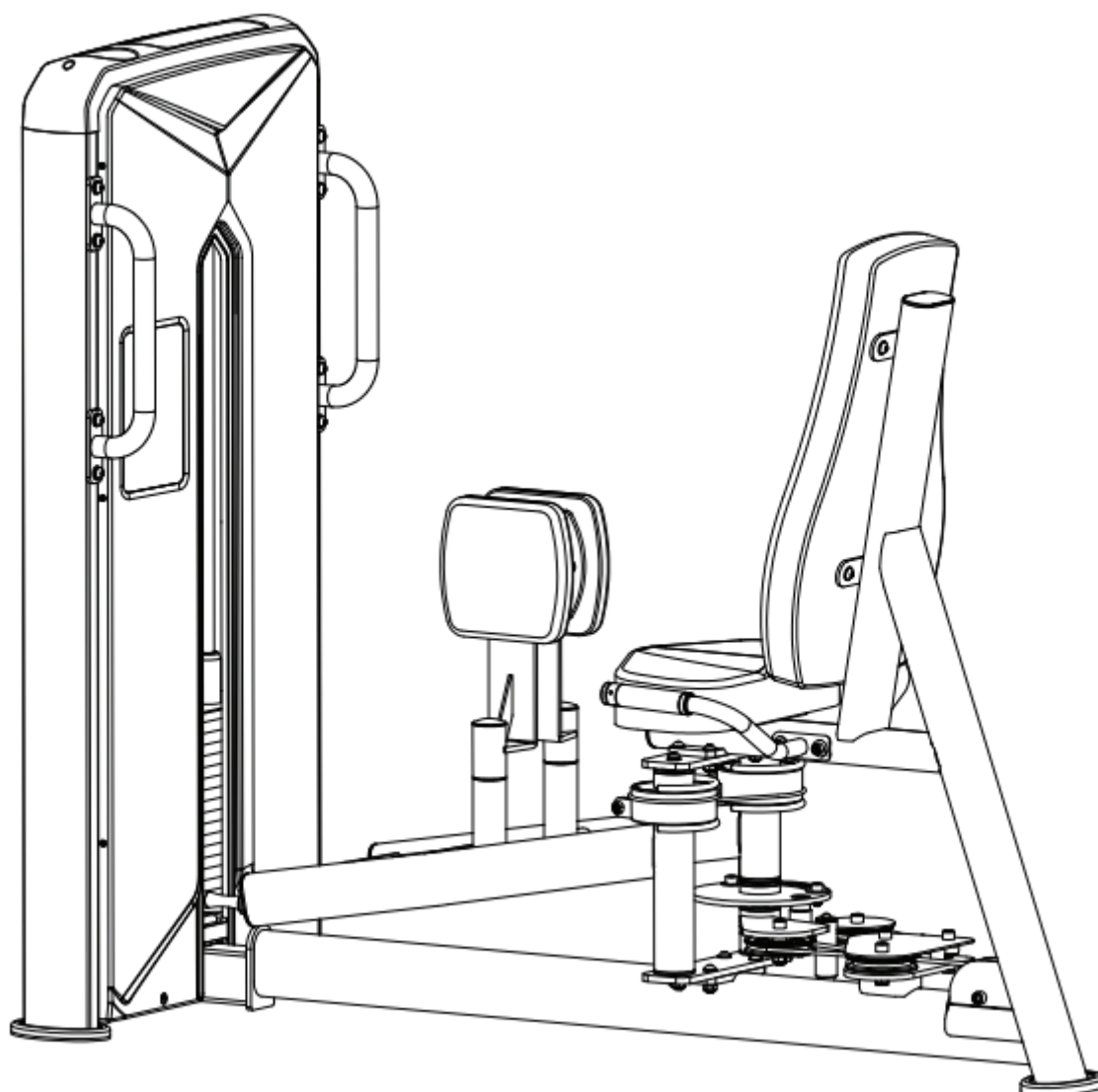


FORCE^{USA}



ABDUCTOR / ADDUCTOR (OUTER / INNER THIGH) MACHINE

USER MANUAL | **F-S-AA01T**





THANK YOU FOR YOUR PURCHASE

**For the most up to date info about using
your equipment and our latest support
videos, please visit:**

www.forceusa.com





TRAINING APP

Download now and get access to 400+ exercise tutorials, absolutely free!



DOWNLOAD THE APP



STAY FOCUSED

Enjoy a low-friction interface designed to keep you focused on your next set.

NEW WORKOUT PLANS

Loaded with a growing library of unique workouts. Hundreds of movement tutorials designed by our expert panel of coaches.

REWARD YOUR SUCCESS

See your results build after every session with the pyramid progress tracker. Feel the support and share your progress with family and friends.

HARDER IS GOOD SMARTER IS BETTER

The Force USA Training App offers customized workout plans so that you can get the same results in half the time.

Learn more at app.forceusa.com



BEFORE YOU START



Read all instructions in this manual before assembling or using this equipment



Only tighten nuts and bolts loosely until all equipment is assembled. Once the equipment is fully assembled, tighten from the bottom up, working evenly around the unit.

- Remove all parts from the packaging and count each component separately to ensure everything is provided correctly, noting that some items may be pre-assembled
- Follow the instructions and refer to both the individual assembly pages and the exploded views of the equipment whenever possible
- The owner is responsible for ensuring that all users of this unit have read the user manual and understand the safety precautions
- Descriptions of left and right refer to the perspective of standing in front, facing the equipment.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until all assembly steps are completed
- It is recommended to keep these instructions

Although current at the time of this printing, specifications for this model may have changed in our continuing effort for improvement. Force USA reserves the right to modify and improve the specifications of its products without prior notice.

BEFORE YOU START CONTINUED

SAFETY PRECAUTIONS

Every piece of Force USA equipment is built for maximum safety and meets or exceeds all applicable domestic and international standards. However, certain precautions must be taken when operating any piece of fitness equipment.

- It is highly recommended that two or more people are used for assembly
- Assemble equipment on a flat surface
- Consider placing a mat/mats under the equipment to protect your floor
- Ensure all parts are in working order prior to use
- Make sure all pivoting components are able to move freely
- Do not use or store the equipment outdoors or around water
- Do not over tighten any component with pivoting function
- 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

PREVENTATIVE MAINTENANCE

To ensure your equipment is operating at its peak, please follow the below preventative maintenance schedule performing all tasks upon initial assembly:

Daily Maintenance

- Wipe down the equipment to remove any dust and sweat residue with a dry, non-abrasive cloth
- Inspect the unit for noisy, damaged or loose components

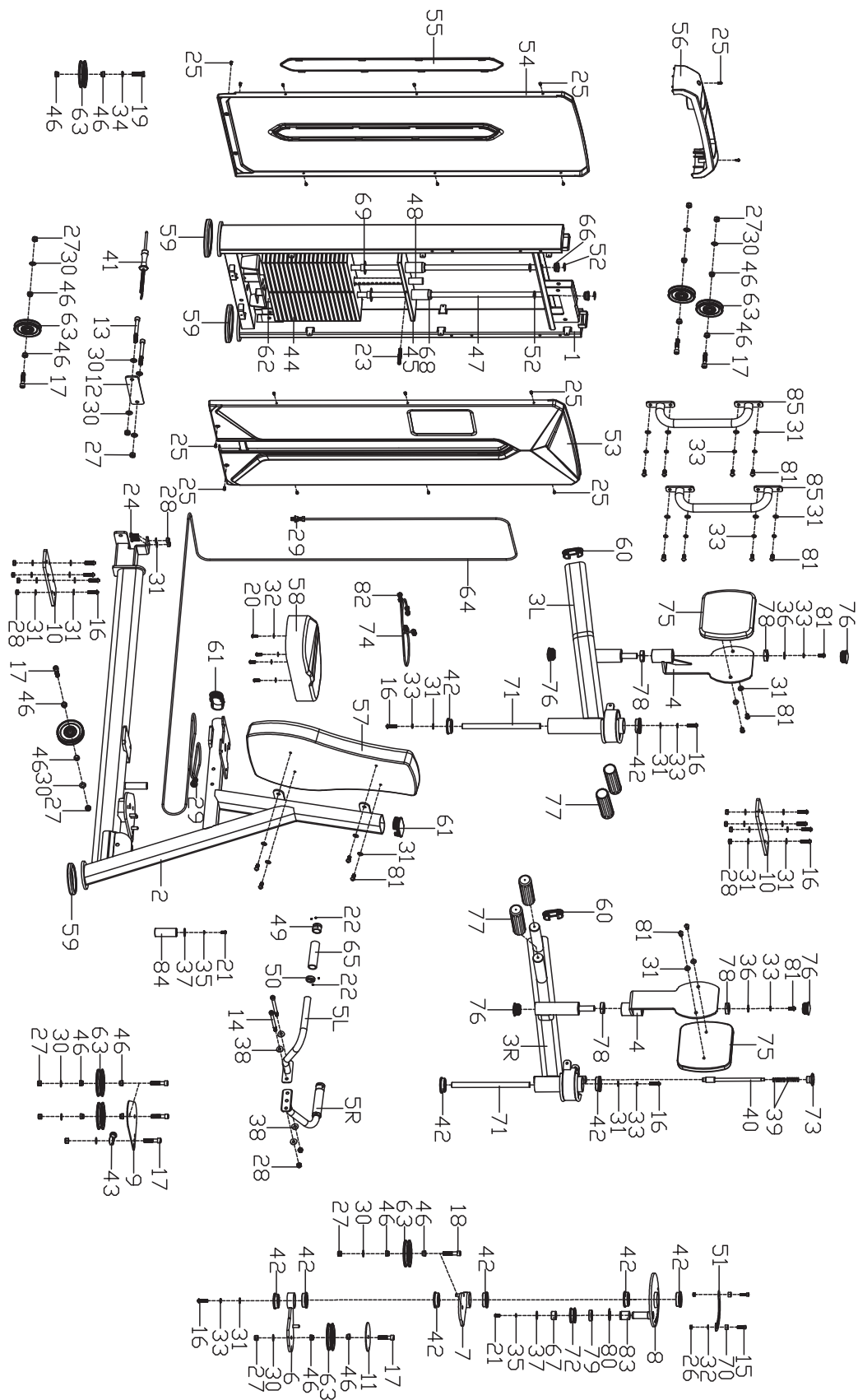
Monthly Maintenance

- Thoroughly clean the equipment using a non abrasive cloth dampened with a mild, all purpose cleaner ensuring to thoroughly wipe down and dry the equipment afterwards
- Apply a 100% silicone lubrication (preferably spray) to guide rods, pulley sliders, weight plate carriages and any other moving parts where friction can occur including bearings (where applicable). Any other form of lubrication will void your warranty
- Check the tightness of all bolts, nuts and screws
- Check the cables for fraying or any signs of wear and ensure they are at the correct tension with a small amount of slack at resting position (where applicable)
- Inspect pulleys for any damage or cracks (where applicable)
- Knurling can be cleaned using a soft bristled brush to help remove any particles that may be nestled within the knurling
- Vacuum around the machine/equipment to prevent dust accumulation

EXPLODED DIAGRAMS



Most of the listed hardware has been packaged separately, but some of them have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required. Please refer the individual steps for the installation and pay attention to the preinstalled hardware.



COMPLETE COMPONENT INVENTORY

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	counterweight frame combination	1	44	weight block	19
2	seat combination	1	45	guide block	1
3L/R	L/R foot tube connection	1 pr	46	aluminum bushings	18
4	L-shaped fixed plate joint	2	47	slide rod	2
5L/R	L/R handlebar connection	1 pr	48	tie rod	1
6	rotating support 1	1	49	aluminum end cap	2
7	rotating support 2	1	50	aluminum spacer	2
8	turntable frame	1	51	adjustment pad	1
9	pulley fixing plate	1	52	E-type clamp springφ15	4
10	connecting plate 1	2	53	front protective guard	1
11	connecting plate 2	1	54	rear protective guard	1
12	connecting plate 3	1	55	rear protective cover	1
13	hexagon cylindrical head bolt M12*100	2	56	upper cap	1
14	hexagon cylindrical head bolt M10*125	2	57	back pad	1
15	hexagon cylindrical head bolt M8*25	2	58	seat pad	1
16	Hex socket pan head screw M10*35	12	59	rubber foot pad	3
17	hexagonal cylindrical head bolts M12*50	8	60	ovaltube end cap 80*40*3	2
18	hexagonal cylindrical head bolts M12*55	1	61	oval tube end cap 100*50*3	2
19	outer hexagon bolt M12*40	1	62	buffer pad	2
20	Hex socket pan head screw M8*20	4	63	pulleys	9
21	Hex socket pan head screw M8*16	2	64	wire rope	1
22	Hex socket set screw M5*3	8	65	injected handlebar foam	2
23	Hex socket set screw M10*70	1	66	hole plug	2
24	outer hexagon bolt M10*25	2	67	nylon spacer φ32*φ25*16.8	1
25	cross screw M5*10	18	68	nylon bushings	2
26	nylon nut M8	2	69	Nylon flange sleeve	38
27	nylon nut M12	11	70	cushion	2
28	nylon nut M10	12	71	pendulum shaft	2
29	hex flange nut M12	2	72	guide wheel	1
30	flat washer φ12.2*φ24*2	13	73	Plastic handle head	1
31	flat washer φ10.2*φ20*2	34	74	wire rope	2
32	flat washerφ8.2*φ16*1.5	6	75	leg protective pad	2
33	spring washer D10	10	76	round end cap	4
34	spring washer D12	1	77	tube bushings	4

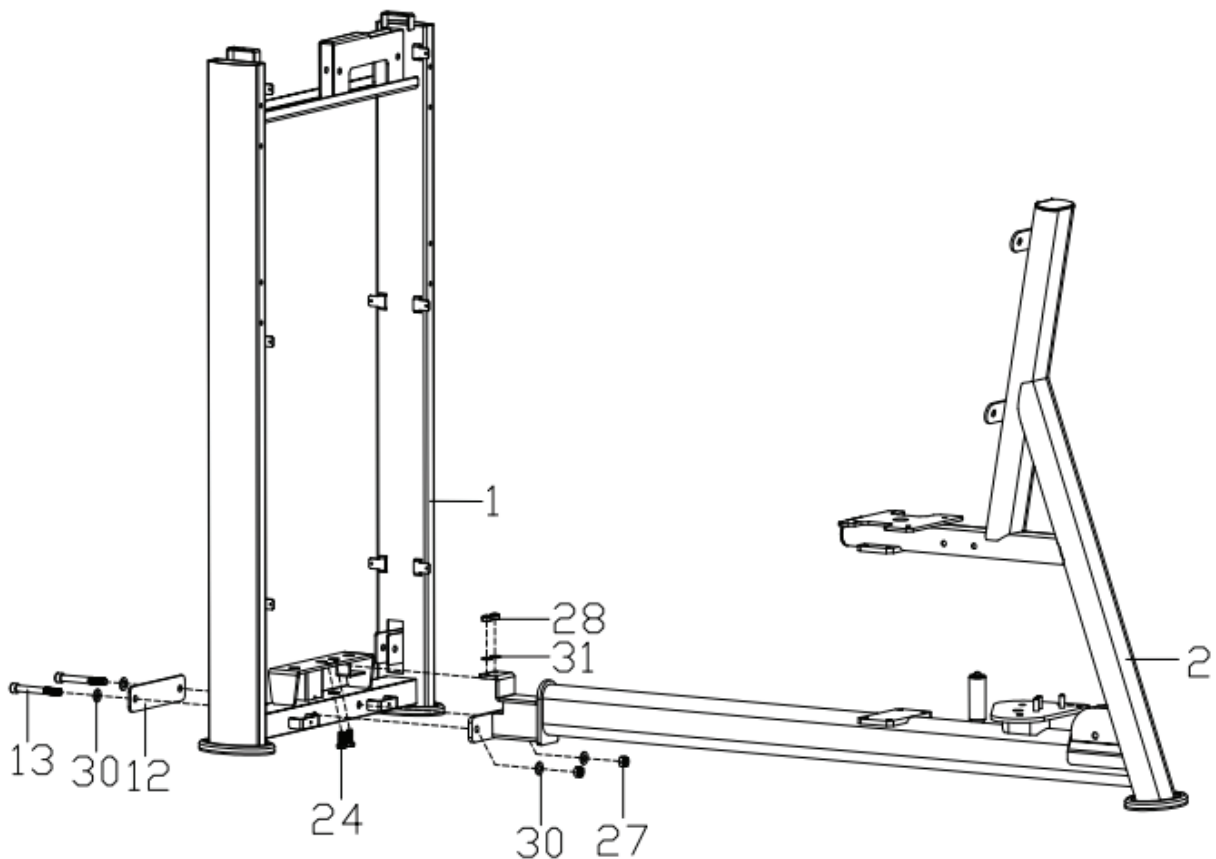
COMPLETE COMPONENT INVENTORY

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
35	spring washer D8	2	78	bearing 6004	4
36	flat washer $\phi 10.2 \times \phi 26 \times 2$	2	79	bearing 6905	1
37	flat washer $\phi 8.2 \times \phi 30 \times 2$	2	80	circlip for hole D42	1
38	curved washer D10.5*D25*2	4	81	hexagon pan head screw M10*20	14
39	press spring	2	82	hexagon nut M10	4
40	latch pin	1	83	nylon spacer $\phi 32 \times \phi 25 \times 36.3$	1
41	magnetic latch	1	84	nylon spacer $\phi 32 \times \phi 25 \times 84$	1
42	bearing 6204	10	85	fixed handle	2
43	joint bearing	1			

STEP 1 - ASSEMBLY



It is well suggested that two or more people to assemble this machine to avoid any possible injury.
Remove all the security tape and wrapping before the installation.



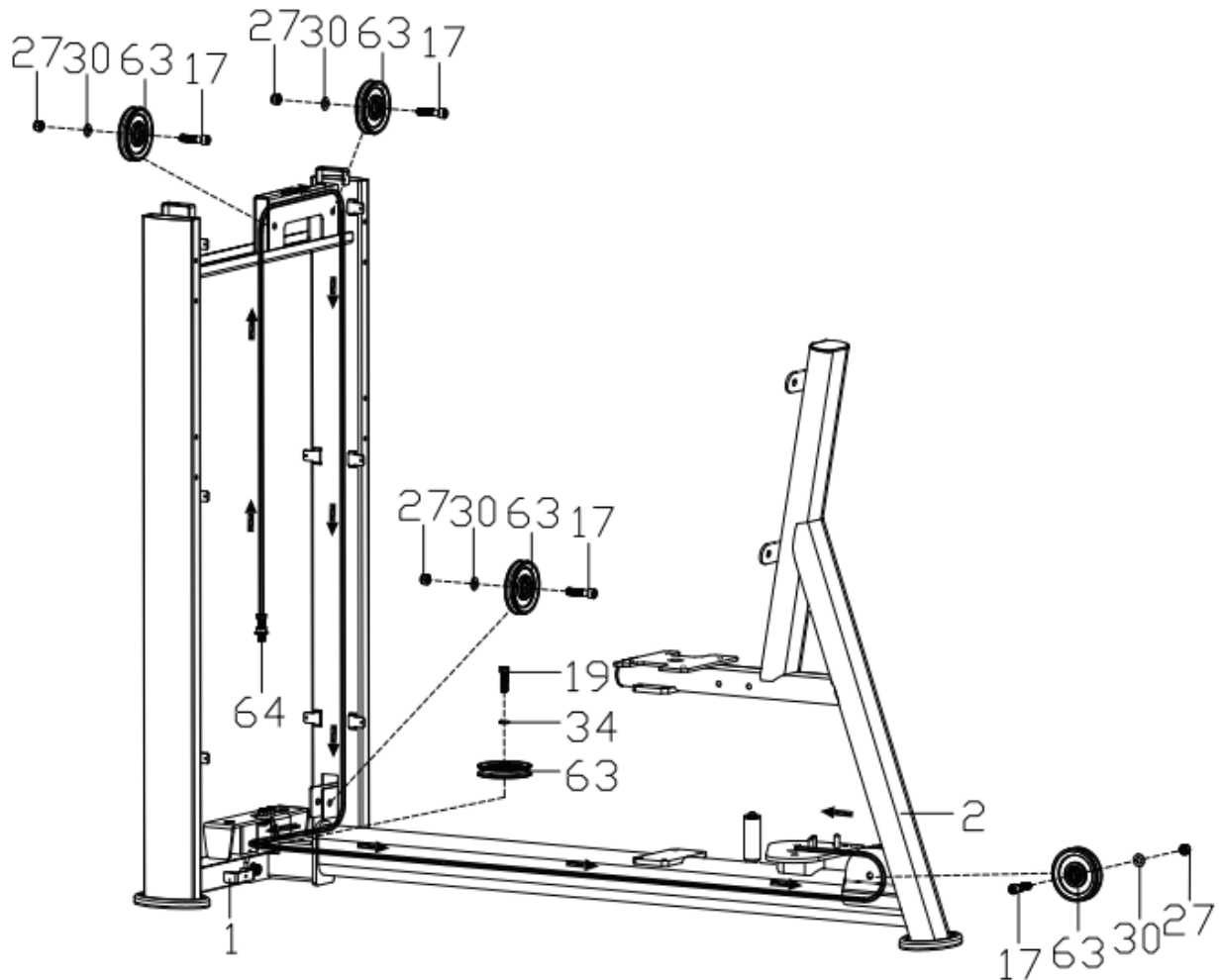
1

Use outer hexagon bolt (24), flat washer (31), nylon nut (28) to prelock the seat combination (2) on the counterweight frame combination (1), and use hexagonal cylindrical head bolt (13), flat washer (30), nylon nut (27) to prelock the connecting plate 3 (12) and the seat combination (2) on the counterweight frame combination (1);

2

Lock all outer hex bolts (24) and inner hex cylindrical head bolts (13) that are not locked

STEP 2 - ASSEMBLY



1

Wrap one end of the wire rope (64) around the rope in the direction of the arrow;

2

The three sets of pulleys (63) are respectively locked on the combination (1) of the counterweight frame with hexagonal cylindrical head bolts (17), flat washers (30) and nylon nuts (27);

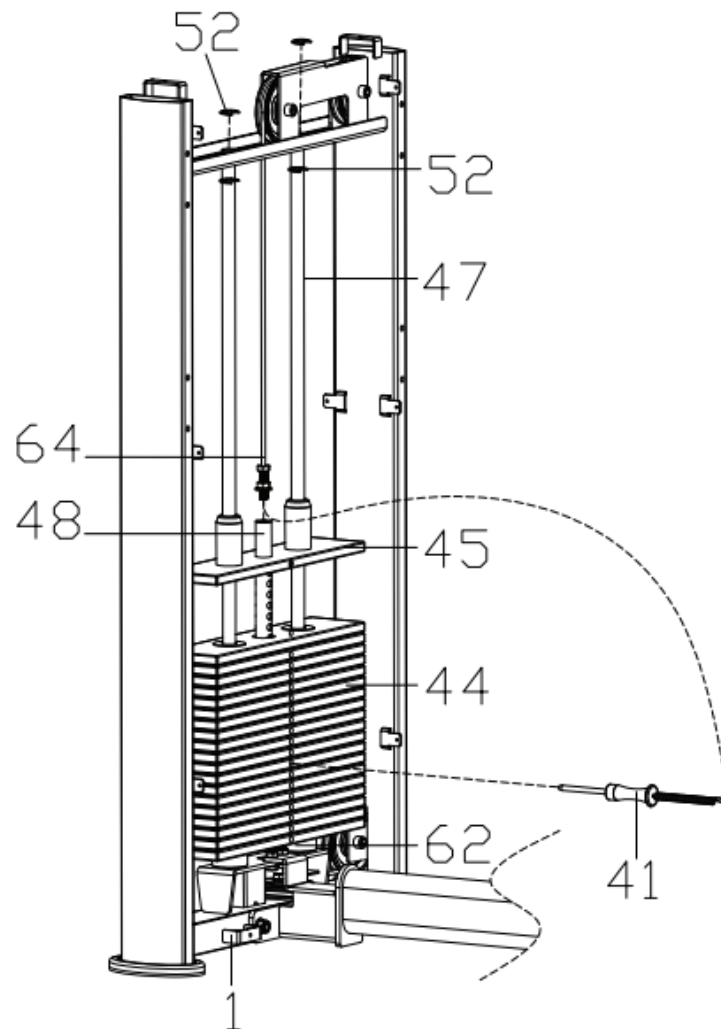
3

Lock the pulley (63) to the counterweight frame combination (1) with the outer hexagon bolt (19) and the spring washer (34).

4

A set of pulley (63) is locked on the seat combination (2) with a hexagon cylindrical head bolt (17), a flat washer (30) and a nylon nut (27)

STEP 3 - ASSEMBLY



1

First load the buffer pad (62), slide rod (47), weight block (44), and guide block (45) into the counterweight frame combined with (1);

2

The slide rod (47) is fixed on the combination (1) of the counterweight frame with the E-type clamp spring (52);

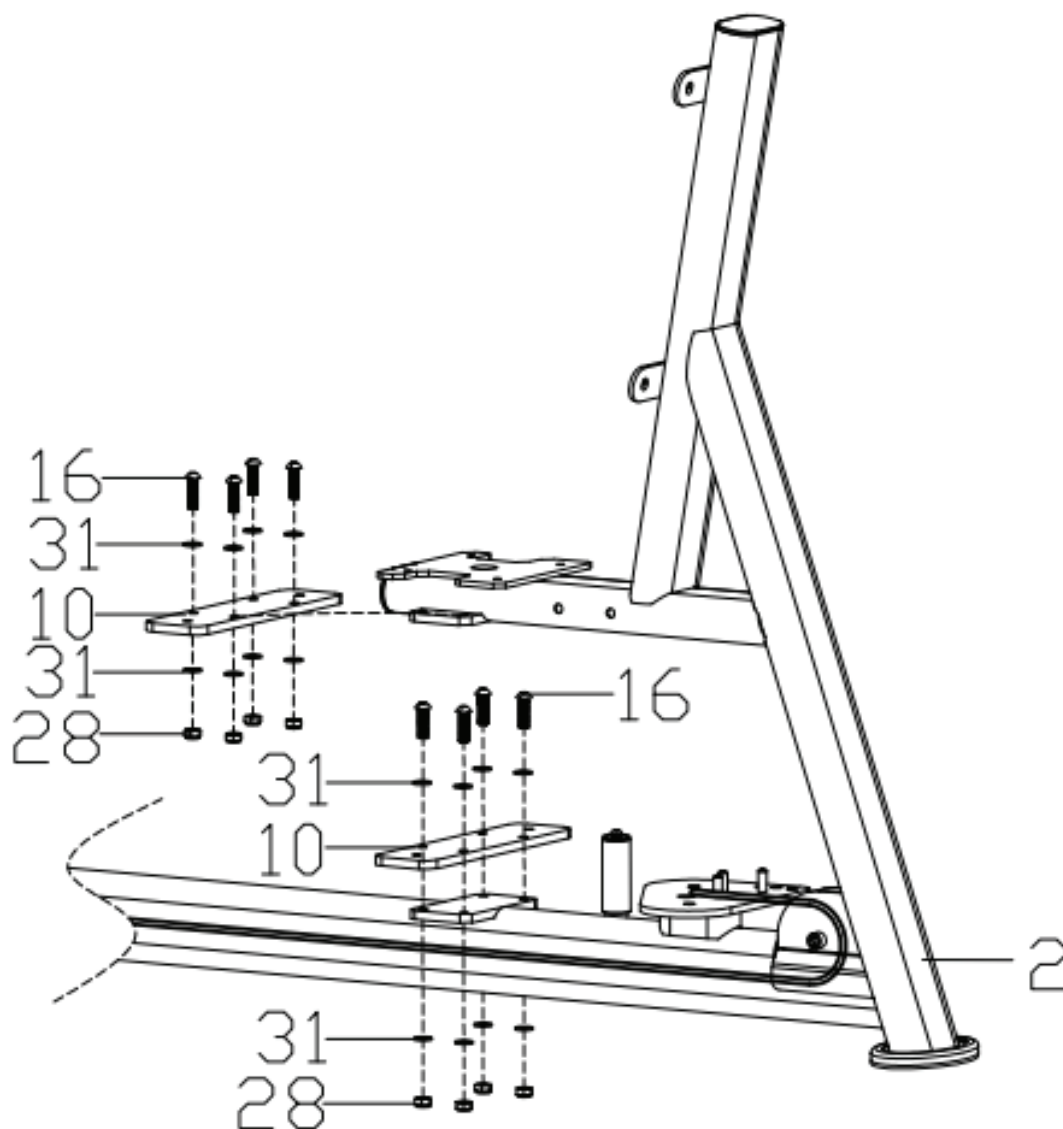
3

In order from small to large and from top to bottom, paste the sticker on the weight block (44);

4

First insert magnetic latch (41) with wire into the weight block (44) and tie rod (48), then insert the wire trap with magnetic latch (41) into the screw of the wire rope (64), and lock the screw end of the wire rope (64) on the tie rod (48)

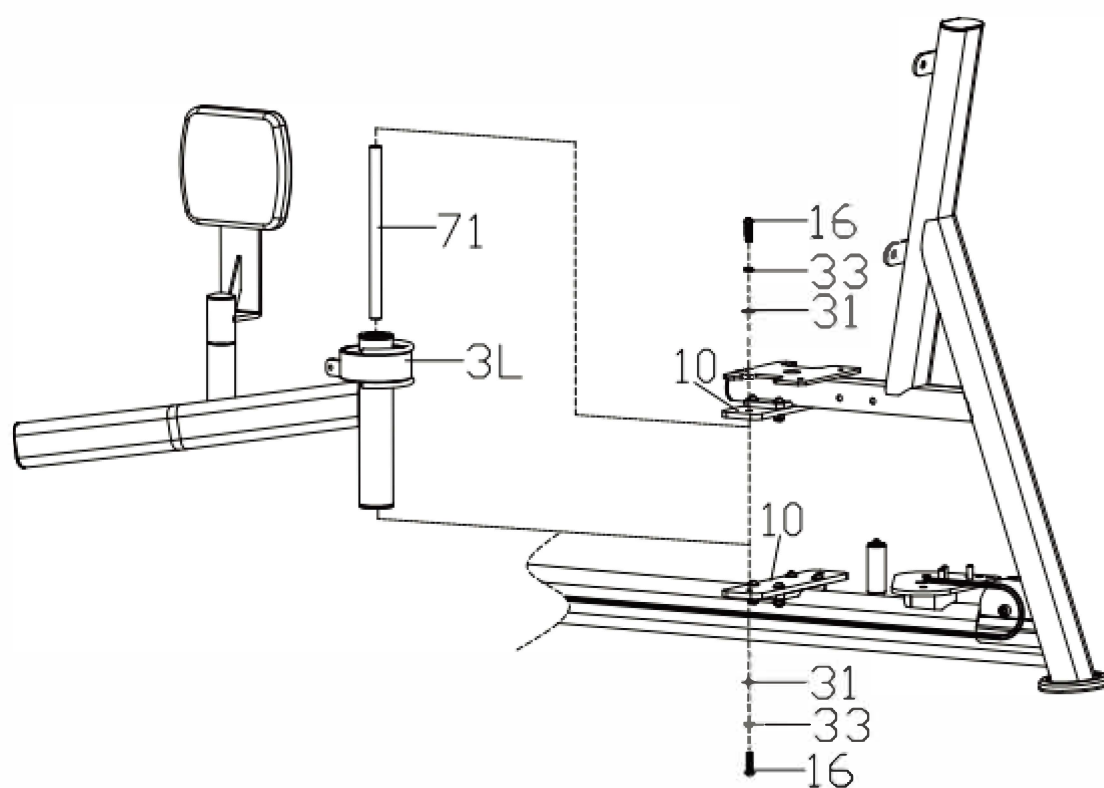
STEP 4 - ASSEMBLY



1

Use hexagon pan head screw (16), flat washer (31), nylon nut (28) to lock the connecting plate one (10) on the seat combination (2)

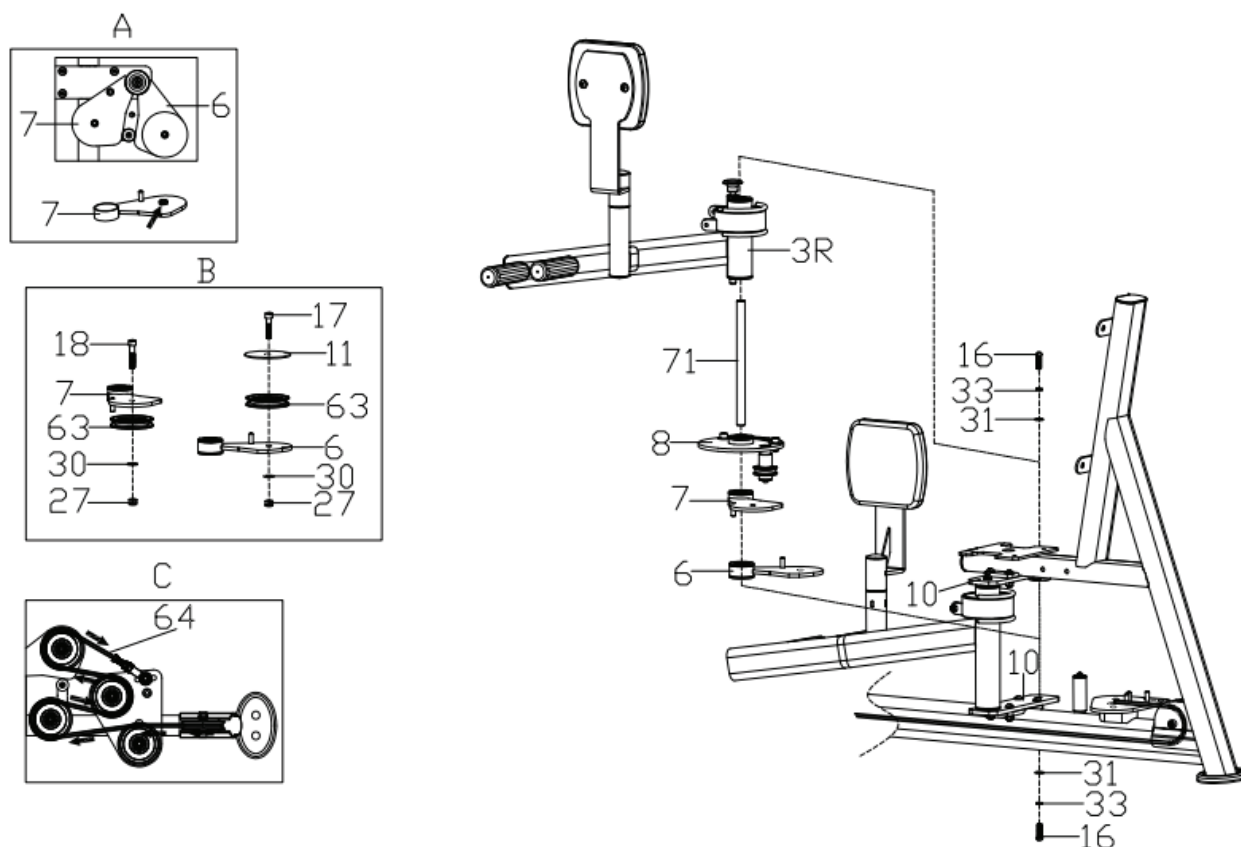
STEP 5 - ASSEMBLY



1

Lock the left foot tube (3L) and the pendulum shaft (71) on the connecting plate one (10) with the hexagon pan head screw (16), the spring washer (33) and the flat washer (31)

STEP 6 - ASSEMBLY



1

Remove the hexagon cylindrical head bolt (17), connecting plate 2 (11), pulley (63), flat washer (30) and nylon nut (27), which are pre-locked in the rotating support 1(6)(as shown in Figure B);

2

Remove the hexagon cylindrical head bolt (18), pulley (63), flat washer (30) and nylon nut (27), which are pre-locked in the rotating support 2 (7)(as shown in Figure B);

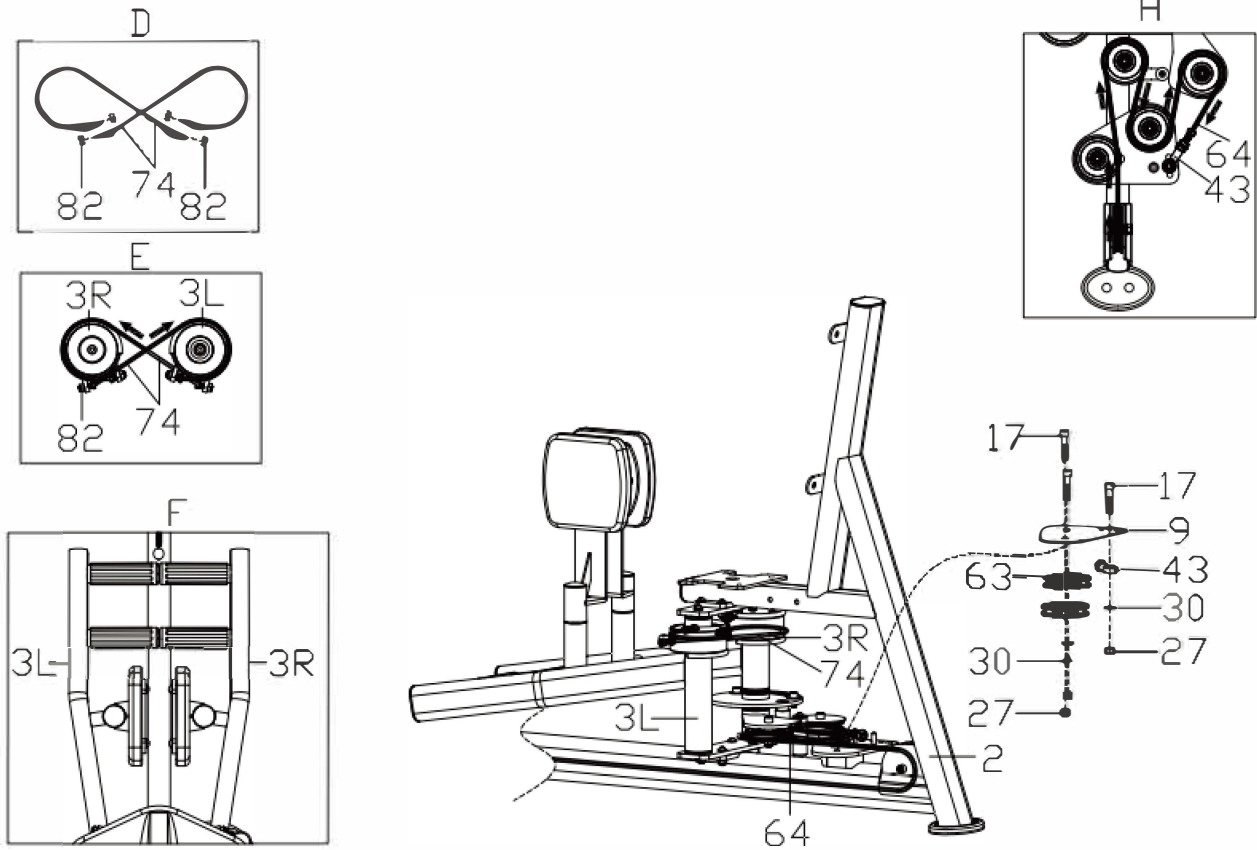
3

With the hexagon pan head screw (16), spring washer (33), flat washer (31), to connect the rotating support 1(6) to the rotating support 2 (7),the turntable frame (8), the pendulum shaft (71), and the right foot tube connection (3R) on the connecting plate (10);(Installing the rotating support 1(6) and the rotating support 2 (7))(as shown in Figure A);

4

First install the end of the wire rope (64) in the direction of the arrow shown in the figure C. Then, the pulley (63) is locked on the rotation support 1(6) with hex cylindrical head bolt (17), connecting plate two (11), flat washer (30) and nylon nut (27), next, the pulley (63) is locked on the rotation support 2 (7) with hexagonal cylindrical head bolt (18), flat washer (30) and nylon nut (27).

STEP 7 - ASSEMBLY



1

Unscrew the hexagon nut (82) pre-locked on the wire rope (74), and then wrap the two wire ropes (74) in the direction of the arrow shown in the figure D&E and lock them with the hexagon nut (82), and make the left and right foot tube (3L/R) center parallel as shown in the figure F below;

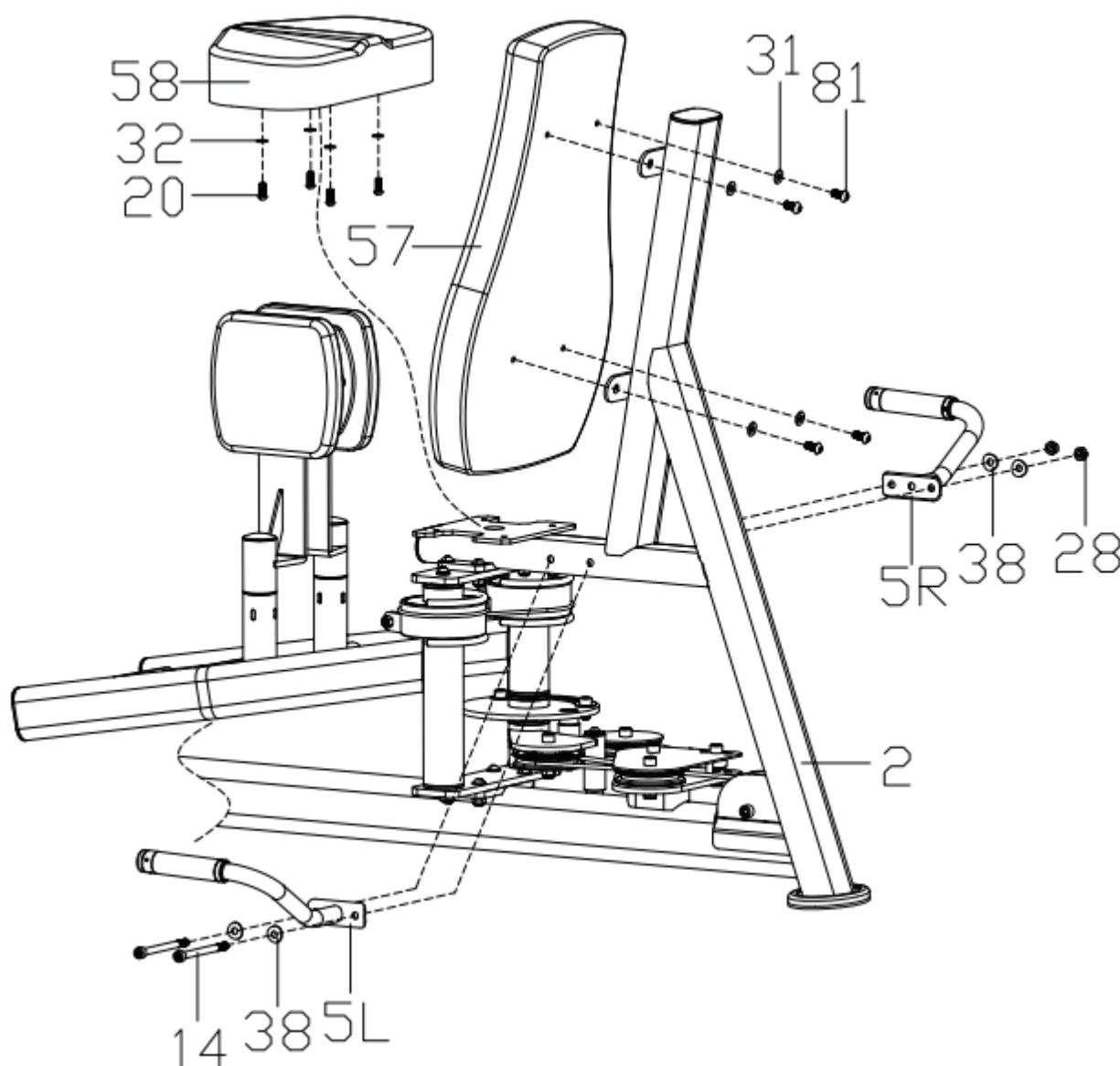
2

The 2 sets of pulley (63), pulley fixing plate (9) and joint bearing (43) are locked on the seat combination (2) with the hex cylindrical head bolt (17), flat washer (30) and nylon nut (27);

3

First install the end of the wire rope (64) in the direction of the arrow shown in the figure H, and then tighten the end of the wire rope (64) with the screw in the joint bearing (43).

STEP 8 - ASSEMBLY



1

Lock the handle knot (5L/R) to the seat frame combination (2) with hexagonal cylindrical head screw (14), curved washer (38), and nylon nut (28);

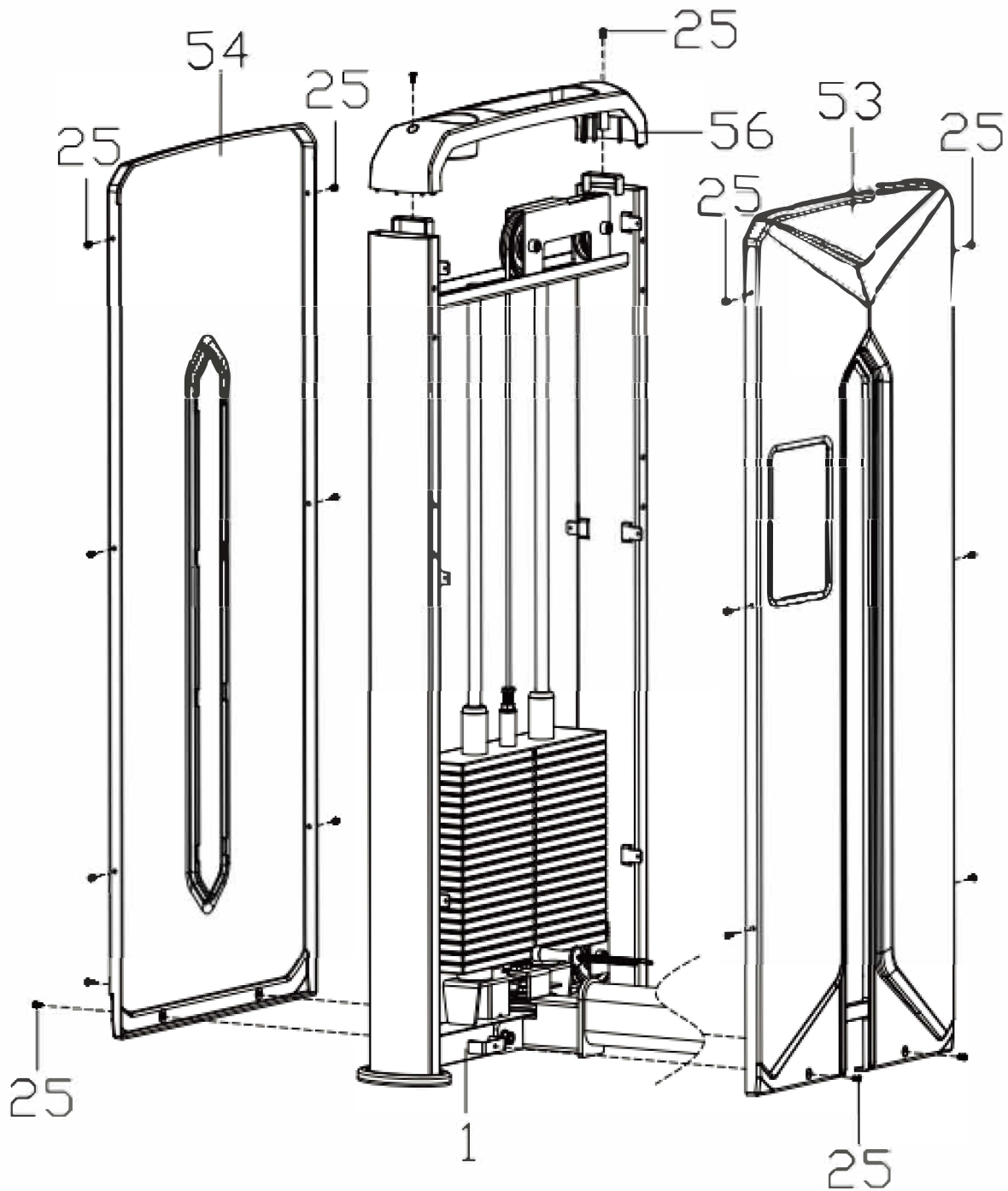
2

The seat pad (58) is locked on the seat combination (2) with the hexagon pan head screw (20) and the flat washer (32);

3

Use hexagon pan head screws (81) and flat washers (31) to lock the back pad (57) to the seat combination (2)

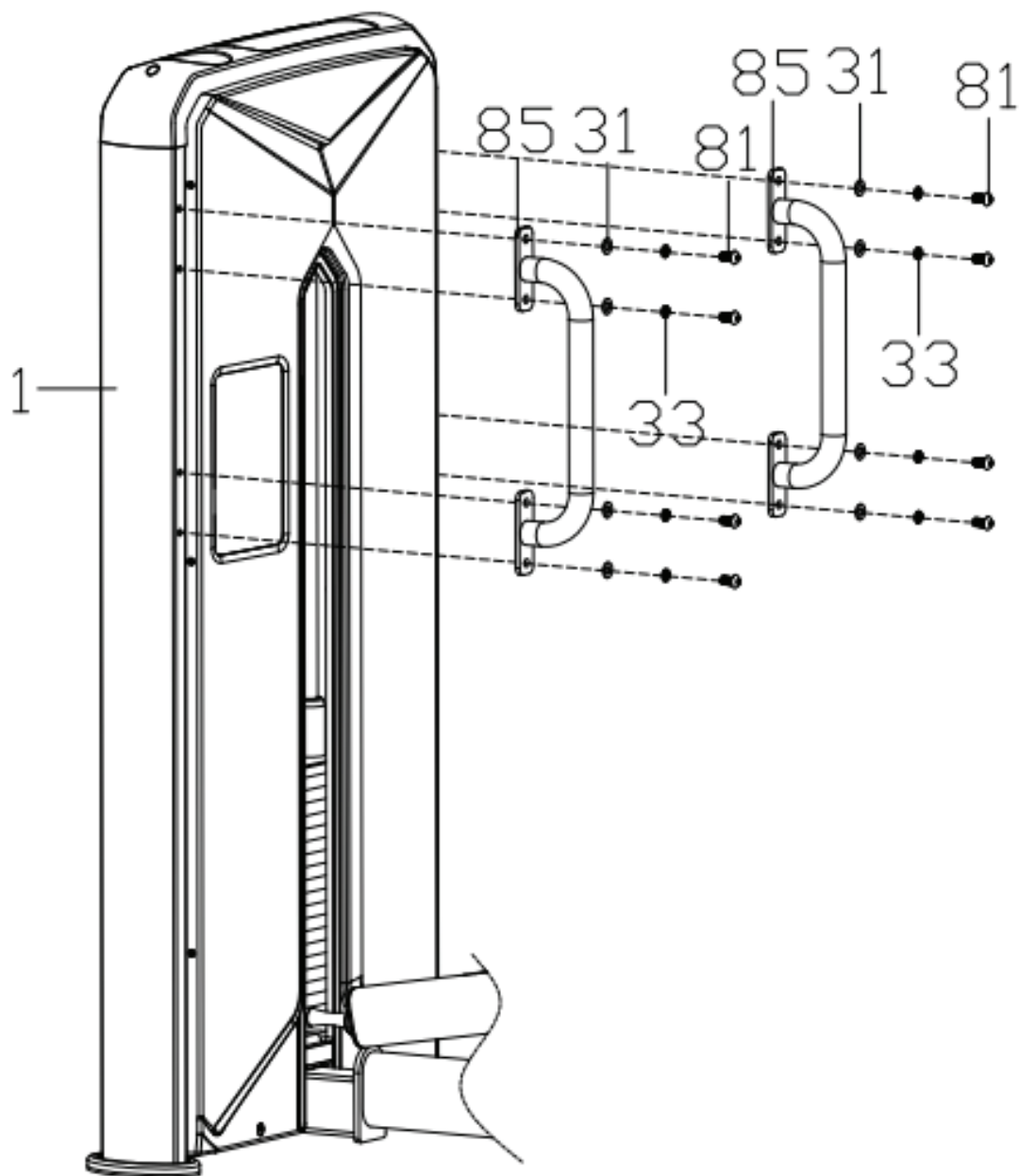
STEP 9 - ASSEMBLY



1

Attach fixed handle (85) with hexagon pan head screw (81), spring washer (33), flat washer (31)
Lock on the counterweight frame coupling (1)

STEP 10 - ASSEMBLY



1

Attach fixed handle (85) with hexagon pan head screw (81), spring washer (33), flat washer (31)
Lock on the counterweight frame coupling (1)

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



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

FORCE^{USA}

forceusa.com