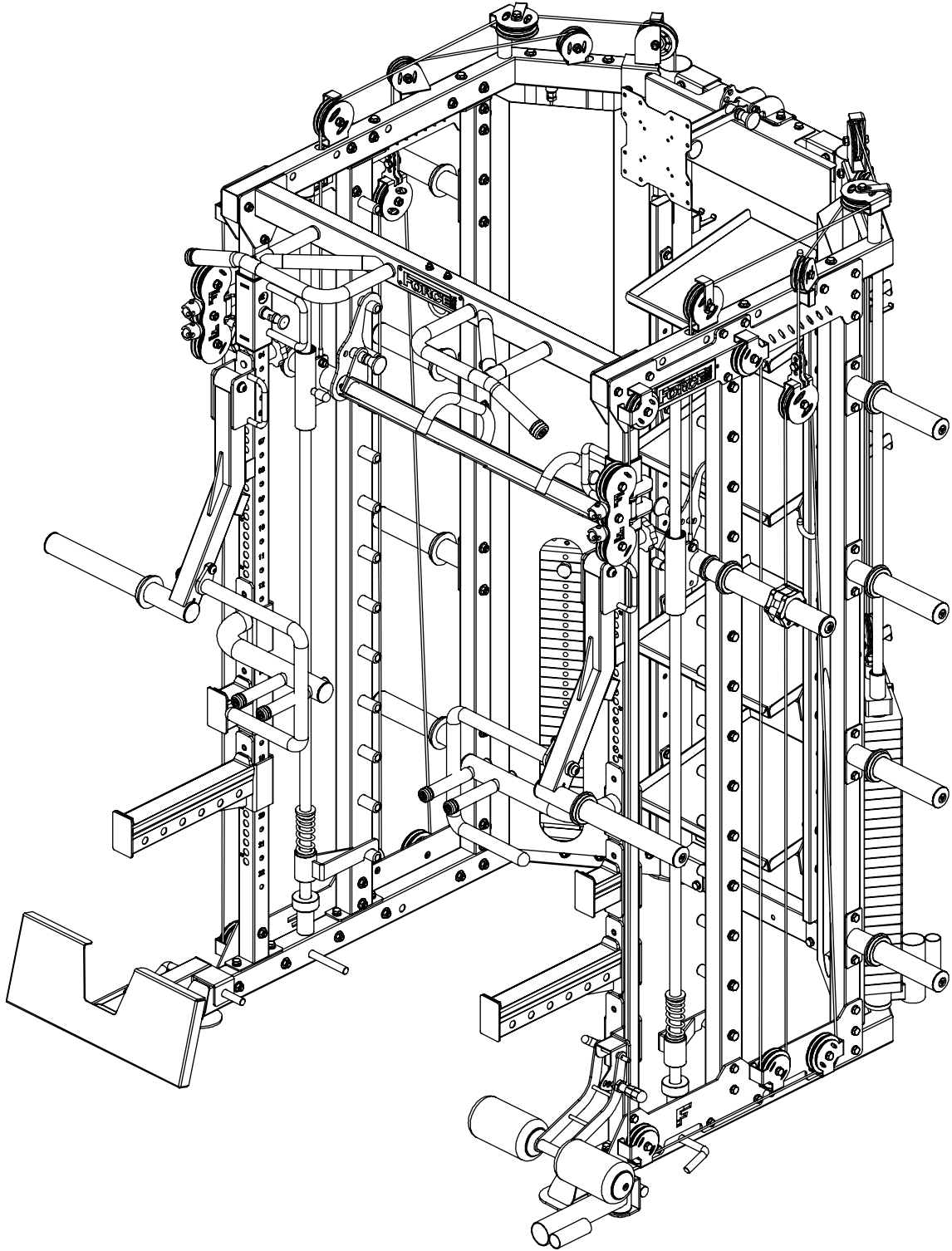


FORCE^{USA}



USER MANUAL | **F-G15**



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



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

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:

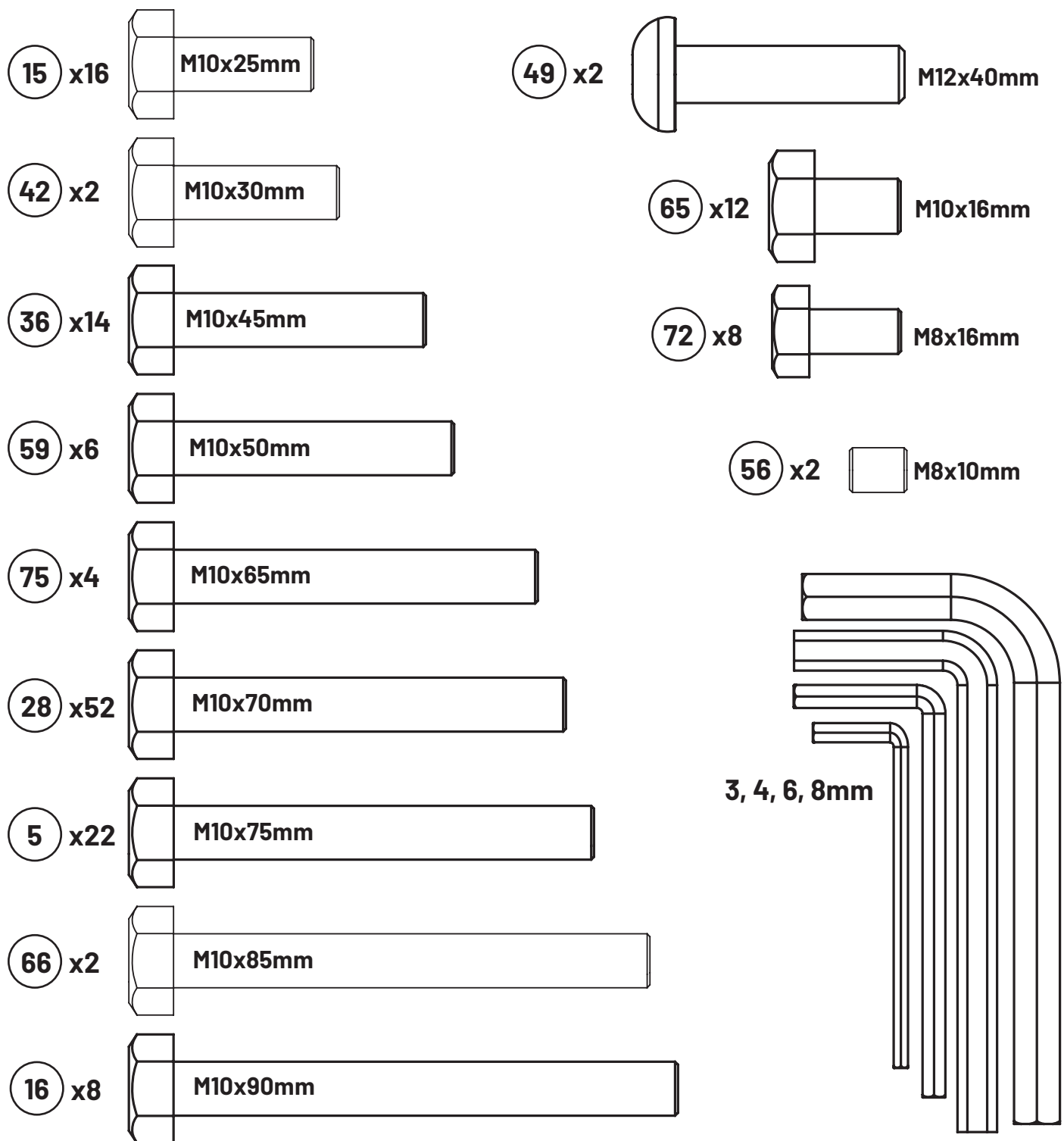
Daily Maintenance

- 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



Note: parts may not be to scale

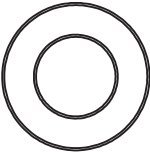
HARDWARE IDENTIFIER

6 x98



M10 Lock Nut

7 x246



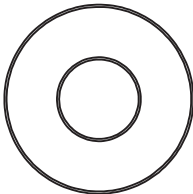
10 Flat Washer

14 x42



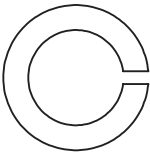
10 Spring Washer

17 x66



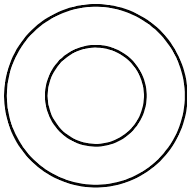
Large Flat Washer

50 x40



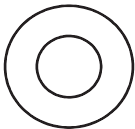
12 Spring Washer

51 x40

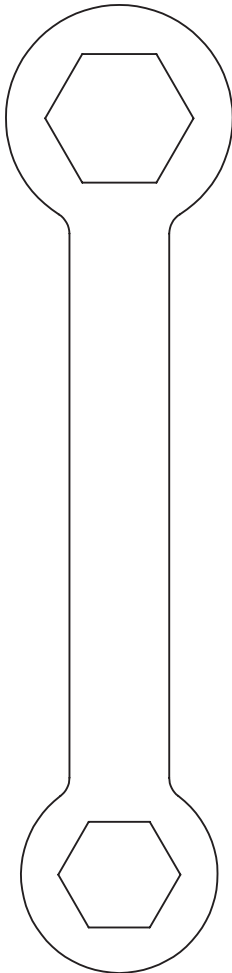


12 Flat Washer

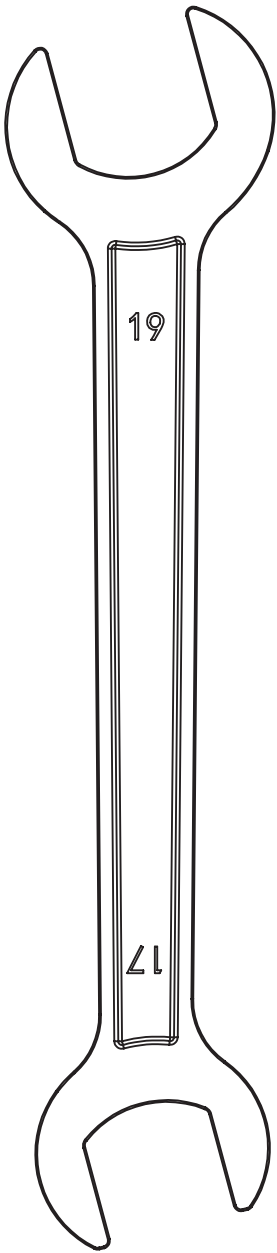
71 x16



8 Flat Washer



14, 17
wrench



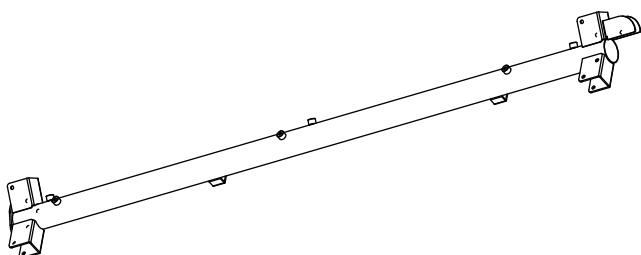
17, 19
wrench



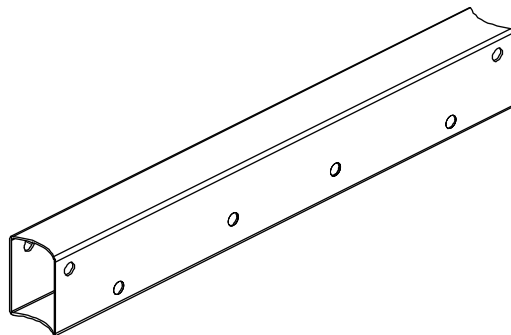
Note: parts may not be to scale

STEP 1 - PARTS & HARDWARE

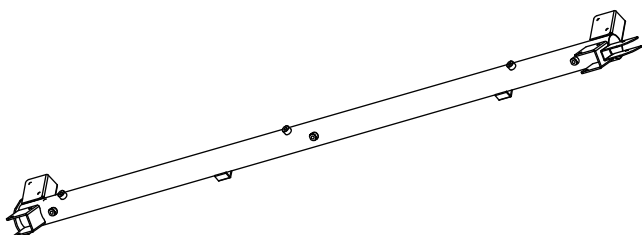
1 x1 Rear Upright Frame -Left



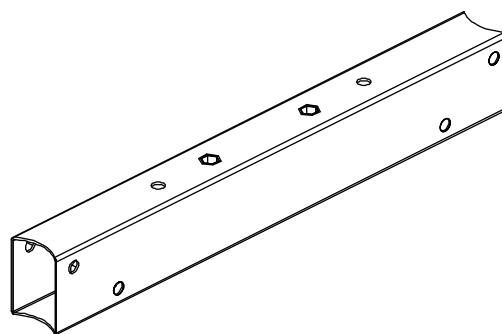
2 x1 Rear Linking Frame - Lower



3 x1 Rear Upright Frame - Right



4 x1 Rear Linking Frame - Upper

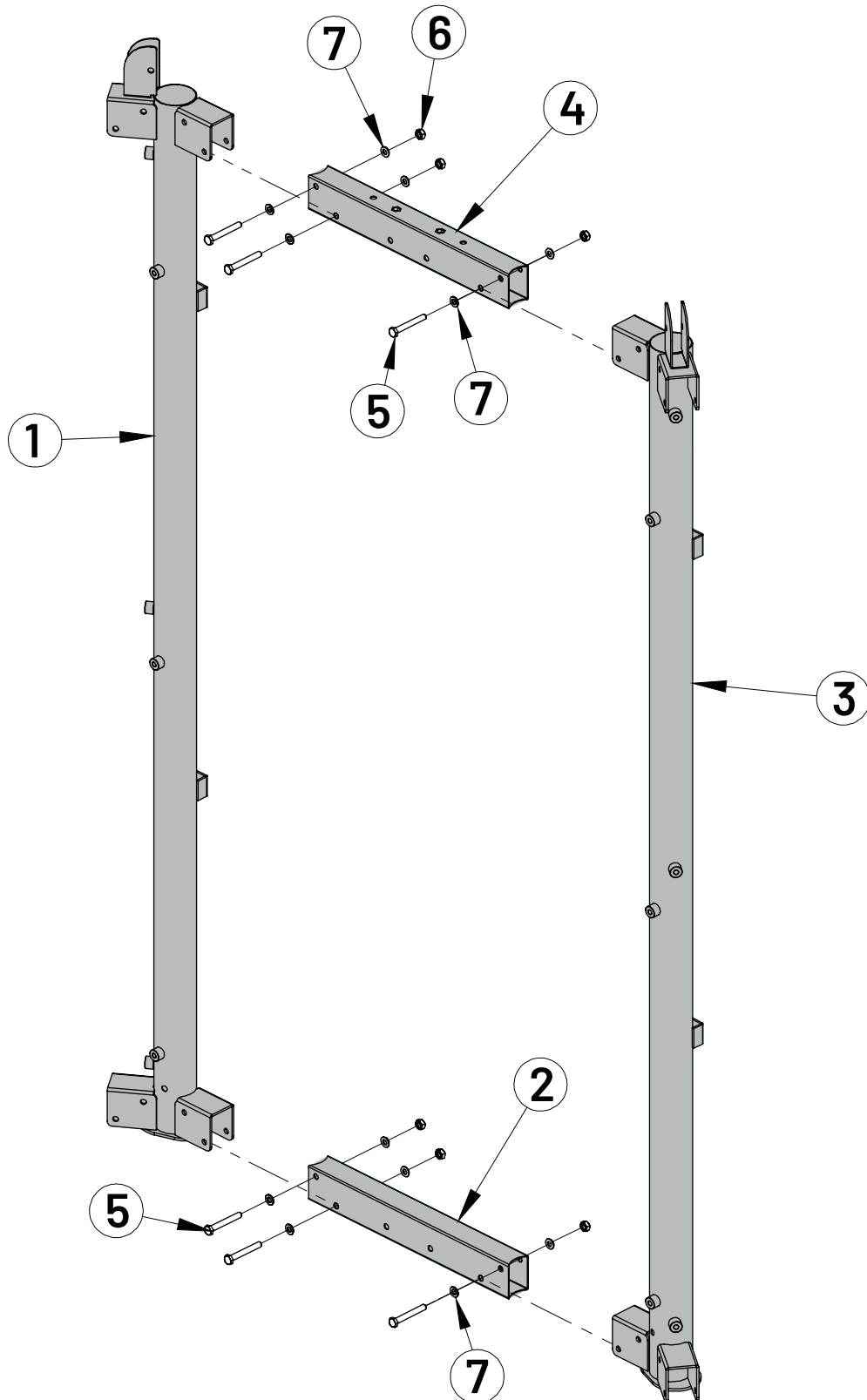


STEP 1 - PARTS & HARDWARE



STEP 1 - ASSEMBLY

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



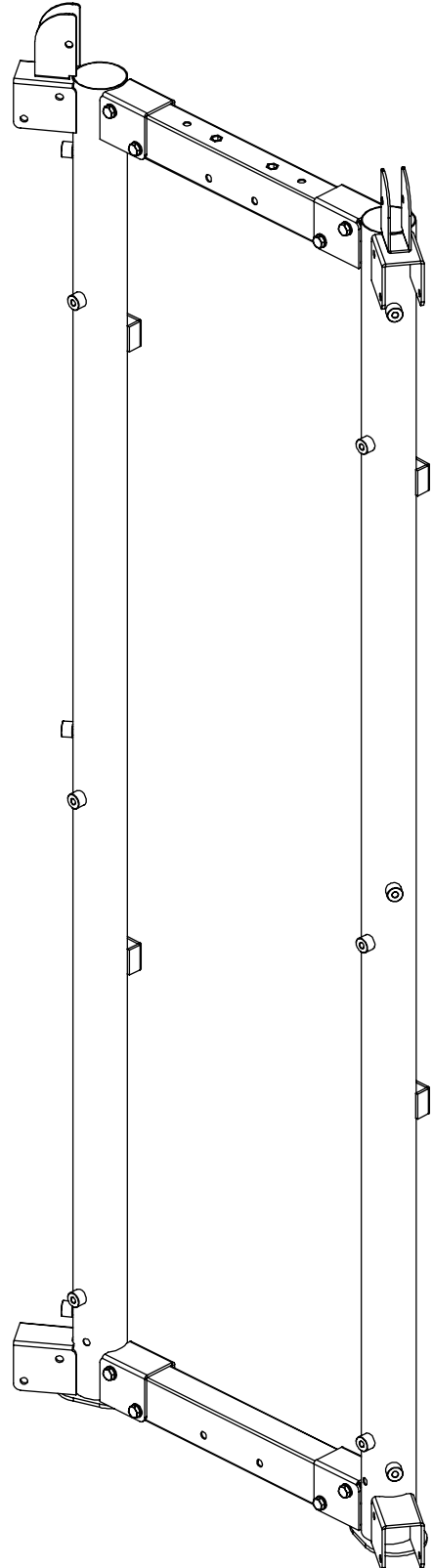
STEP 1 - ASSEMBLY



Hand tighten this step's hardware

1

Attach Rear Upright Frame - Left (**#1**) and Rear Upright Frame - Right (**#3**) to Rear Linking Frame - Lower (**#2**) and Rear Linking Frame - Upper (**#4**) using 1 x Hexagon Bolt (M10*75mm) (**#5**), 1 x Lock Nut (M10) (**#6**) x 1 and 2 x Washer (M10) (**#7**) per hole

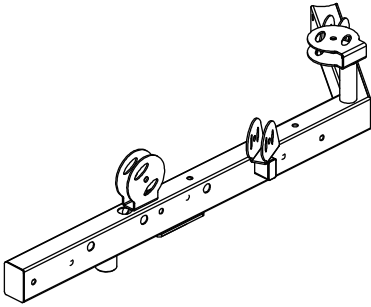


STEP 2 - PARTS & HARDWARE

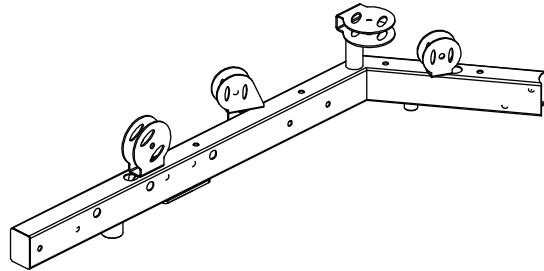


If you have low ceilings, skip to STEP 8 and do #1, securely attaching the cables to the counter balance weights and inserting them at this time. Be sure to leave the cables exposed to be retrieved later during the remainder of STEP 8.

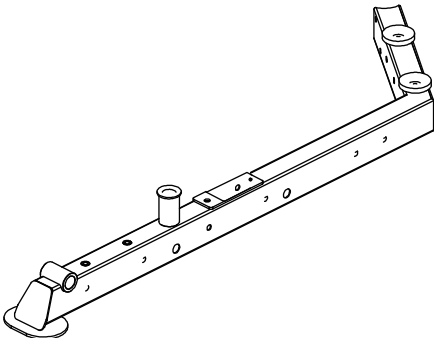
8 x1 Upper Frame - Right



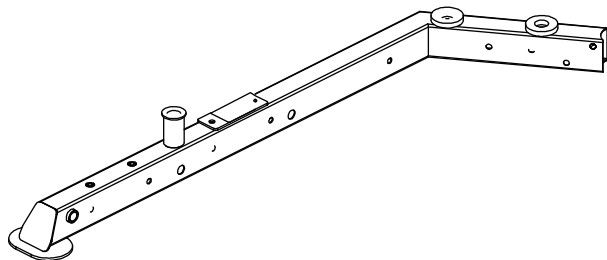
9 x1 Upper Frame - Left



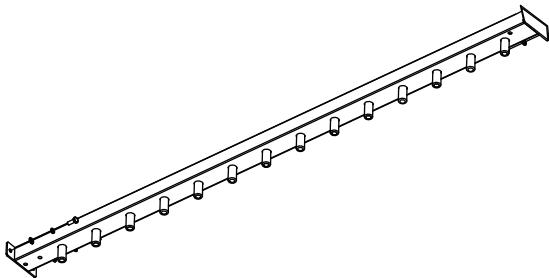
10 x 1 Lower Frame - Right



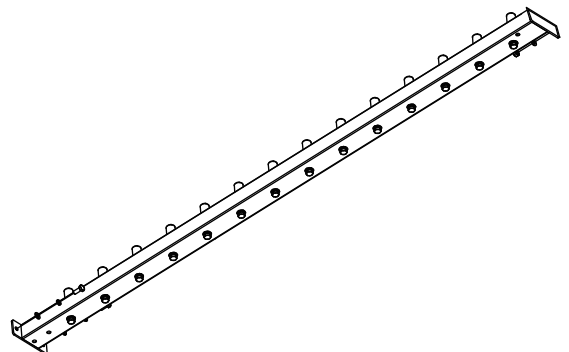
11 x1 Lower Frame - Left



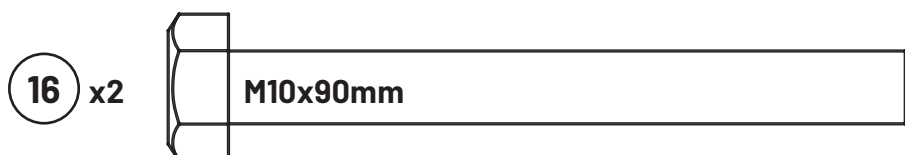
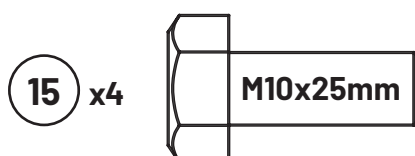
12 x1 Smith Bar Racking Frame - Left



13 x1 Smith Bar Racking Frame - Right



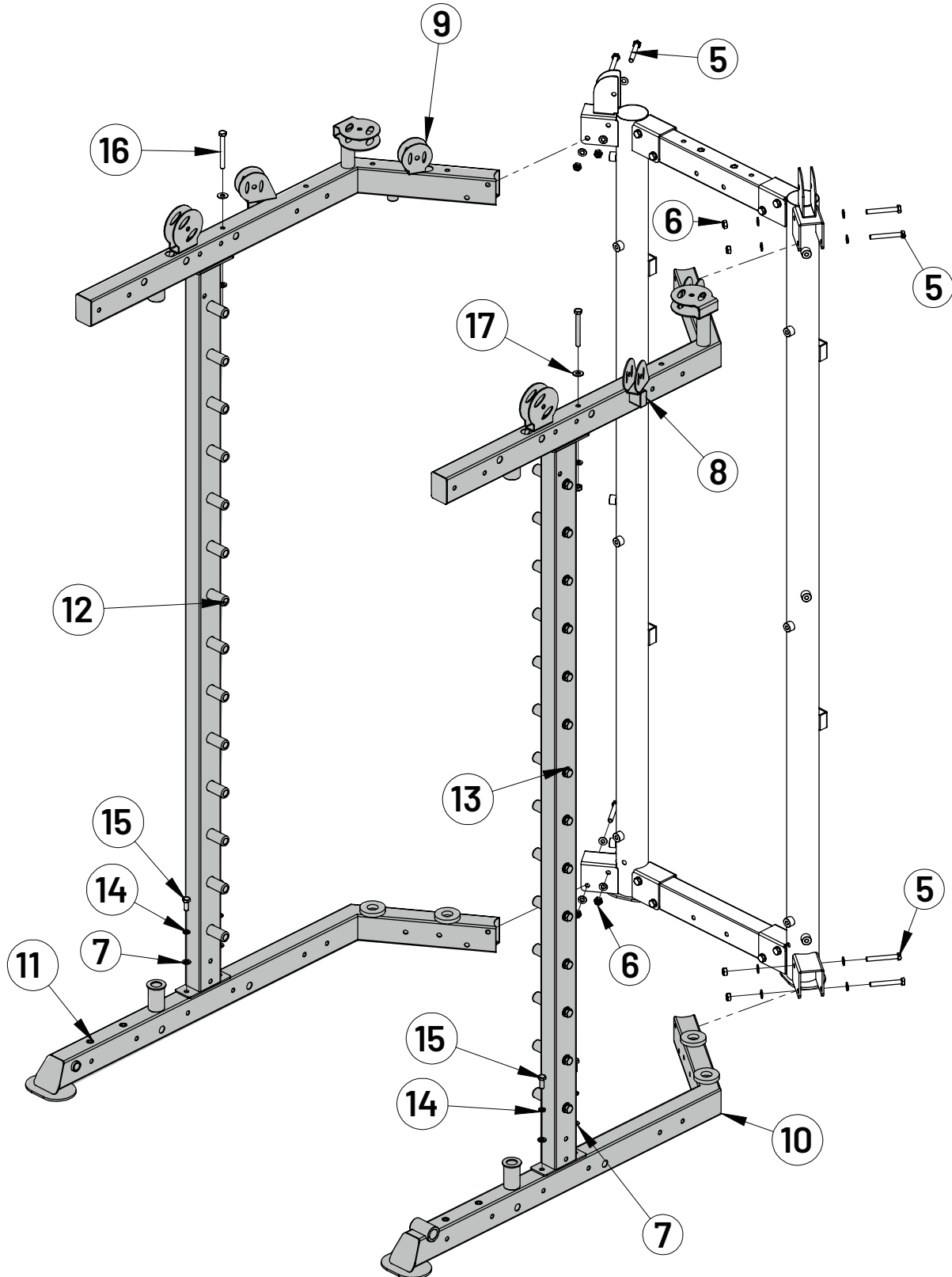
STEP 2 - PARTS & HARDWARE



STEP 2 - ASSEMBLY



If you have low ceilings, skip to STEP 8 and do #1, securely attaching the cables to the counter balance weights and inserting them at this time. Be sure to leave the cables exposed to be retrieved later during the remainder of STEP 8.



STEP 2 - ASSEMBLY



Hand tighten this step's hardware

1

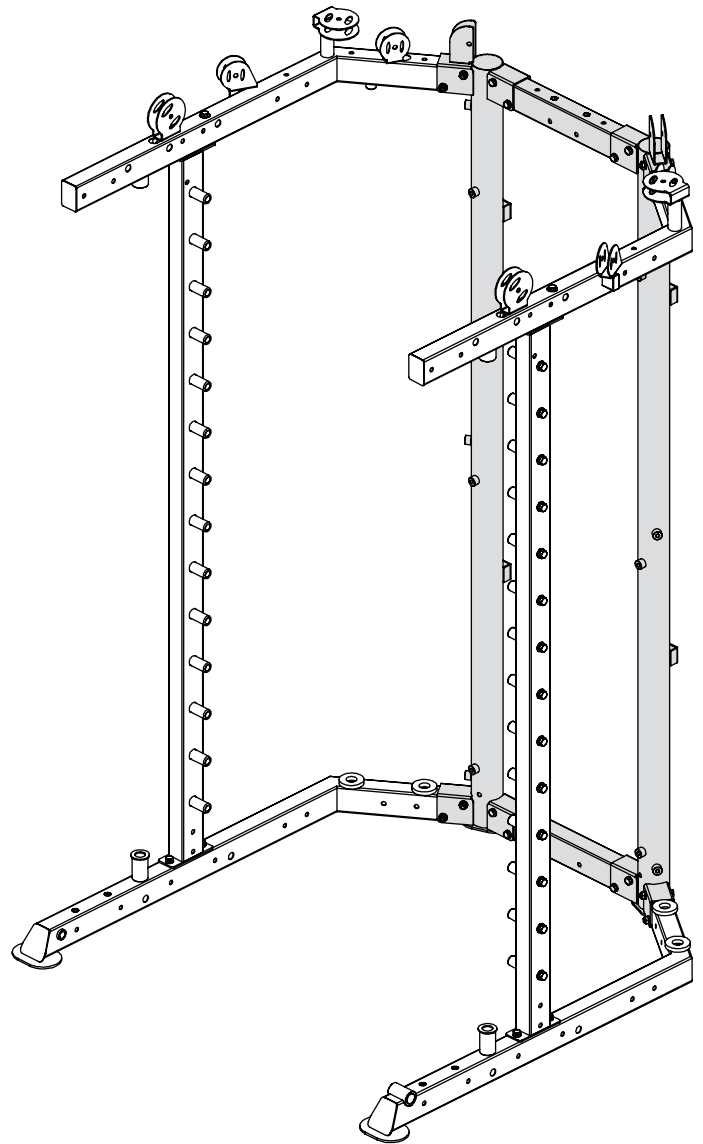
Attach Lower Frame - Right (**#10**) and Lower Frame - Left (**#11**) to the assembled frame from Step #1 using 1 x Hexagon Bolt (M10*75mm)(**#5**), 1 x Lock Nut (M10)(**#7**) and 2 x Washer (M10)(**#6**) per hole

2

Attach Upper Frame - Right (**#8**) and Upper Frame - Left (**#9**) to the assembled frame from using 1 x Hexagon Bolt (M10*75mm)(**#5**), 1 x Lock Nut (M10)(**#7**) and 2 x Washer (M10)(**#6**) per hole

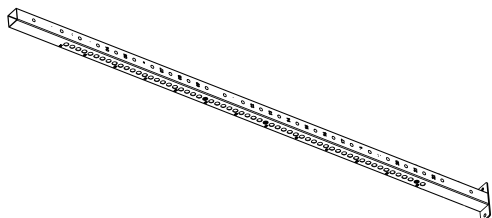
3

Insert Smith Bar Racking Frame - Left (**#12**) and Smith Bar Racking Frame - Right (**#13**) between the respective lower and upper frame components and attach using 1 x Washer (M10)(**#7**), 1 x Spring Washer (M10)(**#14**) and 1 x Hexagon Bolt (M10*25mm) into pre installed nut.

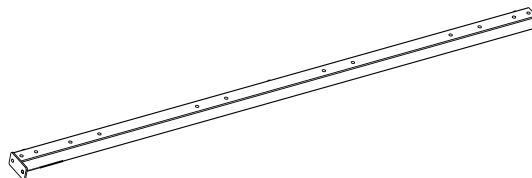


STEP 3 - PARTS & HARDWARE

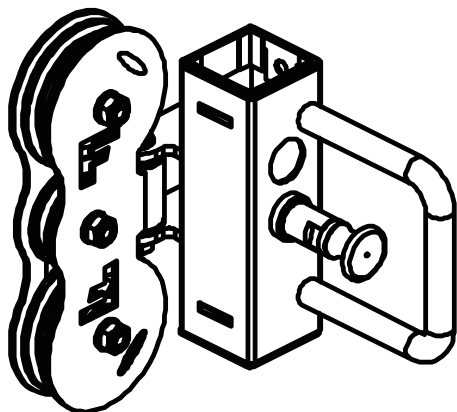
18 x1 Front Guide Tube - Left



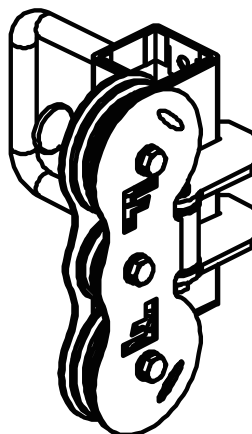
19 x2 Middle Upright Frame



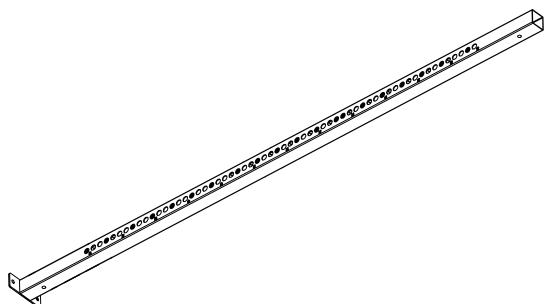
20 x1 Pulley Slider - Left



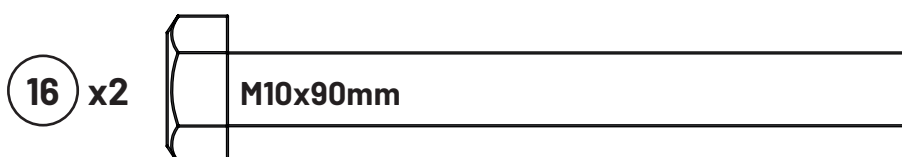
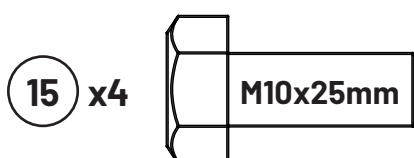
21 x1 Pulley Slider - Right



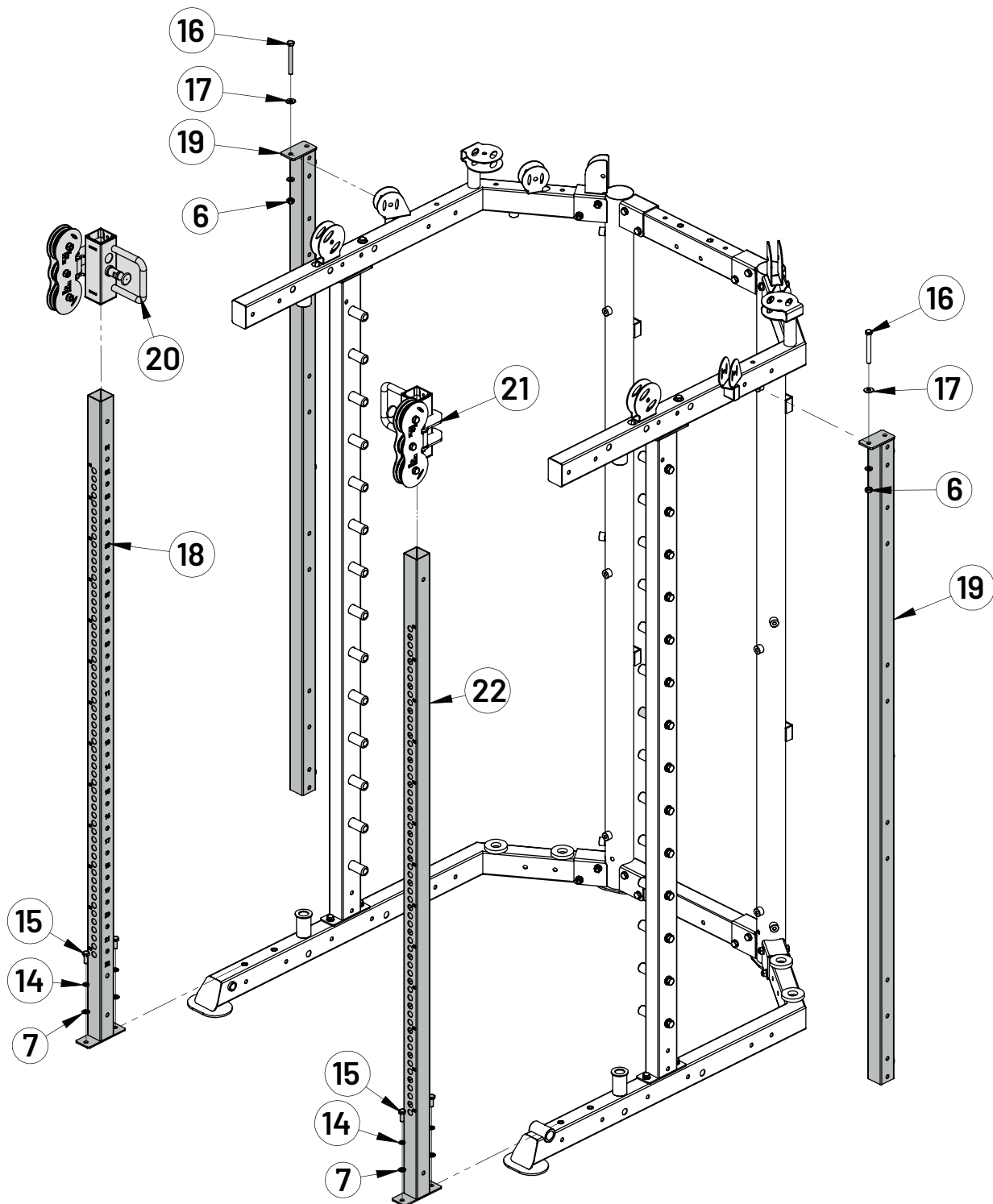
22 x1 Front Guide Tube - Right



STEP 3 - PARTS & HARDWARE



STEP 3 - ASSEMBLY



STEP 3 - ASSEMBLY



Hand tighten this step's hardware

1

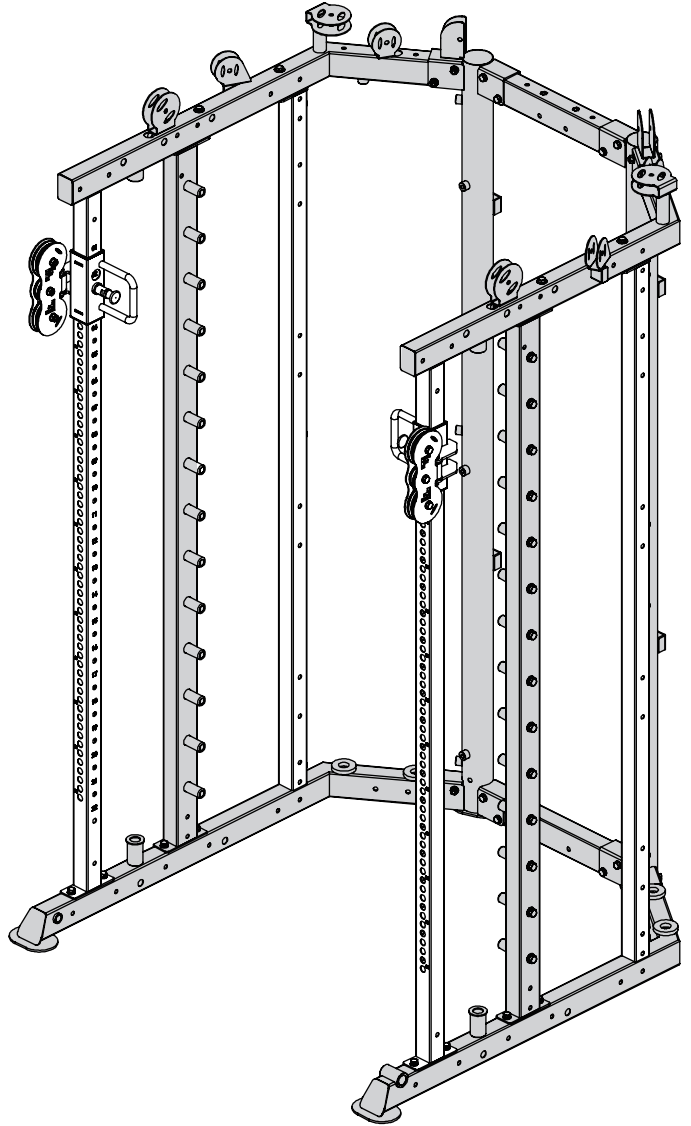
Attach 2 x Middle Upright Frame (**#19**) to the assembled frame using 1 x M10 Lock Nut (**#6**), 1 x Hexagon Bolt (M10*90mm) (**#16**), 1 x Large Washer (**#17**) on the top side and 1 x Washer (M10)(**#7**) on the underside for each hole

2

Put Pulley Slider - Left (**#20**) onto Front Guide Tube - Left (**#18**) with the handle toward the inside of the unit. Attach them to the assembled frame using 1 x Washer (M10)(**#7**), 1 x Spring Washer (M10)(**#14**) and 1 x Hexagon Bolt (M10*25mm)(**#15**) into pre installed nut

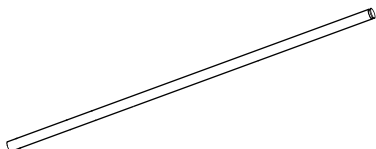
3

Repeat the above for the right side

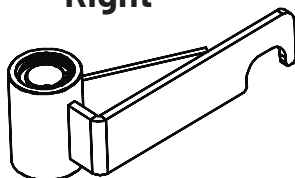


STEP 4 - PARTS & HARDWARE

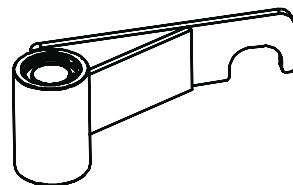
43 x2 Guide Rod - Smith Bar



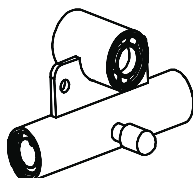
44 x1 Safety Hook - Right



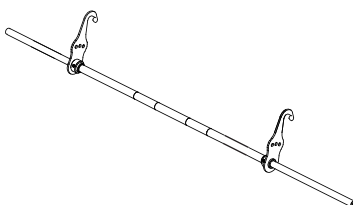
45 x1 Safety Hook - Left



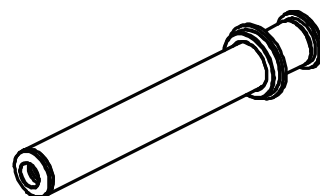
46 x2 Smith Bar Sliding Sleeve



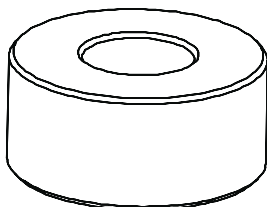
47 x1 Smith Bar



48 x2 Smith Bar Weight Plate Sleeve



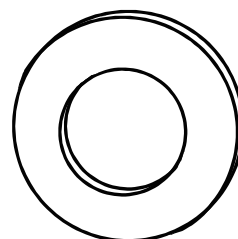
52 x2 Rubber Bumper - Smith Bar



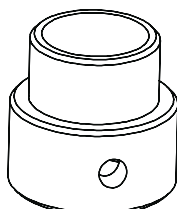
53 x2 Spring



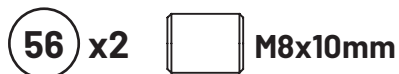
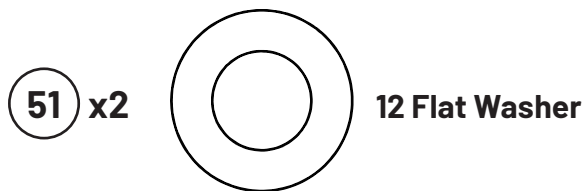
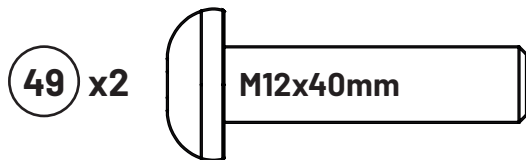
54 x 4 Spring Protection Ring



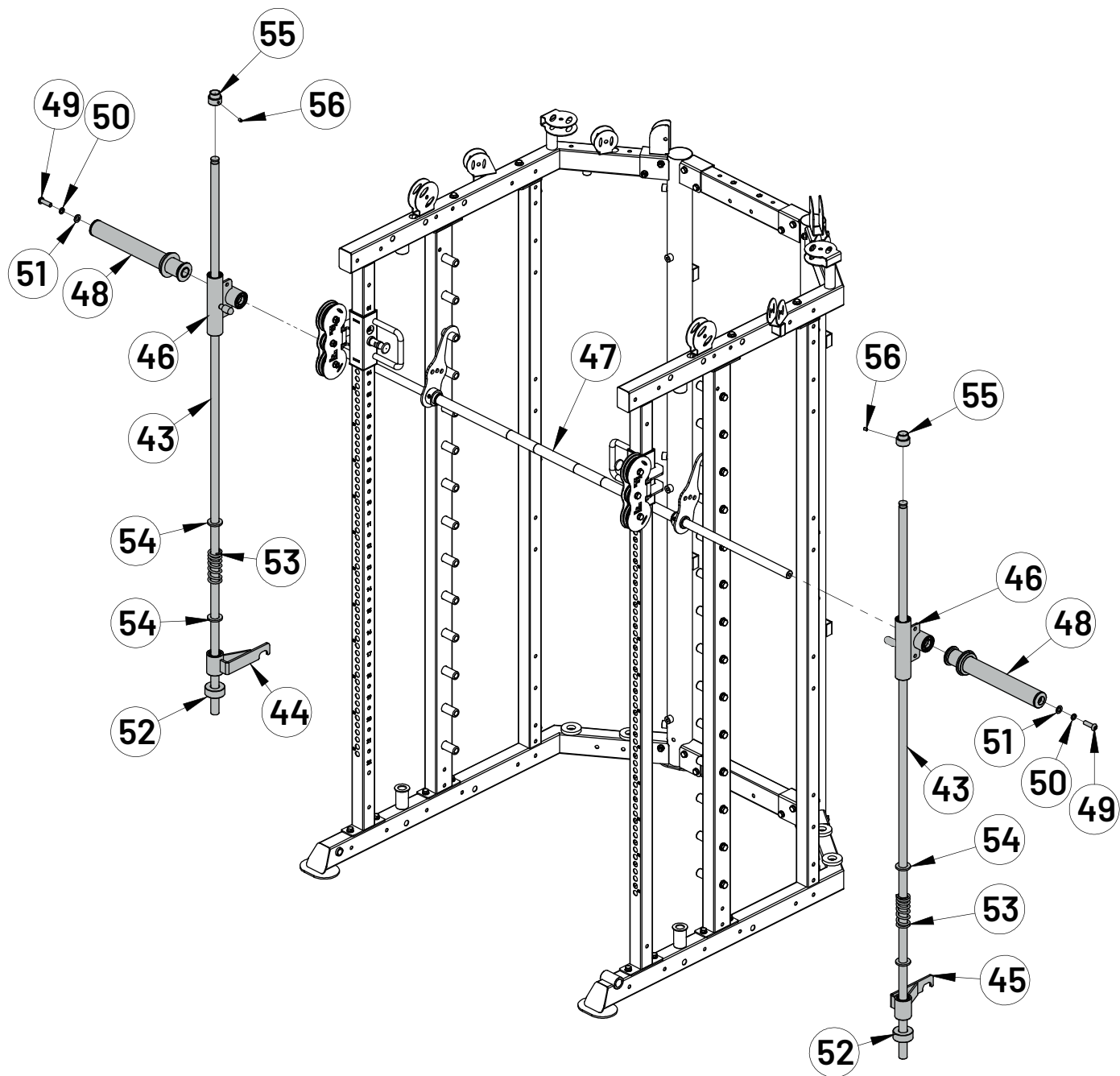
55 x2 Smith Bar Guide Rod Fixing Sleeve



STEP 4 - PARTS & HARDWARE



STEP 4 - ASSEMBLY

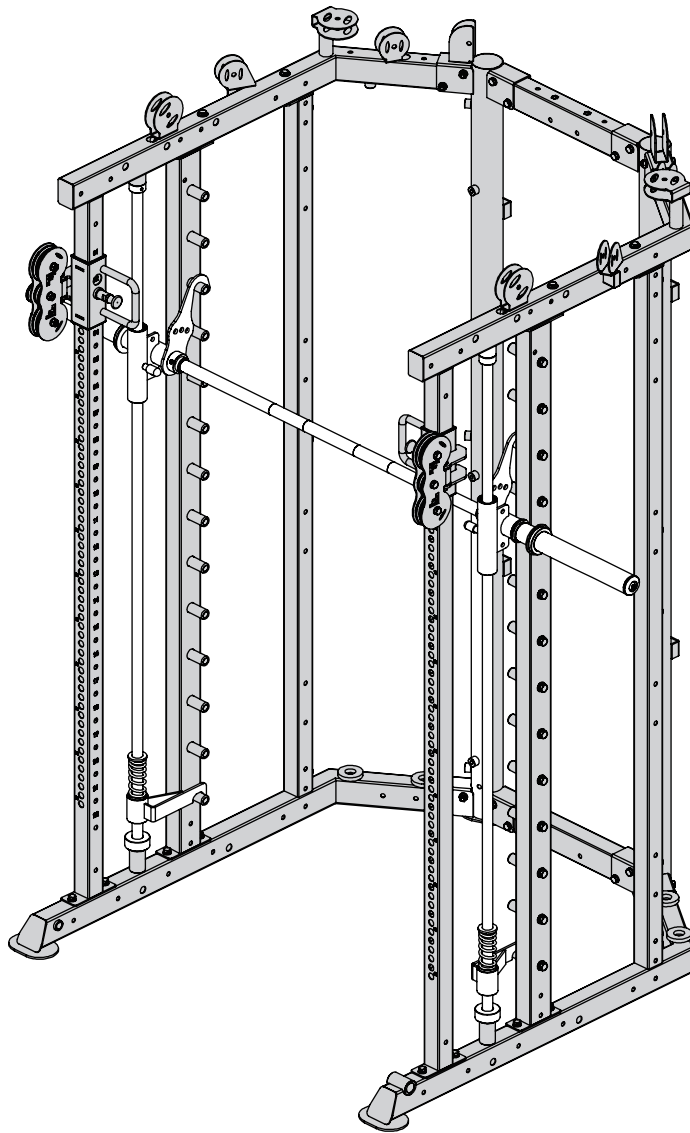


STEP 4 - ASSEMBLY



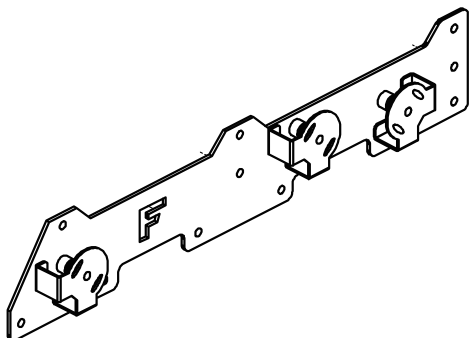
Fully tighten this step's hardware

- 1** Hang the Smith Bar (**#47**) on the Smith Bar Racking Frames as shown
- 2** In order, insert the following pieces onto each Guide Rod - Smith Bar (**#43**): Rubber Bumper - Smith Bar (**#52**), Safety Hook - Right/Left (**#44/#45**), Spring Protection Ring (**#54**), Spring (**#53**), Spring Protection Ring (**#54**), Smith Bar Sliding Sleeve (**#46**) with the safety stopper facing towards the inside of the machine
- 3** Attach the assembled Guide Rods (**#43**) to the frame by inserting the Smith Bar (**#47**) into the Smith Bar Sliding Sleeves (**#46**)
- 4** Fix the Guide Rods (**#43**) to the assembled frame using 1 x Smith Bar Guide Rod Fixing Sleeve (**#55**) and 1 x Screw (M8*10mm)(**#56**) per Guide Rod
- 5** Attach a Smith Bar Weight Plate Sleeve (**#48**) to each end of the Smith Bar (**#47**) using 1 x Allen Bolt (M12*40mm)(**#49**), 1 x Spring Washer (M12)(**#50**) and 1 x Washer (M12)(**#51**) per side

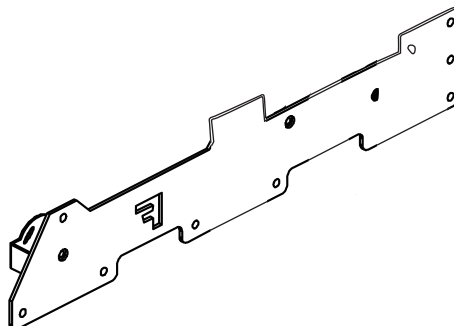


STEP 5 - PARTS & HARDWARE

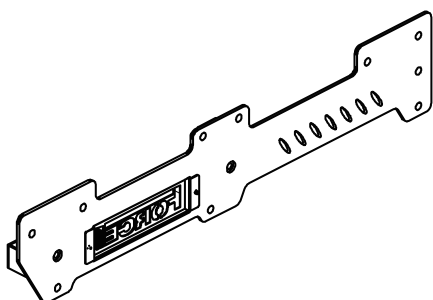
23 x1 Lower Pulley Cover - Left



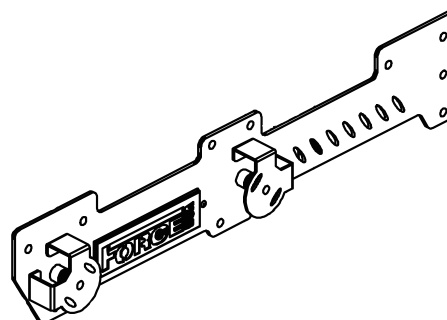
24 x1 Lower Pulley Cover Right



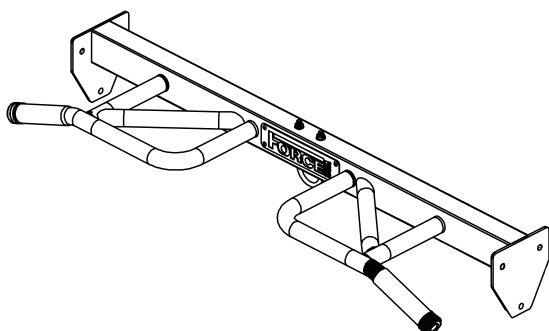
25 x1 Upper Pulley Cover - Left



26 x1 Upper Pulley Cover - Right



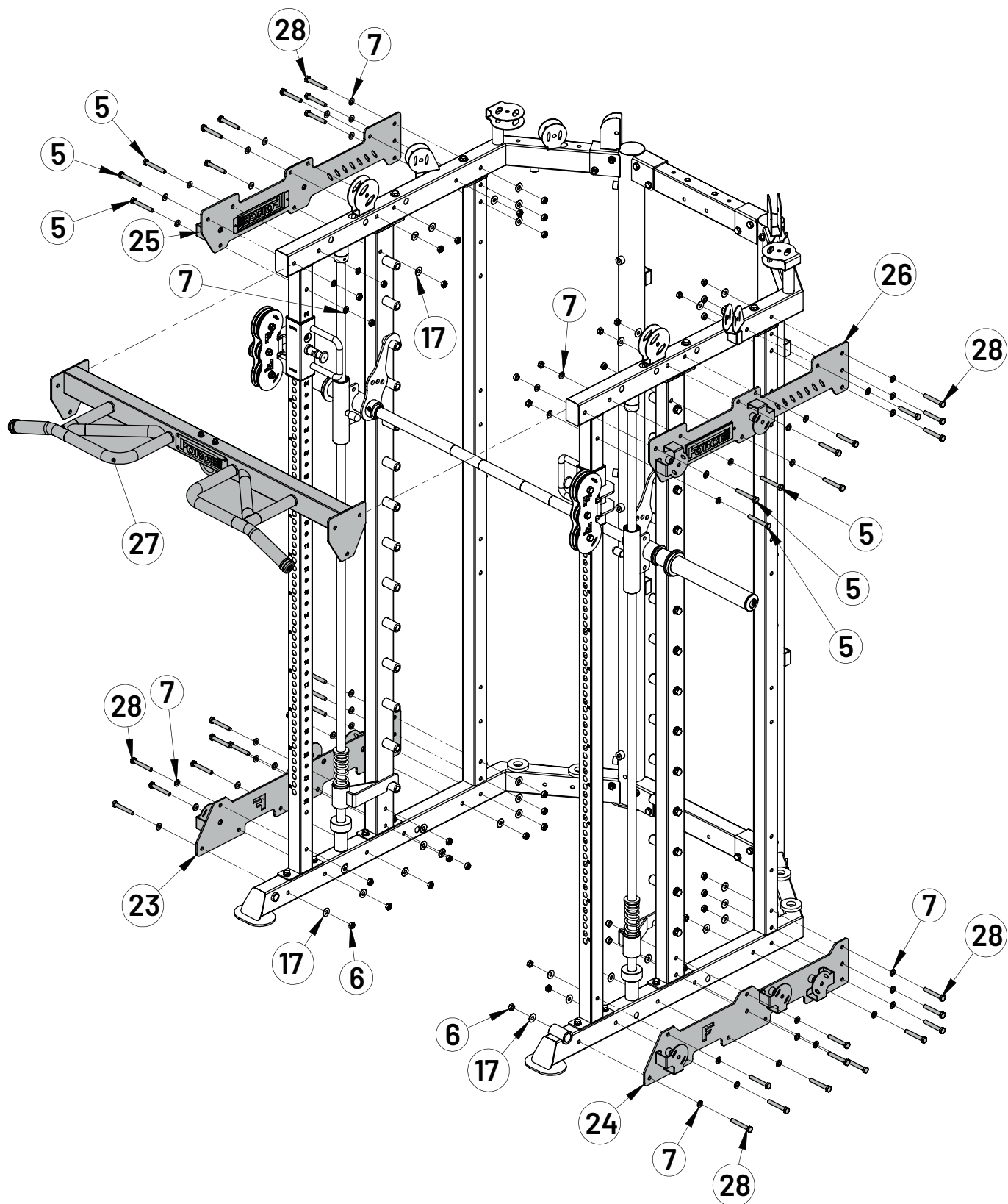
27 x1 Chin-up Frame



STEP 5 - PARTS & HARDWARE



STEP 5 - ASSEMBLY



STEP 5 - ASSEMBLY



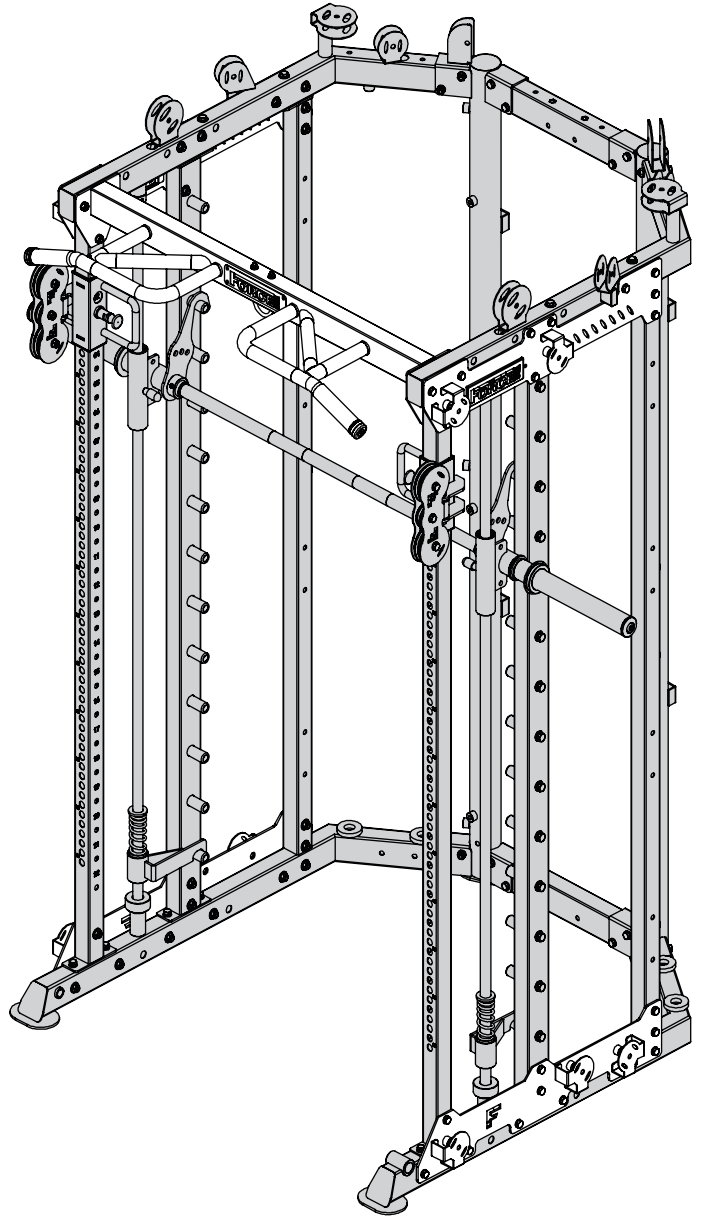
Hand tighten this step's hardware

1

Attach each pulley cover (**#23, #24, #25, #26**) in its corresponding position using 1 x Hexagon Bolt (M10*70mm)(**#28**), 1x Large Washer (**#17**) on the inside, 1x Washer (M10)(**#7**) on the outside and 1 x Lock Nut (M10)(**#6**) per hole

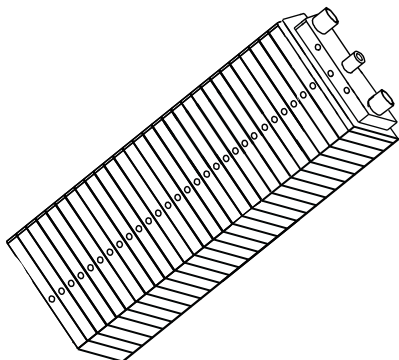
2

Attach the Chin Up Frame (**#27**) to the assembled frame using 1 x Hexagon Bolt (M10*75mm)(**#5**), 2 x Washer (M10)(**#7**) and 1 x Lock Nut (M10)(**#6**) per hole

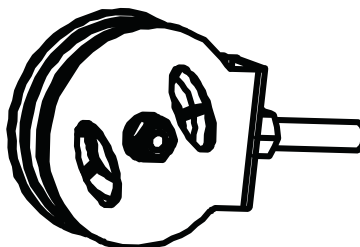


STEP 6 - PARTS & HARDWARE

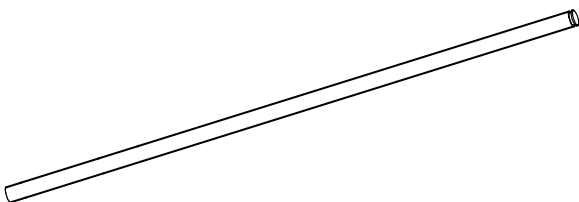
31 x2 Weight Stack



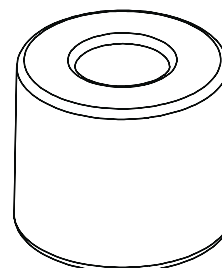
32 x2 Pulley Frame



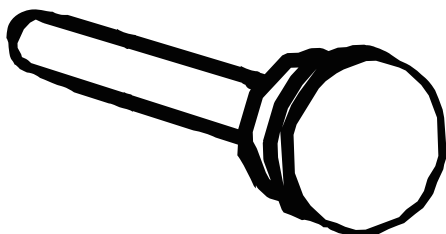
33 x4 Guide Rod - Weight Stack



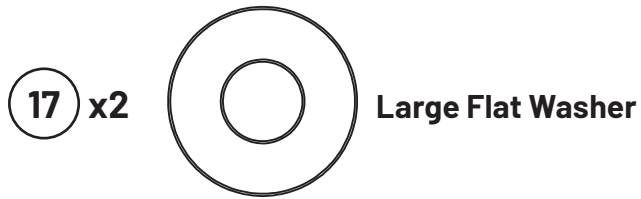
34 x4 Rubber Bumper - Weight Stack



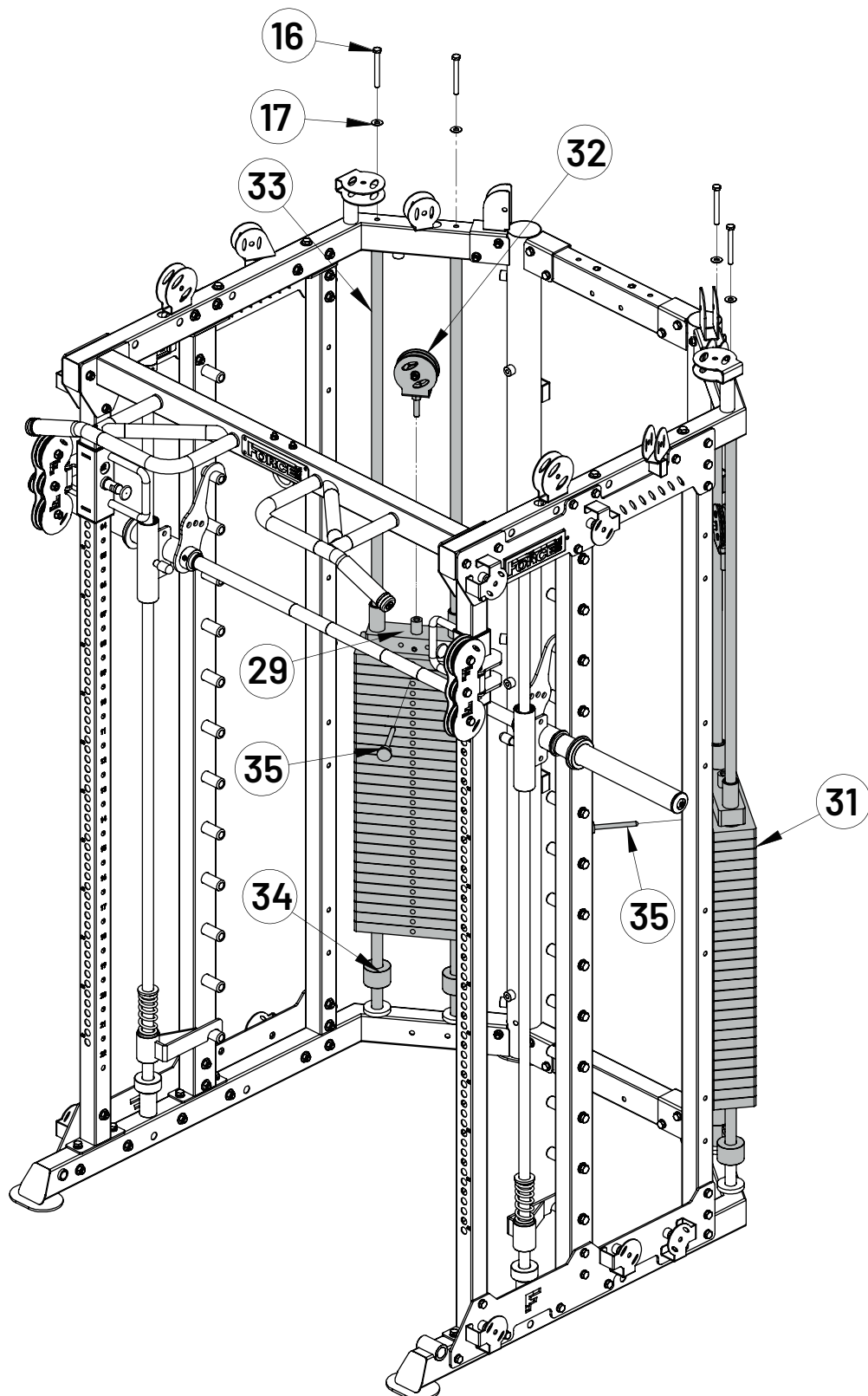
35 x2 Weight Stack Selector Pin



STEP 6 - PARTS & HARDWARE



STEP 6 - ASSEMBLY



STEP 6 - ASSEMBLY



Hand tighten this step's hardware

1

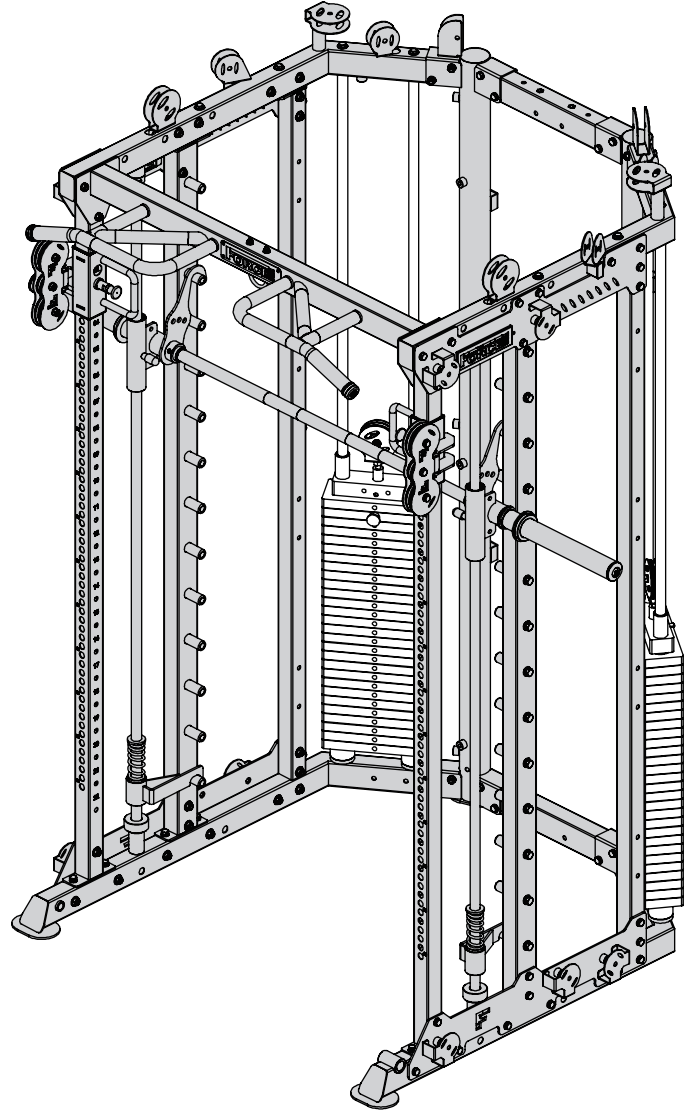
In order, insert the following pieces over each Guide Rod - Weight Stack(**#33**):

2

1 x Rubber Bumper - Weight Stack (**#34**),
1 x Weight Stack (**#31**) and then attach
to the main frame using 1 x Hexagon Bolt
(M10*90mm)(**#16**) and 1 x Large Washer
(**#17**) per hole

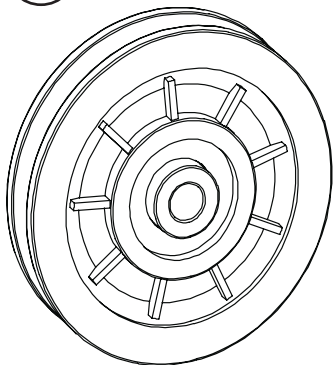
3

Screw in the Pulley Frame (**#32**) all the
way into the top of the Selector Rod
(**#29**). The Pulley Frame (**#32**) can be
adjusted up or down for cable tension
later as needed.

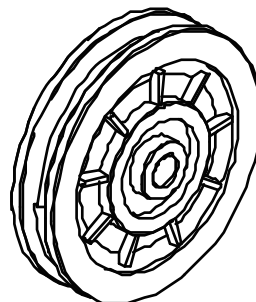


STEP 7 - PARTS & HARDWARE

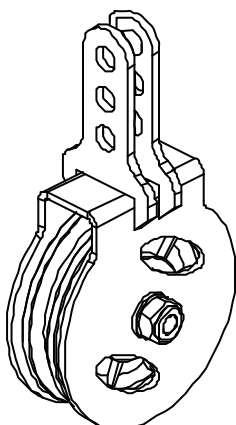
37 x10 Pulley (95mm)



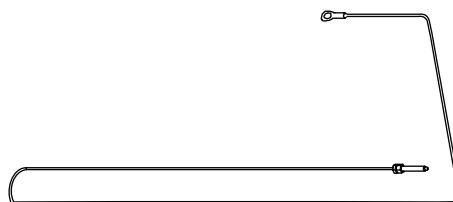
38 x4 Pulley (75mm)



39 x2 Floating Pulley Frame



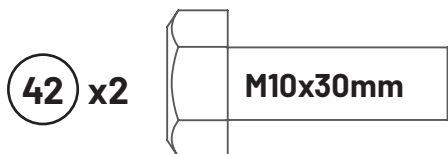
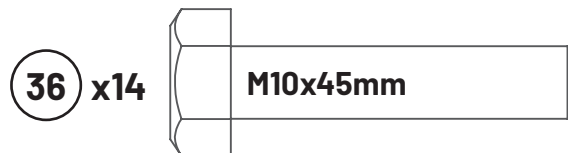
40 x2 Weight Stack Cable



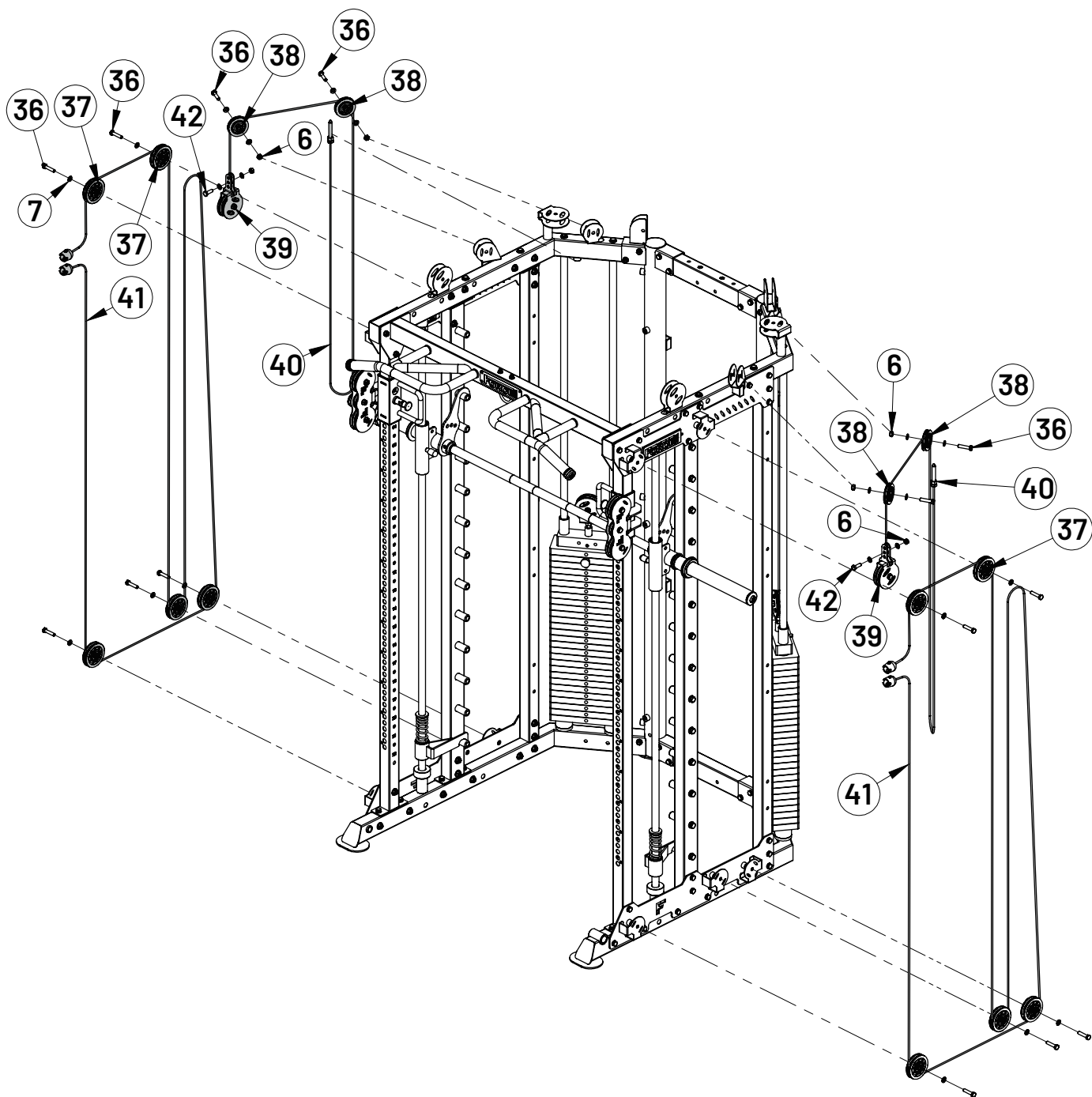
41 x2 Pull Cable



STEP 7 - PARTS & HARDWARE



STEP 7 - ASSEMBLY



STEP 7 - ASSEMBLY



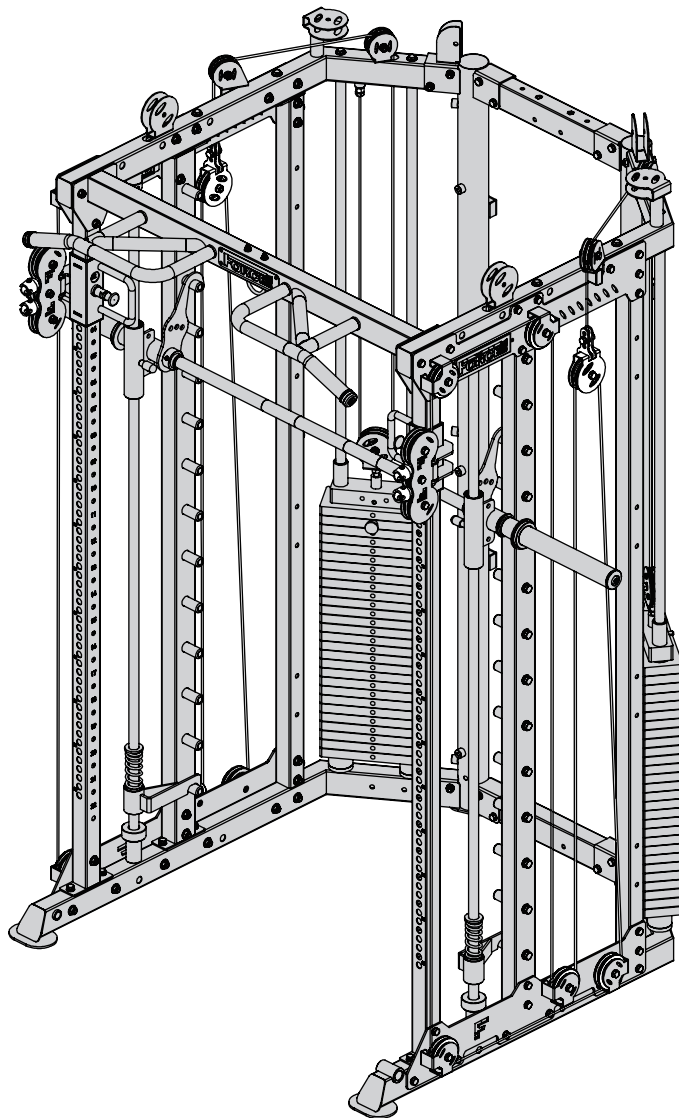
Fully tighten this step's hardware

1 Attach Pulley (95mm)(#37) and Pulley (75mm)(#38) in their respective locations shown in the previous diagram using 1 x Hexagon Bolt (M10*45mm)(#36), 2 x Washer (M10)(#7) and 1 x Lock Nut (M10)(#6) per pulley

2 Attach the Weight Stack Cable(#40) to the frame and then feed through as shown attaching Floating Pulley Frame(#39) in the center hole to the end using 1 x Hexagon Bolt (M10*30mm)(#42), 2 x Washer (M10)(#7) and 1 x Lock Nut (M10)(#6)

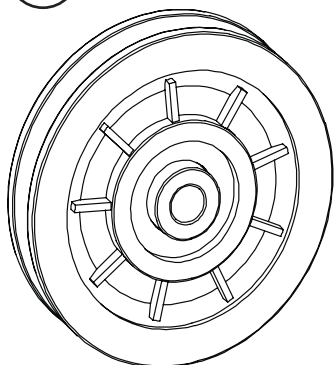
3 Remove one ball end from Pull Cable (#41) and feed through the machine as shown ensuring the cable does not twist, reinstalling the cable ball end once all the way through

4 After the Pull Cable (#41) is fully routed, adjust the cable tension as needed by choosing a differ hole in Floating Pulley Frame (#39).

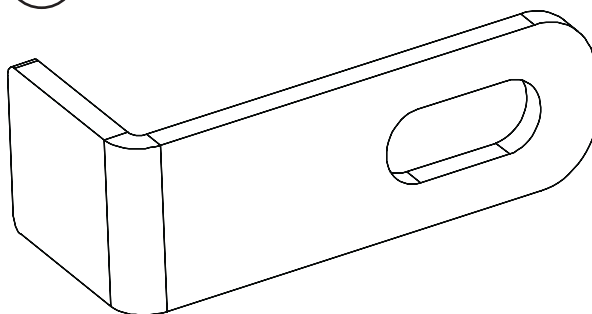


STEP 8 - PARTS & HARDWARE

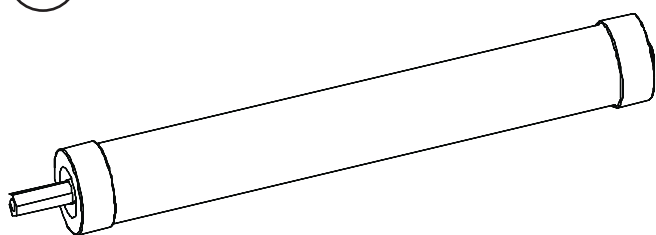
37 x4 Pulley (95mm)



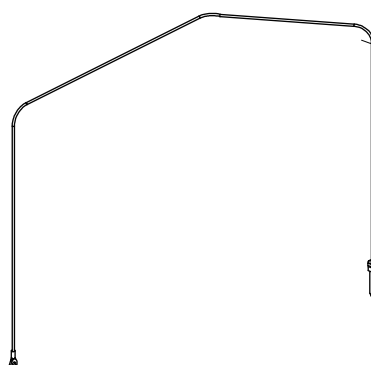
58 x4 Cable Guide



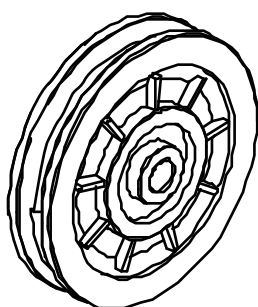
60 x2 Smith Bar Counter Balance



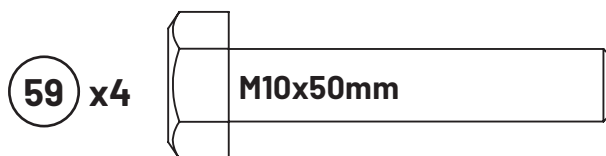
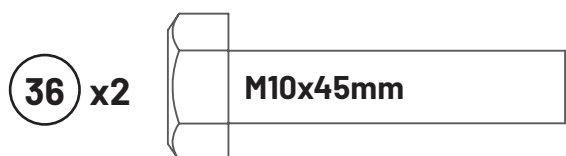
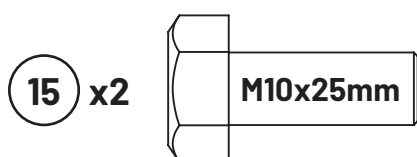
61 x2 Counter Balance Cable



38 x2 Pulley (75mm)



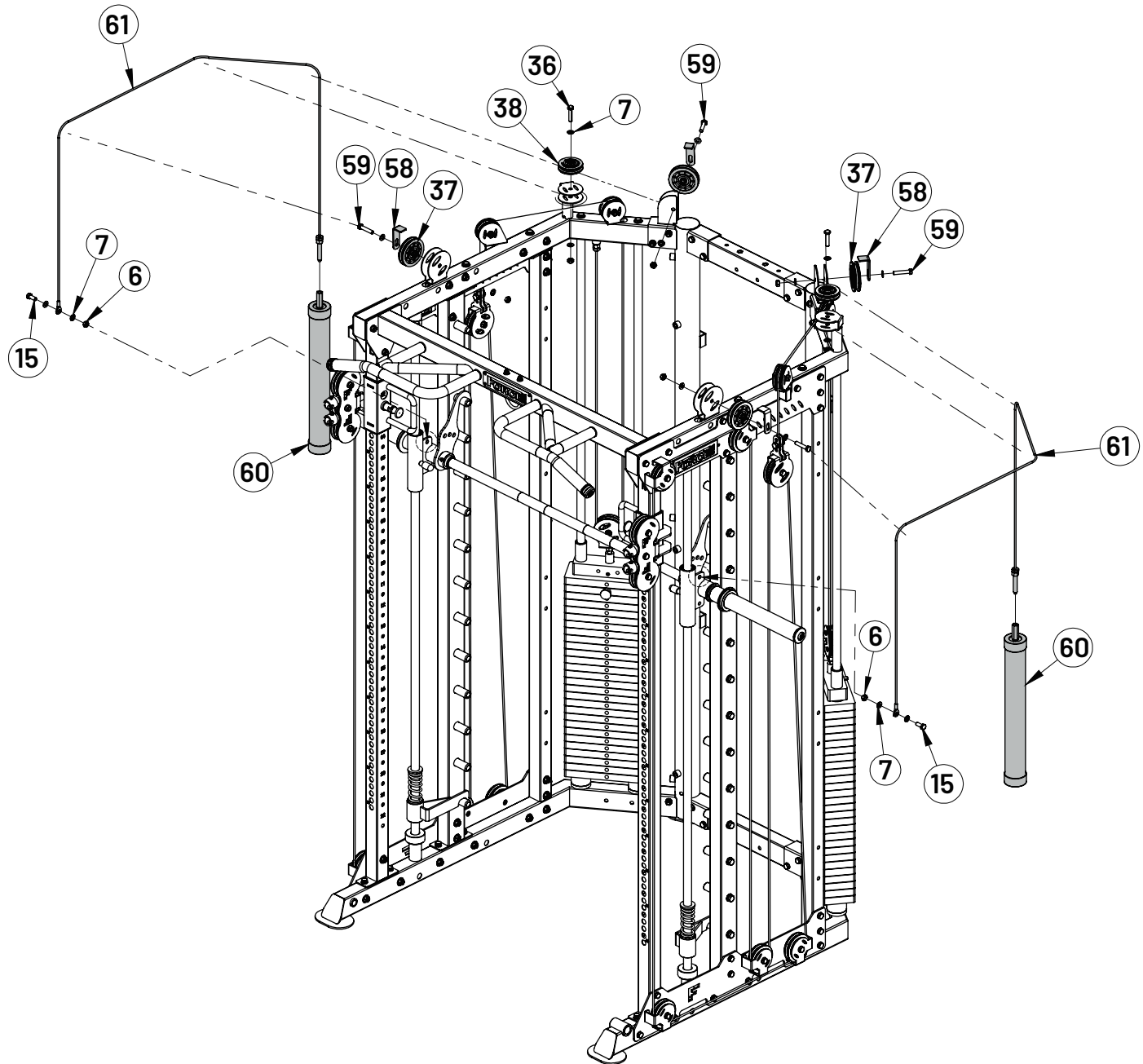
STEP 8 - PARTS & HARDWARE



STEP 8 - ASSEMBLY



If you have low ceilings, #1 will already have been completed previously in STEP 2.
Proceed to #2 and #3



STEP 8 - ASSEMBLY



Fully tighten this step's hardware

1

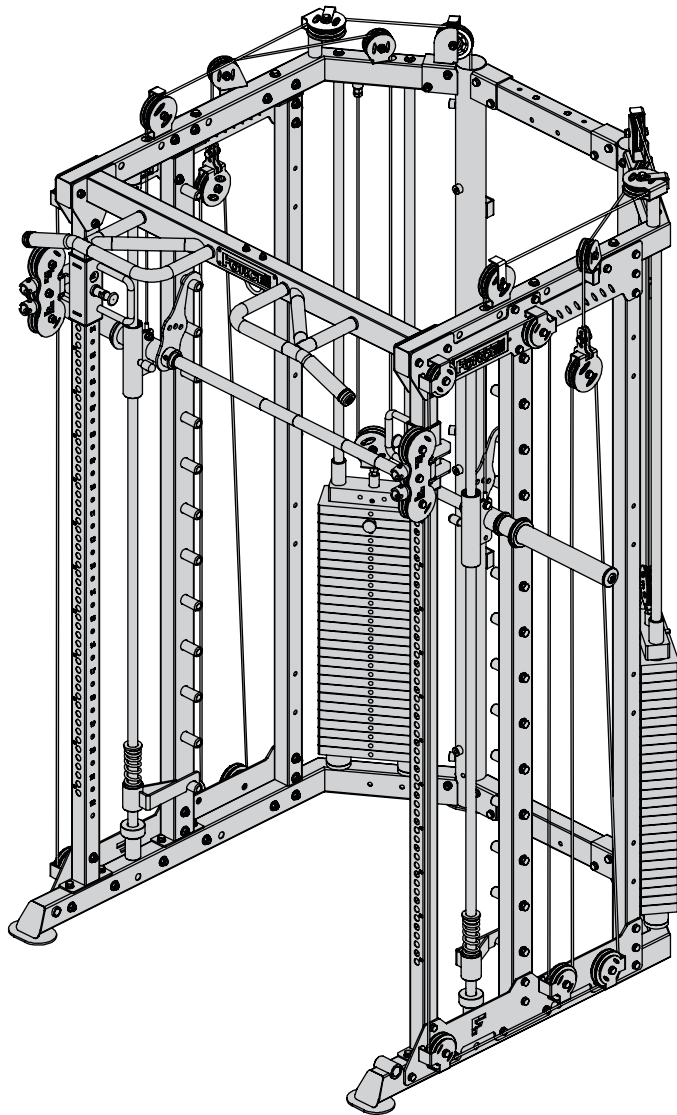
Attach the Counterbalance Cable (**#61**) to the Smith Bar Counterbalance (**#60**) and insert into the Rear Upright Frame - Left (**#1**) and Rear Upright Frame - Right (**#3**) ensuring the cable can be retrieved.

2

Attach Pulley (95mm)(**#37**) to the frame in their respective locations shown above using 1 x Hexagon Bolt (M10*45mm) (**#36**), 2 x Washer (M10)(**#7**) and 1 x Lock Nut (M10)(**#6**) per pulley

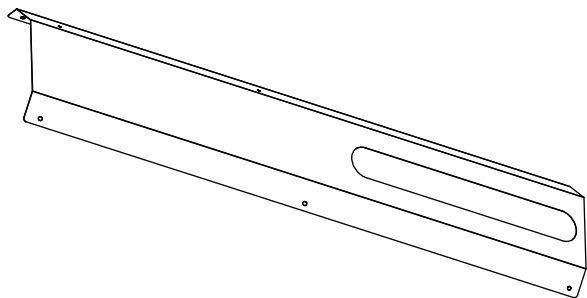
3

Attach the cable to the Smith Bar Sliding Sleeve (**#46**) using 1 x Hexagon Bolt (M10*25mm), 2 x Washer (M10)(**#7**) and 1 x Lock Nut (M10)(**#6**) per side feeding the cable through the pulleys as detailed previously

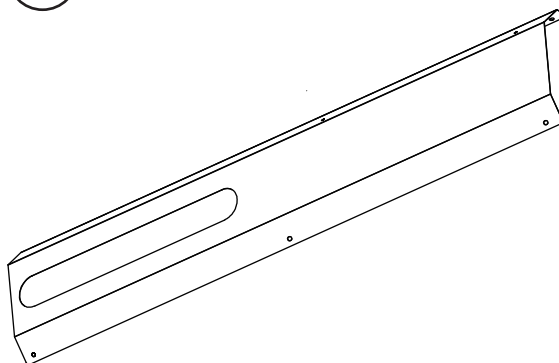


STEP 9 - PARTS & HARDWARE

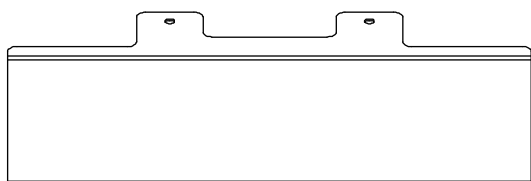
62 x1 Weight Stack Shield - Left



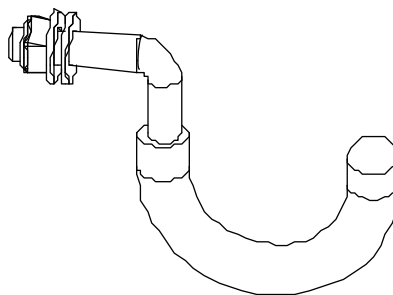
63 x1 Weight Stack Shield - Right



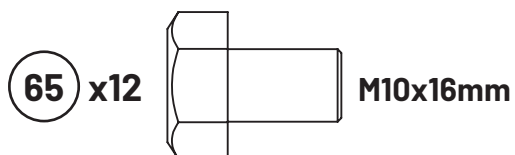
64 x1 Logo Board



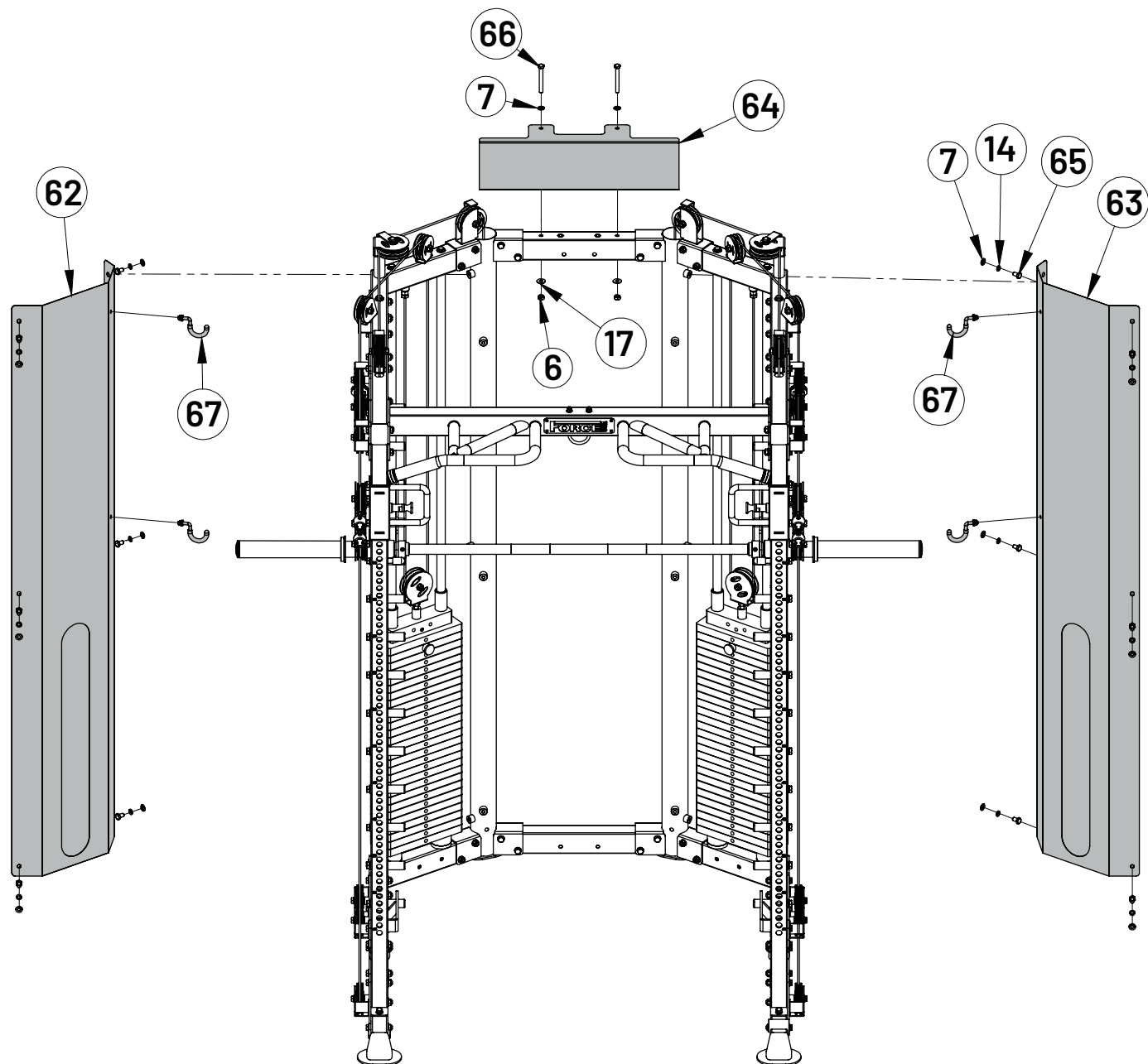
67 x4 Accessory Hook - Front



STEP 9 - PARTS & HARDWARE



STEP 9 - ASSEMBLY



STEP 9 - ASSEMBLY



Fully tighten this step's hardware

1

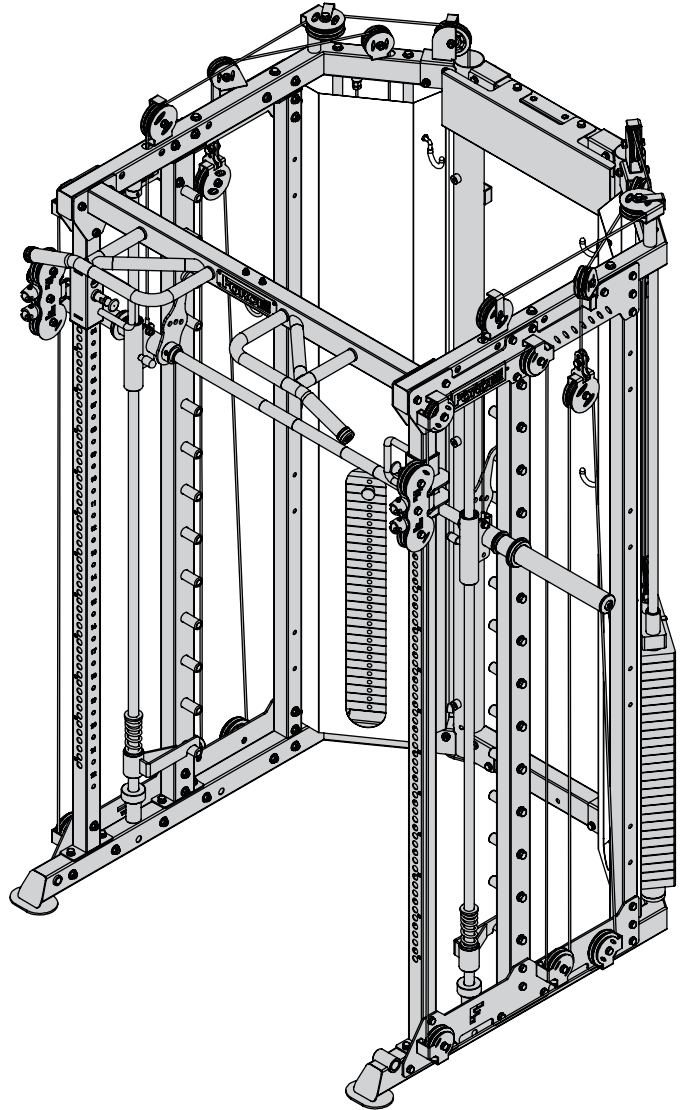
Attach Weight Stack Shield - Left (**#62**) and Weight Stack Shield - Right (**#63**) to the frame using 1 x Hexagon Bolt (M10*16mm)(**#65**), 1 x Washer (M10)(**#7**) and 1 x Spring Washer (M10)(**#14**) per hole

2

Attach the Accessory Hooks - Front (**#67**) in their respective locations using the preinstalled Lock Nut to fix in place

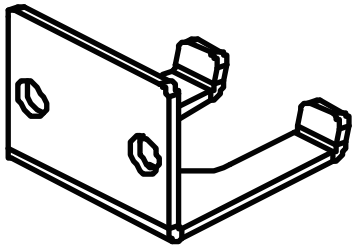
3

Attach the Logo Board (**#64**) to the frame using 1 x Hexagon Bolt (M10*85) (**#66**), 1 x Washer (M10)(**#7**) on the top, 1 x Large Washer (**#17**) on the bottom and 1 x Lock Nut (M10)(**#6**) per hole

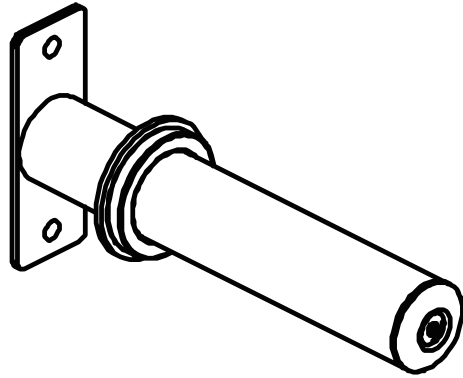


STEP 10 - PARTS & HARDWARE

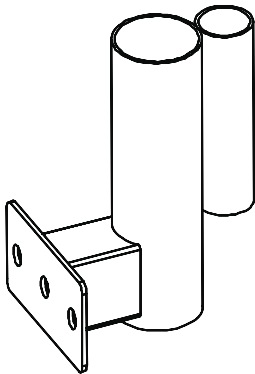
70 x4 Accessory Hook - Rear



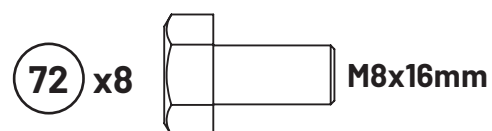
73 x8 Olympic Weight Plate Holder



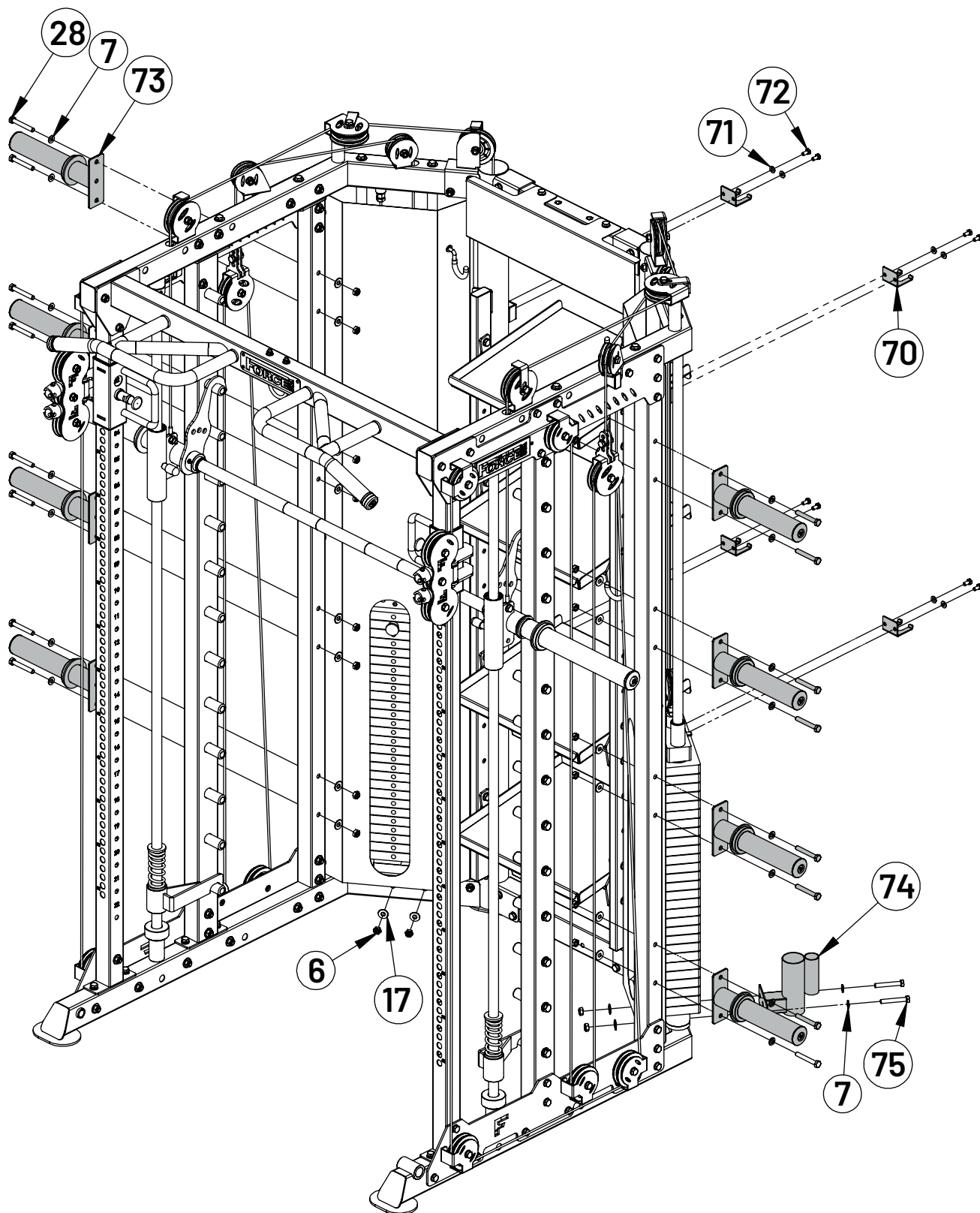
74 x2 Barbell Storage Holder



STEP 10 - PARTS & HARDWARE



STEP 10 - ASSEMBLY



STEP 10 - ASSEMBLY

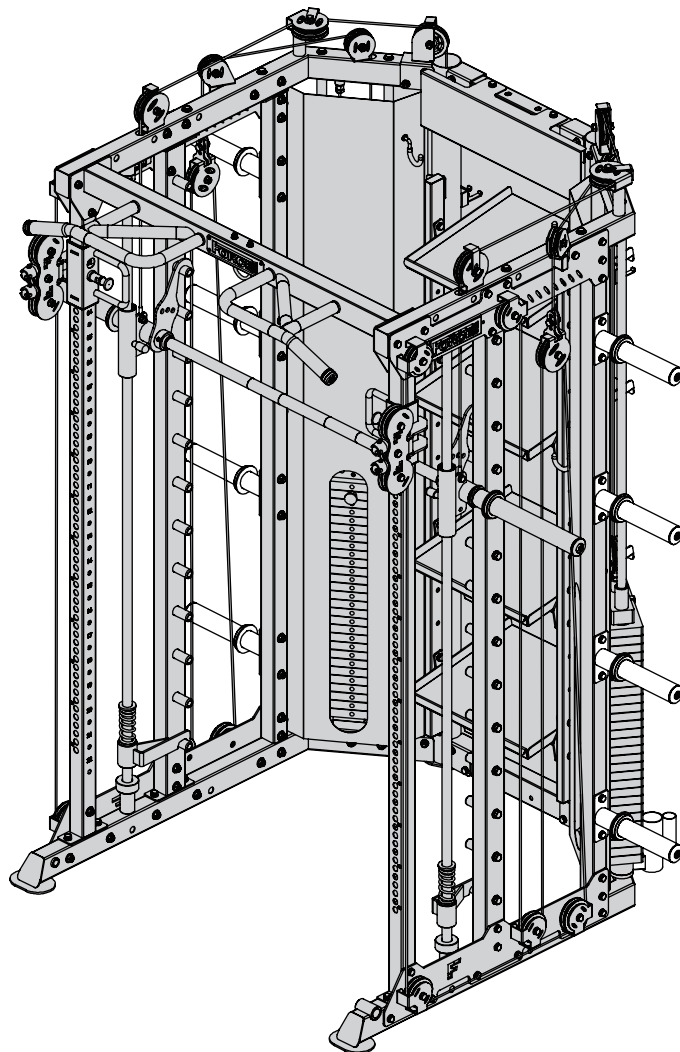


Fully tighten this step's hardware

1 Attach Accessory Hook - Rear (**#70**) to the frame using 1 x Hexagon Bolt (M8*16) (**#72**) and 1 x Washer (M8)(**#71**) per hole

2 Attach Barbell Storage Holder (**#74**) to the frame using 1 x Hexagon Bolt (M10*70mm)(**#28**), 1 x Washer (M10)(**#7**) on the outside, 1 x Large Washer (**#17**) on the inside and 1 x Lock Nut (M10)(**#6**) per hole

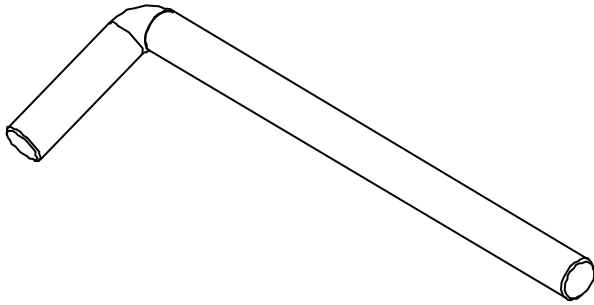
3 Attach Olympic Weight Plate Holder (**#73**) to the frame using 1 x Hexagon Bolt (M10*65mm)(**#75**), 1 x Washer (M10)(**#7**) on the outside, 1 x Large Washer (**#17**) on the inside and 1 x Lock Nut (M10)(**#6**) per hole



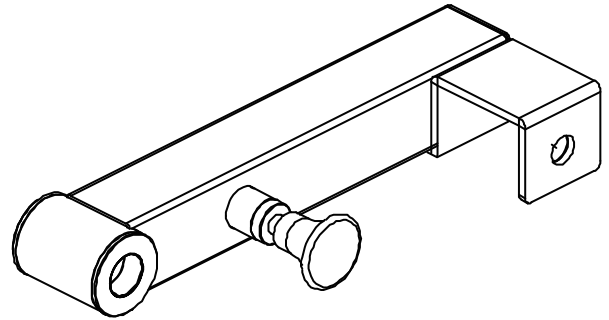
Congratulations! The main unit assembly is complete. The finishing touch is to tighten all the hand tight hardware. We recommend starting at the bottom and working your way up, moving around evenly around the unit where possible. This will help ensure your unit is level and square.

FOOT PLATE - PARTS & HARDWARE

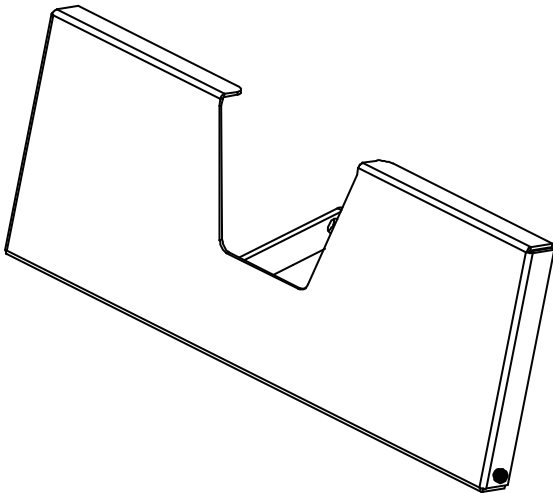
82 x1 Band Peg



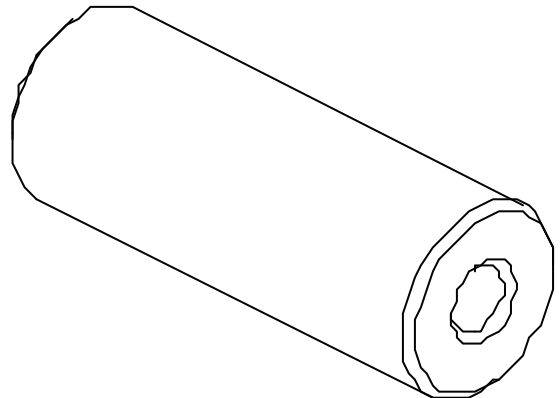
87 x1 Foot Plate Connection Frame



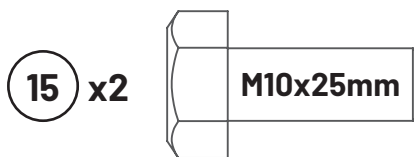
88 x1 Low Row Foot Plate



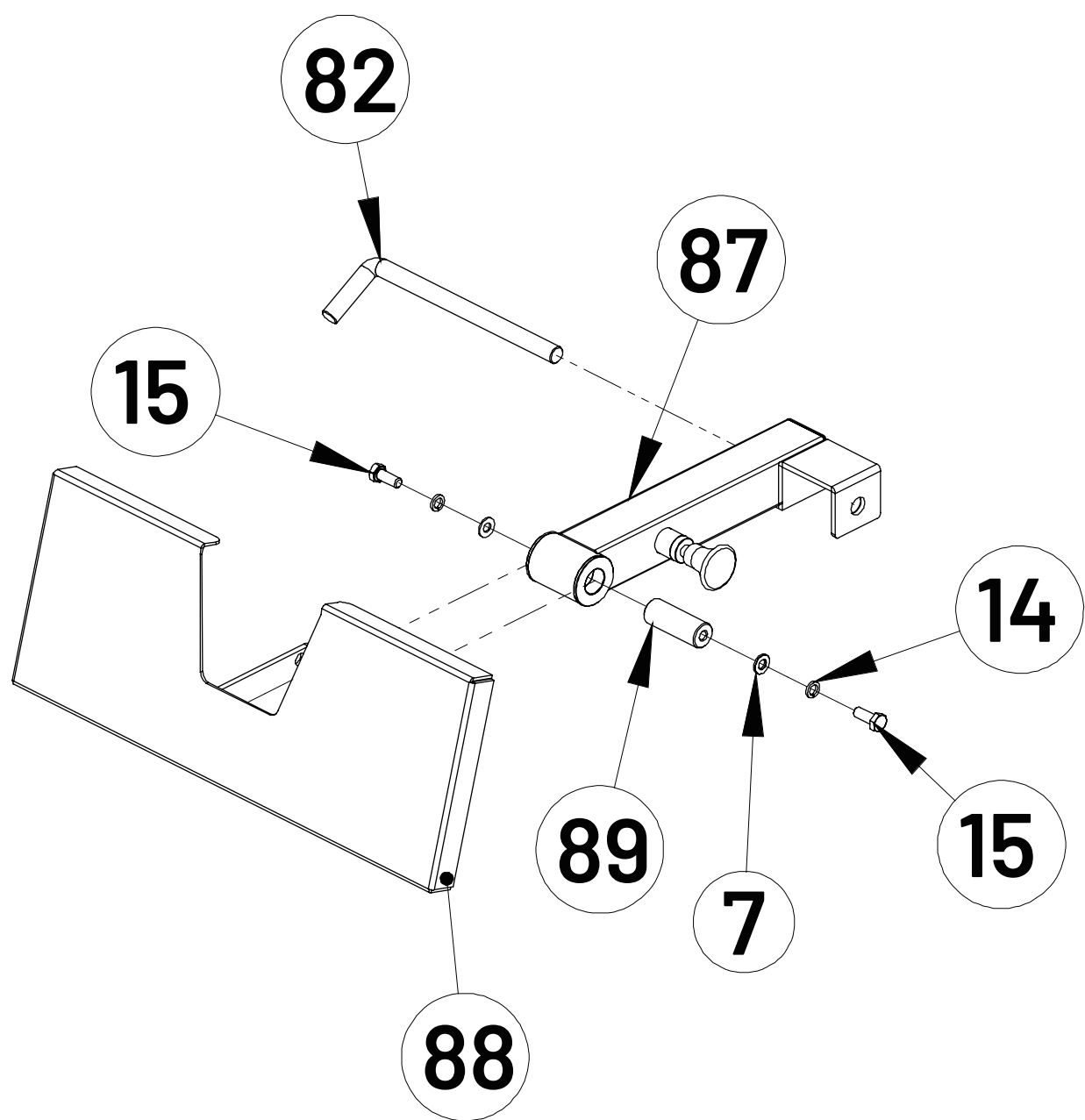
89 x1 Internal Shaft - Foot Plate



FOOT PLATE - PARTS & HARDWARE



FOOT PLATE - ASSEMBLY



FOOT PLATE - ASSEMBLY



Fully tighten this step's hardware

1

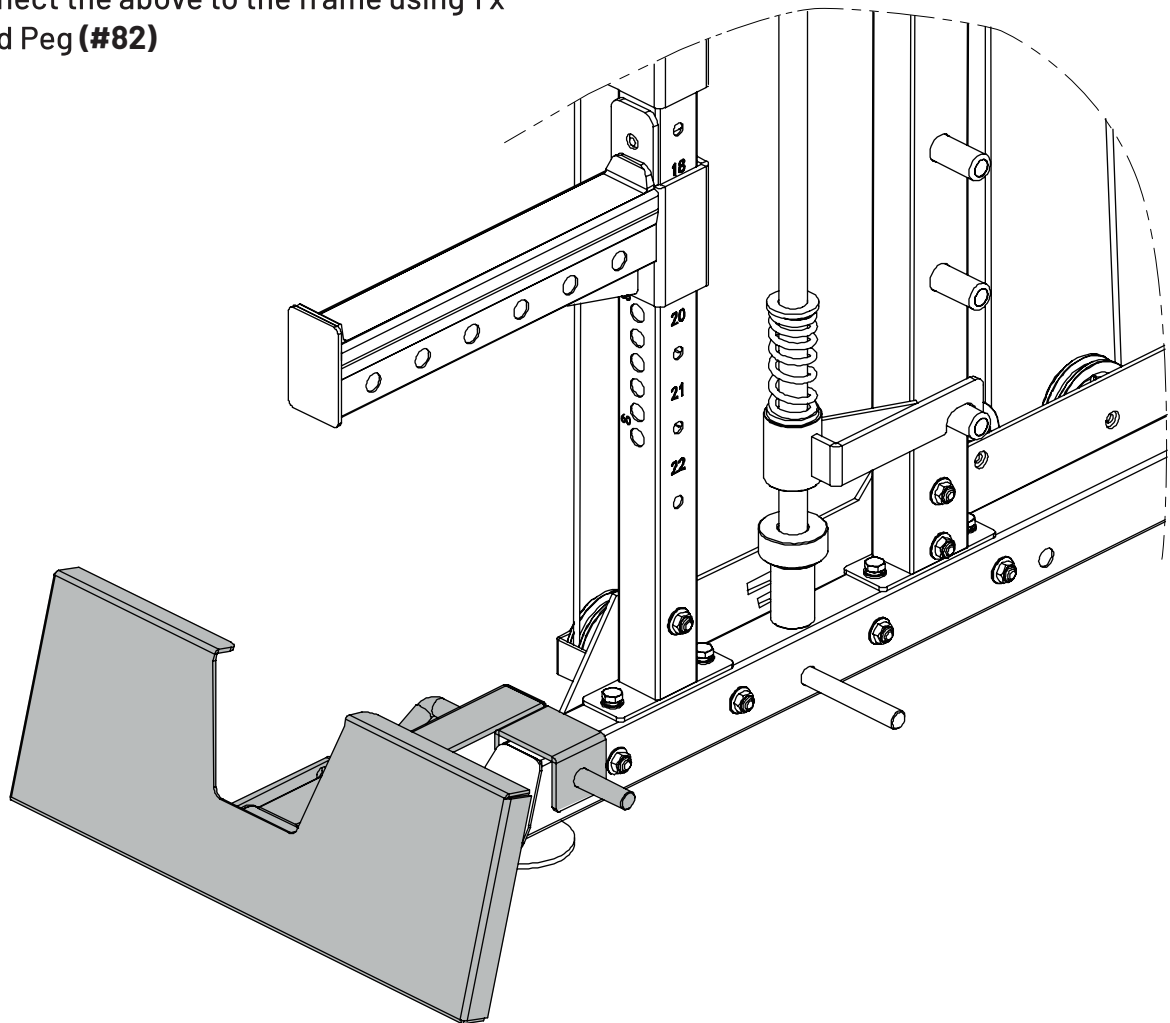
Insert Internal Shaft - Foot Plate (**#89**) into the Foot Plate Connection Frame (**#87**)

2

Connect the Foot Plate Connection Frame (**#87**) and the Low Row Foot Plate (**#88**) using 1 x Hexagon Bolt (M10*25mm) (**#15**), 1 x Spring Washer (M10)(**#14**) and 1 x Washer (M10) per side

3

Connect the above to the frame using 1 x Band Peg (**#82**)



ATTACHMENTS AND ACCESSORIES

Illustrations may appear different than actual attachments

Dual Hook Curl Bar

Dual Hook Straight Bar

Lat Pulldown Bar

Small Straight Bar

Close Grip Handle

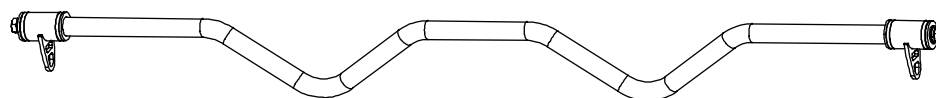
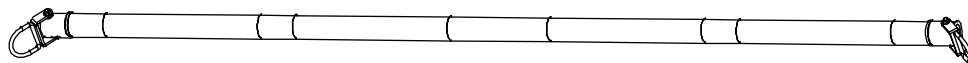
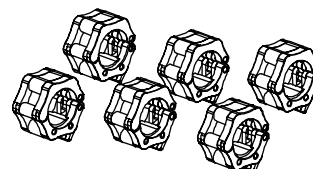
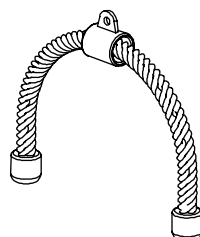
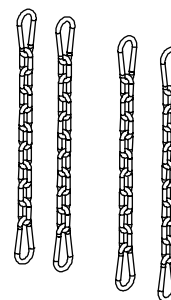
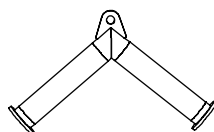
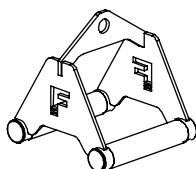
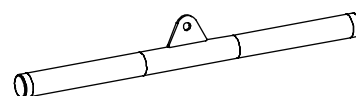
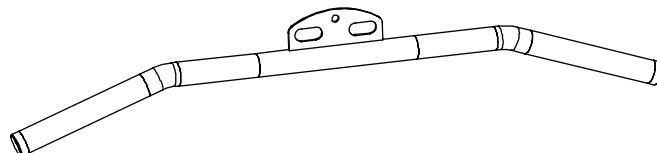
V-bar

Pulldown Rope

Olympic Lock Collars (6)

Extension Chains (4)

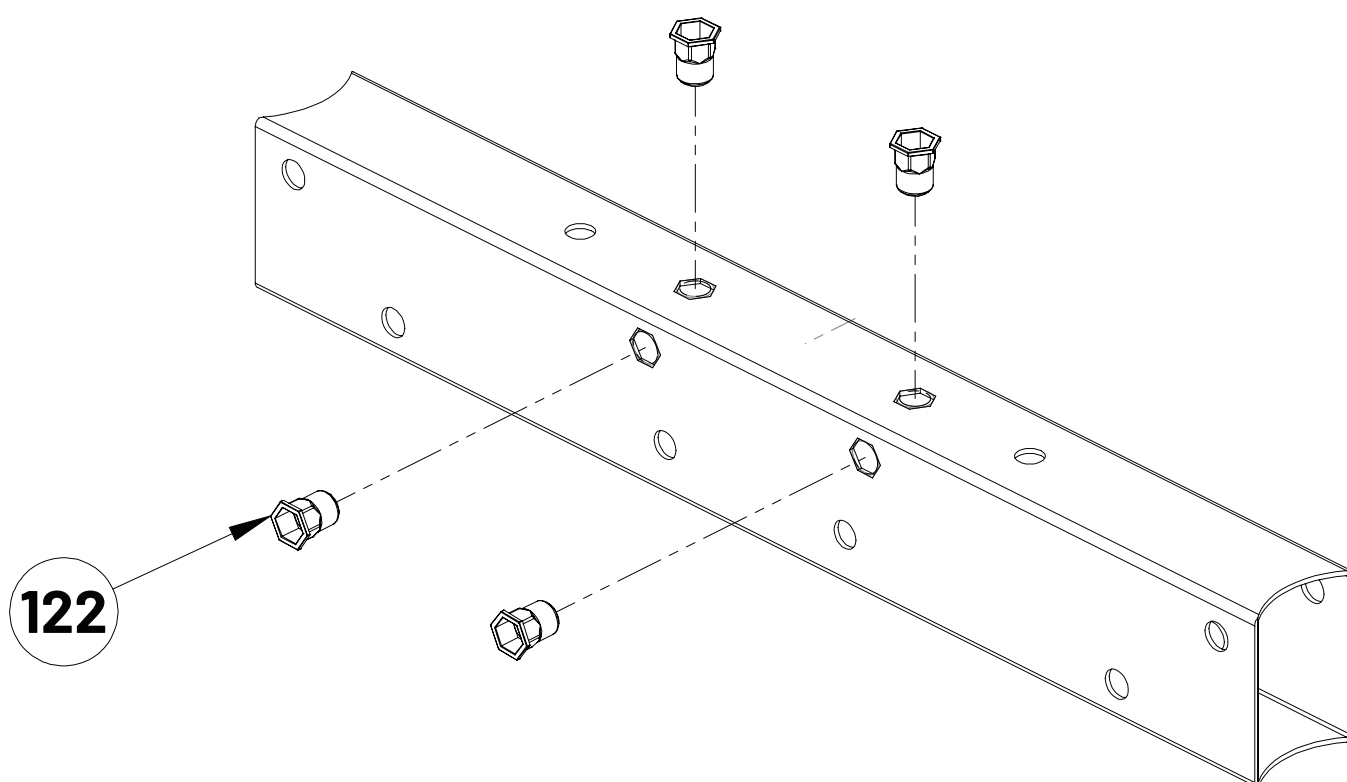
Carabiners (10)



EXPLODED DIAGRAMS

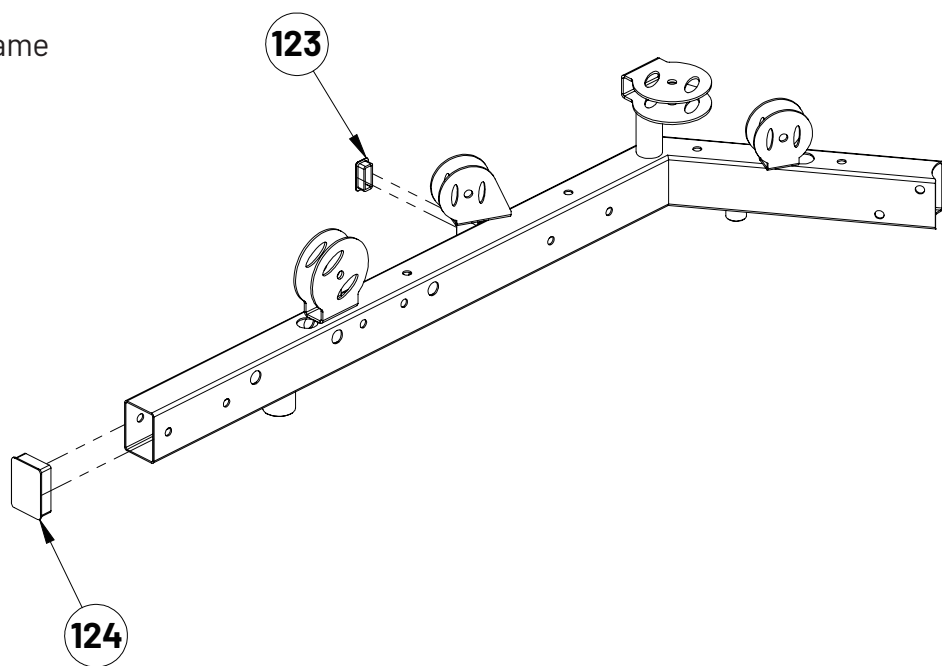
The upcoming pages feature an exploded view drawing of your product. These diagrams visually represents each component as it relates to the whole, although additional assembly by you is not required. It serves to help you identify and understand every part included in your purchase. While this guide offers a clear insight into how these parts fit together, it is particularly useful for troubleshooting and maintaining your product. Beyond practical benefits, the exploded view also aims to enhance your understanding of the product's design and functionality. As you explore these pages, you'll find they make it easier to discuss any component with our customer support, should the need arise. We hope this detailed visual approach not only informs but also enriches your experience with your new purchase.

Back Up Perlink Frame
1pcs/Set



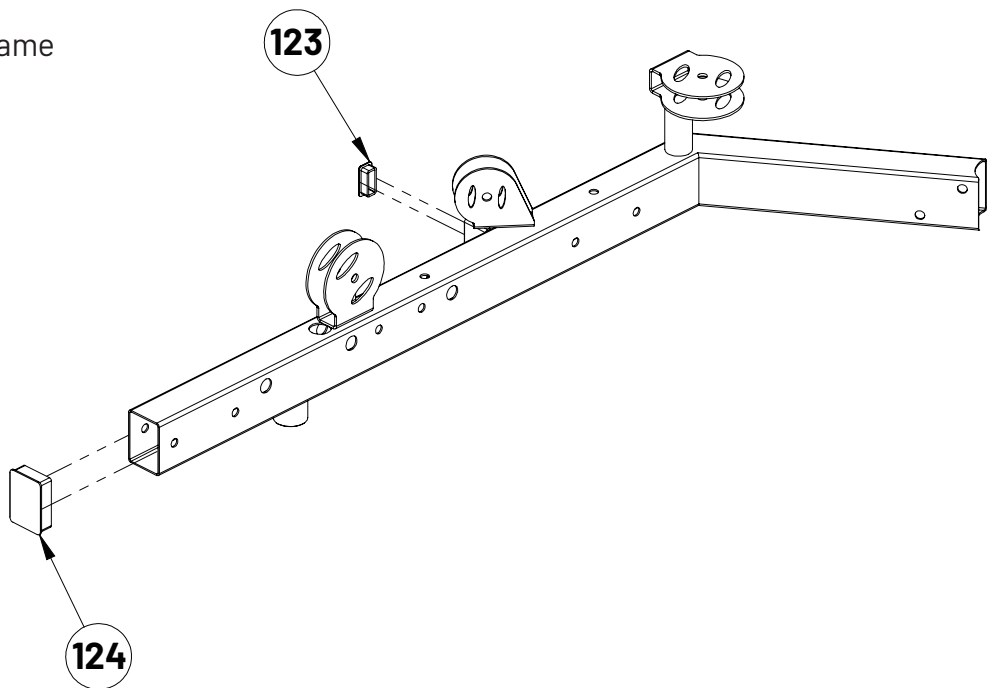
EXPLODED DIAGRAMS

Right Upper Frame
1pcs/set



| No. | Description | Note | QTTY |
|-----|-------------|------------|------|
| 123 | Plug | □40x20x1.5 | 1 |
| 124 | Square Plug | 50x70x2 | 1 |

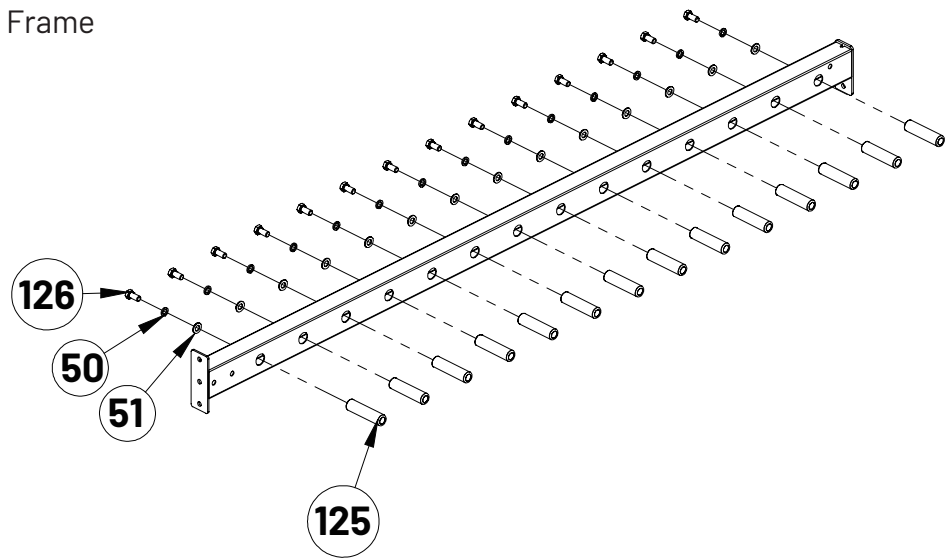
Left Upper Frame
1pcs/set



| No. | Description | Note | QTTY |
|-----|-------------|------------|------|
| 123 | Plug | □40x20x1.5 | 1 |
| 124 | Square Plug | 50x70x2 | 1 |

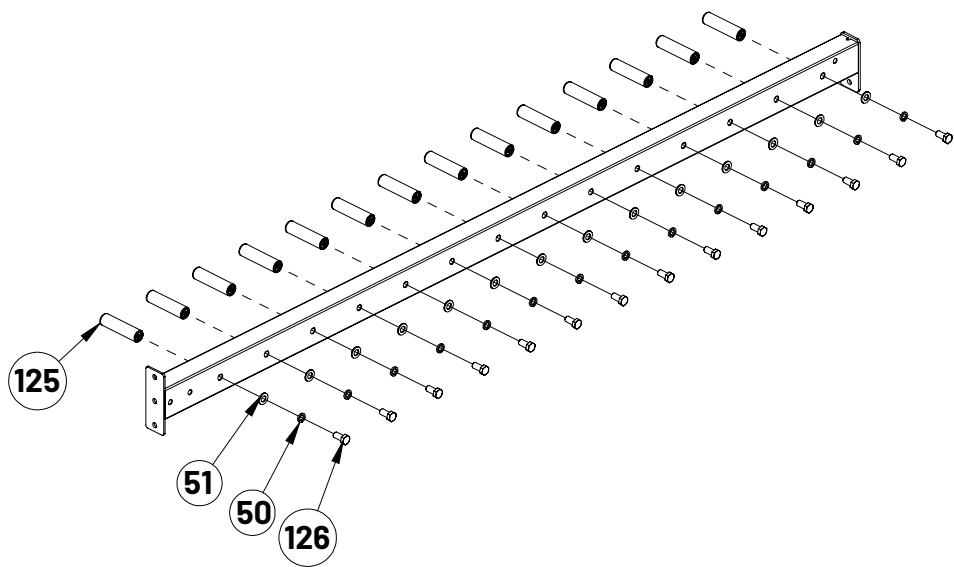
EXPLODED DIAGRAMS

Left Middle Upright Frame
1 pcs/set



| No. | Description | Note | QTTY |
|-----|----------------|------------|------|
| 125 | Barbell Holder | φ25xM12x98 | 14 |
| 126 | Hexagon Bolt | M12X25 | 14 |
| 50 | Spring Washer | φ12 | 14 |
| 51 | Washer | φ12 | 14 |

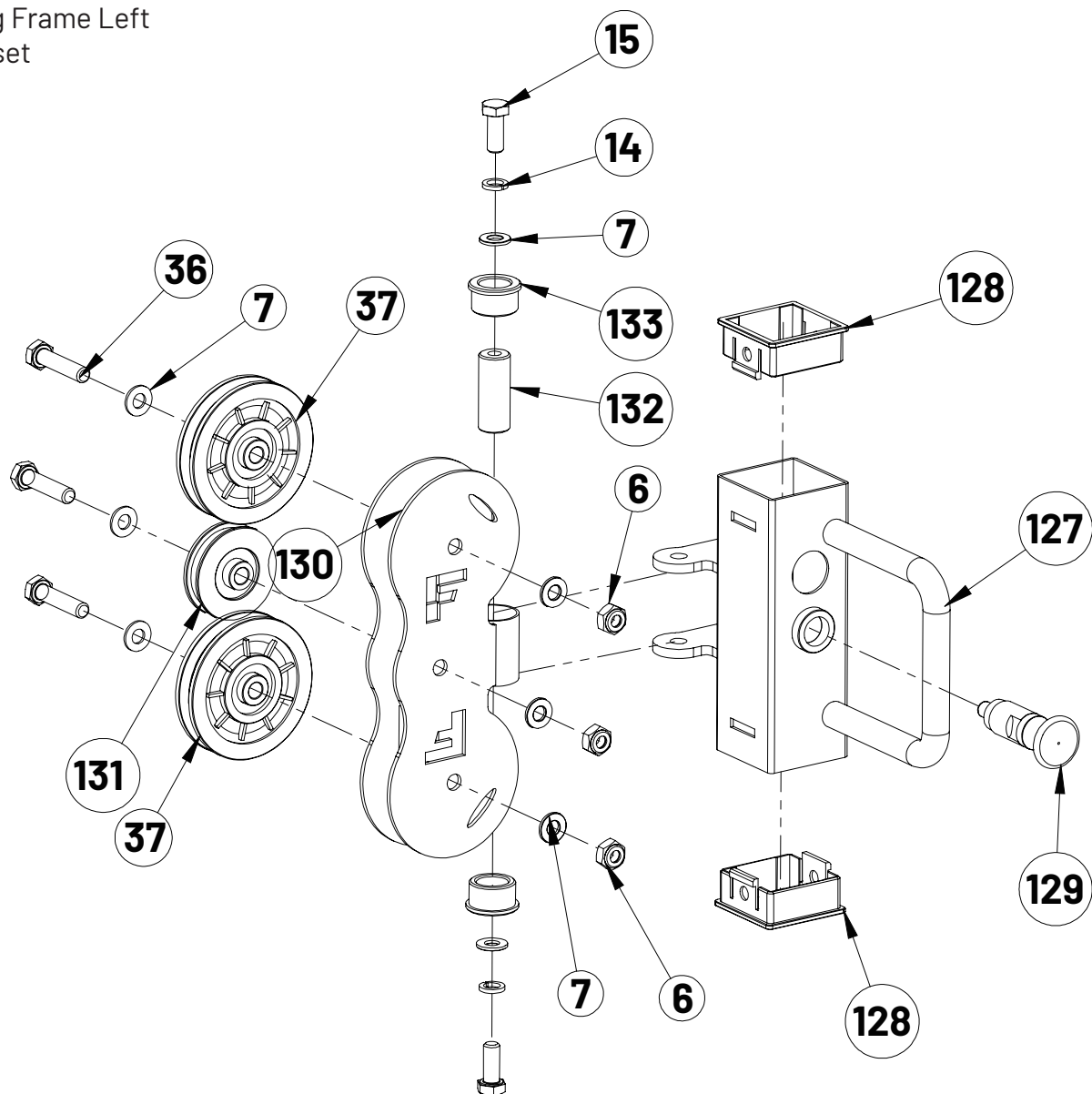
Right Middle Upright Frame
1 pcs/set



| No. | Description | Note | QTTY |
|-----|----------------|------------|------|
| 125 | Barbell Holder | φ25xM12x98 | 14 |
| 126 | Hexagon Bolt | M12X25 | 14 |
| 50 | Spring Washer | φ12 | 14 |
| 51 | Washer | φ12 | 14 |

EXPLODED DIAGRAMS

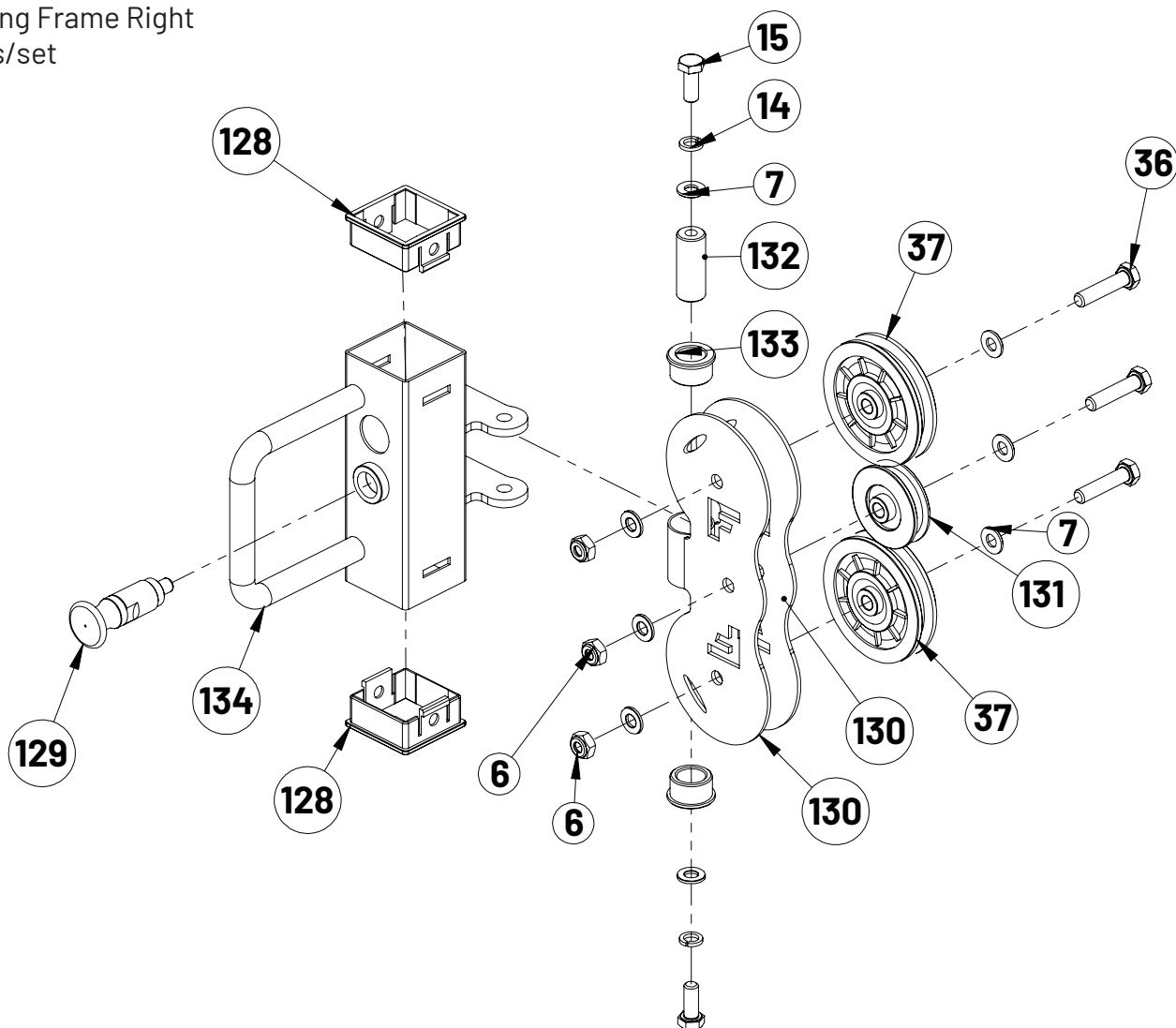
Sliding Frame Left
1 pcs/set



| No. | Description | Note | QTTY |
|-----|--------------------------|----------------|------|
| 127 | Tube Handle Left | | 1 |
| 128 | Plug | 50-60 | 2 |
| 129 | Pin | M20x1.5-φ10 | 1 |
| 130 | Pulley Bracket | | 1 |
| 37 | Pulley | φ92 | 2 |
| 131 | Pulley | φ60 | 1 |
| 36 | Hexagon Bolt | M10x45 | 3 |
| 6 | Lock Nut | M10 | 3 |
| 7 | Washer | φ10 | 8 |
| 132 | Internal Thread Shaft | φ19.8x49.5 | 1 |
| 133 | Powder Metallurgy Sleeve | φ33xφ29xφ20x18 | 2 |
| 14 | Spring Washer | φ10 | 2 |
| 15 | Hexagon Bolt | M10x25 | 2 |

EXPLODED DIAGRAMS

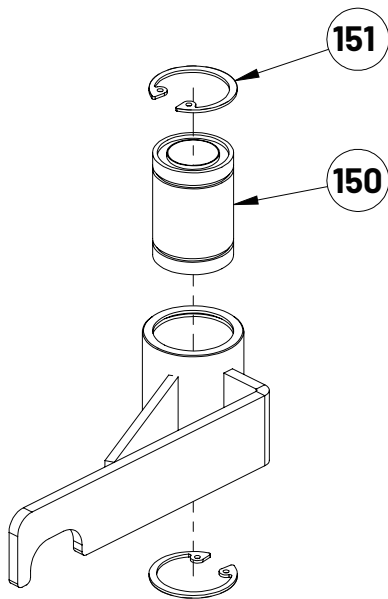
Sliding Frame Right
1 pcs/set



| No. | Description | Note | QTTY |
|-----|--------------------------|------------------------------------|------|
| 134 | Tube Handle Right | | 1 |
| 128 | Plug | 50-60 | 2 |
| 129 | Pin | M20x1.5- ϕ 10 | 1 |
| 132 | Internal Thread Shaft | ϕ 19.8x49.5 | 1 |
| 133 | Powder Metallurgy Sleeve | ϕ 33x ϕ 29x ϕ 20x18 | 2 |
| 15 | Hexagon Bolt | M10x25 | 1 |
| 14 | Spring Washer | ϕ 10 | 3 |
| 7 | Washer | ϕ 10 | 3 |
| 130 | Pulley Bracket | | 8 |
| 37 | Pulley | ϕ 92 | 1 |
| 131 | Pulley | ϕ 60 | 2 |
| 36 | Hexagon Bolt | M10x45 | 2 |
| 6 | Lock Nut | M10 | 2 |

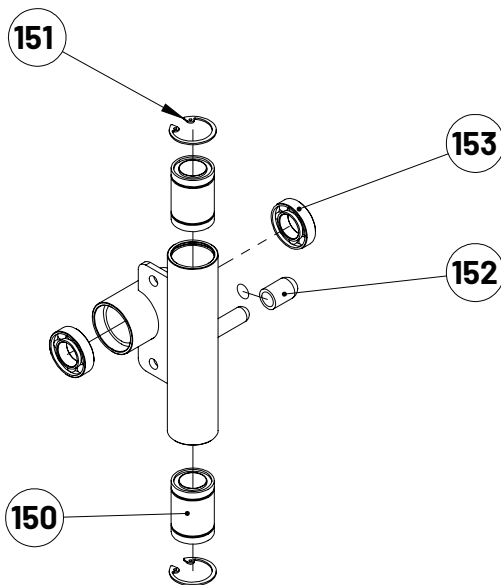
EXPLODED DIAGRAMS

Safety Hook Right & Left
1 pcs/set



| No. | Description | Note | QTTY |
|-----|--------------|------------------------------------|------|
| 150 | Bearing | $\phi 40 \times \phi 25 \times 58$ | 1 |
| 151 | Bearing Ring | | 2 |

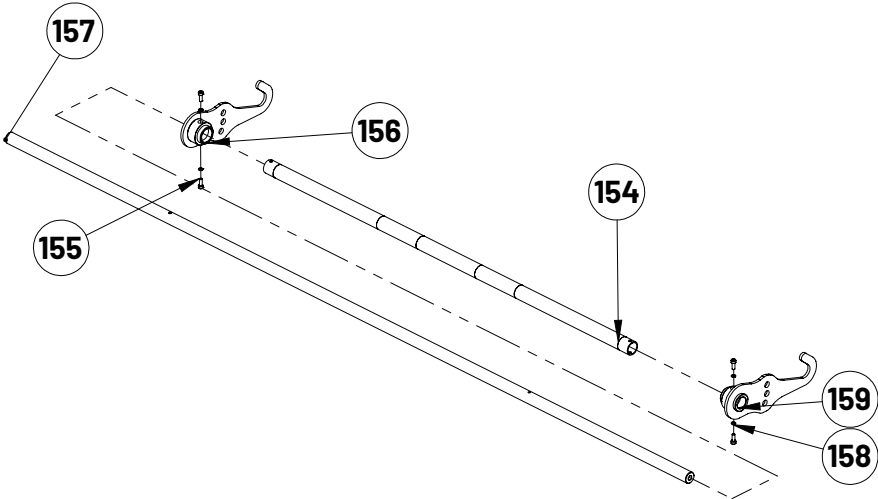
Sliding Sleeve
2 pcs/set



| No. | Description | Note | QTTY |
|-----|---------------|------------------------------------|------|
| 150 | Bearing | $\phi 40 \times \phi 25 \times 58$ | 2 |
| 151 | Bearing Ring | | 2 |
| 152 | Plastic Cover | | 1 |
| 153 | Bearing | 6005 | 2 |

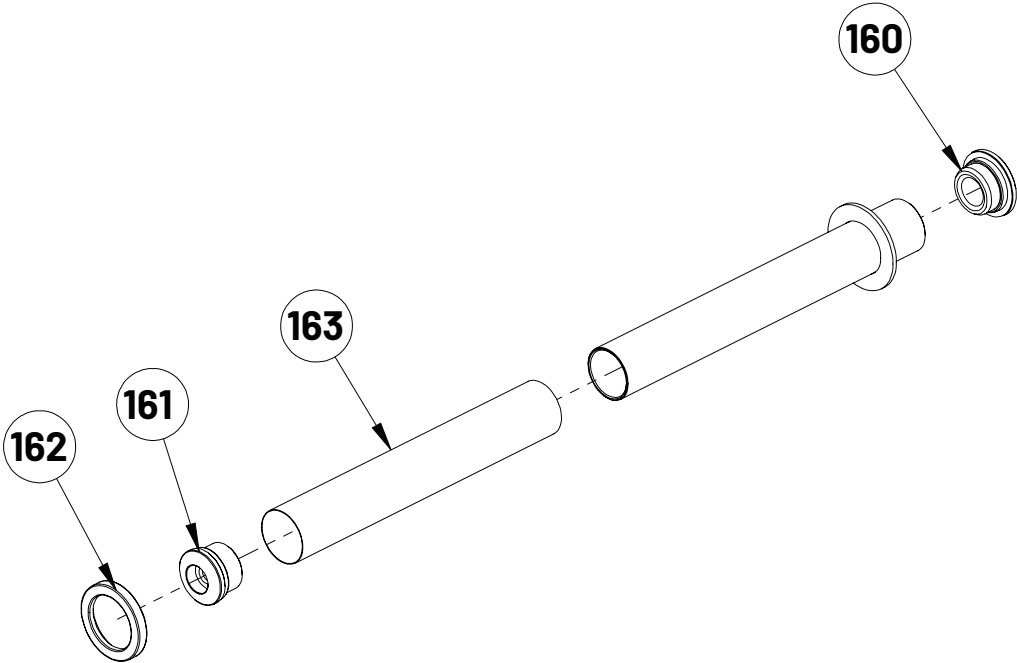
EXPLODED DIAGRAMS

Barbell
1 pcs/set



| No. | Description | Note | QTTY |
|-----|------------------------|--|------|
| 154 | Barbell Rod Cover | $\phi 30 \times \phi 25.1 \times 1056$ | 1 |
| 155 | Screw | M6x16 | 4 |
| 156 | Barbell Rod Hook Right | | 1 |
| 157 | Barbell inside Rod | $\phi 25 \times 1975$ | 1 |
| 158 | Spring Washer | $\phi 6$ | 4 |
| 159 | Barbell Rod Hook Left | | 1 |

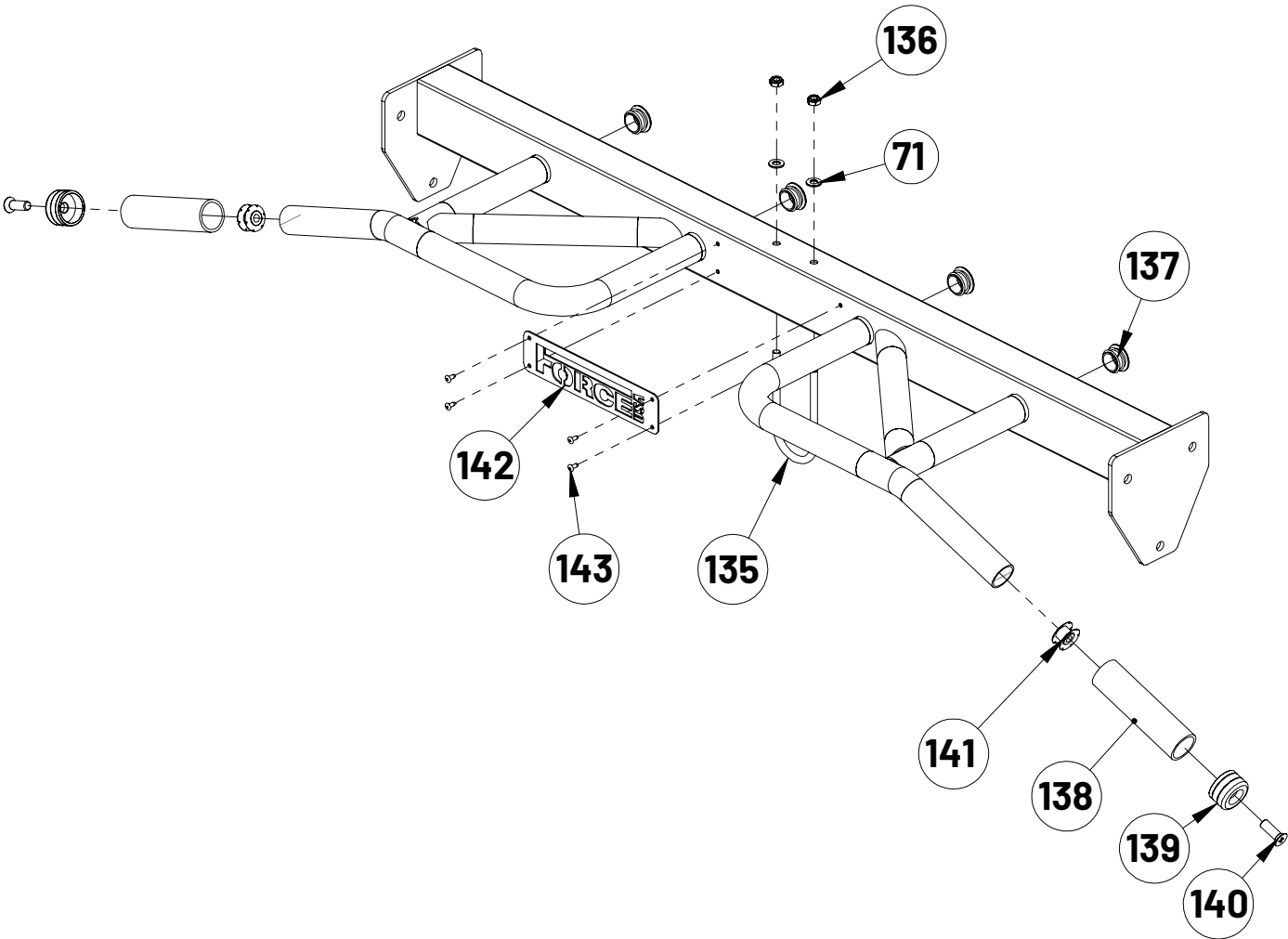
Barbell Plate Holder
2 pcs/set



| No. | Description | Note | QTTY |
|-----|-------------|---|------|
| 160 | Ring | $\phi 60 \times 27$ | 2 |
| 161 | End Cap | $\phi 50 \times 37$ | 2 |
| 162 | Rubber Ring | $\phi 70 \times \phi 50 \times \phi 10$ | 1 |
| 163 | Tube | $\phi 49.5 \times 0.6$ | 2 |

EXPLODED DIAGRAMS

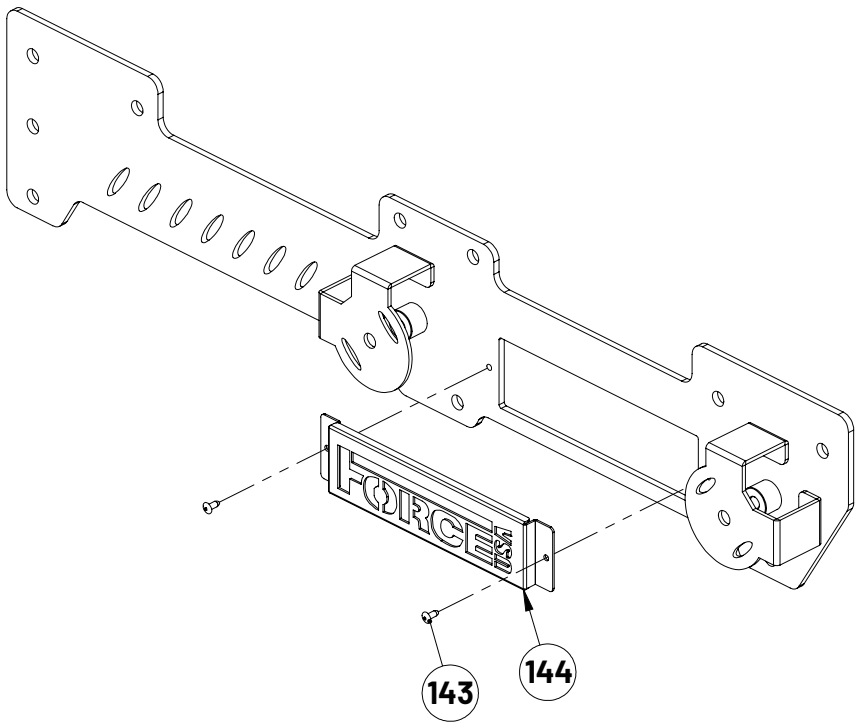
Chin Up Frame
1 pcs/set



| No. | Description | Note | QTTY |
|-----|--------------|-------------------------------------|------|
| 135 | U Hook | | 1 |
| 71 | Washer | $\phi 8$ | 2 |
| 136 | Look Nut | M8 | 2 |
| 137 | Round Plug | $\phi 32 \times 1.5$ | 4 |
| 138 | Handle Cover | $\phi 38 \times \phi 32 \times 130$ | 2 |
| 139 | Ring | $\phi 38 \times \phi 32 \times 25$ | 2 |
| 140 | Screw | M10x25 | 2 |
| 141 | Insert Nut | $\phi 29.3$ -M10 | 2 |
| 142 | Logo Plate | | 1 |
| 143 | Hollow Rivet | 4x8 | 4 |

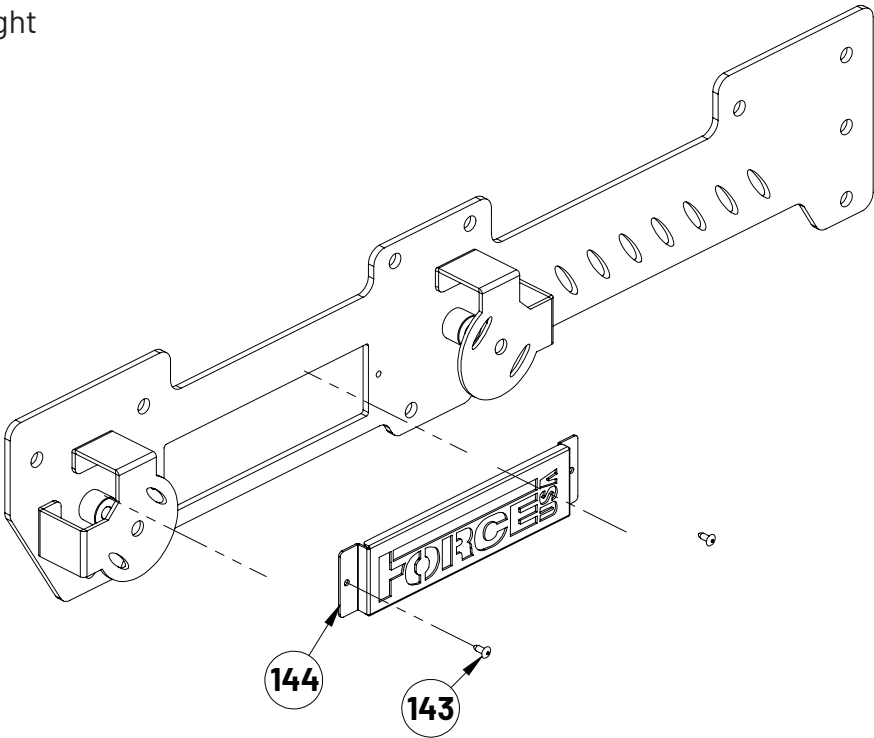
EXPLODED DIAGRAMS

Up Pulley Cover Left
1 pcs/set



| No. | Description | Note | QTTY |
|-----|--------------|-------|------|
| 143 | Hollow Rivet | 40x10 | 2 |
| 144 | Logo Plate | | 1 |

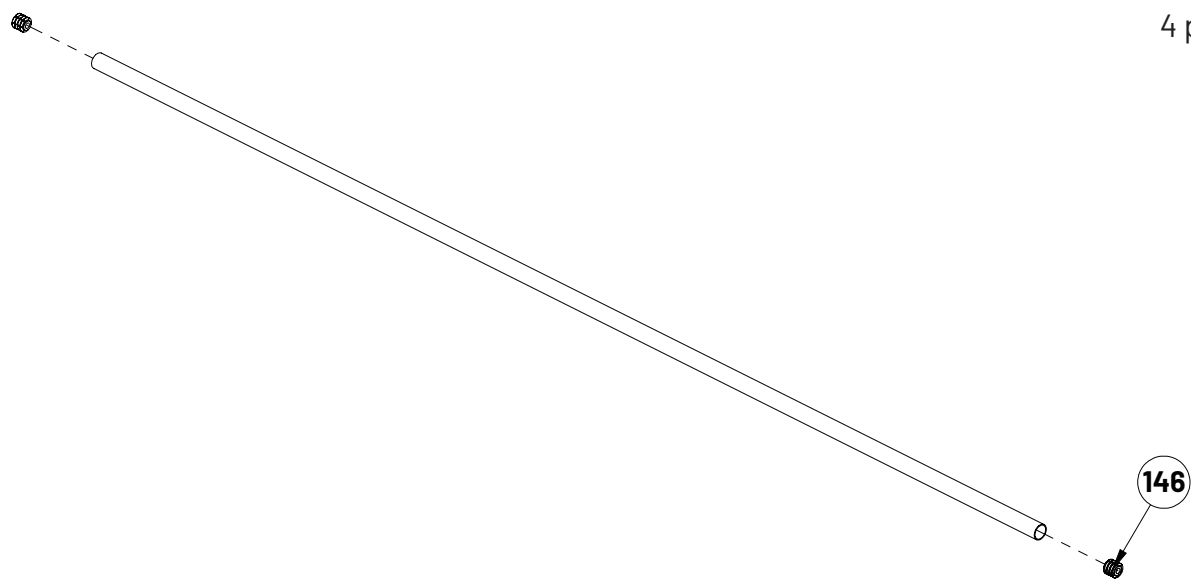
Up Pulley Cover Right
1 pcs/set



| No. | Description | Note | QTTY |
|-----|--------------|-------|------|
| 143 | Hollow Rivet | 40x10 | 2 |
| 144 | Logo Plate | | 1 |

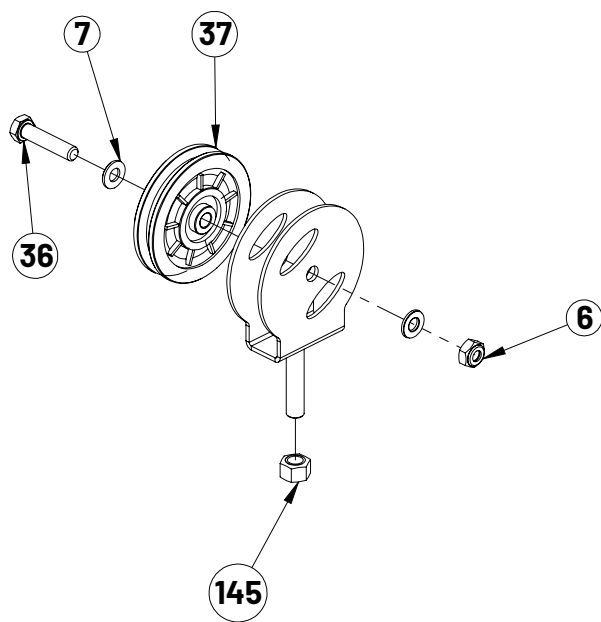
EXPLODED DIAGRAMS

Guide Rod
4 pcs/set



| No. | Description | Note | QTTY |
|-----|-------------|-------------------|------|
| 146 | Insert Nut | $\phi 23$ -M10-4F | 2 |

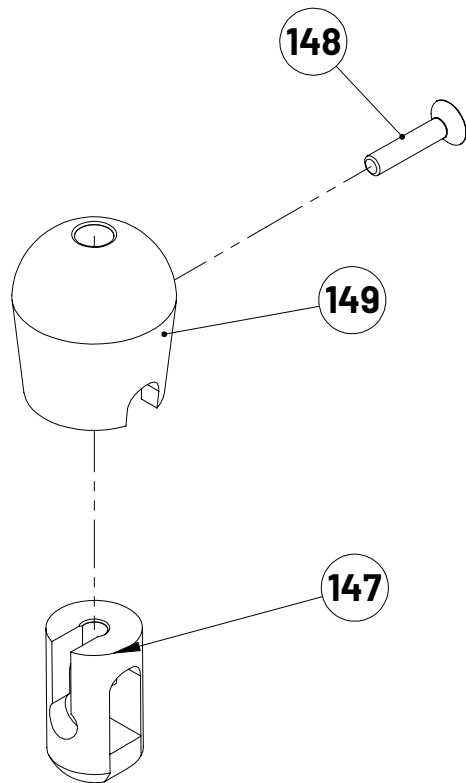
Pulley Bracket
2 pcs/set



| No. | Description | Note | QTTY |
|-----|--------------|-----------|------|
| 36 | Hexagon Bolt | M10x45 | 1 |
| 37 | Pulley | $\phi 92$ | 1 |
| 6 | Lock Nut | M10 | 1 |
| 7 | Washer | $\phi 10$ | 2 |
| 145 | Lock Nut | M12 | 1 |

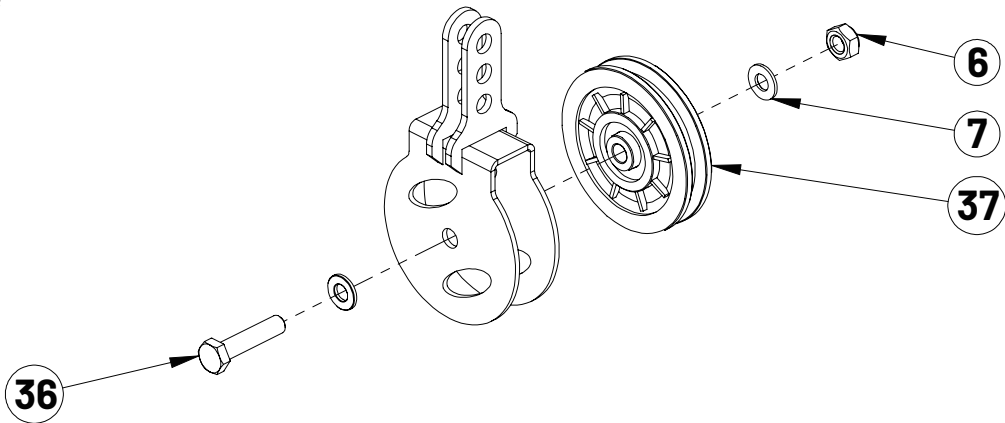
EXPLODED DIAGRAMS

Cable Ball
4 pcs/set



| No. | Description | Note | QTTY |
|-----|-------------|-------|------|
| 147 | Cable End | | 1 |
| 148 | Screw | M5x25 | 1 |
| 149 | Cable Ball | | 1 |

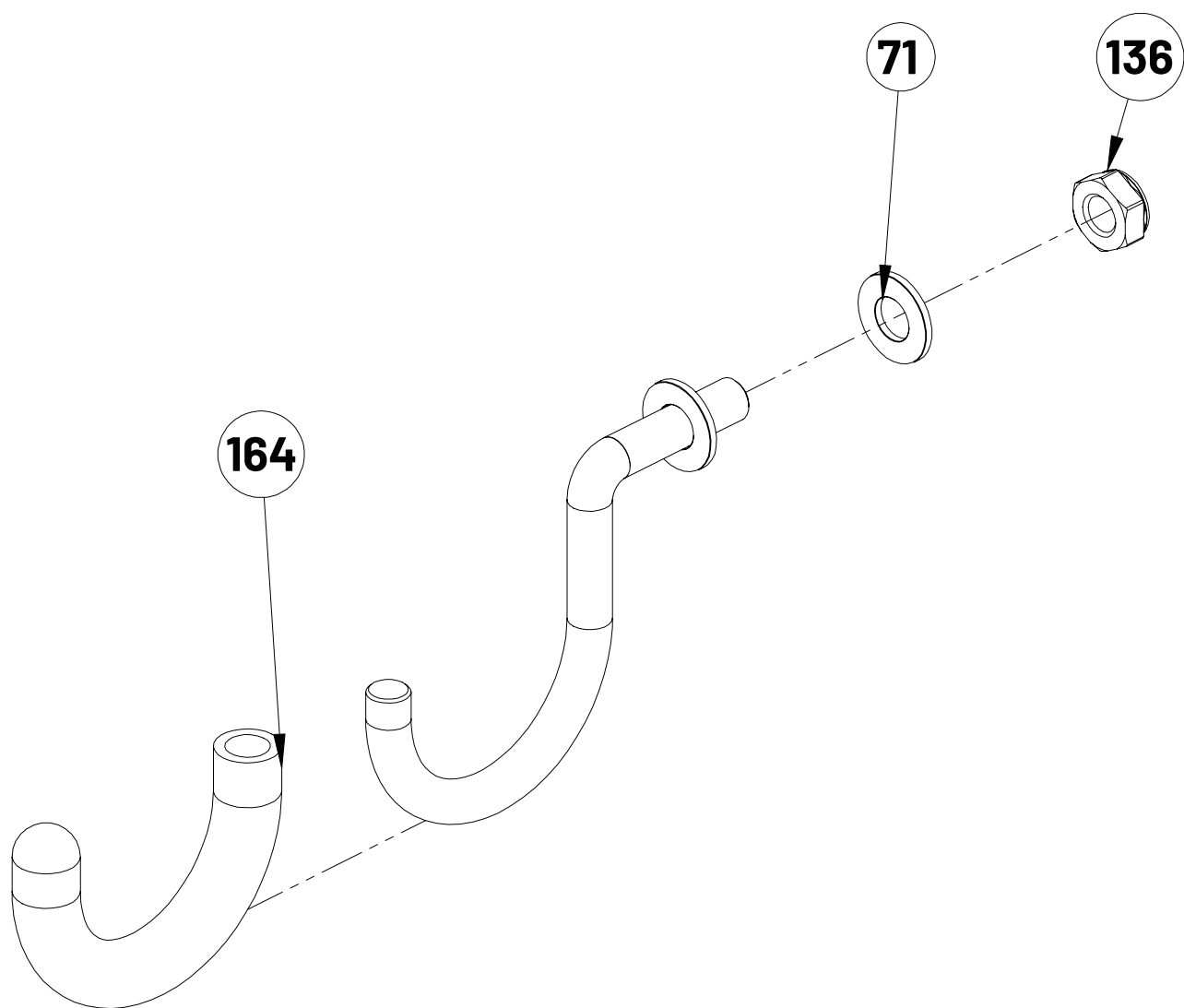
Pulley Frame
2 pcs/set



| No. | Description | Note | QTTY |
|-----|--------------|--------|------|
| 36 | Hexagon Bolt | M10x45 | 1 |
| 6 | Lock Nut | M10 | 1 |
| 7 | Washer | φ10 | 2 |
| 37 | Pulley | φ92 | 1 |

EXPLODED DIAGRAMS

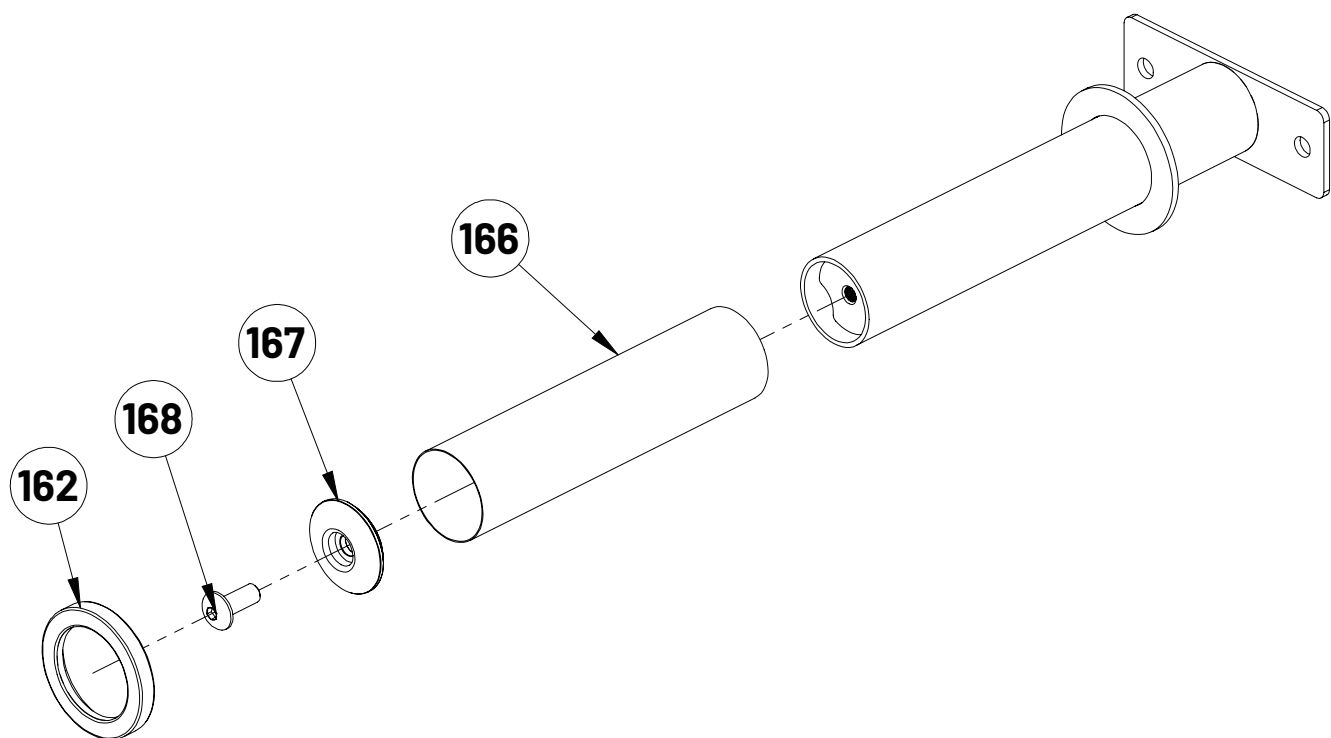
Hook
4 pcs/set



| No. | Description | Note | QTTY |
|-----|-------------|---------------------|------|
| 164 | Hook Cover | $\phi 8 \times 100$ | 1 |
| 71 | Washer | $\phi 8$ | 1 |
| 136 | Lock Nut | M8 | 1 |

EXPLODED DIAGRAMS

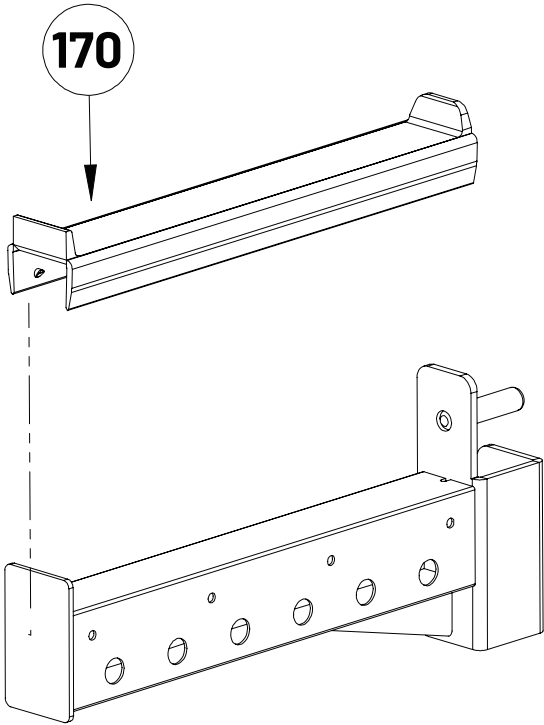
Barbell Plate Holder
8 pcs/set



| No. | Description | Note | QTTY |
|-----|-------------|--|------|
| 166 | Tube | $\phi 49.6 \times 0.6 \times 200$ | 1 |
| 167 | End Cap | $\phi 11 \times \phi 18 \times \phi 42 \times \phi 50$ | 1 |
| 168 | Allen Bolt | M10x25 | 1 |
| 162 | Rubber Ring | $\phi 70 \times 50 \times 10$ | 1 |

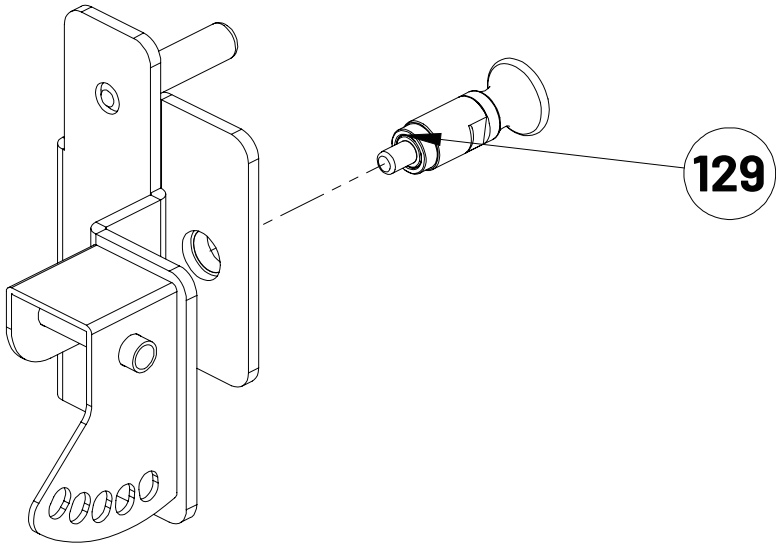
EXPLODED DIAGRAMS

Long Barbell Rod Holder Right & Left
1 pcs/set



| No. | Description | Note | QTTY |
|-----|-------------------|------|------|
| 170 | Rubber Cover Long | 387 | 1 |

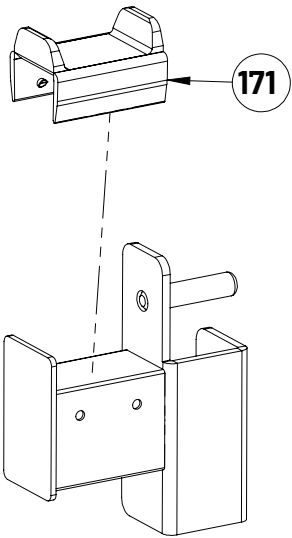
Selector Part
1 pcs/set



| No. | Description | Note | QTTY |
|-----|-------------|-------------|------|
| 129 | Pin | M20x1.5-φ10 | 1 |

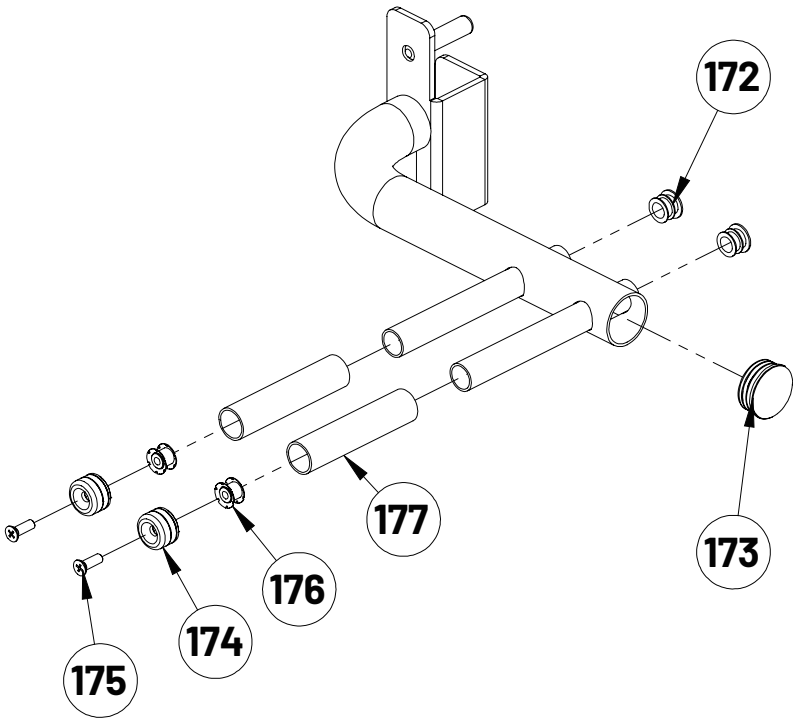
EXPLODED DIAGRAMS

Short Barbell Rod Holder Right & Left
1 pcs/set



| No. | Description | Note | QTTY |
|-----|--------------------|------|------|
| 171 | Rubber Cover Short | 85 | 1 |

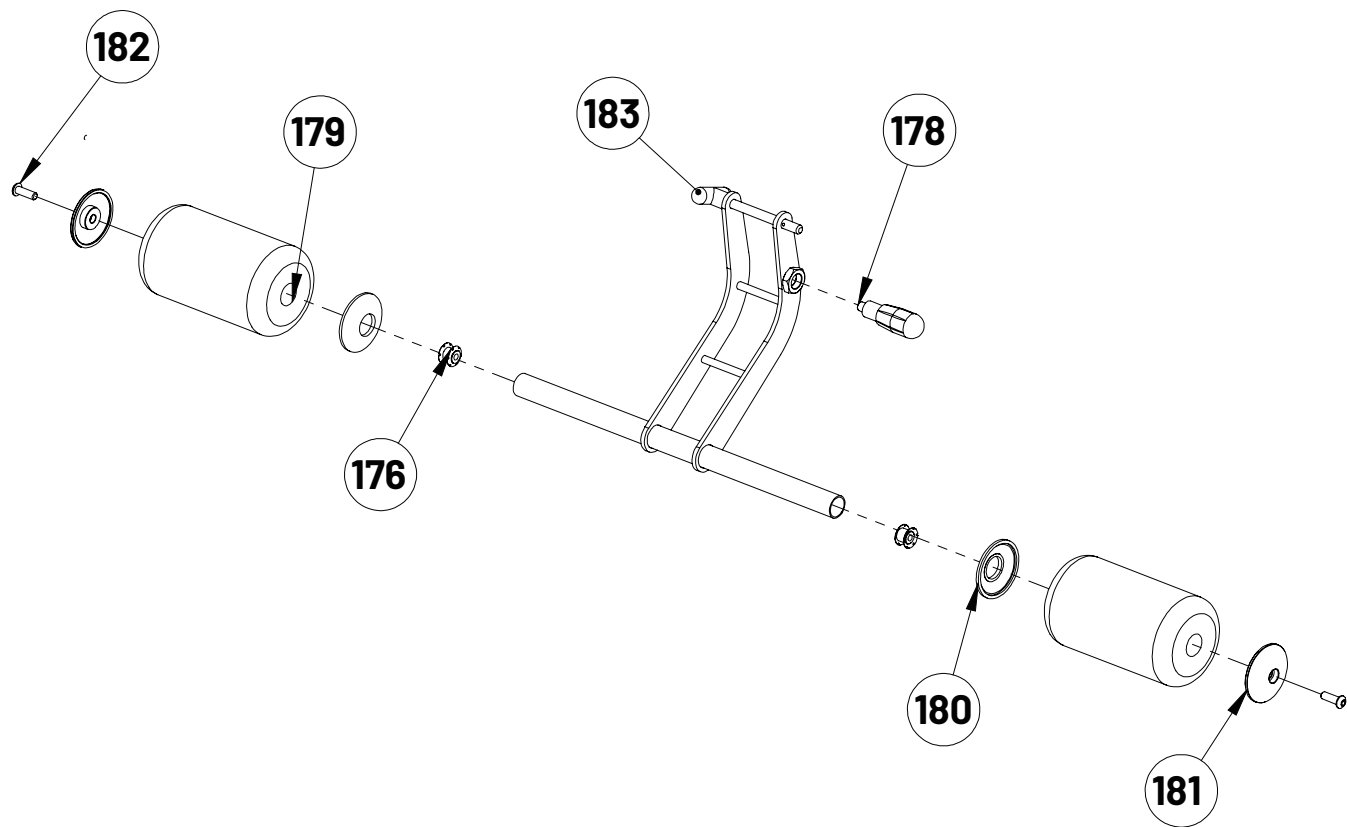
Dip Bar Right & Left
1 pcs/set



| No. | Description | Note | QTTY |
|-----|--------------|------------------------------|------|
| 172 | Plug | $\phi 25 \times 2$ | 2 |
| 173 | Plug | $\phi 48 \times 2.5$ | 1 |
| 174 | Ring | $\phi 31.5 \times \phi 25.5$ | 2 |
| 175 | Screw | M8x20 | 2 |
| 176 | Insert Nut | $\phi 23 - M8$ | 2 |
| 177 | Handle Cover | $\phi 25 \times 125$ | 2 |

EXPLODED DIAGRAMS

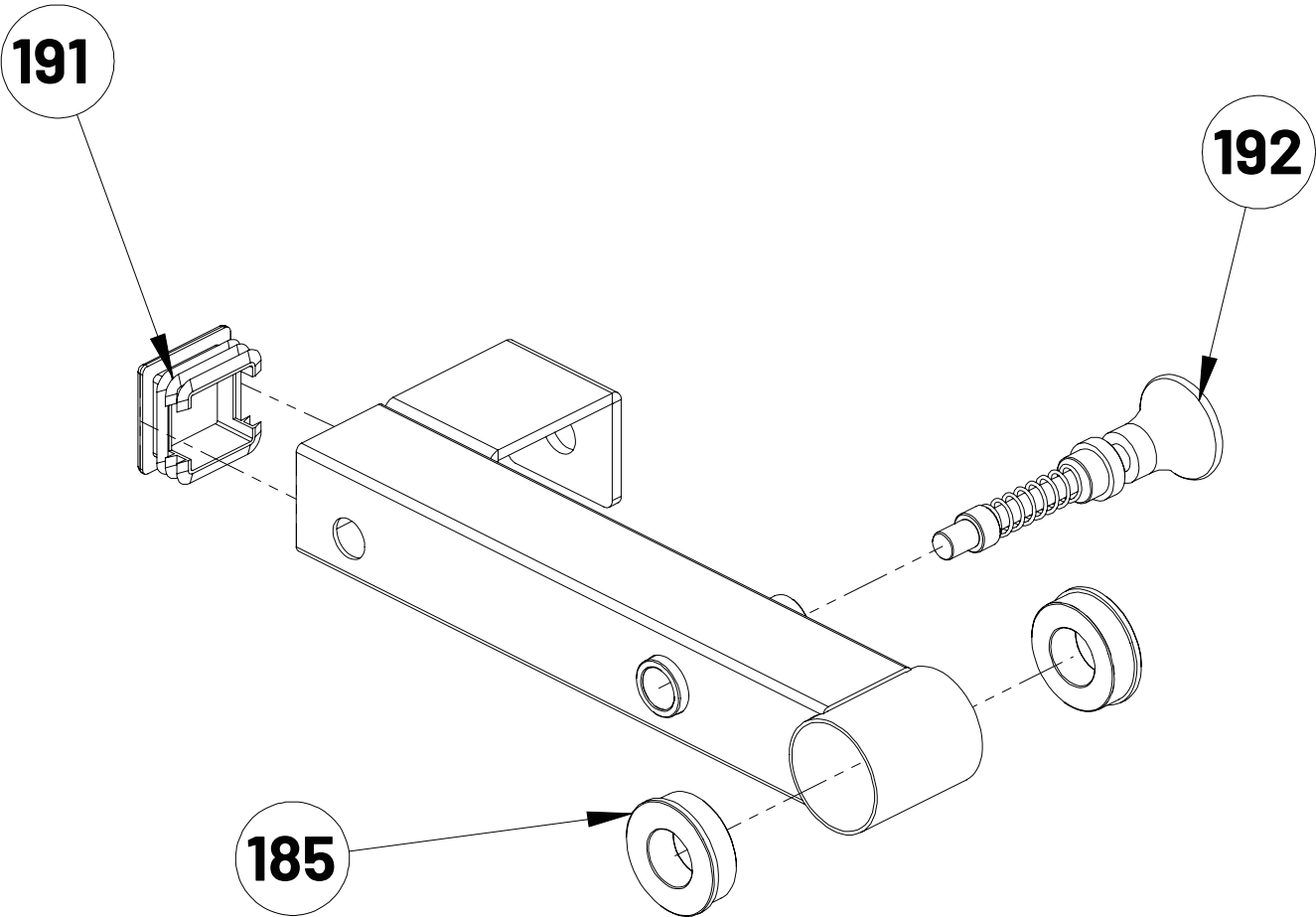
Leg Curl Frame
1 pcs/set



| No. | Description | Note | QTTY |
|-----|------------------|--------------|------|
| 178 | Lock Pin | M18x12xφ10 | 1 |
| 179 | Foam | φ25xφ100x175 | 2 |
| 180 | Foam Inner Cover | φ65xφ25x12 | 2 |
| 181 | Foam Outer Cover | φ65xφ9x13 | 2 |
| 182 | Allen Bolt | M8x25 | 2 |
| 176 | Insert Nut | φ23-M8 | 2 |
| 183 | T Pin | φ10x100 | 1 |

EXPLODED DIAGRAMS

Foot Plate
1 pcs/set



| No. | Description | Note | QTTY |
|-----|-------------|----------------|------|
| 191 | Plug | □50x50x2 | 1 |
| 192 | Pin | φ12xM20x75 | 1 |
| 185 | Sleeve | φ50xφ47xφ25x15 | 2 |

ATTACHMENTS AND ACCESSORIES

J-Hooks

Safety Spotter Arms

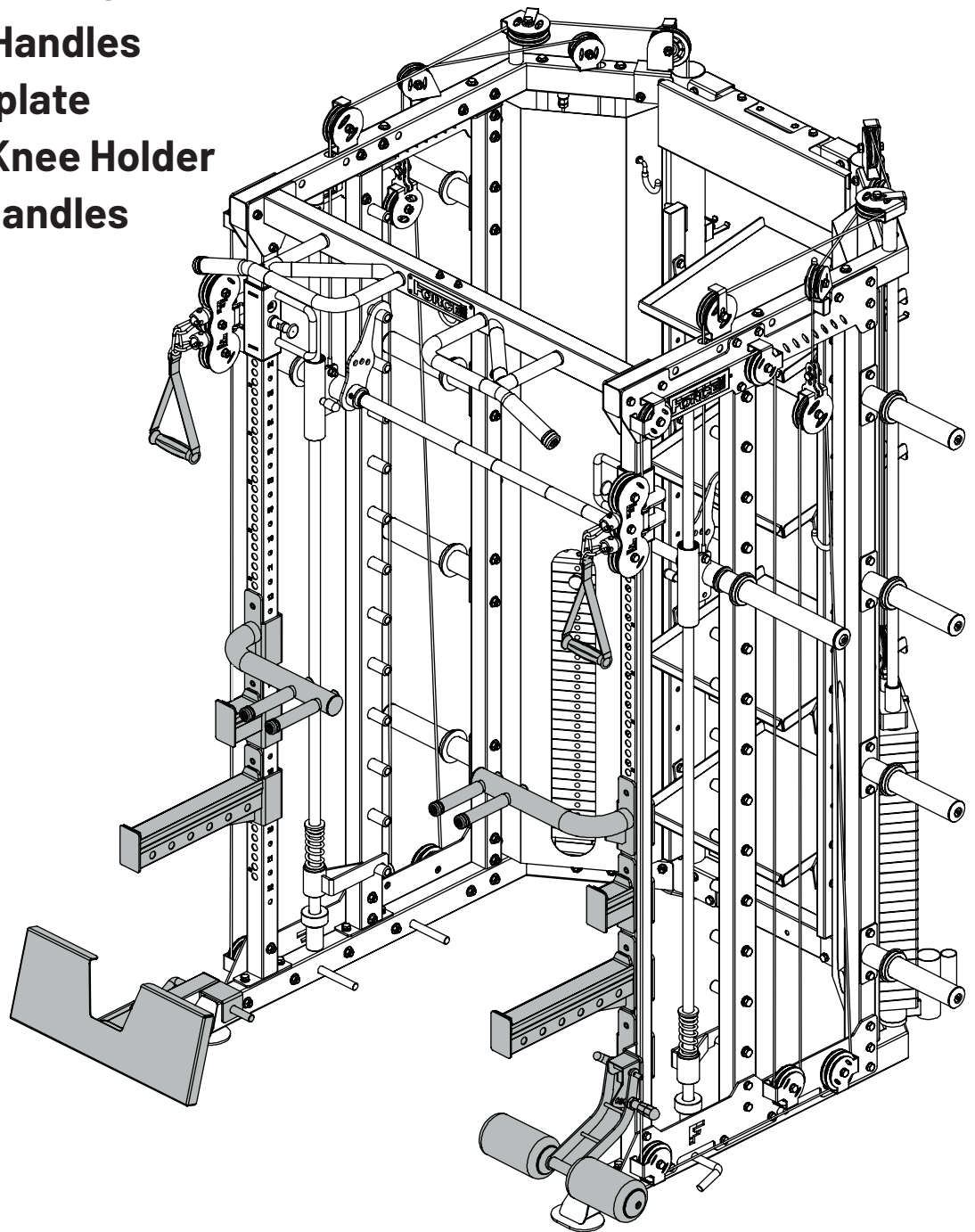
Nylon Stirrup Handles

Low Row Footplate

Lat Pulldown Knee Holder

Multigrip Dip Handles

Band Pegs (4)



TROUBLE SHOOTING

Weight stack top plate and guide rod assembly is floating/not resting on weight stack plate:

The cable tension needs adjusting. There are 2 adjustment places. Either adjust the pulley that goes into weight stack by screwing it in/out of the top plate or by choosing a different bolt hole on the floating pulley. Refer to Step 7.

The base unit is not square or the smith machine is not resting on both sides:

Loosen all nuts and bolts and then retighten from the bottom up.

What if my Smith Machine is not smooth or drags on one side:

Ensure the unit is level and square. Clean and/or lubricate guide rods. Ensure guide rods are not bent or received any damage.

The cables are not smooth on one or both sides:

Ensure cables are ONLY touching the pulley wheels. Be sure cable routing is correct so that it is not going over or under bolts or the frame.

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

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



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

FORCE^{USA}

forceusa.com