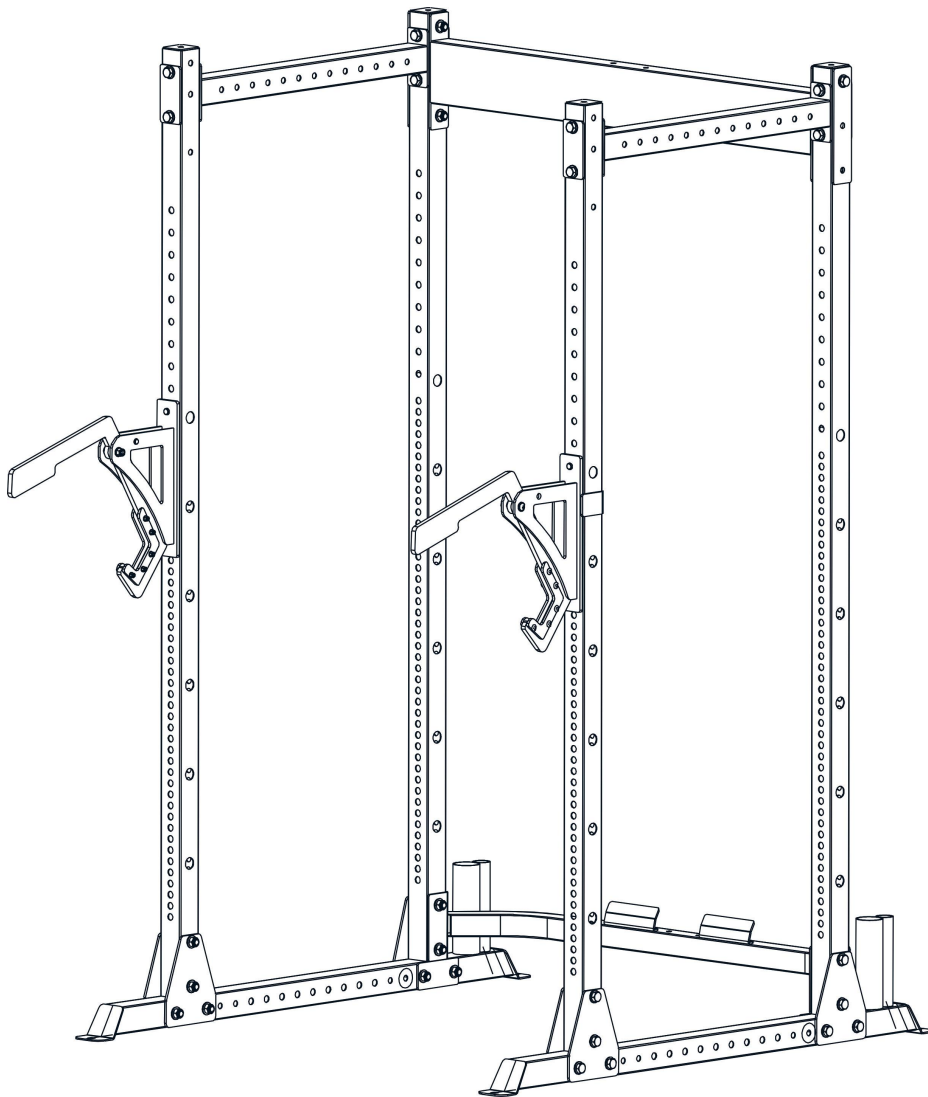


FORCE^{USA}

INNOVATION IN STRENGTH™



USER MANUAL | **F-MR-MONO**

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.

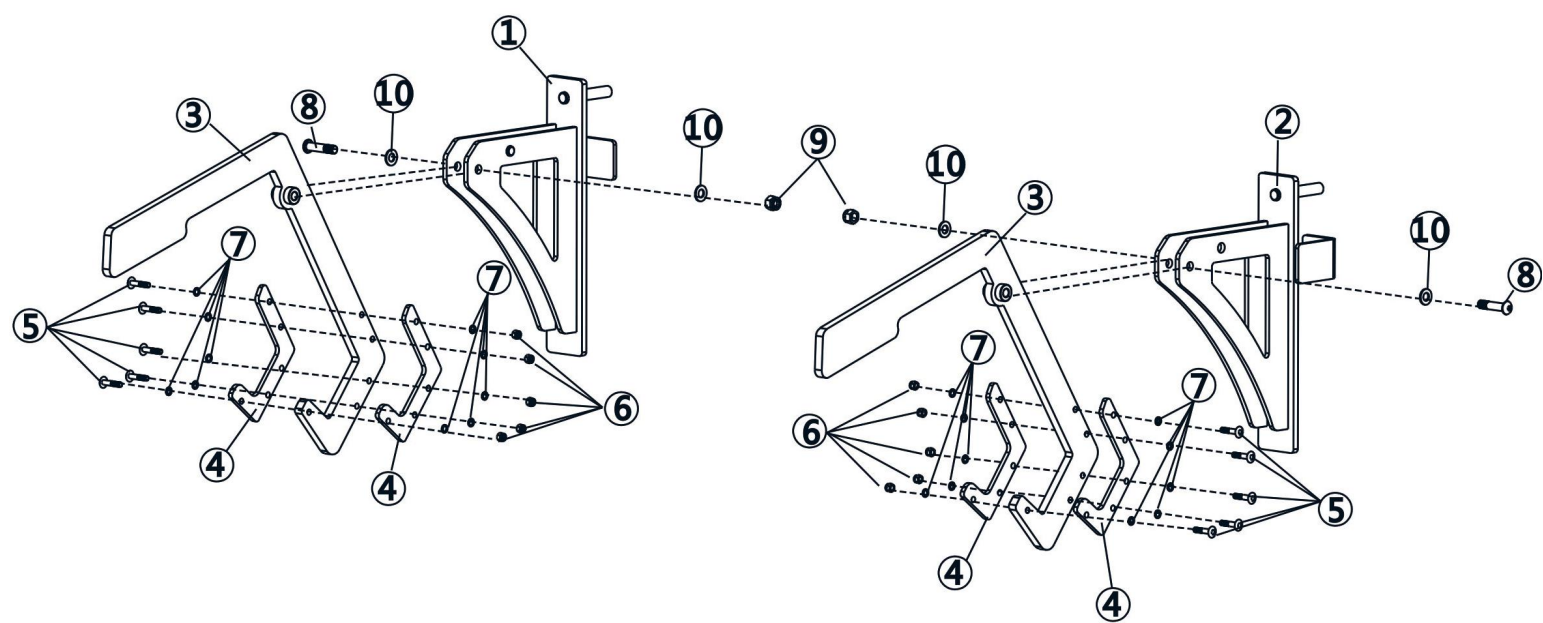
We recommended you save these instructions

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.

EXPLODED DIAGRAM



Parts list

Key No.	Description of part	Quantity
1#	Left Frame	1
2#	Right Frame	1
3#	Hook	2
4#	Shock pad	4
5#	M6×33 Allen Bolt	10
6#	M6 Aircraft nut	10
7#	φ 6 Washer	20
8#	M10×55 Allen Bolt	2
9#	M10 Aircraft nut	2
10#	φ 10 Washer	4

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

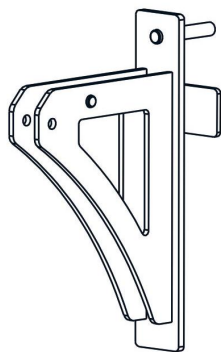
- Only tighten all nuts and bolts after all components have been fully assembled.
- Do not over tighten any component with pivoting function.
- Make sure all pivoting components are able to move freely.

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.

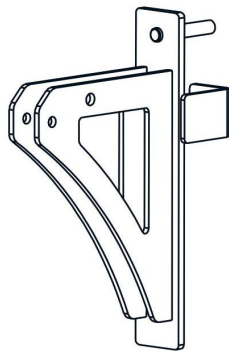
PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

HARDWARE IDENTIFIER

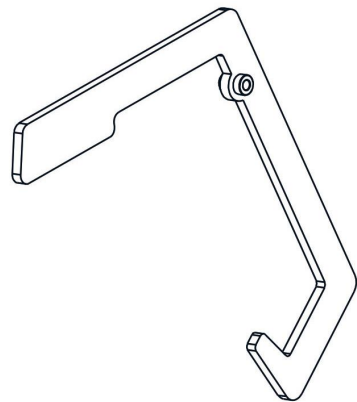
Note: The following parts are not drawn to scale, Please use your own ruler to measure the size.



1# Left Frame X 1PC



2# Right Frame X1 PC



3# Hook X 2PCS



4# Shock pad X4 PCS



5# M6×33 Allen Bolt X 10PCS



8# M10×55 Allen Bolt X2PCS



11# 6#Allen Wrench X 1PC



6# M6 Aircraft nut X10PCS



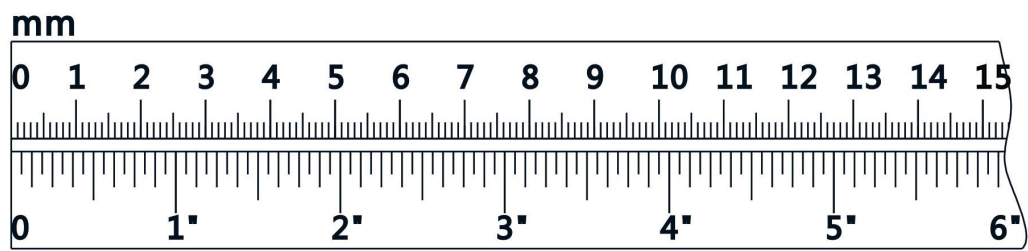
7# φ 6 Washer X 20PCS



9# M10 Aircraft nut X2PCS



10# φ 10 Washer X4 PCS



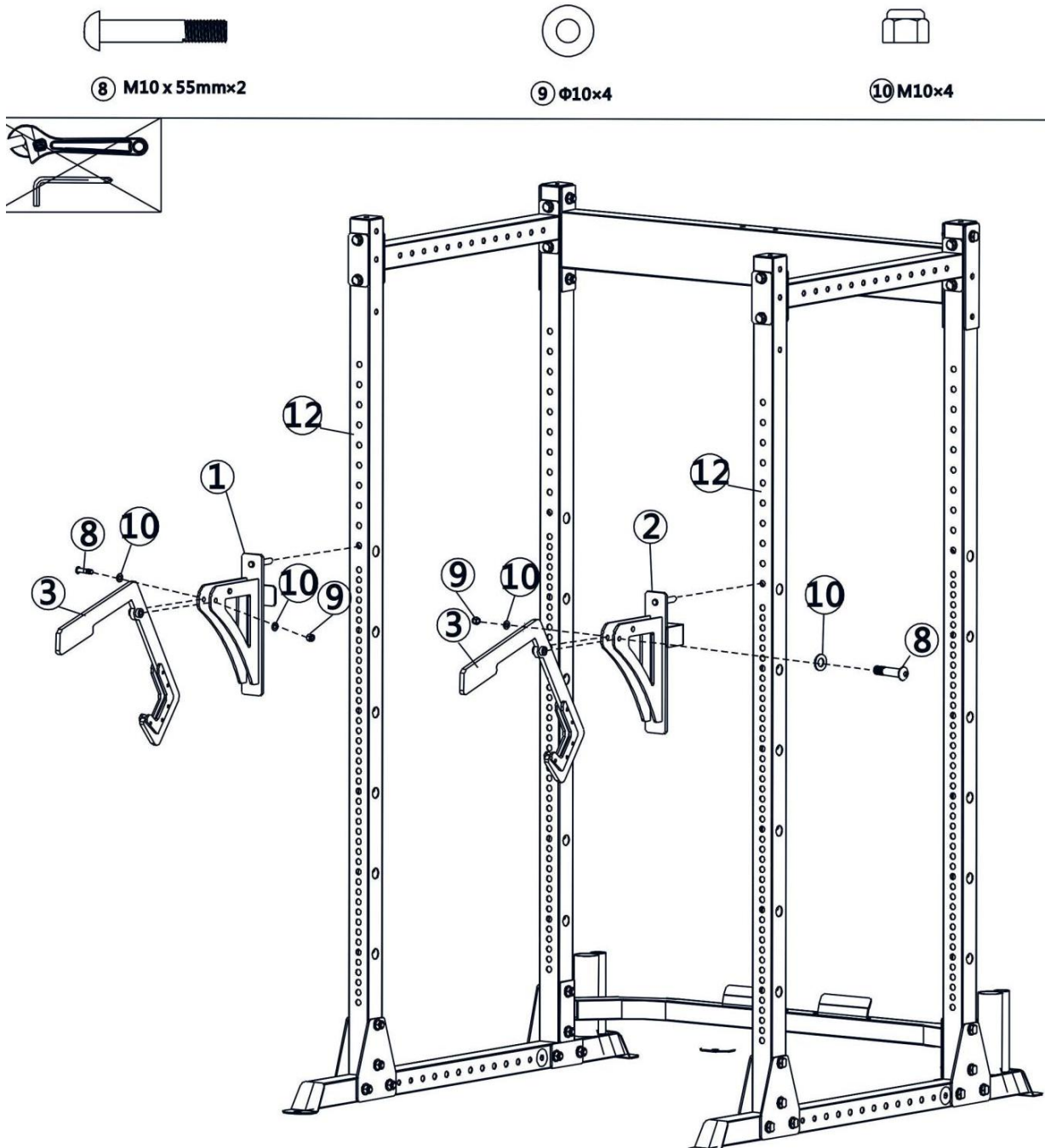
ASSEMBLY INSTRUCTION

Tools required assembling the machine: Adjustable Wrench and allen wrench.

STEP 1(See Diagram 1)

Attach the Left Frame(1#) and Right Frame(2#) to both of the front vertical frame(12#) separately. Attach the Hook(3#) to the Left Frame(1#) and secure them with 1 pc M10*55 Allen bolt(8#), 2pcs $\phi 10$ washer(10#) and 1 pc M10 Aircraft nut(9#). Repeat the same way to install another one.

Do not fully tighten the nut and bolt and make sure both of hooks(3#) can swivel freely.



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.