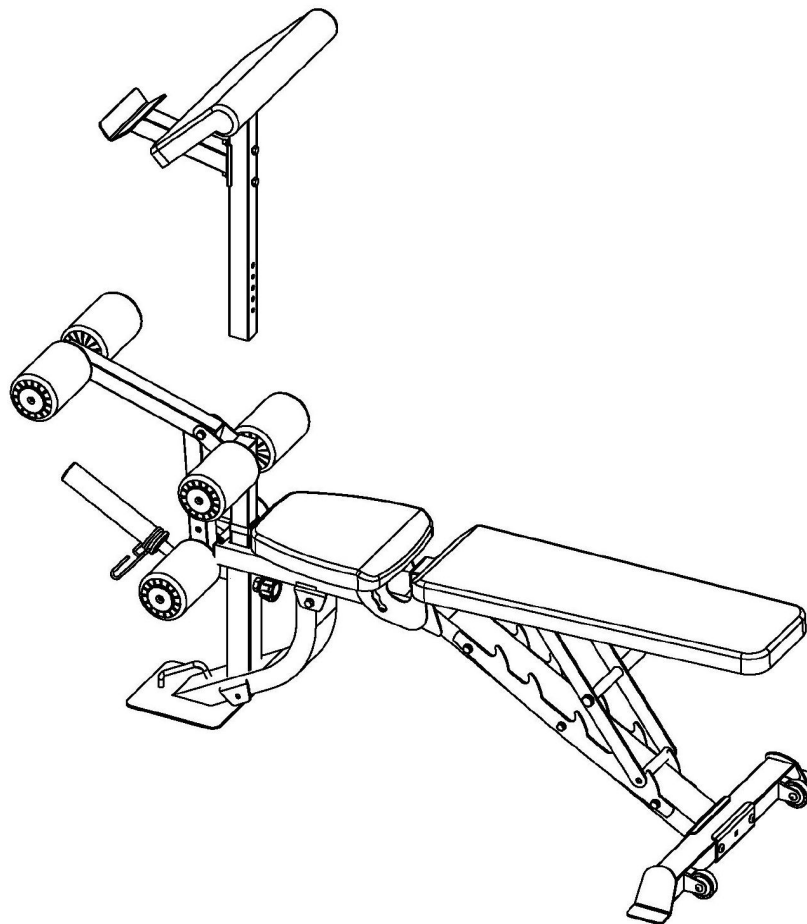


FORCE USA™

THE TRUSTED NAME IN STRENGTH EQUIPMENT

OWNER'S MANUAL **F-MR-FID**

MyRack FID Bench - Including Leg Extension/Curl and Arm Curl Attachments



CAUTION!

Read all precautions and instructions in this manual before using this equipment.



ASSEMBLY MANUAL

FORCE USA MyRack FID Bench - Including Leg Extension/Curl and Arm Curl Attachments

BEFORE YOU START

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.

Certain parts may arrive pre-assembled from the factory.

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.

SAFETY PRECAUTIONS

Highly recommended for two or more people to assemble the equipment to avoid injury.

Assemble the equipment on a flat level surface.

Consider placing a mat under the equipment to protect your floor.

Wear appropriate footwear and clothing during assembly and use.

Only tighten nuts and bolts by hand until the whole equipment is assembled

Ensure you correctly orientate each piece before attaching

Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.

Ensure all parts are in full working order before use.

Only one person should use the machine at any one time.

Do not use the equipment outdoors or around water.

Keep hair, fingers or clothing away from moving parts.

Only use attachments recommended by the manufacturer.

Never operate if any parts are not functioning correctly.

Always correctly stretch and warm up before using the equipment.

Stop immediately if you experience any pain, dizziness or nausea. See a doctor at once.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

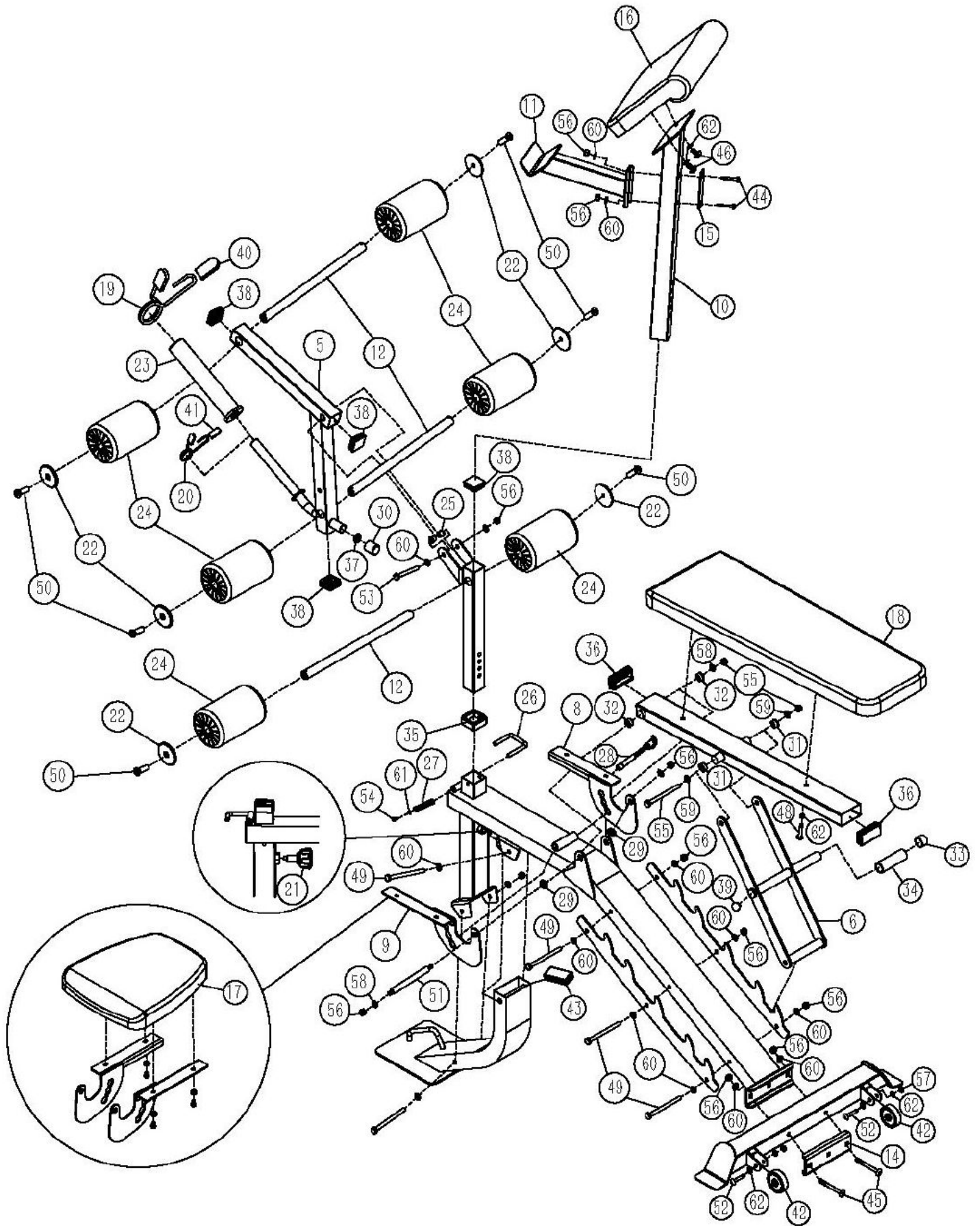
BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.

READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.

FORCE USA FITNESS EQUIPMENT ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

EXPLODED DIAGRAM

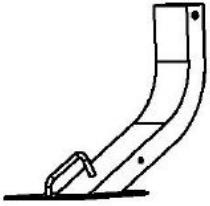


PARTS LIST

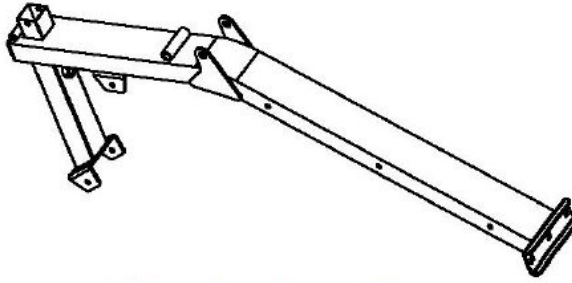
Key No.	Description	QTY	Key No.	Description	QTY
1	Front Stabilizer	1	33	End Cap	1
2	Main base frame	1	34	Handle grip	1
3	Rear stabilizer	1	35	Sleeve	1
4	adjustment tube	1	36	End cap	2
5	Leg developer	1	37	washer	1
6	Backrest adjustment support	1	38	End cap	4
7	Backrest support	1	39	End cap	1
8	Left connection frame	1	40	big collar handle grip	2
9	Right connection frame	1	41	Small collar handle grip	2
10	Arm curl pad support	1	42	Transport Wheel	2
11	Barbell support	1	43	End cap	1
12	Foam roll tube	3	44	M10*65 Carriage bolt	2
13	Long Bracket	2	45	M10*95 Carriage bolt	2
14	U shape Bracket	1	46	M8*20 Allen bolt	6
15	Flat Bracket	1	47	M12*165 Hex bolt	1
16	Arm curl pad	1	48	M8*50Allen bolt	2
17	Seat pad	1	49	M10*125 Hex bolt	5
18	Backrest pad	1	50	M10*30 flat head bolt	6
19	φ49 clip collar	1	51	axle	1
20	φ3.2×24.3 clip collar	1	52	M8*45 Allen bolt	2
21	M18 Lock knob	1	53	M10*78 Hex bolt	1
22	End cap	6	54	M6*15 Allen bolt	1
23	olympic sleeve	1	55	M12 aircraft nut	1
24	Foam roll	6	56	M10 aircraft nut	12
25	Bushing	2	57	M8 aircraft nut	2
26	U shape pin	1	58	Big washer	2
27	Spring	1	59	∅12 Washer	2
28	Quick release Lock pin	1	60	∅10 Washer	16
29	Bushing	2	61	∅13 Washer	1
30	Bumper	1	62	∅8 Washer	12
31	Bushing	2	63	5#Allen wrench	1
32	Bushing	2		6#Allen wrench	1

HARDWARE IDENTIFIER

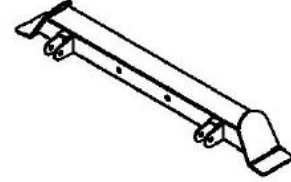
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



1# Front Stabilizer X1PC



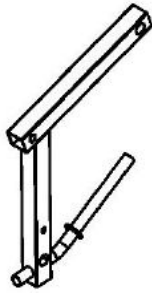
2# Main base frame X1PC



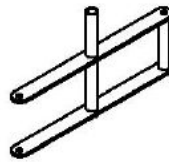
3# Rear stabilizer X1PC



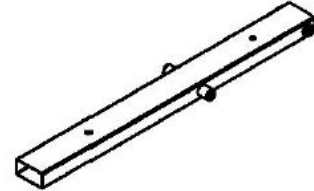
4# Adjustment tube X1PC



5# Leg developer X 1PC



6# Backrest adjustment support X1 PC



7# Backrest support X 1PC



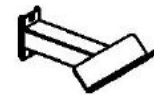
8# Left connection frame X1 PC



9# Right connection frame X1 PC



10# Arm curl pad support X1 PC



11# Barbell support X1PC



12# Foam roll tube X3 PCS



13# Bracket X2PCS



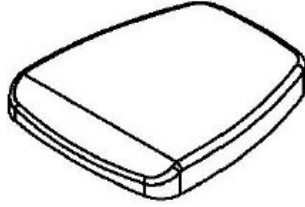
14# U shape Bracket X1PC



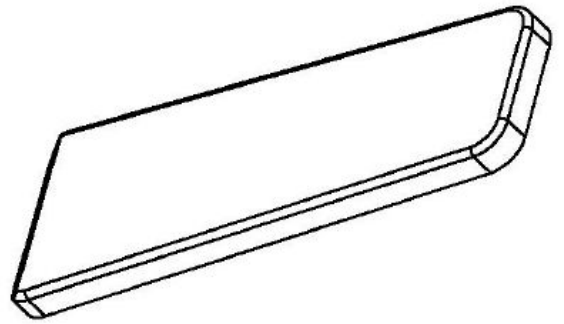
15# Bracket X1PC



16# Arm curl pad X1PC



17# Seat pad X1 PC



18# Backrest pad X1PC



19# $\phi 49$ clip collar X1PC



20# $\phi 3.2 \times 24.3$ clip collar X1PC



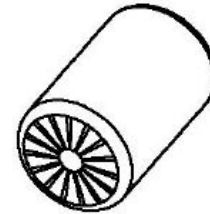
21# M18 Lock knob 1PC



22# End cap X6 PCS



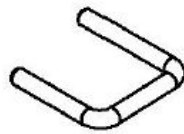
23# olympic sleeve X1 PC



24# Foam roll X6PCS



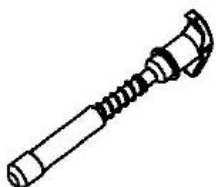
25# Bushing X2PCS



26# U shape pin X 1PC



27# Spring X 1PC



28# Quick release Lock pin X1PC



29# Bushing X 2pcs



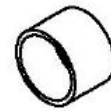
30# Bumper X1PC



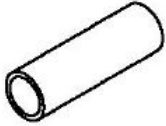
31# BushingX2PCS



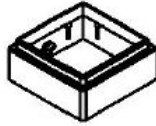
32# Bushing X 2PCS



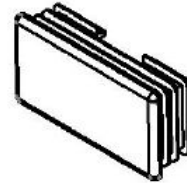
33# End Cap X1pc



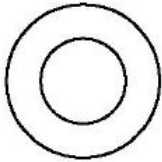
34# Handle grip X 1pc



35# Sleeve X 1pc



36# End cap X2 pc



37# washer X1PC



38# End cap X4PCS



39# End cap X1PC



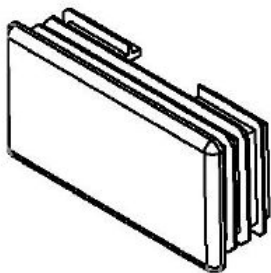
40# big collar handle grip X2PCS



41# Small collar handle grip X2PCS



42# Transport Wheel X2 PCS



43# End cap X1PC

ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine: Adjustable Wrench and Allen Wrench.

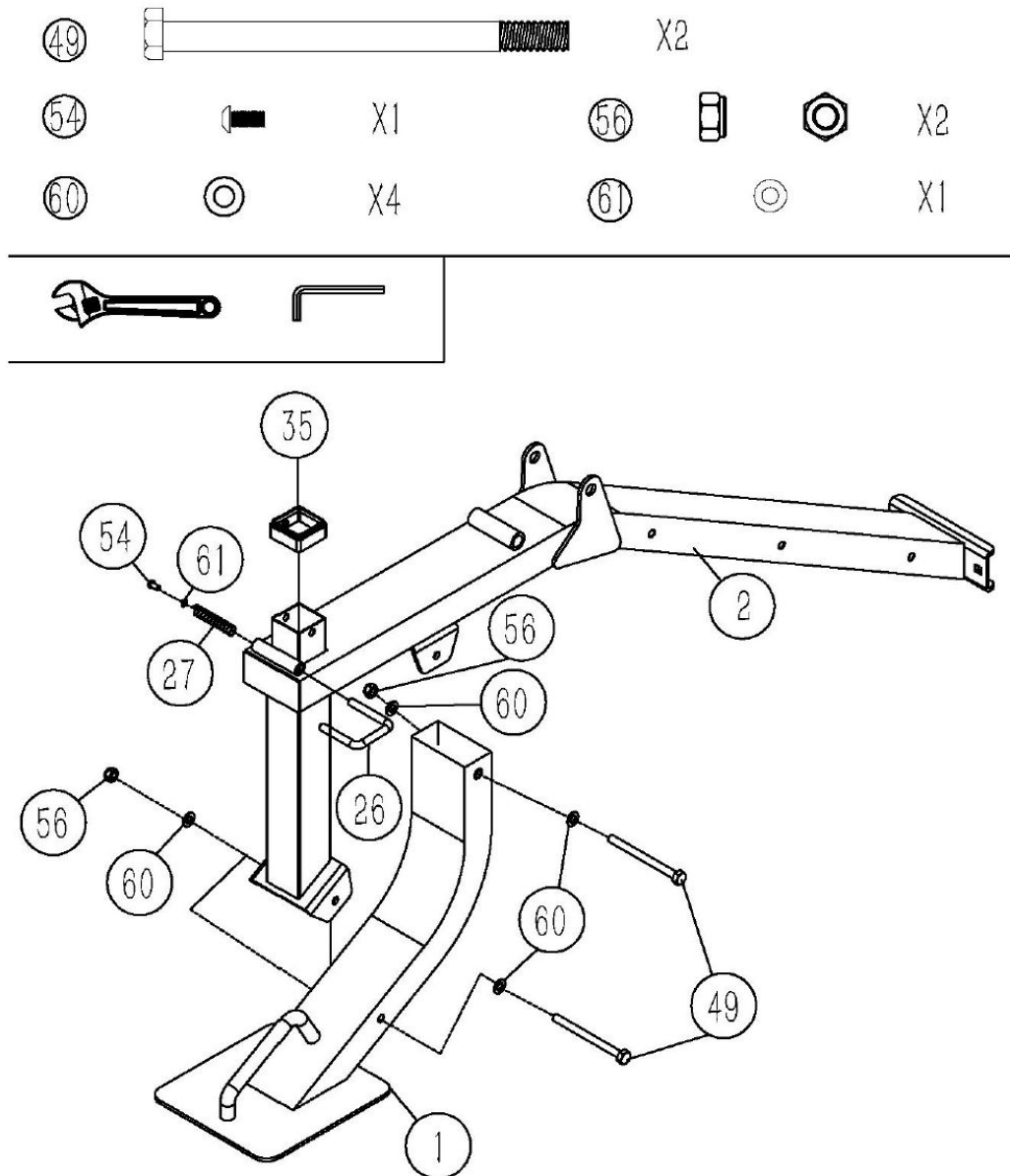
NOTE: It is strongly recommended two or more people assembling this machine to avoid possible injury. Do not tighten all the bolts and nuts until getting instruction.

STEP 1 (See Diagram 1)

A Attach the main base frame(2#) onto the front Stabilizer(1#) ,Carefully align the holes and secure them with 2pcs M10*125 hex bolt(49#) ,4pcs Ø10mm washers (60#) and 2 pcs M10 aircraft nut (56#).

B. The U shape pin (26#) was installed in the factory already.

DIAGRAM 1

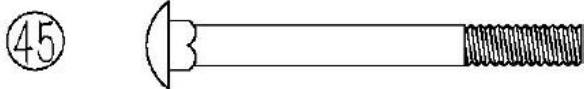


STEP 2 (See Diagram 2)

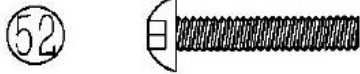
Attach the main base frame (2#) to the rear stabilizer(3#), Secure them with 2pcs M10*95 Carriage bolt(45#),one pc U shape bracket(14#),2pcs Ø10 washer (60#) and 2pcsM10 aircraft nuts (56#).

Note: The 2pcs transport wheels were installed in the factory already.

DIAGRAM 2



X2



X2



X2



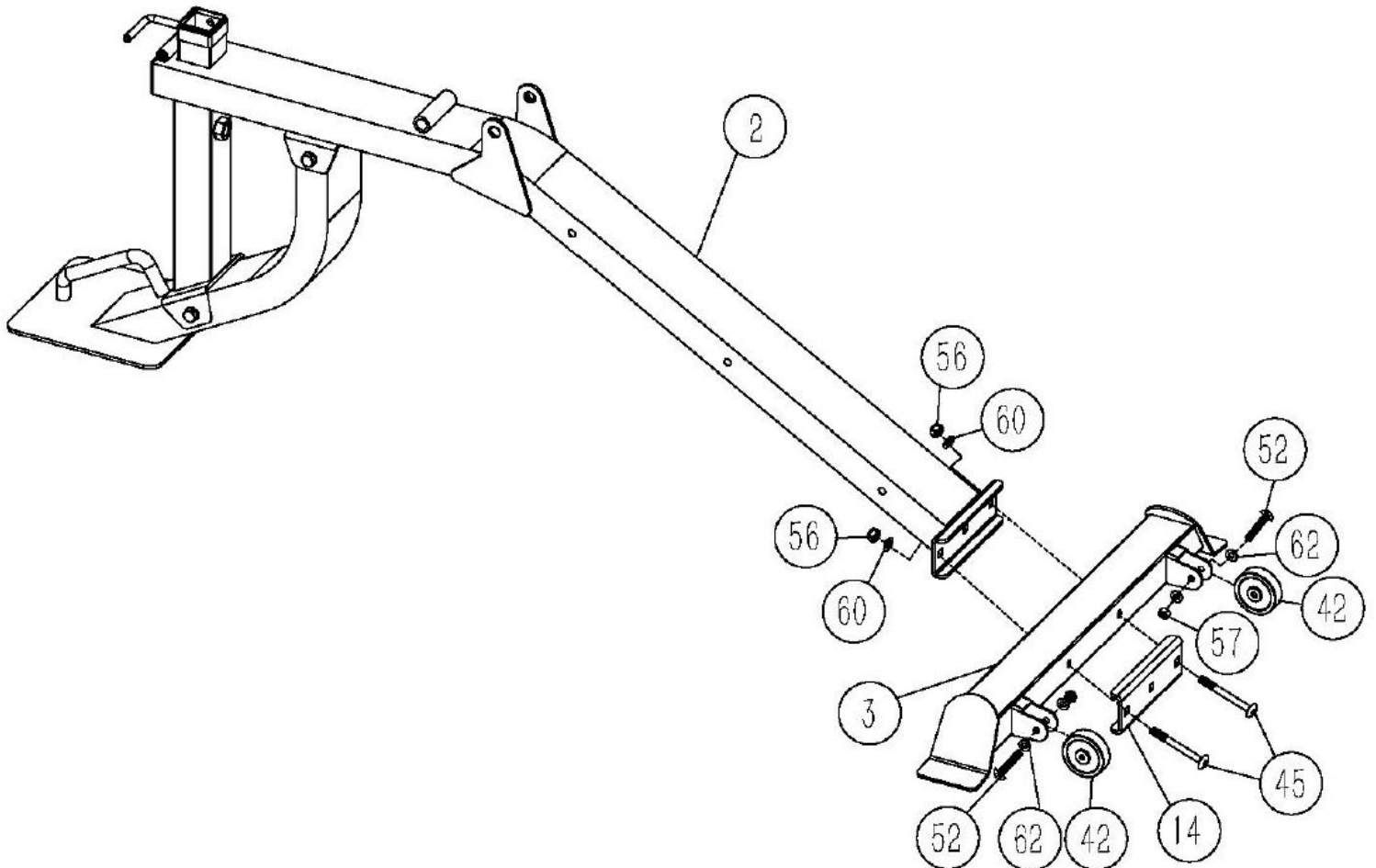
X4



X2



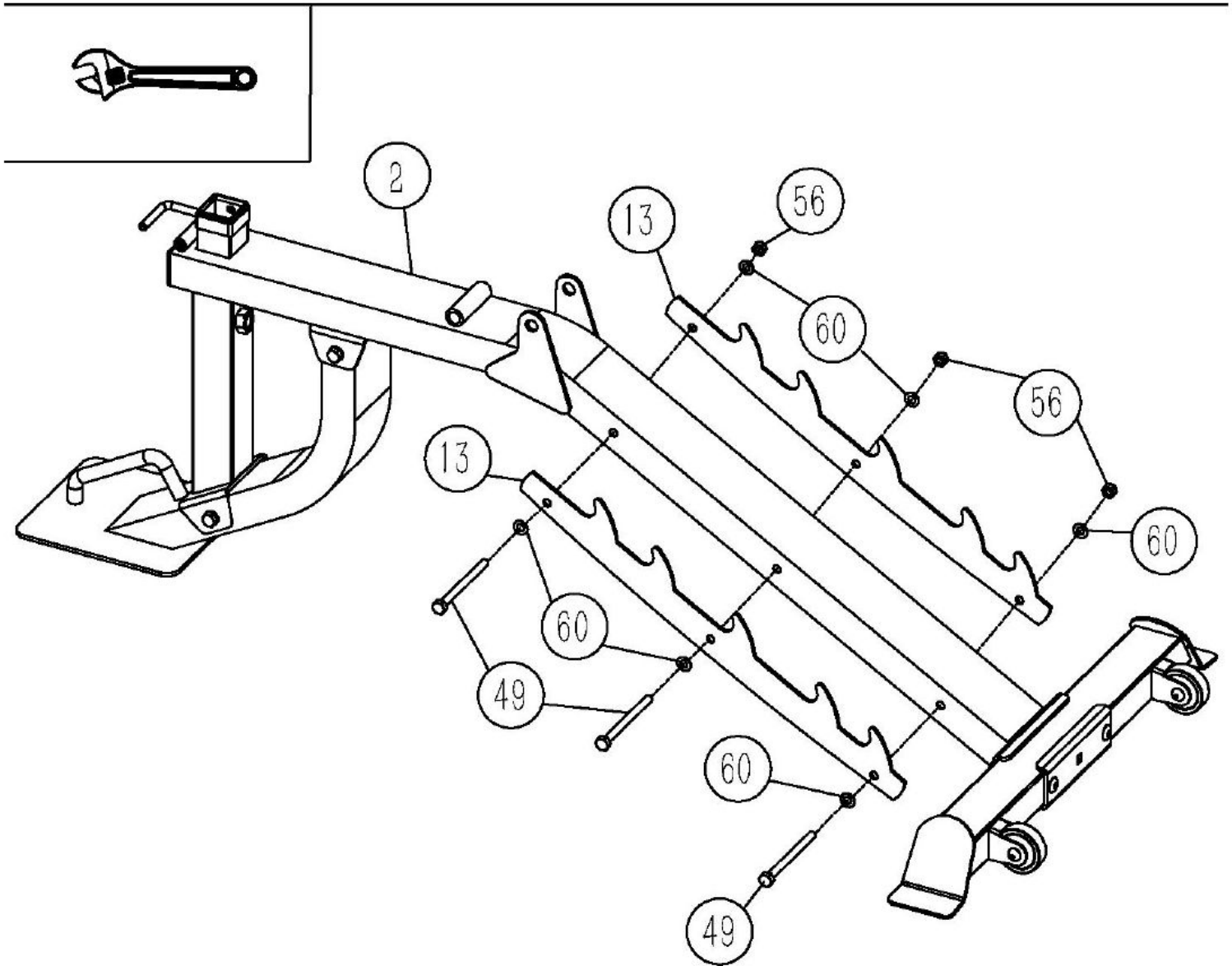
X2



STEP 3 (See Diagram 3)

Attach the 2pcs Bracket (13#) to the both side of the main base frame(2#) as the diagram shows. Secure them with three pcs M10*125 Hex bolt(49#),Six pcs Ø10 washer (60#) and three pcs M10 Aircraft nuts(56#) .

DIAGRAM 3

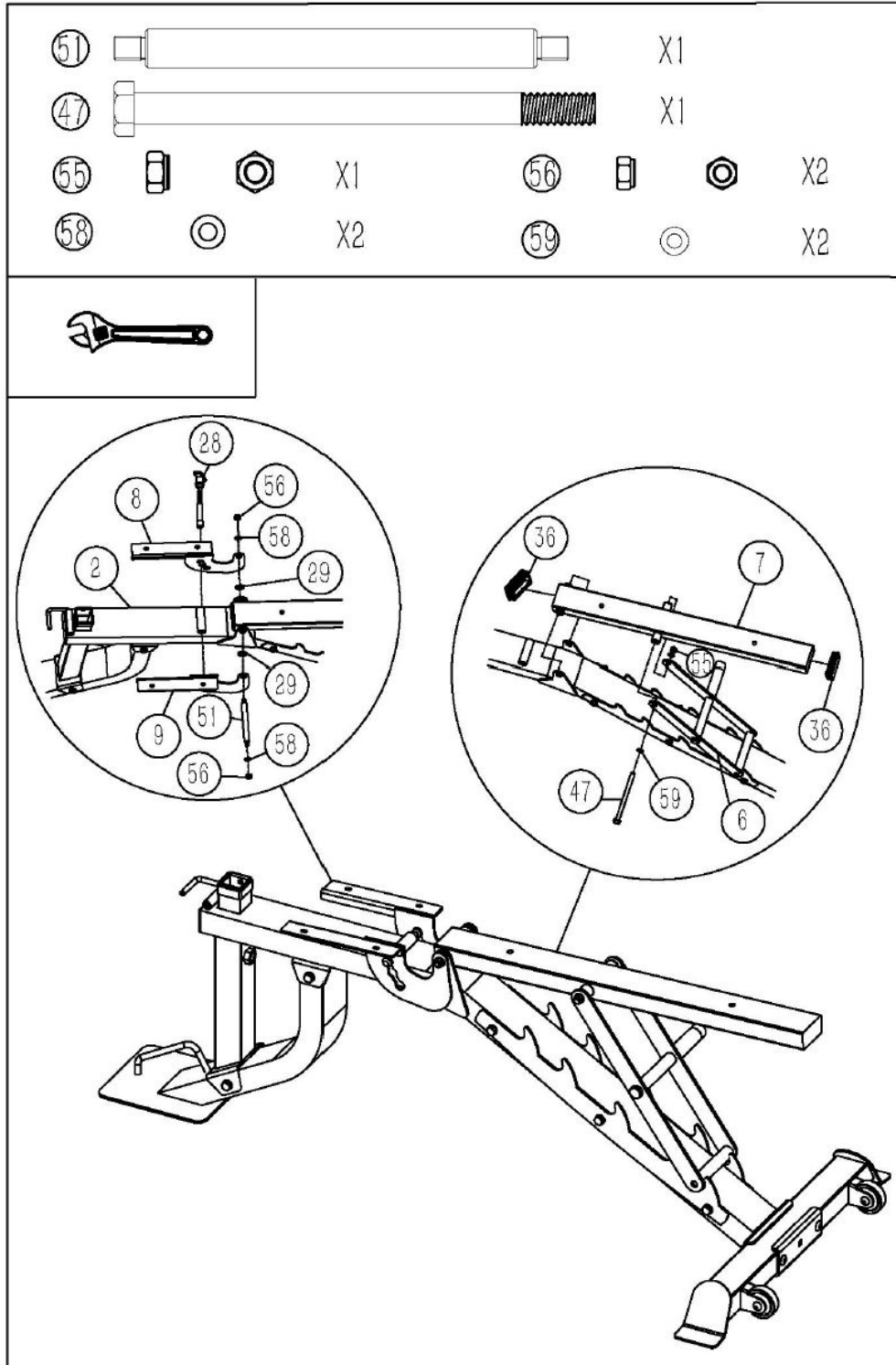


STEP 4 (See Diagram 4)

A Attach the Left connection frame(8#) and right connection frame(9#) and the Backrest support (7#) together. Secure them with one pc Axle(51#), 2pcs big bushing(29#), 2pcs Ø25 washers(58#) and two pcs M10 aircraft nut(56#).

B Secure the Backrest adjustment support (6#) and backrest support frame(7#) together as the diagram shows, Secure them with the M12*165 Hex bolt(47#), two pcs Ø12washer(59#) and one pc M12 Aircraft nut(55#). You can choose the desired incline position when exercising.

DIAGRAM 4

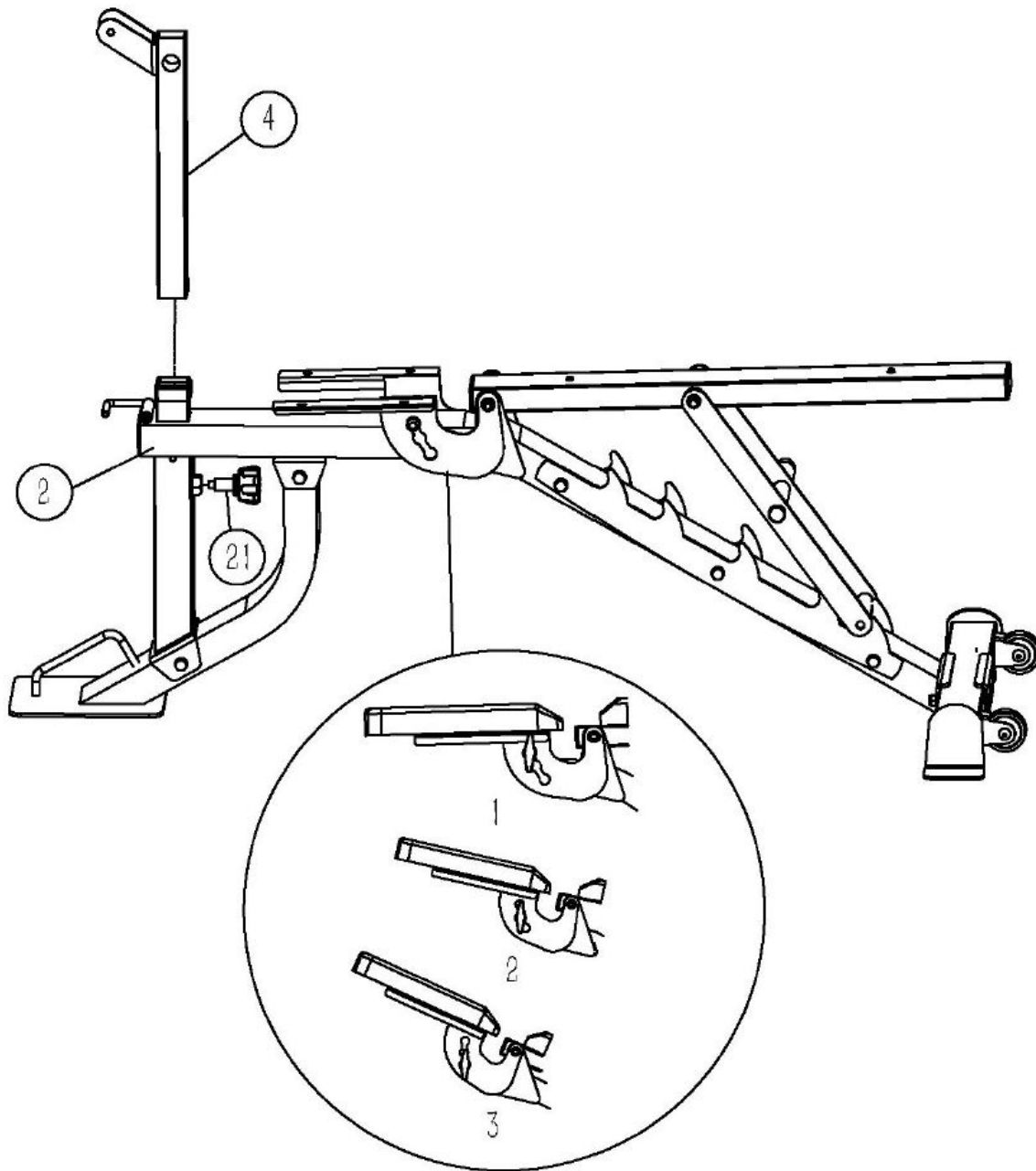


STEP 5 (See Diagram 5)

Insert the arm curl pad support(4#) into the opening as the diagram shows and choose the desired height with the M18 Lock knob(21#).

The user can choose the desired seat pad position during the exercise when using .

DIAGRAM 5



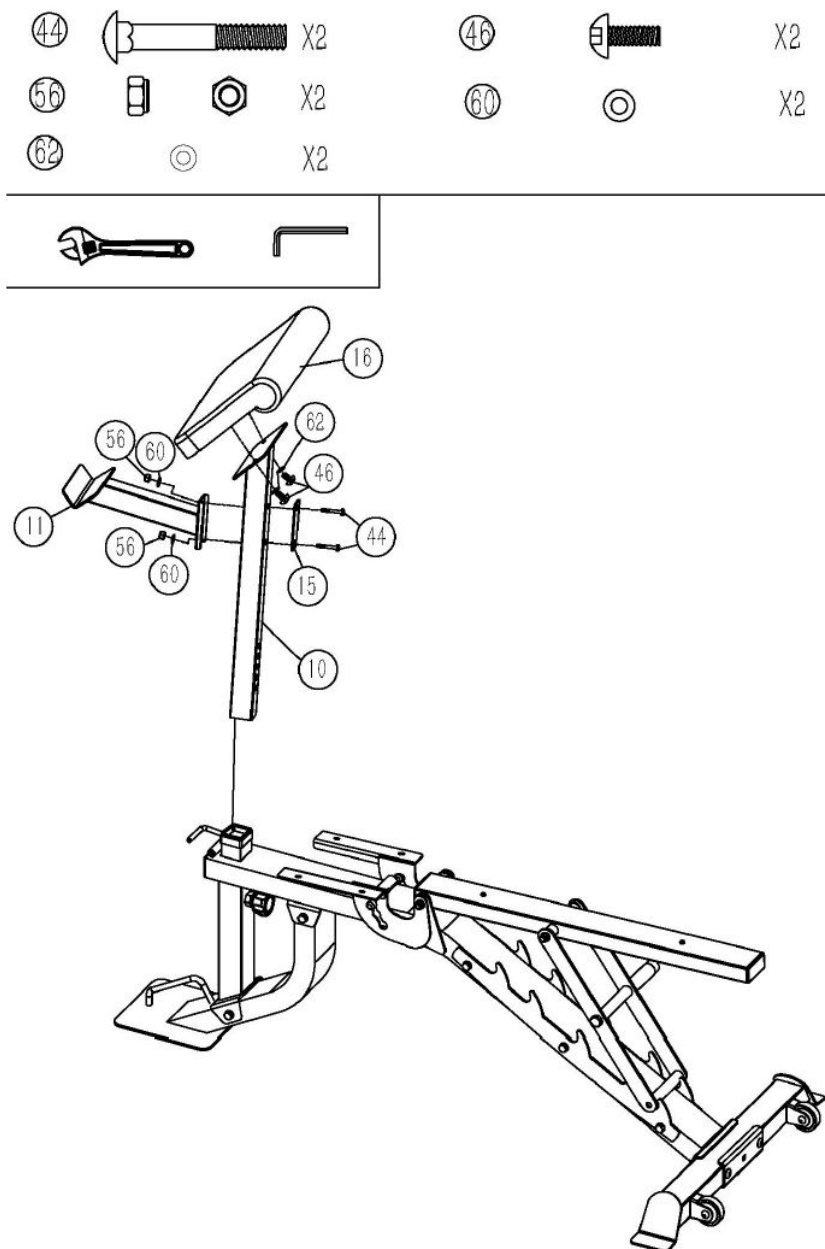
STEP 6 (See Diagram 6)

The user can choose the arm curl pad support or leg developer as the consumer desire.

A Attach the arm curl pad(16#) onto the arm curl pad support(10#) and secure them with 2pcs M8*20 Allen bolt(46#) and two pcs Ø8 washer(62#).

B Attach the barbell support frame (11#) to the arm curl pad support(10#), Secure them with one pc bracket(15#), two pcs M10*65 Carriage bolt(44#), two pcs Ø 10washer(60#) and 2 pcs M10 aircraft nut(56#). Insert the arm curl pad support into the opening as the diagram shows.

DIAGRAM 6



A' Attach the leg developer(5#)to the bracket , Secure them with one pc M10*78 hex bolt(53#), two pcs Ø 10 washer(60#) and one pc M10 Aircraft nut(56#).

B' Push three pcs foam roll tubes(12#) and six pcs foam roll as the diagram shows and then push six pcs end caps(22#) and secure it with M10*30 Bolt (50#).

DIAGRAM 6



X6



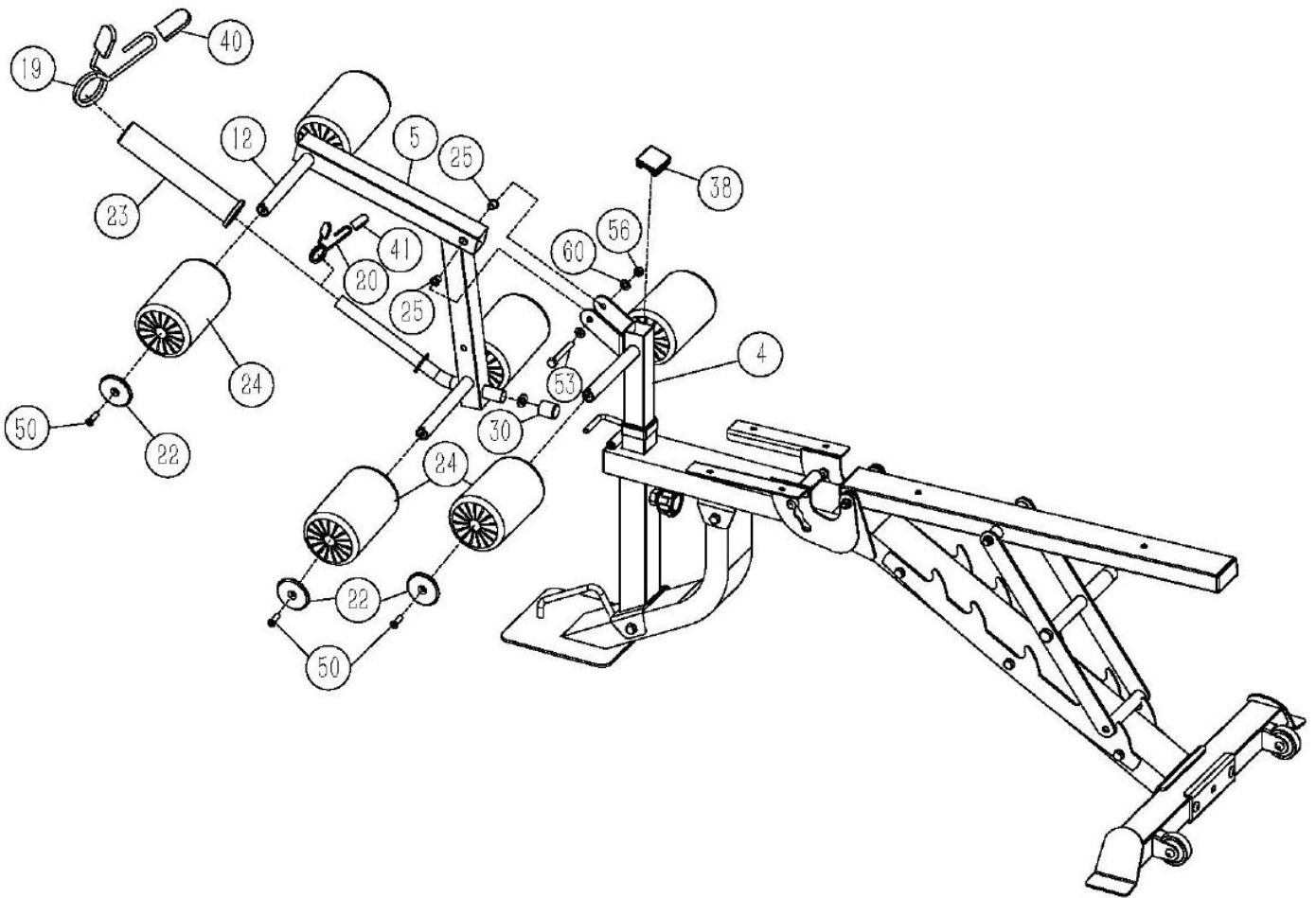
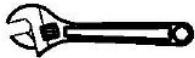
X1



X1



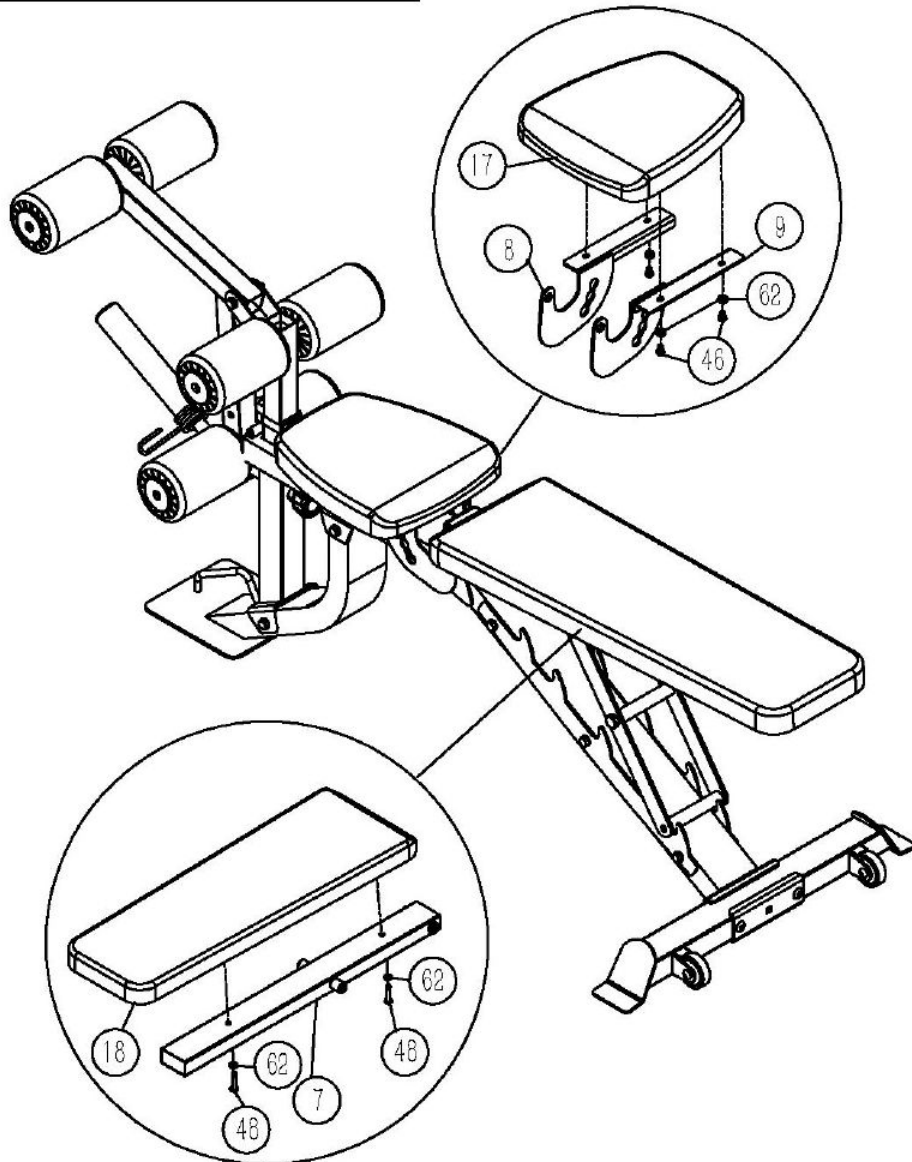
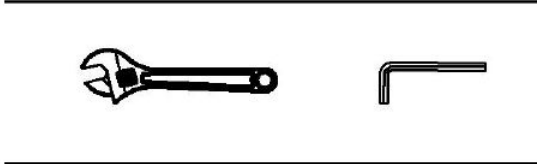
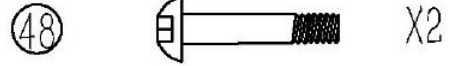
X2



STEP 7 (See Diagram 7)

A Attach the backrest pad(18#) onto the support(7#),Carefully align the holes and secure them with two pcs M8*50 Allen bolt(48#) and two pcs Ø8 washer(62#).

B Attach the seat pad (17#) onto the left & right connection frame(8#&9#),Secure them with four pcs M8*20Allen bolt(46#) and four pcs Ø18 washer(62#).



LIFETIME WARRANTY ON FRAME
2 YEAR WARRANTY ON MOVING PARTS (Such as cables and pulleys)

Force USA, the Trusted Name in Strength Equipment™ was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world. Offering one of the best warranties on the market for your peace of mind, each piece of Force USA strength equipment is hand crafted for quality and we use state-of-the-art production methods for our entire range. The Force USA range of strength equipment carries a Lifetime Structural Warranty along with 2 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 normal home use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, mis-application, 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 applicable. Force USA will not be liable for any consequential damages or for 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 parts on the Force USA product.

VorTex by Force USA is a commercial grade upholstery used for all Force USA equipment. We use a high grade commercial vinyl with rip-stop mesh backing which helps prevent rips and tears. Force USA, the Trusted Name in Strength Equipment™ was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world.

Please visit our website for full warranty information.



www.forcefitnessequipment.com