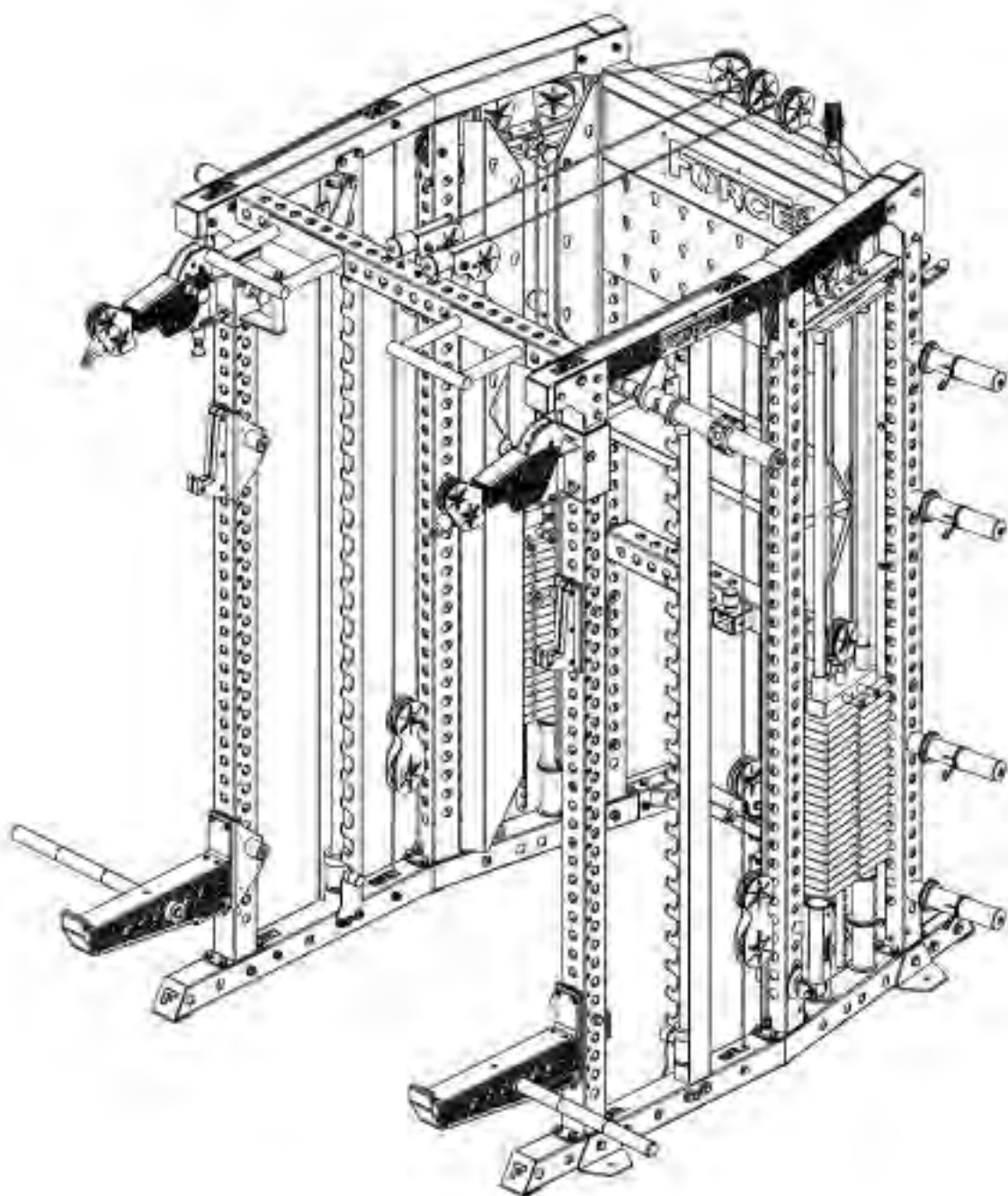


FORCE^{USA}



USER MANUAL | **F-C20**



THANK YOU FOR YOUR PURCHASE

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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:

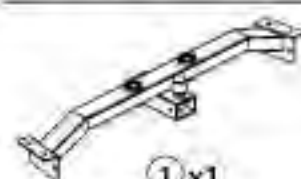
Daily Maintenance

- 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

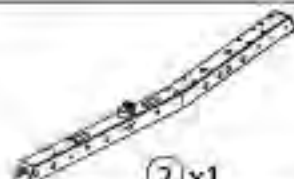
- Thoroughly clean the equipment using a non abrasive cloth dampened with a mild, all purpose cleaner ensuring to thoroughly wipe down and dry the equipment afterwards
- Apply a 100% silicone lubrication (preferably spray) to guide rods, pulley sliders, weight plate carriages and any other moving parts 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

PART LIST



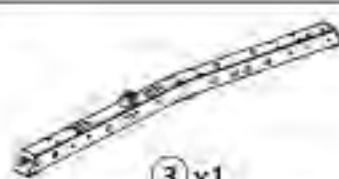
① x1

Rear Connection Frame



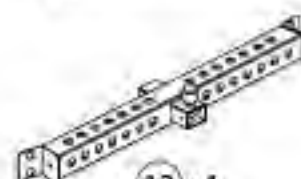
② x1

Base Frame - Right



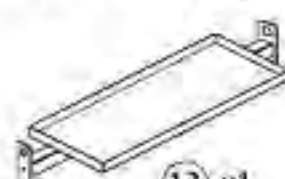
③ x1

Base Frame - Left



⑫ x1

Leg Press Connection Frame



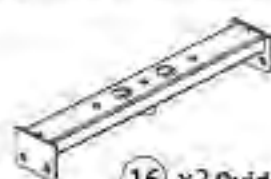
⑬ x1

Storage Shelf



⑭ x26

Shelf Bushing



⑯ x2 Guide Rod Top Frame



⑱ x1 Freestyle Trolley



⑳ x1 Freestyle Trolley



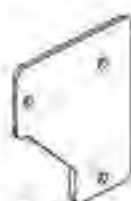
⑪ x1

Rear Left Upright



⑩ x1

Rear Right Upright



⑪ x2

Rear Support Bracket



⑫ x1

Rear Top Connecting Frame



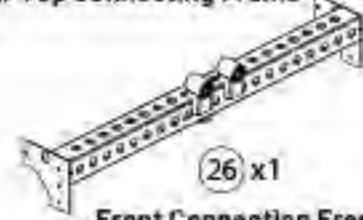
⑫ x1

Right Top Frame



⑮ x1

Left Top Frame



⑮ x1

Front Connection Frame



⑮ x4

Center Pulley Insert



⑮ x4

Aluminium Cover



⑮ x2

Adjustable Pull Up Handle



⑮ x2

Front Top Support Bracket



⑮ x1

Middle Left Upright



⑮ x1

Middle Right Upright



⑮ x4

Knurled Nut



⑮ x8

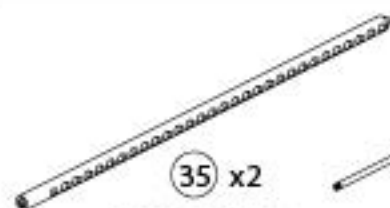
Weight Stack Spacer



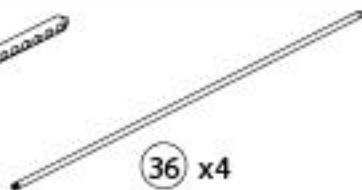
⑮ x2

Weight Stack Rubber Bumper

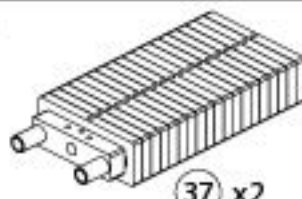
PART LIST



(35) x2
Selector Rod



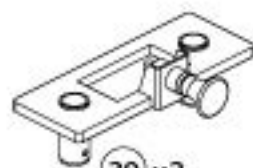
(36) x4
Guide Rod



(37) x2
200 lb / 90kg Weight Stack



(38) x2
Pulley Frame



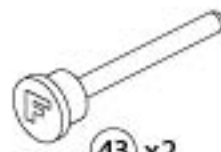
(39) x2
2KG Incremental
Weight Plate



(41) x8
Weight Stack Band Peg Hook



(42) x2
Selector Rod
Connecting Pin



(43) x2
Weight Stack Selector Pin



(44) x2
Figure-8 Pulley Bracket



(46) x16
90mm Aluminium Pulley



(47) x2
Rear Pulley Frame



(48) x20
Pulley Bushing



(49) x2
Upper Main Frame Cable



(50) x2
Lower Main Frame Cable



(51) x4
75mm Aluminium Pulley



(52) x2
Low Row Cable



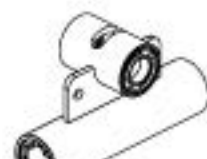
(53) x2
Smith Bar Guide Rod
Bottom Insert



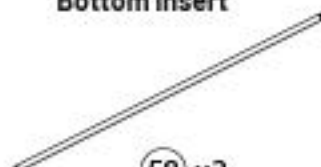
(55) x2
Smith Bar Rubber Bumper



(56) x2
Smith Bar Top Locking Sleeve



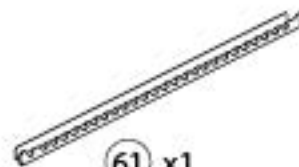
(57) x2
Smith Bar Sliding Frame



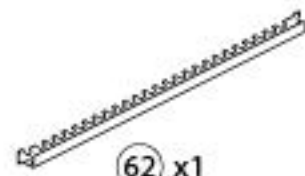
(58) x2
Smith Bar Guide Rod



(59) x2
Smith Bar Safety Hook



(61) x1
Smith Bar Hook Plate - Right



(62) x1
Smith Bar Hook Plate - Left



(63) x2
Smith Barbell Sleeve



(64) x2
Smith Barbell Sleeve Spacer

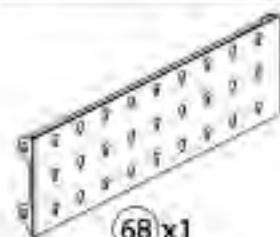


(66) x2
Magnetic Olympic Lock Collar



(67) x1
Force USA Name Plate

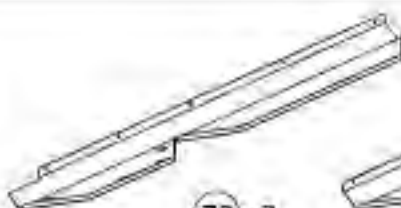
PART LIST



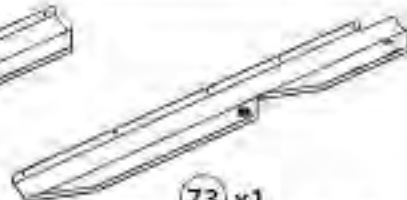
68 x1
Pegboard



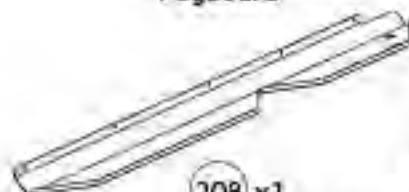
69 x12
Peg



72 x2
Right Rear / Front
Left Weight Stack
Cover



73 x1
Front Right Weight
Stack Cover



208 x1
Left Rear Weight
Stack Cover



74 x8
Weight Plate Storage



75 x8
Spring Collar



76 x1
Barbell Hanger



77 x1
Magnetic Landmine



78 x1
Landmine Magnet



79 x1
Low Row Footplate



80 x4
L-Shape Floor
Bracket



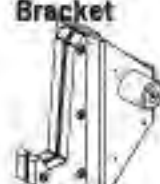
84 x1
Spotter Arm Right



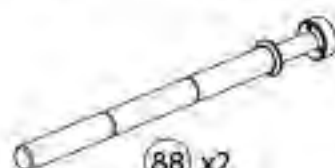
87 x1
Spotter Arm Left



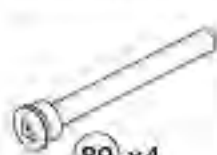
85 x1
J-Hook Right



86 x1
J-Hook Left



88 x2
Knurled Dip Bar



89 x4
Mag Pin



90 x1
Close Grip Triangle /
Landmine Handle



91 x1
Bodyweight Assisted
Strap



92 x2
Single Knurled Handle



93 x1
Dual Cable Connector



94 x1
Tricep Rope



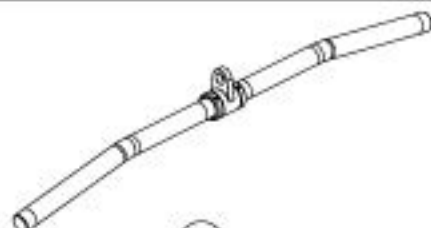
95 x4
Extension Chain

PART LIST



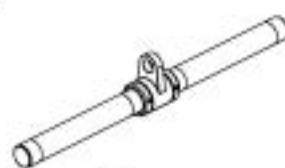
96 x2

Ankle Cuff



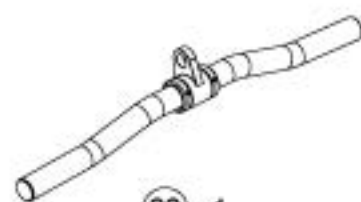
97 x1

Revolving Lat Pull Down Bar



98 x1

Revolving
Short Straight
Bar



99 x1

Revolving Short EZ Curl Bar



19 x2

Front Upright



101 x1

Smith Bar



211 x2

Spacer Sleeve



212 x8

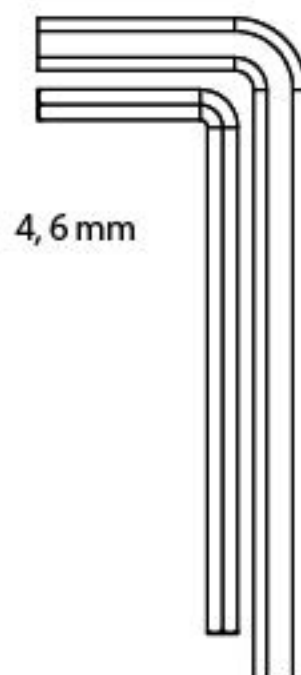
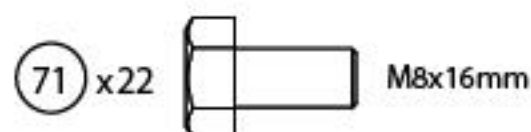
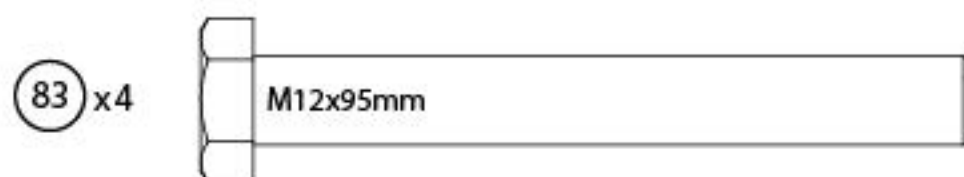
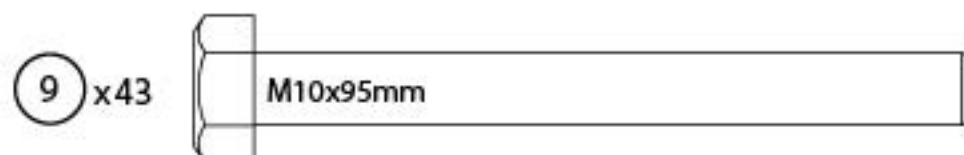
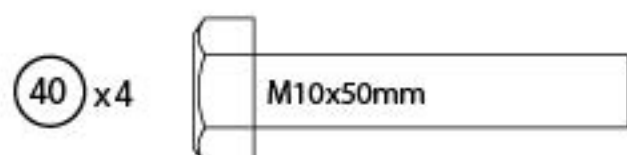
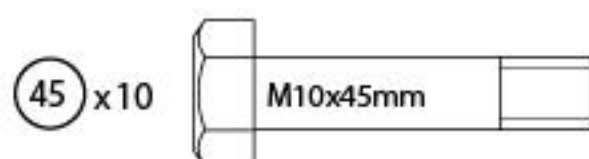
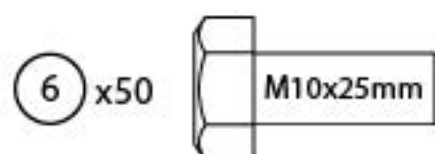
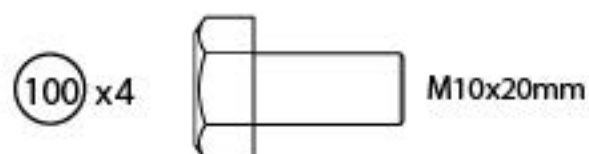
Black Carabiner



213 x1

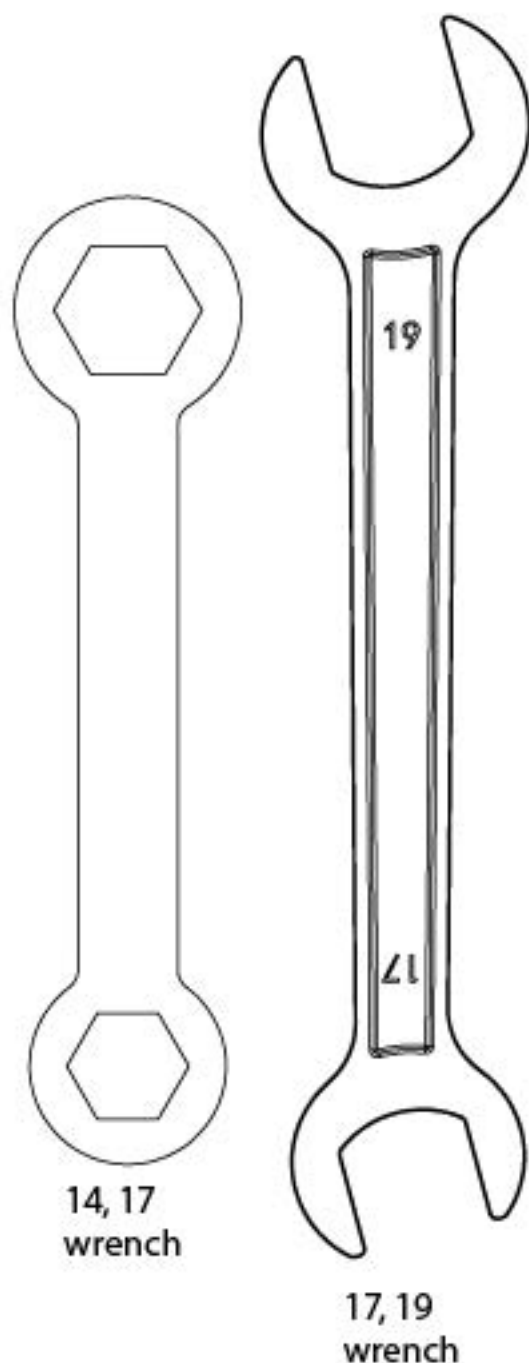
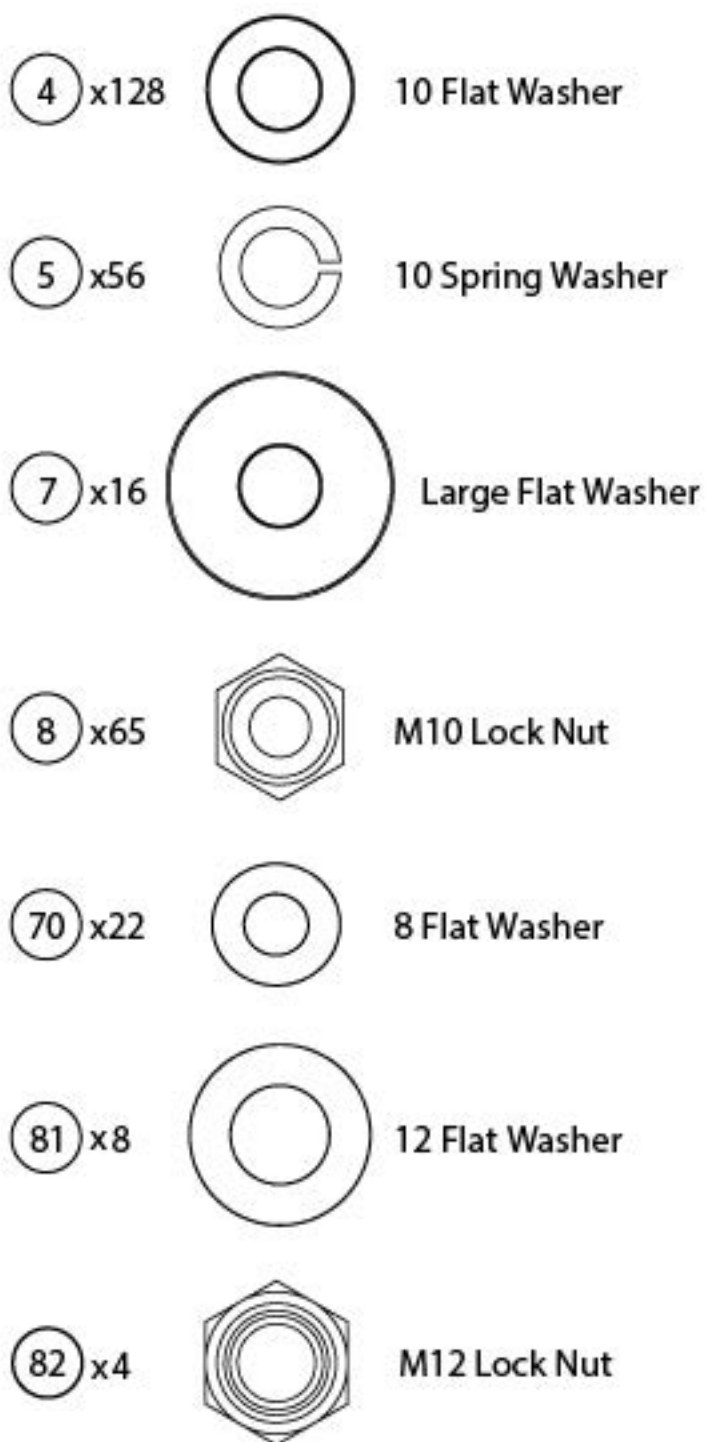
Foam Pad

HARDWARE IDENTIFIER



Note: parts may not be to scale

HARDWARE IDENTIFIER

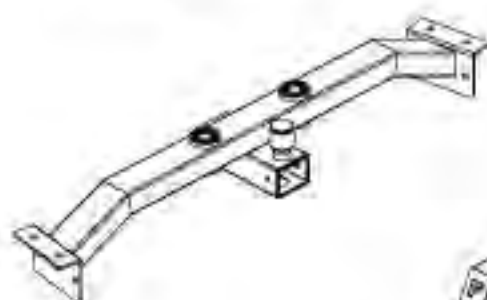


Note: parts may not be to scale

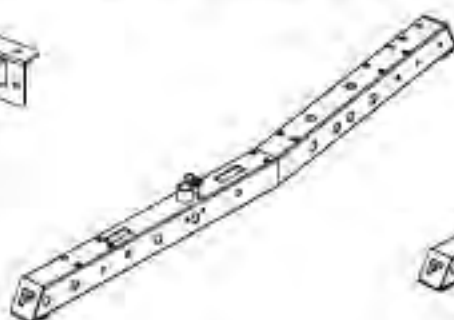
STEP1-PARTS & HARDWARE

Throughout this manual RIGHT and LEFT is defined as if you are standing in front of and facing the equipment.

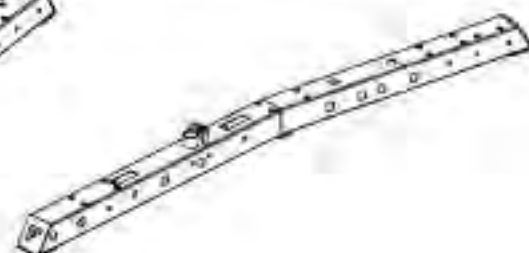
① x1 Rear Connection Frame



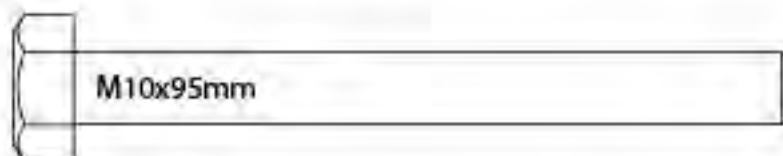
② x1 Base Frame - Right



③ x1 Base Frame - Left

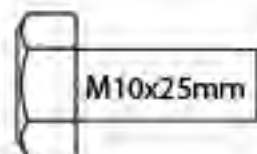


⑨ x4



M10x95mm

⑥ x4



M10x25mm

⑤ x4



10 Spring Washer

⑧ x4



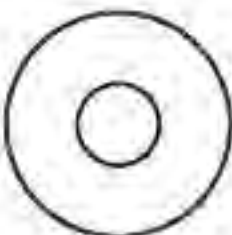
M10 Lock Nut

④ x8



10 Flat Washer

⑦ x4

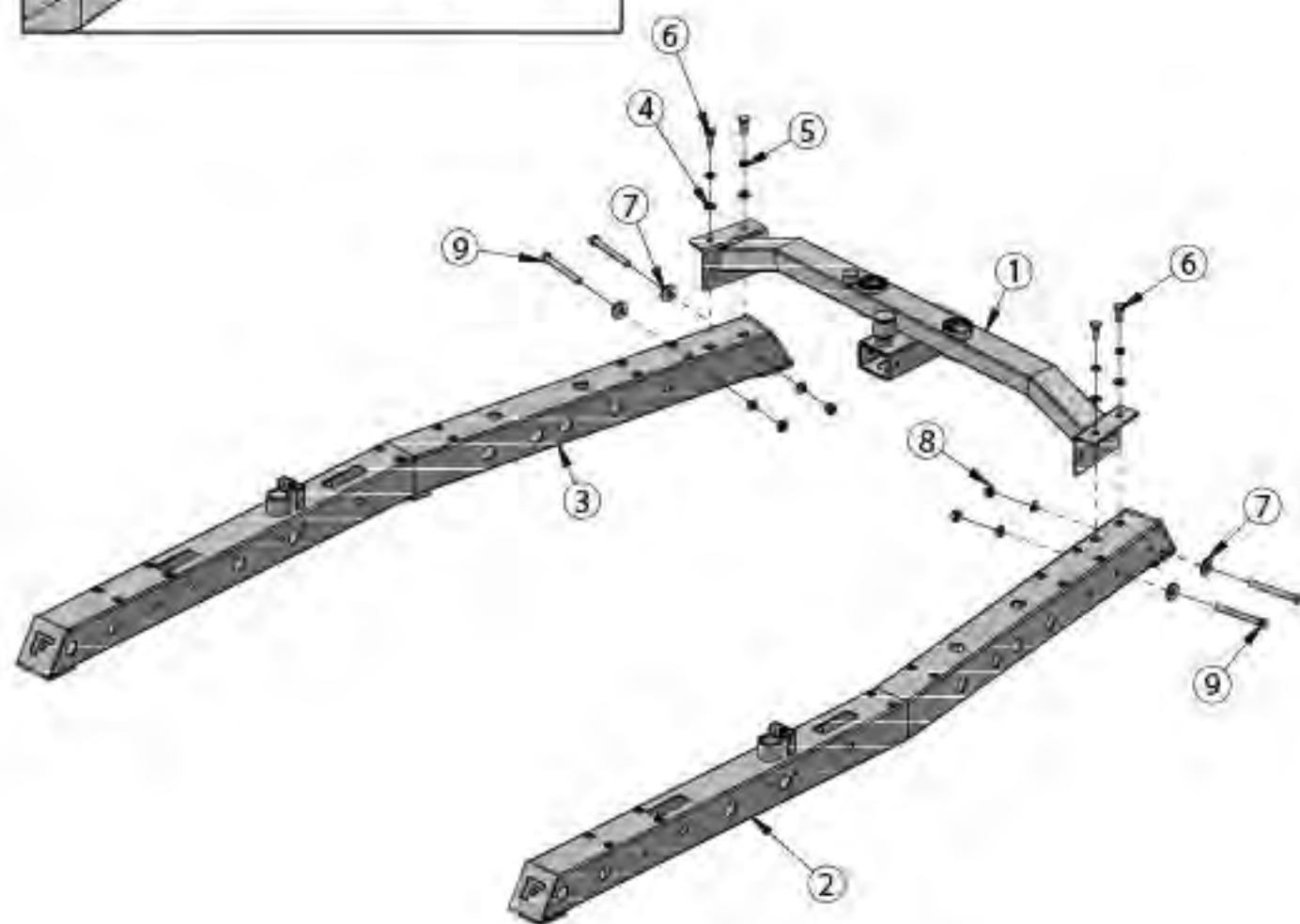
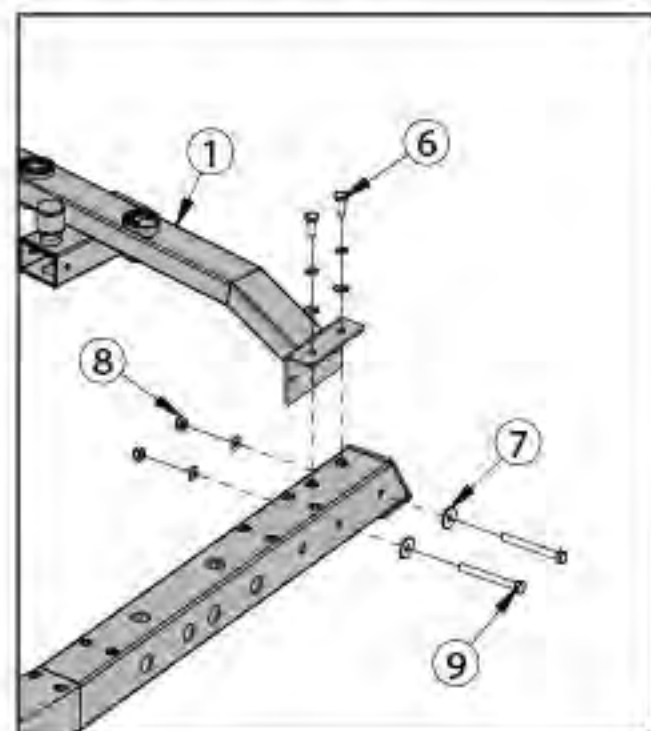


Large Flat Washer

STEP1-ASSEMBLY



Hand tighten this step's hardware

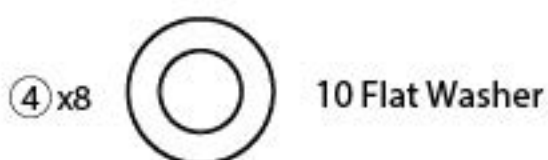
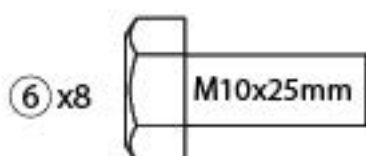


STEP2-PARTS & HARDWARE

⑪ x1 Rear Left Upright



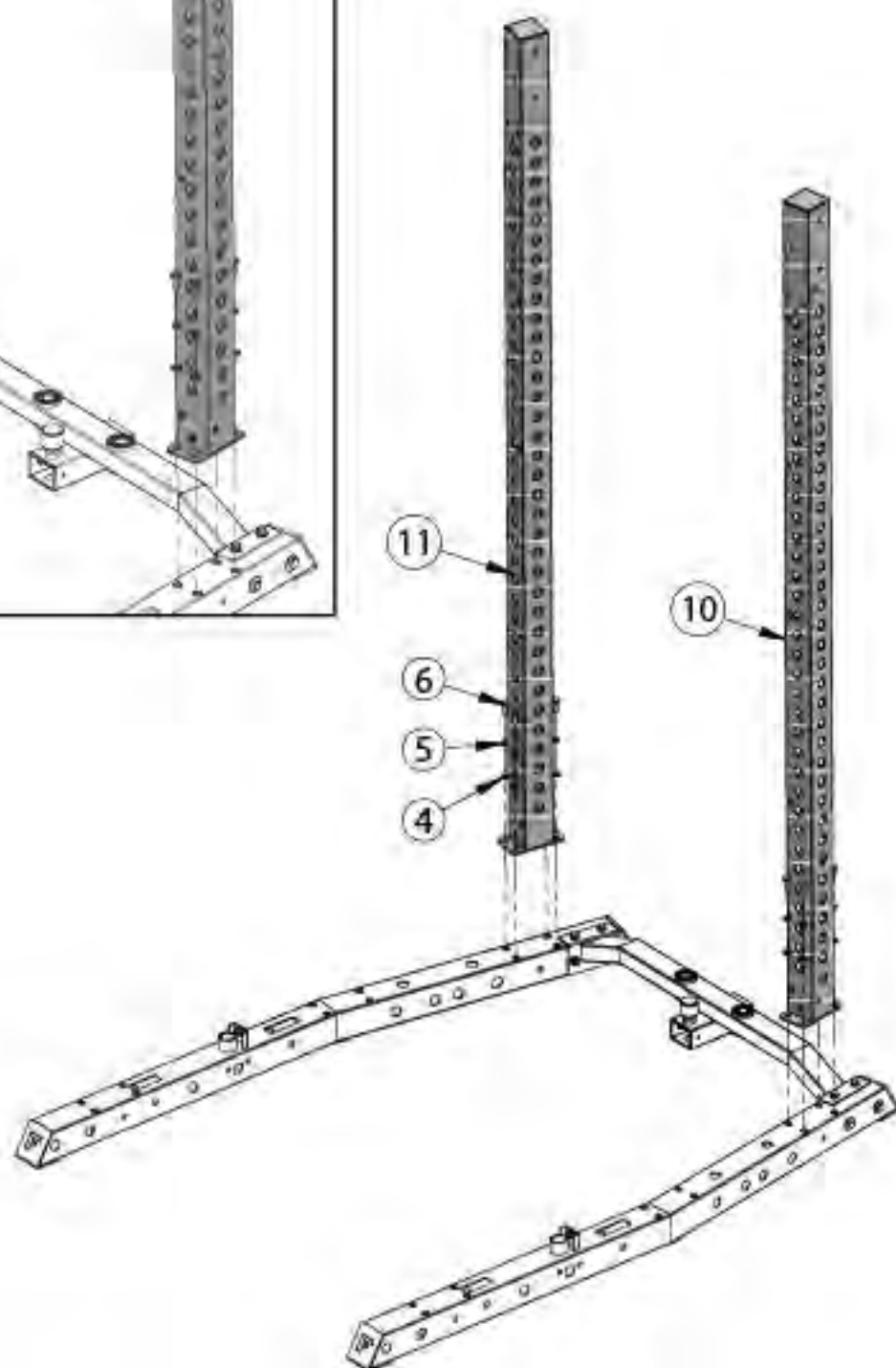
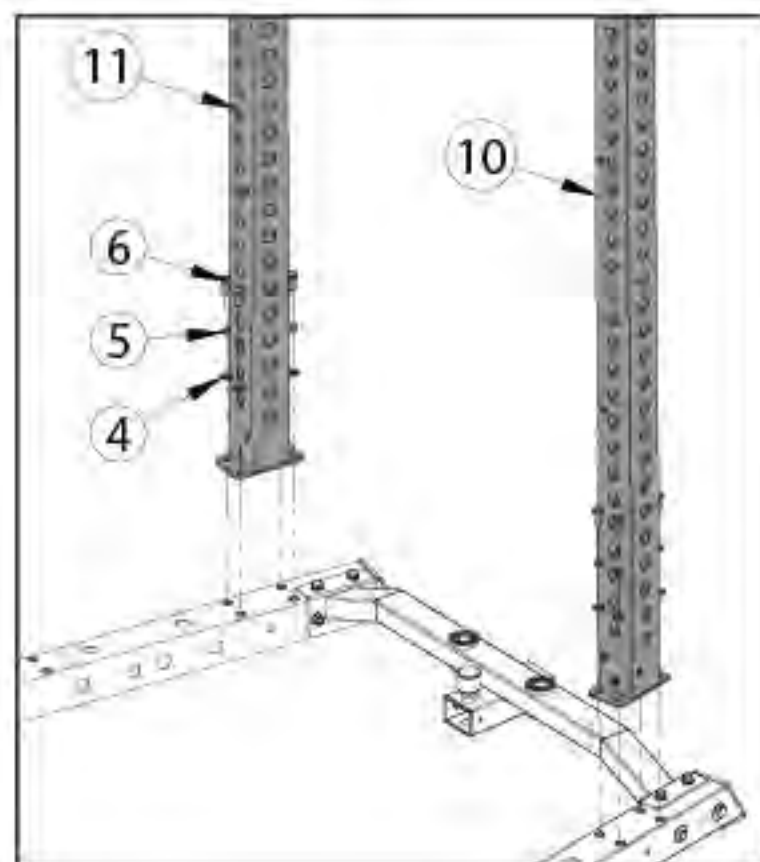
⑩ x1 Rear Right Upright



STEP2-ASSEMBLY

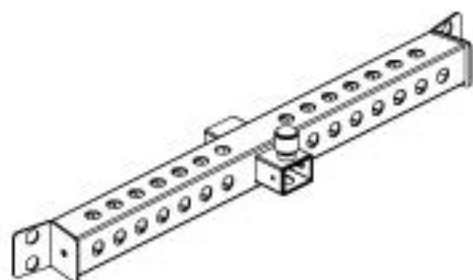


Hand tighten this step's hardware

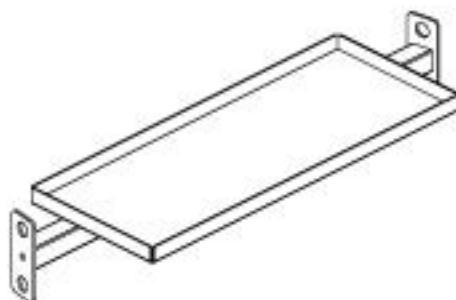


STEP3-PARTS & HARDWARE

⑫ x1 Leg Press Connection Frame



⑬ x1 Storage Shelf



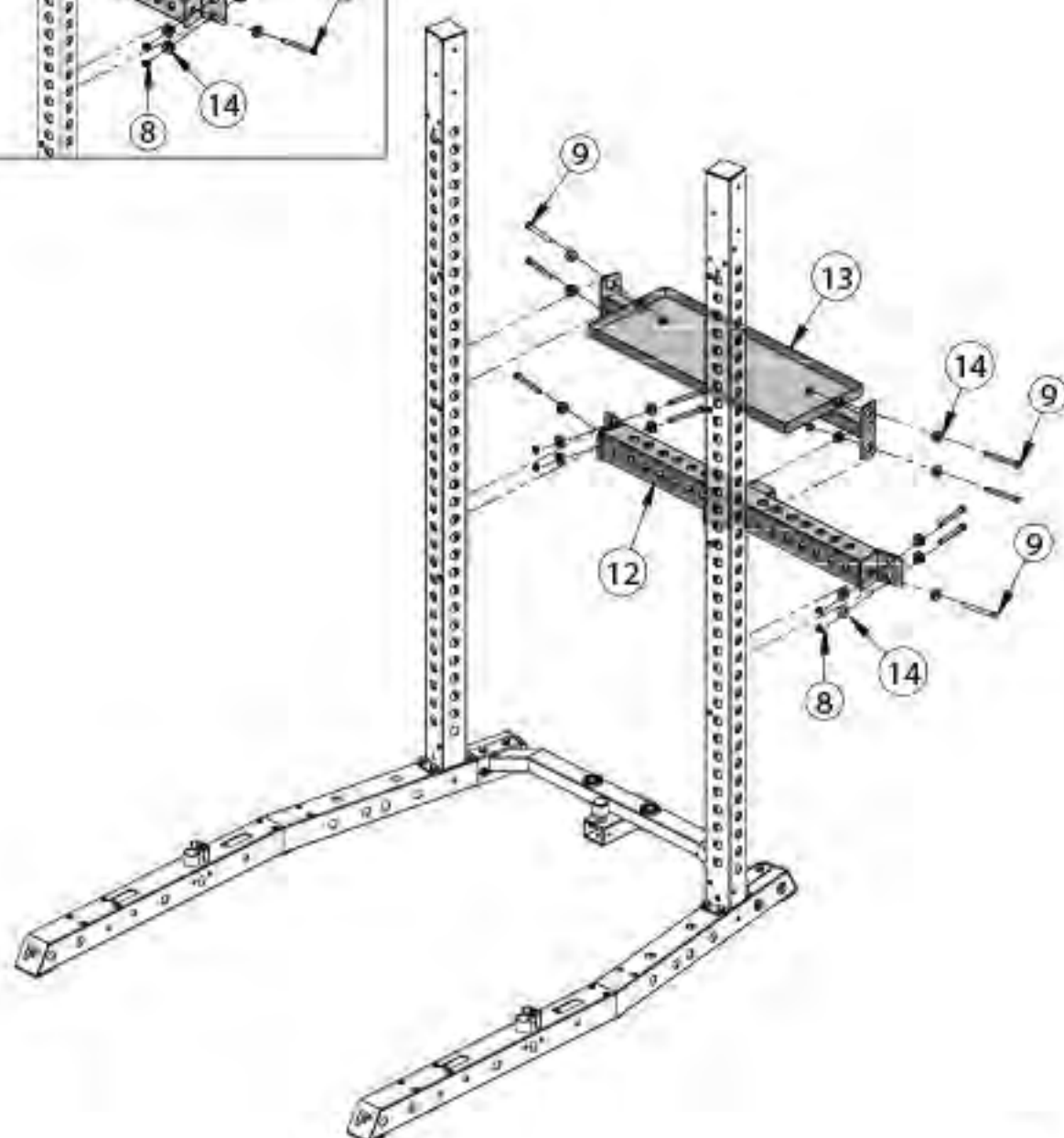
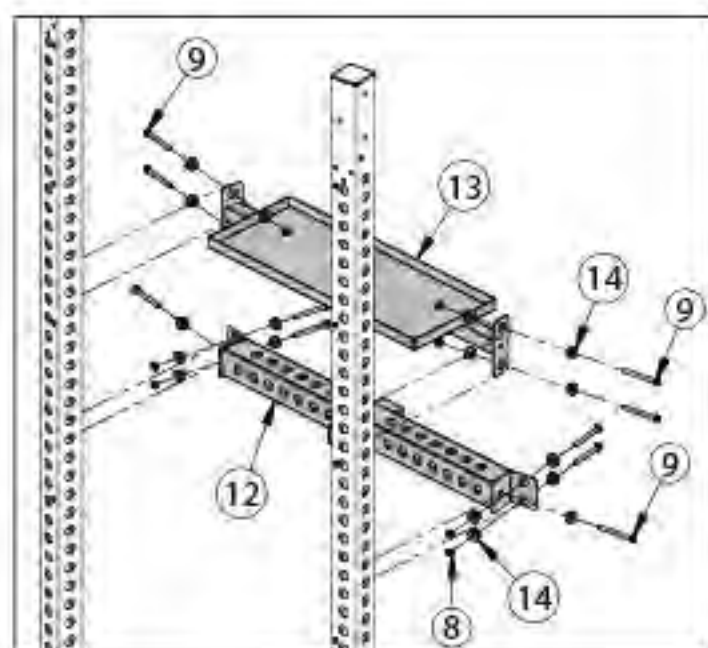
⑭ x18 Shelf Bushing



STEP3-ASSEMBLY

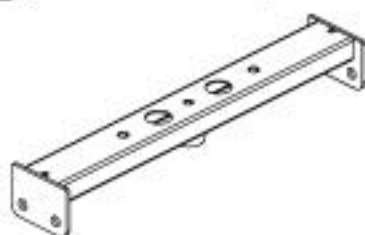


Hand tighten this step's hardware



STEP4-PARTS & HARDWARE

⑩ x2 Guide Rod Top Frame



⑪ x1 Middle Left Upright



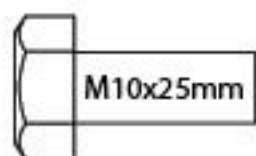
⑫ x1 Middle Right Upright



⑨ x8



⑥ x8



⑤ x8



10 Spring Washer

⑧ x8



M10 Lock Nut

④ x24

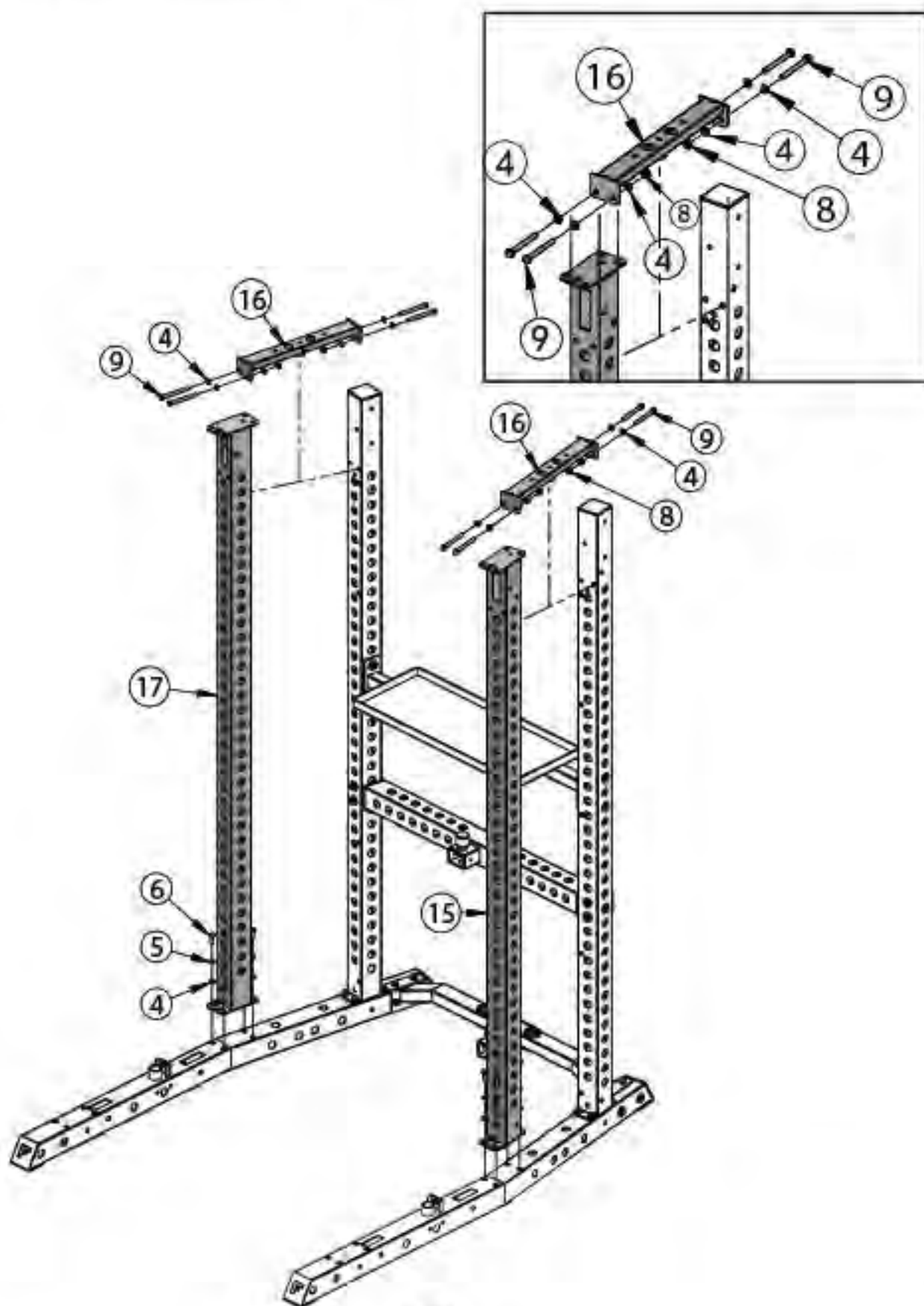


10 Flat Washer

STEP4-ASSEMBLY



Hand tighten this step's hardware

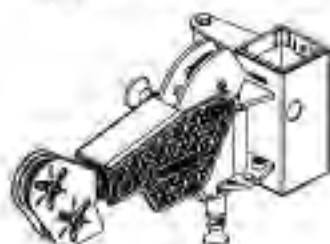


STEP5-PARTS & HARDWARE

19 x2 Front Upright



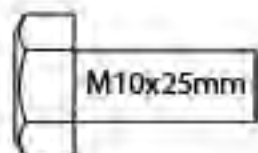
18 x1 Freestyle Trolley



20 x1 Freestyle Trolley



6 x8



M10x25mm

5 x8



10 Spring Washer

4 x8



10 Flat Washer

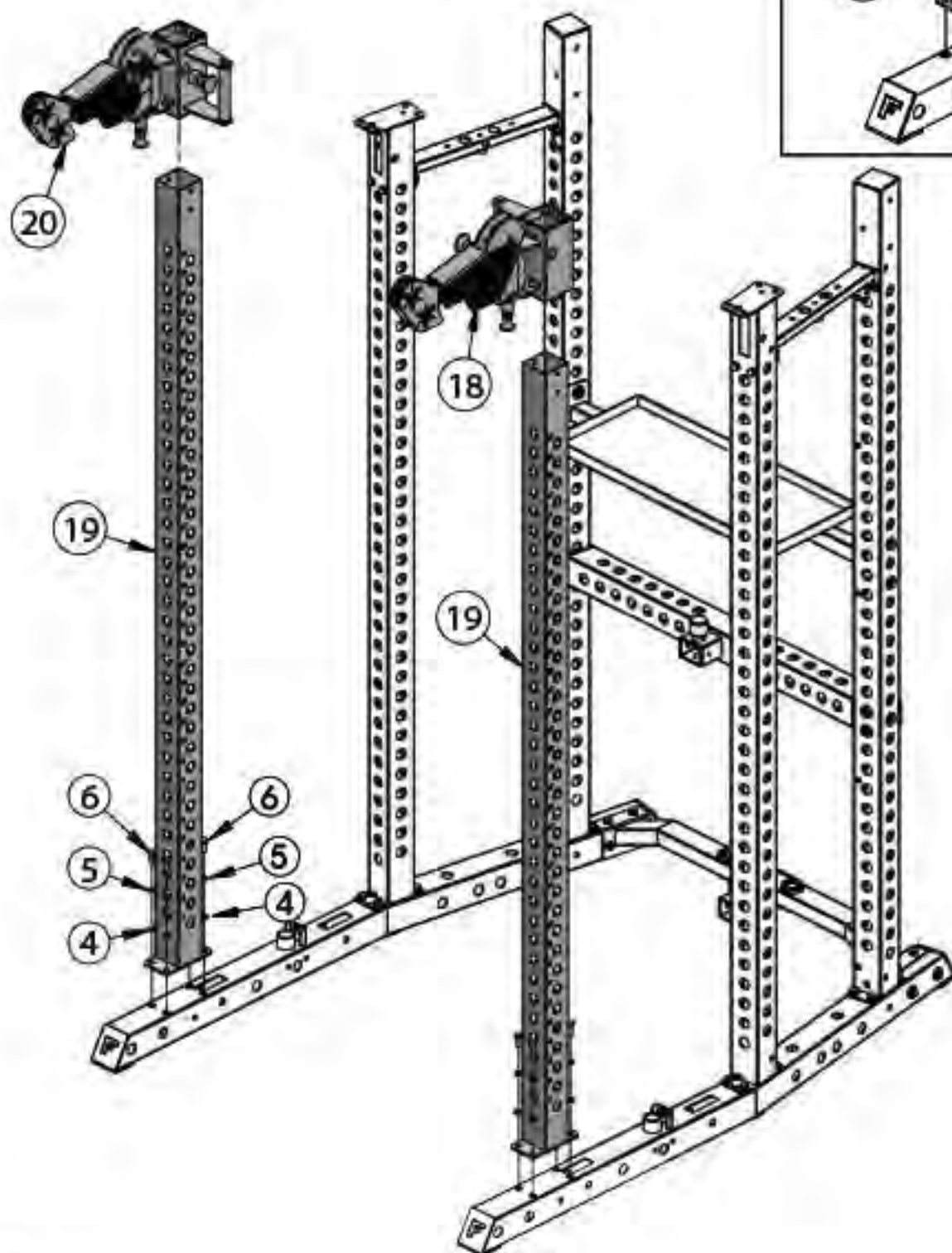
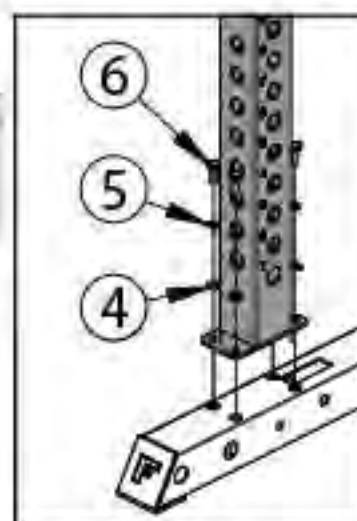
STEP5-ASSEMBLY



Hand tighten this step's hardware

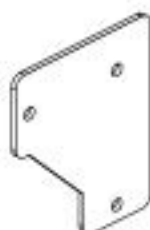


Note: The Freestyle Trolleys can be assembled with the handles positioned either on the inside or the outside, depending on your preference.

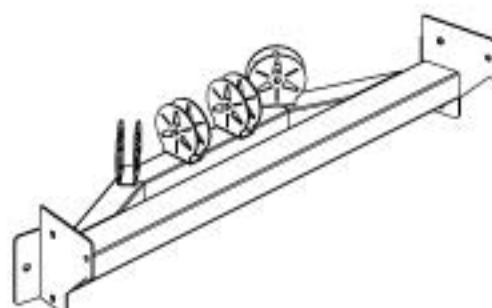


STEP6-PARTS & HARDWARE

②① x2 Rear Top Support Bracket



②② x1 Rear Top Connecting Frame



⑨ x2



M10x95mm

②③ x4



M10x100mm

⑧ x6



M10 Lock Nut

④ x12

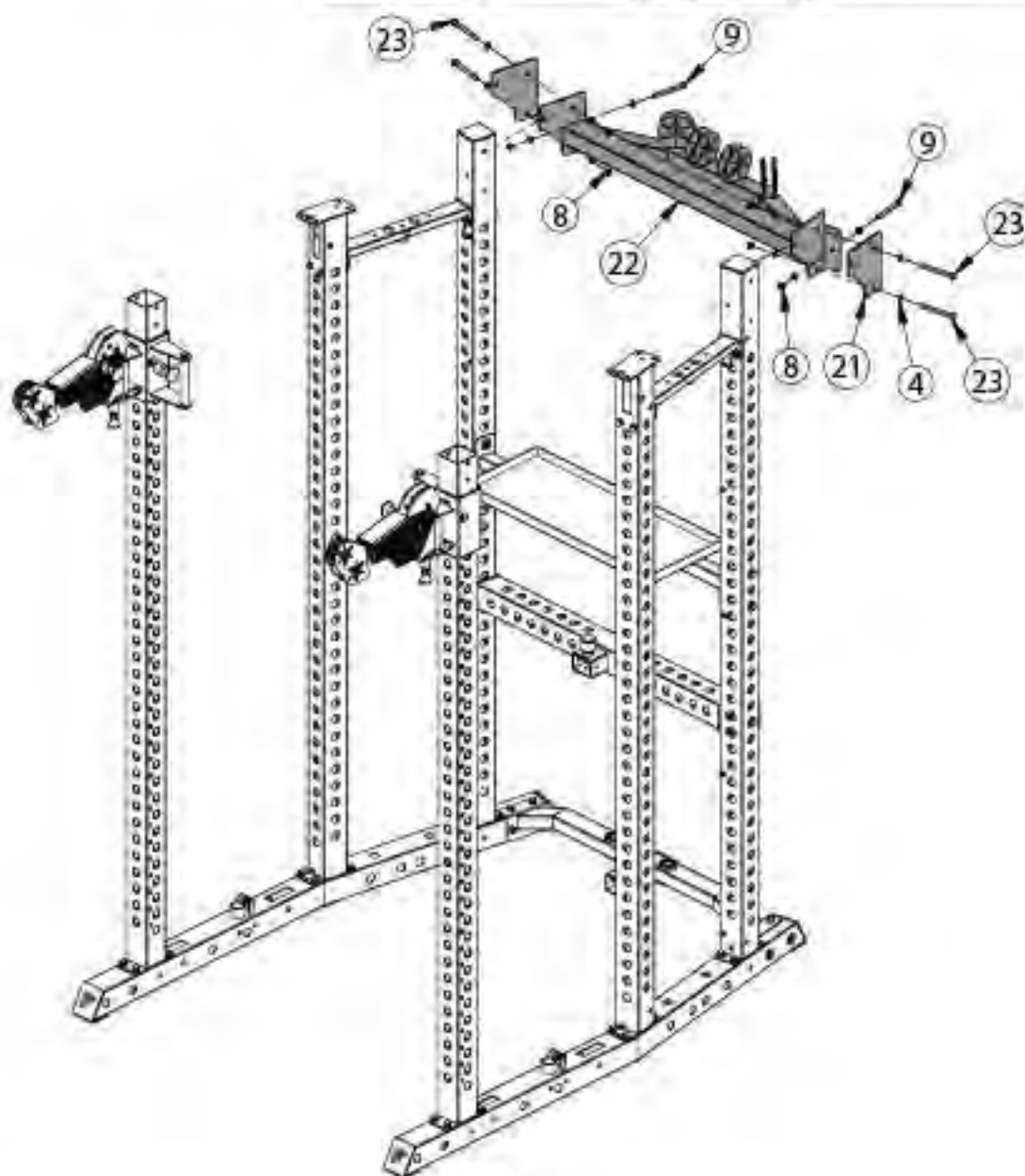
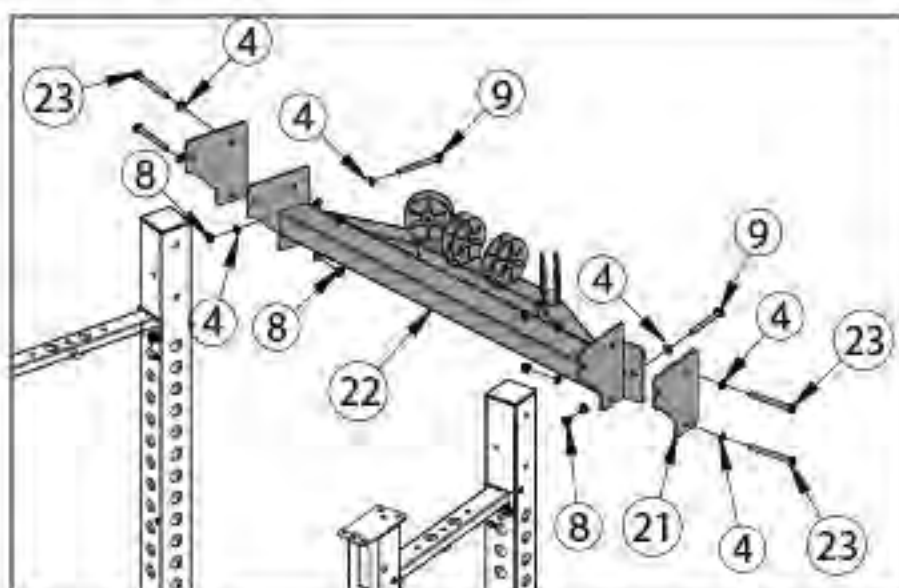
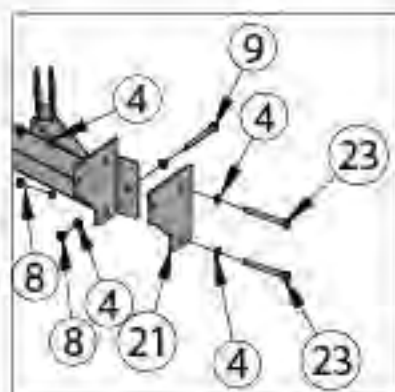


10 Flat Washer

STEP6-ASSEMBLY



Hand tighten this step's hardware



STEP7-PARTS & HARDWARE

②④ x1 Right Top Frame



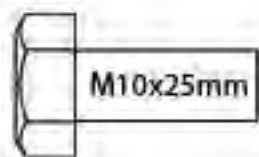
②⑤ x1 Left Top Frame



②③ x2



⑥ x8



⑤ x8



10 Spring Washer

⑧ x2



M10 Lock Nut

④ x12

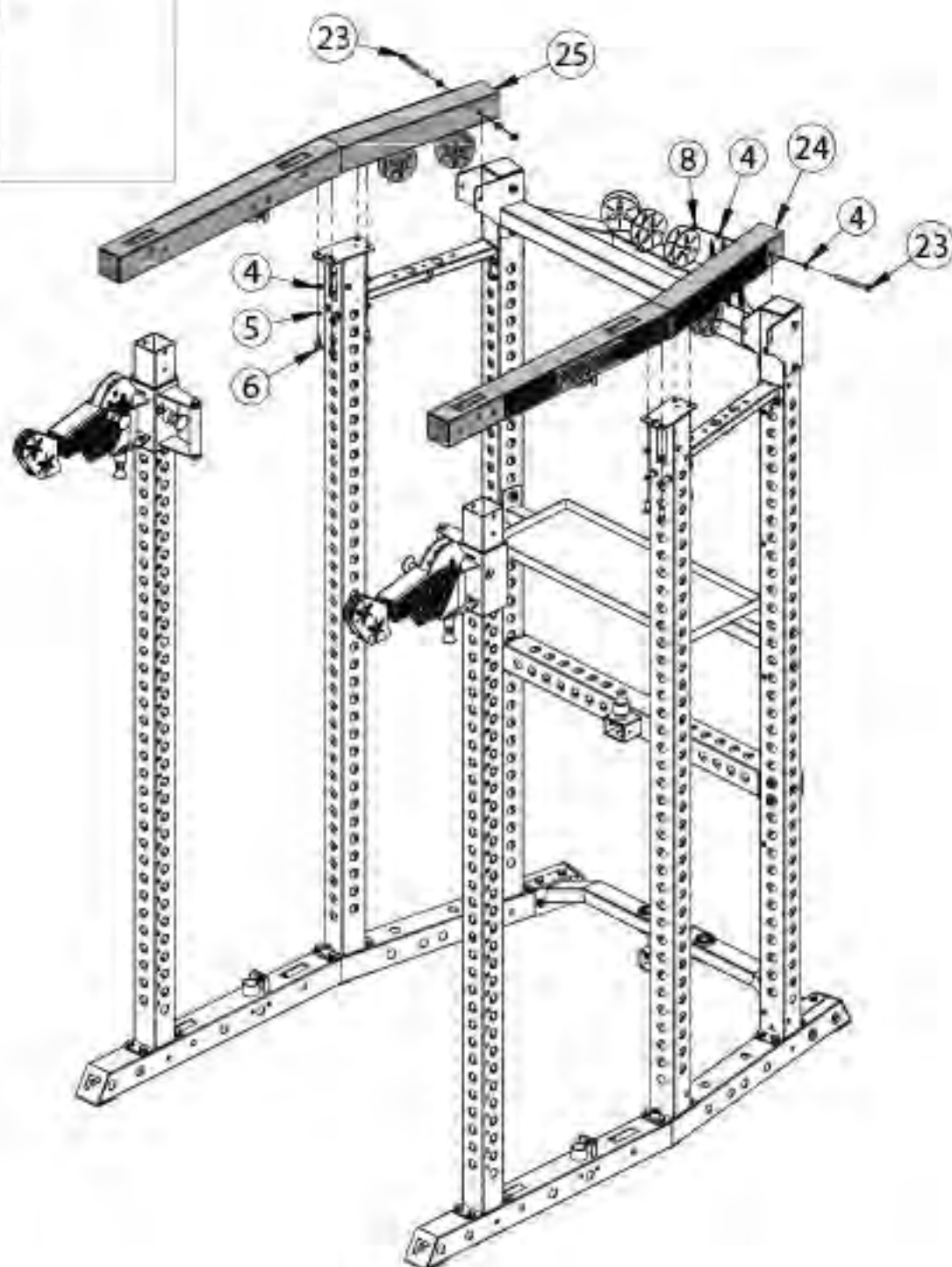
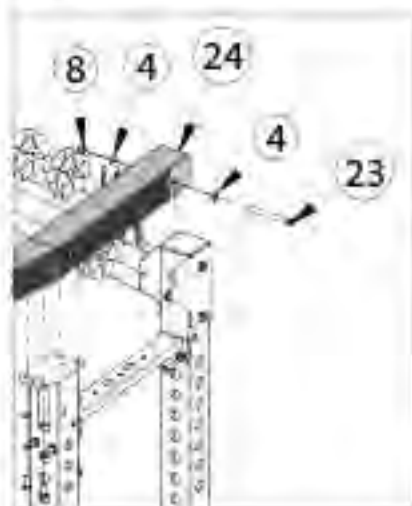


10 Flat Washer

STEP7-ASSEMBLY

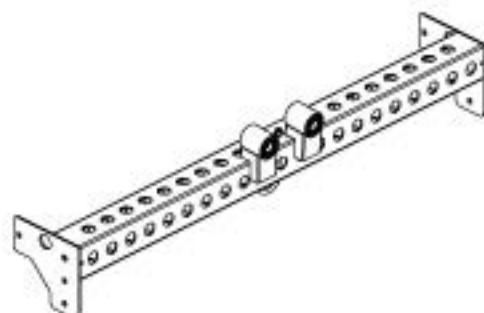


Hand tighten this step's hardware

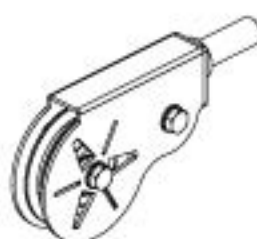


STEP8-PARTS & HARDWARE

②⑥ x1 Front Connection Frame



②⑦ x2 Center Pulley Insert



②⑧ x2 Aluminium Cover



③① x2 Adjustable Pull Up Handle



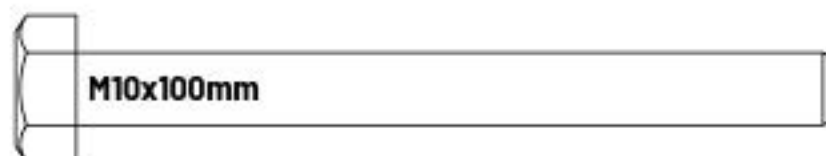
③② x2 Front Top Support Bracket



③③ x4 Knurled Nut



②③ x8



④ x14



10 Flat Washer

⑤ x2



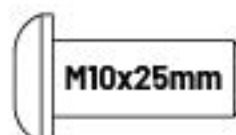
10 Spring Washer

⑧ x6



M10 Lock Nut

②⑨ x2

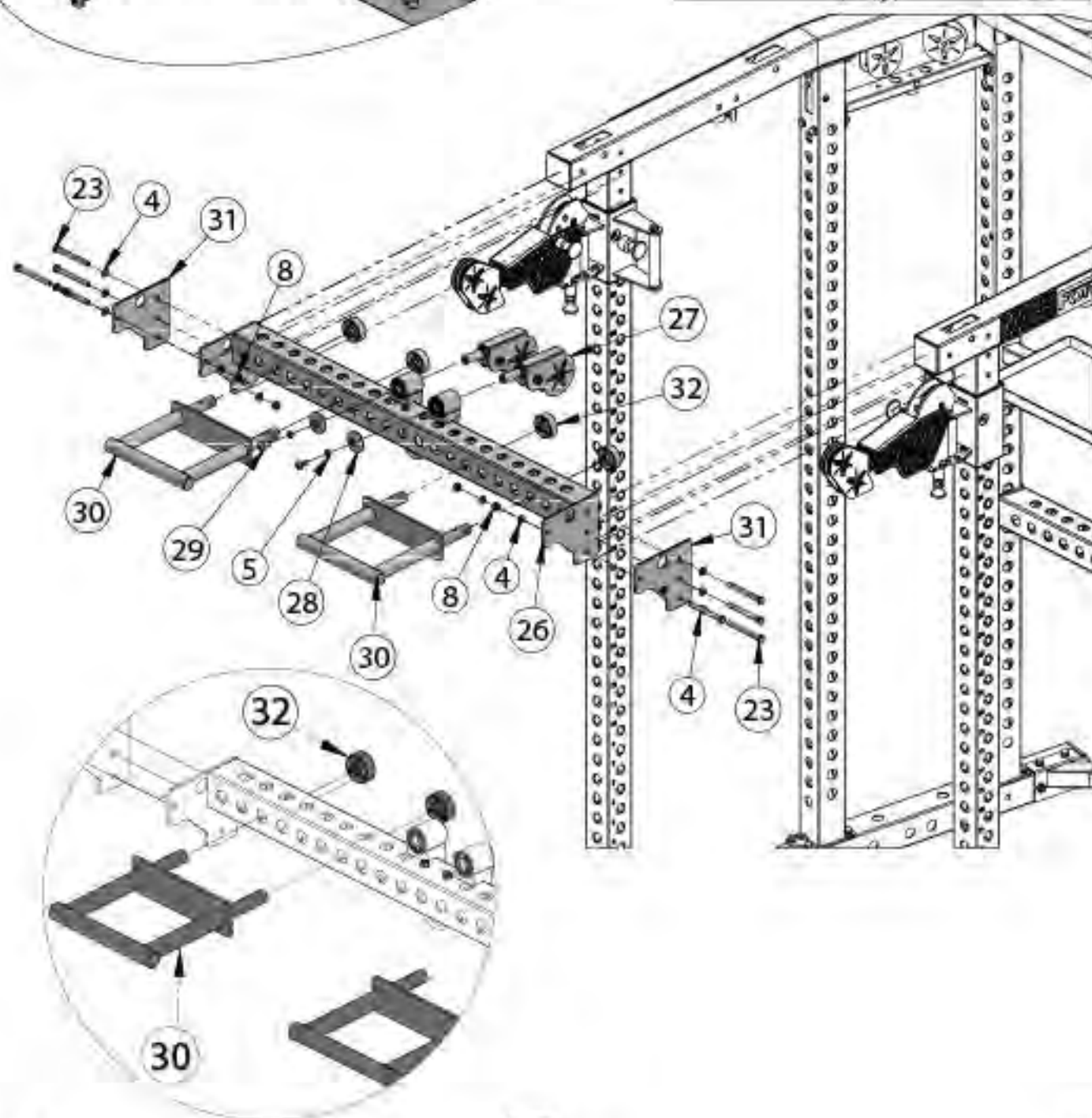
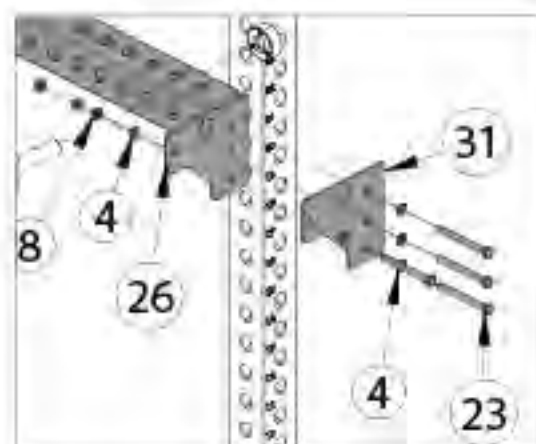
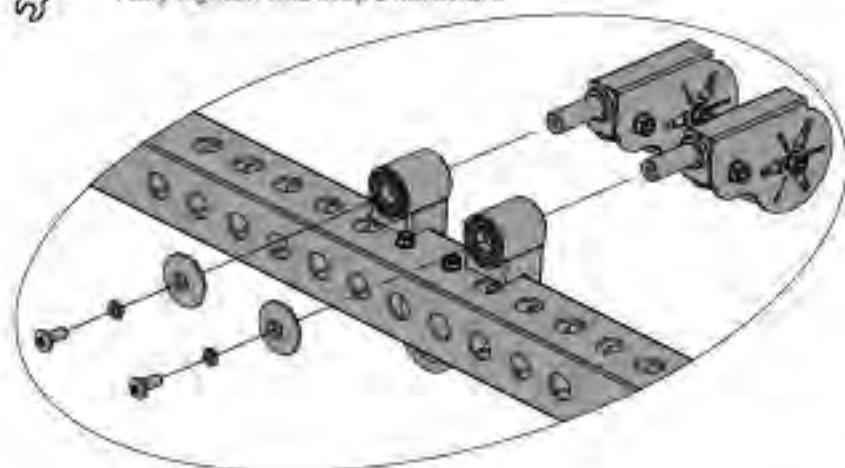


M10x25mm

STEP8-ASSEMBLY



Fully tighten this step's hardware



STEP9-PARTS & HARDWARE

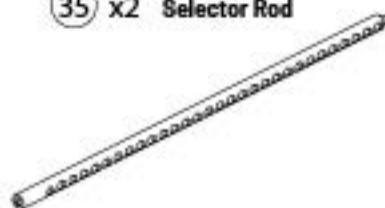
33 x8 Weight Stack Spacer



34 x2 Weight Stack Rubber Bumper



35 x2 Selector Rod



36 x4 Guide Rod



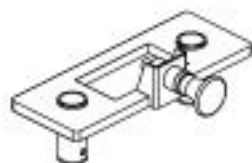
37 x2 200 lb Weight Stack



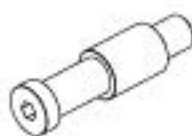
38 x2 Pulley Frame



39 x2 Incremental Weight Plate



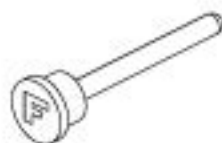
41 x8 Weight Stack Band Peg Hook



42 x2 Selector Rod Connecting Pin



43 x2 Weight Stack Selector Pin



4 x4 10 Flat Washer



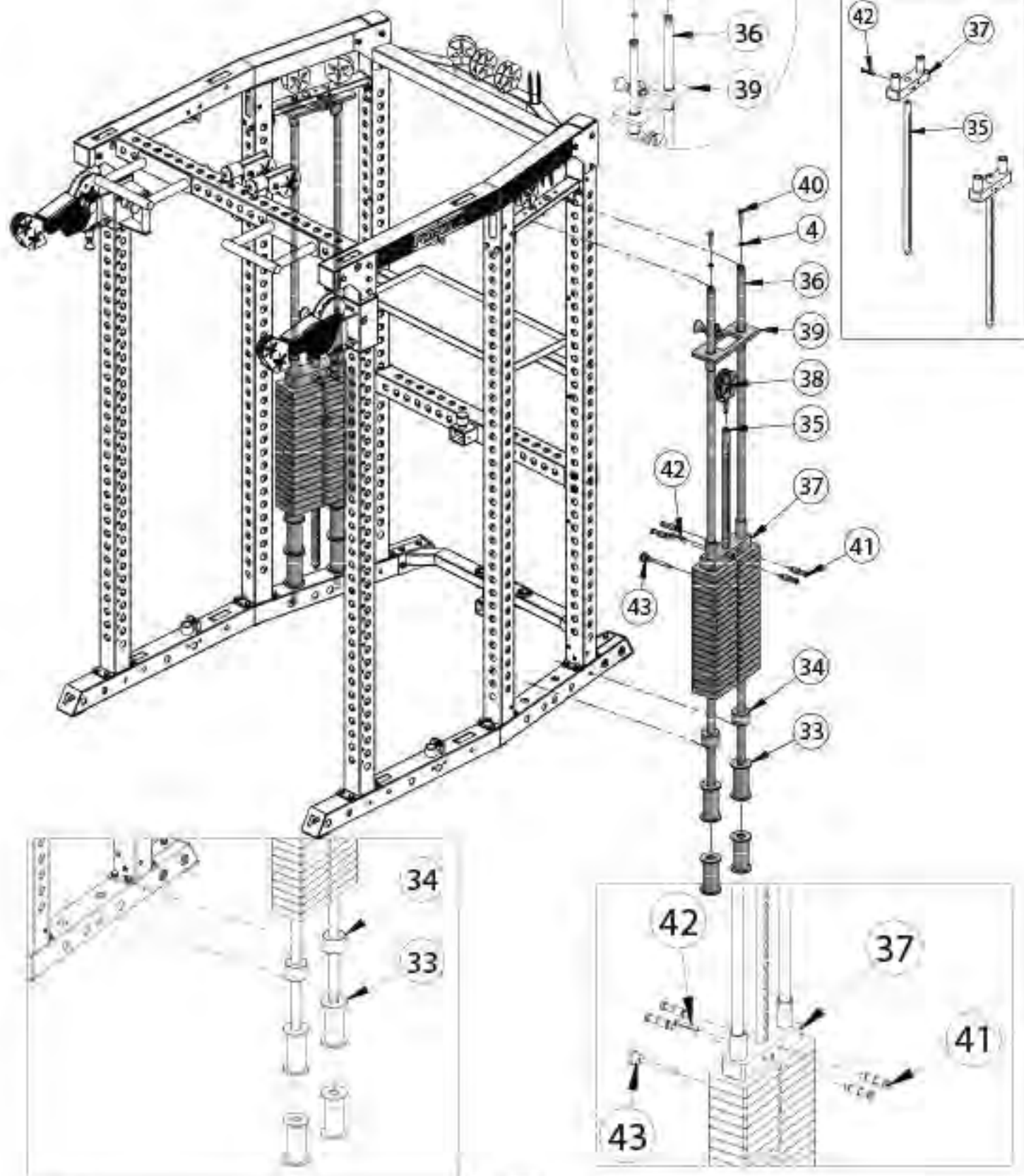
40 x4 M10x50mm



STEP9-ASSEMBLY



Fully tighten this step's hardware



STEP10-PARTS & HARDWARE

④④ x2 Figure-8 Pulley Bracket



④⑥ x16 90mm Aluminium Pulley



④⑦ x2 Rear Pulley Bracket



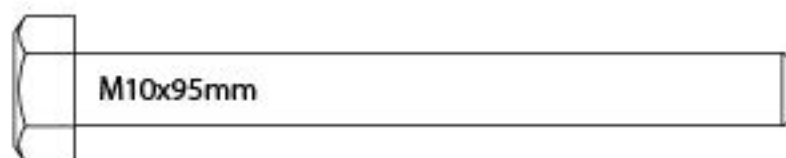
④⑧ x12 Pulley Bushing



④⑨ x2 Upper Main Frame Cable



⑨ x6



④⑤ x10



⑧ x16



M10 Lock Nut

④ x20

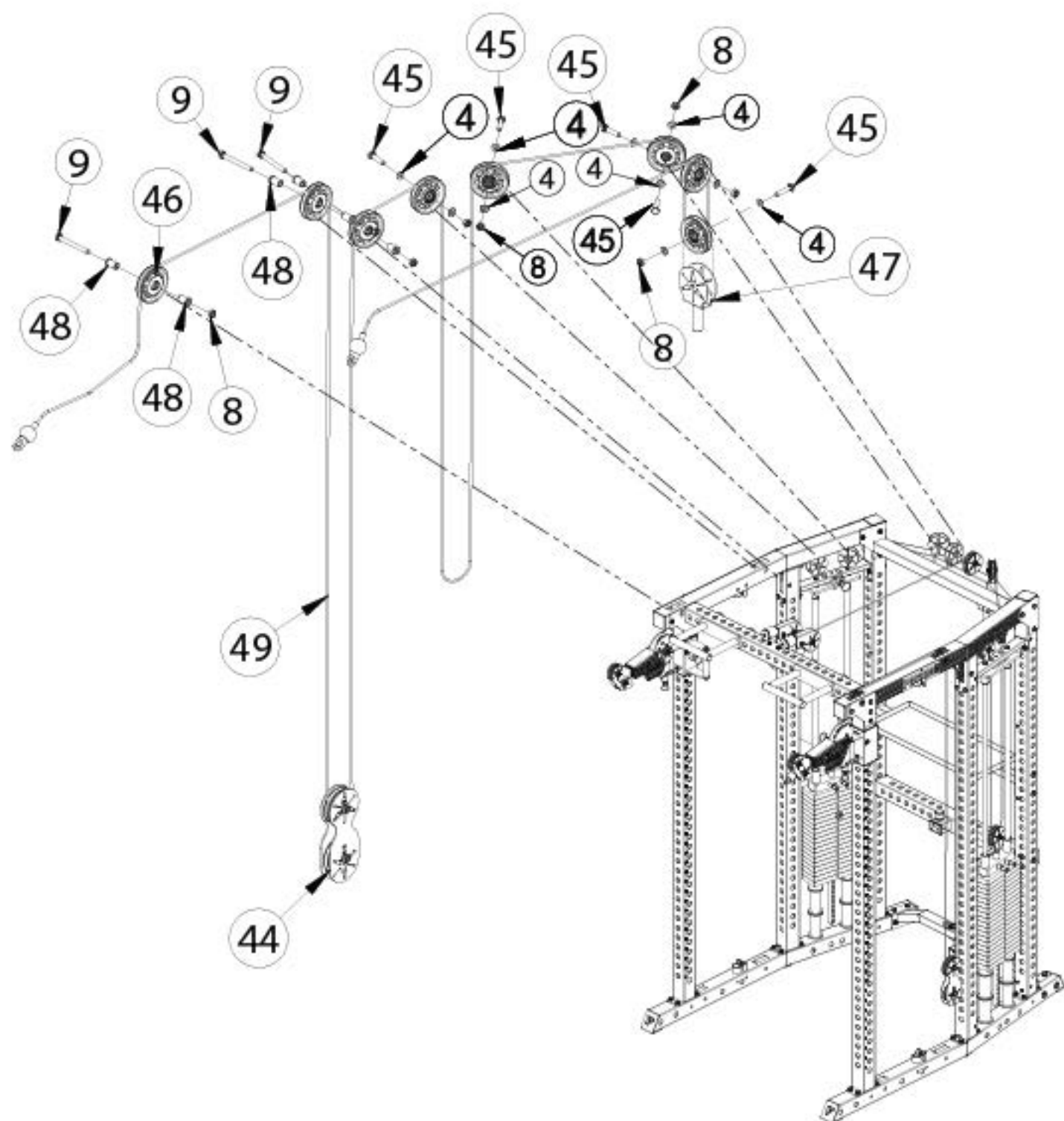


10 Flat Washer

STEP10-ASSEMBLY



Fully tighten this step's hardware



STEP11-PARTS & HARDWARE

④⑧ x8 Pulley Bushing



⑤⑩ x2 Lower Main Frame Cable



⑤① x4 ϕ 75mm Aluminium Pulley

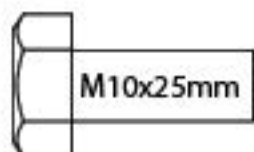


⑨ x4



M10x95mm

⑥ x2



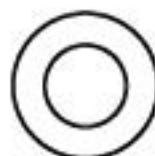
M10x25mm

⑧ x6



M10 Lock Nut

④ x4

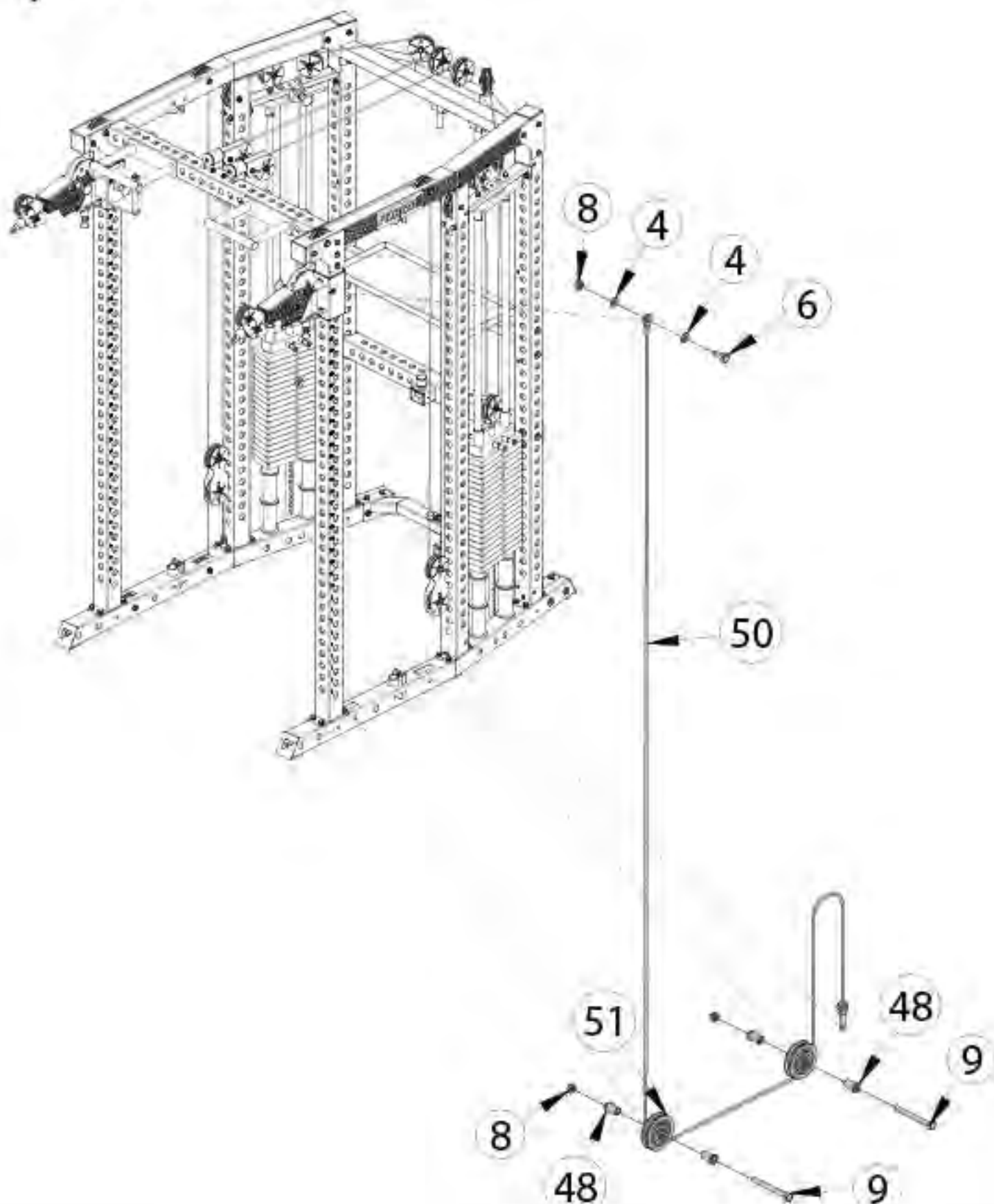


10 Flat Washer

STEP 11-ASSEMBLY



Fully tighten this step's hardware



STEP12-PARTS & HARDWARE

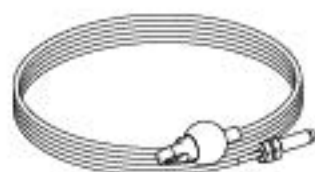
27 x2 Center Pulley Insert



28 x2 Aluminium Cover



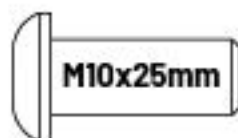
52 x2 Low Row Cable



5 x2 10 Spring Washer



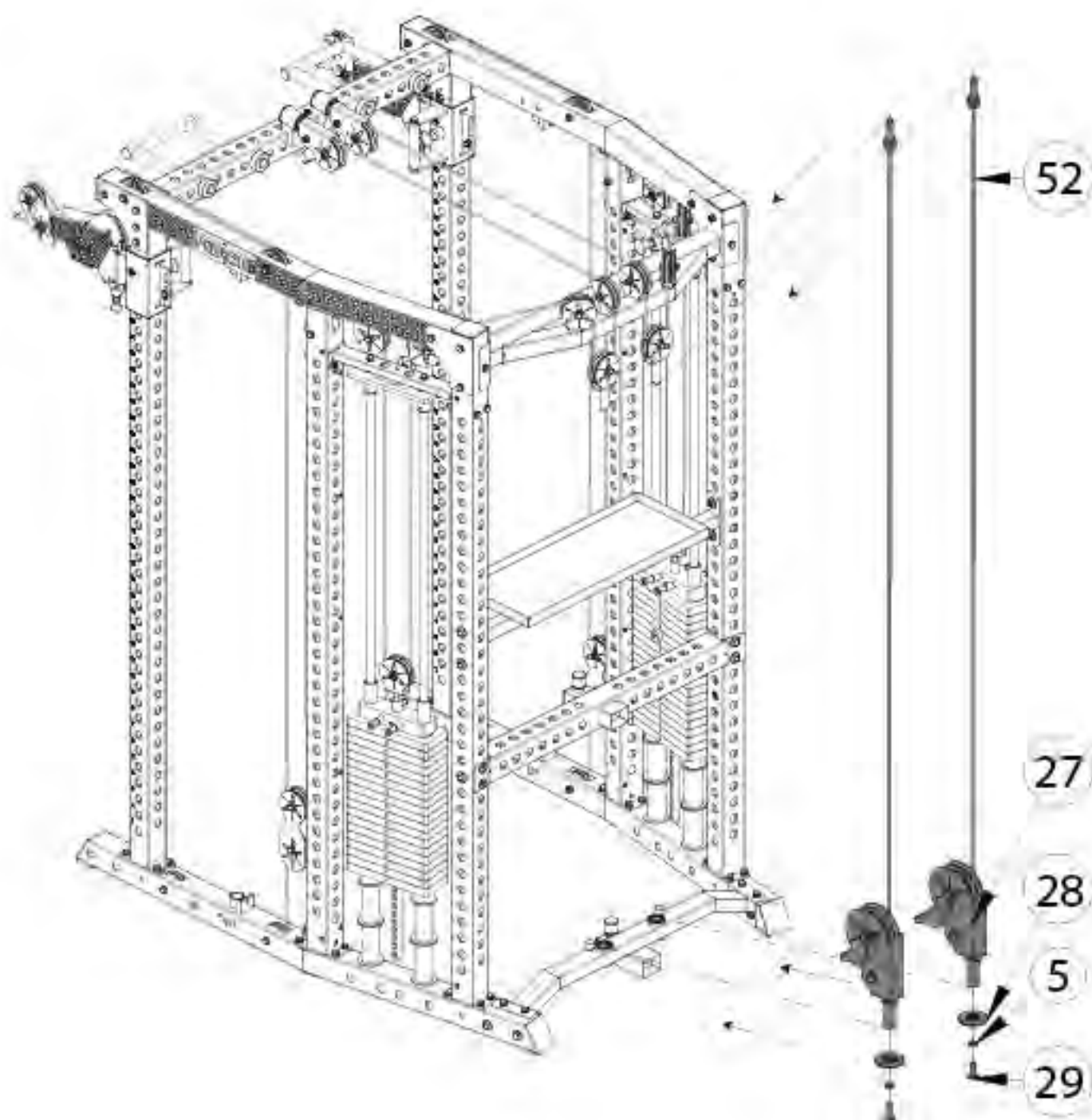
29 x2 M10x25mm



STEP12-ASSEMBLY



Fully Tighten this step's hardware



STEP13-PARTS & HARDWARE

53 x1 Smith Bar Guide Rod Bottom Insert



55 x1 Smith Bar Rubber Bumper



56 x1 Smith Bar Top Locking Sleeve



57 x1 Smith Bar Sliding Frame



58 x1 Smith Bar Guide Rod



59 x1 Smith Bar Safety Hook

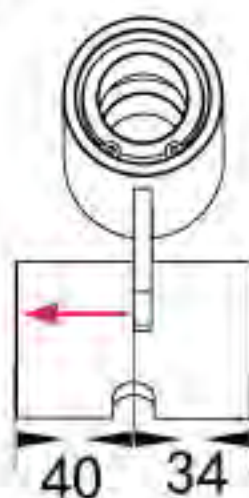
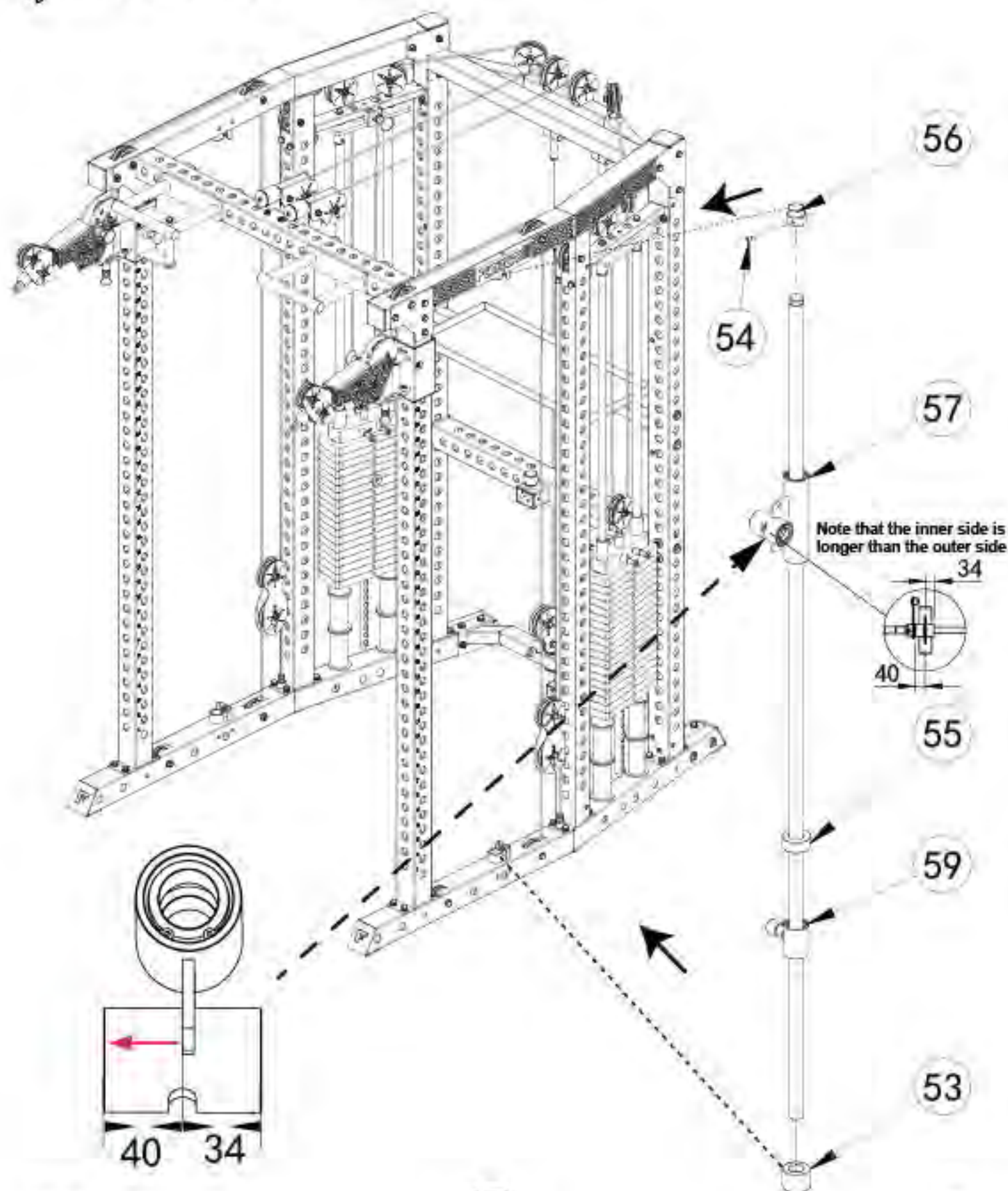


54 x1  M8x10mm

STEP13-ASSEMBLY

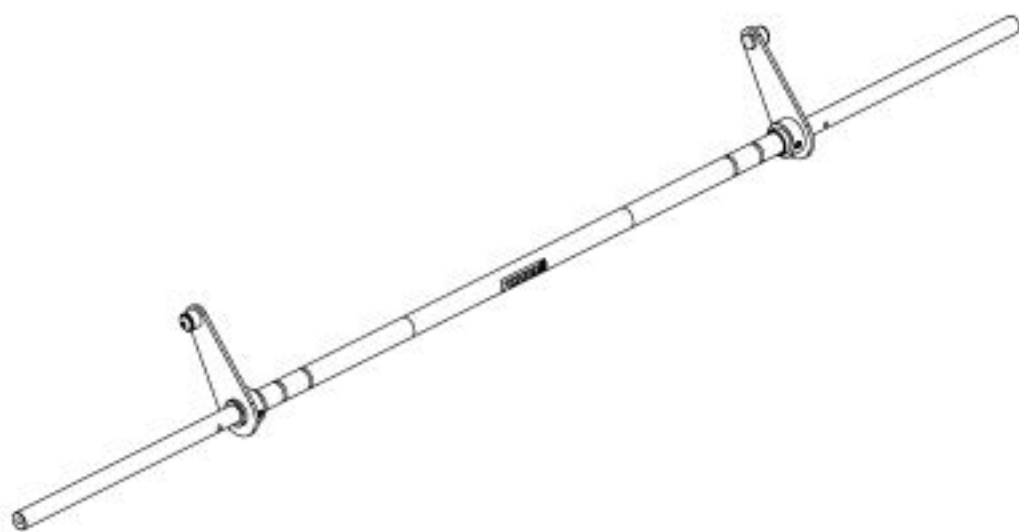


Fully tighten this step's hardware



STEP14-PARTS & HARDWARE

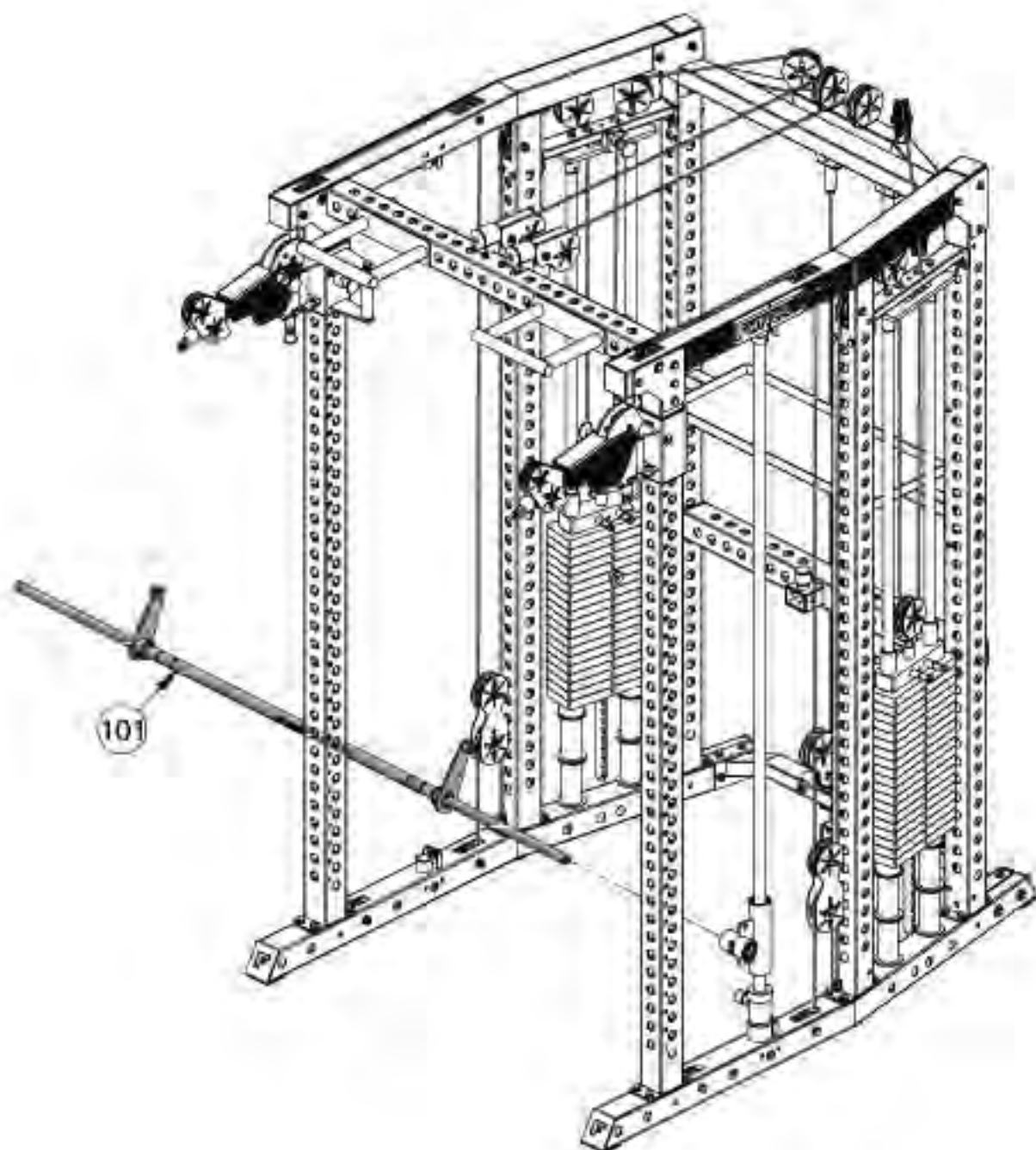
101 x1 Smith Bar



STEP 14-ASSEMBLY



Fully tighten this step's hardware



STEP15-PARTS & HARDWARE

53 x1 Smith Bar Guide Rod Bottom Insert



55 x1 Smith Bar Rubber Bumper



56 x1 Smith Bar Top Locking Sleeve



57 x1 Smith Bar Sliding Frame



58 x1 Smith Bar Guide Rod



59 x1 Smith Bar Safety Hook

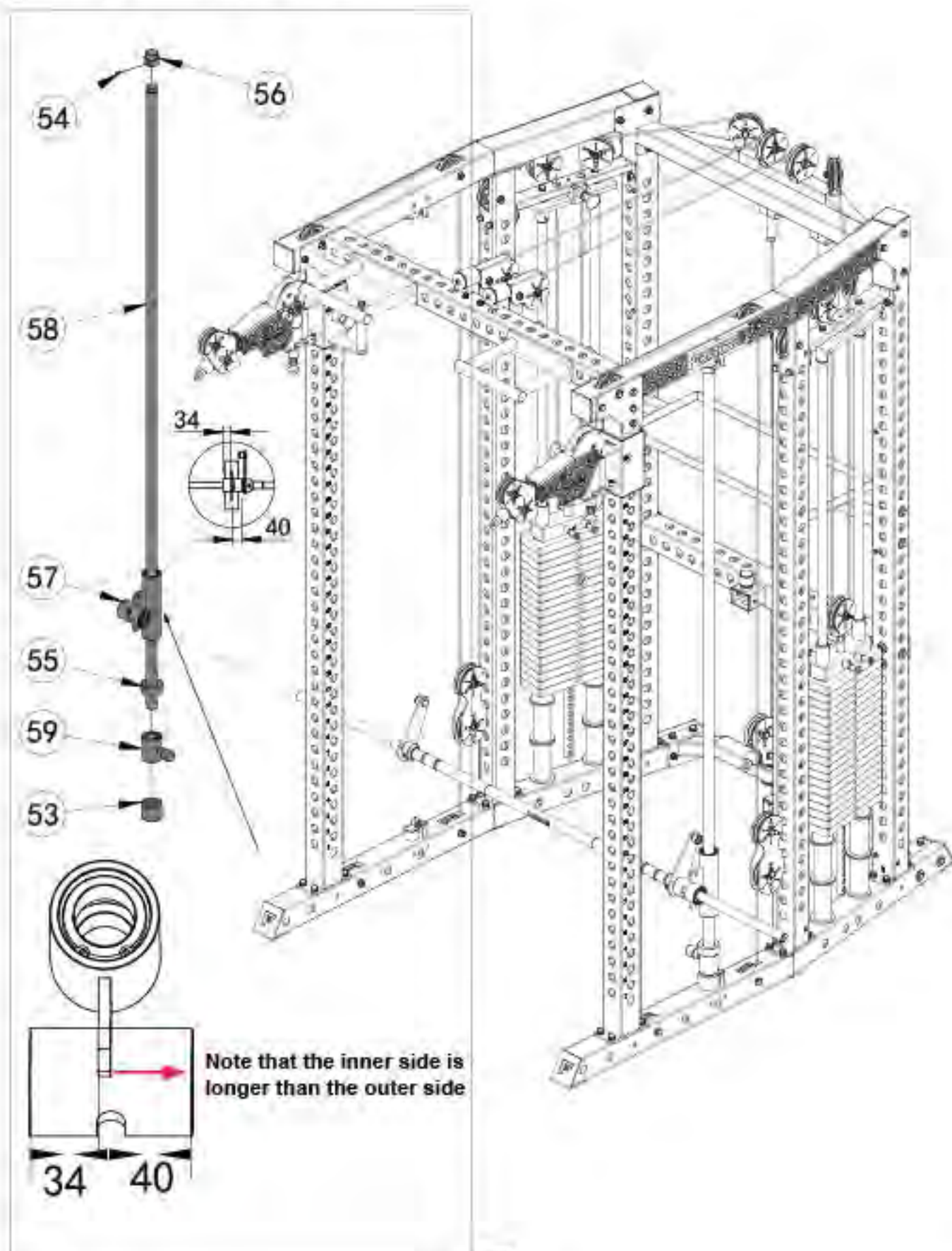


54 x1  M8x10mm

STEP15-ASSEMBLY

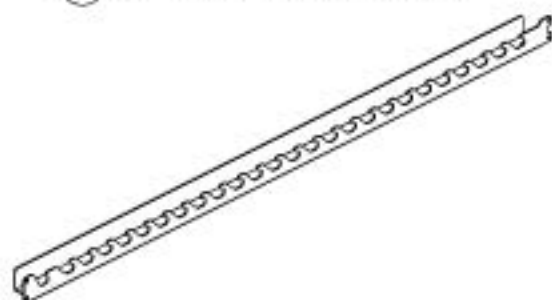


Fully tighten this step's hardware

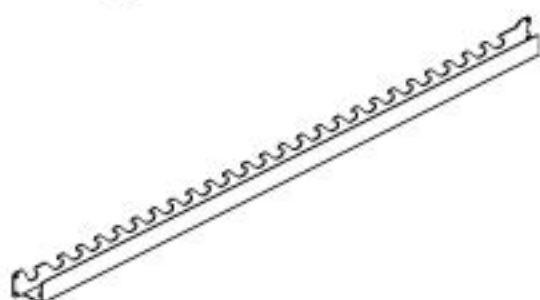


STEP16-PARTS & HARDWARE

⑥1 x1 Smith Bar Hook Plate - Right



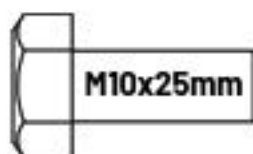
⑥2 x1 Smith Bar Hook Plate - Left



⑨ x4



⑥ x4



⑩0 x4



⑧ x4



M10 Lock Nut

⑤ x8



10 Spring Washer

④ x12



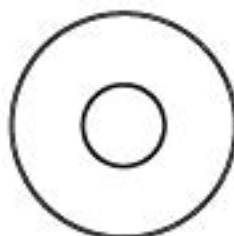
10 Flat Washer

⑥0 x2



M8x20mm

⑦ x4



Large Flat Washer

②11 x2

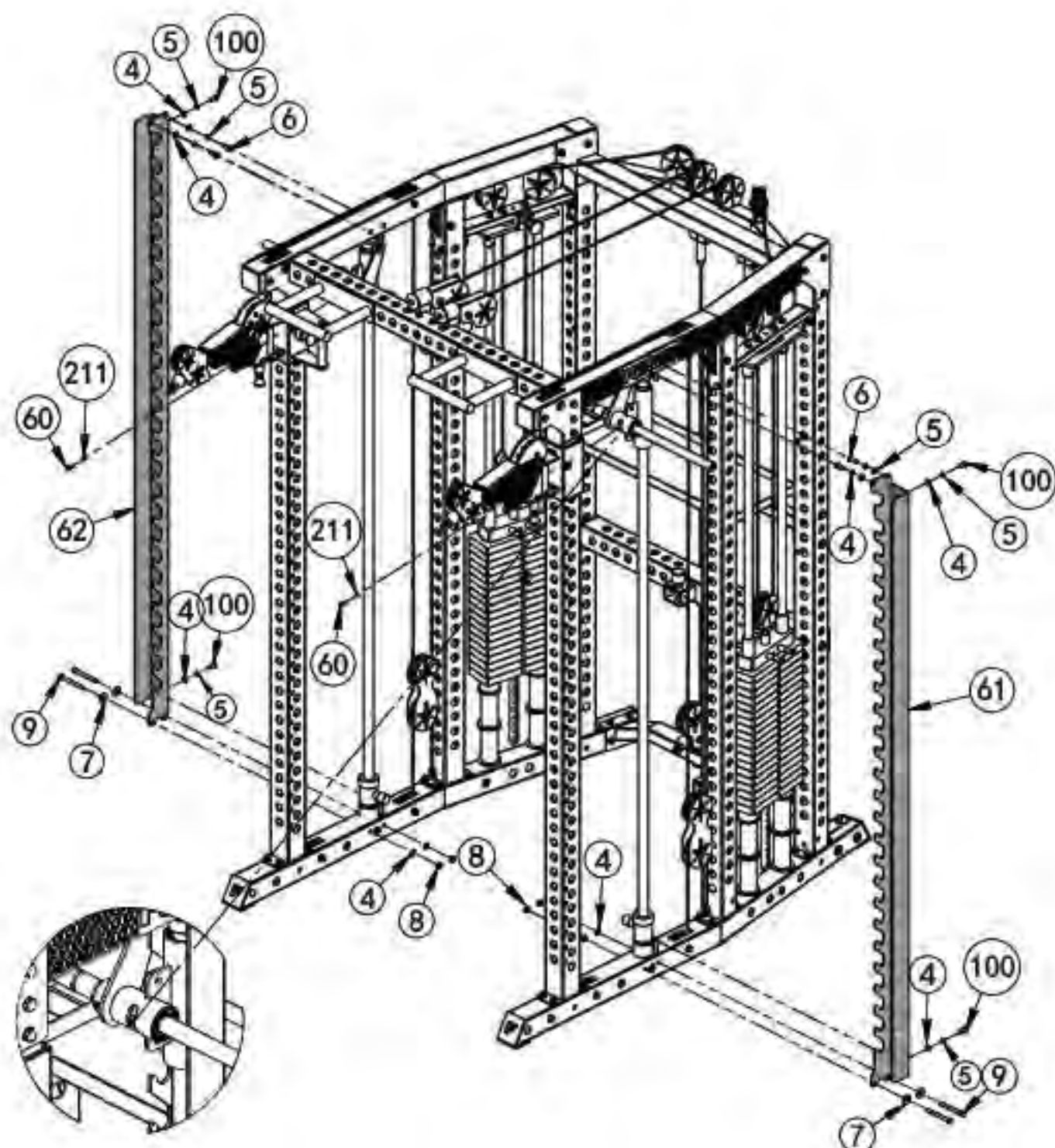


Spacer Sleeve

STEP16-ASSEMBLY

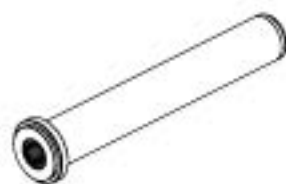


Fully tighten this step's hardware



STEP17-PARTS & HARDWARE

63 x2 Smith Barbell Sleeve



64 x2 Smith Barbell Sleeve Spacer



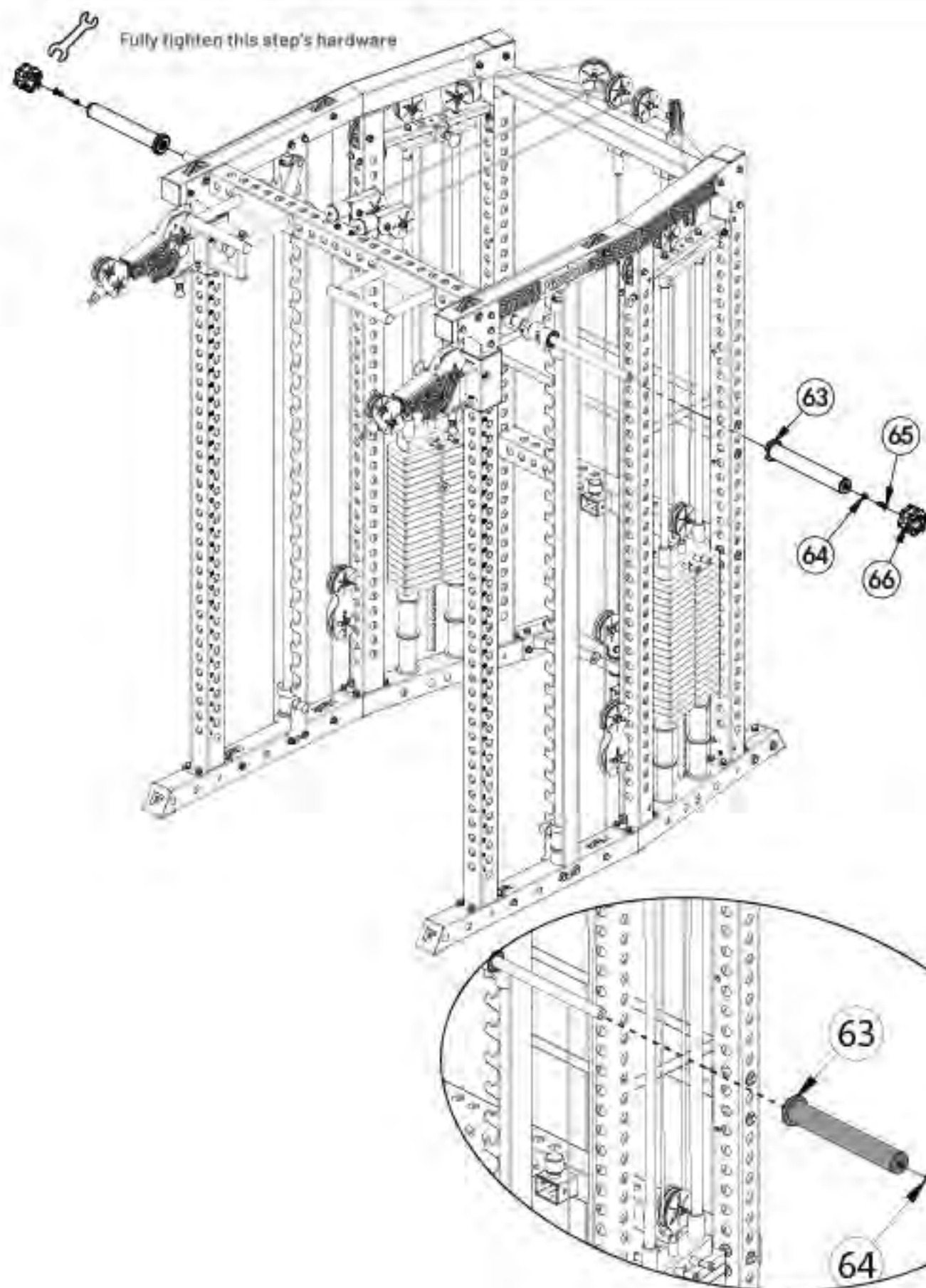
66 x2 Magnetic Olympic Lock Collars



65 x2



STEP17-ASSEMBLY



STEP18-PARTS & HARDWARE

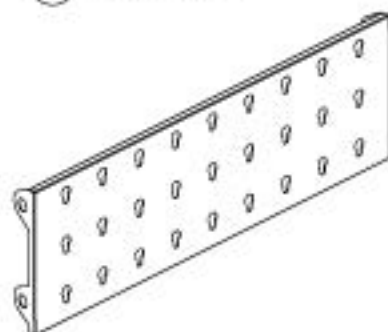
14 x26 Shelf Bushing



67 x1 Force USA Name Plate



68 x1 Pegboard

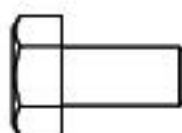


9 x4



M10x95mm

71 x2



M8x16mm

8 x4



M10 Lock

70 x2

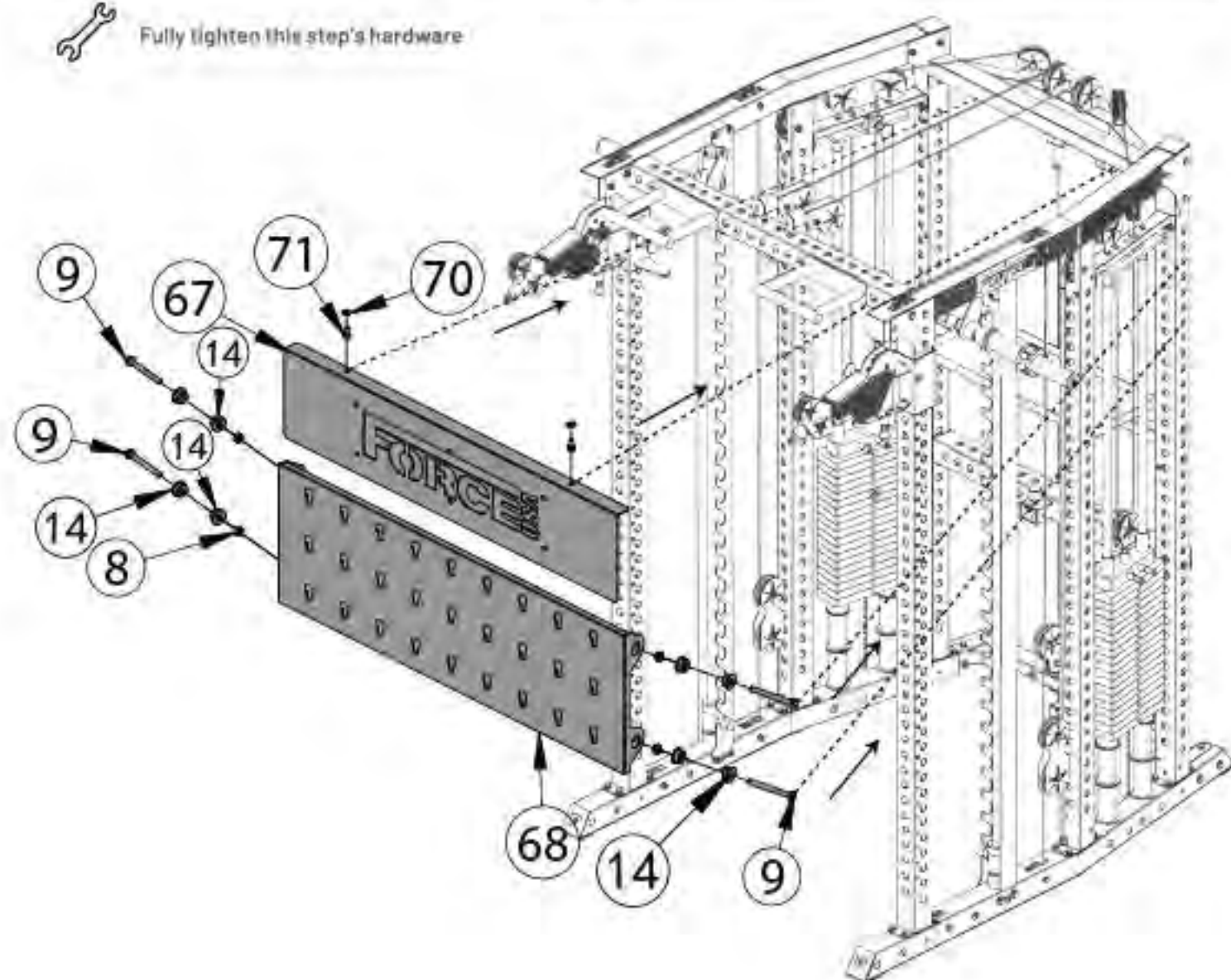


8 Flat Washer

STEP18-ASSEMBLY

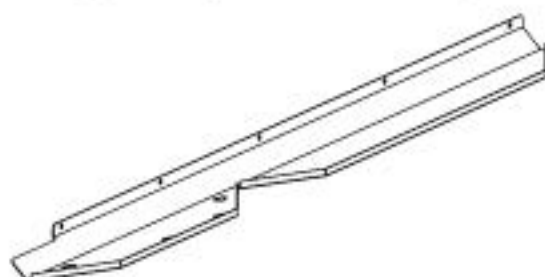


Fully tighten this step's hardware

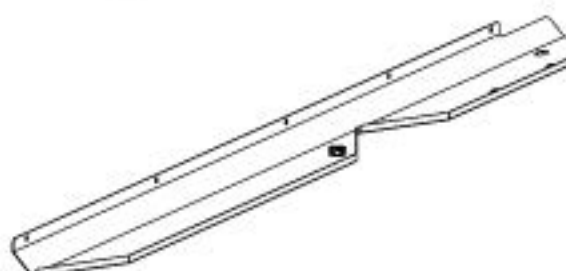


STEP19-PARTS & HARDWARE

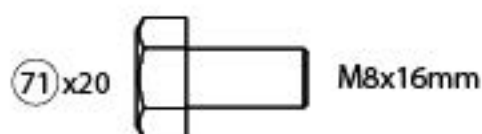
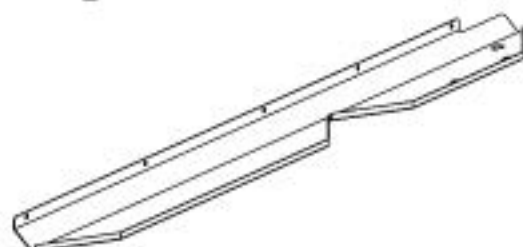
72 x2 Right Rear / Front Left Weight Stack Cover



73 x1 Front Right Weight Stack Cover



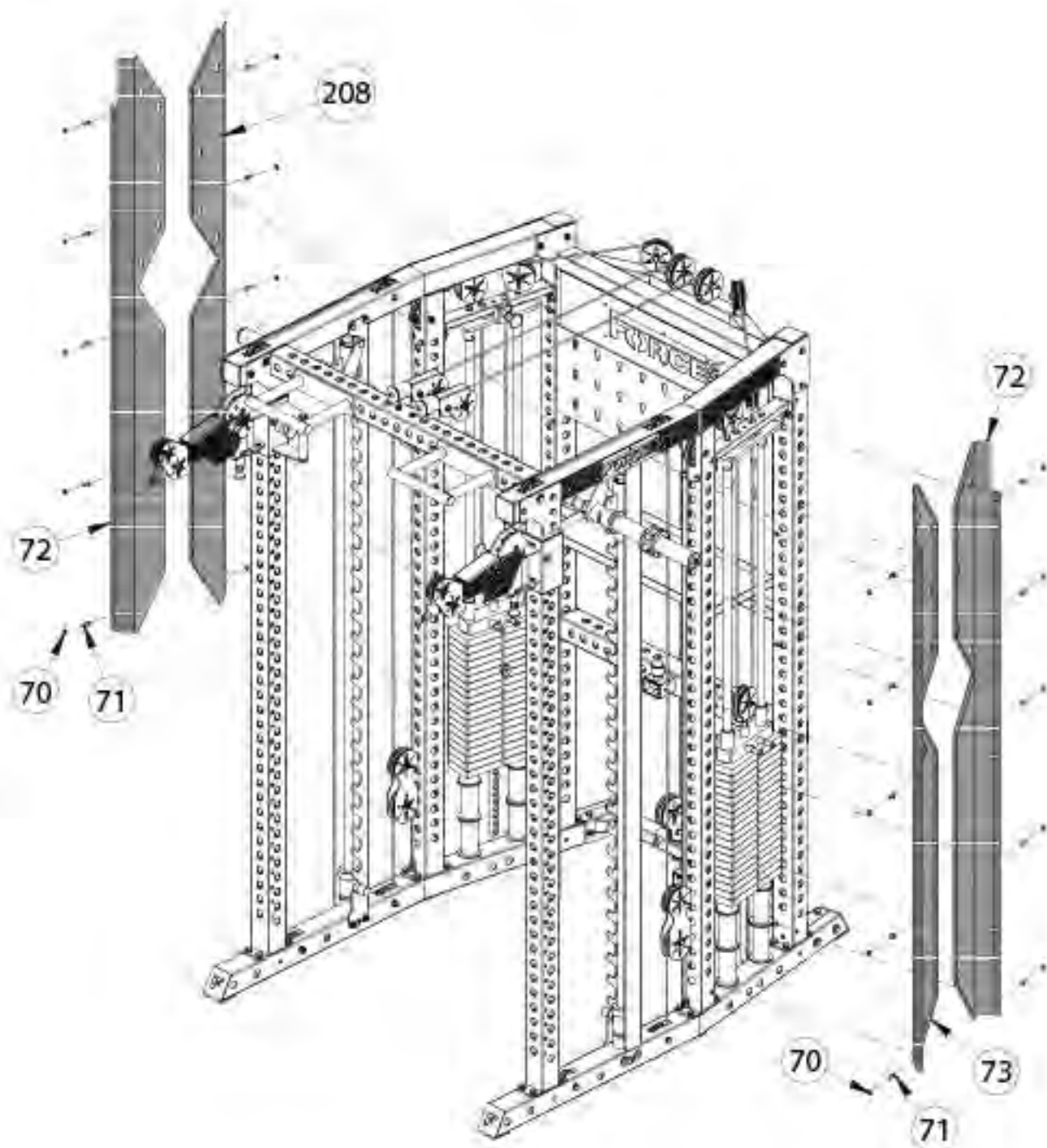
208 x1 Left Rear Weight Stack Cover



STEP19-ASSEMBLY

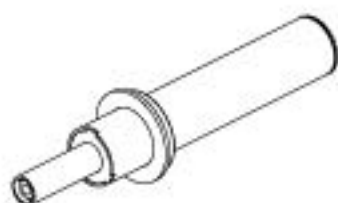


Fully tighten this step's hardware



STEP20-PARTS & HARDWARE

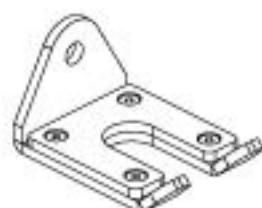
74 x8 Weight Storage



75 x8 Spring Collar



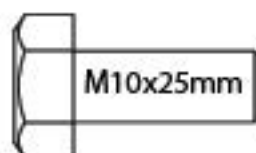
76 x1 Barbell Hanger



9 x1



6 x8



4 x2



10 Flat Washer

8 x1



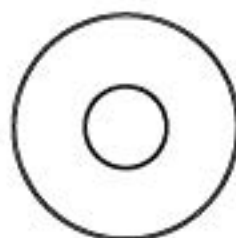
M10 Lock Nut

5 x8



10 Spring Washer

7 x8

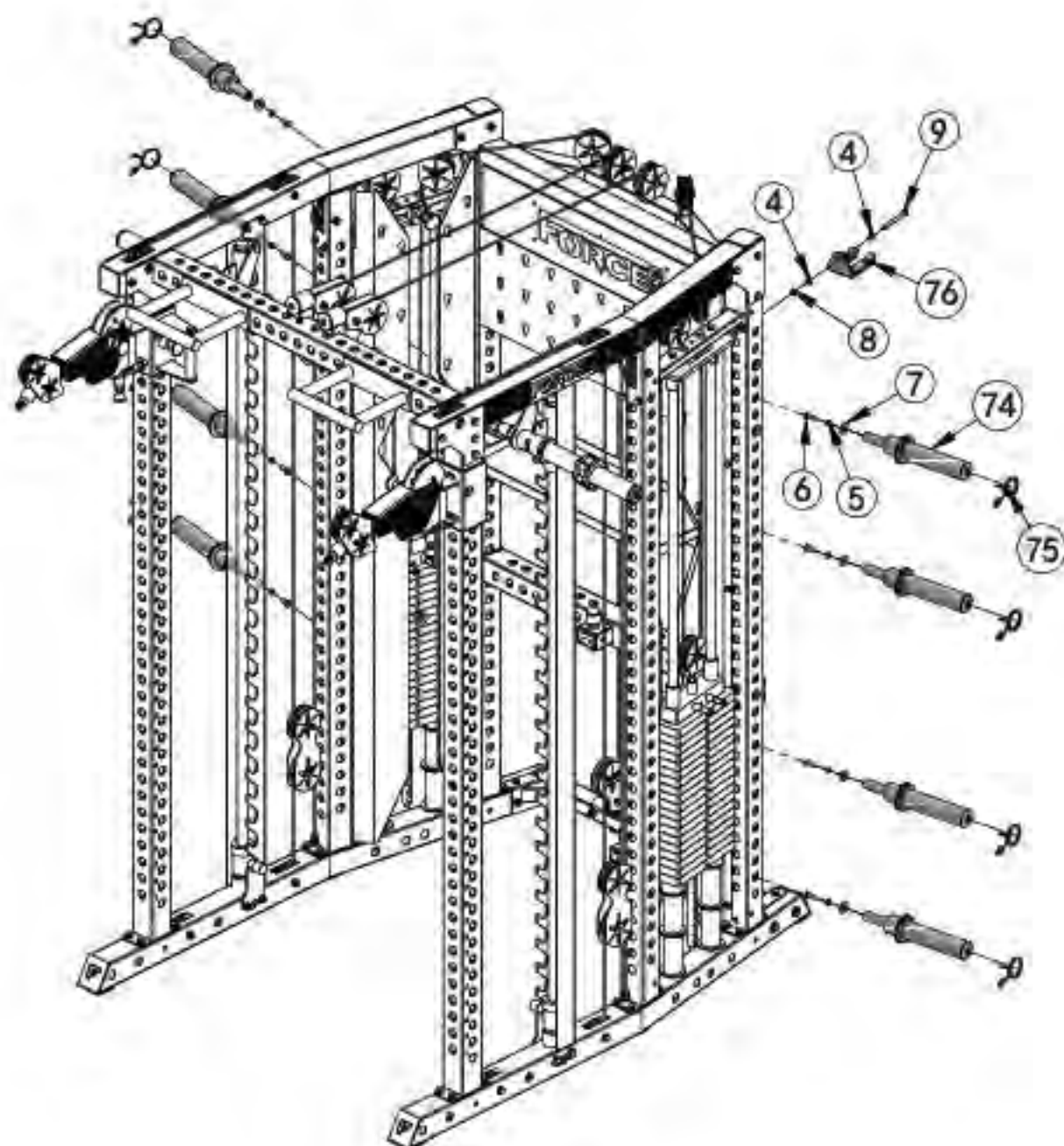


Large Flat Washer

STEP20-ASSEMBLY



Fully tighten this step's hardware



STEP21-PARTS & HARDWARE

84 x1 Spotter Arm Right



87 x1 Spotter Arm Left



85 x1 J-Hook Right



86 x1 J-Hook Left



88 x2 Knurled Dip Bar



77 x1 Landmine



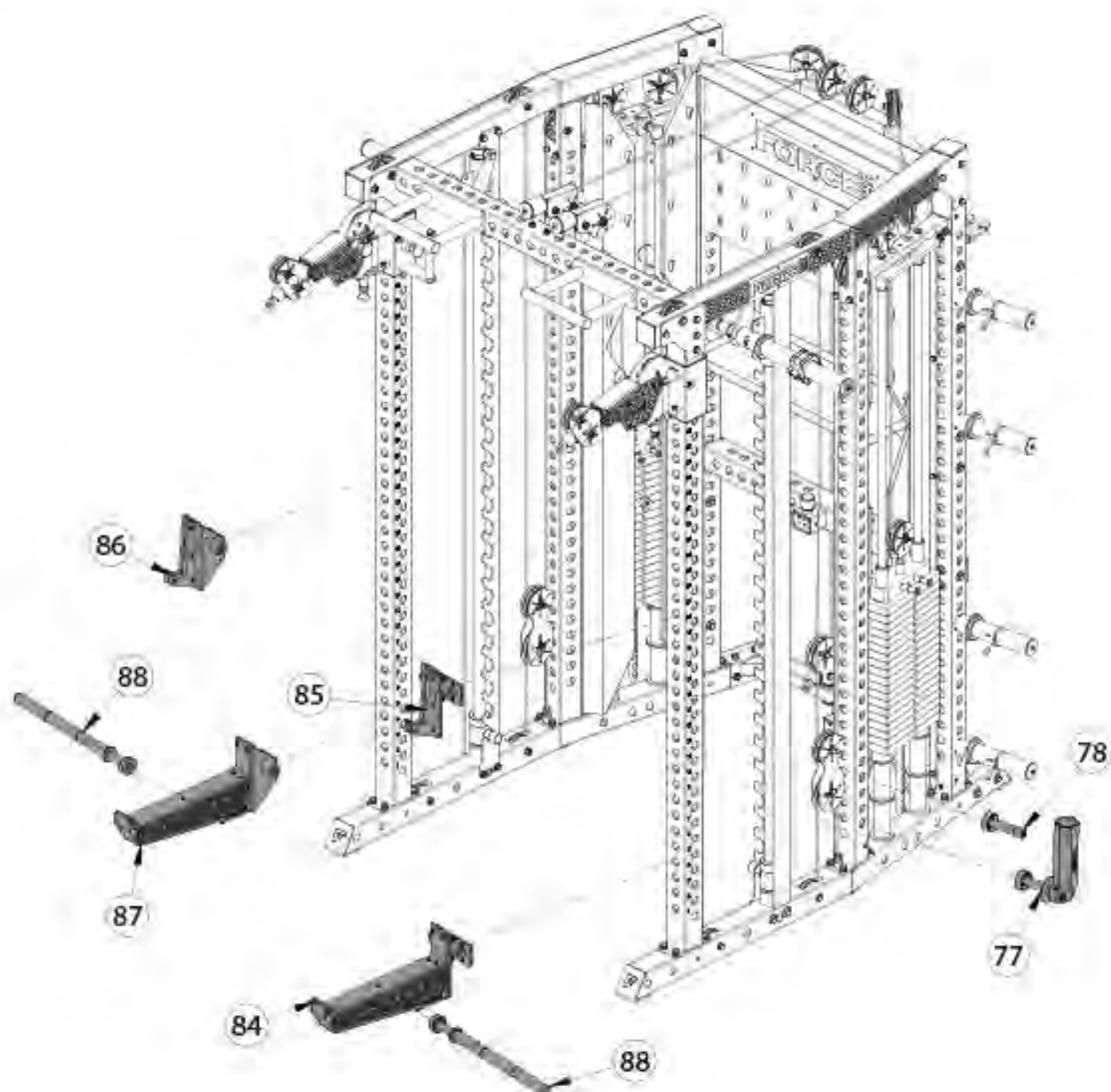
78 x1 Landmine Magnet



STEP21-ASSEMBLY



Fully tighten this step's hardware



OPTIONAL FLOOR ANCHORS

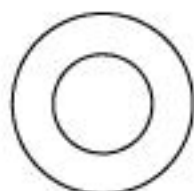
80 x4 Floor Anchor



83 x4



81 x8



12 Flat Washer

82 x4

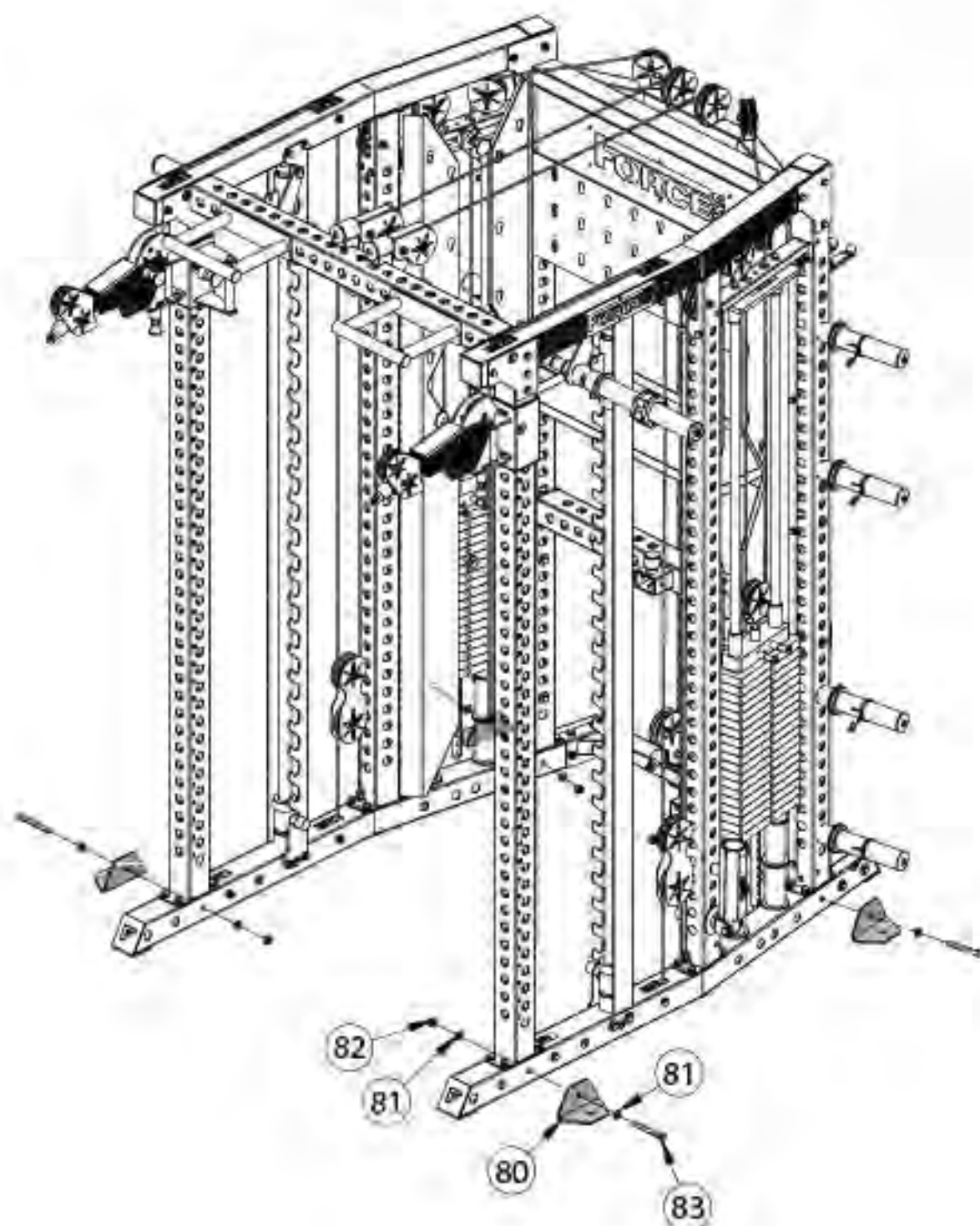


M12 Lock Nut

OPTIONAL FLOOR ANCHORS



Fully tighten this step's hardware



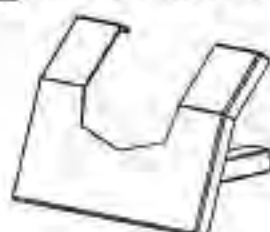
ATTACHMENTS AND ACCESSORIES

Illustration may appear different than actual attachments

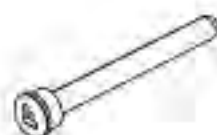
(69) x12 Peg



(79) x1 Low Row Footplate



(89) x4 Mag Pin



(90) x1 Close Grip Triangle/
Landmine Handle



(91) x1 Bodyweight Assist Strap



(92) x2 Single Knurled Handle



(93) x1 Dual Cable Connector



(94) x1 Tricep Rope



(95) x4 Extension Chain



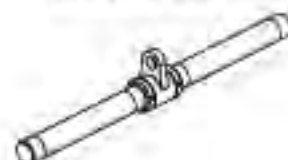
(96) x2 Ankle Cuff



(97) x1 Revolving Lat Pull
Down Bar



(98) x1 Revolving Short
Straight Bar



(99) x1 Revolving Short EZ Bar



(212) x8 Black Carabiner



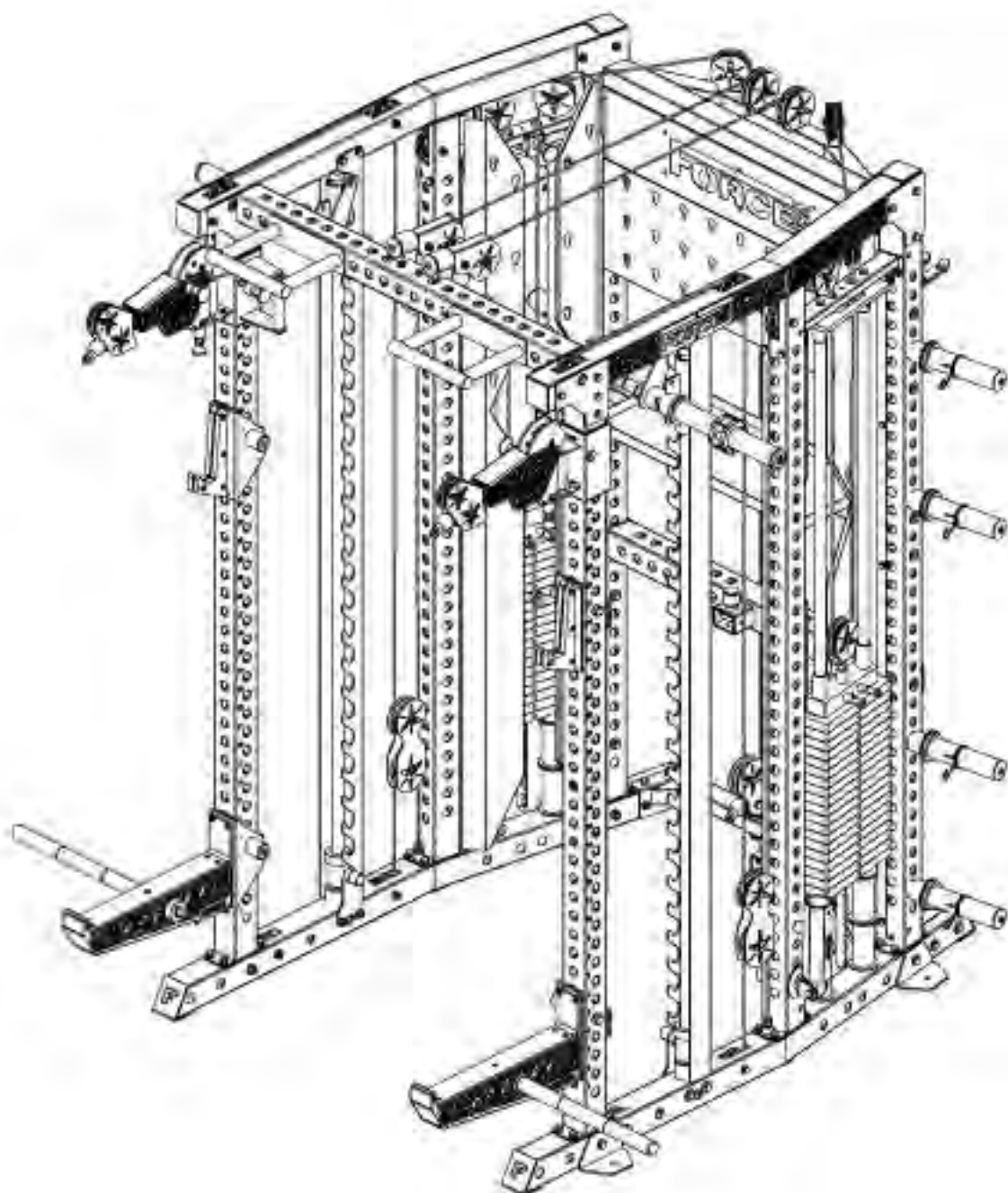
(213) x1 Foam Pad



FINAL TOUCHES



Congratulations! The main unit assembly is complete. The finishing touch is to tighten all the hand tight hardware. We recommend starting at the bottom and working your way up, moving around evenly around the unit where possible. This will help ensure your unit is level and square.



TROUBLE SHOOTING

Weight stack top plate and guide rod **assembly is floating/not resting on** weight stack plate:

The cable tension needs adjusting. There are 2 adjustment places. Either adjust the pulley that goes into weight stack by screwing it in/out of the top plate or by choosing a different bolt hole on the floating pulley. Refer to Step 7.

The base unit is not square or the smith machine is not resting on both sides:
Loosen all nuts and bolts and then retighten from the bottom up.

What if my Smith Machine is not smooth or drags on one side:

Ensure the unit is level and square. Clean and/or lubricate guide rods. Ensure guide rods are not bent or received any damage.

The cables are not smooth on one or both sides:

Ensure cables are **ONLY** touching the pulley wheels. Be sure cable routing is correct so that it is not going over or under bolts or the frame.

Ensure pulley wheels are not overtightened, and each wheel is able to move freely. Add lubrication to the bearings if necessary.

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



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

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