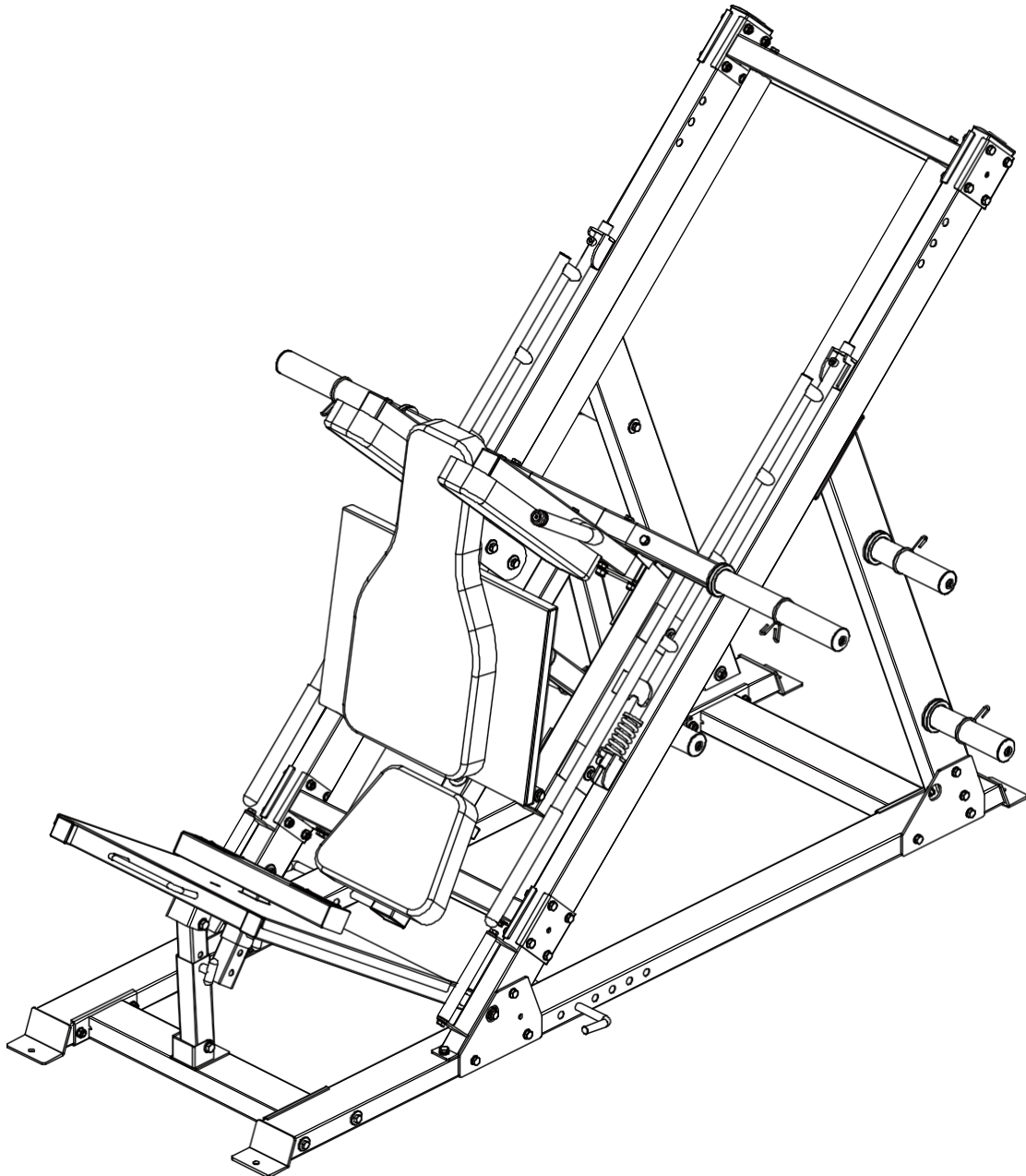


FORCE USA

ORIGINAL LEG PRESS HACK SQUAT



OWNER'S MANUAL | F-MLPHS-V2

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LIST OF WORKS

KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
1	Grounding pipe - right	1
2	Ground Link Pipe	1
3	Front grounding tube	1
4	Large flat washer $\phi 30 \times \phi 10 \times 3$	48
5	Flat washer $\phi 10$	86
6	Locking nut M10	46
7	Hexagon bolt M10*120	12
8	Ground pipe - left	1
9	Fixing plate	4
10	Back support tube	1
11	Back support tube - left	1
12	Hexagon bolt M10*70	30
13	Hexagon bolt M10*115	2
14	Inclined pipe Mounting part	1
15	Spring washer $\phi 10$	38
16	Hexagon bolt M10*20	34
17	Inclined pipe - right part of the assembly	1
18	Guide rod down Fixed tube Mounting part	1
19	Fixed guide pipe installation part	1
20	Mounting part of the sliding bar	2
21	Slider frame mounting part	1
22	End bar Mounting part	1
23	100*130*4 Connecting plate	4
24	Hexagon bolt M10*30	8
25	External leg press adjustment tube assembly	1
26	Footboard	1

LIST OF WORKS

KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
27	Leg press adjustment assembly	1
28	Axle with internal thread $\varphi 15,9 \times 135$	2
29	Flat washer $\varphi 12$	14
30	Locking nut M12	6
31	Hexagon bolt M12*80	2
32	T-shaped pin	1
33	Part of the limit frame assembly	2
34	Spring	2
35	Hexagon head screws M10*20	4
36	Mounting plate upside down Part	1
37	Mounting part of the Regulatory Fixing Pipe	1
38	Shoulder pads Frame - right mounting part	1
39	Dumbbell holder frame	1
40	Hexagon bolt M10*65	2
41	Hexagon bolt M10*115	2
42	Shoulder pads Frame - left mounting part	1
43	Hexagon bolt M12*75	4
44	Hexagon bolt M12*65	2
45	Part of the lifting frame assembly	1
46	Inner bar for dumbbells	1
47	Holder for dumbbells	2
48	Hexagon head screws M8*20	2
49	Holder for dumbbells	4
50	Spring collar	8
51	Rear pad	1
52	Shoulder pad	2

LIST OF WORKS

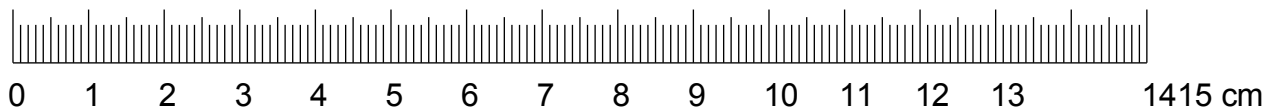
KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
53	Flat washer $\phi 8$	8
54	Hexagon bolt M8*70	4
55	Seat pad	1
56	Hexagon bolt M8*45	4
57	The Peg Band	2
58	Legs Brick frame	1
59	T-shaped pin	1
60	Large flat washer $\phi 25 \phi * 10 * 2$	8
61	Axle with internal thread $\phi 15,9 * 120$	2
62	Handle tube	2
63	Tube plug $50 * 100 * 2$	2
64	Double layer spring nut $\phi 23 - M10$	2
65	Tube plug $\phi 60 * 60 * 2$	1
66	Pipe plug $\phi 25 * 25 * 1,5$	4
67	Roller $\phi 59$	8
68	Internal threaded axle $\phi 17 * 81 - M10$	8
69	Bearing 6003	16
70	Plug $50 * 70 * 2$	4
71	Pulling pin	1
72	Stainless steel bar $\phi 50 * 0,8$	1
73	Pipe cover $\phi 30 * \phi 25 * 50$	1
74	Pipe plug $\phi 50 * 50 * 2$	3
75	Tube plug $\phi 45 * 45 * 2$	5
76	Handle cover $\phi 24,5 * 280$	1
77	Round plug $\phi 25 * 2$	1

LIST OF WORKS

78	Pipe plug $\varnothing 25 \times 25 \times 1,5$	2
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LIST OF WORKS

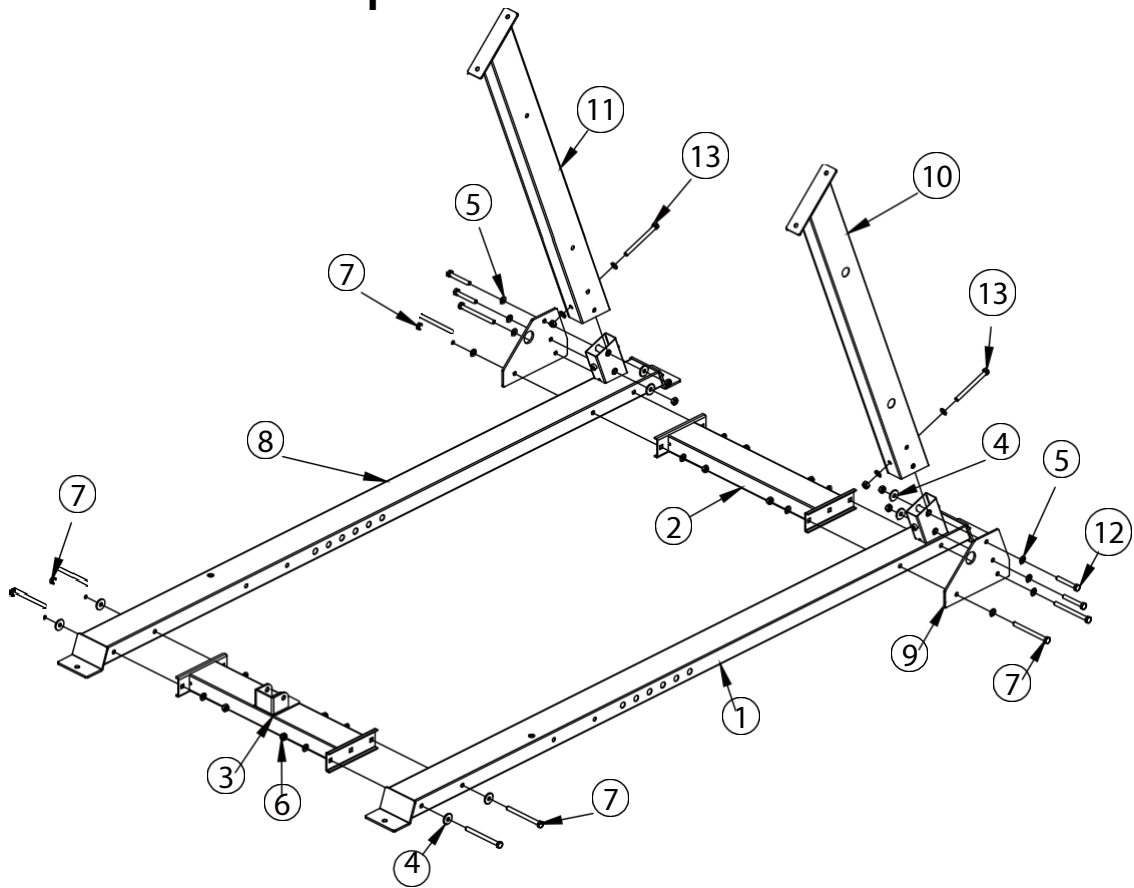
KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
79	φ50*345 Stainless steel pipe φ49.5*6	2
80	φ48*344 Inner tube φ48*1,5	2
81	End cap φ50*φ44,8*φ25,5	2
82	Middle cap φ70*φ44.8*φ25.5*30	2
83	Hexagon head screws M8*20	2
84	Handle cover φ32*310	2
85	Fixing ring φ31,5*φ25,5	2
86	Phillips screw with countersunk head M10*25	2
87	Rear washer fixing plate	1
88	Phillips screw with countersunk head M8*20	4
89	Anti-slip sheet	2
90	Flat blind rivet with round head 4*10	6
91	Double layer spring nut φ29-M10	2



Screw length gauge

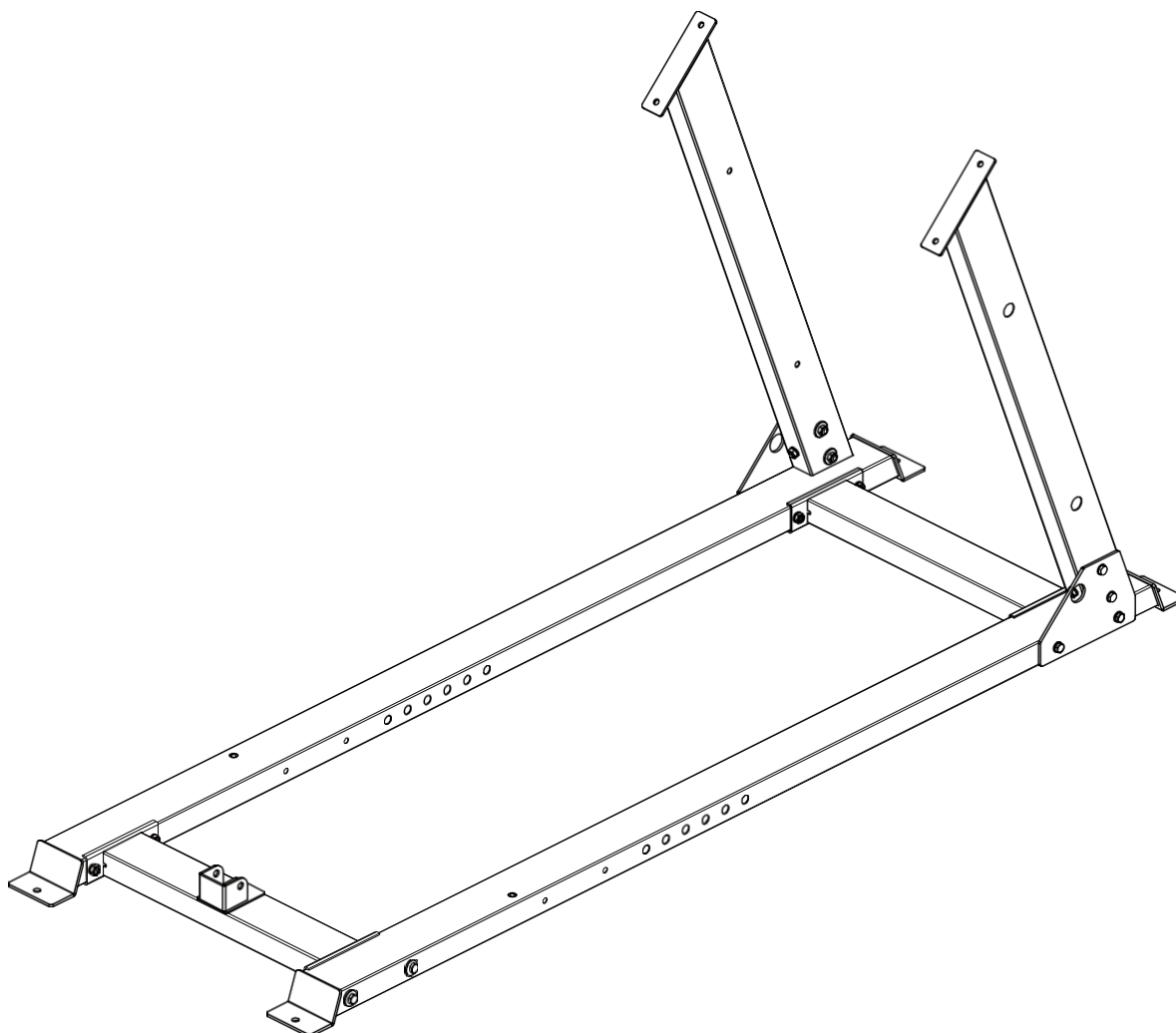
ASSEMBLY STEP

1



KEY NUMBER	PART DESCRIPTION	QUALITY
1	Grounding pipe on the right	1
2	Ground Link Pipe	1
3	Front grounding tube	1
4	Large flat washer $\phi 30 \times \phi 10 \times 3$	8
5	Flat washer $\phi 10$	20
6	Locking nut M10	14
7	Hexagon bolt M10*120	8
8	Ground pipe - left	1
9	Fixing plate	2
10	Back support tube	1
11	Back support tube - left	1
12	Hexagon bolt M10*70	4
13	Hexagon bolt M10*115	2

ASSEMBLY DRAWING



INSTALLATION INSTRUCTIONS IN STEP 1

1. The connection of front grounding tube-3, grounding tube right-1 and grounding tube left-8 use M10*120-7 hexagon bolt, $\phi 30 \times \phi 10 \times 3$ large on washer-4, $\phi 10$ on washer-5 and M10-6 lock nut.
2. The interconnection of grounding connection pipe-3, grounding pipe right-1 and grounding pipe left-8 use M10*120-7 hexagon bolt, $\phi 30 \times \phi 10 \times 3$ large at washer-4, $\phi 10$ at washer-5 and M10 lock nut.
3. Fix the rear support pipe left-11 to the ground pipe left-8 using hexagon bolt M10*115-13, washer $\phi 10$ -5, lock nut M10-6 and fixing plate-9.
4. Fix the rear support pipe-10 to the ground pipe left-8 with M10*115-13 hex bolt,

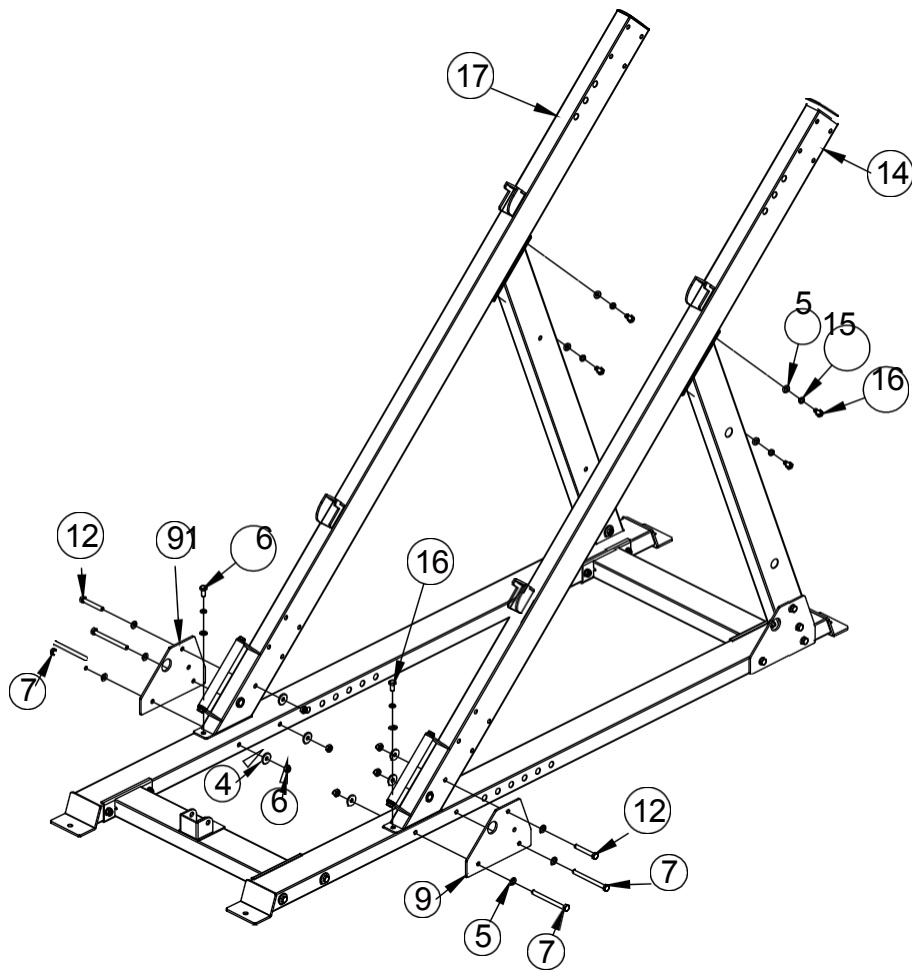
φ10

ASSEMBLY DRAWING

ASSEMBLY DRAWING

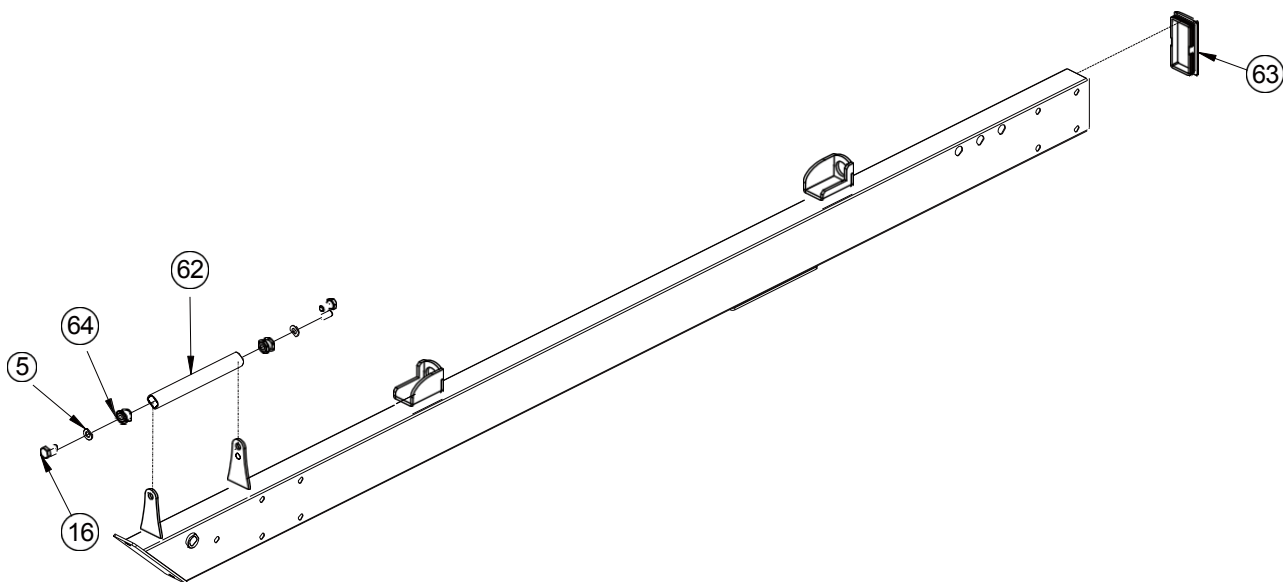
on washer-5, lock nut M10-6 and fixing plate-9.

ASSEMBLY STEP 2



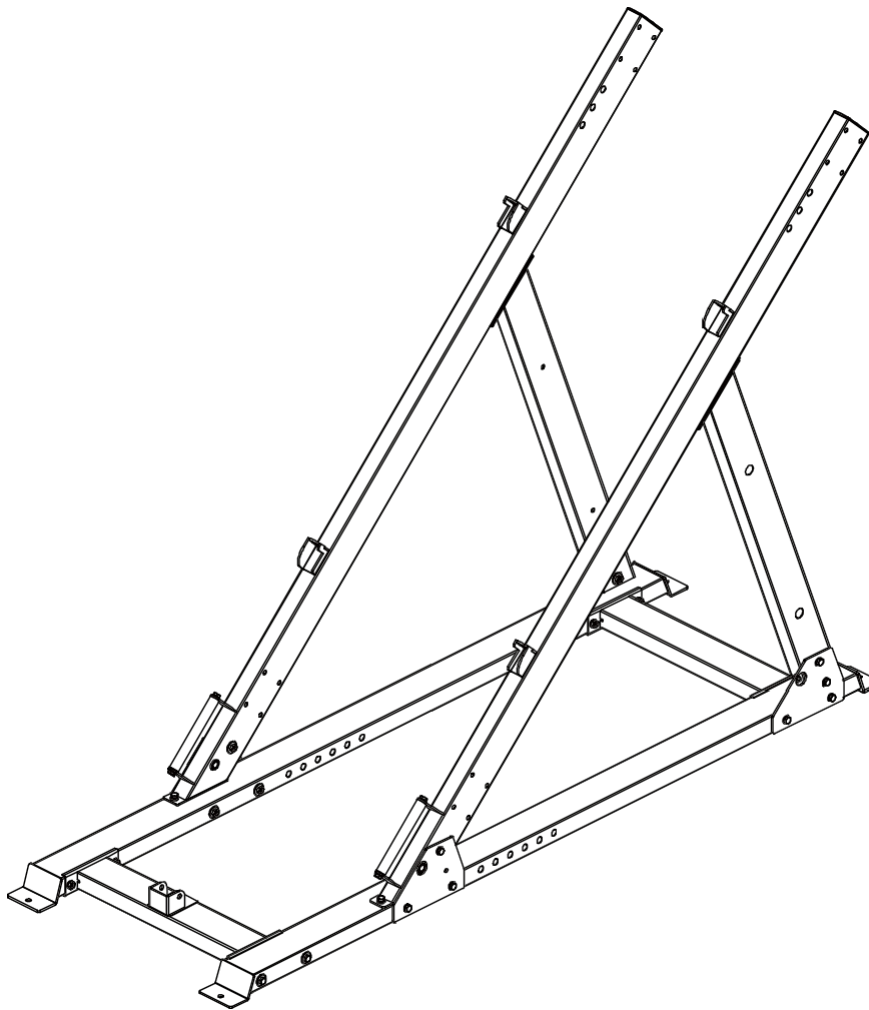
KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
4	Large flat washer $\phi 30 * \phi 10 * 3$	6
5	Flat washer $\phi 10$	12
6	Locking nut M10	6
7	Hexagon bolt M10*120	4
9	Fixing plate	2
12	Hexagon bolt M10*70	2
14	Inclined pipe Mounting part	1
15	Spring washer $\phi 10$	6
16	Hexagon bolt M10*20	6
17	Inclined pipe - right part of the assembly	1

ASSEMBLY DRAWING



KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
5	Flat washer $\phi 10$	2
16	Hexagon bolt M10*20	2
62	Handle tube	1
63	Tube plug 50*100*2	1
91	Double layer spring nut $\phi 29$ -M10	2

ASSEMBLY DRAWING

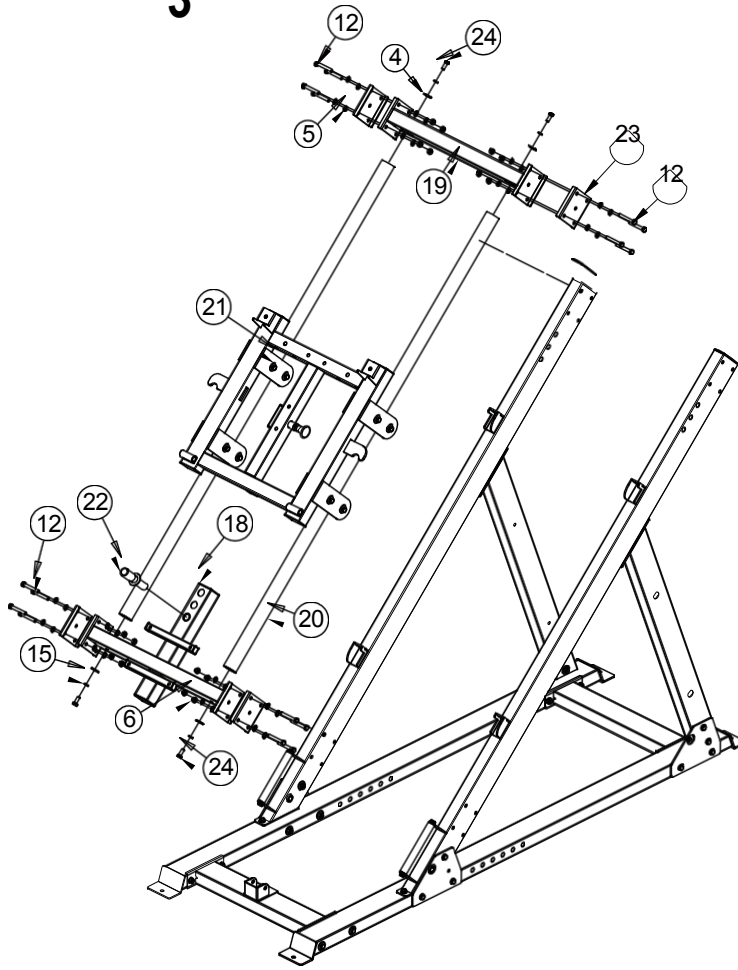


INSTALLATION INSTRUCTIONS IN STEP 2

1. Fix the inclined tube assembly - part 14 and the inclined tube assembly - right part 17 to the main frame using an M10*120-7 hexagon bolt, a large flat washer $\phi 30*\phi 10*3-4$, a flat washer $\phi 10-5$ and an M10 lock nut-6, fixing plate-9, hexagon bolt M10*20-16 and flexible washer $\phi 10-15$.

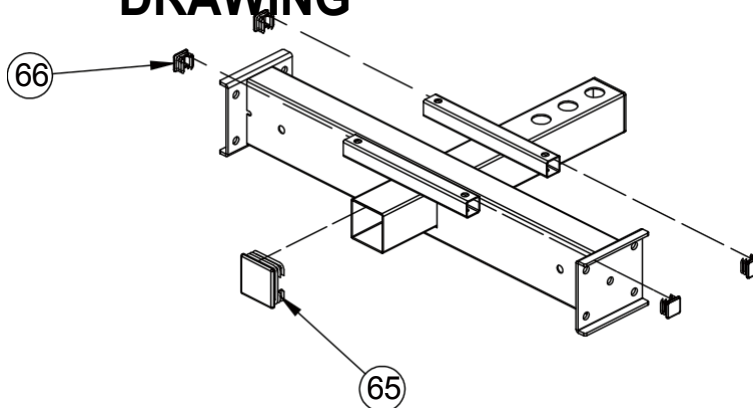
ASSEMBLY STEP

3

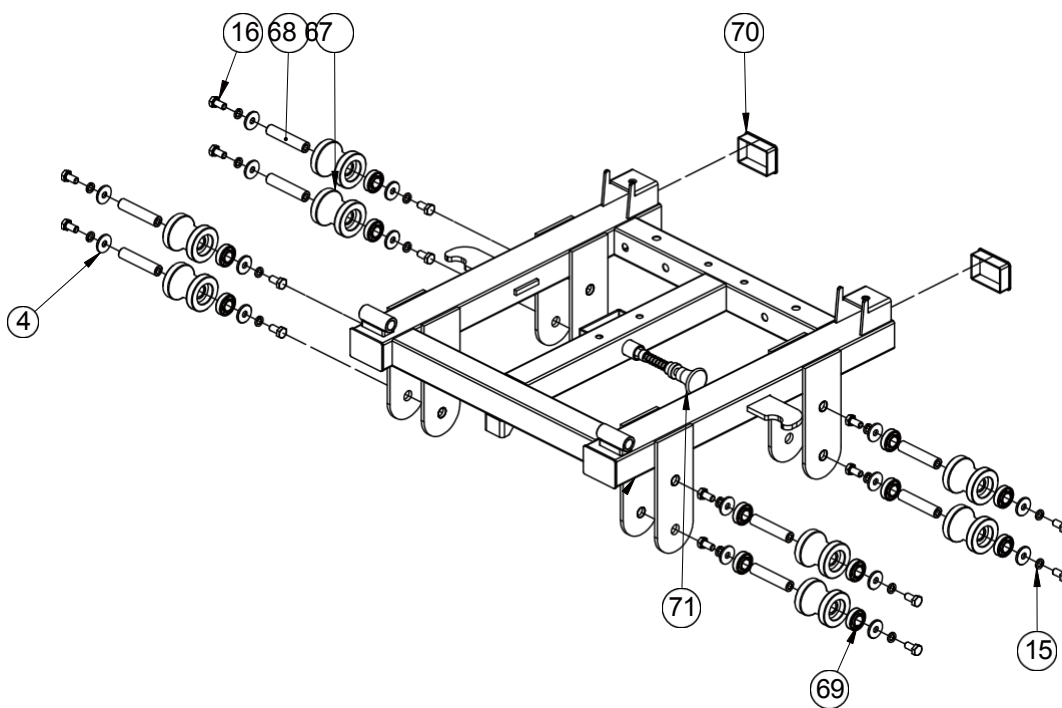


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
4	Large flat washer $\phi 30 \times \phi 10 \times 3$	4
5	Flat washer $\phi 10$	32
6	Locking nut M10	16
12	Hexagon bolt M10*70	16
15	Spring washer $\phi 10$	4
18	Guide rod down Fixed tube Mounting part	1
19	Fixed guide pipe installation part	1
20	Mounting part of the sliding bar	2
21	Slider frame mounting part	1
22	End bar Mounting part	1
23	100*130*4 Connecting plate	4
24	Hexagon bolt M10*30	4

ASSEMBLY DRAWING

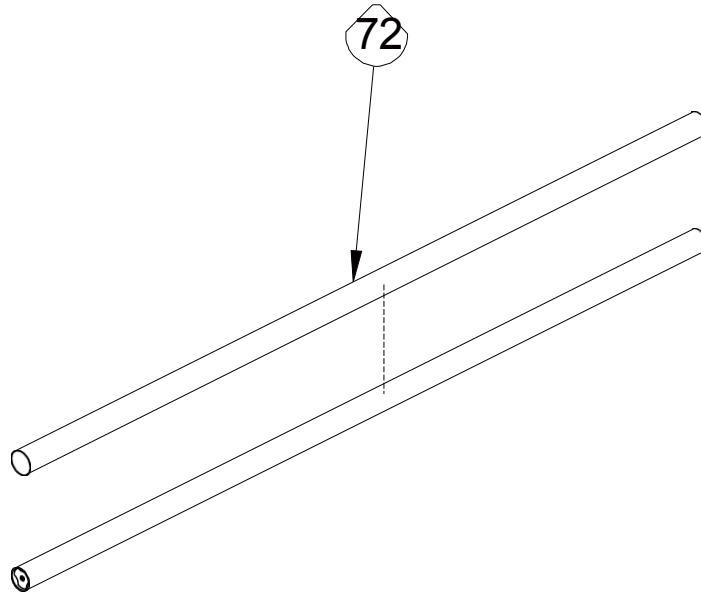


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
65	Tube plug $\phi 60 \times 60 \times 2$	1
66	Pipe plug $\phi 25 \times 25 \times 1,5$	4

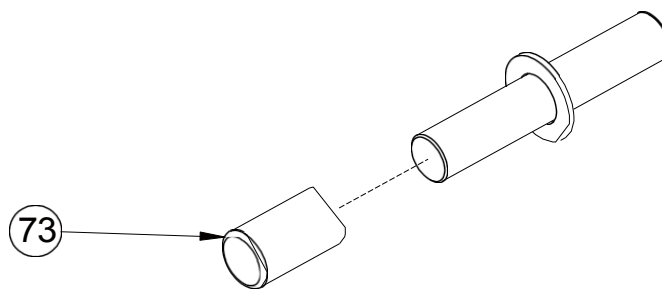


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
4	Large flat washer $\phi 30 \times \phi 10 \times 3$	16
15	Spring washer $\phi 10$	16
16	Hexagon bolt M10*20	16
67	Roller $\phi 59$	8
68	Internal threaded axle $\phi 17 \times 81 - M10$	8
69	Bearing 6003	16
70	Plug $50 \times 70 \times 2$	2
71	Pulling pin	1

ASSEMBLY DRAWING

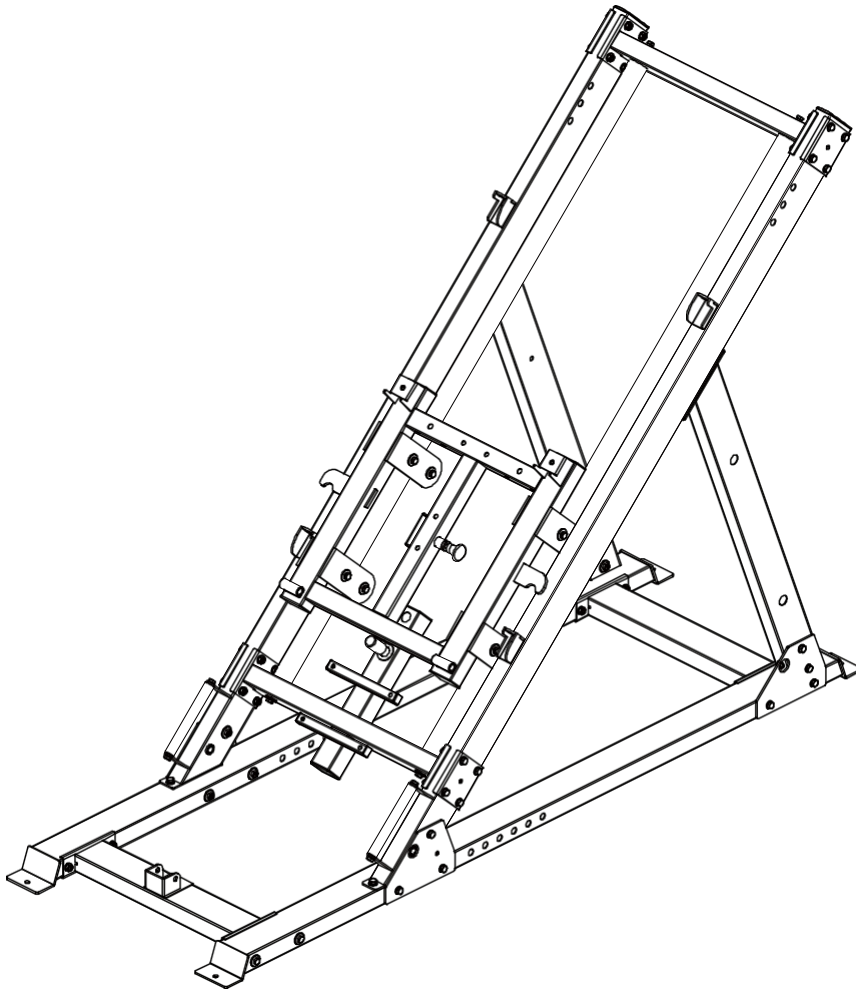


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
72	Stainless steel bar $\varnothing 50 \times 0,8$	1



KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
73	Pipe cover $\varnothing 30 \times \varnothing 25 \times 50$	1

ASSEMBLY DRAWING



INSTALLATION INSTRUCTIONS IN STEP 3

1. Fix the guide rod down the fixed tube assembly part-18 to the main frame with M10*70-12 hex bolt, $\phi 10$ -5 flat washer and M10-6 lock nut and 100*130*4 connection plate.
2. Secure the slide bar assembly, part 20, to the guide bar down the fixed tube, part 18, using an M10*30-24 hex bolt, a $\phi 10$ -15 flexible washer, and a large $\phi 30$ * $\phi 10$ *3-4 flat washer.
3. Insert the slide frame assembly part-21 into the slide bar assembly part-20.
4. Fasten the guide rod assembly with fixed tube part 19 to the main frame with hexagon bolt M10*70, $\phi 10$ flat washer-5 and lock nut M10-6 and connection plate 100*130*4.
5. Attach the slide bar assembly part 20 to the guide bar assembly with fixed tube part 19 using

ASSEMBLY

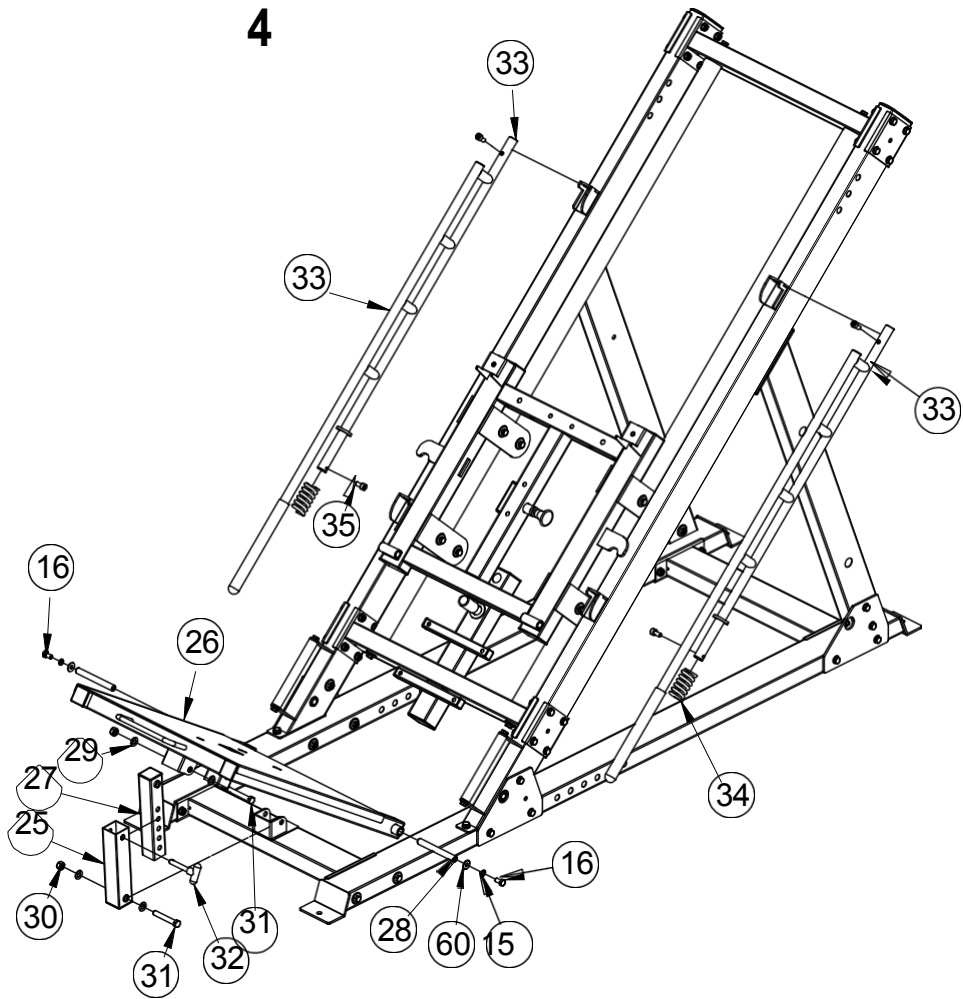
DRAWING

M10*30

hex bolt-24, flexible washer $\phi 10-15$ and large flat washer $\phi 30 * \phi 10 * 3-4$.

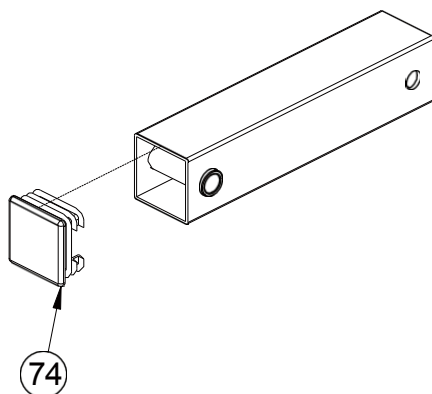
ASSEMBLY STEP

4

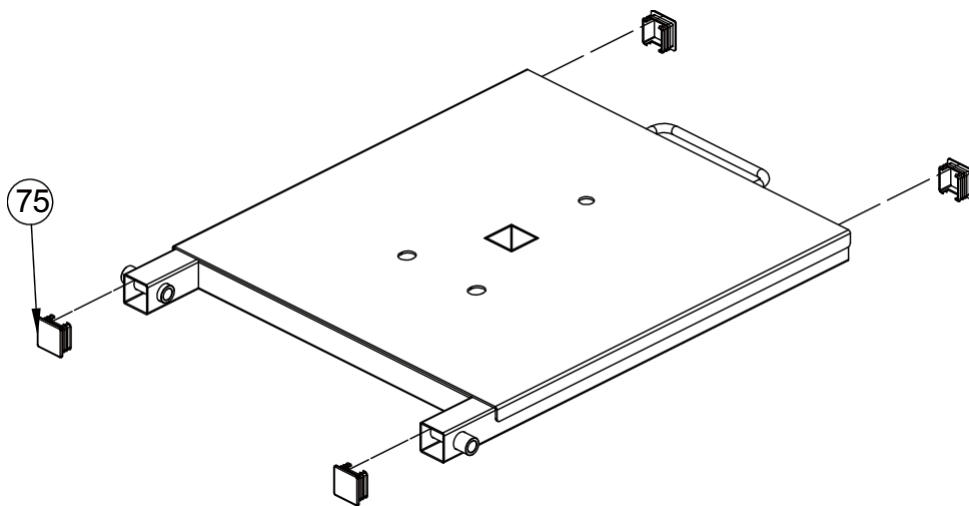


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
15	Spring washer $\phi 10$	4
16	Hexagon bolt M10*20	4
25	External leg press adjustment tube assembly	1
26	Footboard	1
27	Leg press adjustment assembly	1
28	Axle with internal thread $\phi 15,9 \times 135$	2
29	Flat washer $\phi 12$	4
30	Locking nut M12	2
31	Hexagon bolt M12*80	2
32	T-shaped pin	1
33	Part of the limit frame assembly	2
34	Spring	2
35	Hexagon head screws M10*20	4
60	Large flat washer $\phi 25 \times \phi 10 \times 2$	4

ASSEMBLY DRAWING

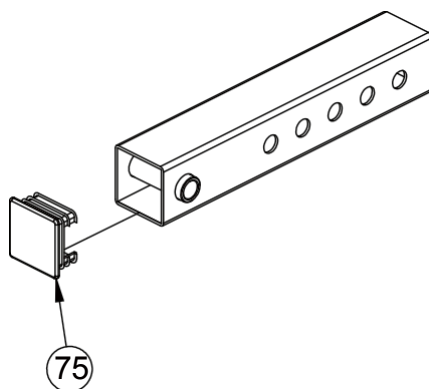


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
74	74 Pipe plug $\phi 50 \times 50 \times 2$ 1	1

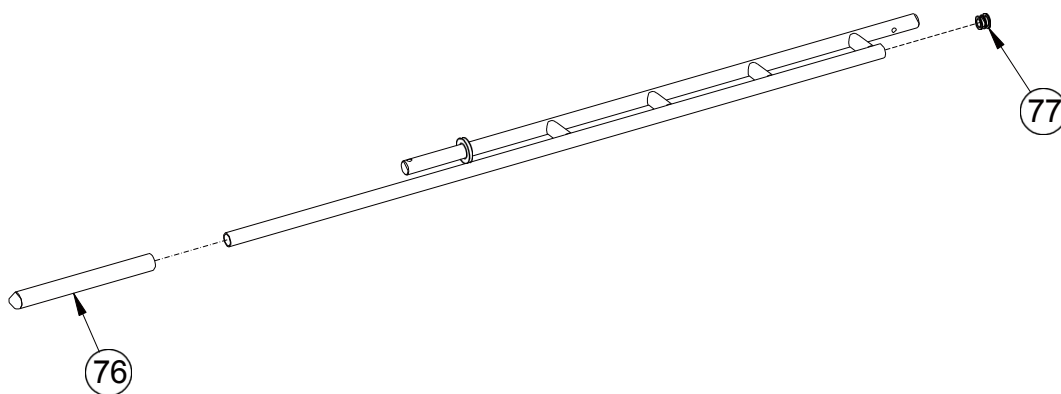


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
75	Tube plug $\phi 45 \times 45 \times 2$	4

ASSEMBLY DRAWING

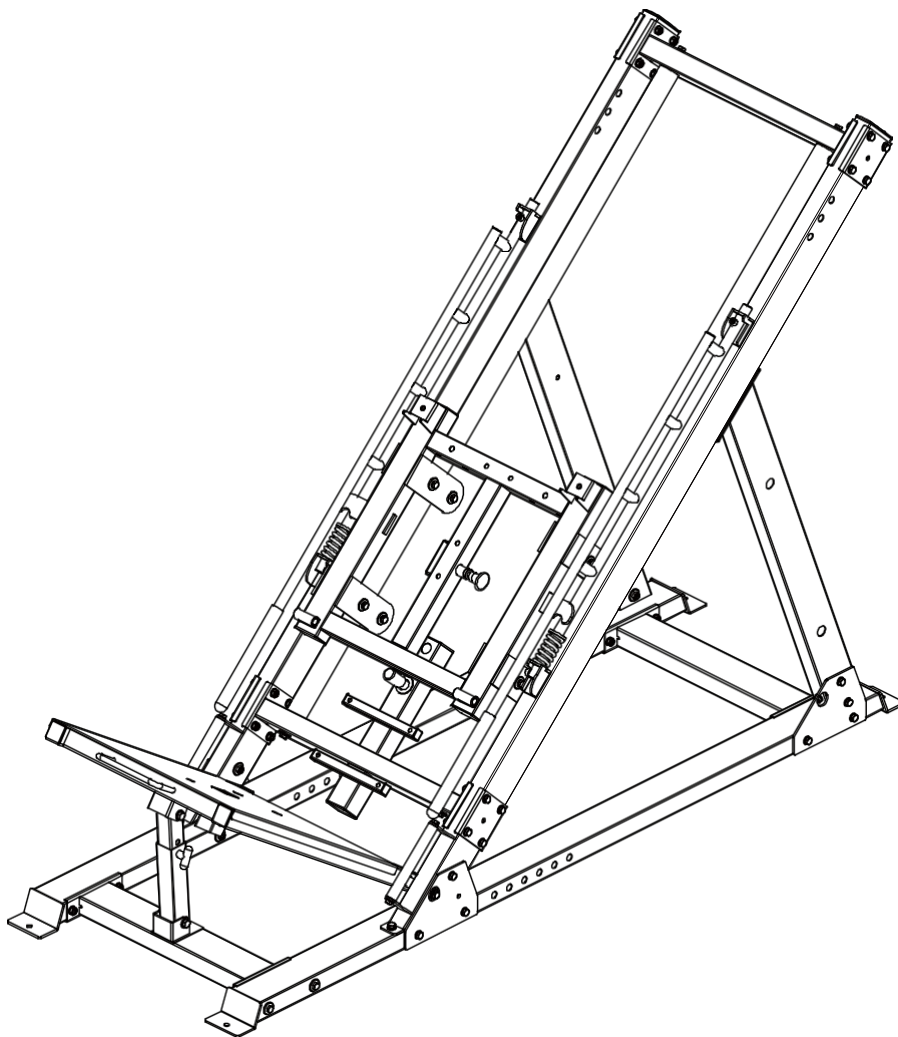


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
75	Tube plug $\phi 45 \times 45 \times 2$	4



KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
76	Handle cover $\phi 24,5 \times 280$	1
77	Round plug $\phi 25 \times 2$	1

ASSEMBLY DRAWING



INSTALLATION INSTRUCTIONS IN STEP 4

1. Secure the end frame assembly, part 33, to the main frame using spring 34 and M10*20-35 hex head screws.
2. Fix the leg press outer tube assembly - part 25 to the main frame using M12*80 hex bolt - 31, flat washer $\phi 12$ - 29, lock nut M12 - 30.
3. Fasten the leg press adjustment tube assembly - part 27 to the leg plate - 26 using hexagon bolt M12*80 - 31, $\phi 12$ flat washer-29, lock nut M12-30.
4. Fix the footplate-26 to the main frame with M10*20-16 hex bolt, $\phi 10$ -15 flexible washer, $\phi 25^* \phi 10^* 2$ large flat washer-60 and $\phi 15.9^* 135$ Axis internally threaded.
5. Connect the outer tube assembly for the leg press adjustment of part 25 and the tube assembly

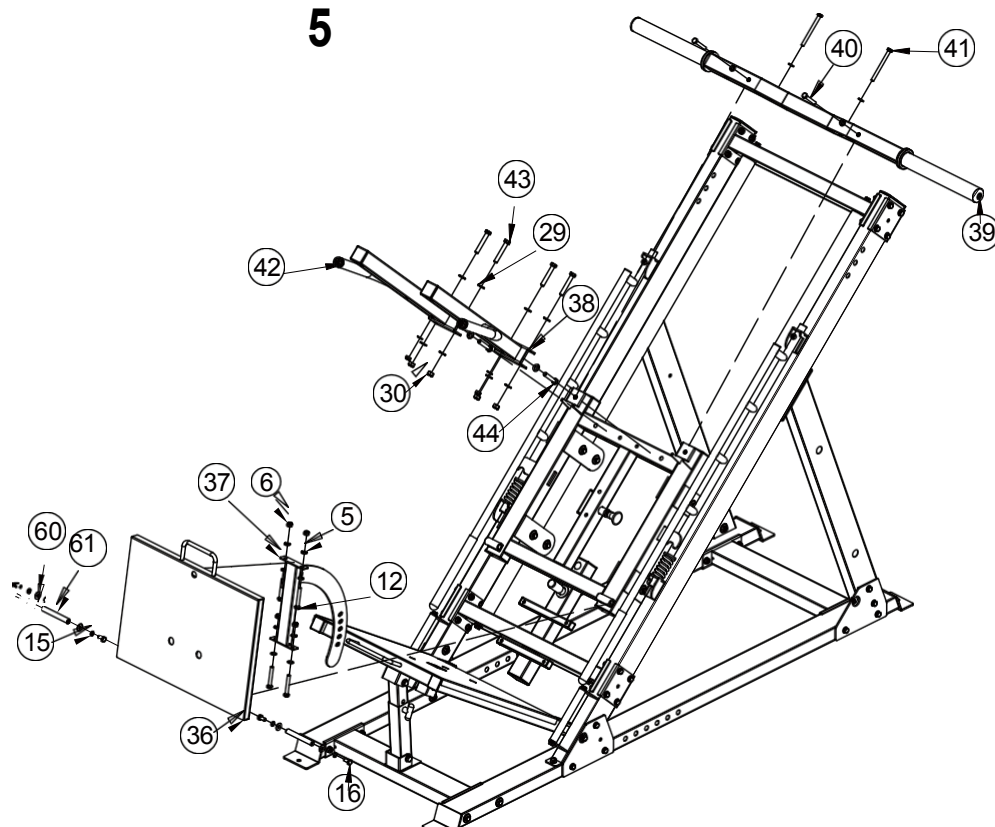
ASSEMBLY

to adjust the leg press part 67 using a T-32 shaped pin.

DRAWING

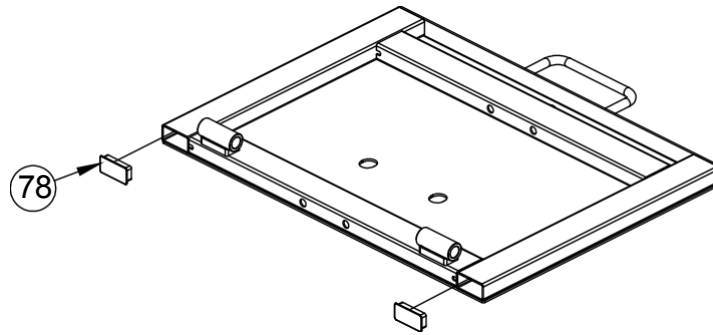
ASSEMBLY STEP

5

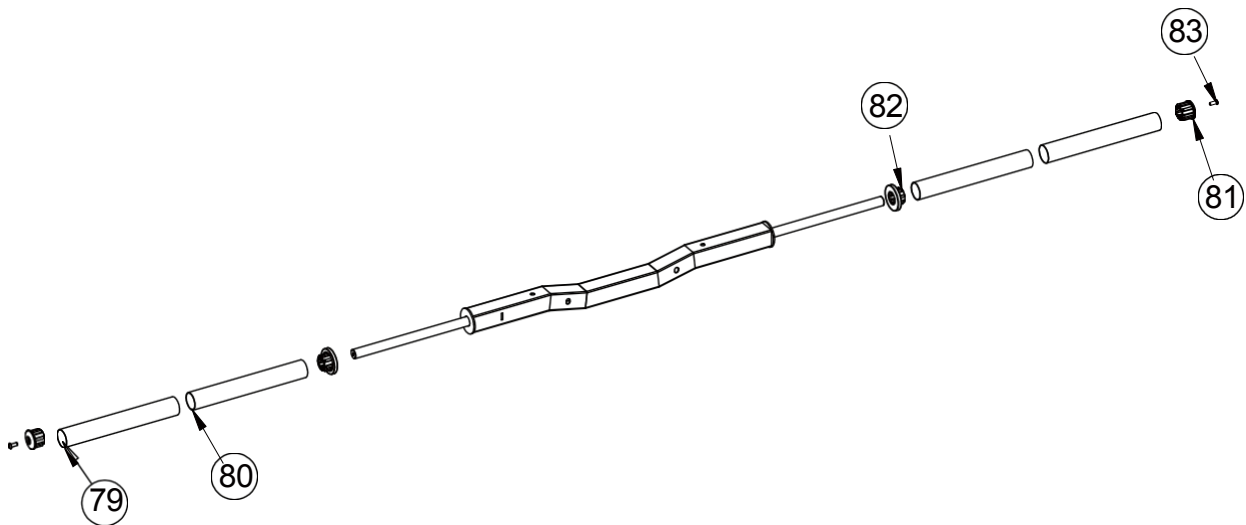


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
5	Flat washer $\phi 10$	14
6	Locking nut M10	6
12	Hexagon bolt M10*70	4
15	Spring washer $\phi 10$	4
16	Hexagon bolt M10*20	4
29	Flat washer $\phi 12$	10
30	Locking nut M12	4
36	Mounting plate upside down Part	1
37	Mounting part of the Regulatory Fixing Pipe	1
38	Shoulder pads Frame - right mounting part	1
39	Dumbbell holder frame	1
40	Hexagon bolt M10*65	2
41	Hexagon bolt M10*115	2
42	Shoulder pads Frame - left mounting part	1
43	Hexagon bolt M12*75	4
44	Hexagon bolt M12*65	2
60	Large flat washer $\phi 25 * \phi 10 * 2$	4
61	Axle with internal thread $\phi 15,9 * 120$	2

ASSEMBLY DRAWING

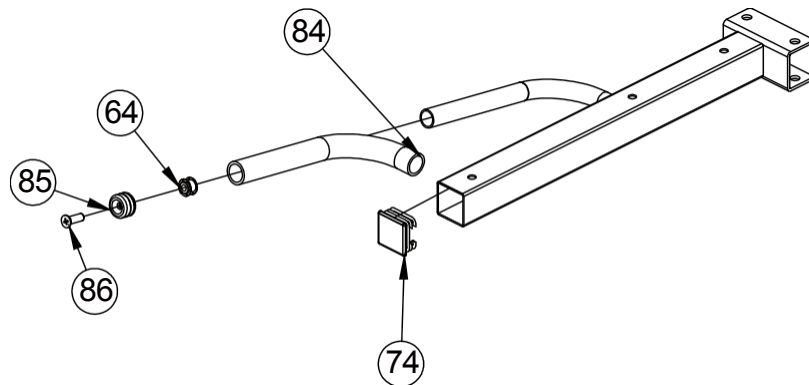


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
78	Pipe plug $\varnothing 25 \times 25 \times 1,5$	2

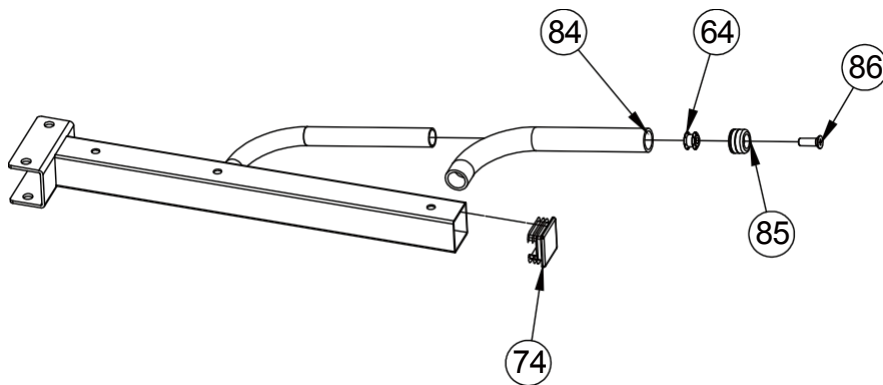


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
79	$\varnothing 50 \times 345$ Stainless steel pipe $\varnothing 49,5 \times 6$	2
80	$\varnothing 48 \times 344$ Inner tube $\varnothing 48 \times 1,5$	2
81	End cap $\varnothing 50 \times \varnothing 44,8 \times \varnothing 25,5$	2
82	Middle cap $\varnothing 70 \times 44,8 \times \varnothing 25,5 \times 30$	2
83	Hexagon head screws M8*20	2

ASSEMBLY DRAWING

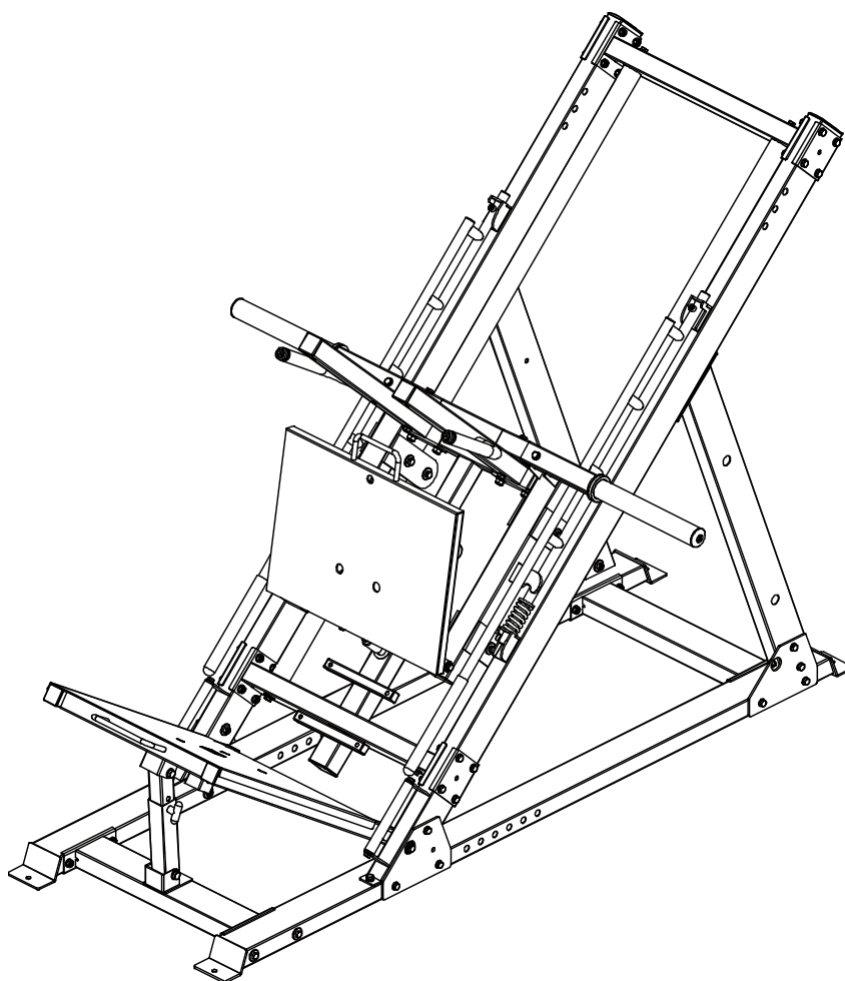


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
64	Double layer spring nut $\varnothing 23\text{-M10}$	1
74	Pipe plug $\varnothing 50\text{*}50\text{*}2$	1
84	Handle cover $\varnothing 32\text{*}310$	1
85	Fixing ring $\varnothing 31,5\text{*}\varnothing 25,5$	1
86	Phillips screw with countersunk head M10*25	1



KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
64	Double layer spring nut $\varnothing 23\text{-M10}$	1
74	Pipe plug $\varnothing 50\text{*}50\text{*}2$	1
84	Handle cover $\varnothing 32\text{*}310$	1
85	Fixing ring $\varnothing 31,5\text{*}\varnothing 25,5$	1
86	Phillips screw with countersunk head M10*25	1

ASSEMBLY DRAWING



INSTALLATION INSTRUCTIONS IN STEP 5

1. Fix the frame shoulder pads - left part of the assembly-42 and the frame shoulder pads - right part of the assembly-38 to the main frame using hexagon bolt M12*75-43, flat washer ϕ 12-29, lock nut M12-30 and hexagon bolt M12*65-44.
2. Fix the frame of the dumbbell holder-39 to the main frame with the hexagon bolt M10*65-40, hexagon bolt M10*115-41, flat washer ϕ 10-5 and lock nut M10-6.
3. Fix the frame of the dumbbell plate holder-39 to the leg plate mounting part-36 using the hexagon bolt M10*70-12, flat washer ϕ 10-5 and lock nut vM10-6.
4. Attach the footplate mounting plate part-36 to the main frame using the hexagonal

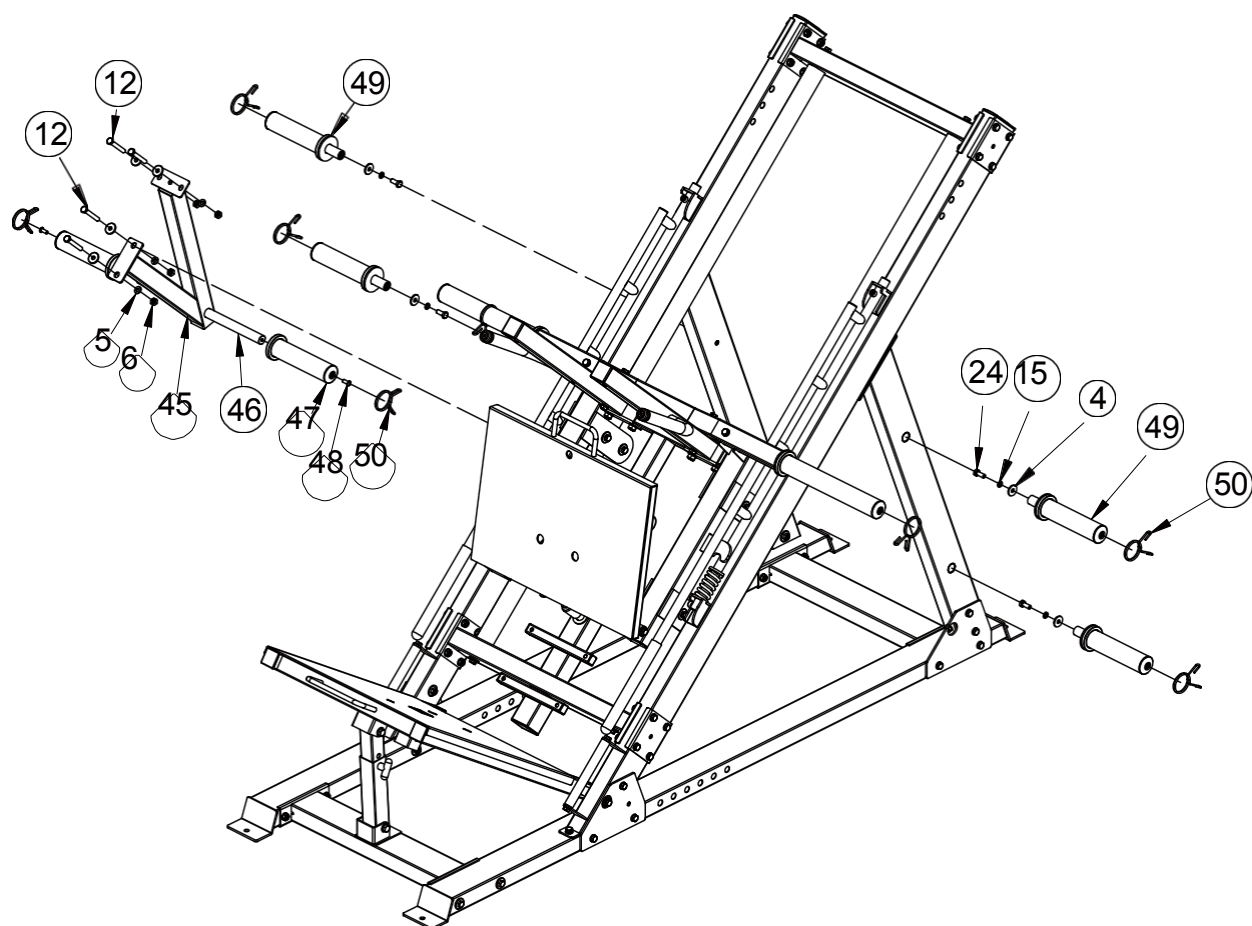
ASSEMBLY

bolt M10*20-16, flexible washer $\phi 10 \times 15$, large flat washer $\phi 25 \times \phi 10 \times 2-60$ and axis with internal thread $\phi 15,9 \times 120-61$.

DRAWING

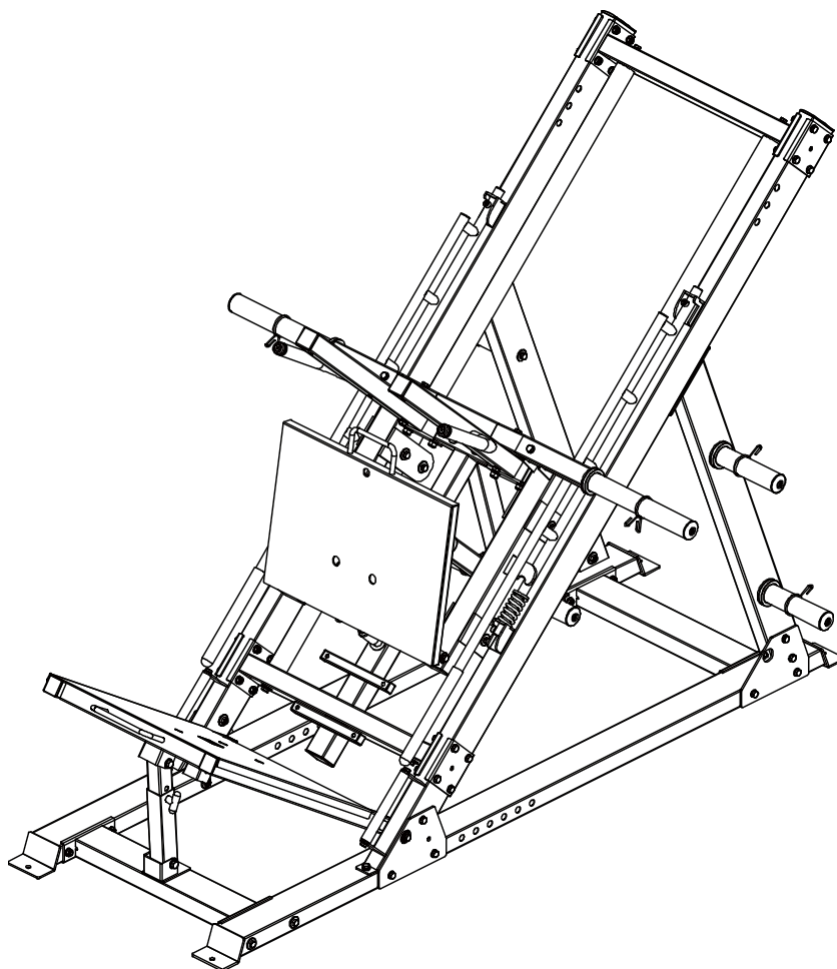
ASSEMBLY STEP

6



KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
4	Large flat washer $\phi 30 \times \phi 10 \times 3$	8
5	Flat washer $\phi 10$	4
6	Locking nut M10	4
12	Hexagon bolt M10*70	4
15	Spring washer $\phi 10$	4
24	Hexagon bolt M10*30	4
45	Part of the lifting frame assembly	1
46	Inner bar for dumbbells	1
47	Holder for dumbbells	2
48	Hexagon head screws M8*20	2
49	Holder for dumbbells	4
50	Spring collar	8

ASSEMBLY DRAWING

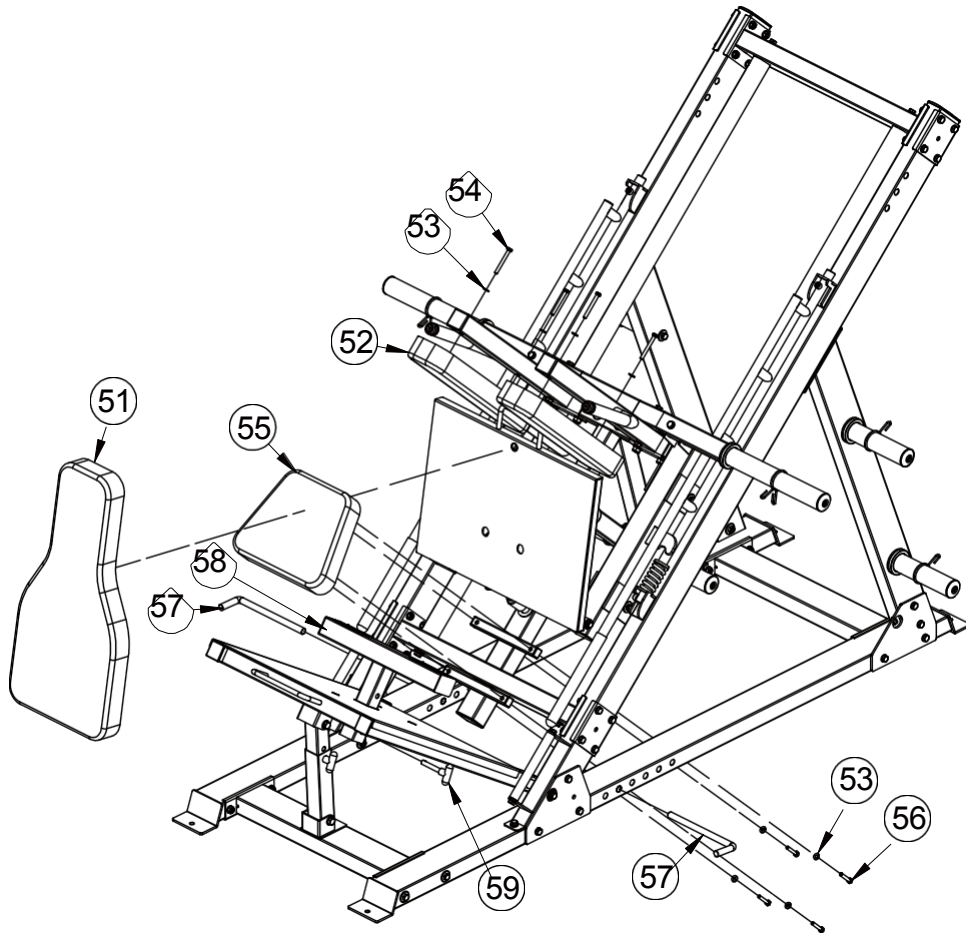


INSTALLATION INSTRUCTIONS IN STEP 6

1. Fasten the lifting frame assembly, part 45, to the frame with hexagon bolt M10*70- 12, $\phi 10$ flat washer-5, large flat washer $\phi 30*\phi 10*3-4$ and lock nut vM10-6.
2. Attach the inner bar of the dumbbell-46 to the mounting part of the lifting frame-45 using M8*20-48 hex head screws and the dumbbell plate holder-47.
3. Fix the dumbbell-49 plate holder to the main frame with an M10*30-24 hex bolt, a $\phi 10- 15$ flexible washer and a large flat washer $\phi 30*\phi 10*3-4$.
4. Put the spring collar on the main frame.

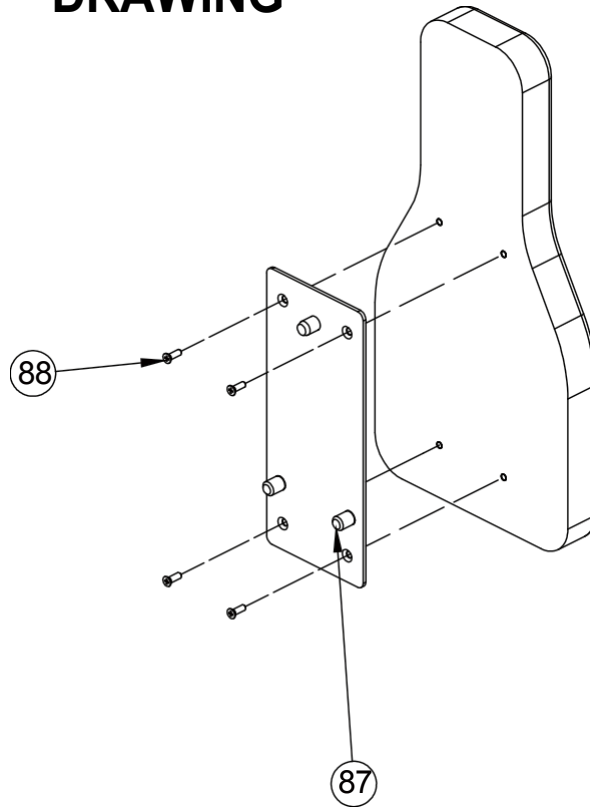
ASSEMBLY STEP

7

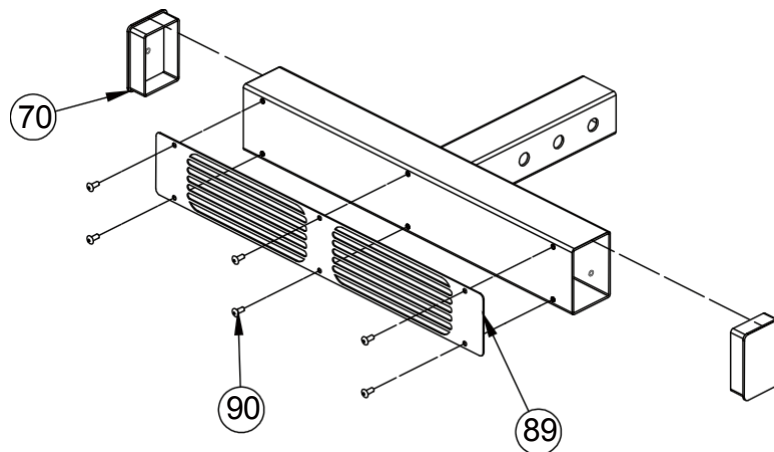


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
51	Rear pad	1
52	Shoulder pad	2
53	Flat washer $\varphi 8$	8
54	Hexagon bolt M8*70	4
55	Seat pad	1
56	Hexagon bolt M8*45	4
57	The Peg Band	2
58	Legs Brick frame	1
59	T-shaped pin	1

ASSEMBLY DRAWING

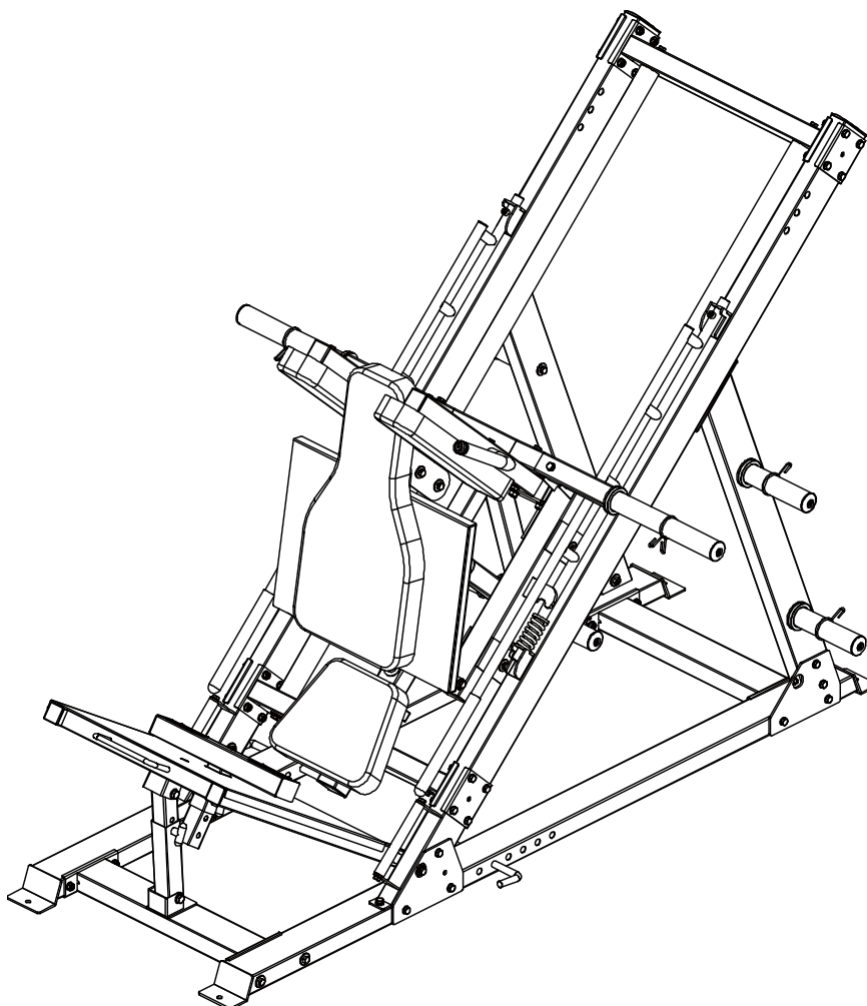


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
87	Rear washer fixing plate	1
88	Phillips screw with countersunk head M8*20	4



KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
70	Plug 50*70*2	2
89	Anti-slip sheet	2
90	Flat blind rivet with round head 4*10	6

ASSEMBLY DRAWING



INSTALLATION INSTRUCTIONS STEP 7

1. Fix the seat pad-55 to the main frame with the M8*45-56 hex bolt and flat washer ϕ 8-53.
2. Attach the shoulder pad-52 to the main frame using the M8*70-54 hex bolt and flat washer ϕ 8-53.
3. Place the rear washer-51 on the mounting plate with the footers part-36.
4. Place the foot brick frame-58 on the lower foot plate-26. Use a ϕ 12*70 t-59 pin.
5. Fit the strap pin-57 to the main frame.