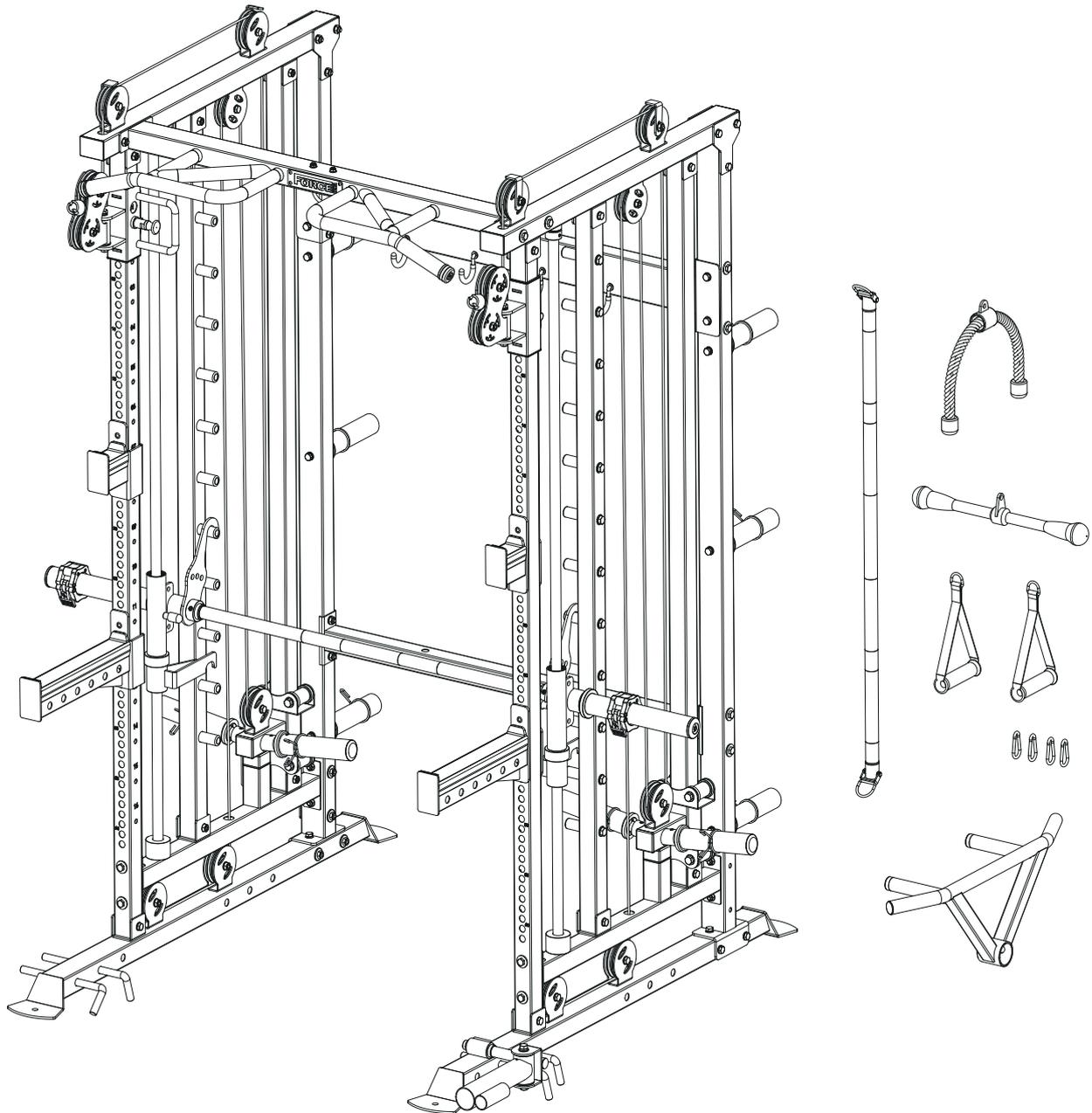


FORCE USA



USER MANUAL | **F-G3-V2**





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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:

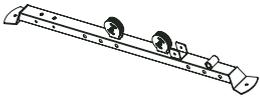
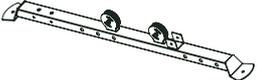
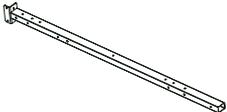
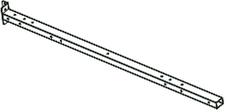
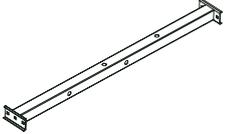
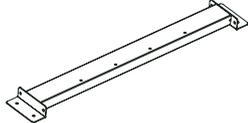
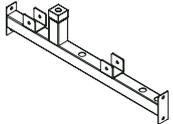
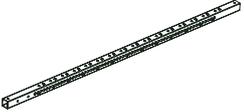
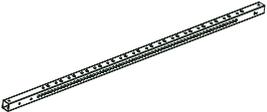
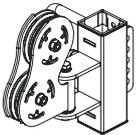
Daily Maintenance

- 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

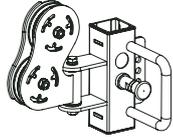
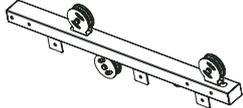
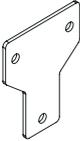
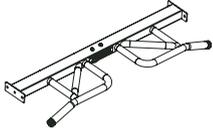
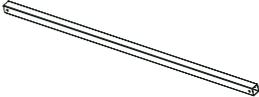
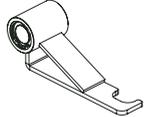
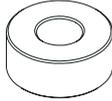
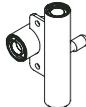
Monthly Maintenance

- 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

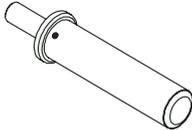
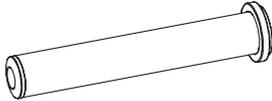
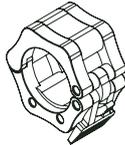
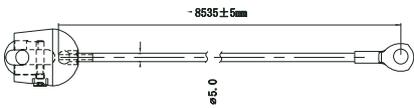
PARTS & HARDWARE IDENTIFIER

Key No.	Description	Quantity	Parts Schematic Diagram
1	Base Frame Tube - Right	1	
2	Base Frame Tube - Left	1	
3	Rear Upright - Right	1	
4	Rear Upright - Left	1	
5	Rear Lower Frame	1	
6	Rear Upper Frame	1	
14	Lower Connection Frame	2	
15	Front Guide Tube - Right	1	
16	Front Guide Tube - Left	1	
17	Pulley Slider - Right	1	

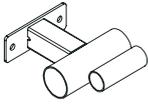
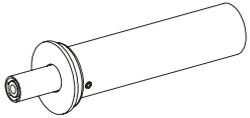
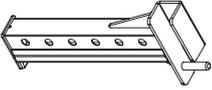
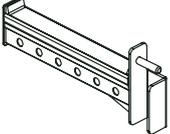
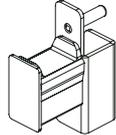
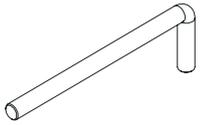
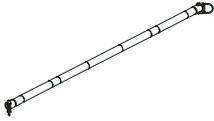
PARTS & HARDWARE IDENTIFIER

Key No.	Description	Quantity	Parts Schematic Diagram
18	Pulley Slider - Left	1	
19	Upper Connection Frame	2	
20	Fixing Plate	4	
21	Chin Up Frame	1	
23	Internal Upright	2	
24	Smith Bar Racking Frame	2	
25	Weight Plate Carriage	2	
26	Safety Hook-Right	1	
27	Rubber Bumper - Smith Bar Sliding Sleeve	4	
28	Smith Bar Sliding Sleeve	2	

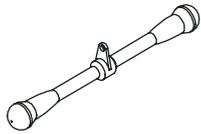
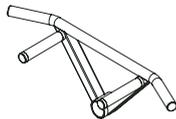
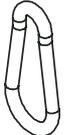
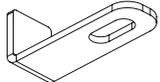
PARTS & HARDWARE IDENTIFIER

Key No.	Description	Quantity	Parts Schematic Diagram
29	Smith Bar	1	
30	Rubber Bumper - Safety Hook	2	
31	Safety Hook-Left	1	
32	Guide Rod - Smith Bar	2	
33	Smith Bar Guide Rod Locking Sleeve	2	
35	Weight Plate Carriage Weight Plate Sleeve	4	
36	Olympic Spring Collar	10	
37	Smith Bar Weight Plate Holder	2	
38	Olympic Quick Lock Collar	2	
42	Pull Cable	2	

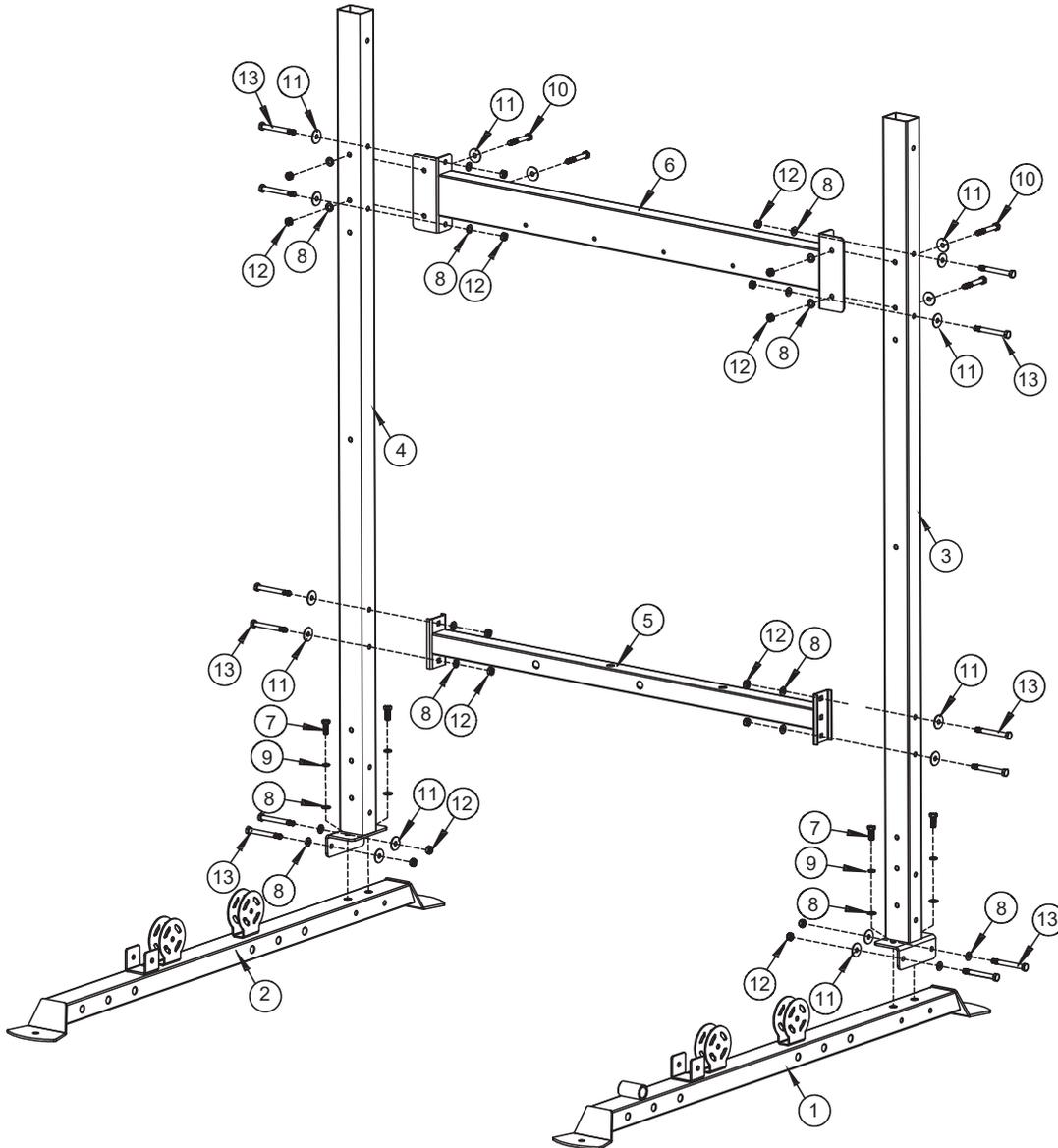
PARTS & HARDWARE IDENTIFIER

Key No.	Description	Quantity	Parts Schematic Diagram
43	Barbell Storage Holder	1	
44	Accessory Hook	4	
45	Olympic Weight Plate Holder	6	
49	Front Safety - Left	1	
50	Front Safety - Right	1	
51	Core Trainer	1	
52	J Hook - Left	1	
53	J Hook - Right	1	
54	Band Peg	4	
55	Connection Bar - Straight	1	

PARTS & HARDWARE IDENTIFIER

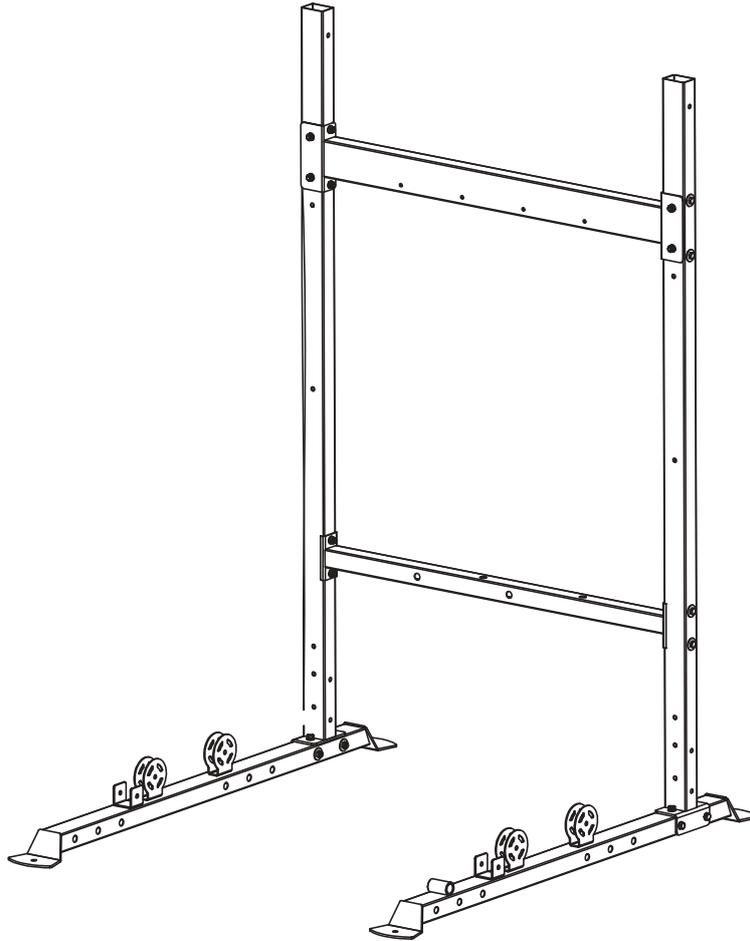
Key No.	Description	Quantity	Parts Schematic Diagram
56	Short Straight Bar	1	
57	Tricep Rope	1	
58	Single Stirrup - Nylon	2	
59	Core Trainer Handle	1	
60	Carabiner	4	
62	Pulley	10	
136	Plastic Pulley Stopper Sheet	4	

STEP 1 - PARTS & HARDWARE



Key No.	Description	Note	Quantity
1	Base Frame - Right		1
2	Base Frame - Left		1
3	Rear Upright - Right		1
4	Rear Upright - Left		1
5	Rear Lower Frame		1
6	Rear Upper Frame		1
7	Hexagon Bolt	M10*25	4
8	Washer	10	20
9	Spring Washer	φ10	4
10	Hexagon Bolt	M10*70	4
11	Big Flat Washer	φ32*φ10*2	16
12	Lock Nut	M10	16
13	Hexagon Bolt	M10*90	12

STEP 1 - ASSEMBLY



1

Attach Base Frame - Right (#1) and Rear Upright - Right (#3) using 1 x Washer (M10)(#8), 1 x Big Flat Washer (M10)(#11), 1 x Lock Nut (M10)(#12) and 1 x Hexagon Bolt(M10*90mm)(#13) per horizontal hole (ensuring #11 is on the inside) and 1 x Hexagon Bolt (M10*25mm)(#7), 1 x Washer (M10)(#8) and 1 x Spring Washer (M10)(#9) per vertical hole.

2

Attach Base Frame - Left (#2) and Rear Upright - Left (#4) using 1 x Washer(M10)(#8), 1 x Big Flat Washer (M10)(#11), 1 x Lock Nut (M10)(#12) and 1 x Hexagon Bolt(M10*90mm)(#13) per horizontal hole (ensuring (#11) is on the inside) and 1 x Hexagon Bolt (M10*25mm)(#7), 1 x Washer(M10)(#8) and 1 x Spring Washer (M10)(#9) per vertical hole.

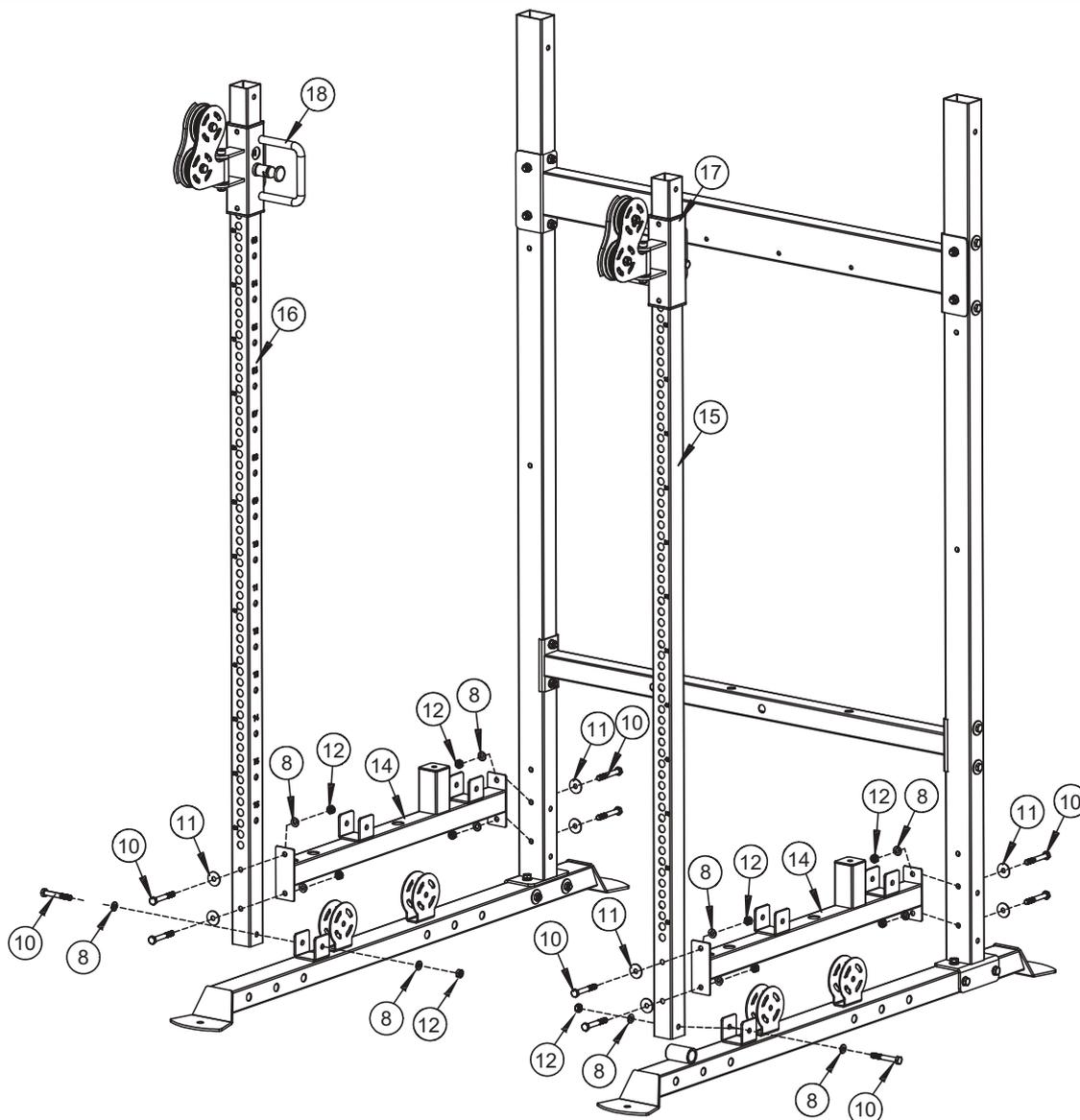
3

Connect Rear Lower Frame (#5) to Rear Upright - Right (#3) and Rear Upright-Left (#4) using 1 x Washer (M10) (#8), 1 x Big Flat Washer (M10) (#11), 1 x Lock Nut (M10)(#12) and 1 x Hexagon Bolt(M10*90mm)(#13) per hole.

4

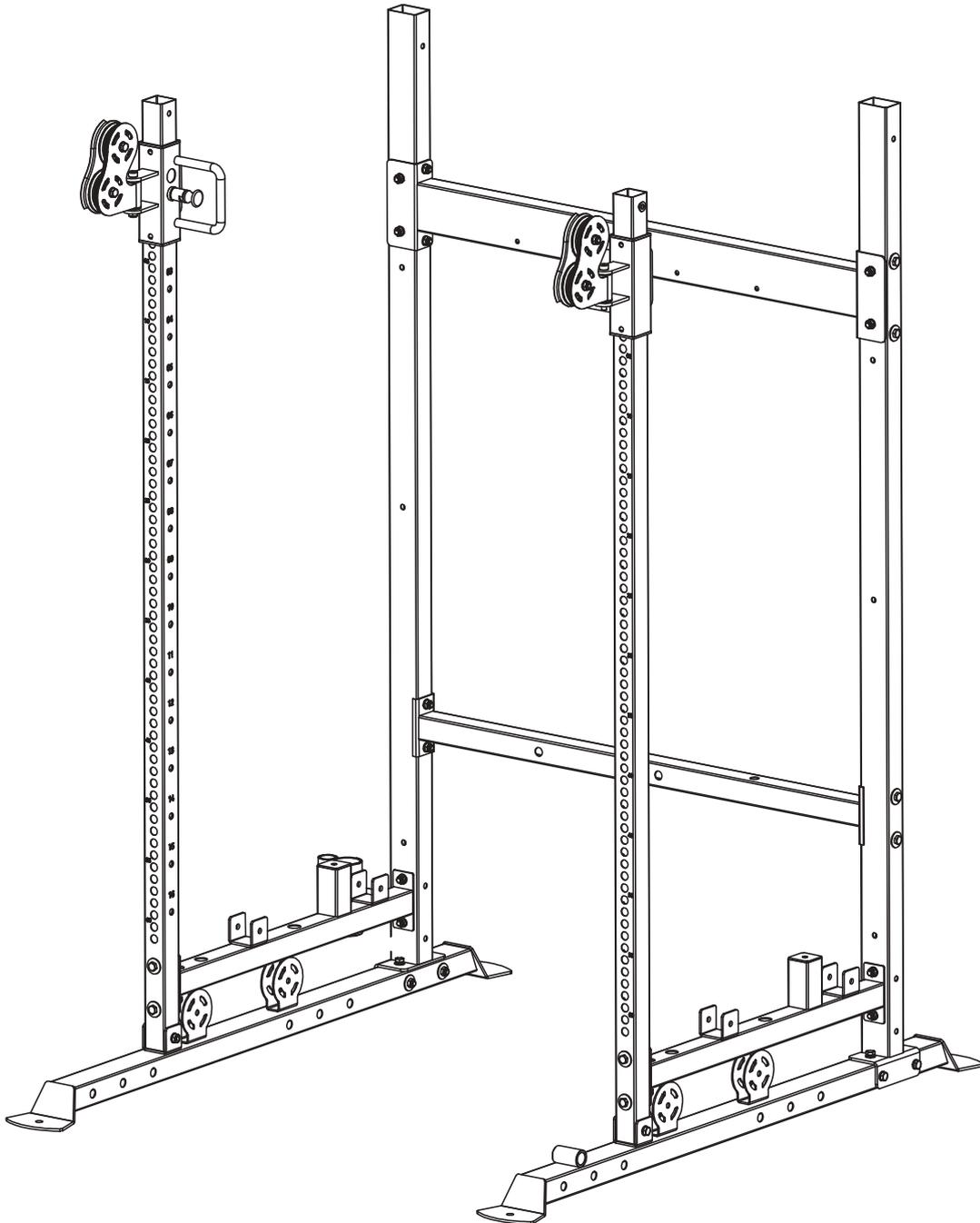
Connect Rear Upper Frame (#6) to Rear Upright - Right (#3) and Rear Upright - Left (#4) using 1 x Washer (M10)(#8), 1 x Hexagon Bolt (M10*70mm)(#10), 1 x Big Flat Washer (M10)(#11) and 1 x Lock Nut (M10)(#12) for each front/rear facing hole ensuring #11 is on the rear side. For each left/right facing hole use 1 x Washer(M10)(#8), 1 x Big Flat Washer (M10)(#11), 1 x Lock Nut (M10)(#12) and 1 x Hexagon Bolt (M10*90mm)(#13) ensuring (#11) is on the outside.

STEP 2 - PARTS & HARDWARE



Key No.	Description	Note	Quantity
8	Washer	Φ10	12
10	Hexagon Bolt	M10*70	10
11	Big Flat Washer	Φ32*Φ10*2	8
12	Lock Nut	M10	10
14	Lower Connection Frame		2
15	Front Guide Tube - Right		1
16	Front Guide Tube - Left		1
17	Pulley Slider - Right		1
18	Pulley Slider - Left		1

STEP 2 - ASSEMBLY



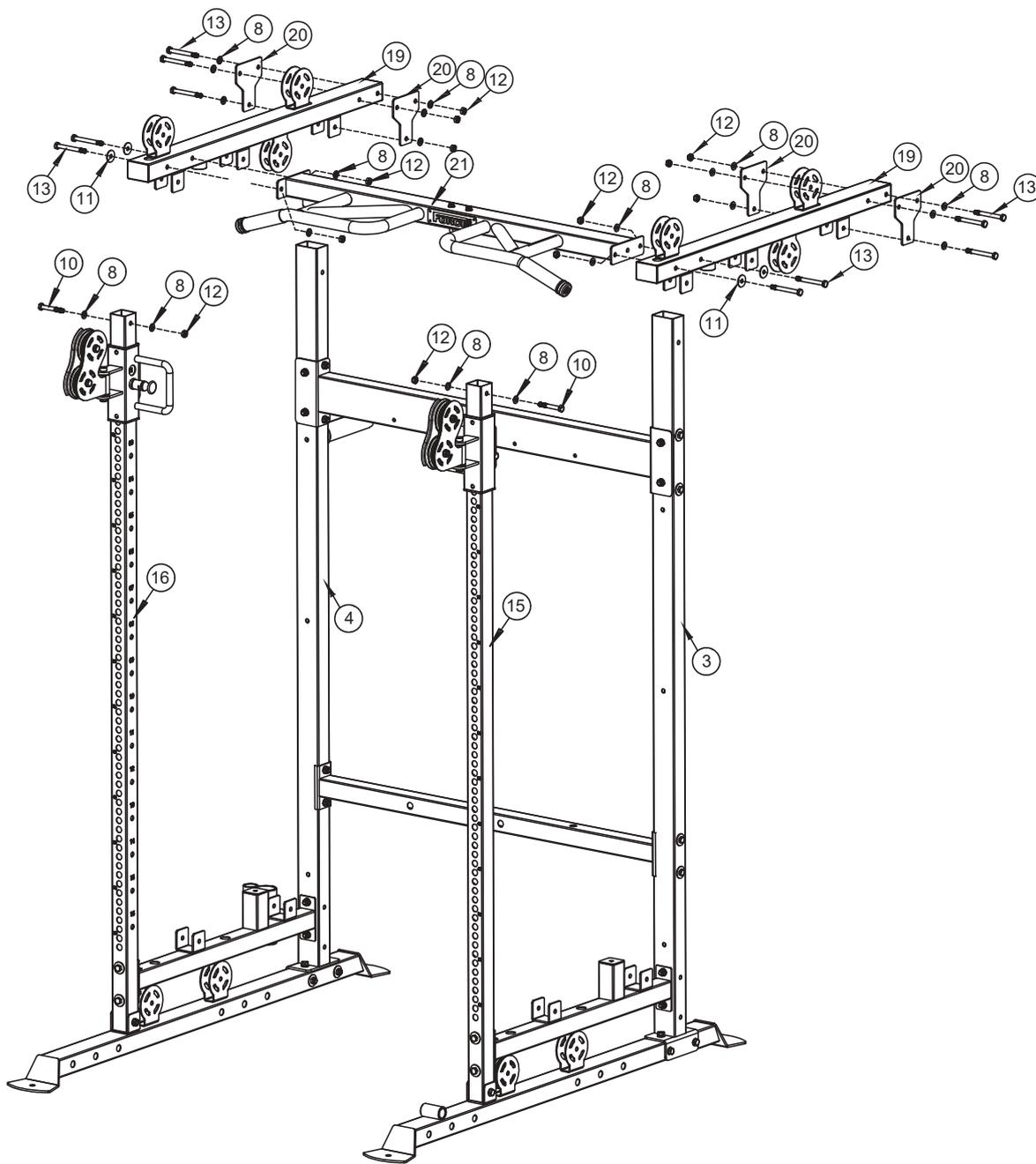
1

Attach Front Guide Tube-Left (#16) to Base Frame - Left (#2) using 2 x Washer (M10)(#8), 1x Hexagon Bolt (M10*70mm)(#10) and 1 x Lock Nut (M10)(#12) then attach Lower Connection Frame (#14) to the frame (following the orientation shown in the diagram) using 1 x Washer(M10)(#8), 1 x Hexagon Bolt (M10*70mm), 1 x Big Flat Washer(M10)(#11) and 1 x Lock Nut (M10)(#12) per hole ensuring #11 is on the outside. Slide on Pulley Slider- Left (#18).

2

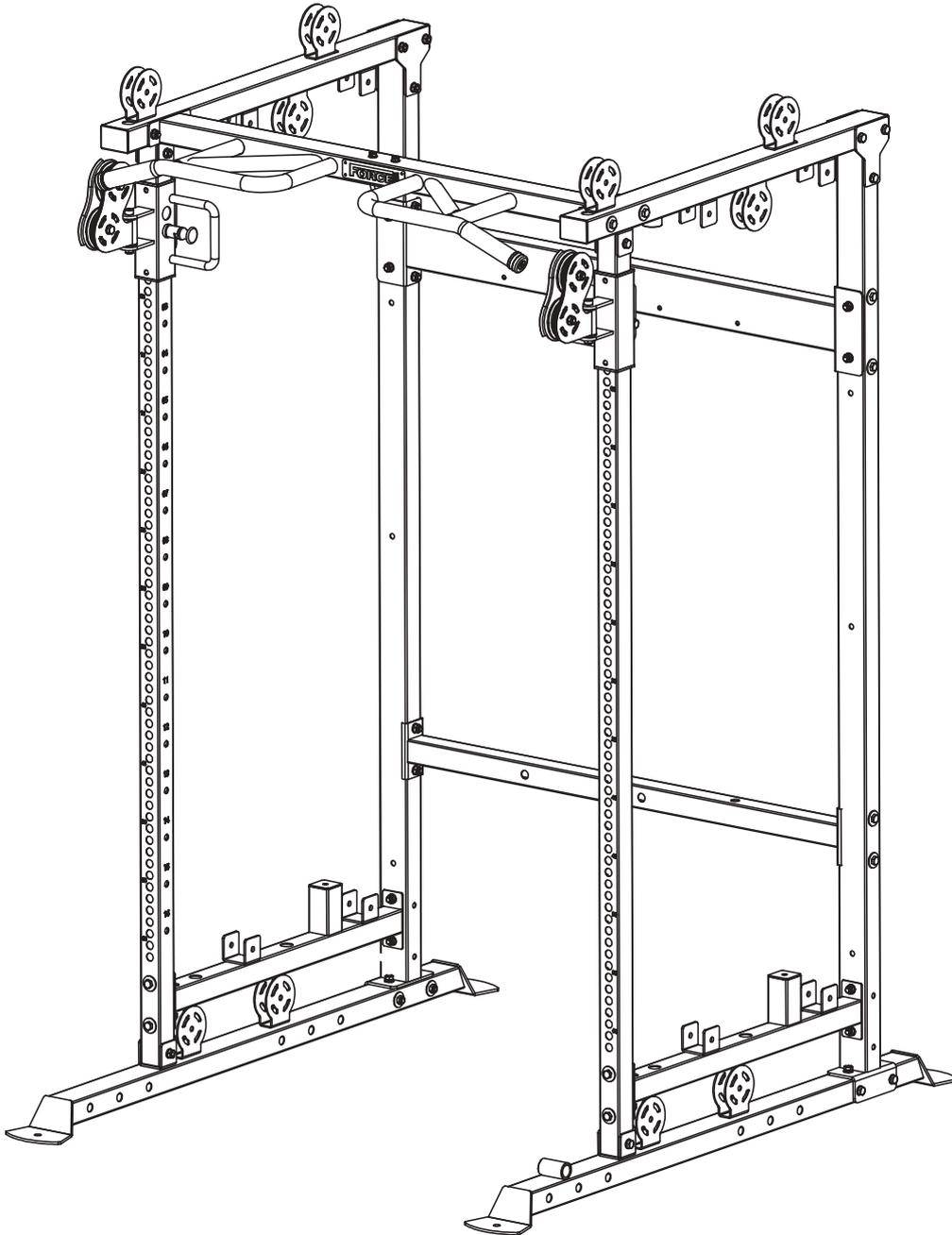
Attach Front Guide Tube-Right (#17) to Base Frame - Right (#1) using 2 x Washer (M10)(#8), 1 x Hexagon Bolt (M10*70mm)(#10) and 1 x Lock Nut (M10)(#12) then attach Lower Connection Frame (#14) to the frame (following the orientation shown in the diagram) using 1 x Washer (M10)(#8), 1 x Hexagon Bolt (M10*70mm), 1 x Big Flat Washer (M10)(#11) and 1 x Lock Nut (M10)(#12) per hole ensuring #11 is on the outside. Slide on Pulley Slider- Right (#17)

STEP 3 - PARTS & HARDWARE



Key No.	Description	Note	Quantity
8	Washer	Φ10	20
10	Hexagon Bolt	M10*70	2
11	Big Flat Washer	Φ32*Φ10*2	4
12	Lock Nut	M10	12
13	Hexagon Bolt	M10*90	10
19	Upper Connection Frame		2
20	Fixing Plate		4
21	Chin Up Frame		1

STEP 3 - ASSEMBLY



1

Fix the Upper Connection Frame (#19) to the rear upright-right (#3) and the rear upright-left (#4) with hexagon bolts (#13), washers (#8), fixing plate (#20), and lock nut (#12), (temporarily not be locked tightly)

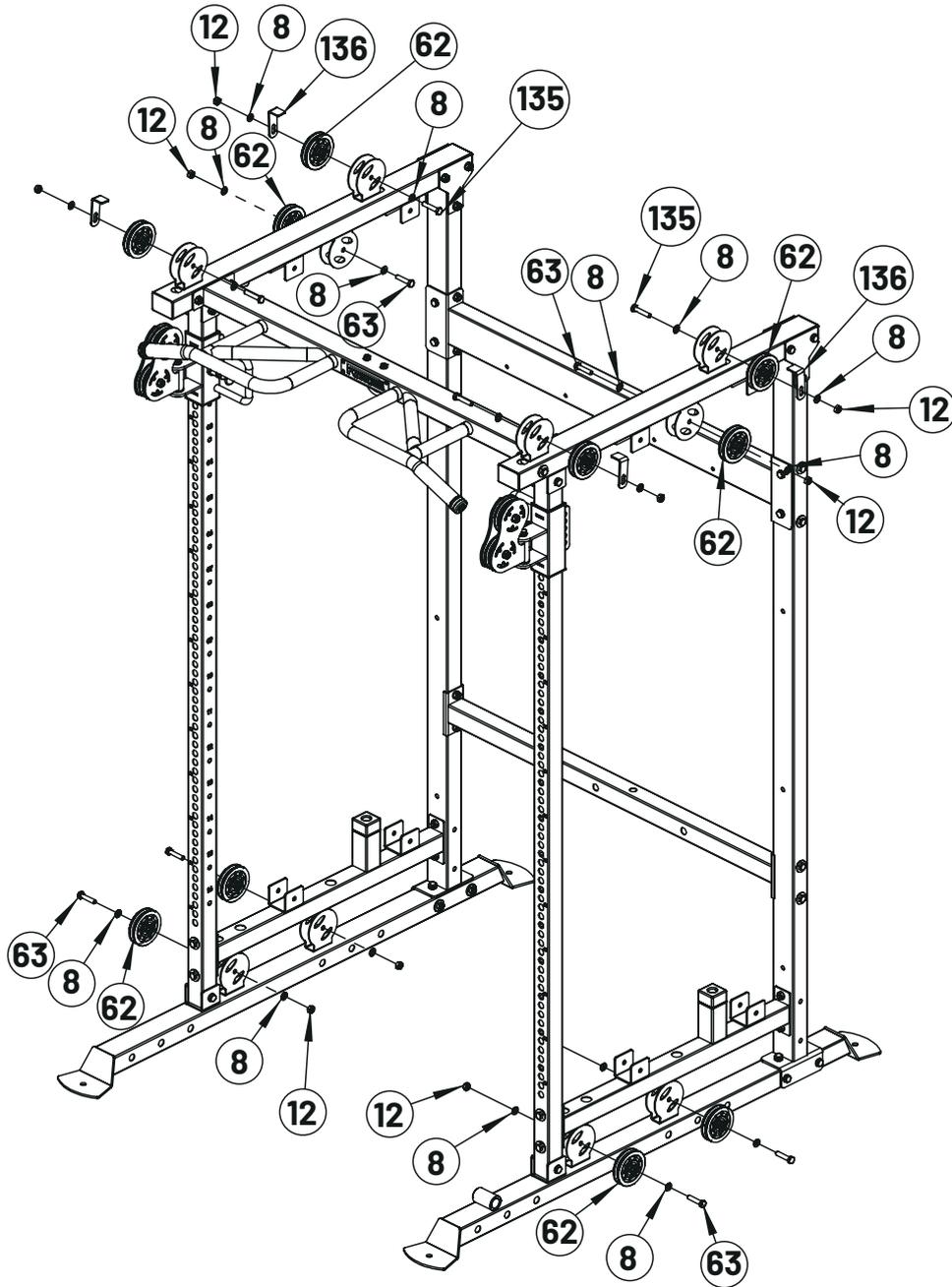
2

Fix the Upper Connection Frame (#19) to the front guide tube-right (#15) and front guide tube-left (#16) with hexagon bolts (#10), washers (#8) and lock nuts (#12) (temporarily not be locked tightly)

3

Lock the chin up frame (#21) to the upper connection frame (#19) with hexagon bolts (#13), big flat washers (#11), washer (#8) and lock nut (#12), lock all bolts tightly.

STEP 4 - PARTS & HARDWARE

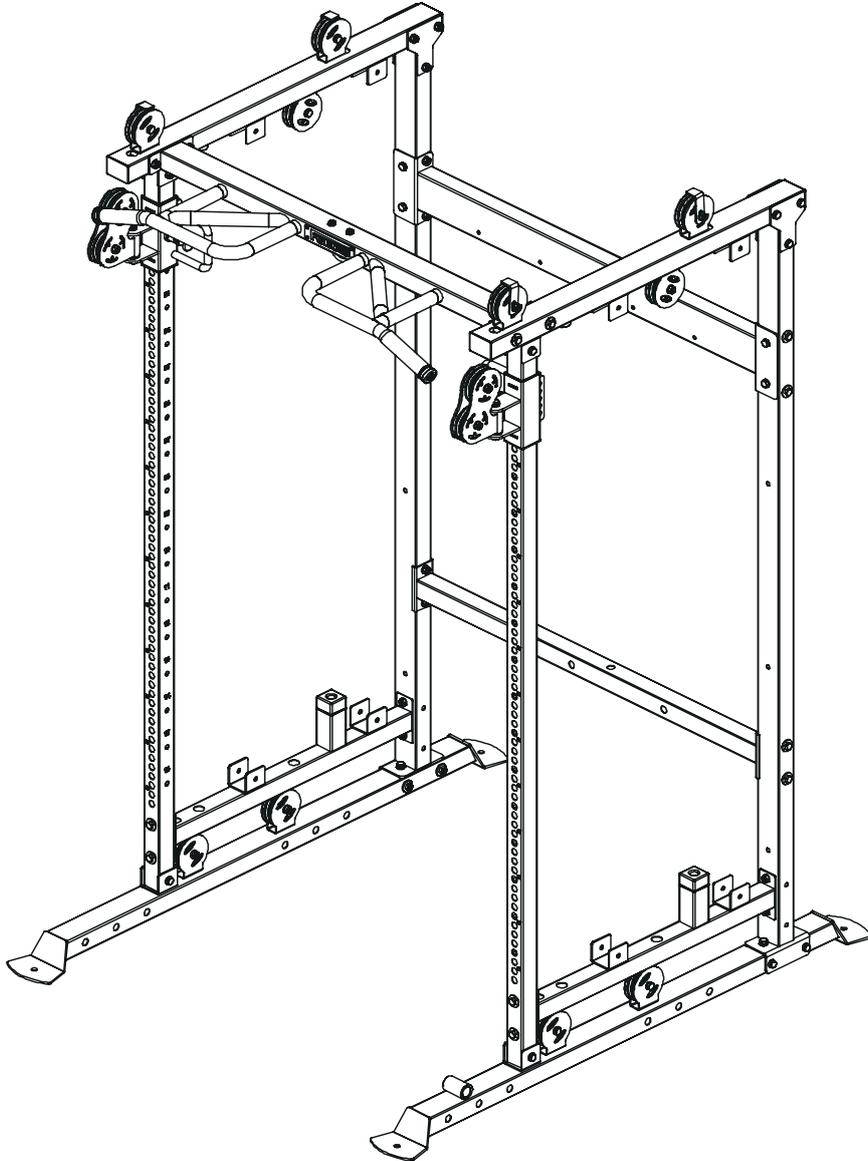


Key No.	Description	Note	Quantity
8	Washer	Φ10	20
12	Lock Nut	M10	10
62	Pulley	Φ92	10
63	Hexagon Bolt	M10*45	6
135	Hexagon Bolt	M10*50	4
136	Plastic Pulley Stopper Sheet		4

STEP 4 - ASSEMBLY



The left and right sides are installed in the same way



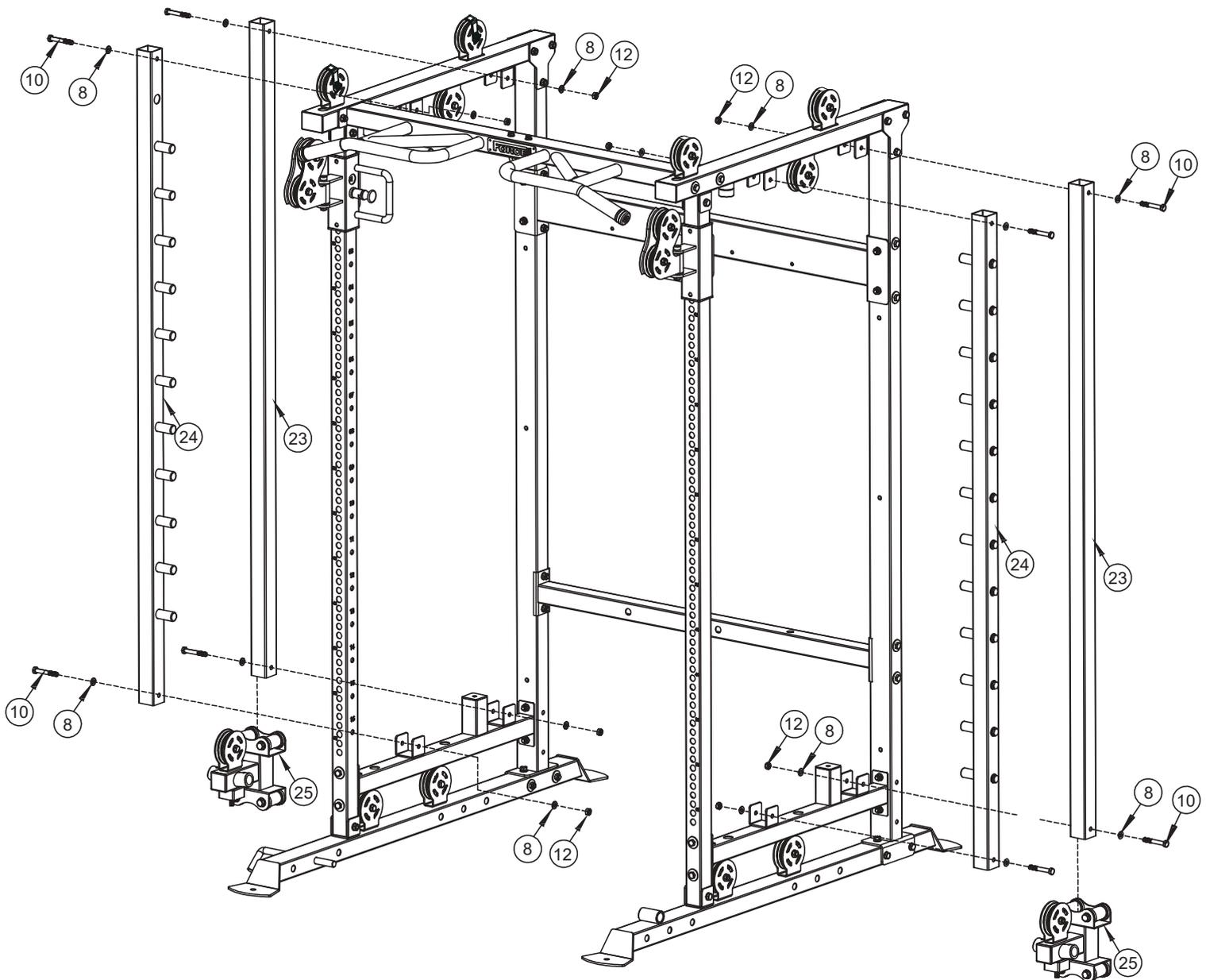
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Use the M10*45 Hexagon Bolt (63), Flat Washer (8), Lock Nut (12), Assemble the Pulley (62) on the frame

2

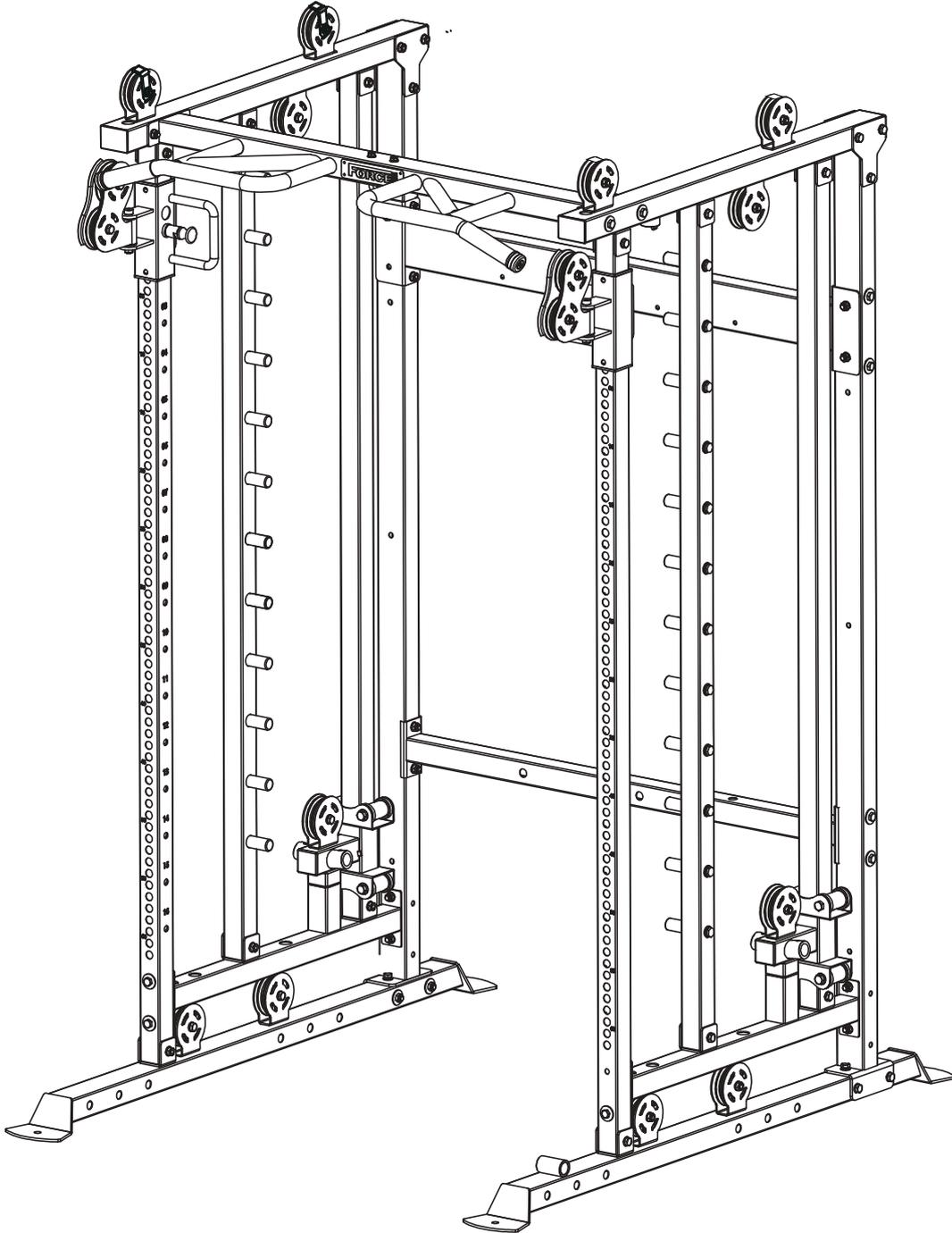
Use the M10*50 Hexagon Bolt (135), Flat Washer (8), Lock Nut (12), Plastic Pulley Stopper Sheet (136). Assemble the Pulley (62) on the fram

STEP 5 - PARTS & HARDWARE



Key No.	Description	Note	Quantity
8	Washer	Φ10	16
10	Hexagon Bolt	M10*70	8
12	Lock Nut	M10	8
23	Internal Upright		2
24	Smith Bar Racking Frame		2
25	Weight Plate Carriage		2

STEP 5 - ASSEMBLY



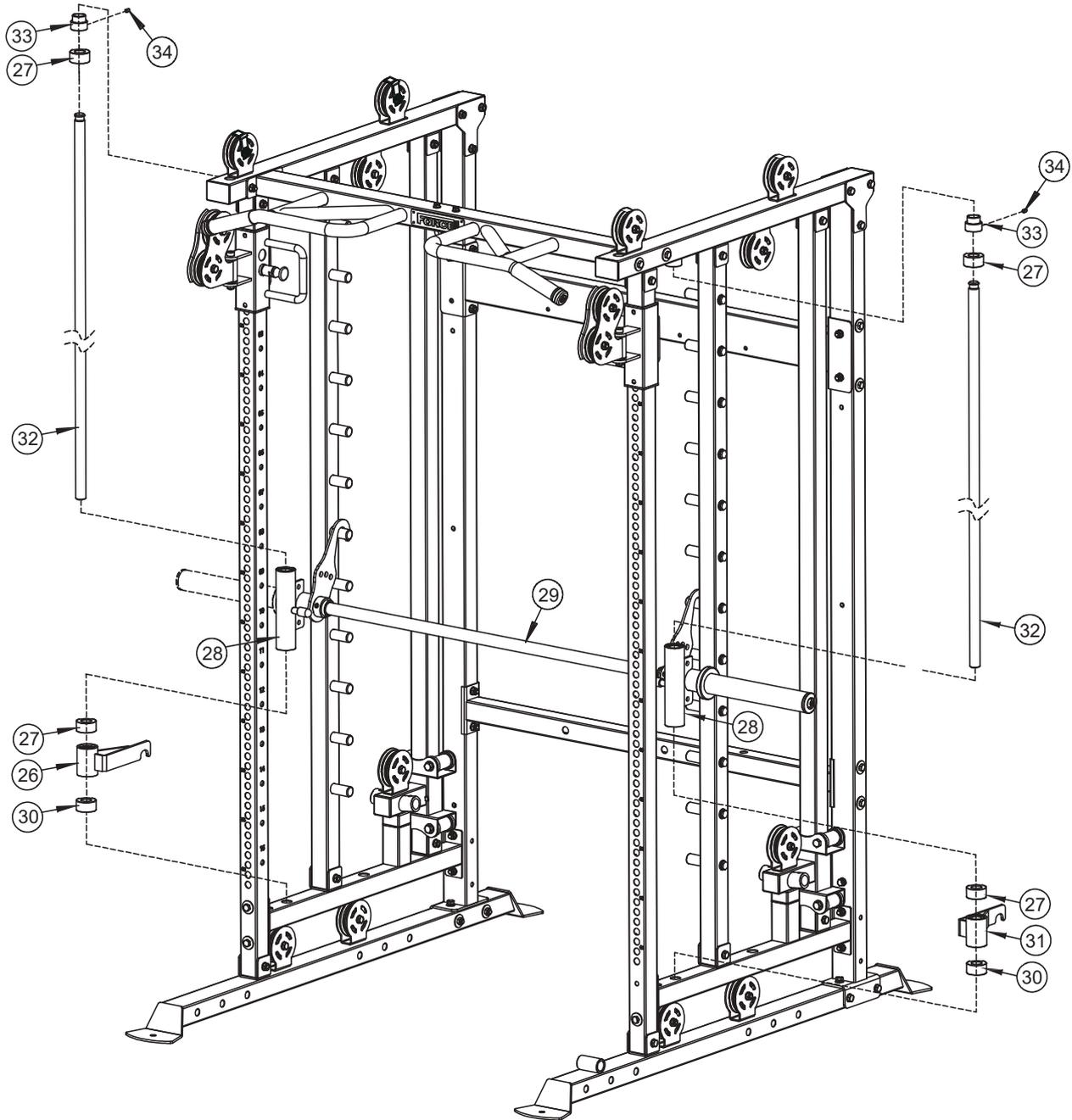
1

Slide Weight Plate Carriage (#25) onto Internal Upright (#23) ensuring the pulley side is towards the front of the machine and attach to the assembled frame using 2 x Washer (M10)(#8), 1 x Hexagon Bolt (M10*70mm)(#10) and 1 x Lock Nut (M10)(#12) per hole. Repeat for the other side.

2

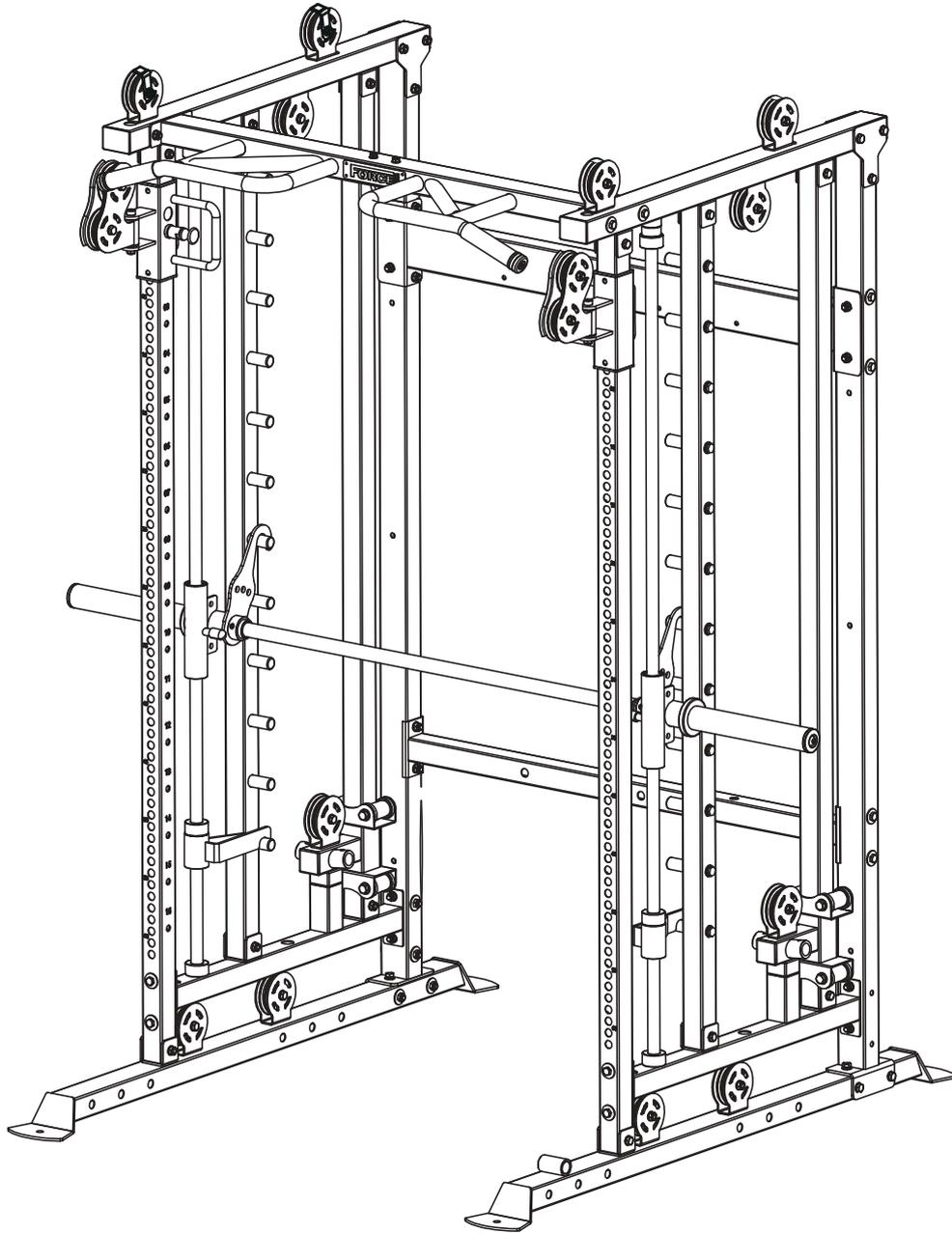
Attach Smith Bar Racking Frame (#24) to the main frame (ensuring the racking pins are on the inside) using 2 x Washer (M10)(#8), 1 x Hexagon Bolt (M10*70mm)(#10) and 1 x Lock Nut (M10)(#12) per hole

STEP 6 - PARTS & HARDWARE



Key No.	Description	Note	Quantity
26	Safety Hook-Right		1
27	Rubber Bumper - Smith Bar Sliding Sleeve	Φ48*Φ24.7*25	4
28	Smith Bar Sliding Sleeve		2
29	Smith Bar		1
30	Rubber Bumper - Safety Hook	Φ60*Φ27*42	2
31	Safety Hook-Left		1
32	Guide Rod - Smith Bar	Φ25*1851	2
33	Smith Bar Guide Rod Locking Sleeve	Φ40*35	2
34	Headless Hexagon Socket Bolt	M8*10	2

STEP 6 - ASSEMBLY



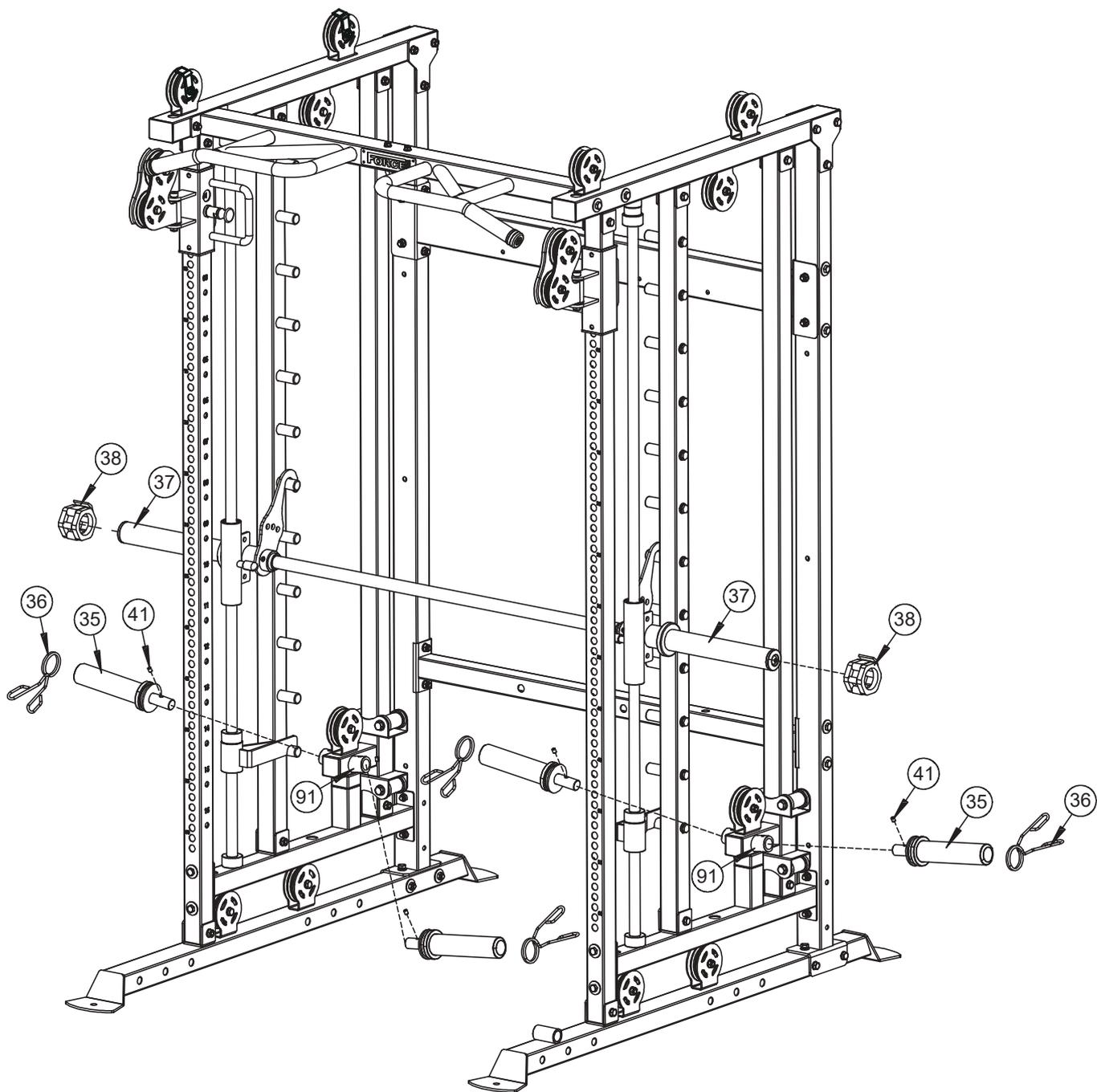
1

Slide 1 x Rubber Bumper (#27), Safety Hook - Right (#26) and 1 x Smith Bar Sliding Sleeve (#28) onto 1 x Guide Rod - Smith Bar (#32) and attach to the right side of the frame using 1 x Smith Bar Guide Rod Locking Sleeve (#33) and 1 x Headless Hexagon Socket Bolt (M8*10mm) (#34).

2

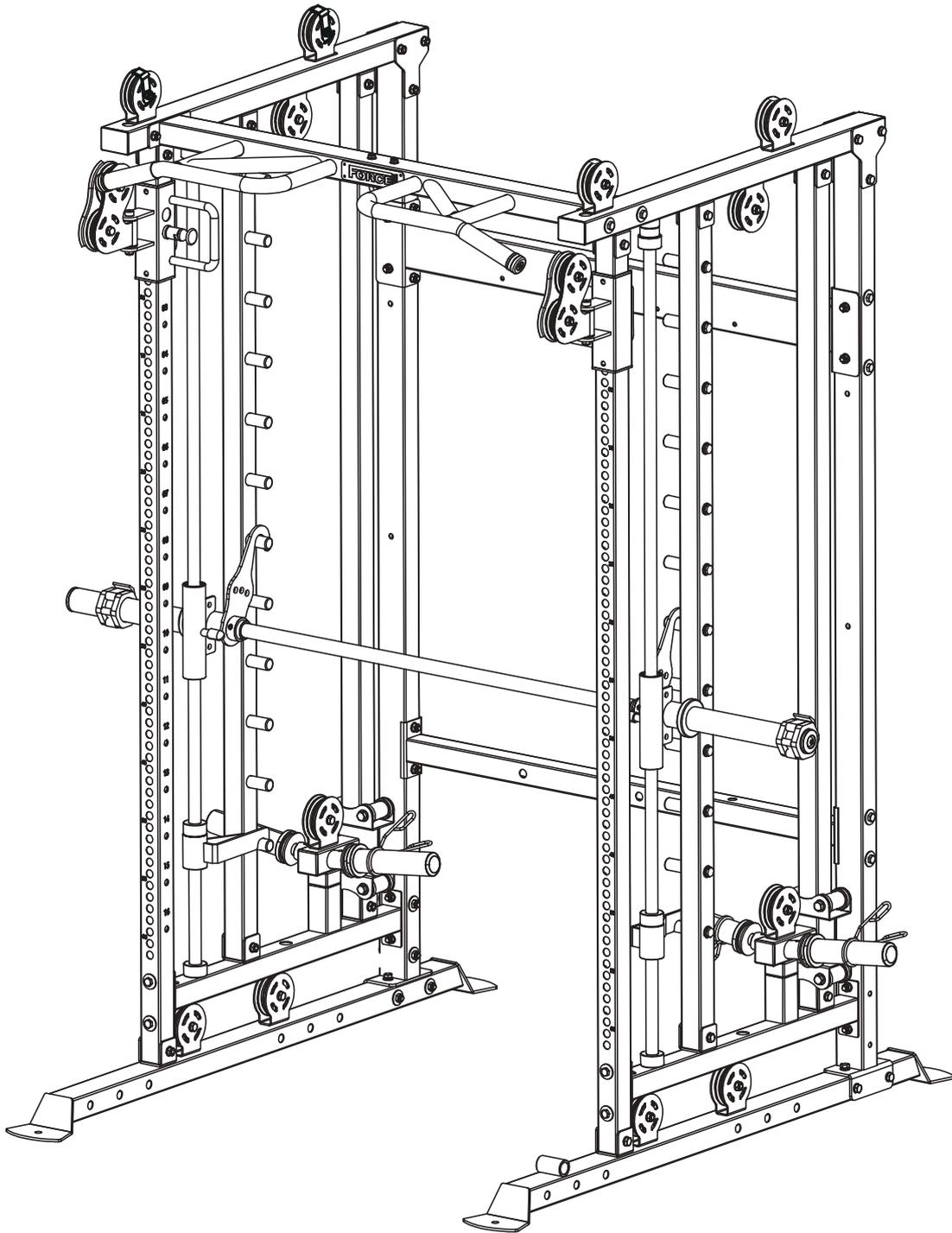
Slide 1 x Rubber Bumper (#27), Safety Hook - Left (#31) and 1 x Smith Bar Sliding Sleeve (#28) onto 1 x Guide Rod - Smith Bar (#32), slide the Smith Bar Sliding Sleeve onto the Smith Bar and then attach to the left side of the frame using 1 x Smith Bar Guide Rod Locking Sleeve (#33) and 1 x Headless Hexagon Socket Bolt (M8*10mm) (#34).

STEP 7 - PARTS & HARDWARE



Key No.	Description	Note	Quantity
35	Weight Plate Carriage Weight Plate Sleeve		4
36	Olympic Spring Collar	Φ50	4
38	Olympic Quick Lock Collar		2
41	Headless Hexagon Socket Bolt	M8*10	4

STEP 7 - ASSEMBLY



1

Fasten the olympic quick lock collar (#38) to the smith bar weight plate holder (#37)

2

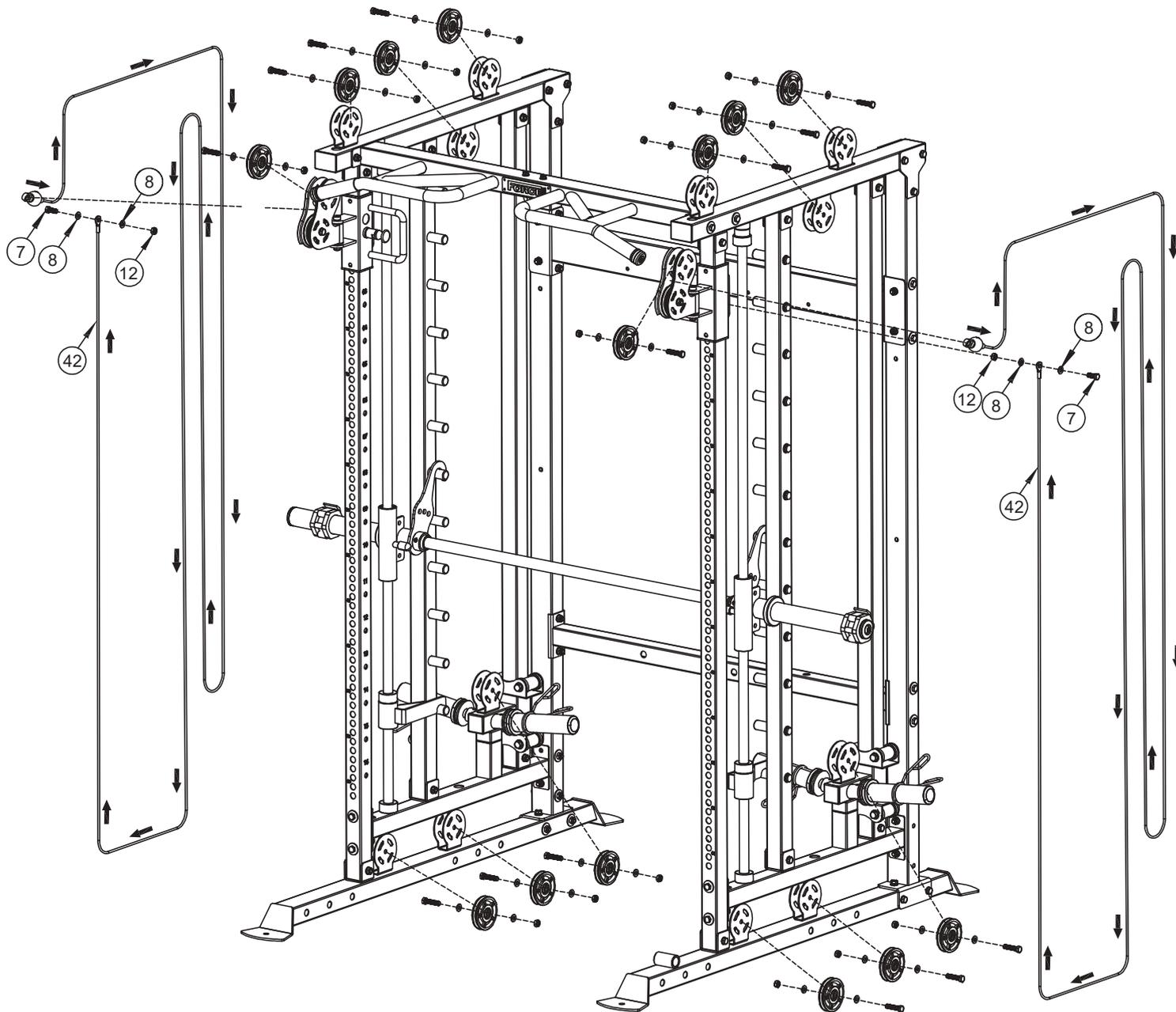
Insert the weight plate carriage weight plate sleeve (#35) into the weight carriage frame tube (#91), then, lock the weight plate carriage weight plate sleeve (#35) with the headless hexagon socket bolt (#41) and fasten the olympic spring collar (#36) on the weight plate carriage weight plate sleeve (#35)

STEP 8 - PARTS & HARDWARE



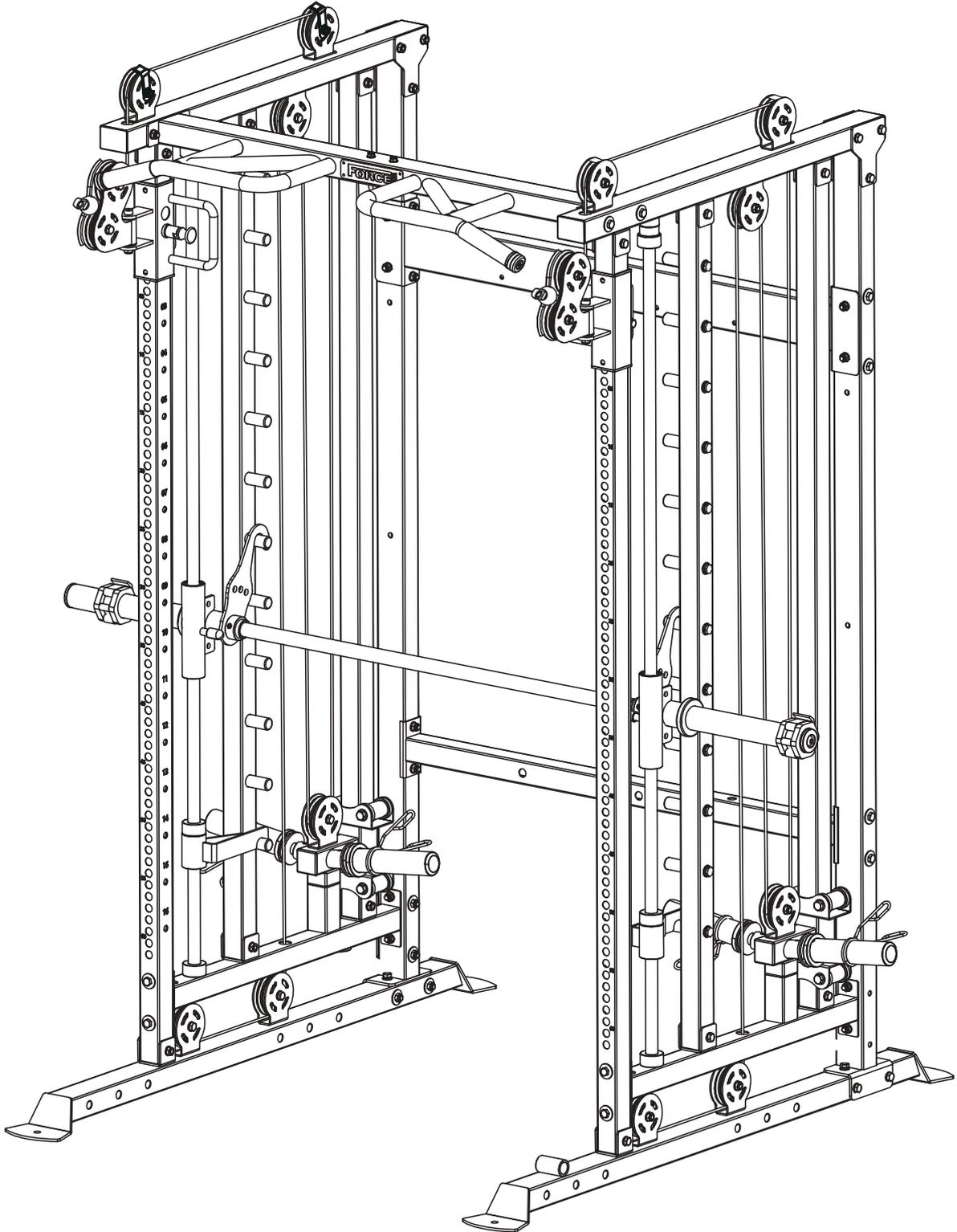
'PRO TIP: Remove the pulleys first and wrap the rope in the direction of the arrow, then re-install the pulleys (STEP 4) .'

CABLE BALL HEAD ASSEMBLY DRAWING



Key No.	Description	Note	Quantity
7	Hexagon Bolt	M10*25	2
8	Washer	Φ10	4
12	Lock Nut	M10	2
42	Pull Cable		2

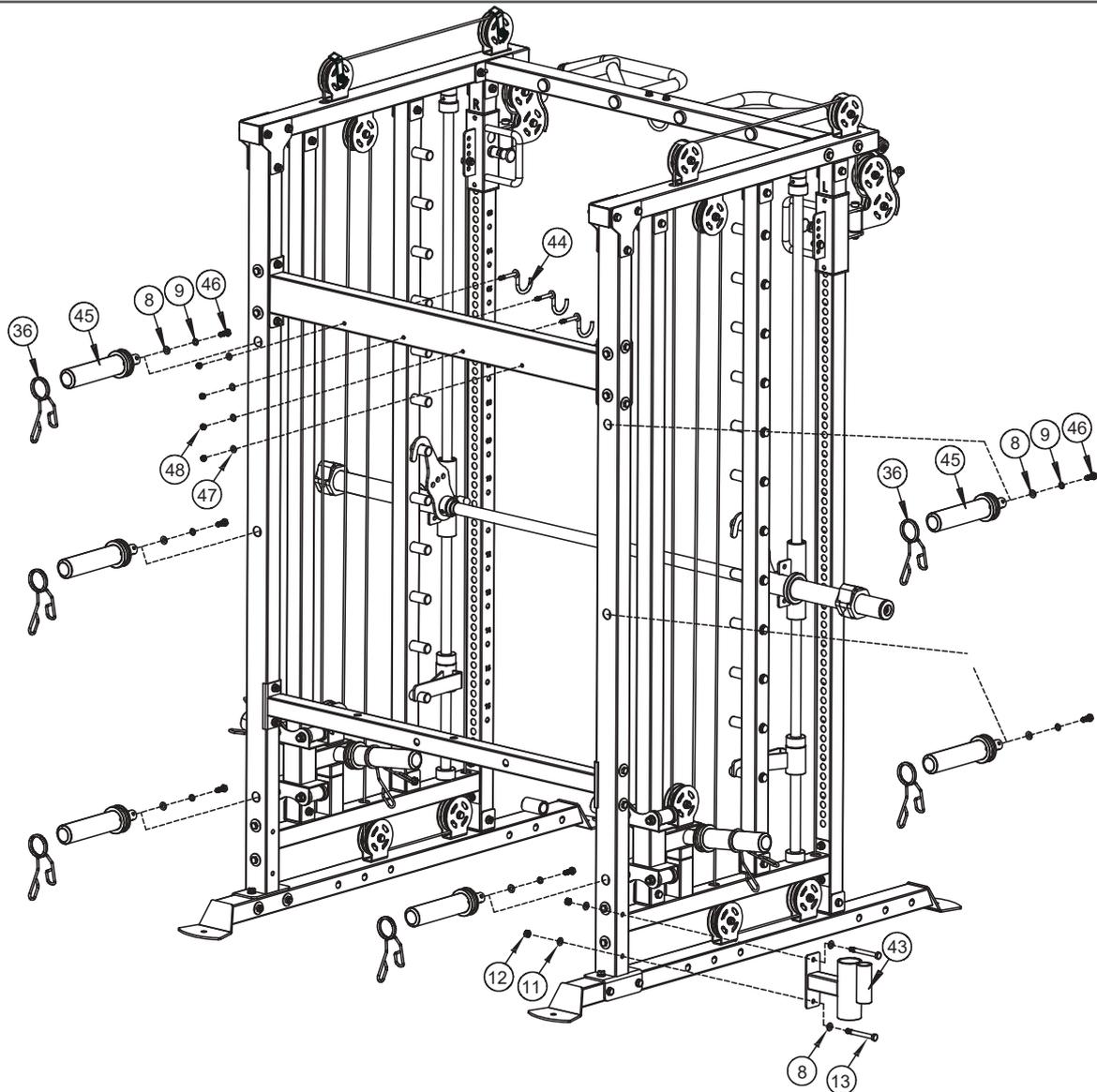
STEP 8 - ASSEMBLY



1

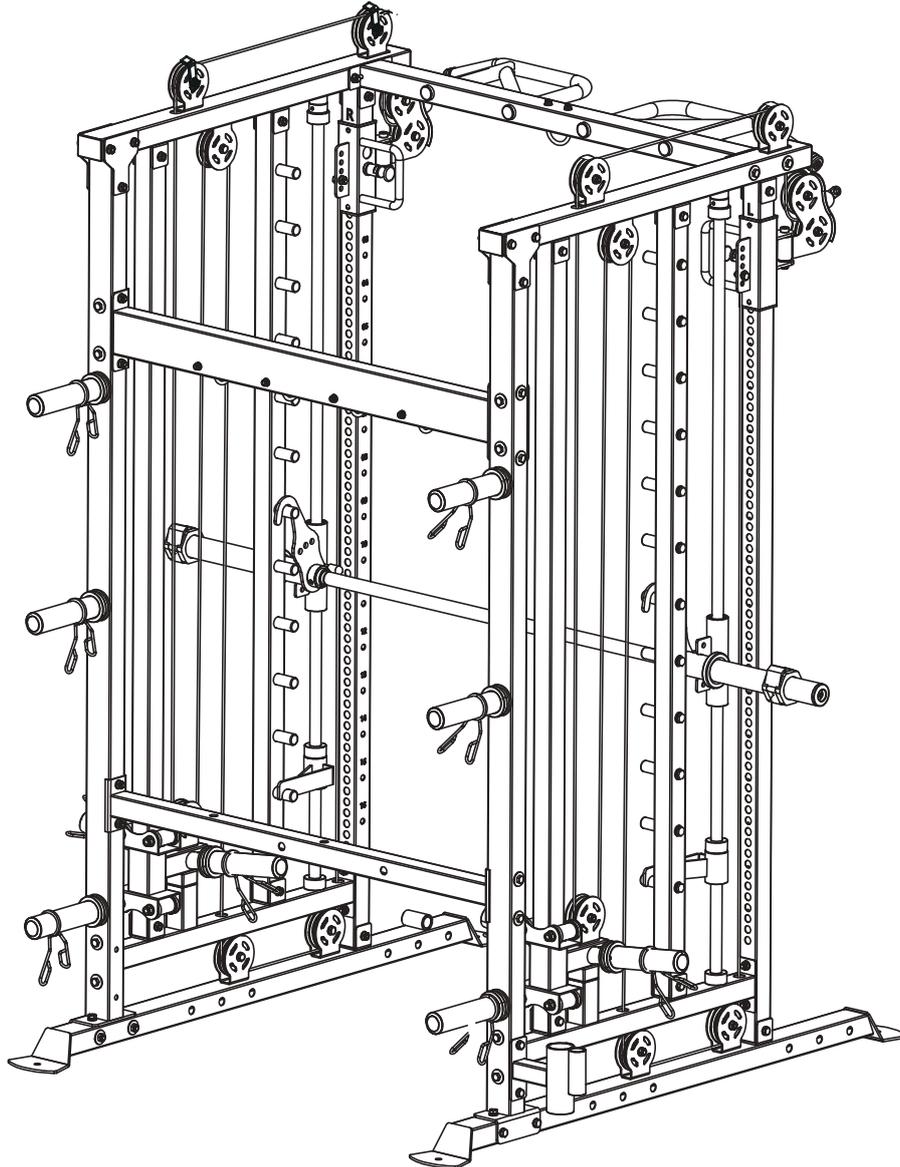
Attach a Pull Cable (#42) to the Pulley Slider using 1 x Hexagon Bolt (M10*25mm)(#7), 2 x Washer(M10)(#8) and 1 x Lock Nut(M10)(#12) and repeat for the other side.

STEP 9 - PARTS & HARDWARE



Key No.	Description	Note	Quantity
8	Washer	Φ10	8
9	Spring Washer	Φ10	6
11	Big Flat Washer	Φ 32* Φ10*2	2
12	Lock Nut	M10	2
13	Hexagon Bolt	M10*90	2
36	Olympic Spring Collar		6
43	Barbell Storage Holder		1
44	Accessory Hook		4
45	Olympic Weight Plate Holder		6
46	Hexagon Bolt	M10*25	6
47	Flat Washer	Φ8	4
48	Lock Nut	M8	4

STEP 9 - ASSEMBLY



1

Attach the Accessory Hooks (#44) to the frame using 1 x Washer (M8)(#47) and 1 x Lock Nut (M8)(#48) per hook.

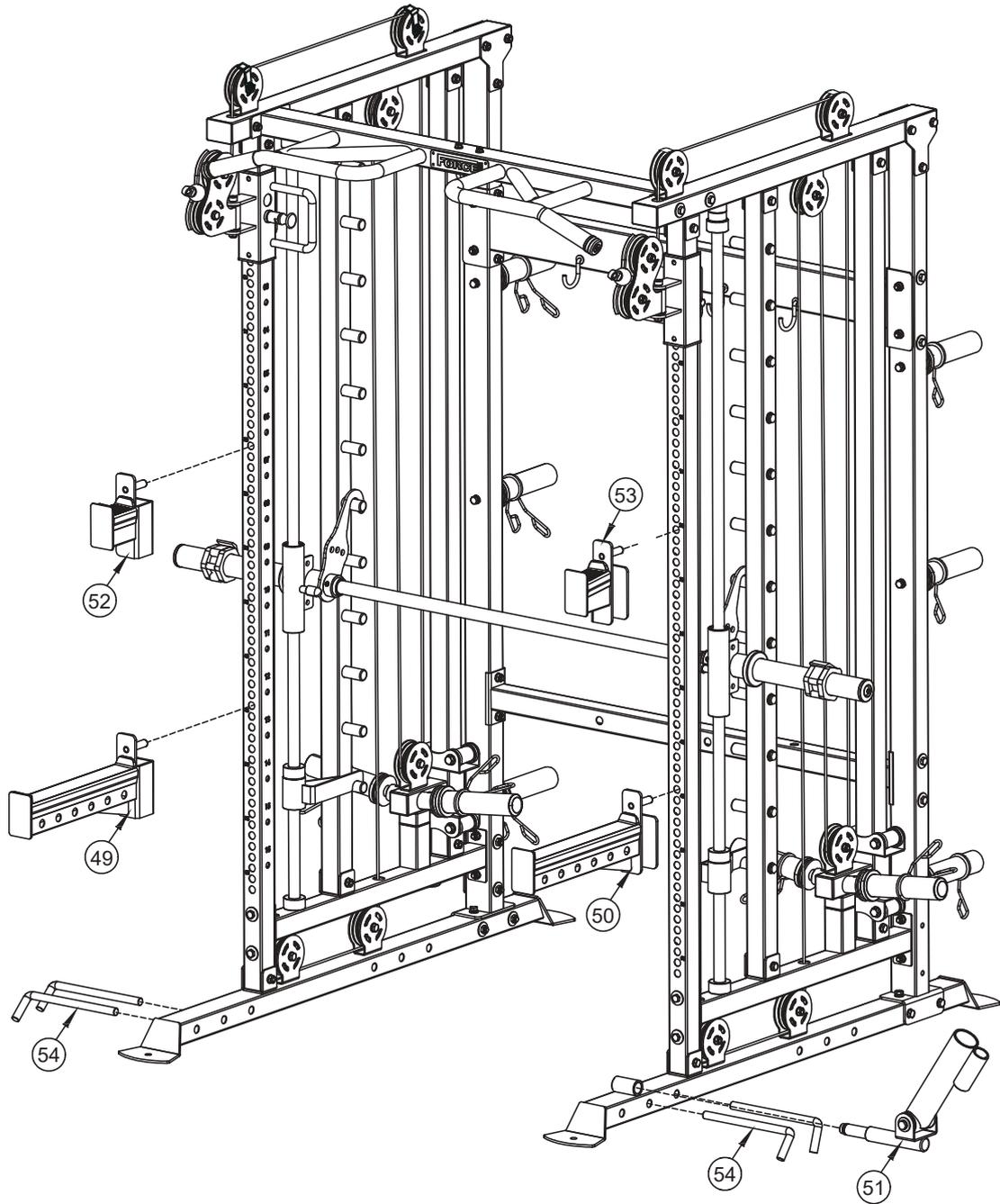
2

Attach the Barbell Storage Holder (#43) to the frame using 1 x Washer (M10)(#8), 1 x Big Flat Washer (M10)(#11), 1 x Lock Nut (M10)(#12) and 1 x Hexagon Bolt (M10)(#13) ensuring (#11) is on the inside.

3

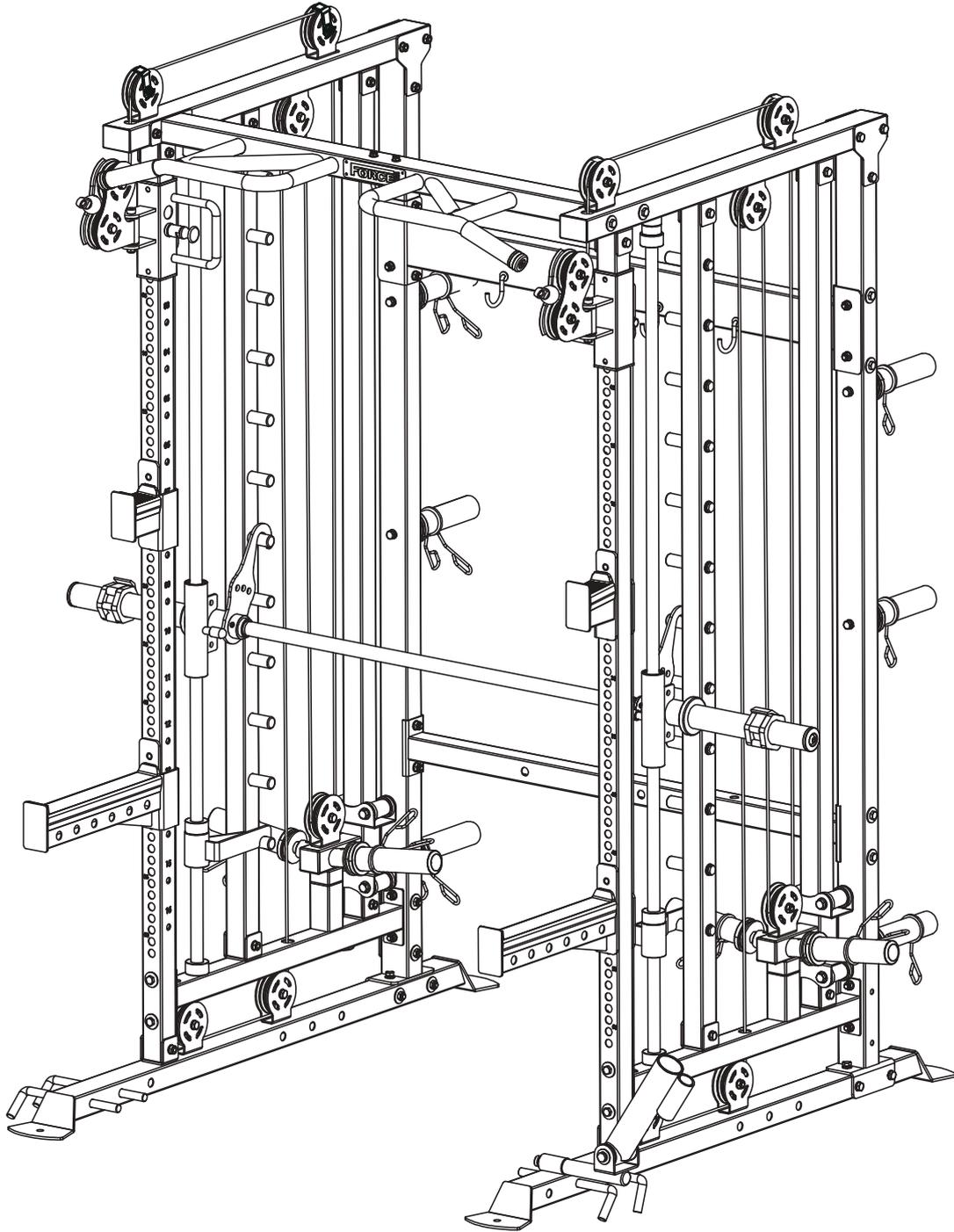
Attach the Olympic Weight Plate Holders to the frame using 1 x Washer (M10)(#8), 1 x Spring Washer (M10)(#9) and 1 x Hexagon Bolt (M10*25mm)(#46) per piece. Attach an Olympic Spring Collar (#36) to each piece

STEP 10 - PARTS & HARDWARE



Key No.	Description	Note	Quantity
49	Front Safety - Left		1
50	Front Safety - Right		1
51	Core Trainer		1
52	J Hook - Left		1
53	J Hook - Right		1
54	Band Peg	Φ17*250*77I	4

STEP 10 - ASSEMBLY



1

Attach Right and Left Front Safeties (#50) and (#49), Right and Left J Hooks (#53) and (#52) and 4 x Band Pegs (#54) at the desired location.

2

Attach Core Trainer (#51).

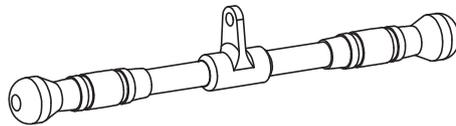
ATTACHMENTS AND ACCESSORIES

Illustrations may appear different than actual attachments

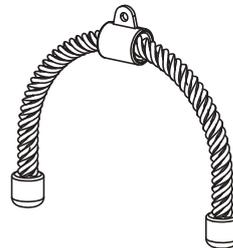
CONNECTION BAR - STRAIGHT



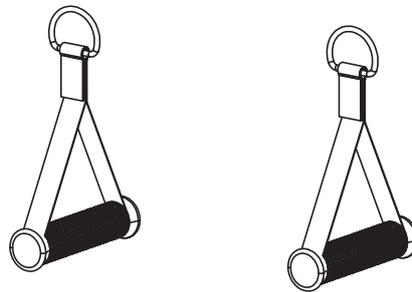
SHORT STRAIGHT BAR



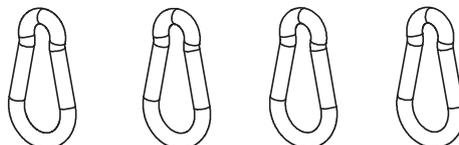
TRICEP ROPE



SINGLE STIRRUP - NYLON



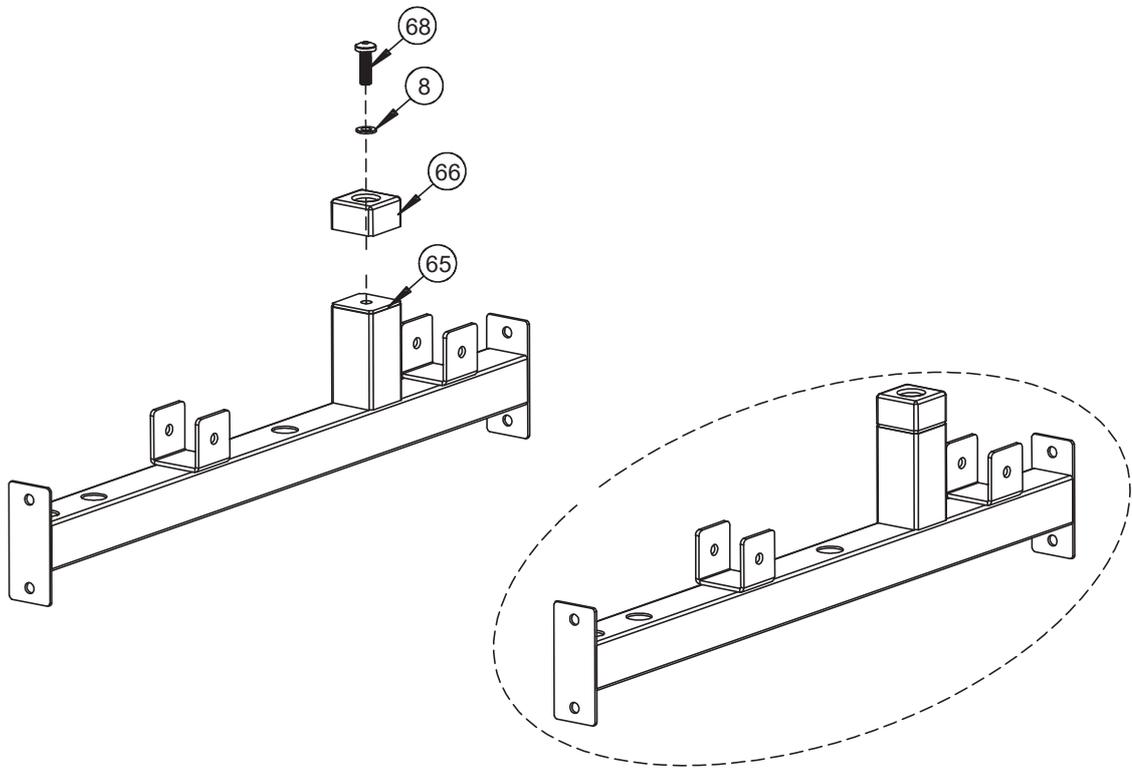
CARABINER



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 and 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.

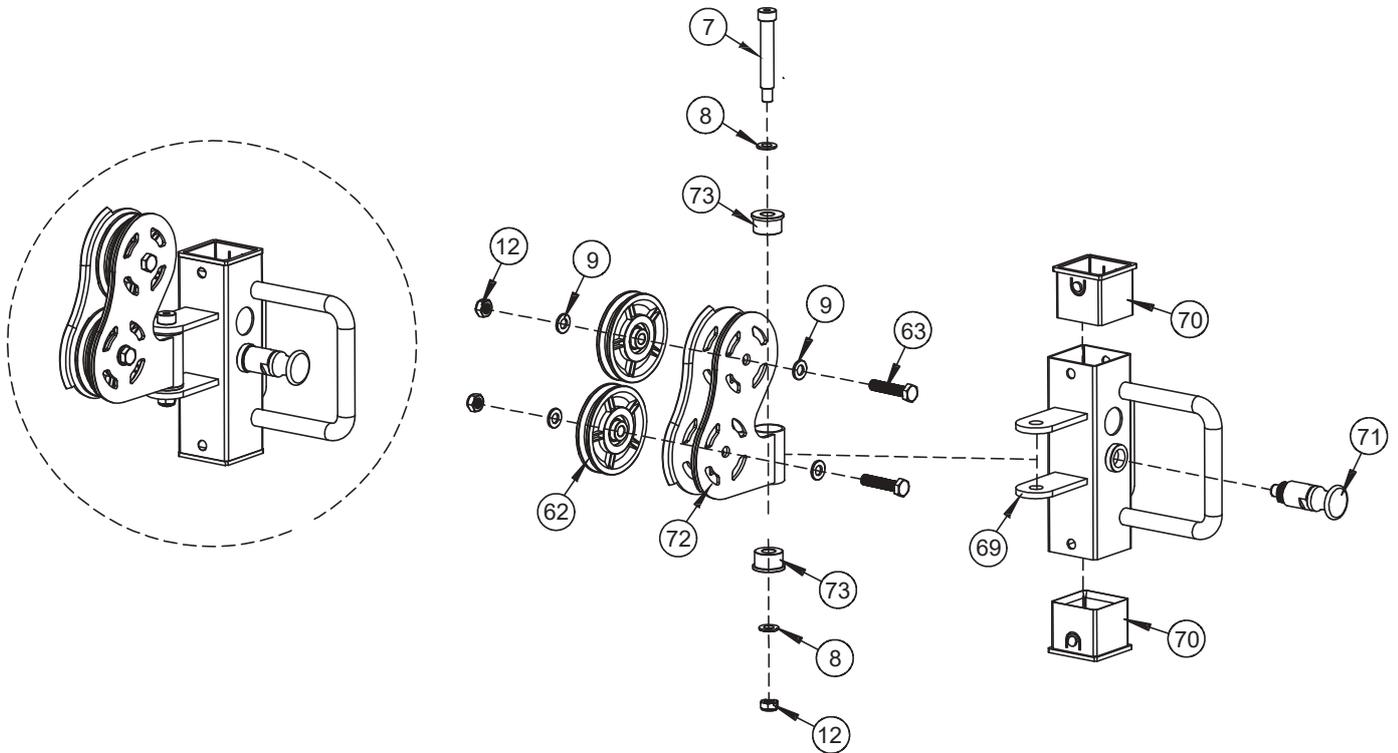
PART #14 LOWER CONNECTION FRAME



Key No.	Description	Note	Quantity
8	Washer	Φ10	1
65	Lower Connection Tube Frame		1
66	Square Bumper	Φ50*50*30	1
68	Hexagon Socket Button Head Screws	M10*35	1

EXPLODED DIAGRAMS

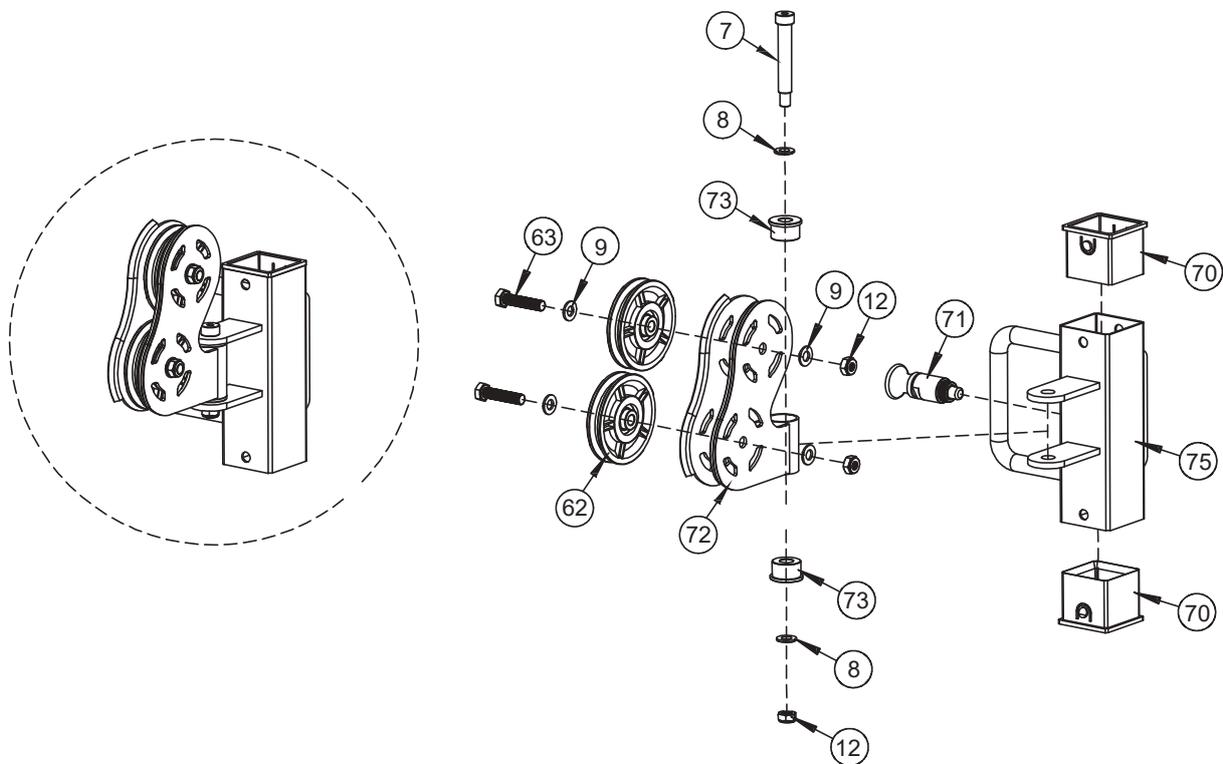
PART #18 PULLEY SLIDER LEFT



Key No.	Description	Note	Quantity
7	Bolt	$\Phi 13 * \Phi 94$	1
8	Washer	$\Phi 12$	2
9	Washer	$\Phi 10$	4
12	Lock Nut	M10	3
62	Pulley	$\Phi 92$	2
63	Hexagon Bolt	M10*45	2
69	Pulley Slider Handle - Left		1
70	Bushing	50-60	2
71	Pop Pin		1
72	Pulley Bracket		1
73	Circular Bushing	$\Phi 32 * 18$	2

EXPLODED DIAGRAMS

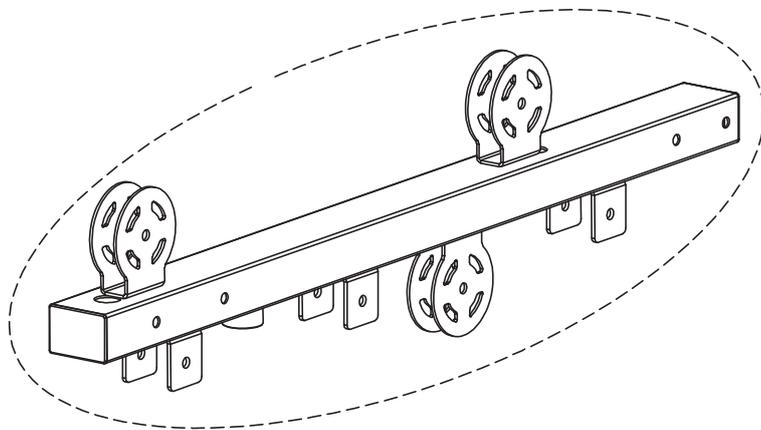
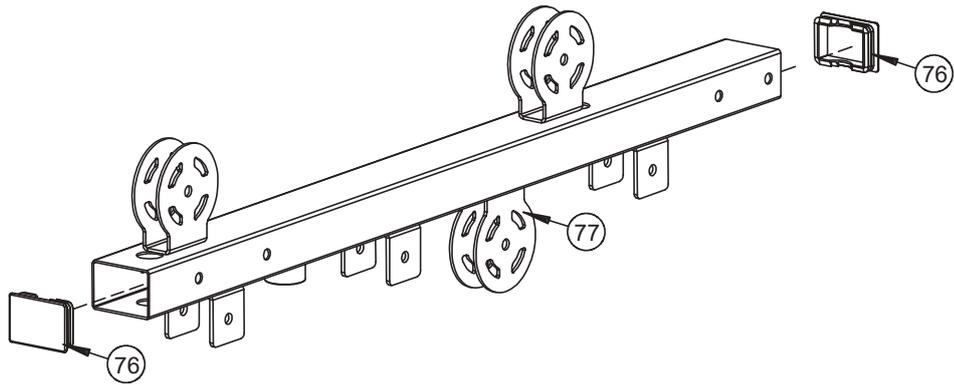
PART #17 PULLEY SLIDER RIGHT



Key No.	Description	Note	Quantity
7	Bolt	$\Phi 13 * \Phi 94$	1
8	Washer	$\Phi 12$	2
9	Washer	$\Phi 10$	4
12	Lock Nut	M10	3
62	Pulley	$\Phi 92$	2
63	Hexagon Bolt	M10*45	2
70	Bushing	50-60	2
71	Pop Pin		1
72	Pulley Bracket		1
73	Circular Bushing	$\Phi 32 * 18$	2
75	Pulley Slider Handle - Right		1

EXPLODED DIAGRAMS

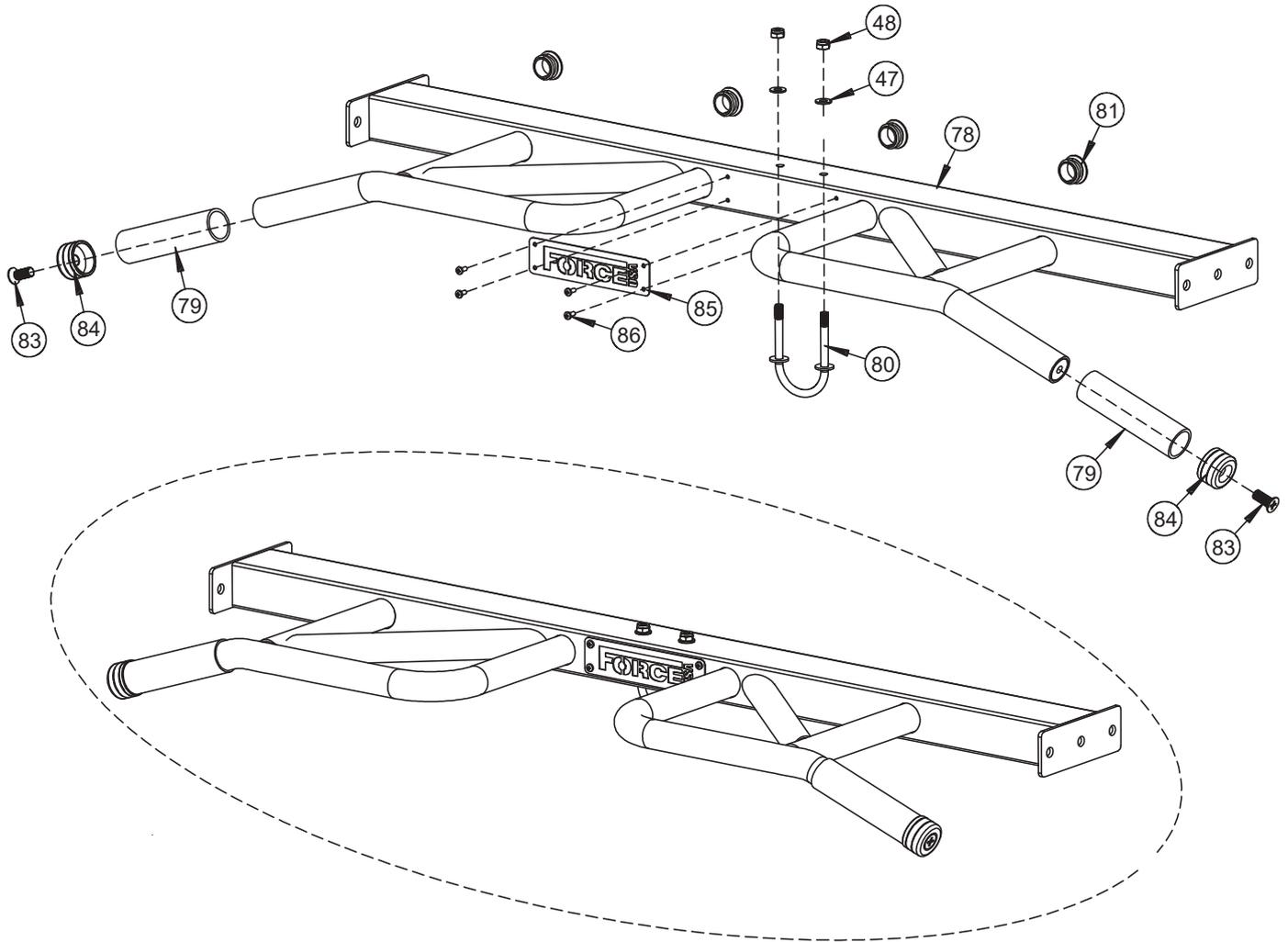
PART #19 UPPER CONNECTION FRAME



Key No.	Description	Note	Quantity
76	End Cap	$\Phi 50*70*2$	2
77	Upper Connection Tube Frame		1

EXPLODED DIAGRAMS

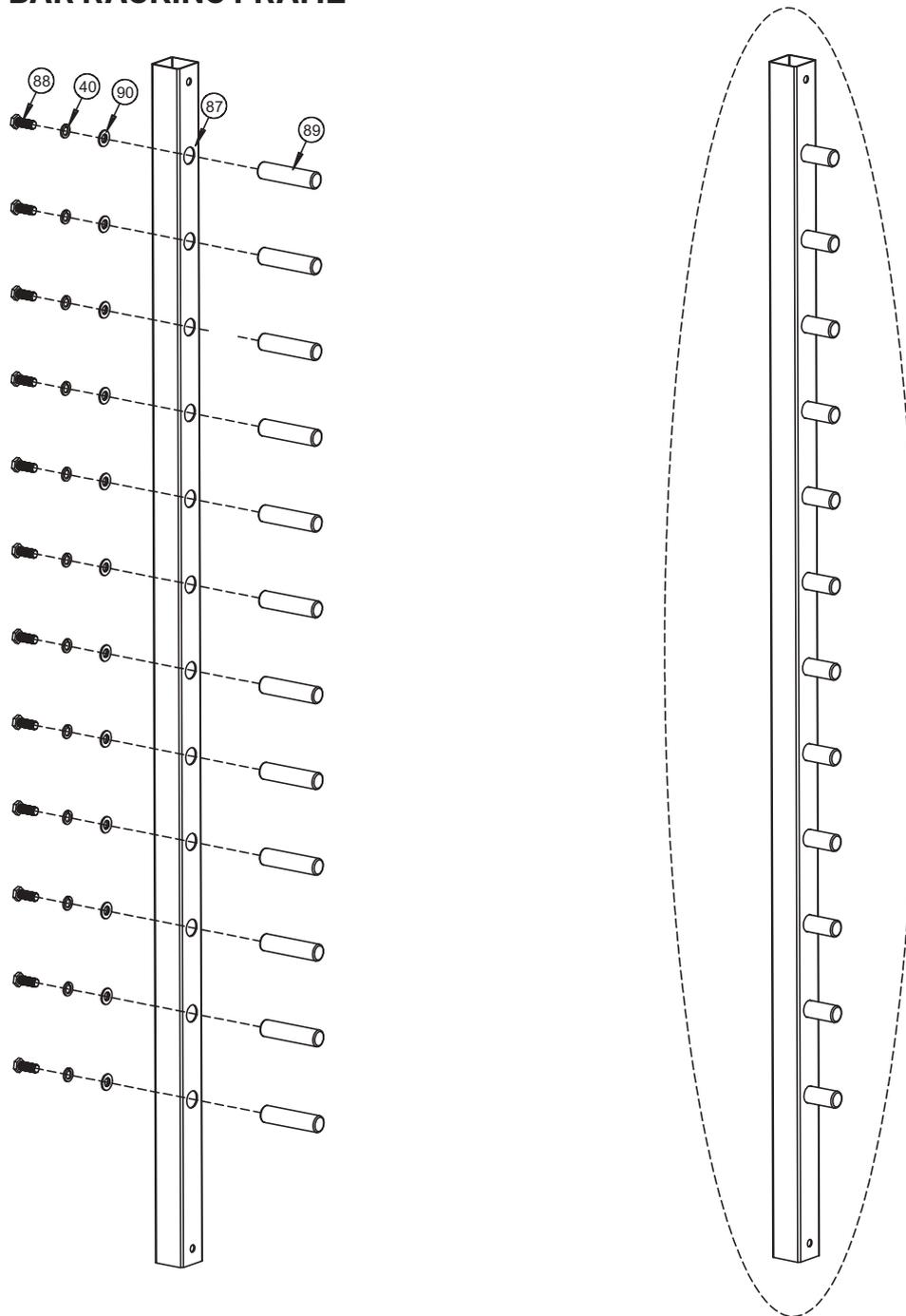
PART #21 CHIN UP FRAME



Key No.	Description	Note	Quantity
47	Flat Washer	Φ8	2
48	Lock Nut	M8	2
78	Chin Up Frame Tube		1
79	Chin Up Grip	Φ38* Φ32*130	2
80	Resistance Band Hook		1
81	Round End Cap	Φ32*1.5	4
83	Cross Recessed Countersunk Head Screw	M10*25	2
84	Chin Up Handle Lock Ring	Φ38*32*32	2
85	Force USA Logo Plate		1
86	Flat Round Head Blind Rivet	4*10	4

EXPLODED DIAGRAMS

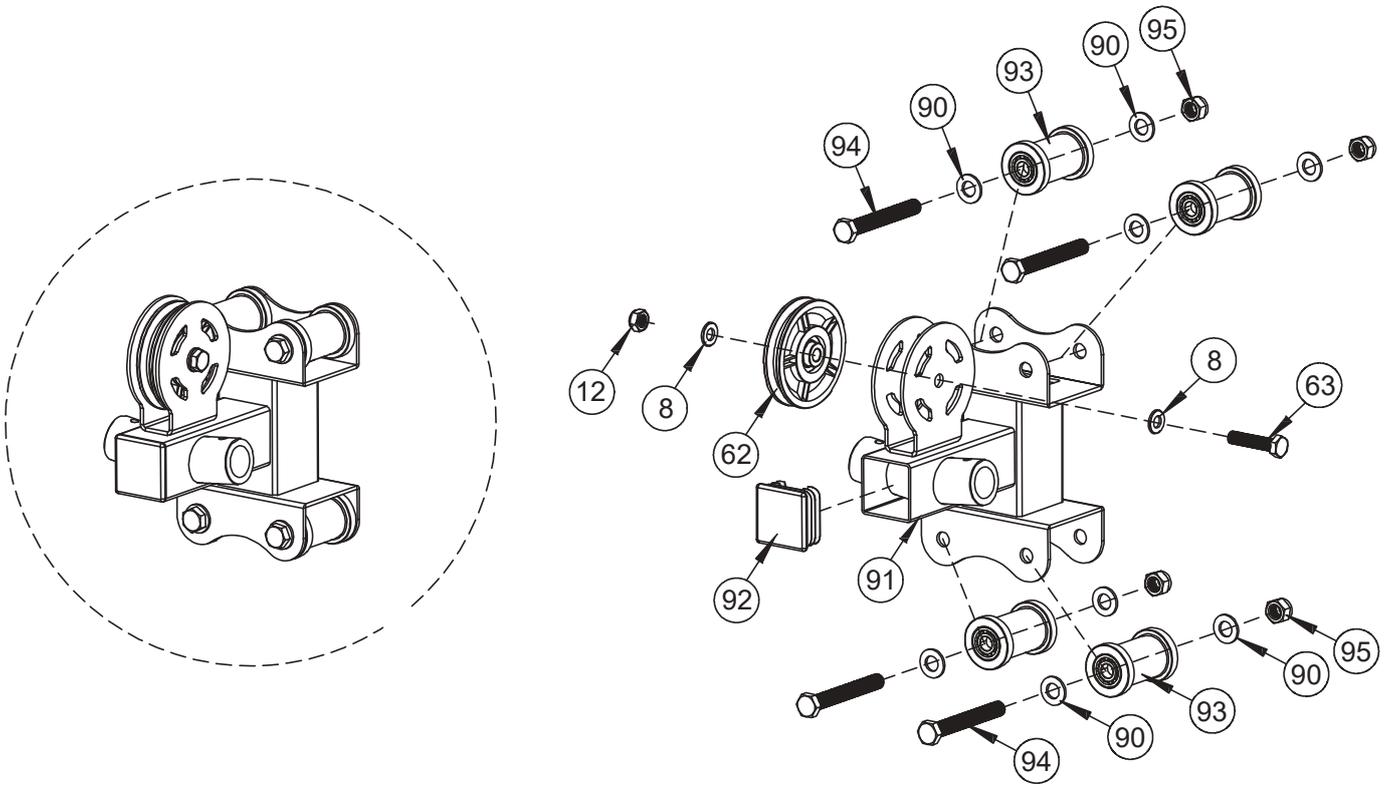
PART #24 SMITH BAR RACKING FRAME



Key No.	Description	Note	Quantity
40	Spring Washer	Φ12	12
87	Smith Bar Racking Tube Frame		1
88	Hexagon Bolt	M12*25	12
89	Smith Bar Racking Pin		12
90	Flat Washer	Φ12	12

EXPLODED DIAGRAMS

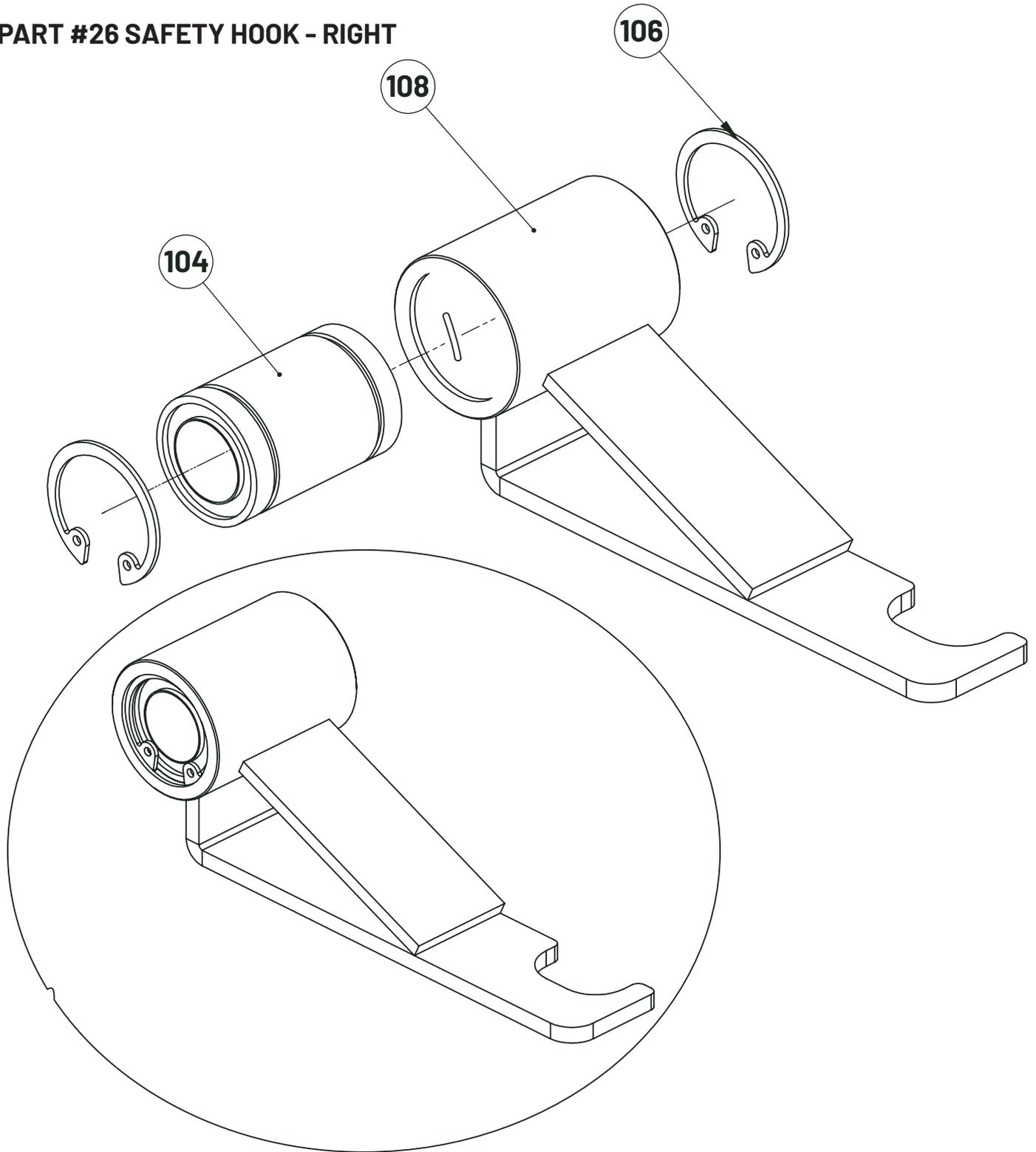
PART #25 WEIGHT PLATE CARRIAGE



Key No.	Description	Note	Quantity
8	Washer	Φ10	2
12	Lock Nut	M10	1
62	Pulley	Φ92	1
63	Hexagon Bolt	M10*45	1
90	Flat Washer	Φ12	8
91	Weight Carriage Frame Tube		1
92	End Cap	Φ50*50*2	1
93	Roller		4
95	Lock Nut	M12	4
94	Hexagon Bolt		4

EXPLODED DIAGRAMS

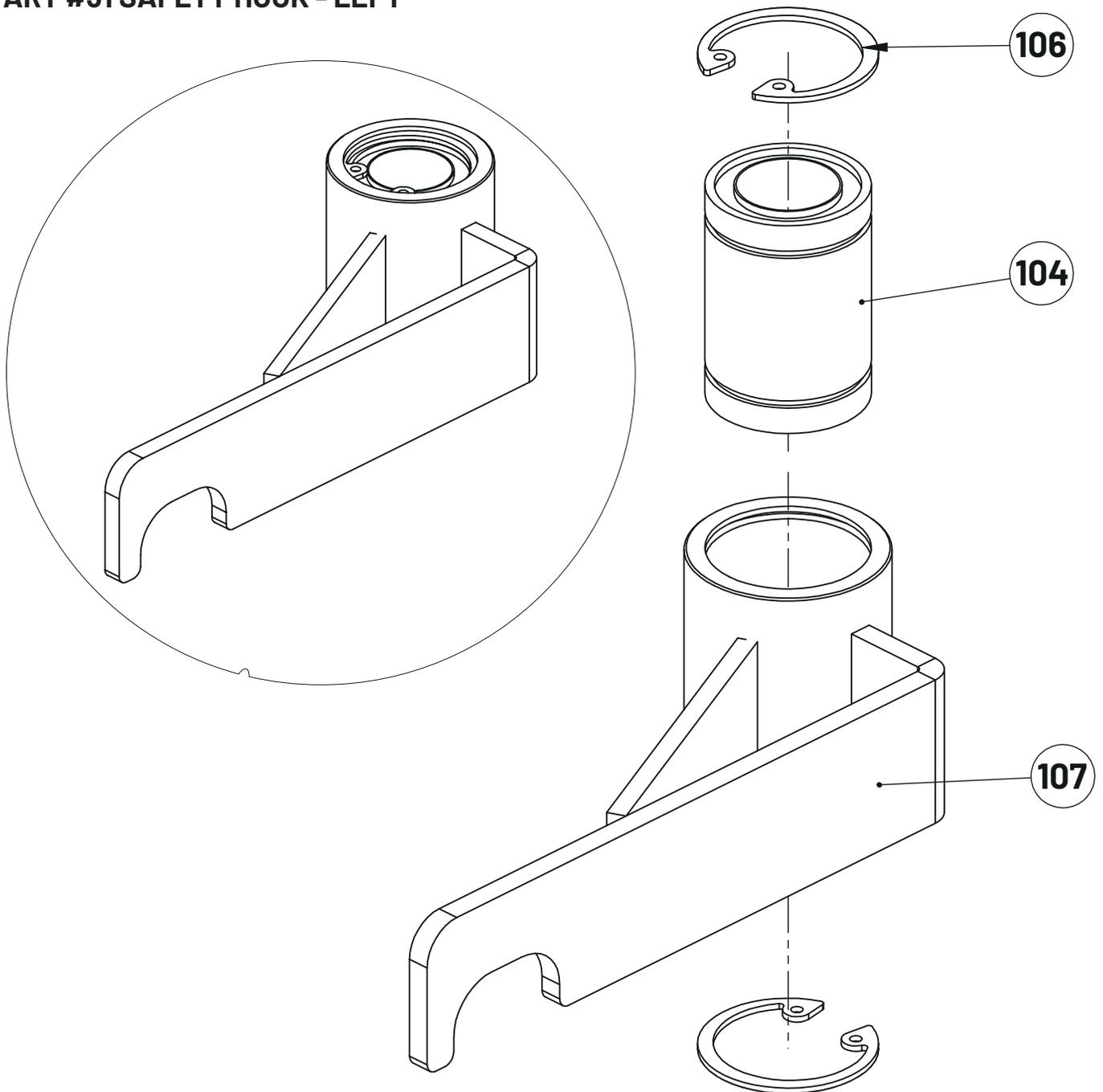
PART #26 SAFETY HOOK - RIGHT



Key No.	Description	Note	Quantity
104	Linear Bearing		1
106	Circlip		2
108	Safety Hook Tube - Right		1

EXPLODED DIAGRAMS

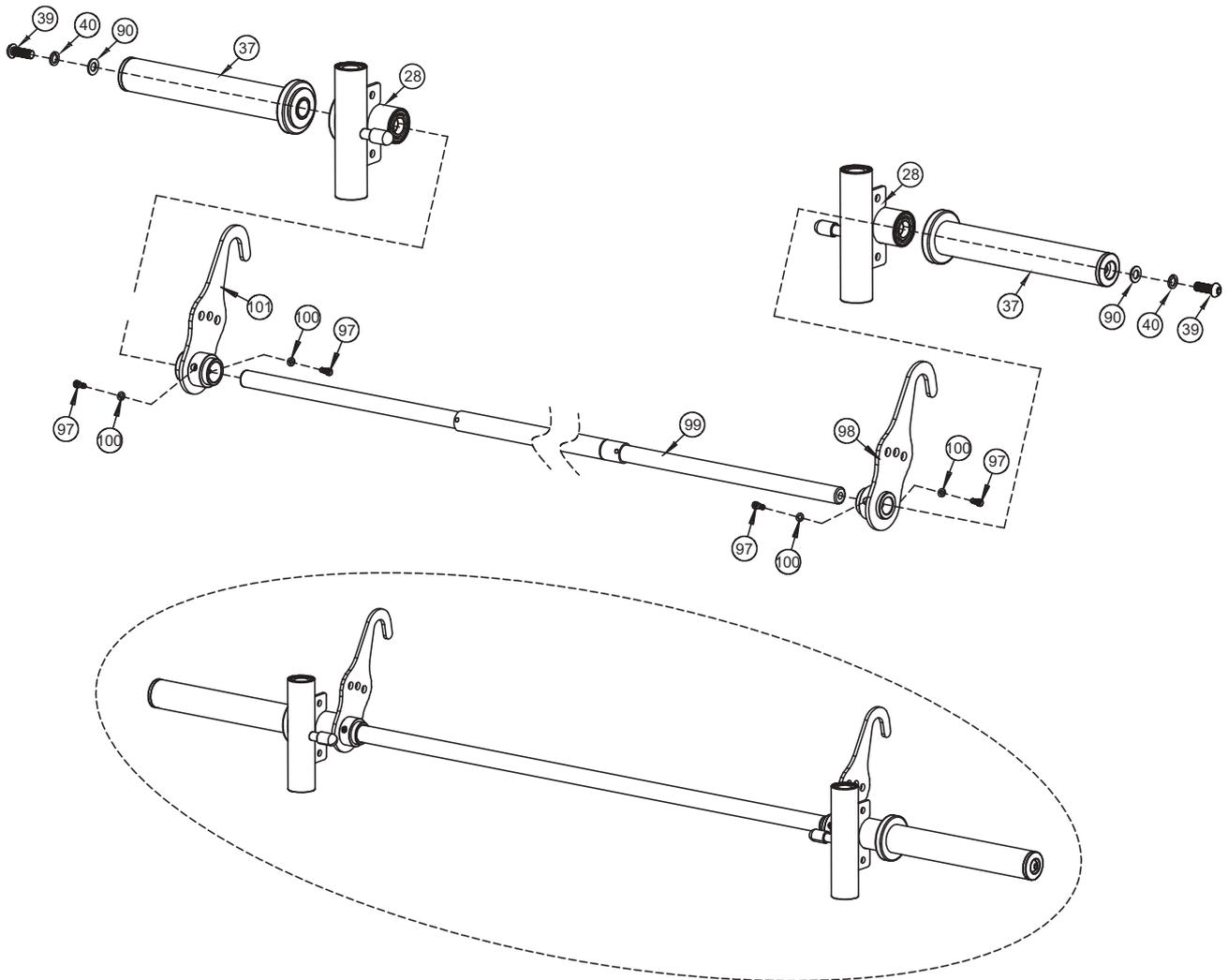
PART #31 SAFETY HOOK - LEFT



Key No.	Description	Note	Quantity
107	Bearing Sleeve		1
104	Linear Bearing		1
106	Circlip		2

EXPLODED DIAGRAMS

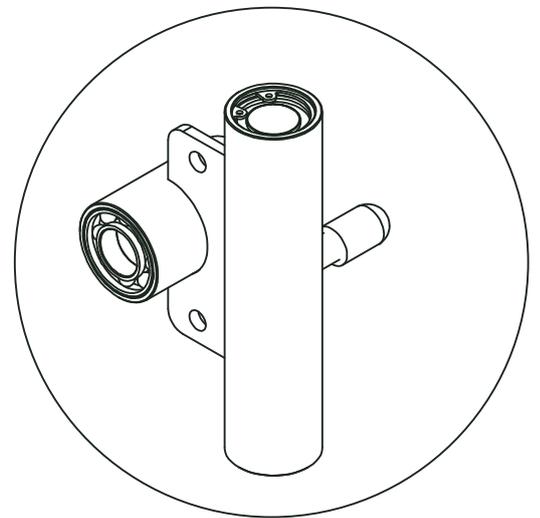
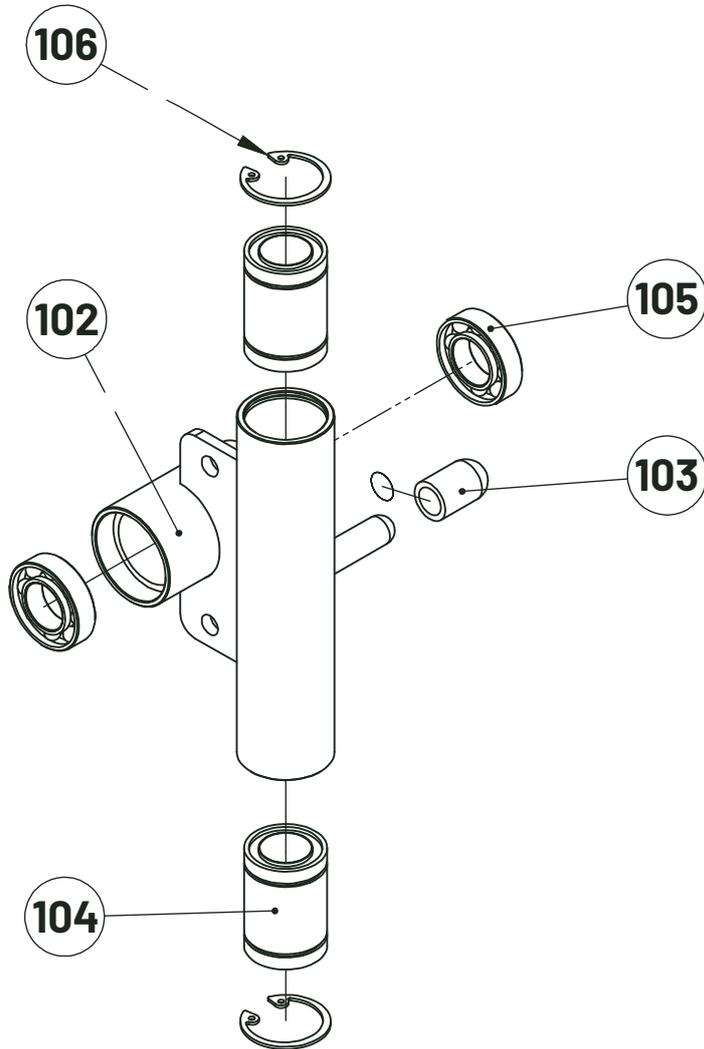
PART #29 SMITH BAR



Key No.	Description	Note	Quantity
28	Smith Bar Sliding Sleeve		2
37	Smith Bar Weight Plate Holder		2
39	Hexagon Socket Button Head Screws	M12*40	2
40	Spring Washer	Φ12	2
90	Flat Washer	Φ12	2
97	Hexagon Socket Button Head Screws	M6*16	4
98	Smith Bar Hook - Right		1
99	Smith Bar Internal Rod	Φ30*1860	1
100	Spring Washer	Φ6	4
101	Smith Bar Hook - Left		1

EXPLODED DIAGRAMS

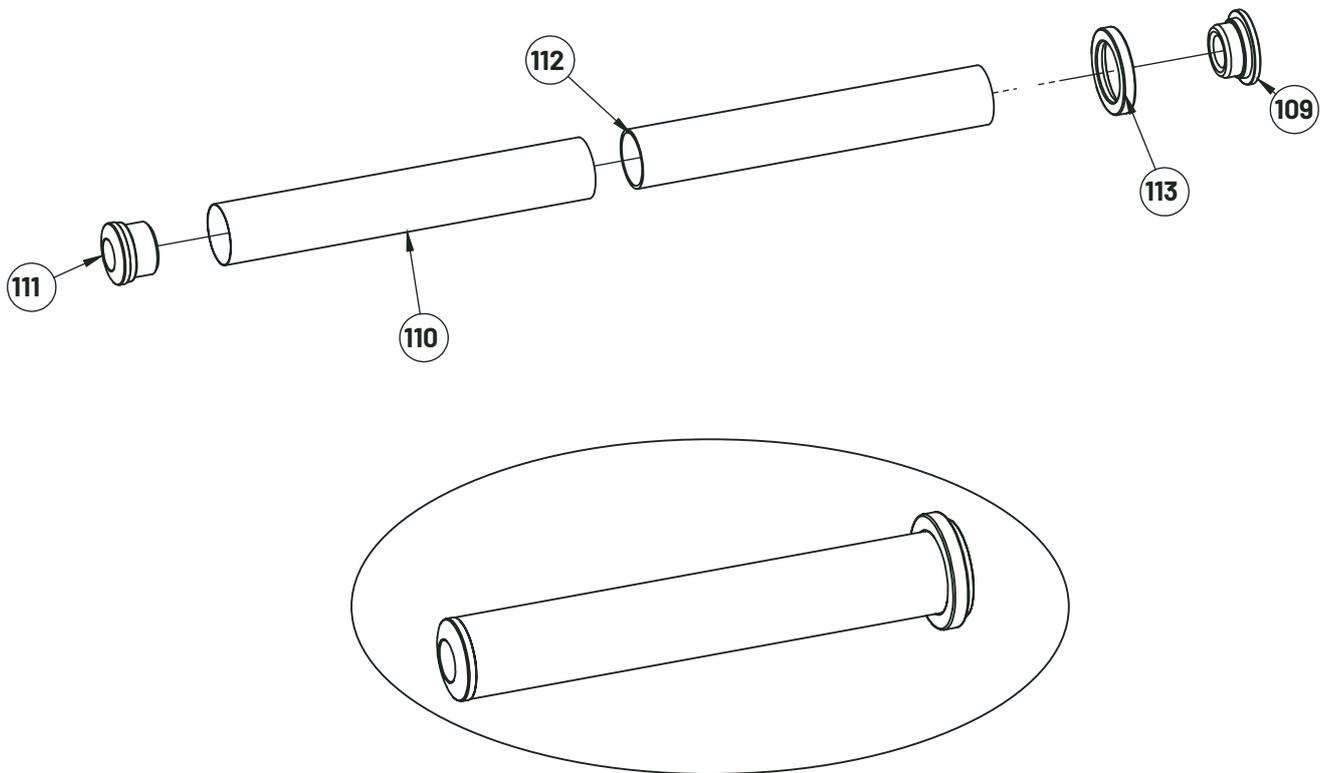
PART #28 SMITH BAR SLIDING SLEEVE



Key No.	Description	Note	Quantity
102	Rubber Protection Sleeve		1
103	Rubber Cover		1
104	Bearing Sleeve		2
105	Bearing	6005	2
106	Circlip		2

EXPLODED DIAGRAMS

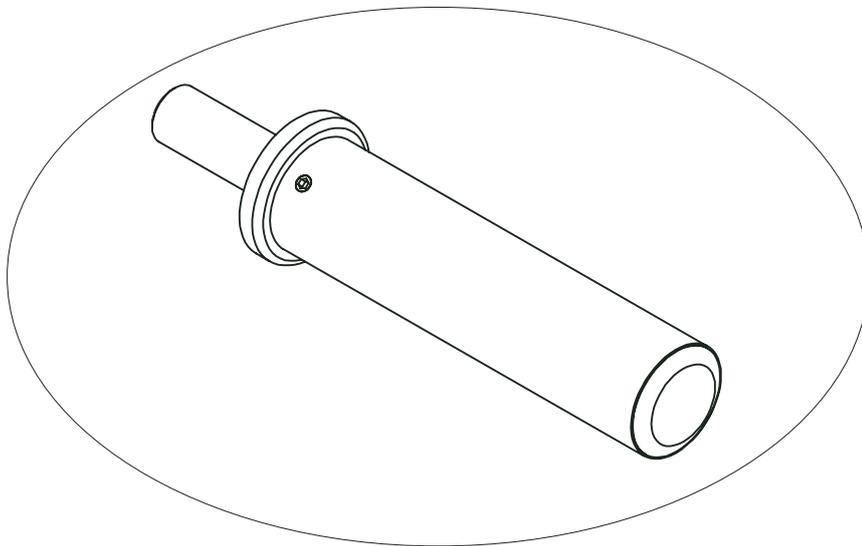
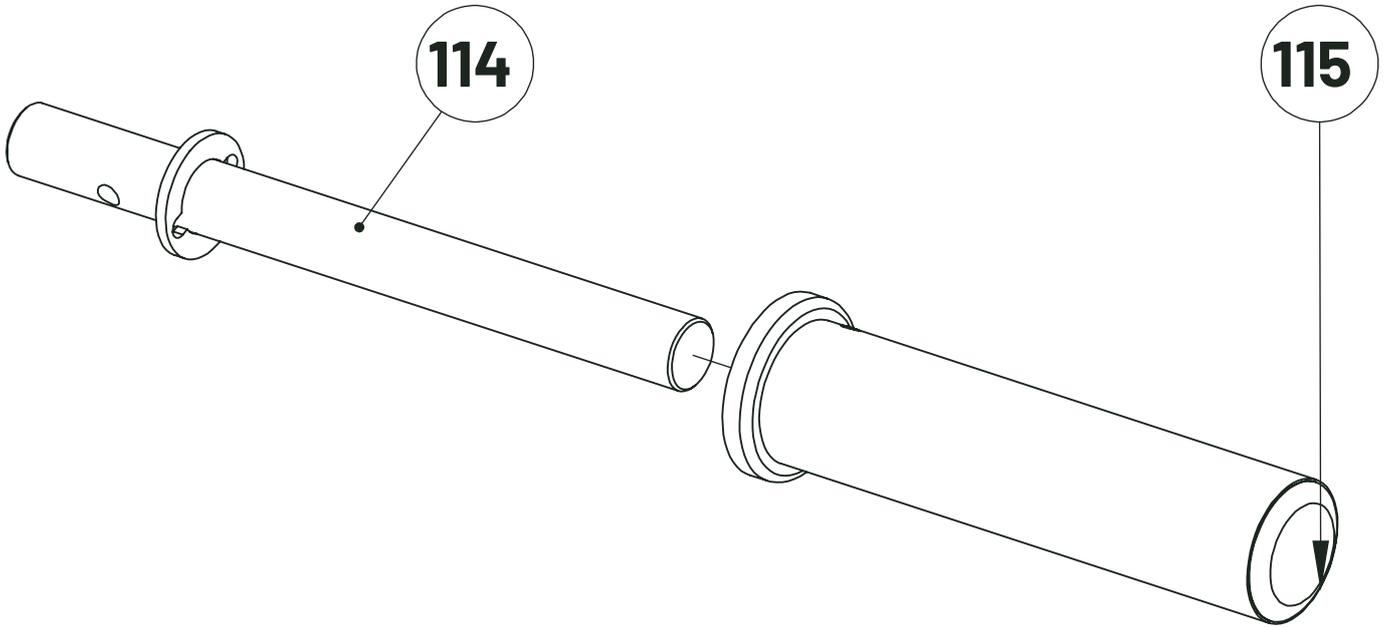
PART #37 SMITH BAR OLYMPIC WEIGHT PLATE HOLDER



Key No.	Description	Note	Quantity
109	Internal Bushing	$\Phi 60 \times 27$	1
110	Outer Sleeve - Smith Bar Weight Plate Holder	$\Phi 49.5 \times 0.6$	1
111	Smith Bar Weight Plate Sleeve End Cap	$\Phi 50 \times 37$	1
112	Inner Sleeve - Smith Bar Weight Plate Holder	$\Phi 48 \times 2.5$	1
113	Weight Plate Protection Ring	$\Phi 80 \times 13$	1

EXPLODED DIAGRAMS

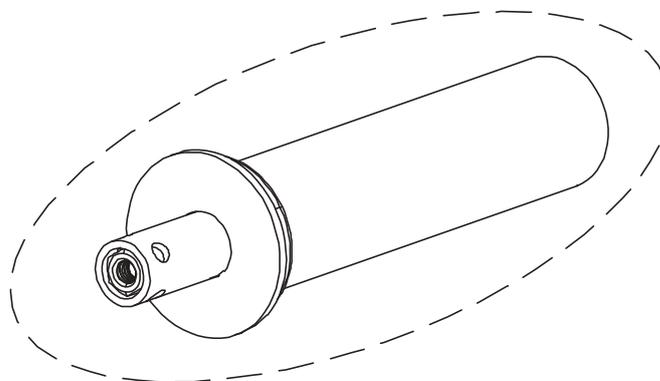
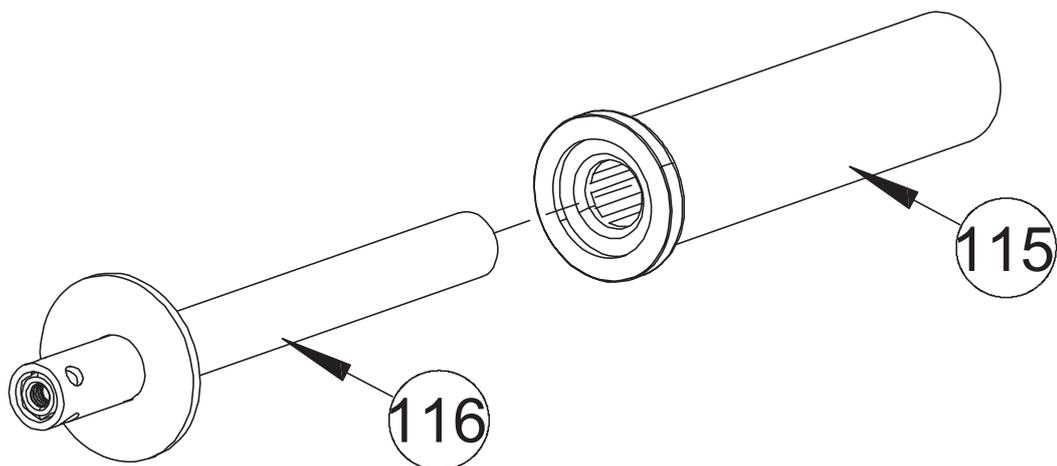
PART #35 WEIGHT PLATE CARRIAGE WEIGHT PLATE SLEEVE



Key No.	Description	Note	Quantity
114	Mounting Arm - Weight Plate Carriage		1
115	Olympic Sleeve - 210mm		1

EXPLODED DIAGRAMS

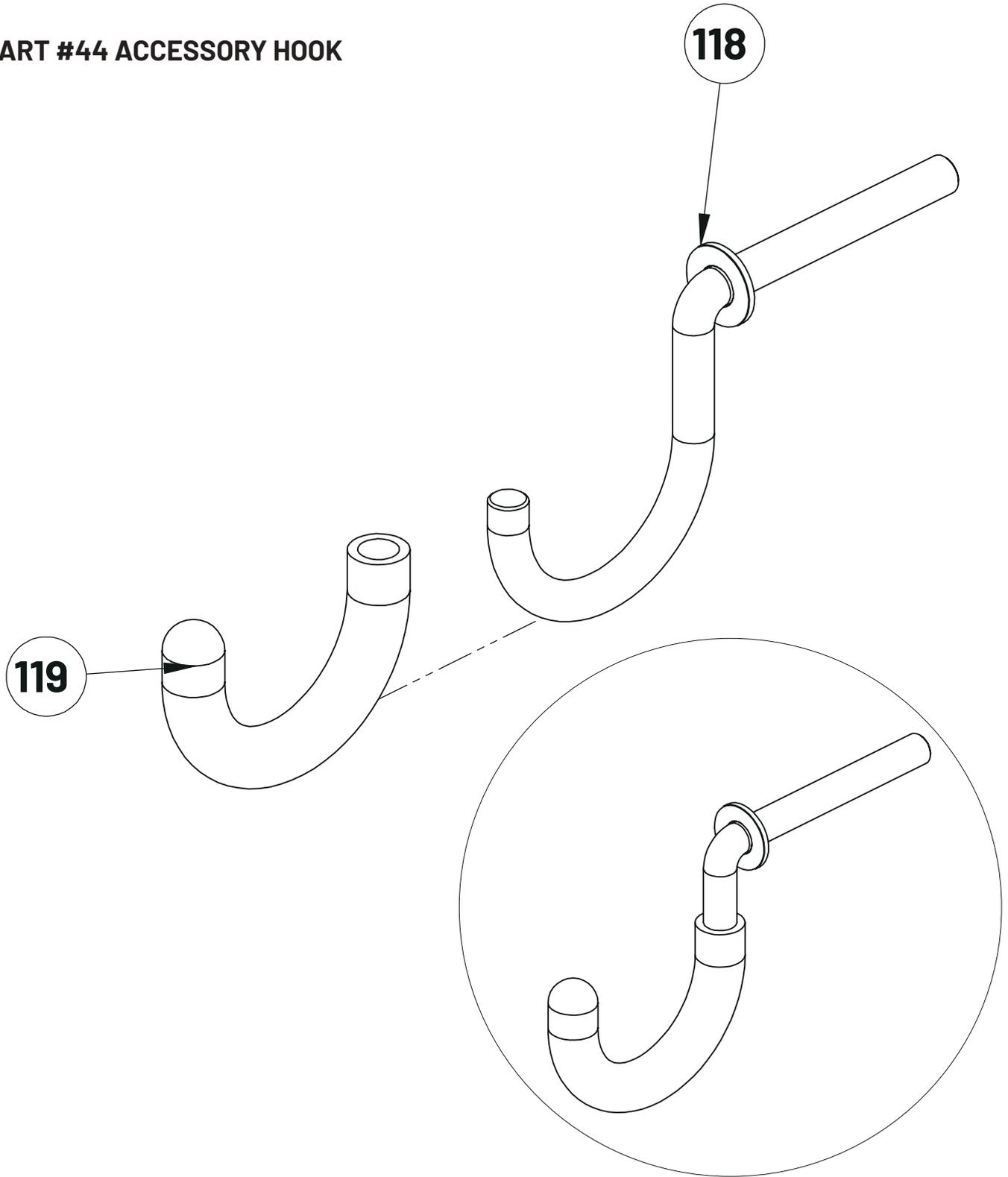
PART #45 OLYMPIC WEIGHT PLATE HOLDER



Key No.	Description	Note	Quantity
115	Olympic Sleeve - 210mm		1
116	Mounting Arm		1

EXPLODED DIAGRAMS

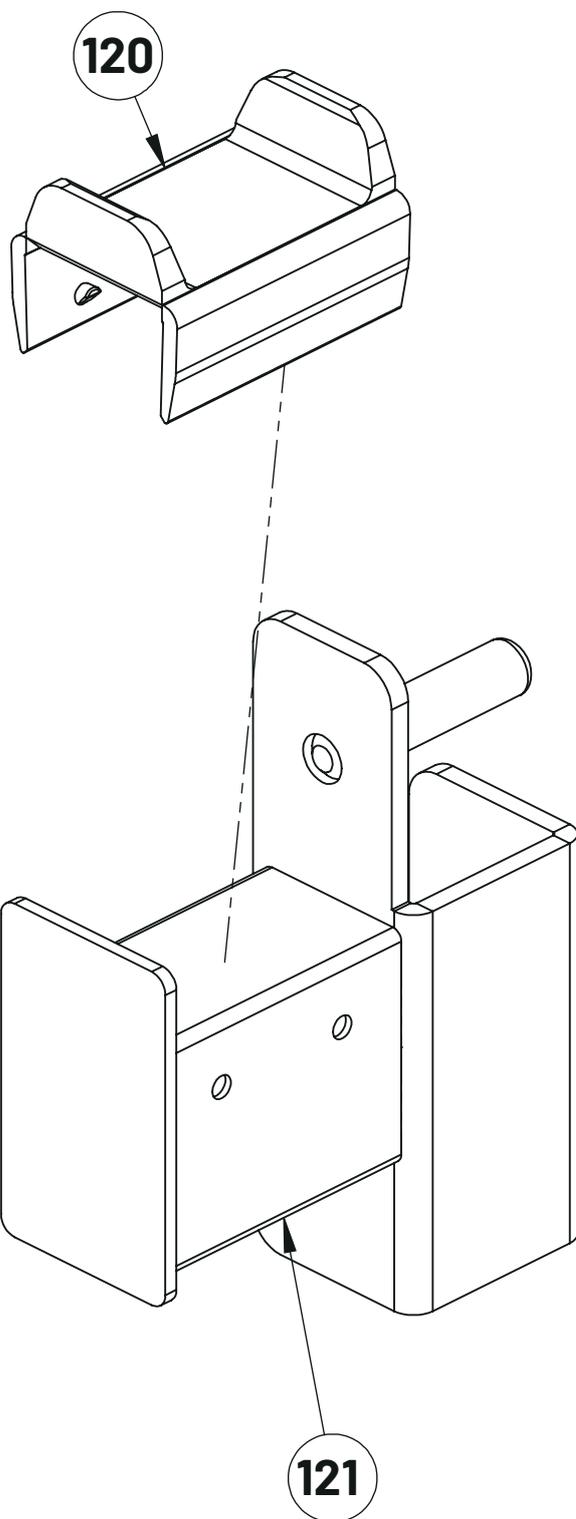
PART #44 ACCESSORY HOOK



Key No.	Description	Note	Quantity
118	Hook		1
119	Front Accessory Hook Cover	Φ8*100	1

EXPLODED DIAGRAMS

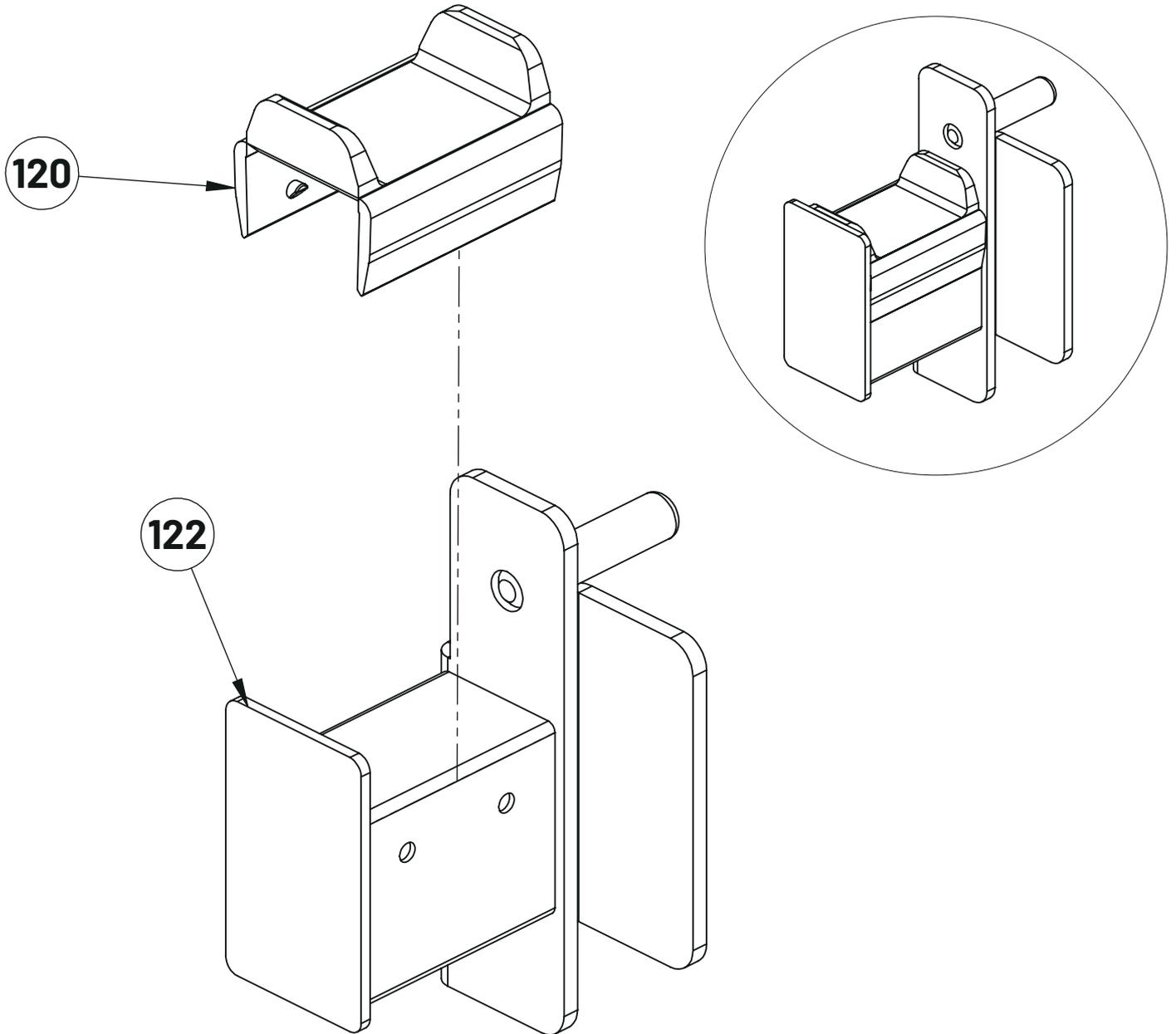
PART #52 J HOOK - RIGHT



Key No.	Description	Note	Quantity
120	J-Hook Rubber Cover		1
121	J Hook Tube - Right		1

EXPLODED DIAGRAMS

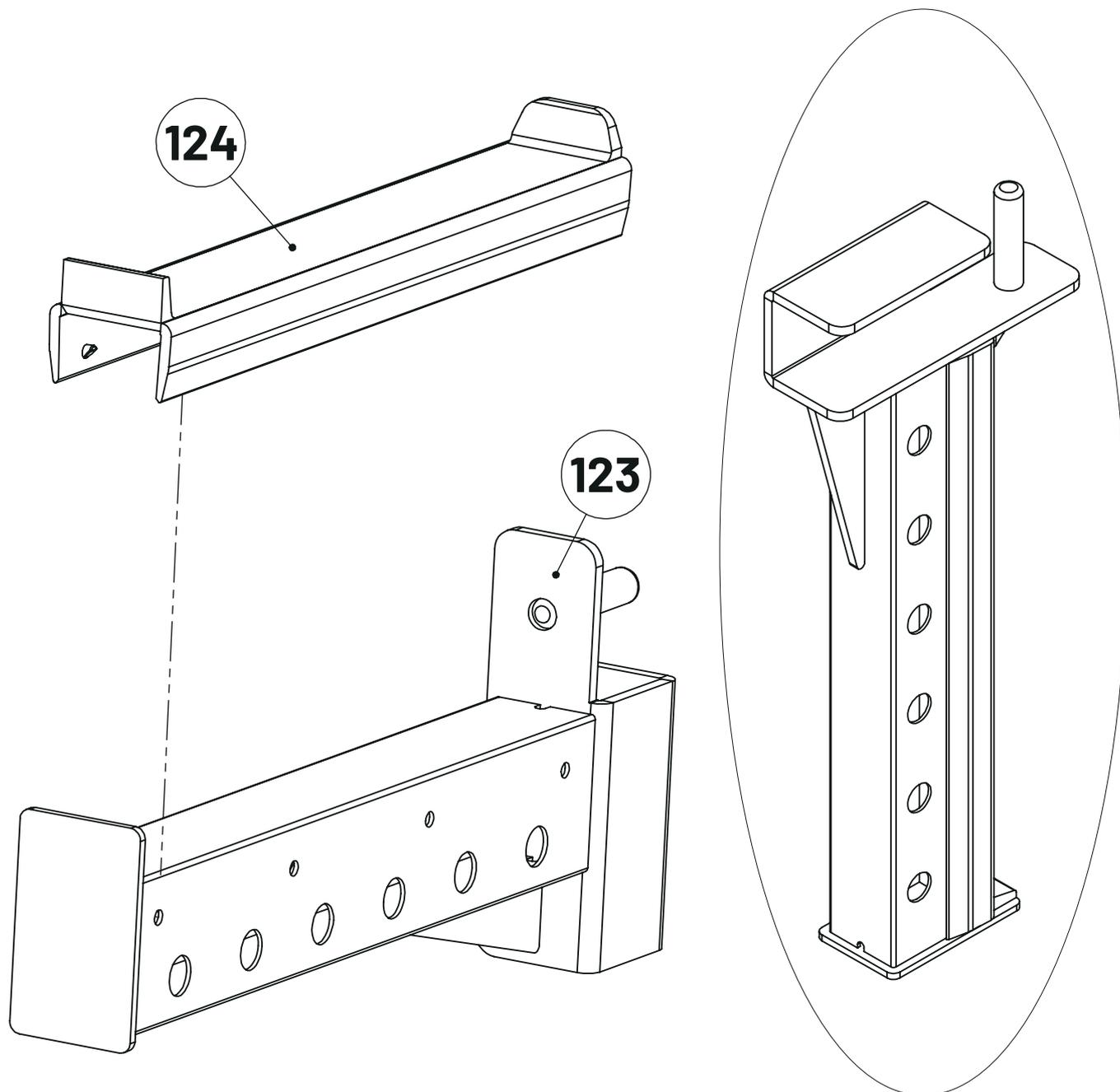
PART #53 J HOOK - LEFT



Key No.	Description	Note	Quantity
120	J Hook Rubber Protection Pad		1
122	J Hook Tube - Left		1

EXPLODED DIAGRAMS

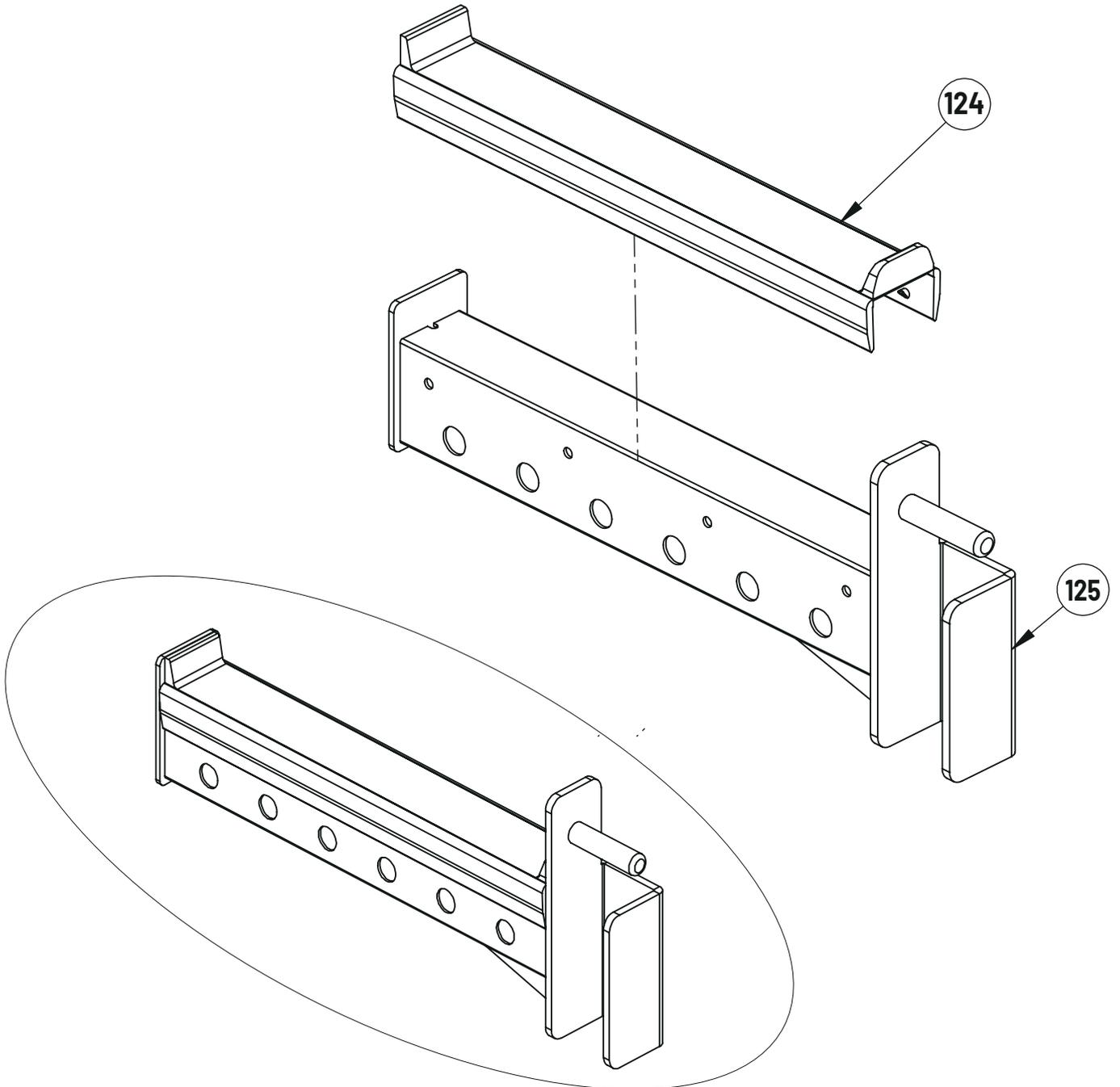
PART #49 FRONT SAFETY - RIGHT



Key No.	Description	Note	Quantity
123	Front Safety Tube - Right		1
124	Front Safety Rubber Protection Pad		1

EXPLODED DIAGRAMS

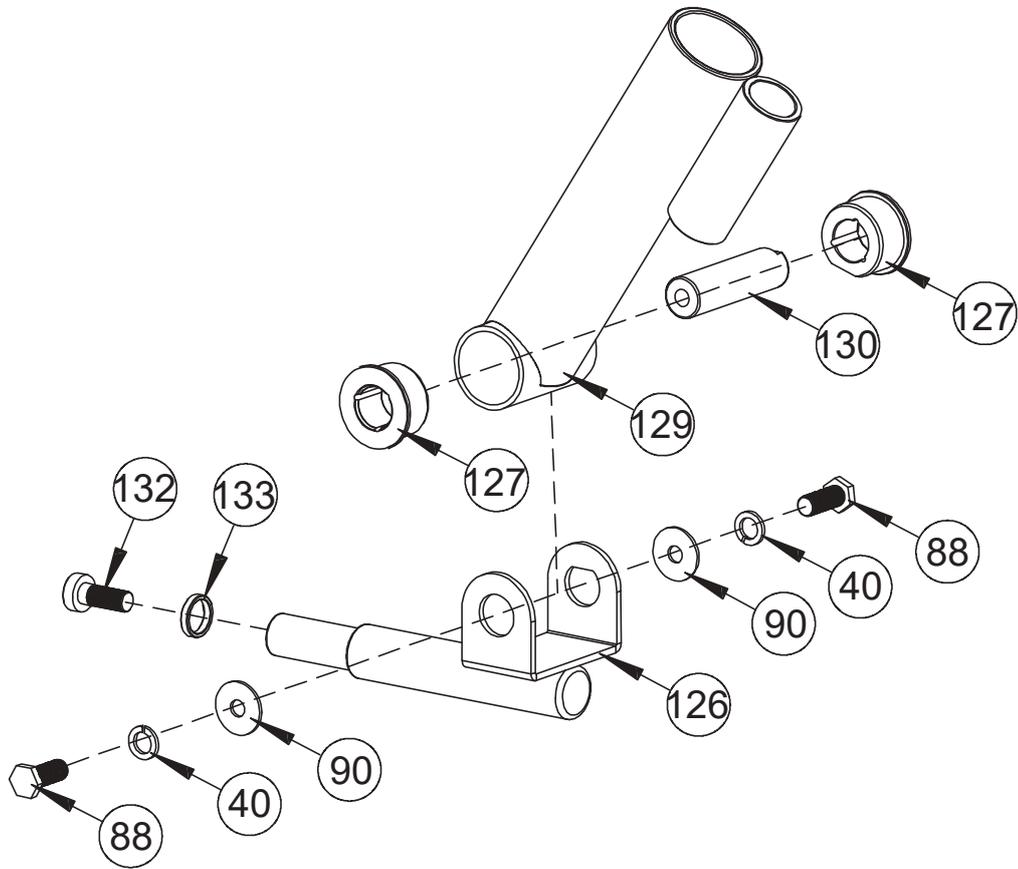
PART #50 FRONT SAFETY - LEFT



Key No.	Description	Note	Quantity
124	Front Safety Rubber Protection Pad		1
125	Front Safety Tube - Left		1

EXPLODED DIAGRAMS

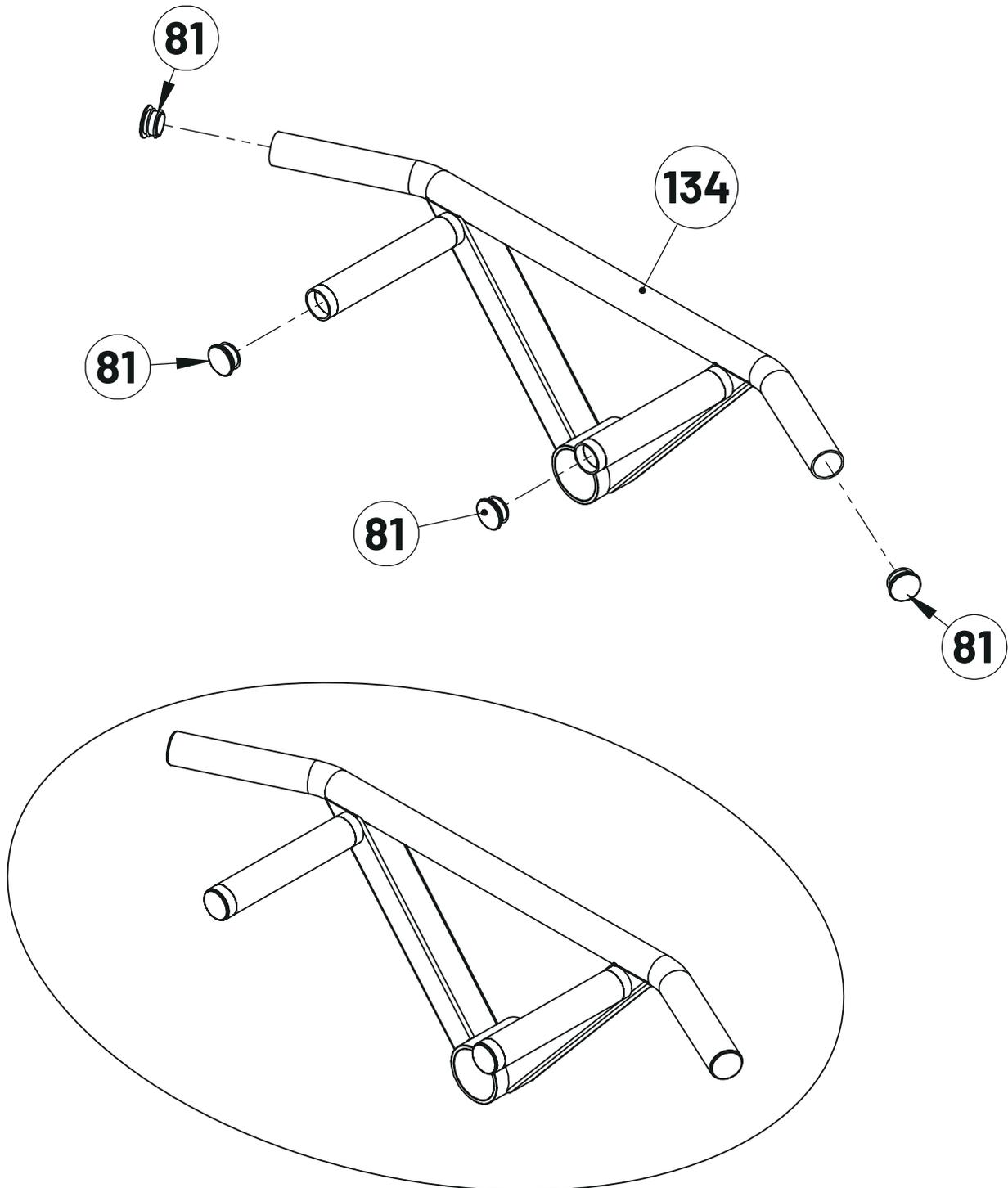
PART #51 CORE TRAINER



Key No.	Description	Note	Quantity
40	Spring Washer	Φ12	2
88	Hexagon Bolt	M12*25	2
90	Flat Washer	Φ12	2
126	Core Trainer Attachment Frame		1
127	Circular Bushing	Φ50*Φ47*Φ25*15	2
129	Barbell Holder - Core Trainer		1
130	Internal Shaft - Core Trainer	Φ25*77*M12	1
132	Core Trainer Locking Pin	φ22*39.5	1
133	Core Trainer Locking Ring	Φ25*Φ20*5	1

EXPLODED DIAGRAMS

PART #59 CORE TRAINER HANDLE



Key No.	Description	Note	Quantity
134	Lift Handle		1
81	Round Tube End Cap		4

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



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

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