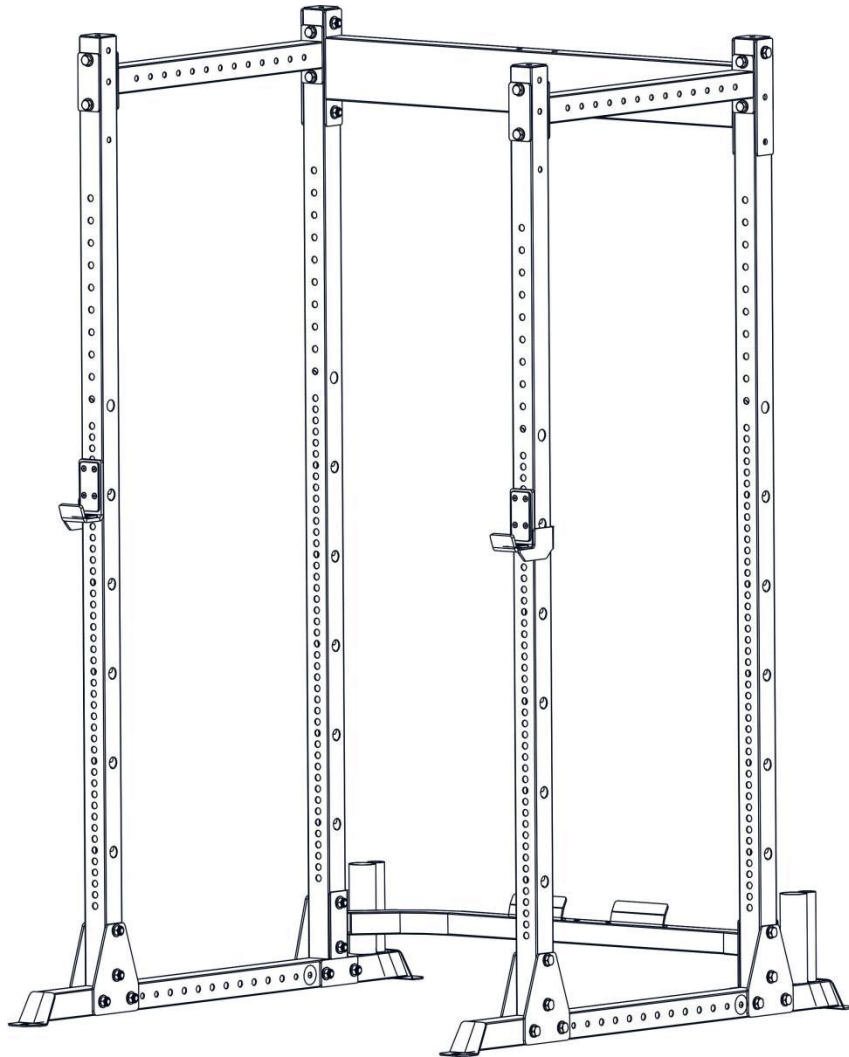


FORCE USA™

THE TRUSTED NAME IN STRENGTH EQUIPMENT

OWNER'S MANUAL **F-MR-JHOOK01**

J-Hook Option 1



CAUTION!

Read all precautions and instructions in this manual before using this equipment.



**DESIGNED
IN THE USA**

ASSEMBLY MANUAL

FORCE USA MyRack J-Hook Option 1

BEFORE YOU START

Remove all parts from the packaging then 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.

Certain parts may arrive pre-assembled from the factory.

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.

SAFETY PRECAUTIONS

Highly recommended for two or more people to assemble the equipment to avoid injury.

Assemble the equipment on a flat level surface.

Consider placing a mat under the equipment to protect your floor.

Wear appropriate footwear and clothing during assembly and use.

Only tighten nuts and bolts by hand until the whole equipment is assembled.

Ensure you correctly orientate each piece before attaching.

Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.

Ensure all parts are in full working order before use.

Only one person should use the machine at any one time.

Do not use the equipment outdoors or around water.

Keep hair, fingers or clothing away from moving parts.

Only use attachments recommended by the manufacturer.

Never operate if any parts are not functioning correctly.

Always correctly stretch and warm up before using the equipment.

Stop immediately if you experience any pain, dizziness or nausea. See a doctor at once.

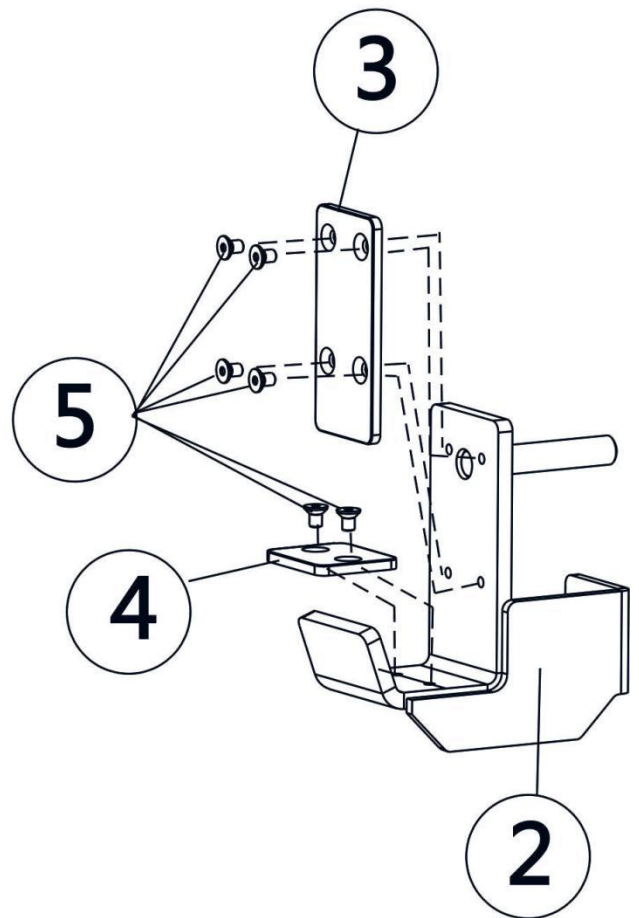
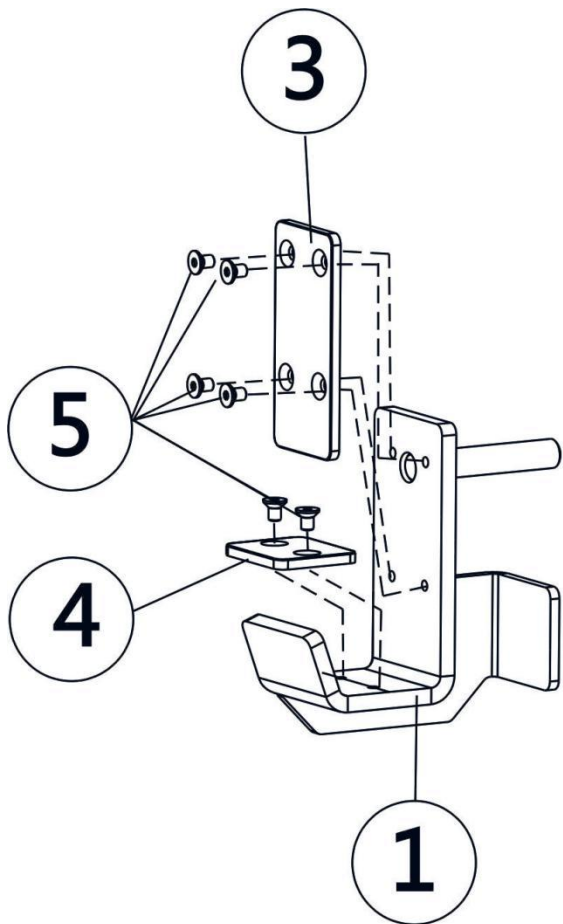
BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.

READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.

FORCE USA FITNESS EQUIPMENT ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

EXPLODED DIAGRAM

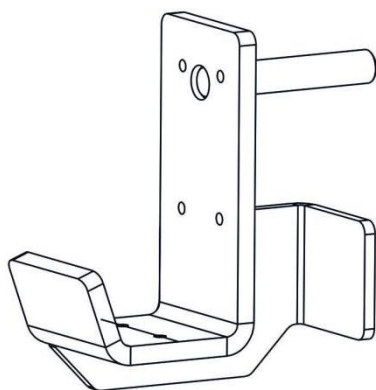


Parts list

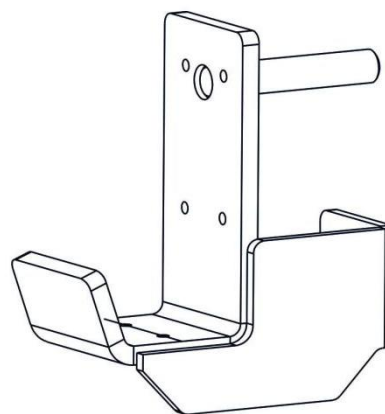
Key No.	Description of part	Quantity
1#	Right Rack Frame	1
2#	Left Rack Frame	1
3#	Long Cushion	2
4#	Short Cushion	2
5#	M6X8 sunk bolt	12

Part description

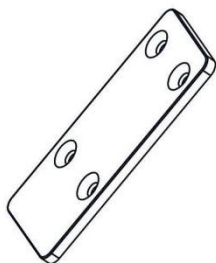
Note: The following parts are not drawn to scale, Please use your own ruler to measure the size.



1# Left Rack Frame X1 PC



2# Right Rack Frame X1 PC



3# Long Cushion X2 PCS



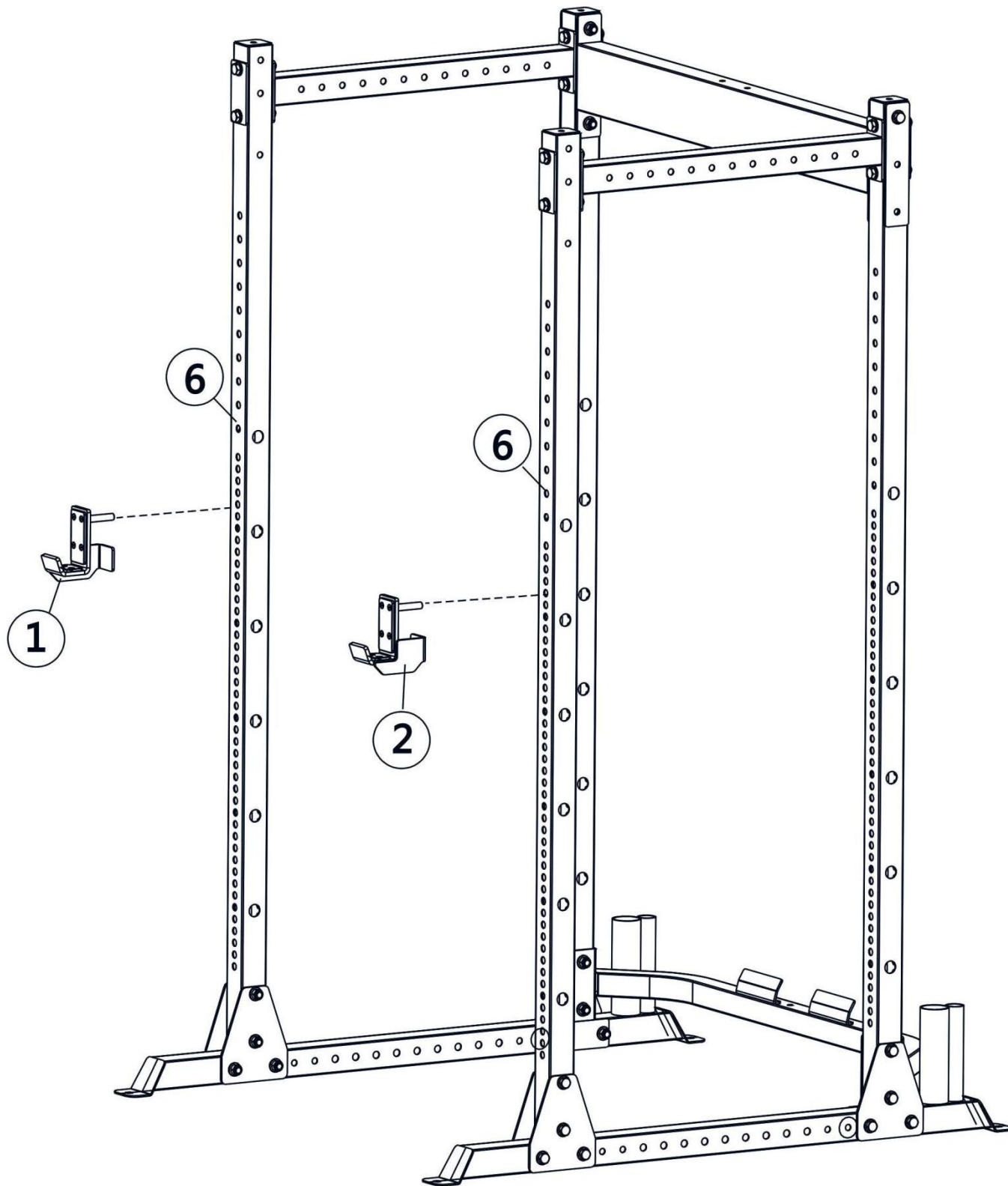
4# Short Cushion X2PCS



5# M6*8 sunk bolt X 12PCS

ASSEMBLY INSTRUCTION

Attach the Left Rack Frame(1#)to the vertical frame (6#)and select the desired height.
Use the same way to install the Right Rack Frame(2#).



LIFETIME WARRANTY ON FRAME 2 YEAR WARRANTY ON MOVING PARTS (Such as cables and pulleys)

Force USA, the Trusted Name in Strength Equipment™ was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world. Offering one of the best warranties on the market for your peace of mind, each piece of Force USA strength equipment is hand crafted for quality and we use state-of-the-art production methods for our entire range. The Force USA range of strength equipment carries a Lifetime Structural Warranty along with 2 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 normal home use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, mis-application, 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 applicable. Force USA will not be liable for any consequential damages or for 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 parts on the Force USA product.

VorTex by Force USA is a commercial grade upholstery used for all Force USA equipment. We use a high grade commercial vinyl with rip-stop mesh backing which helps prevent rips and tears. Force USA, the Trusted Name in Strength Equipment™ was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world.

Please visit our website for full warranty information.



www.forcefitnessequipment.com