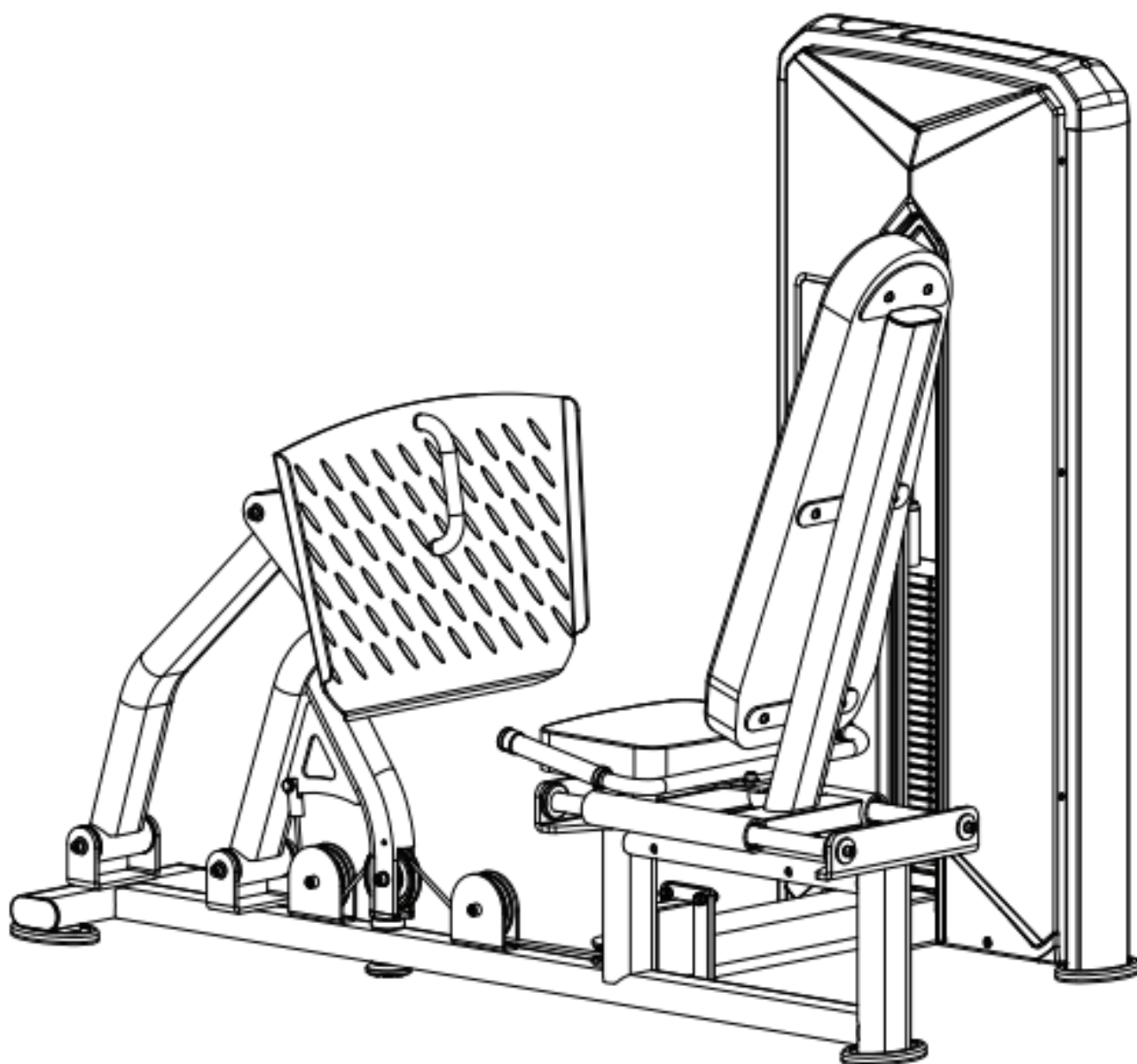


FORCE^{USA}



LEG PRESS MACHINE

USER MANUAL | **F-S-LP**





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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

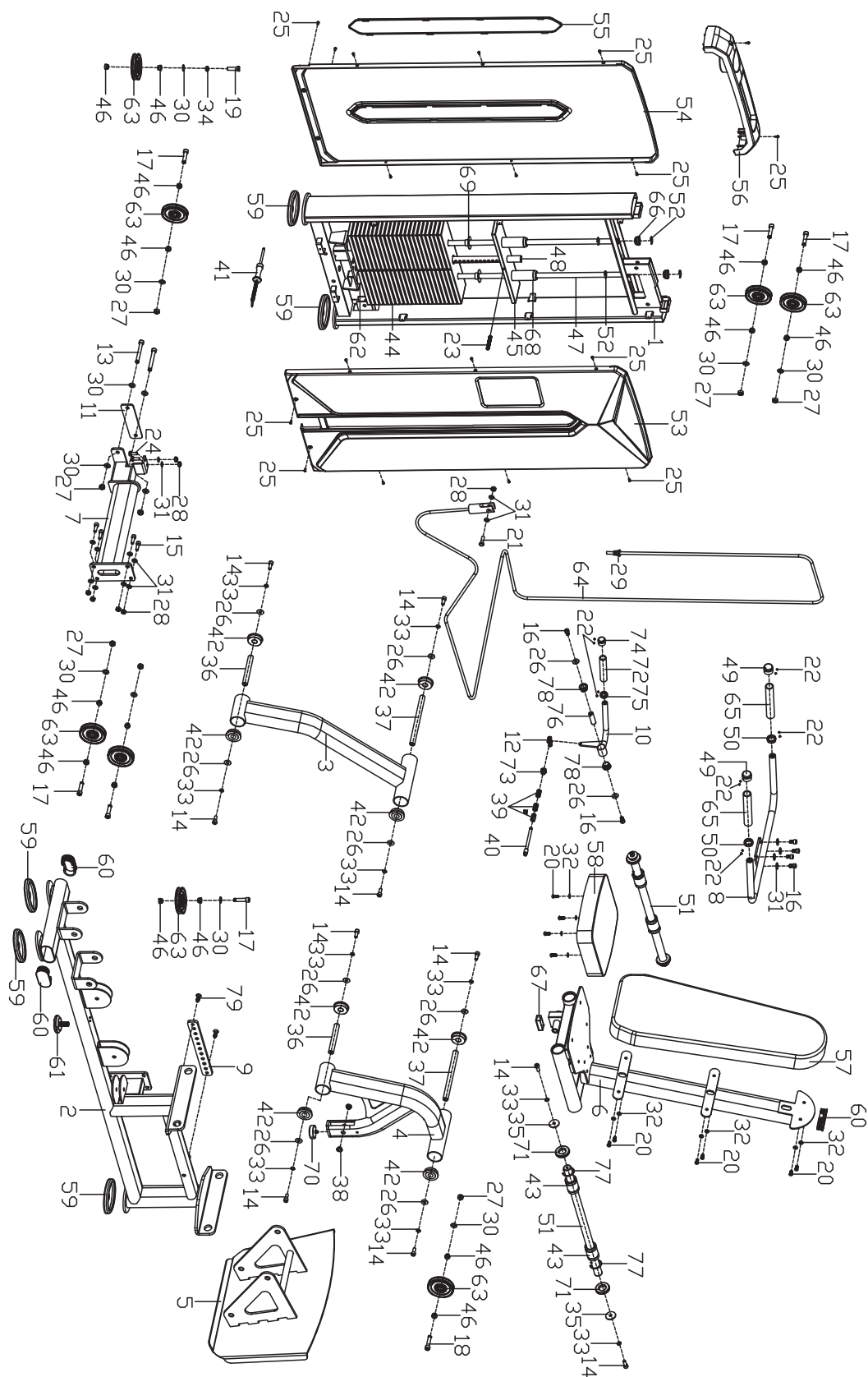
Monthly Maintenance

- 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.



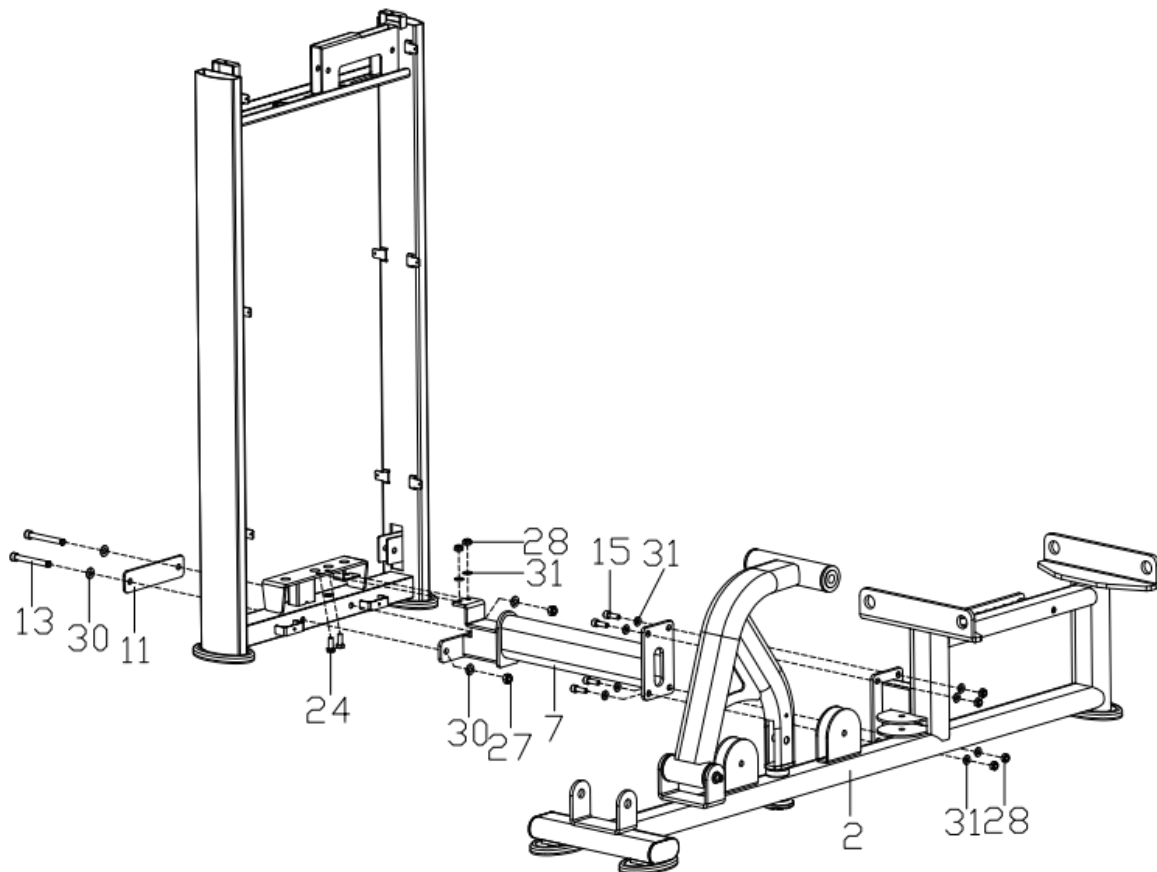
COMPLETE COMPONENT INVENTORY

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Countweight frame	1	41	Magnetic cross pin with wire	1
2	Main frame	1	42	Bearing 6204	8
3	Pedal front connecting tube frame	1	43	Linear bearing	4
4	Pedal rear connecting tube frame	1	44	Weight block(5KG)	23
5	Pedal plate frame	1	45	Guide block(5KG)	1
6	Seat tube frame	1	46	Alloy sleeve	16
7	Connecting frame	1	47	Slide rod	2
8	Handlebar frame	1	48	Pull rod	1
9	Adjustable plate(stainless steel)	1	49	Aluminum end cover ϕ 33*28	2
10	Small handlebar frame	1	50	Alloy bushings ϕ 33*10	2
11	Connecting board	1	51	Short slide rod	2
12	Stainless steel chain joint	1	52	E-type clamp spring ϕ 15	4
13	Hexagon socket cap bolt M12*100	2	53	Front guide cover	1
14	Hexagon socket cap bolt M10*25	12	54	Rear guide cover	1
15	Hexagon socket cap bolt M10*30	4	55	Rear guide decoration cover	1
16	Hexagon socket cap bolt M10*16	6	56	Upper cover	1
17	Hexagon socket cap bolt M12*50	6	57	Bucket	1
18	Hexagon socket cap bolt M12*55	1	58	Seat	1
19	Outer hexagon bolt M12*40	1	59	Rubber foot sleeve	5
20	Hexagon cross pan head screws M8*20	10	60	Oblate tube end cap	3
21	Outer hexagon bolt M10*35	1	61	Adjustable pad	1
22	Inner hexagon screw M5*3	12	62	Cushion	2
23	Inner hexagon end screw M10*70	1	63	Pulley	8
24	Outer hexagon bolt M10*25	2	64	Wire rope	1
25	Cross head bolts M5*10	18	65	Injected handlebar foam1	2
26	Flat washer ϕ 10* ϕ 26*2	10	66	Hole plug	2
27	Nylon nut M12*H11	8	67	Square plug	1
28	Nylon nut M10*H10	7	68	Nylon bushings	2
29	Hexagon Flange nut M12*H11	1	69	Nylon flange sleeve	46
30	Flat washer ϕ 12. 2* ϕ 24*2	12	70	Adjustable foot pad	1
31	Flat washer ϕ 10. 2* ϕ 20*2	16	71	Cushion	4
32	Flat washer ϕ 8. 2* ϕ 16*1. 5	10	72	Injected handlebar foam2	1
33	Spring washer D10	12	73	Latch tube seal nut	1
34	Spring washer D12	1	74	Aluminum end cap ϕ 28*25	1
35	Flat washer D10*4* ϕ 40	4	75	Aluminum inside cover ϕ 28*10	1
36	Turnable shaft ϕ 20*148	2	76	Short shaft	1
37	Turnable shaft ϕ 20*255	2	77	Circlip for hole D45	4
38	Flange bushing	2	78	Plastic sleeve	2
39	Press spring	3	79	Inner hexagon sock screw M10*30	2
40	Latch rod	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.



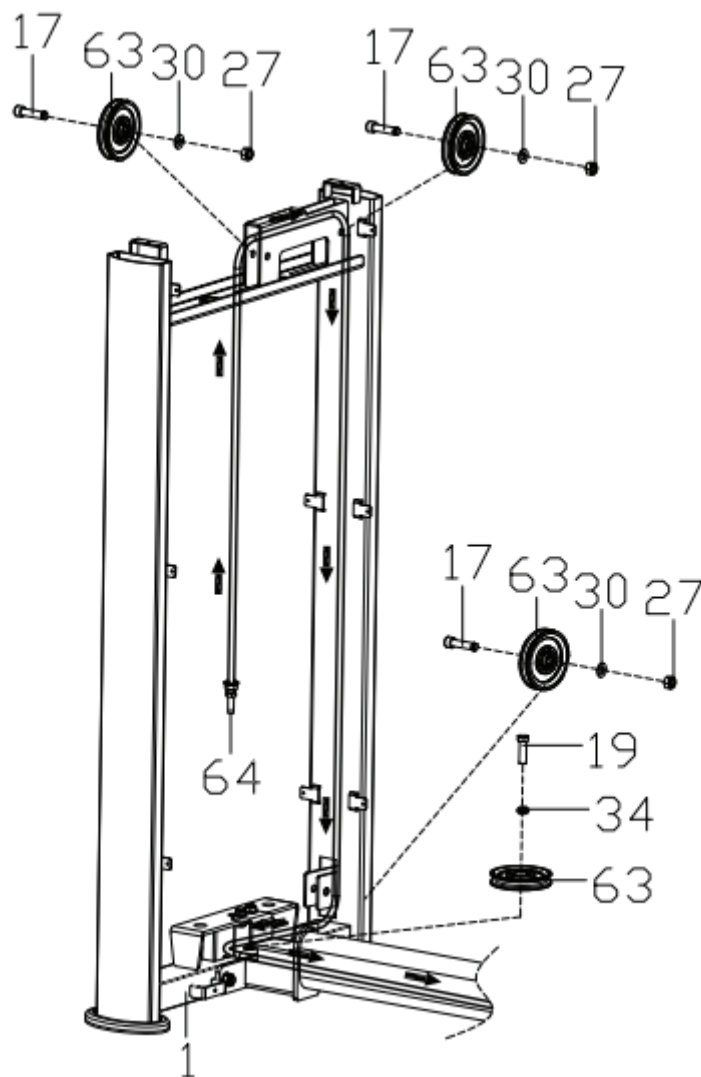
1

Use outer hexagon bolt (24), flat washer (31), nylon nut (28) to pre-lock the connecting frame (7) on the counterweight frame (1), and use hexagon cylindrical head bolt (13) and flat washer (30) and nylon nut (27) to pre-lock the connecting plate (11) and connecting frame (7) to the counterweight frame (1);

2

Use hexagon cylindrical head bolts (15), flat washers (31), nylon nuts (28) to lock the main frame (2) to the connecting frame (7), and lock all outer hexagon bolts (24) and hexagonal cylindrical head bolt (13) tightly.

STEP 2 - ASSEMBLY



1

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

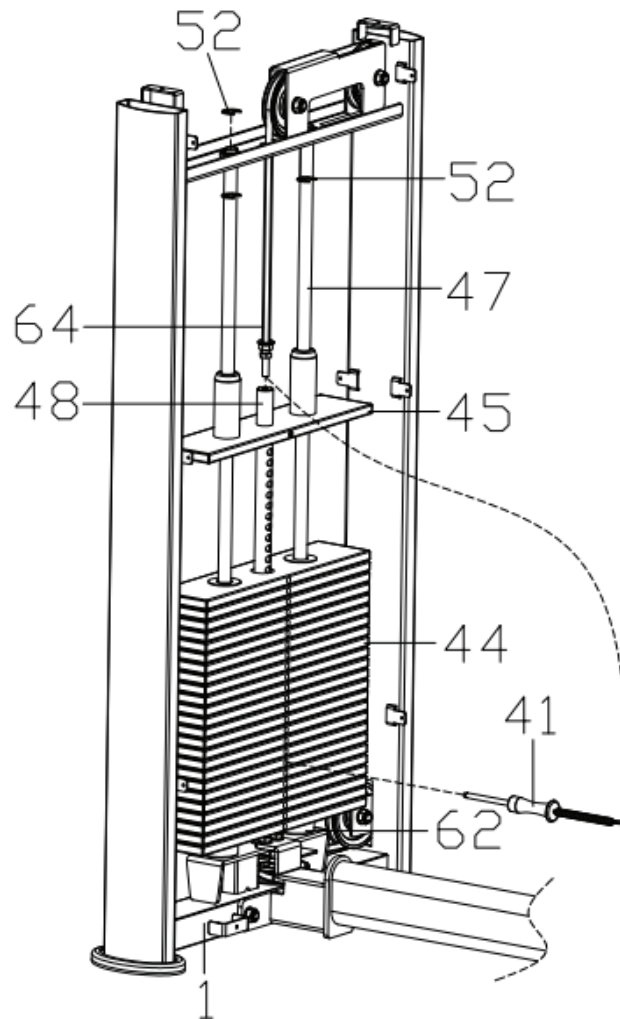
2

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

3

The pulley (63) is locked to the counterweight frame (1) with outer hexagon bolt (19) and spring washer (34) tightly.

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);

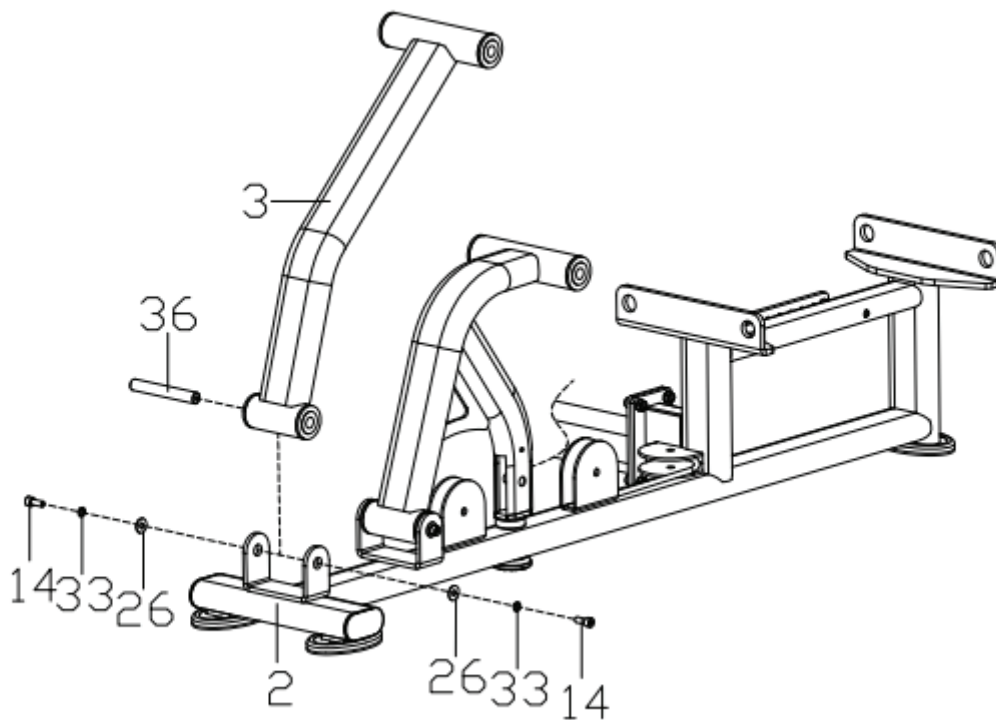
3

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

4

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).

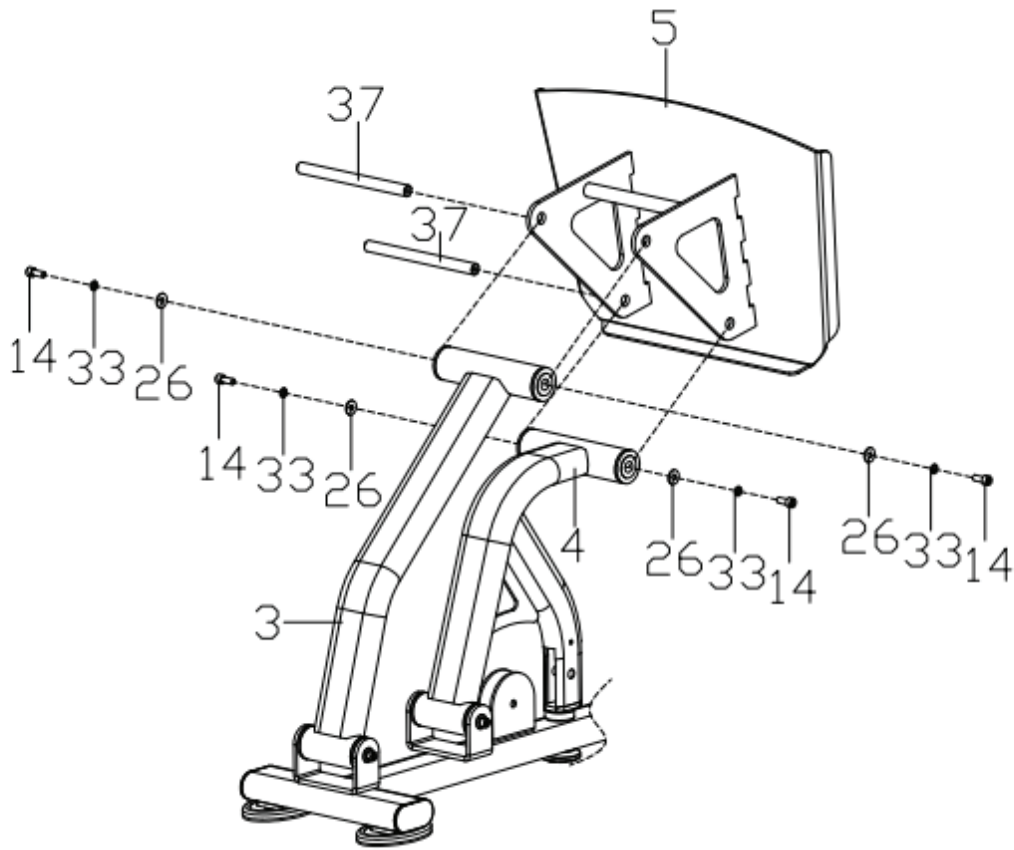
STEP 4 - ASSEMBLY



1

Pre-lock to the pedal front connect tube frame(3) on the mainframe(2) with hexagon cylindrical head bolt (14, spring washer (33), flat washer (26) and turnable shaft(36) .

STEP 5 - ASSEMBLY



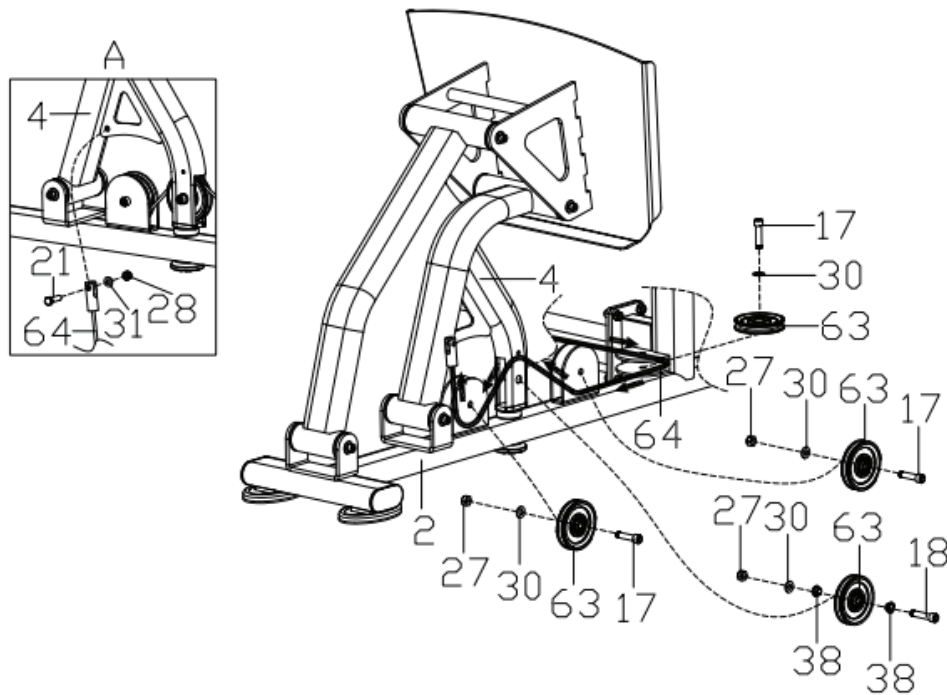
1

Use hexagon cylindrical head bolt (14), spring washer (33), flat washer (26) and turnable shaft (37) to lock the pedal plate frame (5) on the pedal connecting tube frame (3) and the pedal connecting tube frame (4) tightly;

2

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

STEP 6 - ASSEMBLY



1

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

2

The pulley (63) is locked to the main frame (2) with hexagon cylindrical head bolt (17) and flat washer (30) tightly;

3

The pulley (63) is locked to the main frame (2) with hexagon cylindrical head bolt (17), flat washer (30) and nylon nut (27) tightly;

4

The pulley (63) is locked on the pedal rear connecting tube frame (4) with a hexagon cylindrical head bolt (18), flange sleeve (38), flat washer (30) and nylon nut (27) tightly;

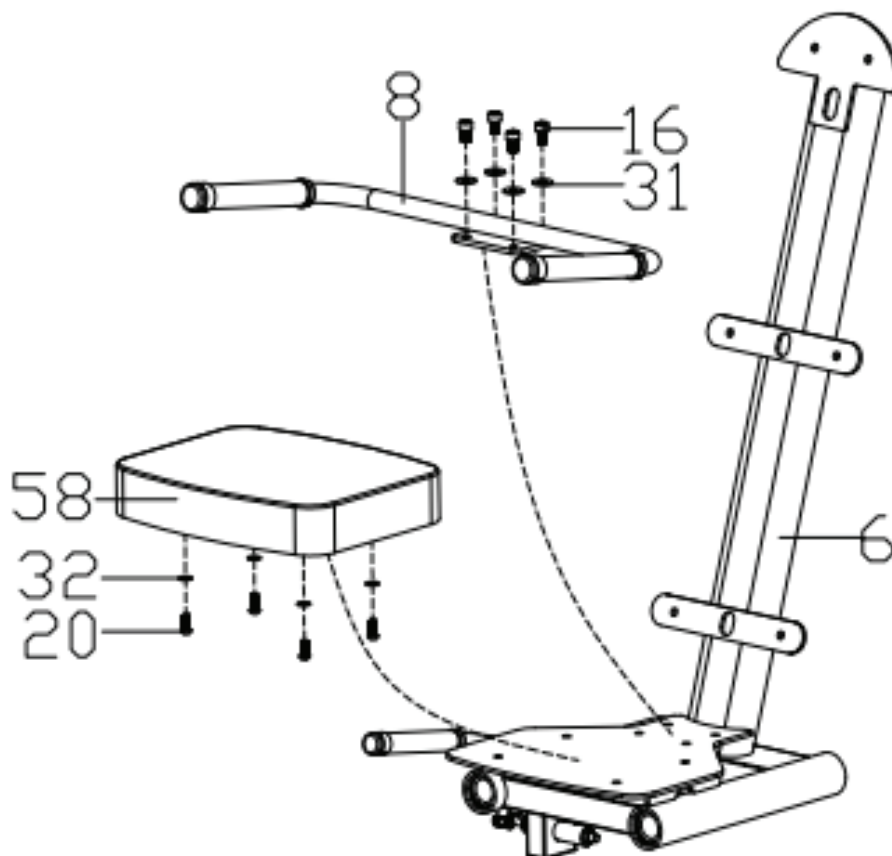
5

The pulley (63) is locked to the main frame (2) with hexagon cylindrical head bolt (17), flat washer (30) and nylon nut (27) tightly;

6

Lock one end of the wire rope (64) with outer hexagon bolt (21), flat washer (31) and nylon nut (28) on the pedal rear connecting tube frame (4), as shown in Figure A below.

STEP 7 - ASSEMBLY



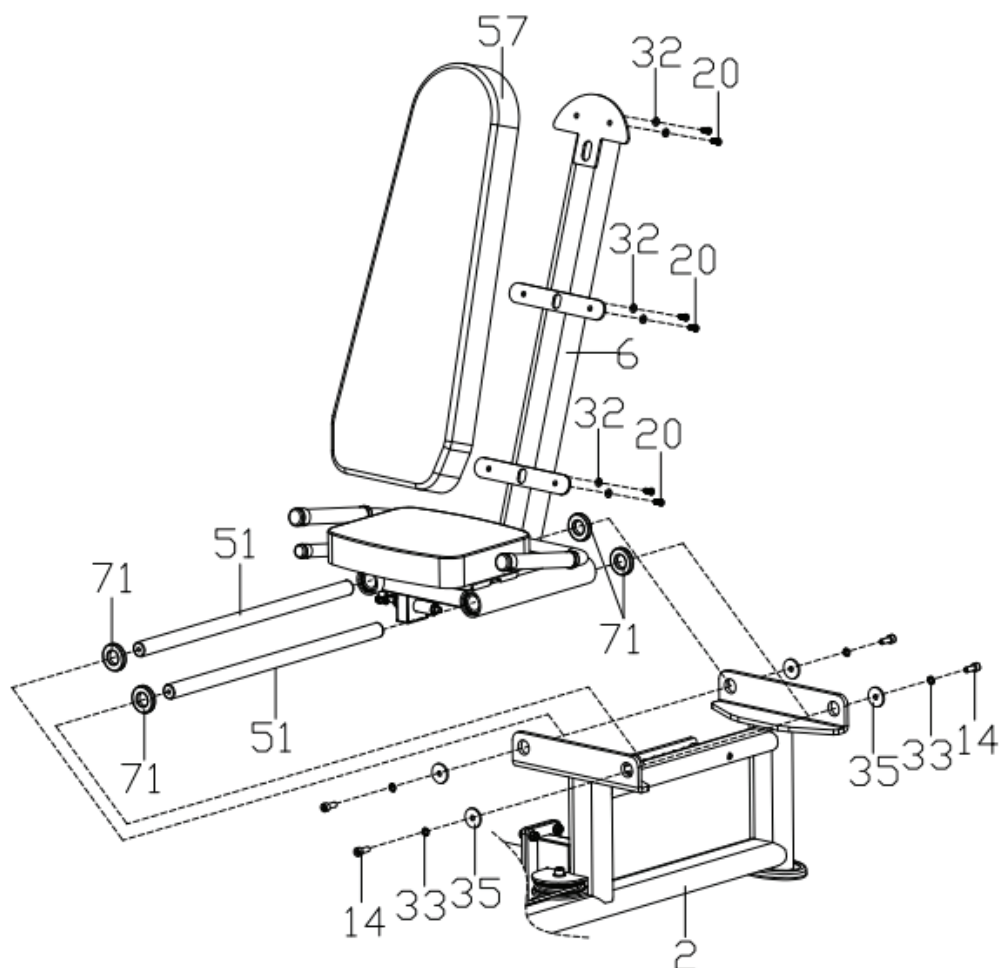
1

Lock the handlebar frame (8) on the seat frame (6) with hexagon cylindrical head bolt (16) and flat washer (31) tightly;

2

The seat (58) is locked to the seat frame (6) with hexagon cylindrical head bolt (20) and flat washer (32) tightly.

STEP 8 - ASSEMBLY



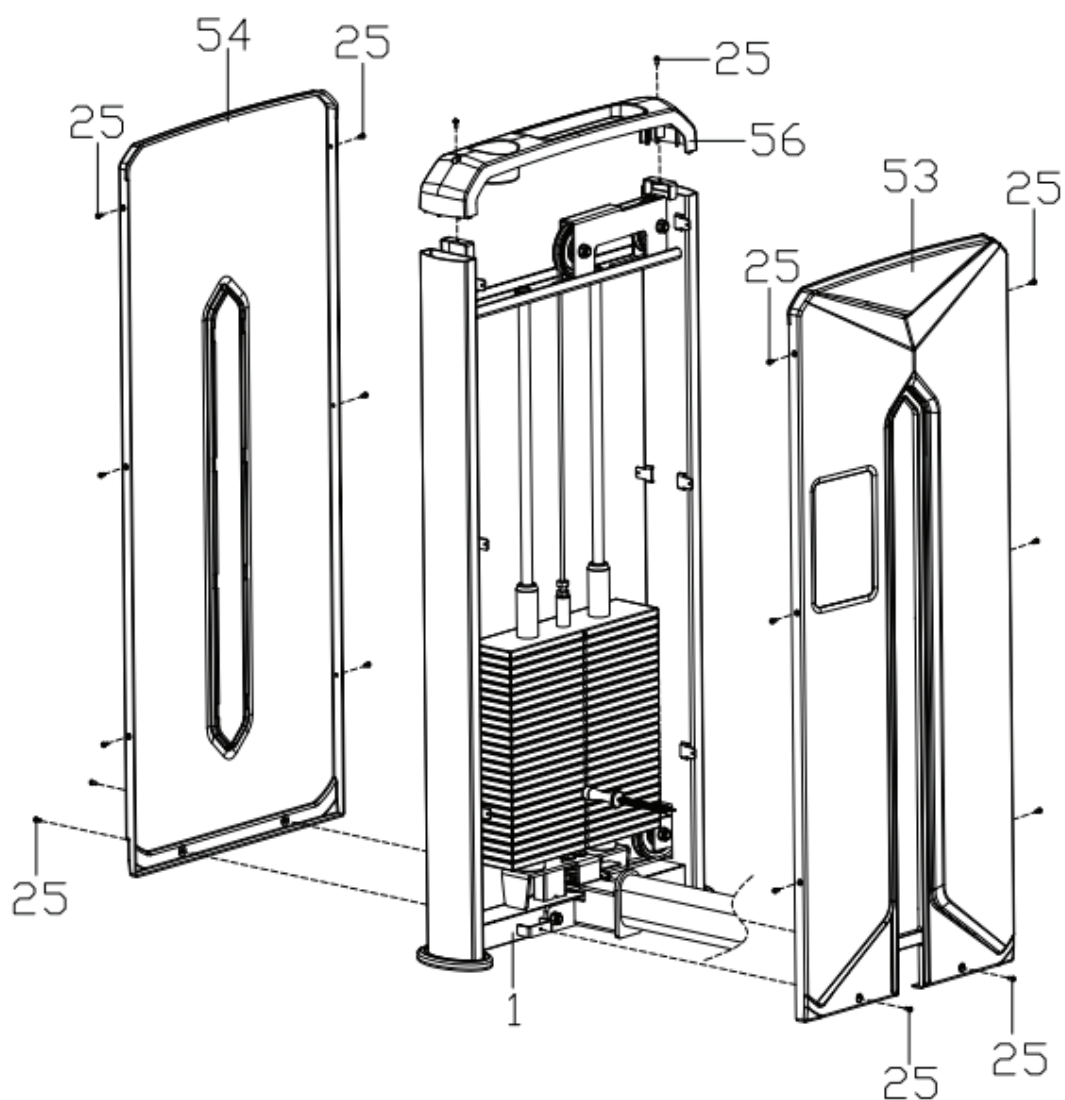
1

Lock the seat frame (6) on the main frame (2) with hexagon cylindrical head bolt (14), spring washer(33), flat washer (35), cushion(71), and short slide rod(51) tightly;

2

Lock the backrest (57) on the seat frame (6) with a hexagon cylindrical head bolt (20) and flat washer (35), cushion(71), and short slide rod(51) tightly;

STEP 9 - 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.

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



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