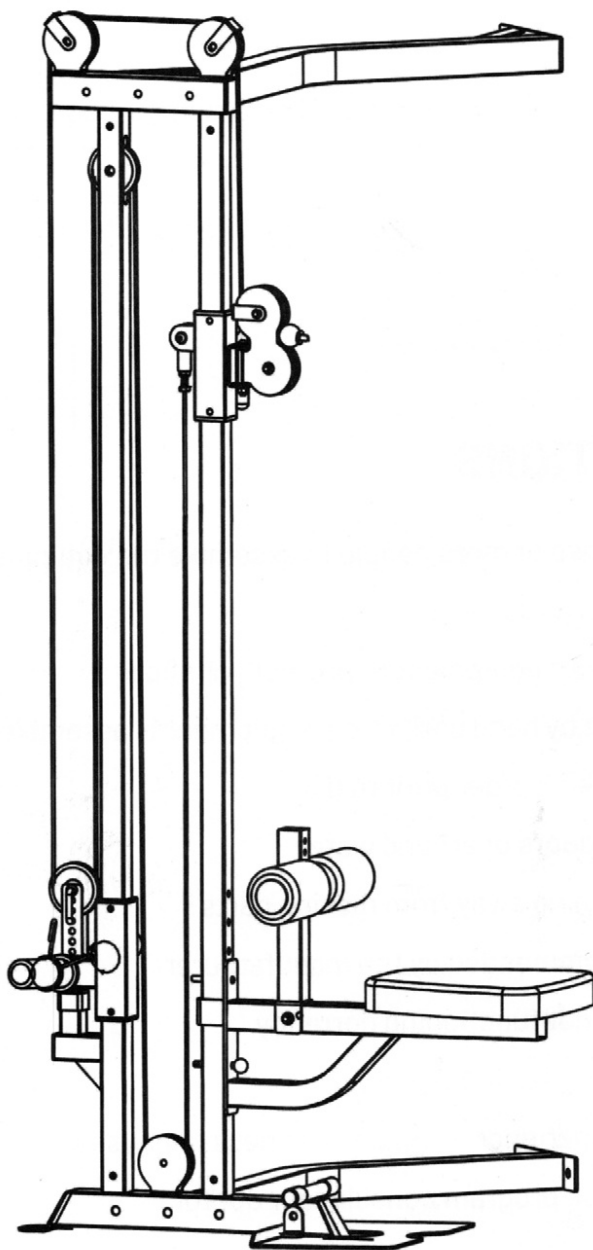


FORCE^{USA}

INNOVATION IN STRENGTH™



USER MANUAL | **F-MR-SEAT**

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.

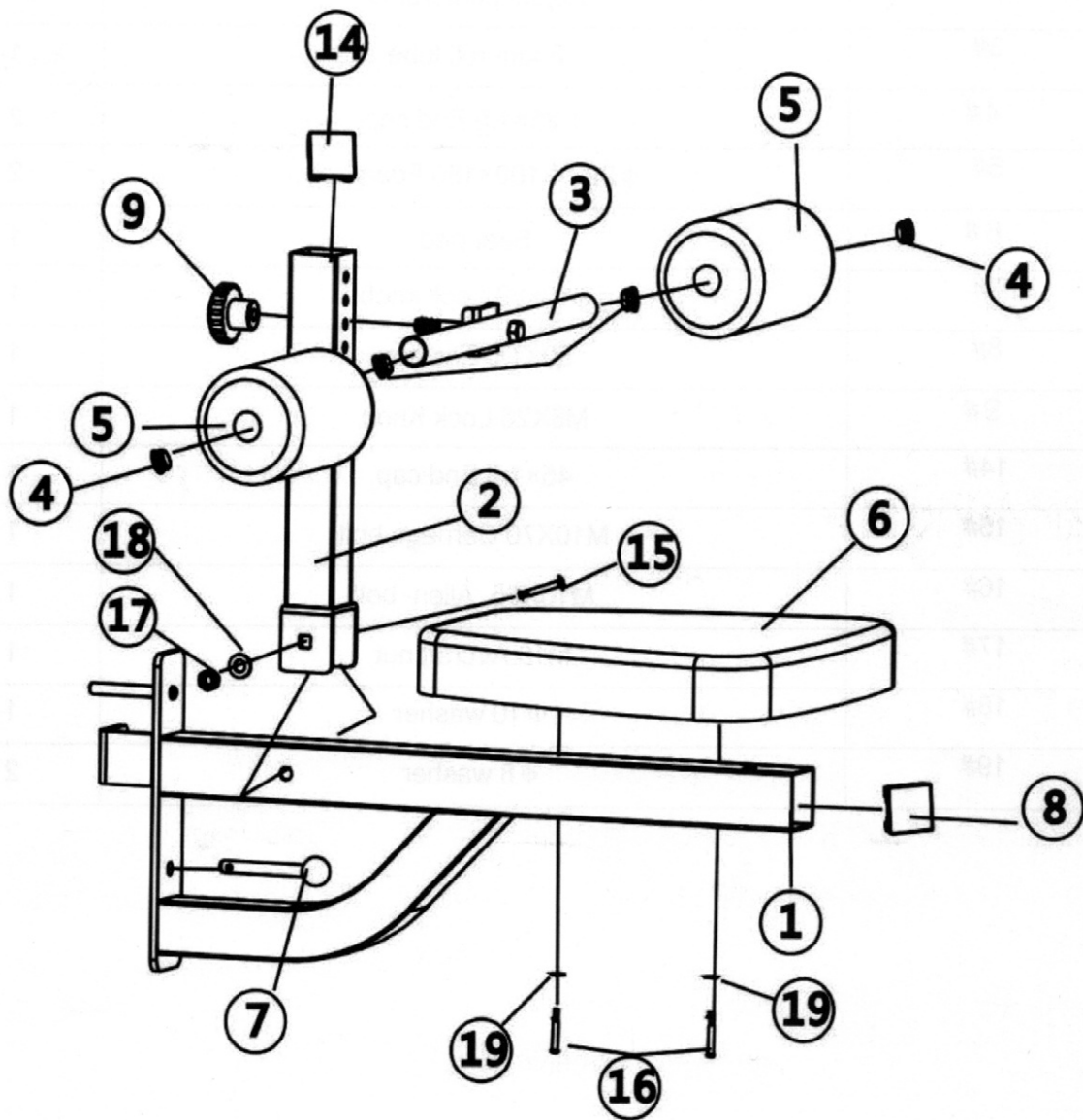
We recommended you save these instructions

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#	Seat pad support	1
2#	Adjustment frame	1
3#	Foam roll tube	1
4#	φ 25×1.5 End cap	2
5#	φ 22× φ 100×180 Foam roll	2
6#	Seat pad	1
7#	φ10×83 Lock knob	1
8#	50×1.5 End cap	1
9#	M8X26 Lock Knob	1
14#	45×1.5 End cap	1
15#	M10X70 Carriage bolt	1
16#	M10X65 Allen bolt	1
17#	M10 Aircraft nut	1
18#	Φ 10 washer	1
19#	φ 8 washer	2

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

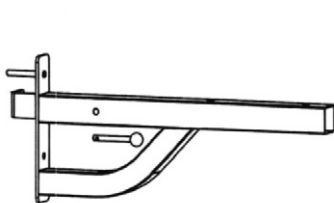
- Only tighten all nuts and bolts after all components have been fully assembled.
- Do not over tighten any component with pivoting function.
- Make sure all pivoting components are able to move freely.

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# Seat pad support X1 PC



2# Adjustment frame X1 PC



3# Foam roll tubeX1 PC



4# $\phi 25 \times 1.5$ End cap
X2PCS



5# Foam roll X2 PCS



6# Seat pad X 1PC



7# $\phi 10 \times 83$ Lock knobX1 PC



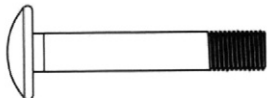
8# 50×1.5
End capX1PC



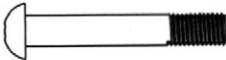
9#M8X26
Lock
KnobX1PC



14# 45×1.5
End capX1PC



15#M10X70 Carriage bolt X1PC



16# M10X65 Allen bolt X2PCS



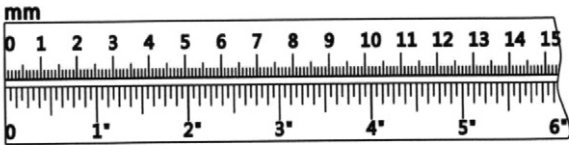
17# M10 Aircraft nut
X1PC



18# $\phi 10$
washerX1PC



19# $\phi 8$ washer X2PCS

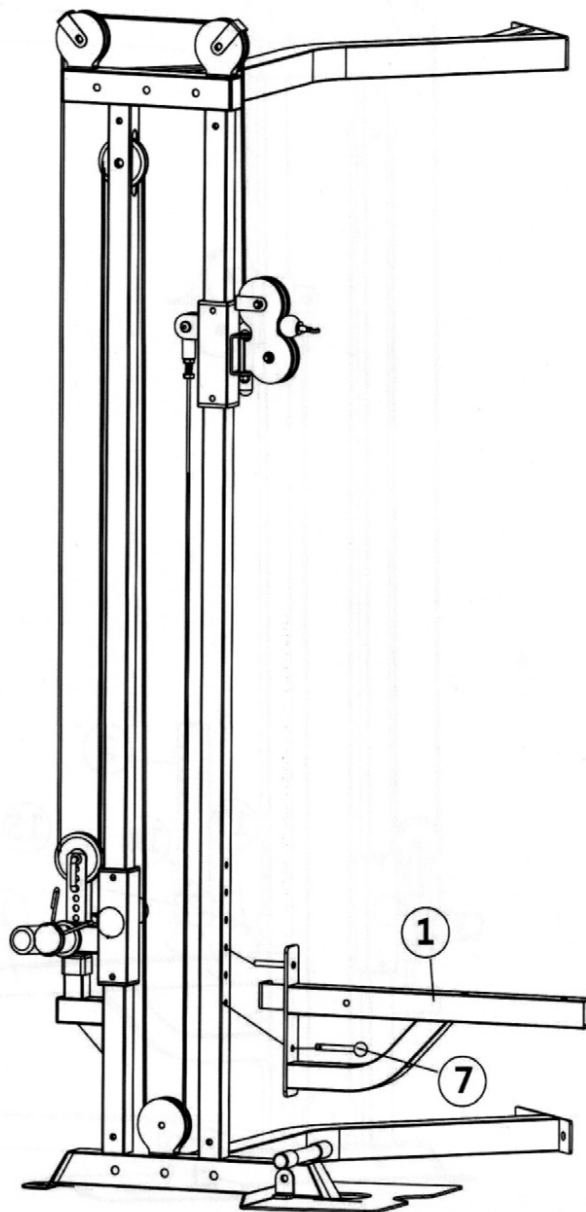


ASSEMBLY INSTRUCTION

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

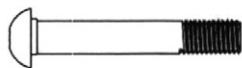
STEP 1 (See Diagram 1)

Attach the seat pad support (1#) to the vertical frame(20#) and fix it with 1 pc Lock pin(7#).

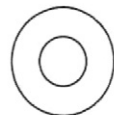


STEP 2 (See Diagram 2)

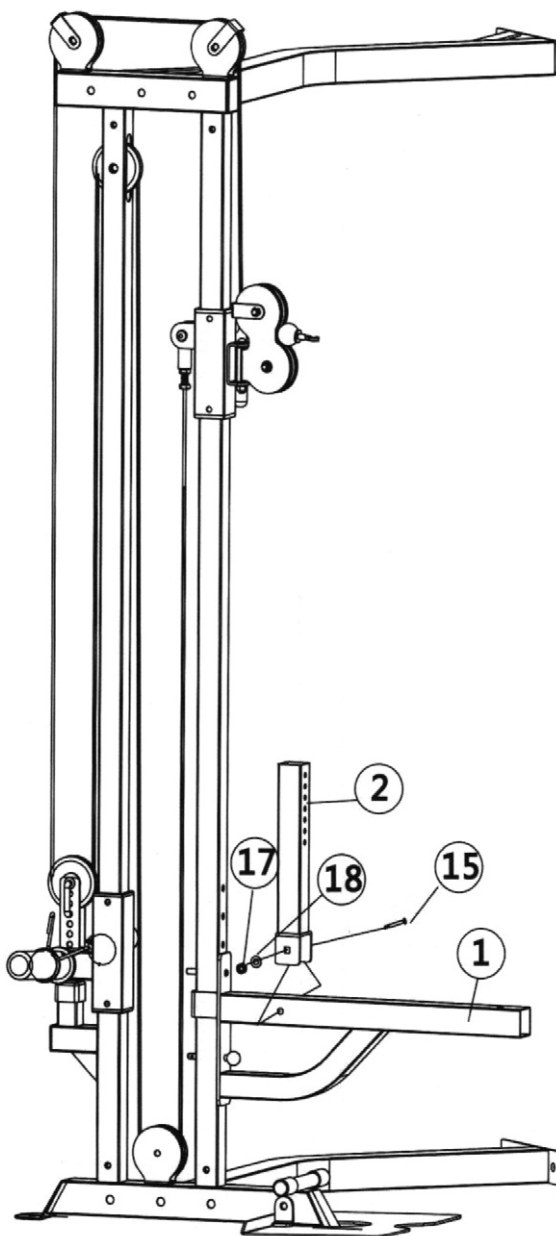
Attach the adjustment frame(2#) onto the seat pad support(1#) and fix it with 1pc M10*70 Carriage bolt(15#), 1pc $\phi 10$ washer (18#) and 1 pc M10 Aircraft nut (17#).



16 M10x 70mmx2

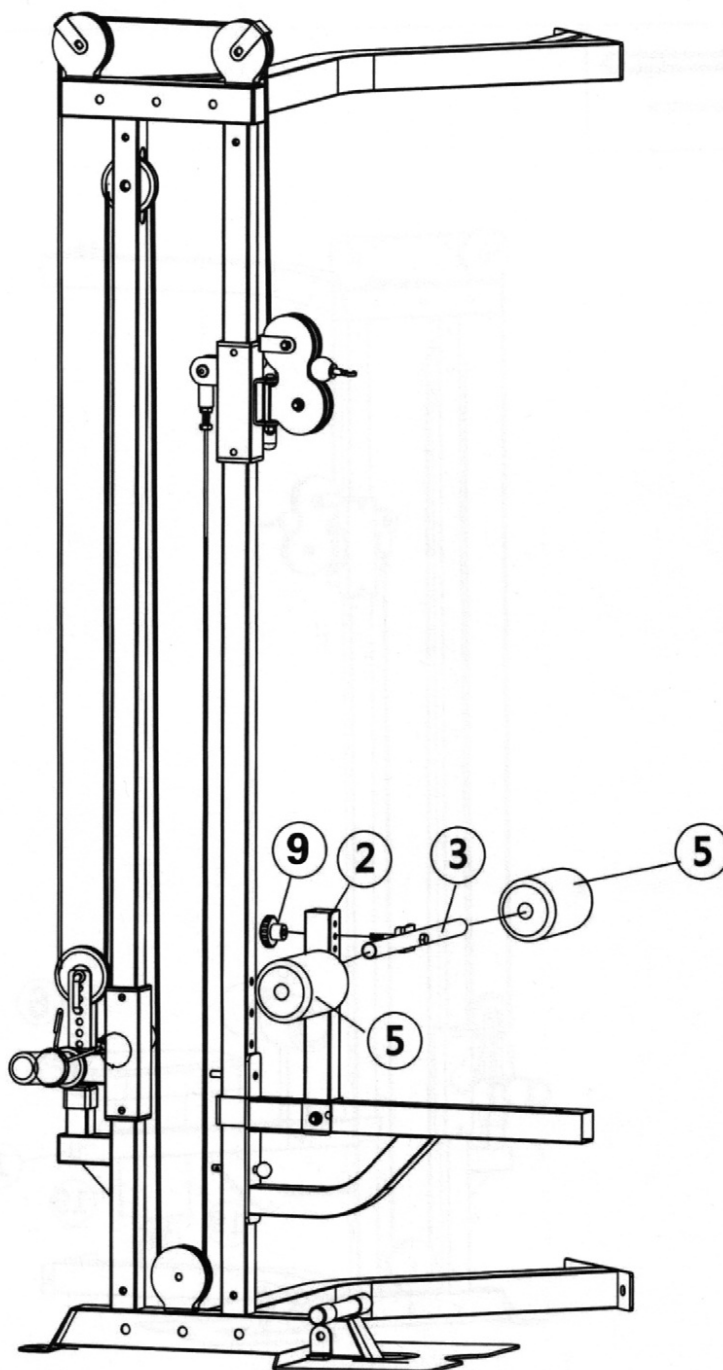


19 $\phi 8 \times 2$



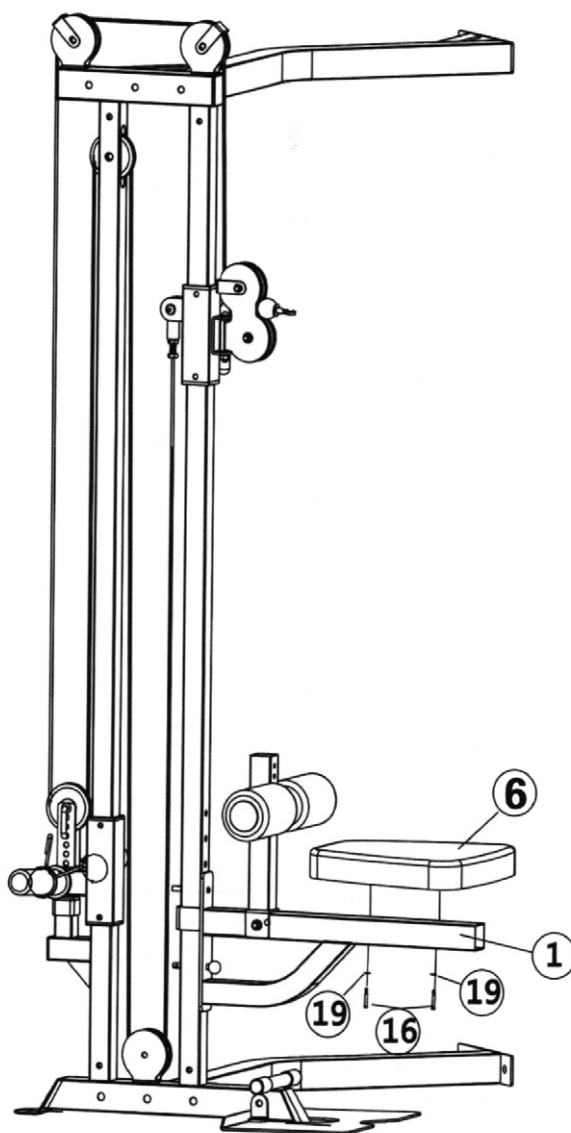
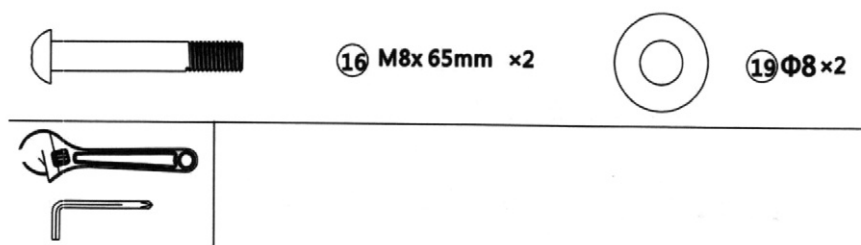
STEP 3 (See Diagram 3)

Insert pin of the foam roll tube (3#) into the hole of adjustment frame(2#) and fix it with the lock knob. You can select the desired height when exercising.



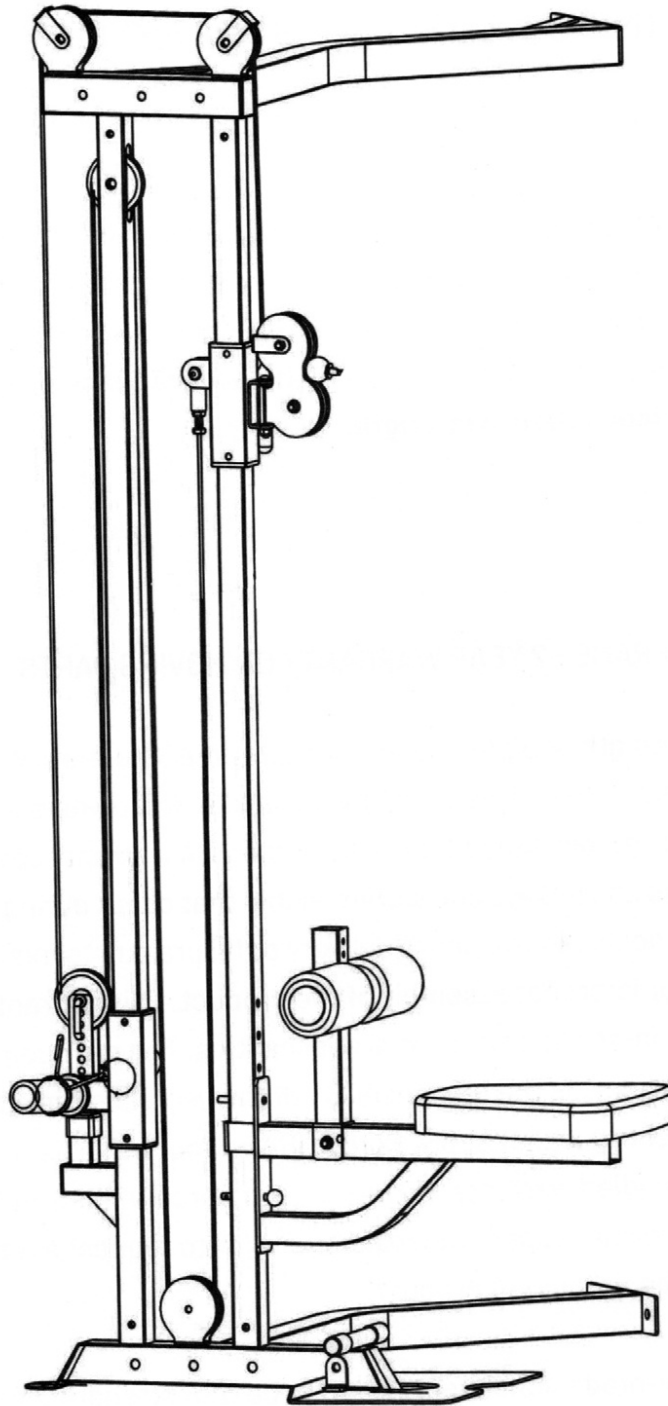
STEP 4 (See Diagram 4)

Place the seat pad(11#) onto the seat pad support(1#) and fix it with 2pcs M8×65 Allen bolt (16#) and 2pcsφ8 washer (19#).



STEP 5 (See Diagram 5)

Attach the lat bar(4#) to the end of the upper cable with 2pcs carabiner(12#) and 15 joint Chain(13#).





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.