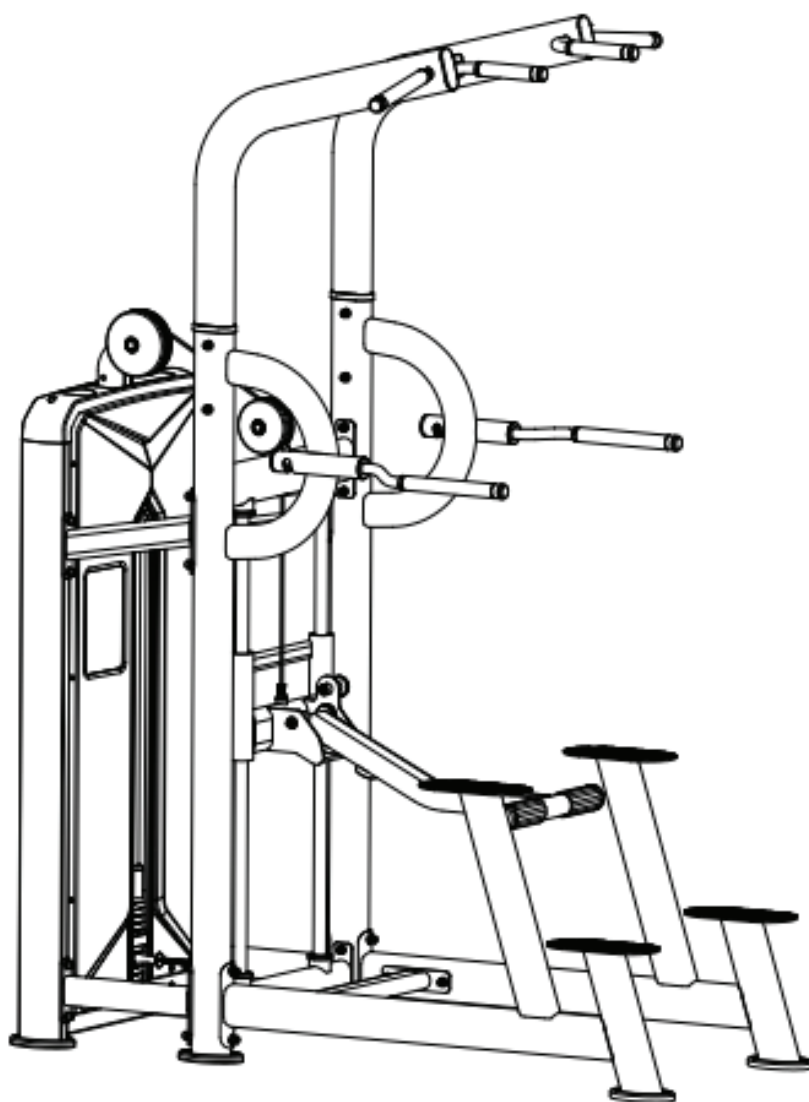


# FORCE<sup>USA</sup>



ASSISTED CHIN-UP / DIP MACHINE

## USER MANUAL | **F-S-ACUD**







# **THANK YOU FOR YOUR PURCHASE**

**For the most up to date info about using  
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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

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## 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

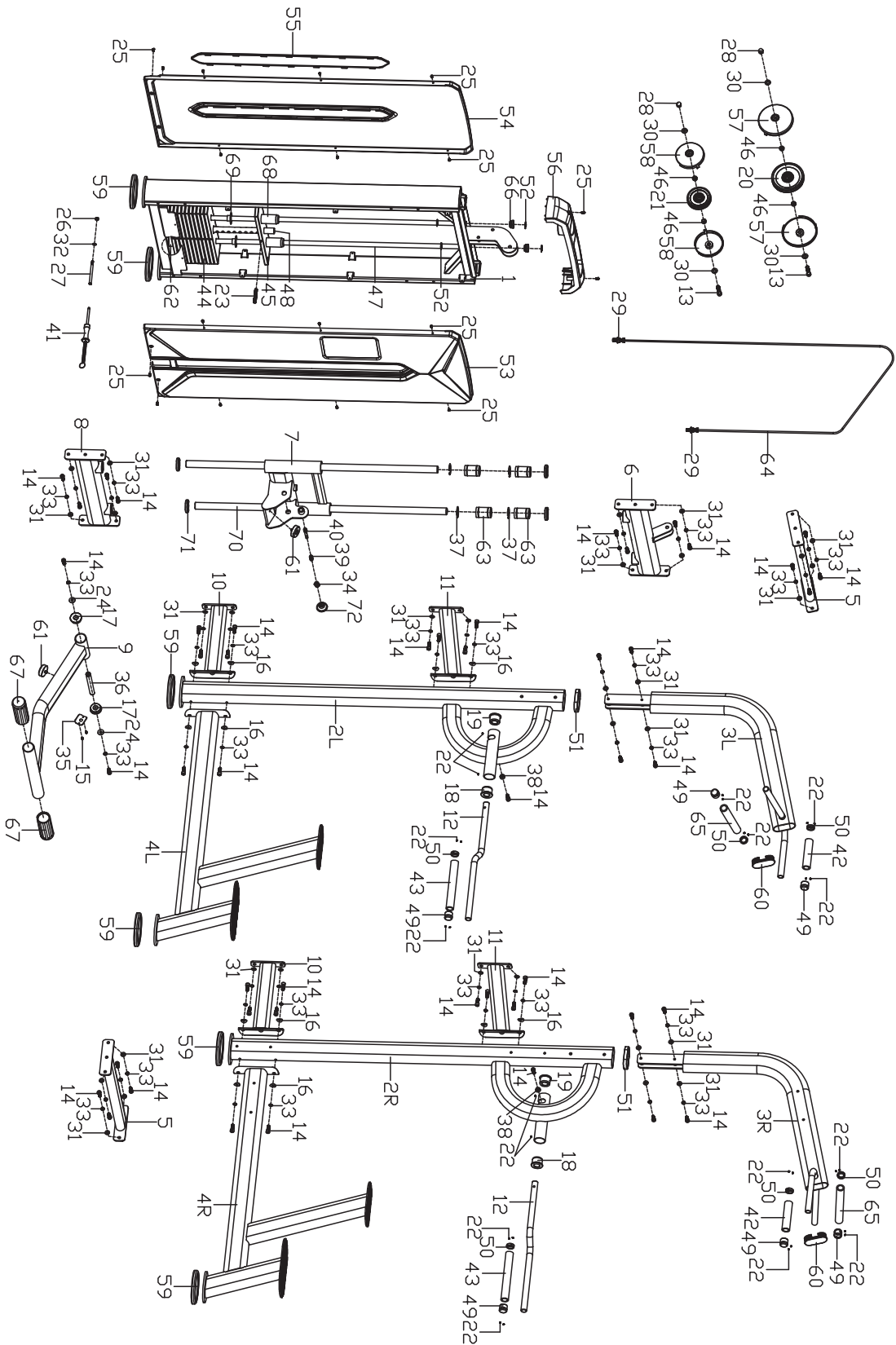
- Thoroughly clean the equipment using a non abrasive cloth dampened with a mild, all purpose cleaner ensuring to thoroughly wipe down and dry the equipment afterwards
- Apply a 100% silicone lubrication (preferably spray) to guide rods, pulley sliders, weight plate carriages and any other moving parts 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

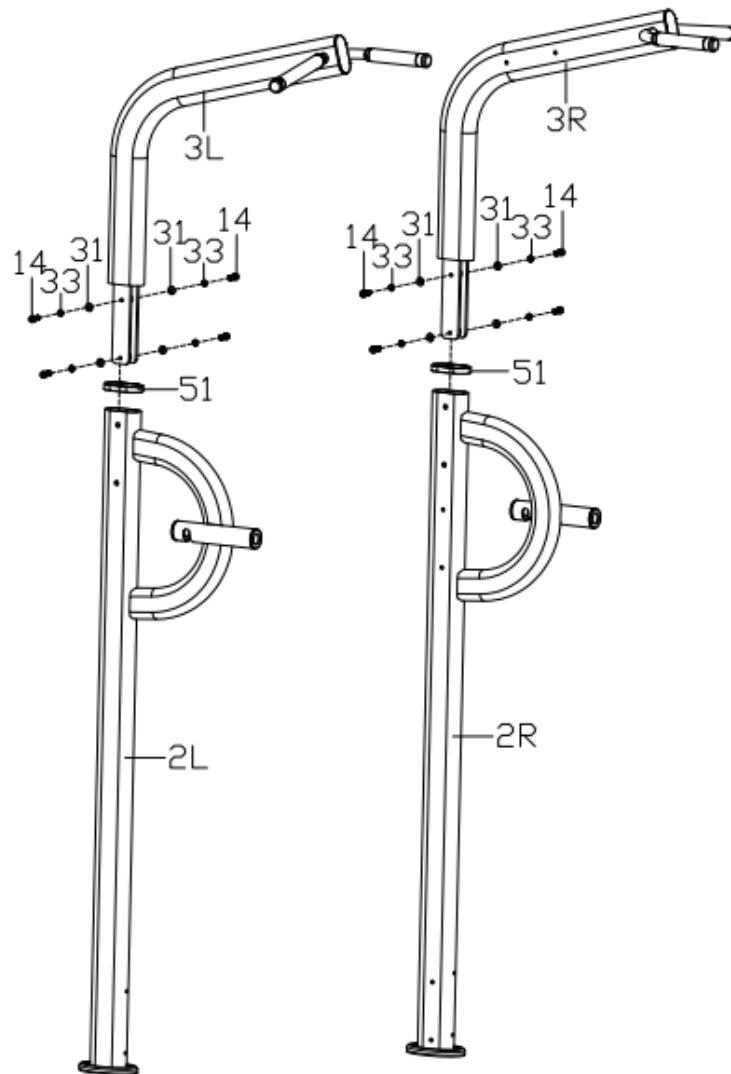
NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	counterweight frame	1	37	circlip for hole	4
2L/R	Below upright tube frame	1 pr	38	Stainless steel sleeve	2
3L/R	Upper upright tube frame	1 pr	39	Press spring	1
4L/R	Front support frame	1 pr	40	Latch pin	1
5	Upper transverse tube frame	2	41	Magnetic latch	1
6	Middle transverse tube frame	1	42	Injected handlebar foam $\phi$ 22.3*T4*140	2
7	Adjustable frame	1	43	Injected handlebar foam $\phi$ 22.3*T4*240	2
8	Below transverse tube frame	1	44	Weight block(10KG)	11
9	Pedal fixed tube frame	1	45	Guide block(10KG)	1
10	Side of below transverse tube frame	2	46	Alloy sleeve	4
11	Side of upper transverse tube frame	2	47	Slide rod $\phi$ 20*1355	2
12	Press handle	2	48	Tie rod	1
13	hexagon cylindrical head bolt M12*55	2	49	Aluminum end cap	6
14	hexagon cylindrical head bolt M10*25	48	50	Aluminum inside cover	6
15	Cross sink screw M4*12	2	51	Decorative cover	2
16	Curved washer D10.5*D25*2	12	52	E-type clamp spring $\phi$ 15	4
17	Bushing $\phi$ 50*15	2	53	Front protective guard	1
18	Bushing $\phi$ 50*5* $\phi$ 44*28* $\phi$ 25.1	2	54	Rear protective guard	1
19	Bushing $\phi$ 50*5* $\phi$ 44*28* $\phi$ 25.5	2	55	Rear protective decorative cover	1
20	Pulley $\phi$ 142* $\phi$ 129*18.3	1	56	Upper cover	1
21	Pulley $\phi$ 105*19	1	57	Pulley cover $\phi$ 154*44.8	2
22	Hex socket set bolt M5*3	28	58	Pulley cover $\phi$ 127*44.5	2
23	Hex socket set screw M10*70	1	59	Rubber foot sleeve	6
24	flat washer $\phi$ 10.2* $\phi$ 26*2	2	60	Ovaltube end cap	2
25	cross screw M5*10	18	61	Adjustable foot pad	2
26	nylon nut M8*H8	1	62	Buffer pad	2
27	Step bolt	1	63	Linear bearing	4
28	Cap nut M12	2	64	Wire rope	1
29	hex flange nut M12*H11	2	65	Injected handlebar foam $\phi$ 22.3*T4*275	2
30	flat washer $\phi$ 12.2* $\phi$ 24*2	4	66	Hole plug	2
31	flat washer $\phi$ 10.2* $\phi$ 20*2	32	67	Tube bushings	2
32	flat washer $\phi$ 8.2* $\phi$ 16*1.5	1	68	Nylon bushings	2
33	spring washer D10	46	69	Nylon flange sleeve	22
34	Latch tube closing nut	1	70	Slide rod $\phi$ 30*1123	2
35	Adjustable decorative cover	1	71	Buffer pad	4
36	Connecting shaft	1	72	Plastic handle head	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

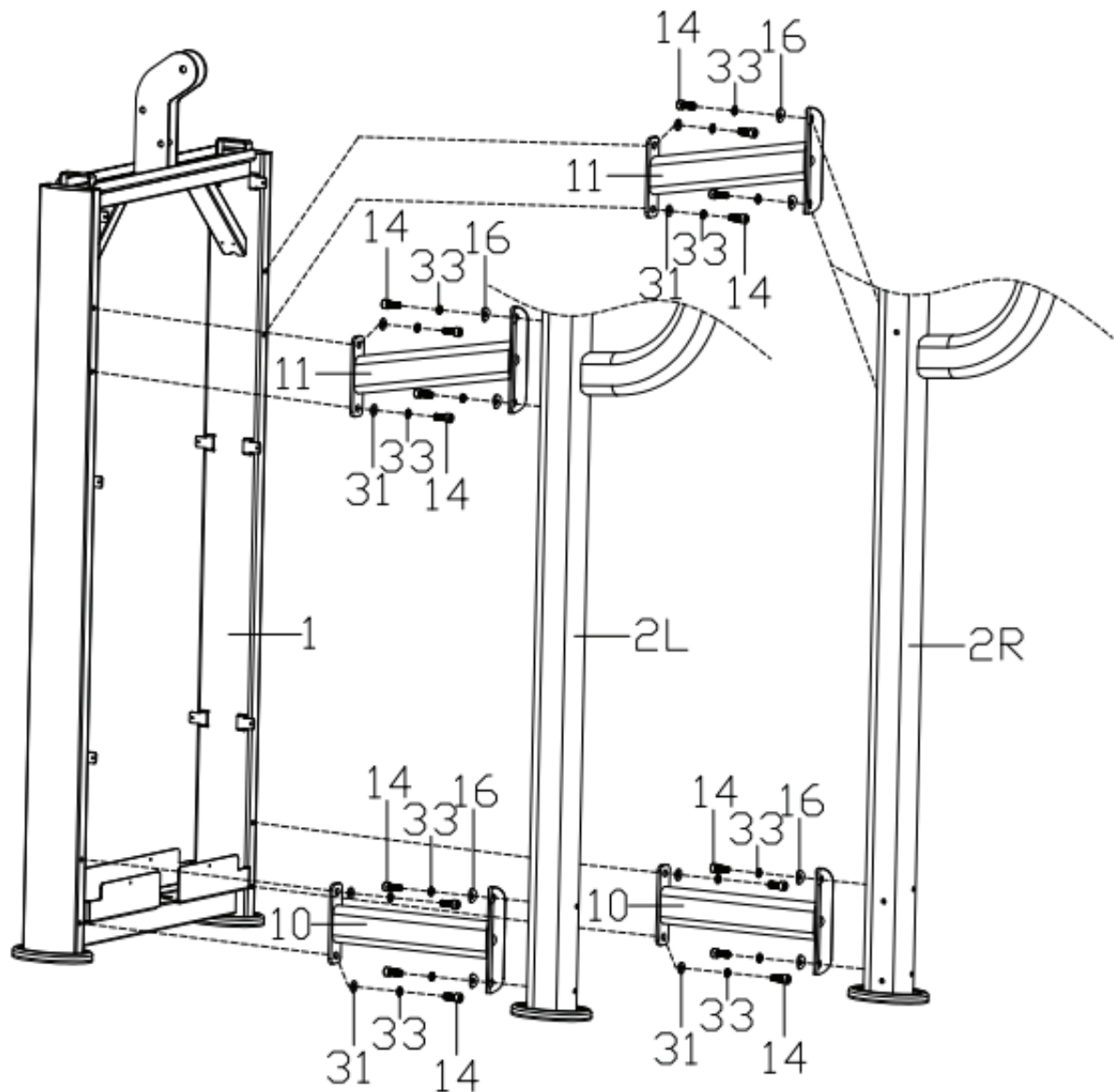
First install the decorative cover (51) on the below upright tube frame (2L/R);

2

Use hex cylindrical head bolts (14), spring washers (33) and flat washers (31) to pre-locked the upper upright tube frame (3L/R) on the below upright tube frame (2L/R), note that the hex cylindrical head bolt (14) is not locked first.



# STEP 2 - ASSEMBLY



**1**

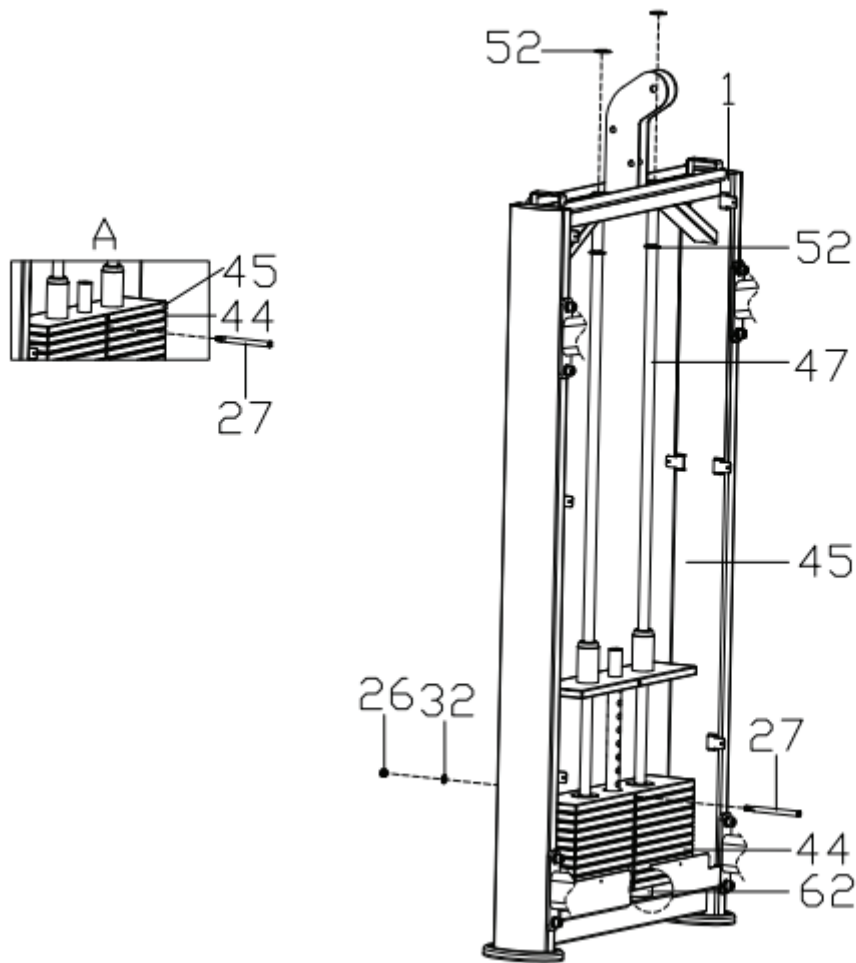
Use hexagon cylindrical head bolts (14), spring washers (33), and flat washers (31) to pre-lock the side of below transverse tube frame (10) and side of upper transverse tube frame (11) to the counterweight frame (1), note that the hexagon cylindrical head bolt (14) is not locked first;

**2**

Use hexagon cylindrical head bolts (14), spring washers (33) and curved washers (16) to pre-lock the below upright tube frame (2L/R) on the side of below transverse tube frame (10) and the side of upper transverse tube frame (11), note that the hexagon cylindrical head bolt (14) is not locked first.



# STEP 3 - ASSEMBLY



1

First load the rubber pad (62), slide rod (47), weight block (44) and guide block (45) into the counterweight frame (1) in sequence;

2

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

3

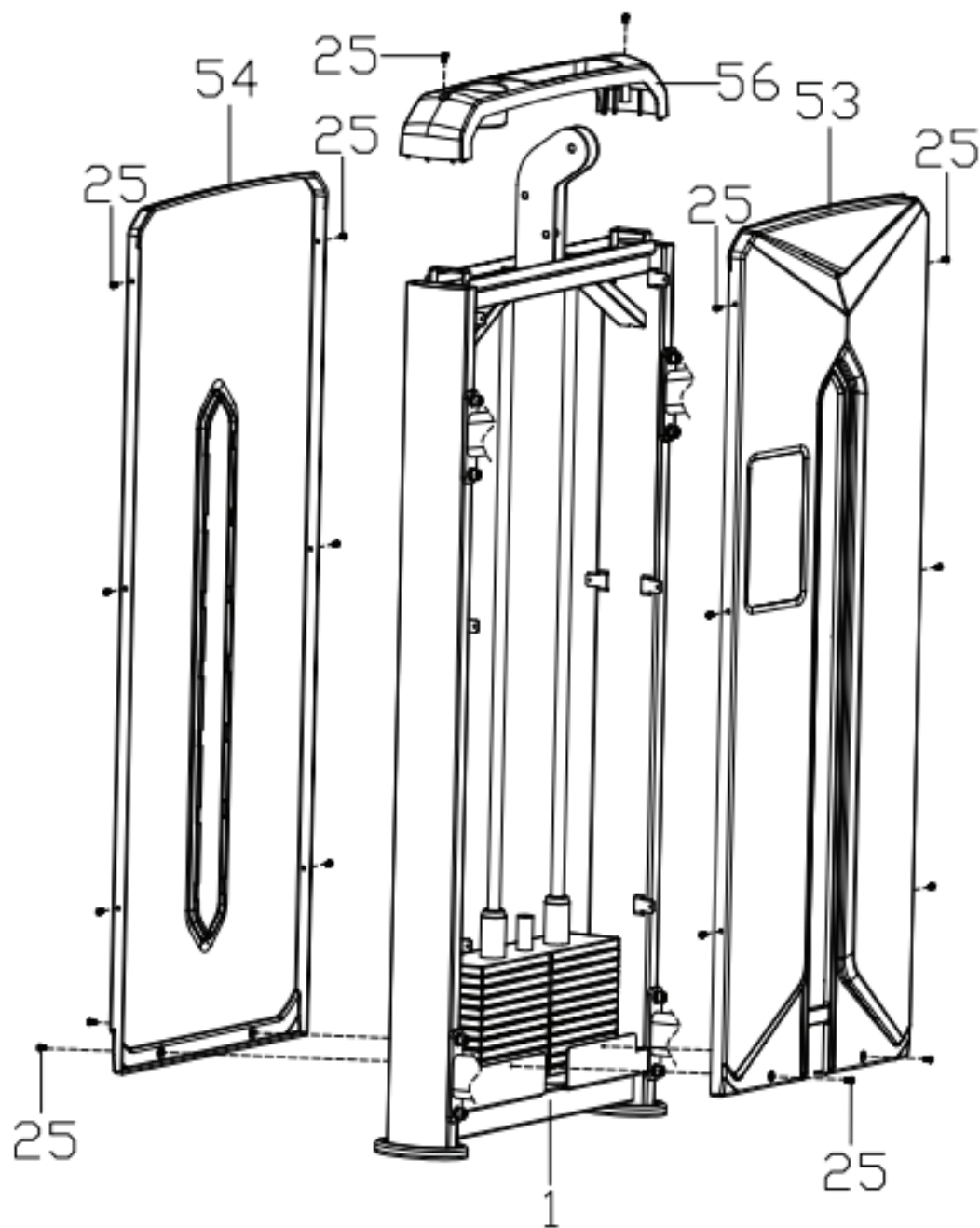
In order from small to large and from top to bottom, paste the sticker on the weight block (44);

4

Lock the step bolt (27), flat washer (32), and nylon nut (26) to the tie rod (48) and weight block (44) that the second number from the top down (as show Figure A below) tightly.



# STEP 4 - ASSEMBLY



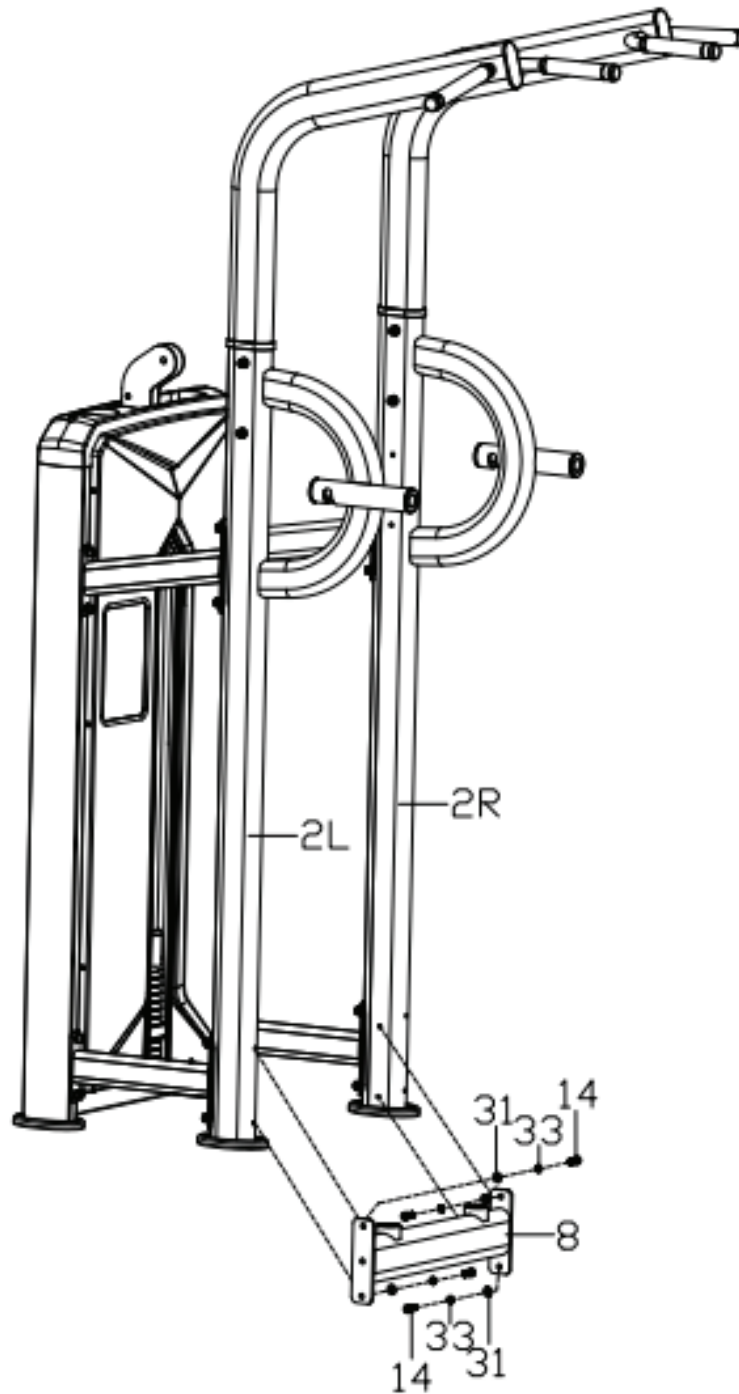
1

Lock the front protective guard (53), the rear protective guard (54), and the upper cover (56) to the counterweight frame (1) with cross pan head screws (25) tightly.



# STEP 5 - ASSEMBLY

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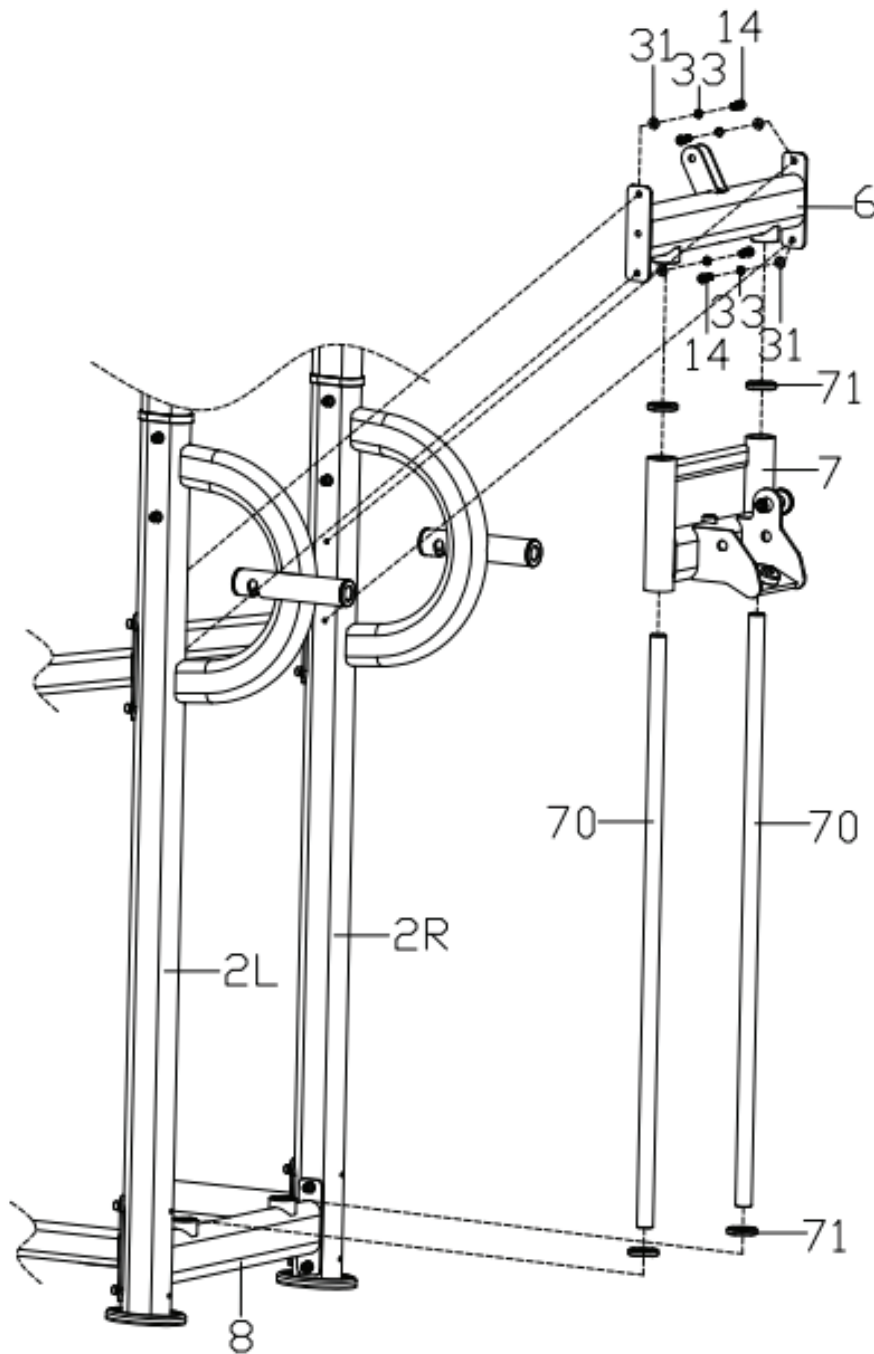


1

Pre-lock the below transverse tube frame(8) on the below upright tube frame (2L/R) with hex cylindrical head bolts (14), spring washers (33) and flat washers (31),note that inner hexagonal cylindrical head bolt (14) is not locked first.



# STEP 6 - ASSEMBLY



1

Insert the bottom two buffer pad (71) into each of the two slide rods (70), then insert the two slide rods (70) into the hole of the below transverse tube frame(8), and insert adjustable frame (7), buffer pad (71), middle transverse tube frame (6) in sequence;

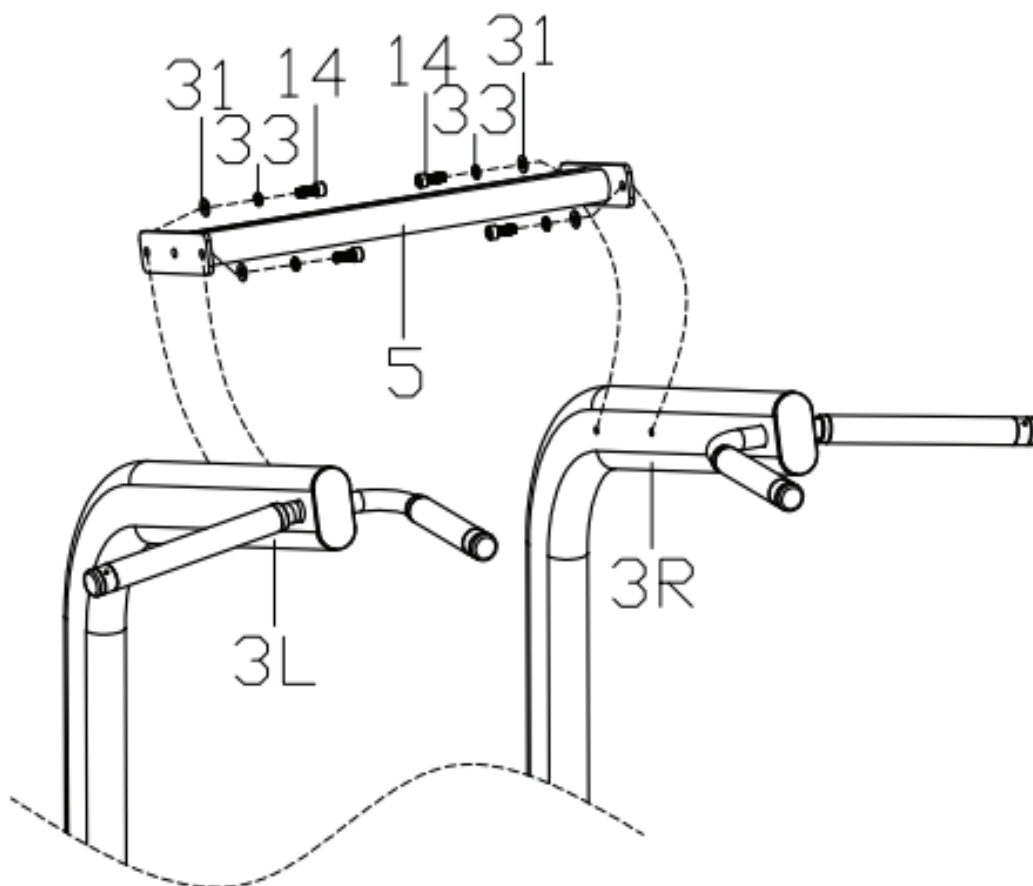
2

Use hexagon cylindrical head bolts (14), spring washers (33), and flat washers (31) to pre-lock the middle transverse tube frame (6) on the below upright tube frame(2L/R).



# STEP 7 - ASSEMBLY

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1

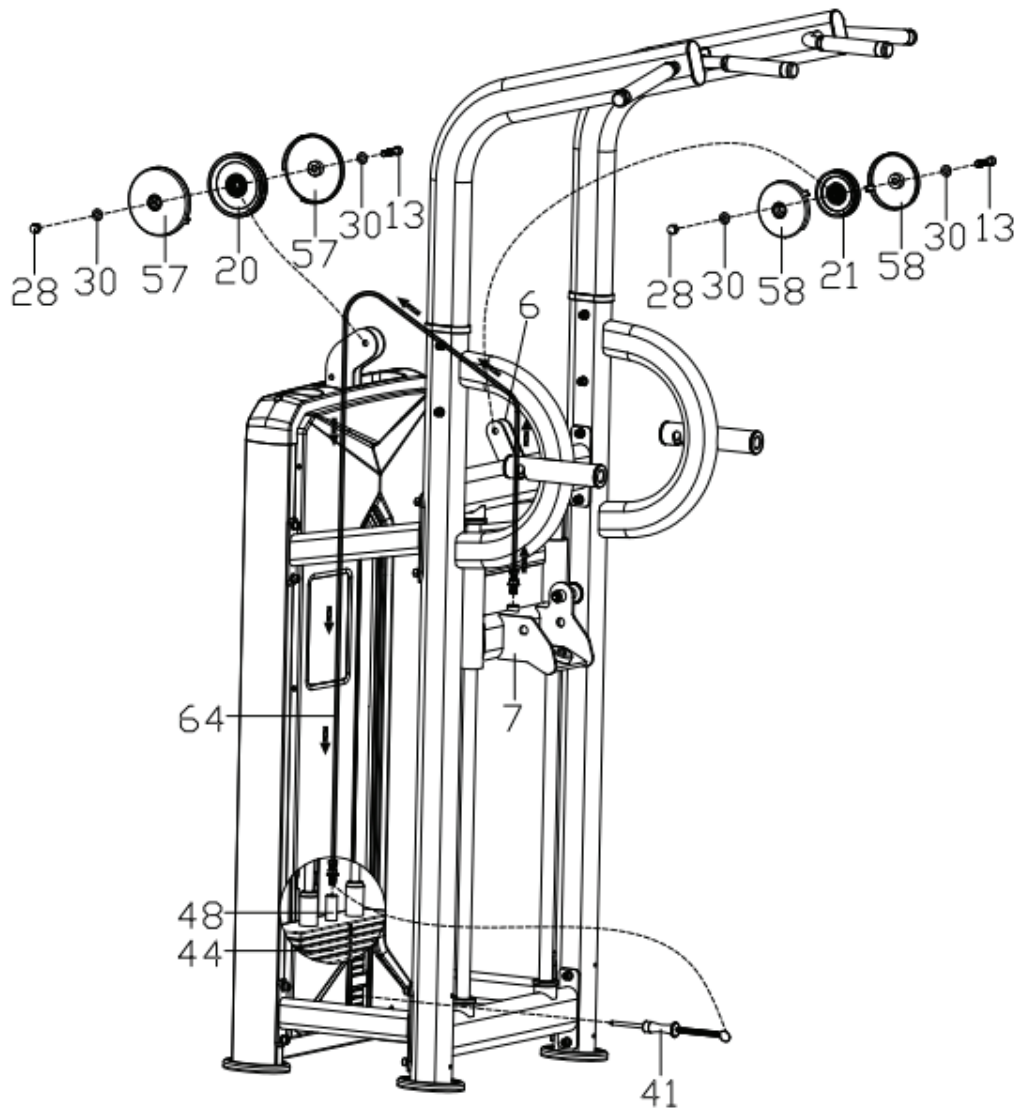
Use hexagon cylindrical head bolts (14), spring washers (33), and flat washers (31) to lock the upper transverse tube frame (5) on the upper upright tube frame (3L/R);

2

Lock all previously unlocked hex cylindrical head bolts (14).



# STEP 8 - ASSEMBLY



1

First move the adjustable frame(7) to the highest point and fix it, then lock the bolt at either end of the wire rope (64) to the adjustable frame (7), and the other end of wire rope(64) is installed by winding the rope in the direction of the arrow;

2

The pulley(21)is locked to the middle transverse tube frame(6) with a hexagon cylindrical head bolt (13), a flat washer (30), a pulley cover (58), and a cap nut (28);

3

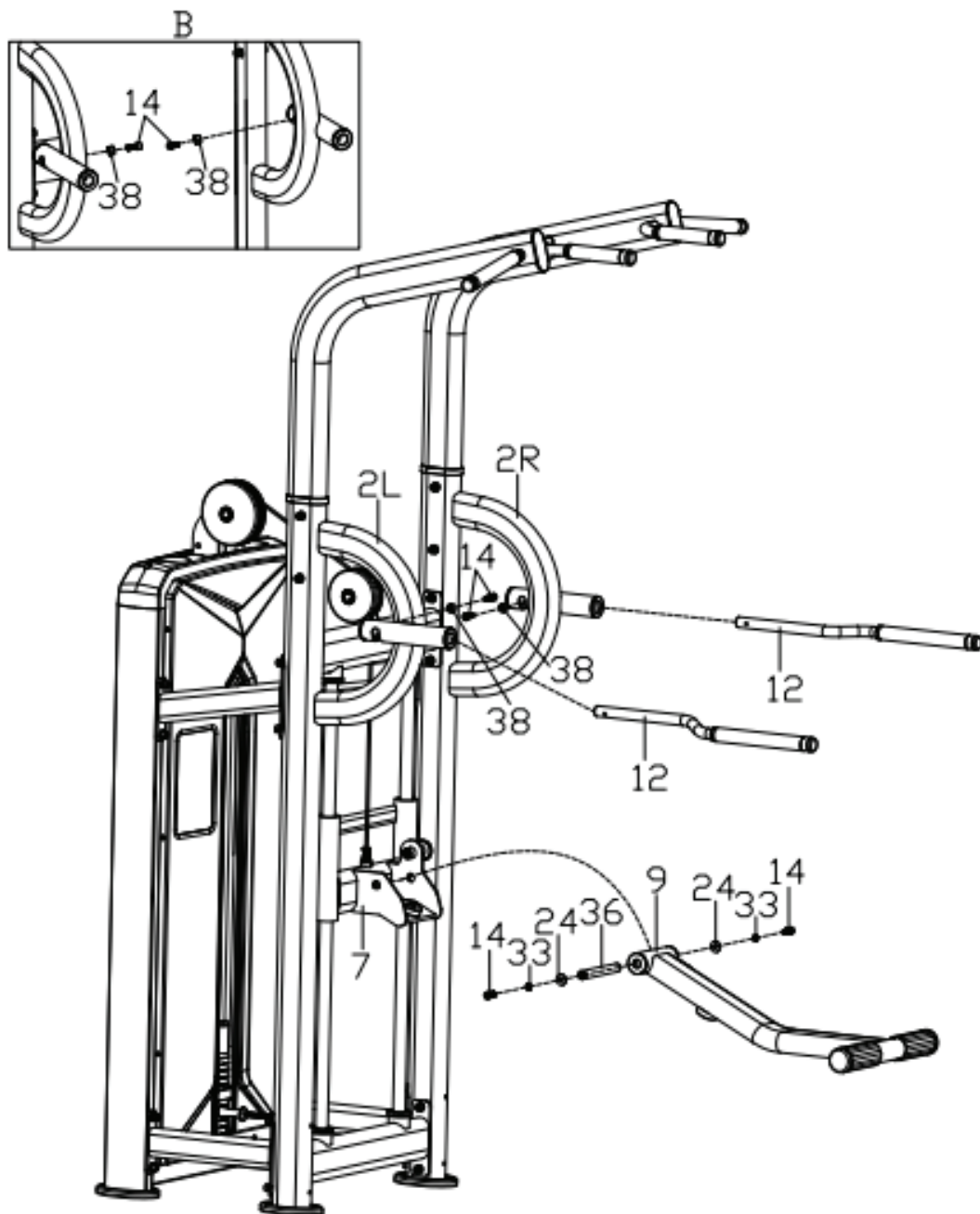
The pulley (20) is locked to the counterweight frame (1) with a hexagon cylindrical head bolt (13), a flat washer (30), a pulley cover (57) and a cap nut (28);

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 9 - ASSEMBLY



1

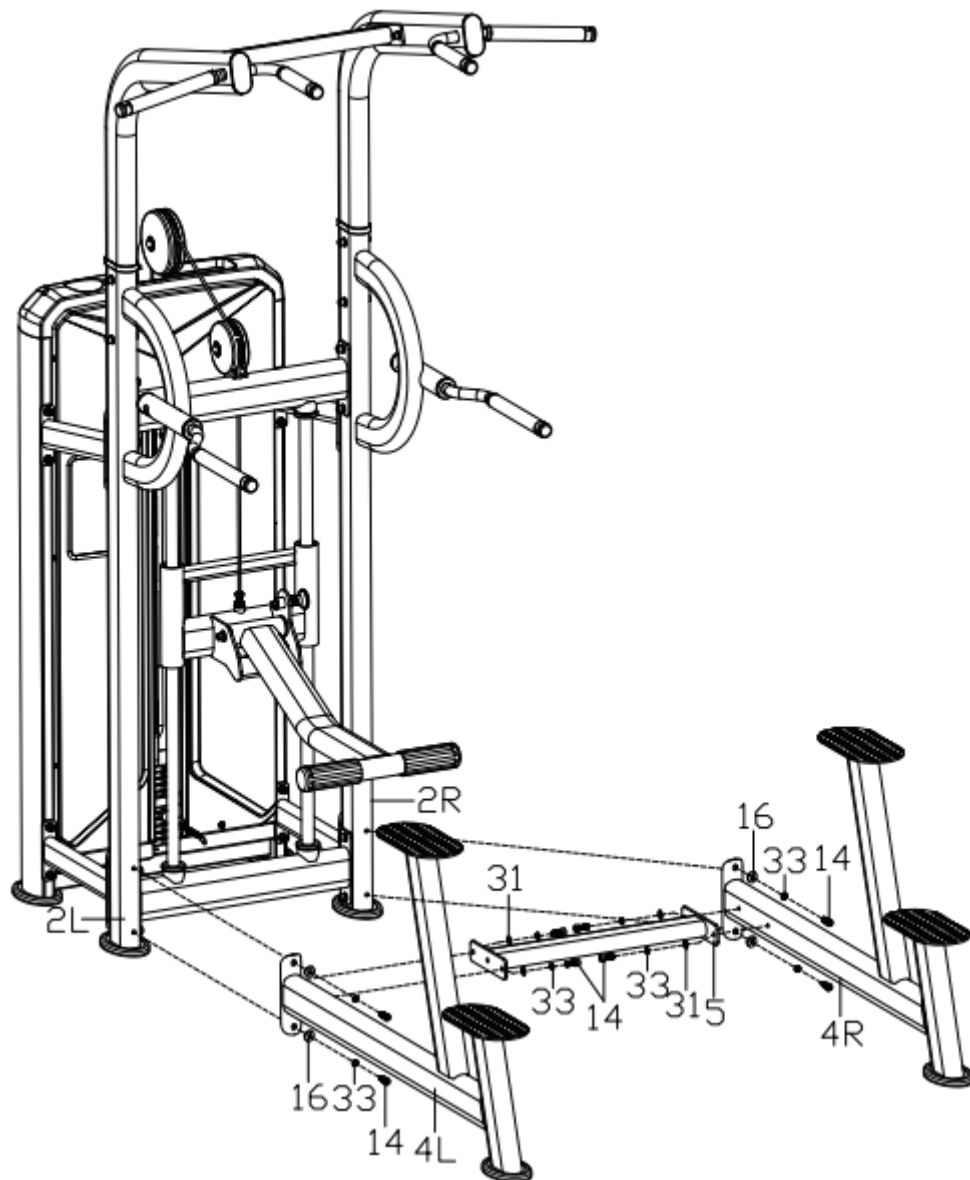
Use the hex cylindrical head bolt (14) and stainless steel sleeve (38) to lock the press handle (12) to the below upright tube frame (2L/R), note that the direction of hex cylindrical head bolt (14) (as shown in Figure B below), if it is reversed, the press handle (12) is unavailable;

2

Use hexagonal cylindrical head bolt (14), spring washer (33), flat washer (24) and connecting shaft (36) to lock the pedal fixing tube (9) on the adjusting frame (7) tightly.



# STEP 10 - ASSEMBLY



1

Use hexagon cylindrical head bolts (14), spring washers (33) and curved washers (16) to pre-lock the front support frame (4L/R) on the below upright tube frame (2L/R) respectively;

2

Use hexagon cylindrical head bolts (14), spring washers (33), and flat washers (31) to lock the upper transverse tube frame (5) on the front support frame (4L/R) tightly;

3

Lock all previously unlocked hex cylindrical head bolts (14).



# WARRANTY INFO

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**For warranty information please contact the dealer nearest to you.**



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



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