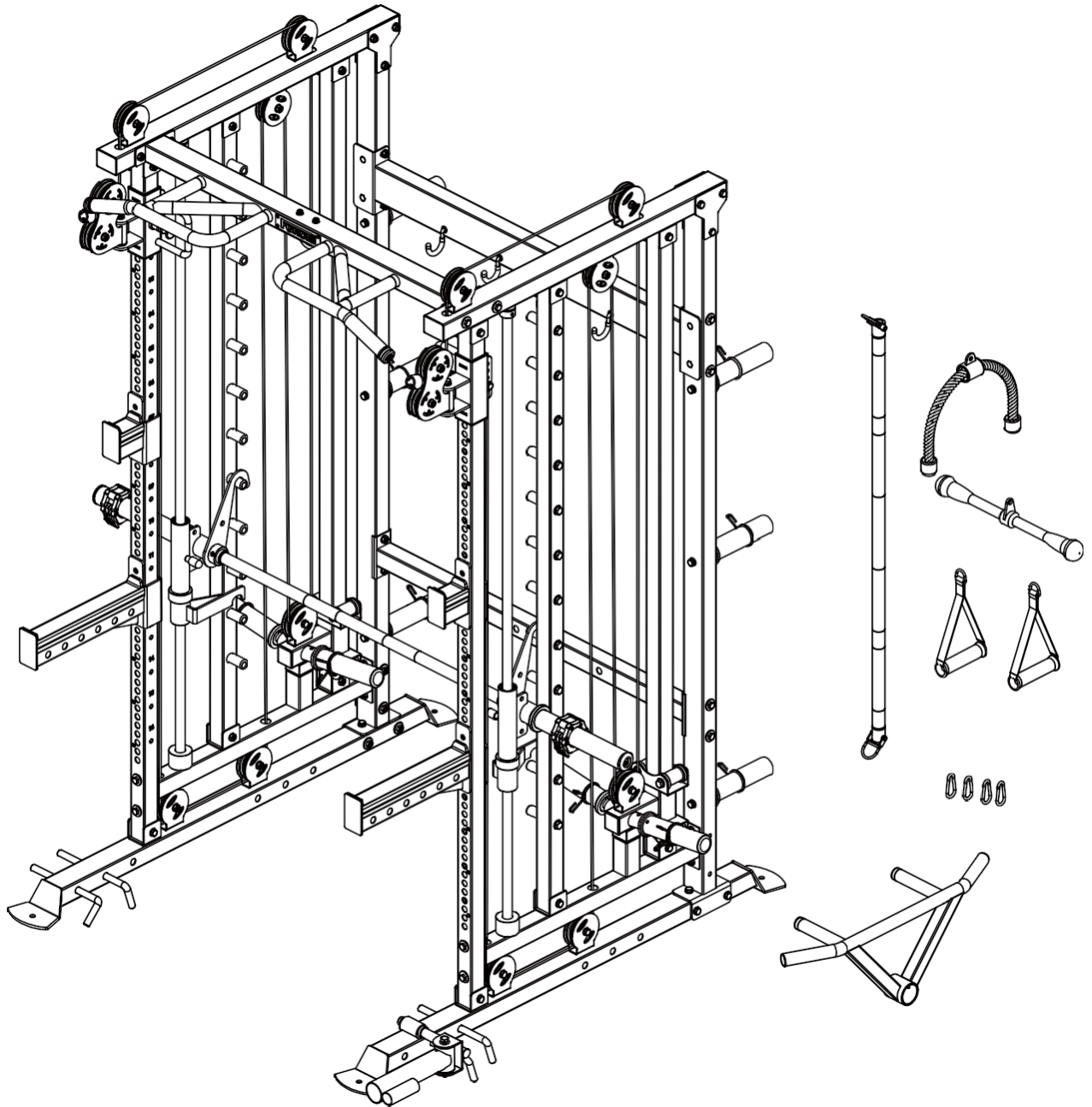


# FORCE USA

## G3-V2



OWNERS MANUAL | F-G3-V2

# TABLE OF CONTENTS

Parts List	2-6
Parts Drawing	7-11
Assembly Step 1	12-15
Assembly Step 2	16-20
Assembly Step 3	21-24
Assembly Step 4	25-28
Assembly Step 5	29-34
Assembly Step 6	35-38
Assembly Step 7	39-40
Assembly Step 8	41-44
Assembly Step 9	45-51
Attachment Drawing	52-53

# PARTS LIST

KEY NUMBER	DESCRIPTION OF PART	QUANTITY
1	Ground Tube-Right Assembly Part	1
2	Ground Tube-Left Assembly Part	1
3	Back Standing Tube-Right	1
4	Back Standing Tube-Left	1
5	Back Down Link Tube	1
6	Back Up Link Tube	1
7	Hexagon Bolt M10*25	10
8	Flat Washer $\Phi$ 10	118
9	Spring Washer $\Phi$ 10	14
10	Hexagon Bolt M10*70	24
11	Big Flat Washer $\Phi$ 30* $\Phi$ 10*3	30
12	Lock Nut M10	66
13	Hexagon Bolt M10*90	18
14	Link Tube Assembly Part	2
15	Front Standing Tube-Right	1
16	Front Standing Tube-Left	1
17	Sliding Frame-Right Assembly Part	1
18	Sliding Frame-Left Assembly Part	1
19	Side Up Link Tube Assembly Part	2
20	Fixing Plate	4
21	Chin Up Frame Assembly Part	1
22	Hexagon Bolt M10*95	6
23	Middle Standing Tube	2
24	Standing Frame Assembly Part	2
25	Lift Frame Assembly Part	2
26	Safety Hook-Right Assembly Part	1
27	Rubber Block $\Phi$ 60* $\Phi$ 26*25	2
28	Sliding Sleeve Assembly Part	2

# PARTS LIST

KEY NUMBER	DESCRIPTION OF PART	QUANTITY
29	Barbell Bar Assembly Part	1
30	Rubber Block $\Phi 60 \times \Phi 27 \times 42$	2
31	Safety Hook-Left Assembly Part	1
32	Guide Rod $\Phi 25 \times 1850$	2
33	Guide Rod Lock Sleeve $\Phi 40 \times 35$	2
34	Headless Hexagon Socket Bolt M8*10	2
35	Lift Rod Assembly Part	4
36	Snap Collar $\Phi 50$	10
37	Barbell Rod Sleeve	2
38	Clamp Collar	2
39	Hexagon Socket Button Head Screws M12*40	2
40	Spring Washer $\Phi 12$	4
41	Headless Hexagon Socket Bolt M8*10	4
42	Cable	2
43	Barbell Rod Cup	1
44	Hook Assembly Part	4
45	Barbell Plate Holder Assembly Part	6
46	Hexagon Bolt M10*20	6
47	Flat Washer $\Phi 8$	6
48	Lock Nut M8	6
49	Right Safety Assembly Part	1
50	Left Safety Assembly Part	1
51	Core Trainer Assembly Part	1
52	Right J-Hook Assembly Part	1
53	Left J-Hook Assembly Part	1
54	Band Peg $\Phi 17 \times 250 \times 771$	4
55	Long Straight Bar	1
56	Short Straight Bar	1

# PARTS LIST

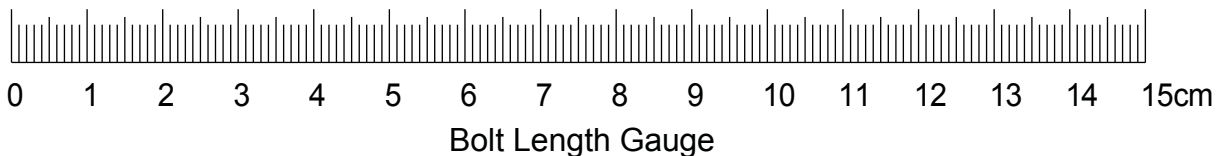
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
57	Tricep Rope	1
58	Plastic Handle	2
59	Lift Handle Assembly Part	1
60	Carabiner	4
61	Ground Tube-Right	1
62	Pulley $\Phi 92$	16
63	Hexagon Bolt M10*45	16
64	Ground Tube-Left	1
65	Link Tube	2
66	Square Rubber Block $\Phi 50*50*30$	2
67	Countersunk Hexagon Rivet Nut M10	2
68	Hexagon Socket Button Head Screws M10*35	2
69	Sliding Frame-Left	1
70	Reduction Sleeve 50-60	4
71	Aluminium Pull Pin	2
72	Pulley Holder	2
73	Alex Sleeve	4
74	Alex	2
75	Sliding Frame-Right	1
76	Tube Plug $\Phi 50*70*1.5$	4
77	Side Up Link Tube	2
78	Chin Up Frame	1
79	Bar Cover $\Phi 38*\Phi 32*130$	2
80	U Shape Hook	1
81	Round Tube Plug $\Phi 32*1.5$	8
82	Two Layer Spring Nut	2
83	Cross Recessed Countersunk Head Screw M10*25	2
84	Retaining Ring $\Phi 38*32*32$	2

# PARTS LIST

KEY NUMBER	DESCRIPTION OF PART	QUANTITY
85	FORCEUSA LOGO Plate 1	1
86	Flat Round Head Blind Rivet 4*10 4	4
87	Standing Frame 2	2
88	Hexagon Bolt M12*25 26	26
89	Barbell Bar Holder Rod 24	24
90	Flat Washer $\Phi$ 12 42	42
91	U Shape Frame 2	2
92	Tube Plug $\Phi$ 50*50*2 2	2
93	50 Tube Roller 8	8
94	Hexagon Bolt M12*90 8	8
95	Lock Nut M12 8	8
96	Barbell Bar 1	1
97	Hexagon Socket Button Head Screws M6*16 4	4
98	Hook Right 1	1
99	Barbell Bar Inner Rod $\Phi$ 25*1857 1	1
100	Spring Washer $\Phi$ 6 4	4
101	Hook Left 1	1
102	Sliding Sleeve 1	1
103	Rubber Cover 1	1
104	Linear Bearing 2	2
105	Bearing 6005 6	6
106	Snap Ring 4	4
107	Safety Hook-Left 8	8
108	Safety Hook-Right 1	1
109	Retaining Ring $\Phi$ 60*27 1	1
110	Outer Sleeve $\Phi$ 49.5*0.6 2	2
111	End Cap $\Phi$ 50*37 2	2
112	Inner Sleeve $\Phi$ 48*2.5 2	2

# PARTS LIST

KEY NUMBER	DESCRIPTION OF PART	QUANTITY
113	Rubber Ring $\Phi 70 \times \Phi 50 \times \Phi 10$	2
114	Lift Rod	4
115	210 Sleeve	10
116	Barbell Plate Holder	6
117	Four Shrapnel Nut $\Phi 23$ -M10 Four Shrapnel	6
118	Hook	4
119	Hook Cover $\Phi 8 \times 100$	4
120	J-Hook Rubber Cover	2
121	Right J-Hook	1
122	Left J-Hook	1
123	Right Safety	1
124	Safety Rubber Cover	2
125	Left Safety	1
126	Core Trainer Holder	1
127	Powder Metallurgy $\Phi 50 \times \Phi 47 \times \Phi 25 \times \Phi 15$	2
128	Round Tube End Cap $\Phi 25 \times 2$	1
129	Core Trainer Tube	1
130	Internal Thread Axle $\Phi 25 \times 77 \times M12$	1
131	Axle $\Phi 25 \times 86$	1
132	Limit Shaft $\Phi 22 \times 39.5$	1
133	Limit Right $\Phi 25 \times \Phi 20 \times 5$	1
134	Lift Handle	1

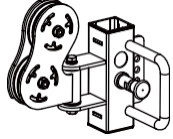
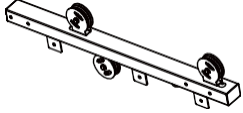
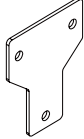
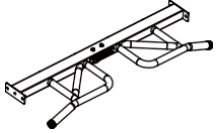
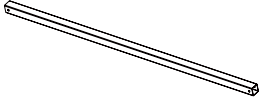

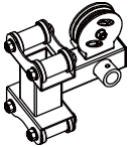
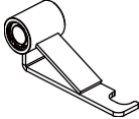
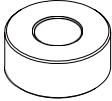
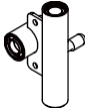


# PARTS DRAWING



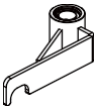
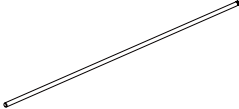

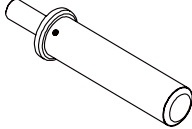

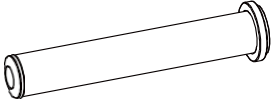
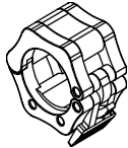
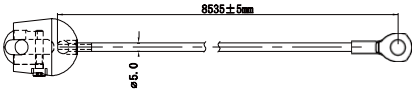
NUMBER	NUMBER	PART DESCRIPTION	QTY	PART PICTURE
61	BK-3103-0100	Ground Tube-Right	1	
64	BK-3103-0200	Ground Tube-Left	1	
3	BK-3103-0300	Back Standing Tube-Right	1	
4	BK-3103-0400	Back Standing Tube-Left	1	
5	BK-3103-0500	Back Down Link Tube	1	
6	BK-3103-0600	Back Up Link Tube	1	
14	BK-3103-07	Link Tube Assembly Part	2	
15	BK-3103-0800	Front Standing Tube-Right	1	
16	BK-3103-0900	Front Standing Tube-Left	1	
17	BK-3102-10	Sliding Frame-Right Assembly Part	1	



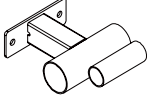

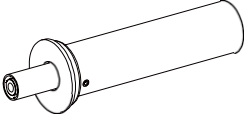
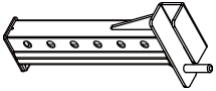
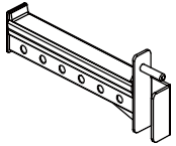
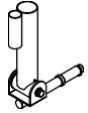
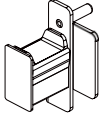
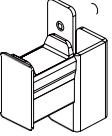
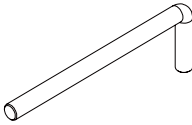
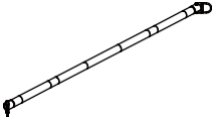
# PARTS DRAWING

NUMBER	NUMBER	PART DESCRIPTION	QTY	PART PICTURE
18	BK-3102-11	Sliding Frame-Left Assembly Part	1	
19	BK-3103-10	Side Up Link Tube Assembly Part	2	
20	BK-3103-1100	Fixing Plate	4	
21	BK-3103-12	Chin Up Frame Assembly Part	1	
23	BK-3103-1300	Middle Standing Tube	2	
24	BK-3103-14	Standing Frame Assembly Part	2	
25	BK-3103-15	Lift Frame Assembly Part	2	
26	BK-3000-80	Safety Hook-Right Assembly Part	1	
27	JH-02004	Rubber Block	2	
28	BK-3000-81	Sliding Sleeve Assembly Part	2	

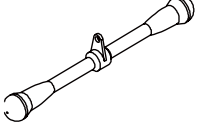
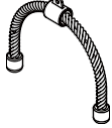

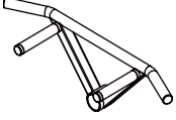


# PARTS DRAWING

NUMBER	NUMBER	PART DESCRIPTION	QTY	PART PICTURE
29	BK-3070-90	Barbell Bar Assembly Part	1	
30	JH-02006	Rubber Block	2	
31	BK-3000-82	Safety Hook-Left Assembly Part	1	
32	BK-3000B-2501	Guide Rod	2	
33	BK-3000B-0600	Guide Rod Lock Sleeve	2	
35	BK-3102-15	Lift Rod Assembly Part	4	
36	HDJ-01001	Snap Collar	10	
37	BK-3000-83	Barbell Rod Sleeve	2	
38	GLK-001	Clamp Collar	2	
42	BK-3103-GSS	GSS Cable	2	

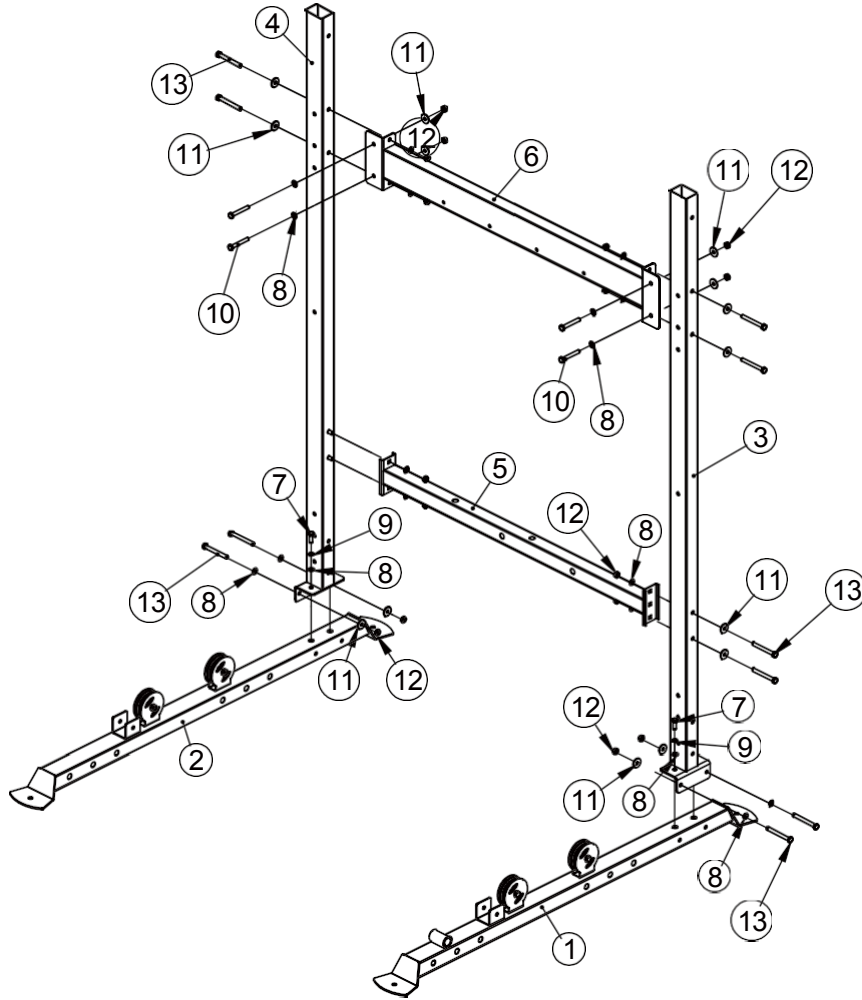
# PARTS DRAWING

NUMBER	NUMBER	PART DESCRIPTION	QTY	PART PICTURE
43	BK-3103-2000	Barbell Rod Cup	1	
44	M-810-15	Hook Assembly Part	4	
45	BK-3102-50	Barbell Plate Holder Assembly Part	6	
49	BK-3070-11	Right Safety Assembly Part	1	
50	BK-3070-12	Left Safety Assembly Part	1	
51	BK-3000-46	Core Trainer Assembly Part	1	
52	BK-3070-14	Right J-Hook Assembly Part	1	
53	BK-3070-13	Left J-Hook Assembly Part	1	
54	BK-3000E-4600	Band Peg	4	
55	BK-3102-60	Long Straight Bar	1	

# PARTS DRAWING

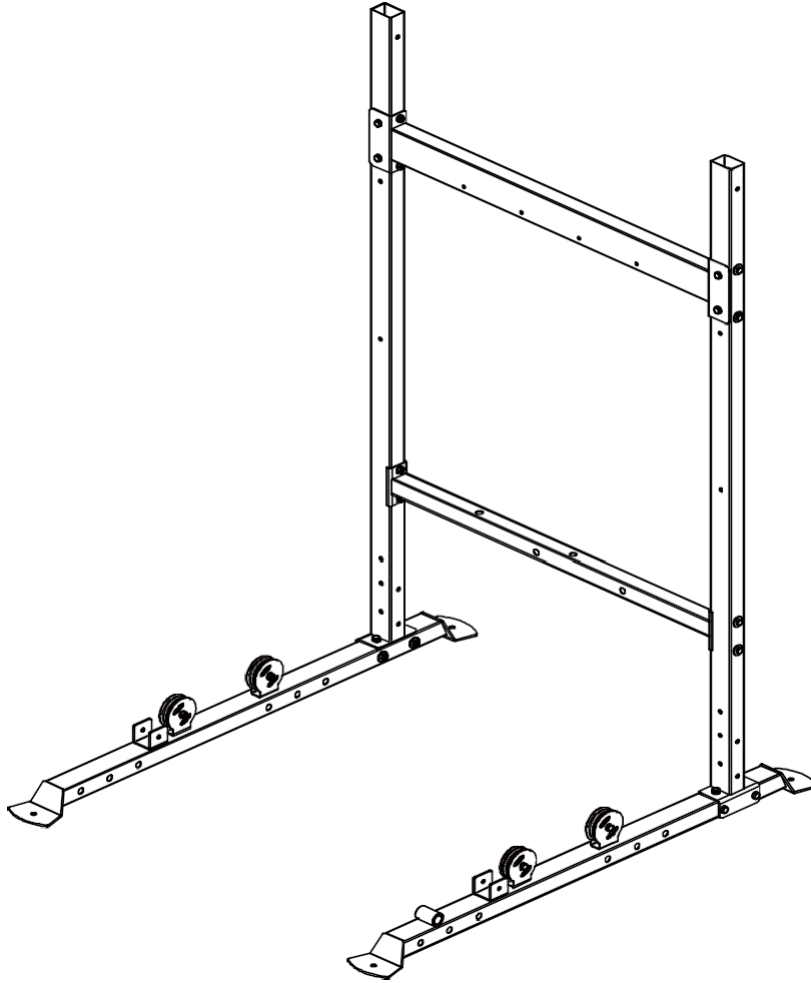
NUMBER	NUMBER	PART DESCRIPTION	QTY	PART PICTURE
56	BK-3102-61	Short Straight Bar	1	
57	BK-3102-62	Tricep Rope	1	
58	BK-3102-63	Plastic Handle	2	
59	BK-3102-64	Lift Handle Assembly Part	1	
60	BK-3102-65	Carabiner	4	
62	HL-01004	Pulley	10	

# ASSEMBLY STEP 1



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
1	Ground Tube-Right Assembly Part	1
2	Ground Tube-Left Assembly Part	1
3	Back Standing Tube-Right	1
4	Back Standing Tube-Left	1
5	Back Down Link Tube	1
6	Back Up Link Tube	1
7	Hexagon Bolt M10*25	10
8	Flat Washer 10	118
9	Spring Washer $\Phi 10$	14
10	Hexagon Bolt M10*70	24
11	Big Flat Washer $\Phi 30 \times \Phi 10 \times 3$	30
12	Lock Nut M10	66
13	Hexagon Bolt M10*90	18

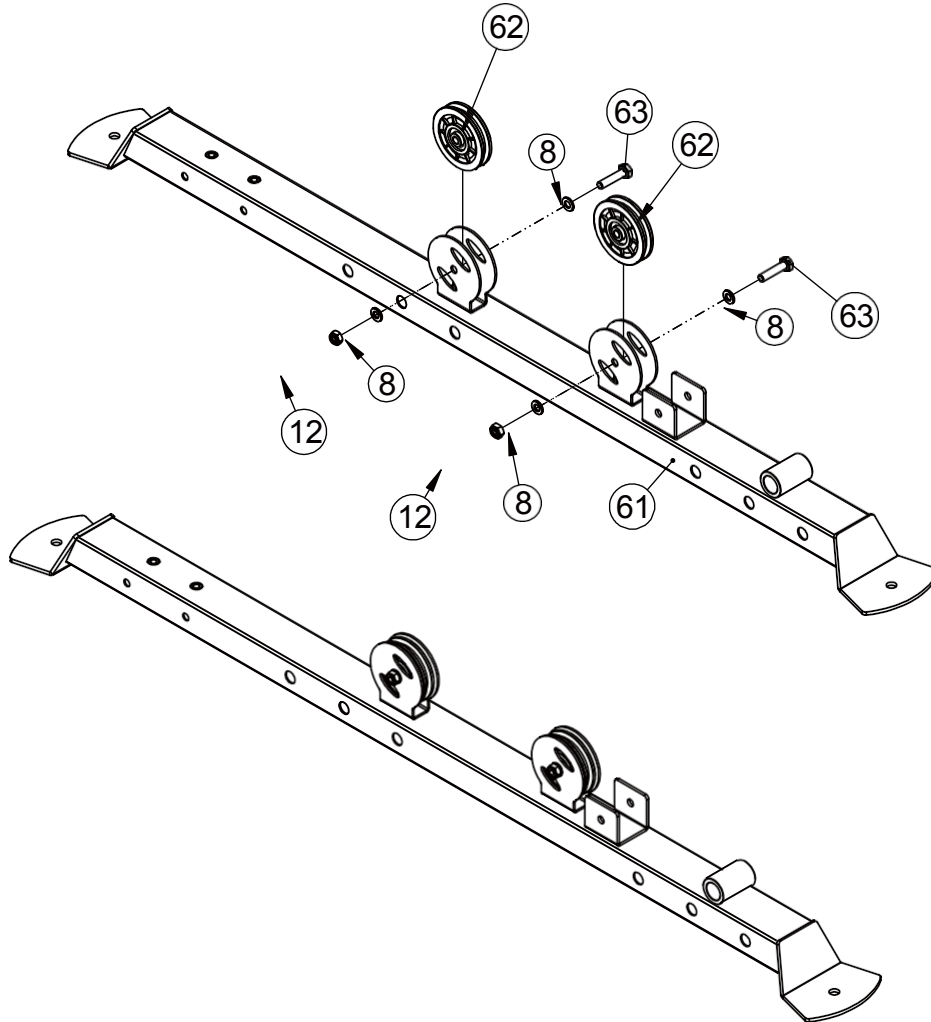
# ASSEMBLY DRAWING



1. Fix ground tube-right assembly part-1 and back standing tube-right-3 use M10\*70 hexagon bolt-10,  $\phi 30*\phi 10*3$  big flat washer-11,  $\phi 10$  flat washer-8 and M10 lock nut-12.
2. Fix ground tube-left assembly part-2 and back standing tube-left-4 use M10\*70 hexagon bolt-10,  $\phi 30*\phi 10*3$  big flat washer-11,  $\phi 10$  flat washer-8 and M10 lock nut-12.
3. Fix back down link tube-5 and standing tube use M10\*90 hexagon bolt-13,  $\phi 30*\phi 10*3$  big flat washer-11,  $\phi 10$  flat washer-8 and M10 lock nut-12.
4. Fix back up link tube-6 and standing tube use M10\*90 hexagon bolt-13,  $\phi 30*\phi 10*3$  big flat washer-11,  $\phi 10$  flat washer-8 and M10 lock nut-12.
5. Make sure  $\phi 30*\phi 10*3$  big flat washer-11 are in the right place.

# ASSEMBLY DRAWING

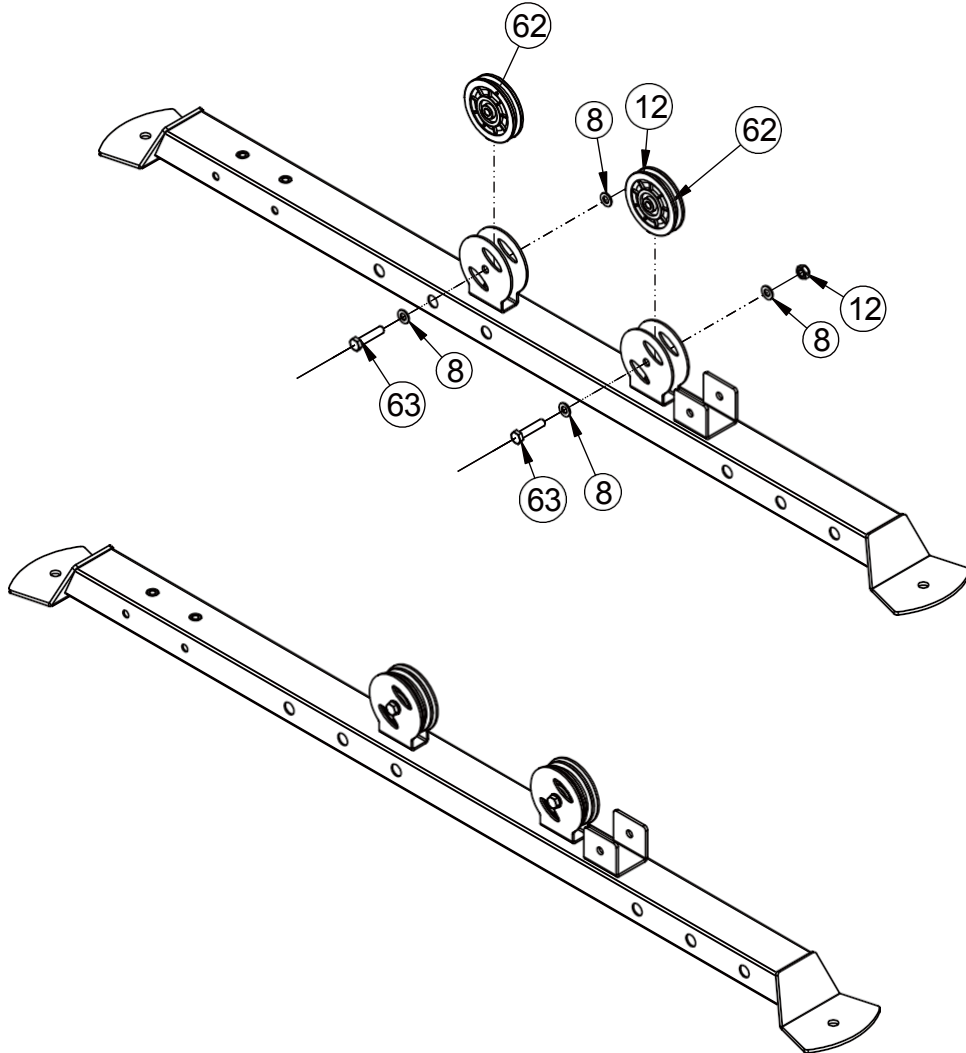
## GROUND TUBE-RIGHT ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
61	Ground Tube-Right	1
62	Pulley $\Phi 92$	2
63	Hexagon Bolt M10*45	2
8	Flat Washer $\Phi 10$	4
12	Lock Nut M10	2

# ASSEMBLY DRAWING

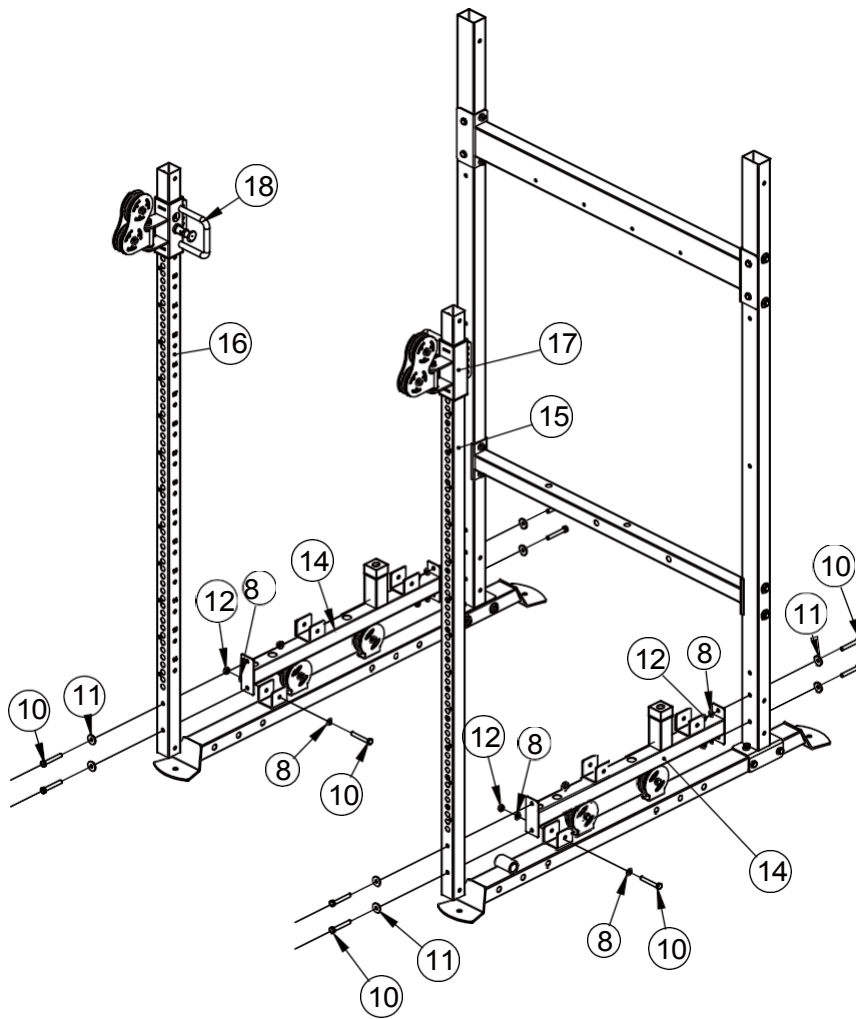
## GROUND TUBE-LEFT ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
64	Ground Tube-Left	1
62	Pulley $\Phi 92$	2
63	Hexagon Bolt M10*45	2
8	Flat Washer $\Phi 10$	4
12	Lock Nut M10	2

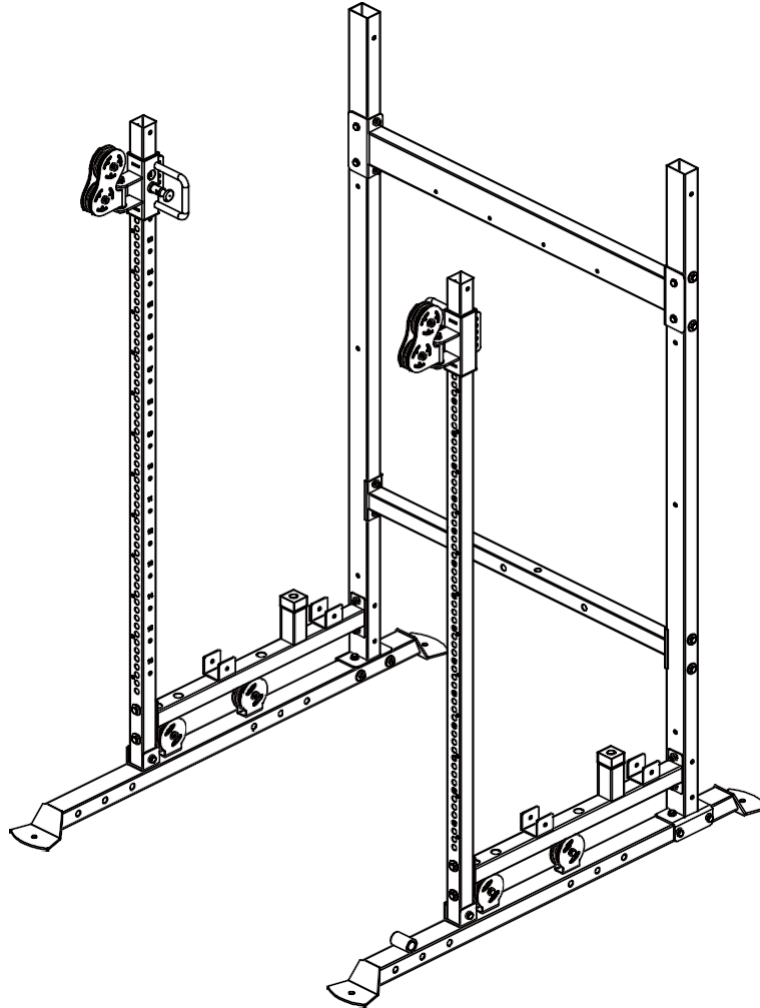


## ASSEMBLY STEP 2



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
14	Link Tube Assembly Part	2
15	Front Standing Tube-Right	1
16	Front Standing Tube-Left	1
17	Sliding Frame-Right Assembly Part	1
10	Hexagon Bolt M10*70	10
11	Big Flat Washer $\Phi 30 \times \Phi 10 \times 3$	8
8	Flat Washer $\Phi 10$	12
12	Lock Nut M10	10
18	Sliding Frame-Left Assembly Part	1

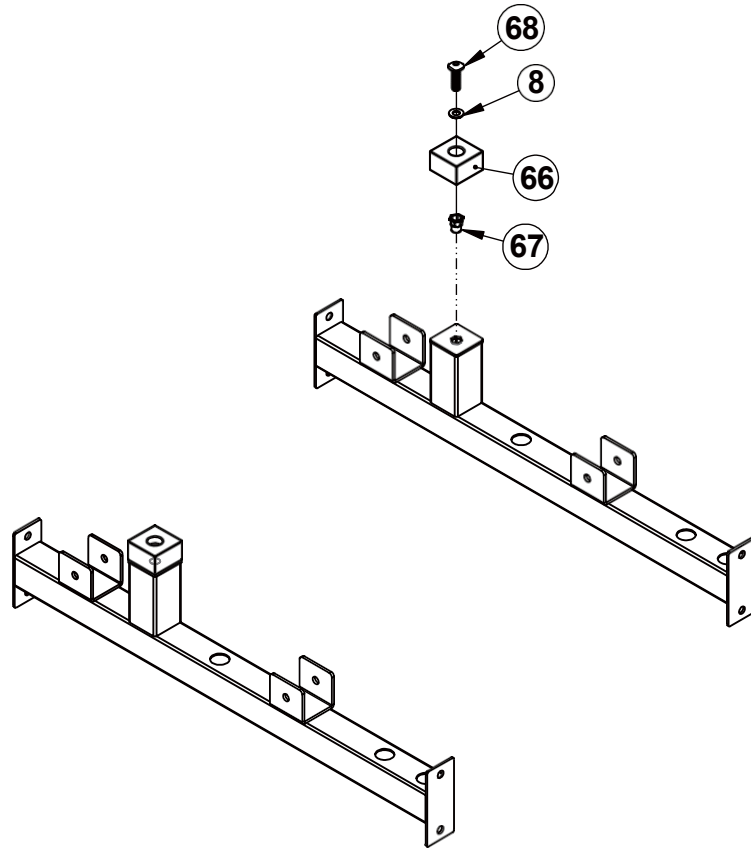
# ASSEMBLY DRAWING



1. Slide sliding frame-right assembly part-17 onto front standing tube-right-15, fix them and link tube on main frame use M10\*70 hexagon bolt-10,  $\phi 30*\phi 10*3$  big flat washer-11,  $\phi 10$  flat washer-8 and M10 lock nut-12.
2. Slide sliding frame-left assembly part-18 onto front standing tube-left-16, fix them and link tube on main frame use M10\*70 hexagon bolt-10,  $\phi 30*\phi 10*3$  big flat washer-11,  $\phi 10$  flat washer-8 and M10 lock nut-12.
3. Make sure  $\phi 30*\phi 10*3$  big flat washer-11 are in the right place.

# ASSEMBLY DRAWING

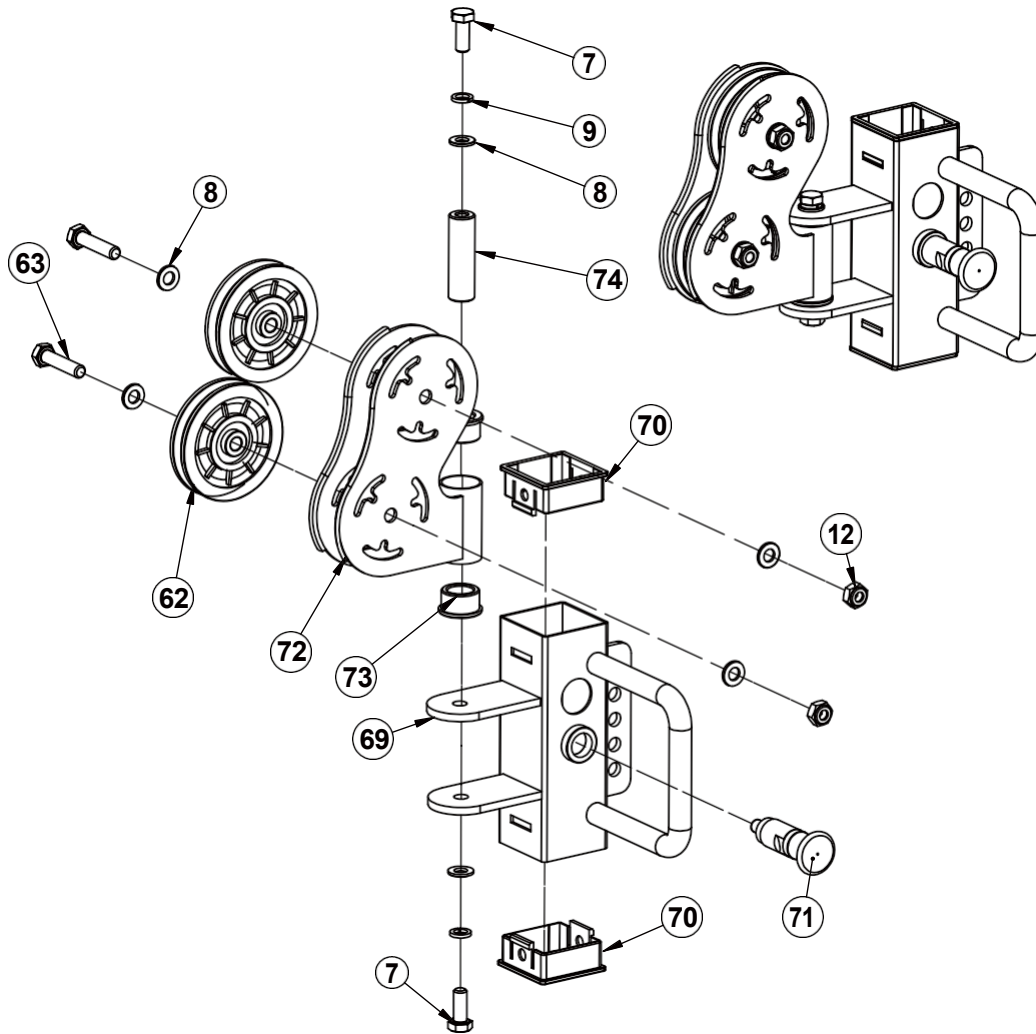
## LINK TUBE ASSEMBLY PART 2PCS/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
65	Link Tube	1
66	Square Rubber Block $\Phi 50 \times 50 \times 30$	1
67	Countersunk Hexagon Rivet Nut M10	1
68	Hexagon Socket Button Head Screws M10*35	1
8	Flat Washer $\Phi 10$	1

# ASSEMBLY DRAWING

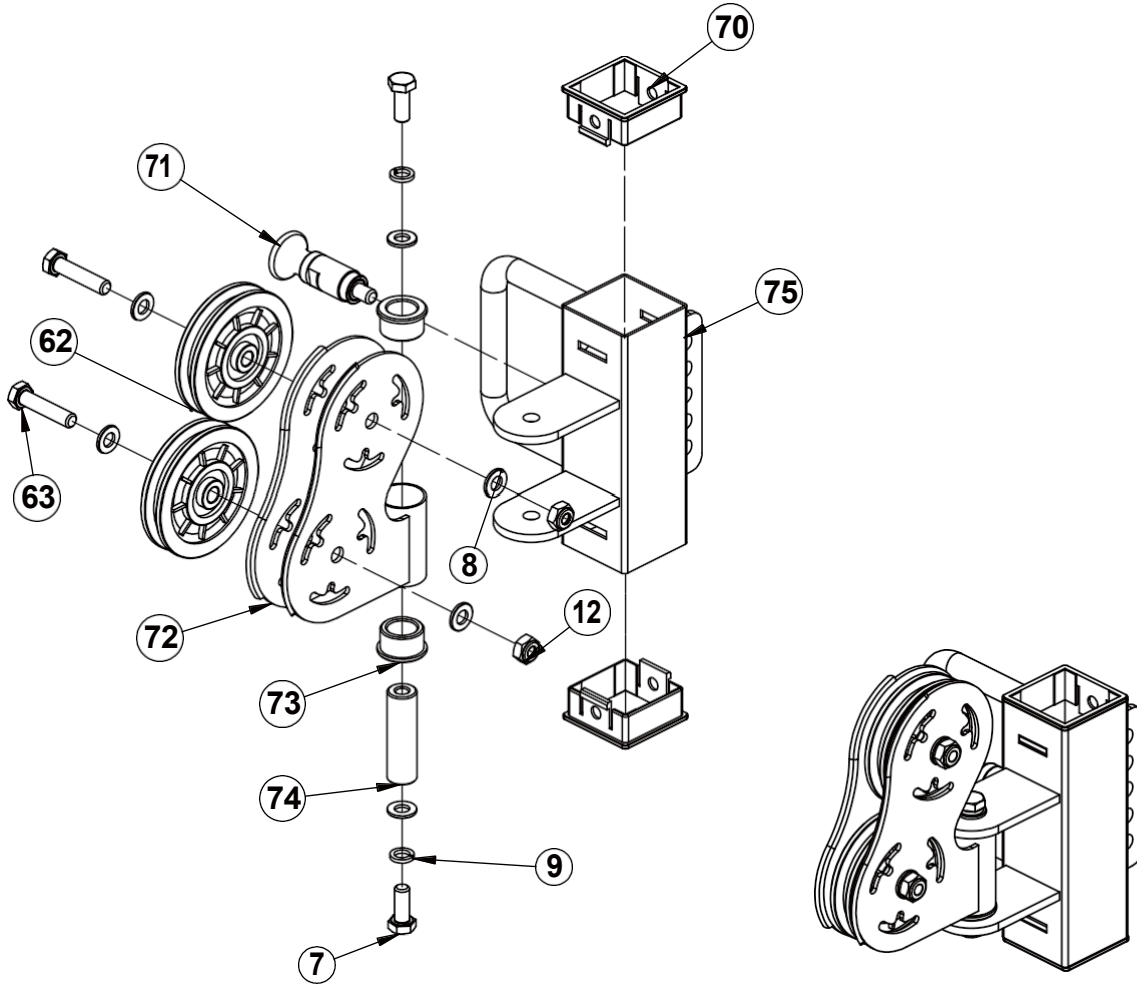
## SLIDING FRAME-LEFT ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
69	Sliding Frame-Left	1
70	Reduction Sleeve 50-60	2
71	Aluminium Pull Pin	1
8	Flat Washer Φ10	6
63	Hexagon Bolt M10*45	2
12	Lock Nut M10	2
72	Pulley Holder	1
62	Pulley Φ92	2
73	Powder Metallurgy Φ33*Φ29*Φ20*Φ18	2
74	Internal Thread Axle Φ20*67	1
7	Hexagon Bolt M10*25	2
9	Spring Washer Φ10	2

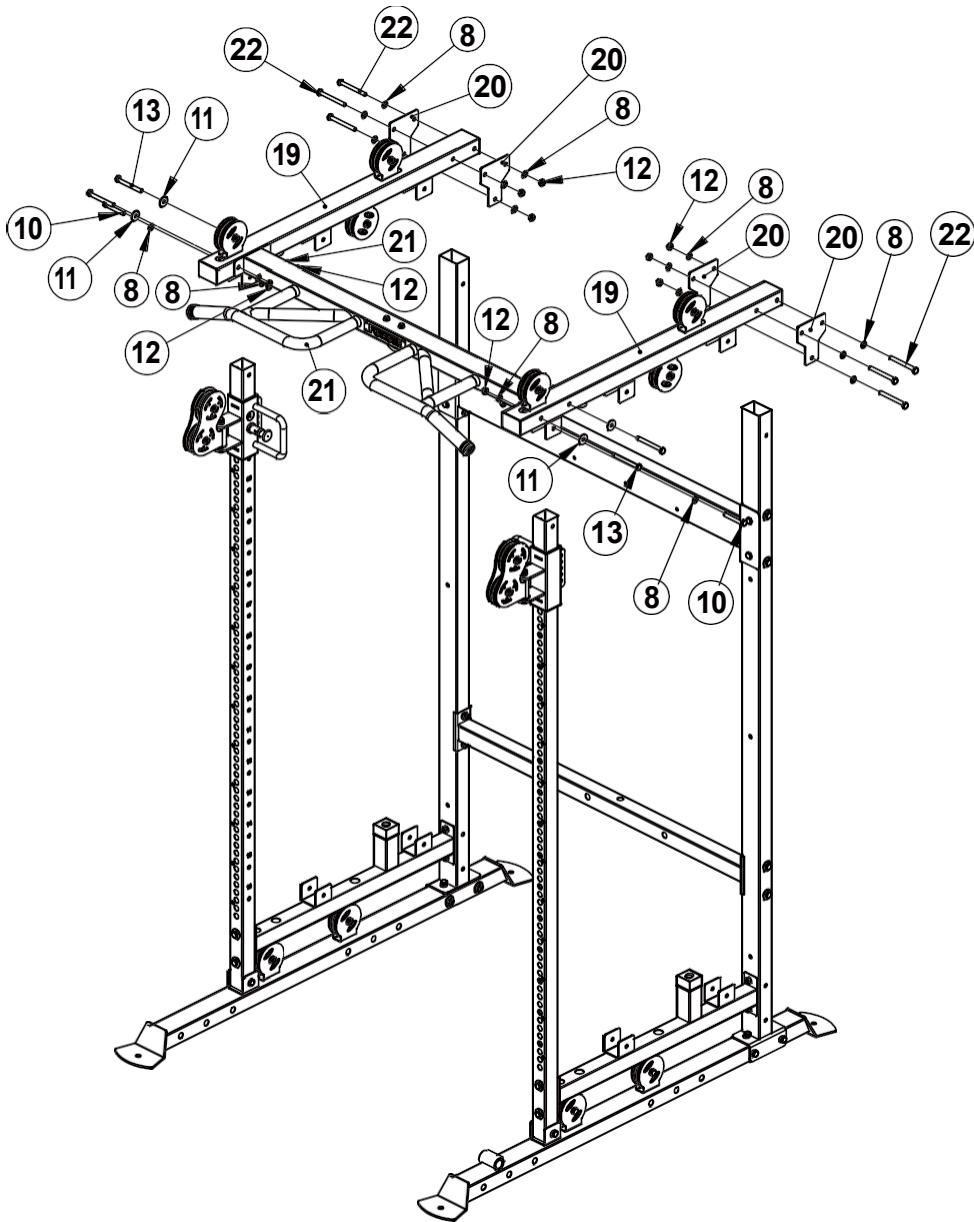
# ASSEMBLY DRAWING

## SLIDING FRAME-RIGHT ASSEMBLY PART 1PC/SET



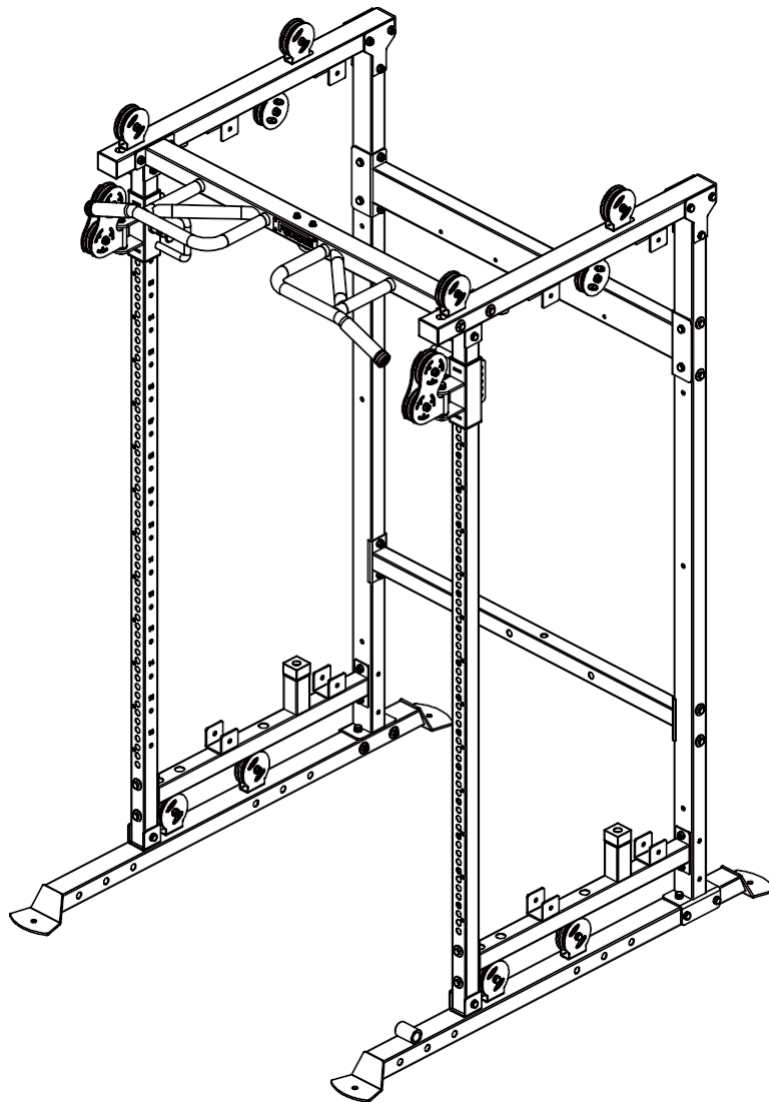
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
75	Sliding Frame-Right	1
71	Aluminium Pull Pin	1
8	Flat Washer $\Phi 10$	6
63	Hexagon Bolt M10*45	2
12	Lock Nut M10	2
62	Pulley $\Phi 92$	2
74	Internal Thread Axle $\Phi 20 \times 67$	2
72	Pulley Holder	1
73	Powder Metallurgy $\Phi 33 \times \Phi 29 \times \Phi 20 \times \Phi 18$	1
9	Spring Washer $\Phi 10$	2
7	Hexagon Bolt M10*25	2
70	Reduction Sleeve 50-60	2

## ASSEMBLY STEP 3



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
19	Side Up Link Tube Assembly Part	2
20	Fixing Plate	4
21	Chin Up Frame Assembly Part	1
10	Hexagon Bolt M10*70	2
8	Flat Washer $\Phi 10$	20
12	Lock Nut M10	12
13	Hexagon Bolt M10*90	4
11	Big Flat Washer $\Phi 30 \times \Phi 10 \times 3$	4
22	Hexagon Bolt M10*95	6

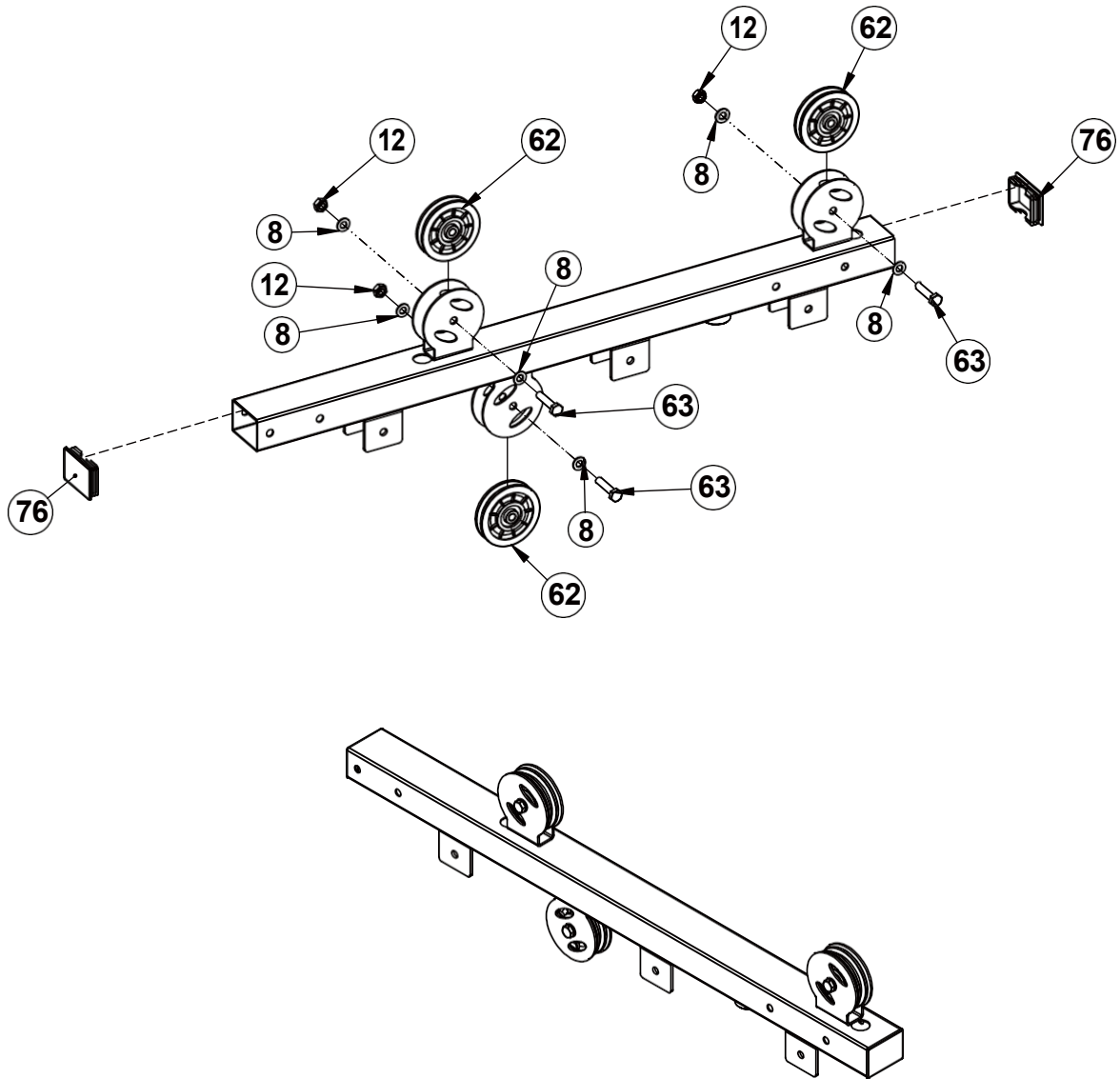
# ASSEMBLY DRAWING



1. Fix side up link tube assembly part-19 and front standing tube use M10\*70 hexagon bolt-10,  $\phi 10$  flat washer-8 and M10 lock nut-12. Same assembly left and right.
2. Fix side up link tube assembly part-19 and back standing tube use Fixing Plate-20, M10\*90 hexagon bolt-13,  $\phi 10$  flat washer-8 and M10 lock nut-12. Same assembly left and right.
3. Fix chin up frame assembly part-21 on main frame use M10\*70 hexagon bolt-10,  $\phi 30 \times \phi 10 \times 3$  big flat washer-11,  $\phi 10$  flat washer-8 and M10 lock nut-12.
4. Make sure  $\phi 30 \times \phi 10 \times 3$  big flat washer-11 are in the right place.  
Fix side up link tube assembly part-19 and back standing tube use Fixing Plate-20, M10\*90 hexagon bolt-13,  $\phi 10$  flat washer-8 and M10 lock nut-12. Same assembly left and right.

# ASSEMBLY DRAWING

## SIDE UP LINK TUBE ASSEMBLY PART 2PCS/SET

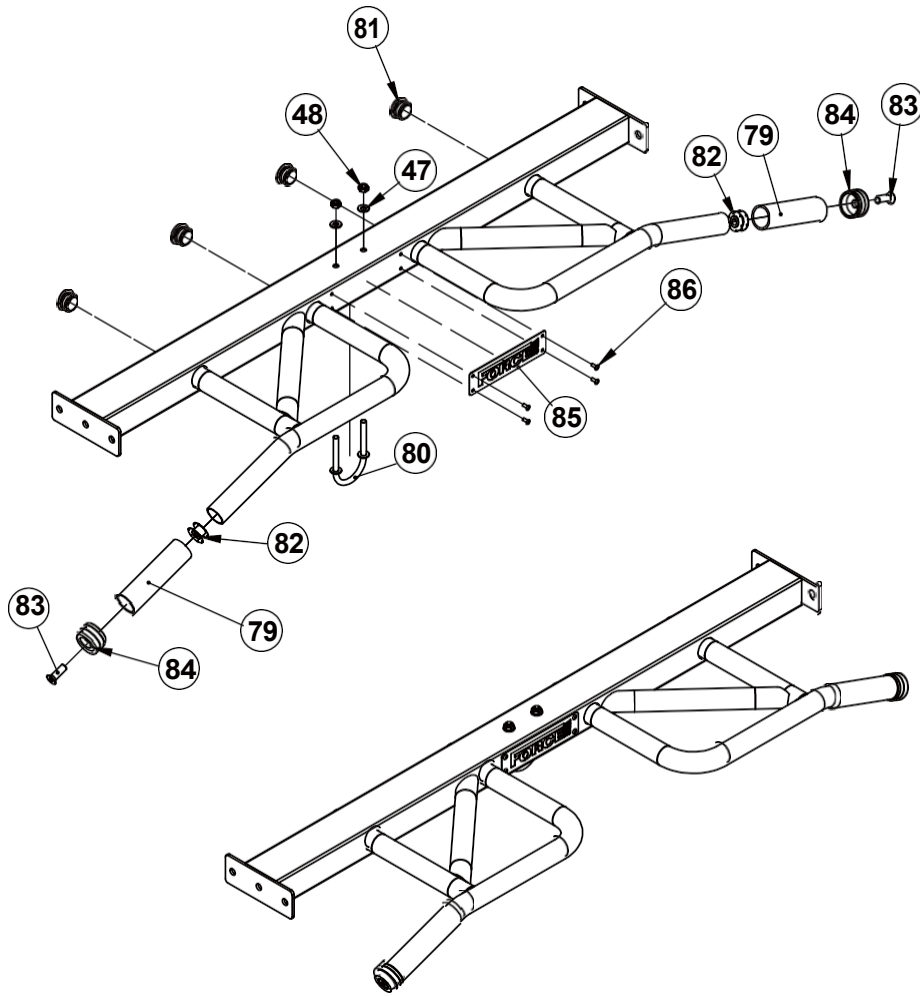


KEY NUMBER	DESCRIPTION OF PART	QUANTITY
62	Pulley $\Phi 92$	3
76	Tube Plug $\Phi 50 \times 70 \times 1.5$	2
77	Side Up Link Tube	1
63	Hexagon Bolt M10*45	3
8	Flat Washer $\Phi 10$	6
12	Lock Nut M10	3



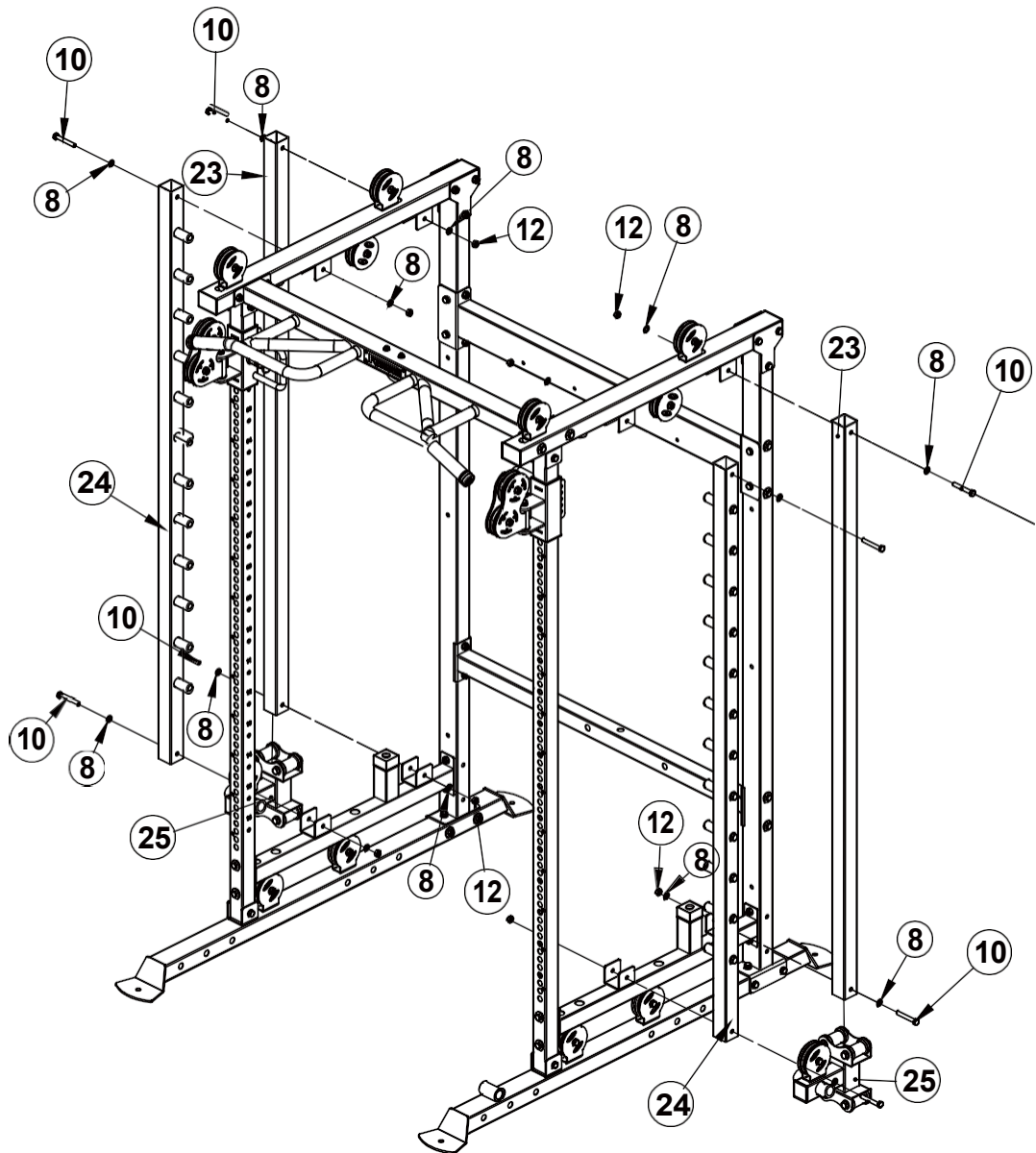
# ASSEMBLY DRAWING

## CHIN UP FRAME ASSEMBLY PART 1PC/SET



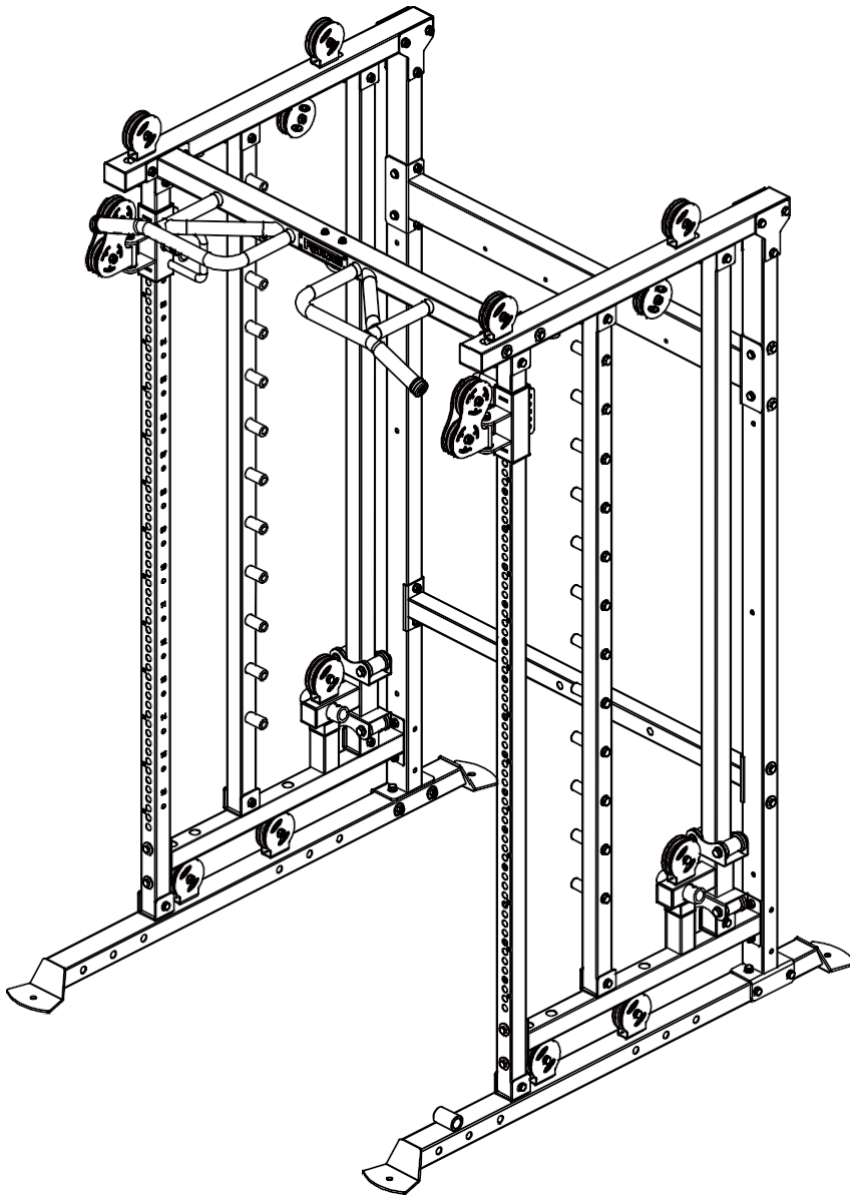
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
78	Chin Up Frame	1
79	Bar Cover $\Phi 38 \times \Phi 32 \times 130$	2
80	U Shape Hook	1
48	Lock Nut M8	2
47	Flat Washer $\Phi 8$	2
81	Round Tube Plug $\Phi 32 \times 1.5$	4
82	Two Layer Spring Nut	2
83	Cross Recessed Countersunk Head Screw M10*25	2
84	Retaining Ring $\Phi 38 \times 32 \times 32$	2
85	Forceusa Logo Plate	1
86	Flat Round Head Blind Rivet 4*10	4

# ASSEMBLY STEP 4



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
23	Middle Standing Tube	2
24	Standing Frame Assembly Part	2
25	Lift Frame Assembly Part	2
10	Hexagon Bolt M10*70	8
8	Flat Washer Φ10	16
12	Lock Nut M10	8

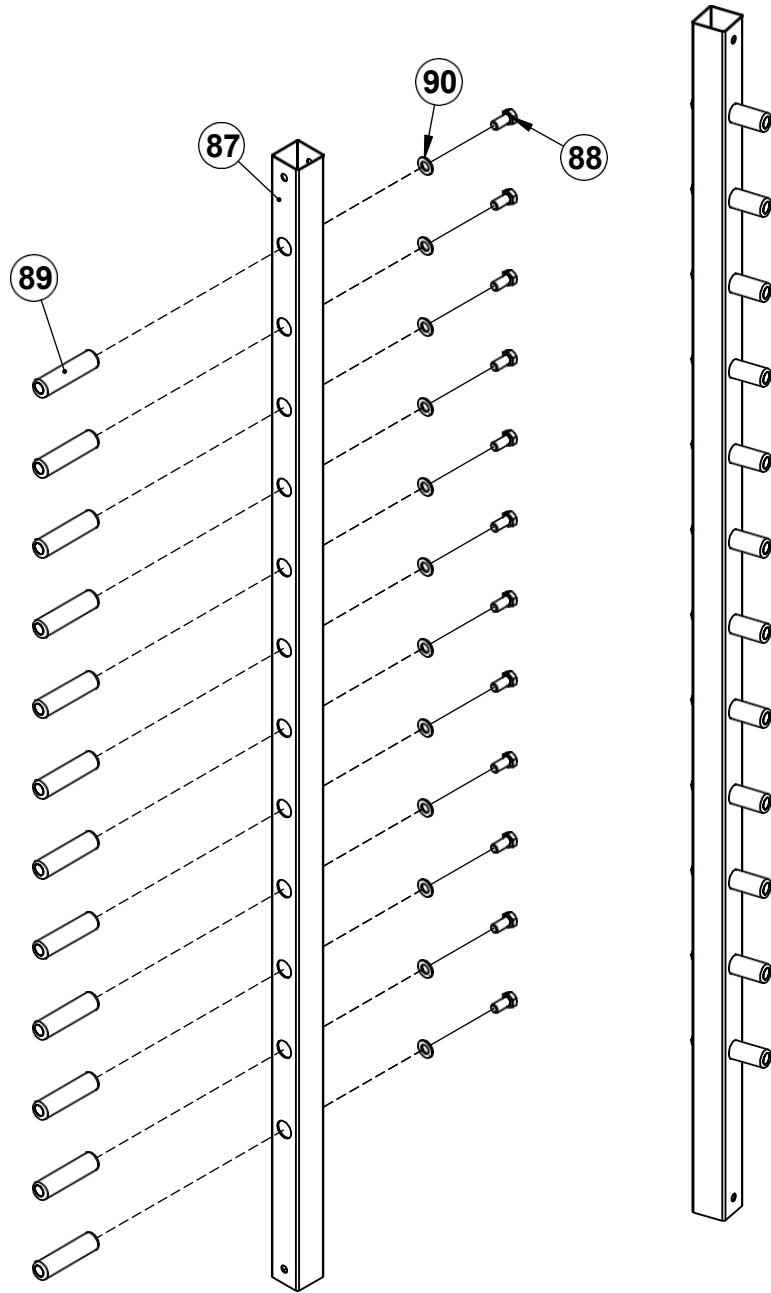
# ASSEMBLY DRAWING



1. Slide lift frame assembly part-25 onto middle standing tube-23, fix them on main frame use M10\*70 hexagon bolt-10,  $\Phi$ 10 flat washer-8 and M10 lock nut-12.
2. Same assembly left and right.

# ASSEMBLY DRAWING

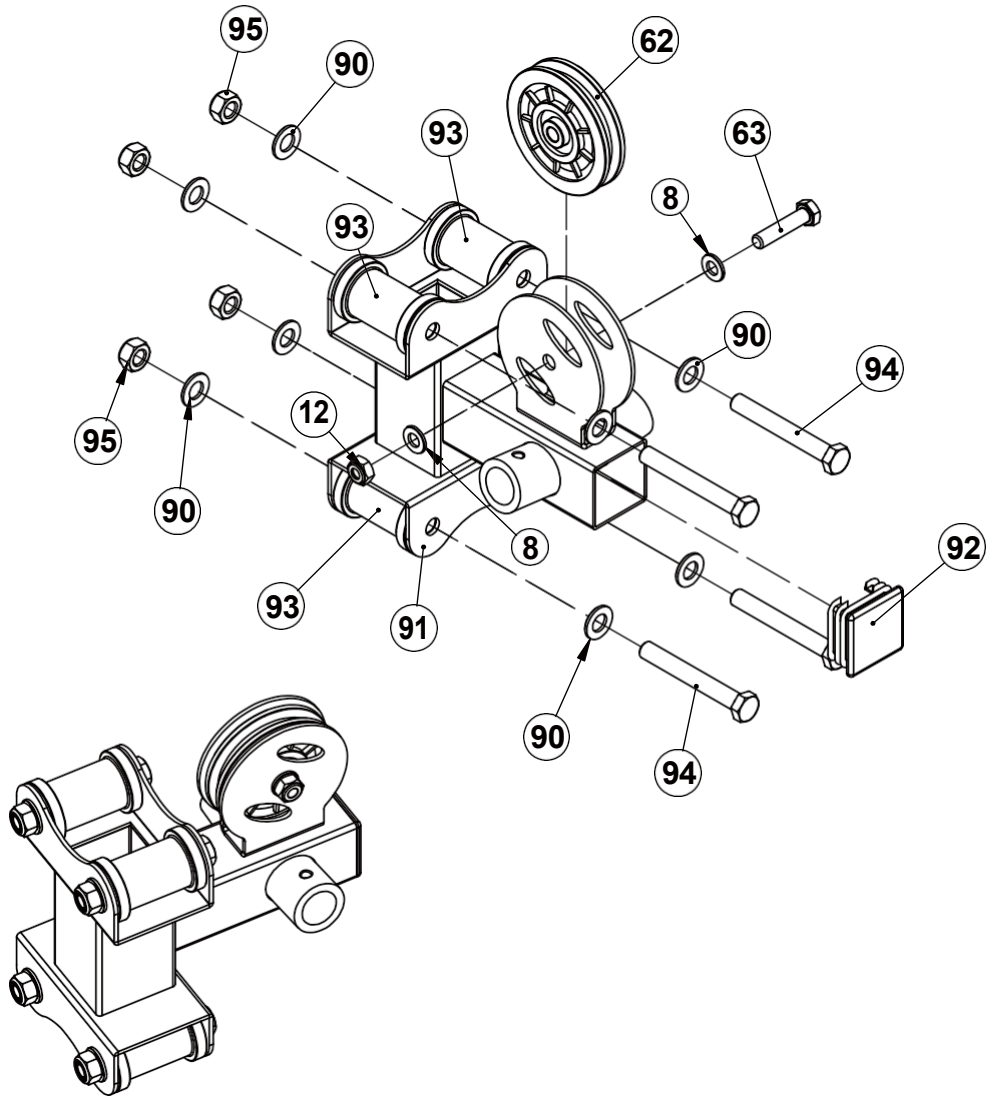
## STANDING FRAME ASSEMBLY PART 2PCS/SET



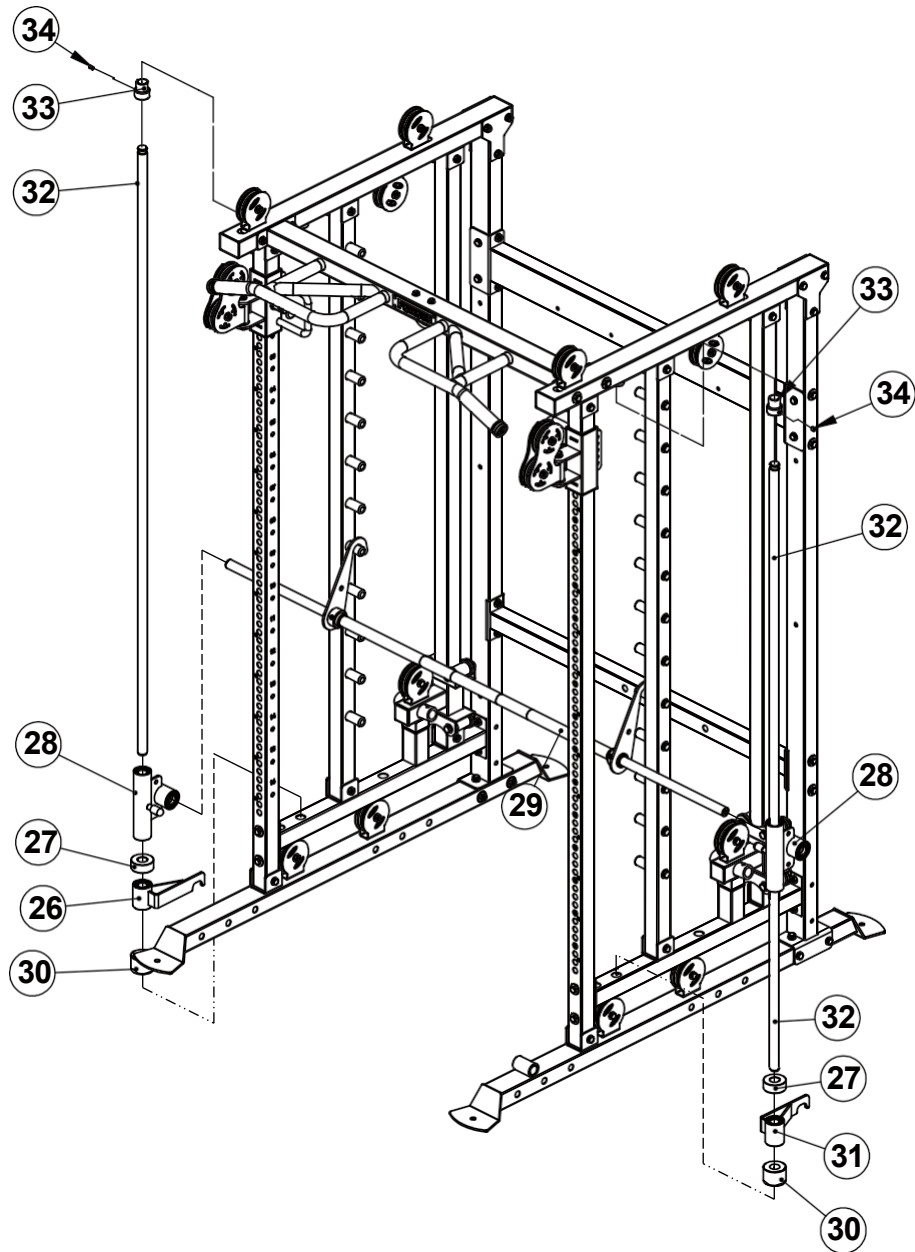
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
87	Standing Frame	1
88	Hexagon Bolt M12*25	12
89	Barbell Bar Holder Rod	12
90	Flat Washer $\Phi 12$	12

# ASSEMBLY DRAWING

LIFT FRAME ASSEMBLY PART 2PCS/SET

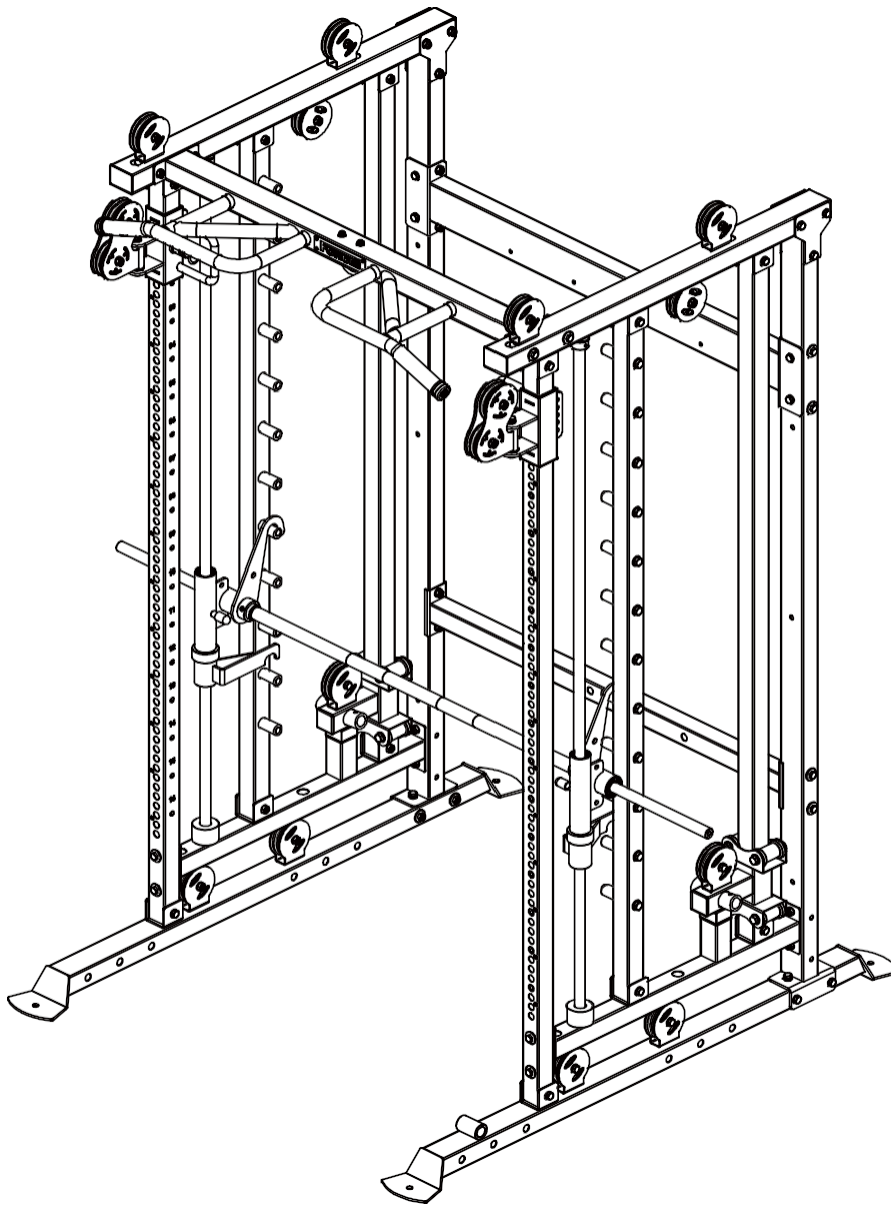


## ASSEMBLY STEP 5



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
26	Safety Hook-Right Assembly Part	1
27	Rubber Block $\Phi 60 \times \Phi 26 \times 25$	2
28	Sliding Sleeve Assembly Part	2
29	Barbell Bar	1
30	Rubber Block $\Phi 60 \times \Phi 27 \times 42$	2
31	Safety Hook-Left Assembly Part	1
32	Guide Rod $\Phi 25 \times 1850$	2
33	Guide Rod Lock Sleeve $\Phi 40 \times 35$	2
34	Headless Hexagon Socket Bolt M8*10	2

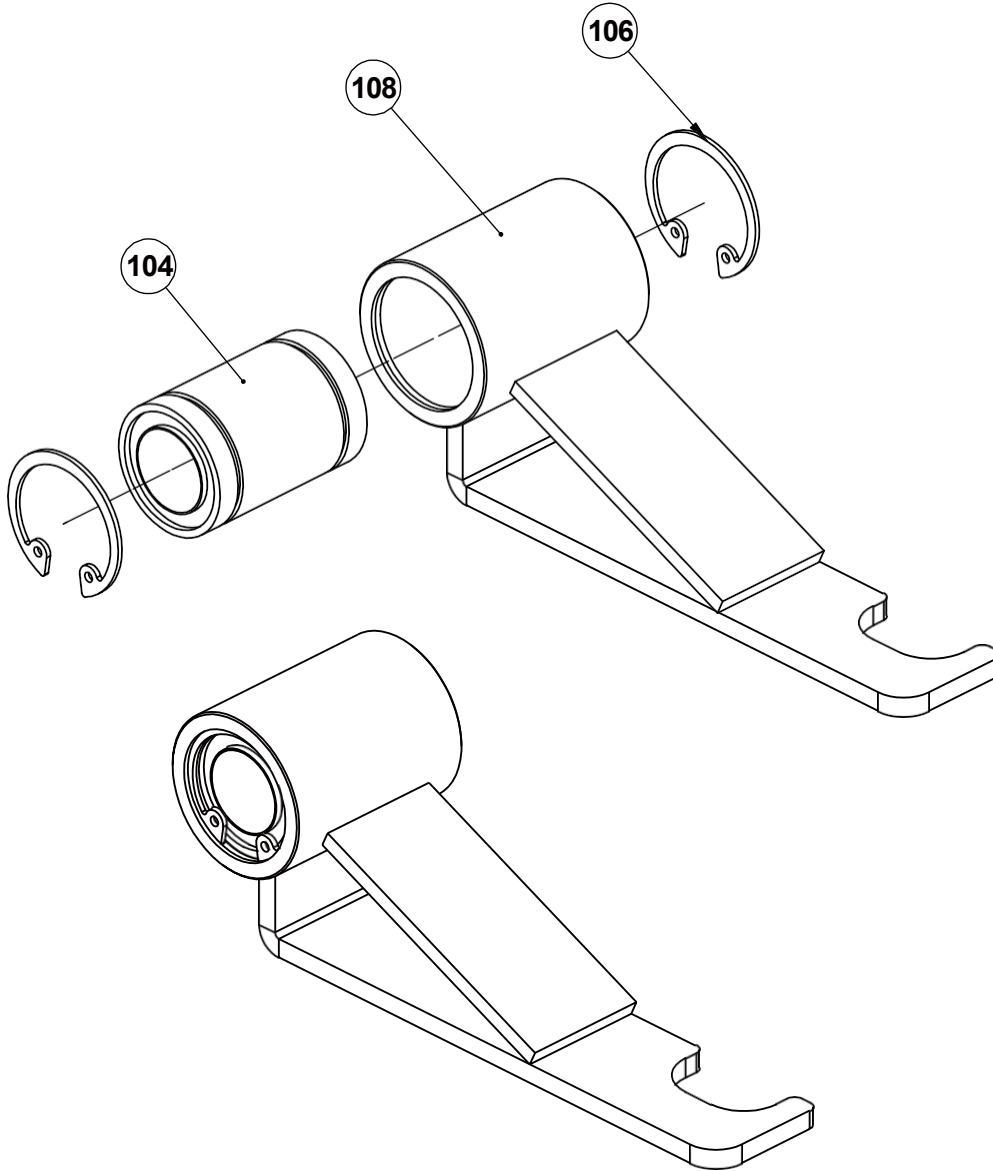
# ASSEMBLY DRAWING



1. Put  $\phi 40 \times 35$  guide rod lock sleeve-33, sliding sleeve assembly part-28,  $\phi 60 \times \phi 26 \times 25$  rubber block-27, safety hook-right assembly part-26 and  $\phi 60 \times \phi 27 \times 42$  rubber block-30 on  $\phi 25 \times 1850$  guide rod-32 in turn, and fix them on main frame use M8\*10 headless hexagon socket bolt-34.
2. Attach barbell bar-29 to sliding sleeve assembly part-28 of guide rod-32, attach them to the main machine, then assemble the other side.
3. Assemble sliding sleeve assembly part-28 other side onto barbell bar and insert the guide rod-32, as shown in figure put into  $\phi 40 \times 35$  guide rod lock sleeve-33,  $\phi 60 \times \phi 26 \times 25$  rubber block-27, safety hook-left assembly part-31 and  $\phi 60 \times \phi 27 \times 42$  rubber block-30. Then fix them on main frame use M8\*10 headless hexagon socket bolt-34.

# ASSEMBLY DRAWING

## SAFETY HOOK-RIGHT ASSEMBLY PART 1PC/SET

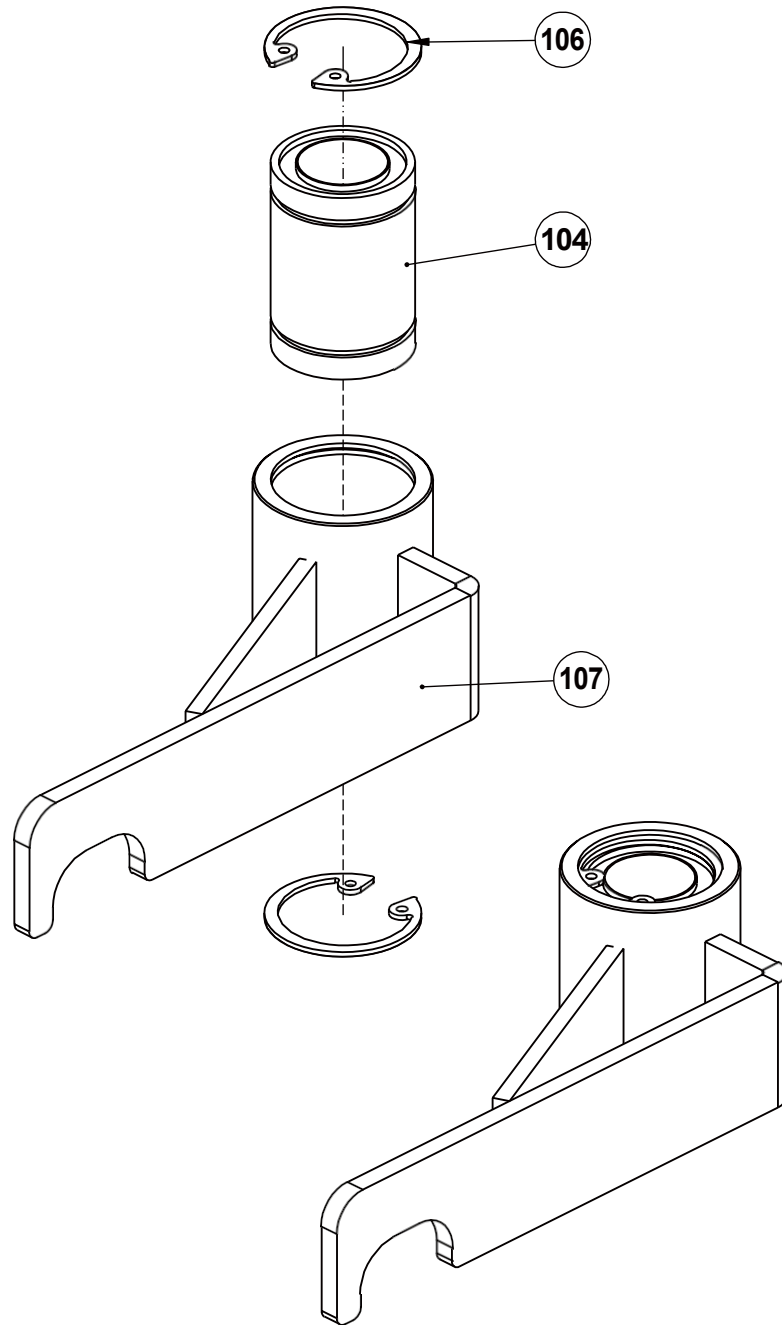


KEY NUMBER	DESCRIPTION OF PART	QUANTITY
108	Safety Hook-Right	1
104	Linear Bearing	1
106	Snap Ring	2



# ASSEMBLY DRAWING

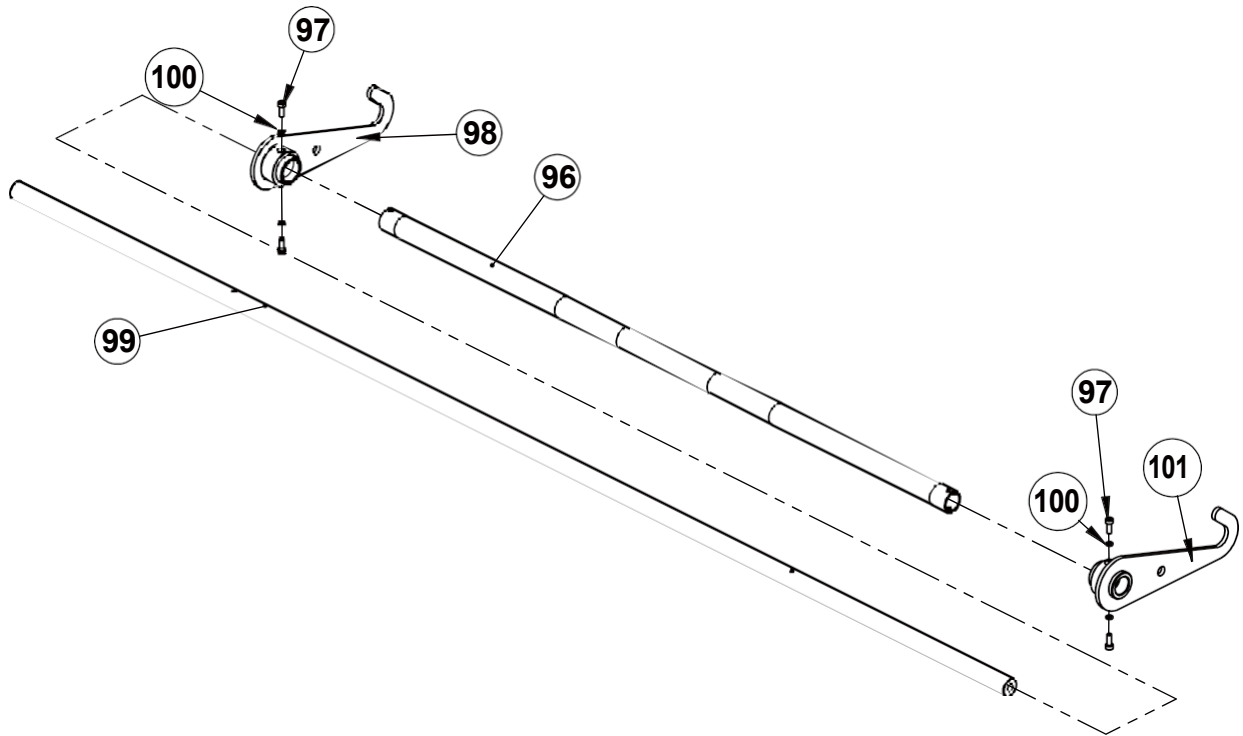
## SAFETY HOOK-LEFT ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
108	Safety Hook-Right	1
104	Linear Bearing	1
106	Snap Ring	2

# ASSEMBLY DRAWING

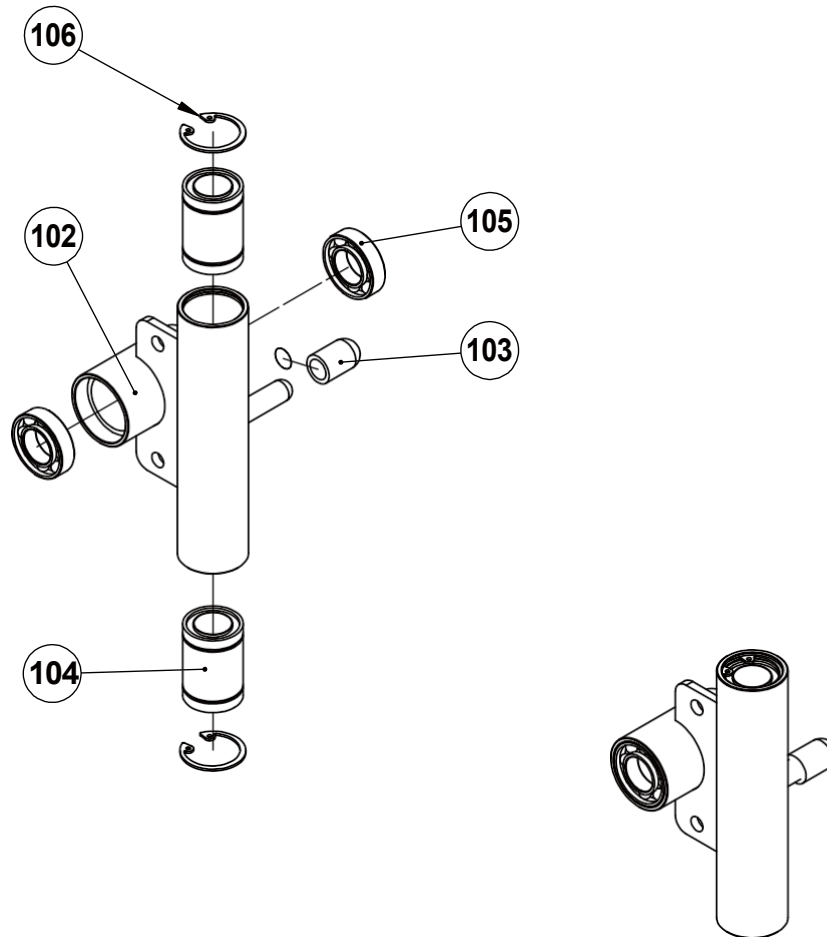
## BARBELL BAR 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
96	Barbell Bar	1
97	Hexagon Socket Button Head Screws M6*16	4
98	Hook Right	1
99	Barbell Bar Inner Rod $\Phi 25 \times 1857$	1
100	Spring Washer $\Phi 6$	4
101	Hook Left	1

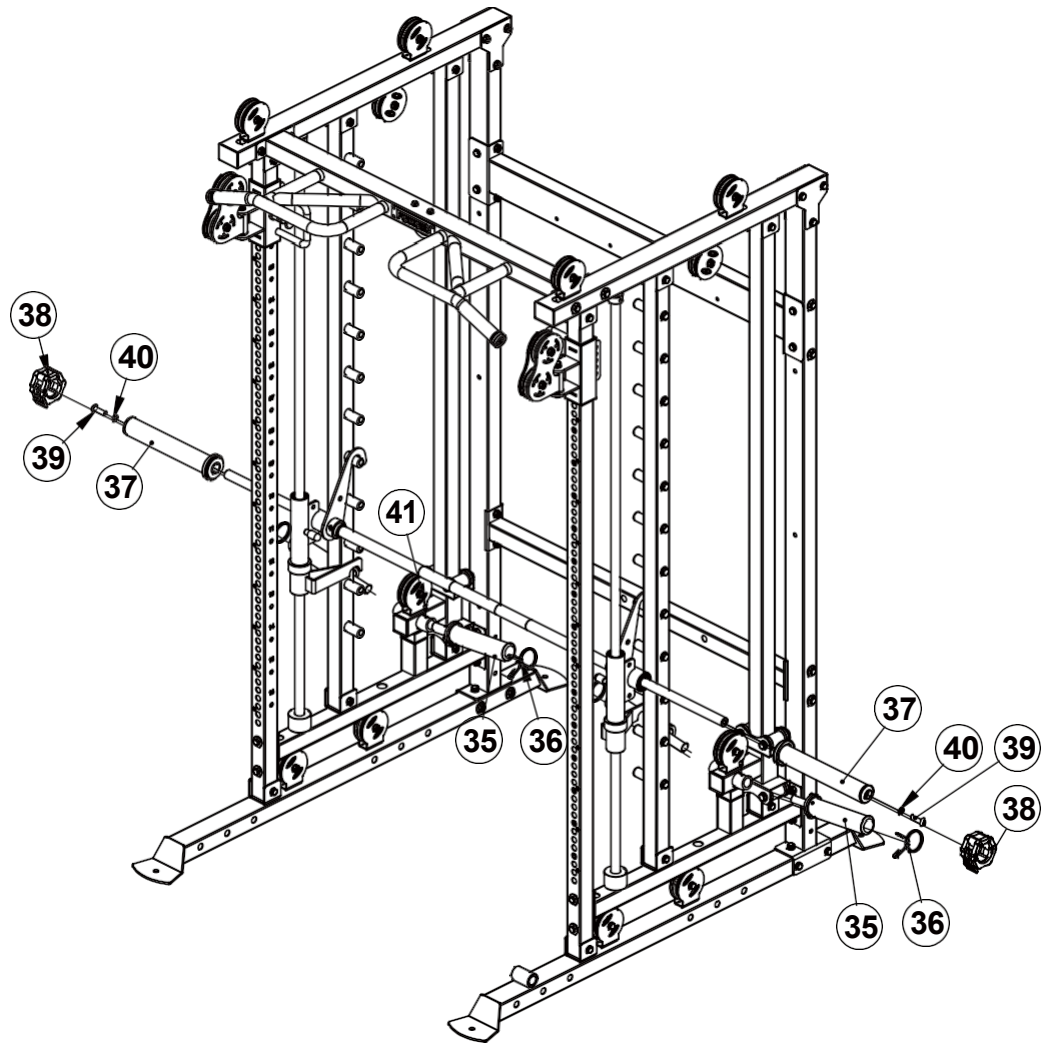
# ASSEMBLY DRAWING

## SLIDING SLEEVE ASSEMBLY PART 2PCS/SET



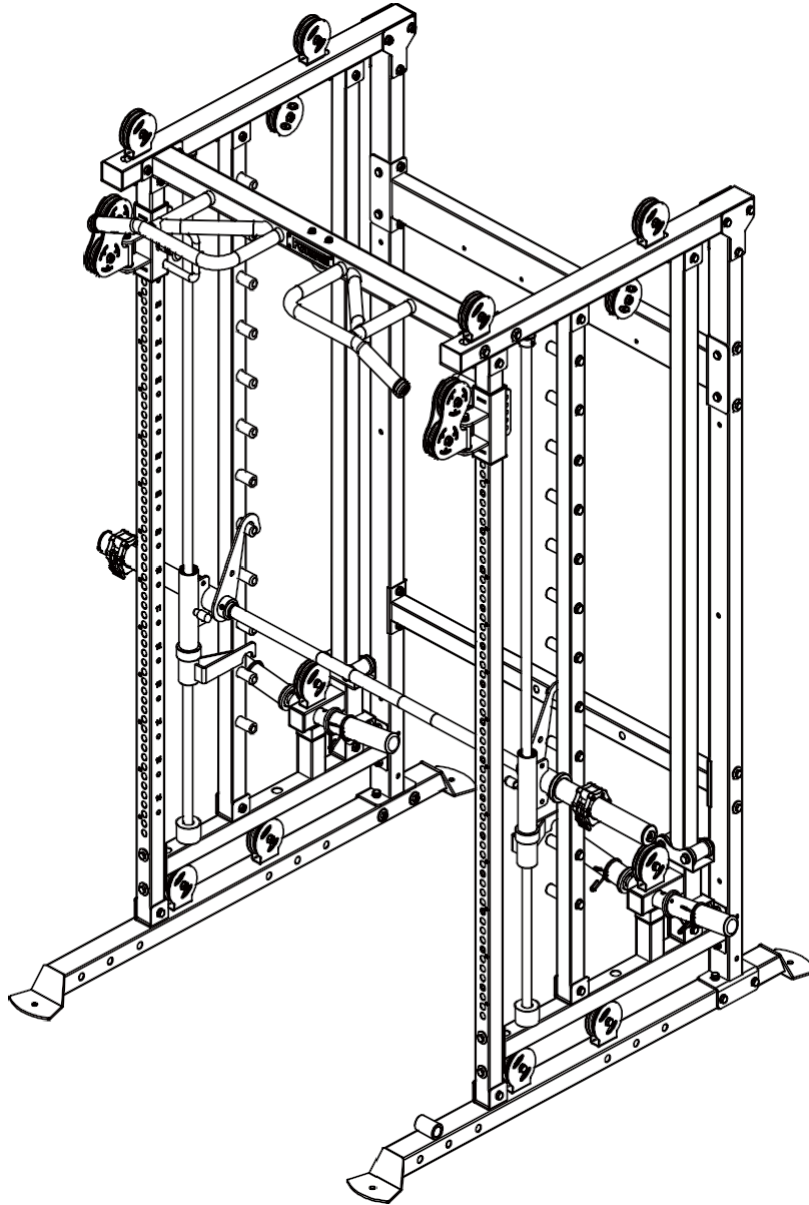
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
102	Sliding Sleeve	1
103	Rubber Cover	1
104	Linear Bearing	2
105	Bearing 6005	2
106	Snap Ring	2

## ASSEMBLY STEP 6



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
35	Lift Rod Assembly Part	4
36	Snap Collar $\Phi 50$	4
37	Barbell Rod Sleeve	2
38	Clamp Collar	2
39	Hexagon Socket Button Head Screws M12*40	2
40	Spring Washer $\Phi 12$	2
41	Headless Hexagon Socket Bolt M8*10	4

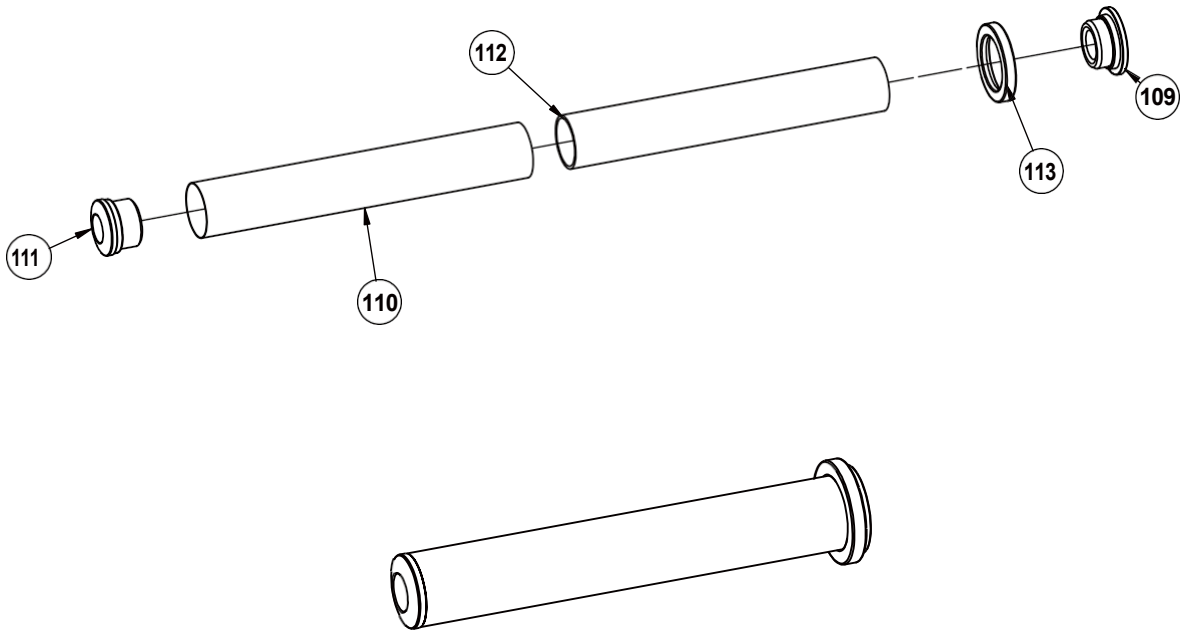
# ASSEMBLY DRAWING



1. Fix barbell rod sleeve-37 on main machine use  $\phi 12$  spring washer-12, M12\*40 hexagon socket button head screws-39, same assembly left and right.
2. Fix lift rod assembly part-35 on main frame use M8\*10 headless hexagon socket bolt-34.
3. Put  $\phi 50$  snap collar-36 on lift rod assembly part.

# ASSEMBLY DRAWING

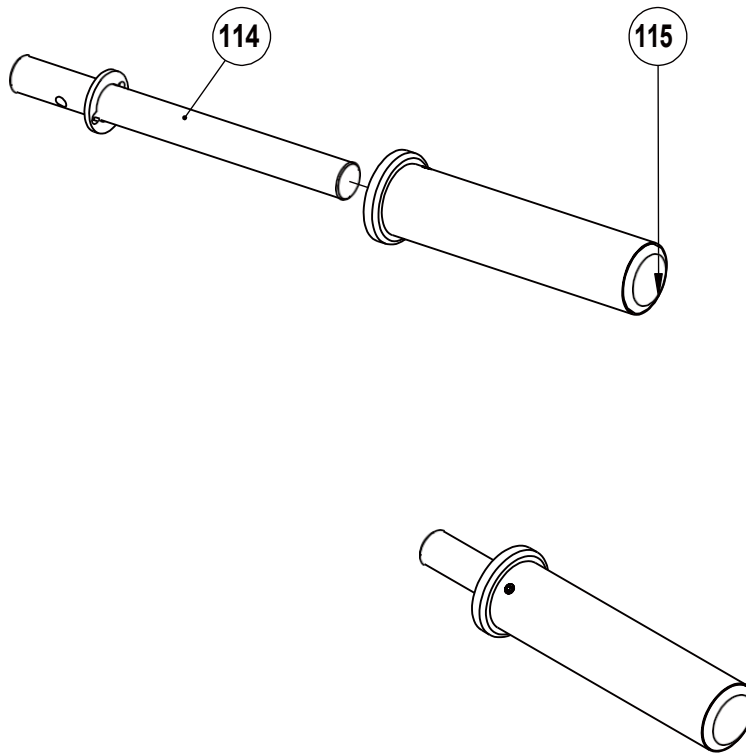
## BARBELL ROD SLEEVE 2PCS/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
109	Retaining Ring $\Phi 60 \times 27$	1
110	Outer Sleeve $\Phi 49.5 \times 0.6$	1
111	End Cap $\Phi 50 \times 37$	1
112	Inner Sleeve $\Phi 48 \times 2.5$	1
113	Rubber Ring $\Phi 70 \times \Phi 50 \times \Phi 10$	1

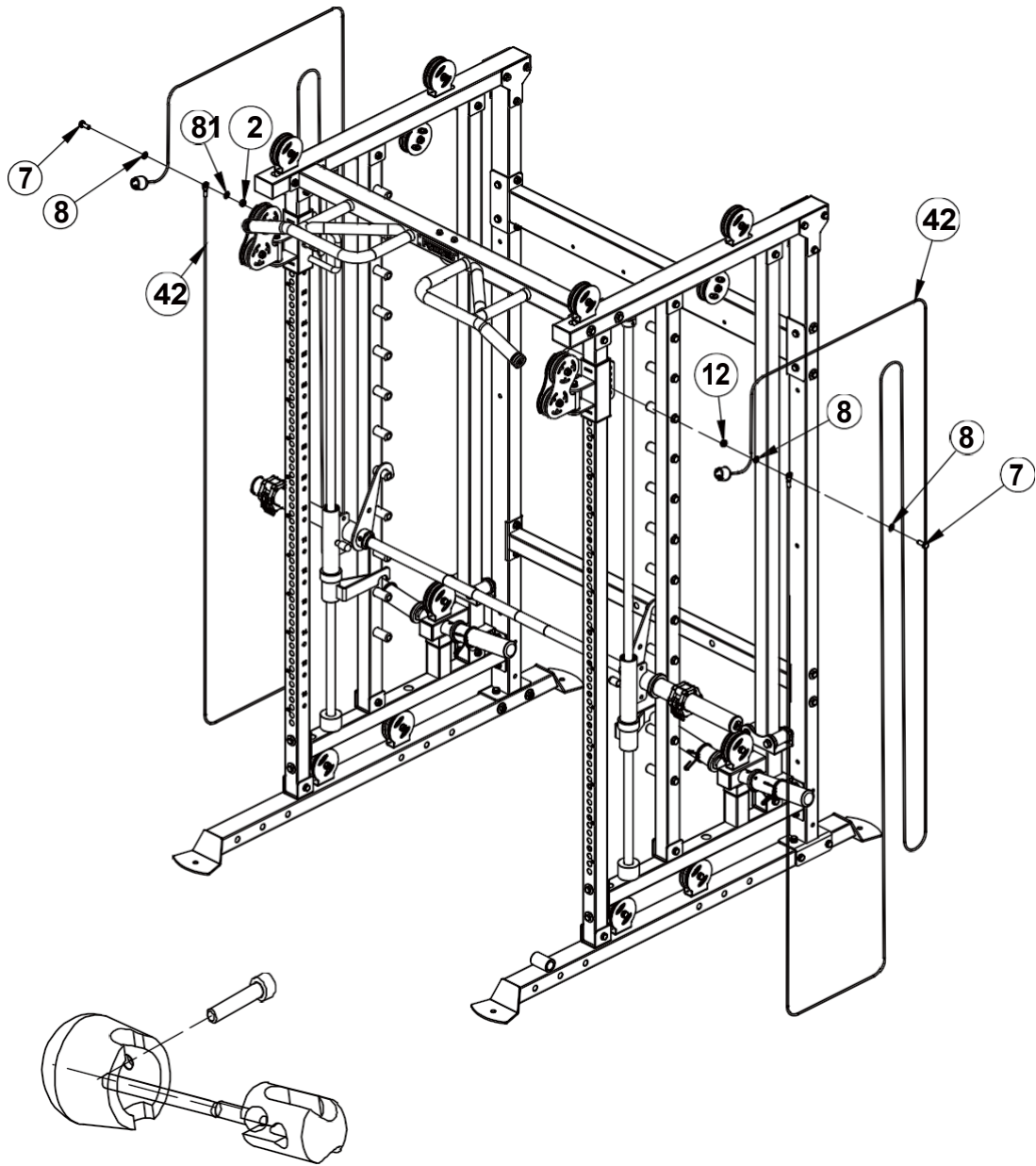
# ASSEMBLY DRAWING

LIFT ROD ASSEMBLY PART 4PCS/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
114	Lift Rod	1
115	210 Sleeve	1

# ASSEMBLY STEP 7

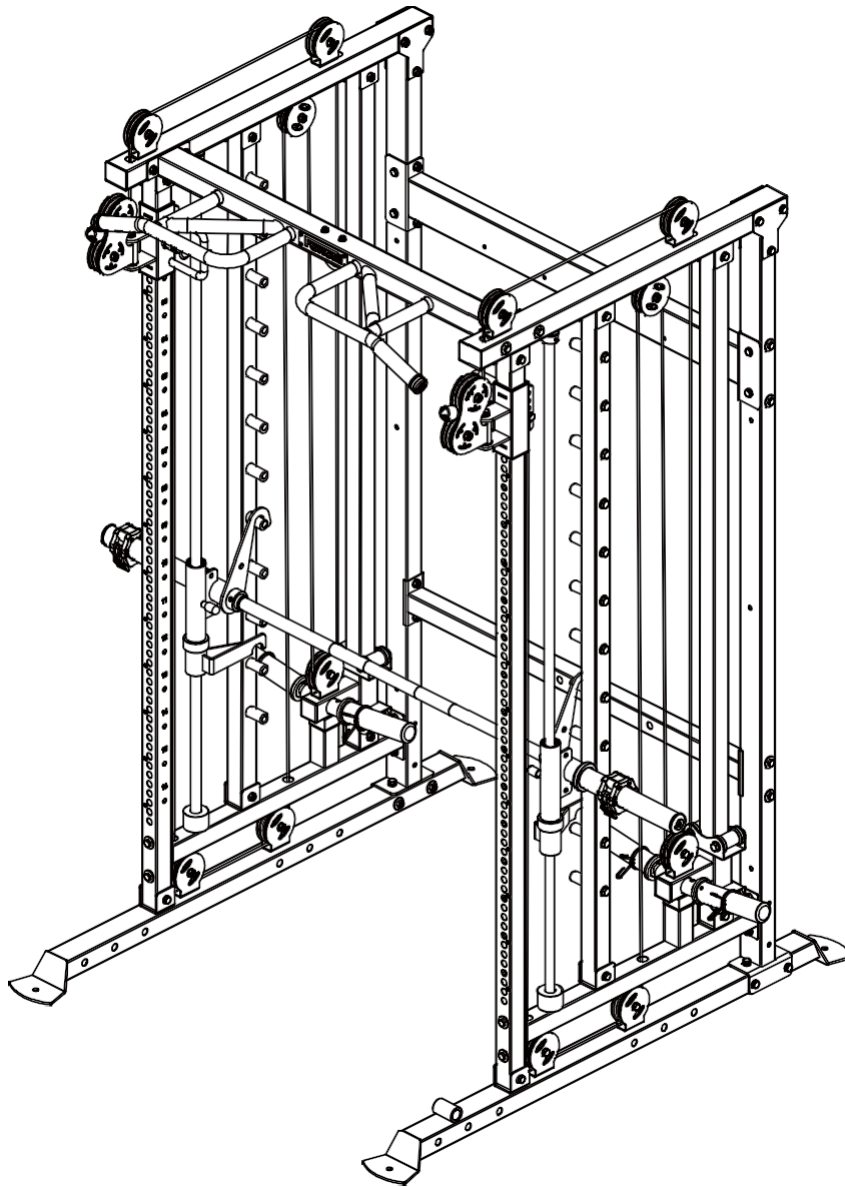


**CABLE BALL HEAD ASSEMBLY DRAWING**

KEY NUMBER	DESCRIPTION OF PART	QUANTITY
42	Cable	2
8	Flat Washer $\Phi 10$	4
7	Hexagon Bolt M10*25	2
12	Lock Nut M10	2

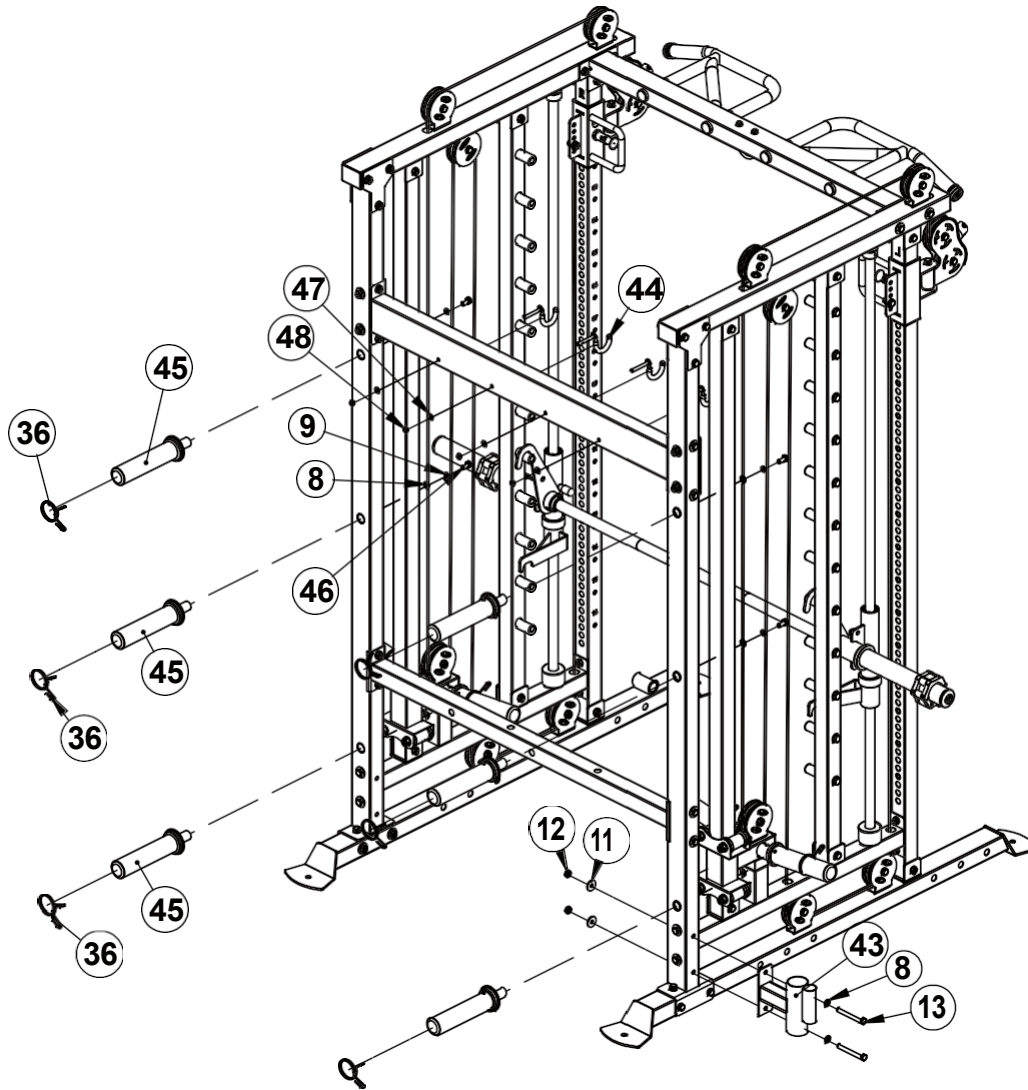


# ASSEMBLY DRAWING



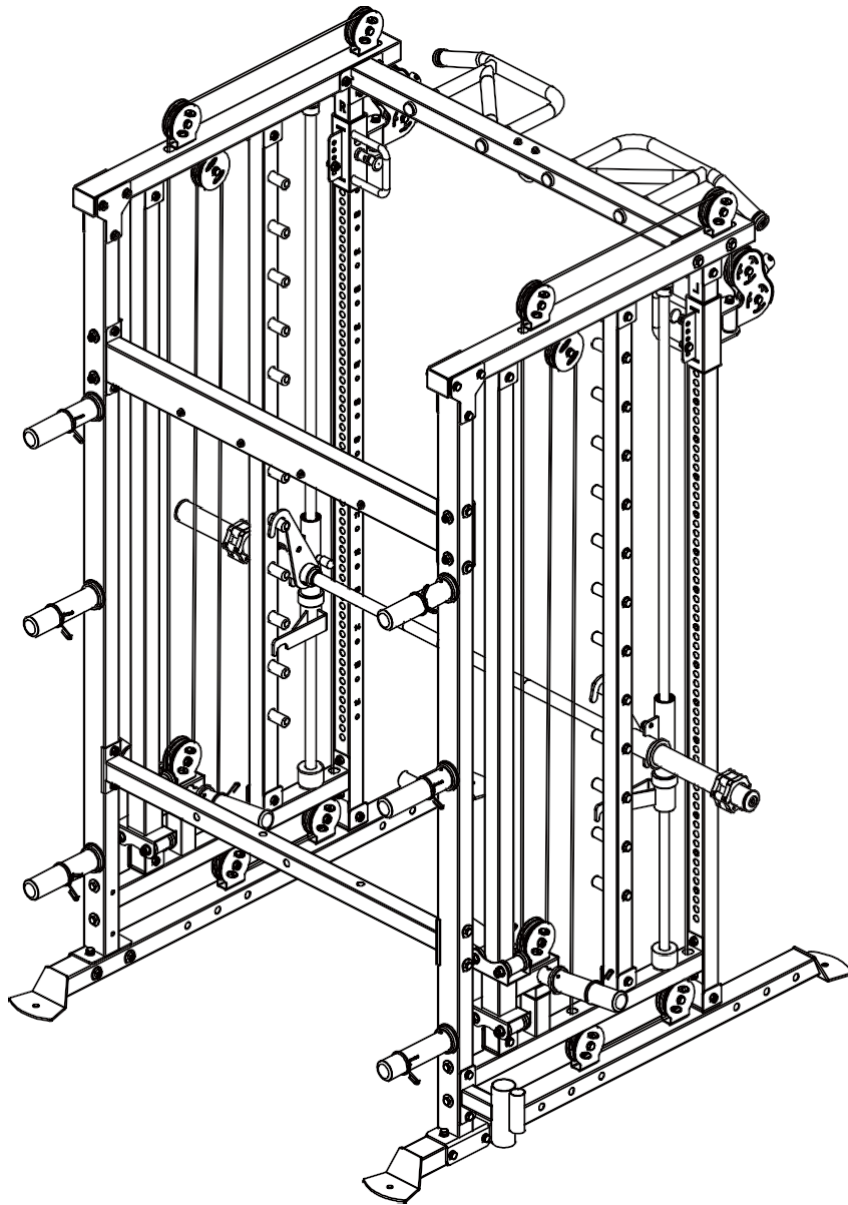
1. Fix cable-42 on main frame sliding frame use M10\*25 hexagon bolt-7,  $\Phi$ 10 flat washer-8 and M10 lock nut-12. The other end as shown in figure disassemble ball end of the cable to threading the cable. Then restore ball end of the cable.
2. The right and left cable are assembled in the same way as the rope walking.

# ASSEMBLY STEP 8



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
43	Barbell Rod Cup	1
36	Snap Collar	6
44	Hook Assembly Part	4
45	Barbell Plate Plastic Holder Assembly Part	6
46	Hexagon Bolt M10*20	6
8	Flat Washer $\Phi$ 10	8
9	Spring Washer $\Phi$ 10	6
47	Flat Washer $\Phi$ 8	4
48	Lock Nut M8	4
13	Hexagon Bolt M10*90	2
11	Big Flat Washer $\Phi$ 30* $\Phi$ 10*3	2
12	Lock Nut M10	2

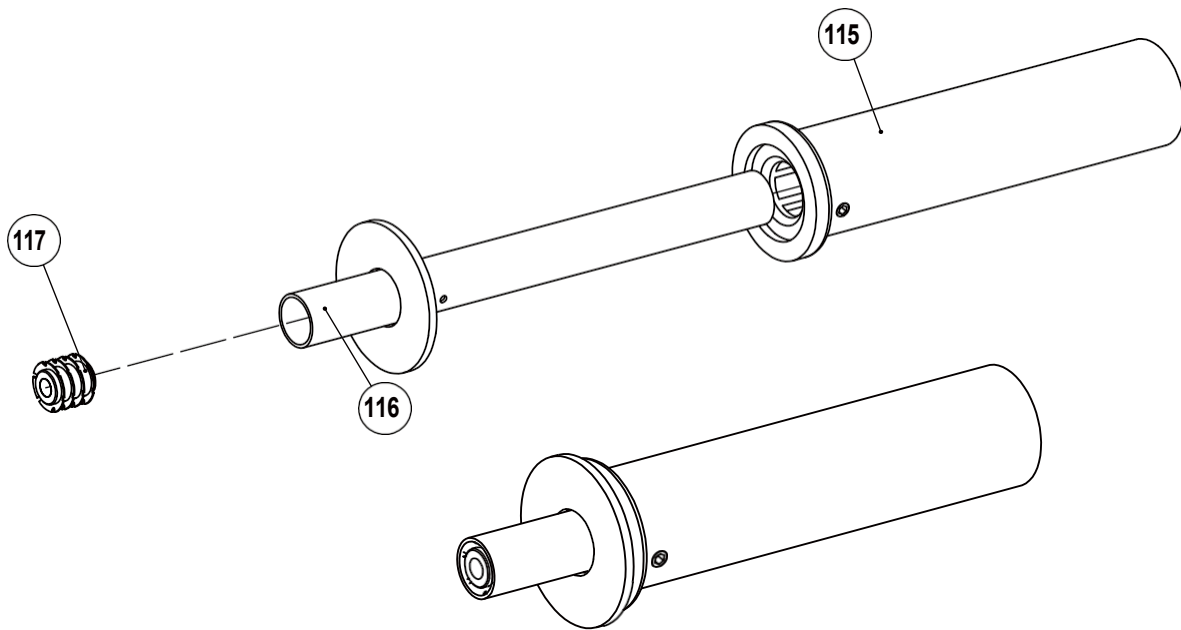
# ASSEMBLY DRAWING



1. Fix hook assembly part-44 on main frame use  $\phi 8$  flat washer-47, M8 lock nut-48.
2. Fix barbell rod cup-43 on main frame use M10\*90 hexagon bolt-13,  $\phi 30 \times \phi 10 \times 3$  big flat washer-11,  $\phi 10$  flat washer-8 and M10 lock nut-12.
3. Fix barbell plate plastic holder assembly part-45 use M10\*20 hexagon bolt-46,  $\phi 10$  spring washer-9 and  $\phi 10$  flat washer-8. Then put  $\phi 50$  snap collar-36.

# ASSEMBLY STEP 8

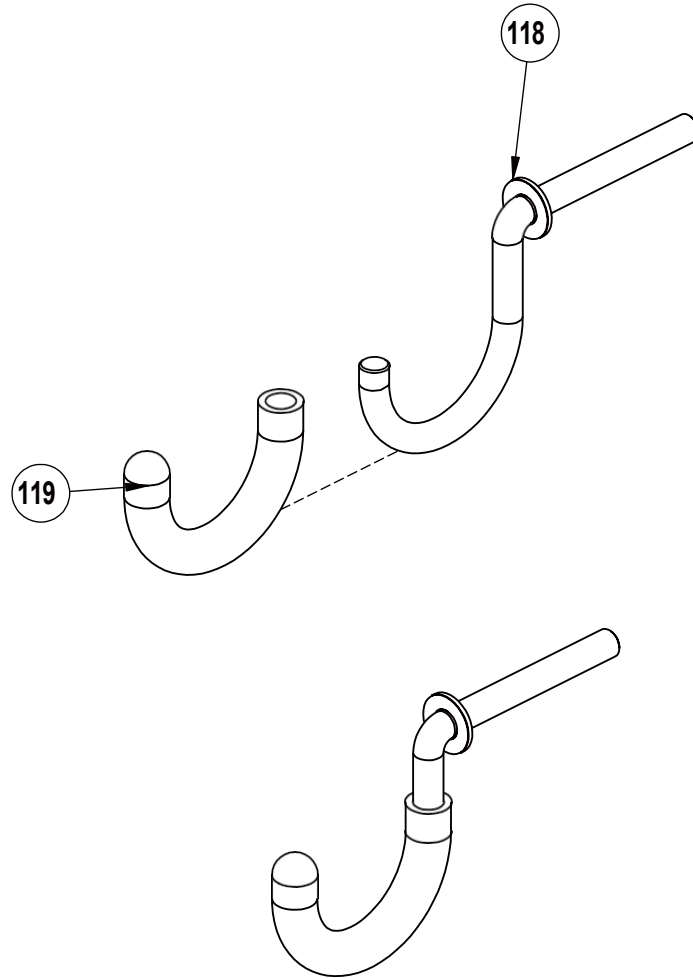
## BARBELL PLATE PLASTIC HOLDER ASSEMBLY PART 6PCS/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
116	Barbell Plate Holder	1
117	Four Shrapnel Nut $\Phi$ 23-M10 Four Shrapnel	1
115	210 Sleeve	1

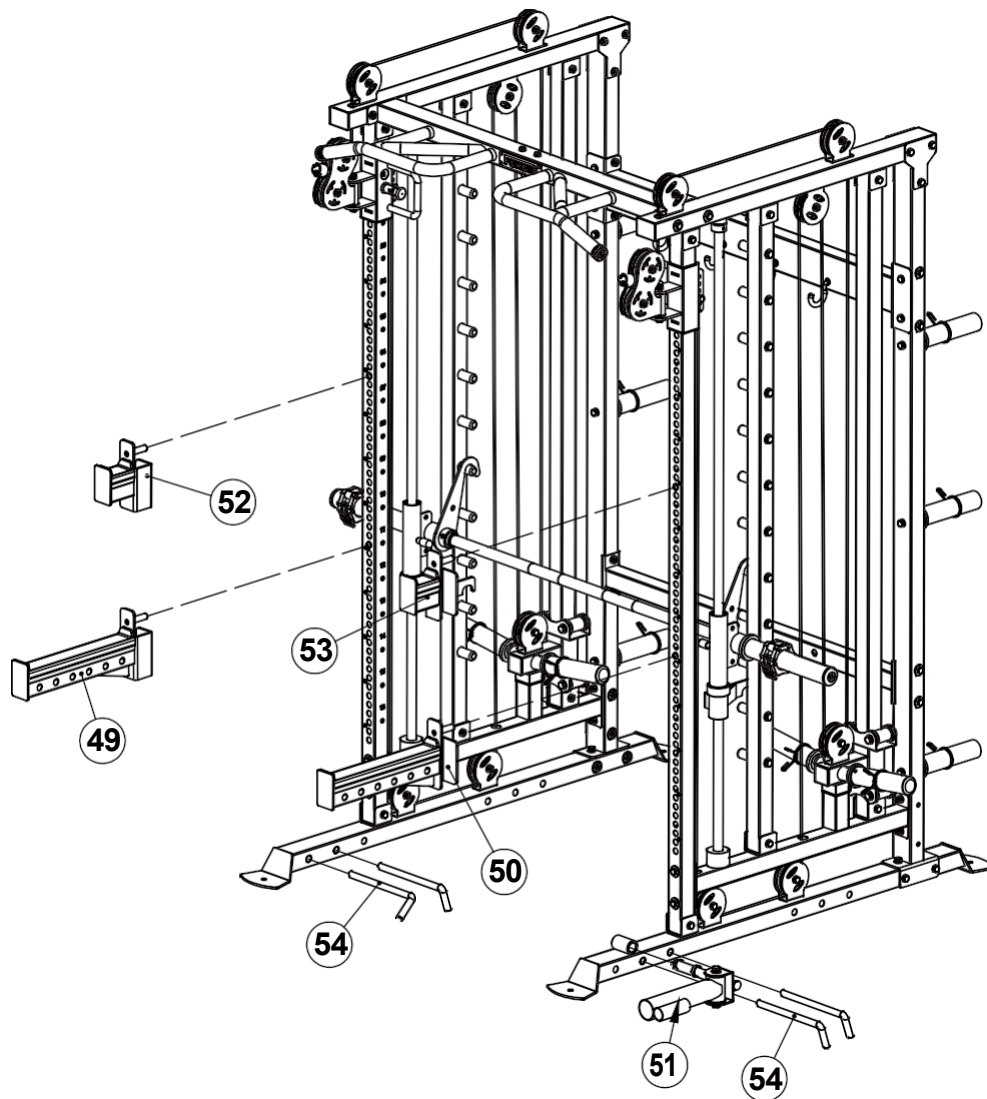
# ASSEMBLY DRAWING

HOOK ASSEMBLY PART 4PCS/SET



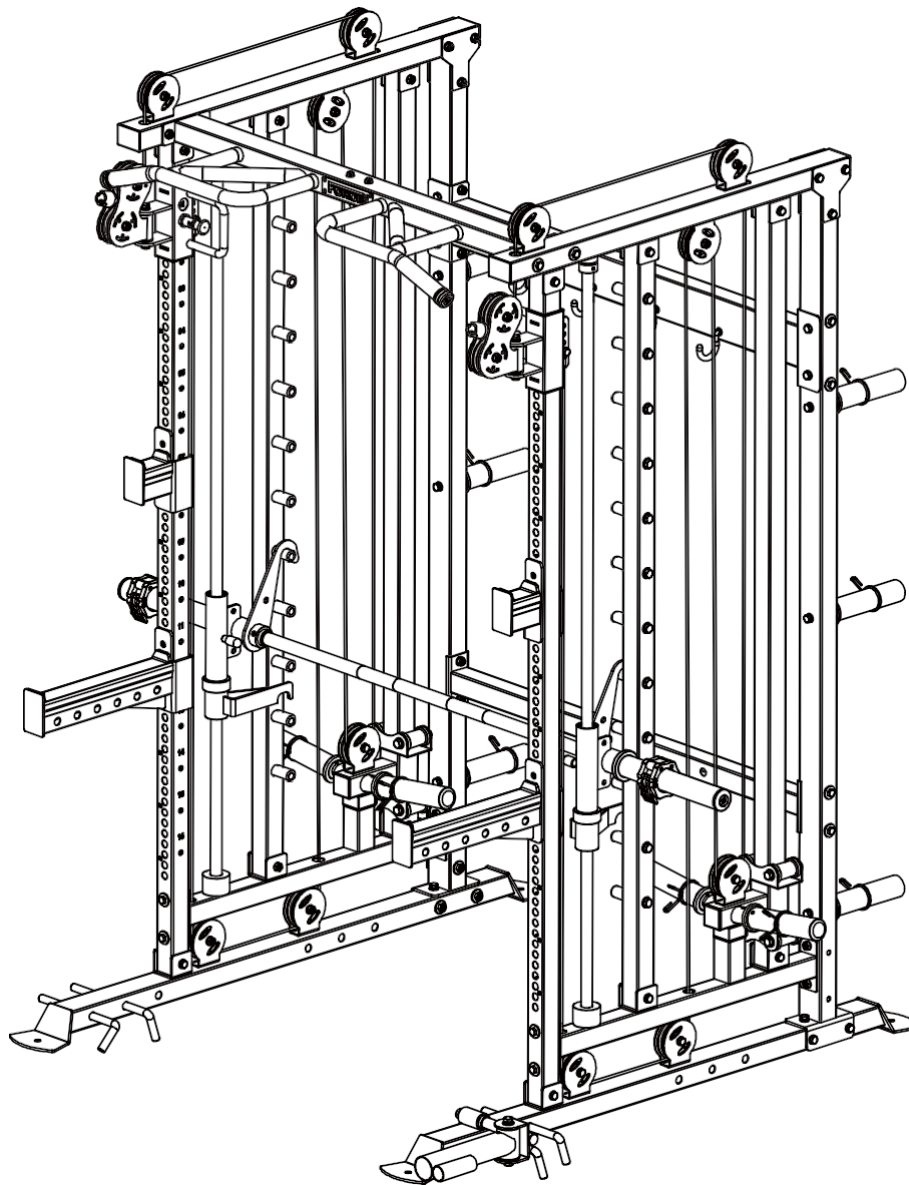
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
118	Hook	1
119	Hook Cover $\Phi 8 \times 100$	1

# ASSEMBLY STEP 9



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
49	Right Safety Assembly Part	1
50	Left Safety Assembly Part	1
51	Core Trainer Assembly Part	1
52	Right J-Hook Assembly Part	1
53	Left J-Hook Assembly Part	1
54	Band Peg $\Phi 17 \times 250 \times 771$	4

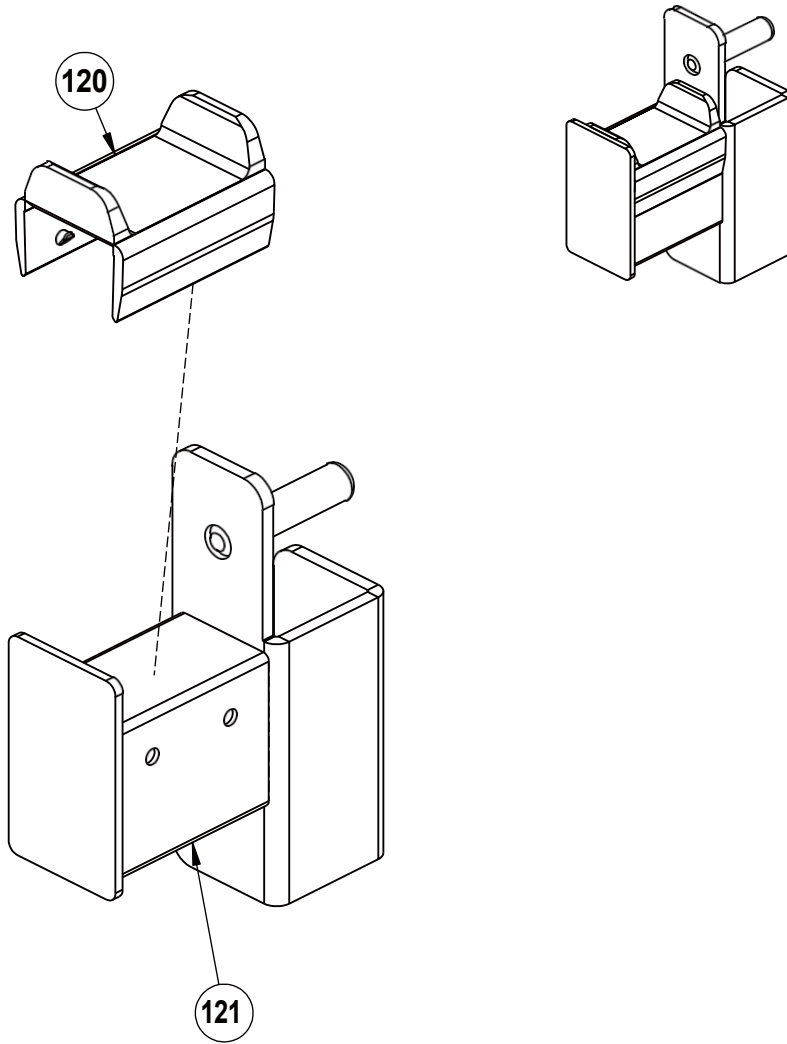
# ASSEMBLY DRAWING



1. As shown in figure, put right safety assembly part-49, left safety assembly part-50, core trainer assembly part-51, right j-hook assembly part-52, left j-hook assembly part-53 and band peg-54 on the main machine according to your workout needs.
2. Check to tighten all bolts.

# ASSEMBLY DRAWING

## RIGHT J-HOOK ASSEMBLY PART 1PC/SET

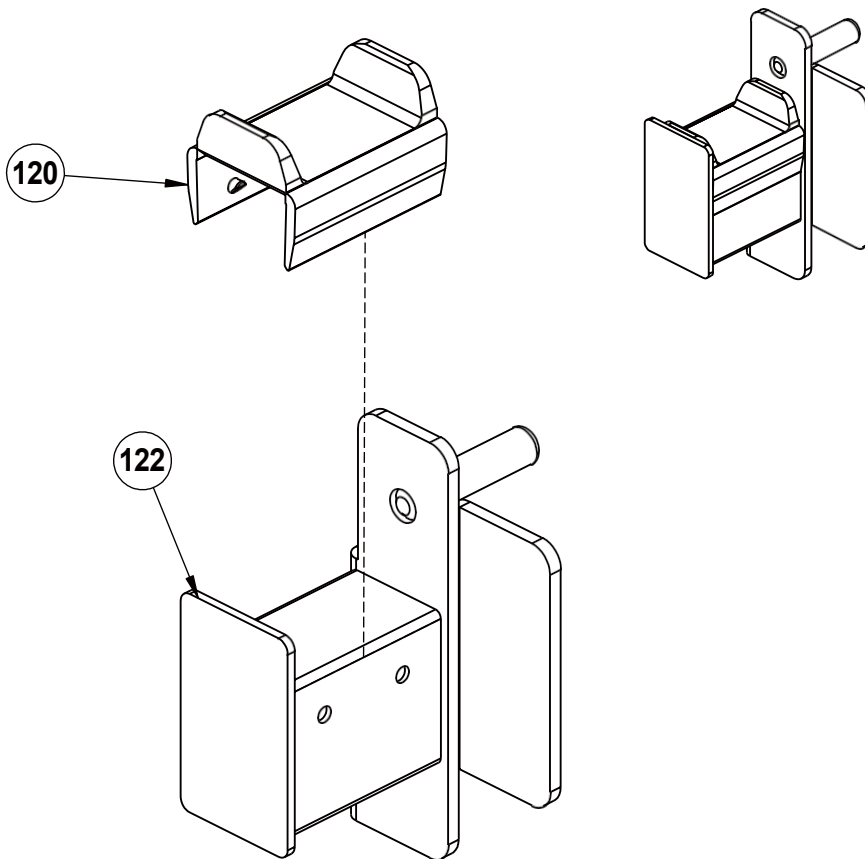


KEY NUMBER	DESCRIPTION OF PART	QUANTITY
120	J-Hook Rubber Cover	1
121	Right J-Hook	1



# ASSEMBLY DRAWING

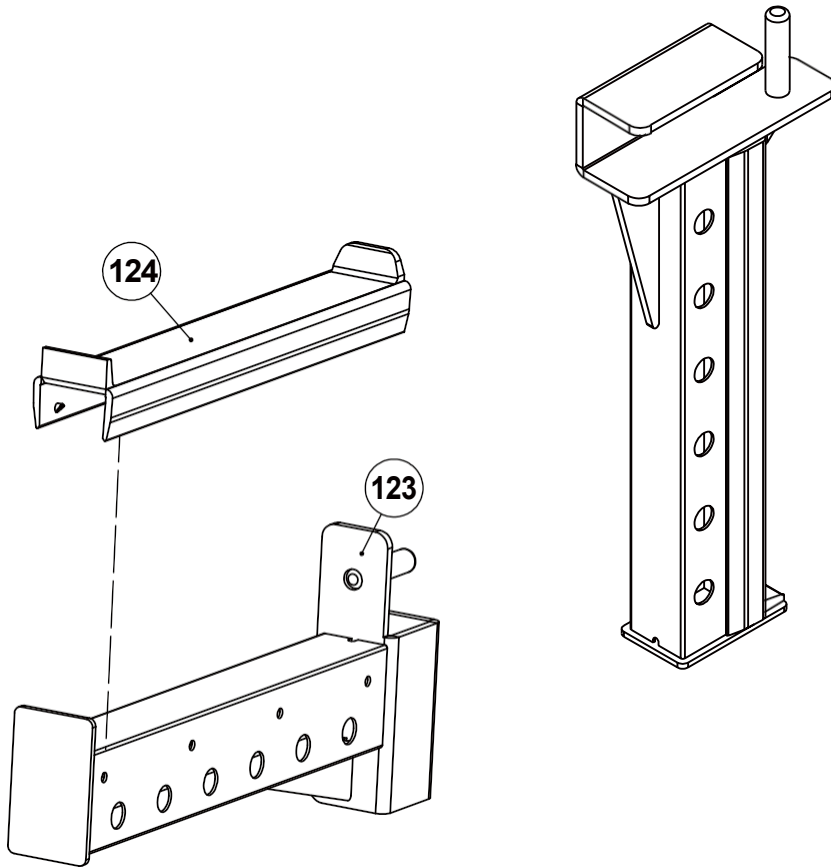
## LEFT J-HOOK ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
120	J-Hook Rubber Cover	1
122	Left J-Hook	1

# ASSEMBLY DRAWING

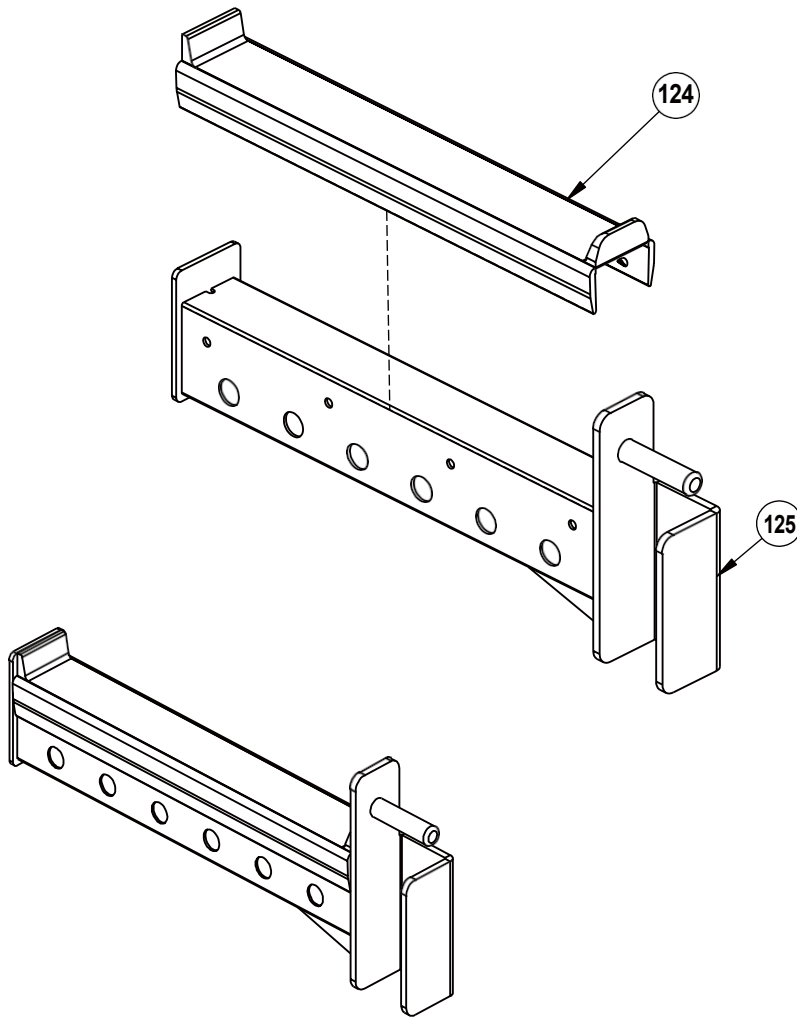
RIGHT SAFETY ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
123	Right Safety	1
124	Safety Rubber Cover	1

# ASSEMBLY DRAWING

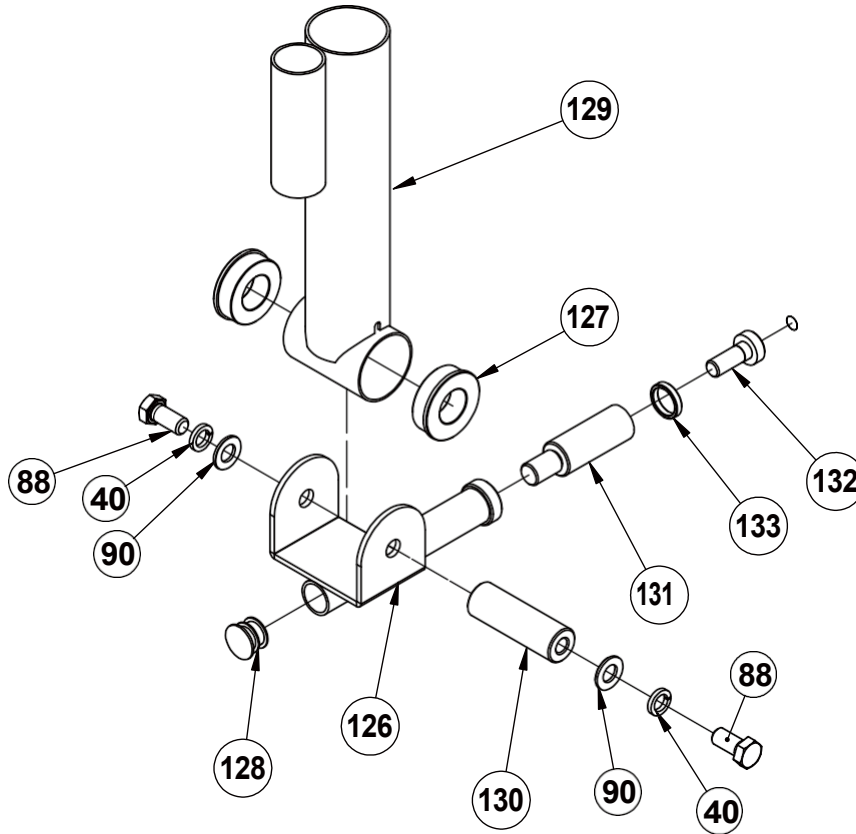
## LEFT SAFETY ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
125	Left Safety	1
124	Safety Rubber Cover	1

# ASSEMBLY DRAWING

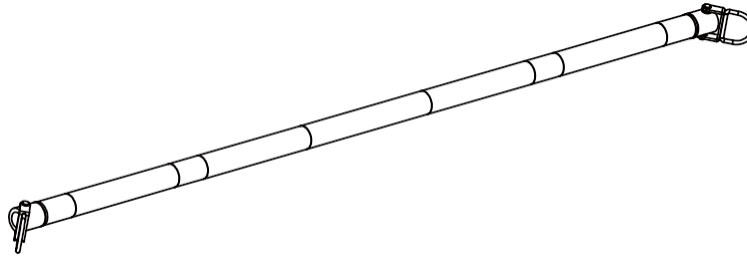
## CORE TRAINER ASSEMBLY PART 1PC/SET



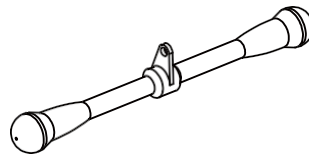
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
126	Core Trainer Holder	1
127	Powder Metallurgy $\Phi 50*\Phi 47*\Phi 25*\Phi 15$	2
88	Hexagon Bolt M12*25	2
128	Round Tube End Cap $\Phi 25*2$	1
90	Flat Washer $\Phi 12$	2
129	Core Trainer Tube	1
130	Internal Thread Axle $\Phi 25*77*M12$	1
131	Axle $\Phi 25*86$	1
132	Limit Shaft $\phi 22*39.5$	1
133	Limit Right $\Phi 25*\Phi 20*5$	1
40	Spring Washer $\Phi 12$	2

# ATTACHMENT DRAWING

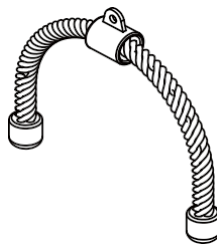
LONG STRAIGHT BAR 1130 1PC/SET



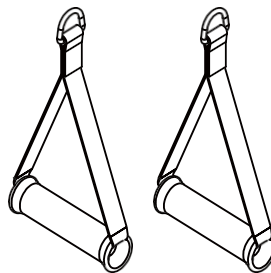
SHORT STRAIGHT BAR 1PC/SET



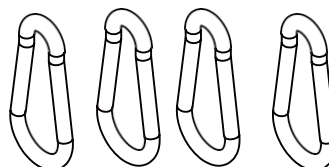
TRICEP ROPE 1PC/SET



PLASTIC HANDLE 2PCS/SET

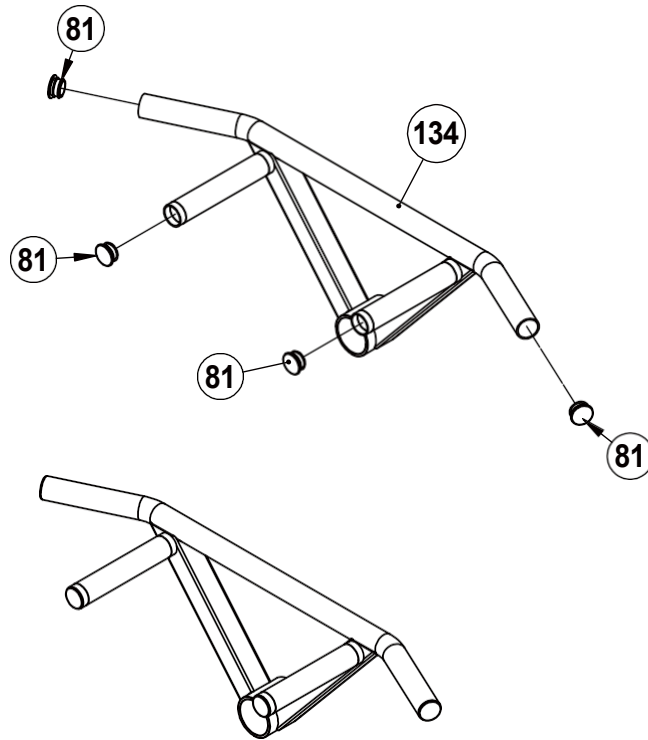


CARABINER 4PCS/SET



# ATTACHMENT DRAWING

## LIFT HANDLE ASSEMBLY PART 1PC/SET



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
134	Lift Handle	1
81	Round Tube End Cap	4