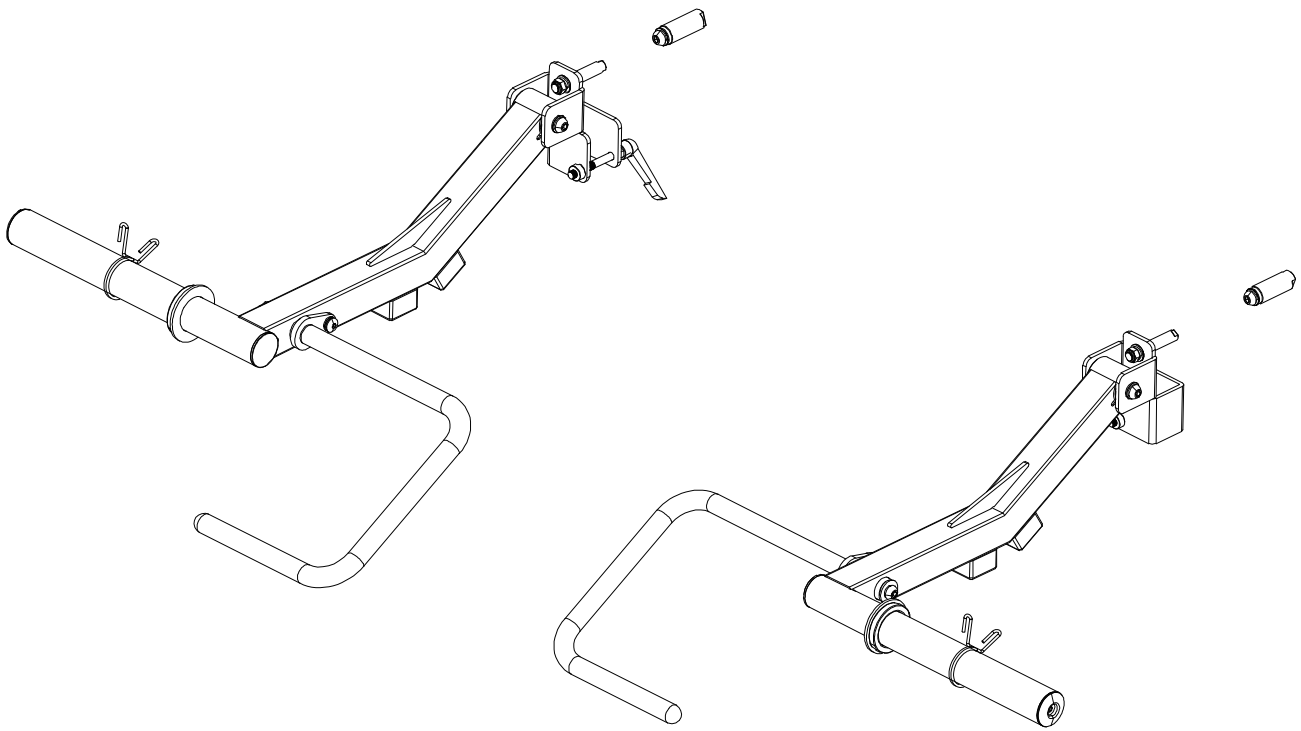


FORCE USA



USER MANUAL | **F-JAMMER-2**





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

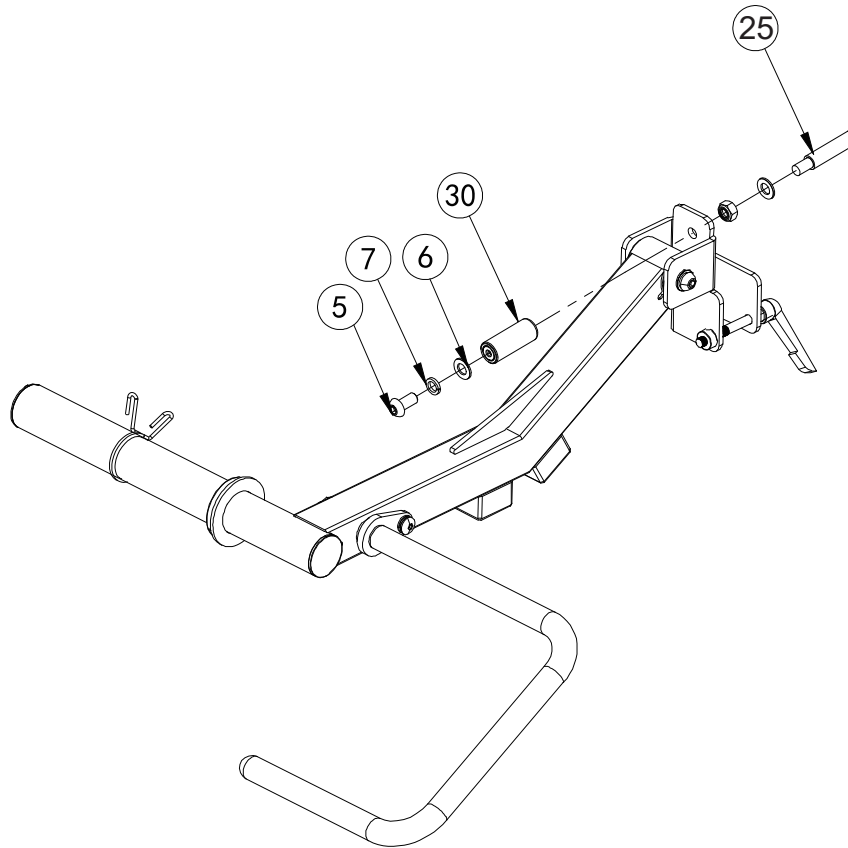
- Thoroughly clean the equipment using a non abrasive cloth dampened with a mild, all purpose cleaner ensuring to thoroughly wipe down and dry the equipment afterwards
- Apply a 100% silicone lubrication (preferably spray) to guide rods, pulley sliders, weight plate carriages and any other moving parts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

EXPLODED DIAGRAMS

For selecting the correct pin for your equipment, refer to the following guidance:

Use Pin **#25** (diameter 16mm) for the following models:
F-G1-V2, F-G3-V2, F-G10, F-G12-V2, F-G15, F-G20-V2, F-C10.

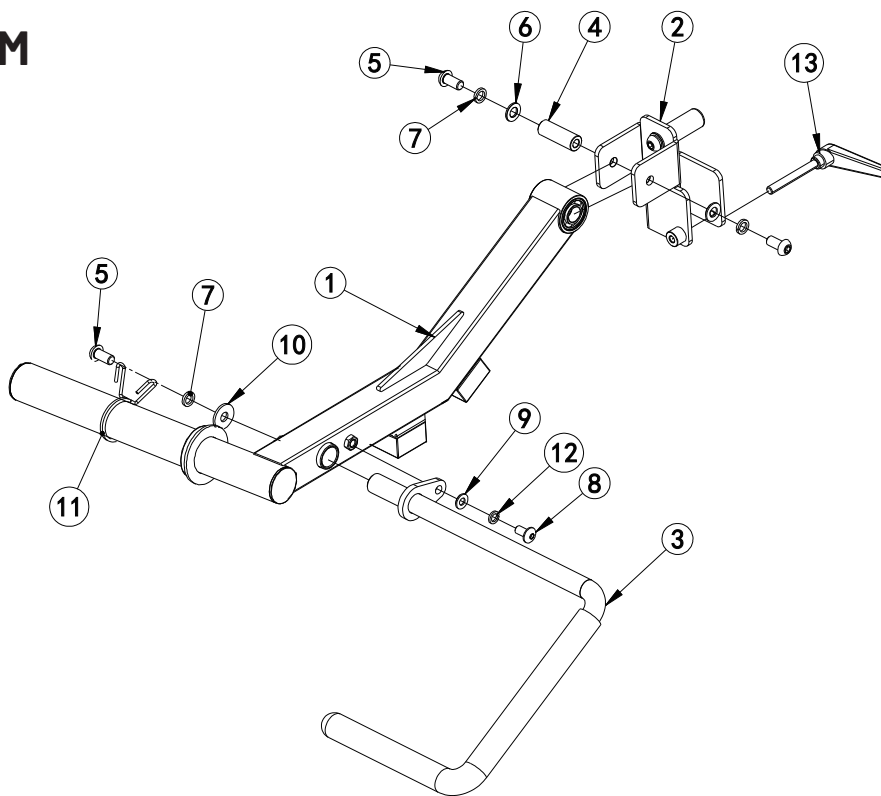
Use Pin **#30** (diameter 25mm) for these models: F-G6-B, F-G9, F-G12.



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
5	Hexagon Socket Button Head Screw M12*25	2
7	Flat Washer $\phi 12$	4
6	Spring Washer $\phi 12$	2
30	Hang Rod Shaft $\phi 26 * M12 * 64$	2
25	$\phi 16$ Hang Rod Shaft	2

ASSEMBLY - STEP 1

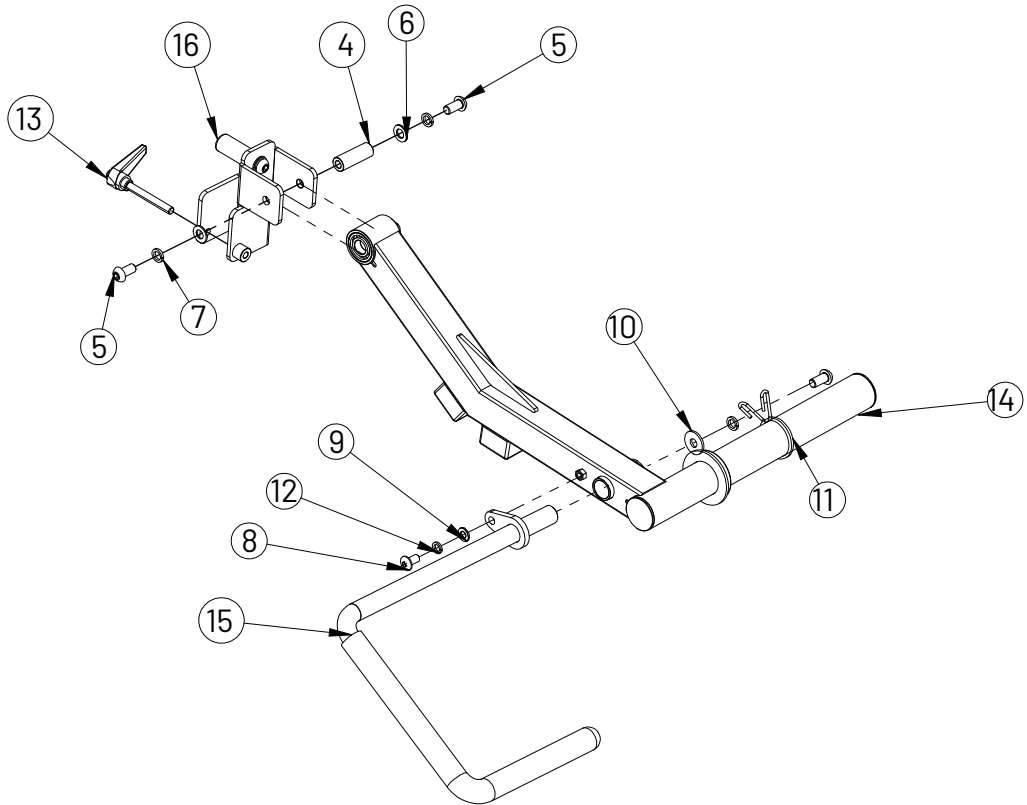
LEFT ARM



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
1	Push Arm Weldment Assembly Left	1
2	Push Arm Fixed Pedestal	1
3	Handle Left Assembly Part	1
4	Internal Thread Axle $\phi 20 \times 56.5 - M12$	1
5	Hexagon Socket Button Head Screw M12*25	3
6	Flat Washer $\phi 12$	2
7	Spring Washer $\phi 12$	3
8	Hexagon Socket Button Head Screw M10*20	1
9	Flat Washer $\phi 10$	1
10	Big Washer $\phi 32 \times \phi 12 \times T2$	1
11	Spring Collar $\phi 50$	1
12	Spring Washer $\phi 10$	1
13	L Handle M10*80	1

ASSEMBLY - STEP 2

RIGHT ARM

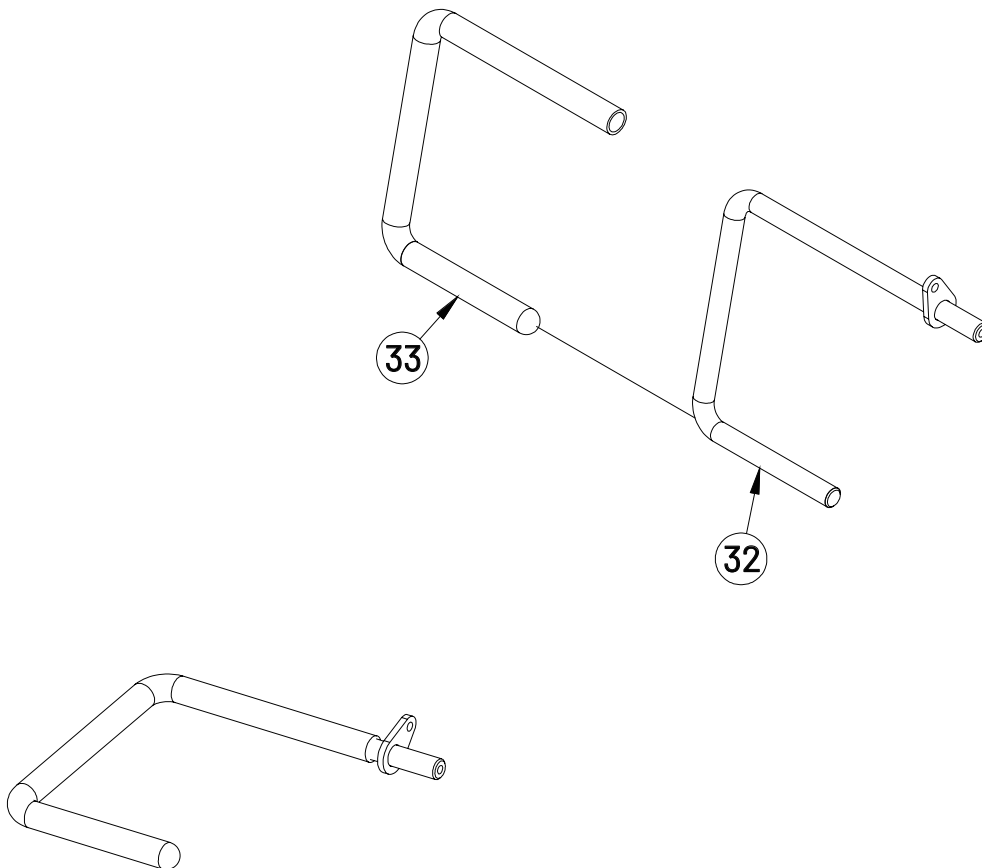


KEY NUMBER	DESCRIPTION OF PART	QUANTITY
14	Push Arm Right Assembly	1
12	Spring Washer $\phi 10$	1
11	Spring Collar $\phi 50$	1
5	Hexagon Socket Button Head Screw M12*25	3
10	Big Washer $\phi 32 * \phi 12 * T2$	1
9	Flat Washer $\phi 10$	1
8	Hexagon Socket Button Head Screw M10*20	1
7	Spring Washer $\phi 12$	3
6	Flat Washer $\phi 12$	2
4	Internal Thread Axle $\phi 20 * 56.5 - M12$	1
15	Handle Right Assembly	1
16	Push Arm Fixed Pedestal	1
13	L Handle M10*80	1

EXPLODED DIAGRAMS

LEFT HANDLE

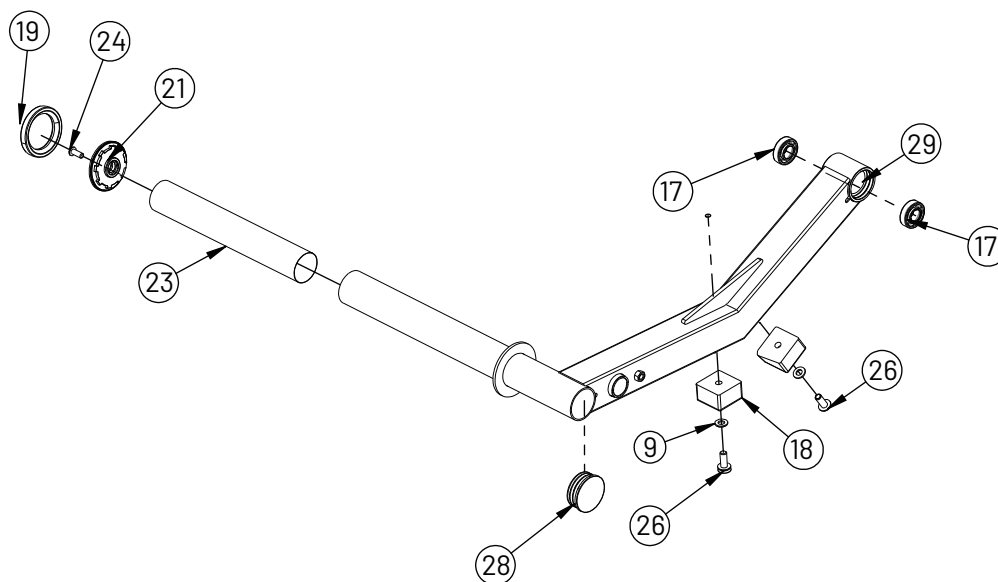
The upcoming pages feature an exploded view drawing of your product. These diagrams visually represents each component as it relates to the whole, although additional assembly by you is not required. It serves to help you identify and understand every part included in your purchase. While this guide offers a clear insight into how these parts fit together, it is particularly useful for troubleshooting and maintaining your product. Beyond practical benefits, the exploded view also aims to enhance your understanding of the product's design and functionality. As you explore these pages, you'll find they make it easier to discuss any component with our customer support, should the need arise. We hope this detailed visual approach not only informs but also enriches your experience with your new purchase.



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
32	Handle Left Weldmen	1
33	Handle Cover $\varphi 25*830$	1

EXPLODED DIAGRAMS

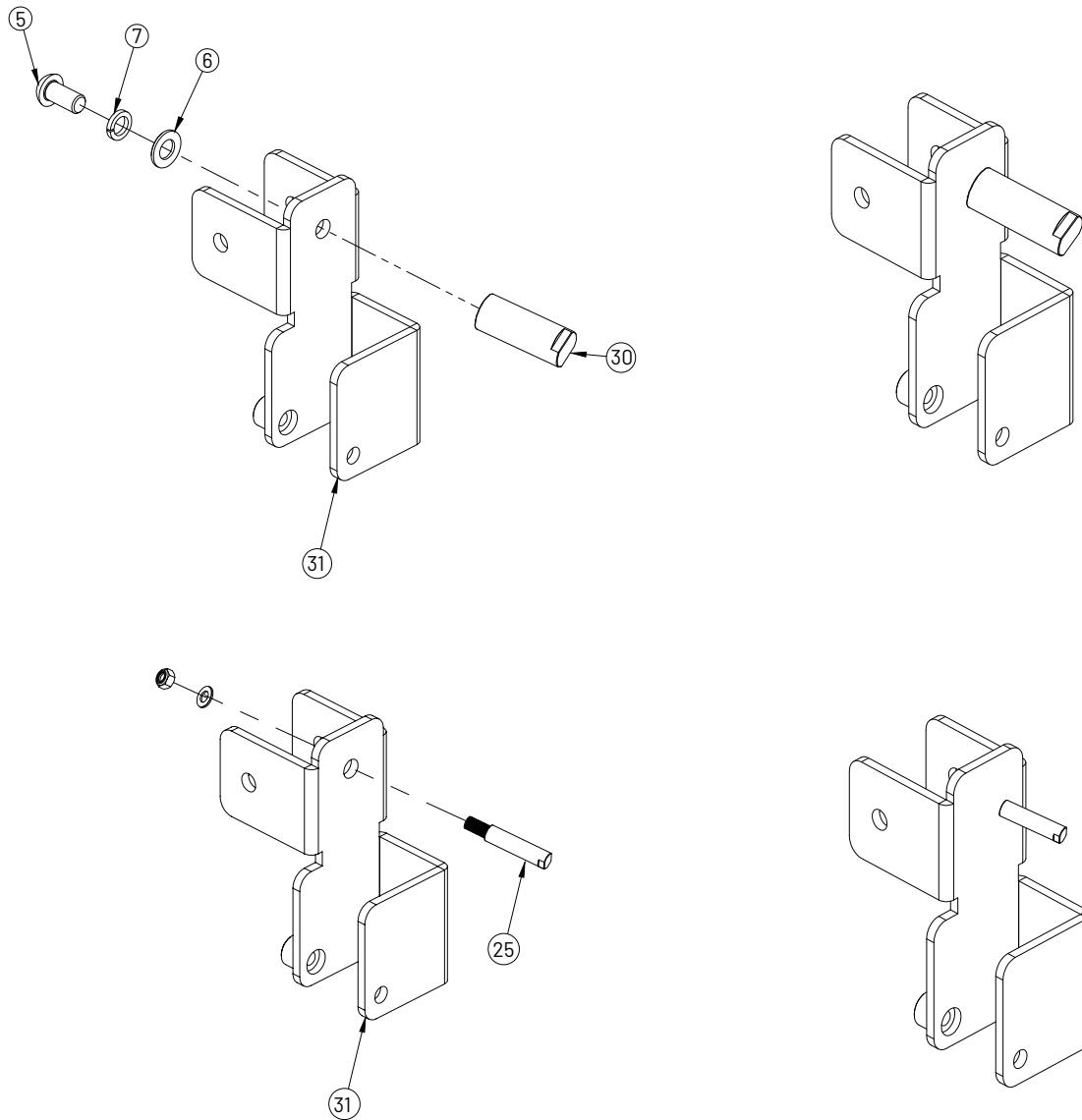
LEFT PUSH ARM WELDMENT



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
17	Bearing 6004	2
18	Rubber Shock Pad $\phi 50 \times 50 \times 30$	2
19	Rubber Ring $\phi 80 \times 13$	1
21	Outer Support Sleeve $\phi 50 \times \phi 10.5 \times 37.5$	1
23	Stainless Steel Outer Casing $\phi 50 \times 0.7$	1
24	Hexagon Socket Button Head Screws M10*25	1
9	Flat Washer $\phi 10$	2
26	Hexagon Socket Button Head Screw M10*35	2
28	Tube Plug $\phi 48 \times 2$	1
29	Push Arm Weldment Left	1

EXPLODED DIAGRAMS

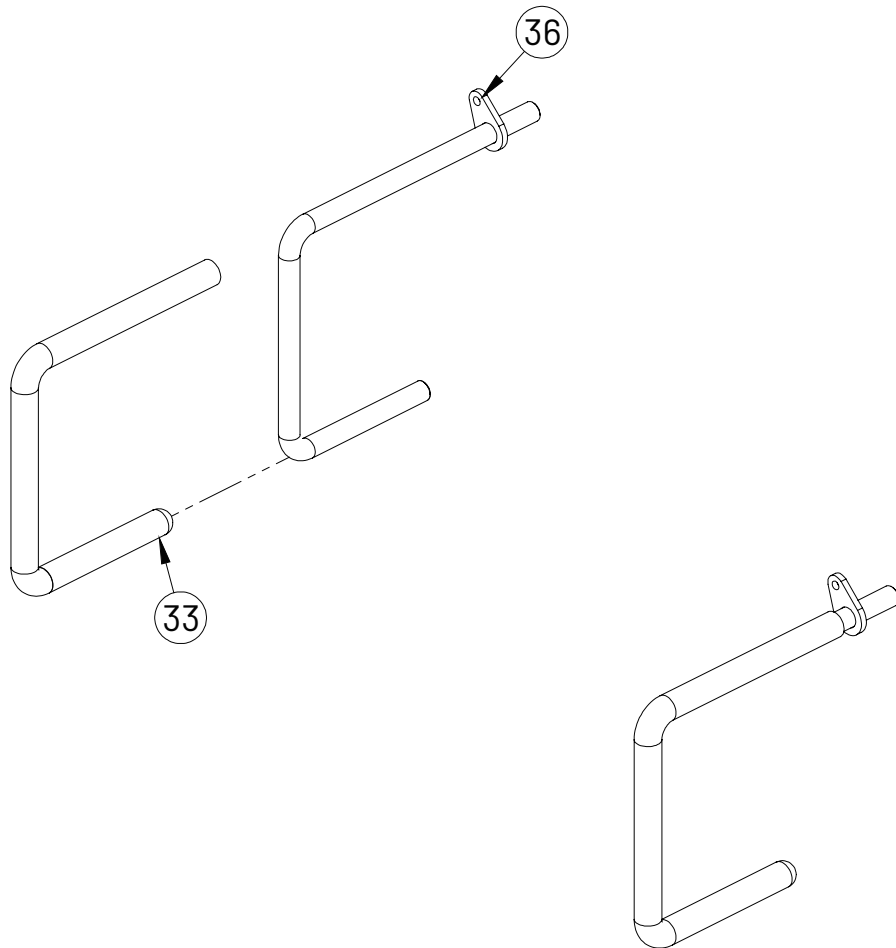
LEFT PUSH ARM FIXED PEDESTAL



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
5	Hexagon Socket Button Head Screw M12*25	1
7	Flat Washer φ12	2
6	Spring Washer φ12	1
30	Hang Rod Shaft φ25*M12*62	1
31	Push Arm Fixed Pedestal Left Weldment	1
25	φ16Hang Rod Shaft	1

EXPLODED DIAGRAMS

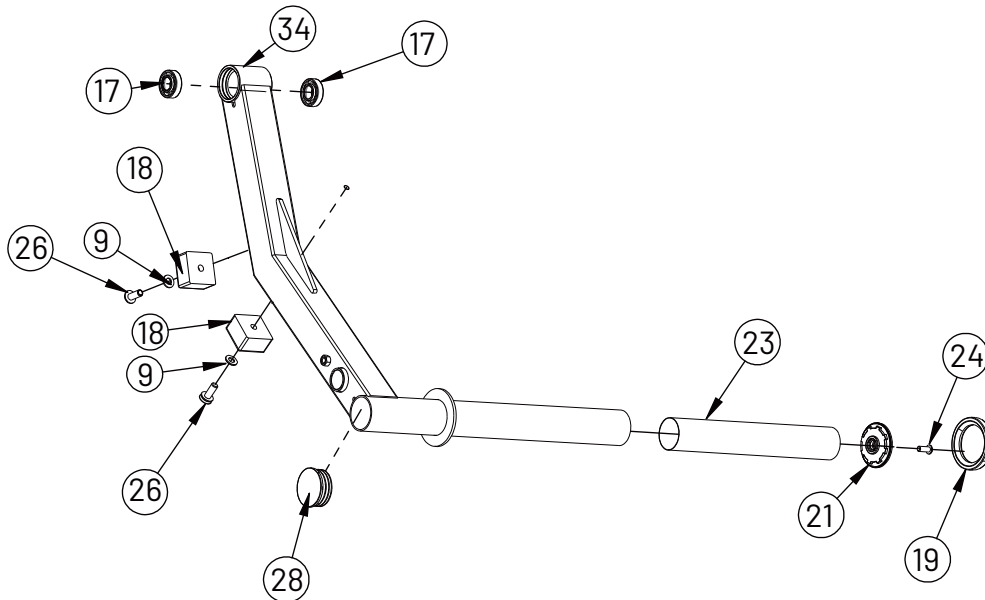
RIGHT HANDLE



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
36	Handle Right Weldment	1
33	Handle Cover $\varnothing 25 \times 830$	1

EXPLODED DIAGRAMS

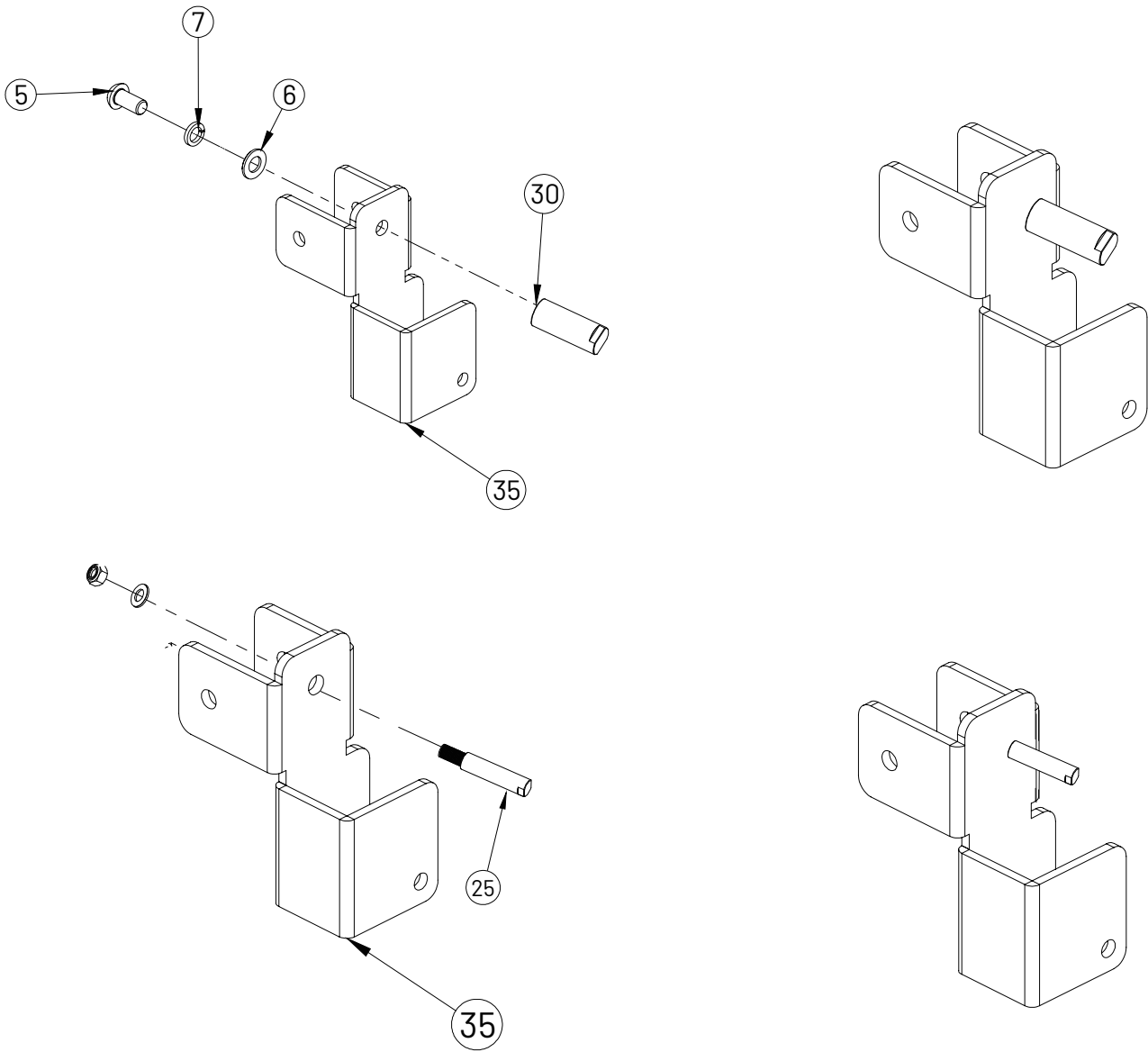
RIGHT PUSH ARM WELDMENT



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
34	Push Arm Weldment Right	1
17	Bearing 6004	2
19	Rubber Ring $\phi 80 \times 13$	1
21	Outer Support Sleeve $\phi 50 \times \phi 10.5 \times 37.5$	1
23	Stainless Steel Outer Casing $\phi 50 \times 0.7$	1
24	Hexagon Socket Button Head Screws M10*25	1
9	Flat Washer $\phi 10$	2
26	Hexagon Socket Button Head Screw M10*35	2
28	Tube Plug $\phi 48 \times 2$	1
18	Rubber Shock Pad $\phi 50 \times 50 \times 30$	2

EXPLODED DIAGRAMS

RIGHT PUSH ARM FIXED PEDESTAL



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
5	Hexagon Socket Button Head Screw M12*25	1
7	Flat Washer $\phi 12$	2
6	Spring Washer $\phi 12$	1
30	Hang Rod Shaft $\phi 25 * M12 * 62$	1
35	Push Arm Fixed Pedestal Weldment Right	1
25	$\phi 16$ Hang Rod Shaft	1

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



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

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