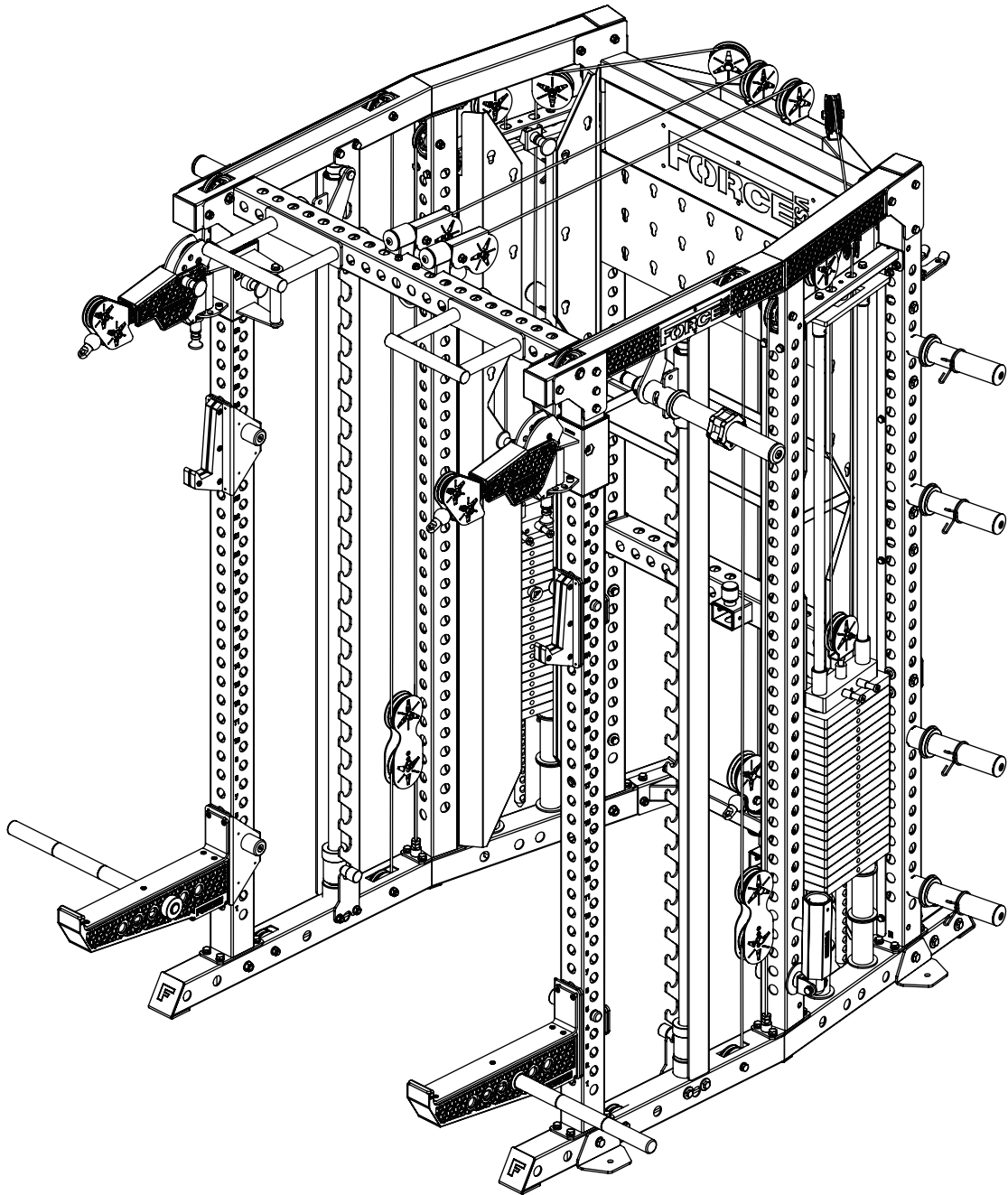


# FORCE<sup>USA</sup>



USER MANUAL | **F-C20**







# **THANK YOU FOR YOUR PURCHASE**

**For the most up to date info about using  
your equipment and our latest support  
videos, please visit:**

**[www.forceusa.com](http://www.forceusa.com)**





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# BEFORE YOU START



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



Only tighten nuts and bolts loosely until all equipment is assembled. Once the equipment is fully assembled, tighten from the bottom up, working evenly around the unit.

- Remove all parts from the packaging and count each component separately to ensure everything is provided correctly, noting that some items may be pre-assembled
- Follow the instructions and refer to both the individual assembly pages and the exploded views of the equipment whenever possible
- The owner is responsible for ensuring that all users of this unit have read the user manual and understand the safety precautions
- Descriptions of left and right refer to the perspective of standing in front, facing the equipment.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until all assembly steps are completed
- It is recommended to keep these instructions

Although current at the time of this printing, specifications for this model may have changed in our continuing effort for improvement. Force USA reserves the right to modify and improve the specifications of its products without prior notice.

# BEFORE YOU START CONTINUED

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## SAFETY PRECAUTIONS

Every piece of Force USA equipment is built for maximum safety and meets or exceeds all applicable domestic and international standards. However, certain precautions must be taken when operating any piece of fitness equipment.

- It is highly recommended that two or more people are used for assembly
- Assemble equipment on a flat surface
- Consider placing a mat/mats under the equipment to protect your floor
- Ensure all parts are in working order prior to use
- Make sure all pivoting components are able to move freely
- Do not use or store the equipment outdoors or around water
- Do not over tighten any component with pivoting function
- Keep hair, fingers and clothing away from moving parts
- Only use attachments recommended by the manufacturer
- Never operate if parts are not functioning correctly
- Always stretch prior to using equipment
- Stop immediately if you experience any pain, dizziness or nausea
- Before starting any exercise program consult your doctor

## PREVENTATIVE MAINTENANCE

To ensure your equipment is operating at its peak, please follow the below preventative maintenance schedule performing all tasks upon initial assembly:

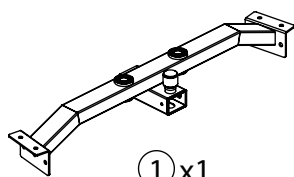
### Daily Maintenance

- Wipe down the equipment to remove any dust and sweat residue with a dry, non-abrasive cloth
- Inspect the unit for noisy, damaged or loose components

### Monthly Maintenance

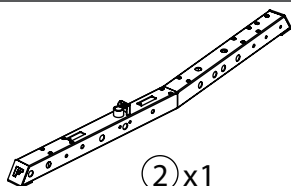
- Thoroughly clean the equipment using a non abrasive cloth dampened with a mild, all purpose cleaner ensuring to thoroughly wipe down and dry the equipment afterwards
- Apply a 100% silicone lubrication (preferably spray) to guide rods, pulley sliders, weight plate carriages and any other moving parts where friction can occur including bearings (where applicable). Any other form of lubrication will void your warranty
- Check the tightness of all bolts, nuts and screws
- Check the cables for fraying or any signs of wear and ensure they are at the correct tension with a small amount of slack at resting position (where applicable)
- Inspect pulleys for any damage or cracks (where applicable)
- Knurling can be cleaned using a soft bristled brush to help remove any particles that may be nestled within the knurling
- Vacuum around the machine/equipment to prevent dust accumulation

# PART LIST



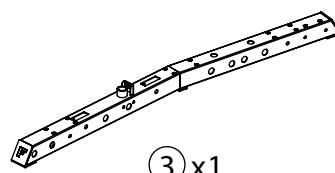
① x1

Rear Connection Frame



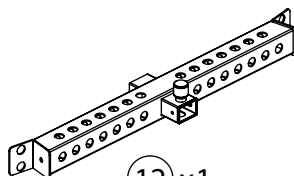
② x1

Base Frame - Right



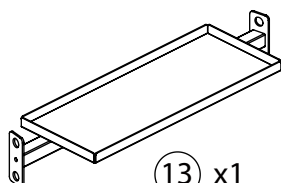
③ x1

Base Frame - Left



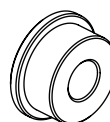
⑫ x1

Leg Press Connection Frame



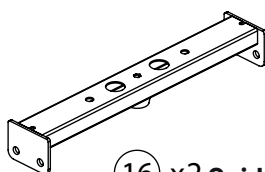
⑬ x1

Storage Shelf



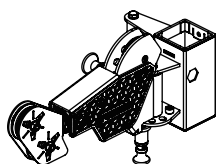
⑭ x26

Shelf Bushing



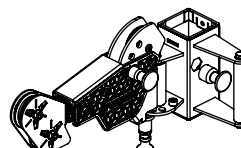
⑯ x2

Guide Rod Top Frame



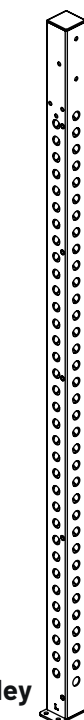
⑱ x1

Freestyle Trolley



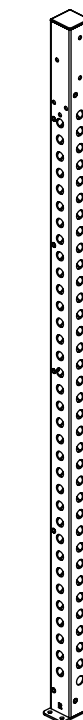
⑳ x1

Freestyle Trolley



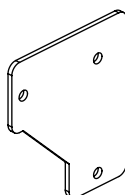
⑪ x1

Rear Left Upright



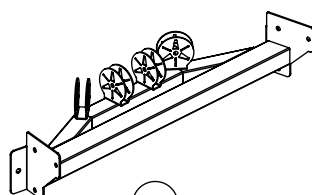
⑩ x1

Rear Right Upright



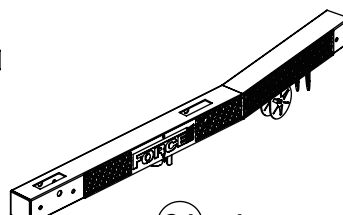
⑳ x2

Rear Support Bracket



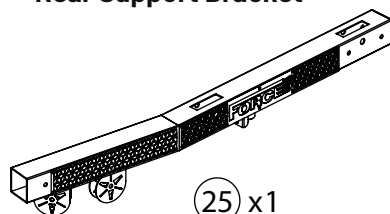
㉒ x1

Rear Top Connecting Frame



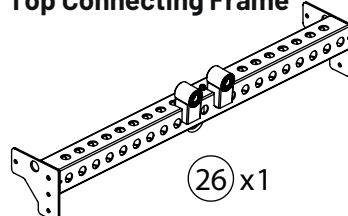
㉔ x1

Right Top Frame



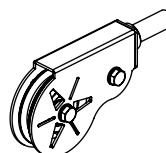
㉕ x1

Left Top Frame



㉖ x1

Front Connection Frame



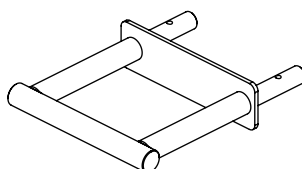
㉗ x4

Center Pulley Insert



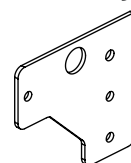
㉘ x4

Aluminium Cover



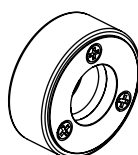
㉚ x2

Adjustable Pull Up Handle



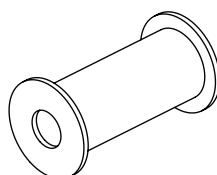
㉛ x2

Front Top Support Bracket



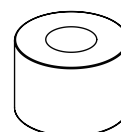
㉜ x4

Knurled Nut



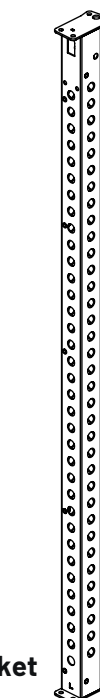
㉝ x8

Weight Stack Spacer



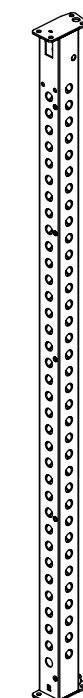
㉞ x2

Weight Stack Rubber Bumper



㉟ x1

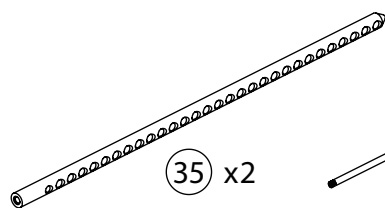
Middle Left Upright



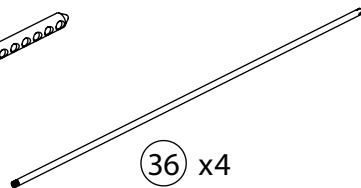
㉡ x1

Middle Right Upright

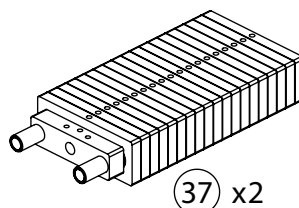
# PART LIST



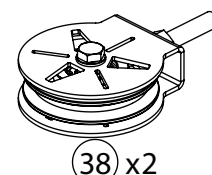
**Selector Rod**



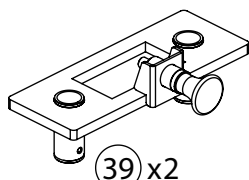
**Guide Rod**



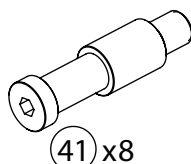
**200 lb / 90kg Weight Stack**



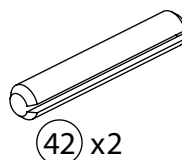
**Pulley Frame**



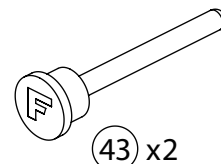
**2KG Incremental Weight Plate**



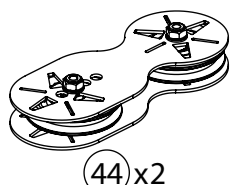
**Weight Stack Band Peg Hook**



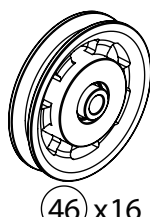
**Selector Rod Connecting Pin**



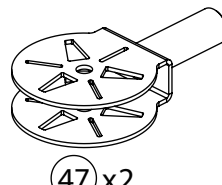
**Weight Stack Selector Pin**



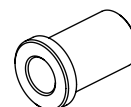
**Figure-8 Pulley Bracket**



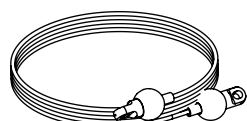
**90mm Aluminium Pulley**



**Rear Pulley Frame**



**Pulley Bushing**



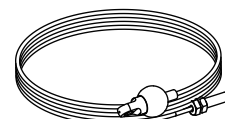
**Upper Main Frame Cable**



**Lower Main Frame Cable**



**75mm Aluminium Pulley**



**Low Row Cable**



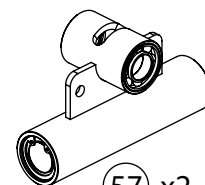
**Smith Bar Guide Rod Bottom Insert**



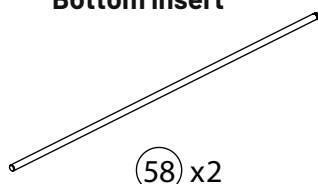
**Smith Bar Rubber Bumper**



**Smith Bar Top Locking Sleeve**



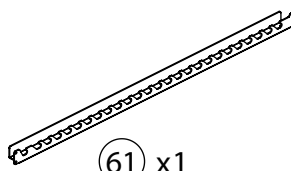
**Smith Bar Sliding Frame**



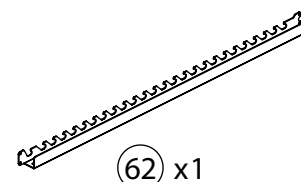
**Smith Bar Guide Rod**



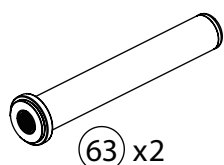
**Smith Bar Safety Hook**



**Smith Bar Hook Plate - Right**



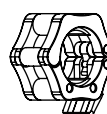
**Smith Bar Hook Plate - Left**



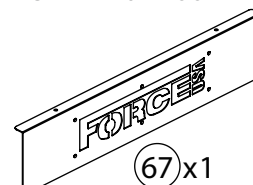
**Smith Barbell Sleeve**



**Smith Barbell Sleeve Spacer**

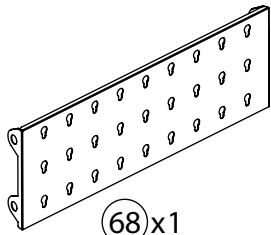


**Magnetic Olympic Lock Collar**

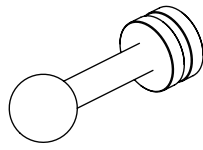


**Force USA Name Plate**

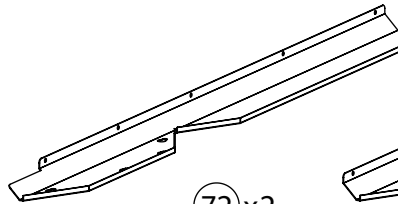
# PART LIST



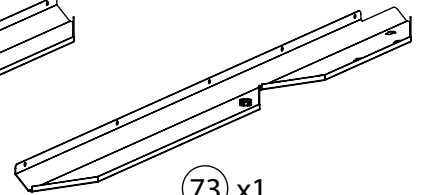
(68) x1  
**Pegboard**



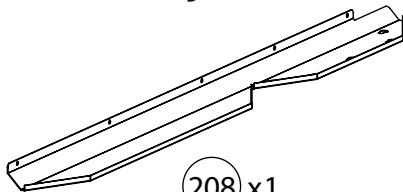
(69) x12  
**Peg**



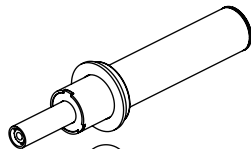
(72) x2  
**Right Rear / Front  
Left Weight Stack  
Cover**



(73) x1  
**Front Right Weight  
Stack Cover**



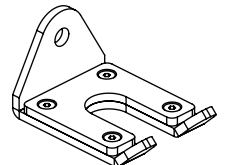
(208) x1  
**Left Rear Weight  
Stack Cover**



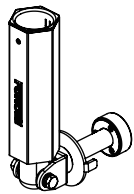
(74) x8  
**Weight Plate Storage**



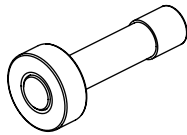
(75) x8  
**Spring Collar**



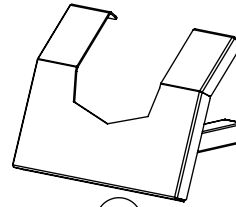
(76) x1  
**Barbell Hanger**



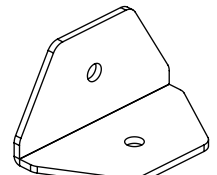
(77) x1  
**Magnetic Landmine**



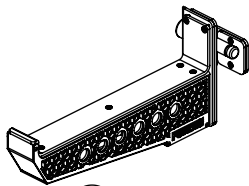
(78) x1  
**Landmine Magnet**



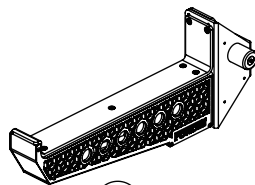
(79) x1  
**Low Row Footplate**



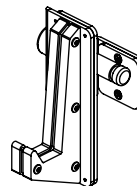
(80) x4  
**L-Shape Floor  
Bracket**



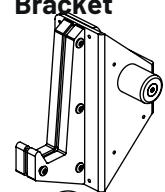
(84) x1  
**Spotter Arm Right**



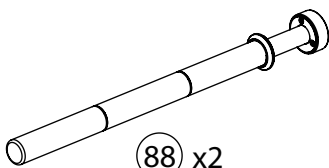
(87) x1  
**Spotter Arm Left**



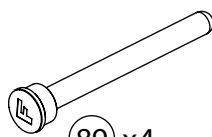
(85) x1  
**J-Hook Right**



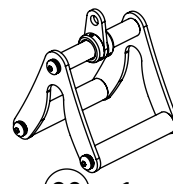
(86) x1  
**J-Hook Left**



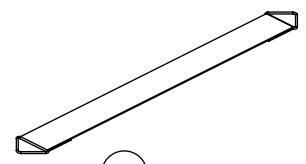
(88) x2  
**Knurled Dip Bar**



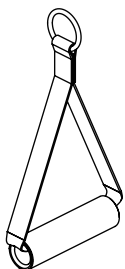
(89) x4  
**Mag Pin**



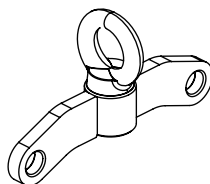
(90) x1  
**Close Grip Triangle /  
Landmine Handle**



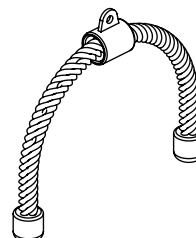
(91) x1  
**Bodyweight Assisted  
Strap**



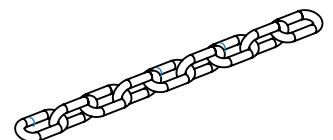
(92) x2  
**Single Knurled Handle**



(93) x1  
**Dual Cable Connector**

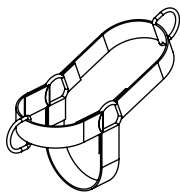


(94) x1  
**Tricep Rope**



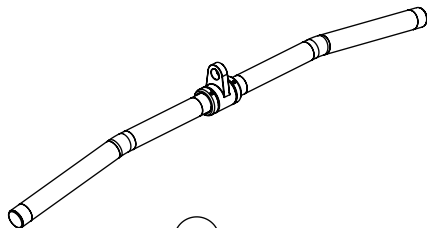
(95) x4  
**Extension Chain**

# PART LIST



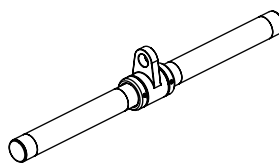
(96) x2

**Ankle Cuff**



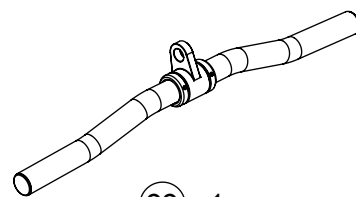
(97) x1

**Revolving Lat Pull Down Bar**



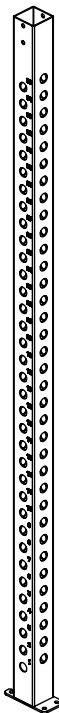
(98) x1

**Revolving Short Straight Bar**



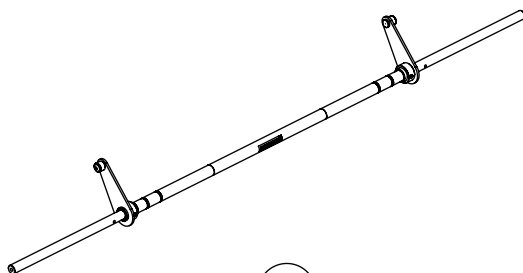
(99) x1

**Revolving Short EZ Curl Bar**



(19) x2

**Front Upright**



(101) x1

**Smith Bar**



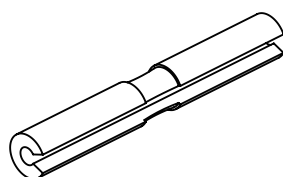
(211) x2

**Spacer Sleeve**



(212) x8

**Black Carabiner**

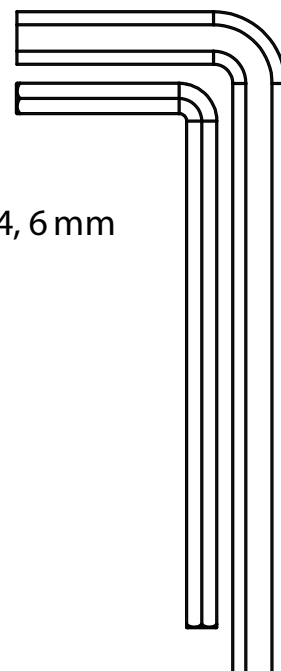
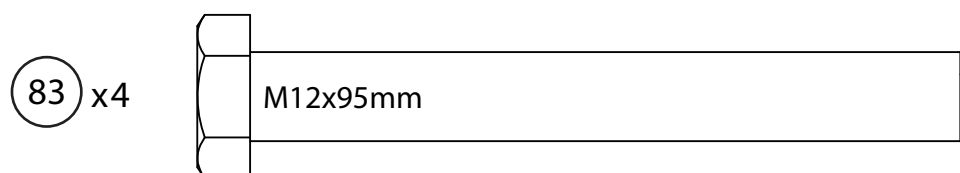
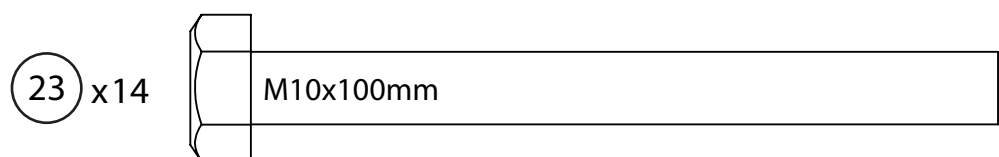
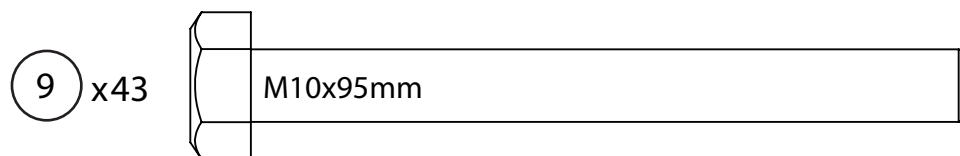
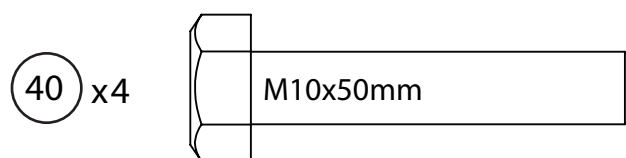
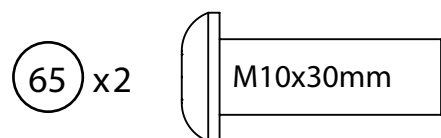
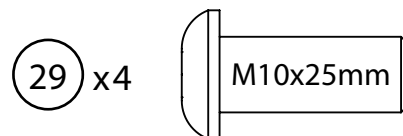
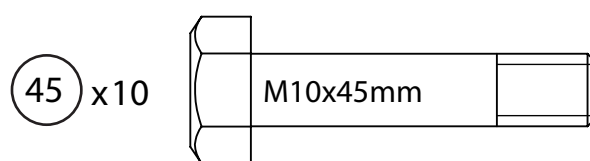
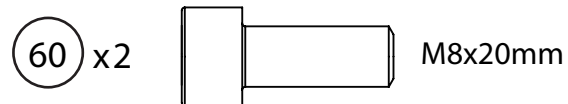
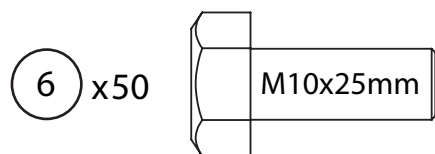
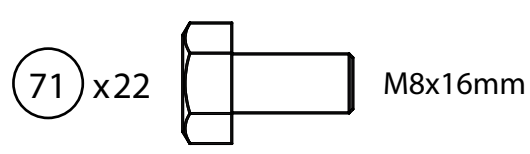
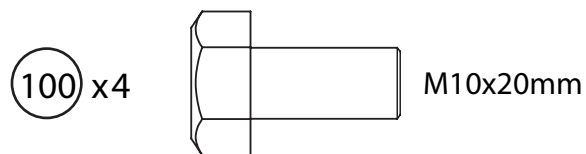


(213) x1

**Foam Pad**

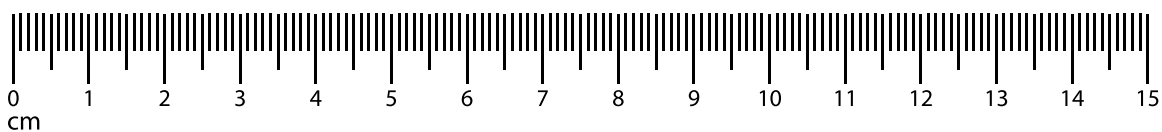
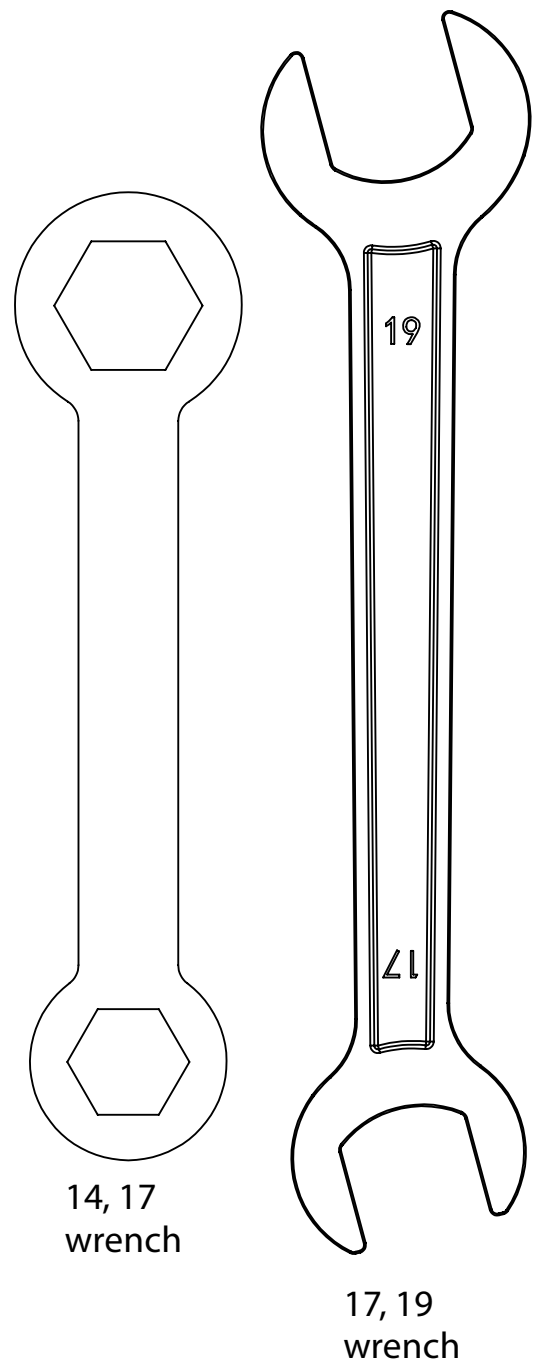
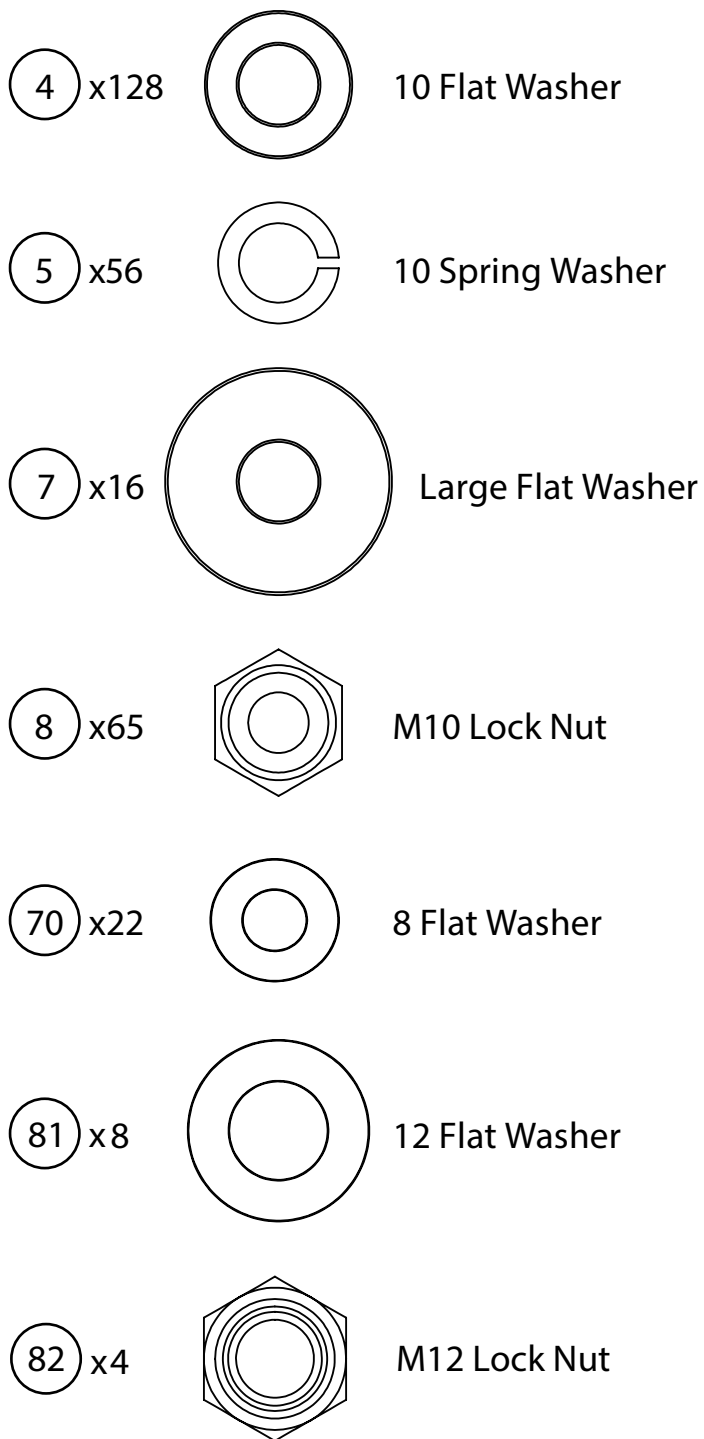


# HARDWARE IDENTIFIER



Note: parts may not be to scale

# HARDWARE IDENTIFIER

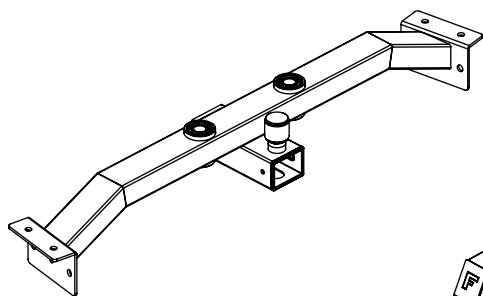


Note: parts may not be to scale

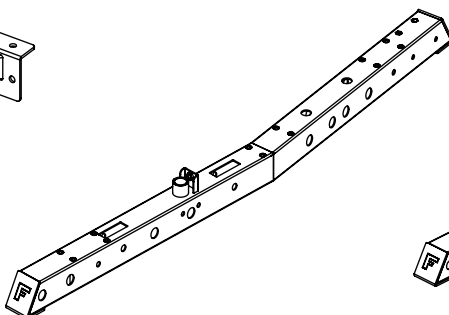
# STEP1-PARTS & HARDWARE

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

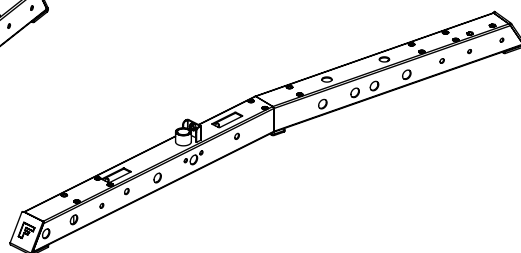
① x1 Rear Connection Frame



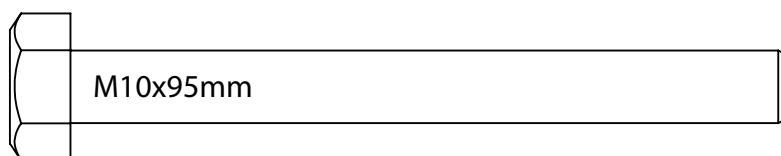
② x1 Base Frame - Right



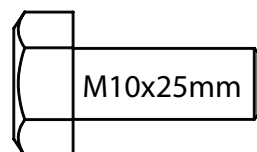
③ x1 Base Frame - Left



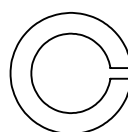
⑨ x4



⑥ x4

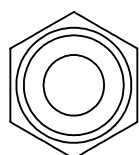


⑤ x4



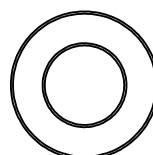
10 Spring Washer

⑧ x4



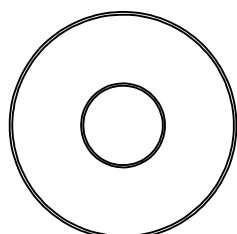
M10 Lock Nut

④ x8



10 Flat Washer

⑦ x4

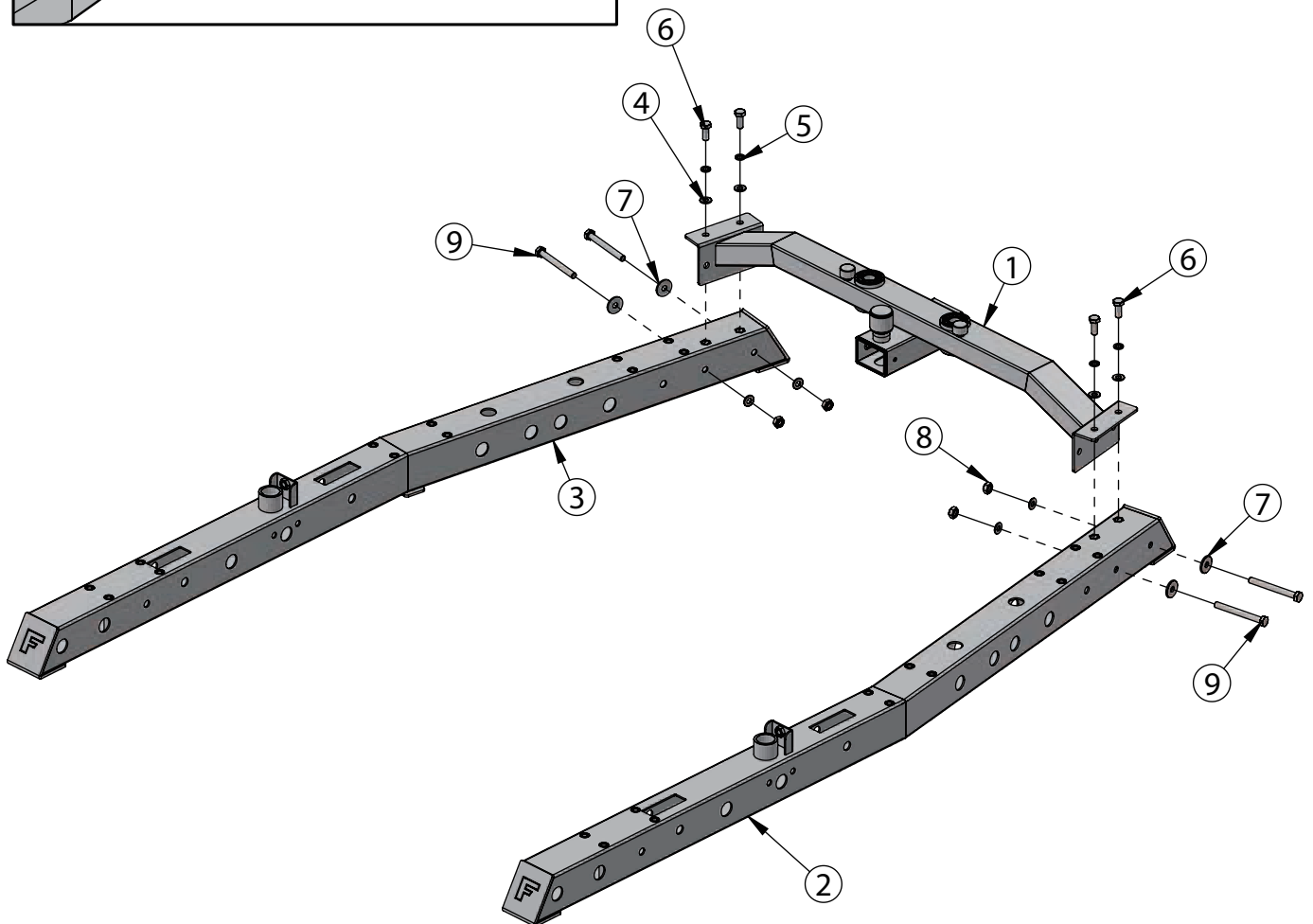
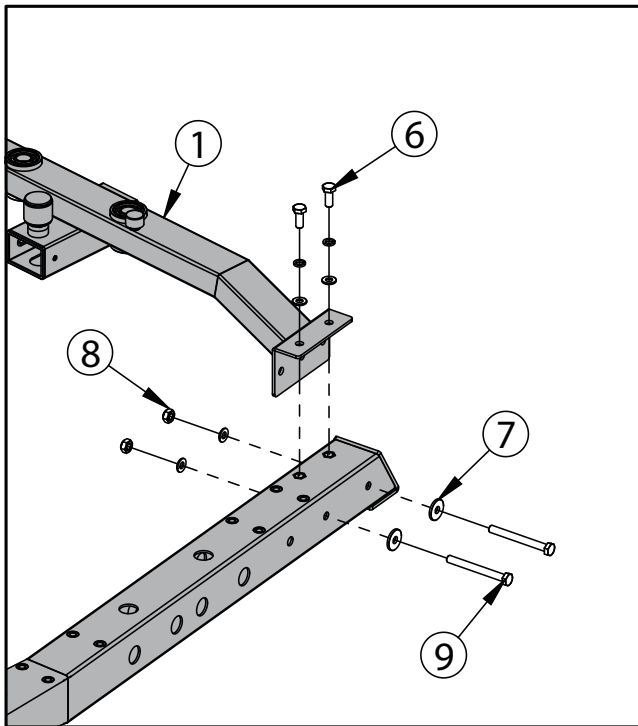


Large Flat Washer

# STEP1-ASSEMBLY

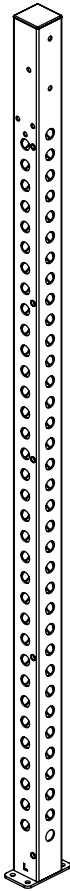


Hand tighten this step's hardware

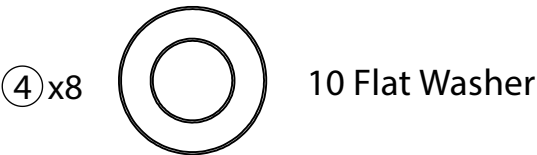
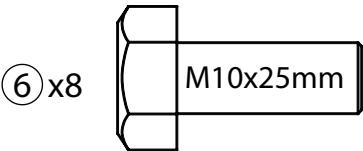
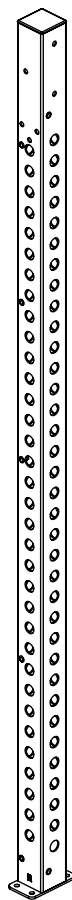


# STEP2-PARTS & HARDWARE

11 x1 Rear Left Upright



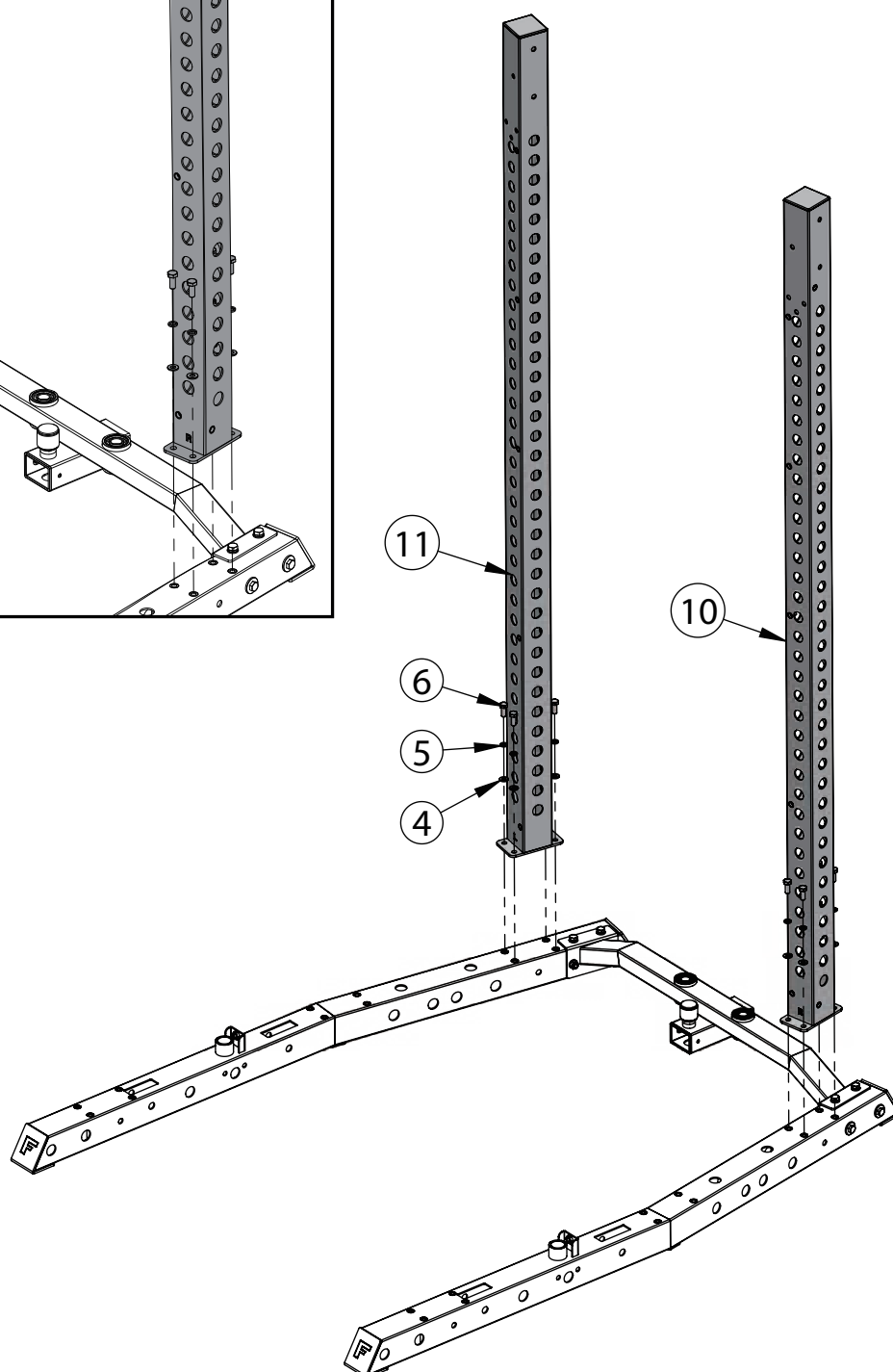
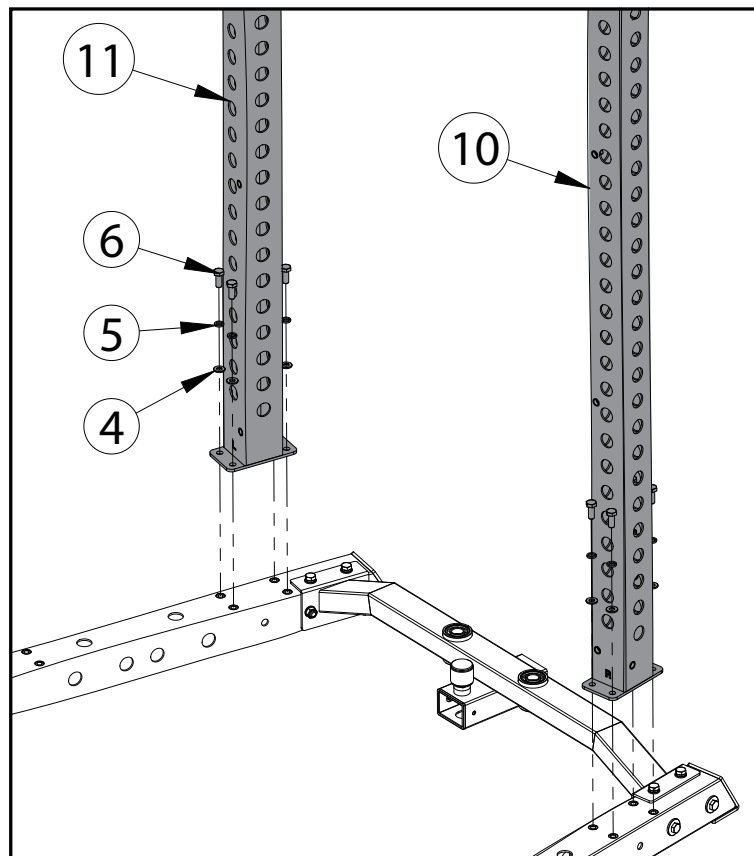
10 x1 Rear Right Upright



# STEP2-ASSEMBLY



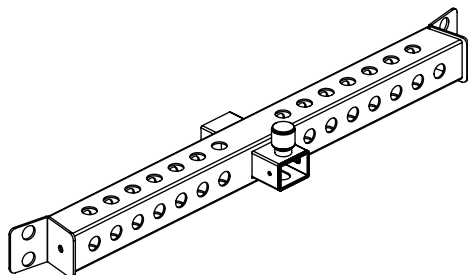
Hand tighten this step's hardware



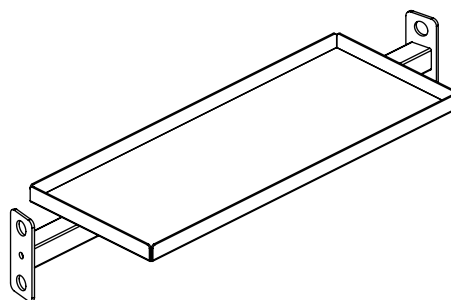
# STEP3-PARTS & HARDWARE

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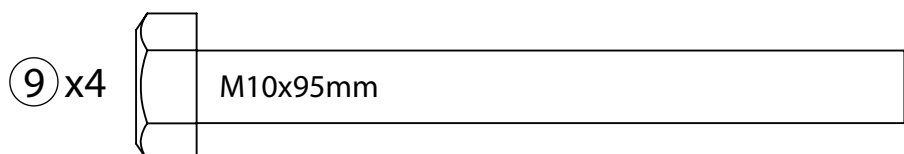
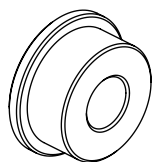
⑫ x1 Leg Press Connection Frame



⑬ x1 Storage Shelf



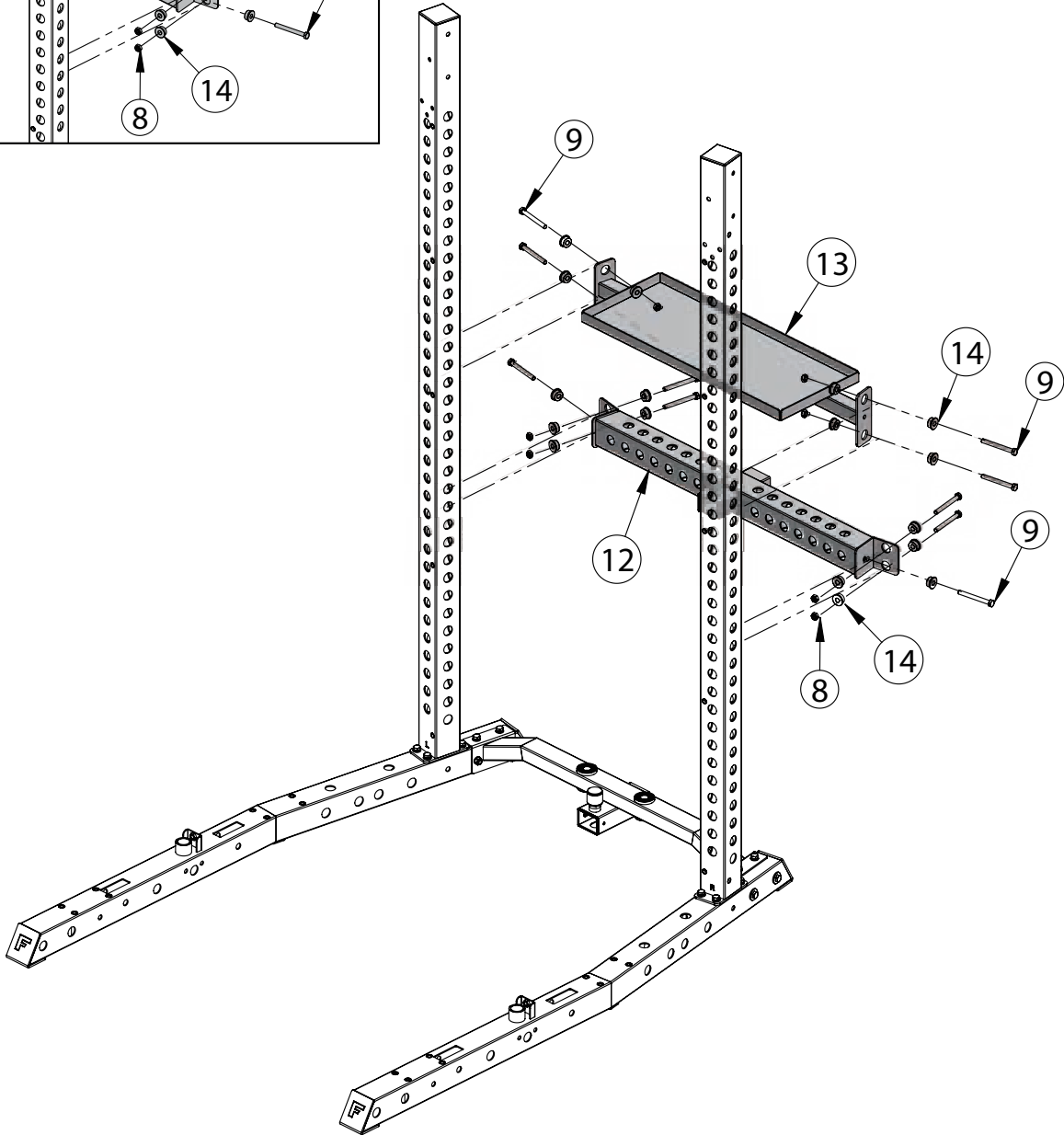
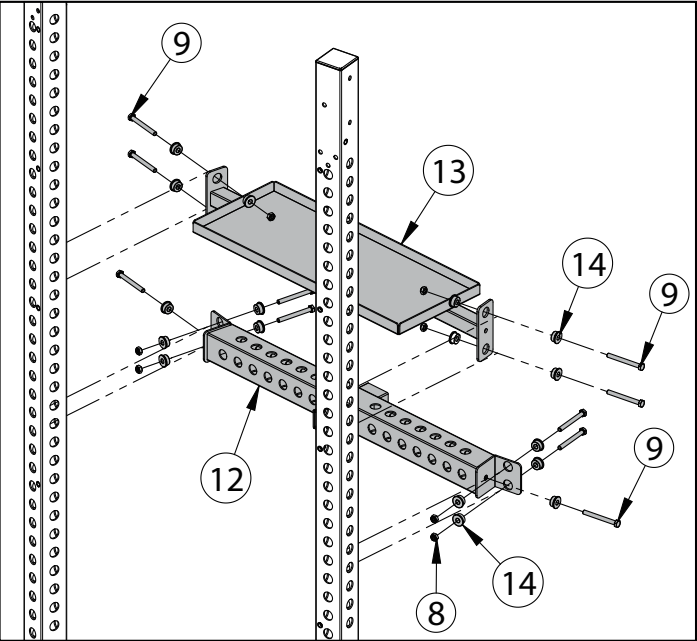
⑭ x18 Shelf Bushing



# STEP3-ASSEMBLY



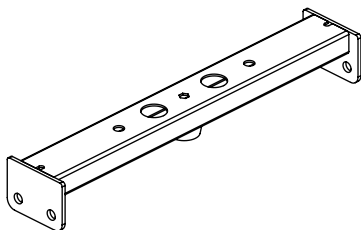
Hand tighten this step's hardware



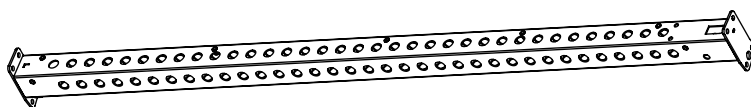


# STEP4-PARTS & HARDWARE

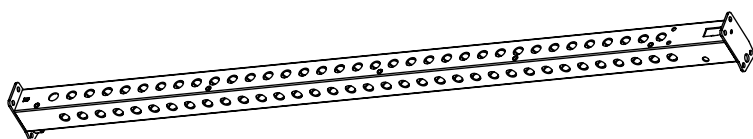
⑩ x2 Guide Rod Top Frame



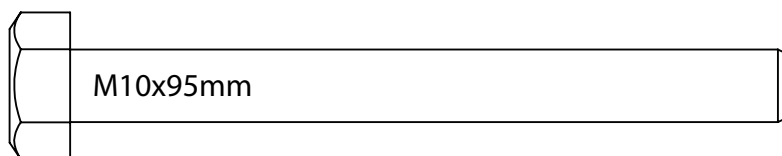
⑪ x1 Middle Left Upright



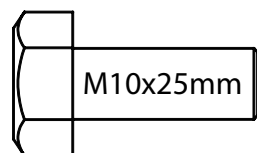
⑫ x1 Middle Right Upright



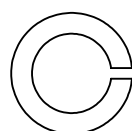
⑬ x8



⑭ x8

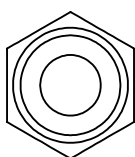


⑮ x8



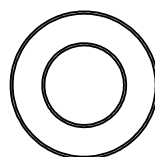
10 Spring Washer

⑯ x8



M10 Lock Nut

⑰ x24

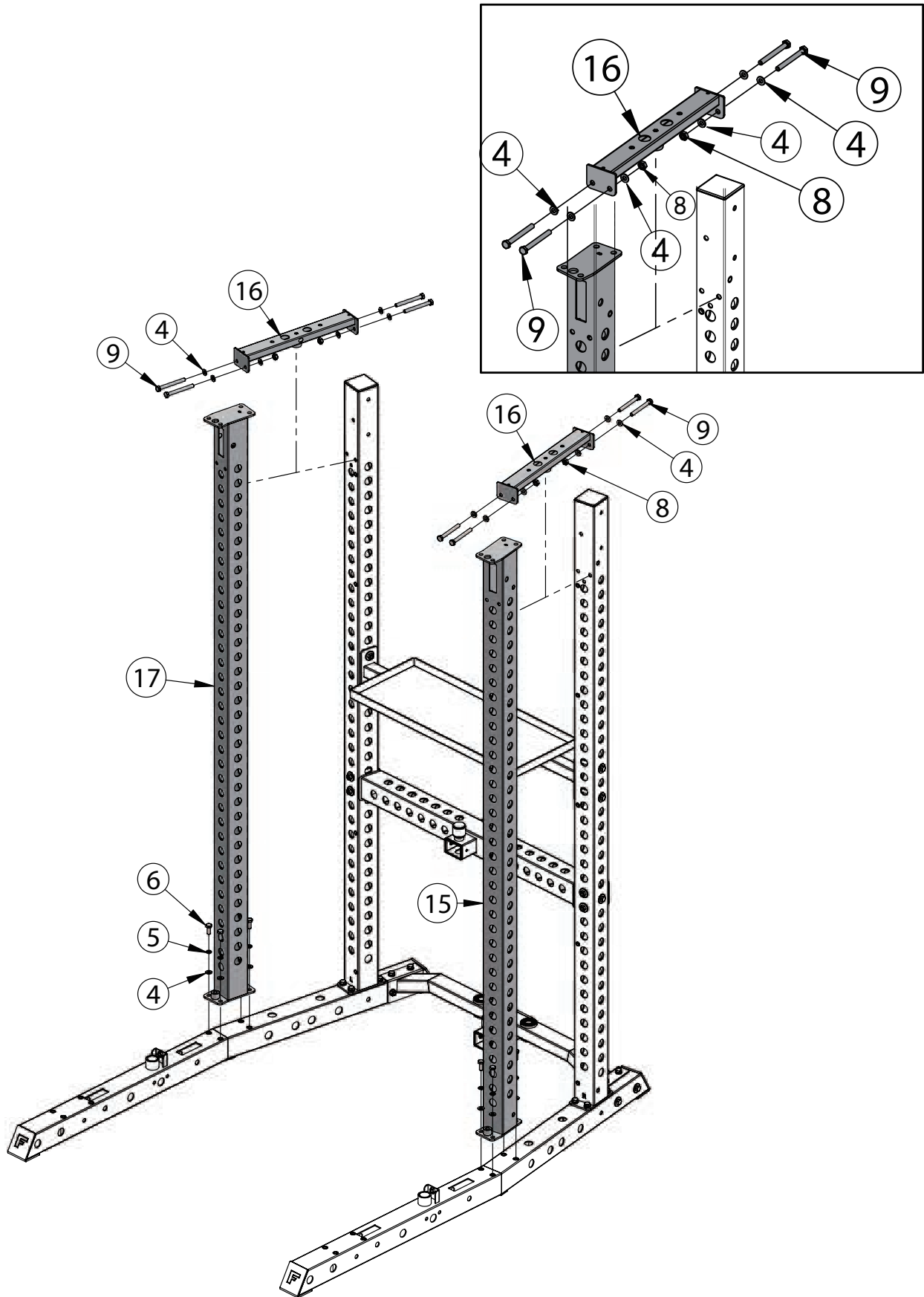


10 Flat Washer

# STEP4-ASSEMBLY

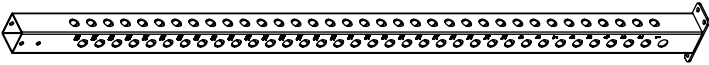


Hand tighten this step's hardware

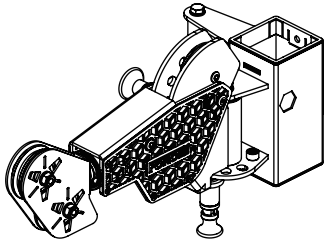


# STEP5-PARTS & HARDWARE

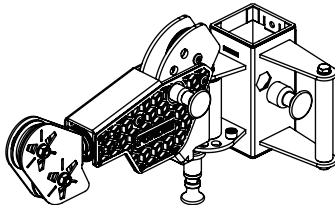
19 x2 Front Upright



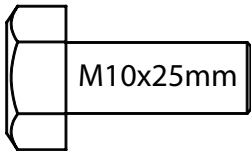
18 x1 Freestyle Trolley



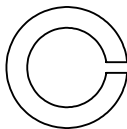
20 x1 Freestyle Trolley



6 x8

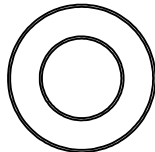


5 x8



10 Spring Washer

4 x8



10 Flat Washer

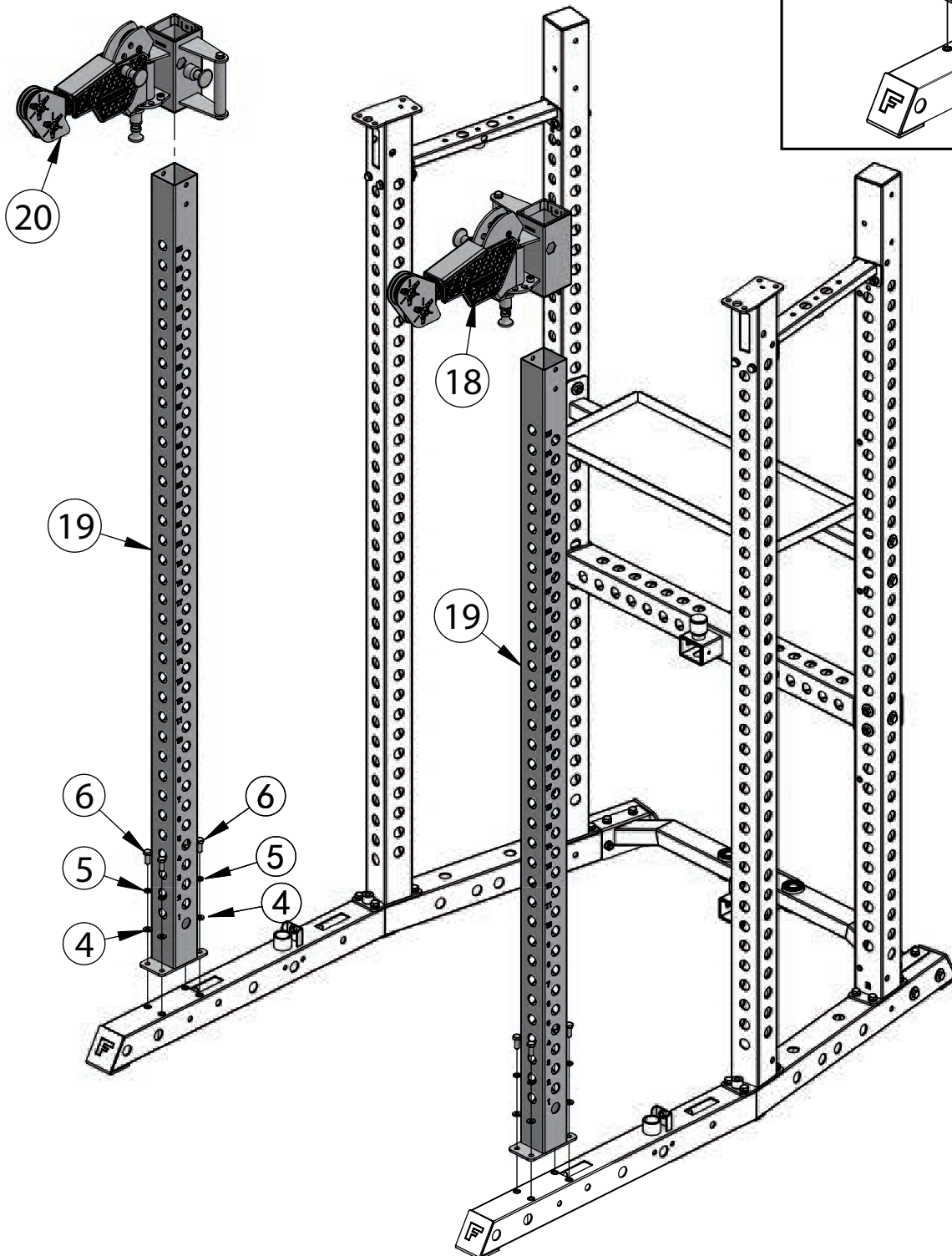
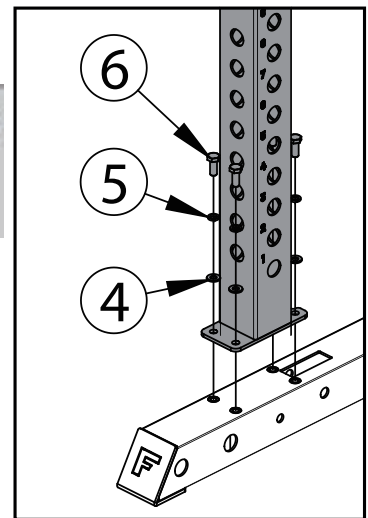
# STEP5-ASSEMBLY



Hand tighten this step's hardware

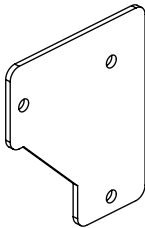


**Note:** The Freestyle Trolleys can be assembled with the handles positioned either on the inside or the outside, depending on your preference.

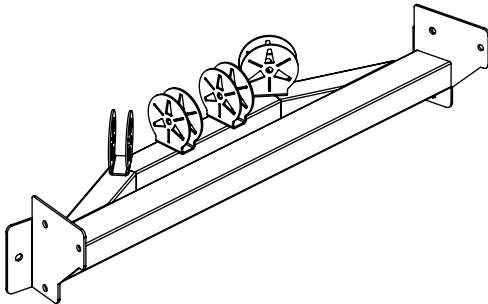


# STEP6-PARTS & HARDWARE

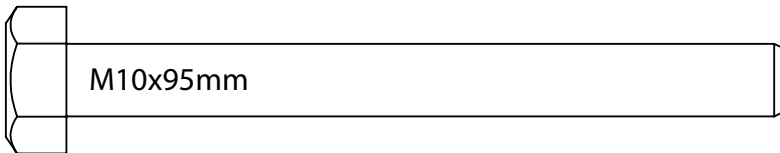
21 x2 Rear Top Support Bracket



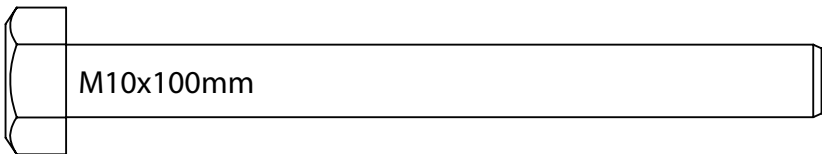
22 x1 Rear Top Connecting Frame



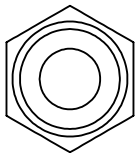
9 x2



23 x4

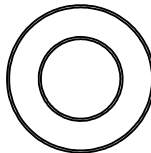


8 x6



M10 Lock Nut

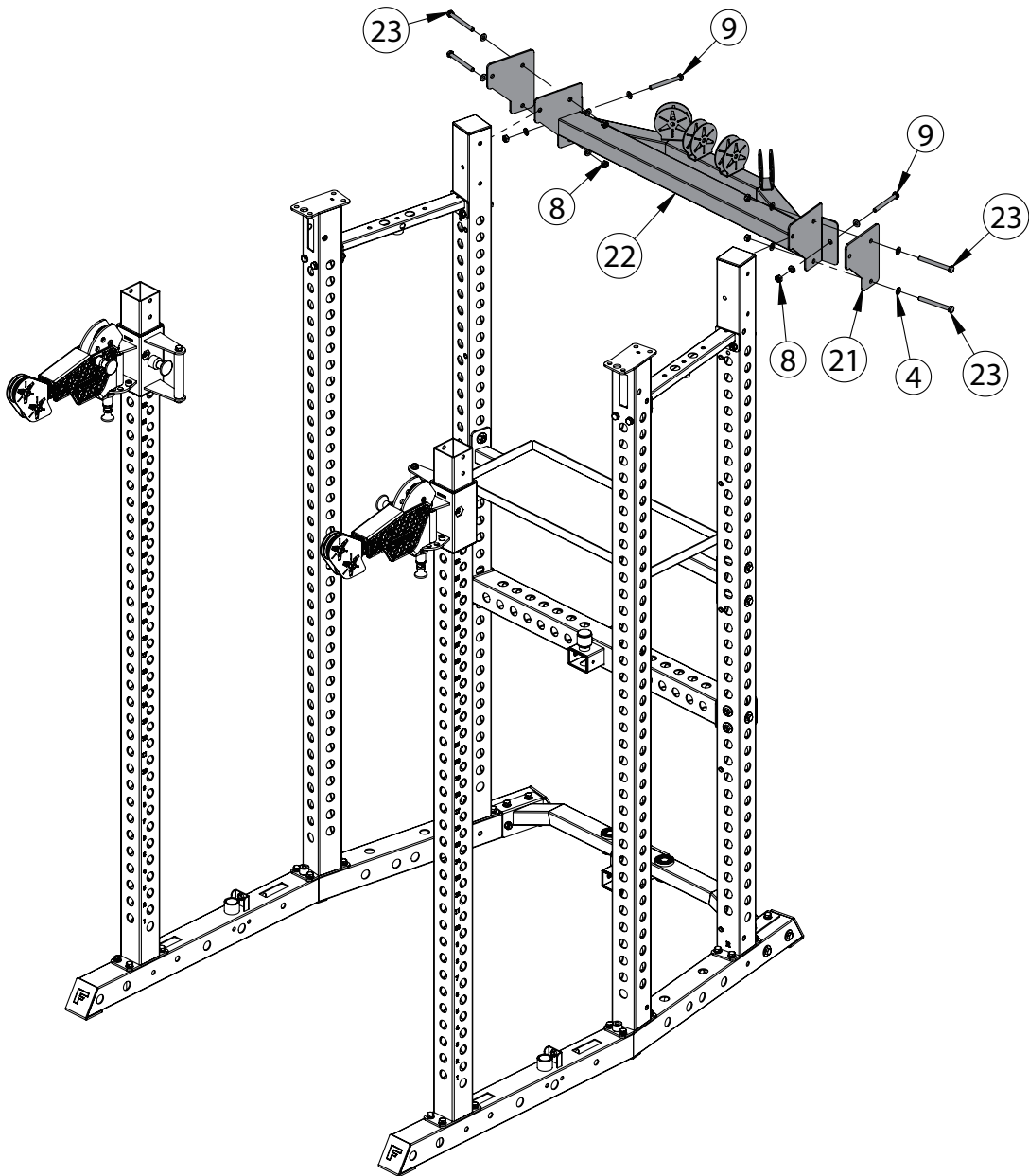
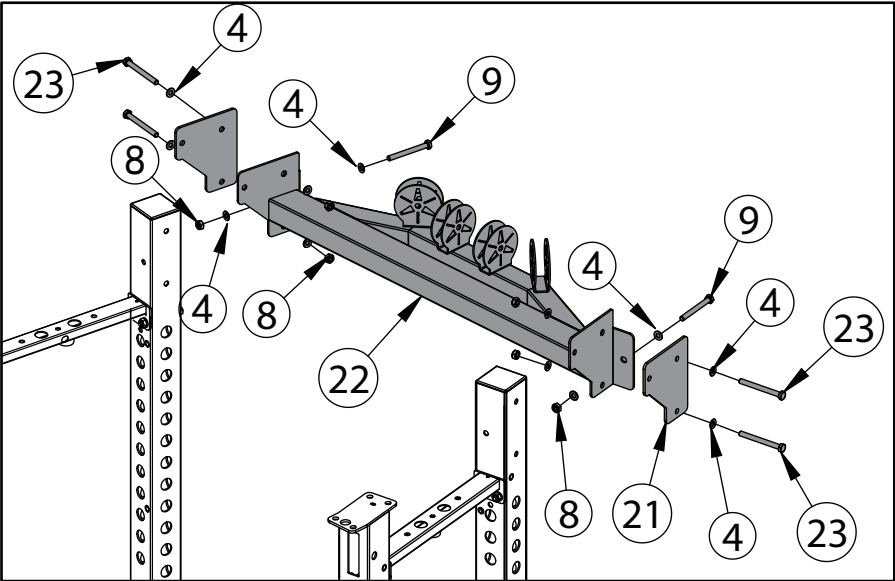
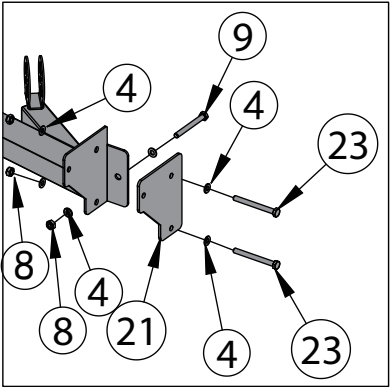
4 x12



10 Flat Washer

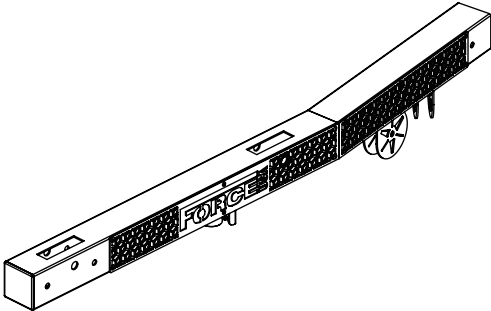
# STEP6-ASSEMBLY

 Hand tighten this step's hardware

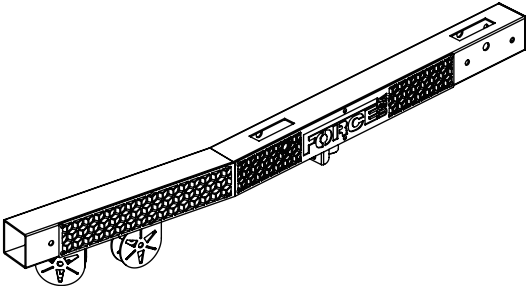


# STEP7-PARTS & HARDWARE

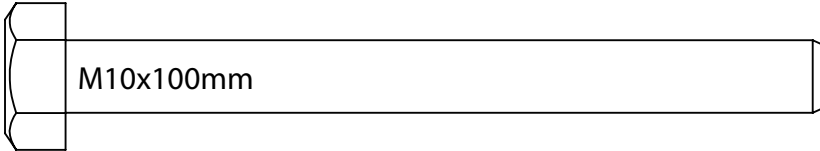
24 x1 Right Top Frame



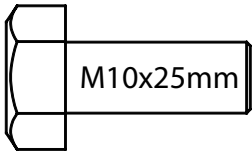
25 x1 Left Top Frame



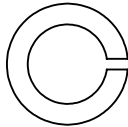
23 x2



6 x8

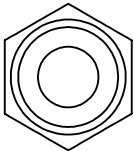


5 x8



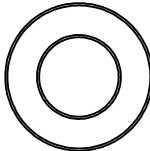
10 Spring Washer

8 x2



M10 Lock Nut

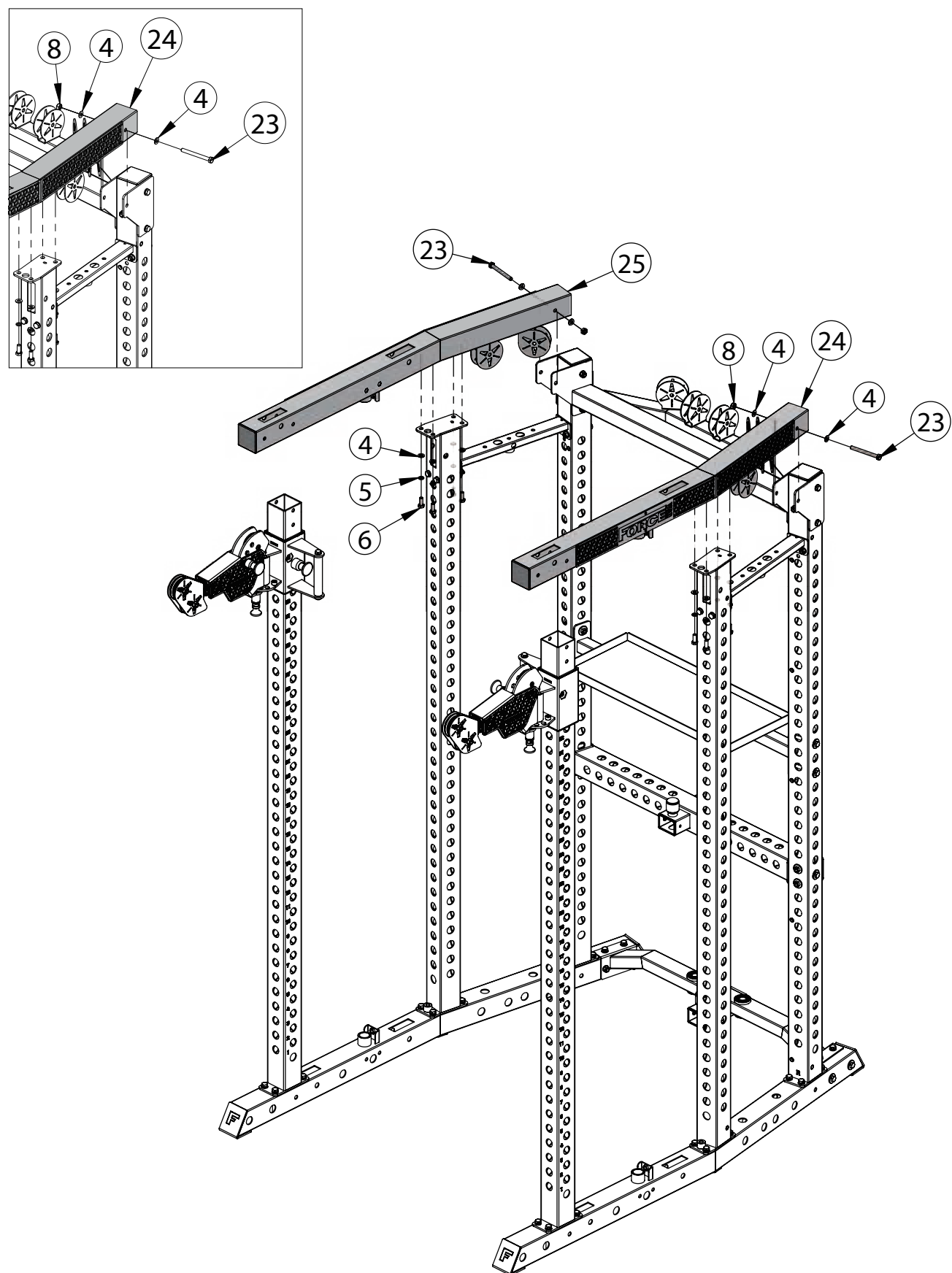
4 x12



10 Flat Washer

# STEP 7-ASSEMBLY

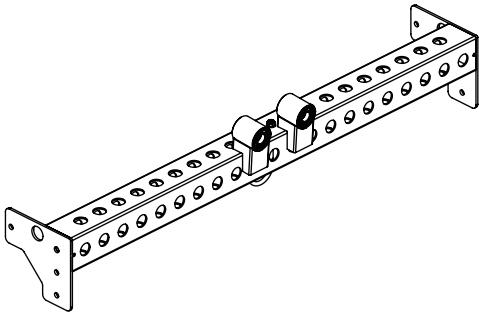
 Hand tighten this step's hardware



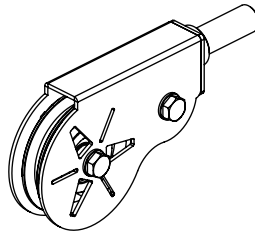


# STEP8-PARTS & HARDWARE

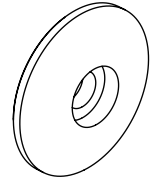
②⑥ x1 Front Connection Frame



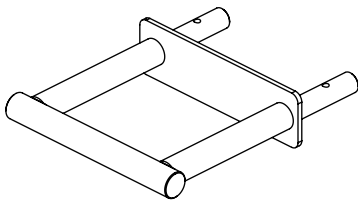
②⑦ x2 Center Pulley Insert



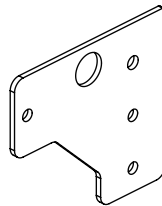
②⑧ x2 Aluminium Cover



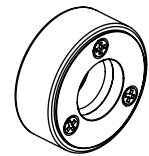
③① x2 Adjustable Pull Up Handle



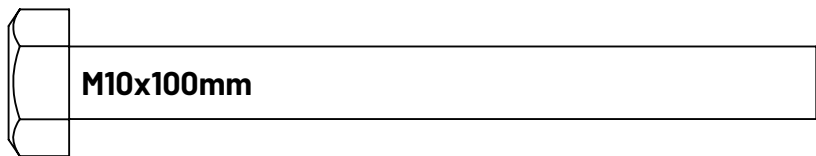
③② x2 Front Top Support Bracket



③③ x4 Knurled Nut

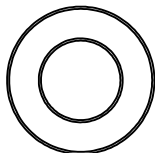


②③ x8



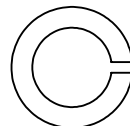
M10x100mm

④ x14



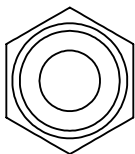
10 Flat Washer

⑤ x2



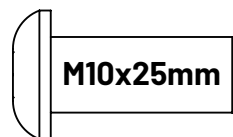
10 Spring Washer

⑧ x6



M10 Lock Nut

②⑨ x2

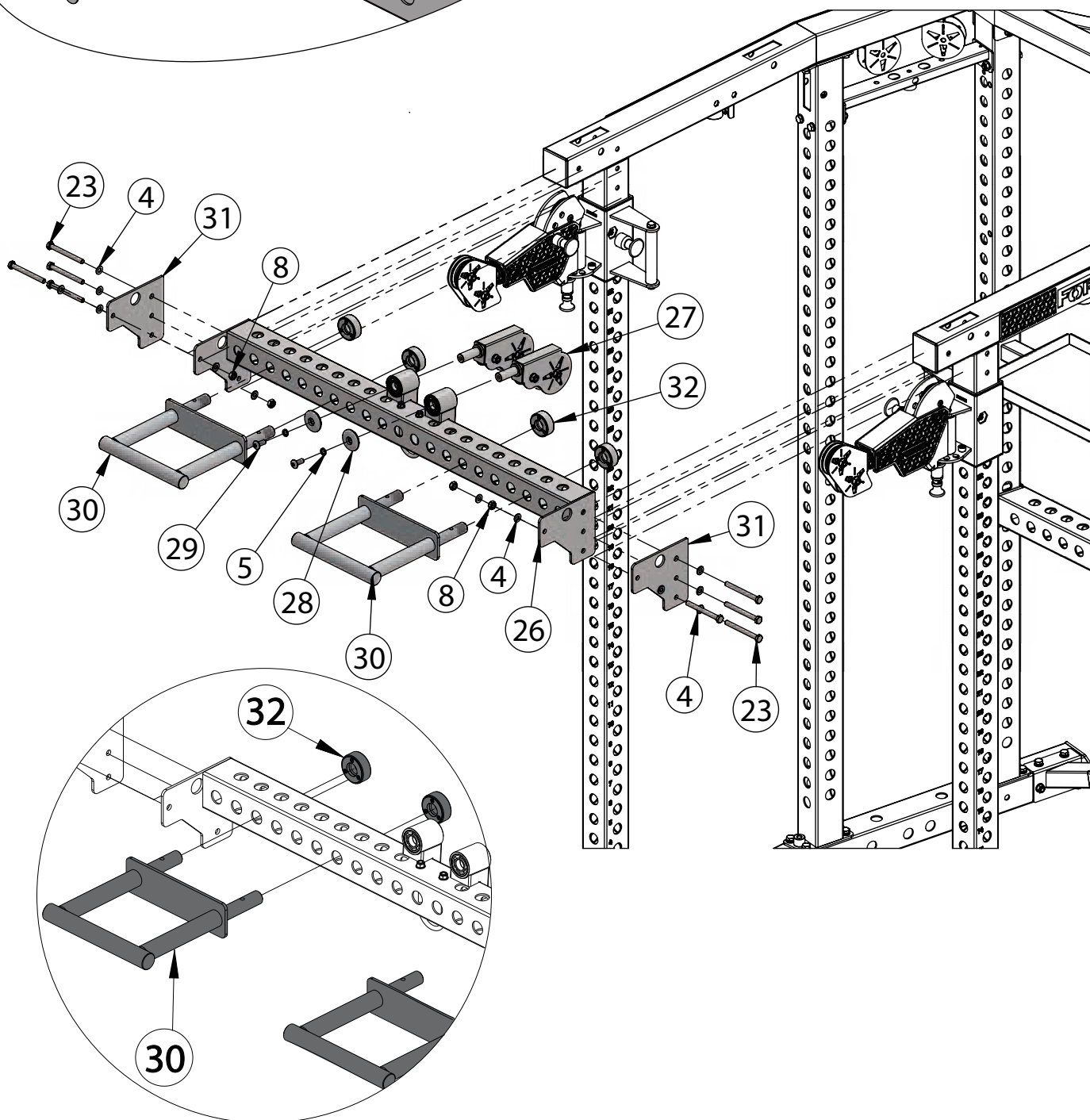
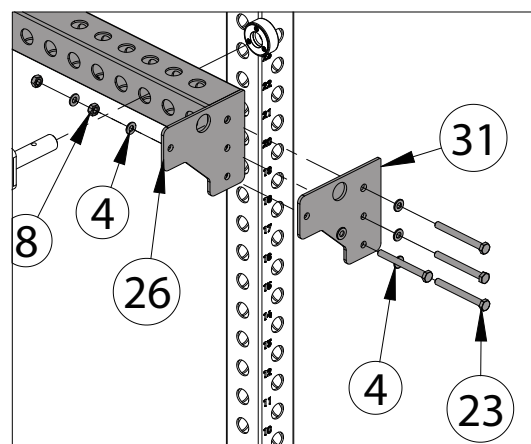
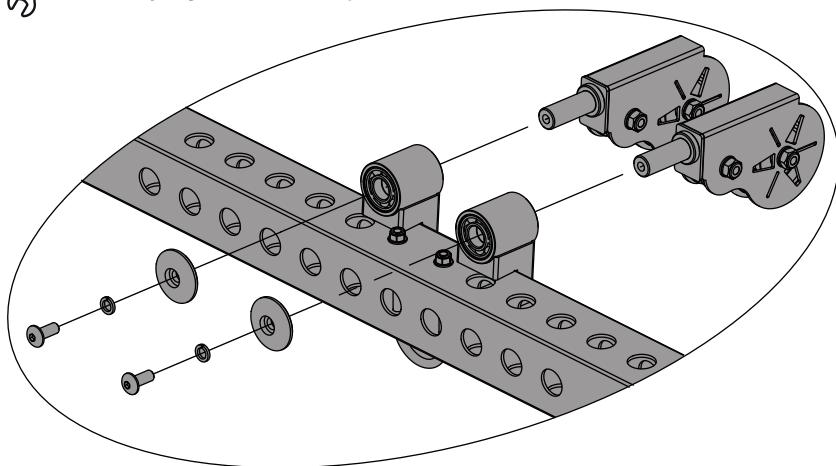


M10x25mm

# STEP8-ASSEMBLY

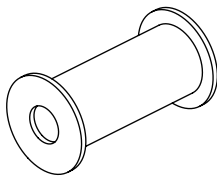


Fully tighten this step's hardware

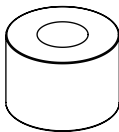


# STEP9-PARTS & HARDWARE

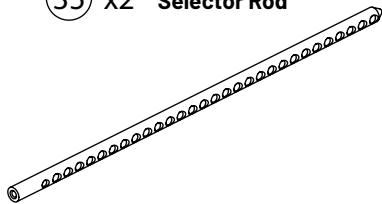
33 x8 Weight Stack Spacer



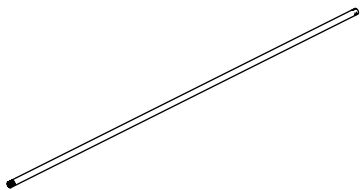
34 x2 Weight Stack Rubber Bumper



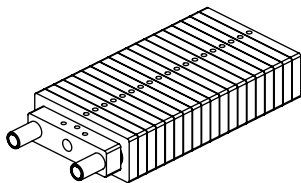
35 x2 Selector Rod



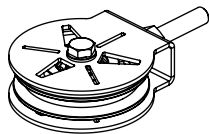
36 x4 Guide Rod



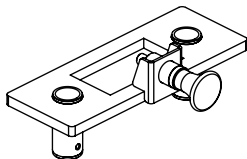
37 x2 200 lb Weight Stack



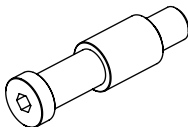
38 x2 Pulley Frame



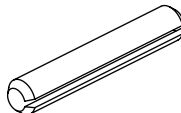
39 x2 Incremental Weight Plate



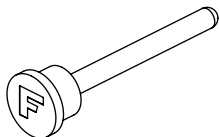
41 x8 Weight Stack Band Peg Hook



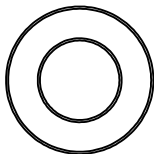
42 x2 Selector Rod Connecting Pin



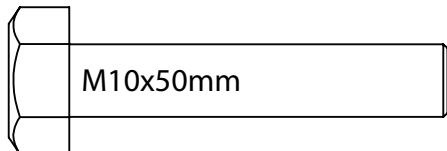
43 x2 Weight Stack Selector Pin



4 x4 10 Flat Washer



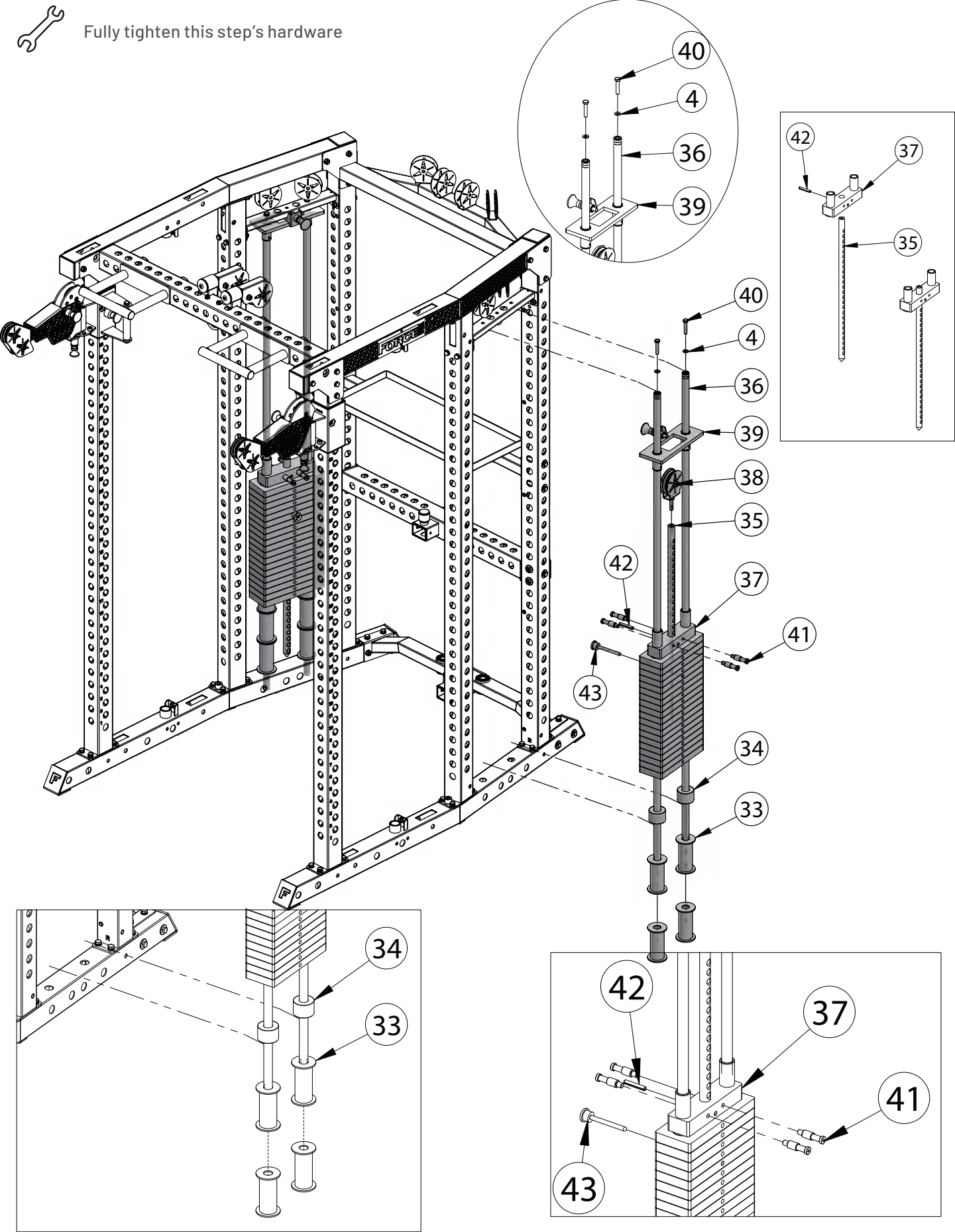
40 x4 M10x50mm



# STEP9-ASSEMBLY

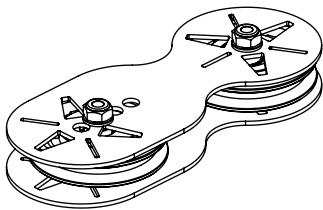


Fully tighten this step's hardware

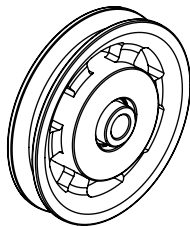


# STEP10-PARTS & HARDWARE

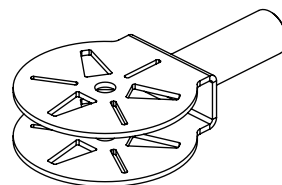
④④ x2 Figure-8 Pulley Bracket



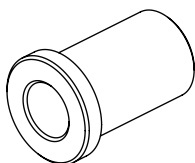
④⑥ x16 90mm Aluminium Pulley



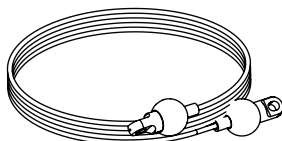
④⑦ x2 Rear Pulley Bracket



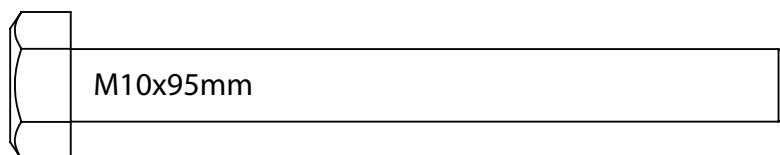
④⑧ x12 Pulley Bushing



④⑨ x2 Upper Main Frame Cable

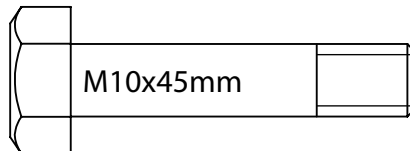


⑨ x6



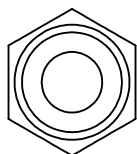
M10x95mm

④⑤ x10



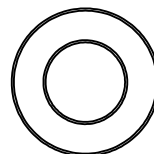
M10x45mm

⑧ x16



M10 Lock Nut

④ x20

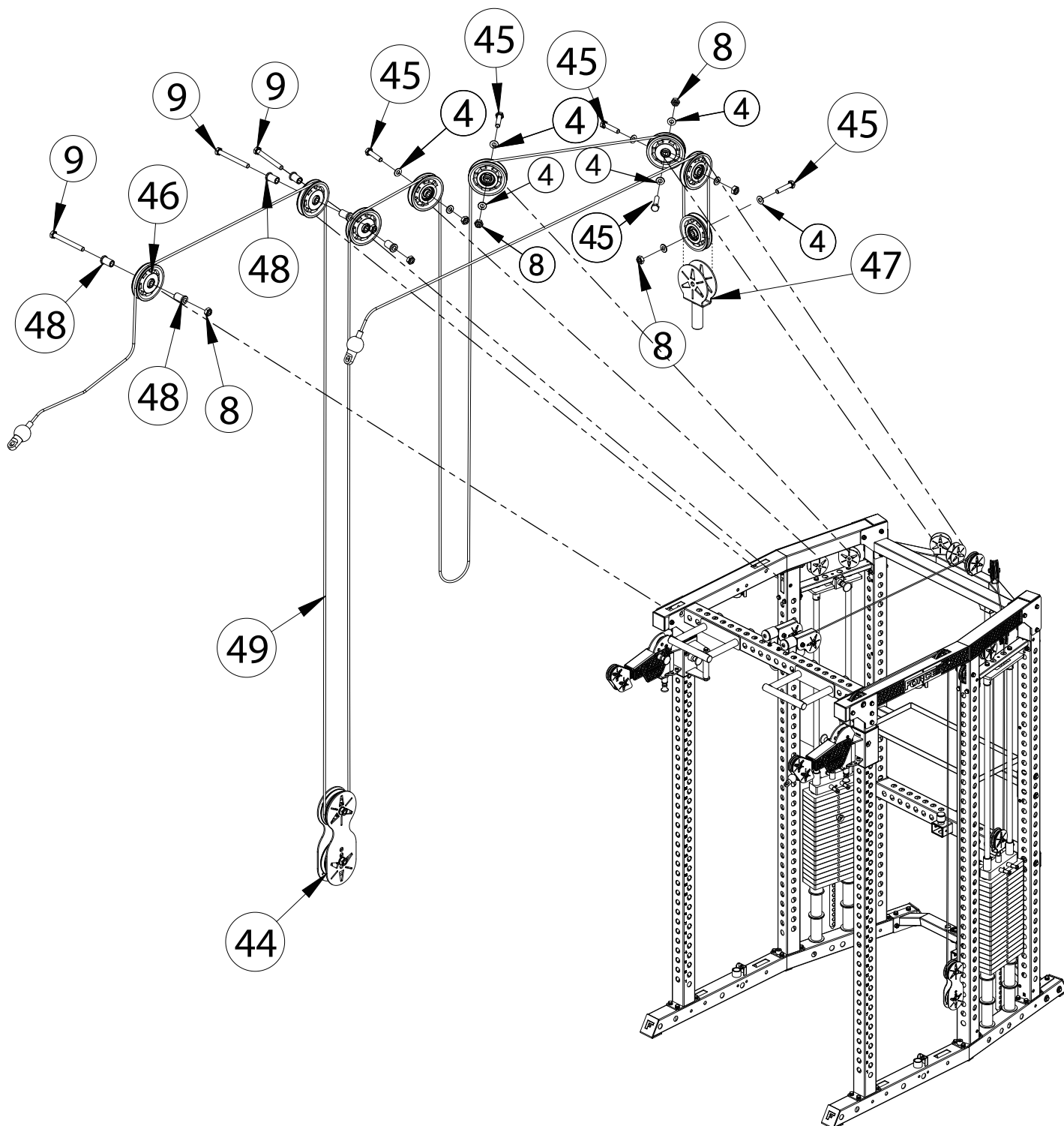


10 Flat Washer

# STEP10-ASSEMBLY

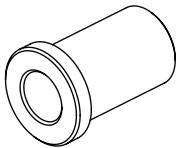


Fully tighten this step's hardware

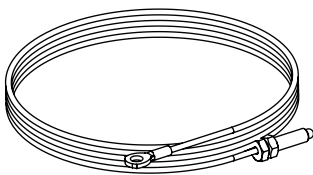


# STEP11-PARTS & HARDWARE

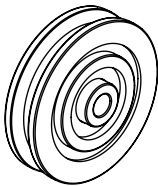
48 x8 Pulley Bushing



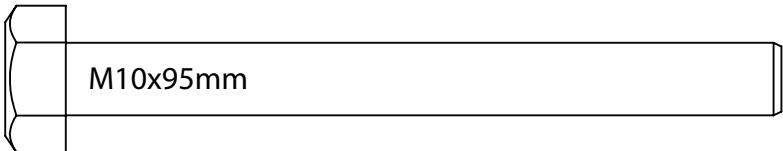
50 x2 Lower Main Frame Cable



51 x4  $\phi$  75mm Aluminium Pulley

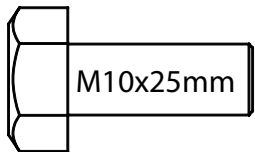


9 x4



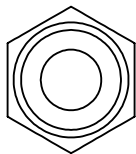
M10x95mm

6 x2



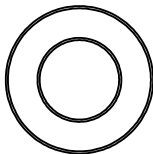
M10x25mm

8 x6



M10 Lock Nut

4 x4

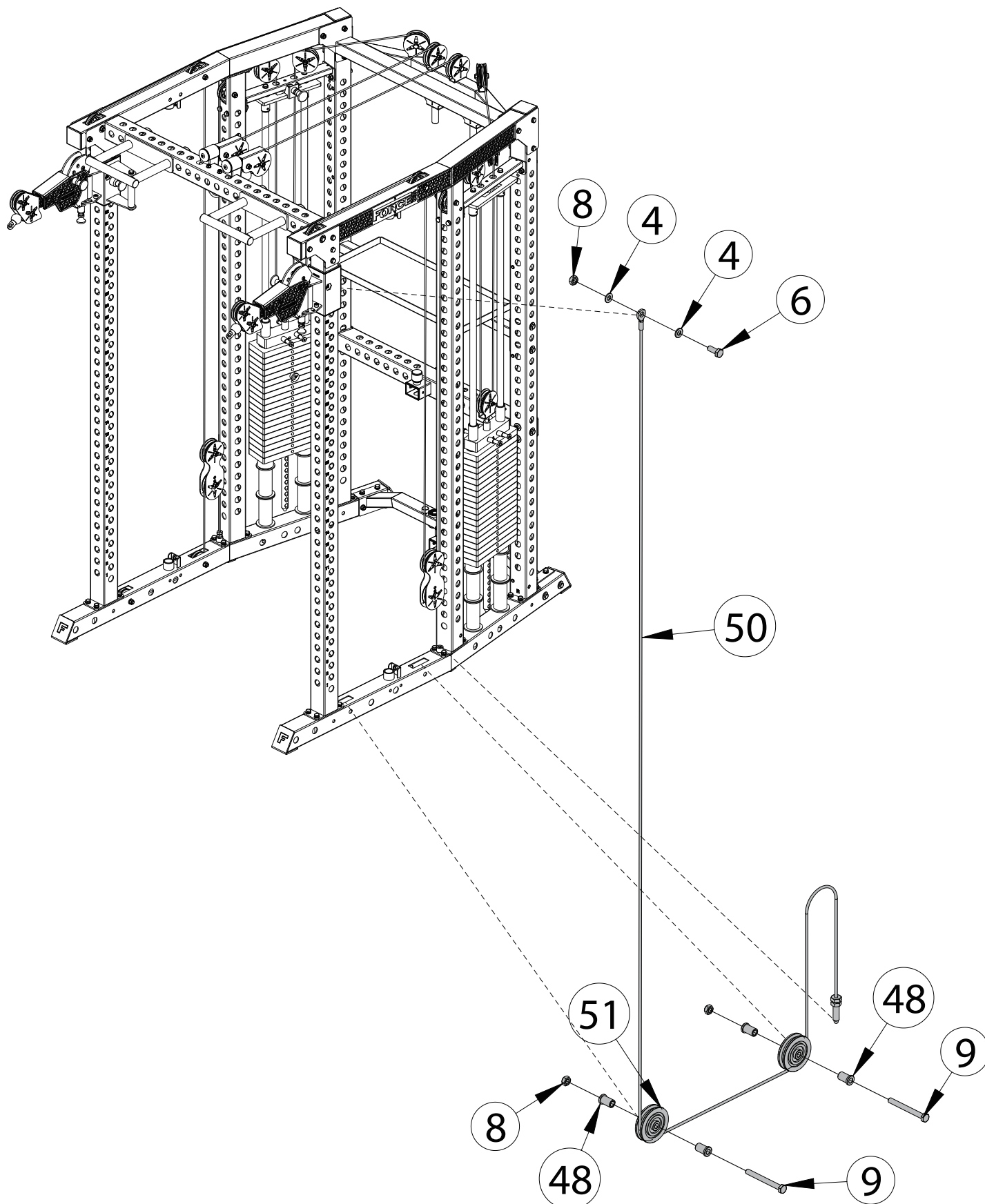


10 Flat Washer

# STEP11-ASSEMBLY



Fully tighten this step's hardware

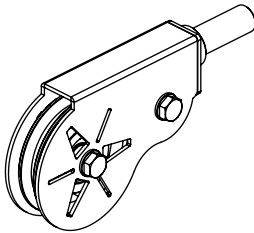




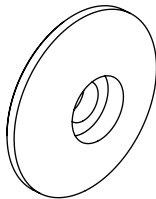
# STEP12-PARTS & HARDWARE

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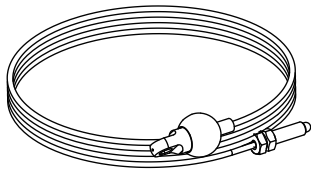
27 x2 Center Pulley Insert



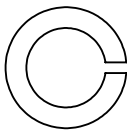
28 x2 Aluminium Cover



52 x2 Low Row Cable



5 x2 10 Spring Washer



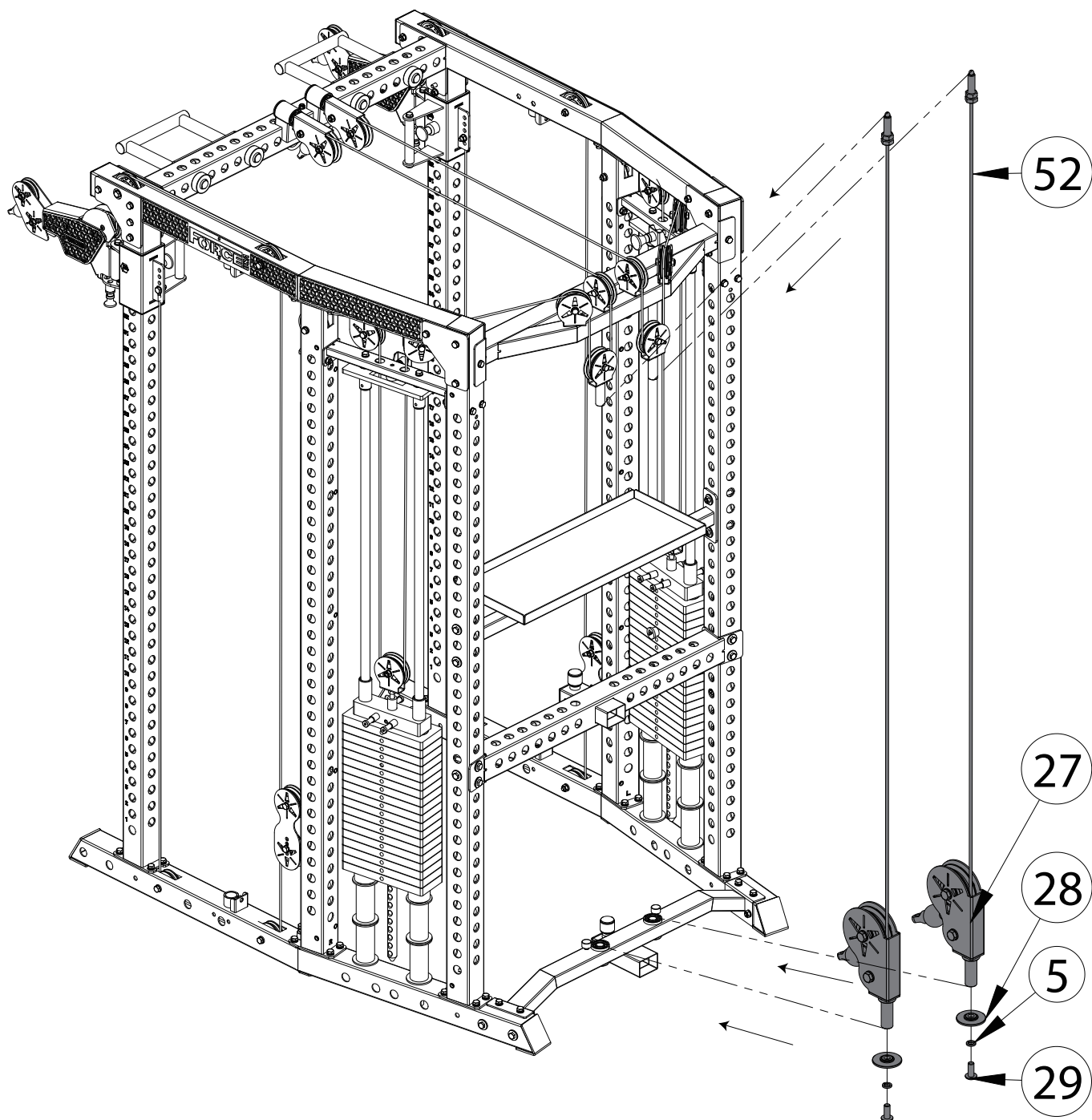
29 x2



# STEP12-ASSEMBLY



Fully tighten this step's hardware



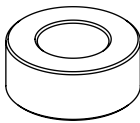
# STEP13-PARTS & HARDWARE

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53 x1 Smith Bar Guide Rod Bottom Insert



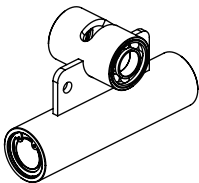
55 x1 Smith Bar Rubber Bumper



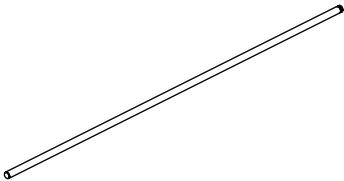
56 x1 Smith Bar Top Locking Sleeve



57 x1 Smith Bar Sliding Frame



58 x1 Smith Bar Guide Rod



59 x1 Smith Bar Safety Hook

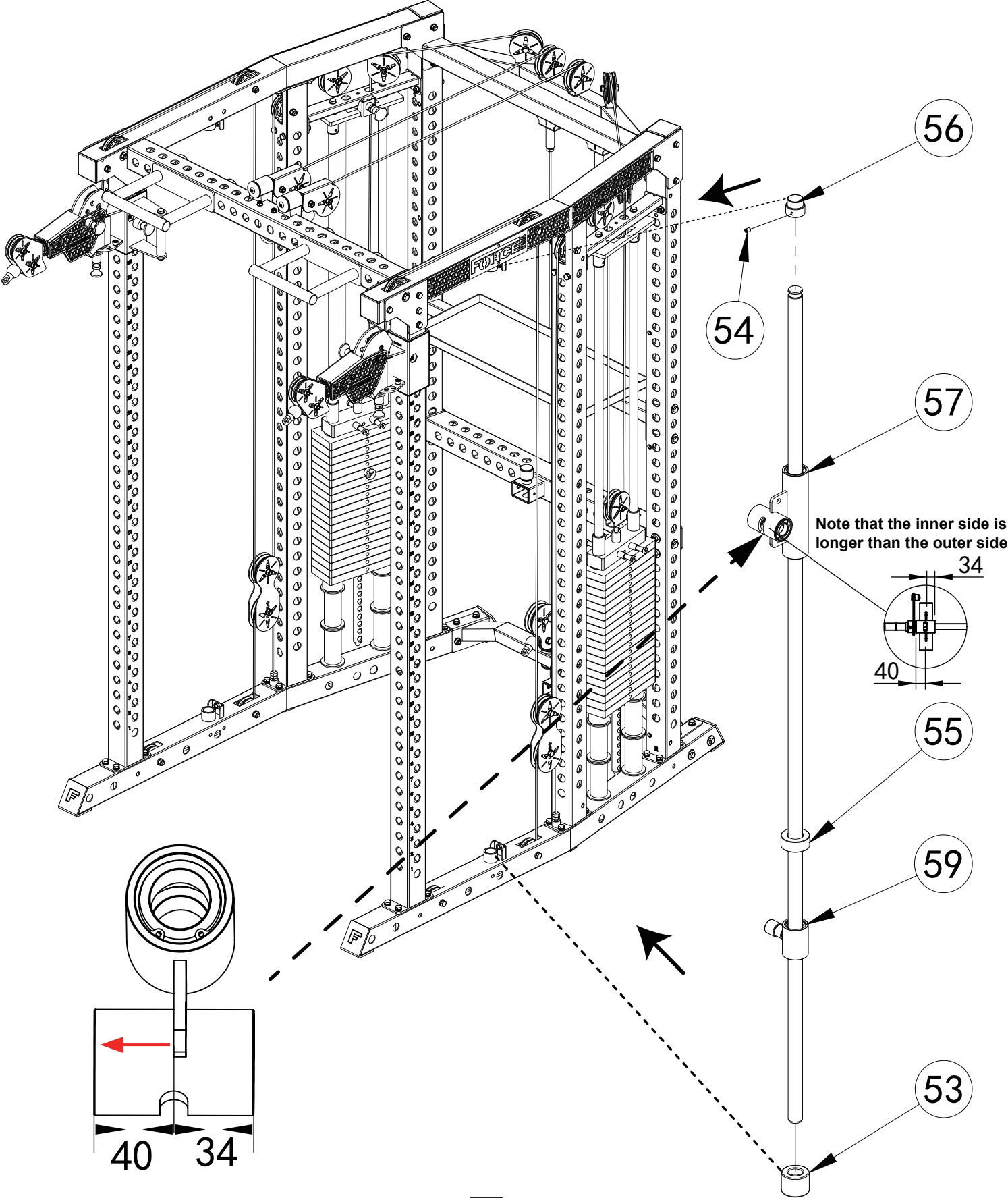


54 x1  M8x10mm

# STEP13-ASSEMBLY



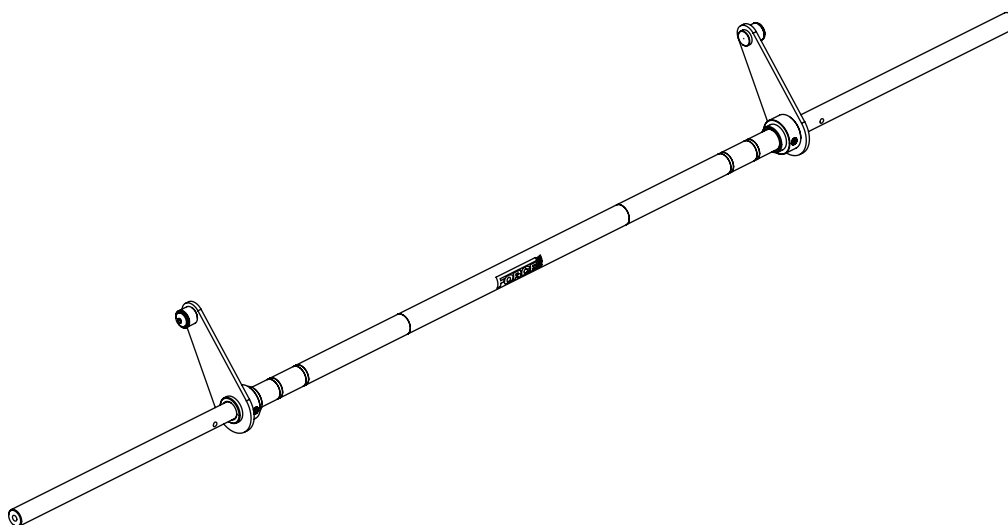
Fully tighten this step's hardware



# STEP14-PARTS & HARDWARE

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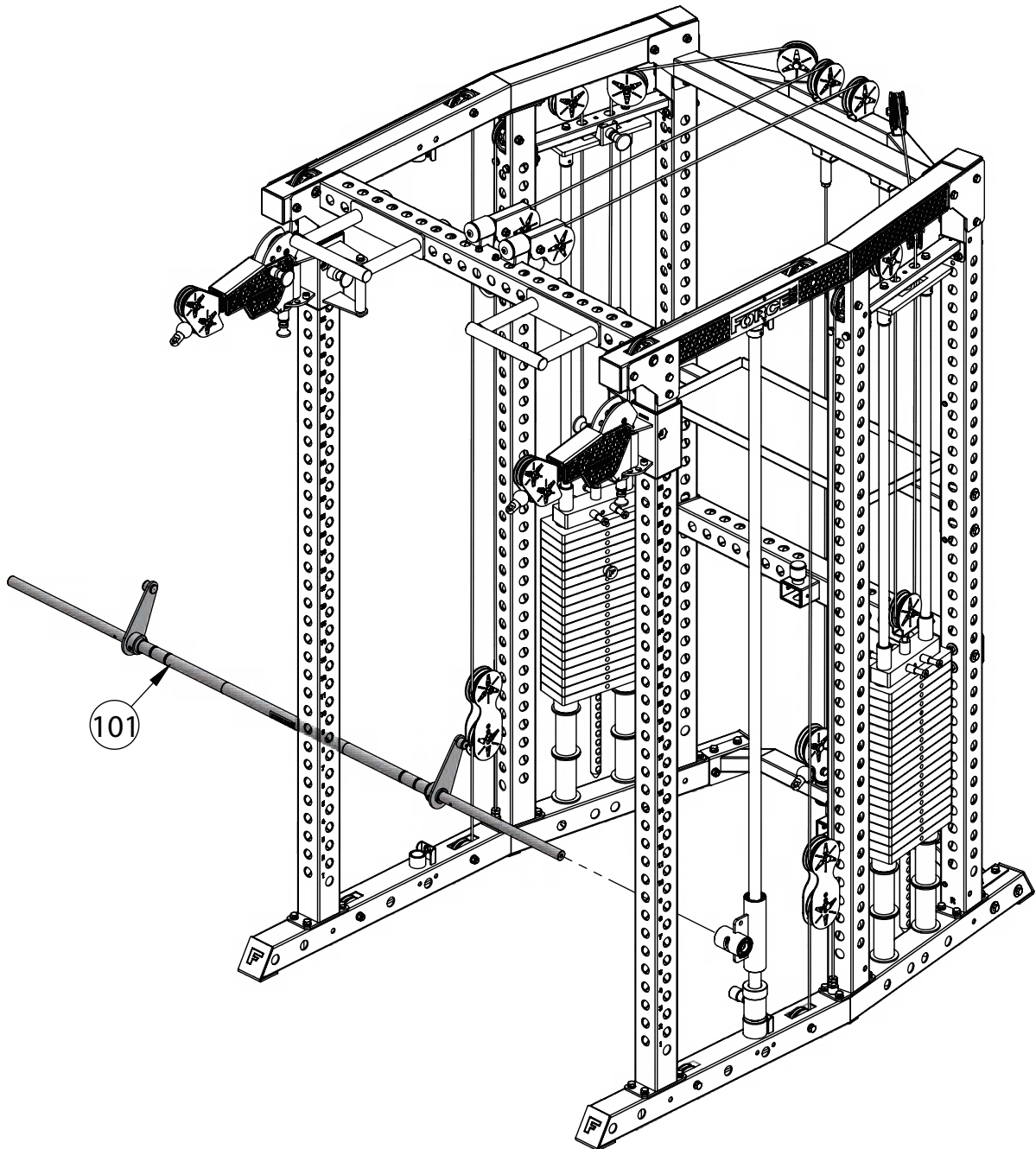
101 x1 Smith Bar



# STEP14-ASSEMBLY



Fully tighten this step's hardware



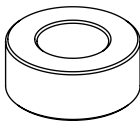
# STEP15-PARTS & HARDWARE

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53 x1 Smith Bar Guide Rod Bottom Insert



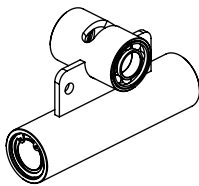
55 x1 Smith Bar Rubber Bumper



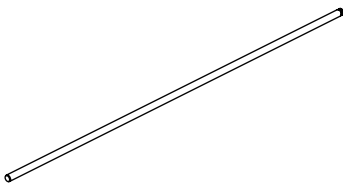
56 x1 Smith Bar Top Locking Sleeve



57 x1 Smith Bar Sliding Frame



58 x1 Smith Bar Guide Rod



59 x1 Smith Bar Safety Hook



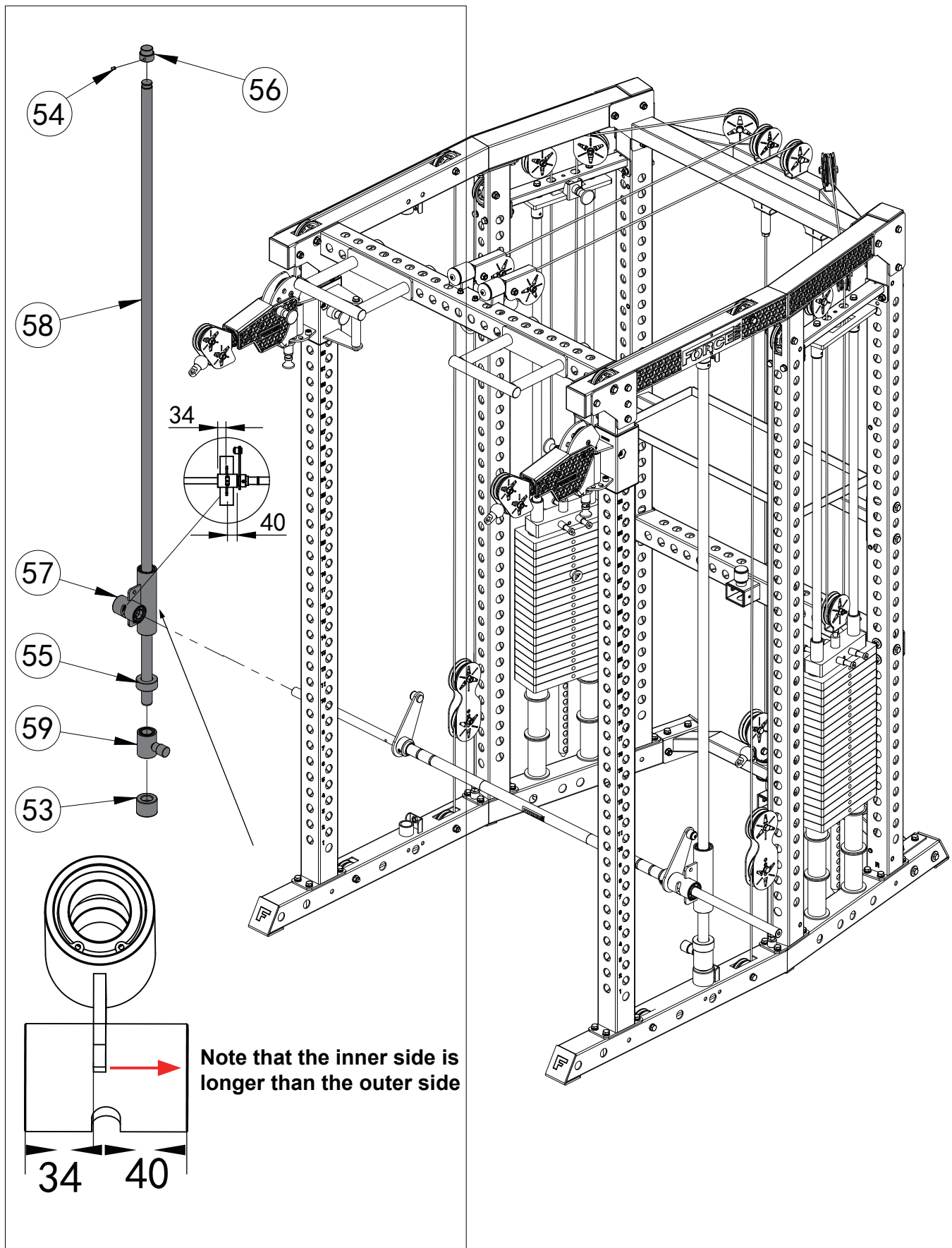
54 x1 M8x10mm



# STEP15-ASSEMBLY



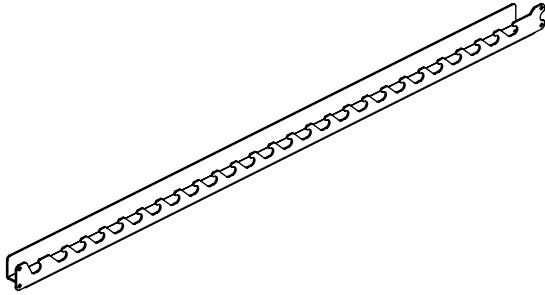
Fully tighten this step's hardware



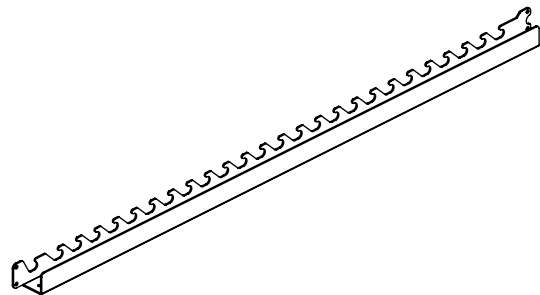


# STEP16-PARTS & HARDWARE

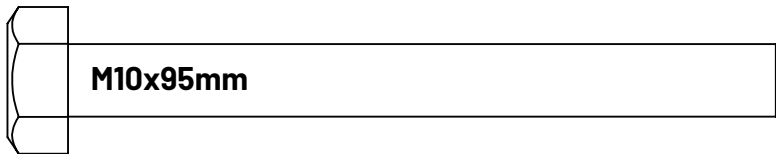
⑥1 x1 Smith Bar Hook Plate - Right



⑥2 x1 Smith Bar Hook Plate - Left



⑨ x4



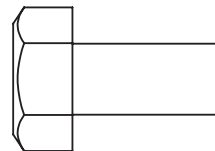
**M10x95mm**

⑥ x4



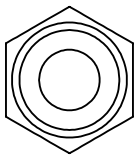
**M10x25mm**

⑩0 x4



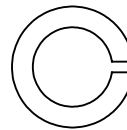
**M10x20mm**

⑧ x4



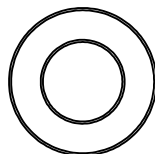
**M10 Lock Nut**

⑤ x8



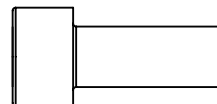
**10 Spring Washer**

④ x12



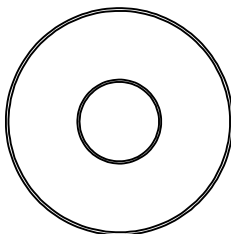
**10 Flat Washer**

⑥0 x2



**M8x20mm**

⑦ x4



**Large Flat Washer**

②11 x2

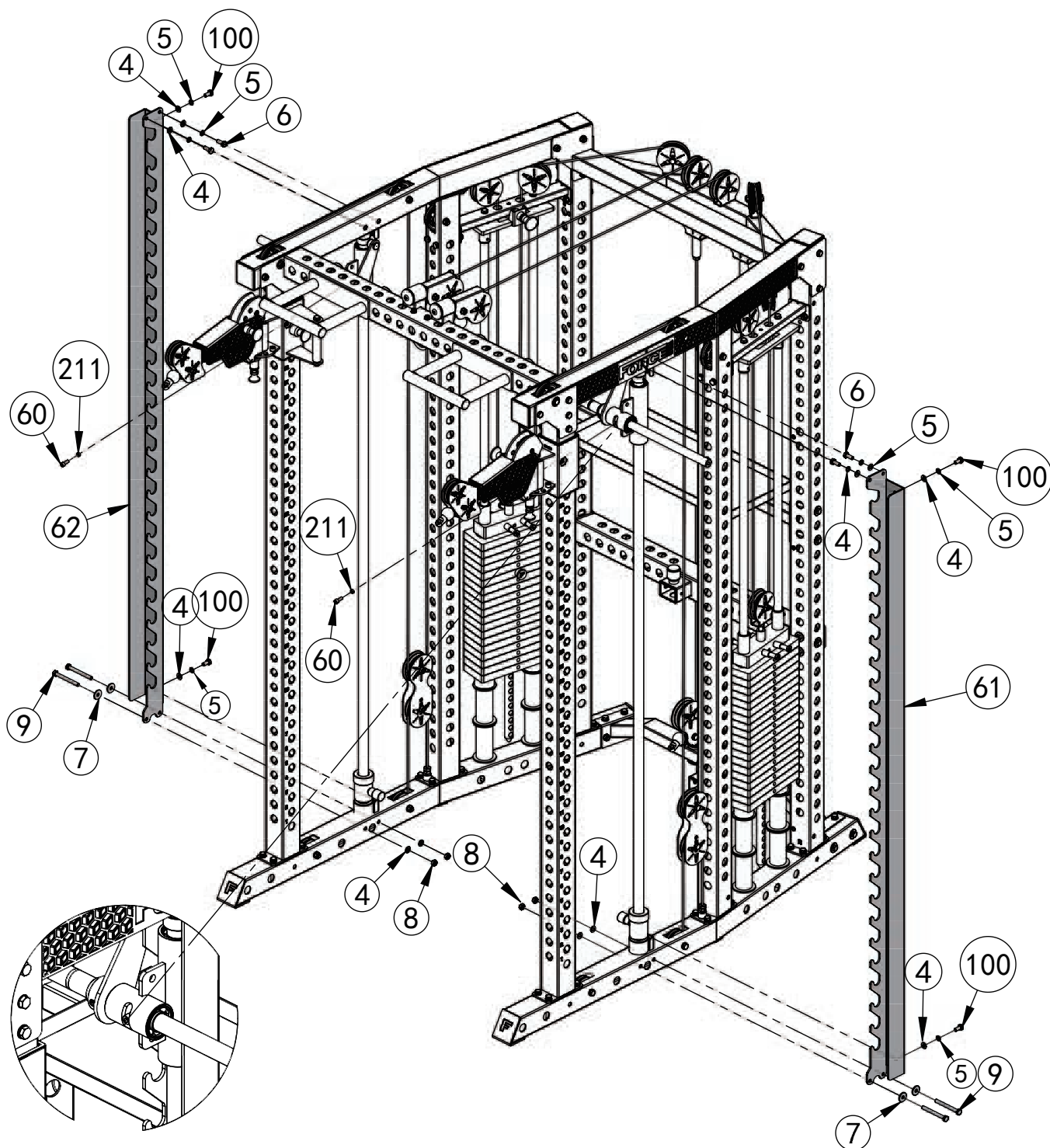


**Spacer Sleeve**

# STEP16-ASSEMBLY



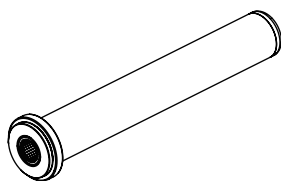
Fully tighten this step's hardware



# STEP17-PARTS & HARDWARE

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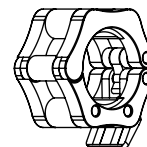
⑥3 x2 Smith Barbell Sleeve



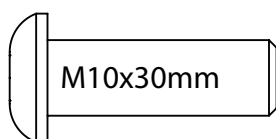
⑥4 x2 Smith Barbell Sleeve Spacer



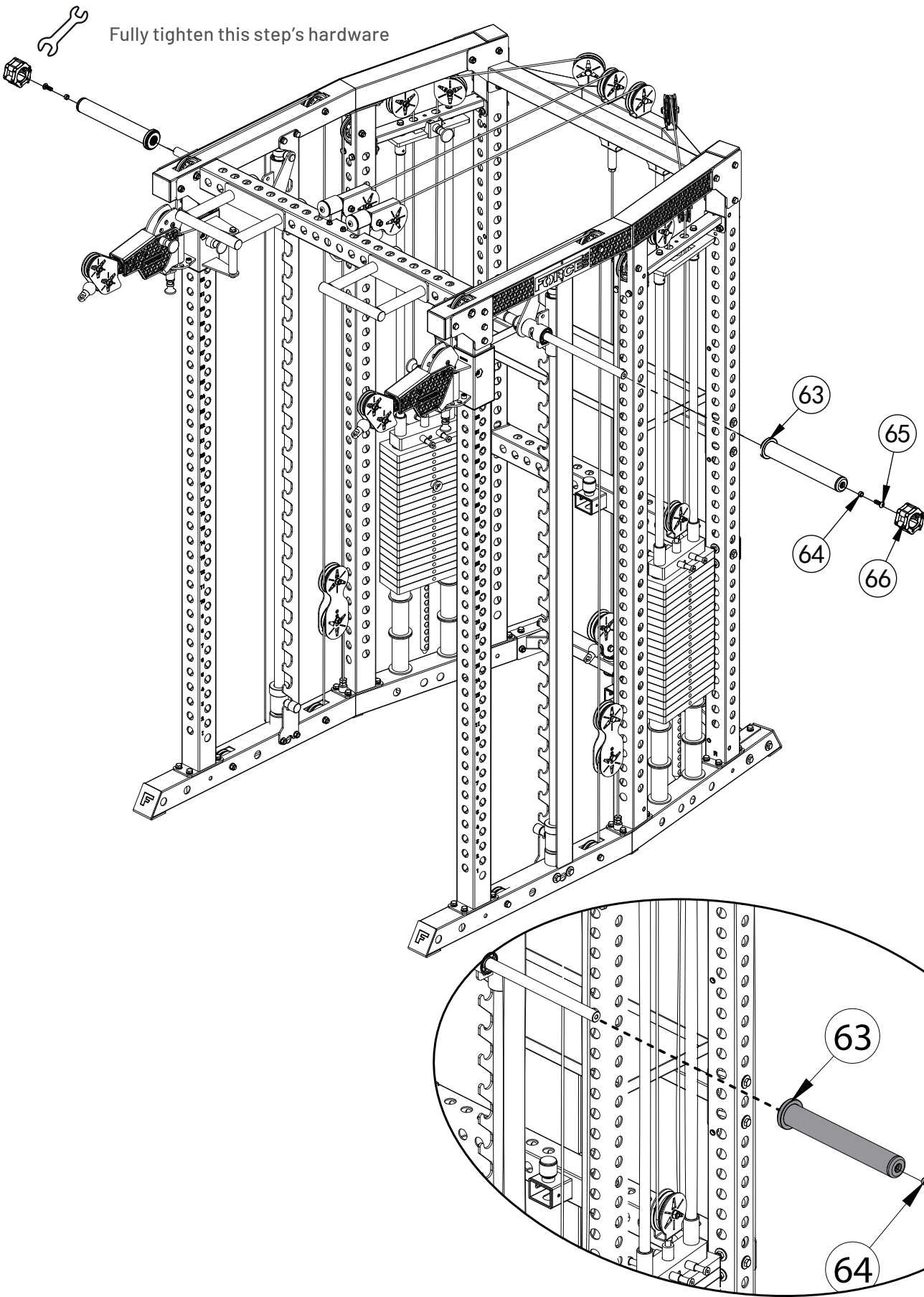
⑥6 x2 Magnetic Olympic Lock Collars



⑥5 x2

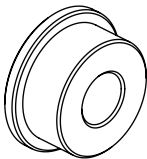


# STEP17-ASSEMBLY

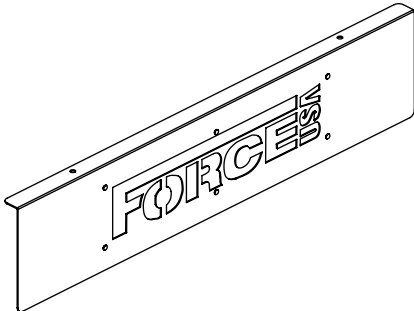


# STEP18-PARTS & HARDWARE

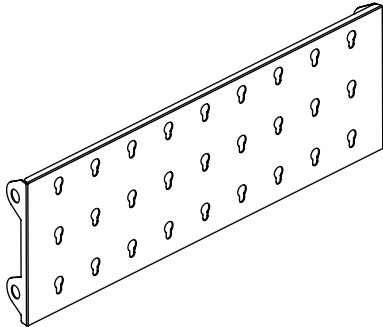
14 x26 Shelf Bushing



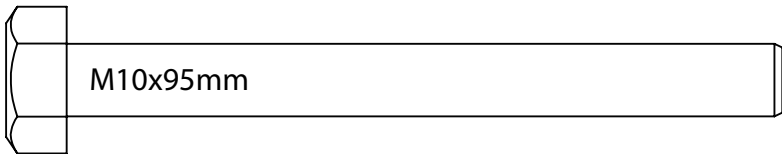
67 x1 Force USA Name Plate



68 x1 Pegboard

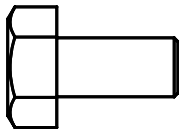


9 x4



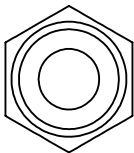
M10x95mm

71 x2



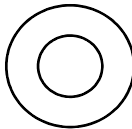
M8x16mm

8 x4



M10 Lock

70 x2

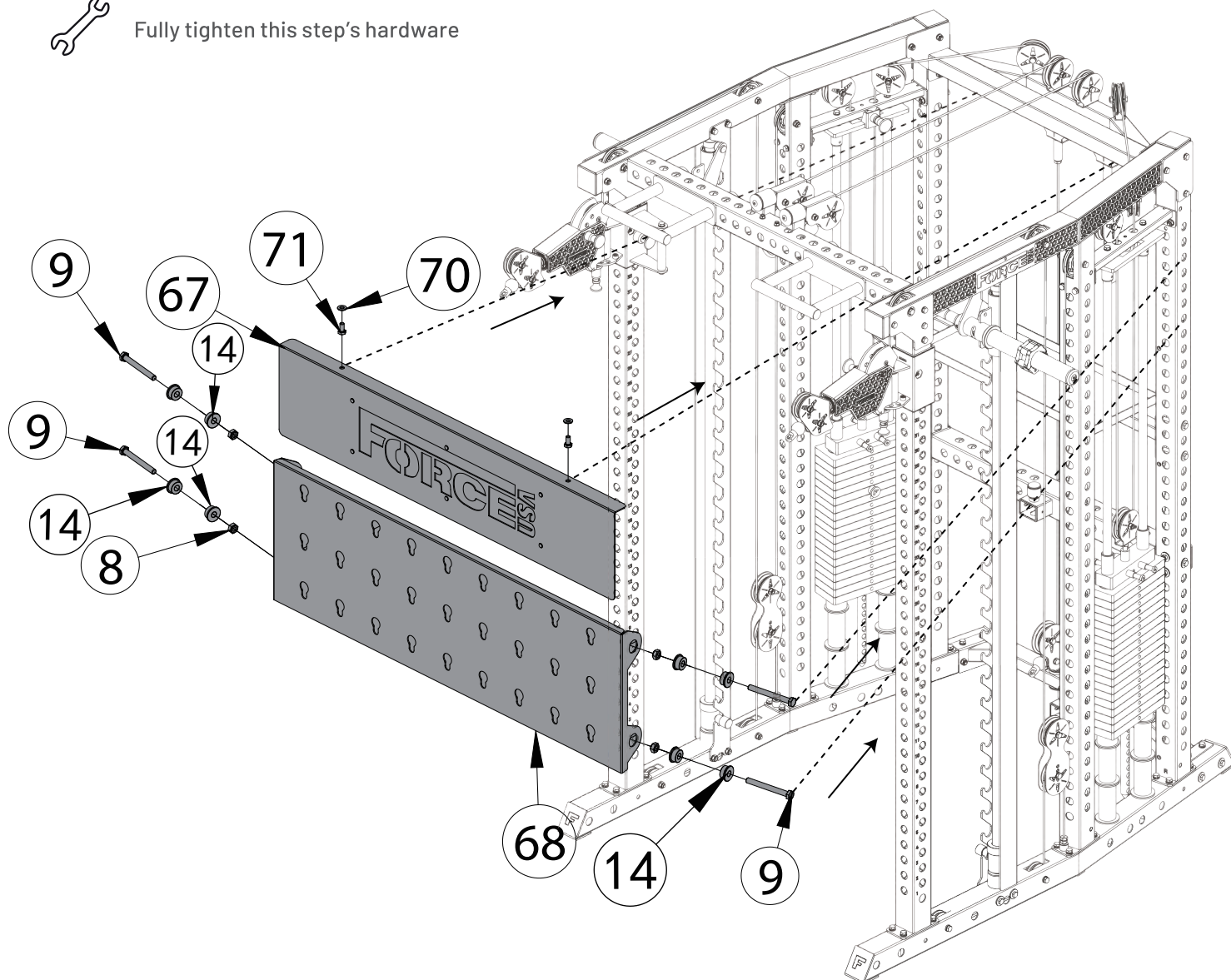


8 Flat Washer

# STEP18-ASSEMBLY



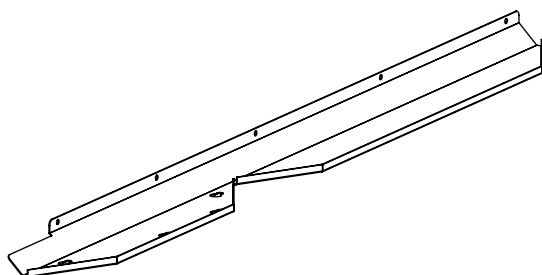
Fully tighten this step's hardware



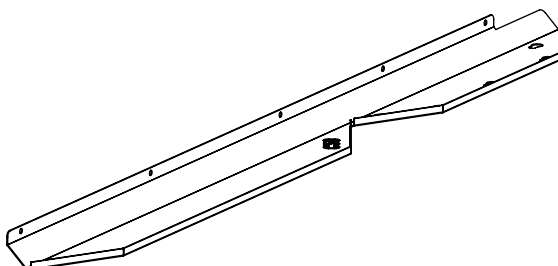
# STEP19-PARTS & HARDWARE

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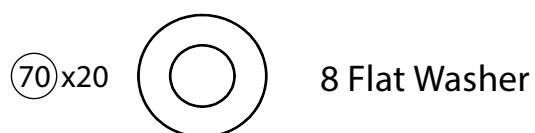
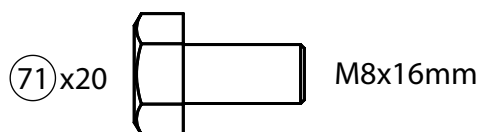
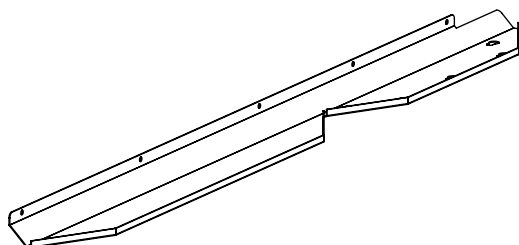
⑦② x2 Right Rear / Front Left Weight Stack Cover



⑦③ x1 Front Right Weight Stack Cover



②08 x1 Left Rear Weight Stack Cover

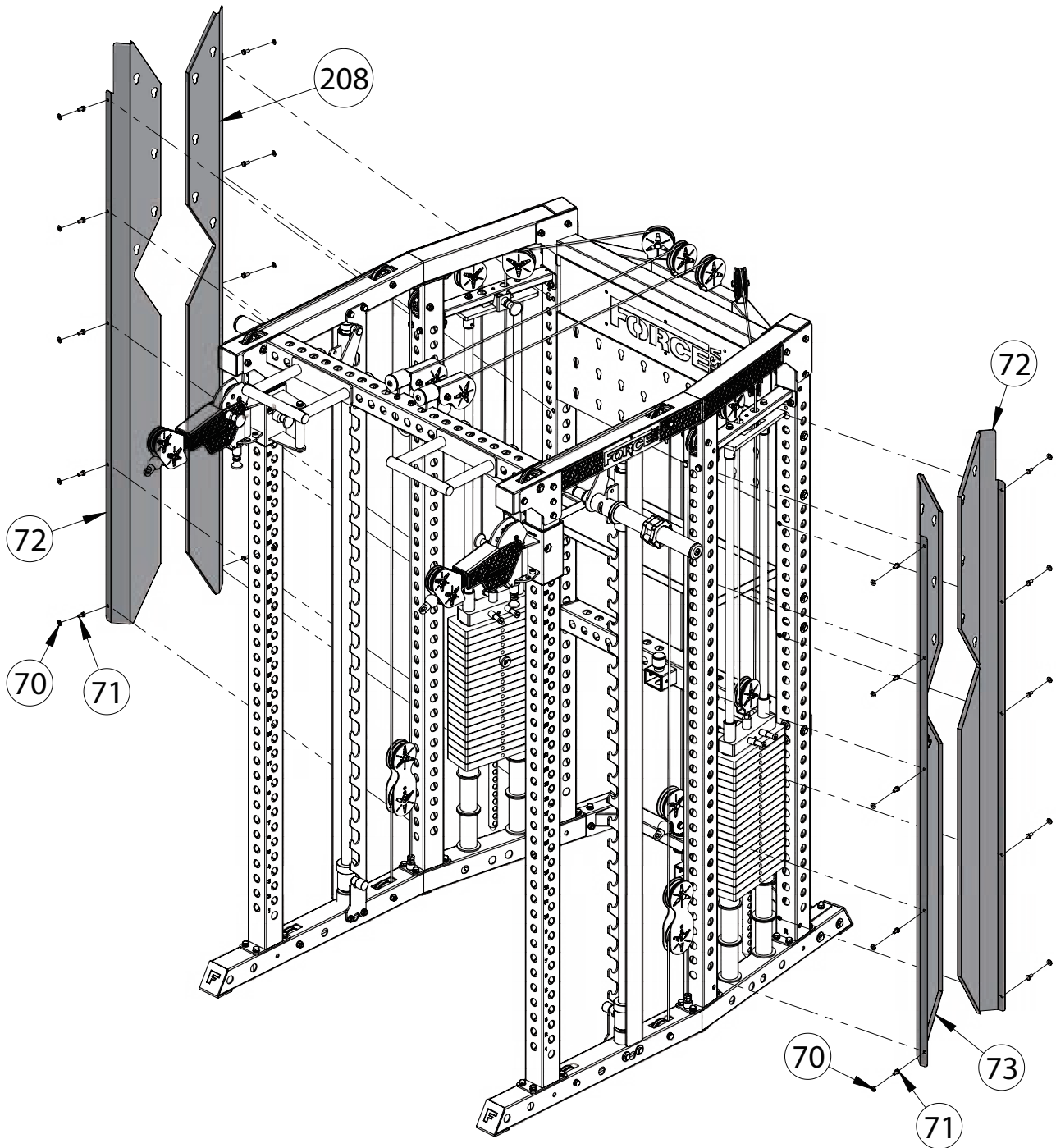




# STEP19-ASSEMBLY



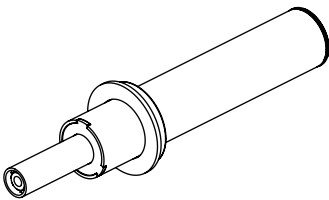
Fully tighten this step's hardware



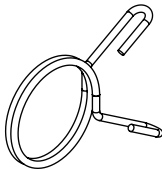


# STEP20-PARTS & HARDWARE

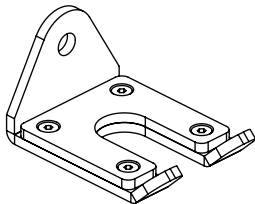
74 x8 Weight Storage



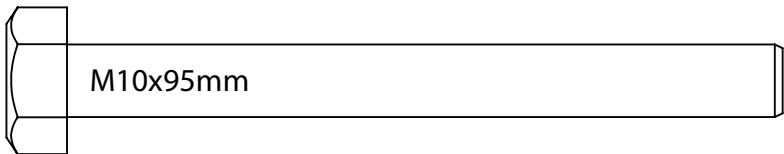
75 x8 Spring Collar



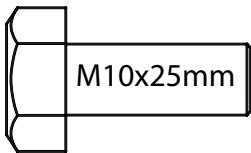
76 x1 Barbell Hanger



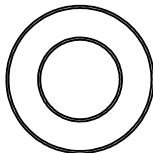
9 x1



6 x8

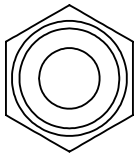


4 x2



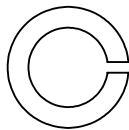
10 Flat Washer

8 x1



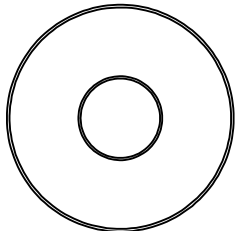
M10 Lock Nut

5 x8



10 Spring Washer

7 x8

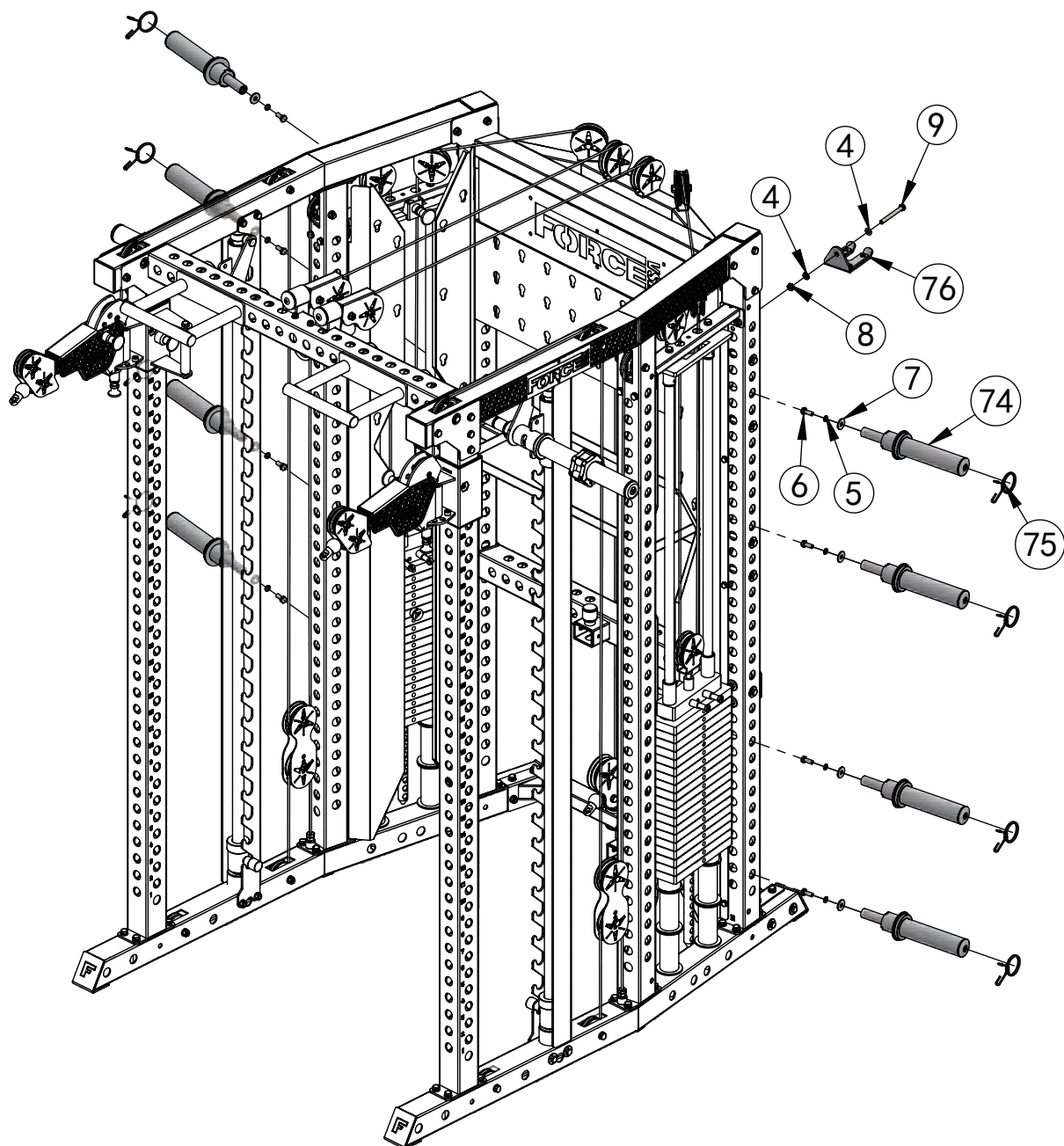


Large Flat Washer

# STEP20-ASSEMBLY



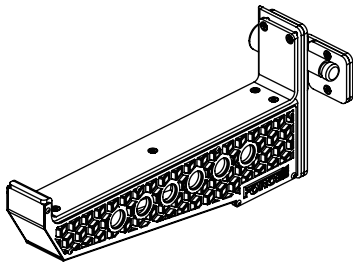
Fully tighten this step's hardware



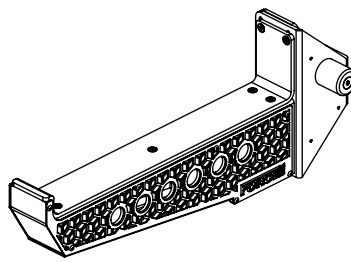
# STEP21-PARTS & HARDWARE

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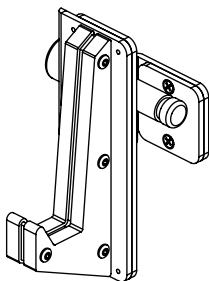
84 x1 Spotter Arm Right



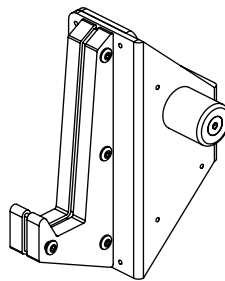
87 x1 Spotter Arm Left



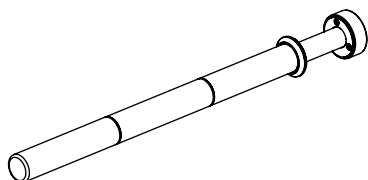
85 x1 J-Hook Right



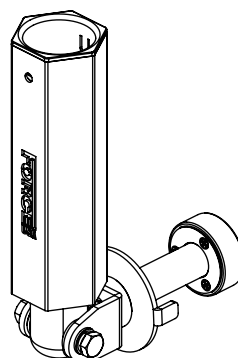
86 x1 J-Hook Left



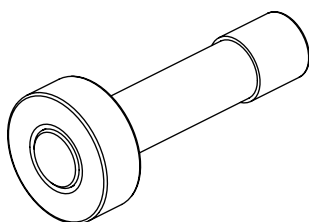
88 x2 Knurled Dip Bar



77 x1 Landmine



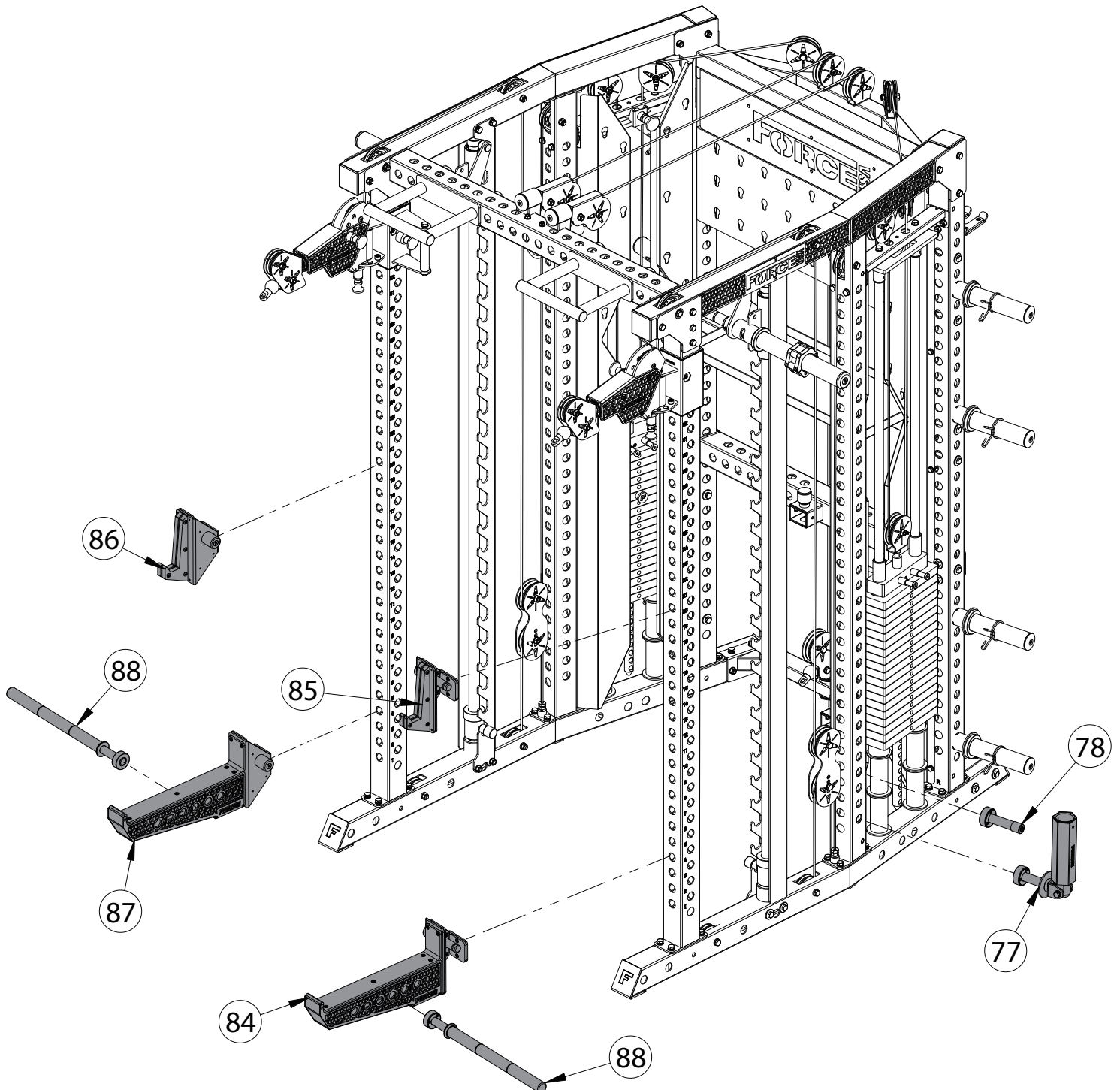
78 x1 Landmine Magnet



# STEP21-ASSEMBLY



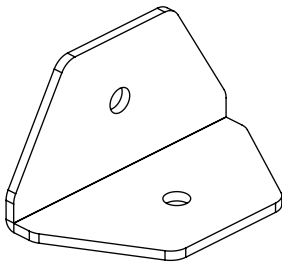
Fully tighten this step's hardware



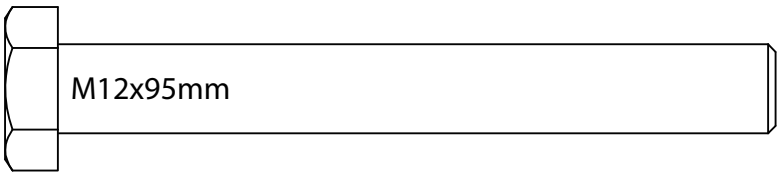
# OPTIONAL FLOOR ANCHORS

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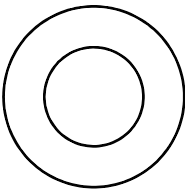
80 x4 Floor Anchor



83 x4

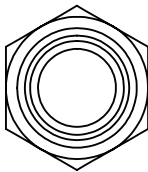


81 x8



12 Flat Washer

82 x4

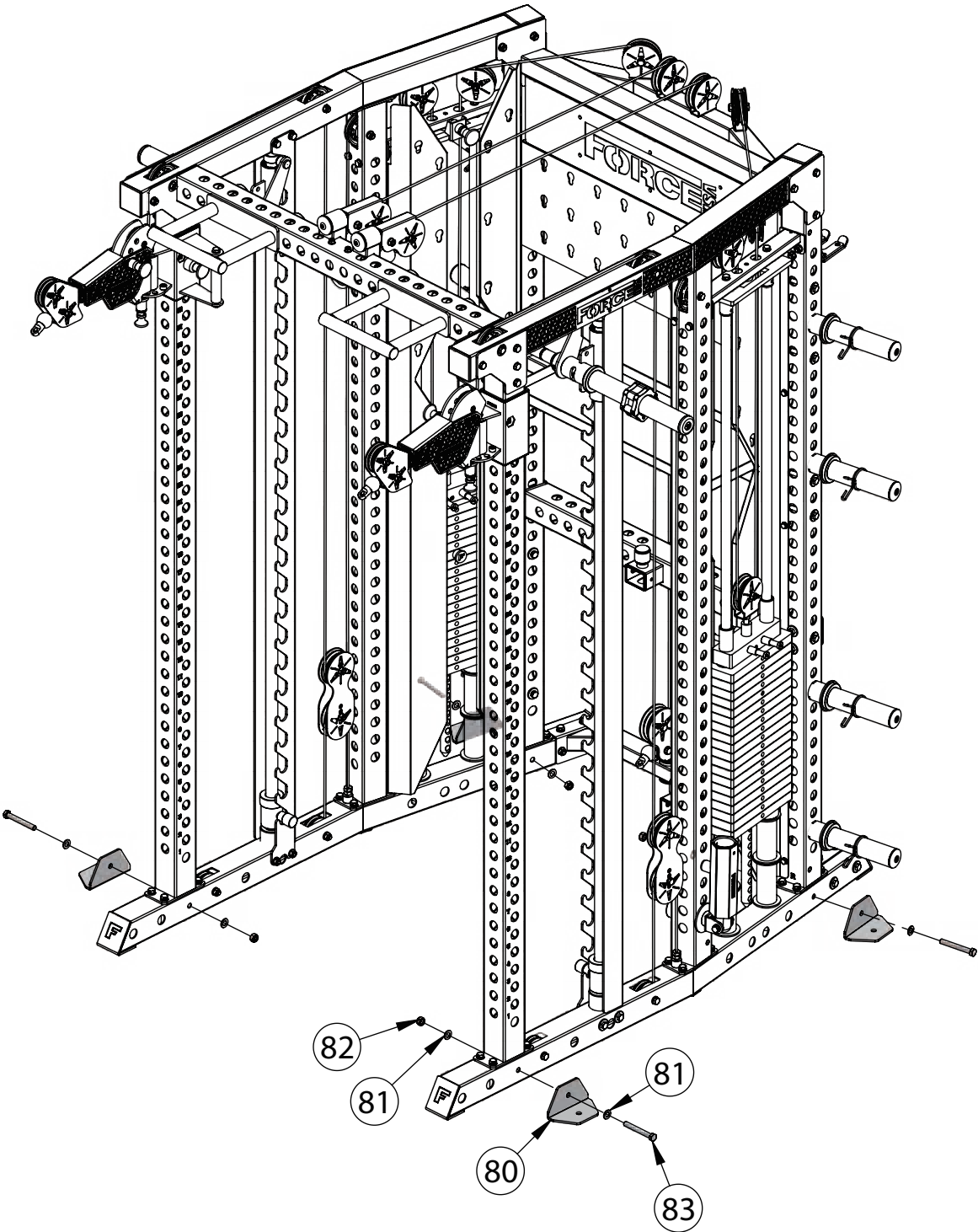


M12 Lock Nut

# OPTIONAL FLOOR ANCHORS



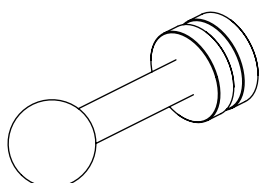
Fully tighten this step's hardware



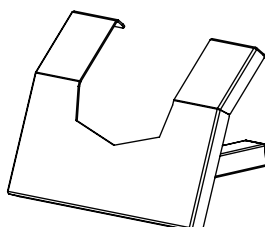
# ATTACHMENTS AND ACCESSORIES

Illustration may appear different than actual attachments

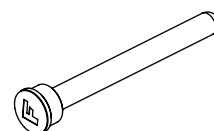
69 x12 **Peg**



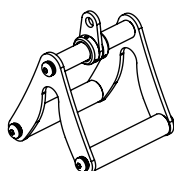
79 x1 **Low Row Footplate**



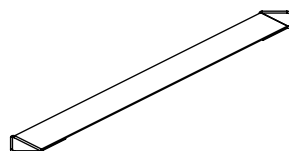
89 x4 **Mag Pin**



90 x1 **Close Grip Triangle/  
Landmine Handle**



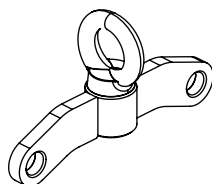
91 x1 **Bodyweight Assist Strap**



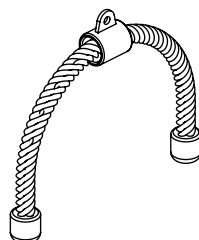
92 x2 **Single Knurled Handle**



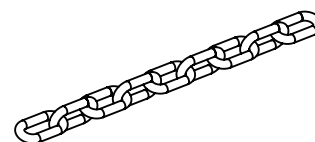
93 x1 **Dual Cable Connector**



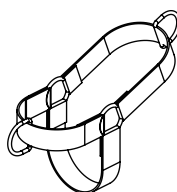
94 x1 **Tricep Rope**



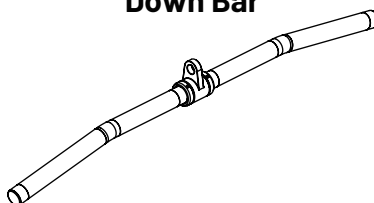
95 x4 **Extension Chain**



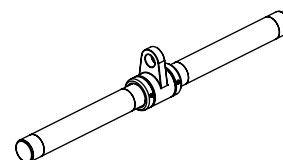
96 x2 **Ankle Cuff**



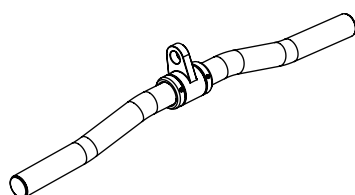
97 x1 **Revolving Lat Pull  
Down Bar**



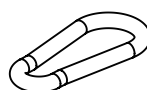
98 x1 **Revolving Short  
Straight Bar**



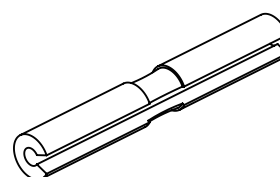
99 x1 **Revolving Short EZ Bar**



212 x8 **Black Carabiner**



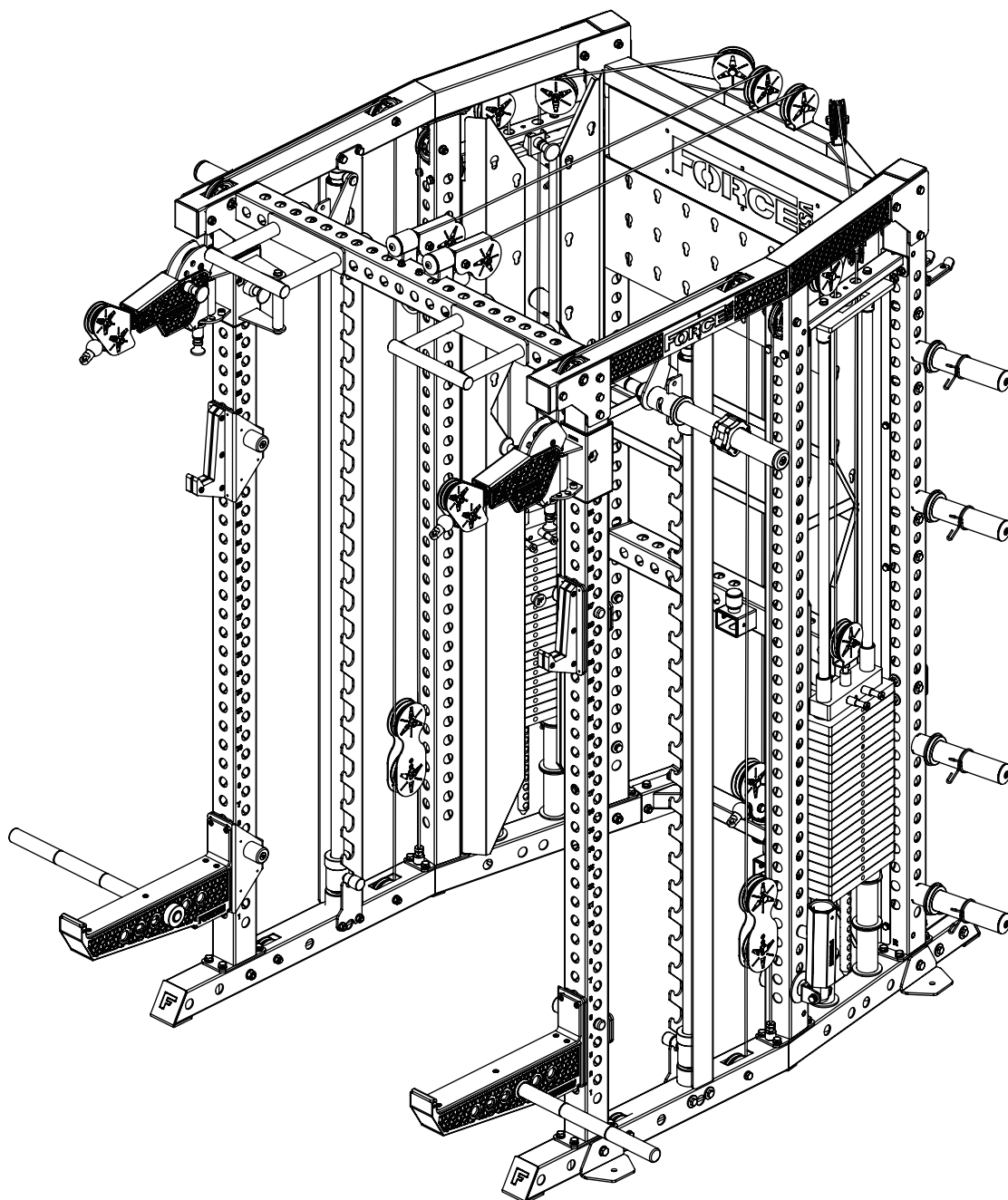
213 x1 **Foam Pad**



# FINAL TOUCHES



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





# TROUBLE SHOOTING

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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

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For warranty information please contact the dealer nearest to you.



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

**FORCE<sup>USA</sup>**

[forceusa.com](http://forceusa.com)