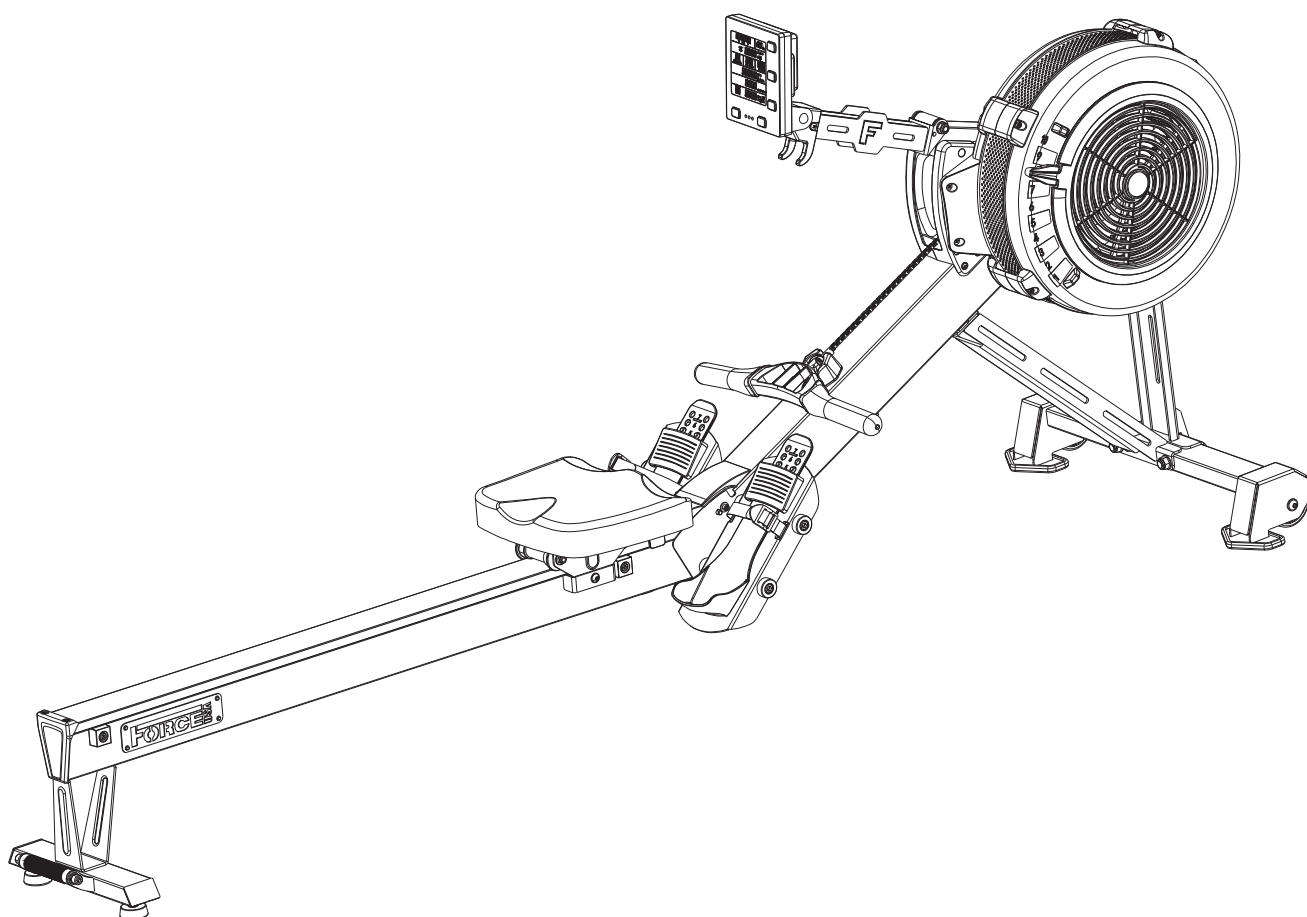


FORCE^{USA}



USER MANUAL | **F-ROWERG**





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your equipment and our latest support
videos, please visit:**

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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. Drive Cord & Return System (Critical Safety)

- **Inspection:** Before every use, pull the drive cords/chains to their full extension and inspect for fraying, discoloration, or thinning.
- **Procedure:** If a cord shows any sign of wear, replace it immediately. Do not use the unit until the cord is replaced.
- **Return Tension:** Ensure the handles retract smoothly and quickly. If the return is sluggish, the internal bungee/spring system may need adjustment by a professional.
- **Maintenance Interval:** Inspect before each use; deep inspection every 4–6 weeks.

2. Flywheel & Air Resistance

- **Cleaning:** Dust buildup inside the flywheel housing can increase friction and affect resistance accuracy.
- **Procedure:** Use a vacuum cleaner with a narrow nozzle to remove dust through the ventilation holes. Wipe the outer housing with a dry, lint-free cloth.
- **Airflow:** Ensure there is no debris blocking the air intake or exhaust.
- **Maintenance Interval:** Every 8 weeks or as needed based on the environment.

3. Structural Stability & Hardware

- **Inspection:** Check all bolts and connection points, especially the U-Bar Bracket and floor stand/wall mount.
- **Procedure:** Tighten any loose components using the tools listed in the manual. If the unit is wall-mounted, verify that the anchors are secure and showing no movement.
- **Leveling:** Ensure the unit sits flat on a solid, level surface. Adjust leveling feet if applicable to prevent wobbling.

- **Maintenance Interval:** Monthly.

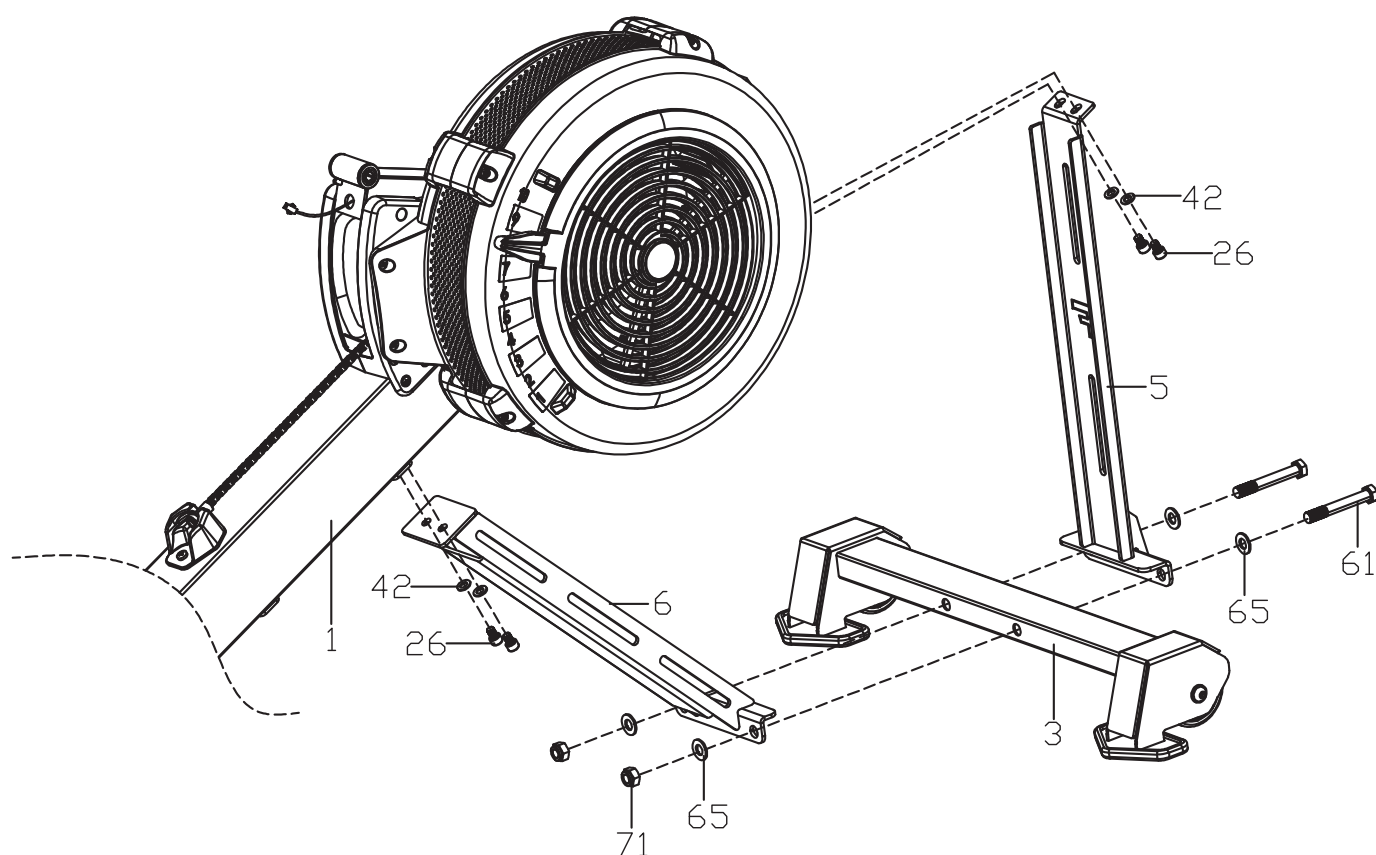
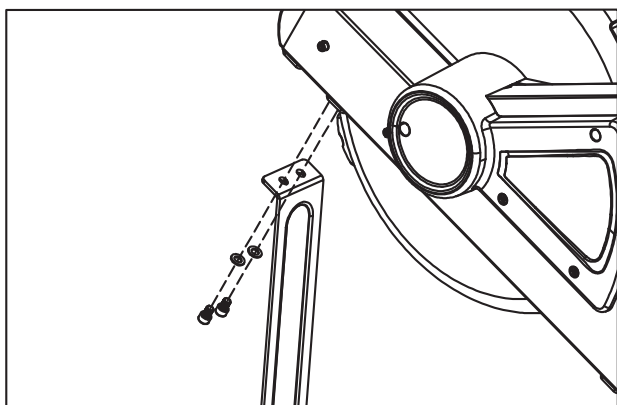
4. Console & Electronics

- **Inspection:** Check for battery corrosion or dimming displays.
- **Procedure:** Replace batteries immediately when the low battery indicator appears. Remove batteries if the equipment will not be used for more than 30 days.
- **Care:** Wipe the console screen with a slightly damp (not wet) cloth to remove sweat and oils.
- **Maintenance Interval:** Daily cleaning; battery check every 3 months.

5. Maintenance Schedule Overview

Maintenance Area	Daily	Monthly	Bi-Annually
Drive Cord Inspection,			
Upholstery / Grips Cleaning			
Bolt & Hardware Tightening			
Flywheel Dusting (Vacuum)			
Battery Replacement			As needed

STEP 1 - ASSEMBLY



1

Pre-lock the front support (5) and rear support (6) onto the main frame (1) respectively with Hexagon socket cap screw (26) and flat washer (42), as shown in the following figure;

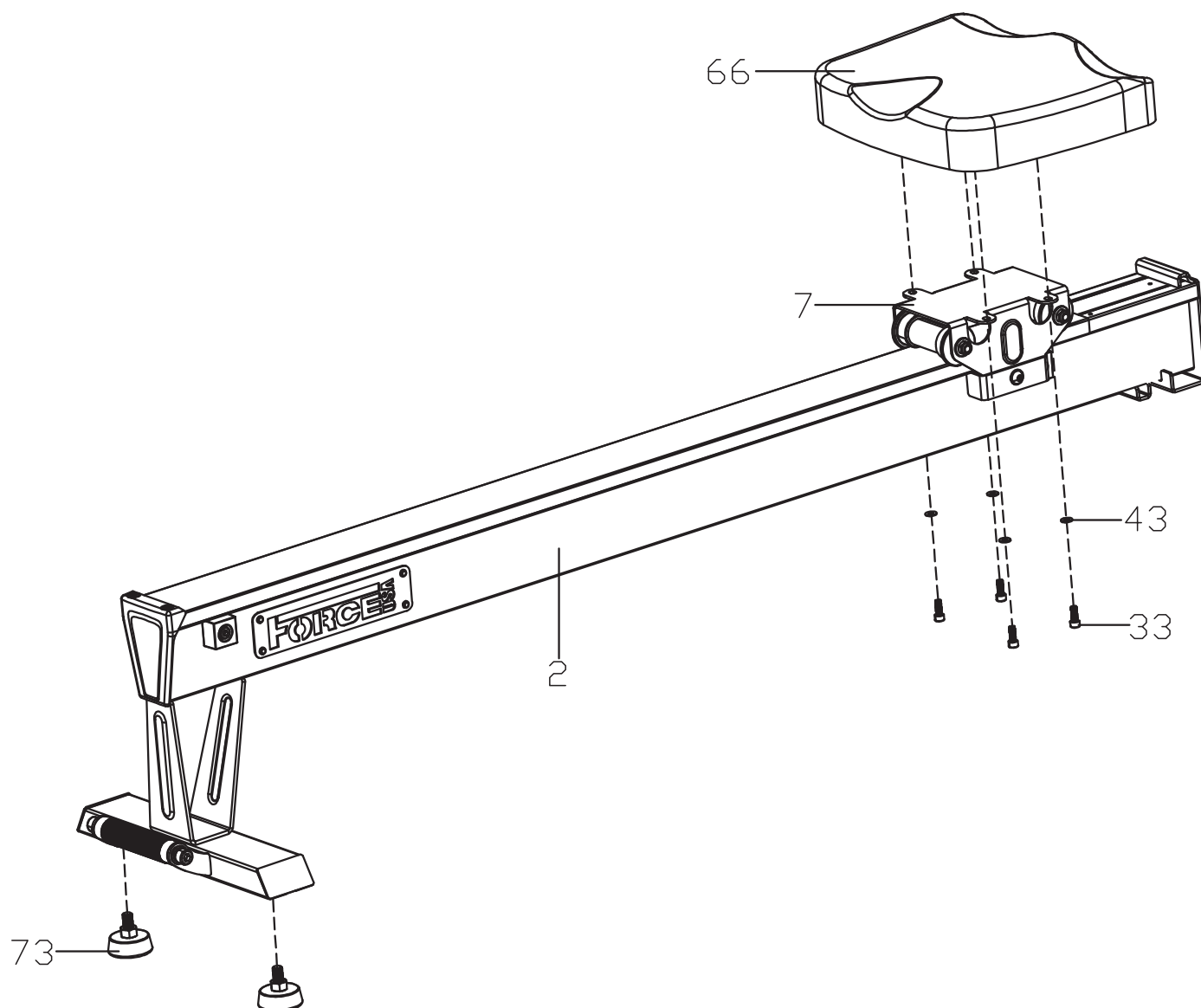
2

Then use hex head bolts (61), flat washers (65), and nylon nuts (71) to lock the front bottom tube (3) together with the front support (5) and the rear support (6);

3

Tighten the loose hexagon socket cap screws (26).

STEP 2 - ASSEMBLY



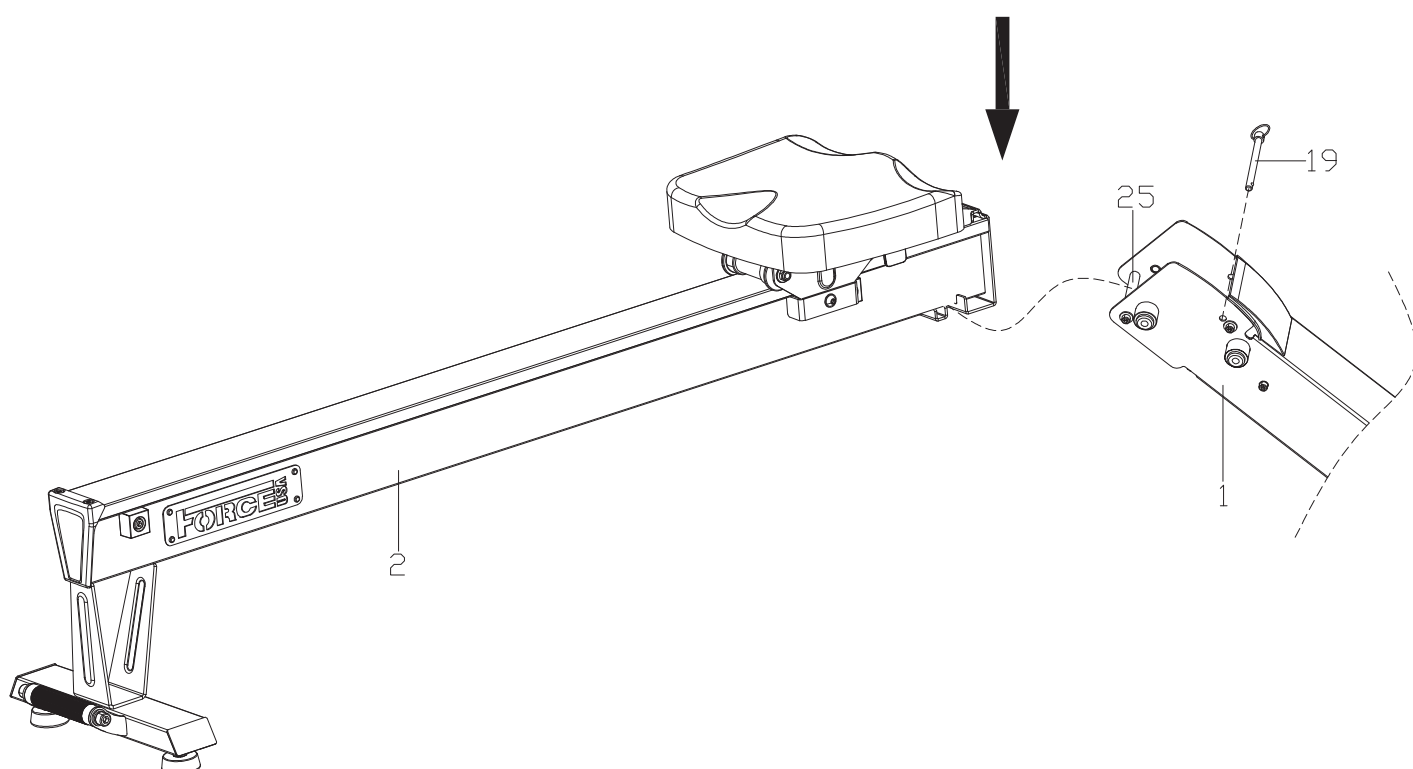
1

Tighten the adjustable foot pad (73) onto the guide rail (2);

2

Lock the seat (66) onto the seat support plate (7) using the hexagon socket cap screws (33) and flat washer (43).

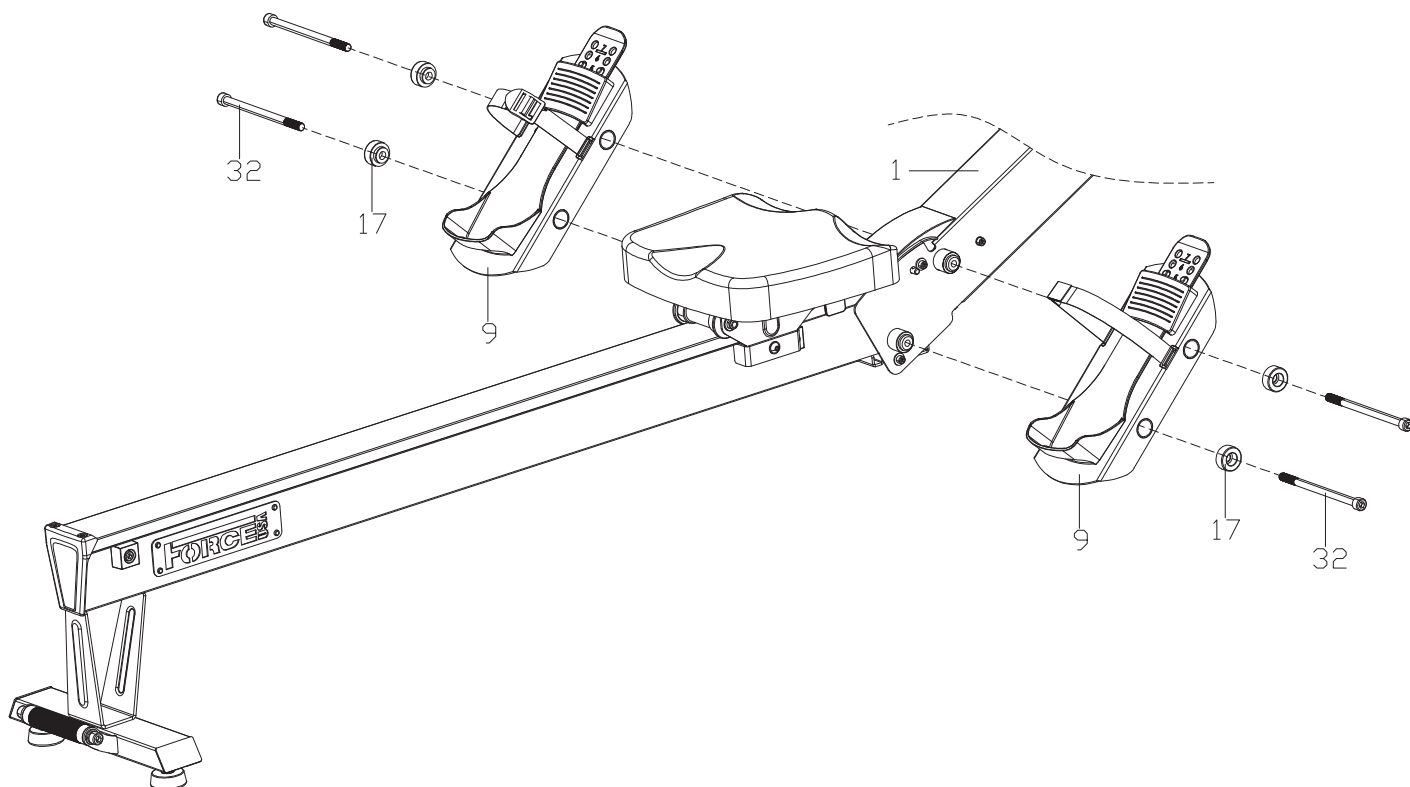
STEP 3 – ASSEMBLY



1

Place the guide rail (2) on the corresponding position of the connecting shaft (25) as shown in the figure below, and then press it down in the direction of the arrow to lock it together with the main frame (1). Finally, use the pop-pin (19) to fix the guide rail (2) and the main frame (1) together.

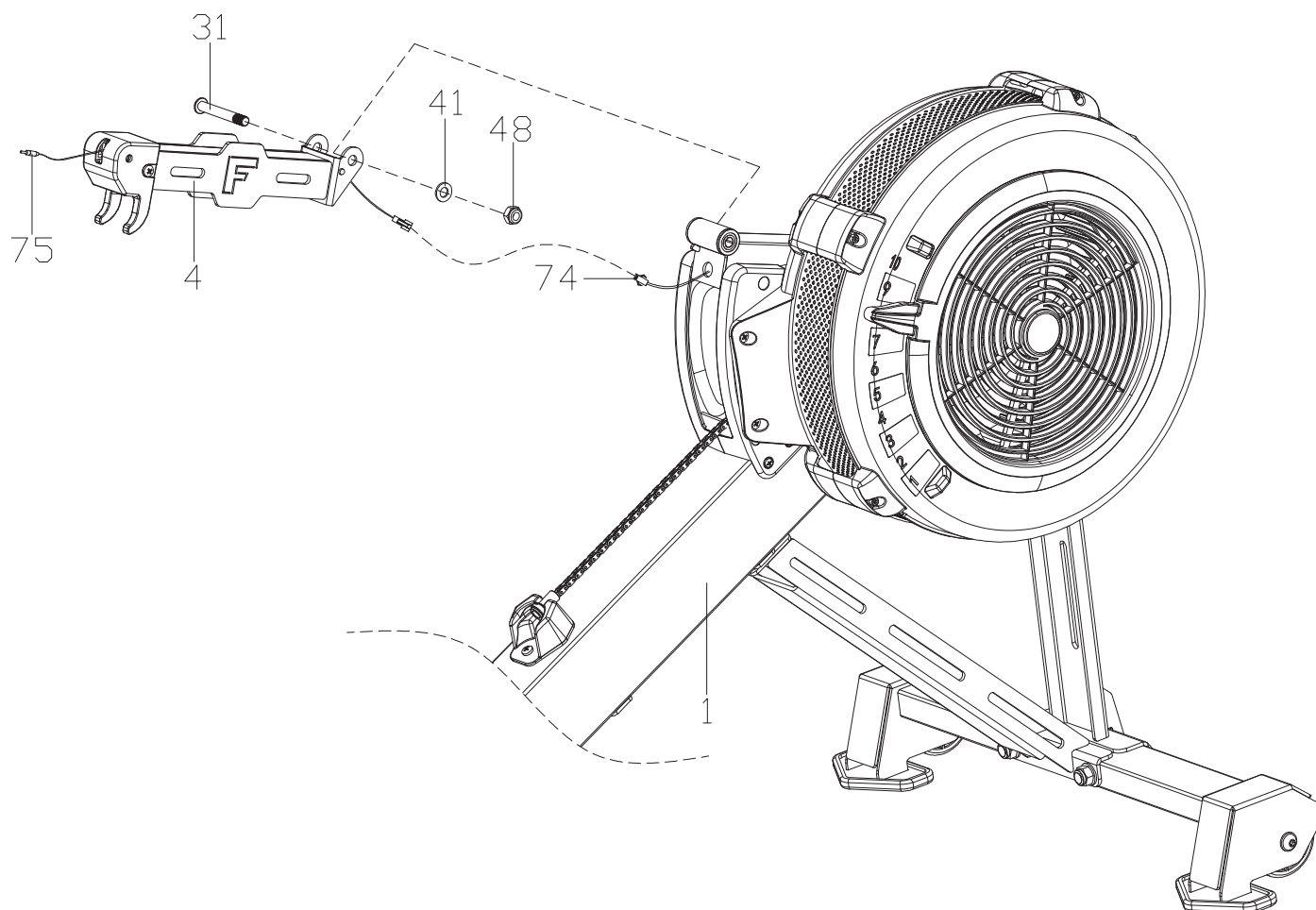
STEP 4 - ASSEMBLY



1

Lock the pedal (9) on the main frame (1) with hexagon socket cap screws (32) and alloy bushing (17).

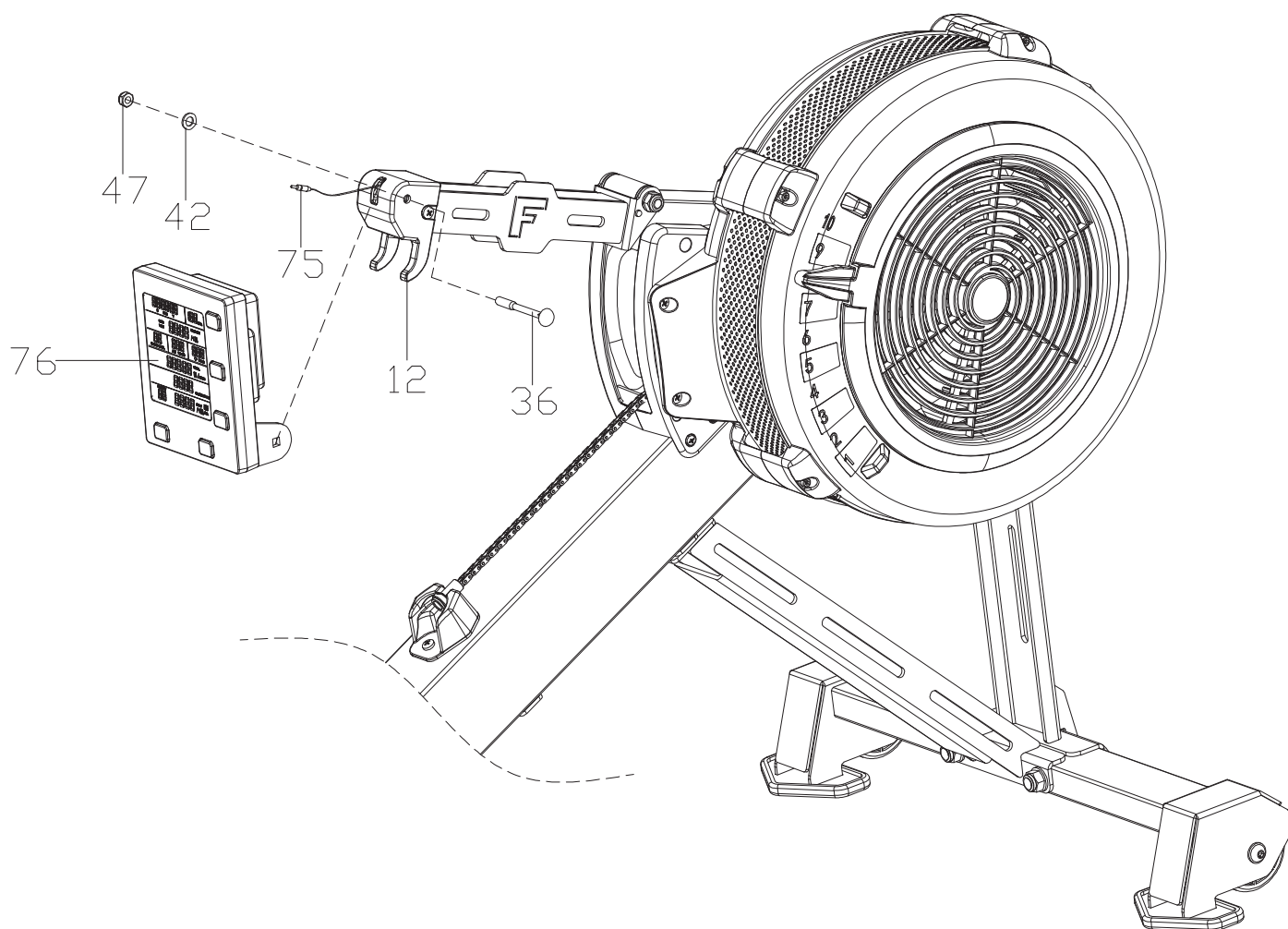
STEP 5 - ASSEMBLY



1

Connect the extension wire (75) and the sensor wire (74), organize the wires, then, using the hexagon socket head screw (31), flat washers (41), and nylon nuts (48) to lock the console bracket (4) onto the main frame (1).

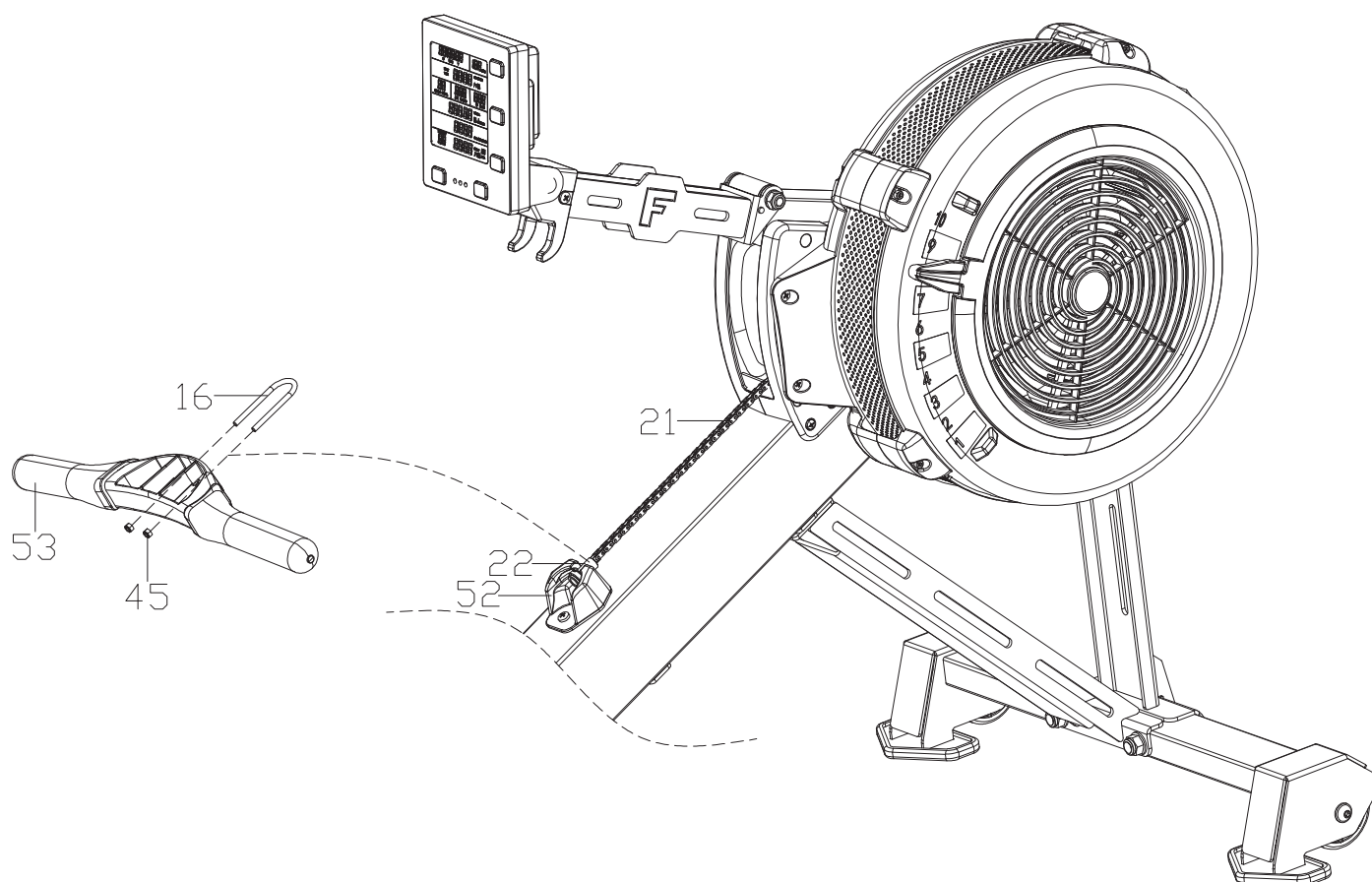
STEP 6 - ASSEMBLY



1

Insert the inductive relay line (75) into the console (76), then use the square neck bolts (36), flat washers (42), and nylon nuts (47) to lock the console (76) onto the console fixed base (12).

STEP 7 - ASSEMBLY

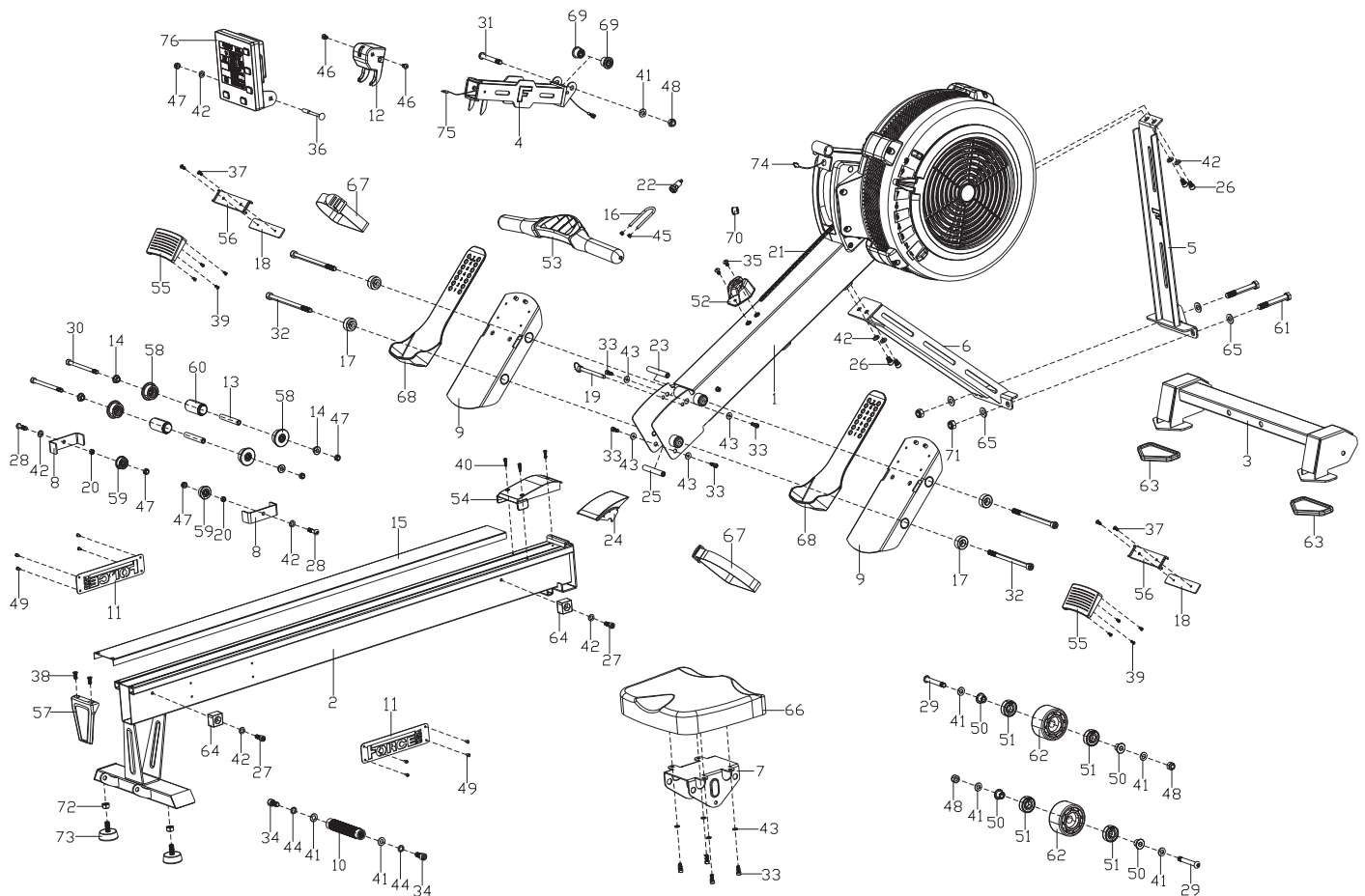


3

Pull out the chain (21) and pass the U-bolt (16) through the chain buckle (22) and the handlebar (53) and lock with nylon nuts (45). Finally, hang the handlebar (53) onto the handle plate (52).

EXPLODED DIAGRAMS

The upcoming pages feature an exploded view drawing of your product. These diagrams visually represents each component as it relates to the whole, although additional assembly by you is not required. It serves to help you identify and understand every part included in your purchase. While this guide offers a clear insight into how these parts fit together, it is particularly useful for troubleshooting and maintaining your product. Beyond practical benefits, the exploded view also aims to enhance your understanding of the product's design and functionality. As you explore these pages, you'll find they make it easier to discuss any component with our customer support, should the need arise. We hope this detailed visual approach not only informs but also enriches your experience with your new purchase.



COMPLETE COMPONENT INVENTORY

No.	Description	Note	Quantity
1	Main frame		1
2	Guide rail		1
3	Front bottom tube		1
4	Console bracket		1
5	Front support		1
6	Rear support		1
7	Seat support plate		1
8	U-shaped limit plate		2
9	Pedal		2
10	Handle tube		1
11	Logo plate		2
12	Console fixed base		1
13	Roller spacer sleeve		2
14	Step spacer		4
15	Stainless steel plate		1
16	U-shaped bolt		1
17	Alloy bushing		4
18	Nut plate		2
19	Pop-pin		1
20	Roller spacer sleeve		2
21	Chain		1
22	Chain buckle		1
23	Connecting shaft-single step		1
24	Main beam cover		1
25	Connecting shaft-double sides step		1
26	Hexagon socket cap screws	M8*12	4
27	Hexagon socket cap screws	M8*20	2
28	Hexagon socket head screw	M8*30	2
29	Hexagon socket head screw	M10*65	2
30	Hexagon socket cap screws	M8*112	2

COMPLETE COMPONENT INVENTORY

No.	Description	Note	Quantity
31	Hexagon socket headscrew	M10*70	1
32	Hexagon socket cap screws	M10*160	4
33	Hexagon socket cap screws	M6*16	8
34	Hexagon socket head screw	M10*20	2
35	Cross head screw	M6*16	2
36	Square neck bolts	M8*74	1
37	Countersunk head screw	M5*12	4
38	Countersunk head screw	M6*12	2
39	Cross-head self-tapping screw	ST3.5*8	8
40	Cross-head self-tapping screw	ST4.2*18	3
41	Flat washer	Φ10*Φ20*2	7
42	Flat washer	Φ8.2*Φ16*1.5	9
43	Flat washer	Φ6*Φ16*1.5	8
44	Spring washer	D10	2
45	Nylon nut	M5	2
46	Cross head screw	M6*8	2
47	Nylon nut	M8	5
48	Nylon nut	M10	3
49	Rivets		8
50	Roller spacer	Φ25*15	4
51	Bearing 6203		4
52	Handle plate		1
53	Handlebar		1
54	Guide rail cover		1
55	Pedal base plate		2
56	Bandage plate		2
57	Guide rail rear cover		1
58	Guide rail roller		4
59	Guide rail small roller		2
60	Roller outer spacer		2

COMPLETE COMPONENT INVENTORY

No.	Description	Note	Quantity
61	Hex head bolt	M12*85	2
62	Roller		2
63	End cap		4
64	Stop block		2
65	Flat washer	Φ12*Φ24*2	4
66	Seat		1
67	Bandage		2
68	Foot pad		2
69	Plastic spacer		2
70	Wire pipe plug		1
71	Nylon nut	M12	2
72	Hex head nut	M10	2
73	Adjustable foot pad		2
74	Sensor wire		1
75	Extension wire		1
76	Console		1

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



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

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