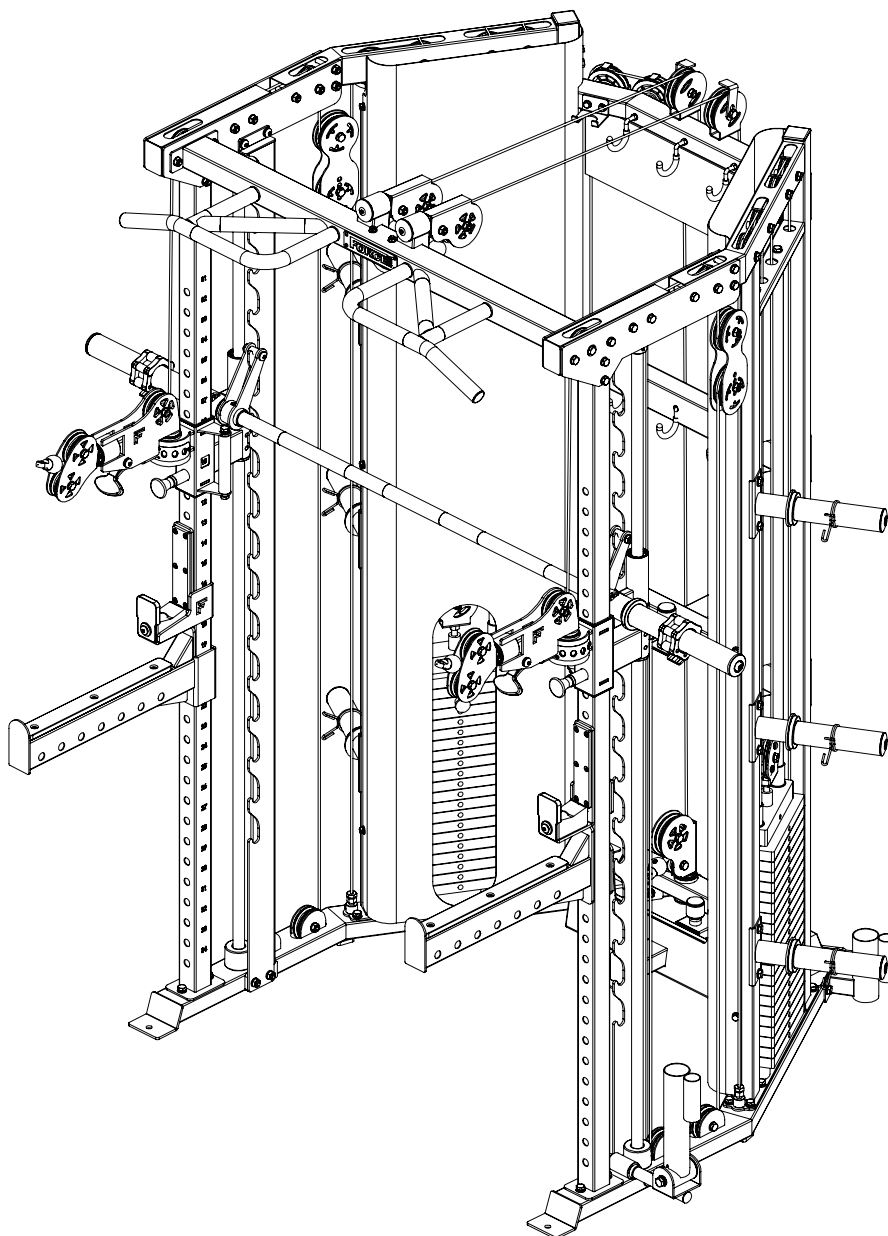


FORCE^{USA}



USER MANUAL | **F-C10**





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your equipment and our latest support
videos, please visit:**

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BEFORE YOU START



Read all instructions in this manual before assembling or using this equipment



Only tighten nuts and bolts loosely until all equipment is assembled. Once the equipment is fully assembled, tighten from the bottom up, working evenly around the unit.

- Remove all parts from the packaging and count each component separately to ensure everything is provided correctly, noting that some items may be pre-assembled
- Follow the instructions and refer to both the individual assembly pages and the exploded views of the equipment whenever possible
- The owner is responsible for ensuring that all users of this unit have read the user manual and understand the safety precautions
- Descriptions of left and right refer to the perspective of standing in front, facing the equipment.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until all assembly steps are completed
- It is recommended to keep these instructions

Although current at the time of this printing, specifications for this model may have changed in our continuing effort for improvement. Force USA reserves the right to modify and improve the specifications of its products without prior notice.

BEFORE YOU START CONTINUED

SAFETY PRECAUTIONS

Every piece of Force USA equipment is built for maximum safety and meets or exceeds all applicable domestic and international standards. However, certain precautions must be taken when operating any piece of fitness equipment.

- It is highly recommended that two or more people are used for assembly
- Assemble equipment on a flat surface
- Consider placing a mat/mats under the equipment to protect your floor
- Ensure all parts are in working order prior to use
- Make sure all pivoting components are able to move freely
- Do not use or store the equipment outdoors or around water
- Do not over tighten any component with pivoting function
- 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

PREVENTATIVE MAINTENANCE

To ensure your equipment is operating at its peak, please follow the below preventative maintenance schedule performing all tasks upon initial assembly:

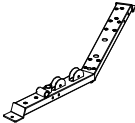
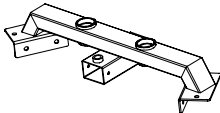
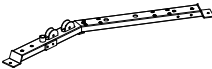
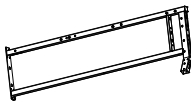
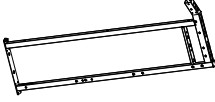
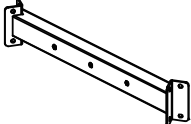
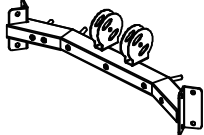
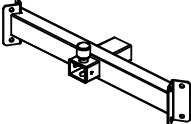
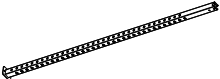
Daily Maintenance

- Wipe down the equipment to remove any dust and sweat residue with a dry, non-abrasive cloth
- Inspect the unit for noisy, damaged or loose components

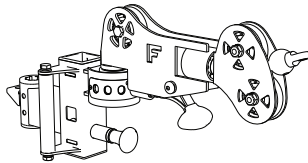
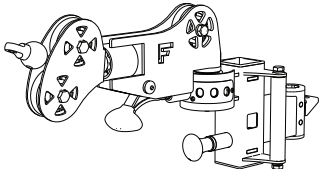
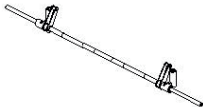
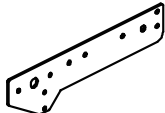
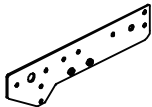
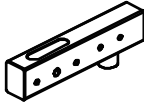
Monthly Maintenance

- Thoroughly clean the equipment using a non abrasive cloth dampened with a mild, all purpose cleaner ensuring to thoroughly wipe down and dry the equipment afterwards
- Apply a 100% silicone lubrication (preferably spray) to guide rods, pulley sliders, weight plate carriages and any other moving parts where friction can occur including bearings (where applicable). Any other form of lubrication will void your warranty
- Check the tightness of all bolts, nuts and screws
- Check the cables for fraying or any signs of wear and ensure they are at the correct tension with a small amount of slack at resting position (where applicable)
- Inspect pulleys for any damage or cracks (where applicable)
- Knurling can be cleaned using a soft bristled brush to help remove any particles that may be nestled within the knurling
- Vacuum around the machine/equipment to prevent dust acclumulation

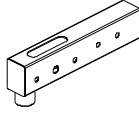
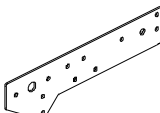
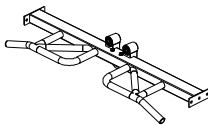
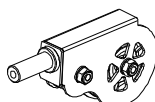
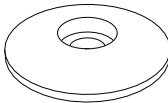
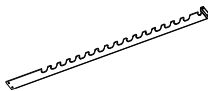
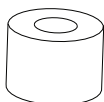
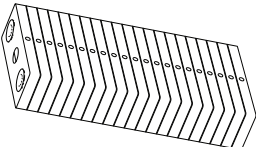
PARTS & HARDWARE IDENTIFIER

Key No.	Description	Quantity	Part Schematic Diagram
1	Base Frame - Right	1	
2	Base Linking Frame	1	
3	Base Frame - Left	1	
10	Barbell Storage Holder	1	
11	Upright Frame - Right	1	
12	Upright Frame - Left	1	
13	Upright Linking Frame - Middle	1	
14	Upright Linking Frame - Upper	1	
15	Upright Linking Frame - Lower	4	
16	Front Guide Tube	2	

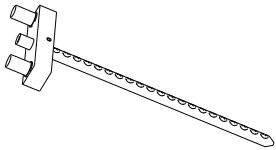
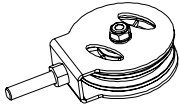
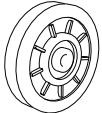
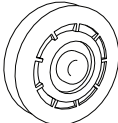
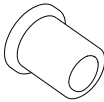
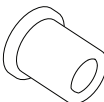
PARTS & HARDWARE IDENTIFIER

Key No.	Description	Quantity	Parts Schematic Diagram
17	Pulley Slider - Right	1	
18	Pulley Slider - Left	1	
19	Guide Rod - Smith Bar	2	
20	Rubber Bumper - Smith Bar	2	
21	Smith Bar	1	
22	Rubber Bumper - Pulley Slider	2	
23	Smith Bar Guide Rod Fixing Sleeve	2	
25	Upper Cover Plate - Outside	2	
26	Upper Cover Plate - Inside Right	1	
27	Front Upper Frame - Right	1	

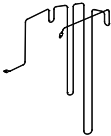
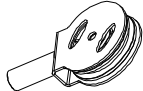
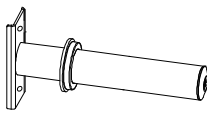
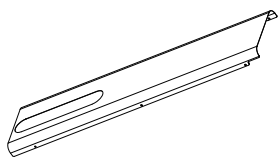
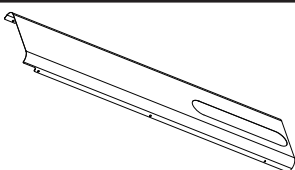
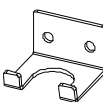
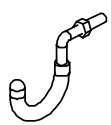
PARTS & HARDWARE IDENTIFIER

Key No.	Description	Quantity	Part Schematic Diagram
28	Front Upper Frame - Left	1	
29	Upper Cover Plate - Inside Left	1	
31	Multi Grip Pull Up Bar	1	
32	Pulley Frame	4	
33	Pulley Frame Cover Plate	4	
36	Smith Bar Racking Frame - Right	1	
37	Smith Bar Racking Frame - Left	1	
40	Weight Stack Guide Rod	4	
41	Rubber Bumper - Weight Stack	4	
42	Weight Stack	2	

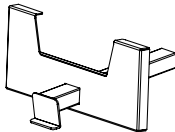
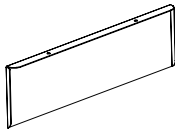
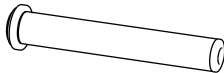
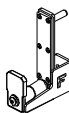
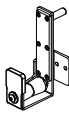
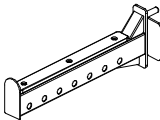
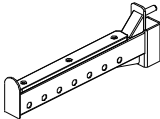
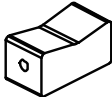
PARTS & HARDWARE IDENTIFIER

Key No.	Description	Quantity	Part Schematic Diagram
43	Selector Rod	2	
46	Weight Stack Pulley Frame	2	
47	Weight Stack Selector Pin	2	
48	Small Pulley	14	
49	Medium Pulley	10	
51	Floating Pulley Frame	2	
52	Large Pulley	2	
53	Small Bushing	22	
54	Large Bushing	4	
56	Pulley Cover	4	

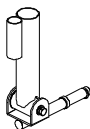
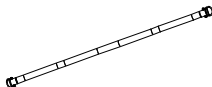
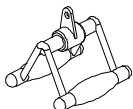
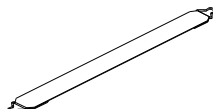
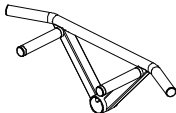
PARTS & HARDWARE IDENTIFIER

Key No.	Description	Quantity	Part Schematic Diagram
57	Front and Upper Pull Cable	2	
58	Rear Pull Cable Floating Pulley	2	
59	Pulley Cable Guide	2	
60	Smith Bar Cable	2	
61	Olympic Weight Plate Holder	6	
62	Rear Pull Cable	2	
63	Weight Stack Shield - Right	1	
64	Weight Stack Shield - Left	1	
68	Accessory Hook Plate	1	
69	Accessory Hook	7	

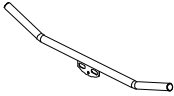
PARTS & HARDWARE IDENTIFIER

Key No.	Description	Quantity	Part Schematic Diagram
70	Low Row Footplate	1	
71	Dual Cable Connector	1	
72	Logo Board	1	
73	Smith Bar Olympic Sleeve	2	
74	J Hook - Left	1	
75	J Hook - Right	1	
76	Front Safety - Left	1	
77	Front Safety - Right	1	
78	Olympic Quick Lock Collar	2	
79	J-Hook Flat Shock Pad	2	

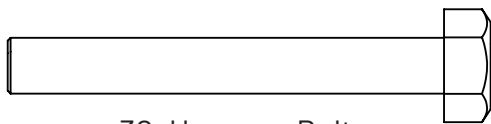
PARTS & HARDWARE IDENTIFIER

Key No.	Description	Quantity	Part Schematic Diagram
80	Landmine/Core Trainer	1	
81	Single Stirrup - Nylon	2	
82	Connection Bar - Straight	1	
83	Extension Chain	4	
84	Ankle cuff	1	
85	Tricep Rope	1	
86	Close Grip Triangle	1	
87	Connection Bar - EZ Curl	1	
88	Bodyweight Assist Strap	1	
89	Core Trainer Handle	1	

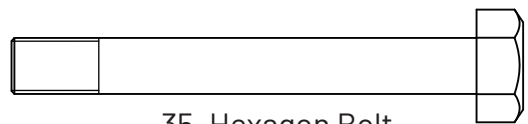
PARTS & HARDWARE IDENTIFIER

Key No.	Description	Quantity	Parts Schematic Diagram
90	Lat pulldown bar	1	
123	Butterfly Clip	6	

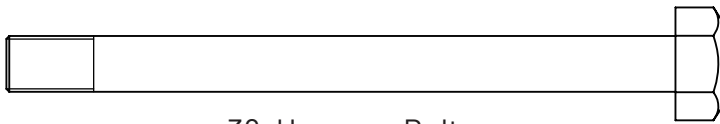
PARTS & HARDWARE IDENTIFIER



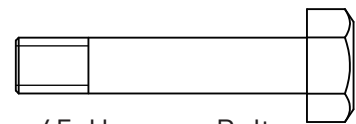
30. Hexagon Bolt
M10X75 (x16)



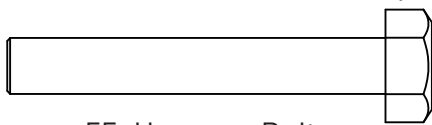
35. Hexagon Bolt
M10X80 (x4)



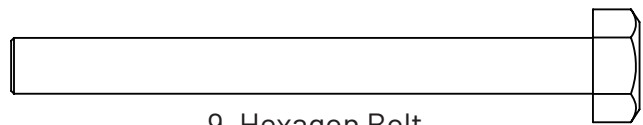
38. Hexagon Bolt
M10X110 (x4)



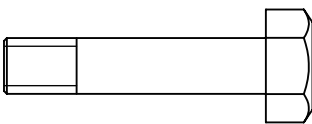
45. Hexagon Bolt
M10X50 (x8)



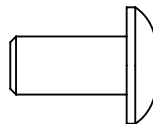
55. Hexagon Bolt
M10X65 (x10)



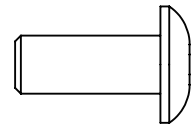
9. Hexagon Bolt
M10X100 (x9)



50. Hexagon Bolt
M10X45 (x6)



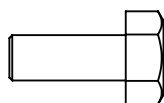
39. Button Head Screw
M10X20 (x4)



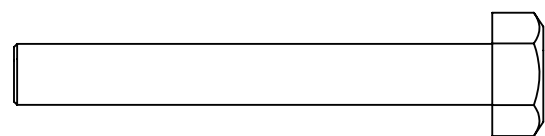
34. Button Head Screw
M10X25 (x4)



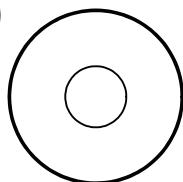
8. Hexagon Bolt
M10X25 (x48)



67. Hexagon Bolt
M8X20 (x16)



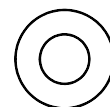
169. Hexagon Bolt
M10X70 (x12)



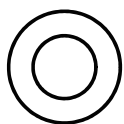
5. Big Flat Washer (x18)
 $\phi 30^*$ $\phi 10$ 5*30



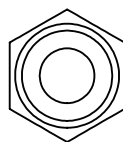
66. Spring Washer $\phi 8$ (x12)



65. Flat Washer $\phi 8$ (x16)



4. Flat Washer $\phi 10$ (x 138)



171. Hex Nut M12 (x2)



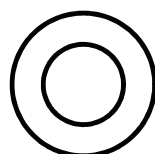
6. Lock Nut M10 (x62)



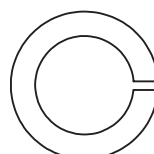
7. Spring Washer $\phi 10$ (x56)



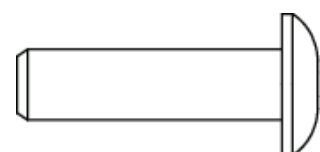
24. Set Screw
M8X10 (x2)



144. Flat Washer
 $\phi 12$ (x2)

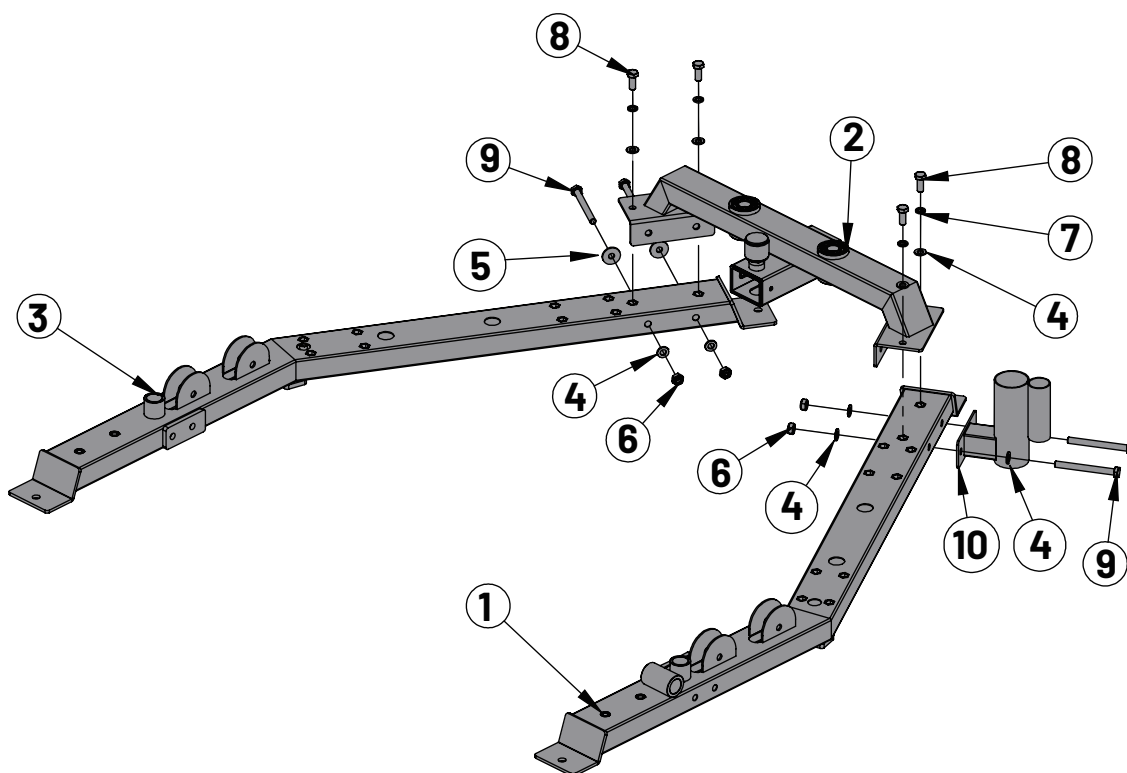


145. Spring Washer
 $\phi 12$ (x2)



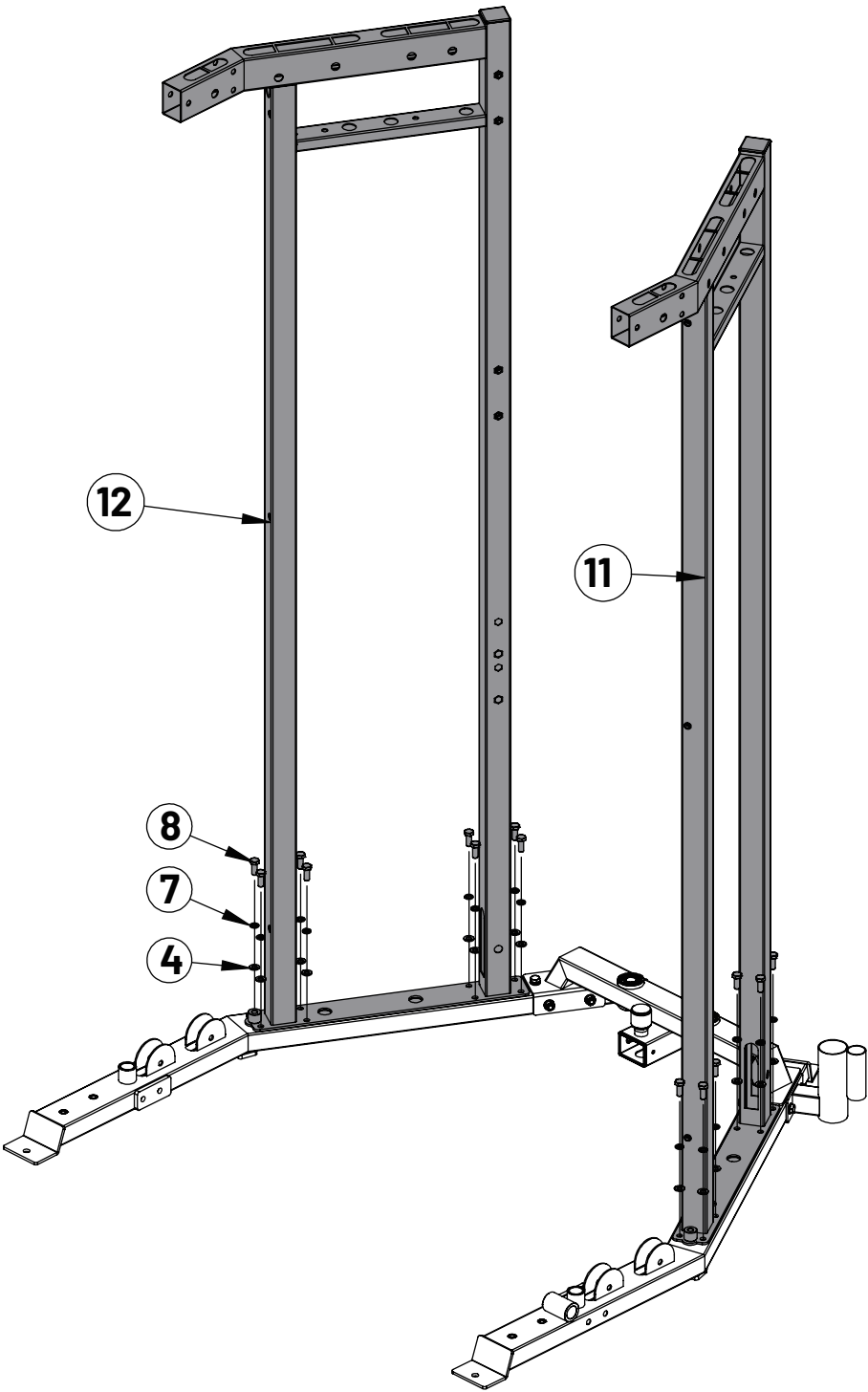
146. Button Head Screw
M12X40 (x2)

STEP 1 - ASSEMBLY



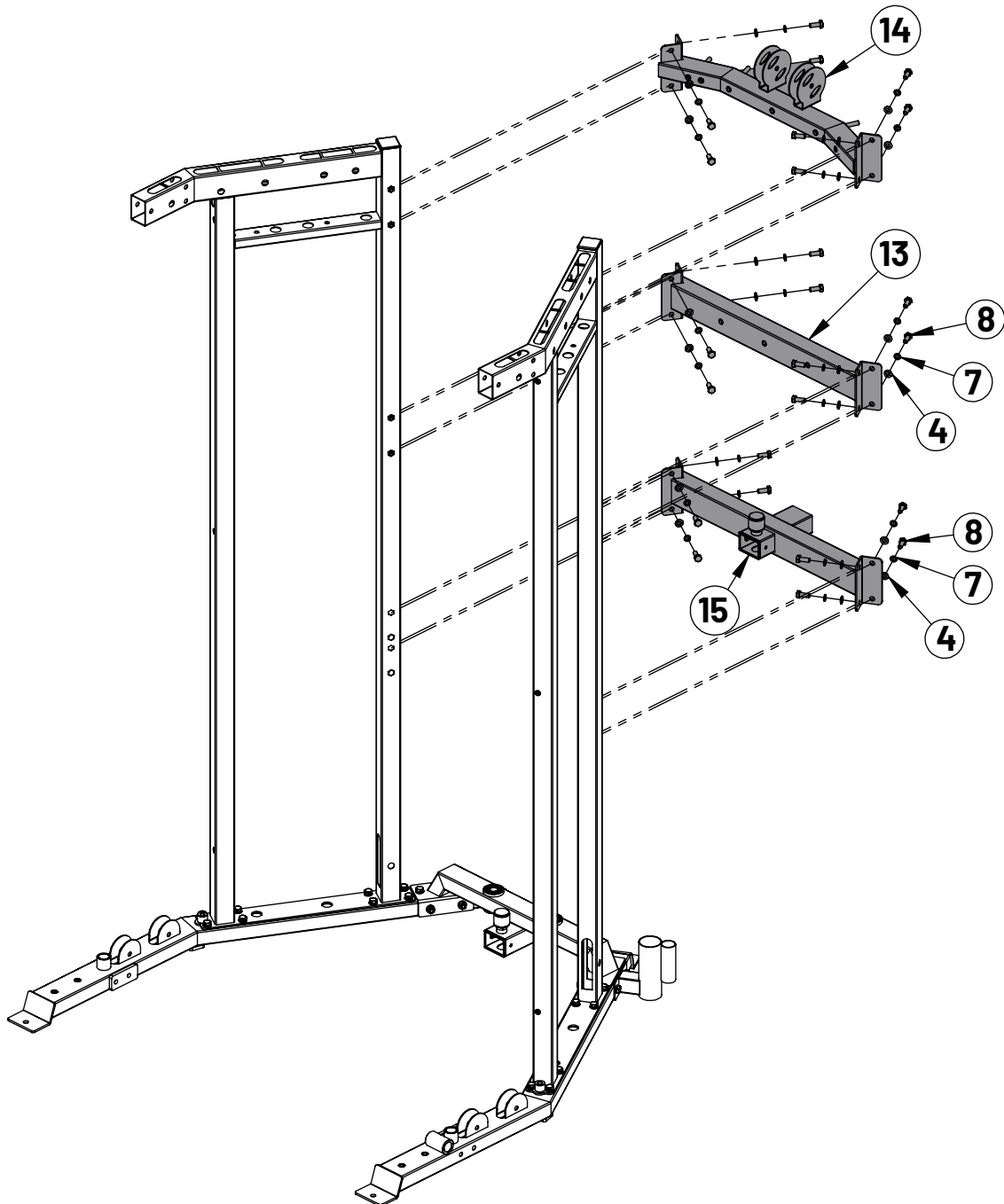
Key No.	Description	Note	Quantity
1	Base Frame - Right		1
2	Base Linking Frame		1
3	Base Frame - Left		1
4	Flat Washer	$\phi 10$	10
5	Big Flat Washer	$\phi 30 * \phi 10 * 3$	2
6	Lock Nut	M10	4
7	Spring Washer	$\phi 10$	4
8	Hexagon Bolt	M10×25	4
9	Hexagon Bolt	M10×100	4
10	Barbell Storage Holder		1

STEP 2 - ASSEMBLY



Key No.	Description	Note	Quantity
4	Flat Washer	$\phi 10$	16
7	Spring Washer	$\phi 10$	16
8	Hexagon Bolt	M10×25	16
11	Upright Frame - Right		1
12	Upright Frame - Left		1

STEP 3 - ASSEMBLY

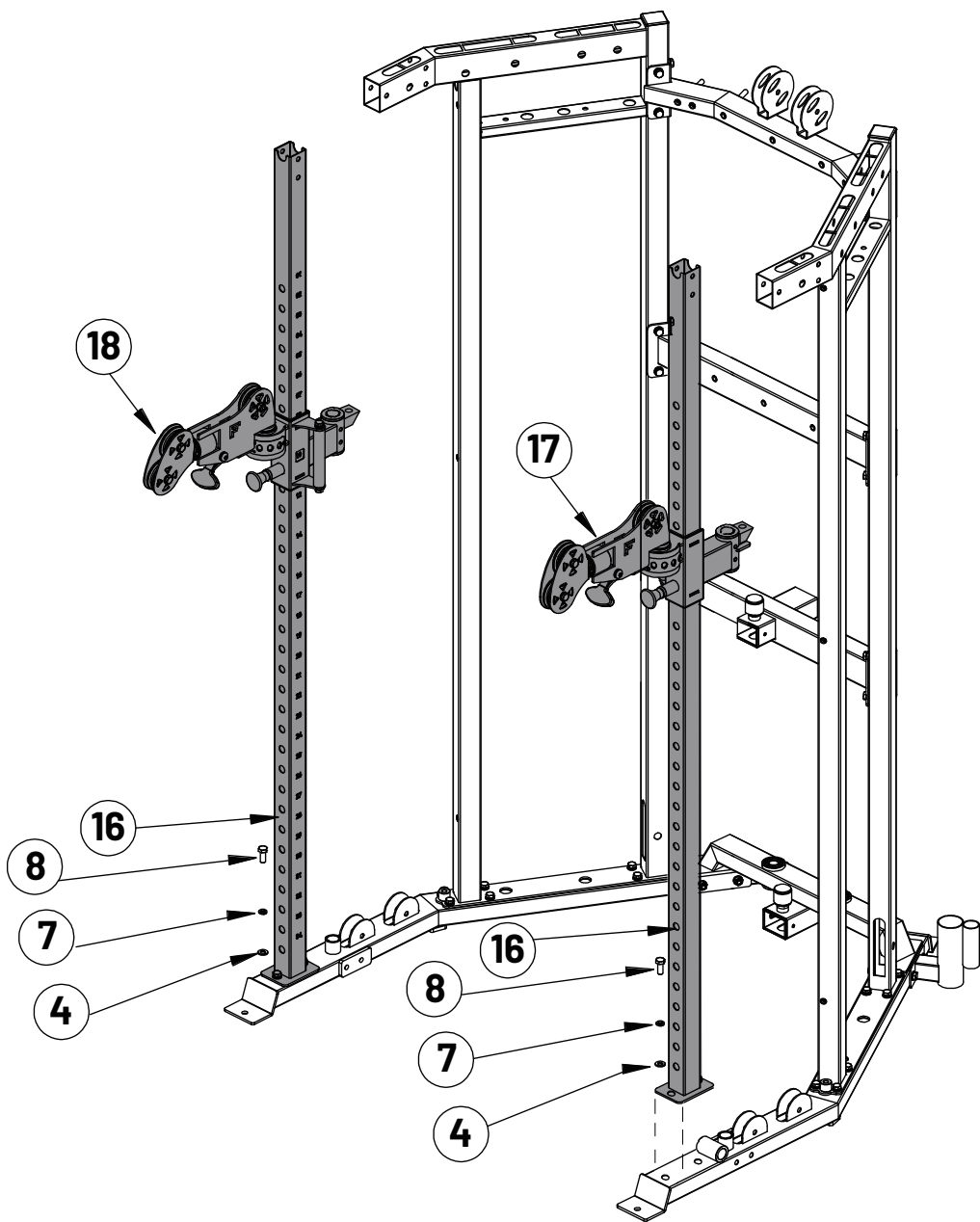


Key No.	Description	Note	Quantity
4	Flat Washer	$\phi 10$	24
7	Spring Washer	$\phi 10$	24
8	Hexagon Bolt	M10×25	24
13	Upright Linking Frame - Middle		1
14	Upright Linking Frame - Upper		1
15	Upright Linking Frame - Lower		1

STEP 4 - ASSEMBLY

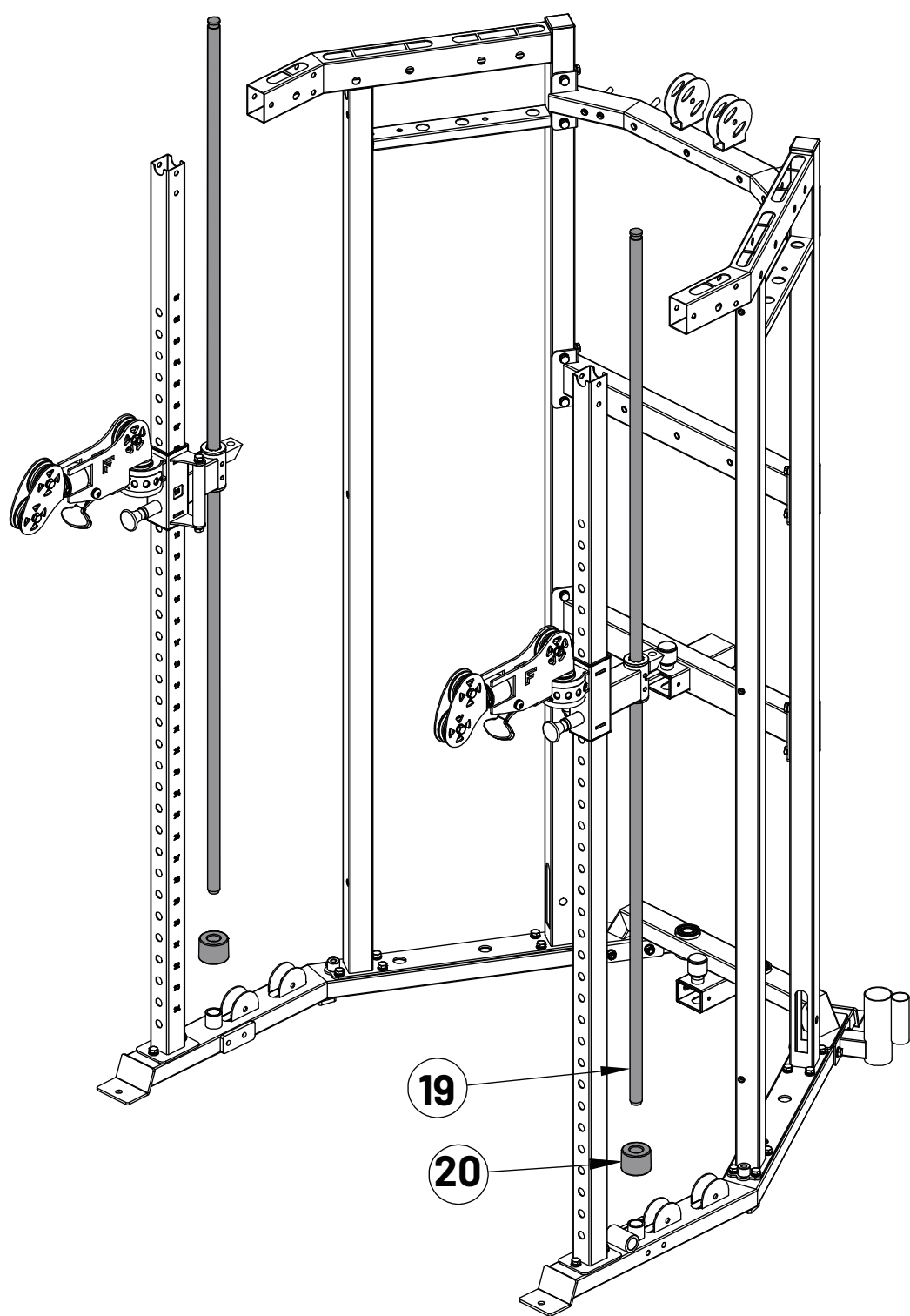


Note: Part #16, the Front Guide Tube, can be installed on either side depending on the handle orientation.



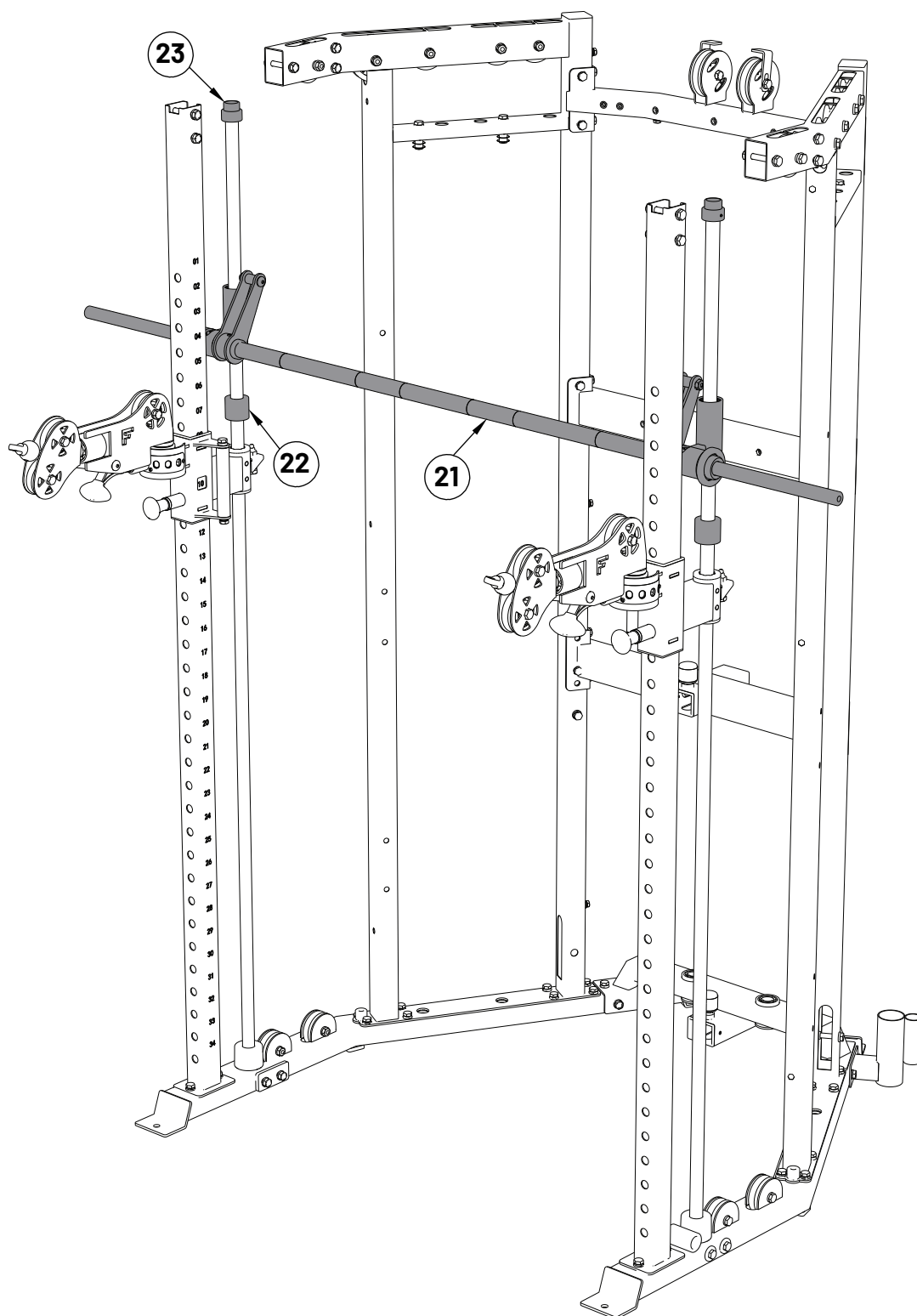
Key No.	Description	Note	Quantity
4	Flat Washer	φ10	4
7	Spring Washer	φ10	4
8	Hexagon Bolt	M10×25	4
16	Front Guide Tube		2
17	Pulley Slider - Right		1
18	Pulley Slider - Left		1

STEP 5 - ASSEMBLY



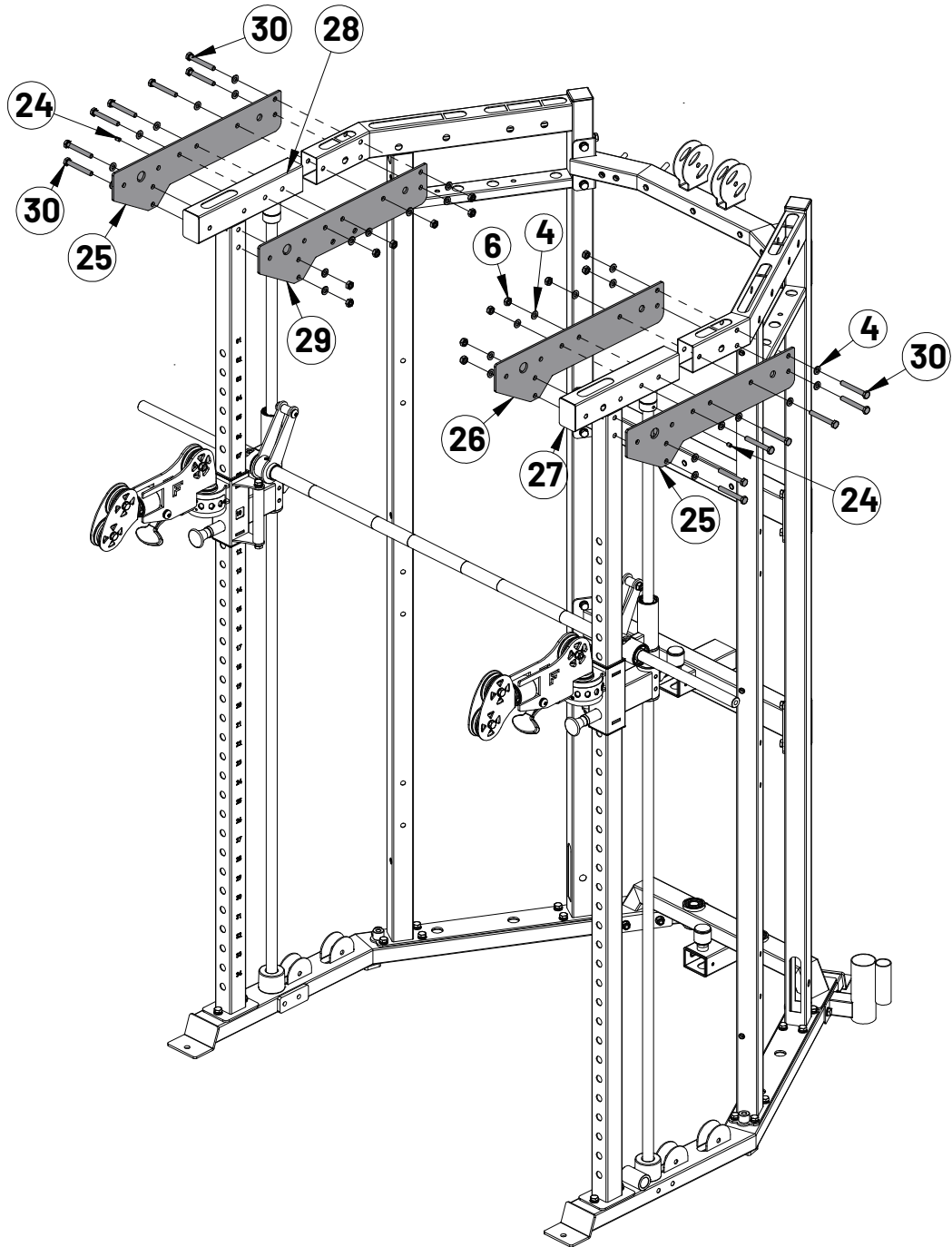
Key No.	Description	Note	Quantity
19	Guide Rod - Smith Bar	$\phi 25 \times 2021$	2
20	Rubber Bumper - Smith Bar	$\phi 60 \times \phi 26 \times 45$	2

STEP 6 - ASSEMBLY



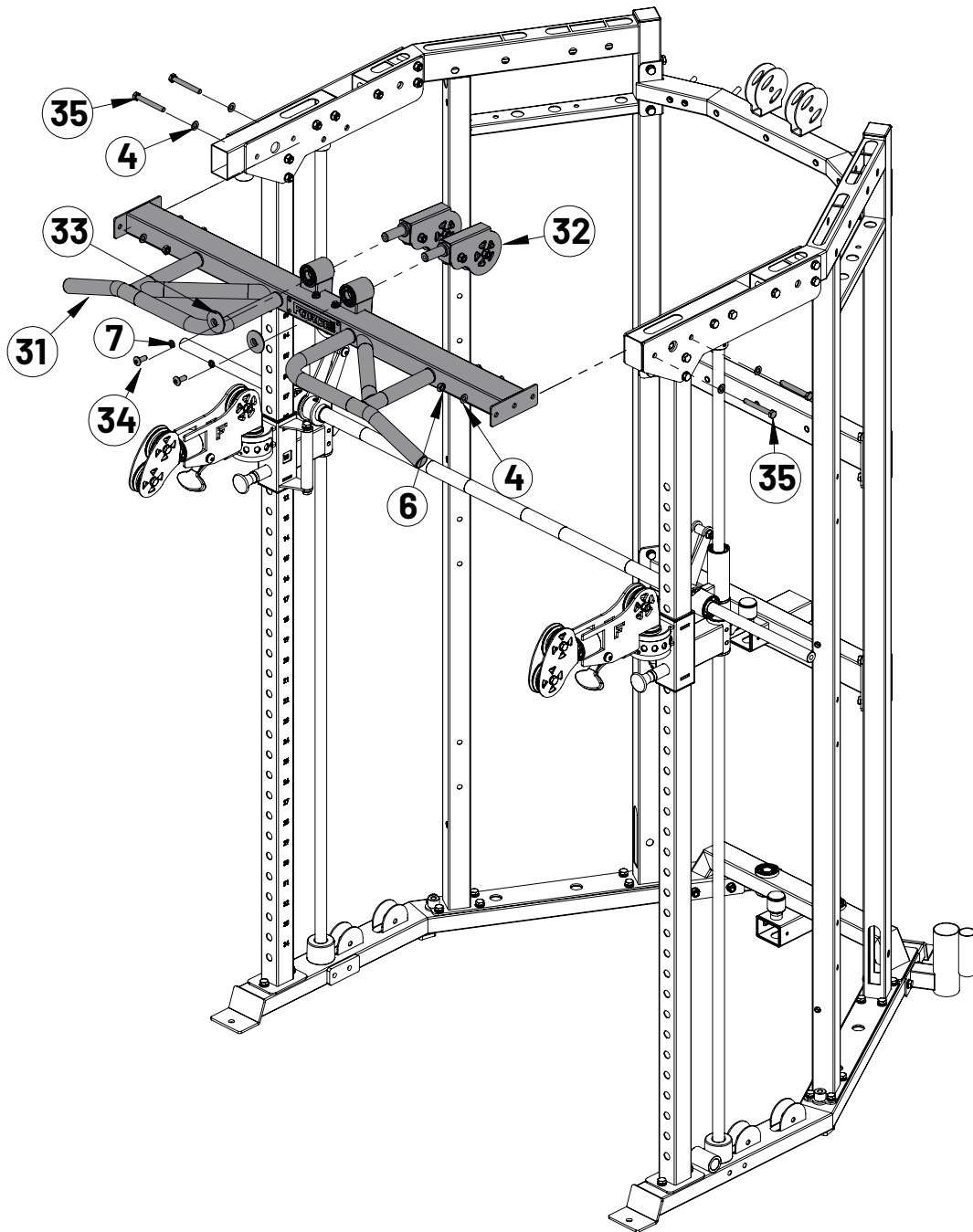
Key No.	Description	Note	Quantity
21	Smith Bar		1
22	Rubber Bumper	$\phi 48 \times \phi 25.5 \times 42$	2
23	Smith Bar Guide Rod Fixing Sleeve	$\phi 40 * \phi 25.5 * 35$	2

STEP 7 - ASSEMBLY



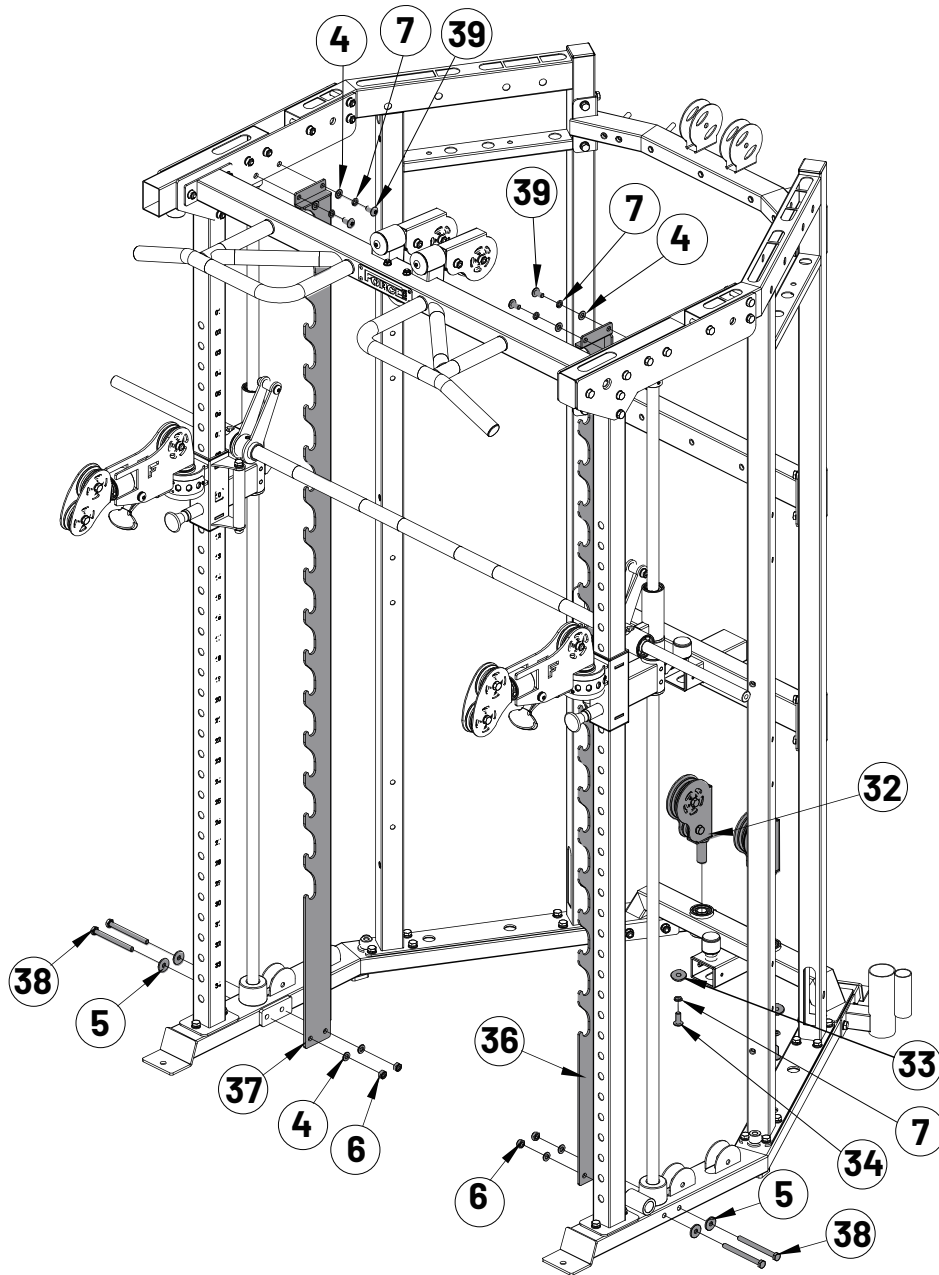
Key No.	Description	Note	Quantity
4	Flat Washer	φ10	28
6	Lock Nut	M10	14
24	Grub Screw	M8*10	2
25	Upper Cover Plate - Outside	T5	2
26	Upper Cover Plate - Inside Right		1
27	Front Upper Frame - Right		1
28	Front Upper Frame - Left		1
29	Upper Cover Plate - Inside Left		1
30	Hexagon Bolt	M10×75	14

STEP 8 - ASSEMBLY



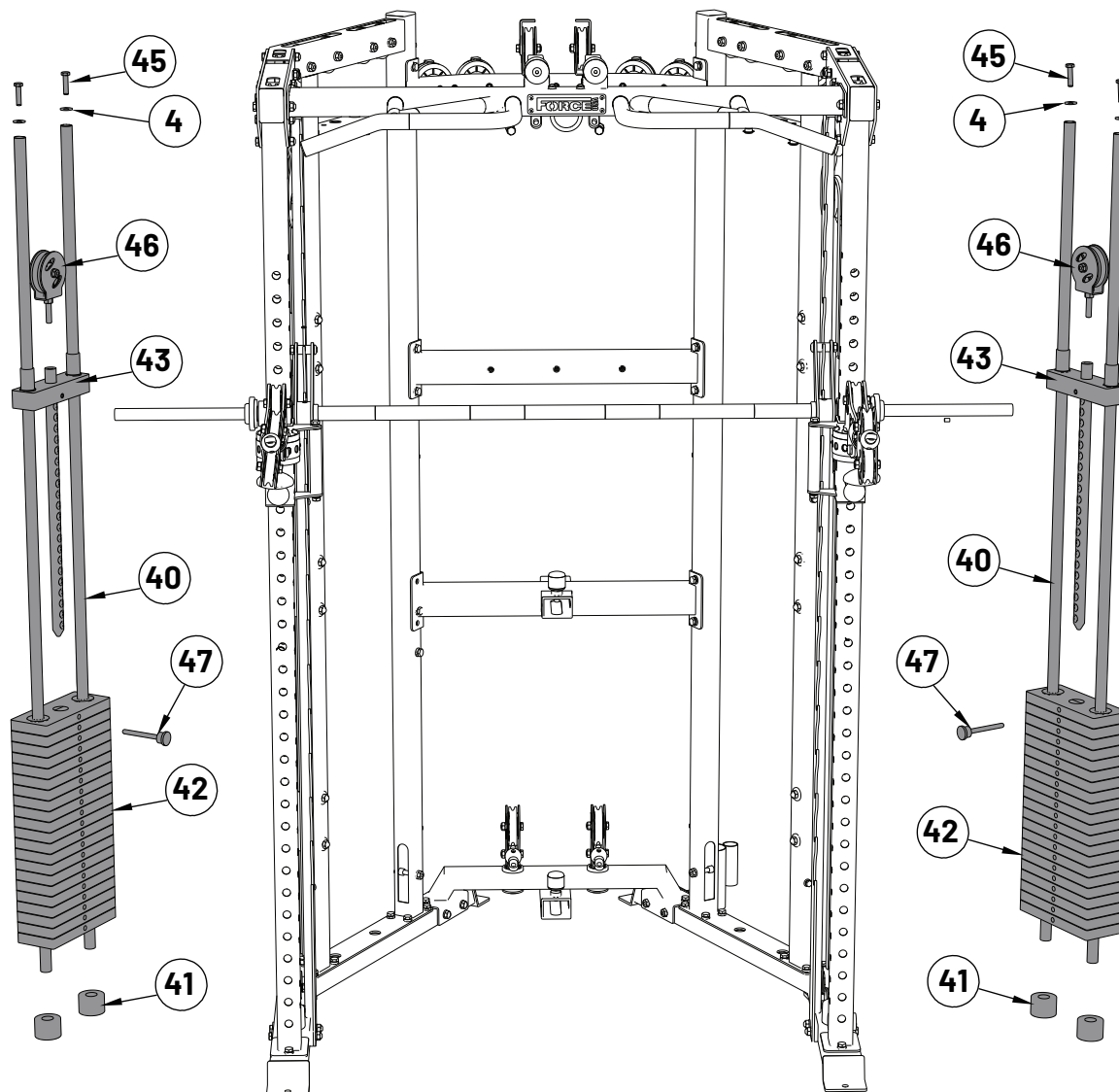
Key No.	Description	Note	Quantity
4	Flat Washer	φ10	8
6	Lock Nut	M10	4
7	Spring Washer	φ10	2
31	Multi Grip Pull Up Bar		1
32	Pulley Frame		2
33	Pulley Frame Cover Plate	φ50×φ19×φ11	2
34	Button Head Screw	M10×25	2
35	Hexagon Bolt	M10×80	4

STEP 9 - ASSEMBLY



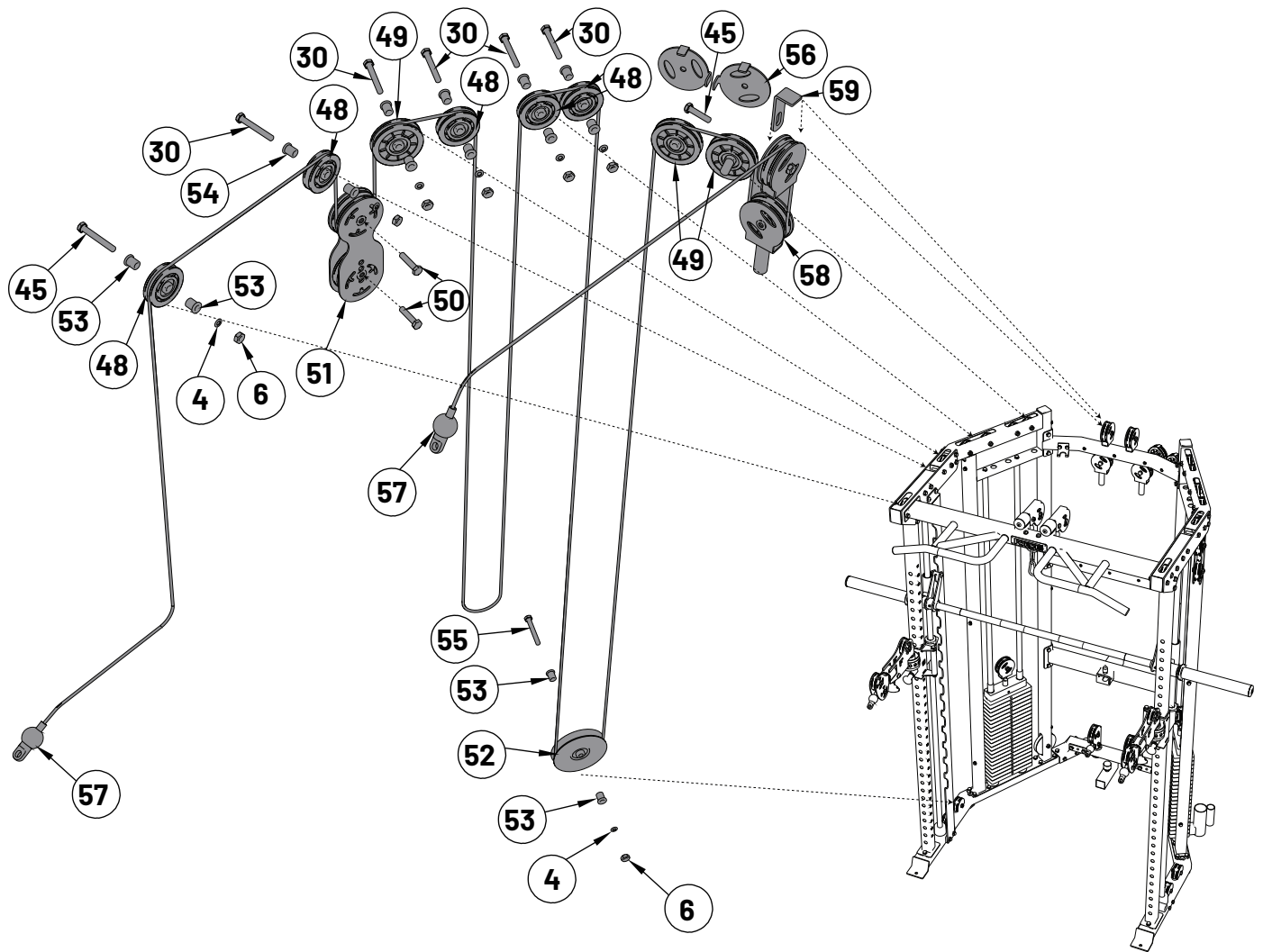
Key No.	Description	Note	Quantity
4	Flat Washer	φ10	8
5	Big Flat Washer	φ30*φ10*3	4
6	Lock Nut	M10	4
7	Spring Washer	φ10	6
32	Pulley Frame		2
33	Pulley Frame Cover Plate	φ50×φ19×φ11	2
34	Button Head Screw	M10×25	2
36	Smith Bar Racking Frame - Right		1
37	Smith Bar Racking Frame - Left		1
38	Hexagon Bolt	M10×110	4
39	Hexagon Bolt	M10×20	4

STEP 10 - ASSEMBLY



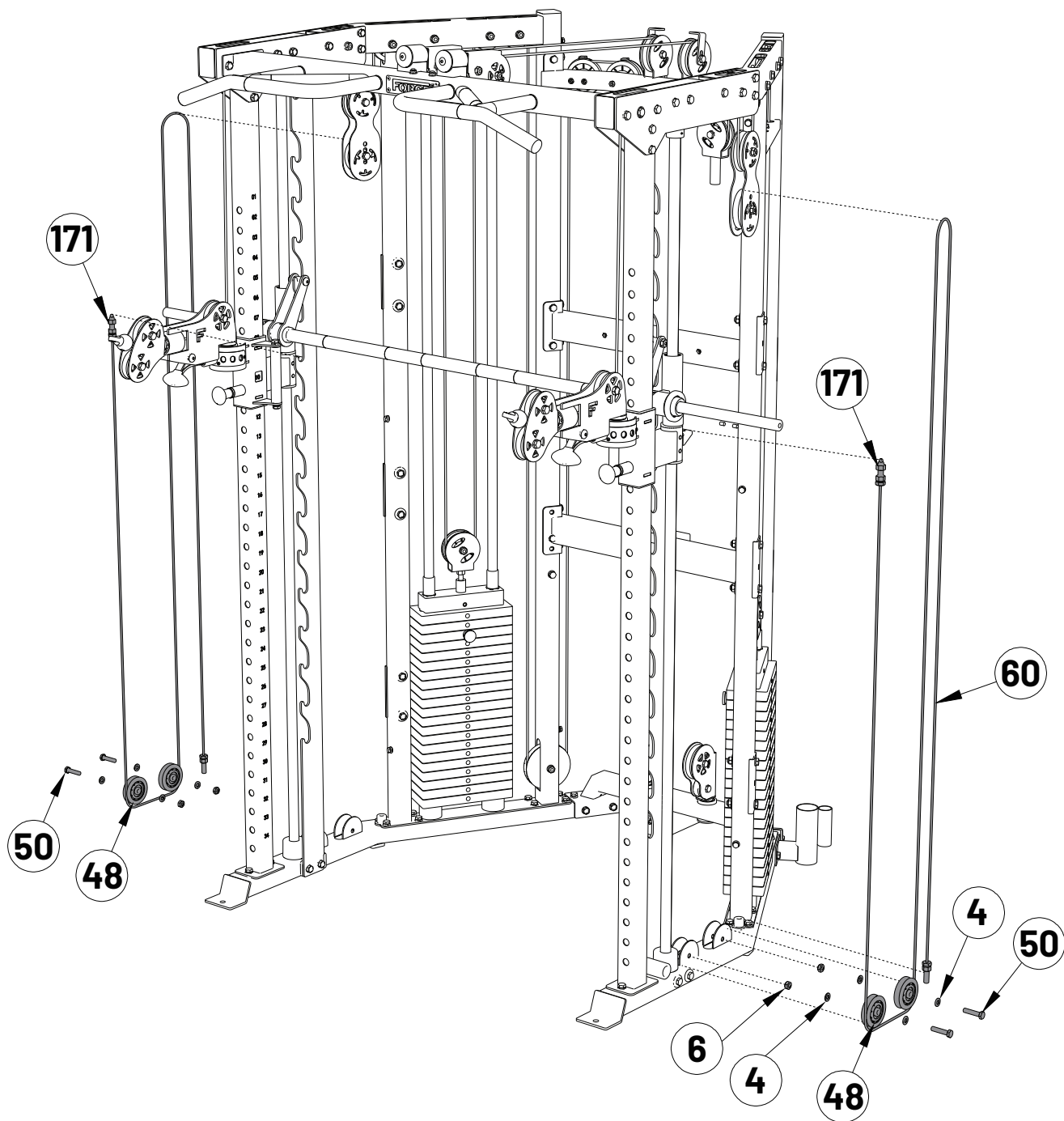
Key No.	Description	Note	Quantity
4	Flat Washer	$\phi 10$	4
40	Weight Stack Guide Rod		4
41	Rubber Bumper - Weight Stack	$\phi 60 \times \phi 27 \times 42$	4
42	Weight Stack	100KG	2
43	Selector Rod	$\phi 25$	2
45	Hexagon Bolt	M10×50	4
46	Weight Stack Pulley Frame		2
47	Weight Stack Selector Pin	$\phi 10 \times 100$	2

STEP 11 - ASSEMBLY



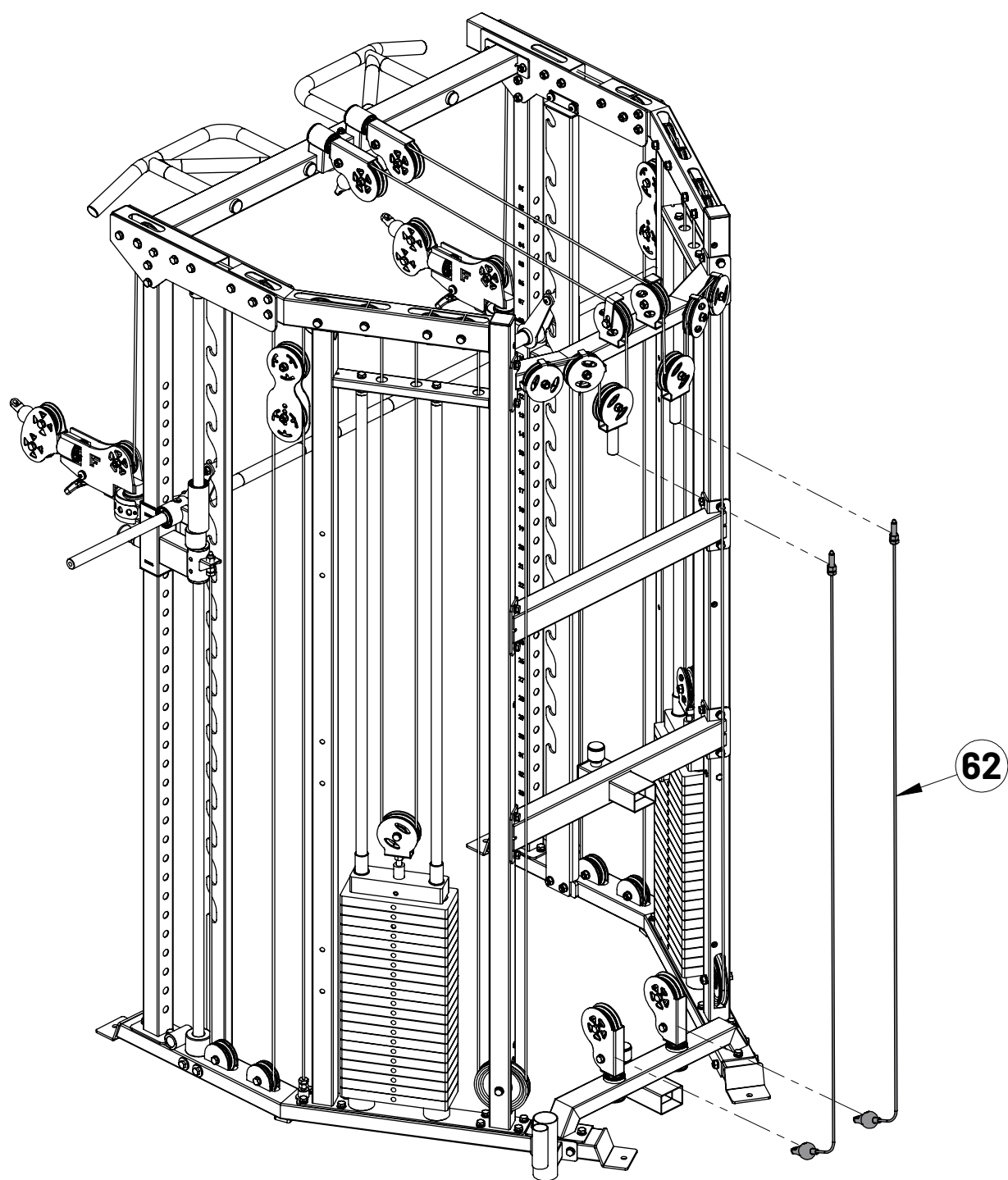
Key No.	Description	Note	Quantity
4	Flat Washer	$\phi 10$	12
6	Lock Nut	M10	20
30	Hexagon Bolt	M10×75	2
45	Hexagon Bolt	M10×50	4
48	Small Pulley	$\phi 75$	10
49	Medium Pulley	$\phi 92$	10
50	Hexagon Bolt Floating	M10×45	2
51	Pulley Frame		2
52	Large Pulley	$\phi 127$	2
53	Small Bushing	$\phi 20 \times \phi 16 \times \phi 10.5 \times 15$	22
54	Large Bushing	$\phi 20 \times \phi 16 \times \phi 10.5 \times 20.5$	4
55	Hexagon Bolt	M10×65	10
56	Pulley Cover	T3	4
57	Front and Upper Pull Cable	13690mm	2
58	Rear Pull Cable Floating Pulley		2
59	Pulley Cable Guide	T4	2

STEP 12 - ASSEMBLY



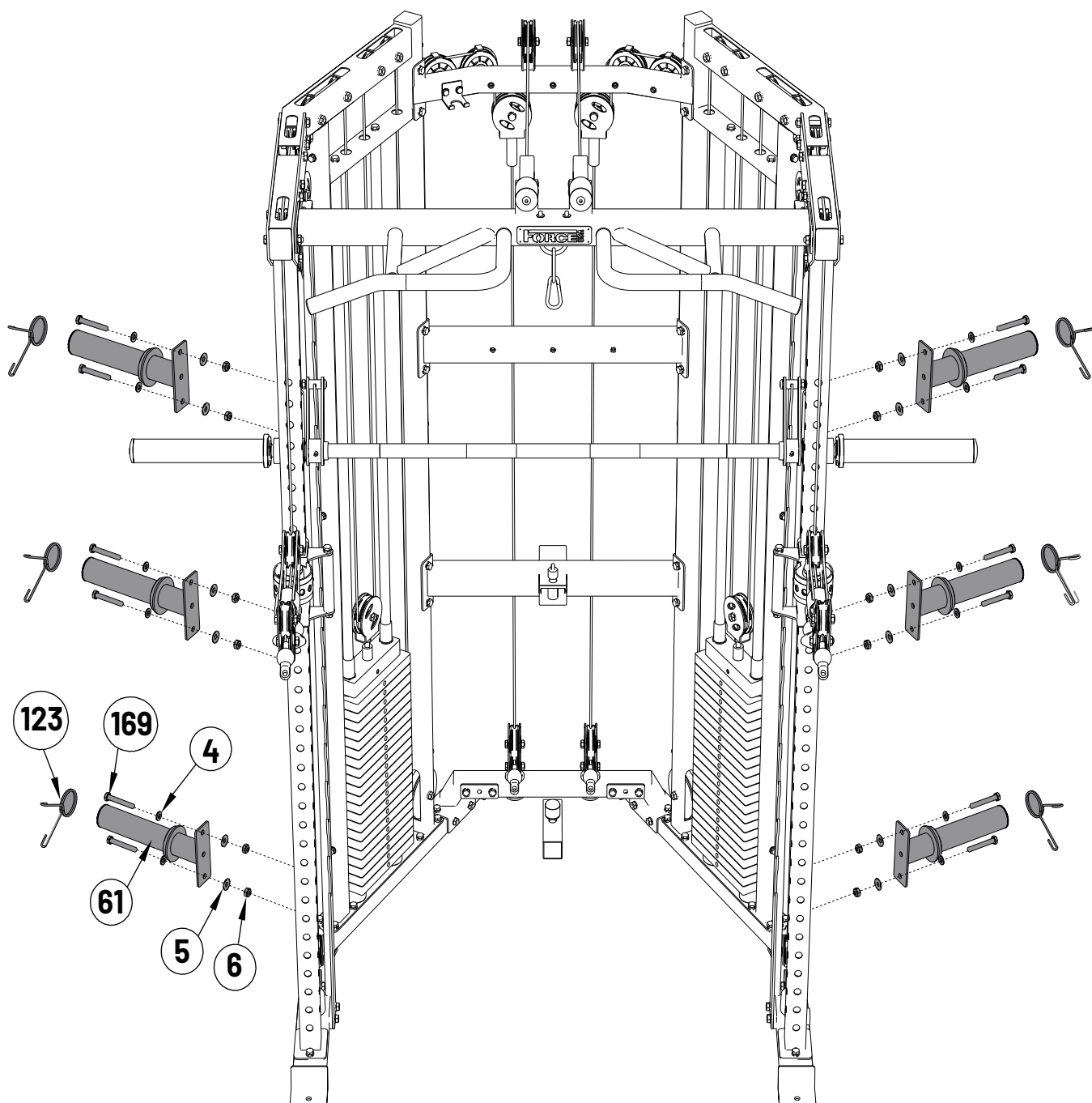
Key No.	Description	Note	Quantity
4	Flat Washer	$\phi 10$	8
6	Lock Nut	M10	4
48	Small Pulley	$\phi 75$	4
50	Hexagon Bolt	M10×45	4
60	Smith Bar Cable	2415mm	2
171	Hexagonal Nut	M12	2

STEP 13 - ASSEMBLY



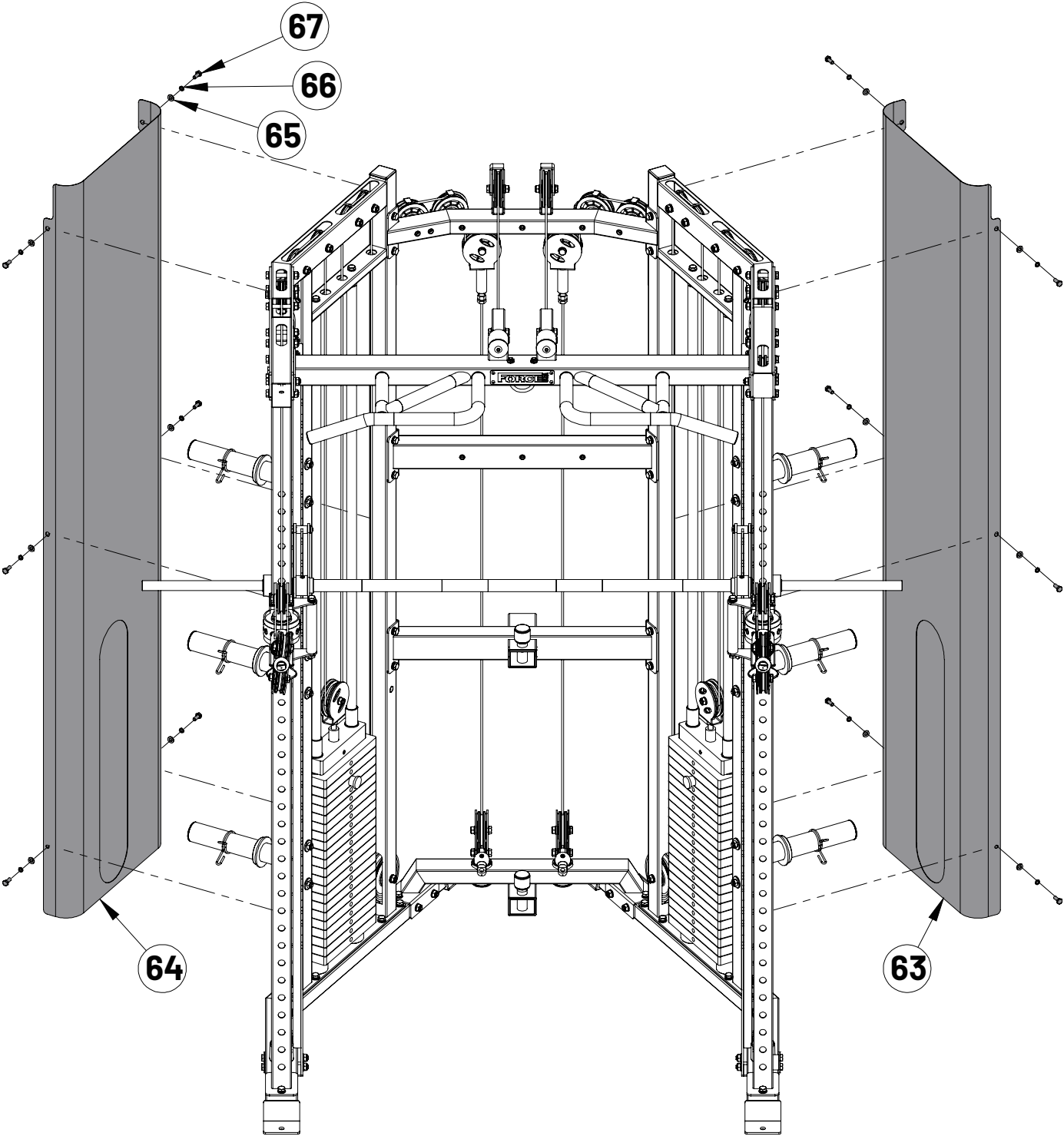
Key No.	Description	Note	Quantity
62	Rear Pull Cable	1620mm	2

STEP 14 - ASSEMBLY



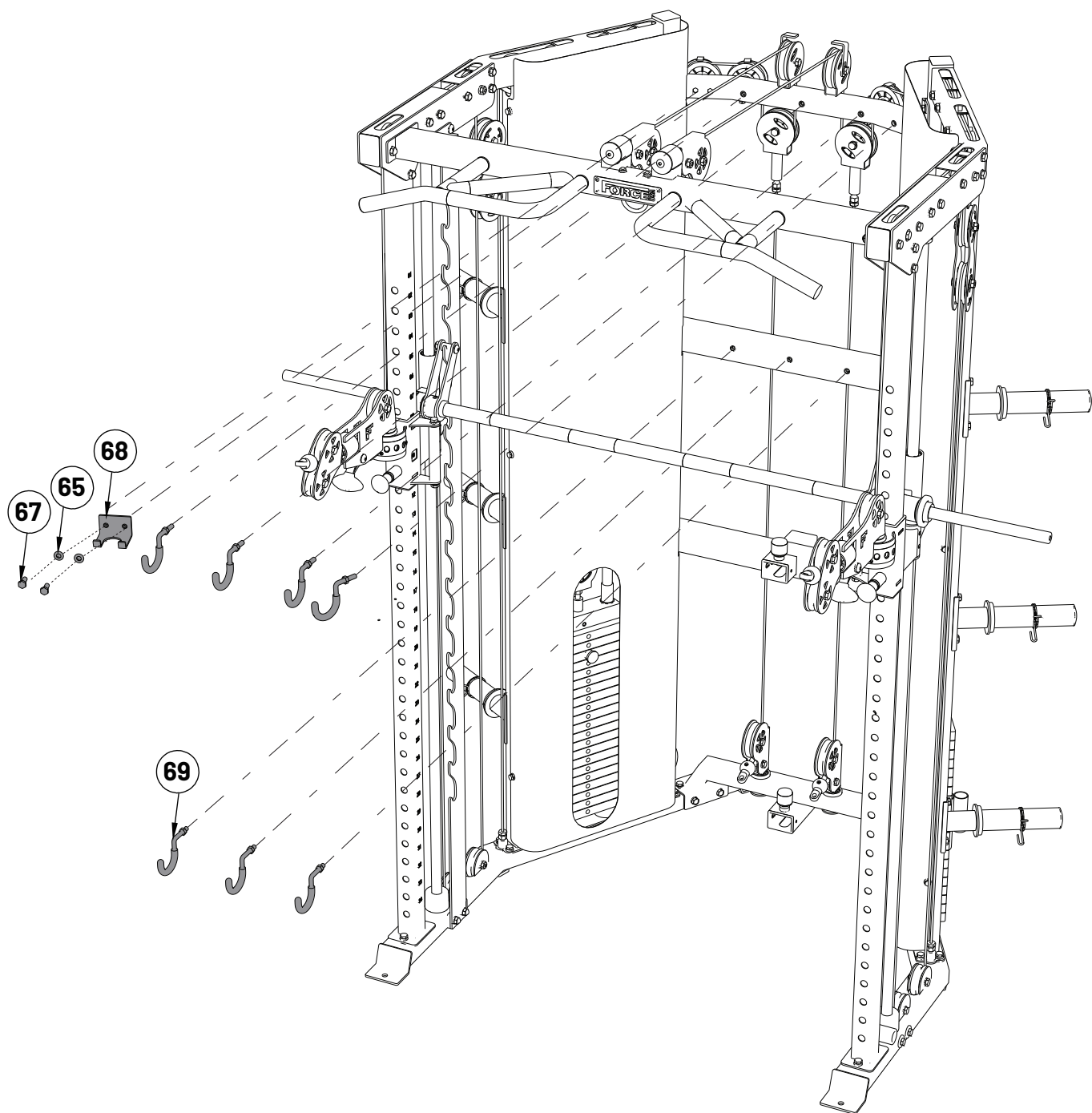
Key No.	Description	Note	Quantity
4	Flat Washer	$\phi 10$	12
5	Big Flat Washer	$\phi 30 * \phi 10 * 3$	12
6	Lock Nut	M10	12
61	Olympic Weight Plate Holder		6
123	Butterfly Clip	M8x20	6
169	Hexagon Bolt Button Head Screw	M10x70	12

STEP 15 - ASSEMBLY



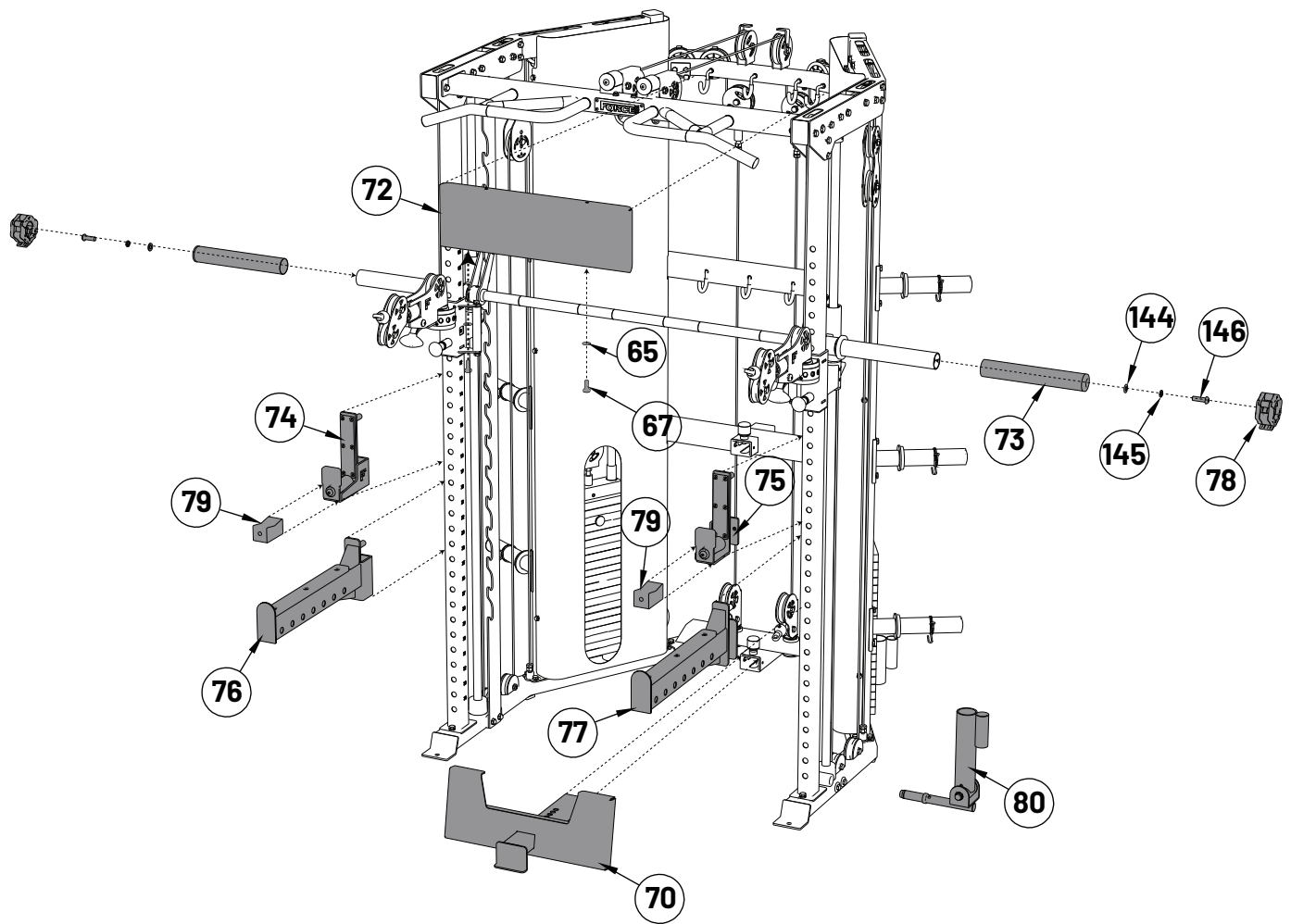
Key No.	Description	Note	Quantity
63	Weight Stack Shield - Right	T1	1
64	Weight Stack Shield - Left	T1	1
65	Flat Washer	φ8	12
66	Spring Washer	φ8	12
67	Hexagon Bolt	M8×20	12

STEP 16 - ASSEMBLY



Key No.	Description	Note	Quantity
65	Flat Washer	$\phi 8$	2
67	Hexagon Bolt	M8×20	2
68	Accessory Hook Plate	T3	1
69	Accessory Hook		7

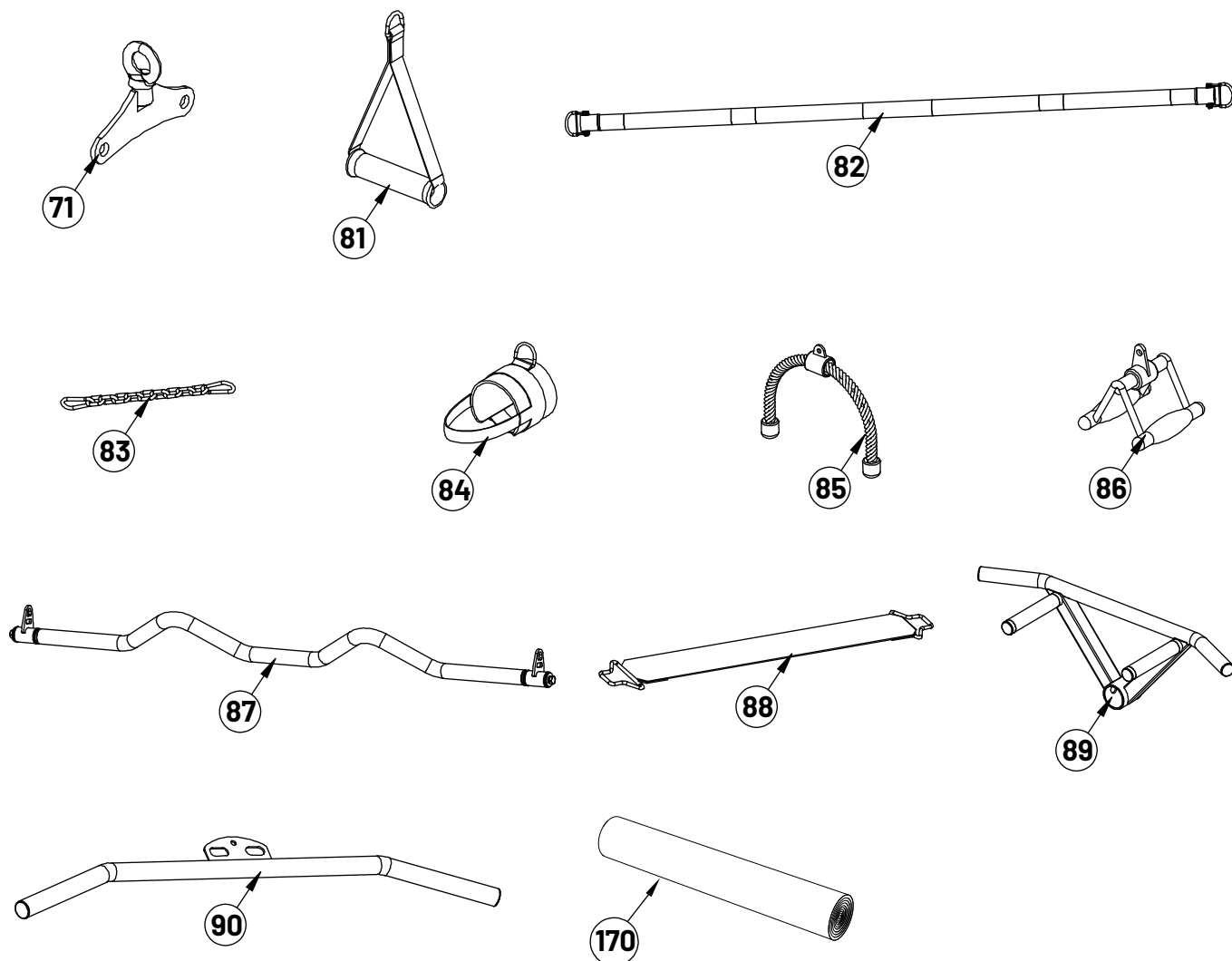
STEP 17 - ASSEMBLY



Key No.	Description	Note	Quantity
73	Smith Bar Olympic Sleeve		2
74	J-Hook - Left		1
75	J-Hook - Right		1
76	Front Safety - Left		1
77	Front Safety - Right		1
78	Olympic Quick Lock Collar	Φ85XΦ50XH49	2
79	J Hook Flat Shock Pad		2
80	Landmine/Core trainer		1
144	Flat Washer	Φ12	2
145	Spring Washer	Φ12	2
146	Hexagon Socket Button Head Screw	M10×35	2
65	Flat Washer	8	2
67	Hexagon Bolt	M8×20	2
70	Low Row Footplate		1
72	Logo Board	T2	1

ATTACHMENTS AND ACCESSORIES

Illustrations may appear different than actual attachments

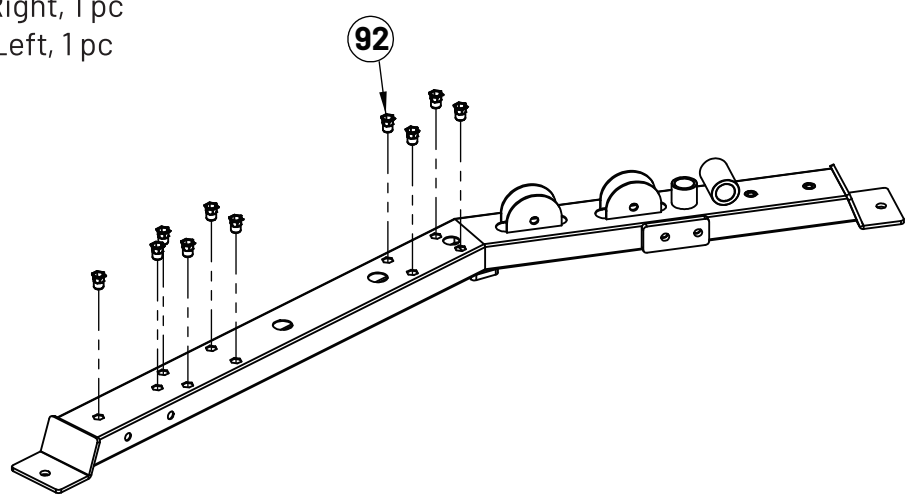


Key No.	Description	Note	Quantity
81	Single Stirrup		2
82	Connection Bar - Straight		1
83	Extension Chain		4
84	Ankle Cuff		1
85	Tricep Rope		1
86	Close Grip Triangle		1
87	Connection Bar - EZ Curl	Length 1020mm	1
88	Bodyweight Assist Strap		1
89	Core Trainer Handle		1
90	Lat Pull Down Bar		1
71	Dual Cable Connector		1
170	Foam Pad	700mm	1

EXPLODED DIAGRAMS

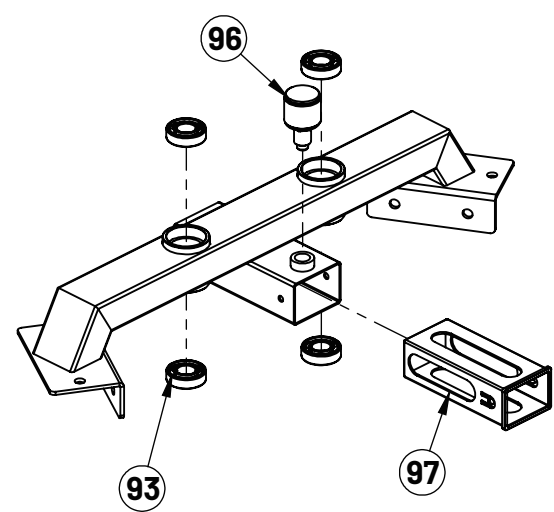
The upcoming pages feature an exploded view drawing of your product. These diagrams visually represents each component as it relates to the whole, although additional assembly by you is not required. It serves to help you identify and understand every part included in your purchase. While this guide offers a clear insight into how these parts fit together, it is particularly useful for troubleshooting and maintaining your product. Beyond practical benefits, the exploded view also aims to enhance your understanding of the product's design and functionality. As you explore these pages, you'll find they make it easier to discuss any component with our customer support, should the need arise. We hope this detailed visual approach not only informs but also enriches your experience with your new purchase.

- 1.Base Frame - Right, 1 pc
- 3.Base Frame - Left, 1 pc



Key No.	Description	Note	Quantity
92	Countersunk Head Hexagon Rivet Screw	M10	10

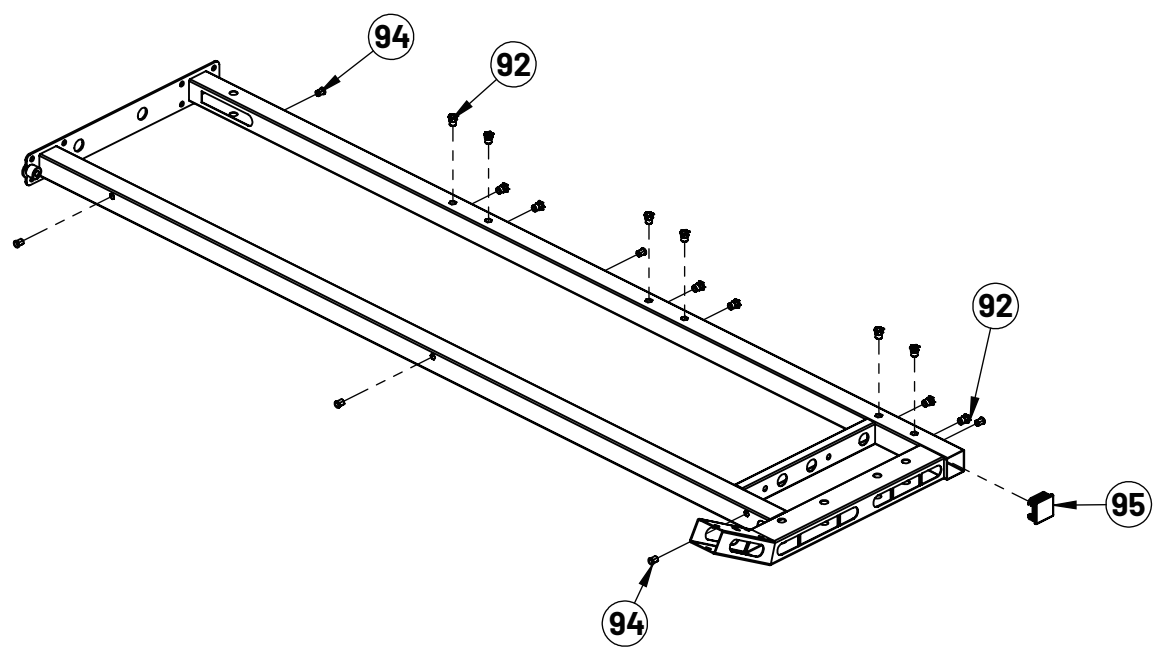
- 2.Base Linking Frame, 1 pc



Key No.	Description	Note	Quantity
93	Deep Ball Bearing	6004	4
96	Pull Pin	φ12	1
97	Reducer Sleeve	F50-70/F40-60	1

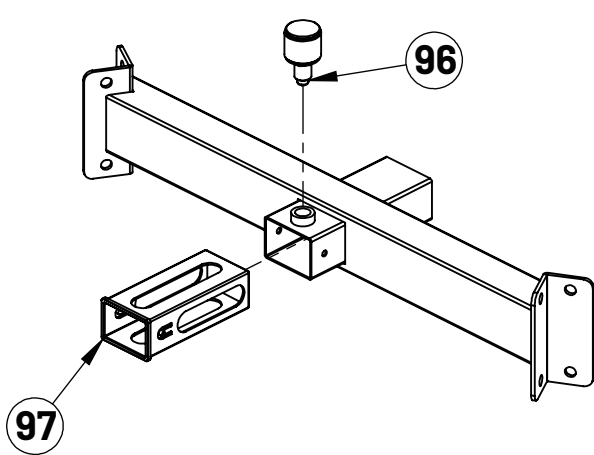
EXPLODED DIAGRAMS

- 11.Upright Frame - Right, 1 pc
- 12.Upright Frame - Left, 1 pc



Key No.	Description	Note	Quantity
92	Countersunk Head Hexagon Rivet Screw	M10	12
94	Hexagon Rivet Screw	M8	6
95	Square Tube Inner Plug	□50×50×2	1

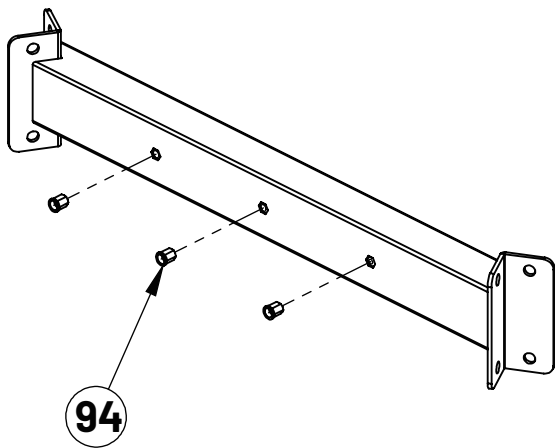
- 15.Upright Linking Frame - Lower, 1 pc



Key No.	Description	Note	Quantity
96	Pull Pin	φ12	1
97	Reducer Sleeve	F50-70/F40-60	1

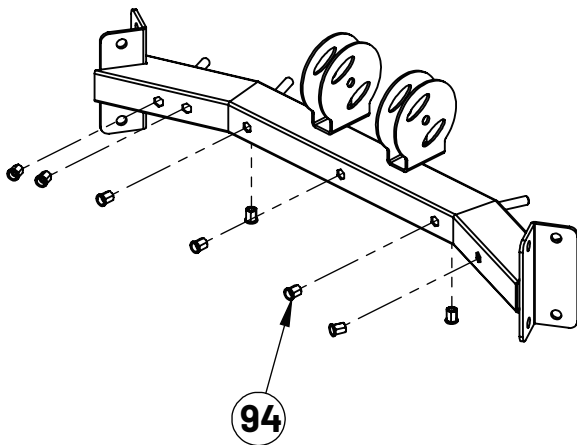
EXPLODED DIAGRAMS

13.Upright Linking Frame - Middle, 1 pc



Key No.	Description	Note	Quantity
94	Hexagon Rivet Screw	M8	3

14.Upright Linking Frame - Upper, 1 pc

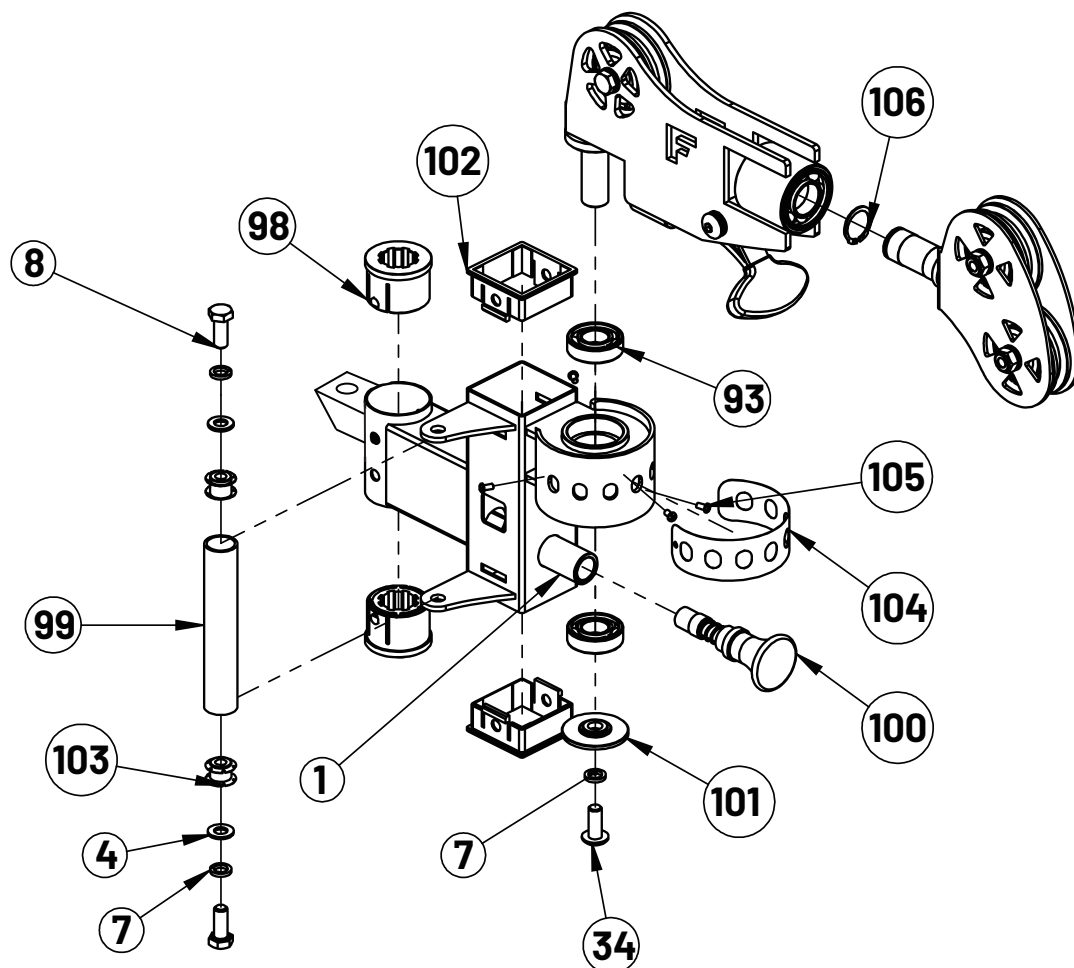


Key No.	Description	Note	Quantity
94	Hexagon Rivet Screw	M8	8

EXPLODED DIAGRAMS

17. Pulley Slider - Right, 1 pc

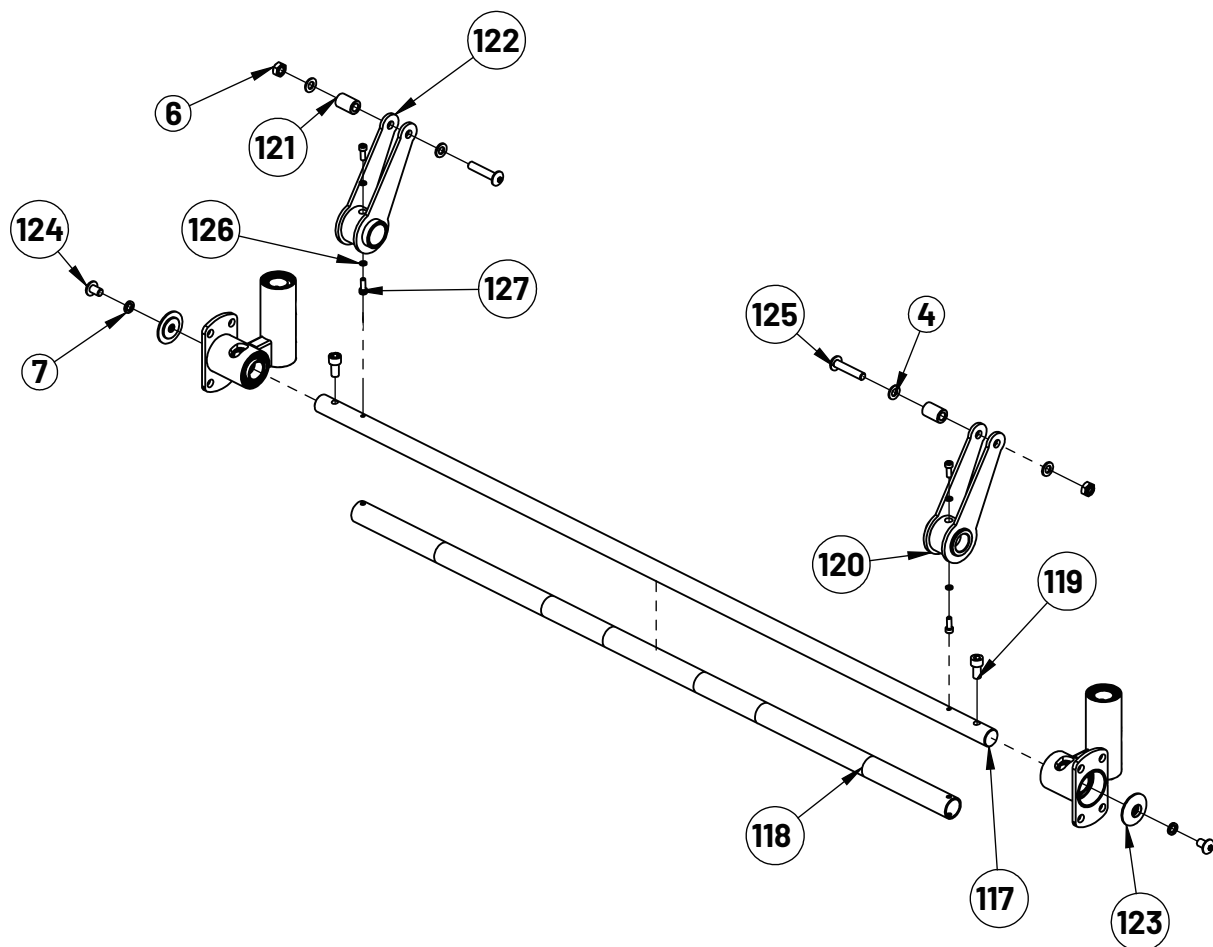
18. Pulley Slider - Left, 1 pc



Key No.	Description	Note	Quantity
4	Flat Washer	$\phi 10$	2
7	Spring Washer	$\phi 10$	3
8	Hexagon Bolt	M10×25	2
34	Inner Hexagon Flat Round Bolt	M10×25	1
93	Deep Ball Bearing	6004	2
98	Nylon Guide Sleeve	$\phi 50 \times \phi 26.5 \times 35$	2
99	Handgrip Tube	$\phi 25 \times 2$	1
100	Umbrella Pull Pin	$\phi 12 \times M20 \times 40 - \phi 16$	1
101	Decorative Cover	$\phi 50 \times \phi 24 \times \phi 19 \times \phi 11$	1
102	Bushing	50-60	2
103	Two Layer Spring Slice Screw	$\phi 23 - M10$	2
104	Decorative Plate	T0.3	1
105	Cross Recessed Coiled Head Bolt	M4×8	4
106	Spring Stopper Collar	$\phi 25$	1

EXPLODED DIAGRAMS

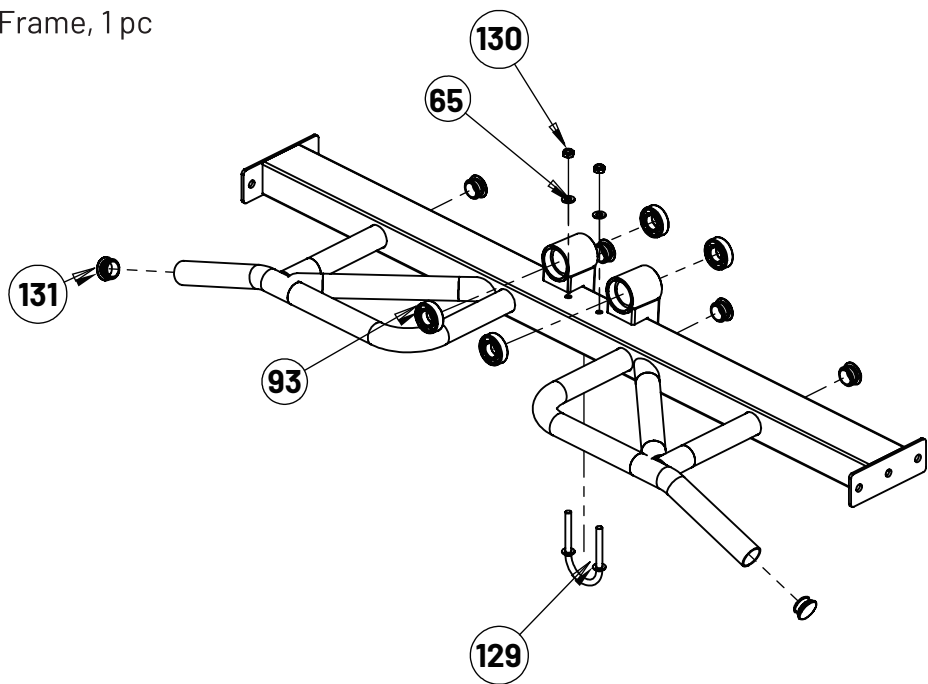
21.Smith Bar, 1 pc



Key No.	Description	Note	Quantity
4	Flat Washer	$\phi 10$	4
6	Lock Nut	M10	2
7	Spring Washer	$\phi 10$	2
117	Barbell Inner Rod	$\phi 24.9 \times 1254$	1
118	Long Barbell Bar	$\phi 30 \times 1110$	1
119	Inner Hexagon Round Screw	M10 $\times$ 20	2
120	Rotating Plate Right		1
121	Nylon Hook Sleeve	$\phi 19$	2
122	Rotating Plate Left		1
123	Decorative Cover	$\phi 11 \times \phi 17 \times \phi 30 \times \phi 45$	2
124	Inner Hexagon Flat Round Screw	M10 $\times$ 16	2
125	Inner Hexagon Flat Round Screw	M10 $\times$ 50	2
126	Spring Washer	$\phi 6$	4
127	Inner Hexagon Flat Round Screw	M6 $\times$ 16	4

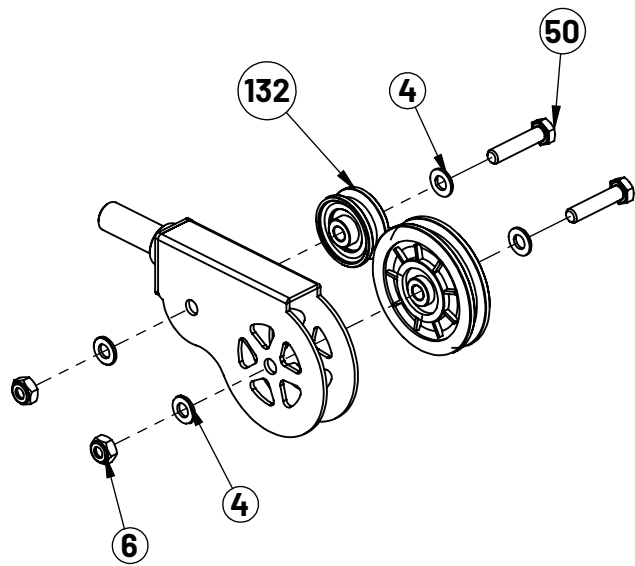
EXPLODED DIAGRAMS

31.Chin Up Frame, 1 pc



Key No.	Description	Note	Quantity
65	Flat Washer	$\phi 8$	2
93	Deep Ball Bearing	6004	4
129	50 surface Hook Ring		1
130	Lock Nut	M8	2
131	Round Tube Plug	$\phi 32 \times 1.5$	6

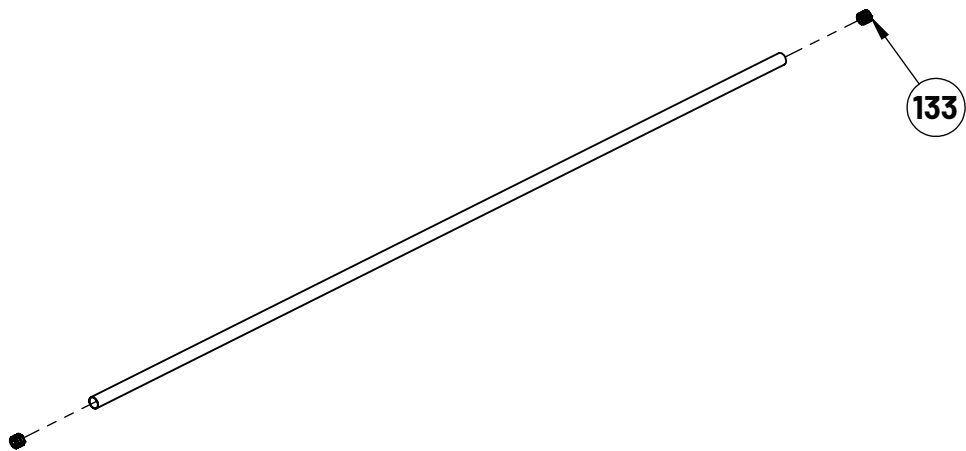
32.Pulley Frame, 1 pc



Key No.	Description	Note	Quantity
4	Flat Washer	$\phi 10$	4
6	Lock Nut	M10	2
49	Medium Pulley	$\phi 92$	1
50	Hexagon Bolt	M10×45	2
132	Pulley	$\phi 50$	1

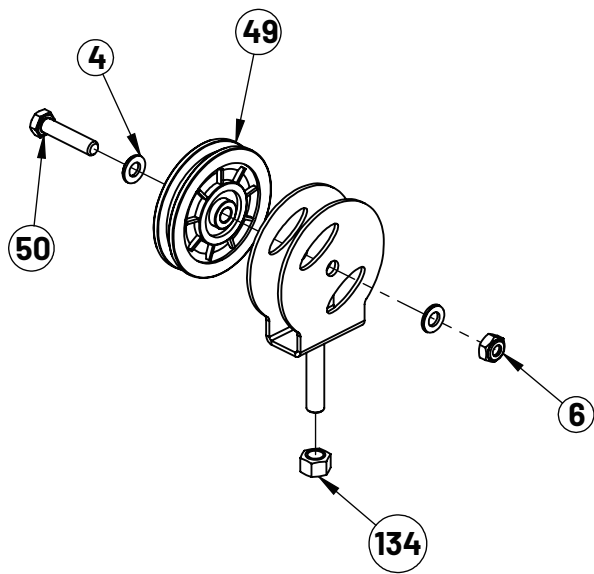
EXPLODED DIAGRAMS

40.Weight Stack Guide Rod, 4 pcs



Key No.	Description	Note	Quantity
133	Three Layer Spring Slice Screw	φ24.8-M10	2

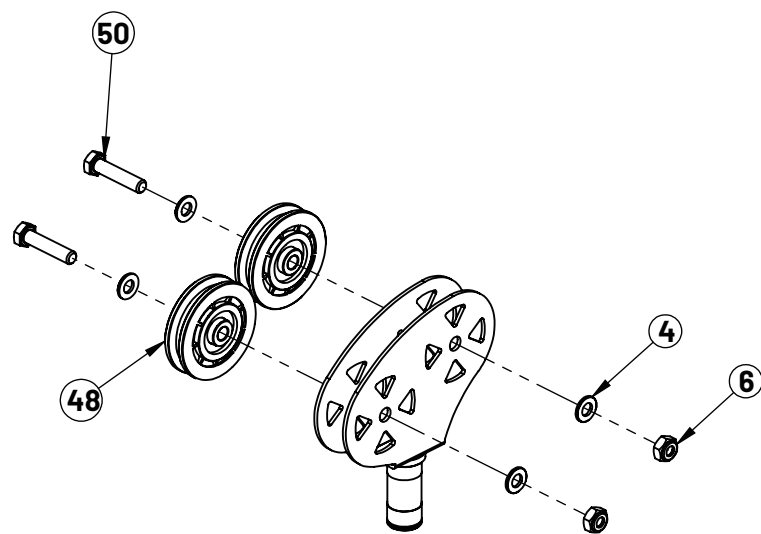
46.Weight Stack Pulley Frame, 2 pcs



Key No.	Description	Note	Quantity
4	Flat Washer	φ10	2
6	Lock Nut	M10	1
49	Medium Pulley	φ92	1
50	Hexagon Bolt	M10×45	1
134	Hexagon Nut	M12	1

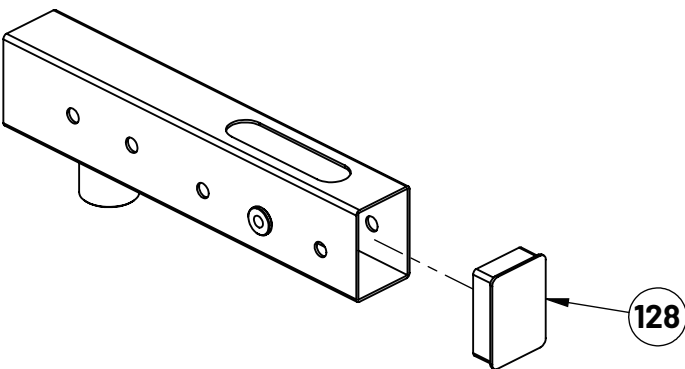
EXPLODED DIAGRAMS

46.Weight Stack Pulley Frame, 2 pcs



Key No.	Description	Note	Quantity
4	Flat Washer	φ10	4
6	Lock Nut	M10	2
48	Pulley	φ75	2
50	Hexagon Bolt	M10×45	2

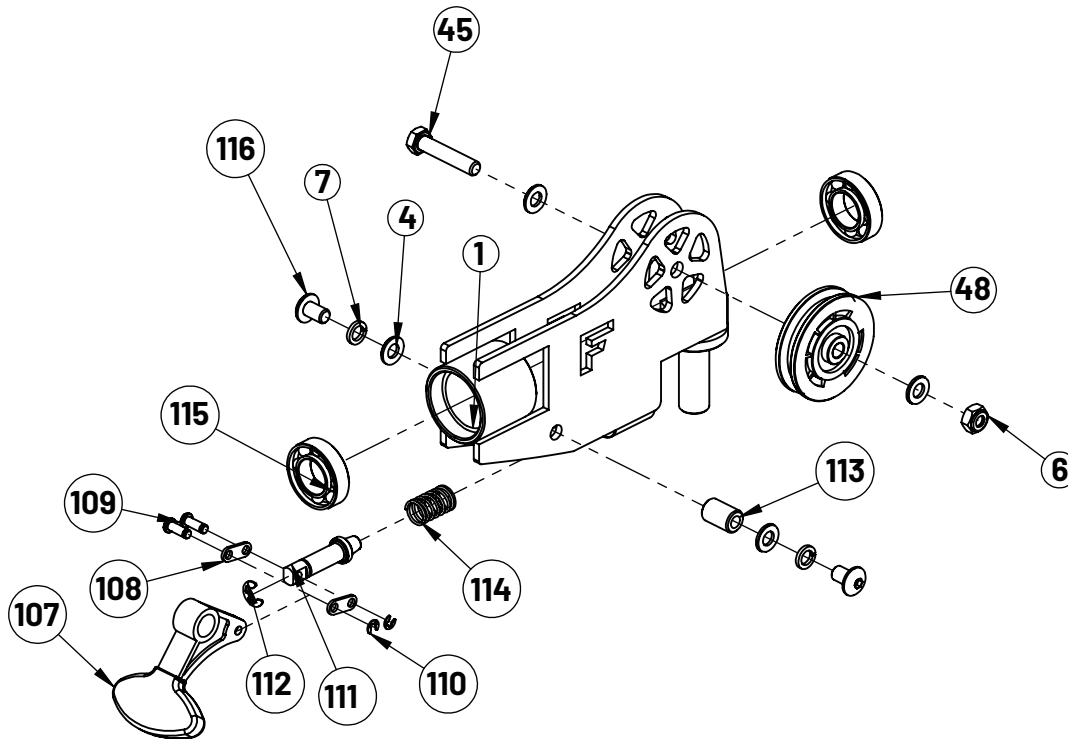
27.Front Upper Frame - Right, 1 pc
28.Front Upper Frame - Left, 1 pc



Key No.	Description	Note	Quantity
128	Inner Plug	50*70*2	1

EXPLODED DIAGRAMS

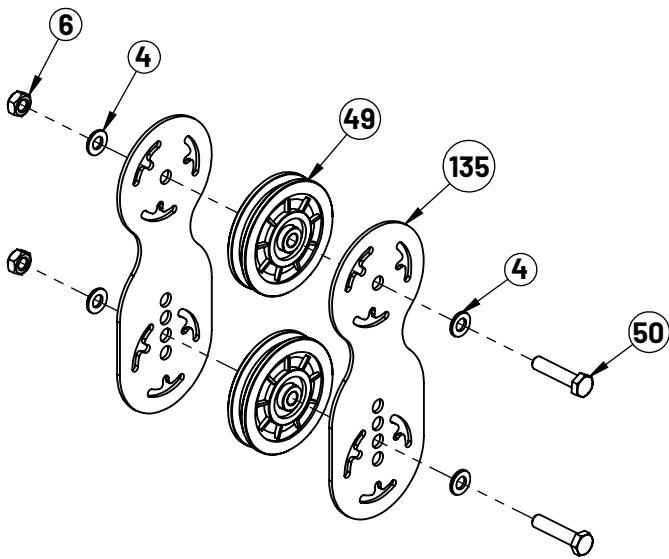
51. Floating Pulley Frame, 2 pcs



Key No.	Description	Note	Quantity
4	Flat Washer	$\phi 10$	4
6	Lock Nut	M10	1
7	Spring Washer	$\phi 10$	2
45	Hexagon Bolt	M10×50	1
48	Small Pulley	$\phi 75$	1
107	Grip Plate		1
108	Pull Pin Connection Plate Small	T2	2
109	Rotating Pin	$\phi 10 * \phi 6 * 18.5$	2
110	Mouth Open Stopper Collar	5	2
111	Gear Position Pull Pin	$\phi 21.7 * 63.5$	1
112	Mouth Open Stopper Collar	9	1
113	Inner Shaft	$\phi 15.9 * 24.5 - M10$	1
114	Pull Pin Spring	$\phi 16.2 * 1.6 * 45$	1
115	Bearing	6005	2
116	Inner Hexagon Flat Round Screw	M10×16	2

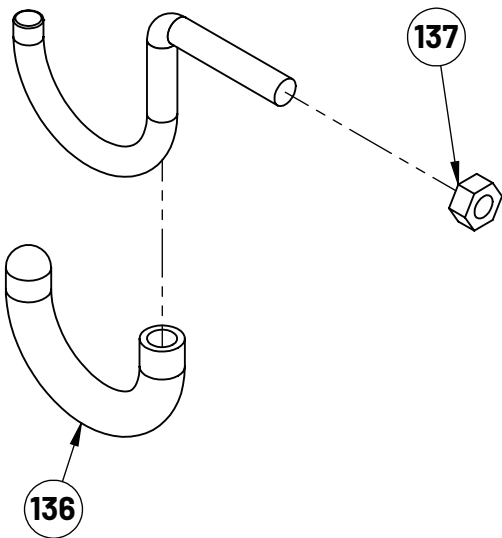
EXPLODED DIAGRAMS

51.Floating Pulley Frame, 2 pcs



Key No.	Description	Note	Quantity
4	Flat Washer	φ10	4
6	Lock Nut	M10	2
49	Medium Pulley	φ92	2
50	Hexagon Bolt	M10×45	2
135	Pulley Adjusting Plate	T3	2

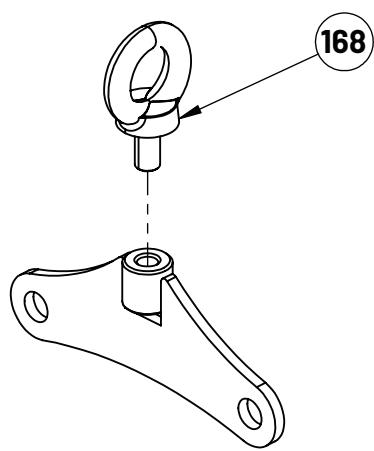
69.Accessory Hook, 7 pcs



Key No.	Description	Note	Quantity
136	Hook Plastic Dip Handgrip	Φ8*100	1
137	Hexagon Screw	M8	1

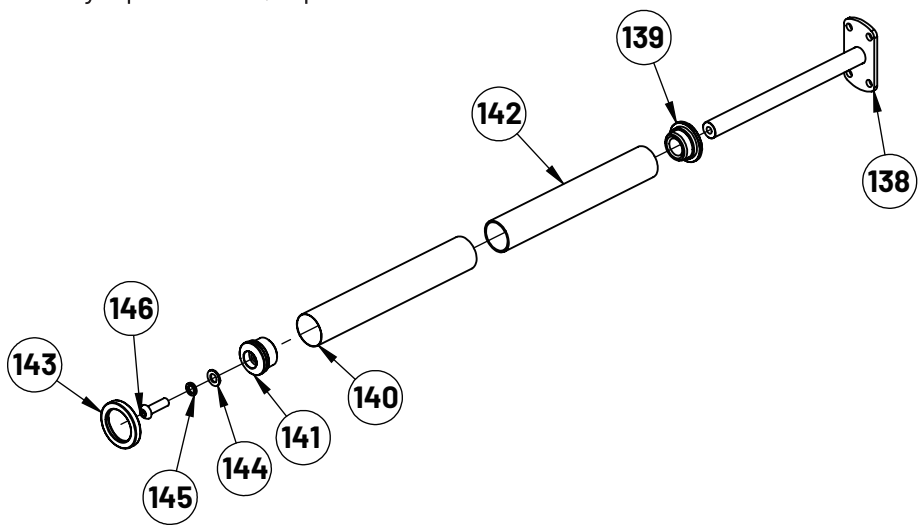
EXPLODED DIAGRAMS

91.Dual Cable Connector, 1 pc



Key No.	Description	Note	Quantity
168	Hanging Ring Screw	M10	1

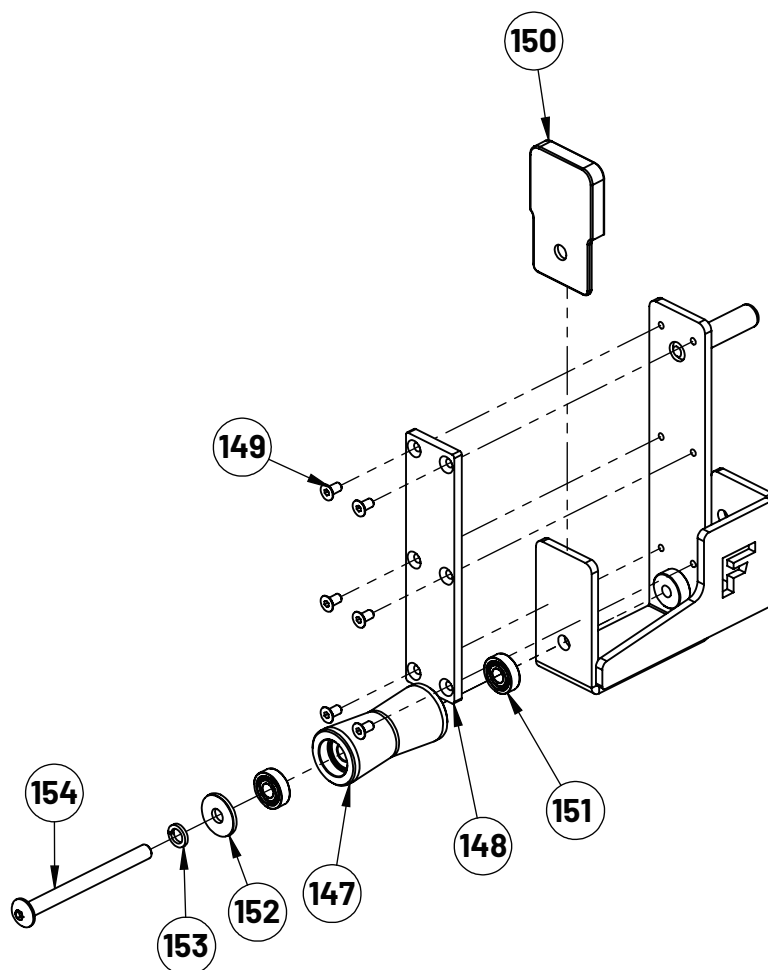
73.Smith Bar Olympic Sleeve, 2 pcs



Key No.	Description	Note	Quantity
138	Outer Barbell Bar Weldment		1
139	Inner Stopper Collar	φ60*27	1
140	Outer Sleeve Tube	φ49.5*0.6	1
141	Barbell Bar Stopper-Arc	φ50*37	1
142	Barbell Bar Inner Sleeve Tube	φ48*2.5	1
143	Rubber Stopper Collar	φ70×φ50×φ10	1
144	Flat Washer	φ12	1
145	Spring Washer	φ12	1
146	Inner Hexagon Flat Round Screw	M12×40	1

EXPLODED DIAGRAMS

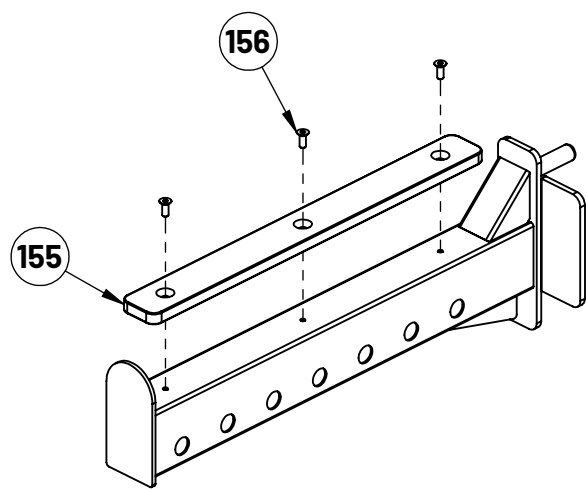
74J Hook Left, 1 pc
75.J Hook Right, 1 pc



Key No.	Description	Note	Quantity
147	J-hook Roller	φ40*88	1
148	Safety Spotter Rubber Sheet	φ190×45×7	1
149	Inner Hexagon Countersunk Screw	M6×12	6
150	J-hook Front Rubber Sheet	12.3*96	1
151	Deep Groove Ball Bearing	6000	2
152	Big Flat Washer	φ30*φ10*3	1
153	Spring Washer	φ10	1
154	Inner Hexagon Flat Round Screw	M10×115	1

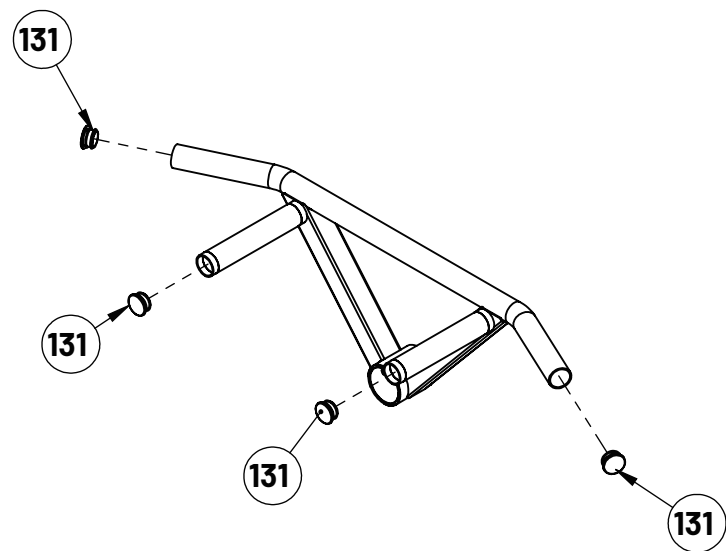
EXPLODED DIAGRAMS

- 76.Front Safety - Left, 1 pc
- 77.Front Safety - Right, 1 pc



Key No.	Description	Note	Quantity
155	Safety Spotter Rubber Sheet	T12	1
156	Inner Hexagon Countersunk Screw	M6×16	3

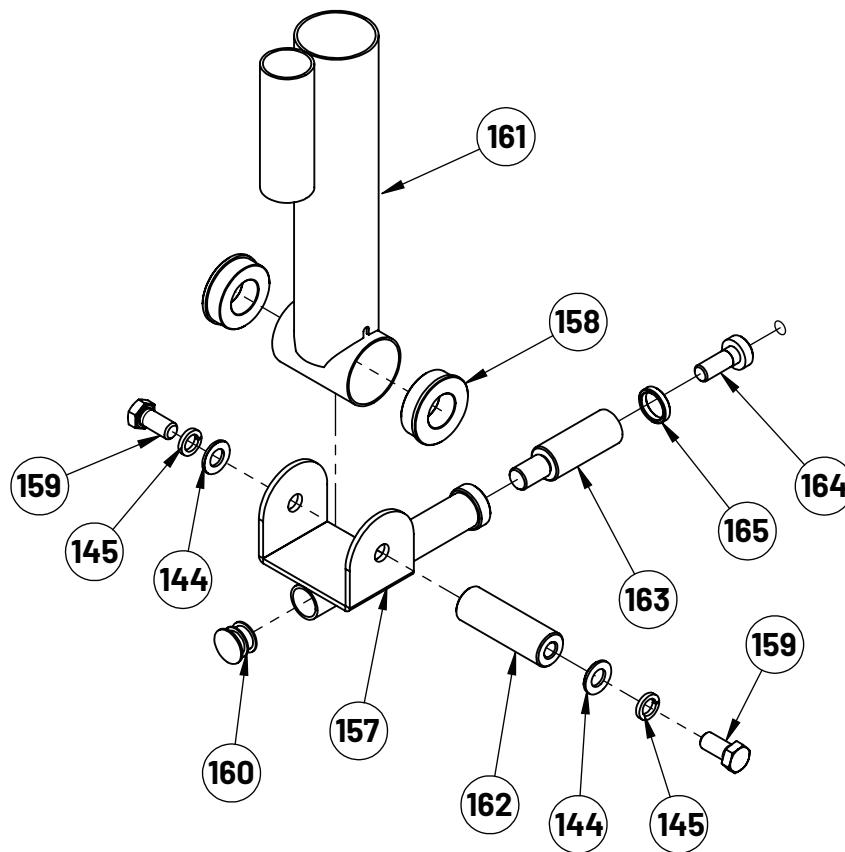
- 89.Core Trainer Handle, 1 pc



Key No.	Description	Note	Quantity
131	Round Tube Plug	φ32×1.5	4

EXPLODED DIAGRAMS

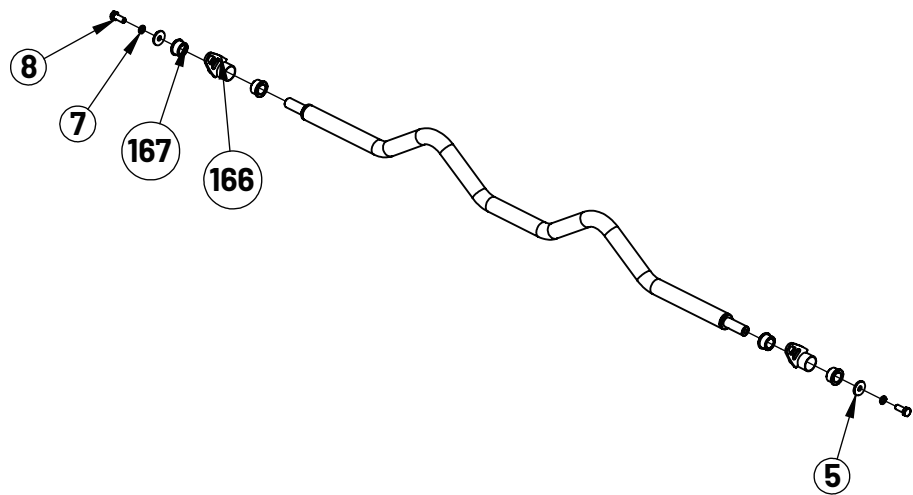
80.Core Trainer, 1 pc



Key No.	Description	Note	Quantity
144	Flat Washer	$\phi 12$	2
145	Spring Washer	$\phi 12$	2
157	Core Trainer New Weldment		1
158	Powder Sleeve	$\phi 50 \times \phi 47 \times \phi 25 \times 15$	2
159	Hexagon Bolt	M12×25	2
160	Round Tube Inner Plug	$\phi 25 \times 2$	1
161	Double Barbell Rotater		1
162	Inner Shaft	$\phi 25 \times 77 \times M12$	1
163	Barbell Bar Plug	$\phi 25 \times 86$	1
164	Limit Shaft	$\phi 22 \times 39.5$	1
165	Limit Ring	$\phi 25 \times \phi 20 \times 5$	1

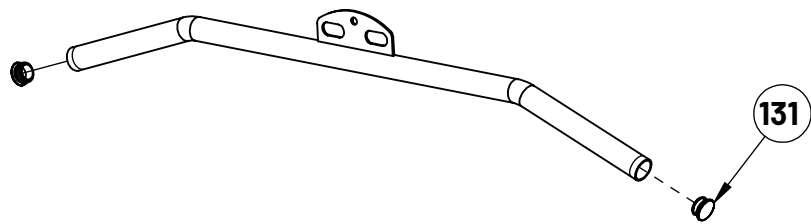
EXPLODED DIAGRAMS

87.Connection Bar - EZ Curl, 1 pc



Key No.	Description	Note	Quantity
5	Big Flat Washer	$\phi 30 \times \phi 10 \times 3$	2
7	Spring Washer	$\phi 10$	2
8	Hexagon Bolt	M10×25	2
166	Straight Bar Rotater		2
167	Powder Sleeve	$\phi 33 \times \phi 29 \times \phi 20 \times 18$	4

90.Lat Pull Down Bar, 1 pc



Key No.	Description	Note	Quantity
131	Round Tube Plug	$\phi 32 \times 1.5$	2

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



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