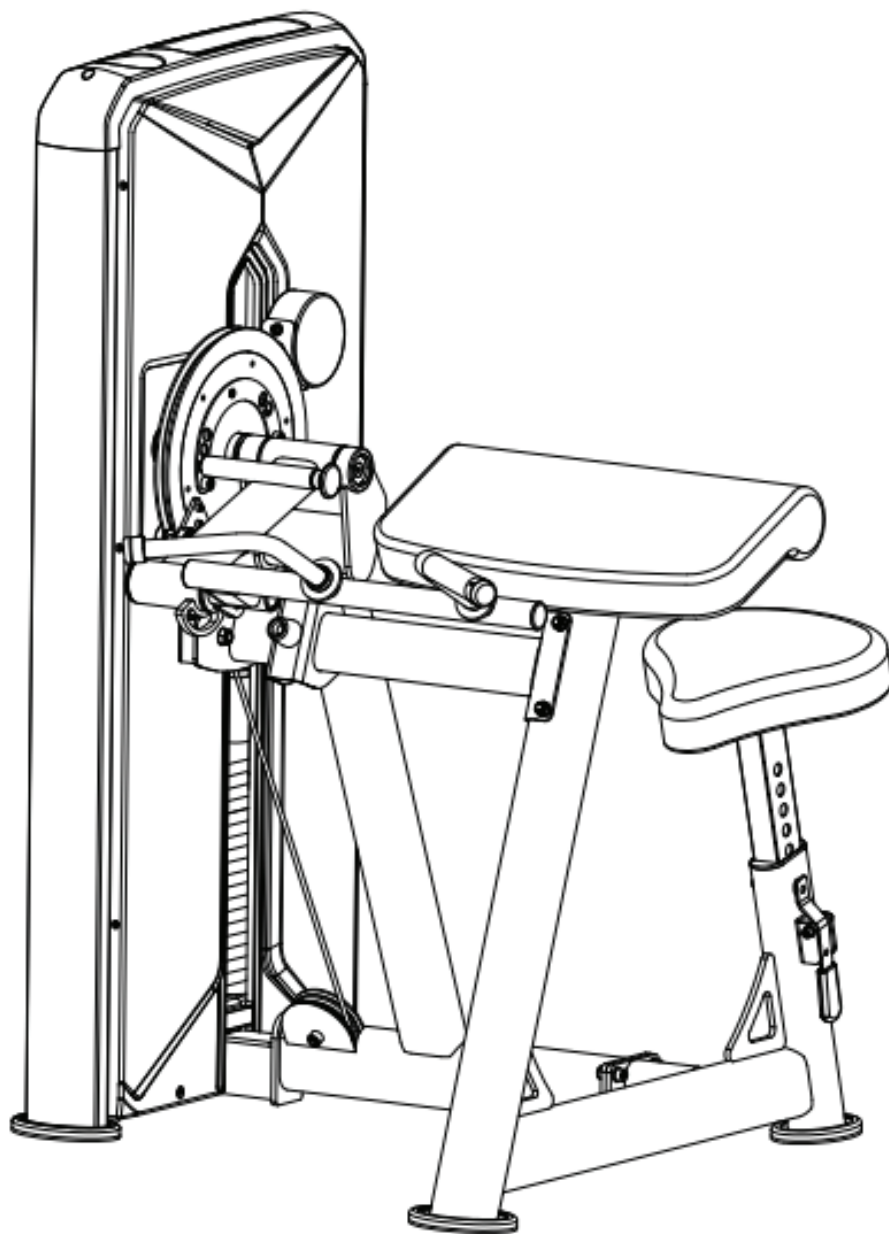


FORCE^{USA}



BICEP / TRICEP MACHINE

USER MANUAL | **F-S-BT**





THANK YOU FOR YOUR PURCHASE

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your equipment and our latest support
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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

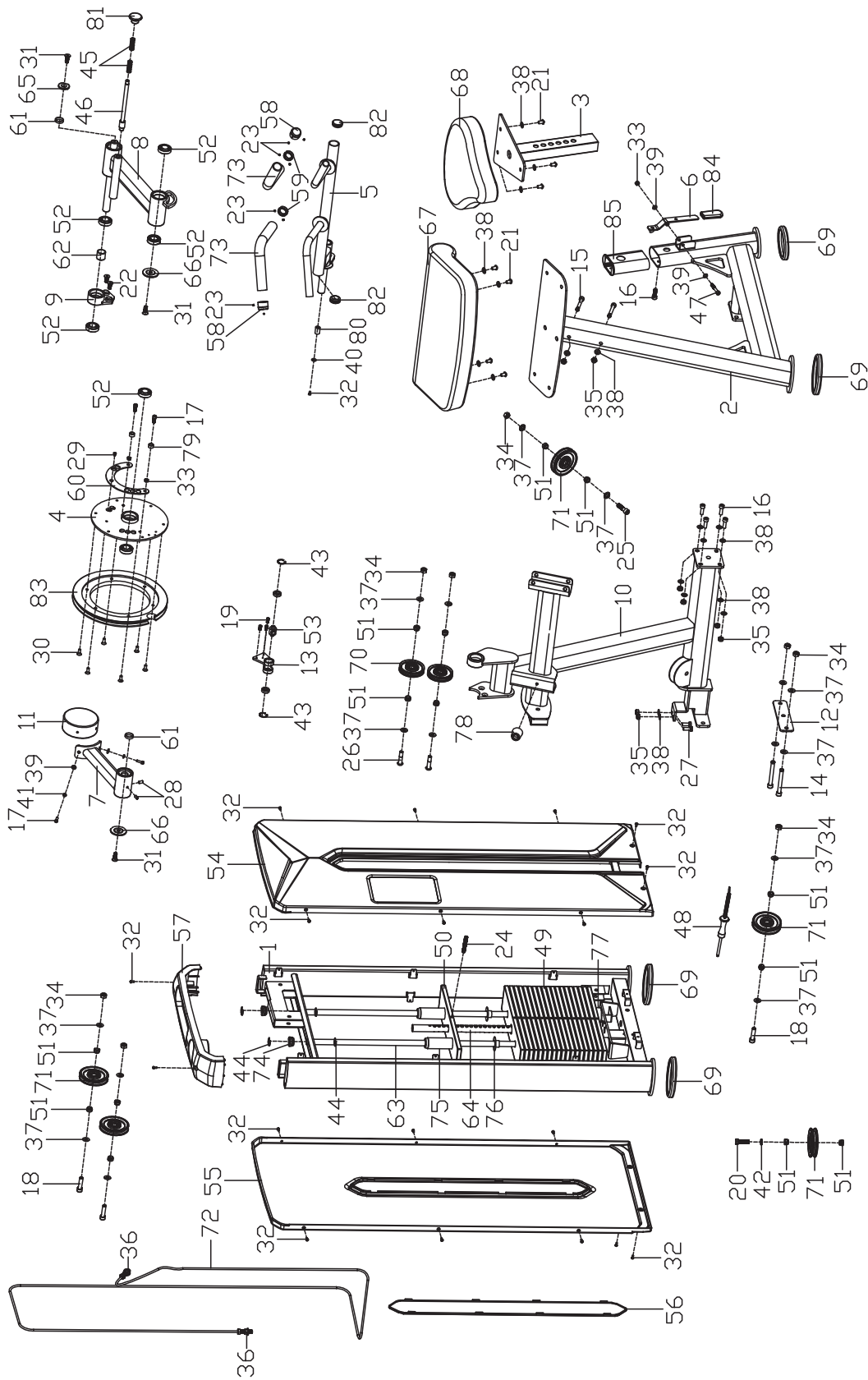
Monthly Maintenance

- 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	counterweight frame	1	44	E-type circlip spring ϕ 15	4
2	Main frame	1	45	Press spring	2
3	seat plate adjusting frame	1	46	rod	1
4	guide plate	1	47	hex socket cylindrical head screws M8*55	1
5	Handlebar	1	48	magnetic latch	1
6	clamp	1	49	weight block(5kg)	19
7	Balancing stand frame	1	50	Guide block(5kg)	1
8	adjustment frame	1	51	alloy bushing	14
9	Fixed plate frame	1	52	Bearing 6005-2RS	6
10	connecting frame	1	53	teleflex	1
11	counterweight	1	54	front counterweight guard	1
12	connecting plate	1	55	rear counterweight guard	1
13	Swivel bracket frame	1	56	rear counterweight guard decorative cover	1
14	hex socket cylindrical head screws M12*100	2	57	Upper cover	1
15	hex socket cylindrical head screws M10*75	2	58	Aluminum end cover	2
16	hex socket cylindrical head screws M10*30	5	59	Alloy bushings	2
17	hex socket cylindrical head screws M8*20	4	60	Guide limit plate	1
18	hex socket cylindrical head screws M12*50	3	61	Spacer ϕ 25. 1* ϕ 30*7	2
19	hex socket cylindrical head screws M6*12	3	62	Spacer ϕ 25. 1* ϕ 30*28	1
20	Outer hexagon bolt M12*40	1	63	slide rod	2
21	hexagon cross pan head screw M10*25	7	64	tie rod	1
22	hexagon countersunk head screw M10*20	2	65	end cover 1	1
23	Screw M5*3	8	66	end cover 2	1
24	Inner hexagon end screw M10*70	1	67	Arc bracket plate	1
25	hex socket cylindrical head bolts M12*45	1	68	Seat pad	1
26	hexagon cross pan head bolts M12*50	2	69	Rubber foot sleeve	4
27	Outer hexagon bolt M10*25	2	70	Pulley 1	2
28	Inner hexagon end screw	2	71	Pulley 2	5

COMPLETE COMPONENT INVENTORY

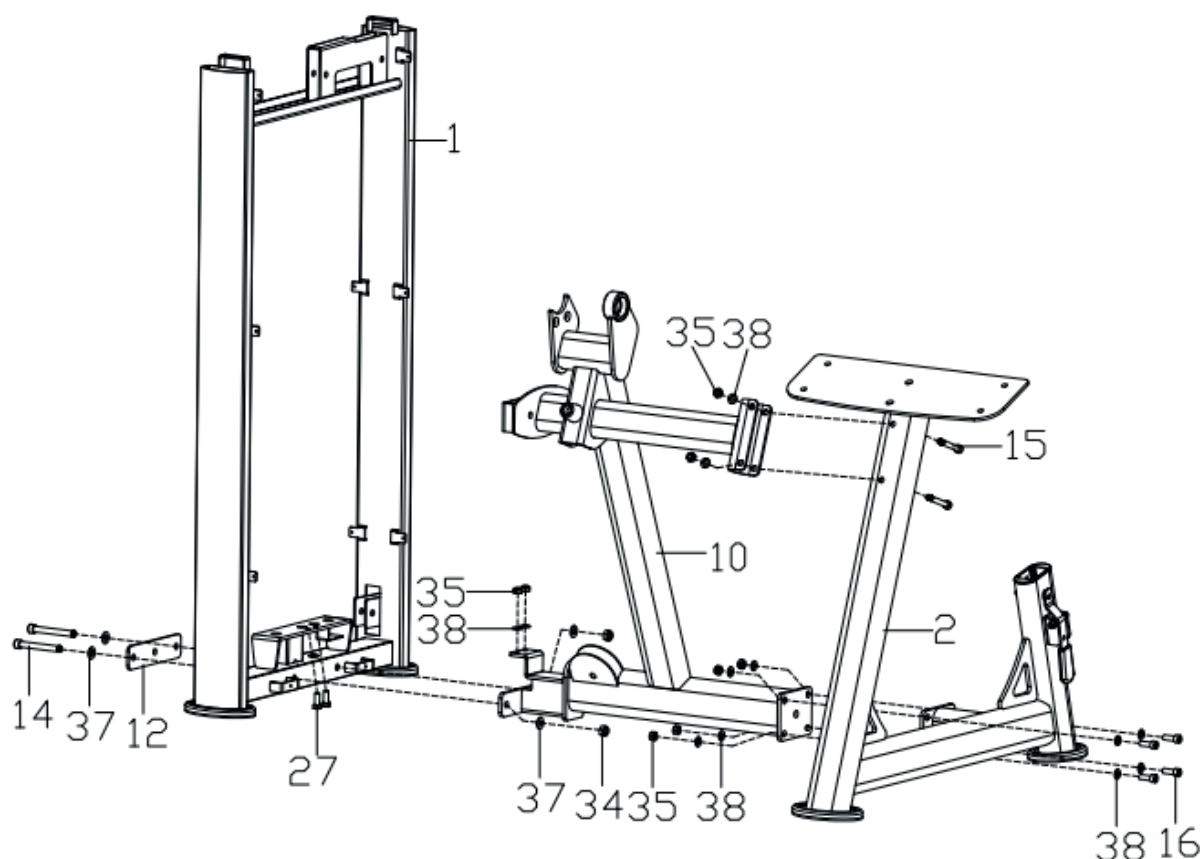
	M8*16				
29	hexagon countersunk head screw M6*10	1	72	wire rope	1
30	hexagon countersunk head screw M8*20	6	73	Immersion sleeve	2
31	hexagon countersunk head screw M10*25	3	74	Plug	2
32	cross pan head screws M5*10	19	75	Nylon axle bushings	2
33	Nylon nut M8*H8	3	76	Nylon flange bushings	38
34	Nylon nut M12*H11	8	77	Rubber pad	2
35	Nylon nut M10*H10	8	78	Adjust pad	1
36	Hexagon flange nut M12*H11	2	79	Buffer set	2
37	Flat washer ϕ 12. 2* ϕ 24*2	16	80	Rubber bushings	1
38	Flat washer ϕ 10. 2* ϕ 20*2	19	81	Plastic knob	1
39	Flat washer ϕ 8. 2* ϕ 16*1. 5	4	82	Round end cap	2
40	Big flat pad ϕ 5.2* ϕ 16*1	1	83	Plastic turnplate	1
41	Spring washer D8	2	84	Handlebar sleeve	1
42	Spring washer D12	1	85	bushing	1
43	Spring collar for hole D28	2			

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.



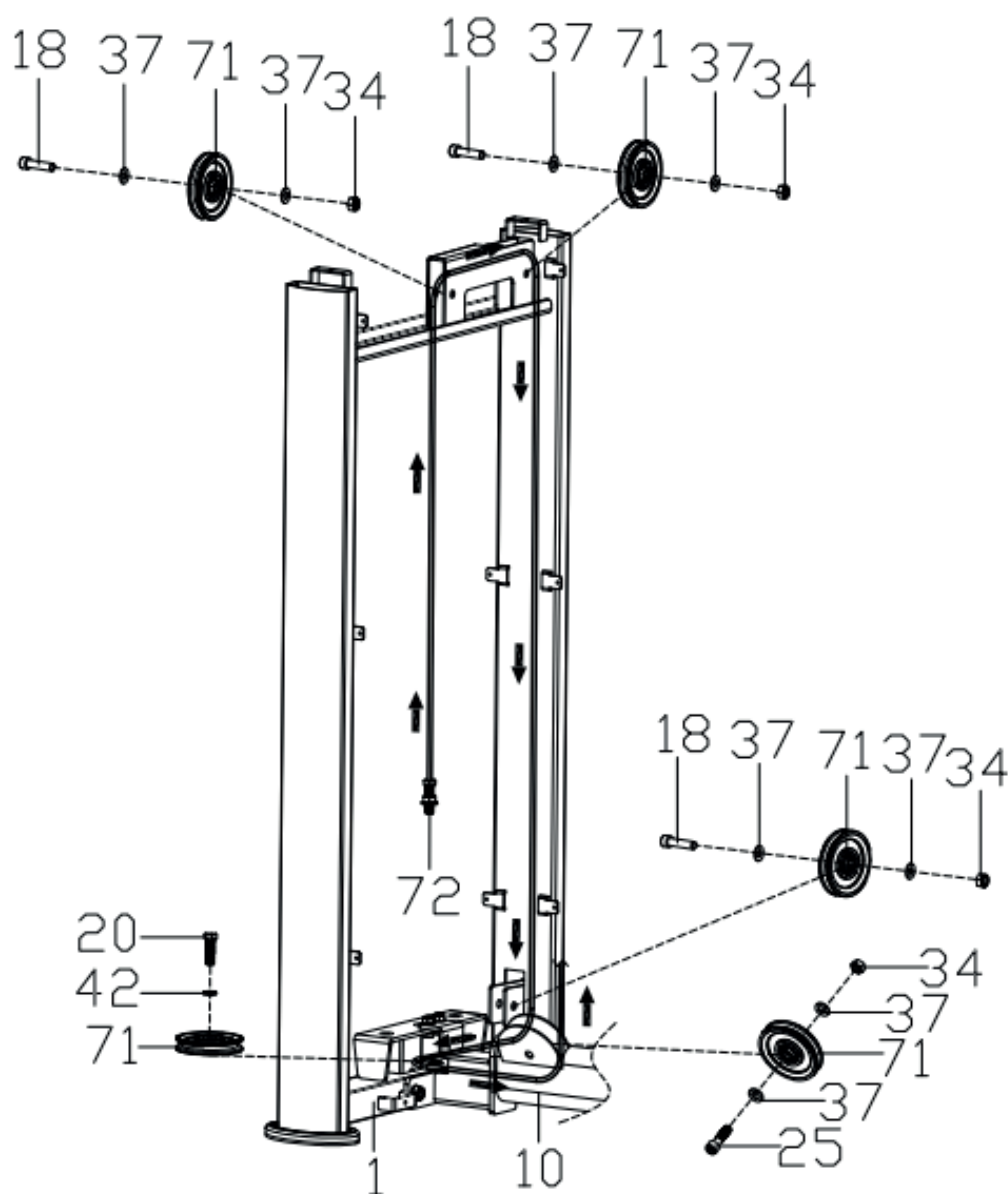
1

1. Pre-lock the connecting frame (10) on the counterweight frame (1) with outer hexagon bolts (27), flat washers (38) and nylon nuts (35), next, use hexagon cylindrical head bolts (14) and flat washers (37) and nylon nut (34) pre-lock the connecting plate (12) and connecting frame (10) to the counterweight frame (1);

2

2. Lock the main frame (2) to the connecting frame (10) with hexagon cylindrical head bolt (15), hexagon cylindrical head bolt (16), flat washer (38) and nylon nut (35), then to lock the unlocked all outer hex bolts (27) and inner hex cylindrical head bolts (14) tightly.

STEP 2 - ASSEMBLY



1

Wrap one end of the wire rope (72) in the direction of the arrow and install it;
The three sets of pulleys (71) are respectively locked to the counterweight frame (1) with hexagonal cylindrical head bolts (18), flat washers (37) and nylon nuts (34) tightly;

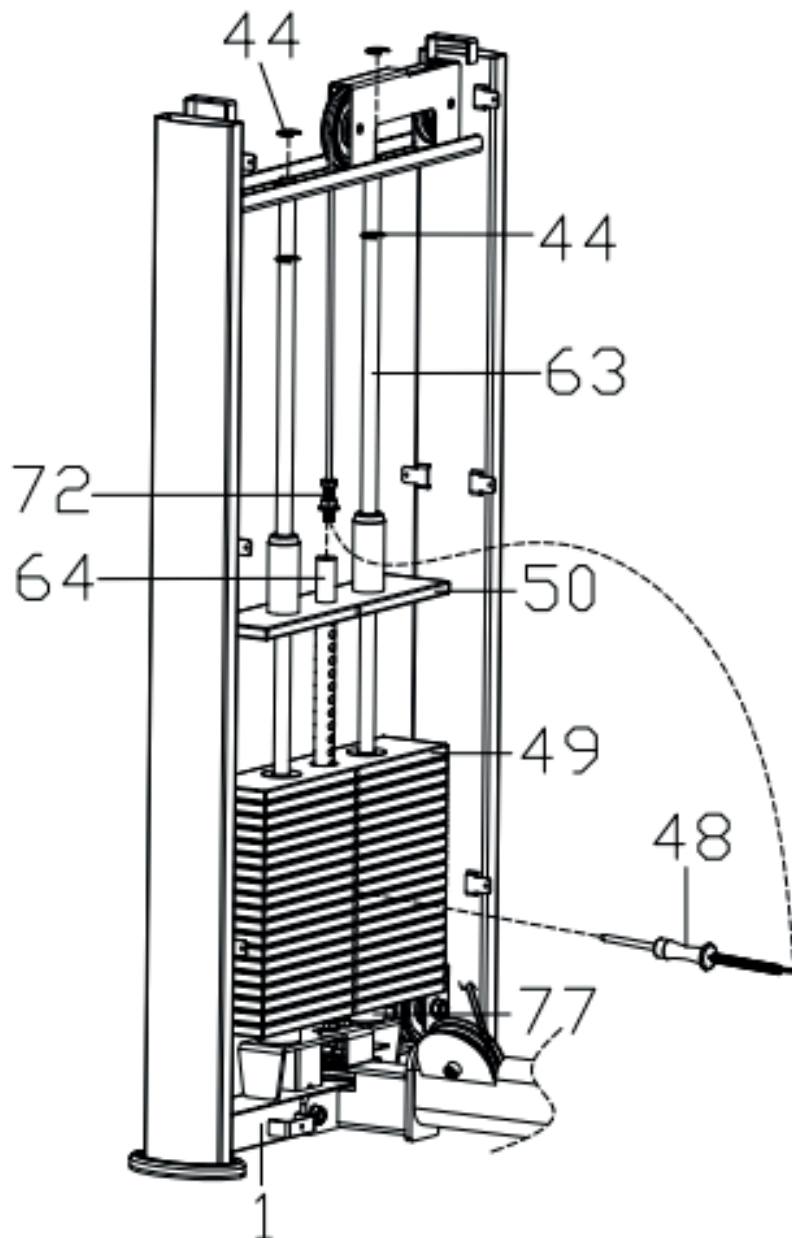
2

The pulley (71) is locked on the counterweight frame (1) with the outer hexagon bolt (20) and the spring washer (42) tightly;

3

The pulley (71) is locked on the connecting frame (10) with hexagon cylindrical head bolt (25), flat washer (37) and nylon nut (34) tightly.

STEP 3 - ASSEMBLY



1

First install the rubber pad (77), slide rod (63), weight block (49), guide block (50) into the counterweight frame (1) in sequence;

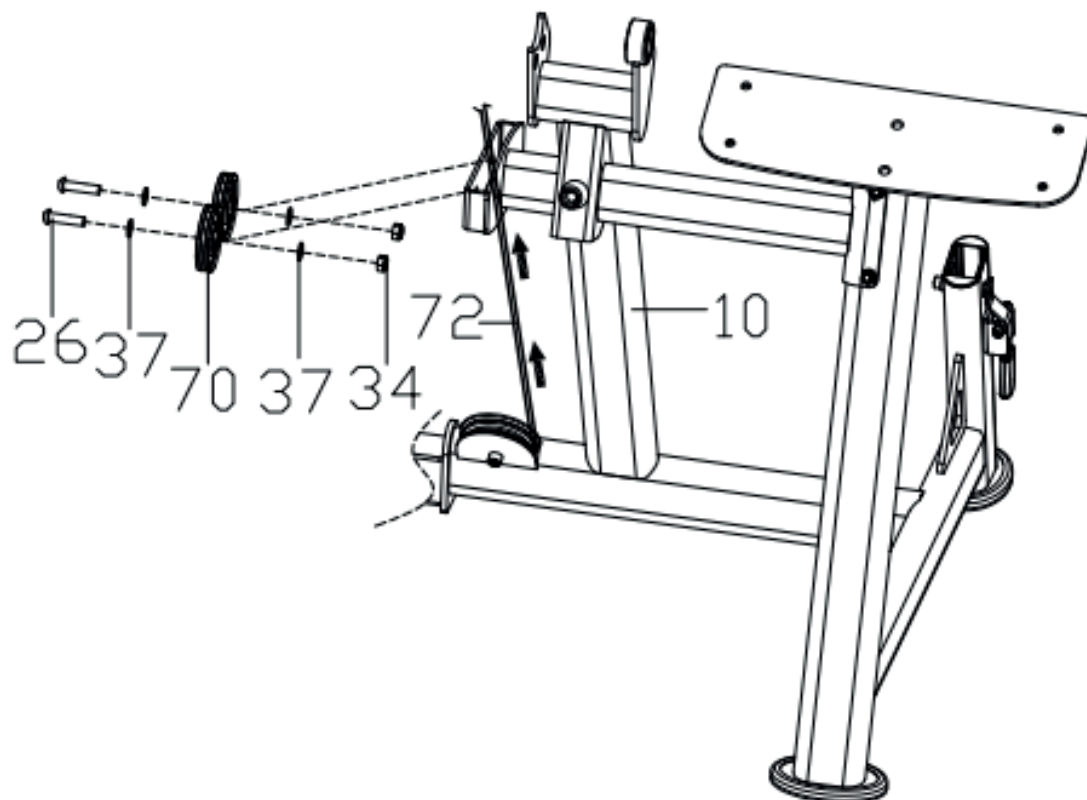
2

Fix the slide rod (63) on the counterweight frame (1) with four E-type circlip springs (44); Stick these stickers to the weight block (49) in order from smallest to largest and from top to bottom;

3

First, Insert the magnetic latch (48) into the weight block (49) and tie rod (64), then insert the coil of magnetic latch (48) into the bolt of the wire rope (72), finally, the bolt end of the wire rope (72) is locked to the tie rod (64).

STEP 4 - ASSEMBLY



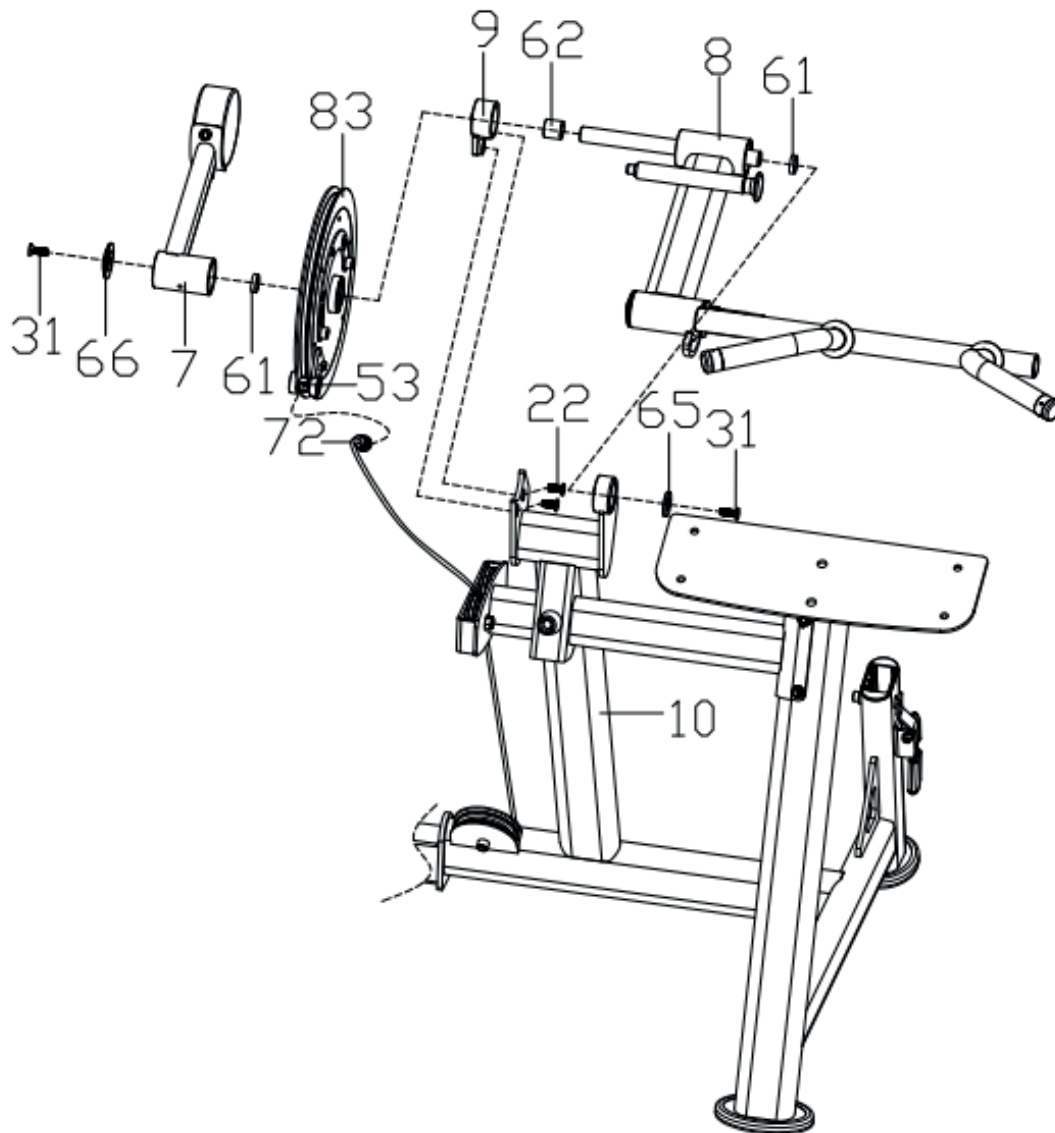
1

Wrap one end of the wire rope (72) in the direction of the arrow;

2

The two sets of pulleys (70) are respectively locked on the connecting frame (10) with hexagonal pan bolts (26), flat washers (37) and nylon nuts (34).

STEP 5 - ASSEMBLY



1

The balancing stand frame (7), spacer (61), plastic turntable (83), fixed plate frame (9) and spacer (62) are included in the long shaft of the adjustment frame (8), then, the two ends are fastened the long shaft of the adjustment frame (8) with hexagonal countersunk head screws (31), end cover 1 (65) and end cover 2 (66) on the shaft sleeve tube of the connecting frame (10) tightly;

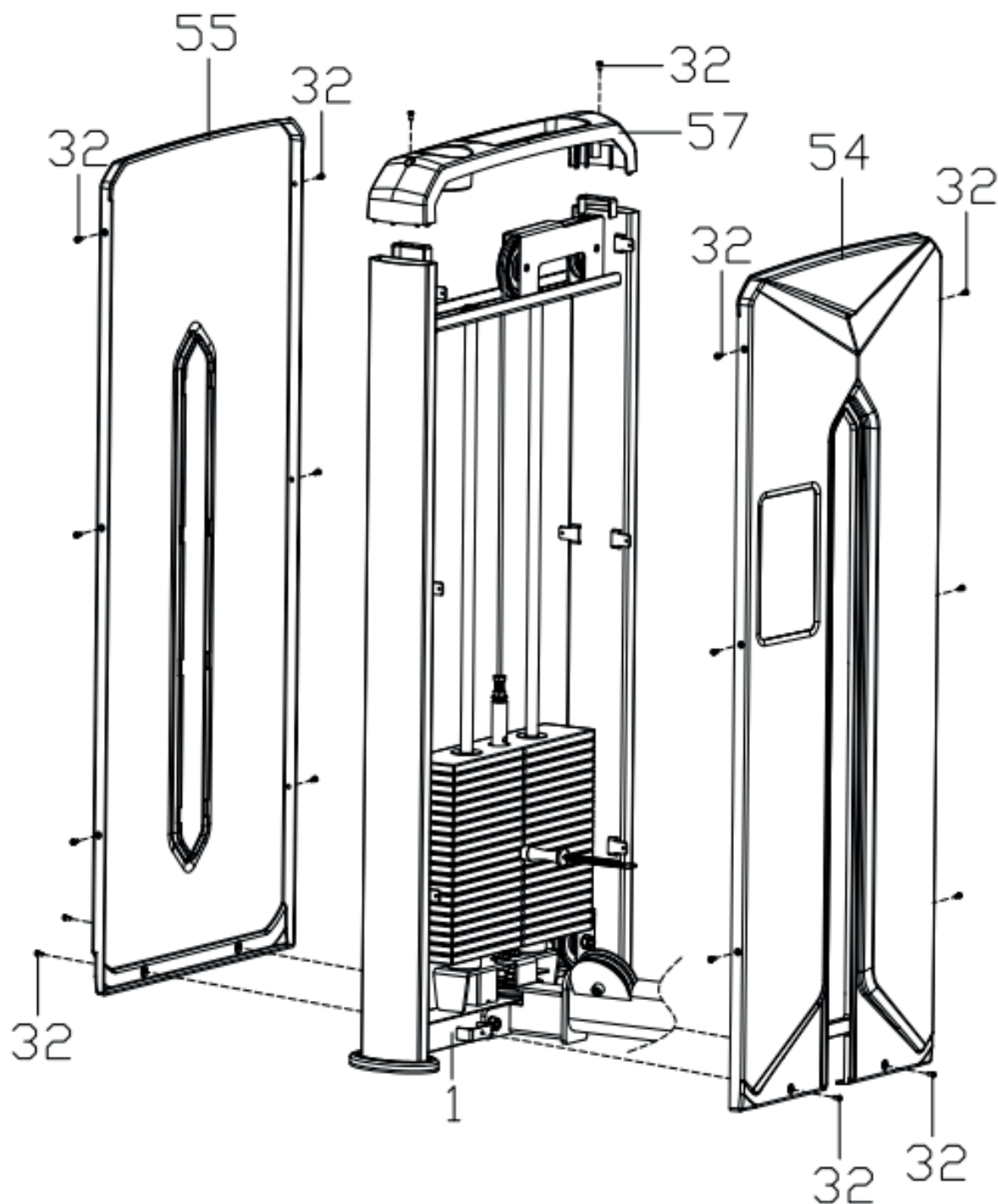
2

Use hex countersunk head screws (22) to lock the fixed plate frame (9) to the connecting plate of the connecting frame (10) tightly;

3

Lock the bolt end of the wire rope (72) to the teleflex (53).

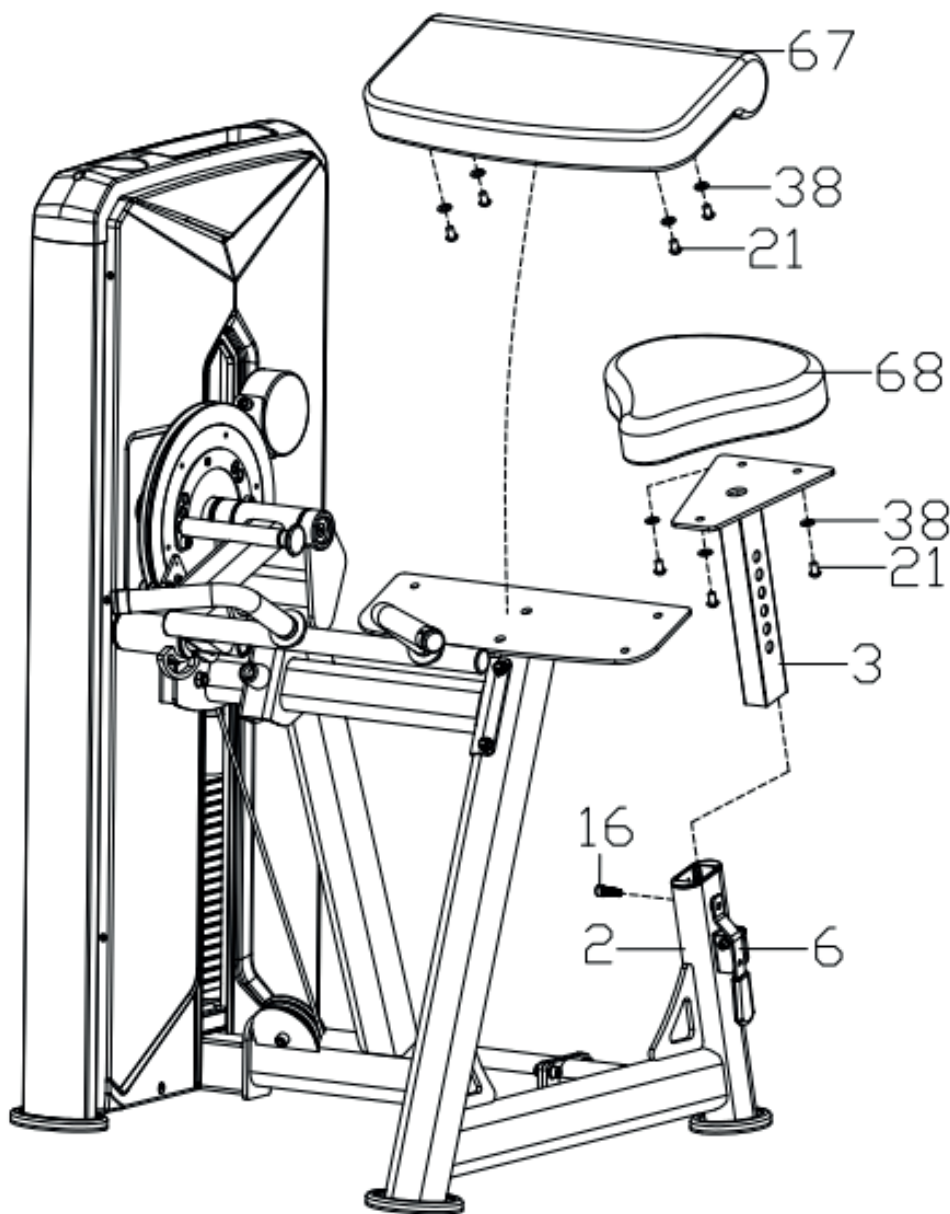
STEP 6 - ASSEMBLY



1

Lock the front counterweight guard(54),rear counterweight guard (55),upper cover(57) to the counterweight frame (1) with cross pan head screws (32) .

STEP 7 - ASSEMBLY



1

First screw out the hexagon cylindrical head bolt (16) that is locked on the main frame (2), and then pull up the clamp(6) and insert the seat plate adjusting frame(3) into the main frame (2), next,adjust to the appropriate position and put down the clamp(6).Finally,to lock

2

The seat plate (68) is locked on the seat plate adjusting frame (3) with the hexagon pan head screw (21) and the flat washer (38);

3

The arc bracket plate (67) is locked to the main frame (2) with the hex pan head screw (21) and the flat washer (38).

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



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

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