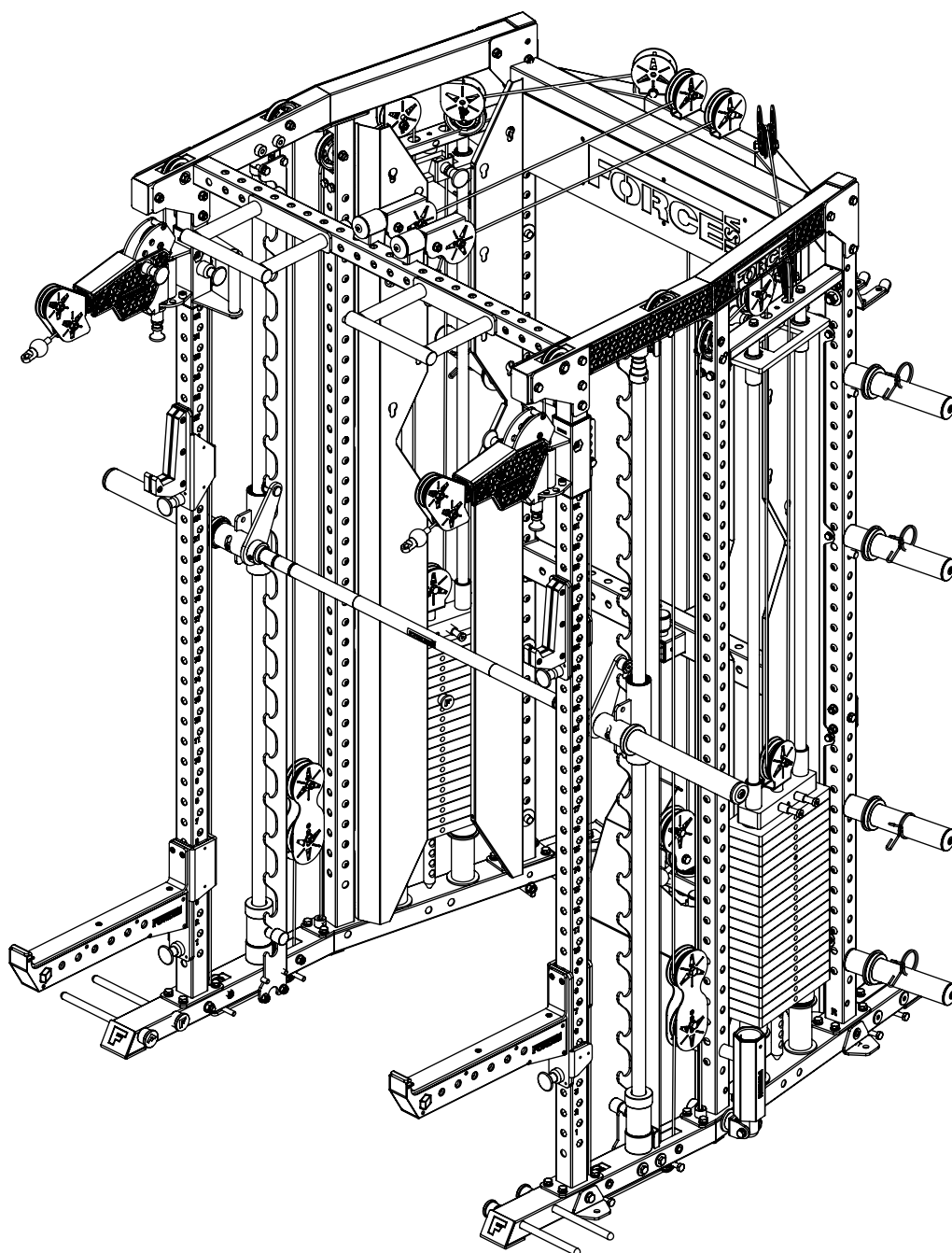


FORCE^{USA}



USER MANUAL | **F-C10-V2**





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IMPORTANT SAFETY INSTRUCTIONS



Regular maintenance is key to ensuring your safety and extending the lifespan of your Force USA equipment. Following the cleaning and lubrication cycles detailed here prevents premature wear, helps avoid potential injuries, and ensures optimal performance.

1. General Readiness & Assembly

- **Read the Manual:** Read all instructions and warning labels before assembling or using this equipment. Keep these instructions for future reference.
- **Assembly Safety:** It is highly recommended that two or more people perform the assembly. Assemble on a flat, level surface.
- **Hardware:** During assembly, only tighten nuts and bolts loosely. Once fully assembled, tighten all hardware from the bottom up, working evenly around the unit.
- **Orientation:** "Left" and "right" refer to the perspective of standing in front of and facing the equipment.

2. Medical & Health Advisory

- **Consult a Physician:** Before starting any exercise program, consult your doctor, especially if you are over 35 or have pre-existing health conditions.
- **Listen to Your Body:** Stop immediately if you experience pain, dizziness, nausea, or shortness of breath.
- **Preparation:** Always stretch and warm up properly prior to using the equipment.

3. Environment & Workspace

- **Surface:** Use a flat, stable surface. Consider a mat to protect your flooring.
- **Clearance:** Maintain at least 3–5 feet (1–1.5 meters) of clearance around the unit to avoid obstacles or interference.
- **Storage:** Do not use or store the equipment outdoors or near water.

4. Proper Usage & Technique

- **Safe Interaction:** Keep hair, fingers, and clothing away from all moving parts. Tie back long hair and remove jewelry.
- **Technique:** Focus on correct form and controlled movements. Increase weight or intensity gradually.}

- **Supervision:** Keep children and pets away from the equipment at all times. For heavy lifting, use a spotter.

5. Technical Maintenance & Inspection

(Refer to the specific Maintenance Checklist for your model for detailed component care)

- **Pre-Use Inspection:** Ensure all parts are in working order before every session. Check for cracks, structural wear, or loose hardware.
- **Moving Parts & Pivots:** Do not over-tighten components with a pivoting or rotating function; they must move freely. For cardio equipment, ensure pedals, handles, or running belts rotate/move without obstruction.
- **Specific Lubrication:** * **Strength:** Use only 100% silicone spray for guide rods and Smith bars as specified. Never spray ball bearings with silicone, as it washes out the internal grease.
- **Cardio:** Lubricate running belts or drive chains only as instructed by the manufacturer. Keep the motor housing and electronics free of dust.
- **Transmission Integrity:** * **Cables & Belts:** Regularly check cables, drive belts, or running belts for proper tension and signs of fraying or cracking.
- **Smooth Operation:** Ensure the weight selector pin (strength) or the resistance adjustment (cardio) functions smoothly without jamming.
- **Defective Parts:** Never operate the equipment if parts are worn, frayed, or malfunctioning. Replace defective components immediately. Keep the equipment out of use until the repair is completed.

6. Daily Cleaning

- **Hygiene:** Wipe down the equipment after each use with a dry, non-abrasive cloth to remove sweat and dust, preventing corrosion and material degradation.

BEFORE YOU START CONTINUED

MAINTENANCE CHECKLIST FOR FITNESS EQUIPMENT

1. Smith Bar

Cleaning and Care

- The Smith bar must only be cleaned and lubricated with silicone spray.
- Manufacturer recommendation: CardioStrong silicone spray (FitShop).

Procedure:

1. Spray the bar generously with silicone spray.
2. Wipe thoroughly with a dry, clean cloth.
3. Repeat the process until the bar is completely clean.
4. Finally, spray the bar again and leave the silicone spray on the surface as a protective and lubricating layer.

Maintenance Interval

- Especially important before first use.
- Inspect every 4–6 weeks.
- Reapply if the bar appears dry.
- A light lubricating film should always be present on the bar.

2. Weight Stack Guide Rods

Cleaning and Care

- The guide rods must only be cleaned and lubricated with silicone spray.
- Manufacturer recommendation: CardioStrong silicone spray (FitShop).

Procedure:

1. Spray the guide rod with silicone spray.
2. Wipe with a dry cloth.
3. Repeat until the rod is completely clean.
4. Spray again and leave the product on the surface as a protective and lubricating layer.

Maintenance Interval

- Especially important before first use.
- Inspect every 4–6 weeks.
- Reapply if the surface appears dry.
- A light lubricating film must be present at all times.

3. Machine Ball Bearings

Important Notes

- Ball bearings must not be sprayed with

- silicone spray, as this may wash out the existing bearing grease.
- Maintenance should be performed once per year.
- Use penetrating grease for servicing.
- Apply penetrating grease directly to the ball bearings once per year.

4. Cables

Inspection and Adjustment

- Regularly check cables for proper tension and overall condition.
- If necessary, tighten the cable at one of the adjustment points.
- The goal is to ensure that the weight selector pin can be inserted smoothly into every weight plate.
- If insertion is not possible, slightly loosen the cable accordingly.

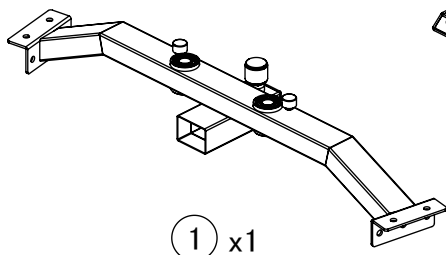
Special Note – Freestyle Pulley

- Ensure that the cable at the rear of the Freestyle Pulley (front cable attachment)
 - either hangs straight down
 - or has slight play for movement.
- This prevents the formation of a predetermined breaking point.

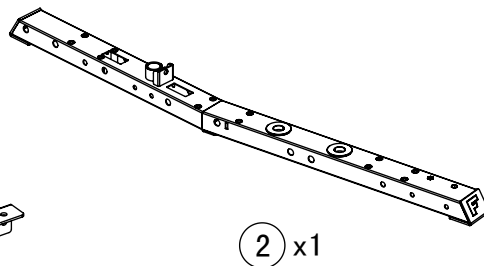
Maintenance Schedule Overview

Maintenance Area	Maintenance Interval
Smith Bar	Every 4–6 weeks
Weight Stack Guide Rods	Every 4–6 weeks
Cables	Annually

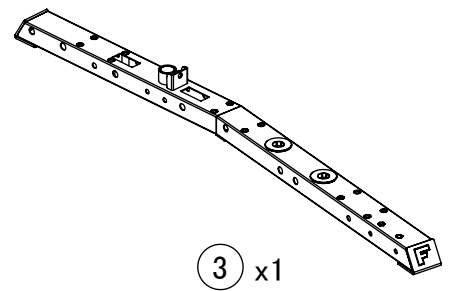
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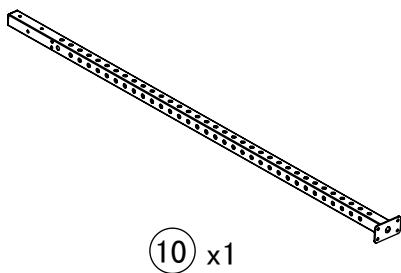
Rear Connection Frame



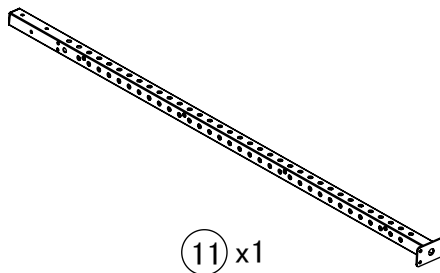
Base Frame - Right



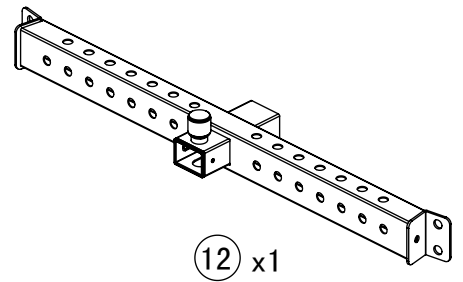
Base Frame - Left



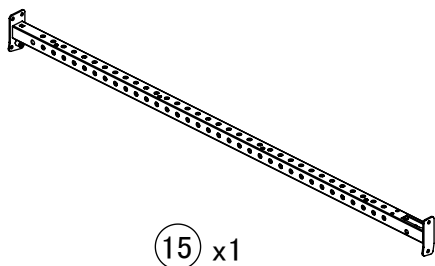
Rear Right Upright



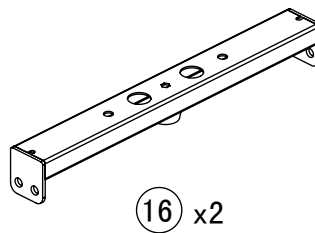
Rear Left Upright



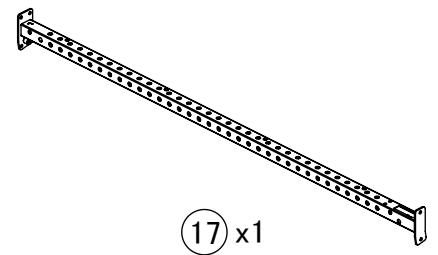
Leg Press Connection Frame



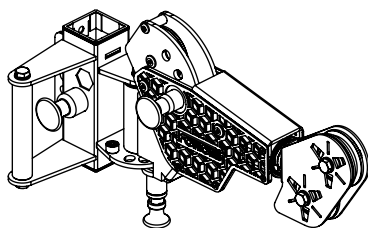
Middle Right Upright



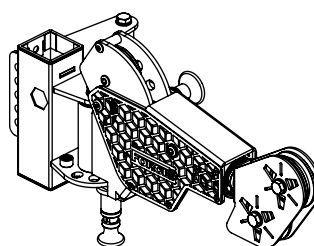
Guide Rod Top Frame



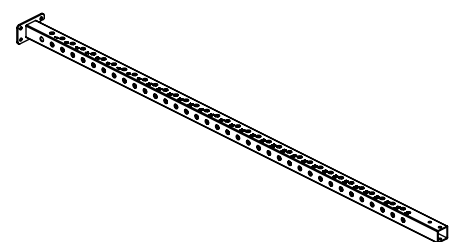
Middle Left Upright



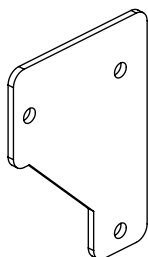
Freestyle Trolley -Right



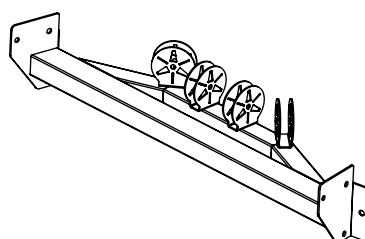
Freestyle Trolley -Left



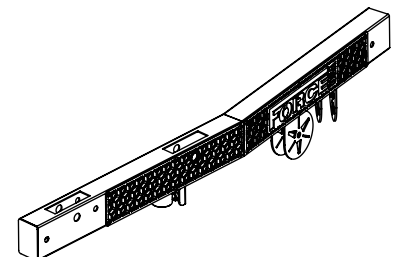
Front Upright



Rear Support Bracket

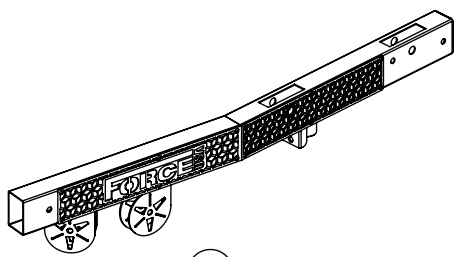


Rear Top Connecting Frame

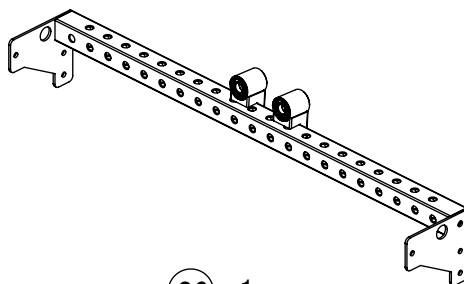


Right Top Frame

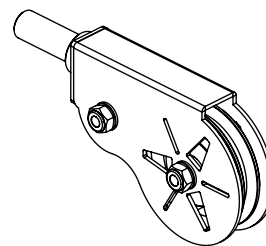
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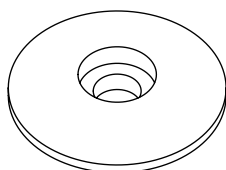
(25) x1
Left Top Frame



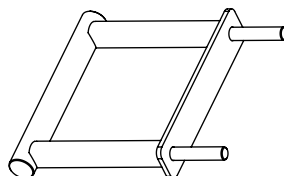
(26) x1
Front Connection Frame



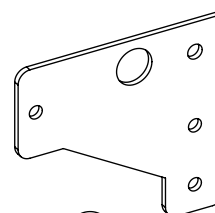
(27) x4
Center Pulley Insert



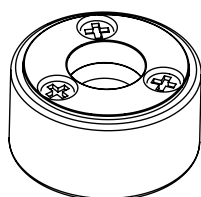
(28) x4
Aluminium Cover



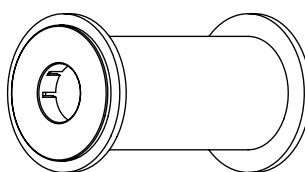
(29) x2
Adjustable Pull Up Handle



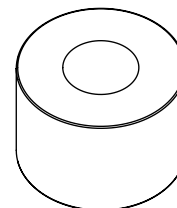
(30) x2
Front Top Support Bracket



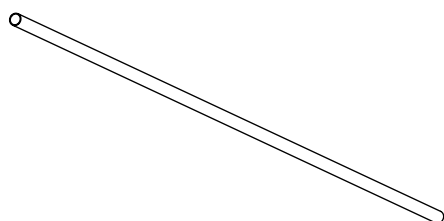
(31) x4
Knurled Nut



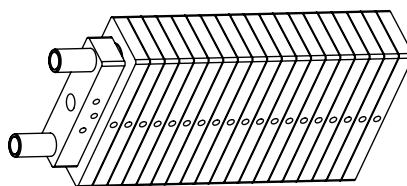
(32) x4
Weight Stack Spacer



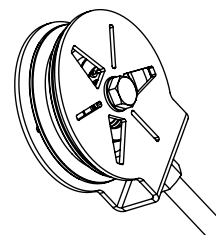
(33) x4
Weight Stack Rubber Bumper



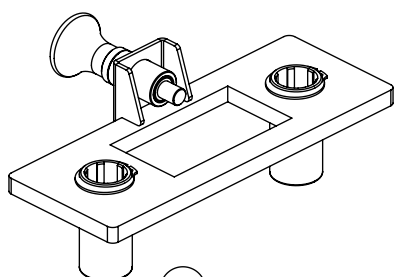
(34) x4
Guide Rod



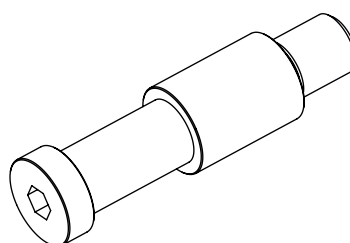
(35) x2
200 lb / 90kg Weight Stack



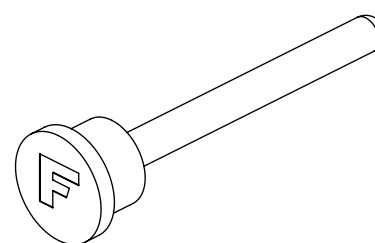
(36) x2
Pulley Frame



(37) x2
2KG Incremental
Weight Plate

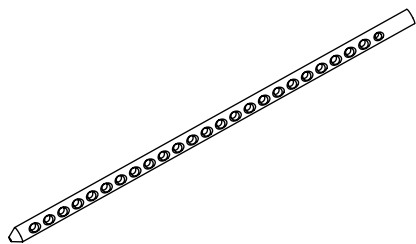


(39) x8
Weight Stack Band Peg Hook

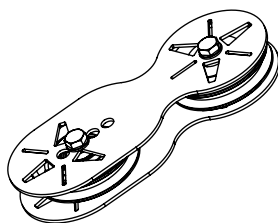


(41) x2
Weight Stack Selector Pin

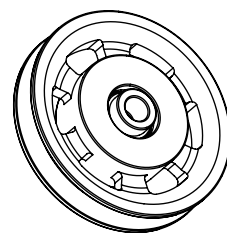
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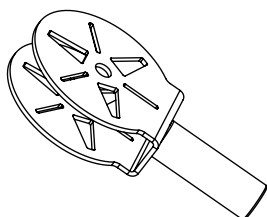
(42) x2
Selector Rod



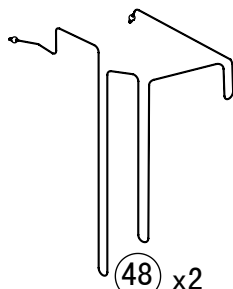
(43) x2
Figure-8 Pulley Bracket



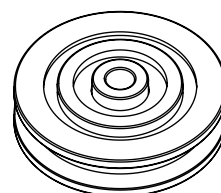
(45) x14
90mm Aluminium Pulley



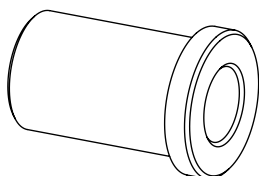
(46) x2
Rear Pulley Frame



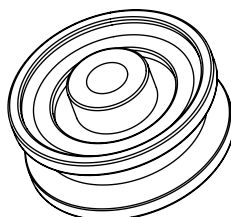
(48) x2
Upper Main Frame Cable



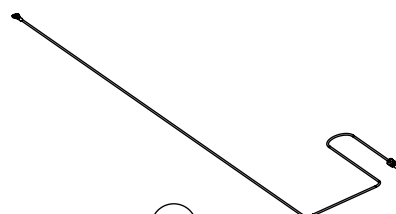
(50) x2
75mm Aluminium Pulley



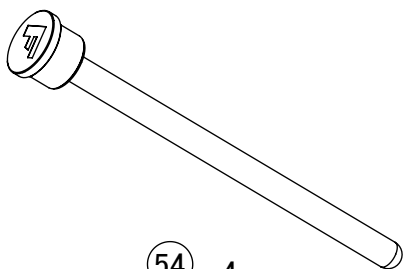
(51) x8
Pulley Bushing



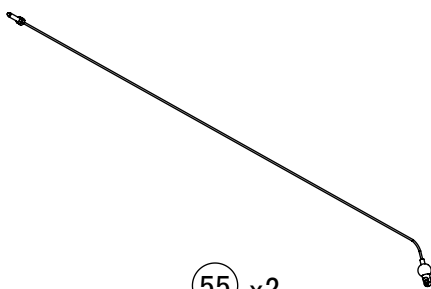
(52) x4
50mm Aluminium Pulley



(53) x2
Lower Main Frame Cable



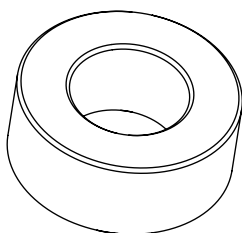
(54) x4
Mag Pin



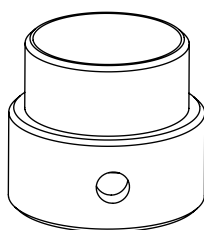
(55) x2
Low Row Cable



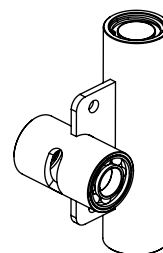
(56) x2
Smith Bar Guide Rod Bottom Insert



(58) x2
Smith Bar Rubber Bumper

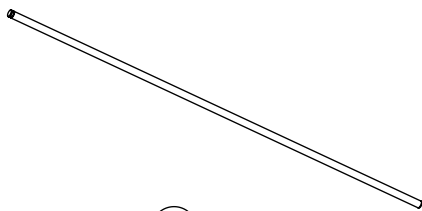


(59) x2
Smith Bar Rubber Bumper

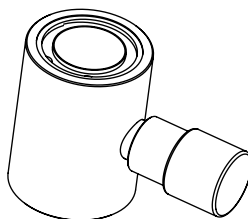


(60) x2
Smith Bar Sliding Frame

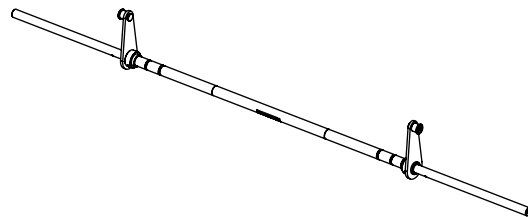
HARDWARE IDENTIFIER



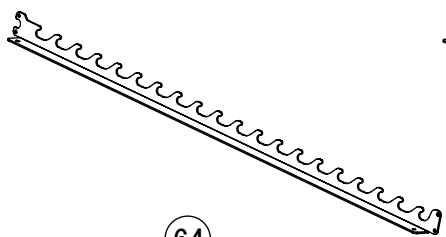
⑥1 x2
Smith Bar Guide Rod



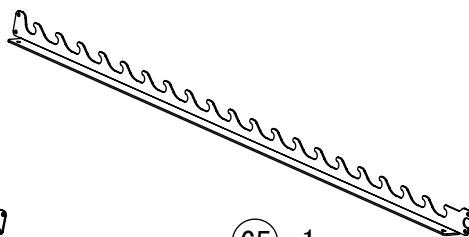
⑥2 x2
Smith Bar Safety Hook



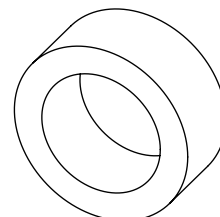
⑥3 x1
Smith Bar



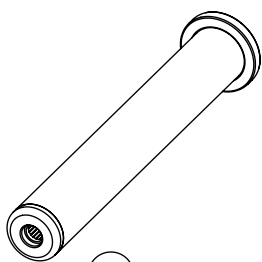
⑥4 x1
Smith Bar Hook Plate - Right



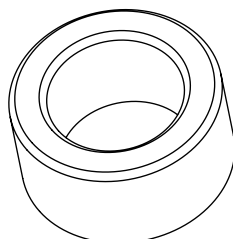
⑥5 x1
Smith Bar Hook Plate - Left



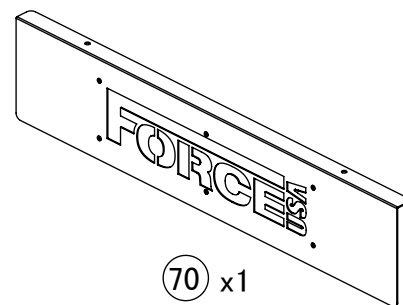
⑥6 x2
Smith Barbell Sleeve Spacer



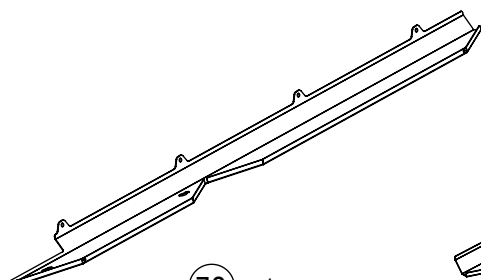
⑥7 x2
Smith Barbell Sleeve



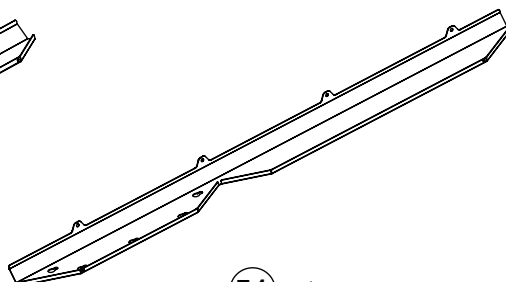
⑥8 x2
Sleeve Spacer



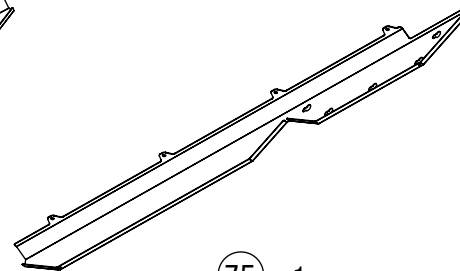
⑦0 x1
Force USA Name Plate



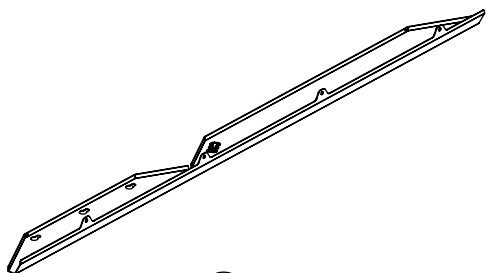
⑦3 x1
Right Rear Weight Stack Cover



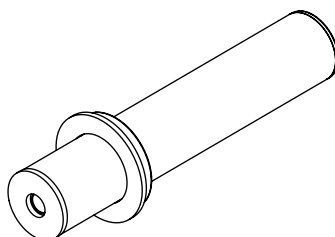
⑦4 x1
Front Right Weight Stack Cover



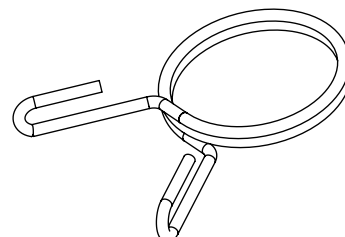
⑦5 x1
Left Rear Weight Stack Cover



⑦6 x1
Left Rear Weight Stack Cover

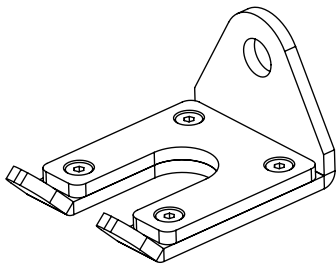


⑦7 x8
Weight Plate Storage



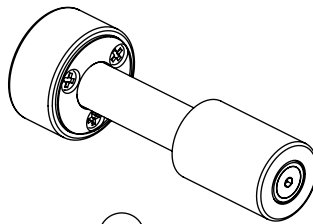
⑧0 x8
Spring Collar

HARDWARE IDENTIFIER



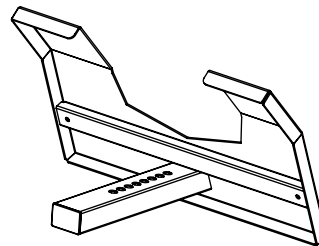
(81) x1

Barbell Hanger



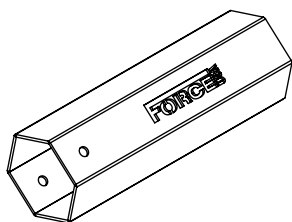
(84) x1

Landmine Magnet



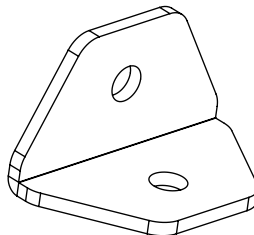
(85) x1

Low Row Footplate



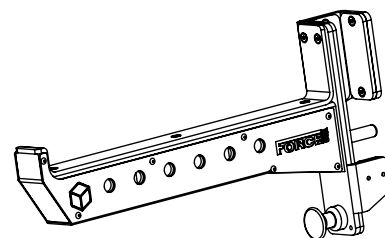
(86) x1

Magnetic Landmine



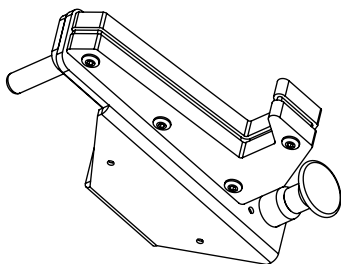
(87) x4

L-Shape Floor Bracket



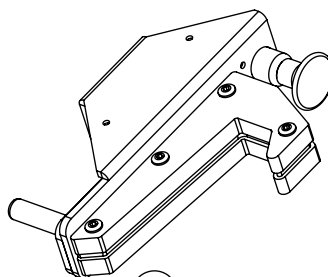
(91) x1

Spotter Arm Right



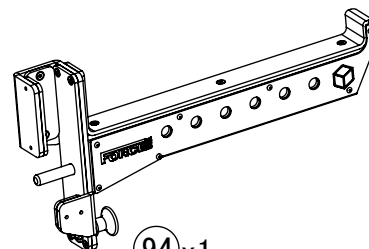
(92) x1

J-Hook Right



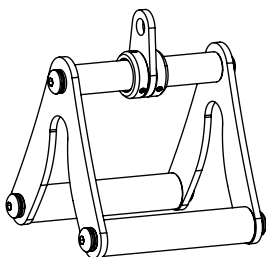
(93) x1

J-Hook Left



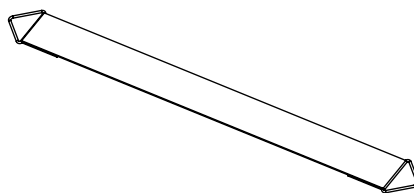
(94) x1

Spotter Arm Left



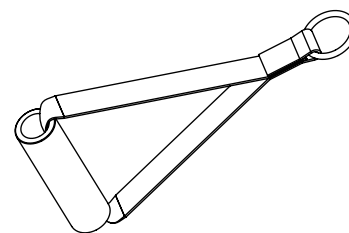
(95) x1

**Close Grip Triangle /
Landmine Handle**



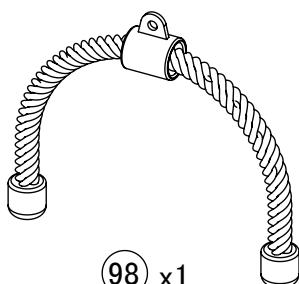
(96) x1

**Bodyweight Assisted
Strap**



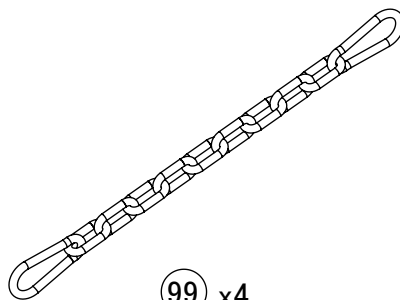
(97) x1

Single Knurled Handle



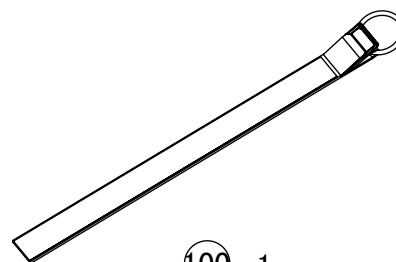
(98) x1

Tricep Rope



(99) x4

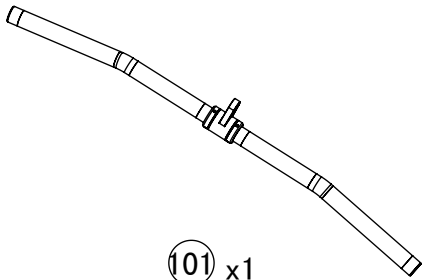
Extension Chain



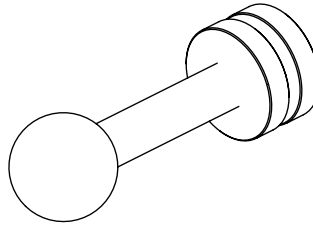
(100) x1

Ankle Cuff

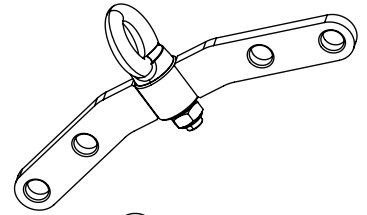
HARDWARE IDENTIFIER



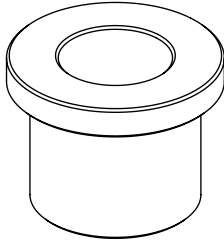
(101) x1
Revolving Lat Pull Down Bar



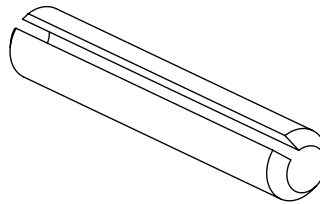
(102) x12
Peg



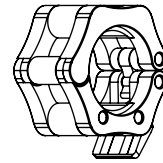
(103) x1
Dual Cable Connector



(13) x22
 $\phi 20 \times \phi 16 \times \phi 10.2 \times 15$
Sleeve Spacer



(40) x2
**Selector Rod
Connecting Pin**



(253) x2
Magnetic Olympic Lock Collar

HARDWARE IDENTIFIER

6

x42



M10x25mm

44

x10



M10x45mm

38

x4



M10x50mm

14

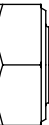
x20



M10x70mm

23

x16



M10x75mm

9

x12



M10x95mm

90

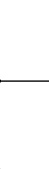
x4



M12x95mm

79

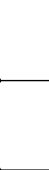
x16



M16x70mm

83

x16



M16x80mm

72

x18



M8x16mm

49

x2



M8x20mm

47

x4



M10x25mm

69

x2



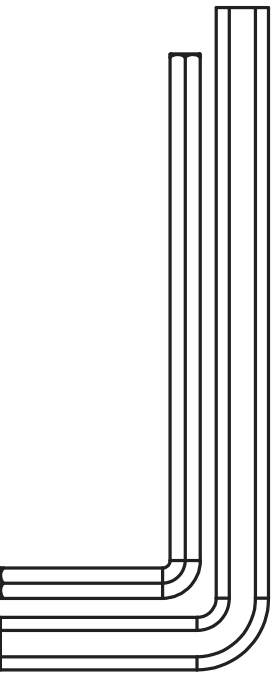
M10x30mm

57

x2



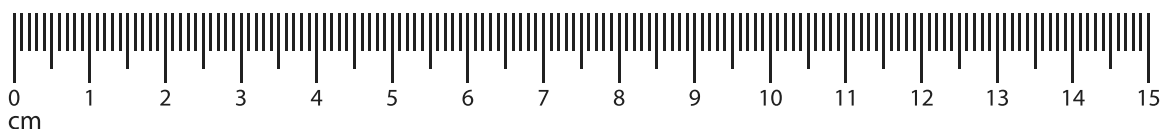
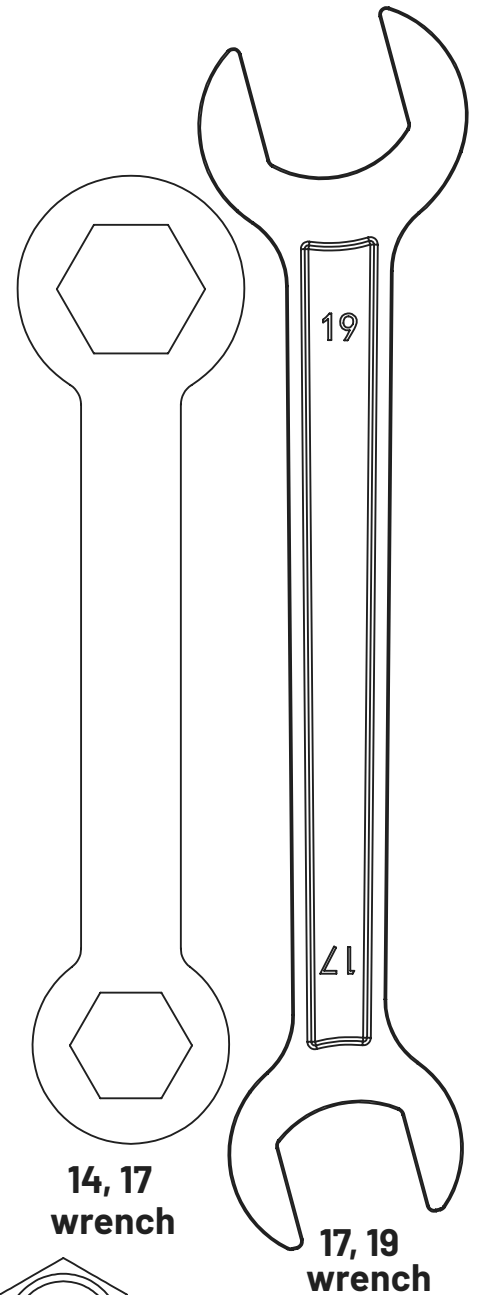
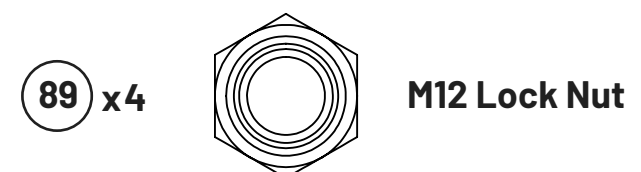
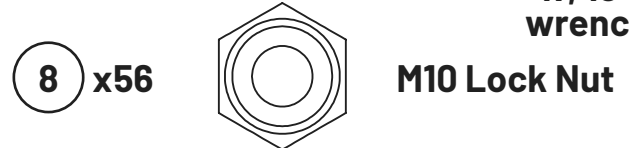
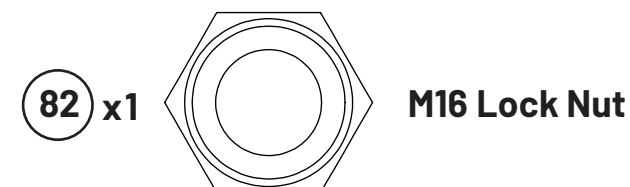
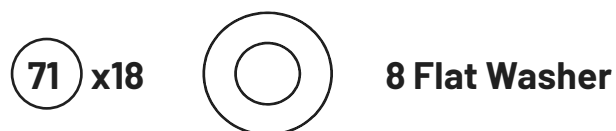
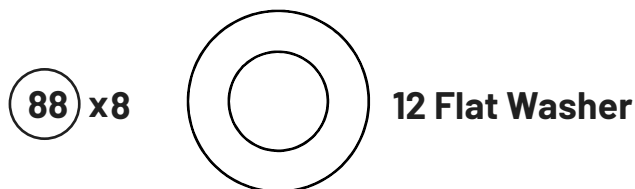
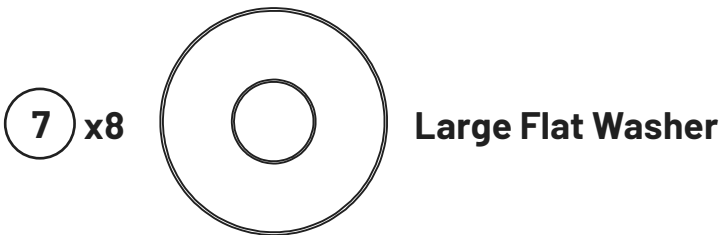
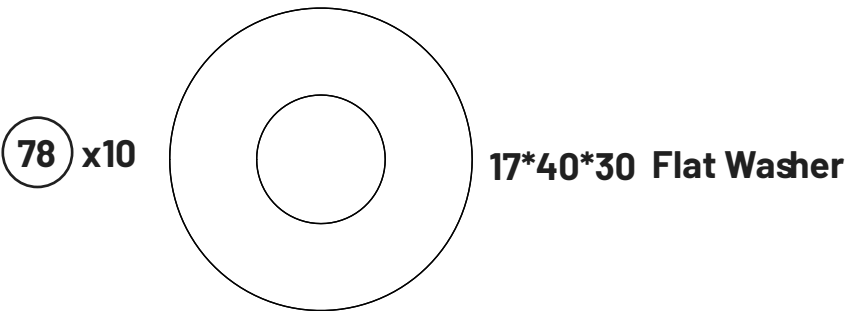
M8x10mm



4, 6 mm

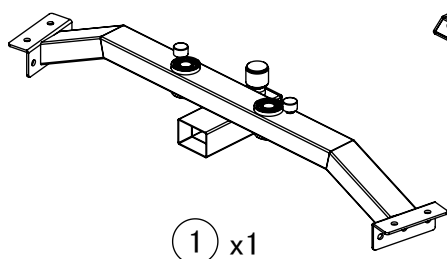
Note: parts may not be to scale

HARDWARE IDENTIFIER

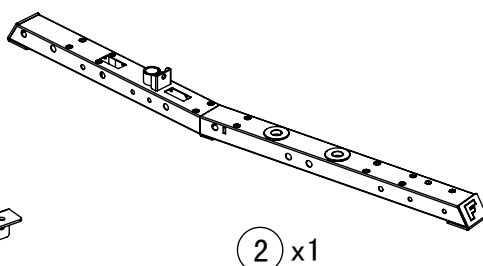


Note: parts may not be to scale

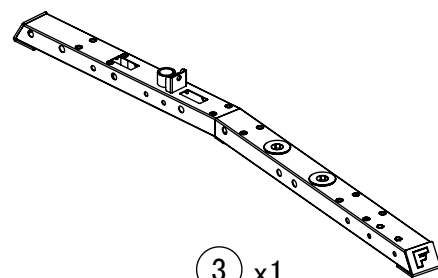
STEP 1 - PARTS & HARDWARE



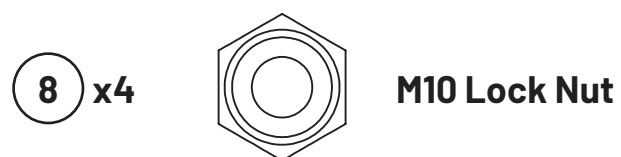
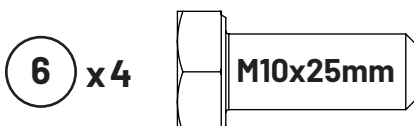
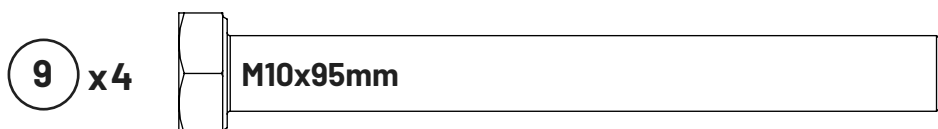
1 x1
Rear Connection Frame



2 x1
Base Frame - Right



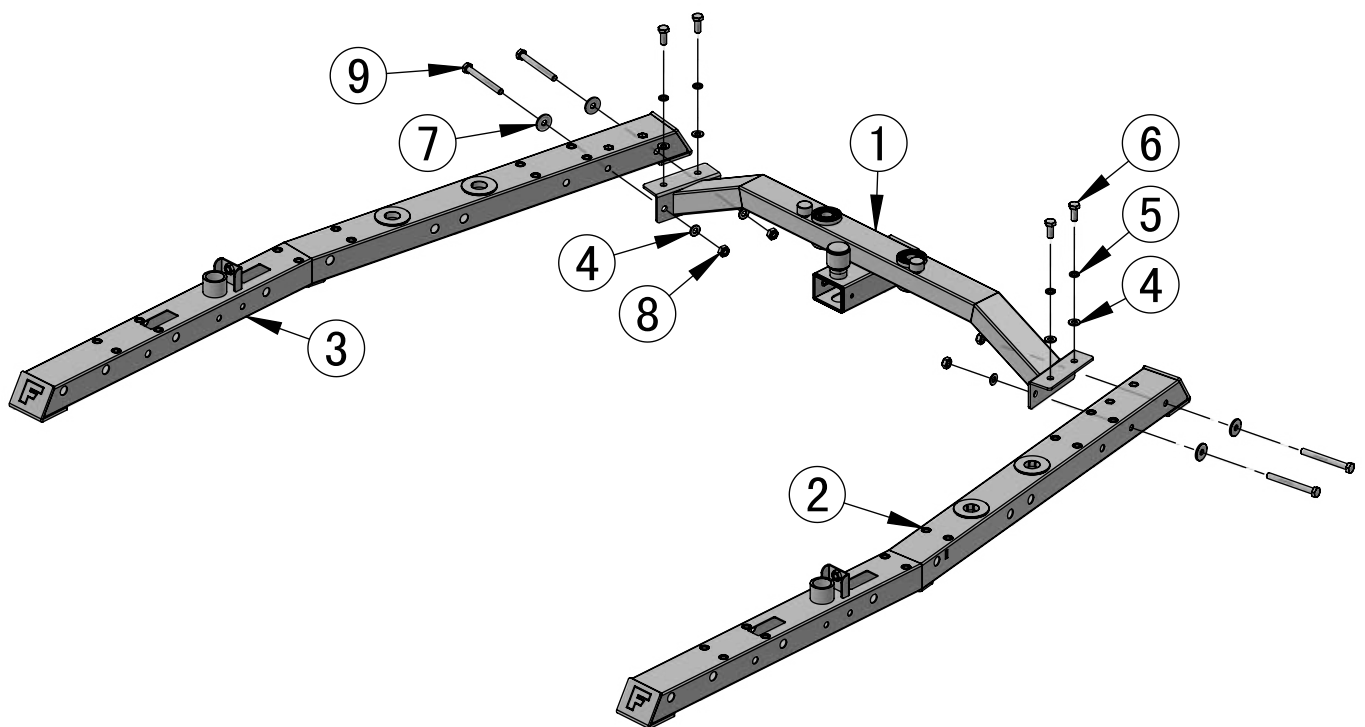
3 x1
Base Frame - Left



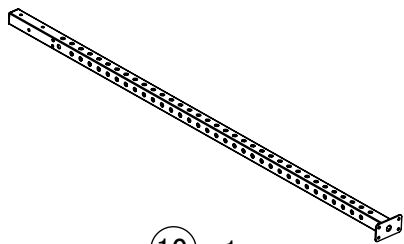
STEP 1 - ASSEMBLY



Hand tighten this step's hardware

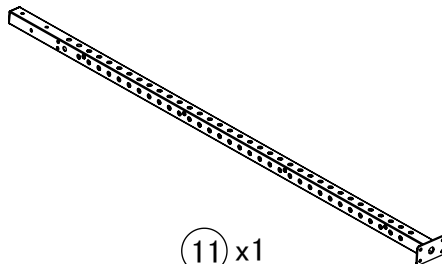


STEP 2 - PARTS & HARDWARE



10 x1

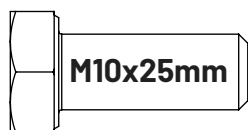
Rear Right Upright



11 x1

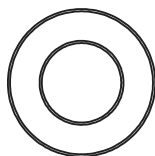
Rear Left Upright

6 x8



M10x25mm

4 x8



10 Flat Washer

5 x8

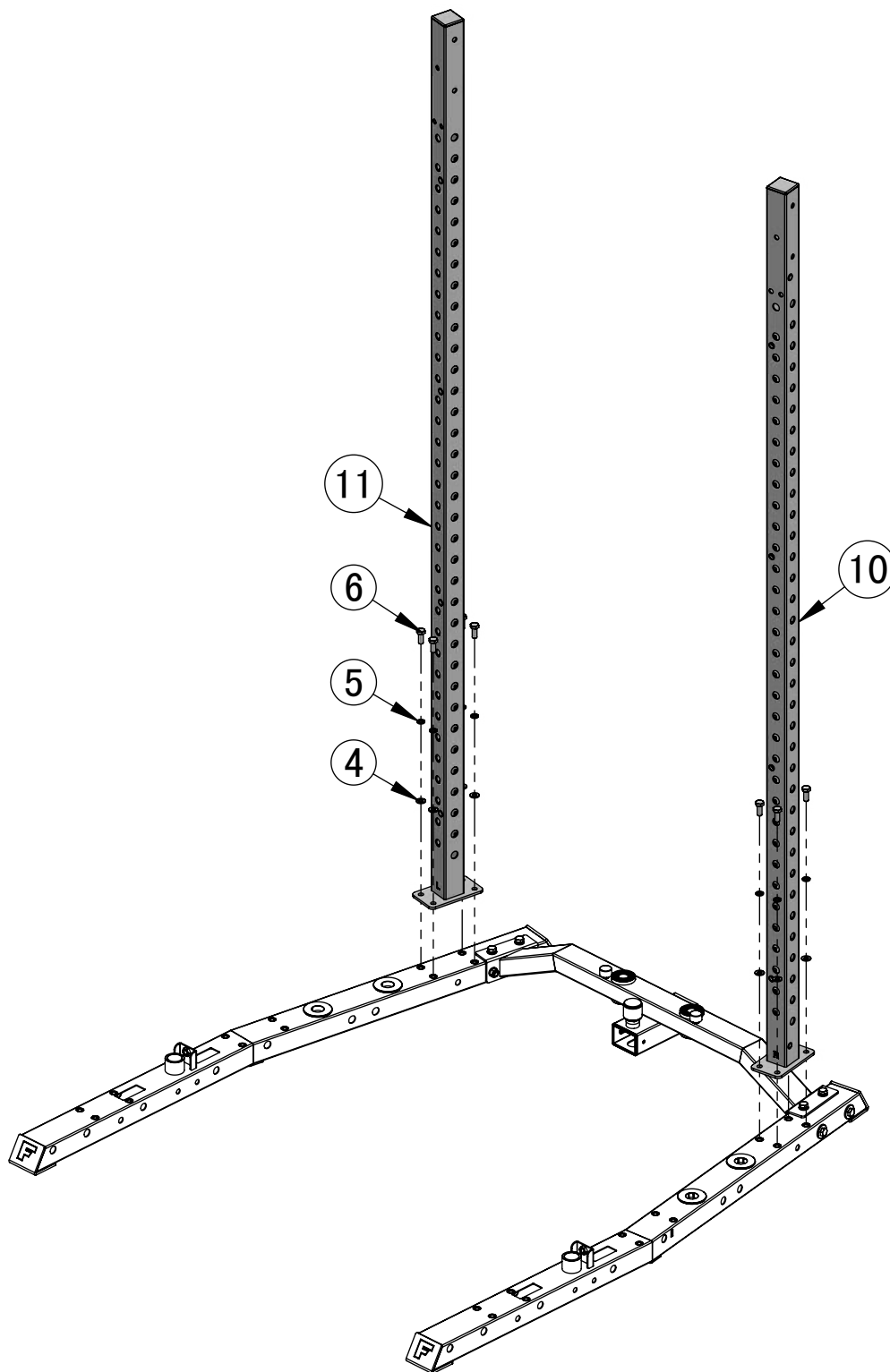


10 Spring Washer

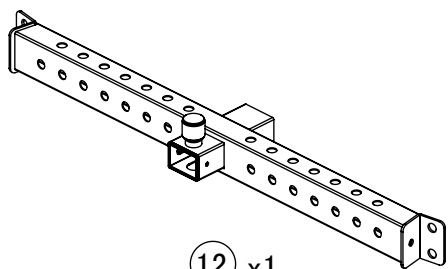
STEP 2 - ASSEMBLY



Hand tighten this step's hardware

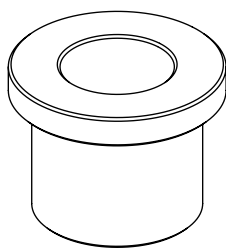


STEP 3 - PARTS & HARDWARE



(12) x1

Leg Press Connection Frame



(13) x10

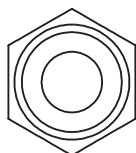
$\phi 20 \times \phi 16 \times \phi 10.2 \times 15$
Sleeve Spacer

(14) x6



M10x70mm

(8) x4

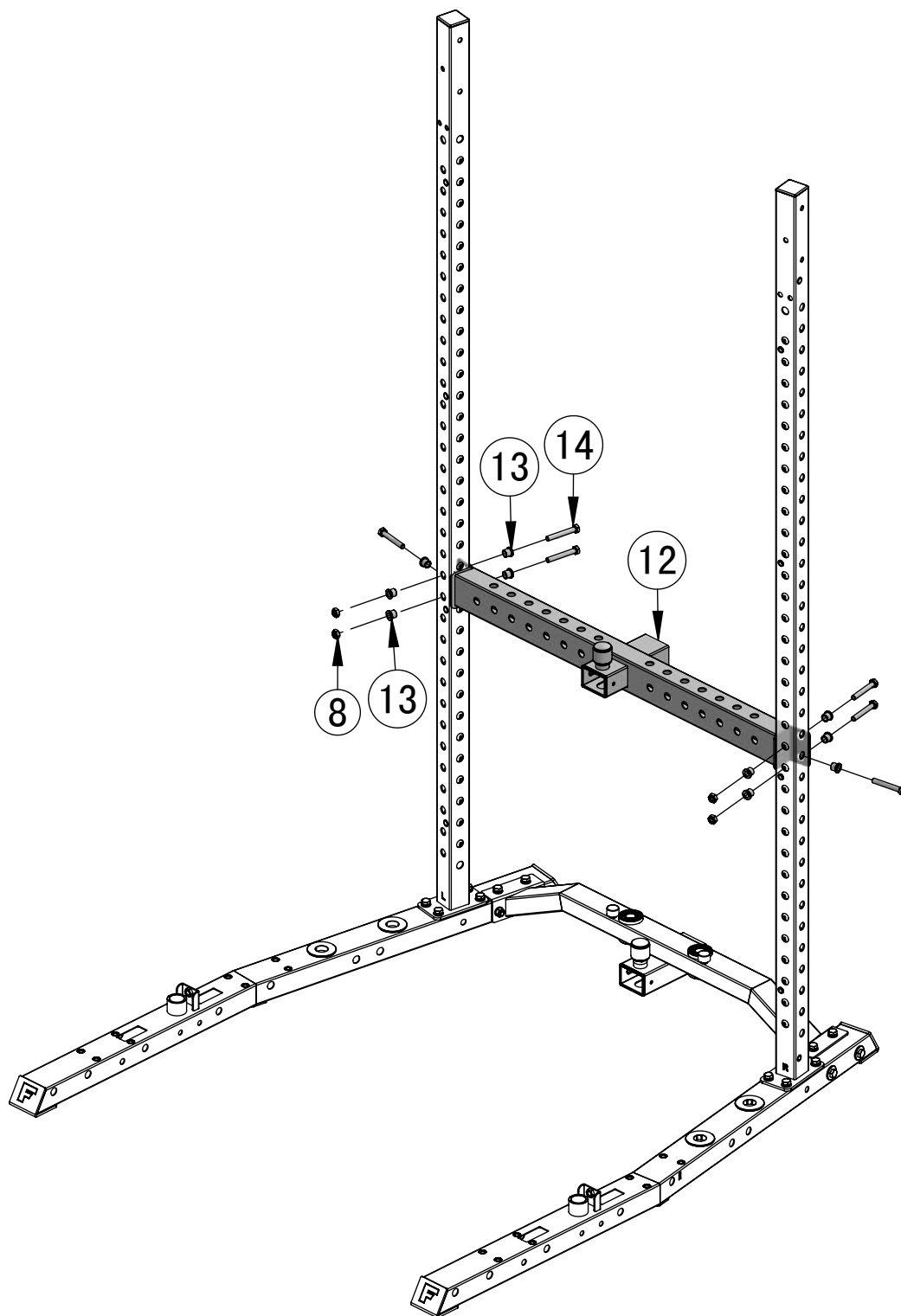


M10 Lock Nut

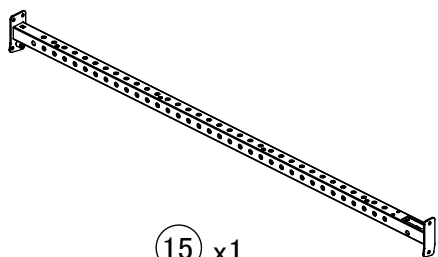
STEP 3 - ASSEMBLY



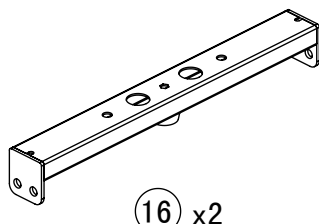
Hand tighten this step's hardware



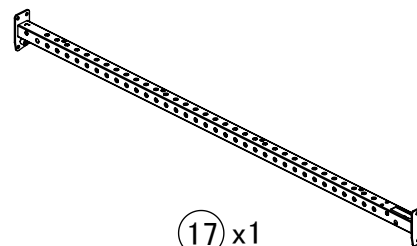
STEP 4 - PARTS & HARDWARE



(15) x1
Middle Right Upright



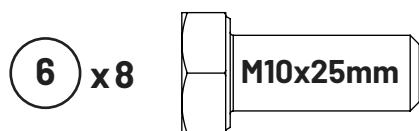
(16) x2
Guide Rod Top Frame



(17) x1
Middle Left Upright



(14) x8



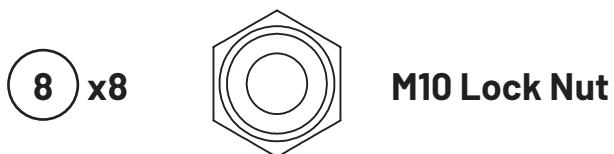
(6) x8



(4) x24



(5) x8

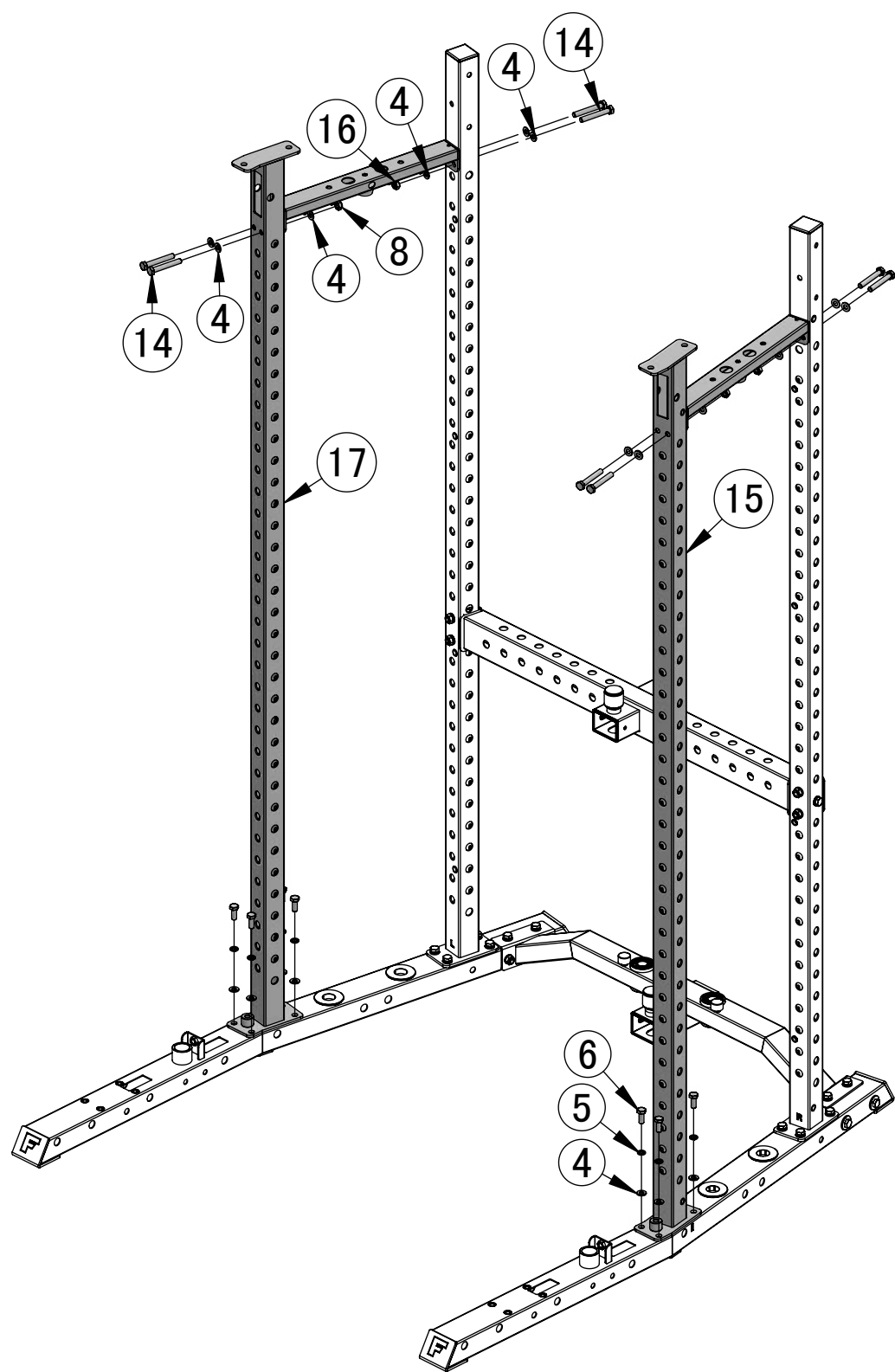


(8) x8

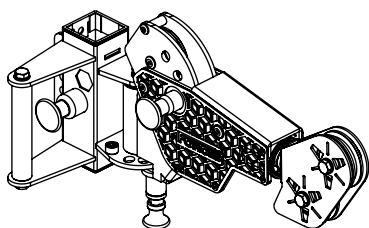
STEP 4 - ASSEMBLY



Hand tighten this step's hardware

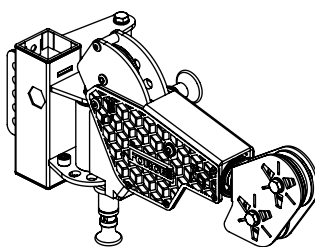


STEP 5 - PARTS & HARDWARE



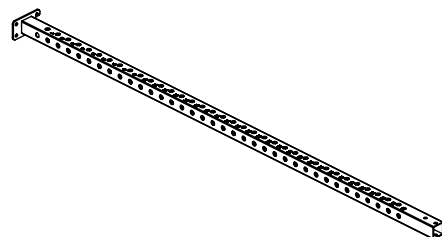
18 x1

Freestyle Trolley -Right



19 x1

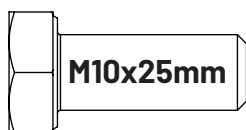
Freestyle Trolley -Left



20 x2

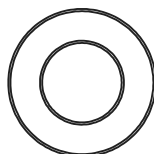
Front Upright

6 x8



M10x25mm

4 x8



10 Flat Washer

5 x8

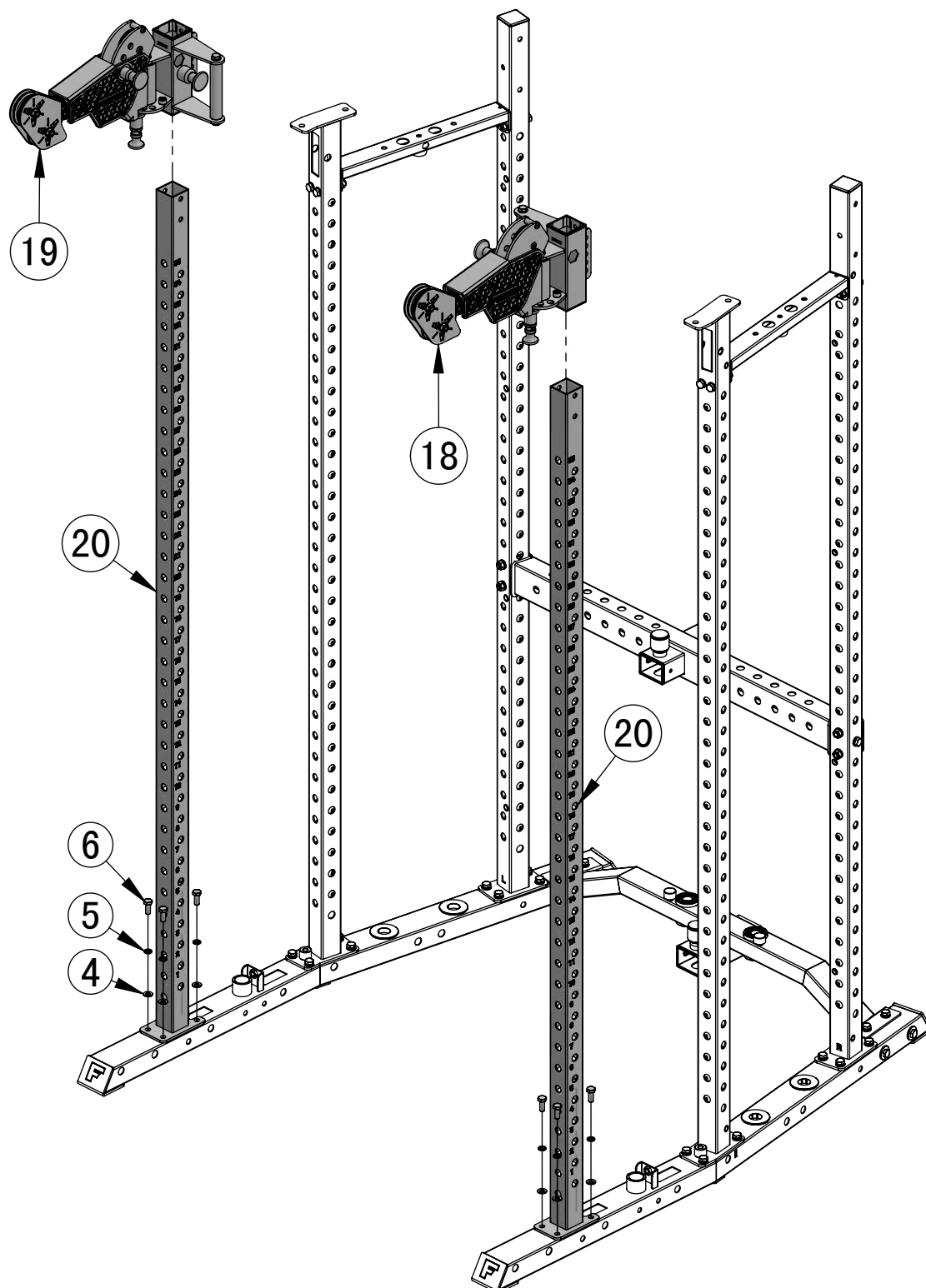


10 Spring Washer

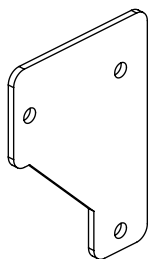
STEP 5 - ASSEMBLY



Hand tighten this step's hardware

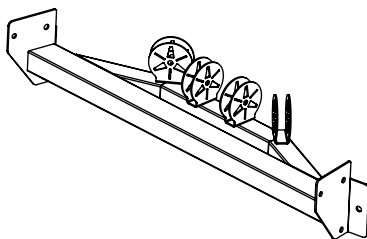


STEP 6 - ASSEMBLY



21 x2

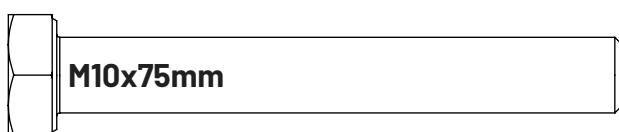
Rear Support Bracket



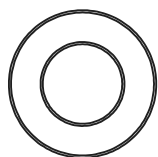
22 x1

Rear Top Connecting Frame

23 x6

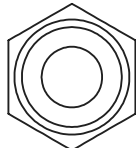


4 x12



10 Flat Washer

8 x6

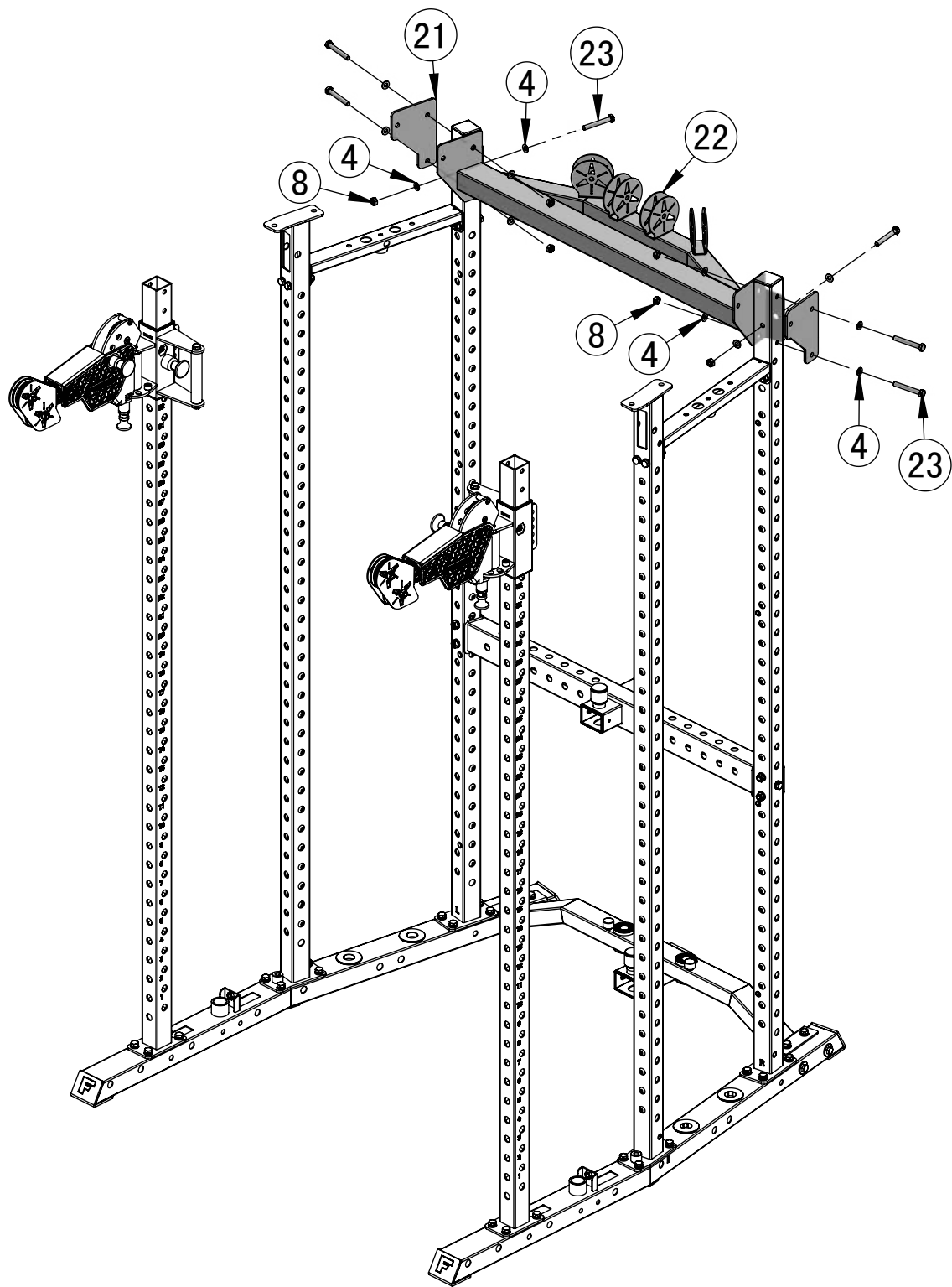


M10 Lock Nut

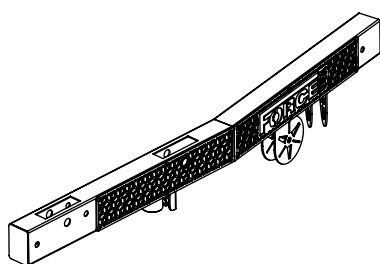
STEP 6 - ASSEMBLY



Hand tighten this step's hardware

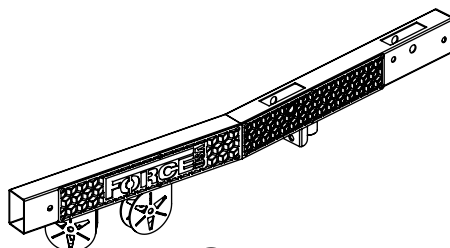


STEP 7 - PARTS & HARDWARE



24 x1

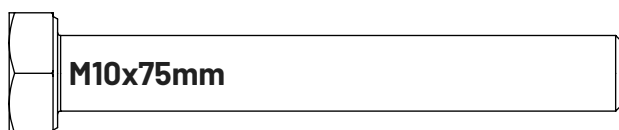
Right Top Frame



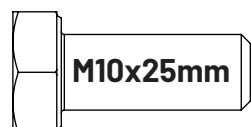
25 x1

Left Top Frame

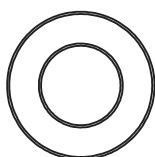
23 x2



6 x4



4 x8



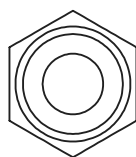
10 Flat Washer

5 x4



10 Spring Washer

8 x2

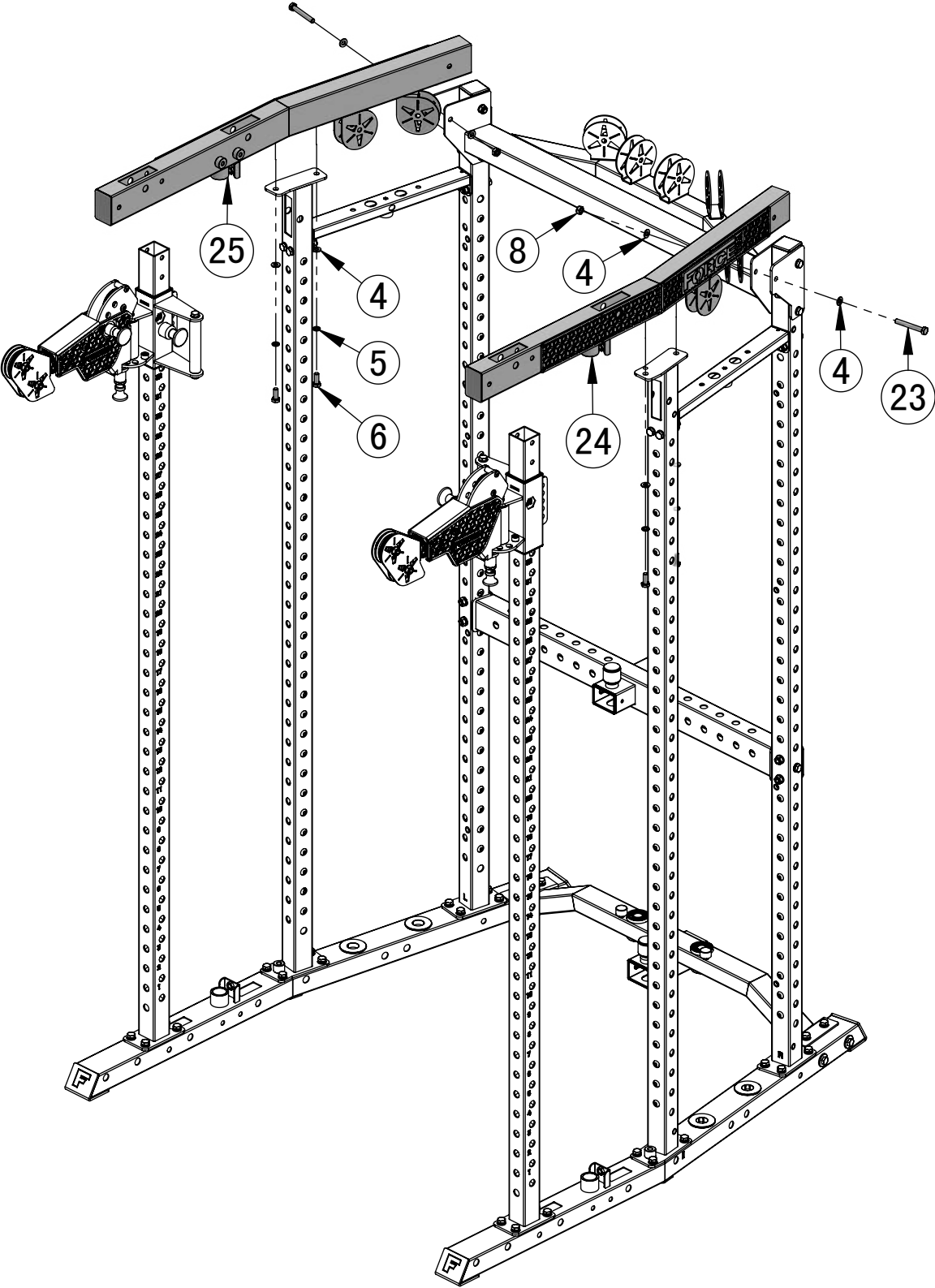


M10 Lock Nut

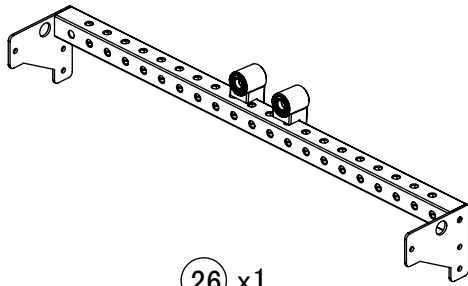
STEP 7 - ASSEMBLY



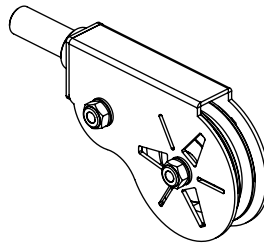
Hand tighten this step's hardware



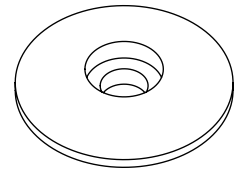
STEP 8 - PARTS & HARDWARE



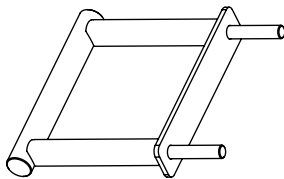
(26) x1
Front Connection Frame



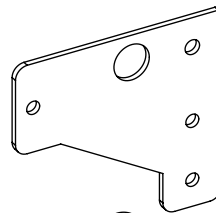
(27) x2
Center Pulley Insert



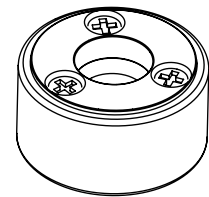
(28) x2
Aluminium Cover



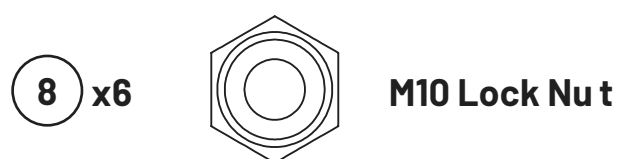
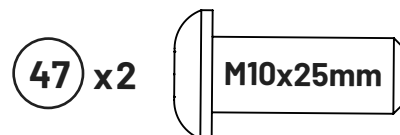
(29) x2
Adjustable Pull Up Handle



(30) x2
Front Top Support Bracket



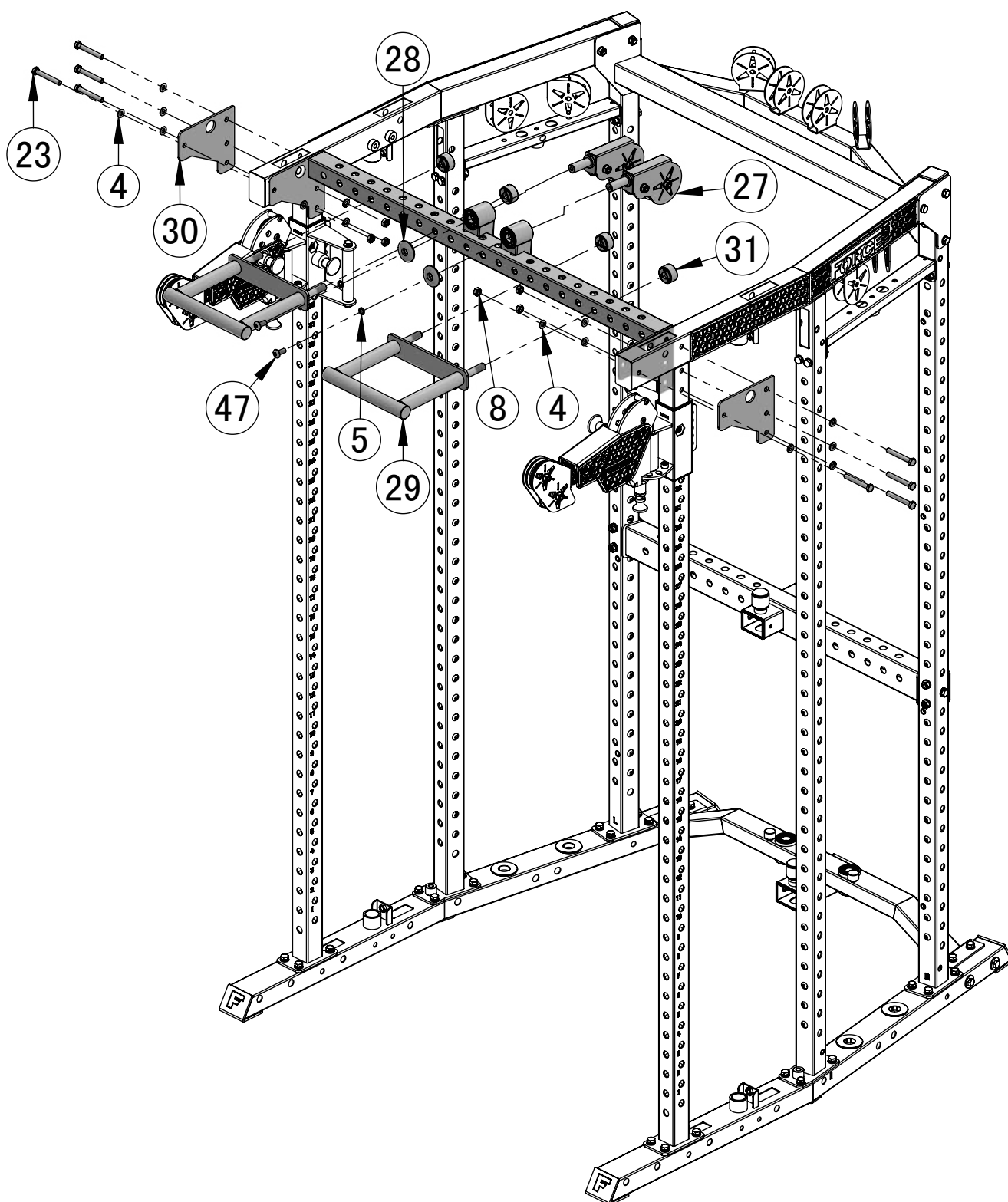
(31) x4
Knurled Nut



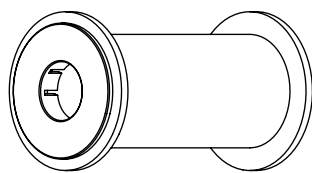
STEP 8 - ASSEMBLY



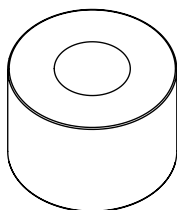
Fully tighten this step's hardware



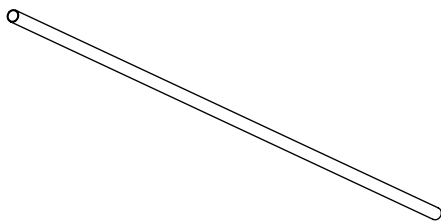
STEP 9 - PARTS & HARDWARE



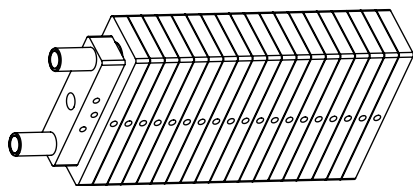
32 x4
Weight Stack Spacer



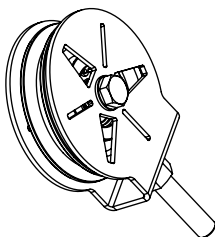
33 x4
Weight Stack Rubber Bumper



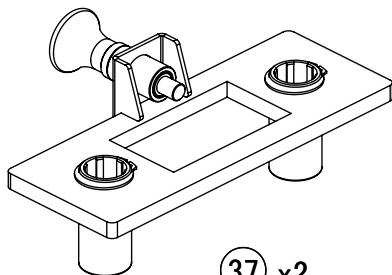
34 x4
Guide Rod



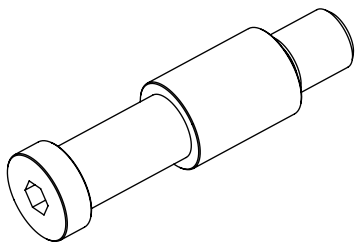
35 x2
200 lb / 90kg Weight Stack



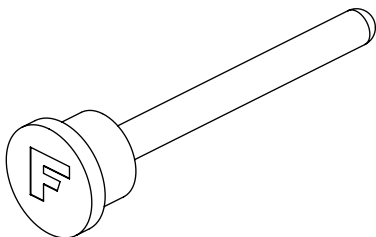
36 x2
Pulley Frame



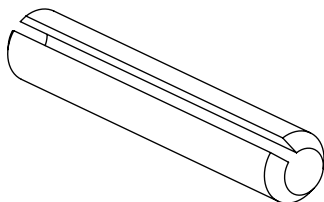
37 x2
2KG Incremental
Weight Plate



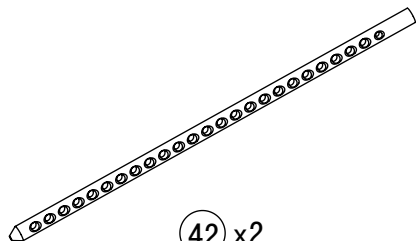
39 x8
Weight Stack Band Peg Hook



41 x2
Weight Stack Selector Pin



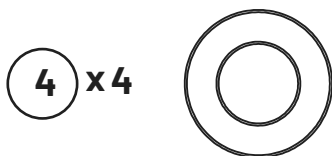
40 x2
Selector Rod
Connecting Pin



42 x2
Selector Rod



38 x4



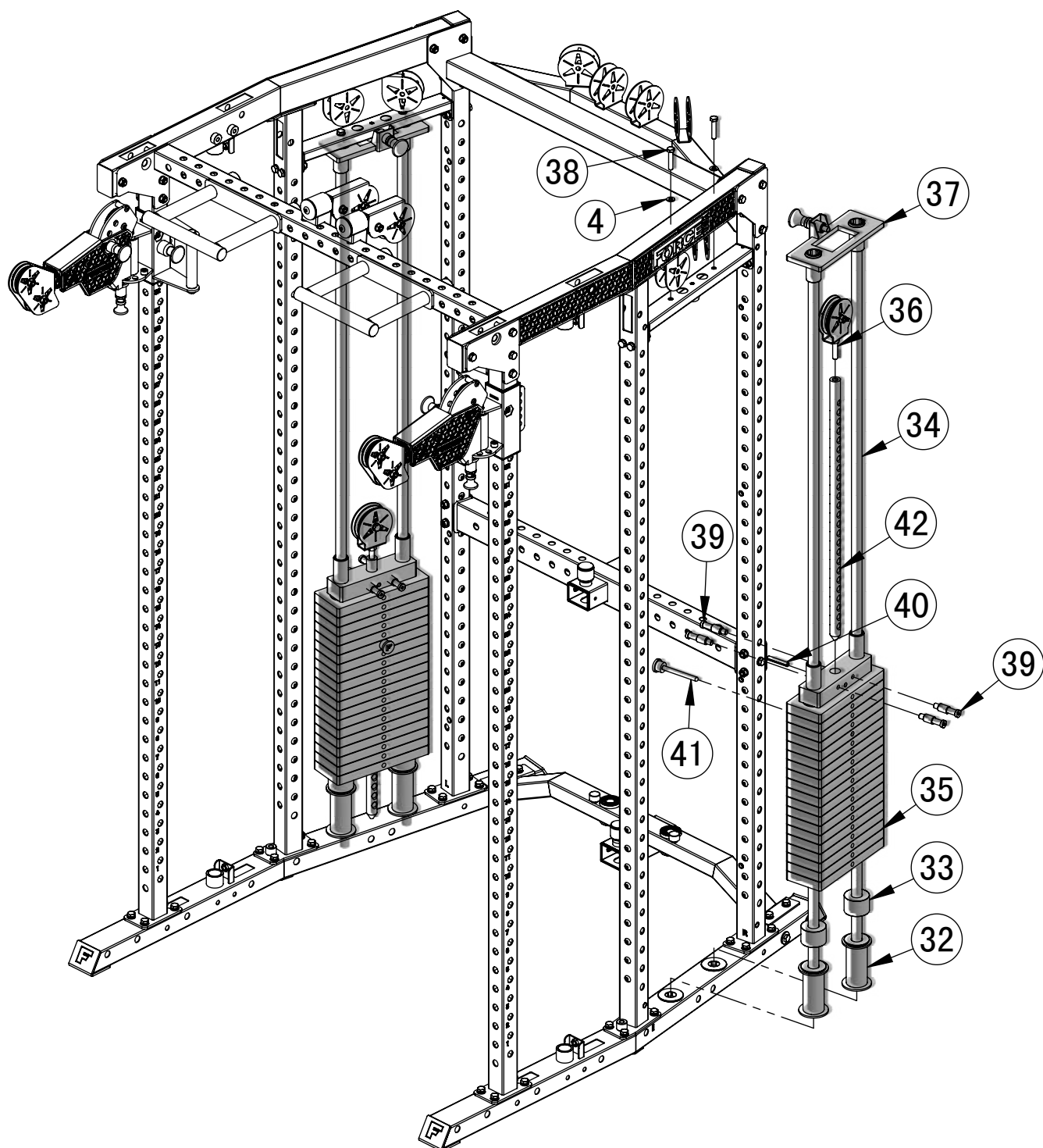
4 x4

10 Flat Washer

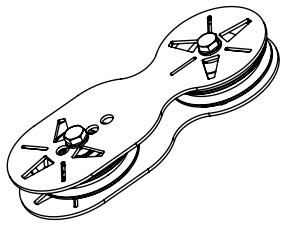
STEP 9 - ASSEMBLY



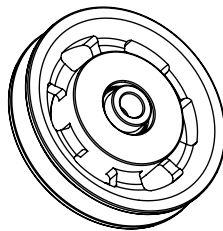
Fully tighten this step's hardware



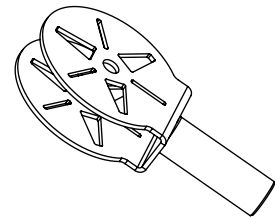
STEP 10 – PARTS & HARDWARE



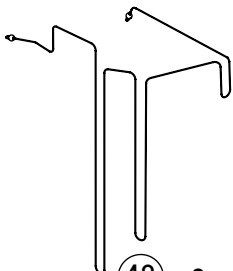
(43) x2
Figure-8 Pulley Bracket



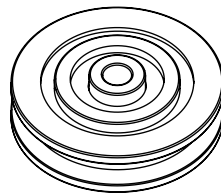
(45) x14
90mm Aluminium Pulley



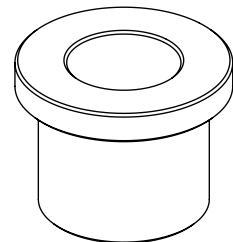
(46) x2
Rear Pulley Frame



(48) x2
Upper Main Frame Cable



(50) x2
75mm Aluminium Pulley



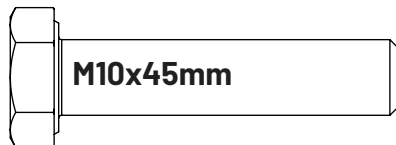
(13) x12
 $\phi 20 \times \phi 16 \times \phi 10$. 2×15 Sleeve Spacer

(14) x6



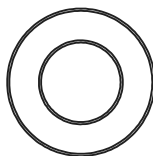
M10x70mm

(44) x10



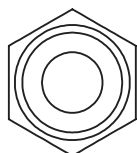
M10x45mm

(4) x20



10 Flat Washer

(8) x16

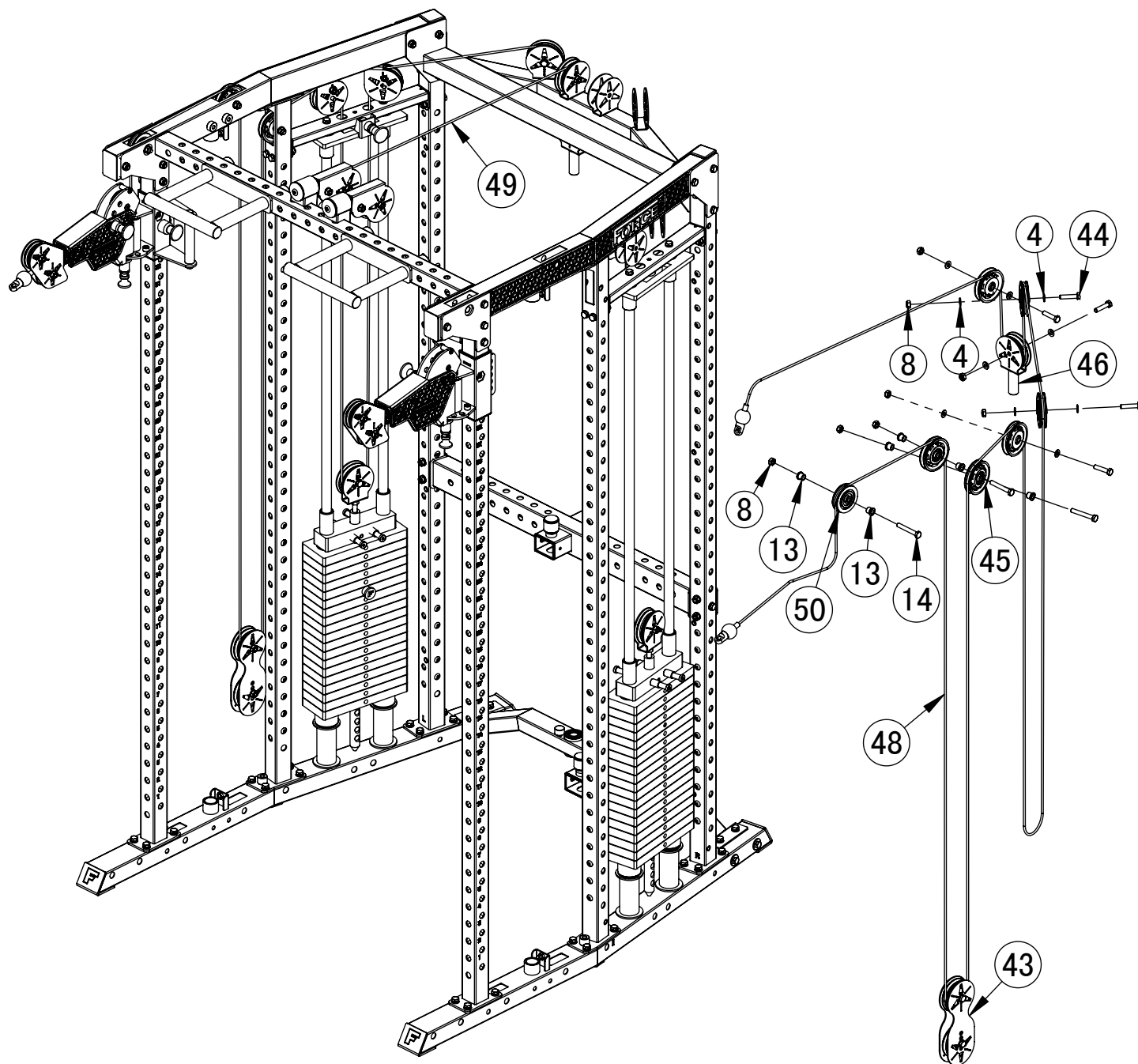


M10 Lock Nut

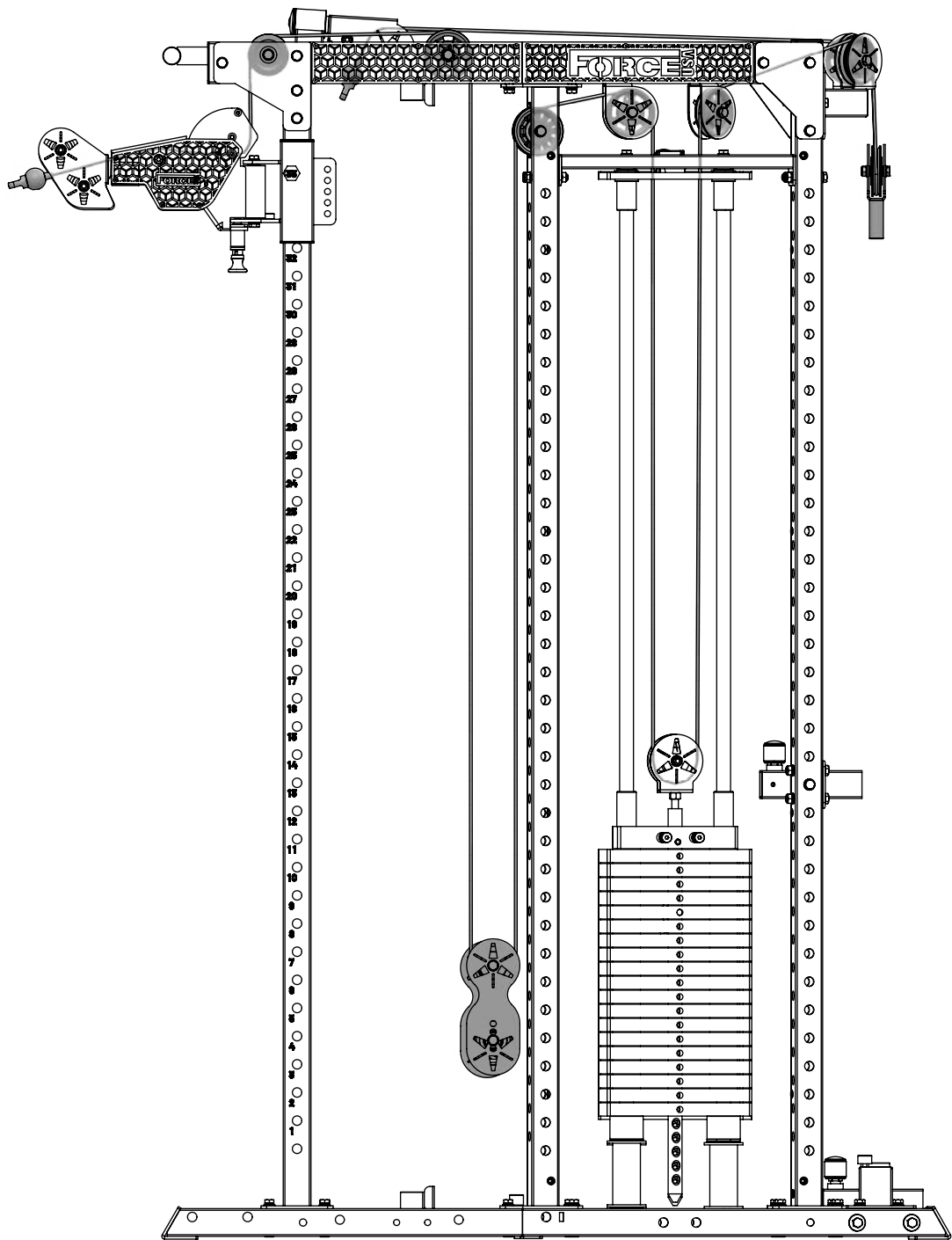
STEP 10 - ASSEMBLY



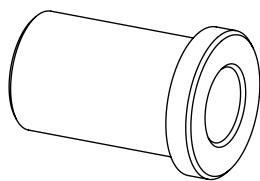
Fully tighten this step's hardware



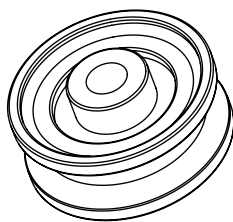
STEP 10 - ASSEMBLY VIEW



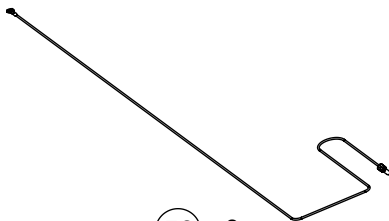
STEP 11 - PARTS & HARDWARE



51 x8
Pulley Bushing

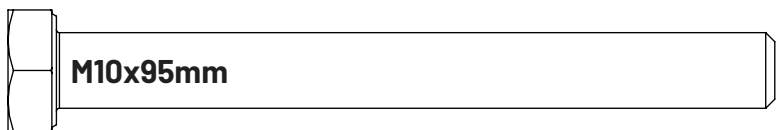


52 x4
50mm Aluminium Pulley



53 x2
Lower Main Frame Cable

9 x4



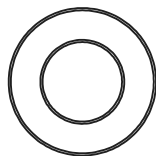
M10x95mm

6 x2



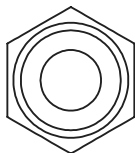
M10x25mm

4 x4



10 Flat Washer

8 x6

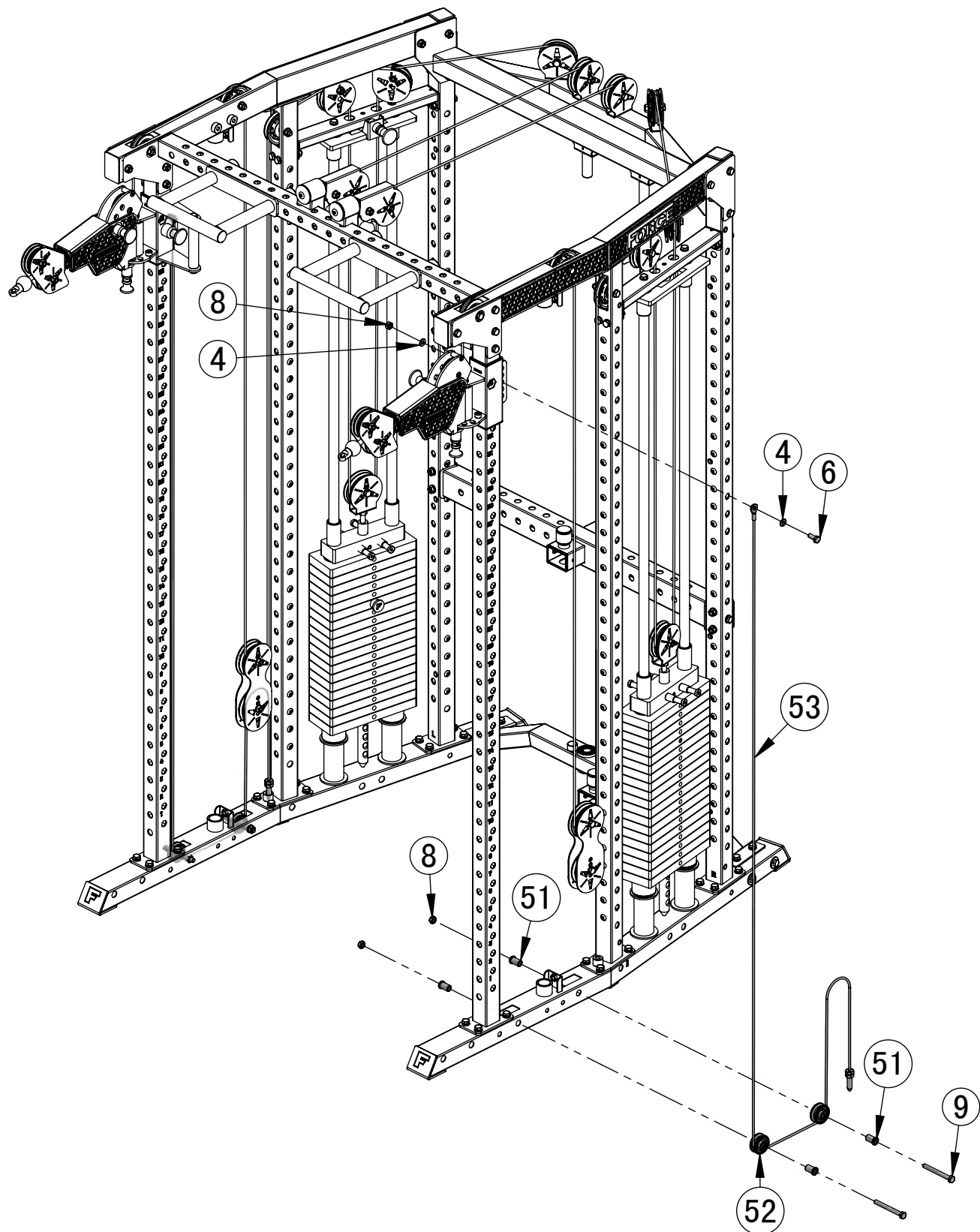


M10 Lock Nut

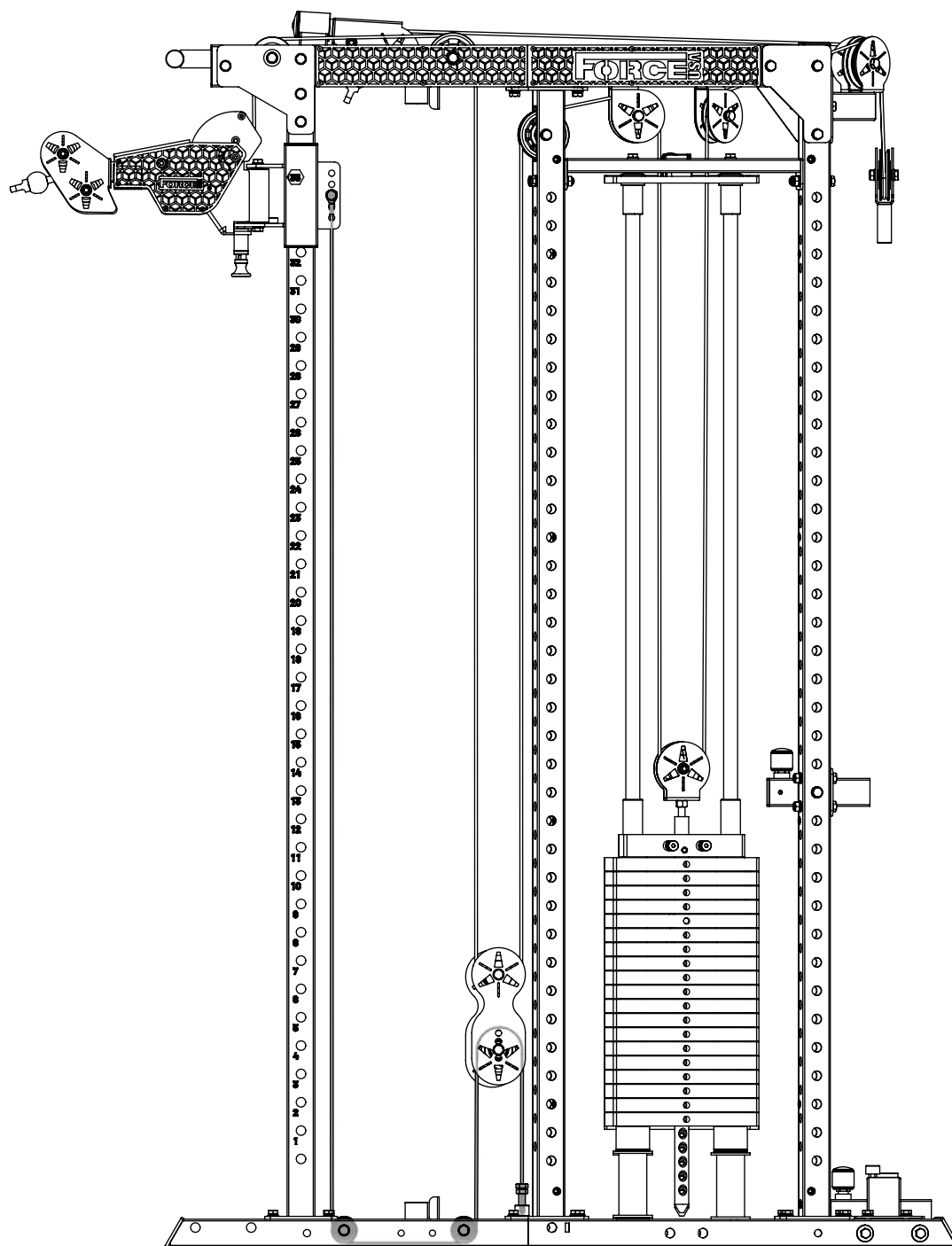
STEP 11 - ASSEMBLY



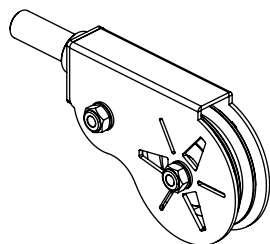
Fully tighten this step's hardware



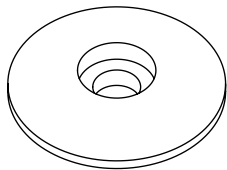
STEP 11 - ASSEMBLY VIEW



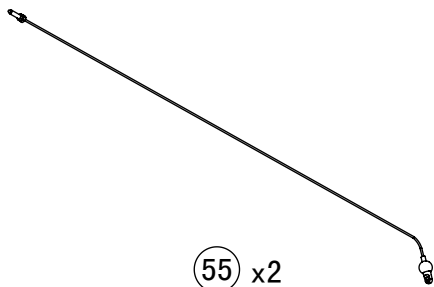
STEP 12 - PARTS & HARDWARE



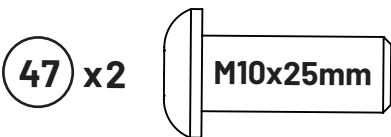
27 x2
Center Pulley Insert



28 x2
Aluminium Cover



55 x2
Low Row Cable



47 x2

M10x25mm



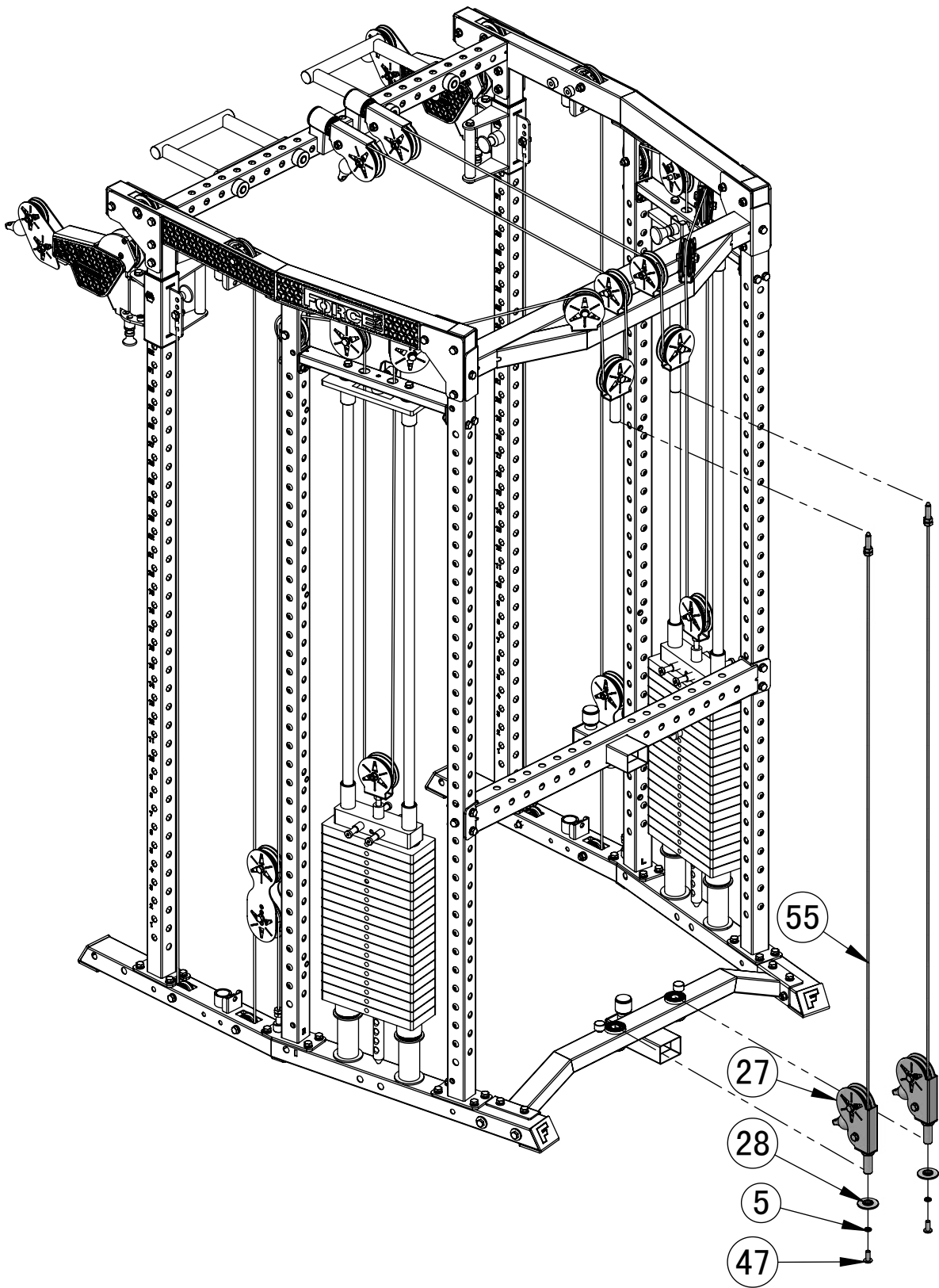
5 x2

10 Spring Washer

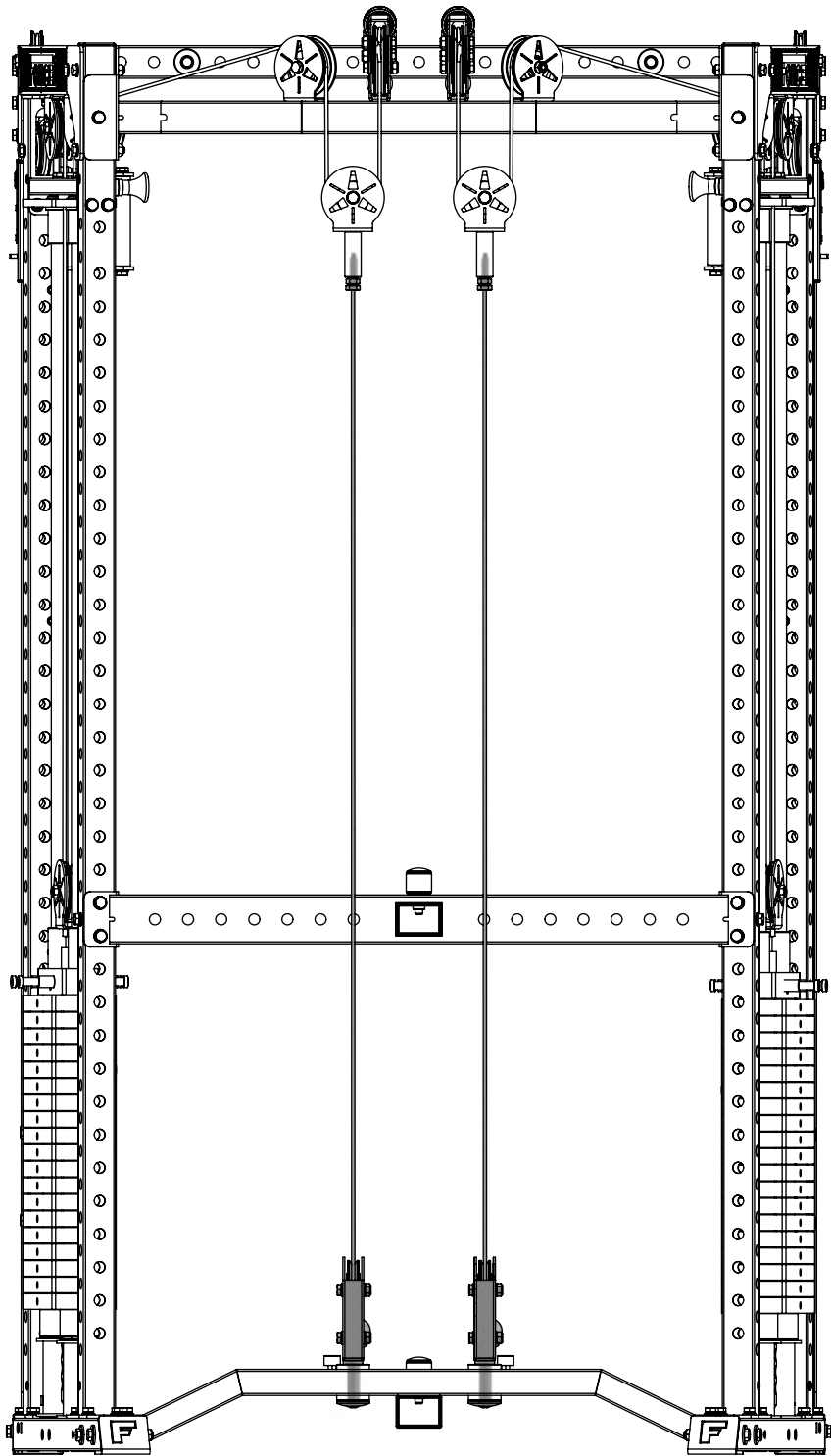
STEP 12 - ASSEMBLY



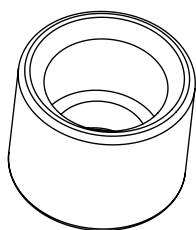
Fully tighten this step's hardware



STEP 12 - ASSEMBLY VIEW

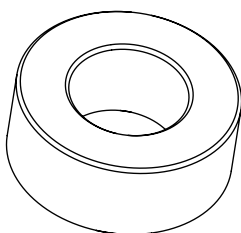


STEP 13 - PARTS & HARDWARE



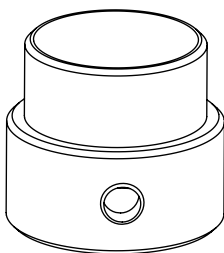
56 x1

Smith Bar Guide Rod Bottom Insert



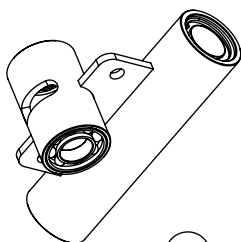
58 x1

Smith Bar Rubber Bumper



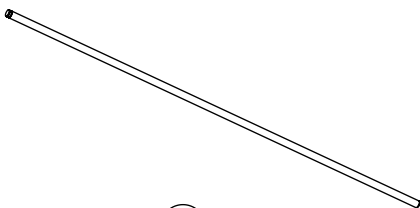
59 x1

Smith Bar Rubber Bumper



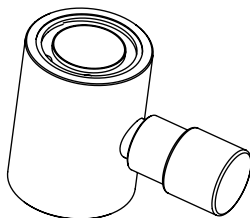
60 x1

Smith Bar Sliding Frame



61 x1

Smith Bar Guide Rod



62 x1

Smith Bar Safety Hook

57 x1

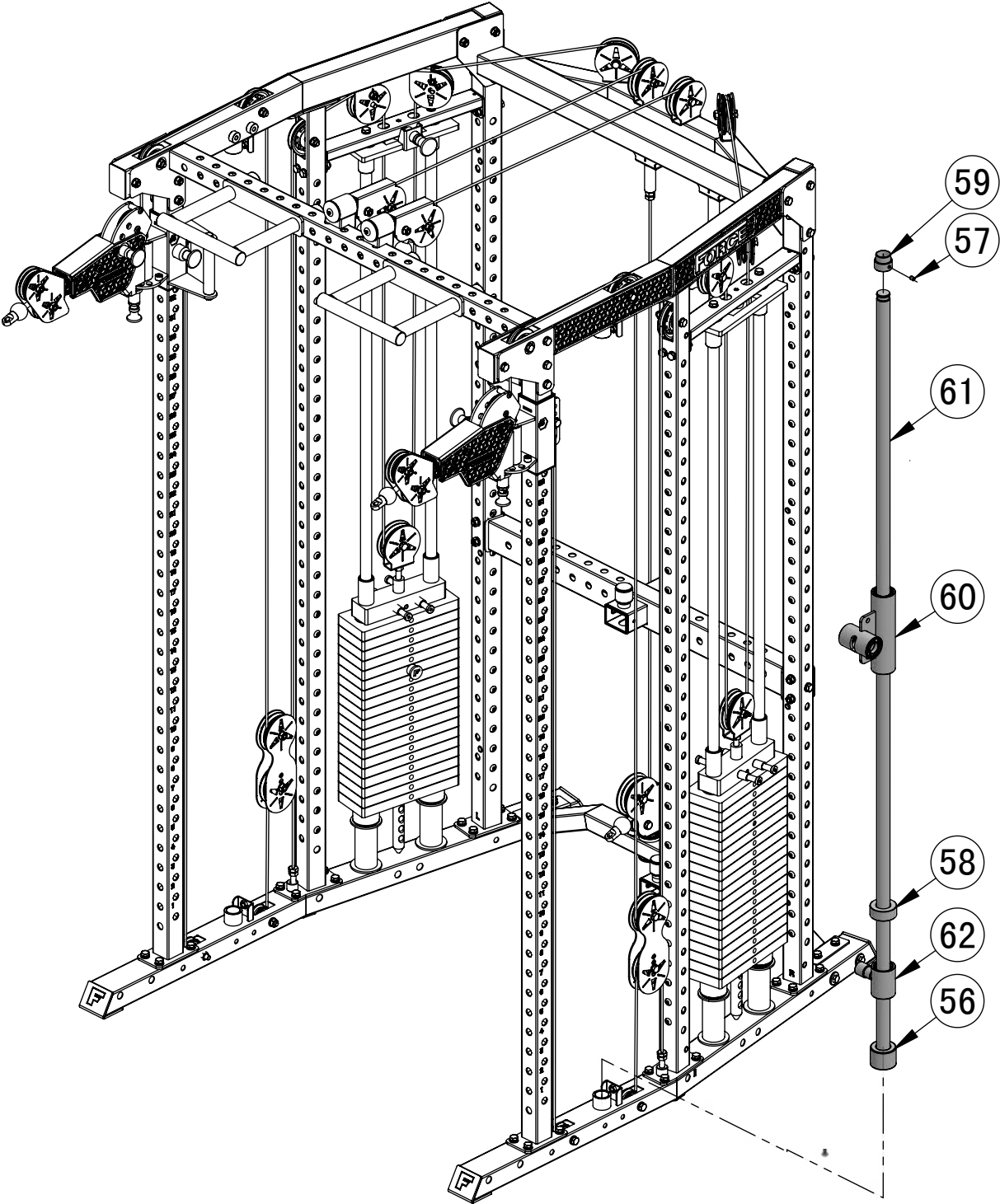


M8x10mm

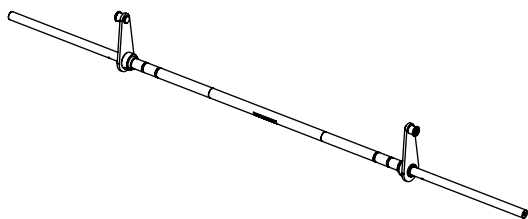
STEP 13 - ASSEMBLY



Fully tighten this step's hardware



STEP 14 - PARTS & HARDWARE

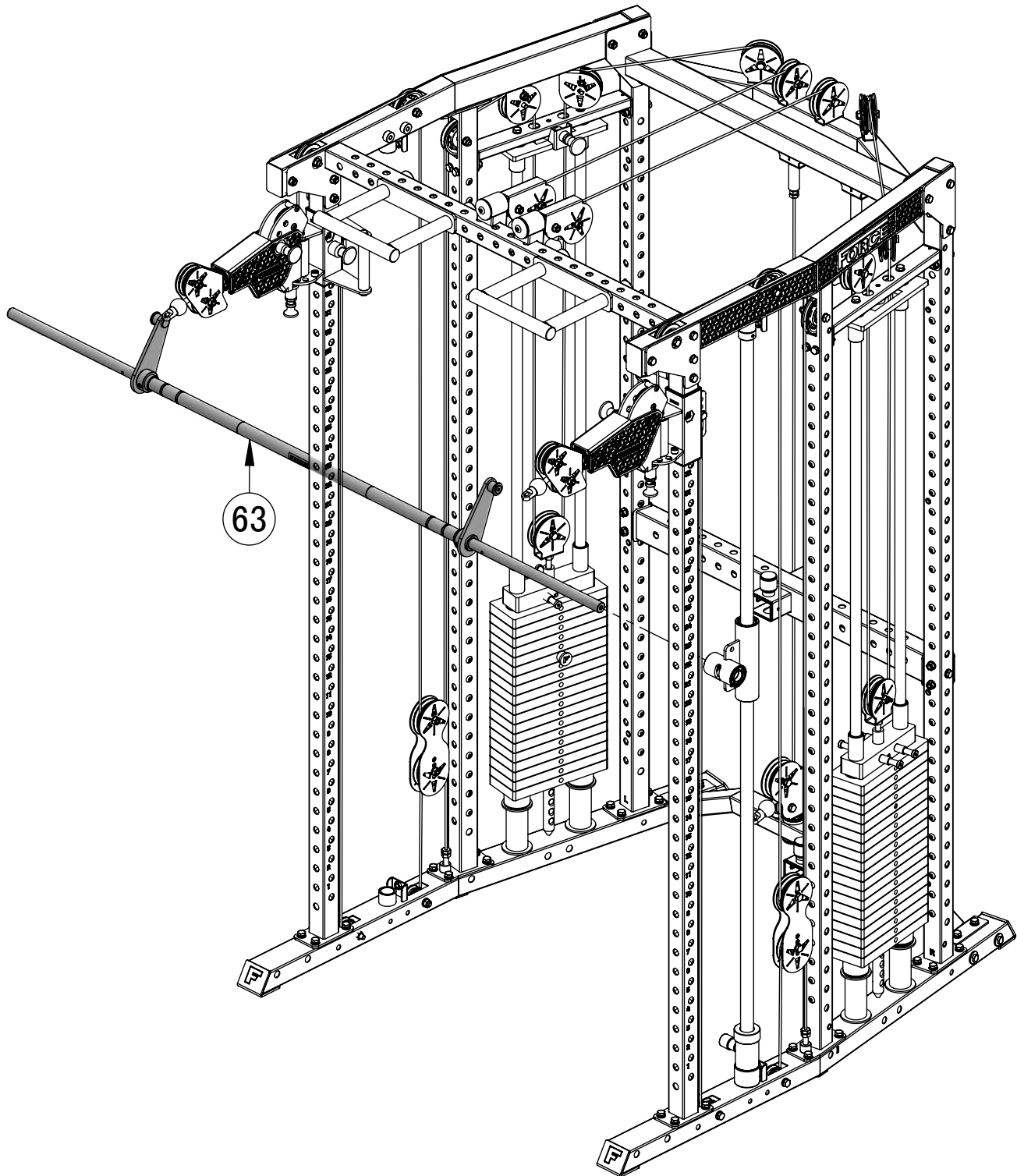


⑥3 x1
Smith Bar

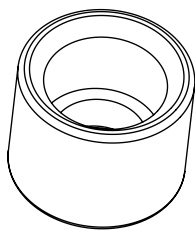
STEP 14 - ASSEMBLY



Fully tighten this step's hardware

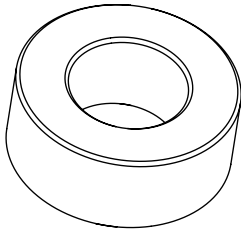


STEP 15 - PARTS & HARDWARE



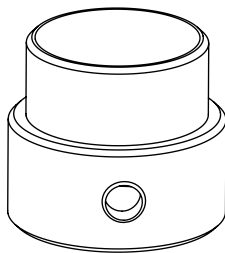
56 x1

Smith Bar Guide Rod Bottom Insert



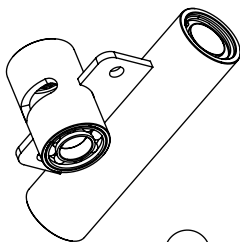
58 x1

Smith Bar Rubber Bumper



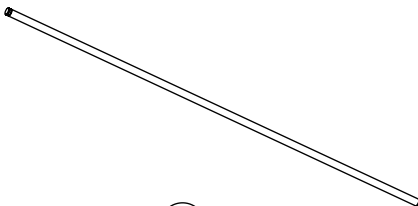
59 x1

Smith Bar Rubber Bumper



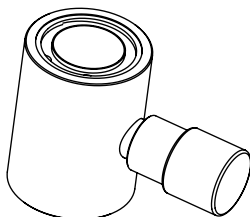
60 x1

Smith Bar Sliding Frame



61 x1

Smith Bar Guide Rod



62 x1

Smith Bar Safety Hook

57 x1

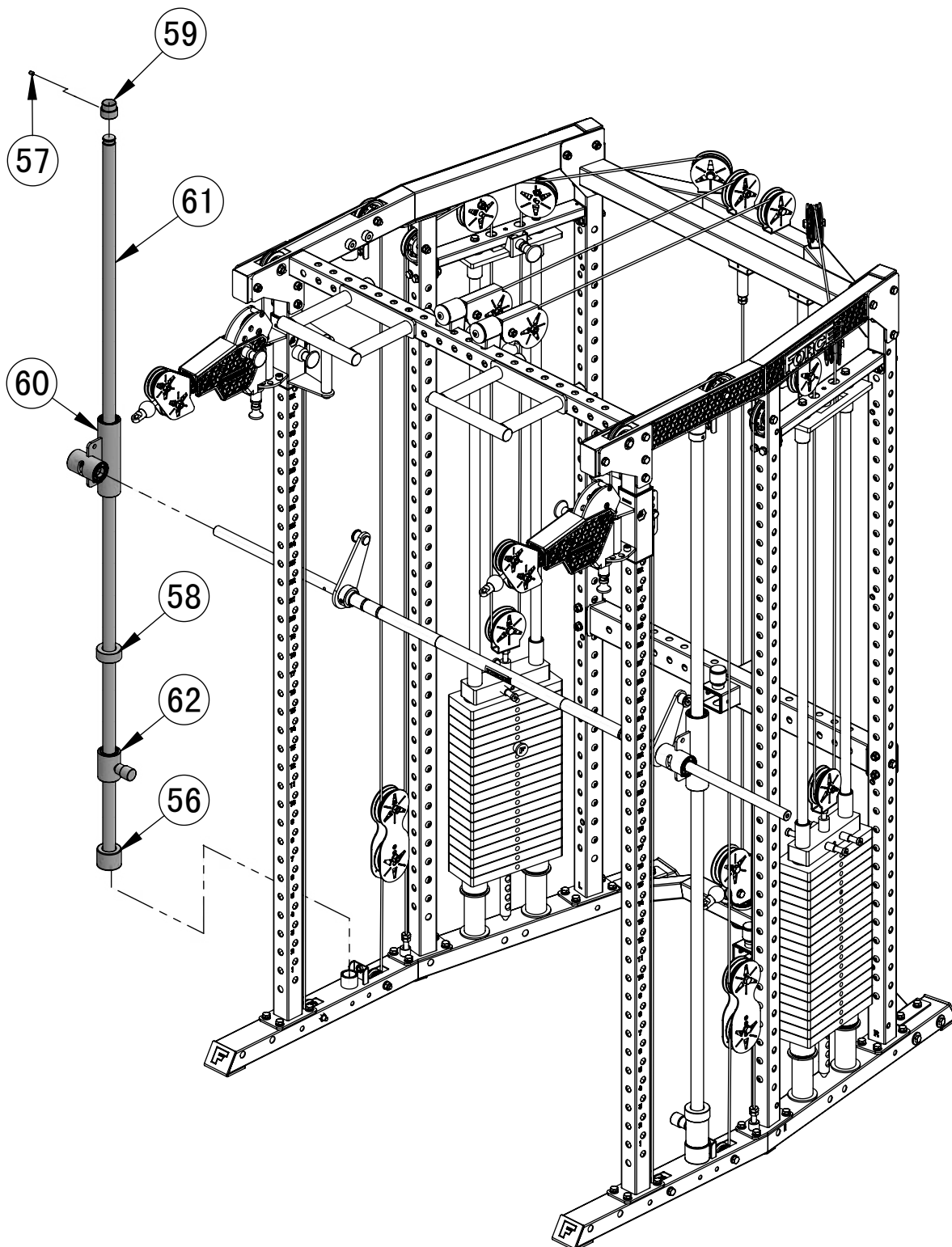


M8x10mm

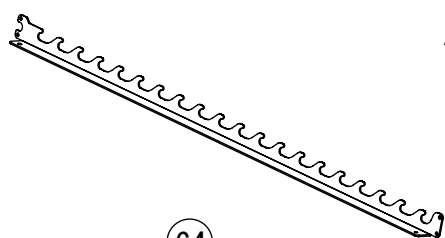
STEP 15 - ASSEMBLY



Fully tighten this step's hardware

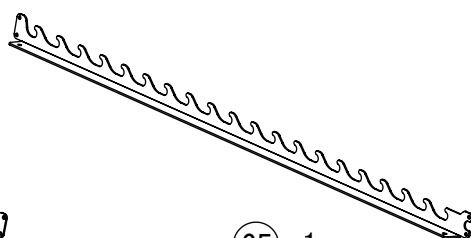


STEP 16 - PARTS & HARDWARE



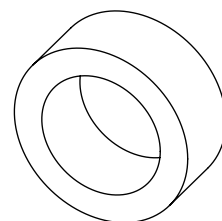
64 x1

Smith Bar Hook Plate - Right



65 x1

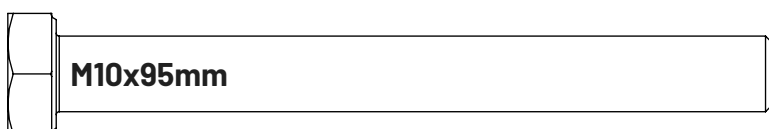
Smith Bar Hook Plate - Left



66 x2

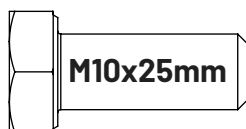
Smith Barbell Sleeve Spacer

9 x4



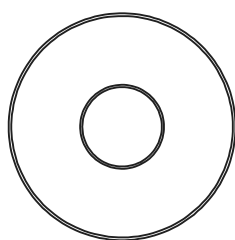
M10x95mm

6 x8



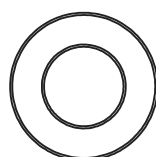
M10x25mm

7 x4



Large Flat Washer

4 x12



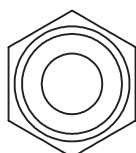
10 Flat Washer

5 x8



10 Spring Washer

8 x4

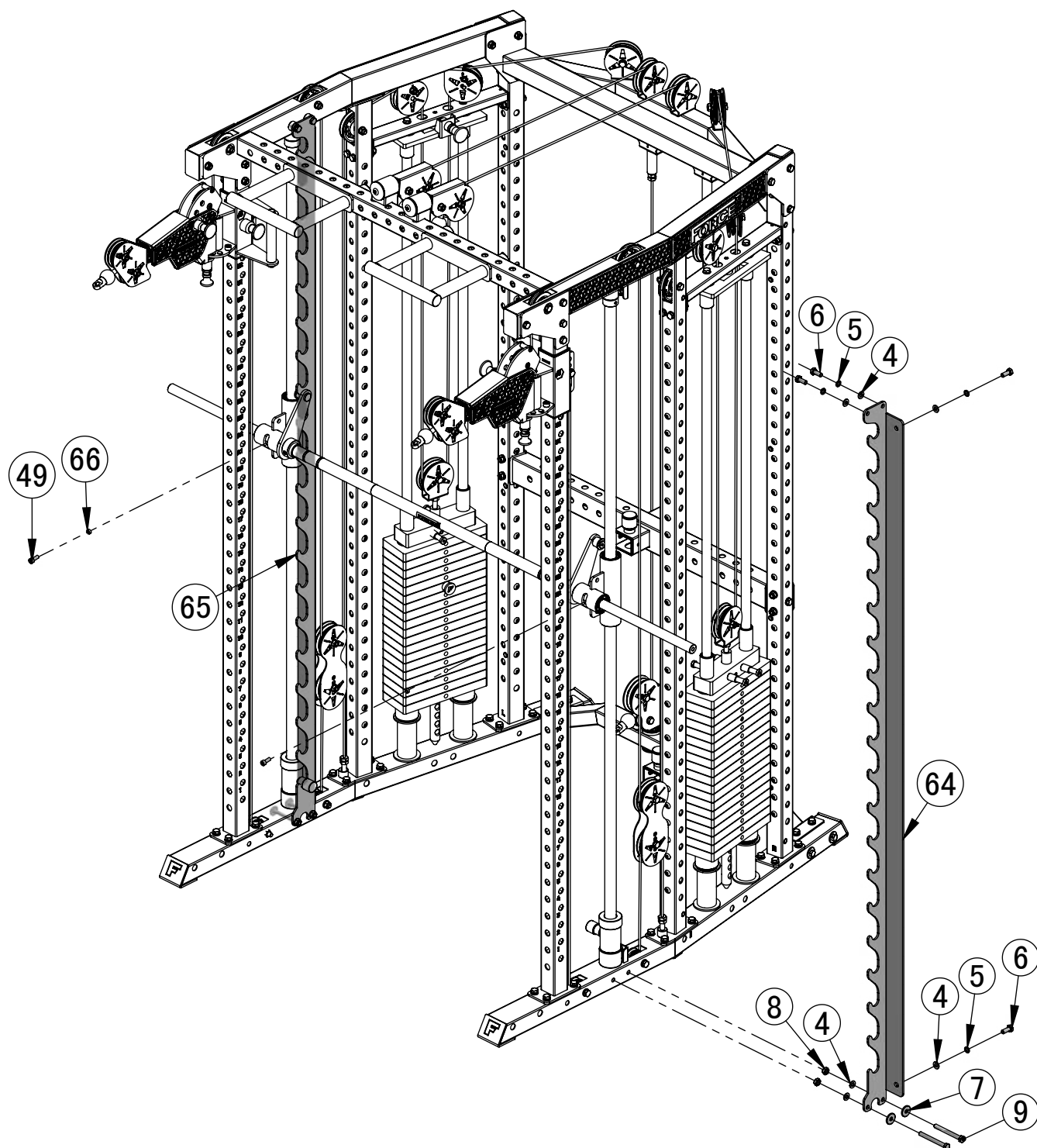


M10 Lock Nut

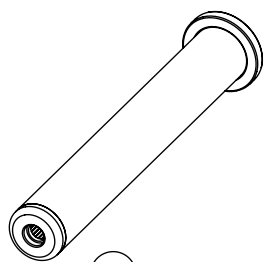
STEP 16 - ASSEMBLY



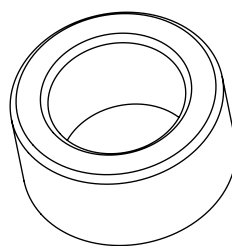
Fully tighten this step's hardware



STEP 17 - PARTS & HARDWARE



⑥7 x2
Smith Barbell Sleeve



⑥8 x2
Sleeve Spacer

⑥9 x2

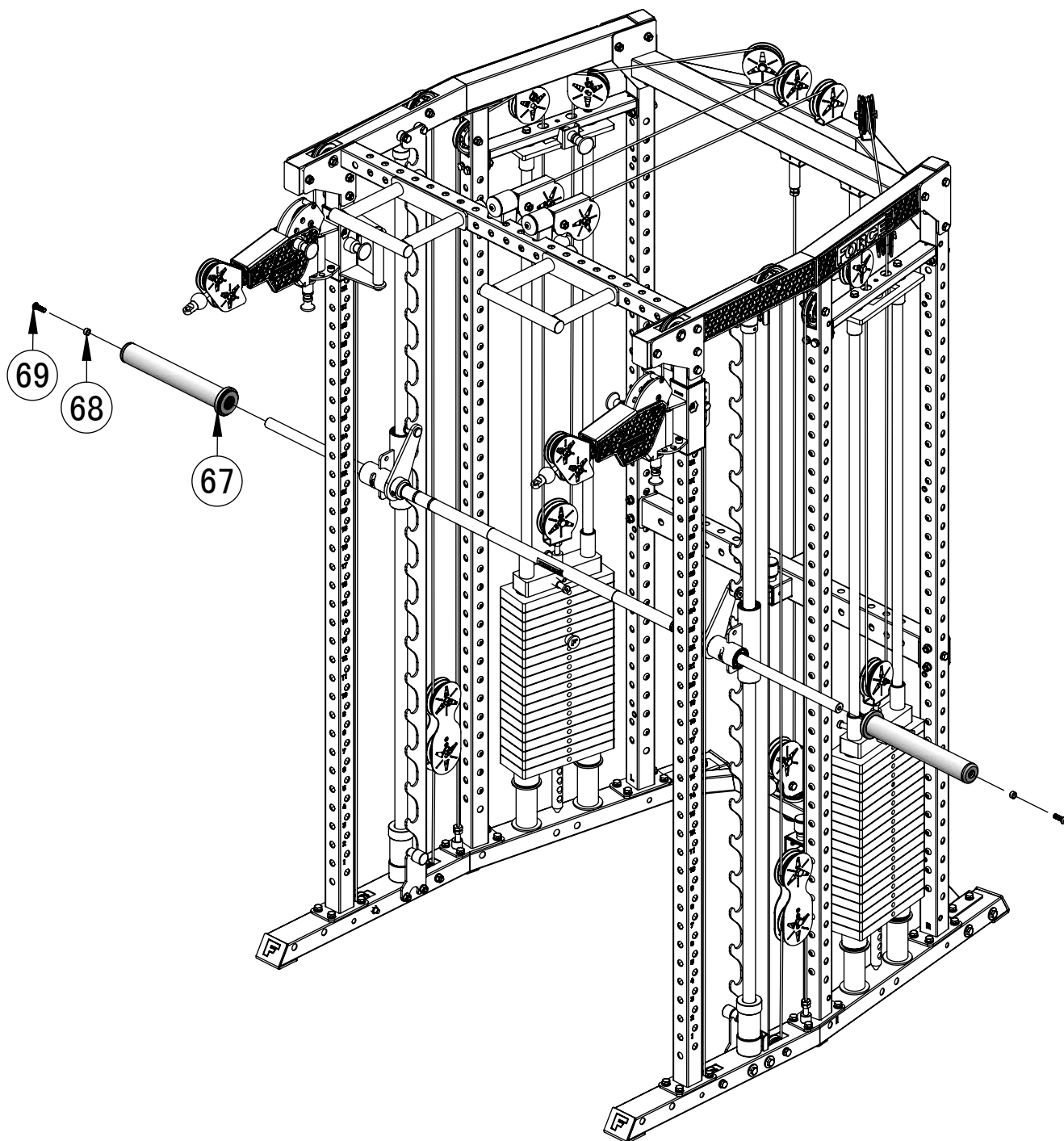


M10x30mm

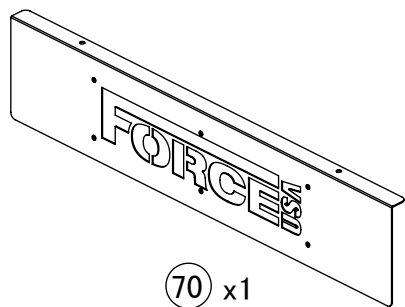
STEP 17 - ASSEMBLY



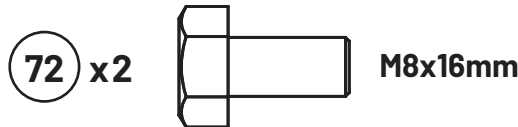
Fully tighten this step's hardware



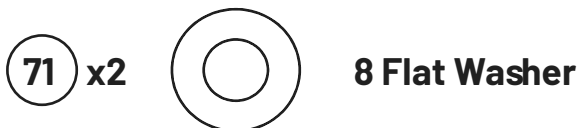
STEP 18 – PARTS & HARDWARE



70 x1
Force USA Name Plate



72 x2 M8x16mm

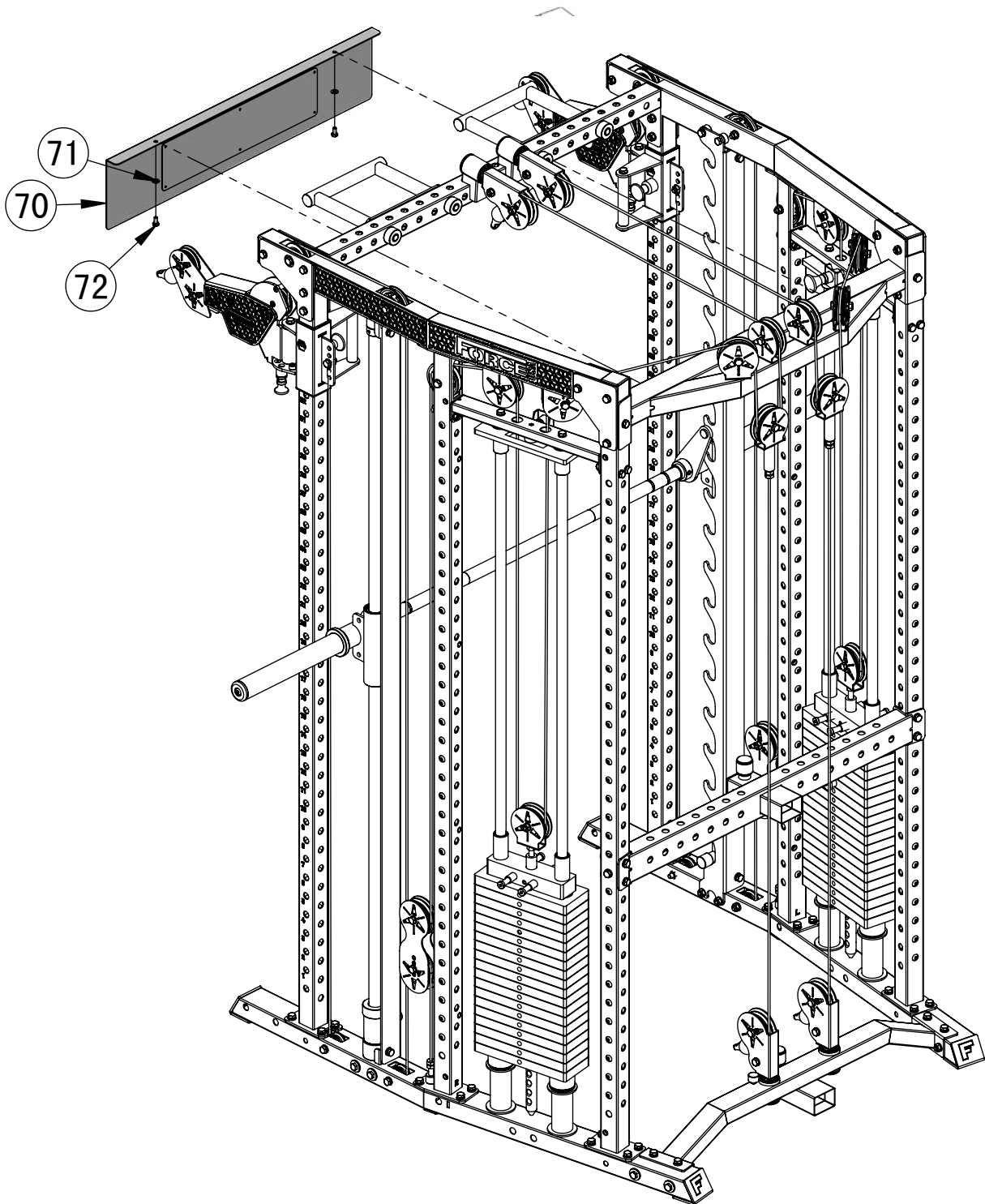


71 x2 8 Flat Washer

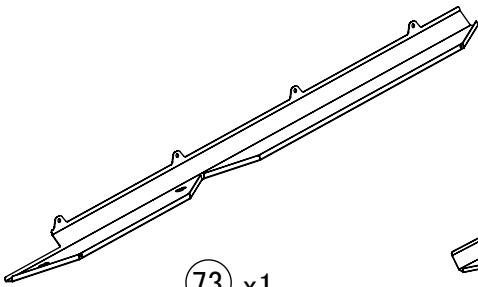
STEP 18 -ASSEMBLY



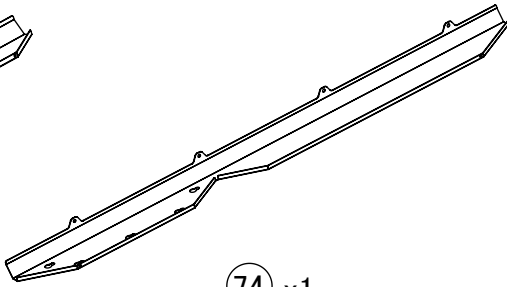
Fully tighten this step's hardware



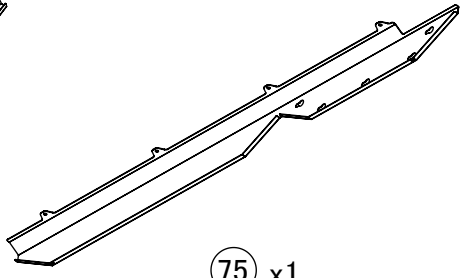
STEP 19 - PARTS & HARDWARE



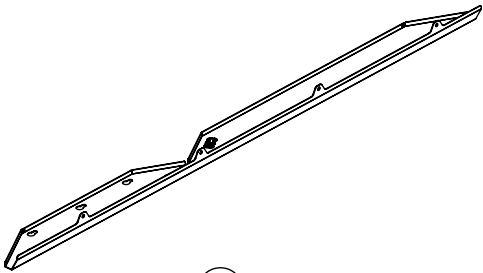
73 x1
Right Rear Weight Stack Cover



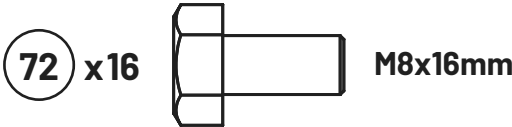
74 x1
Front Right Weight Stack Cover



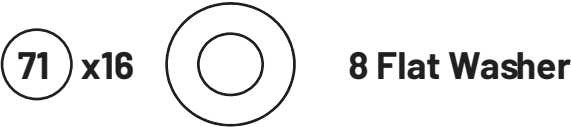
75 x1
Left Rear Weight Stack Cover



76 x1
Left Rear Weight Stack Cover



72 x16
M8x16mm

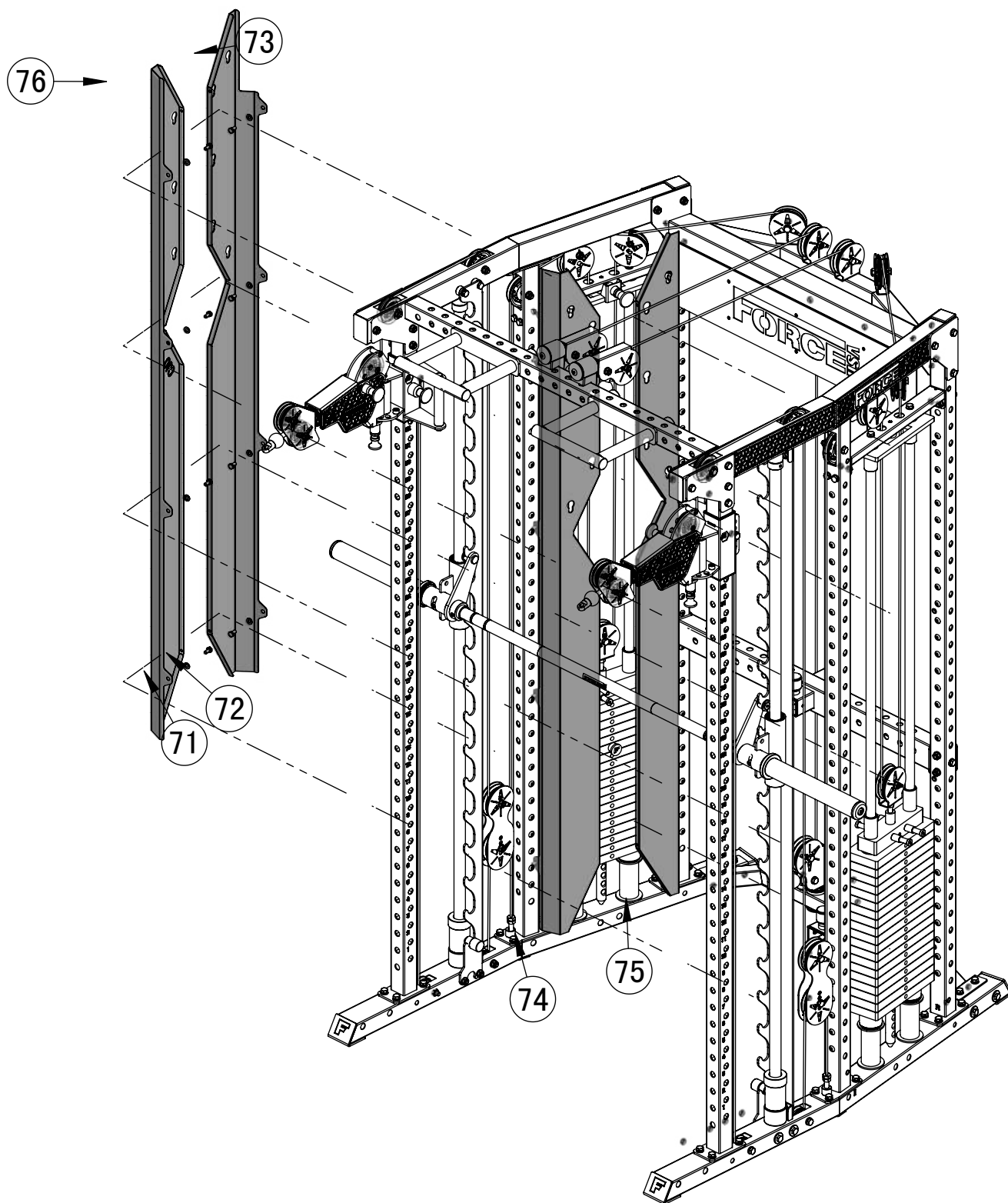


71 x16
8 Flat Washer

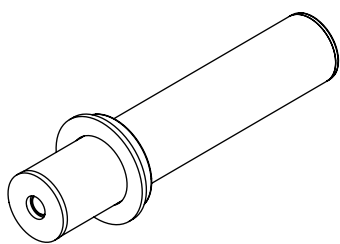
STEP 19 - ASSEMBLY



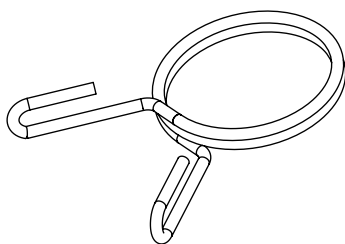
Fully tighten this step's hardware



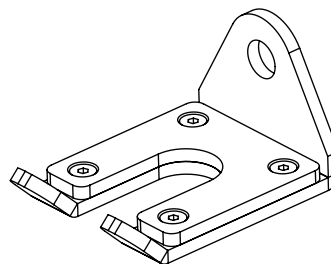
STEP 20 - PARTS & HARDWARE



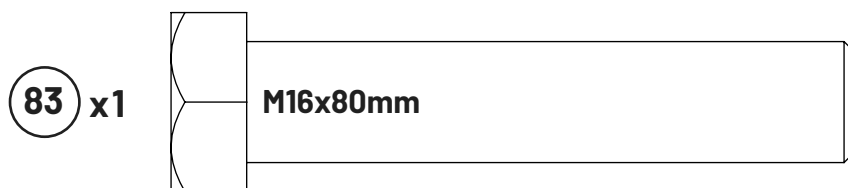
(77) x8
Weight Plate Storage



(80) x8
Spring Collar



(81) x1
Barbell Hanger



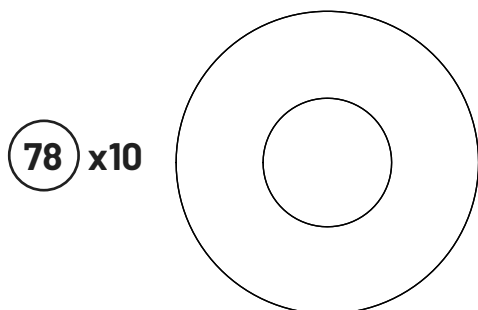
(83) x1

M16x80mm



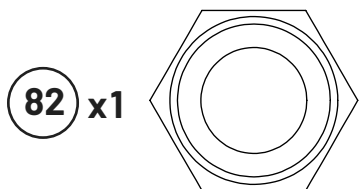
(79) x8

M16x70mm



(78) x10

17*40*30 Flat Washer



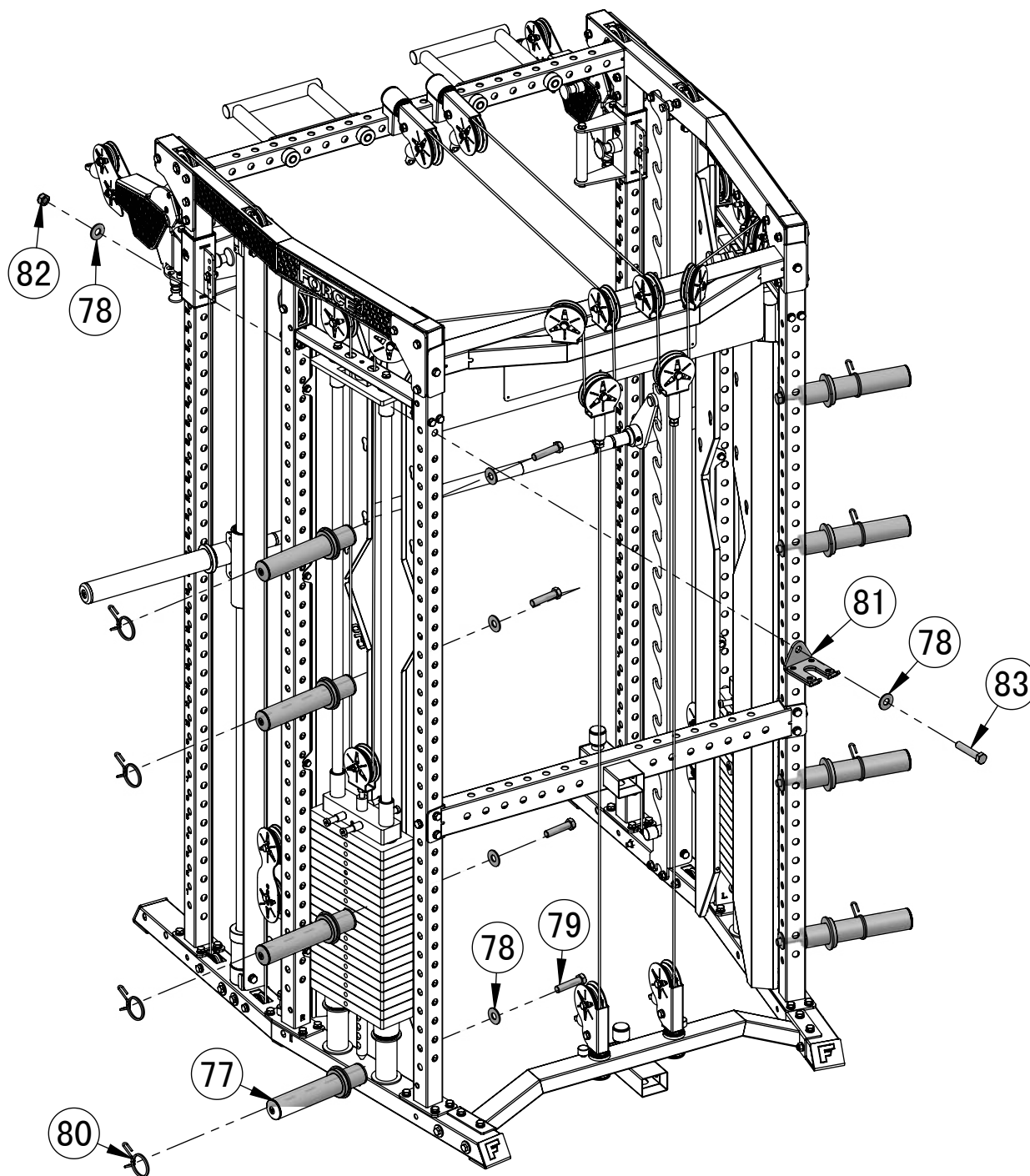
(82) x1

M16 Lock Nut

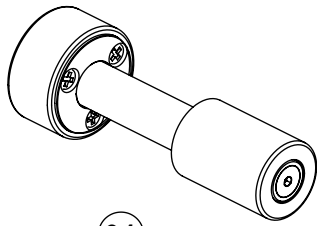
STEP 20 - ASSEMBLY



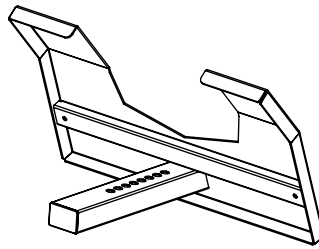
Fully tighten this step's hardware



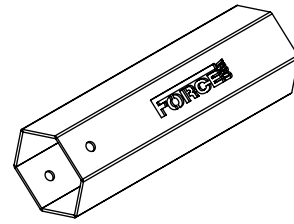
STEP 21 – PARTS & HARDWARE



84 x1
Landmine Magnet



85 x1
Low Row Footplate

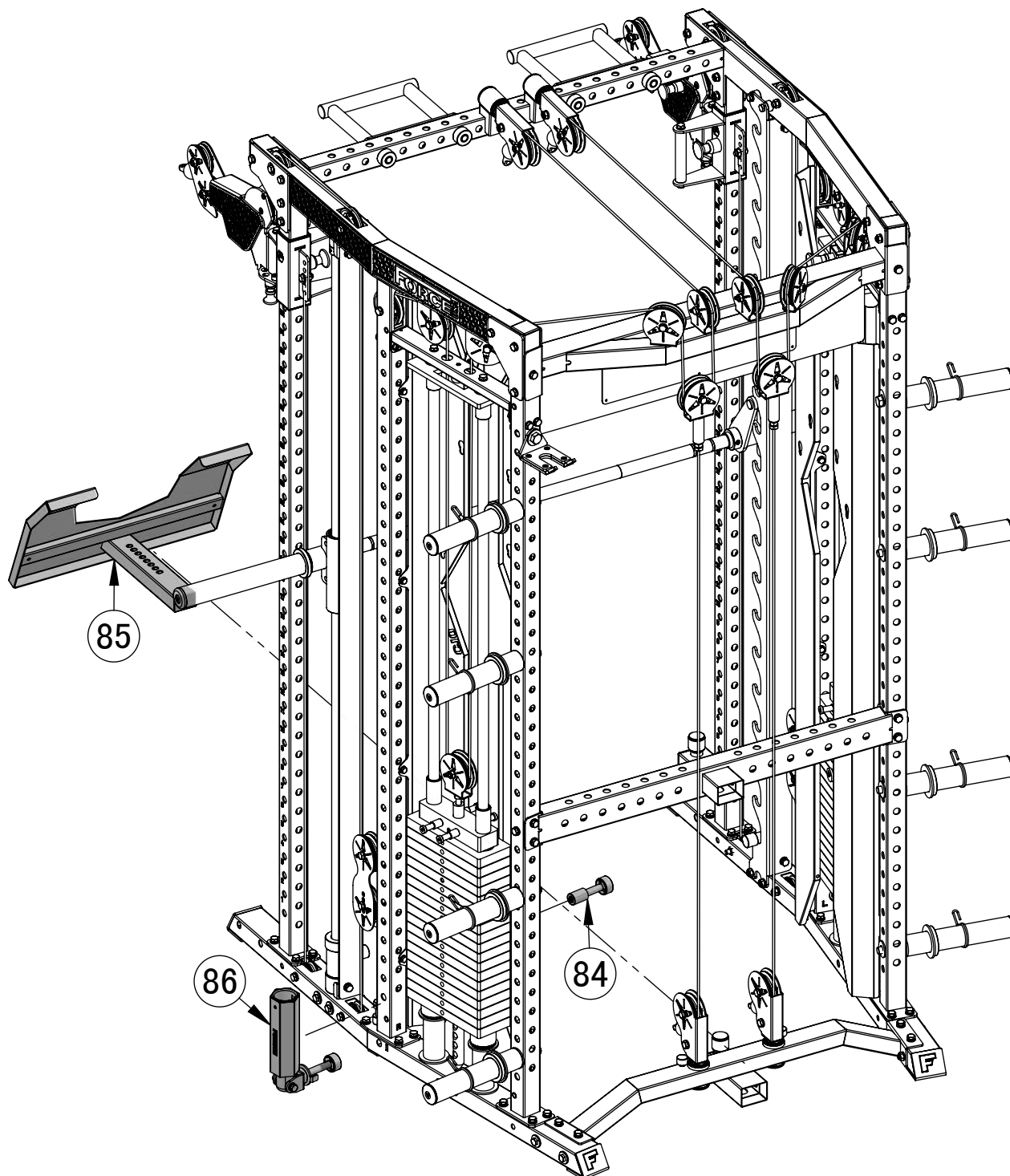


86 x1
Magnetic Landmine

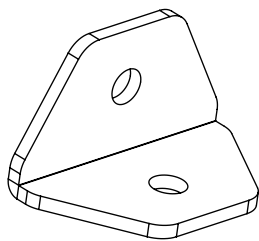
STEP 21 - ASSEMBLY



Fully tighten this step's hardware



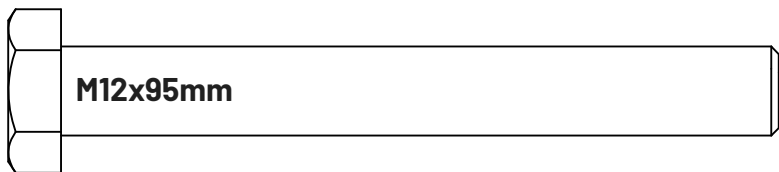
STEP 22 - PARTS & HARDWARE



87 x4

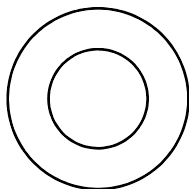
L-Shape Floor Bracket

90 x4



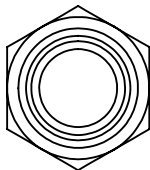
M12x95mm

88 x8



12 Flat Washer

89 x4

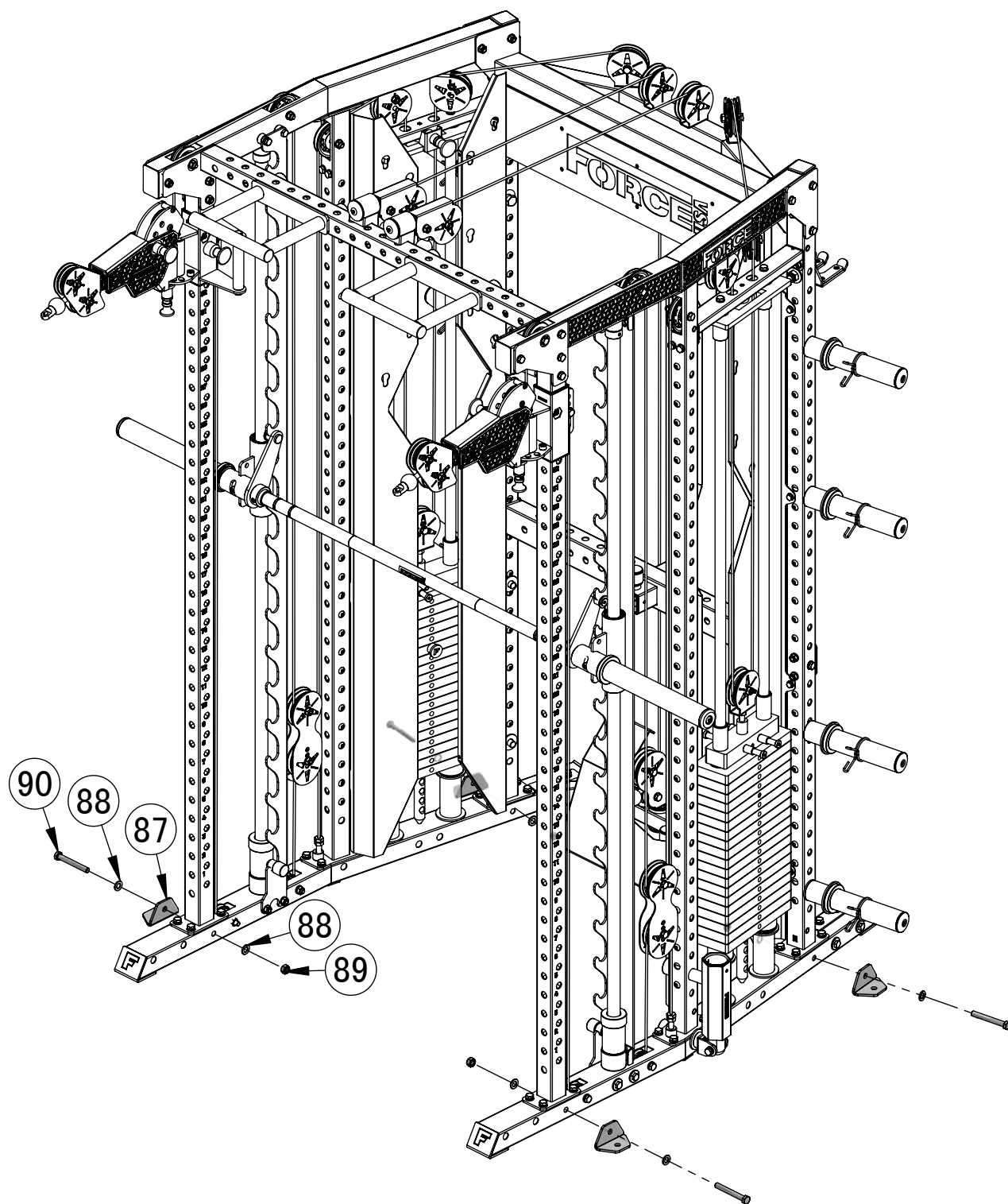


M12 Lock Nut

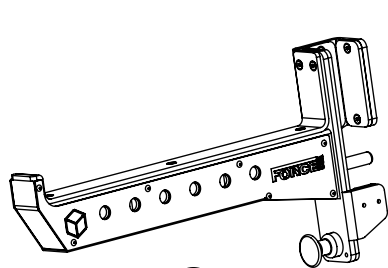
STEP 22 - ASSEMBLY



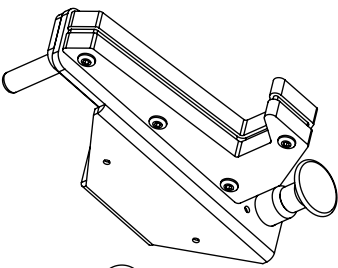
Fully tighten this step's hardware



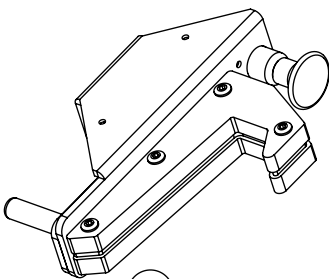
STEP 23 - PARTS & HARDWARE



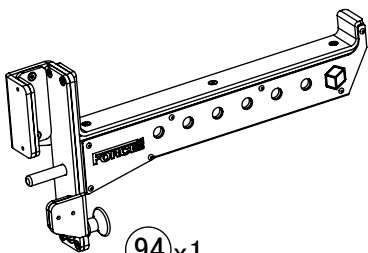
91 x1
Spotter Arm Right



92 x1
J-Hook Right



93 x1
J-Hook Left

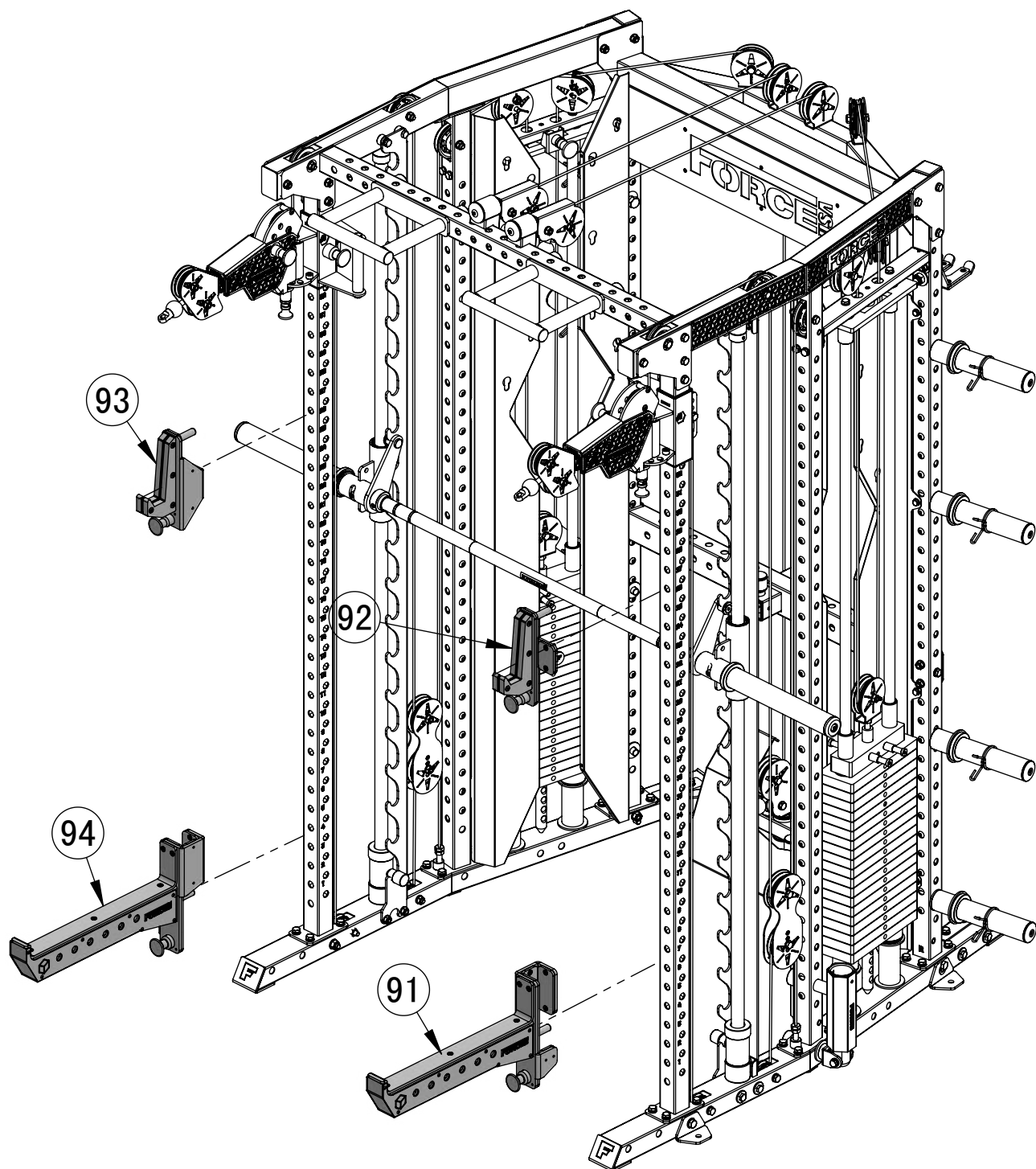


94 x1
Spotter Arm Left

STEP 23 - ASSEMBLY

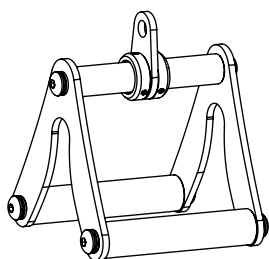


Fully tighten this step's hardware



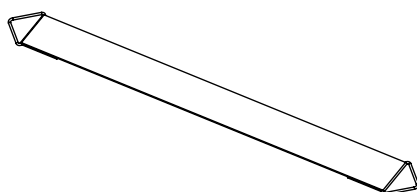
ATTACHMENTS AND ACCESSORIES

Illustrations may appear different than actual attachments



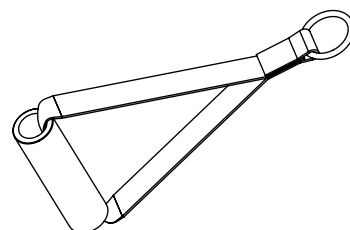
95 x1

**Close Grip Triangle /
Landmine Handle**



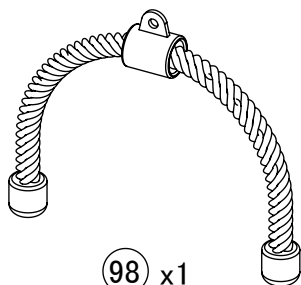
96 x1

**Bodyweight Assisted
Strap**



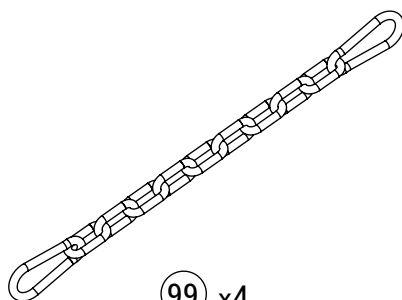
97 x1

Single Knurled Handle



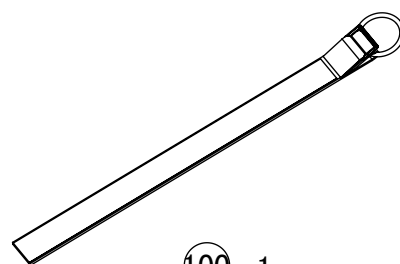
98 x1

Tricep Rope



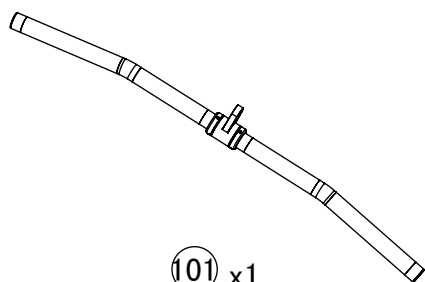
99 x4

Extension Chain



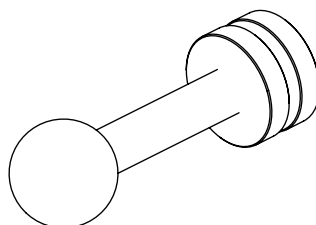
100 x1

Ankle Cuff



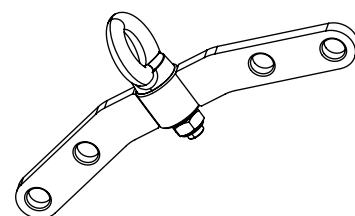
101 x1

Revolving Lat Pull Down Bar



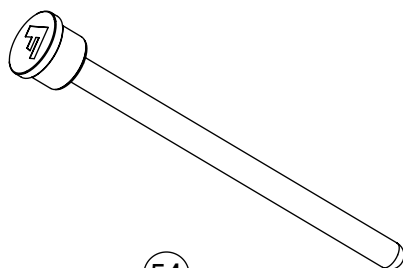
102 x12

Peg



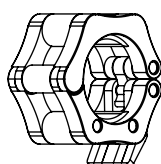
103 x1

Dual Cable Connector



54 x4

Mag Pin

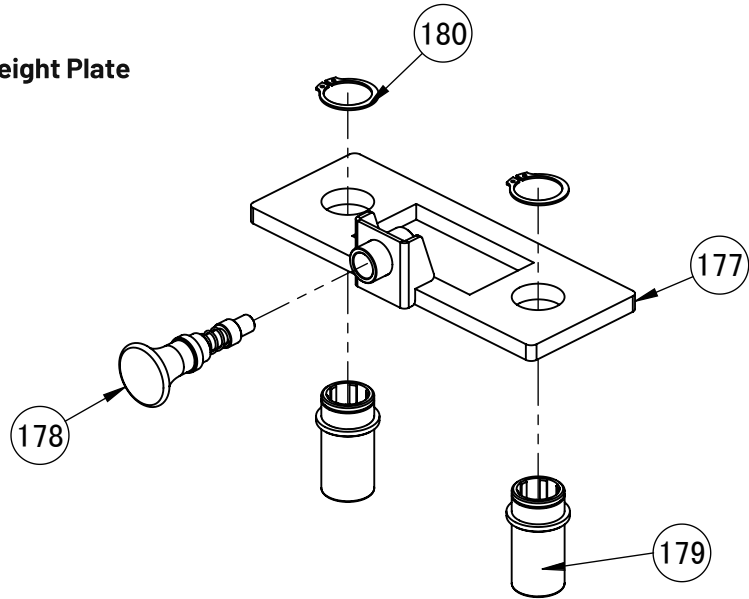


253 x2

Magnetic Olympic Lock Collar

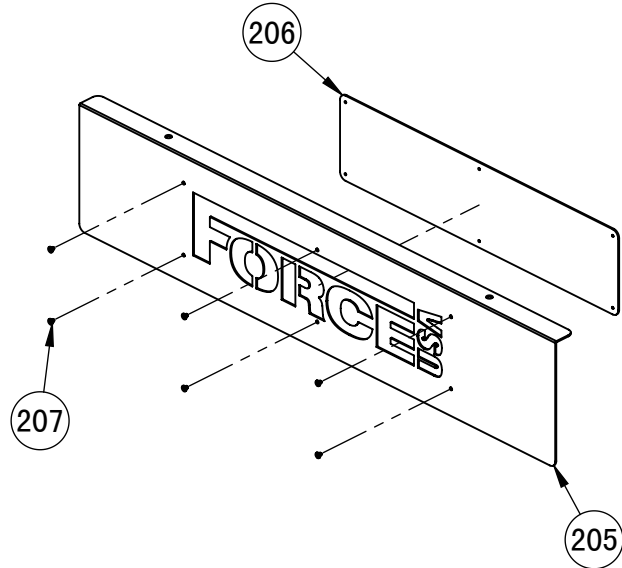
EXPLODED DIAGRAMS

(37) x2
2KG Incremental Weight Plate



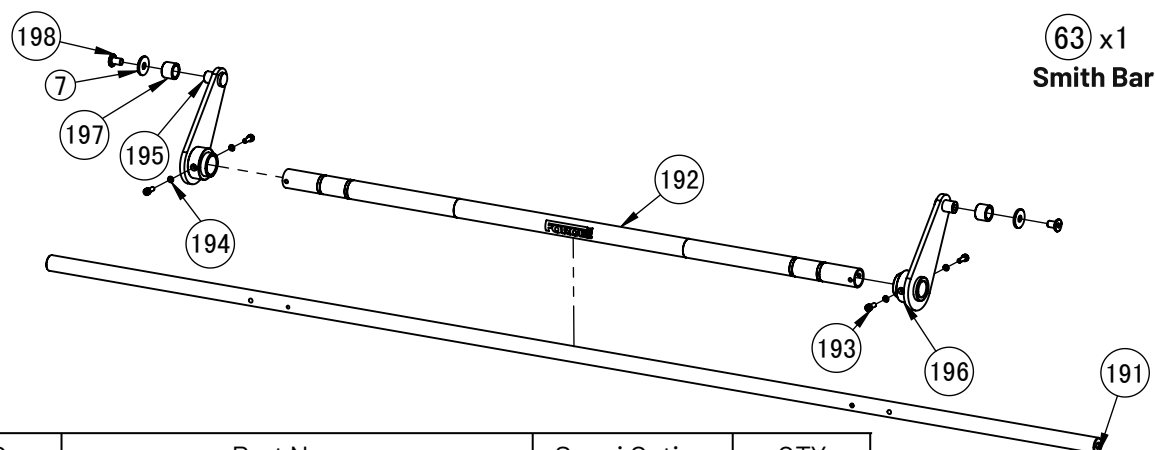
NO.	Part Name	Speci cation	QTY
177	2KG Incremental Weight Plate		1
178	Handle Release Pin Of Umbrella	M12XM20X40	1
179	Plastic Sleeve		2
180	Elastic Collar	35	2

(70) x1
Force USA Name Plate



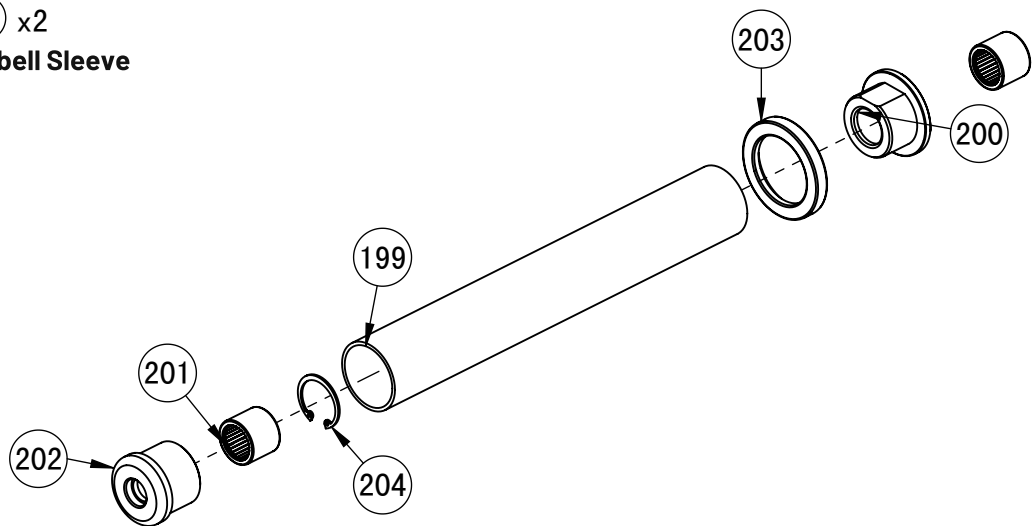
NO.	Part Name	Speci cation	QTY
205	Logo Plate		1
206	Logo Back Plate		1
207	Hexagon Bolt	M4x5	6

EXPLODED DIAGRAMS



NO.	Part Name	Speci Cation	QTY
191	Barbell Inner Bar		1
192	Barbell Aluminum Bar		1
193	Hexagon Bolt	M6X16	4
194	Spring Washer	M6	4
195	Left Hook		1
196	Right Hook		1
197	Safety Interval Sleeve		2
7	Flat Washer		2
198	Hexagon Bolt	M10X16	2

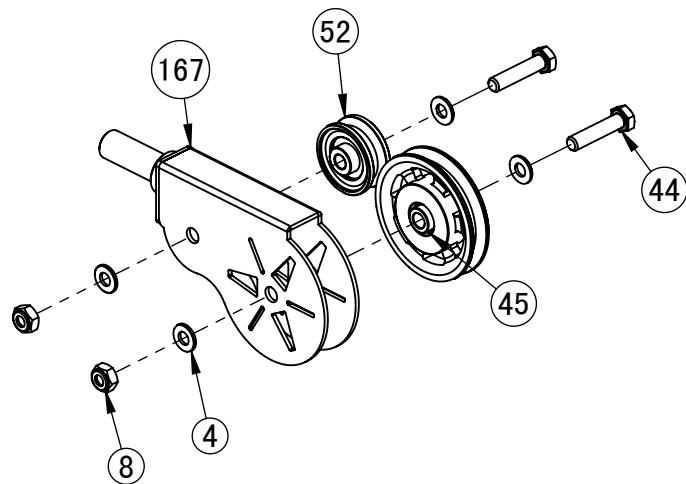
67 x2
Smith Barbell Sleeve



NO.	Part Name	Speci Cation	QTY
199	Barbell Sleeve		1
200	Aluminum Innerretaining Ring		1
201	Needle Roller Bearing		2
202	Barbell Bar End Cap		1
203	Rubberretaining Ring		1
204	Elastic Collar	M35	1

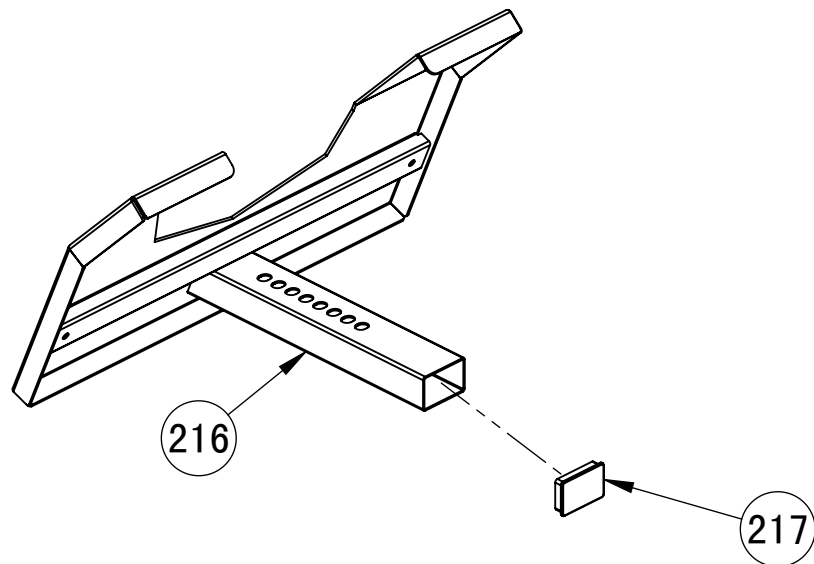
EXPLODED DIAGRAMS

27 x4
Center Pulley Insert



NO.	Part Name	Speci Cation	QTY
167	Pulley Frame		1
45	90 Pulley		1
52	50 Pulley		1
4	Flat Washer	M10	4
8	Nut	M10	2
44	Hexagon Bolt	M10X45	2

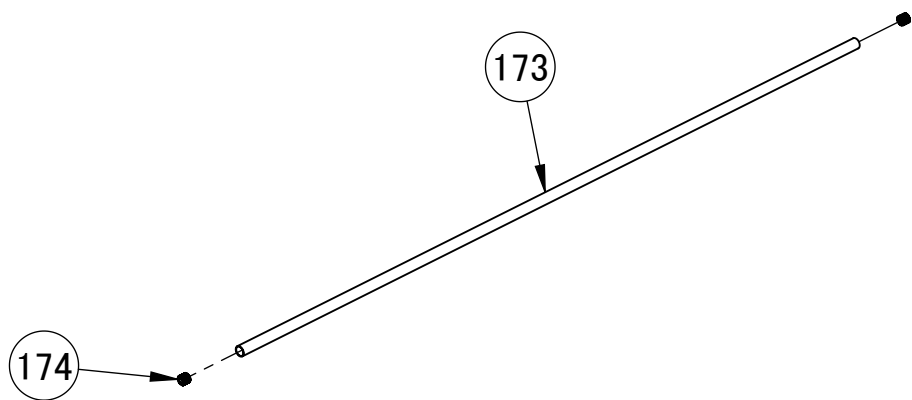
85 x1
Low Row Footplate



NO.	Part Name	Speci Cation	QTY
216	Low Row Footplate		1
217	Square Tube Plug	M40X60X2	1

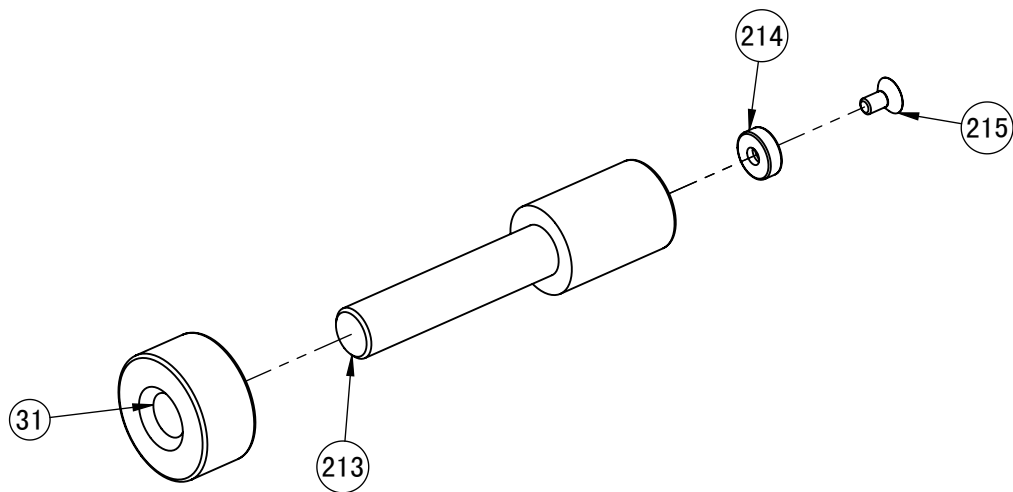
EXPLODED DIAGRAMS

34 x4
Guide Rod



NO.	Part Name	Speci Cation	QTY
173	Guide bar		1
174	shrapnel nut	M23-M10	2

84 x1
Landmine Magnet

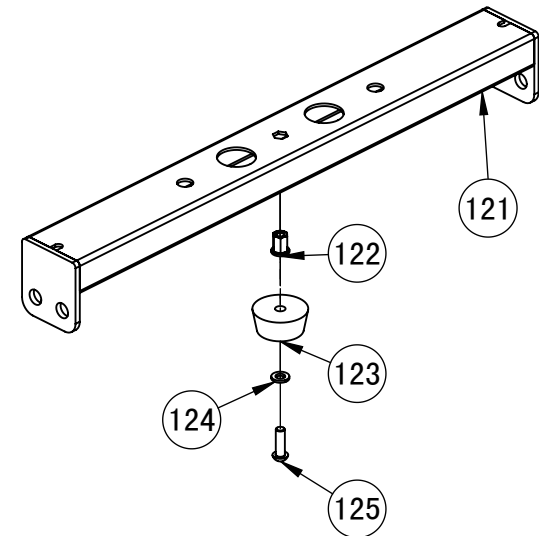


NO.	Part Name	Speci Cation	QTY
213	Magnetic Coupling Shaft	M28	1
214	Strong Magnet		1
215	Hexagon Bolt	M5X10	1
31	Nut		1

EXPLODED DIAGRAMS

16 x2

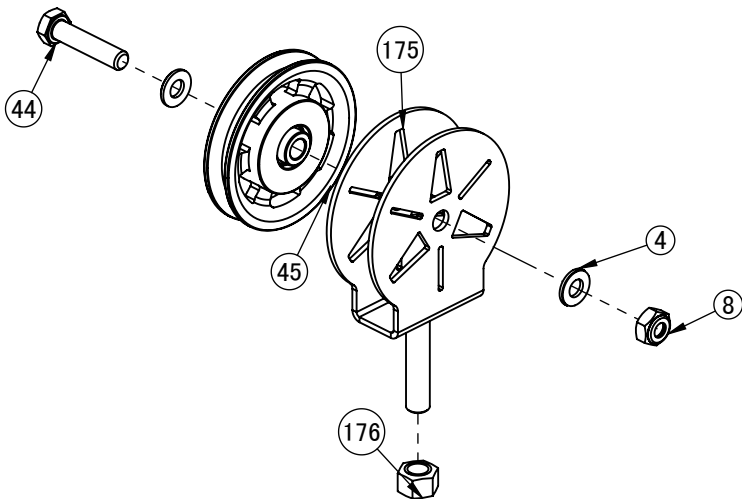
Guide Rod Top Frame



NO.	Part Name	Speci Cation	QTY
121	Guide Rod Top Frame	M28	1
122	Nut	M6	1
123	Crash Pad		1
124	Flat Washer		1
125	Hexagon Bolt	M6x20	1

36 x2

Pulley Frame

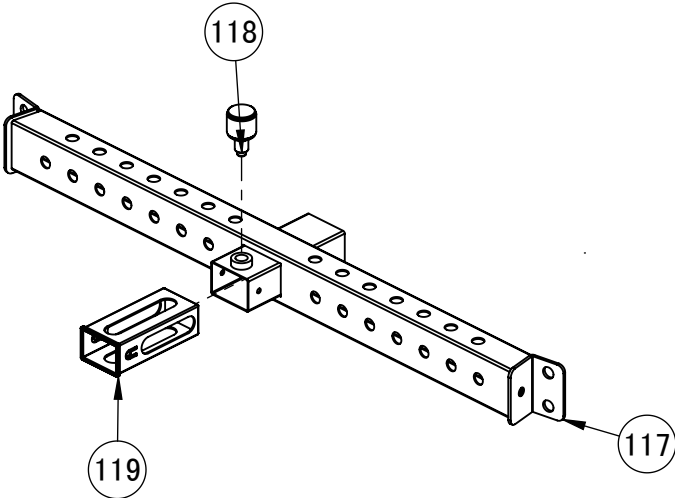


NO.	Part Name	Speci Cation	QTY
175	pulley grame		1
45	90 pulley		1
44	Hexagon Bolt	M10X45	1
8	nut	M10	1
4	Flat Washer	M10	2
176	nut	M12	1

EXPLODED DIAGRAMS

12 x1

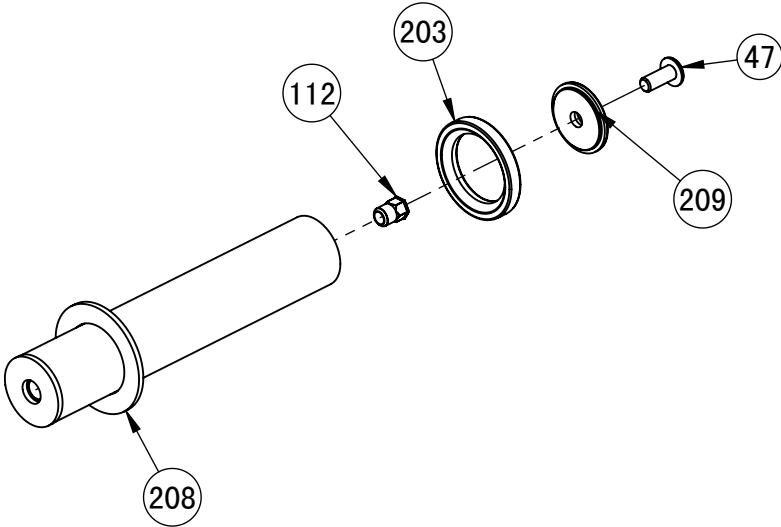
Leg Press Connection Frame



NO.	Part Name	Speci Cation	QTY
252	Leg Press Connection Frame		1
118	Aluminum Knob	M12	1
119	Bushing		1

77 x8

Weight Plate Storage

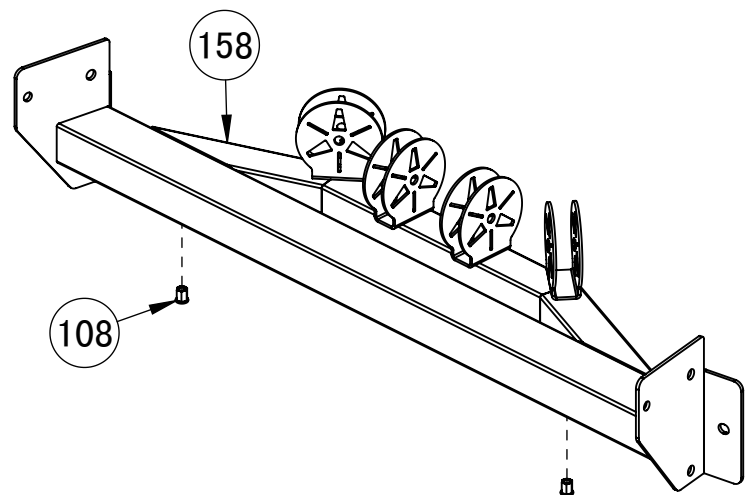


NO.	Part Name	Speci Cation	QTY
208	Barbell Holder		1
209	Decorative Aluminum Cover		1
47	Hexagon Bolt	M10X25	1
203	Rubberretaining Ring		1
112	Nut	M10	1

EXPLODED DIAGRAMS

22 x1

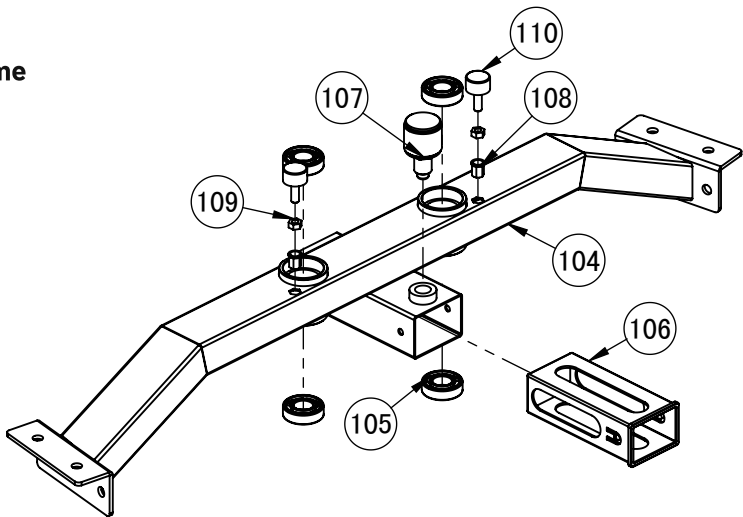
Rear Top Connecting Frame



NO.	Part Name	Speci Cation	QTY
158	Rear Top Connecting Frame		1
108	Nut	M8	2

1 x1

Rear Connection Frame

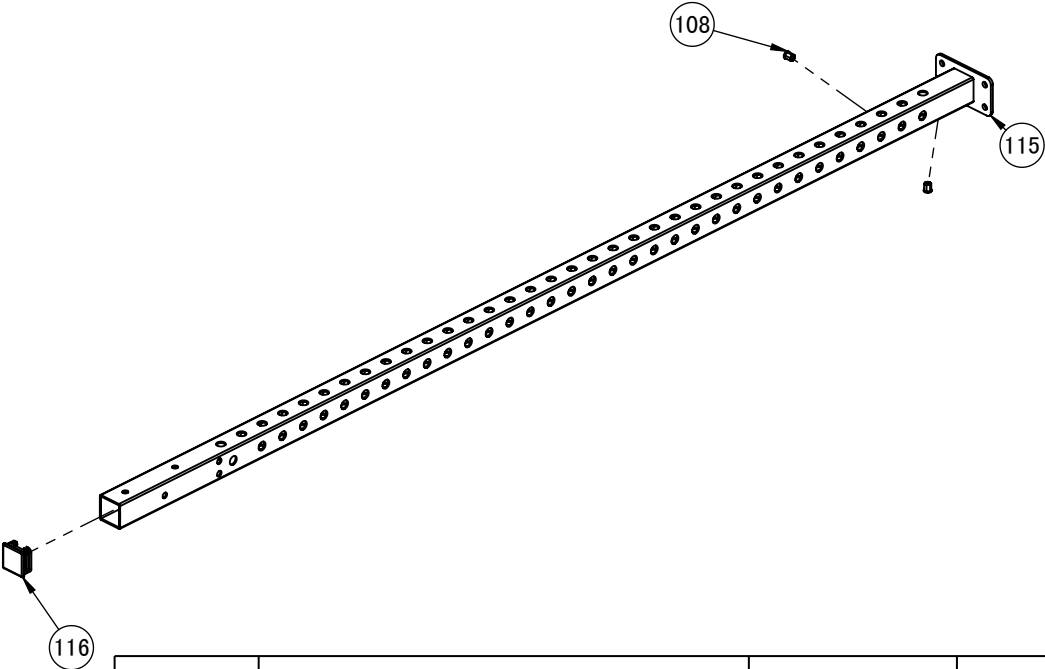


NO.	Part Name	Speci Cation	QTY
104	Rear Connection Frame		1
105	Deep Groove Ball Bearing	6004	4
106	Bushing		1
107	Aluminum Knob		1
108	Nut	M8	2
109	Nut	M8	2
110	Hexagon Bolt		2

EXPLODED DIAGRAMS

⑩ x1

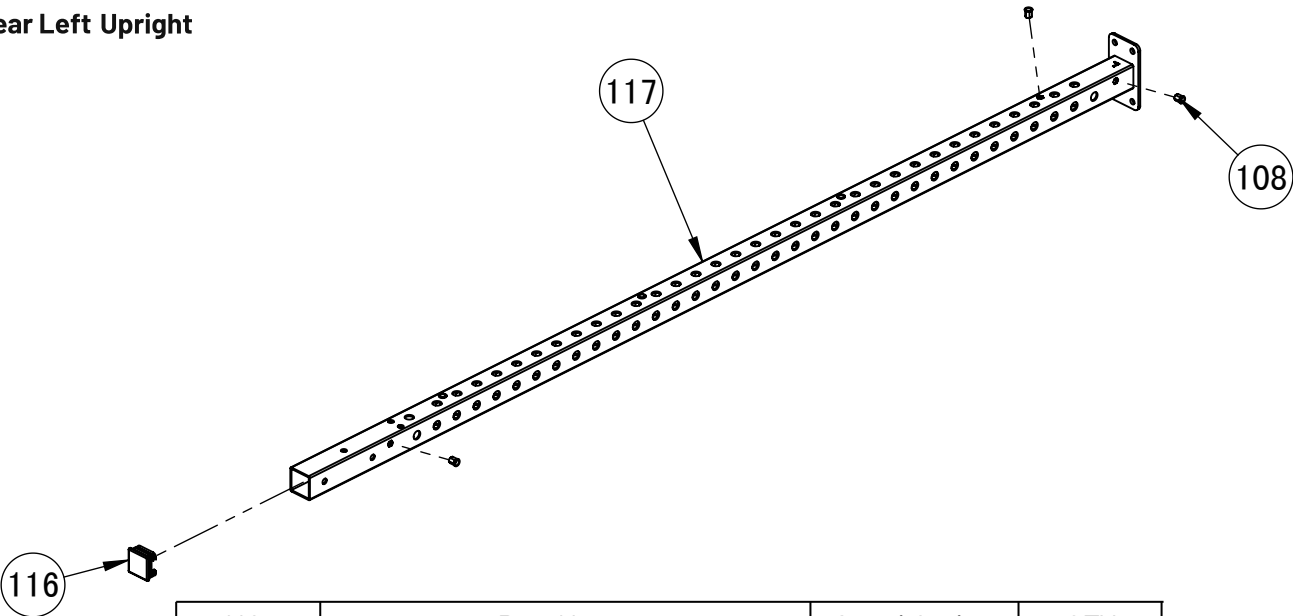
Rear Right Upright



NO.	Part Name	Speci Cation	QTY
115	Rear right upright		1
108	Hexagonal rivet nut	M8	6
116	Square Tube Plug	M50×50×2	1

⑪ x1

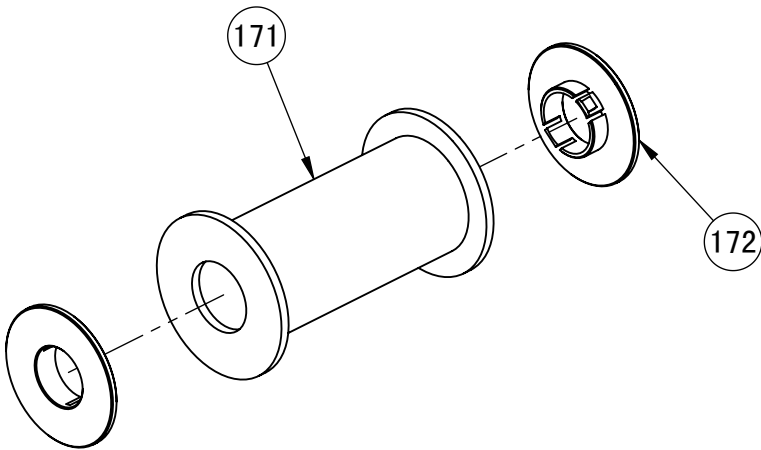
Rear Left Upright



NO.	Part Name	Speci Cation	QTY
117	Rear Left Upright		1
108	Hexagonal Rivet Nut	M8	6
116	Square Tube Plug	M50×50×2	1

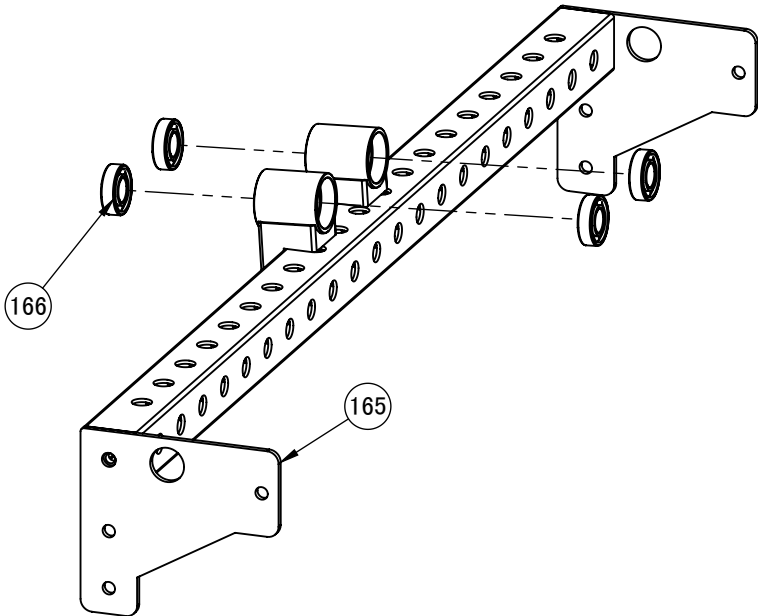
EXPLODED DIAGRAMS

32 x4
Weight Stack Spacer



NO.	Part Name	Speci Cation	QTY
171	Weight Stack Spacer		1
172	Spacer Sleeve	M60xm26	2

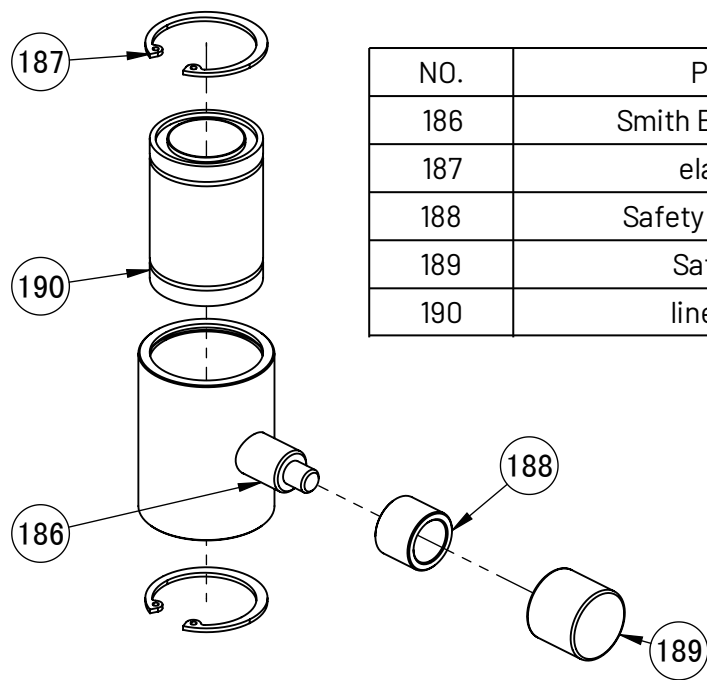
26 x1
Front Connection Frame



NO.	Part Name	Speci Cation	QTY
165	Front Connection Frame		1
166	Deep Groove Ball Bearing	6004	4

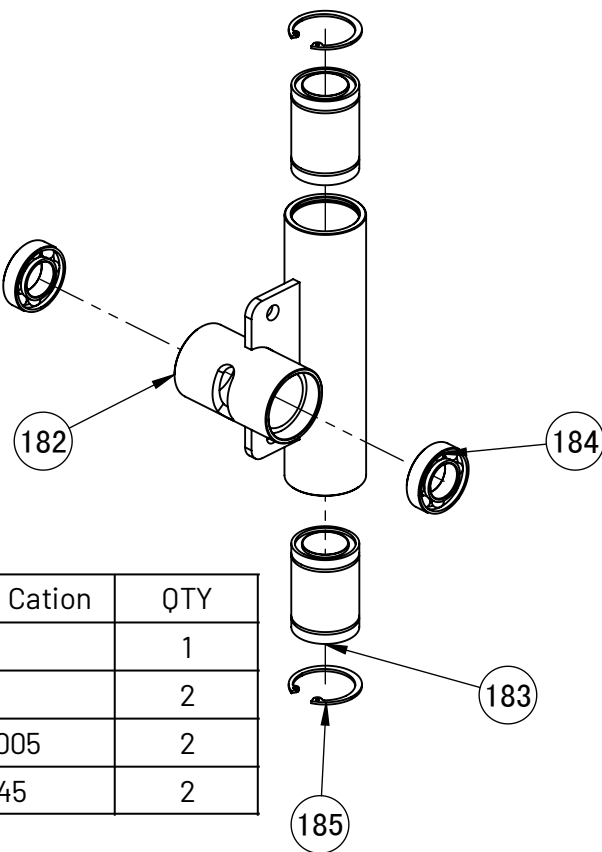
EXPLODED DIAGRAMS

62 x2
Smith Bar Safety Hook



NO.	Part Name	Speci Cation	QTY
186	Smith Bar Safety Hook		1
187	elastic collar	45	2
188	Safety interval sleeve		1
189	Safety handle		1
190	linear bearing		1

60 x2
Smith Bar Sliding Frame

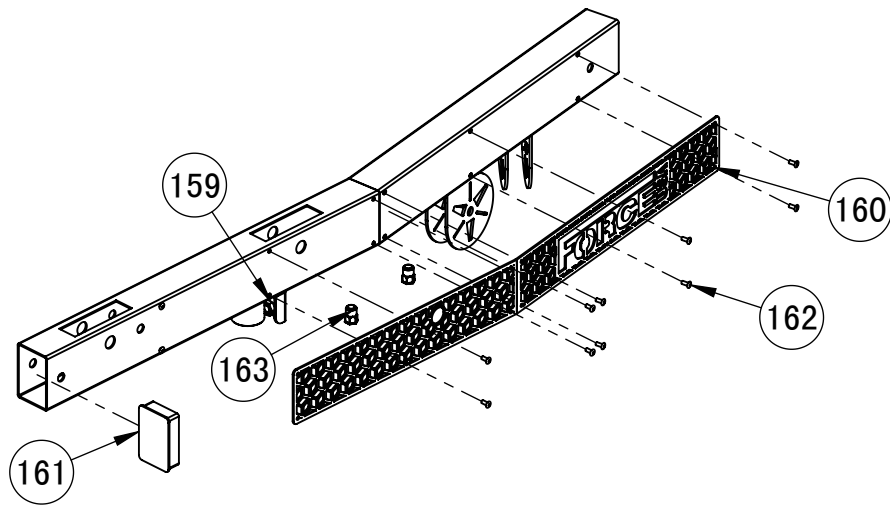


NO.	Part Name	Speci Cation	QTY
182	Smith Bar Sliding Frame		1
183	Linear Bearing		2
184	Deep Groove Ball Bearing	6005	2
185	Elastic Collar	45	2

EXPLODED DIAGRAMS

24 x1

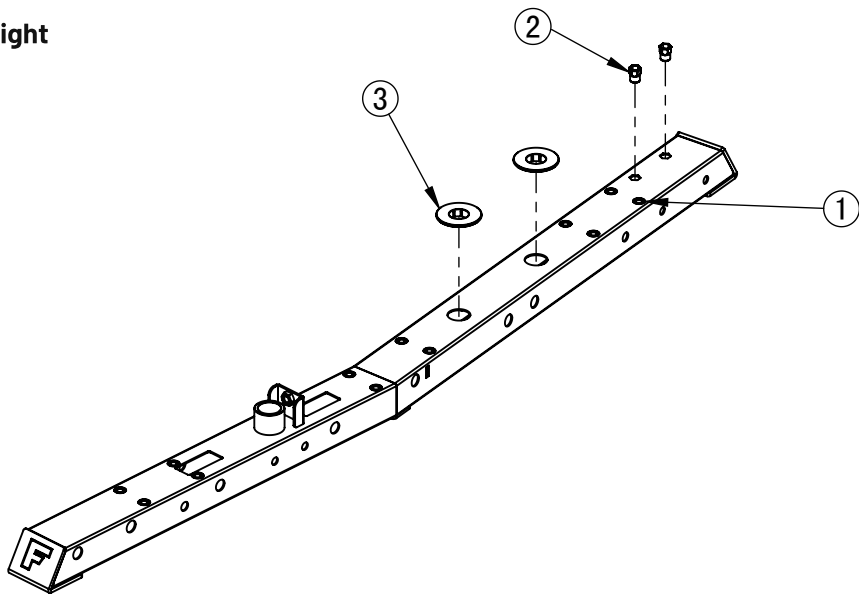
Right Top Frame



NO.	Part Name	Speci Cation	QTY
159	right top frame		1
160	LOGO plate		1
161	Square Tube Plug		1
162	blind rivet	M4X10	12
163	Screw-on hexagonalrivet nut	M10	2

2 x1

Base Frame - Right

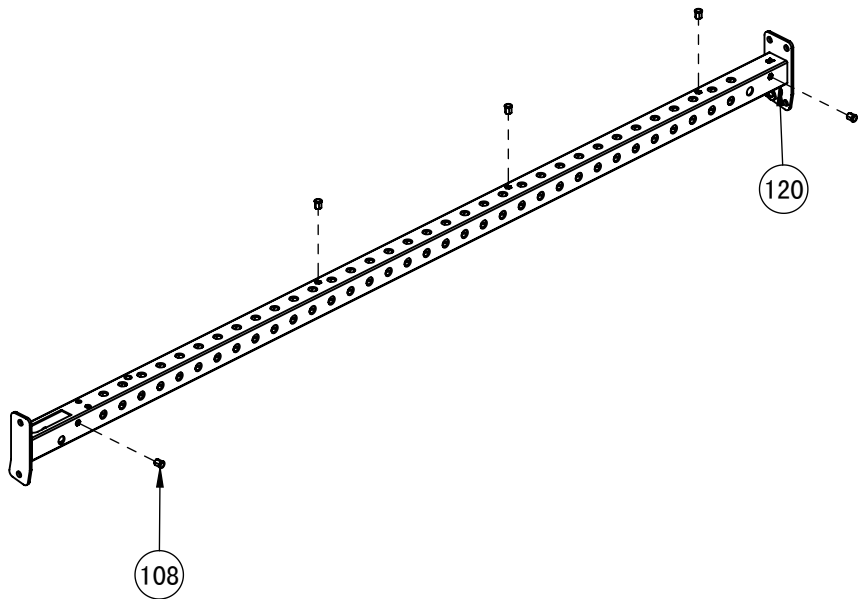


NO.	Part Name	Speci Cation	QTY
1	Base Frame - Right		1
2	Screw-on hexagonalrivet nut	M10	2
3	plastic sleeve		2

EXPLODED DIAGRAMS

15 x1

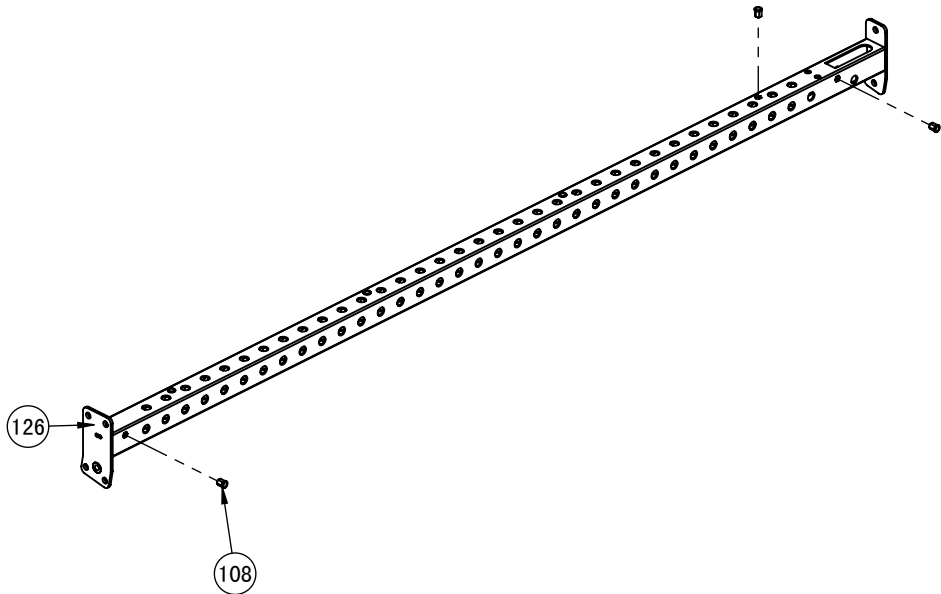
Middle Right Upright



NO.	Part Name	Speci Cation	QTY
120	Middle Right Upright		1
108	Screw-on hexagonalrivet nut	M8	6

17 x1

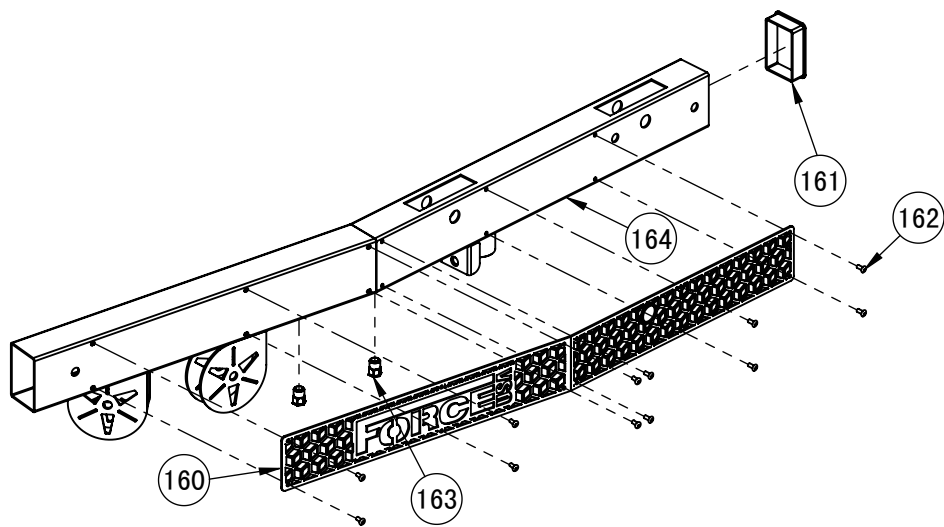
Middle Left Upright



NO.	Part Name	Speci Cation	QTY
126	Middle Left Upright		1
108	Screw-on hexagonalrivet nut	M8	6

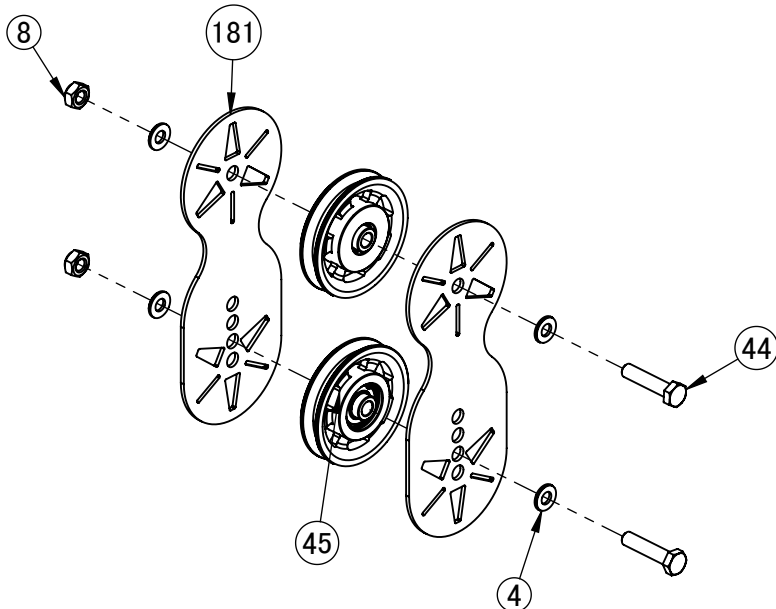
EXPLODED DIAGRAMS

(25) x1
Left Top Frame



NO.	Part Name	Speci Cation	QTY
164	Left top frame		1
161	Square Tube Plug		1
162	blind rivet	M4X10	12
163	Screw-on hexagonalrivet nut	M10	2
160	LOGO plate		1

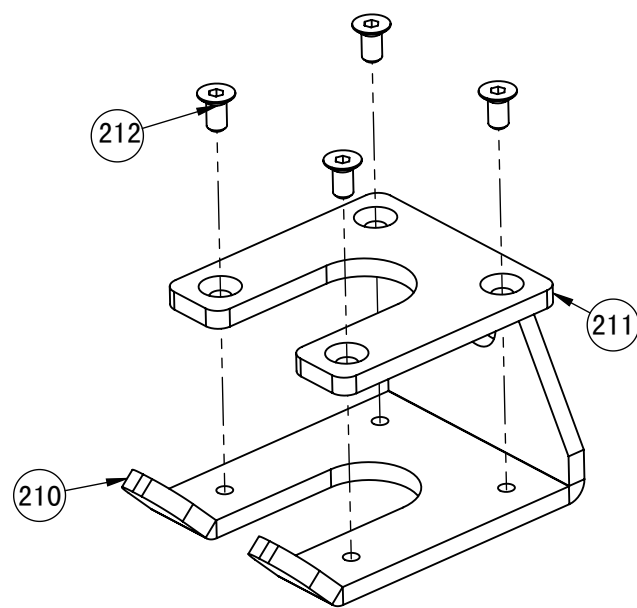
(43) x2
Figure-8 Pulley Bracket



NO.	Part Name	Speci Cation	QTY
45	M90 pulley		2
181	Pulley frame		2
44	Hexagon Bolt	M10X45	2
4	Flat Washer	M10	4
8	Nut	M10	2

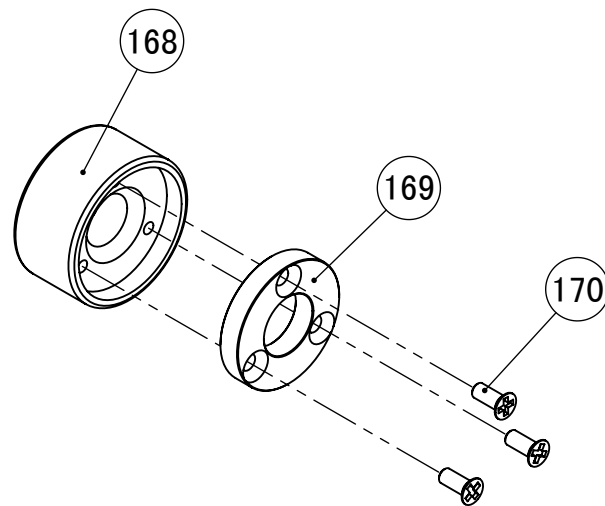
EXPLODED DIAGRAMS

81 x1
Barbell Hanger



NO.	Part Name	Speci Cation	QTY
210	Barbell Hanger		1
211	Hooked Gasket		1
212	Hexagon Bolt	M6x12	4

31 x4
Knurled Nut

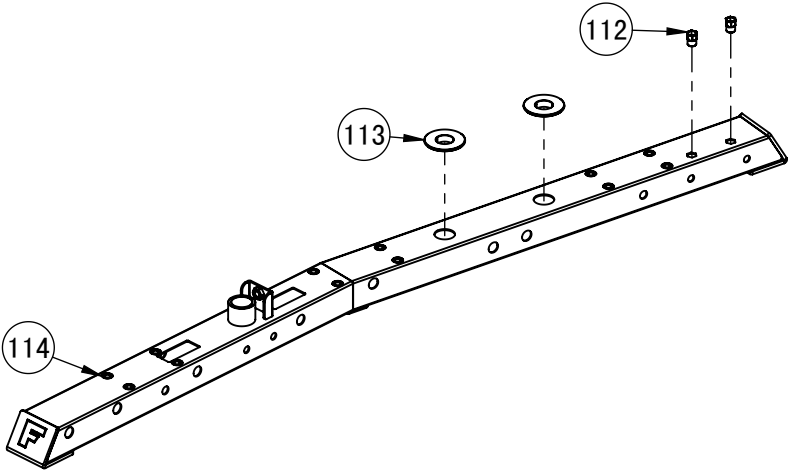


NO.	Part Name	Speci Cation	QTY
168	nut		1
169	rubber mat		1
170	Cross-slot small countersunk screw	M4x10	3

EXPLODED DIAGRAMS

3 x1

Base Frame - Left

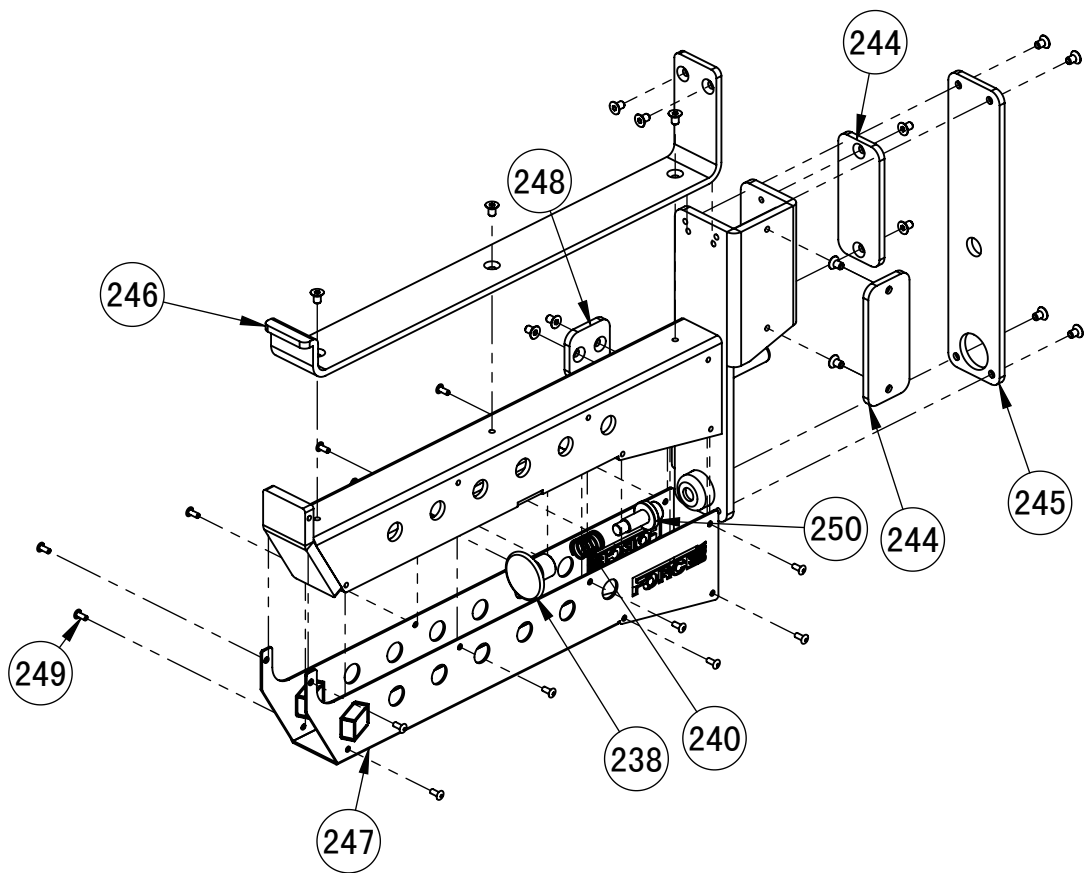


NO.	Part Name	Speci Cation	QTY
114	Base Frame - Left		1
112	Screw-on hexagon alrivet nut	M10	2
113	plastic sleeve		2

EXPLODED DIAGRAMS

94x1

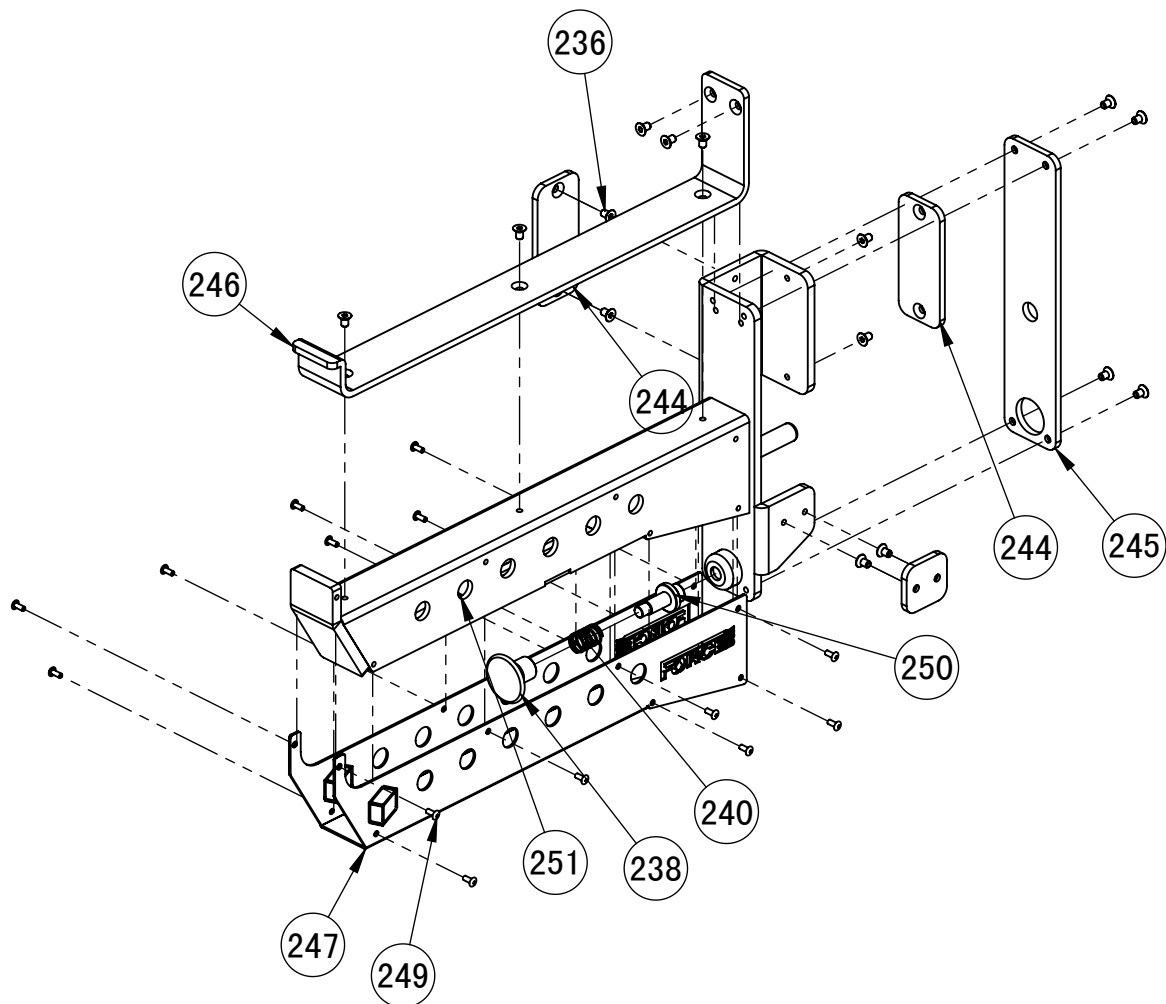
Spotter Arm Left



NO.	Part Name	Speci Cation	QTY
243	spotter arm left		1
244	Short spacer plate		2
236	Hexagon Bolt	M6X10	15
245	Long rubber sheet		1
246	rubber mat		1
247	Decorative plate		1
249	blind rivet	M4X10	14
250	Pulling pin shaft		1
238	Pulling handle		1
240	Pulling spring		1
248	Short spacer plate		1

EXPLODED DIAGRAMS

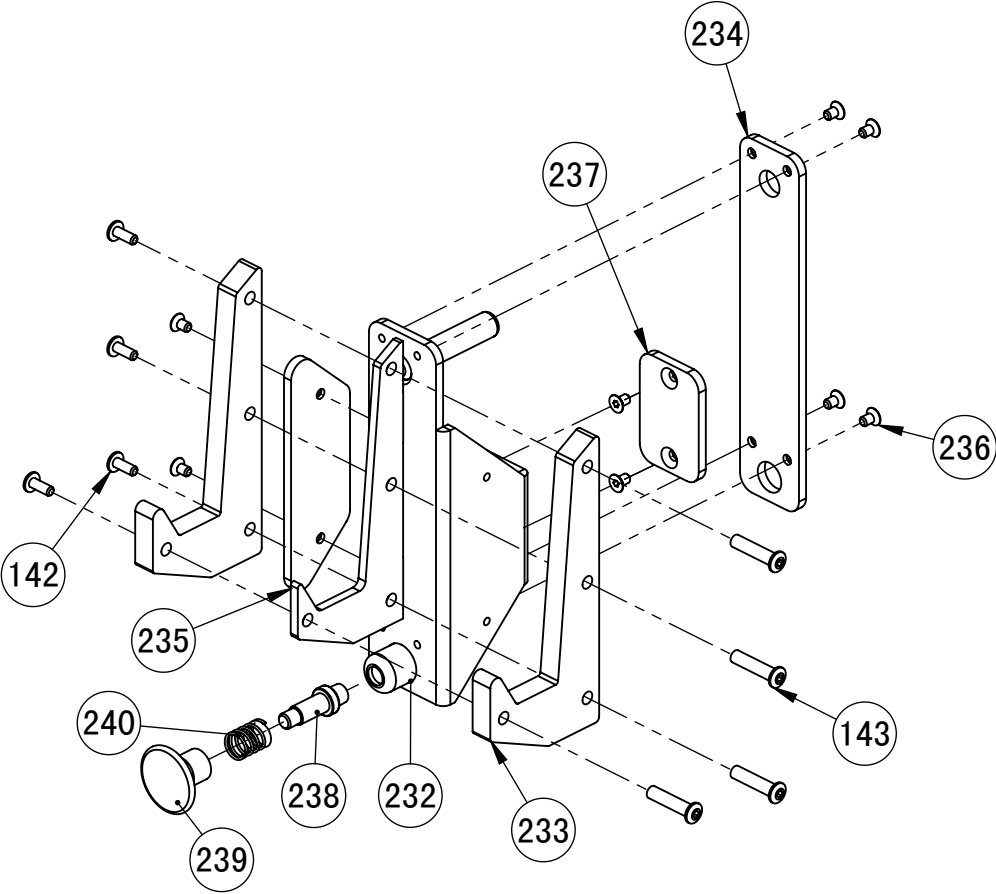
91 x1
Spotter Arm Right



NO.	Part Name	Speci Cation	QTY
251	spotter arm Right		1
244	Short spacer plate		2
236	Hexagon Bolt	M6X10	15
245	Long rubber sheet		1
246	rubber mat		1
247	Decorative plate		1
249	blind rivet	M4X10	14
250	Pulling pin shaft		1
238	Pulling handle		1
240	Pulling spring		1
248	Short spacer plate		1

EXPLODED DIAGRAMS

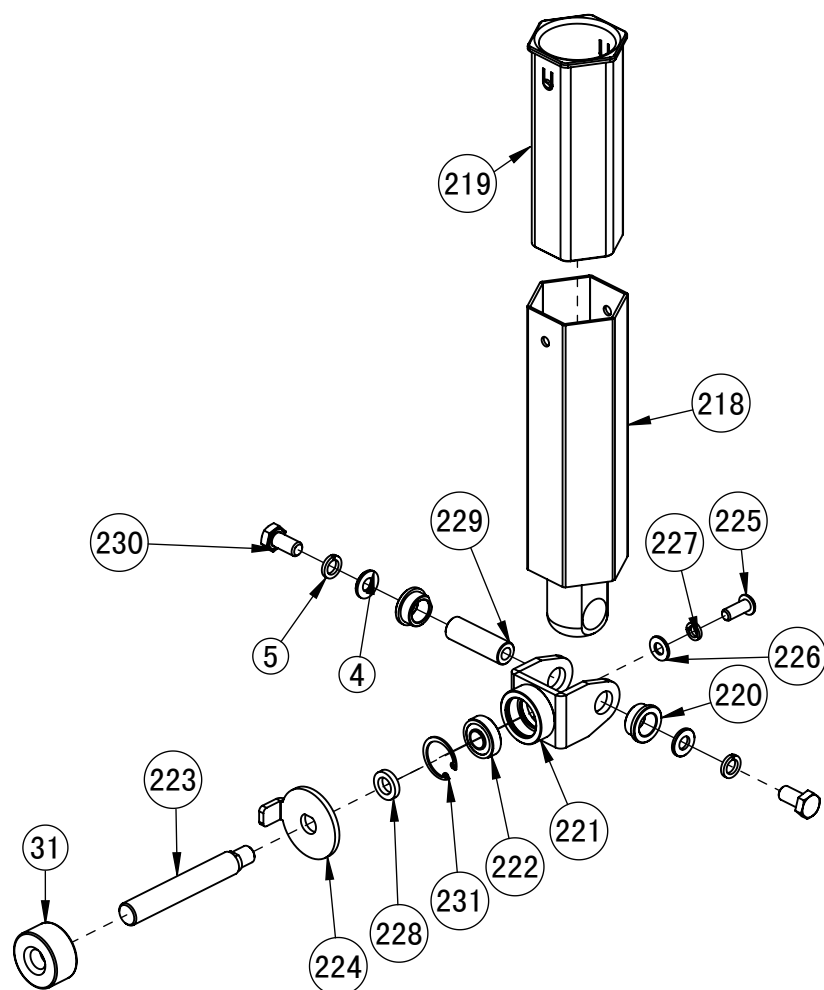
93 x1
J-Hook Left



NO.	Part Name	Speci Cation	QTY
232	J-Hook Left		1
233	hook plate		2
142	Hexagon Bolt	M6X35	4
143	Hexagon Bolt	M6X35	4
234	Long rubber sheet		1
235	Short spacer plate		1
236	Hexagon Bolt	M6X10	8
237	Short spacer plate		1
238	Pulling pin shaft		1
239	Pulling handle		1
240	Pulling spring		1

EXPLODED DIAGRAMS

86 x1
Magnetic Landmine

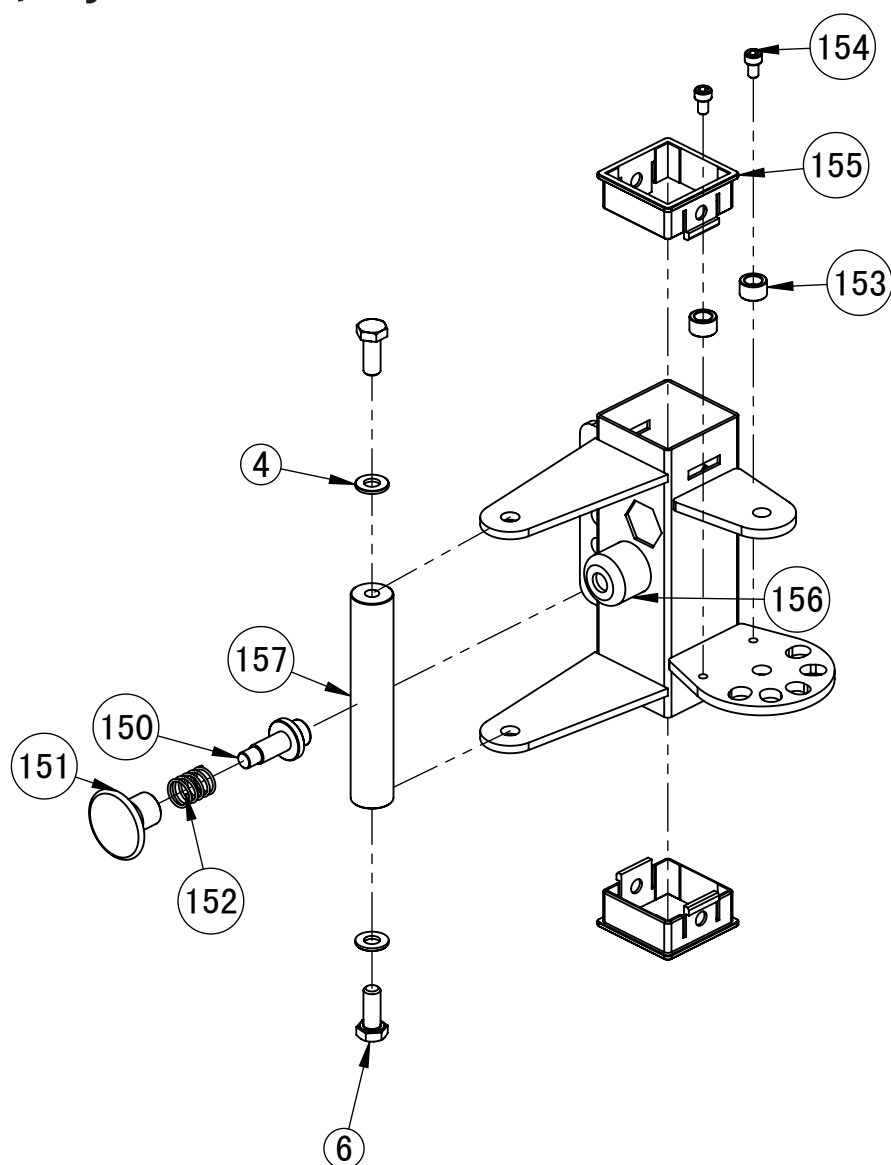


NO.	Part Name	Speci Cation	QTY
218	Landmine		1
219	reduction sleeve		1
220	Powder sleeve		2
221	Universal U-shaped part		1
222	deep groove ball bearing	6001	1
223	universal joint		1
224	Universal gasket		1
225	hexagon bolt	M8X20	1
226	flat washer	M8	1
227	spring washer	M8	1
228	Universal gasket		1
229	Inner shaft		1
4	flat washer	M10	2
5	spring washer	M10	2
230	hexagon bolt		2
231	elastic collar		1
31	Nut		1

EXPLODED DIAGRAMS

(18) x1

Freestyle Trolley -Right

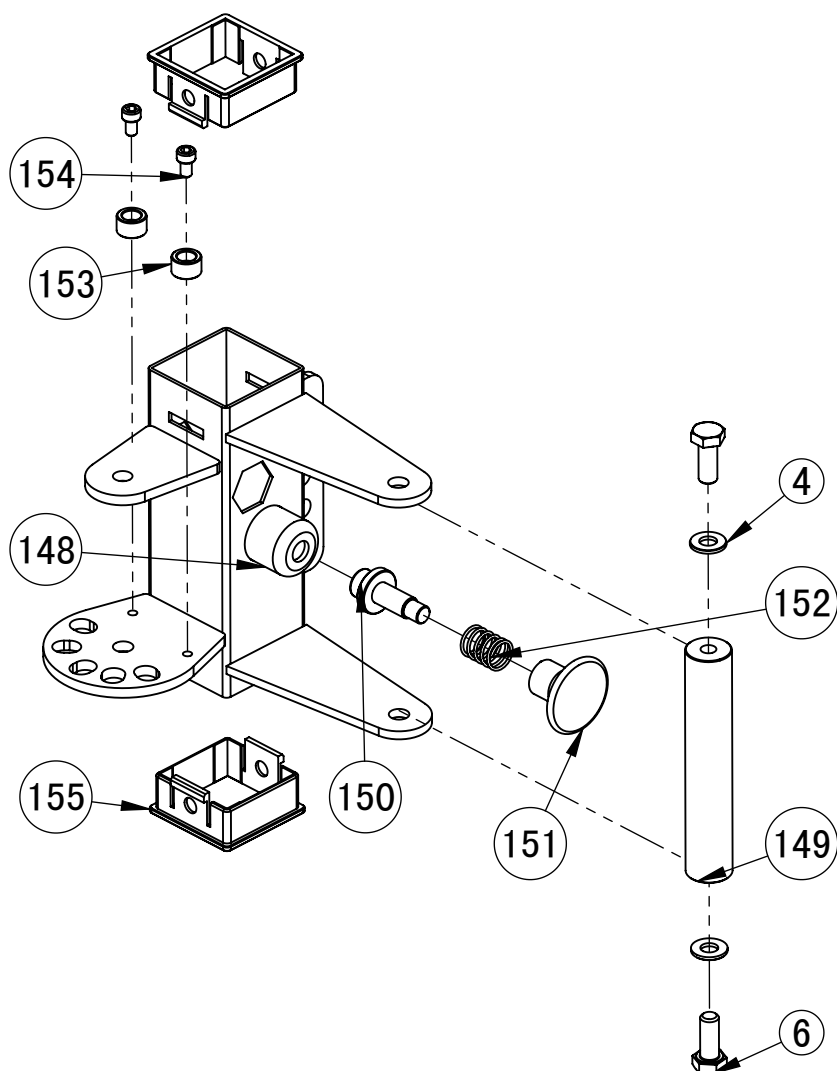


NO.	Part Name	Speci Cation	QTY
156	Freestyle Trolley -Right		1
157	handle	M25X138	1
4	flat washer	M10	2
6	hexagon bolt	M10X25	2
150	Pulling pin shaft	M25	1
151	Pulling handle	M44	1
152	Pulling spring		1
153	Impact protection sleeve	M16	2
154	hexagon socket cap screws	M6X10	2
155	Bushing	50-60	2

EXPLODED DIAGRAMS

19 x1

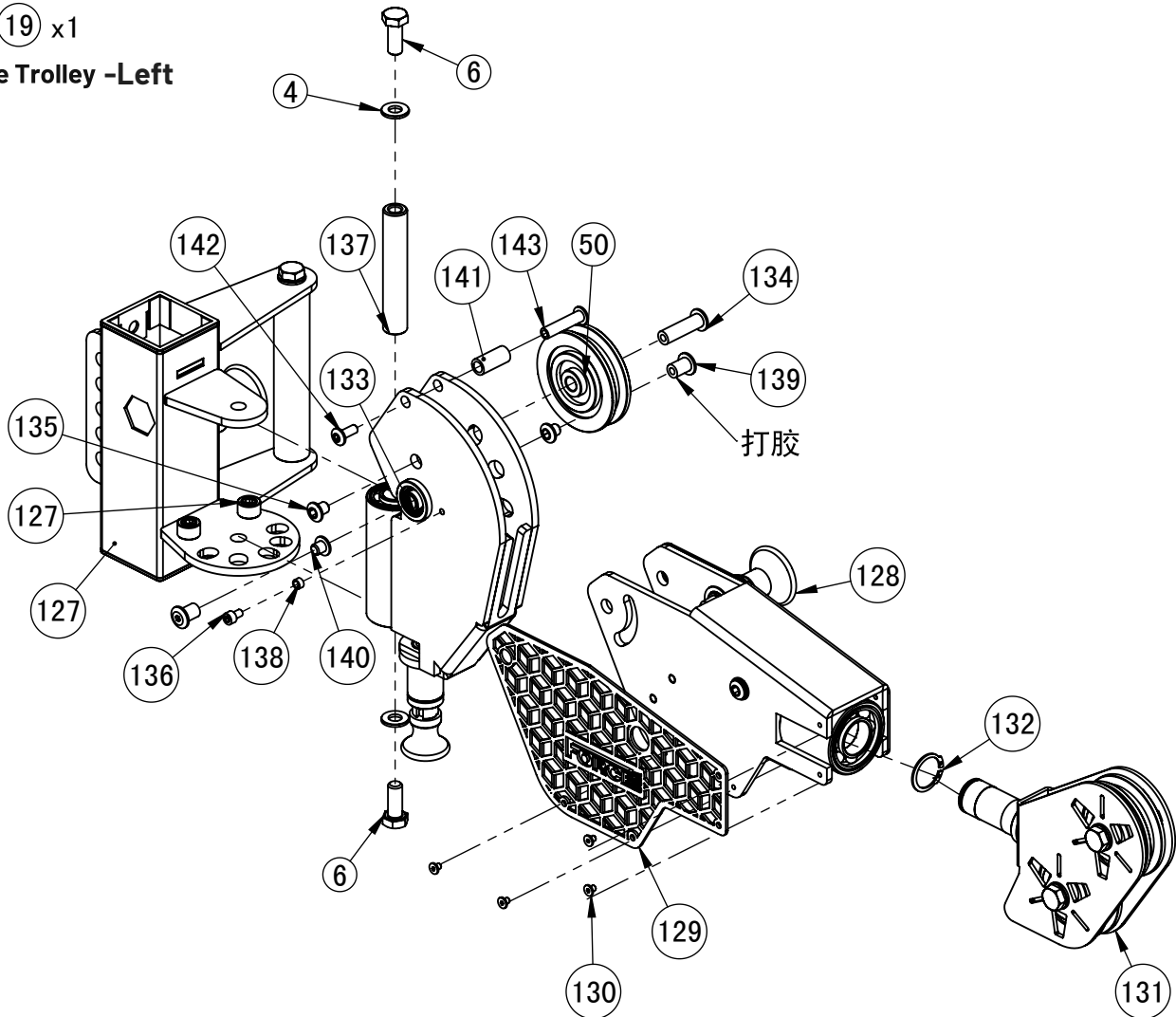
Freestyle Trolley -Left



NO.	Part Name	Speci Cation	QTY
148	Freestyle Trolley -Left		1
149	handle	M25X138	1
4	flat washer	M10	2
6	hexagon bolt	M10X25	2
150	Pulling pin shaft	M25	1
151	Pulling handle	M44	1
152	Pulling spring		1
153	Impact protection sleeve	M16	2
154	hexagon socket cap screws	M6X10	2
155	Bushing	50-60	2

EXPLODED DIAGRAMS

19 x1
Freestyle Trolley -Left

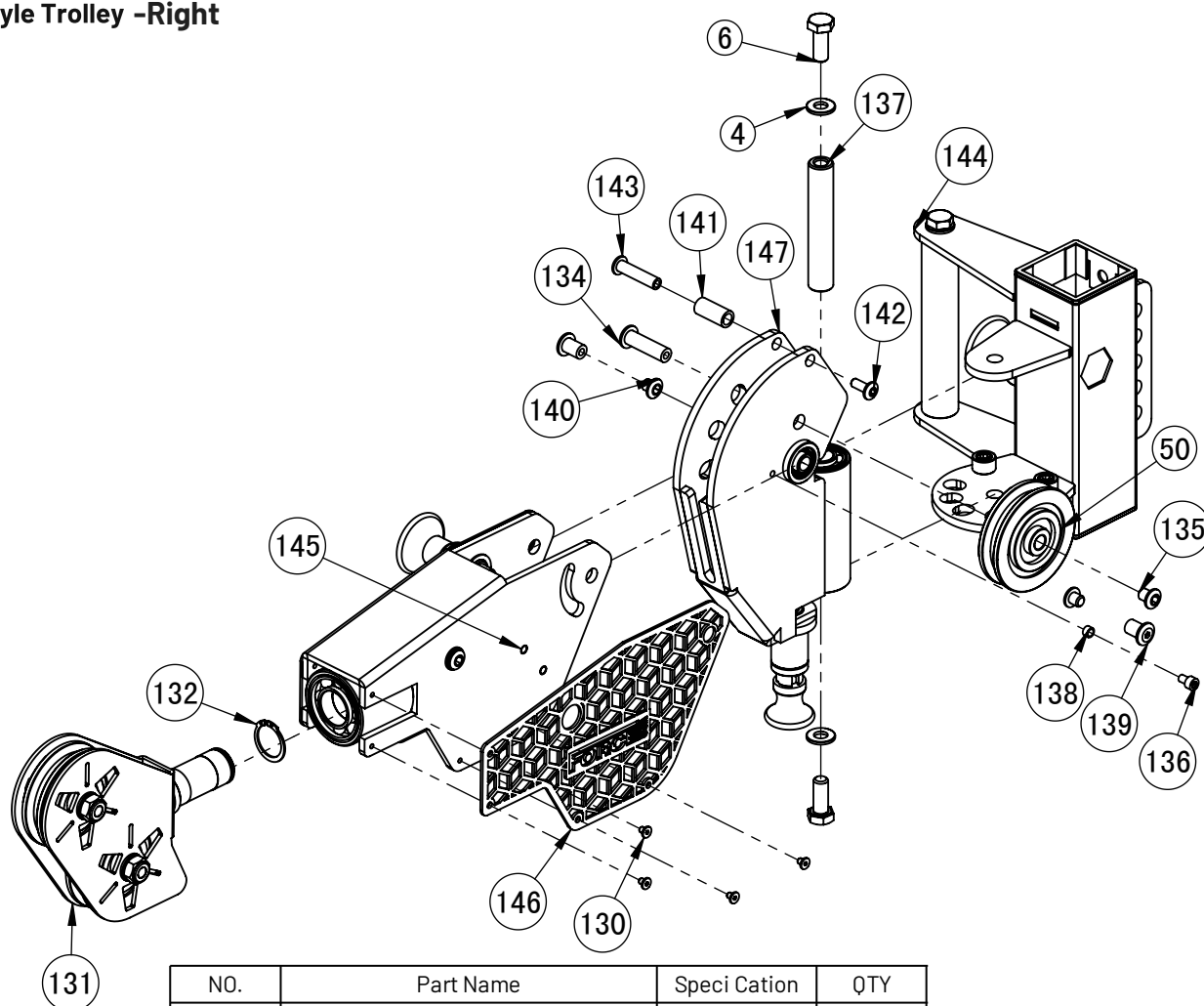


NO.	Part Name	Speci Cation	QTY
127	Freestyle Trolley -Left		1
128	Freestyle Trolley Frame- Left		1
129	LOGO plate		1
130	hexagon bolt	M4X5	4
131	pulley frame		1
132	circlip for hole	M25	1
133	adjust pulley frame		1
50	M75 pulley		1
134	hexagon bolt	M8X35	1
135	hexagon bolt	M8X35	1
4	flat washer	M10	2
6	hexagon bolt	M10X25	2
136	hexagon bolt	M5X8	1
137	Inner shaft	M17X97	1
138	spacer sleeve		1
139	hexagon bolt	M8X16	2
140	hexagon bolt	M8X16	2
141	drivepipe		1
143	hexagon bolt	M6X35	1
142	hexagon bolt	M6X35	1

EXPLODED DIAGRAMS

18 x1

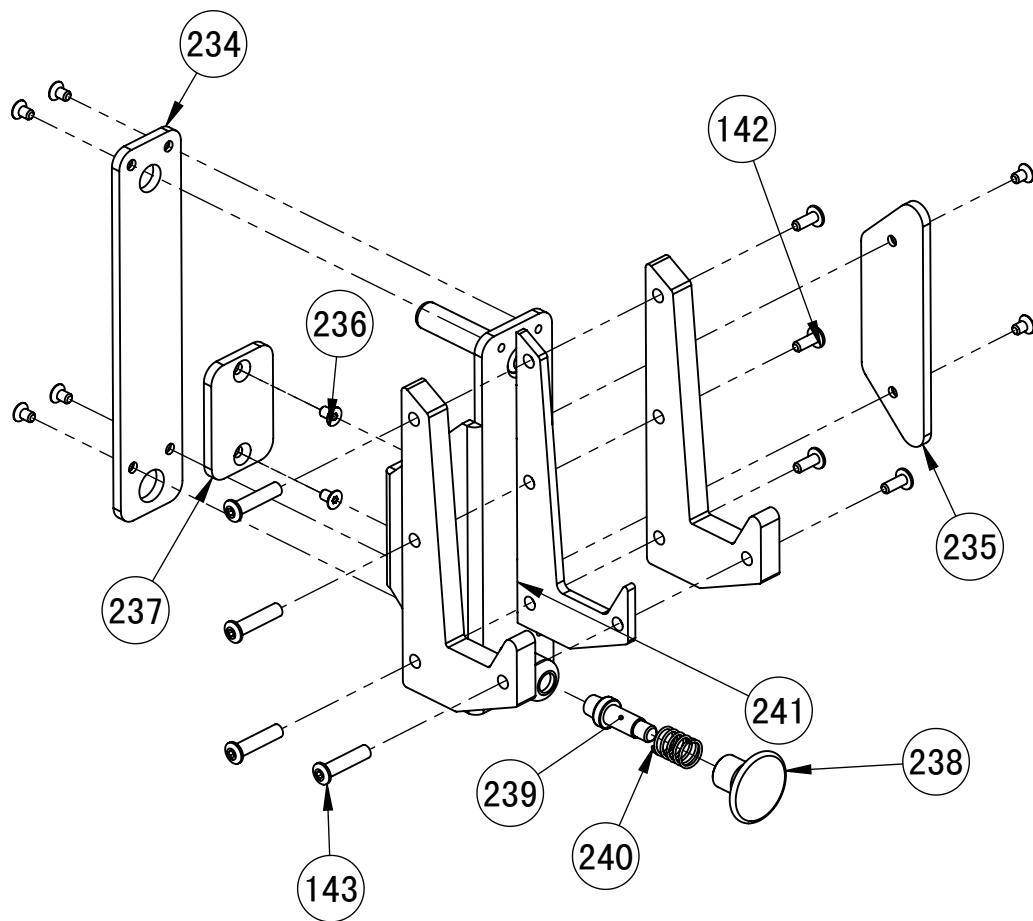
Freestyle Trolley -Right



N0.	Part Name	Speci Cation	QTY
144	Freestyle Trolley -Right		1
147	Freestyle Trolley Frame-Right		1
146	LOGO plate		1
130	hexagon bolt	M4X5	4
131	pulley frame		1
132	circlip for hole	M25	1
133	adjust pulley frame		1
50	M75 pulley		1
134	hexagon bolt	M8X35	1
135	hexagon bolt	M8X35	1
4	flat washer	M10	2
6	hexagon bolt	M10X25	2
136	hexagon bolt	M5X8	1
137	Inner shaft	M17X97	1
138	spacer sleeve		1
139	hexagon bolt	M8X16	2
140	hexagon bolt	M8X16	2
141	drivepipe		1
143	hexagon bolt	M6X35	1
142	hexagon bolt	M6X35	1

EXPLODED DIAGRAMS

92 x1
J-Hook Right



NO.	Part Name	Speci Cation	QTY
241	J-Hook Right		1
242	hook plate		2
142	Hexagon Bolt	M6X35	4
143	Hexagon Bolt	M6X35	4
234	Long rubber sheet		1
235	Short spacer plate		1
236	Hexagon Bolt	M6X10	8
237	Short spacer plate		1
238	Pulling pin shaft		1
239	Pulling handle		1
240	Pulling spring		1

PART LIST

NO.	Part Name	Speci Cation	QTY
4	flat washer		20
5	Spring Washer		2
6	hexagon bolt		8
8	nut	M4X5	5
31	nut	M16	2
44	Hexagon Bolt		5
45	90mm Aluminium Pulley		4
47	Hexagon Bolt		1
49	hexagon bolt		2
50	75mm Aluminium Pulley		2
52	50mm Aluminium Pulley		1
104	Rear Connection Frame		1
105	Deep Groove Ball Bearing		4
106	Bushing		1
107	Aluminum Knob		1
108	Nut		28
109	Nut		2
110	hexagon bolt		2
111	Base Frame - Right		1
112	Nut	M10	5
113	plastic sleeve		4
114	Base Frame - Left		1
115	Rearright upright		1
116	Square Tube Plug	M50×50×2	2
117	Rear Left Upright		1
252	Leg Press Connection Frame		1
118	Aluminum Knob	M12	1
119	Bushing		1
120	Middle Right Upright		1
121	Guide Rod Top Frame	M28	1
122	Nut	M6	1
123	Crash Pad		1
124	Flat Washer		1
125	Hexagon Bolt	M6x20	1
126	Middle Left Upright		1
127	Freestyle Trolley -Left		1
128	Freestyle Trolley Frame-Left		1
129	LOGO plate		1
130	hexagon bolt	M4x5	8
131	pulley frame		2
132	circlip for hole	M25	2
133	adjust pulley frame		1
134	hexagon bolt	M8x35	2

PART LIST

NO.	Part Name	Speci Cation	QTY
135	hexagon bolt	M8x35	2
136	hexagon bolt	M5x8	2
137	Inner shaft	M17X97	2
138	spacer sleeve		2
139	hexagon bolt	M8X16	4
140	hexagon bolt	M8X16	4
141	drivepipe		2
142	hexagon bolt	M6X35	10
143	hexagon bolt	M6X35	10
144	Freestyle Trolley -Right		1
145	Freestyle Trolley Frame-Right		1
146	LOGO plate		1
147	Freestyle Trolley Frame- Left		1
148	Freestyle Trolley - Left		1
149	handle	M25X138	1
150	Pulling pin shaft	M25	2
151	Pulling handle	M44	2
152	Pulling spring		2
153	Impact protection sleeve	M16	4
154	hexagon socket cap screws	M6X10	4
155	Bushing	50-60	4
156	Freestyle Trolley -Right		1
157	handle	M25X138	1
158	Rear Top Connecting Framet		1
159	right top frame		1
160	LOGO plate		1
161	Square Tube Plug		2
162	blind rivet	M4X10	24
163	Screw-on hexagonalrivet nut	M10	4
164	Left top frame		1
165	Front Connection Frame		1
166	Deep Groove Ball Bearing	6004	4
167	Pulley Frame		1
168	nut		1
169	rubber mat		1
170	Cross-slot small countersunk screw	M4x10	3
171	Weight Stack Spacer		1
172	Spacer Sleeve	M60x26	2
173	Guide bar		1
174	shrapnel nut	M23- M10	2
175	pulley grame		1
176	nut	M12	1

PART LIST

NO.	Part Name	Speci Cation	QTY
177	2KG Incremental Weight Plate		1
178	Handle Release Pin Of Umbrella	M12XM20X40	1
179	Plastic Sleeve		2
180	Elastic Collar	35	2
181	Pulley frame		2
182	Smith Bar Sliding Frame		1
183	Linear Bearing		2
184	Deep Groove Ball Bearing	6005	2
185	Elastic Collar	45	21
186	Smith Bar Safety Hook		2
187	elastic collar	45	1
188	Safety interval sleeve		1
189	Safety handle		1
190	linear bearing		1
199	Barbell Sleeve		1
200	Aluminum Innerretaining Ring		1
201	Needle Roller Bearing		2
202	Barbell Bar End Cap		1
203	Rubberretaining Ring		2
204	Elastic Collar	M35	1
205	Logo Plate		1
206	Logo Back Plate		1
207	Hexagon Bolt	M4x5	6
208	Barbell Holder		1
209	Decorative Aluminum Cover		1
210	Barbell Hanger		1
211	Hooked Gasket		1
212	Hexagon Bolt	M6x12	4
213	Magnetic Coupling Shaft	M28	1
214	Strong Magnet		1
215	Hexagon Bolt	M5X10	1
216	Low Row Footplate		1
217	Square Tube Plug		1
218	Landmine		1
219	reduction sleeve		1
220	Powder sleeve		2
221	Universal U-shaped part		1
222	deep groove ball bearing	6001	1
223	universal joint		1
224	Universal gasket		1
225	hexagon bolt	M8X20	1
226	flat washer	M8	1
227	spring washer	M8	1

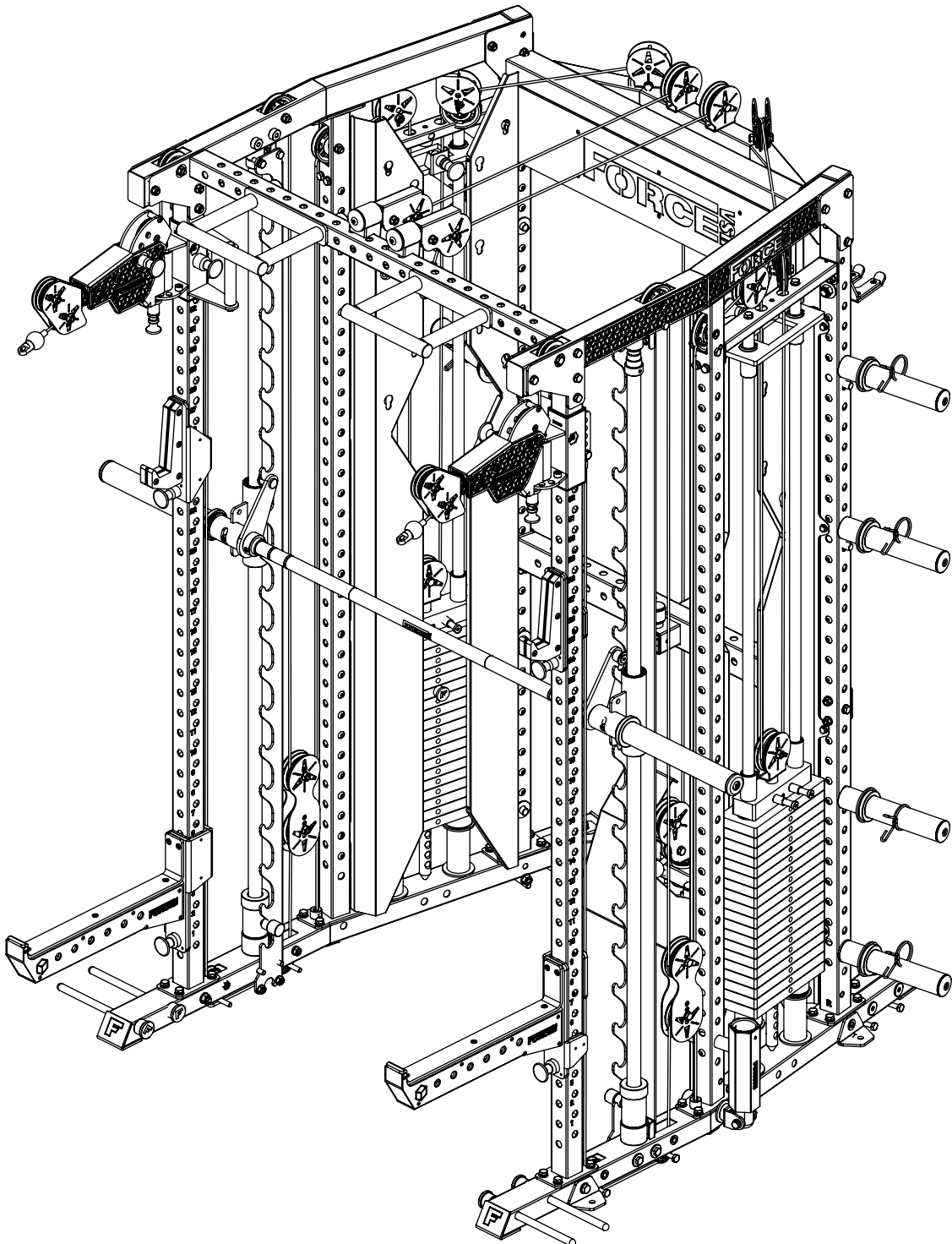
PART LIST

N0.	Part Name	Speci Cation	QTY
228	Universal gasket		1
229	Inner shaft		1
230	hexagon bolt		2
231	elastic collar		1
232	J-Hook Left		1
233	hook plate		2
234	Long rubber sheet		2
235	Short spacer plate		2
236	Hexagon Bolt	M6X10	46
237	Short spacer plate		2
238	Pulling pin shaft		4
239	Pulling handle		2
240	Pulling spring		4
241	J-Hook Right		1
242	hook plate		2
243	spotter arm left		1
244	Short spacer plate		2
245	Long rubber sheet		2
246	rubber mat		2
247	Decorative plate		2
248	Short spacer plate		2
249	blind rivet	M4X10	28
250	Pulling pin shaft		2
251	spotter arm Right		1
253	Magnetic Olympic Lock Collar		2

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.



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