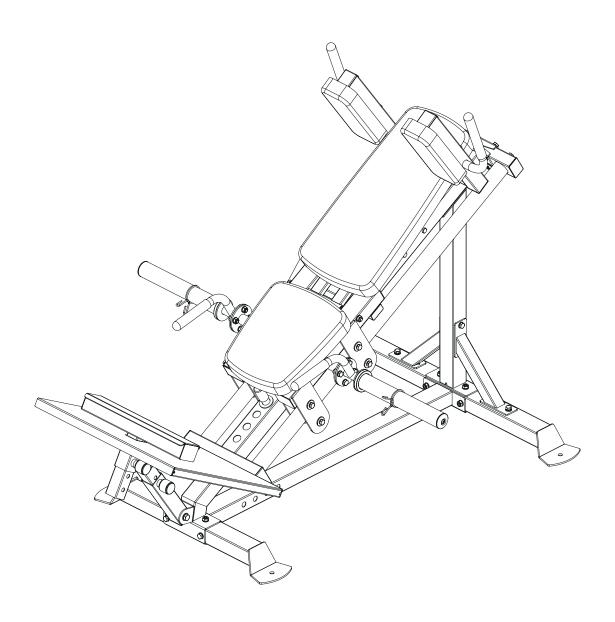


### **COMPACT LEG PRESS & HACK SQUAT**



# **TABLE OF CONTENTS**

SECTION	PAGES
Before you Start and Safety Information	2
ForceUSA App	3
Preventative Maintenance	4
Part Identification	5-7
Assembly Steps	8-19
Exploded Diagrams	
Parts Lists	
Warranty Information	

# **USER MANUAL**

#### **Before You Start**

- · Read all instructions in this manual before assembling or using this equipment
- Remove all parts from the packaging and count each component separately to ensure everything is provided correctly, noting that some items may be pre-assembled
- Follow the instructions and refer to both the individual assembly pages and the exploded views
  of the equipment whenever possible
- The owner is responsible for ensuring that all users of this unit have read the user manual and understand the safety precautions
- Descriptions of left and right refer to the perspective of standing in front of the equipment
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until all assembly steps are completed
- Machines with a counterbalanced smith bar require up to one meter of clearance above the
  assembled height to insert the counterbalances. If there is not enough clearance, insert the
  counterbalances into the required framing components before assembly and securely anchor
  off the cables to ensure they can be retrieved and attached as needed
- It is recommended to keep these instructions

#### **Safety Precautions**

- IMPORTANT: Only tighten nuts and bolts loosely until all equipment is assembled. Once the
  equipment is fully assembled each bolt can be tightened working evenly around the
  equipment where possible
- It is highly recommended that two or more people are used for assembly
- Assemble equipment on a flat surface
- Consider placing a mat/mats under the equipment to protect your floor
- Ensure all parts are in working order prior to use
- Make sure all pivoting components are able to move freely
- Do not use or store the equipment outdoors or around water
- Do not over tighten any component with pivoting function
- 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



# **FORCE USA TRAINING APP**

The Force USA training app offers programs, tutorials, progress tracking and more. Not compatible with all Force USA equipment.







# PREVENTATIVE MAINTENANCE

To ensure your equipment is operating at its peak, please follow the below preventative maintenance schedule performing all tasks upon initial assembly:

#### **Daily Maintenance**

- Wipe down the equipment to remove any dust and sweat residue with a dry, non-abrasive cloth
- Inspect the unit for noisy, damaged or loose components

#### **Monthly Maintenance**

- Thoroughly clean the equipment using a non abrasive cloth dampened with a mild, all purpose cleaner ensuring to thoroughly wipe down and dry the equipment afterwards
- Apply a 100% silicone lubrication (preferably spray) to guide rods, pulley sliders, weight
  plate carriages and any other moving parts where friction can occur including bearings
  (where applicable). Any other form of lubrication will void your warranty
- Check the tightness of all bolts, nuts and screws
- Check the cables for fraying or any signs of wear and ensure they are at the correct tension with a small amount of slack at resting position (where applicable)
- Inspect pulleys for any damage or cracks (where applicable)
- Knurling can be cleaned using a soft bristled brush to help remove any particles that may be nestled within the knurling
- Vacuum around the machine/equipment to prevent dust acclimation



Key No.	Description	Quantity	Parts Shematic Diagram
1	Rear Base Frame	1	
2	Base Linking Frame	1	
3	Front Base Frame	1	
4	Rear Support Frame	1	
5	Centre Frame	1	0000000
12	Guide Rod	2	
13	Guide Rod Locking Frame	1	
14	U-shaped Plate	1	
15	Sliding Carriage	1	

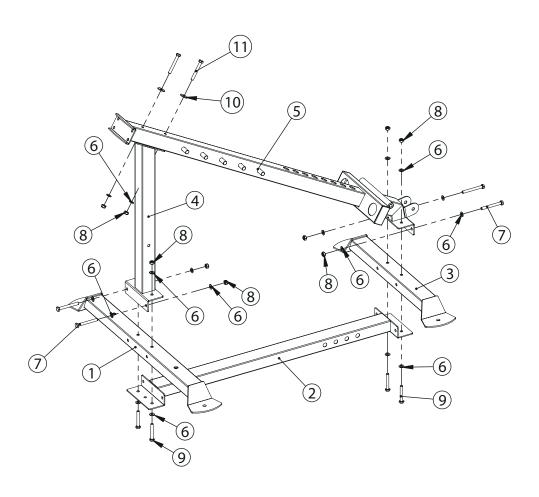


Key No.	Description	Quantity	Parts Shematic Diagram
19	Lock Pin	1	
20	Angled Support Frame	2	
21	Adjustment Outer Frame	2	
24	Footplate Adjustment Inner Frame	1	0 00000
28	Footplate	1	
29	Back Pad Frame	1	
30	Back Pad Adjustment Inner Frame	1	000000
32	Back Pad	1	
33	Seat Pad	1	



Key No.	Description	Quantity	Parts Shematic Diagram
34	Calf Raise Frame	1	
38	Handle and Weight Plate Sleeve - Right	1	
39	Handle and Weight Plate Sleeve - Left	1	
40	Shoulder Pad Frame	1	
41	Shoulder Pad	2	
42	Olympic Spring Collar	2	

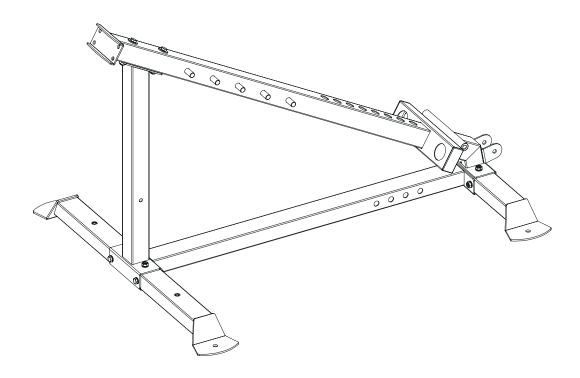
# **ASSEMBLY STEP 1**



Key No.	Description	Note	Quantity
1	Rear Base Frame		1
2	Base Linking Frame		1
3	Front Base Frame		1
4	Rear Support Frame		1
5	Centre Frame		1
6	Flat Washer	ф10	18
7	Hexagonal Head Bolt	M10×90	4
8	Lock Nut	M10	10
9	Hexagonal Head Bolt	M10×70	4
10	Large Flat Washer	ф30*ф10*3	2
11	Hexagonal Head Bolt	M10×80	2



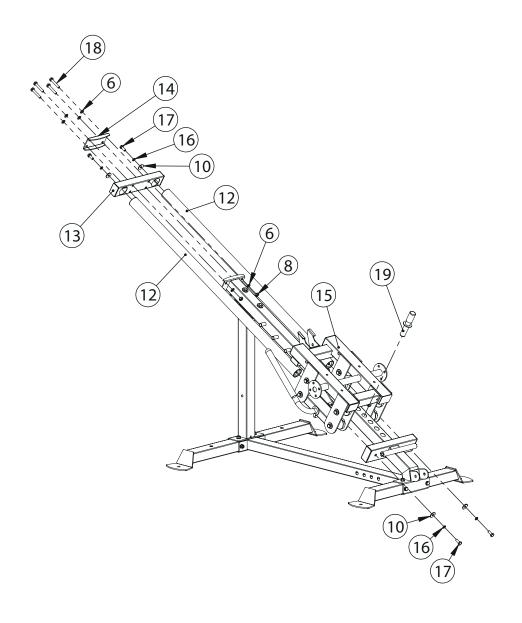
#### **ASSEMBLY DRAWING**



- 1- Place a Flat Washer (M10)(#6) and Hexagonal Head Bolt (M10\*70)(#9) through the Base Linking Frame (#2) from the underside in the holes at each end of the frame (4 in total).
- 2- Place Rear Base Frame (#1) and Front Base Frame (#3) over the bolts on Base Linking Frame (#2) ensuring the front and back are correct by ensuring the holes on the centre piece of the Base Linking Frame (#2) are at the front end (closest to Front Base Frame (#3).
- 3- Place Rear Support Frame (#4) on top of Rear Base Frame (#1) and attach the pieces together using 1 x Flat Washer (M10)(#6) and 1 x 1 x Lock Nut (M10)(#8) on the vertical holes and 2 x Flat Washer (M10)(#6), 1 x Hexagonal Head Bolt (M10\*90)(#7) and 1 x Lock Nut (M10)(#8) on the horizontal holes.
- 4- Place Centre Frame(#5) onto Front Base Frame (#3) and Rear Support Frame (#4) and connect to the assembled frame using 2 x Flat Washer (M10)(#6), 2 x Lock Nut (M10)(#8), 2 x Large Flat Washer (M10)(#10) and 2 x Hexagonal Head Bolt (M10\*80) (#11) to connect to pthe Rear Support Frame (#4). To connect parts Base Linking Frame (#2), Front Base Frame (#3) and Centre Frame(#5) use 2 x Flat Washer (M10) (#6), 1 x Hexagonal Head Bolt (M10\*90)(#7) and 1 x Lock Nut (M10)(#8) on the horizontal holes and 1 x Flat Washer (M10)(#6) and 1 x Lock Nut (M10)(#8) for each vertical hole connecting to the bolts that were inserted through part 2.

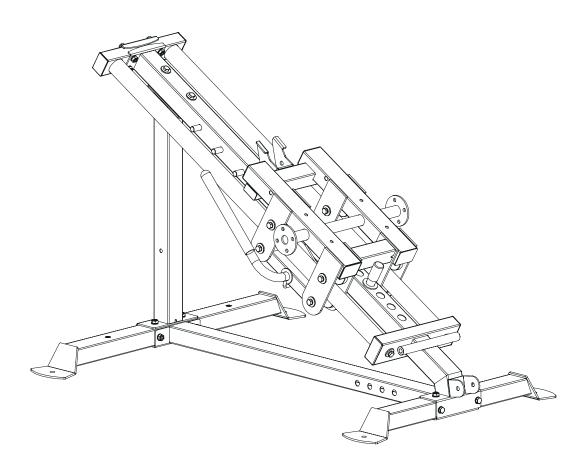


# **ASSEMBLY STEP 2**



Key No.	Description	Note	Quantity
6	Flat Washer	ф10	8
8	Lock Nut	M10	4
10	Large Flat Washer	ф30*ф10*3	4
12	Guide Rod		2
13	Guide Rod Locking Frame		1
14	U-shaped Plate	T4	1
15	Sliding Carriage		1
16	Spring Washer	ф10	4
17	Hexagonal Head Bolt	M10×25	4
18	Hexagonal Head Bolt	M10×60	4
19	Lock Pin		1

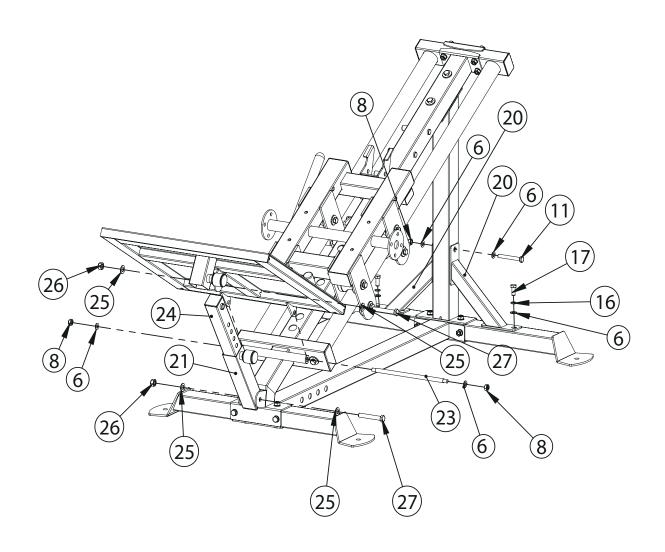
#### **ASSEMBLY DRAWING**



- 1- Insert Lock Pin(#19) into the assembled frame as shown in the graphic.
- 2- Carefully place the Sliding Carriage(#15) onto the assembled frame and then feed through a Guide Rod(#12) on each side between the rollers and into the holes on the Centre Frame(#5). Connect the bottom of the guide rods to the assembled frame using  $1 \times 1 \times 1 = 100$  K Large Flat Washer (M10)(#10),  $1 \times 1 \times 1 = 100$  Washer (M10)(#16) and  $1 \times 1 \times 1 = 100$  K Hexagonal Head Bolt (M10\*25)(#17).
- 3- Connect Guide Rod Locking Frame (#13) to the guide rods using 1 x Large Flat Washer (M10)(#10), 1 x Spring Washer (M10)(#16) and 1 x Hexagonal Head Bolt (M10\*25)(#17) for each guide rod and then connect a U-shaped Plate (#14) to the assembled frame using 1 x Flat Washer (M10)(#6) and 1 x Hexagonal Head Bolt (M10\*60)(#18) per hole.



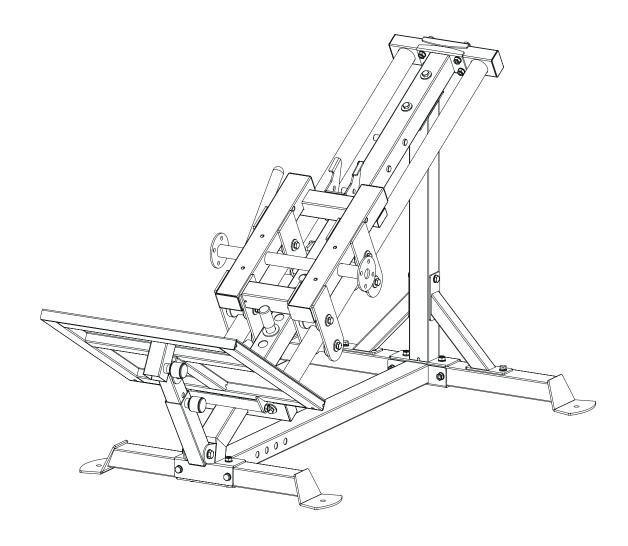
# **ASSEMBLY STEP 3**



Key No.	Description	Note	Quantity
6	Flat Washer	ф10	6
8	Lock Nut	M10	3
11	Hexagonal Head Bolt	M10×80	1
16	Spring Washer	ф10	2
17	Hexagonal Head Bolt	M10×25	2
20	Angled Support Frame		2
21	Adjustment Outer Frame		1
23	Double Head Bolt	ф12×270-M10	1
24	Footplate Adjustment Inner Frame		1
25	Flat Washer	ф12	4
26	Lock Nut	M12	2
27	Hexagonal Head Bolt	M12×80	2
28	Footplate		1



#### **ASSEMBLY DRAWING**

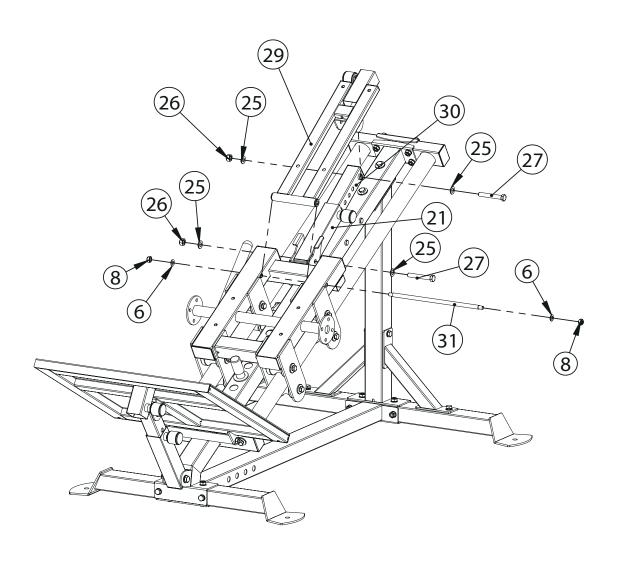


1- Connect the 2 x Angled Support Frames(#20) to the rear of the assembled frame using 1 x Flat Washer (M10)(#6), 1 x Spring Washer (M10)(#16) and 1 x Hexagonal Head Bolt (M10\*25) (#17) for each vertical hole and 2 x Flat Washer (M10)(#6), 1 x Lock Nut (M10)(#8) and 1 x Hexagonal Head Bolt (M10\*80)(#11) for the horizontal hole.

- 3- Attach the Footplate Adjustment Inner Frame (#24) to the Footplate (#28) using 2 x Flat Washer (M12)(#25), 1 x Lock Nut(M12)(#26) and 1 x Hexagonal Head Bolt (M12\*80)(#27).
- 4- Insert the Footplate Adjustment Inner Frame (#24) into Adjustment Outer Frame (#21) and then attach the Adjustment Outer Frame(#21) to the main frame using 2 x Flat Washer (M12)(#25), 1 x Lock Nut(M12)(#26) and 1 x Hexagonal Head Bolt (M12\*80)(#27).

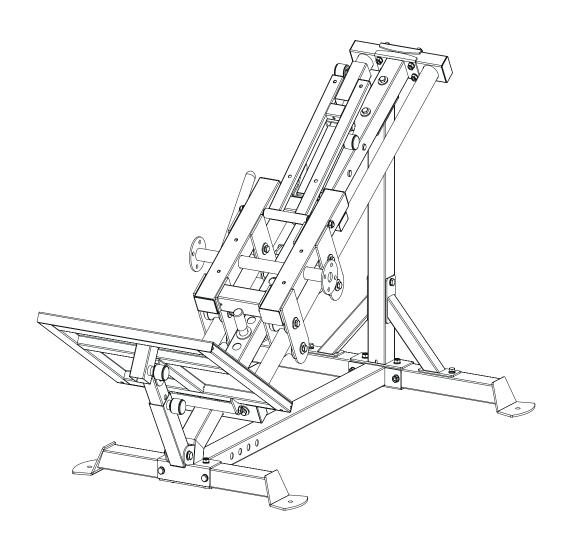


# **ASSEMBLY STEP 4**



Key No.	Description	Note	Quantity
6	Flat Washer	ф10	2
8	Lock Nut	M10	2
21	Adjustment Outer Frame		1
25	Flat Washer	ф12	4
26	Lock Nut	M12	2
27	Hexagonal Head Bolt	M12×80	2
29	Back Pad Frame		1
30	Back Pad Adjusting Inner Frame		1
31	Double Head Bolt	φ12×323-M10	1

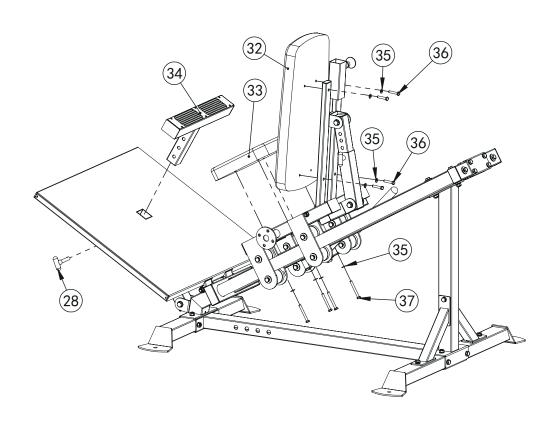
#### **ASSEMBLY DRAWING**



- 1- Attach the Adjustment Outer Frame (#21) to the assembled frame in the position shown using 2 x Flat Washer (M12)(#25), 1 x Lock Nut(M12)(#26) and 1 x Hexagonal Head Bolt (M12\*80)(#27).
- 2- Attach the Back Pad Frame (#29) to the assembled main frame using 2 x Flat Washer (M10)(#6), 2 x Lock Nut (M10)(#8) and 1 x Double Head Bolt (M10\*323)(#31).
- 3- Insert the Back Pad Adjustment Inner Frame into the Adjustment Outer Frame (#21) and then connect the Back Pad Frame (#29) and the Back Pad Adjustment Inner Frame (#30) together using 2 x Flat Washer (M12)(#25), 1 x Lock Nut(M12)(#26) and 1 x Hexagonal Head Bolt (M12\*80)(#27).

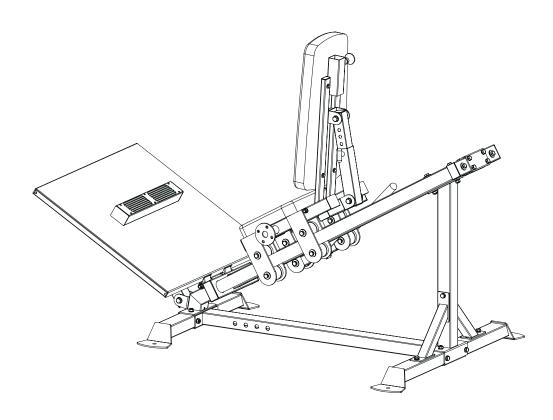


# **ASSEMBLY STEP 5**



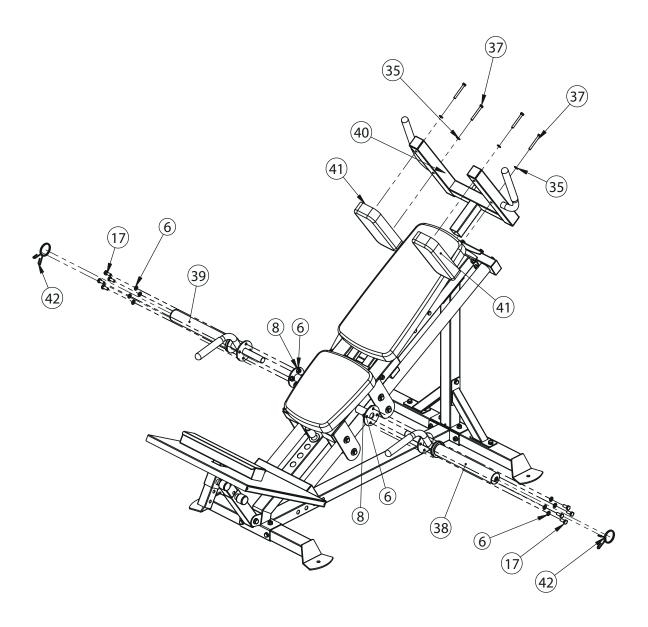
Key No.	Description	Note	Quantity
28	Foot Plate		1
32	Back Pad		1
33	Seat Pad		1
34	Calf Raise Frame		1
35	Flat Washer	ф8	8
36	Hexagonal Head Bolt	M8×40	4
37	Hexagonal Head Bolt	M8×70	4

#### **ASSEMBLY DRAWING**



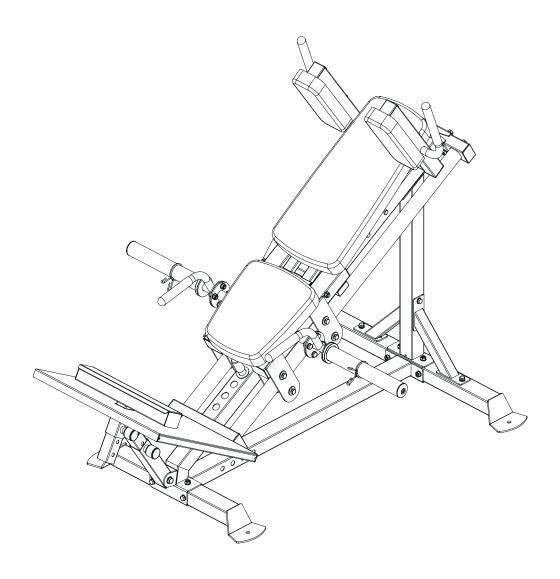
- 1- Insert the Calf Raise Frame (#34) into the Footplate(#28) using the pop pin to lock it in place.
- 2- Attach the Back Pad(#32) to the frame using  $1 \times \text{Flat Washer}(M8)(#35)$  and  $1 \times \text{Hexagonal Head Bolt}(M8*40)(#36)$ .
- 3- Attach the Seat Pad (#33) to the frame using  $1 \times \text{Flat Washer}(M8)(#35)$  and  $1 \times \text{Hexagonal Head Bolt}(M8*70)(#37)$  per hole.

# **ASSEMBLY STEP 6**



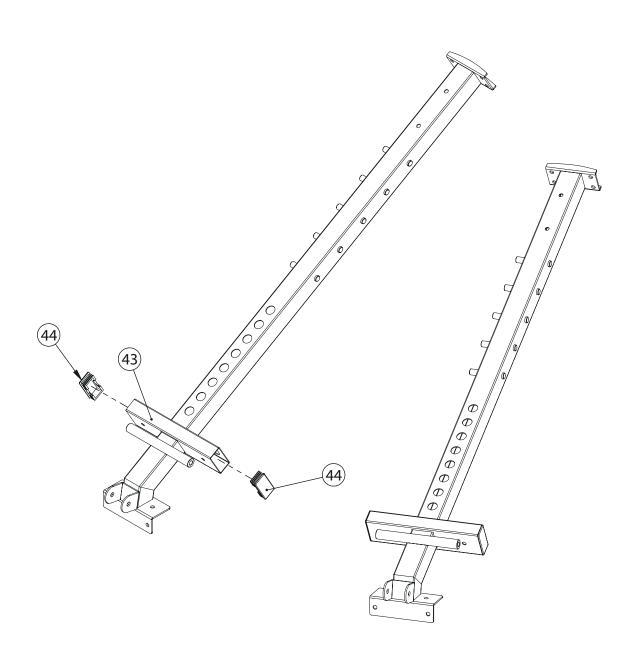
Key No.	Description	Note	Quantity
6	Flat Washer	ф10	16
8	Lock Nut	M10	8
17	Hexagonal Head Bolt	M10×25	8
35	Flat Washer	ф8	4
37	Hexagonal Head Bolt	M8×70	4
38	Handle and Weight Plate Sleeve - Right		1
39	Handle and Weight Plate Sleeve - Left		1
40	Shoulder Pad Frame		1
41	Shoulder Pad		2
42	Olympic Spring Collar	ф50	2

#### **ASSEMBLY DRAWING**



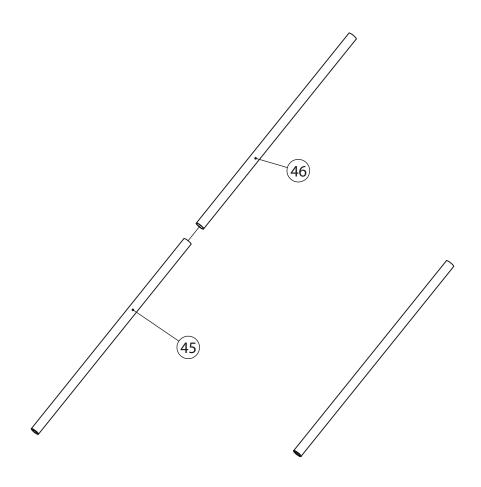
- 1- Attach the 2 Shoulder Pads (#41) to the Shoulder Pad Frame(#40) using 1 x Flat Washer(M8)(#35) and 1 x Hexagonal Head Bolt(M8\*70)(#37) per hole.
- 2- Connect the Handle and Weight Plate Sleeve Right (#38) to the frame using 2 x Flat Washer (M10)(#6), 1 x Lock Nut (M10)(#8) and 1 x Hexagonal Head Bolt (M10\*25)(#17) per hole.
- 3- Repeat the above for the opposite side using the Handle and Weight Plate Sleeve Left (#39).
  - 4- Attach 1 Olympic Spring Collar (#42) to each side.

(5) Centre Frame, 1 pc/ set



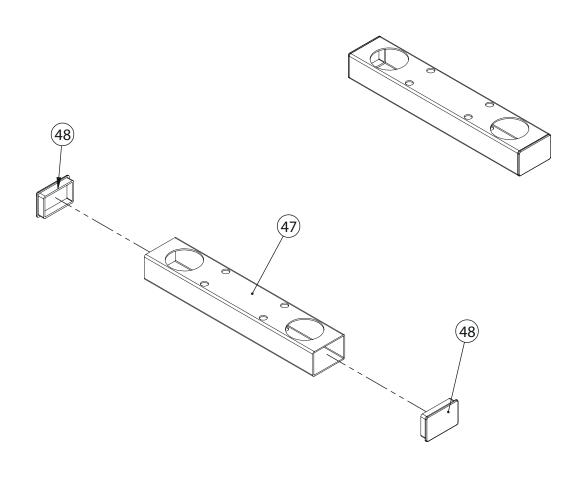
Key No.	Description	Note	Quantity
43	Centre Frame Tube		1
44	End Cap	□40×80×2	2

(12) Guide Rod, 2 pcs/ set



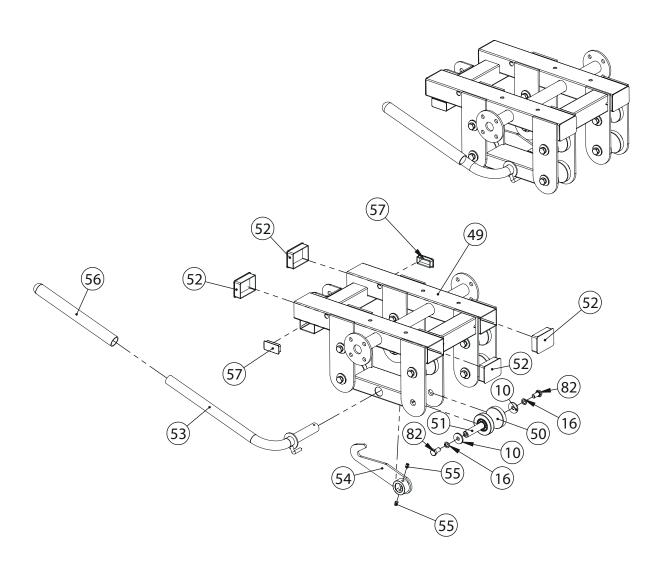
Key No.	Description	Note	Quantity
45	Guide Rod Inner Tube		1
46	Guide Rod Outer Tube	ф49.5×0.6	1

(13) Guide Rod Locking Frame, 1 pc/ set



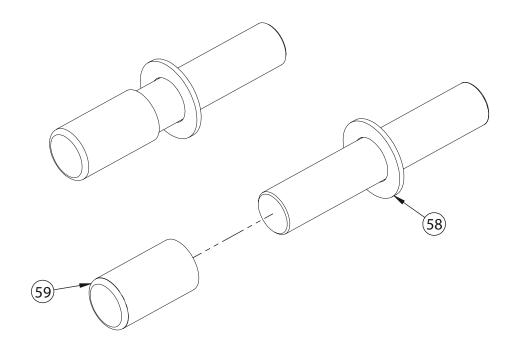
Key No.	Description	Note	Quantity
47	Guide Rod Locking Frame Tube	□40*60*2	1
48	End Cap	□40×60×2	2

(15) Sliding Carriage, 1 pc/ set



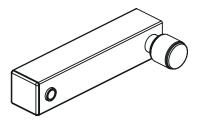
Key No.	Description	Note	Quantity
10	Large Flat Washer	ф30*ф10*3	16
16	Spring Washer	ф10	16
49	Sliding Carriage Frame		1
50	Roller		8
51	Roller Inner Shaft	ф17*81-M10	8
52	End Cap	50*70*2	4
53	Locking Handle		1
54	Locking Hook		1
55	Grub Screw	M8*10	2
56	Locking Handle Grip	ф24.5×280	1
57	End Cap	□25×50×1.5	2
82	Hexagonal Head Bolt	M10×20	16

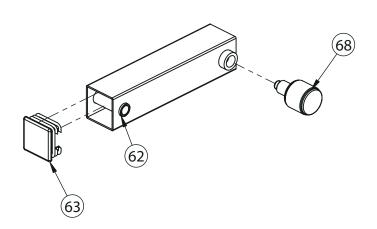
(19) Lock Pin, 1 pc/ set



Key No.	Description	Note	Quantity
58	Lock Pin Frame		1
59	Protection Sleeve	ф30Хф25Х50	1

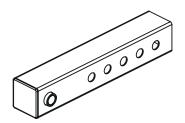
(21) Adjustment Outer Frame, 2 pcs/ set

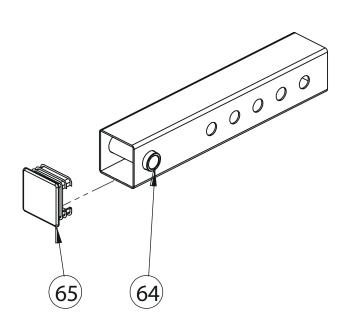




Key No.	Description	Note	Quantity
62	Footplate Adjustment Outer Frame Tube		1
63	End Cap	□50×50×2	1
68	Pop Pin	ф10×M18×22	1

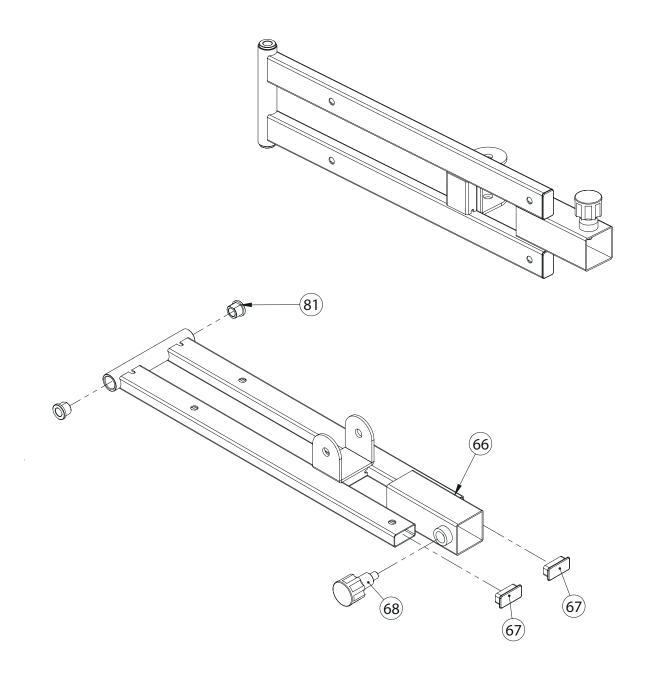
(24) Footplate Adjustment Inner Frame, 1 pc/ set





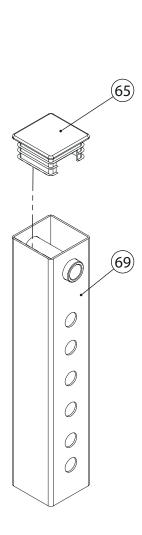
Key No.	Description	Note	Quantity
64	Footplate Adjustment Inner Frame Tube		1
65	End Cap	□45×45×2	1

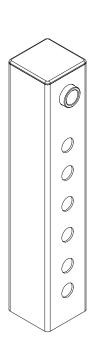
(29) Back Pad Frame, 1 pc/ set



Key No.	Description	Note	Quantity
66	Back Pad Frame Tube		1
67	End Cap	□40×20×1.5	2
68	Pop Pin	ф10×M18×22	1
81	Bushing	φ 22× φ 18× φ 12.2×15	2

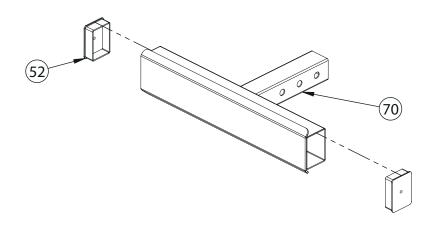
(30) Back Pad Adjustment Inner Frame, 1 pc/ set

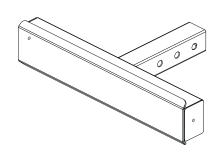




Key No.	Description	Note	Quantity
69	Back Pad Adjustment Inner Frame Tube		1
65	End Cap	□45×45×2	1

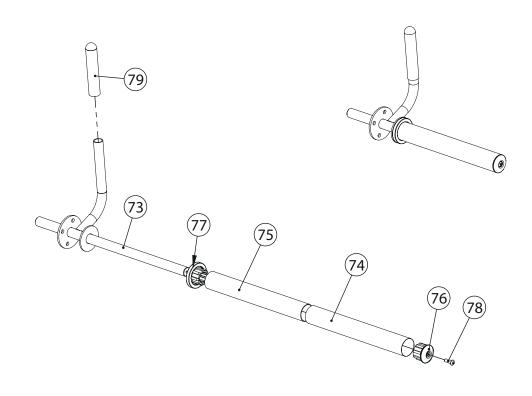
(34) Calf Raise Frame, 1 pc/ set





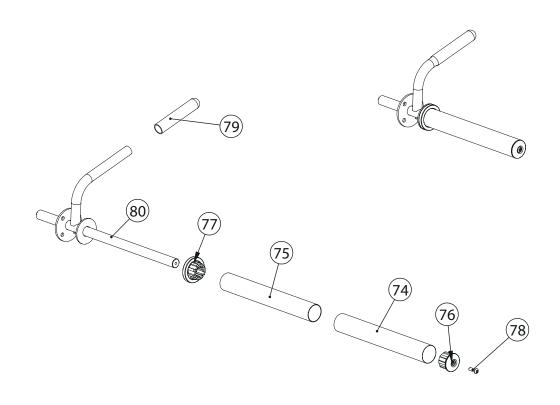
Key No.	Description	Note	Quantity
52	End Cap	50*70*2	2
70	Calf Raise Frame Tube		1

(38) Handle and Weight Plate Sleeve - Right, 1 pc/ set



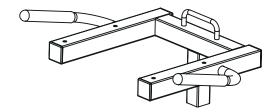
Key No.	Description	Note	Quantity
73	Handle and Weight Plate Sleeve Tube - Right		1
74	Outer Sleeve - Weight Plate Holder	ф49.5*0.6	1
75	Inner Sleeve - Weight Plate Holder	ф48*1.5	1
76	Weight Plate Holder End Cap	ф50×ф44.8× ф25.5	1
77	Internal Bushing	ф70×ф44.8×ф25.5×30	1
78	Inner Hexagonal Flat Round Bolt	M8×25	1
79	Handle Grip	ф24.5×150	1

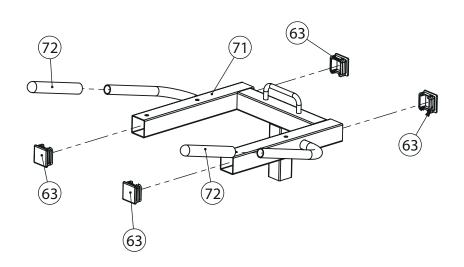
(39) Handle and Weight Plate Sleeve - Left,1 pc/ set



Key No.	Description	Note	Quantity
74	Outer Sleeve - Weight Plate Holder	ф49.5*0.6	1
75	Inner Sleeve - Weight Plate Holder	ф48*1.5	1
76	Weight Plate Holder End Cap	ф50×ф44.8×ф25.5	1
77	Internal Bushing	ф70×ф44.8×ф25.5×30	1
78	Inner Hexagonal Flat Round Bolt	M8×25	1
79	Handle Grip	ф24.5×150	1
80	Handle and Weight Plate Sleeve Tube - Left		1

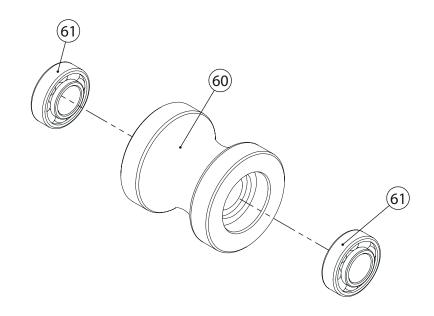
(40) Shoulder Pad Frame, 1 pc/ set

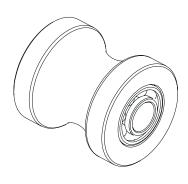




Key No.	Description	Note	Quantity
63	End Cap	□50×50×2	4
71	Shoulder Pad Frame Tube		1
72	Shoulder Pad Frame Grip	ф24.5×185	2

(50) Roller, 8 pcs/set





Key No.	Description	Note	Quantity
60	Roller Wheel	ф59	1
61	Bearing	6003	2

Key No.	Description	Note	Quantity
1	Rear Base Frame		1
2	Base Linking Frame		1
3	Front Base Frame		1
4	Rear Support Frame		1
5	Centre Frame		1
6	Flat Washer	ф10	50
7	Hexagonal Head Bolt	M10×90	4
8	Lock Nut	M10	27
9	Hexagonal Head Bolt	M10×70	4
10	Large Flat Washer	ф30*ф10*3	22
11	Hexagonal Head Bolt	M10×80	3
12	Guide Rod		2
13	Guide Rod Locking Frame		1
14	U-shaped Plate	T4	1
15	Sliding Carriage		1
16	Spring Washer	ф10	22
17	Hexagonal Head Bolt	M10×25	14
18	Hexagonal Head Bolt	M10×60	4
19	Lock Pin		1
20	Angled Support Frame		2
21	Adjustment Outer Frame		2
22	Foot Plate Weldment		1
23	Double Head Bolt	ф12×270-M10	1
24	Footplate Adjustment Inner Frame		1
25	Flat Washer	ф12	8
26	Lock Nut	M12	4
27	Hexagonal Head Bolt	M12×80	4
28	Footplate		1
29	Back Pad Frame		1
30	Back Pad Adjustment Inner Frame		1
31	Double Head Bolt	ф12×323-M10	1
32	Back Pad		1
33	Seat Pad		1
34	Calf Raise Frame		1
35	Flat Washer	ф8	12
36	Hexagonal Head Bolt	M8×40	4
37	Hexagonal Head Bolt	M8×70	8
38	Handle and Weight Plate Sleeve - Right		1
39	Handle and Weight Plate Sleeve - Left		1



Key No.	Description	Note	Quantity
40	Shoulder Pad Frame		1
41	Shoulder Pad		2
42	Olympic Spring Collar	ф50	2
43	Centre Frame Tube		1
44	End Cap	□40×80×2	2
45	Guide Rod Inner Tube		2
46	Guide Rod Outer Tube	ф49.5×0.6	2
47	Guide Rod Locking Frame Tube	□40*60*2	1
48	End Cap	□40×60×2	2
49	Sliding Carriage Frame		1
50	Roller		8
51	Roller Inner Shaft	ф17*81-M10	8
52	End Cap	50*70*2	6
53	Locking Handle		1
54	Locking Hook		1
55	Grub Screw	M8*10	2
56	Locking Handle Grip	ф24.5×280	1
57	End Cap	□25×50×1.5	2
58	Lock Pin Frame		1
59	Protection Sleeve	ф30Хф25Х50	1
60	Roller Wheel	ф59	8
61	Bearing	6003	16
62	Footplate Adjustment Outer Frame Tube		2
63	End Cap	□50×50×2	6
64	Footplate Adjustment Inner Frame Tube		1
65	End Cap	□45×45×2	2
66	Back Pad Frame Tube		1
67	End Cap	□40×20×1.5	2
68	Pop Pin	ф10×M18×22	1
69	Back Pad Adjustment Inner Frame Tube		1
70	Calf Raise Frame Tube		1
71	Shoulder Pad Frame Tube		1
72	Shoulder Pad Frame Grip	ф24.5×185	2
73	Handle and Weight Plate Sleeve Tube - Right		1
74	Outer Sleeve - Weight Plate Holder	ф49.5*0.6	2
75	Inner Sleeve - Weight Plate Holder	ф48*1.5	2
76	Weight Plate Holder End Cap	ф50×ф44.8×ф25.5	2
77	Internal Bushing	ф70×ф44.8×ф25.5×30	2
78	Inner Hexagonal Flat Round Bolt	M8×25	2



Key No.	Description	Note	Quantity
79	Handle Grip	ф24.5×150	2
80	Handle and Weight Plate Sleeve Tube - Left		1
81	Bushing	φ 22× φ 18× φ 12.2×15	2
82	Hexagonal Head Bolt	M10×20	16

## **MEASURING FOR BOLT LENGTH**





We believe success comes from striving to be better than yesterday. It comes from the urge to push boundaries and break through barriers. Fueled with the belief that everybody deserves a fit and healthy lifestyle, we are dedicated to providing innovative strength and fitness solutions to build stronger, happier and healthier lives.

#### WARRANTY

The Force USA range of strength equipment carries a Lifetime (10 Year) Structural Warranty along with two years cover on all moving parts and 90 days warranty on all upholstery items. 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 elements, cables and pulleys and workmanship that occur during regular use in the warranted environment. 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. 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.

