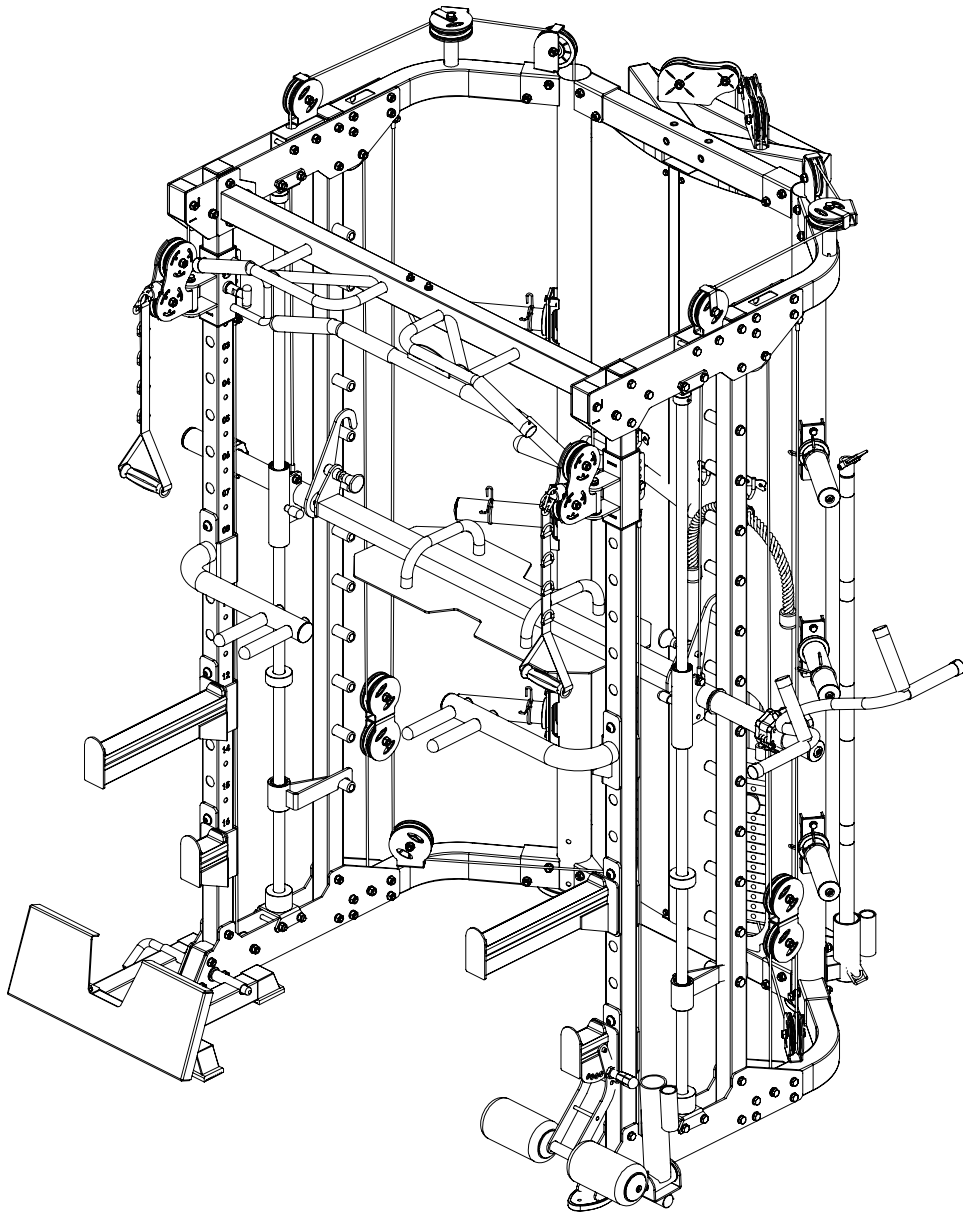


FORCE USA

INNOVATION IN STRENGTH™



USER MANUAL | **F-G12**

ASSEMBLY MANUAL

BEFORE YOU START

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

Remove all parts from the packaging and separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

We recommended you keep these instructions.

SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment
- Assemble equipment on a flat surface
- Consider placing a mat under equipment to protect your floor
- Only tighten nuts and bolts by hand until whole equipment is assembled
- Ensure all parts are in working order prior to use
- Do not use equipment outdoors or around water
- Keep hair, fingers and clothing away from moving parts
- Only use attachments recommended by the manufacturer
- Never operate if parts are not functioning correctly
- Always stretch prior to using equipment
- Stop immediately if you experience any pain, dizziness or nausea.
- Before starting any exercise program consult your doctor

IMPORTANT ASSEMBLY INFORMATION

NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.

FASTENING NUTS AND BOLTS

- Only tighten all nuts and bolts after all components have been fully assembled.
- Do not over tighten any component with pivoting function.
- Make sure all pivoting components are able to move freely.

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

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PARTS LIST

No.	Description	Note	Qty.
1	connection tube		1
2	upright frame left		1
3	upright frame right		1
4	bending tube left		1
5	bending tube right		1
6	upper connection tube		1
7	upper bending tube right		1
8	upper bending tube left		1
9	hexagon bolt	M10*75	54
10	lock nut	M10	100
11	washer	Φ10	214
12	chin up bar		1
13	upper plate		4
14	pulley frame tube right		1
15	pulley frame tube left		1
16	upright tube		2
17	tube with hole right		1
18	tube with hole left		1
19	lower plate		4
20	sliding tube right		1
21	sliding tube left		1
22	foot tube cover		2
23	end tube		2
24	hexagon bolt	M10*80	14
25	bottom base		2
26	upper base		2
27	guide rod	Φ25*1850	2
28	lock sleeve		2
29	sliding sleeve		2
30	rubber pad with groove	Φ60*Φ26*45	2
31	safety hook right		1
32	safety hook left		1
33	hexagon bolt	M10*90	8
34	socket set screw	M8*10	2
35	end cap	Φ51*Φ42.5*36.6L	2

PARTS LIST

No.	Description	Note	Qty.
36	check ring	Φ60*Φ48.5*27L	2
37	pipe	Φ50*310*T0.5	2
38	button head socket screw	M12*40	2
39	spring washer	M12	2
40	washer	Φ12	2
41	barbell rod		1
42	inner pipe	Φ48*298*2.5T	2
43	rubber pad	Φ60*Φ26*25	2
44	weight stack rubber pad	Φ60*Φ26*42	4
45	back guide rod	Φ25*1955	4
46	reinforcing plate		4
47	weight stack		2
48	hexagon bolt	M10*20	16
49	wire	Φ5*2745mm	2
50	pulley	Φ95	20
51	pulley plate	20*96*T3	4
52	hexagon bolt	M10*45	14
53	hexagon bolt	M10*50	4
54	hexagon bolt	M10*25	7
55	weight		2
56	wire	Φ5*4185mm	2
57	"-" shaped pulley frame		2
58	pulley spacer sleeve	Φ20*10.5*L20.5	16
59	pulley	Φ50	6
60	wire	Φ5*7195mm	2
61	barbell plate holder		6
62	connection strap		1
63	shield left		1
64	shield right		1
65	hexagon bolt	M6*16	10
66	washer	Φ6	10
67	hook		4
68	"+" slotted countersunk head bolt	M4*8	8
69	lock nut	M4	8
70	hexagon bolt	M8*20	12

PARTS LIST

No.	Description	Note	Qty.
71	washer	Φ8	14
72	core trainer		1
73	powder metallurgy sleeve	φ33.2*φ29*φ20*18	6
74	barbell rod cover		1
75	big washer	Φ25*10*2.0	1
76	hexagon bolt	M10*95	2
77	dip bar left		1
78	dip bar right		1
79	barbell rod holder right rubber cover		1
80	barbell rod holder left rubber cover		1
81	barbell rod holder short left		1
82	barbell rod holder short right		1
83	leg curl tube		1
84	long bar		1
85	ship rod		1
86	hand belt		2
87	pull lift device		1
88	T shape pin	Φ10*100	1
89	barbell clamp collar		2
90	selector rod		2
91	weight pin		2
92	footplate		1
93	low pull handle		1
94	bicep rope		1
95	oval mat	131*80	3
96	countersunk head rivet nut	M8	12
97	countersunk head rivet nut	M6	10
98	countersunk head rivet nut	M10	20
99	50-70 inner plug	□50*70*2.0	4
100	hang lever shaft	φ25*M12*98	24
101	hexagon bolt	M12*25	24
102	square tube plug	50*50*T1.2	4
103	bushing	□60-□50	4
104	T shape pin yellow	φ10	2
105	pulley rotation frame		2

PARTS LIST

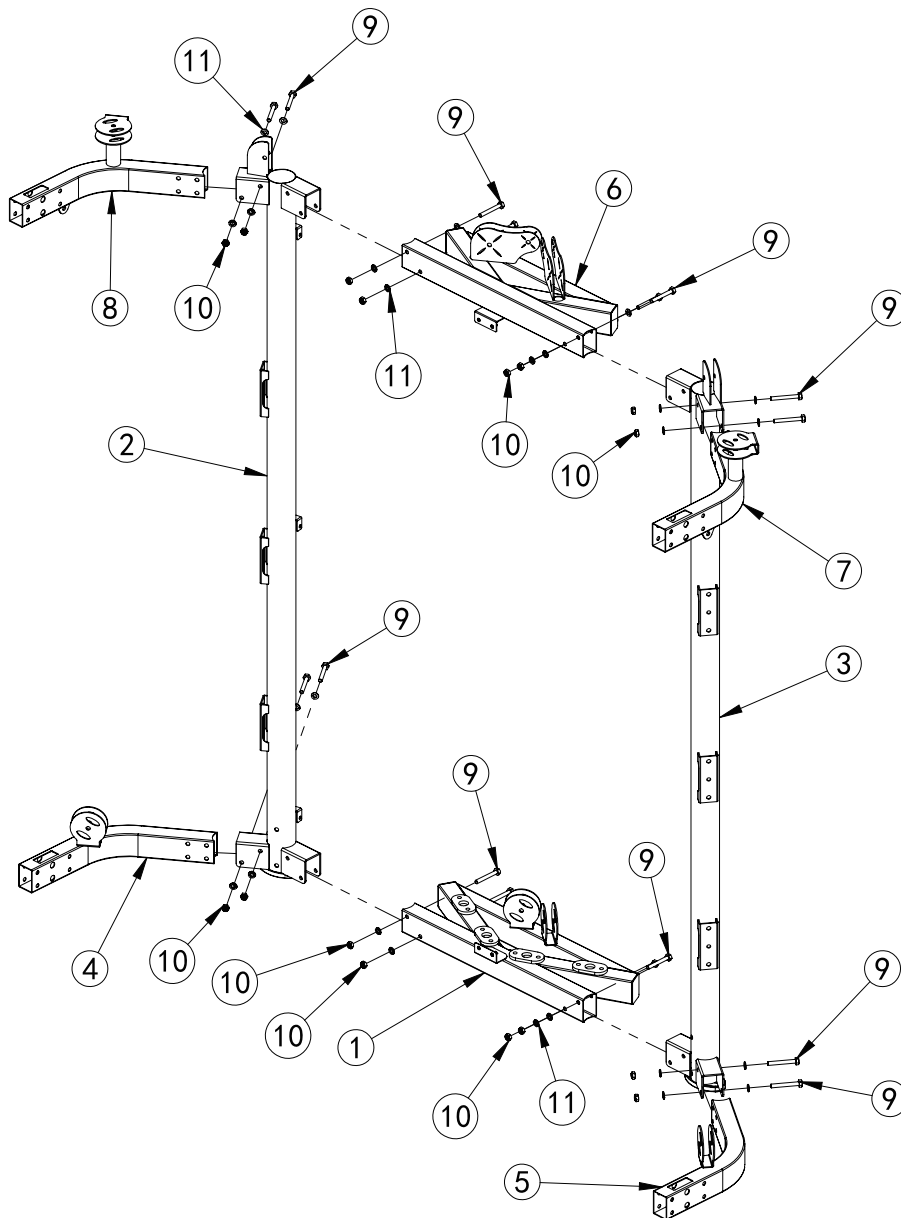
No.	Description	Note	Qty.
106	powder metallurgy sleeve	Φ33.*Φ29*Φ20*18	4
107	rotation bearing	Φ20*67	2
108	spring gasket	Φ10	4
109	rubber cover	Φ21*35	2
110	straight line bearing	LM25UU	6
111	bearing	6005	4
112	spring collar	Φ40	8
113	anti-collision cover	φ50*φ65*24	4
114	"+"slotted countersunk head	M6*10	8
115	wire-ball nose		2
116	bolt		2
117	hexagon nuts	M12	2
118	wire-ball head		2
119	stainless steel tube	φ50*0.8*200	6
120	barbell bar tube	φ48*1.5*198	6
121	inner support cap	φ70*φ44.8*φ25.5*30	6
122	outside support cap	φ50*φ44.8*φ25.5	6
123	button head socket screw	M8*20	6
124	nut	M8	6
125	"+"slotted countersunk head	M4*10	6
126	rotation tube		1
127	powder metallurgy sleeve	φ50*φ47*φ25*15	2
128	rotation bearing	φ25*77*M12	1
129	handle cover	φ24.5*150	4
130	inner plug	Φ25*1.5	8
131	tube plug	φ48*2.5	2
132	hang lever shaft	M12	6
133	long safety catch outside rubber		2
134	long safety catch outside rubber	85mm	2
135	plum flower locking spring knob	M18X12Xφ10	1
136	175 sponge	φ25Xφ100X175	2
137	sponge inner cap	φ65*φ25*12	2
138	sponge outer cap	φ65*φ9*12	2
139	hexagon socket button head	M8*25	2
140	spring collar	28	2

PARTS LIST

No.	Description	Note	Qty.
141	inner tube nut		1
142	inner shaft	φ17*38	2
143	tie-rod washer		2
144	bearing	6001-2RS	2
145	bearing sleeve		2
146	T shape pin		2
147	bushing		4
148	U shape fastener		2
149	check ring	5	2
150	hexagon socket button head screws	M8*16	2
151	spring gasket	φ8	2
152	umbrella pin		2
153	wire-ball nose		2
154	wire-ball head		2
155	wire-ball head part		2
156	hexagon socket cap screws	M5*25	2
157	connection part		2
158	handle cover	Φ32*120	2
159	straight cover	Φ25*160	2
160	handle aluminum cover	Φ33*Φ25.5*19	2
161	slotted headless screws	M4*5	2
162	hang ring		1
163	lock nut	M8	2
164	footplate		1
165	footplate support frame		1
166	L shape pin		1
167	50 foot cover	□50*50	4

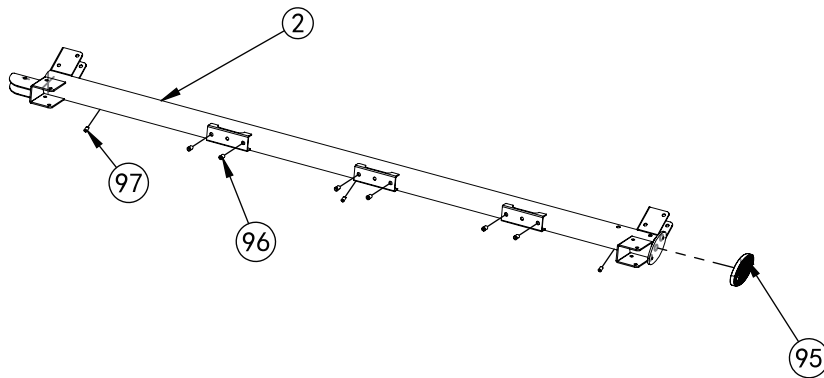


ASSEMBLY STEP 1



No.	Description	Note	Qty.
1	connection tube		1
2	upright frame left		1
3	upright frame right		1
4	bending tube left		1
5	bending tube right		1
6	upper connection tube		1
7	upper bending tube right		1
8	upper bending tube left		1
9	hexagon bolt	M10x75	16
10	lock nut	M10	16
11	washer	Φ10	32

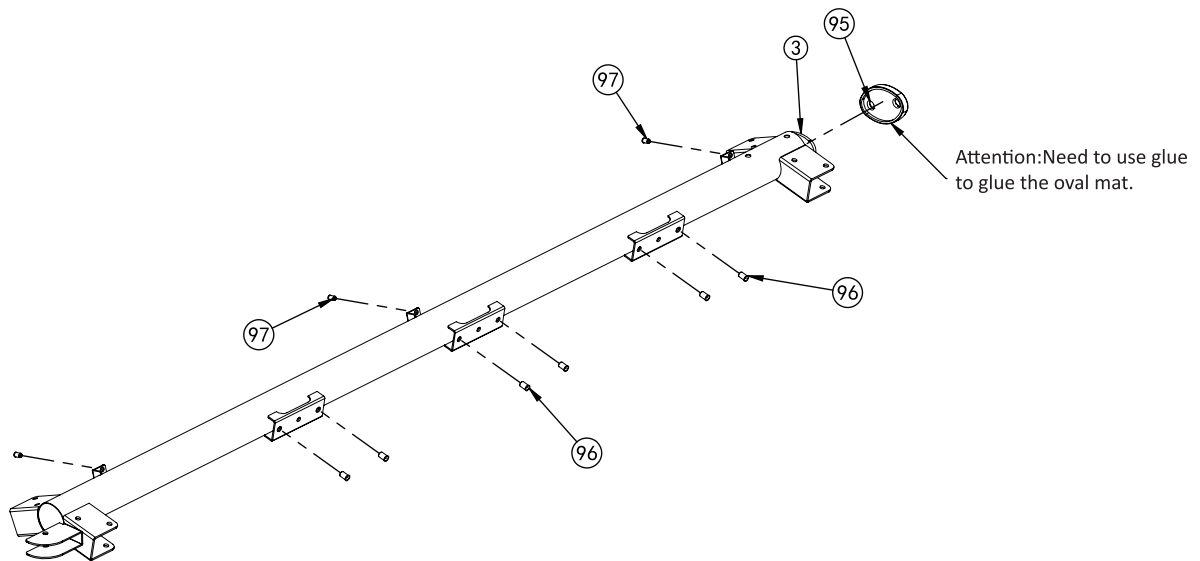
ASSEMBLY DRAWING



upright frame left

QTY: 1PCS/SET

No.	Description	Note	Qty.
2	upright frame left		1
95	oval mat	131*80	1
96	countersunk head rivet nut	M8	6
97	countersunk head rivet nut	M6	3

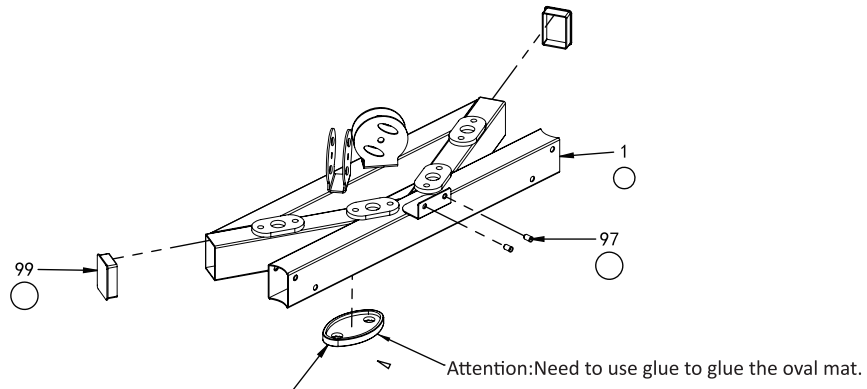


upright frame right

QTY: 1PCS/SET

No.	Description	Note	Qty.
3	upright frame right		1
95	oval mat	131*80	1
96	countersunk head rivet nut	M8	6
97	countersunk head rivet nut	M6	3

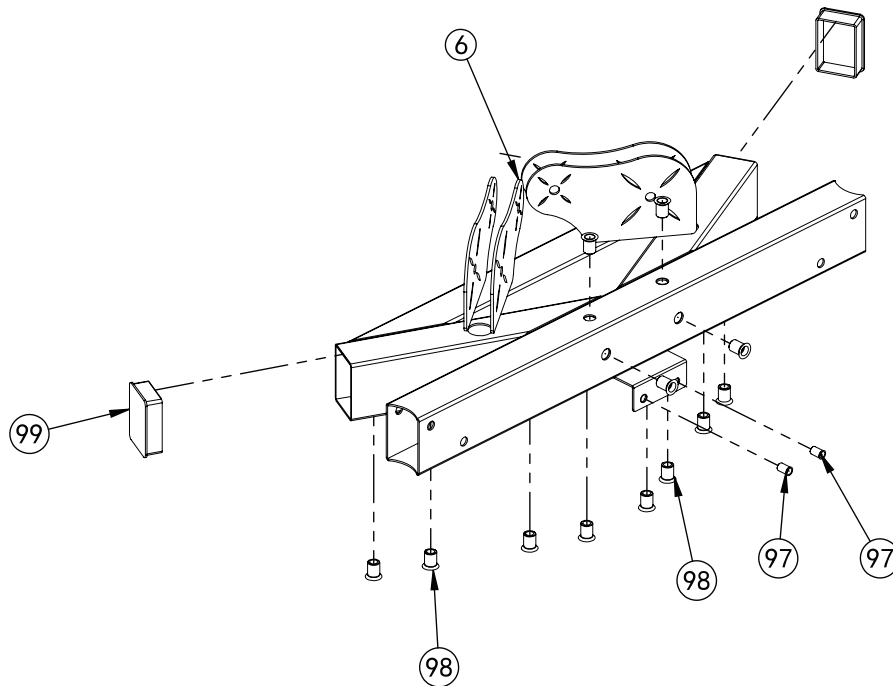
ASSEMBLY DRAWING



connection tube

QTY: 1PCS/SET

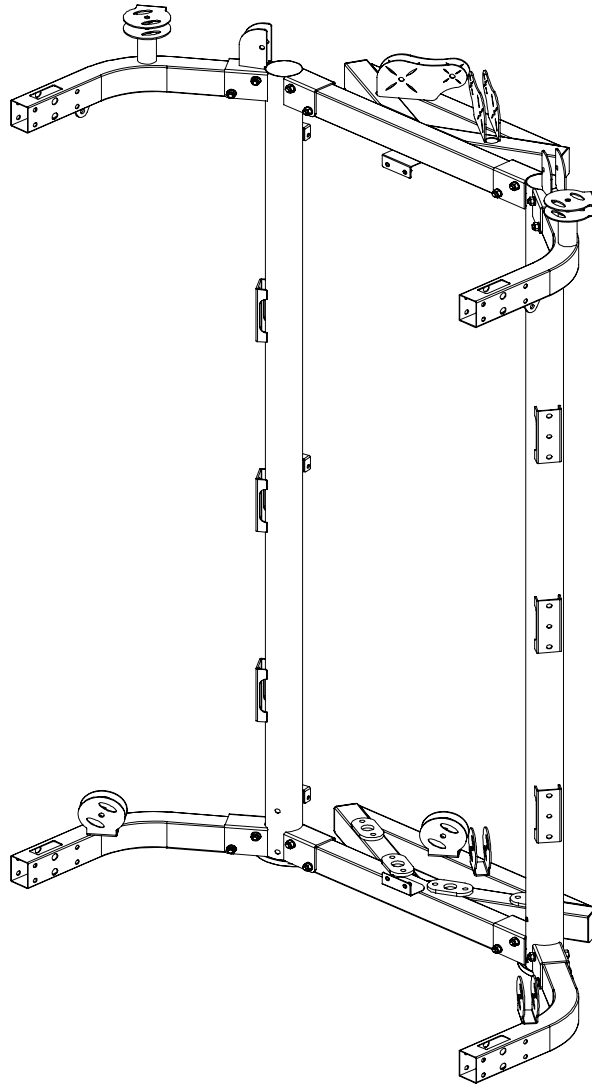
No.	Description	Note	Qty.
1	connection tube		1
97	countersunk head rivet nut	M6	2
99	50-70 inner plug	□50*70*2.0	2
95	oval mat	131*80	1



upper connection tube

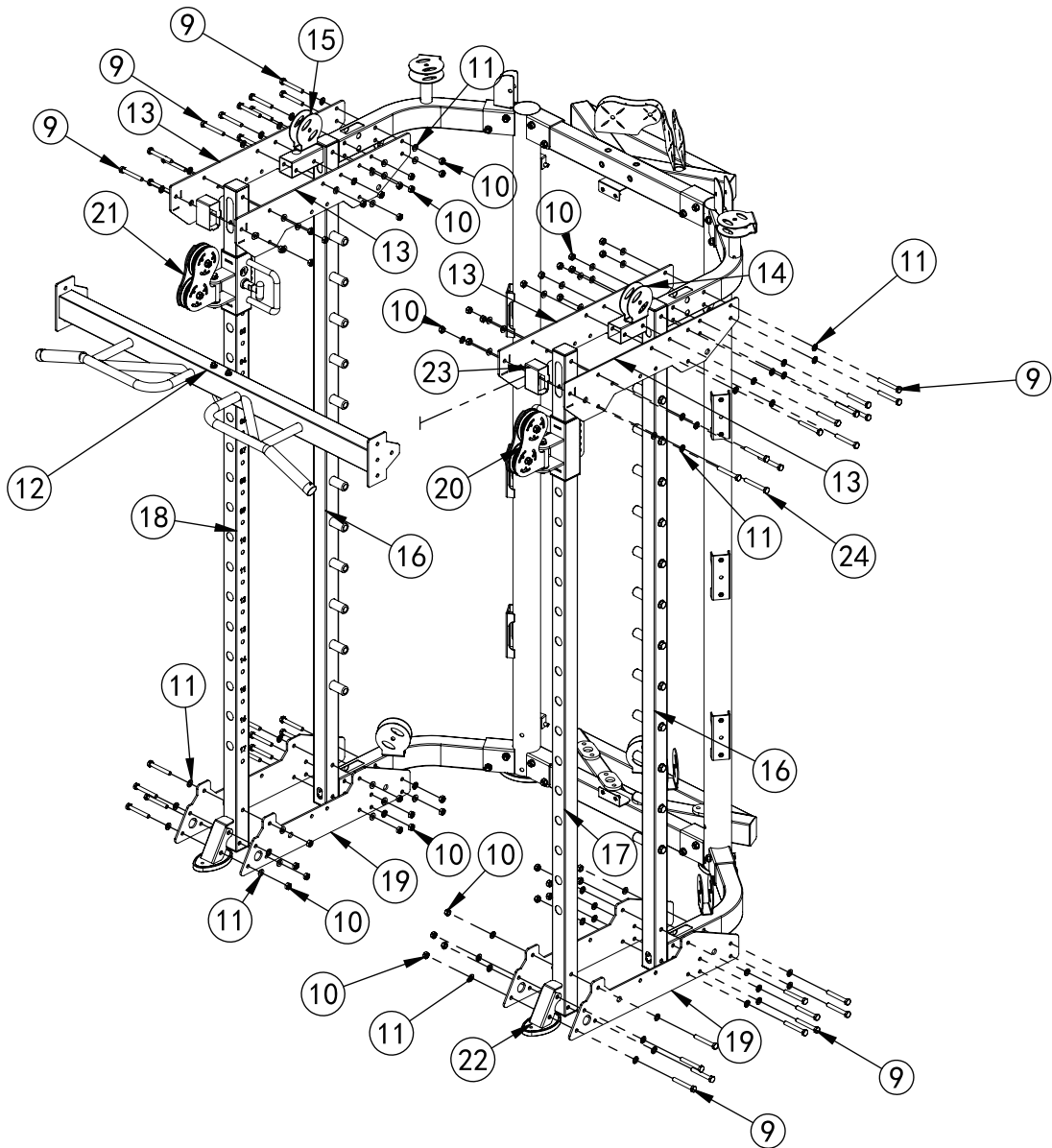
QTY: 1PCS/SET

No.	Description	Note	Qty.
6	upper connection tube		1
97	countersunk head rivet nut	M6	2
98	countersunk head rivet nut	M10	12
99	50-70 inner plug	□50*70*2.0	2



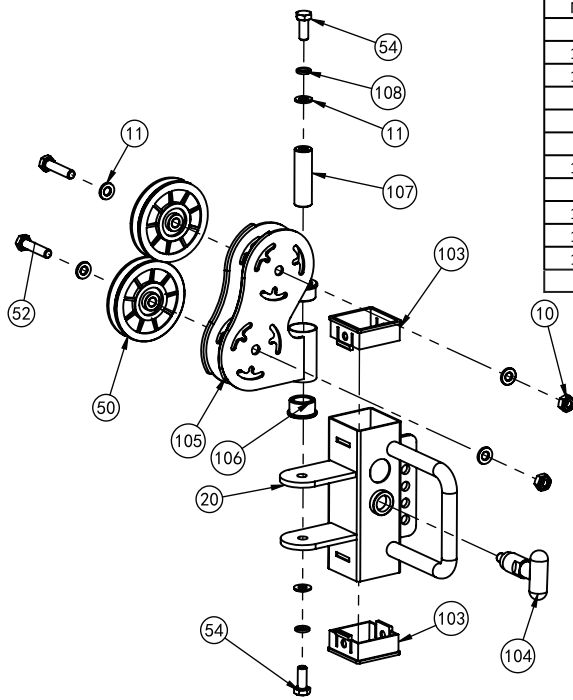
- 1 Fix bending tube left-4 fastening on upright frame left-2 using M10x75 hexagon bolt-9, $\Phi 10$ washer-11 and M10 lock nut-10.
- 2 Fix bending tube right-5 fastening on upright frame right-3 using M10x75 hexagon bolt-9, $\Phi 10$ washer-11 and M10 lock nut-10.
- 3 Connect connection tube-1, upright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

ASSEMBLY STEP 2



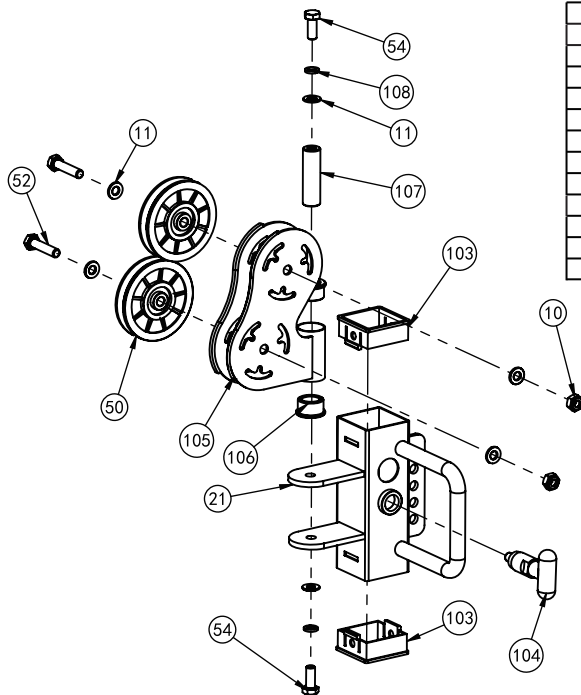
No.	Description	Note	Qty.
9	hexagon bolt	M10x75	38
10	lock nut	M10	44
11	washer	Φ10	88
12	chin up bar		1
13	upper plate		4
14	pulley frame tube right		1
15	pulley frame tube left		1
16	upright tube		2
17	tube with hole right		1
18	tube with hole left		1
19	lower plate		4
20	sliding tube right		1
21	sliding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

ASSEMBLY DRAWING



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

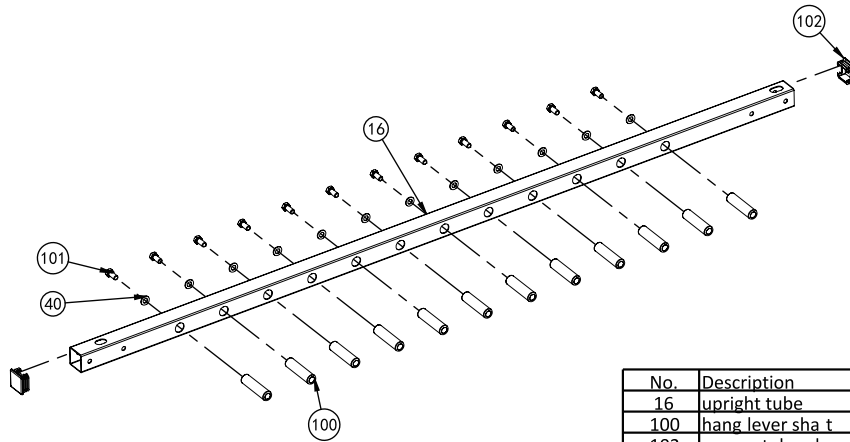
sliding tube right
QTY: 1PCS/SET



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

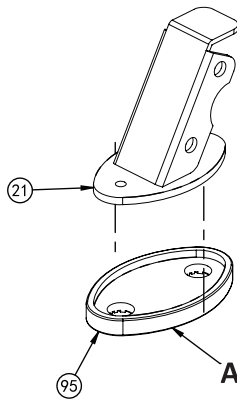
sliding tube left
QTY: 1PCS/SET

ASSEMBLY DRAWING



upright tube
QTY: 2PCS/SET

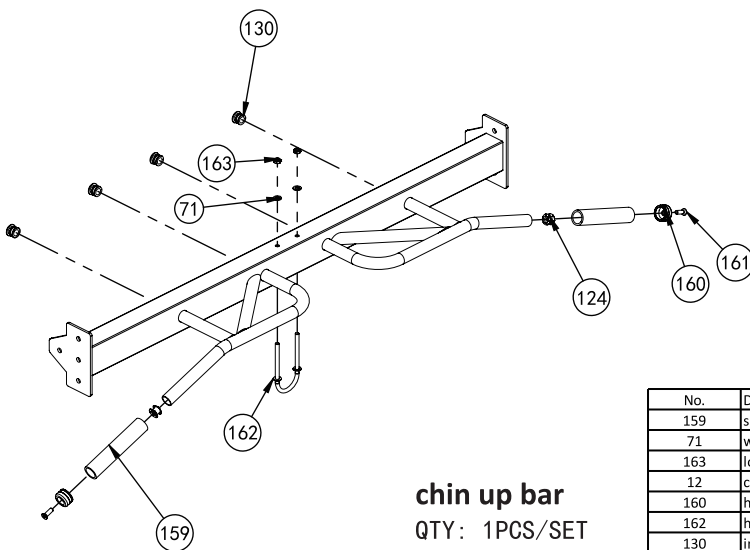
No.	Description	Note	Qty.
16	upright tube		1
100	hang lever shaft	Φ25*M12*98	12
102	square tube plug	50*50*T1.2	2
101	hexagon bolt	M12*25	12
40	washer	Φ12	12



front tube cover
QTY: 2PCS/SET

No.	Description	Note	Qty.
21	sliding tube		1
95	oval mat	131*80	1

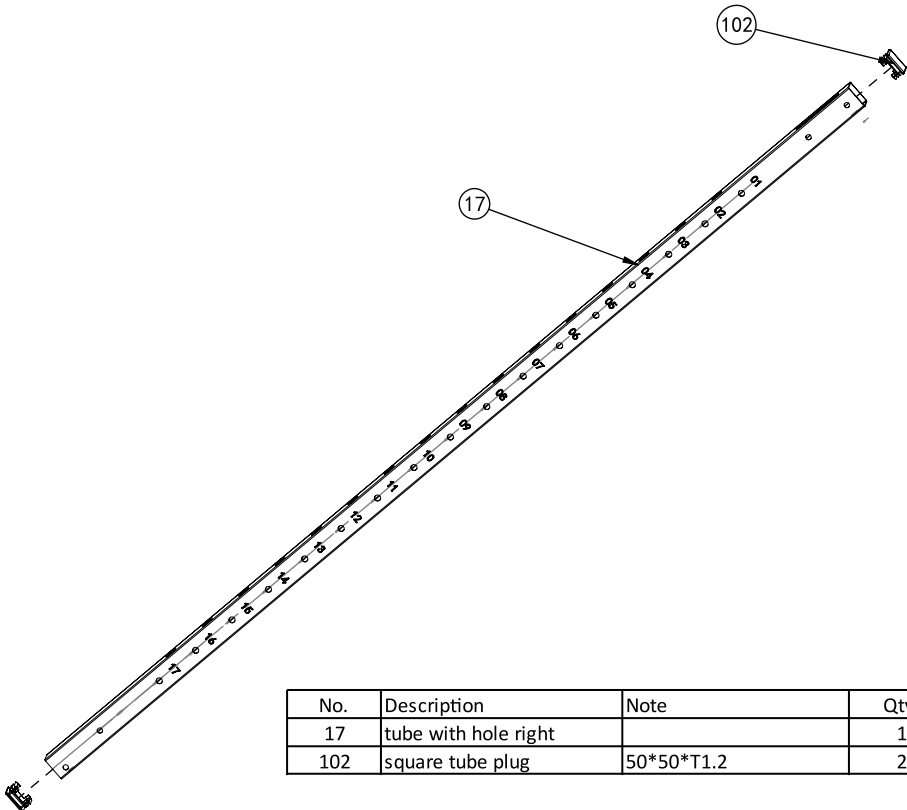
Attention: Need to use glue to glue the oval mat.



chin up bar
QTY: 1PCS/SET

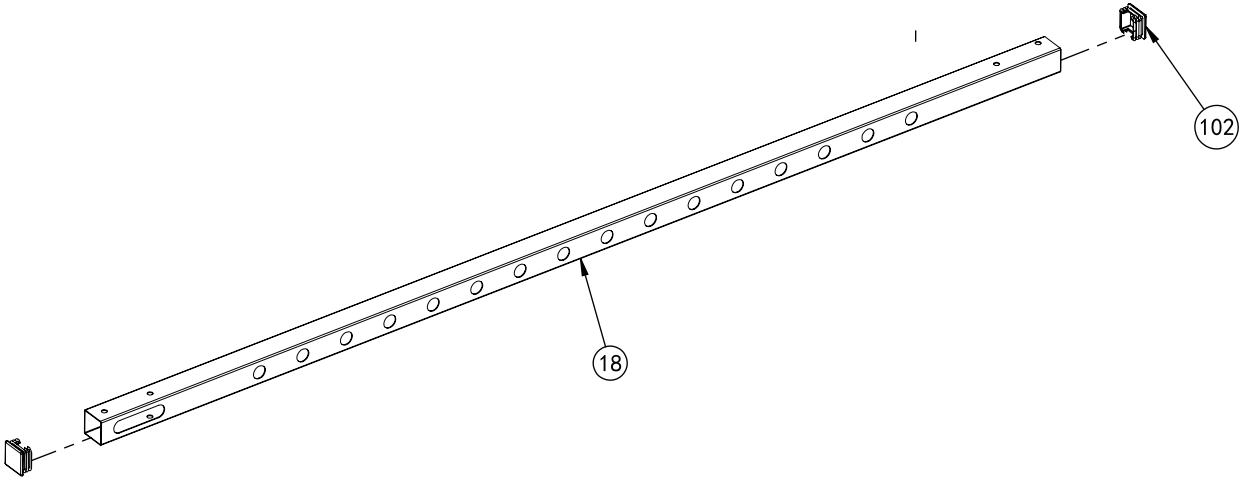
No.	Description	Note	Qty.
159	straight cover	Φ25*160	2
71	washer	Φ8	2
163	lock nut	M8	2
12	chin up bar		1
160	handle aluminum cover	Φ33*Φ25.5*19	2
162	hang ring		1
130	inner plug	Φ25*1.5	4
161	slotted headless screws	M8*20	2
124	clips nut	M8	2

ASSEMBLY DRAWING



tube with hole right
QTY: 1PCS/SET

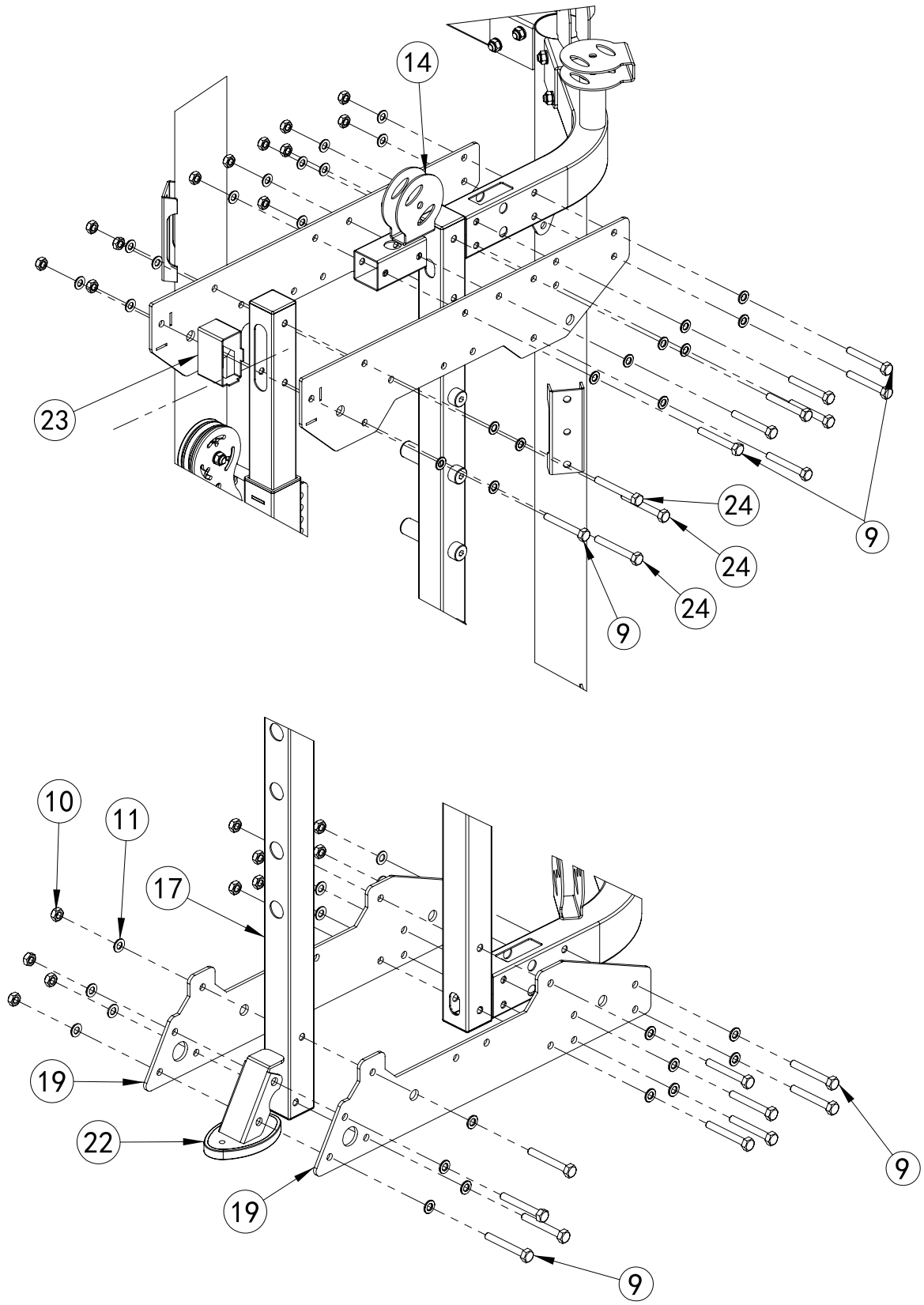
No.	Description	Note	Qty.
17	tube with hole right		1
102	square tube plug	50*50*T1.2	2

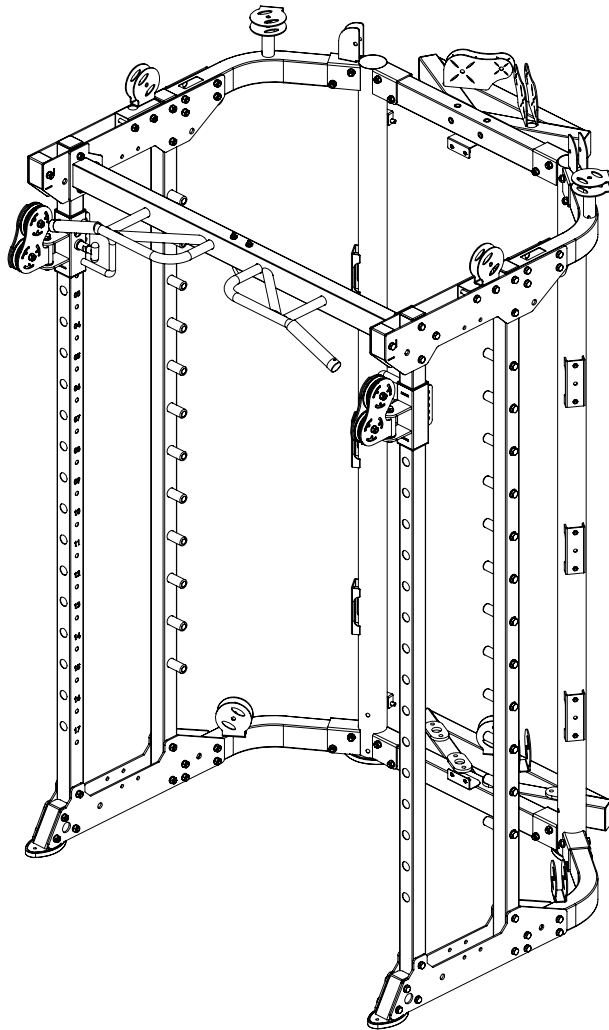


tube with hole left
QTY: 1PCS/SET

No.	Description	Note	Qty.
18	tube with hole left		1
102	square tube plug	50*50*T1.2	2

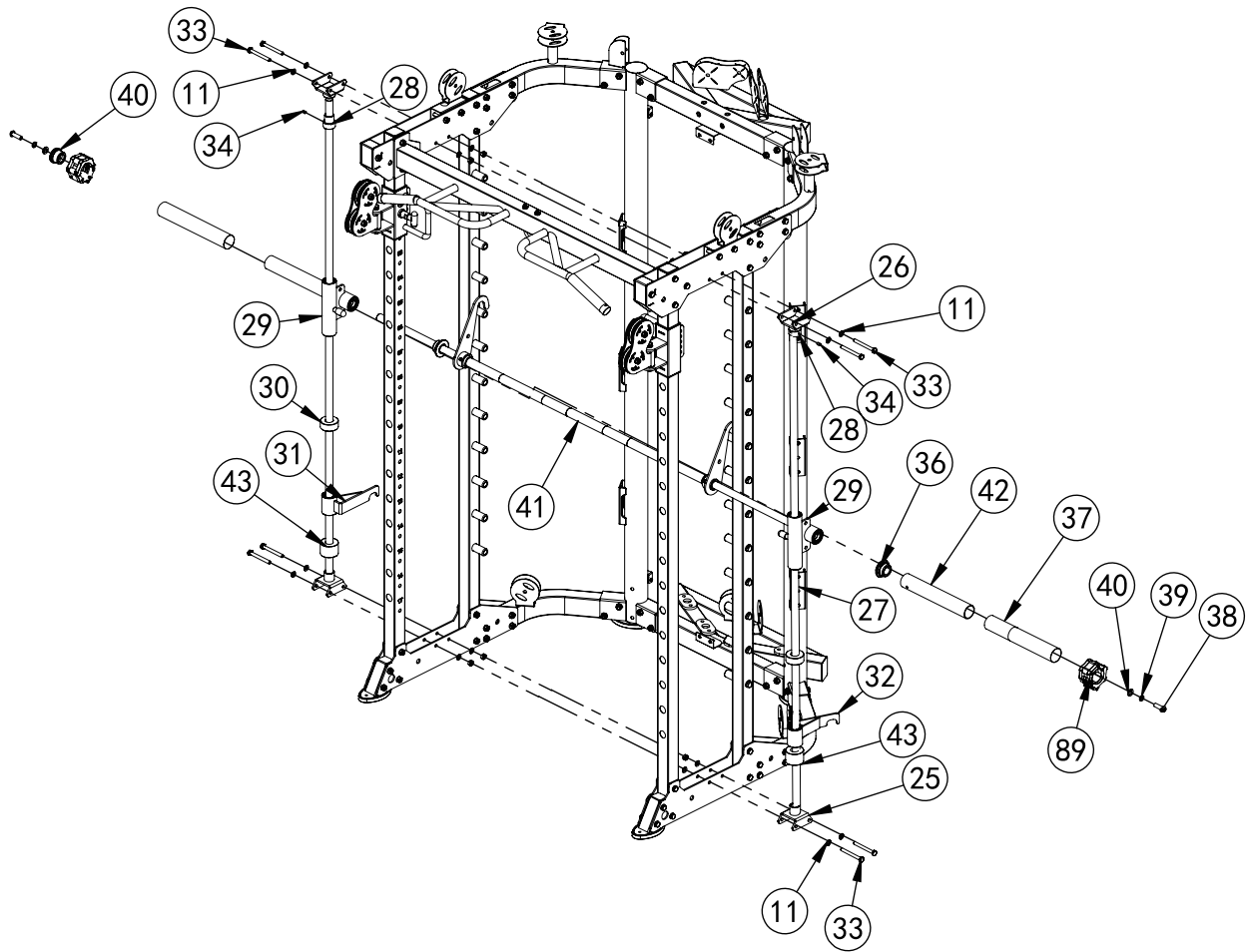
ASSEMBLY STEP 2 - ENLARGED VIEW





- 1 Fix sliding tube left-21 on tube with hole left-18.
- 2 Fix sliding tube right-20 on tube with hole right-17.
- 3 Fix upright tube-16 and tube with hole left-18, tube with hole right-17 fastening on assembly step-1 using M10x75 hexagon bolt-9, Φ 10 washer-11, M10 lock nut-10, upper plate-13 and lower plate-19.
- 4 Fix pulley frame tube right-14 and pulley frame tube left-15 fastening on upper plate-13 using M10x75 hexagon bolt-9, Φ 10 washer-11 and M10 lock nut-10.
- 5 Fix end tube-23 fastening on upper plate-13 using M10x75 hexagon bolt-9, Φ 10 washer-11 and M10 lock nut-10.
- 6 Fix foot tube cover-22 fastening on lower plate-19 using M10x75 hexagon bolt-9, Φ 10 washer-11 and M10 lock nut-10.
- 7 Fix chin up bar-12 fastening on upper plate-13 using M10x80 hexagon bolt-24, Φ 10 washer- 11 and M10 lock nut-10.

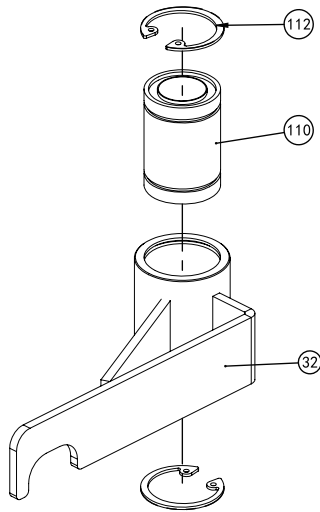
ASSEMBLY STEP 3



No.	Description	Note	Qty.	No.	Description	Note	Qty.
10	lock nut	M10	8	34	socket set screw	M8x10	2
11	washer	Φ10	16	35	end cap	Φ51×Φ42.5×36.6L	2
25	lower base		2	36	check ring	Φ60×Φ48.5×27L	2
26	upper base		2	37	pipe	Φ50×310×T0.5	2
27	guide rod	Φ25×1850	2	38	button head socket screw	M12×40	2
28	lock sleeve		2	39	spring washer	M12	2
29	sliding sleeve		2	40	washer	Φ12	2
30	rubber pad with groove	Φ60×Φ26×45	2	41	barbell rod		1
31	safety hook right		1	42	inner pipe	Φ48×298×2.5T	2
32	safety hook left		1	43	rubber pad	Φ60×Φ26×25	2
33	hexagon bolt	M10×90	8	89	barbell clamp collar		2

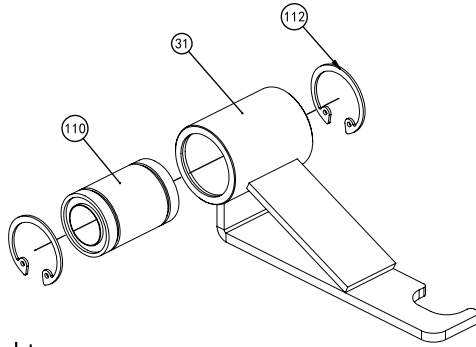
FACTORY ASSEMBLY DRAWING

safety hook left
QTY: 1PCS/SET



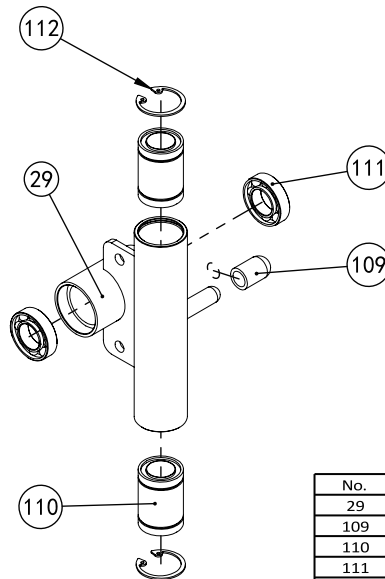
No.	Description	Note	Qty.
32	safety hook left		1
110	straight line bearing	LM25UU	1
112	spring collar	Φ40	2

safety hook right
QTY: 1PCS/SET

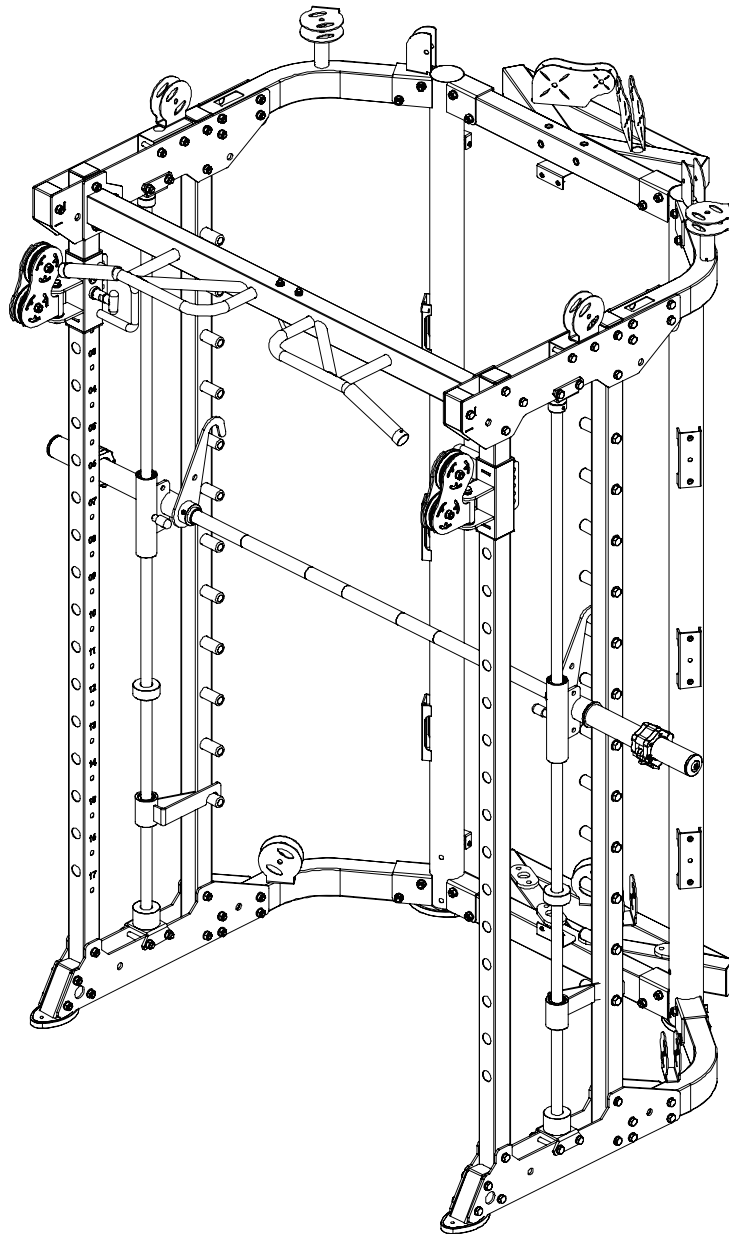


No.	Description	Note	Qty.
32	safety hook right		1
110	straight line bearing	LM25UU	1
112	spring collar	Φ40	2

sliding sleeve
QTY: 2PCS/SET

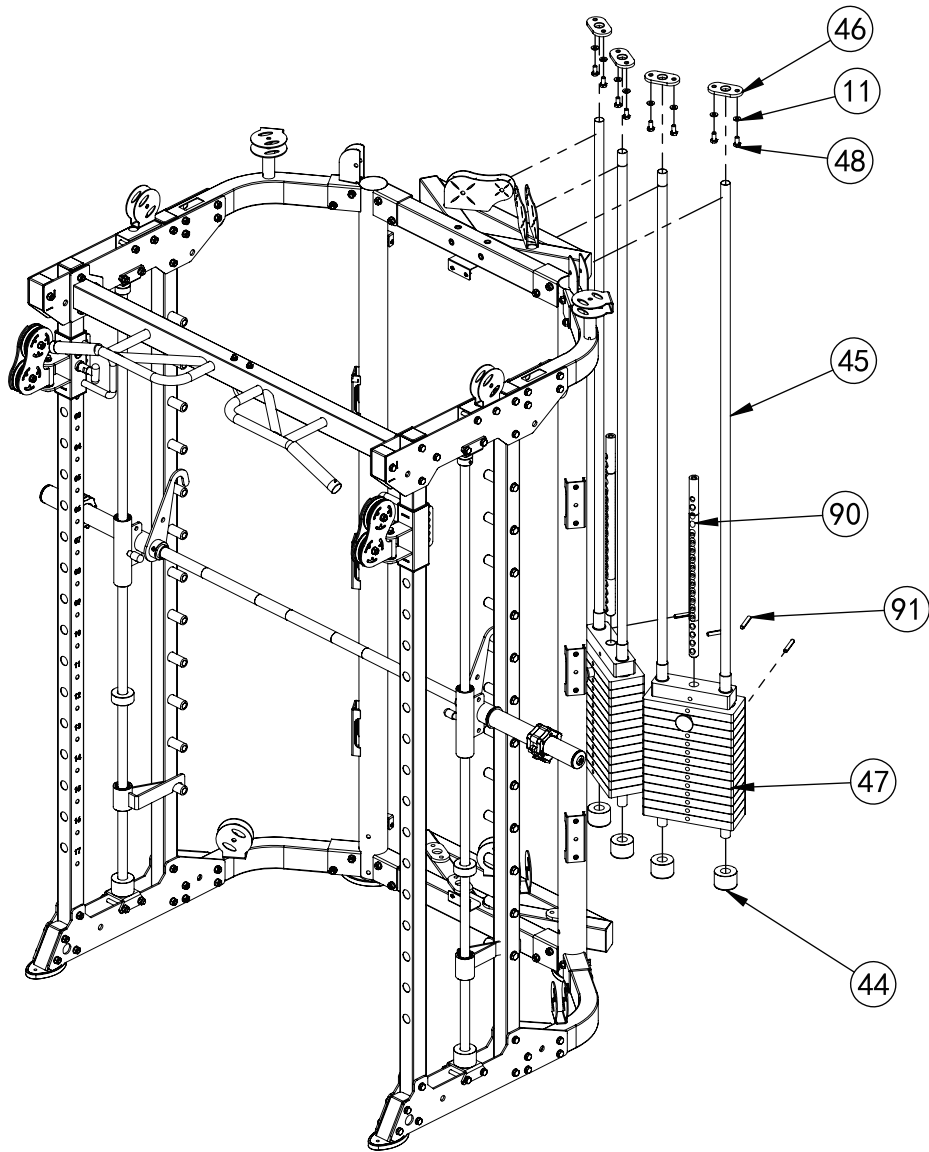


No.	Description	Note	Qty.
29	sliding sleeve		1
109	rubber cover	Φ21*35	1
110	straight line bearing	LM25UU	2
111	bearing	6005	2
112	spring collar	Φ40	2

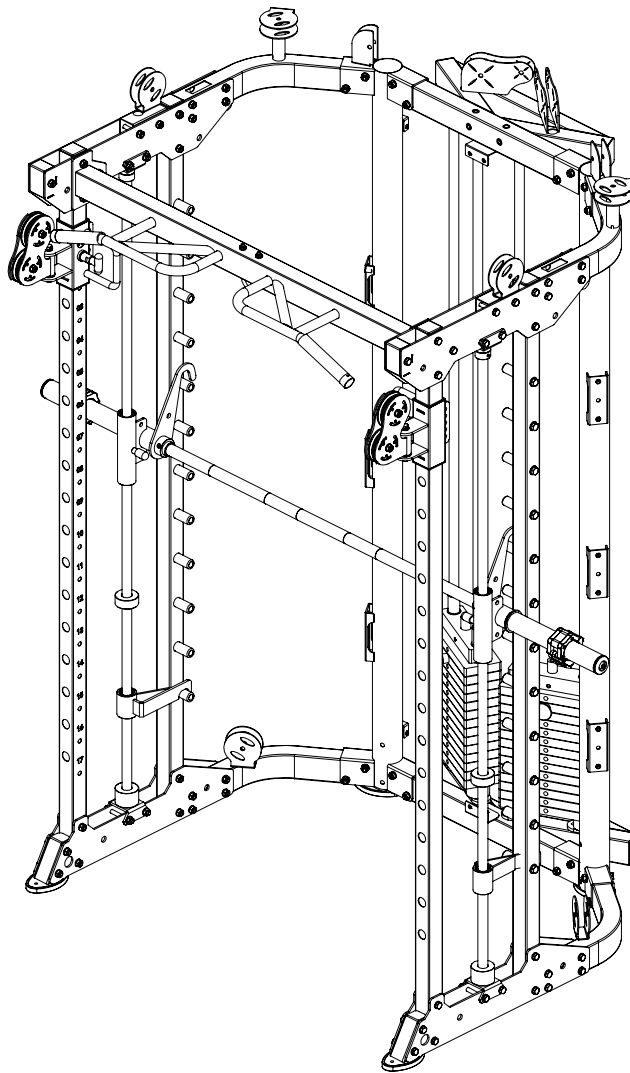


- 1 Fix lower base-25 fastening on lower plate using M10x90 hexagon bolt-33, Φ 10 washer-11 and M10 lock nut-10.
- 2 Fix upper base-26 fastening on upper plate using M10x90 hexagon bolt-33, Φ 10 washer-11 and M10 lock nut-10.
- 3 Guide rod-27 in turn through lock sleeve-28, sliding sleeve-29, rubber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

ASSEMBLY STEP 4

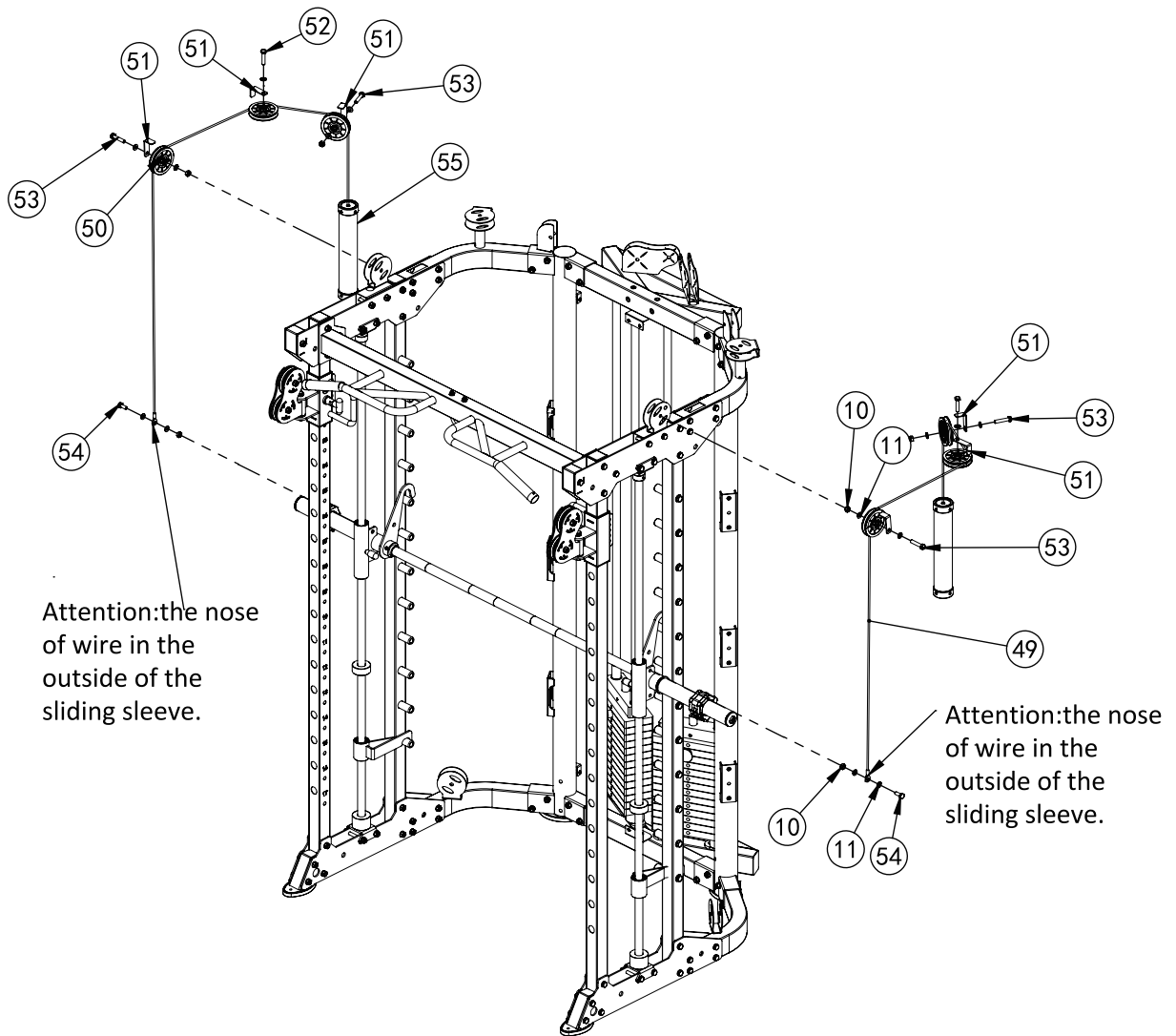


No.	Description	Note	Qty.
11	washer	Φ10	8
44	rubber pad	Φ60xΦ26x42	4
45	guide rod hollow	Φ25x1955	4
46	reinforcing plate		4
47	weight stack		2
48	hexagon bolt	M10x20	8
90	selector rod		2
91	weight pin		2



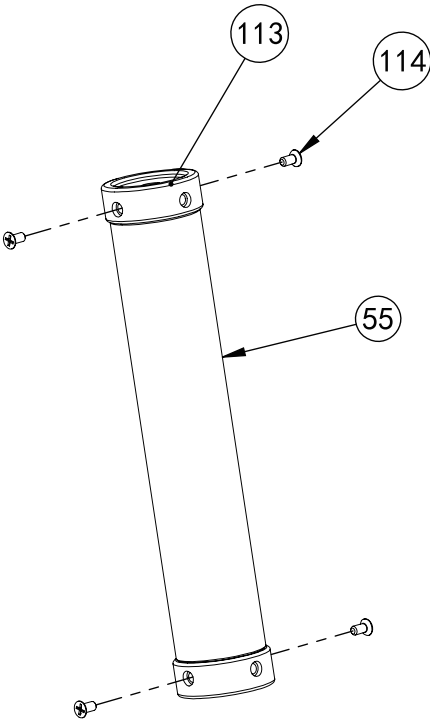
- 1 Fix weight pin-91 fastening on selector rod-90.
- 2 Guide rod hollow-45 in turn through rubber pad-44, weight stack-47 and fastening on reinforcing plate-46 using M10x20 hexagon bolt-48, Φ 10 washer-11 .

ASSEMBLY STEP 5



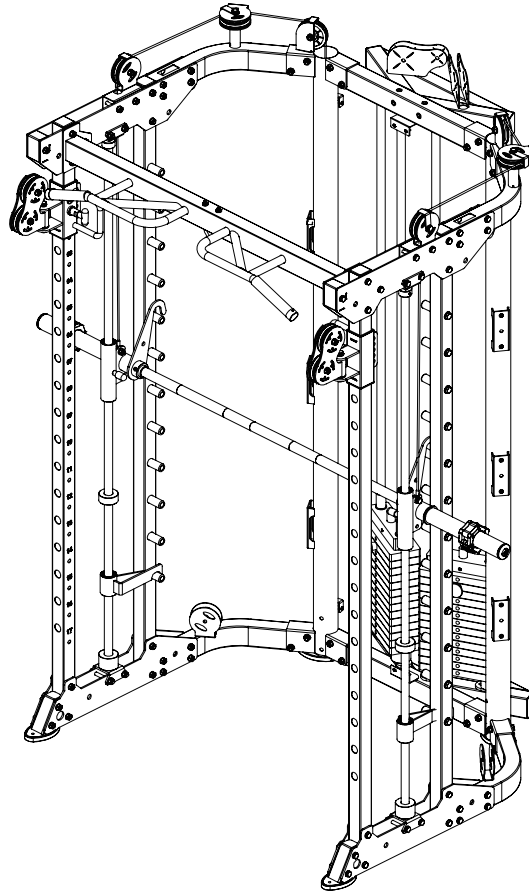
No.	Description	Note	Qty.
10	lock nut	M10	6
11	washer	Φ10	14
49	wire	Φ5×2745	2
50	pulley	Φ95	6
51	pulley plate	20*96*T3	6
52	hexagon bolt	M10*45	2
53	hexagon bolt	M10*50	4
54	hexagon bolt	M10x25	2
55	weight		2

ASSEMBLY DRAWING



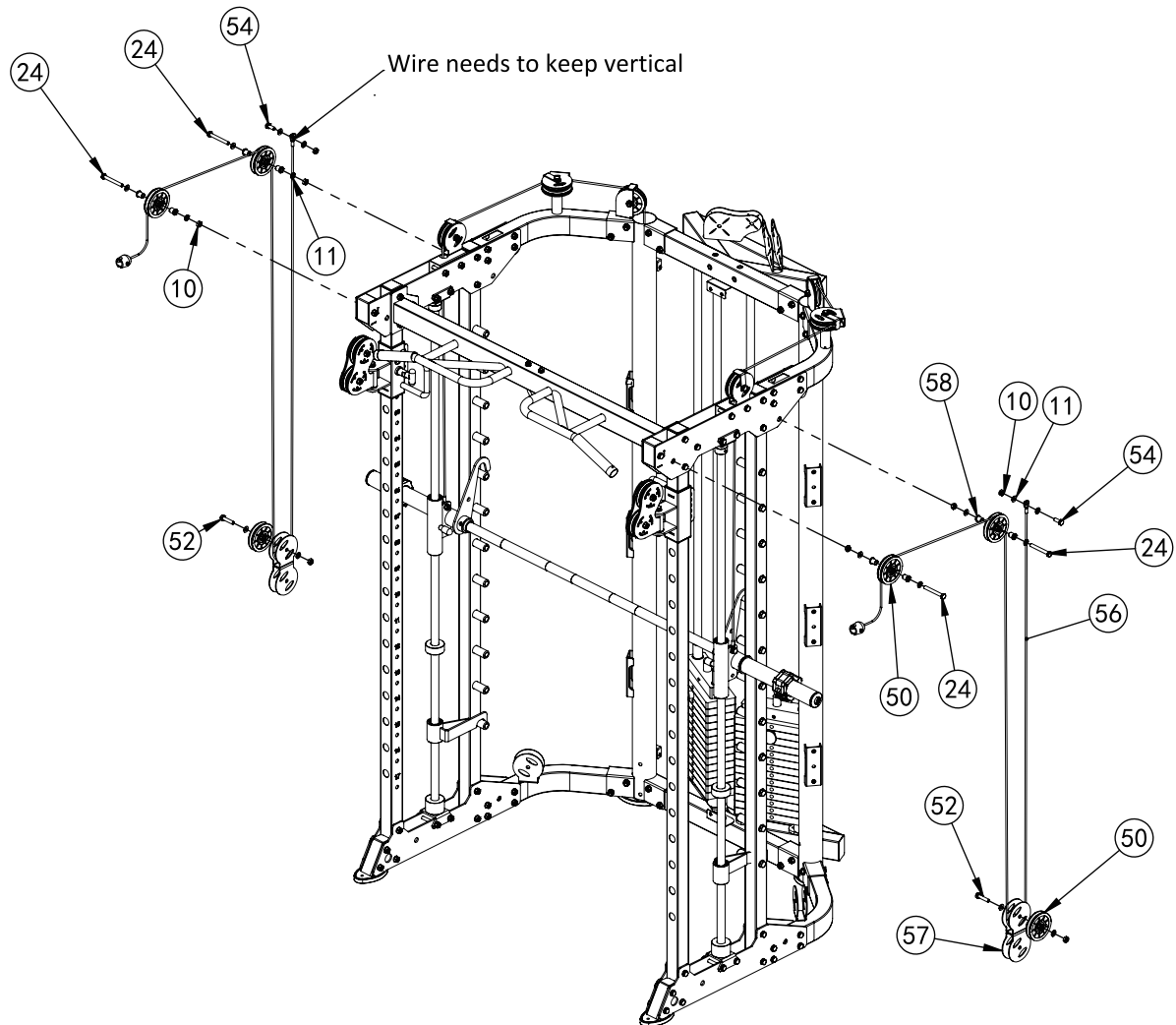
weight
QTY: 2PCS/SET

No.	Description	Note	Qty.
55	weight		1
113	anti-collision cover	$\phi 50 * \phi 65 * 24$	2
114	"+"slotted countersunk	M6*10	4

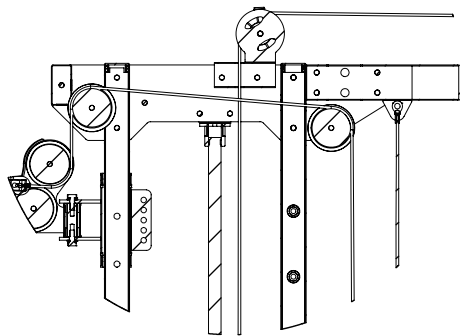


- 1 Connect wire-49 with weight-55, put them into spring frame.
- 2 Fix pulley-50 fastening on upper bending tube using M10x50 hexagon bolt-53, pulley plate- 51, Φ 10 washer-11 and M10 lock nut-10.
- 3 Fix pulley-50 fastening on upper bending tube using M10x45 hexagon bolt-52,pulley plate-51, Φ 10 washer- 11 and M10 lock nut-10.
- 4 Fix wire-49 fastening on sliding sleeve outside using M10x25 hexagon bolt-54, Φ 10 washer- 11 and M10 lock nut-10.

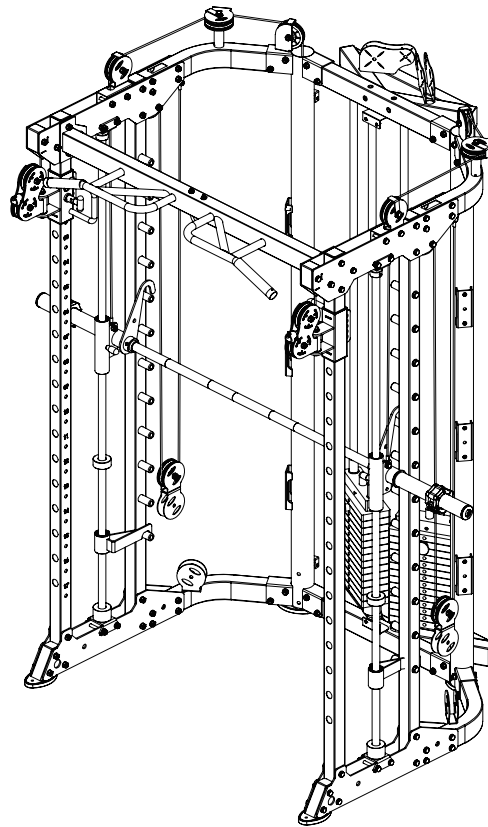
ASSEMBLY STEP 6



No.	Description	Note	Qty.
10	lock nut	M10	8
11	washer	Φ10	16
24	hexagon bolt	M10x80	4
50	pulley	Φ95	6
52	hexagon bolt	M10x45	2
54	hexagon bolt	M10x25	2
56	wire	Φ5x4185mm	2
57	"-" shaped pulley frame		2
58	pulley spacer sleeve	Φ20x10.5xL20.5	8

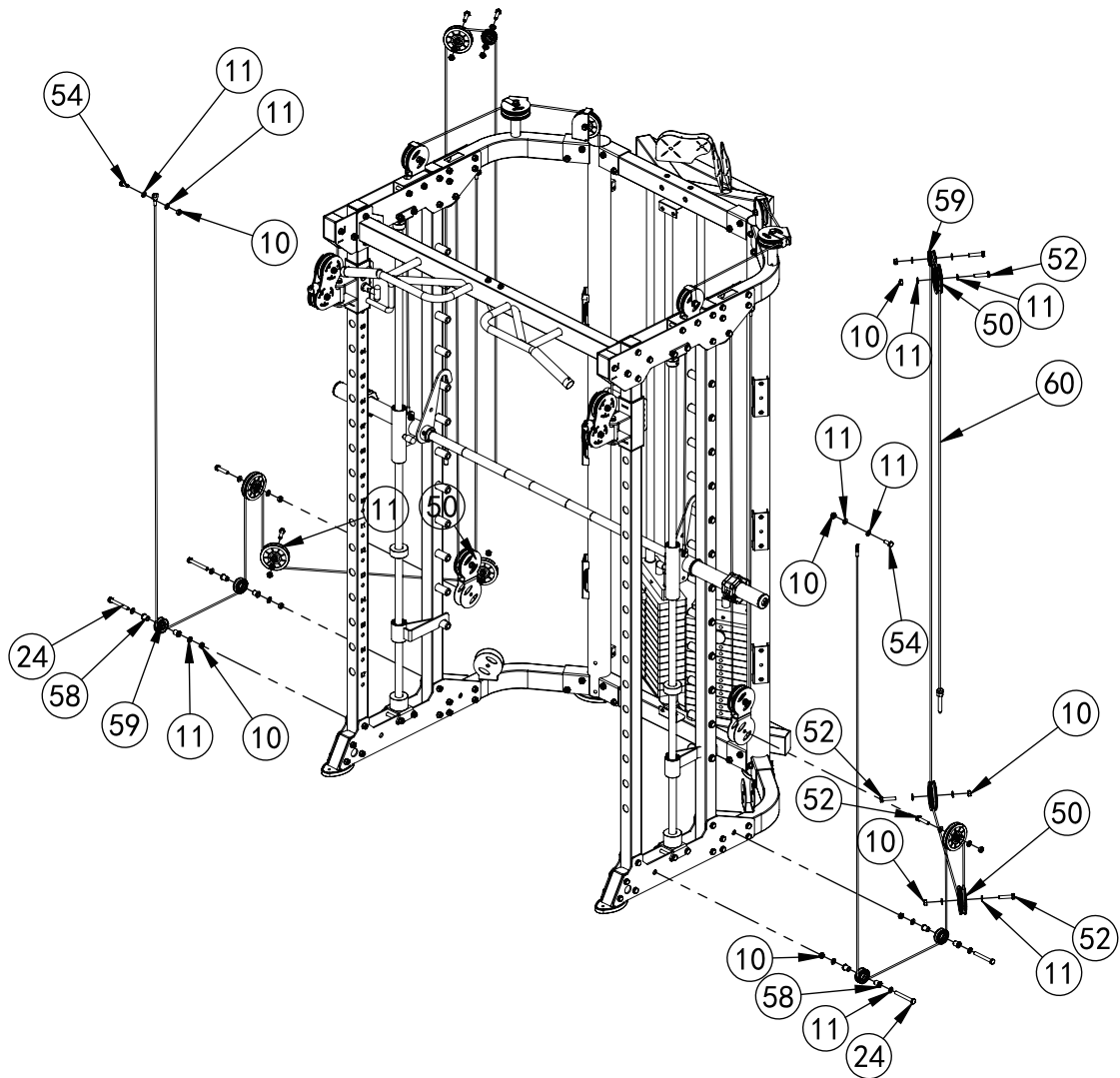


Internal wire schematic



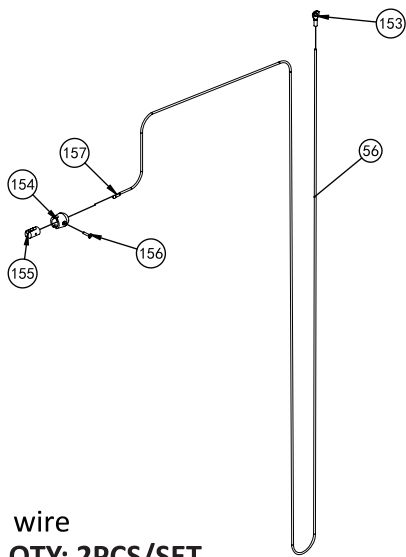
- 1 As the shown in the figure fix pulley-50 fastening on upper plate using M10x80 hexagon bolt-24, Φ 10 washer-11 and M10 lock nut-10 and pulley spacer sleeve-58.
- 2 Fix pulley-50 fastening on "—" shape pulley frame-57 using M10x45 hexagon bolt-52, Φ 10 washer-11 and M10 lock nut-10.
- 3 As the shown in the figure put the wire-56 using M10x45 hexagon bolt-52, Φ 10 washer-11 and M10 lock nut-10 fastening on bending tube, careful to keep the wire vertical.

ASSEMBLY STEP 7



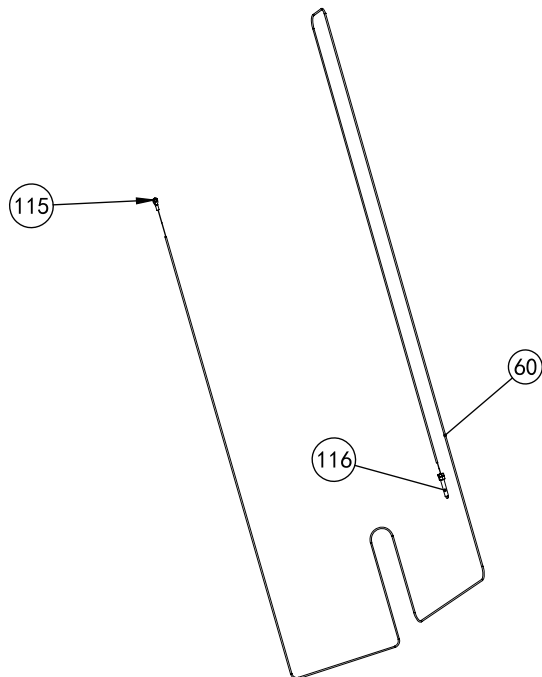
No.	Description	Note	Qty.
24	hexagon bolt	M10x80	4
10	lock nut	M10	16
11	washer	Φ10	32
50	pulley	Φ95	8
52	hexagon bolt	M10x45	10
54	hexagon bolt	M10x25	2
58	pulley spacer sleeve	Φ20x10.5xL20.5	8
59	pulley	Φ50	6
60	wire		2

ASSEMBLY DRAWING



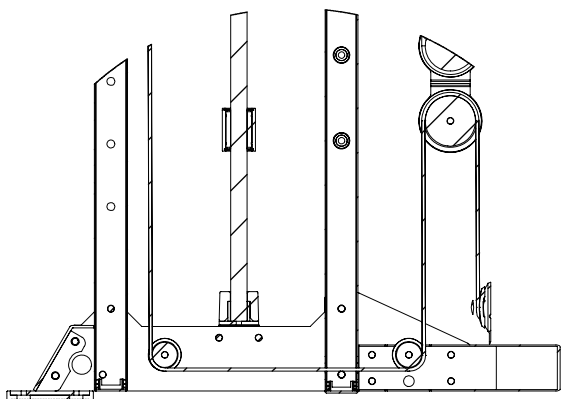
wire
QTY: 2PCS/SET

No.	Description	Note	Qty.
56	wire	Φ5*4185mm	1
153	wire-ball nose		1
154	wire-ball head		1
155	wire-ball head part		1
156	hexagon socket cap	M5*25	1
157	connection part		1

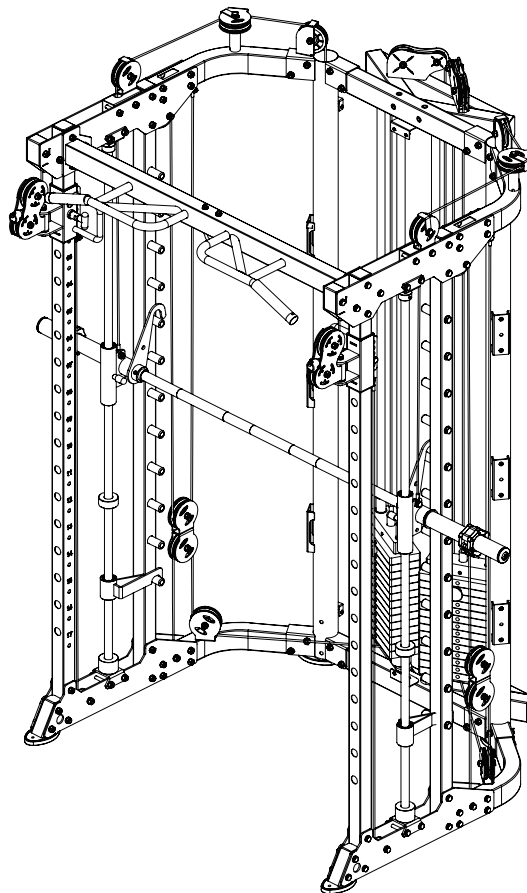


wire
QTY: 2PCS/SET

No.	Description	Note	Qty.
60	wire	Φ5*7195mm	1
115	wire-ball nose		1
116	bolt		1

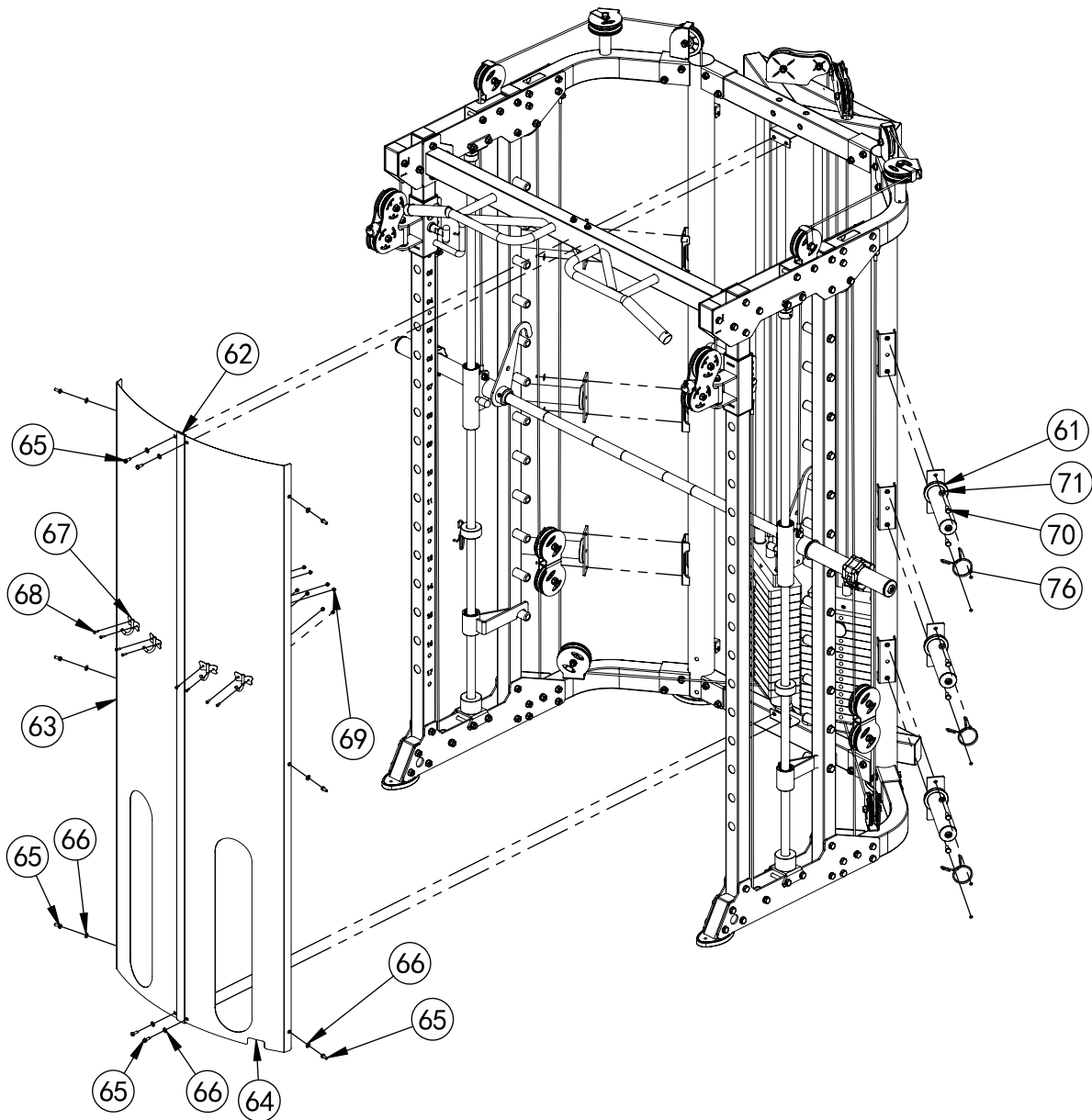


Internal wire schematic



- 1 Fix pulley-50 fastening on "—" shape pulley frame-57 using M10x45 hexagon bolt-52, $\Phi 10$ washer-11 and M10 lock nut-10
- 2 Fix pulley-50 fastening on lower plate using M10x80 hexagon bolt-24, $\Phi 10$ washer-11 and M10 lock nut-10 and pulley spacer sleeve-58
- 3 Fix pulley-50 fastening on lower bending tube using M10x45 hexagon bolt-52, $\Phi 10$ washer-11 and M10 lock nut-10
- 4 As the shown in the figure put the wire-60 on the machine

ASSEMBLY STEP 8



No.	Description	Note	Qty.
61	barbell plate holder		6
62	connection strap		1
63	shield left		1
64	shield right		1
65	hexagon bolt	M6x16	10
66	washer	Φ6	10
67	hook		4
68	"+"slotted countersunk head bolt	M4x8	8
69	lock nut	M4	8
70	hexagon bolt	M8x20	12
71	washer	Φ8	12