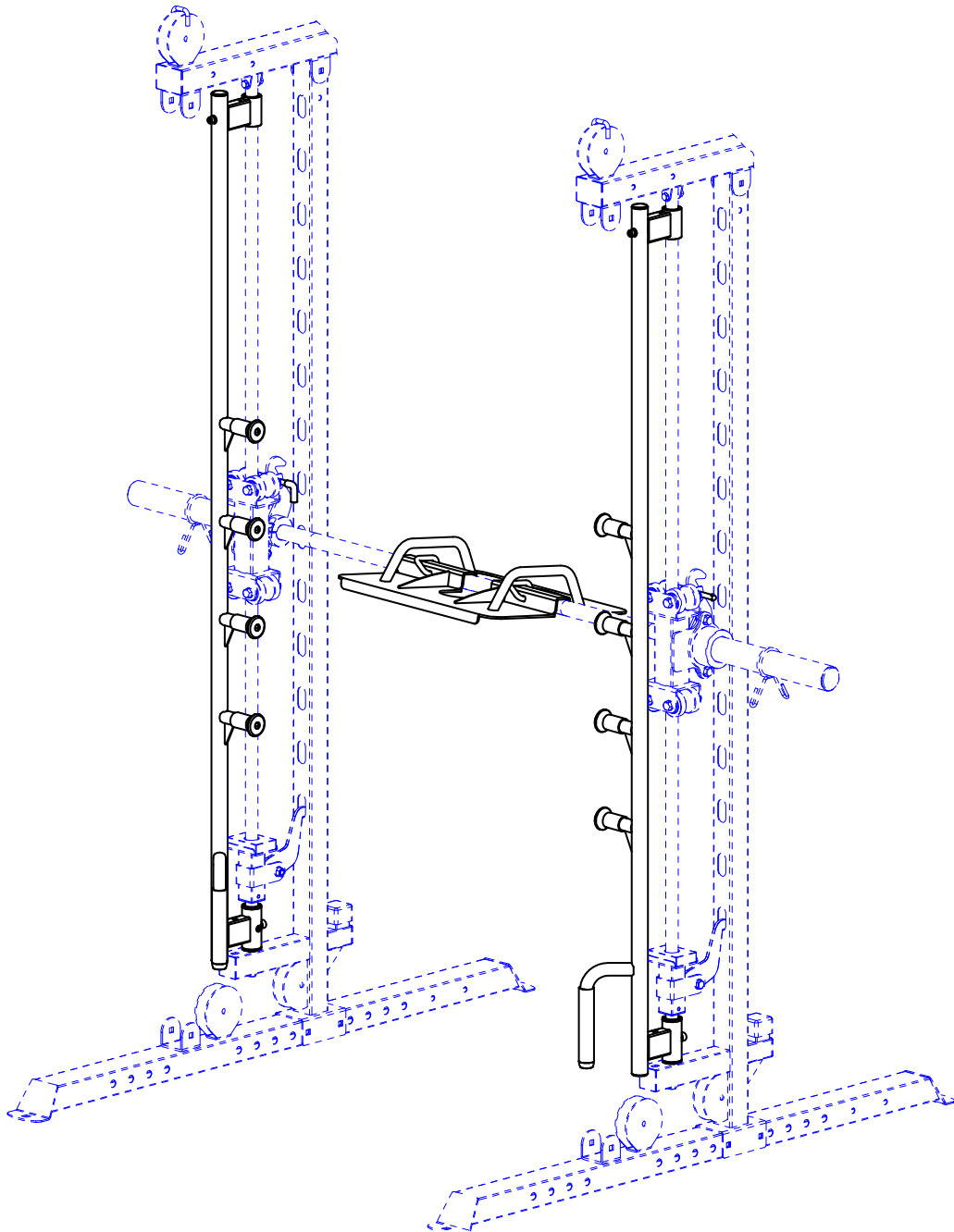


FORCE^{USA}

INNOVATION IN STRENGTH™



USER MANUAL | **F-G3-LEGPRESS**

ASSEMBLY MANUAL

BEFORE YOU START

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

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

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

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

We recommended you keep these instructions.

SAFETY PRECAUTIONS

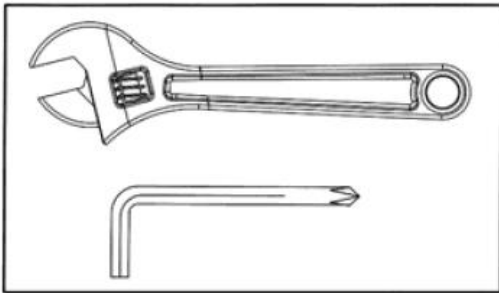
- Highly recommended for two or more people to assemble the equipment
- Assemble equipment on a flat surface
- Consider placing a mat under equipment to protect your floor
- Only tighten nuts and bolts by hand until whole equipment is assembled
- Ensure all parts are in working order prior to use
- Do not use equipment outdoors or around water
- Keep hair, fingers and clothing away from moving parts
- Only use attachments recommended by the manufacturer
- Never operate if parts are not functioning correctly
- Always stretch prior to using equipment
- Stop immediately if you experience any pain, dizziness or nausea.
- Before starting any exercise program consult your doctor

IMPORTANT ASSEMBLY INFORMATION

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

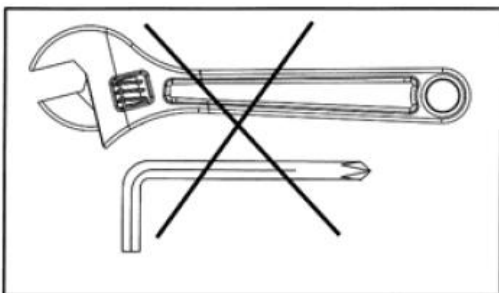
- Tools Required for Assembling the Bench: Adjustable Wrench and Allen Wrench.
- Ensure Carriage Bolts are inserted through the **SQUARE** holes on components that need to be assembled. Attach washer only to end of the **Carriage Bolt**.
- Use **Allen Bolts or Hex Bolts** inserted through the **ROUND** hole on components that need to be assembled.
- Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed

FASTEN NUTS AND BOLTS



Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.

NOTE: Do not over tighten any component with pivoting function. Make sure all pivoting components are able to move freely.



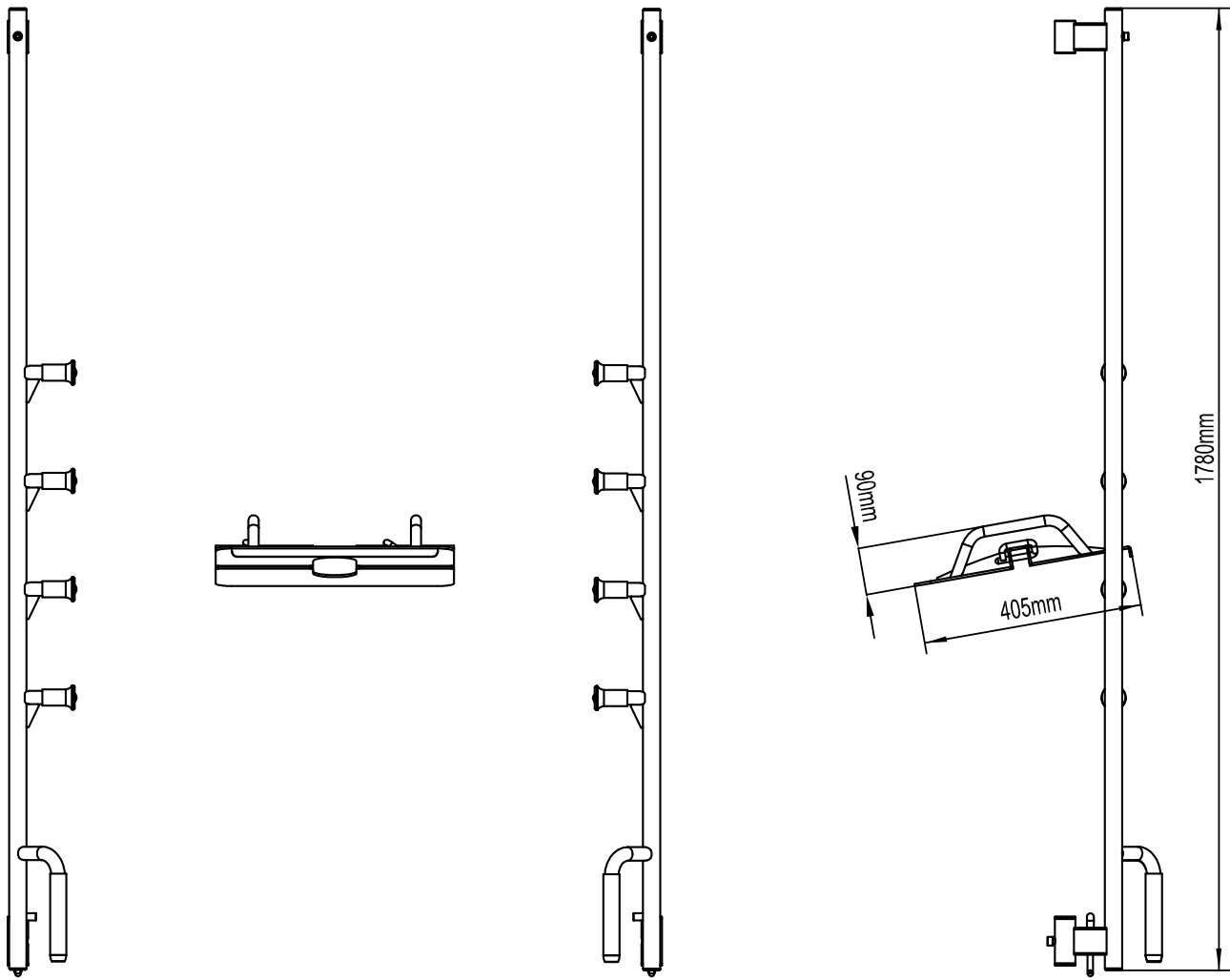
Do not tighten all Nuts and Bolts in this step.

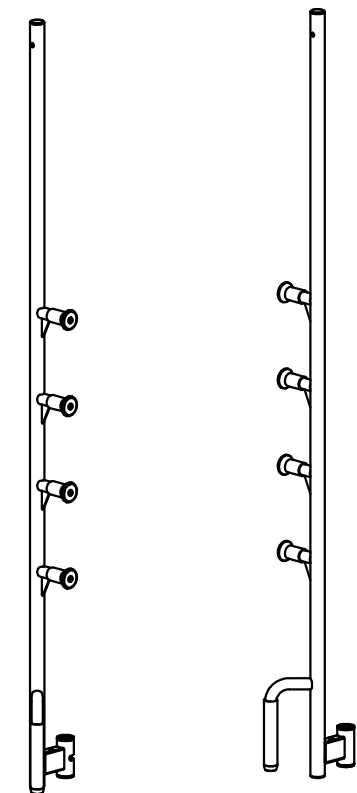
PARTS LIST

NOTE: SOME PARTS MAY COME PRE ASSEMBLED, IN WHICH CASE CONTINUE ONTO THE NEXT REQUIRED STEP OF ASSEMBLY

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Safety bracket L		1
2	Safety bracket R		1
3	Foot Pedal Set		1
4	Fixed group		2
5	Hexagon socket button head screws	M8×20	2
6	U Spring Pins	φ10×80	2
7	Cover Cap	φ30×φ26×12	2
8	L Spring Pins	φ10×115	2
9	Rubber sleeve	Φ13×Φ9.5×58	2
10	Limit sets	φ25.5×φ30×φ45×60	8
11	Dips Handle	Φ23×150	2
12	Rectangular End Cap	φ32	4
13	Bushing	φ38×φ34×φ25×22	4
14	Self-tapping screws	M6×16	8
15	Sunk Screw	M6×20	2
16	Hex Bolt	M10×55	2
17	Lock Washer	10	2
18	Washer	10	2
	Allen wrench	6#	1
	Allen wrench	4#	1

Assembled Dimension: 1780mm x 405mm x90mm





①×1

②×1



③×1



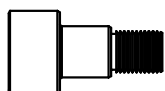
④×2



⑥×2



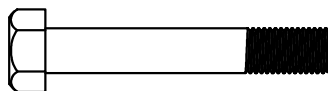
⑧×2



⑤×2



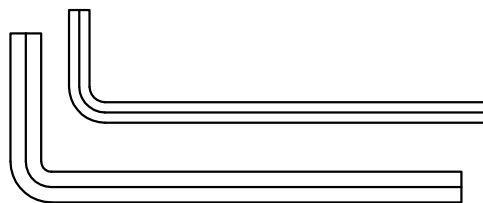
⑪⑦×2



⑪⑥×2

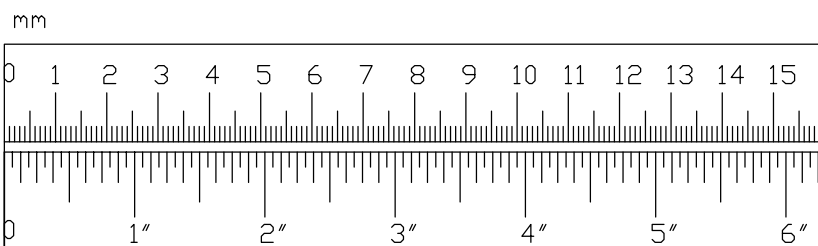




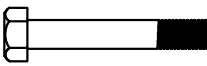

⑪⑧×2

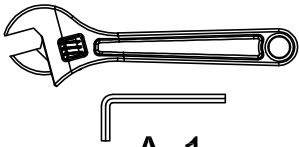


4#×1

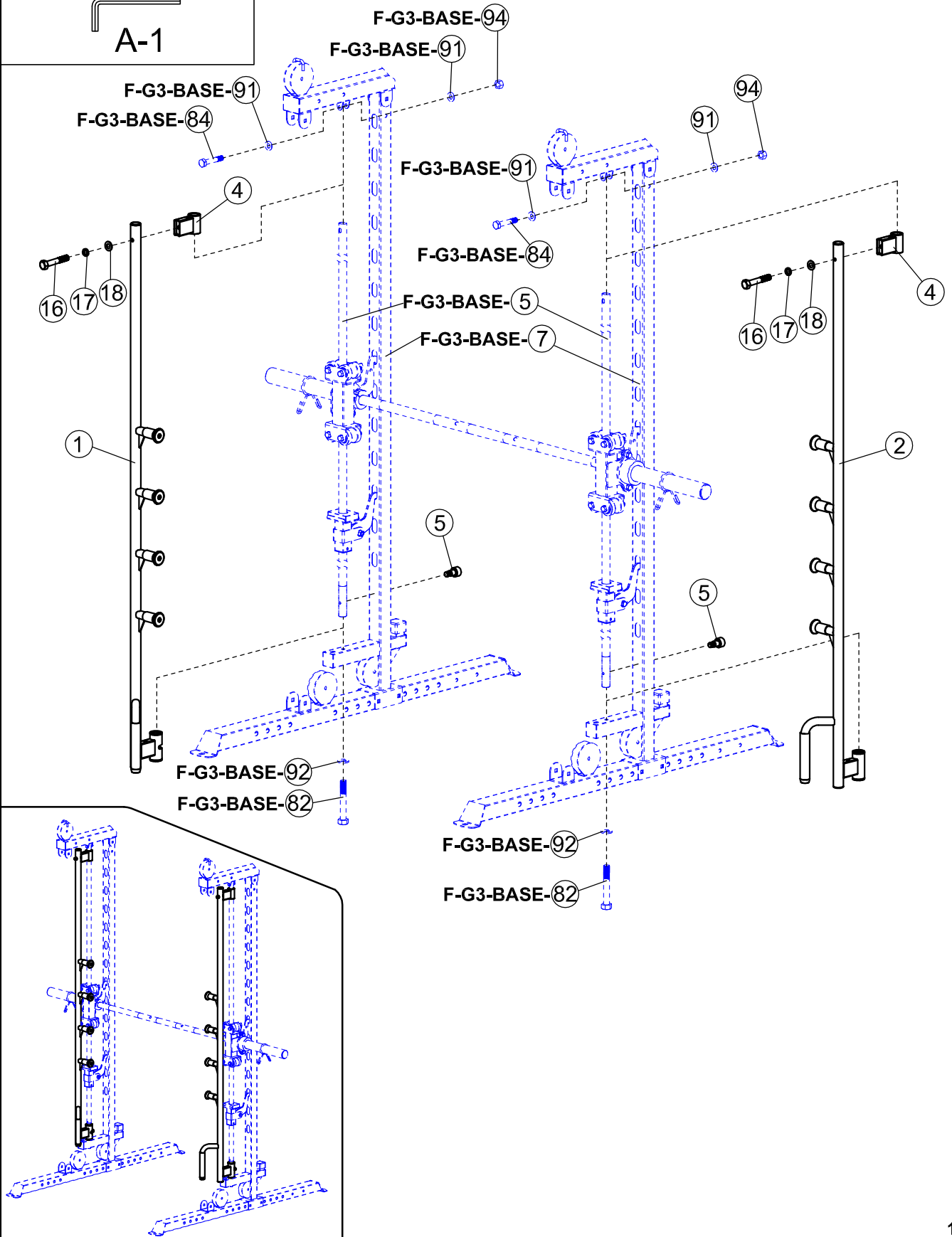
6#×1

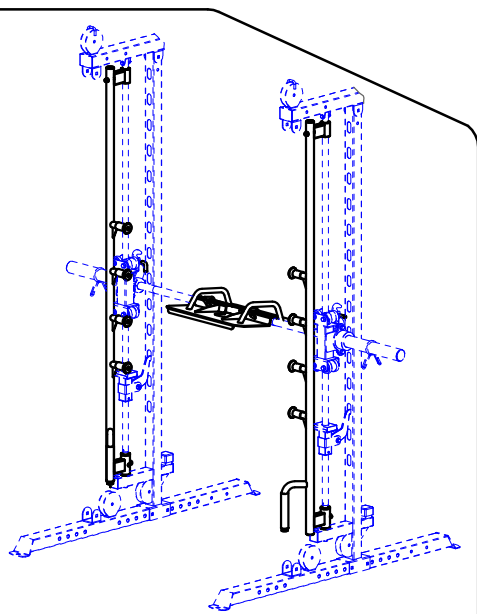
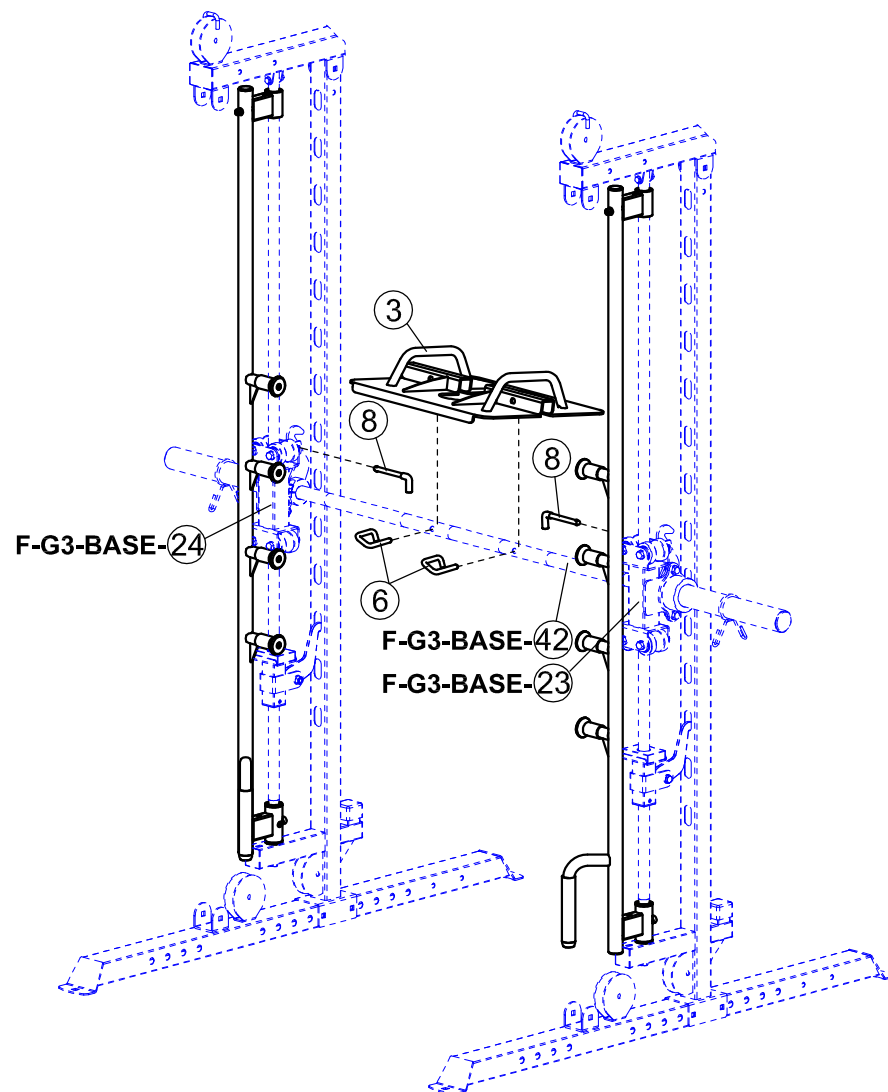


⑤		×2	M8×20	①7			×2	Φ10
①6		×2	M10×55	①8			×2	Φ10

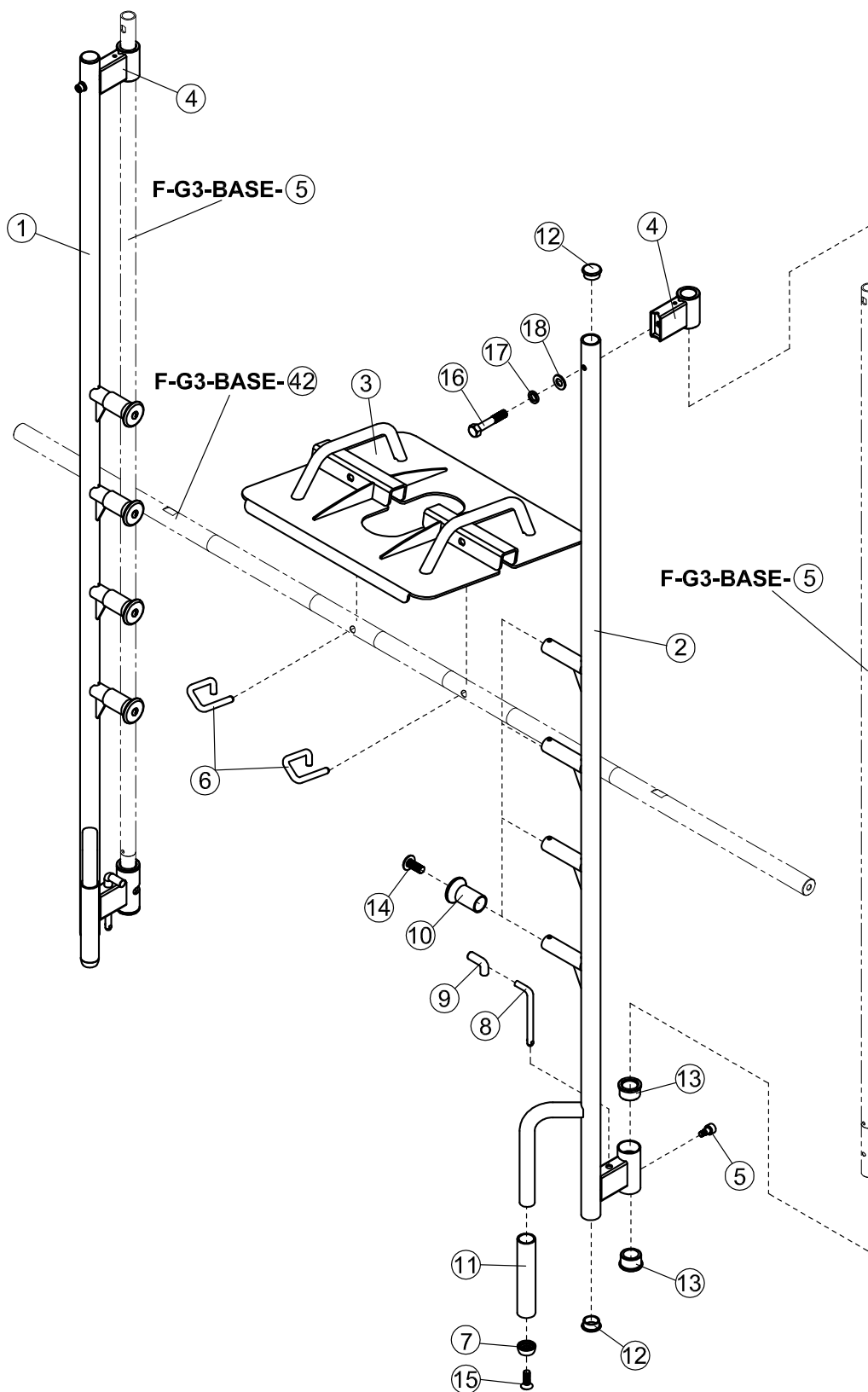
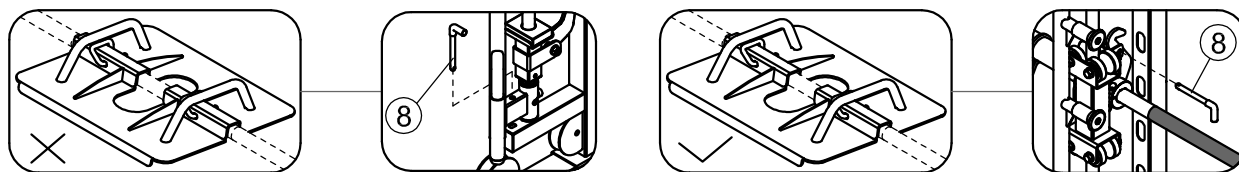


A-1





EXPLODED DIAGRAM



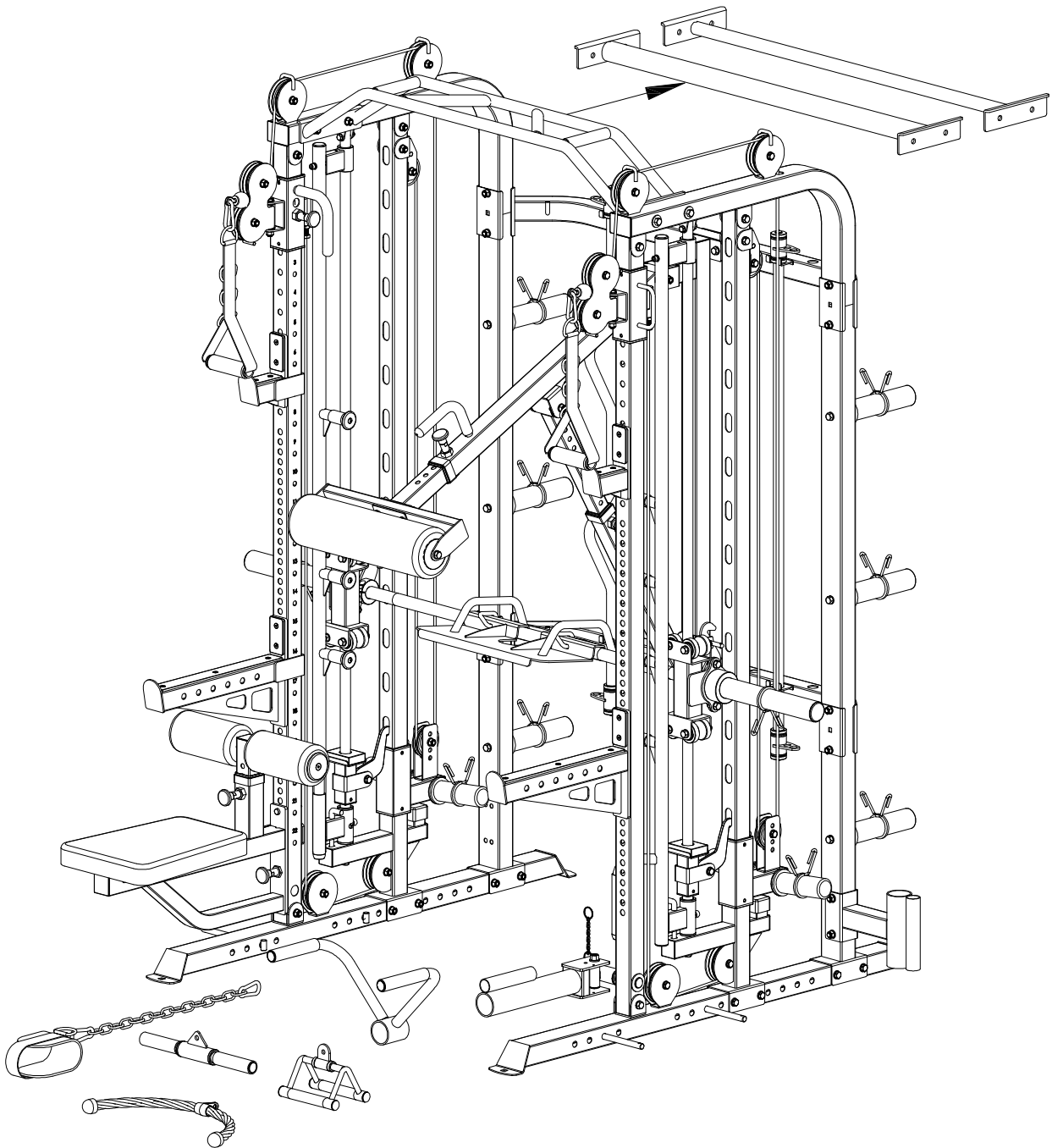
The F-G3-BASE shown with available attachments

F-G3-LEGPRESS

F-SEAT

F-G3-CHIN-01

F-STABILITYB



PACKAGE LIST

BOX 1:		BOX 2:	
1	Part 1	1	Part 3
1	Part 2	2	Part 4
		2	Part 6
		2	Part 8
		1	PARTS BAG 1-1
		1	Owner's Manual



INNOVATION IN STRENGTH™

Success doesn't come from sitting on your ass. Success comes from striving to be better than yesterday. It comes from the urge to push boundaries and break through barriers. We know this because we've been there from selling the first piece of Force USA gear in 2007 to providing commercial and home gym equipment all over the globe. We are for helping you become your strongest self. We are for INNOVATION IN STRENGTH™

WARRANTY

LIFETIME WARRANTY ON FRAME - 2 YEAR WARRANTY ON MOVING PARTS

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

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