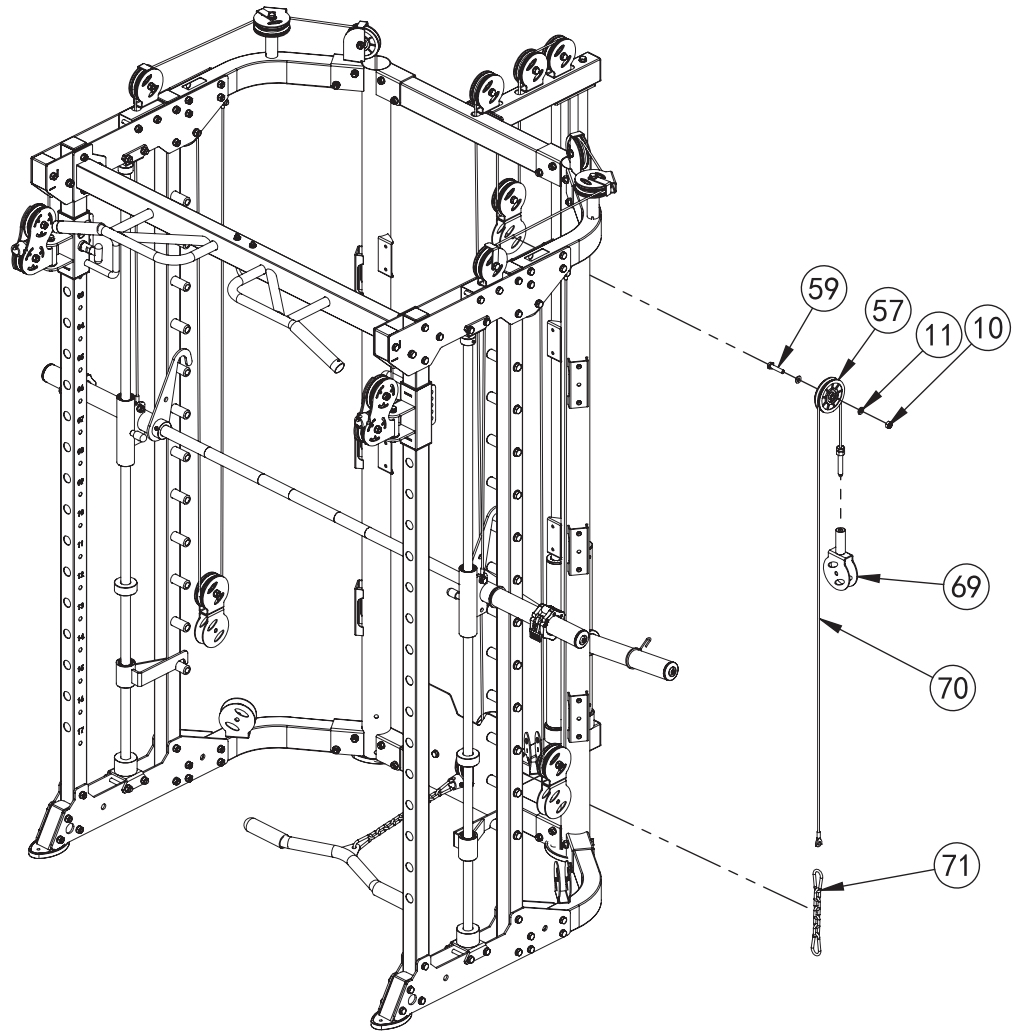
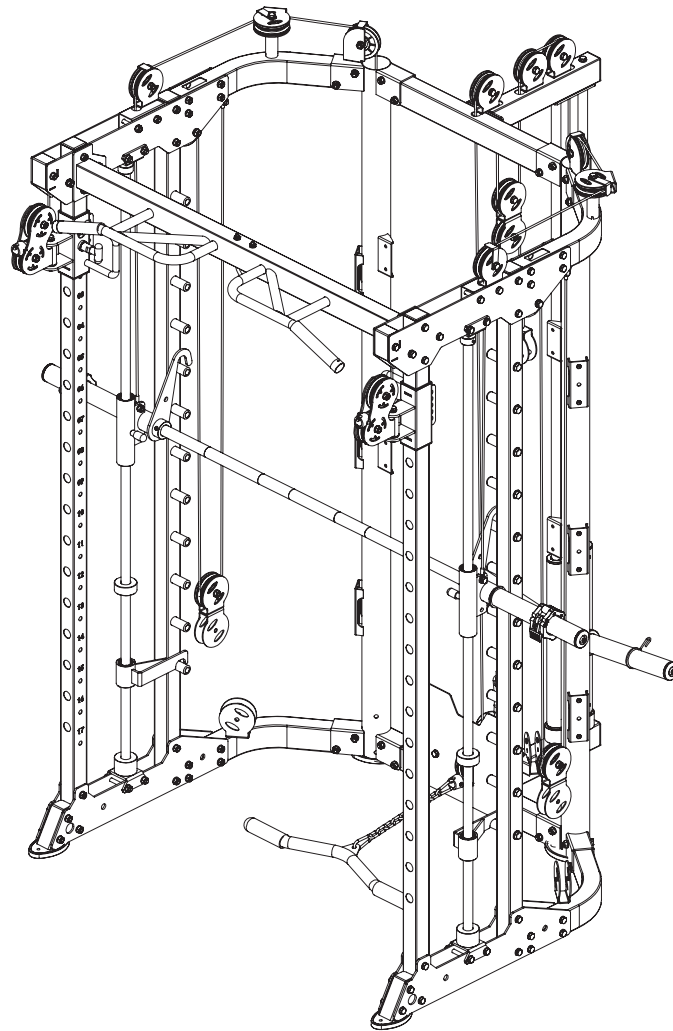


- 1 As the shown in the figure fix pulley-57 fastening on upper plate using M10x80 hexagon bolt-24, $\Phi 10$ washer-11 and M10 lock nut-10 and pulley spacer sleeve-68
- 2 Fix pulley-57 fastening on "-" shape pulley frame-63 using M10x45 hexagon bolt-59, $\Phi 10$ washer-11 and M10 lock nut-10
- 3 As the shown in the figure put the wire-67 using M10x45 hexagon bolt-59, $\Phi 10$ washer-11 and M10 lock nut-10 fastening on bending tube, careful to keep the wire vertical

ASSEMBLY STEP 8

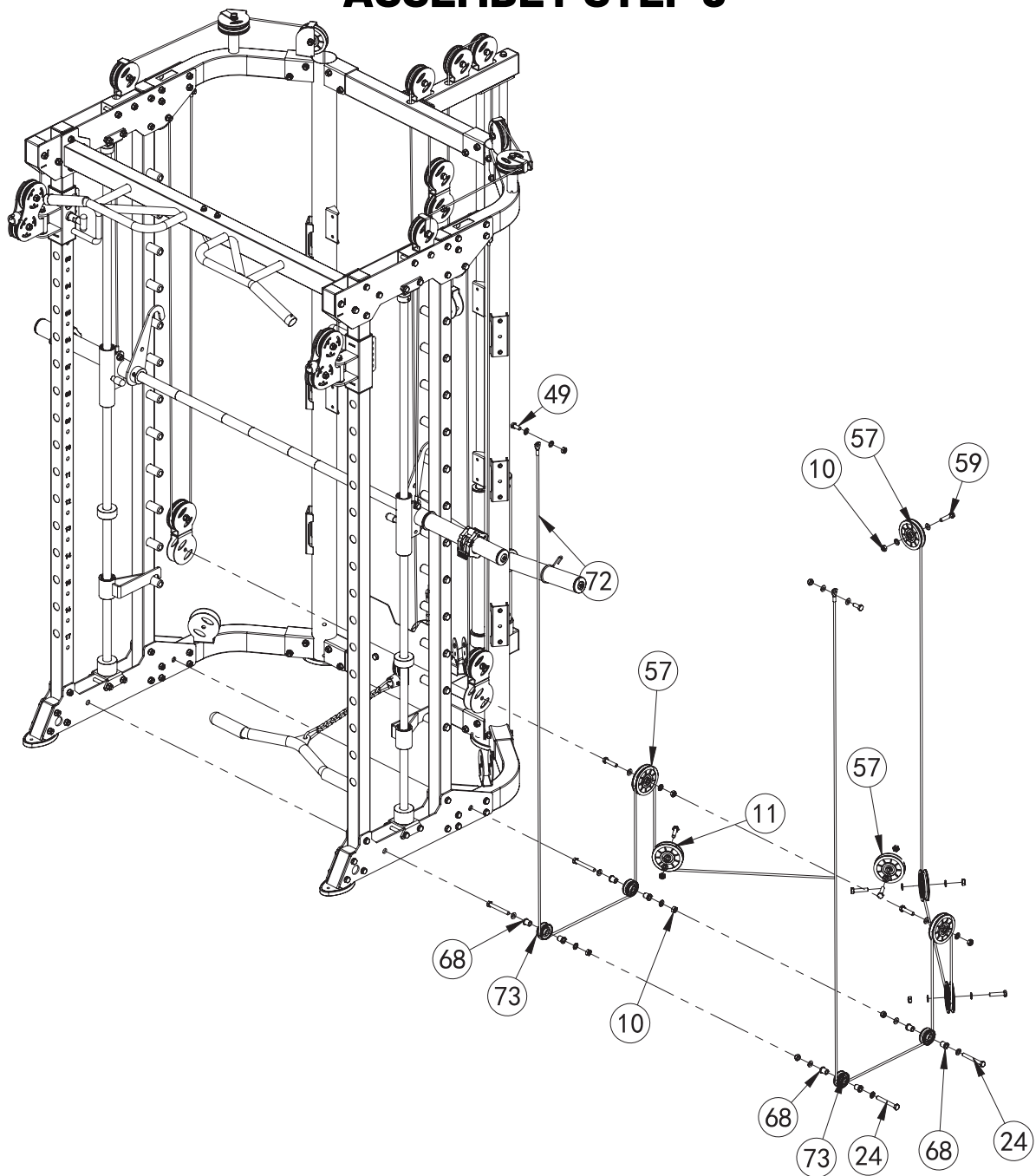


No.	Description	Note	Qty.
11	washer	Φ10	2
10	lock nut	M10	1
57	pulley	Φ95	1
59	hexagon bolt	M10x45	1
69	pulley frame		1
70	wire	Φ5x1705mm	1
71	5 sec ² ion chain + snap hook		1

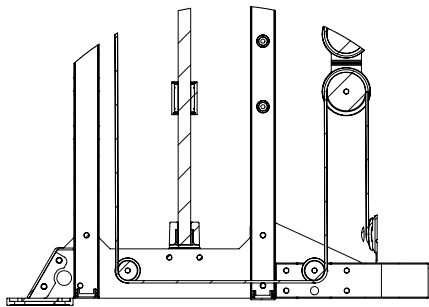


- 1 Fix pulley-57 fastening on "U" shape pulley frame-63 using M10x45 hexagon bolt-59, $\Phi 10$ washer-11 and M10 lock nut-10
- 2 As the shown in the figure connect wire-70, pulley frame-69 and 5 sec \square on chain + snap hook-71 on the main frame

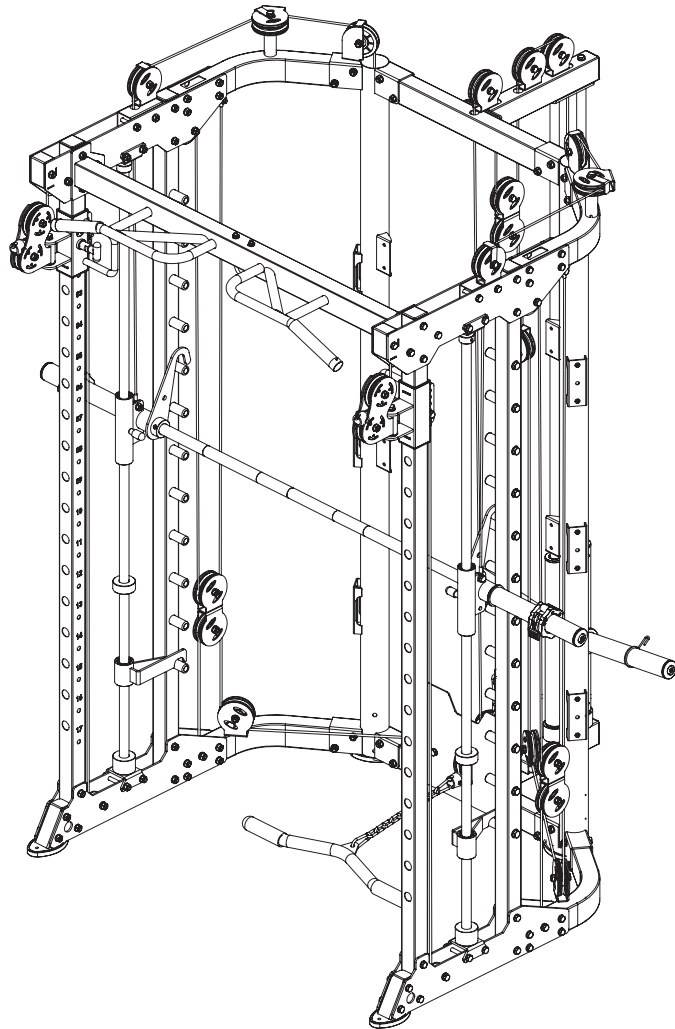
ASSEMBLY STEP 9



No.	Description	Note	Qty.
11	washer	Φ10	26
10	lock nut	M10	13
24	hexagon bolt	M10x80	4
49	hexagon bolt	M10x25	2
57	pulley	Φ95	7
59	hexagon bolt	M10x45	7
68	pulley spacer sleeve	Φ20x10.5xL20.5	8
72	wire	Φ5x9715mm	1
73	pulley	Φ50	4

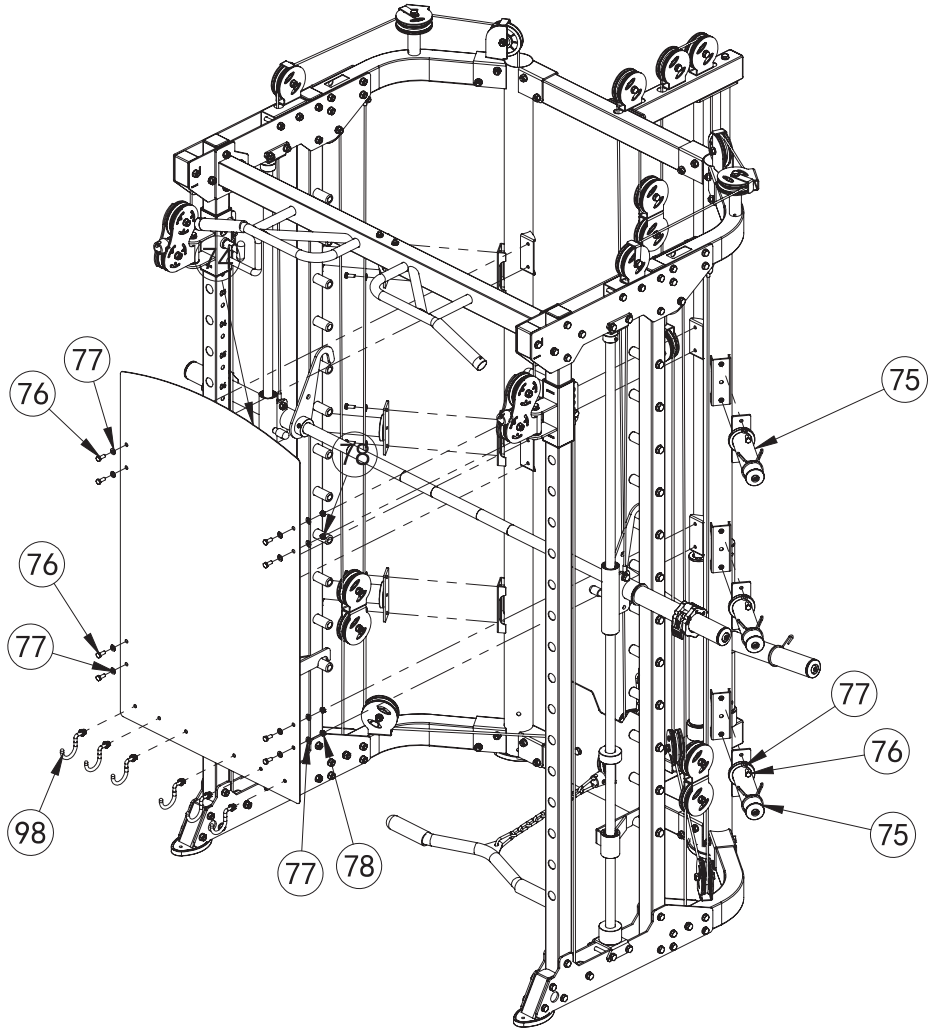


Internal wire schematic



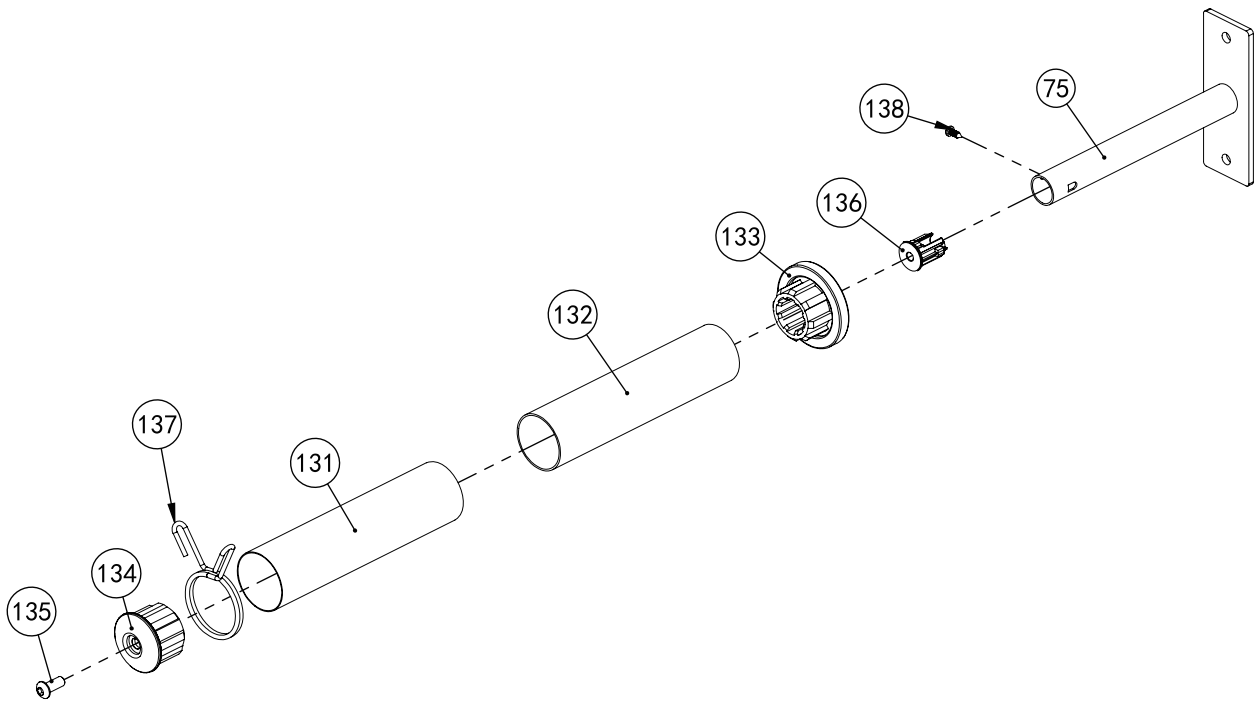
- 1 Fix pulley-57 fastening on main frame using M10x45 hexagon bolt-59, Φ 10 washer-11 and M10 lock nut-10
- 2 Fix pulley-73 fastening on lower plate using M10x80 hexagon bolt-24, Φ 10 washer-11 and M10 lock nut-10 and pulley spacer sleeve-68
- 3 As the shown in the figure put the wire-72 on the machine

ASSEMBLY STEP 10



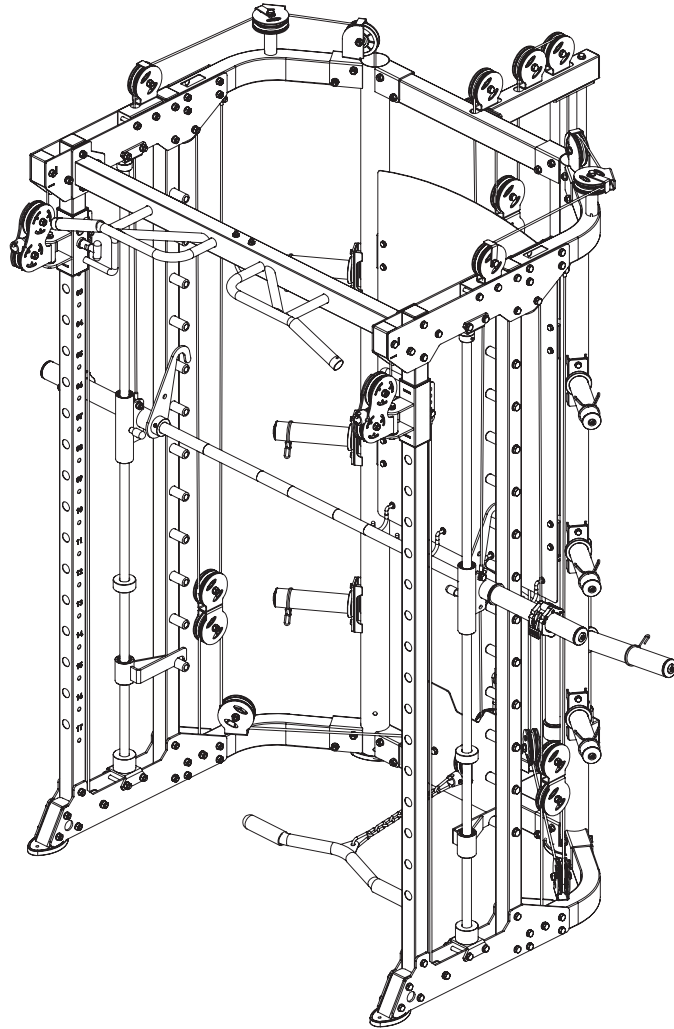
No.	Description	Note	Qty.
74	shield		1
75	barbell plate holder		6
76	hexagon bolt	M8x20	20
77	washer	Φ8	34
78	lock nut	M8	14
98	hook		6

ASSEMBLY DRAWING



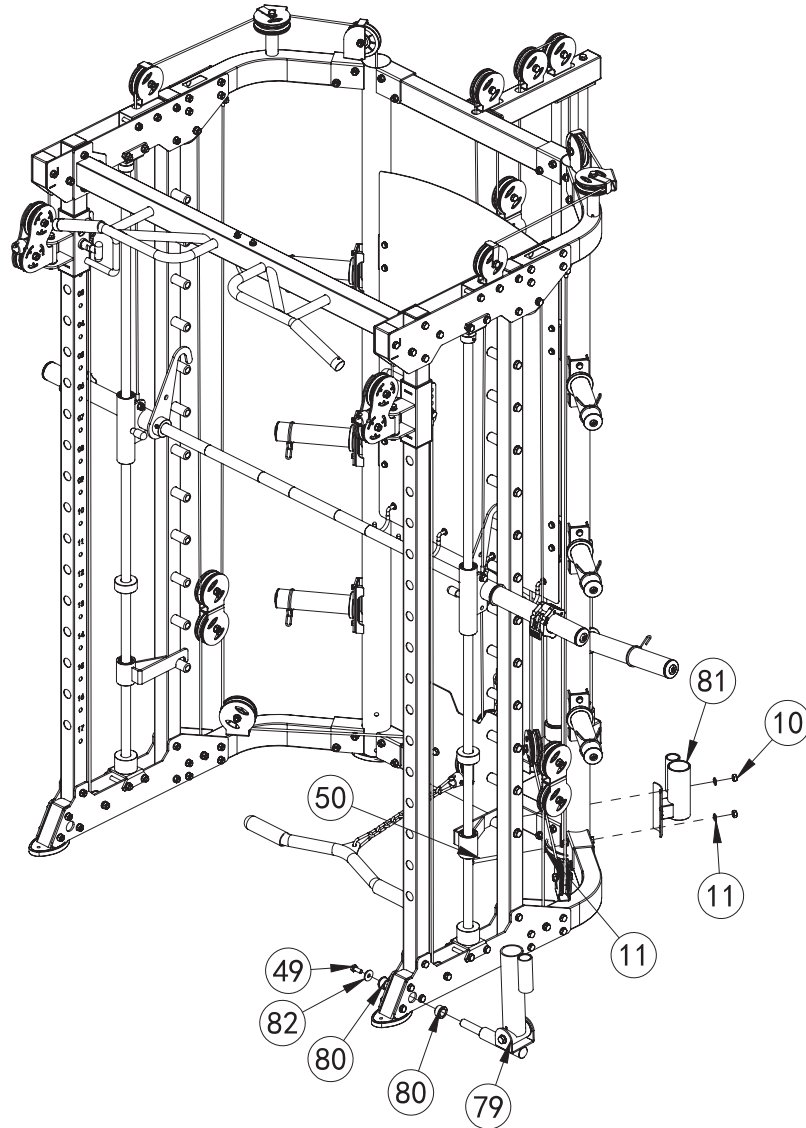
barbell plate holder
QTY:6PCS/SET

No.	Description	Note	Qty.
131	stainless steel tube	$\phi 50 \times 0.8 \times 200$	1
132	barbell bar tube	$\phi 48 \times 1.5 \times 198$	1
133	inner support cap	$\phi 70 \times \phi 44.8 \times \phi 25.5 \times 30$	1
134	outside support cap	$\phi 50 \times \phi 44.8 \times \phi 25.5$	1
135	bush head socket screw	M8*20	1
136	insert nut	M8	1
75	barbell plate holder		1
137	butterfly pin	$\phi 50$	1
138	cross recessed pan head	M4*12	1



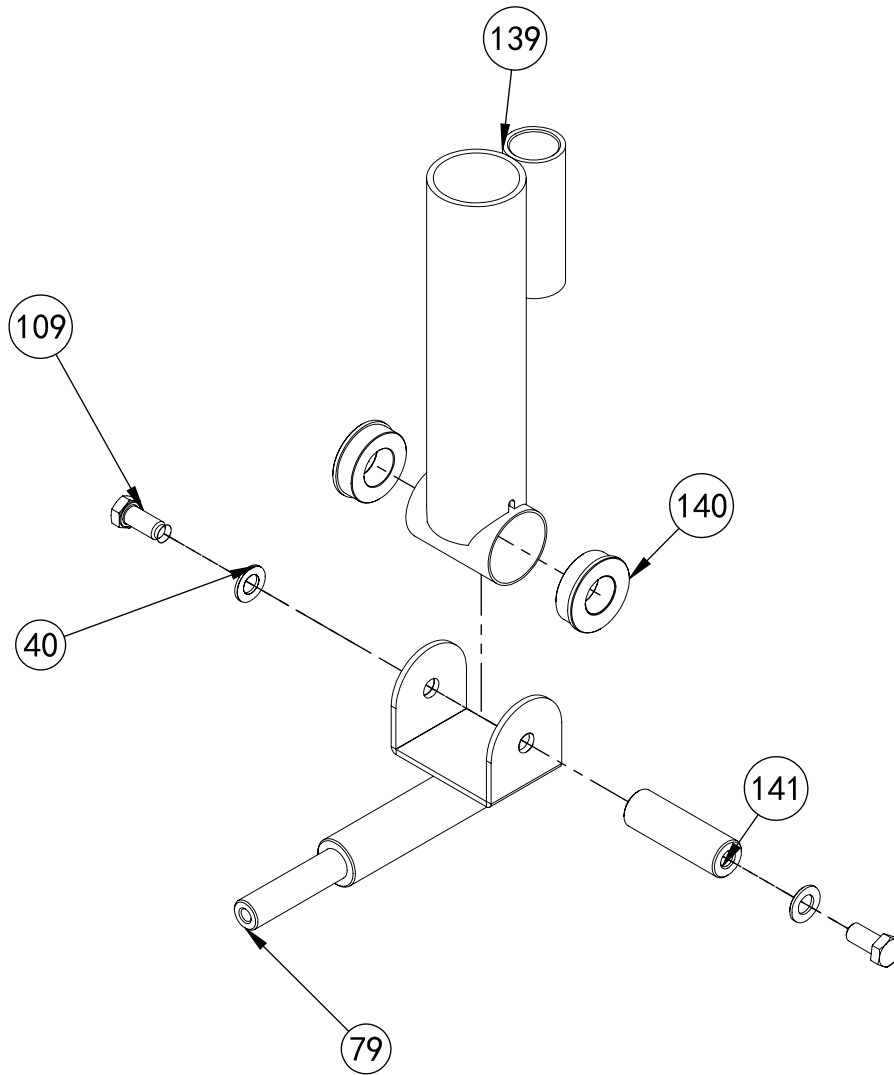
- 1 Fix shield-74 fastening on main frame using M8x20 hexagon bolt-76, Φ 8 washer-77 and M8 lock nut-78.
- 2 Fix barbell plate holder-75 on main frame using M8x20 hexagon bolt-76, Φ 8 washer-77.
- 3 Lock hook-98 on shield-74 using lock nut-78, Φ 8 washer-77.

ASSEMBLY STEP 11



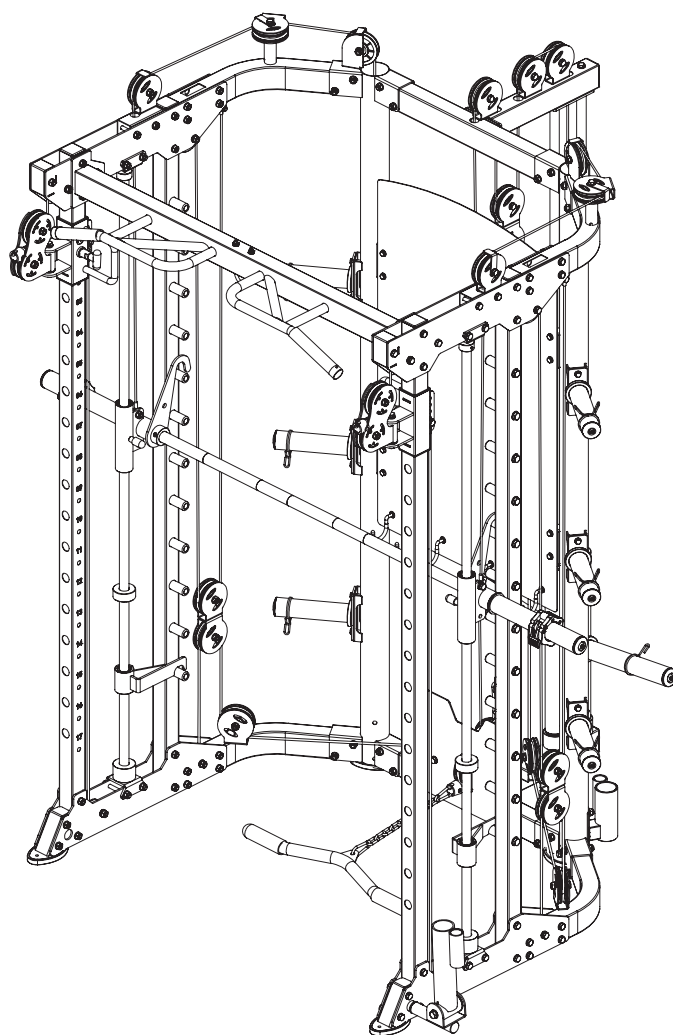
No.	Description	Note	Qty.
10	lock nut	M10	2
11	washer	Φ10	4
49	hexagon bolt	M10x25	1
50	hexagon bolt	M10x95	2
79	core trainer		1
80	powder metallurgy sleeve		2
81	barbell rod cup		1
82	big washer	Φ25x10x2.0	1

ASSEMBLY DRAWING



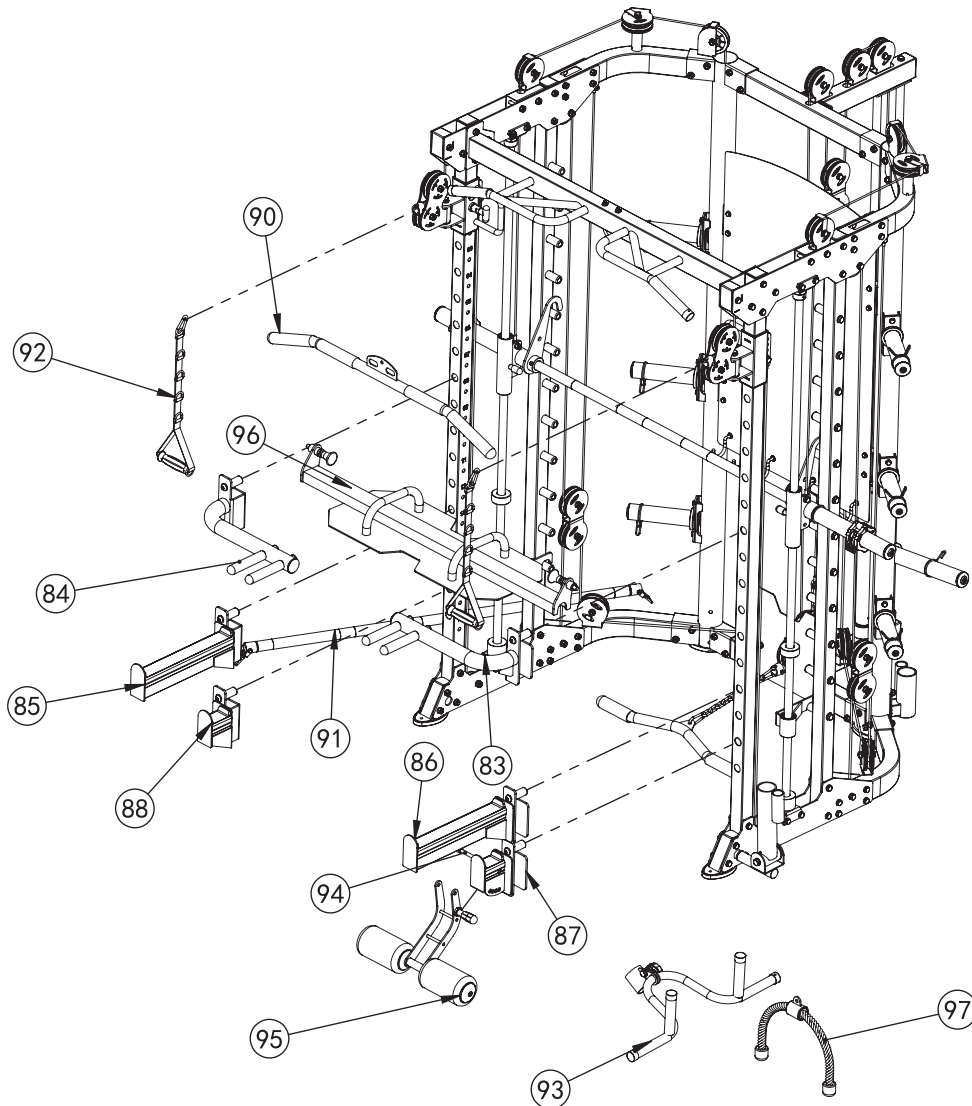
core trainer
QTY: 1PCS/SET

No.	Description	Note	Qty.
79	core trainer		1
139	rotation axle		1
140	powder metallurgy sleeve	$\phi 50 * \phi 47 * \phi 25 * 15$	2
40	washer	$\Phi 12$	2
141	rotation bearing	$\phi 25 * 77 * M12$	1
109	hexagon bolt	M12*25	2



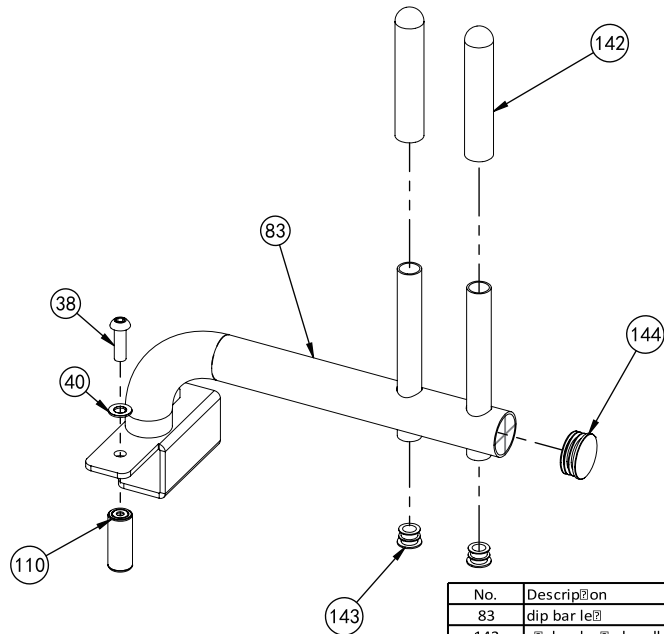
- 1 Fix core trainer-79 fastening on main frame using M10x25 hexagon bolt-49, Φ 10 big washer-82 and powder metallurgy sleeve-80
- 2 Fix barbell rod cup-81 fastening on upright frame using M10x95 hexagon bolt-50, Φ 10 washer-11 and M10 lock nut-10

ASSEMBLY STEP 12



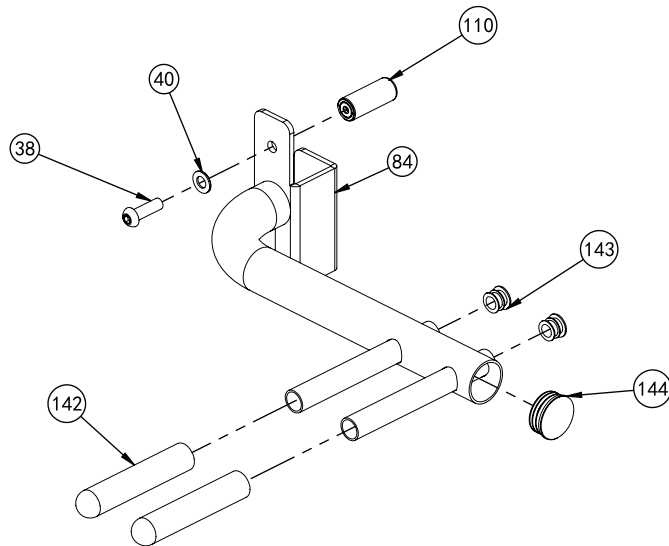
No.	Description	Note	Qty.
83	dip bar le ^{ft}		1
84	dip bar right		1
85	barbell rod holder right		1
86	barbell rod holder le ^{ft}		1
87	barbell rod holder short le ^{ft}		1
88	barbell rod holder short right		1
90	long bar		1
91	ship rod		1
92	hand belt		2
93	pull li ^{ft} device		1
94	T shape pin	Φ10x100	1
95	leg curl tube		1
96	footplate		1
97	biceps rope		1
			1

ASSEMBLY DRAWING



dip bar left
QTY: 1PCS/SET

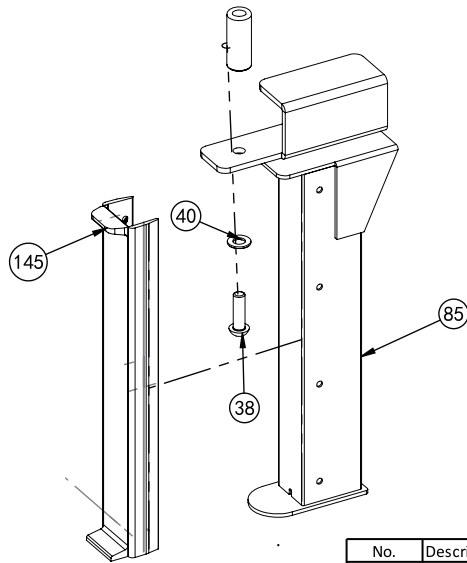
No.	Description	Note	Qty.
83	dip bar left		1
142	sticky plastic handle	φ24.5*150	2
143	inner plug	φ25*2	2
144	tube plug	φ48*2.5	1
110	hang lever shaft	φ25*M12*98	1
38	button head socket screw	M12*40	1
40	washer	Φ12	1



dip bar right
QTY: 1PCS/SET

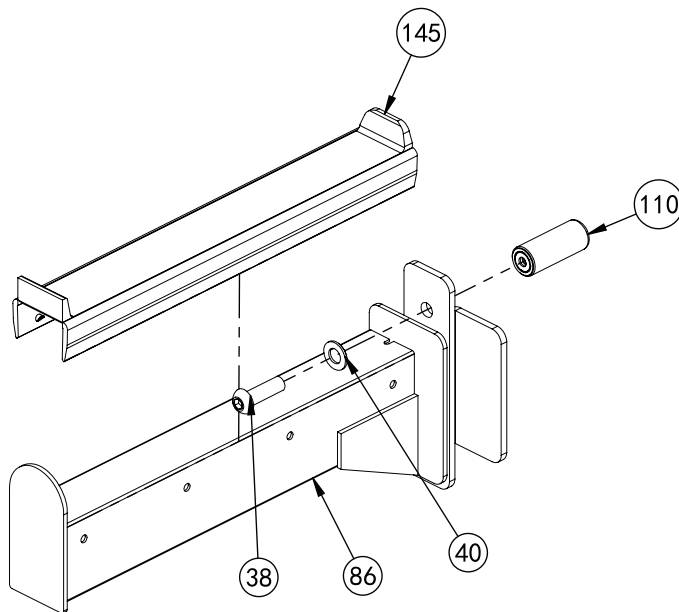
No.	Description	Note	Qty.
84	dip bar right		1
142	sticky plastic handle	φ24.5*150	2
38	button head socket screw	M12*40	1
143	inner plug	φ25*2	2
144	tube plug	φ48*2.5	1
110	hang lever shaft	φ25*M12*98	1
40	washer	Φ12	1

ASSEMBLY DRAWING



barbell rod holder rubber right
QTY: 1PCS/SET

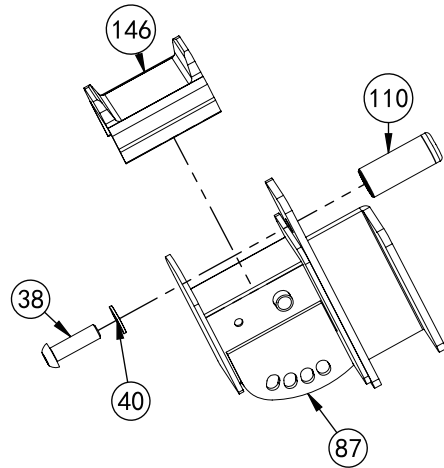
No.	Description	Note	Qty.
85	barbell rod holder rubber		1
110	hang lever shaft	φ25*M12*98	1
38	bushing head socket screw	M12*40	1
145	long safety catch outside		1
40	washer	Φ12	1



barbell rod holder rubber left
QTY: 1PCS/SET

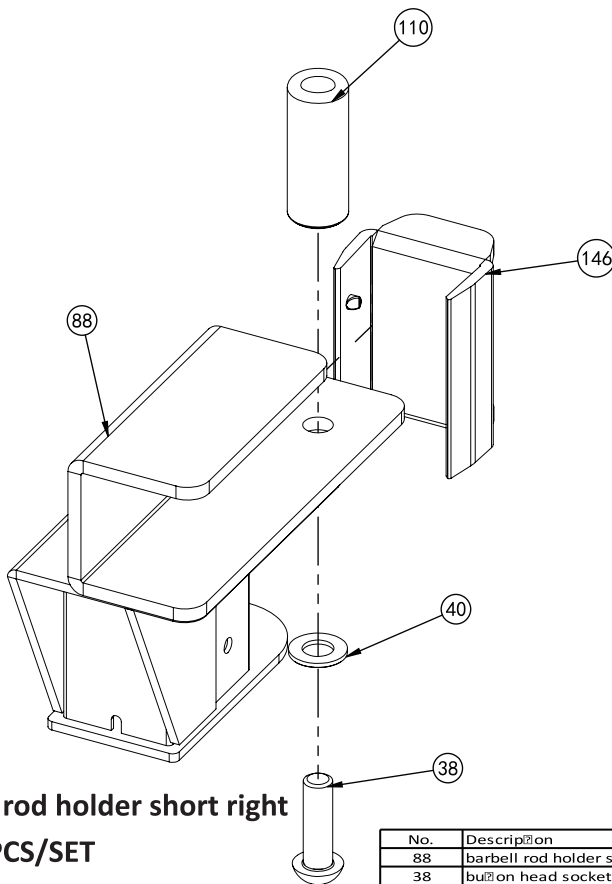
No.	Description	Note	Qty.
86	barbell rod holder rubber		1
38	bushing head socket screw	M12*40	1
40	washer	Φ12	1
110	hang lever shaft	φ25*M12*98	1
145	long safety catch outside		1

ASSEMBLY DRAWING



barbell rod holder short left
QTY: 1PCS/SET

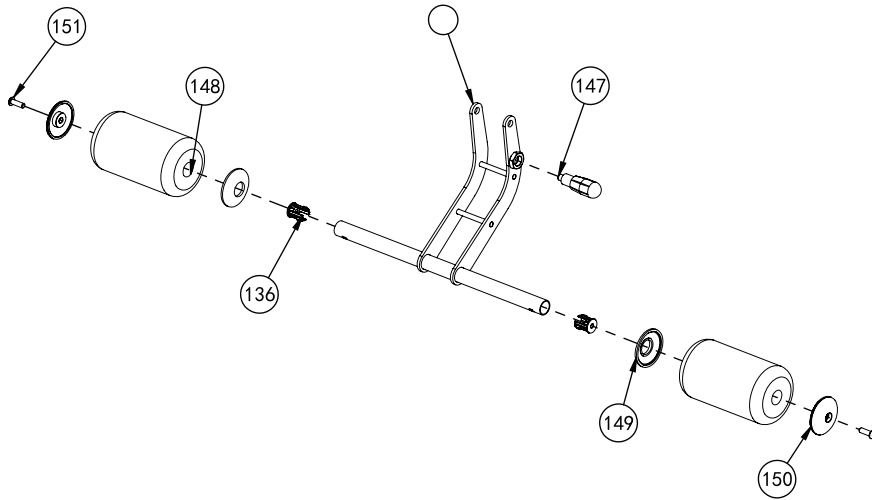
No.	Description	Note	Qty.
87	barbell rod holder short left		1
110	hang lever shaft	φ25*M12*98	1
40	washer	Φ12	1
38	bolt head socket screw	M12*40	1
146	long safety catch outside		1



barbell rod holder short right
QTY: 1PCS/SET

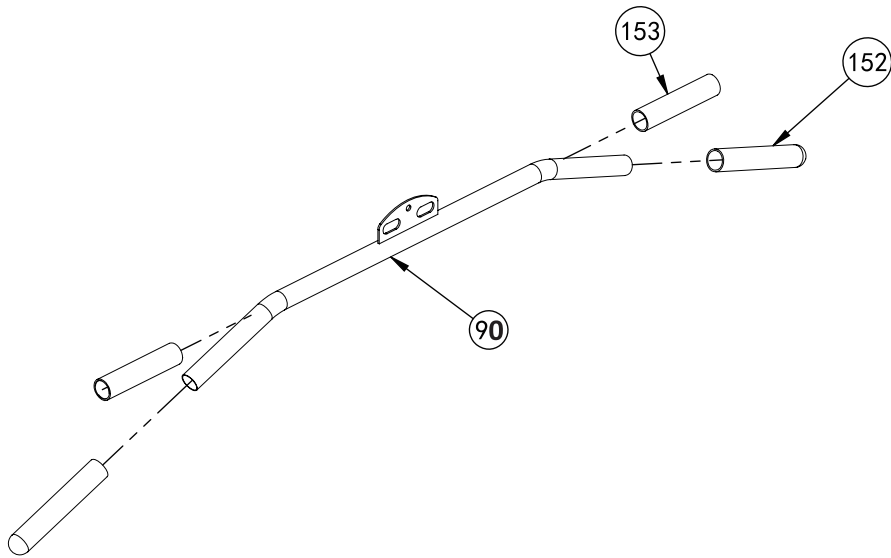
No.	Description	Note	Qty.
88	barbell rod holder short		1
38	bolt head socket screw	M12*40	1
110	hang lever shaft	φ25*M12*98	1
146	long safety catch outside		1
40	washer	Φ12	1

ASSEMBLY DRAWING



leg curl tube
QTY: 1PCS/SET

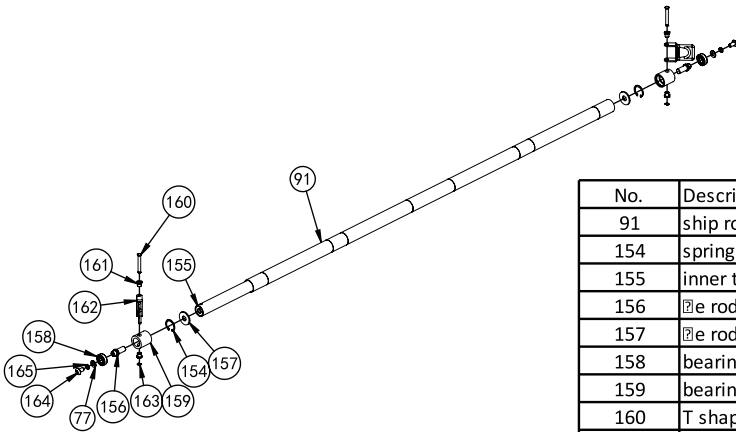
No.	Description	Note	Qty.
95	leg curl tube		1
147	pull pin		1
148	sponge		2
149	sponge inner cap		2
150	sponge outer cap		2
151	hexagon socket button head	M8*25	2
136	insert nut	M8	2



long bar
QTY: 1PCS/SET

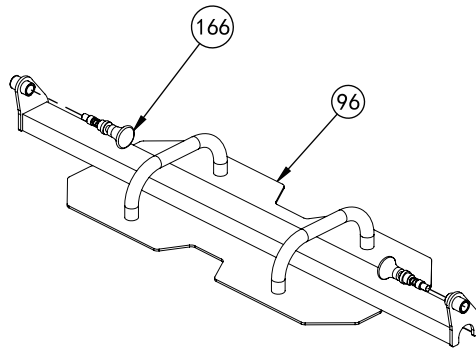
No.	Description	Note	Qty.
90	long bar		1
152	handle cover -205	φ31×205	2
153	handle belt -160	φ31×160	2

ASSEMBLY DRAWING



ship rod
QTY: 1PCS/SET

No.	Description	Note	Qty.
91	ship rod		1
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 button head	M8*16	2
165	spring gasket	φ8	2
77	washer	Φ8	2

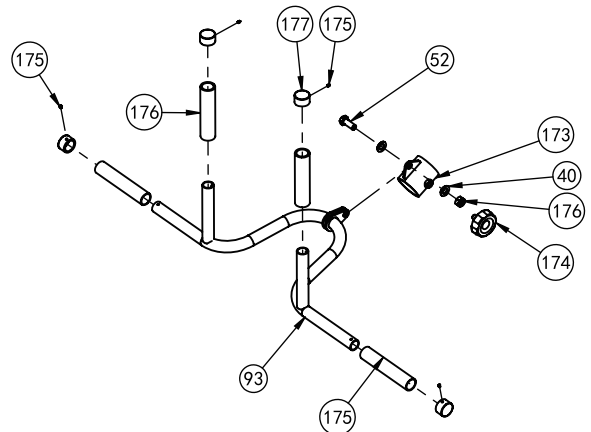


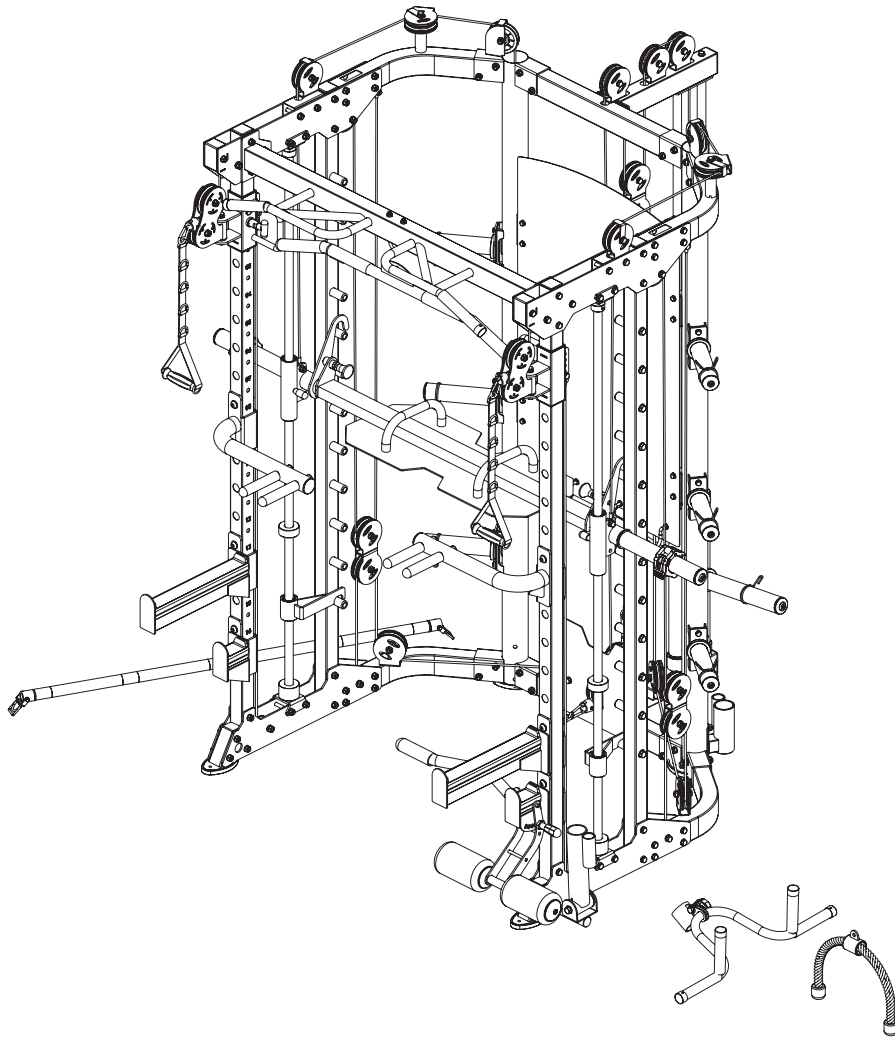
pull lift device
QTY: 1PCS/SET

No.	Description	Note	Qty.
96	footplate		1
166	umbrella pin		2

footplate QTY:
1PCS/SET

No.	Description	Note	Qty.
93	pull lift device		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	slothead headless screws	M4*5	4
40	washer	Φ12	2
179	lock nut	M12	1
52	hexagon bolt	M12*30	1





- 1 Connect leg curl tube-95 and barbell rod holder short le-87 using T shape pin-94.
- 2 As shown in the figure,put the attached part on the machine.



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.

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