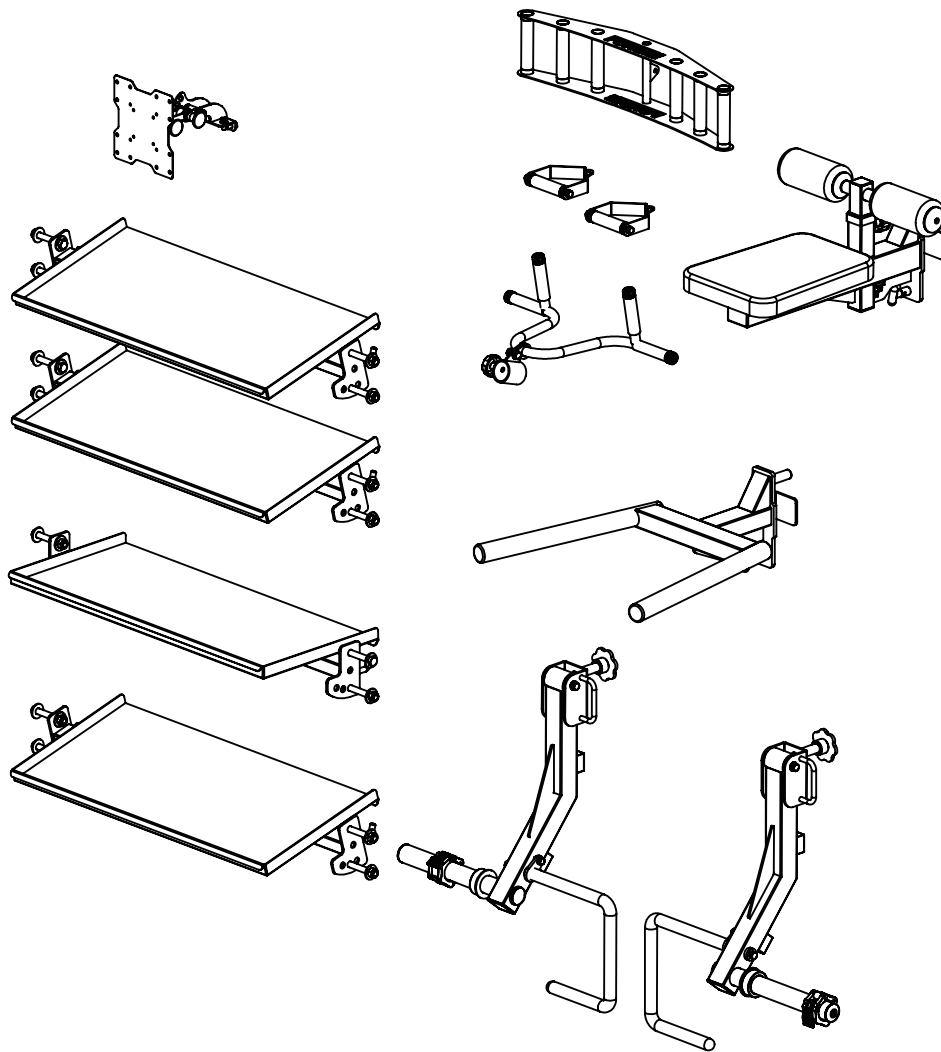


# **FORCE<sup>USA</sup> PRO**

## **X15 AND X20 MULTI TRAINER UPGRADE KIT**



**Owner's Manual | F-X15-X20-UPGRADE**

## BEFORE YOU START

Read all instructions in this manual before assembling or using this equipment.

Remove all parts from the packaging and separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

We recommended you keep these instructions.

## SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment
- Assemble equipment on a flat surface
- Consider placing a mat under equipment to protect your floor
- Only tighten nuts and bolts by hand until whole equipment is assembled
- Ensure all parts are in working order prior to use
- Do not use equipment outdoors or around water
- 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

## IMPORTANT ASSEMBLY INFORMATION

**NOTE:** It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.

### FASTENING NUTS AND BOLTS

- Only tighten all nuts and bolts after all components have been fully assembled.
- Do not over tighten any component with pivoting function.
- Make sure all pivoting components are able to move freely.

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.

**PLEASE NOTE:** Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

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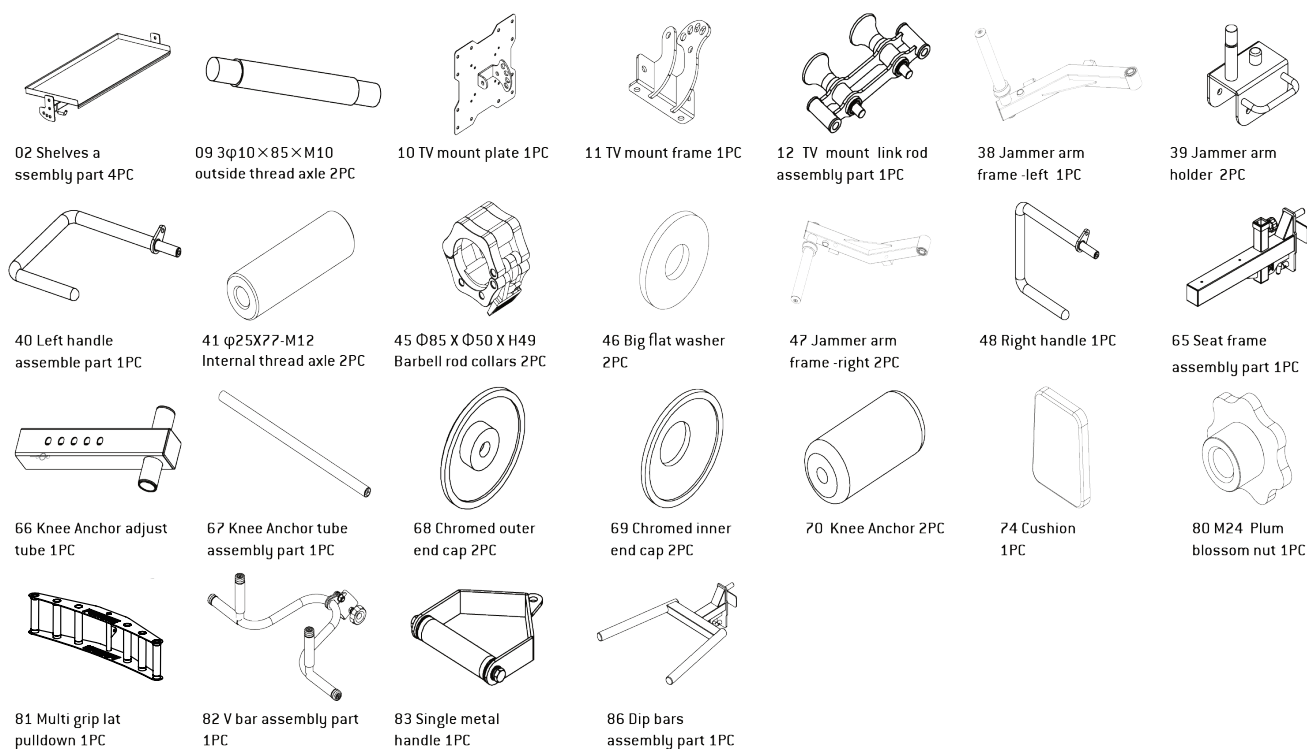
|                                                 |       |
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| Shelves                                         | 8-9   |
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**Use the drawing below to identify small parts used in assembly.**

**IMPORTANT:** if you cannot find a part in the hard ware kit,check to see if it has been assembled.

Extra hardware may be included.

**NOTE:** The following parts are not drawn to scale. Please use your own ruler to measure the size.



# PARTS LIST

| NO. | X SERIES SKU              | DESCRIPTION                               | NOTE             | QTY |
|-----|---------------------------|-------------------------------------------|------------------|-----|
| 1   | F-X15-X20-UPGRADE-PART#1  | M10 Lock Nut (black)                      | M10              | 4   |
| 2   | F-X15-X20-UPGRADE-PART#2  | Shelves Assembly Part                     |                  | 4   |
| 3   | F-X15-X20-UPGRADE-PART#3  | M16×105 Hexagon Bolt (black)              | M16×105          | 16  |
| 4   | F-X15-X20-UPGRADE-PART#4  | φ17×φ40×3 Flat Washer (black)             | φ17×φ40×3        | 32  |
| 5   | F-X15-X20-UPGRADE-PART#5  | M16 Lock Nut (black)                      | M16              | 16  |
| 6   | F-X15-X20-UPGRADE-PART#6  | φ10 Flat Washer (black)                   | φ10              | 14  |
| 7   | F-X15-X20-UPGRADE-PART#7  | M10×25 Hexagon Bolt (black)               | M10×25           | 10  |
| 8   | F-X15-X20-UPGRADE-PART#8  | φ10 Spring Washer (black)                 | φ10              | 10  |
| 9   | F-X15-X20-UPGRADE-PART#9  | φ10×85×m10 Outside Thread Axle            | φ10×85×M10       | 2   |
| 10  | F-X15-X20-UPGRADE-PART#10 | TV Mount Plate                            |                  | 1   |
| 11  | F-X15-X20-UPGRADE-PART#11 | TV Mount Frame                            |                  | 1   |
| 12  | F-X15-X20-UPGRADE-PART#12 | TV Mount Link Rod Assembly Part           |                  | 1   |
| 13  | F-X15-X20-UPGRADE-PART#13 | TV Mount Link Rod Welding Part            |                  | 1   |
| 14  | F-X15-X20-UPGRADE-PART#14 | φ20×φ16×φ10.5×15 Powder Metallurgy Sleeve | φ20×φ16×φ10.5×15 | 4   |
| 15  | F-X15-X20-UPGRADE-PART#15 | φ12×m20×40 Aluminium Umbrella Pin         | φ12×M20×40       | 2   |
| 16  | F-X15-X20-UPGRADE-PART#16 | Shelves Welding Part                      |                  | 4   |
| 17  | F-X15-X20-UPGRADE-PART#17 | Shelves Non-slip Mat                      | 959*418*T2       | 4   |
| 18  | F-X15-X20-UPGRADE-PART#18 | φ8×75 Handle Cover                        | φ8×75            | 8   |
| 19  | F-X15-X20-UPGRADE-PART#19 | Dip Bars Welding Part                     |                  | 1   |
| 20  | F-X15-X20-UPGRADE-PART#20 | T Shape Pin                               | φ10              | 2   |
| 21  | F-X15-X20-UPGRADE-PART#21 | 32-25 Round Reduction Sleeve              | φ32×φ26×25       | 2   |
| 22  | F-X15-X20-UPGRADE-PART#22 | φ20×137×m10 Internal Thread Axle          | φ20×137×M10      | 2   |
| 23  | F-X15-X20-UPGRADE-PART#23 | Handle Welding Part                       |                  | 2   |
| 24  | F-X15-X20-UPGRADE-PART#24 | φ33×φ29×V20×18 Powder Metallurgy Sleeve   | φ33×φ29×φ20×18   | 4   |
| 25  | F-X15-X20-UPGRADE-PART#25 | Handle Tube                               | φ32*2            | 2   |
| 26  | F-X15-X20-UPGRADE-PART#26 | V Bar Welding Part                        |                  | 1   |
| 27  | F-X15-X20-UPGRADE-PART#27 | V Bar Sleeve                              |                  | 1   |
| 28  | F-X15-X20-UPGRADE-PART#28 | Plum Blossom Knob                         | M10              | 1   |
| 29  | F-X15-X20-UPGRADE-PART#29 | 25 Handle Cover -125 (Both End Open)      | φ25X125          | 2   |
| 30  | F-X15-X20-UPGRADE-PART#30 | 25 Handle Cover -110 (Both End Open)      | φ25X110          | 2   |
| 31  | F-X15-X20-UPGRADE-PART#31 | φ12 Flat Washer                           | φ12              | 2   |

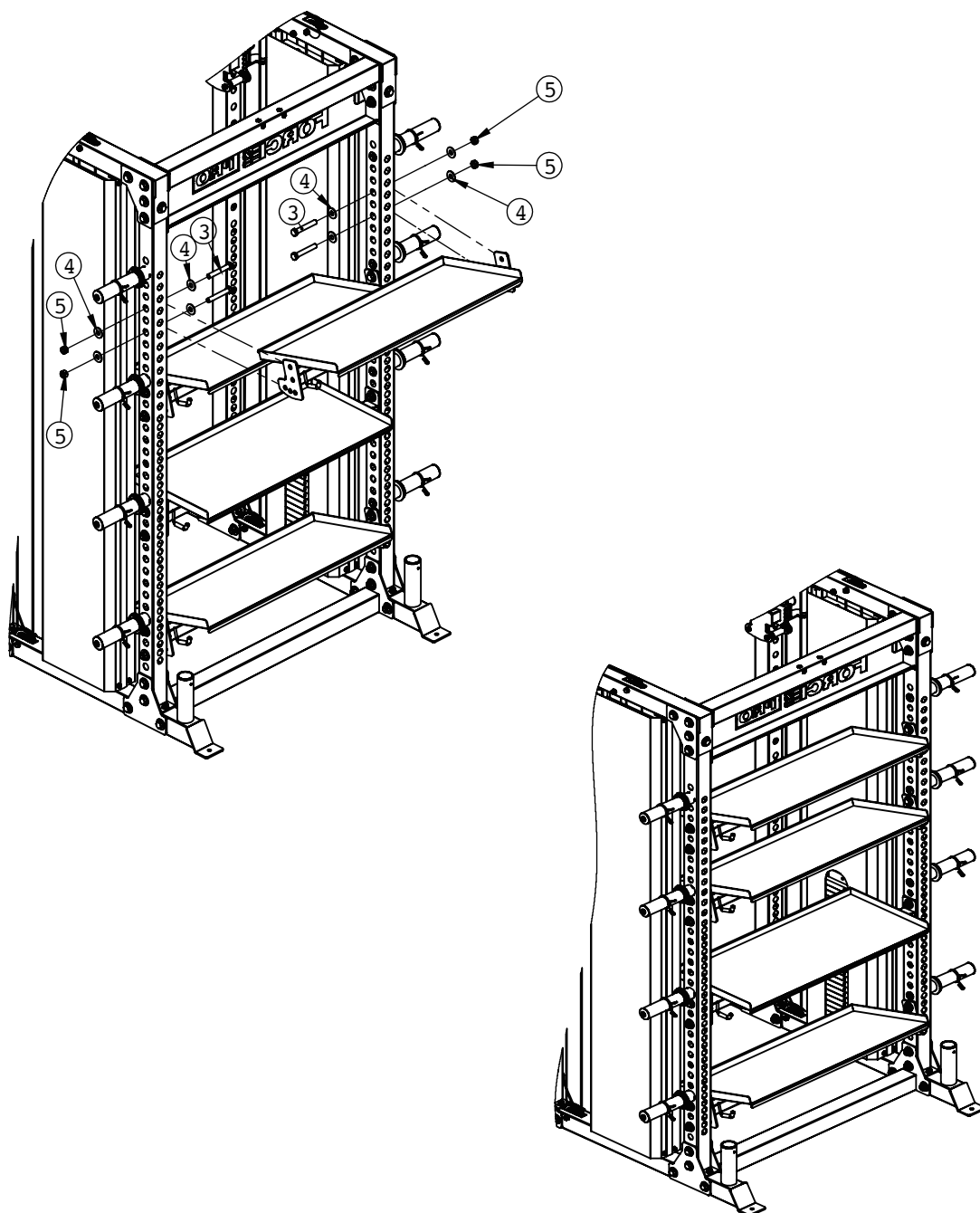
# PARTS LIST

| NO. | X SERIES SKU              | DESCRIPTION                                  | NOTE            | QTY |
|-----|---------------------------|----------------------------------------------|-----------------|-----|
| 32  | F-X15-X20-UPGRADE-PART#32 | M12 Lock Nut                                 | M12             | 1   |
| 33  | F-X15-X20-UPGRADE-PART#33 | M12×30 Hexagon Bolt                          | M12×30          | 1   |
| 34  | F-X15-X20-UPGRADE-PART#34 | 25 End Cap                                   | φ31.5×25.5      | 4   |
| 35  | F-X15-X20-UPGRADE-PART#35 | φ23xm8 Double Shrapnel Nut                   | φ23-M8 double   | 6   |
| 36  | F-X15-X20-UPGRADE-PART#36 | M8×20 Countersunk Head Cross Recessed Screws | M8x20           | 4   |
| 37  | F-X15-X20-UPGRADE-PART#37 | 45 Square Tube Plug                          | □45×45×2        | 1   |
| 38  | F-X15-X20-UPGRADE-PART#38 | Jammer Arm Frame - Left Assembly Part        |                 | 1   |
| 39  | F-X15-X20-UPGRADE-PART#39 | Jammer Arm Holder                            |                 | 2   |
| 40  | F-X15-X20-UPGRADE-PART#40 | Left Handle Assemble Part                    |                 | 1   |
| 41  | F-X15-X20-UPGRADE-PART#41 | φ25x77-m12 Internal Thread Axle              | φ25*77*M12      | 2   |
| 42  | F-X15-X20-UPGRADE-PART#42 | M12×25 Hexagon Bolt (black)                  | M12×25          | 6   |
| 43  | F-X15-X20-UPGRADE-PART#43 | φ12 Flat Washer (black)                      | φ12             | 4   |
| 44  | F-X15-X20-UPGRADE-PART#44 | φ12 Spring Washer (black)                    | φ12             | 6   |
| 45  | F-X15-X20-UPGRADE-PART#45 | φ85xφ50xh49 Barbell Rod Collars              | φ85×50×H49      | 2   |
| 46  | F-X15-X20-UPGRADE-PART#46 | Big Flat Washer                              | φ33*φ12.5*T3    | 2   |
| 47  | F-X15-X20-UPGRADE-PART#47 | Jammer Arm Frame - Right Assembly Part       |                 | 1   |
| 48  | F-X15-X20-UPGRADE-PART#48 | Right Handle Assemble Part                   |                 | 1   |
| 49  | F-X15-X20-UPGRADE-PART#49 | Jammer Arm Left Welding Part                 |                 | 1   |
| 50  | F-X15-X20-UPGRADE-PART#50 | 50 Rubber Block                              | □50×50×30       | 4   |
| 51  | F-X15-X20-UPGRADE-PART#51 | M10x35 Hexagon Socket Button Head Screws     | M10×35          | 4   |
| 52  | F-X15-X20-UPGRADE-PART#52 | φ10 Flat Washer                              | φ10             | 4   |
| 53  | F-X15-X20-UPGRADE-PART#53 | φ50x310 Stainless Outer Sleeve               | φ49.5*0.6       | 2   |
| 54  | F-X15-X20-UPGRADE-PART#54 | 25 Rubber Ring                               | φ70×φ50×25      | 2   |
| 55  | F-X15-X20-UPGRADE-PART#55 | 60 Square Tube Plug                          | □60×60×2        | 2   |
| 56  | F-X15-X20-UPGRADE-PART#56 | v11×φ18×φ42×φ50 Aluminum End Cap             | φ11×v18×φ42×φ50 | 2   |
| 57  | F-X15-X20-UPGRADE-PART#57 | 48 Tube Plug                                 | φ48×2.5         | 2   |
| 58  | F-X15-X20-UPGRADE-PART#58 | M10 Countersunk Hexagon Rivet Nuts           | M10             | 4   |
| 59  | F-X15-X20-UPGRADE-PART#59 | 6005 Bearing                                 | φ47*v25*16      | 4   |
| 60  | F-X15-X20-UPGRADE-PART#60 | M10x25 Hexagon Socket Button Head Screws     | M10×25          | 2   |
| 61  | F-X15-X20-UPGRADE-PART#61 | Left Handle Welding Part                     |                 | 1   |
| 62  | F-X15-X20-UPGRADE-PART#62 | Jammer Arm Handle Cover (One End Open)       | φ32*φ24.8*830   | 2   |

# PARTS LIST

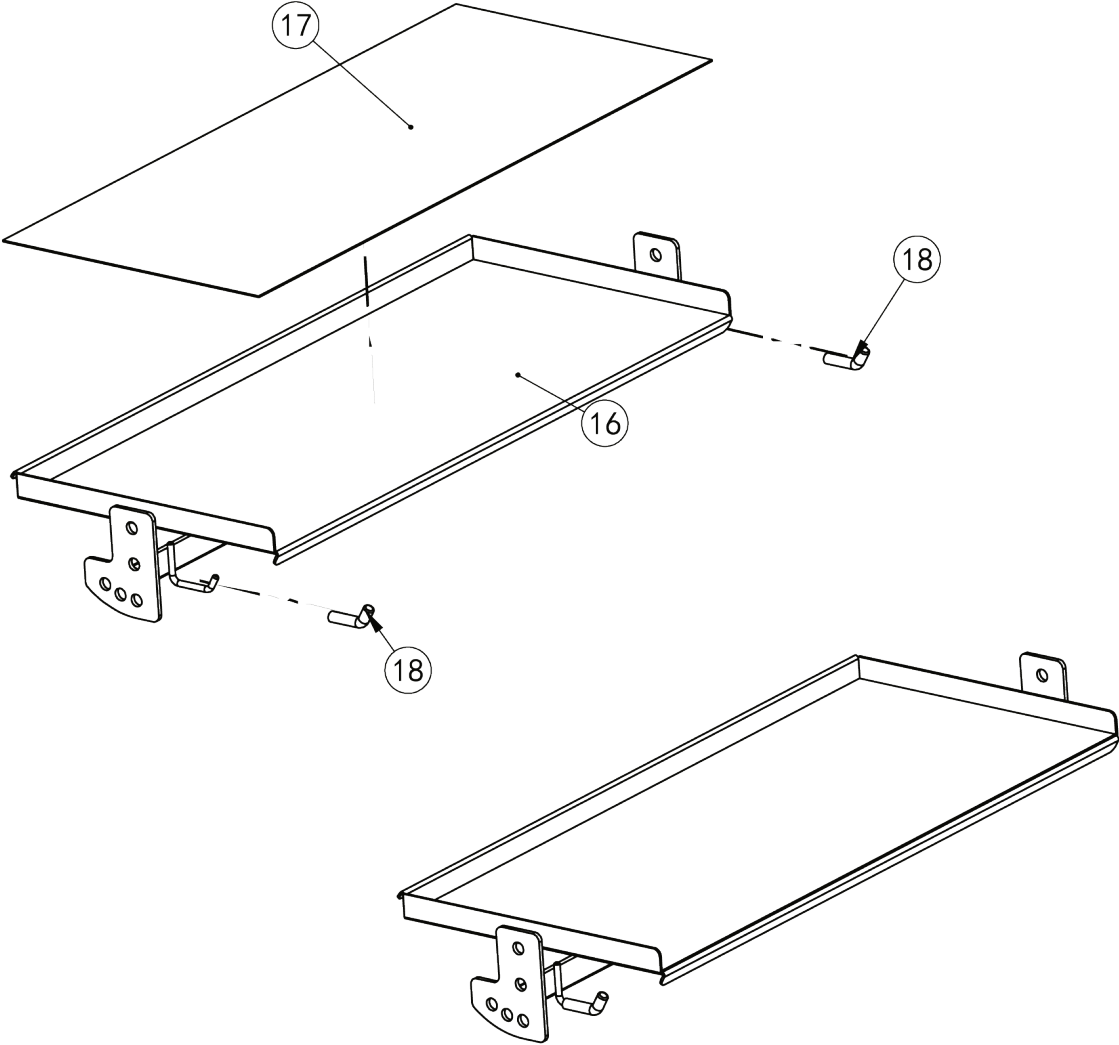
| NO. | X SERIES SKU              | DESCRIPTION                             | NOTE         | QTY |
|-----|---------------------------|-----------------------------------------|--------------|-----|
| 63  | F-X15-X20-UPGRADE-PART#63 | Jammer Arm Right Welding Part           |              | 1   |
| 64  | F-X15-X20-UPGRADE-PART#64 | Right Handle Welding Part               |              | 1   |
| 65  | F-X15-X20-UPGRADE-PART#65 | Seat Frame Assembly Part                |              | 1   |
| 66  | F-X15-X20-UPGRADE-PART#66 | Knee Anchor Adjust Tube Assembly Part   |              | 1   |
| 67  | F-X15-X20-UPGRADE-PART#67 | Knee Anchor Tube Assembly Part          |              | 1   |
| 68  | F-X15-X20-UPGRADE-PART#68 | Chromed Outer End Cap                   | φ70×φ9×14    | 2   |
| 69  | F-X15-X20-UPGRADE-PART#69 | Chromed Inner End Cap                   | φ70×φ27×12   | 2   |
| 70  | F-X15-X20-UPGRADE-PART#70 | Knee Anchor                             | φ25×φ100×200 | 2   |
| 71  | F-X15-X20-UPGRADE-PART#71 | M8x25 Hexagon Socket Button Head Screws | M8×25        | 2   |
| 72  | F-X15-X20-UPGRADE-PART#72 | M8×90 Hexagon Bolt                      | M8×90        | 2   |
| 73  | F-X15-X20-UPGRADE-PART#73 | φ8 Flat Washer                          | φ8           | 2   |
| 74  | F-X15-X20-UPGRADE-PART#74 | Cushion                                 | 450*335*50   | 1   |
| 75  | F-X15-X20-UPGRADE-PART#75 | M18×22×φ10 Plum Blossom Knob            | M18×22×φ10   | 1   |
| 76  | F-X15-X20-UPGRADE-PART#76 | 50 Tube Plug                            | □50×50×2     | 1   |
| 77  | F-X15-X20-UPGRADE-PART#77 | 75 Tube Plug                            | □75×75×2.5   | 1   |
| 78  | F-X15-X20-UPGRADE-PART#78 | F50-45 Reduction Sleeve                 | □50×50/45×45 | 1   |
| 79  | F-X15-X20-UPGRADE-PART#79 | Seat Support Frame Welding Part         |              | 1   |
| 80  | F-X15-X20-UPGRADE-PART#80 | M24 Plum Blossom Nut                    | M24          | 2   |
| 81  | F-X15-X20-UPGRADE-PART#81 | Multi Grip Lat Pulldown                 |              | 1   |
| 82  | F-X15-X20-UPGRADE-PART#82 | V Bar Assembly Part                     |              | 1   |
| 83  | F-X15-X20-UPGRADE-PART#83 | Single Metal Handle                     |              | 1   |
| 84  | F-X15-X20-UPGRADE-PART#84 | Knee Anchor Adjust Tube Welding Part    |              | 1   |
| 85  | F-X15-X20-UPGRADE-PART#85 | Knee Anchor Tube                        | φ25×2×550    | 1   |
| 86  | F-X15-X20-UPGRADE-PART#86 | Dip Bars Assembly Part                  |              | 1   |

# SHELVING ASSEMBLY STEP



| NO. | X SERIES SKU             | DESCRIPTION                   | NOTE      | QTY |
|-----|--------------------------|-------------------------------|-----------|-----|
| 2   | F-X15-X20-UPGRADE-PART#2 | Shelves Assembly Part         |           | 4   |
| 3   | F-X15-X20-UPGRADE-PART#3 | M16×105 Hexagon Bolt (black)  | M16×105   | 16  |
| 4   | F-X15-X20-UPGRADE-PART#4 | φ17×φ40×3 Flat Washer (black) | φ17×φ40×3 | 32  |
| 5   | F-X15-X20-UPGRADE-PART#5 | M16 Lock Nut (black)          | M16       | 16  |

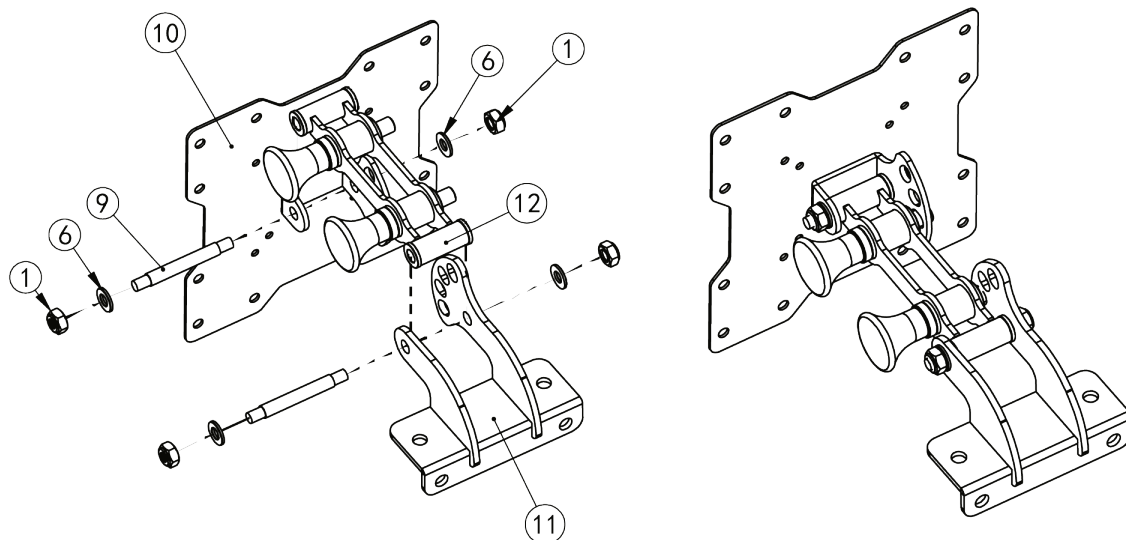
# ASSEMBLY DRAWING



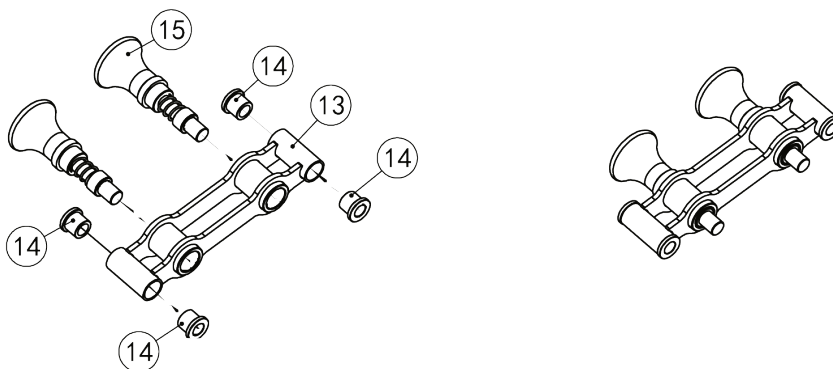
**Shelving Assembly Part-2 4PCS/SET**

| NO. | X SERIES SKU              | DESCRIPTION          | NOTE       | QTY |
|-----|---------------------------|----------------------|------------|-----|
| 16  | F-X15-X20-UPGRADE-PART#16 | Shelves Welding Part |            | 1   |
| 17  | F-X15-X20-UPGRADE-PART#17 | Shelves Non-slip Mat | 959*418*T2 | 1   |
| 18  | F-X15-X20-UPGRADE-PART#18 | φ8×75 Handle Cover   | φ8×75      | 2   |

# TV MOUNT ASSEMBLY STEP



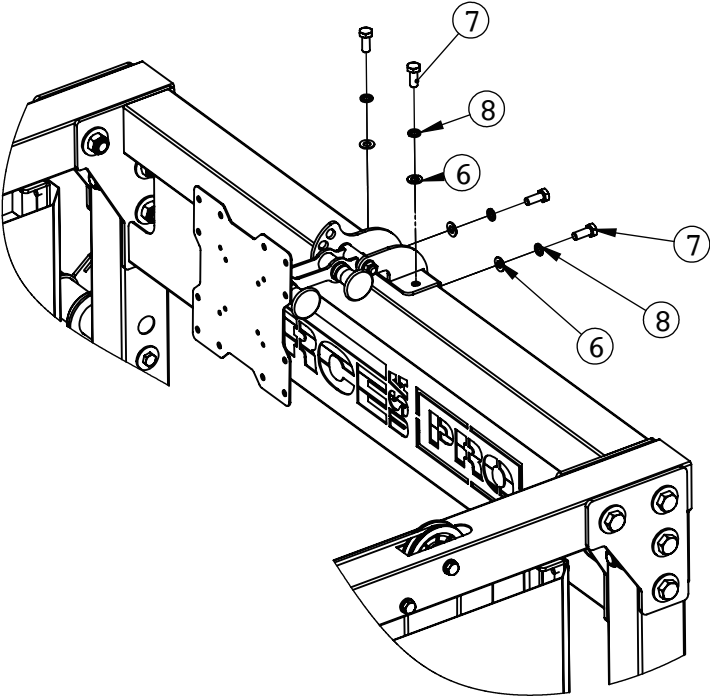
| NO. | X SERIES SKU              | DESCRIPTION                     | NOTE       | QTY |
|-----|---------------------------|---------------------------------|------------|-----|
| 1   | F-X15-X20-UPGRADE-PART#1  | M10 Lock Nut (black)            | M10        | 4   |
| 6   | F-X15-X20-UPGRADE-PART#6  | φ10 Flat Washer (black)         | φ10        | 4   |
| 9   | F-X15-X20-UPGRADE-PART#9  | φ10×85×m10 Outside Thread Axle  | φ10×85×M10 | 2   |
| 10  | F-X15-X20-UPGRADE-PART#10 | TV Mount Plate                  |            | 1   |
| 11  | F-X15-X20-UPGRADE-PART#11 | TV Mount Frame                  |            | 1   |
| 12  | F-X15-X20-UPGRADE-PART#12 | TV Mount Link Rod Assembly Part |            | 1   |



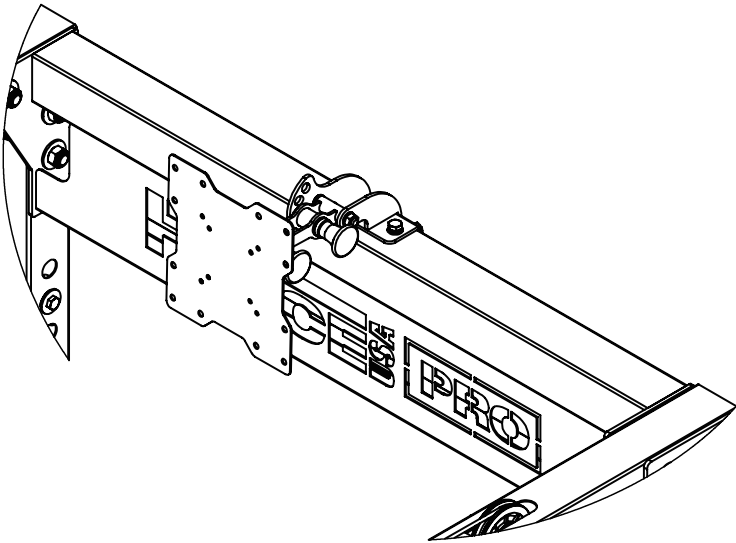
## TV Mount Link Rod Assembly Part-12 1PC/SET

| NO. | X SERIES SKU              | DESCRIPTION                               | NOTE             | QTY |
|-----|---------------------------|-------------------------------------------|------------------|-----|
| 13  | F-X15-X20-UPGRADE-PART#13 | TV Mount Link Rod Welding Part            |                  | 1   |
| 14  | F-X15-X20-UPGRADE-PART#14 | φ20×φ16×φ10.5×15 Powder Metallurgy Sleeve | φ20×φ16×φ10.5×15 | 4   |
| 15  | F-X15-X20-UPGRADE-PART#15 | φ12×m20×40 Aluminium Umbrella Pin         | φ12×M20×40       | 2   |

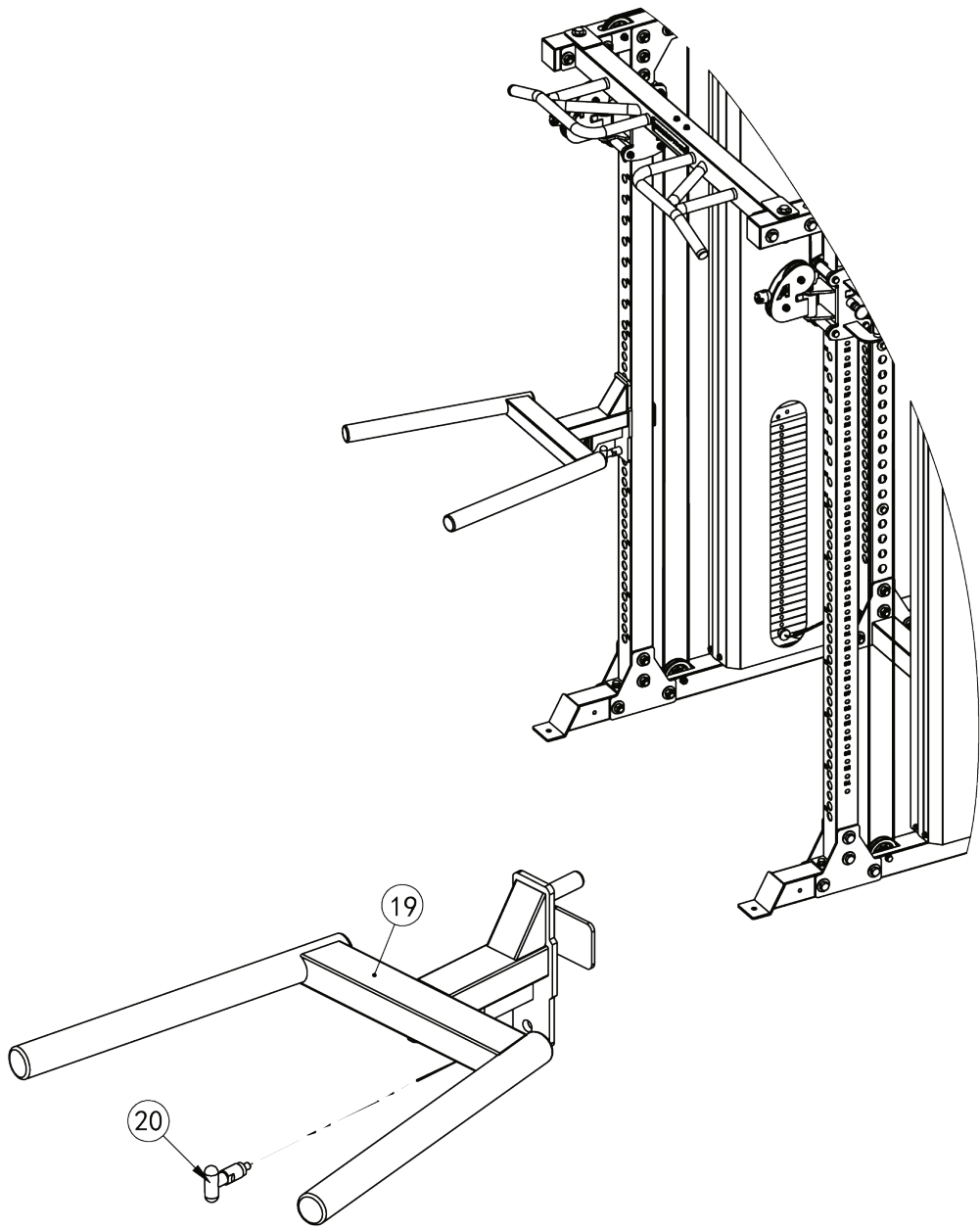
# TV MOUNT WITH MAIN FRAME ASSEMBLY STEP



| NO. | X SERIES SKU             | DESCRIPTION                 | NOTE   | QTY |
|-----|--------------------------|-----------------------------|--------|-----|
| 6   | F-X15-X20-UPGRADE-PART#6 | φ10 Flat Washer (black)     | φ10    | 4   |
| 7   | F-X15-X20-UPGRADE-PART#7 | M10×25 Hexagon Bolt (black) | M10×25 | 4   |
| 8   | F-X15-X20-UPGRADE-PART#8 | φ10 Spring Washer (black)   | φ10    | 4   |

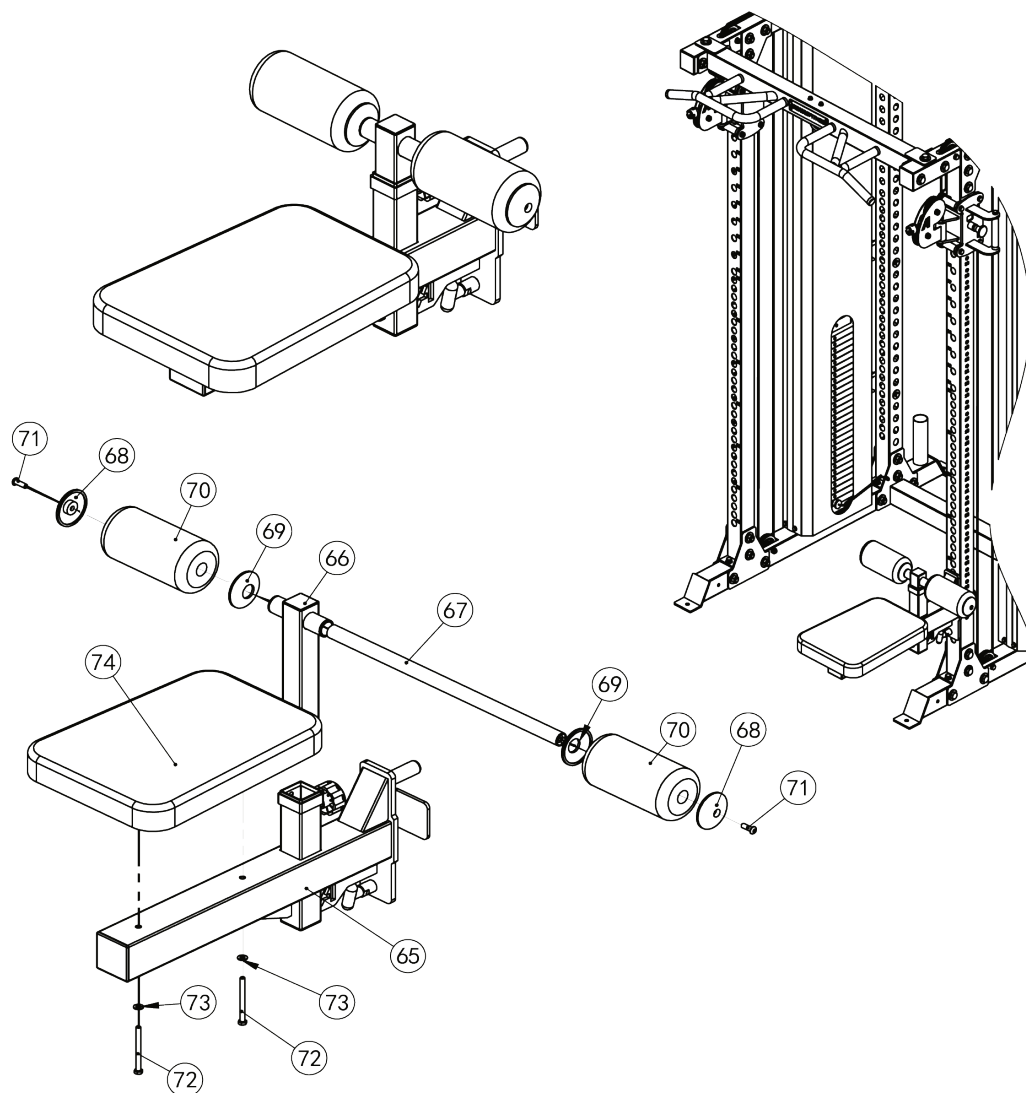


# DIP BARS ASSEMBLY STEP



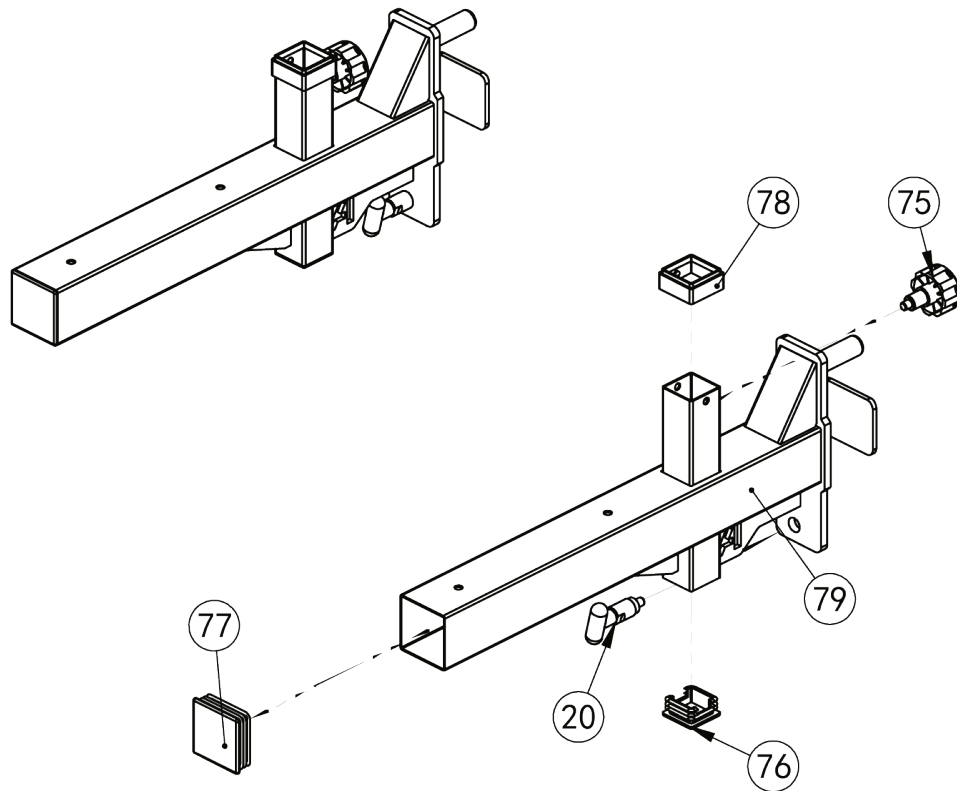
| NO. | X SERIES SKU              | DESCRIPTION           | NOTE | QTY |
|-----|---------------------------|-----------------------|------|-----|
| 19  | F-X15-X20-UPGRADE-PART#19 | Dip Bars Welding Part |      | 1   |
| 20  | F-X15-X20-UPGRADE-PART#20 | T Shape Pin           | φ10  | 1   |

# SEAT ASSEMBLY STEP



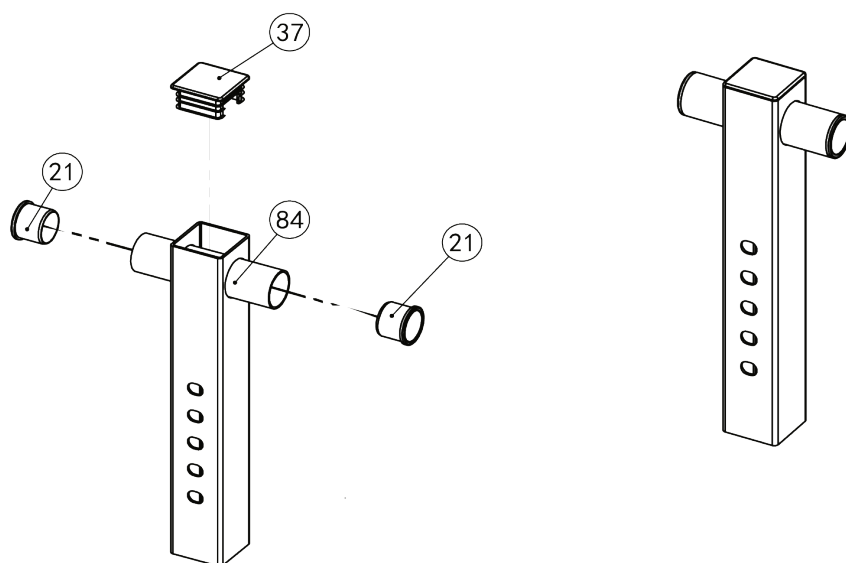
| NO. | X SERIES SKU              | DESCRIPTION                             | NOTE         | QTY |
|-----|---------------------------|-----------------------------------------|--------------|-----|
| 65  | F-X15-X20-UPGRADE-PART#65 | Seat Frame Assembly Part                |              | 1   |
| 66  | F-X15-X20-UPGRADE-PART#66 | Knee Anchor Adjust Tube Assembly Part   |              | 1   |
| 67  | F-X15-X20-UPGRADE-PART#67 | Knee Anchor Tube Assembly Part          |              | 1   |
| 68  | F-X15-X20-UPGRADE-PART#68 | Chromed Outer End Cap                   | φ70×φ9×14    | 2   |
| 69  | F-X15-X20-UPGRADE-PART#69 | Chromed Inner End Cap                   | φ70×φ27×12   | 2   |
| 70  | F-X15-X20-UPGRADE-PART#70 | Knee Anchor                             | φ25×φ100×200 | 2   |
| 71  | F-X15-X20-UPGRADE-PART#71 | M8x25 Hexagon Socket Button Head Screws | M8×25        | 2   |
| 72  | F-X15-X20-UPGRADE-PART#72 | M8x90 Hexagon Bolt                      | M8×90        | 2   |
| 73  | F-X15-X20-UPGRADE-PART#73 | φ8 Flat Washer                          | φ8           | 2   |
| 74  | F-X15-X20-UPGRADE-PART#74 | Cushion                                 | 450*335*50   | 1   |

# ASSEMBLY STEP



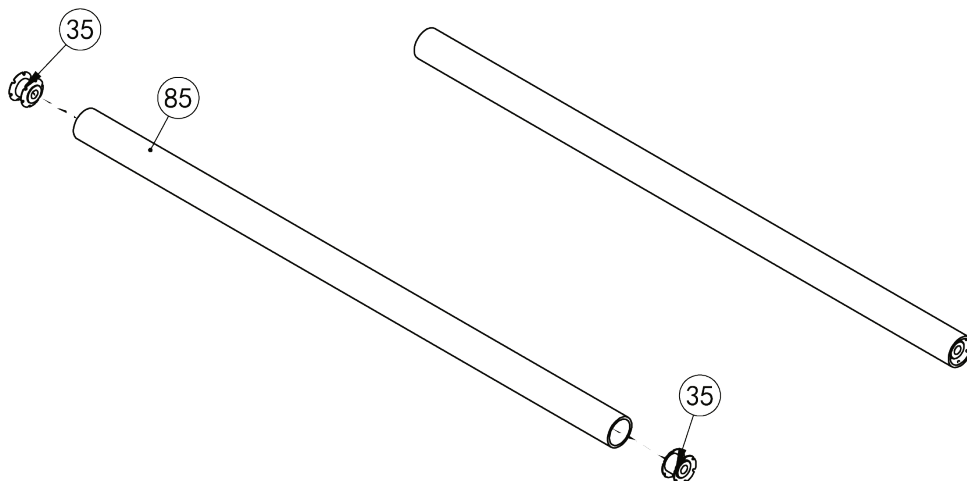
| NO. | X SERIES SKU              | DESCRIPTION                     | NOTE         | QTY |
|-----|---------------------------|---------------------------------|--------------|-----|
| 20  | F-X15-X20-UPGRADE-PART#20 | T Shape Pin                     | φ10          | 2   |
| 75  | F-X15-X20-UPGRADE-PART#75 | M18×22×φ10 Plum Blossom Knob    | M18×22×φ10   | 1   |
| 76  | F-X15-X20-UPGRADE-PART#76 | 50 Tube Plug                    | □50×50×2     | 1   |
| 77  | F-X15-X20-UPGRADE-PART#77 | 75 Tube Plug                    | □75×75×2.5   | 1   |
| 78  | F-X15-X20-UPGRADE-PART#78 | F50-45 Reduction Sleeve         | □50×50/45×45 | 1   |
| 79  | F-X15-X20-UPGRADE-PART#79 | Seat Support Frame Welding Part |              | 1   |

# ASSEMBLY DRAWING



**Knee Anchor Adjust Tube Assembly Part-66 1PC/SET**

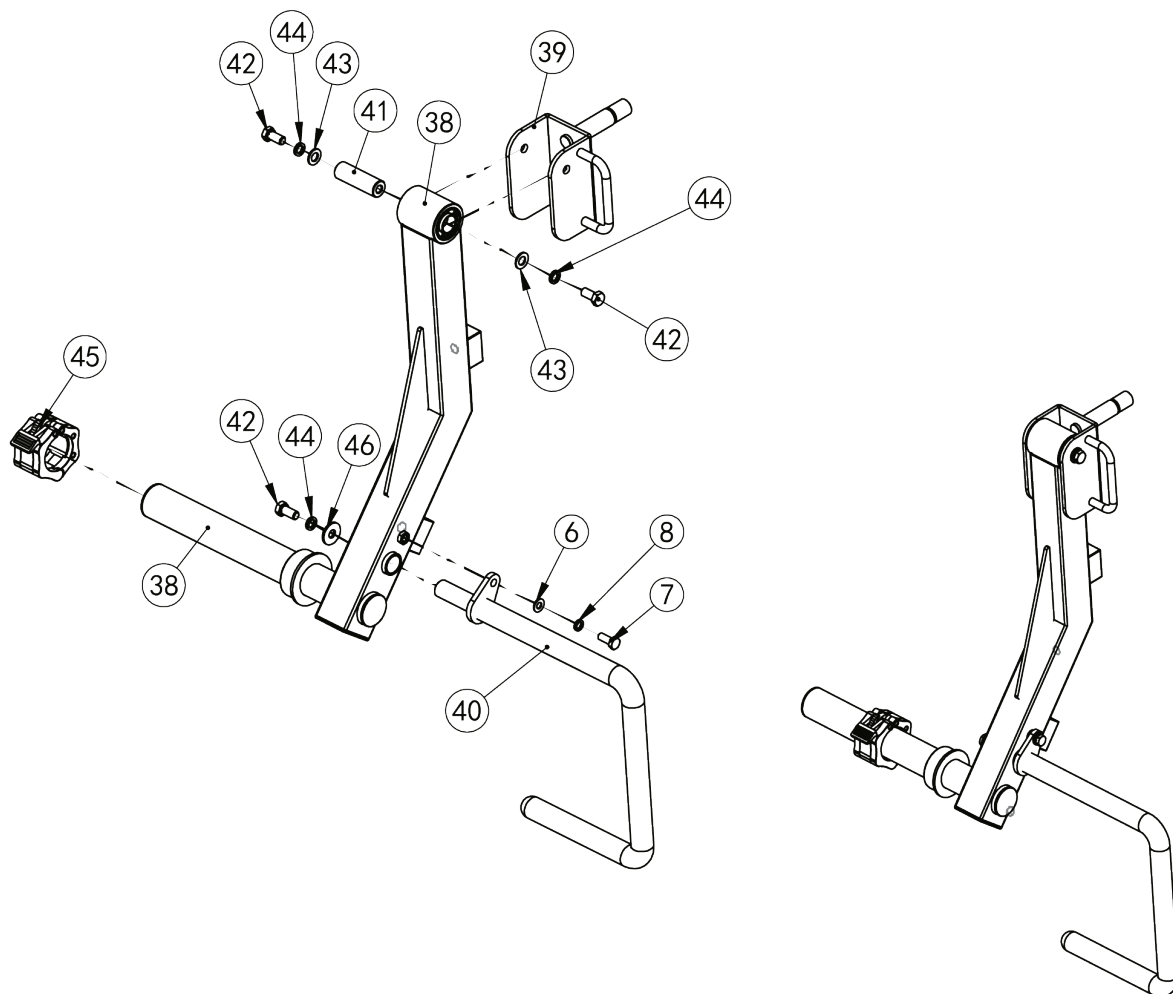
| NO. | X SERIES SKU              | DESCRIPTION                          | NOTE                               | QTY |
|-----|---------------------------|--------------------------------------|------------------------------------|-----|
| 21  | F-X15-X20-UPGRADE-PART#21 | 32-25 Round Reduction Sleeve         | $\phi 32 \times \phi 26 \times 25$ | 2   |
| 37  | F-X15-X20-UPGRADE-PART#37 | 45 Square Tube Plug                  | $\square 45 \times 45 \times 2$    | 1   |
| 84  | F-X15-X20-UPGRADE-PART#84 | Knee Anchor Adjust Tube Welding Part |                                    | 1   |



**Knee Anchor Tube Assembly Part-67 1PC/SET**

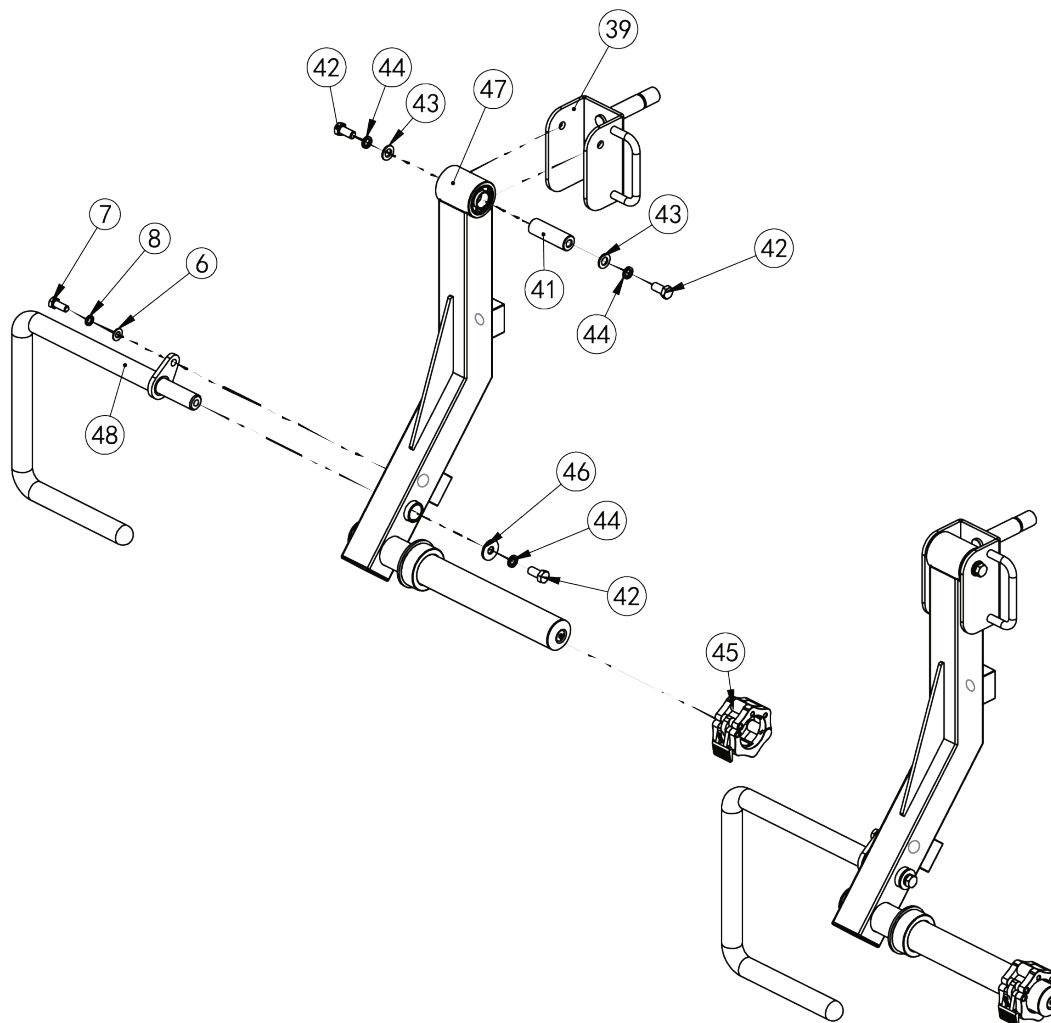
| NO. | X SERIES SKU              | DESCRIPTION                             | NOTE                          | QTY |
|-----|---------------------------|-----------------------------------------|-------------------------------|-----|
| 35  | F-X15-X20-UPGRADE-PART#35 | $\phi 23 \times m8$ Double Shrapnel Nut | $\phi 23$ -M8 double          | 6   |
| 85  | F-X15-X20-UPGRADE-PART#85 | Knee Anchor Tube                        | $\phi 25 \times 2 \times 550$ | 1   |

# LEFT JAMMER ARM ASSEMBLY STEP



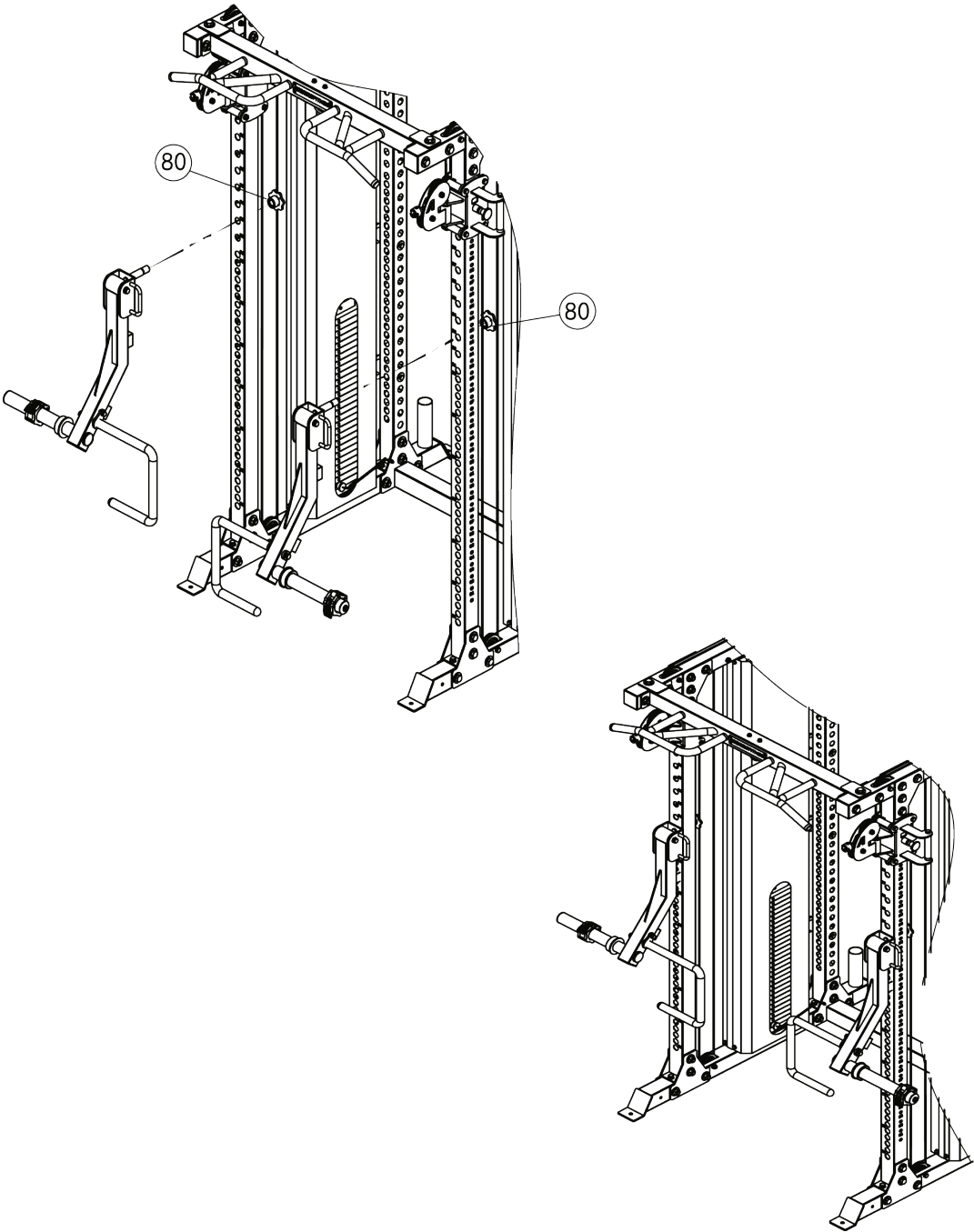
| NO. | X SERIES SKU              | DESCRIPTION                           | NOTE         | QTY |
|-----|---------------------------|---------------------------------------|--------------|-----|
| 6   | F-X15-X20-UPGRADE-PART#6  | φ10 Flat Washer (black)               | φ10          | 1   |
| 7   | F-X15-X20-UPGRADE-PART#7  | M10×25 Hexagon Bolt (black)           | M10×25       | 1   |
| 8   | F-X15-X20-UPGRADE-PART#8  | φ10 Spring Washer (black)             | φ10          | 1   |
| 38  | F-X15-X20-UPGRADE-PART#38 | Jammer Arm Frame - Left Assembly Part |              | 1   |
| 39  | F-X15-X20-UPGRADE-PART#39 | Jammer Arm Holder                     |              | 1   |
| 40  | F-X15-X20-UPGRADE-PART#40 | Left Handle Assemble Part             |              | 1   |
| 41  | F-X15-X20-UPGRADE-PART#41 | φ25×77-m12 Internal Thread Axle       | φ25*77*M12   | 1   |
| 42  | F-X15-X20-UPGRADE-PART#42 | M12×25 Hexagon Bolt (black)           | M12×25       | 3   |
| 43  | F-X15-X20-UPGRADE-PART#43 | φ12 Flat Washer (black)               | φ12          | 2   |
| 44  | F-X15-X20-UPGRADE-PART#44 | φ12 Spring Washer (black)             | φ12          | 3   |
| 45  | F-X15-X20-UPGRADE-PART#45 | φ85×φ50×h49 Barbell Rod Collars       | φ85×50×H49   | 1   |
| 46  | F-X15-X20-UPGRADE-PART#46 | Big Flat Washer                       | φ33*φ12.5*T3 | 1   |

# RIGHT JAMMER ARM ASSEMBLY STEP



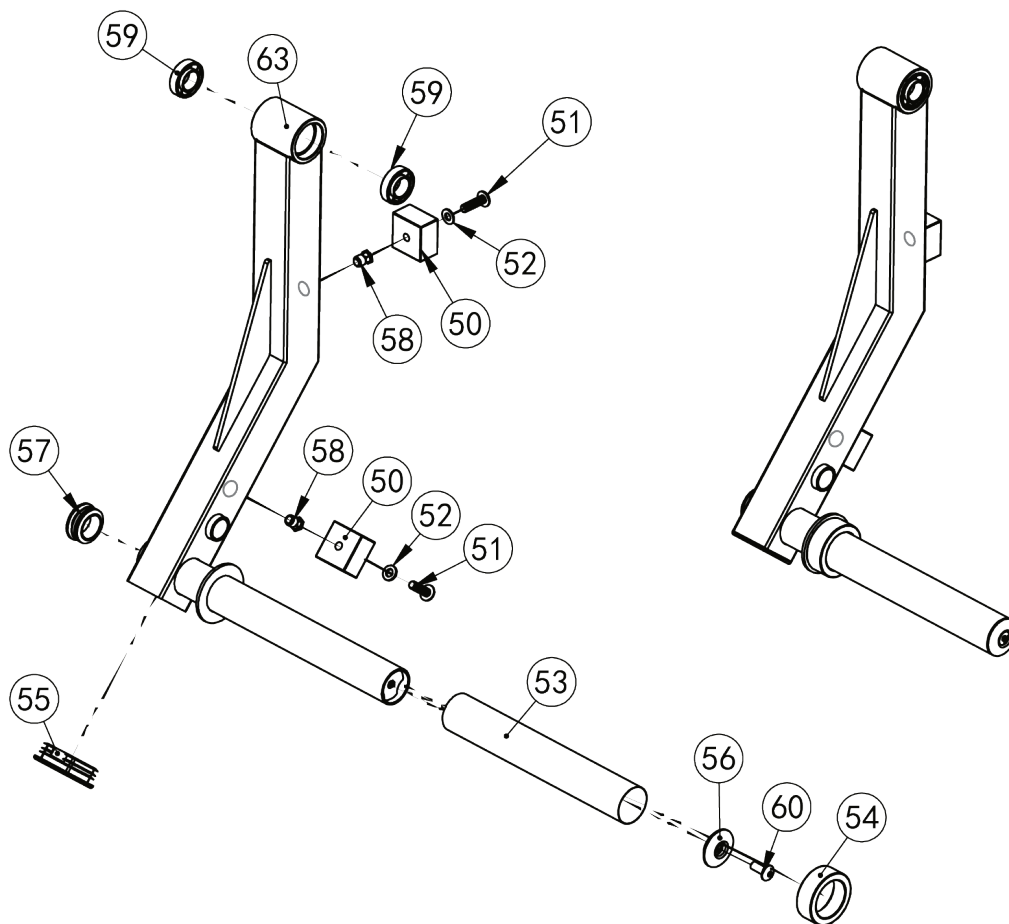
| NO. | X SERIES SKU              | DESCRIPTION                            | NOTE         | QTY |
|-----|---------------------------|----------------------------------------|--------------|-----|
| 6   | F-X15-X20-UPGRADE-PART#6  | φ10 Flat Washer (black)                | φ10          | 1   |
| 7   | F-X15-X20-UPGRADE-PART#7  | M10×25 Hexagon Bolt (black)            | M10×25       | 1   |
| 8   | F-X15-X20-UPGRADE-PART#8  | φ10 Spring Washer (black)              | φ10          | 1   |
| 39  | F-X15-X20-UPGRADE-PART#39 | Jammer Arm Holder                      |              | 1   |
| 41  | F-X15-X20-UPGRADE-PART#41 | φ25×77-m12 Internal Thread Axle        | φ25*77*M12   | 1   |
| 42  | F-X15-X20-UPGRADE-PART#42 | M12×25 Hexagon Bolt (black)            | M12×25       | 3   |
| 43  | F-X15-X20-UPGRADE-PART#43 | φ12 Flat Washer (black)                | φ12          | 2   |
| 44  | F-X15-X20-UPGRADE-PART#44 | φ12 Spring Washer (black)              | φ12          | 3   |
| 45  | F-X15-X20-UPGRADE-PART#45 | φ85×φ50×h49 Barbell Rod Collars        | φ85×50×H49   | 1   |
| 46  | F-X15-X20-UPGRADE-PART#46 | Big Flat Washer                        | φ33*φ12.5*T3 | 1   |
| 47  | F-X15-X20-UPGRADE-PART#47 | Jammer Arm Frame - Right Assembly Part |              | 1   |
| 48  | F-X15-X20-UPGRADE-PART#48 | Right Handle Assembly Part             |              | 1   |

# LEFT JAMMER ARM ASSEMBLY STEP



| NO. | X SERIES SKU               | DESCRIPTION          | NOTE | QTY |
|-----|----------------------------|----------------------|------|-----|
| 80  | F-X15-X20-UPGRADE-PART #80 | M24 Plum Blossom Nut | M24  | 2   |

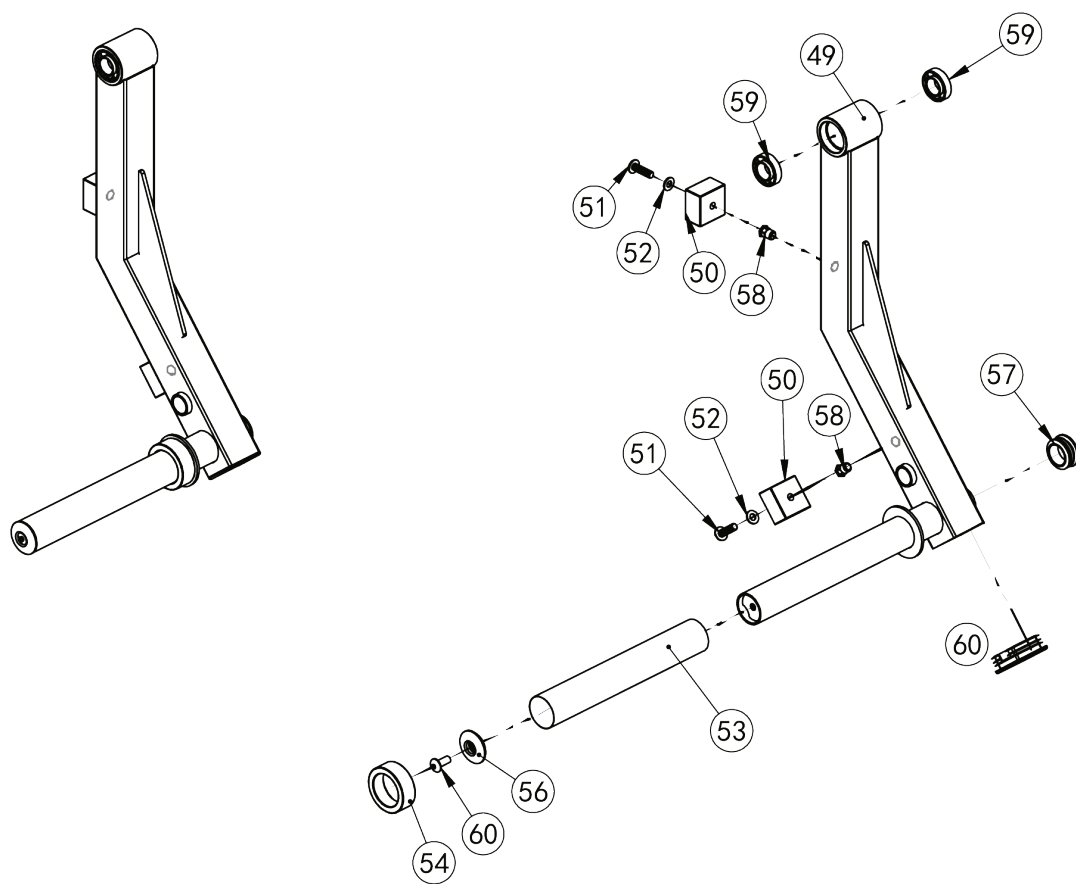
# ASSEMBLY DRAWING



## Jammer Arm Frame - Right Assembly Part-47 1PC/SET

| NO. | X SERIES SKU              | DESCRIPTION                              | NOTE            | QTY |
|-----|---------------------------|------------------------------------------|-----------------|-----|
| 50  | F-X15-X20-UPGRADE-PART#50 | 50 Rubber Block                          | □50×50×30       | 2   |
| 51  | F-X15-X20-UPGRADE-PART#51 | M10x35 Hexagon Socket Button Head Screws | M10×35          | 2   |
| 52  | F-X15-X20-UPGRADE-PART#52 | φ10 Flat Washer                          | φ10             | 2   |
| 53  | F-X15-X20-UPGRADE-PART#53 | φ50x310 Stainless Outer Sleeve           | φ49.5*0.6       | 1   |
| 54  | F-X15-X20-UPGRADE-PART#54 | 25 Rubber Ring                           | φ70×φ50×25      | 1   |
| 55  | F-X15-X20-UPGRADE-PART#55 | 60 Square Tube Plug                      | □60×60×2        | 1   |
| 56  | F-X15-X20-UPGRADE-PART#56 | φ11×φ18×φ42×φ50 Aluminum End Cap         | φ11×v18×φ42×φ50 | 1   |
| 57  | F-X15-X20-UPGRADE-PART#57 | 48 Tube Plug                             | φ48×2.5         | 1   |
| 58  | F-X15-X20-UPGRADE-PART#58 | M10 Countersunk Hexagon Rivet Nuts       | M10             | 2   |
| 59  | F-X15-X20-UPGRADE-PART#59 | 6005 Bearing                             | φ47*v25*16      | 2   |
| 60  | F-X15-X20-UPGRADE-PART#60 | M10x25 Hexagon Socket Button Head Screws | M10×25          | 1   |
| 63  | F-X15-X20-UPGRADE-PART#63 | Jammer Arm Right Welding Part            |                 | 1   |

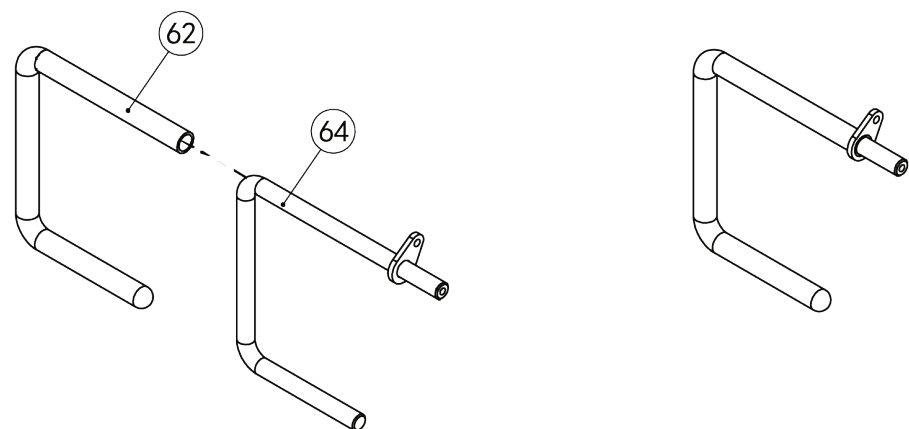
# ASSEMBLY DRAWING



## Jammer Arm Frame - Left Assembly Part-38 1PC/SET

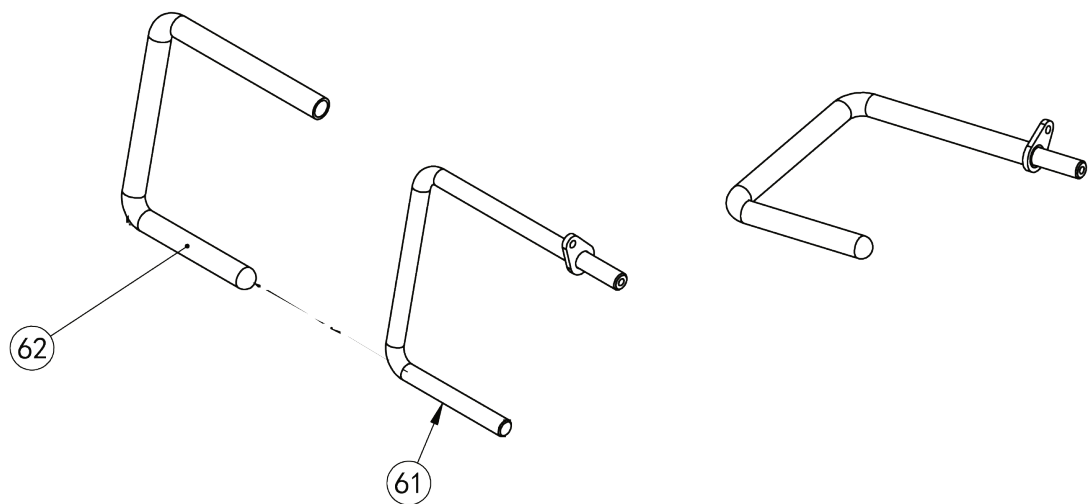
| NO. | X SERIES SKU              | DESCRIPTION                              | NOTE            | QTY |
|-----|---------------------------|------------------------------------------|-----------------|-----|
| 49  | F-X15-X20-UPGRADE-PART#49 | Jammer Arm Left Welding Part             |                 | 1   |
| 50  | F-X15-X20-UPGRADE-PART#50 | 50 Rubber Block                          | □50×50×30       | 2   |
| 51  | F-X15-X20-UPGRADE-PART#51 | M10x35 Hexagon Socket Button Head Screws | M10×35          | 2   |
| 52  | F-X15-X20-UPGRADE-PART#52 | φ10 Flat Washer                          | φ10             | 2   |
| 53  | F-X15-X20-UPGRADE-PART#53 | φ50x310 Stainless Outer Sleeve           | φ49.5*0.6       | 1   |
| 54  | F-X15-X20-UPGRADE-PART#54 | 25 Rubber Ring                           | φ70×φ50×25      | 1   |
| 55  | F-X15-X20-UPGRADE-PART#55 | 60 Square Tube Plug                      | □60×60×2        | 1   |
| 56  | F-X15-X20-UPGRADE-PART#56 | φ11×φ18×φ42×φ50 Aluminum End Cap         | φ11×φ18×φ42×φ50 | 1   |
| 57  | F-X15-X20-UPGRADE-PART#57 | 48 Tube Plug                             | φ48×2.5         | 1   |
| 58  | F-X15-X20-UPGRADE-PART#58 | M10 Countersunk Hexagon Rivet Nuts       | M10             | 2   |
| 59  | F-X15-X20-UPGRADE-PART#59 | 6005 Bearing                             | φ47*ν25*16      | 2   |
| 60  | F-X15-X20-UPGRADE-PART#60 | M10x25 Hexagon Socket Button Head Screws | M10×25          | 1   |

# ASSEMBLY DRAWING



Right Handle Assemble Part-48 1PC/SET

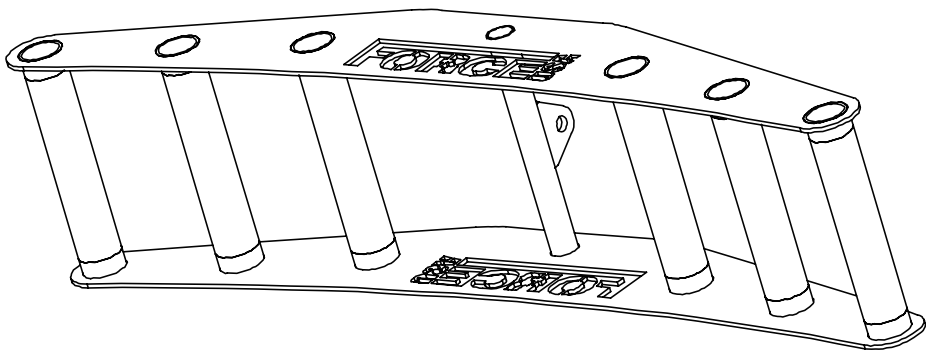
| NO. | X SERIES SKU              | DESCRIPTION                               | NOTE                        | QTY |
|-----|---------------------------|-------------------------------------------|-----------------------------|-----|
| 62  | F-X15-X20-UPGRADE-PART#62 | Jammer Arm Handle Cover<br>(One End Open) | $\phi 32 * \phi 24.8 * 830$ | 1   |
| 64  | F-X15-X20-UPGRADE-PART#64 | Right Handle Welding Part                 |                             | 1   |



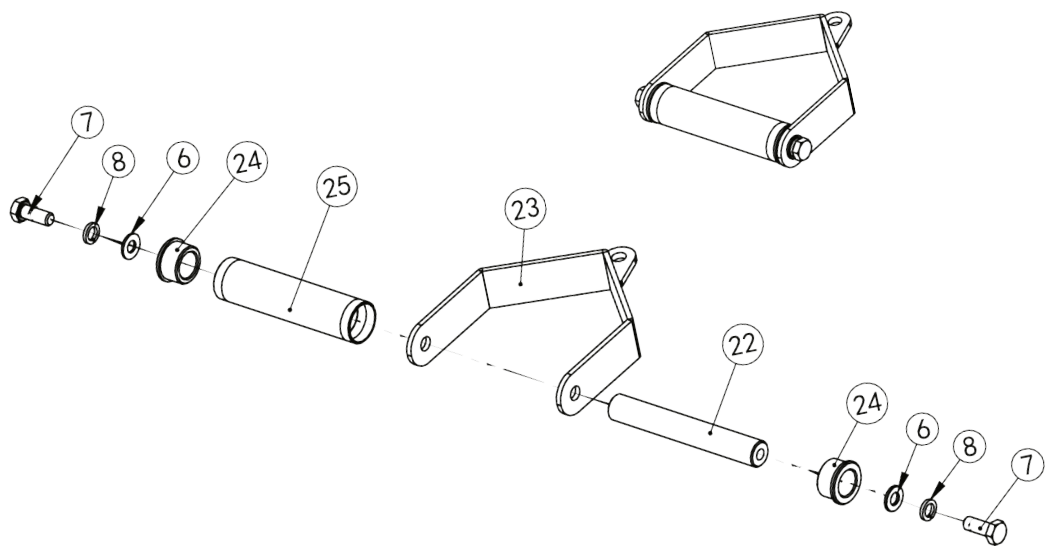
Left Handle Assemble Part-40 1PC/SET

| NO. | X SERIES SKU              | DESCRIPTION                               | NOTE                        | QTY |
|-----|---------------------------|-------------------------------------------|-----------------------------|-----|
| 61  | F-X15-X20-UPGRADE-PART#61 | Left Handle Welding Part                  |                             | 1   |
| 62  | F-X15-X20-UPGRADE-PART#62 | Jammer Arm Handle Cover<br>(One End Open) | $\phi 32 * \phi 24.8 * 830$ | 1   |

# ASSEMBLY DRAWING



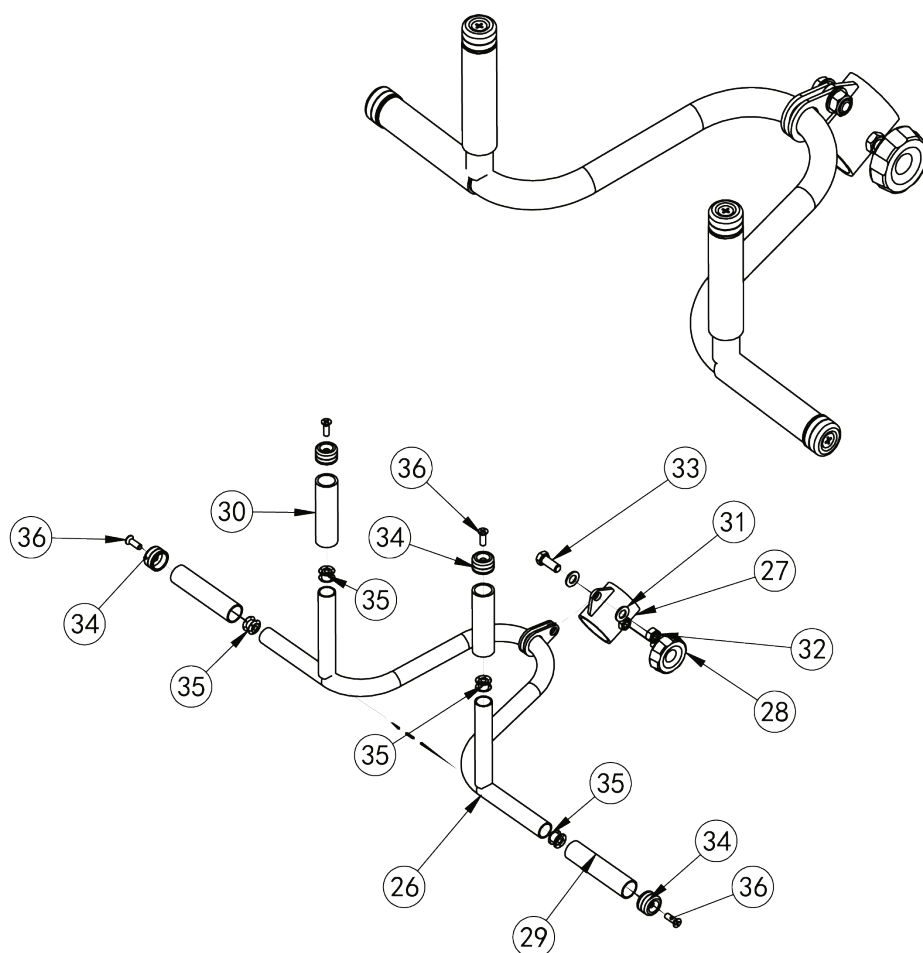
Multi Grip Lat Pulldown 1PC/SET



Single Metal Handle-83 2PC/SET

| NO. | X SERIES SKU              | DESCRIPTION                             | NOTE           | QTY |
|-----|---------------------------|-----------------------------------------|----------------|-----|
| 6   | F-X15-X20-UPGRADE-PART#6  | φ10 Flat Washer (black)                 | φ10            | 2   |
| 7   | F-X15-X20-UPGRADE-PART#7  | M10×25 Hexagon Bolt (black)             | M10×25         | 2   |
| 8   | F-X15-X20-UPGRADE-PART#8  | φ10 Spring Washer (black)               | φ10            | 2   |
| 22  | F-X15-X20-UPGRADE-PART#22 | φ20×137×m10 Internal Thread Axle        | φ20×137×M10    | 1   |
| 23  | F-X15-X20-UPGRADE-PART#23 | Handle Welding Part                     |                | 1   |
| 24  | F-X15-X20-UPGRADE-PART#24 | φ33×φ29×φ20×18 Powder Metallurgy Sleeve | φ33×φ29×φ20×18 | 2   |
| 25  | F-X15-X20-UPGRADE-PART#25 | Handle Tube                             | φ32*2          | 1   |

## V BAR ASSEMBLY STEP



### V Bar Assembly Part-82 1PC/SET

| NO. | X SERIES SKU              | DESCRIPTION                                           | NOTE                    | QTY |
|-----|---------------------------|-------------------------------------------------------|-------------------------|-----|
| 26  | F-X15-X20-UPGRADE-PART#26 | V Bar Welding Part                                    |                         | 1   |
| 27  | F-X15-X20-UPGRADE-PART#27 | V Bar Sleeve                                          |                         | 1   |
| 28  | F-X15-X20-UPGRADE-PART#28 | Plum Blossom Knob                                     | M10                     | 1   |
| 29  | F-X15-X20-UPGRADE-PART#29 | 25 Handle Cover -125 (Both End Open)                  | $\phi 25 \times 125$    | 2   |
| 30  | F-X15-X20-UPGRADE-PART#30 | 25 Handle Cover -110 (Both End Open)                  | $\phi 25 \times 110$    | 2   |
| 31  | F-X15-X20-UPGRADE-PART#31 | $\phi 12$ Flat Washer                                 | $\phi 12$               | 2   |
| 32  | F-X15-X20-UPGRADE-PART#32 | M12 Lock Nut                                          | M12                     | 1   |
| 33  | F-X15-X20-UPGRADE-PART#33 | M12 $\times$ 30 Hexagon Bolt                          | M12 $\times$ 30         | 1   |
| 34  | F-X15-X20-UPGRADE-PART#34 | 25 End Cap                                            | $\phi 31.5 \times 25.5$ | 4   |
| 35  | F-X15-X20-UPGRADE-PART#35 | $\phi 23 \times m8$ Double Shrapnel Nut               | $\phi 23$ -M8 double    | 4   |
| 36  | F-X15-X20-UPGRADE-PART#36 | M8 $\times$ 20 Countersunk Head Cross Recessed Screws | M8 $\times$ 20          | 4   |



## **WARRANTY**

### **LIFETIME WARRANTY ON FRAME - 2 YEAR WARRANTY ON MOVING PARTS**

The Force USA PRO range of strength equipment carries a Lifetime Structural Warranty along with two years cover on all cables and pulleys. This warranty applies to first owners and does not cover second-hand equipment or re-sold equipment. This Force USA PRO warranty covers only failures due to defects in structural, cables and pulleys and workmanship that occur during regular home use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, misapplication, alteration or improper assembly of the product. This warranty does not cover the use or failure of equipment in-studio commercial applications. The replacement or repair provided for under the Force USA PRO warranty is the responsibility of the user, and the customer will be responsible for any freight charges that apply. Force USA PRO will not be liable for any consequential damages or breach of any implied warranty on the range of Force USA PRO strength equipment. Force USA PRO reserves the right to provide reconditioned parts and/or to request a return and repair existing defective components on the Force USA PRO product.

Force USA PRO uses commercial-grade upholstery for all Force USA PRO strength equipment. The commercial vinyl comes with a rip-stop mesh backing to help prevent rips and tears.