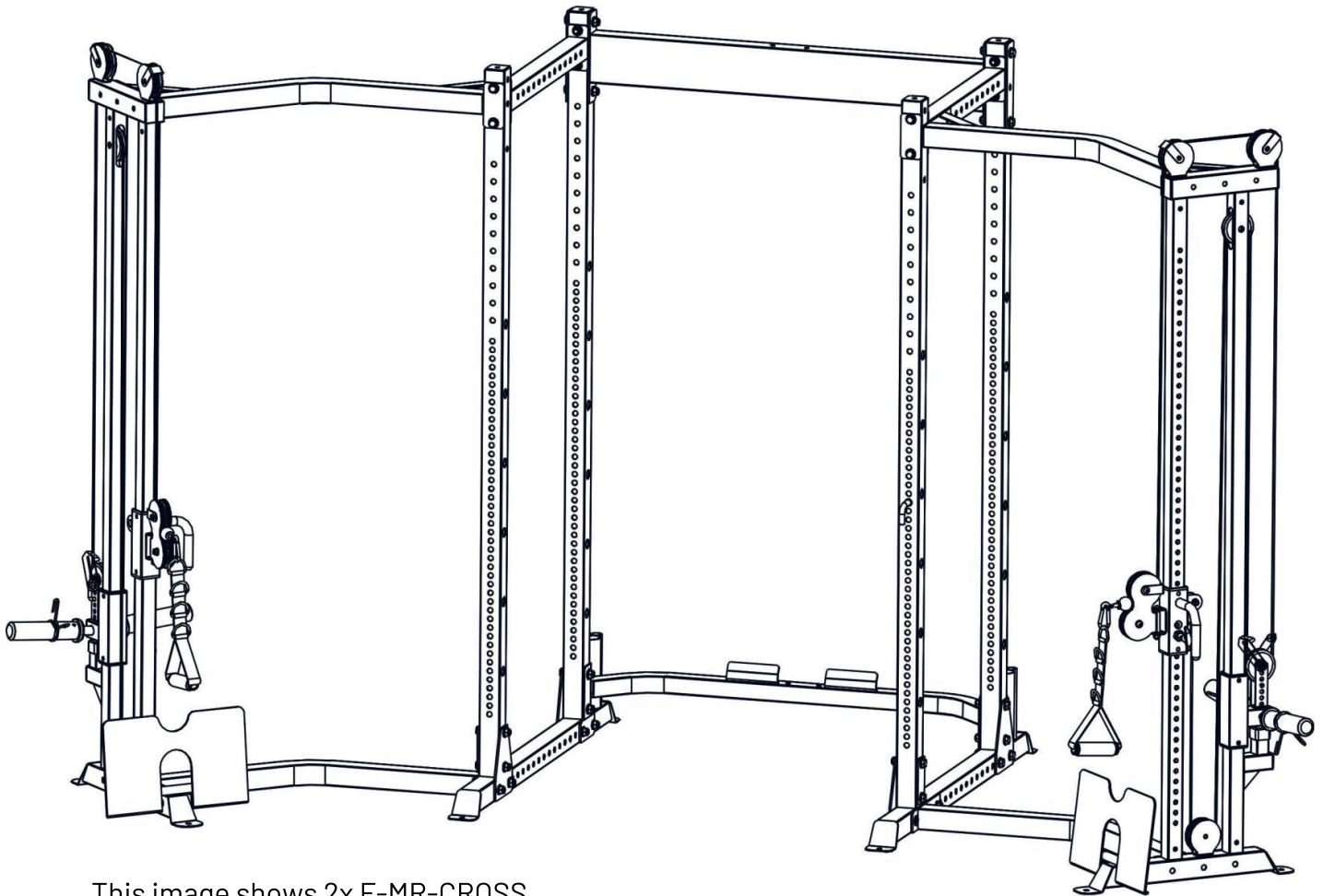


FORCE^{USA}

INNOVATION IN STRENGTH™



This image shows 2x F-MR-CROSS

USER MANUAL | **F-MR-CROSS**

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 save 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

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

Parts list

Key No.	Description of part	Quantity
1#	Rear connection frame	1
2#	Side stabilizer	1
3#	the upper frame	1
4#	upper cross beam	1
5#	Front vertical frame	1
6#	Rear Vertical frame	1
7#	Sliding frame	1
8#	Weight holder	1
9#	foot plate	1
10#	Bracket	1
11#	bracket	3
12#	swivel frame	1
13#	M10*85 Hex Bolt	10
14#	φ 12 Washer	22
15#	M12 Aircraft Nut	10
16#	M10×16 Allen Bolt	8
17#	φ 10 Washer	20
18#	M10 Aircraft Nut	7
19#	M12×90 Allen Bolt	1
20#	M12×135 Allen Bolt	1
21#	M10×45 Allen Bolt	6
22#	M10×60 Allen Bolt	1

23#	Buckle	1
24#	L shape cable retainer	2
25#	Sleeve	4
26#	Spring Collar plastic	4
27#	φ49 Spring Collar	2
28#	Adjustable single strap	1
29#	7# Gourd Hook	2
30#	15 joint Chain	1
31#	quick release lock pin	1
32#	Bushing	2
33#	Cable retainer	2
34#	bushing	2
35#	Bushing	2
36#	cable	1
37#	Φ 25 End cap	2
38#	φ 19 End cap	1
39#	□60×2.0 End cap	2
40#	φ25 End cap	2
41#	φ50×φ26.5×200 sleeve	2
42#	□38 Sleeve	1
43#	Pulley	7
44#	Handle grip	1

IMPORTANT ASSEMBLY INFORMATION

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

FASTENING NUTS AND BOLTS

- Only tighten all nuts and bolts after all components have been fully assembled.
- Do not over tighten any component with pivoting function.
- Make sure all pivoting components are able to move freely.

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.

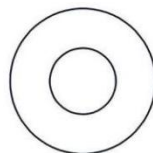
PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

HARDWARE IDENTIFIER

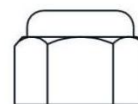
Note: The following parts are not drawn to scale, Please use your own ruler to measure the size.



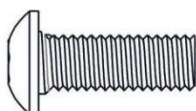
13# M10*85 Hex Bolt X 10PCS



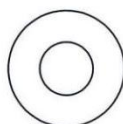
14# ϕ 12 Washer X 22 PCS



15# M12 Aircraft Nut X10PCS



16# M10 \times 16 Allen Bolt X8PCS



17# ϕ 10 Washer X 20 PCS



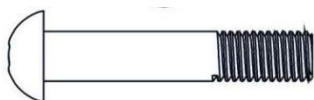
18# M10 Aircraft Nut X7 PCS



19# M12 \times 90 Allen Bolt X 1 PC



20# M12 \times 135 Allen Bolt X1PC

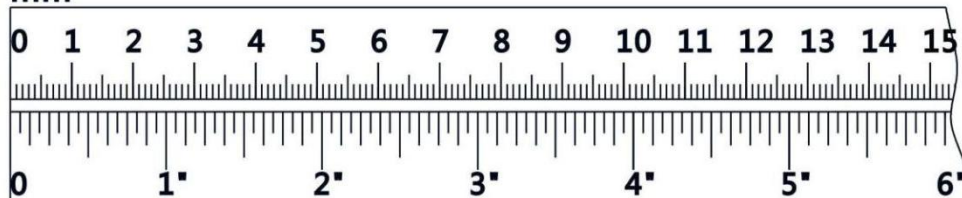


21# M10 \times 45 Allen Bolt X 6PCS



22# M10 \times 60 Allen Bolt X 1PC

mm



ASSEMBLY INSTRUCTION

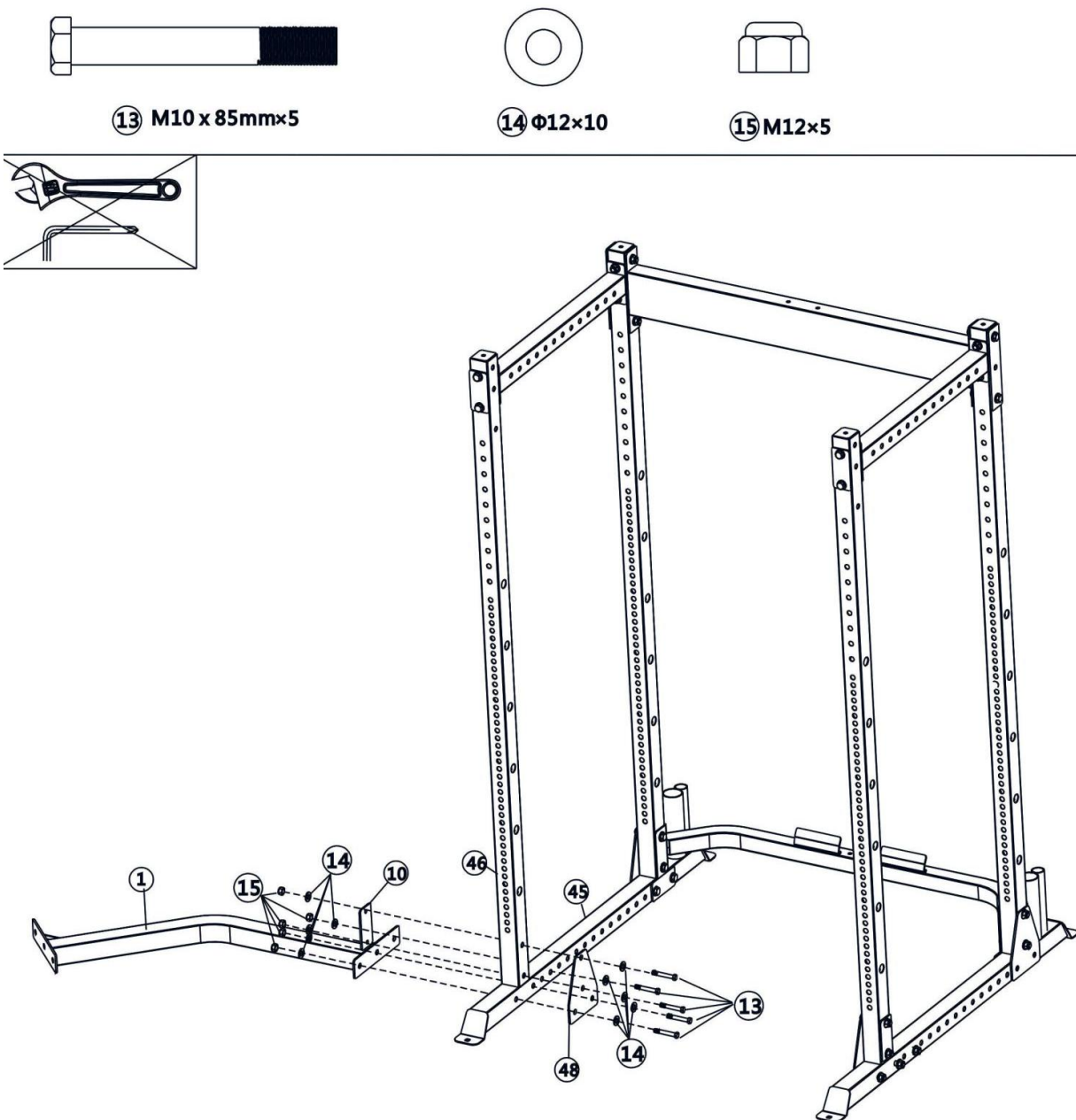
Tools required assembling the machine: Adjustable Wrench and Allen Wrench.

NOTE: It is strongly recommended two or more people assemble this machine to avoid possible injury. Only hand tighten all nuts and bolts and the entire machine is assembled.

STEP 1(See Diagram 1)

These instructions will direct you to set up the left side. Follow the same instructions when setting up the right side.

Attach the rear connection frame (1#) to the stabilizer (45#), Carefully align the holes and secure them with 5pcs M10*85 Hex Bolt (13#) , 10pcs ϕ 12 washer(14#) , 1 pc triangle bracket(48#), 1pc bracket(10#),and 5pcs M12 Aircraft nut (15#).

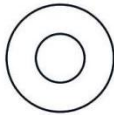


STEP 2(See Diagram 2)

Attach the side stabilizer (2#) to the rear connection frame(1#) , Carefully align the holes and secure them with 3pcs M10*85 Hex Bolt (13#),6pcs Φ 12 washer (14#),one pc bracket(11#) and 3pcs M12 Aircraft nut(15#).



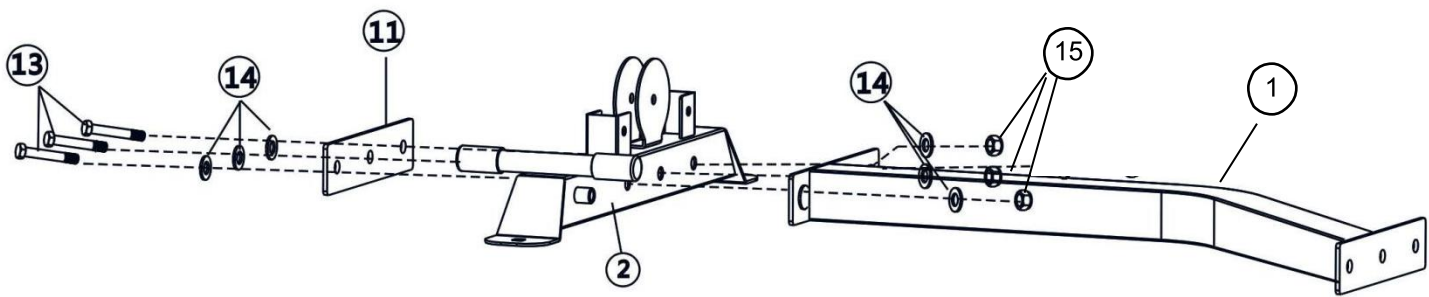
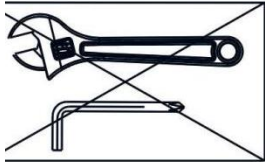
13 M10 x 85mm×3



14 Φ 12×6

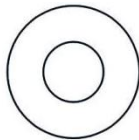
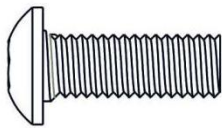


15 M12×3



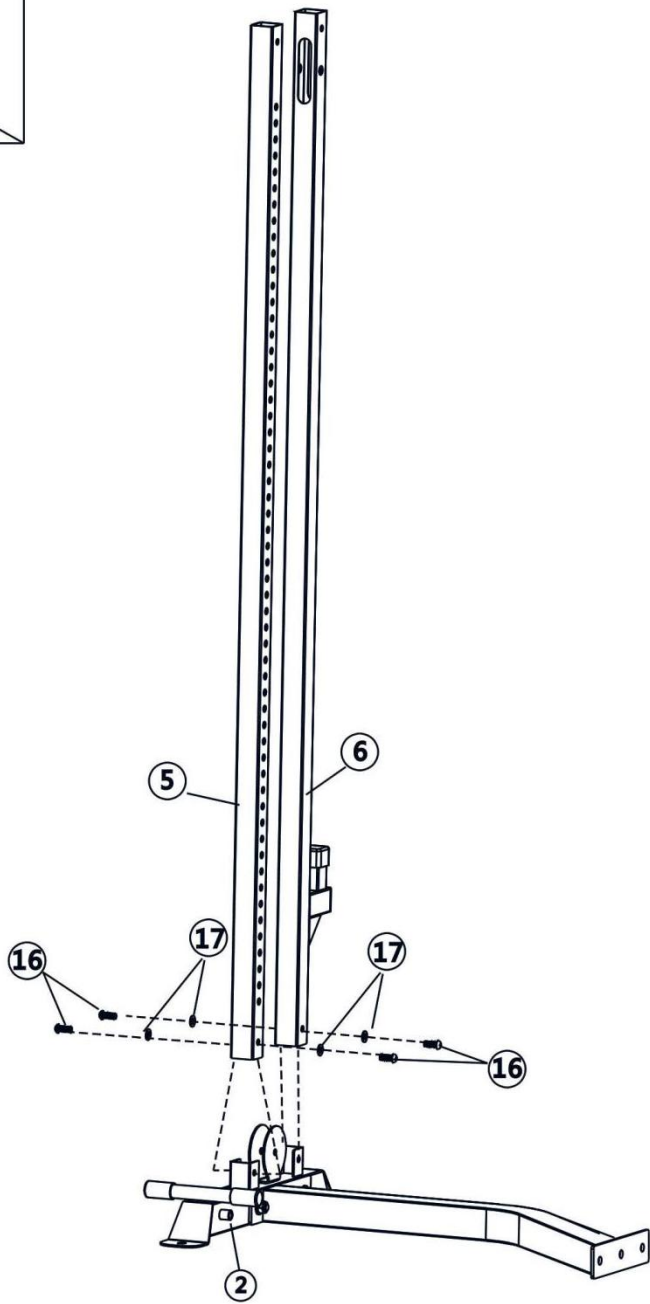
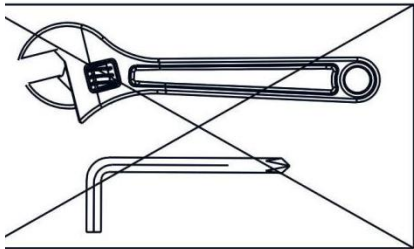
STEP 3 (See Diagram 3)

Attach the front vertical frame (5#) and the rear Vertical frame(6#) onto the side stabilizer (2#) ,Carefully align the holes and secure them with 4pcs M10×16 Allen Bolt (16#) and 4pcs Φ 10 washer(17#).



16 M10 x 20mm×4

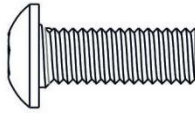
17 Φ 10×8



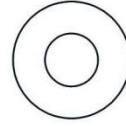
STEP 4 (See Diagram 4)

A Insert the sliding frame (7#) from the top to the bottom along the front vertical frame (5#) and select the desired position with the quick release lock pin (31#). Insert the weight holder (8#) along the rear vertical frame (6#).

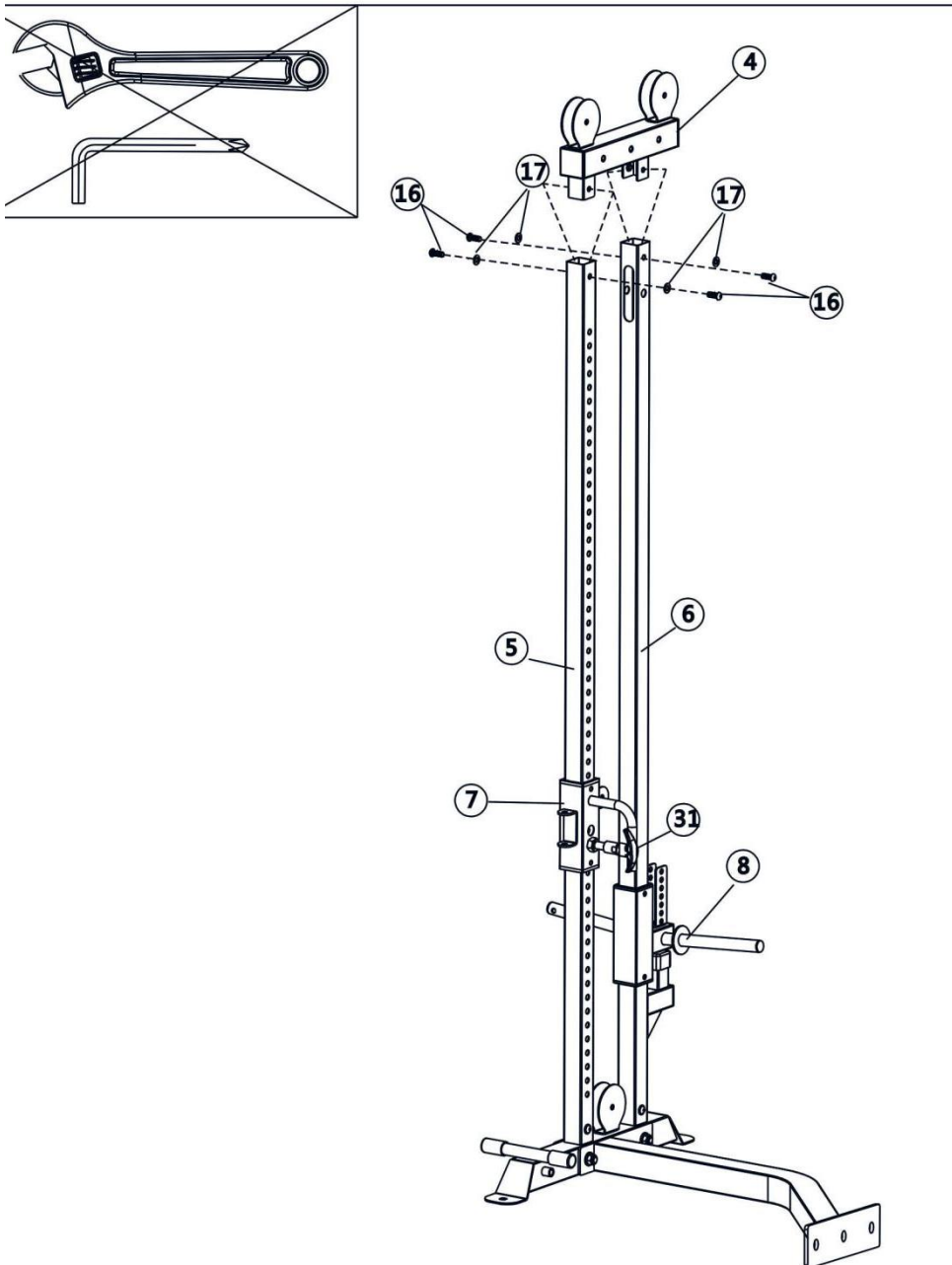
B Attach the upper cross beam (4#) onto the both front vertical frame (5#) and the rear vertical frame (6#), Carefully align the holes and secure them with 4pcs M10×16 Allen Bolt (16#), 4pcs $\Phi 10$ washer (17#).



16 M10 x 20mm×4



17 $\Phi 10 \times 8$

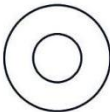


STEP 5 (See Diagram 5)

Place the upper frame(3#) between the both frames as the diagram shows and secure the both ends of the upper frame(3#) with 6 pcs M10*85 Hex bolt(13#),10 pcs ϕ 12 washer (14#),2 pcs bracket (11#) and 4pcs M12 aircraft nut(15#).



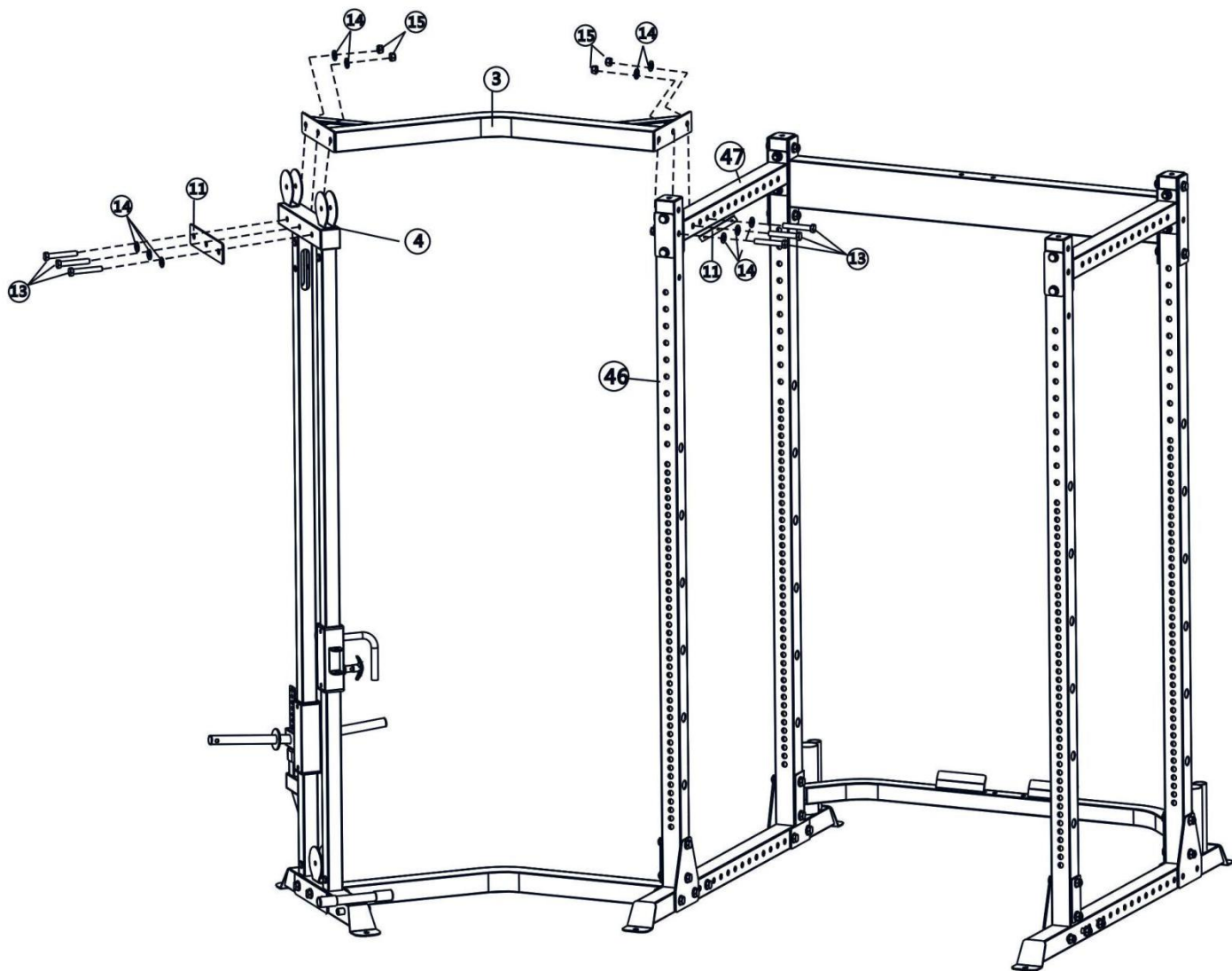
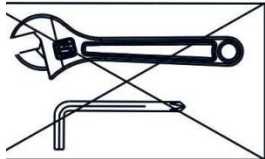
13 M10 x 85mmx 6



14 ϕ 12x10



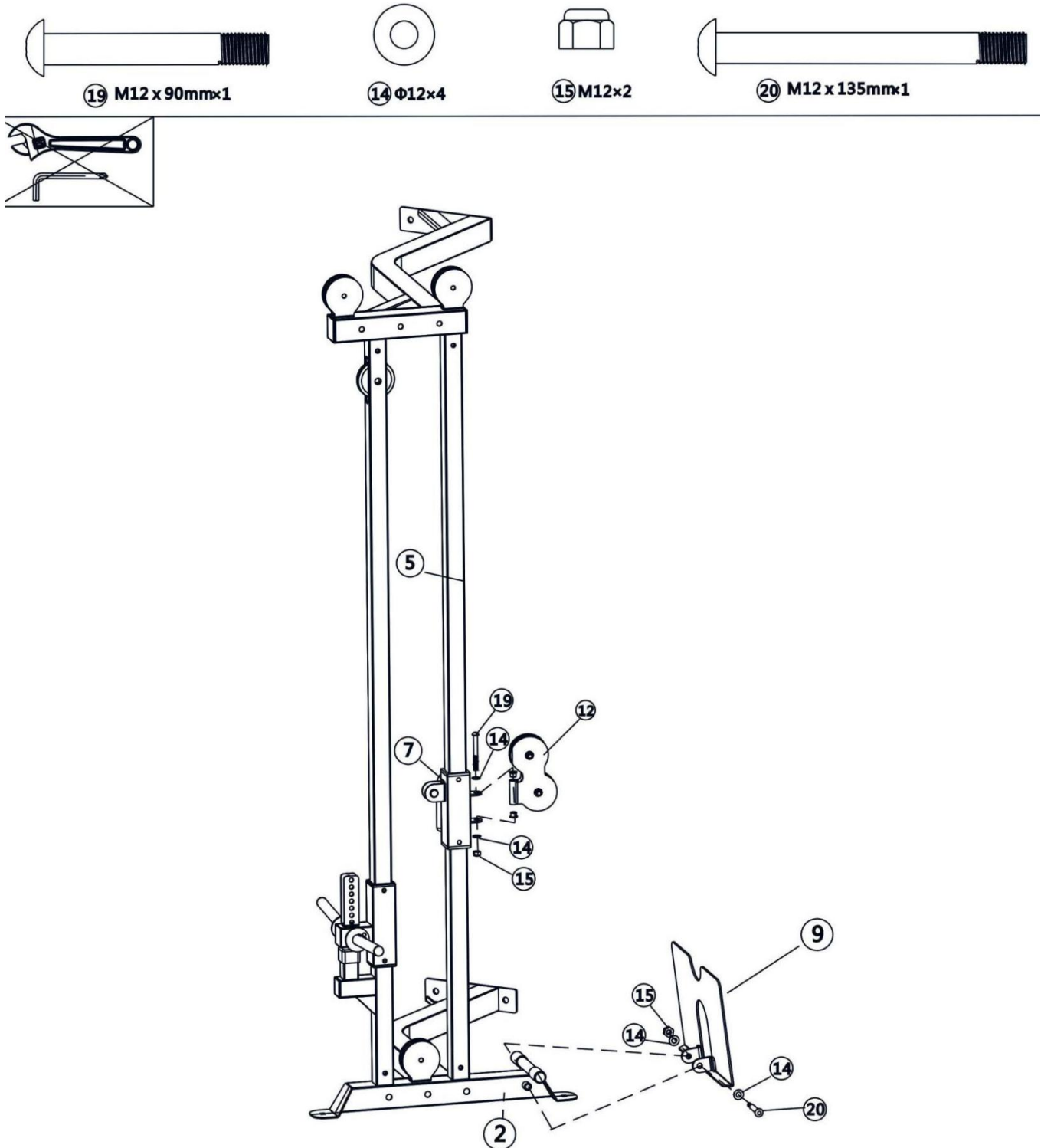
15 M12x 4



STEP 6 (See Diagram 6)

A Attach the swivel frame(12#) to the sliding frame(7#) and secure them with 1 pc M12* 90 Allen bolt(19#) , 2 pcs ϕ 12 washer(14#) and 1 pc M12 aircraft nut(15#). Do not fully tighten the bolt and nut and make the frame can swivel freely.

B Attach the foot plate(9#) to the side stabilizer(9#) and secure them with 1 pc M12* 135 Allen bolt(20#), 2 pcs ϕ 12 washer(14#) and 1 pc M12 aircraft nut(15#).



STEP 7(See Diagram 7)

- A** Place 1 pc pulley(43#) onto the cable ,Secure the pulley with 1 pc M10* 45 Allen bolt (21#), 2 pc ϕ 10 washer (17#)and 1 pc M10 aircraft nut (18#). make the ball stopper in front of the swivel frame.
- B** Draw the cable around the pulley and upright, Secure the 2 pcs pulley with 2 pcs M10*45 Allen bolt (21#), 4pcs ϕ 10 washer (17#), 2pcs M10 Aircraft nut (18#) and 2pcs cable retainer(24#).place the cable onto the pulley and under the cable retainer.
- C** Draw the cable around the pulley and downwards, Place 1 pc pulley onto the cable , Secure the pulley with 1pc M10*45 Allen Bolt (21#),2 pcs ϕ 10 washer (17#), 2 pc bushing (34#), 2pcs pulley cover (33#) and 1 pc M10 aircraft nut(18#).
- D** Draw the cable around the pulley and upright and reach the opening as the diagram shows, Place 1 pc pulley below the cable, Secure the pulley with 1 pc M10*60 Allen bolt (22#), 2 pcs ϕ 10 washer (17#) and 1pc M10 aircraft nut(18#).
- E** Draw the cable around the pulley and downwards,Place 1 pc pulley onto the cable and secure the pulley with 1 pcM*45 Allen bolt (21#),2 pcs bushing (34#) and one pc M10 aircraft nut(18#).
- F** Draw the cable upwards and thread the buckle(23#), Secure the buckle with 1 pc M10×45 Allen Bolt (21#), 2 pcs ϕ 10 Washer (17#) and 1 pc M10 Aircraft Nut (18#).
- G** Attach the adjustable single strap(28#) to the end of the upper cable with 2 pcs gourd hook (29#) and 1 pc 15 joint Chain(30#).



21 M10 x 45mm x 6



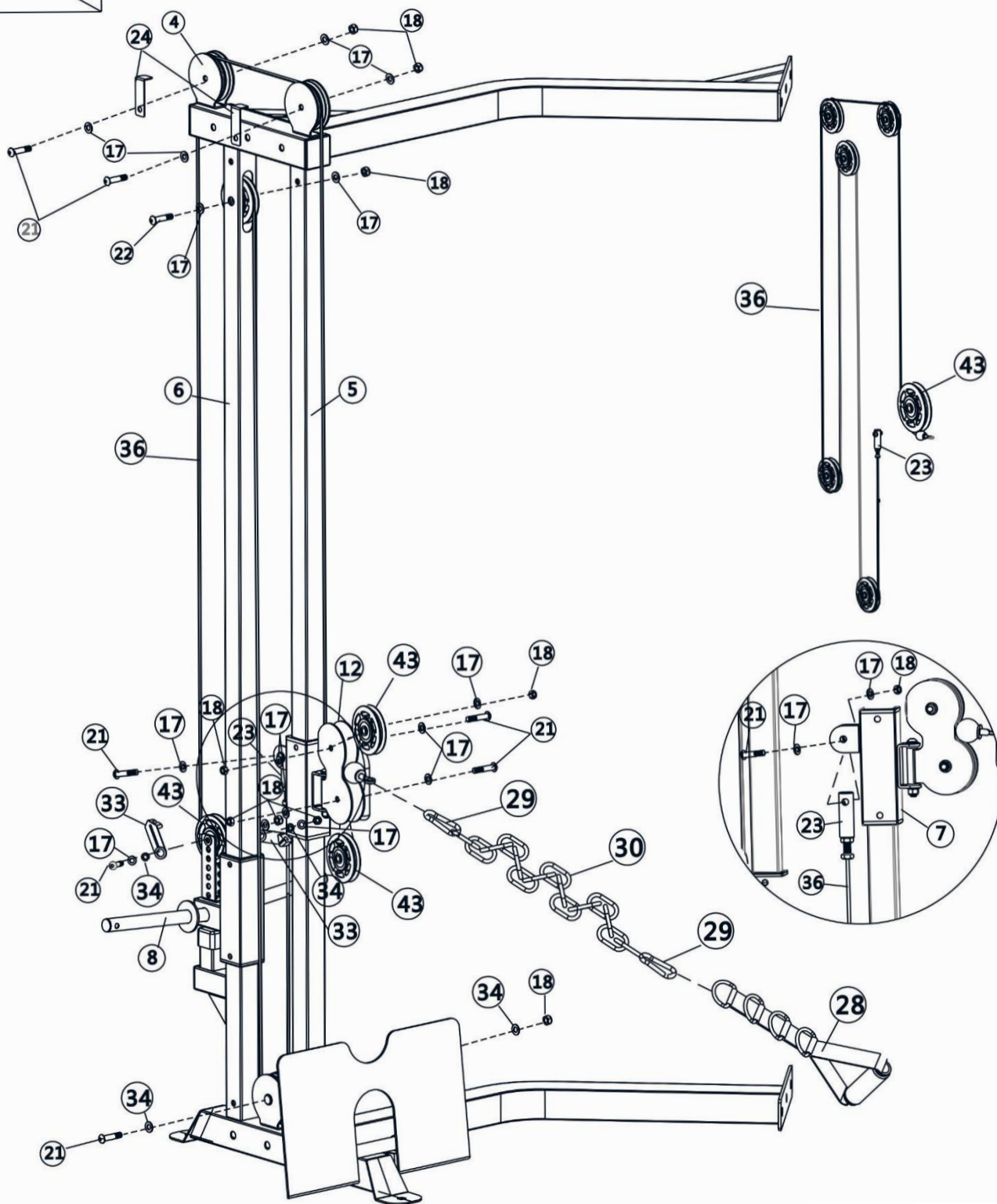
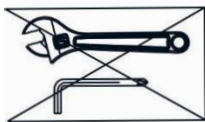
17 $\Phi 10 \times 12$



18 M10 x 7



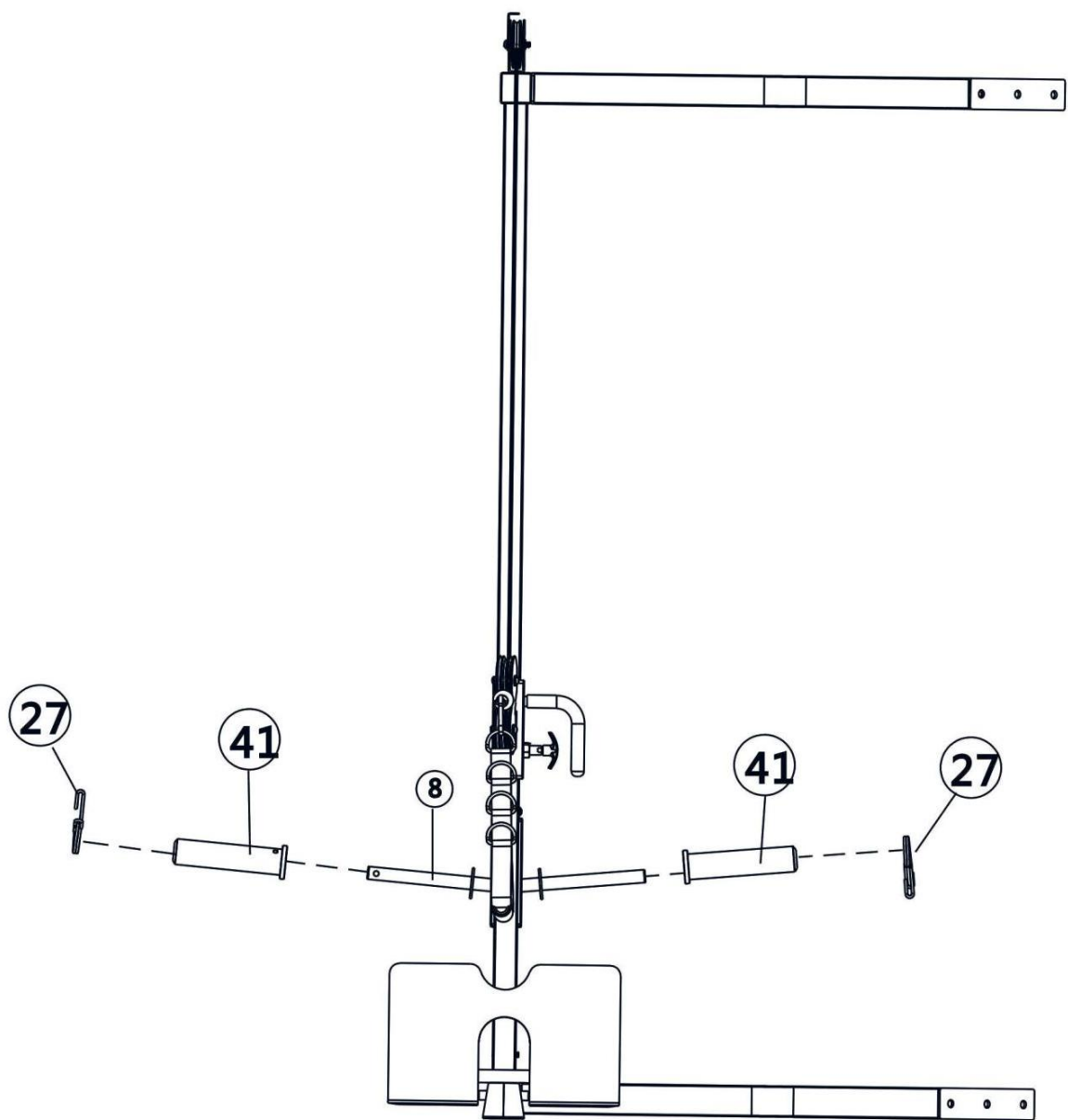
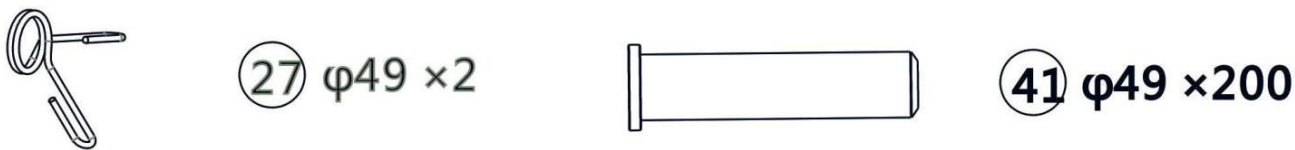
22 M10 x 60mm x 1



STEP 8 (See Diagram 8)

Attach the 2pcs $\phi 50 \times \phi 26.5 \times 200$ sleeve (41#) and 2pcs spring collar (27#) to weight holder.

Tighten all nuts and bolts securely and your equipment will now be completely assembled.





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.