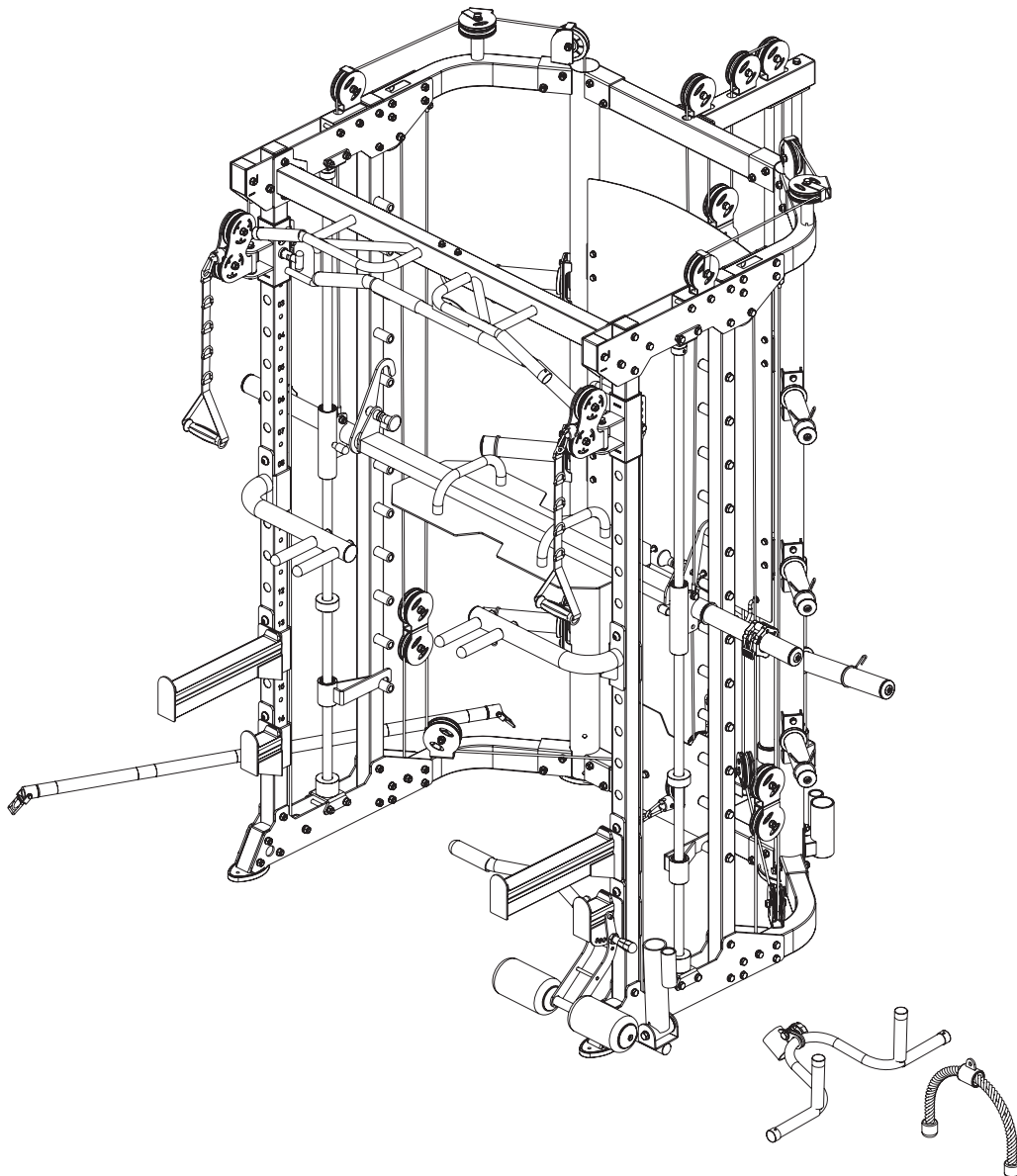


FORCE USA

INNOVATION IN STRENGTH™



USER MANUAL | **F-G9**

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	connec ² ion tube		1
2	upright frame le ²		1
3	upright frame right		1
4	bending tube le ²		1
5	bending tube right		1
6	upper connec ² ion tube		1
7	upper bending tube right		1
8	upper bending tube le ²		1
9	hexagon bolt	M10*75	54
10	lock nut	M10	105
11	washer	Φ10	217
12	chin up bar		1
13	upper plate		4
14	pulley frame tube right		1
15	pulley frame tube le ²		1
16	upright tube		2
17	tube with hole right		1
18	tube with hole le ²		1
19	lower plate		4
20	sliding tube right		1
21	sliding tube le ²		1
22	foot tube cover		2
23	end tube		2
24	hexagon bolt	M10*80	14
25	lower 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 le ²		1
33	hexagon bolt	M10*90	8
34	socket set screw	M8*10	4
35	end cap	Φ51*Φ 42.5*36.6L	2
36	check ring	Φ60*Φ48.5*27L	2

PARTS LIST

No.	Description	Note	Qty.
37	pipe	Φ50*310*T0.5	2
38	bu ^o n head socket screw	M12*40	2
39	spring washer	Φ12	6
40	washer	Φ12	6
41	barbell rod		1
42	inner pipe	Φ48*298*2.5T	2
43	rubber pad	φ60*φ26*25	2
44	upper connec ^o n tube short		1
45	lower connec ^o n tube		1
46	hang lever frame		1
47	back guide rod nut		2
48	rubber pad		2
49	hexagon bolt	M10*25	11
50	hexagon bolt	M10*95	3
51	hexagon bolt	M10*55	2
52	hexagon bolt	M12*30	5
53	double pulley bracket		1
55	back barbell plate holder		2
56	wire	Φ5*2745mm	2
57	pulley	Φ95	25
58	pulley plate	20*96*T3	4
59	hexagon bolt	M10*45	17
60	hexagon bolt	M10*50	4
61	weight		2
62	low pull wire	Φ5*4740mm	1
63	"-" shaped pulley frame		3
64	short bar		1
65	footplate		1
66	chain + 2 snap hook		1
67	wire	Φ5*4185mm	2
68	pulley spacer sleeve	Φ20*10.5*L20.5	16
69	pulley frame		1
70	wire	Φ5*1705mm	1
71	5 sec ^o n chain + snap hook		1
72	wire	Φ5*9715mm	1

PARTS LIST

No.	Description	Note	Qty.
73	pulley	Φ50	4
74	shield		1
75	barbell plate holder		6
76	hexagon bolt	M8*20	20
77	washer	Φ8	36
78	lock nut	M8	16
79	core trainer		1
80	powder metallurgy sleeve	Φ33.2*Φ 29*Φ20*18	2
81	barbell rod cup		1
82	big washer	Φ25*10*2.0	1
83	dip bar left		1
84	dip bar right		1
85	barbell rod holder rubber right		1
86	barbell rod holder rubber left		1
87	barbell rod holder short left		1
88	barbell rod holder short right		1
89	barbell clamp collar		2
90	long bar		1
91	ship rod		1
92	hand belt		2
93	pull limit device		1
94	T shape pin	Φ10*100	1
95	leg curl tube		1
96	footplate		1
97	bicep rope		1
98	hook		6
99	oval mat	131*80	4
100	countersunk rivet nut	M8	12
101	countersunk rivet nut	M10	2
102	square tube plug	□50*50*T1.2	10
103	bushing	□60-□50	4
104	T shape pin		2
105	pulley rotation frame		2
106	spring gasket	φ10	4
107	powder metallurgy sleeve	Φ33.*Φ29*Φ20*18	4
108	rotation bearing	Φ20*67	2

PARTS LIST

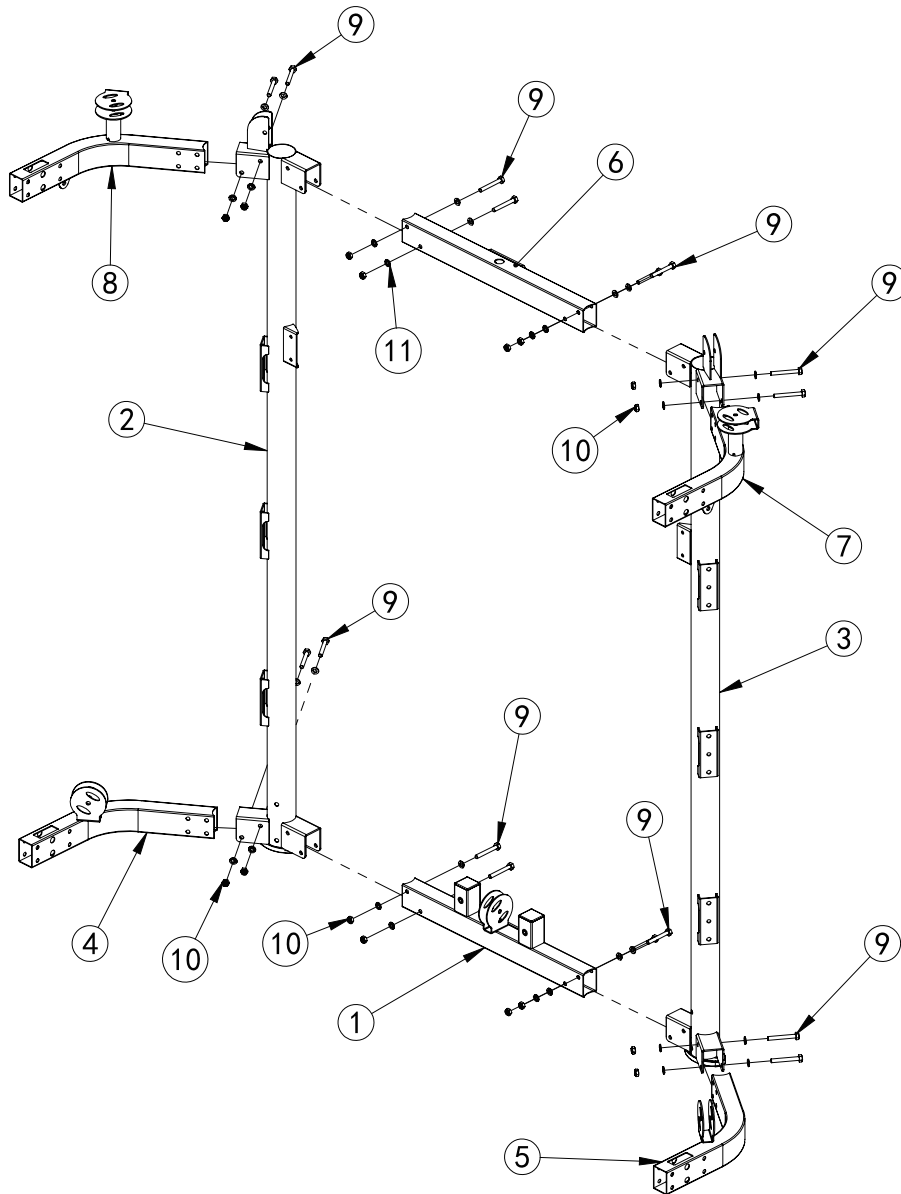
No.	Description	Note	Qty.
109	hexagon bolt	M12*25	26
110	hang lever shaft	φ25*M12*98	30
111	rubber cover	φ21*35	2
112	straight line bearing	LM25UU	6
113	bearing	6005	4
114	spring collar	Φ40	8
115	left hook		1
116	button head socket screw	M6*16	4
117	right hook		1
118	barbell ball inner rod	φ25*1952	1
119	spring gasket	Φ6	4
120	50-70 inner plug	□50*70*2.0	1
121	nylon cover	φ50*35	4
122	anti-collision cover	φ50*φ65*24	4
123	"+"sloped countersunk head	M6*10	8
125	wire-ball head		3
126	oval cap		1
127	hexagon socket countersunk	M5*25	3
128	wire-connect part		3
129	handle cover	φ32*140	2
131	stainless steel tube	φ50*0.8*200	6
132	barbell bar tube	φ48*1.5*198	6
133	inner support cap	φ70*φ44.8*φ25.5*30	6
134	outside support cap	φ50*φ44.8*φ25.5	6
135	button head socket screw	M8*20	6
136	insert nut	M8	8
137	butterfly pin	φ50	6
138	cross recessed pan head	M4*12	6
139	rotation axle		1
140	powder metallurgy sleeve	φ50*φ47*φ25*15	2
141	rotation bearing	φ25*77*M12	1
142	slick plastic handle	φ24.5*150	4
143	inner plug	φ25*1.5	8
144	tube plug	φ48*2.5	2

PARTS LIST

No.	Description	Note	Qty.
145	long safety catch outside		2
146	long safety catch outside rubber		2
147	pull pin		1
148	sponge		2
149	sponge inner cap		2
150	sponge outer cap		2
151	hexagon socket bu ^l on head	M8*25	2
152	handle cover -205	φ31×205	2
153	handle belt -160	φ31×160	2
154	spring collar	28	2
155	inner tube nut		2
156	rod inner shaft	φ17*38	2
157	rod washer		2
158	bearing	6001-2RS	2
159	bearing cover		2
160	T shape pin		2
161	T shape pin bushing		4
162	U shape fastener		2
163	check ring	5	2
164	hexagon socket bu ^l on head	M8*16	2
165	spring gasket	φ8	2
166	umbrella pin		2
167	rubber catch collar	Φ70*Φ50*10	2
168	barbell hang bar	Φ25*358	2
169	straight cover	Φ25*160	2
170	handle aluminum cover	Φ33*Φ25.5*19	2
171	slotted headless screws	M4*5	2
172	hang ring		1
173	pull cover		1
174	spring locking knob	M10	1
175	handle cover	Φ25*150	2
176	viscoplastic cover	Φ25*130	2
177	handle aluminum cover	Φ33*Φ25.5*19	4
178	slotted headless screws	M4*5	4
179	lock nut	M12	1



ASSEMBLY STEP 1

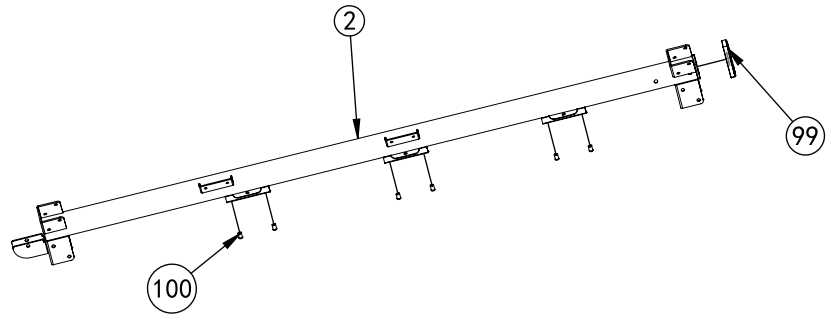


No.	Description	Note	Qty.
1	connec ^o n tube		1
2	upright frame le ^o		1
3	upright frame right		1
4	bending tube le ^o		1
5	bending tube right		1
6	upper connec ^o n tube		1
7	upper bending tube right		1
8	upper bending tube le ^o		1
9	hexagon bolt	M10x75	16
10	lock nut	M10	16
11	washer	Φ10	32

ASSEMBLY DRAWING

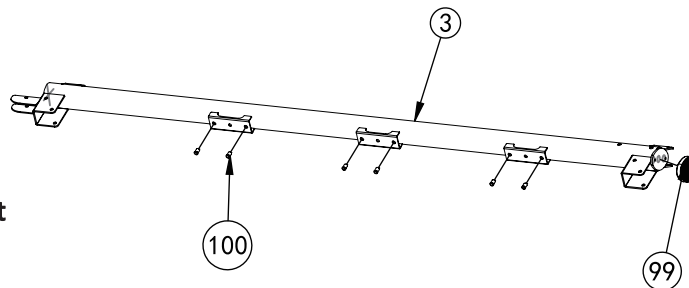
No.	Description	Note	Qty.
2	upright frame left		1
99	oval mat	131*80	1
100	countersunk rivet nut	M8	6

upright frame left
QTY: 1PCS/SET



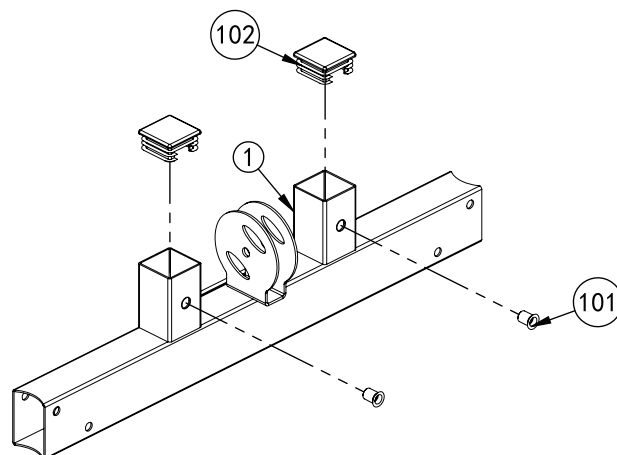
No.	Description	Note	Qty.
3	upright frame right		1
99	oval mat	131*80	1
100	countersunk rivet nut	M8	6

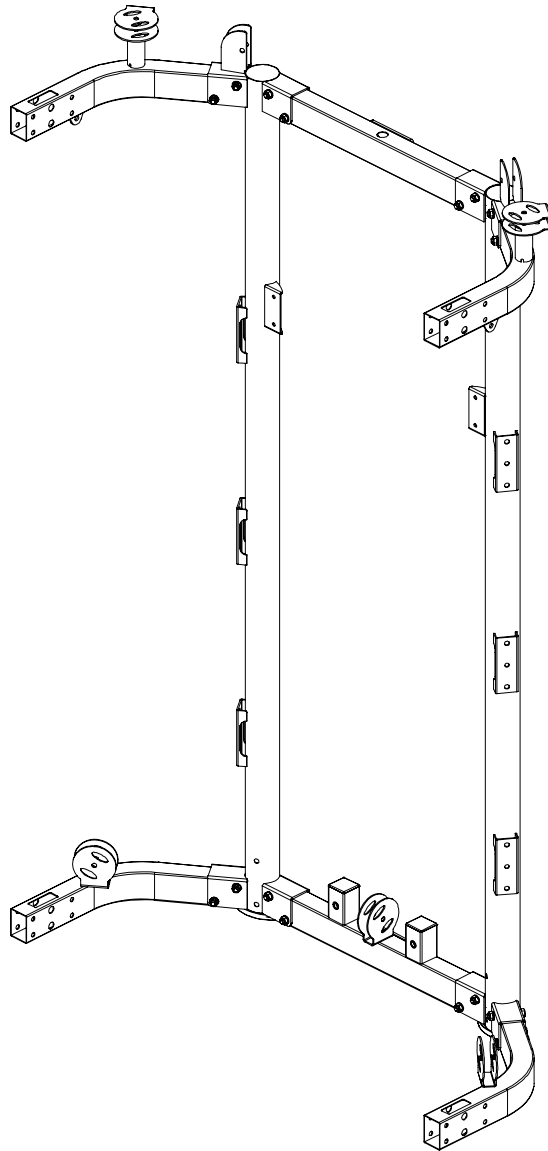
upright frame right
QTY: 1PCS/SET



No.	Description	Note	Qty.
1	connection tube		1
101	countersunk rivet nut	M10	2
102	square tube plug	□50*50*T1.2	2

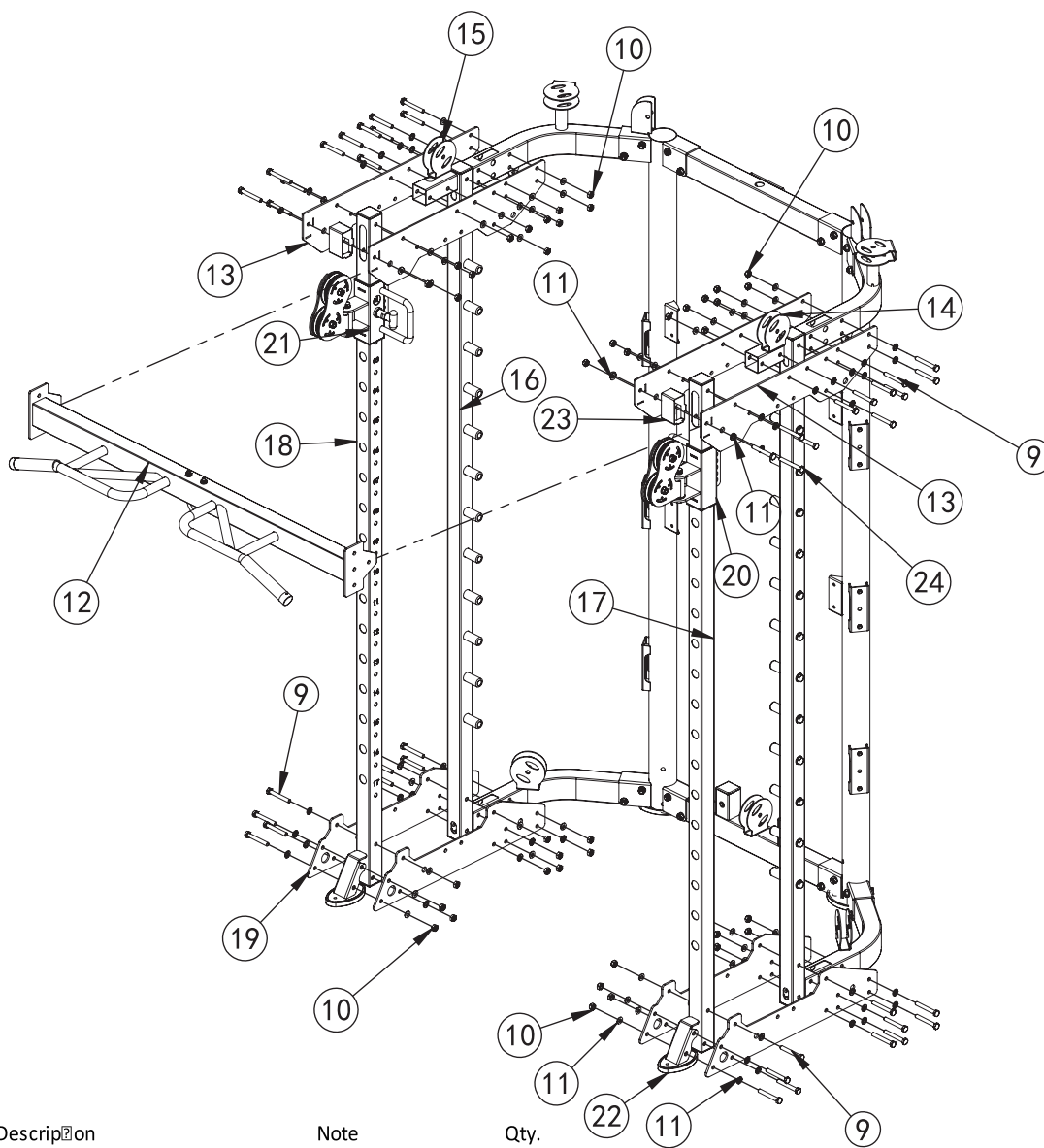
connection tube
QTY: 1PCS/SET





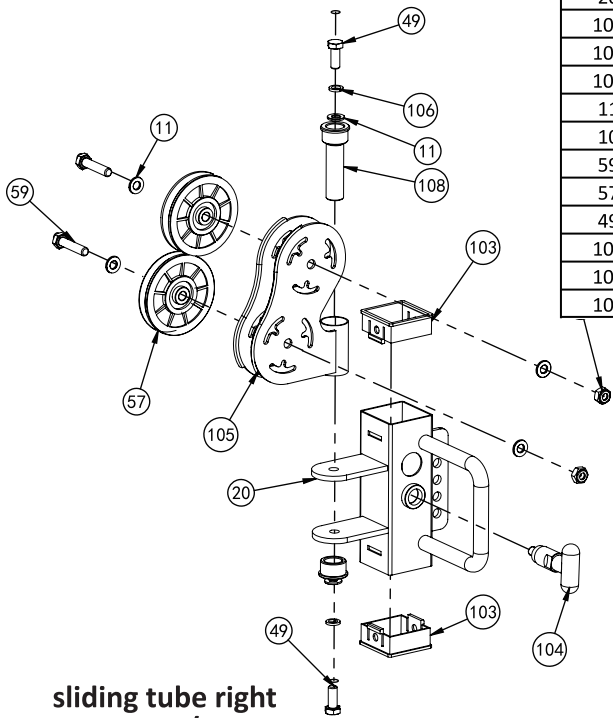
- 1 Fix bending tube lef-4 fastening on upright frame lef-2 using M10x75 hexagon bolt-9, Φ 10 washer-11 and M10 lock nut-10
- 2 Fix bending tube right-5 fastening on upright frame right-3 using M10x75 hexagon bolt-9, Φ 10 washer-11 and M10 lock nut-10
- 3 Connect connecⁿon tube-1,upright frame lef-2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

ASSEMBLY STEP 2



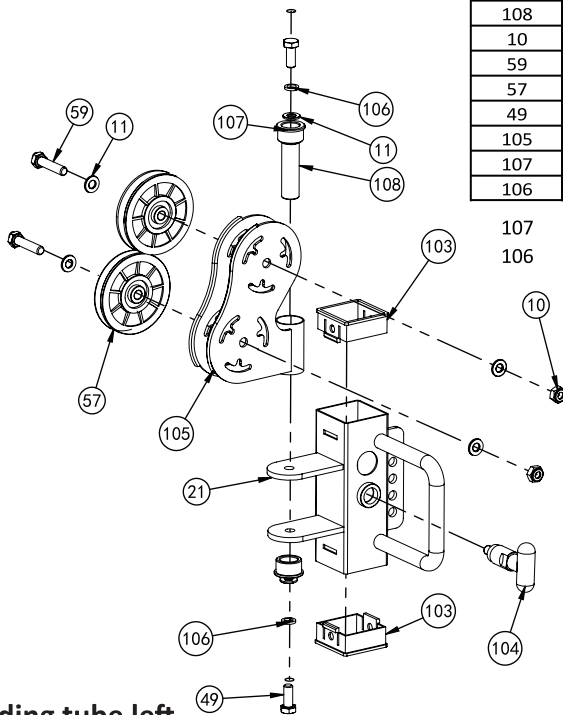
No.	Description	Note	Qty.
9	hexagon bolt	M10x75	38
10	lock nut	M10	44
11	washer	Φ10	88
12	chin up bar		1
13	upper plate		4
14	pulley frame tube right		1
15	pulley frame tube left		1
16	upright tube		2
17	tube with hole right		1
18	tube with hole left		1
19	lower plate		4
20	sliding tube right		1
21	sliding 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		1
106	spring gasket	φ10	2
11	washer	Φ10	6
10	lock nut	M10	2
59	hexagon bolt	M10*45	2
57	pulley	Φ95	2
49	hexagon bolt	M10*25	2
105	pulley rotation frame		1
107	powder metallurgy sleeve	Φ33.*Φ29*Φ20*18	2
108	rotation bearing	Φ20*67	1

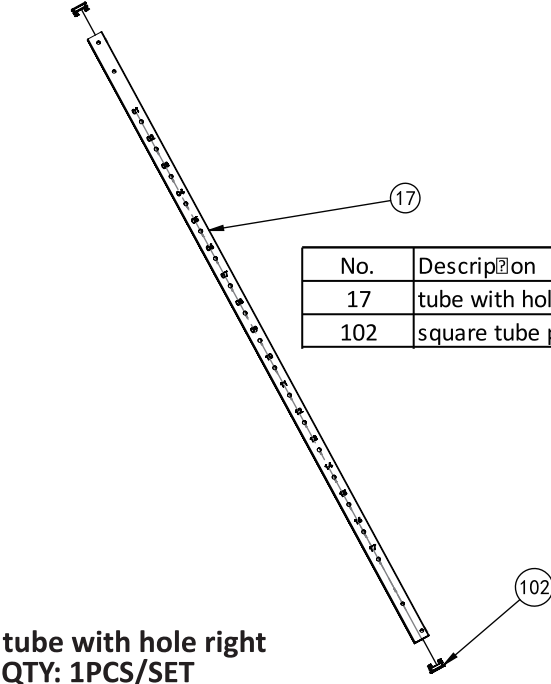
sliding tube right
QTY: 1PCS/SET



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

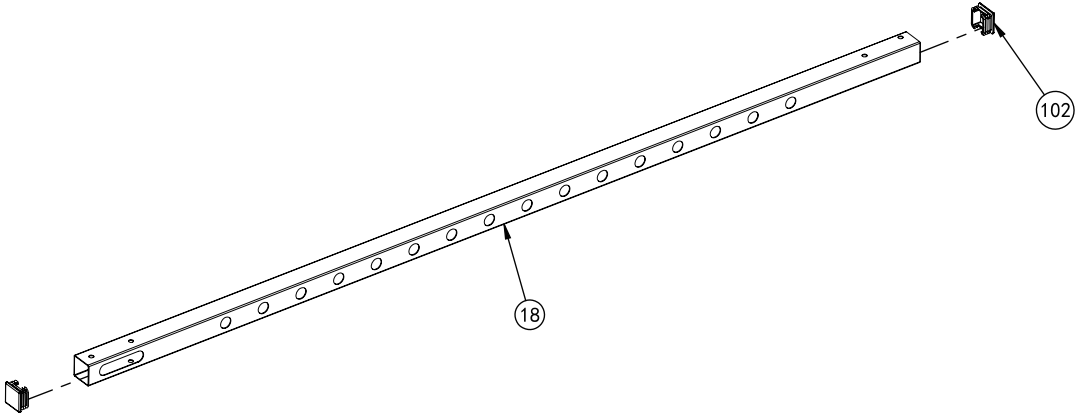
sliding tube left
QTY: 1PCS/SET

ASSEMBLY DRAWING



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

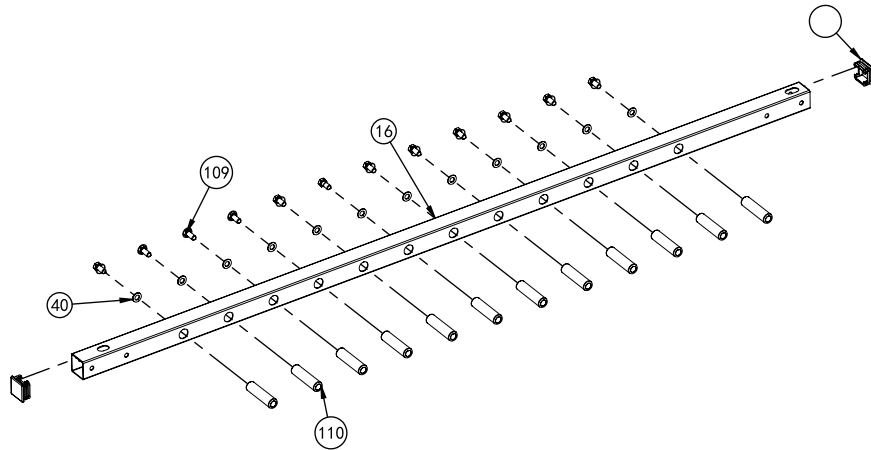
tube with hole right
QTY: 1PCS/SET



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

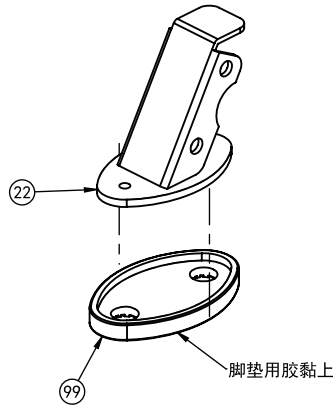
tube with hole left
QTY: 1PCS/SET

ASSEMBLY DRAWING



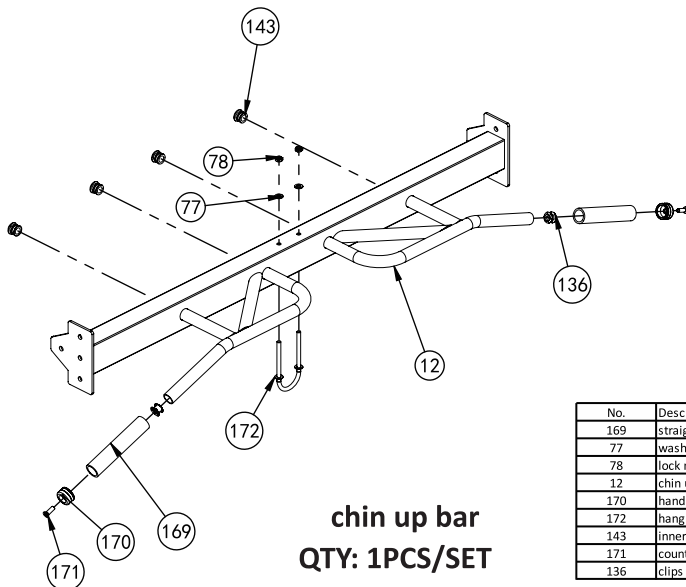
upright tube
QTY: 2PCS/SET

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



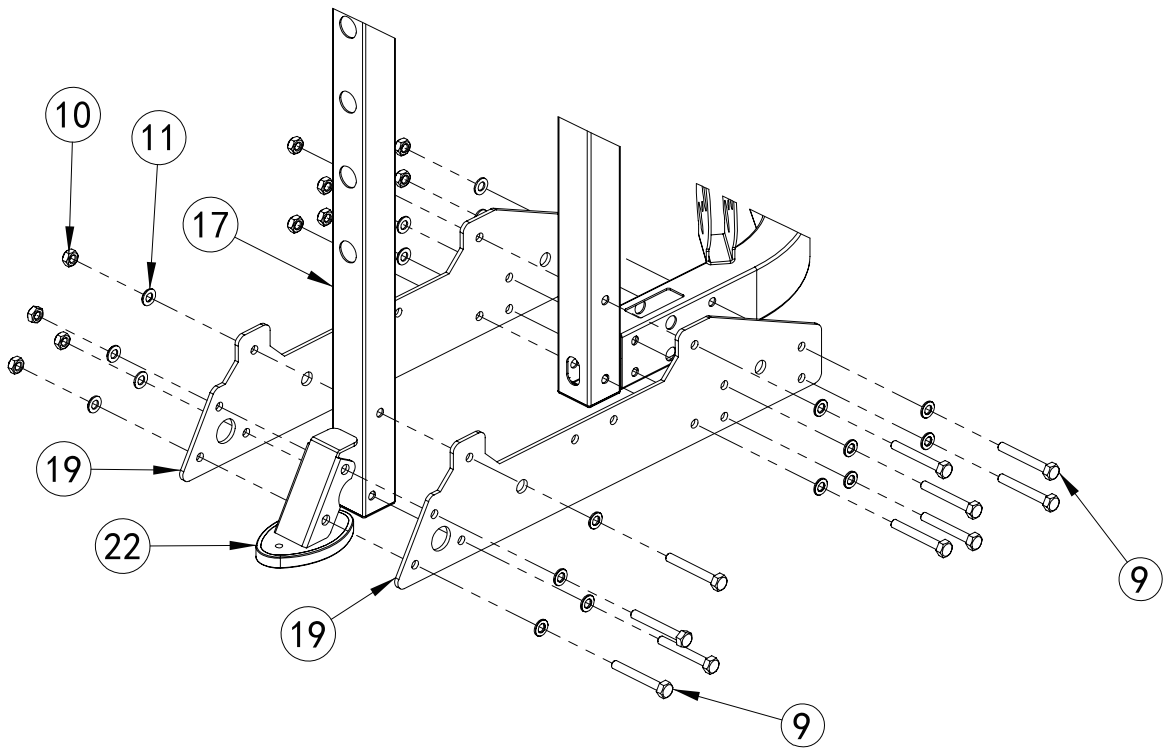
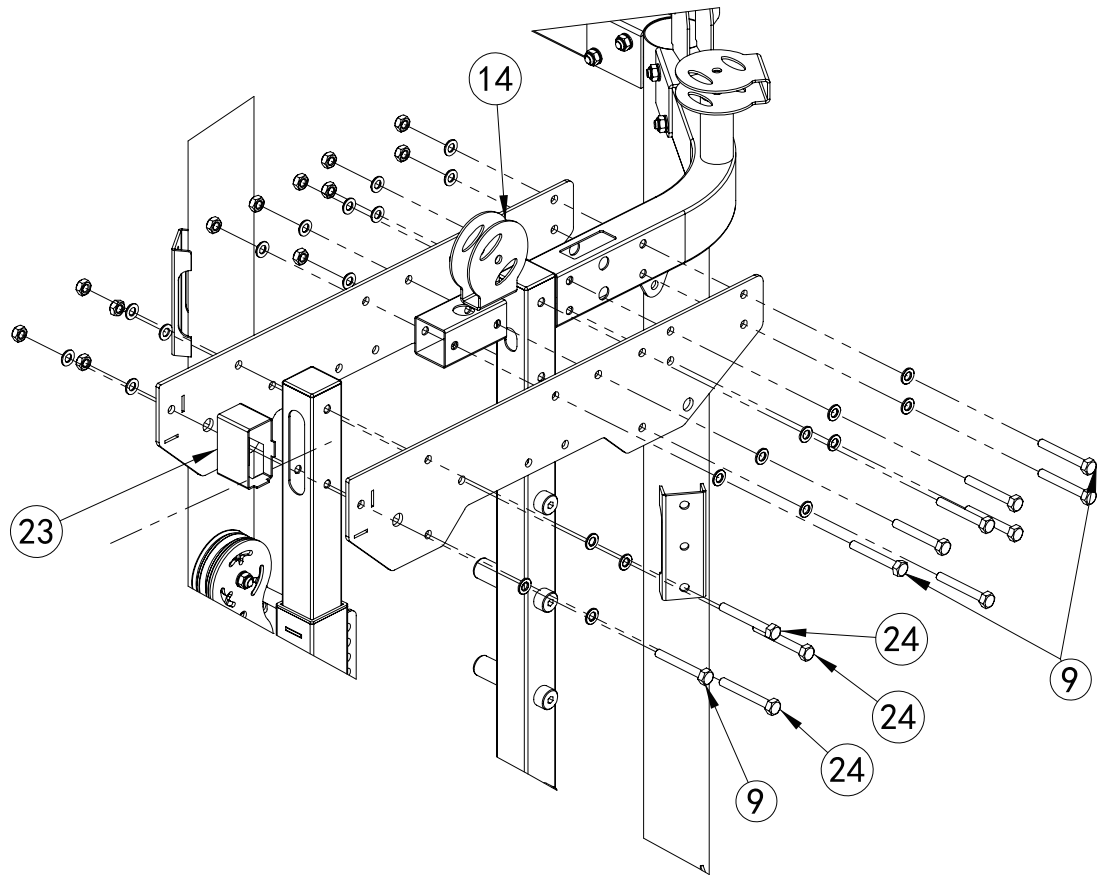
foot tube cover
QTY: 2PCS/SET

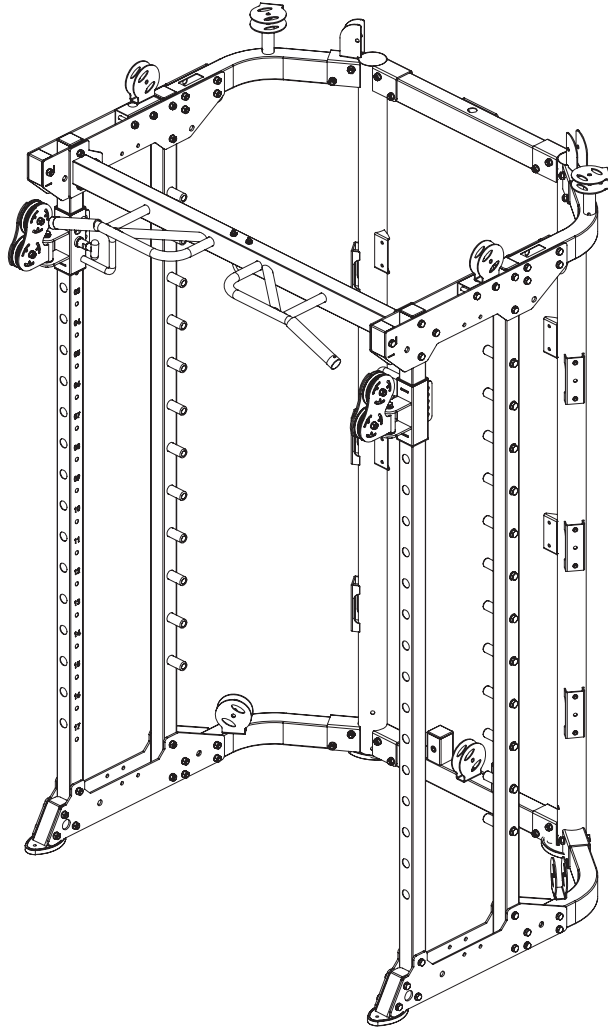
No.	Description	Note	Qty.
22	foot tube cover		1
99	oval mat	131*80	1



chin up bar
QTY: 1PCS/SET

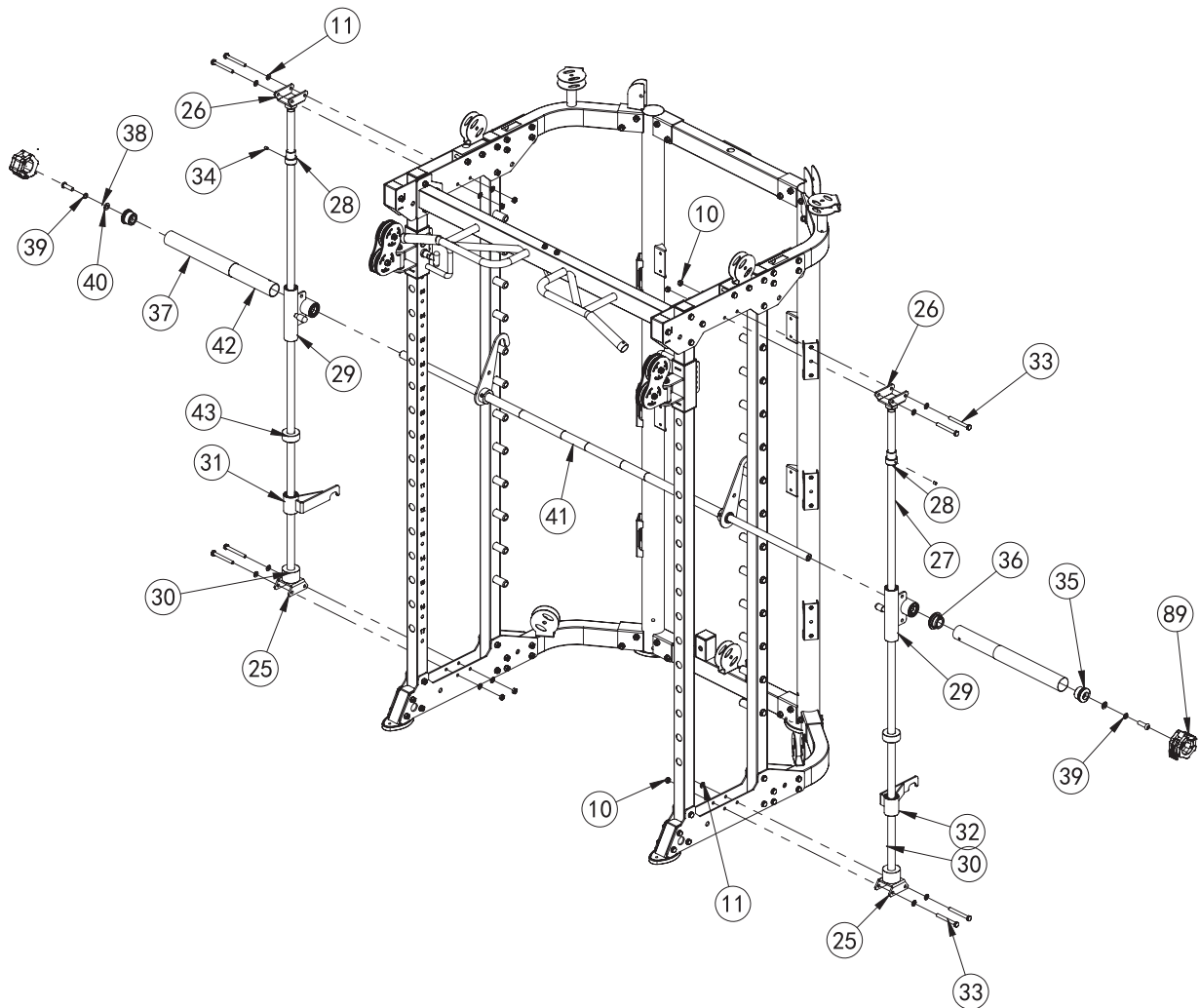
No.	Description	Note	Qty.
169	straight cover	Φ25*160	2
77	washer	Φ8	2
78	lock nut	M8	2
12	chin up bar		1
170	handbar collar	Φ25	2
172	hang ring		1
143	inner plug	Φ25*2	4
171	countersunk cross screw	M8*20	2
136	clips nut	Φ23*8	2





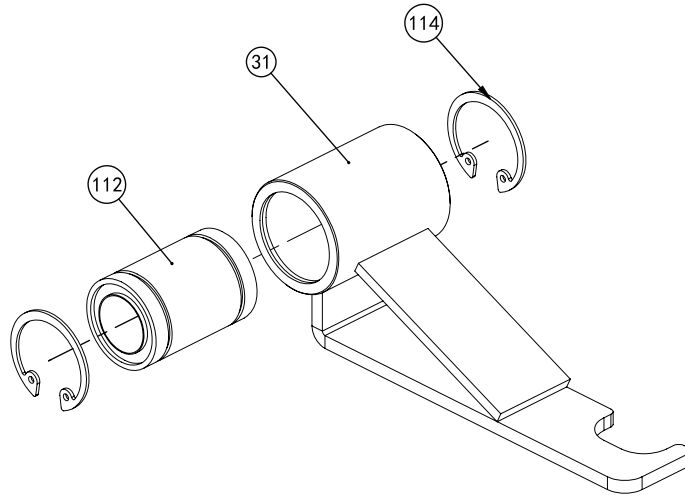
- 1 Fix sliding tube le²-21 on tube with hole le²-18.
- 2 Fix sliding tube right-20 on tube with hole right-17.
- 3 Fix upright tube-16 and tube with hole le²-18 and tube with hole right-17 fastening on step-1 using M10x75 hexagon bolt-9, Φ 10 gasket-11, M10 lock nut-10, upper plate-13 and lower plate-19.
- 4 Fix pulley frame tube right-14 fastening on upper plate-13 using M10x75 hexagon bolt-9, Φ 10 gasket-11 and M10 lock nut-10.
- 5 Fix end tube-23 fastening on upper plate-13 using M10x75 hexagon bolt-9, Φ 10 gasket-11 and M10 lock nut-10
- 6 Fix foot tube cover-22 fastening on lower plate-19 using M10x75 hexagon bolt-9, Φ 10 gasket-11 and M10 lock nut-10.
- 7 Fix chin up bar-12 fastening on upper plate-13 using M10x80 hexagon bolt-24, Φ 10 gasket-11 and M10 lock nut-10.

ASSEMBLY STEP 3



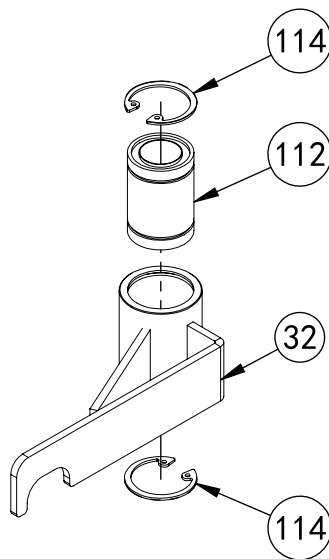
No.	Description	Note	Qty.
10	lock nut	M10	8
11	washer	Φ10	16
25	lower base		2
26	upper base		2
27	guide rod	Φ25x1850	2
28	lock sleeve		2
29	sliding sleeve		2
30	rubber pad with groove	Φ60xΦ26x45	2
31	safety hook right		1
32	safety hook left		1
33	hexagon bolt	M10x90	8
34	socket set screw	M8x10	2
35	end cap		2
36	check ring		2
37	pipe	Φ50x310xT0.5	2
38	button head socket screw	M12x40	2
39	spring washer	Φ12	2
40	washer	Φ12	2
41	barbell rod		1
42	inner pipe	Φ48x298x2.5T	2
43	rubber pad	Φ60xΦ26x25	2
89	barbell rod ring		2

ASSEMBLY DRAWING



safety hook right
QTY: 1PCS/SET

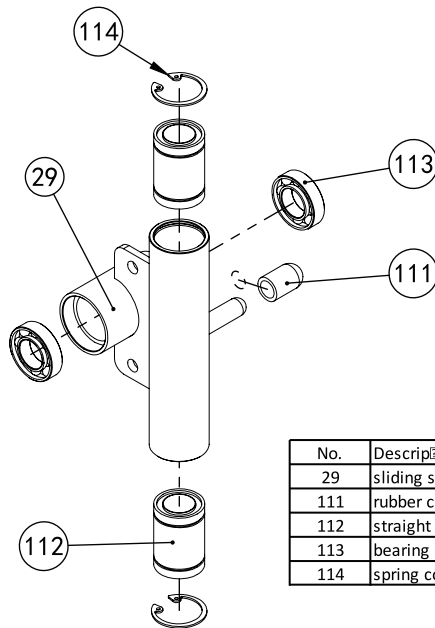
No.	Description	Note	Qty.
31	safety hook right		1
112	straight line bearing	LM25UU	1
114	spring collar	Φ40	2



safety hook left
QTY: 1PCS/SET

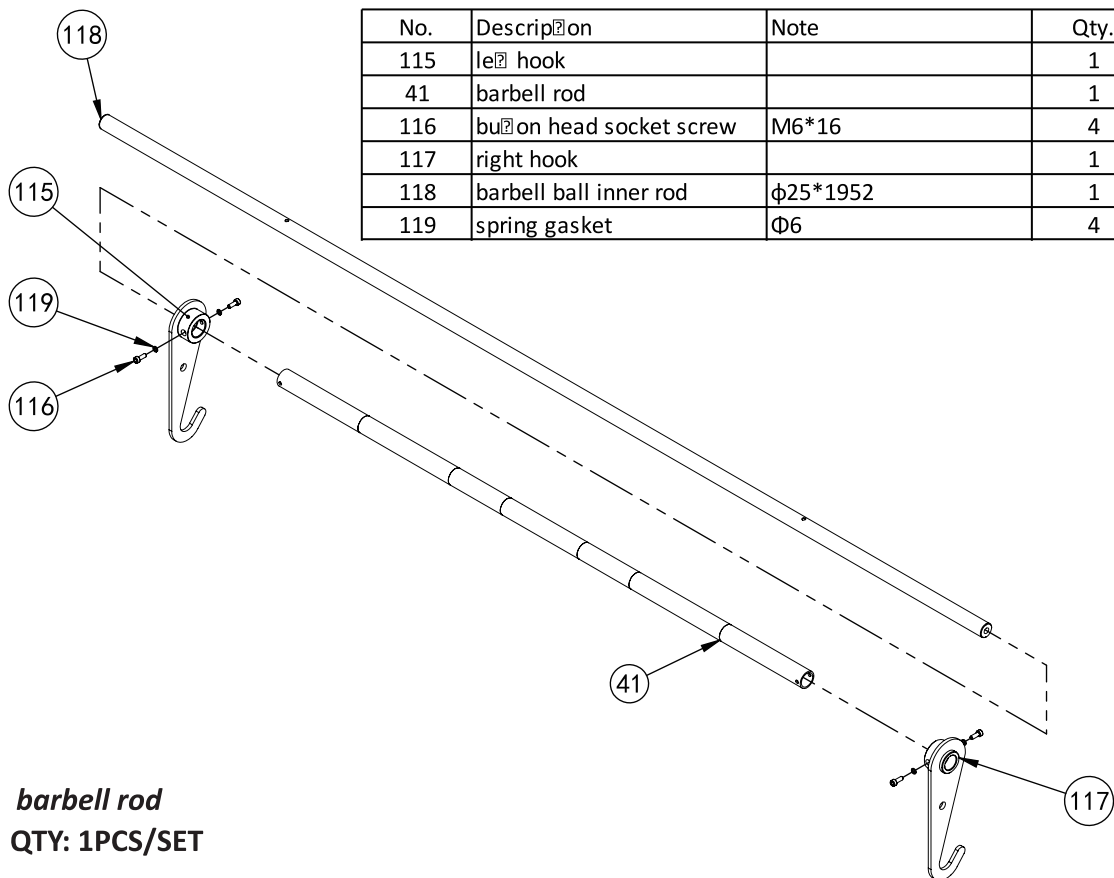
No.	Description	Note	Qty.
32	safety hook left		1
112	straight line bearing	LM25UU	1
114	spring collar	Φ40	2

ASSEMBLY DRAWING



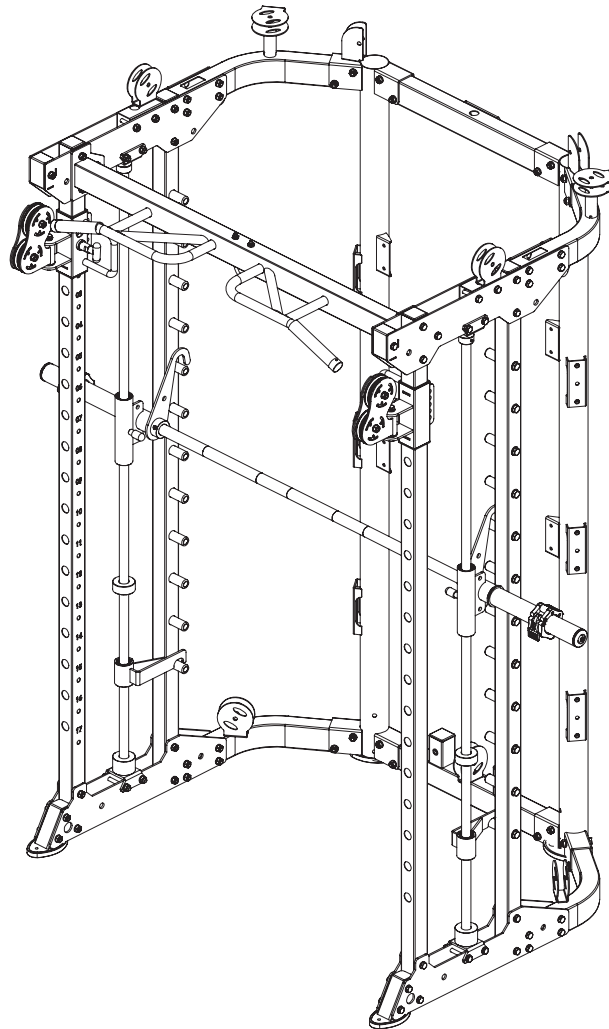
No.	Description	Note	Qty.
29	sliding sleeve		1
111	rubber cover	φ21*35	1
112	straight line bearing	LM25UU	2
113	bearing	6005	2
114	spring collar	Φ40	2

sliding sleeve
QTY: 2PCS/SET



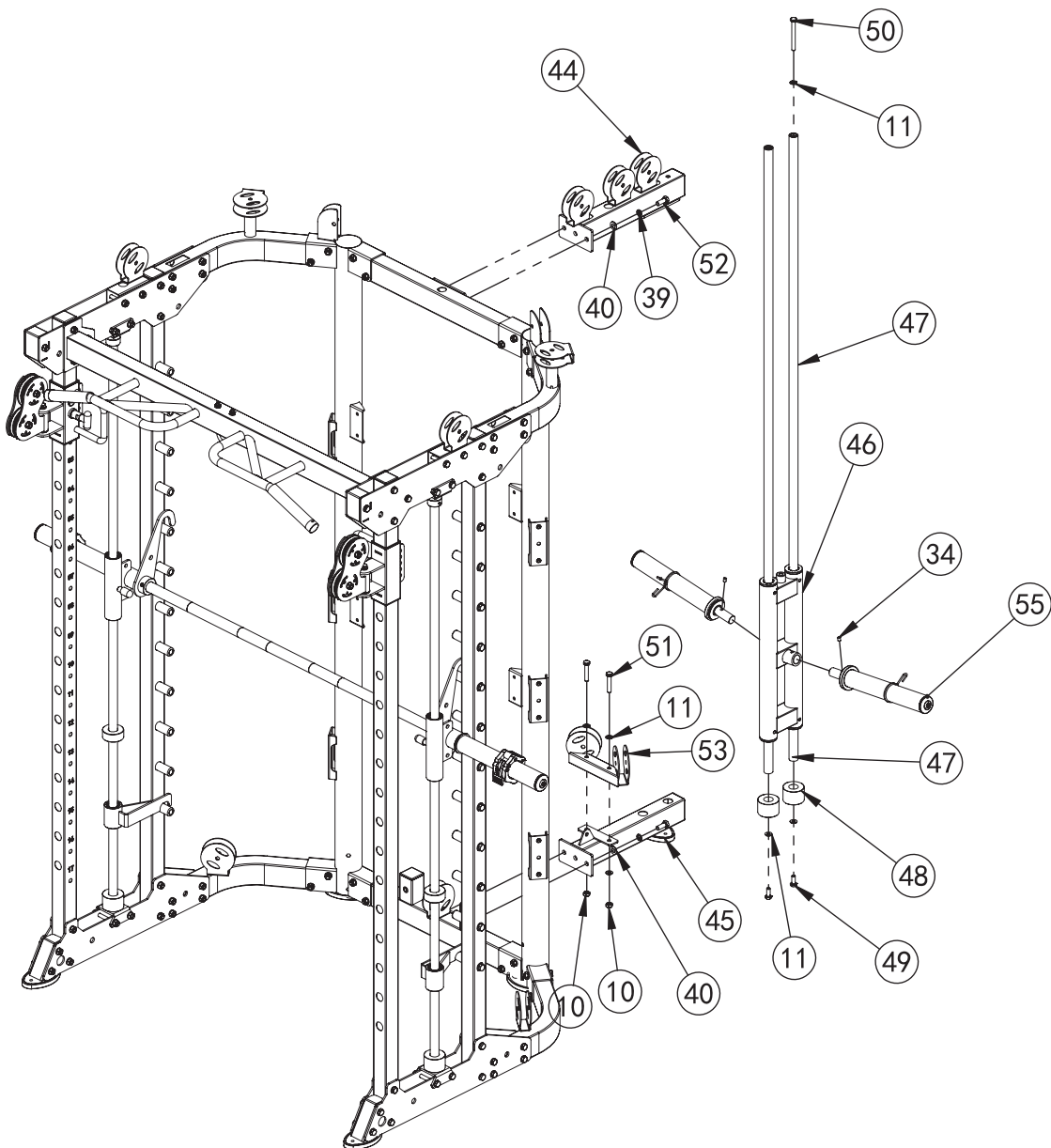
No.	Description	Note	Qty.
115	ball hook		1
41	barbell rod		1
116	ball head socket screw	M6*16	4
117	right hook		1
118	barbell ball inner rod	φ25*1952	1
119	spring gasket	Φ6	4

barbell rod
QTY: 1PCS/SET



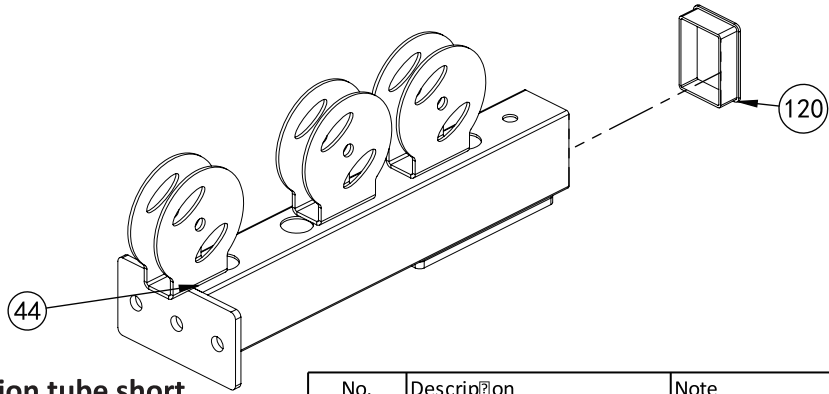
- 1 Fix lower base-25 fastening on lower plate using M10x90 hexagon bolt-33, Φ 10 washer-11 and M10 lock nut-10.
- 2 Fix upper base-26 fastening on upper plate using M10x90 hexagon bolt-33, Φ 10 washer-11 and M10 lock nut-10.
- 3 Guide rod-27 in turn through lock sleeve-28, sliding sleeve-29, rubber 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



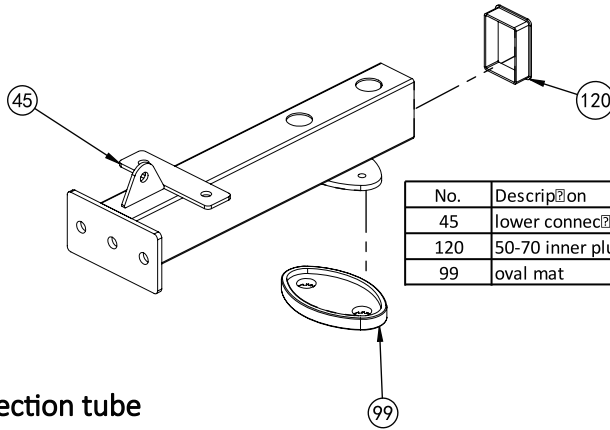
No.	Description	Note	Qty.
10	lock nut	M10	2
11	washer	Φ10	7
39	spring washer	Φ12	4
40	washer	Φ12	4
44	upper connection tube short		1
45	lower connection tube		1
46	big sliding sleeve		1
47	guide rod hollow		2
48	rubber pad		2
49	hexagon bolt	M10x25	2
50	hexagon bolt	M10x95	1
51	hexagon bolt	M10x55	2
52	hexagon bolt	M12x30	4
53	double pulley bracket		1
34	socket set screw	M8x10	2
55	back barbell plate holder		2

ASSEMBLY DRAWING



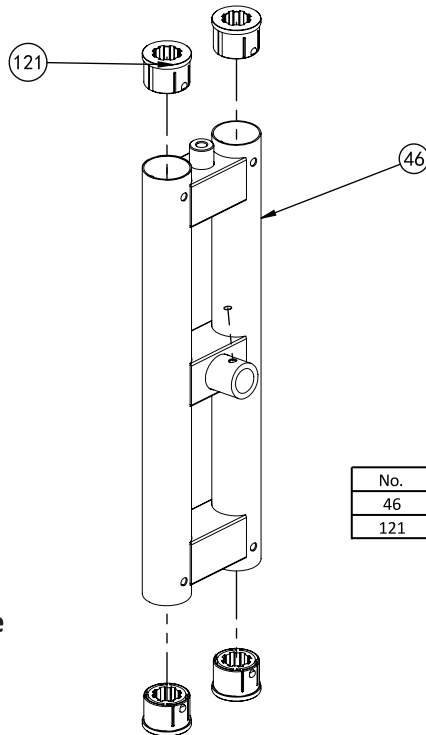
upper connection tube short
QTY: 1PCS/SET

No.	Description	Note	Qty.
44	upper connection tube short		1
120	50-70 inner plug	□50*70*2.0	1



lower connection tube
QTY: 1PCS/SET

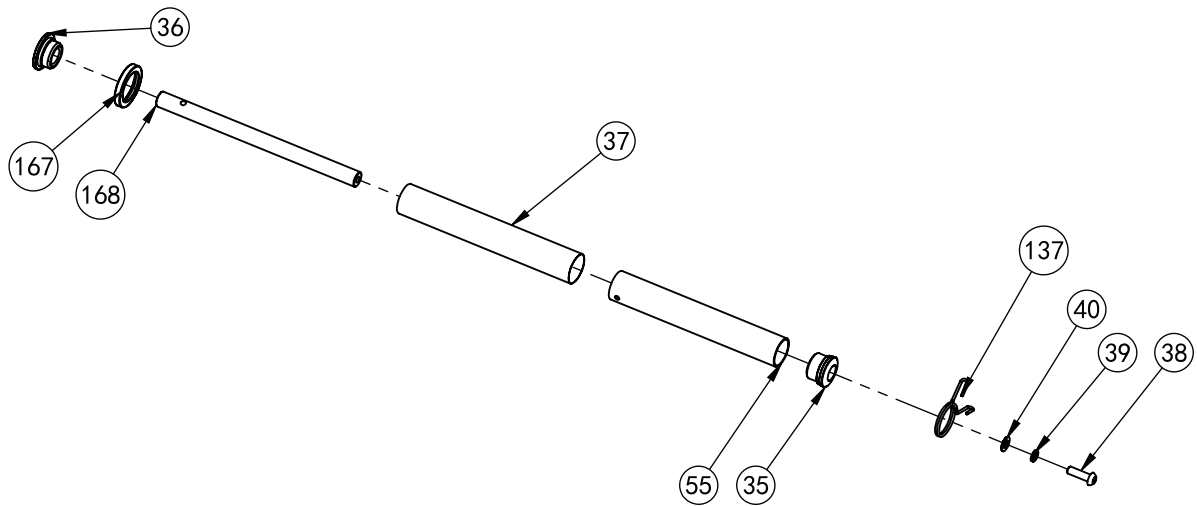
No.	Description	Note	Qty.
45	lower connection tube		1
120	50-70 inner plug	□50*70*2.0	1
99	oval mat	131*80	1



hang lever frame
QTY: 1PCS/SET

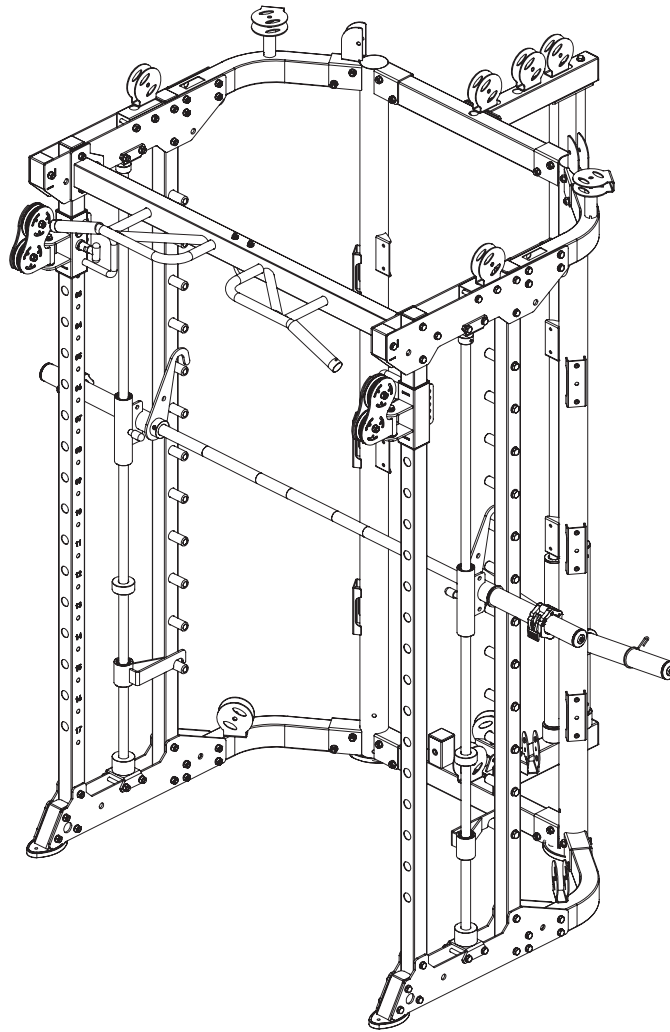
No.	Description	Note	Qty.
46	hang lever frame		1
121	nylon cover	φ50*35	4

ASSEMBLY DRAWING



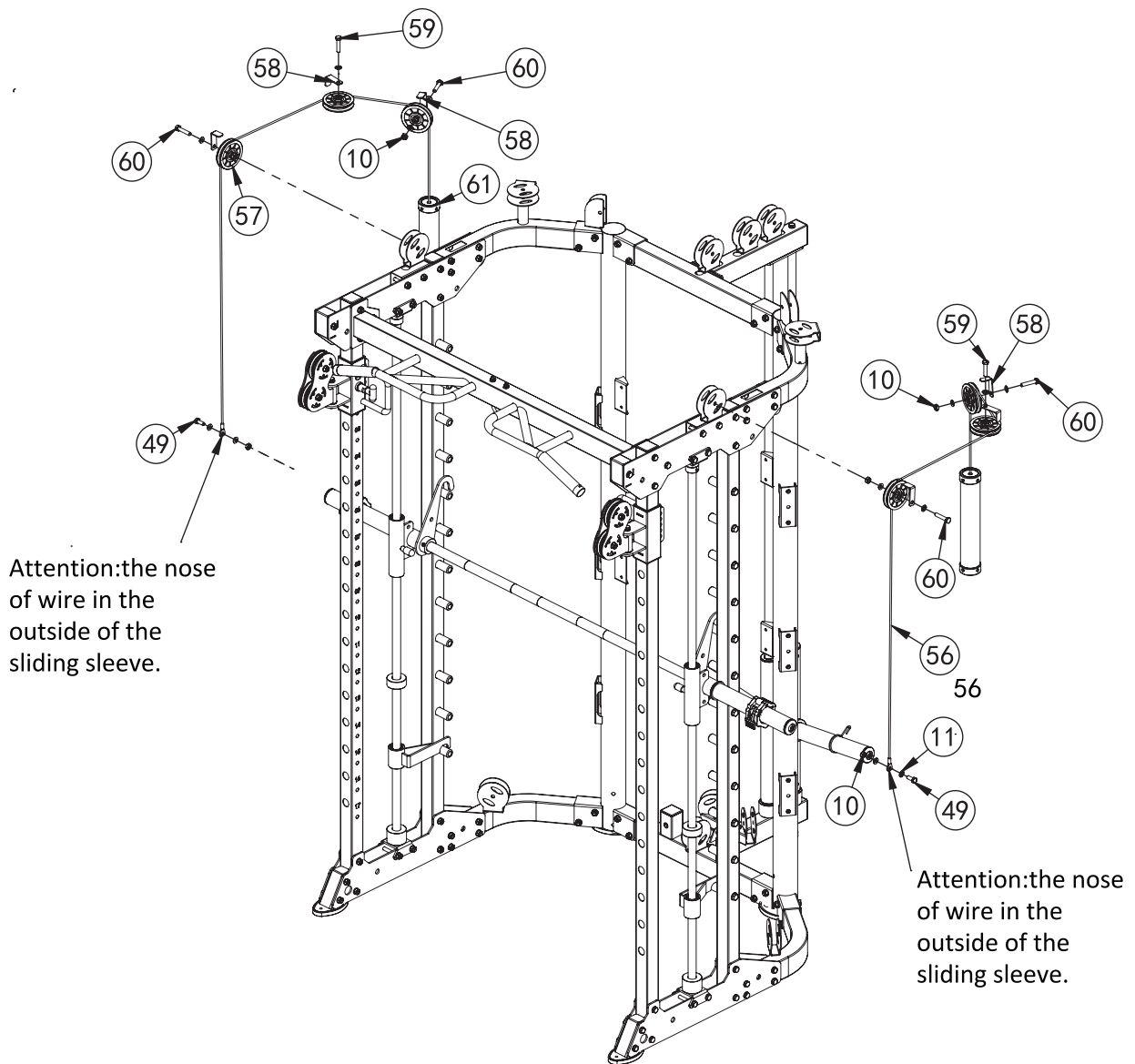
back barbell plate holder
QTY: 2PCS/SET

No.	Description	Note	Qty.
167	rubber catch collar	$\Phi 70 * \Phi 50 * 10$	1
137	bushing pin	$\phi 50$	1
38	bushing on head socket screw	M12*40	1
39	spring washer	$\Phi 12$	1
55	back barbell plate holder		1
37	pipe	$\Phi 50 * 310 * T0.5$	1
35	end cap	$\Phi 51 * \Phi 42.5 * 36.6L$	1
36	check ring	$\Phi 60 * \Phi 48.5 * 27L$	1
40	washer	$\Phi 12$	1
168	barbell hang bar	$\Phi 25 * 358$	1



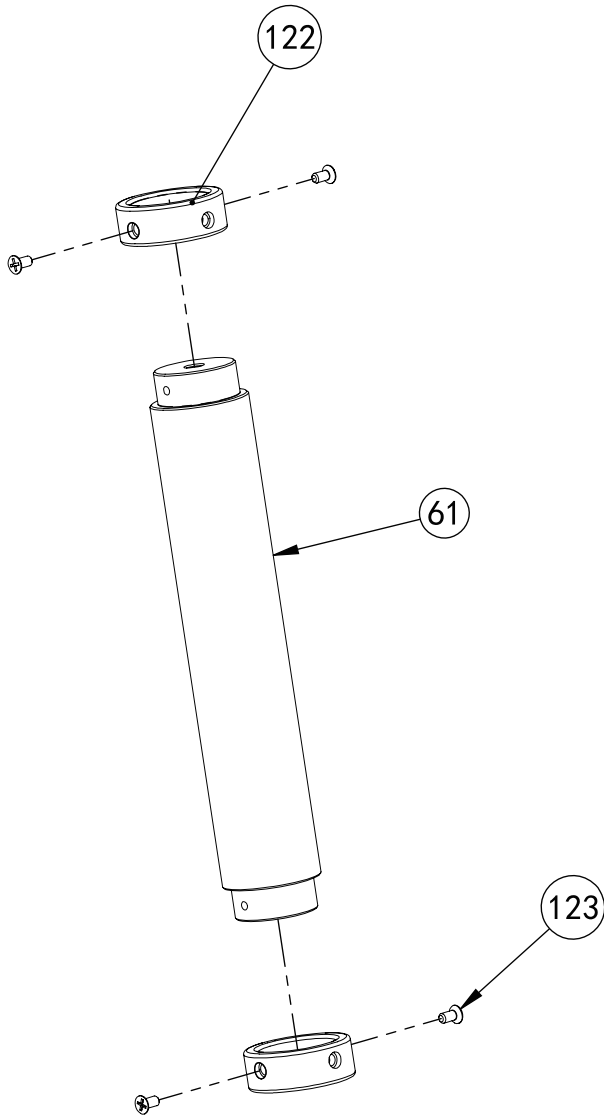
- 1 Fix upper connection tube short-44 fastening on main frame using M12x30 hexagon bolt-52, Φ 12 spring washer-39 and Φ 12 washer-40
- 2 Fix lower connection tube-45 fastening on main frame using M12x30 hexagon bolt-52, Φ 12 spring washer-39 and Φ 12 washer-40
- 3 Fix double pulley bracket-53 fastening on double pulley bracket-45 using M10x55 hexagon bolt-51, Φ 10 washer-11 and M10 lock nut-10
- 4 Guide rod hollow-47 in turn through big sliding sleeve-46, rubber pad-48 fastening using M10x95 hexagon bolt-50, Φ 10 washer-11 and M10x25 hexagon bolt-49
- 5 Fix back barbell plate holder-55 fastening on big sliding sleeve-46 using M8x10 socket set screw-34

ASSEMBLY STEP 5



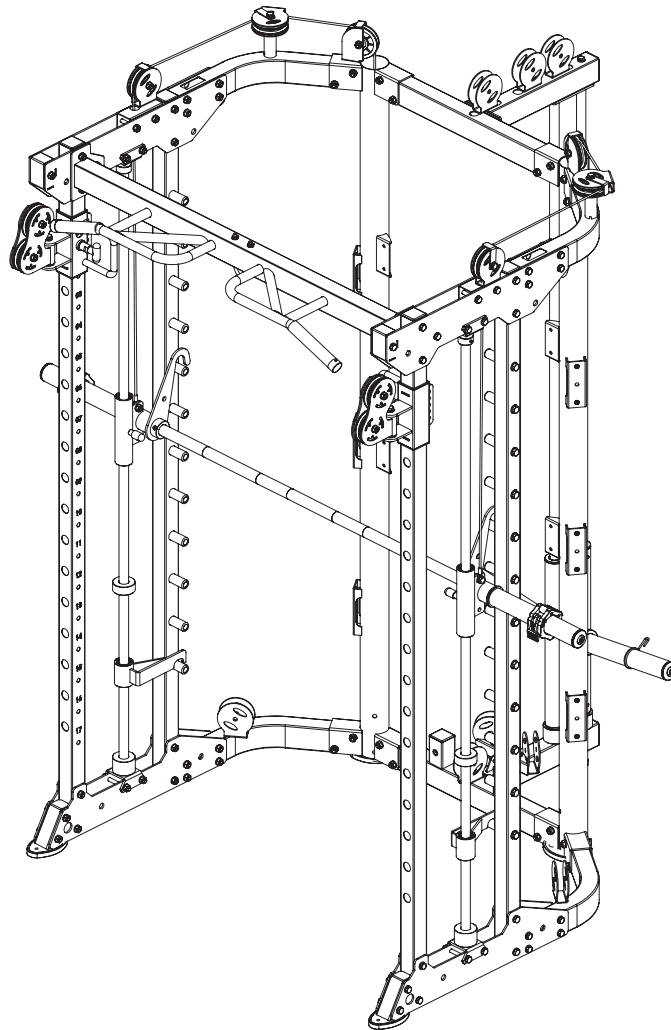
No.	Description	Note	Qty.
10	lock nut	M10	6
11	washer	Φ10	14
49	hexagon bolt	M10x25	2
56	wire	Φ5x2745mm	2
57	pulley	Φ95	6
58	pulley plate		6
59	hexagon bolt	M10x45	2
60	hexagon bolt	M10x50	4
61	weight		2

ASSEMBLY DRAWING



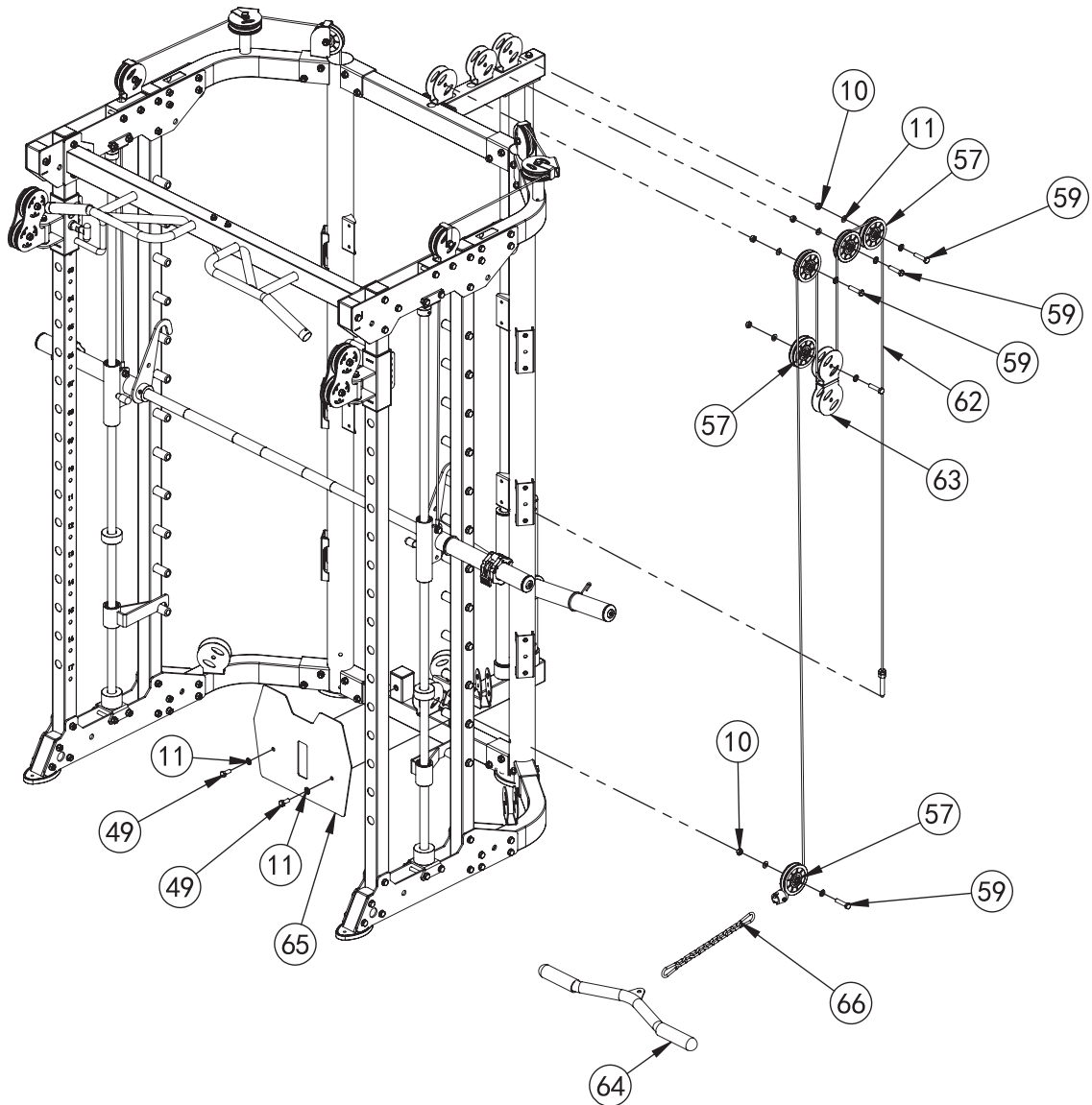
WEIGHT
QTY: 2PCS/SET

No.	Description	Note	Qty.
122	anti-collision cover	φ50*φ65*24	2
61	weight		1
123	"+"sloped countersunk	M6*10	4



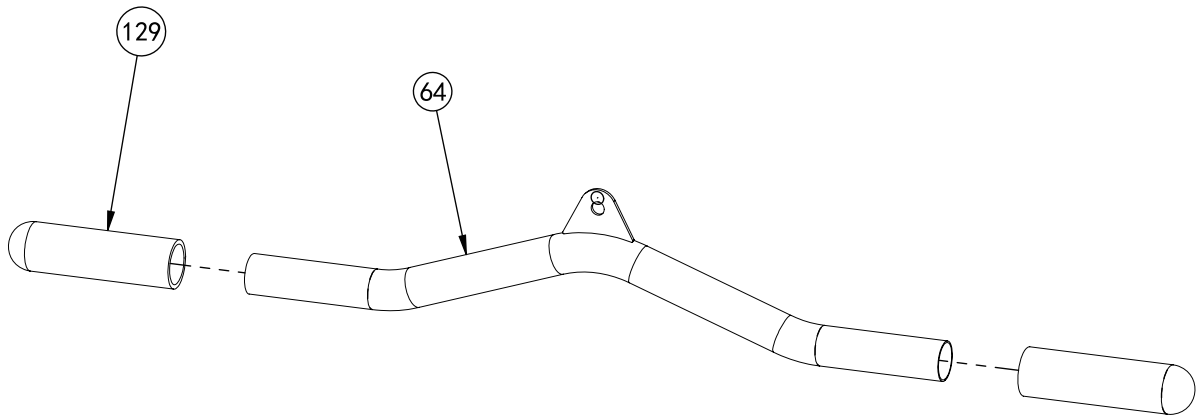
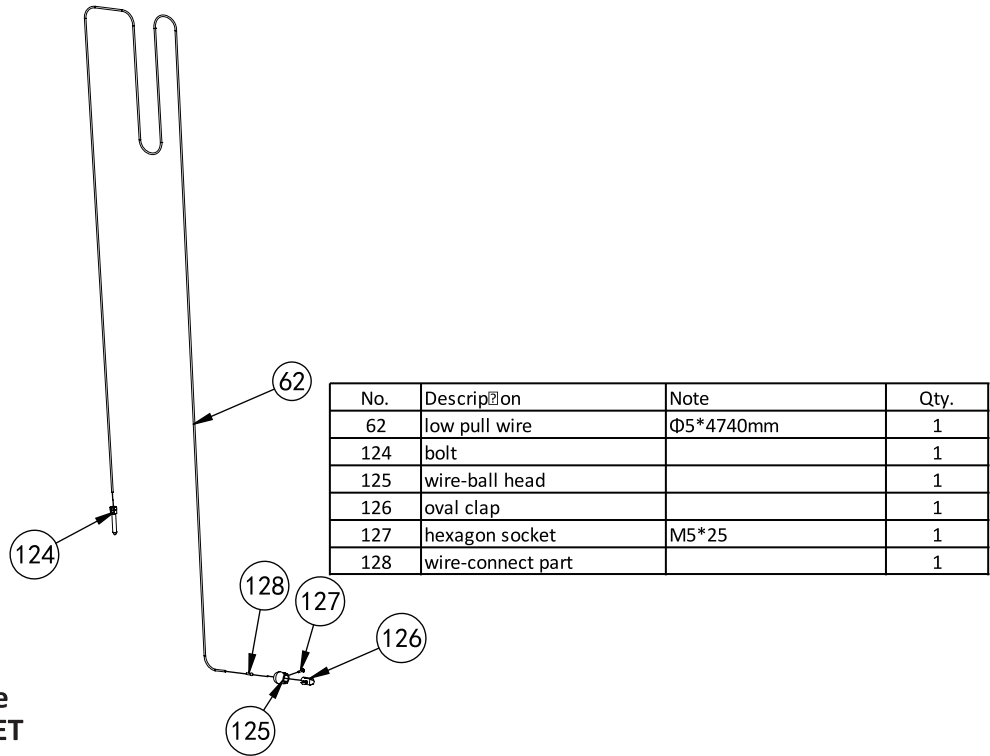
- 1 Connect wire-56 with weight-61, put them into upright frame
- 2 Fix pulley-57 fastening on upper bending tube using M10x50 hexagon bolt-60, pulley plate-58, Φ 10 washer-11 and M10 lock nut-10
- 3 Fix pulley-57 fastening on upper bending tube using M10x45 hexagon bolt-59, pulley plate-58, Φ 10 washer-11 and M10 lock nut-10
- 4 Fix wire-56 fastening on sliding sleeve outside using M10x25 hexagon bolt-49, Φ 10 washer-11 and M10 lock nut-10

ASSEMBLY STEP 6



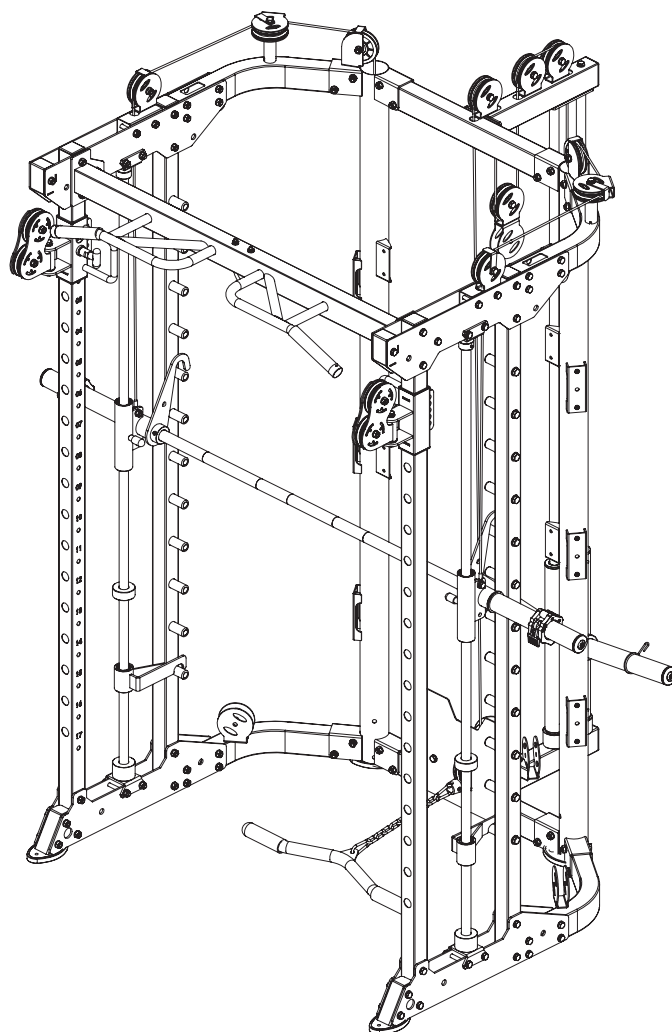
No.	Description	Note	Qty.
10	lock nut	M10	5
11	washer	Φ10	12
49	hexagon bolt	M10x25	2
57	pulley	Φ95	5
59	hexagon bolt	M10x45	5
62	wire	Φ5x4740mm	1
63	"I"-shaped pulley frame		1
64	short bar		1
65	footplate		1
66	chain + 2 snap hook		1

ASSEMBLY DRAWING



short bar
QTY: 1PCS/SET

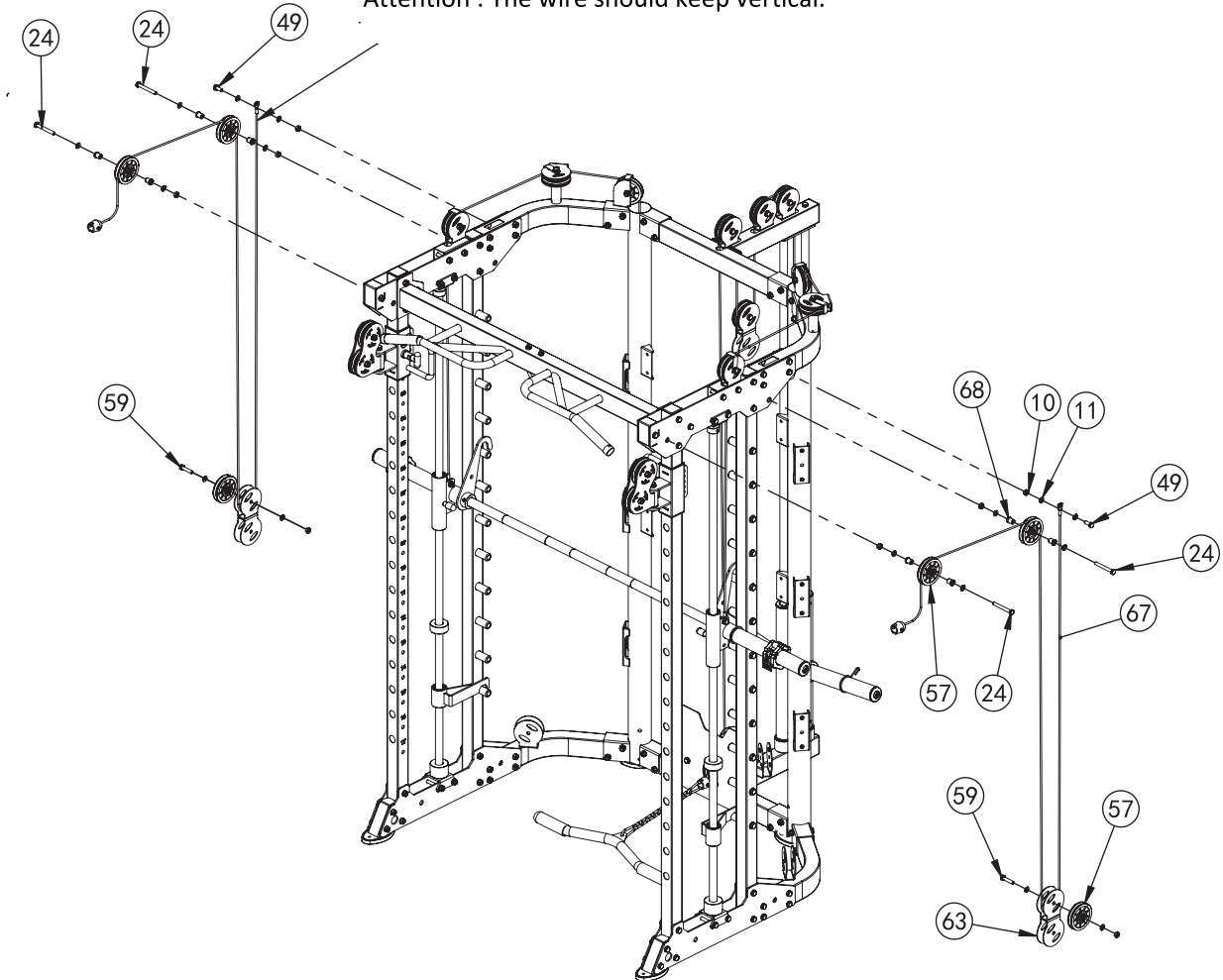
No.	Description	Note	Qty.
64	short bar		1
129	handle cover	φ32*140	2



- 1 As the shown in the figure fix pulley-57 fastening on main frame and "—" shape pulley frame-63 using M10x45 hexagon bolt-59, Φ 10 gasket-11 and M10 lock nut-10.
- 2 As the shown in the figure put the wire-62.
- 3 Connect short bar-64 to wire using chain + 2 snap hook-66.
- 4 Fix footplate-65 fastening on main frame using M10x25 hexagon bolt-49, Φ 10 washer-11.

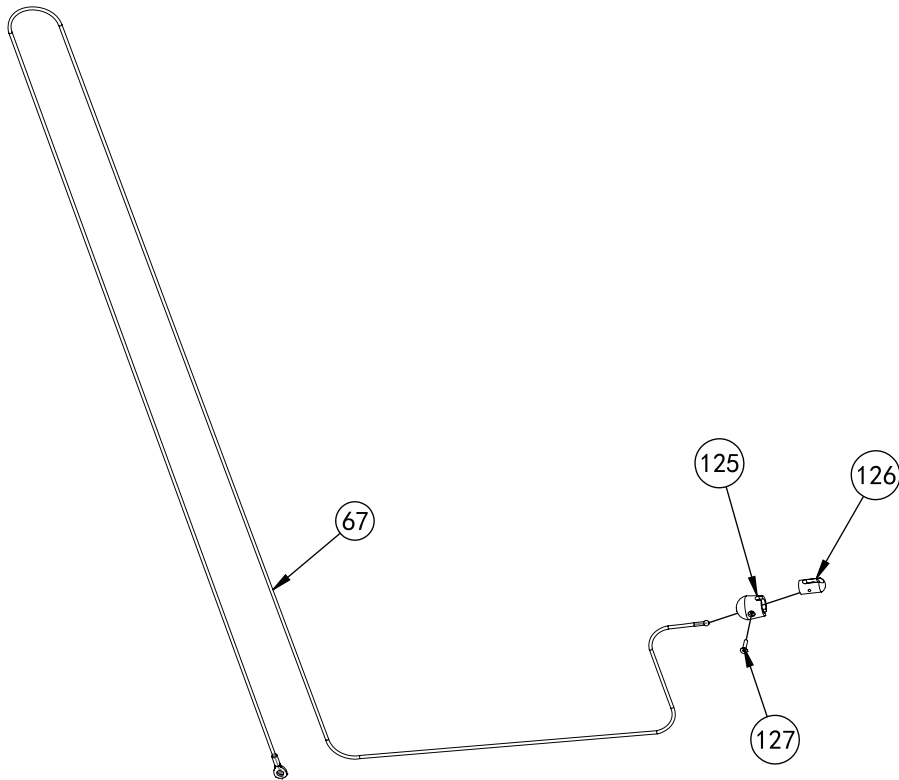
ASSEMBLY STEP 7

Attention : The wire should keep vertical.



No.	Description	Note	Qty.
10	lock nut	M10	8
11	washer	Φ10	16
24	hexagon bolt	M10x80	4
49	hexagon bolt	M10x25	2
57	pulley	Φ95	6
59	hexagon bolt	M10x45	2
63	"-" shaped pulley frame		2
67	wire	Φ5x4185mm	2
68	pulley spacer sleeve	Φ20x10.5xL20.5	8

ASSEMBLY DRAWING



wire
QTY: 2PCS/SET

No.	Description	Note	Qty.
127	hexagon socket	M5*25	1
126	oval clap		1
125	wire-ball head		1
67	wire	Φ5*4185mm	2