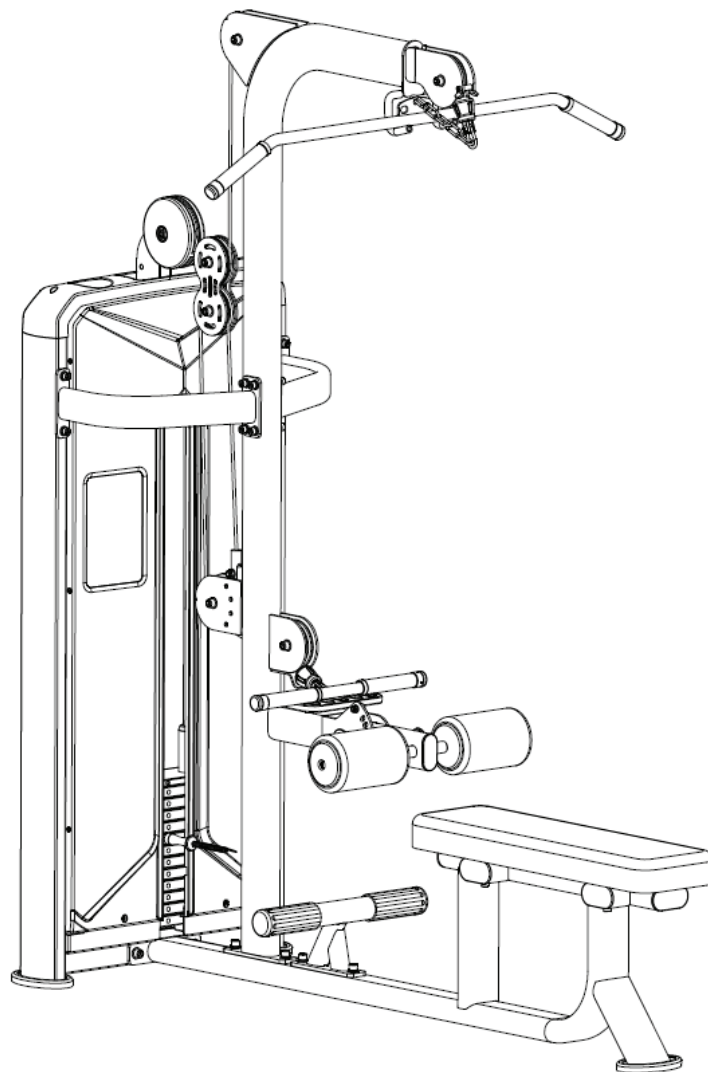


FORCE^{USA}



LAT PULLDOWN / SEATED ROW MACHINE

USER MANUAL | **F-S-LPSR**





THANK YOU FOR YOUR PURCHASE

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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

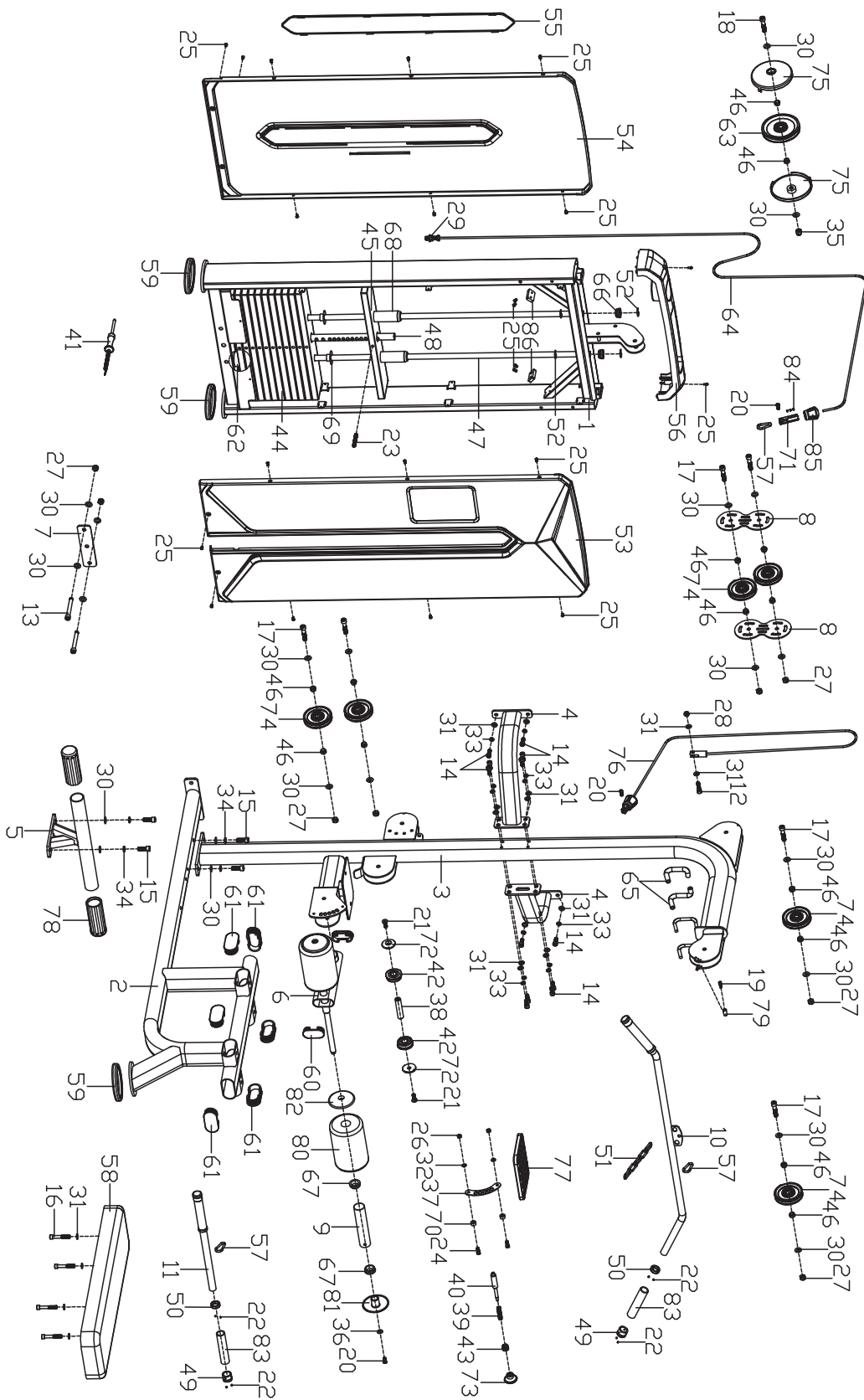
Monthly Maintenance

- 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.



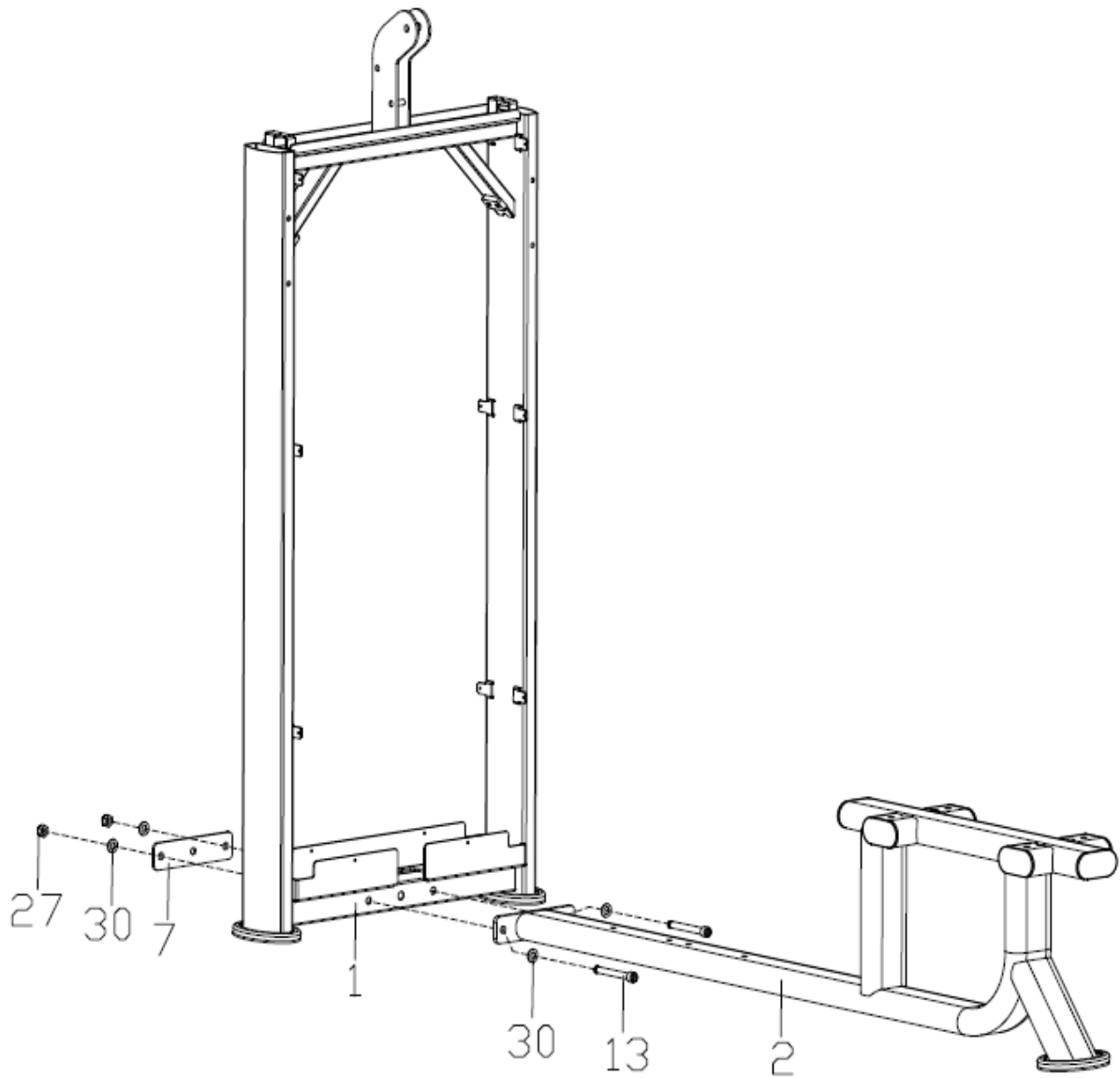
COMPLETE COMPONENT INVENTORY

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Counterweight frame combination	1	42	Bearing 6204	2
2	Below seat support combination	1	43	End cap nut	1
3	Upper support frame combination	1	44	Weight bearing block(10kg)	11
4	Link strengthens tube combination	2	45	Guide block(10kg)	1
5	Foot support tube combination	1	46	Alloy alloy sleeve	14
6	Foam tube combination	1	47	Slider	2
7	Connecting plate	1	48	Pull rod	1
8	Pulley fixing plate	2	49	Aluminum end cover	4
9	Foam roll rod	2	50	Aluminum spacer sleeve	4
10	Long pull handle combination	1	51	lock-chain	1
11	Short pull handle combination	1	52	E - shaped clip springφ5	4
12	Hex cylindrical head bolt M10*38	1	53	Front protective cover	1
13	Hex cylindrical head bolt M12*100	2	54	Rear protective cover	1
14	Hex cylindrical head bolt M10*25	12	55	Decorative cover on rear protective cover	1
15	Hex cylindrical head bolt M12*32	4	56	Top cover	1
16	Hex cylindrical head bolt M10*65	4	57	Gourd clasp	3
17	Hex cylindrical head bolt M12*50	6	58	Seat seat panel	1
18	Hex cylindrical head bolt M12*55	1	59	Rubber foot cover	3
19	Hex cylindrical head bolt M6*35	1	60	Oval tube plug 80*40*3	2
20	Hexagon plate head bolt M8*20	4	61	Oval tube plug 100*50*3	6
21	Hexagon socket countersunk head screws M10*30	2	62	Cushion	2
22	Hexagon socket set screws M5*3	16	63	Pulley 1	1
23	Flat point set screw M10*70	1	64	Steel wire rope 1	1
24	Hex cylindrical head bolt M8*20	2	65	Dip plastic handle cover	2
25	Cross recessed screw M5*10	22	66	Spout plug	2
26	Nylon nut M8*H8	2	67	Axle sleeve	4
27	Nylon nut M12*H11	8	68	Nylon axle sleeve	2
28	Nylon nut M10*H10	1	69	Nylon flange sleeve	22
29	Hexagon flange nut M12*H11	1	70	Cushion collar	2
30	Flat washer φ12.2*φ24*2	22	71	Wire rope fixed plate	2
31	Flat washer φ10.2*φ20*2	18	72	End cover	2
32	Flat washer φ8.2*φ16*1.5	2	73	Plastic handle head	1
33	Spring washer D10	12	74	Pulley 2	6
34	Spring washer D12	4	75	Pulley guard	2
35	High cap nut	1	76	Steel wire rope 2	1
36	Flat washer φ8.2*φ20*1.5	2	77	Tray panel	1
37	Adjustable limit plate	1	78	Pipe shroud	2
38	Rotating shaft φ20*91.5	1	79	Nylon roller sleeve	1
39	Compressed spring	1	80	Foam sleeve tube	2
40	Clevis pin	1	81	Foam outer cover	2
41	Magnetic bolt with wire	1	82	Foam inner cover	2
83	Dip plastic handle cover 2	4	85	Rubber end of wire rope	2
84	Hexagon Angle set bolt M5*5	6	86	Block rubber	2

STEP 1 - ASSEMBLY



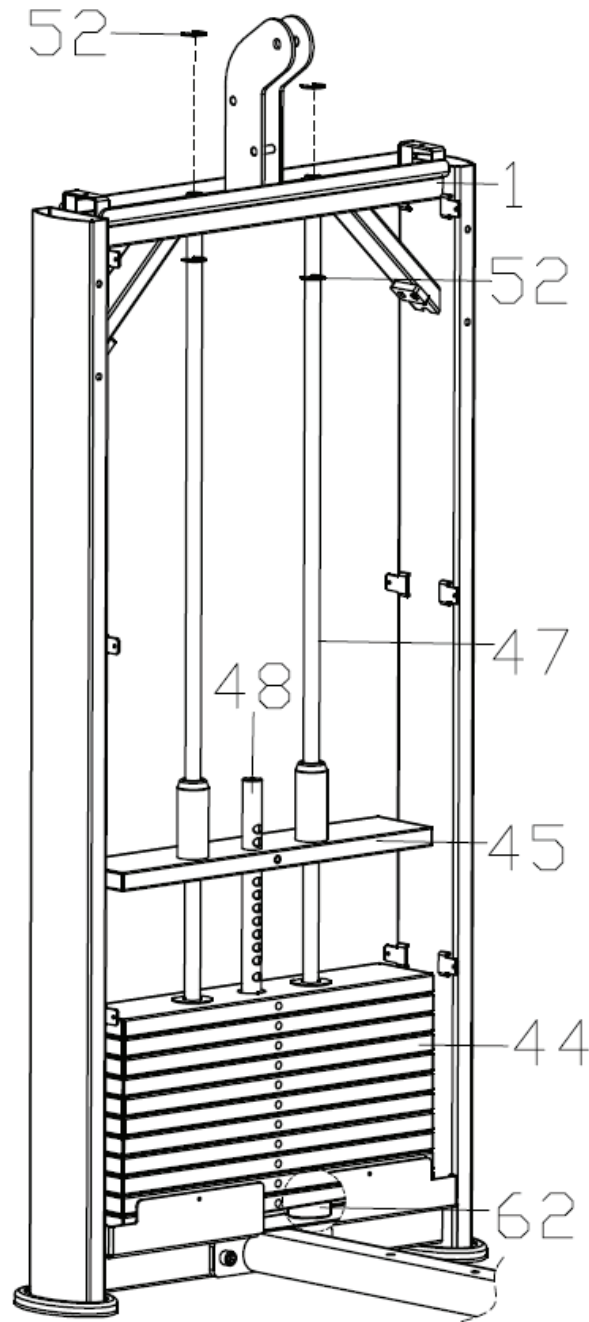
It is well suggested that two or more people to assemble this machine to avoid any possible injury.
Remove all the security tape and wrapping before the installation.



1

Lock the Connecting plate (7) and Below seat support combination (2) to the Counterweight frame combination (1) tightly with Hex cylindrical head bolt M12*100 (13), Flat washer $\phi 12.2 \times \phi 24 \times 2$ (30) and Nylon nut M12*H11 (27).

STEP 2 - ASSEMBLY



1

Firstly load the Cushion (62), Slider (47), Weight bearing block(10kg)(44), and Guide block(10kg)(45) onto Counterweight frame combination (1) in sequence;

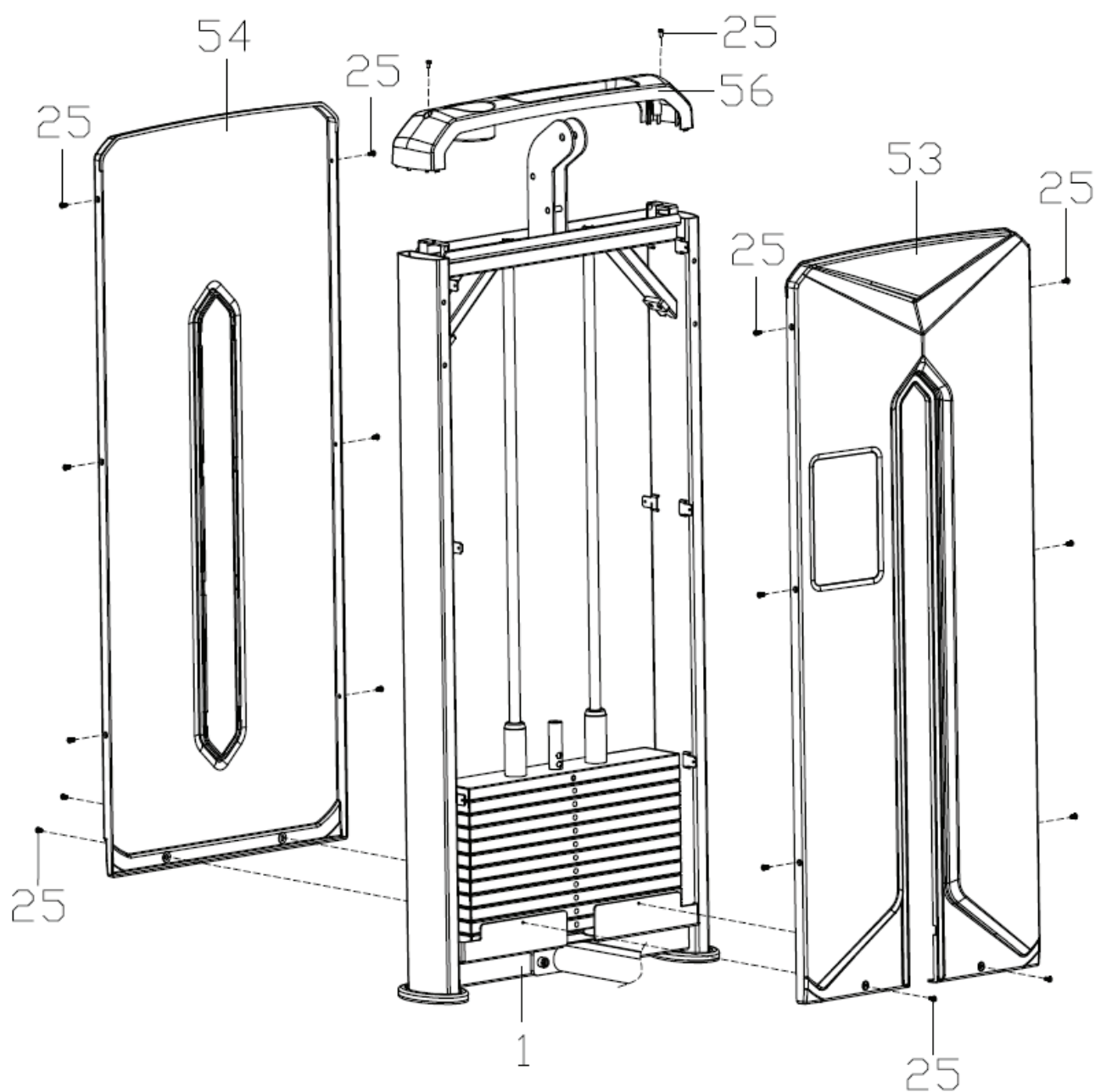
2

Fix Slider (47) to Counterweight frame combination (1) by E - shaped clip spring ϕ 5 (52);

3

Stick theses stickers to the Weight bearing block(10kg) (44) in order from smallest to largest and from top to bottom;

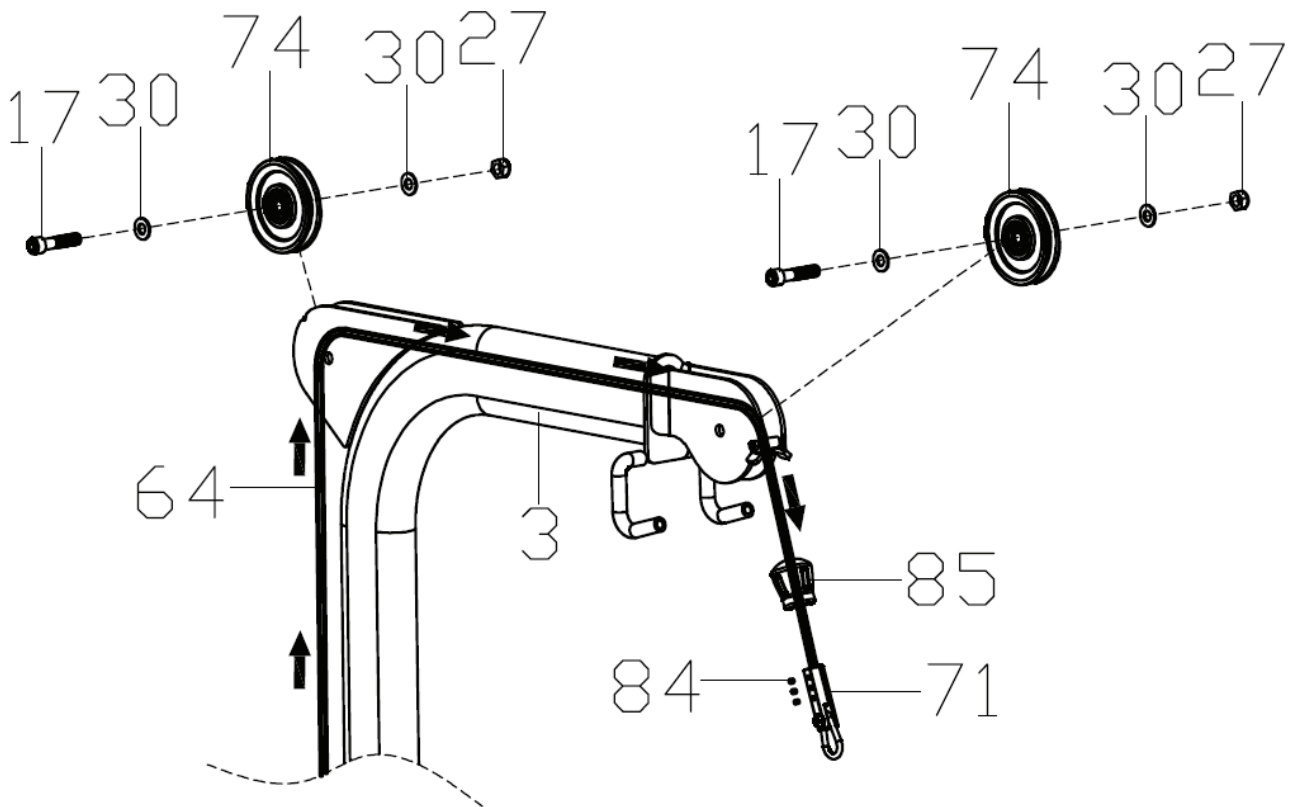
STEP 3 - ASSEMBLY



1

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

STEP 4 - ASSEMBLY



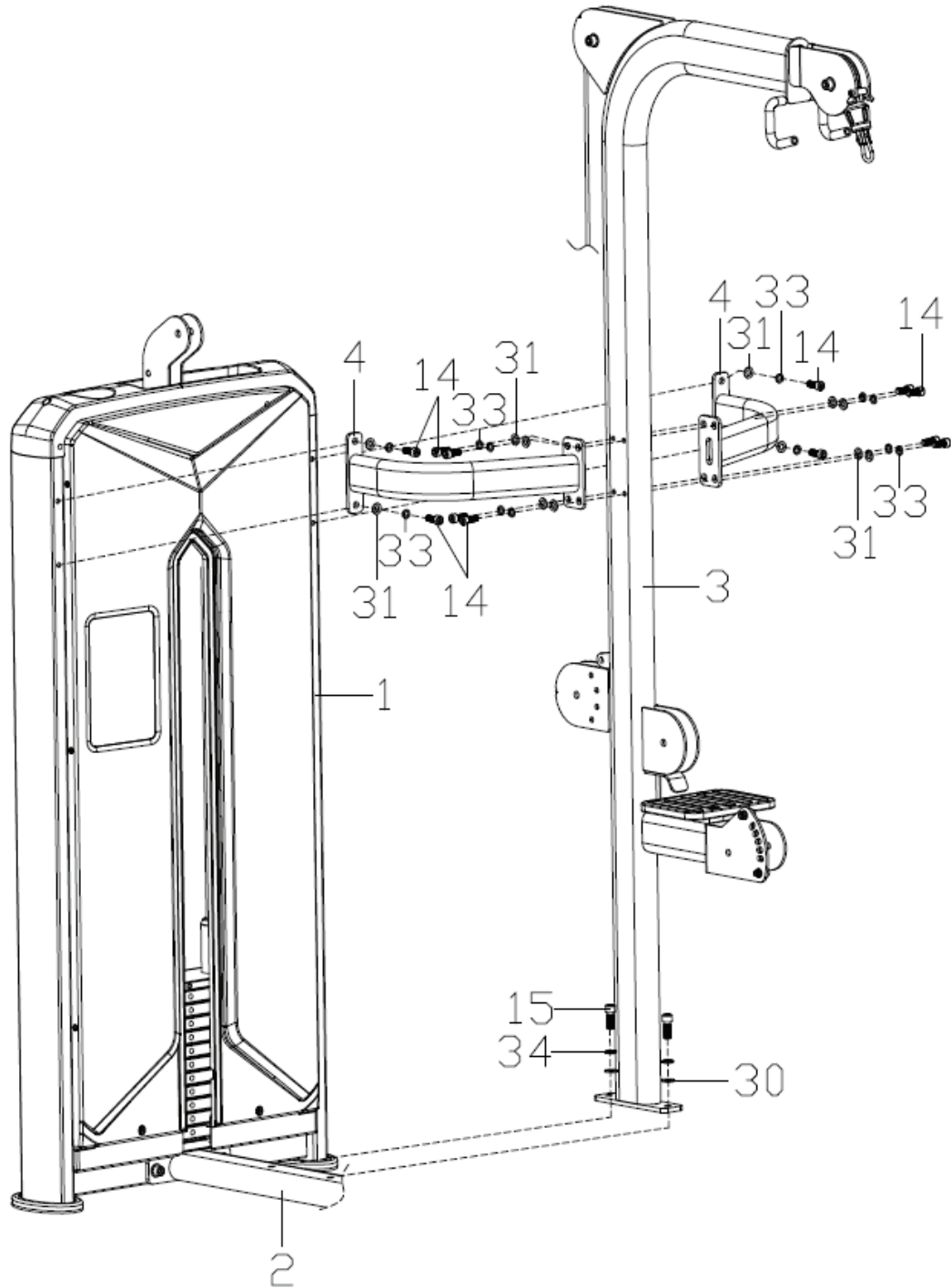
1

Install the unbolted end of Steel wire rope 1 (64) around the rope in the direction of the arrow, insert it into Wire rope fixed plate (71) through Rubber end of wire rope (85), then lock and fix it with Hexagon Angle set bolt M5*5 (84), and finally insert Wire rope fixed plate (71) into Rubber end of wire rope (85);

2

Use Hex cylindrical head bolt M12*50 (17), Flat washer $\phi 12.2 \times \phi 24 \times 2$ (30) and Nylon nut M12*H11 (27) to lock the 2 sets Pulley 2 (74) to Upper support frame combination (3), respectively.

STEP 5 - ASSEMBLY



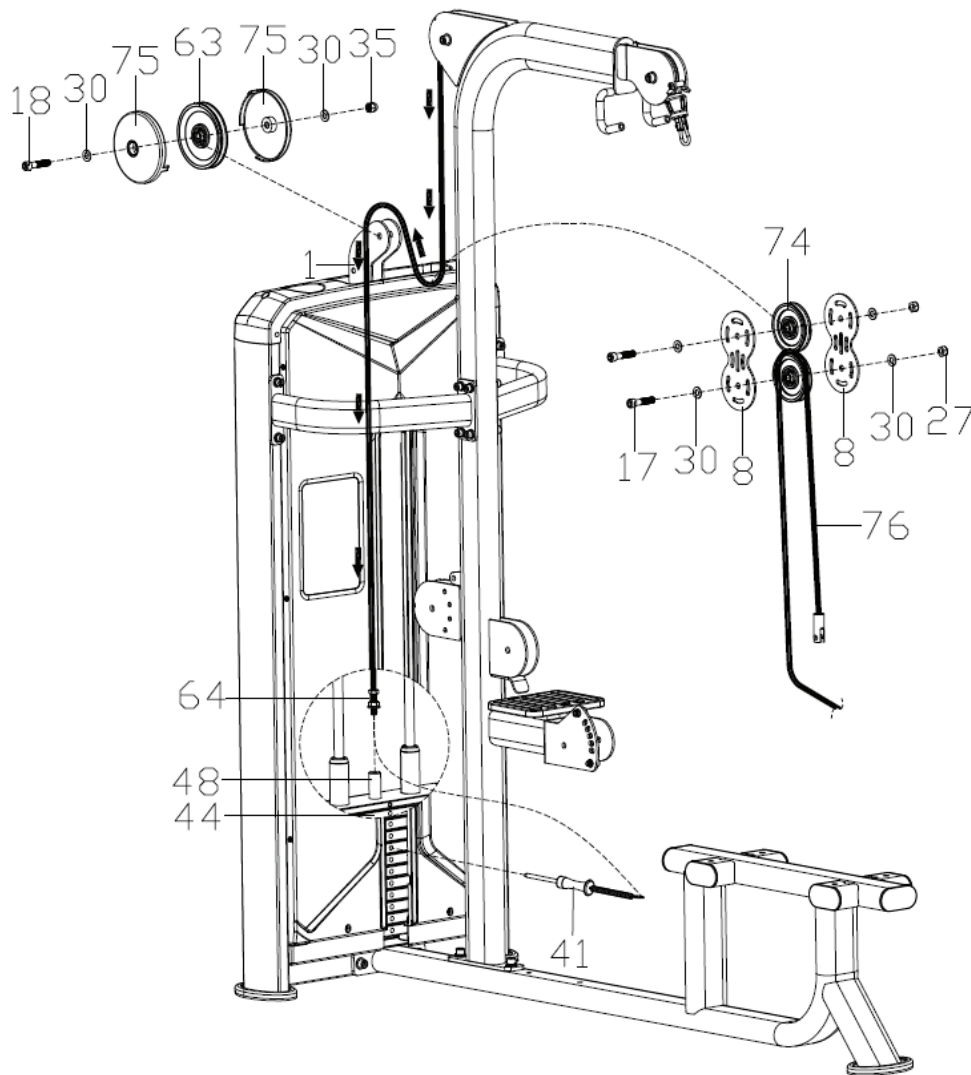
1

Lock the Upper support frame combination (3) tightly to Below seat support combination (2) with Hex cylindrical head bolt M12*32 (15), Spring washer D12 (34), Flat washer $\phi 12.2 \times \phi 24 \times 2$ (30)

2

Use Hex cylindrical head bolt M10*25 (14), Spring washer D10 (33) and Flat washer $\phi 10.2 \times \phi 20 \times 2$ (31) to lock one end of Link strengthens tube combination (4) to Upper support frame combination (3) and the other end to Counterweight frame combination (1).

STEP 6 - ASSEMBLY



1

Install the bolted end of Steel wire rope 1(64) around the rope in the direction of the arrow, insert Magnetic bolt with wire (41) into (44) and Pull rod (48) firstly, Then the wire trap of Magnetic bolt with wire (41) is placed on the screw of Steel wire rope 1(64), and the end of the screw of Steel wire rope 1(64) is locked on Pull rod (48);

2

Lock Pulley 1(63) to Counterweight frame combination (1) tightly with Hex cylindrical head bolt M12*55 (18), Flat washer $\phi 12.2 \times \phi 24 \times 2$ (30), Pulley guard (75), and High cap nut (35);

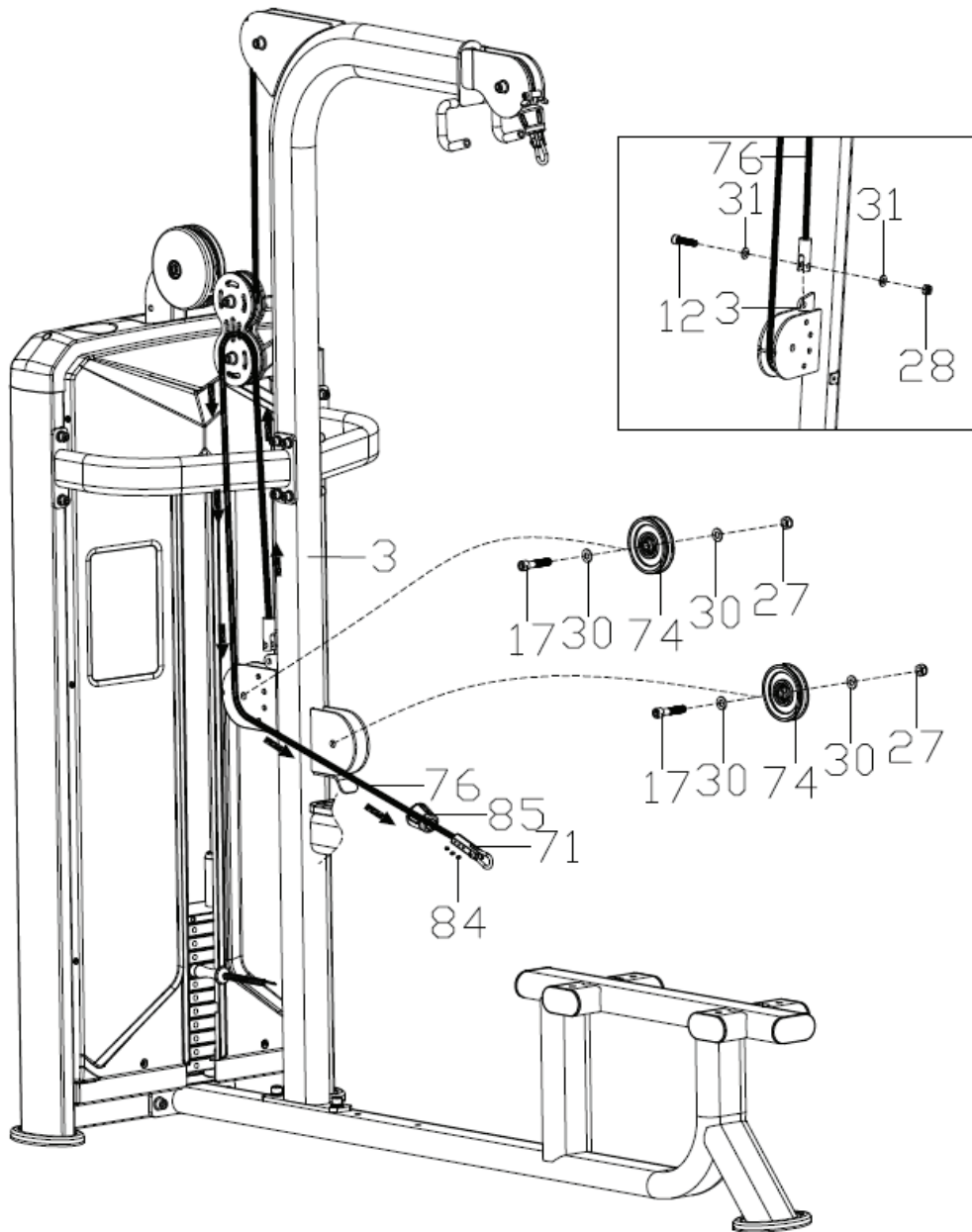
3

Lock Pulley 2 (74) to Steel wire rope 1(64) tightly with Hex cylindrical head bolt M12*50 (17), Flat washer $\phi 12.2 \times \phi 24 \times 2$ (30), Pulley fixing plate (8) and Nylon nut M12*H11 (27);

4

Lock Pulley 2 (74) to Steel wire rope 2 (76) tightly with Hex cylindrical head bolt M12*50 (17), Flat washer $\phi 12.2 \times \phi 24 \times 2$ (30), Pulley fixing plate (8), and Nylon nut M12*H11 (27).

STEP 7 - ASSEMBLY



1

Lock one end of Steel wire rope 2 (76) with wire rope joint on the fixing plate of Upper support frame combination (3) with Hex cylindrical head bolt M10*38 (12), Flat washer $\phi 10.2 \times \phi 20 \times 2$ (31) and Nylon nut M10*H10 (28);

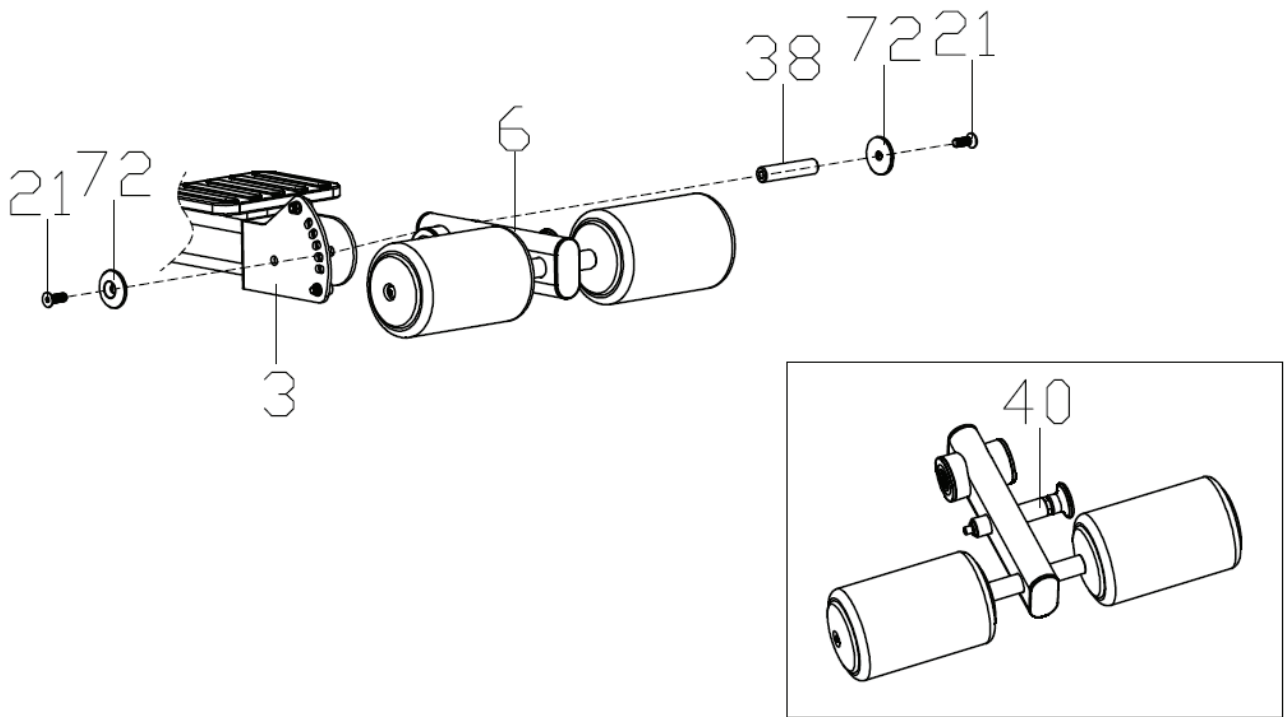
2

Install the end of Steel wire rope 2 (76) without wire rope joint around the rope in the direction of the arrow, insert it into Wire rope fixed plate (71) through Rubber end of wire rope (85), then lock and secure it with Hexagon Angle set bolt M5*5 (84), and finally insert Wire rope fixed plate (71) into Rubber end of wire rope (85);

3

Use Hex cylindrical head bolt M12*50 (17), Flat washer $\phi 12.2 \times \phi 24 \times 2$ (30) and Nylon nut M12*H11 (27) to lock the 2 sets Pulley 2 (74) to Upper support frame combination (3), respectively.

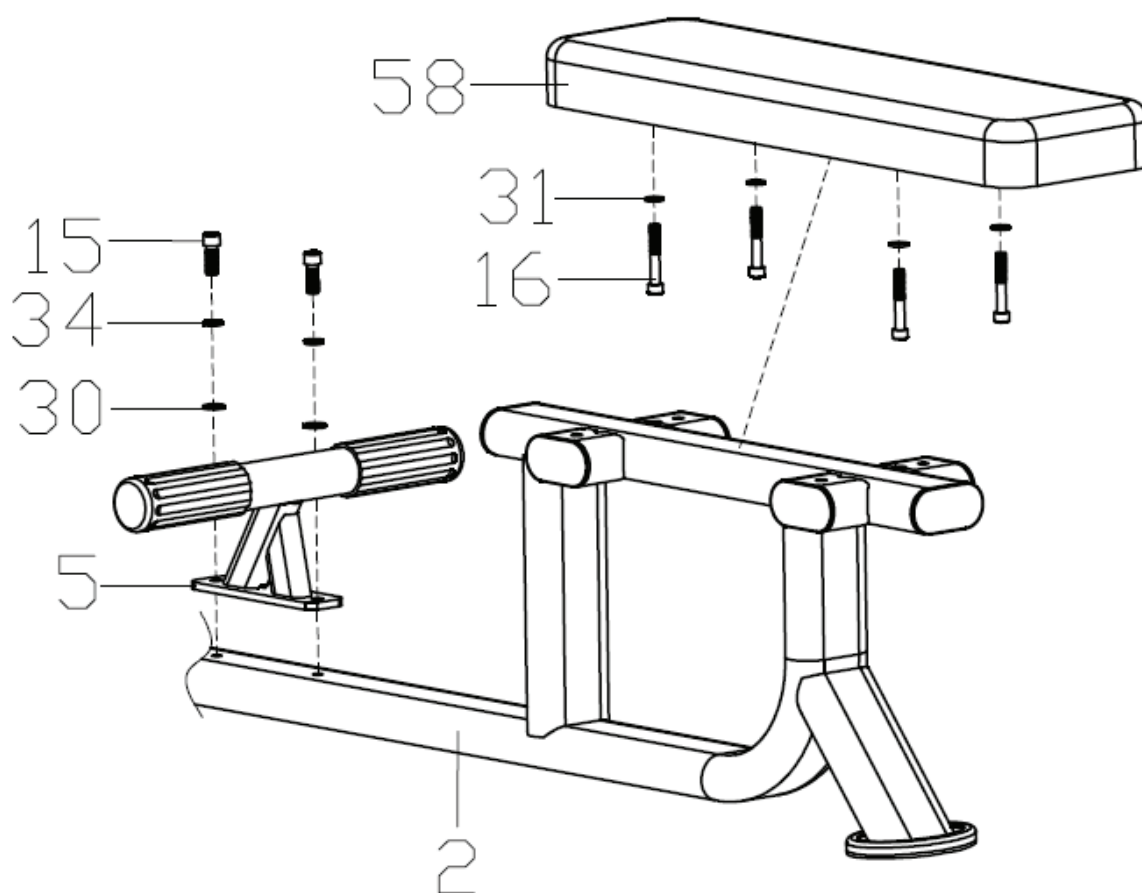
STEP 8 - ASSEMBLY



1

Pull out Clevis pin (40) firstly, then lock Foam tube combination (6) to Upper support frame combination (3) with Hexagon socket countersunk head screws M10*30 (21), End cover (72) and Rotating shaft $\phi 20 \times 91.5$ (38), and then bounce into the regulating plate hole from Clevis pin (40) to Upper support frame combination (3).

STEP 9 - ASSEMBLY



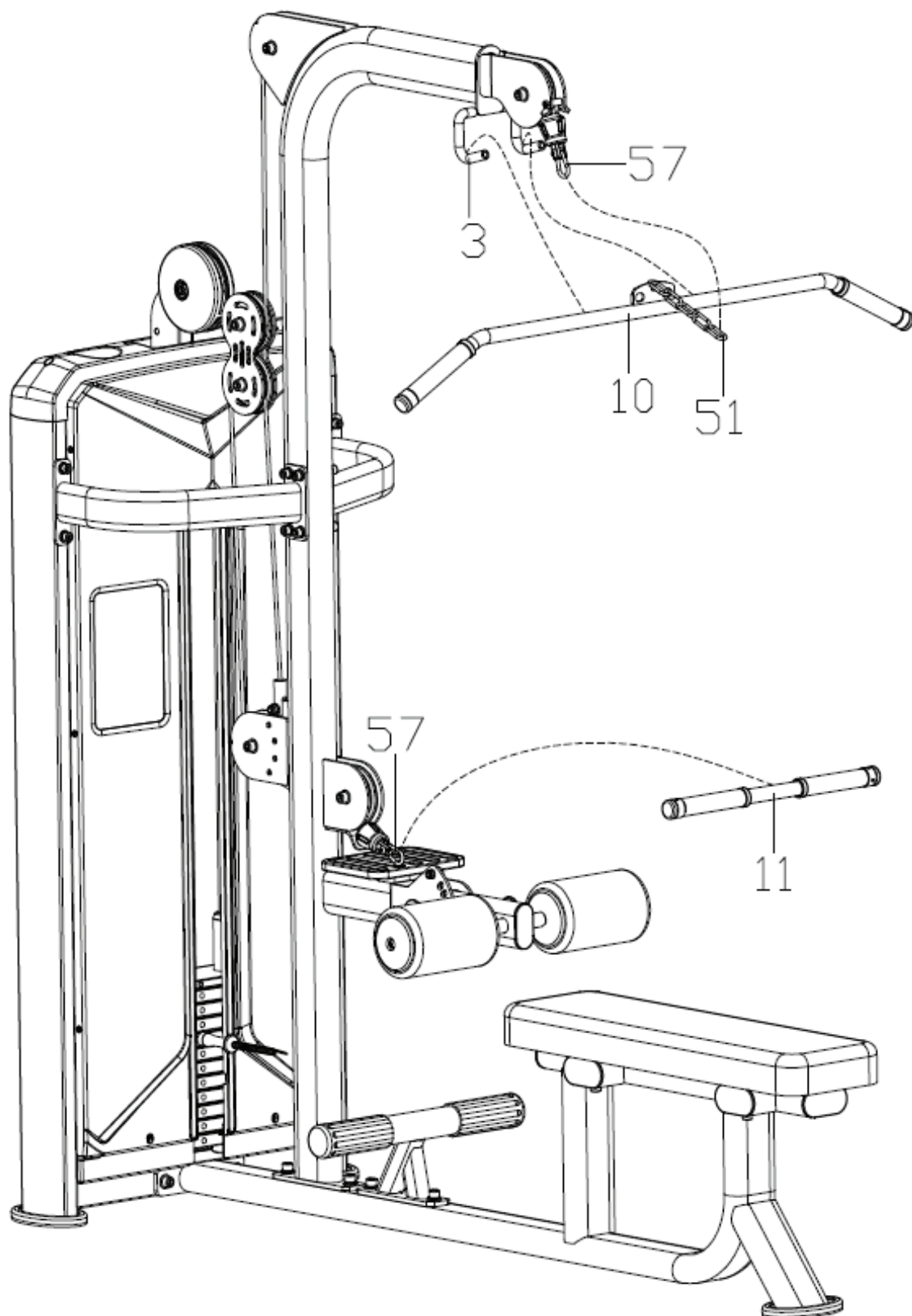
1

Lock Foot support tube combination (5) to Below seat support combination (2) tightly with Hex cylindrical head bolt M12*32 (15), Spring washer D12 (34) and Flat washer $\phi 12.2 * \phi 24 * 2$ (30);

2

Lock Seat seat panel (58) to Below seat support combination (2) tightly with Hex cylindrical head bolt M10*65 (16) and Flat washer $\phi 10.2 * \phi 20 * 2$ (31).

STEP 10 - ASSEMBLY



1

Fasten lock-chain (51) and Short pull handle combination (11) to Gourd clasp (57) respectively; Then hang Long pull handle combination (10) on the hook of Upper support frame combination (3).

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



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

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