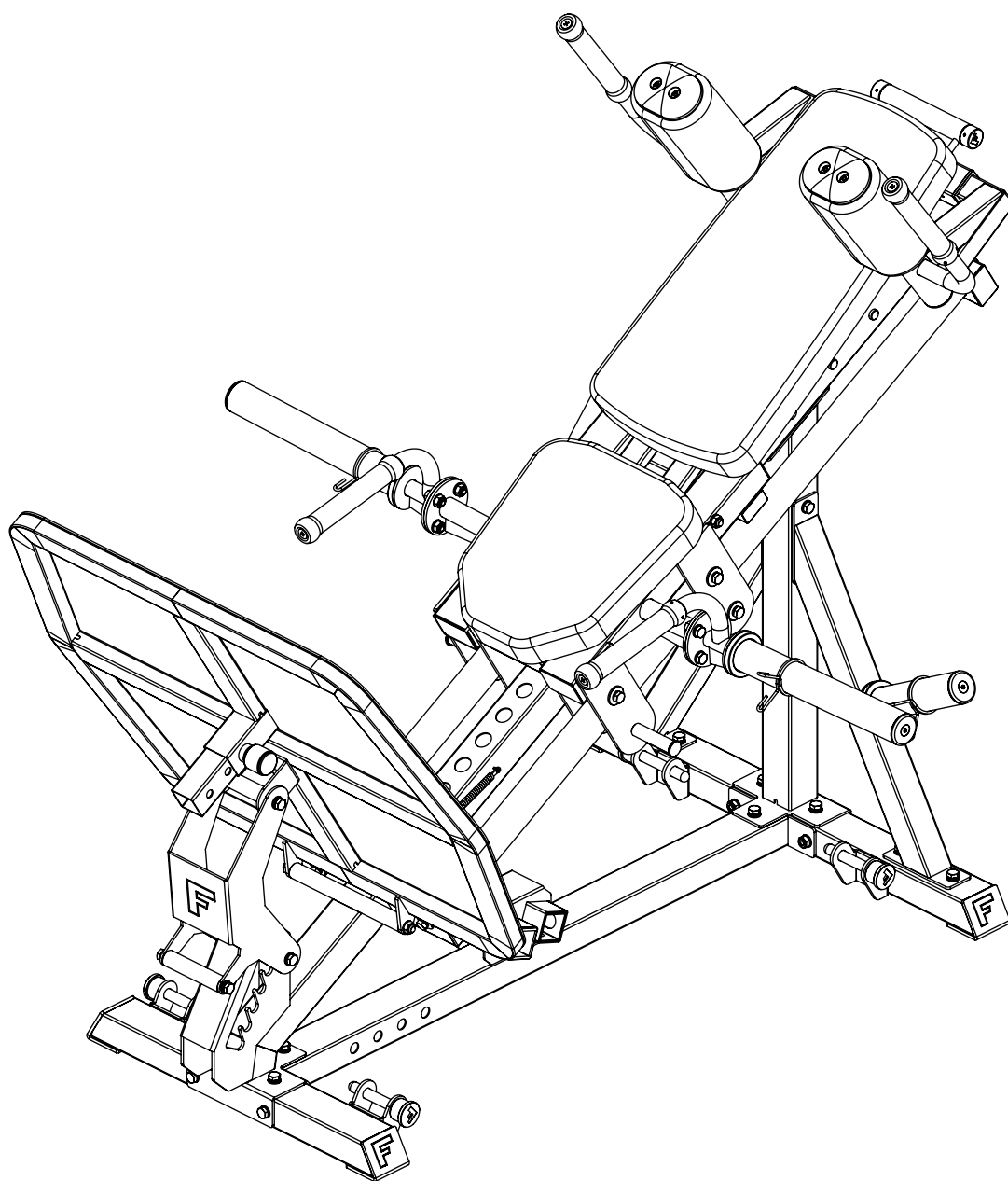


FORCE^{USA}



USER MANUAL | **F-CLP-V4**



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





TRAINING APP

Download now and get access to 400+ exercise tutorials, absolutely free!



DOWNLOAD THE APP



STAY FOCUSED

Enjoy a low-friction interface designed to keep you focused on your next set.

NEW WORKOUT PLANS

Loaded with a growing library of unique workouts. Hundreds of movement tutorials designed by our expert panel of coaches.

REWARD YOUR SUCCESS

See your results build after every session with the pyramid progress tracker. Feel the support and share your progress with family and friends.

HARDER IS GOOD SMARTER IS BETTER

The Force USA Training App offers customized workout plans so that you can get the same results in half the time.

Learn more at app.forceusa.com



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.

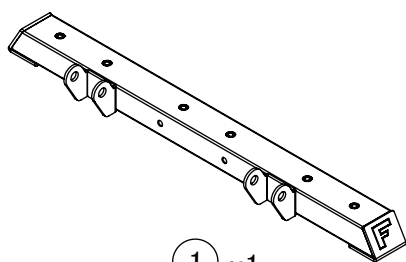
Special Note – Freestyle Pulley

- 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.

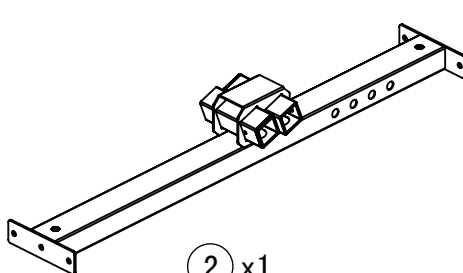
Maintenance Schedule Overview

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

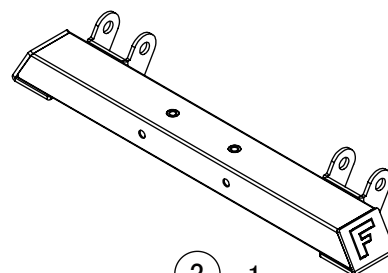
HARDWARE IDENTIFIER



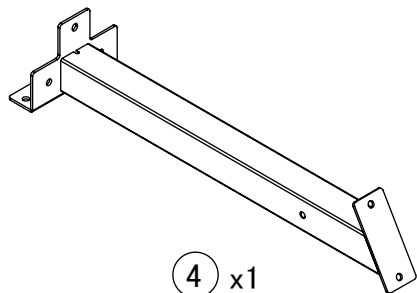
(1) x1
Rear Base Frame



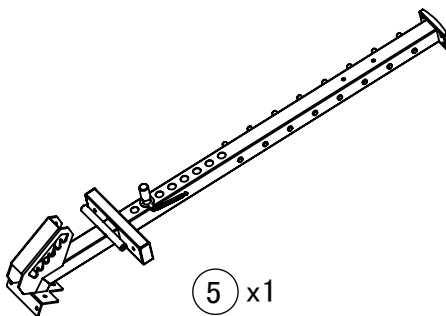
(2) x1
Base Linking Frame



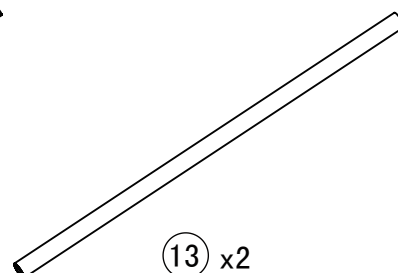
(3) x1
Front Base Frame



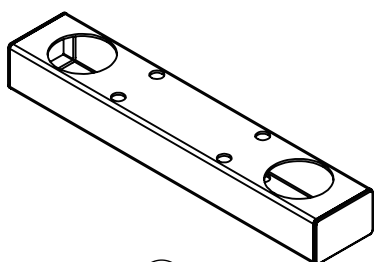
(4) x1
Rear Support Frame



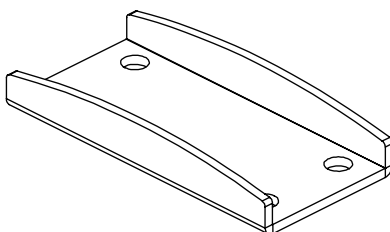
(5) x1
Centre Frame



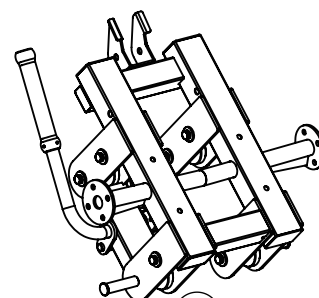
(13) x2
Guide Rod



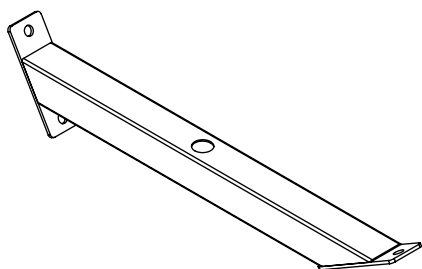
(14) x1
Guide Rod Locking Frame



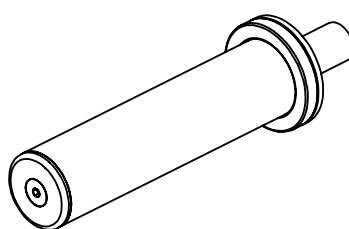
(15) x1
U-shaped Plate



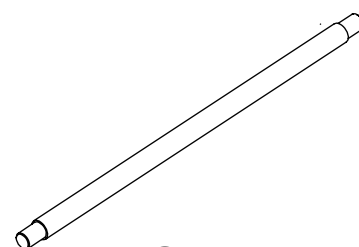
(16) x1
Sliding Carriage



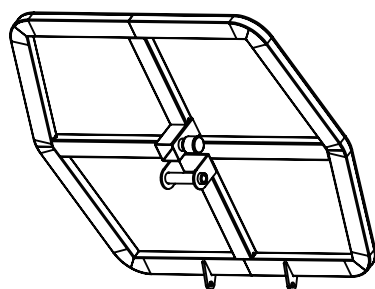
(18) x2
Angled Support Frame



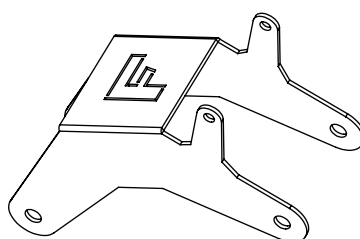
(19) x2
Barbell Plate Holder



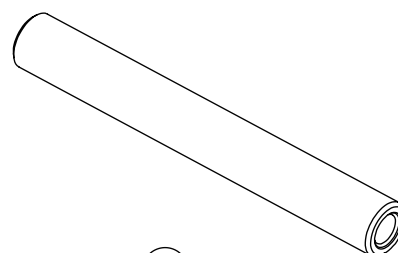
(21) x1
**M12X270-M10
Double-headed bolt**



(22) x1
Footplate

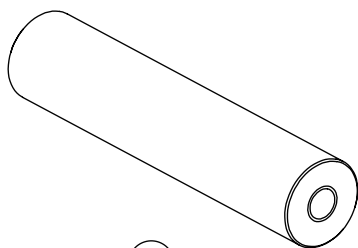


(23) x1
Support Plate

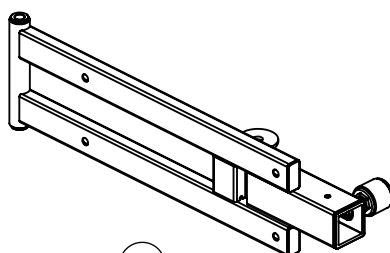


(24) x2
**M15.9X124-M10
Inner Shaft**

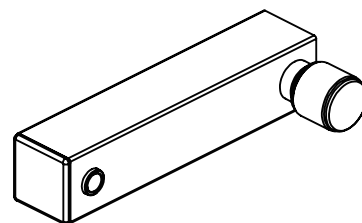
HARDWARE IDENTIFIER



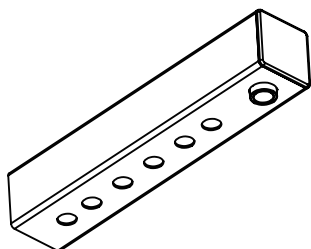
②⑤ x1
Handle



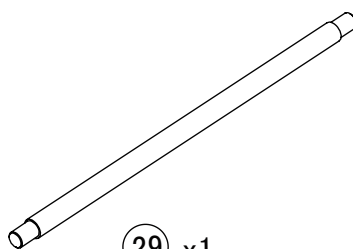
②⑥ x1
Back Pad Frame



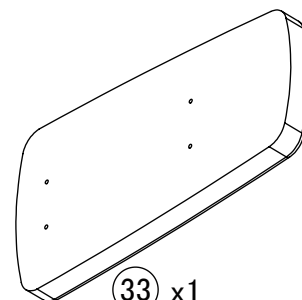
②⑦ x1
Adjustment Outer Frame



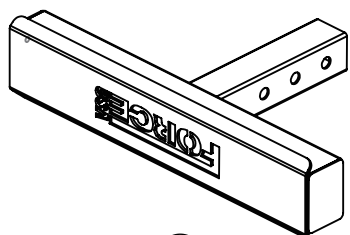
②⑧ x1
Adjustment Inner Frame



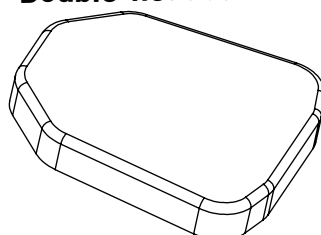
②⑨ x1
**M12X323-M10
Double-headed bolt**



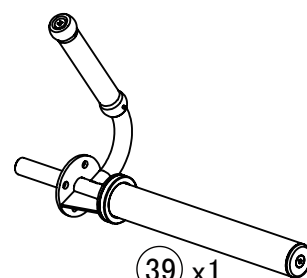
③③ x1
Back Pad



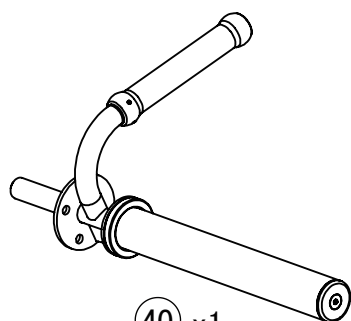
③④ x1
Calf Raise Frame



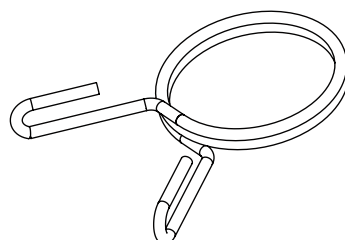
③⑧ x1
Seat Pad



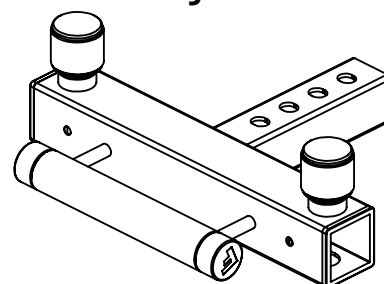
③⑨ x1
**Handle and Weight Plate
Sleeve - Right**



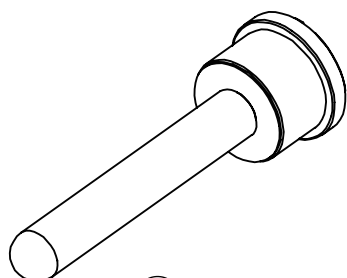
④① x1
**Handle and Weight Plate
Sleeve - Left**



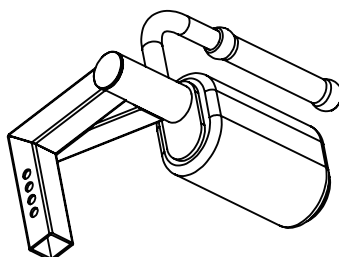
④① x4
Olympic Spring Collar



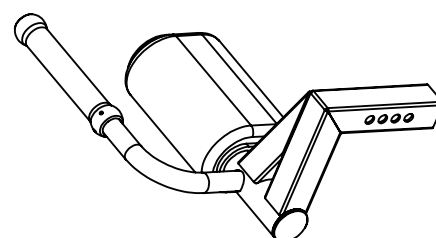
④② x1
Shoulder Pad Frame



④③ x4
Magnetic Plug Pin

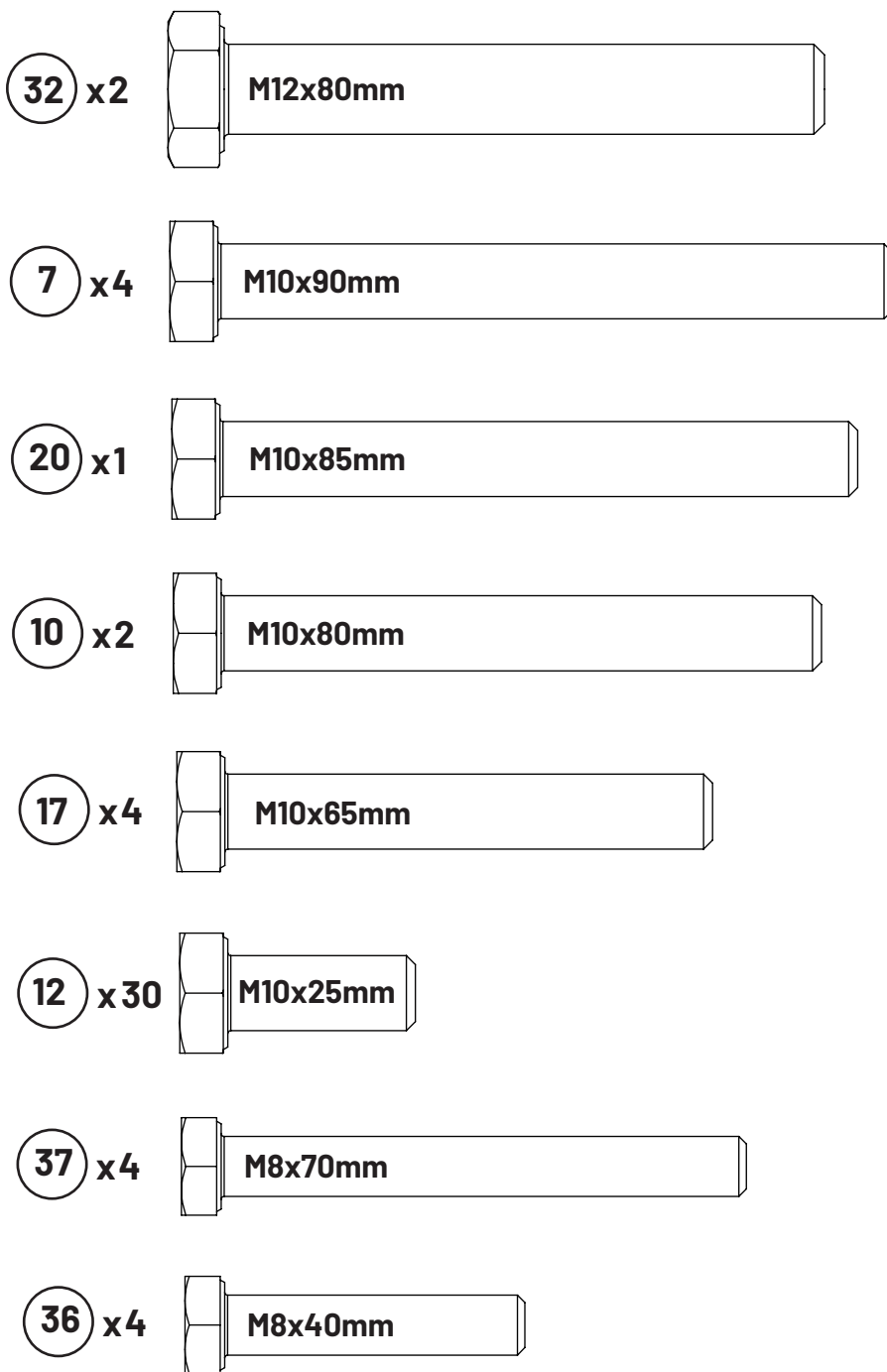


④④ x1
**Shoulder Pad Fixing Tube
Left**



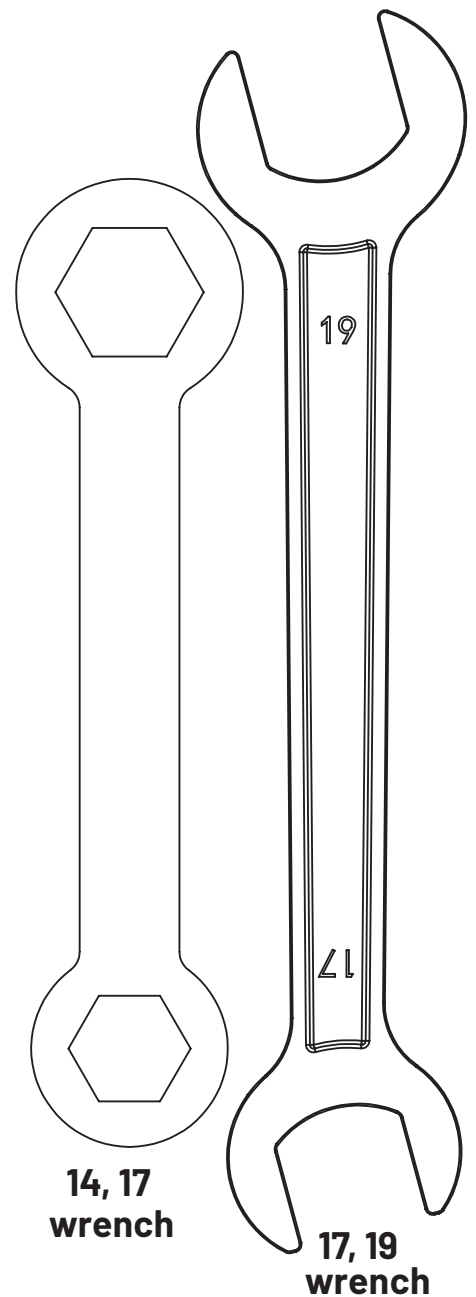
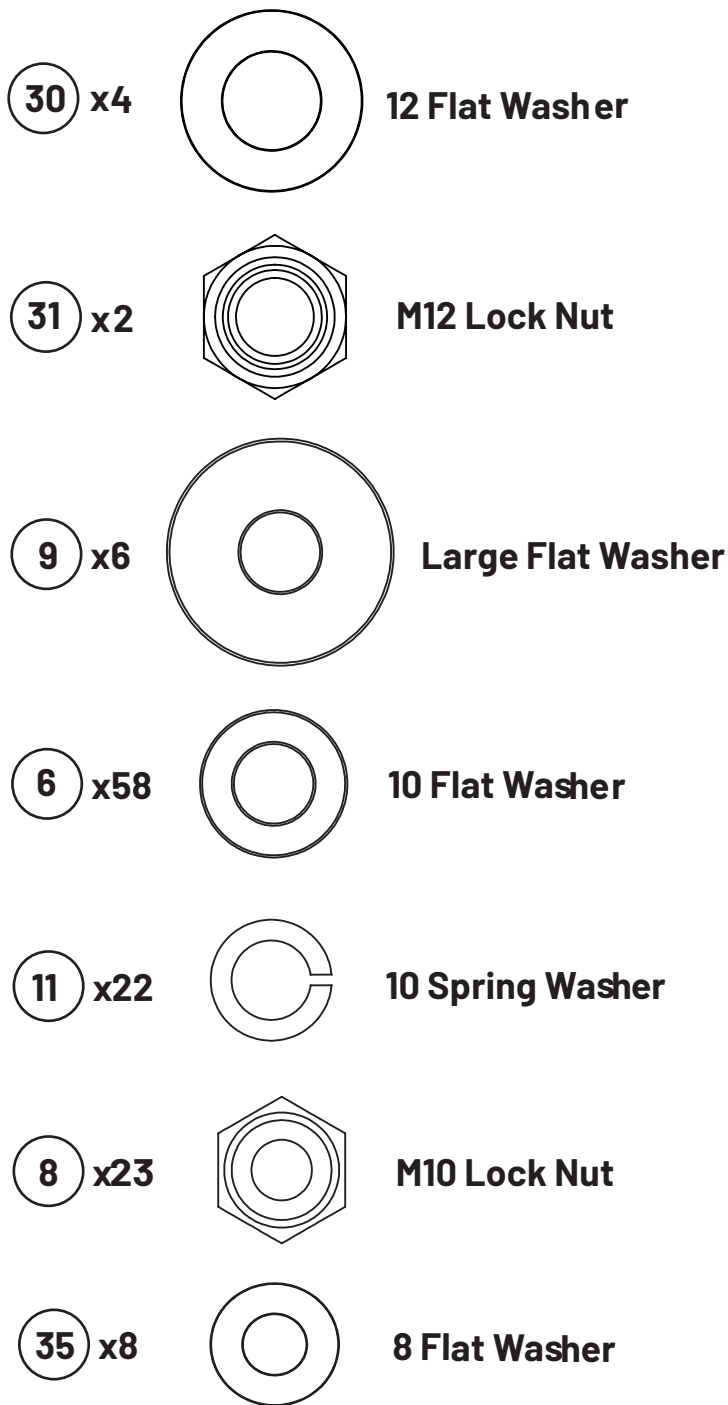
④⑤ x1
**Shoulder Pad Fixing Tube
Right**

HARDWARE IDENTIFIER



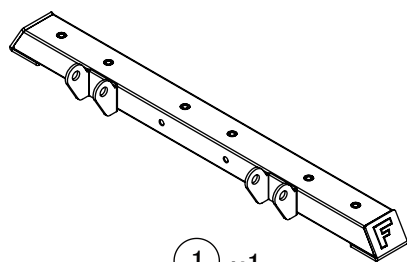
Note: parts may not be to scale

HARDWARE IDENTIFIER

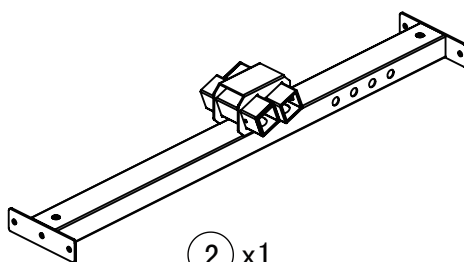


Note: parts may not be to scale

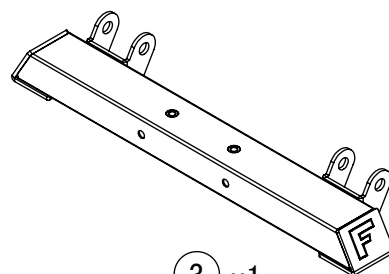
STEP1-PARTS & HARDWARE



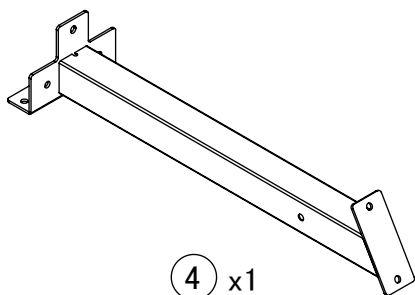
① x1
Rear Base Frame



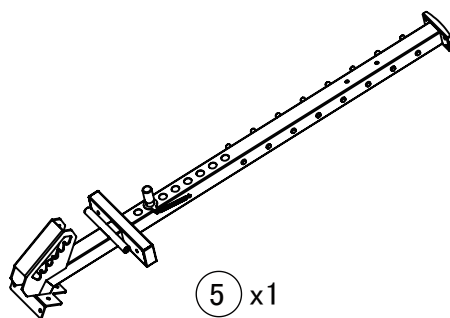
② x1
Base Linking Frame



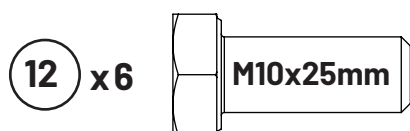
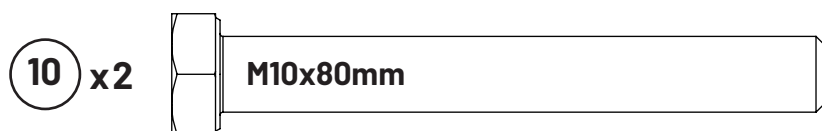
③ x1
Front Base Frame



④ x1
Rear Support Frame



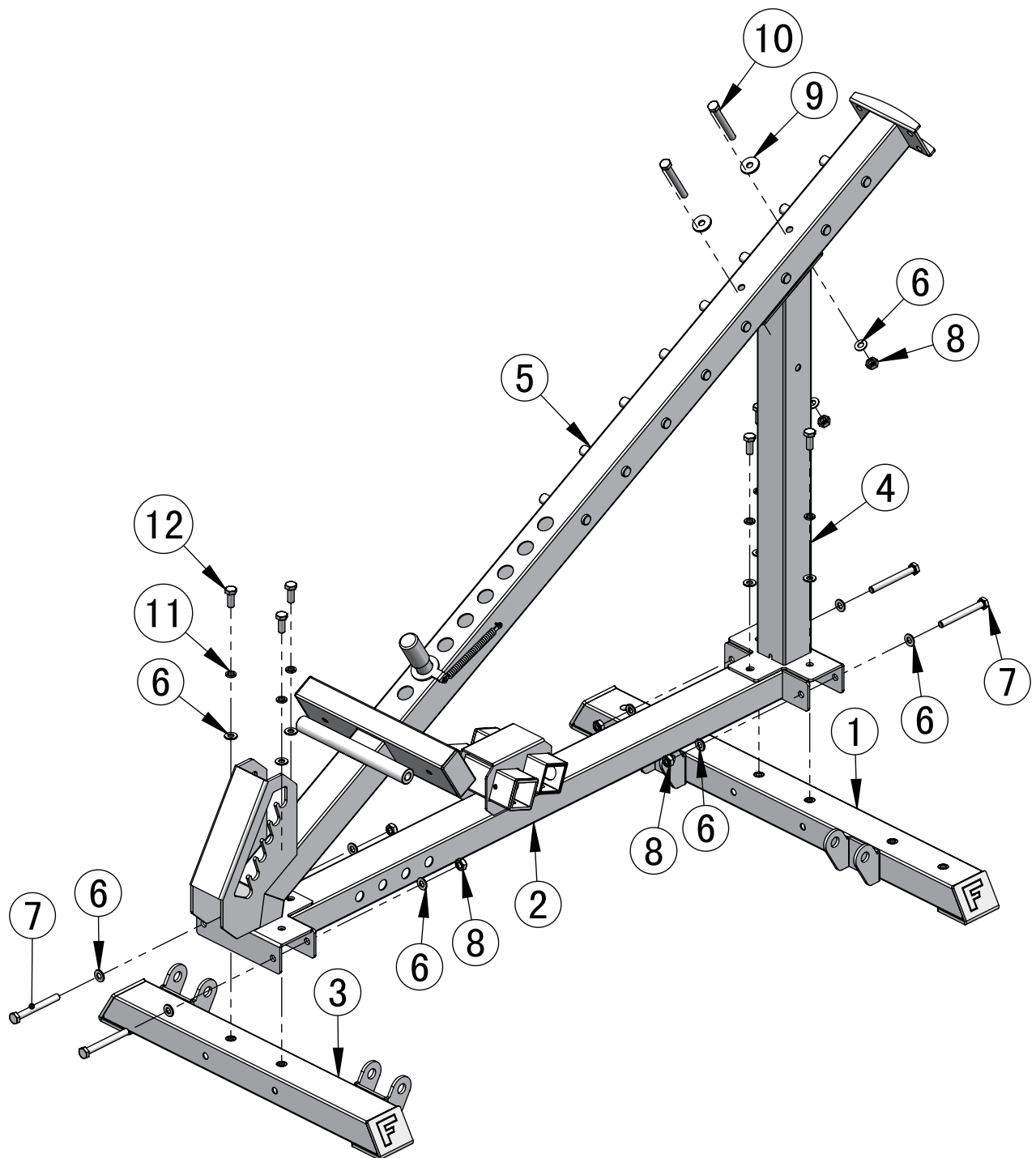
⑤ x1
Centre Frame



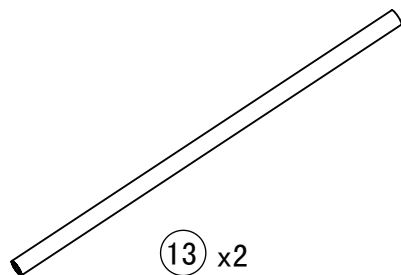
STEP1-ASSEMBLY



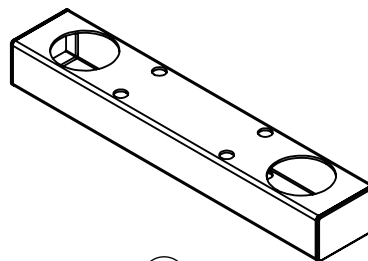
Hand tighten this step's hardware



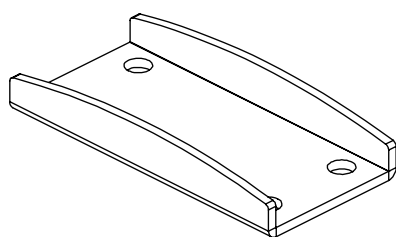
STEP2-PARTS & HARDWARE



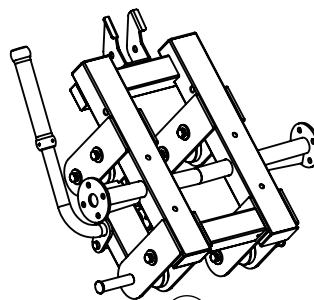
⑬ x2
Guide Rod



⑭ x1
Guide Rod Locking Frame



⑮ x1
U-shaped Plate



⑯ x1
Sliding Carriage

⑰ x4



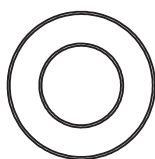
M10x65mm

⑫ x4



M10x25mm

⑥ x8



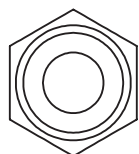
10 Flat Washer

⑪ x4



10 Spring Washer

⑧ x4

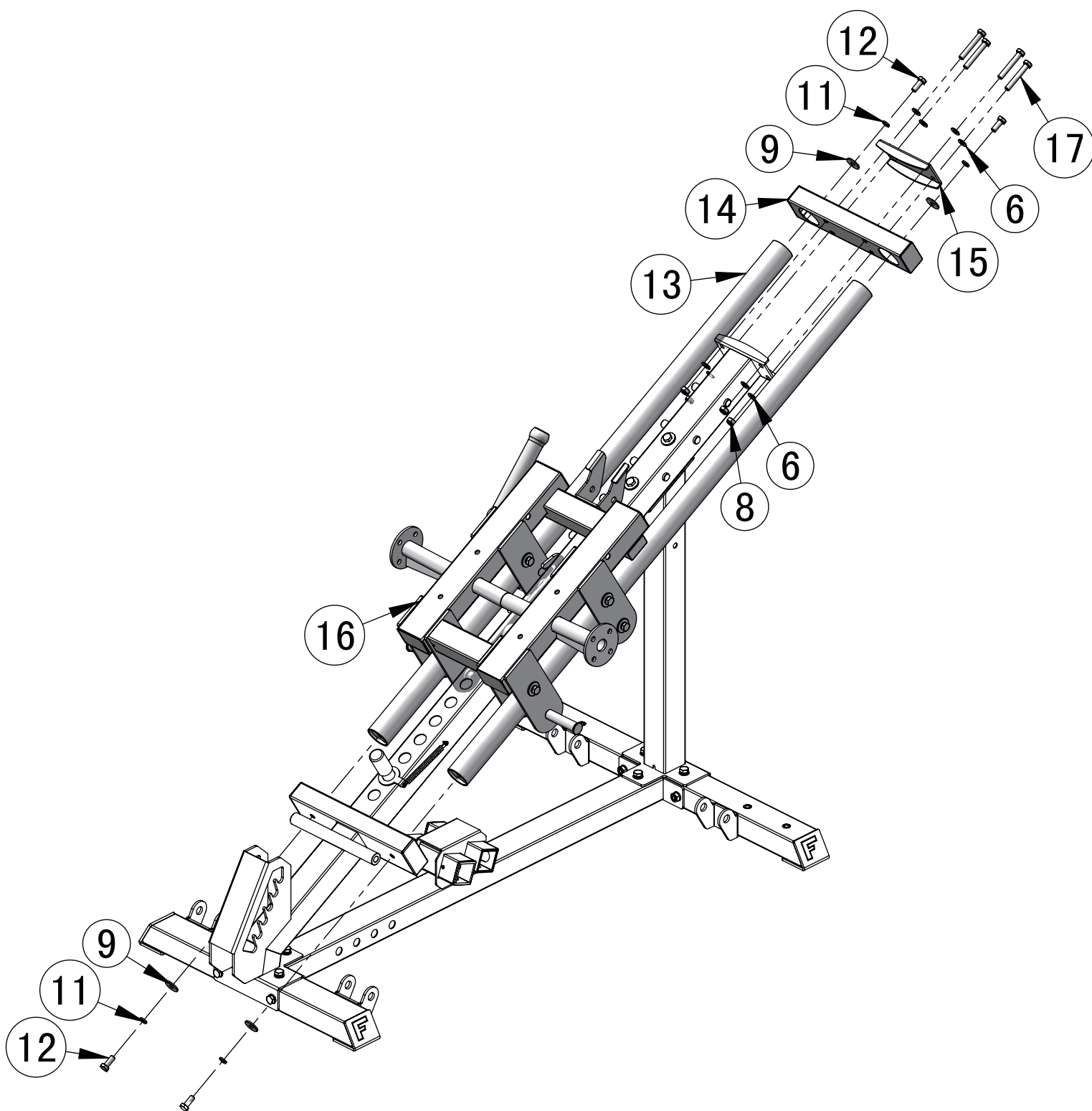


M10 Lock Nut

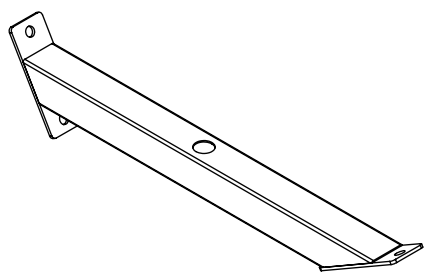
STEP2-ASSEMBLY



Hand tighten this step's hardware

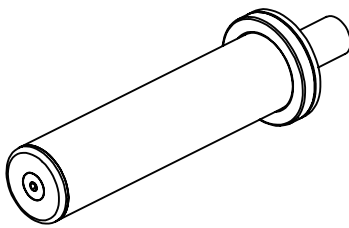


STEP3-PARTS & HARDWARE



18 x2

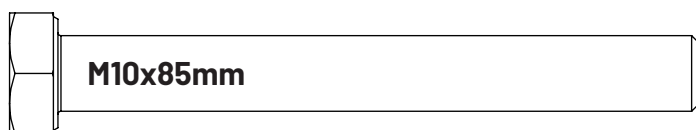
Angled Support Frame



19 x2

Barbell Plate Holder

20 x1



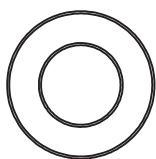
M10x85mm

12 x6



M10x25mm

6 x8



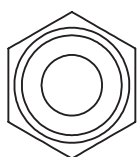
10 Flat Washer

11 x6



10 Spring Washer

8 x1

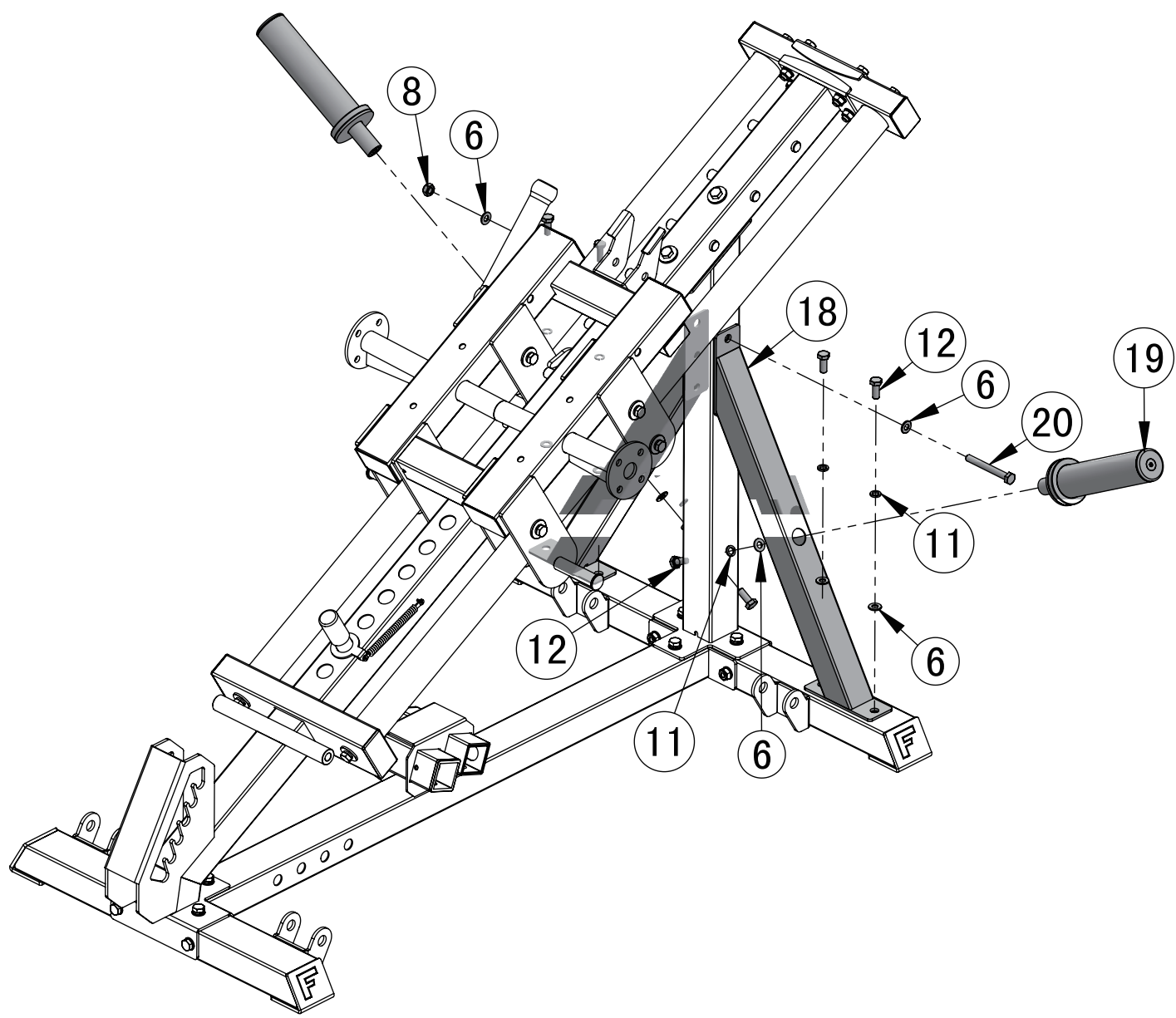


M10 LockNut

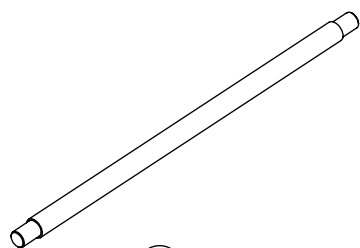
STEP3-ASSEMBLY



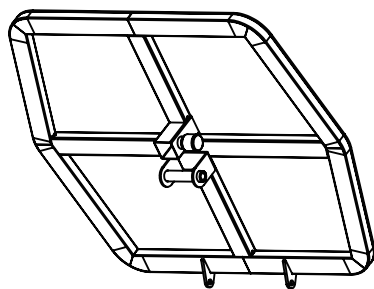
Hand tighten this step's hardware



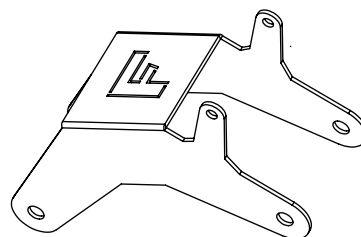
STEP4-PARTS & HARDWARE



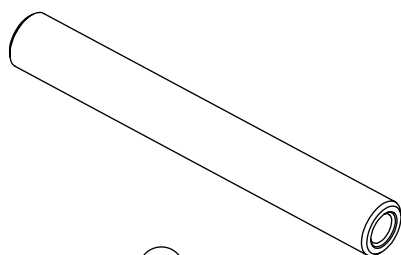
②① x1
M12X270-M10
Double-headed bolt



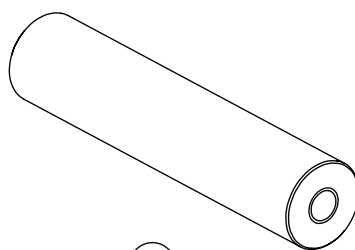
②② x1
Footplate



②③ x1
Support Plate



②④ x2
M15.9X124-M10
Inner Shaft



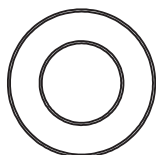
②⑤ x1
Handle

①② x6



M10x25mm

①⑥ x8



10 Flat Washer

①① x6



10 Spring Washer

①⑧ x2

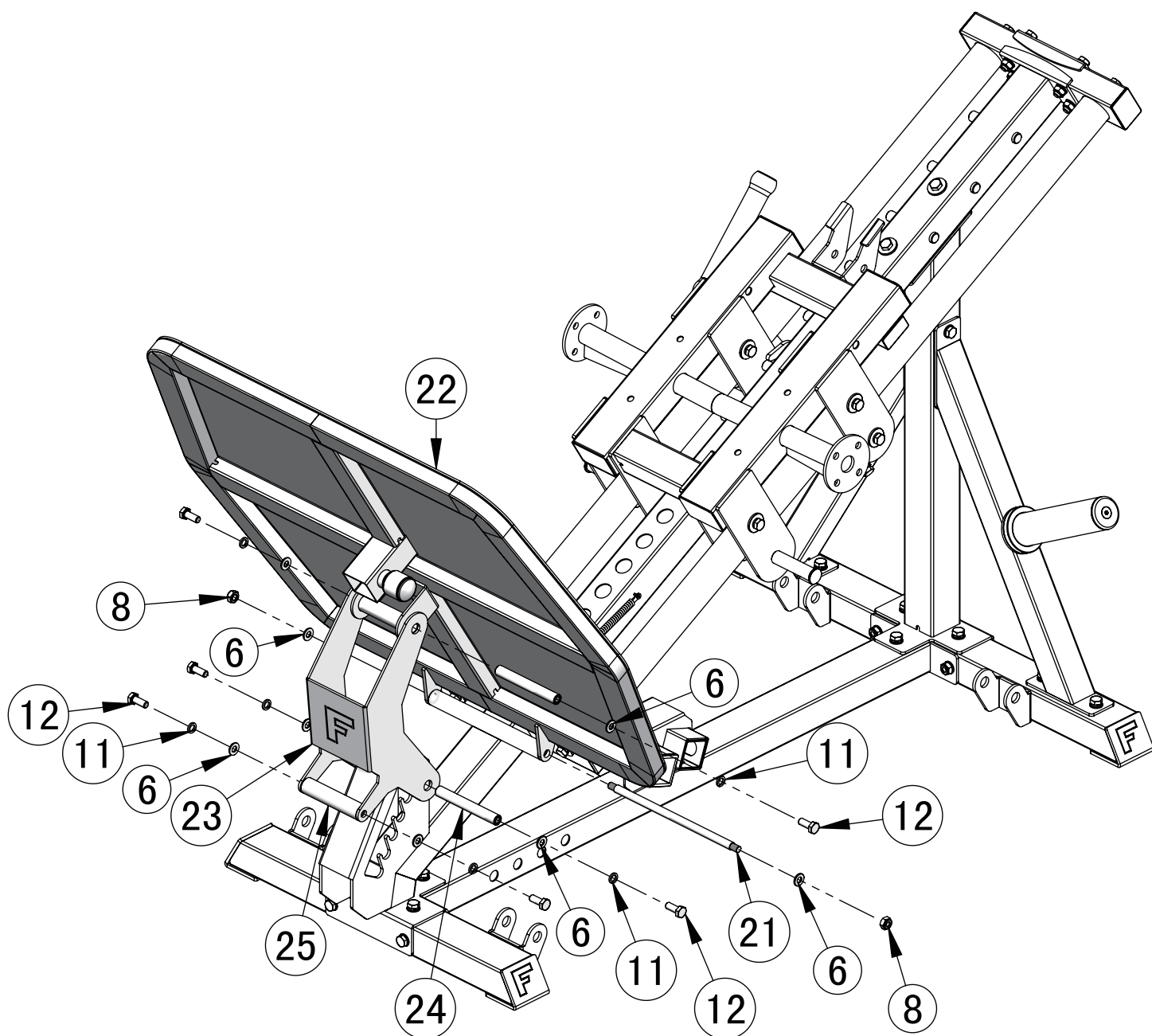


M10 Lock Nut

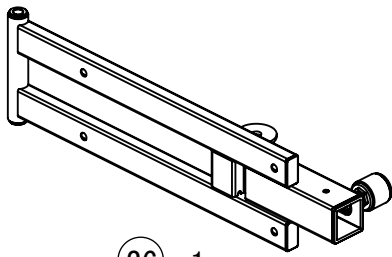
STEP4-ASSEMBLY



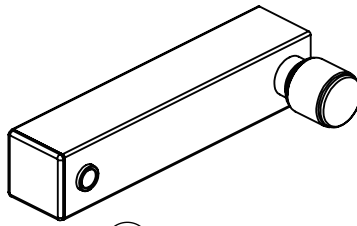
Hand tighten this step's hardware



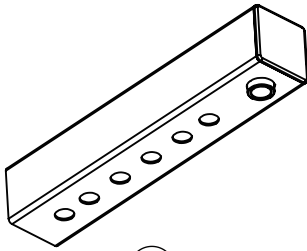
STEP5-PARTS & HARDWARE



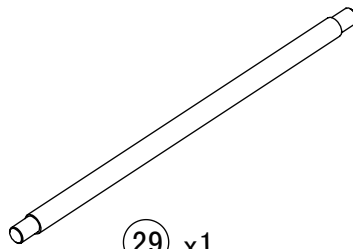
(26) x1
Back Pad Frame



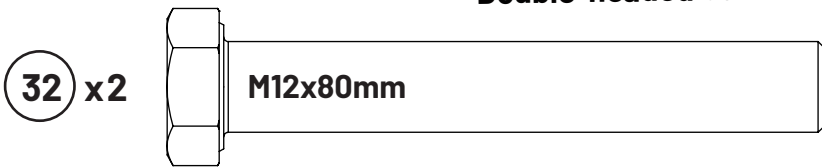
(27) x1
Adjustment Outer Frame



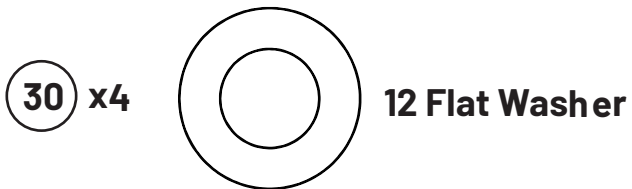
(28) x1
Adjustment Inner Frame



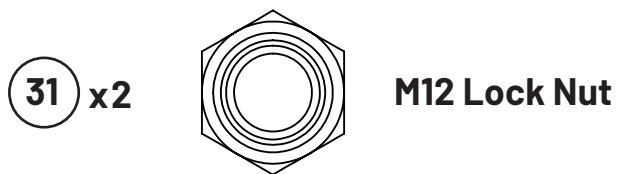
(29) x1
**M12X323-M10
Double-headed bolt**



(32) x2
M12x80mm



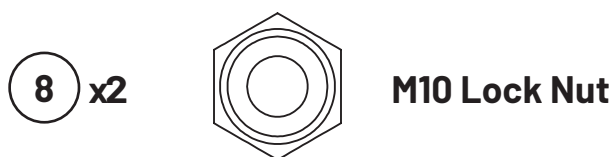
(30) x4
12 Flat Washer



(31) x2
M12 Lock Nut



(6) x2
10 Flat Washer

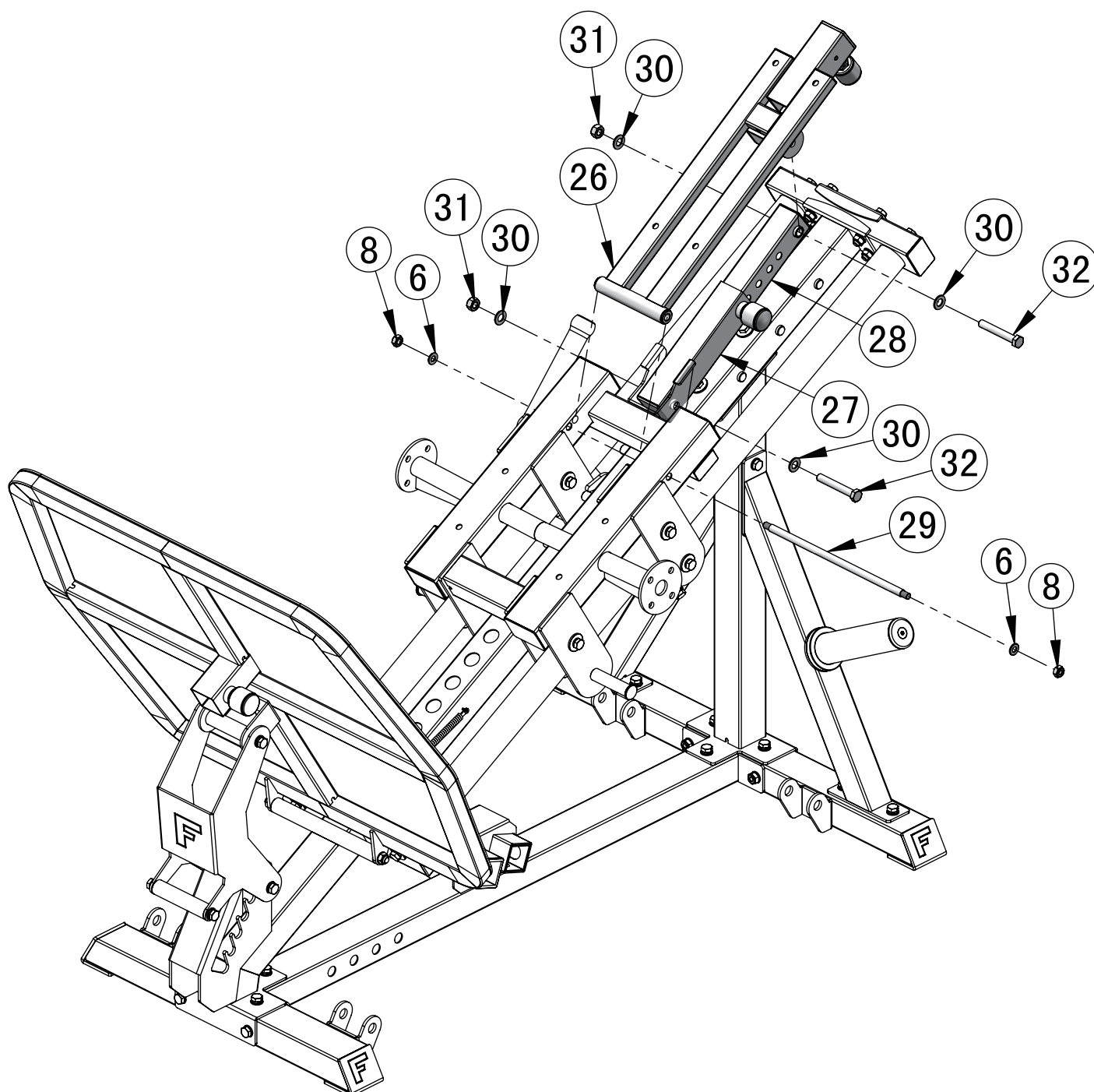


(8) x2
M10 Lock Nut

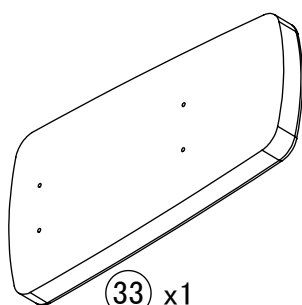
STEP5-ASSEMBLY



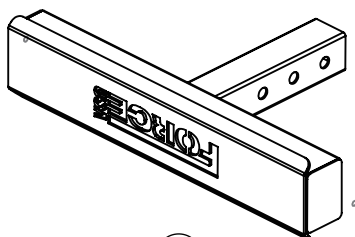
Hand tighten this step's hardware



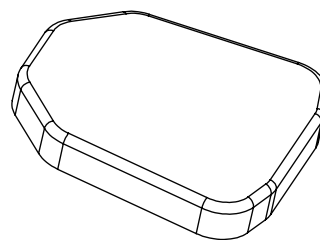
STEP6-ASSEMBLY



33 x1
Back Pad



34 x1
Calf Raise Frame



38 x1
Seat Pad



37 x4

M8x70mm



36 x4

M8x40mm



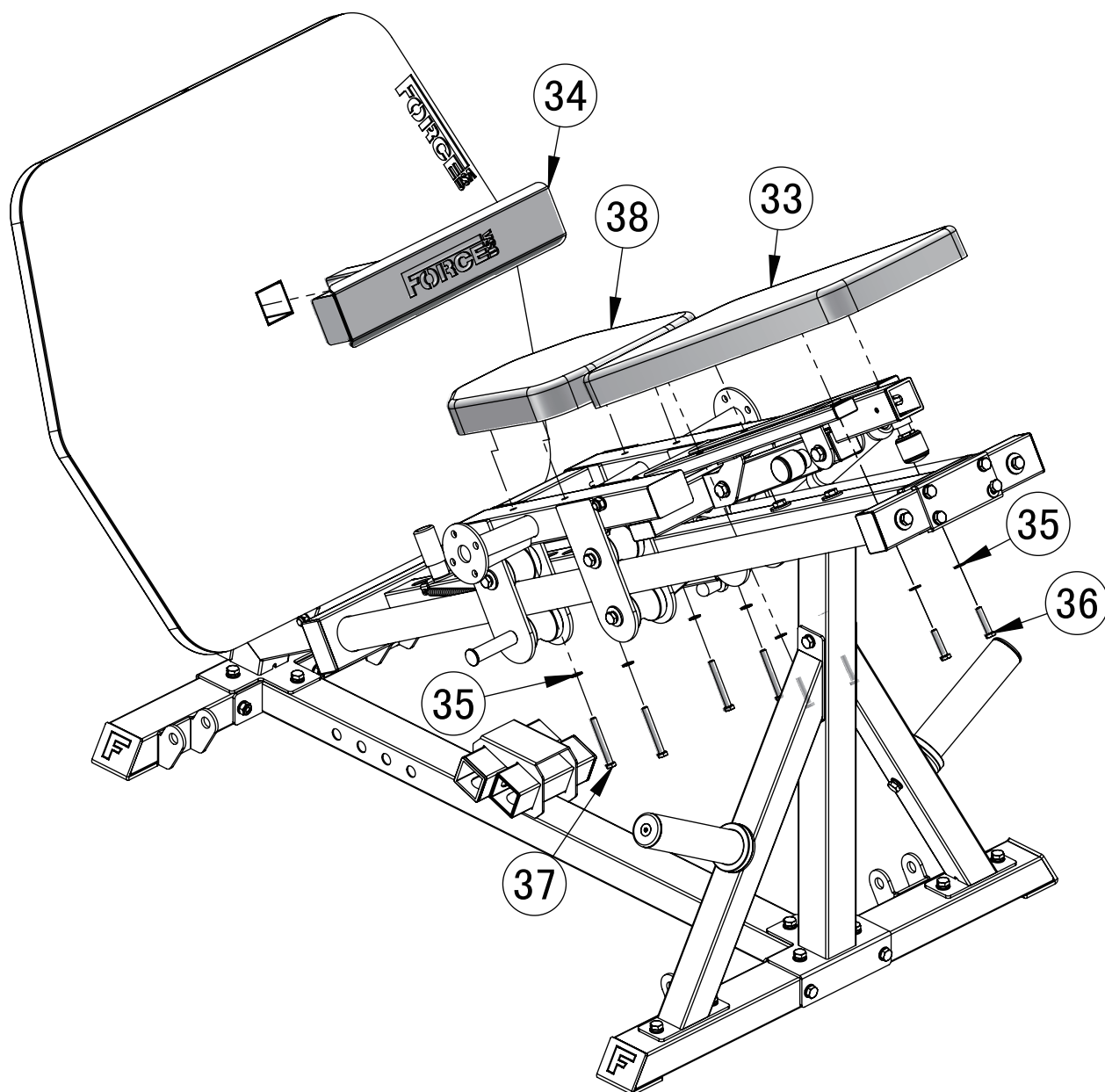
35 x8

8 Flat Washer

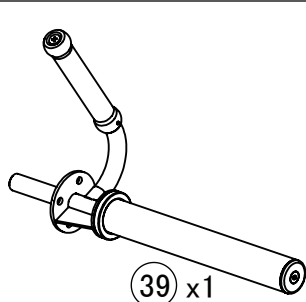
STEP6-ASSEMBLY



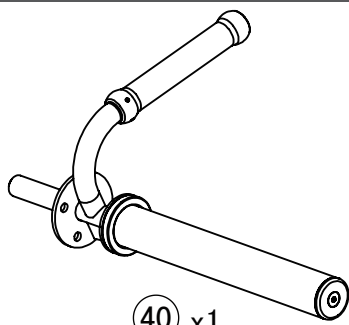
Hand tighten this step's hardware



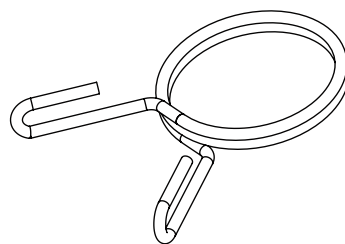
STEP7-PARTS & HARDWARE



**Handle and Weight Plate
Sleeve - Right**



**Handle and Weight Plate
Sleeve - Left**

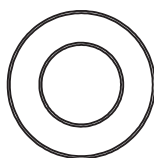


Olympic Spring Collar

12 x 8



6 x16



10 Flat Washer

8 x8

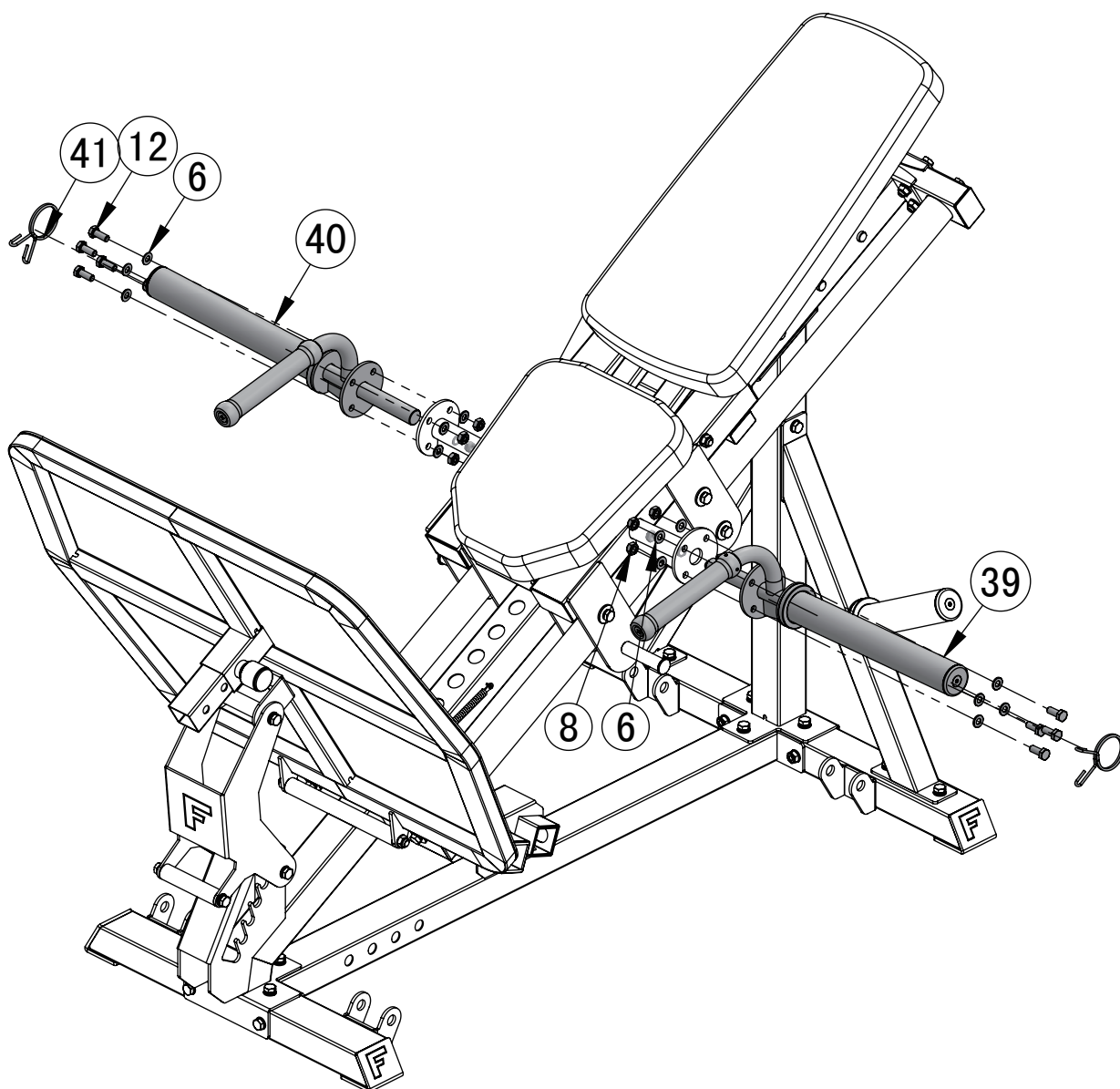


M10 Lock Nut

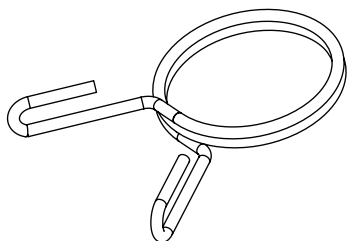
STEP7-ASSEMBLY



Hand tighten this step's hardware

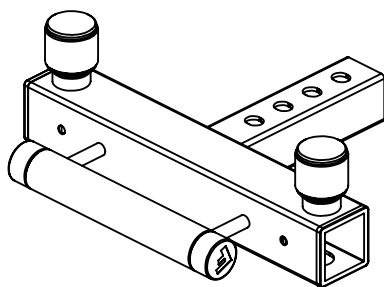


STEP8-PARTS & HARDWARE



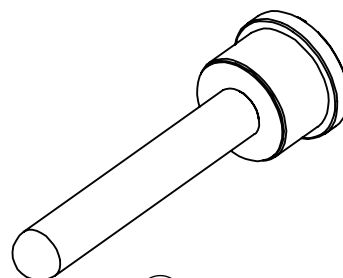
④① x2

Olympic Spring Collar



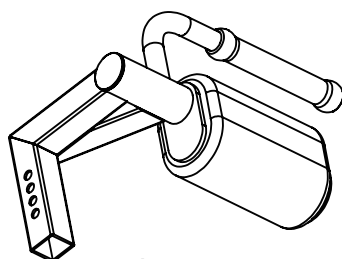
④② x1

Shoulder Pad Frame



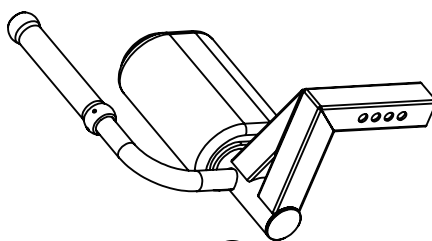
④③ x4

Magnetic Plug Pin



④④ x1

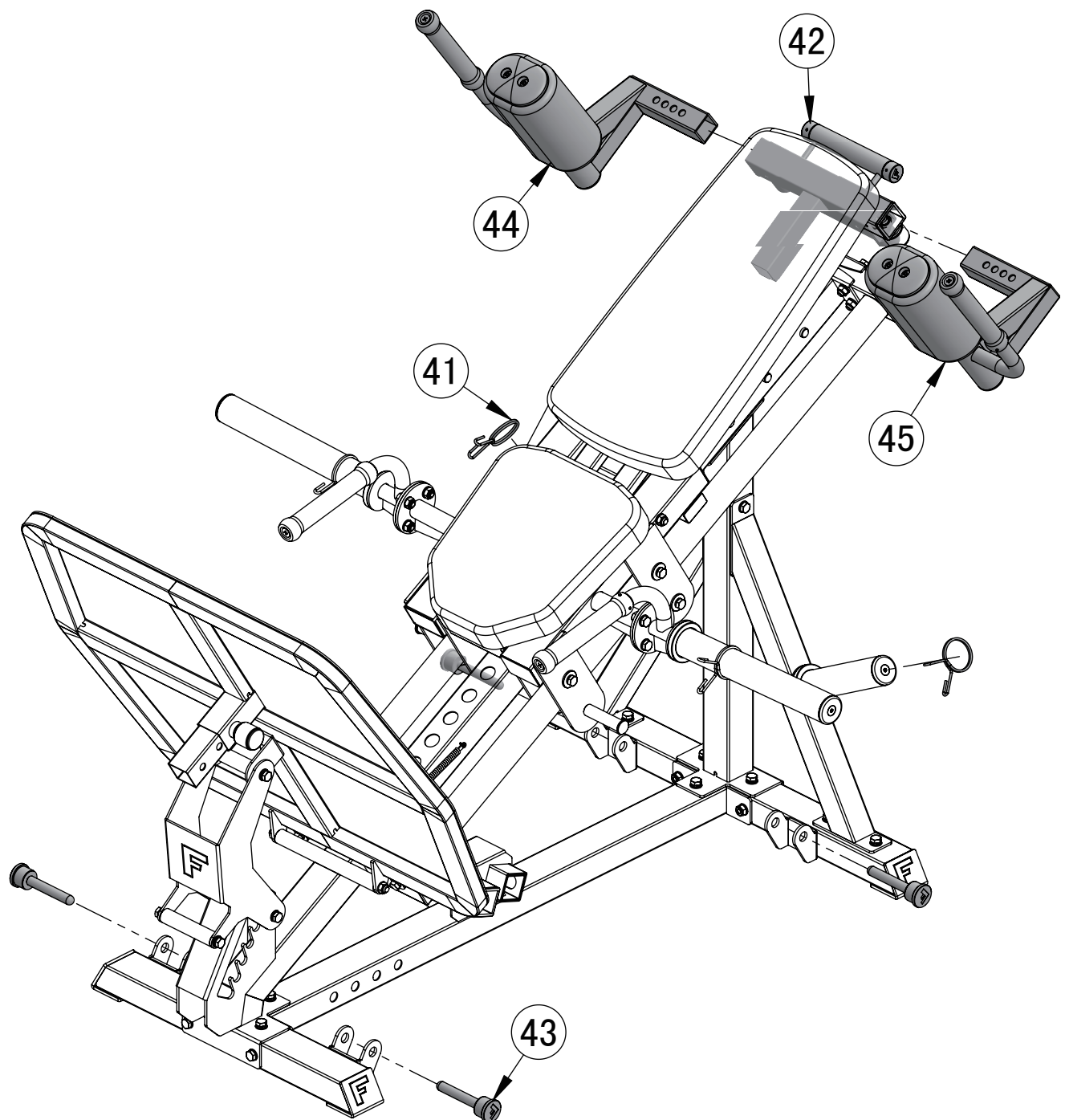
**Shoulder Pad Fixing Tube
Left**



④⑤ x1

**Shoulder Pad Fixing Tube
Right**

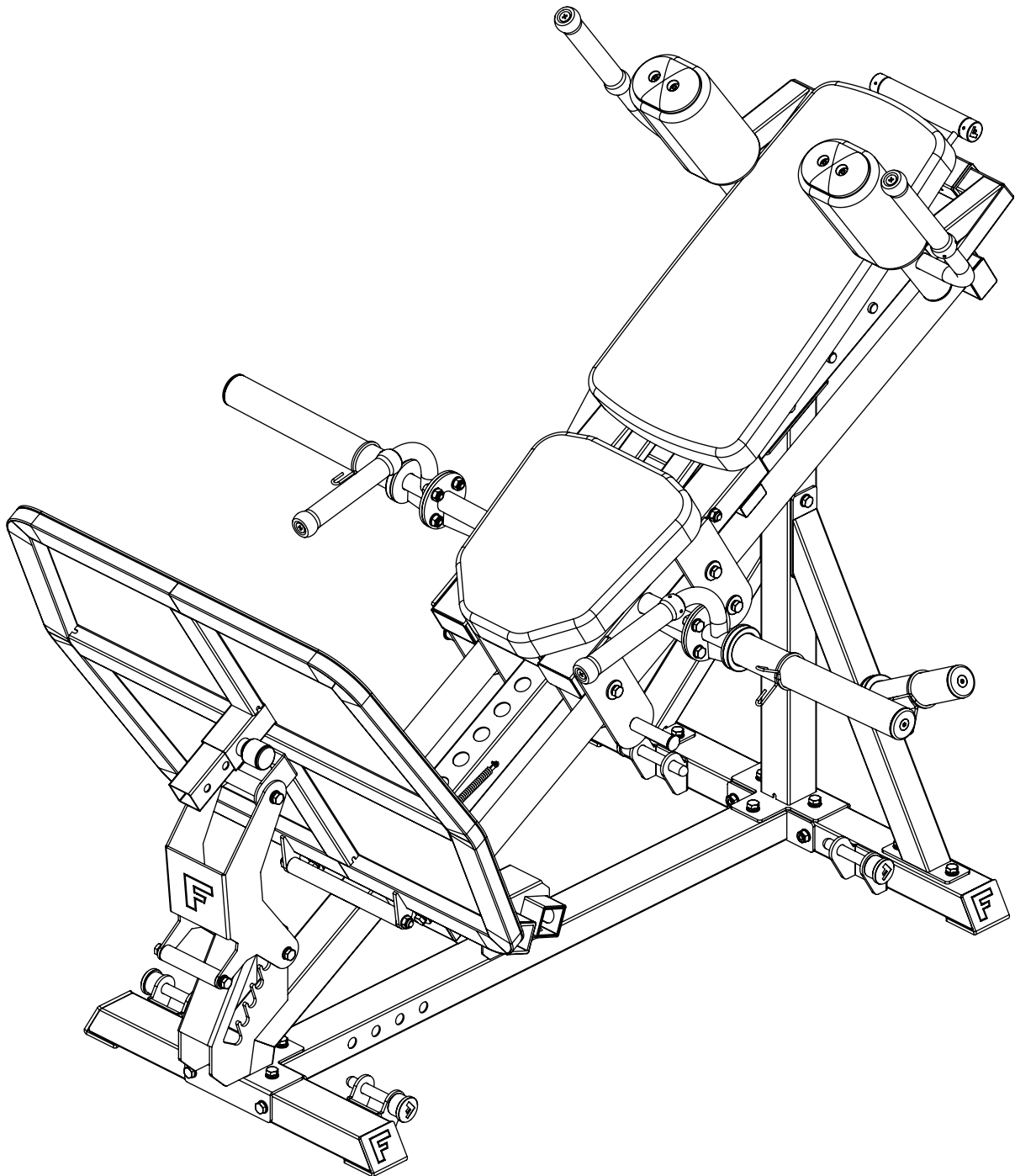
STEP8-ASSEMBLY



FINAL TOUCHES

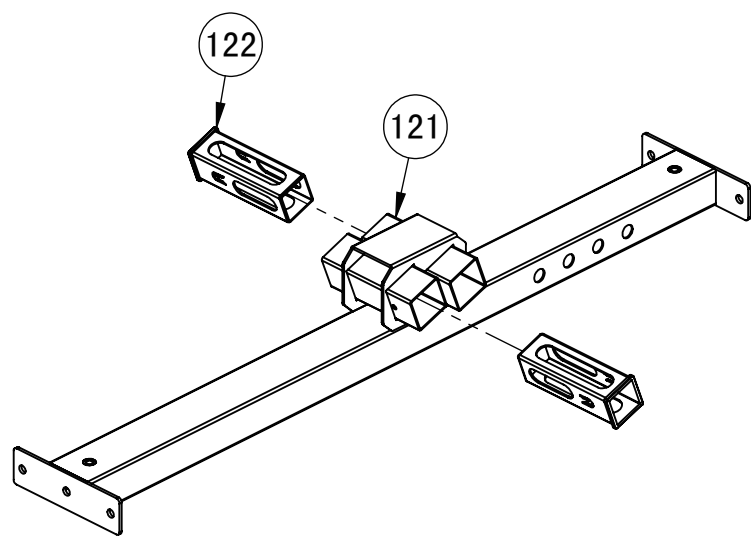


Congratulations! The main unit assembly is complete. The finishing touch is to tighten all the hand tight hardware. We recommend starting at the bottom and working your way up, moving around evenly around the unit where possible. This will help ensure your unit is level and square.



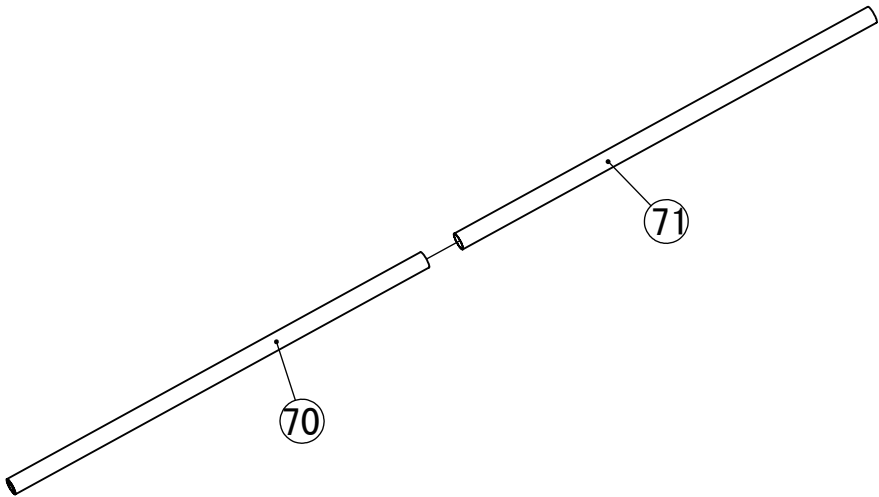
EXPLODED DIAGRAMS

② x1
Base Linking Frame



NO.	Part Name	Speci Cation	QTY
121	Base Linking Frame		1
122	Bushing	□50/40×150	2

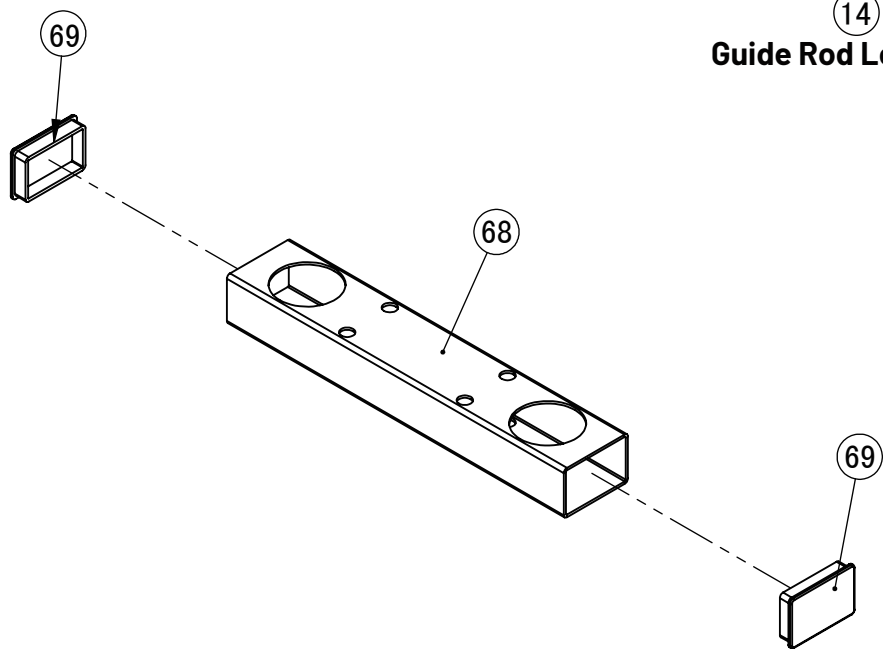
⑬ x2
Guide Rod



NO.	Part Name	Speci Cation	QTY
70	Guide Inner Rod		1
71	Guide Rod	M49.5×0.6	1

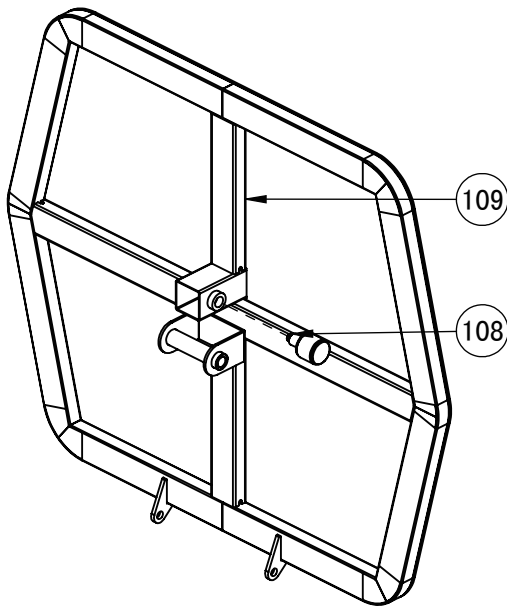
EXPLODED DIAGRAMS

14 x1
Guide Rod Locking Frame



NO.	Part Name	Speci Cation	QTY
68	Guide Rod Locking Frame		1
69	Square Tube Plug	□40×60×2	2

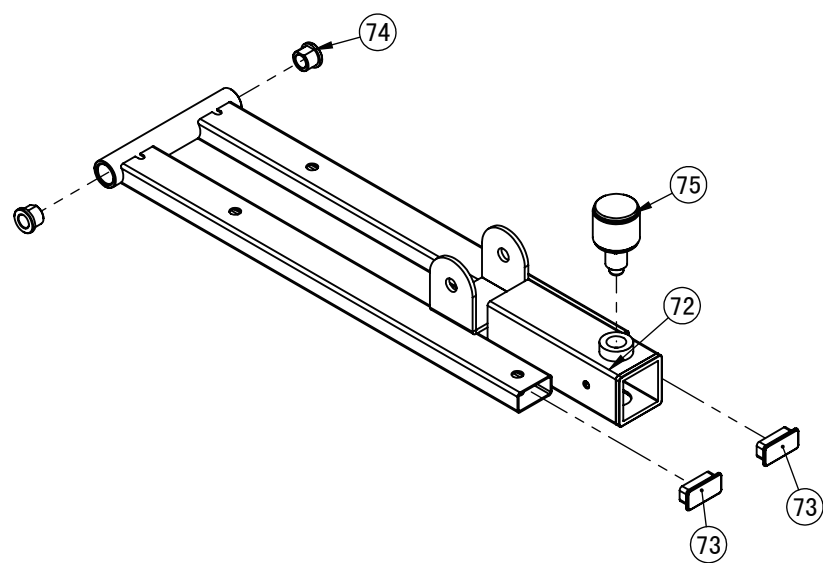
22 x1
Footplate



NO.	Part Name	Speci Cation	QTY
108	Aluminum Knob	M12	1
109	Footplate		1

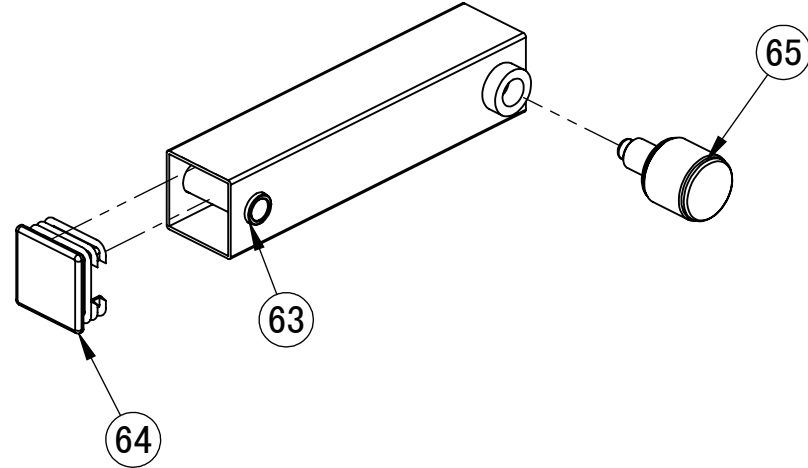
EXPLODED DIAGRAMS

(26) x1
Back Pad Frame



N0.	Part Name	Speci Cation	QTY
72	Back Pad Frame		1
73	Square Tube Plug	□ 40×20×1.5	2
74	Powder Sleeve	M22×M18×M12.2×15	2
75	Aluminum Knob	M12	1
76	Bushing	□ 50/40×150	1

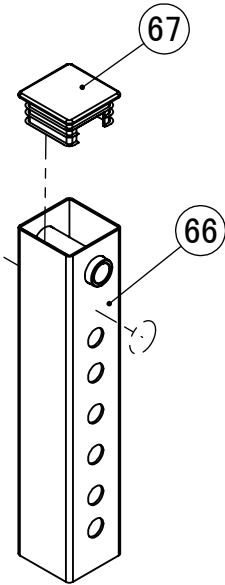
(27) x1
Adjustment Outer Frame



N0.	Part Name	Speci Cation	QTY
63	AdjustmentOuterFram		1
64	Square Tube Plug	□ 50×50×2	1
65	Aluminum Knob	M12	1

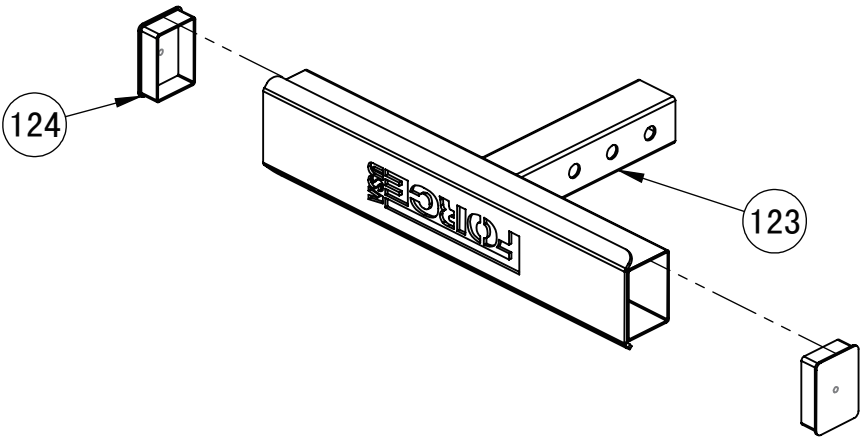
EXPLODED DIAGRAMS

(28) x1
Adjustment Inner Frame



NO.	Part Name	Speci Cation	QTY
66	AdjustmentInnerFrame		1
67	Square Tube Plug	□45×45×2	1

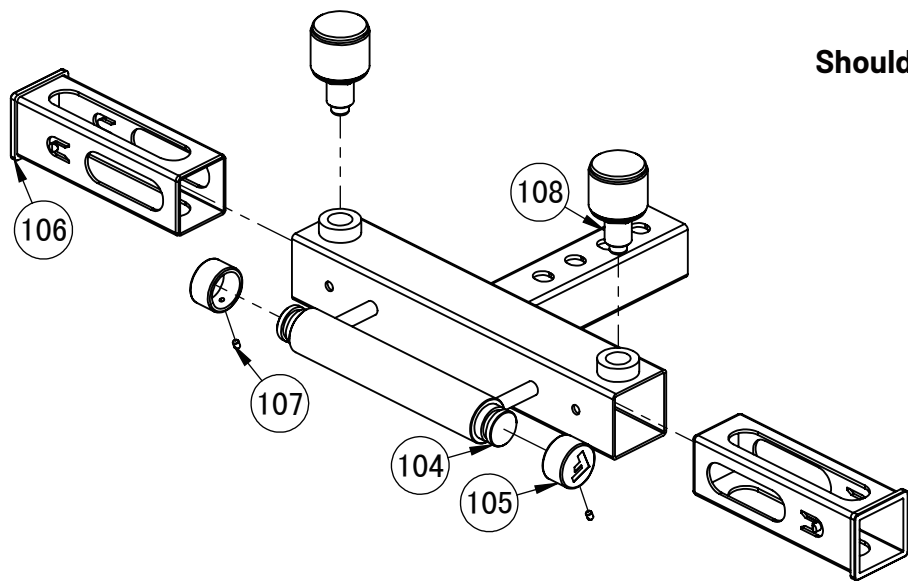
(34) x1
Calf Raise Frame



NO.	Part Name	Speci Cation	QTY
123	Calf Raise Frame		1
124	Square Tube Plug	□50×70×2	2

EXPLODED DIAGRAMS

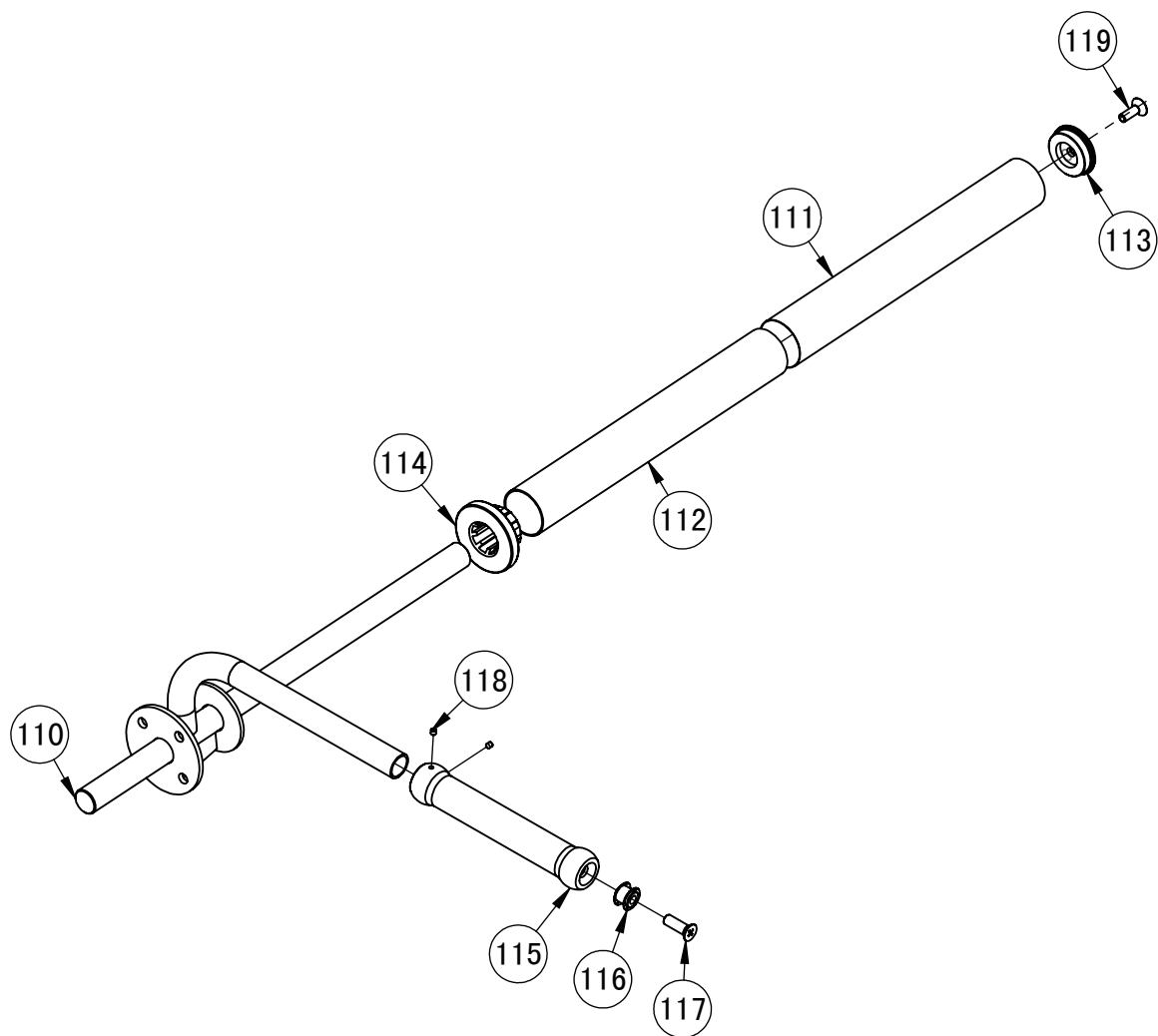
④2 x1
Shoulder Pad Frame



NO.	Part Name	Speci Cation	QTY
104	ShoulderPad Frame		1
105	DetentRing	M32	2
106	Bushing	□50/40×150	2
107	Hexagon bolt	M4x5	2
108	Aluminum Knob	M12	2

EXPLODED DIAGRAMS

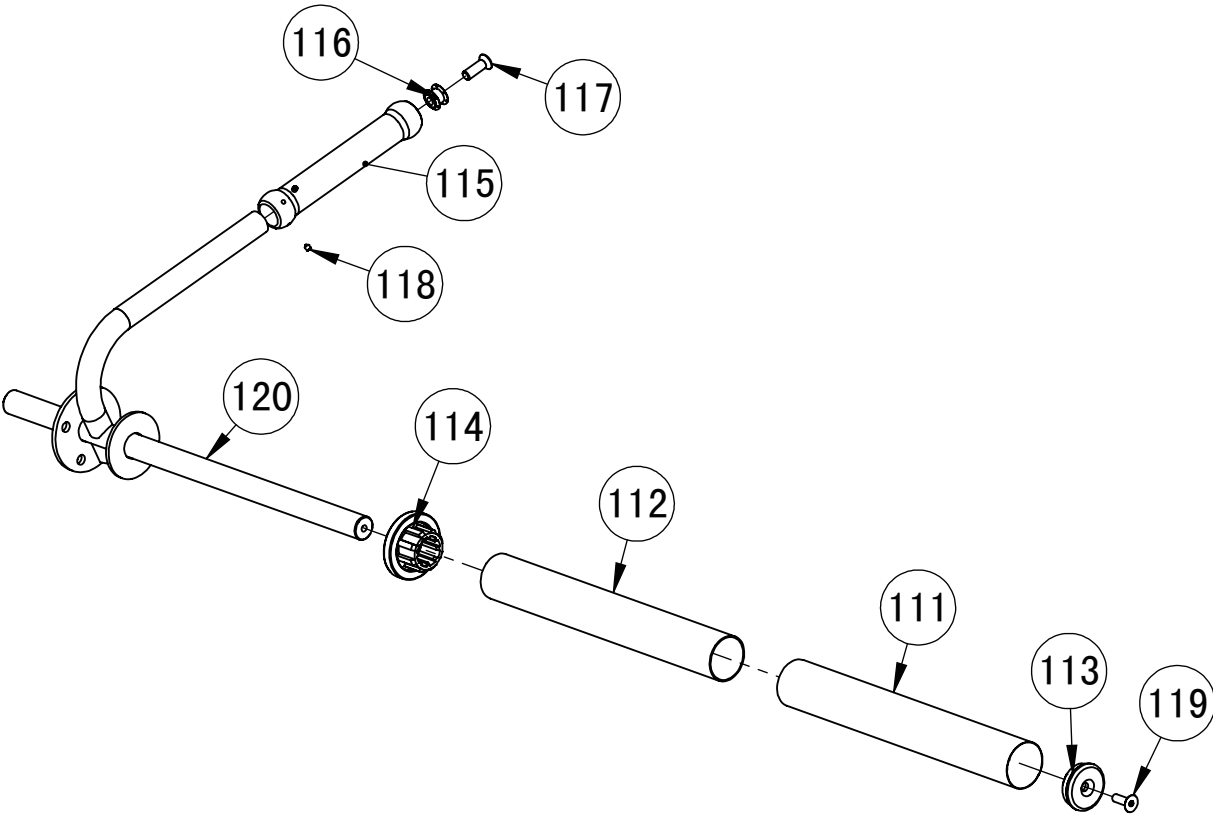
39 x1
Handle and Weight Plate
Sleeve - Right



NO.	Part Name	Speci Cation	QTY
110	Handle and Weight Plate Sleeve - Right		1
111	Outer Thimble		1
112	Inner Thimble		1
113	Aluminum Cap	M50	1
114	Aluminum Knob	M12	1
115	Internal Support Sleeve		1
116	Shrapnel Nut	M23-M10	1
117	Hexagon Blot	M10x25	1
118	Hexagon Blot	M5x6	2
119	Hexagon Blot	M8x25	1

EXPLODED DIAGRAMS

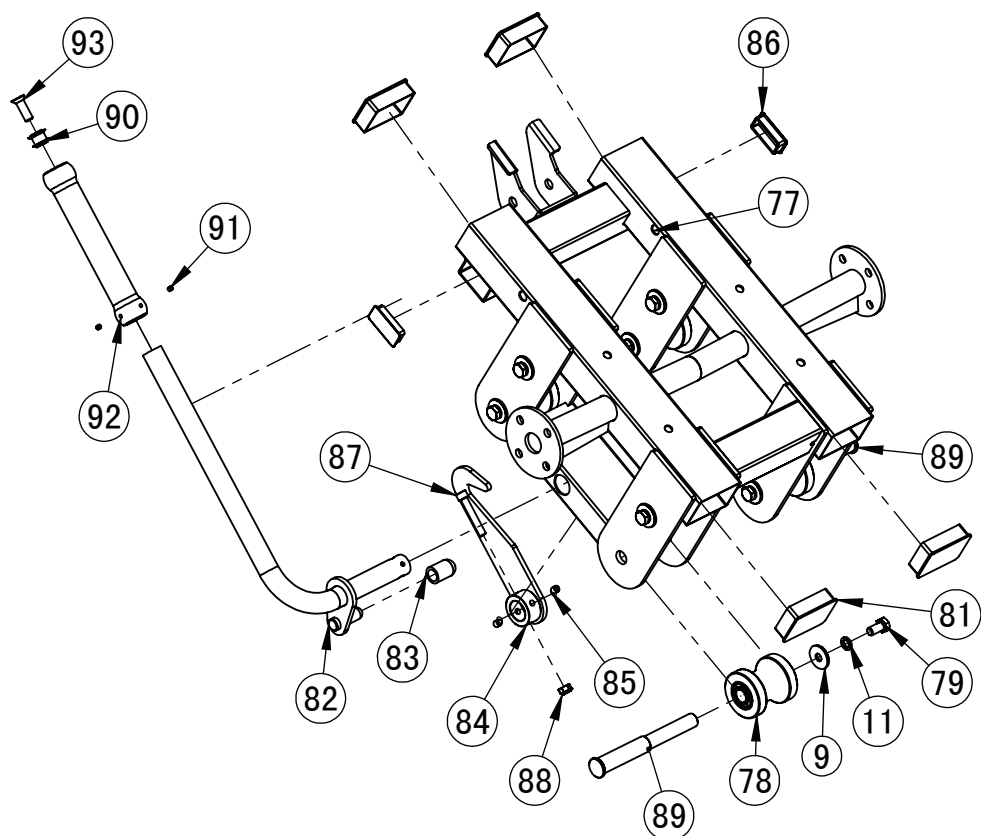
④0 x1
Handle and Weight Plate
Sleeve - Left



NO.	Part Name	Speci Cation	QTY
120	Handle and Weight Plate Sleeve - Left		1
111	Outer Thimble		1
112	Inner Thimble		1
113	Aluminum Cap	M50	1
114	Aluminum Knob	M12	1
115	Internal Support Sleeve		1
116	Shrapnel Nut	M23- M10	1
117	Hexagon Bolt	M10x25	1
118	Hexagon Bolt	M5x6	2
119	Hexagon Bolt	M8x25	1

EXPLODED DIAGRAMS

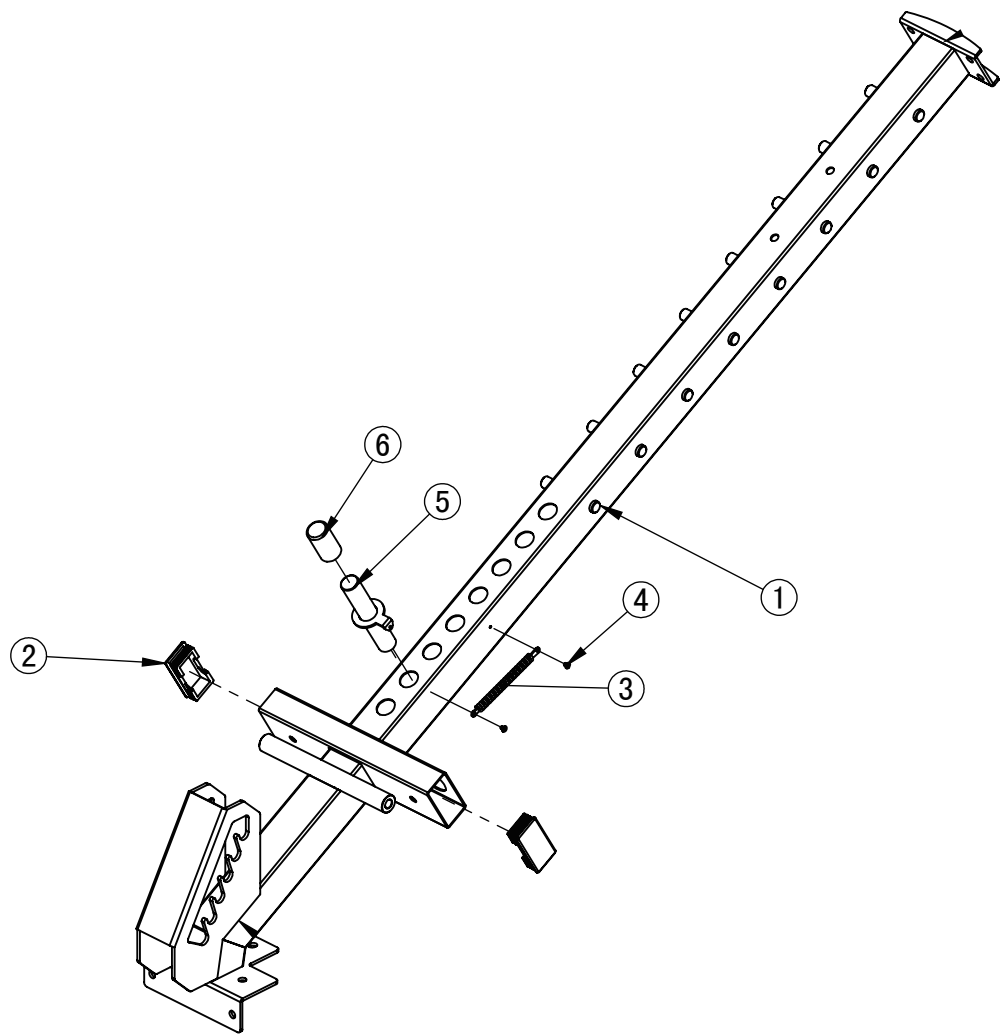
16 x1 Sliding Carriage



NO.	Part Name	Speci Cation	QTY
9	Flat Washer	M30xM10x3	14
11	Spring Washer	M10	14
77	Sliding Carriage		1
78	Roller		8
79	Hexagon Blot	M10×20	14
80	Inner Shaft	M17x82-M10	6
81	Square Tube Plug	50x70x2	4
82	Handle		1
83	Cushion Collar	M21x35	1
84	Hook		1
85	Hexagon Blot	M8x10	2
86	Square Tube Plug	□ 25×50×1.5	2
87	Hexagon Blot	M8x50	1
88	Nut	M8	1
89	Roller Long Shaft	M25	2
90	Shrapnel Nut	M23-M10	1
91	Hexagon Blot	M5×6	2
92	Handle Sleeve	M8x33	1
93	Hexagon Blot	M10×25	1

EXPLODED DIAGRAMS

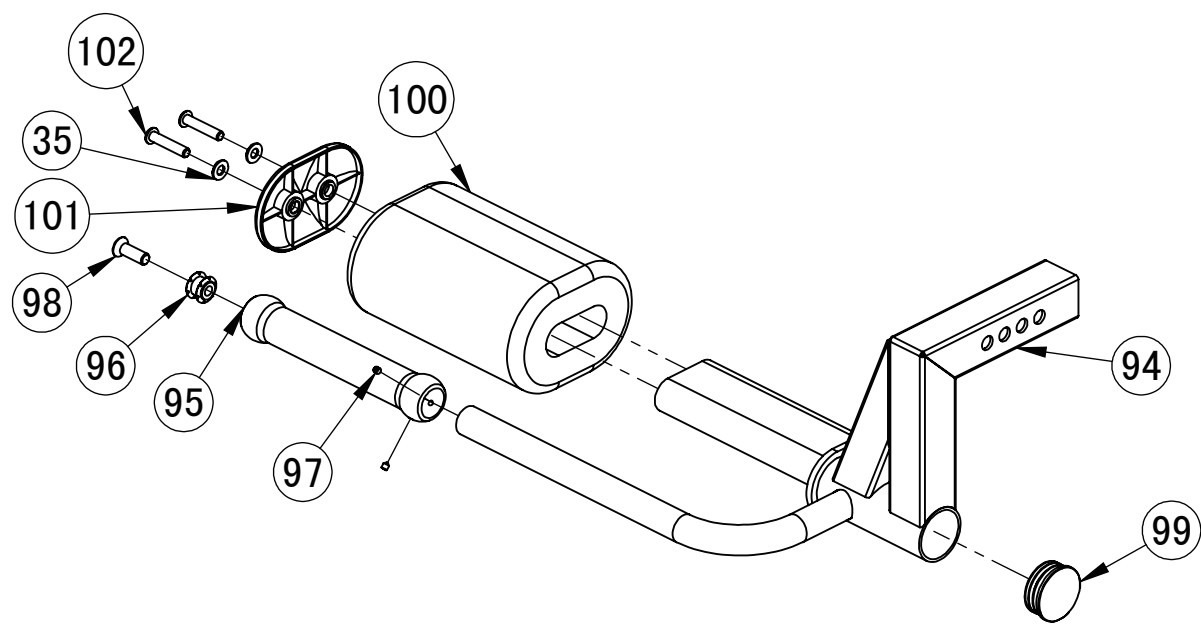
⑤ x1
Centre Frame



NO.	Part Name	Speci Cation	QTY
1	CentreFrame		1
2	Square Tube Plug	□40×80×2	2
3	RetractableRope	110	1
4	Hexagon Blot	M4x5	2
5	Limiting Shaft		1
6	ProtectiveCasing		1

EXPLODED DIAGRAMS

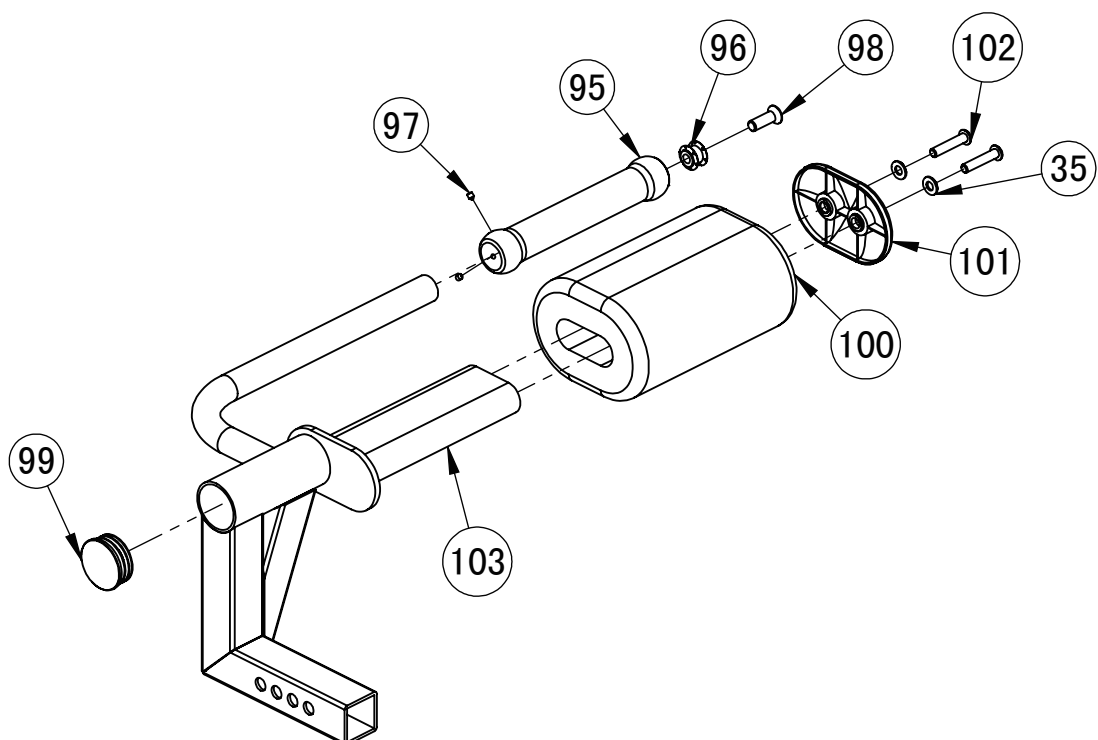
(45) x1
Shoulder Pad Fixing Tube
Right



N0.	Part Name	Speci Cation	QTY
94	ShoulderPad Fixing Tube Right		1
95	Aluminum alloy handle		1
96	Shrapnel Nut	M23-M10	1
97	Hexagon Blot	M5×6	2
98	Hexagon Blot	M10×25	1
99	Square Tube Plug	M48X2.5	1
100	Sponge		1
101	Sponge Cap	118*78*15	1
35	Flat Washer	M8	2
102	Hexagon Blot	M8×40	2

EXPLODED DIAGRAMS

(44) x1
Shoulder Pad Fixing Tube
Left



NO.	Part Name	Speci Cation	QTY
94	ShoulderPad Fixing Tube Left		1
95	Aluminum alloy handle		1
96	Shrapnel Nut	M23-M10	1
97	Hexagon Blot	M5×6	2
98	Hexagon Blot	M10×25	1
99	Square Tube Plug	M48X2.5	1
100	Sponge		1
101	Sponge Cap	118*78*15	1
35	Flat Washer	M8	2
102	Hexagon Blot	M8×40	2

TROUBLESHOOTING

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 the weight stack by screwing it in/out of the top plate or by choosing a different bolt hole on the floating pulley.

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. Ensure the cable routing is correct so that it does not pass over or under bolts or the frame.

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

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



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

FORCE^{USA}

forceusa.com