

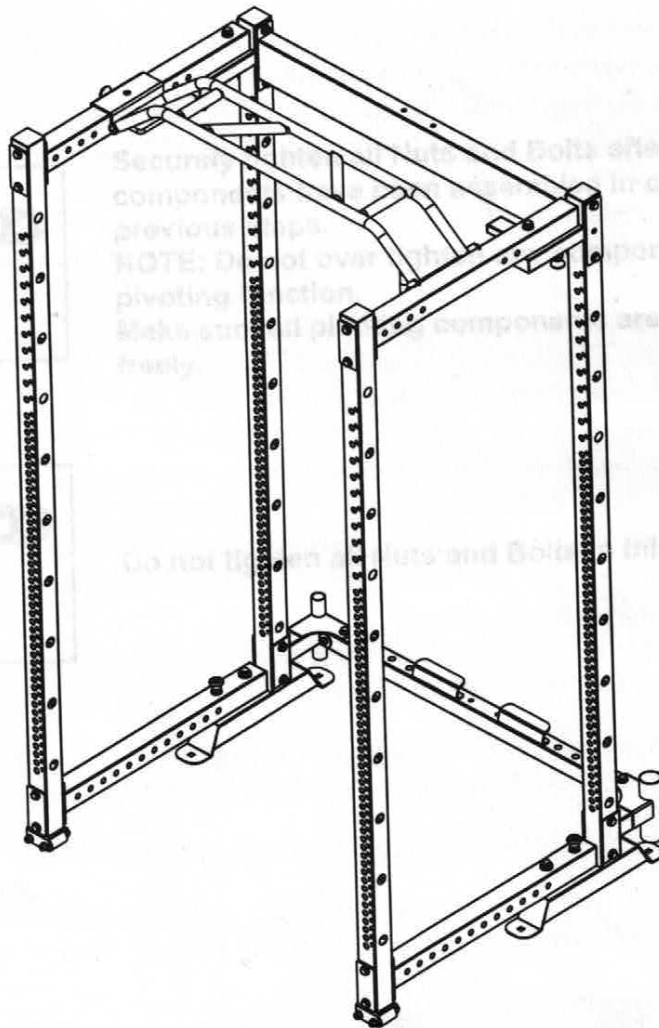
FORCE USA

OWNER'S MANUAL

F-MR-BASE-SPACE SAVER

- Tools Required for Assembling the Bench: Adjustable Wrench and Allen Wrench.
- NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.
- Ensure Cartage Bolts are inserted through the SQUARE holes on components that need to be assembled.
- Use Allen Bolt or Hex Bolt on the ROUND holes on components that need to be assembled.
- Always wait until all bolts are assembled into the bench before tightening the bolts. Do not tighten each bolt right after it is installed.

Fasten Nuts and Bolts



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

ASSEMBLY MANUAL

BEFORE YOU START

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.

SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear appropriate footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled.
- Ensure you correctly orientate each piece before attaching.
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Do not use the equipment outdoors or around water.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if you experience any pain, dizziness or nausea. See a doctor at once.

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

BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.

READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.

FORCE USA FITNESS EQUIPMENT ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

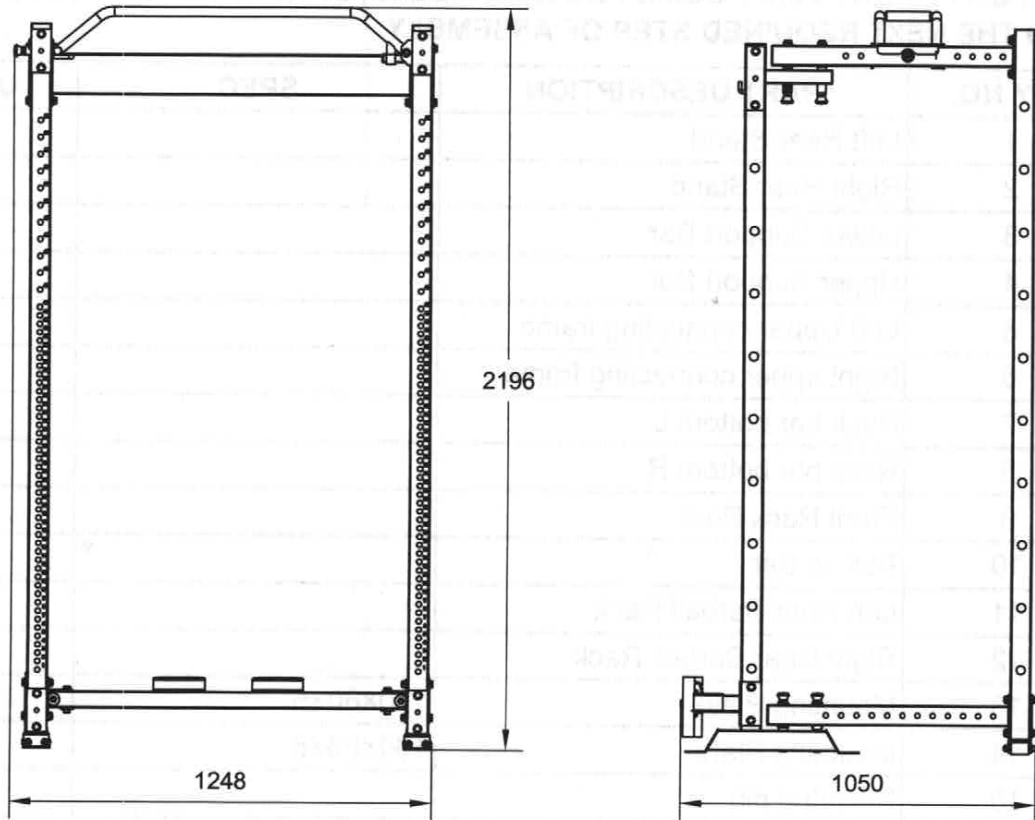
SAVE THESE INSTRUCTIONS.

PARTS LIST

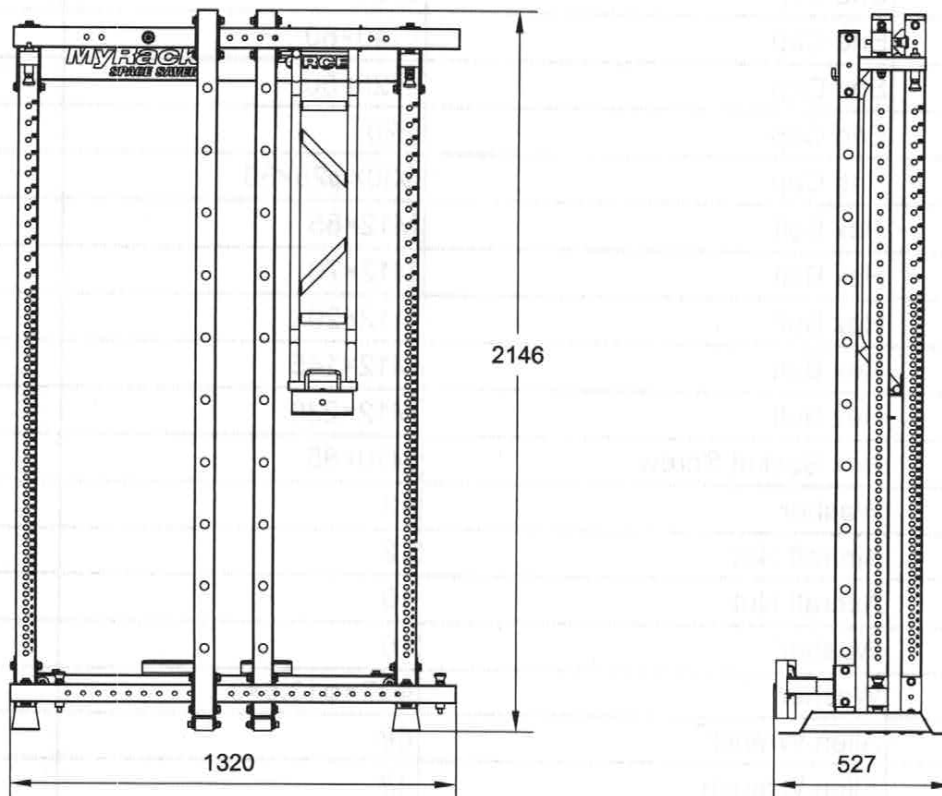
NOTE: SOME PARTS MAY COME PRE ASSEMBLED, IN WHICH CASE CONTINUE ONTO THE NEXT REQUIRED STEP OF ASSEMBLY

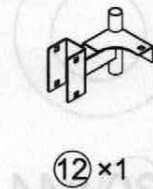
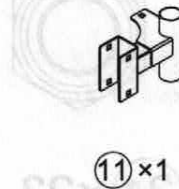
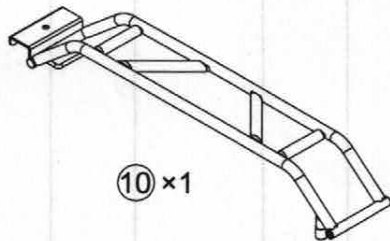
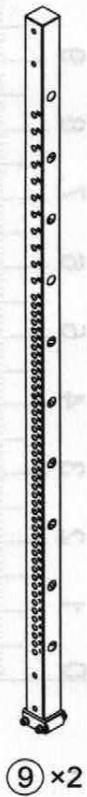
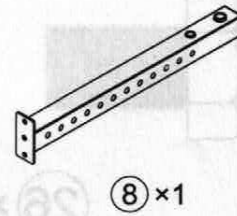
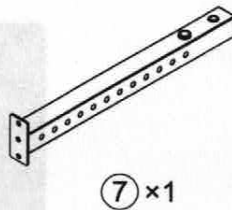
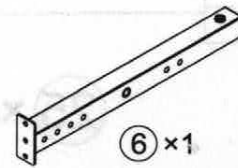
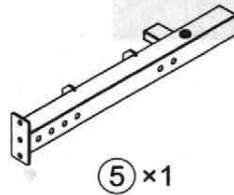
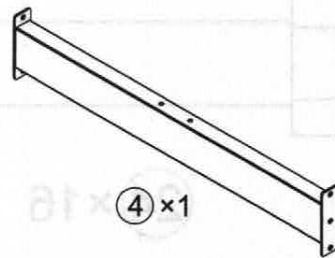
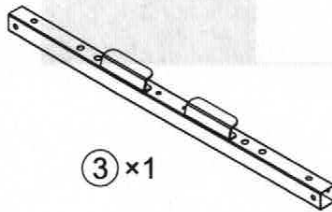
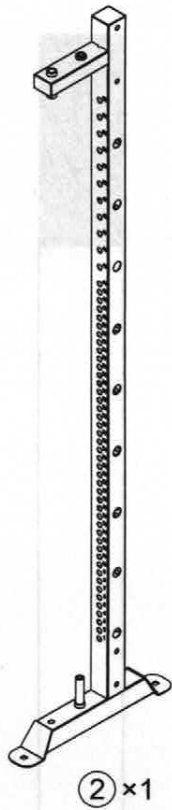
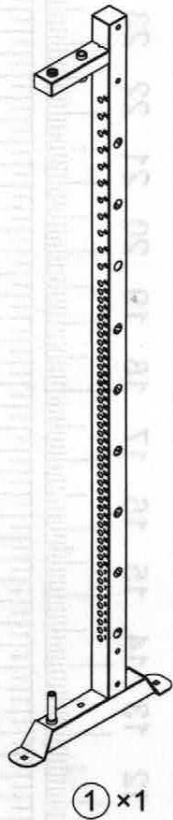
KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Left Rear Stand		1
2	Right Rear Stand		1
3	Lower Support Bar		1
4	Upper Support Bar		1
5	Left Upper connecting frame		1
6	Right upper connecting frame		1
7	Rack bar bottom L		1
8	Rack bar bottom R		1
9	Front Rack Post		2
10	Pull up Bar		1
11	Left Rear Barbell Rack		1
12	Right Rear Barbell Rack		1
13	Mounting Plate	130×60×5	4
14	Mounting Plate	190×55×5	2
15	Securing pin		5
16	Bushing	φ25×φ21.8×φ12.2×8	10
17	Bushing	φ30×φ26×φ20×16	4
18	Roller	φ35×φ10.5×59	4
19	End Cap	□60	8
20	End Cap	□40×60	2
21	End Cap	□25×50	1
22	End Cap	φ25	2
23	End Cap	φ30×φ25×30	1
24	Hex Bolt	M12×85	16
25	Hex Bolt	M12×70	4
26	Hex Bolt	M12×20	2
27	Hex Bolt	M12×145	2
28	Hex Bolt	M12×230	1
29	Hex Socket Screw	M10×85	4
30	Washer	12	44
31	Aircraft Nut	12	23
32	Aircraft Nut	10	4
33	Washer	10	8
34	Washer	φ37×φ13.5×3	4
	Allen Wrench	8#	1
	Allen Wrench	4#	1

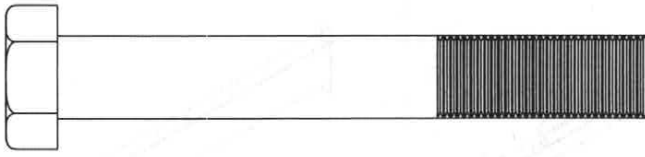
Assembled Dimension: 1248mm x 1050mm x2196mm



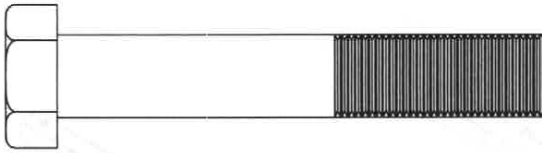
Folded Dimension: 1320mm x 527mm x2146mm



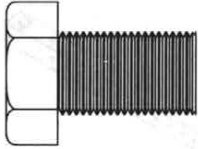




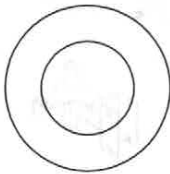
24 × 16



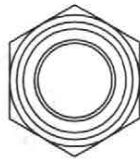
25 × 4



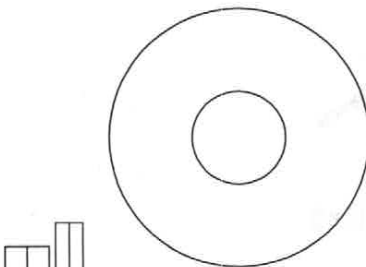
26 × 2



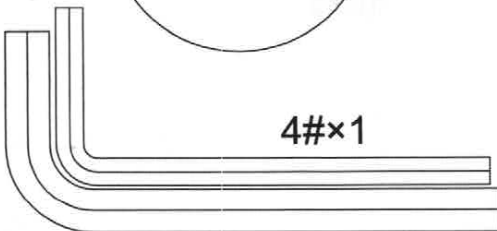
30 × 44



31 × 23

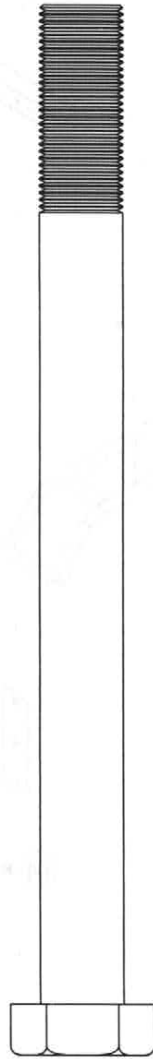


34 × 4

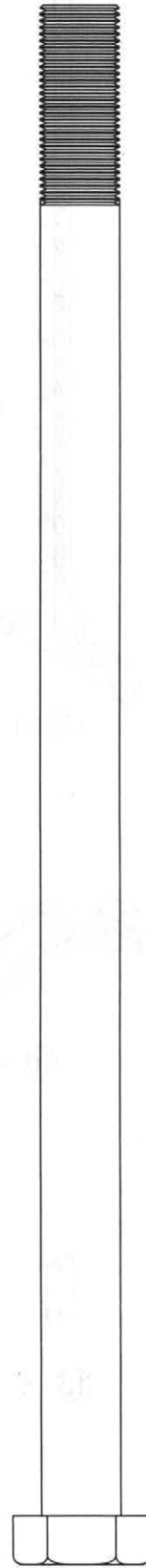


4# × 1

8# × 1

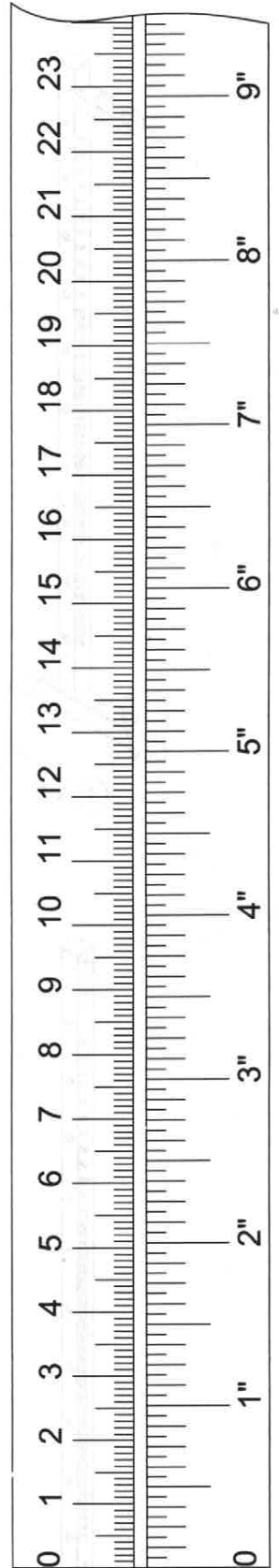


27 × 2



28 × 1

mm



25



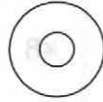
x4 M12x70

30



x4 $\Phi 12$

34

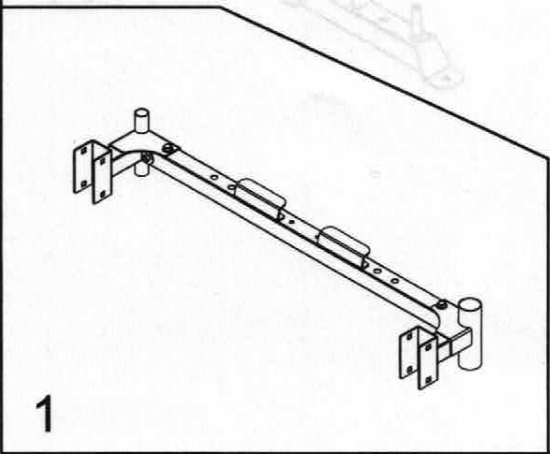
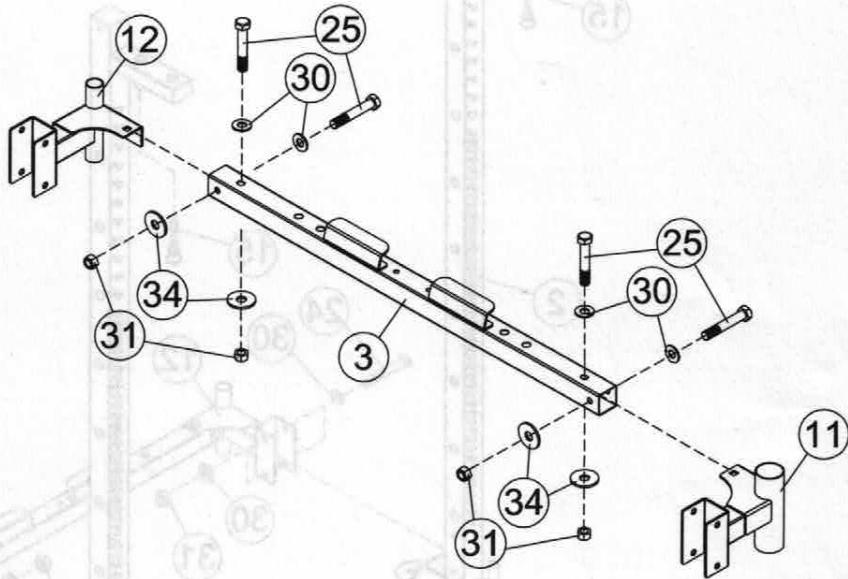
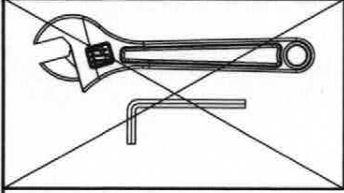


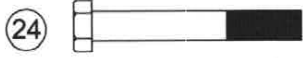
x4 $\Phi 37 \times \Phi 13.5$

31



x4 M12





24

x4 M12x85



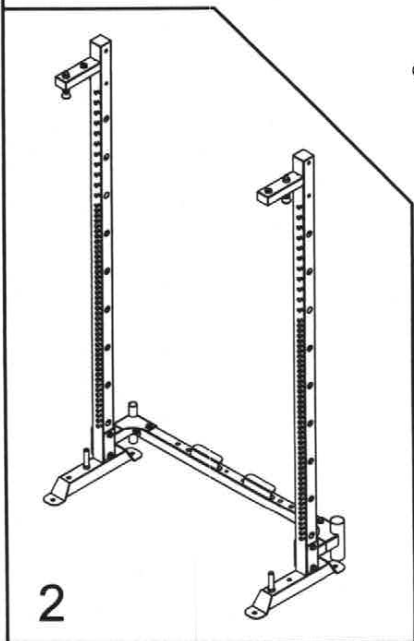
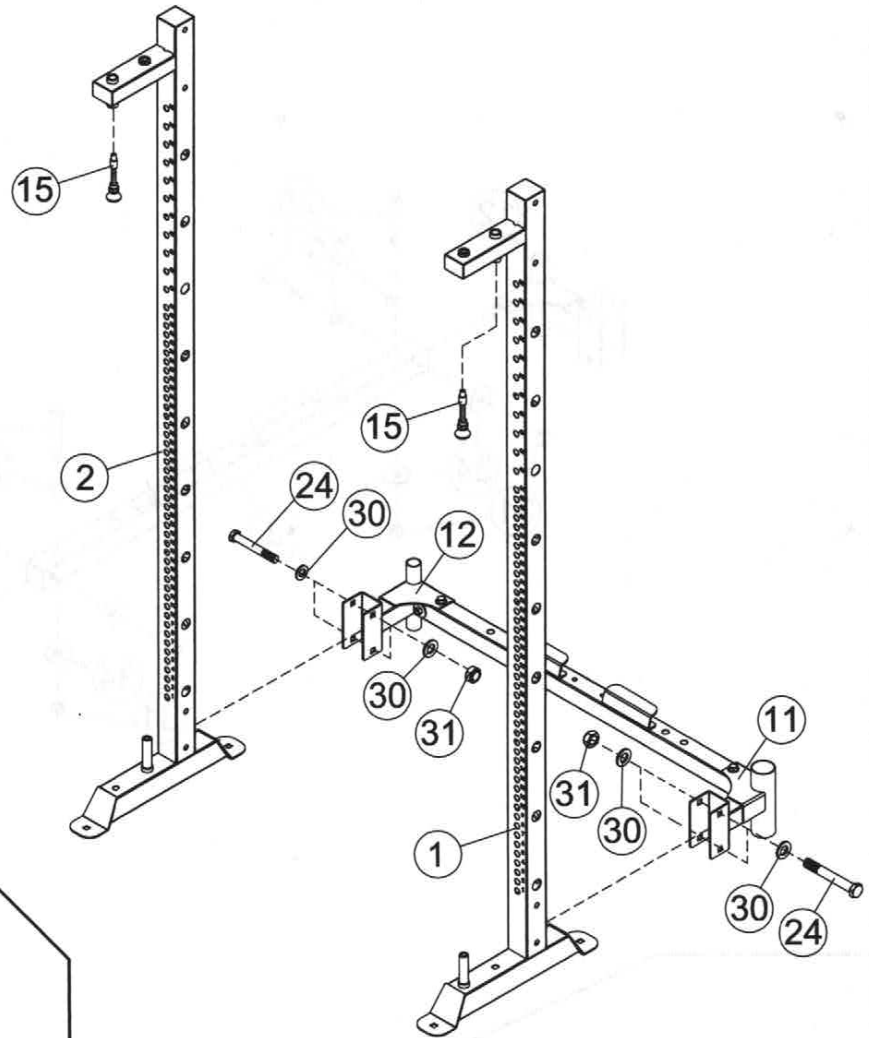
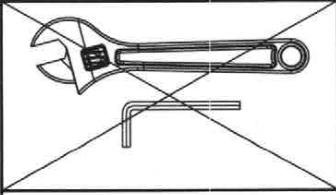
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x8 $\Phi 12$








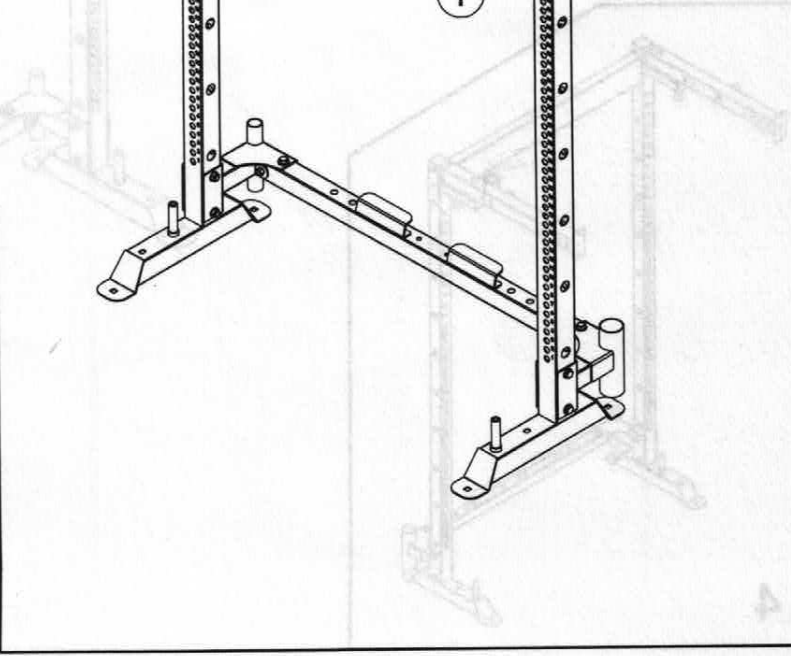
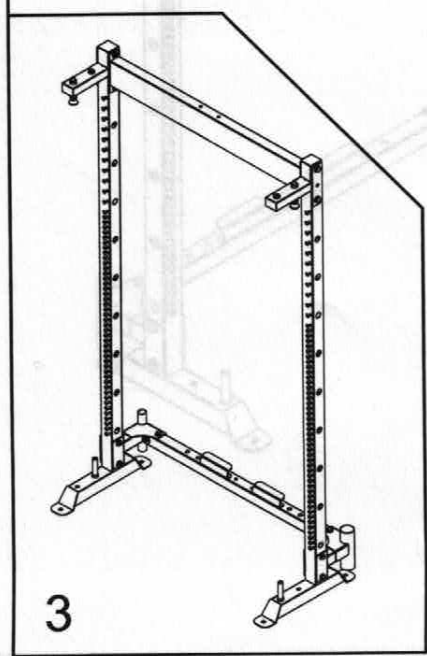
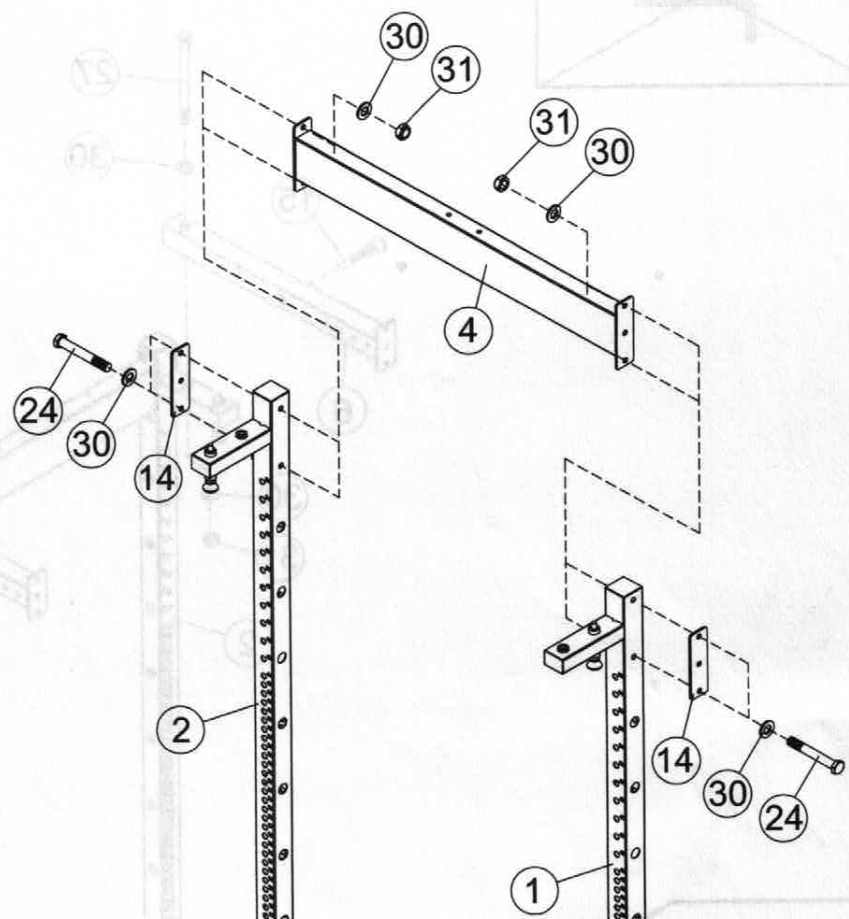
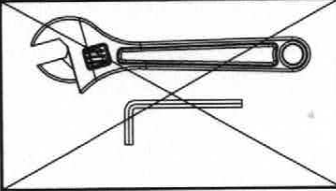
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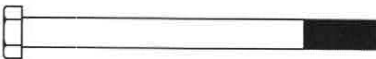
x4 M12



2

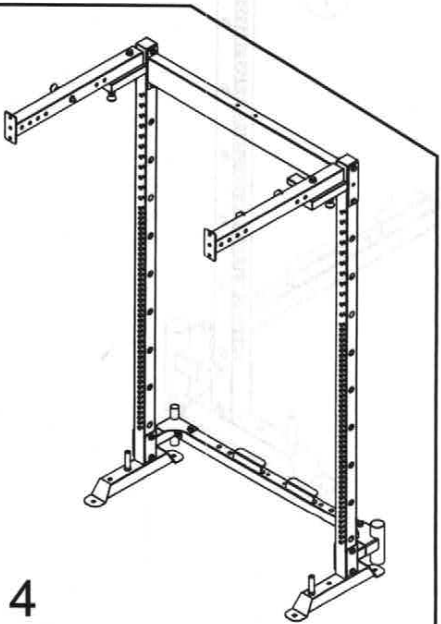
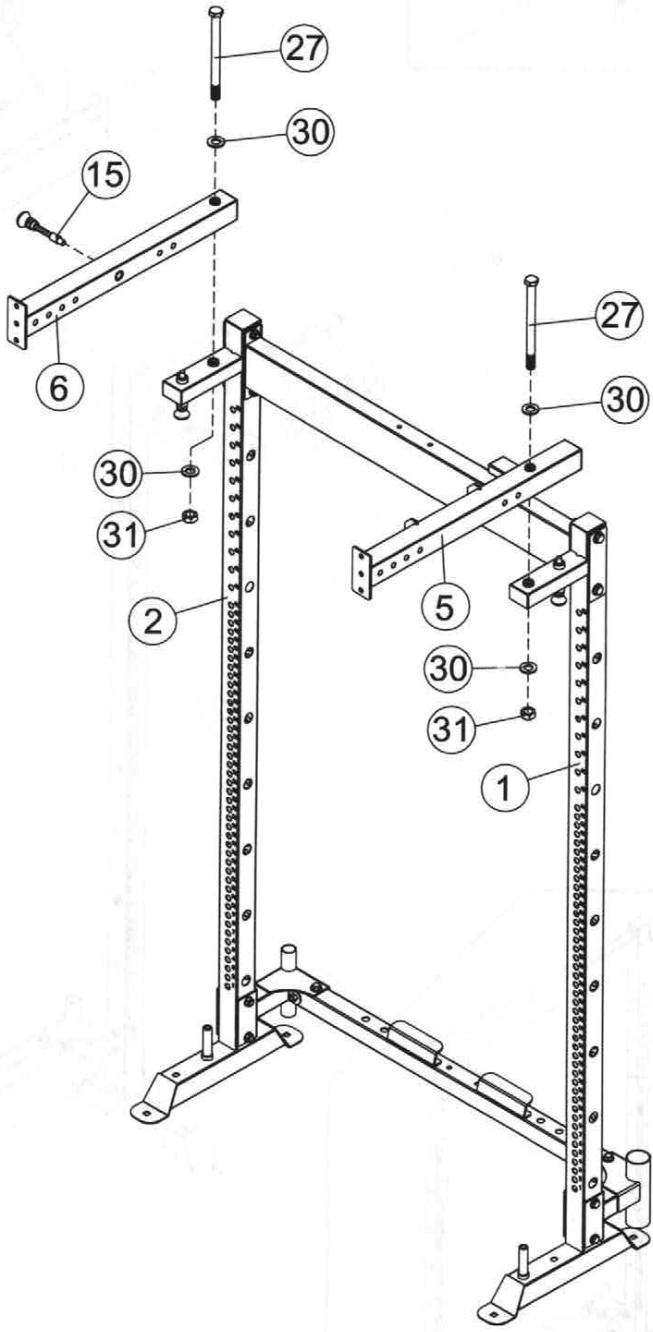
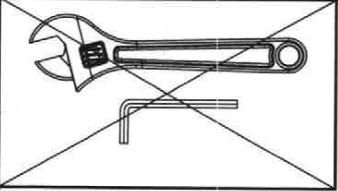
- | | | | | | |
|------|---|----|--------|---|------|
| (24) |  | x4 | M12x85 |  | (15) |
| (30) |   | x8 | Φ12 |   | (30) |
| (31) |   | x4 | M12 |   | (15) |



②⑦  ×2 M12×145

③①  ×4 Φ12

③②  ×2 M12



26

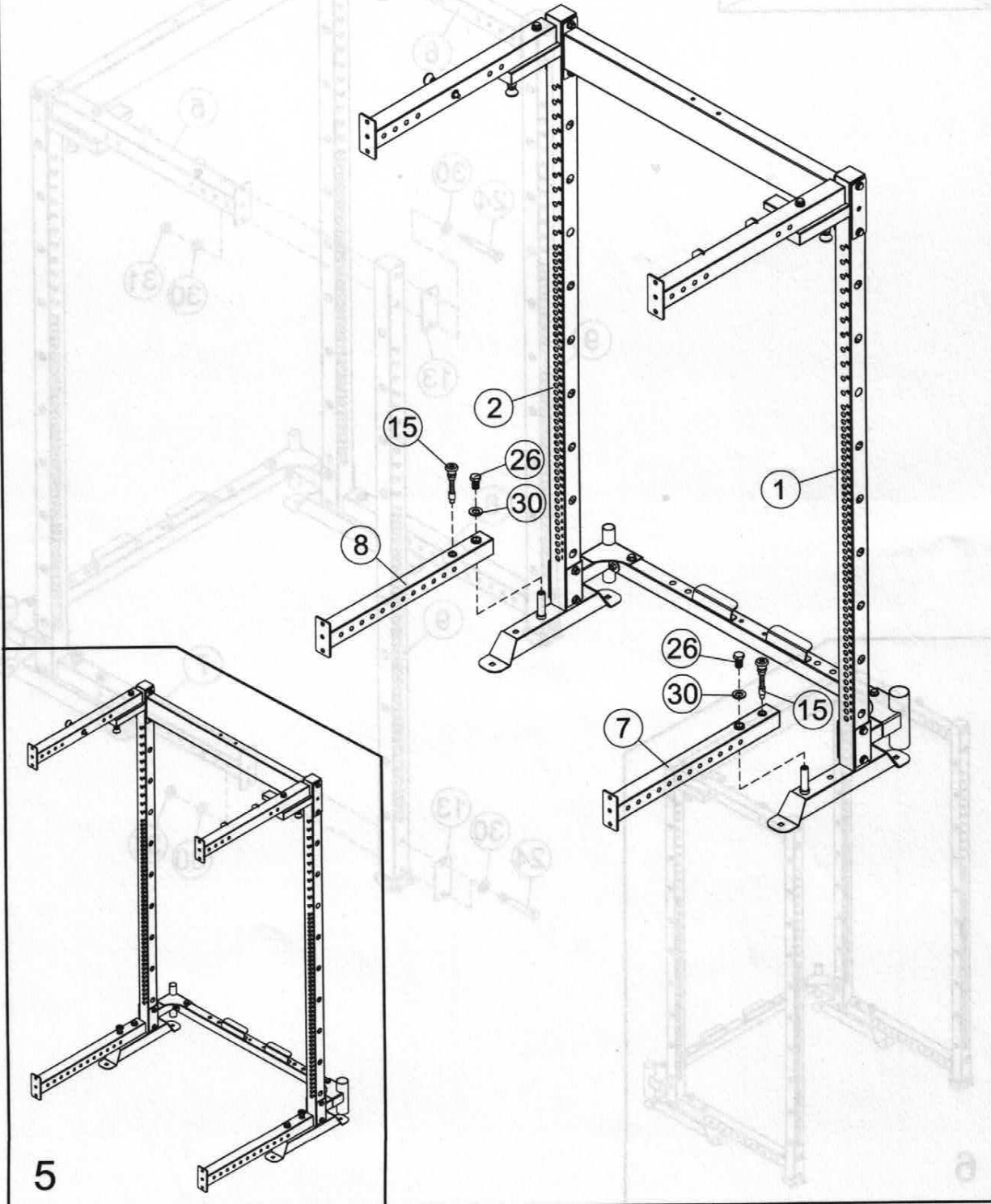
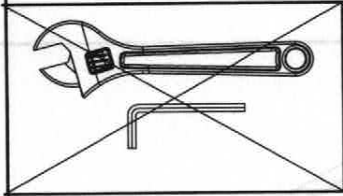


x2 M12x20

30



x2 Φ12

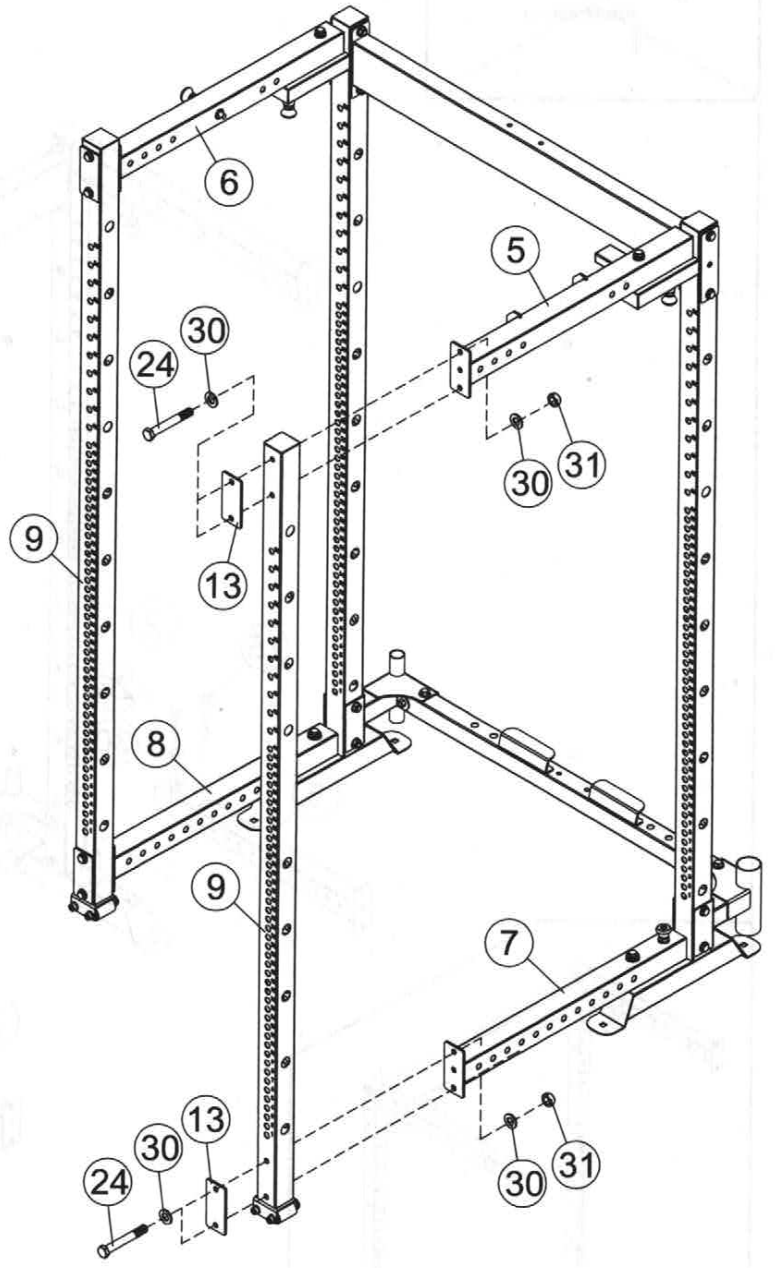
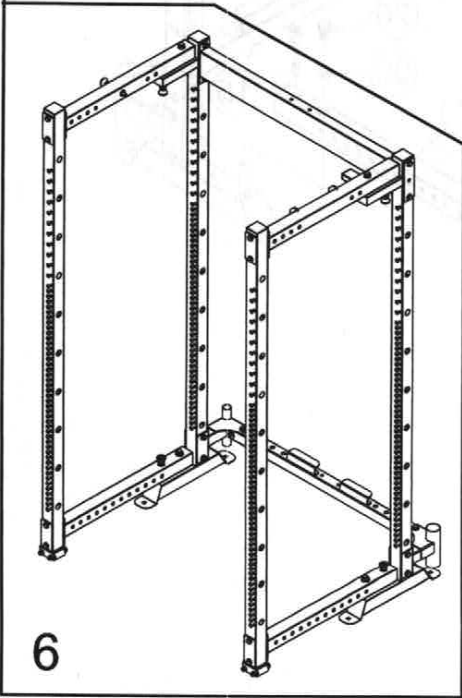
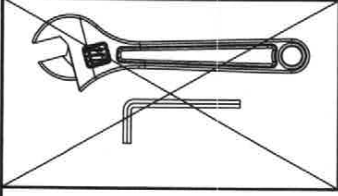


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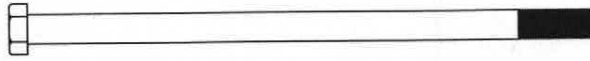
24  ×8 M12×85

30  ×16 Φ12

31  ×8 M12



28



x1 M12x230

30

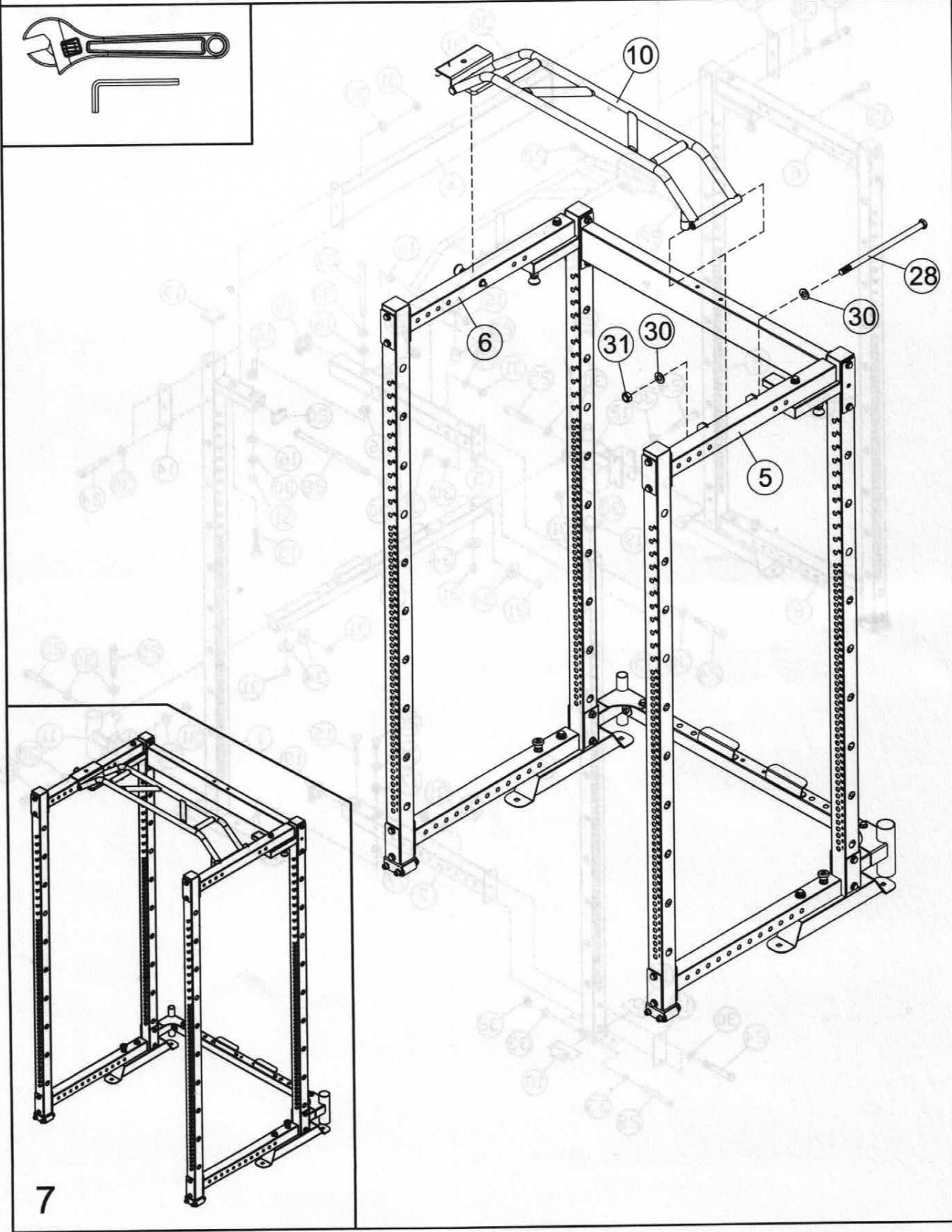
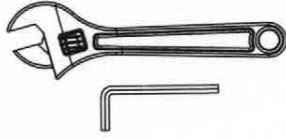


x2 Φ12

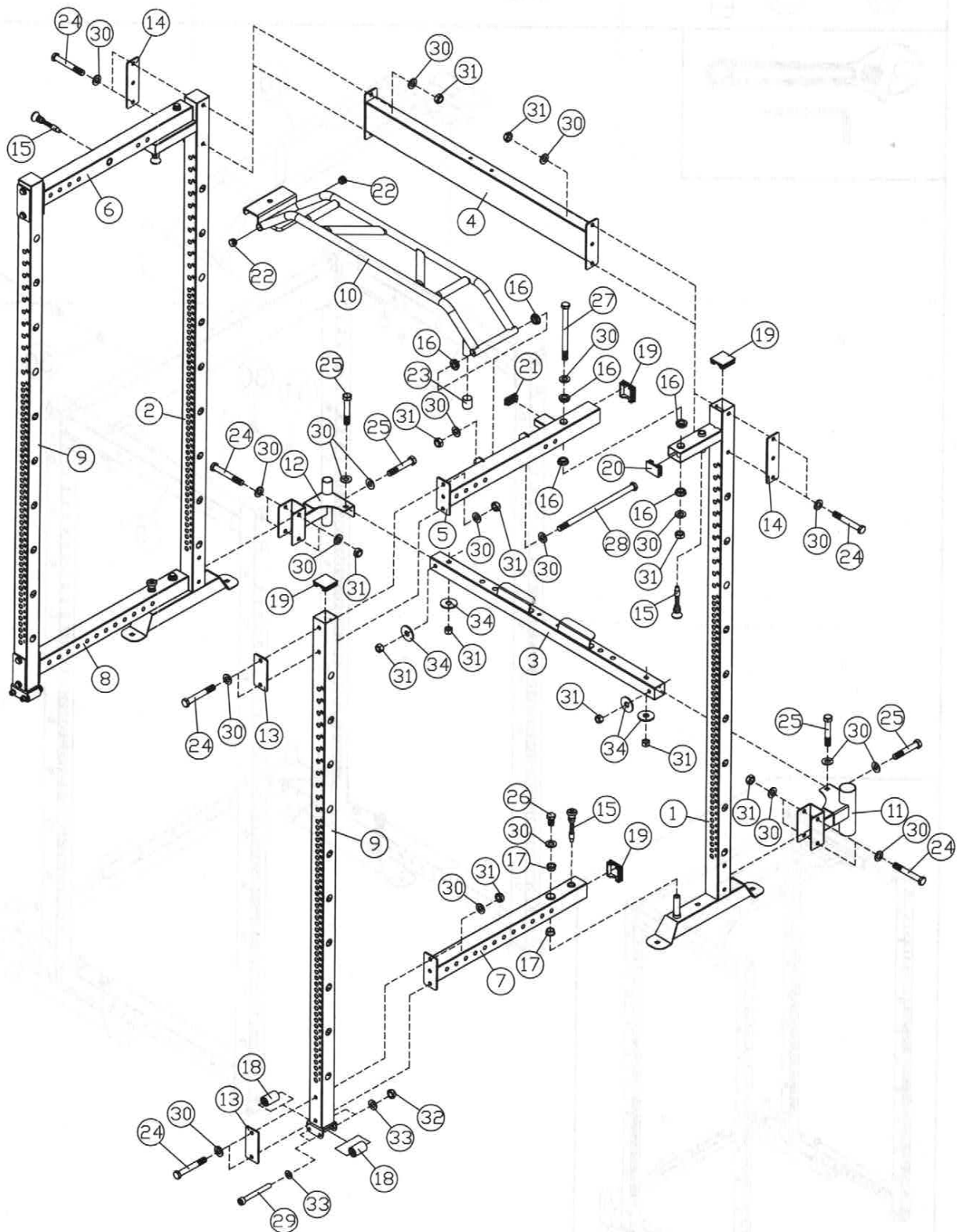
31



x1 M12



7



PACKAGE LIST

BOX 1:		BOX 2:	
1	Part 1	1	Part 5
1	Part 2	1	Part 6
1	Part 3	1	Part 7
1	Part 4	1	Part 8
2	Part 9	1	Part 10
		1	Part 11
		1	Part 12
		4	Part 13
		2	Part 14
		5	Part 15
		1	PARTS BAG 3-1
		1	PARTS BAG 3-2
		1	PARTS BAG 3-3
		1	OWNER'S MANUAL



**LIFETIME WARRANTY ON FRAME
2 YEAR WARRANTY ON MOVING PARTS (Such as Wheels)**

Force USA, the Trusted Name in Strength Equipment™ was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world. Offering one of the best warranties on the market for your peace of mind, each piece of Force USA strength equipment is hand crafted for quality and we use state-of-the-art production methods for our entire range. The Force USA range of strength equipment carries a Lifetime Structural Warranty along with 2 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 normal home use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, mis-application, 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 applicable. Force USA will not be liable for any consequential damages or for 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 parts on the Force USA product.

VorTex by Force USA is a commercial grade upholstery used for all Force USA equipment. We use a high grade commercial vinyl with rip-stop mesh backing which helps prevent rips and tears. Force USA, the Trusted Name in Strength Equipment™ was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world.

