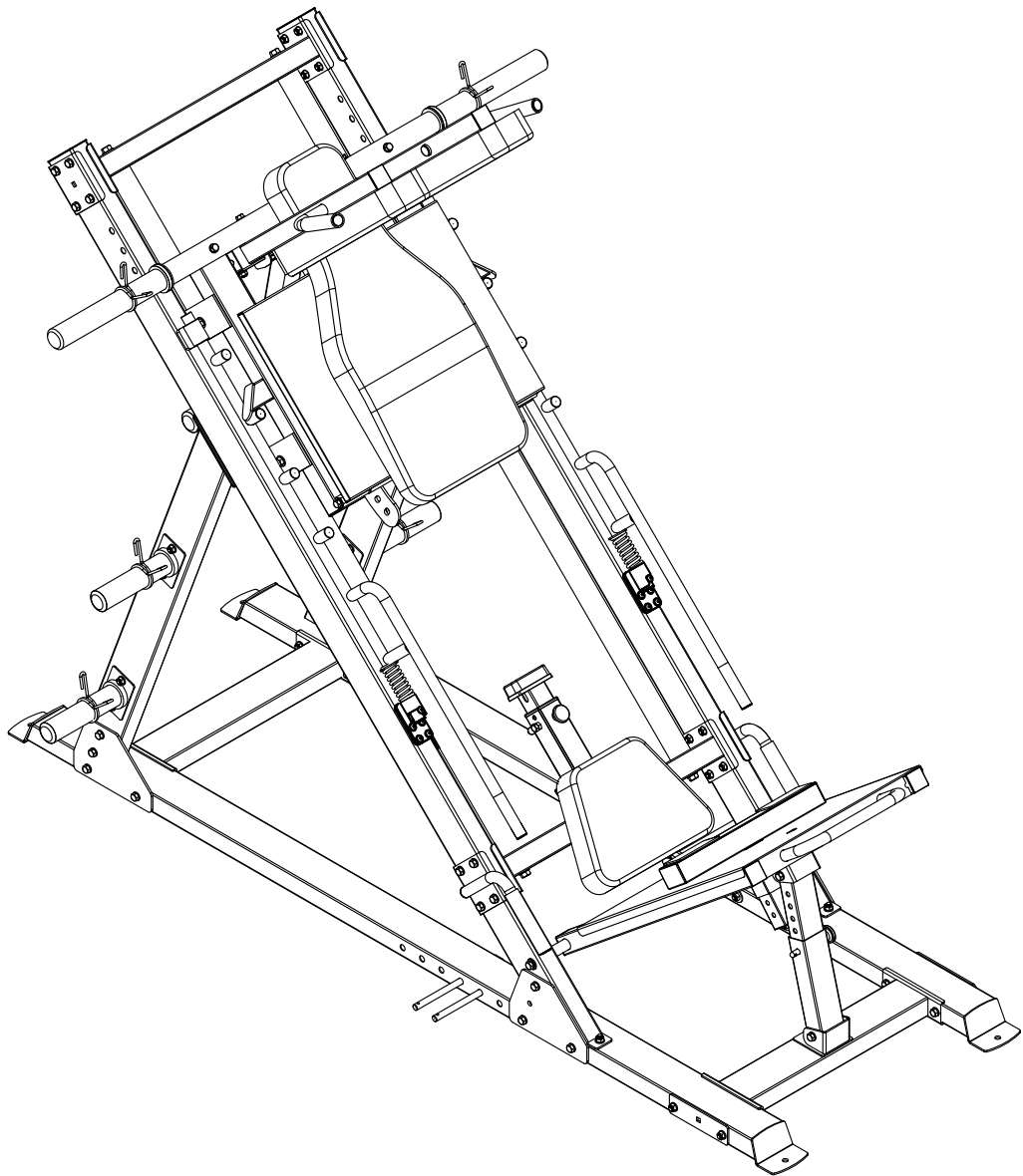


FORCE^{USA}



USER MANUAL | **F-MLPHS**

ASSEMBLY MANUAL

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

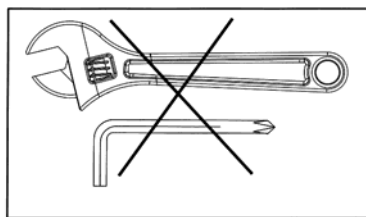
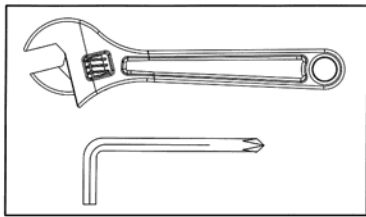
NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.

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.



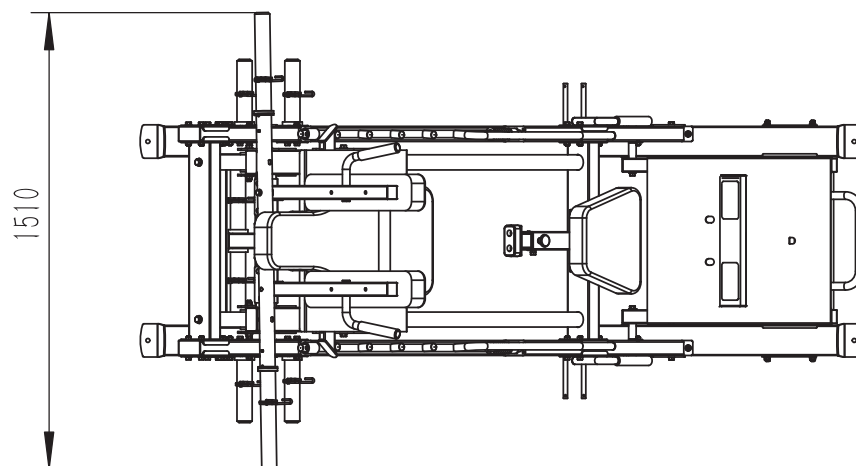
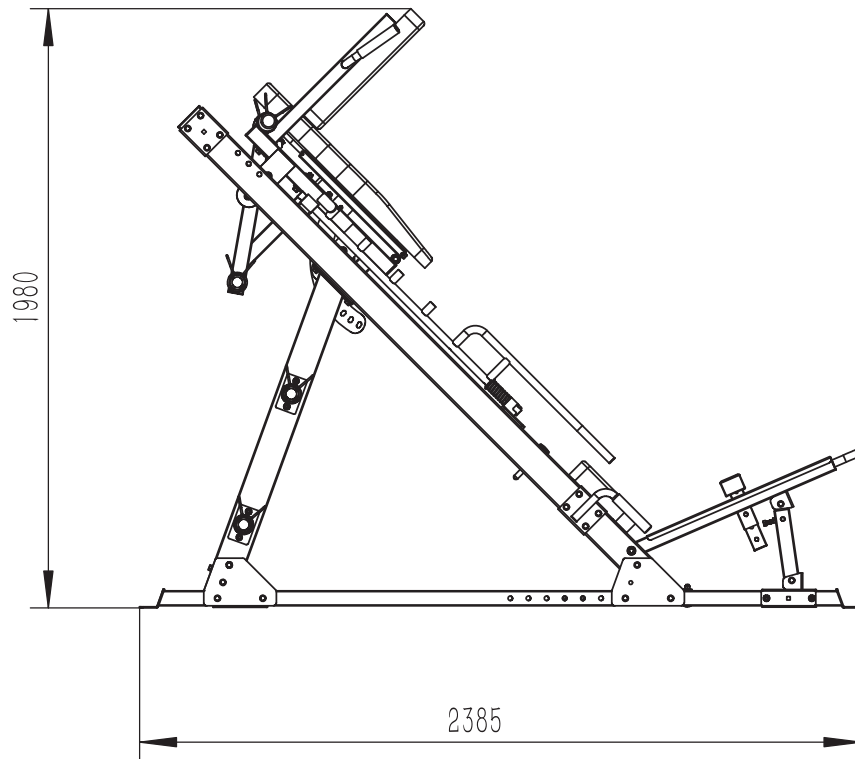
PARTS LIST

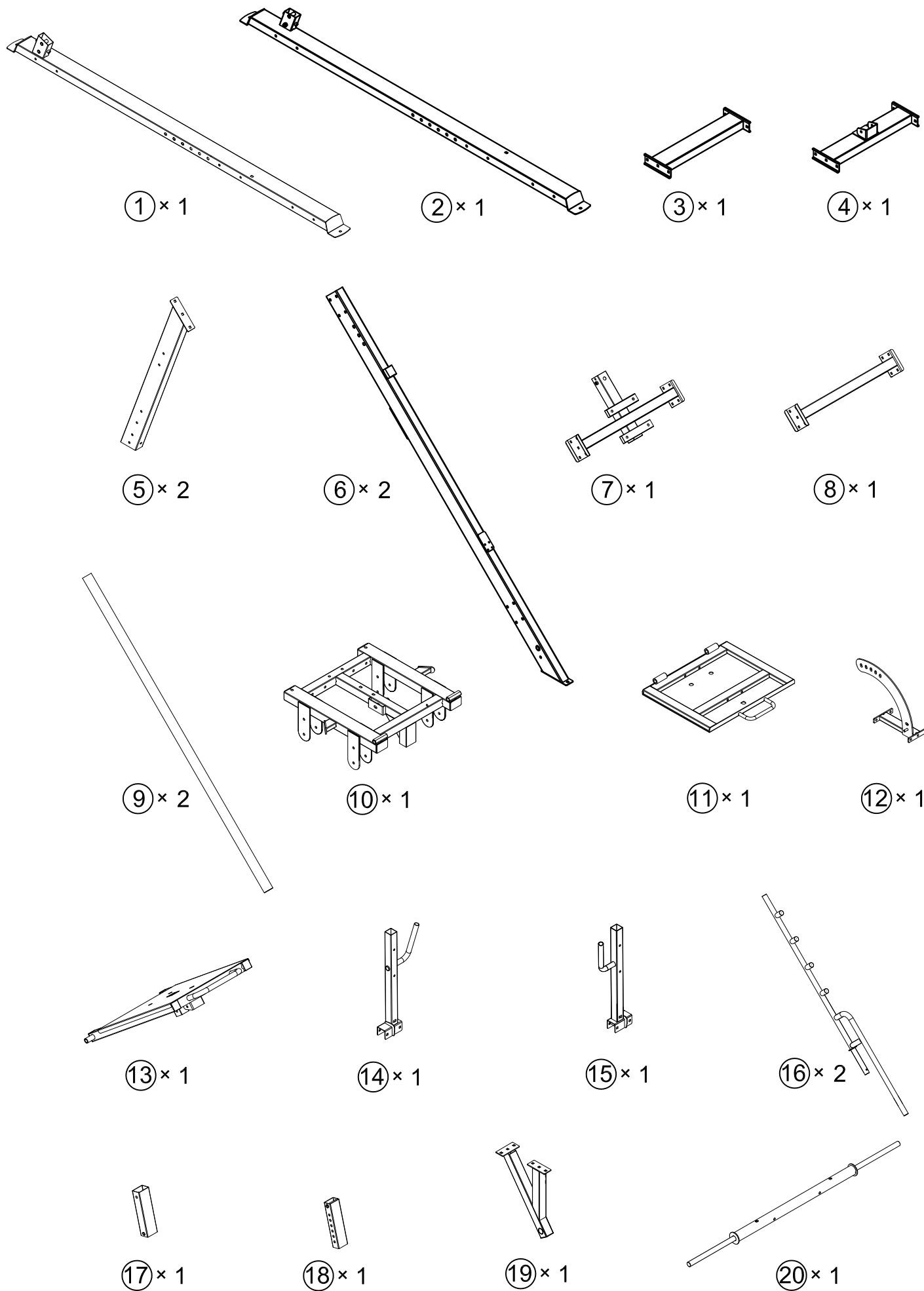
NOTE: SOME PARTS MAY COME PRE ASSEMBLED, IN WHICH CASE CONTINUE ONTO THE NEXT REQUIRED STEP OF ASSEMBLY

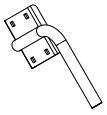
KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Left Stabilizer		1
2	Right Stabilizer		1
3	Front Connecting Frame		1
4	Rear Connecting Frame		1
5	Support Frame		2
6	Frame		2
7	Lower Crossmember		1
8	Upper Crossmember		1
9	Guide Rod		2
10	Sliding Frame		1
11	Upper Foot Support		1
12	Upper Adjuster		1
13	Lower Adjuster		1
14	Left Shoulder Pad Mount		1
15	Right Shoulder Pad Mount		1
16	Lock Out		2
17	Adjuster-Outside		1
18	Adjuster-Inside		1
19	Lower Weight Carriage		1
20	Upper Weight Carriage		1
21	Left Hand Stand		1
22	Right Hand Stand		1
23	Weights Stow Bracket		4
24	Lock Out Left		1
25	Lock Out Right		1
26	Backrest Pad Mount		1
27	Weights Post		4
28	Barbell rod		1
29	Axle		4
30	Safety Support		1
31	Foot Support		1
32	Bracket	240×158×5	4
33	Bracket	180×50×4	2
34	Bracket	120×50×3	2
35	Bracket	120×101×4	2
36	Bracket	120×70×3	4
37	Moving Lock Pin		1
38	Backrest Pad	800×360×70	1
39	Seat Pad	380×270×70	1
40	Shoulder Pad	500×120×70	2
41	Rollers		8
42	Olympic Sleeve	Φ50×210	6
43	Weight Bar Olympic Sleeve	Φ50×335	2

44	End Cap	□50	2
45	End Cap	□45	7
46	End Cap	Φ25	18
47	End Cap	□50×100	2
48	End Cap	□60	1
49	End Cap	□70×50	3
50	End Cap	□40×20	4
51	Sliding Sleeve	□60×□50	1
52	Bumper	100×50×25	1
53	Lock Pin	Φ16	1
54	Spring	Φ43×Φ27×Φ8×80	2
55	Grip	Φ23×150	4
56	Magnetic Pin		2
57	Spring Clip	Φ49	8
58	Hexagon socket button head screws	M8×25	2
59	Allen Bolt	M8×16	8
60	Allen Screw	M10×10	1
61	Allen Bolt	M10×25	2
62	Hex Bolt	M12×25	4
63	Hex Bolt	M12×110	8
64	Hex Bolt	M10×125	8
65	Hex Bolt	M10×120	4
66	Hex Bolt	M10×115	4
67	Hex Bolt	M10×110	2
68	Hex Bolt	M10×70	40
69	Hex Bolt	M10×95	2
70	Hex Bolt	M10×20	14
71	Hex Bolt	M8×60	4
72	Hex Bolt	M8×35	4
73	Socket countersunk head screw	M8×20	4
74	Carriage Bolts	M10×70	2
75	Aircraft Nut	M12	8
76	Aircraft Nut	M10	64
77	Washer	12	20
78	Washer	10	134
79	Washer	8	16
80	Larger Washer	Φ10×Φ30×2	6
81	Hex Bolt	M10×75	2
	Allen Wrench	8#	1
	Allen Wrench	5#	1
	Allen Wrench	4#	1

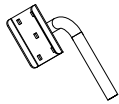
Assembled Dimension: 2385mm x 1510mm x 1980mm







②①× 1



②②× 1



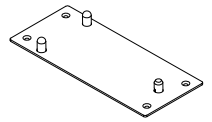
②③× 4



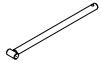
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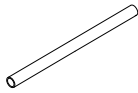
②⑤× 1



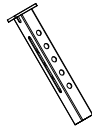
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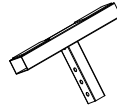
②⑦× 4



②⑧× 1



③⑦× 1



③①× 1



③②× 4



③③× 2



③④× 2



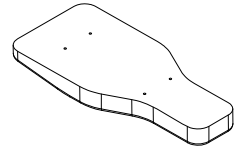
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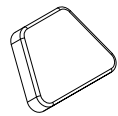
③⑥× 4



③⑦× 1



③⑧× 1



③⑨× 1



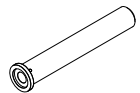
④⑦× 2



④①× 8



④②× 6



④③× 2



④④× 1



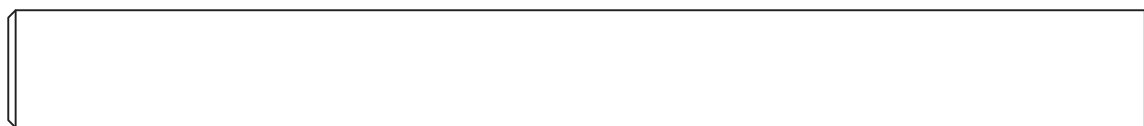
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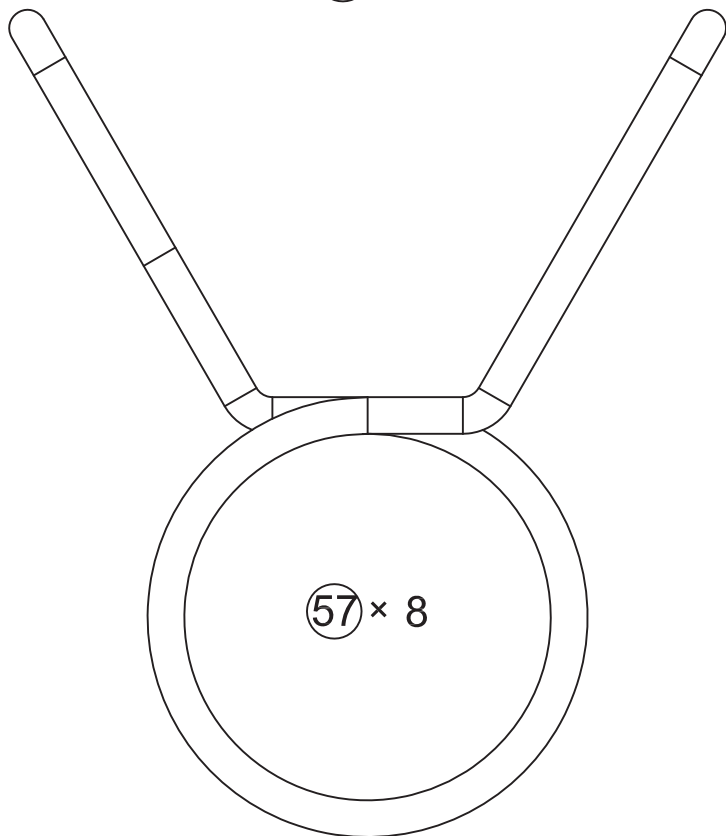
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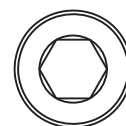
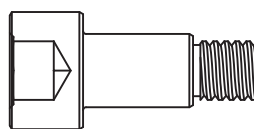
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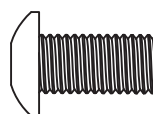
②9 × 4



⑤7 × 8



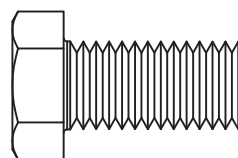
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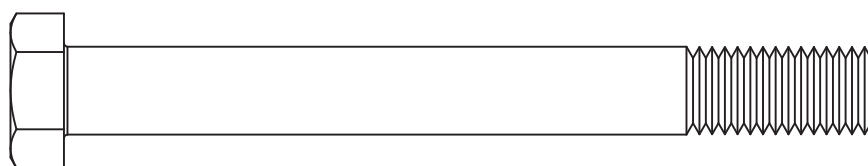
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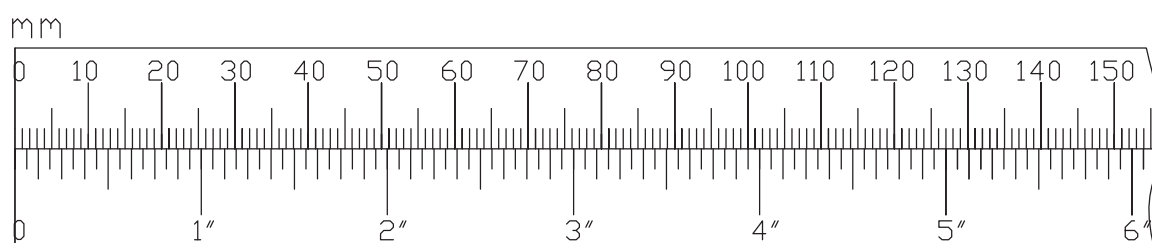
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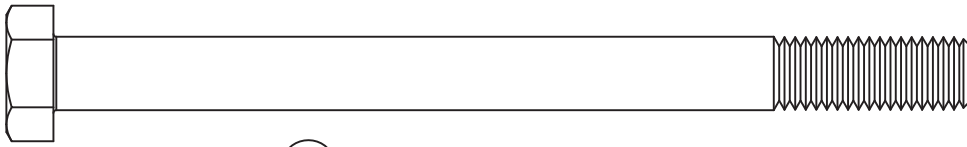


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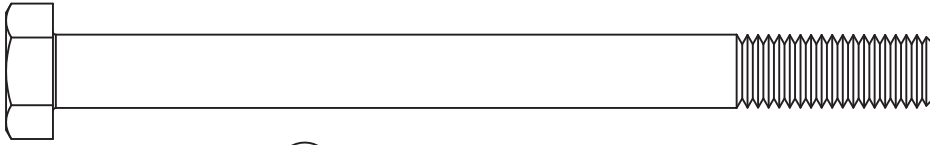


⑥3 × 8

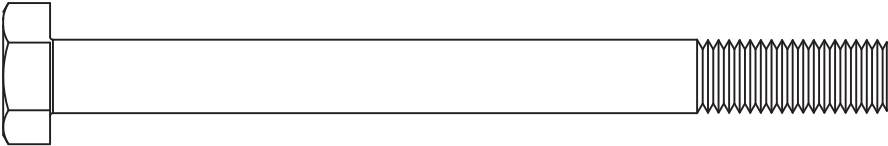




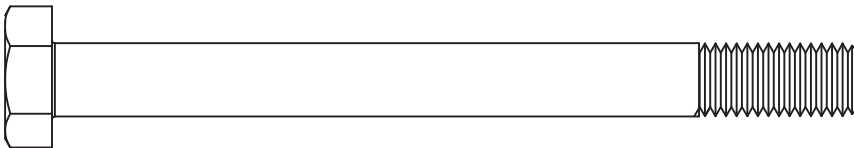
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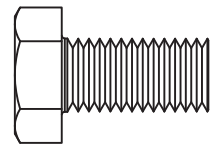
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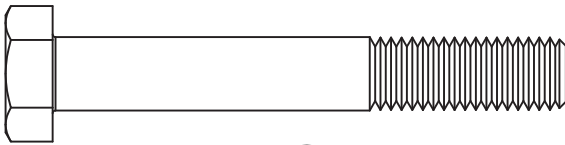
⑥6 × 4



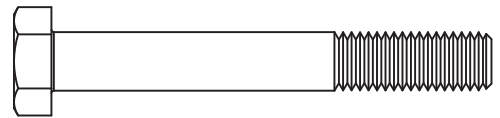
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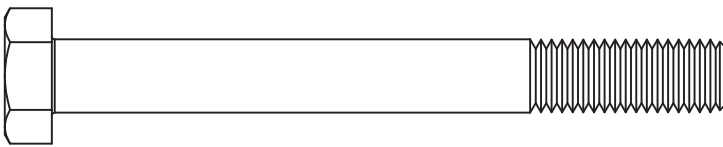
⑦0 × 14



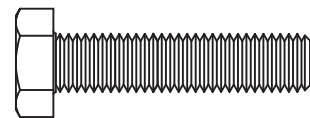
⑥8 × 40



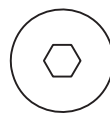
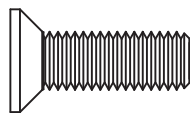
⑦1 × 4



⑥9 × 2

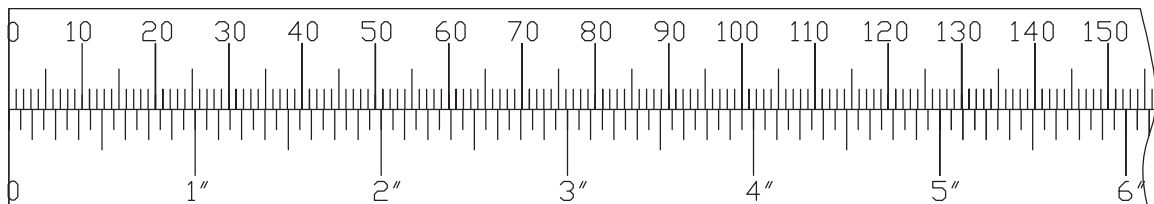


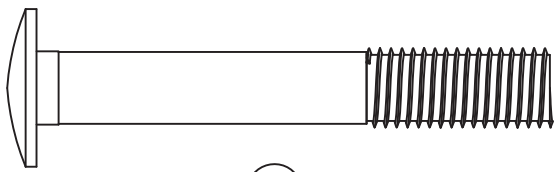
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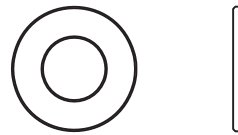
⑦3 × 4

mm

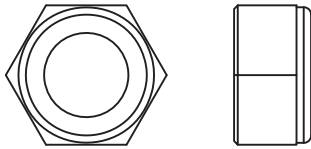




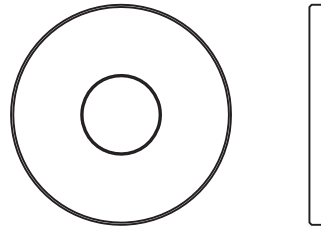
74 × 2



79 × 16



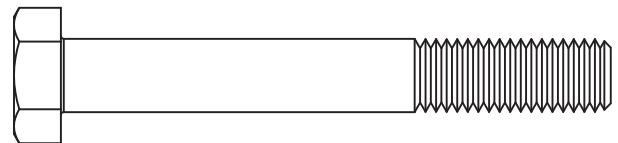
75 × 8



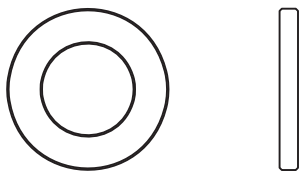
80 × 6



76 × 64



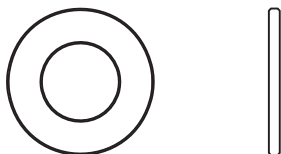
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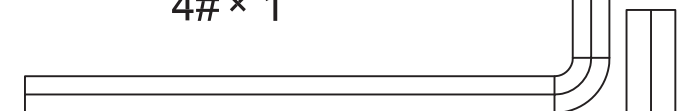
77 × 20



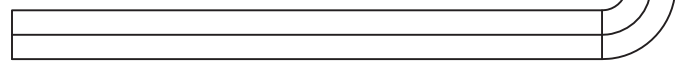
4# × 1



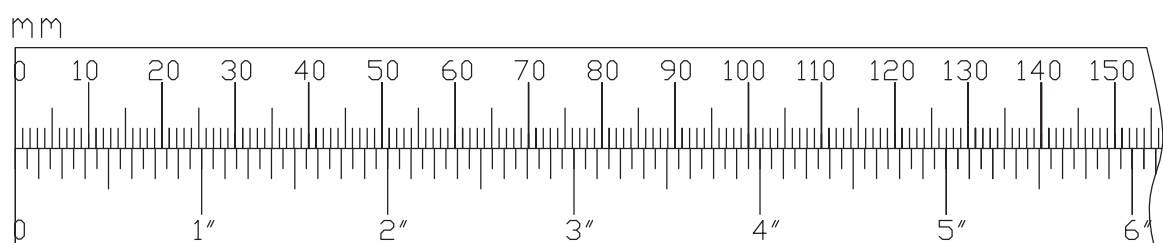
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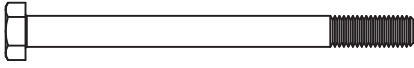

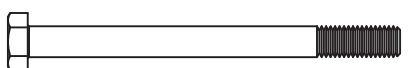

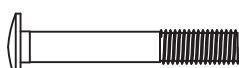



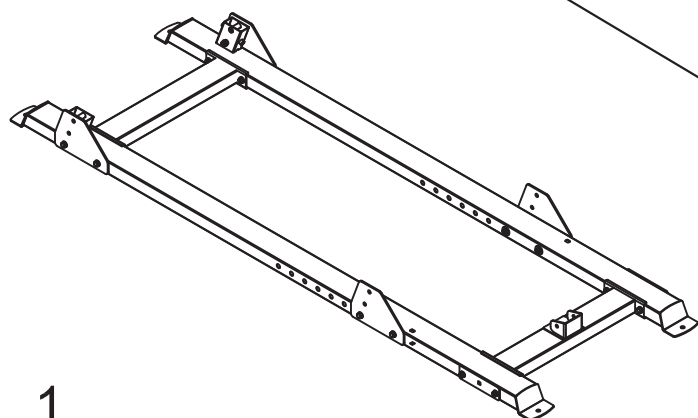
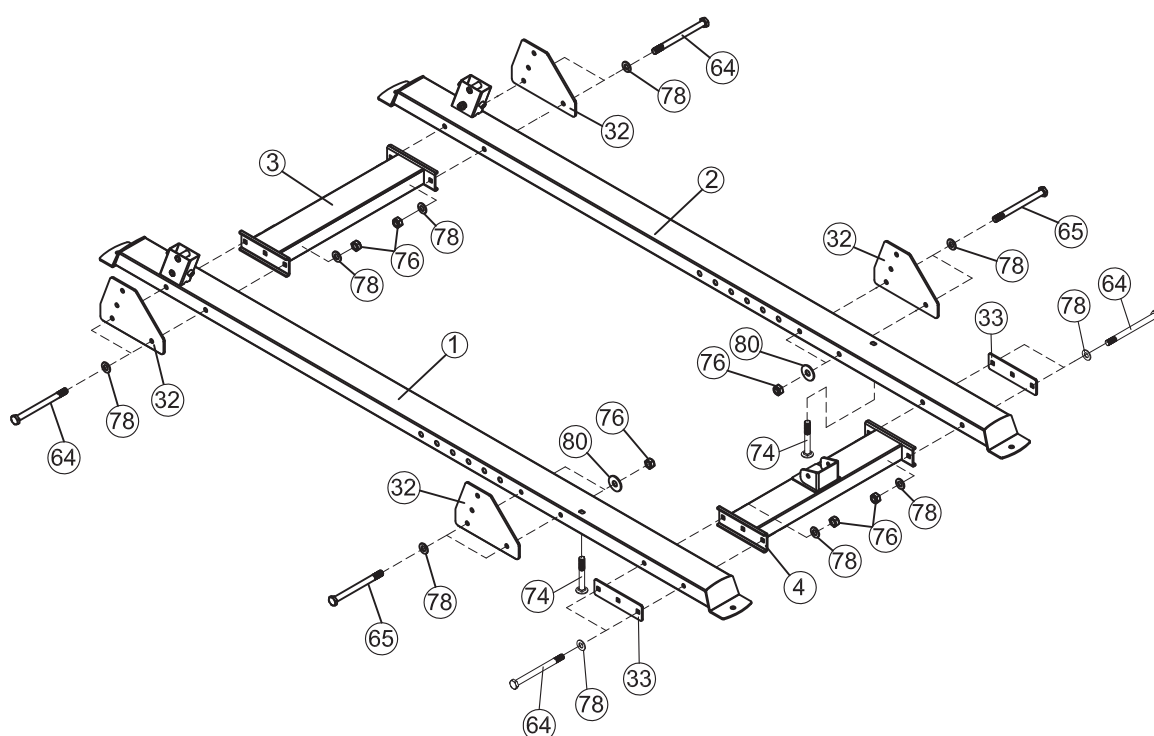
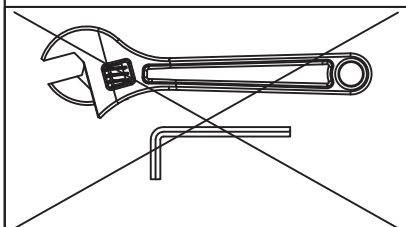
5# × 1



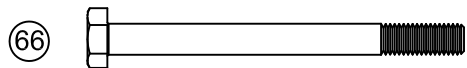
8# × 1



⑥4		×8	M10×125mm	⑦6		×12	M10
⑥5		×4	M10×120mm	⑦8		×20	Φ10
⑦4		×2	M10×70mm	⑧0		×4	Φ10×Φ30



1



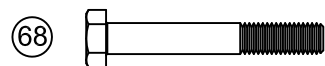
×2

M10×115mm



×6

M10



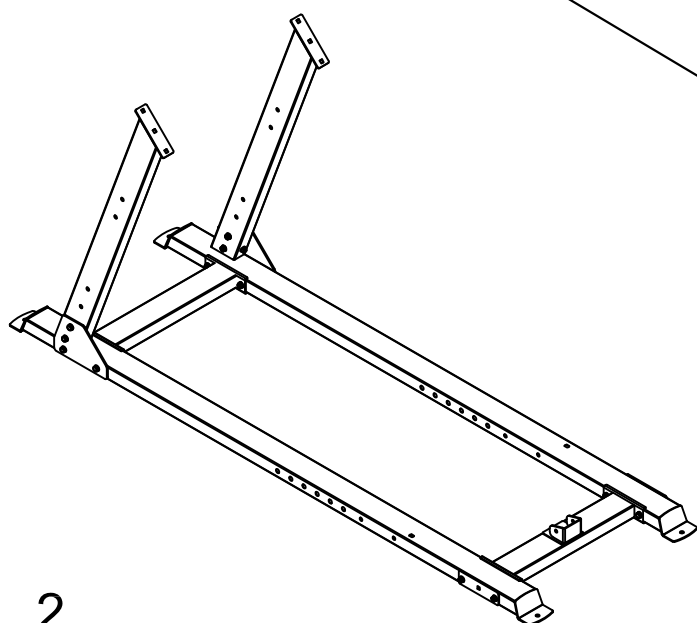
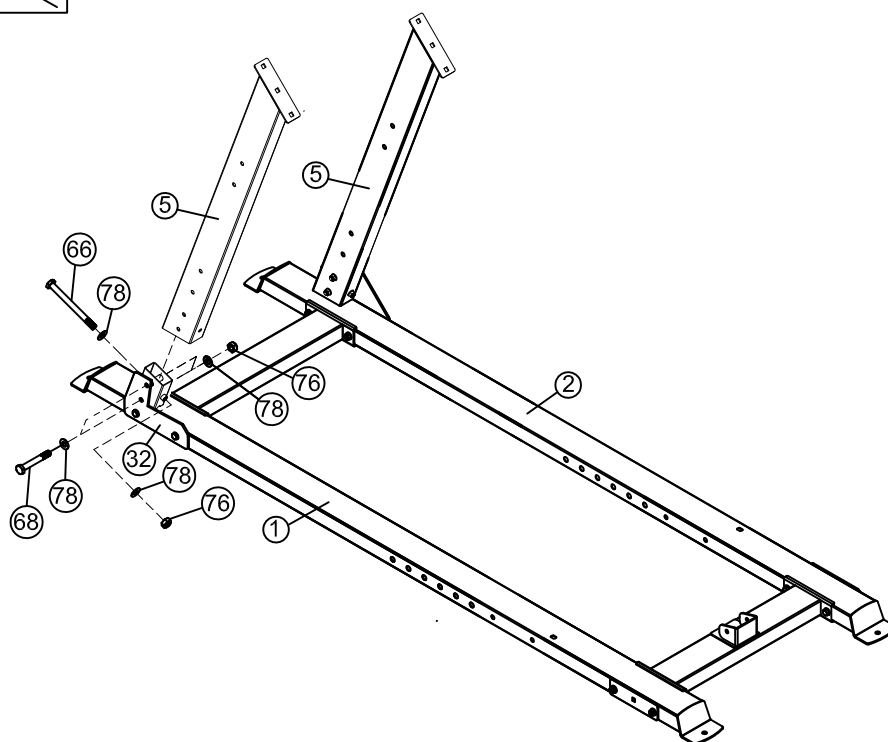
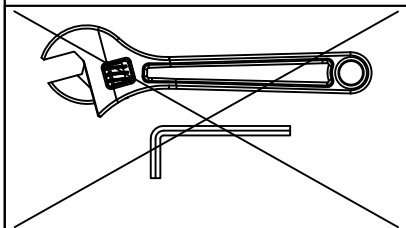
×4

M10×70mm



×12

Φ10





2

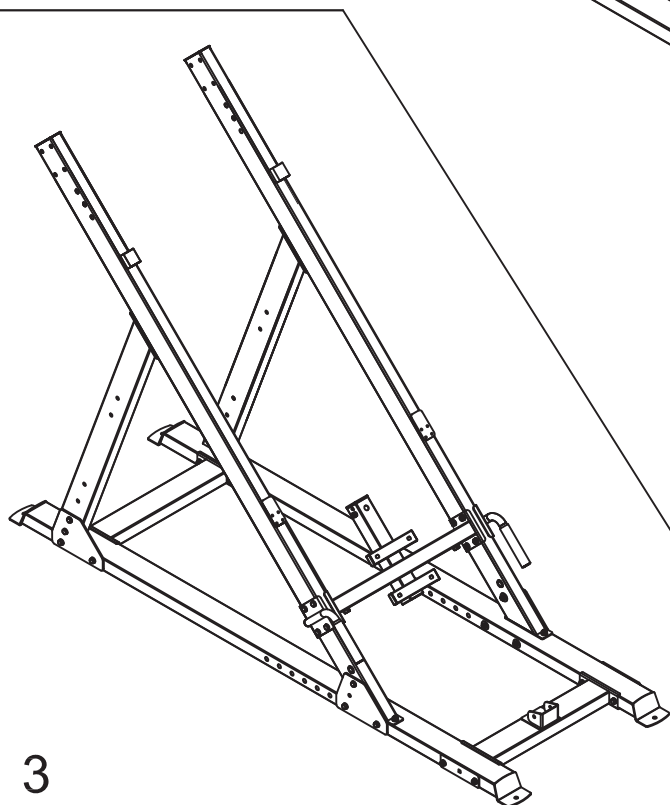
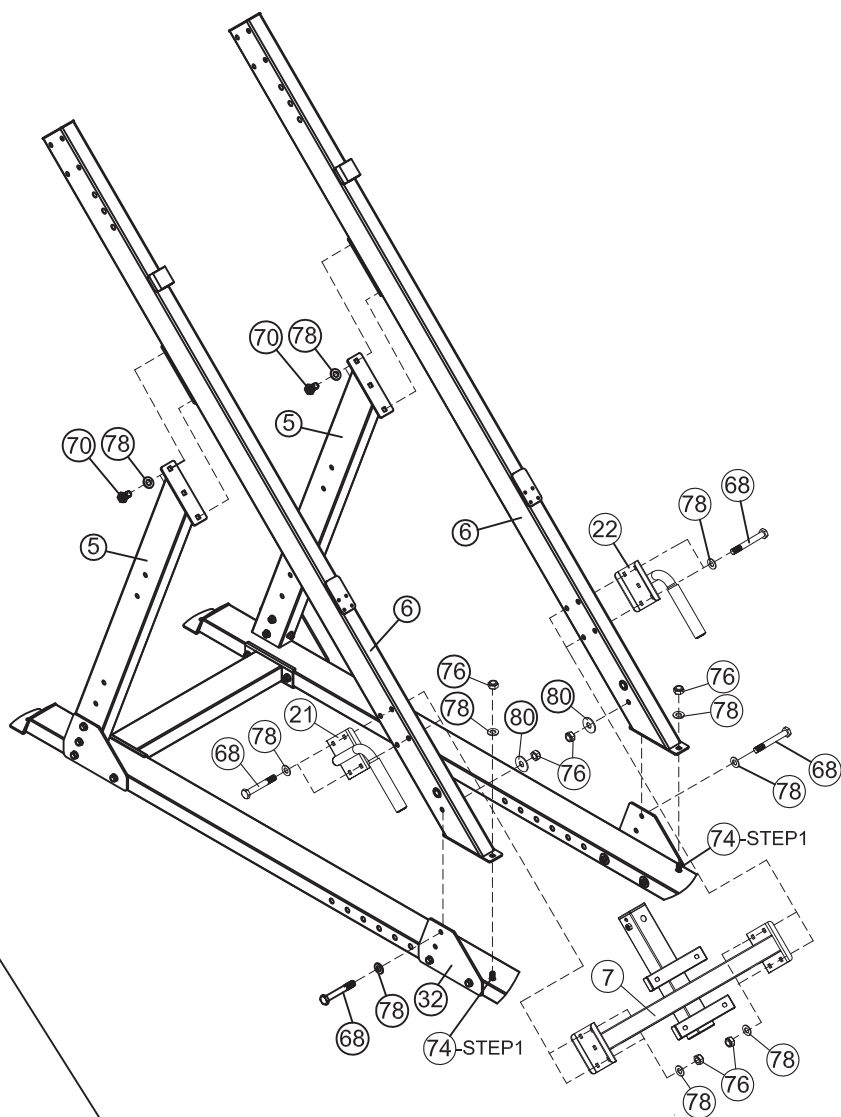
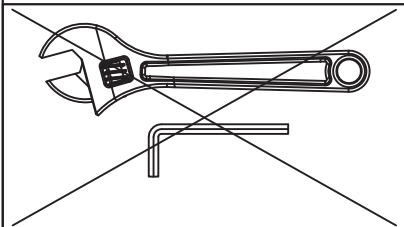
⑥⑧  ×10 M10×70mm

⑦⑧  | ×24 Φ10

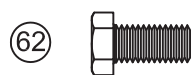
⑦⑦  ×4 M10×20mm

⑧⑦  | ×2 Φ10×Φ30

⑦⑥   ×12 M10



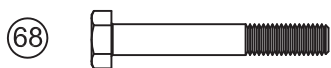
3



×4 M12×25mm



×4 Φ12



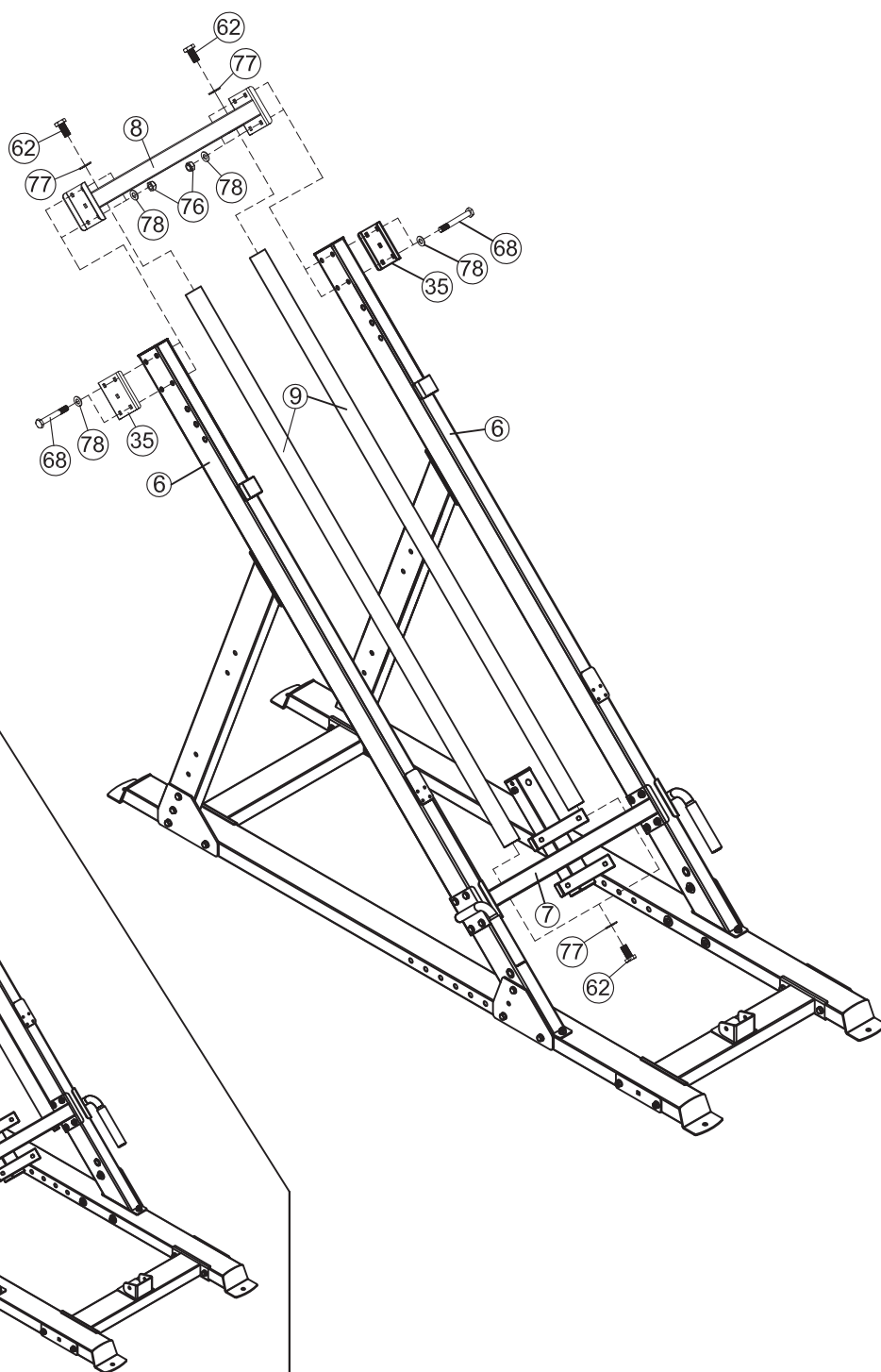
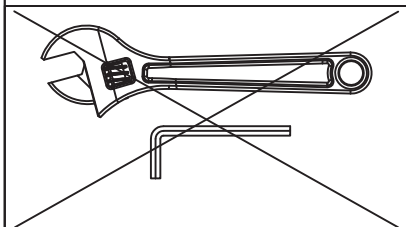
×8 M10×70mm



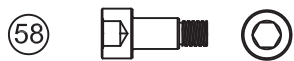
×16 Φ10



×8 M10



4



×2 M8×25mm



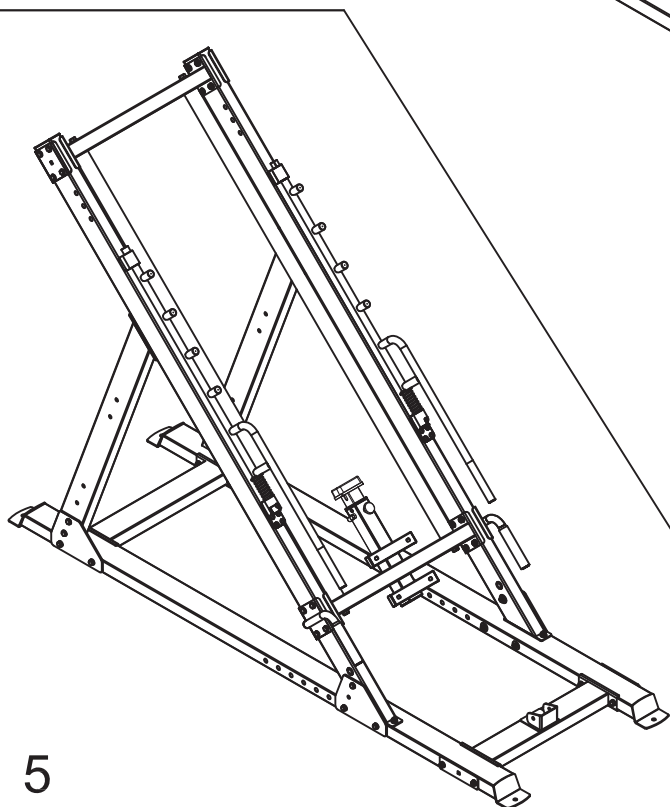
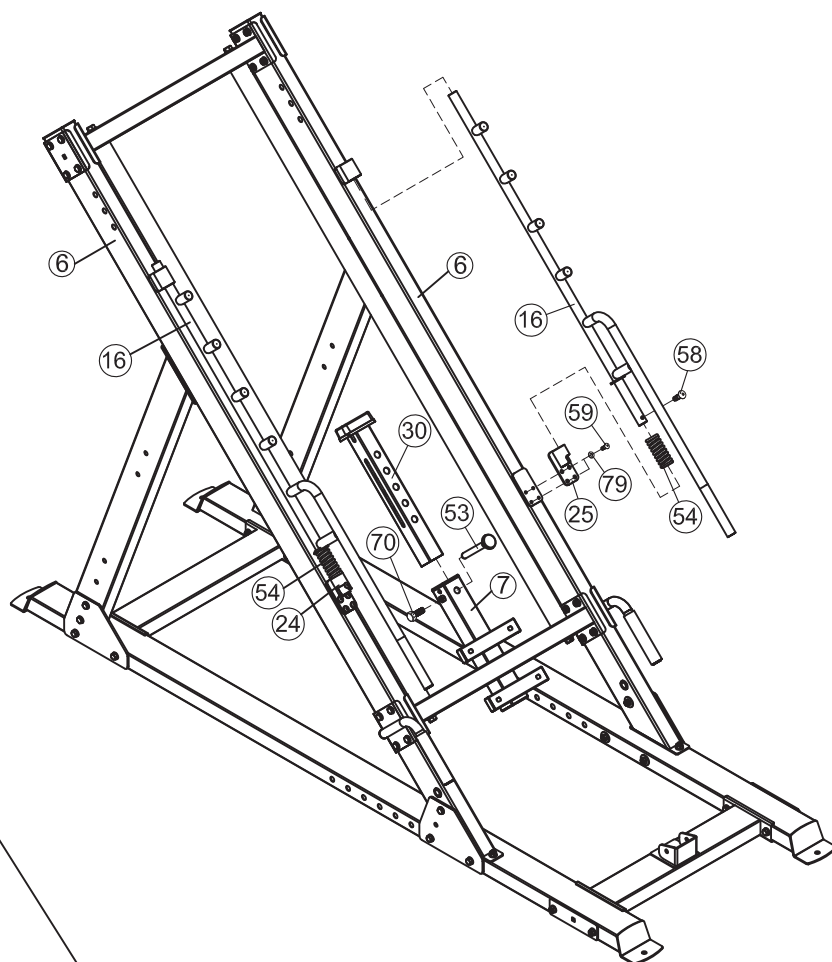
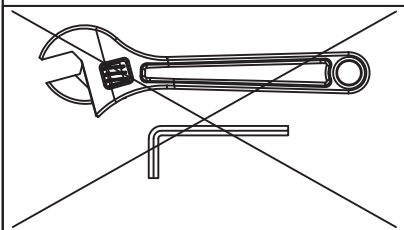
×1 M10×20mm



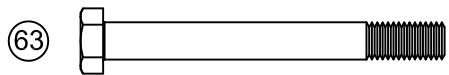
×8 M8×16mm



×8 Φ8



5



×8

M12×110mm



×16

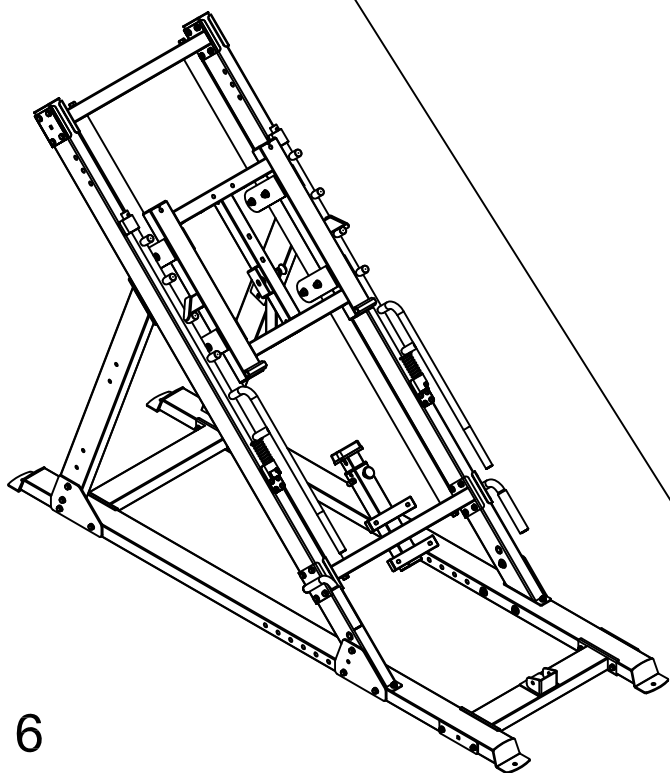
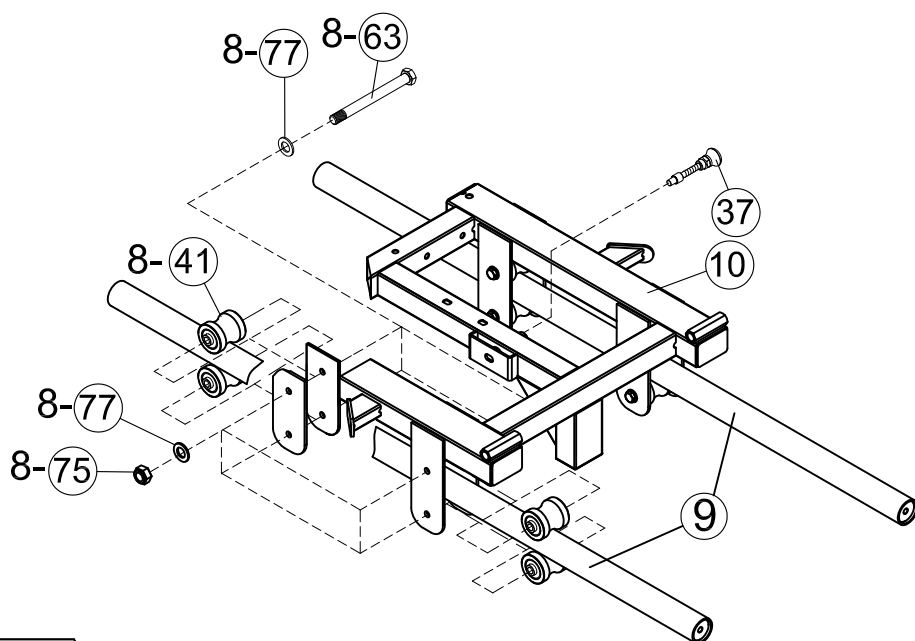
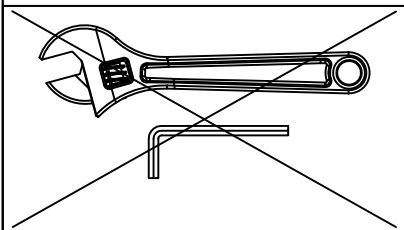
Φ12

75

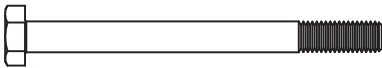


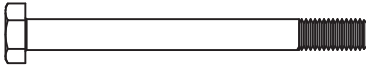


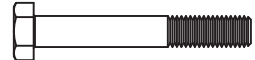


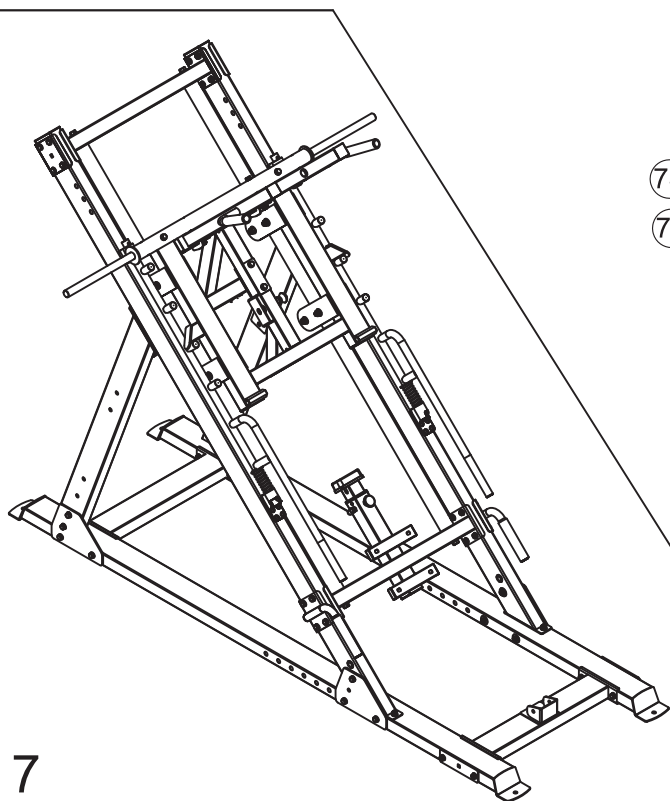
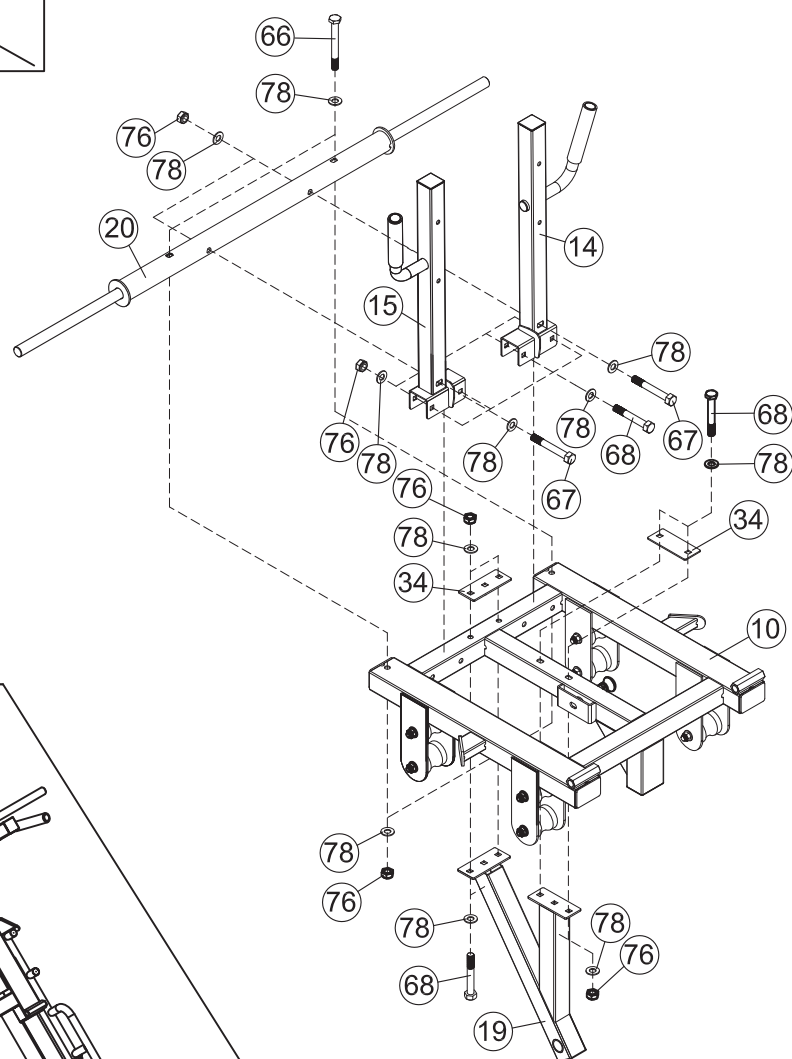
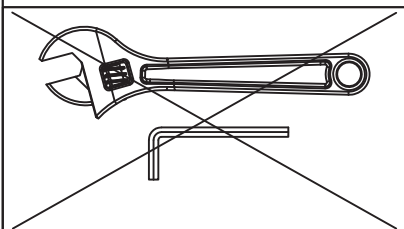
×8

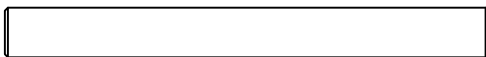
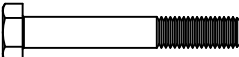


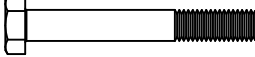
M12

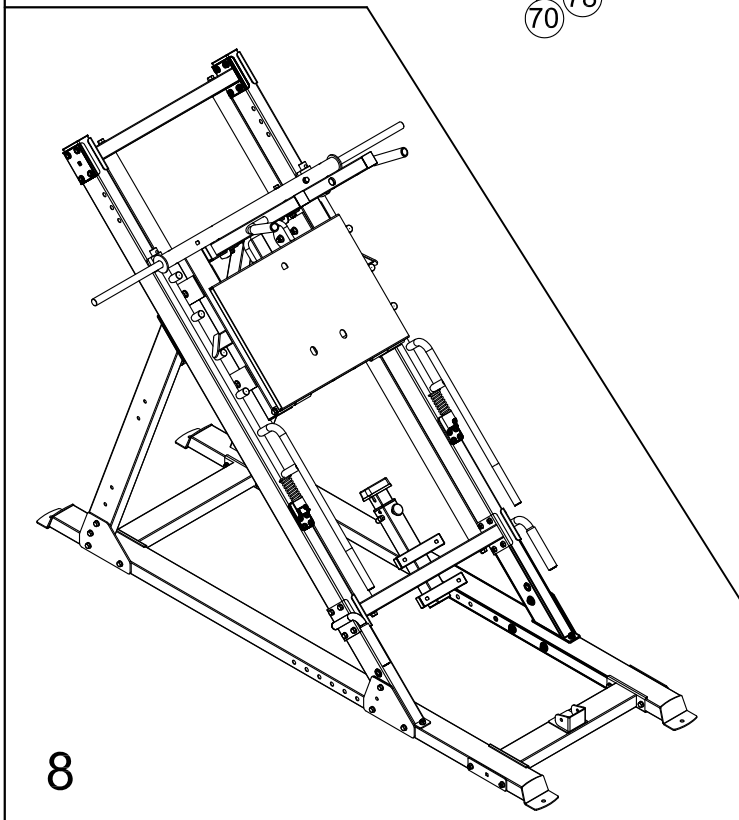
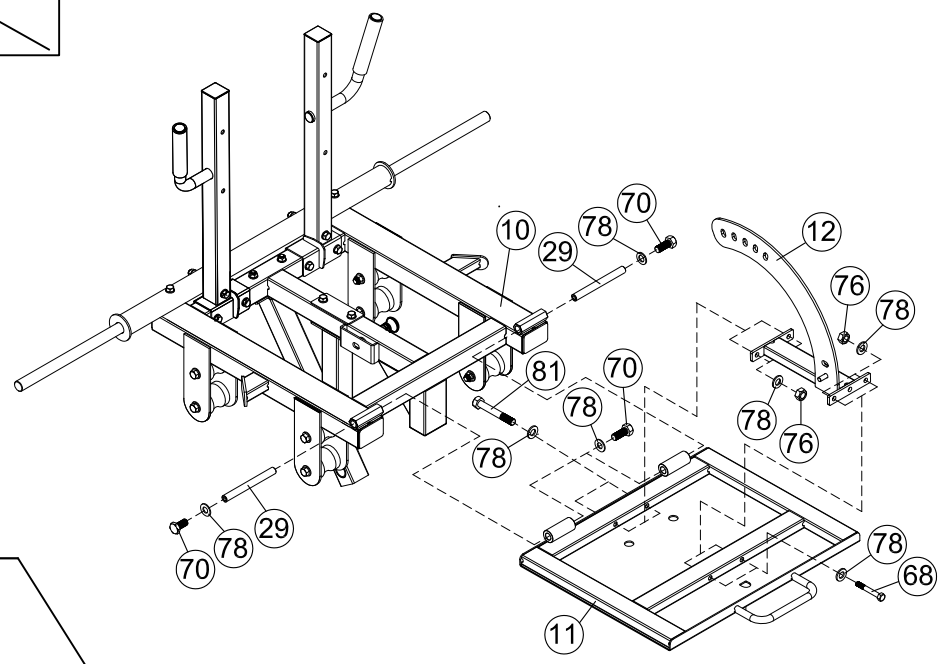
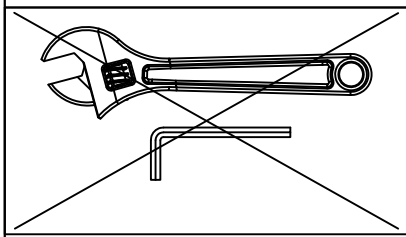


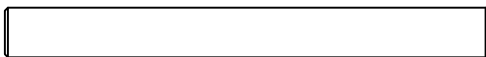
6

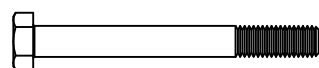

- | | | | | | | | | |
|----|-----------------------------------------------------------------------------------|----|-----------|----|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----|-----|
| ⑥⑥ |  | ×2 | M10×115mm | ⑦⑥ |  |  | ×12 | M10 |
| ⑥⑦ |  | ×2 | M10×110mm | ⑦⑧ |  |  | ×24 | Φ10 |
| ⑥⑧ |  | ×8 | M10×70mm | | | | | |





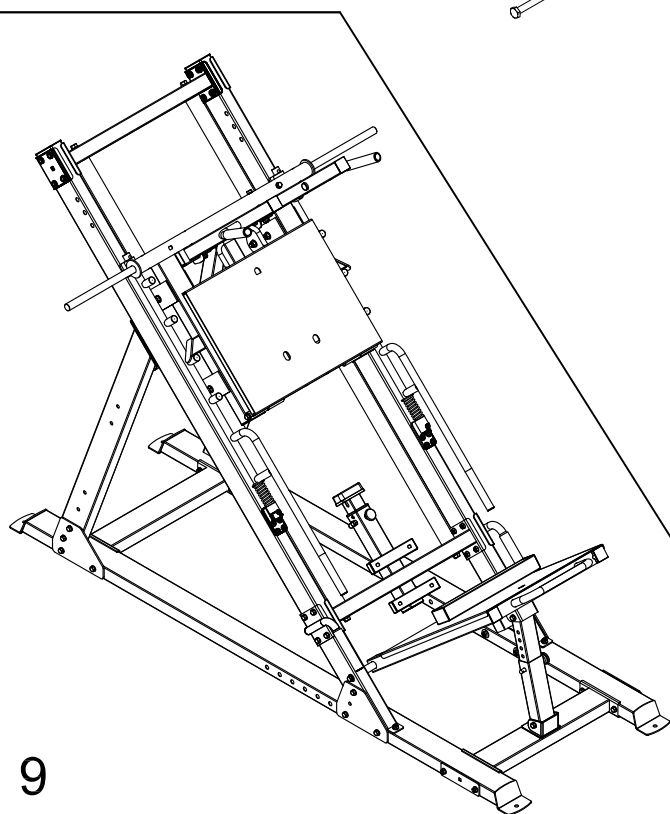
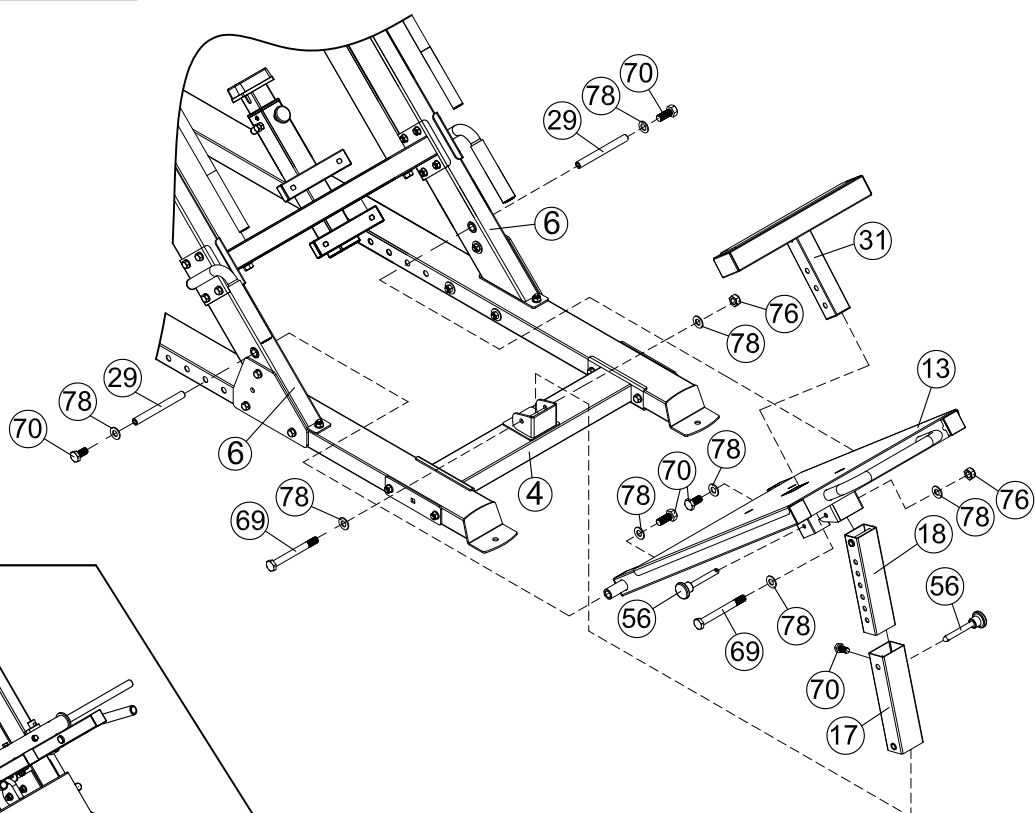
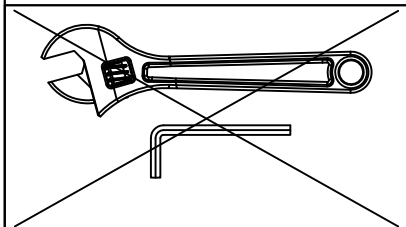
- | | | | | | | |
|----|-----------------------------------------------------------------------------------|----|---------------|----|-------------------------------------------------------------------------------------|---------|
| ②9 |  | ×2 | Φ16×M10×156mm | | | |
| ⑥8 |  | ×2 | M10×70mm | ⑦6 |  | ×4 M10 |
| ⑦0 |  | ×4 | M10×20mm | ⑦8 |  | ×12 Φ10 |
| ⑧1 |  | ×2 | M10×75mm | | | |



(29)  ×2 Φ16×M10×156mm

(69)  ×2 M10×95mm (76)  ×2 M10

(70)  ×5 M10×20mm (78)  ×8 Φ10





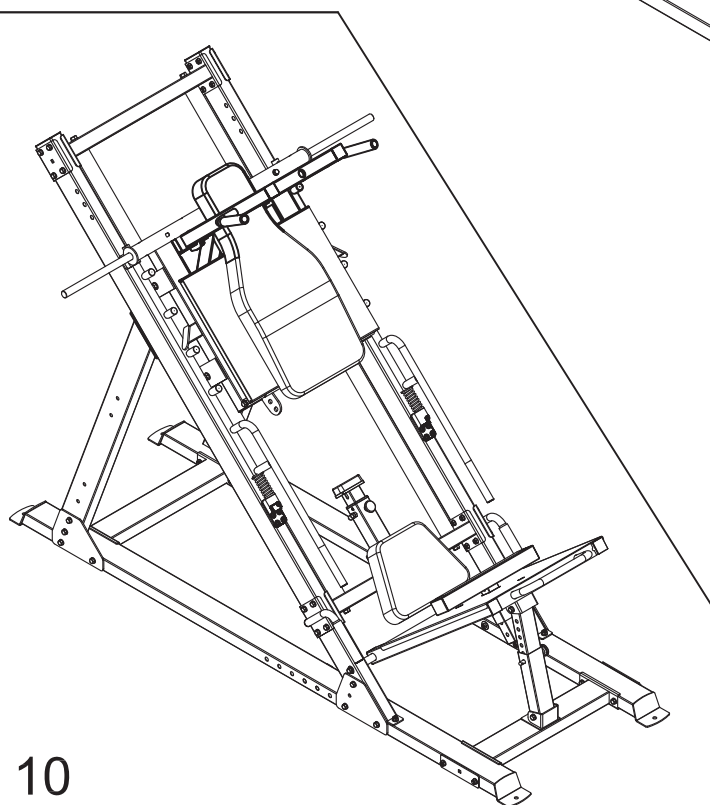
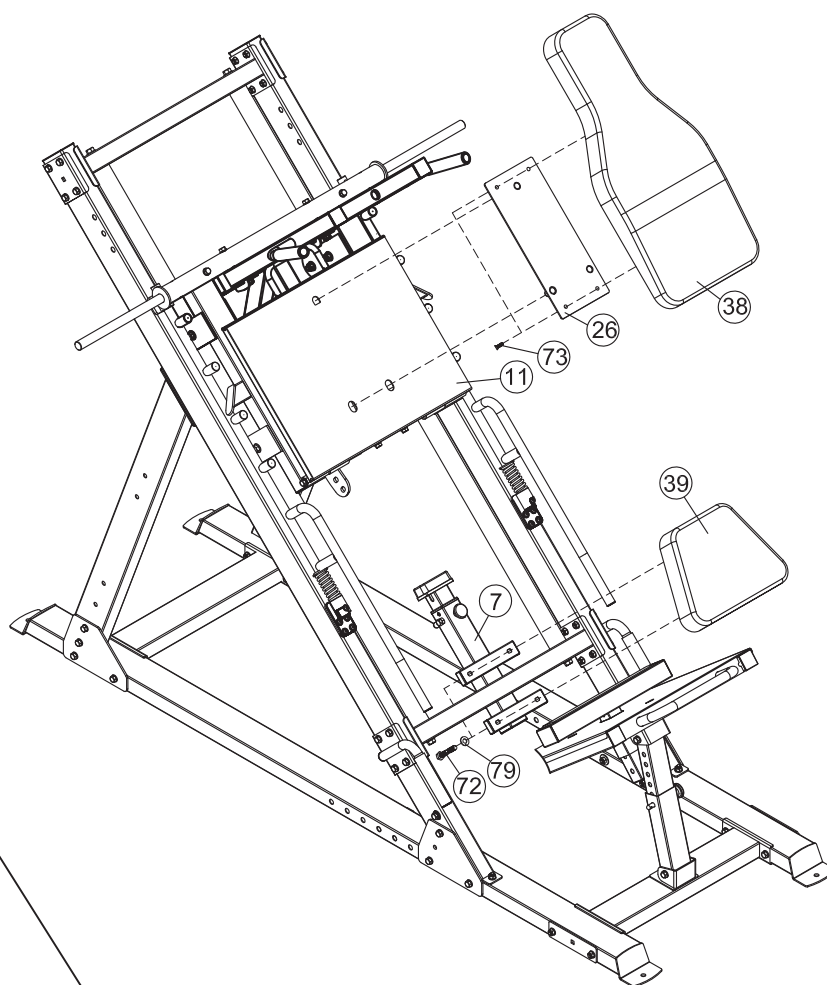
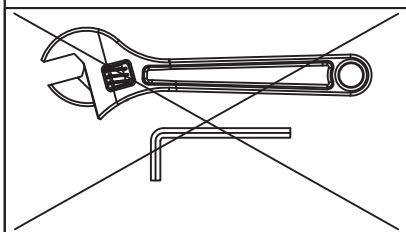
×4 M8×20mm



×4 Φ8

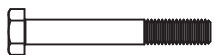


×4 M8×35mm



10

71



×4

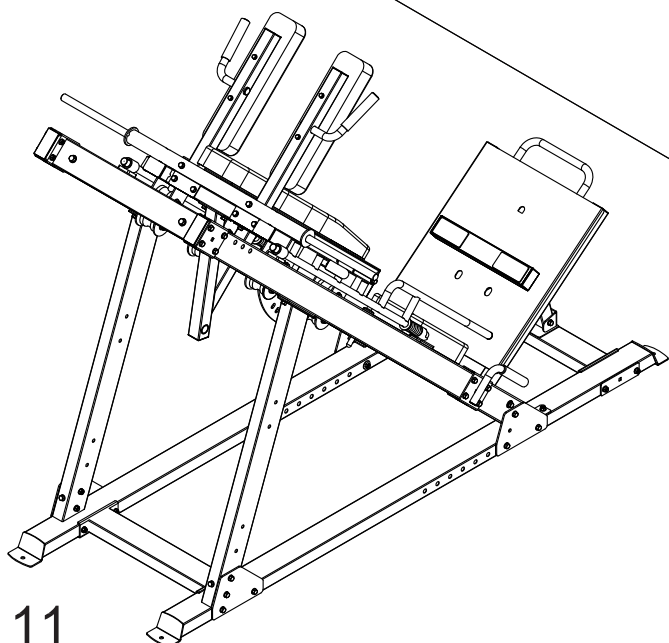
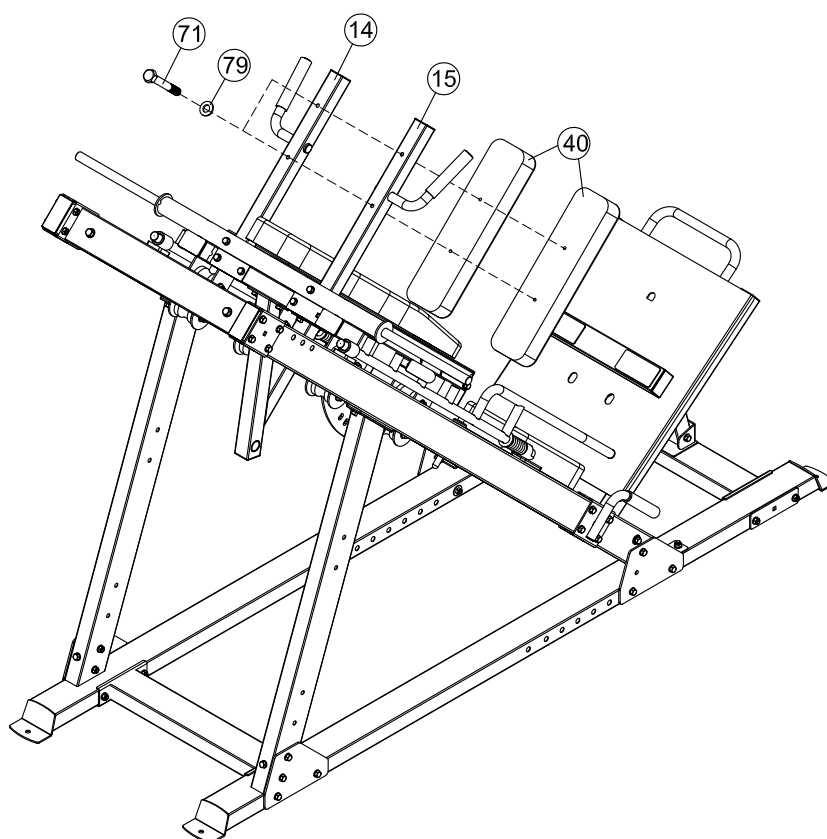
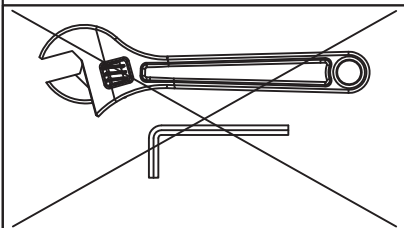
M8×60mm

79



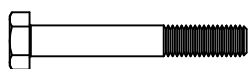
×4

Φ8



11

68



×8

M10×70mm

78



×16

Φ10

60



×1

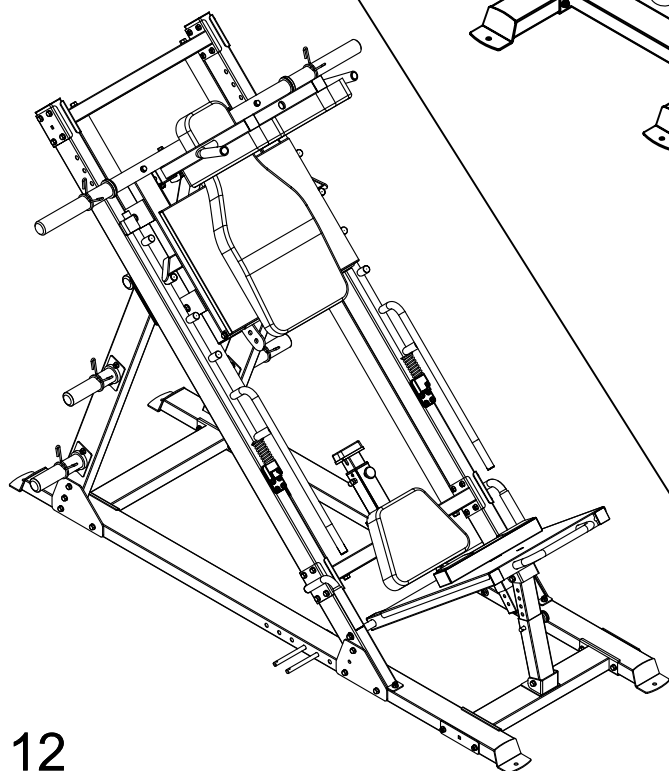
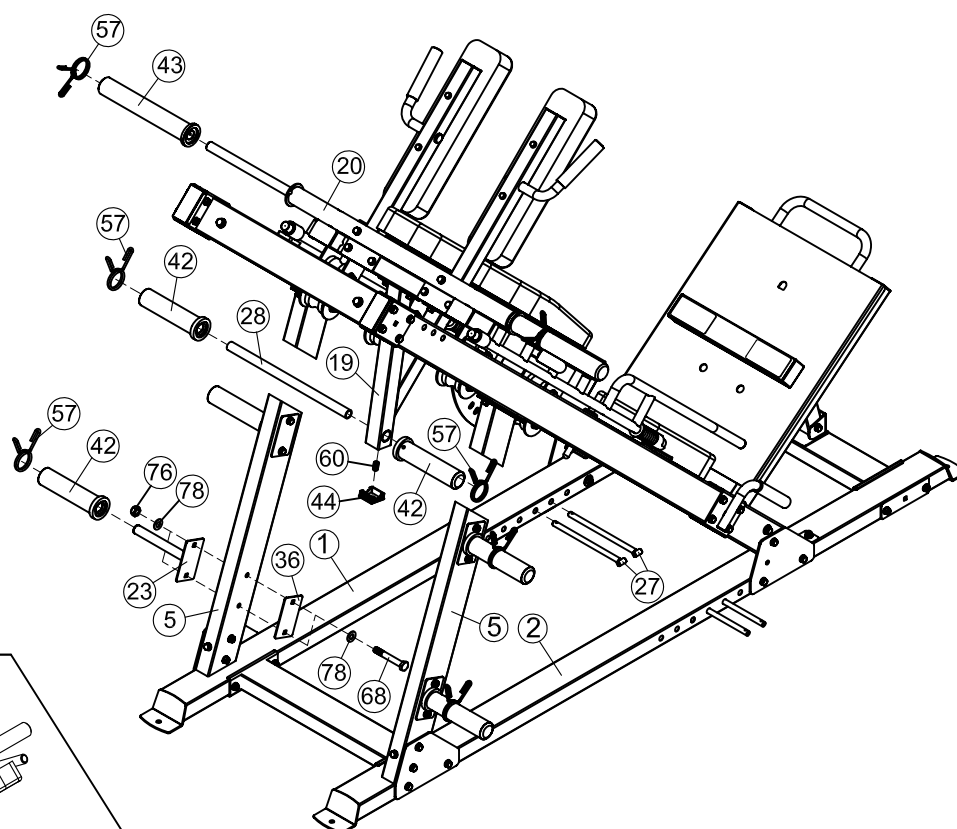
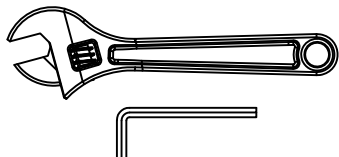
M10×10mm

76



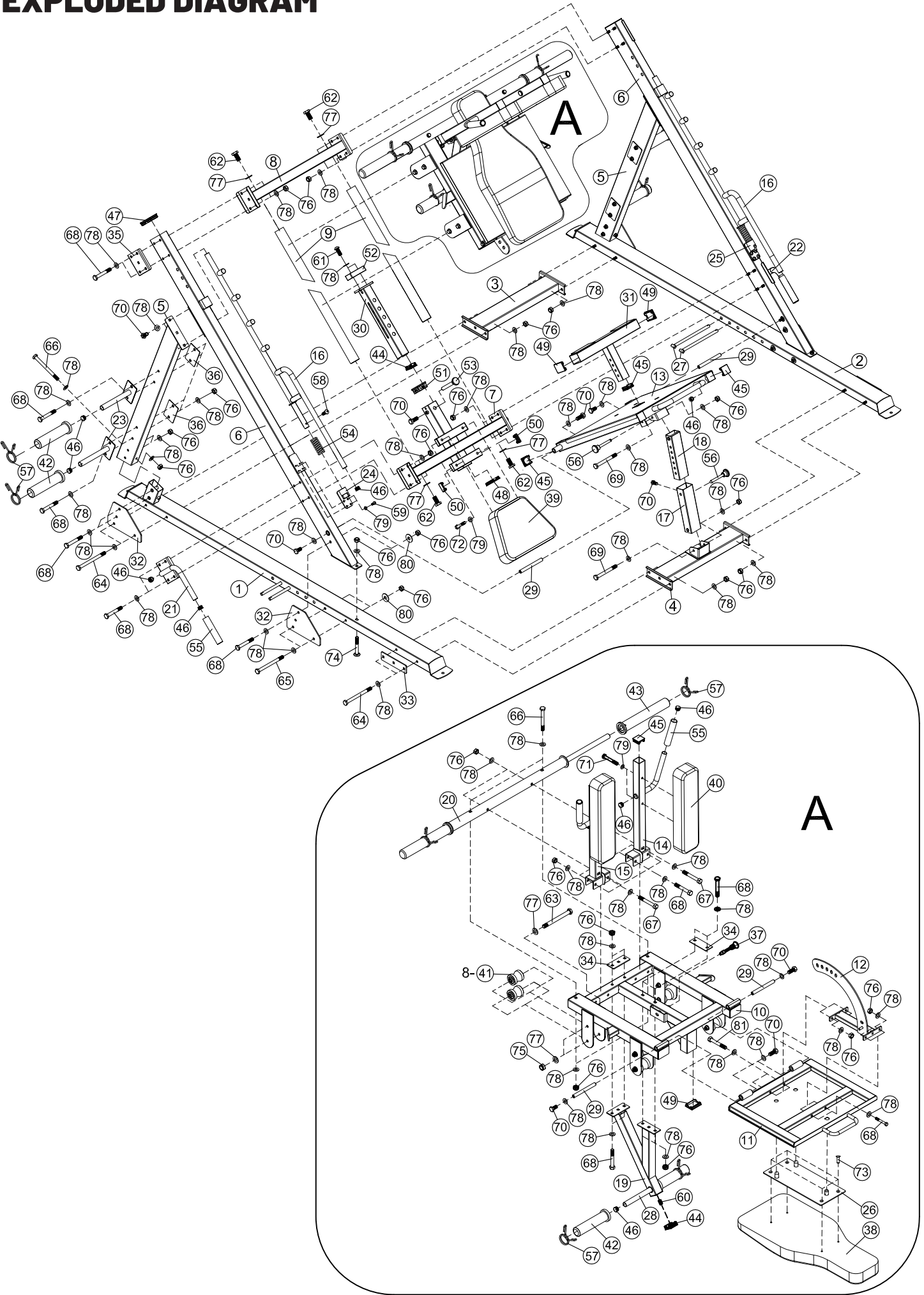
×8

M10



12

EXPLODED DIAGRAM



PACKAGE LIST

BOX 1:		BOX 3:	
1	Part 1	1	Part 3
1	Part 2	1	Part 4
2	Part 5	1	Part 12
2	Part 6	1	Part 13
2	Part 43	1	Part 14
BOX 2:		1	Part 15
1	Part 7	1	Part 19
1	Part 8	1	Part 21
1	Part 10	1	Part 22
1	Part 11	1	Part 26
4	Part 23	1	Part 28
2	Part 33	1	Part 31
2	Part 34	1	Part 37
2	Part 35	1	Part 38
4	Part 36	8	Part 41
1	Part 39	1	Part 44
2	Part 40	1	Part 53
6	Part 42	1	Part 54
	Parts bag 8-1	2	Part 56
	Parts bag 8-2	BOX 4:	
	Parts bag 8-3	2	Part 9
	Parts bag 8-4	2	Part 16
	Parts bag 8-5	1	Part 17
	Parts bag 8-6	1	Part 18
	Parts bag 8-7	1	Part 20
	Parts bag 8-8	1	Part 24
		1	Part 25
		4	Part 27
		1	Part 30
		4	Part 32



We believe success comes from striving to be better than yesterday. It comes from the urge to push boundaries and break through barriers. Fueled with the belief that everybody deserves a fit and healthy lifestyle, we are dedicated to providing innovative strength and fitness solutions to build stronger, happier and healthier lives.

WARRANTY

LIFETIME WARRANTY ON FRAME - 2 YEAR WARRANTY ON MOVING PARTS

The Force USA 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 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 warranty is the responsibility of the user, and the customer will be responsible for any freight charges that apply. Force USA will not be liable for any consequential damages or breach of any implied warranty on the range of Force USA strength equipment. Force USA reserves the right to provide reconditioned parts and/or to request a return and repair existing defective components on the Force USA product.

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