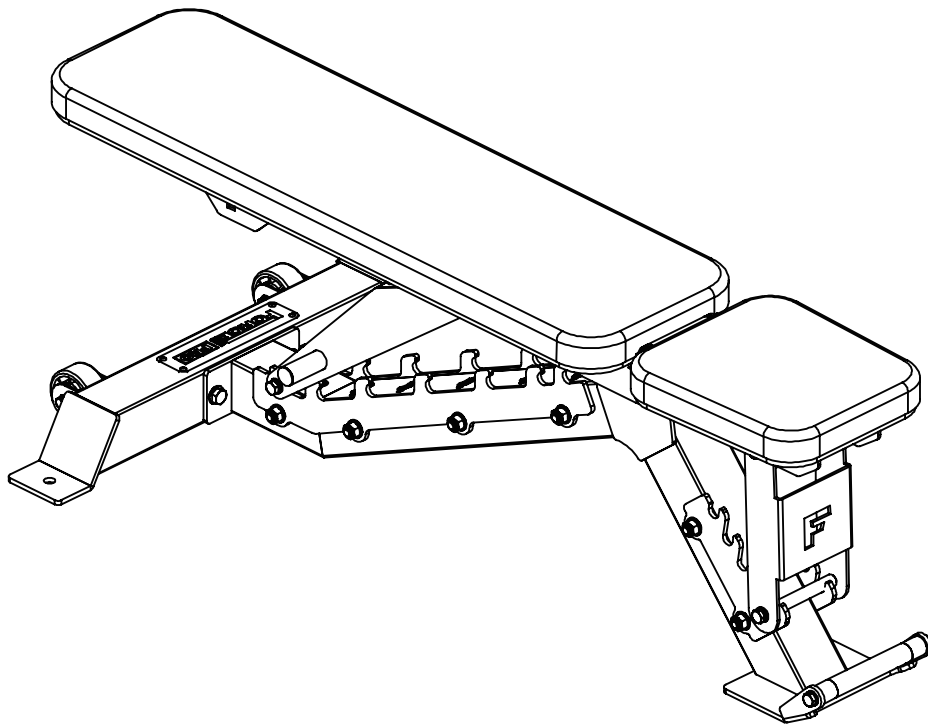


FORCE USA **PRO**

FID BENCH



Owner's Manual | F-PS-FID

BEFORE YOU START

Read all instructions in this manual before assembling or using this equipment.

Remove all parts from the packaging and separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

We recommended you keep these instructions.

SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment
- Assemble equipment on a flat surface
- Consider placing a mat under equipment to protect your floor
- Only tighten nuts and bolts by hand until whole equipment is assembled
- Ensure all parts are in working order prior to use
- Do not use equipment outdoors or around water
- 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

IMPORTANT ASSEMBLY INFORMATION

NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.

FASTENING NUTS AND BOLTS

- Only tighten all nuts and bolts after all components have been fully assembled.
- Do not over tighten any component with pivoting function.
- Make sure all pivoting components are able to move freely.

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.

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

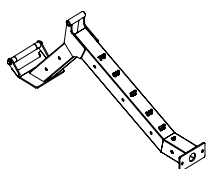
TABLE OF CONTENTS

Component diagram	4
Parts list	5-6
Assembly Step 1	7-10
Assembly Step 2	11-14
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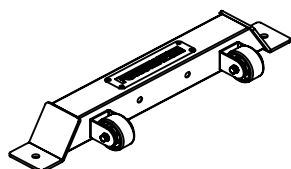
Use the drawing below to identify small parts used in assembly.

IMPORTANT: if you cannot find a part in the hard ware kit,check to see if it has been assembled.
Extra hardware may be included.

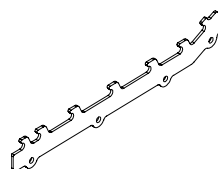
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



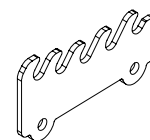
The frame assembly



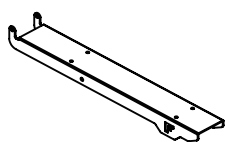
Rear bottom beam assembly



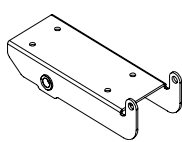
Back pad tap plate



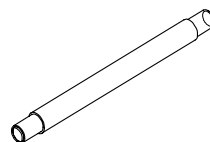
Seat gear plate



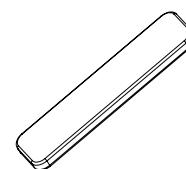
Back cushion main frame plate



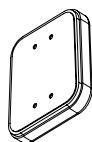
Seat assembly



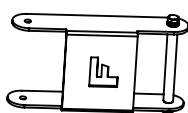
Shaft



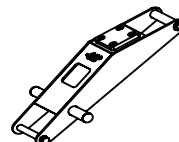
Back cushion



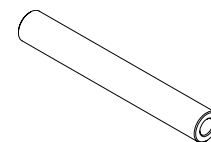
The cushion



Seat bracket assembly



Back pad rear support assembly



Roller Handle

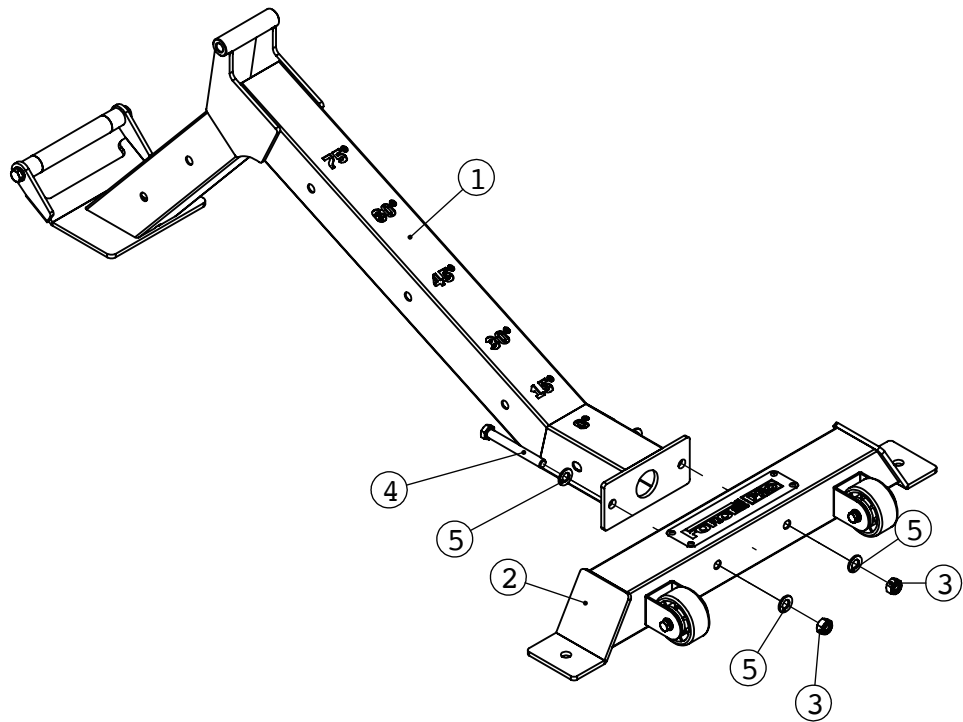
PARTS LIST

NO.	PRO SERIES SKU	DESCRIPTION	NOTE	QTY
1	F-PS-FID-PART#1	Main Frame	Assembly	1
2	F-PS-FID-PART#2	Rear Bottom Beam Assembly	Assembly	1
3	F-PS-FID-PART#3	Lock Nut (Black)	M12	8
4	F-PS-FID-PART#4	Hexagon Head Bolts	M12*100	2
5	F-PS-FID-PART#5	Flat Washer (Black)	φ12	16
6	F-PS-FID-PART#6	Back Pad Tap Plate	T6	2
7	F-PS-FID-PART#7	Seat Gear Plate	T6	2
8	F-PS-FID-PART#8	Hexagon Head Bolts	M12*105	6
9	F-PS-FID-PART#9	Back Cushion Main Frame Plate	T4	1
10	F-PS-FID-PART#10	Sitting Frame Assembly	Assembly	1
11	F-PS-FID-PART#11	Shaft	φ12*147-M10	2
12	F-PS-FID-PART#12	Lock Nut (Black)	M10	4
13	F-PS-FID-PART#13	Flat Washer (Black)	φ10	12
14	F-PS-FID-PART#14	Back Cushion	275*975*50	1
15	F-PS-FID-PART#15	Seat Cushion	Assembly	1
16	F-PS-FID-PART#16	Hexagon Head Bolts (Black)	M8*16	8
17	F-PS-FID-PART#17	Flat Washer (Black)	φ8	12
18	F-PS-FID-PART#18	Seat Bracket Assembly	Assembly	1
19	F-PS-FID-PART#19	Back Pad Rear Support Assembly	Assembly	1
20	F-PS-FID-PART#20	Silk	φ16*116	2
21	F-PS-FID-PART#21	Hexagon Head Bolts (Black)	M10*25	8
22	F-PS-FID-PART#22	Spring Gasket (Black)	φ10	6
23	F-PS-FID-PART#23	Rear Bottom Beam		1
24	F-PS-FID-PART#24	Stainless Steel	T1	1
25	F-PS-FID-PART#25	Mobile Roller		2
26	F-PS-FID-PART#26	Break Pull Mandrel Rivets With T Head	4*10	4
27	F-PS-FID-PART#27	Hexagon Head Bolts (Black)	M8*90	2
28	F-PS-FID-PART#28	M8 Lock Nut (Black)	M8	2
29	F-PS-FID-PART#29	Double Shrapnel Nut		2
30	F-PS-FID-PART#30	Hand Tube		1
31	F-PS-FID-PART#31	Main Frame		1
32	F-PS-FID-PART#32	Cushion Support Plate	T4	1

PARTS LIST

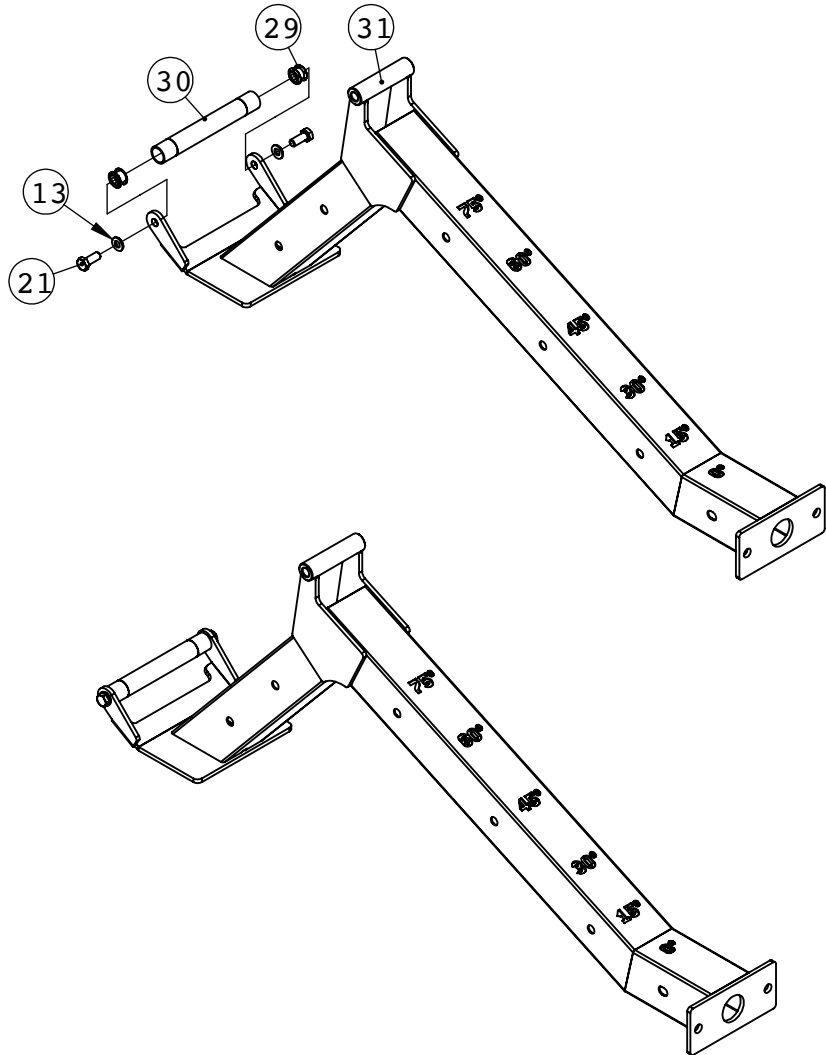
NO.	PRO SERIES SKU	DESCRIPTION	NOTE	QTY
33	F-PS-FID-PART#33	Seat frame		1
34	F-PS-FID-PART#34	Powder Set	φ26*φ22*φ16*11	2
35	F-PS-FID-PART#35	Back Pad And Back Support	Assembly parts	1
36	F-PS-FID-PART#36	Back Support Rubber Pad	T10	1
37	F-PS-FID-PART#37	Powder Set	φ22*φ18*φ12.2*15	2
38	F-PS-FID-PART#38	Pipe Plug	φ25*2	2
39	F-PS-FID-PART#39	Hexagon Socket Countersunk Head Screw	M6*12	4
40	F-PS-FID-PART#40	Roller Handle	φ16*95	1

ASSEMBLY STEP 1



NO.	PRO SERIES SKU	DESCRIPTION	NOTE	QTY
1	F-PS-FID-PART#1	Main Frame	Assembly	1
2	F-PS-FID-PART#2	Rear Bottom Beam Assembly	Assembly	1
3	F-PS-FID-PART#3	Lock Nut (Black)	M12	8
4	F-PS-FID-PART#4	Hexagon Head Bolts	M12*100	2
5	F-PS-FID-PART#5	Flat Washer (Black)	φ12	16

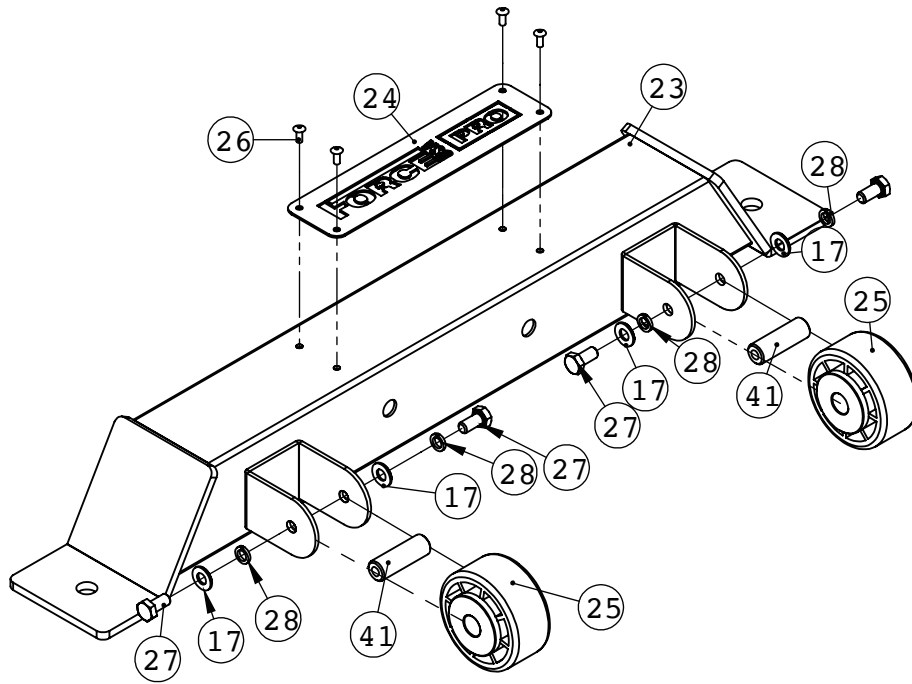
ASSEMBLY STEP 1



Frame assembly drawing

NO.	PRO SERIES SKU	DESCRIPTION	NOTE	QTY
13	F-PS-FID-PART#13	Flat Washer (Black)	φ10	12
21	F-PS-FID-PART#21	Hexagon Head Bolts (Black)	M10*25	8
29	F-PS-FID-PART#29	Double Shrapnel Nut		2
30	F-PS-FID-PART#30	Hand Tube		1
31	F-PS-FID-PART#31	Main Frame		1

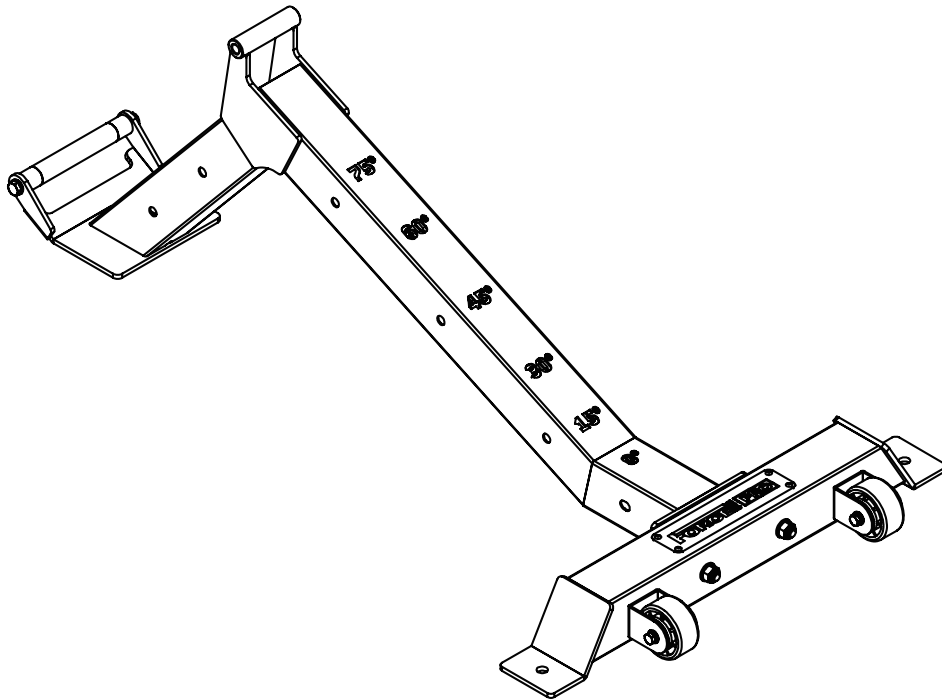
ASSEMBLY STEP 1



Rear bottom beam assembly

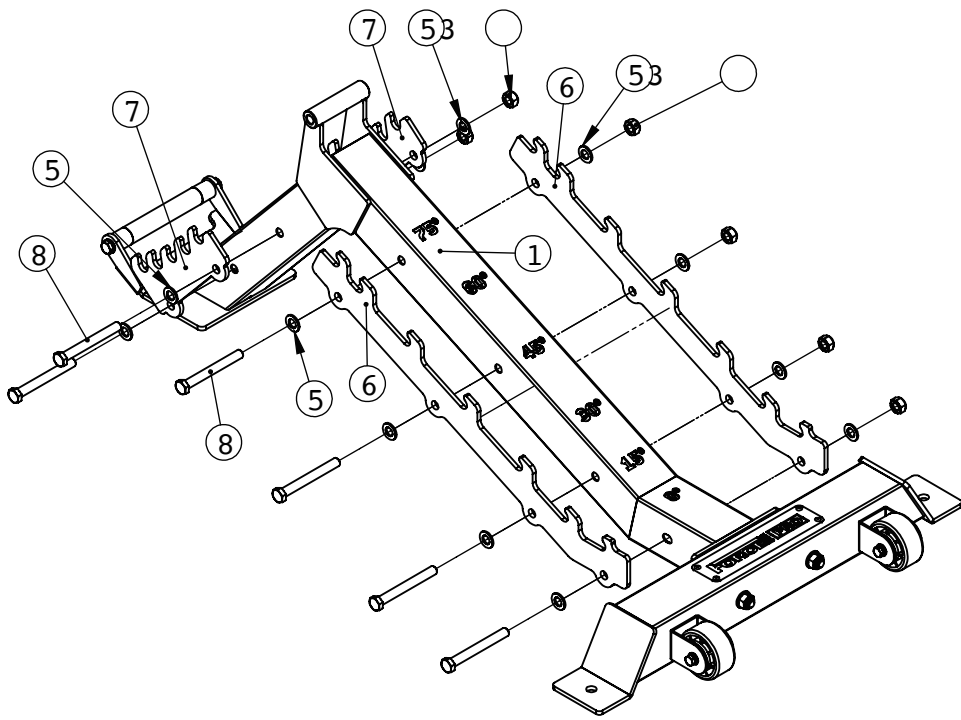
NO.	PRO SERIES SKU	DESCRIPTION	NOTE	QTY
17	F-PS-FID-PART#17	Flat Washer (Black)	φ8	12
23	F-PS-FID-PART#23	Rear Bottom Beam		1
24	F-PS-FID-PART#24	Stainless Steel	T1	1
25	F-PS-FID-PART#25	Mobile Roller		2
26	F-PS-FID-PART#26	Break Pull Mandrel Rivets With T Head	4*10	4
27	F-PS-FID-PART#27	Hexagon Head Bolts (Black)	M8*90	2
28	F-PS-FID-PART#28	M8 Lock Nut (Black)	M8	2

ASSEMBLY DRAWING



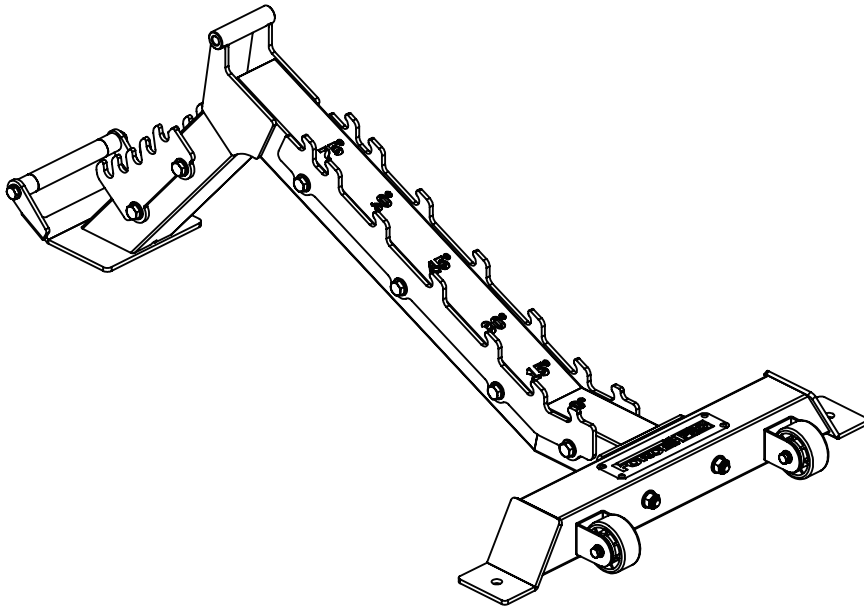
1-Use M12*100 Hexagon Head bolts (black)(4), M12 lock nut (black)(3), 12 at washer (black)(5) to assemble and fix 4013 main frame assembly (1),4013 rear bottom beam assembly.

ASSEMBLY STEP 2



NO.	PRO SERIES SKU	DESCRIPTION	NOTE	QTY
3	F-PS-FID-PART#3	Lock Nut (Black)	M12	8
5	F-PS-FID-PART#5	Flat Washer (Black)	φ12	16
6	F-PS-FID-PART#6	Back Pad Tap Plate	T6	2
7	F-PS-FID-PART#7	Seat Gear Plate	T6	2
8	F-PS-FID-PART#8	Hexagon Head Bolts	M12*105	6

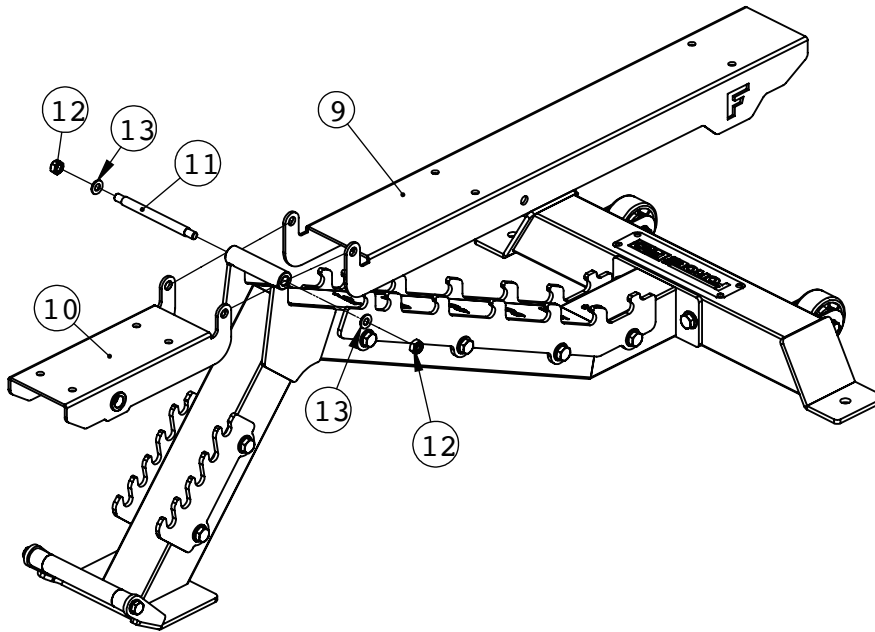
ASSEMBLY DRAWING



1-Fix the 4013 back pad tap plate (6) to the main body with M12*105 hex bolts (black)(8), M12 lock nut (black)(3), ϕ 12 flat washer (black)(5).

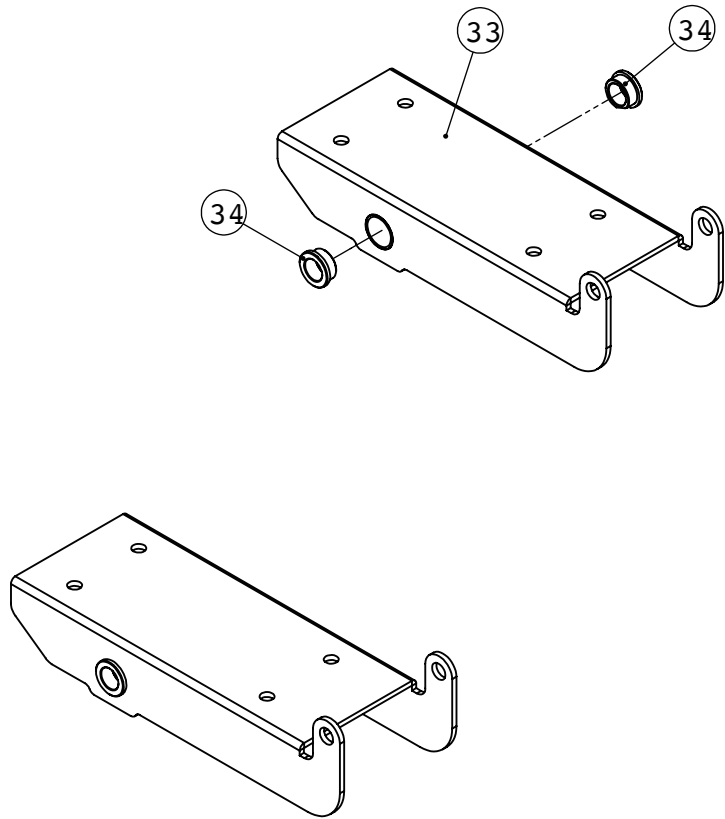
2-Fix 4013 cushion gear plate (7) to the main body with M12*105 hex bolts (black)(8), M12 lock nut (black)(3), ϕ 12 at washer (black)(5).

ASSEMBLY STEP 2



NO.	PRO SERIES SKU	DESCRIPTION	NOTE	QTY
9	F-PS-FID-PART#9	Back Cushion Main Frame Plate	T4	1
10	F-PS-FID-PART#10	Sitting Frame Assembly	Assembly	1
11	F-PS-FID-PART#11	Shaft	φ12*147-M10	2
12	F-PS-FID-PART#12	Lock Nut (Black)	M10	4
13	F-PS-FID-PART#13	Flat Washer (Black)	φ10	12

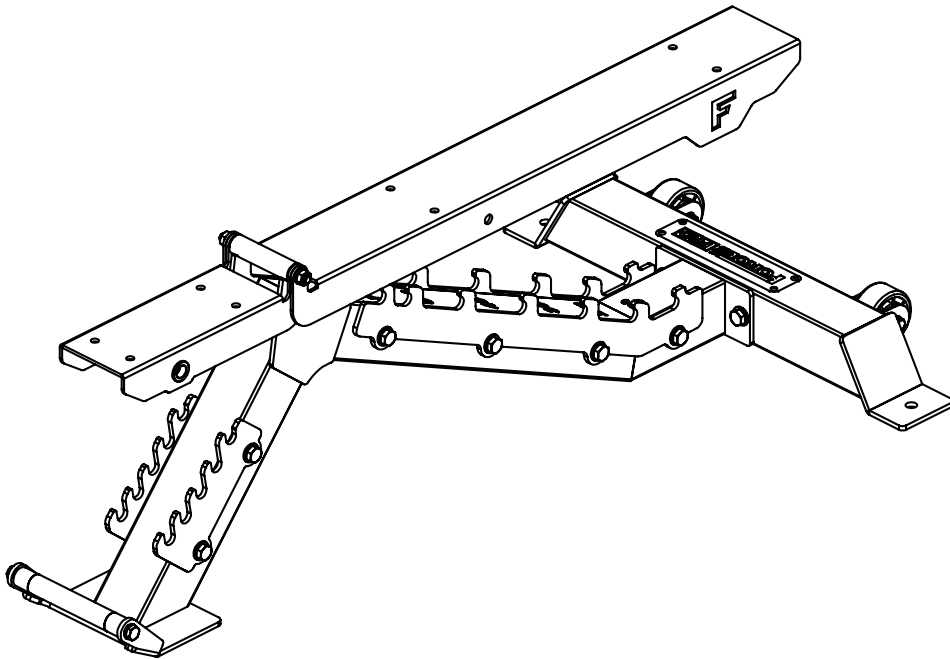
ASSEMBLY STEP 2



Seat assembly

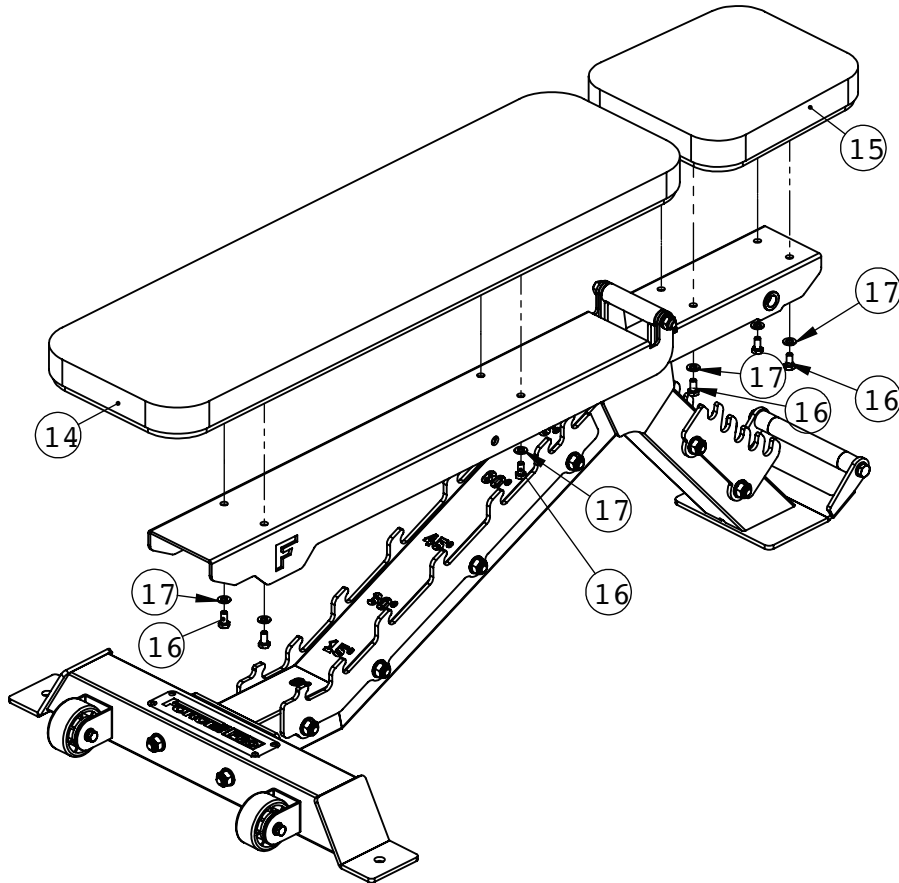
NO.	PRO SERIES SKU	DESCRIPTION	NOTE	QTY
33	F-PS-FID-PART#33	Seat frame		1
34	F-PS-FID-PART#34	Powder Set	$\phi 26 * \phi 22 * \phi 16 * 11$	2

ASSEMBLY STEP 3



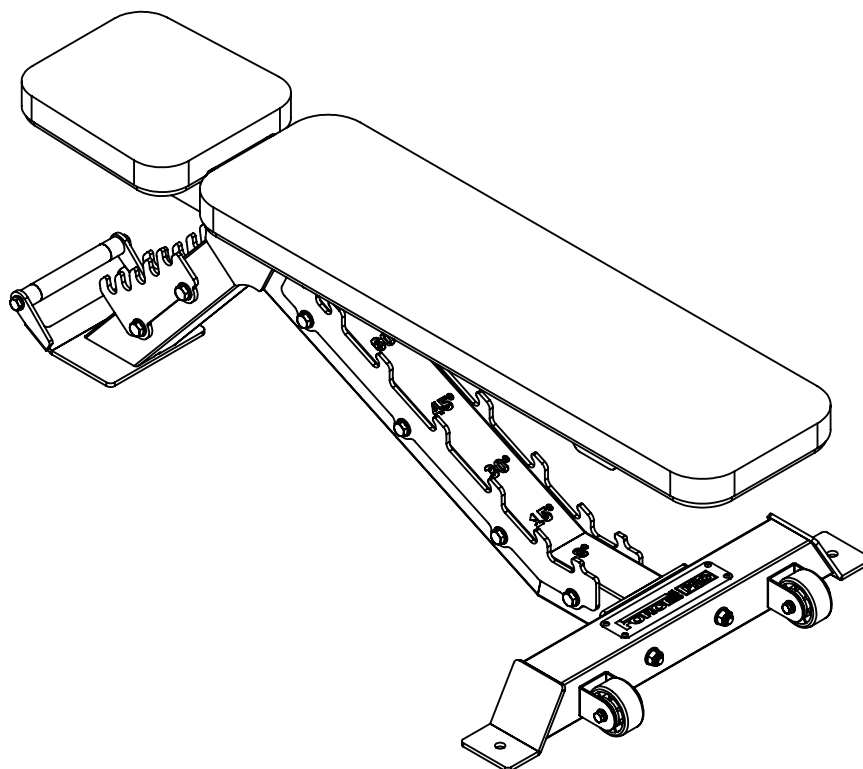
As shown in the figure, use $\phi 12*147$ -M10 axis (11), M10 lock nut (black)(12), $\phi 10$ flat washer (black)(13) to assemble 4013 back cushion main frame plate (9), 4013 seat assembly (10) to the main body and fix.

ASSEMBLY STEP 4



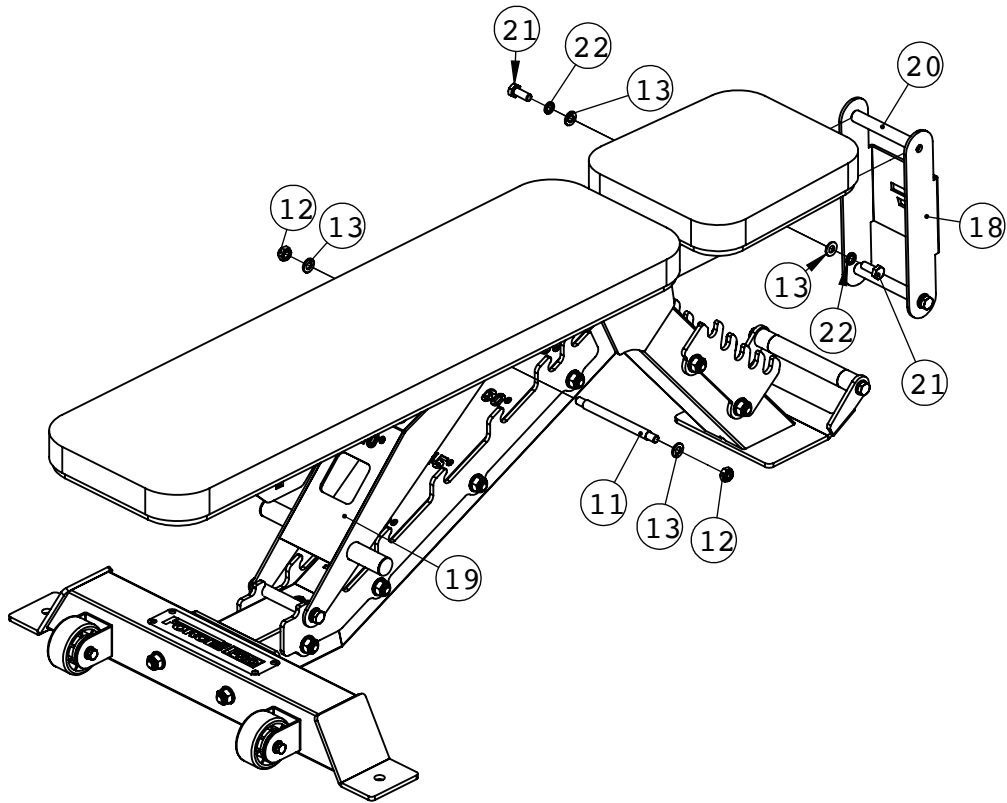
NO.	PRO SERIES SKU	DESCRIPTION	NOTE	QTY
14	F-PS-FID-PART#14	Back Cushion	275*975*50	1
15	F-PS-FID-PART#15	Seat Cushion	Assembly	1
16	F-PS-FID-PART#16	Hexagon Head Bolts (Black)	M8*16	8
17	F-PS-FID-PART#17	Flat Washer (Black)	φ8	12

ASSEMBLY DRAWING



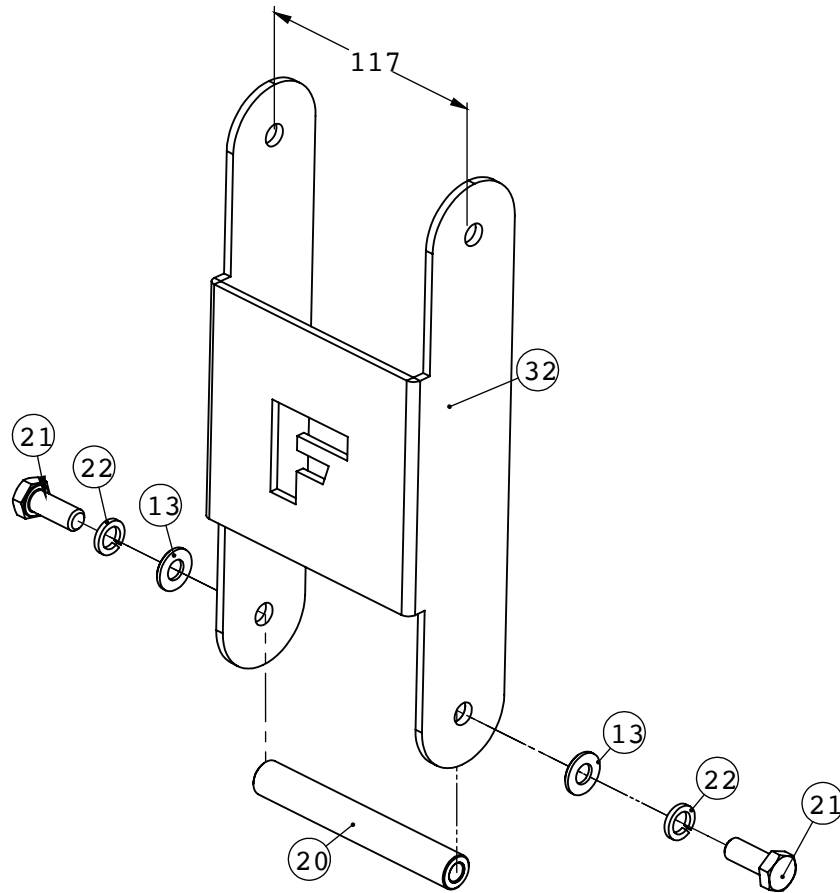
As shown in the picture, use M8*16 hex bolts (black)(16) and $\phi 8$ flat washer (black)(17) to assemble 4013 back cushion (14) and 4013 cushion (15) on the main body and fix them.

ASSEMBLY STEP 5



NO.	PRO SERIES SKU	DESCRIPTION	NOTE	QTY
11	F-PS-FID-PART#11	Shaft	φ12*147-M10	2
12	F-PS-FID-PART#12	Lock Nut (Black)	M10	4
13	F-PS-FID-PART#13	Flat Washer (Black)	φ10	12
18	F-PS-FID-PART#18	Seat Bracket Assembly	Assembly	1
19	F-PS-FID-PART#19	Back Pad Rear Support Assembly	Assembly	1
20	F-PS-FID-PART#20	Silk	φ16*116	2
21	F-PS-FID-PART#21	Hexagon Head Bolts (Black)	M10*25	8
22	F-PS-FID-PART#22	Spring Gasket (Black)	φ10	6

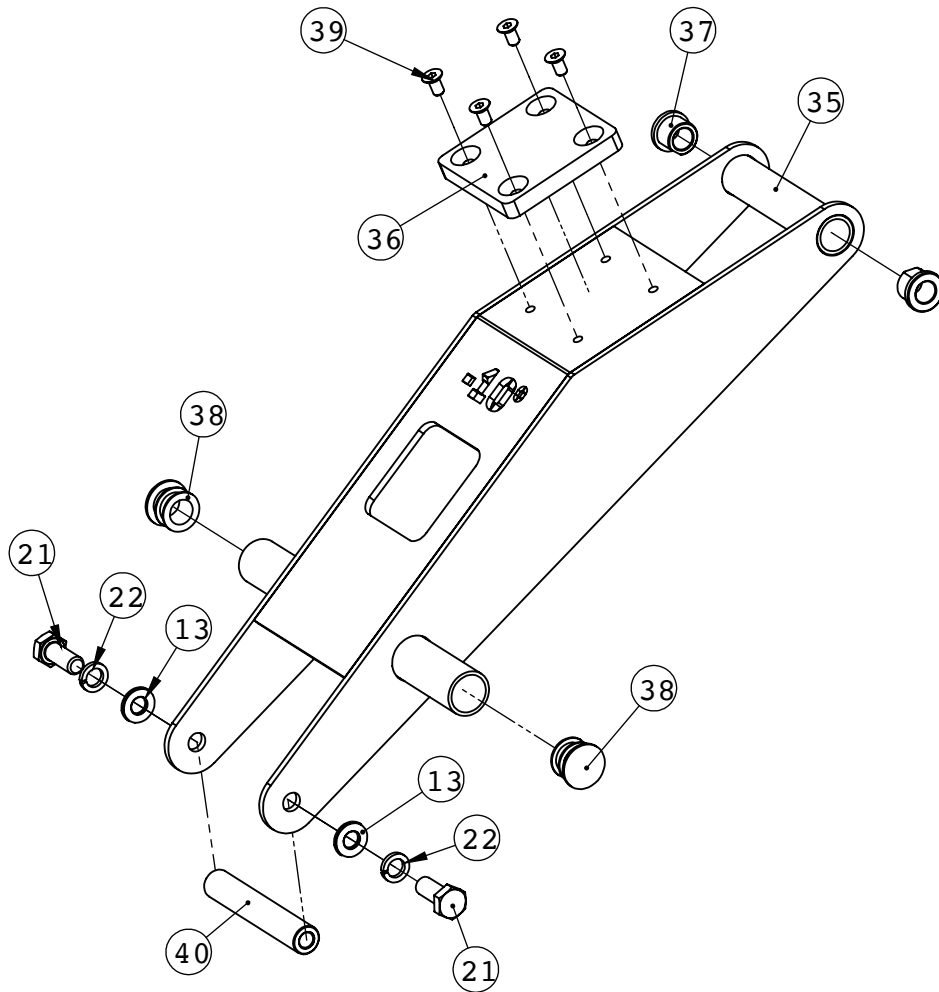
ASSEMBLY DRAWING



Seat cushion support assembly

NO.	PRO SERIES SKU	DESCRIPTION	NOTE	QTY
13	F-PS-FID-PART#13	Flat Washer (Black)	φ10	12
20	F-PS-FID-PART#20	Silk	φ16*116	2
21	F-PS-FID-PART#21	Hexagon Head Bolts (Black)	M10*25	8
22	F-PS-FID-PART#22	Spring Gasket (Black)	φ10	6
32	F-PS-FID-PART#32	Cushion Support Plate	T4	1

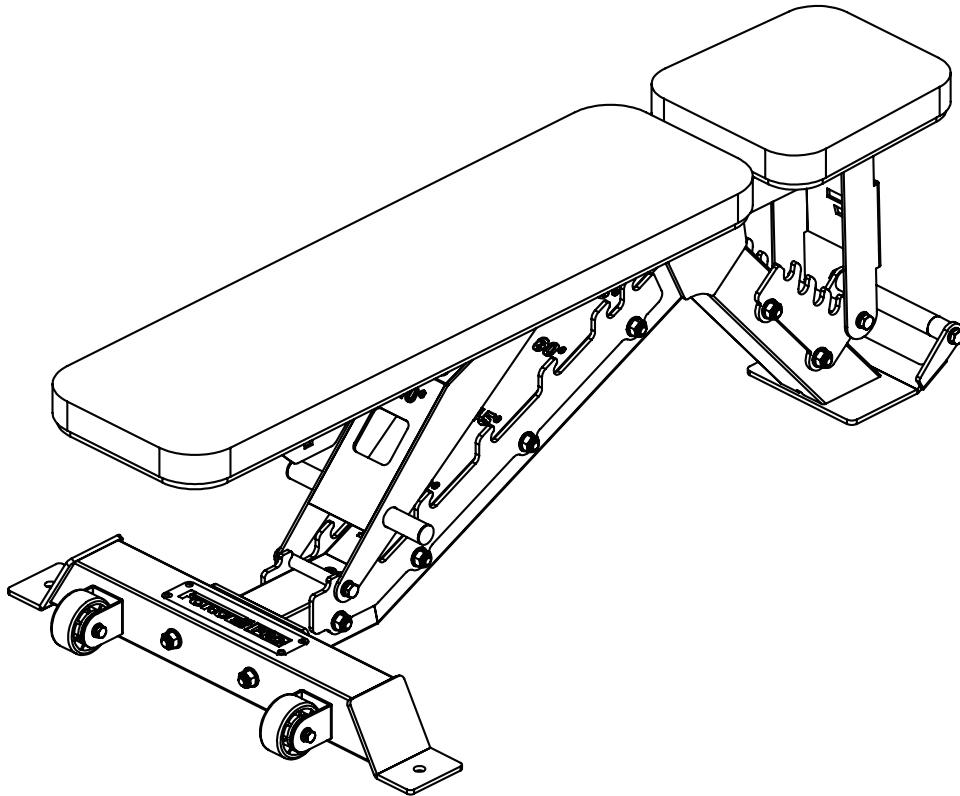
ASSEMBLY DRAWING



Back pad rear support assembly

NO.	PRO SERIES SKU	DESCRIPTION	NOTE	QTY
13	F-PS-FID-PART#13	Flat Washer (Black)	φ10	12
21	F-PS-FID-PART#21	Hexagon Head Bolts (Black)	M10*25	8
22	F-PS-FID-PART#22	Spring Gasket (Black)	φ10	6
35	F-PS-FID-PART#35	Back Pad And Back Support	Assembly parts	1
36	F-PS-FID-PART#36	Back Support Rubber Pad	T10	1
37	F-PS-FID-PART#37	Powder Set	φ22*φ18*φ12.2*15	2
38	F-PS-FID-PART#38	Pipe Plug	φ25*2	2
39	F-PS-FID-PART#39	Hexagon Socket Countersunk Head Screw	M6*12	4
40	F-PS-FID-PART#40	Roller Handle	φ16*95	1

ASSEMBLY DRAWING



1-As shown in the figure, mount $\phi 16*116$ -M10 inner wire shaft to the main body, assemble the rack assembly (18), and fix it with M10*25 hex bolts (black)(21), $\phi 10$ flat washer (black)(13), $\phi 10$ spring washer (black)(22) M10 lock nut (12).

2-Assemble the 4013 back pad rear support assembly (19) onto the main body and fix it with M10 lock nut (black)(21), $\phi 10$ flat washer (black)(13), $\phi 12*147$ -M10 shaft (11).



WARRANTY

LIFETIME WARRANTY ON FRAME - 2 YEAR WARRANTY ON MOVING PARTS

The Force USA PRO range of strength equipment carries a Lifetime Structural Warranty along with two years cover on all cables and pulleys. This warranty applies to first owners and does not cover second-hand equipment or re-sold equipment. This Force USA PRO warranty covers only failures due to defects in structural, cables and pulleys and workmanship that occur during regular home use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, misapplication, alteration or improper assembly of the product. This warranty does not cover the use or failure of equipment in-studio commercial applications. The replacement or repair provided for under the Force USA PRO warranty is the responsibility of the user, and the customer will be responsible for any freight charges that apply. Force USA PRO will not be liable for any consequential damages or breach of any implied warranty on the range of Force USA PRO strength equipment. Force USA PRO reserves the right to provide reconditioned parts and/or to request a return and repair existing defective components on the Force USA PRO product.

Force USA PRO uses commercial-grade upholstery for all Force USA PRO strength equipment. The commercial vinyl comes with a rip-stop mesh backing to help prevent rips and tears.