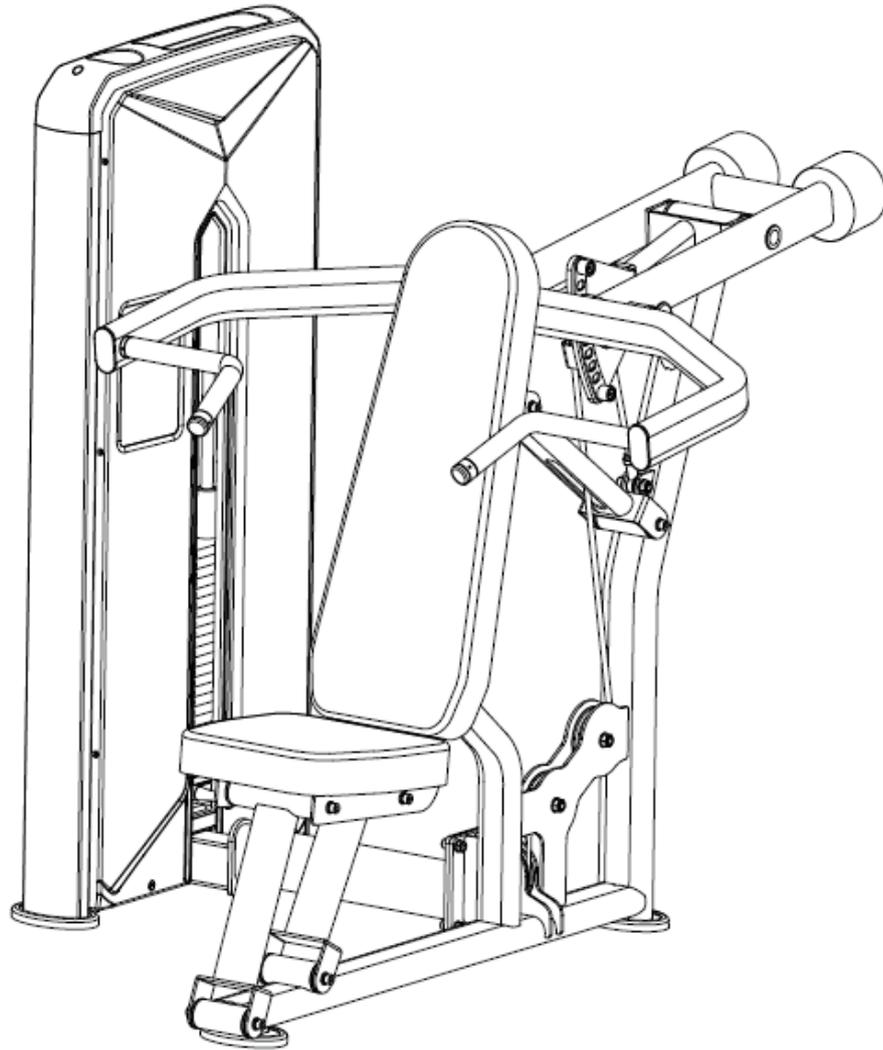


FORCE USA



CHEST / SHOULDER PRESS MACHINE

USER MANUAL | **F-S-CSP**





THANK YOU FOR YOUR PURCHASE

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

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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

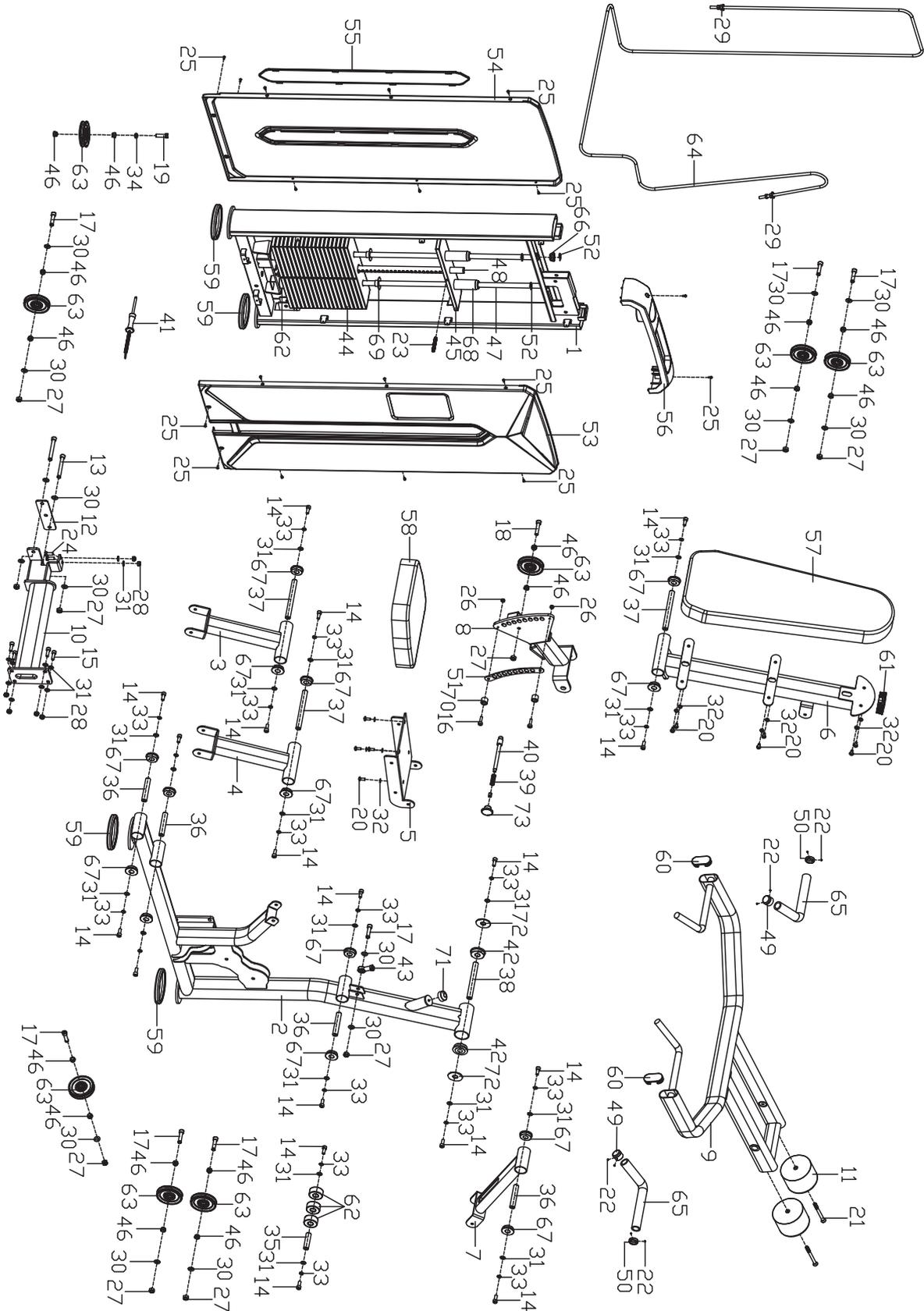
Monthly Maintenance

- 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.



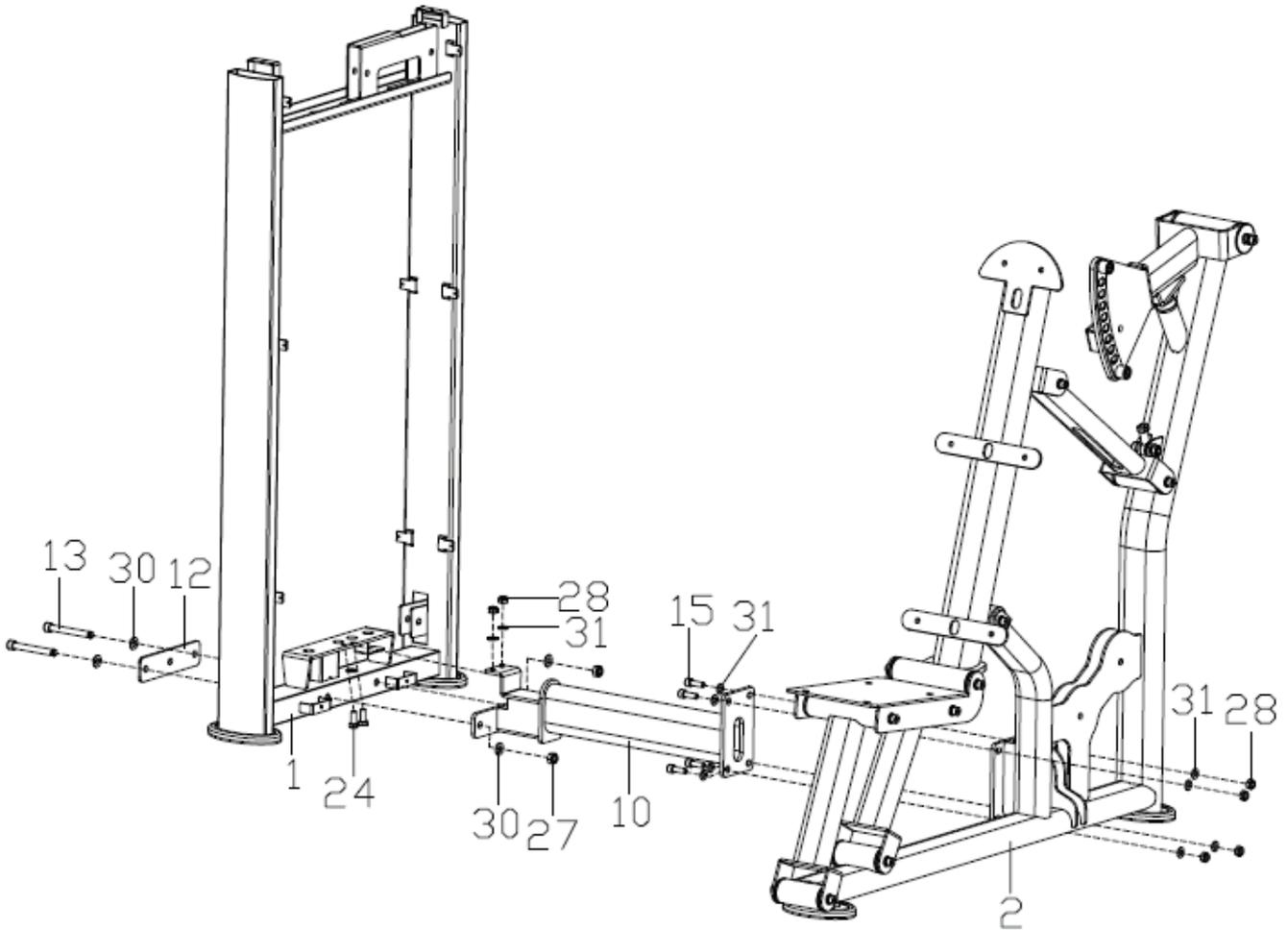
COMPLETE COMPONENT INVENTORY

Key No.	Description	Note	Quantity
1	Counterweight frame combination		1
2	Main frame combination		1
3	Seat support tube combination 1		1
4	Seat support tube combination 2		1
5	Seat Guard board combination		1
6	Backbaord combination		1
7	Backrest support tube combination		1
8	Adjusting frame combination		1
9	Swing arm combination		1
10	Connecting frame combination		1
11	Balancing weight		2
12	connecting plate		1
13	Hex cylindrical head bolt	M12*100	2
14	Hex cylindrical head bolt	M10*25	18
15	Hex cylindrical head bolt	M10*30	4
16	Hex cylindrical head bolt	M8*30	2
17	Hex cylindrical head bolt	M12*50	7
18	Hex cylindrical head bolt	M12*55	1
19	Outer hex head bolt	M12*40	1
20	Hexagon plate head bolt	M8*20	10
21	Hexagon socket countersunk head screws	M10*120	2
22	Hexagon socket set screws	M5*3	8
23	flat point set screw	M10*70	1
24	Outer hex head bolt	M10*25	2
25	Cross recessed screw	M5*10	18
26	Nylon nut	M8*H8	2
27	Nylon nut	M12*H11	10
28	Nylon nut	M10*H10	6
29	Hexagon flange nut	M12*H11	2
30	Flat washer	$\phi 12.2 * \phi 24 * 2$	15
31	Flat washer	$\phi 10.2 * \phi 20 * 2$	28
32	Flat washer	$\phi 8.2 * \phi 16 * 1.5$	10
33	Spring washer	D10	18
34	Spring washer	D12	1
35	Shaft of limit	$\phi 20 * 75$	1
36	Rotating shaft	$\phi 20 * 110$	4
37	Rotating shaft	$\phi 20 * 190$	3
38	Rotating shaft	$\phi 20 * 178$	1
39	Compressed spring		1
40	clevis pin		1
41	Magnetic bolt with wire		1
42	Bearing 6204-2RS		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.



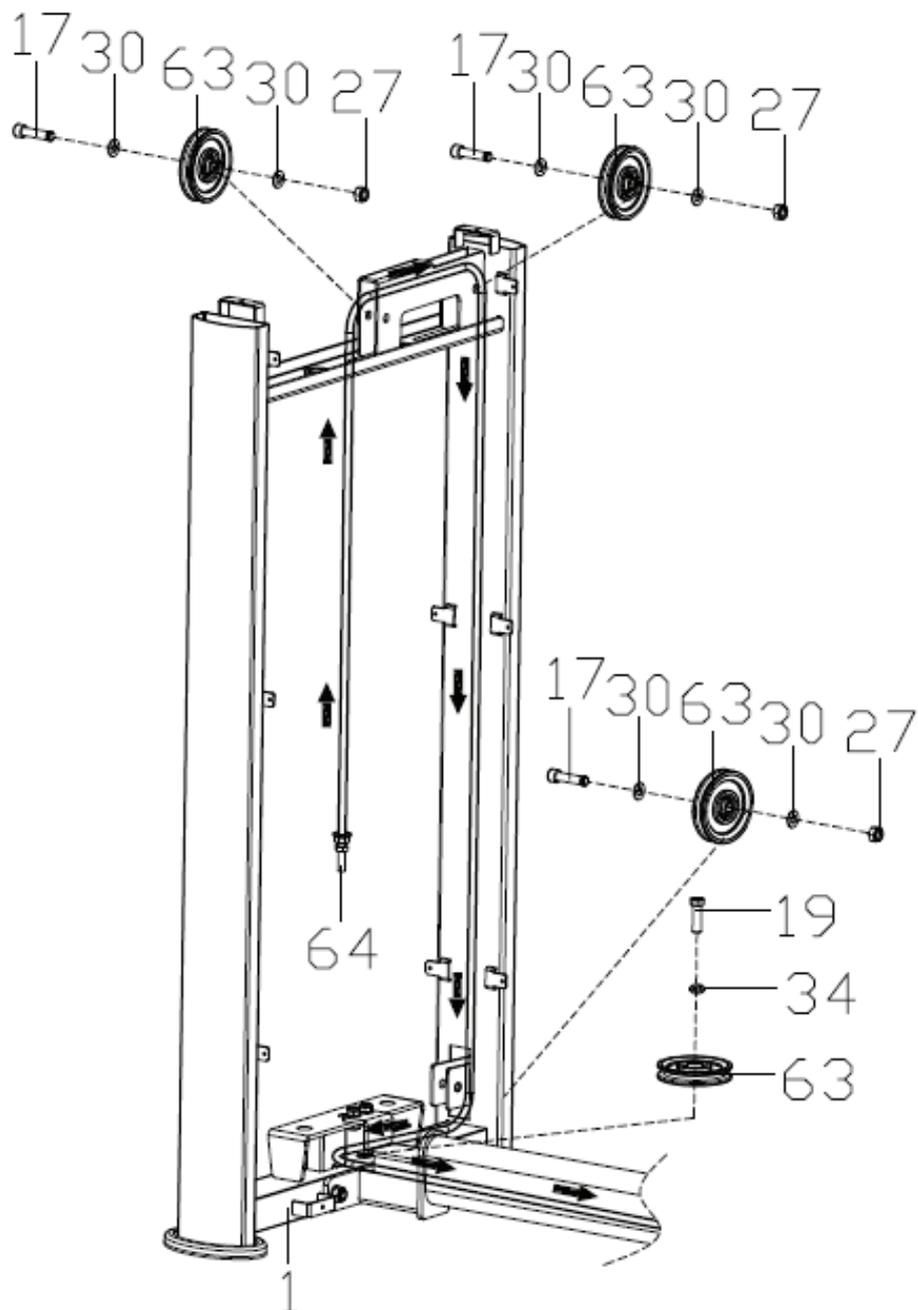
1

Pre-lock the Connecting frame combination (10) to the Counterweight frame combination (1) with Outer hex head bolt M10*25(24), Flat washer $\varphi 10.2 * \varphi 20 * 2$ (31), Nylon nut M10*H10(28); Pre-lock the connecting plate (12) and Connecting frame combination (10) to the Counterweight frame combination (1) with Hex cylindrical head bolt M12*100(13), Flat washer $\varphi 12.2 * \varphi 24 * 2$ (30), Nylon nut M12*H11(27).

2

Lock the Main frame combination (2) to the Connecting frame combination (10) with Hex cylindrical head bolt M10*30(15), Flat washer $\varphi 10.2 * \varphi 20 * 2$ (31), Nylon nut M10*H10(28); Lock all the pre-lock bolts (Outer hex head bolt M10*25(24), Hex cylindrical head bolt M12*100(13)).

STEP 2 - ASSEMBLY



1

Install one end of the Steel wire rope (64) around the rope in the direction of the arrow.

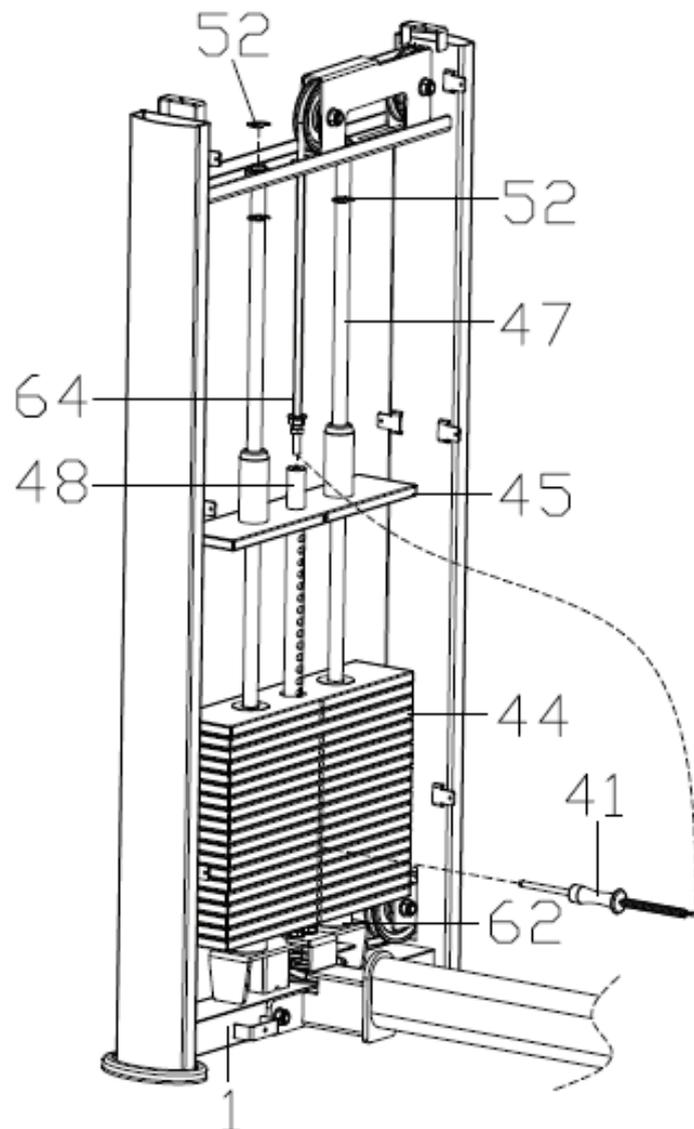
2

Three sets of Pulleys (63) are respectively locked on the Counterweight frame combination (1) with Hex cylindrical head bolt M12*50(17), Flat washer φ12.2*φ24*2(30), Nylon nut M12*H11(27);

3

Lock the Pulley (63) to Counterweight frame combination (1) with Outer hex head bolt M12*40 (19), Spring washer D12 (34).

STEP 3 - ASSEMBLY



1

Install Cushion pad 1 (62), Slider (47), Weight bearing block (44), Guide block (45) to the Counterweight frame combination (1) in sequence;

2

Fixing the Slider (47) to Counterweight frame combination (1) with E - shaped clip spring $\phi 5$ (52);;

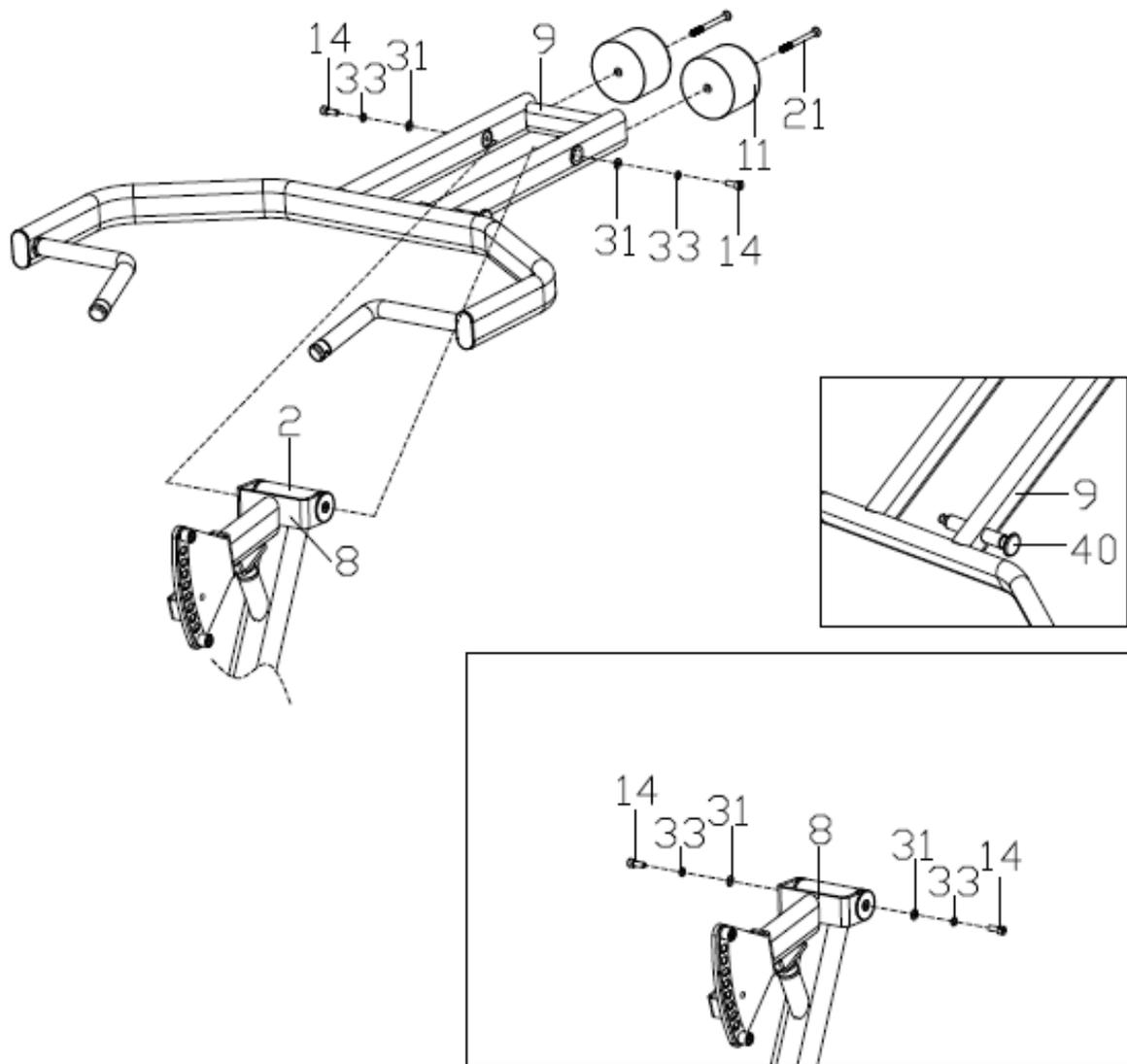
3

Attach the stickers to the Weight bearing block (44) in the order from small to big and from top to bottom;

4

Insert the Magnetic bolt with wire (41) to the Weight bearing block (44) and the Pull rod (48) first. Then connect the wire of the Magnetic bolt with wire (41) to the screw of the Steel wire rope (64), and secure the screw end of the Steel wire rope (64) to Pull rod (48).

STEP 4 - ASSEMBLY



1

Remove Hex cylindrical head bolt M10*25 (14), Spring washer D10 (33) and Flat washer $\phi 10.2*\phi 20*2$ (31) which pre-locked on the Adjusting frame combination (8);

2

Lock the Swing arm combination (9) to the Main frame combination (2) with Hex cylindrical head bolt M10*25 (14), Spring washer D10 (33) and Flat washer $\phi 10.2*\phi 20*2$ (31) which parts removed in the previous step;

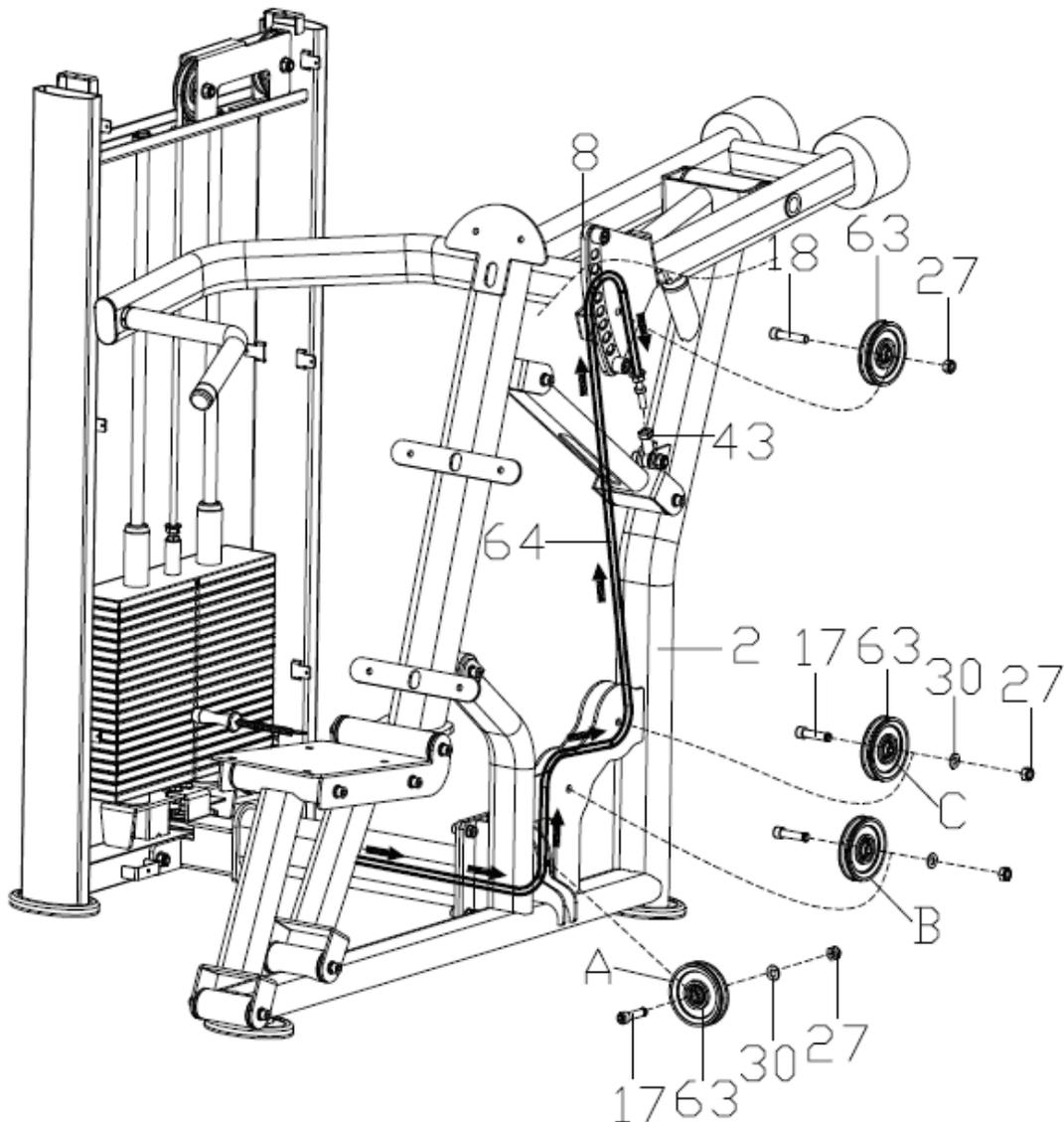
3

Pull out (40), then insert (40) after aligning the hole position on (8) with the hole on (9);

4

Lock the Balancing weight (11) to the Swing arm combination (9) with Hexagon socket countersunk head screws M10*120 (21).

STEP 5 - ASSEMBLY



1

Please insert and install one end of the Steel wire rope (64) in the direction of the arrow;

2

Lock the three Pulley (63) of A, B and C in the corresponding position of Main frame combination (2) respectively with Hex cylindrical head bolt M12*50 (17), Flat washer φ 12.2* φ 24*2 (30) and Nylon nut M12*H11 (27) ;

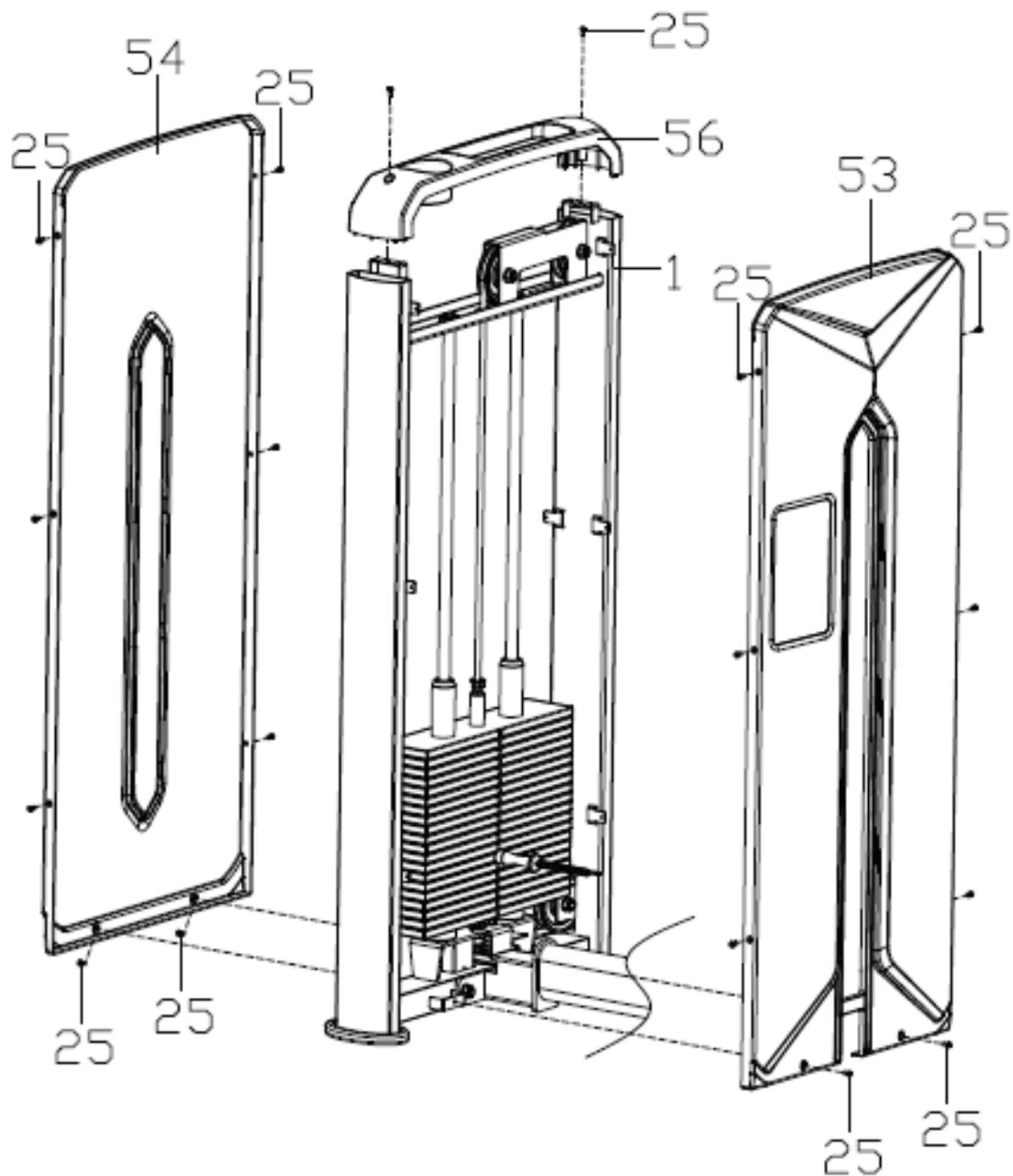
3

Install the Pulley (63) on Adjusting frame combination (8) with Hex cylindrical head bolt M12*55 (18) and Nylon nut M12*H11 (27)

4

Lock one end of the screw of the Steel wire rope (64) to Joint bearing (43).

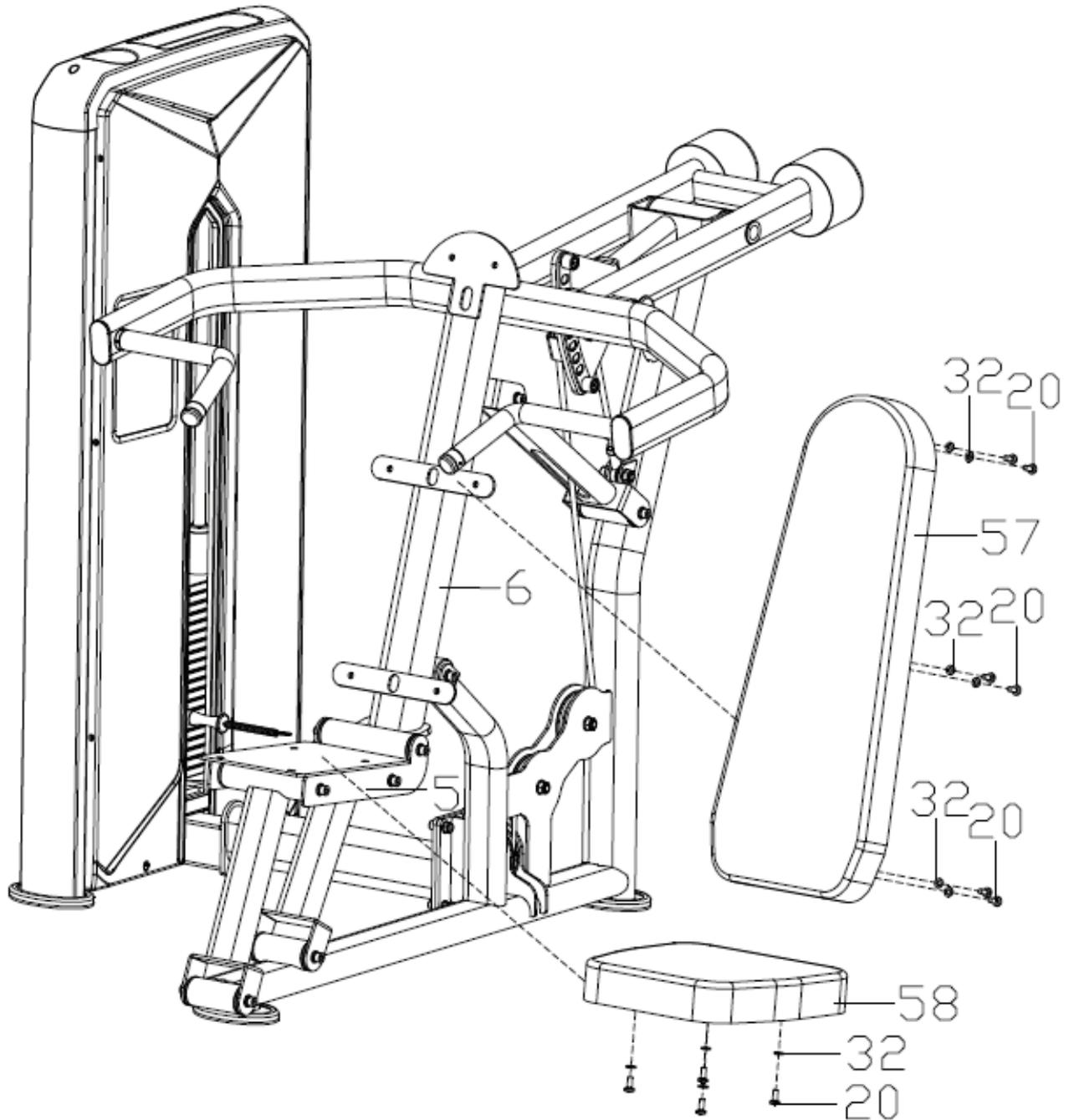
STEP 6 - ASSEMBLY



1

Lock the Front protective cover (53), Rear protective cover (54), Top cover (56) on the Counterweight frame combination (1) with Cross recessed screw M5*10 (25).

STEP 7 - ASSEMBLY



1

Lock the Bench (58) on Seat Guard board combination (5) with Hexagon plate head bolt M8*20 (20), Flat washer $\phi 8.2 * \phi 16 * 1.5$ (32);

2

Lock the Back cushion (57) on Backboard combination (6) with Hexagon plate head bolt M8*20 (20), Flat washer $\phi 8.2 * \phi 16 * 1.5$ (32).

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



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

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