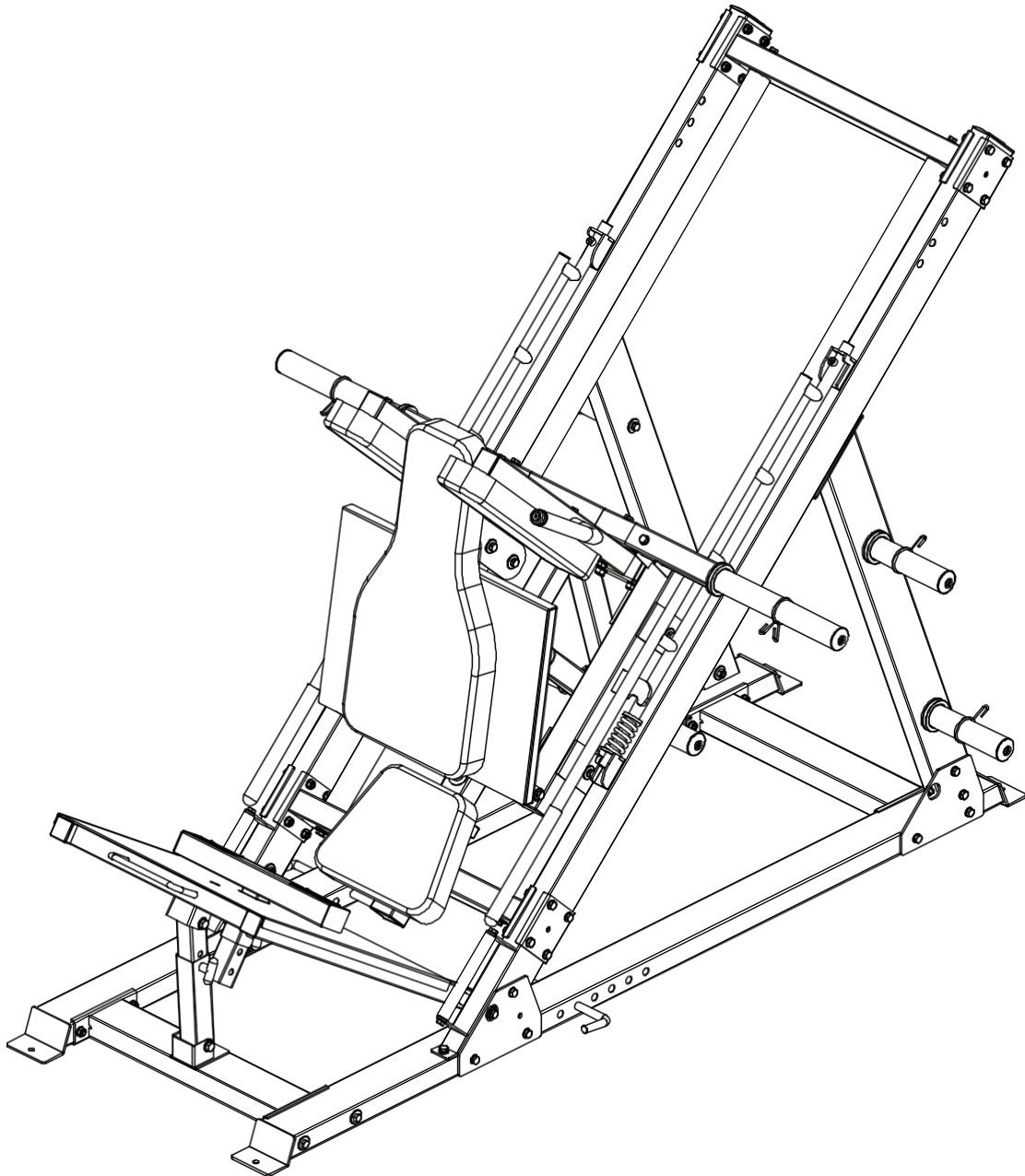


FORCE USA

ORIGINAL LEG PRESS HACK SQUAT



OWNER'S MANUAL | F-MLPHS-V2

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ZOZNA M

KEY ER	DESCRIPTION OF PARTICLE QUALITY	NUMB
1	Grounding pipe on the right	1
2	Ground Link Pipe	1
3	Front grounding tube	1
4	Large flat washer $\phi 30 \times \phi 10 \times 3$	48
5	Flat washer $\phi 10$	86
6	Lock nut M10	46
7	Hexagon bolt M10*120	12
8	Earth 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	Flexible 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 part of the pipe installation	1
20	Mounting part of the sliding bar	2
21	Mounting part of the slider frame	1
22	End rail Mounting part	1
23	100*130*4 Connecting plate	4
24	Hexagon bolt M10*30	8
25	Foot Press External Adjusting Tube Assembly	1

ZOZNA M

26	RIGHTfoot	1
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ZOZNA M

KEY	DESCRIPTION OF PARTICLE	VALITANUMBER
27	Leg press adjustment assembly	1
28	Axle with internal thread $\varnothing 15,9 \times 135$	2
29	Flat washer $\varnothing 12$	14
30	Lock nut M12	6
31	Hexagon bolt M12*80	2
32	T-shaped pin	1
33	Part of the end 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

ZOZNA M

52	PRaRmanCe pad	2
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ZOZNA M

KEY	DESCRIPTION OF PARTICLE	VALITANUMBER
53	Flat washer $\phi 8$	8
54	Hexagon bolt M8*70	4
55	Seat pad	1
56	Hexagon bolt M8*45	4
57	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	Pipe plug 50*100*2	2
64	Double layer spring nut $\phi 23-M10$	2
65	Pipe plug $\phi 60 * 60 * 2$	1
66	Pipe plug $\phi 25 * 25 * 1,5$	4
67	Roller $\phi 59$	8
68	Internal threaded axis $\phi 17 * 81-M10$	8
69	Bearing 6003	16
70	Plug 50*70*2	4
71	Pull 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

ZOZNA M

78	Pipe plug $\varnothing 25 \times 25 \times 1,5$	2
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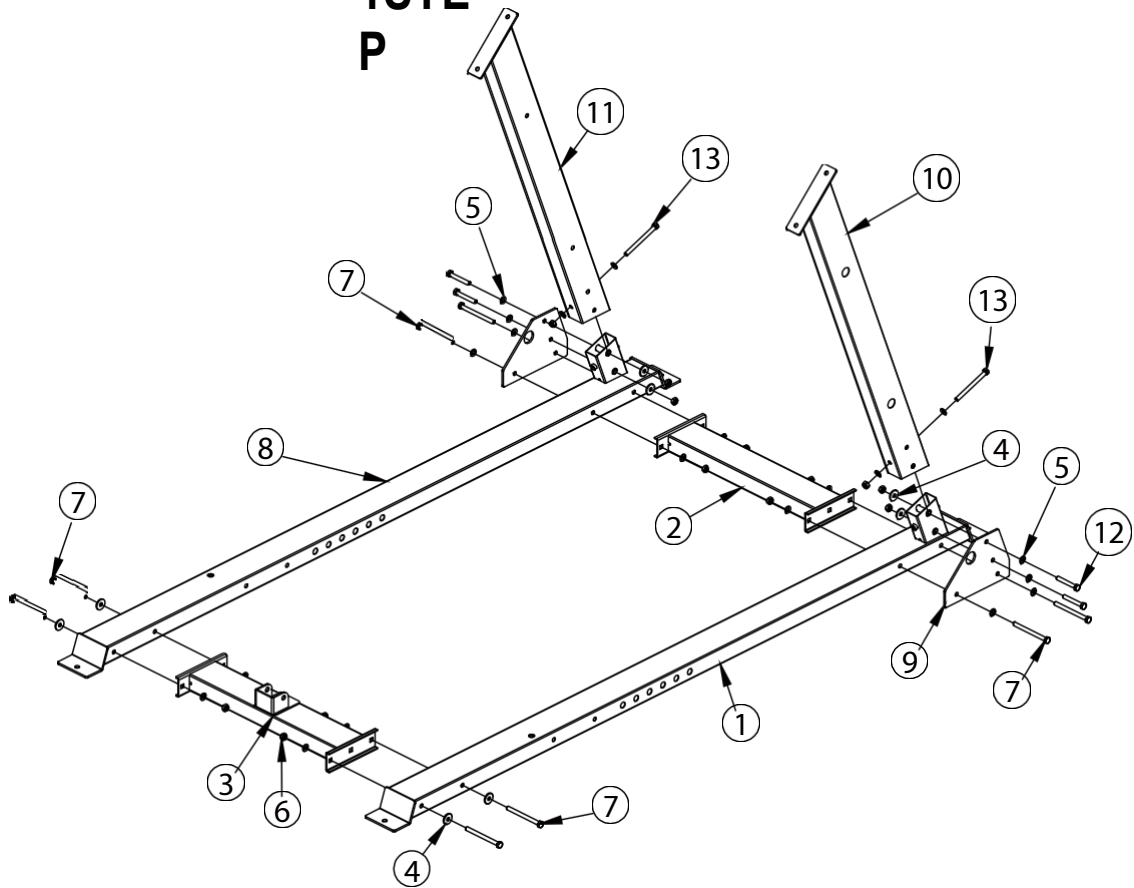
ZOZNA M

KEY	DESCRIPTION OF PARTICLE	VALITANUMB	ER
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	Screw with countersunk head M10*25		2
87	Rear washer fixing plate		1
88	Screw with countersunk head M8*20		4
89	Anti-slip film		2
90	Flat blind rivet with round head 4*10		6
91	Double layer spring nut φ29-M10		2



Screw length gauge

ASSEMBLY 1STE P

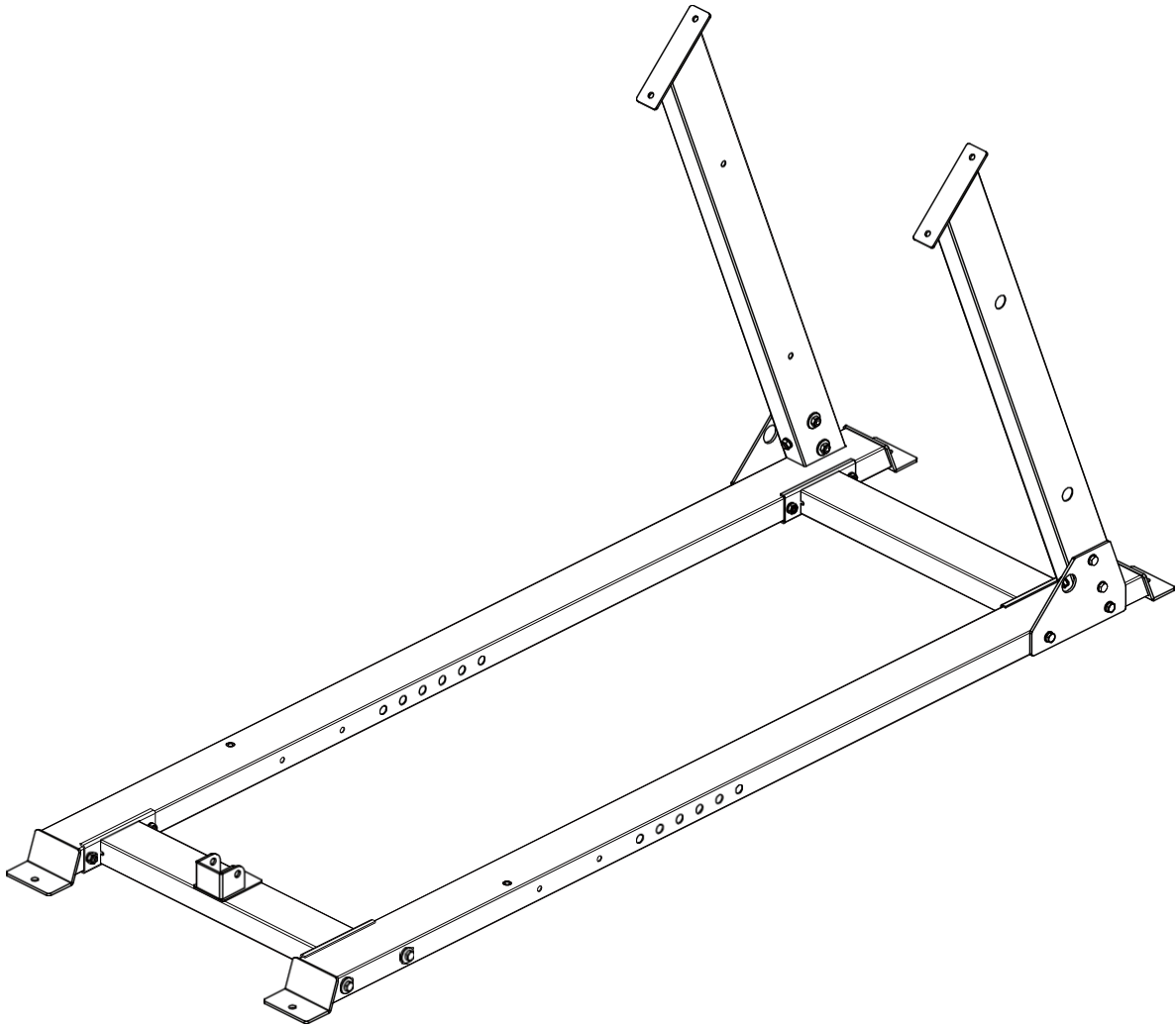


KEY	DESCRIPTION OF PARTICLEVALITANUMB	ER
1	Grounding pipe on the right	1
2	Ground Link Pipe	1
3	Front grounding tube	1
4	Large flat washer $\phi 30 \times \phi 10 \times 3$	8
5	Flat washer $\phi 10$	20
6	Lock nut M10	14
7	Hexagon bolt M10*120	8
8	Earth pipe - left	1
9	Fixing plate	2
10	Back support tube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

ASSEMBLY

13	S1THEePxagon bolt M10*115	2
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ASSEMBLY CLYHAIRING



INSTALLATION INSTRUCTIONS IN STEP 1

1. M10*120-7 hexagon bolt, $\phi 30*\phi 10*3$ large washer, $\phi 10-5$ washer and M10-6 lock nut are used to connect the front grounding tube-3, right-1 grounding tube and left-8 grounding tube.
2. The connection of grounding connection pipe-3, grounding pipe right-1 and grounding pipe left-8 uses M10*120-7 hexagon bolt, $\phi 30*\phi 10*3$ large washer, $\phi 10$ washer on washer-5 and M10 lock nut.
3. Attach 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.

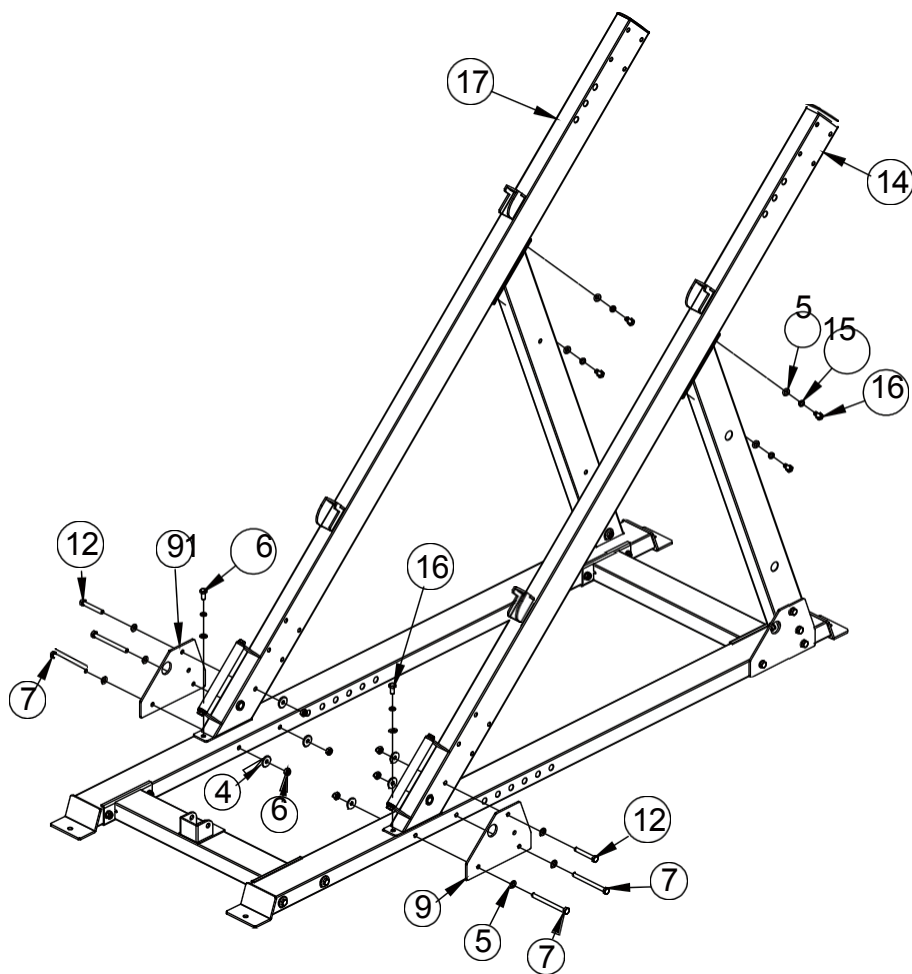
ASSEMB

4. Attach the rear carrier pipeL-1Y0 to the left-8 ground pipe with a hexagonal

ASSEMB

screws M10*115-13, washers YφA10W-5, nut M10-6 and fixing plate 9.

ASSEMBLY 2STEP

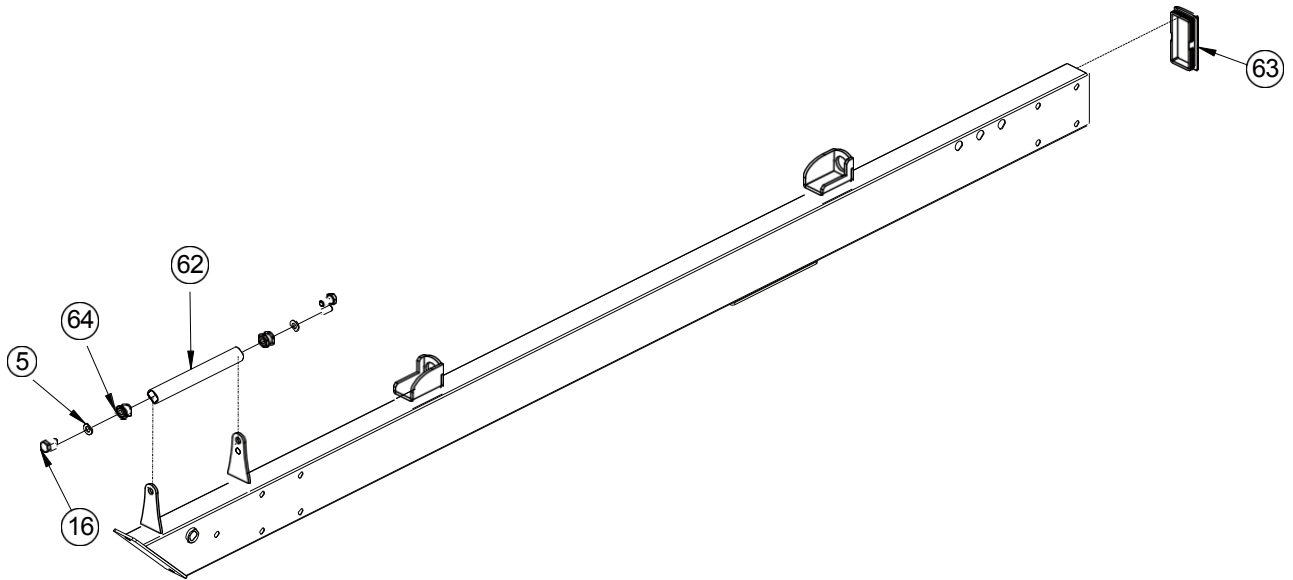


KEY ER	DESCRIPTION OF PARTICLE QUALITY	NUMBER
4	Large flat washer $\phi 30 \times \phi 10 \times 3$	6
5	Flat washer $\phi 10$	12
6	Lock nut M10	6
7	Hexagon bolt M10*120	4
9	Fixing plate	2
12	Hexagon bolt M10*70	2
14	Inclined pipe Mounting part	1
15	Flexible washer $\phi 10$	6
16	Hexagon bolt M10*20	6

ASSEMBLY

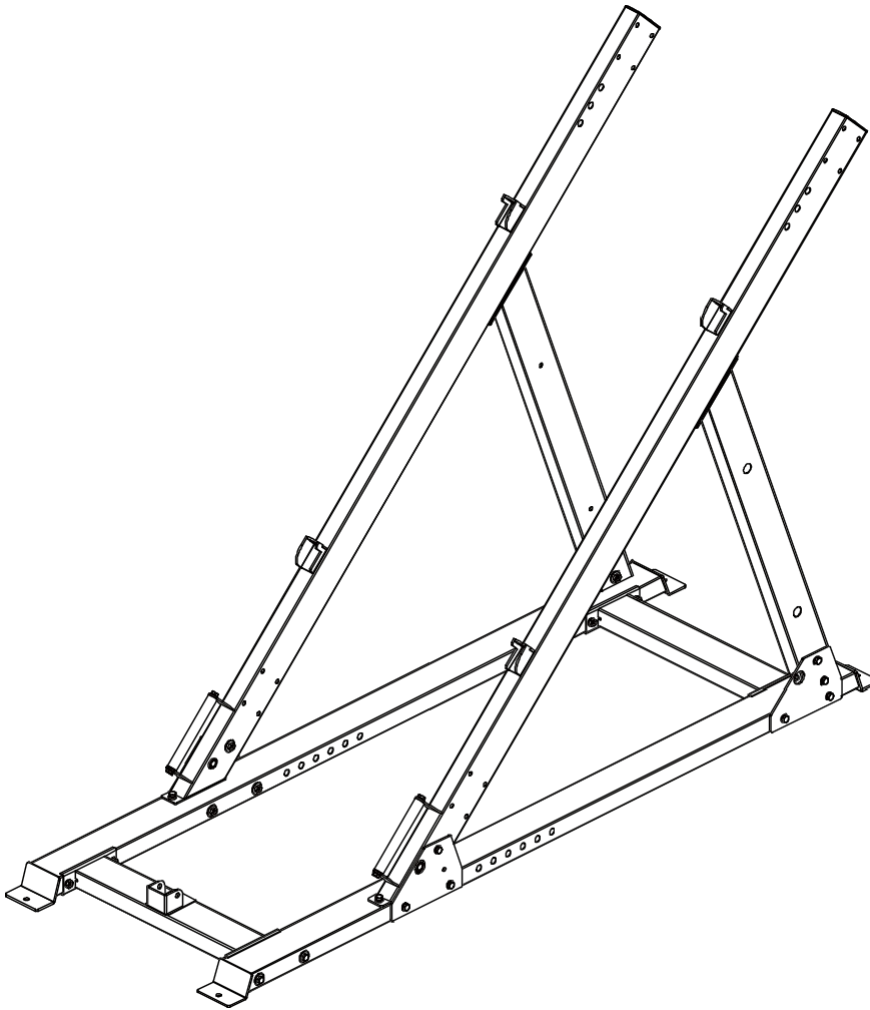
17	InScliTneEdPpipe - right part of the assembly	1
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ASSEMBLY DRAWING



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

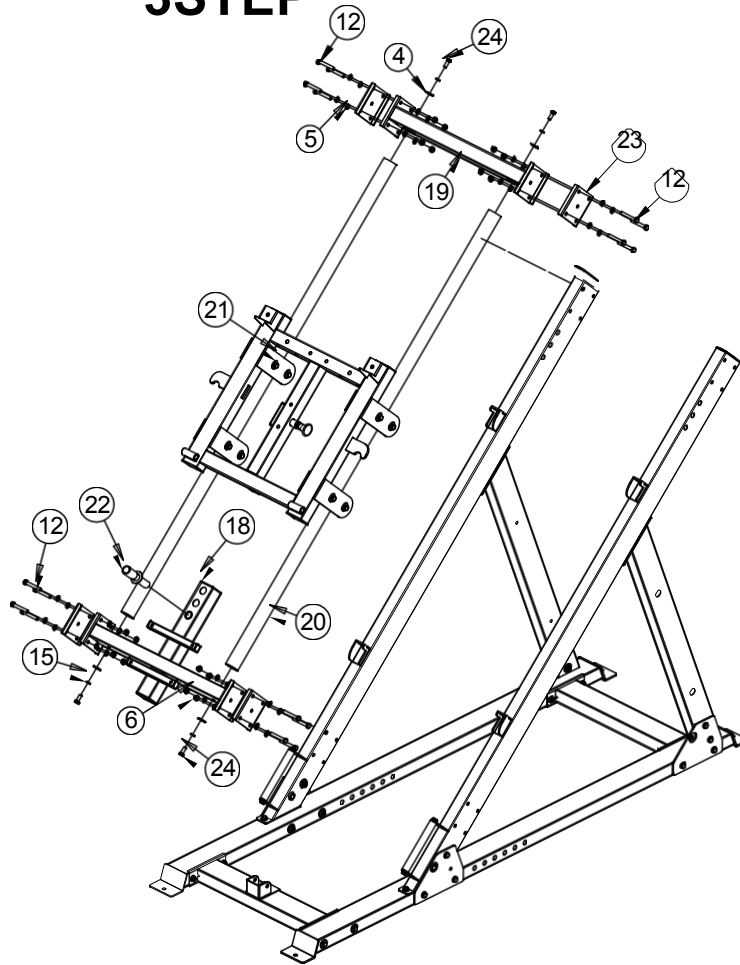
ASSEMBLY DRAWING



INSTALLATION INSTRUCTIONS IN STEP 2

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

ASSEMBLY 3STEP

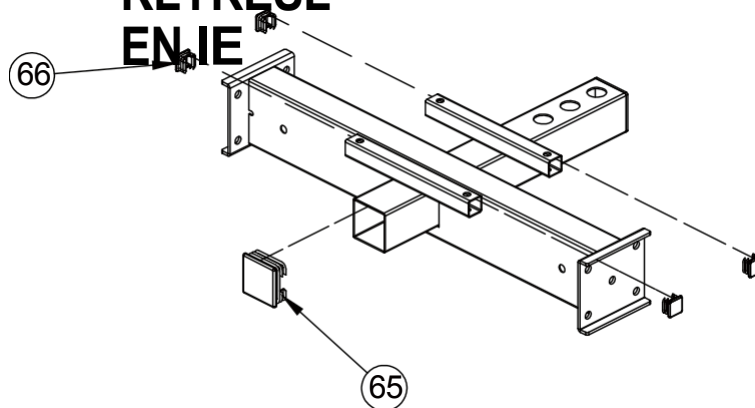


KEY ER	DESCRIPTION OF PARTICLE QUALITY	NUMBER
4	Large flat washer $\phi 30 * \phi 10 * 3$	4
5	Flat washer $\phi 10$	32
6	Lock nut M10	16
12	Hexagon bolt M10*70	16
15	Flexible washer $\phi 10$	4
18	Guide rod down Fixed tube Mounting part	1
19	Fixed guide part of the pipe installation	1
20	Mounting part of the sliding bar	2
21	Mounting part of the slider frame	1
22	Mounting part of the end rail	1
23	100*130*4 Connecting plate	4

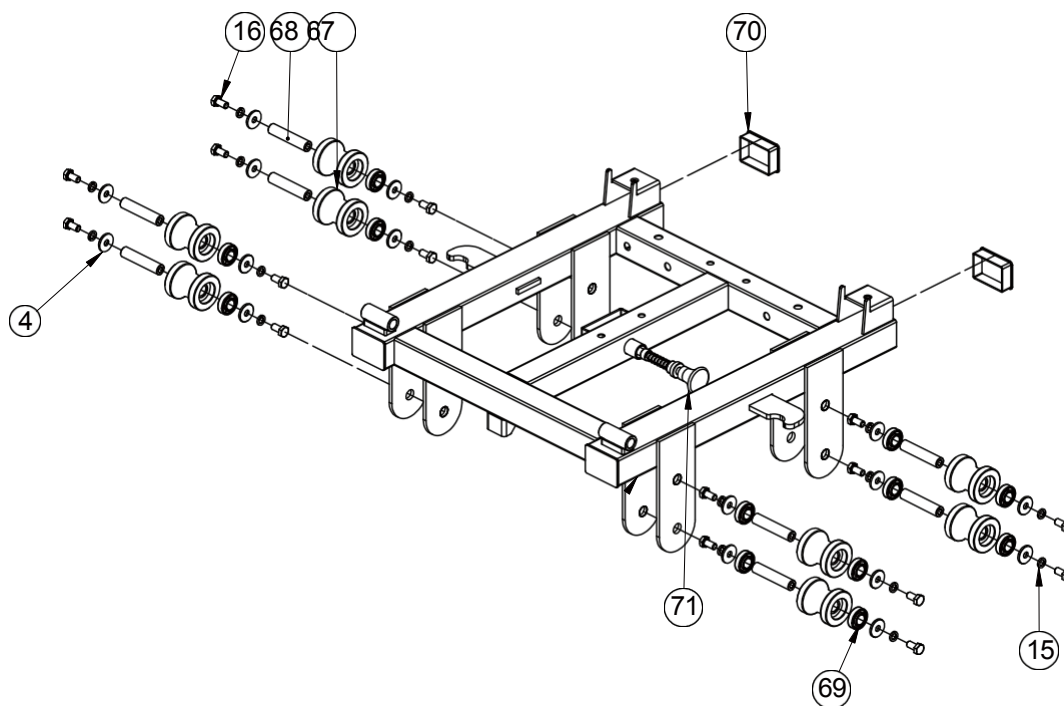
ASSEMBLY

24	S3TEHPexagon bolt M10*30	4
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ASSEMB KLYRESL ENIE

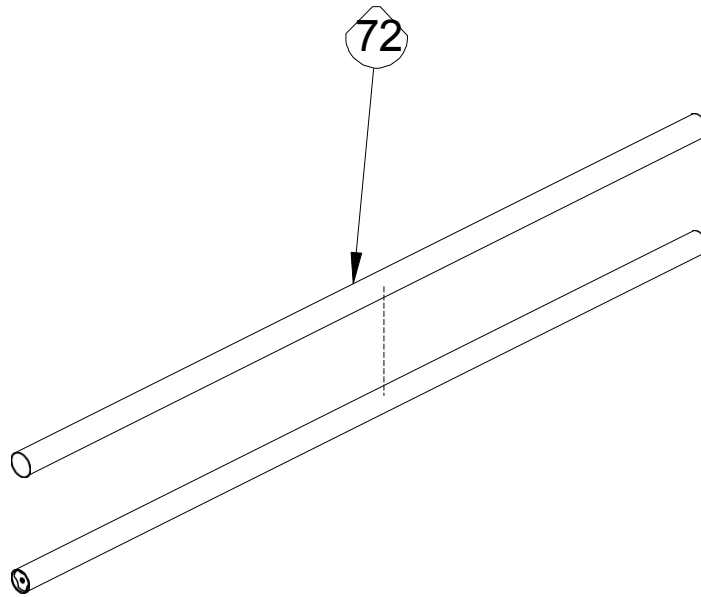


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
65	Tube plug $\phi 60 \times 60 \times 2$	1
66	Pipe plug $\phi 25 \times 25 \times 1,5$	4

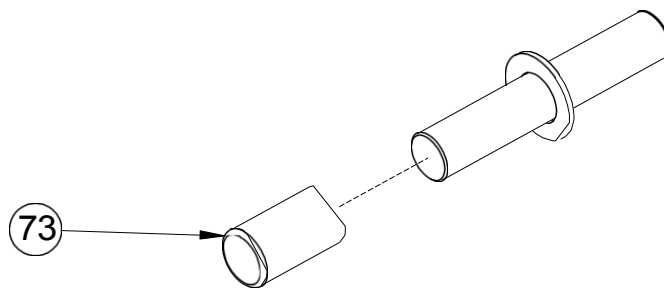


KEY NUMBER	DESCRIPTION OF WORK	QUALITY
4	Large flat washer $\phi 30 \times \phi 10 \times 3$	16
15	Flexible washer $\phi 10$	16
16	Hexagon bolt M10*20	16
67	Roller $\phi 59$	8
68	Internal threaded axis $\phi 17 \times 81$ -M10	8
69	Bearing 6003	16
70	Plug $50 \times 70 \times 2$	2
71	Pull pin	1

ASSEMBLY DRAWING

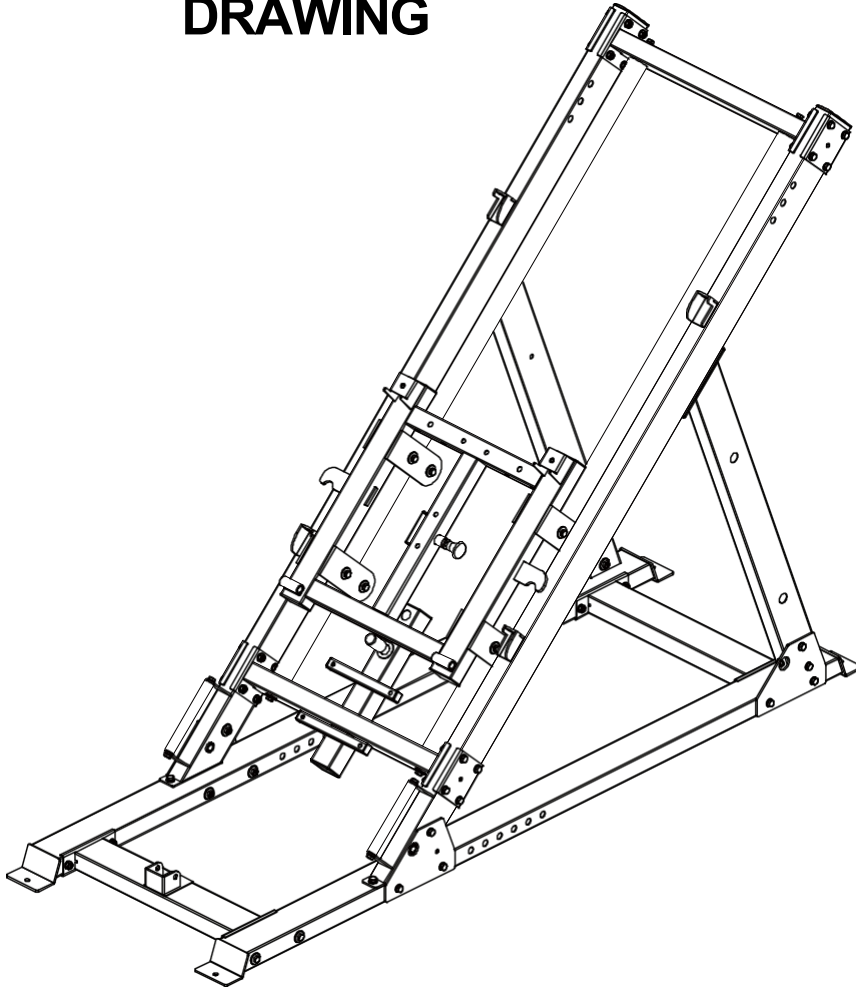


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
72	Stainless steel bar $\phi 50 \times 0.8$	1



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

ASSEMBLY DRAWING



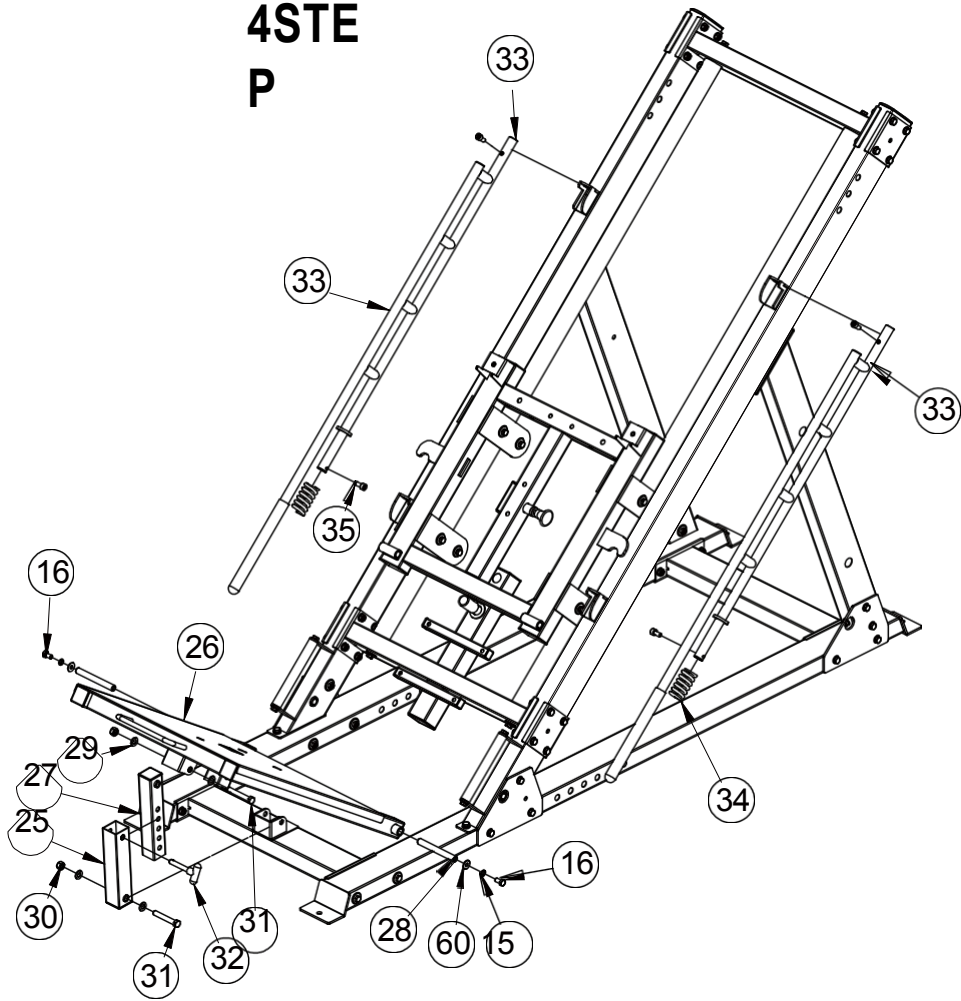
INSTALLATION INSTRUCTIONS IN STEP 3

1. Attach the guide rod down to 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. Attach 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. Attach the fixed guide bar assembly - part 19 to the main frame using M10*70-12 hex bolt, $\phi 10-5$ flat washer and M10-6 lock nut and 100*130*4 connection plate.

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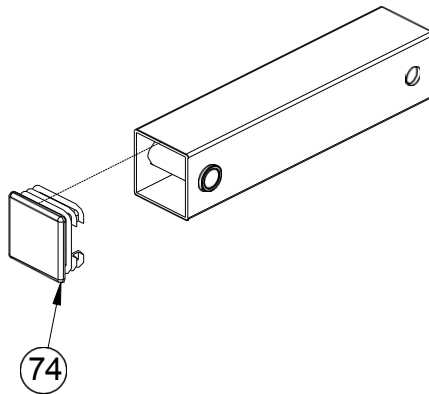
5. Attach the slide rail **part W201** to the fixed guide rail assembly, part 19, using an M10*30-24 hexagon bolt, a ϕ 10-15 flexible washer and a large ϕ 30* ϕ 10*3-4 flat washer.

ASSEMBLY 4STE P

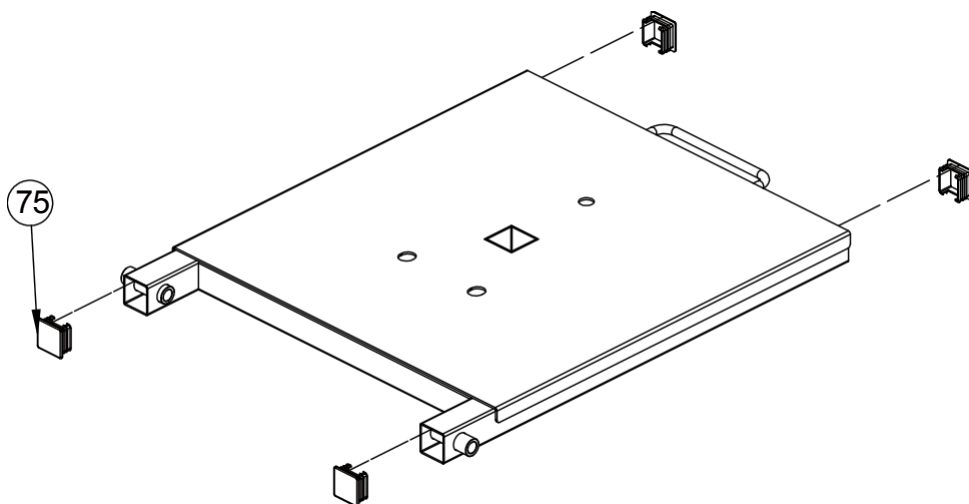


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
15	Flexible washer $\phi 10$	4
16	Hexagon bolt M10*20	4
25	Foot Press External Adjusting Tube Assembly	1
26	Footstool	1
27	Leg press adjustment assembly	1
28	Axle with internal thread $\phi 15,9 \times 135$	2
29	Flat washer $\phi 12$	4
30	Lock nut M12	2
31	Hexagon bolt M12*80	2
32	T-shaped pin	1
33	Part of the end 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

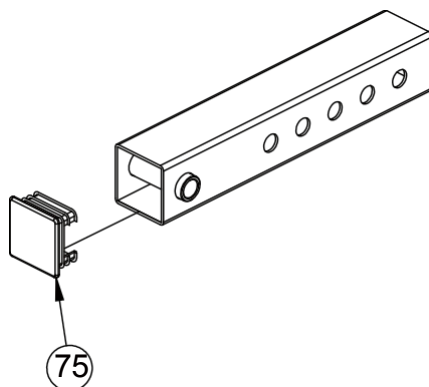


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
74	74 Pipe plug $\phi 50 \times 50 \times 2$	1

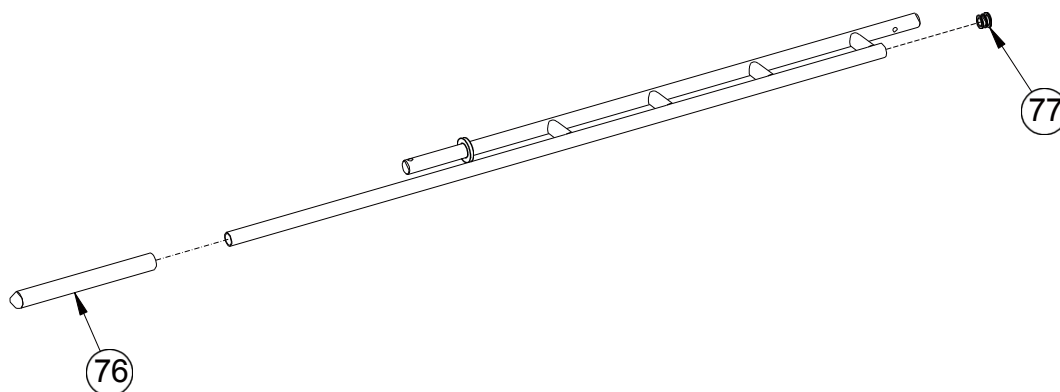


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
75	Tube plug $\phi 45 \times 45 \times 2$	4

ASSEMBLY DRAWING



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

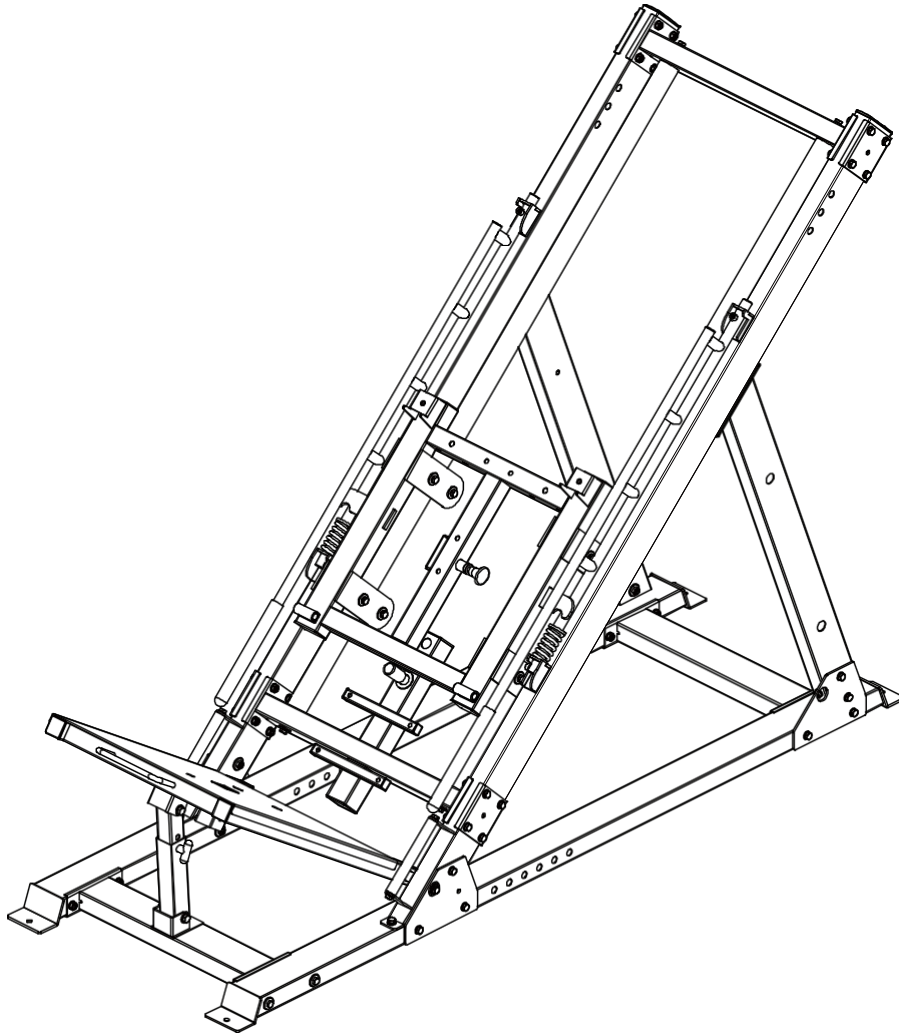


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
76	Handle cover $\phi 24,5 \times 280$	1

ASSEMB

77	LDRYAWIRNouGnd plug ϕ 25*2	1
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ASSEMBLY CYCLING



INSTALLATION INSTRUCTIONS IN STEP 4

1. Attach the end frame assembly, part 33, to the main frame using spring 34 and M10*20-35 hex head screws.
2. Attach 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. Attach the leg press adjusting 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. Attach the floor plate-26 to the main frame with M10*20-16 hex bolt, $\phi 10$ -15 flexible washer, $\phi 25$ * large flat washer $\phi 10$ *2-60 and $\phi 15.9$ *135 female threaded axle.

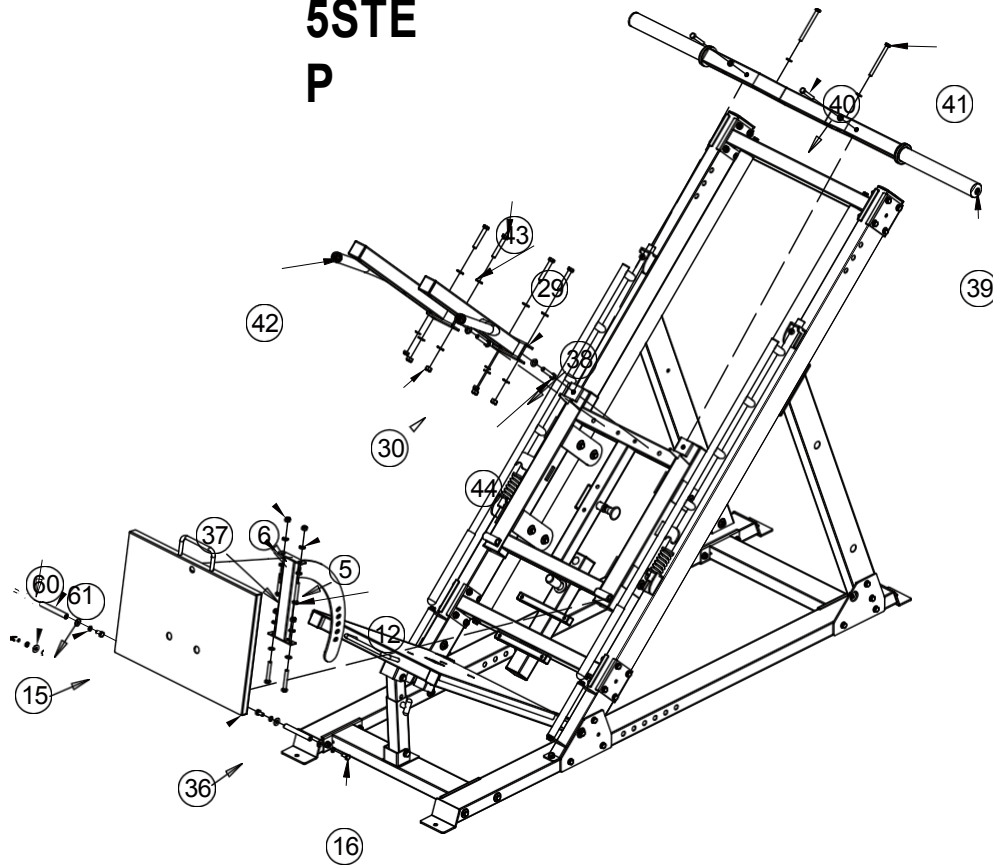
ASSEMB

5. Connect the outer tube assembly for the leg press setup from section 25 and the tube assembly for the

ASSEMB

paDrtR27AwS foot press a L dj Y u s t m e n t by pin shaped laNTG-32.

ASSEMBLY 5STE P

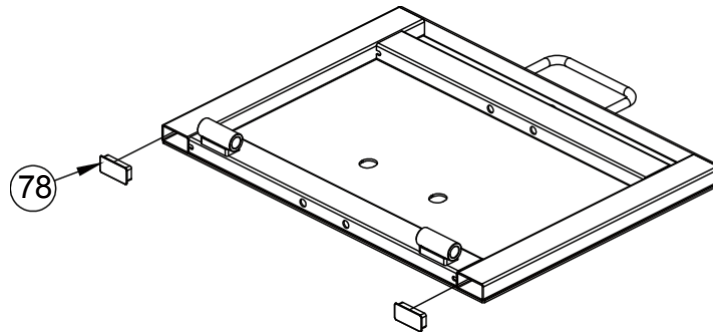


KEY NUMBER	DESCRIPTION OF THE PART	QUALITY
5	Flat washer $\phi 10$	14
6	Lock nut M10	6
12	Hexagon bolt M10*70	4
15	Flexible washer $\phi 10$	4
16	Hexagon bolt M10*20	4
29	Flat washer $\phi 12$	10
30	Lock nut M12	4
36	Mounting plate upside down Part	1
37	Mounting part of the Regulatory Fixing Pipe	1
38	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

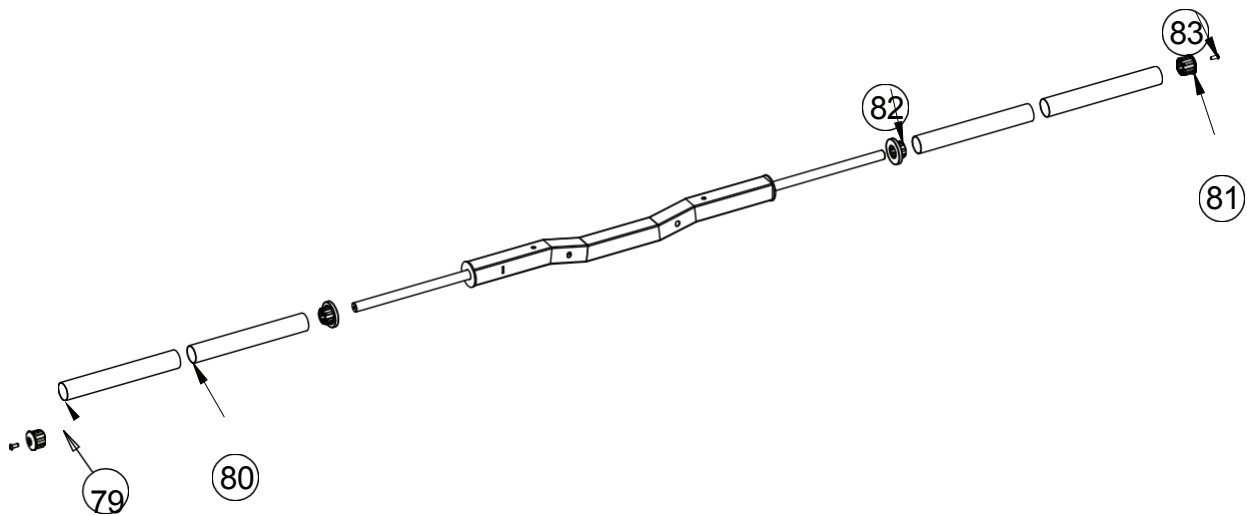
ASSEMBLY

61	Axle with internal thread $\varphi 15,9 \times 120$	2
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ASSEMBLY CLYHAIRING



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

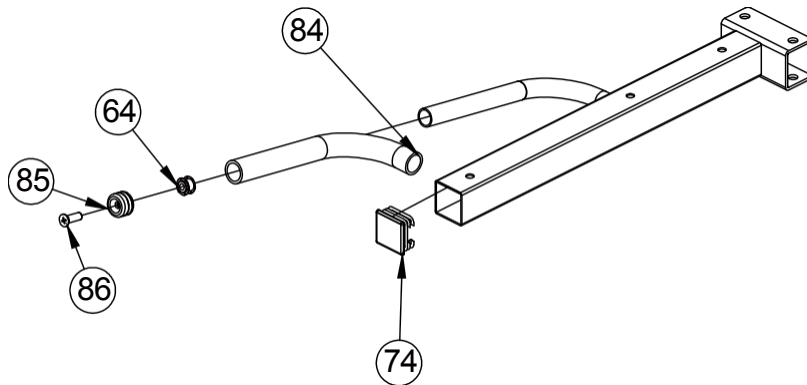


KEY NUMBER	DESCRIPTION OF PARTICLE QUALITY	NUMB
79	$\varnothing 50 \times 345$ Stainless steel pipe $\varnothing 49,5 \times 6$	2
80	$\varnothing 48 \times 344$ Inner tube $\varnothing 48 \times 1,5$	2
81	End cap $\varnothing 50 \times \varnothing 44,8 \times \varnothing 25,5$	2
82	Middle cap $\varnothing 70 \times 44,8 \times \varnothing 25,5 \times 30$	2

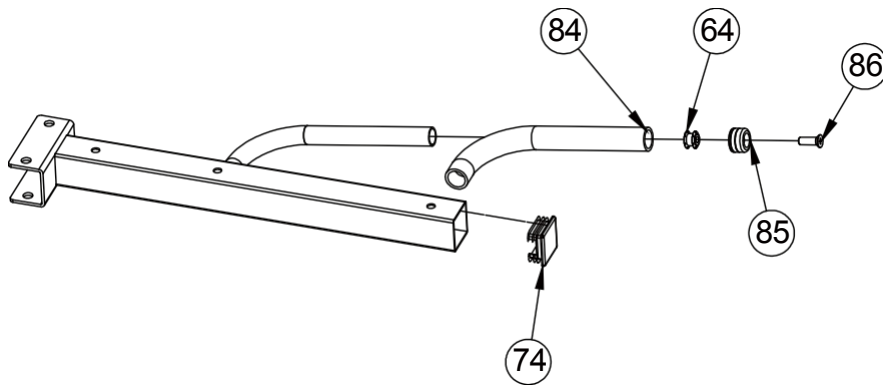
ASSEMB

83	LDRYHAexWagolnNhGead screws M8*20	2
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ASSEMBLY DRAWING

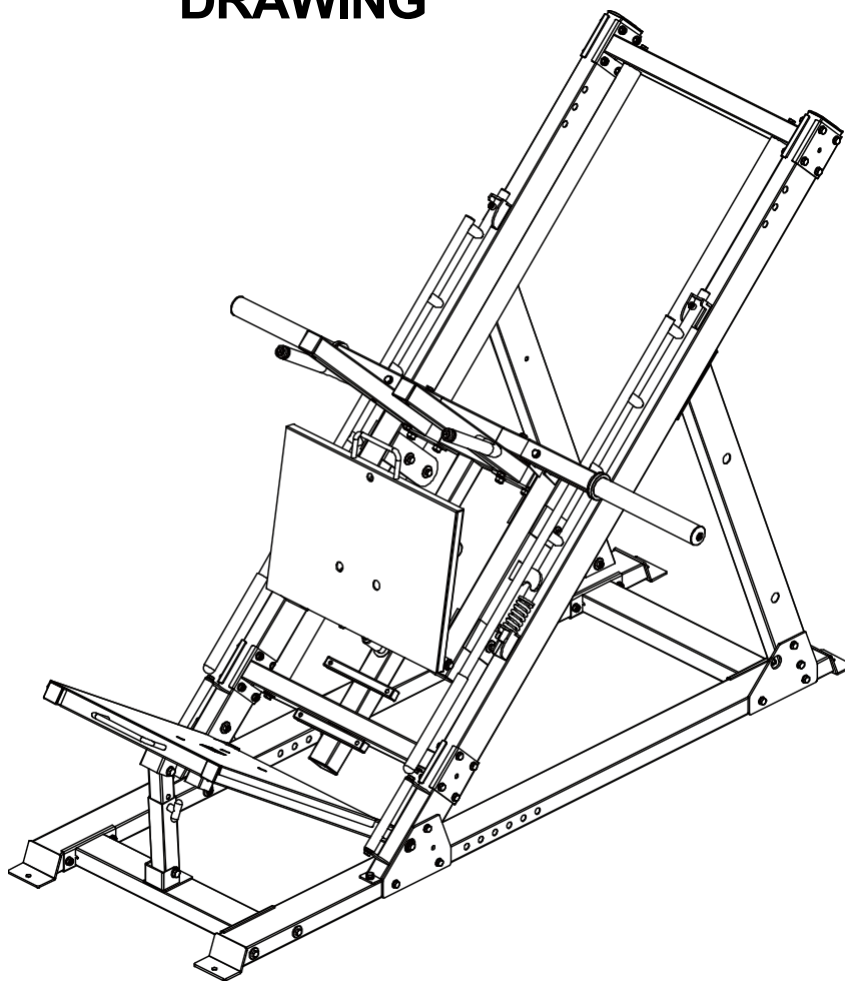


KEY NUMBER	DESCRIPTION OF WORK	QUALITY
64	Double layer spring nut $\phi 23$ -M10	1
74	Pipe plug $\phi 50 \times 50 \times 2$	1
84	Handle cover $\phi 32 \times 310$	1
85	Fixing ring $\phi 31,5 \times \phi 25,5$	1
86	Screw with countersunk head M10*25	1



KEY NUMBER	DESCRIPTION OF WORK	QUALITY
64	Double layer spring nut $\phi 23$ -M10	1
74	Pipe plug $\phi 50 \times 50 \times 2$	1
84	Handle cover $\phi 32 \times 310$	1
85	Fixing ring $\phi 31,5 \times \phi 25,5$	1
86	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 $\phi 12-29$, lock nut M12-30 and hexagon bolt M12*65-44.
2. Fix the dumbbell holder-39 frame to the main frame with M10*65-40 hex bolt, M10*115-41 hex bolt, $\phi 10-5$ flat washer and M10-6 lock nut.
3. Attach the dumbbell holder frame-39 to the leg plate mounting-36 using hex bolt M10*70-12, flat washer $\phi 10-5$ and lock nut vM10-6.
4. Attach the footplate mounting plate part-36 to the main frame with a hexagonal

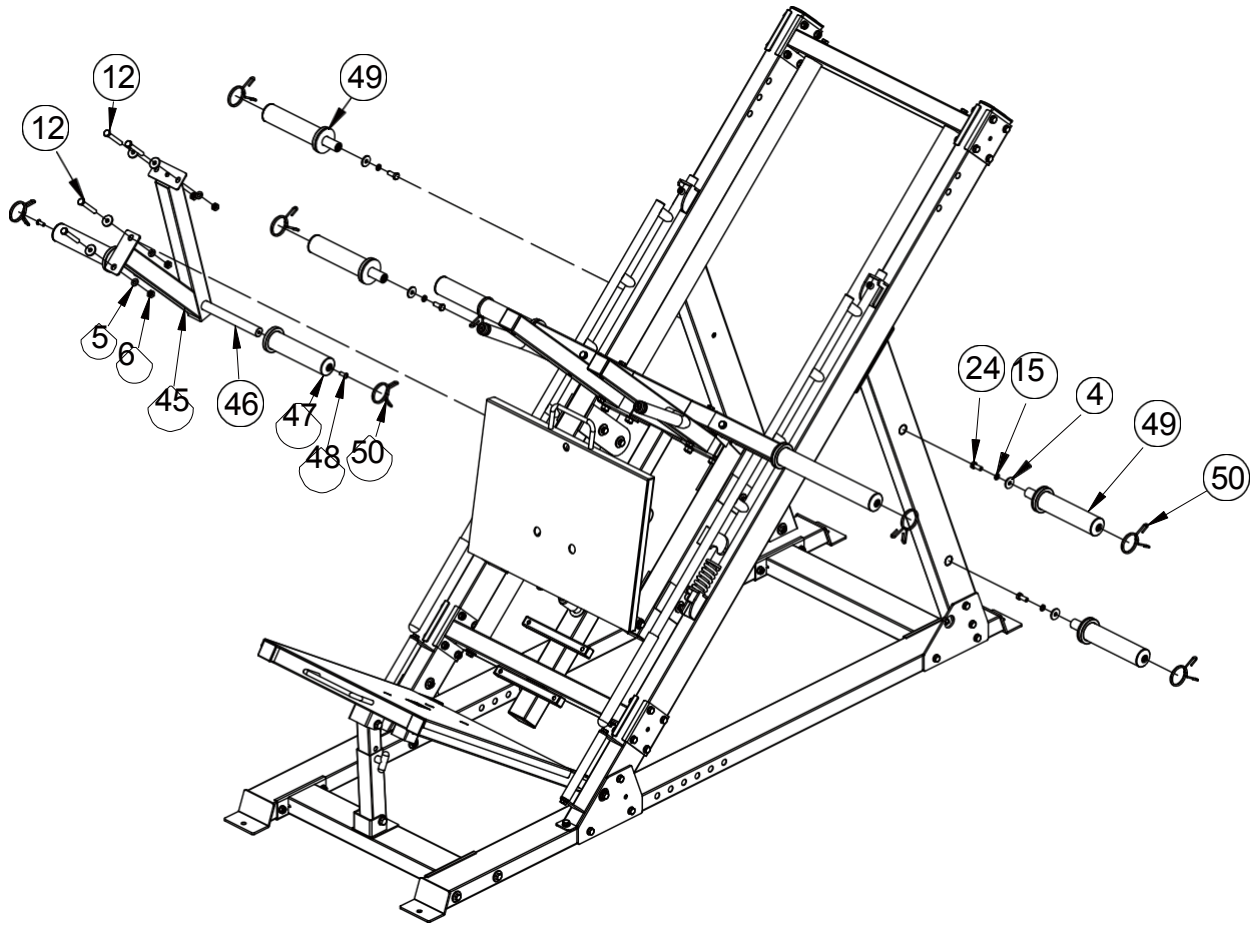
ASSEMBL

Y

bolt M10*20-16, flexible ~~WASHER~~ large flat washer $\phi 25$ * $\phi 10$ *2-60 and axles
with

indoor thread $\phi 15$. **ASSEMB**
9000 RCLIRYCUIT

ASSEMBLY 6STEP

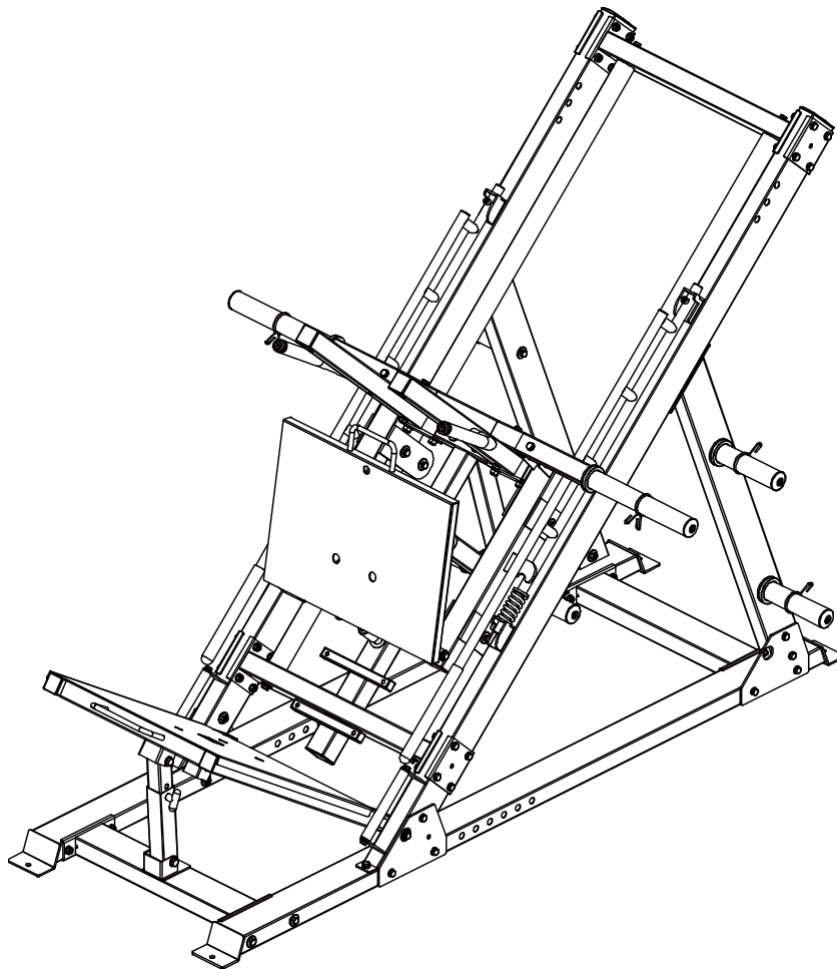


KEY ER	DESCRIPTION OF PARTICLE QUALITY	NUMB
4	Large flat washer $\phi 30 \times \phi 10 \times 3$	8
5	Flat washer $\phi 10$	4
6	Lock nut M10	4
12	Hexagon bolt M10*70	4
15	Flexible washer $\phi 10$	4
24	Hexagon bolt M10*30	4
45	Part of the lifting frame assembly	1
46	Inner bar for dumbbells	1
47	Holder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

ASSEMBLY

50	S6STEP Spring collar	8
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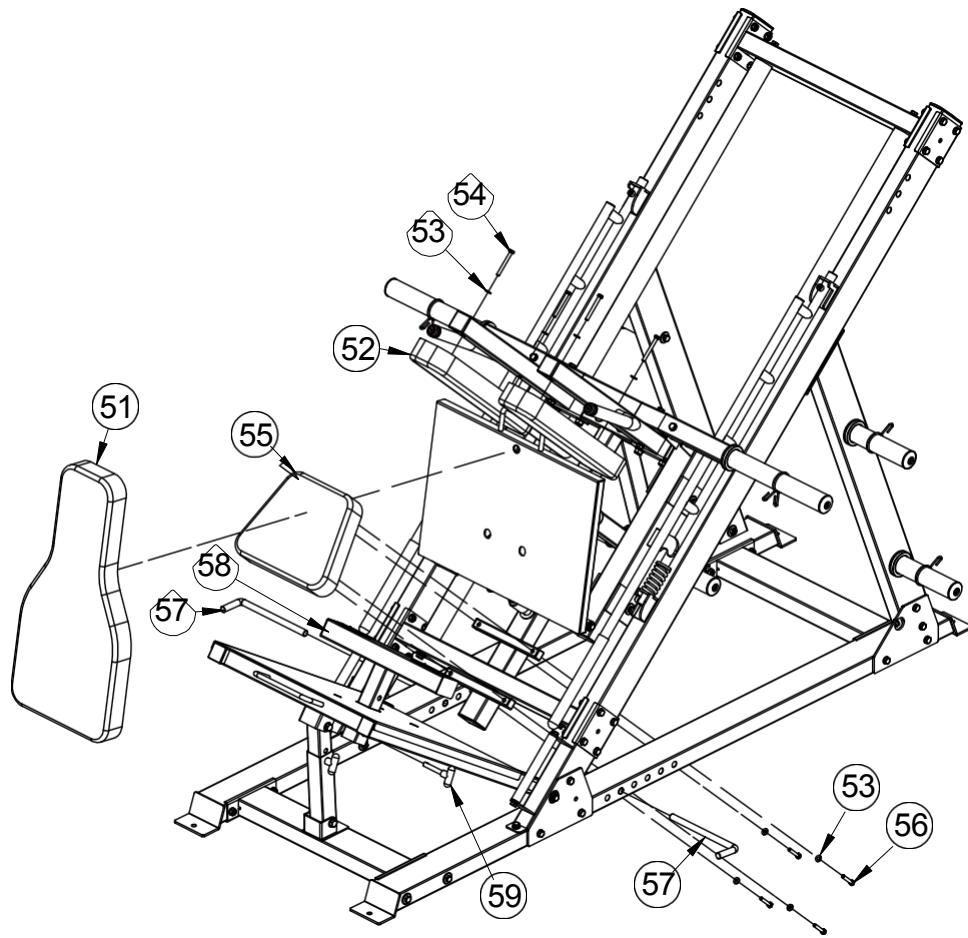
ASSEMB CLYHAIRING



INSTALLATION INSTRUCTIONS IN STEP 6

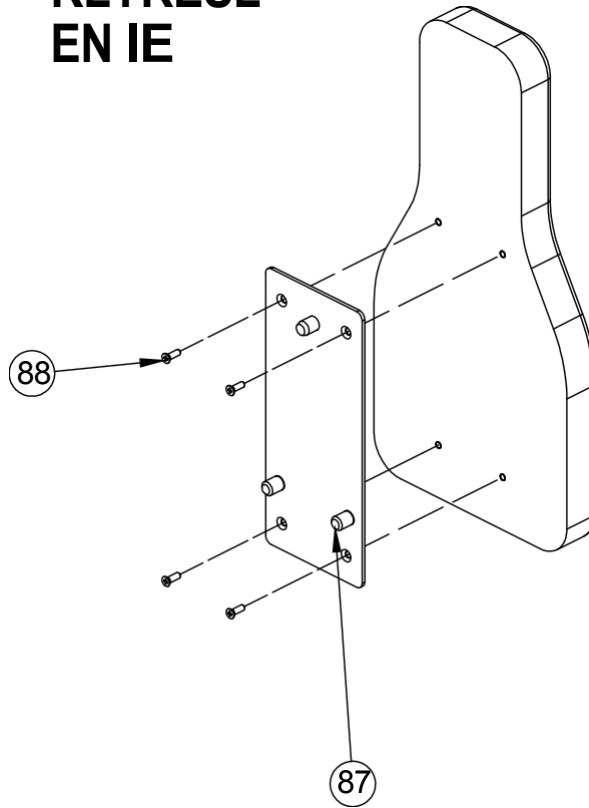
1. Attach the lifting frame assembly, part 45, to the frame using the M10*70-12 hex bolt, flat washer $\phi 10-5$, large flat washer $\phi 30*\phi 10*3-4$ and lock nut vM10-6.
2. Attach the inner bar of the dumbbell-46 to the mounting part of the lifting frame-45 using M8*20-48 hex head screws and the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

ASSEMBLY 7STEP

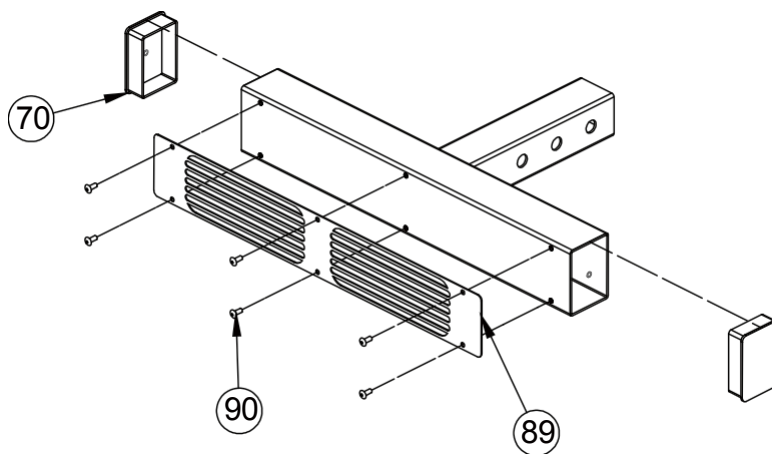


KEY ER	DESCRIPTION OF PARTICLE QUALITY	NUMB
51	Rear pad	1
52	Shoulder pad	2
53	Flat washer $\phi 8$	8
54	Hexagon bolt M8*70	4
55	Seat pad	1
56	Hexagon bolt M8*45	4
57	Peg Band	2
58	Legs Brick frame	1
59	T-shaped pin	1

ASSEMBLY KLYRESL EN IE



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

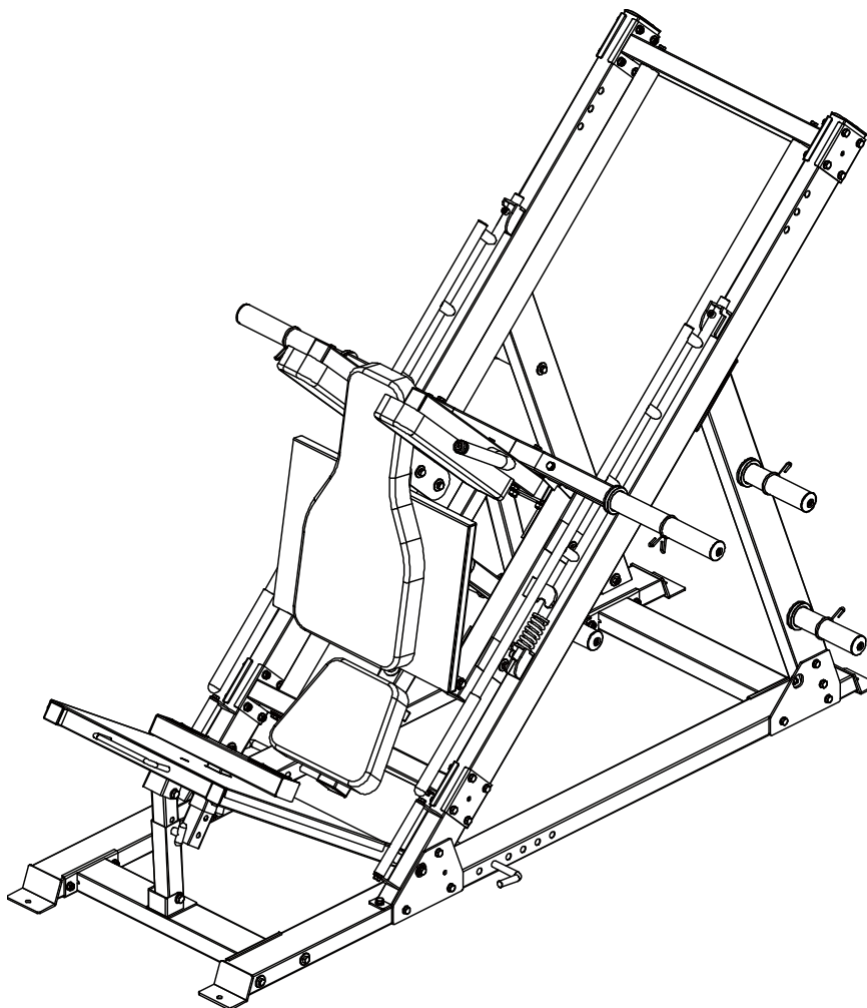


KEY NUMBER	DESCRIPTION OF THE WORK	QUALITY
70	Plug 50*70*2	2

ASSEMB

89	LDRYAWIANntGi-slipsheet	2
90	Flat blind rivet with round head 4*10	6

ASSEMBLY CYCLING



INSTALLATION INSTRUCTIONS STEP 7

1. Fix the seat pad-55 to the main frame with the M8*45-56 hex bolt and flat washer $\phi 8-53$.
2. Attach the shoulder pad-52 to the main frame using the M8*70-54 hex bolt and flat washer $\phi 8-53$.
3. Place the rear washer-51 on the mounting plate with the feet of part-36.
4. Place the footing frame of brick-58 on the bottom plate of footing-26. Use a $\phi 12*70$ t-59 pin.

ASSEMBLING

5. Insert pin-57 on mDaRin fALraYmWe.