches your experience with your new purchase.

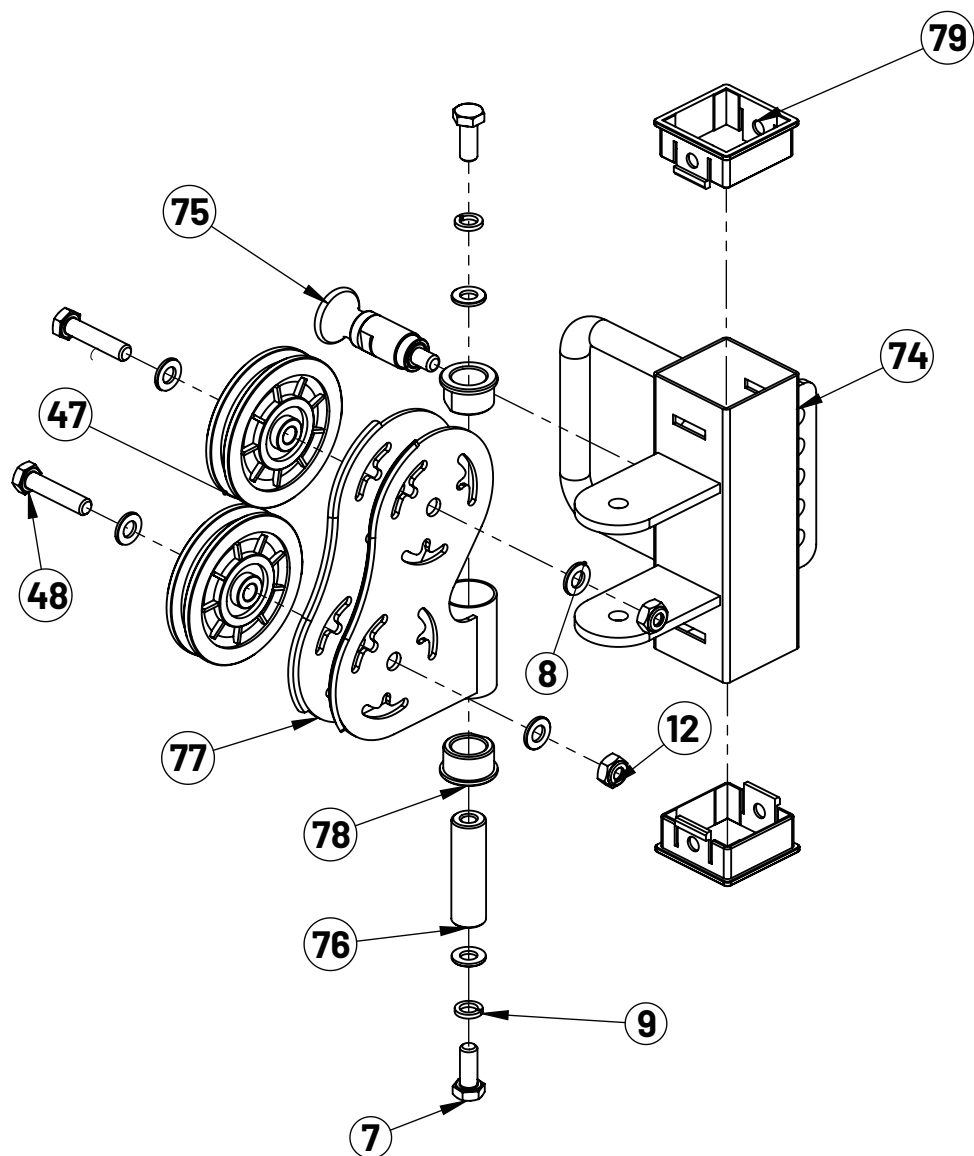
Core Trainer 1pc



No.	Description	Note	QTY
45	Spring Washer	M12	2
46	Plain Washer	M12	2
81	Hexagon Head Bolt	M12x25	2
108	New Rotating Rod		1
109	Powder - Coated Sleeve	M50×M47×M25×15	2
110	Round Tube Inner Plug	M25×2	1
111	Double Barbell Rotating		1
112	Threaded Shaft	M25×77×M12	1
113	Barbell Rod Plug	M25×86	1
114	Barbell Rod Limit Shaft	M22×39.5	1
115	Limit Ring	M25×M20×5	1

EXPLODED DIAGRAMS

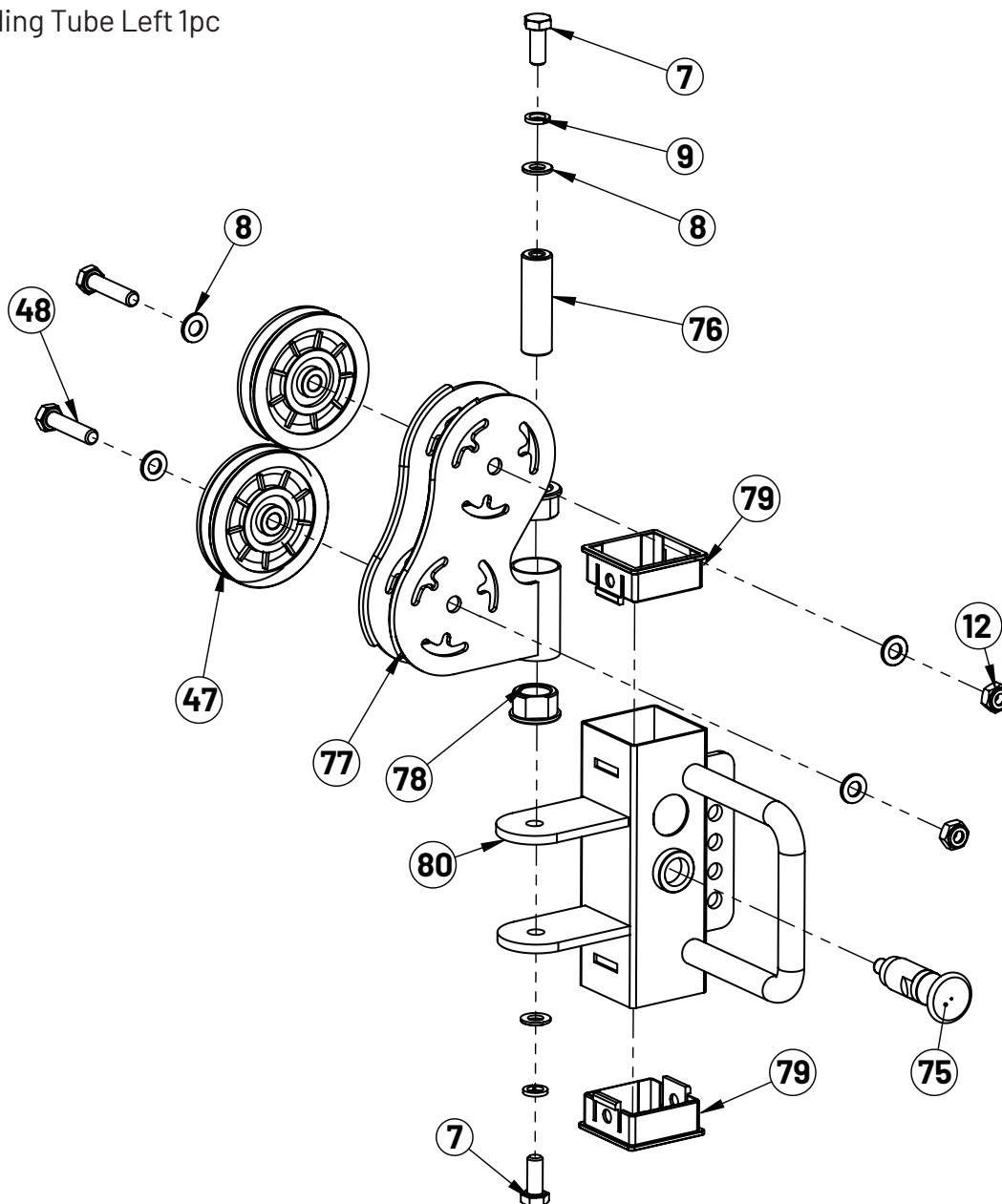
Sliding Tube Right 1pc



No.	Description	Note	QTY
7	Hexagon Head Bolt	M10×25	2
8	Plain Washer	M10	6
9	Spring Washer	M10	2
12	Locking Nut	M10	2
47	Pulley	M92	2
48	Hexagon Head Bolt	M10×45	2
74	Right Sliding Sleeve		1
75	Aluminum Alloy Spring Pin	M20×1.5 - M10	1
76	Threaded Shaft	M20×67	1
77	Pulley Rotating Sleeve		1
78	Powder - Coated Sleeve	M33×M29×M20×18	2
79	Bushing	50 - 60	2

EXPLODED DIAGRAMS

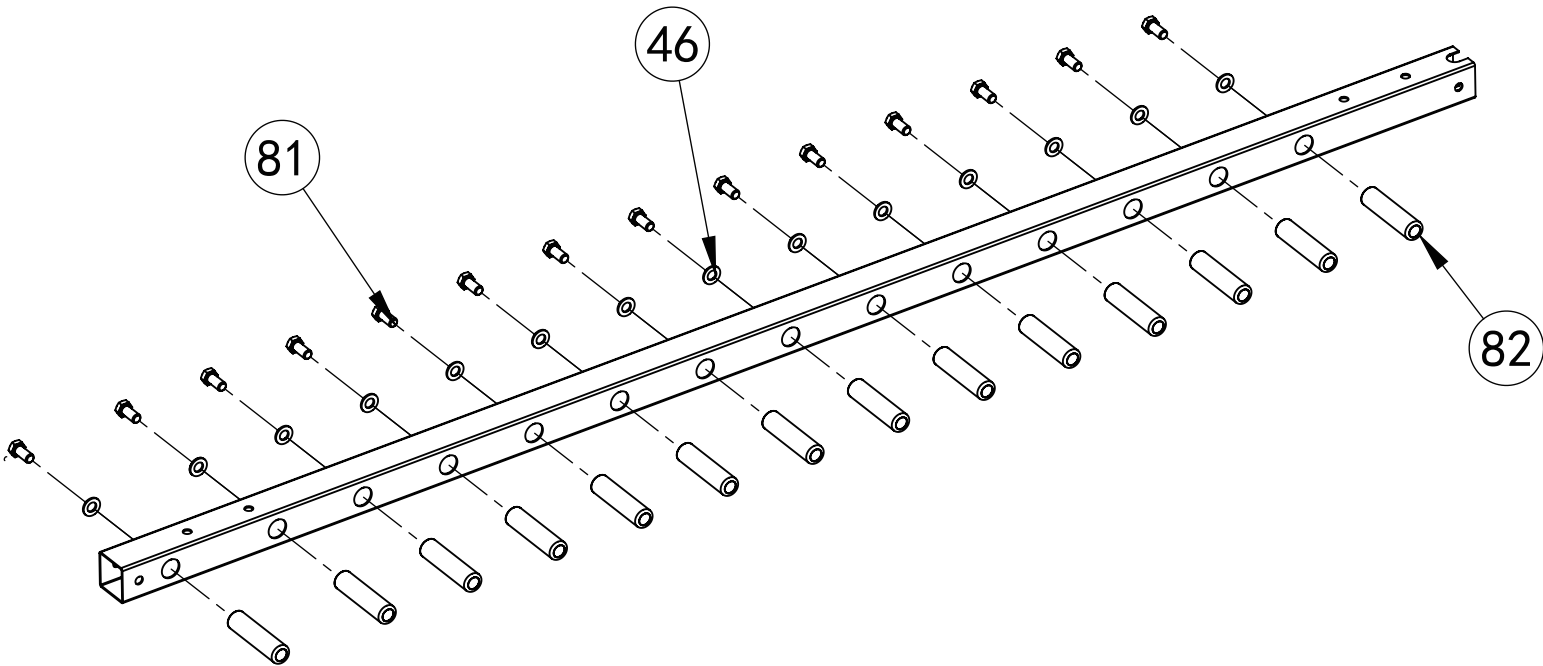
Sliding Tube Left 1pc



No.	Description	Note	QTY
7	Hexagon Head Bolt	M10×25	2
8	Plain Washer	M10	6
9	Spring Washer	M10	2
12	Locking Nut	M10	2
47	Pulley	M92	2
48	Hexagon Head Bolt	M10×45	2
75	Aluminum Alloy Spring Pin	M20×1.5 - M10	1
76	Threaded Shaft	M20×67	1
77	Pulley Rotating Sleeve		1
78	Powder - Coated Sleeve	M33×M29×M20×18	2
79	Bushing	50 - 60	2
80	Sliding Sleeve		1

EXPLODED DIAGRAMS

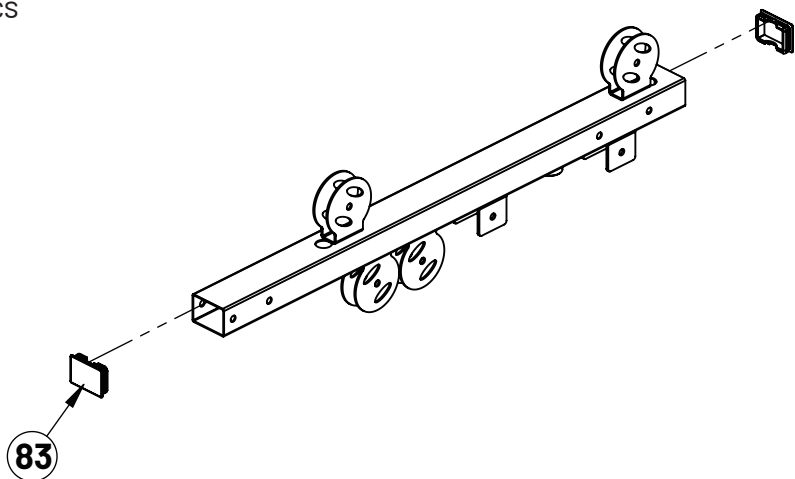
Smith Bar Racking Frame 2pcs



No.	Description	Note	QTY
46	Plain Washer	M12	28
81	Hexagon Head Bolt	M12×25	28
82	Hanging Rod Shaft	M25×M12×98	28

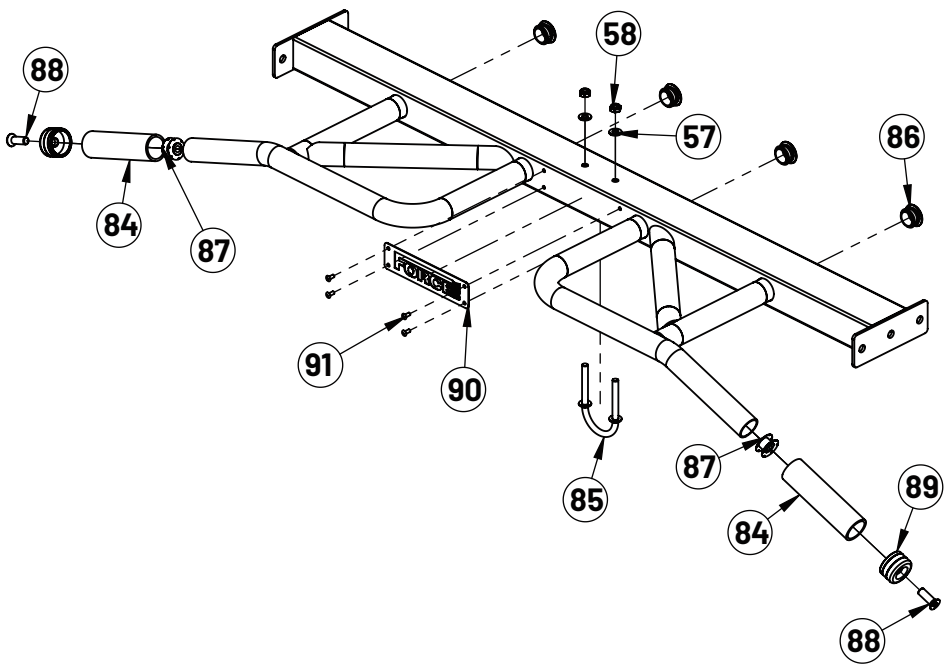
EXPLODED DIAGRAMS

Top Frame 2pcs



No.	Description	Note	QTY
83	Square Tube Inner Plug	50×70×1.5	4

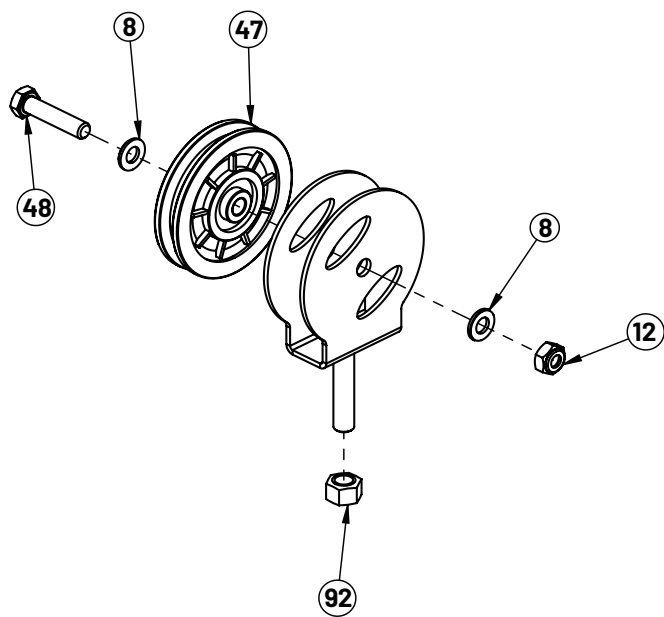
Front Connection Frame 2pcs



No.	Description	Note	QTY
57	Plain Washer	M8	2
58	Locking Nut	M8	2
84	Plastic - Coated Grip Sleeve	M38×M32×130	2
85	Surface Hanging Ring	M32×1.5	1
86	Round Tube Plug	M32×1.5	4
87	Two - Layer Spring Nut	M29.3 - M10	2
88	Recessed Countersunk Head Screw	M10×25	2
89	Grip Outer Retaining Ring	M38×32×25	2
90	Stainless Steel Nameplate	T1	1
91	Oval Head Blind Rivet	4×10	4

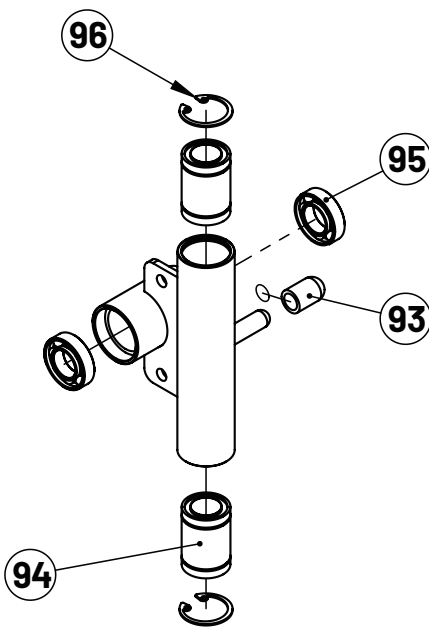
EXPLODED DIAGRAMS

Pulley Frame 2pcst



No.	Description	Note	QTY
8	Plain Washer	M10	4
12	Lock Nut	M10	2
47	Pulley	M92	2
48	Hexagon Head Bolt	M10×45	2
92	Hexagon Nut	M12	2

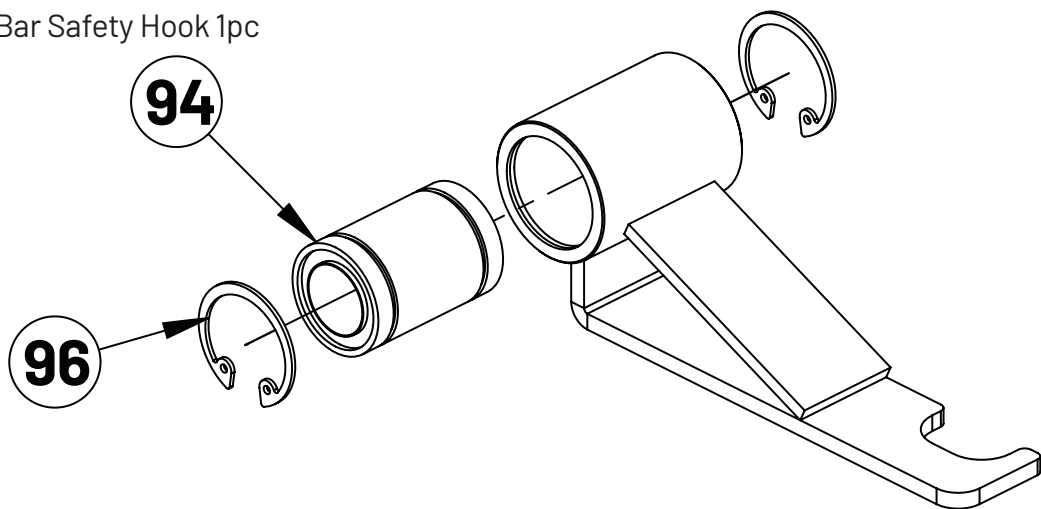
Smith Bar Sliding Frame 2pcs



No.	Description	Note	QTY
93	Cushioning Sleeve	M21×35	2
94	Linear Bearing	M40×M25×58	4
95	Deep - Groove Ball Bearing	6005	4
96	Hole - Type Elastic Retaining Ring	M40	4

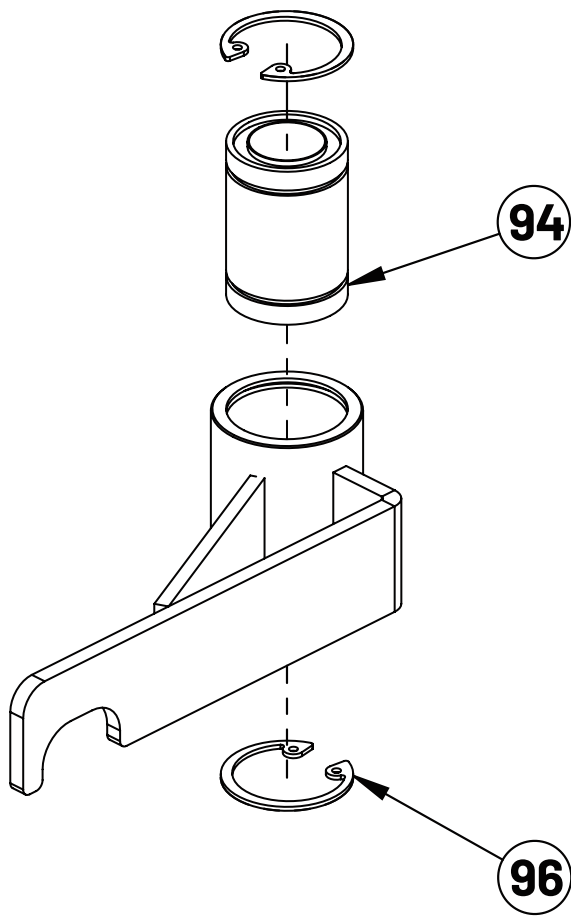
EXPLODED DIAGRAMS

Right Smith Bar Safety Hook 1pc



No.	Description	Note	QTY
94	Linear Bearing	□40x25x58	1
96	Hole - Type Elastic Retaining Ring	M40	2

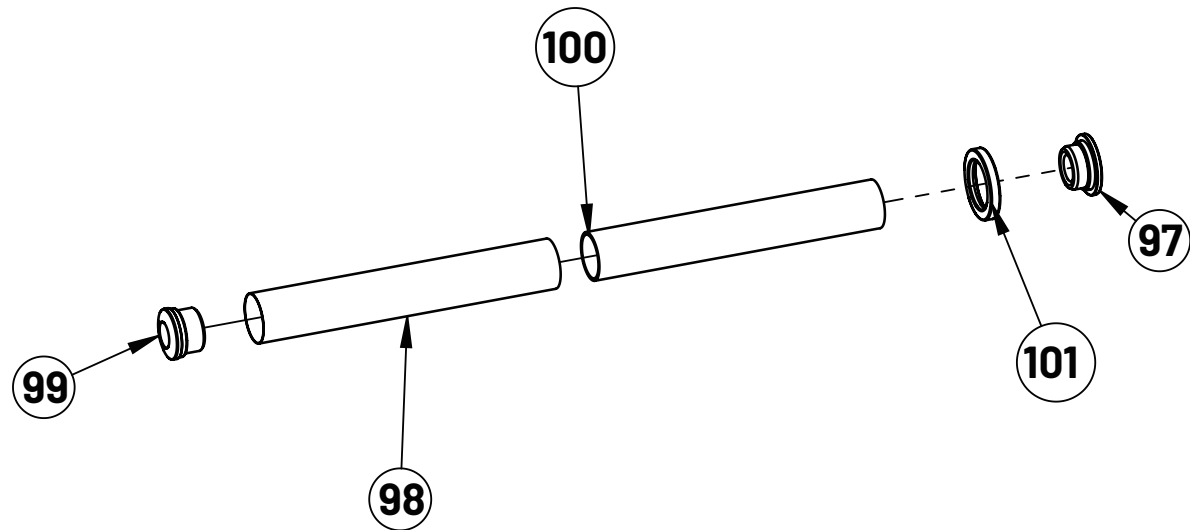
Left Smith Bar Safety Hook 1pc



No.	Description	Note	QTY
94	Linear Bearing	□40x25x58	1
96	Hole - Type Elastic Retaining Ring	M40	2

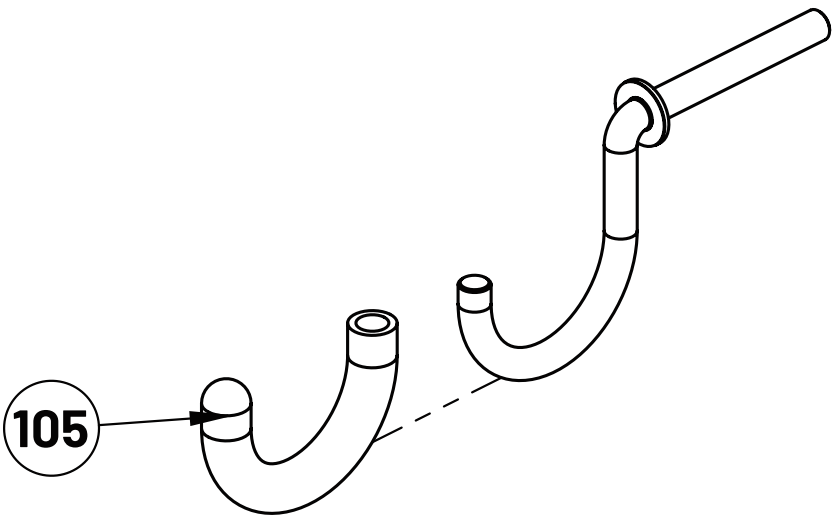
EXPLODED DIAGRAMS

Smith Barbell Sleeve 2pcs



No.	Description	Note	QTY
97	Aluminum Inner Retaining Ring	M60×27	2
98	Stainless Steel Outer Sleeve	M49.5×0.6	2
99	Barbell Rod Plug - Arc - Shaped	M50×37	2
100	Barbell Rod Inner Sleeve	M48×2.5	2
101	Rubber Retaining Ring	M70×M50×M10	2

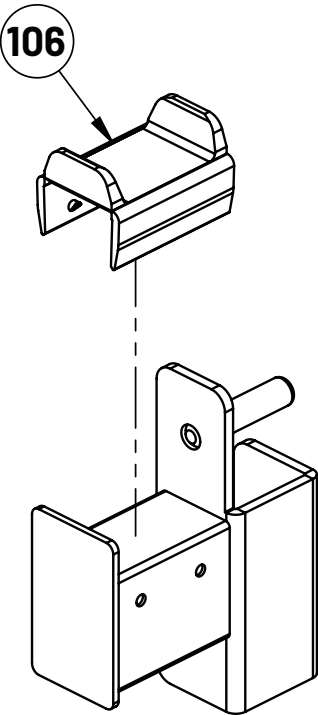
Hook 4pcs



No.	Description	Note	QTY
105	Hook Plastic - Coated Grip Sleeve	M8×100	4

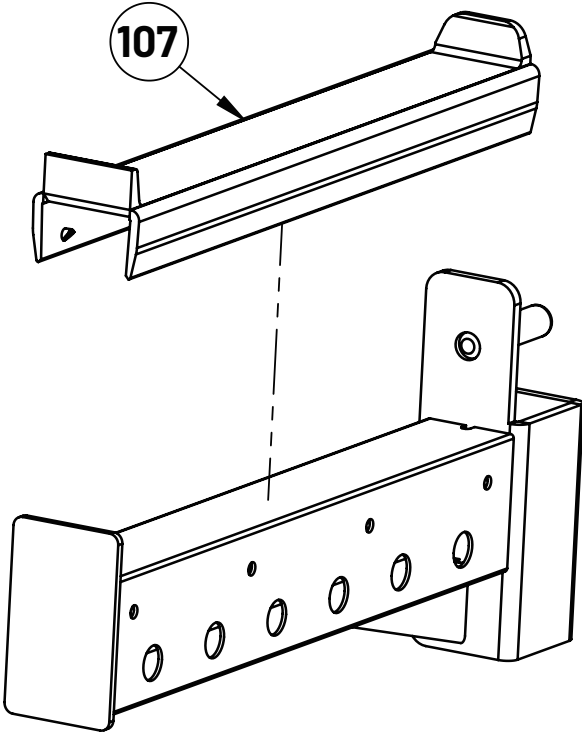
EXPLODED DIAGRAMS

J-Hook (Left and Right) 2pc



No.	Description	Note	QTY
106	Safety Block Outer Rubber Cover	85	2

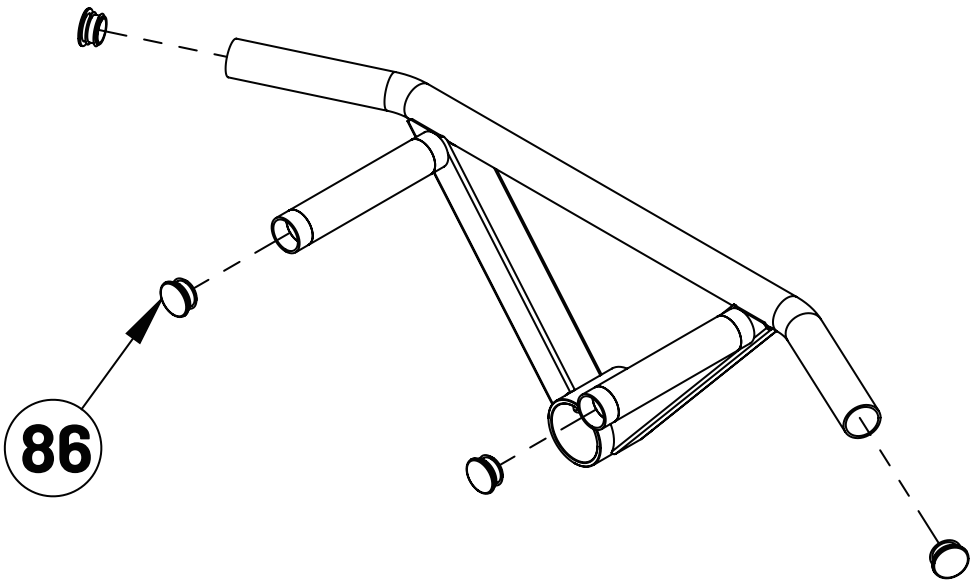
Spotter Arm (Left and Right) 2PCS



No.	Description	Note	QTY
107	Safety Block Outer Rubber Cover	387	2

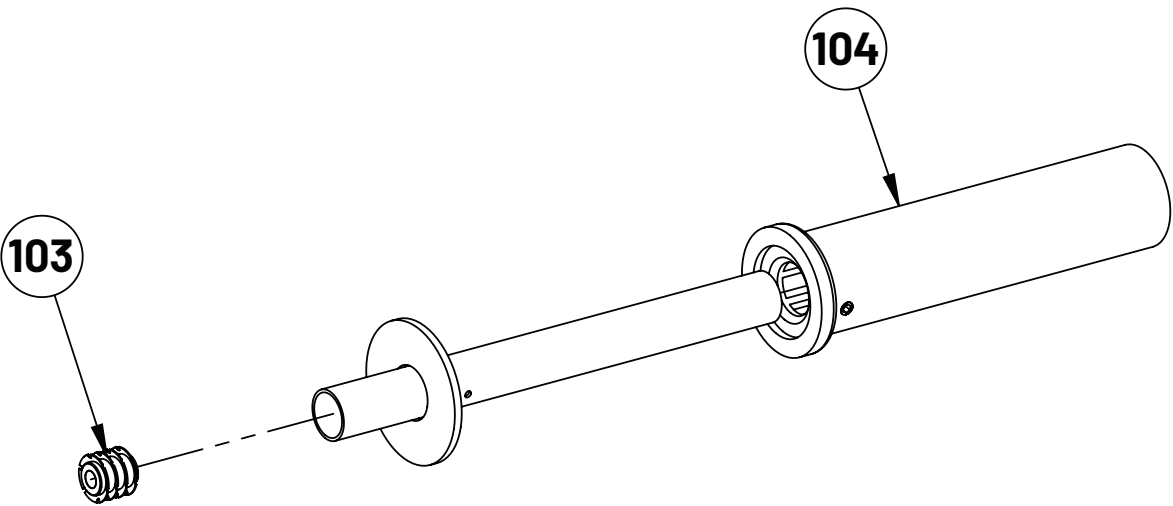
EXPLODED DIAGRAMS

Core Trainer Handle 1pc



No.	Description	Note	QTTY
86	Round Tube Plug	M32×1.5	4

Weight Plate Storage 6pcs



No.	Description	Note	QTY
102	Barbell Hanging Rod		6
103	Four - Layer Spring Nut	M23×M10	6
104	Sleeve		6

TROUBLE SHOOTING

Weight stack top plate and guide rod assembly is floating/not resting on weight stack plate:

The cable tension needs adjusting. There are 2 adjustment places. Either adjust the pulley that goes into weight stack by screwing it in/out of the top plate or by choosing a different bolt hole on the floating pulley. Refer to Step 7.

The base unit is not square or the smith machine is not resting on both sides:

Loosen all nuts and bolts and then retighten from the bottom up.

What if my Smith Machine is not smooth or drags on one side:

Ensure the unit is level and square. Clean and/or lubricate guide rods. Ensure guide rods are not bent or received any damage.

The cables are not smooth on one or both sides:

Ensure cables are ONLY touching the pulley wheels. Be sure cable routing is correct so that it is not going over or under bolts or the frame.

Ensure pulley wheels are not overtightened, and each wheel is able to move freely. Add lubrication to the bearings if necessary.

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



<https://www.forceusa.com/locator>

FORCE^{USA}

forceusa.com