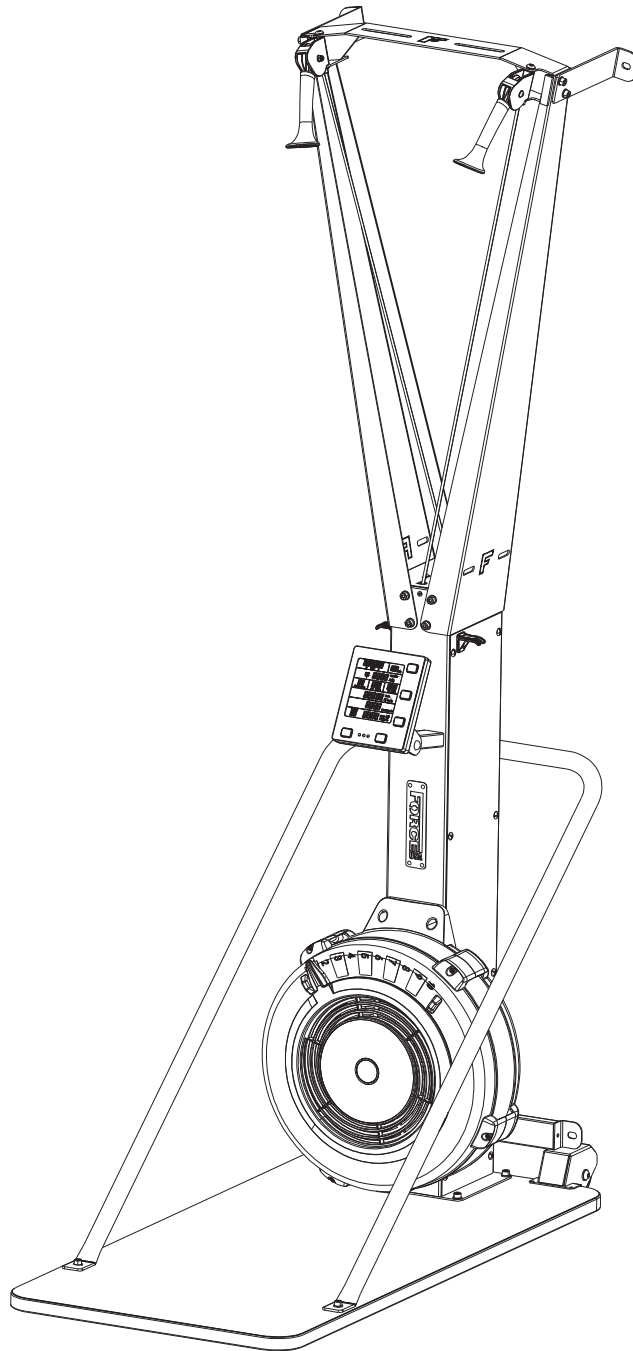


FORCE^{USA}



USER MANUAL | **F-SKIERG**





THANK YOU FOR YOUR PURCHASE

**For the most up to date info about using
your equipment and our latest support
videos, please visit:**

www.forceusa.com





TRAINING APP

Download now and get access to 400+ exercise tutorials, absolutely free!



DOWNLOAD THE APP



STAY FOCUSED

Enjoy a low-friction interface designed to keep you focused on your next set.

NEW WORKOUT PLANS

Loaded with a growing library of unique workouts. Hundreds of movement tutorials designed by our expert panel of coaches.

REWARD YOUR SUCCESS

See your results build after every session with the pyramid progress tracker. Feel the support and share your progress with family and friends.

HARDER IS GOOD SMARTER IS BETTER

The Force USA Training App offers customized workout plans so that you can get the same results in half the time.

Learn more at app.forceusa.com



IMPORTANT SAFETY INSTRUCTIONS



Regular maintenance is key to ensuring your safety and extending the lifespan of your Force USA equipment. Following the cleaning and lubrication cycles detailed here prevents premature wear, helps avoid potential injuries, and ensures optimal performance.

1. General Readiness & Assembly

- **Read the Manual:** Read all instructions and warning labels before assembling or using this equipment. Keep these instructions for future reference.
- **Assembly Safety:** It is highly recommended that two or more people perform the assembly. Assemble on a flat, level surface.
- **Hardware:** During assembly, only tighten nuts and bolts loosely. Once fully assembled, tighten all hardware from the bottom up, working evenly around the unit.
- **Orientation:** "Left" and "right" refer to the perspective of standing in front of and facing the equipment.

2. Medical & Health Advisory

- **Consult a Physician:** Before starting any exercise program, consult your doctor, especially if you are over 35 or have pre-existing health conditions.
- **Listen to Your Body:** Stop immediately if you experience pain, dizziness, nausea, or shortness of breath.
- **Preparation:** Always stretch and warm up properly prior to using the equipment.

3. Environment & Workspace

- **Surface:** Use a flat, stable surface. Consider a mat to protect your flooring.
- **Clearance:** Maintain at least 3–5 feet (1–1.5 meters) of clearance around the unit to avoid obstacles or interference.
- **Storage:** Do not use or store the equipment outdoors or near water.

4. Proper Usage & Technique

- **Safe Interaction:** Keep hair, fingers, and clothing away from all moving parts. Tie back long hair and remove jewelry.
- **Technique:** Focus on correct form and controlled movements. Increase weight or intensity gradually.}

- **Supervision:** Keep children and pets away from the equipment at all times. For heavy lifting, use a spotter.

5. Technical Maintenance & Inspection

(Refer to the specific Maintenance Checklist for your model for detailed component care)

- **Pre-Use Inspection:** Ensure all parts are in working order before every session. Check for cracks, structural wear, or loose hardware.
- **Moving Parts & Pivots:** Do not over-tighten components with a pivoting or rotating function; they must move freely. For cardio equipment, ensure pedals, handles, or running belts rotate/move without obstruction.
- **Specific Lubrication:** * **Strength:** Use only 100% silicone spray for guide rods and Smith bars as specified. Never spray ball bearings with silicone, as it washes out the internal grease.
- **Cardio:** Lubricate running belts or drive chains only as instructed by the manufacturer. Keep the motor housing and electronics free of dust.
- **Transmission Integrity:** * **Cables & Belts:** Regularly check cables, drive belts, or running belts for proper tension and signs of fraying or cracking.
- **Smooth Operation:** Ensure the weight selector pin (strength) or the resistance adjustment (cardio) functions smoothly without jamming.
- **Defective Parts:** Never operate the equipment if parts are worn, frayed, or malfunctioning. Replace defective components immediately. Keep the equipment out of use until the repair is completed.

6. Daily Cleaning

- **Hygiene:** Wipe down the equipment after each use with a dry, non-abrasive cloth to remove sweat and dust, preventing corrosion and material degradation.

BEFORE YOU START CONTINUED

MAINTENANCE CHECKLIST FOR FITNESS EQUIPMENT

1. Drive Cord & Return System (Critical Safety)

- **Inspection:** Before every use, pull the drive cords/chains to their full extension and inspect for fraying, discoloration, or thinning.
- **Procedure:** If a cord shows any sign of wear, replace it immediately. Do not use the unit until the cord is replaced.
- **Return Tension:** Ensure the handles retract smoothly and quickly. If the return is sluggish, the internal bungee/spring system may need adjustment by a professional.
- **Maintenance Interval:** Inspect before each use; deep inspection every 4–6 weeks.

2. Flywheel & Air Resistance

- **Cleaning:** Dust buildup inside the flywheel housing can increase friction and affect resistance accuracy.
- **Procedure:** Use a vacuum cleaner with a narrow nozzle to remove dust through the ventilation holes. Wipe the outer housing with a dry, lint-free cloth.
- **Airflow:** Ensure there is no debris blocking the air intake or exhaust.
- **Maintenance Interval:** Every 8 weeks or as needed based on the environment.

3. Structural Stability & Hardware

- **Inspection:** Check all bolts and connection points, especially the U-Bar Bracket and floor stand/wall mount.
- **Procedure:** Tighten any loose components using the tools listed in the manual. If the unit is wall-mounted, verify that the anchors are secure and showing no movement.
- **Leveling:** Ensure the unit sits flat on a solid, level surface. Adjust leveling feet if applicable to prevent wobbling.

- **Maintenance Interval:** Monthly.

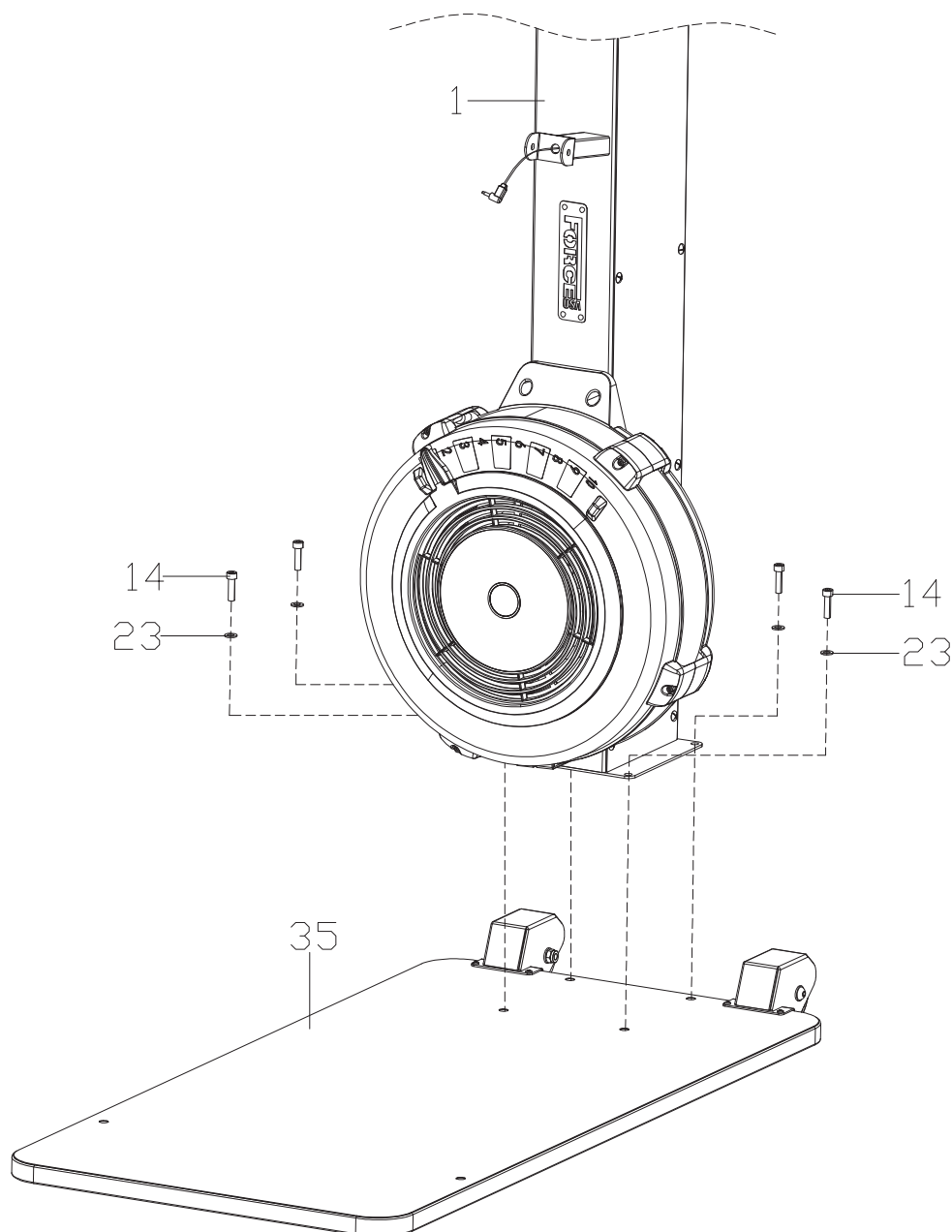
4. Console & Electronics

- **Inspection:** Check for battery corrosion or dimming displays.
- **Procedure:** Replace batteries immediately when the low battery indicator appears. Remove batteries if the equipment will not be used for more than 30 days.
- **Care:** Wipe the console screen with a slightly damp (not wet) cloth to remove sweat and oils.
- **Maintenance Interval:** Daily cleaning; battery check every 3 months.

5. Maintenance Schedule Overview

Maintenance Area	Daily	Monthly	Bi-Annually
Drive Cord Inspection,			
Upholstery / Grips Cleaning			
Bolt & Hardware Tightening			
Flywheel Dusting (Vacuum)			
Battery Replacement			As needed

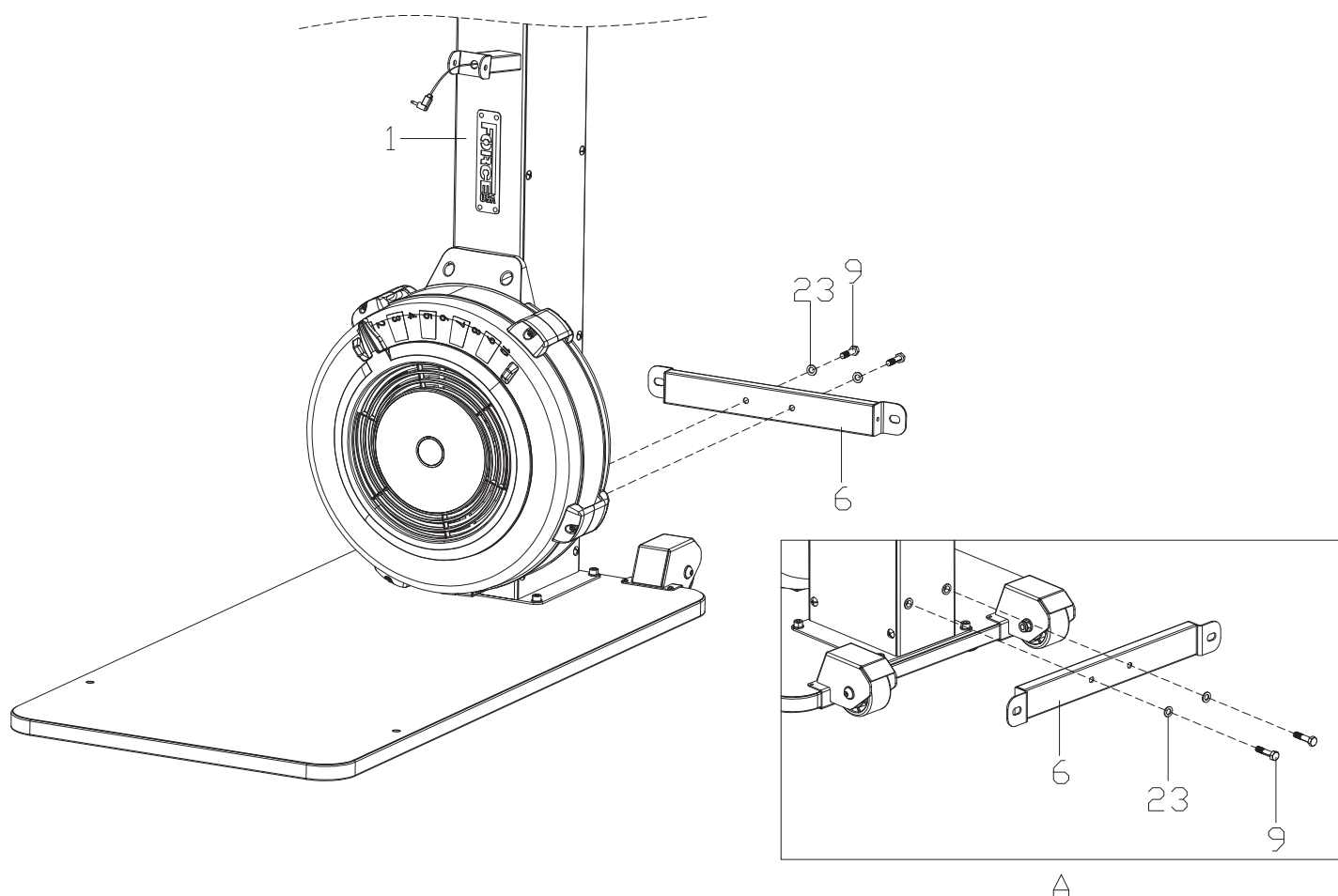
STEP 1 - ASSEMBLY



1

Place the main frame (1) onto the base plate (35) in the corresponding position shown in the figure below. Use the socket cap head screws (14) and flat washers (23) to lock the main frame assembly (1) securely onto the base plate (35).

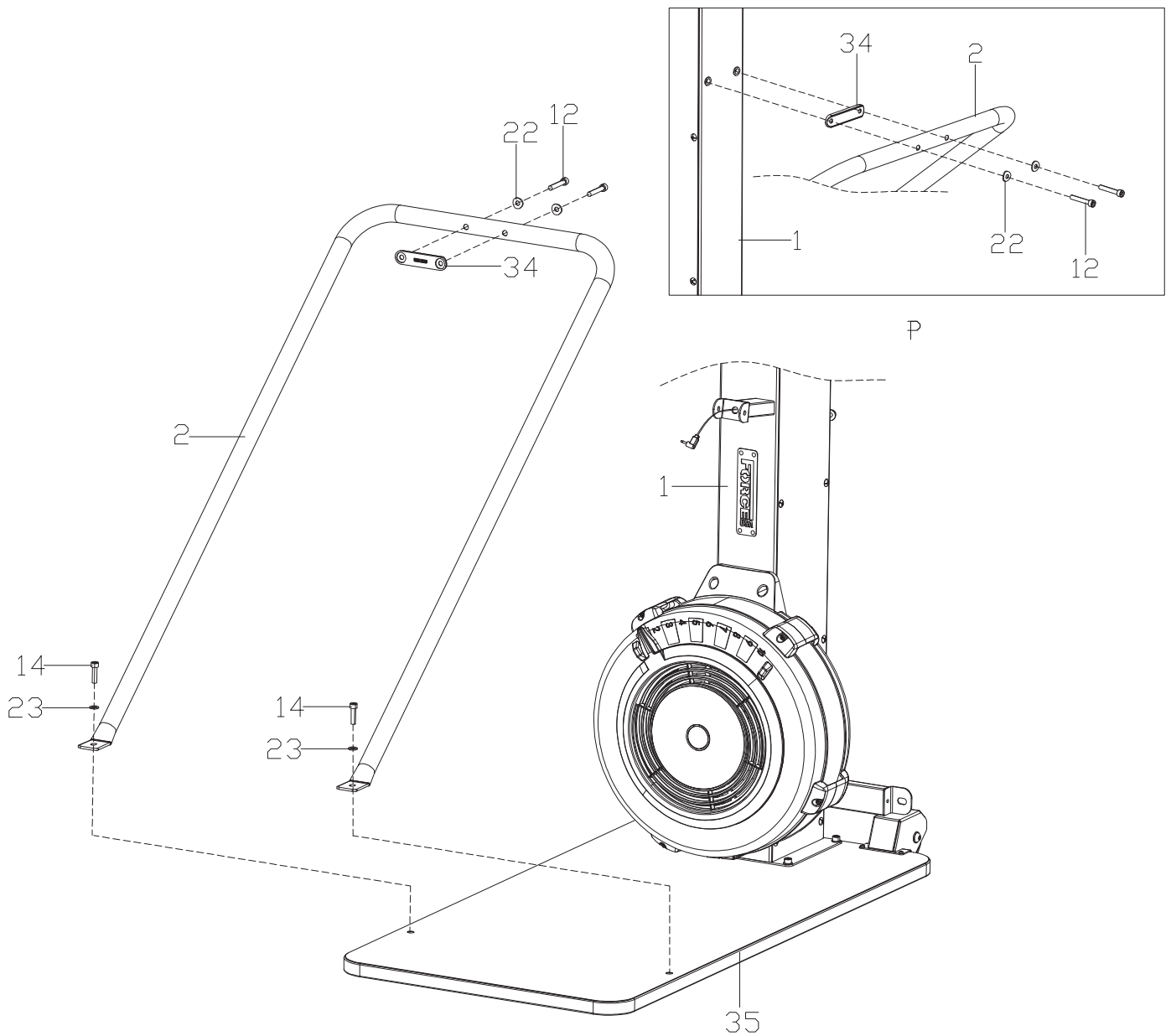
STEP 2 - ASSEMBLY



1

Use the hex head bolts (9) and flat washers (23) to lock the fixed tube assembly (6) onto the main frame assembly (1), as shown in Figure A.

STEP 3 – ASSEMBLY



1

Place the fixed handle assembly (2) onto the base plate (35) and align the holes. Then, use the socket cap head screws (12), arc washers (22), and handle spacer block (34) to pre-fasten the fixed handle (2) to the main frame assembly (1), as shown in Figure B.

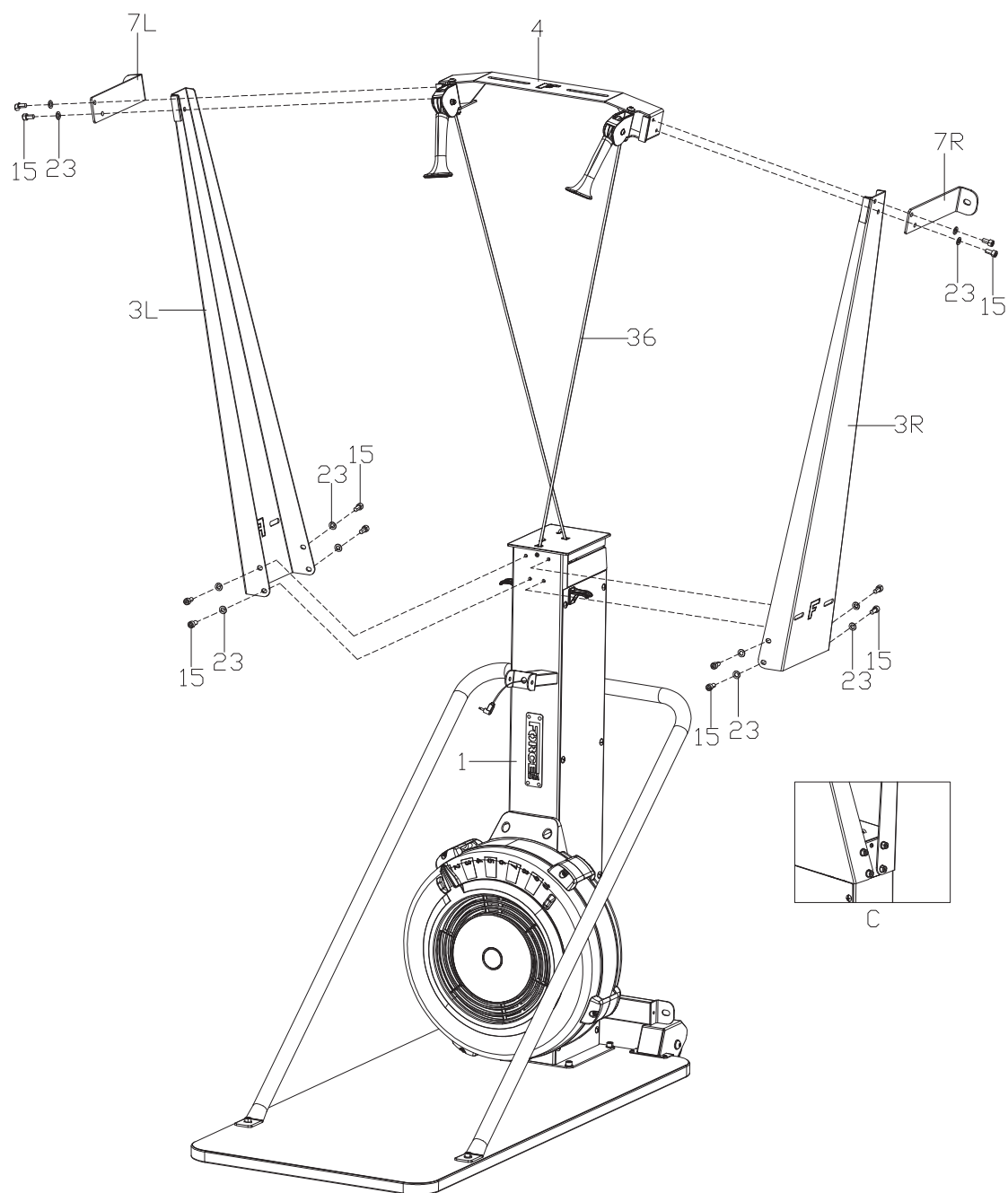
2

Use the socket cap head screws (14) and flat washers (23) to lock the fixed handle (2) securely onto the base plate (35).

3

Finally, tighten and lock the socket cap head screws (12).

STEP 4 - ASSEMBLY



1

Use the socket cap head screws (15) and flat washers (23) to pre-fasten the lower half of the left/right support plates (3L/R) onto the main frame assembly (1), as shown in Figure C.

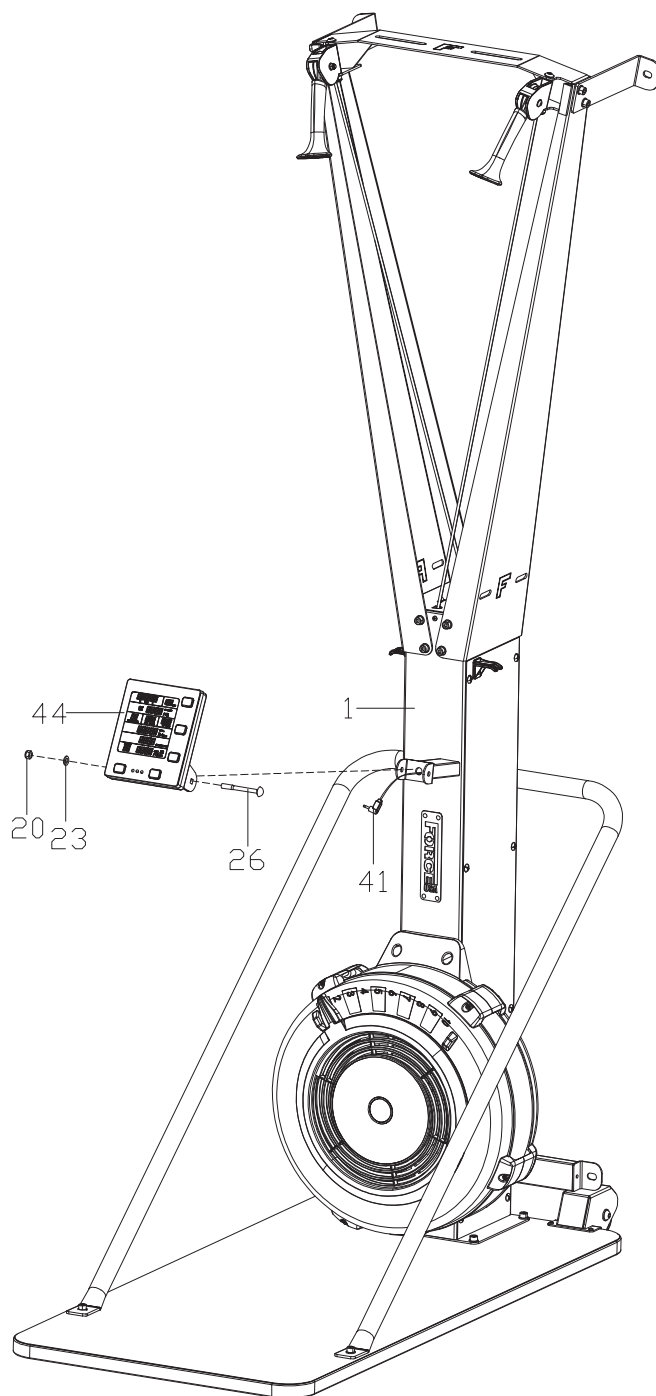
2

Have another person pull the connection plate (4) upward using the nylon ropes (36) to a suitable height. Then, use the socket cap head screws (15), flat washers (23), and left/right fixing plates (7L/R) to lock the support plates (3L/R) and the connection plate (4) together.

3

Finally, tighten and lock all the socket cap head screws (15).

STEP 5 - ASSEMBLY

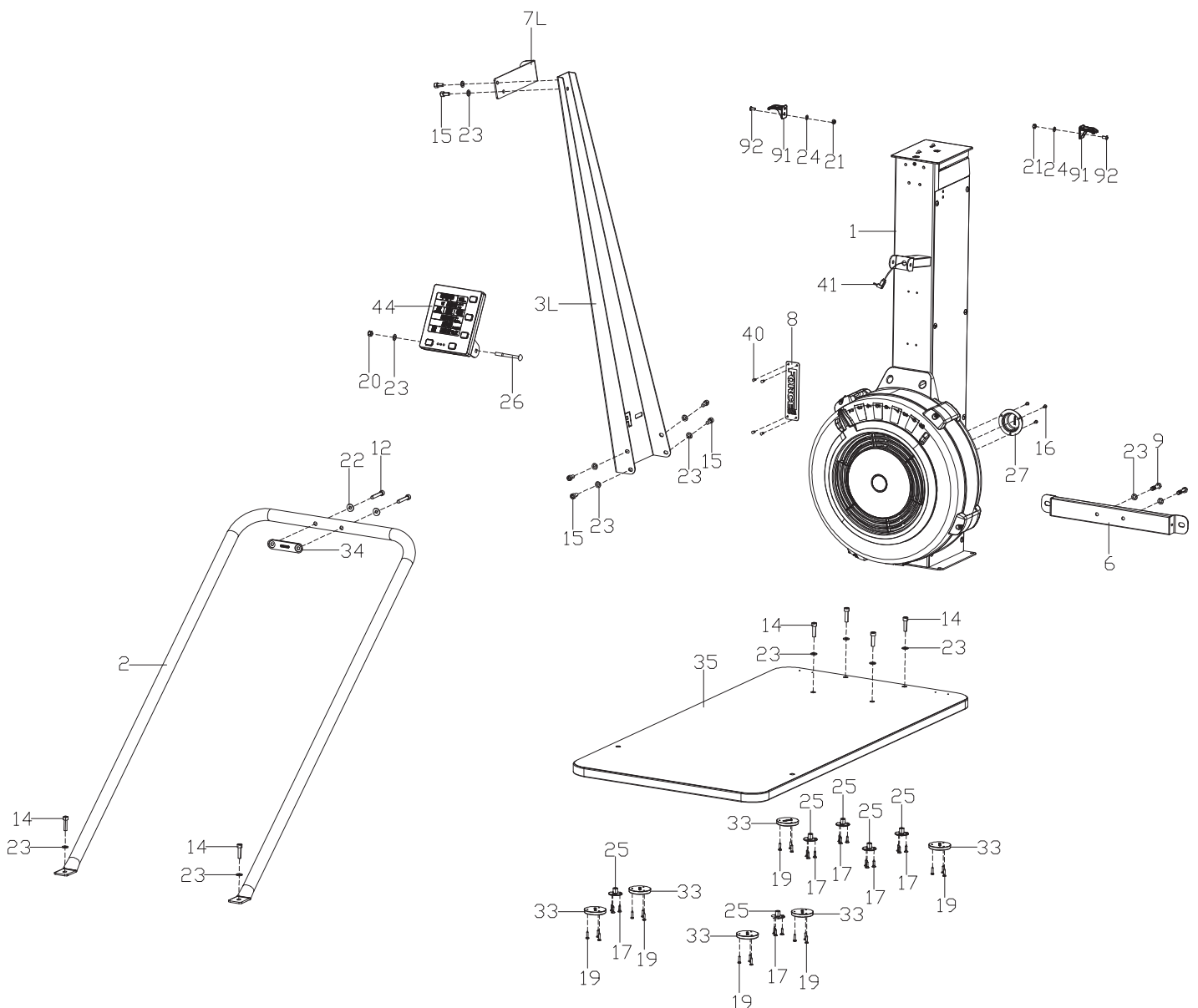


1

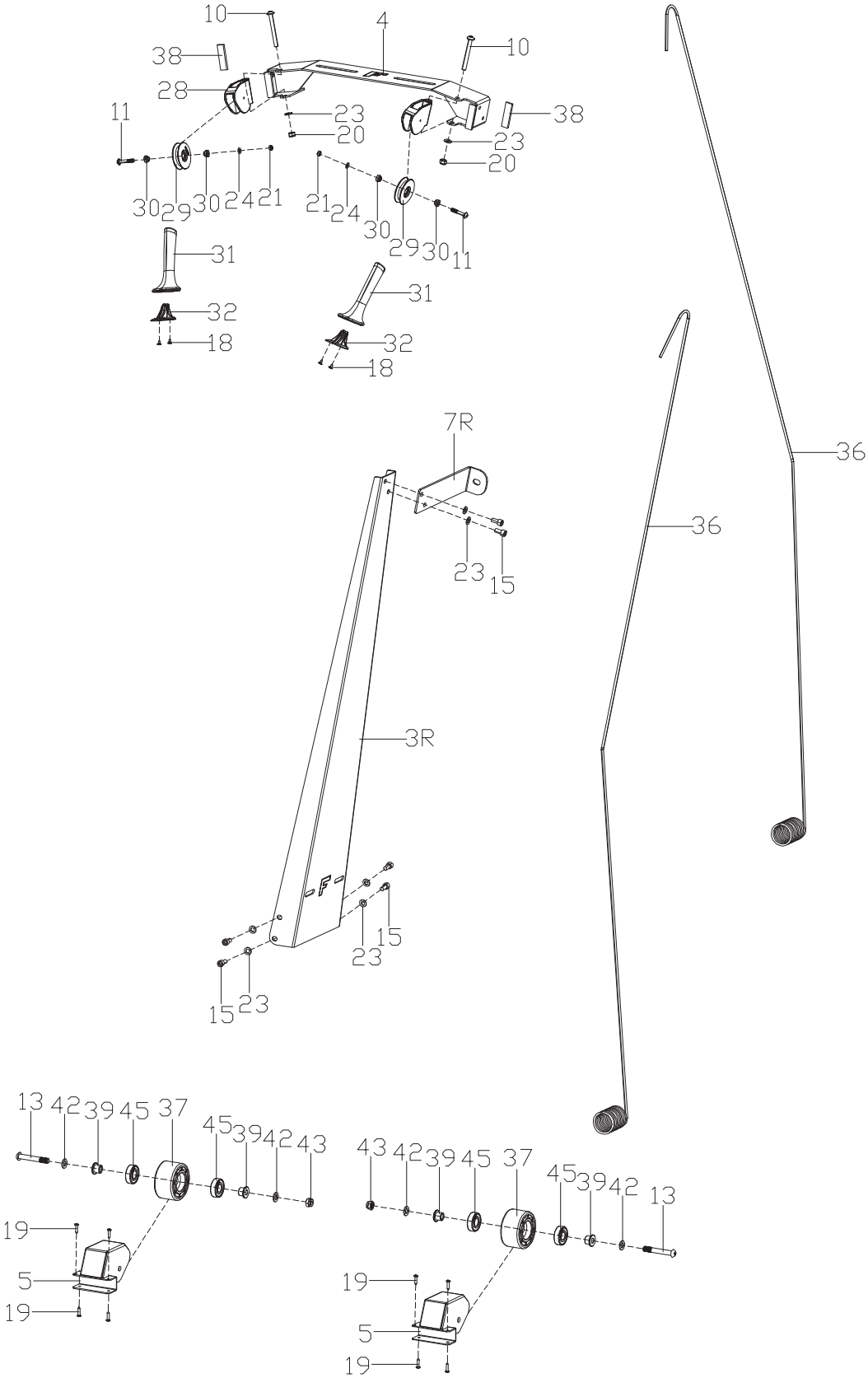
First, plug the sensor wire (41) into the electronic monitor (44). Then, use the carriage bolt (26), flat washer (23), and nylon lock nut (20) to lock the electronic monitor (44) securely onto the main frame assembly (1).

EXPLODED DIAGRAMS

The upcoming pages feature an exploded view drawing of your product. These diagrams visually represents each component as it relates to the whole, although additional assembly by you is not required. It serves to help you identify and understand every part included in your purchase. While this guide offers a clear insight into how these parts fit together, it is particularly useful for troubleshooting and maintaining your product. Beyond practical benefits, the exploded view also aims to enhance your understanding of the product's design and functionality. As you explore these pages, you'll find they make it easier to discuss any component with our customer support, should the need arise. We hope this detailed visual approach not only informs but also enriches your experience with your new purchase.



EXPLODED DIAGRAMS



COMPLETE COMPONENT INVENTORY

No.	Description	Note	Quantity
1	Main frame	Assembly	1
2	Fixed handle		1
3L/R	Left/Right support plates		1 each
4	Connection plate	Assembly	1
5	Roller seat	Assembly	2
6	Fixed tube	Assembly	1
7L/R	Left/Right fixing plates		1 each
8	LOGO plate		1
9	Hex head bolt	M8*40	2
10	Socket button head screw	M8*70	2
11	Socket button head screw	M6*35	2
12	Socket cap head screw	M8*50	2
13	Socket button head screw	M10*70	2
14	Socket cap head screw	M8*30	6
15	Socket cap head screw	M8*16	12
16	Phillips pan head screw	M4*8	3
17	Phillips countersunk self-tapping screw	ST4.2*19	18
18	Phillips countersunk self-tapping screw	ST3.5*10	4
19	Phillips pan head self-tapping screw	ST4.2*20	26
20	Nylon lock nut	M8	3
21	Nylon lock nut	M6	4
22	Arc washer	Φ20d8.5R25	2
23	Flat washer	Φ8.2Φ161.5	23
24	Flat washer	Φ6.2Φ121.5	4
25	Three-hole nut	Φ3716.5M8	6
26	Carriage bolt (Square neck)	M8*74	1
27	Center joint cover		1
28	Pulley seat		2
29	Pulley	Φ57*14	2
30	Plastic spacer	Φ148Φ6	4

COMPLETE COMPONENT INVENTORY

No.	Description	Note	Quantity
31	Small plastic handle		2
32	Handle end cap		2
33	Buffer pad / Cushion		6
34	Handle spacer block		1
35	Base plate		1
36	Nylon rope		2
37	Roller		2
38	EVA sticker/pad		2
39	Bearing spacer		4
40	Aluminum round head blind rivet	Φ4*10	4
41	Sensor wire		1
42	Flat washer	Φ10Φ202	4
43	Nylon lock nut	M10	2
44	Electronic console / Monitor		1
45	Bearing 6203		4

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



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

TROUBLESHOOTING

Weight stack top plate and guide rod assembly is floating/not resting on weight stack plate:

The cable tension needs adjusting. There are 2 adjustment places. Either adjust the pulley that goes into the weight stack by screwing it in/out of the top plate or by choosing a different bolt hole on the floating pulley.

The base unit is not square or the smith machine is not resting on both sides:

Loosen all nuts and bolts and then retighten from the bottom up.

What if my Smith Machine is not smooth or drags on one side:

Ensure the unit is level and square. Clean and/or lubricate guide rods. Ensure guide rods are not bent or received any damage.

The cables are not smooth on one or both sides:

Ensure cables are ONLY touching the pulley wheels. Ensure the cable routing is correct so that it does not pass over or under bolts or the frame.

Ensure pulley wheels are not overtightened, and each wheel is able to move freely. Add lubrication to the bearings if necessary.

FORCE^{USA}

forceusa.com