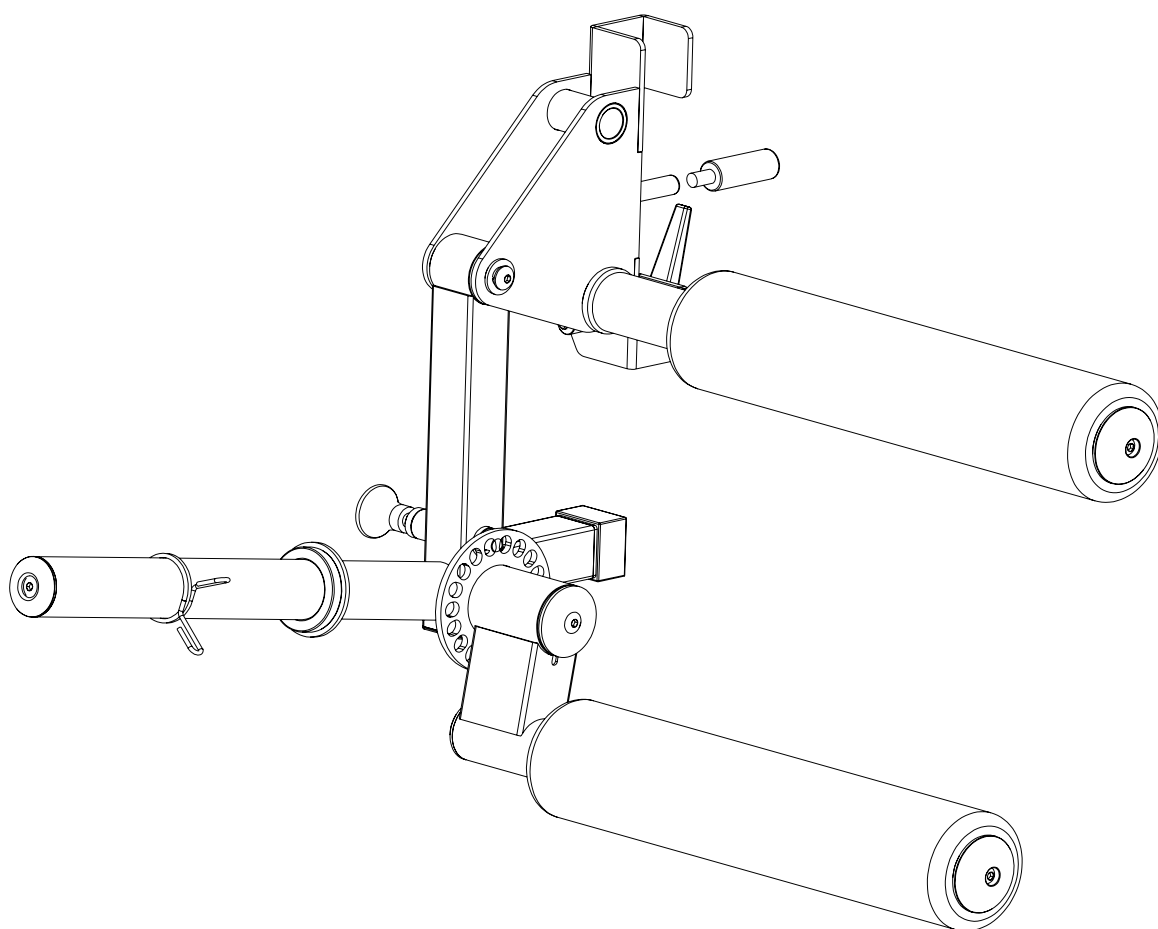


FORCE^{USA}



USER MANUAL **F-GS-LEG-EXT-CURL**





THANK YOU FOR YOUR PURCHASE

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

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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:

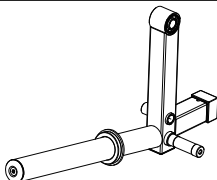
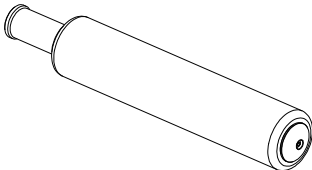
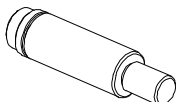
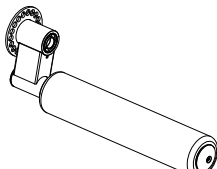
Daily Maintenance

- 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

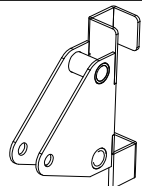
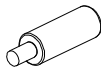
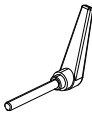
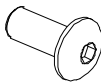
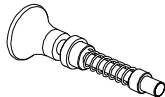
Monthly Maintenance

- 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

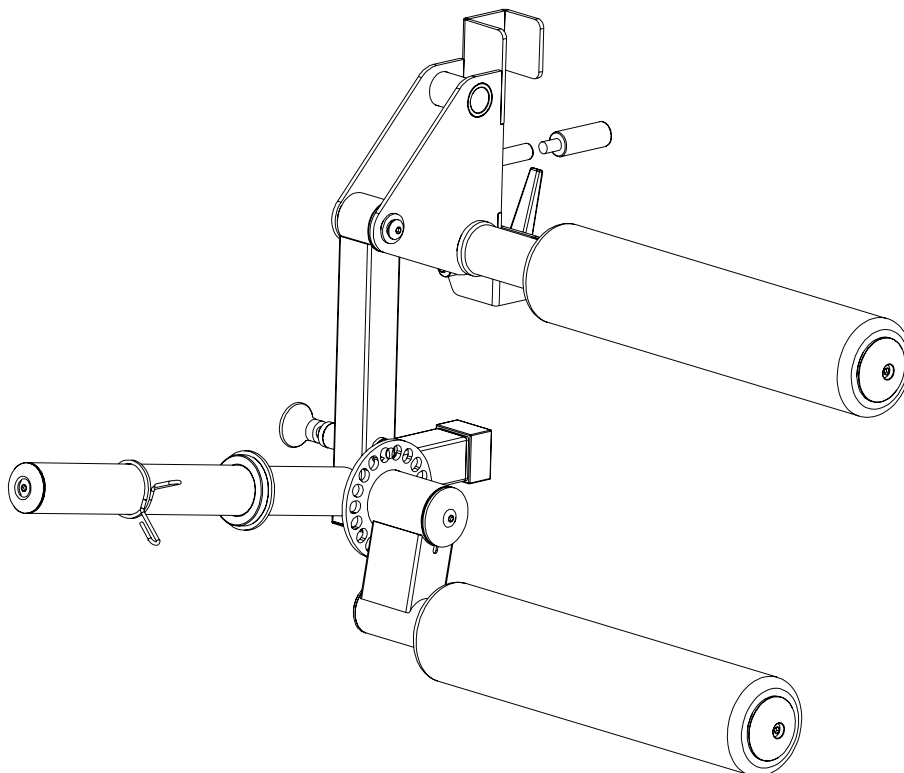
PARTS & HARDWARE IDENTIFIER

Key No.	Description	Quantity	Part Schematic Diagram
1	Support Frame	1	
2	Fast Lock Leg Roller	1	
3	Fast Lock Pin	1	
4	Inner Shaft	1	
5	Big Flat Washer(Gb)	2	
6	Hexagon Socket Flat Round Head Screws	2	
7	Adjustable Leg Roller	1	
8	Aluminium Cap	1	

PARTS & HARDWARE IDENTIFIER

Key No.	Description	Quantity	Part Schematic Diagram
9	Upright Connection Frame	1	
10	Shaft-16	1	
11	Shaft-25	1	
12	Adjustable Locking Handle	1	
13	Metal Spring Gasket	3	
14	Hexagon Socket Flat Head Screw	1	
15	Spring Collar	1	
17	Umbrella Head Pull Pin	1	

STEP 1 - PARTS & HARDWARE

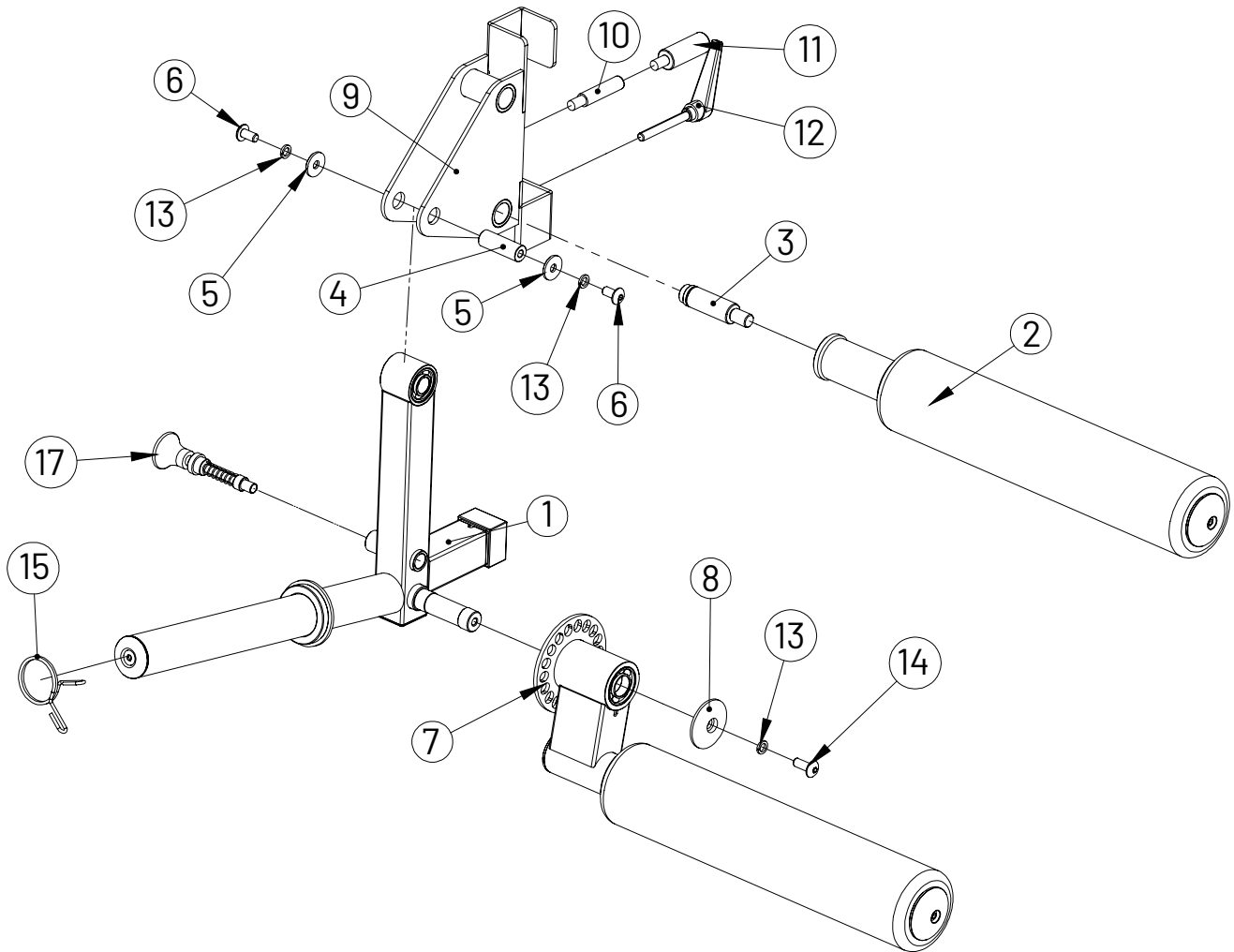


Key No.	Description	Note	Quantity
1	Support Frame	Assembly	1
2	Fast Lock Leg Roller		1
3	Fast Lock Pin		1
4	Inner Shaft	$\phi 20 \times 57$ -M10	1
5	Big Flat Washer(Gb)	$\phi 30 \times \phi 10 \times 3$	2
6	Hexagon Socket Flat Round Head Screws	M10*20	2
7	Adjustable Leg Roller	Assembly	1
8	Aluminium Cap	$\phi 11 \times \phi 18 \times \phi 28 \times \phi 60$	1
9	Upright Connection Frame		1
10	Shaft-16	$\phi 16 \times 85$	1
11	Shaft-25	$\phi 25 \times 85$	1
12	Adjustable Locking Handle	M10*80	1
13	Metal Spring Gasket	$\phi 10$	3
14	Hexagon Socket Flat Head Screw	M10*25	1
15	Spring Collar	$\phi 50$	1
17	Umbrella Head Pull Pin	$\phi 12 \times M20 \times 75$	1

STEP 1 - ASSEMBLY



Shaft 16 will fit the following machines:
G1-V2, G3-V2, G12-V2, G10, G15, G20-V2, C10
Shaft 25 will fit:
G6-B, G12-v1, G9

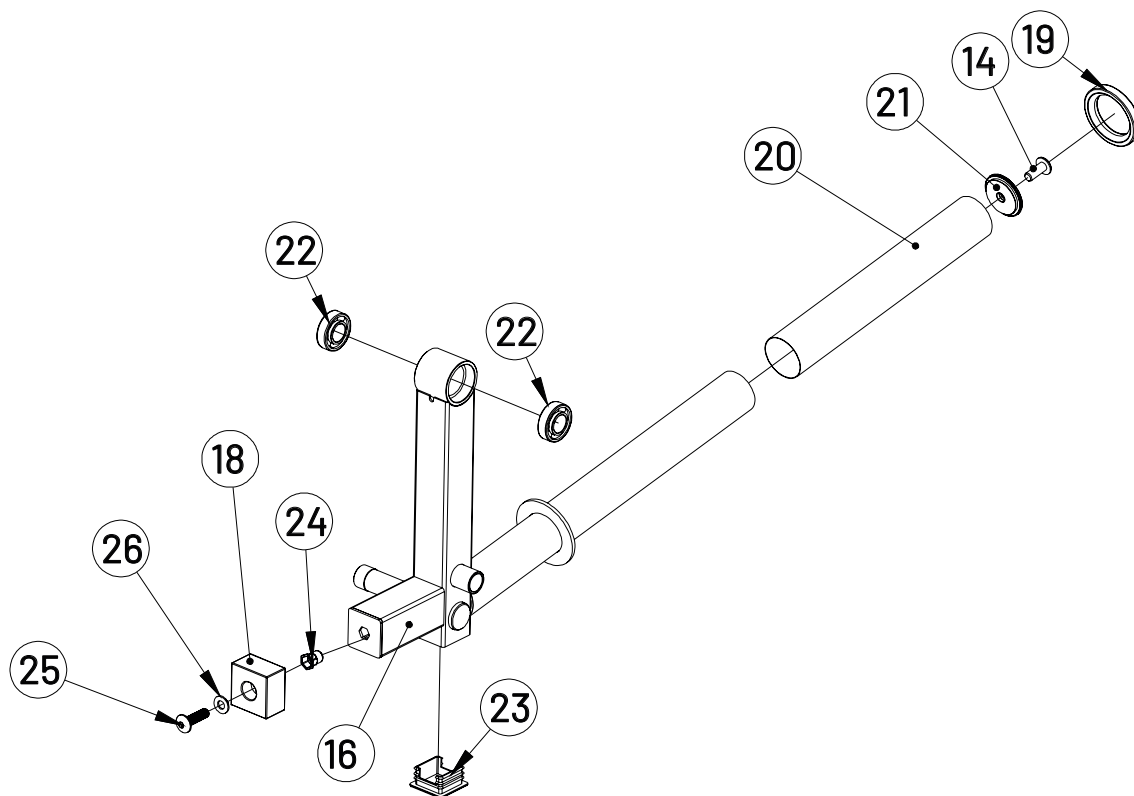


Dip plastic parts 10, 11 according to the configuration of the model to replace the appropriate parts.

- 1** Attach the Support Frame (1) and Adjustable Leg Roller (7) using the aluminium cap (8), $\phi 10$ Metal Spring Gasket (13), and M10 $\times$ 25 Hexagon Socket Flat Head Screw (14).
- 2** Insert the Support Frame (1) and Adjustable Leg Roller (7) into the Upright Connection Frame (9). Use the $\phi 20 \times 57$ -M10 inner shaft (4), $\phi 10$ big flat washer (5), $\phi 10$ Metal Spring Gasket (13), and M10 $\times$ 20 Hexagon Socket Flat Head Screw (6) to secure the assembly.
- 3** Connect the Fast Lock Pin (3) to the Fast Lock Leg Roller (2). Secure this assembly to the Upright Connection Frame (9).
- 4** Attach parts No.10 and 11 to the main body according to the adaptive model.
- 5** Install the $\phi 12 \times M20 \times 75$ Umbrella Head Pull Pin (17) on the main body.

EXPLODED DIAGRAMS

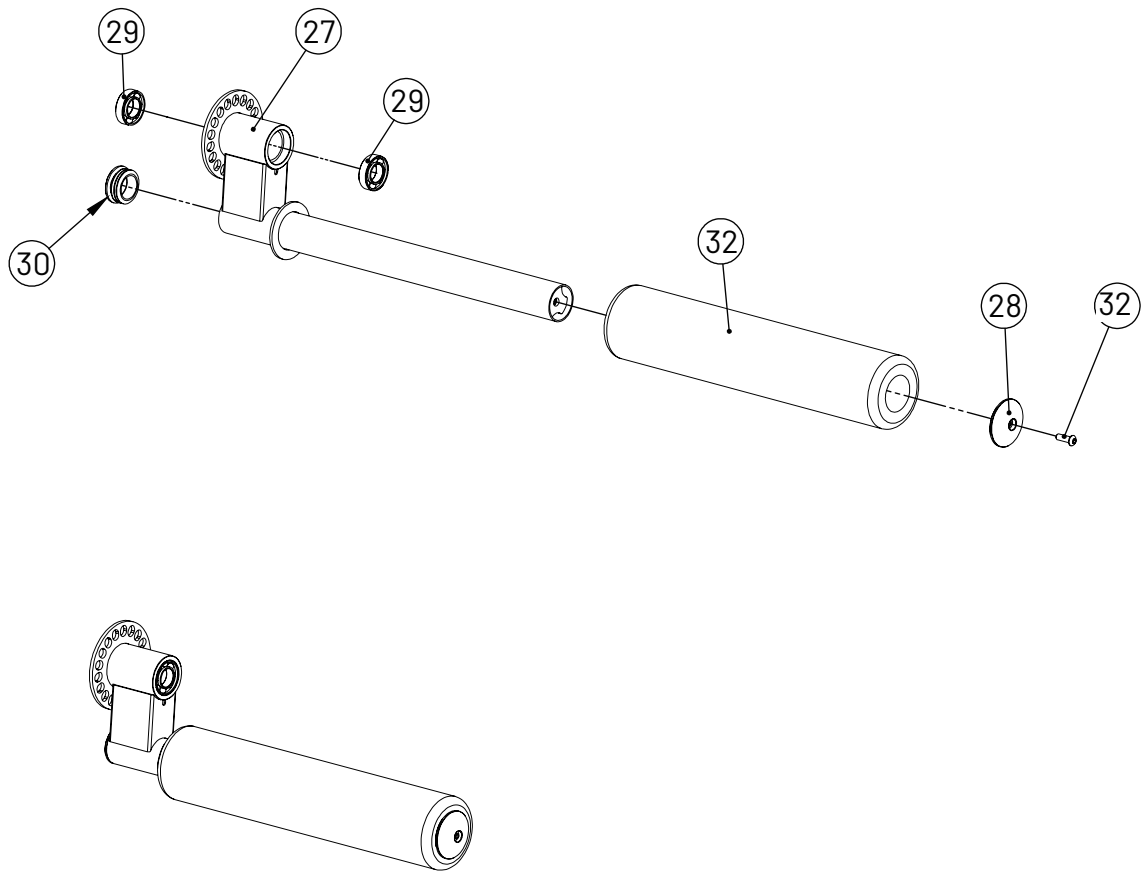
KICK LEG SUPPORT



Key No.	Description	Note	Quantity
16	Kick Leg Welds		1
18	Shock Pad	50*50*30	1
19	Rubber Ring	$\phi 70 * \phi 50 * \phi 10$	1
20	Stainless Steel Casing	$\phi 49.5 * 0.6$	1
21	Aluminium Cap	$\phi 11 * \phi 18 * \phi 42 * \phi 50$	1
22	Bearing 6004		2
14	Hexagon Socket Flat Head Screw	M10*25	1
23	Square Tube Inner Plug	45*45*2	1
24	Countersunk Hexagon Rivet Nuts	M10	1
25	Hexagon Socket Flat Round Head Screws	M10*35	1
26	Flat Washer(Gb)	$\phi 10$	1

EXPLODED DIAGRAMS

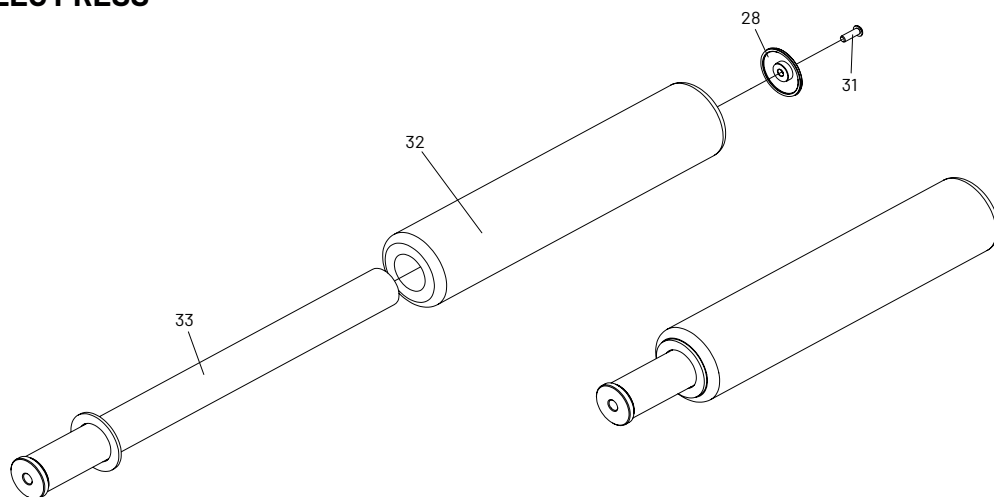
LEG PRESS



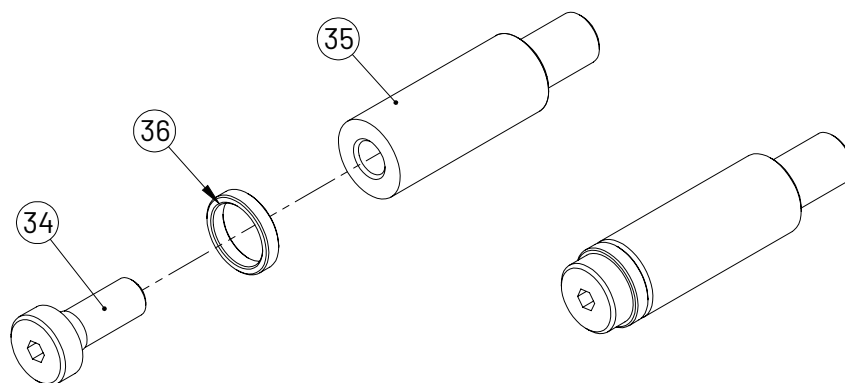
Key No.	Description	Note	Quantity
27	Press Leg Welding Group		1
28	Foam Outer Cover	$\phi 65^* \phi 9^* 12$	1
29	Bearing 6005	$\phi 70^* \phi 50^* \phi 10$	2
30	Circle Tube Inner Plug	$\phi 50^* 1.5$	1
31	Hexagon Socket Flat Round Head Screws	M8*25	1
32	Leg Press Group Foam		1

EXPLODED DIAGRAMS

FAST LOCK LEG PRESS



Key No.	Description	Note	Quantity
32	Leg Press Group Foam		1
33	Foam Tube		1
28	Foam Outer Cover	$\phi 65 * \phi 9 * 12$	1
31	Hexagon Socket Flat Round Head Screws	M8*25	1



Key No.	Description	Note	Quantity
34	Barbell Rod Stop Shaft	$\phi 22 * 39.5$	1
35	Barbell Rod Plug	$\phi 25 * 100$	1
36	Stop Collar	$\phi 25 * \phi 20 * 5$	1

COMPLETE COMPONENT INVENTORY

Key No.	Description	Note	Quantity
1	Support Frame	Assembly	1
2	Fast Lock Leg Roller		1
3	Fast Lock Pin		1
4	Inner Shaft	$\phi 20 \times 57$ -M10	1
5	Big Flat Washer(Gb)	$\phi 30 \times \phi 10 \times 3$	2
6	Hexagon Socket Flat Round Head Screws	M10*20	4
7	Adjustable Leg Roller	Assembly	1
8	Aluminium Cap	$\phi 11 \times \phi 18 \times \phi 28 \times \phi 60$	1
9	Upright Connection Frame		1
10	Shaft-16	$\phi 16 \times 85$	1
11	Shaft-25	$\phi 25 \times 85$	1
12	Adjustable Locking Handle	M10*80	1
13	Metal Spring Gasket	$\phi 10$	3
14	Hexagon Socket Flat Head Screw	M10*25	2
15	Spring Collar	$\phi 50$	11
16	Kick Leg Welds		1
17	Umbrella Head Pull Pin	$\phi 12 \times M20 \times 75$	1
18	Shock Pad	50*50*30	1

COMPLETE COMPONENT INVENTORY

Key No.	Description	Note	Quantity
19	Rubber Ring	$\phi 70^* \phi 50^* \phi 10$	1
20	Stainless Steel Casing	$\phi 49.5^* 0.6$	1
21	Aluminium Cap	$\phi 11^* \phi 18^* \phi 42^* \phi 50$	1
22	Bearing 6004		2
23	Square Tube Inner Plug	45*45*2	1
24	Countersunk Hexagon Rivet Nuts	M10	1
25	Hexagon Socket Flat Round Head Screws	M10*35	1
26	Flat Washer(Gb)	$\phi 10$	1
27	Press Leg Welding Group		1
28	Foam Outer Cover	$\phi 65^* \phi 9^* 12$	2
29	Bearing 6005	$\phi 70^* \phi 50^* \phi 10$	2
30	Circle Tube Inner Plug	$\phi 50^* 1.5$	1
31	Hexagon Socket Flat Round Head Screws	M8*25	2
32	Leg Press Group Foam		2
33	Foam Tube		1
34	Barbell Rod Stop Shaft	$\phi 22^* 39.5$	1
35	Barbell Rod Plug	$\phi 25^* 100$	1
36	Stop Collar	$\phi 25^* \phi 20^* 5$	1

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



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

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