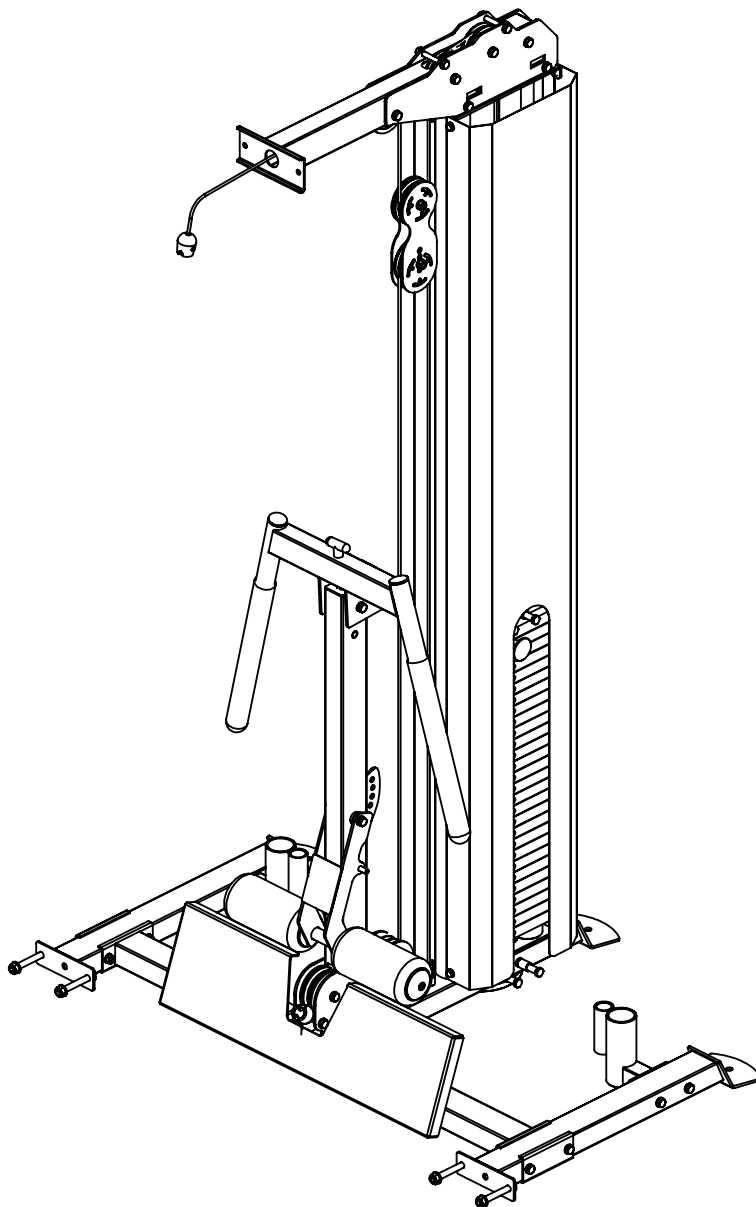


FORCE USA

INNOVATION IN STRENGTH™



USER MANUAL | **G20-LATROW**

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.

TABLE OF CONTENTS

Spare part list.....	3-4
Assembly step 1.....	5-7
Assembly step 2.....	8-10
Assembly step 3.....	11-13
Assembly step 4.....	14-16
Assembly step 5.....	17-19
Assembly step 6.....	20-22
Assembly step 7.....	23-24

PARTS LIST

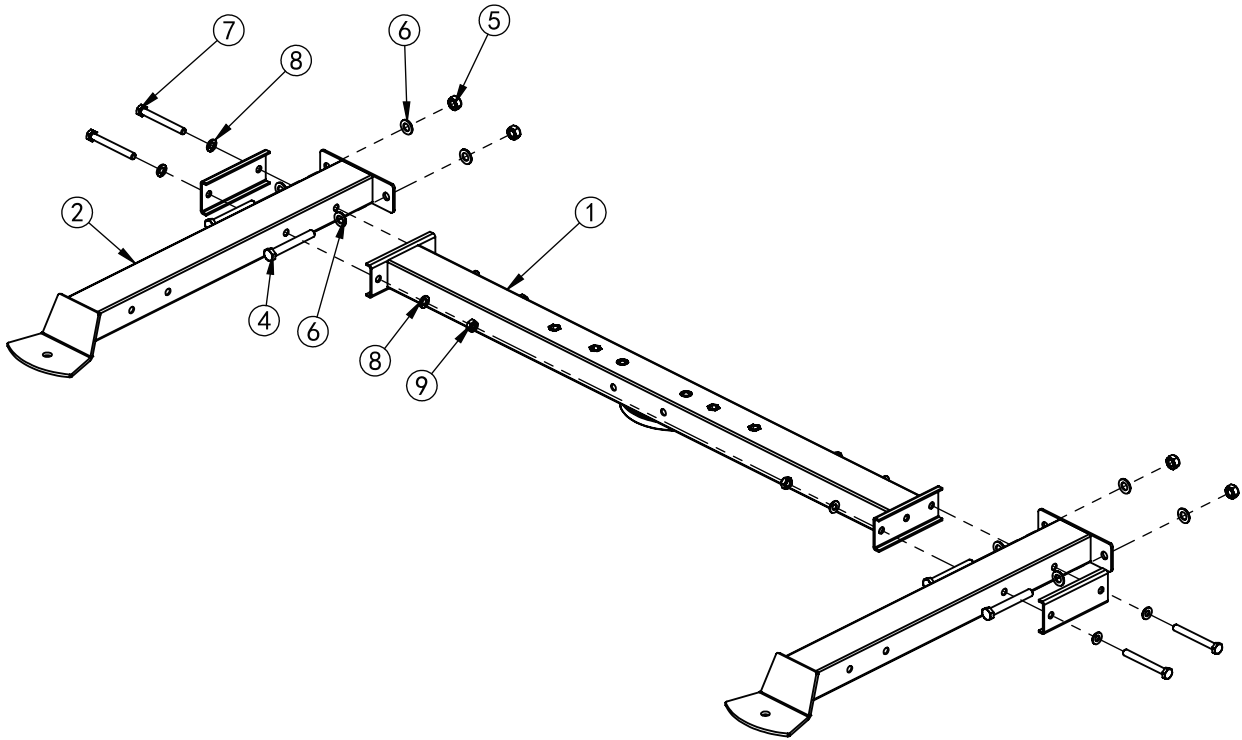
No.	Description	Note	Qty.
1	3070 back bottom tube		1
2	3070 ground tube		2
3	concave plate	T3.0*72*140	2
4	hexagon bolt	M12*90	4
5	lock nut	M12	4
6	washer	φ12	16
7	hexagon bolt	M10*90	10
8	washer	φ10	52
9	lock nut	M10	24
10	back bottom tube		1
11	oval mat	131*80*14	2
12	hexagon river nut with flat head	φ16*φ13*M10*20	4
13	bottom tube		1
14	front guide rod	φ25*2050	2
15	crash pad	Φ60*Φ25*42	2
16	weight stack-130kg group		1
17	magnetic pin		1
18	hang shaft	Φ17.8*70	8
19	hexagon bolt	M10*16	2
20	high pull bottom tube		1
21	fix plate	T6	2
22	hexagon bolt	M10*20	6
23	spring gasket	Φ10	10
24	back support tube		1
25	up support tube		1
26	square tube plug	□50*70*t1.5	1
27	square inner plug	□50*25*t1.5	2
28	high pull decorate plate		2
29	Φ95 pulley		7
30	pulley frame		1
31	high pull wire -bolt	Φ5*3230	2
32	hexagon bolt	M10*75	12
33	powder metallurgy sleeve	Φ20*Φ16*Φ10.5*21.5	8
34	pulley adjust plate		2
35	hexagon bolt	M10*45	2
36	high pull wire	Φ5*3230	1

PARTS LIST

No.	Description	Note	Qty.
37	weight bolt	M12	2
38	wire connect part		1
39	wire-ball head part	54511	2
40	wire-ball head	54511	2
41	hexagon socket cap screws	M5*25	2
42	main frame		1
43	washer	φ8	8
44	decorate plate support tube	φ14*49*T1.5	2
45	hexagon bolt	M12*25	8
46	spring gasket	φ12	8
47	main frame		1
48	powder metallurgy sleeve	Φ26* Φ16*12	4
49	hexagon bolt	M8*16	8
50	dip bar		1
51	leg press frame		1
52	inner shaft	Φ16*68*M10	2
53	T shape pin -black		2
54	hexagon bolt	M10*25	4
55	3070 dip bar		1
56	38 tube plug	Φ38*1.5	4
57	100 sponge	Φ100*200	2
58	end cap-outside	φ65*φ15	2
59	end cap-inner	φ65*φ25	2
60	leg press frame		1
61	plastic nut	M8	2
62	hexagon socket cap screws	M8*25	2
63	back shield		2
64	shield rod	1975mm	2
65	barbell cap		2
66	footplate		1
67	hexagon river nut with flat head	M12	4

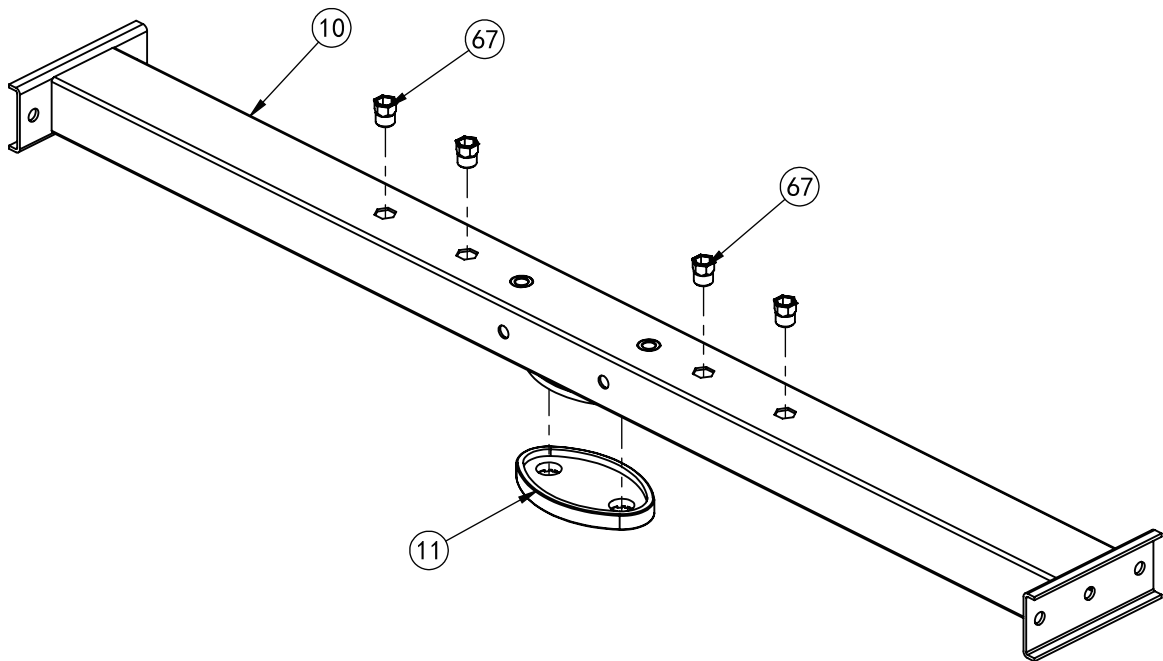


ASSEMBLY STEP 1



No.	Description	Note	Qty.
1	3070 back bottom tube		1
2	3070 ground tube		2
3	concave plate	T3.0*72*140	2
4	hexagon bolt	M12*90	4
5	lock nut	M12	4
6	washer	φ12	8
7	hexagon bolt	M10*90	4
8	washer	φ10	8
9	lock nut	M10	4

ASSEMBLY DRAWING

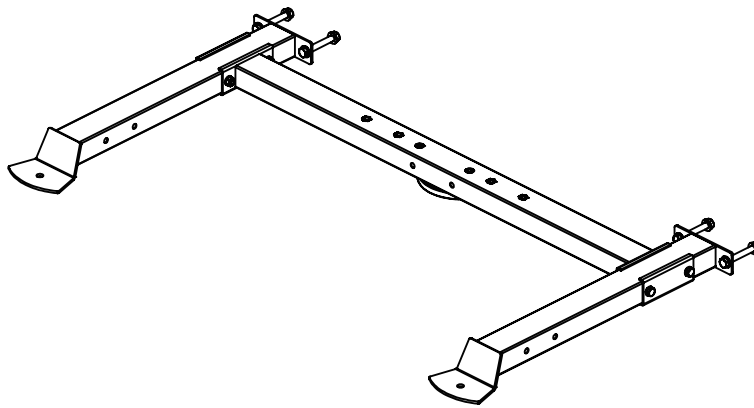


back bottom tube

QTY: 1PCS/SET

No.	Description	Note	Qty.
10	back bottom tube		1
11	oval mat	131*80*14	1
12	hexagon river nut with flat head	$\phi 16 * \phi 13 * M10 * 20$	4

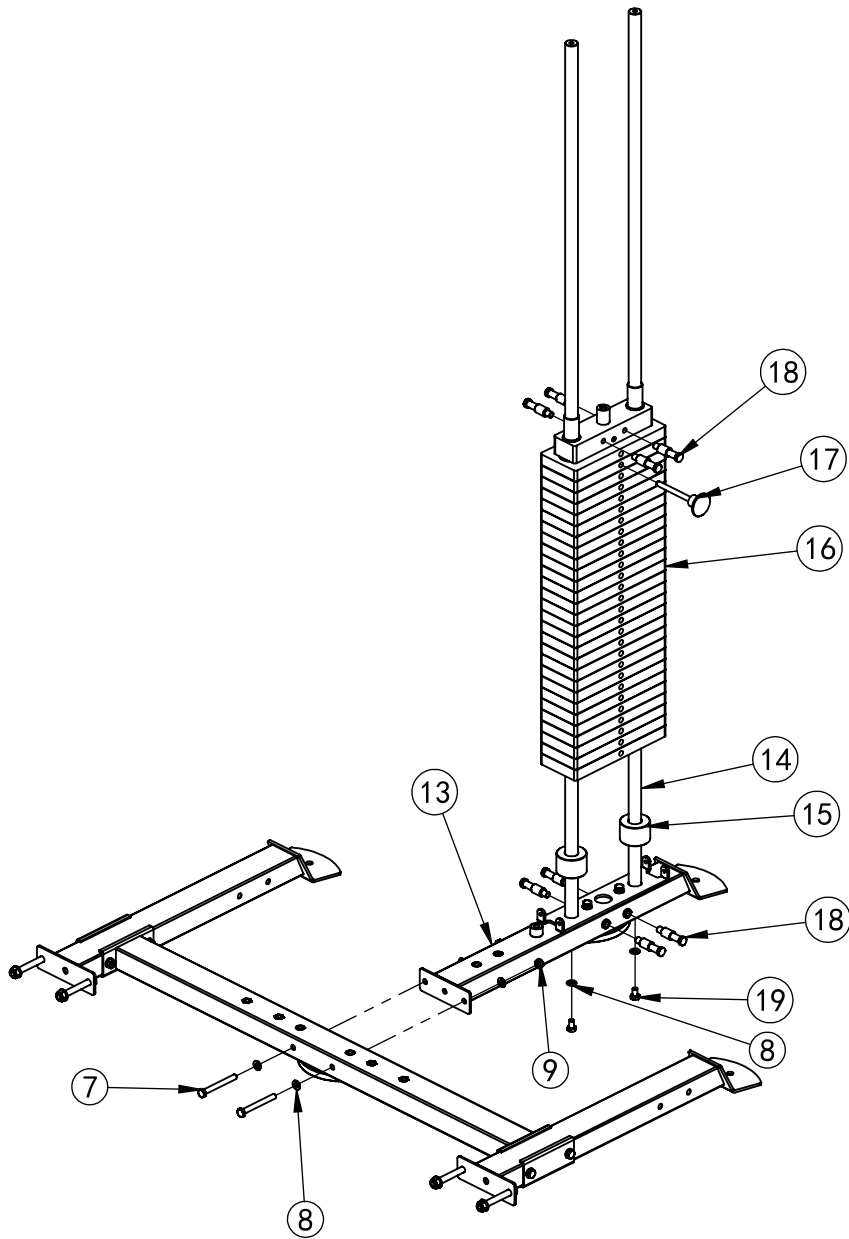
ASSEMBLY DRAWING



INSTALLATION INSTRUCTION

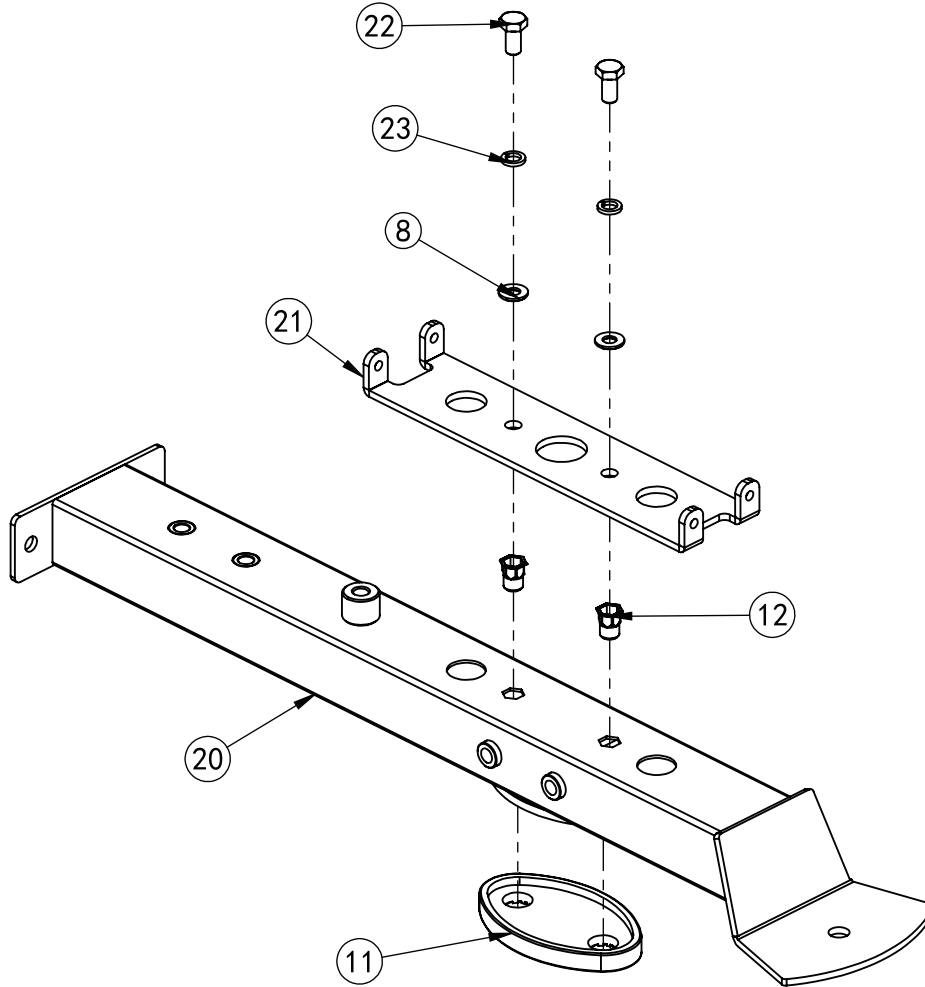
- 1 Assembly 3070 ground tube-2,concave plate-3 on 3070 back bottom tube-1 using M10*90 hexagon bolt-7, ϕ 10 washer-8,M10 lock nut-9.
- 2 The M12*90 hexagon bolt-4, ϕ 12 washer-6,M12 lock nut-5 don't have effect in bk-3070-2,only use in bk-3070.

ASSEMBLY STEP 2



No.	Description	Note	Qty.
13	bottom tube		1
14	front guide rod	$\phi 25 * 2050$	2
15	crash pad	$\Phi 60 * \Phi 25 * 42$	2
16	weight stack-130kg group		1
17	magnetic pin		1
18	hang shaft	$\Phi 17.8 * 70$	8
7	hexagon bolt	M10*90	2
8	washer	$\phi 10$	6
9	lock nut	M10	2
19	hexagon bolt	M10*16	2

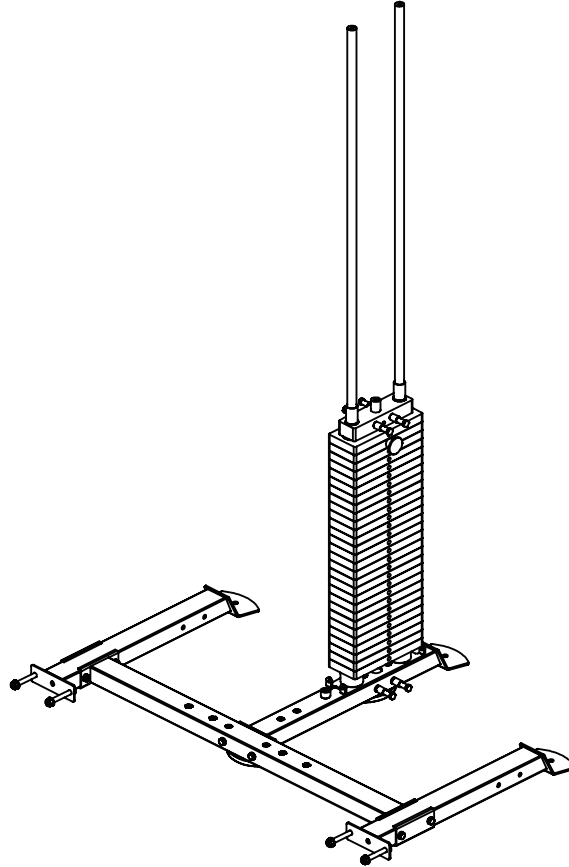
ASSEMBLY DRAWING



high pull bottom tube
QTY: 1PCS/SET

No.	Description	Note	Qty.
20	high pull bottom tube		1
11	oval mat	131*80*14	1
21	fix plate	T6	1
12	hexagon river nut with flat head	$\phi 16 * \phi 13 * M10 * 20$	2
22	hexagon bolt	M10*20	2
23	spring gasket	$\phi 10$	2
8	washer	$\phi 10$	2

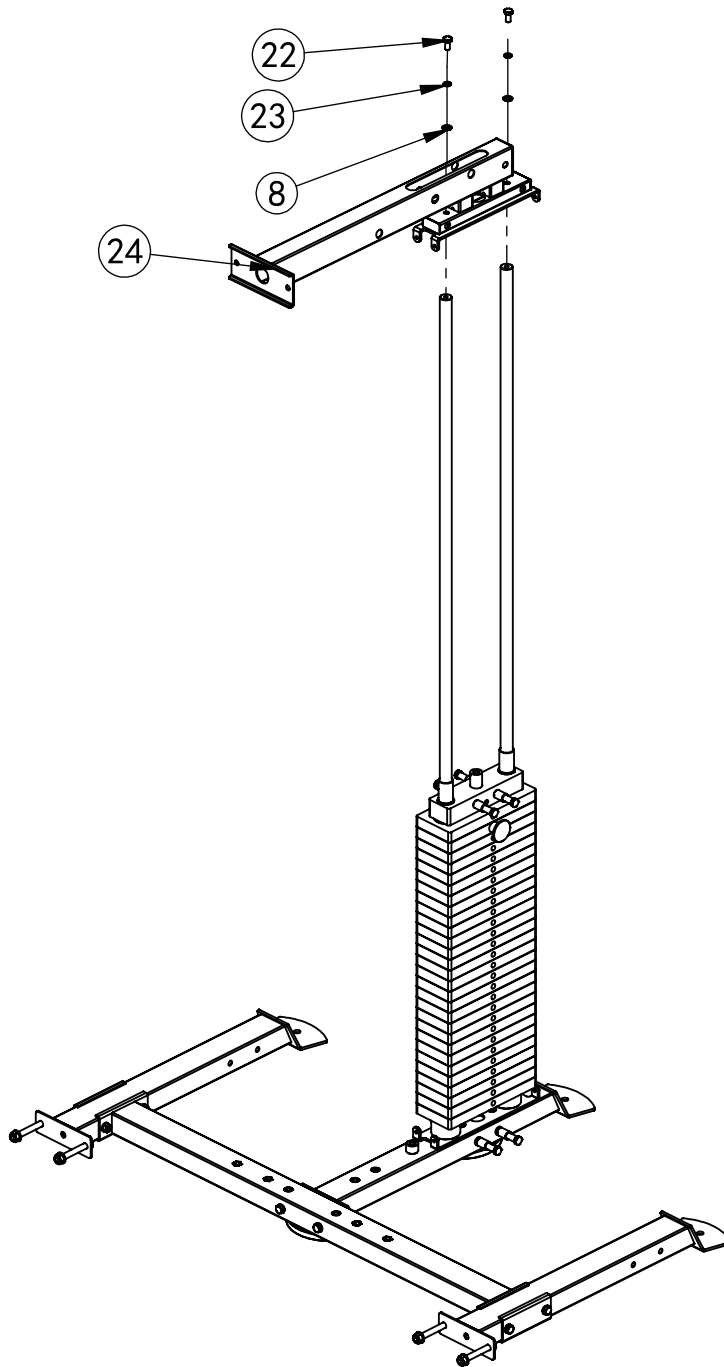
ASSEMBLY DRAWING



INSTALLATION INSTRUCTION

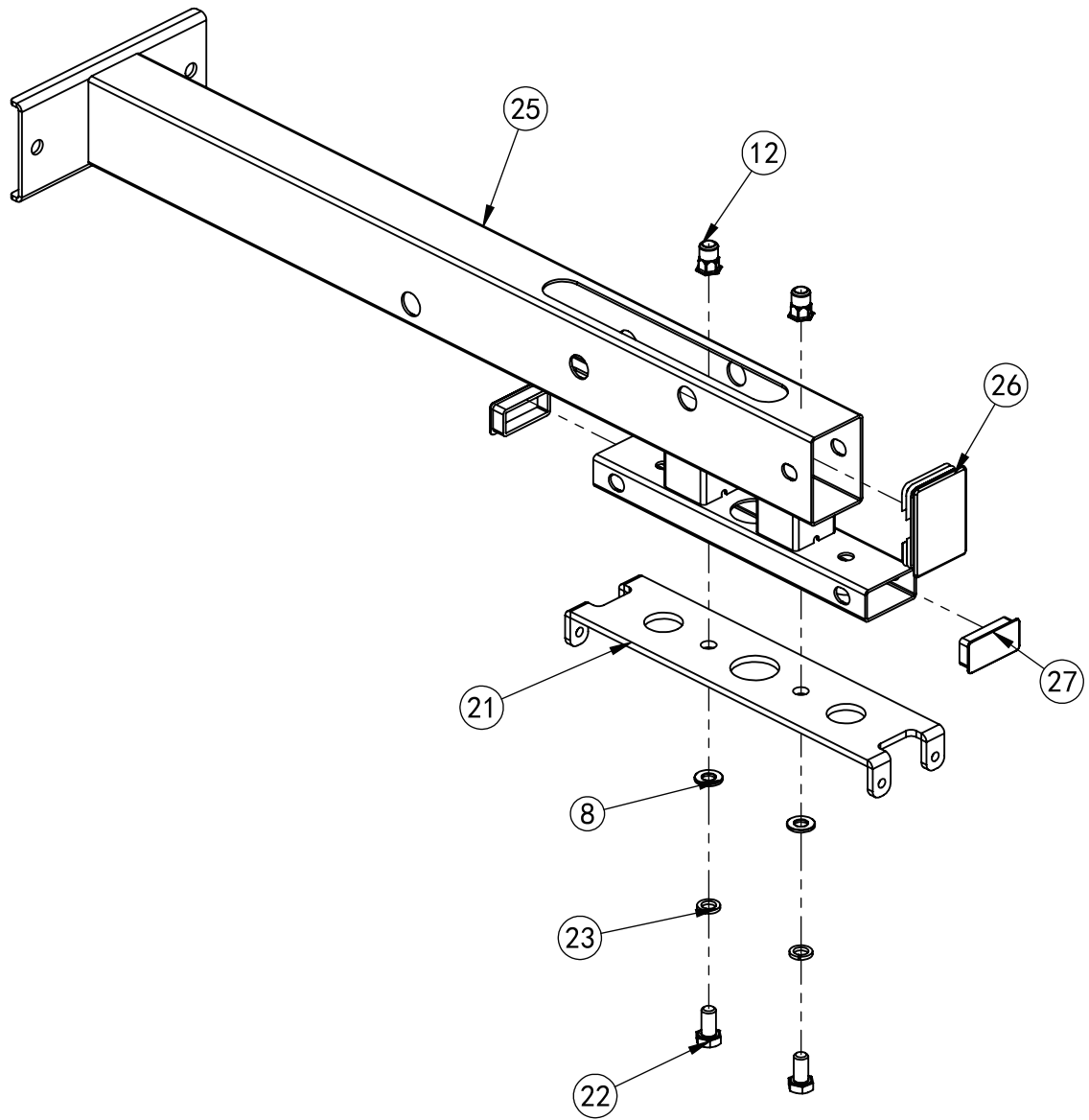
- 1 Assemble front guide rod-14 on bottom tube-13 using M10*16 hexagon bolt-19, $\phi 10$ washer-8.
- 2 Assemble crash pad -15 on front guide rod-14.
- 3 Assemble bottom tube-13 on 3070 back bottom tube-1 using M10*90 hexagon bolt-7, $\phi 10$ washer-8, M10 lock nut-9.
- 4 Assemble weight satch-130kg group-16 on front guide rod-14 and plug magnetic pin-17.
- 5 Hang hang shaft-18 on bottom tube-13, weight satch-130kg group-16.

ASSEMBLY STEP 3



No.	Description	Note	Qty.
24	back support tube		1
22	hexagon bolt	M10*20	2
23	spring gasket	Φ10	2
8	washer	φ10	2

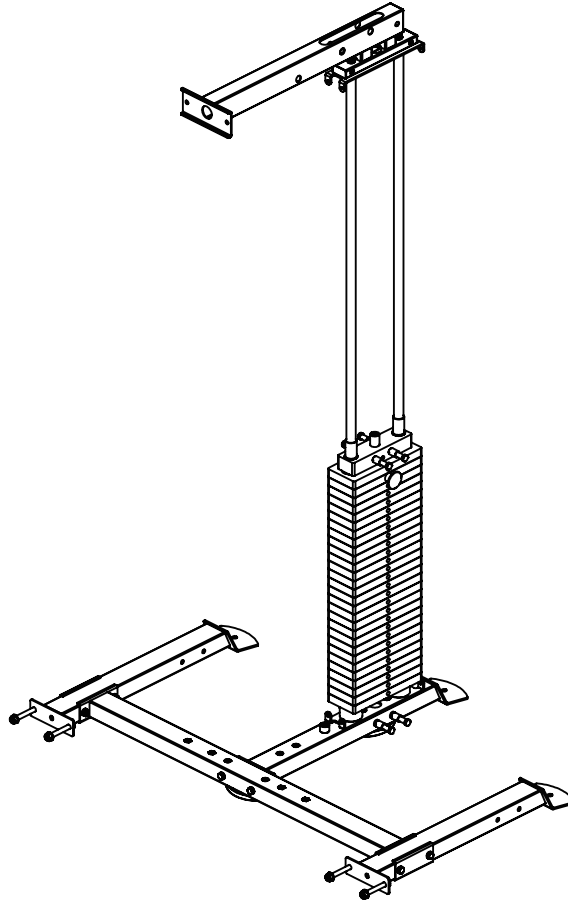
ASSEMBLY DRAWING



back support tube
QTY: 1PCS/SET

No.	Description	Note	Qty.
25	up support tube		1
26	square tube plug	□50*70*t1.5	1
27	square inner plug	□50*25*t1.5	2
12	hexagon river nut with flat head	φ16*Φ13*M10*20	2
21	fix plate	T6	1
22	hexagon bolt	M10*20	2
23	spring gasket	Φ10	2
8	washer	φ10	2

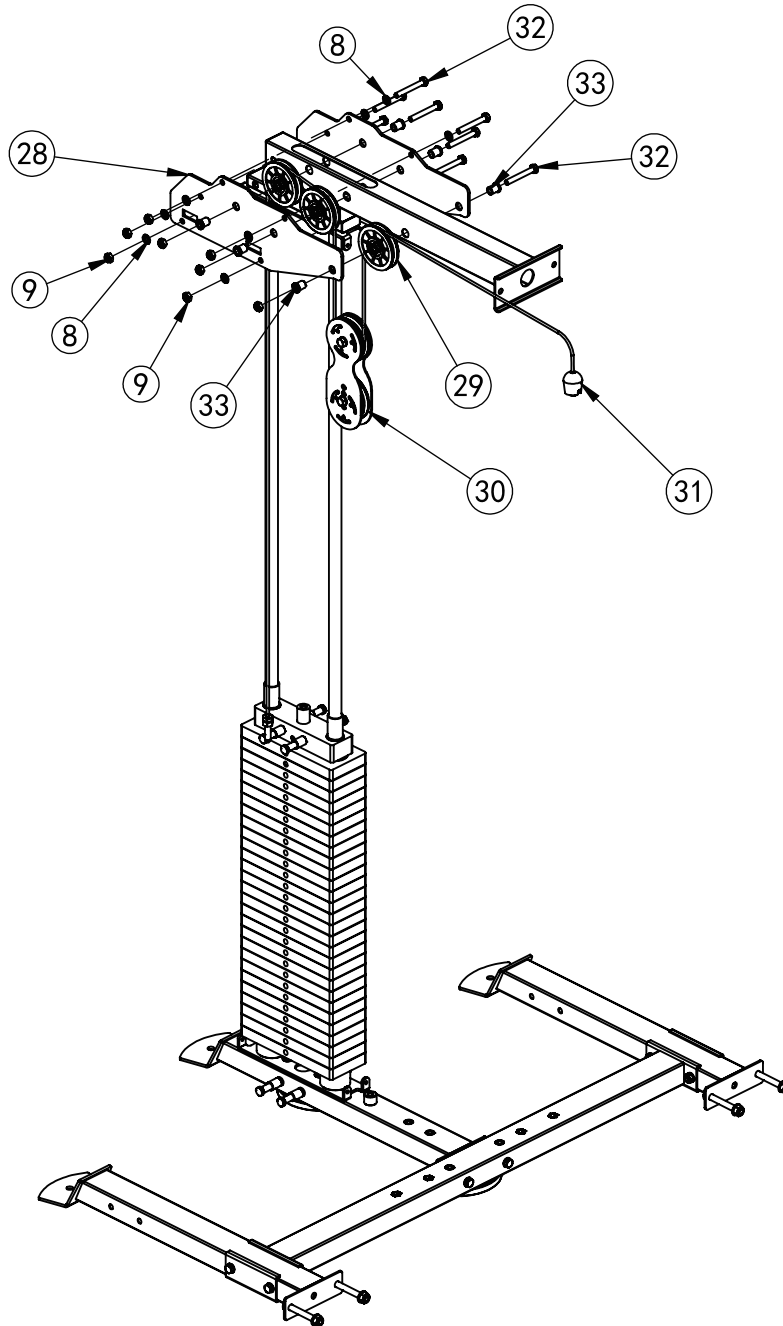
ASSEMBLY DRAWING



INSTALLATION INSTRUCTION

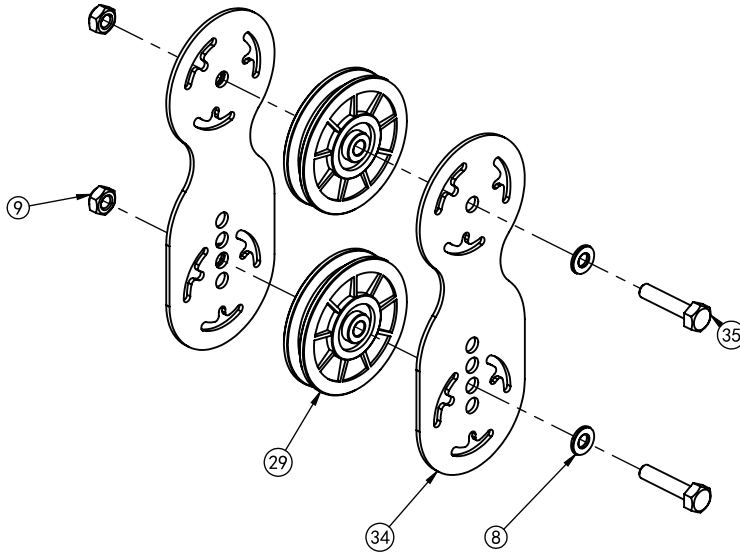
- 1 Assemble back support tube -24 on front guide rod-14 using M10*20 hexagon bolt-22, $\phi 10$ washer-8, $\phi 10$ spring gasket-23.

ASSEMBLY STEP 4



No.	Description	Note	Qty.
28	high pull decorate plate		2
29	Φ95 pulley		3
30	pulley frame		1
31	high pull wire -bolt	Φ5*3230	1
32	hexagon bolt	M10*75	8
8	washer	φ10	10
9	lock nut	M10	8
33	powder metallurgy sleeve	Φ20*Φ16*Φ10.5*21.5	6

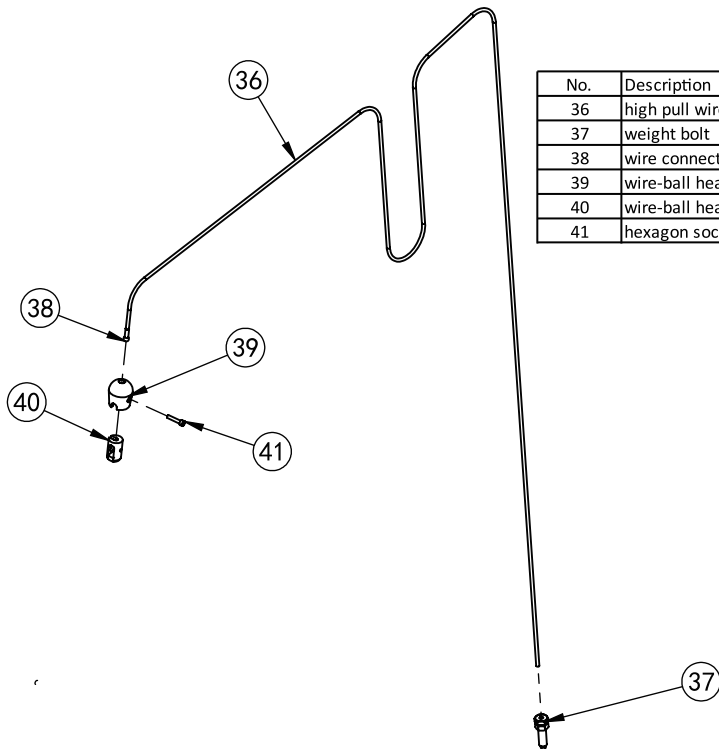
ASSEMBLY DRAWING



pulley frame

QTY: 1PCS/SET

No.	Description	Note	Qty.
29	Φ95 pulley		2
34	pulley adjust plate		2
35	hexagon bolt	M10*45	2
8	washer	φ10	2
9	lock nut	M10	2

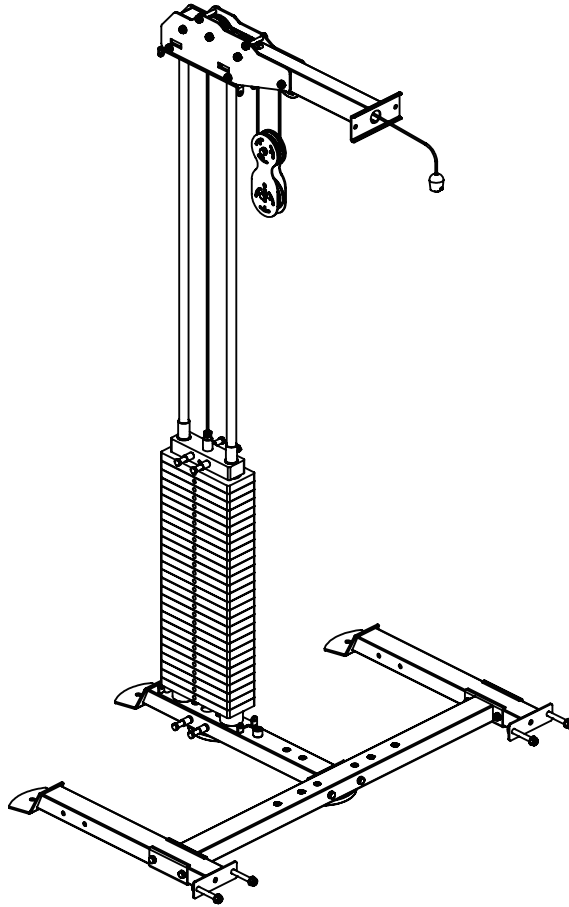


No.	Description	Note	Qty.
36	high pull wire	Φ5*3230	1
37	weight bolt	M12	1
38	wire connect part		1
39	wire-ball head part	54511	1
40	wire-ball head	54511	1
41	hexagon socket cap screws	M5*25	1

high pull wire -bolt

QTY: 2PCS/SET

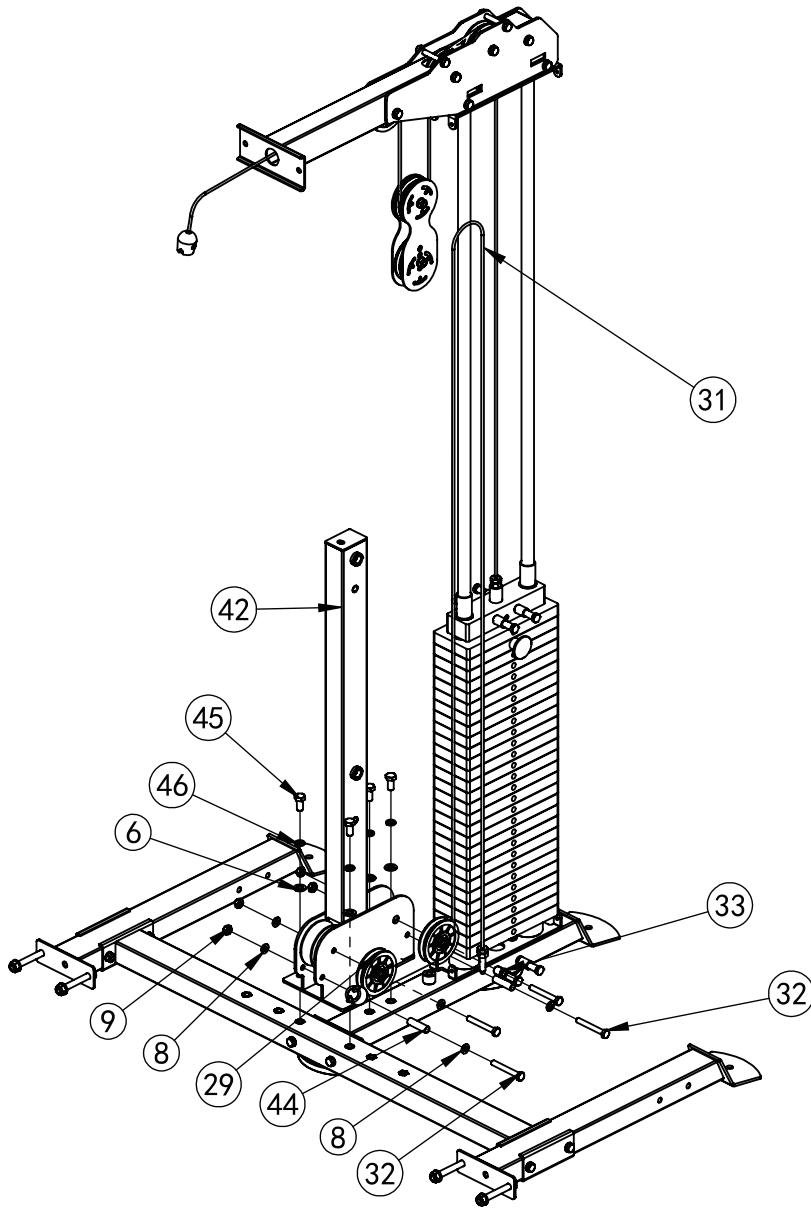
ASSEMBLY DRAWING



INSTALLATION INSTRUCTION

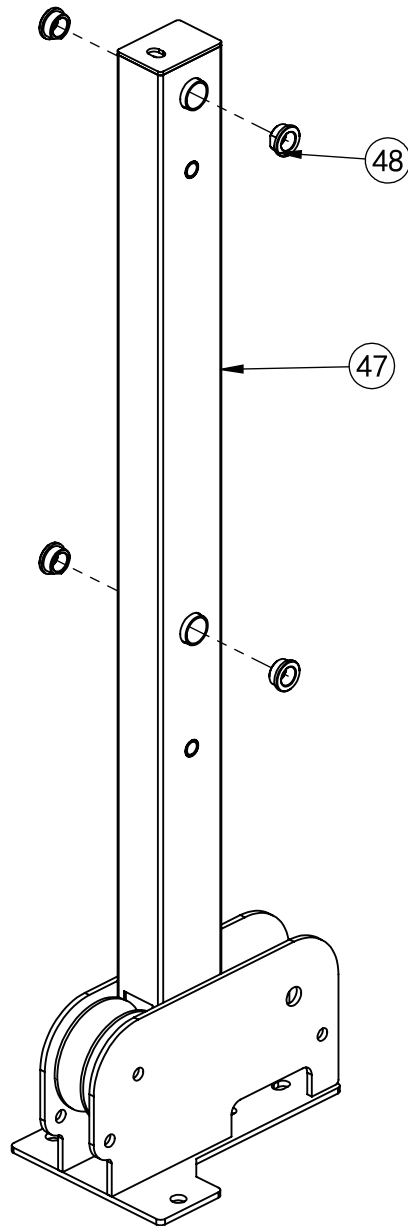
- 1 Assembly high pull decorate plate -28 , $\Phi 95$ pulley-29 on back support tube -24 using M10*75 hexagon bolt-32, $\phi 10$ washer-8, $\Phi 20*\Phi 16*\Phi 10.5*21.5$ powder metallurgy sleeve-33,M10 lock nut-9 .
- 2 Assembly high pull wire -bolt-31 on weight stack-130kg group-16.
- 3 As shown in the figure assembly high pull wire -bolt-31 on back support tube -24,pulley frame-30.

ASSEMBLY STEP 5



No.	Description	Note	Qty.
42	main frame		1
32	hexagon bolt	M10*75	4
8	washer	φ10	6
9	lock nut	M10	4
31	high pull wire -bolt	Φ5*3230	1
44	decorate plate support tube	φ14*49*T1.5	2
29	Φ95 pulley		2
33	powder metallurgy sleeve	Φ20*Φ16*Φ10.5*21.5	2
45	hexagon bolt	M12*25	4
46	spring gasket	φ12	4
6	washer	φ12	4

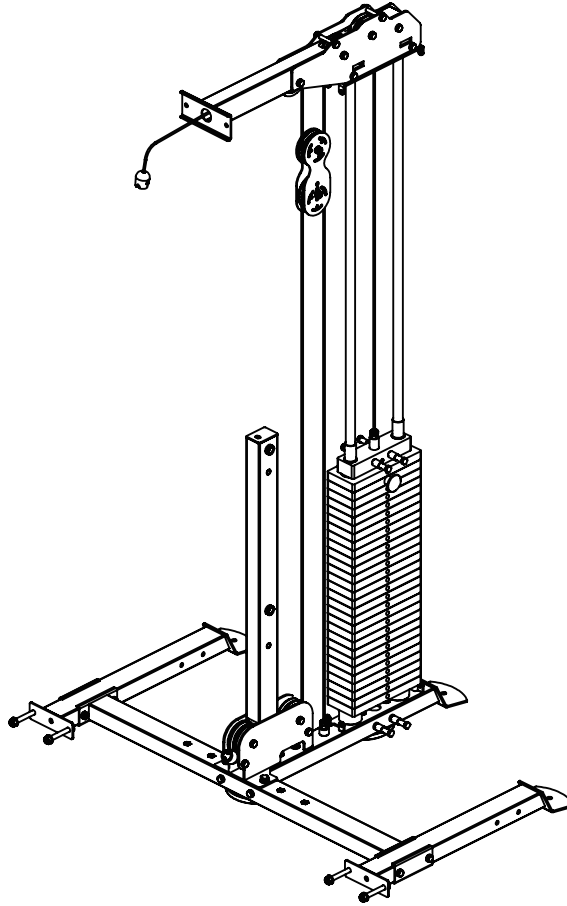
ASSEMBLY DRAWING



main frame
QTY: 1PCS/SET

No.	Description	Note	Qty.
47	main frame		1
48	powder metallurgy sleeve	$\Phi 26^* \Phi 16^* 12$	4

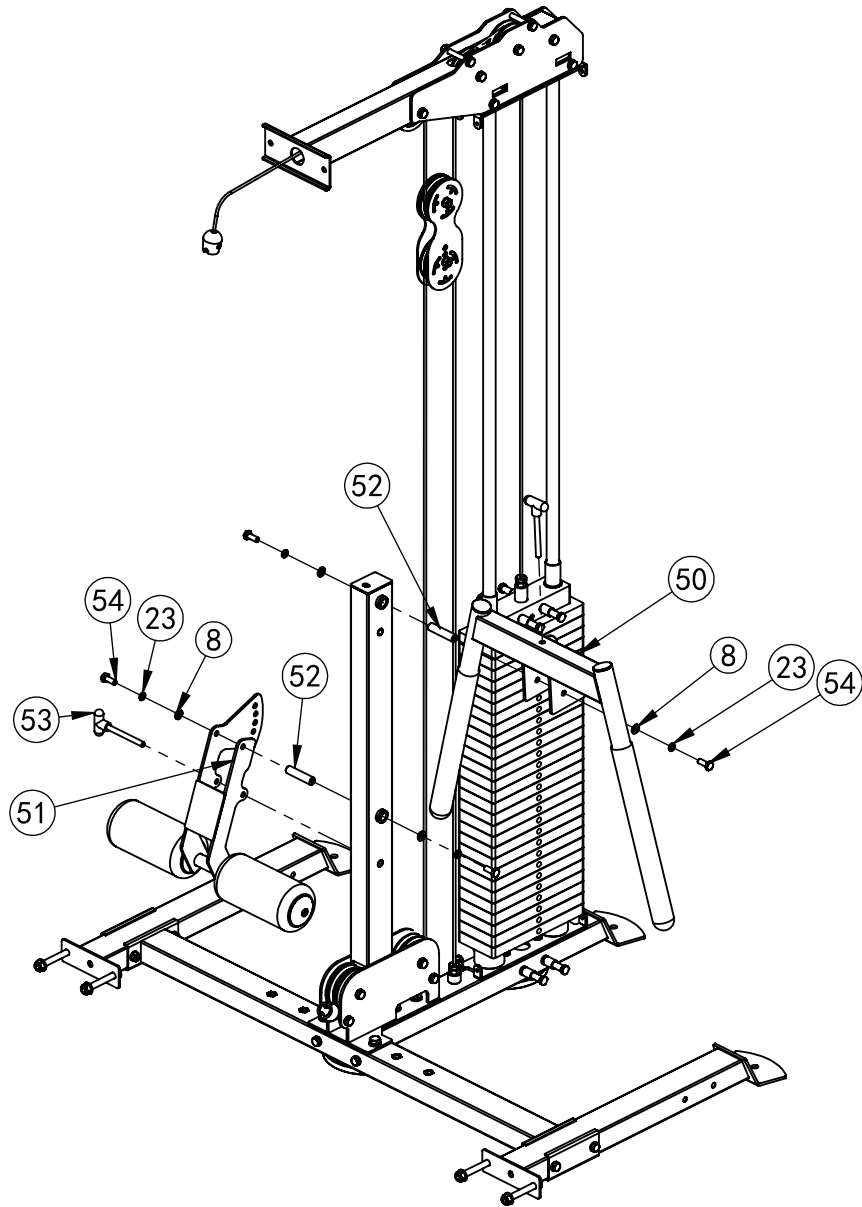
ASSEMBLY DRAWING



INSTALLATION INSTRUCTION

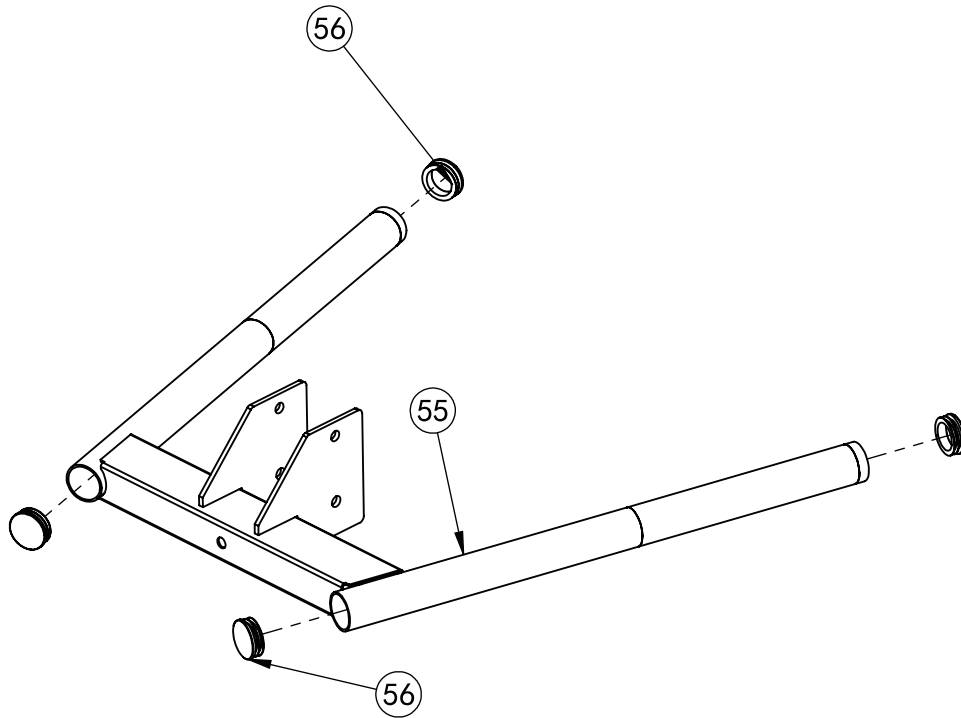
- 1 Assembly main frame-42 on main machine using M12*25 hexagon bolt-45,φ12 washer-6,φ12 washer-46.
- 2 Assembly Φ95 pulley-29 on main frame-42 using M10*75 hexagon bolt-32, φ10 washer-8,powder metallurgy sleeve-33, M10 lock nut-9.
- 3 As shown in the figure,Assembly high pull wire -bolt-31 on main machine.
- 4 Assembly decorate plate support tube-44 on main frame-42 using M10*75 hexagon bolt-32,φ10 washer-8,M10 lock nut-9.

ASSEMBLY STEP 6



No.	Description	Note	Qty.
50	dip bar		1
51	leg press frame		1
52	inner shaft	Φ16*68*M10	2
53	T shape pin -black		2
54	hexagon bolt	M10*25	4
23	spring gasket	Φ10	4
8	washer	φ10	4

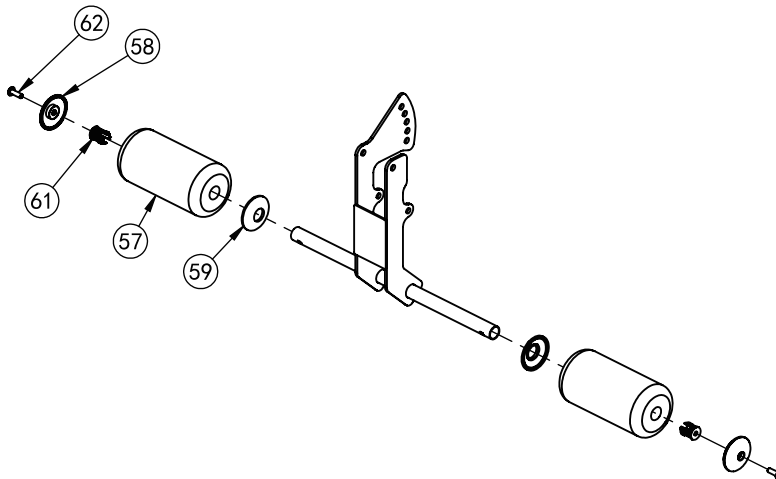
ASSEMBLY DRAWING



3070 dip bar

QTY: 1PCS/SET

No.	Description	Note	Qty.
55	3070 dip bar		1
56	38 tube plug	Φ38*1.5	4

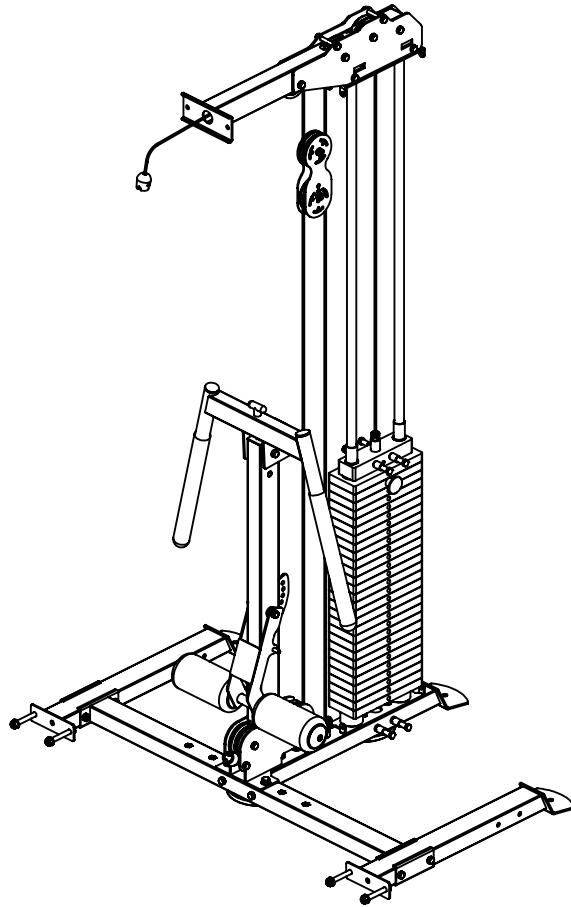


No.	Description	Note	Qty.
57	100 sponge	Φ100*200	2
58	end cap-outside	φ65*φ15	2
59	end cap-inner	φ65*φ25	2
60	leg press frame		1
61	plastic nut	M8	2
62	hexagon socket cap screws	M8*25	2

leg press frame

QTY: 1PCS/SET

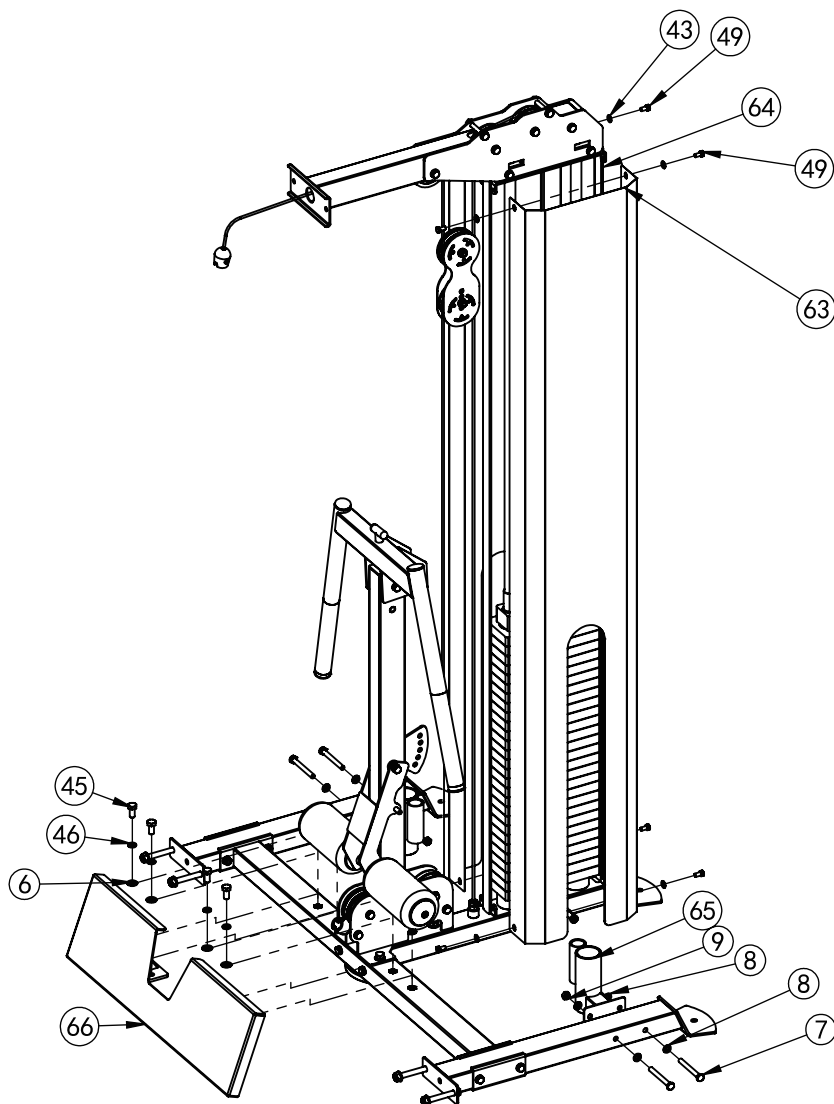
ASSEMBLY DRAWING



INSTALLATION INSTRUCTION

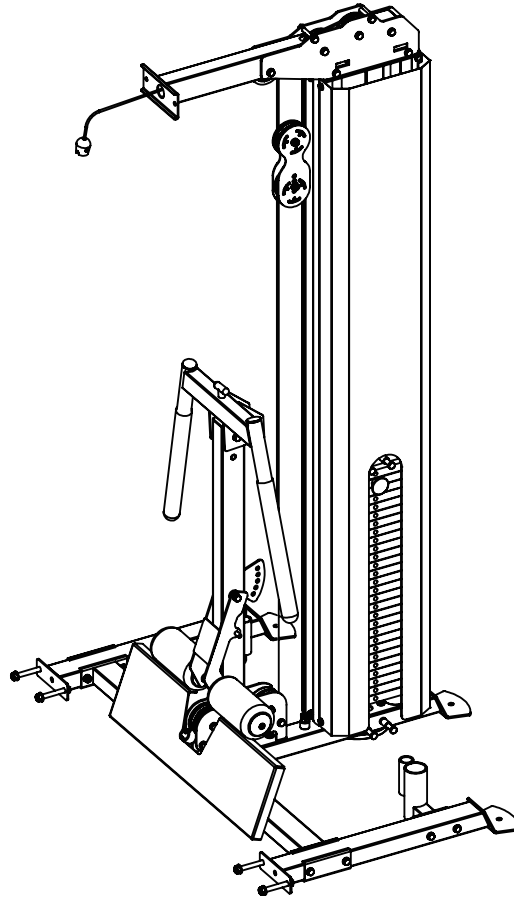
- 1 Assembly dip bar-50 on main machine using M10*25 hexagon bolt-54,φ10 washer-8,Φ10 spring gasket-23.
- 2 Assembly leg press frame-51 on main machine using M10*25 hexagon bolt-54,φ10 washer-8,Φ10 spring gasket-23.
- 3 Assembly T shape pin -black-53 on leg press frame-51.

ASSEMBLY STEP 7



No.	Description	Note	Qty.
63	back shield		2
64	shield rod	1975mm	2
65	barbell cap		2
66	footplate		1
45	hexagon bolt	M12*25	4
46	spring gasket	φ12	4
6	washer	φ12	4
7	hexagon bolt	M10*90	4
8	washer	φ10	8
9	lock nut	M10	4
43	washer	φ8	8
49	hexagon bolt	M8*16	8

ASSEMBLY DRAWING



INSTALLATION INSTRUCTION

- 1 Assembly footplate-66 on main machine using M12*25 hexagon bolt-45, $\phi 12$ washer-46, $\phi 12$ washer-6.
- 2 Assembly barbell cap-65 on main machine using M10*90 hexagon bolt-7, $\phi 10$ washer-8, M10 lock nut-9.
- 3 Assembly shield rod -64 on back shield-63.
- 4 Assembly back shield-63 on main machine using M8*16 hexagon bolt-49, $\phi 8$ washer-43.



INNOVATION IN STRENGTH™

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

WARRANTY

LIFETIME WARRANTY ON FRAME - 2 YEAR WARRANTY ON MOVING PARTS

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

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

WWW.FORCEUSA.COM