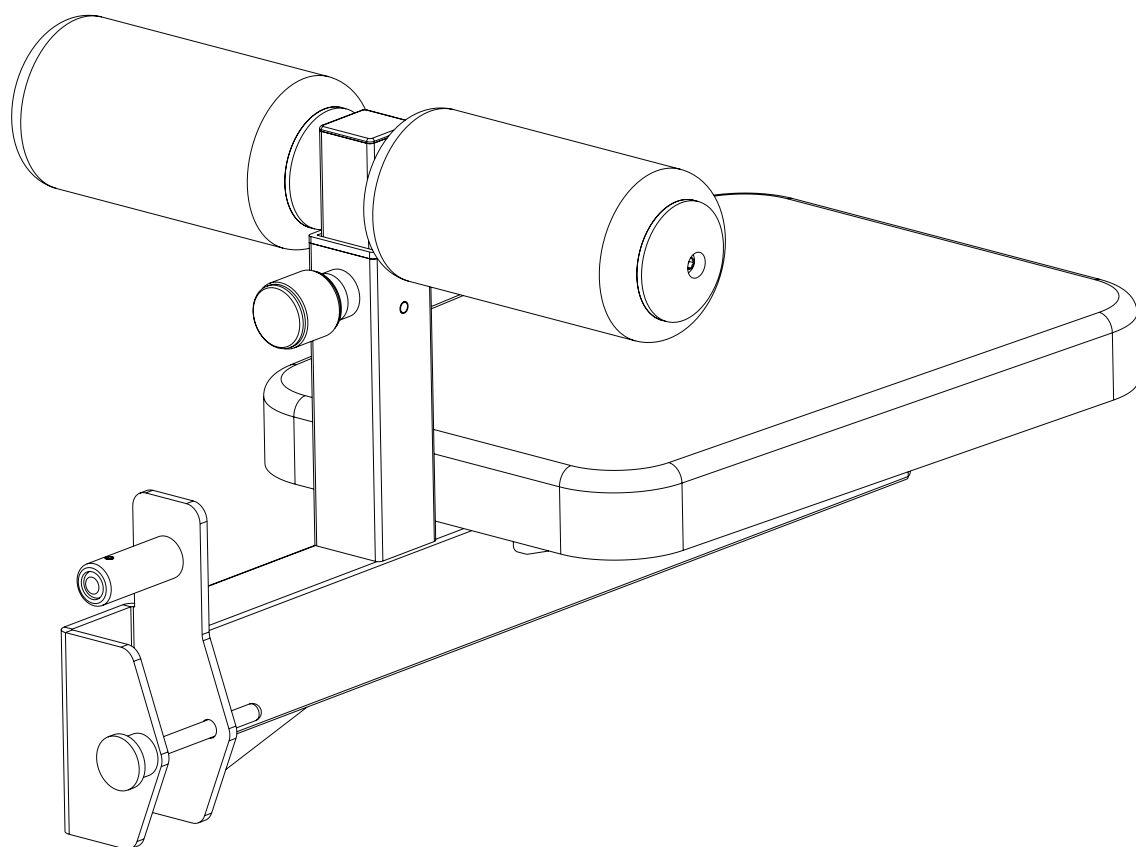


FORCE^{USA}



USER MANUAL | **F-LATROWSEAT**





THANK YOU FOR YOUR PURCHASE

**For the most up to date info about using
your equipment and our latest support
videos, please visit:**

www.forceusa.com





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BEFORE YOU START



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



Only tighten nuts and bolts loosely until all equipment is assembled. Once the equipment is fully assembled, tighten from the bottom up, working evenly around the unit.

- 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, facing 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
- It is recommended to keep these instructions

Although current at the time of this printing, specifications for this model may have changed in our continuing effort for improvement. Force USA reserves the right to modify and improve the specifications of its products without prior notice.

BEFORE YOU START CONTINUED

SAFETY PRECAUTIONS

Every piece of Force USA equipment is built for maximum safety and meets or exceeds all applicable domestic and international standards. However, certain precautions must be taken when operating any piece of fitness equipment.

- 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

PREVENTATIVE MAINTENANCE

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

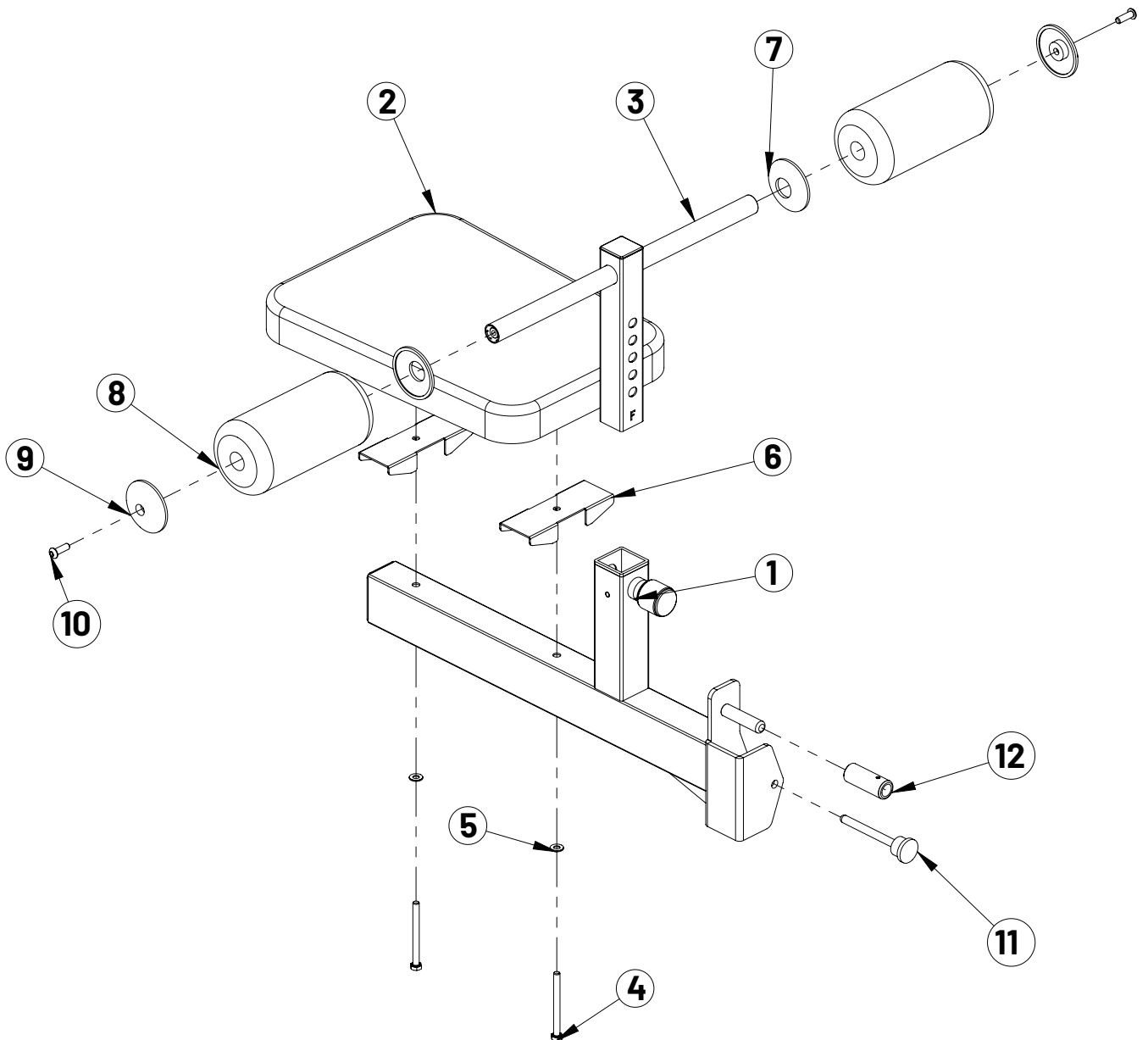
Daily Maintenance

- 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 accumulation

STEP 1 - ASSEMBLY



No.	Description	Note	No.
1	Seat Cushion Frame		1
2	Seat Cushion	450*335*50	1
3	Leg Press Foam		1
4	Hex Head Bolt	M8*90	2
5	Flat Washer	Φ8	2
6	Seat Cushion Support U - Shaped Plate	T2	2
7	Foam Inner Baffle Cover (Chrome - Plated)	Φ70xΦ27xΦ12	2
8	Foam (with Leather Cover)	Φ25xΦ100xΦ200	2
9	Foam Outer Baffle Cover (Chrome - Plated)	Φ70xΦ9xΦ14	2
10	Inner Hexagon Flat Round Head Screw	M8X25	2
11	Magnetic Pull Pin - No Rope	Φ10xΦ100	2
12	Hanging Rod Shaft		1

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



<https://www.forceusa.com/locator>

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