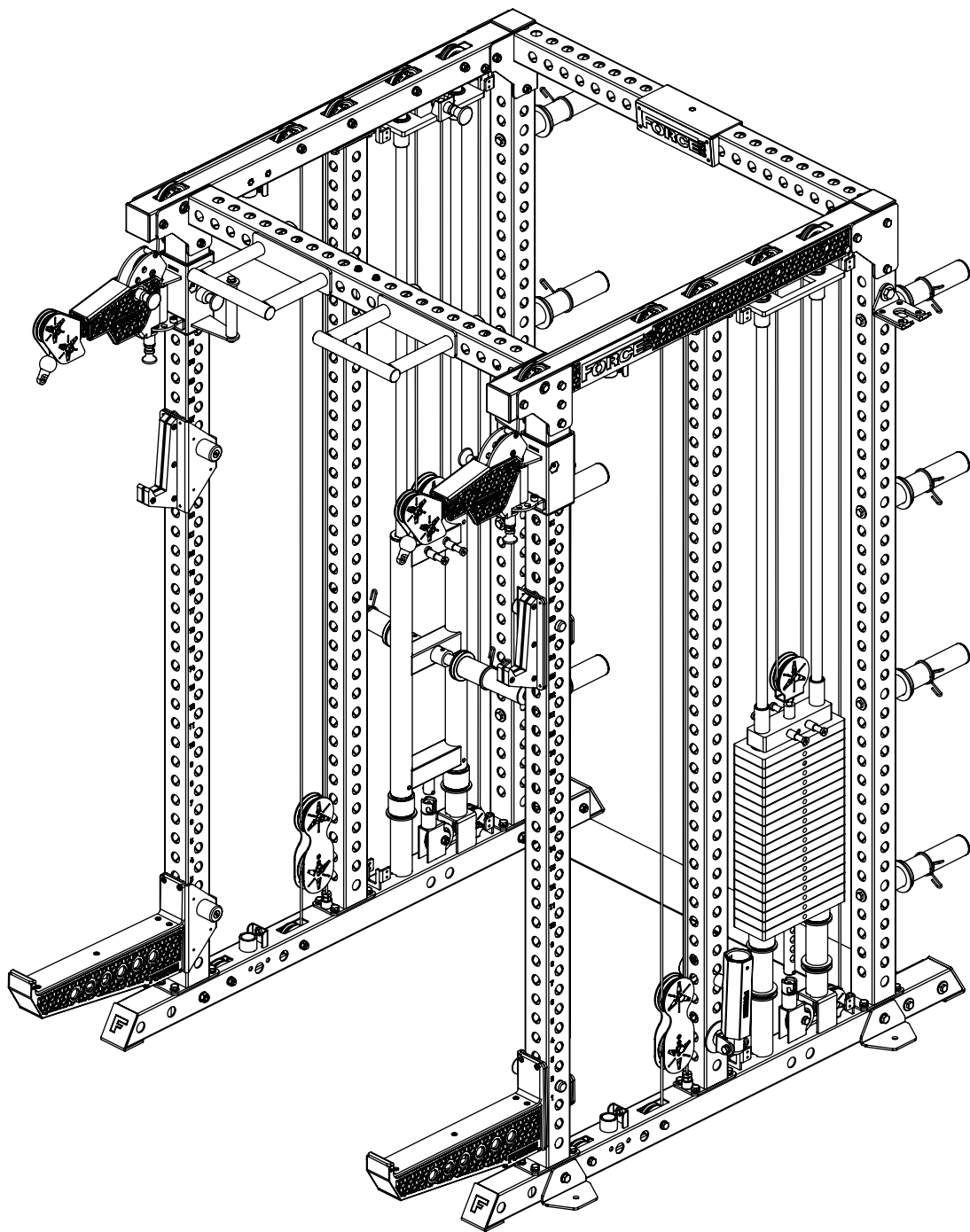


FORCE^{USA}



USER MANUAL | **F-M20**



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IMPORTANT SAFETY INSTRUCTIONS



Regular maintenance is key to ensuring your safety and extending the lifespan of your Force USA equipment. Following the cleaning and lubrication cycles detailed here prevents premature wear, helps avoid potential injuries, and ensures optimal performance.

1. General Readiness & Assembly

- **Read the Manual:** Read all instructions and warning labels before assembling or using this equipment. Keep these instructions for future reference.
- **Assembly Safety:** It is highly recommended that two or more people perform the assembly. Assemble on a flat, level surface.
- **Hardware:** During assembly, only tighten nuts and bolts loosely. Once fully assembled, tighten all hardware from the bottom up, working evenly around the unit.
- **Orientation:** "Left" and "right" refer to the perspective of standing in front of and facing the equipment.

2. Medical & Health Advisory

- **Consult a Physician:** Before starting any exercise program, consult your doctor, especially if you are over 35 or have pre-existing health conditions.
- **Listen to Your Body:** Stop immediately if you experience pain, dizziness, nausea, or shortness of breath.
- **Preparation:** Always stretch and warm up properly prior to using the equipment.

3. Environment & Workspace

- **Surface:** Use a flat, stable surface. Consider a mat to protect your flooring.
- **Clearance:** Maintain at least 3–5 feet (1–1.5 meters) of clearance around the unit to avoid obstacles or interference.
- **Storage:** Do not use or store the equipment outdoors or near water.

4. Proper Usage & Technique

- **Safe Interaction:** Keep hair, fingers, and clothing away from all moving parts. Tie back long hair and remove jewelry.
- **Technique:** Focus on correct form and controlled movements. Increase weight or intensity gradually.}

- **Supervision:** Keep children and pets away from the equipment at all times. For heavy lifting, use a spotter.

5. Technical Maintenance & Inspection

(Refer to the specific Maintenance Checklist for your model for detailed component care)

- **Pre-Use Inspection:** Ensure all parts are in working order before every session. Check for cracks, structural wear, or loose hardware.
- **Moving Parts & Pivots:** Do not over-tighten components with a pivoting or rotating function; they must move freely. For cardio equipment, ensure pedals, handles, or running belts rotate/move without obstruction.
- **Specific Lubrication:** * **Strength:** Use only 100% silicone spray for guide rods and Smith bars as specified. Never spray ball bearings with silicone, as it washes out the internal grease.
- **Cardio:** Lubricate running belts or drive chains only as instructed by the manufacturer. Keep the motor housing and electronics free of dust.
- **Transmission Integrity:** * **Cables & Belts:** Regularly check cables, drive belts, or running belts for proper tension and signs of fraying or cracking.
- **Smooth Operation:** Ensure the weight selector pin (strength) or the resistance adjustment (cardio) functions smoothly without jamming.
- **Defective Parts:** Never operate the equipment if parts are worn, frayed, or malfunctioning. Replace defective components immediately. Keep the equipment out of use until the repair is completed.

6. Daily Cleaning

- **Hygiene:** Wipe down the equipment after each use with a dry, non-abrasive cloth to remove sweat and dust, preventing corrosion and material degradation.

BEFORE YOU START CONTINUED

MAINTENANCE CHECKLIST FOR FITNESS EQUIPMENT

1. Smith Bar

Cleaning and Care

- The Smith bar must only be cleaned and lubricated with silicone spray.
- Manufacturer recommendation: CardioStrong silicone spray (FitShop).

Procedure:

1. Spray the bar generously with silicone spray.
2. Wipe thoroughly with a dry, clean cloth.
3. Repeat the process until the bar is completely clean.
4. Finally, spray the bar again and leave the silicone spray on the surface as a protective and lubricating layer.

Maintenance Interval

- Especially important before first use.
- Inspect every 4–6 weeks.
- Reapply if the bar appears dry.
- A light lubricating film should always be present on the bar.

2. Weight Stack Guide Rods

Cleaning and Care

- The guide rods must only be cleaned and lubricated with silicone spray.
- Manufacturer recommendation: CardioStrong silicone spray (FitShop).

Procedure:

1. Spray the guide rod with silicone spray.
2. Wipe with a dry cloth.
3. Repeat until the rod is completely clean.
4. Spray again and leave the product on the surface as a protective and lubricating layer.

Maintenance Interval

- Especially important before first use.
- Inspect every 4–6 weeks.
- Reapply if the surface appears dry.
- A light lubricating film must be present at all times.

3. Machine Ball Bearings

Important Notes

- Ball bearings must not be sprayed with

- silicone spray, as this may wash out the existing bearing grease.
- Maintenance should be performed once per year.
- Use penetrating grease for servicing.
- Apply penetrating grease directly to the ball bearings once per year.

4. Cables

Inspection and Adjustment

- Regularly check cables for proper tension and overall condition.
- If necessary, tighten the cable at one of the adjustment points.
- The goal is to ensure that the weight selector pin can be inserted smoothly into every weight plate.
- If insertion is not possible, slightly loosen the cable accordingly.

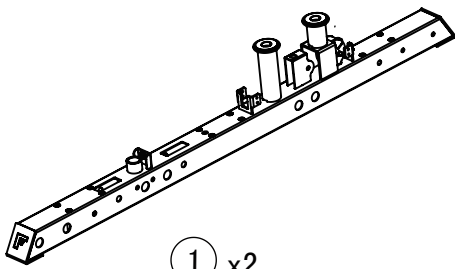
Special Note – Freestyle Pulley

- Ensure that the cable at the rear of the Freestyle Pulley (front cable attachment)
 - either hangs straight down
 - or has slight play for movement.
- This prevents the formation of a predetermined breaking point.

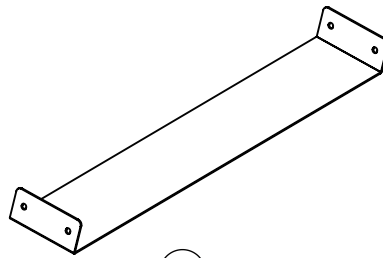
Maintenance Schedule Overview

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

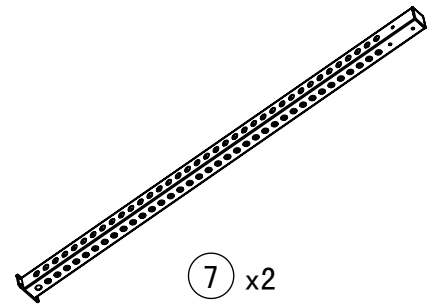
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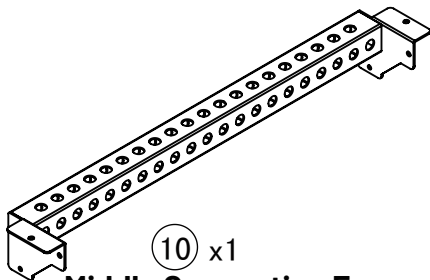
① x2
Base Frame - Right



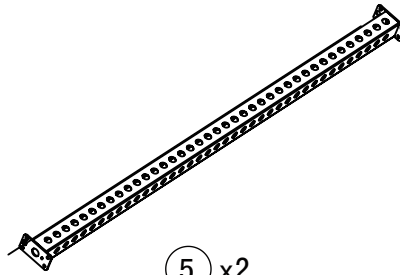
② x1
Connection Frame



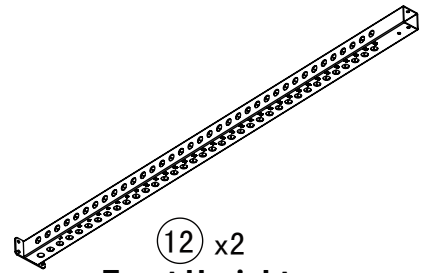
⑦ x2
Rear Upright



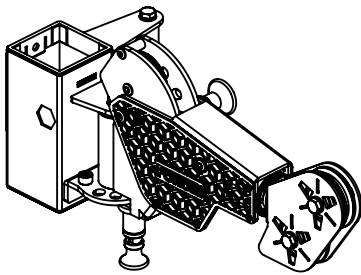
⑩ x1
Middle Connection Frame



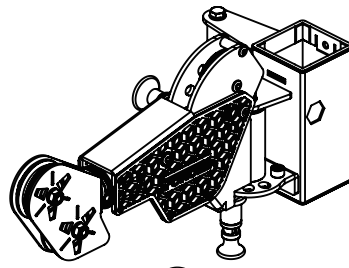
⑤ x2
Middle Upright



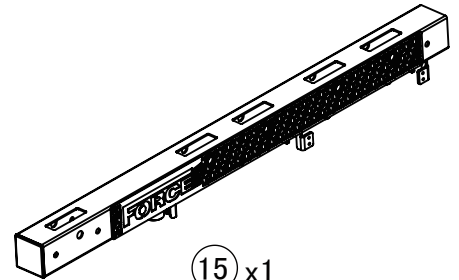
⑫ x2
Front Upright



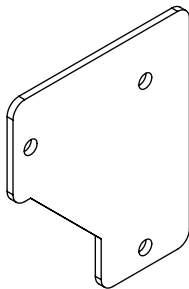
⑬ x1
Freestyle Trolley Left



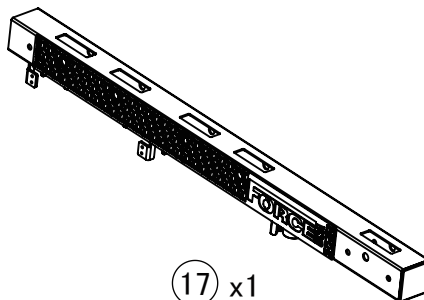
⑭ x1
Freestyle Trolley Right



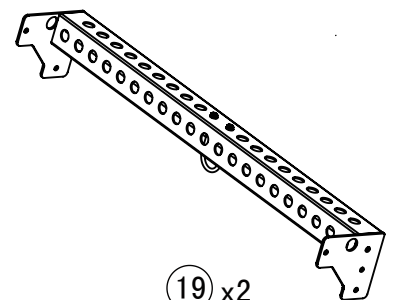
⑮ x1
Right Top Frame



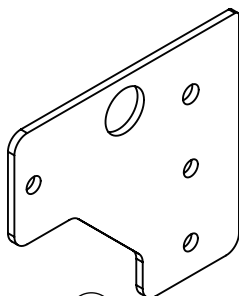
⑯ x2
Inner Support Bracket



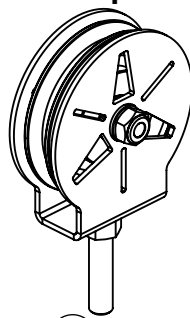
⑰ x1
Left Top Frame



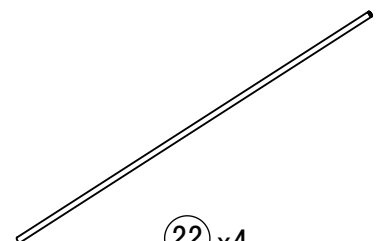
⑲ x2
Front Connection Frame



⑳ x2
Support Bracket

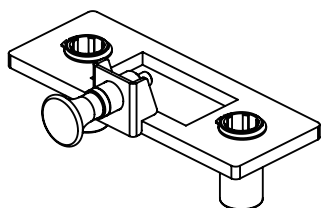


㉑ x2
Pulley Frame

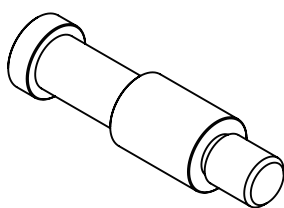


㉒ x4
Guide Rod

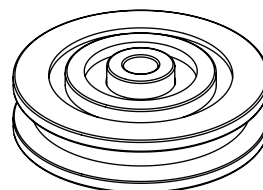
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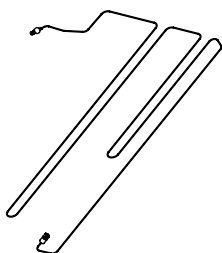
(24) x2
2KG Incremental Weight Plate



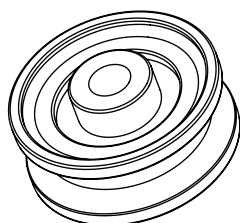
(25) x8
Weight Stack Band Peg Hook



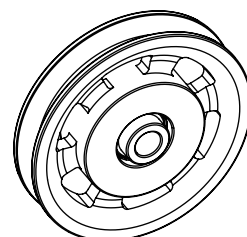
(26) x10
75mm Pulley



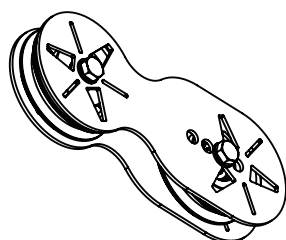
(27) x2
Upper Main Frame Cable



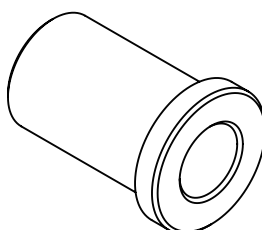
(28) x2
50mm Pulley



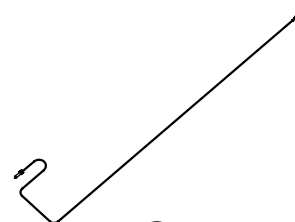
(29) x8
90mm Pulley



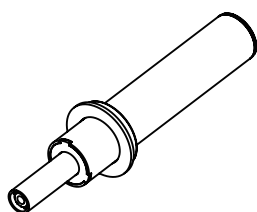
(30) x2
Pulley Bracket



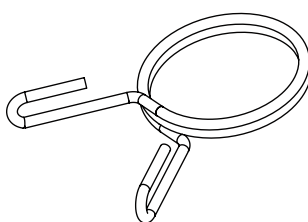
(31) x32
Pulley Bushing



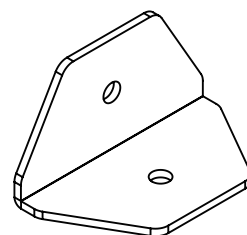
(33) x2
Lower Main Frame Cable



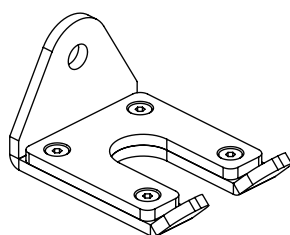
(34) x8
Weight Plate Storage



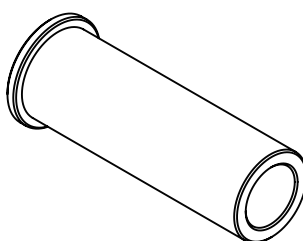
(35) x8
Spring Collar



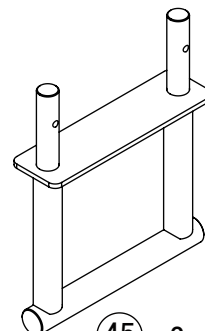
(39) x4
Bracket L-Shape Floor



(40) x1
Barbell Hanger

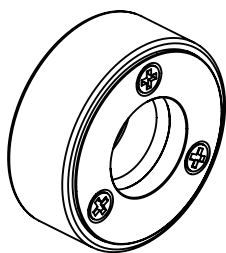


(43) x1
Screw bushing

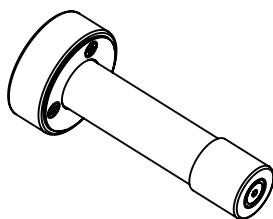


(45) x2
Adjustable Pull Up Handle

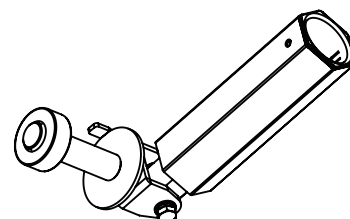
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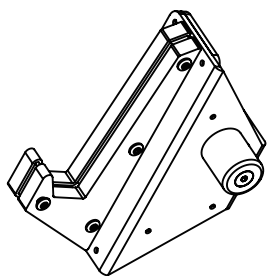
④⑥ x4
Knurled Nut



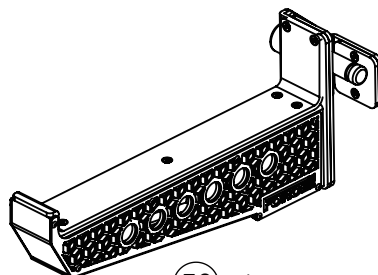
④⑦ x1
Landmine Magnet



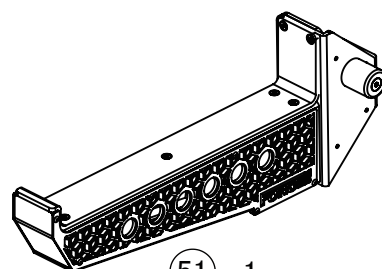
④⑧ x1
Magnetic Landmine



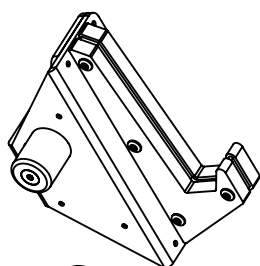
④⑨ x1
J-Hook Left



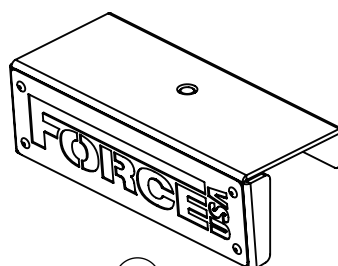
⑤⑩ x1
Spotter Arm Right



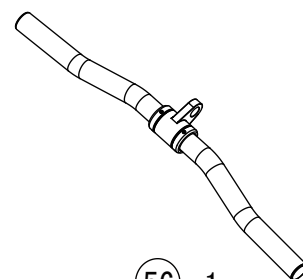
⑤① x1
Spotter Arm Left



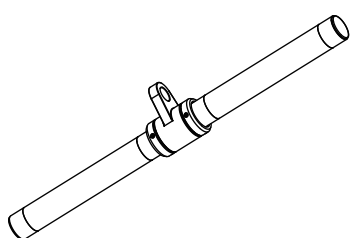
⑤② x1
J-Hook Right



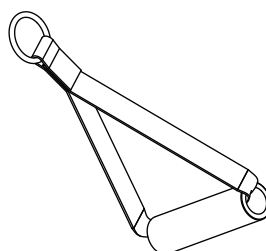
⑤③ x1
LOGO Plate



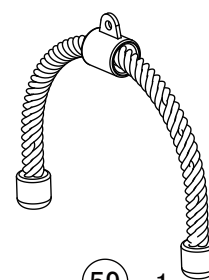
⑤⑥ x1
Revolving Short EZ Curl Bar



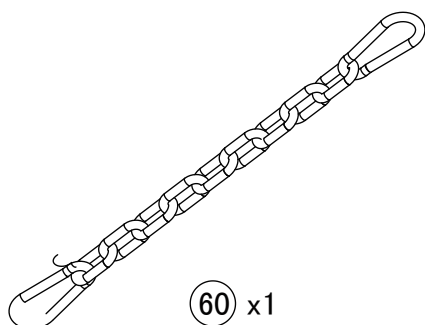
⑤⑦ x1
Revolving Short Straight Bar



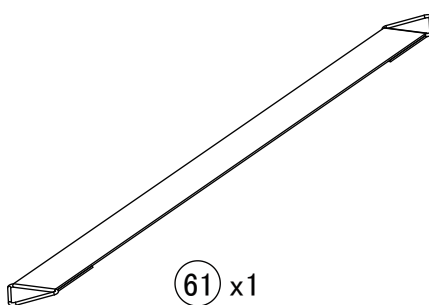
⑤⑧ x2
Single Knurled Handle



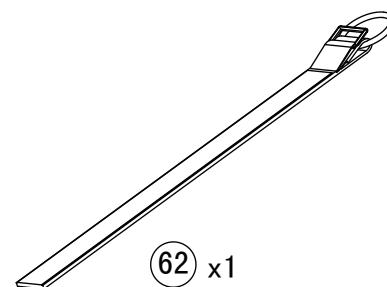
⑤⑨ x1
Tricep Rope



⑥⑩ x1
Extension Chain

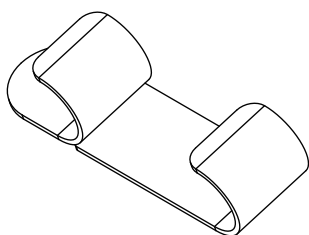


⑥① x1
Bodyweight Assisted Strap

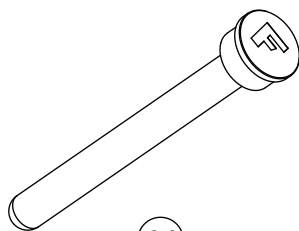


⑥② x1
Ankle Cuff

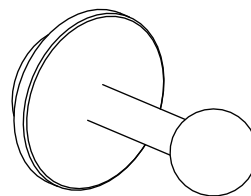
HARDWARE IDENTIFIER



63 x2
Hook Plate

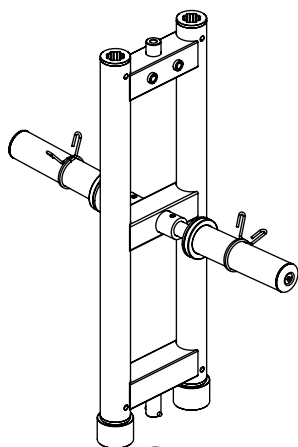


64 x4
Weight Stack Selector Pin

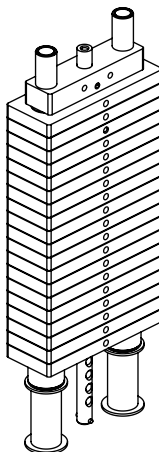


65 x4
Peg

**The following accessories are optional items
and are not included in the basic configuration of this model.**



165 x2
Optional accessories
M20-PLC



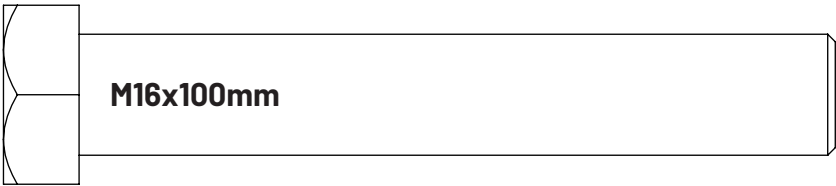
166 x2
Optional accessories
M20-WS



167 x2
Optional accessories
F-M-SHROUD-SET

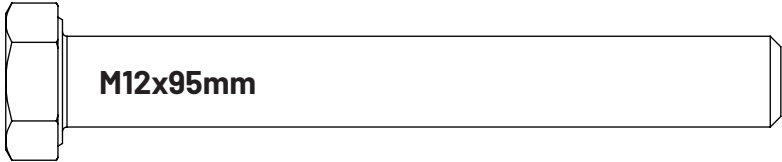
HARDWARE IDENTIFIER

42 x1



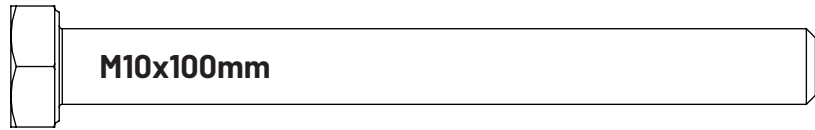
M16x100mm

37 x4



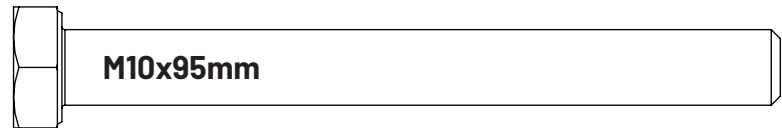
M12x95mm

18 x14



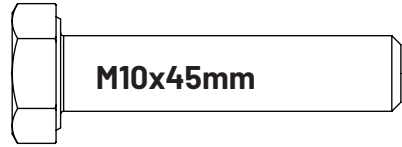
M10x100mm

4 x22



M10x95mm

32 x4



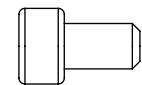
M10x45mm

8 x42

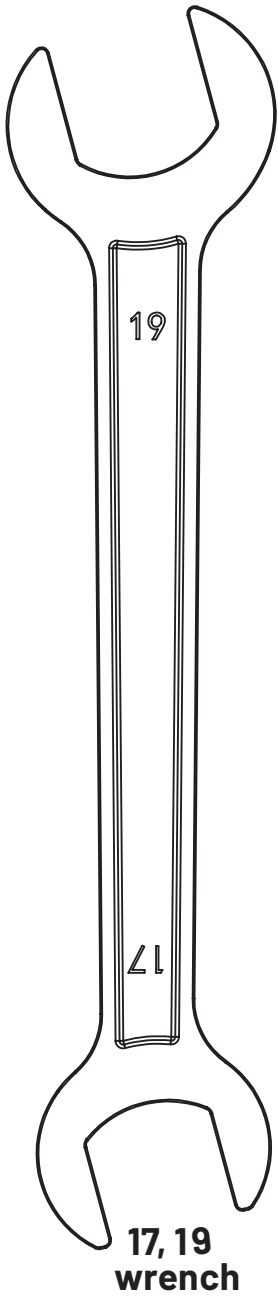


M10x25mm

23 x4



M6x10mm

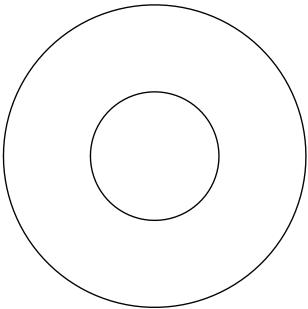


Note: parts may not be to scale

HARDWARE IDENTIFIER

41

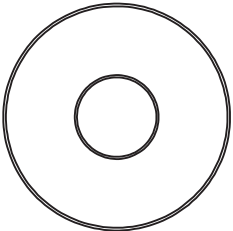
x1



Ø17×Ø40×3 Flat Washer

5

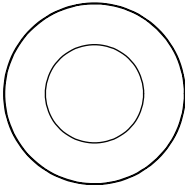
x12



Large Flat Washer

36

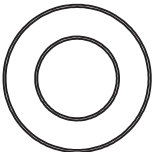
x8



12 Flat Washer

3

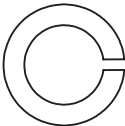
x76



10 Flat Washer

9

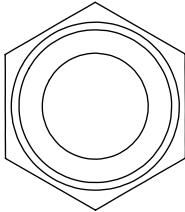
x32



10 Spring Washer

44

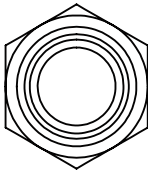
x1



M16 Lock Nut

38

x4



M12 Lock Nut

6

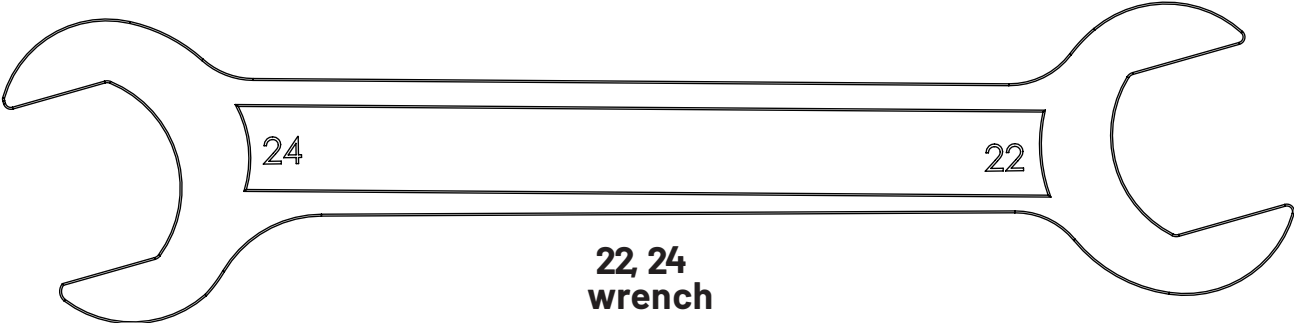
x38



M10 Lock Nut



4MM

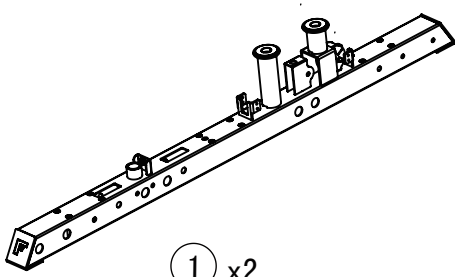


22, 24
wrench

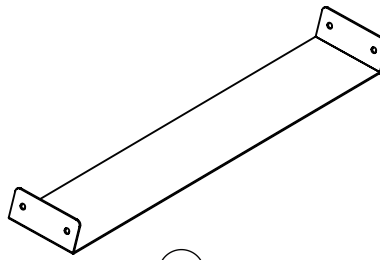


Note: parts may not be to scale

STEP1-PARTS & HARDWARE



① x2
Base Frame - Right



② x1
Connection Frame



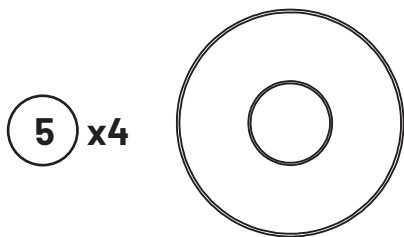
④ x4

M10x95mm



⑥ x4

M10 Lock Nut



⑤ x4

Large Flat Washer



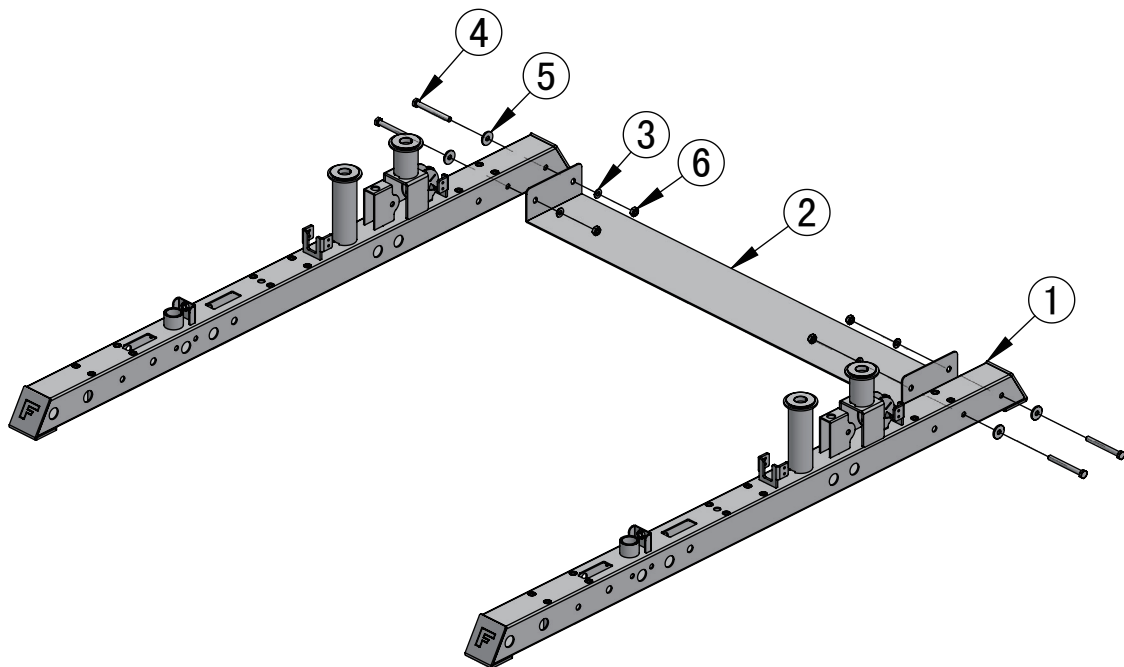
③ x4

10 Flat Washer

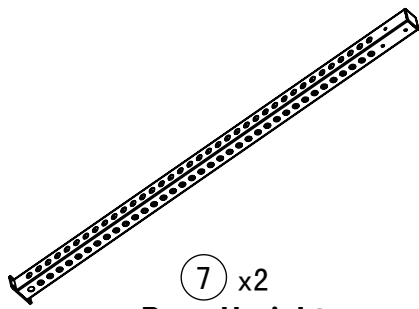
STEP1-ASSEMBLY



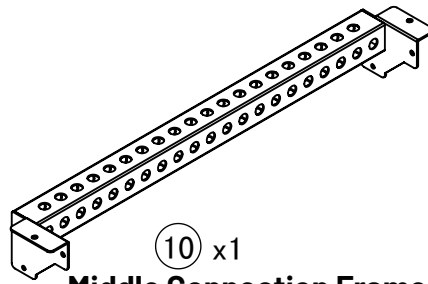
Hand tighten this step's hardware



STEP2-PARTS & HARDWARE

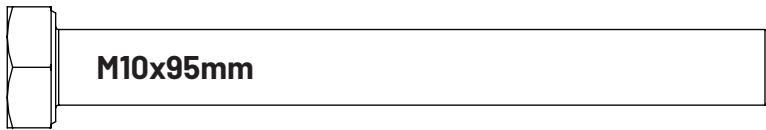


7 x2
Rear Upright



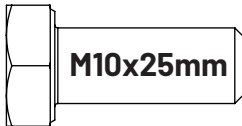
10 x1
Middle Connection Frame

4 x2



M10x95mm

8 x8



M10x25mm

6 x2



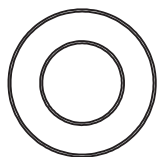
M10 Lock Nut

9 x8



10 Spring Washer

3 x12

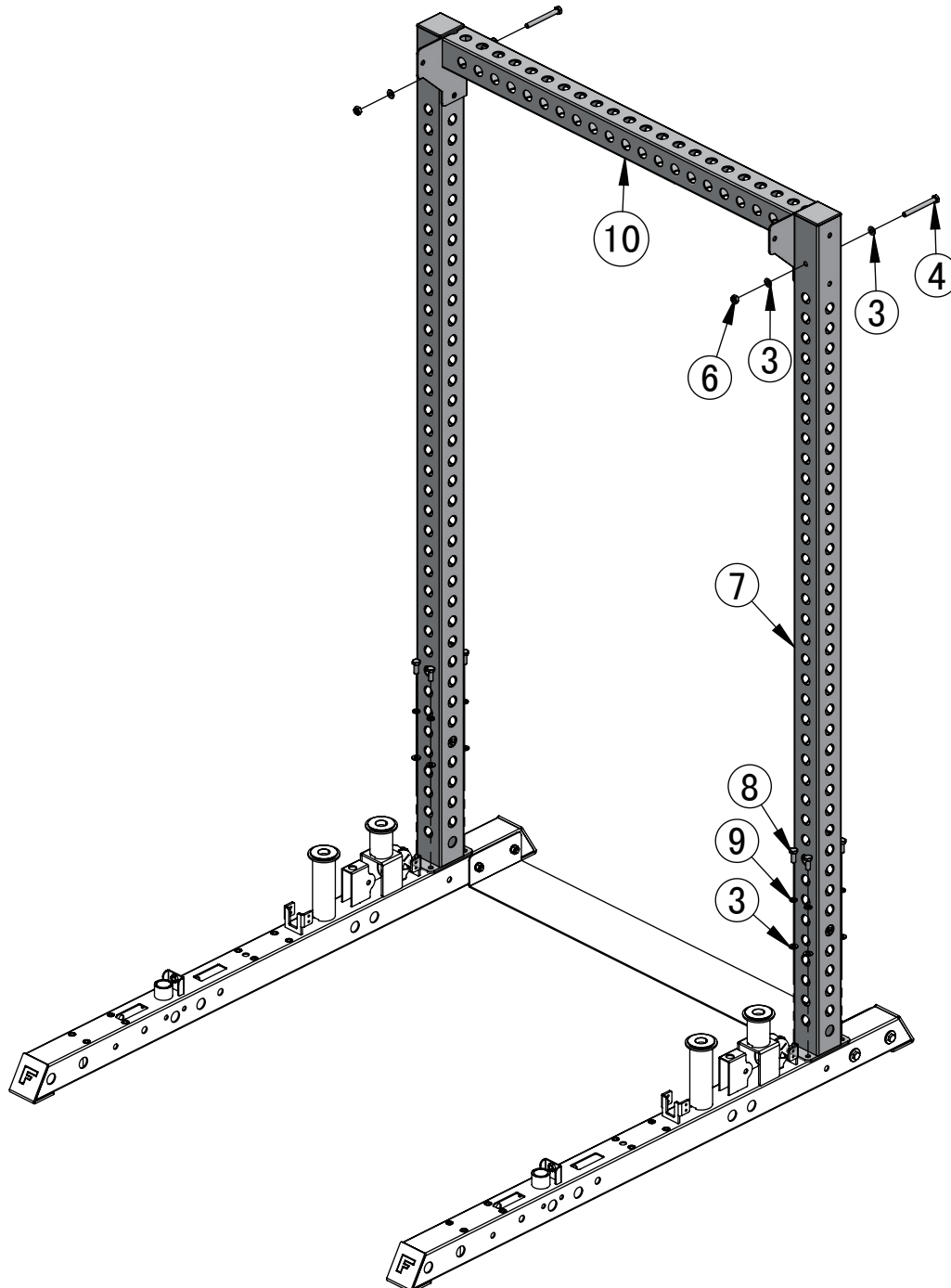


10 Flat Washer

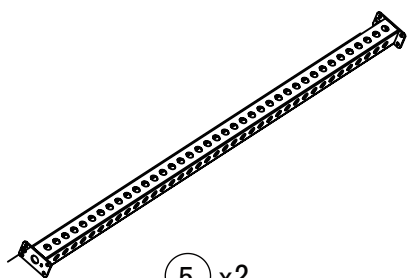
STEP2-ASSEMBLY



Hand tighten this step's hardware



STEP3-PARTS & HARDWARE



⑤ x2
Middle Upright

⑧ x8



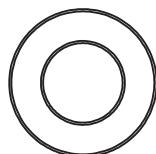
M10x25mm

⑨ x8



10 Spring Washer

③ x8

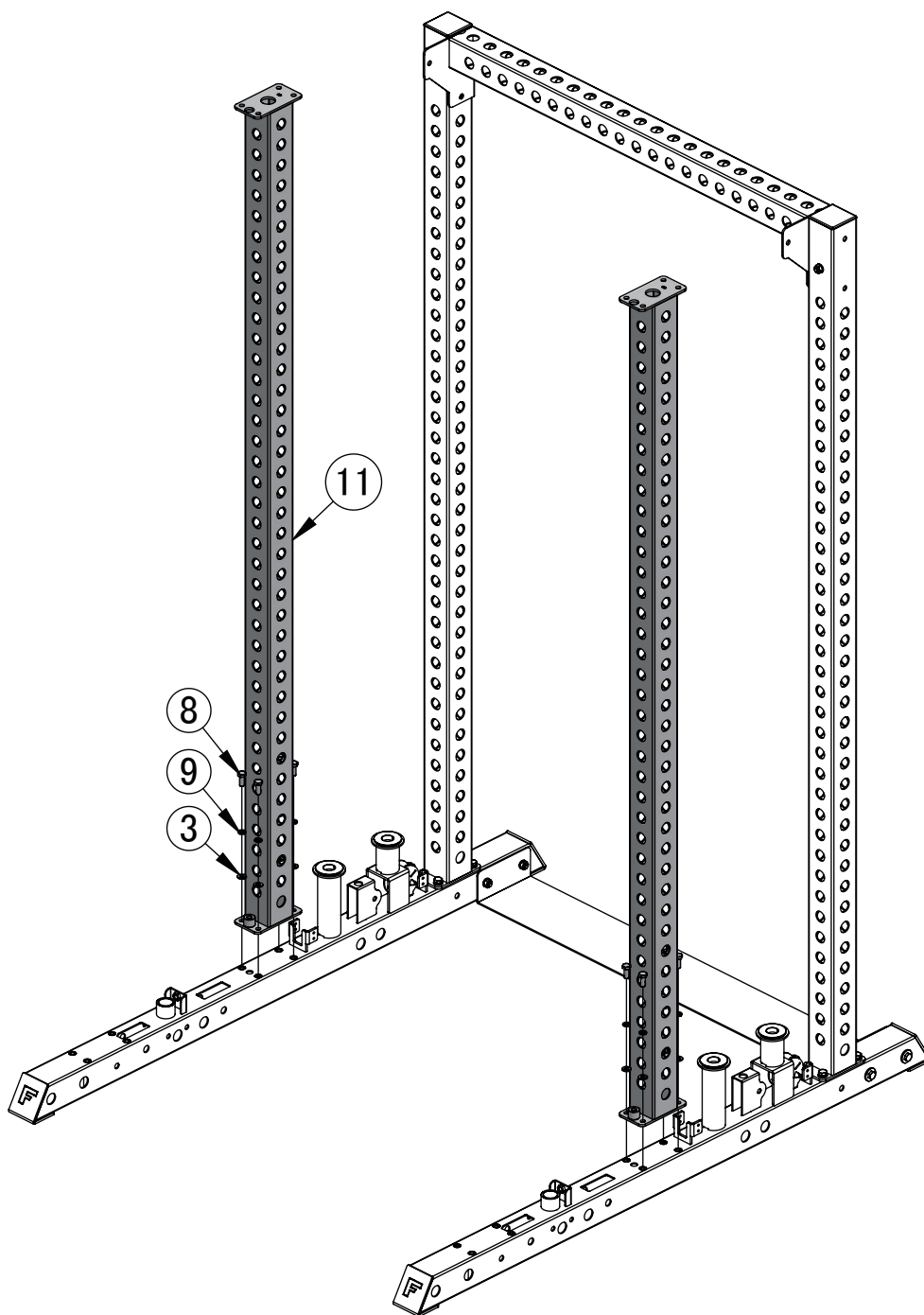


10 Flat Washer

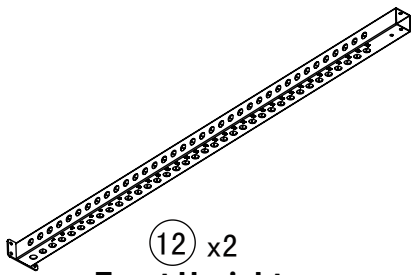
STEP3-ASSEMBLY



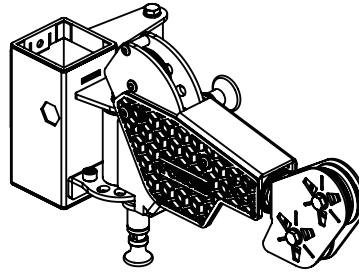
Hand tighten this step's hardware



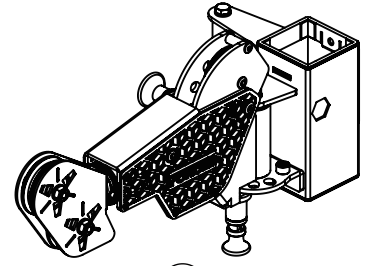
STEP4-PARTS & HARDWARE



(12) x2
Front Upright

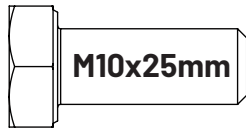


(13) x1
Freestyle Trolley Left



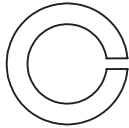
(14) x1
Freestyle Trolley Right

(8) x8



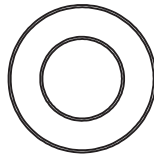
M10x25mm

(9) x8



10 Spring Washer

(3) x8

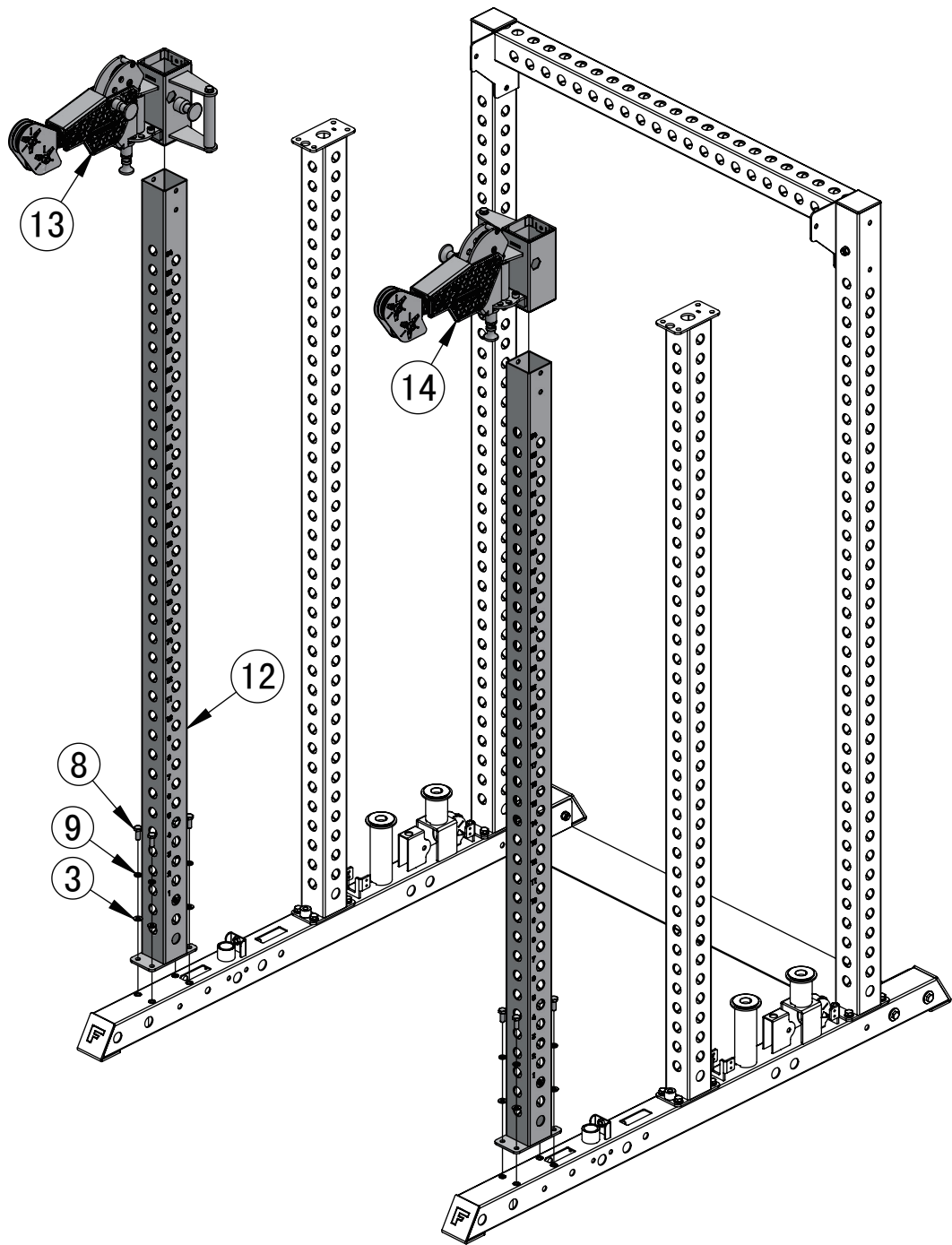


10 Flat Washer

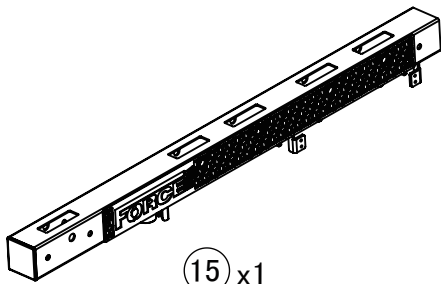
STEP4-ASSEMBLY



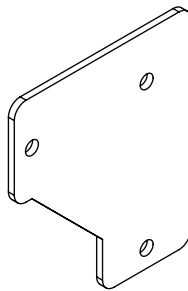
Hand tighten this step's hardware



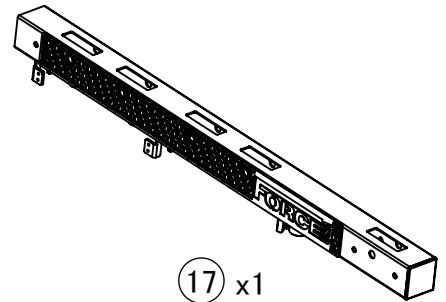
STEP5-PARTS & HARDWARE



(15) x1
Right Top Frame

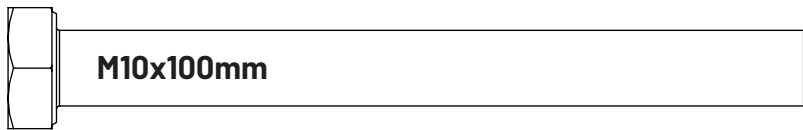


(16) x2
Inner Support Bracket



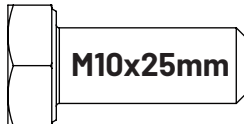
(17) x1
Left Top Frame

(18) x6



M10x100mm

(8) x8



M10x25mm

(6) x4



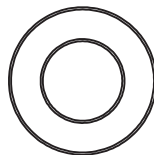
M10 Lock Nut

(9) x8



10 Spring Washer

(3) x18

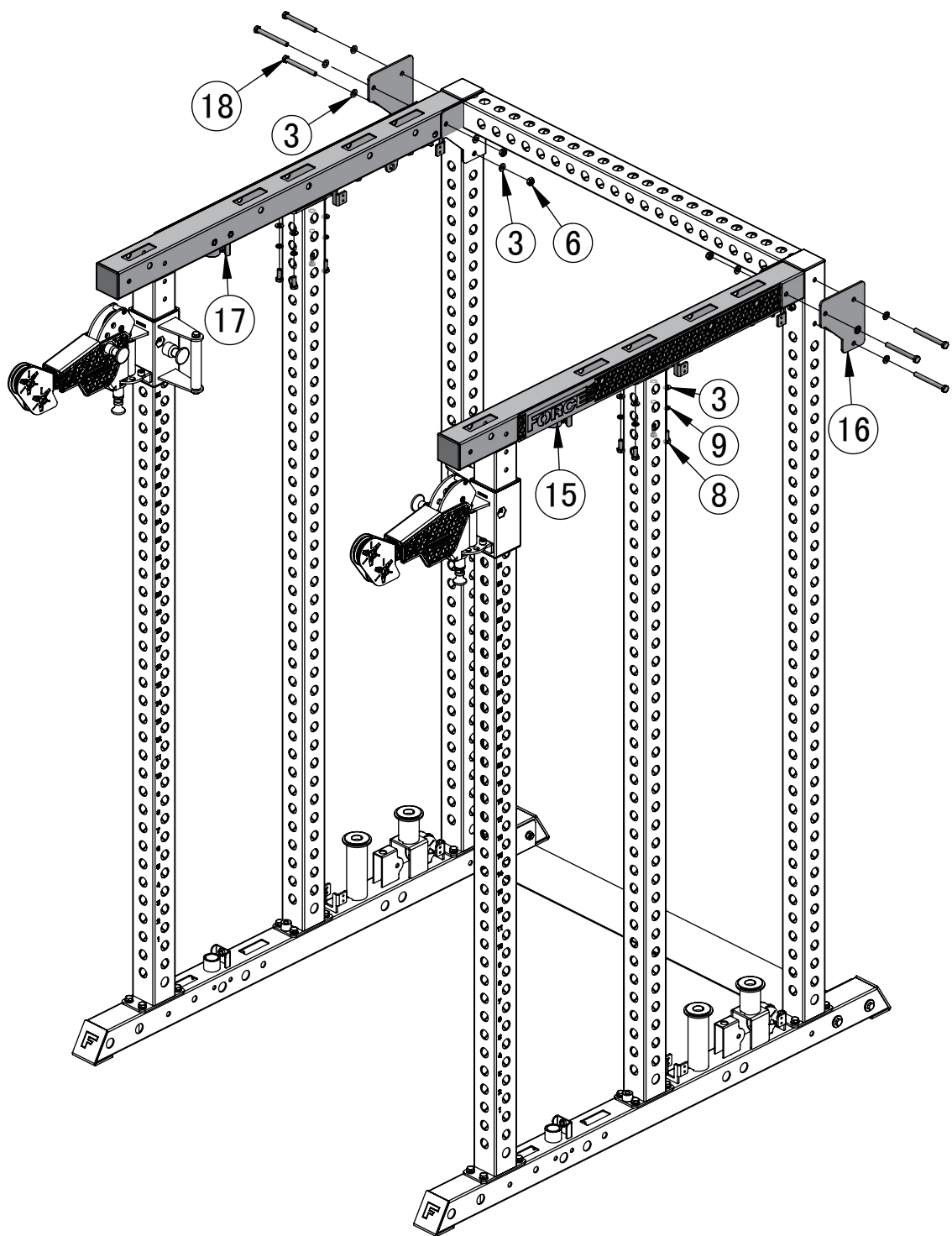


10 Flat Washer

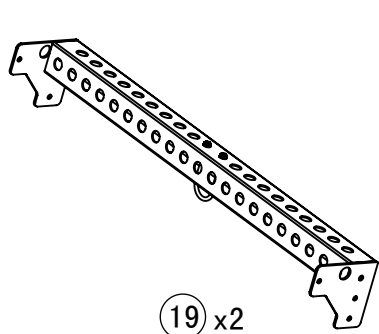
STEP5-ASSEMBLY



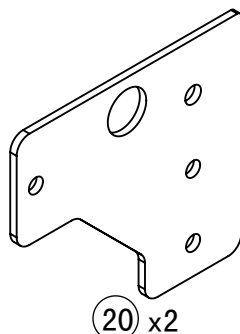
Hand tighten this step's hardware



STEP6-ASSEMBLY



Front Connection Frame



Support Bracket



18 x8

M10x100mm



6 x6

M10 Lock Nut



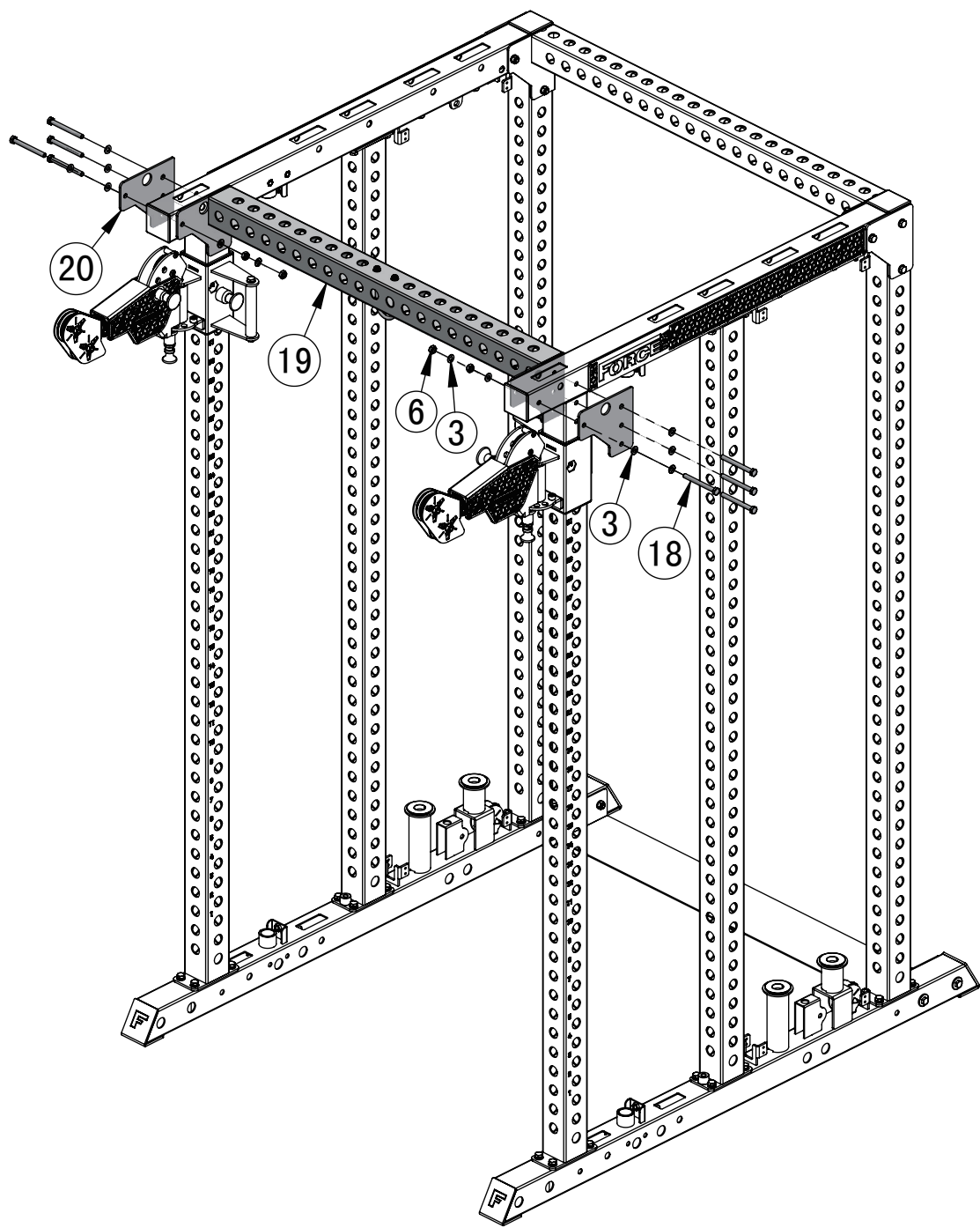
3 x14

10 Flat Washer

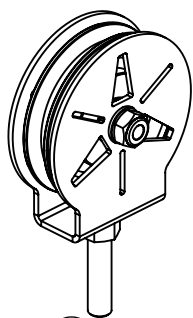
STEP6-ASSEMBLY



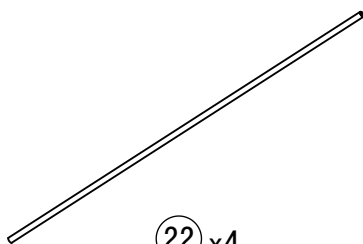
Hand tighten this step's hardware



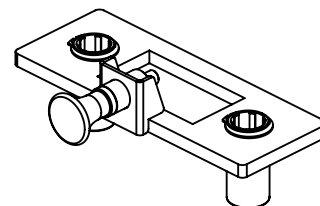
STEP7-PARTS & HARDWARE



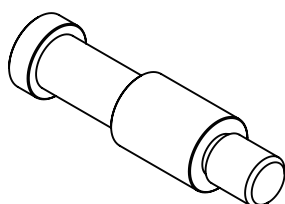
(21) x2
Pulley Frame



(22) x4
Guide Rod

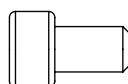


(24) x2
2KG Incremental Weight Plate



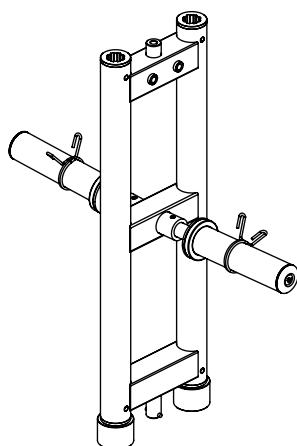
(25) x8
Weight Stack Band Peg Hook

(23) x4

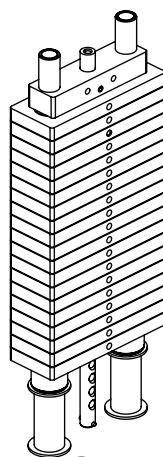


M6x10mm

**The following accessories are optional items
and are not included in the basic configuration of this model.**



(165) x2
**Optional accessories
M20-PLC**



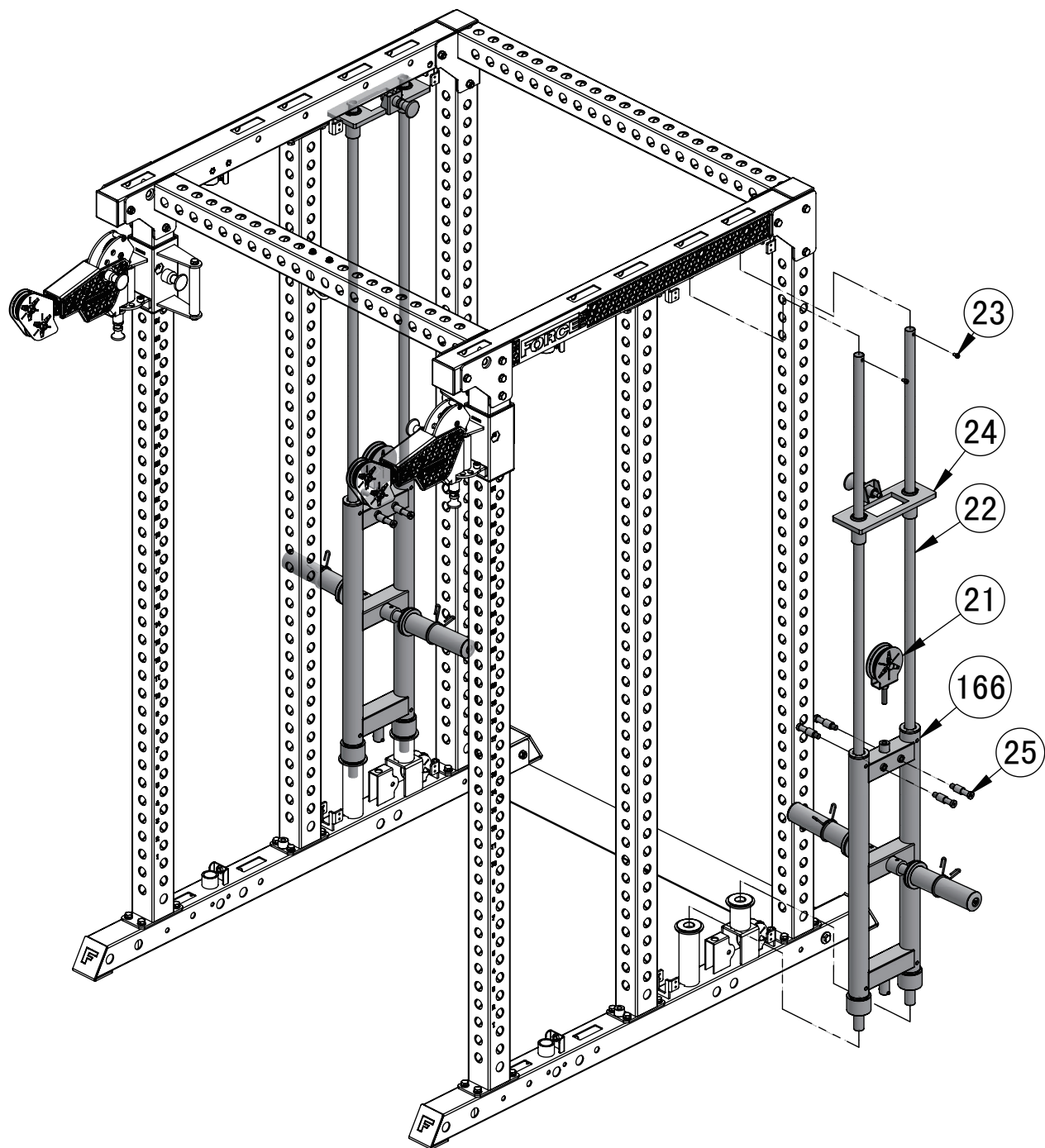
(166) x2
**Optional accessories
M20-WS**



STEP7-ASSEMBLY



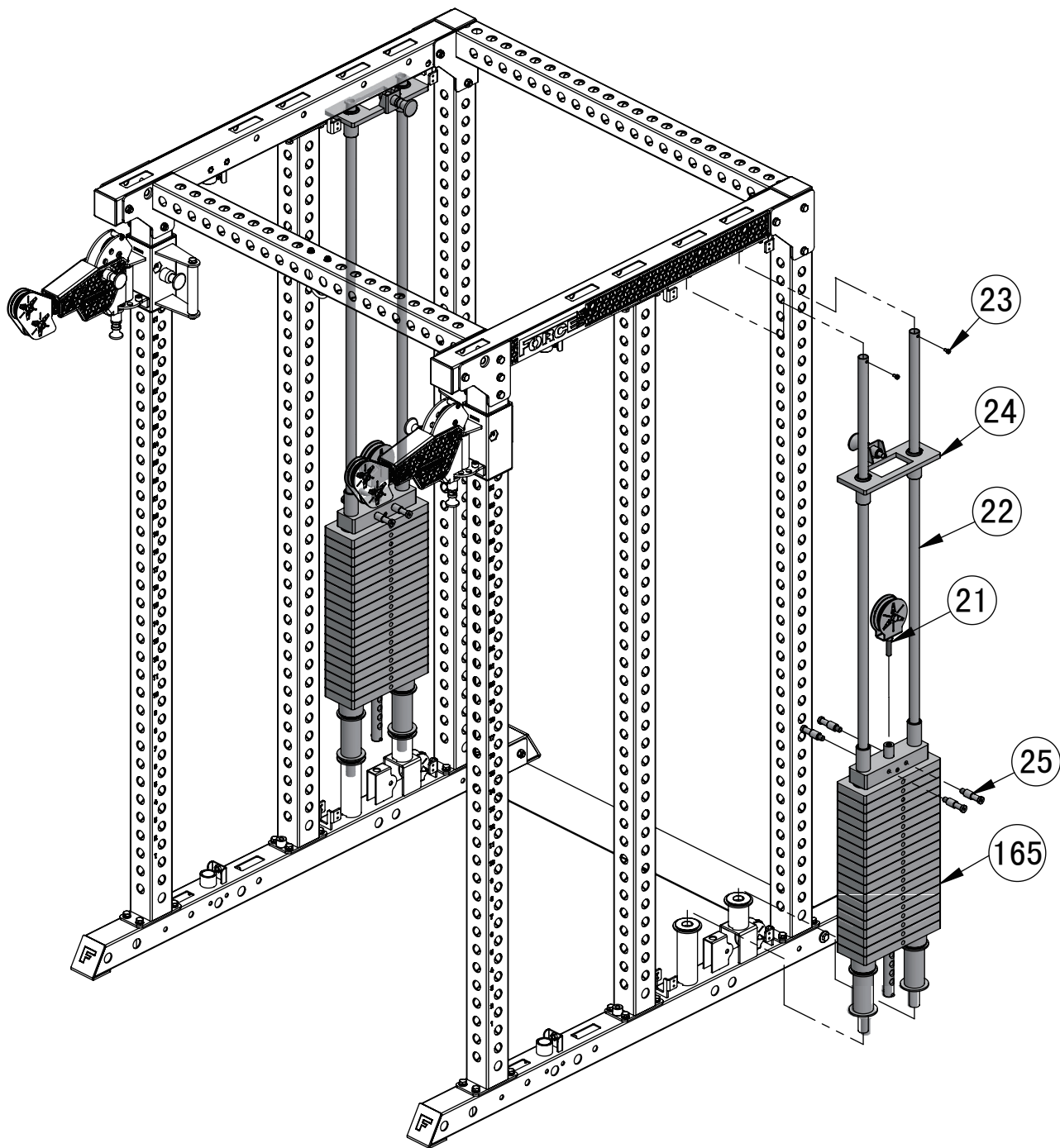
Hand tighten this step's hardware



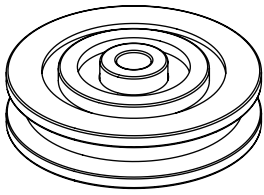
STEP7-ASSEMBLY



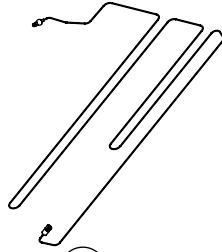
Hand tighten this step's hardware



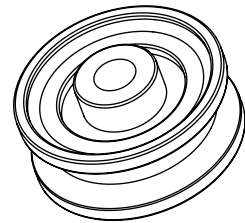
STEP8-PARTS & HARDWARE



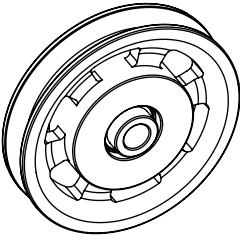
②⑥ x6
75mm Pulley



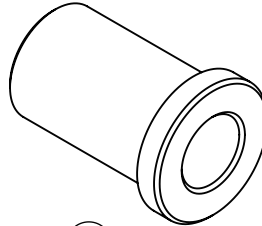
②⑦ x2
Upper Main Frame Cable



②⑧ x2
50mm Pulley

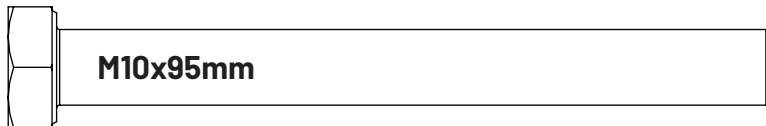


②⑨ x8
90mm Pulley



③① x12
Pulley Bushing

④ x12



M10x95mm

③② x4



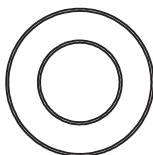
M10x45mm

⑥ x16



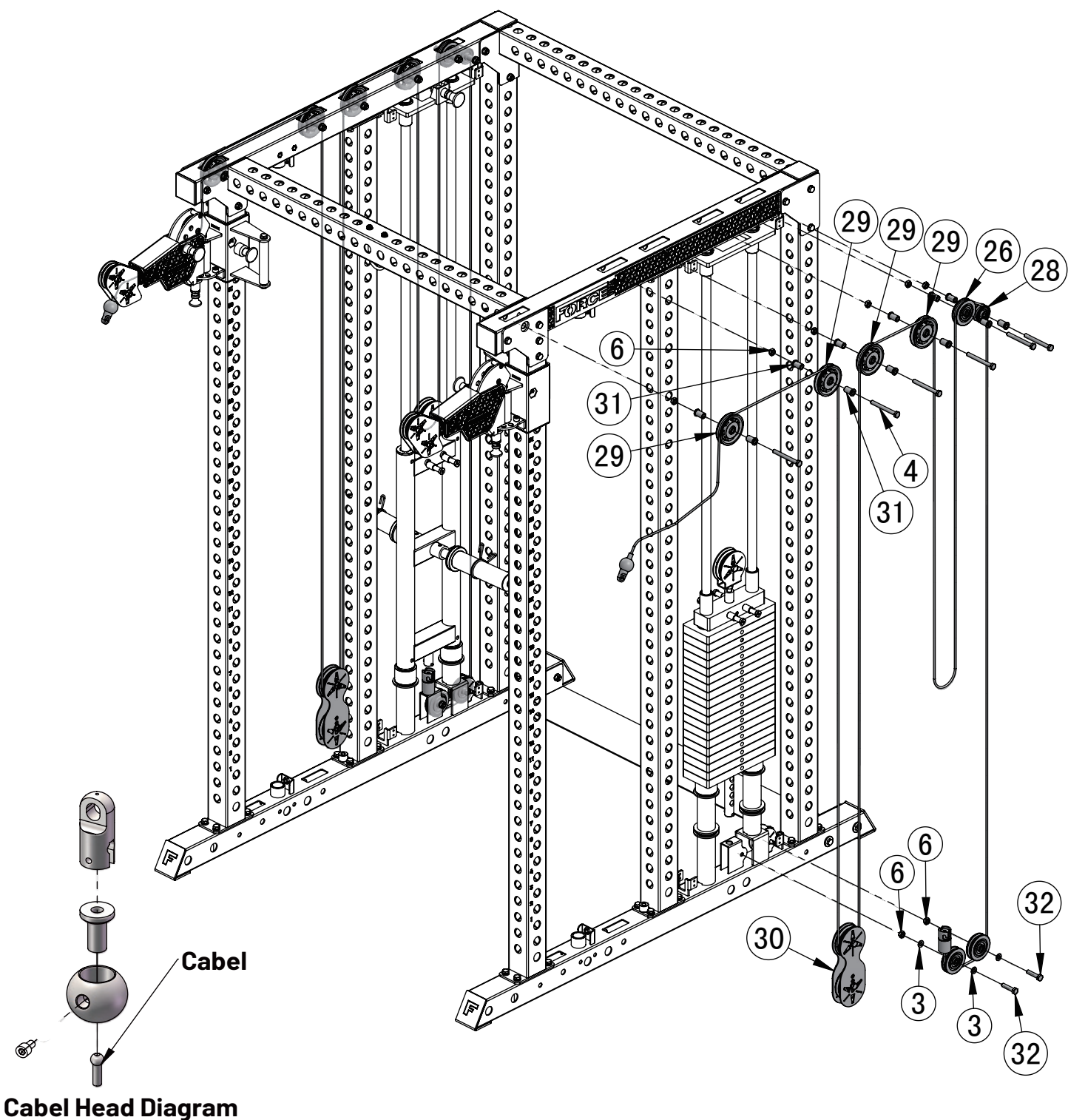
M10 LockNut

③ x8

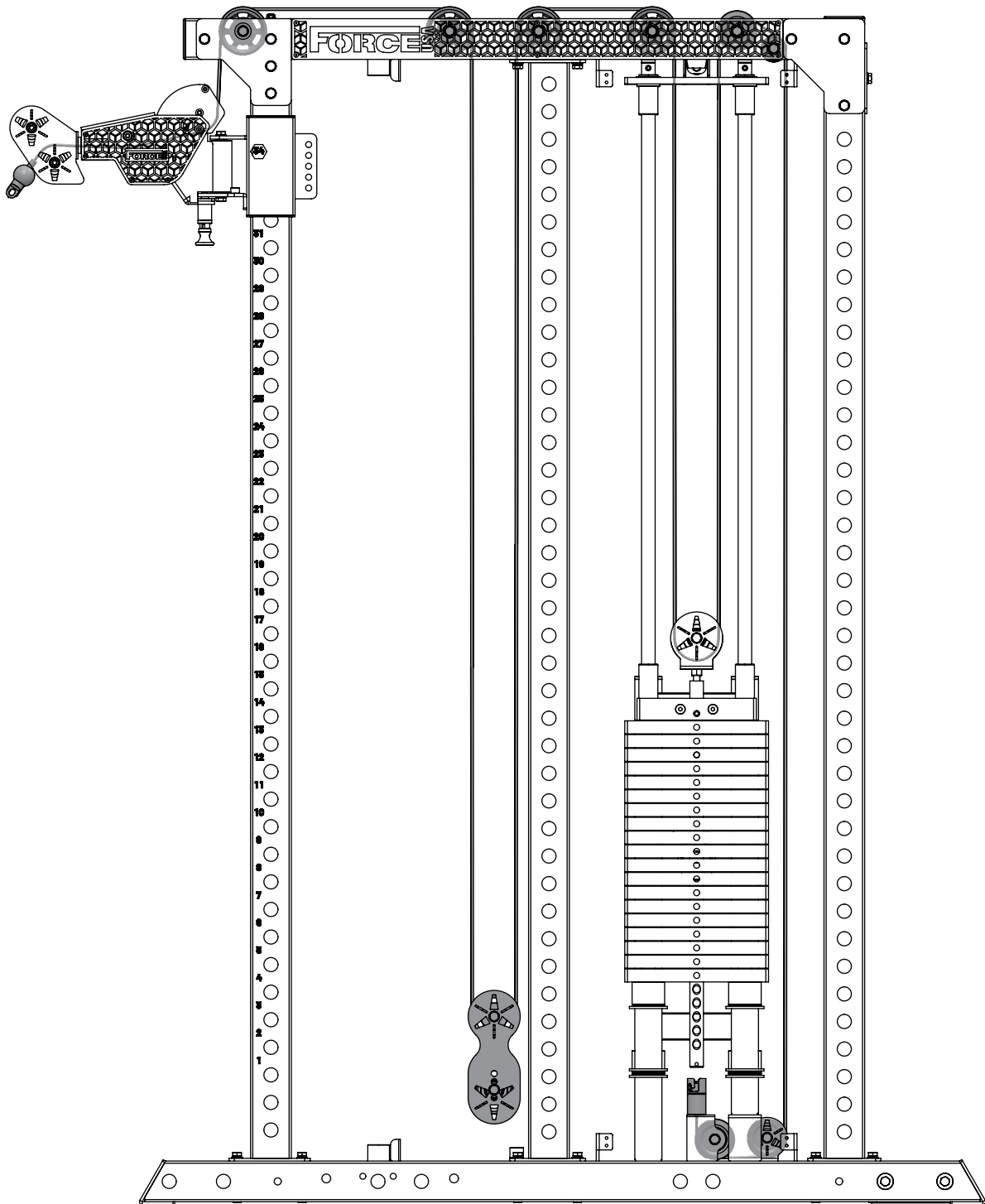


10 Flat Washer

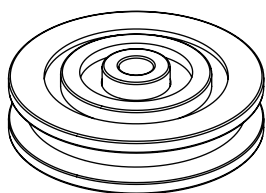
STEP8-ASSEMBLY



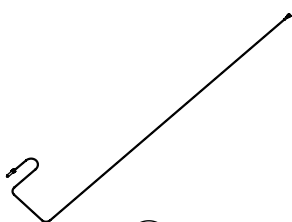
STEP8-ASSEMBLY VIEW



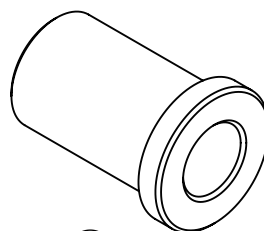
STEP9-PARTS & HARDWARE



(26) x4
75mm Pulley

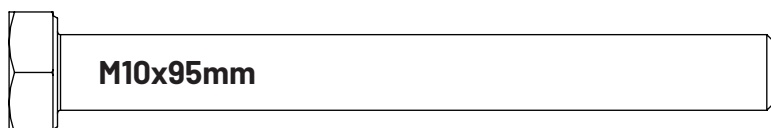


(33) x2
Lower Main Frame Cable



(31) x8
Pulley Bushing

(4) x4



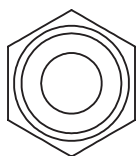
M10x95mm

(8) x2



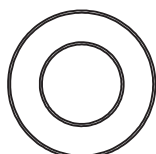
M10x25mm

(6) x6



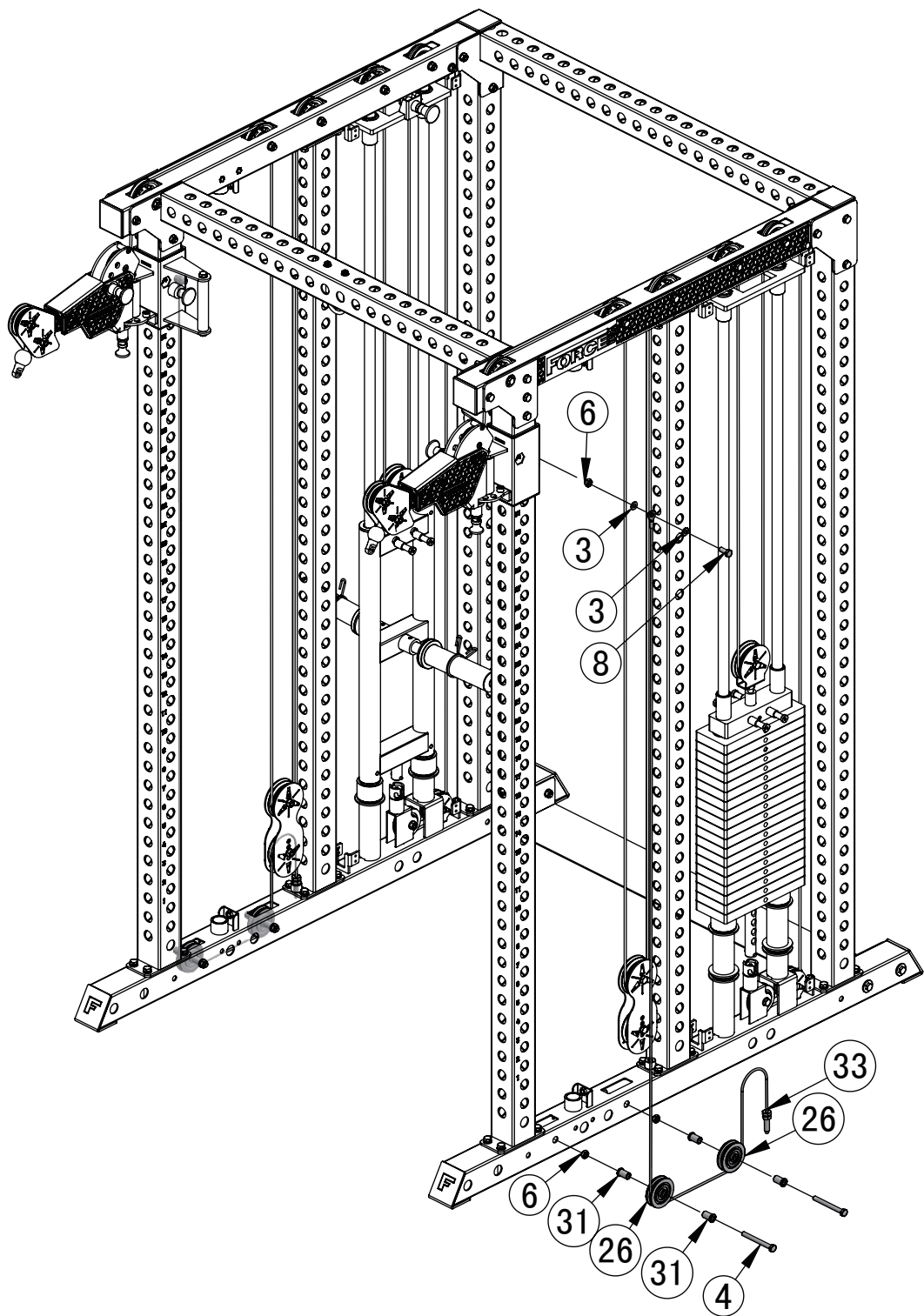
M10 Lock Nut

(3) x4

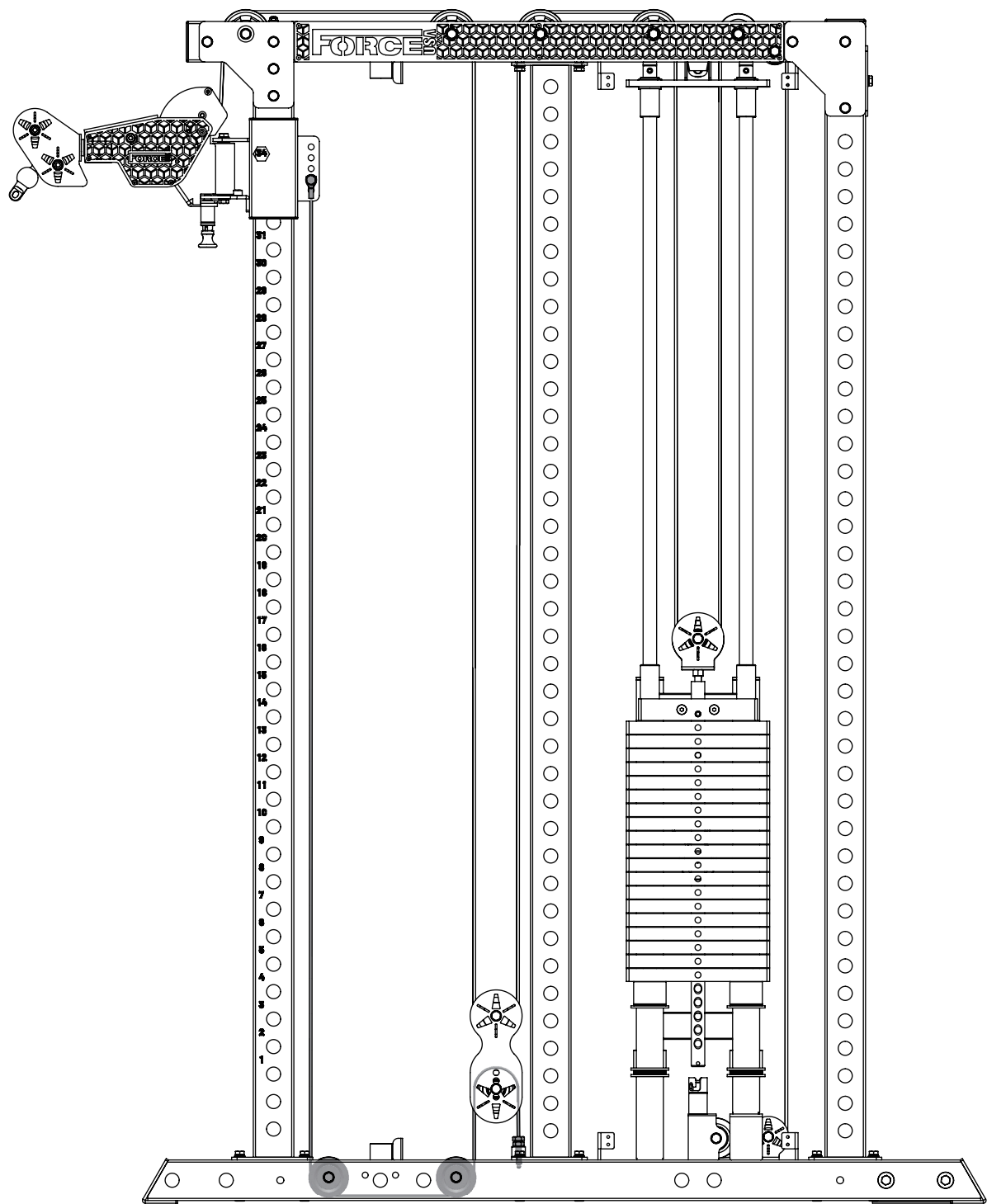


10 Flat Washer

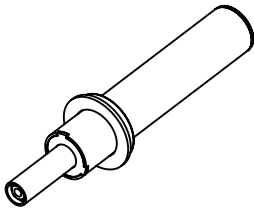
STEP9-ASSEMBLY



STEP9-ASSEMBLY VIEW

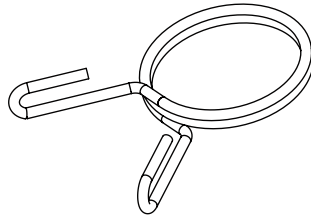


STEP10-PARTS & HARDWARE



34 x8

Weight Plate Storage



35 x8

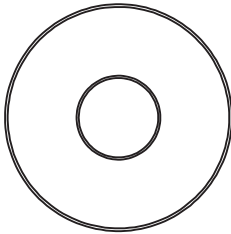
Spring Collar

8 x8



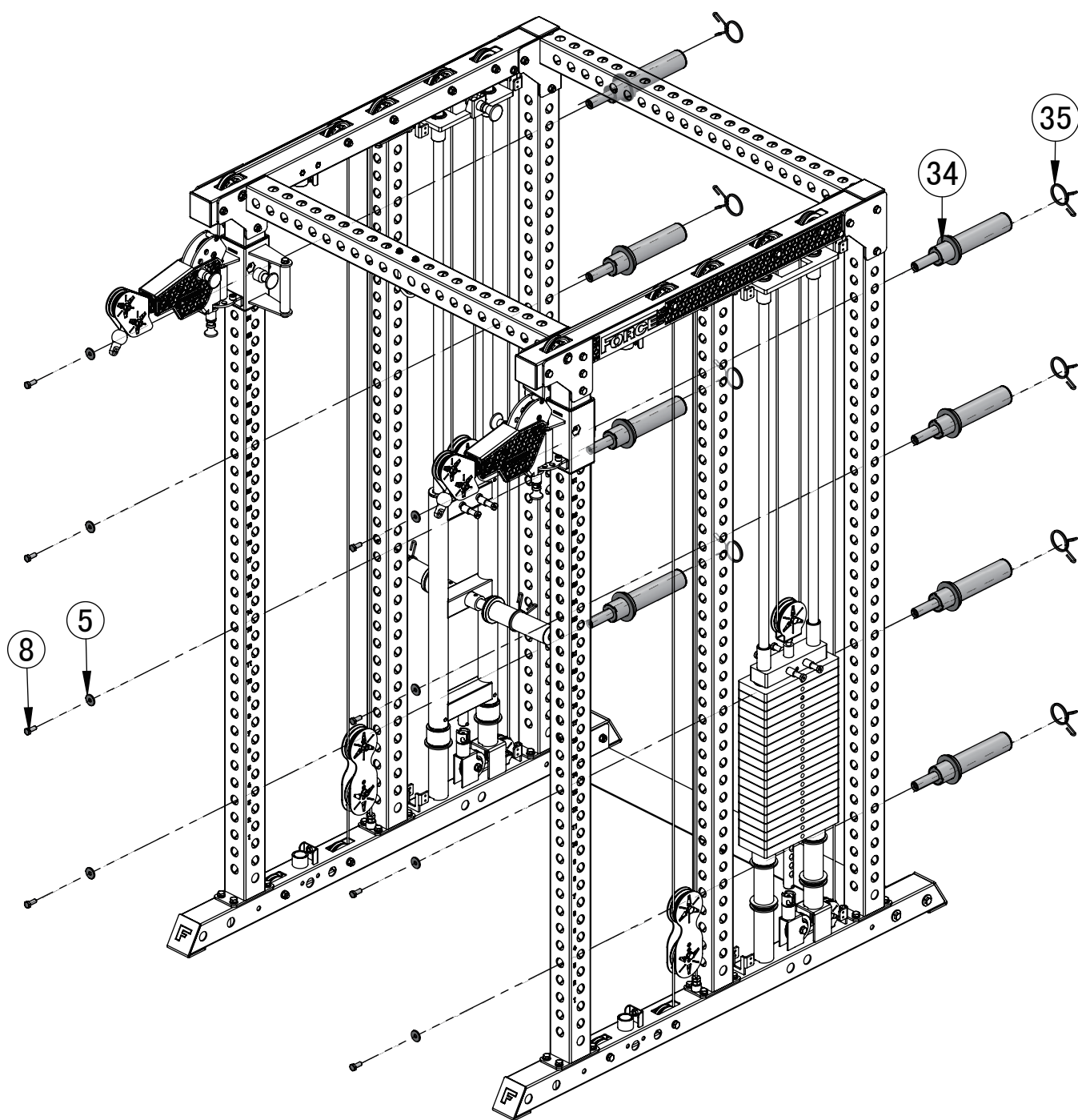
M10x25mm

5 x8

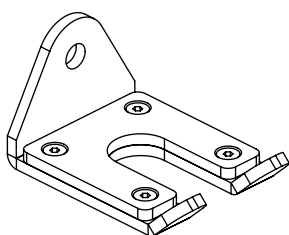


Large Flat Washer

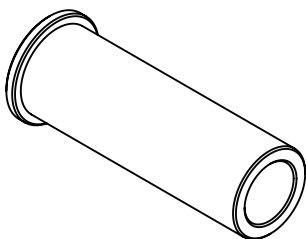
STEP10-ASSEMBLY



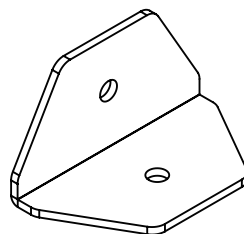
STEP11-PARTS & HARDWARE



(40) x1
Barbell Hanger

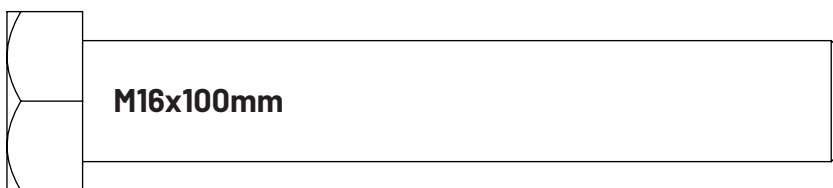


(43) x1
Screw bushing



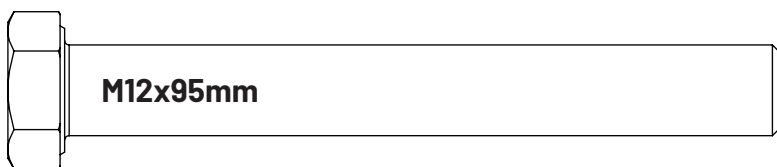
(39) x4
Bracket L-Shape Floor

(42) x1



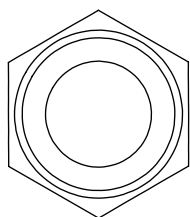
M16x100mm

(37) x4



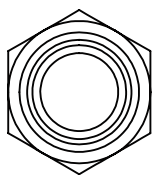
M12x95mm

(44) x1



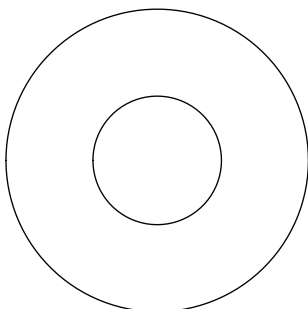
M16 Lock Nut

(38) x4



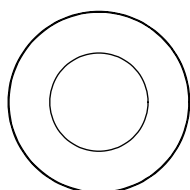
M12 Lock Nuer

(41) x1



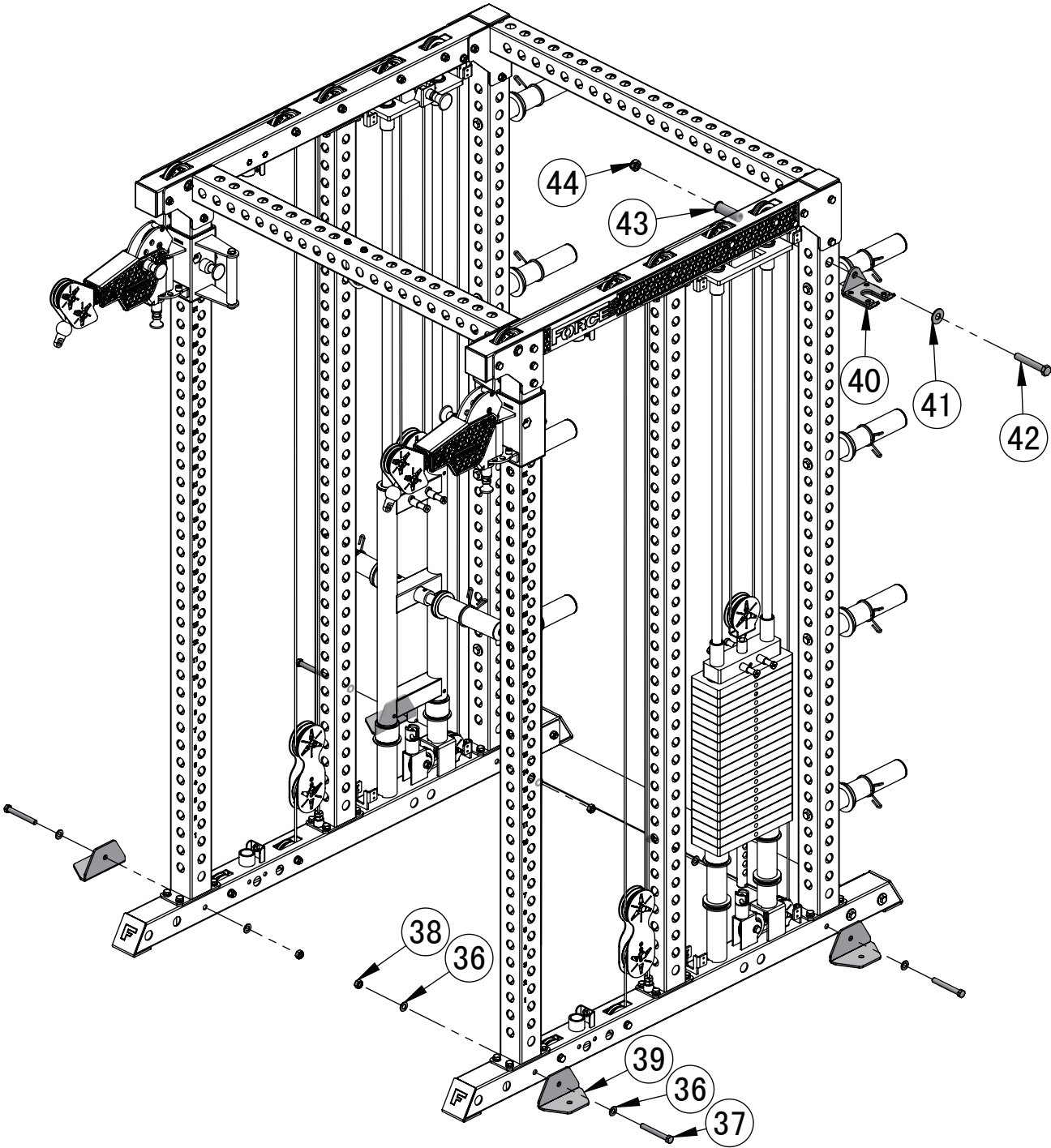
Ø17xØ40x3 Flat Washer

(36) x8

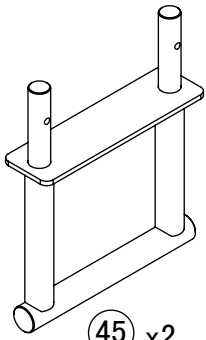


12 Flat Wash

STEP11-ASSEMBLY

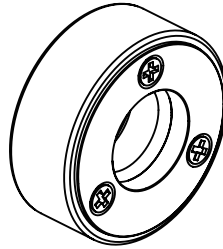


STEP12-PARTS & HARDWARE



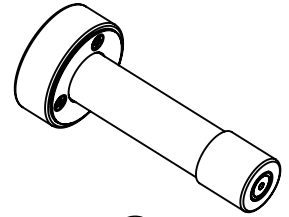
45 x2

Adjustable Pull Up Handle



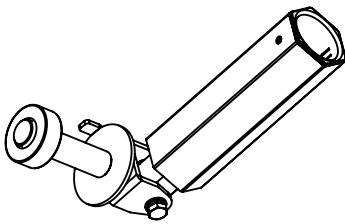
46 x4

Knurled Nut



47 x1

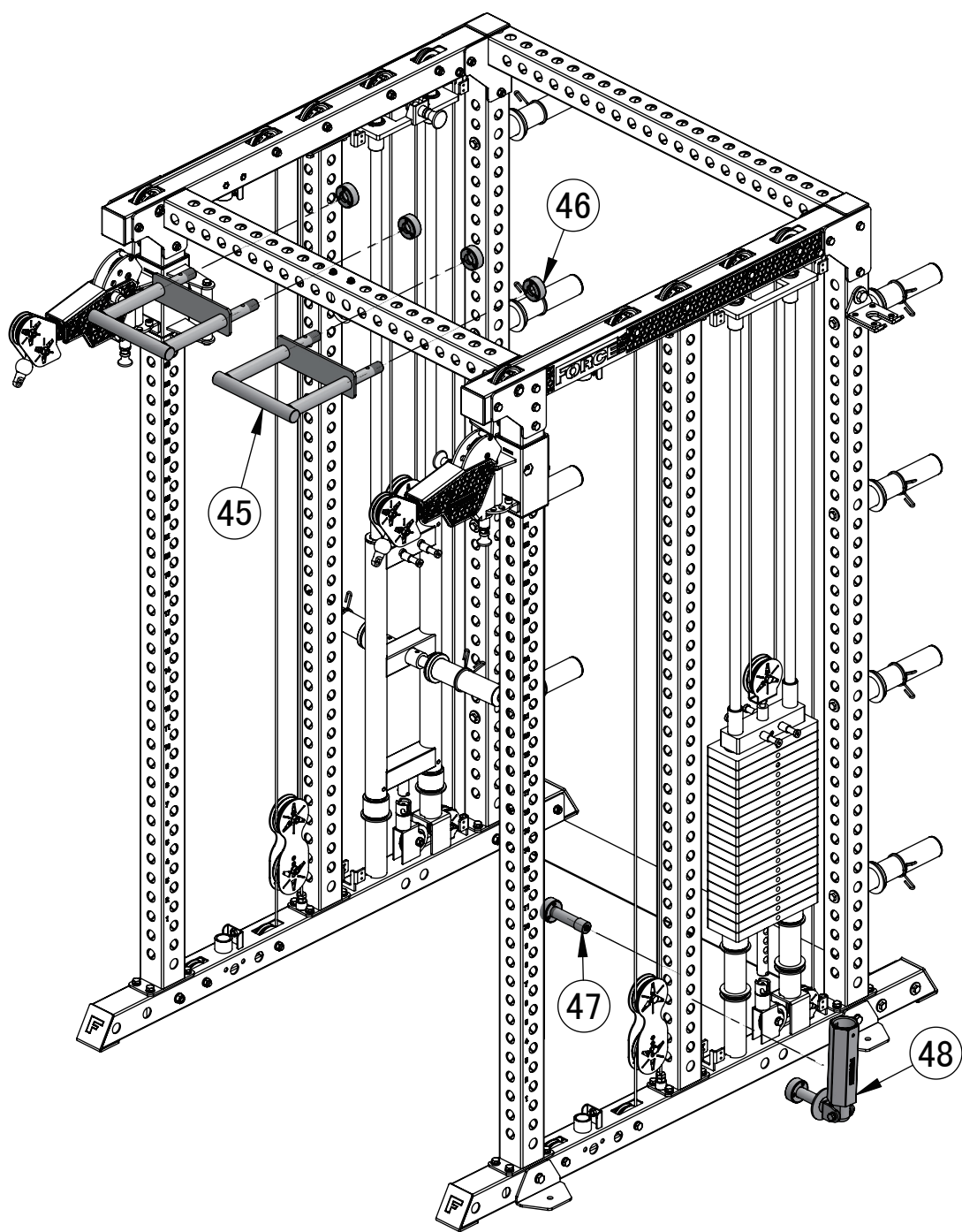
Landmine Magnet



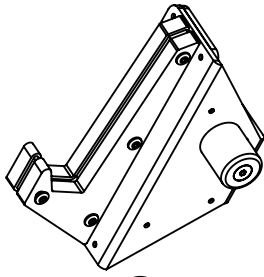
48 x1

Magnetic Landmine

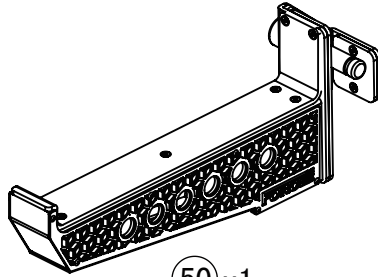
STEP12-ASSEMBLY



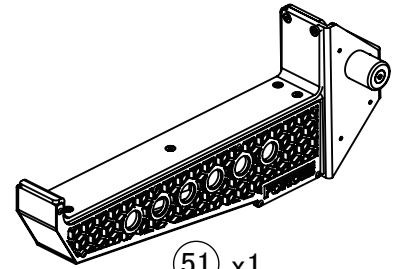
STEP13-PARTS & HARDWARE



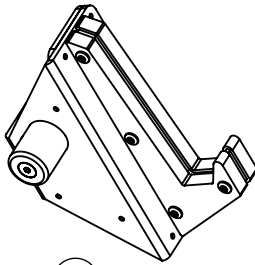
④⑨ x1
J-Hook Left



⑤⑦ x1
Spotter Arm Right

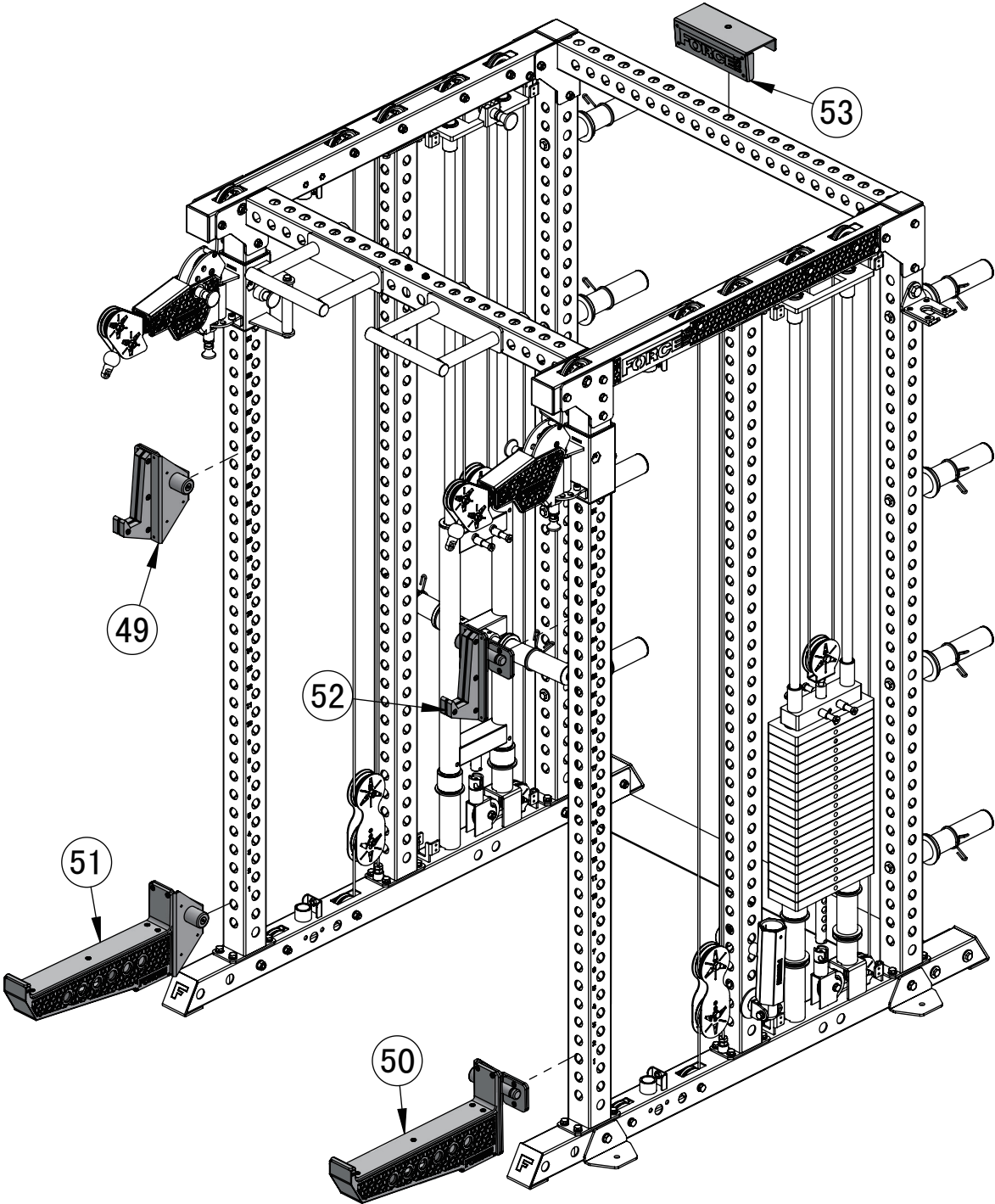


⑤① x1
Spotter Arm Left



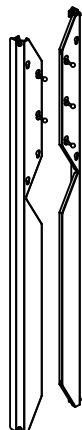
⑤② x1
J-Hook Right

STEP13-ASSEMBLY



STEP14-PARTS & HARDWARE

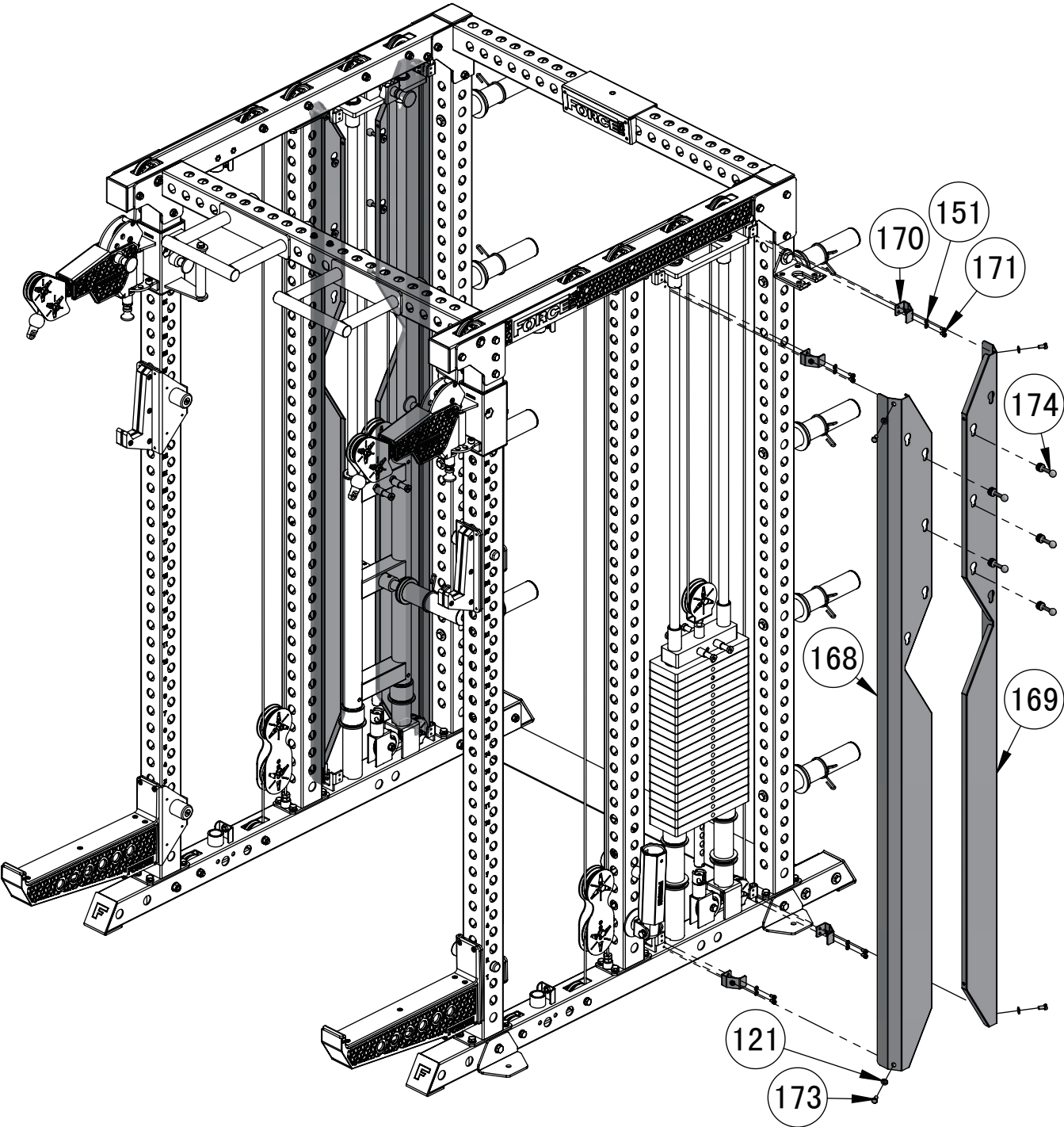
The following accessories are optional items
and are not included in the basic configuration of this model.



167 x2

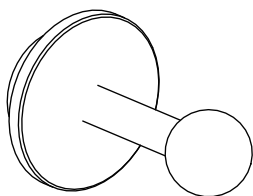
Optional accessories
F-M-SHROUND-SET

STEP14-ASSEMBLY

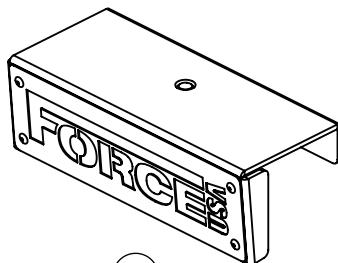


ATTACHMENTS AND ACCESSORIES

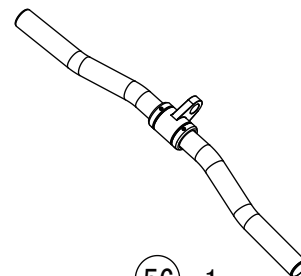
Illustrations may appear different than actual attachments



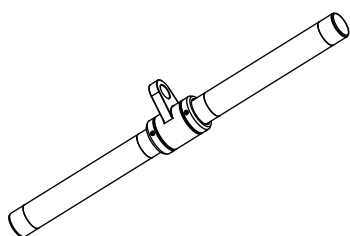
(65) x4
Peg



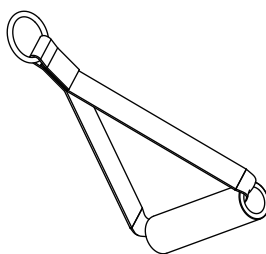
(53) x1
LOGO Plate



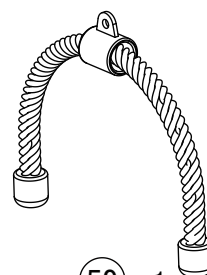
(56) x1
Revolving Short EZ Curl Bar



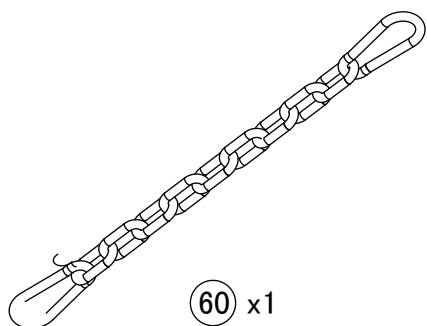
(57) x1
Revolving Short Straight Bar



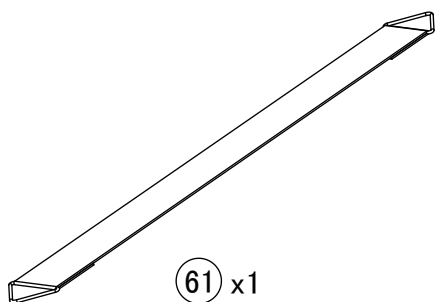
(58) x2
Single Knurled Handle



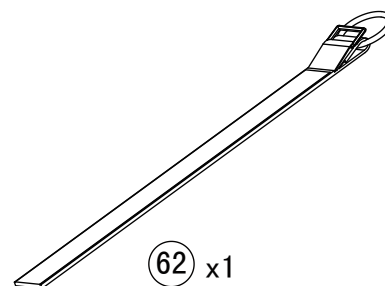
(59) x1
Tricep Rope



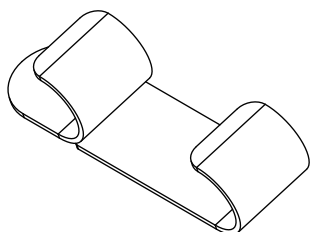
(60) x1
Extension Chain



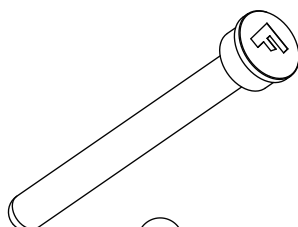
(61) x1
Bodyweight Assisted Strap



(62) x1
Ankle Cuff



(63) x2
Hook Plate

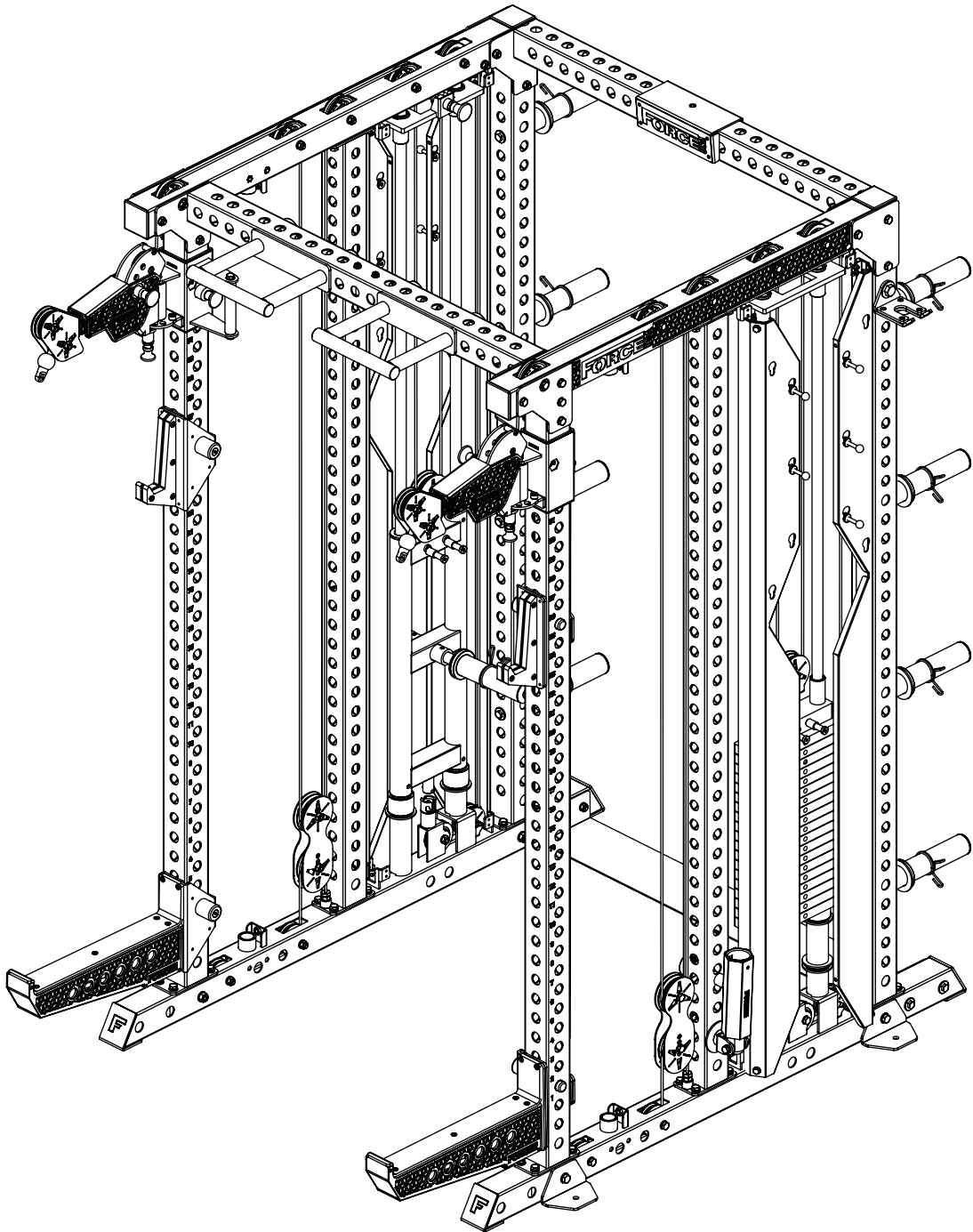


(64) x4
Weight Stack Selector Pin

FINAL TOUCHES



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



TROUBLE SHOOTING

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.

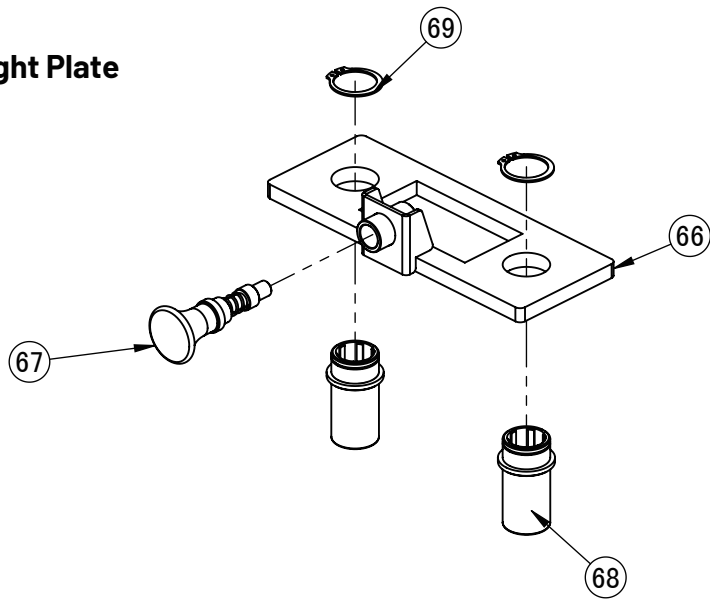
The cables are not smooth on one or both sides:

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.

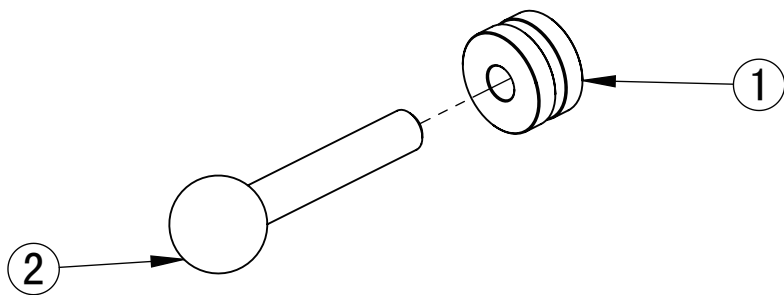
EXPLODED DIAGRAMS

(24) x2
2KG Incremental Weight Plate



NO.	Part Name	Speci Cation	QTY
66	2KG Incremental Weight Plate		1
67	Handle Release Pin Of Umbrella	M12XM20X40	1
68	Plastic Sleeve	M8	2

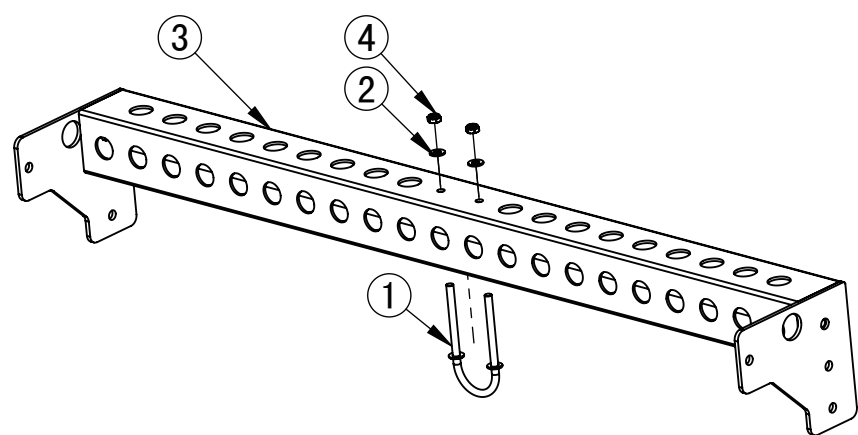
(65) x4
Peg



NO.	Part Name	Speci Cation	QTY
66	Nut	Φ 20×11.5-M8	1
67	Sheft	Φ 16 × 60-M8	1

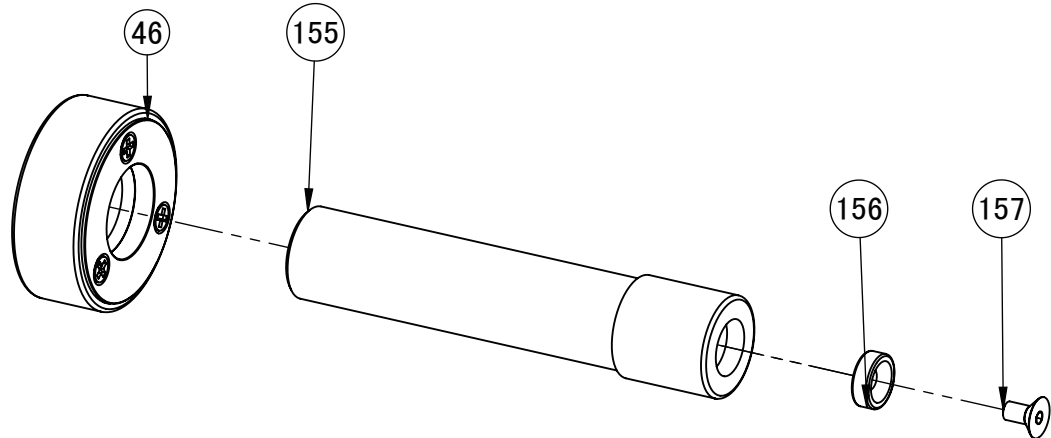
EXPLODED DIAGRAMS

(19) x2
Front Connection Frame



N0.	Part Name	Speci Cation	QTY
1	Hook		1
2	Flat Washer	φ 8	2
3	Front Connection Frame		1
4	Nut	M8	2

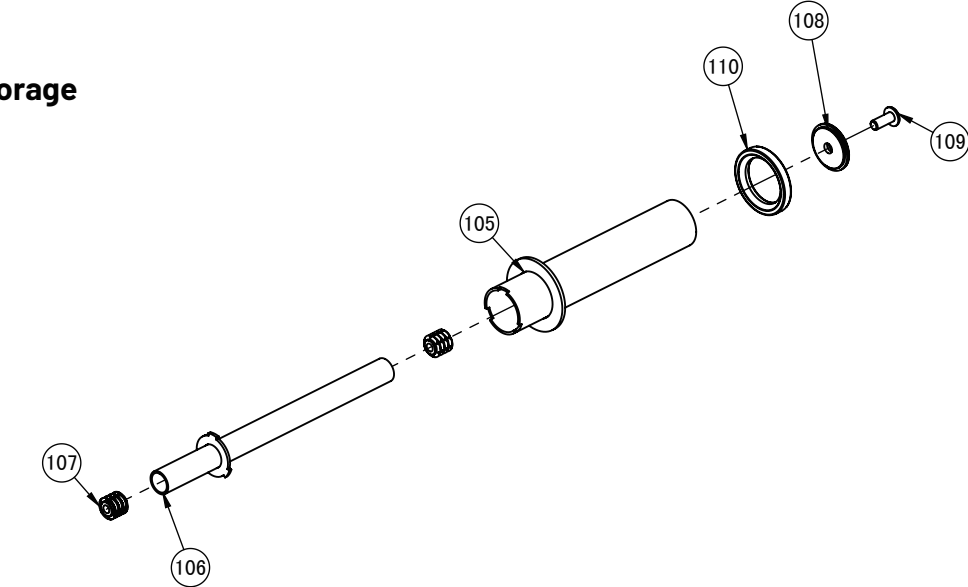
(47) x1
Landmine Magnet



N0.	Part Name	Speci Cation	QTY
155	Landmine Magnet		1
156	Strong Magnet		1
157	Hexagon Bolt	M5X10	1
46	Nut		1

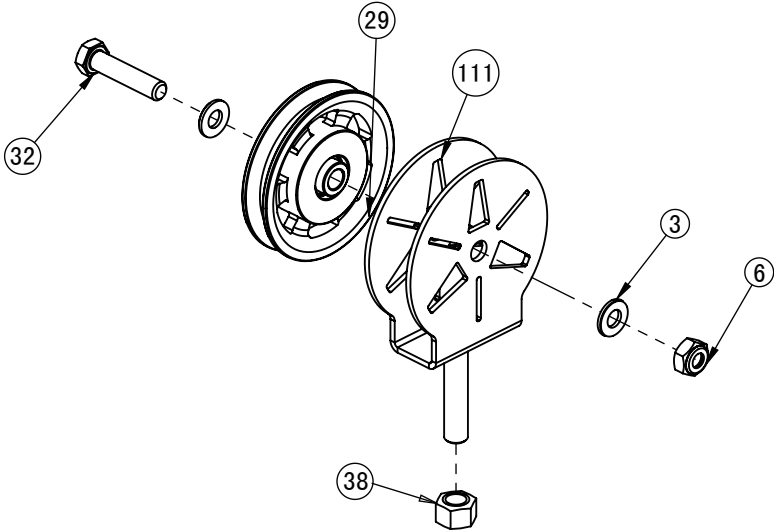
EXPLODED DIAGRAMS

(34) x8
Weight Plate Storage



NO.	Part Name	Speci Cation	QTY
105	Weight Plate Storage		1
106	Weight Plate Inner Storage		1
107	Nut	φ 23-M10	1
108	Aluminum Cap		1
109	Hexagon Blot	M10×25	1
110	Rubber Ring		1

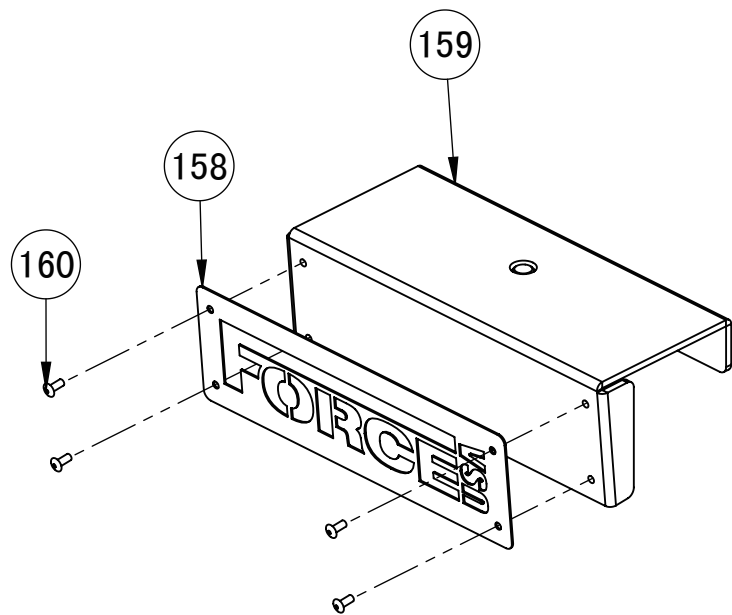
(21) x2
Pulley Frame



NO.	Part Name	Speci Cation	QTY
112	Pulley Frame		1
29	90mm Pulley		1
32	Hexagon Blot	M10×45	1
6	Nut	M10	1
3	Flat Washer	M10	2
38	Nut	M12	1

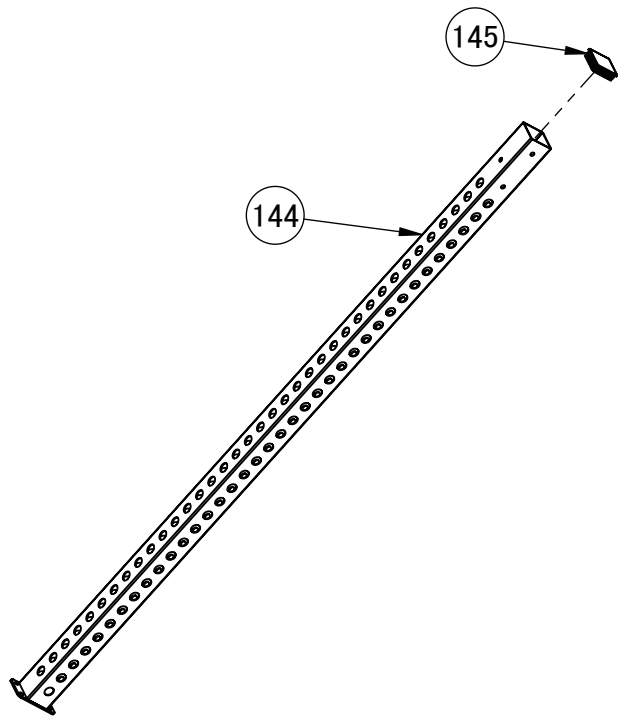
EXPLODED DIAGRAMS

53 x1
LOGO Plate



NO.	Part Name	Speci Cation	QTY
158	LOGO Plate		1
159	LOGO Plate Frame		1
160	Blind Rivet	M4×10	1

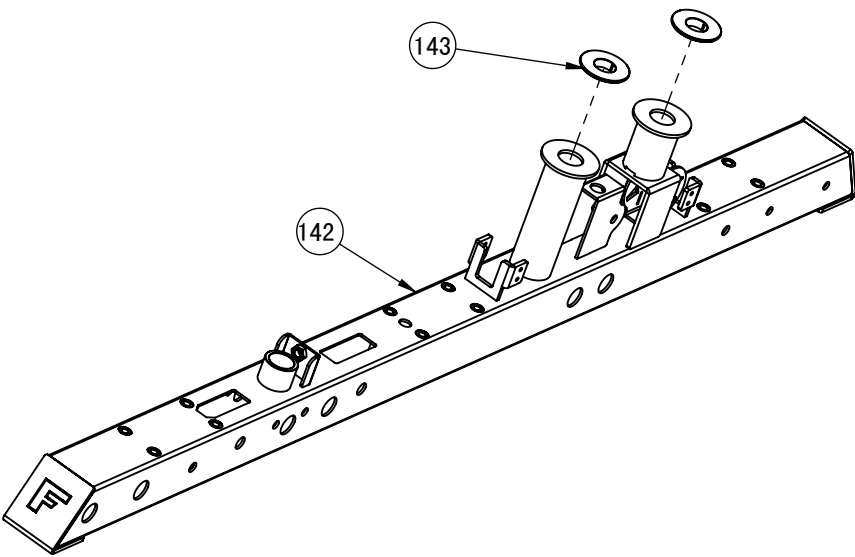
7 x2
Rear Upright



NO.	Part Name	Speci Cation	QTY
144	Rear Upright		1
145	Square Tube Plug	□75×75×2.5	1

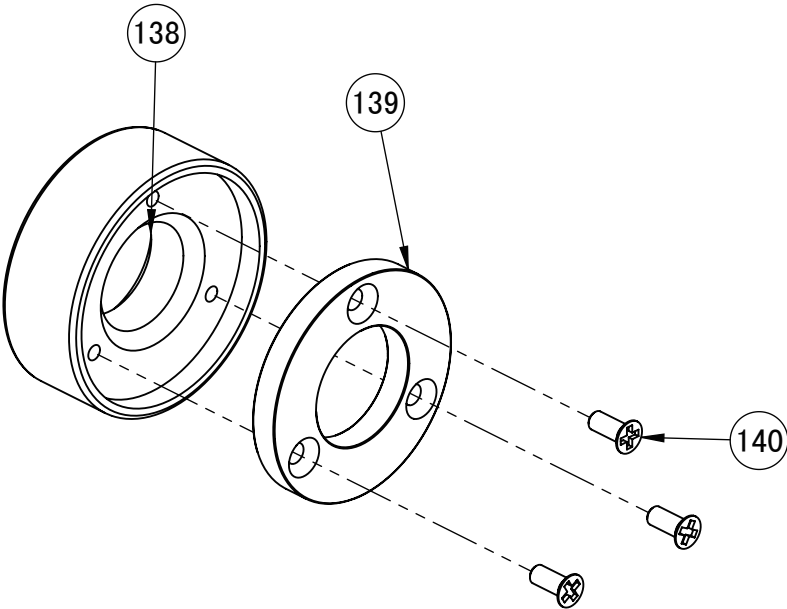
EXPLODED DIAGRAMS

① x2
Base Frame - Right



NO.	Part Name	Speci Cation	QTY
142	Base Frame - Right		1
143	Spacer Sleeve	φ 60* φ 26	2

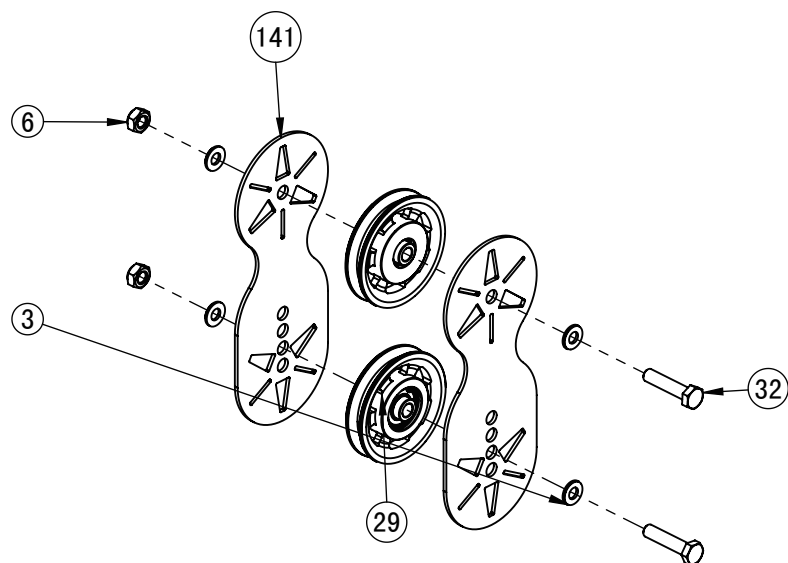
④⑥ x4
Knurled Nut



NO.	Part Name	Speci Cation	QTY
138	Knurled Nut	M55	1
139	rubber mat		1
140	Cross-slot small countersunk	M4×10	3

EXPLODED DIAGRAMS

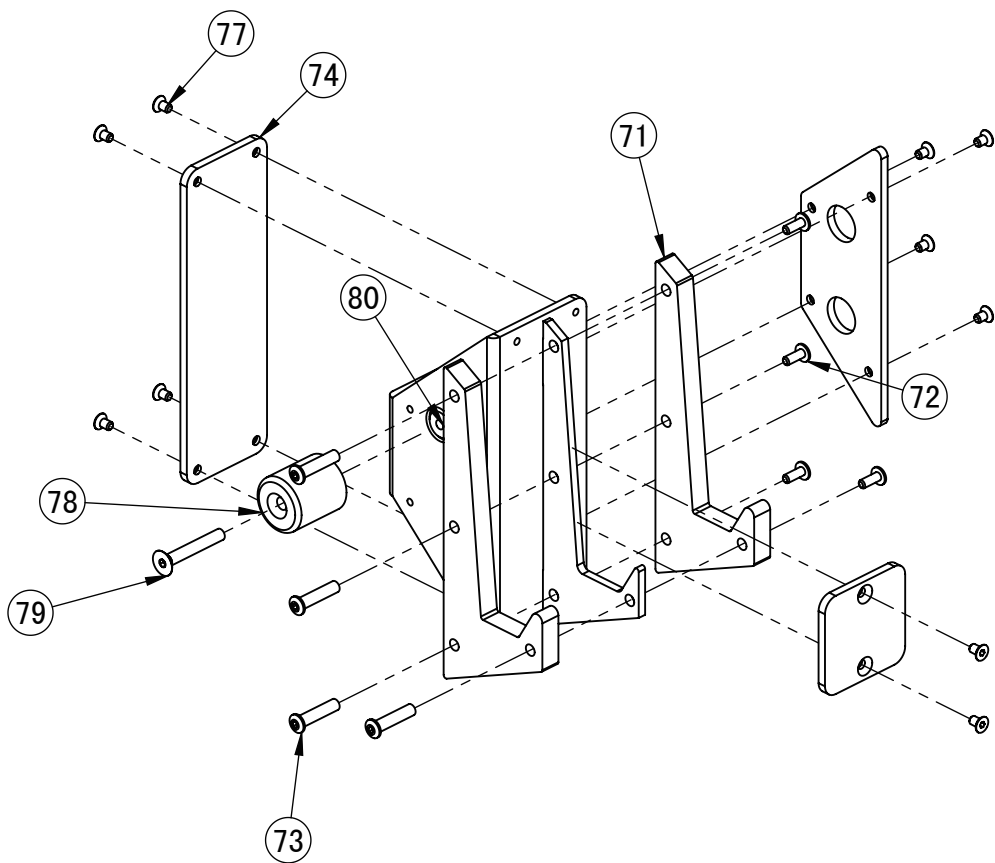
30 x2
Pulley Bracket



NO.	Part Name	Speci Cation	QTY
29	90mm Pulley		2
141	Pulley plate		2
32	Hexagon Bolt	M10×45	2
3	Falt Washer	M10	4
6	Nut	M10	2

EXPLODED DIAGRAMS

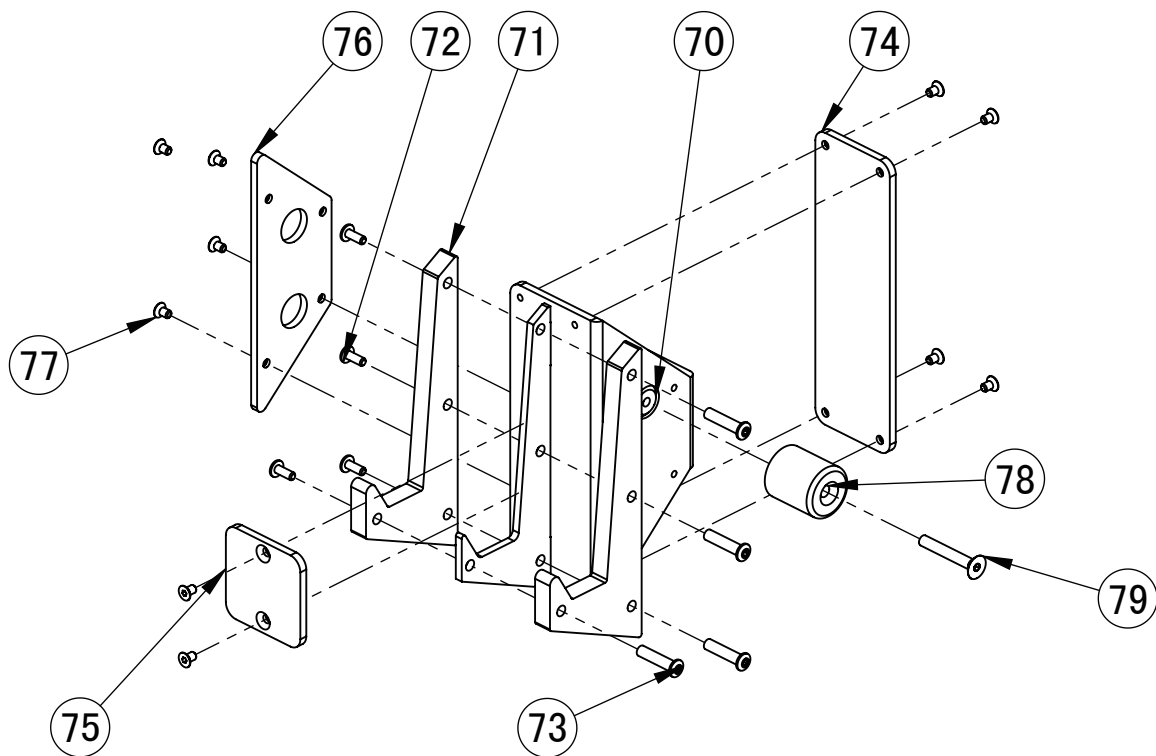
52 x1
J-Hook Right



NO.	Part Name	Speci Cation	QTY
80	J-Hook Right		1
71	J-Hook Plate		2
72	Hexagon Bolt	M6x35	4
73	Hexagon Bolt	M6x35	4
74	J-Hook Long Plate	M10	1
75	J-Hook Shprt Plate		1
76	J-Hook Inclined Plate		1
77	Hexagon Bolt	M6x10	10
78	Aluminum handle		1
79	Hexagon Bolt	M8x55	1

EXPLODED DIAGRAMS

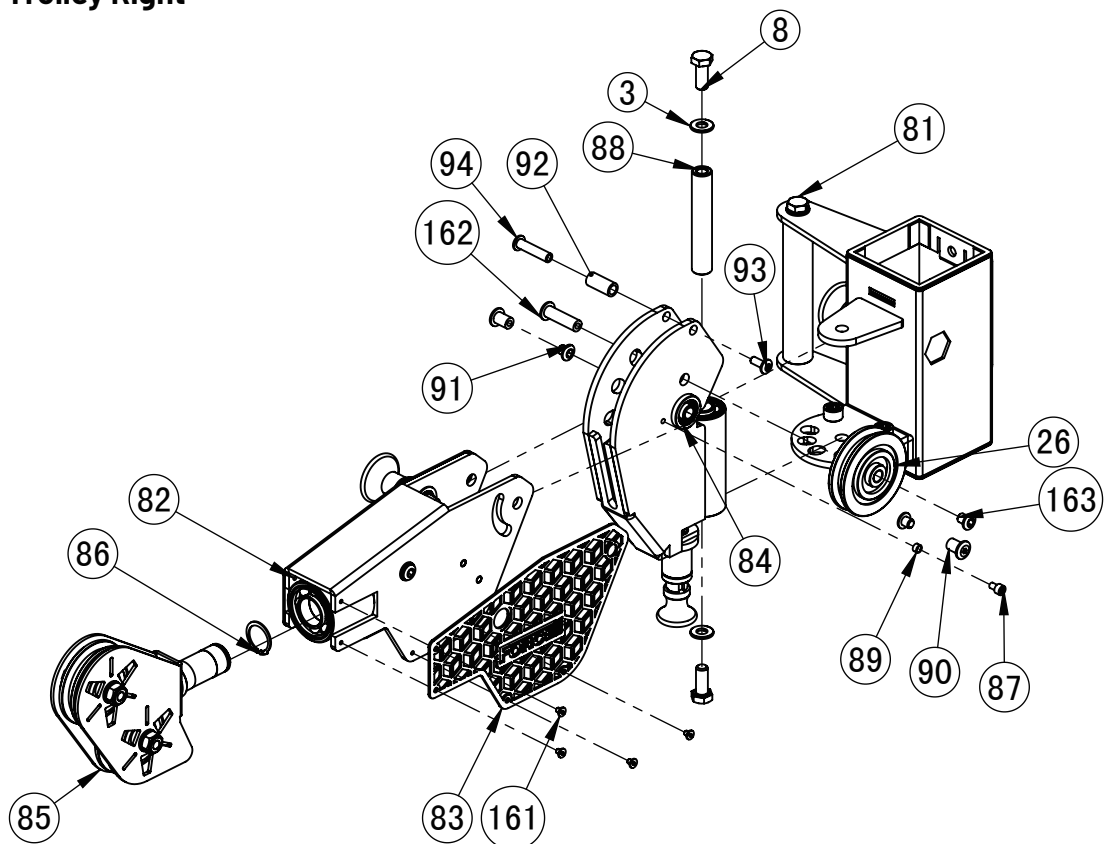
49 x1
J-Hook Left



NO.	Part Name	Speci Cation	QTY
70	J-Hook Left		1
71	J-Hook Plate		2
72	Hexagon Bolt	M6x35	4
73	Hexagon Bolt	M6x35	4
74	J-Hook Long Plate	M10	1
75	J-Hook Shprt Plate		1
76	J-Hook Inclined Plate		1
77	Hexagon Bolt	M6x10	10
78	Aluminum handle		1
79	Hexagon Bolt	M8x55	1

EXPLODED DIAGRAMS

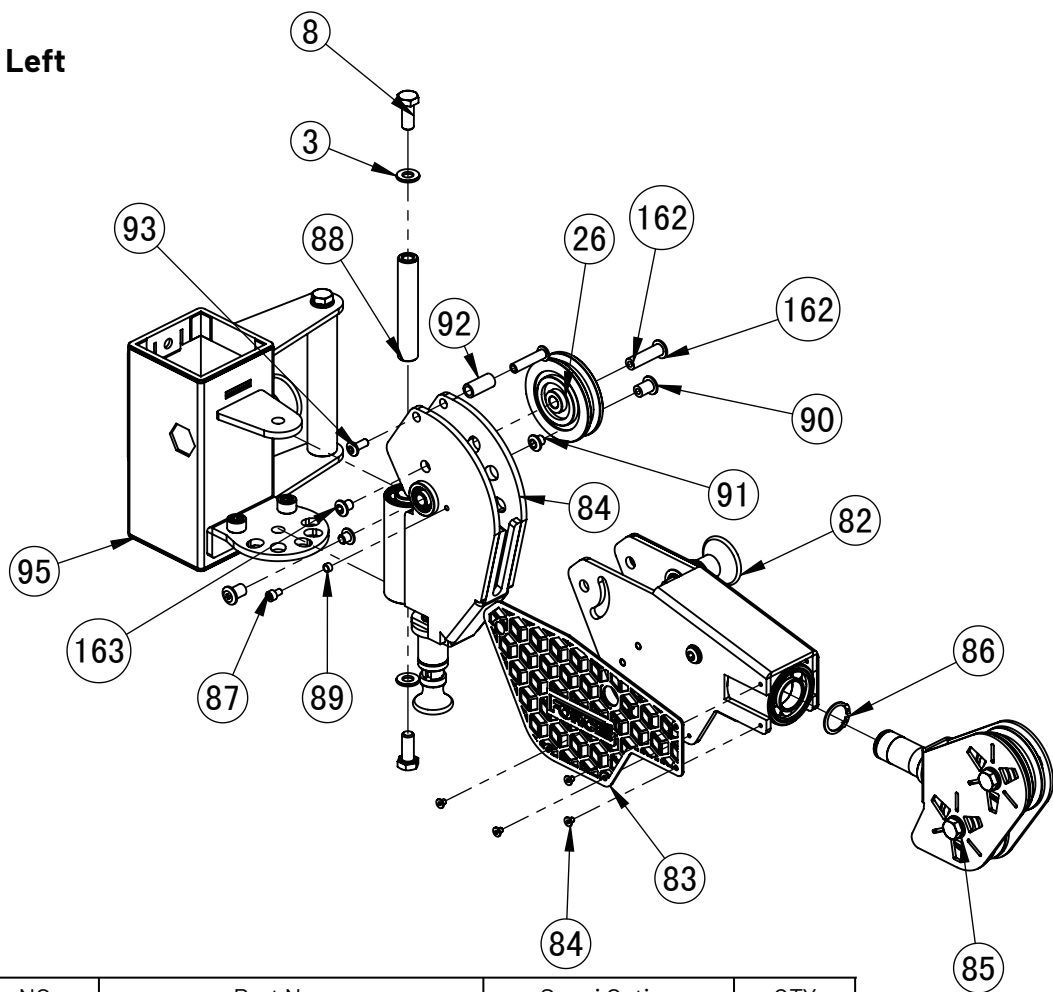
14 x1
Freestyle Trolley Right



NO.	Part Name	Speci Cation	QTY
81	Freestyle Trolley Right		1
82	Pulley rotation assembly		1
83	Logo Plate		1
161	Hexagon Bolt	M4x5	4
85	Freestyle Trolley Pulley Frame		1
86	elastic collar		1
84	Inner pulley Plate		1
26	75mm Pulley		1
162	Hexagon Bolt	M8x35	1
163	Hexagon Bolt	M8x35	1
3	Flat Washer	M10	2
8	Hexagon Bolt	M10x25	2
87	Hexagon Bolt	M5x8	1
88	Inner Sheft	Φ 17*97	1
89	spacer sleeve	7x5.2x4	1
90	Hexagon Bolt	M8x16	2
91	Hexagon Bolt	M8x16	2
92	drivepipe	12X8.1X26	1
93	Hexagon Bolt	M6x35	1
94	Hexagon Bolt	M6x35	1

EXPLODED DIAGRAMS

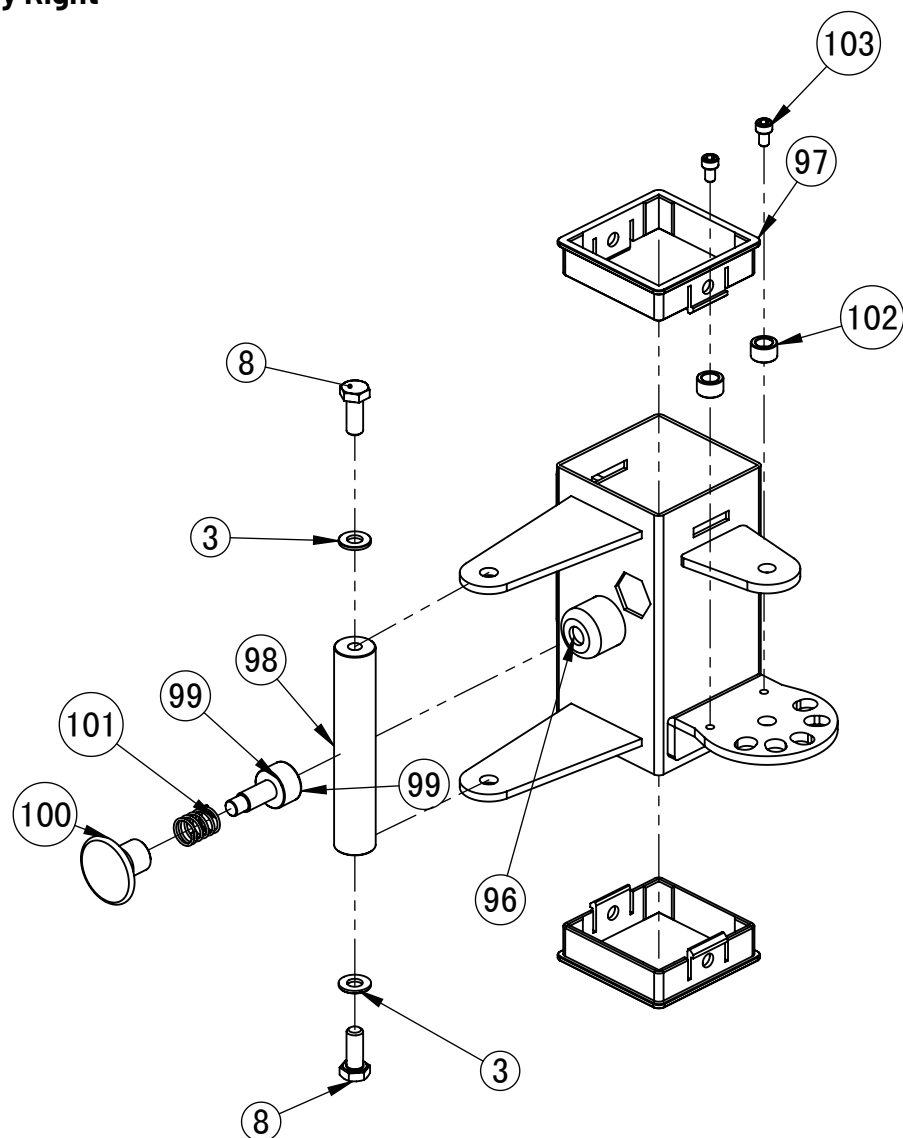
(13) x1
Freestyle Trolley Left



N0.	Part Name	Speci Cation	QTY
95	Freestyle Trolley Left		1
82	Pulley rotation assembly		1
83	Logo Plate		1
84	Hexagon Bolt	M4x5	4
85	Freestyle Trolley Pulley Frame		1
86	elastic collar		1
84	Inner pulley Plate		1
26	75mm Pulley		1
162	Hexagon Bolt	M8x35	1
163	Hexagon Bolt	M8x35	1
3	Flat Washer	M10	2
8	Hexagon Bolt	M10x25	2
87	Hexagon Bolt	M5x8	1
88	Inner Sheft	φ 17*97	1
89	spacer sleeve	7x5.2x4	1
90	Hexagon Bolt	M8x16	2
91	Hexagon Bolt	M8x16	2
92	drivepipe	12X8.1X26	1
93	Hexagon Bolt	M6x35	1
94	Hexagon Bolt	M6x35	1

EXPLODED DIAGRAMS

14 x1
Freestyle Trolley Right

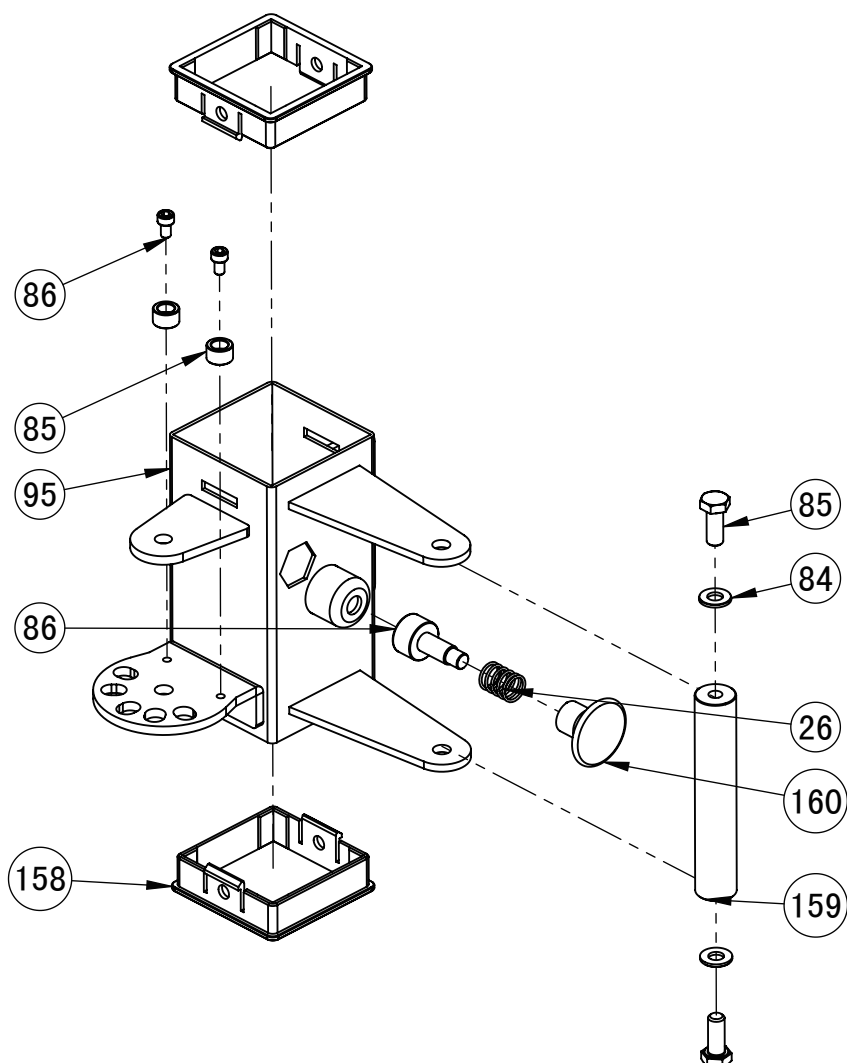


NO.	Part Name	Speci Cation	QTY
96	Freestyle Trolley Right		1
97	bushing	75-89	2
98	Handle	φ 25×138	1
3	Flat Washer	M10	2
8	Hexagon Bolt	M10x25	2
99	Pulling pin shaft		1
100	Pulling pin Handle		1
101	Pulling pin Spring		1
102	buffer pad	φ 16	2
103	Hexagon Bolt	M6×10	2

EXPLODED DIAGRAMS

⑬ x1

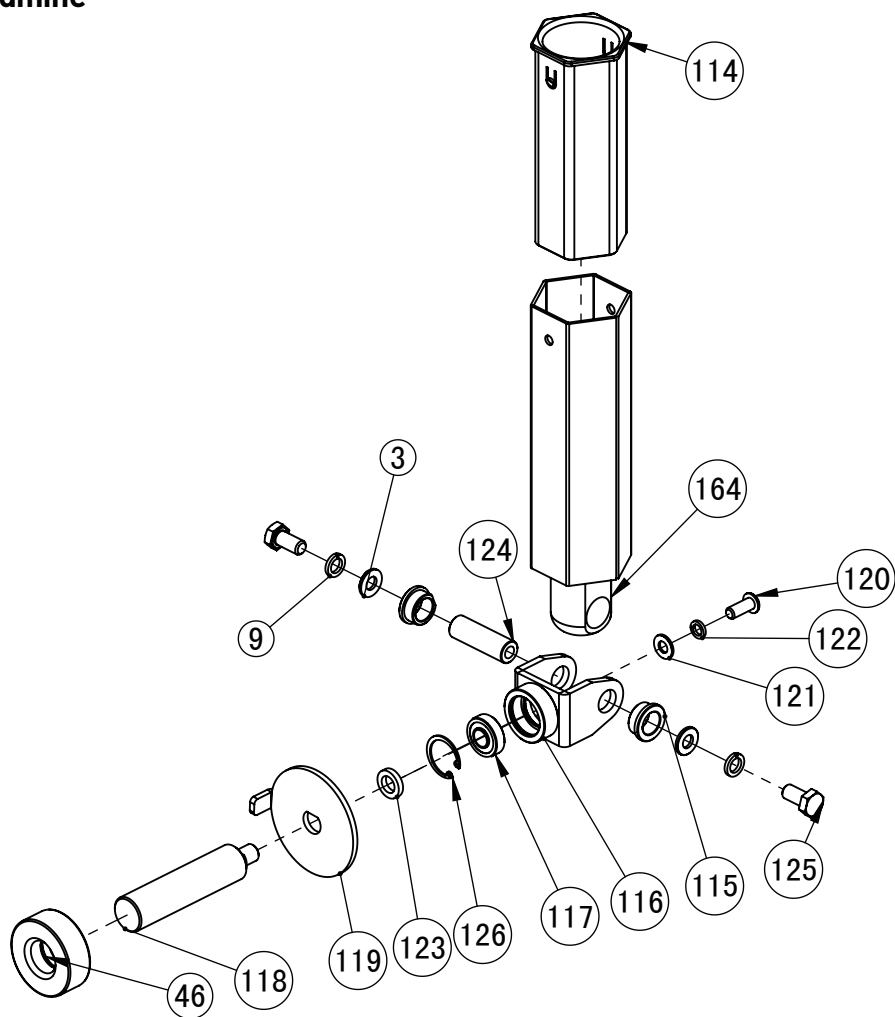
Freestyle Trolley Left



NO.	Part Name	Speci Cation	QTY
95	Freestyle Trolley Left		1
158	bushing	75-89	2
159	Handle	φ 25×138	1
84	Flat Washer	M10	2
85	Hexagon Bolt	M10x25	2
86	Pulling pin shaft		1
160	Pulling pin Handle		1
26	Pulling pin Spring		1
85	buffer pad	φ 16	2
86	Hexagon Bolt	M6×10	2

EXPLODED DIAGRAMS

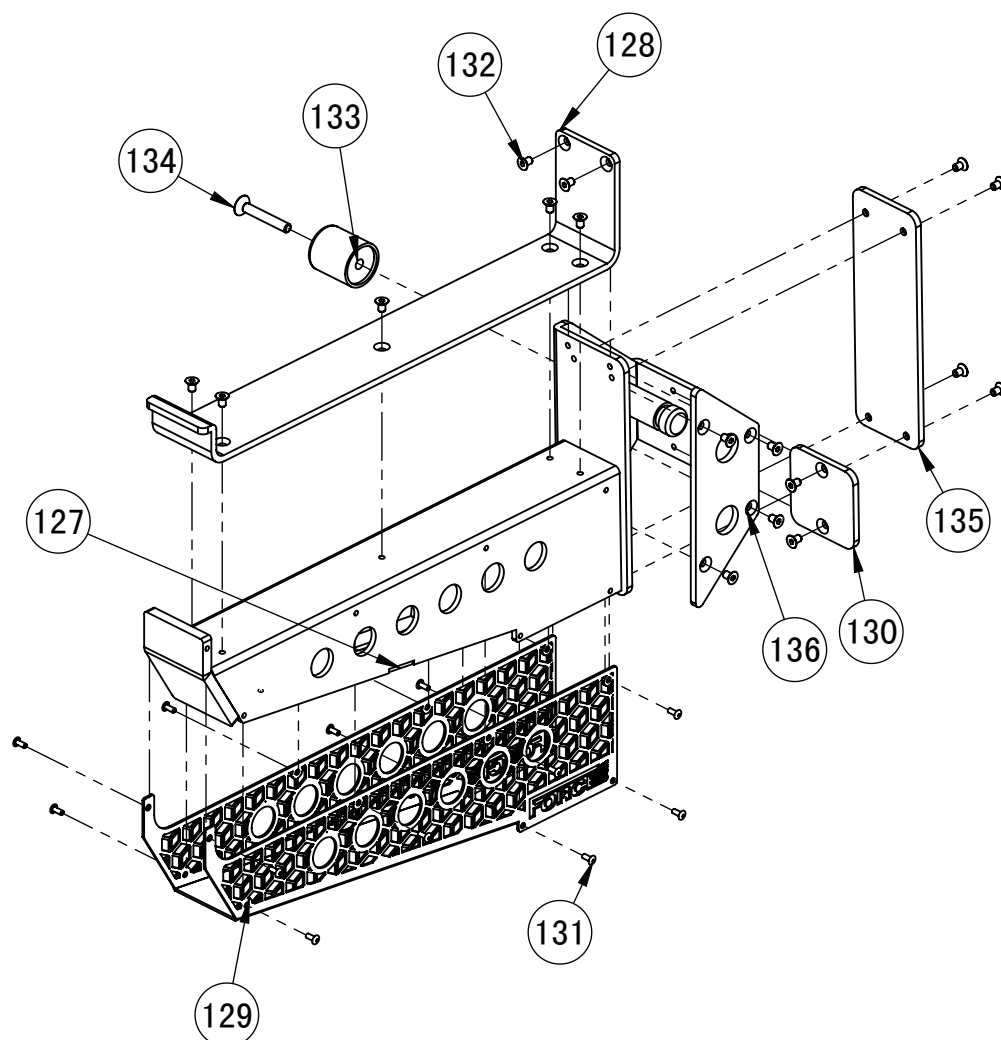
48 x1
 Magnetic Landmine



NO.	Part Name	Speci Cation	QTY
164	Magnetic Landmine		1
114	Hexagonal variable diameter	55. 5-51	1
115	Powder sleeve	φ 26× φ 22× φ 16×11	2
116	U-shaped part		1
117	deep groove ball bearing	6001	1
118	universal shaft	φ 25	1
119	Washer	T4	1
120	Hexagon Bolt	M8×20	1
121	Flat Washer	M8	1
122	Spring Washer	M8	1
123	universal Washer	T4	1
124	Inner Sheft		1
3	Flat Washer	M10	2
9	Spring Washer	M10	2
125	Hexagon Bolt	M10x20	2
126	elastic collar	M8x16	1
46	Nut	M25	1

EXPLODED DIAGRAMS

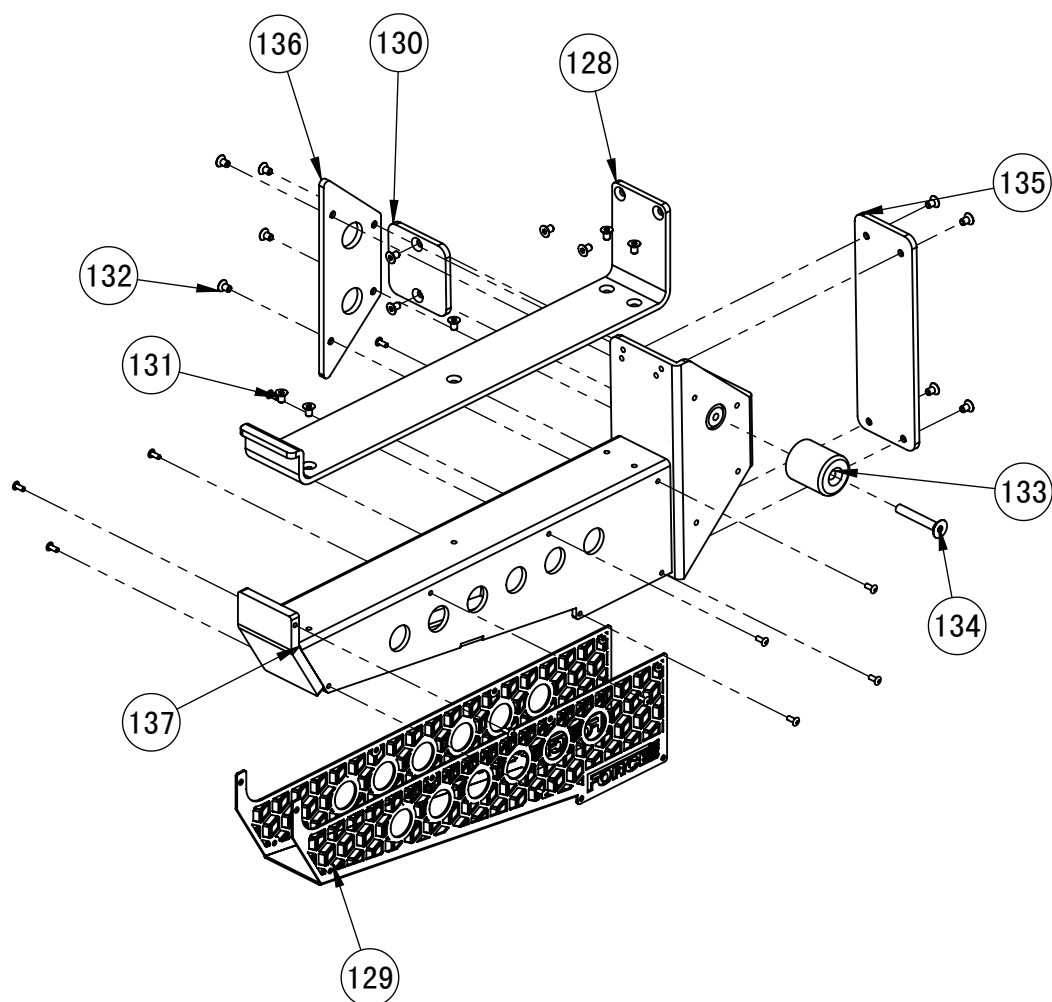
50 x1 Spotter Arm Right



NO.	Part Name	Speci Cation	QTY
127	Spotter Arm Right		1
128	Spotter Arm Pad		1
129	LOGO Plate		1
130	Spotter Arm Short Pad		1
131	Blind Rivet	4X10	14
132	Hexagon Bolt	M6X10	17
133	Aluminum Handle		1
134	Hexagon Bolt	M8X55	1
135	Spotter Arm Long Pad		1
136	Spotter Arm Incline Pad		1

EXPLODED DIAGRAMS

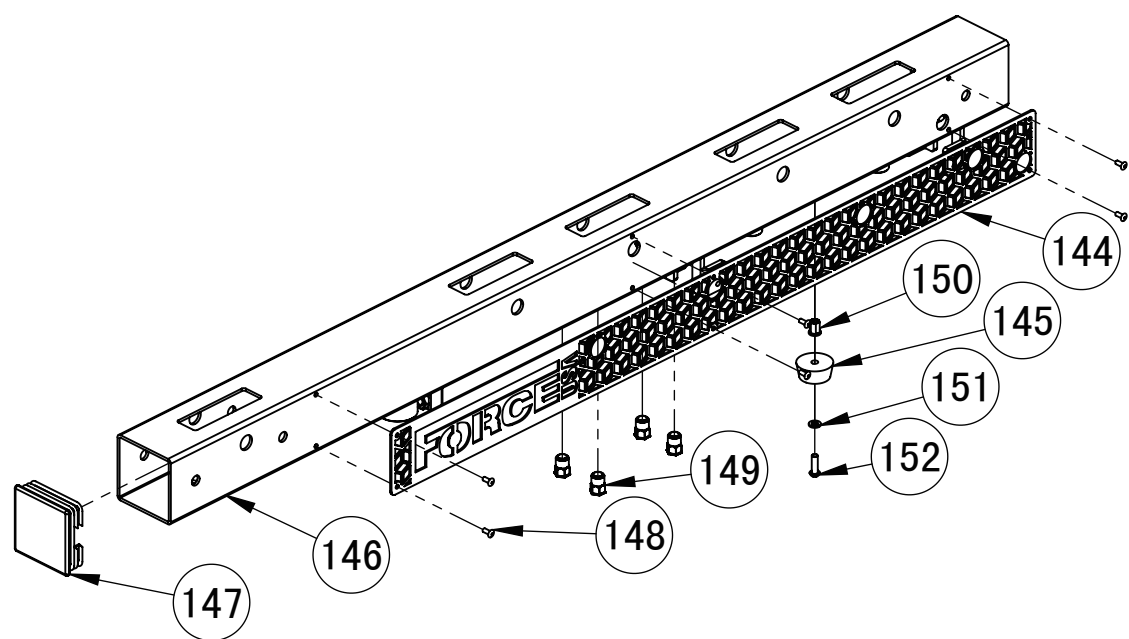
51 x1
Spotter Arm Left



NO.	Part Name	Speci Cation	QTY
137	Spotter Arm Left		1
128	Spotter Arm Pad		1
129	LOGO Plate		1
130	Spotter Arm Short Pad		1
131	Blind Rivet	4X10	14
132	Hexagon Bolt	M6X10	17
133	Aluminum Handle		1
134	Hexagon Bolt	M8X55	1
135	Spotter Arm Long Pad		1
136	Spotter Arm Incline Pad		1

EXPLODED DIAGRAMS

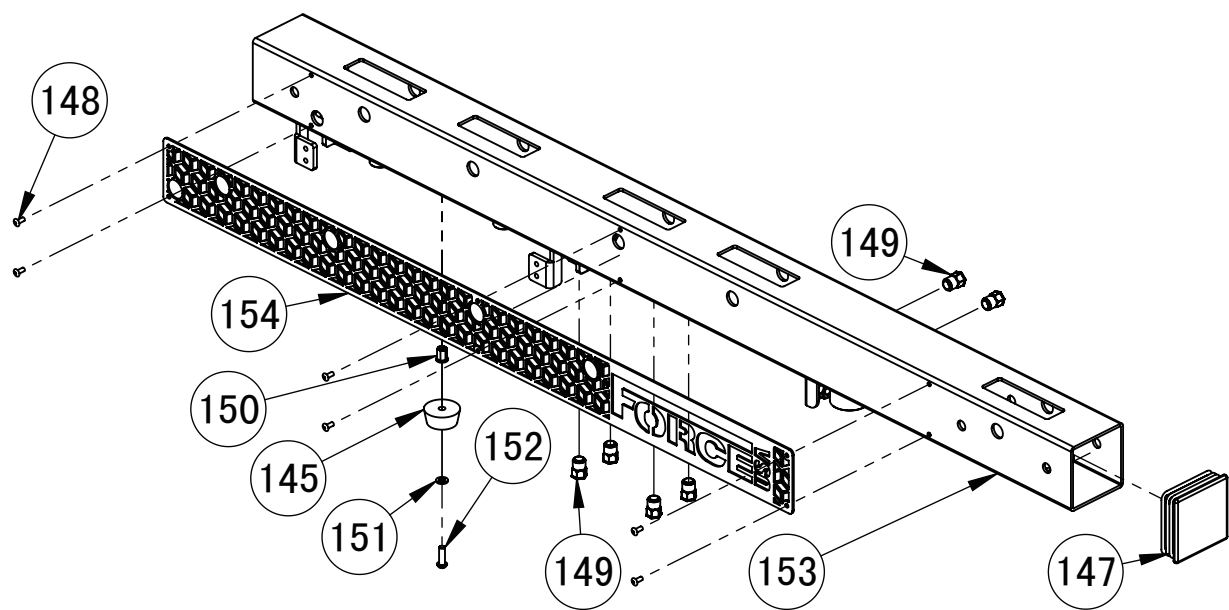
15 x1
Right Top Frame



NO.	Part Name	Speci Cation	QTY
144	LOGO Plate		1
145	crash pad		1
146	Right Top Frame		1
147	Square tube insert		1
148	blind rivet	4X10	6
149	rivet nut	M10	6
150	rivet nut	M6	1
151	Flat Washer	M6	1
152	Hexagon Bolt	M6x20	1

EXPLODED DIAGRAMS

17 x1
Left Top Frame



NO.	Part Name	Speci Cation	QTY
153	Left Top Frame		1
154	LOGO Plate		1
145	crash pad		1
147	Square tube insert		1
148	blind rivet	4X10	6
150	rivet nut	M6	1
151	Flat Washer	M6	1
152	Hexagon Bolt	M6x20	1
149	rivet nut	M10	6

WARRANTY INFO

For warranty information please contact the dealer nearest to you.

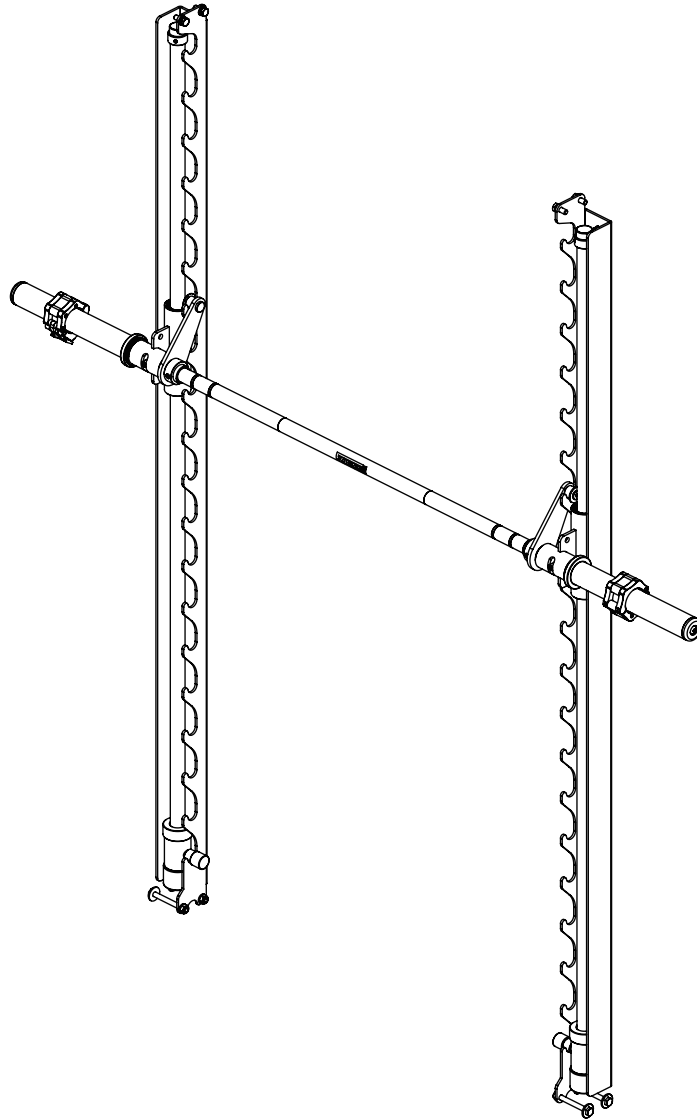


<https://www.forceusa.com/locator>

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USER MANUAL | **F-M20-SMITH**



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IMPORTANT SAFETY INSTRUCTIONS



Regular maintenance is key to ensuring your safety and extending the lifespan of your Force USA equipment. Following the cleaning and lubrication cycles detailed here prevents premature wear, helps avoid potential injuries, and ensures optimal performance.

1. General Readiness & Assembly

- **Read the Manual:** Read all instructions and warning labels before assembling or using this equipment. Keep these instructions for future reference.
- **Assembly Safety:** It is highly recommended that two or more people perform the assembly. Assemble on a flat, level surface.
- **Hardware:** During assembly, only tighten nuts and bolts loosely. Once fully assembled, tighten all hardware from the bottom up, working evenly around the unit.
- **Orientation:** "Left" and "right" refer to the perspective of standing in front of and facing the equipment.

2. Medical & Health Advisory

- **Consult a Physician:** Before starting any exercise program, consult your doctor, especially if you are over 35 or have pre-existing health conditions.
- **Listen to Your Body:** Stop immediately if you experience pain, dizziness, nausea, or shortness of breath.
- **Preparation:** Always stretch and warm up properly prior to using the equipment.

3. Environment & Workspace

- **Surface:** Use a flat, stable surface. Consider a mat to protect your flooring.
- **Clearance:** Maintain at least 3–5 feet (1–1.5 meters) of clearance around the unit to avoid obstacles or interference.
- **Storage:** Do not use or store the equipment outdoors or near water.

4. Proper Usage & Technique

- **Safe Interaction:** Keep hair, fingers, and clothing away from all moving parts. Tie back long hair and remove jewelry.
- **Technique:** Focus on correct form and controlled movements. Increase weight or intensity gradually.}

- **Supervision:** Keep children and pets away from the equipment at all times. For heavy lifting, use a spotter.

5. Technical Maintenance & Inspection

(Refer to the specific Maintenance Checklist for your model for detailed component care)

- **Pre-Use Inspection:** Ensure all parts are in working order before every session. Check for cracks, structural wear, or loose hardware.
- **Moving Parts & Pivots:** Do not over-tighten components with a pivoting or rotating function; they must move freely. For cardio equipment, ensure pedals, handles, or running belts rotate/move without obstruction.
- **Specific Lubrication:** * **Strength:** Use only 100% silicone spray for guide rods and Smith bars as specified. Never spray ball bearings with silicone, as it washes out the internal grease.
- **Cardio:** Lubricate running belts or drive chains only as instructed by the manufacturer. Keep the motor housing and electronics free of dust.
- **Transmission Integrity:** * **Cables & Belts:** Regularly check cables, drive belts, or running belts for proper tension and signs of fraying or cracking.
- **Smooth Operation:** Ensure the weight selector pin (strength) or the resistance adjustment (cardio) functions smoothly without jamming.
- **Defective Parts:** Never operate the equipment if parts are worn, frayed, or malfunctioning. Replace defective components immediately. Keep the equipment out of use until the repair is completed.

6. Daily Cleaning

- **Hygiene:** Wipe down the equipment after each use with a dry, non-abrasive cloth to remove sweat and dust, preventing corrosion and material degradation.

BEFORE YOU START CONTINUED

MAINTENANCE CHECKLIST FOR FITNESS EQUIPMENT

1. Smith Bar

Cleaning and Care

- The Smith bar must only be cleaned and lubricated with silicone spray.
- Manufacturer recommendation: CardioStrong silicone spray (FitShop).

Procedure:

1. Spray the bar generously with silicone spray.
2. Wipe thoroughly with a dry, clean cloth.
3. Repeat the process until the bar is completely clean.
4. Finally, spray the bar again and leave the silicone spray on the surface as a protective and lubricating layer.

Maintenance Interval

- Especially important before first use.
- Inspect every 4–6 weeks.
- Reapply if the bar appears dry.
- A light lubricating film should always be present on the bar.

2. Weight Stack Guide Rods

Cleaning and Care

- The guide rods must only be cleaned and lubricated with silicone spray.
- Manufacturer recommendation: CardioStrong silicone spray (FitShop).

Procedure:

1. Spray the guide rod with silicone spray.
2. Wipe with a dry cloth.
3. Repeat until the rod is completely clean.
4. Spray again and leave the product on the surface as a protective and lubricating layer.

Maintenance Interval

- Especially important before first use.
- Inspect every 4–6 weeks.
- Reapply if the surface appears dry.
- A light lubricating film must be present at all times.

3. Machine Ball Bearings

Important Notes

- Ball bearings must not be sprayed with

- silicone spray, as this may wash out the existing bearing grease.
- Maintenance should be performed once per year.
- Use penetrating grease for servicing.
- Apply penetrating grease directly to the ball bearings once per year.

4. Cables

Inspection and Adjustment

- Regularly check cables for proper tension and overall condition.
- If necessary, tighten the cable at one of the adjustment points.
- The goal is to ensure that the weight selector pin can be inserted smoothly into every weight plate.
- If insertion is not possible, slightly loosen the cable accordingly.

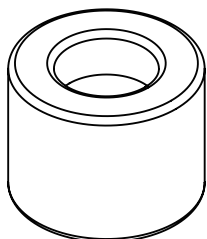
Special Note – Freestyle Pulley

- Ensure that the cable at the rear of the Freestyle Pulley (front cable attachment)
 - either hangs straight down
 - or has slight play for movement.
- This prevents the formation of a predetermined breaking point.

Maintenance Schedule Overview

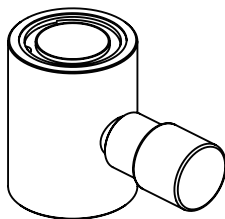
Maintenance Area	Maintenance Interval
Smith Bar	Every 4–6 weeks
Weight Stack Guide Rods	Every 4–6 weeks
Cables	Annually

HARDWARE IDENTIFIER



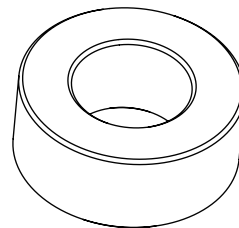
① x2

Smith Bar Rubber Bumper



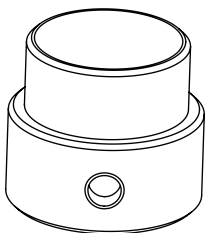
② x2

Smith Bar Safety Hook



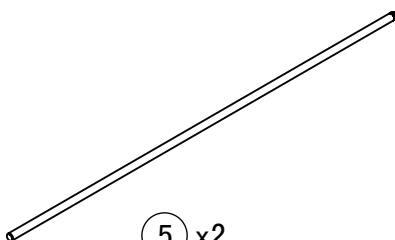
③ x2

60-30 Rubber Bumper



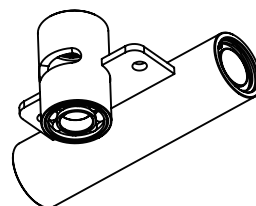
④ x2

Smith Bar Top Locking Sleeve



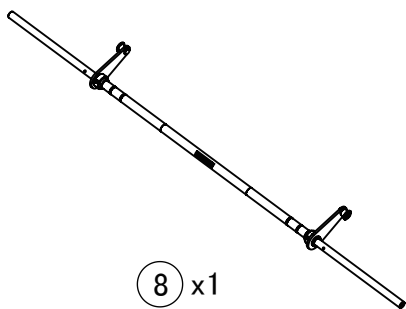
⑤ x2

Smith Bar Guide Rod



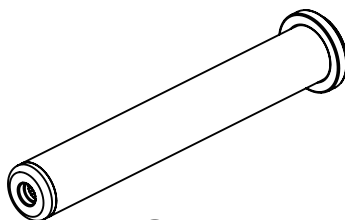
⑥ x2

Smith Bar Sliding Frame



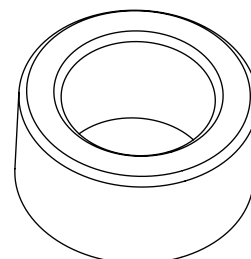
⑧ x1

Smith Bar



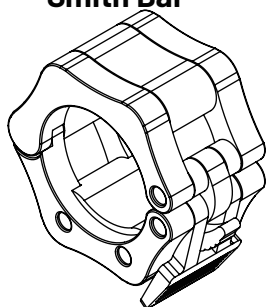
⑩ x2

Smith Barbell Sleeve



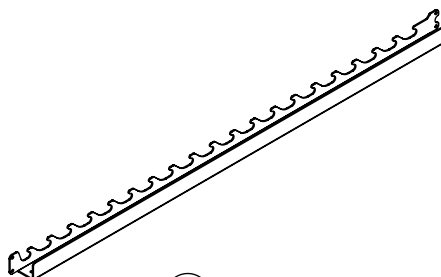
⑫ x2

Smith Barbell Sleeve Spacer



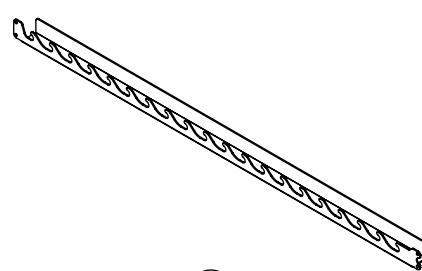
⑬ x2

Magnetic Olympic Lock Collar



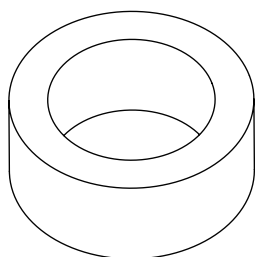
⑭ x1

Smith Bar Hook Plate - Left



⑮ x1

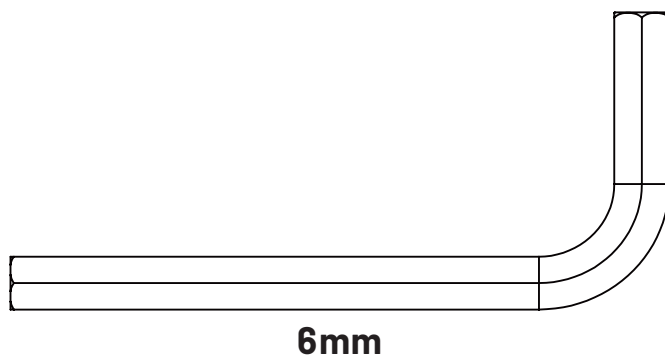
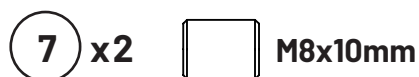
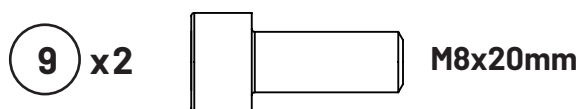
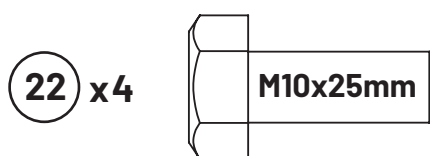
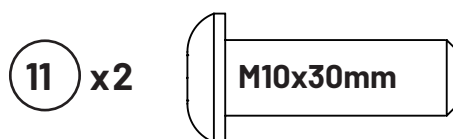
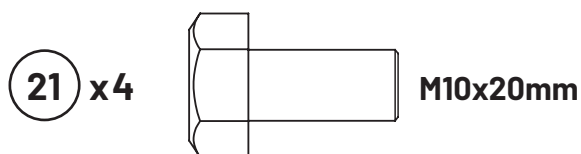
Smith Bar Hook Plate - Right



⑳ x2

spacer sleeve

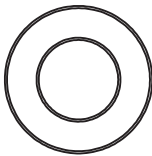
HARDWARE IDENTIFIER



Note: parts may not be to scale

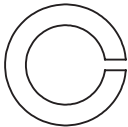
HARDWARE IDENTIFIER

18 x12



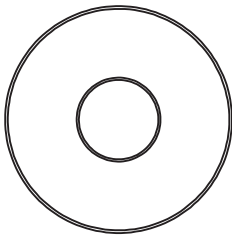
10 Flat Washer

20 x8



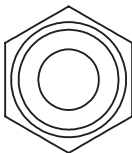
10 Spring Washer

16 x4

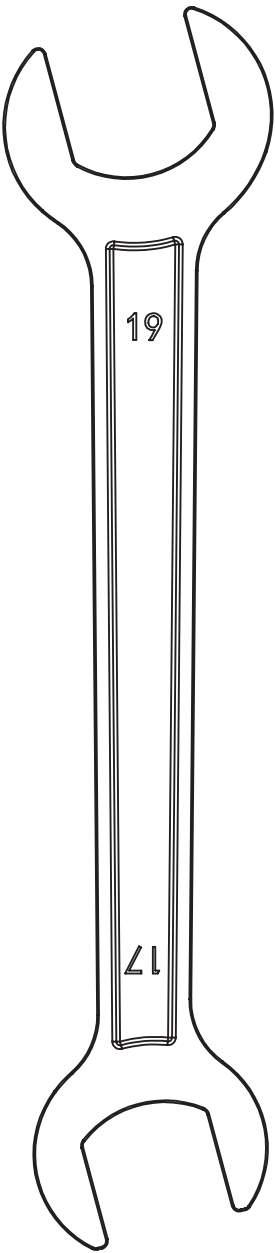


Large Flat Washer

19 x4



M10 Lock Nut

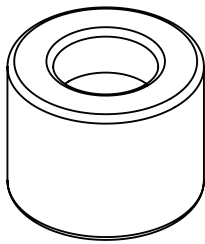


17, 19
wrench



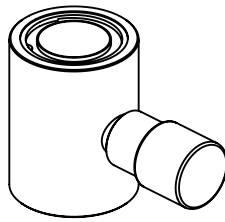
Note: parts may not be to scale

STEP1-PARTS & HARDWARE



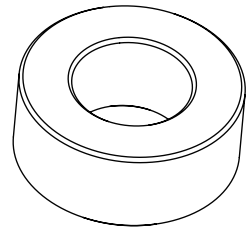
① x1

Smith Bar Rubber Bumper



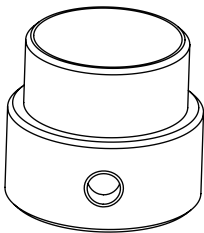
② x1

Smith Bar Safety Hook



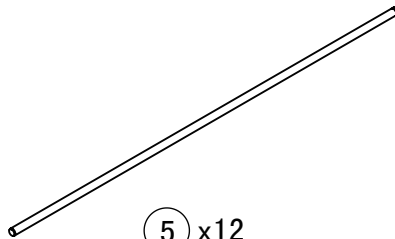
③ x1

60-30 Rubber Bumper



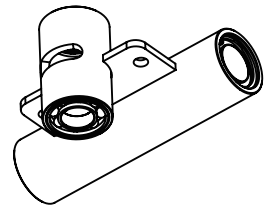
④ x1

Smith Bar Top Locking Sleeve



⑤ x12

Smith Bar Guide Rod



⑥ x1

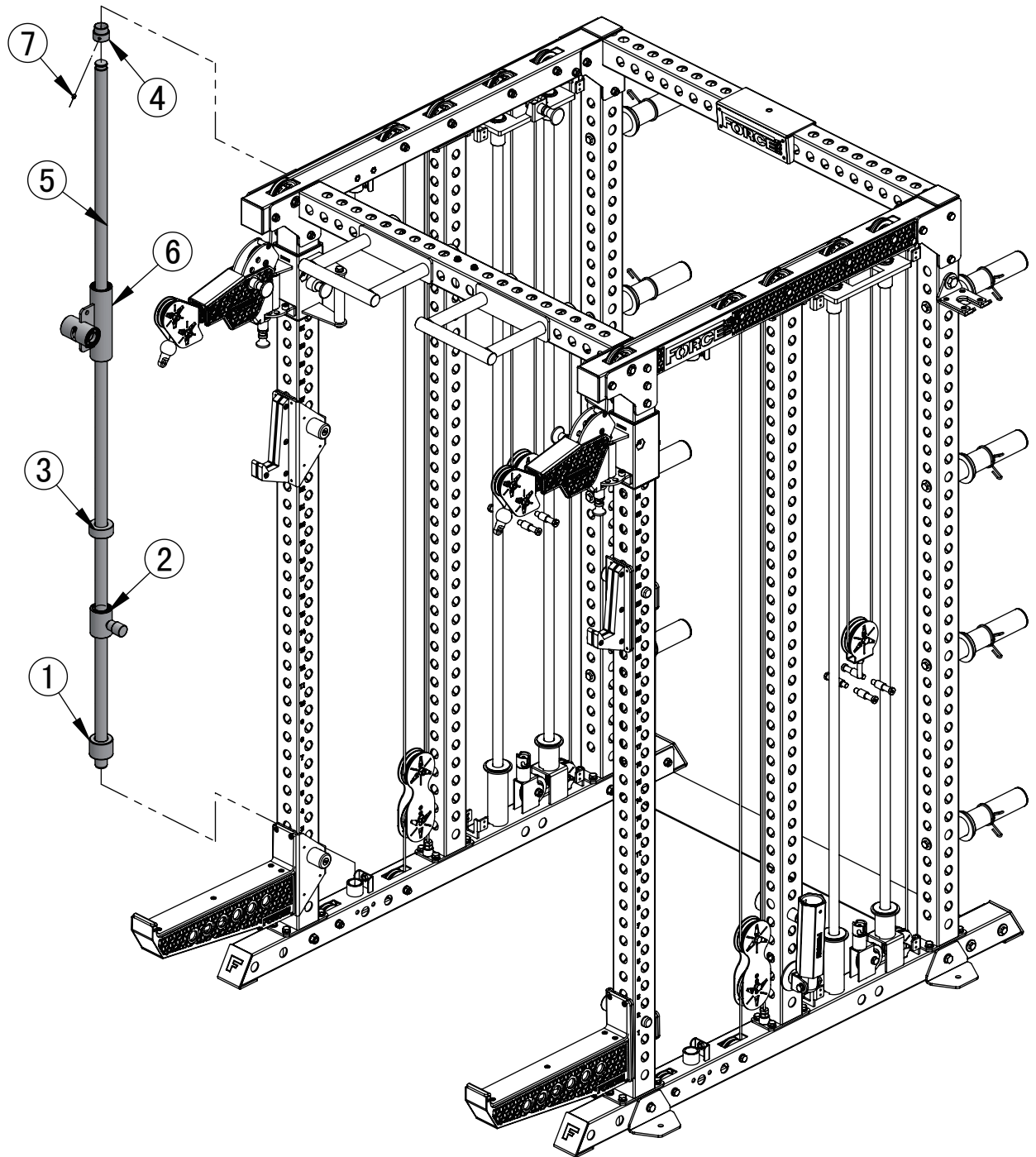
Smith Bar Sliding Frame

⑦ x1

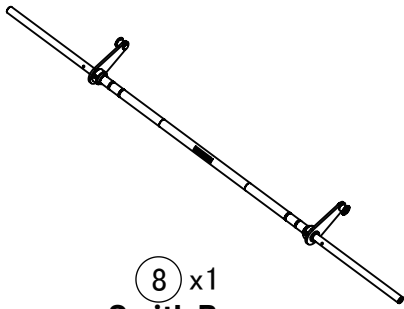


M8x10mm

STEP1-ASSEMBLY

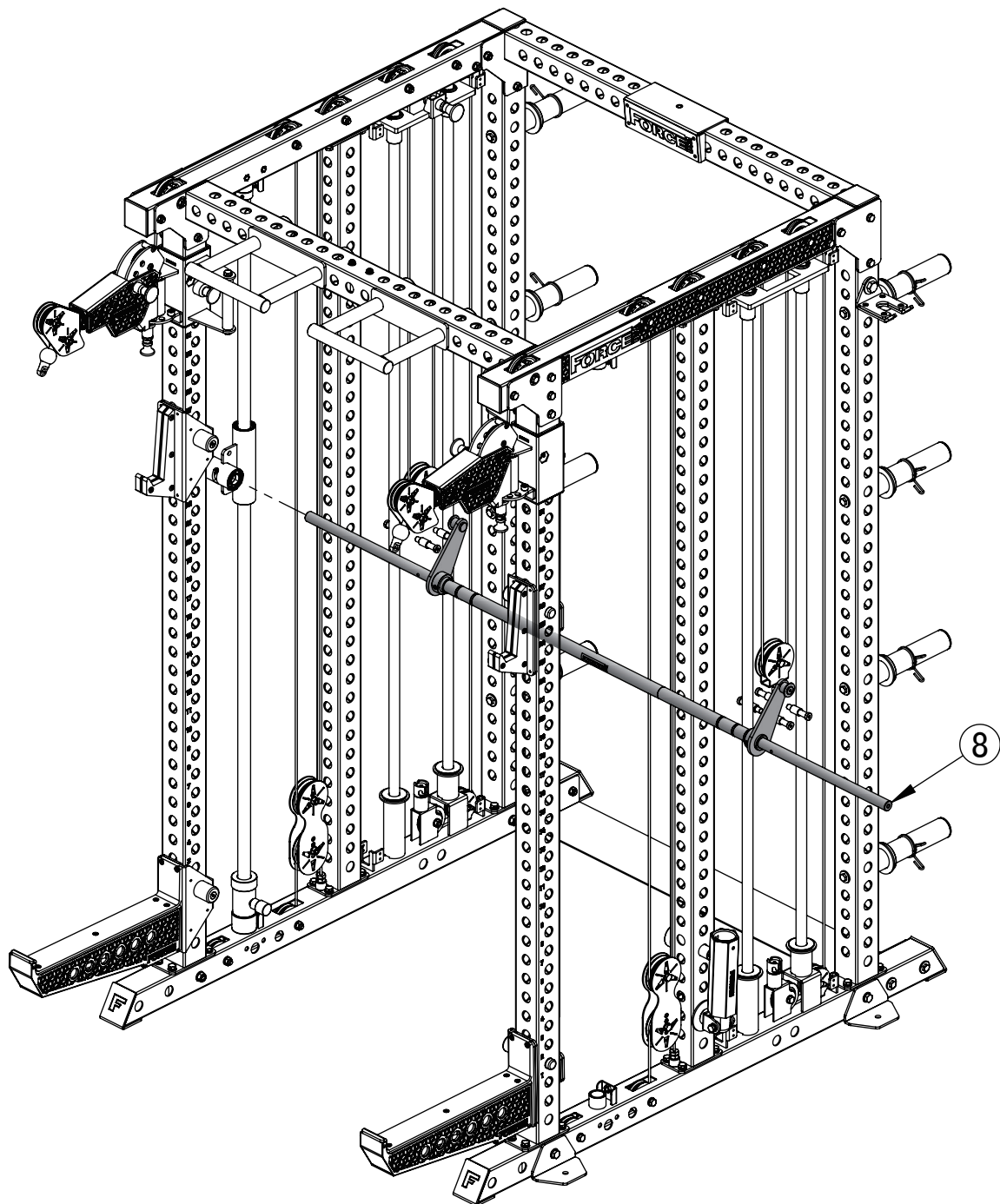


STEP2-PARTS & HARDWARE

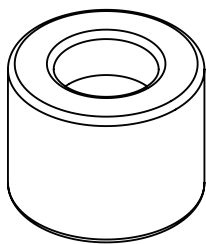


8 x1
Smith Bar

STEP2-ASSEMBLY

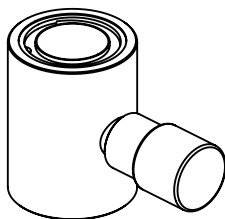


STEP3-PARTS & HARDWARE



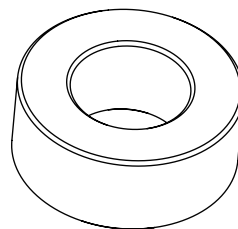
① x1

Smith Bar Rubber Bumper



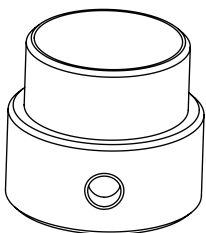
② x1

Smith Bar Safety Hook



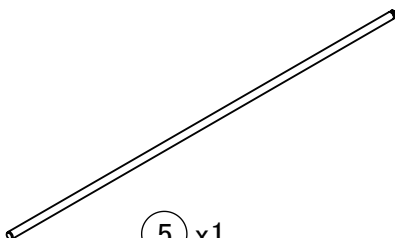
③ x1

60-30 Rubber Bumper



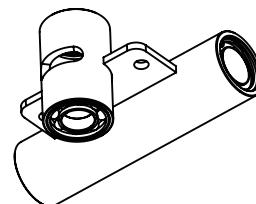
④ x1

Smith Bar Top Locking Sleeve



⑤ x1

Smith Bar Guide Rod



⑥ x1

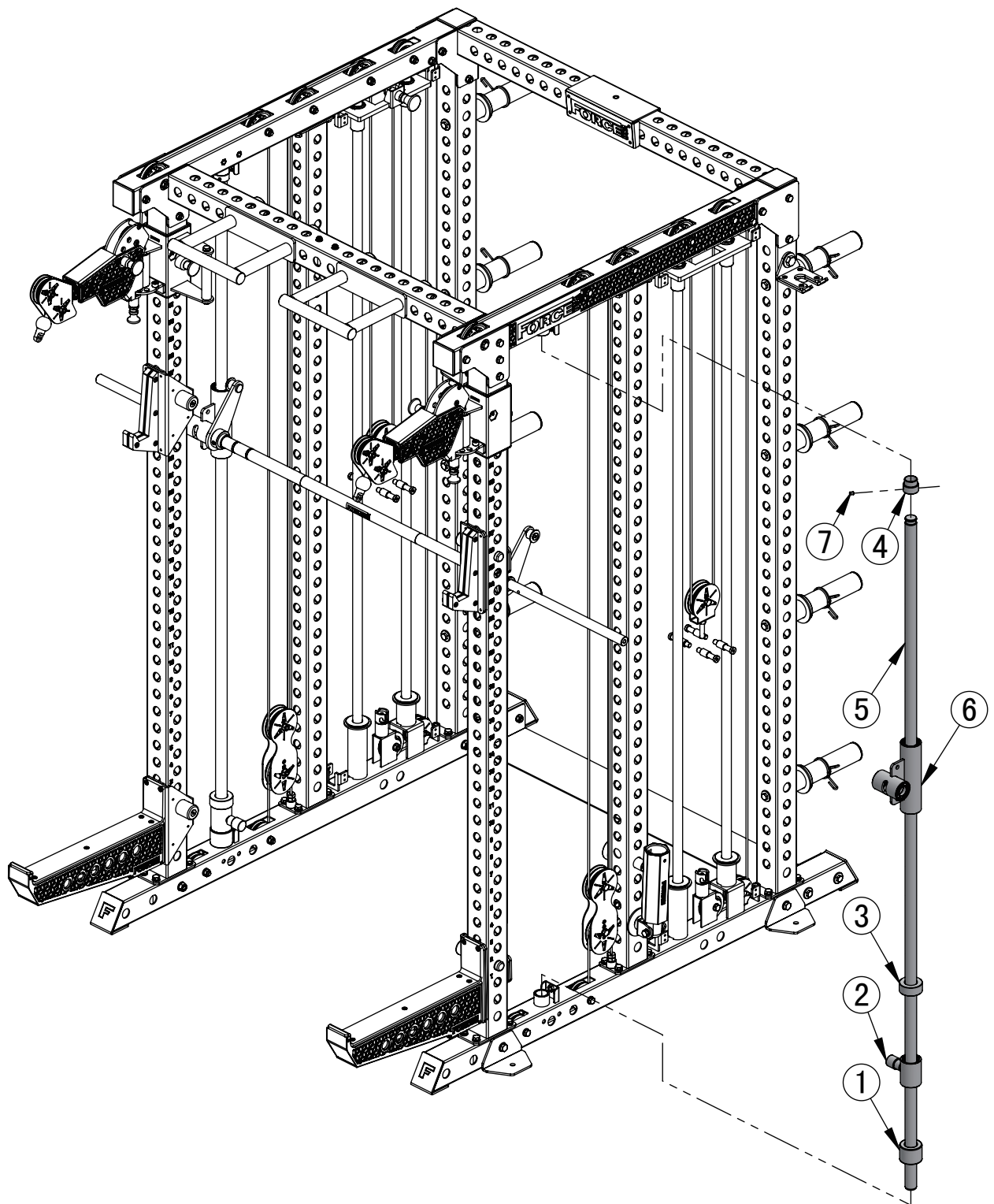
Smith Bar Sliding Frame

⑦ x1

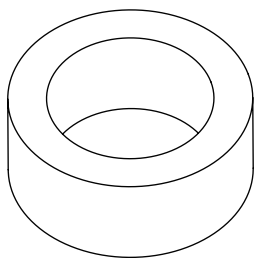


M8x10mm

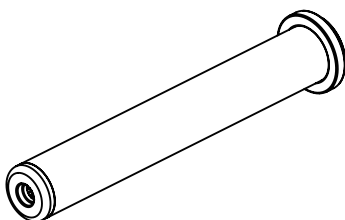
STEP3-ASSEMBLY



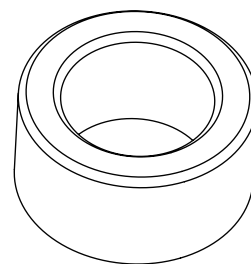
STEP4-PARTS & HARDWARE



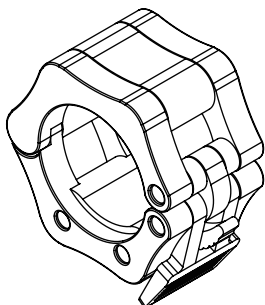
②③ x2
spacer sleeve



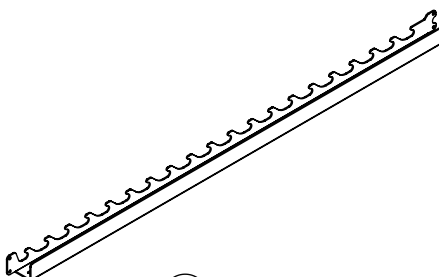
⑩ x2
Smith Barbell Sleeve



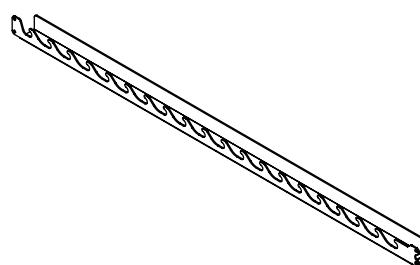
⑫ x2
Smith Barbell Sleeve Spacer



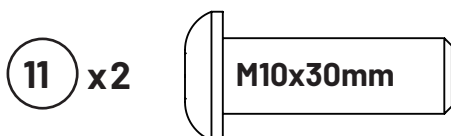
⑬ x2
Magnetic Olympic Lock Collar



⑭ x1
Smith Bar Hook Plate - Left

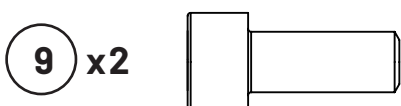


⑮ x1
Smith Bar Hook Plate - Right



⑪ x2

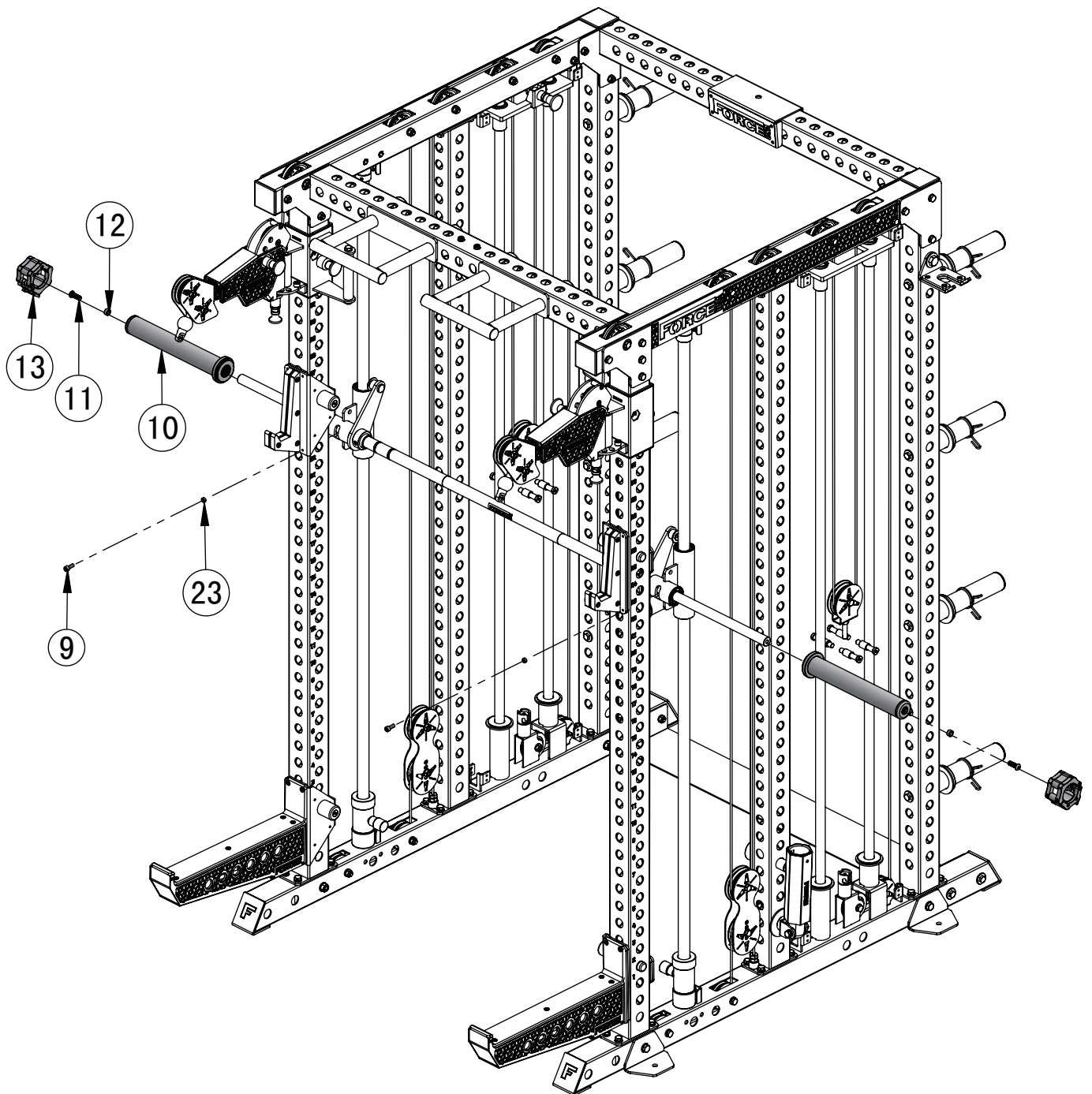
M10x30mm



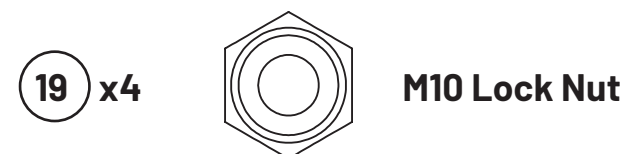
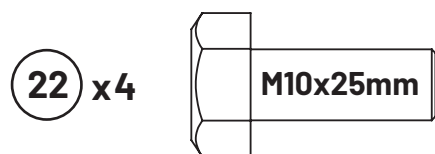
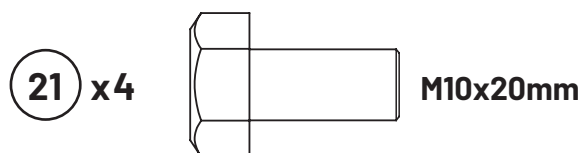
⑨ x2

M8x20mm

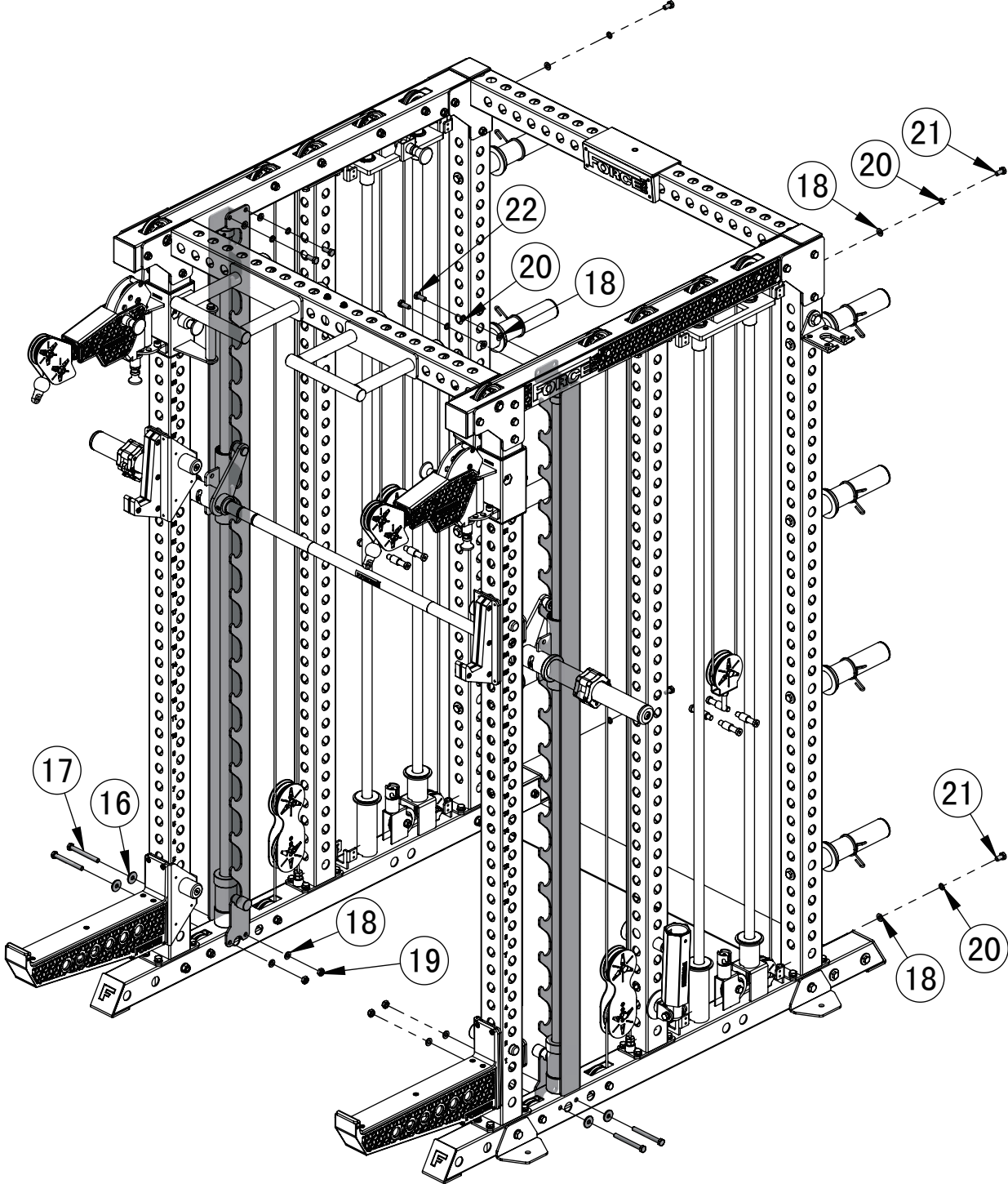
STEP4-ASSEMBLY



STEP5-PARTS & HARDWARE



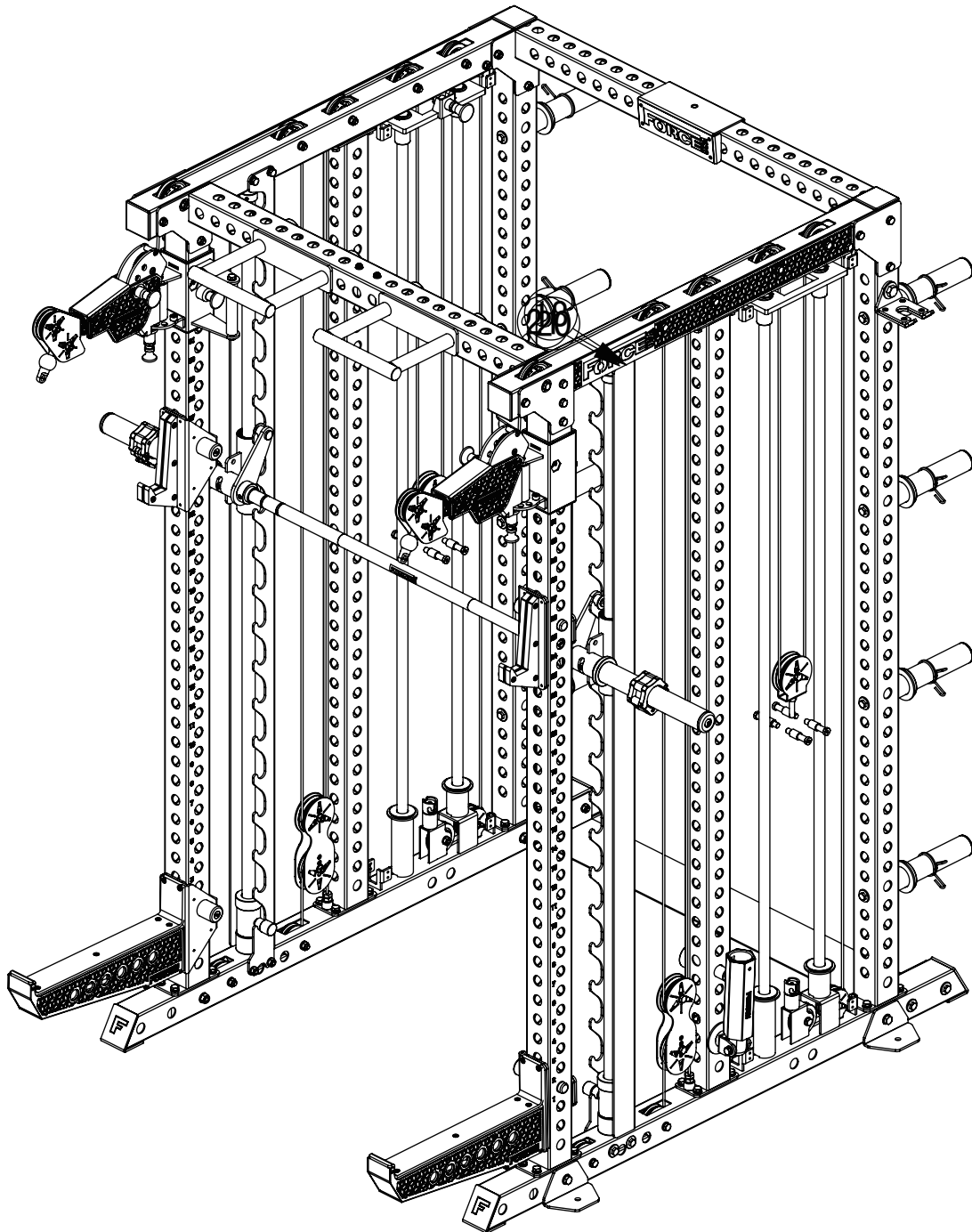
STEP5-ASSEMBLY



FINAL TOUCHES



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



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:

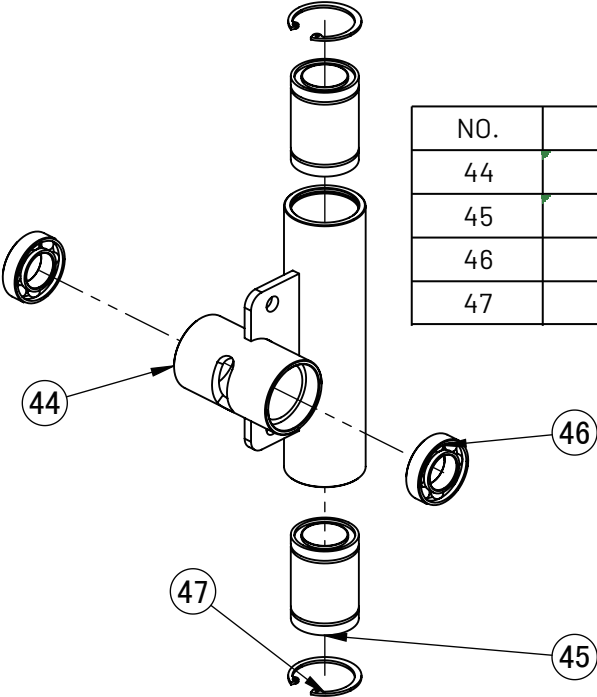
Ensure cables are ONLY touching the pulley wheels. Be sure cable routing is correct so that it is not going over or under bolts or the frame.

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

EXPLODED DIAGRAMS

6 x2

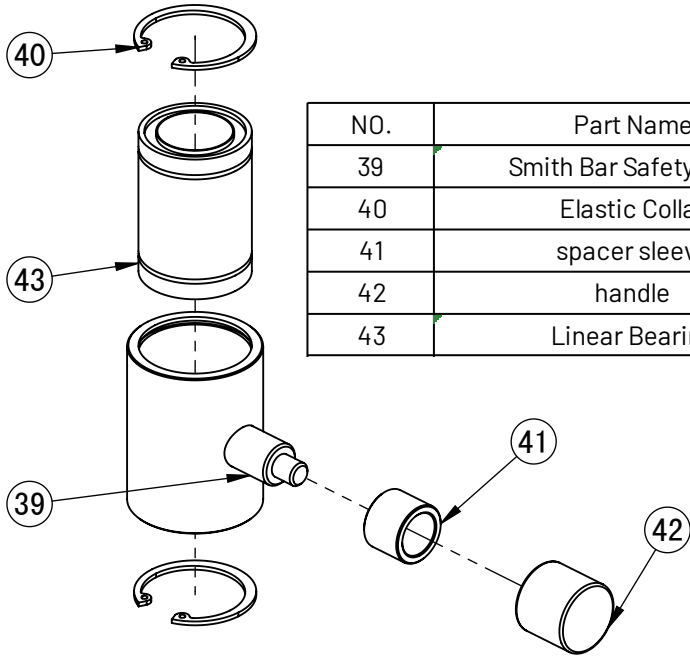
Smith Bar Sliding Frame



NO.	Part Name	Speci Cation	QTY
44	Smith Bar Sliding Frame		1
45	Linear Bearing		2
46	Bearing	6005	2
47	Elastic Collar	45	2

2 x2

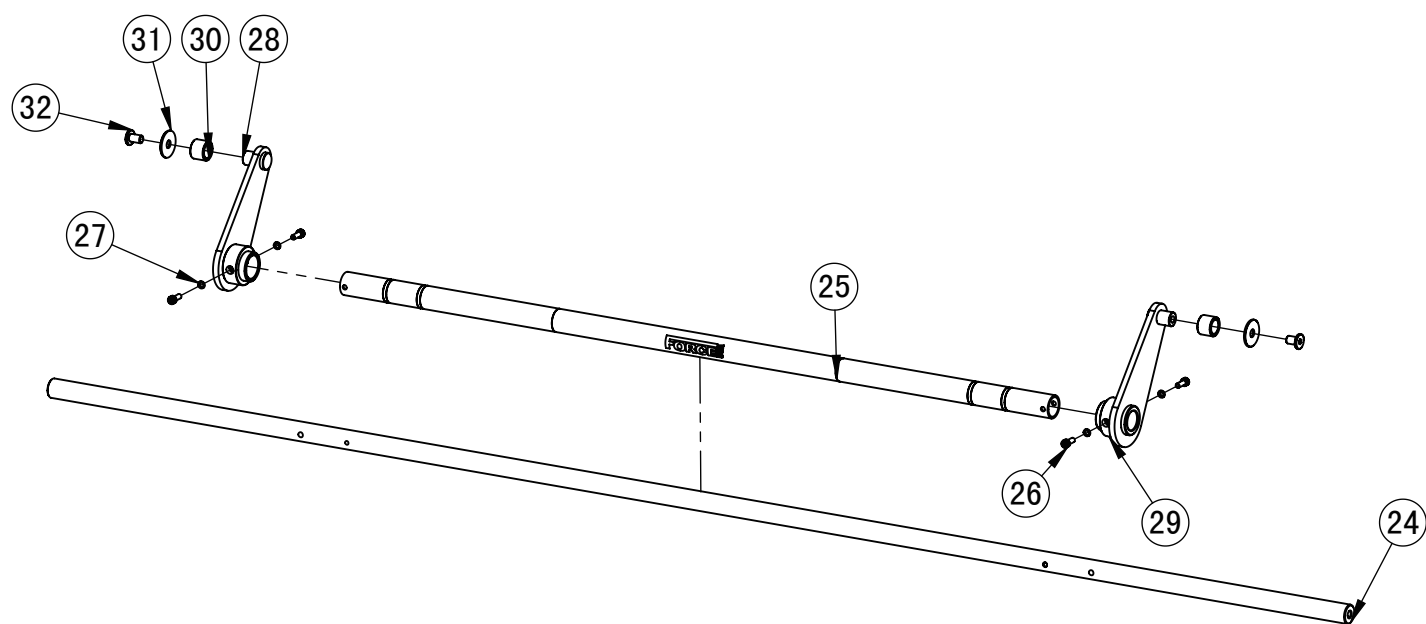
Smith Bar Safety Hook



NO.	Part Name	Speci Cation	QTY
39	Smith Bar Safety Hook		1
40	Elastic Collar	45	2
41	spacer sleeve		1
42	handle		1
43	Linear Bearing		1

EXPLODED DIAGRAMS

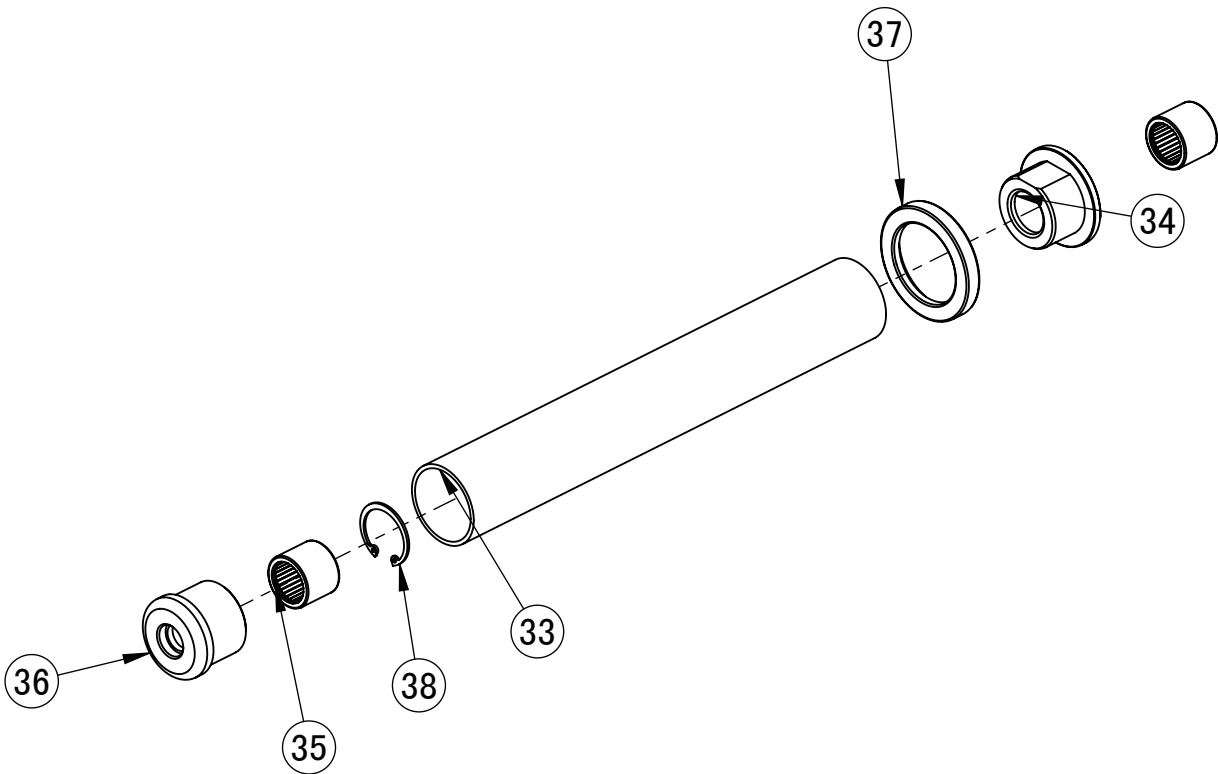
8 x1
Smith Bar



NO.	Part Name	Speci Cation	QTY
24	Smith Bar Inner Tube		1
25	Smith Bar	45	1
26	Hexagon Bolt		4
27	Spring Washer	M6	4
28	Hook Left		1
29	Hook Right		1
30	Spacer Sleeve		2
31	Flat Washer		2
32	Hexagon Bolt	M10X16	2

EXPLODED DIAGRAMS

(10) x2
Smith Barbell Sleeve



NO.	Part Name	Speci Cation	QTY
33	Smith Barbell Sleeve		1
34	Aluminum Retaining Ring		1
35	Roller Bearing		2
36	Barbell Handle Block		1
37	Rubbber Ring		1
38	Elastic Collar		1

WARRANTY INFO

For warranty information please contact the dealer nearest to you.

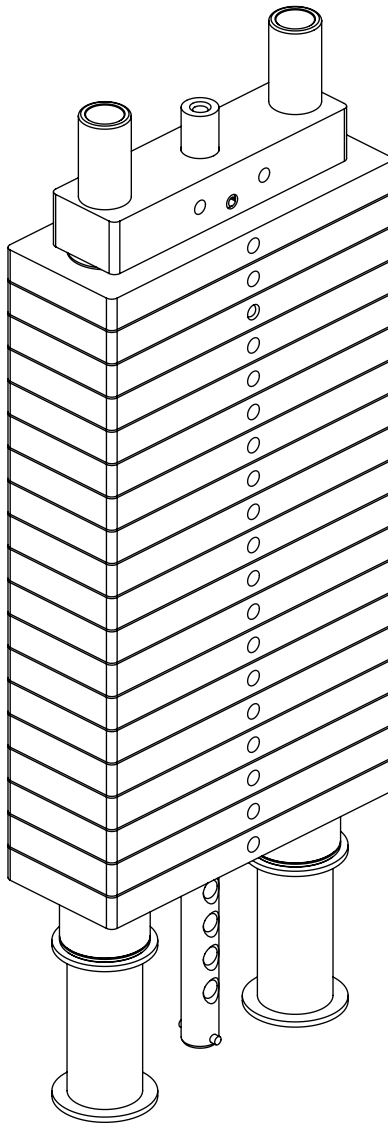


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USER MANUAL | **F-M20-WS**



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IMPORTANT SAFETY INSTRUCTIONS



Regular maintenance is key to ensuring your safety and extending the lifespan of your Force USA equipment. Following the cleaning and lubrication cycles detailed here prevents premature wear, helps avoid potential injuries, and ensures optimal performance.

1. General Readiness & Assembly

- **Read the Manual:** Read all instructions and warning labels before assembling or using this equipment. Keep these instructions for future reference.
- **Assembly Safety:** It is highly recommended that two or more people perform the assembly. Assemble on a flat, level surface.
- **Hardware:** During assembly, only tighten nuts and bolts loosely. Once fully assembled, tighten all hardware from the bottom up, working evenly around the unit.
- **Orientation:** "Left" and "right" refer to the perspective of standing in front of and facing the equipment.

2. Medical & Health Advisory

- **Consult a Physician:** Before starting any exercise program, consult your doctor, especially if you are over 35 or have pre-existing health conditions.
- **Listen to Your Body:** Stop immediately if you experience pain, dizziness, nausea, or shortness of breath.
- **Preparation:** Always stretch and warm up properly prior to using the equipment.

3. Environment & Workspace

- **Surface:** Use a flat, stable surface. Consider a mat to protect your flooring.
- **Clearance:** Maintain at least 3–5 feet (1–1.5 meters) of clearance around the unit to avoid obstacles or interference.
- **Storage:** Do not use or store the equipment outdoors or near water.

4. Proper Usage & Technique

- **Safe Interaction:** Keep hair, fingers, and clothing away from all moving parts. Tie back long hair and remove jewelry.
- **Technique:** Focus on correct form and controlled movements. Increase weight or intensity gradually.}

- **Supervision:** Keep children and pets away from the equipment at all times. For heavy lifting, use a spotter.

5. Technical Maintenance & Inspection

(Refer to the specific Maintenance Checklist for your model for detailed component care)

- **Pre-Use Inspection:** Ensure all parts are in working order before every session. Check for cracks, structural wear, or loose hardware.
- **Moving Parts & Pivots:** Do not over-tighten components with a pivoting or rotating function; they must move freely. For cardio equipment, ensure pedals, handles, or running belts rotate/move without obstruction.
- **Specific Lubrication:** * **Strength:** Use only 100% silicone spray for guide rods and Smith bars as specified. Never spray ball bearings with silicone, as it washes out the internal grease.
- **Cardio:** Lubricate running belts or drive chains only as instructed by the manufacturer. Keep the motor housing and electronics free of dust.
- **Transmission Integrity:** * **Cables & Belts:** Regularly check cables, drive belts, or running belts for proper tension and signs of fraying or cracking.
- **Smooth Operation:** Ensure the weight selector pin (strength) or the resistance adjustment (cardio) functions smoothly without jamming.
- **Defective Parts:** Never operate the equipment if parts are worn, frayed, or malfunctioning. Replace defective components immediately. Keep the equipment out of use until the repair is completed.

6. Daily Cleaning

- **Hygiene:** Wipe down the equipment after each use with a dry, non-abrasive cloth to remove sweat and dust, preventing corrosion and material degradation.

BEFORE YOU START CONTINUED

MAINTENANCE CHECKLIST FOR FITNESS EQUIPMENT

1. Smith Bar

Cleaning and Care

- The Smith bar must only be cleaned and lubricated with silicone spray.
- Manufacturer recommendation: CardioStrong silicone spray (FitShop).

Procedure:

1. Spray the bar generously with silicone spray.
2. Wipe thoroughly with a dry, clean cloth.
3. Repeat the process until the bar is completely clean.
4. Finally, spray the bar again and leave the silicone spray on the surface as a protective and lubricating layer.

Maintenance Interval

- Especially important before first use.
- Inspect every 4–6 weeks.
- Reapply if the bar appears dry.
- A light lubricating film should always be present on the bar.

2. Weight Stack Guide Rods

Cleaning and Care

- The guide rods must only be cleaned and lubricated with silicone spray.
- Manufacturer recommendation: CardioStrong silicone spray (FitShop).

Procedure:

1. Spray the guide rod with silicone spray.
2. Wipe with a dry cloth.
3. Repeat until the rod is completely clean.
4. Spray again and leave the product on the surface as a protective and lubricating layer.

Maintenance Interval

- Especially important before first use.
- Inspect every 4–6 weeks.
- Reapply if the surface appears dry.
- A light lubricating film must be present at all times.

3. Machine Ball Bearings

Important Notes

- Ball bearings must not be sprayed with

- silicone spray, as this may wash out the existing bearing grease.
- Maintenance should be performed once per year.
- Use penetrating grease for servicing.
- Apply penetrating grease directly to the ball bearings once per year.

4. Cables

Inspection and Adjustment

- Regularly check cables for proper tension and overall condition.
- If necessary, tighten the cable at one of the adjustment points.
- The goal is to ensure that the weight selector pin can be inserted smoothly into every weight plate.
- If insertion is not possible, slightly loosen the cable accordingly.

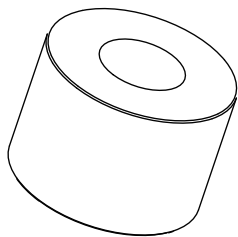
Special Note – Freestyle Pulley

- Ensure that the cable at the rear of the Freestyle Pulley (front cable attachment)
 - either hangs straight down
 - or has slight play for movement.
- This prevents the formation of a predetermined breaking point.

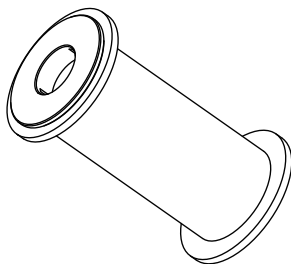
Maintenance Schedule Overview

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

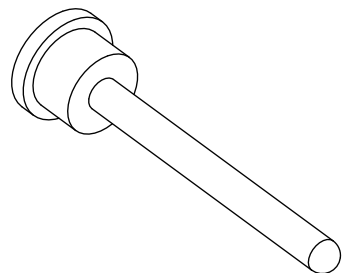
HARDWARE IDENTIFIER



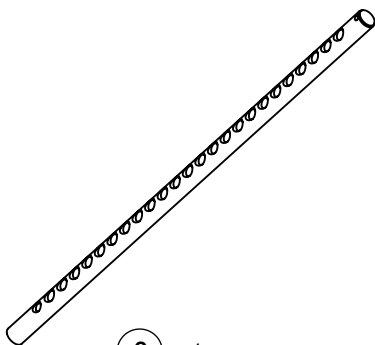
⑥ x2
60-27 Rubber Bumper



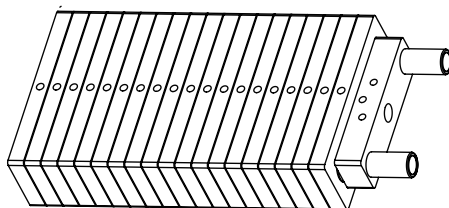
③ x2
Weight Stack Spacer



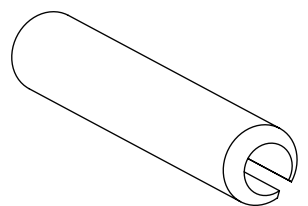
① x1
Weight Stack Selector Pin



② x1
selector Rod

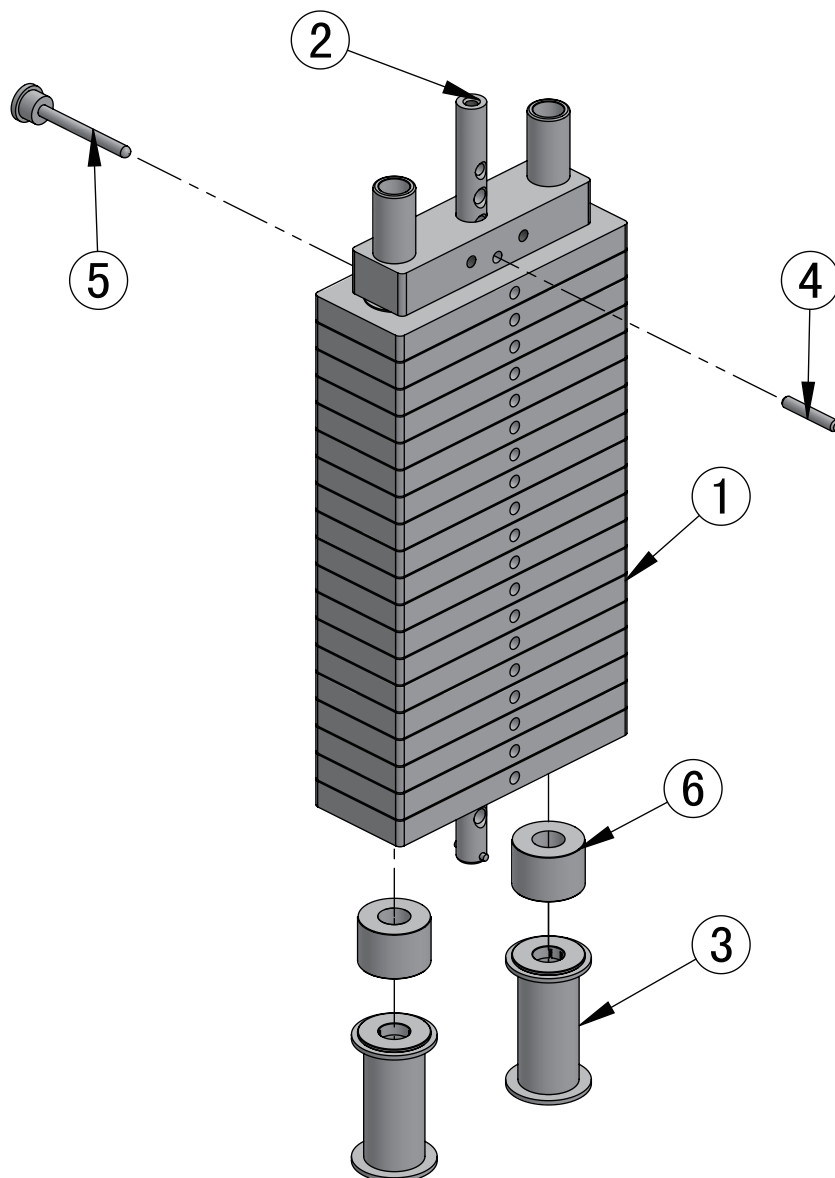


① x1
Weight Stack

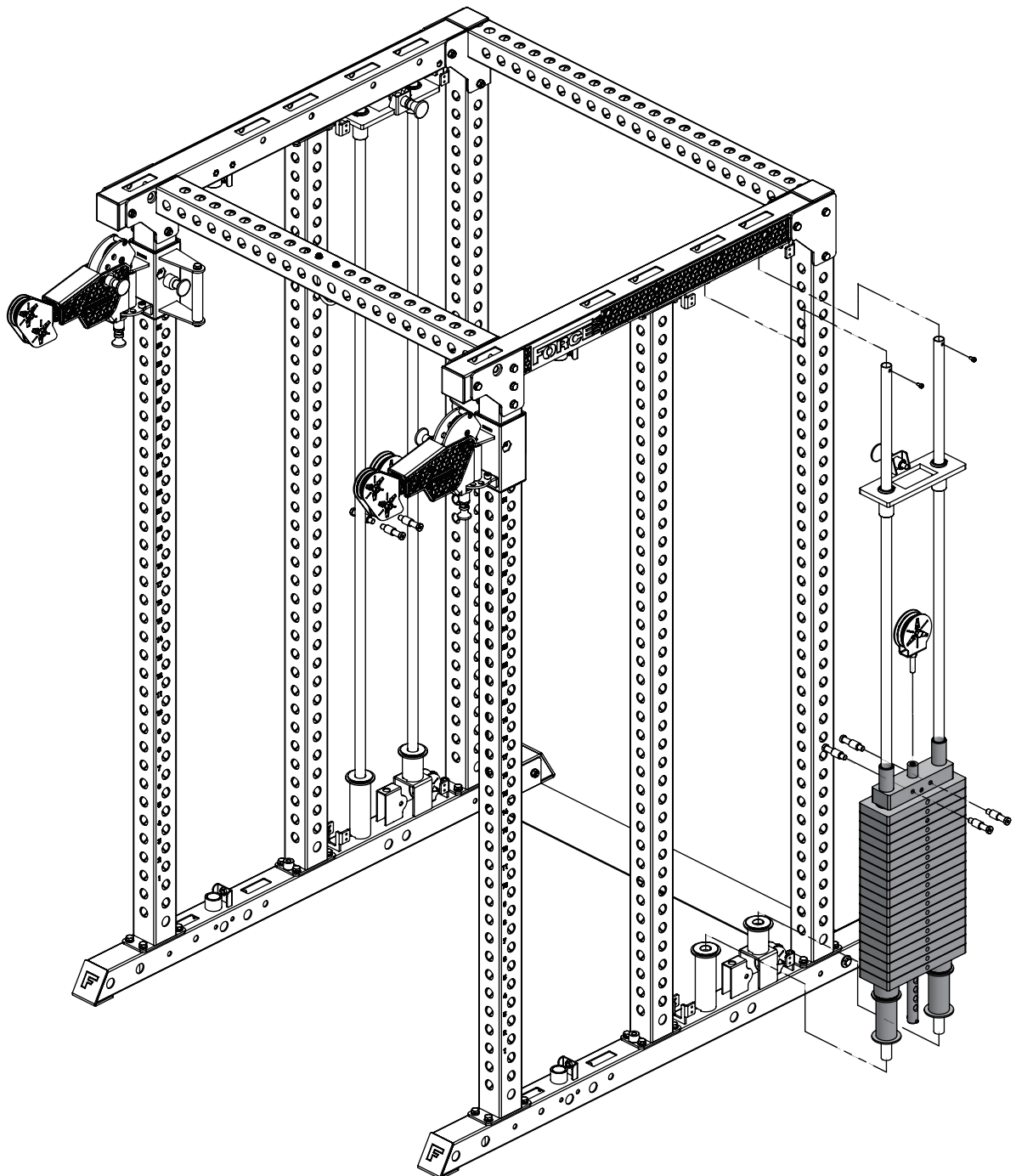


④ x1
cylindrical pin

STEP1-ASSEMBLY



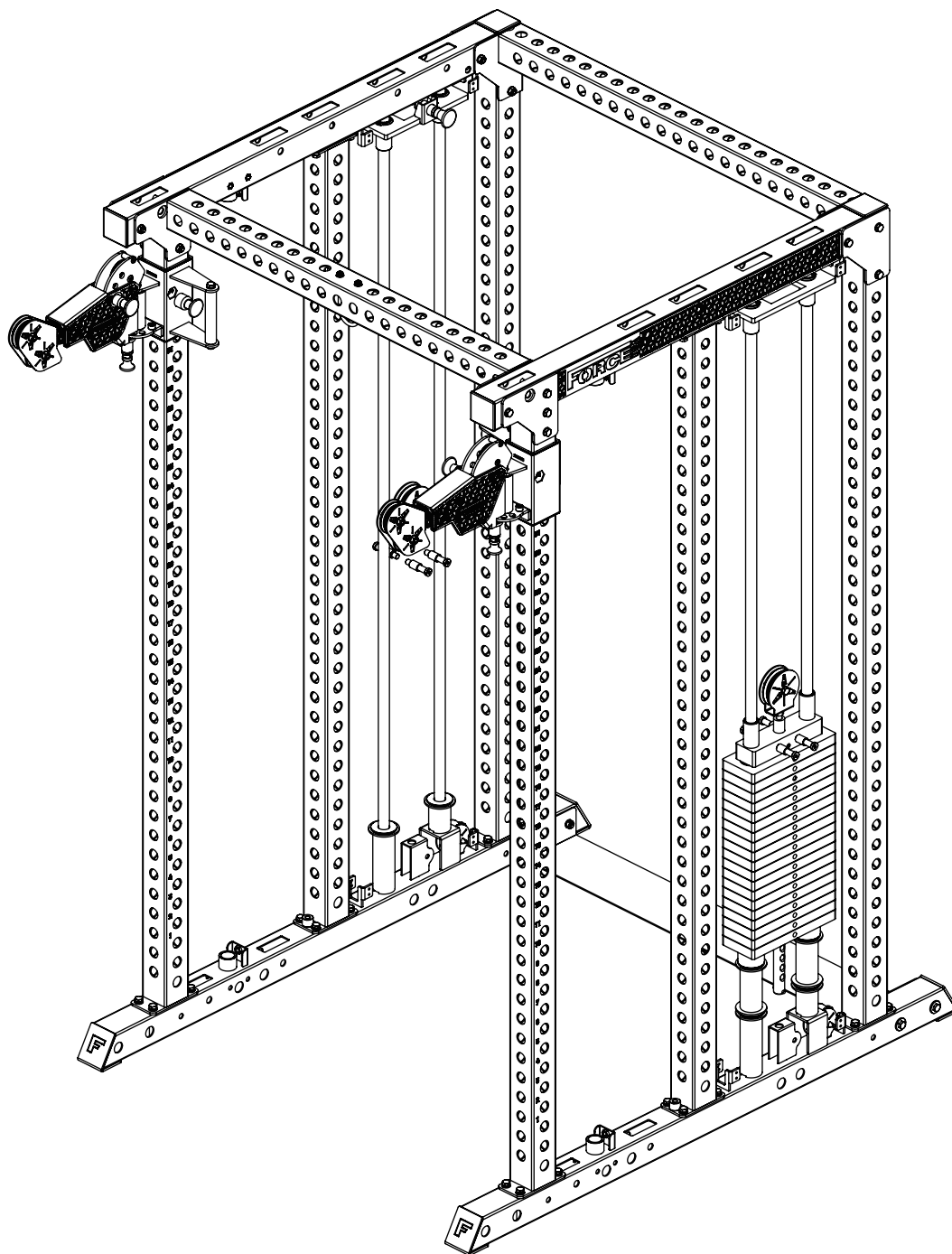
STEP2-ASSEMBLY



FINAL TOUCHES



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



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.

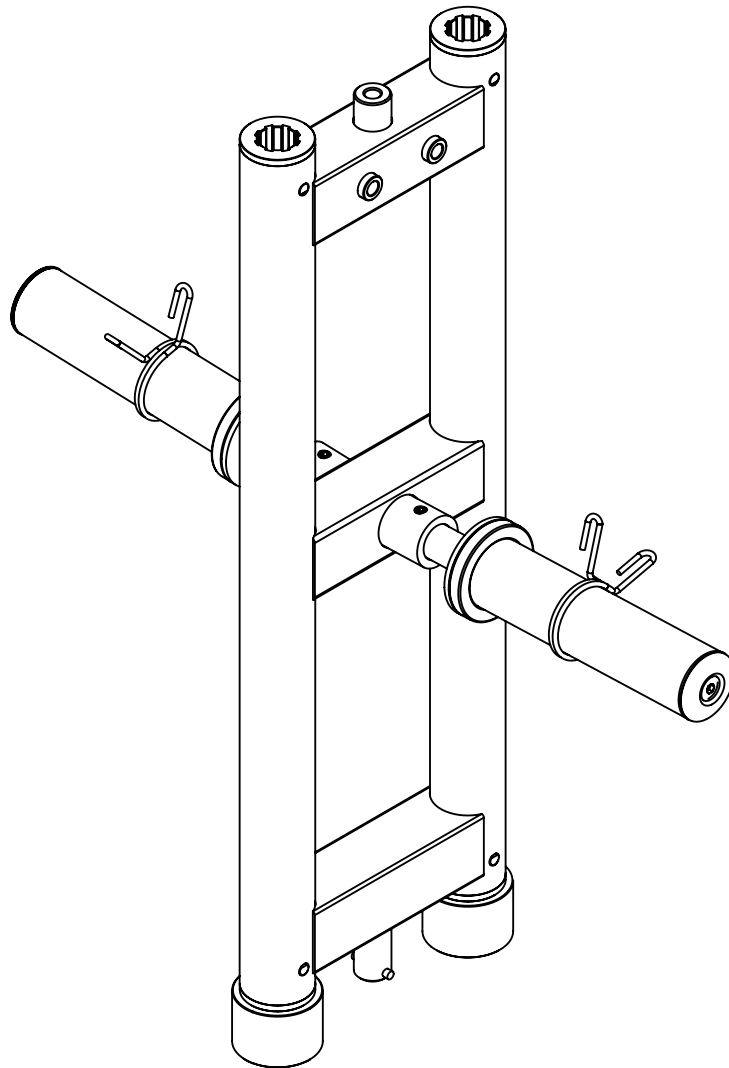


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USER MANUAL | **F-M20-PLC**



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IMPORTANT SAFETY INSTRUCTIONS



Regular maintenance is key to ensuring your safety and extending the lifespan of your Force USA equipment. Following the cleaning and lubrication cycles detailed here prevents premature wear, helps avoid potential injuries, and ensures optimal performance.

1. General Readiness & Assembly

- **Read the Manual:** Read all instructions and warning labels before assembling or using this equipment. Keep these instructions for future reference.
- **Assembly Safety:** It is highly recommended that two or more people perform the assembly. Assemble on a flat, level surface.
- **Hardware:** During assembly, only tighten nuts and bolts loosely. Once fully assembled, tighten all hardware from the bottom up, working evenly around the unit.
- **Orientation:** "Left" and "right" refer to the perspective of standing in front of and facing the equipment.

2. Medical & Health Advisory

- **Consult a Physician:** Before starting any exercise program, consult your doctor, especially if you are over 35 or have pre-existing health conditions.
- **Listen to Your Body:** Stop immediately if you experience pain, dizziness, nausea, or shortness of breath.
- **Preparation:** Always stretch and warm up properly prior to using the equipment.

3. Environment & Workspace

- **Surface:** Use a flat, stable surface. Consider a mat to protect your flooring.
- **Clearance:** Maintain at least 3–5 feet (1–1.5 meters) of clearance around the unit to avoid obstacles or interference.
- **Storage:** Do not use or store the equipment outdoors or near water.

4. Proper Usage & Technique

- **Safe Interaction:** Keep hair, fingers, and clothing away from all moving parts. Tie back long hair and remove jewelry.
- **Technique:** Focus on correct form and controlled movements. Increase weight or intensity gradually.}

- **Supervision:** Keep children and pets away from the equipment at all times. For heavy lifting, use a spotter.

5. Technical Maintenance & Inspection

(Refer to the Maintenance Checklist on page 6 for specific component care)

- **Pre-Use Inspection:** Ensure all parts are in working order before every session. Check for cracks, wear, or loose bolts.
- **Moving Parts:** Do not over-tighten components with a pivoting function; they must move freely.
- **Specific Lubrication:** Use only silicone spray for the Smith Bar and Guide Rods as specified. Never spray ball bearings with silicone, as this washes out the internal grease.
- **Cable Integrity:** Regularly check cables for proper tension and signs of fraying. Ensure the weight selector pin inserts smoothly.
- **Defective Parts:** Never operate the equipment if parts are worn or malfunctioning. Replace defective components immediately.

6. Daily Cleaning

- **Hygiene:** Wipe down the equipment after each use with a dry, non-abrasive cloth to remove sweat and dust, preventing corrosion and material degradation.

BEFORE YOU START CONTINUED

MAINTENANCE CHECKLIST FOR FITNESS EQUIPMENT

1. Smith Bar

- Cleaning and Care
- The Smith bar must only be cleaned and lubricated with silicone spray.
- Manufacturer recommendation: CardioStrong silicone spray (FitShop).

Procedure:

- Spray the bar generously with silicone spray.
- Wipe thoroughly with a dry, clean cloth.
- Repeat the process until the bar is completely clean.
- Finally, spray the bar again and leave the silicone spray on the surface as a protective and lubricating layer.

Maintenance Interval

- Especially important before first use.
- Inspect every 4–6 weeks.
- Reapply if the bar appears dry.
- A light lubricating film should always be present on the bar.

2. Weight Stack Guide Rods

- Cleaning and Care
- The guide rods must only be cleaned and lubricated with silicone spray.
- Manufacturer recommendation: CardioStrong silicone spray (FitShop).

Procedure:

- Spray the guide rod with silicone spray.
- Wipe with a dry cloth.
- Repeat until the rod is completely clean.
- Spray again and leave the product on the surface as a protective and lubricating layer.

Maintenance Interval

- Especially important before first use.
- Inspect every 4–6 weeks.
- Reapply if the surface appears dry.
- A light lubricating film must be present at all times.

3. Machine Ball Bearings

Important Notes

- Ball bearings must not be sprayed with

silicone spray, as this may wash out the existing bearing grease.

- Maintenance should be performed once per year.
- Use penetrating grease for servicing.
- Apply penetrating grease directly to the ball bearings once per year.

4. Cables

Inspection and Adjustment

- Regularly check cables for proper tension and overall condition.
- If necessary, tighten the cable at one of the adjustment points.
- The goal is to ensure that the weight selector pin can be inserted smoothly into every weight plate.
- If insertion is not possible, slightly loosen the cable accordingly.

Special Note – Freestyle Pulley

- Ensure that the cable at the rear of the Freestyle Pulley (front cable attachment)
 - either hangs straight down
 - or has slight play for movement.
- This prevents the formation of a predetermined breaking point.

Maintenance Schedule Overview

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

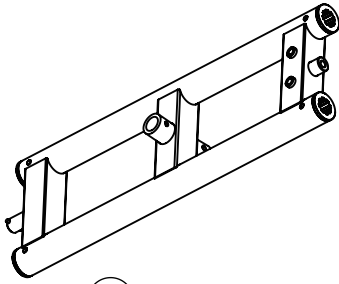
HARDWARE IDENTIFIER

4 x2 M8x10mm

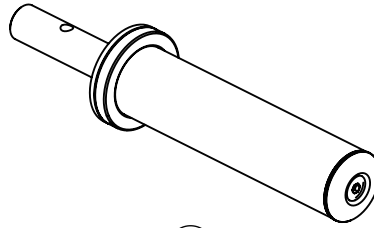


Note: parts may not be to scale

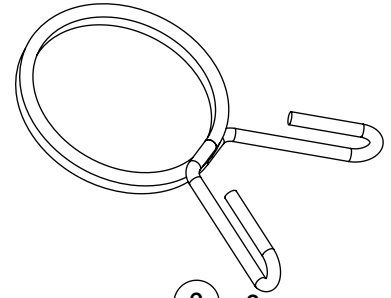
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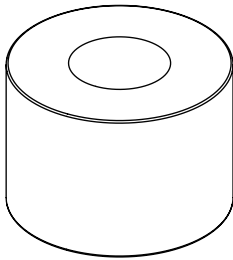
① x1
Weight Plate Frame



② x2
Weight Plate Storage

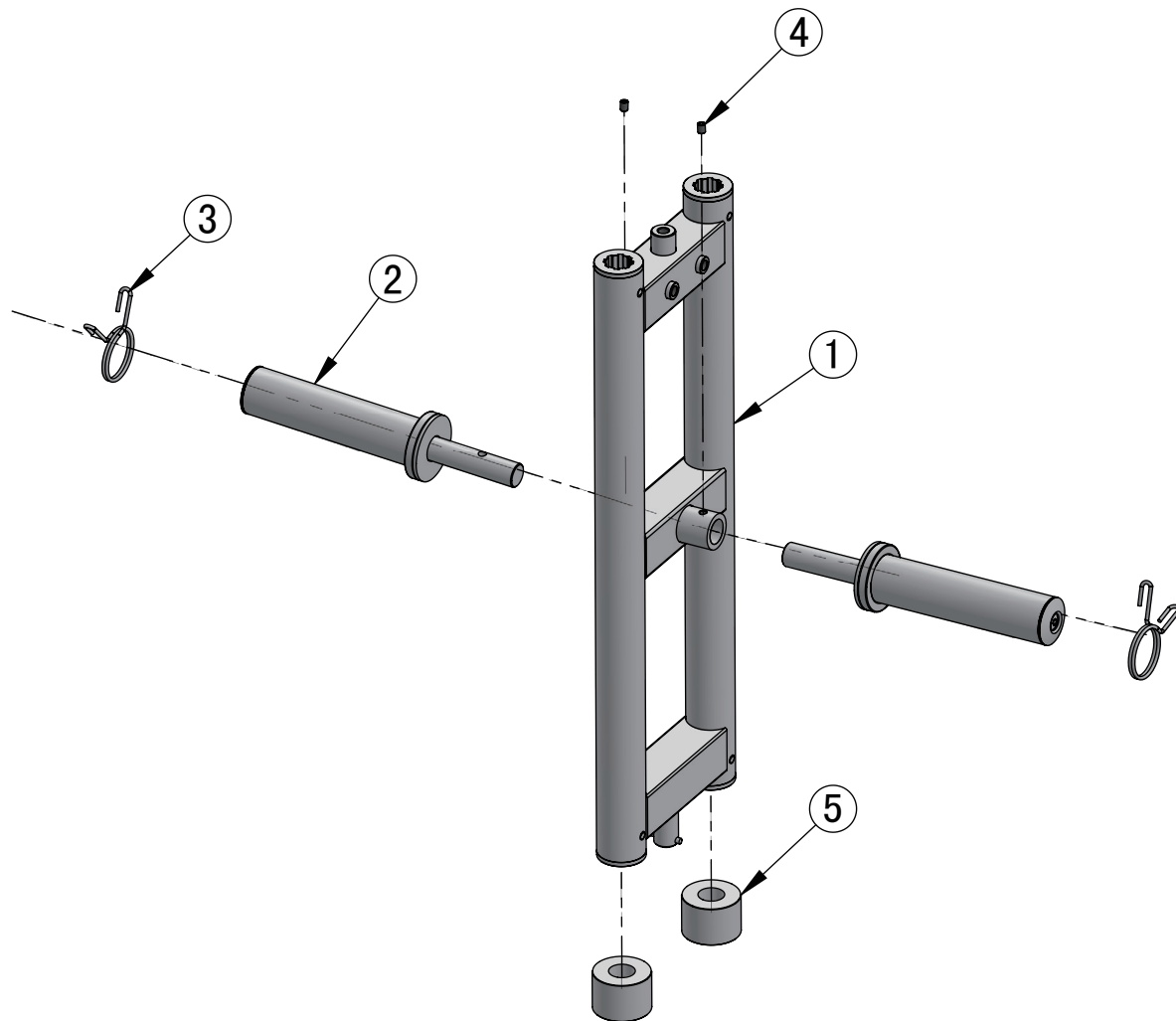


③ x2
Spring Collar

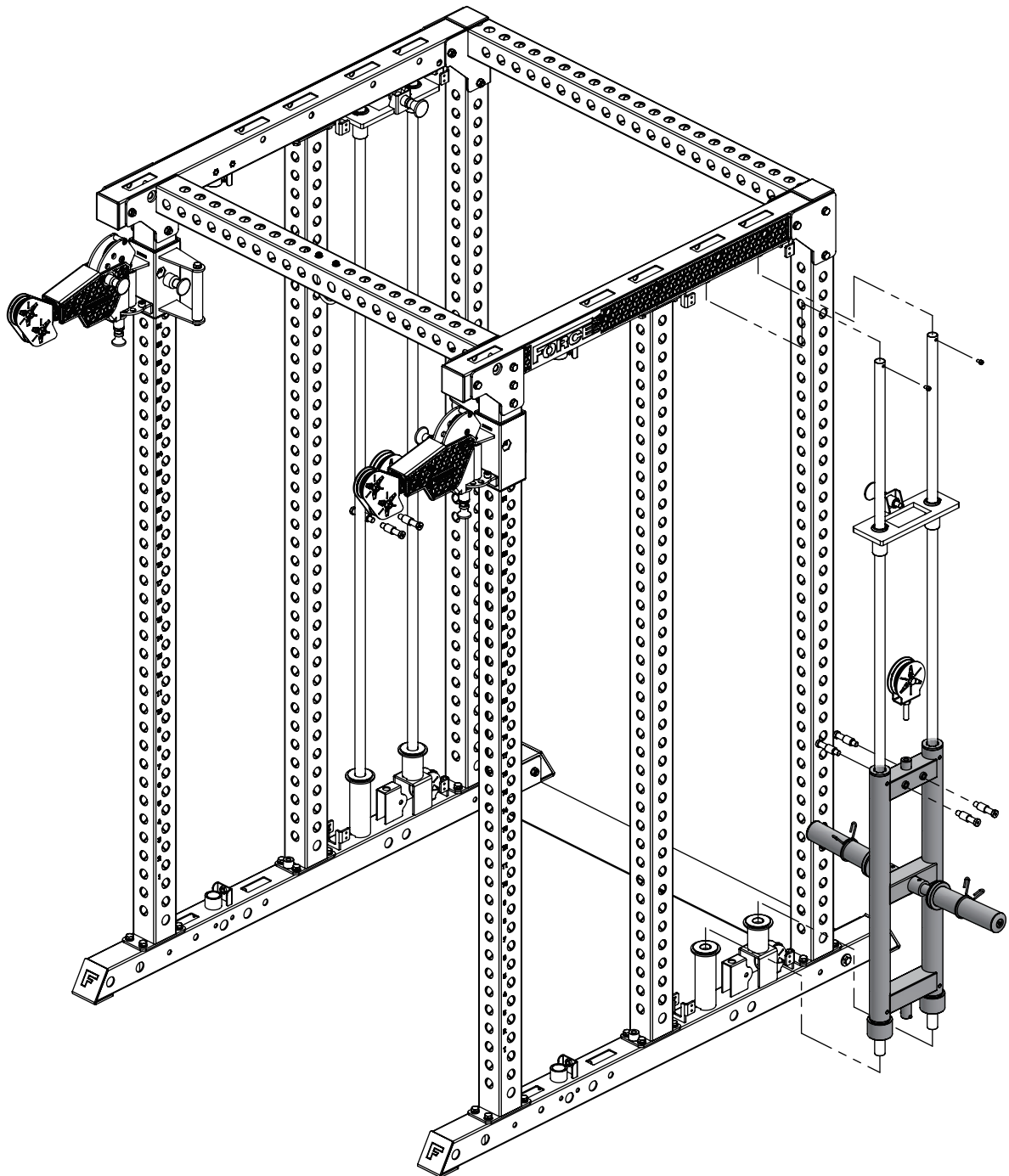


④ x2
Weight Stack Rubber Bumper

STEP1-ASSEMBLY



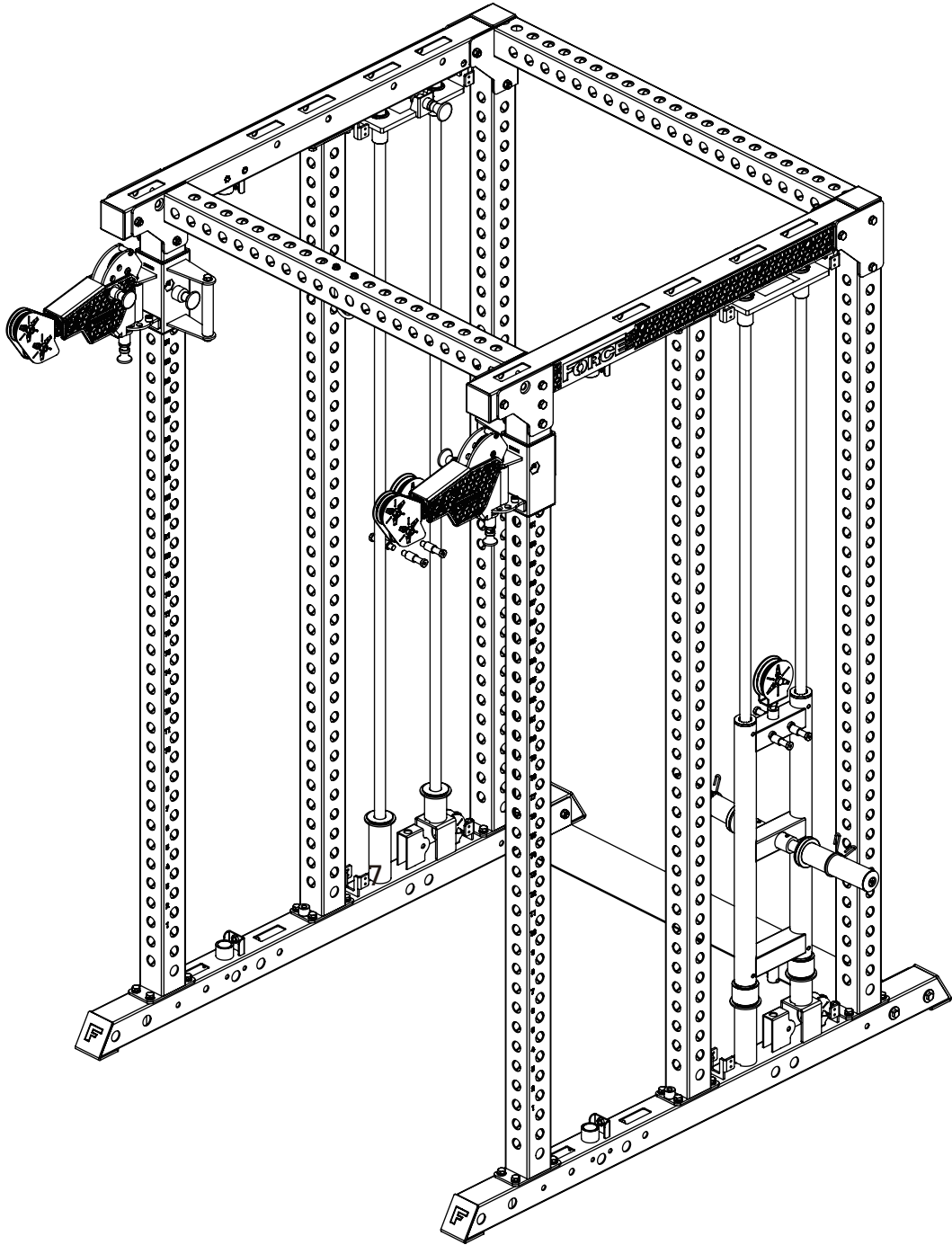
STEP2-ASSEMBLY



FINAL TOUCHES



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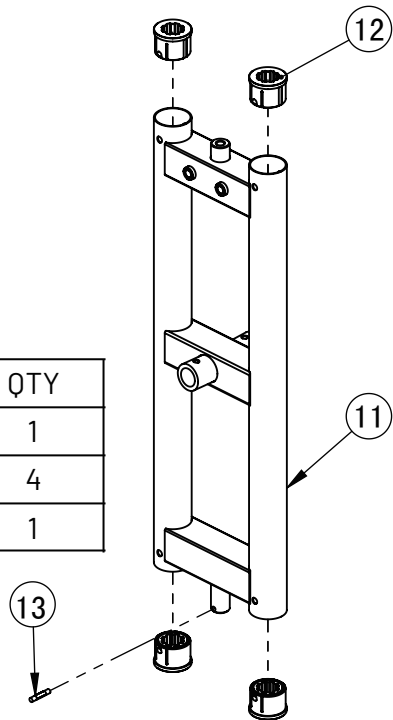
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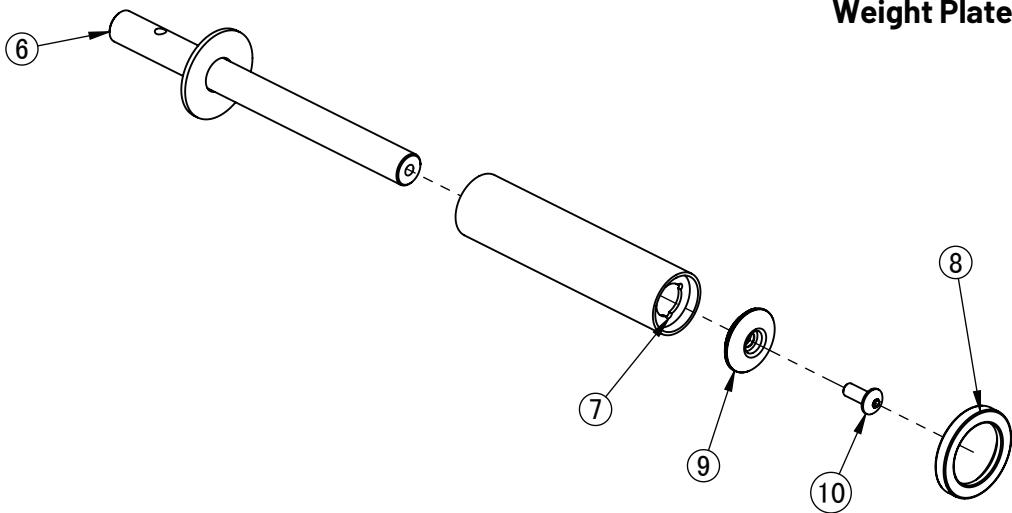
EXPLODED DIAGRAMS

① x1
Weight Plate Frame

NO.	Part Name	Speci Cation	QTY
11	Weight Plate Frame		1
12	Nylon Cover		4
13	Latch	6×35	1



② x2
Weight Plate Storage



NO.	Part Name	Speci Cation	QTY
6	Weight Plate Inner Storage		1
7	Weight Plate Tube		1
8	Rubber Ring		1
9	Aluminum Cap		1
10	Hexagon Bolt	M10X25	1

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



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