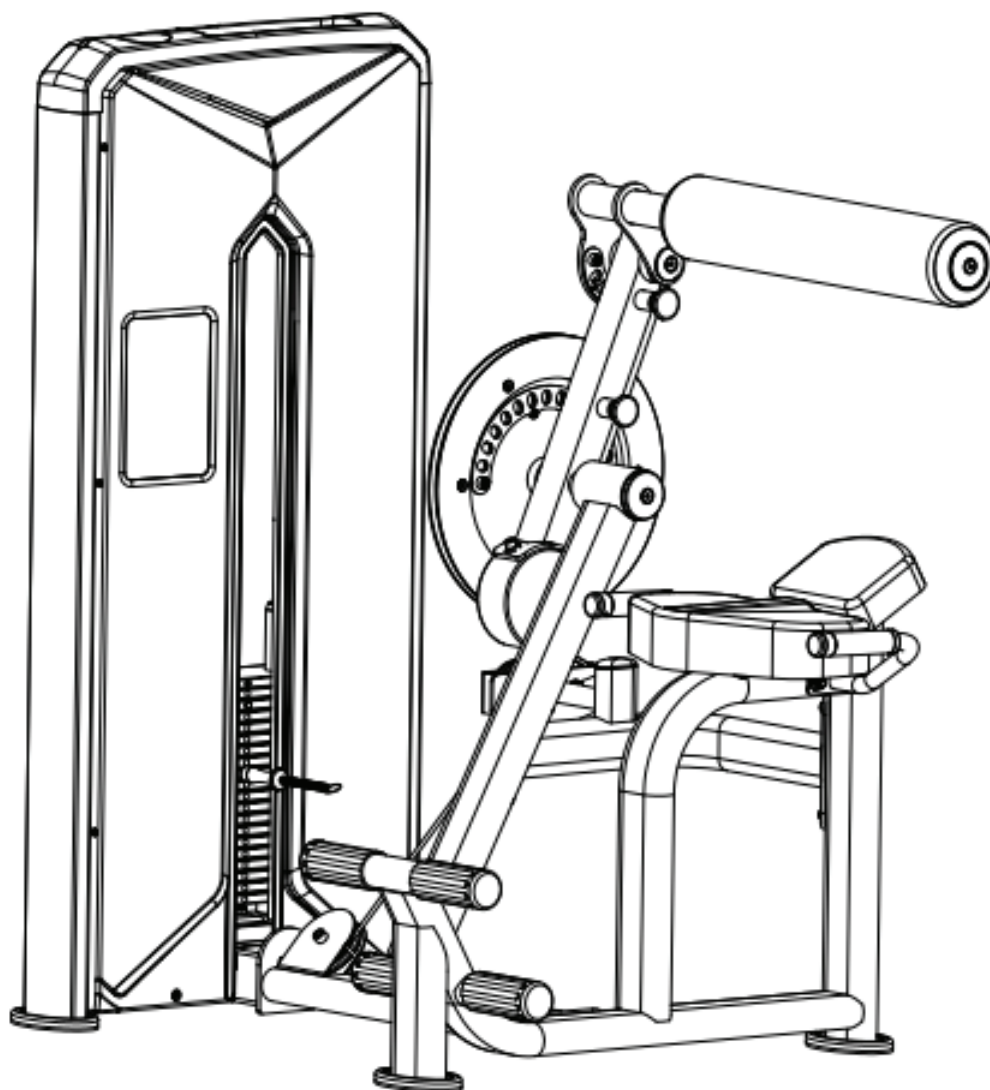


FORCE^{USA}



ABDOMINAL / BACK EXTENSION MACHINE

USER MANUAL | **F-S-ABE**





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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

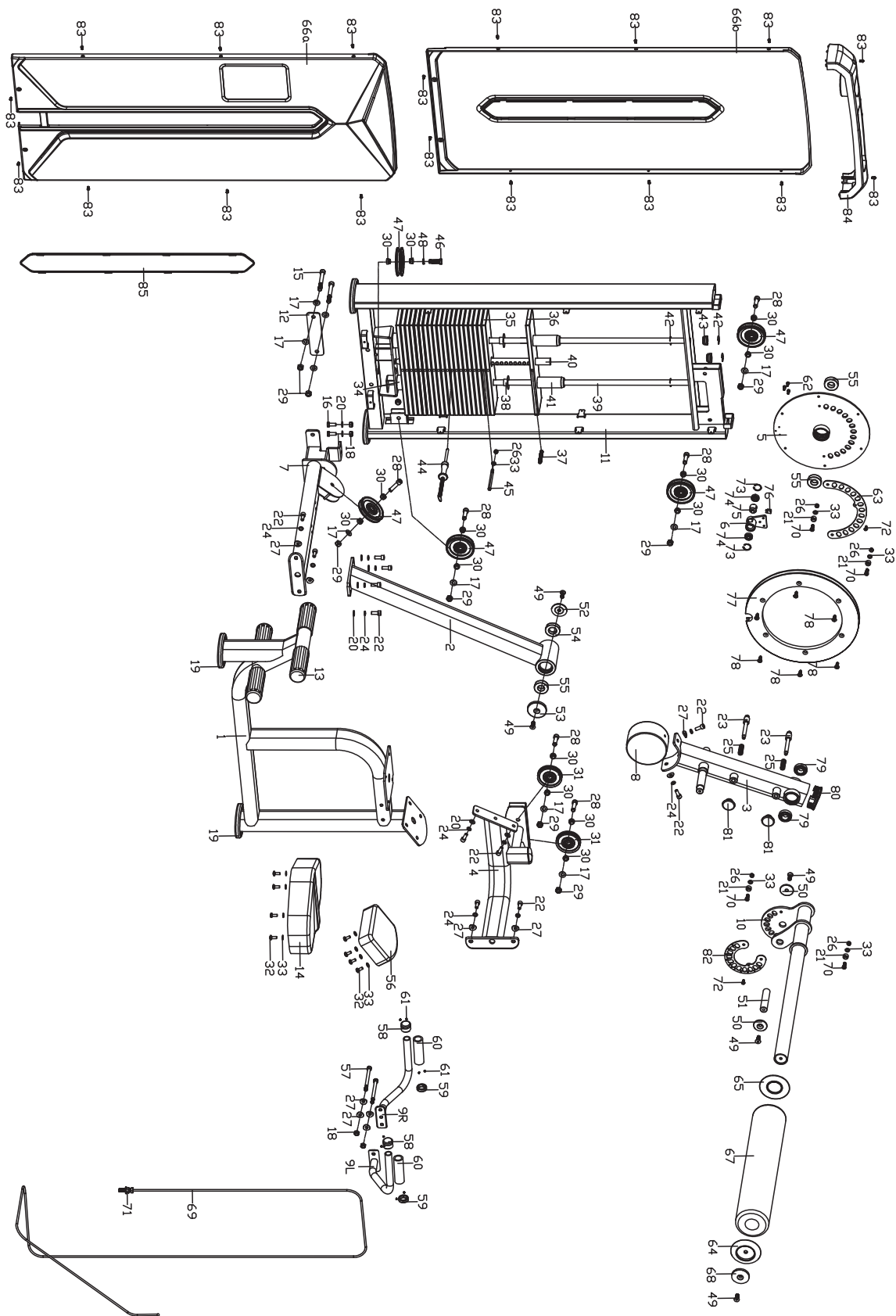
Monthly Maintenance

- 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

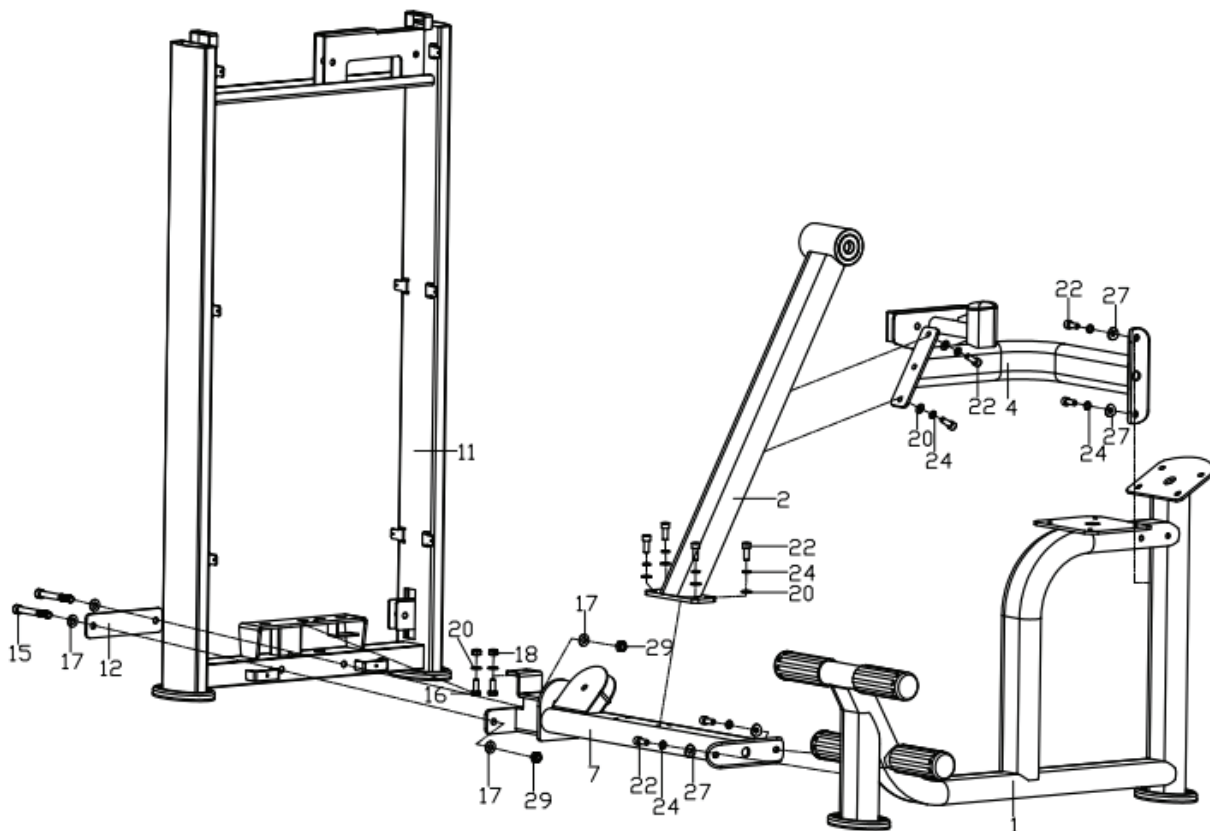
NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main base frame	1	36	Guide plate(5kg)	1
2	Support frame	1	37	Inner hexagon end screw M10*70	1
3	Swing frame	1	38	Nylon flange bushing	38
4	Rear support frame	1	39	slide rod	2
5	Turntable rack frame	1	40	Pull rod	1
6	Swivel bracket frame	1	41	Nylon bushing	2
7	Connecting frame	1	42	E shape clamp spring	4
8	Counterweight	1	43	Hole cover	2
9L/R	Fixed handlebar frame	1pr	44	Magnetic cross pin with wire	1
10	Foam frame	1	45	Step bolt $\phi 10*115*M8*L15$	1
11	Weight frame	1	46	Outer hexagon bolt M12*40	1
12	Connecting board	1	47	Pulley	5
13	Tube foam	4	48	Spring washer D12	1
14	Seating board	1	49	Inner hexagon head screw M10*25	5
15	Hexagon socket cap screw M12*100	2	50	End cap	2
16	Outer hexagon bolt M10*25	2	51	Connecting axle	1
17	Flat washer $\phi 12.2*\phi 24*2$	10	52	End cap	1
18	Nylon nut M10	4	53	End cap	1
19	Foot sleeve	4	54	Bearing	1
20	Flat washer $\phi 10.2*\phi 20*2$	8	55	Bearing	1
21	Cushion collar	4	56	Backrest	1
22	Hexagon socket cap screw M10*25	12	57	Hexagon socket cap screw M10*125	2
23	Bolt rod 1	1	58	Aluminum end cover	2
24	Spring washer D10	12	59	Alloy bushings	2
25	Press spring	2	60	Foam	2
26	Nylon nut M8	5	61	Inner hexagon end screw M5*3	8
27	Curved washerD10.5*D25*2,R30	10	62	Hexagon socket cap screw M6*12	3
28	Hexagon socket cap screw M12*50	6	63	Adjustable plate1	1
29	Nylon nut M12	8	64	Foam inner cover	1
30	Alloy bushing	14	65	Foam cover	1
31	Pulley	2	66a/b	Front & rear weight cover	1pr
32	hexagon cross pan head bolts M8*20	8	67	Foam	1
33	Flat washer D8* $\phi 16*1.5$	13	68	End cap	1
34	Cushion	2	69	Wire rope	1
35	Weight plate(5kg)	19	70	Hexagon socket cap screw M8*20	4
71	Flange nut M12	1	79	Bearing	2
72	Cross head bolts M6*12	2	80	Oblate tube end cap	1
73	Spring collar for hole D28	2	81	Plastic knob	1
74	Bearing	2	82	Adjustable plate2	1
75	teleflex	1	83	Cross head bolts M5*10	18
76	Wire rope fixing sleeve	1	84	Upper cover	1
77	Plastic turnplate	1	85	rear counterweight guard decorative cover	1
78	hexagon countersunk head screw M8*25	6			

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.



Prelock the connect frame (7) to the main base frame (1) with the hex cylindrical head bolt (22), spring washer (24) and arc washer (27);

2

Prelocks the connecting frame (7) to the counterweight frame (11) with hex cylindrical head bolt (15), flat washer (17), connecting plate (12), nylon nut (29), outer hex bolt (16), flat washer (20) and nylon Nut (18) ;

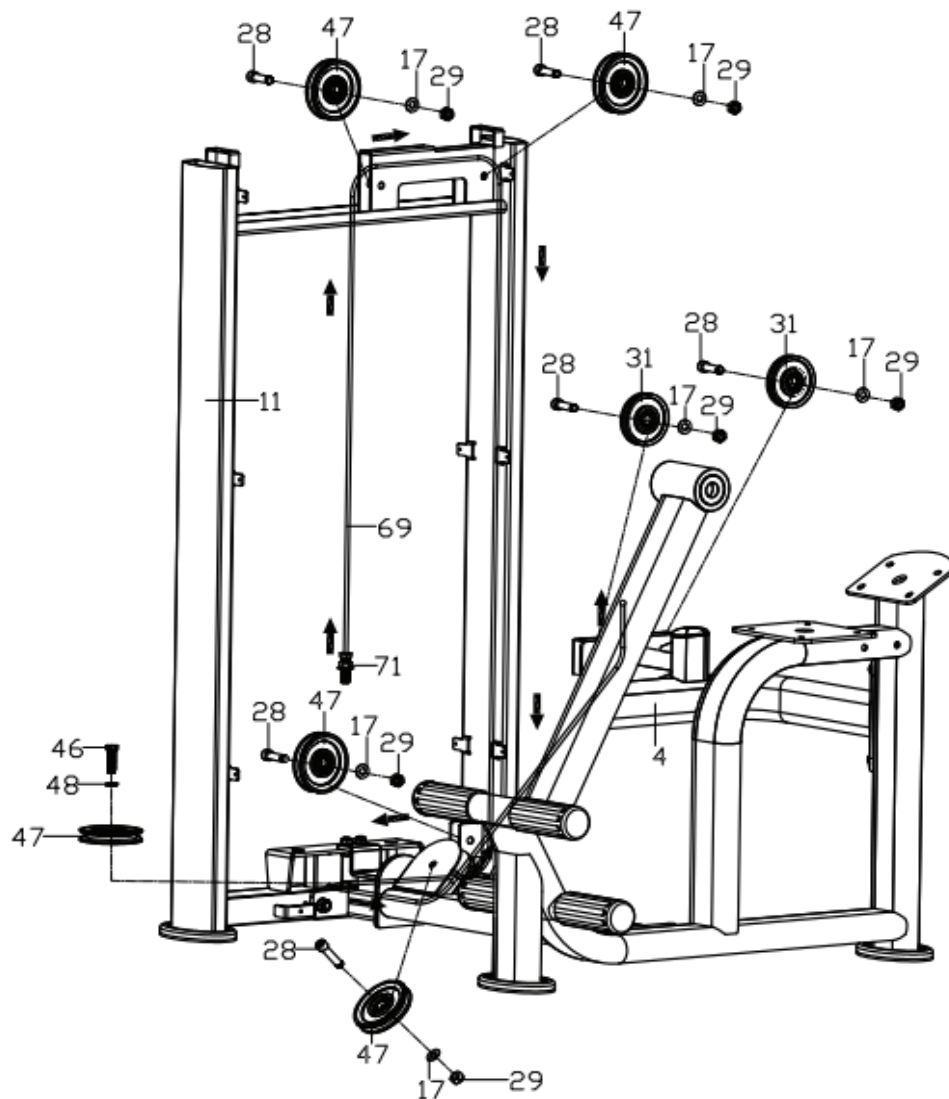
3

Prelock the support frame (2) to the connecting frame (7) with hexagon cylindrical head bolts (22), spring washers (24) and flat washers (20) ;

4

Lock the rear support frame (4) to the support frame (2) and the main base frame (1) with hex cylindrical head bolts (22), spring washers (24), arc washers (27), and flat washers (20) tightly. Finally lock the all bolts tightly.

STEP 2 - ASSEMBLY



1

Wrap one end of the wire rope (69) in the direction of the arrow;

2

The four sets of pulleys (47) are respectively locked together on weight frame(11) with hexagonal cylindrical head bolts (28), flat washers (17) and nylon nuts (29) tightly;

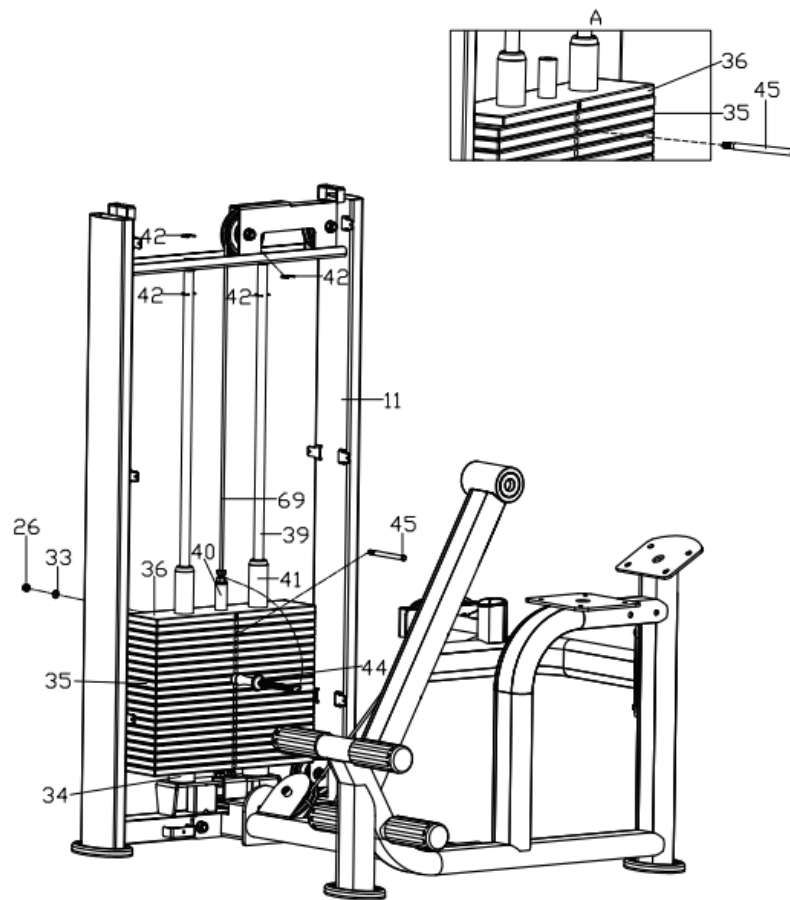
3

Lock the pulley (47) to the weight frame (11) with the outer hexagon bolt (46) and the spring washer (48) tightly;

4

The two sets of pulleys (31) are respectively locked on the rear support frame(4) with hexagonal cylindrical head bolts (28), flat washers (17) and nylon nuts (29) tightly.

STEP 3 - ASSEMBLY



1

First, the buffer pad (34), slide rod (39), weight block (35), guide block (36) are loaded into the weight frame (11) in order;

2

Fix the slide rod (39) on the weight frame (11) with four E-type circlip springs (42);

3

Stick these stickers to the weight block (35) in order from smallest to largest and from top to bottom;

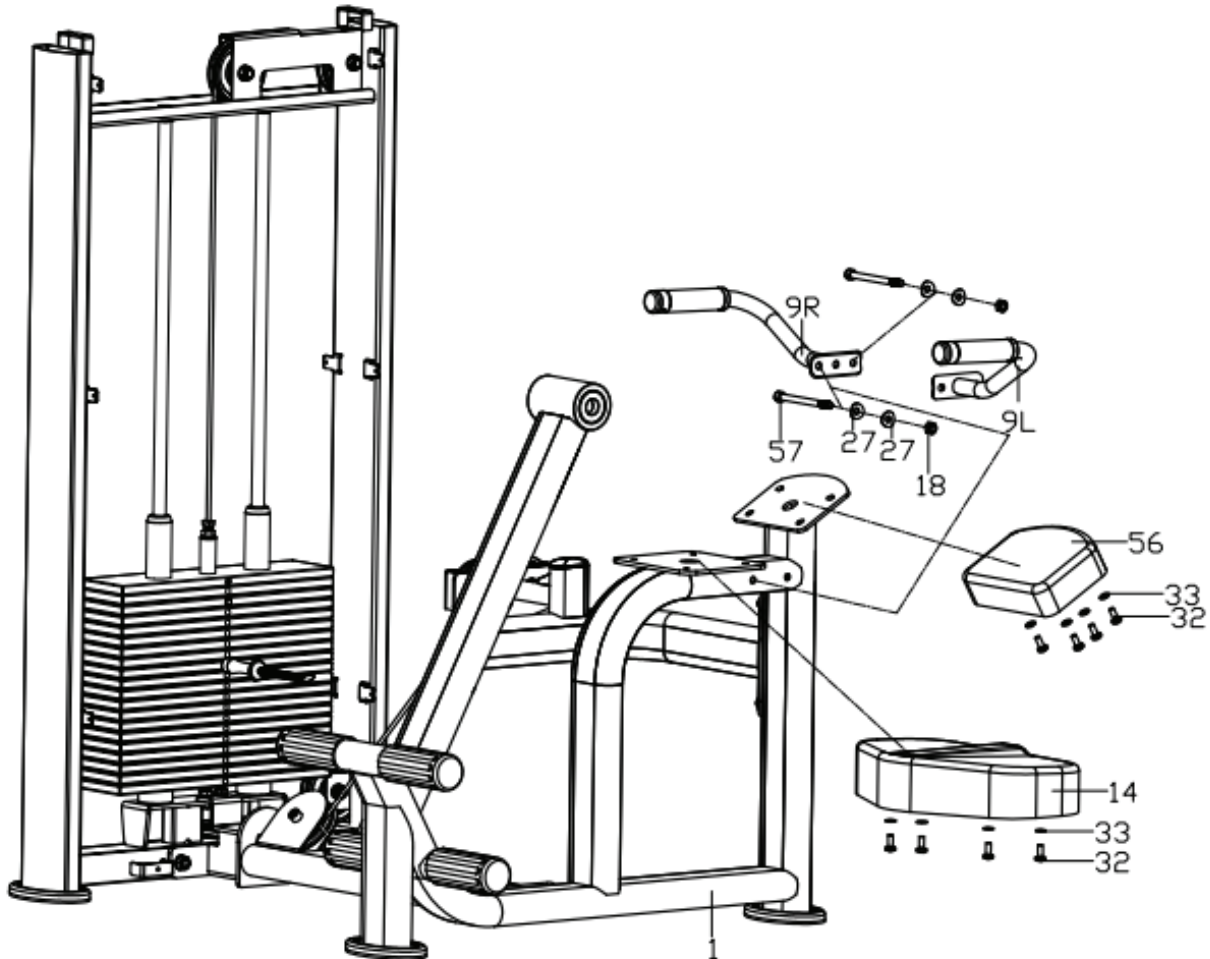
4

First, Insert the magnetic latch (44) into the weight block (35) and tie rod (40), then insert the coil of magnetic latch (44) into the bolt of the wire rope (69), finally, the bolt end of the wire rope (69) is locked to the tie rod (40);

5

Lock step bolt (45), flat washer (33), nylon nut (26) to tie rod (40) and weight block (35) from the second block from the top down (as shown in Figure A below).

STEP 4 - ASSEMBLY



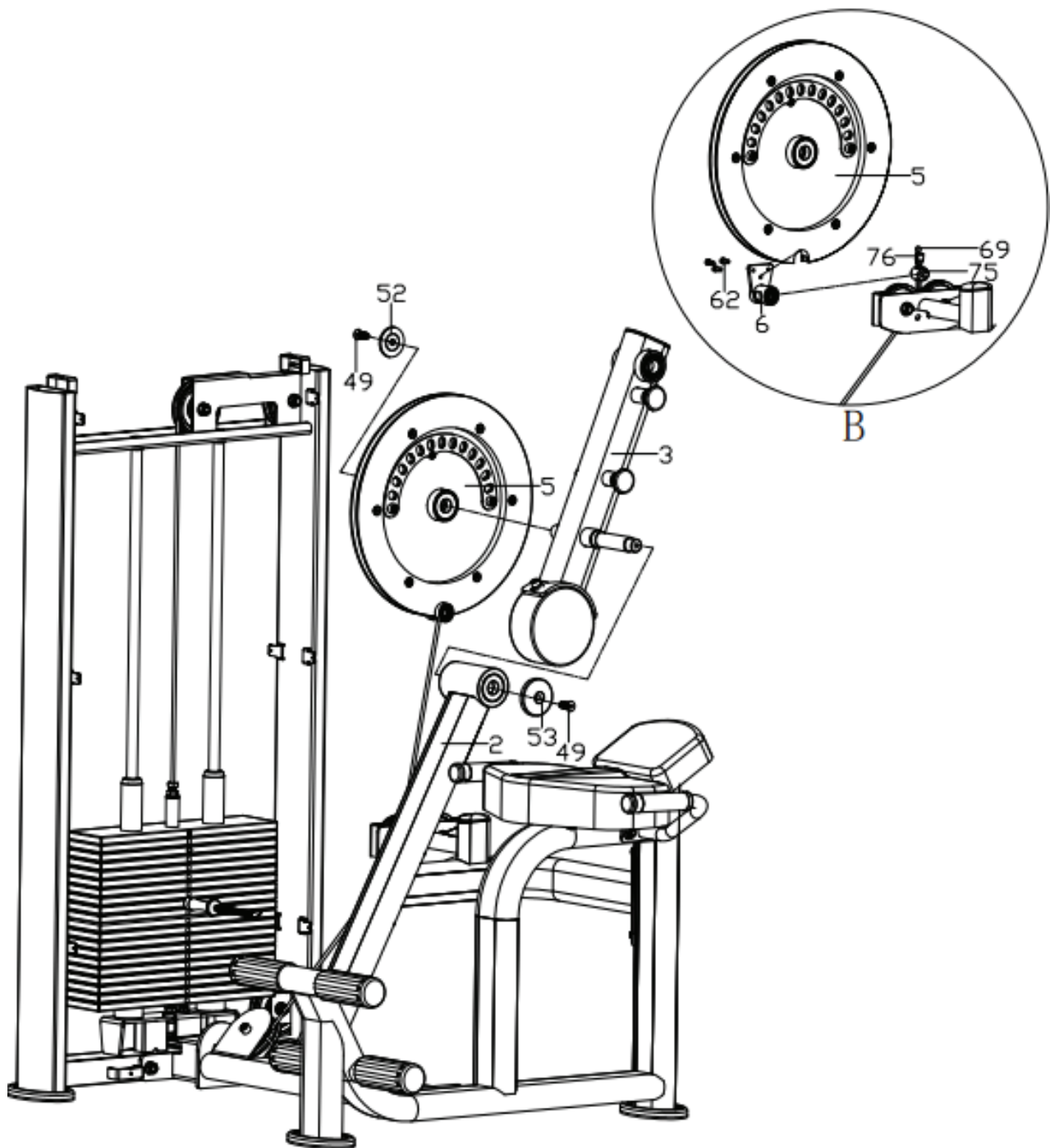
1

First, lock to the left and right fixed handles (9L/R) to the rear support frame(4) with hexagon cylindrical head bolt (57), arc washer (27), nylon nut (18) tightly ;

2

Lock the seating board (14) and backrest (56) to the rear support frame(4) with hexagon cross pan head bolts (32) and flat washers (33) tightly.

STEP 5 - ASSEMBLY



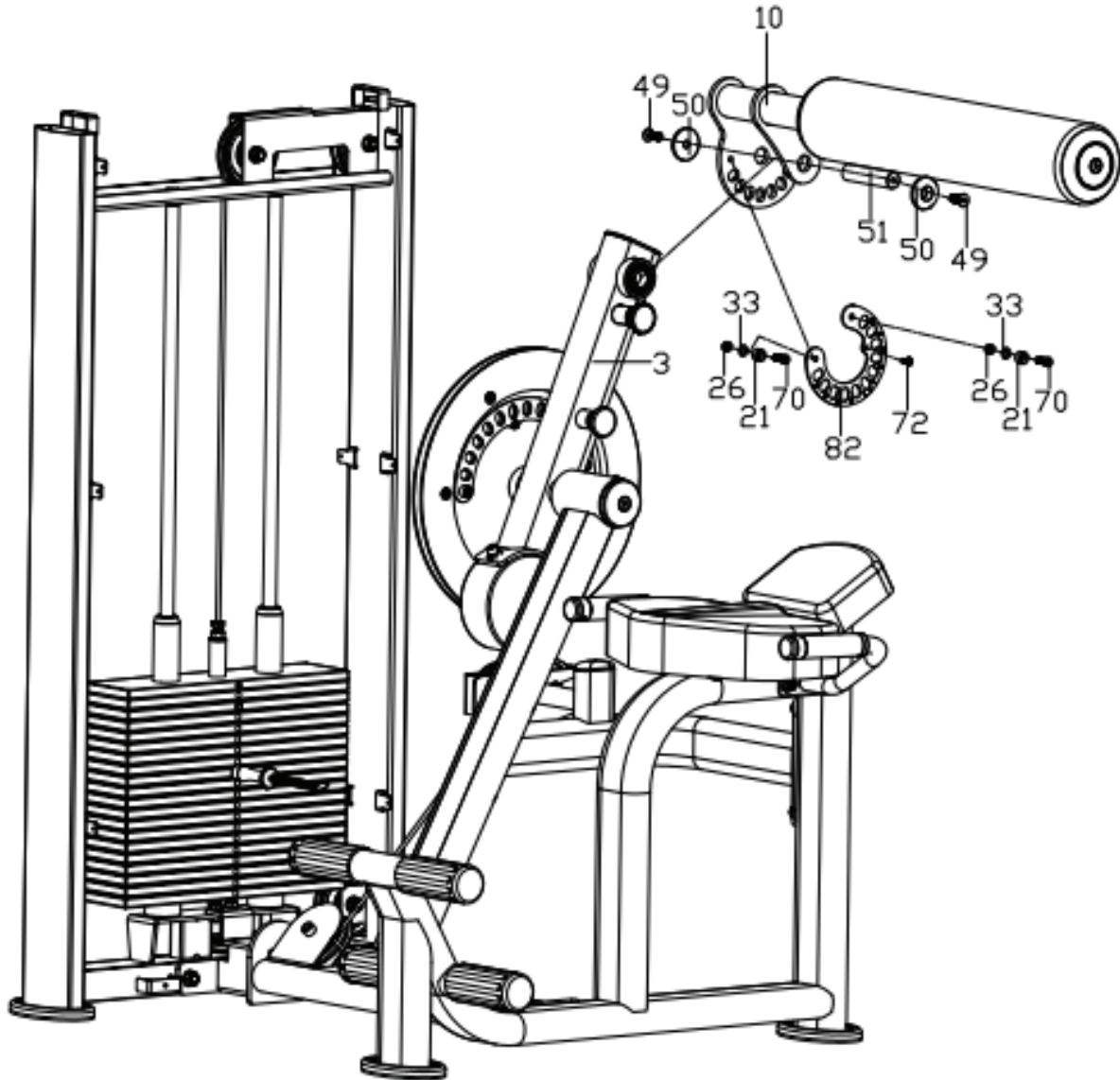
1

First, the wire rope (69) is passed through the teleflex (75) on the swivel bracket frame (6), and fixed with the wire rope fixing sleeve (76), (as shown in figure B). Then, lock the swivel bracket frame (6) to the turntable rack frame (5) with the hex cylindrical head bolt (62) tightly;

2

Insert the swing frame (3) into the support frame (2) and use hex countersunk head screws (49), end caps (53) to lock tightly, then insert the turntable rack frame (5) into the swing frame (3) and use hexagonal countersunk head screws (49), end caps (52) to lock tightly.

STEP 6 - ASSEMBLY



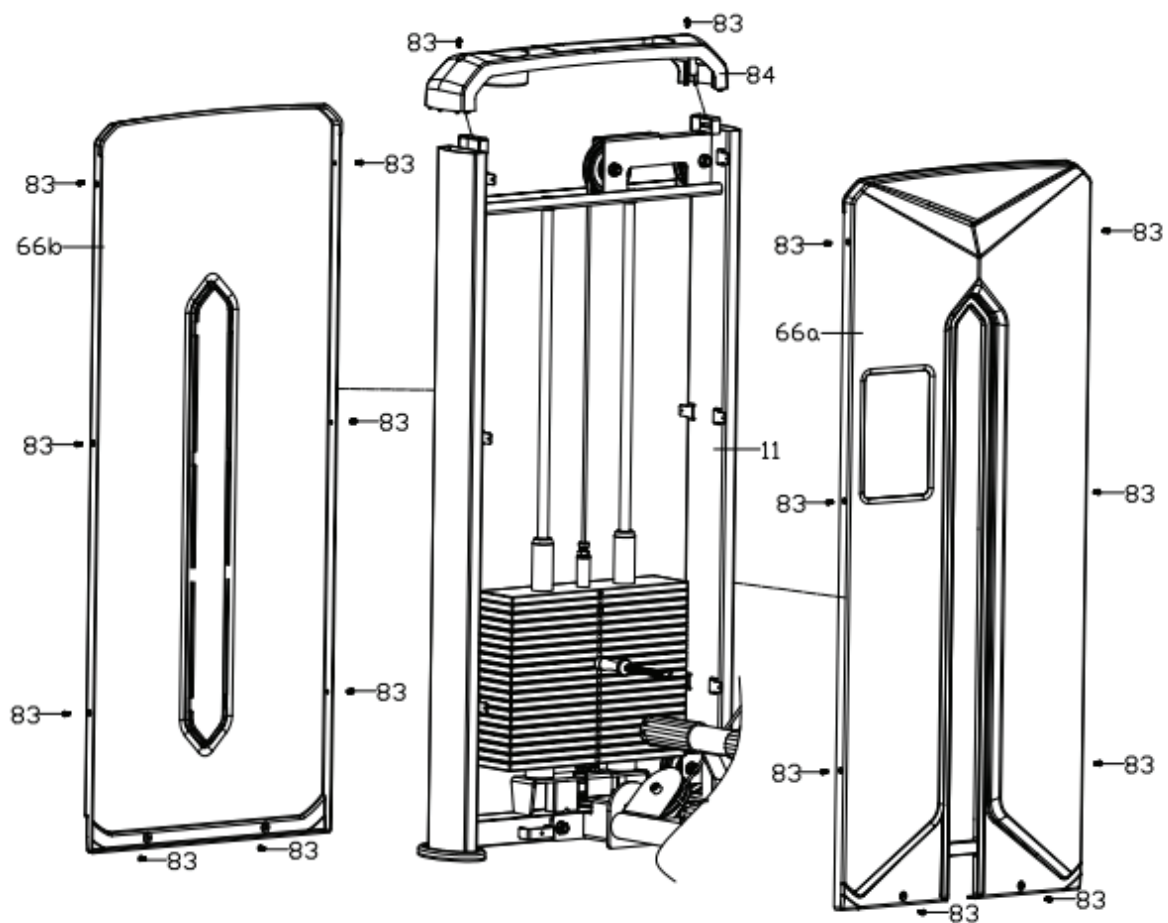
1

First, insert the foam frame(10) into the swing frame (3), and use the hex countersunk head screw (49) , the end cap(50), connecting shaft (51) to lock tightly;

2

Lock the adjustable plate 2 (82) to the foam frame(10) with hex cylindrical head bolt (70), buffer sleeve (21), flat washer (33), nylon nut (26) and cross pan head screw (72)tightly.

STEP 7 - ASSEMBLY



1

Lock the front&rear weight cover (66a/b),upper cover(84) to the weight frame (11) with cross pan head screws (83) .

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



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

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