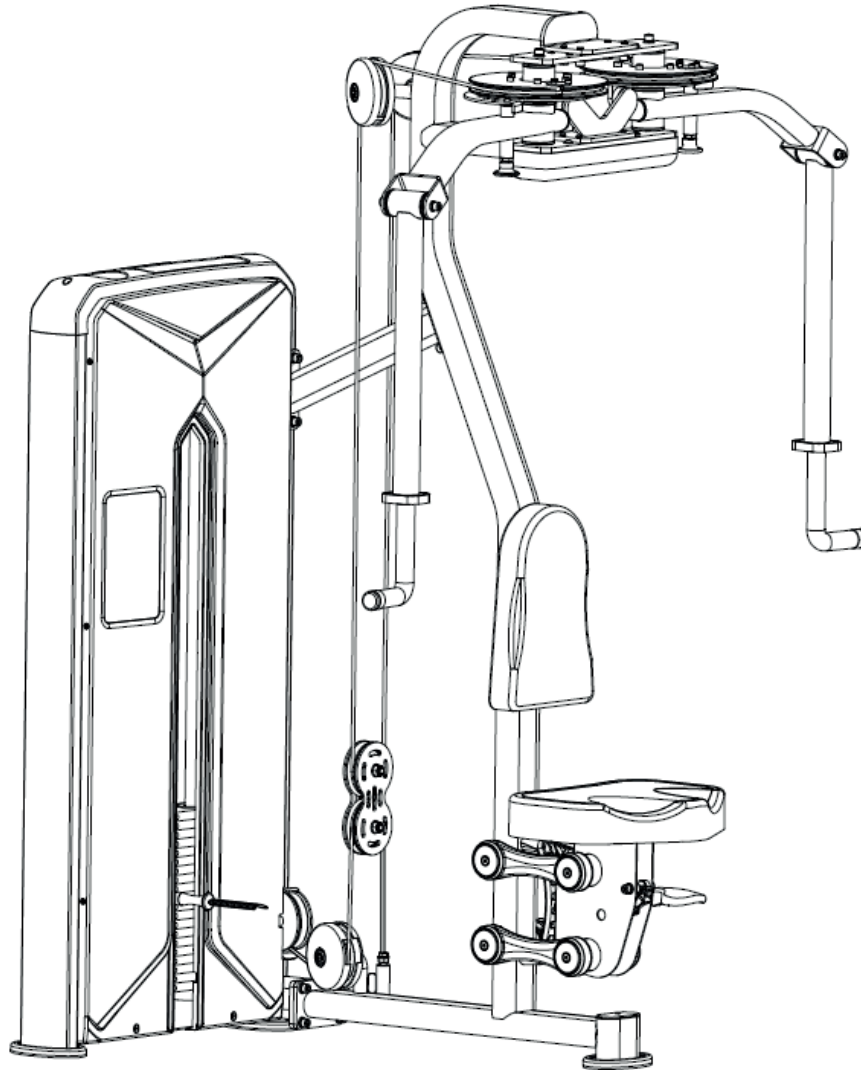


FORCE^{USA}



REAR DELTOID / PEC FLY MACHINE

USER MANUAL | **F-S-RDPF**





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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

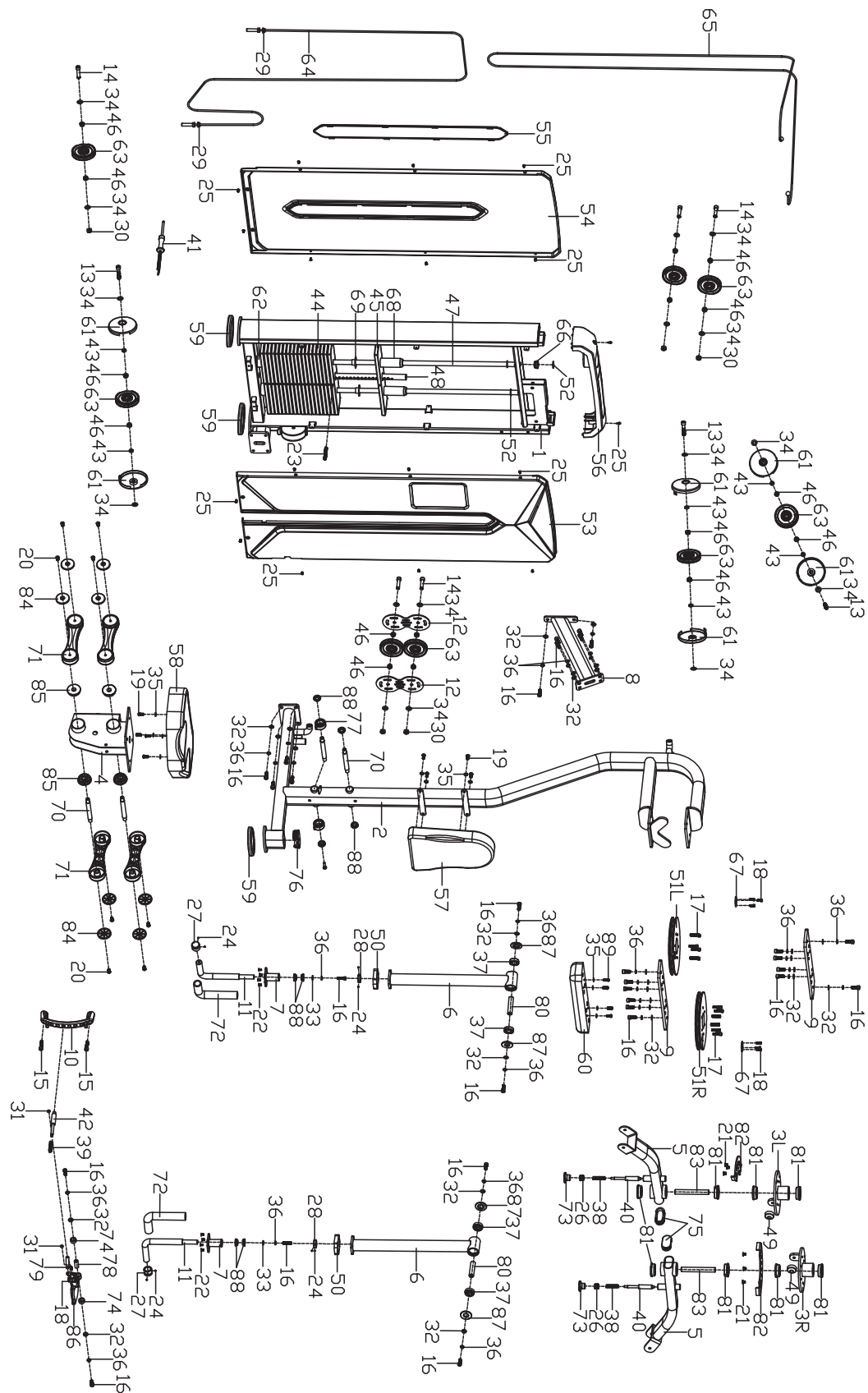
Monthly Maintenance

- 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		1
3L/R	Left /right turntable combination		1PR
4	Seat Guard board combination		1
5	Connecting tube combination		2
6	Swing arm tube combination		2
7	Handle link combination		2
8	Link strengthens tube combination		1
9	turntable connection plate		2
10	Limit plate		1
11	handlebar		2
12	Pulley fixing plate		2
13	Hex cylindrical head bolt	M12*55	3
14	Hex cylindrical head bolt	M12*50	5
15	Hex cylindrical head bolt	M10*40	2
16	Hex cylindrical head bolt	M10*25	30
17	Hex cylindrical head bolt	M8*30	12
18	Hex cylindrical head bolt	M6*16	8
19	Hexagon plate head bolt	M8*20	8
20	Hexagon socket countersunk head screws	M8*25	8
21	Hexagon socket countersunk head screws	M8*12	6
22	Hexagon socket countersunk head screws	M6*16	8
23	Flat point set screw	M10*70	1
24	Hexagon socket set screws	M5*3	8
25	Cross recessed screw	M5*10	18
26	End cap nut		2
27	Aluminum end cover		2
28	Aluminum spacer sleeve		2
29	Hexagon flange nut	M12*H11	2
30	Nylon nut	M12*H11	5
31	Nylon nut	M6	2
32	Flat washer	φ10.2*φ20*2	28
33	Flat washer	φ10.2*φ26*2	2
34	Flat washer	φ12.2*φ24*2	16
35	Flat washer	φ8.2*φ16*1.5	12
36	Spring washer	D10	30
37	Bearing	6004	4
38	Compressed spring	φ16out*φ1.4*L46	2
39	Compressed spring	φ2out*φ17*60	1
40	Clevis pin		1
41	Magnetic bolt with wire		1
42	Clevis pin		1
43	Spacer	φ18*φ12.2*6	6
44	Weight bearing block		19
45	Guide block		1

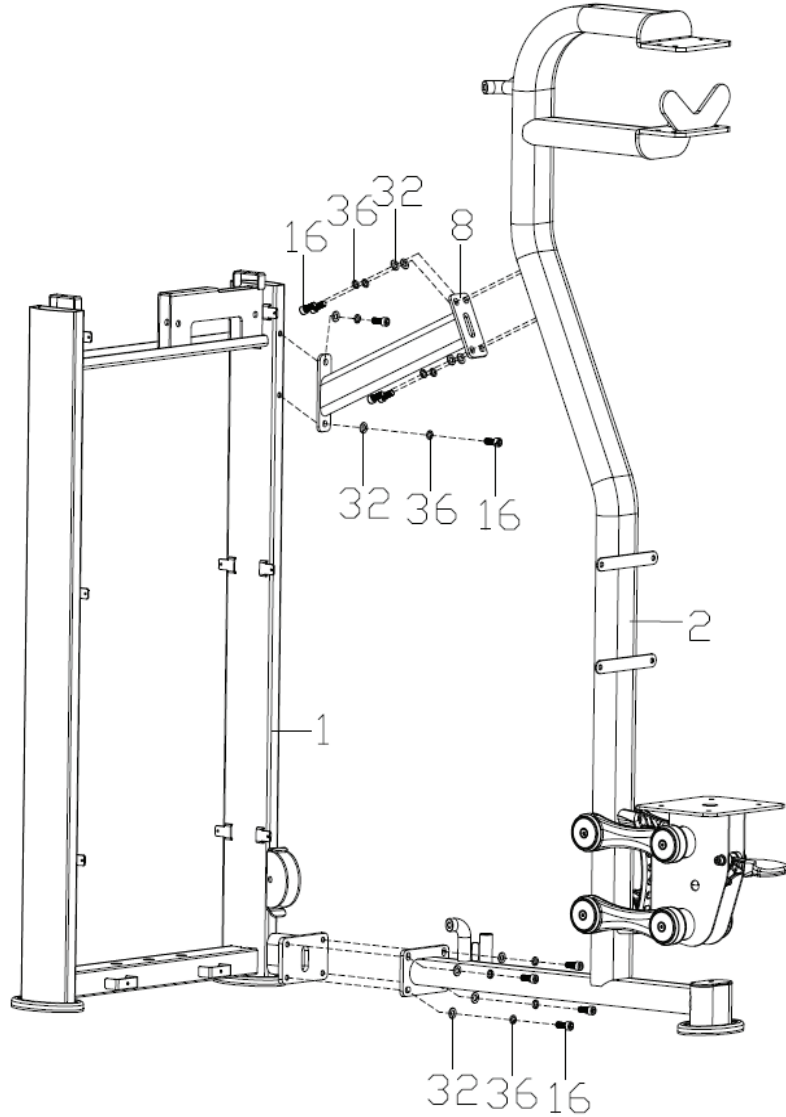
COMPLETE COMPONENT INVENTORY

Key No.	Description	Note	Quantity
46	Alloy sleeve		16
47	Slider		2
48	Pull rod		1
49	cushion pad	φ40.6*21	2
50	Handle cushion	78*66	2
51L/R	L/R plastic turntable		1PR
52	E - shaped clip spring	φ15	4
53	Front protective cover		1
54	Rear protective cover		1
55	Decorative cover on rear protective cover		1
56	Top cover		1
57	Cushion for backrest		1
58	Seat panel		1
59	Rubber foot cover		3
60	guard board		1
61	Pulley guard		6
62	Cushion	φ55*φ21*25	2
63	Pulley		8
64	Steel wire rope 1		1
65	Steel wire rope 2		1
66	Spout plug		2
67	barrier plate		2
68	Nylon axle sleeve		2
69	Nylon flange sleeve		38
70	Seat board swing shaft		4
71	Seat plate link handle		4
72	handlebar grip		2
73	Plastic handle head		2
74	Plastic spacer sleeve	φ25.1*12.1	2
75	Oval tube plug	80*40*3	2
76	Oval tube plug	100*50*3	1
77	Coil spring		2
78	pivot		1
79	junction plate		1
80	Swing arm shaft		2
81	Special bearing	6204	8
82	Limit plate		2
83	The turntable turns the shaft		2
84	Plastic end cover		8
85	Plastic shaft sleeve	φ60*15	4
86	Plastic press handle		1
87	Plastic shaft sleeve	φ50*5	4
88	Plastic shaft sleeve	φ32*9.8	8
89	Hexagon plate head bolt	M8*25	4
90	*	*	*

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

Prelock one end of Link strengthens tube combination (8) to Counterweight frame combination (1) and the other end to Main frame (2) with Hex cylindrical head bolt M10*25 (16), Spring washer D10 (36) and Flat washer $\phi 10.2 \times \phi 20 \times 2$ (32);

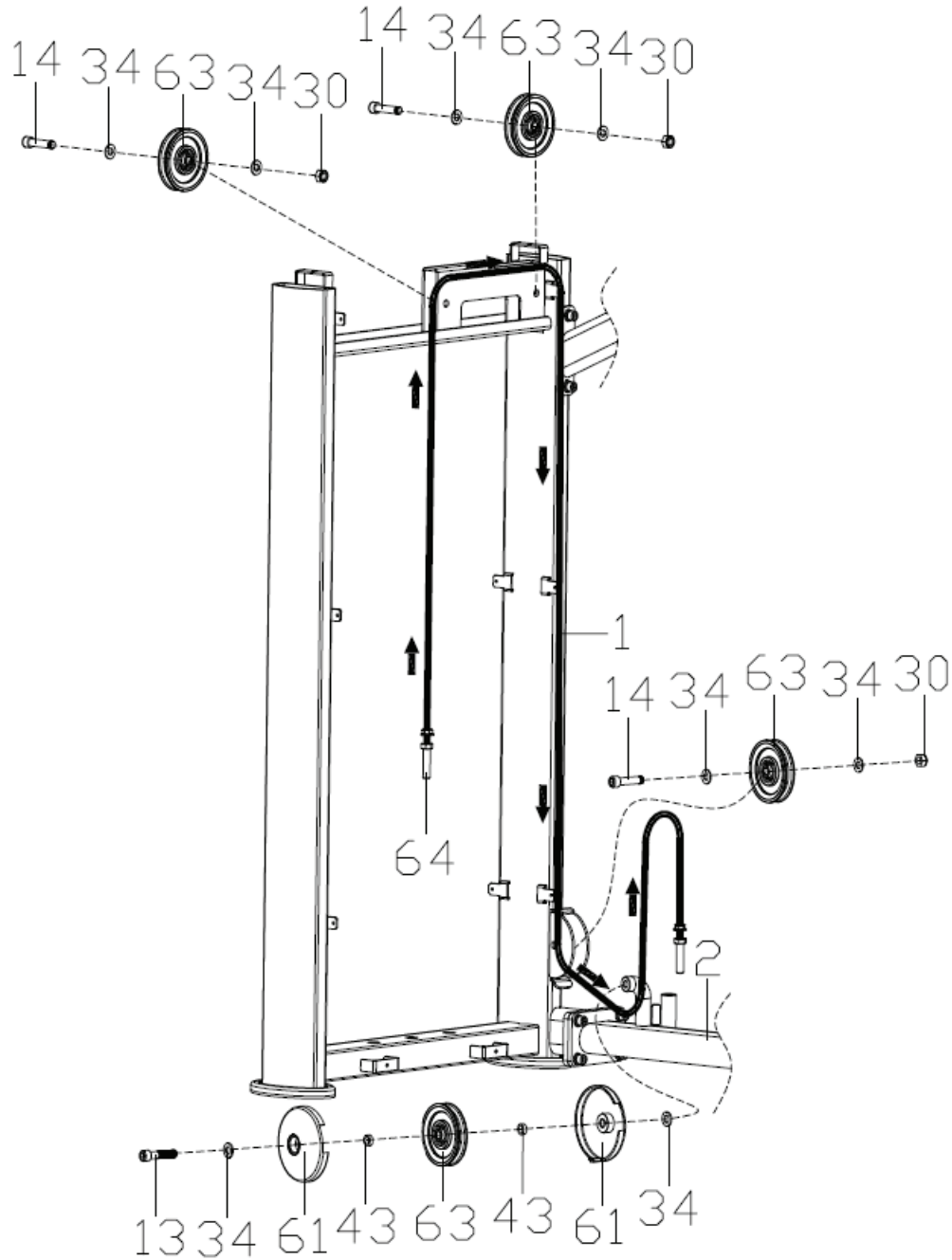
2

Lock Main frame (2) to Counterweight frame combination (1) tightly with Hex cylindrical head bolt M10*25 (16), Spring washer D10 (36) and Flat washer $\phi 10.2 \times \phi 20 \times 2$ (32);

3

Lock all Hex cylindrical head bolt M10*25 (16) that are not locked.

STEP 2 - ASSEMBLY



1

Install one end of Steel wire rope 1(64) by winding a rope in the direction of the arrow;

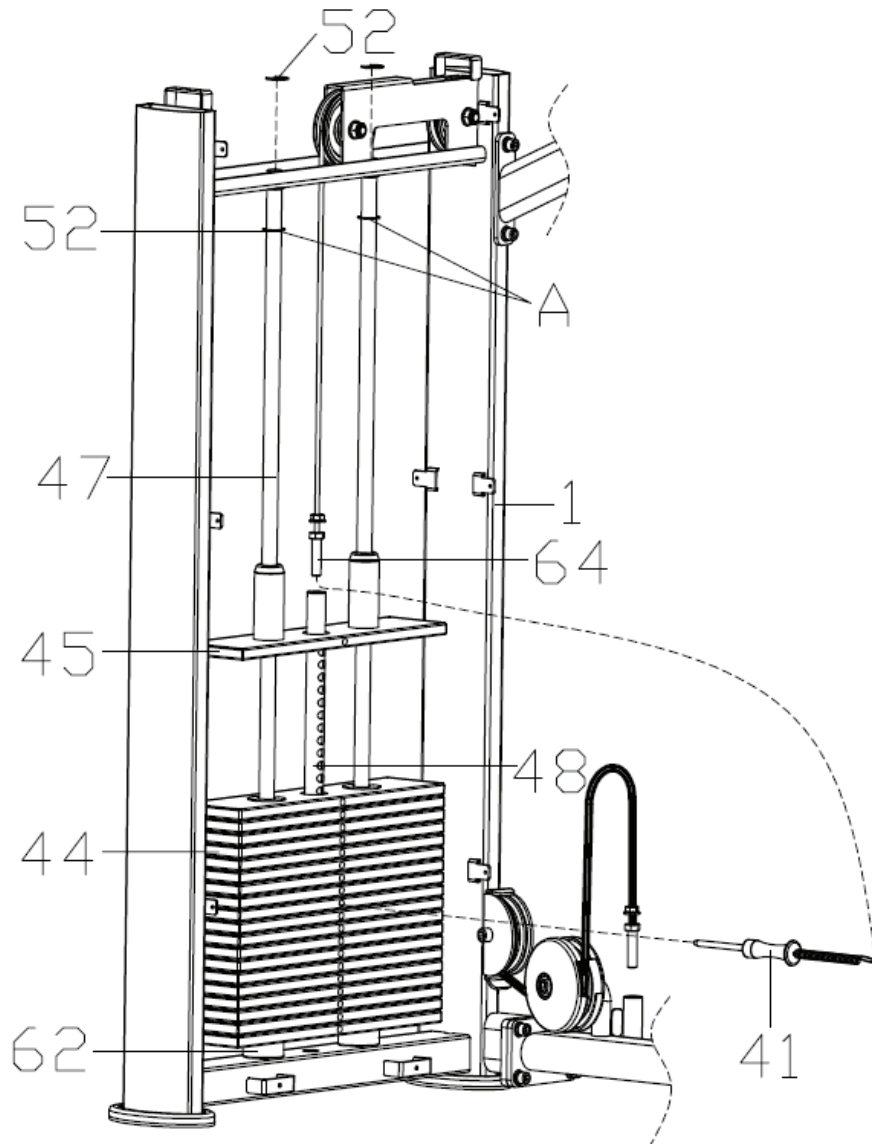
2

Use Hex cylindrical head bolt M12*50 (14), Flat washer $\phi 12.2 \times \phi 24 \times 2$ (34) and Nylon nut M12*H11 (30) to lock the three groups Pulley (63) in Counterweight frame combination (1), respectively.
On;

3

Lock Pulley (63) to Main frame (2) tightly with Hex cylindrical head bolt M12*55 (13), Flat washer $\phi 12.2 \times \phi 24 \times 2$ (34), Pulley guard (61), and Spacer $\phi 18 \times \phi 12.2 \times 6$ (43).

STEP 3 - ASSEMBLY



1

load Cushion $\phi 55 * \phi 21 * 25$ (62), Slider (47), Weight bearing block (44) and Guide block (45) onto Counterweight frame combination (1) in sequence firstly;

2

Fix Slider (47) to Counterweight frame combination (1) with E - shaped clip spring $\phi 15$ (52) (note: install two E - shaped clip spring $\phi 15$ (52) at A below first)

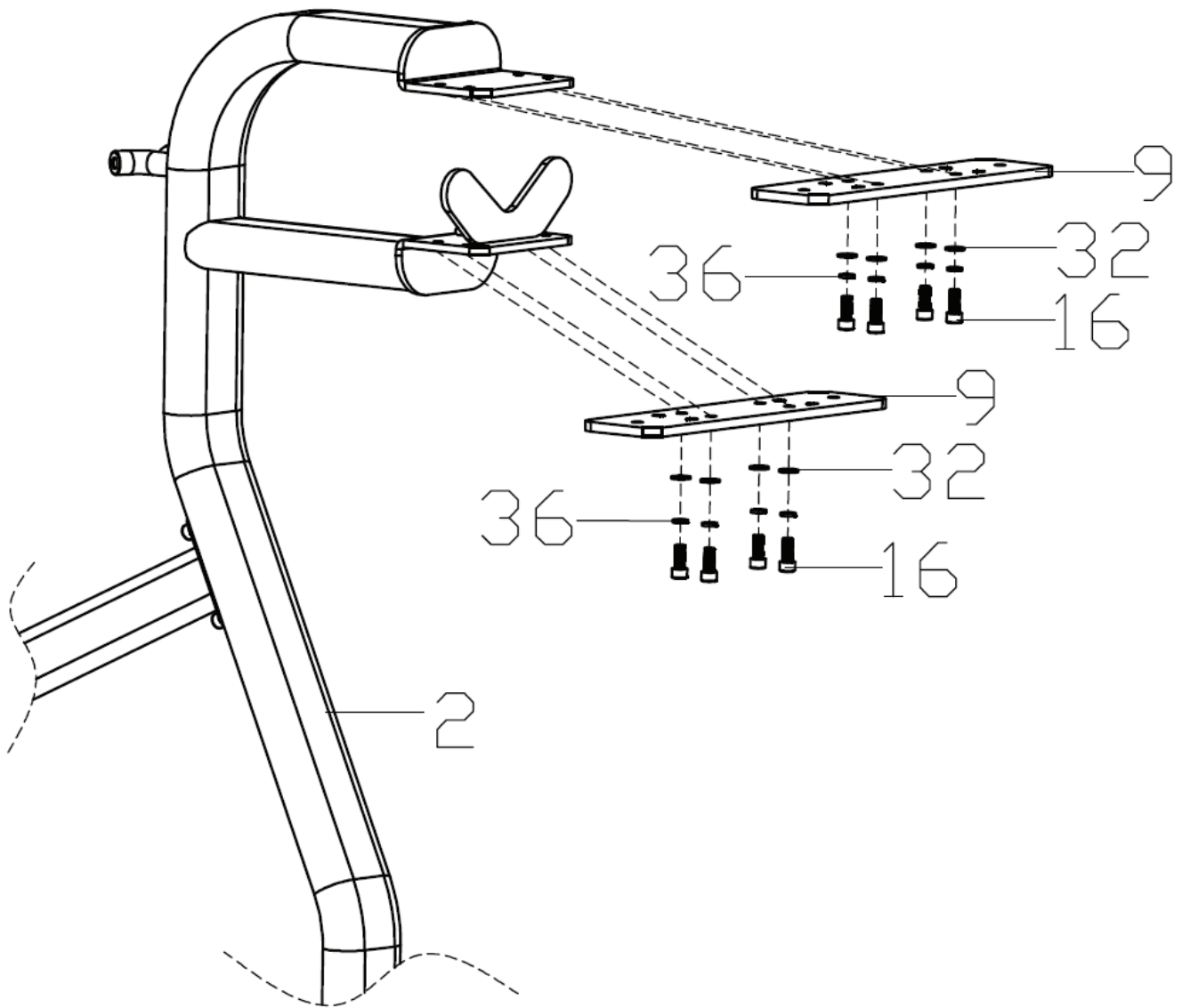
3

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

4

Insert Magnetic bolt with wire (41) to Weight bearing block (44) and Pull rod (48) first, then snare the wire of Magnetic bolt with wire (41) to the screw of Steel wire rope 1 (64), and lock the screw end of Steel wire rope 1 (64) to Pull rod (48).

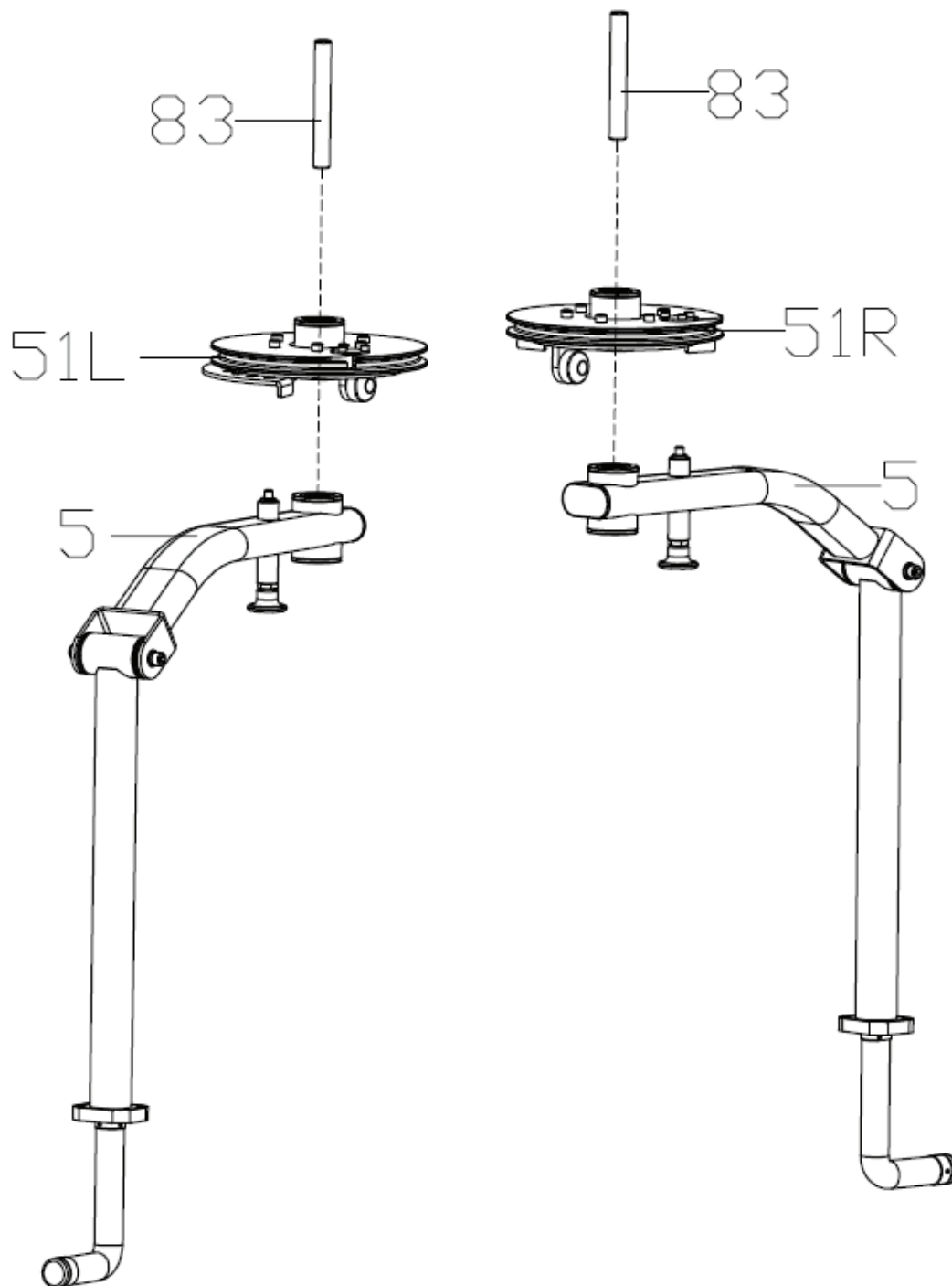
STEP 4 - ASSEMBLY



1

Use Hex cylindrical head bolt M10*25 (16), Spring washer D10 (36) and Flat washer $\phi 10.2 \times \phi 20 \times 2$ (32) to lock the two turntable connection plate (9) to Main frame (2) respectively.

STEP 5 - ASSEMBLY



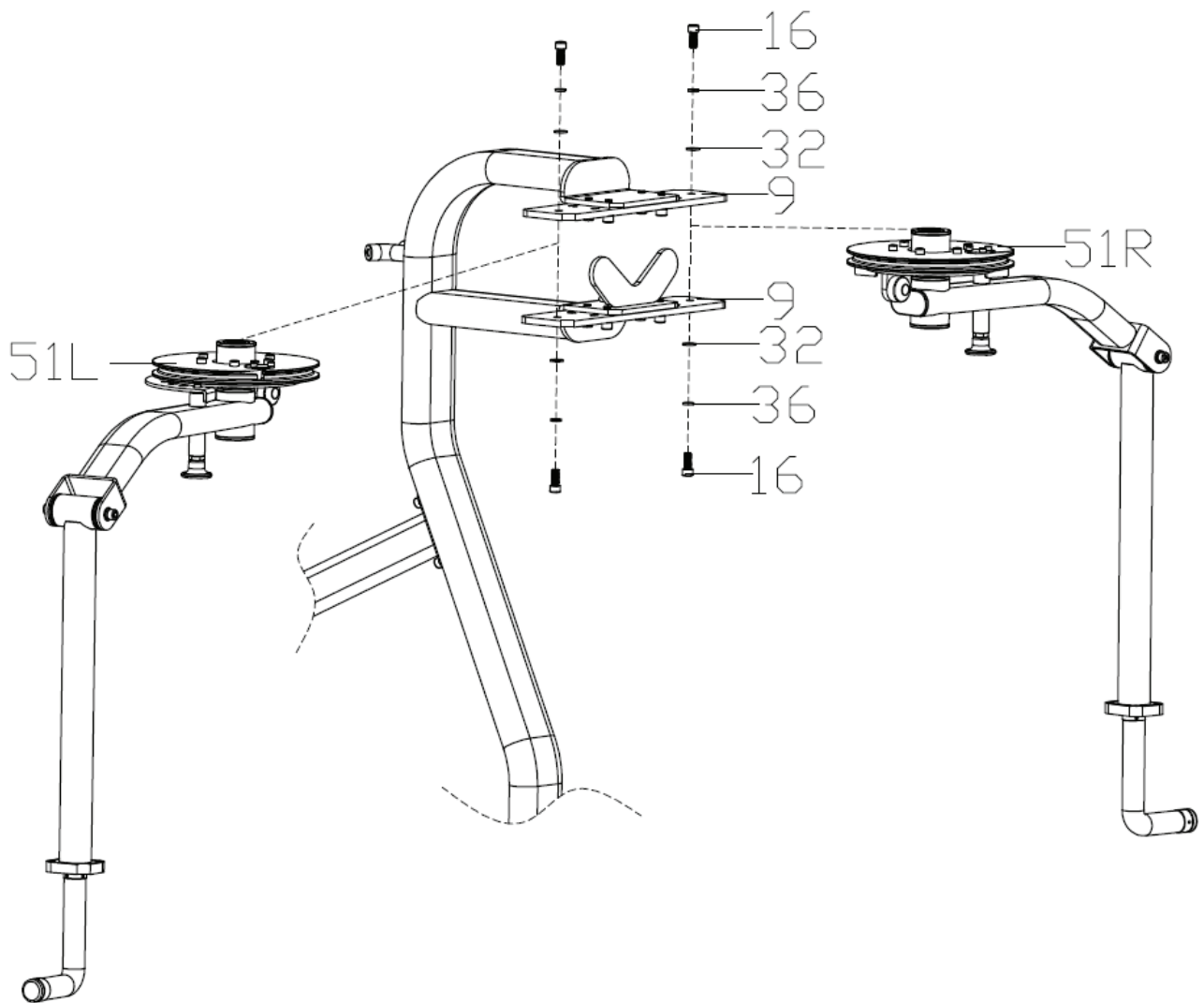
1

Fix Left plastic turntable (51L) to Connecting tube combination (5) with The turntable turns the shaft (83);

2

Fix the right plastic turntable (51R) to Connecting tube combination (5) with The turntable turns the shaft (83)

STEP 6 - ASSEMBLY



1

Prelock the Left plastic turntable (51L) on the upper and lower 2 turntable connection plate (9) with Hex cylindrical head bolt M10*25 (16), Spring washer D10 (36) and Flat washer $\phi 10.2 \times \phi 20 \times 2$ (32);

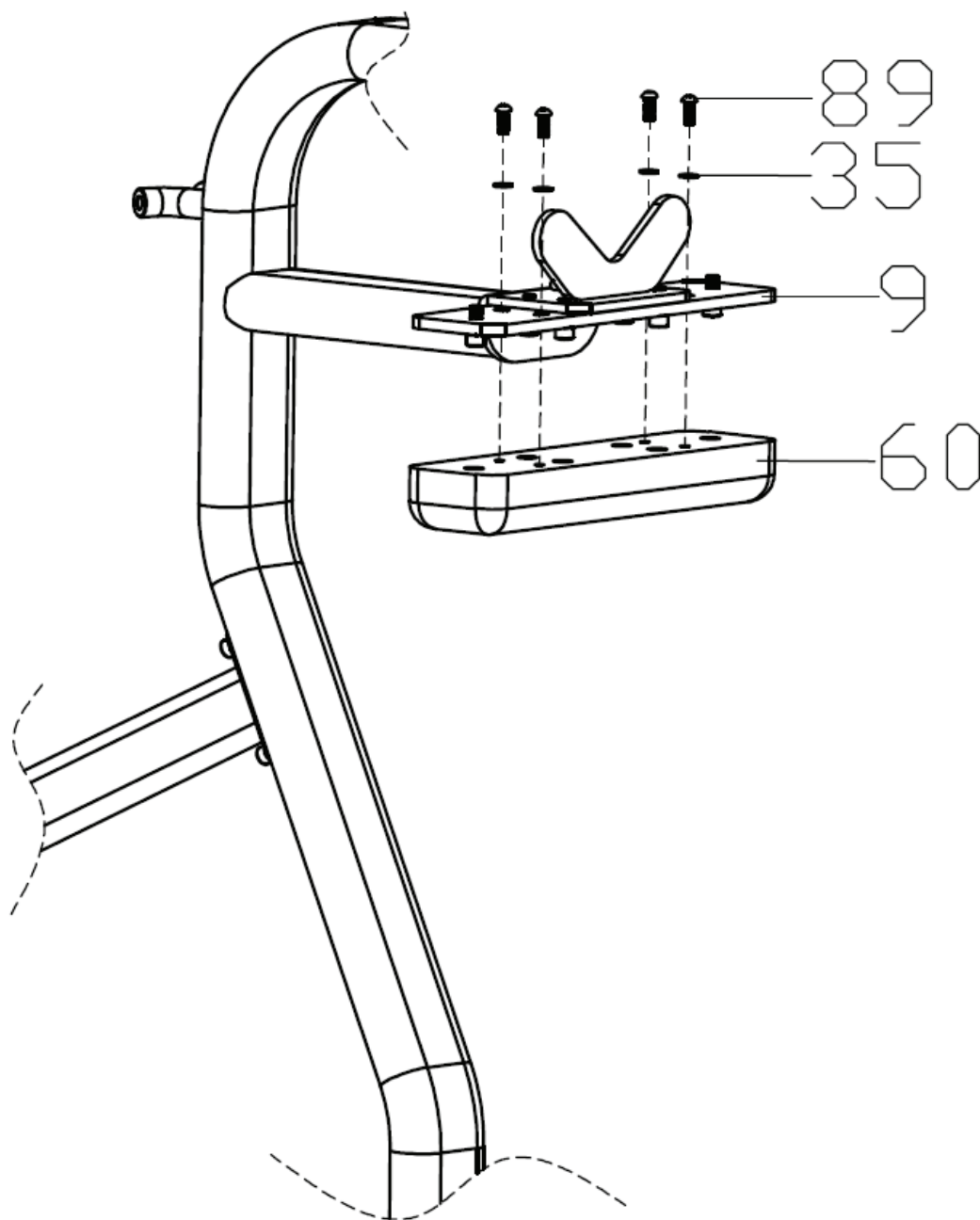
2

Prelock the right plastic turntable (51R) on the upper and lower 2 turntable connection plate (9) with Hex cylindrical head bolt M10*25 (16), Spring washer D10 (36) and Flat washer $\phi 10.2 \times \phi 20 \times 2$ (32);

3

Lock all Hex cylindrical head bolt M10*25 (16) that are not locked.

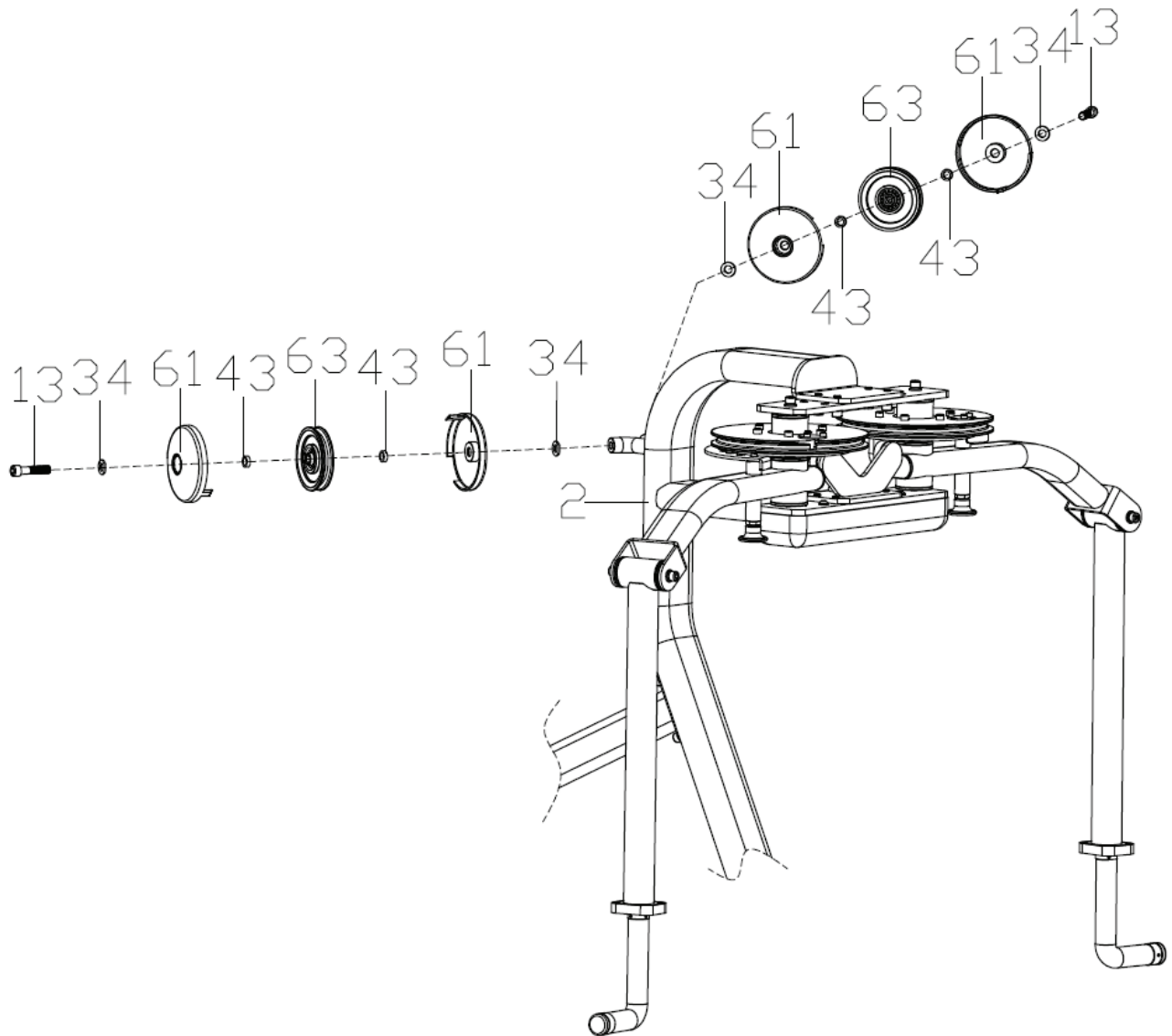
STEP 7 - ASSEMBLY



1

Lock guard board (60) to turntable connection plate (9) with Hexagon plate head bolt M8*25 (89) and Flat washer $\phi 8.2 * \phi 16 * 1.5$ (35) (note: let the position holes on guard board (60) align with each bolt before locking).

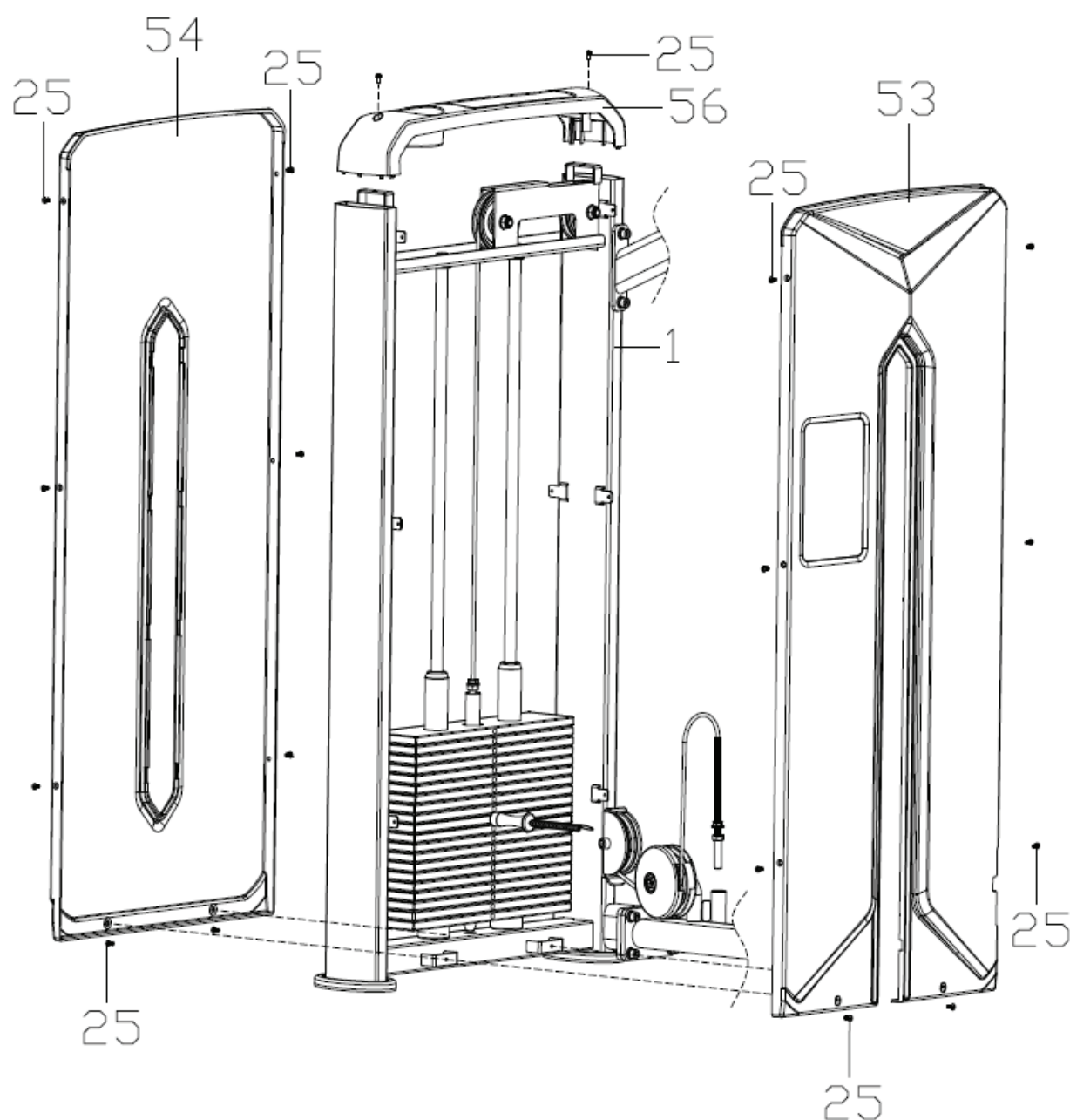
STEP 8 - ASSEMBLY



1

Two groups Pulley (63) are prelocked on Main frame (2) with Hex cylindrical head bolt M12*55 (13), Flat washer $\phi 12.2 * \phi 24 * 2$ (34), Pulley guard (61) and Spacer $\phi 18 * \phi 12.2 * 6$ (43), respectively.

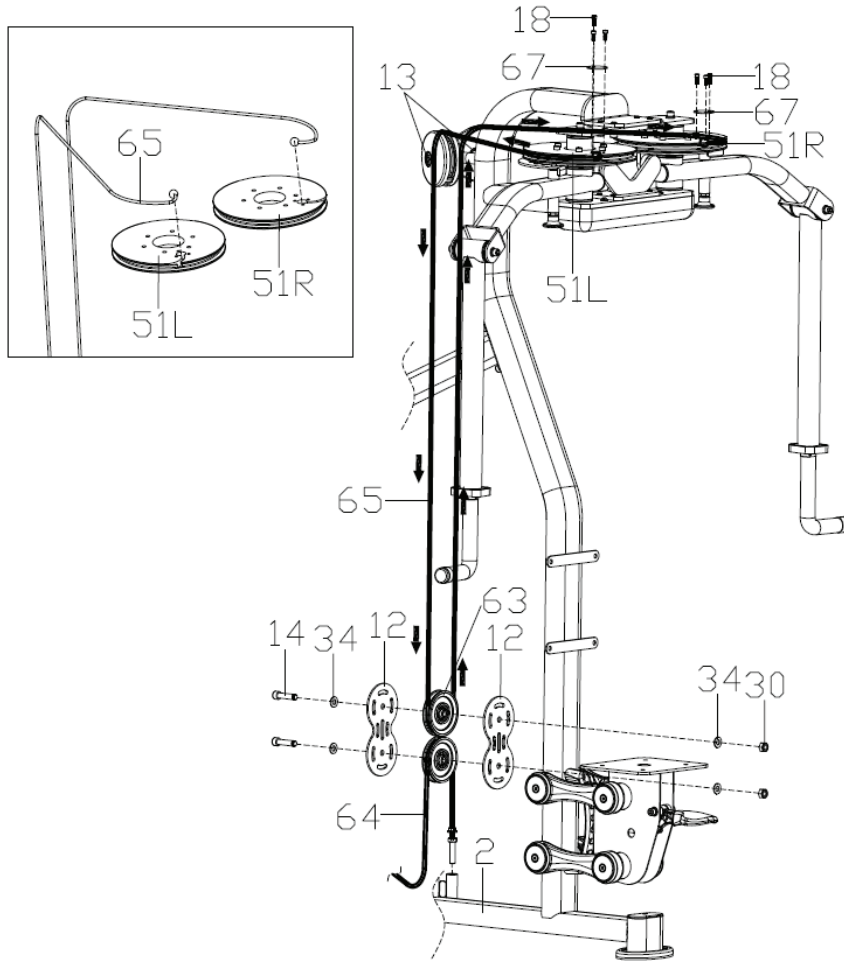
STEP 9 - ASSEMBLY



1

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

STEP 10 - ASSEMBLY



1

Unscrew Hex cylindrical head bolt M6*16 (18) to remove barrier plate (67) from L/R plastic turntable (51L/R)

2

Fasten either end of the ball head of Steel wire rope 2 (65) in the left plastic turntable (51L) groove, and then lock the unloaded barrier plate (67) in the left plastic turntable (51L) with the spun out Hex cylindrical head bolt M6*16 (18);

3

Install the other end of Steel wire rope 2 (65) around the rope in the direction of the arrow, and fasten the ball head in the groove on the right plastic turntable (51R), and then remove the barrier plate (67). Lock it to the right plastic turntable (51R) with the spun out Hex cylindrical head bolt M6*16 (18) and lock Hex cylindrical head bolt M12*55 (13);

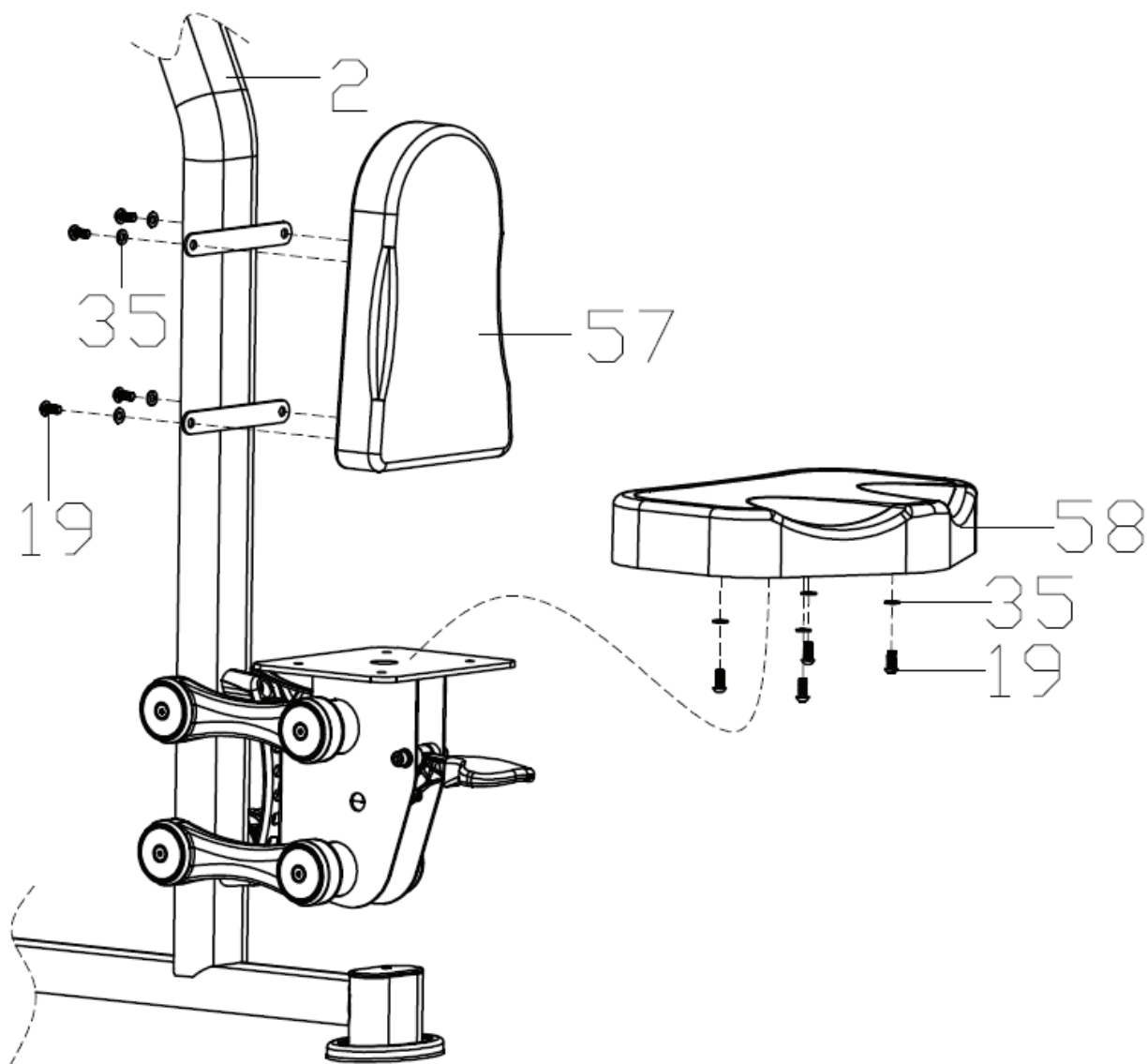
4

Lock Pulley (63) to Steel wire rope 2 (65) with Hex cylindrical head bolt M12*50 (14), Pulley fixing plate (12), Flat washer $\phi 12.2 \times \phi 24 \times 2$ (34) and Nylon nut M12*H11 (30);

5

Lock Pulley (63) to Steel wire rope 1 (64) with Hex cylindrical head bolt M12*50 (14), Pulley fixing plate (12), Flat washer $\phi 12.2 \times \phi 24 \times 2$ (34) and Nylon nut M12*H11 (30), and screw the screw on Steel wire rope 1 (64) to the fixed shaft of Main frame (2).

STEP 11 - ASSEMBLY



1

Lock Cushion for backrest (57) to Main frame (2) with Hexagon plate head bolt M8*20 (19) and Flat washer $\phi 8.2 * \phi 16 * 1.5$ (35);

2

Lock Seat seat panel (58) to Main frame (2) with Hexagon plate head bolt M8*20 (19) and Flat washer $\phi 8.2 * \phi 16 * 1.5$ (35);

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



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

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