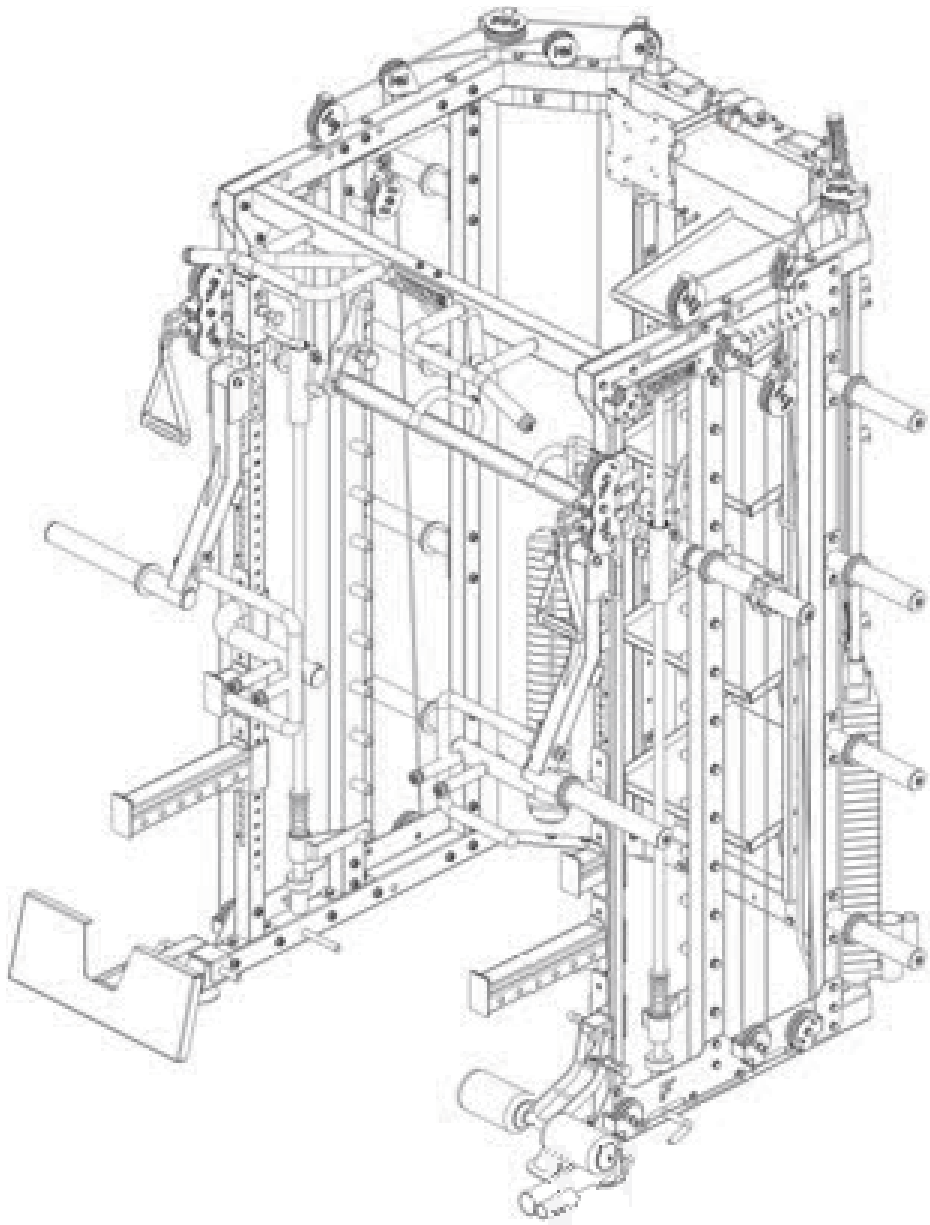


FORCE USA



OWNERS MANUAL | **F-G15**

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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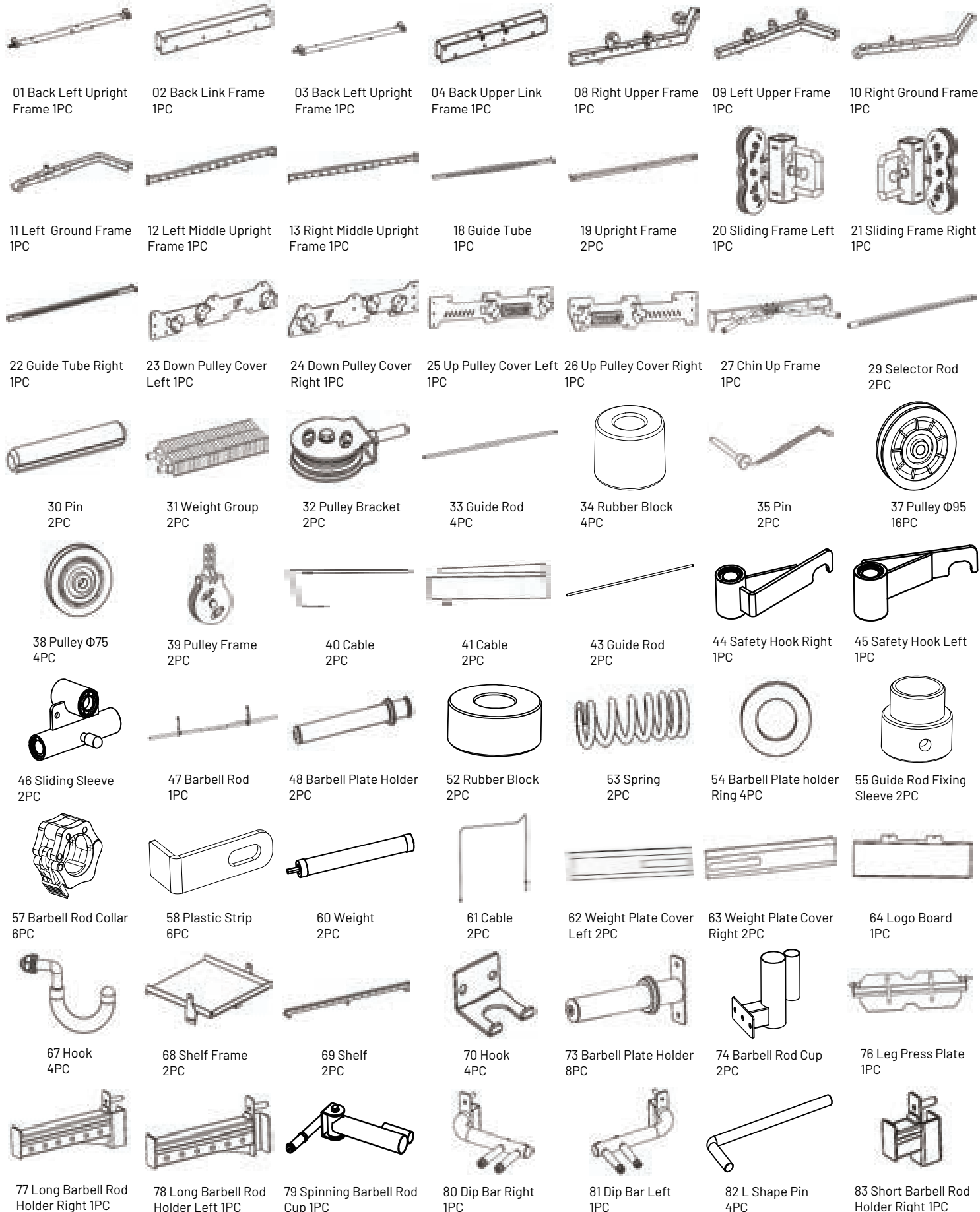
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PART IDENTIFICATION

Use the drawing below to identify small parts used in assembly.

IMPORTANT: if you cannot find a part in the hard ware kit, check to see if it has been reassembled.

Extra hardware may be included.





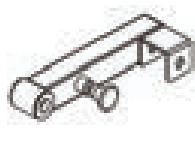
84 Short Barbell Rod Holder Left 1PC



85 Selector Part 1PC



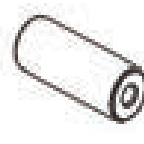
86 Leg Curl Frame 1PC



87 Link Frame 1PC



88 Foot Plate 1PC



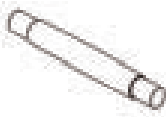
89 Internal Thread Shaft 1PC



90 Link Frame 1PC



91 Selector Frame 1PC



92 Shaft 2PC



93 TV Bracket 1PC



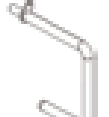
95 Hand Hold 2PC



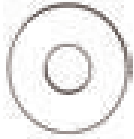
96 Push Frame Left 1PC



97 Link Part 2PC



98 Handle Left 1PC



100 Washer 2PC



105 Internal Thread Shaft 2PC



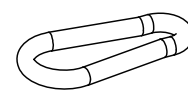
106 Lock Knob 2PC



108 Push Arm Right 1PC



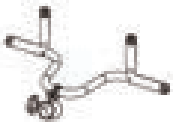
109 Handle Right 1PC



110 Snap Hook 1PC



111 Curved Bar 1PC



112 Lift Device 1PC



113 Snap Hook With Chain 4PCS



114 Ship Bar 1PCS



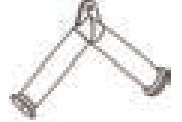
115 Long Bar 1PCS



116 Handle 2PC



117 Short Bar 1PC



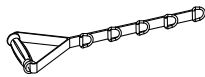
118 V Bar 1PC



119 Triangle Handle 1PC



120 Triceps Rope 1PC



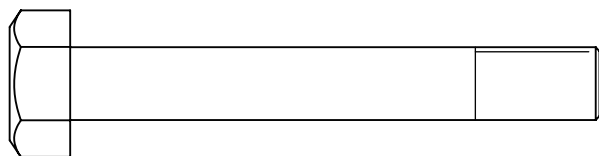
121 Handle Belt 2PC



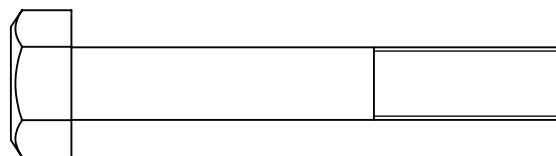
198 Ankle Strap 1PC

HARDWARE IDENTIFIER

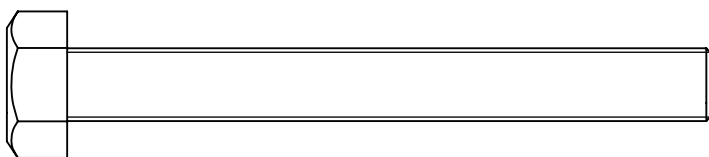
Note. The following parts are not drawn to scale, Please use your own ruler to measure the size.



M10*70 52PCS



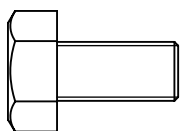
M10*65 4PCS



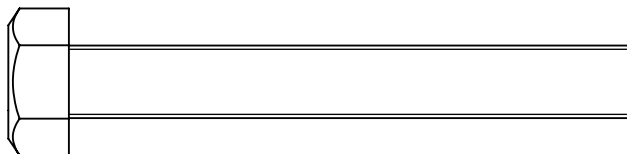
M10*85 2PCS



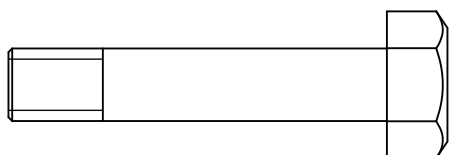
M8*10 4PCS



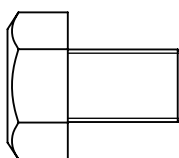
M8*16 8PCS



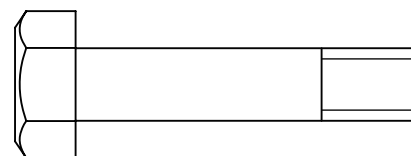
M10*75 22PCS



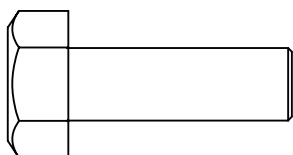
M10*50 6PCS



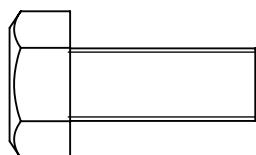
M10*16 12PCS



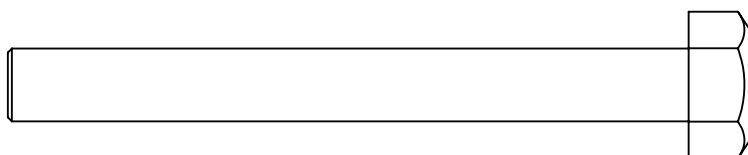
M10*45 14PCS



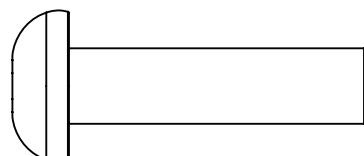
M10*25 12PCS



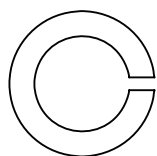
M10*30 2PCS



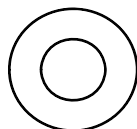
M10*90 8PCS



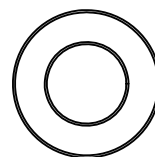
M12*40 2PCS



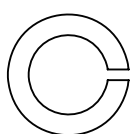
ϕ 12 2PCS



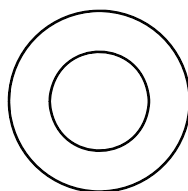
ϕ 8 8PCS



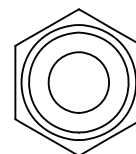
ϕ 10 166PCS



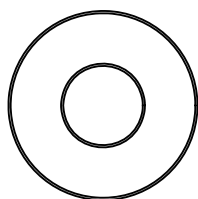
ϕ 10 22PCS



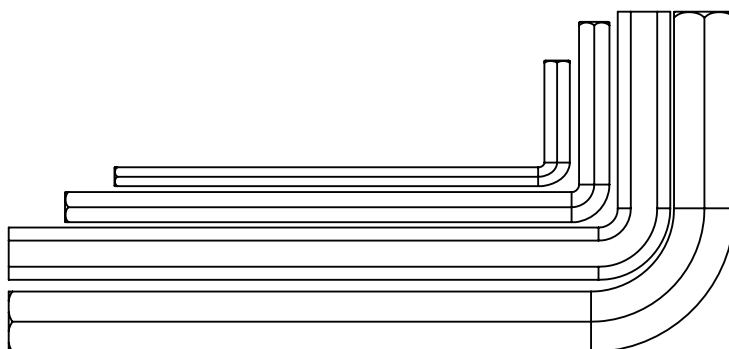
ϕ 12 2PCS



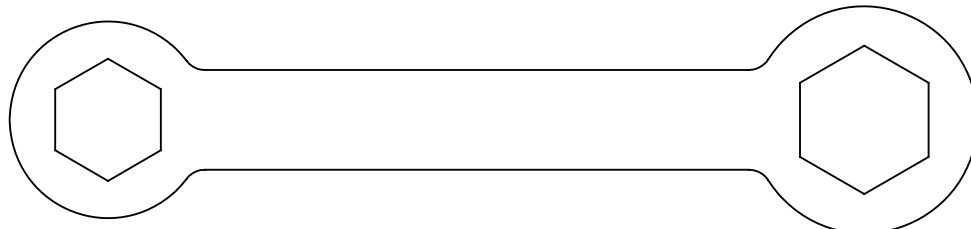
M10 98PCS



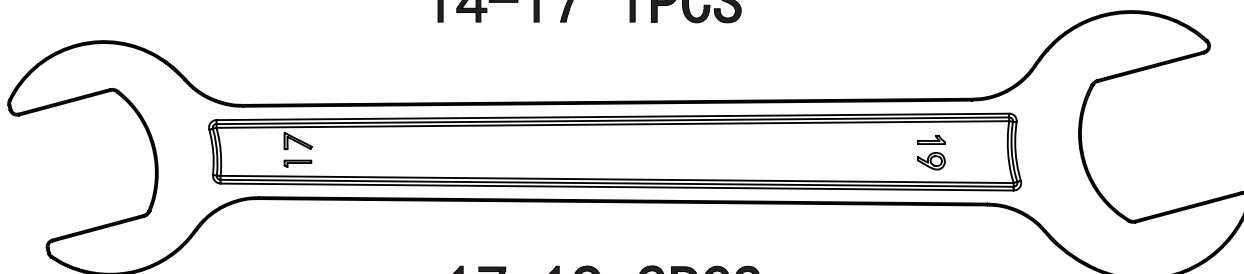
ϕ 25* ϕ 10*2 66PCS



3、4、6、8MM 1PCS



14-17 1PCS



17-19 2PCS

PARTS LIST

No.	Description	Note	Qty.
1	back left upright frame		1
2	back link frame	□50x70x2	1
3	back right upright frame		1
4	back upper link frame		1
5	hexagon bolt	M10x75	22
6	lock nut	M10	128
7	washer	Φ10	246
8	right upper frame		1
9	left upper frame		1
10	right ground frame		1
11	left ground frame		1
12	left middle upright frame		1
13	right middle upright frame		1
14	spring washer	Φ10	42
15	hexagon bolt	M10x25	16
16	hexagon bolt	M10x90	8
17	big washer	Φ25xΦ10x2	66
18	guide tube		1
19	upright frame		2
20	sliding frame left		1
21	sliding frame right		1
22	guide tube right		1
23	down pulley cover left		1
24	down pulley cover right		1
25	up pulley cover left		1
26	up pulley cover right		1
27	chin up frame		1
28	hexagon bolt	M10x70	52
29	selector rod	Φ25x798	2
30	pin	10x60	2
31	weight group	28+1(130KG)	2
32	pulley bracket		2
33	guide rod		4
34	rubber block	Φ60xΦ27x42	4

PARTS LIST

No.	Description	Note	Qty.
35	pin	Φ10x100	2
36	hexagon bolt	M10x45	42
37	pulley	Φ92	22
38	pulley	Φ75	6
39	pulley frame		2
40	cable		2
41	cable		2
42	hexagon bolt	M10x30	2
43	guide rod	Φ25x1922	2
44	safety hook right		1
45	safety hook left		1
46	sliding sleeve		2
47	barbell rod		1
48	barbell plate holder		2
49	allen bolt	M12x40	2
50	spring washer	Φ12	40
51	washer	Φ12	40
52	rubber block	Φ60xΦ26x25	2
53	spring	Φ6x102	2
54	barbell plate holder ring	Φ45xΦ25.5x5	4
55	guide rod fixing sleeve	Φ40xΦ25.5x35	2
56	screw	M8x10	2
57	barbell rod collar	Φ85xΦ50xH49	6
58	plastic strip		6
59	hexagon bolt	M10x50	6
60	weight		2
61	cable		2
62	weight plate cover left		1
63	weight plate cover right		1
64	logo board		1
65	hexagon bolt	M10x16	12
66	hexagon bolt	M10x85	2
67	hook		4
68	shelf frame		2

PARTS LIST

No.	Description	Note	Qty.
69	shelf		4
70	hook		4
71	washer	Φ8	16
72	hexagon bolt	M8x16	8
73	barbell plate holder		8
74	barbell rod cup		2
75	hexagon bolt	M10x65	4
76	leg press plate		1
77	long barbell rod holder right		1
78	long barbell rod holder left		1
79	spinning barbell rod cup		1
80	dip bar right		1
81	dip bar left		1
82	L shape pin	Φ17x250x77L	4
83	short barbell rod holder right		1
84	short barbell rod holder left		1
85	selector part		1
86	leg curl frame		1
87	link frame		1
88	footplate		1
89	internal thread shaft	Φ25x67-M10	1
90	link frame		1
91	selector frame		1
92	shaft	Φ10x85xM10	2
93	TV bracket		1
94	hexagon bolt	M10x20	10
95	hand hold		2
96	push frame left		1
97	link part		2
98	handle left		1
99	allen bolt	M10x20	2
100	washer	Φ33xΦ12.5xT3	2
101	allen bolt	M12x25	6
105	internal thread shaft	Φ20x56.5-M12	2

PARTS LIST

No.	Description	Note	Qty.
106	lock knob	M16	2
108	push arm right		1
109	handle right		1
110	snap hook		6
111	curved bar		1
112	lift device		1
113	snap hook with chain		4
114	ship bar		1
115	long bar		1
116	handle		2
117	short bar		1
118	V bar		1
119	triangle handle		1
120	triceps rope		1
121	handle belt		2
122	lock nut	M10	8
123	plug	□40x20x1.5	6
124	square plug	50x70x2	2
125	barbell holder	Φ25xM12x98	28
126	hexagon bolt	M12x25	32
127	tube handle left		1
128	plug	50-60	4
129	pin	M20x1.5-Φ10	3
130	pulley bracket		2
131	pulley	Φ60	2
132	internal thread shaft	Φ19.8x49.5	2
133	powder metallurgy sleeve	Φ33xΦ29xΦ20x18	4
134	tube handle right		1
135	U hook		1
136	lock nut	M8	6
137	round plug	Φ32x1.5	4
138	handle cover	Φ38xΦ32x130	2
139	ring	Φ38x32x25	2
140	screw	M10x25	2

PARTS LIST

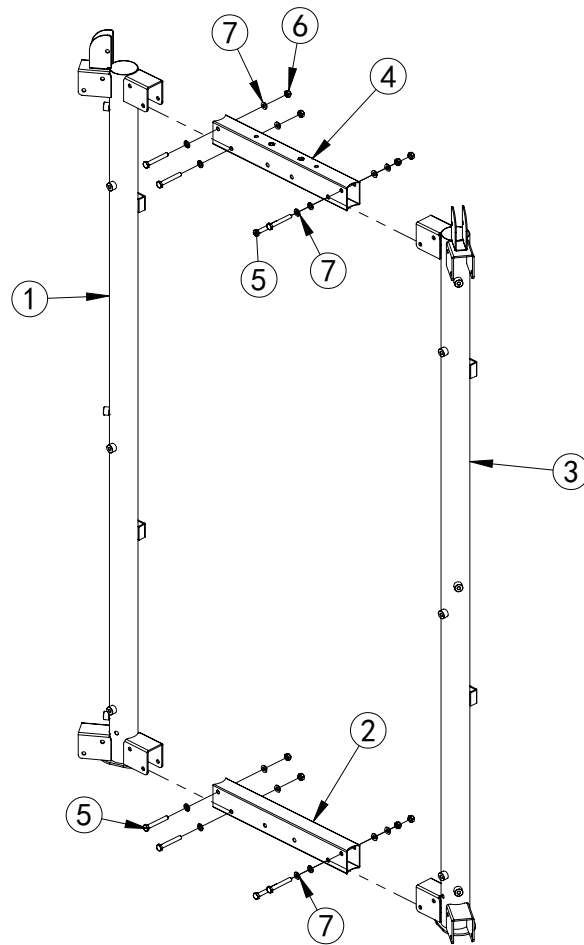
No.	Description	Note	Qty.
141	insert nut	Φ29.3-M10	2
142	logo plate		1
143	hollow rivet	4x8	8
144	logo plate		2
145	lock nut	M12	2
146	insert nut	Φ23-M10-4F	8
147	cable end		4
148	screw	M5x25	4
149	cable ball		4
150	bearing	Φ40xΦ25x58	6
151	bearing ring		8
152	plastic cover		2
153	bearing	6005	4
154	barbell rod cover	Φ30xΦ25.1x1056	1
155	screw	M6x16	4
156	barbell rod hook right		1
157	barbell inside rod	Φ25x1975	1
158	spring washer	Φ6	4
159	barbell rod hook left		1
160	ring	Φ60x27	2
161	end cap	Φ50x37	2
162	rubber ring	Φ70xΦ50xΦ10	12
163	tube	Φ49.5x0.6	4
164	hook cover	Φ8x100	4
165	plug	□25x50x1.5	4
166	tube	Φ49.6x0.6x200	8
167	end cap	Φ11xΦ18xΦ42xΦ50	10
168	allen bolt	M10x25	10
169	pin	Φ12xM20x40	4
170	rubber cover long	387	2
171	rubber cover short	85	1
172	plug	Φ25x2	5
173	plug	Φ48x2.5	4
174	ring	Φ31.5xΦ25.5	4

PARTS LIST

No.	Description	Note	Qty.
175	screw	M8x20	4
176	insert nut	Φ23-M8	6
177	handle cover	Φ25x125	4
178	lock pin	M18x12xΦ10	1
179	foam	Φ25xΦ100x175	2
180	foam inner cover	Φ65xΦ25x12	2
181	foam outer cover	Φ65xΦ9x13	2
182	allen bolt	M8x25	2
183	T pin	Φ10x100	1
184	link part		1
185	sleeve	Φ50xΦ47xΦ25x15	4
186	barbell rod cup		1
187	internal thread shaft	Φ25x77xM12	1
188	tube	Φ25x86	1
189	shaft	Φ22x39.5	1
190	ring	Φ25xΦ20x5	1
191	plug	□50x50x2	1
192	pin	Φ12xM20x75	1
193	sleeve	Φ20xΦ16xΦ10.5x15	4
194	square rubber block	□50x50x30	4
195	allen bolt	M10x35	4
196	6004bearing		4
197	handle cover	Φ32xΦ24.8x830	2
198	ankle strap		1

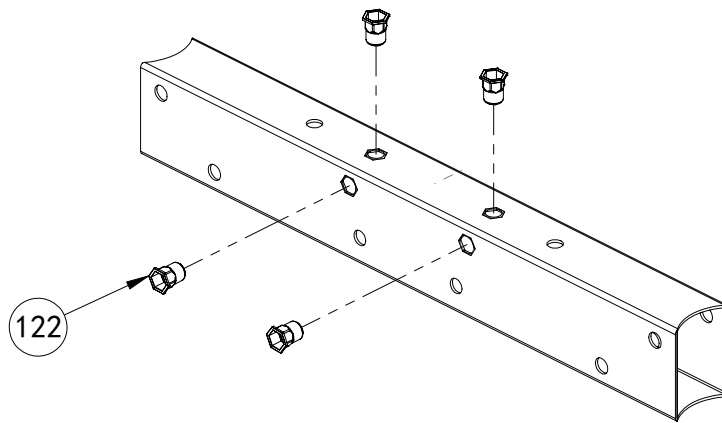


ASSEMBLY STEP 1



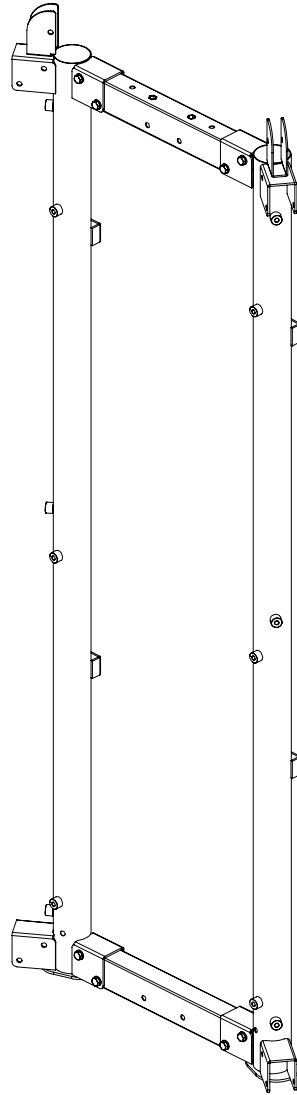
No.	Description	Note	Qty.
1	back left upright frame		1
2	back link frame	□50x70x2	1
3	back right upright frame		1
4	back upper link frame		1
5	hexagon bolt	M10x75	8
6	lock nut	M10	8
7	washer	Φ10	16

ASSEMBLY DRAWING



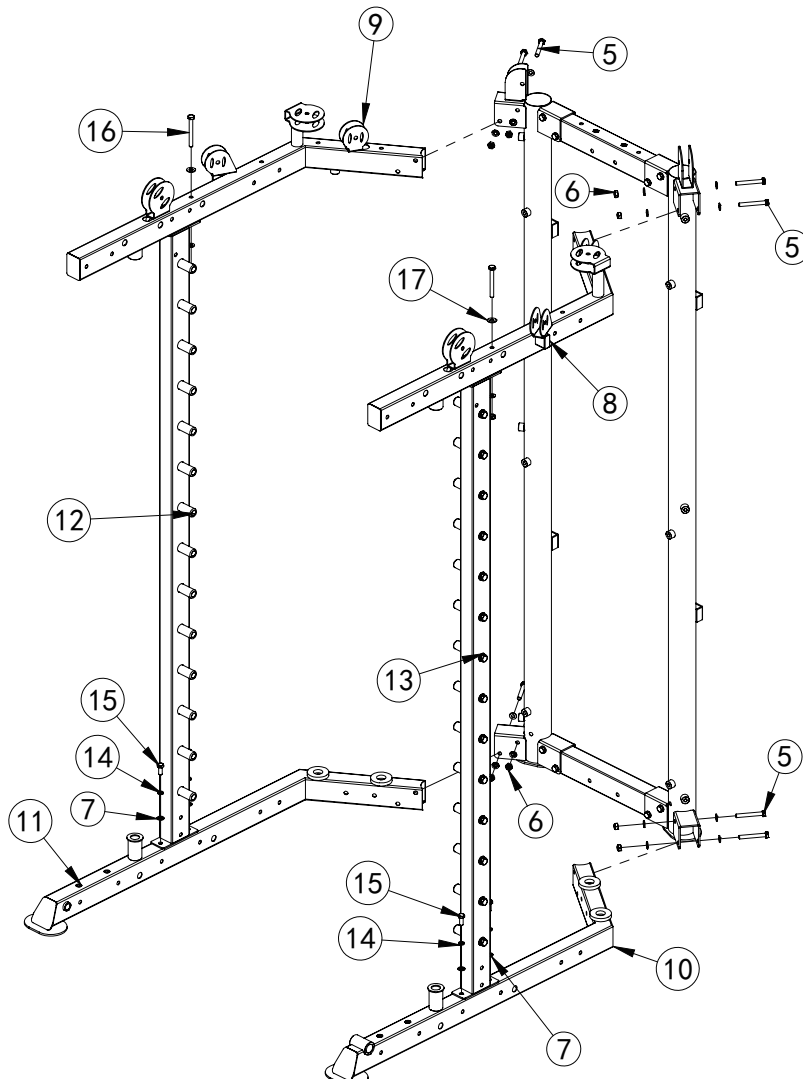
back upper link frame
1pcs/set

ASSEMBLY DRAWING



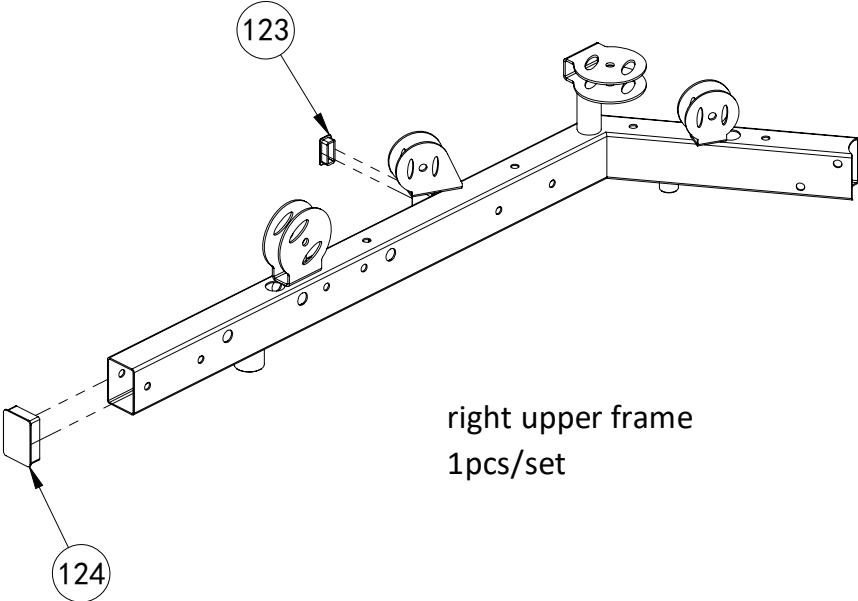
1 Fix back left upright frame-1, back right upright frame-3, back link frame-2 and back upper link frame-4 use M10x75 hexagon bolt-5, $\Phi 10$ washer-7 and M10 lock nut-6

ASSEMBLY STEP 2



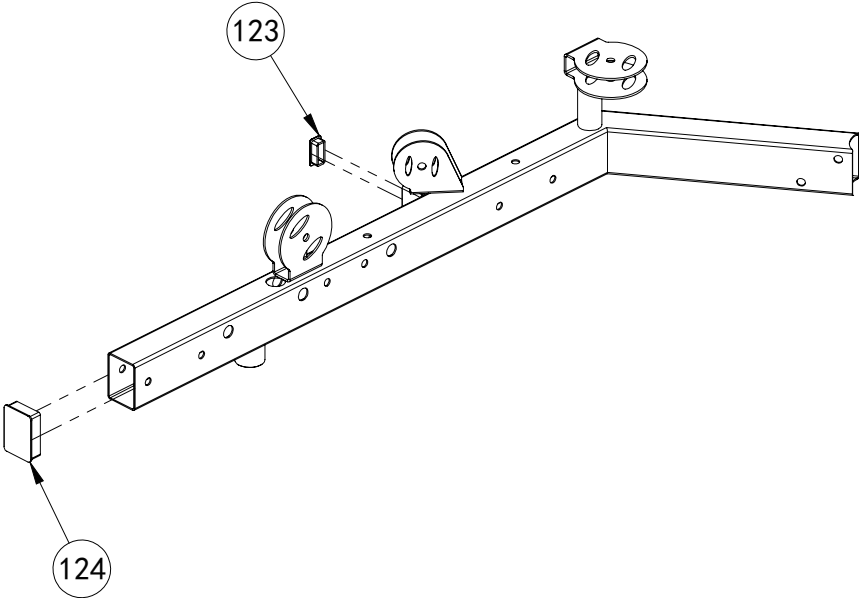
No.	Description	Note	Qty.
8	right upper frame		1
9	left upper frame		1
10	right ground frame		1
11	left ground frame		1
12	left middle upright frame		1
13	right middle upright frame		1
5	hexagon bolt	M10x75	8
6	lock nut	M10	10
7	washer	Φ10	22
14	spring washer	Φ10	4
15	hexagon bolt	M10x25	4
16	hexagon bolt	M10x90	2
17	big washer	Φ25xΦ10x2	2

ASSEMBLY DRAWING



right upper frame
1pcs/set

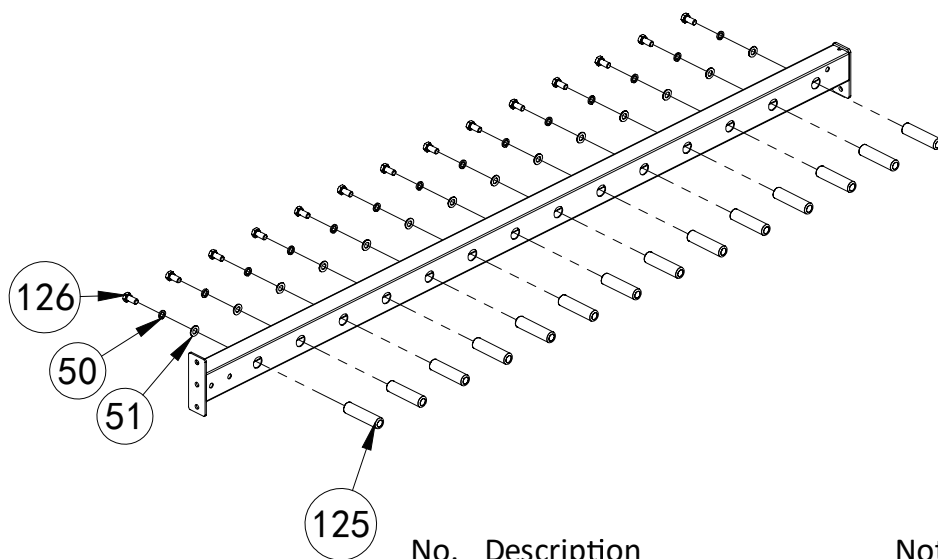
No.	Description	Note	Qty.
123	plug	□40x20x1.5	1
124	square plug	50x70x2	1



No.	Description	Note	Qty.
123	plug	□40x20x1.5	1
124	square plug	50x70x2	1

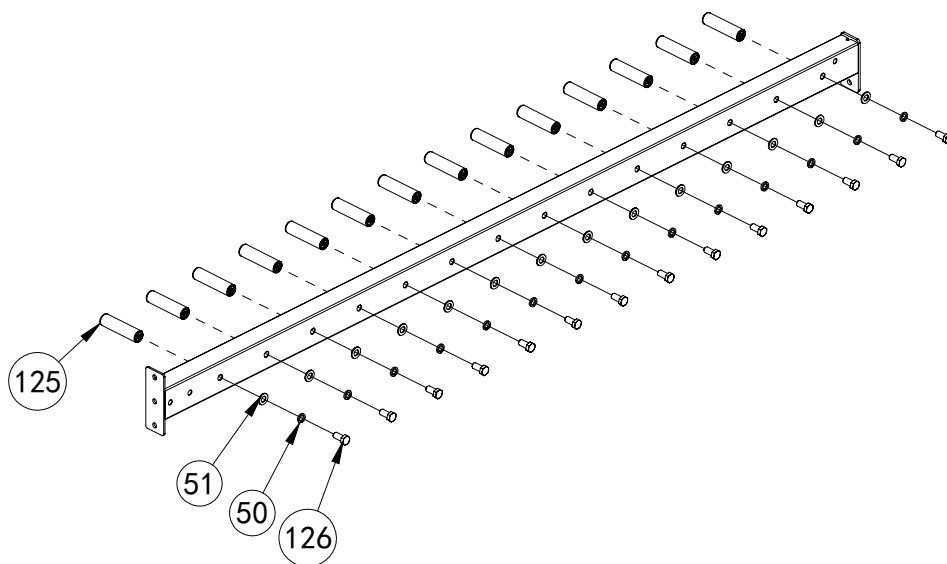
left upper frame
1pcs/set

ASSEMBLY DRAWING



left middle upright frame
1pcs/set

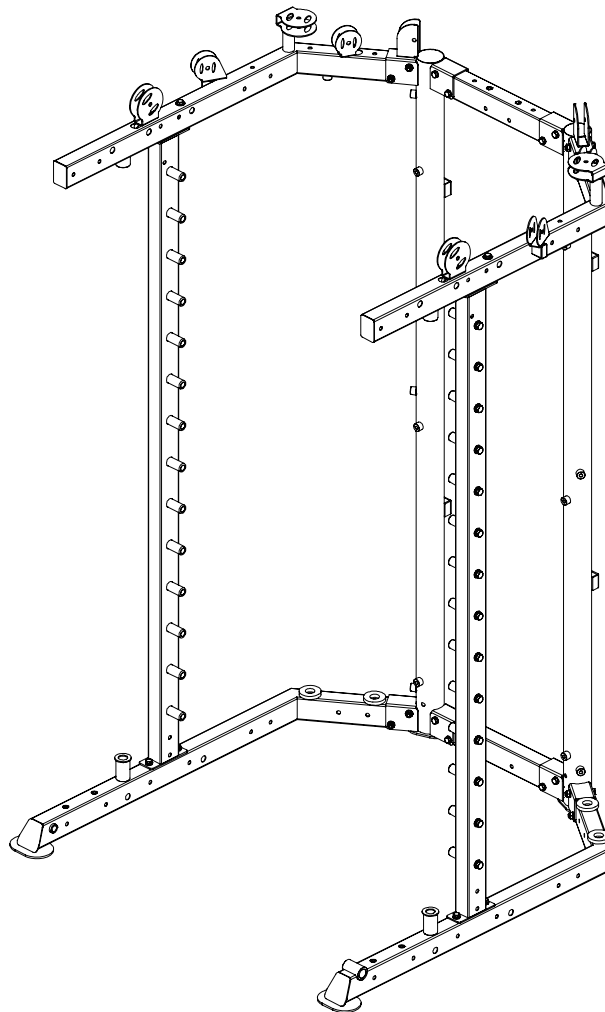
No.	Description	Note	Qty.
125	barbell holder	Φ25xM12x98	14
126	hexagon bolt	M12x25	14
50	spring washer	Φ12	14
51	washer	Φ12	14



right middle upright frame
1pcs/set

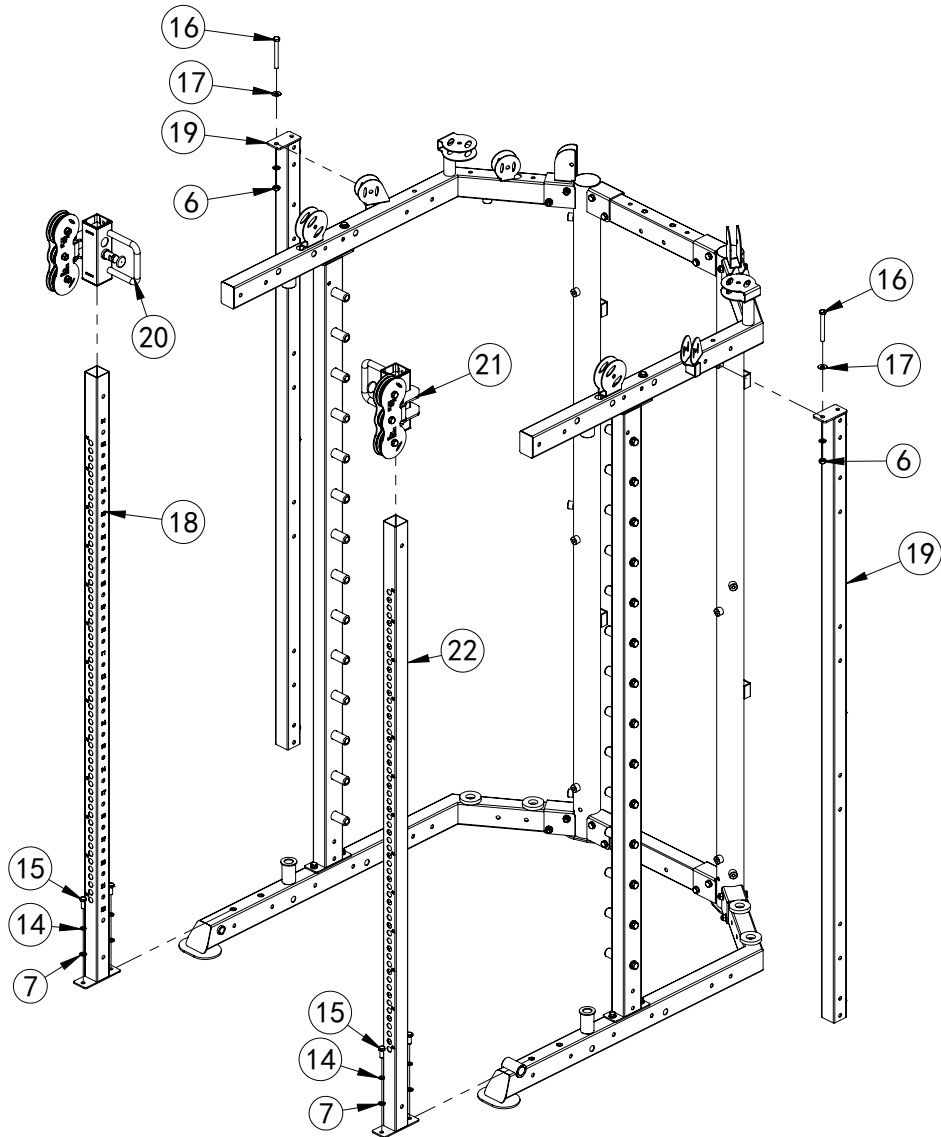
No.	Description	Note	Qty.
125	barbell holder	Φ25xM12x98	14
126	hexagon bolt	M12x25	14
50	spring washer	Φ12	14
51	washer	Φ12	14

ASSEMBLY DRAWING



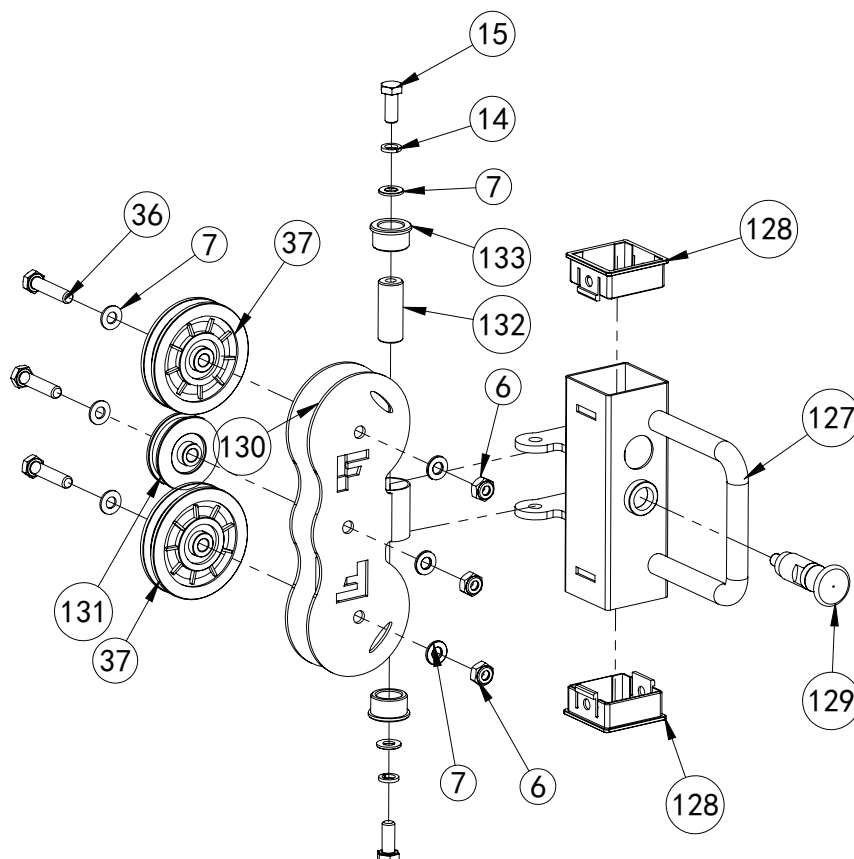
- 1 Attach right upper frame-8, left upper frame-9, right ground frame-10, left ground frame-11 to the mainframe use M10x75 hexagon bolt-5, $\Phi 10$ washer-7 and M10 lock nut-6
- 2 Attach left middle upright frame-12 and right middle upright frame-13 to the mainframe use M10x25 hexagon bolt-15, $\Phi 10$ washer-7, $\Phi 10$ spring washer-14, M10 lock nut-6, big washer-17 and M10x90 hexagon bolt

ASSEMBLY STEP 3



No.	Description	Note	Qty.
18	guide tube		1
19	upright frame		2
20	sliding frame left		1
21	sliding frame right		1
7	washer	Φ10	6
14	spring washer	Φ10	4
15	hexagon bolt	M10x25	4
16	hexagon bolt	M10x90	2
17	big washer	Φ25xΦ10x2	2
6	lock nut	M10	2
22	guide tube		1

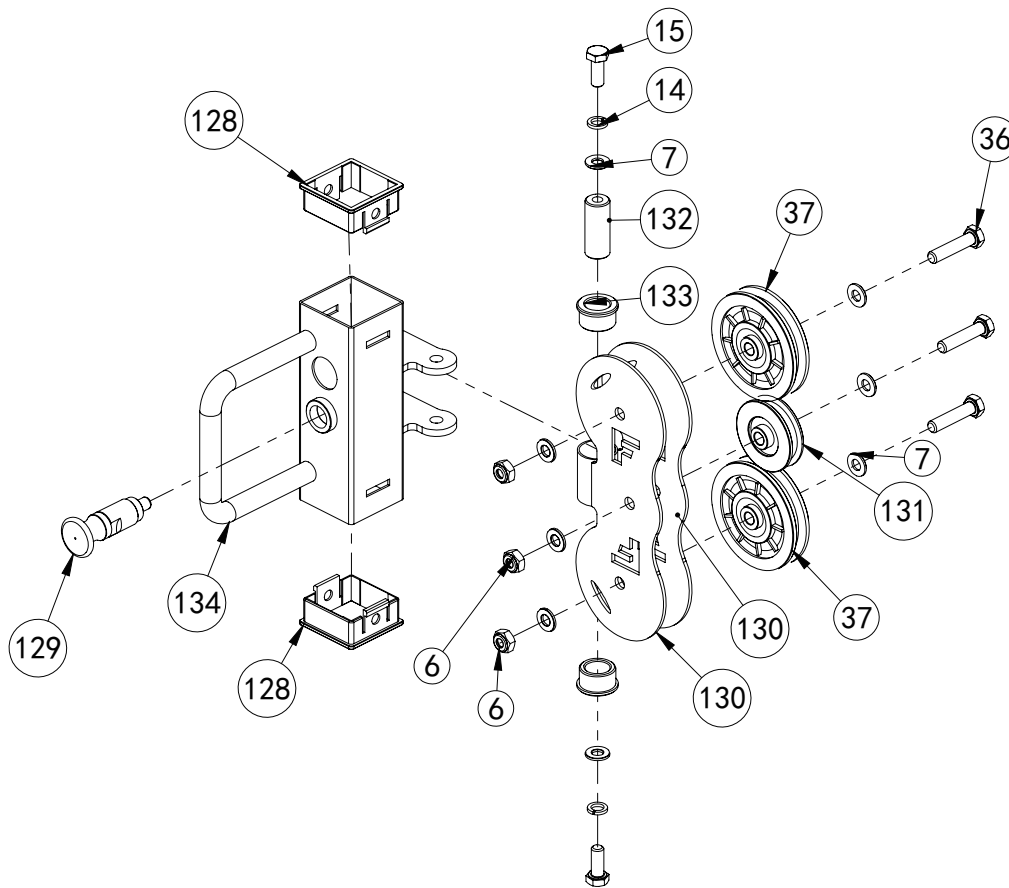
ASSEMBLY DRAWING



No.	Description	Note	Qty.
127	tube handle left		1
128	plug	50-60	2
129	pin	M20x1.5-Φ10	1
130	pulley bracket		1
37	pulley	Φ92	2
131	pulley	Φ60	1
36	hexagon bolt	M10x45	3
6	lock nut	M10	3
7	washer	Φ10	8
132	internal thread shaft	Φ19.8x49.5	1
133	powder metallurgy sleeve	Φ33xΦ29xΦ20x18	2
14	spring washer	Φ10	2
15	hexagon bolt	M10x25	2

sliding frame left
1pcs/set

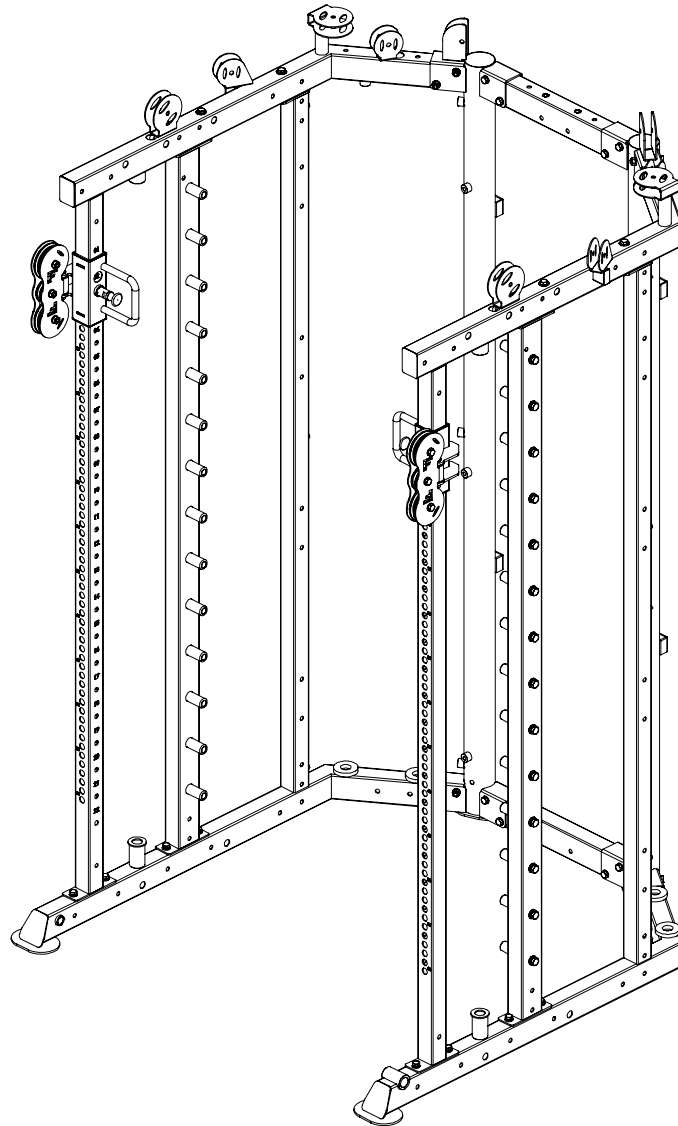
ASSEMBLY DRAWING



No.	Description	Note	Qty.
134	tube handle right		1
128	plug	50-60	2
129	pin	M20x1.5-Φ10	1
132	internal thread shaft	Φ19.8x49.5	1
133	powder metallurgy sleeve	Φ33xΦ29xΦ20x18	2
15	hexagon bolt	M10x25	2
14	spring washer	Φ10	2
7	washer	Φ10	8
130	pulley bracket		1
37	pulley	Φ92	2
131	pulley	Φ60	1
36	hexagon bolt	M10x45	3
6	lock nut	M10	3

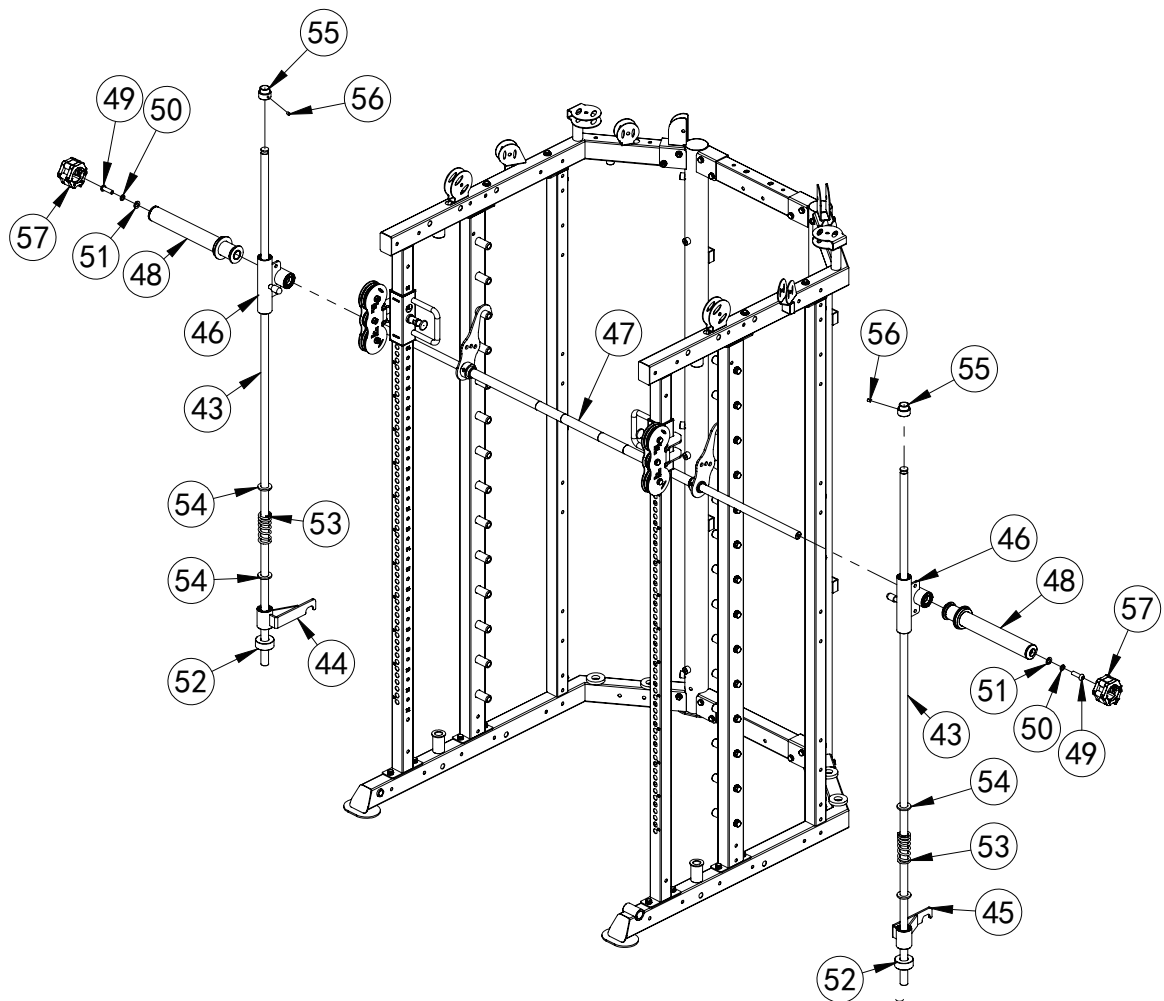
sliding frame right
1pcs/set

ASSEMBLY DRAWING



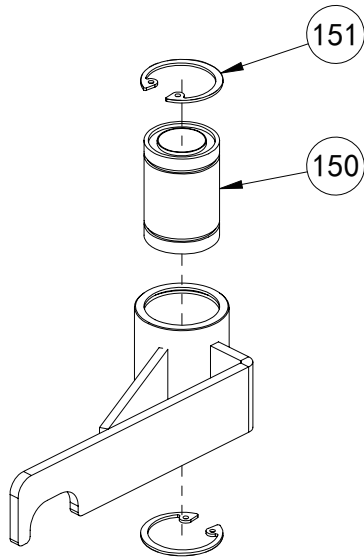
- 1 Attach upright frame-19 to the mainframe use M10x90 hexagon bolt-16, Φ 10 washer-7, M10 lock nut-6 and big washer-17
- 2 Put sliding frame left-20 and sliding frame right-21 into guide tube-18 and guide tube right-22
Attach guide tube-18 and guide tube right-22 to the mainframe use M10x25 hexagon bolt-15, Φ 10 washer-7, Φ 10 spring washer-14

ASSEMBLY STEP 4



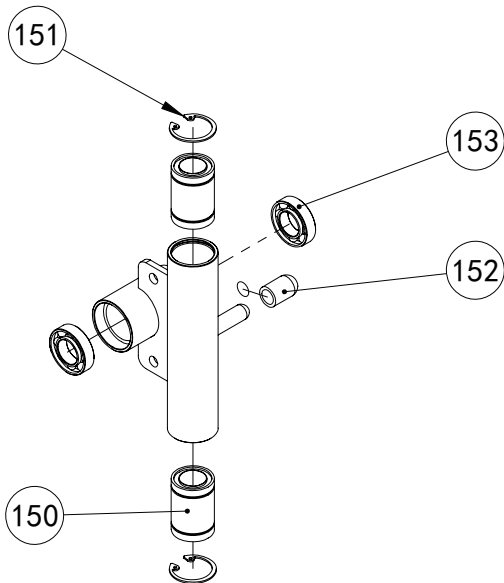
No.	Description	Note	Qty.
43	guide rod	Φ25x1922	2
44	safety hook right		1
45	safety hook left		1
46	sliding sleeve		2
47	barbell rod		1
48	barbell plate holder		2
49	allen bolt	M12x40	2
50	spring washer	Φ12	2
51	washer	Φ12	2
52	rubber block	Φ60xΦ26x25	2
53	spring	Φ6x102	2
54	barbell plate holder ring	Φ45xΦ25.5x5	4
55	guide rod fixing sleeve	Φ40xΦ25.5x35	2
56	screw	M8x10	2
57	barbell rod collar	Φ85xΦ50xH49	2

ASSEMBLY DRAWING



safety hook right&left
1pcs/set

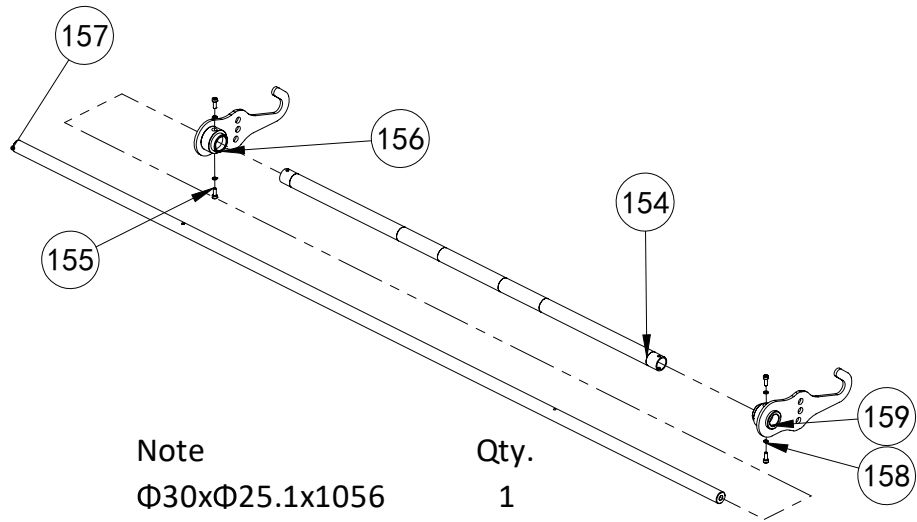
No.	Description	Note	Qty.
150	bearing	$\Phi 40 \times \Phi 25 \times 58$	1
151	bearing ring		2



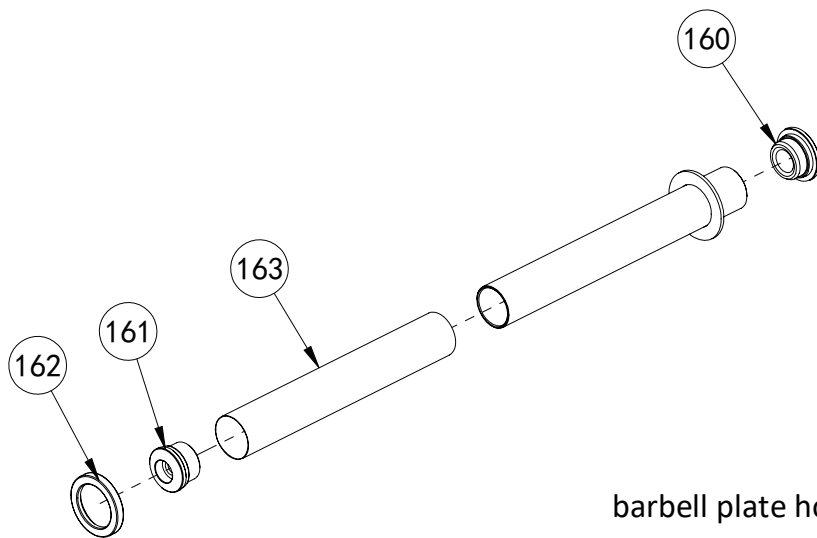
sliding sleeve
2pcs/set

No.	Description	Note	Qty.
150	bearing	$\Phi 40 \times \Phi 25 \times 58$	2
151	bearing ring		2
152	plastic cover		1
153	bearing	6005	2

ASSEMBLY DRAWING



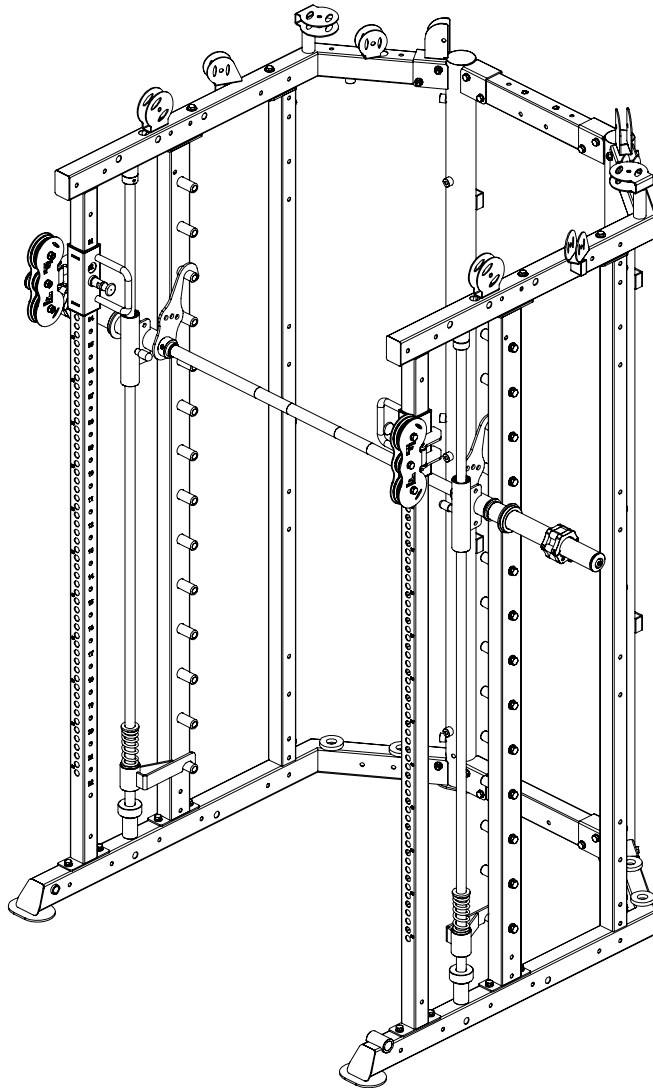
No.	Description	Note	Qty.	
154	barbell rod cover	$\Phi 30 \times \Phi 25.1 \times 1056$	1	
155	screw	M6x16	4	
156	barbell rod hook right		1	
157	barbell inside rod	$\Phi 25 \times 1975$	1	
158	spring washer	$\Phi 6$	4	barbell
159	barbell rod hook left		1	1pcs/set



barbell plate holder
2pcs/set

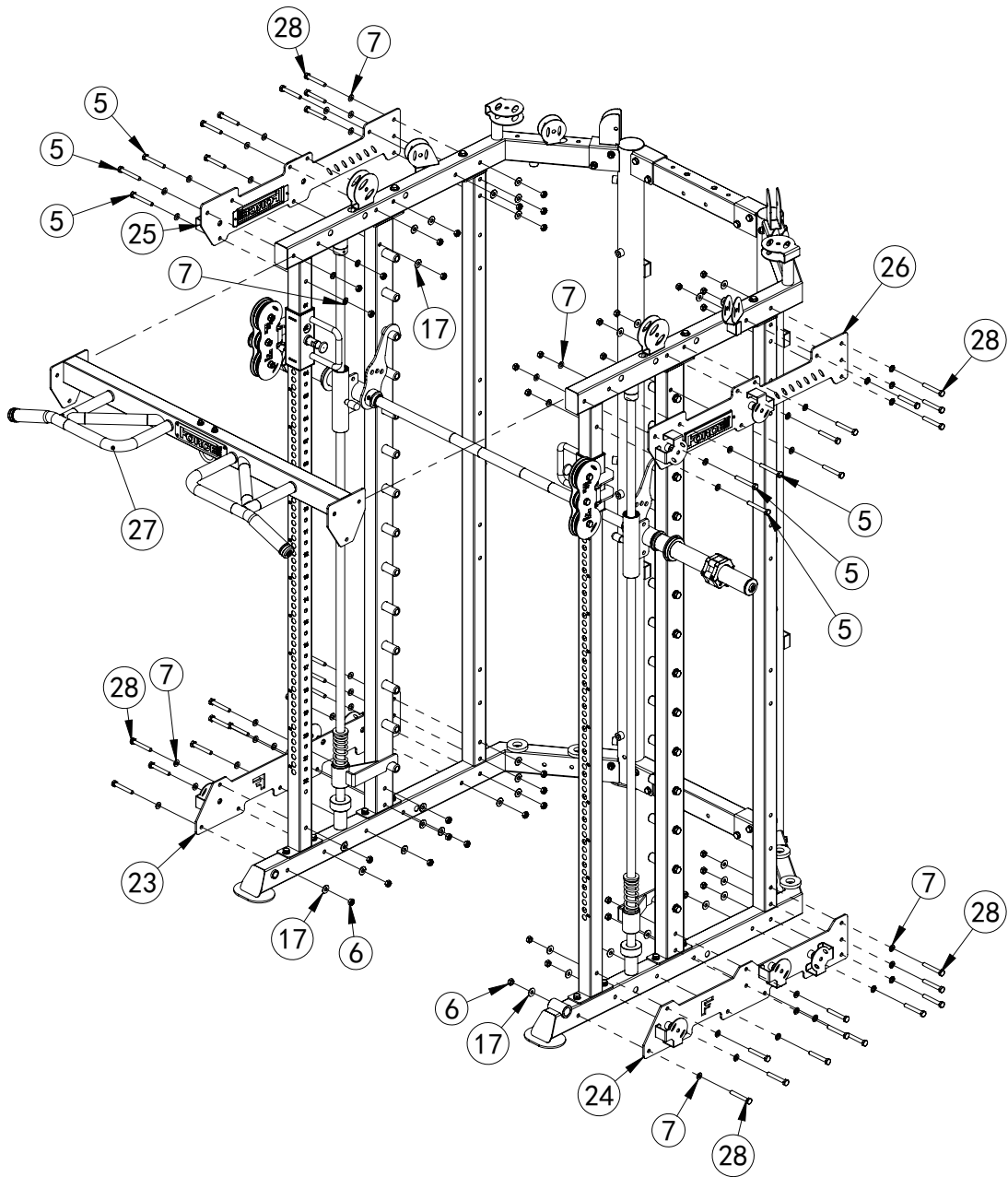
No.	Description	Note	Qty.
160	ring	$\Phi 60 \times 27$	1
161	end cap	$\Phi 50 \times 37$	1
162	rubber ring	$\Phi 70 \times \Phi 50 \times \Phi 10$	1
163	tube	$\Phi 49.5 \times 0.6$	1

ASSEMBLY DRAWING



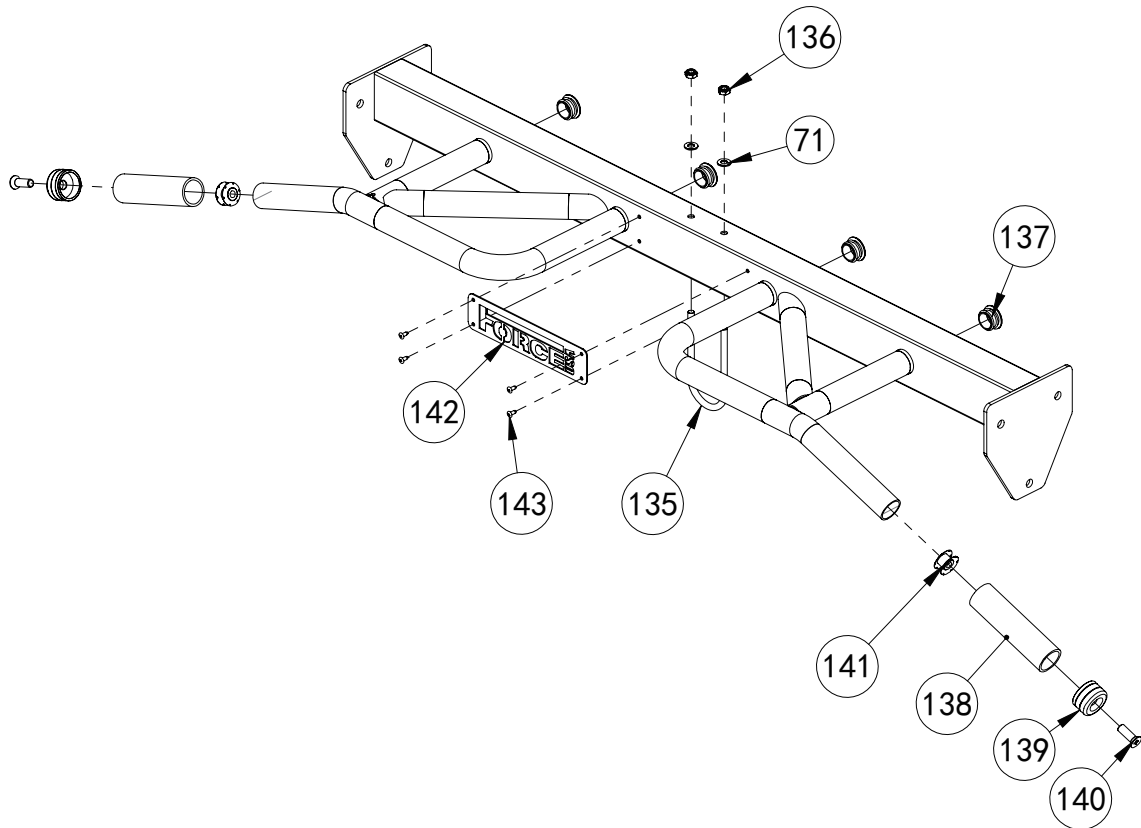
- 1 Put barbell rod-47 on the mainframe
- 2 Guide rod-43 in turn insert rubber block-52, safety hook-44&45, barbell plate holder ring-54, spring-53, sliding sleeve-46
Attach sliding sleeve-46 to the mainframe
- 3 Attach guide rod-43 to the mainframe use guide rod fixing sleeve-55, screw-56
- 4 Attach barbell plate holder-48 to barbell rod-47 use M12x40 allen bolt-49, Φ 12 washer-51, Φ 12 spring washer-50
- 5 Put barbell rod collar-57 onto barbell plate holder-48

ASSEMBLY STEP 5



No.	Description	Note	Qty.
23	down pulley cover left		1
24	down pulley cover right		1
25	up pulley cover left		1
26	up pulley cover right		1
27	chin up frame		1
28	hexagon bolt	M10x70	36
6	lock nut	M10	42
17	big washer	Φ25xΦ10x2	36
7	washer	Φ10	48
5	hexagon bolt	M10x75	6

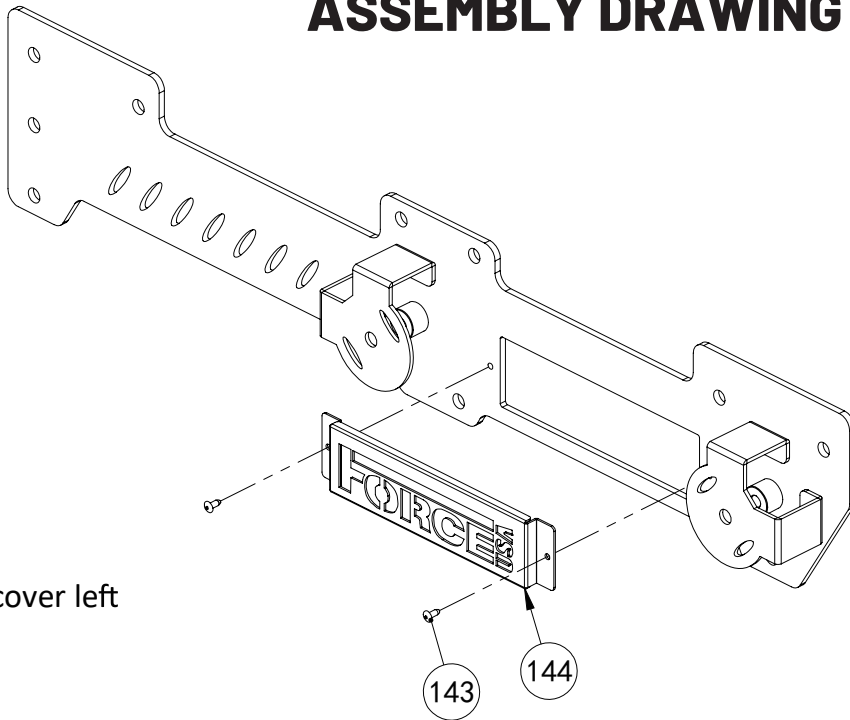
ASSEMBLY DRAWING



chin up frame
1pcs/set

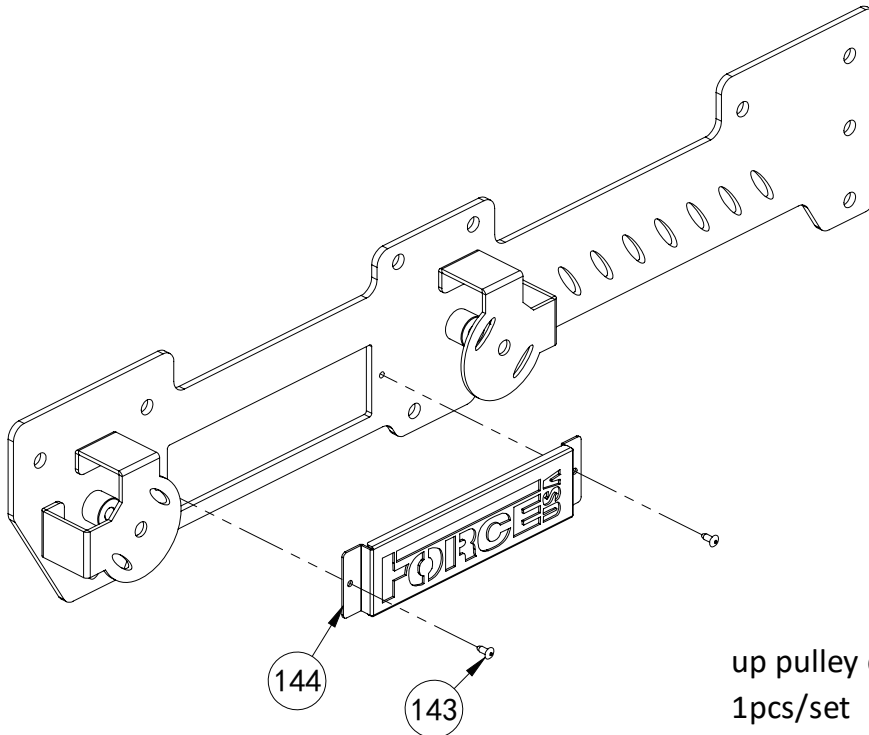
No.	Description	Note	Qty.
135	U hook		1
71	washer	Φ8	2
136	lock nut	M8	2
137	round plug	Φ32x1.5	4
138	handle cover	Φ38xΦ32x130	2
139	ring	Φ38x32x25	2
140	screw	M10x25	2
141	insert nut	Φ29.3-M10	2
142	logo plate		1
143	hollow rivet	4x8	4

ASSEMBLY DRAWING



up pulley cover left
1pcs/set

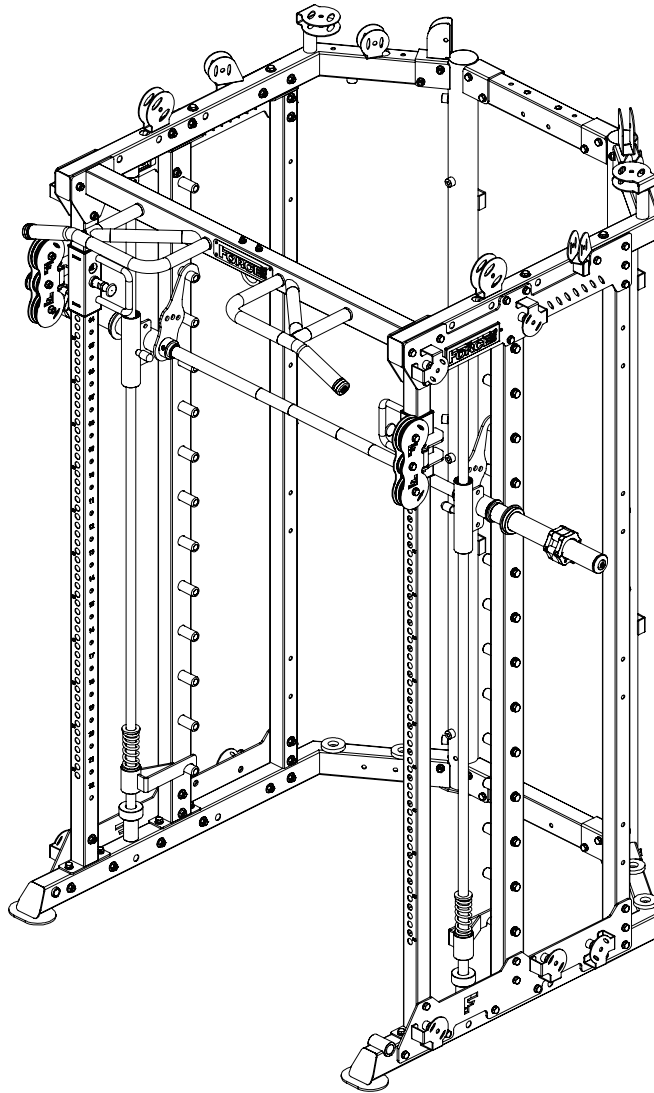
No.	Description	Note	Qty.
143	hollow rivet	4x10	2
144	logo plate		1



up pulley cover right
1pcs/set

No.	Description	Note	Qty.
143	hollow rivet	4x10	2
144	logo plate		1

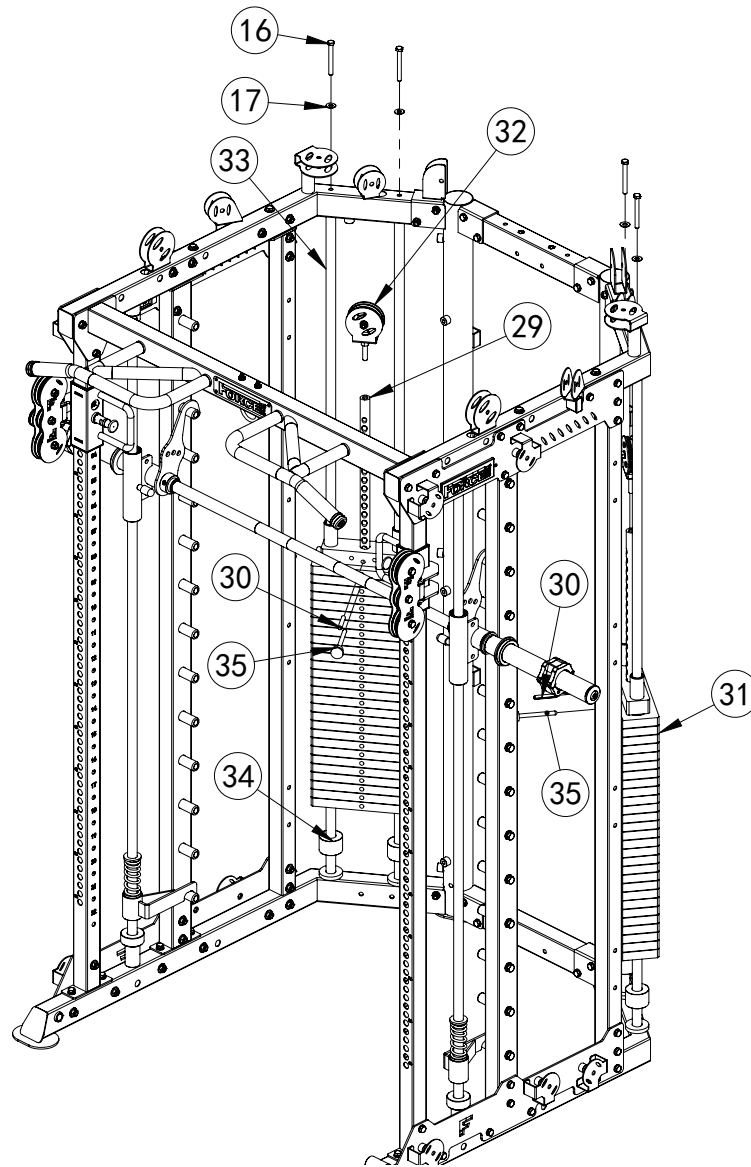
ASSEMBLY DRAWING



1 Attach up pulley cover left-25, up pulley cover right-26, down pulley cover left-23, down pulley cover right-24 to the mainframe use M10x70 hexagon bolt-28, Φ 10 washer-7, M10 lock nut-6 and big washer-17

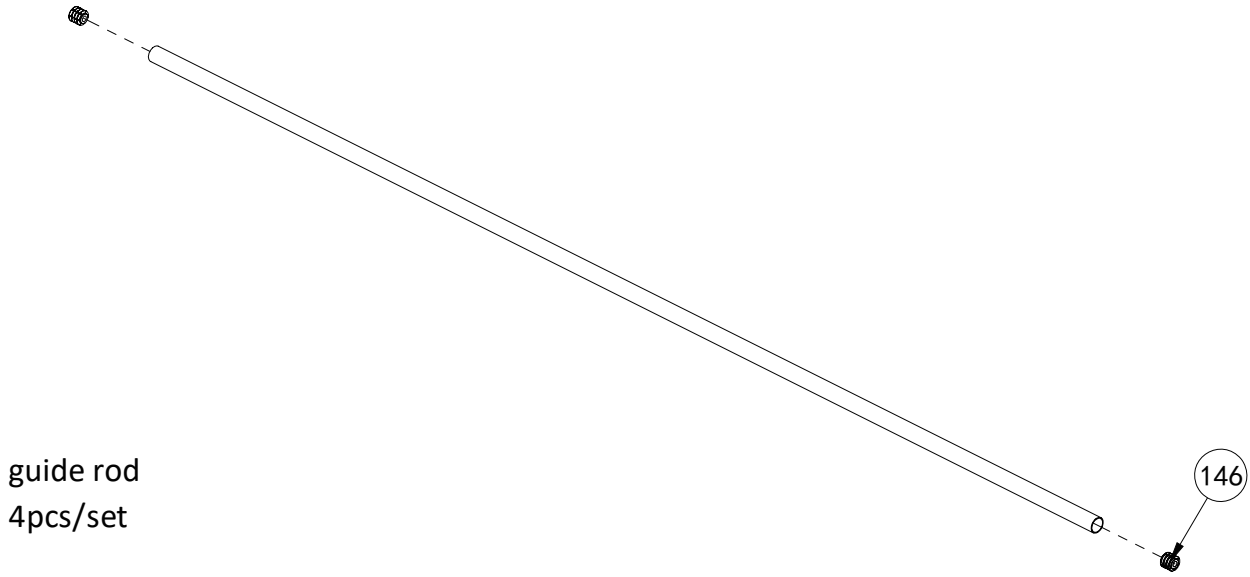
2 Attach chin up frame-27 to the mainframe use M10x75 hexagon bolt-5, Φ 10 washer-7 and M10 lock nut-6

ASSEMBLY STEP 6

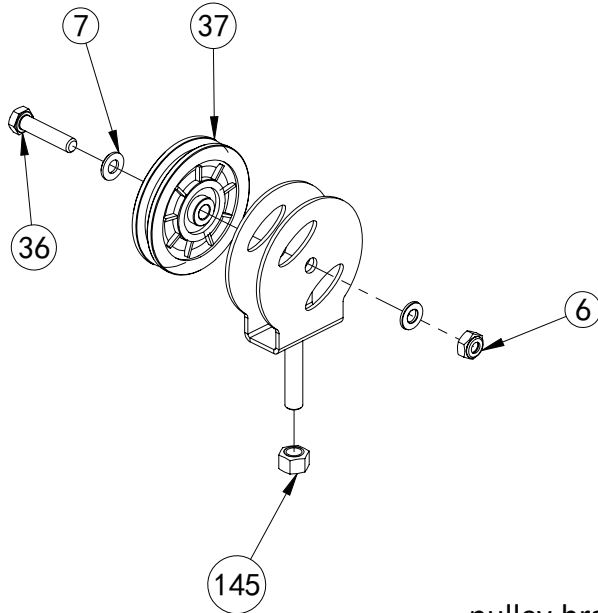


No.	Description	Note	Qty.
29	selector rod	Φ25x798	2
30	pin	10x60	2
31	weight group	28+1(130KG)	2
32	pulley bracket		2
33	guide rod		4
34	rubber block	Φ60xΦ27x42	4
35	pin	Φ10x100	2
16	hexagon bolt	M10x90	4
17	big washer	Φ25xΦ10x2	4

ASSEMBLY DRAWING



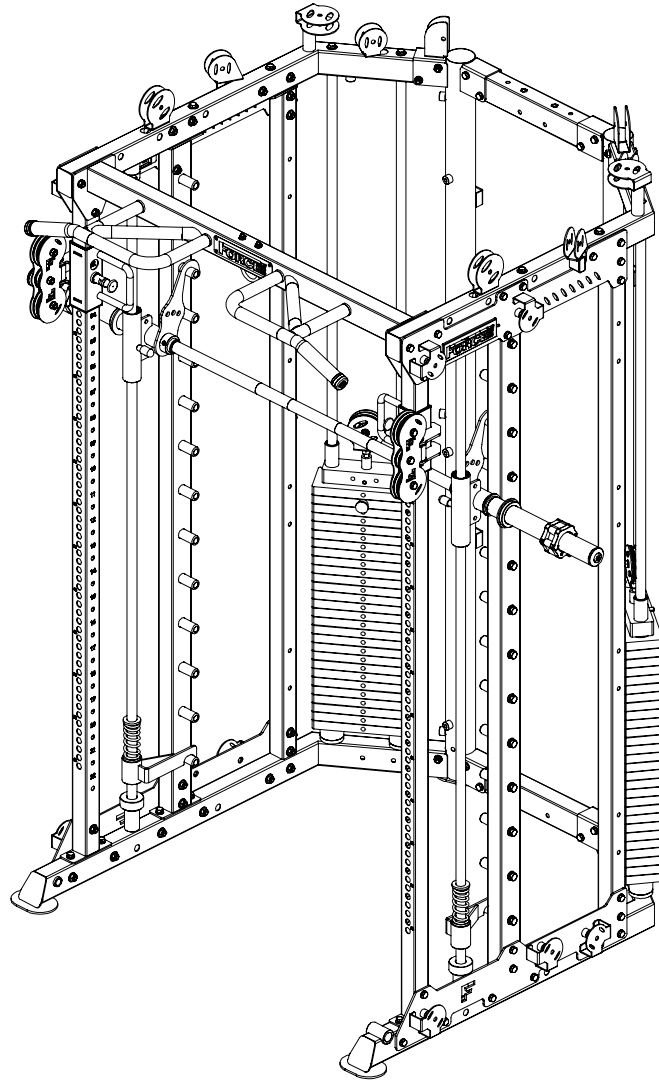
No.	Description	Note	Qty.
146	insert nut	Φ23-M10-4F	2



No.	Description	Note	Qty.
36	hexagon bolt	M10x45	1
37	pulley	Φ92	1
6	lock nut	M10	1
7	washer	Φ10	2
145	lock nut	M12	1

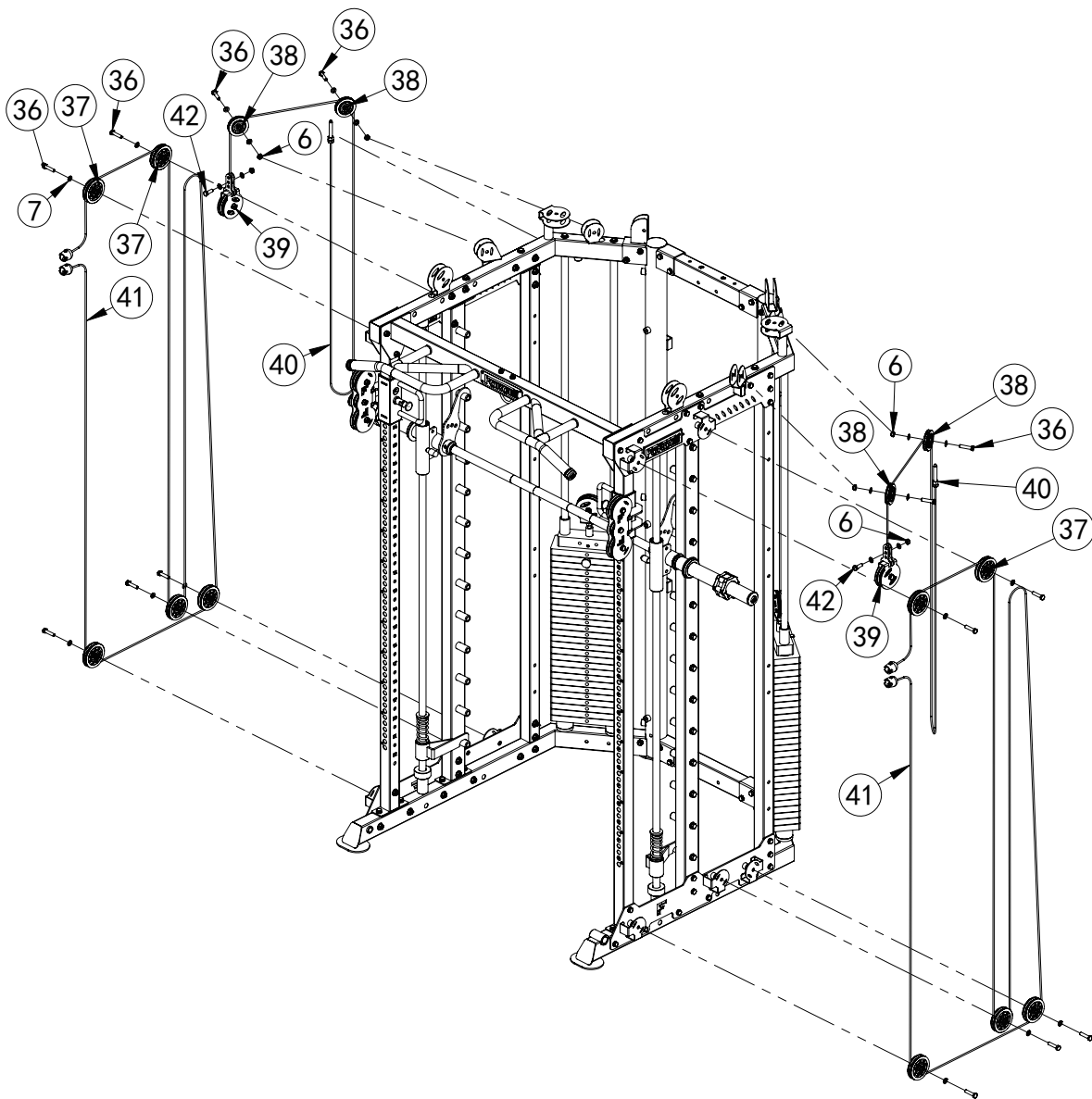
pulley bracket
2pcs/set

ASSEMBLY DRAWING



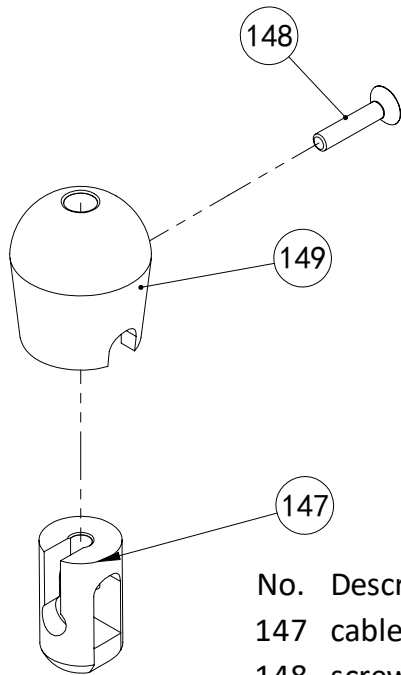
- 1 As the shown guide rod-33 in turn cross rubber block-34 and weight group-31, then attach to mainframe use M10x90 hexagon bolt-16 and big washer-17
- 2 Insert pin-30 into selector rod-29 and insert pin-35 into weight group
- 3 Attach pulley bracket-32 to selector rod-29

ASSEMBLY STEP 7



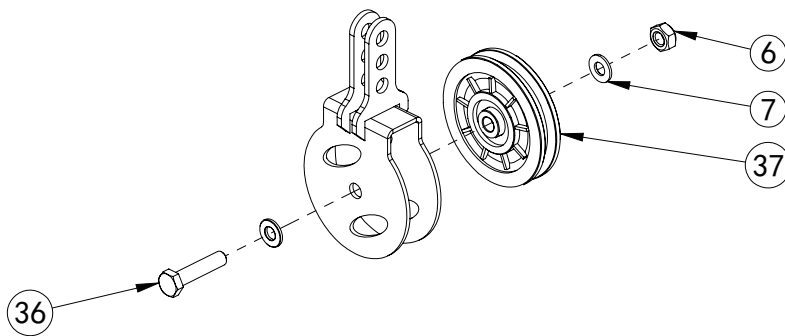
No.	Description	Note	Qty.
36	hexagon bolt	M10x45	14
7	washer	Φ10	22
37	pulley	Φ92	10
6	lock nut	M10	6
38	pulley	Φ75	4
39	pulley frame		2
40	cable		2
41	cable		2
42	hexagon bolt	M10x30	2

ASSEMBLY DRAWING



cable ball
4pcs/set

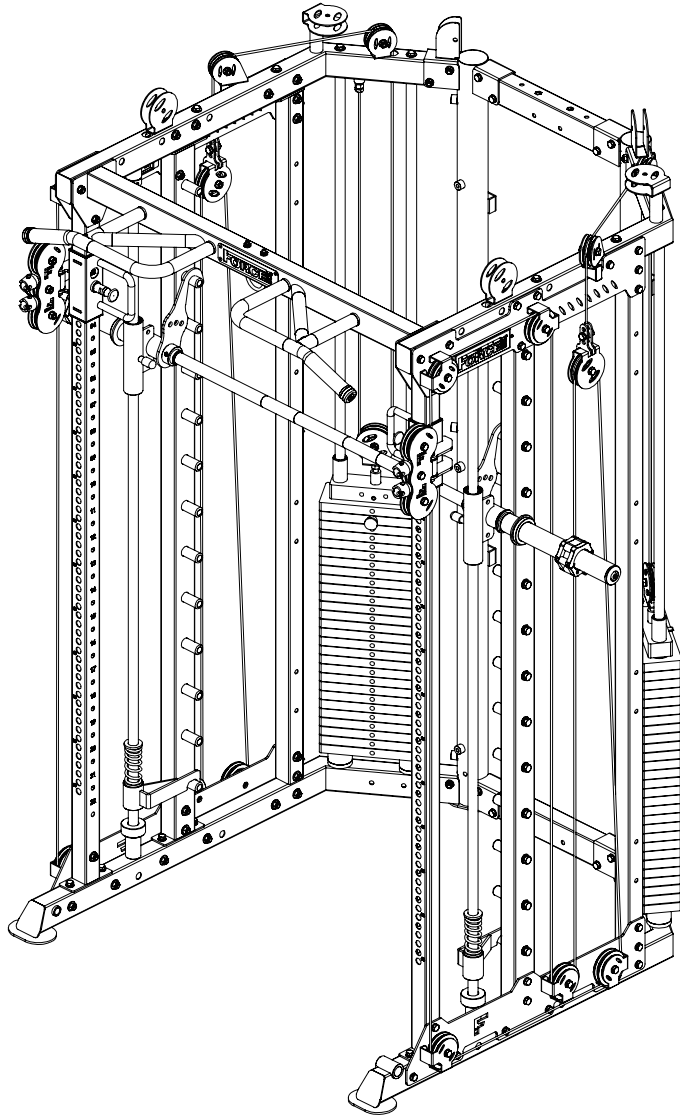
No.	Description	Note	Qty.
147	cable end		1
148	screw	M5x25	1
149	cable ball		1



pulley frame
2pcs/set

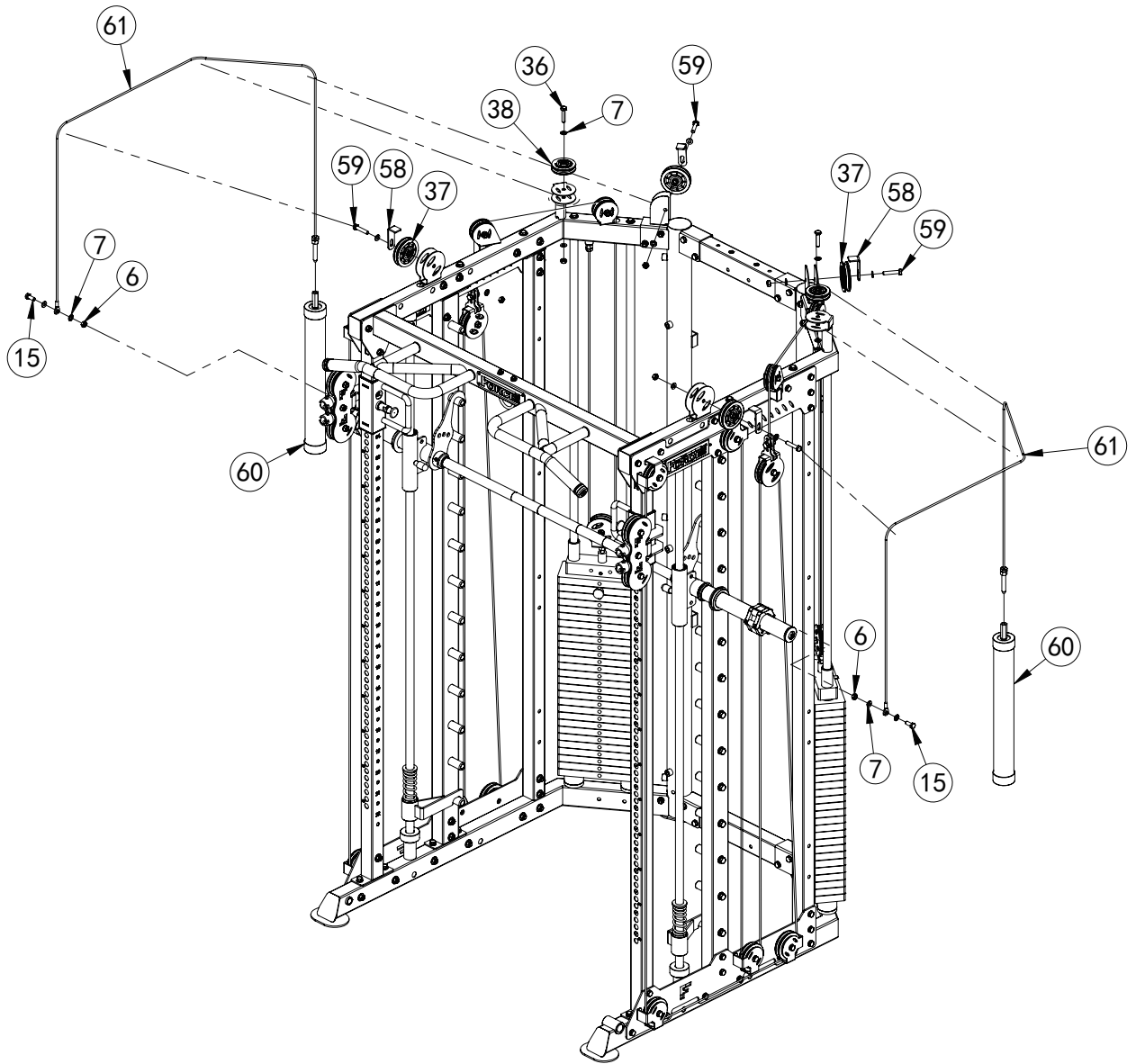
No.	Description	Note	Qty.
36	hexagon bolt	M10x45	1
6	lock nut	M10	1
7	washer	Φ10	2
37	pulley	Φ92	1

ASSEMBLY DRAWING



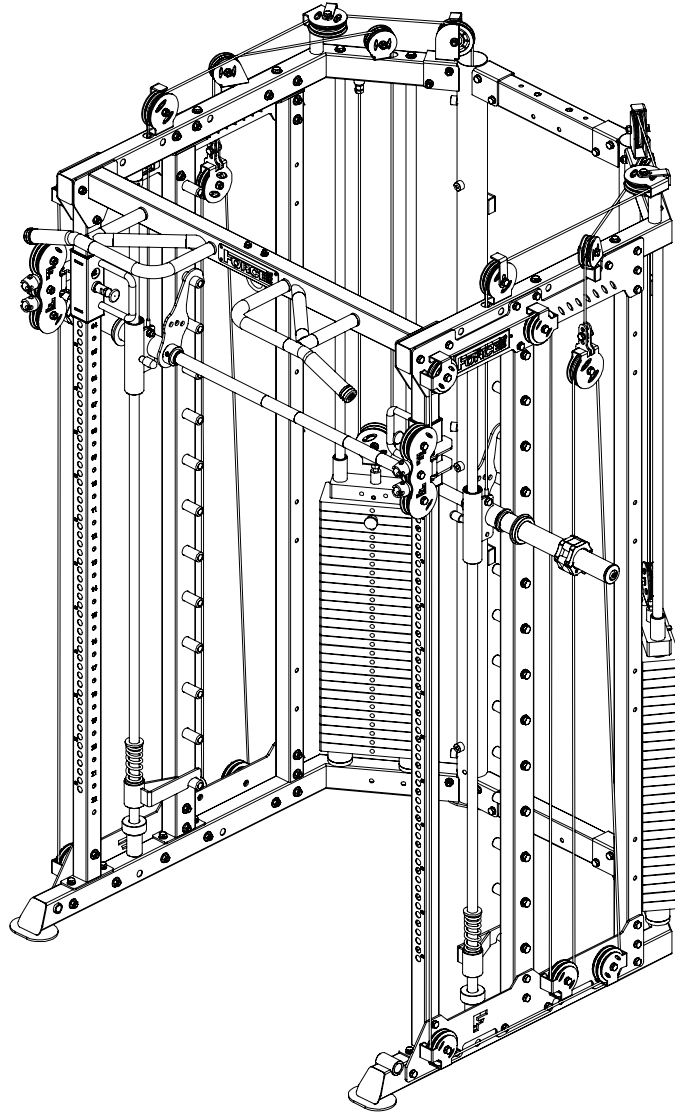
- 1 Attach $\Phi 92$ pulley-37, $\Phi 75$ pulley-38 on pulley frame use M10x45 hexagon bolt-36, $\Phi 10$ washer-7 and M10 lock nut-6
As the shown attach the cable-41 to the mainframe
- 2 Attach pulley frame-39 on cable-41 use M10x30 hexagon bolt-42, $\Phi 10$ washer-7 and M10 lock nut-6
- 3 Disassemble one end cable-41 and thread the wire rope according the picture

ASSEMBLY STEP 8



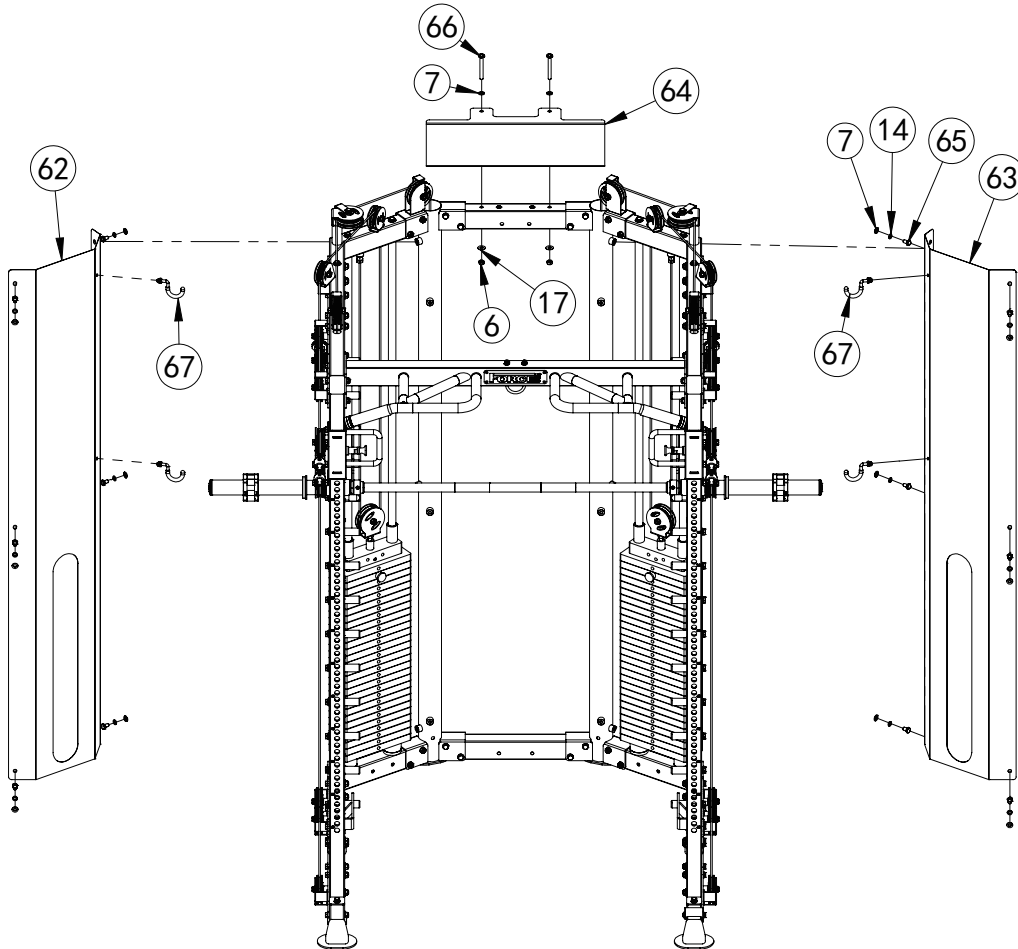
No.	Description	Note	Qty.
7	washer	Φ10	16
6	lock nut	M10	8
37	pulley	Φ92	4
58	plastic strip		6
59	hexagon bolt	M10x50	6
60	weight		2
61	cable		2
15	hexagon bolt	M10x25	2
38	pulley	Φ75	2
36	hexagon bolt	M10x45	6

ASSEMBLY DRAWING



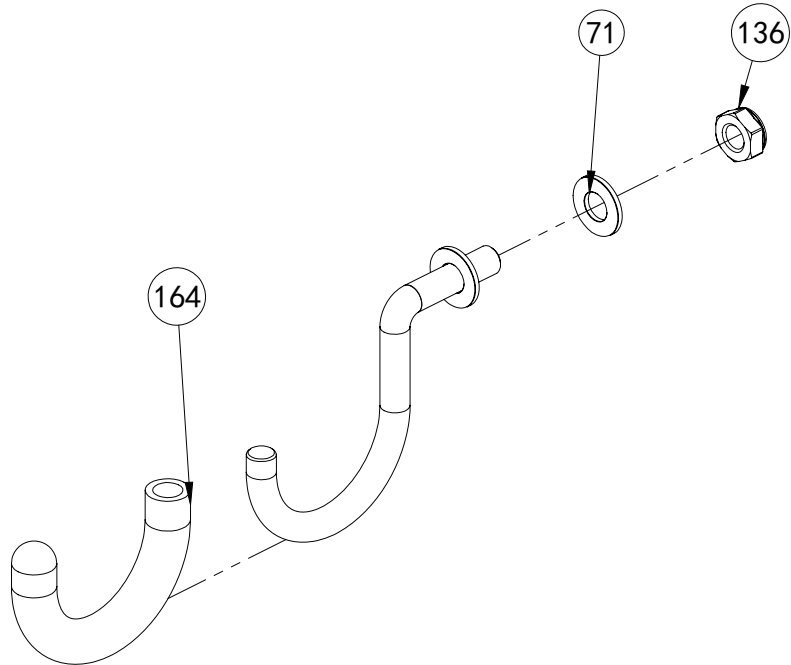
- 1 Attach $\Phi 92$ pulley-37 on the mainframe use M10x50 hexagon bolt-59, $\Phi 10$ washer-7 and M10 lock nut-6
- 2 Link cable-61 with weight-60
Attach cable-61 on sliding sleeve-46 use M10x25 hexagon bolt-15, $\Phi 10$ washer-7 and M10 lock nut-6 according the picture cable route
- 3 Attach $\Phi 75$ pulley-38 on the mainframe use M10x45 hexagon bolt-36, $\Phi 10$ washer-7 and M10 lock nut-6

ASSEMBLY STEP 9



No.	Description	Note	Qty.
62	weight plate cover left		1
63	weight plate cover right		1
64	logo board		1
7	washer	Φ10	14
14	spring washer	Φ10	12
65	hexagon bolt	M10x16	12
17	big washer	Φ25xΦ10x2	2
6	lock nut	M10	2
66	hexagon bolt	M10x85	2
67	hook		4

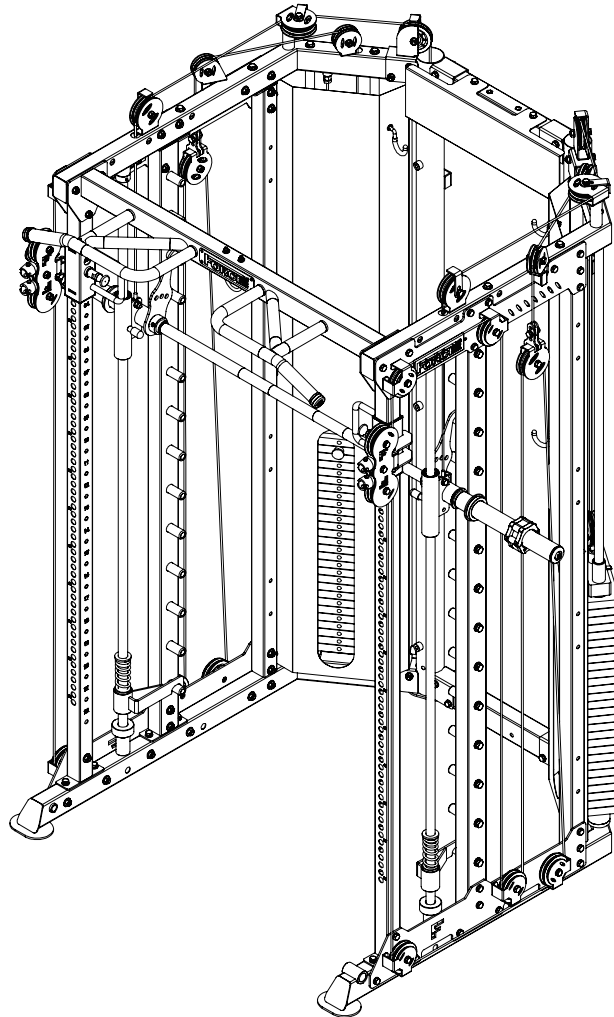
ASSEMBLY DRAWING



No.	Description	Note	Qty.
164	hook cover	$\Phi 8 \times 100$	1
71	washer	$\Phi 8$	1
136	lock nut	M8	1

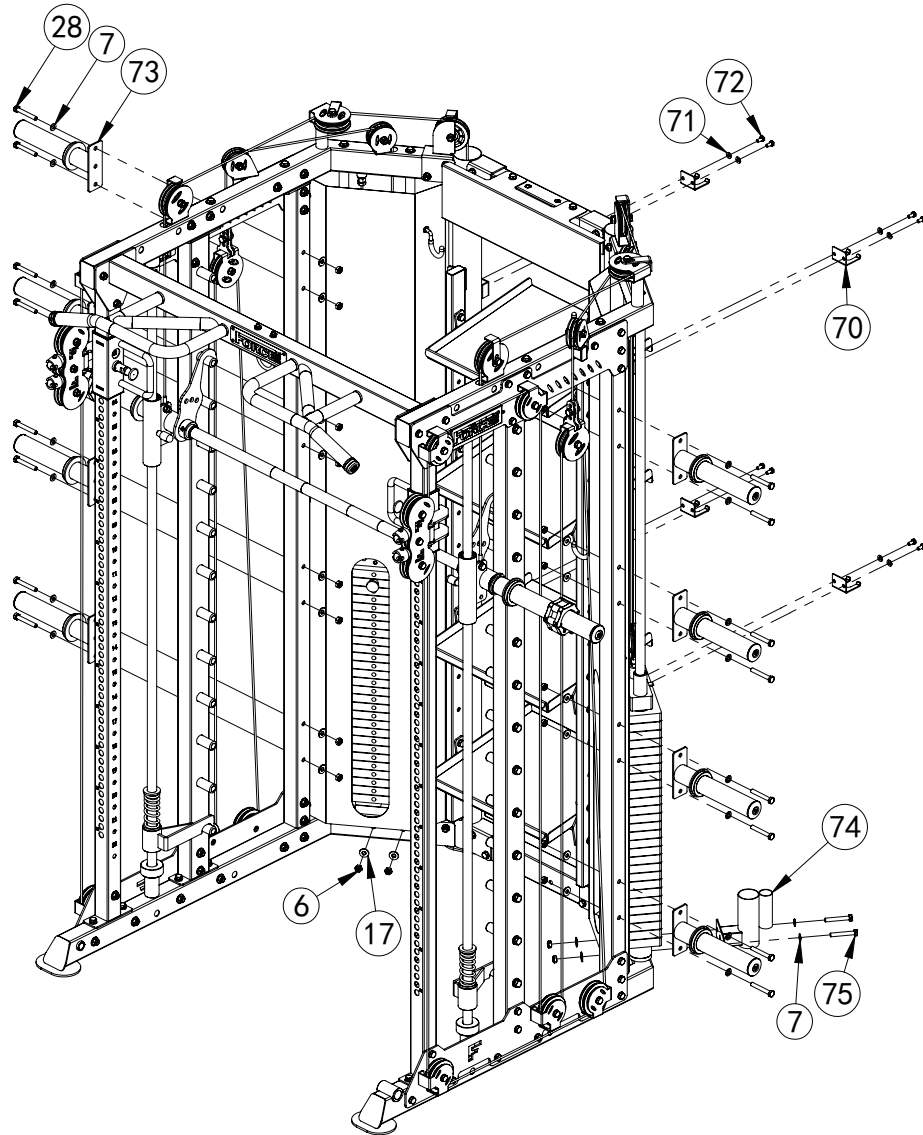
hook
4pcs/set

ASSEMBLY DRAWING



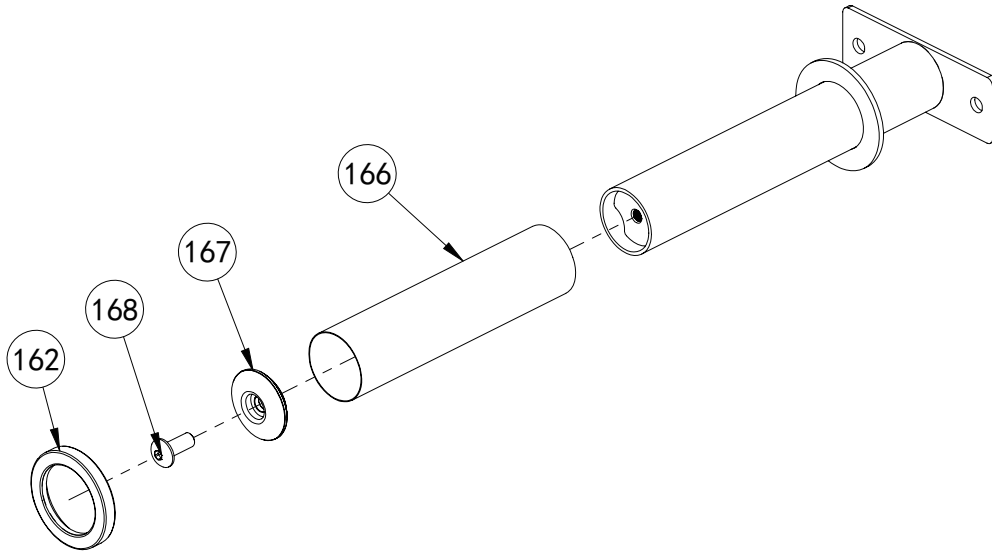
- 1 Attach weight plate cover left-62, weight plate cover right-63 to the mainframe use M10x16 hexagon bolt-65, $\Phi 10$ washer-7, $\Phi 10$ spring washer-14
- 2 Attach hook-67 on the weight plate cover according the picture
- 3 Attach logo board-64 to the mainframe use M10x85 hexagon bolt-66, $\Phi 10$ washer-7, M10 lock nut-6, big washer-17

ASSEMBLY STEP 10



No.	Description	Note	Qty.
70	hook		4
71	washer	Φ8	8
72	hexagon bolt	M8x16	8
73	barbell plate holder		8
28	hexagon bolt	M10x70	16
6	lock nut	M10	20
7	washer	Φ10	20
17	big washer	Φ25xΦ10x2	20
74	barbell rod cup		2
75	hexagon bolt	M10x65	4

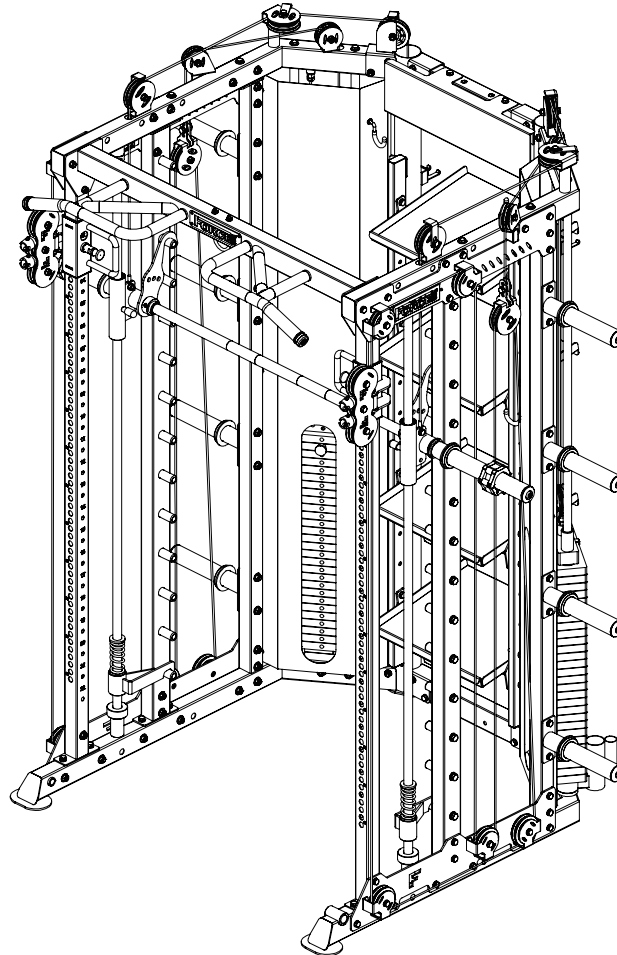
ASSEMBLY DRAWING



barbell plate holder
8pcs/set

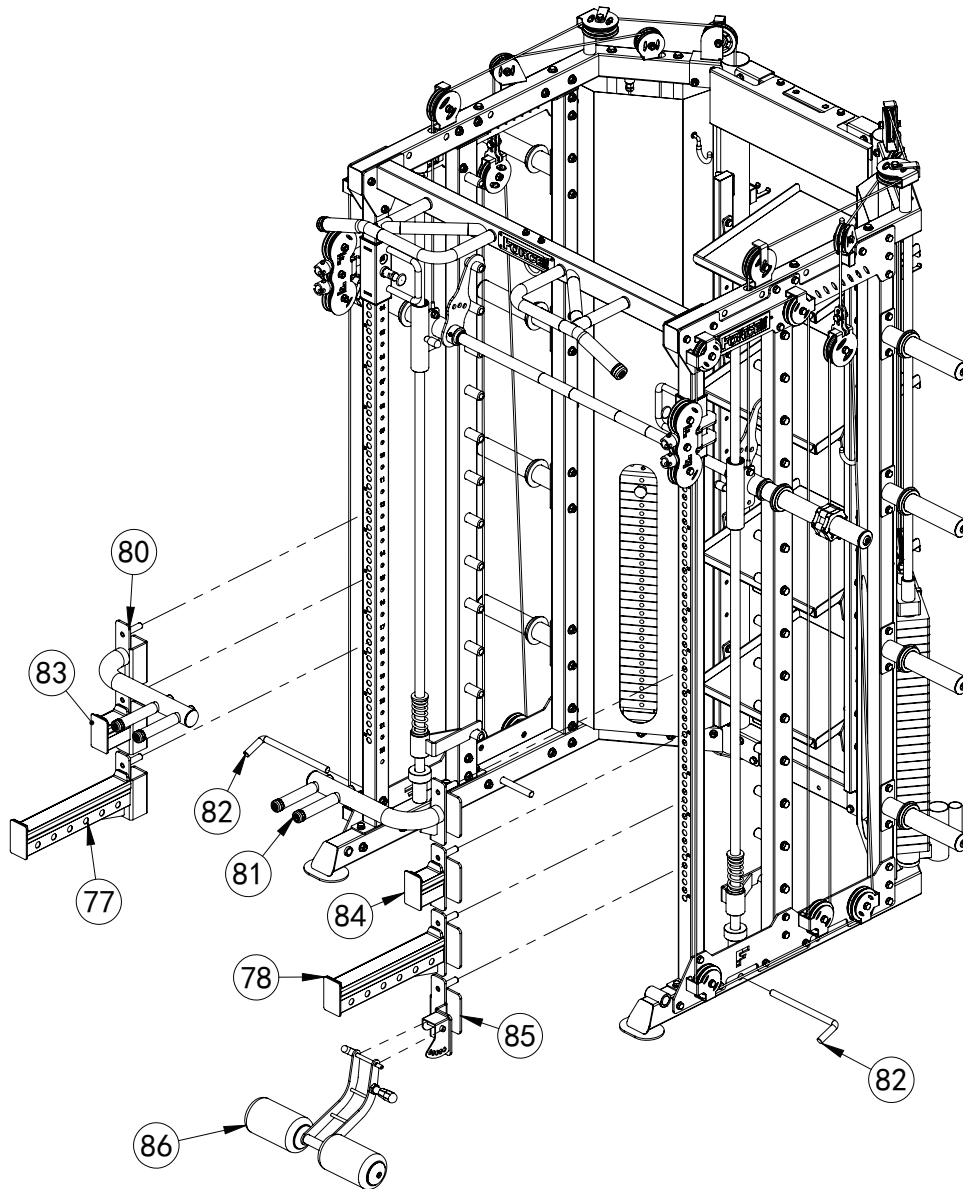
No.	Description	Note	Qty.
166	tube	$\Phi 49.6 \times 0.6 \times 200$	1
167	end cap	$\Phi 11 \times \Phi 18 \times \Phi 42 \times \Phi 50$	1
168	allen bolt	M10x25	1
162	rubber ring	$\Phi 70 \times \Phi 50 \times \Phi 10$	1

ASSEMBLY DRAWING



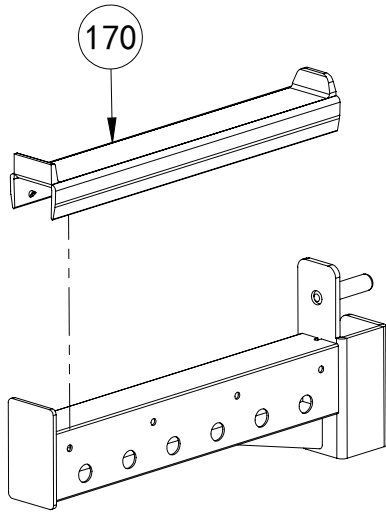
- 1 Attach hook-70 on the mainframe use M8x16 hexagon bolt-72 and $\Phi 8$ washer-71
- 2 Attach barbell rod cup-74 to the mainframe use M10x70 hexagon bolt-28, $\Phi 10$ washer-7, M10 lock nut-6, big washer-17
- 3 Attach barbell plate holder-73 to the mainframe use M10x65 hexagon bolt-75, $\Phi 10$ washer-7, M10 lock nut-6, big washer-17

ASSEMBLY STEP 11



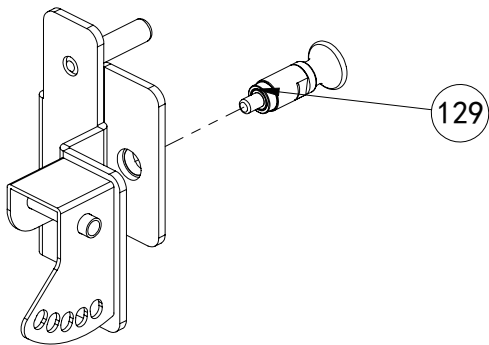
No.	Description	Qty.
77	long barbell rod holder right	1
78	long barbell rod holder left	1
80	dip bar right	1
81	dip bar left	1
82	L shape pin	3
83	short barbell rod holder right	1
84	short barbell rod holder left	1
85	selector part	1
86	leg curl frame	1

ASSEMBLY DRAWING



long barbell rod holder right&left
1pcs/set

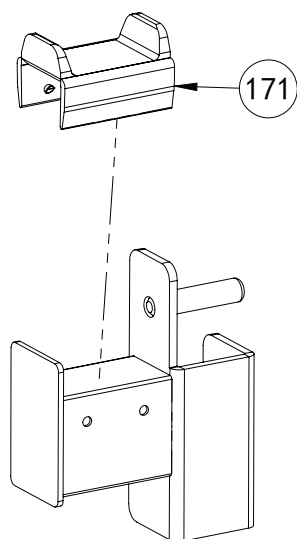
No.	Description	Note	Qty.
170	rubber cover long	387	1



No.	Description	Note	Qty.
129	pin	M20x1.5-Φ10	1

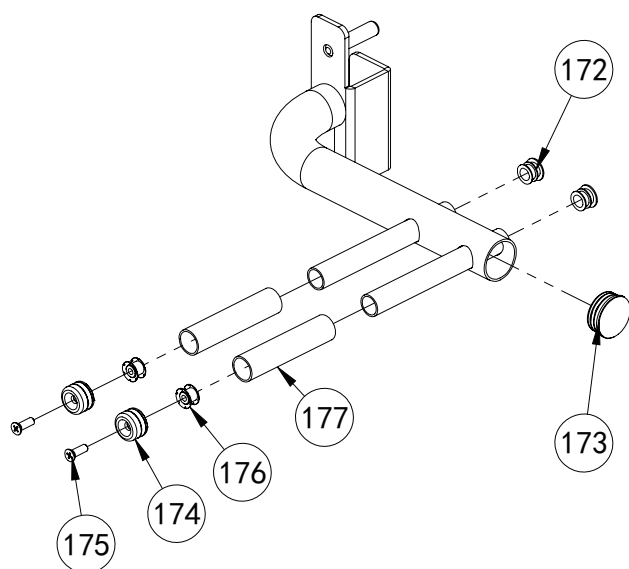
selector part
1pcs/set

ASSEMBLY DRAWING



short barbell rod holder right&left
1pcs/set

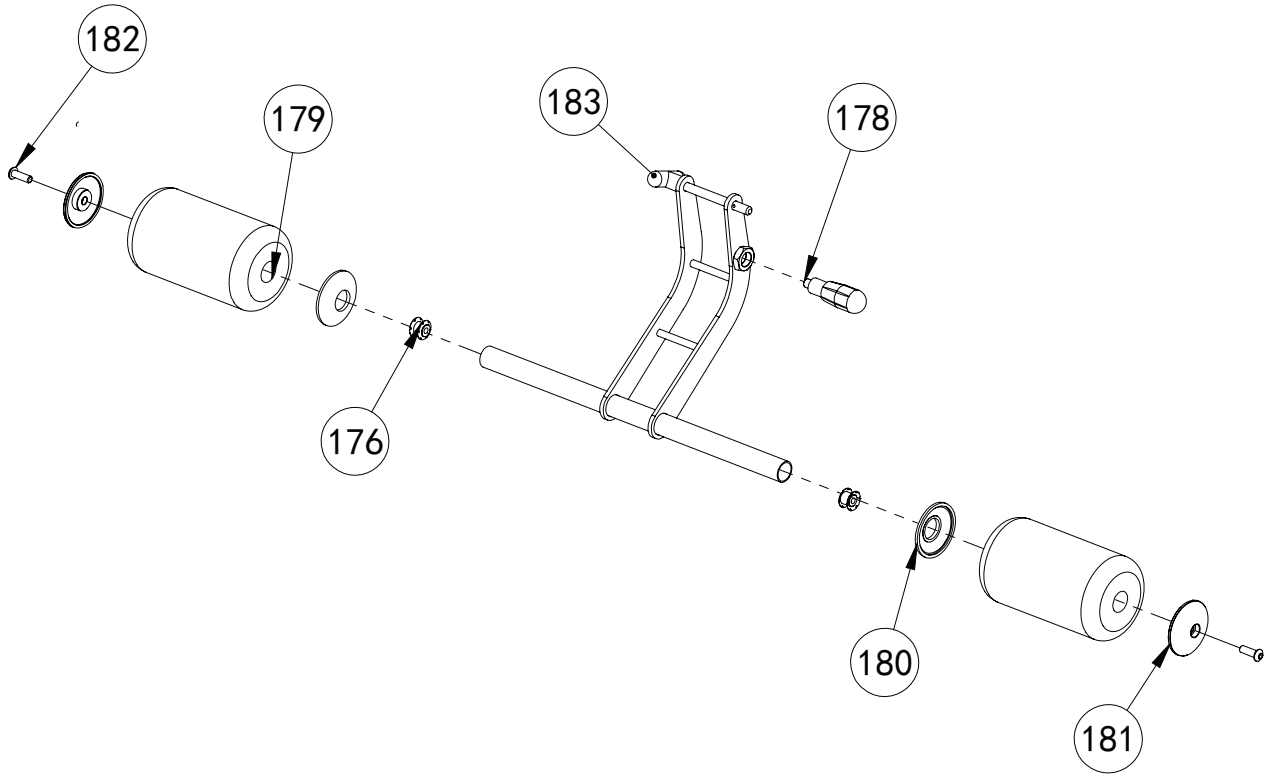
No.	Description	Note	Qty.
171	rubber cover short	85	1



dip bar right&left
1pcs/set

No.	Description	Note	Qty.
172	plug	Φ25x2	2
173	plug	Φ48x2.5	1
174	ring	Φ31.5xΦ25.5	2
175	screw	M8x20	2
176	insert nut	Φ23-M8	2
177	handle cover	Φ25x125	2

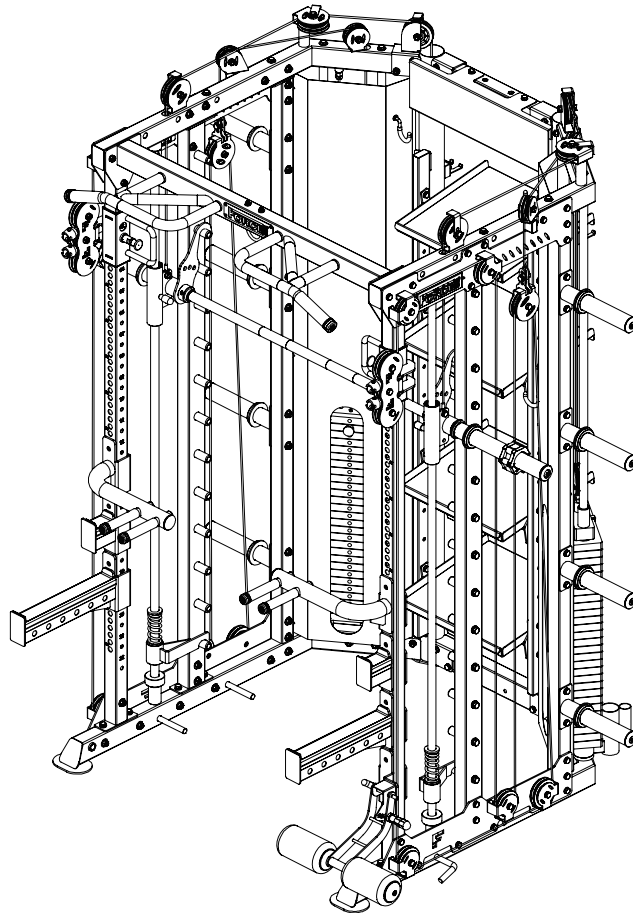
ASSEMBLY DRAWING



leg curl frame
1pcs/set

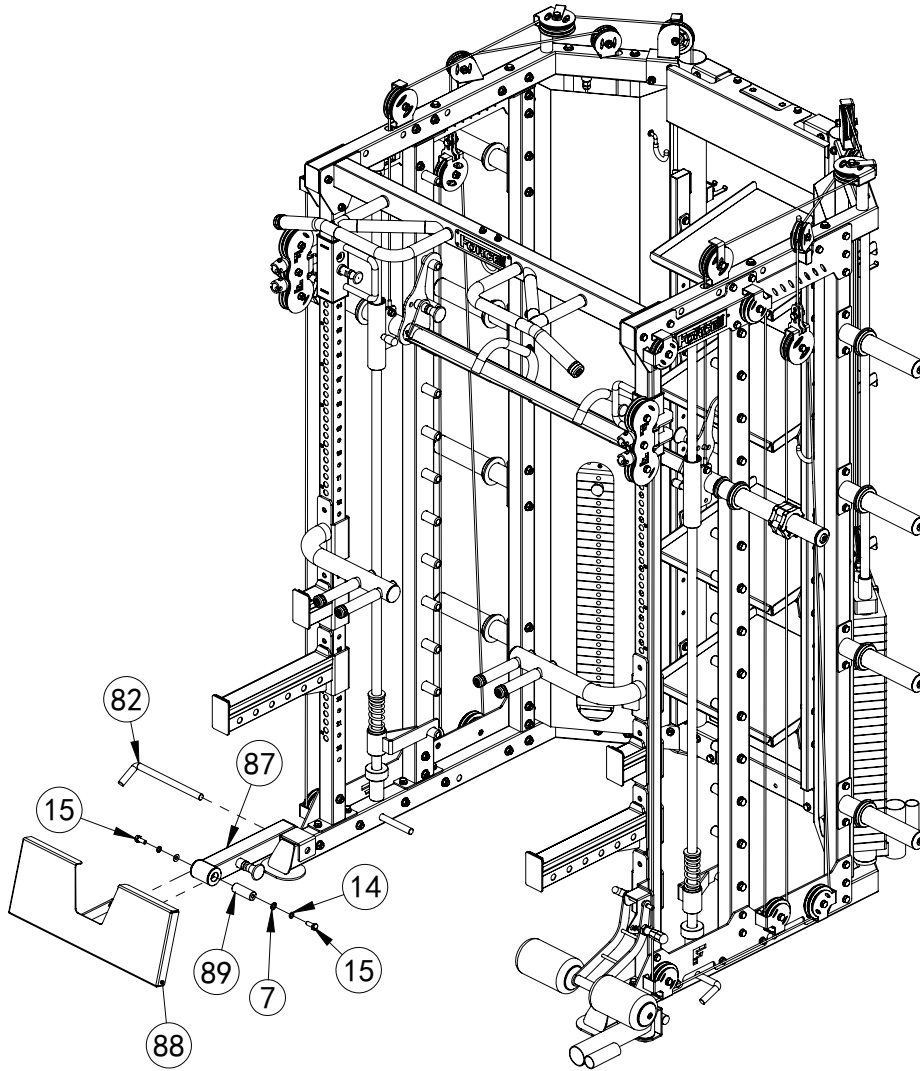
No.	Description	Note	Qty.
178	lock pin	M18x12xΦ10	1
179	foam	Φ25xΦ100x175	2
180	foam inner cover	Φ65xΦ25x12	2
181	foam outer cover	Φ65xΦ9x13	2
182	allen bolt	M8x25	2
176	insert nut	Φ23-M8	2
183	T pin	Φ10x100	1

ASSEMBLY DRAWING



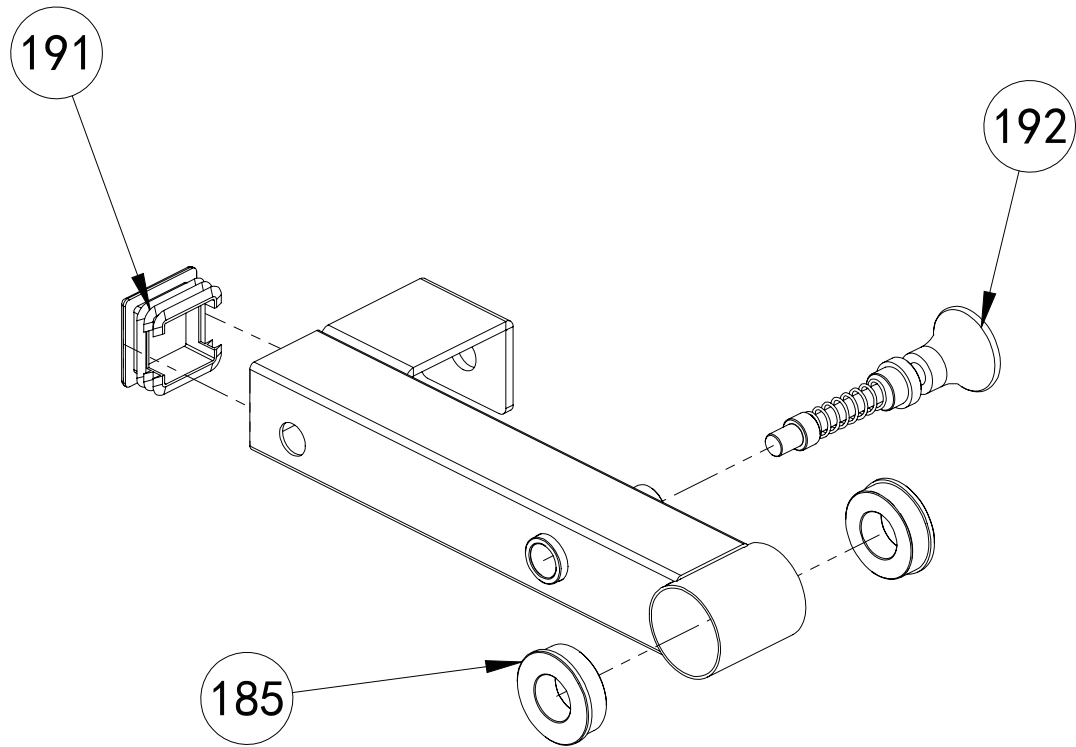
- 1 Put long barbell rod holder-77&78, ,dip bar-80&81, L shape pin-82, short barbell rod holder-83&84, selector part-85 on the mainframe
- 2 Fix the leg curl frame-86 on selector part-85 use T pin-183

ASSEMBLY STEP 12



No.	Description	Note	Qty.
82	L shape pin	Φ17x250x77L	1
87	link frame		1
88	footplate		1
89	internal thread shaft	Φ25x67-M10	1
15	hexagon bolt	M10x25	2
14	spring washer	Φ10	6
7	washer	Φ10	10

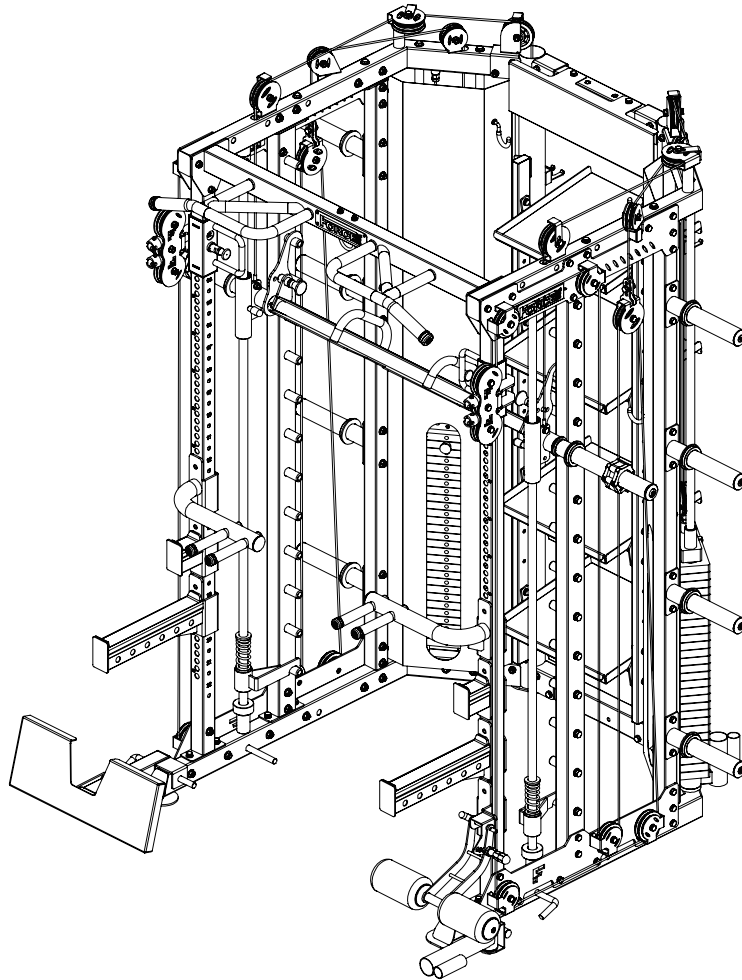
ASSEMBLY DRAWING



footplate
1pcs/set

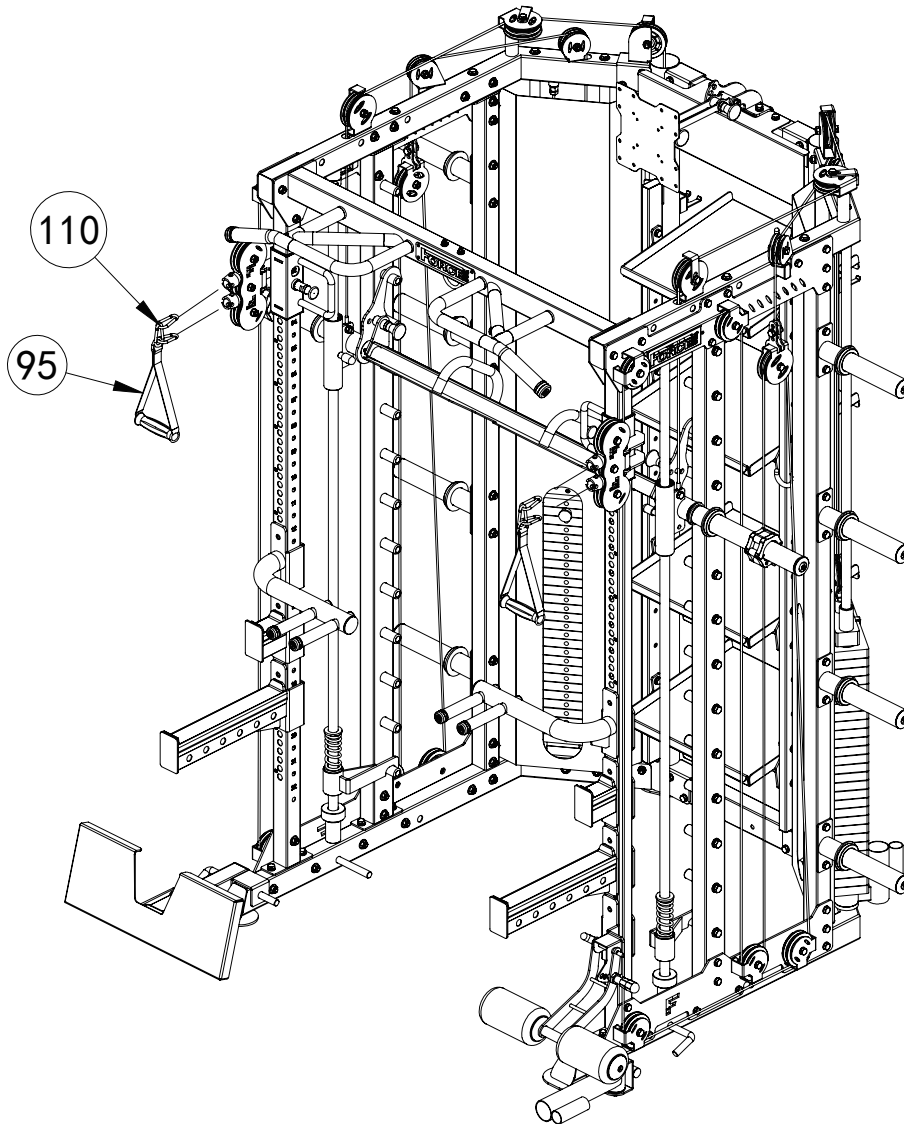
No.	Description	Note	Qty.
191	plug	□50x50x2	1
192	pin	Φ12xM20x75	1
185	sleeve	Φ50xΦ47xΦ25x15	2

ASSEMBLY DRAWING



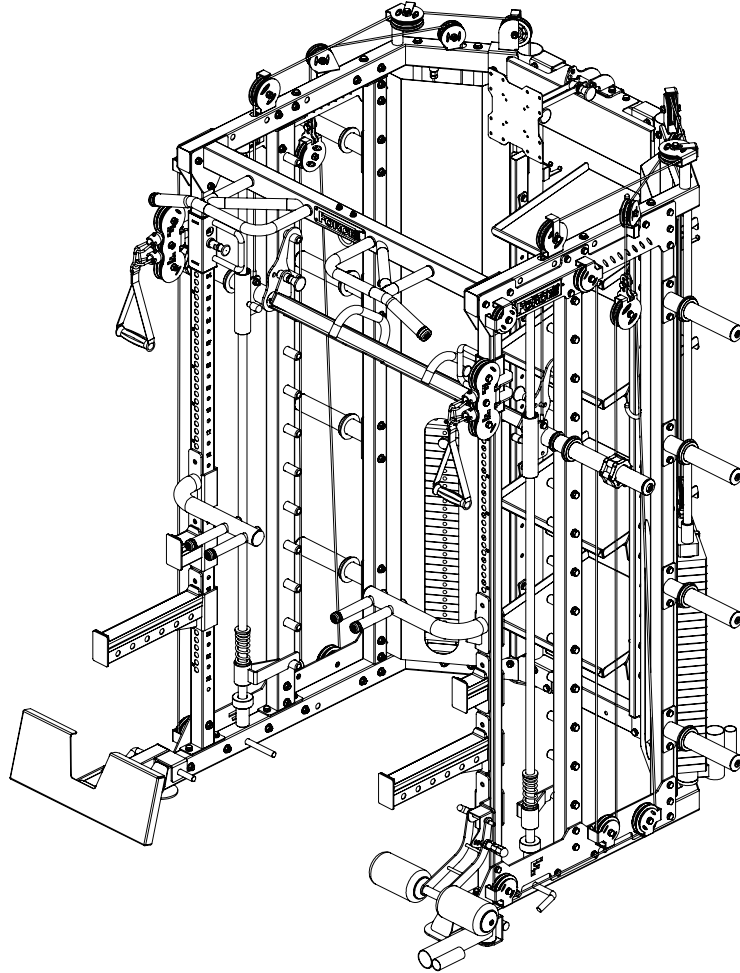
- 1 Connect link frame-87 and footplate-88 use M10x25 hexagon bolt-15, $\Phi 10$ washer-7, $\Phi 10$ spring washer-14 and $\Phi 25 \times 67$ -M10 shaft-89
Attach them to the mainframe use L shape pin-82

ASSEMBLY STEP 13



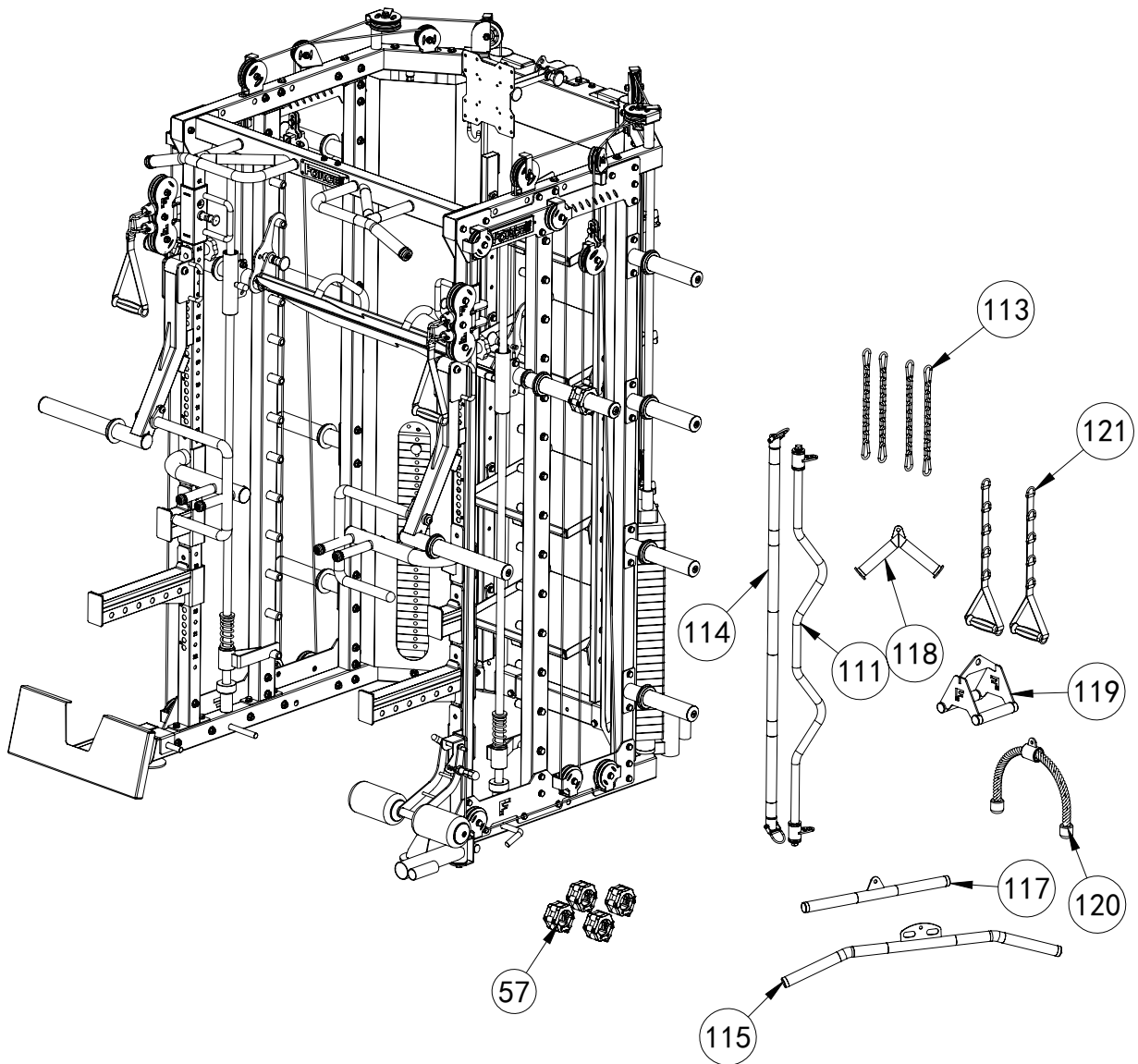
No.	Description	Note	Qty.
95	hand hold		2
110	snap hook		6

ASSEMBLY DRAWING



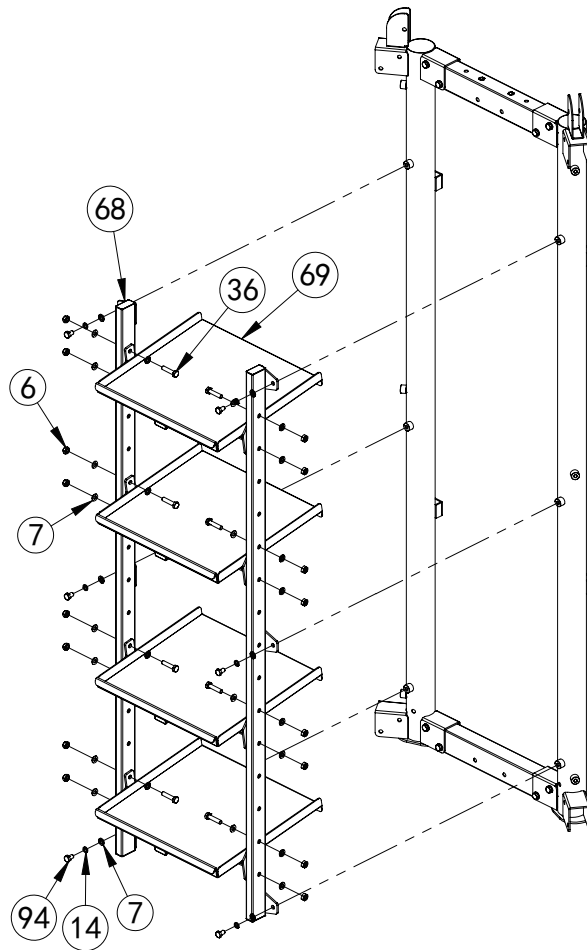
1 Connect hand hold-95 on the mainframe use snap hook-110

SPARE PART



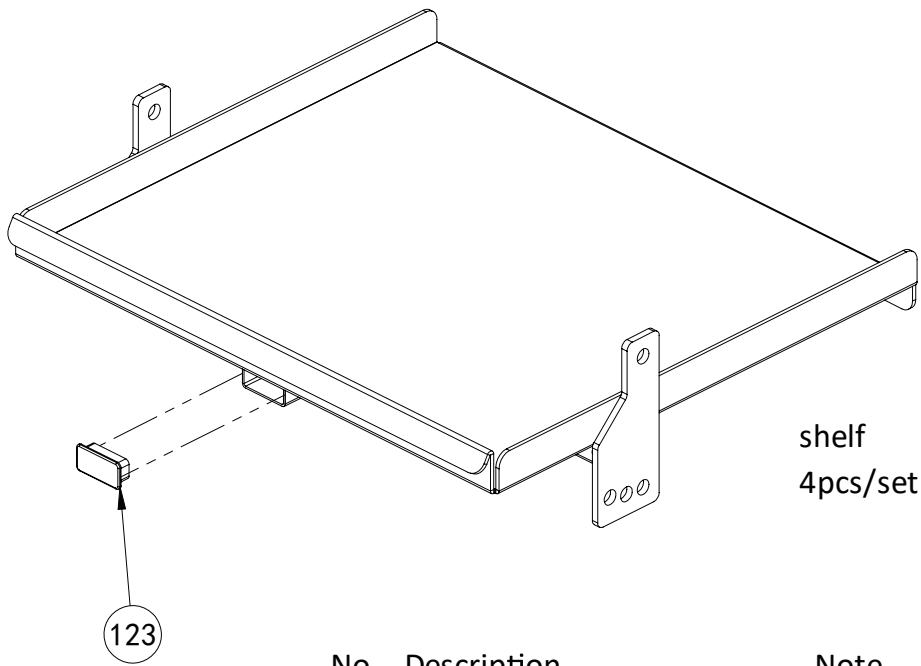
No.	Description	Note	Qty.
57	barbell rod collar	Φ85xΦ50xH49	4
111	curved bar		1
113	snap hook with chain		4
114	ship bar		1
115	long bar		1
117	short bar		1
118	V bar		1
119	triangle handle		1
120	triceps rope		1
121	handle belt		2

UPGRADE KIT DRAWING

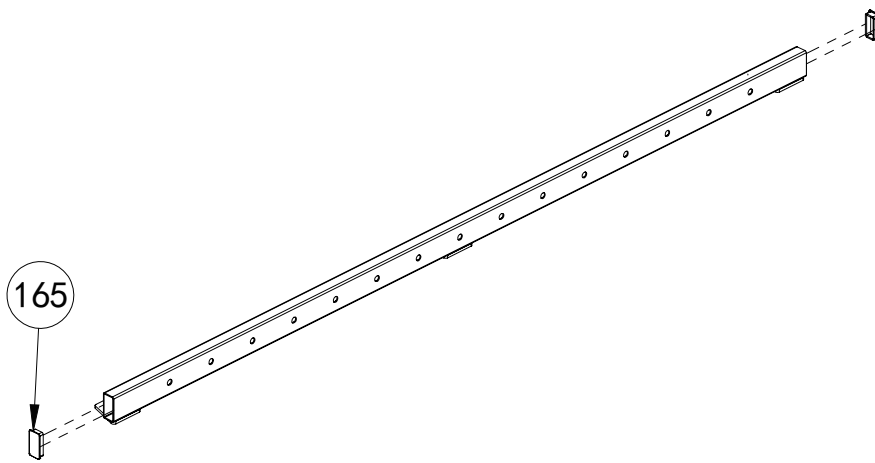


No.	Description	Note	Qty.
68	shelf frame		2
69	shelf		4
36	hexagon bolt	M10x45	16
7	washer	Φ10	38
6	lock nut	M10	16
14	spring washer	Φ10	6
94	hexagon bolt	M10x20	6

UPGRADE KIT DRAWING

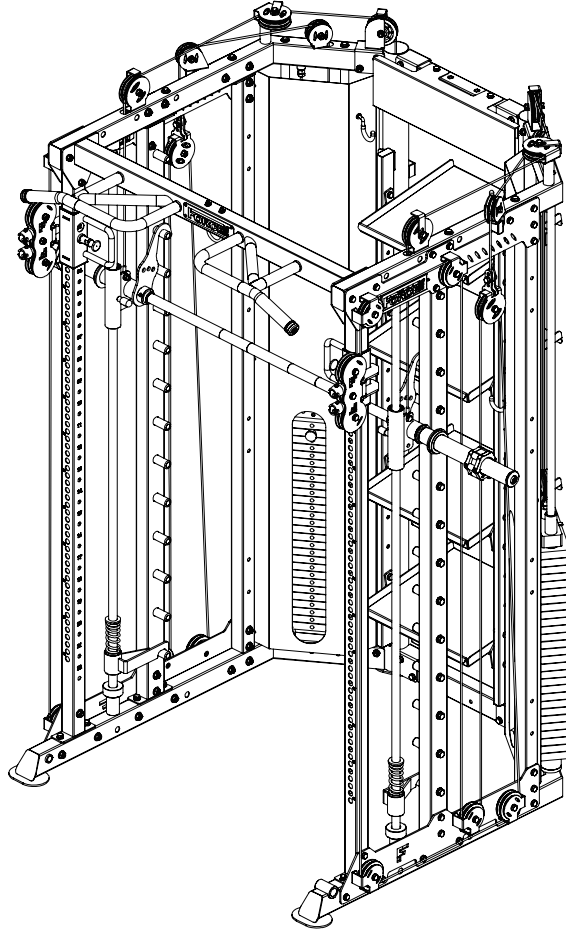


No.	Description	Note	Qty.
123	plug	□40x20x1.5	1



No.	Description	Note	Qty.
165	plug	□25x50x1.5	2

UPGRADE KIT DRAWING



- 1 Attach shelf frame-68 on the mainframe use M10x20 hexagon bolt-94, Φ 10 washer-7, Φ 10 spring washer-14
- 2 Attach shelf-69 to shelf frame-68 use M10x45 hexagon bolt-36, Φ 10 washer-7 and M10 lock nut-6