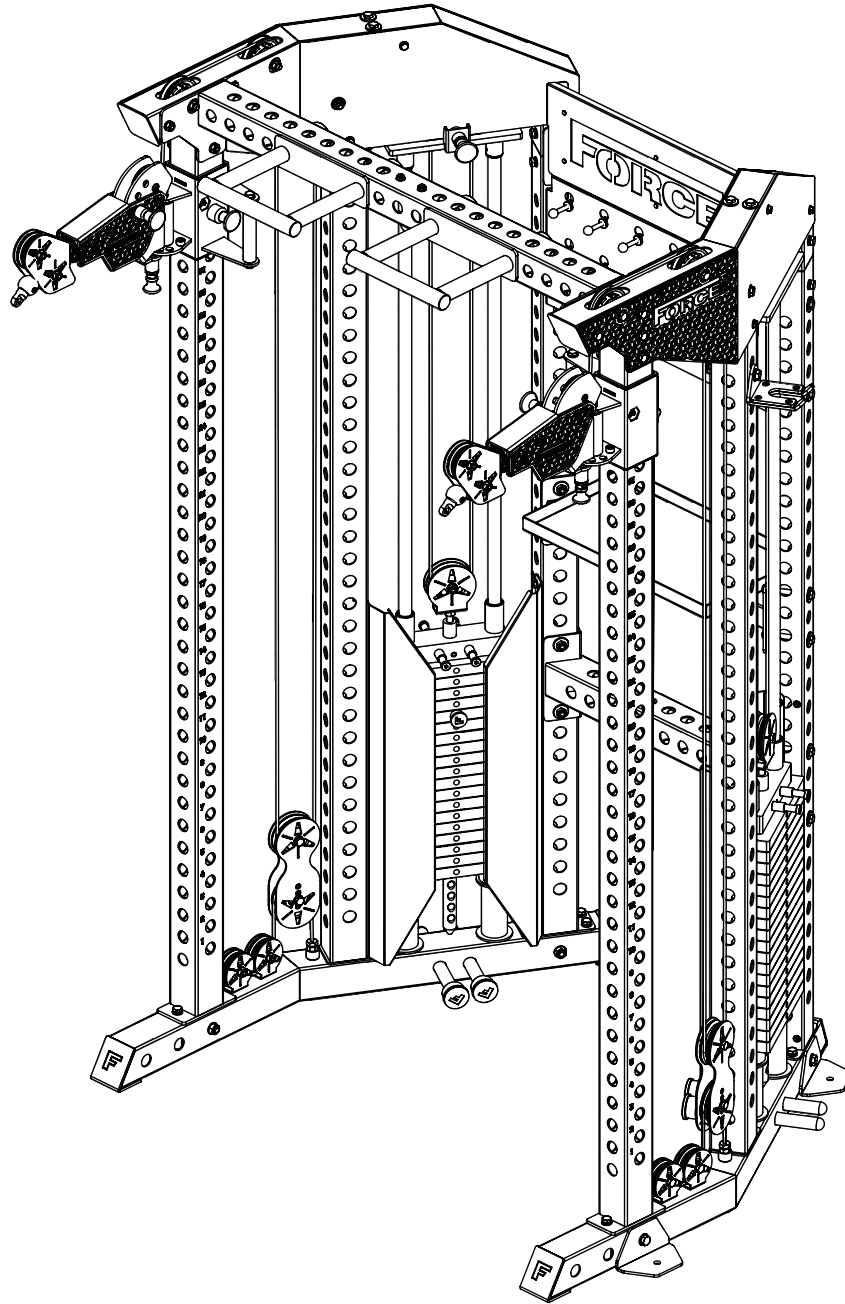


# FORCE<sup>USA</sup>



USER MANUAL | **F-FTR**



# **THANK YOU FOR YOUR PURCHASE**

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your equipment and our latest support  
videos, please visit:**

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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:

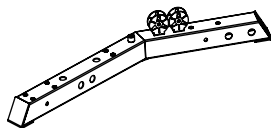
### Daily Maintenance

- 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

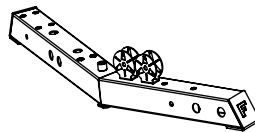
### Monthly Maintenance

- 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

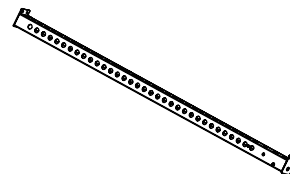
# HARDWARE IDENTIFIER



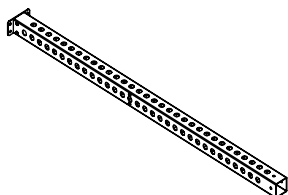
**1** x1 3118 Right Bottom Beam Weldment Assembly



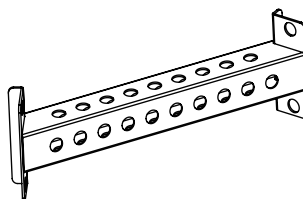
**2** x1 3118 Left Bottom Beam Weldment Assembly



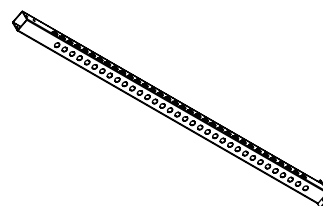
**11** x2 3118 Middle Column Assembly



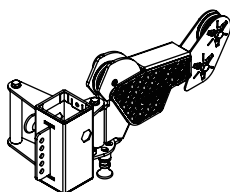
**3** x2 3118 Rear Column Assembly



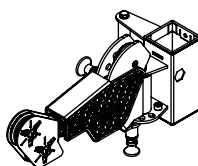
**4** x1 3118 Rear Lower Connecting Pipe Weldment



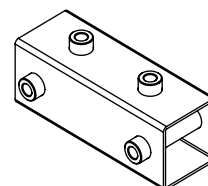
**12** x2 3118 Front Column Weldment



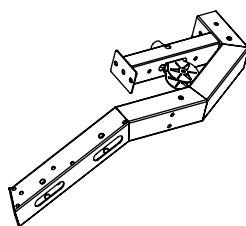
**14** x1 3141 Flying Bird Slide Sleeve Left



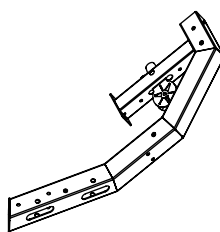
**13** x1 3141 Flying Bird Slide Sleeve Right



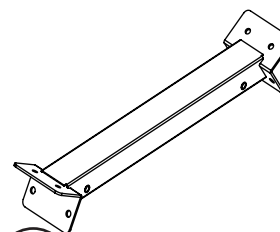
**16** x2 3118 Inner Insert Pipe Weldment



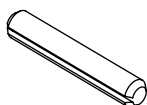
**15** x1 3118 Left Upper Beam Assembly



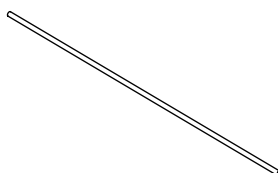
**17** x1 3118 Right Upper Beam Assembly



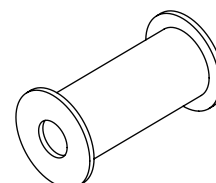
**20** x1 3118 Rear Connecting Pipe Weldment Assembly



**21** x2 10x60 Straight - grooved Elastic Cylindrical Pin

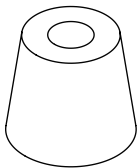


**22** x4 1915 Guiding rod Component

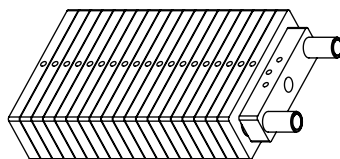


**24** x4 3141 Counterweight Support Weldment

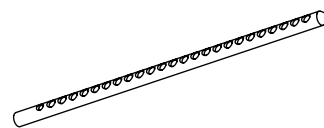
# HARDWARE IDENTIFIER



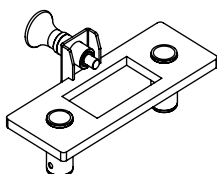
**23** x4 60 - 27 Shock Absorption Pad



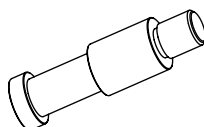
**25** x2 90KG Counterweight Assembly Group (Top Sheet with Wire)



**26** x2 24+1 Lifting Rod



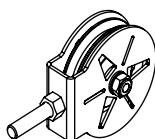
**27** x2 2KG Auxiliary Counterweight Assembly - 3118



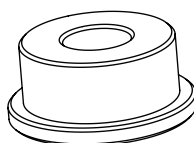
**28** x8 3129 Elastic Cord Hanging Shaft



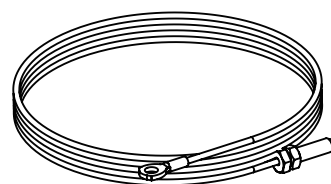
**40** x2 Movable Pulley Frame Assembly USA



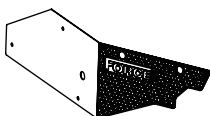
**33** x2 3141 Counterweight Pulley Frame Assembly



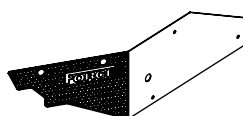
**56** x16 3118 Storage Connection Weldment



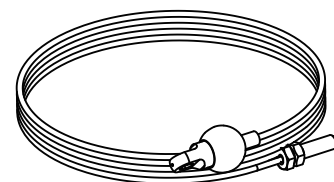
**9** x2 3118 Steel Wire Rope Eyelet Assembly



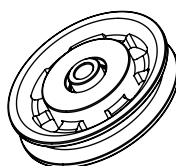
**35** x1 3118 Left Decorative Panel Assembly



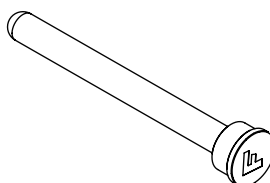
**36** x1 3118 Right Decorative Panel Assembly



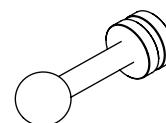
**42** x2 3118 Flying Bird Steel Wire Rope Component



**31** x6 90 Aluminum Alloy Pulley

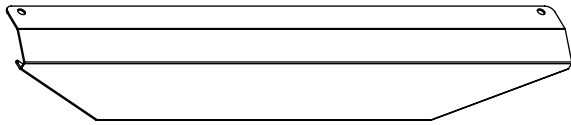


**62** x4 25 Elastic Cord Magnetic Latch

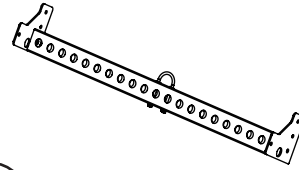


**60** x8 50 - Length Quick - Release Pin Assembly

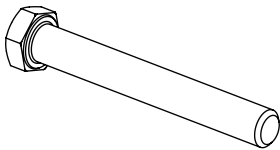
# HARDWARE IDENTIFIER



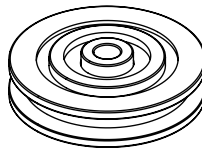
**55** x4 3129 Protective Cover



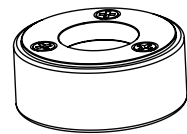
**34** x1 3118 Front Upper Beam Connecting Pipe Assembly



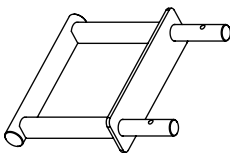
**47** x1 M12x95 Hexagon Head Bolt (Black)



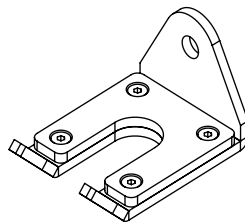
**44** x4  $\phi$  75 Aluminum Alloy Pulley



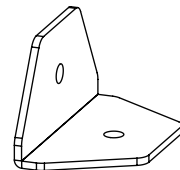
**51** x4 M25 Nut Assembly



**50** x2 3141 High - Pull Handle Weldment



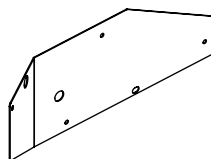
**49** x1 3118 Lifting Rod Hanging Piece Assembly



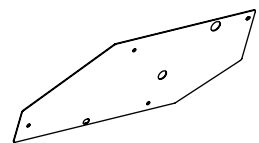
**61** x4 3141 Foot Fixing Plate



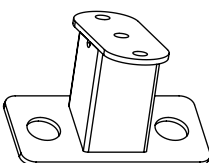
**52** x1 3118 Rear Decorative Panel Assembly



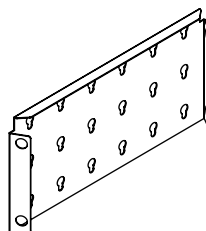
**53** x1 3118 Decorative Panel Inner Left



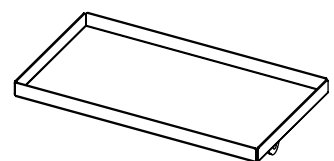
**54** x1 3118 Decorative Panel Inner Right



**56** x2 3118 Storage Connection Weldment



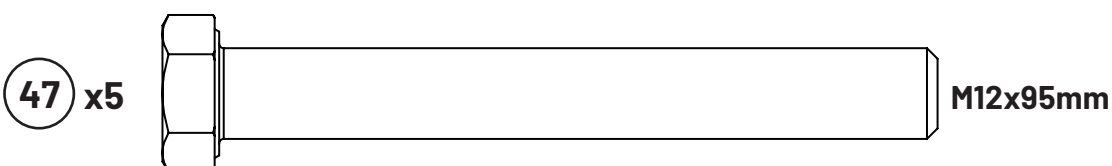
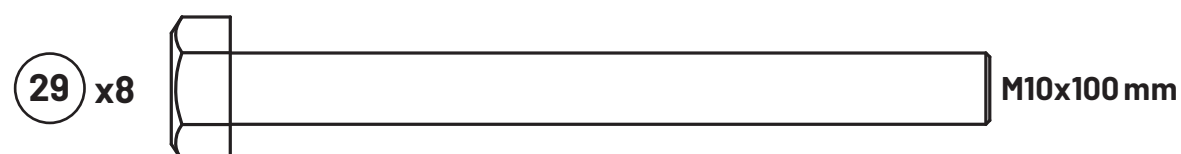
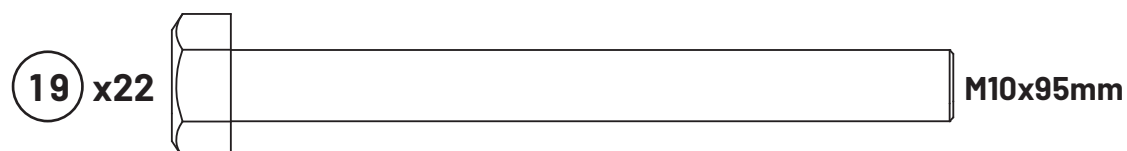
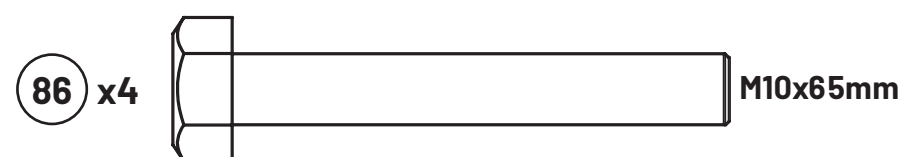
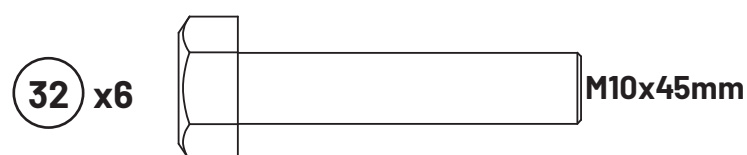
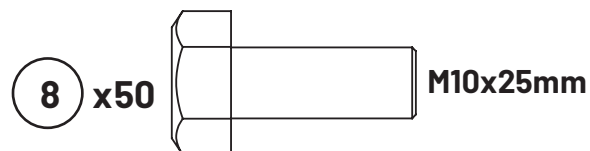
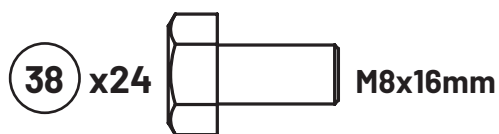
**57** x1 3118 Rear Hook Plate



**59** x1 3118 Adjustable Storage Disk Weldment

# HARDWARE IDENTIFIER

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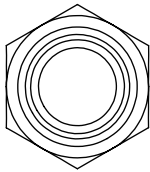
# HARDWARE IDENTIFIER

10 x40



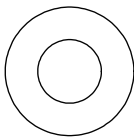
M10 Lock Nut

48 x5



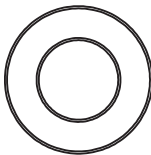
M12 Lock Nut

37 x6



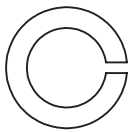
8 Flat Washer

6 x76



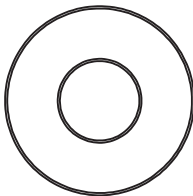
10 Flat Washer

7 x36



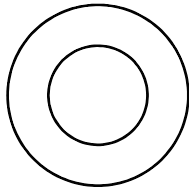
10 Spring Washer

18 x4

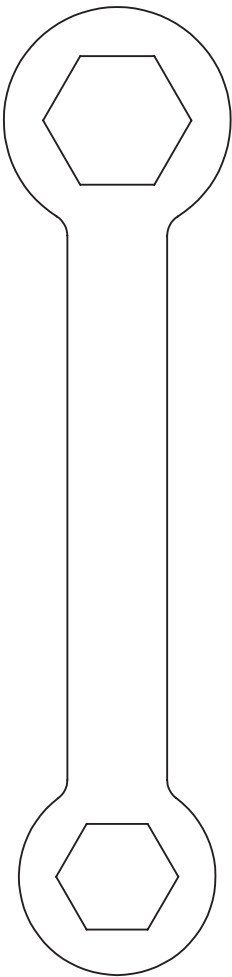


Large Flat Washer

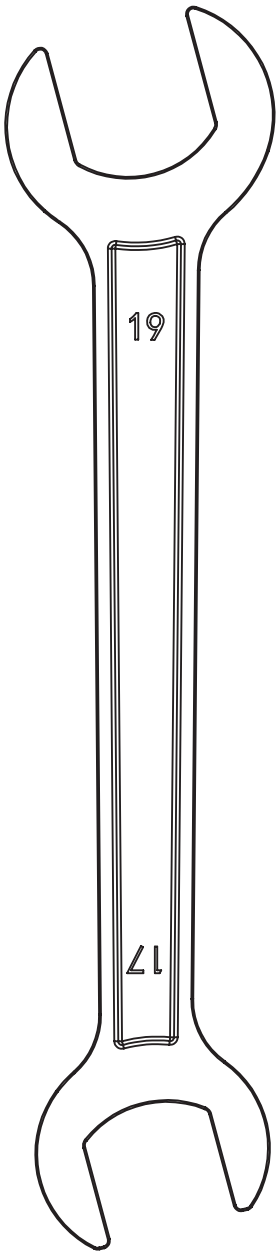
46 x10



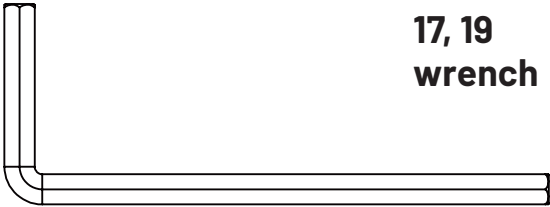
12 Flat Washer



14, 17  
wrench



17, 19  
wrench

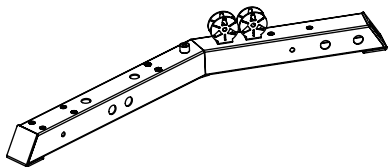


4mm

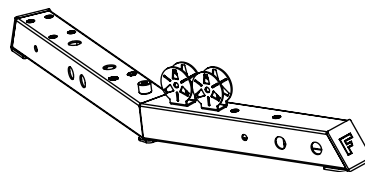




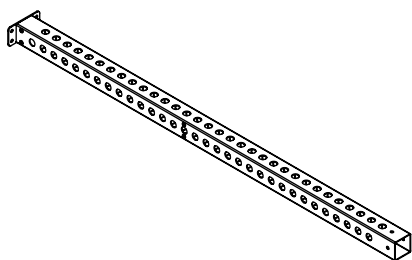
# STEP 1 - PARTS & HARDWARE



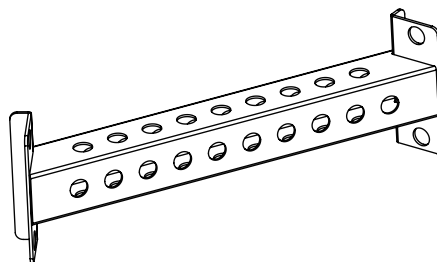
**1** x1 3118 Right Bottom Beam Weldment Assembly



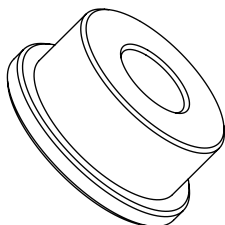
**2** x1 3118 Left Bottom Beam Weldment Assembly



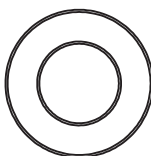
**3** x2 3118 Rear Column Assembly



**4** x1 3118 Rear Lower Connecting Pipe Weldment



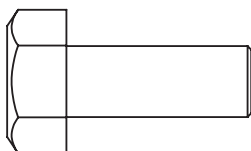
**5** x8 Screw Bushing



**6** x8  $\phi$  10 Flat Washer (Black)



**7** x8  $\phi$  10 Spring Washer (Black)

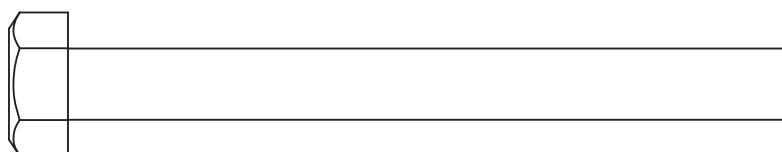


**8** x8

M10x25mm



**10** x4 M10 Lock Nut (Black)

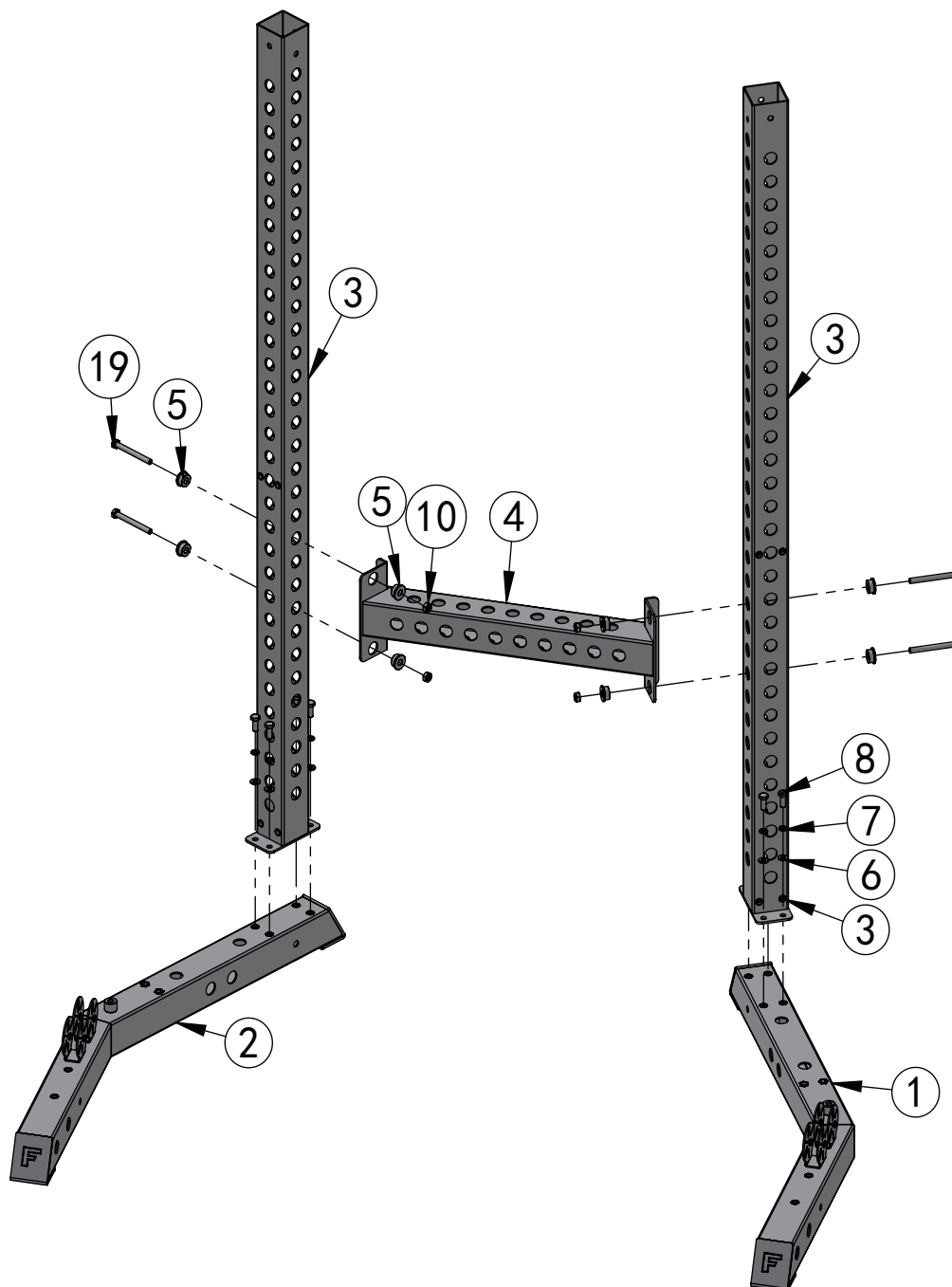


**19** x4

M10x95mm

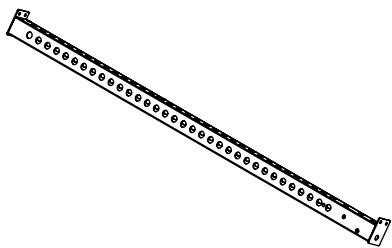
# STEP 1 - ASSEMBLY

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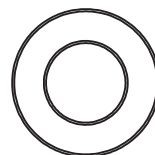


# STEP 2 -PARTS & HARDWARE

---



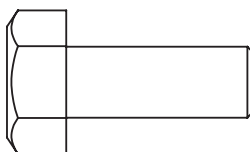
**11** x2 3118 Middle Column Assembly



**6** x4  $\phi$  10 Flat Washer (Black)



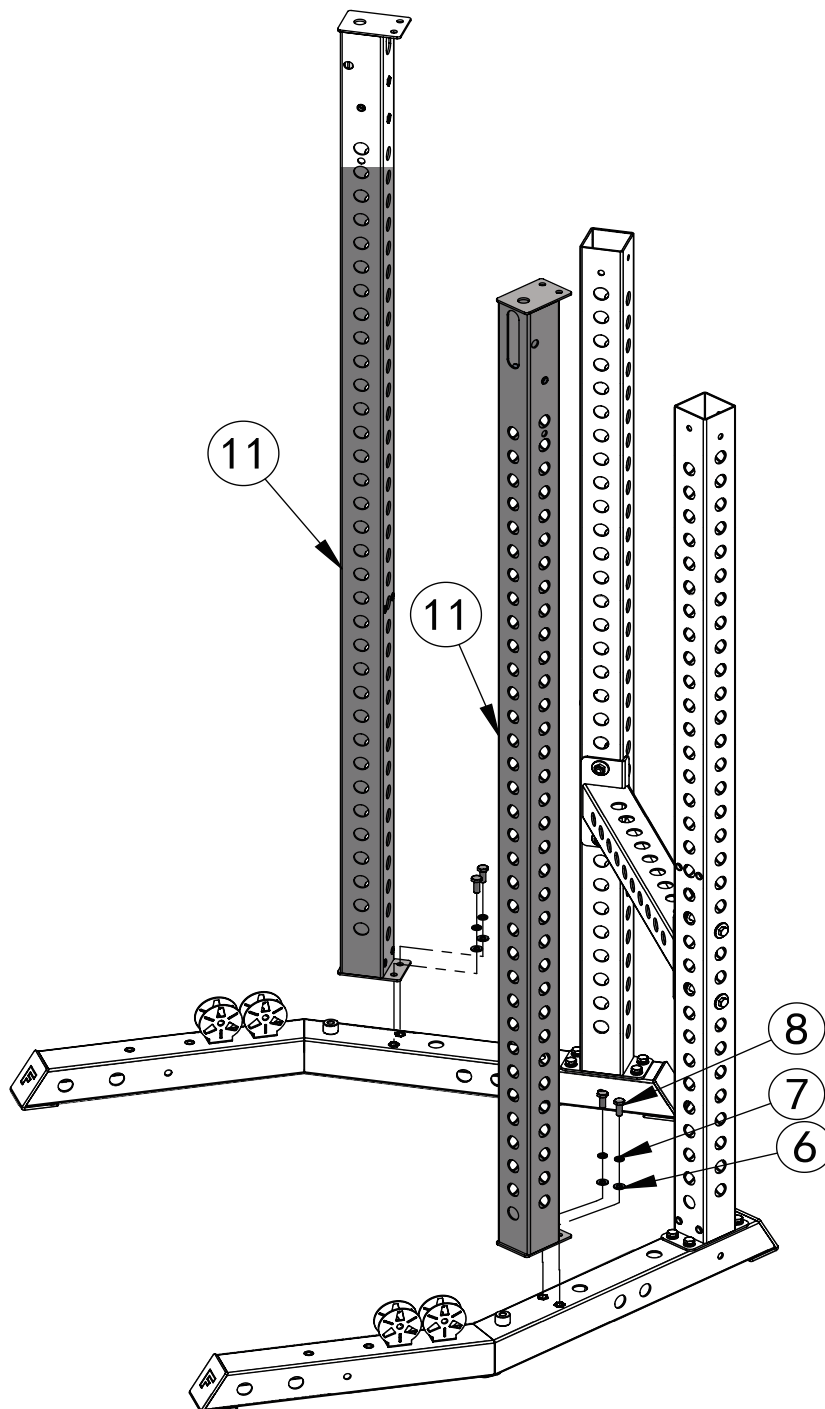
**7** x4  $\phi$  10 Spring Washer (Black)



**8** x4 M10x25mm

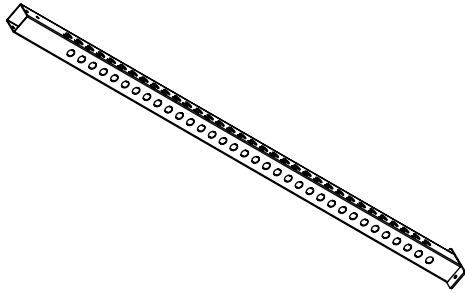
# STEP 2 -ASSEMBLY

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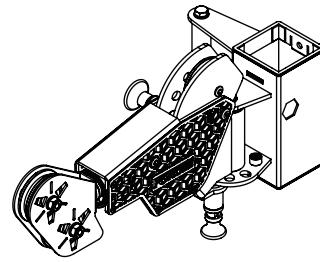


# STEP 3 -PARTS & HARDWARE

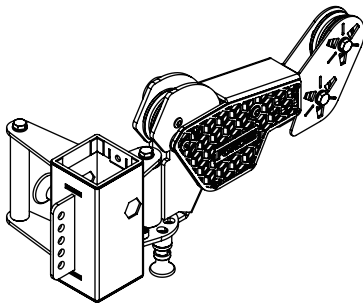
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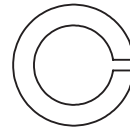
**12** x2 3118 Front Column Weldment



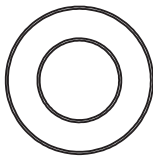
**13** x1 3141 Flying Bird Slide Sleeve Right



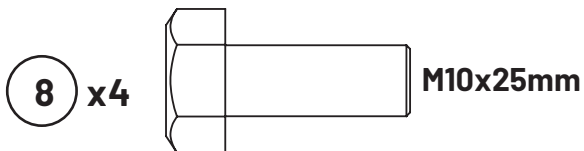
**14** x1 3141 Flying Bird Slide Sleeve Left



**7** x4  $\phi$  10 Spring Washer (Black)



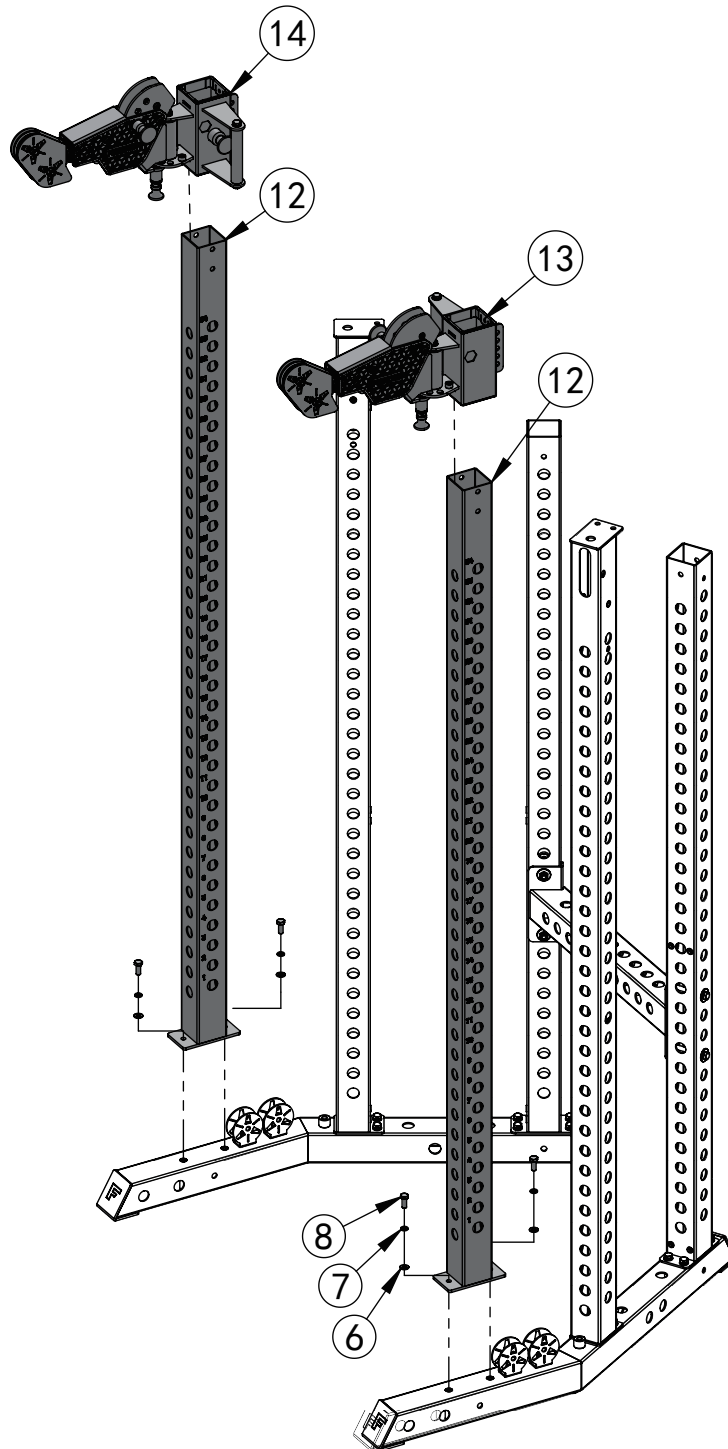
**6** x4  $\phi$  10 Flat Washer (Black)



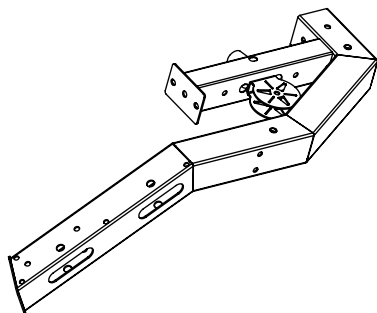
**8** x4 M10x25mm

# STEP 3 - ASSEMBLY

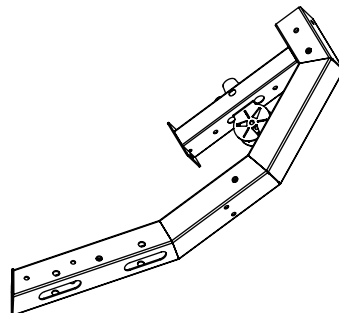
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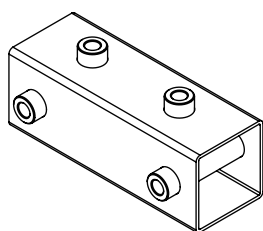
# STEP 4 - PARTS & HARDWARE



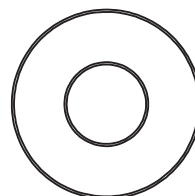
**15** x1 3118 Left Upper Beam Assembly



**17** x1 3118 Right Upper Beam Assembly



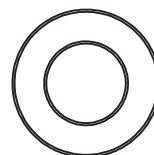
**16** x2 3118 Inner Insert Pipe Weldment



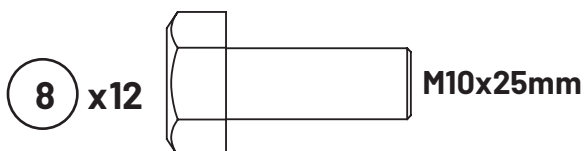
**18** x4  $\phi$  10 Large Flat Washer (Black)



**7** x12  $\phi$  10 Spring Washer (Black)



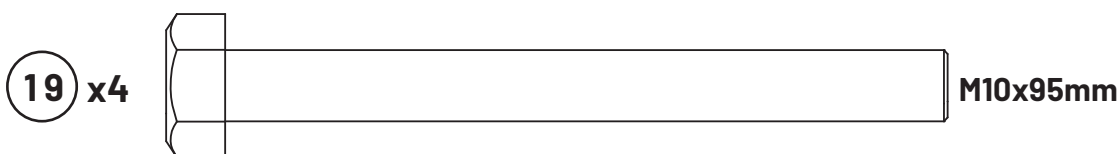
**6** x16  $\phi$  10 Flat Washer (Black)



**8** x12 M10x25mm



**10** x4 M10 Lock Nut (Black)

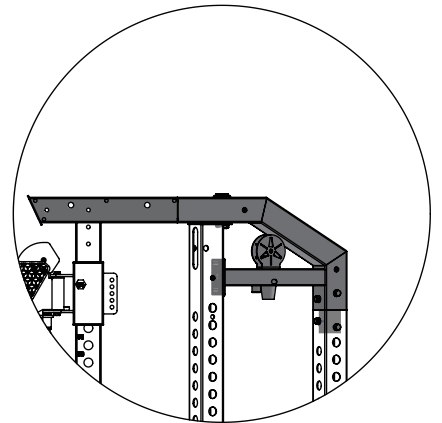
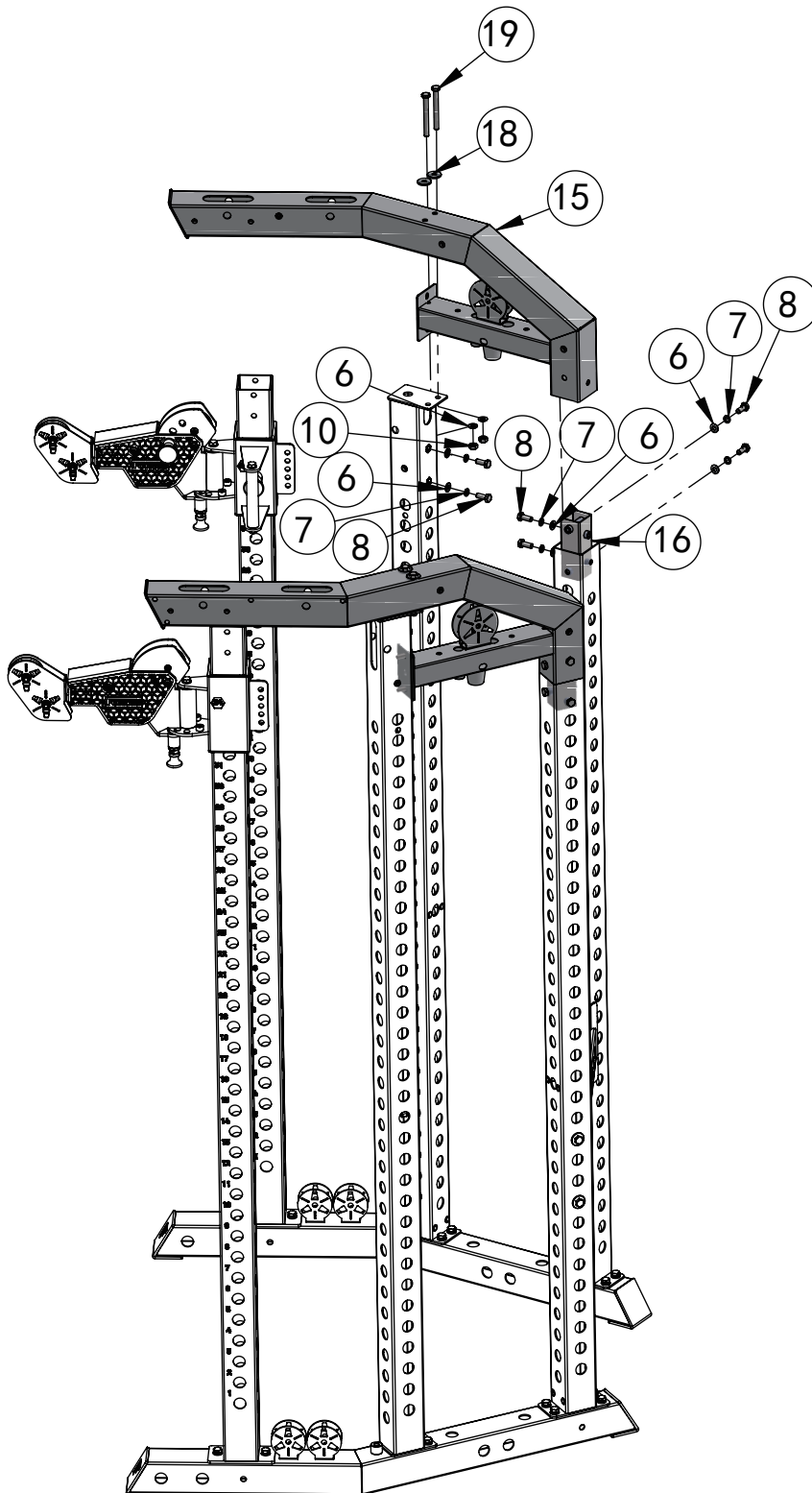


**19** x4 M10x95mm

# STEP 4 -ASSEMBLY

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

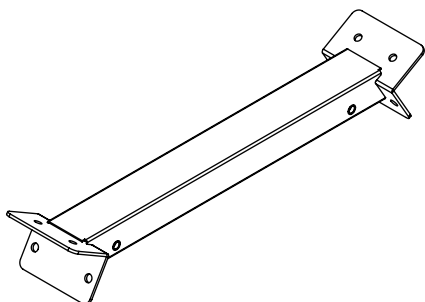
The assembly methods on the left and right are the same.



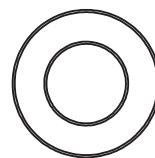


# STEP 5 -PARTS & HARDWARE

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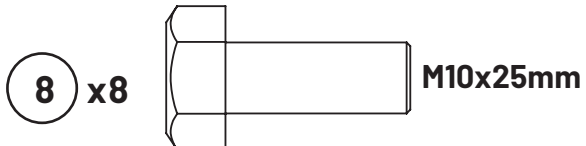
**20** x1 3118 Rear Connecting Pipe Weldment Assembly



**6** x8  $\phi$  10 Flat Washer (Black)



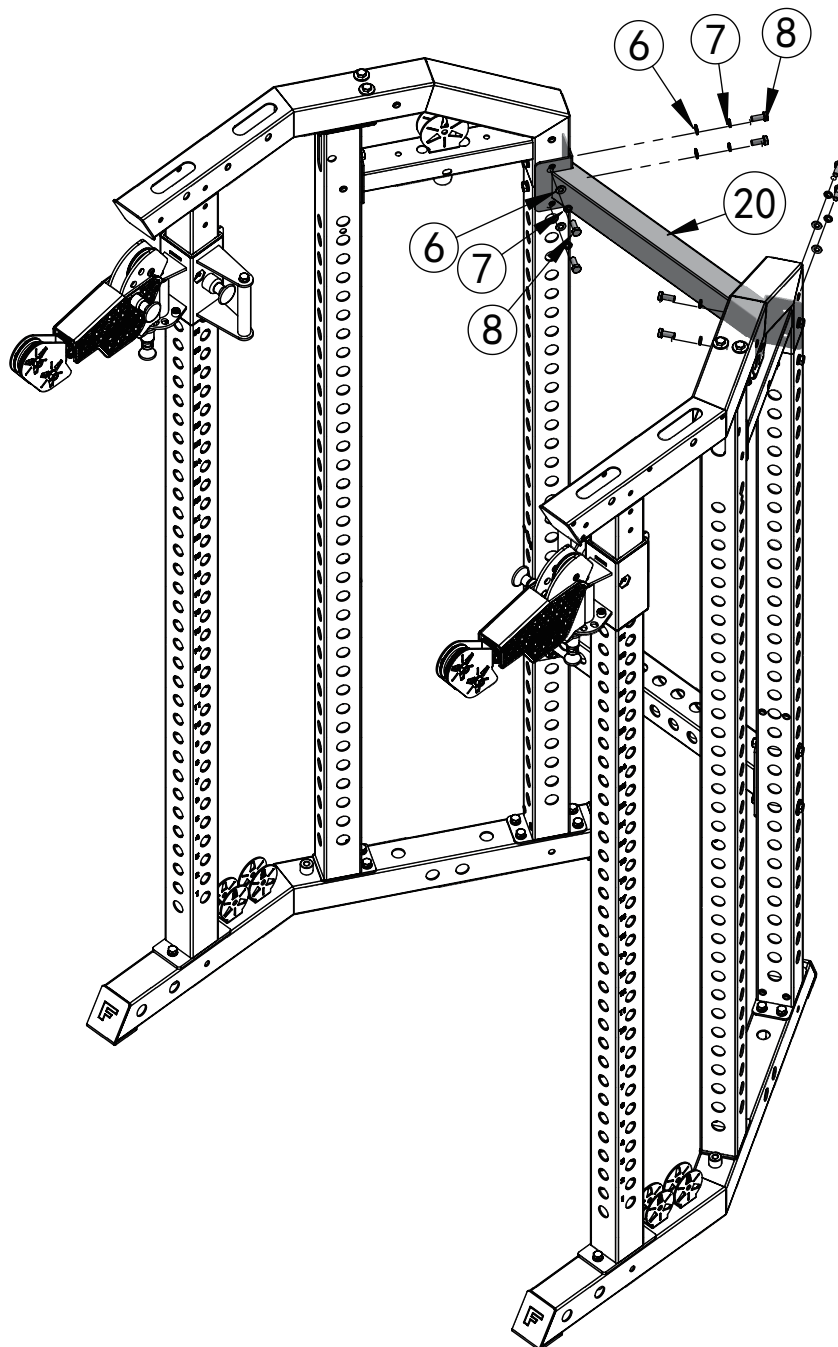
**7** x8  $\phi$  10 Spring Washer (Black)



**8** x8 M10x25mm

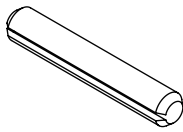
# STEP 5 - ASSEMBLY

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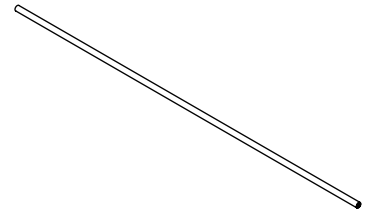


# STEP 6 -PARTS & HARDWARE

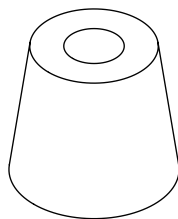
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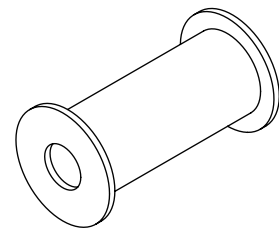
**21** x2 10x60 Straight - grooved Elastic Cylindrical Pin



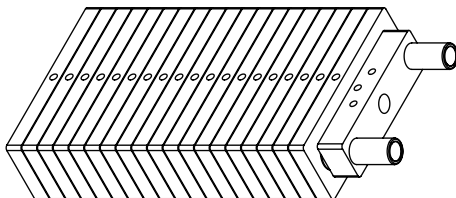
**22** x4 1915 Guiding rod Component



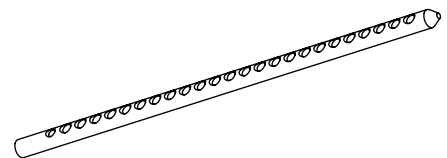
**23** x4 60 - 27 Shock Absorption Pad



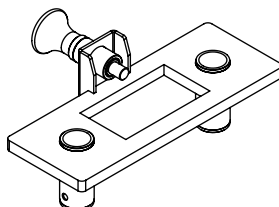
**24** x4 3141 Counterweight Support Weldment



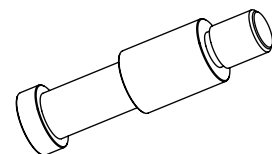
**25** x2 90KG Counterweight Assembly Group (Top Sheet with Wire)



**26** x2 24+1 Lifting Rod



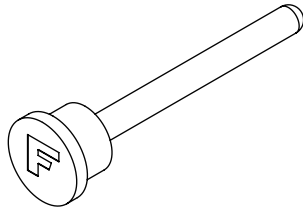
**27** x2 2KG Auxiliary Counterweight Assembly - 3118



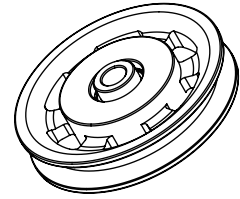
**28** x8 3129 Elastic Cord Hanging Shaft

# STEP 6 -PARTS & HARDWARE

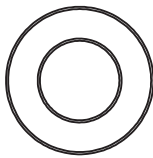
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**30** x2  $\phi$  10x100 Magnetic pull pin- Black Head, No Rope, F Standard



**31** x2 90 Aluminum Alloy Pulley



**6** x8  $\phi$  10 Flat Washer (Black)



**10** x2 M10 Lock Nut (Black)

**32** x2



M10x45mm

**86** x4

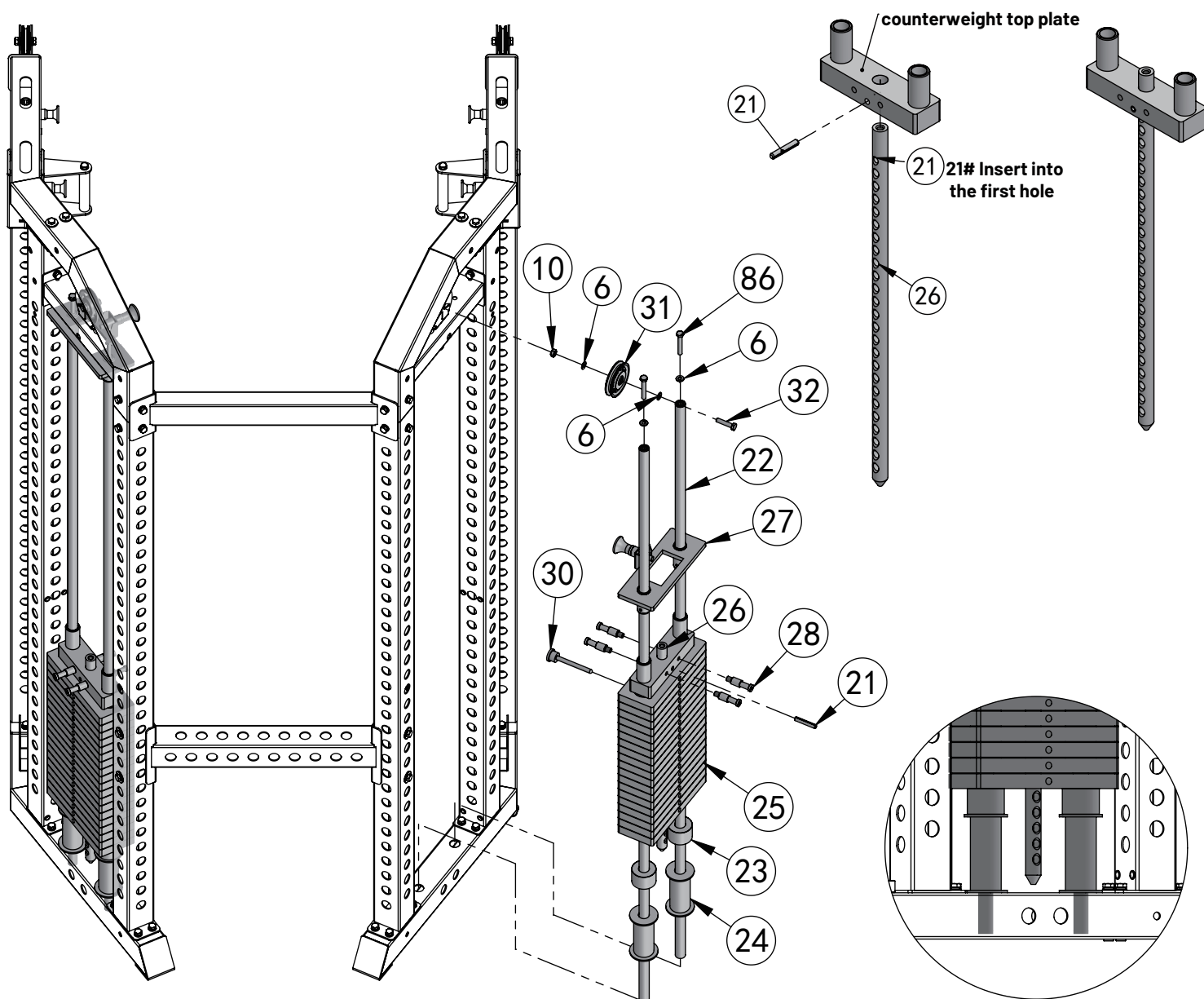


M10x65mm

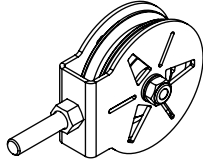
# STEP 6 - ASSEMBLY

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

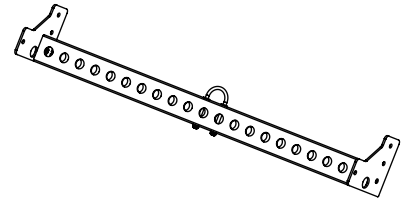
The assembly methods on the left and right are the same.



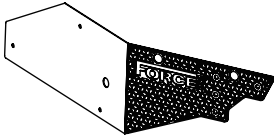
# STEP 7 -PARTS & HARDWARE



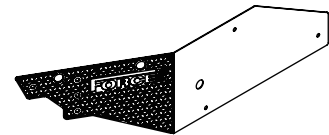
**33** x2 3141 Counterweight Pulley Frame Assembly



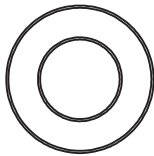
**34** x1 3118 Front Upper Beam Connecting Pipe Assembly



**35** x1 3118 Left Decorative Panel Assembly



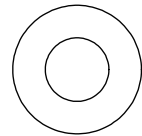
**36** x1 3118 Right Decorative Panel Assembly



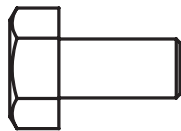
**6** x14  $\phi$  10 Flat Washer (Black)



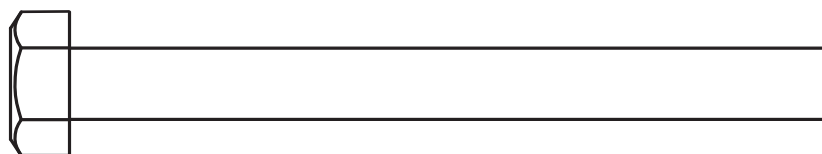
**10** x6 M10 Lock Nut (Black)



**37** x6  $\phi$  8 Flat Washer (Black)



**38** x6 M8x16mm

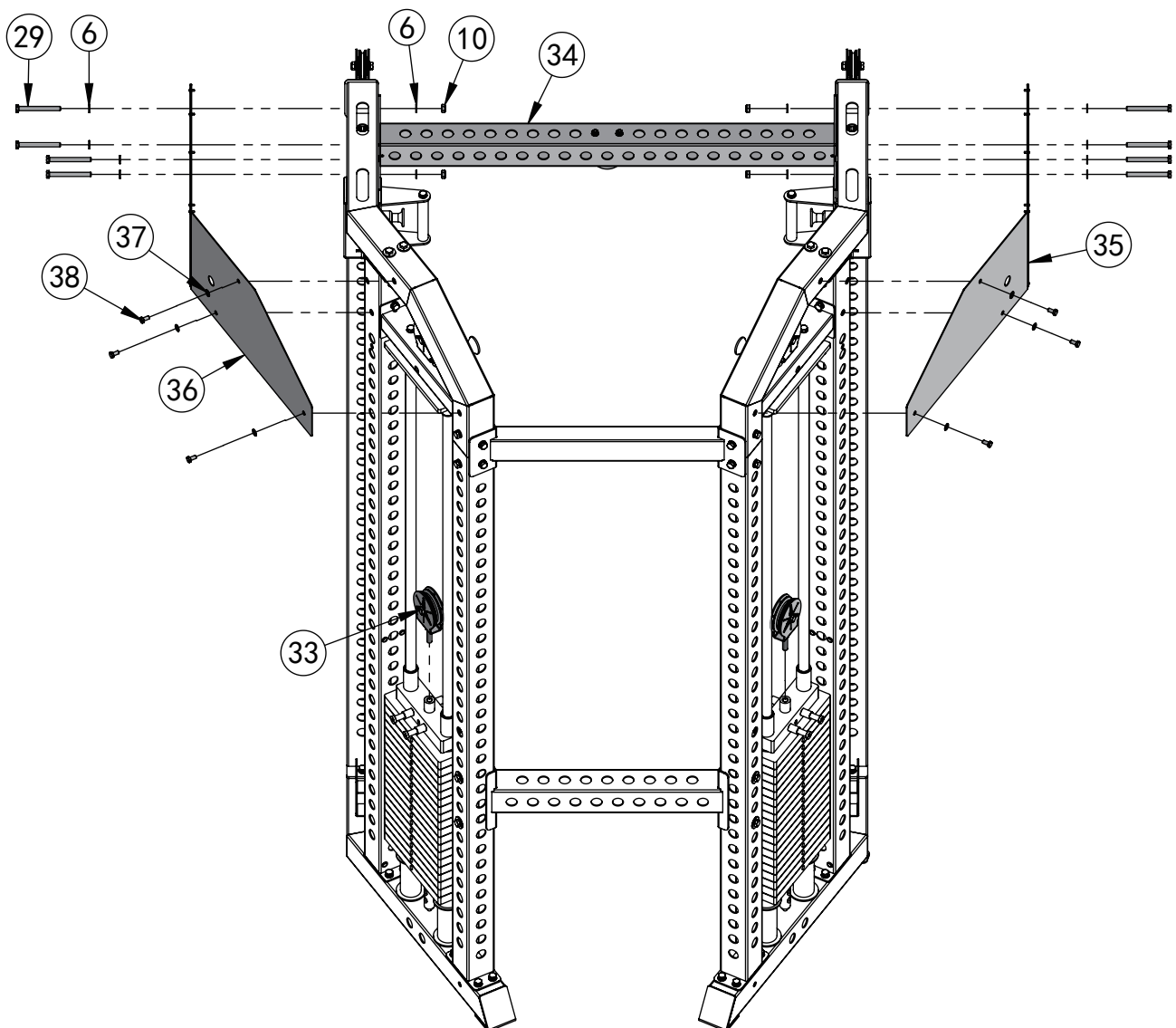


**29** x8 M10x100 mm

# STEP 7 - ASSEMBLY

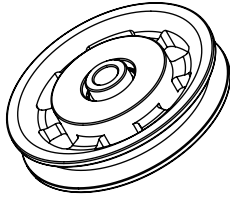
Throughout this manual RIGHT and LEFT is defined as if you are standing in front of and facing the equipment.

The assembly methods on the left and right are the same.

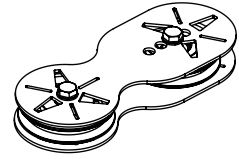


# STEP 8 -PARTS & HARDWARE

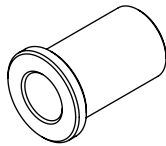
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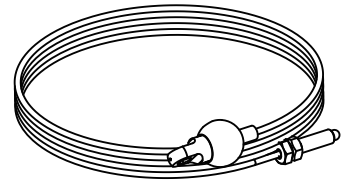
**31** x6 90 Aluminum Alloy Pulley



**40** x2 Movable Pulley Frame Assembly USA



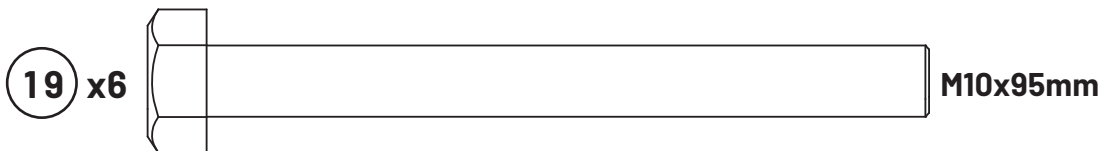
**41** x12  $\phi 20 \times \phi 16 \times \phi 10.2 \times 27.5$  Powder Sleeve



**42** x2 3118 Flying Bird Steel Wire Rope Component



**10** x6 M10 Lock Nut (Black)

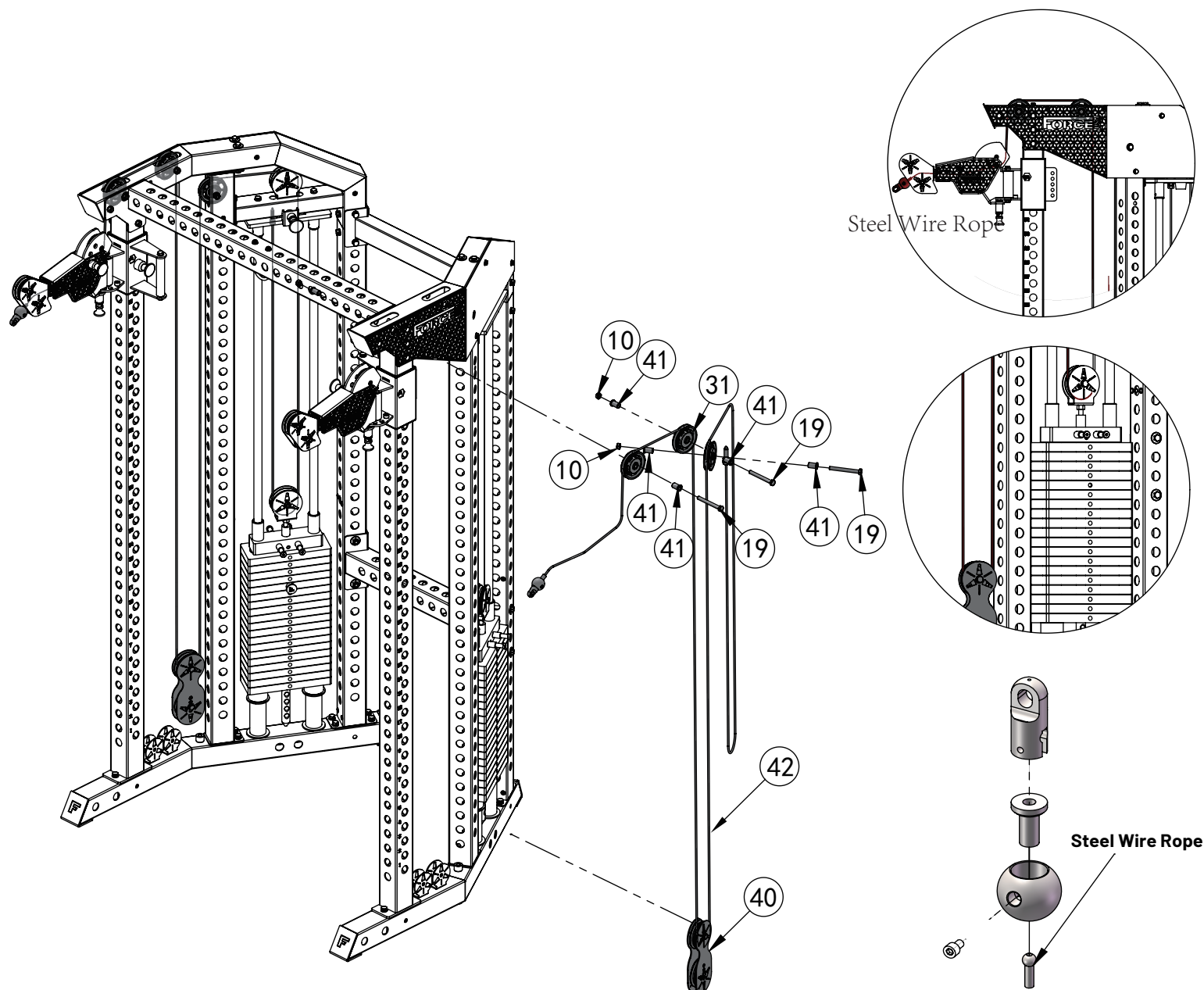




# STEP 8 -ASSEMBLY

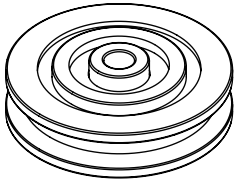
Throughout this manual RIGHT and LEFT is defined as if you are standing in front of and facing the equipment.

The left and right assemblies are the same. According to the selectable assembly holes, adjust the tightness of the steel wire rope.

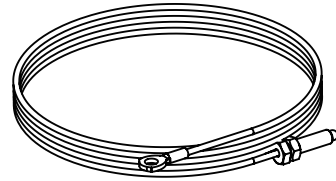


# STEP 9 -PARTS & HARDWARE

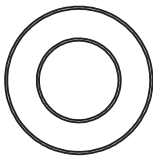
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**44** x4  $\phi$  75 Aluminum Alloy Pulley



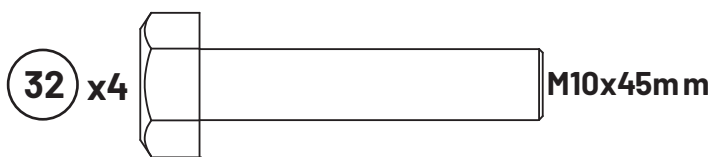
**9** x2 316 Steel Wire Rope Eyelet Assembly



**6** x12  $\phi$  10 Flat Washer (Black)



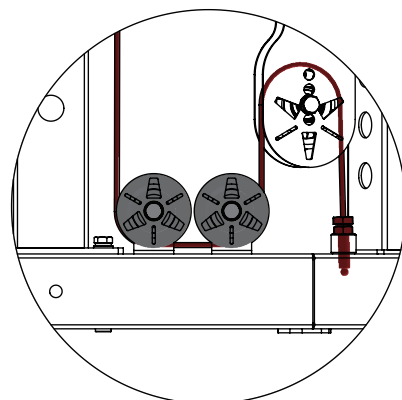
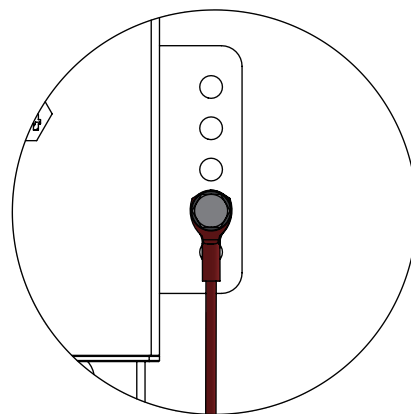
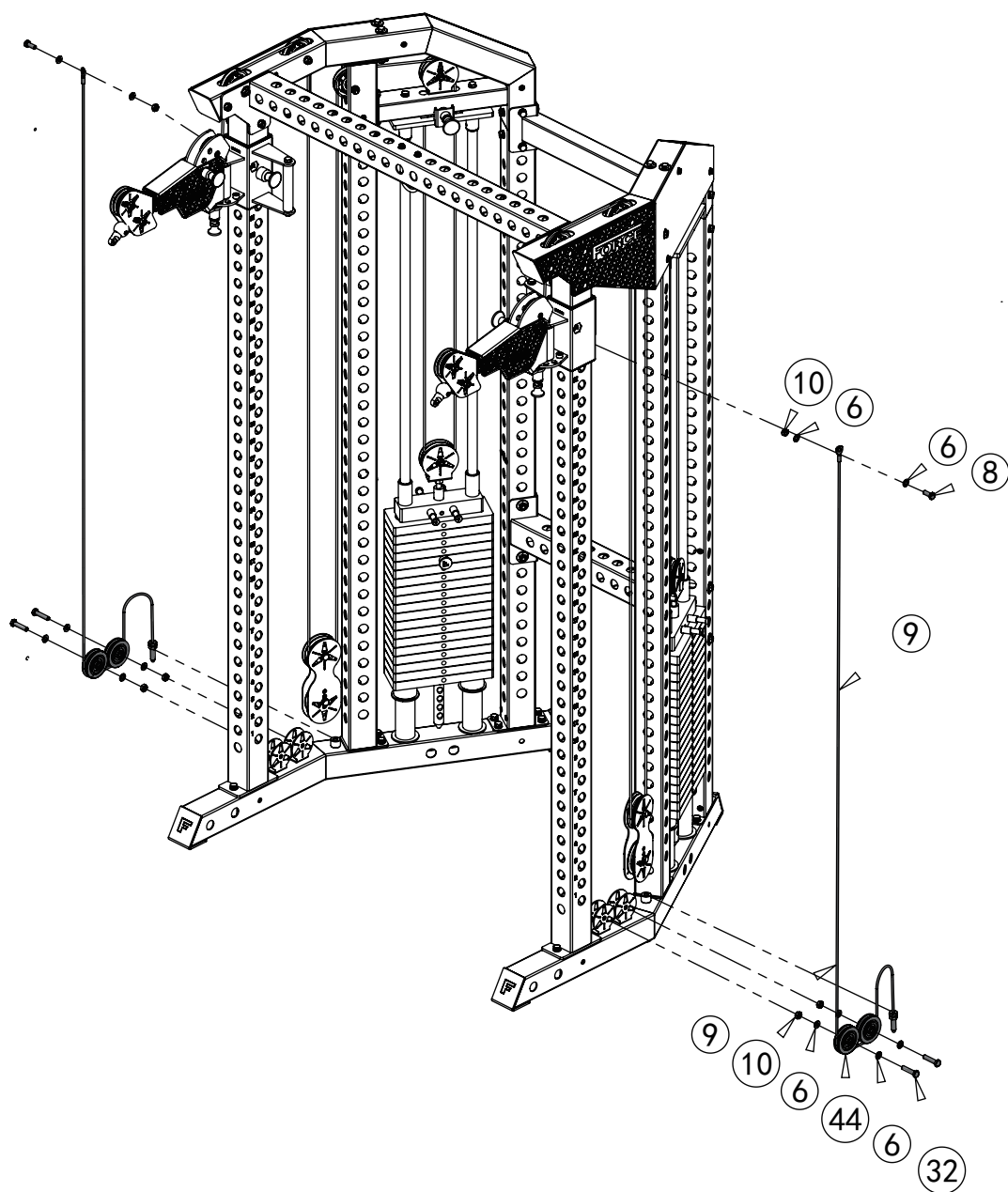
**10** x6 M10 Lock Nut (Black)



# STEP 9 - ASSEMBLY

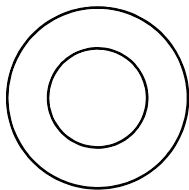
Throughout this manual RIGHT and LEFT is defined as if you are standing in front of and facing the equipment.

The left and right assemblies are the same. According to the selectable assembly holes, adjust the tightness of the steel wire rope.

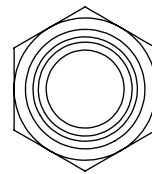


# STEP 10-PARTS & HARDWARE

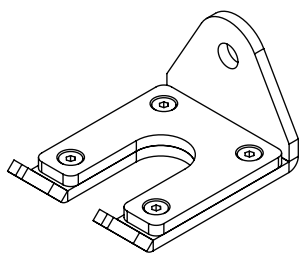
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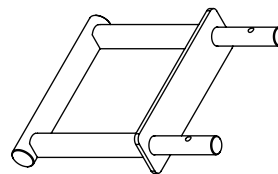
**46** x2  $\phi$  12 Flat Washer (Black)



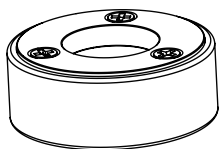
**48** x1 M12 Lock Nut (Black)



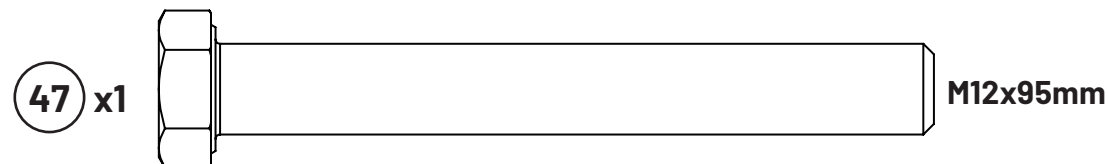
**49** x1 3118 Lifting Rod Hanging Piece Assembly



**50** x2 3141 High - Pull Handle Weldment



**51** x4 M25 Nut Assembly

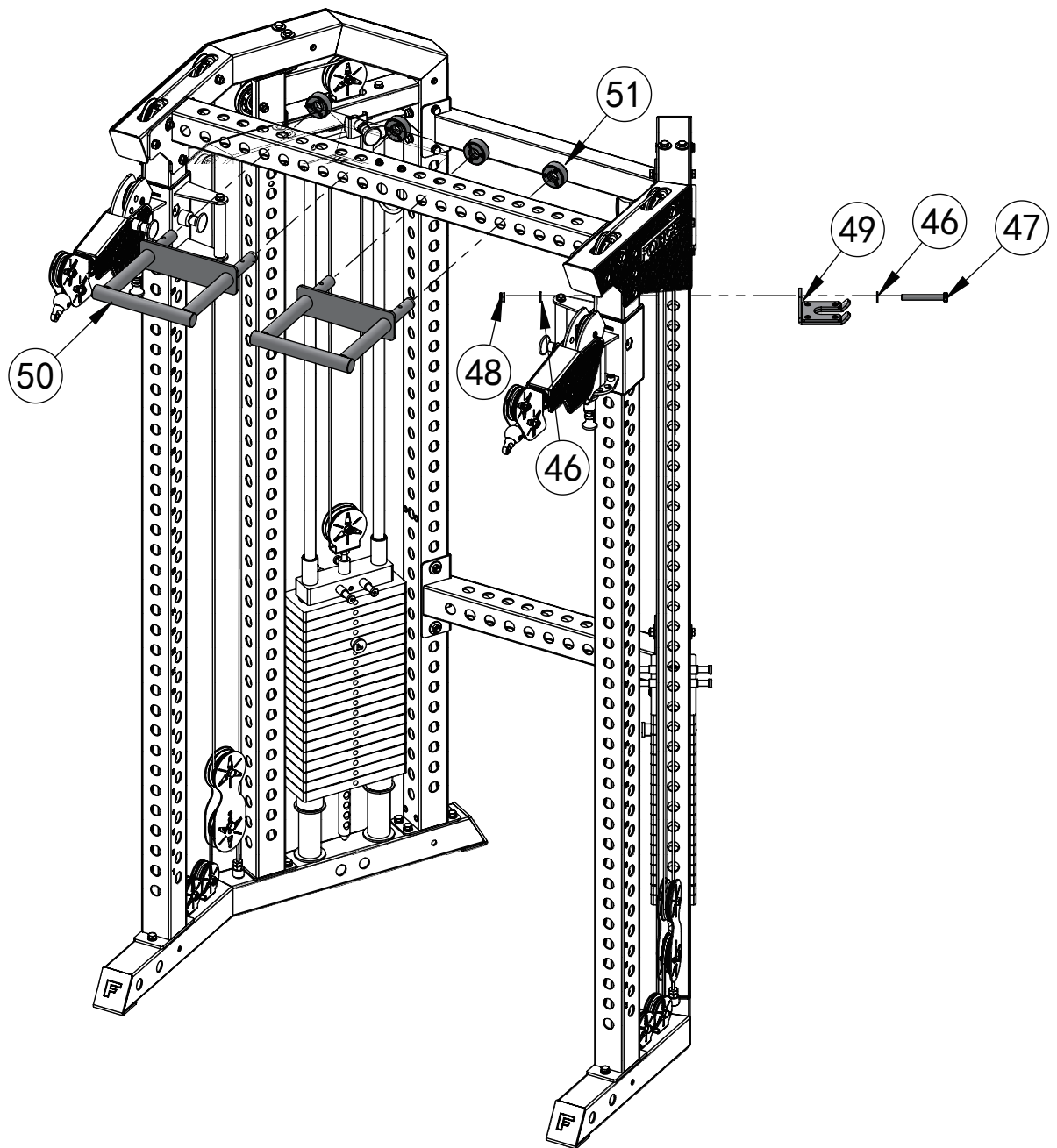


**47** x1

M12x95mm

# STEP 10-ASSEMBLY

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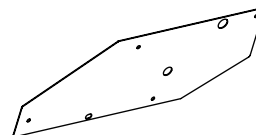


# STEP 11-PARTS & HARDWARE

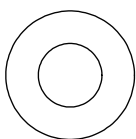
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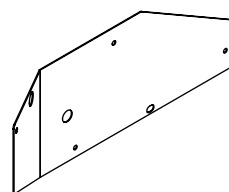
**52** x1 3118 Rear Decorative Panel Assembly



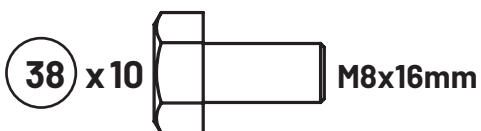
**54** x1 3118 Decorative Panel Inner Right



**37** x10  $\phi$  8 Flat Washer (Black)



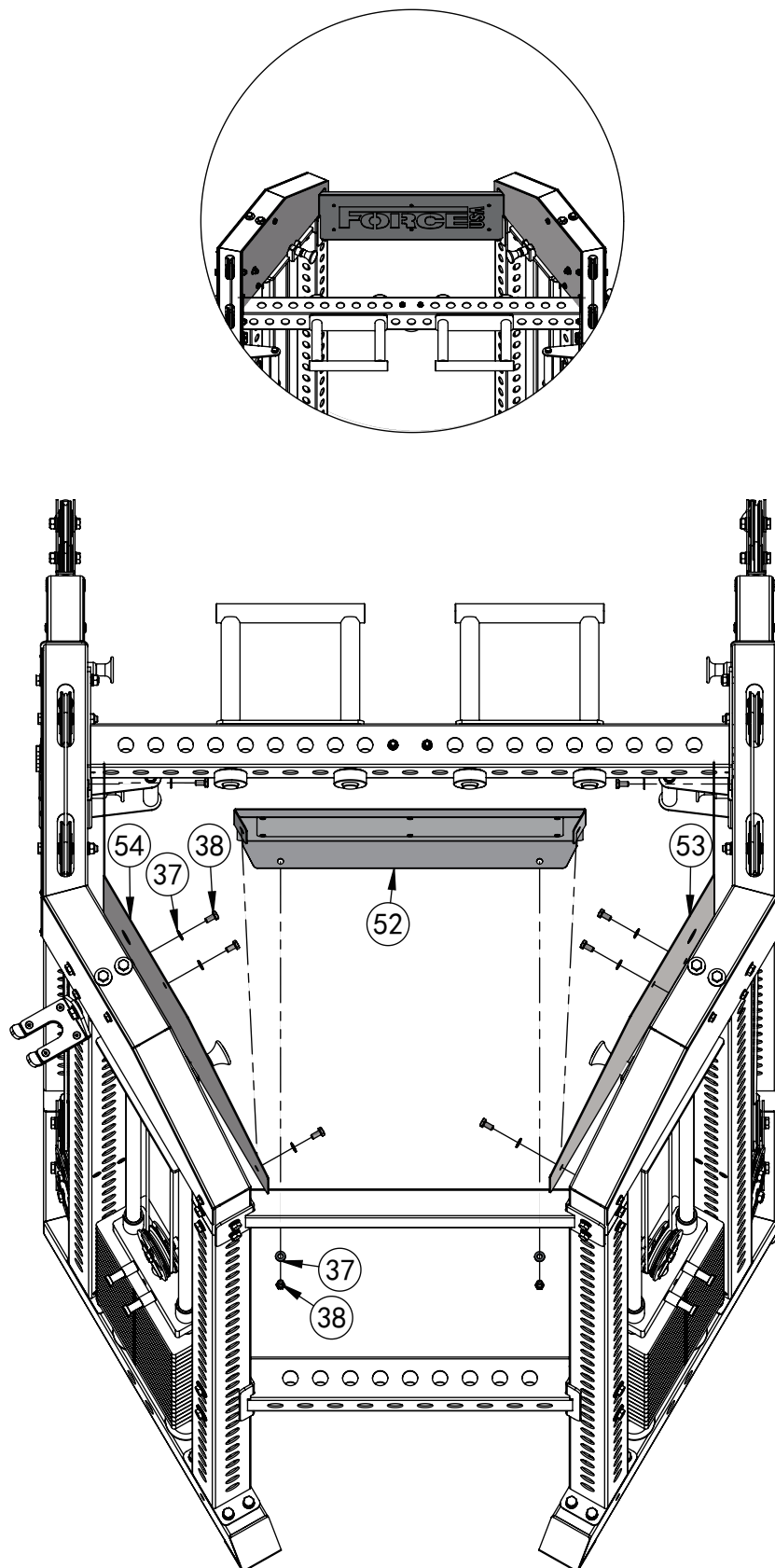
**53** x1 3118 Decorative Panel Inner Left



**38** x10 M8x16mm

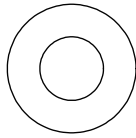
# STEP 11-ASSEMBLY

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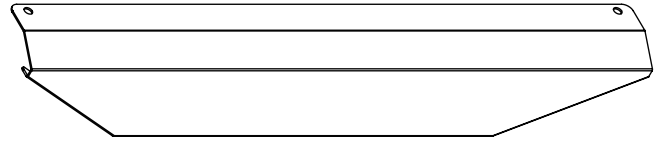


# STEP 12-PARTS & HARDWARE

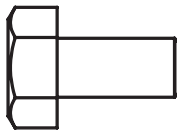
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**37** x8  $\phi$  8 Flat Washer (Black)



**55** x4 3129 Protective Cover



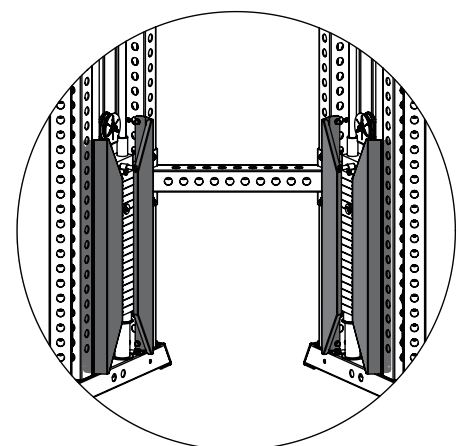
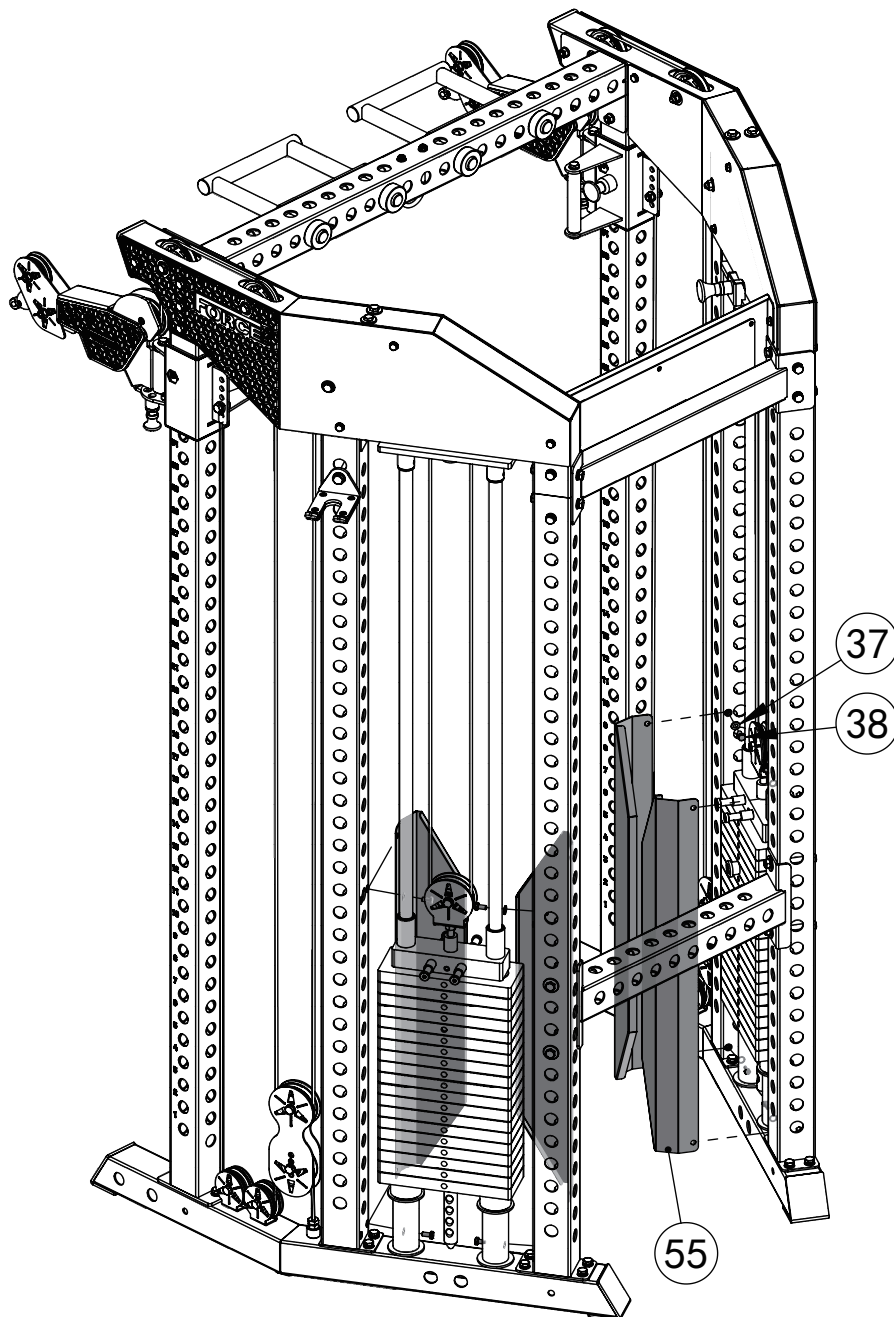
**38** x8 M8x16mm



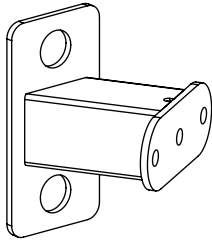
# STEP 12-ASSEMBLY

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

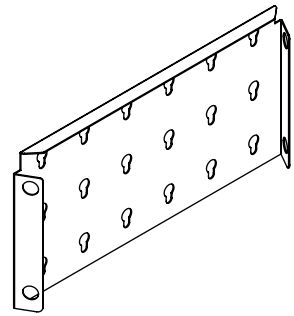
The assembly methods on the left and right are the same.



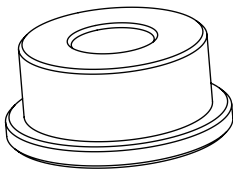
# STEP 13-PARTS & HARDWARE



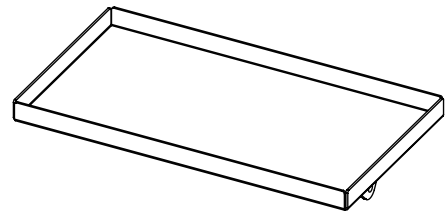
**56** x2 3118 Storage Connection Weldment



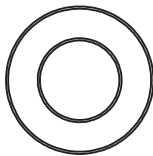
**57** x1 3118 Rear Hook Plate



**58** x16 Screw Bushing



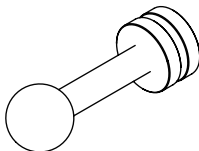
**59** x1 3118 Adjustable Storage Disk Weldment



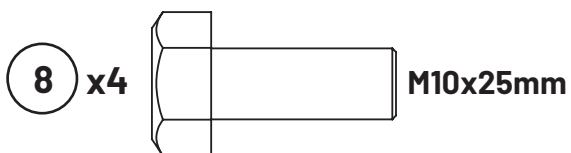
**6** x8  $\phi$  10 Flat Washer (Black)



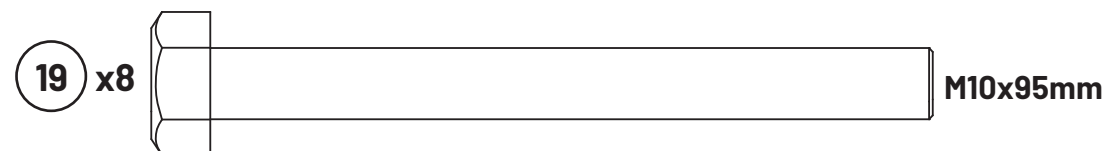
**10** x12 M10 Lock Nut (Black)



**60** x8 50 - Length Quick - Release Pin Assembly

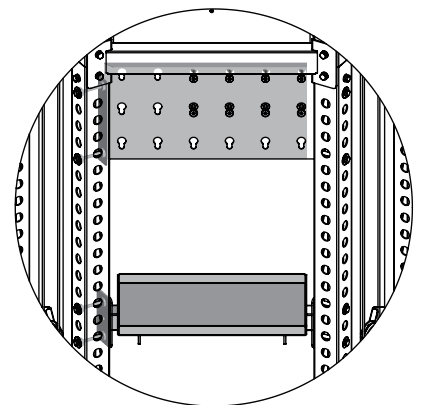
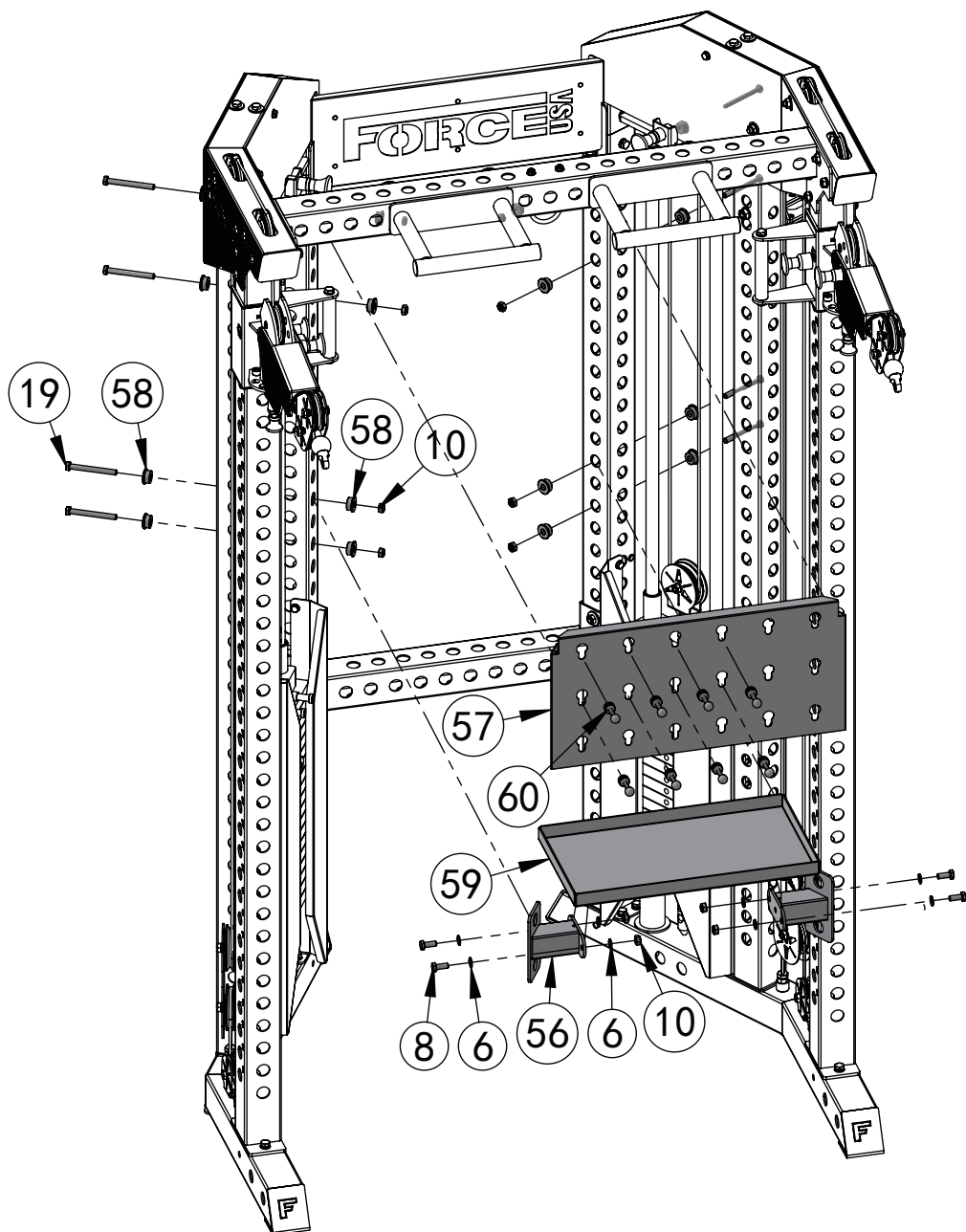


**8** x4 M10x25mm



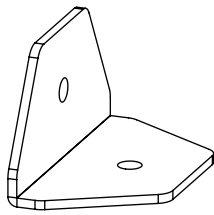
**19** x8 M10x95mm

# STEP 13-ASSEMBLY

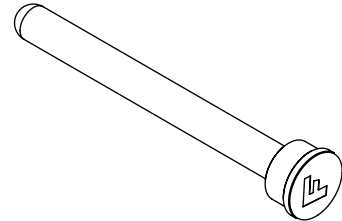


# STEP 14-PARTS & HARDWARE

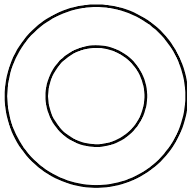
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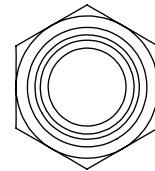
**61** **x4** 3141 Foot Fixing Plate



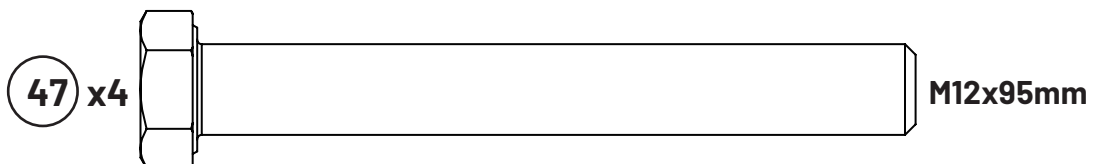
**62** **x4** 25 Elastic Cord Magnetic Latch



**46** **x8**  $\phi$  12 Flat Washer (Black)



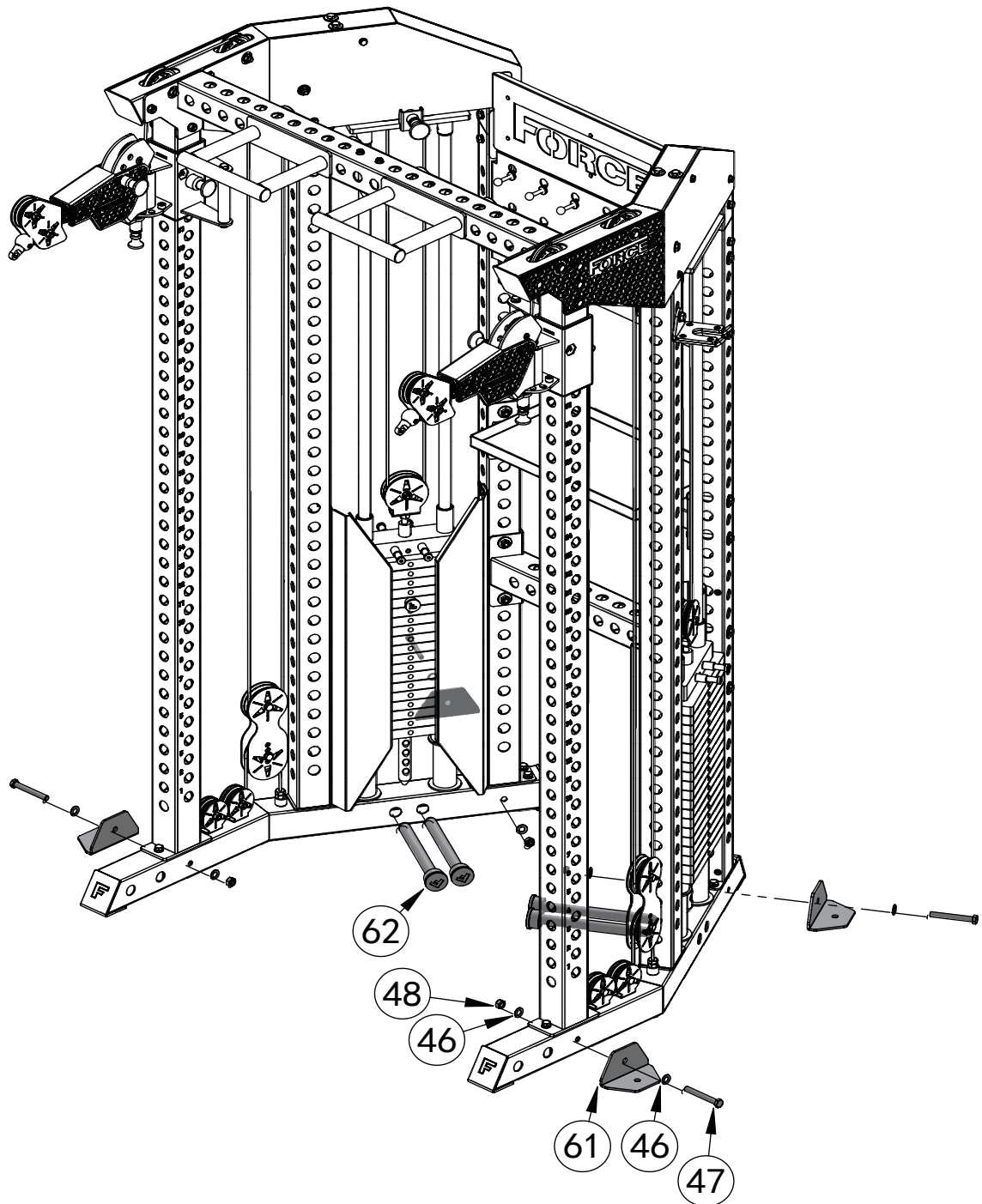
**48** **x1** M12 Lock Nut (Black)



**47** **x4**

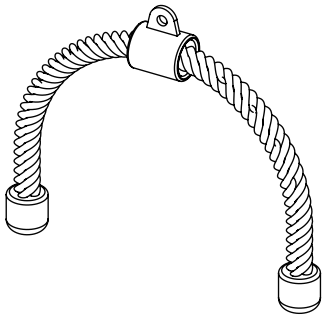
M12x95mm

# STEP 14-ASSEMBLY

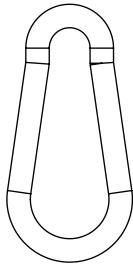


# ATTACHMENTS AND ACCESSORIES

Illustrations may appear different than actual attachments



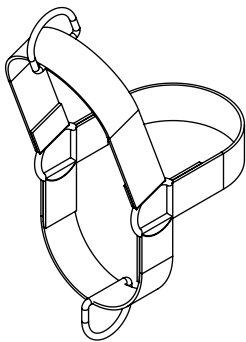
**65** x1 Biceps Rope - 90



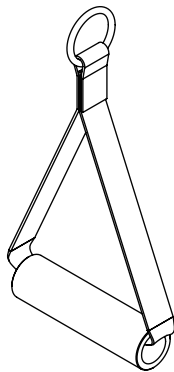
**66** x4 Black Hoist Hook



**67** x2 Black Chain



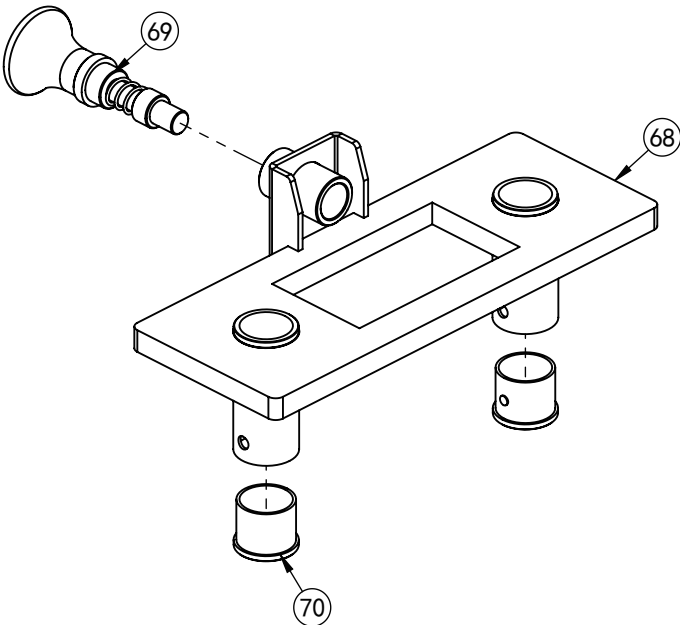
**64** x1 forceusa Foot Strap



**63** x1 FORCEUSA Aluminum Alloy Pull - Strap

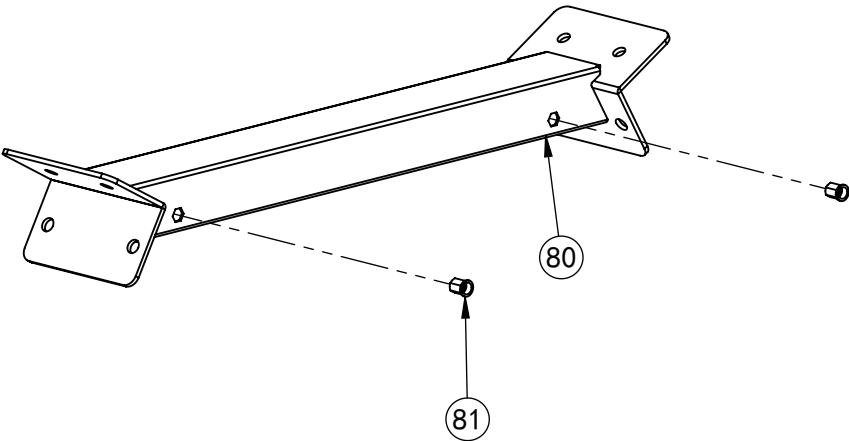
# EXPLODED DIAGRAMS

## 27 \*2 2KG Auxiliary Counterweight Assembly - 3118



| NO. | Part Name                                         | Specification | QTY |
|-----|---------------------------------------------------|---------------|-----|
| 68  | 2KG Auxiliary Counterweight Weldment - 3118       | Weldment      | 1   |
| 69  | φ12×M20×40 Umbrella head pull pin- Aluminum Alloy | φ12×M20×40    | 1   |
| 70  | 32 - 26 Reducer Bushing - with Bean               | 32 - 26       | 4   |

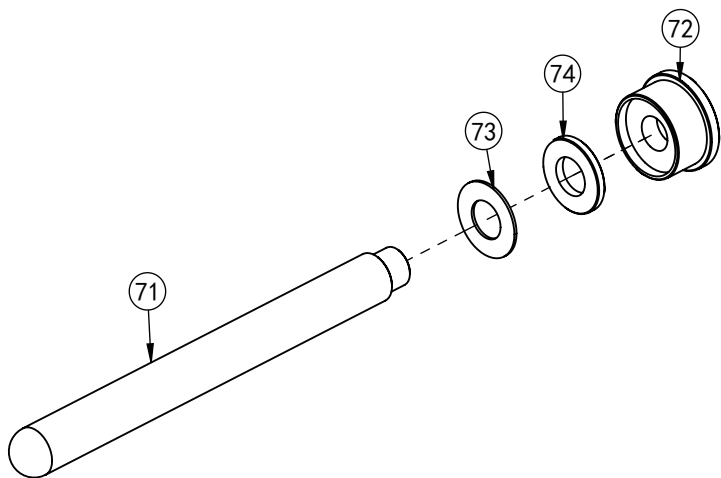
## 20 \*1 3118 Rear Connecting Pipe Weldment Assembly



| NO. | Part Name                 | Specification | QTY |
|-----|---------------------------|---------------|-----|
| 80  | 3118 Rear Column Weldment | Weldment      | 1   |
| 81  | Hexagon Rivet Nut         | M8            | 2   |

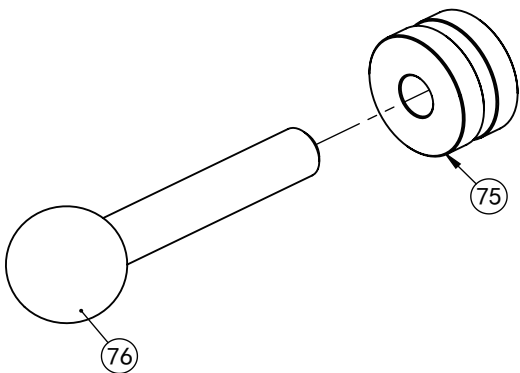
# EXPLODED DIAGRAMS

## 62 \*22525 Elastic Cord Magnetic Latch



| NO. | Part Name                | Specification | QTY |
|-----|--------------------------|---------------|-----|
| 71  | 3141 Elastic Cord Rod    | φ25           | 1   |
| 72  | 3141 Handle              | φ50×26        | 1   |
| 73  | φ40×φ20×1.5 Nylon Washer | φ40×φ20×1.5   | 1   |
| 74  | 3129 Magnetic Ring       | φ39×φ20×5     | 1   |

## 60 \*850-Length Quick Release Pin Assembly

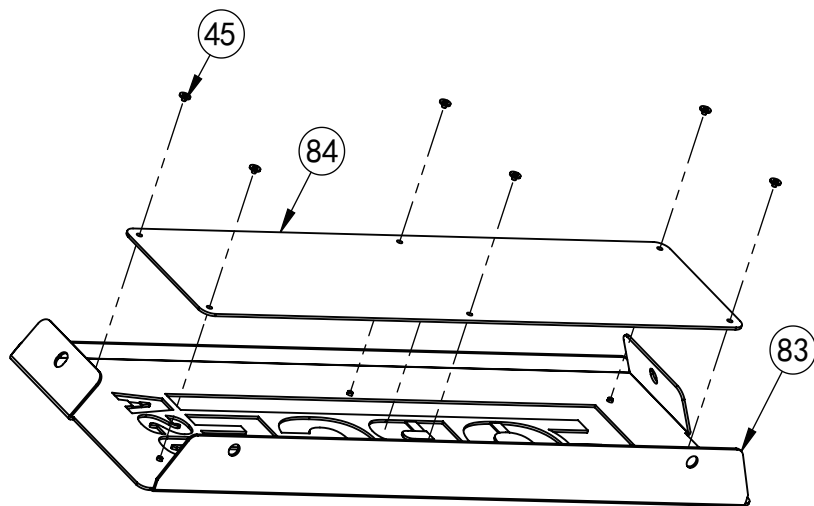


| NO. | Part Name               | Specification | QTY |
|-----|-------------------------|---------------|-----|
| 75  | 3129 Quick - Insert Nut | φ20×11.5 - M8 | 1   |
| 76  | 3129 Pin Shaft - M8×50  | φ16×60 - M8   | 1   |



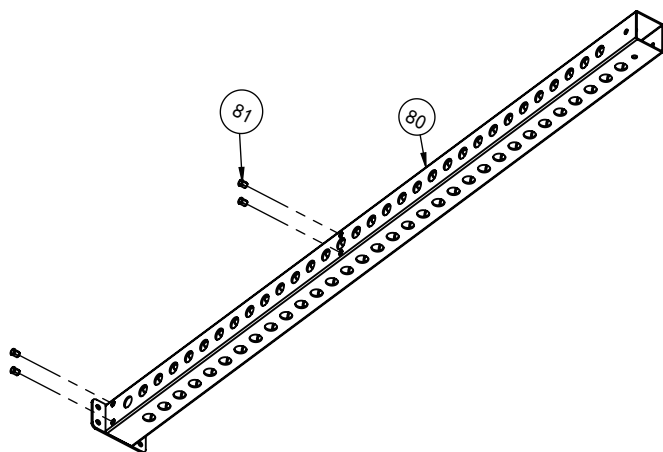
# EXPLODED DIAGRAMS

## 52 \*1 3118 Rear Decorative Panel Assembly



| NO. | Part Name                             | Specification | QTY |
|-----|---------------------------------------|---------------|-----|
| 83  | 3118 Rear Decorative Panel            | T2            | 1   |
| 84  | 3141 Stainless Steel Back Panel       | T2            | 1   |
| 85  | M3*4 Pair of Locking Screw Inner Wire | φ4*4 - M3     | 6   |
| 45  | M3*4 Pair of Locking Screw Outer Wire | φ4*4 - M3     | 6   |

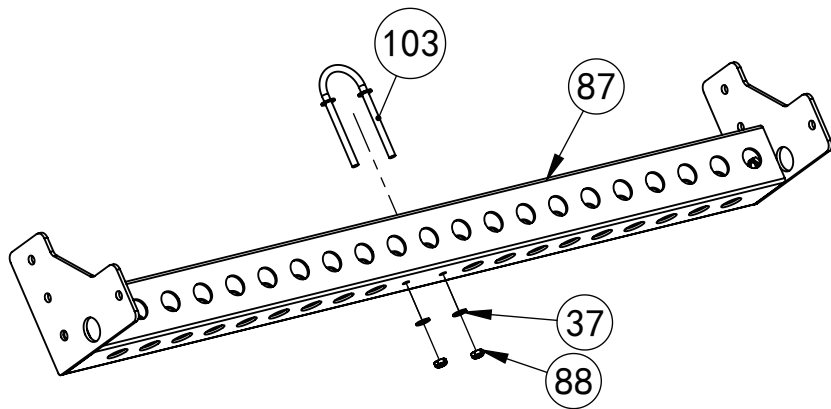
## 3 \*2 3118 Rear Column Assembly



| NO. | Part Name                 | Specification | QTY |
|-----|---------------------------|---------------|-----|
| 80  | 3118 Rear Column Weldment | Weldment      | 1   |
| 81  | Hexagon Rivet Nut         | M8            | 4   |

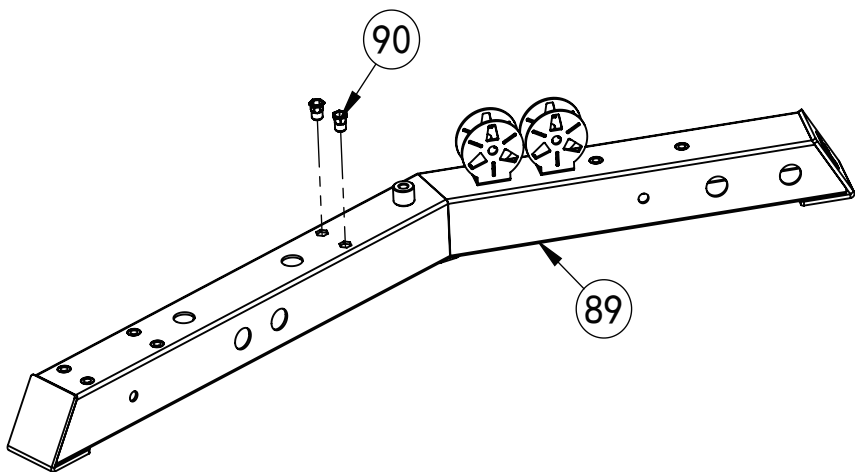
# EXPLODED DIAGRAMS

## 34 \*13118 Front Upper Beam Connecting Pipe Assembly



| NO. | Part Name                                      | Specification | QTY |
|-----|------------------------------------------------|---------------|-----|
| 103 | 75 Face Hanging Ring Weldment                  | Weldment      | 1   |
| 37  | φ8 Flat Washer (Black)                         | φ8            | 2   |
| 87  | 3118 Front Upper Beam Connecting Pipe Weldment | Weldment      | 1   |
| 88  | M8 Lock Nut                                    | M8            | 2   |

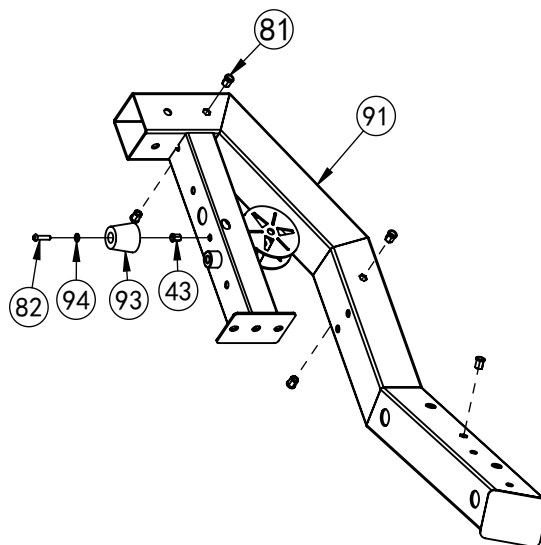
## 1 \*13118 Right Bottom Beam Weldment Assembly



| NO. | Part Name                         | Specification | QTY |
|-----|-----------------------------------|---------------|-----|
| 89  | 3118 Right Bottom Beam Weldment   | Weldment      | 1   |
| 90  | M10 Countersunk Hexagon Rivet Nut | M10           | 2   |

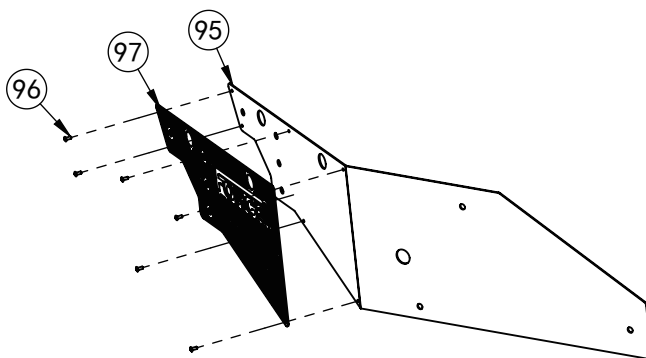
# EXPLODED DIAGRAMS

## 17 \*13118 Right Upper Beam Assembly



| NO. | Part Name                           | Specification  | QTY |
|-----|-------------------------------------|----------------|-----|
| 91  | 3118 Right Upper Beam Weldment      | Weldment       | 1   |
| 81  | Hexagon Rivet Nut                   | M8             | 5   |
| 93  | Tapered Shock Absorption Pad        | φ45*φ34*φ16*40 | 1   |
| 43  | Hexagon Rivet Nut                   | M6             | 1   |
| 82  | M6*25 Inner Hexagon Flat Head Screw | M6*25          | 1   |
| 94  | φ6 Flat Washer                      | φ6             | 1   |

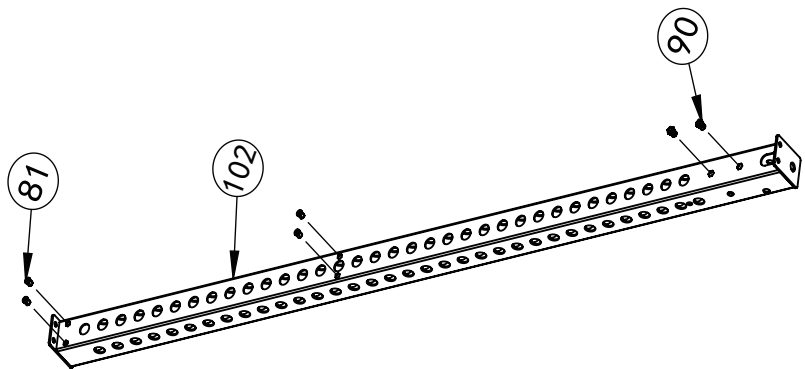
## 36 \*13118 Right Decorative Panel Assembly



| NO. | Part Name                          | Specification | QTY |
|-----|------------------------------------|---------------|-----|
| 95  | 3118 Decorative Panel              | T2            | 1   |
| 96  | 4*10 Oval Head Blind Rivet (Black) | 4*10          | 6   |
| 97  | 3118 Right Decorative Outer Panel  | T2            | 1   |

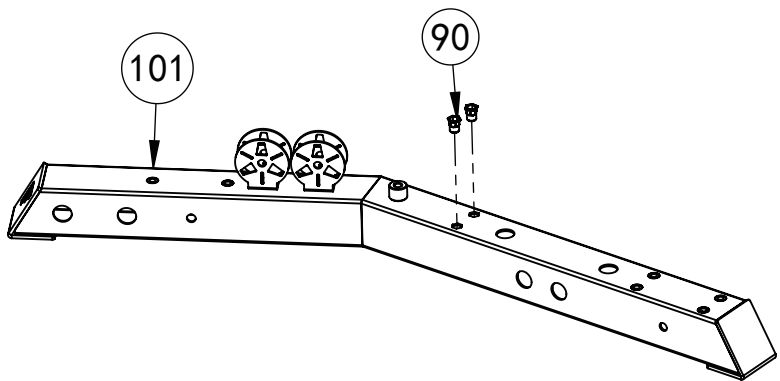
# EXPLODED DIAGRAMS

## 11 \*2 3118 Middle Column Assembly



| NO. | Part Name                         | Specification | QTY |
|-----|-----------------------------------|---------------|-----|
| 102 | 3118 Middle Coloum Weldment       | Weldment      | 1   |
| 90  | M10 Countersunk Hexagon Rivet Nut | M10           | 2   |
| 81  | Hexagon Rivet Nut                 | M8            | 6   |

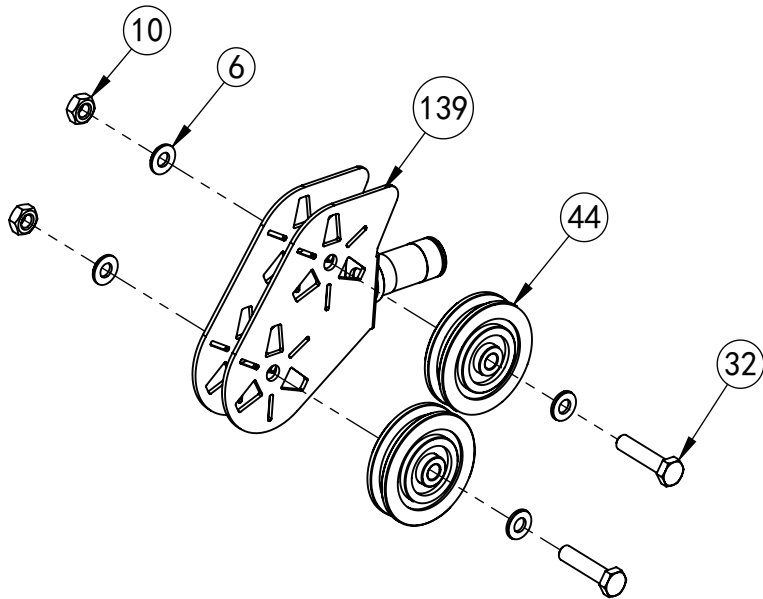
## 2 \*1 3118 Left Bottom Beam Weldment Assembly



| NO. | Part Name                         | Specification | QTY |
|-----|-----------------------------------|---------------|-----|
| 101 | 3118 Left Bottom Beam Weldment    | Weldment      | 1   |
| 90  | M10 Countersunk Hexagon Rivet Nut | M10           | 2   |

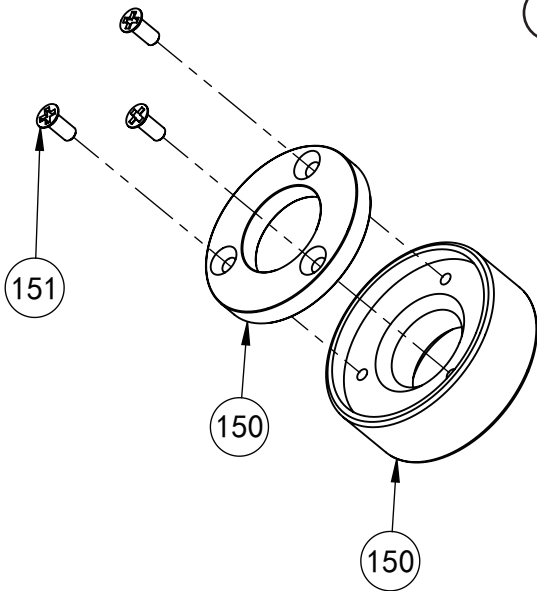
# EXPLODED DIAGRAMS

## 116 \*2 3141 Universal Pulley Frame Assembly



| NO. | Part Name                           | Specification | QTY |
|-----|-------------------------------------|---------------|-----|
| 139 | 3141 Universal Pulley Frame Welding | Weldment      | 1   |
| 44  | φ75 Aluminum Alloy Pulley           | φ75           | 2   |
| 32  | M10×45 Hexagon Head Bolt (Black)    | M10×45        | 2   |
| 10  | M10 Lock Nut (Black)                | M10           | 2   |
| 6   | φ10 Flat Washer (Black)             | φ10           | 4   |

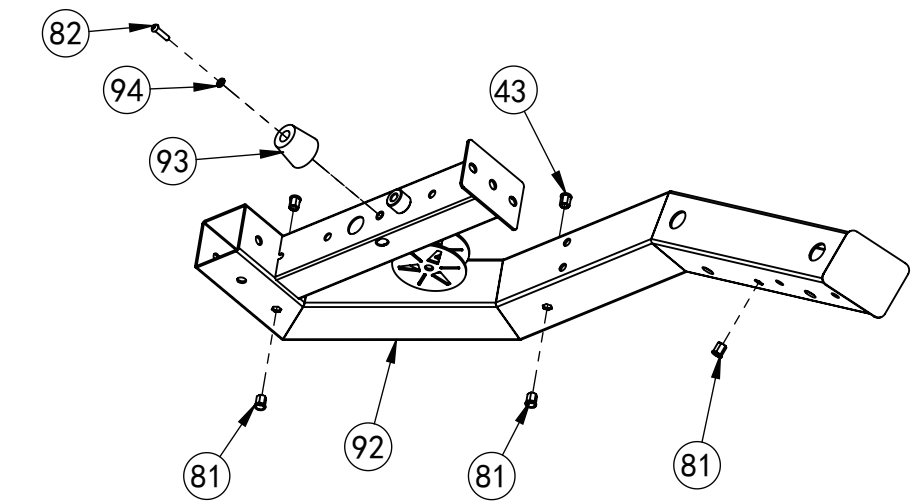
## 51 \*4 M25 Nut Assembly



| NO. | Part Name                                       | Specification | QTY |
|-----|-------------------------------------------------|---------------|-----|
| 150 | M25×2 Nut                                       | φ55           | 1   |
| 149 | Nut Rubber Pad                                  | T6            | 1   |
| 151 | M4×10 Cross Recess Small Countersunk Head Screw | M4×10         | 3   |

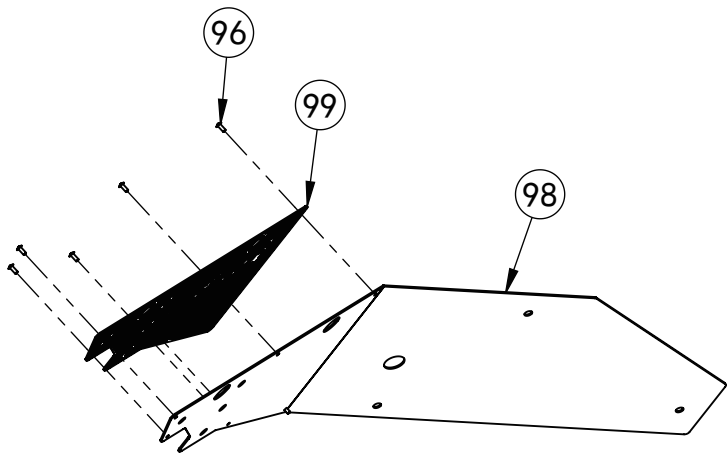
# EXPLODED DIAGRAMS

## 15 \*1 3118 Left Upper Beam Assembly



| NO. | Part Name                           | Specification  | QTY |
|-----|-------------------------------------|----------------|-----|
| 92  | 3118 Left Upper Beam Weldment       | Weldment       | 1   |
| 81  | Hexagon Rivet Nut                   | M8             | 5   |
| 43  | Hexagon Rivet Nut                   | M6             | 1   |
| 93  | Tapered Shock Absorption Pad        | φ45*φ34*φ16*40 | 1   |
| 94  | φ6 Flat Washer                      | φ6             | 1   |
| 82  | M6*25 Inner Hexagon Flat Head Screw | M6*25          | 1   |

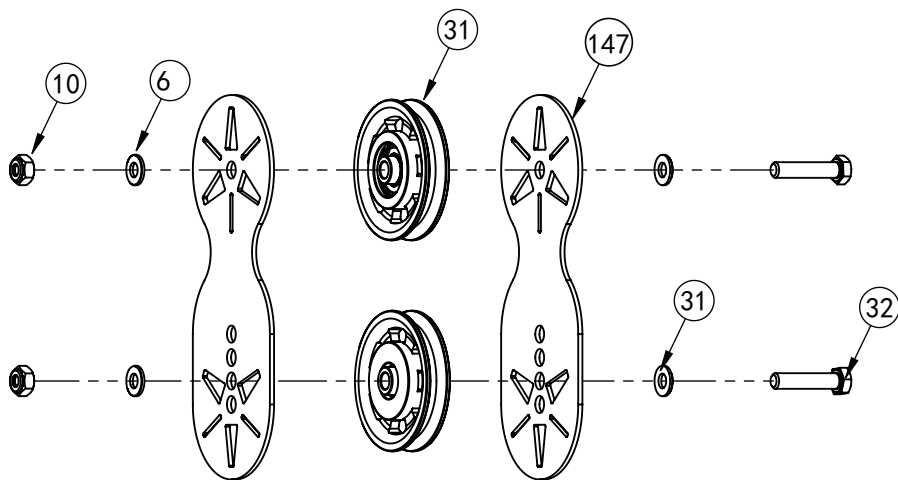
## 35 \*1 3118 Left Decorative Panel Assembly



| NO. | Part Name                          | Specification | QTY |
|-----|------------------------------------|---------------|-----|
| 98  | 3118 Left Decorative Panel         | T2            | 1   |
| 99  | 3118 Left Decorative Outer Panel   | T2            | 1   |
| 96  | 4*10 Oval Head Blind Rivet (Black) | 4*10          | 6   |

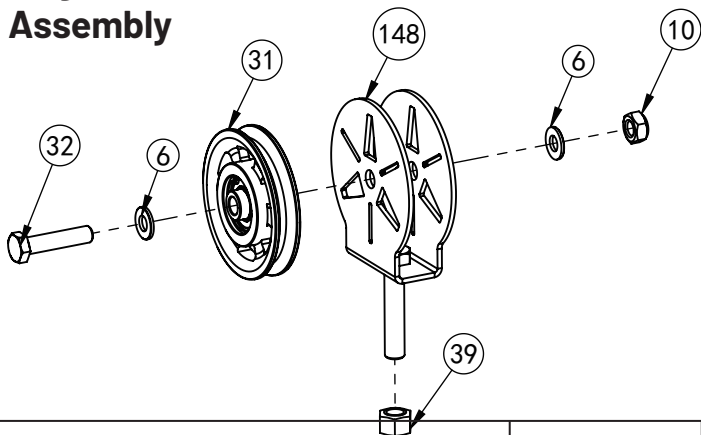
# EXPLODED DIAGRAMS

## 40\*2 Movable Pulley Frame Assembly USA



| NO. | Part Name                        | Specification | QTY |
|-----|----------------------------------|---------------|-----|
| 31  | 90 Aluminum Alloy Pulley         | φ90           | 2   |
| 147 | Pulley Adjustment Plate USA      | T3            | 2   |
| 32  | M10*45 Hexagon Head Bolt (Black) | M10*45        | 2   |
| 6   | φ10 Flat Washer (Black)          | φ10           | 4   |
| 10  | M10 Lock Nut (Black)             | M10           | 2   |

## 33\*2 3141 Counterweight Block Pulley Frame Assembly

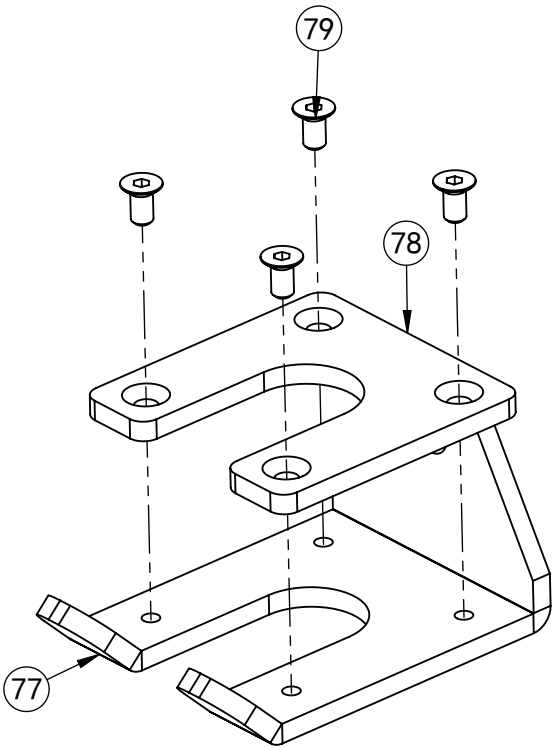


| NO. | Part Name                                     | Specification | QTY |
|-----|-----------------------------------------------|---------------|-----|
| 148 | 3141 Counterweight Block Pulley Frame Welding | Weldment      | 1   |
| 31  | 90 Aluminum Alloy Pulley                      | φ90           | 1   |
| 32  | M10*45 Hexagon Head Bolt (Black)              | M10*45        | 1   |
| 10  | M10 Lock Nut (Black)                          | M10           | 1   |
| 6   | φ10 Flat Washer (Black)                       | φ10           | 2   |
| 39  | M12 Hexagon Nut                               | M12           | 1   |

# EXPLODED DIAGRAMS

49

✖2 3118 Barbell Bar Plate Holder Assembly

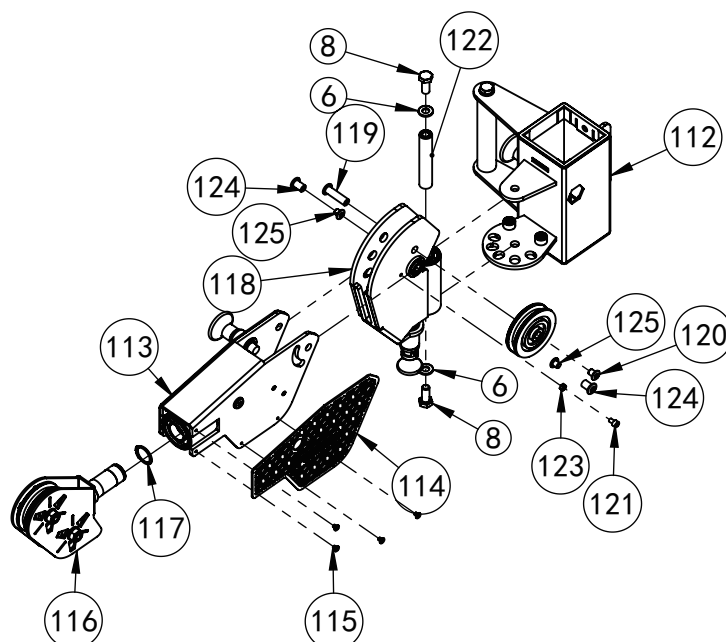


| NO. | Part Name                                  | Specification | QTY |
|-----|--------------------------------------------|---------------|-----|
| 77  | 3118 Barbell Bar Plate Holder              | T6            | 1   |
| 78  | 3118 Hook Gasket                           | T6            | 1   |
| 79  | M6×12 Inner Hexagon Countersunk Head Screw | M6×12         | 4   |



# EXPLODED DIAGRAMS

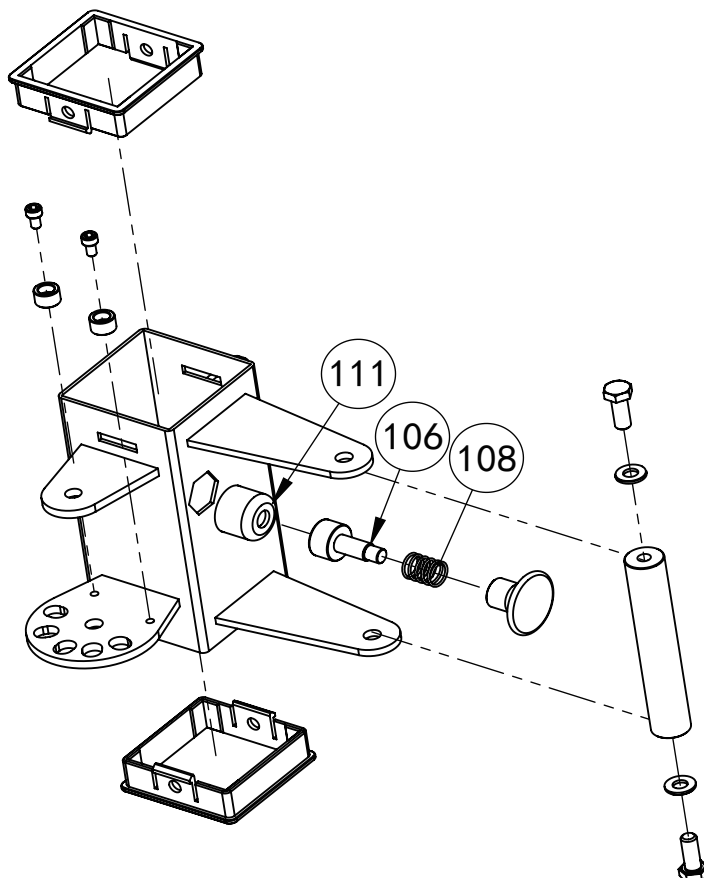
## 13 \*1 3141 Flying Bird Slide Sleeve Right



| NO. | Part Name                                      | Specification | QTY |
|-----|------------------------------------------------|---------------|-----|
| 112 | 3141 Flying Bird Slide Sleeve Assembly - Right | Assembly      | 1   |
| 113 | 3141 Pulley Rotating Assembly                  | Assembly      | 1   |
| 114 | 3141 Rocker Arm Nameplate Outer                | T2            | 1   |
| 115 | M4×5 Flat Head Inner Hexagon Screw (Black)     | M4×5          | 4   |
| 116 | 3141 Universal Pulley Frame Assembly           | Assembly      | 1   |
| 117 | φ25 Shaft-used elastic retaining ring          | φ25           | 1   |
| 118 | 3141 Inner Pulley Plate Assembly               | Assembly      | 1   |
| 44  | φ75 Aluminum Alloy Pulley                      | φ75           | 1   |
| 119 | M8×35 Chamfered Opposite Lock Screw            | M8×35         | 1   |
| 120 | M8×35 Chamfered Opposite Lock Screw Head       | M8×35         | 1   |
| 6   | φ10 Flat Washer (Black)                        | φ10           | 2   |
| 8   | M10×25 Hexagon Head Bolt (Black)               | M10×25        | 2   |
| 121 | M5×8 Inner Hexagon Cylinder Head Screw         | M5×8          | 1   |
| 122 | φ17×97 - M10 Inner Shaft                       | φ17×97        | 1   |
| 123 | M5 Hexagon Nut (Black)                         | M5            | 1   |
| 124 | M8×14 Chamfered Opposite Lock Screw            | M8×14         | 2   |
| 125 | M8×14 Chamfered Opposite Lock Screw Head       | M8×14         | 2   |

# EXPLODED DIAGRAMS

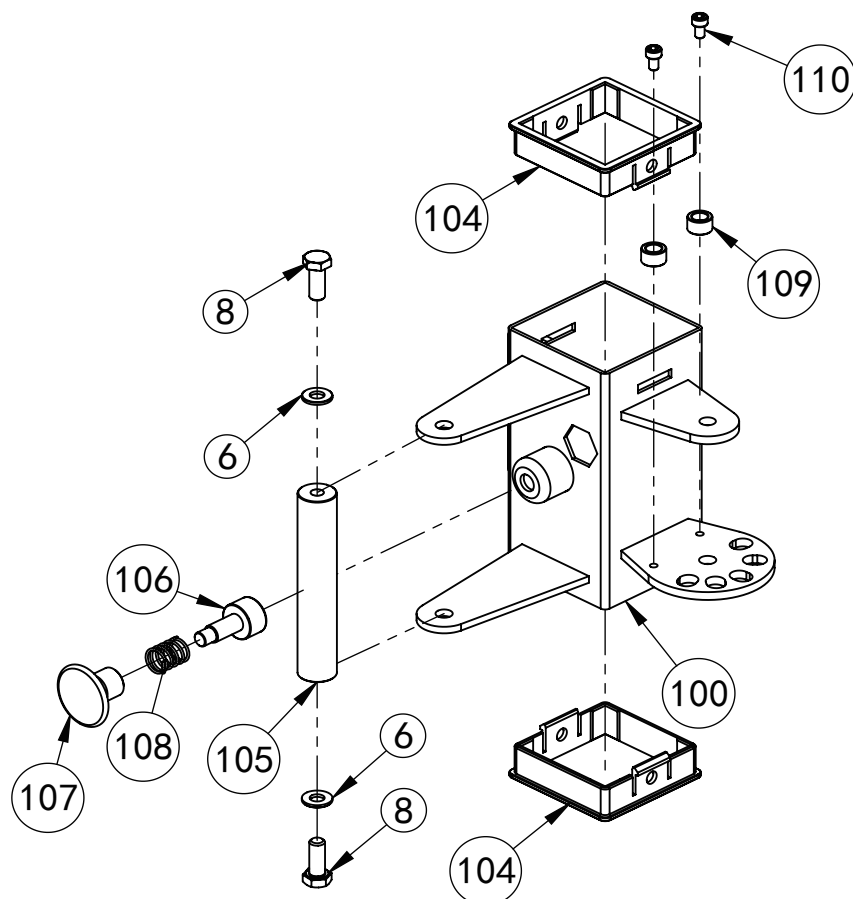
## 126 \*1 3141 Flying Bird Slide Sleeve Assembly - Left



| NO. | Part Name                               | Specification                                        | QTY |
|-----|-----------------------------------------|------------------------------------------------------|-----|
| 111 | 3141 Slide Sleeve Weldment - Left       | Weldment                                             | 1   |
| 104 | 89 - 75 Bushing                         | 75 - 89                                              | 2   |
| 105 | φ25×138 Handle                          | φ25×138                                              | 1   |
| 6   | φ10 Flat Washer (Black)                 | φ10                                                  | 2   |
| 8   | M10×25 Hexagon Head Bolt (Black)        | M10×25                                               | 2   |
| 106 | 25 Pull Pin Shaft                       | φ25                                                  | 1   |
| 107 | 25 Pull Pin Handle                      | φ44                                                  | 1   |
| 108 | 3141 Pull Pin Spring                    | Outer diameter 15, 1.2mm thick, 6 coils, height 30mm | 1   |
| 109 | M6 Anti - Collision Sleeve              | φ16                                                  | 2   |
| 110 | M6×10 Inner Hexagon Cylinder Head Screw | M6×10                                                | 2   |

# EXPLODED DIAGRAMS

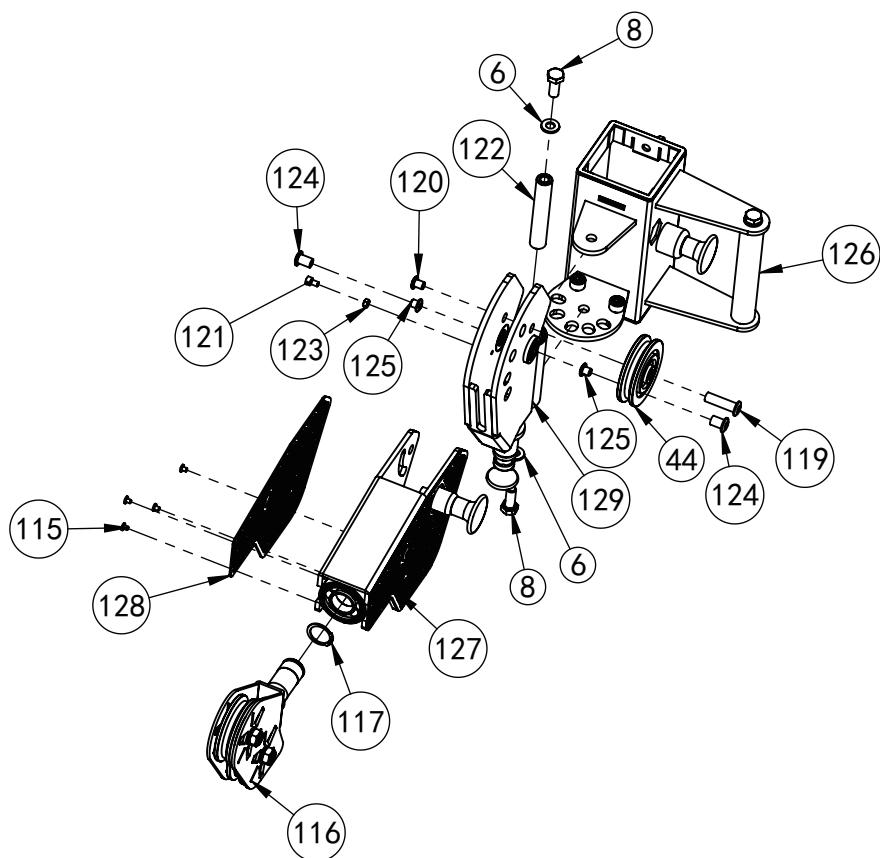
## 112 \*1 3141 Flying Bird Slide Sleeve Assembly-Right



| NO. | Part Name                               | Specification                                        | QTY |
|-----|-----------------------------------------|------------------------------------------------------|-----|
| 100 | 3141 Slide Sleeve Weldment - Right      | Weldment                                             | 1   |
| 104 | 89 - 75 Bushing                         | 75 - 89                                              | 2   |
| 105 | φ25×138 Handle                          | φ25×138                                              | 1   |
| 6   | φ10 Flat Washer (Black)                 | φ10                                                  | 2   |
| 8   | M10×25 Hexagon Head Bolt (Black)        | M10×25                                               | 2   |
| 106 | 25 Pull Pin Shaft                       | φ25                                                  | 1   |
| 107 | 25 Pull Pin Handle                      | φ44                                                  | 1   |
| 108 | 3141 Pull Pin Spring                    | Outer diameter 15, 1.2mm thick, 6 coils, height 30mm | 1   |
| 109 | M6 Anti - Collision Sleeve              | φ16                                                  | 2   |
| 110 | M6×10 Inner Hexagon Cylinder Head Screw | M6×10                                                | 2   |

# EXPLODED DIAGRAMS

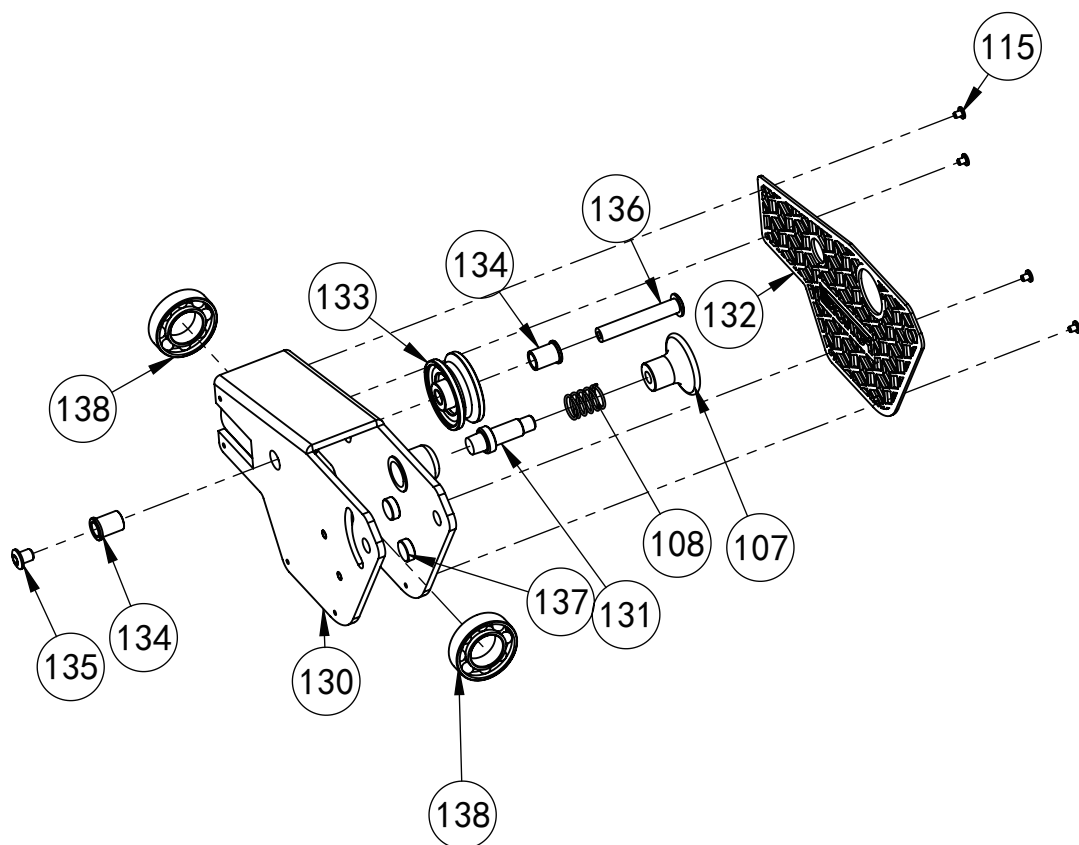
## 13 \*13141 Flying Bird Slide Sleeve Right



| NO. | Part Name                                     | Specification | QTY |
|-----|-----------------------------------------------|---------------|-----|
| 126 | 3141 Flying Bird Slide Sleeve Assembly - Left | Assembly      | 1   |
| 127 | 3141 Pulley Rotating Assembly Left            | Assembly      | 1   |
| 128 | 3141 Rocker Arm Nameplate Left Outer          | T2            | 1   |
| 115 | M4×5 Flat Head Inner Hexagon Screw (Black)    | M4×5          | 4   |
| 116 | 3141 Universal Pulley Frame Assembly          | Assembly      | 1   |
| 117 | φ25 Shaft-used elastic retaining ring         | φ25           | 1   |
| 129 | 3141 Inner Pulley Plate Assembly Left         | Assembly      | 1   |
| 44  | φ75 Aluminum Alloy Pulley                     | φ75           | 1   |
| 119 | M8×35 Chamfered Opposite Lock Screw           | M8×35         | 1   |
| 120 | M8×35 Chamfered Opposite Lock Screw Head      | M8×35         | 1   |
| 6   | φ10 Flat Washer (Black)                       | φ10           | 2   |
| 8   | M10×25 Hexagon Head Bolt (Black)              | M10×25        | 2   |
| 121 | M5×8 Inner Hexagon Cylinder Head Screw        | M5×8          | 1   |
| 122 | φ17×97 - M10 Inner Shaft                      | φ17×97        | 1   |
| 123 | M5 Hexagon Nut (Black)                        | M5            | 1   |
| 124 | M8×14 Chamfered Opposite Lock Screw           | M8×14         | 2   |
| 125 | M8×14 Chamfered Opposite Lock Screw Head      | M8×14         | 2   |

# EXPLODED DIAGRAMS

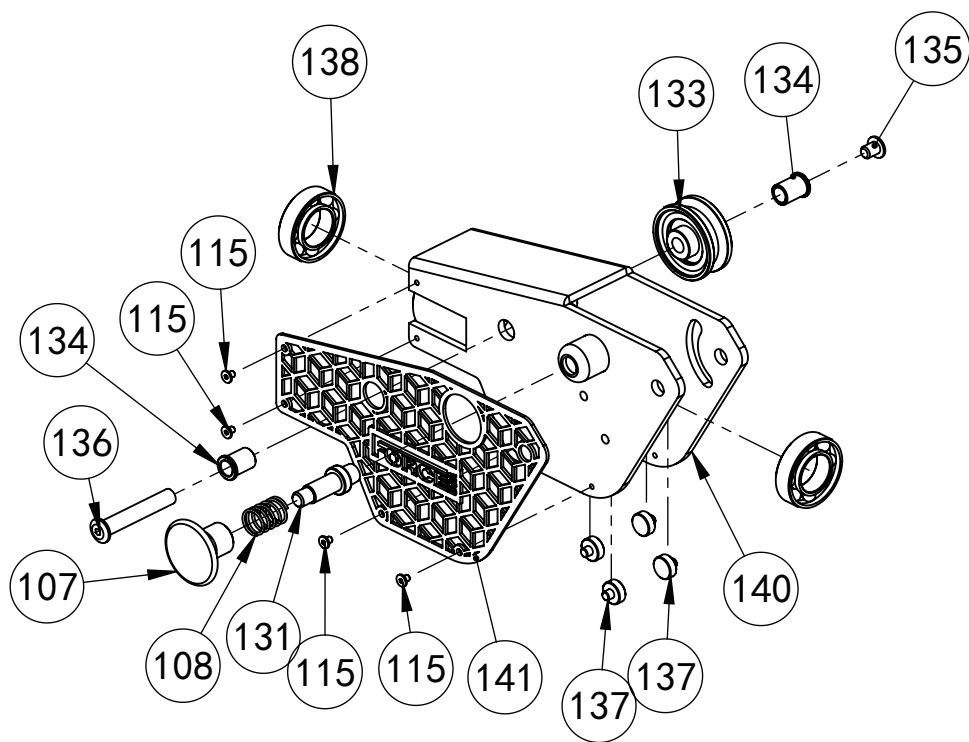
## 113 \*13141 Pulley Rotating Assembly



| NO. | Part Name                                  | Specification                                        | QTY |
|-----|--------------------------------------------|------------------------------------------------------|-----|
| 130 | 3141 Pulley Rotating Weldment              | Weldment                                             | 1   |
| 131 | 12 Pull Pin Shaft                          | φ18                                                  | 1   |
| 107 | 25 Pull Pin Handle                         | φ44                                                  | 1   |
| 132 | 3141 Rocker Arm Nameplate Inner            | T2                                                   | 1   |
| 133 | φ50 Aluminum Alloy Pulley                  | φ50                                                  | 1   |
| 134 | 3141 Flying Bird Spacer Sleeve             | φ16                                                  | 2   |
| 135 | M8×60 Chamfered Opposite Lock Screw Head   | M8×60                                                | 1   |
| 136 | M8×60 Chamfered Opposite Lock Screw        | M8×60                                                | 1   |
| 115 | M4×5 Flat Head Inner Hexagon Screw (Black) | M4×5                                                 | 4   |
| 137 | 3141 Plastic Pad                           | φ15                                                  | 4   |
| 138 | 6005 Deep Groove Ball Bearing              | 6005                                                 | 2   |
| 108 | 3141 Pull Pin Spring                       | Outer diameter 15, 1.2mm thick, 6 coils, height 30mm | 1   |

# EXPLODED DIAGRAMS

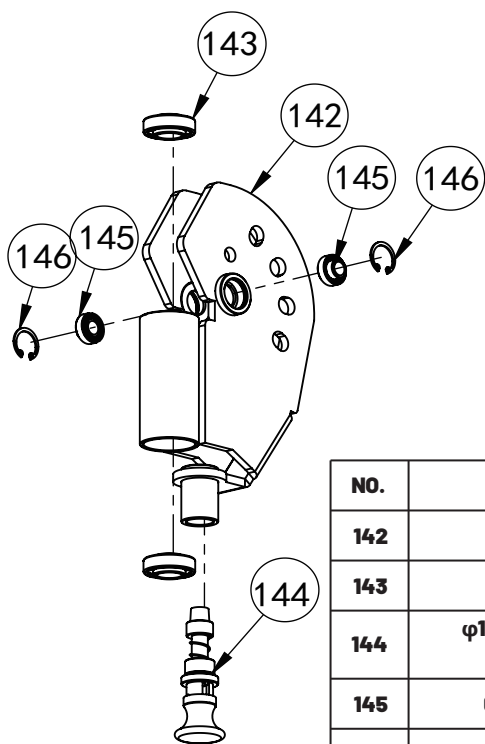
## 27\*1 3141 Pulley Rotating Assembly Left



| NO. | Part Name                                  | Specification                                        | QTY |
|-----|--------------------------------------------|------------------------------------------------------|-----|
| 140 | 3141 Pulley Rotating Weldment Left         | Weldment                                             | 1   |
| 131 | 12 Pull Pin Shaft                          | φ18                                                  | 1   |
| 107 | 25 Pull Pin Handle                         | φ44                                                  | 1   |
| 141 | 3141 Rocker Arm Nameplate Left Inner       | T2                                                   | 1   |
| 133 | φ50 Aluminum Alloy Pulley                  | φ50                                                  | 1   |
| 134 | 3141 Flying Bird Spacer Sleeve             | φ16                                                  | 2   |
| 135 | M8*60 Chamfered Opposite Lock Screw Head   | M8*60                                                | 1   |
| 136 | M8*60 Chamfered Opposite Lock Screw        | M8*60                                                | 1   |
| 115 | M4*5 Flat Head Inner Hexagon Screw (Black) | M4*5                                                 | 4   |
| 137 | 3141 Plastic Pad                           | φ15                                                  | 4   |
| 138 | 6005 Deep Groove Ball Bearing              | 6005                                                 | 2   |
| 108 | 3141 Pull Pin Spring                       | Outer diameter 15, 1.2mm thick, 6 coils, height 30mm | 1   |

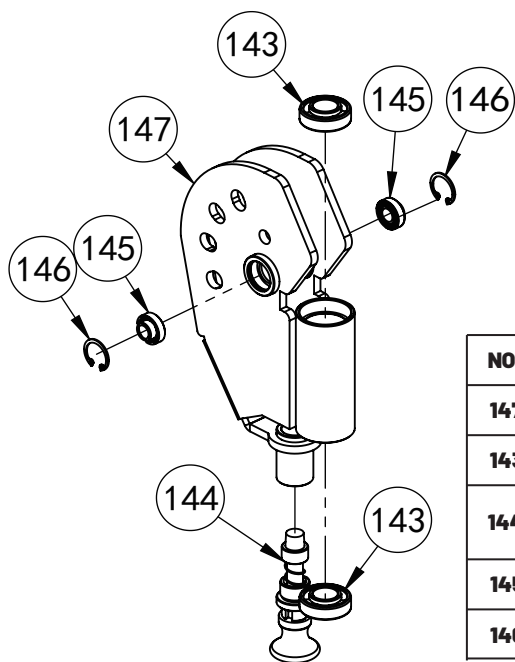
# EXPLODED DIAGRAMS

## 118 \*1 3141 Inner Pulley Plate Assembly



| NO. | Part Name                                                        | Specification              | QTY |
|-----|------------------------------------------------------------------|----------------------------|-----|
| 142 | 3141 Inner Pulley Plate Weldment                                 | Weldment                   | 1   |
| 143 | 6003 Deep Groove Ball Bearing - 14 Width                         | 6003                       | 2   |
| 144 | φ12×M20×40 Tapered head positioning pull pin<br>- Aluminum Alloy | Assembly                   | 1   |
| 145 | 61900 Deep Groove Ball Bearing - 10 Width                        | 61900 Single Side Step 4mm | 2   |
| 146 | 22 - Hole Elastic Retaining Ring                                 | φ22                        | 2   |

## 129 \*1 3141 Inner Pulley Plate Assembly Left



| NO. | Part Name                                                        | Specification              | QTY |
|-----|------------------------------------------------------------------|----------------------------|-----|
| 147 | 3141 Inner Pulley Plate Weldment Left                            | Weldment                   | 1   |
| 143 | 6003 Deep Groove Ball Bearing - 14 Width                         | 6003                       | 2   |
| 144 | φ12×M20×40 Tapered head positioning pull pin<br>- Aluminum Alloy | Assembly                   | 1   |
| 145 | 61900 Deep Groove Ball Bearing - 10 Width                        | 61900 Single Side Step 4mm | 2   |
| 146 | 22 - Hole Elastic Retaining Ring                                 | φ22                        | 2   |

# HARDWARE IDENTIFIER

| NO. | Part Name                                                       | Specification   | QTY |
|-----|-----------------------------------------------------------------|-----------------|-----|
| 1   | 3118 Right Bottom Beam Weldment Assembly                        | Assembly        | 1   |
| 2   | 3118 Left Bottom Beam Weldment Assembly                         | Assembly        | 1   |
| 3   | 3118 Rear Column Assembly                                       | Assembly        | 2   |
| 4   | 3118 Rear Lower Connecting Pipe Weldment                        | Weldment        | 1   |
| 5   | Screw Bushing                                                   | φ 30*φ 11*13    | 8   |
| 6   | φ 10 Flat Washer (Black)                                        | φ 10            | 102 |
| 7   | φ 10 Spring Washer (Black)                                      | φ 10            | 36  |
| 8   | M10*25 Hexagon Head Bolt (Black)                                | M10*25          | 50  |
| 9   | 3118 Steel Wire Rope Eyelet Assembly                            | Assembly        | 1   |
| 10  | M10 Lock Nut (Black)                                            | M10             | 46  |
| 11  | 3118 Middle Column Assembly                                     | Assembly        | 2   |
| 12  | 3118 Front Column Weldment                                      | Weldment        | 2   |
| 13  | 3141 Flying Bird Slide Sleeve Right                             | Assembly        | 1   |
| 14  | 3141 Flying Bird Slide Sleeve Left                              | Assembly        | 1   |
| 15  | 3118 Left Upper Beam Assembly                                   | Assembly        | 1   |
| 16  | 3118 Inner Insert Pipe Weldment                                 | Weldment        | 2   |
| 17  | 3118 Right Upper Beam Assembly                                  | Assembly        | 1   |
| 18  | φ 10 Large Flat Washer (Black)                                  | φ 30*φ 10*3     | 4   |
| 19  | M10*95 Hexagon Head Bolt (Black)                                | M10*95          | 22  |
| 20  | 3118 Rear Connecting Pipe Weldment Assembly                     | Assembly        | 1   |
| 21  | 10*60 Straight - grooved Elastic Cylindrical Pin                | 10*60           | 2   |
| 22  | 1915 Guiding rod Component                                      | Assembly        | 4   |
| 23  | 60 - 27 Shock Absorption Pad                                    | φ 60*φ 27*42    | 4   |
| 24  | 3141 Counterweight Support Weldment                             | Weldment        | 4   |
| 25  | 90KG Counterweight Assembly Group (Top Sheet with               | 19+1 (90KG)     | 2   |
| 26  | 24+1 Lifting Rod                                                | φ 25            | 2   |
| 27  | 2KG Auxiliary Counterweight Assembly - 3118                     | Assembly        | 2   |
| 28  | 3129 Elastic Cord Hanging Shaft                                 | φ 17.8*17 - M12 | 8   |
| 29  | M10*100 Hexagon Head Bolt (Black)                               | M10*100         | 8   |
| 30  | φ 10*100 Magnetic pull pin<br>- Black Head, No Rope, F Standard | φ 10*100        | 2   |
| 31  | 90 Aluminum Alloy Pulley                                        | φ 90            | 10  |
| 32  | M10*45 Hexagon Head Bolt (Black)                                | M10*45          | 12  |
| 33  | 3141 Counterweight Pulley Frame Assembly                        | Assembly        | 2   |
| 34  | 3118 Front Upper Beam Connecting Pipe Assembly                  | Assembly        | 1   |
| 35  | 3118 Left Decorative Panel Assembly                             | Assembly        | 1   |
| 36  | 3118 Right Decorative Panel Assembly                            | Assembly        | 1   |
| 37  | φ 8 Flat Washer (Black)                                         | φ 8             | 26  |
| 38  | M8*16 Hexagon Head Bolt (Black)                                 | M8*16           | 24  |
| 39  | M12 Hexagon Nut                                                 | M12             | 2   |
| 40  | Movable Pulley Frame Assembly USA                               | Assembly        | 2   |



# HARDWARE IDENTIFIER

| NO. | Part Name                                          | Specification         | QTY |
|-----|----------------------------------------------------|-----------------------|-----|
| 41  | φ 20*φ 16*φ 10.2*27.5 Powder Sleeve                | φ 20*φ 16*φ 10.5*27.5 | 12  |
| 42  | 3118 Flying Bird Steel Wire Rope Component         | Assembly              | 2   |
| 43  | Hexagon Rivet Nut                                  | M6                    | 2   |
| 44  | φ 75 Aluminum Alloy Pulley                         | φ 75                  | 10  |
| 45  | M3*4 Pair of Locking Screw Outer Wire              | φ 4*4 - M3            | 6   |
| 46  | φ 12 Flat Washer (Black)                           | φ 12                  | 10  |
| 47  | M12*95 Hexagon Head Bolt (Black)                   | M12*95                | 5   |
| 48  | M12 Lock Nut (Black)                               | M12                   | 5   |
| 49  | 3118 Lifting Rod Hanging Piece Assembly            | Assembly              | 1   |
| 50  | 3141 High - Pull Handle Weldment                   | Weldment              | 2   |
| 51  | M25 Nut Assembly                                   | Assembly              | 4   |
| 52  | 3118 Rear Decorative Panel Assembly                | Assembly              | 1   |
| 53  | 3118 Decorative Panel Inner Left                   | T2                    | 1   |
| 54  | 3118 Decorative Panel Inner Right                  | T2                    | 1   |
| 55  | 3129 Protective Cover                              | T2                    | 4   |
| 56  | 3118 Storage Connection Weldment                   | Weldment              | 2   |
| 57  | 3118 Rear Hook Plate                               | T2                    | 1   |
| 58  | Screw Bushing                                      | φ 30*φ 11*13          | 16  |
| 59  | 3118 Adjustable Storage Disk Weldment              | Weldment              | 1   |
| 60  | 50 - Length Quick - Release Pin Assembly           | Assembly              | 8   |
| 61  | 3141 Foot Fixing Plate                             | T5                    | 4   |
| 62  | 25 Elastic Cord Magnetic Latch                     | Assembly              | 4   |
| 63  | FORCEUSA Aluminum Alloy Pull - Strap               | For forceusa          | 2   |
| 64  | forceusa Foot Strap                                | For forceusa          | 2   |
| 65  | Biceps Rope - 90                                   | φ 28*690              | 1   |
| 66  | Black Hoist Hook                                   | Standard Part         | 4   |
| 67  | Black Chain                                        | φ 6                   | 2   |
| 68  | 2KG Auxiliary Counterweight Weldment - 3118        | Weldment              | 2   |
| 69  | φ 12*M20*40 Umbrella head pull pin- Aluminum Alloy | φ 12*M20*40           | 2   |
| 70  | 32 - 26 Reducer Bushing - with Bean                | 32 - 26               | 8   |
| 71  | 3141 Elastic Cord Rod                              | φ 25                  | 2   |
| 72  | 3141 Handle                                        | φ 50*26               | 2   |
| 73  | φ 40*φ 20*1.5 Nylon Washer                         | φ 40*φ 20*1.5         | 2   |
| 74  | 3129 Magnetic Ring                                 | φ 39*φ 20*5           | 2   |
| 75  | 3129 Quick - Insert Nut                            | φ 20*11.5 - M8        | 8   |
| 76  | 3129 Pin Shaft - M8*50                             | φ 16*60 - M8          | 8   |
| 77  | 3118 Barbell Bar Plate Holder                      | T6                    | 2   |
| 78  | 3118 Hook Gasket                                   | T6                    | 2   |
| 79  | M6*12 Inner Hexagon Countersunk Head Screw         | M6*12                 | 8   |
| 80  | 3118 Rear Column Weldment                          | Weldment              | 1   |

# HARDWARE IDENTIFIER

| NO. | Part Name                                      | Specification                                              | QTY |
|-----|------------------------------------------------|------------------------------------------------------------|-----|
| 81  | Hexagon Rivet Nut                              | M8                                                         | 26  |
| 82  | M6×25 Inner Hexagon Flat Head Screw            | M6×25                                                      | 2   |
| 83  | 3118 Rear Decorative Panel                     | T2                                                         | 1   |
| 84  | 3141 Stainless Steel Back Panel                | T2                                                         | 1   |
| 85  | M3×4 Pair of Locking Screw Inner Wire          | φ 4×4 - M3                                                 | 6   |
| 86  | M10×65 Hexagon Head Bolt (Black)               | M10×65                                                     | 4   |
| 87  | 3118 Front Upper Beam Connecting Pipe Weldment | Weldment                                                   | 1   |
| 88  | M8 Lock Nut                                    | M8                                                         | 2   |
| 89  | 3118 Right Bottom Beam Weldment                | Weldment                                                   | 1   |
| 90  | M10 Countersunk Hexagon Rivet Nut              | M10                                                        | 8   |
| 91  | 3118 Right Upper Beam Weldment                 | Weldment                                                   | 1   |
| 92  | 3118 Left Upper Beam Weldment                  | Weldment                                                   | 1   |
| 93  | Tapered Shock Absorption Pad                   | φ 45×φ 34×φ 16×40                                          | 2   |
| 94  | φ 6 Flat Washer                                | φ 6                                                        | 2   |
| 95  | 3118 Decorative Panel                          | T2                                                         | 1   |
| 96  | 4×10 Oval Head Blind Rivet (Black)             | 4×10                                                       | 12  |
| 97  | 3118 Right Decorative Outer Panel              | T2                                                         | 1   |
| 98  | 3118 Left Decorative Panel                     | T2                                                         | 1   |
| 99  | 3118 Left Decorative Outer Panel               | T2                                                         | 1   |
| 100 | 3141 Slide Sleeve Weldment - Right             | Weldment                                                   | 1   |
| 101 | 3118 Left Bottom Beam Weldment                 | Weldment                                                   | 1   |
| 102 | 3118 Middle Column Weldment                    | Weldment                                                   | 2   |
| 103 | 75 Face Hanging Ring Weldment                  | Weldment                                                   | 1   |
| 104 | 89 - 75 Bushing                                | 75 - 89                                                    | 4   |
| 105 | φ 25×138 Handle                                | φ 25×138                                                   | 2   |
| 106 | 25 Pull Pin Shaft                              | φ 25                                                       | 2   |
| 107 | 25 Pull Pin Handle                             | φ 44                                                       | 4   |
| 108 | 3141 Pull Pin Spring                           | Outer diameter 15,<br>1.2mm thick, 6 coils,<br>height 30mm | 4   |
| 109 | M6 Anti - Collision Sleeve                     | φ 16                                                       | 4   |
| 110 | M6×10 Inner Hexagon Cylinder Head Screw        | M6×10                                                      | 4   |
| 111 | 3141 Slide Sleeve Weldment - Left              | Weldment                                                   | 1   |
| 112 | 3141 Flying Bird Slide Sleeve Assembly - Right | Assembly                                                   | 1   |
| 113 | 3141 Pulley Rotating Assembly                  | Assembly                                                   | 1   |
| 114 | 3141 Rocker Arm Nameplate Outer                | T2                                                         | 1   |
| 115 | M4×5 Flat Head Inner Hexagon Screw (Black)     | M4×5                                                       | 16  |
| 116 | 3141 Universal Pulley Frame Assembly           | Assembly                                                   | 2   |
| 117 | φ 25 Shaft-used elastic retaining ring         | φ 25                                                       | 2   |
| 118 | 3141 Inner Pulley Plate Assembly               | Assembly                                                   | 1   |
| 119 | M8×35 Chamfered Opposite Lock Screw            | M8×35                                                      | 2   |
| 120 | M8×35 Chamfered Opposite Lock Screw Head       | M8×35                                                      | 2   |

# HARDWARE IDENTIFIER

| NO. | Part Name                                                         | Specification                 | QTY |
|-----|-------------------------------------------------------------------|-------------------------------|-----|
| 121 | M5×8 Inner Hexagon Cylinder Head Screw                            | M5×8                          | 2   |
| 122 | φ 17×97 - M10 Inner Shaft                                         | φ 17×97                       | 2   |
| 123 | M5 Hexagon Nut (Black)                                            | M5                            | 2   |
| 124 | M8×14 Chamfered Opposite Lock Screw                               | M8×14                         | 4   |
| 125 | M8×14 Chamfered Opposite Lock Screw Head                          | M8×14                         | 4   |
| 126 | 3141 Flying Bird Slide Sleeve Assembly - Left                     | Assembly                      | 1   |
| 127 | 3141 Pulley Rotating Assembly Left                                | Assembly                      | 1   |
| 128 | 3141 Rocker Arm Nameplate Left Outer                              | T2                            | 1   |
| 129 | 3141 Inner Pulley Plate Assembly Left                             | Assembly                      | 1   |
| 130 | 3141 Pulley Rotating Weldment                                     | Weldment                      | 1   |
| 131 | 12 Pull Pin Shaft                                                 | φ 18                          | 2   |
| 132 | 3141 Rocker Arm Nameplate Inner                                   | T2                            | 1   |
| 133 | φ 50 Aluminum Alloy Pulley                                        | φ 50                          | 2   |
| 134 | 3141 Flying Bird Spacer Sleeve                                    | φ 16                          | 4   |
| 135 | M8×60 Chamfered Opposite Lock Screw Head                          | M8×60                         | 2   |
| 136 | M8×60 Chamfered Opposite Lock Screw                               | M8×60                         | 2   |
| 137 | 3141 Plastic Pad                                                  | φ 15                          | 8   |
| 138 | 6005 Deep Groove Ball Bearing                                     | 6005                          | 4   |
| 139 | 3141 Universal Pulley Frame Welding                               | Weldment                      | 2   |
| 140 | 3141 Pulley Rotating Weldment Left                                | Weldment                      | 1   |
| 141 | 3141 Rocker Arm Nameplate Left Inner                              | T2                            | 1   |
| 142 | 3141 Inner Pulley Plate Weldment                                  | Weldment                      | 2   |
| 143 | 6003 Deep Groove Ball Bearing - 14 Width                          | 6003                          | 4   |
| 144 | φ 12×M20×40 Tapered head positioning pull pin<br>- Aluminum Alloy | Assembly                      | 2   |
| 145 | 61900 Deep Groove Ball Bearing - 10 Width                         | 61900 Single Side Step<br>4mm | 4   |
| 146 | 22 - Hole Elastic Retaining Ring                                  | φ 22                          | 4   |
| 147 | 3141 Inner Pulley Plate Weldment Left                             | Weldment                      | 1   |
| 148 | 3141 Counterweight Block Pulley Frame Welding                     | Weldment                      | 2   |
| 149 | Nut Rubber Pad                                                    | T6                            | 1   |
| 150 | M25×2 Nut                                                         | φ 55                          | 1   |
| 151 | M4×10 Cross Recess Small Countersunk Head Screw                   | M4×10                         | 3   |

# 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)