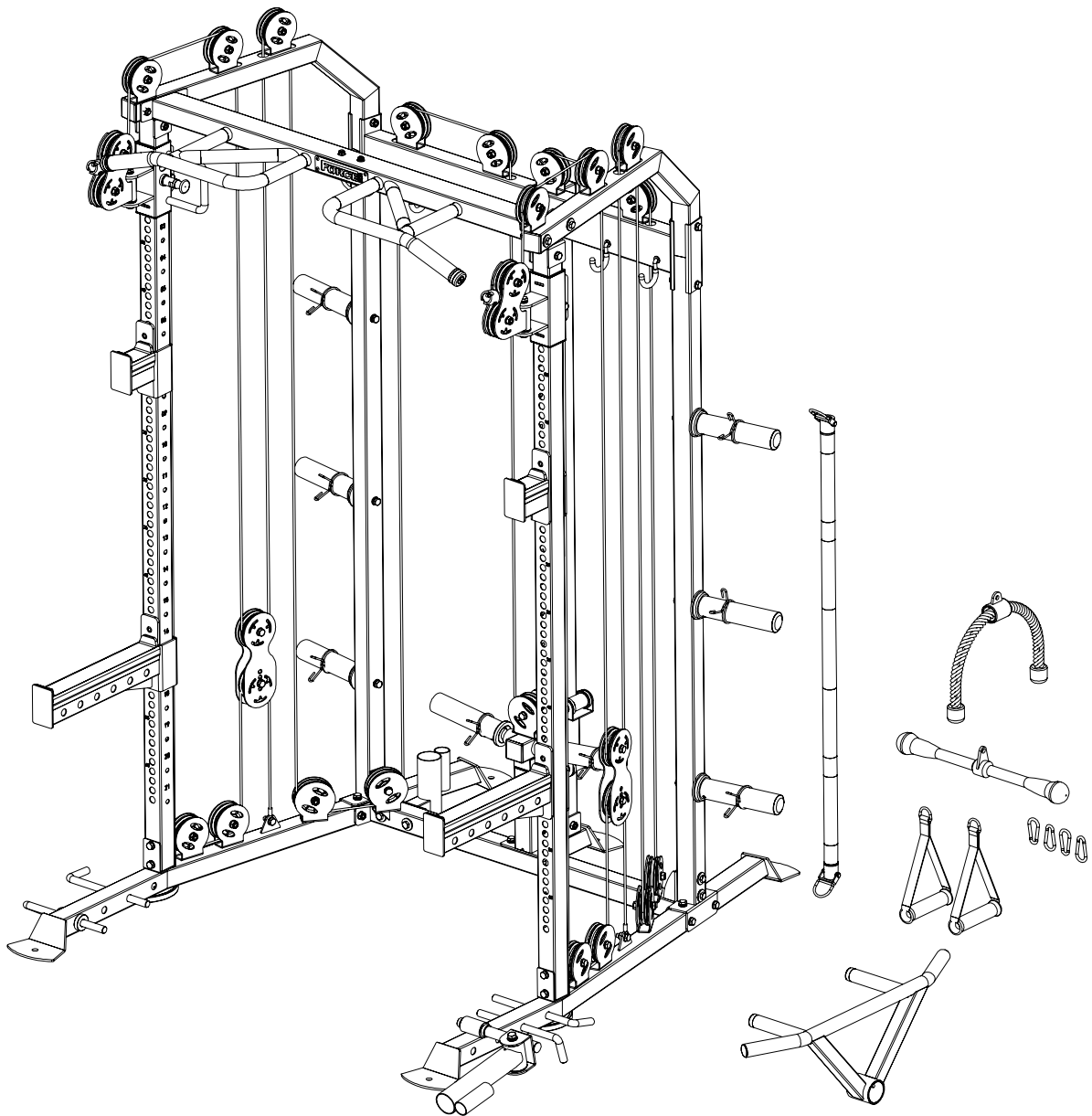


FORCE^{USA}



USER MANUAL | **F-G1-V2**





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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:

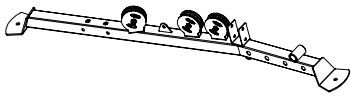
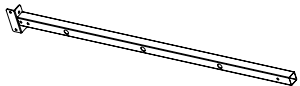
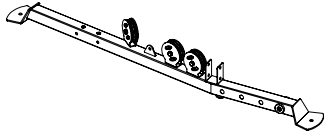
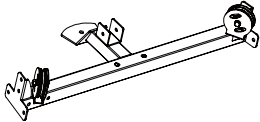
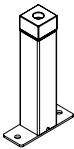
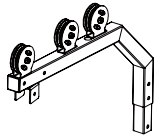
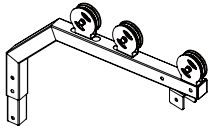
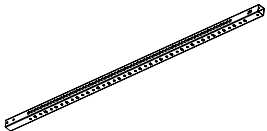
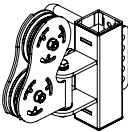
Daily Maintenance

- 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

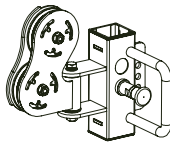
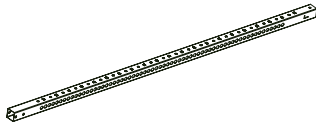
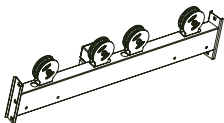
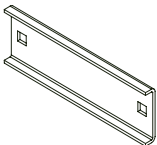
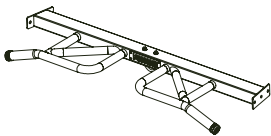
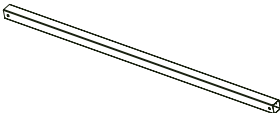
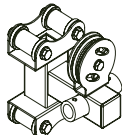
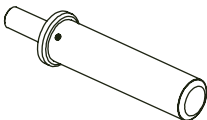
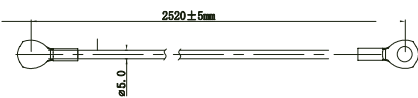
Monthly Maintenance

- 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 accumulation

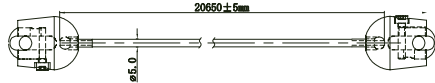
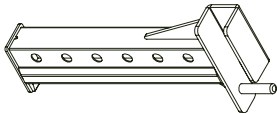
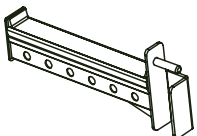
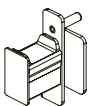
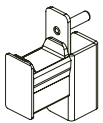
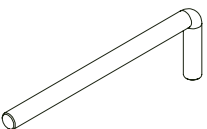
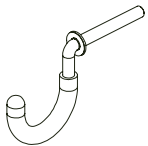
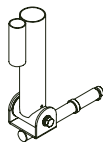
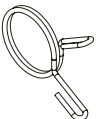
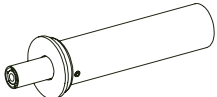
PARTS & HARDWARE IDENTIFIER

Key No.	Description	Quantity	Parts Schematic Diagram
1	Lower Frame - Right	1	
2	Rear Upright	2	
3	Lower Frame - Left	1	
4	Rear Base Frame	1	
5	Weight Plate Carriage Support Frame	1	
12	Upper Frame - Left	1	
13	Upper Frame - Right	1	
14	Front Guide Tube - Right	1	
15	Pulley Slider - Right	1	

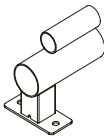
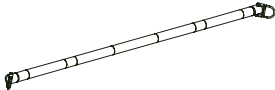
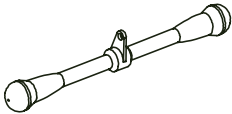
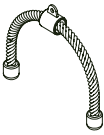
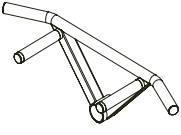
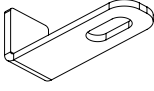
PARTS & HARDWARE IDENTIFIER

Key No.	Description	Quantity	Parts Schematic Diagram
16	Pulley Slider - Left	1	
17	Front Guide Tube - Left	1	
18	Rear Upper Frame	1	
19	Fixing Plate	2	
20	Chin Up Frame	1	
21	Weight Plate Carriage Guide Tube	1	
22	Weight Plate Carriage	1	
24	Weight Plate Sleeve	2	
25	Short Cable	2	
26	Pulley Frame	2	

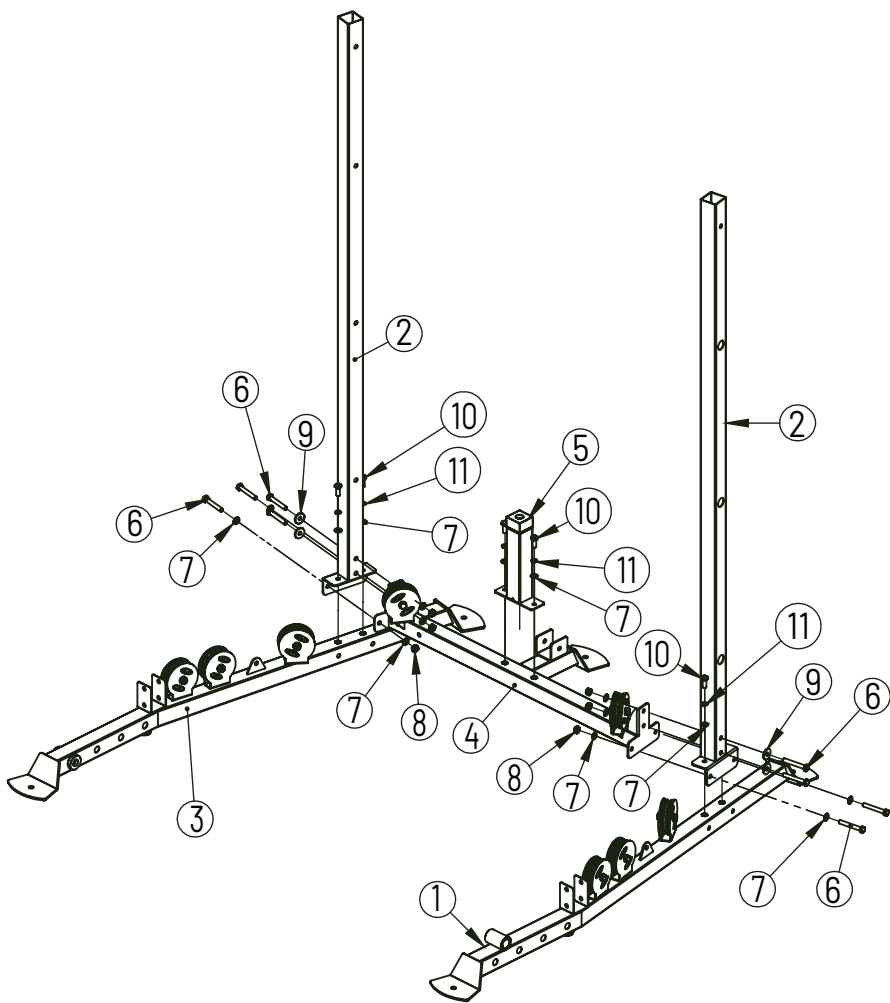
PARTS & HARDWARE IDENTIFIER

Key No.	Description	Quantity	Parts Schematic Diagram
27	Long Cable	1	
28	Front Safety - Left	1	
29	Front Safety - Right	1	
30	J Hook - Right	1	
31	J Hook - Left	1	
32	Band Peg	4	
33	Accessory Hook	4	
34	Core Trainer	1	
35	Olympic Spring Collar	8	
36	Olympic Weight Plate Holder	6	

PARTS & HARDWARE IDENTIFIER

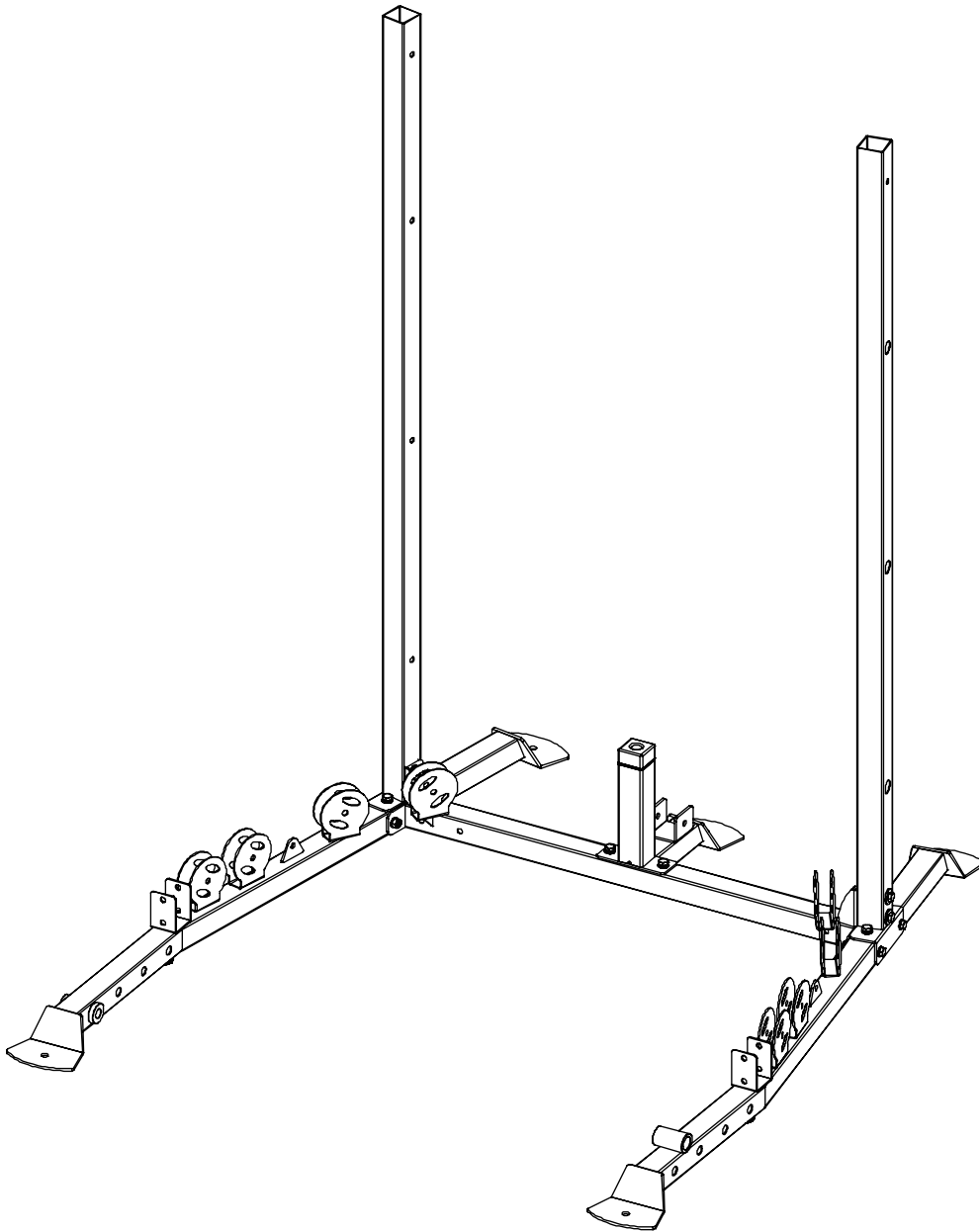
Key No.	Description	Quantity	Parts Schematic Diagram
37	Barbell Storage Holder	1	
40	Connection Bar - Straight	1	
41	Short Straight Bar	1	
42	Tricep Rope	1	
43	Single Stirrup - Nylon	2	
44	Core Trainer Handle	1	
45	Carabiner	4	
47	Pulley	18	
108	Plastic Pulley Stopper	10	

STEP 1 - PARTS & HARDWARE



Key No.	Description	Note	Quantity
1	Lower Frame - Right		1
2	Rear Upright		2
3	Lower Frame - Left		1
4	Rear Base Frame		1
5	Weight Plate Carriage Support Frame		1
6	Hexagon Bolt	M10*70	8
7	Flat Washer	φ10	18
8	Lock Nut	M10	8
9	Big Flat Washer	φ30*φ10*3	4
10	Hexagon Bolt	M10*25	6
11	Spring Washer	φ10	6

STEP 1 - ASSEMBLY INSTRUCTIONS



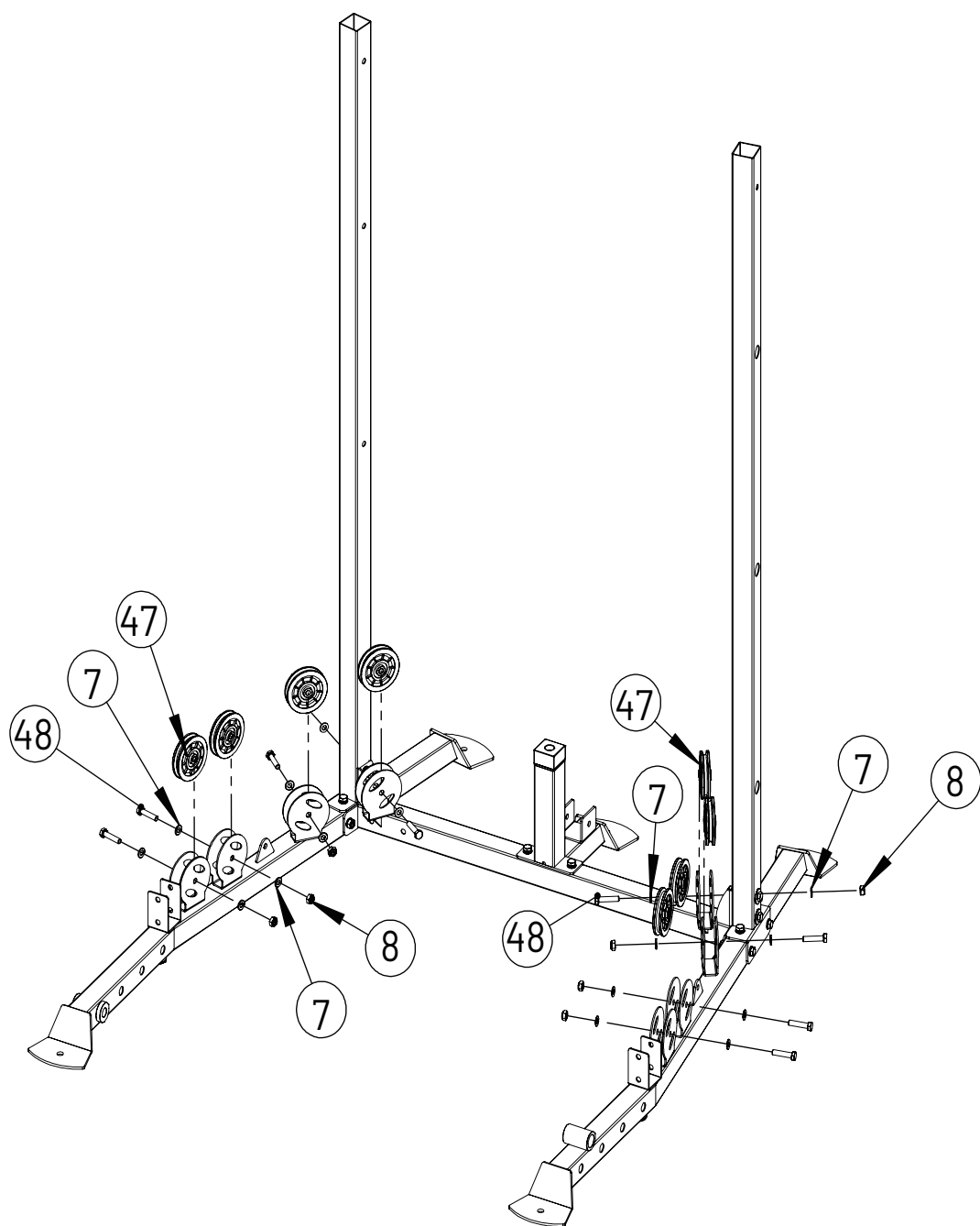
1

Lock Lower Frame - Right (#1), Rear Upright (#2), Rear Base Frame (#4) and Rear Upright (#2), Lower Frame - Left (#3), Rear Base Frame (#4) using 1 x Hexagon Bolt (M10*70mmX-#6), 1 x Flat Washer(MIOX#7), 1 x Lock Nut(MIOX#B) and 1 x Big Flat Washer(#9)(ensuring 9 is on the outside) for each horizontal hole and 1 x Flat Washer(MIOX#7), 1 x Hexagon Bolt (M10*25mmX#10) and 1 x Spring Washer(MIOX#11) for each vertical hole.

2

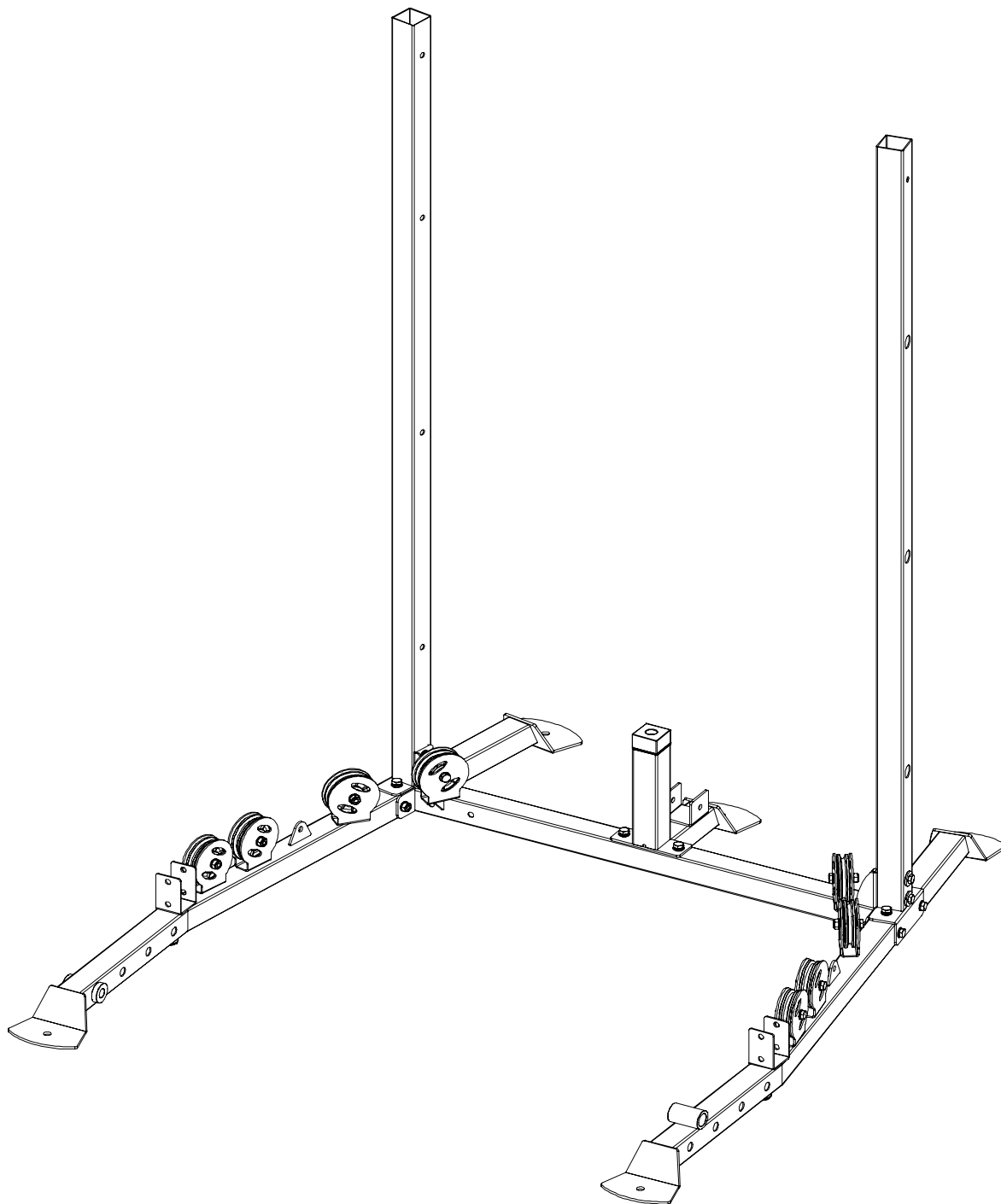
Attach Weight Plate Carriage Support Frame (#5) to Rear Base Frame (#4) using 1 x Flat Washer(MIOX#7), 1 x Hexagon Bolt (M10*25mmX#10) and 1 x Spring Washer(MIOX#11) per hole.

STEP 2 - PARTS & HARDWARE



Key No.	Description	Note	Quantity
7	Flat Washer	φ10	16
8	Lock Nut	M10	8
47	Pulley	φ92	8
48	Hexagon Bolt	M10*45	8

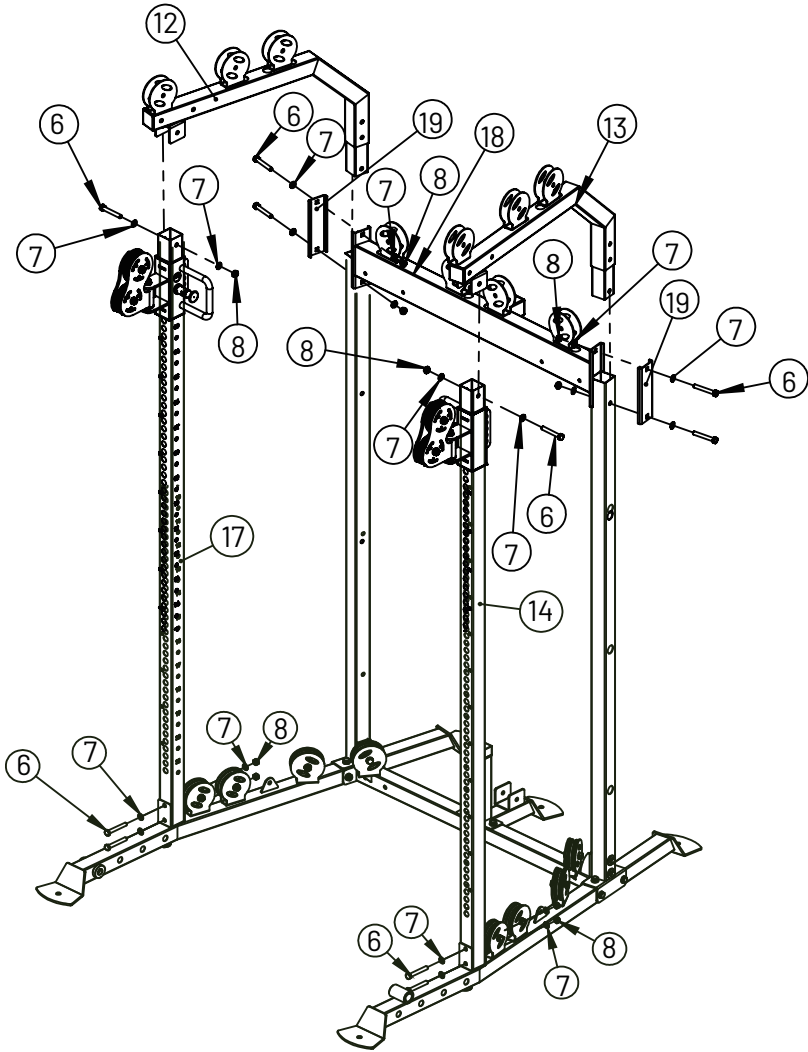
STEP 2 - ASSEMBLY INSTRUCTIONS



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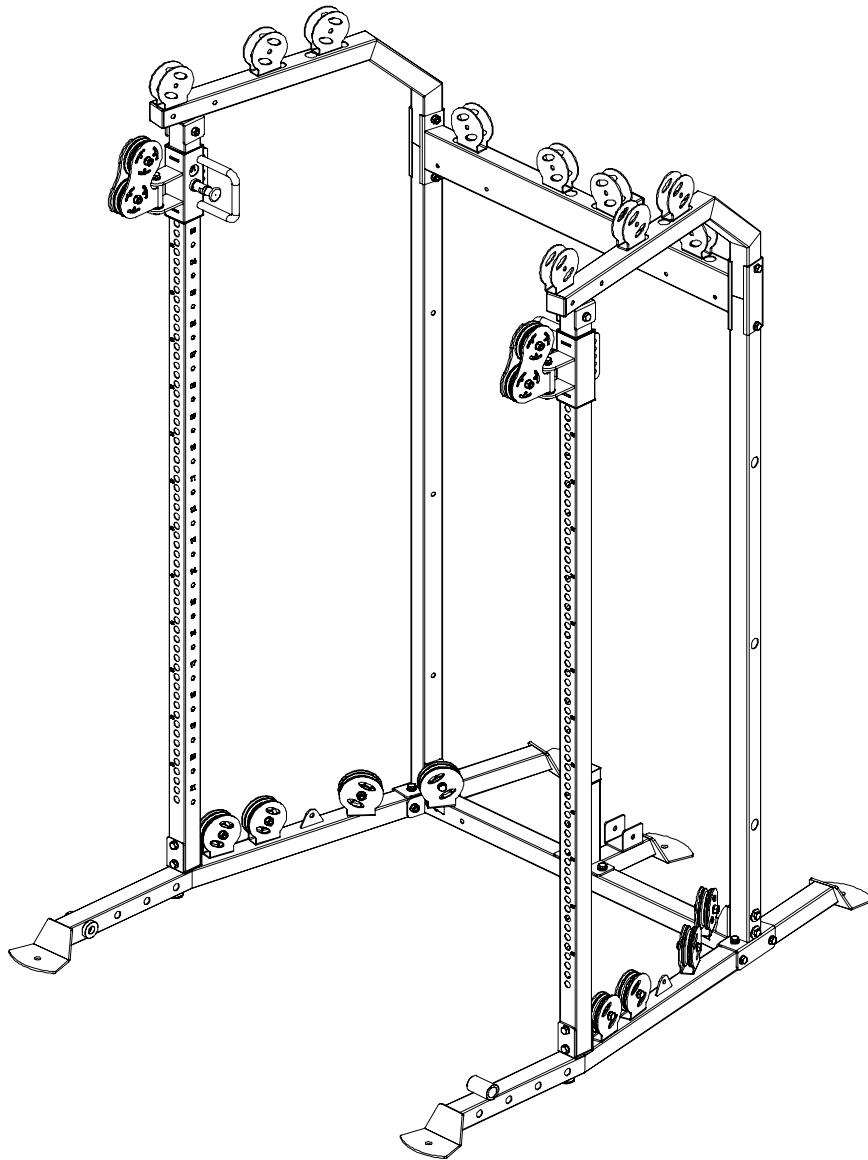
Use the M10*45 Hexagon Bolt(48), Flat Washer(7), Lock Nut(8), Assemble the Pulley(47) on the frame.

STEP 3 - PARTS & HARDWARE



Key No.	Description	Note	Quantity
6	Hexagon Bolt	M10*70	10
7	Flat Washer	φ10	20
8	Lock Nut	M10	10
12	Upper Frame - Left		1
13	Upper Frame - Right		1
14	Front Guide Tube - Right		1
15	Pulley Slider - Right		1
16	Pulley Slider - Left		1
17	Front Guide Tube - Left		1
18	Rear Upper Frame		1
19	Fixing Plate		2

STEP 3 - ASSEMBLY INSTRUCTIONS



1

Attach Front Guide Tube - Left (#17}to the base of the main frame 1 x Hexagon Bolt (M10*70mmX#6}, 2 x Flat Washer(MIDX#7} and 1 x Lock Nut (MIDX#B} per hole and then slide on Pulley Slider Left (#16).

2

Attach Front Guide Tube - Right (#14}to the base of the main frame 1 x Hexagon Bolt (M10*70mmX#6}, 2 x Flat Washer(MIDX#7} and 1 x Lock Nut (MIDX#B} per hole and then slide on Pulley Slider Right (#15).

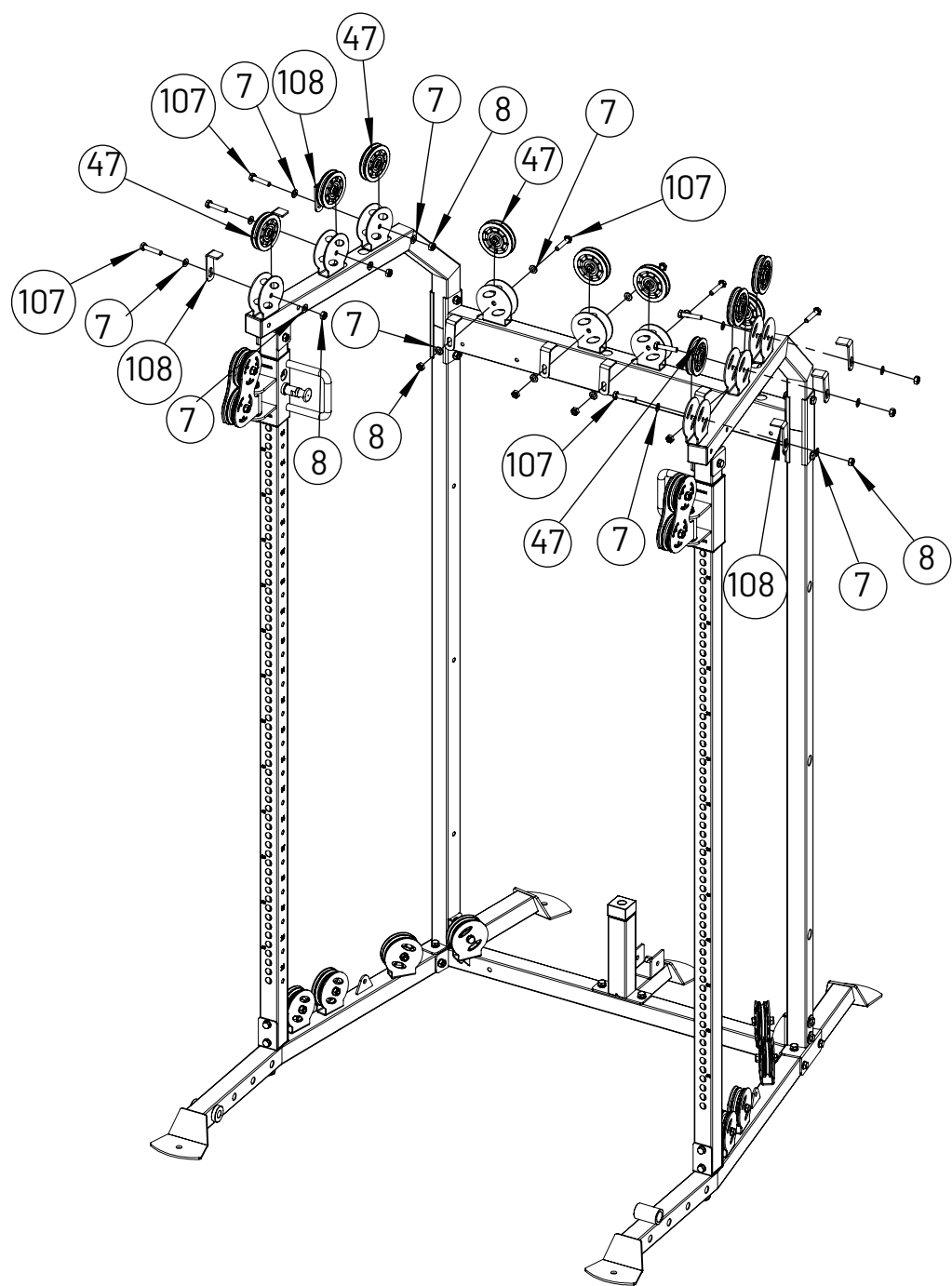
3

Insert Upper Frame - Left (#12) and Upper Frame - Right (#13) onto frame and fix to Rear Upper Frame (#18) and Fixing Plate (#19) using 1 x Hexagon Bolt (M10*70mmX#6}, 2 x Flat Washer(MIDX#7} and 1 x Lock Nut (MIDX#B} per hole.

4

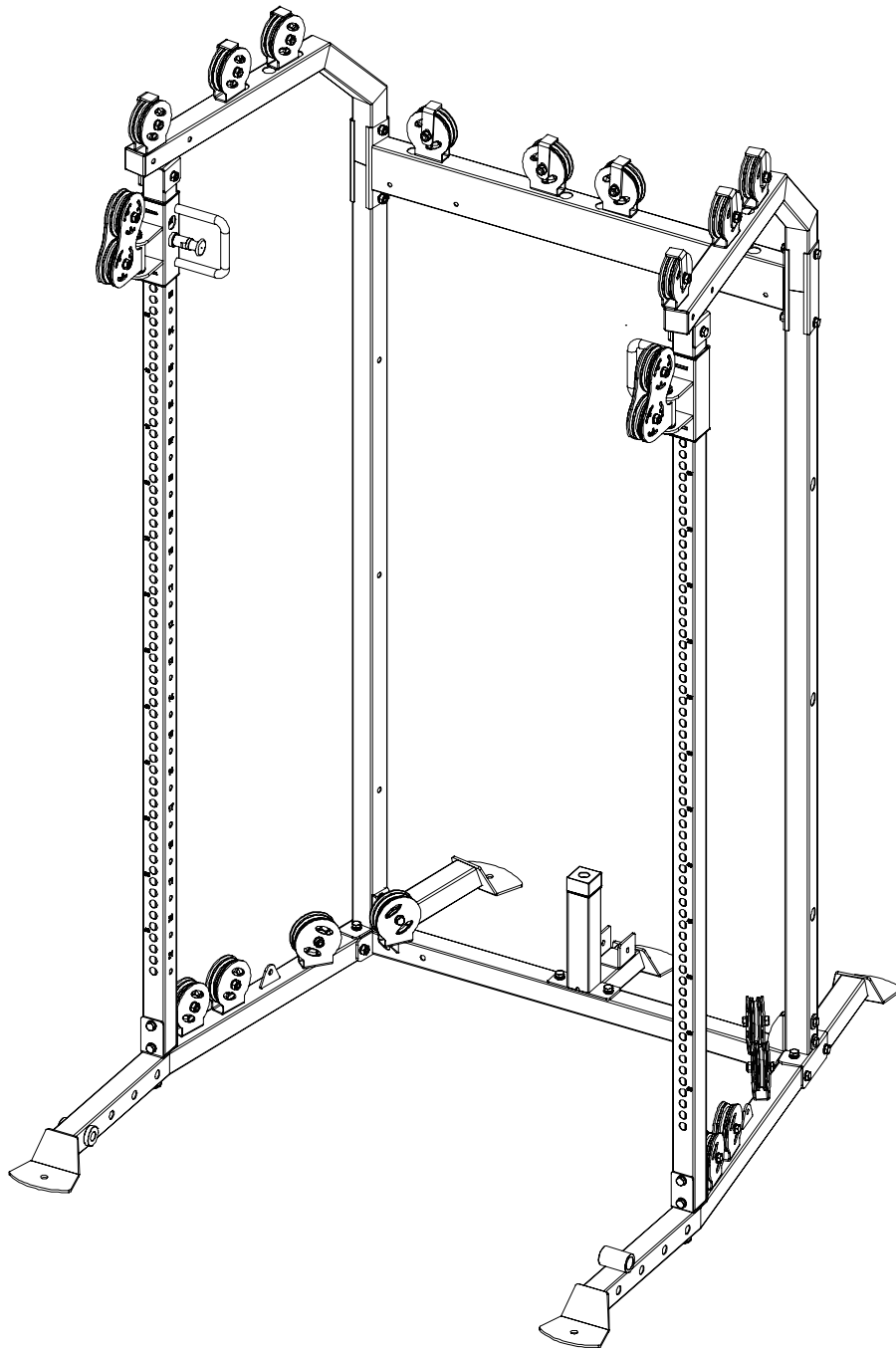
Fix Upper Frame - Left (#12) to Front Guide Tube - Left (#17) and Upper Frame - Right (#13) to Front Guide Tube - Right (#14) using 1 x Hexagon Bolt (M10*70mmX#6}, 2 x Flat Washer (MIDX#7} and 1 x Lock Nut (MIDX#B} per hole

STEP 4 - PARTS & HARDWARE



Key No.	Description	Note	Quantity
7	Flat Washer	φ10	20
8	Lock Nut	M10	10
47	Pulley	φ92	10
107	Hexagon Bolt	M10*50	10
108	Plastic Pulley Stopper		10

STEP 4 - ASSEMBLY INSTRUCTIONS

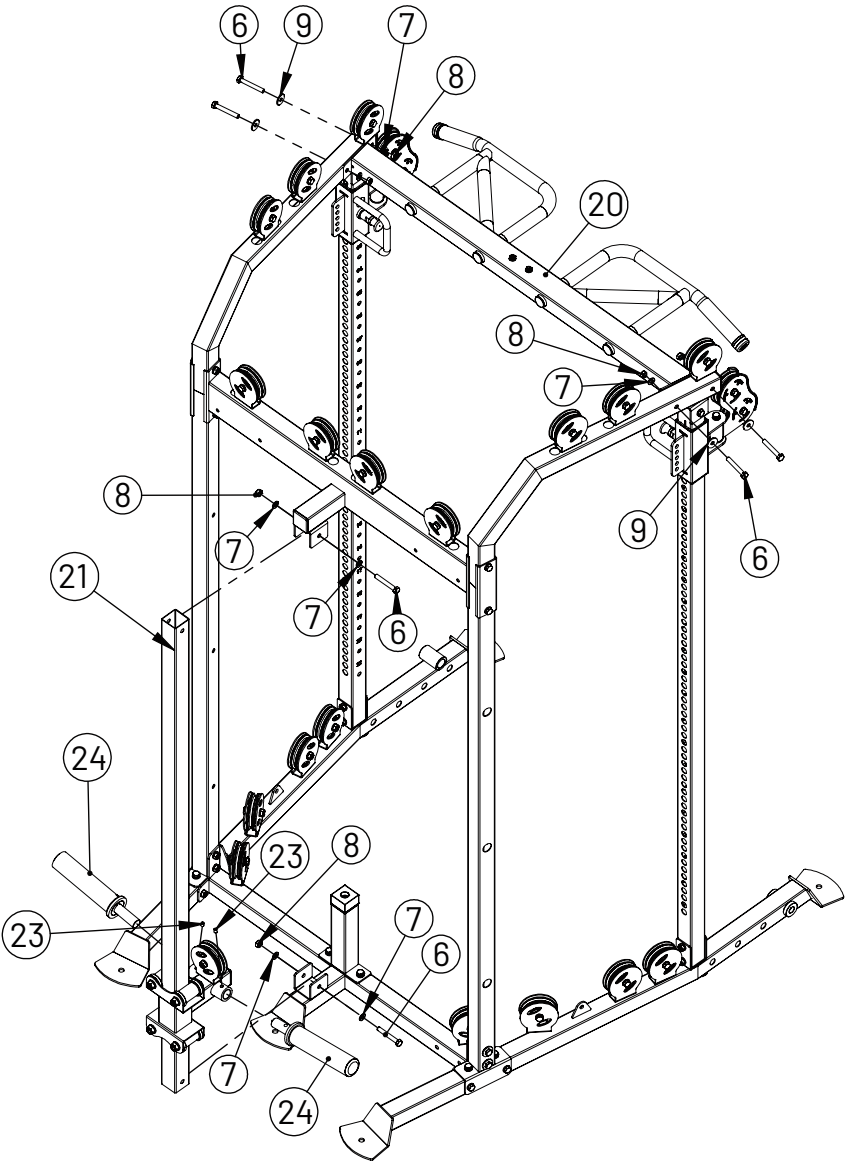


1

Use the M10*50 Hexagon Bolt(107), Flat Washer(7), Lock Nut(8), Assemble the Pulley(47), Plastic Pulley Stopper(108) on the frame

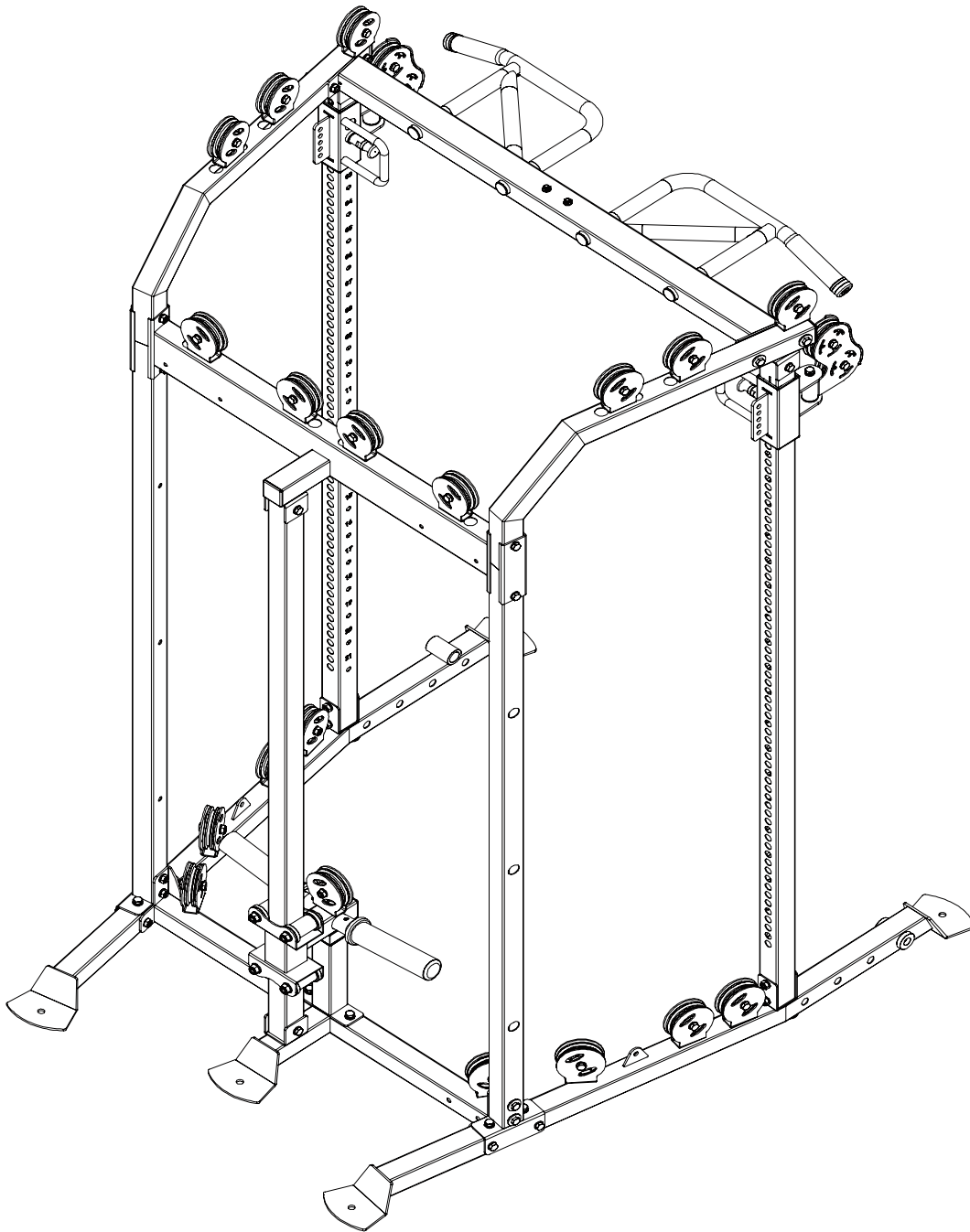
Attention: HAND TIGHTEN ONLY

STEP 5 - PARTS & HARDWARE



Key No.	Description	Note	Quantity
6	Hexagon Bolt	M10*70	6
7	Flat Washer	φ10	8
8	Lock Nut	M10	6
9	Big Flat Washer	φ30*φ10*3	4
20	Chin Up Frame		1
21	Weight Plate Carriage Guide Tube		1
22	Weight Plate Carriage		1
23	Headless Hexagon Socket Bolt	M8*10	2
24	Weight Plate Sleeve		2

STEP 5 - ASSEMBLY INSTRUCTIONS



1

Put Weight Plate Carriage (#22) on Weight Plate Carriage Guide Tube (#21) ensuring the pulley side is facing the inside of the machine and attach to the frame using 1 x Hexagon Bolt (M10*70mmX#6}, 2 x Flat Washer(MIDX#7) and 1 x Lock Nut (MIDX#B) per hole.

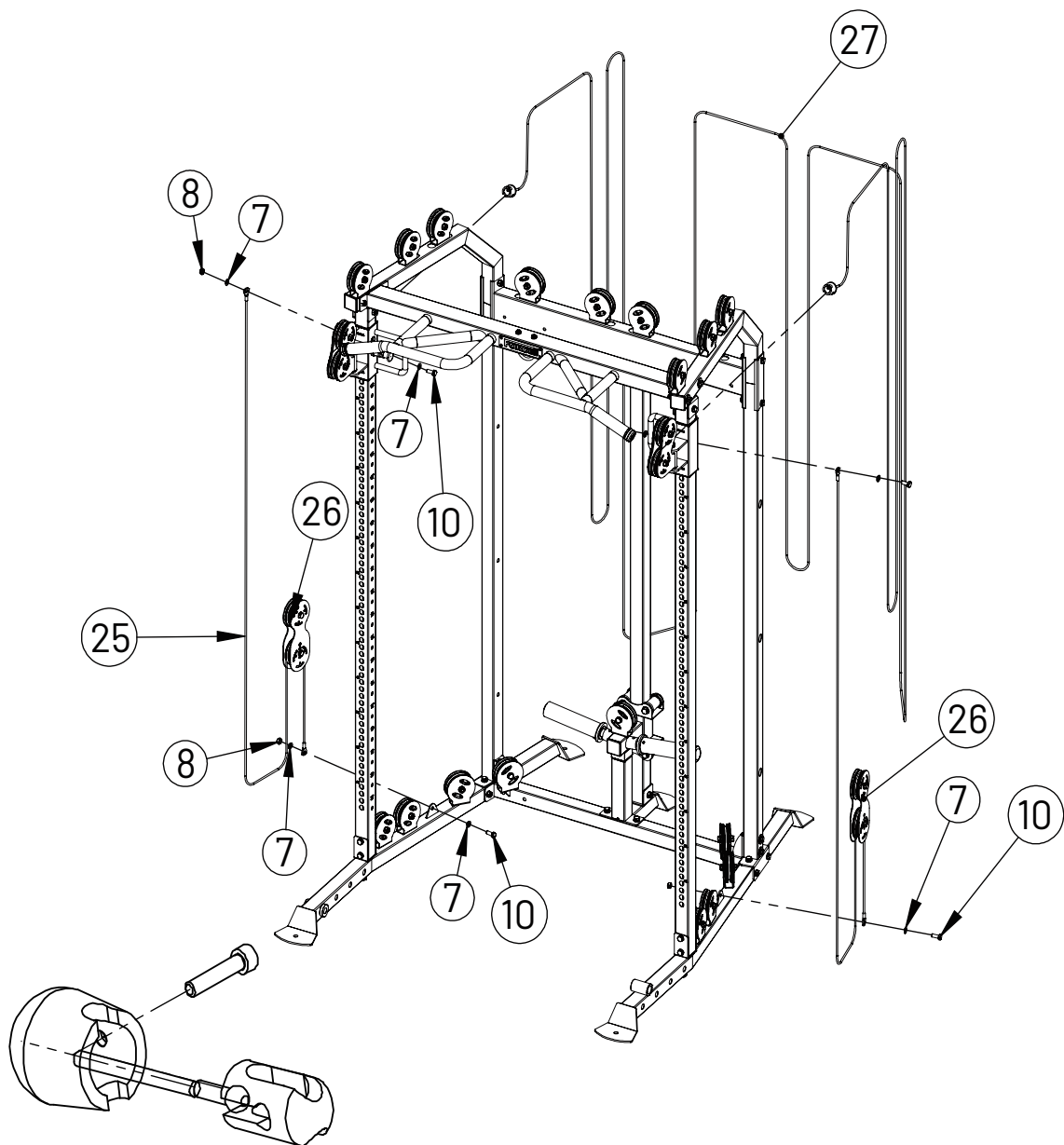
2

Attach the Chin Up Frame (#20) to the main frame using 1 x Hexagon Bolt (M10*70mm) (#6), 1 x Flat Washer (MIOX#7}, 1 x Lock Nut (MIOX#B) and 1 x Big Flat Washer(#9) (ensuring 9 is on the outside)

3

Attach the Weight Plate Sleeves (#24) to the Weight Plate Carriage (#22) using 1 x Headless Hexagon Socket Bolt (M8*10mmX#23) per side

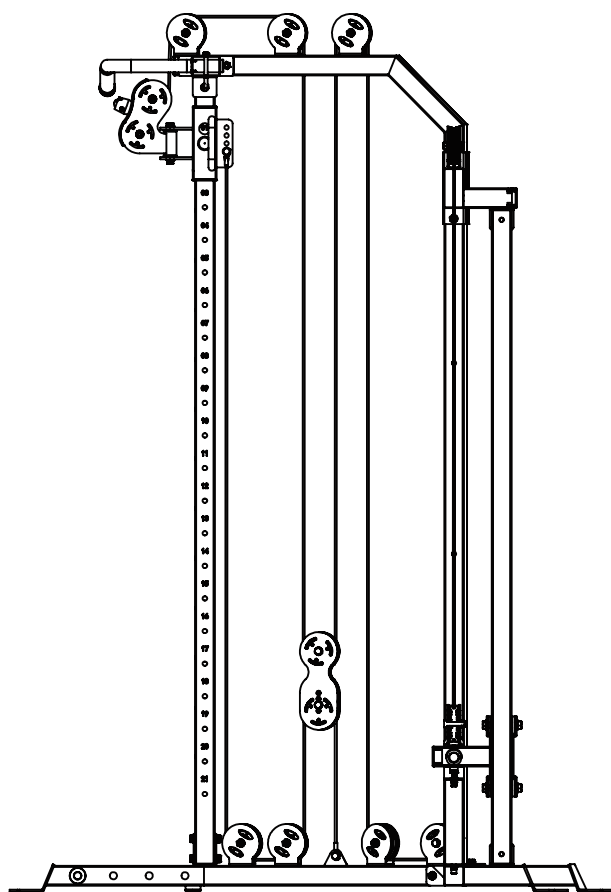
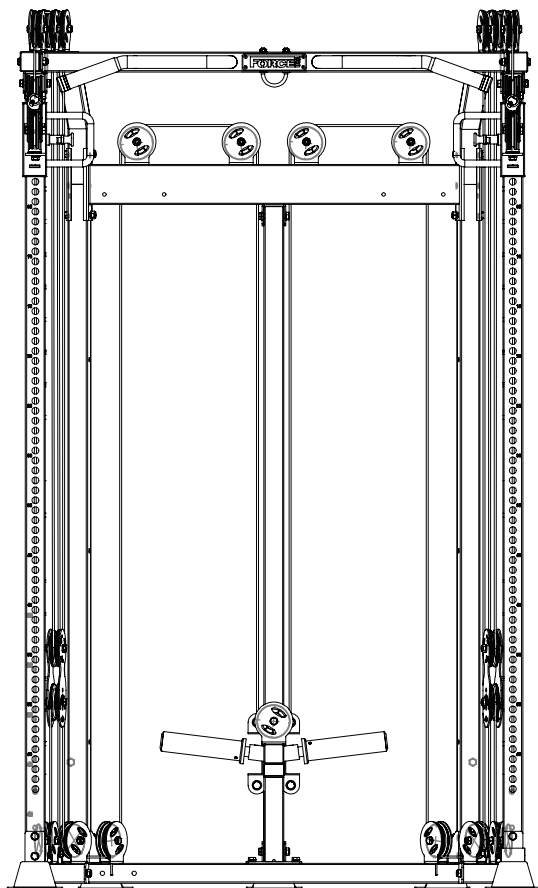
STEP 6 - PARTS & HARDWARE



CABLE BALL HEAD ASSEMBLY DRAWING

Key No.	Description	Note	Quantity
7	Flat Washer	φ10	8
8	Lock Nut	M10	4
10	Hexagon Bolt	M10*25	4
25	Short Cable	2520mm	2
26	Pulley Frame		2
27	Long Cable	20650mm	1

STEP 6 - ASSEMBLY INSTRUCTIONS



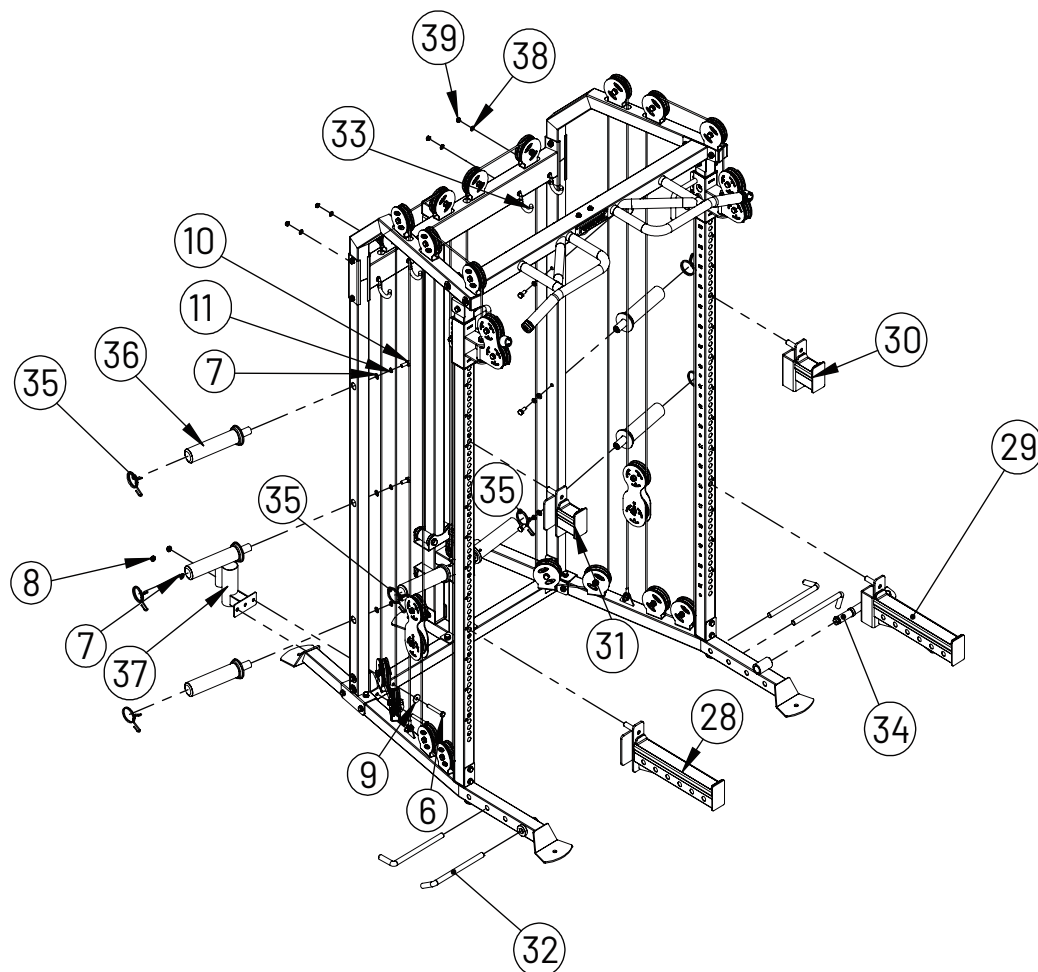
1

Remove each end of the pull Cable (#27) and feed through the machine as shown ensuring not to twist the cable. Re-attach the ends.

2

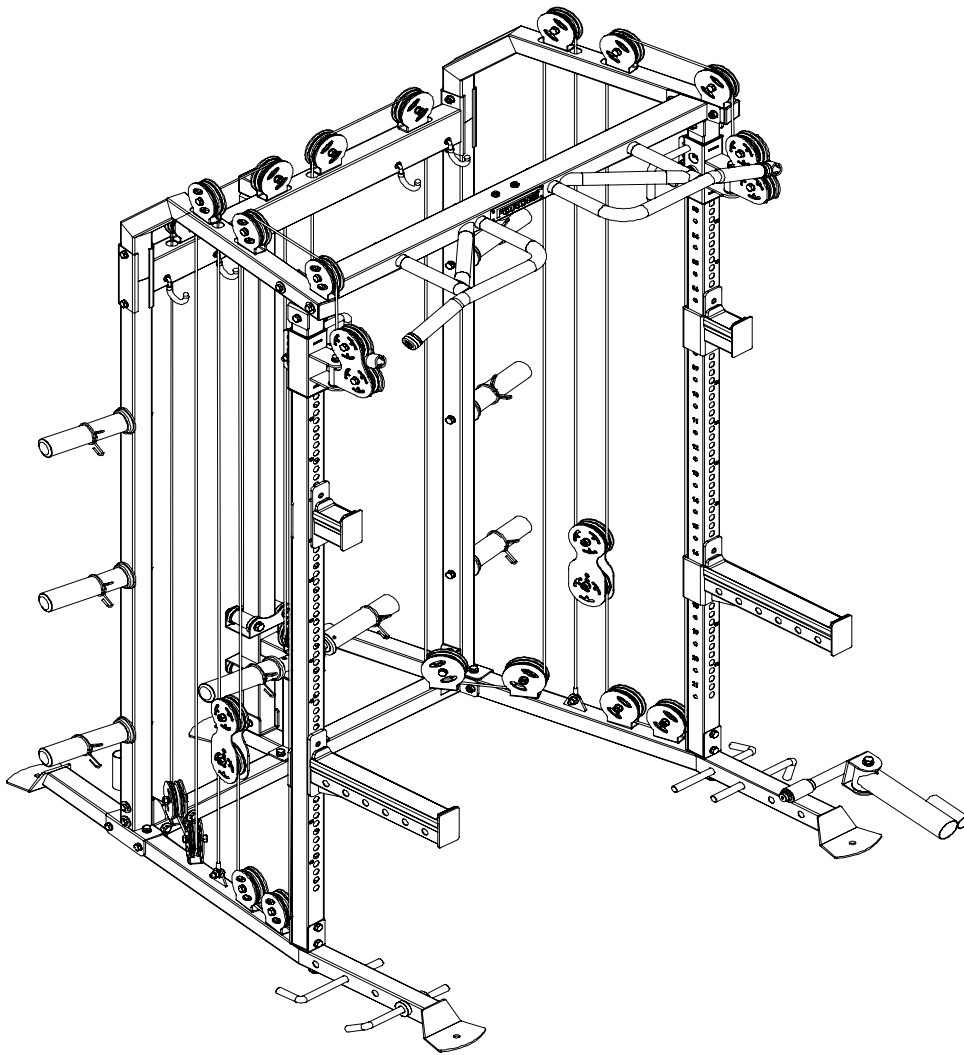
Insert the passive Cable (#25) as shown ensuring not to twist the cable and attach each end using 2 x Flat Washer (M10X#7), 1 x Lock Nut (M10X#8) and 1 x Hexagon Bolt (M10*25mm0X#10) per hole.

STEP 7 - PARTS & HARDWARE



Key No.	Description	Note	Quantity
6	Hexagon Bolt	M10*70	2
7	Flat Washer	φ10	8
8	Lock Nut	M10	2
9	Big Flat Washer	φ30*φ10*3	2
10	Hexagon Bolt	M10*25	6
11	Spring Washer	φ10	6
28	Front Safety - Left		1
29	Front Safety - Right		1
30	J Hook - Right		1
31	J Hook - Left		1
32	Band Peg		4
33	Accessory Hook		4
34	Core Trainer		1
35	Olympic Spring Collar		8
36	Olympic Weight Plate Holder		6
37	Barbell Storage Holder		1
38	Flat Washer	φ8	4
39	Lock Nut	M8	4

STEP 7 - ASSEMBLY INSTRUCTIONS



1

Attach 6 x Olympic Weight Plate Holder (#36) to the frame using 1 x Flat Washer (M10X#7), 1 x Hexagon Bolt (M10*25mmX#10) and 1 x Spring Washer (M10X#11) per hole and then attach each Olympic Spring Collar (#35).

2

Attach Barbell Storage Holder (#37) to the frame using 1 x Hexagon Bolt (M10*70mmX#6), 1 x Flat Washer (M10X#7), 1 x Lock Nut (M10X#8) and 1 x Big Flat Washer (#9) ensuring 9 is on the inside of the machine).

3

Attach 4 x Accessory Hook (#33) to frame using 1 x Flat Washer (M8X#38) and 1 x Lock Nut (M8X#39) per hook.

4

Attach Right and Left Front Safeties (#29 and #28), Left and Right J Hooks (#31 and #30) and 4 x Band Peg (#32) at the desired location

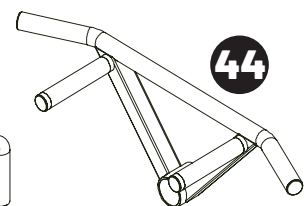
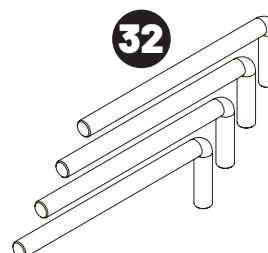
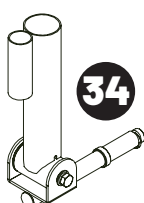
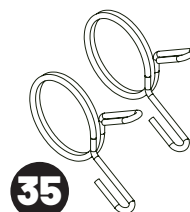
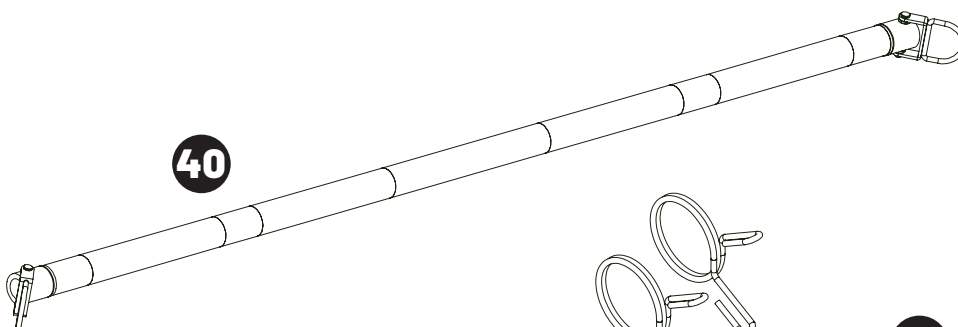
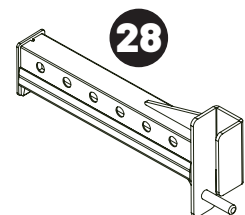
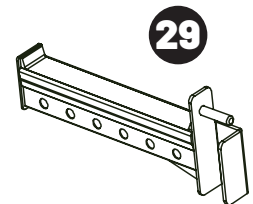
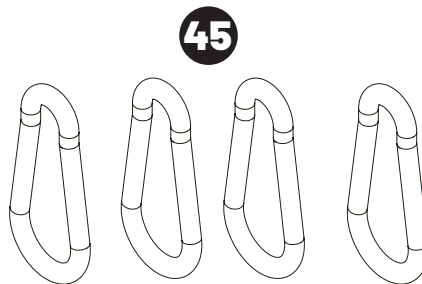
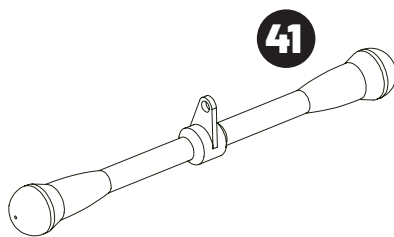
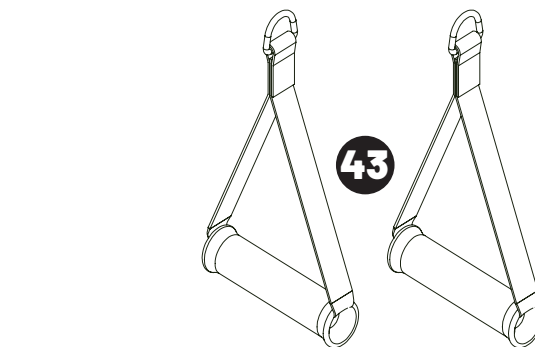
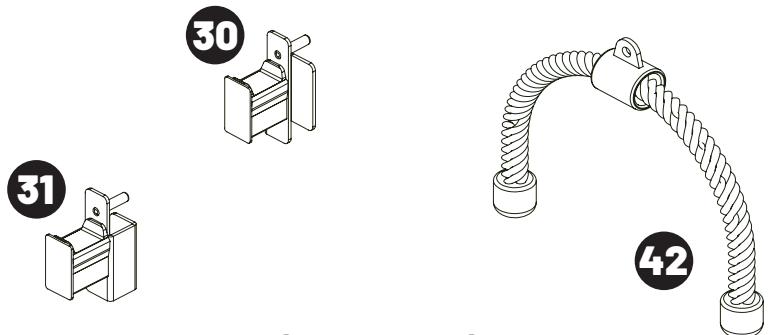
5

Attach Core Trainer (#34)

ATTACHMENTS & ACCESSORIES

Illustrations may appear different than actual attachments

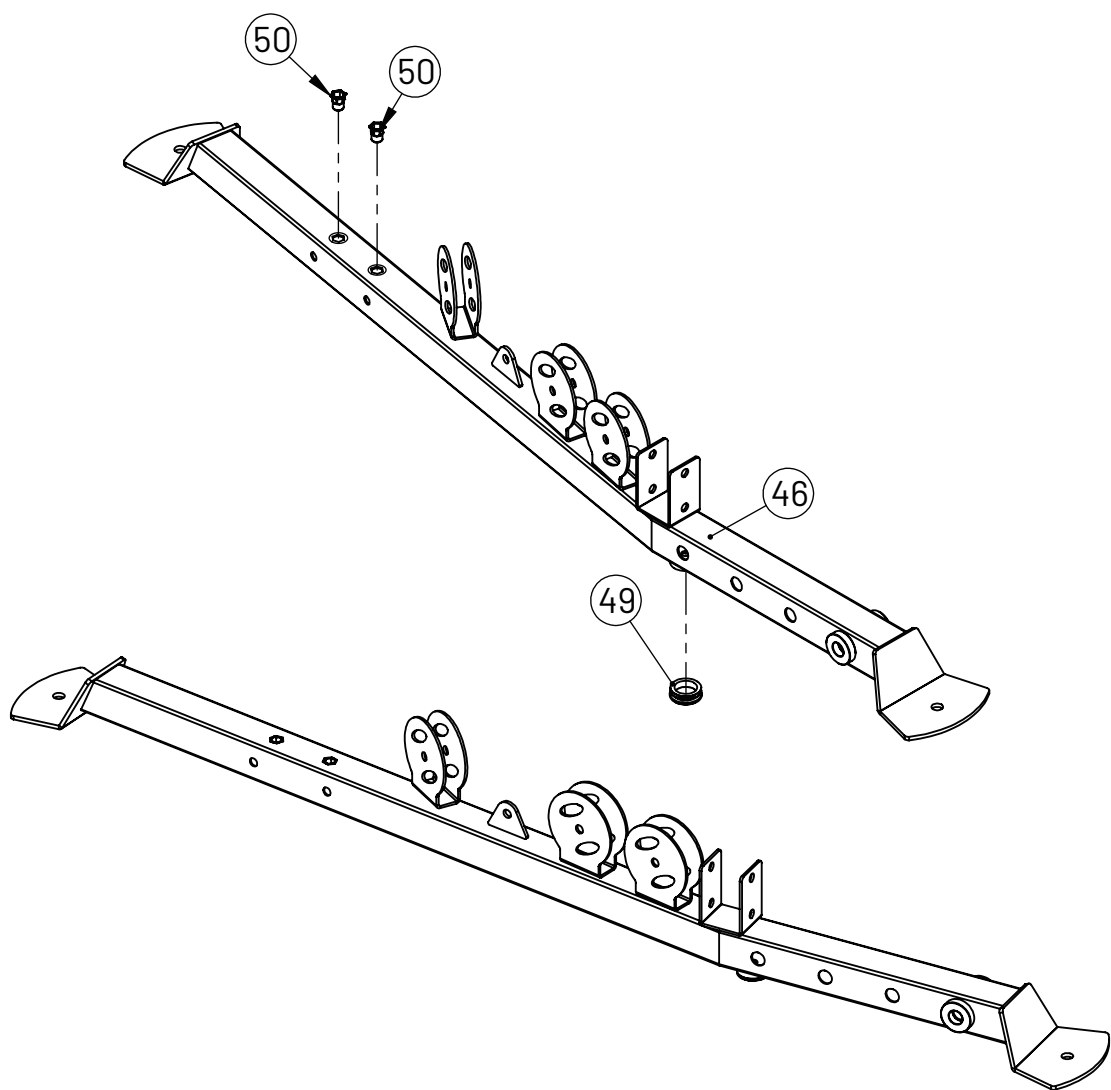
- 28. FRONT SAFETY - LEFT
- 29. FRONT SAFETY - RIGHT
- 30. J-HOOK - RIGHT
- 31. J-HOOK - LEFT
- 32. BAND PEG
- 34. CORE TRAINER
- 35. OLYMPIC SPRING COLLAR
- 40. CONNECTION BAR - STRAIGHT
- 41. SHORT STRAIGHT BAR
- 42. TRICEP ROPE
- 43. SINGLE STIRRUP - NYLON
- 44. CORE TRAINER HANDLE
- 45. CARABINER



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.

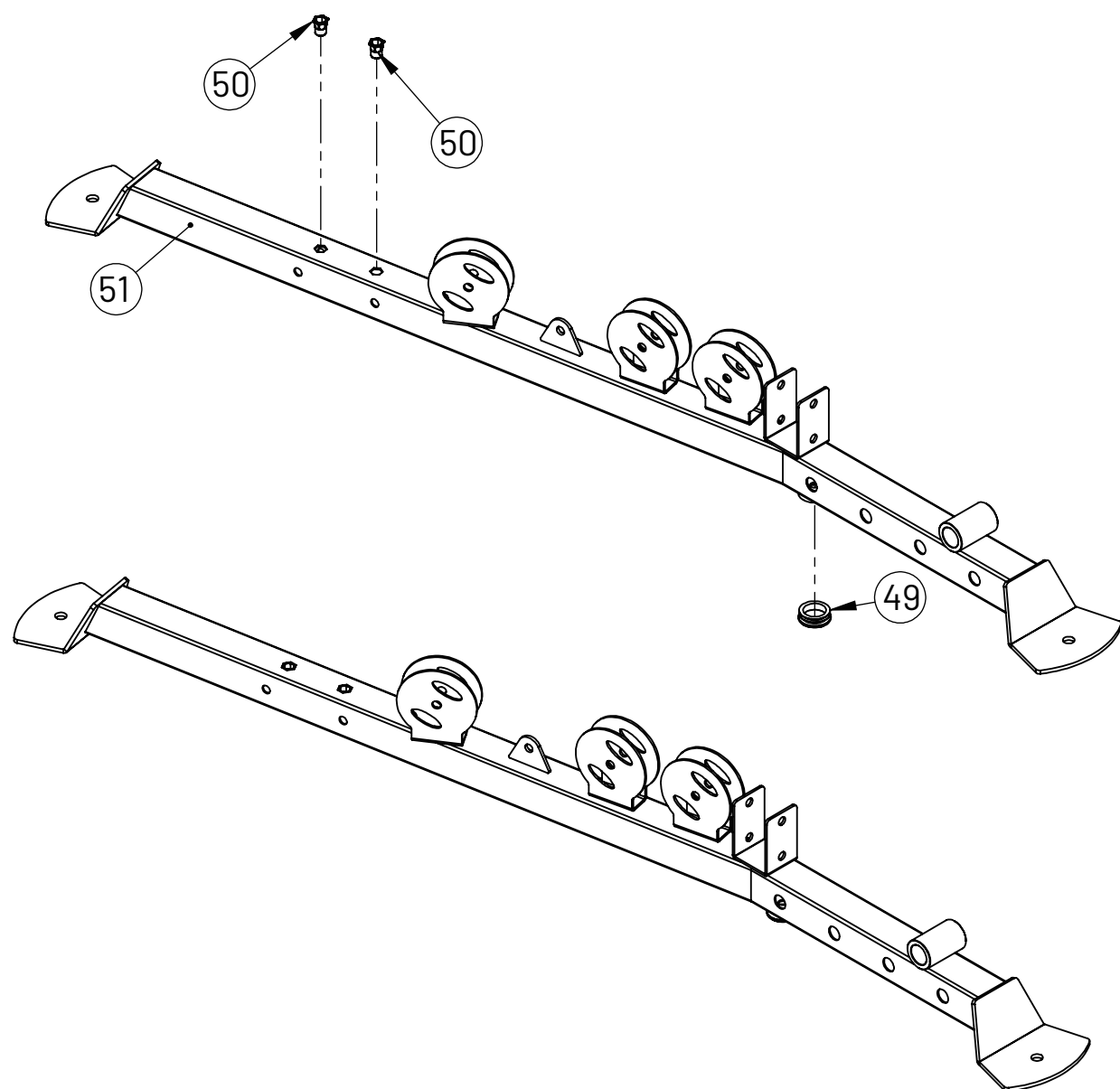
PART #3 LOWER FRAME - LEFT



Key No.	Description	Note	Quantity
46	Lower Frame Tube - Left		1
49	Round Tube End Cap		1
50	Countersunk Hexagon Rivet Nut	M10	2

EXPLODED DIAGRAMS

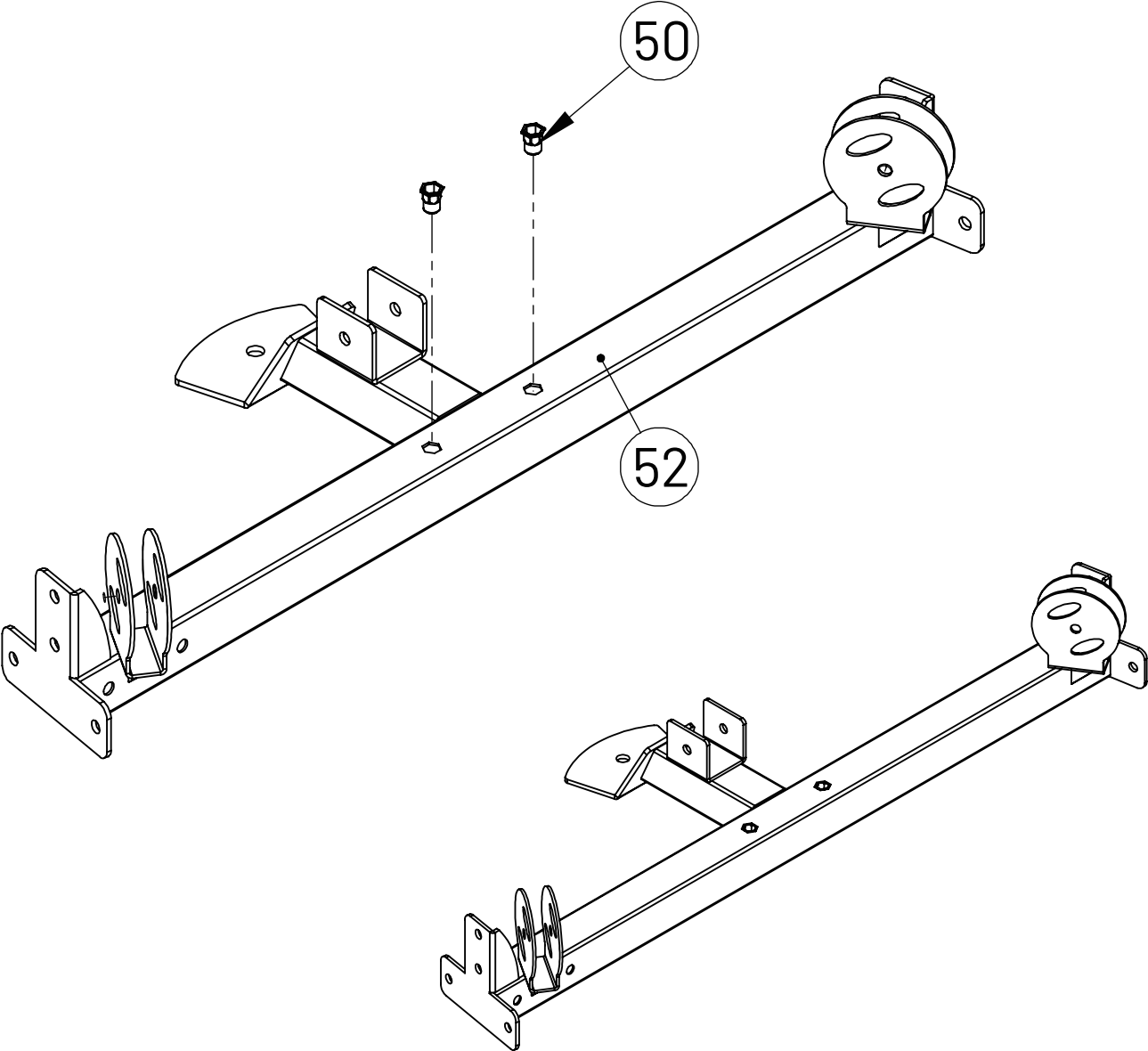
PART #1 LOWER FRAME - RIGHT



Key No.	Description	Note	Quantity
49	Round Tube End Cap	φ38*1.5	1
50	Countersunk Hexagon Rivet Nut	M10	2
51	Lower Frame Tube - Right		1

EXPLODED DIAGRAMS

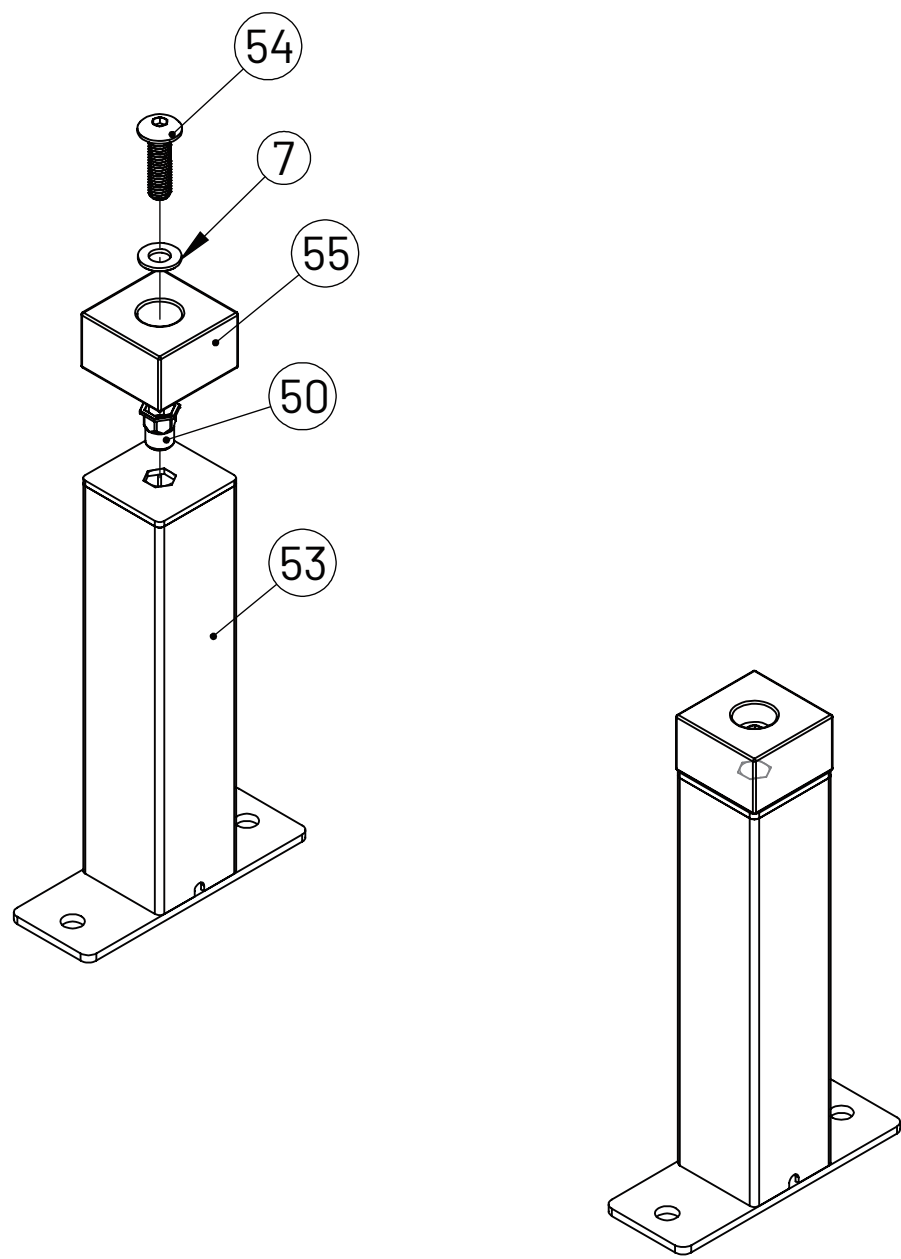
PART #4 REAR BASE FRAME



Key No.	Description	Note	Quantity
50	Countersunk Hexagon Rivet Nut	M10	2
52	Lower Frame Tube - Right		1

EXPLODED DIAGRAMS

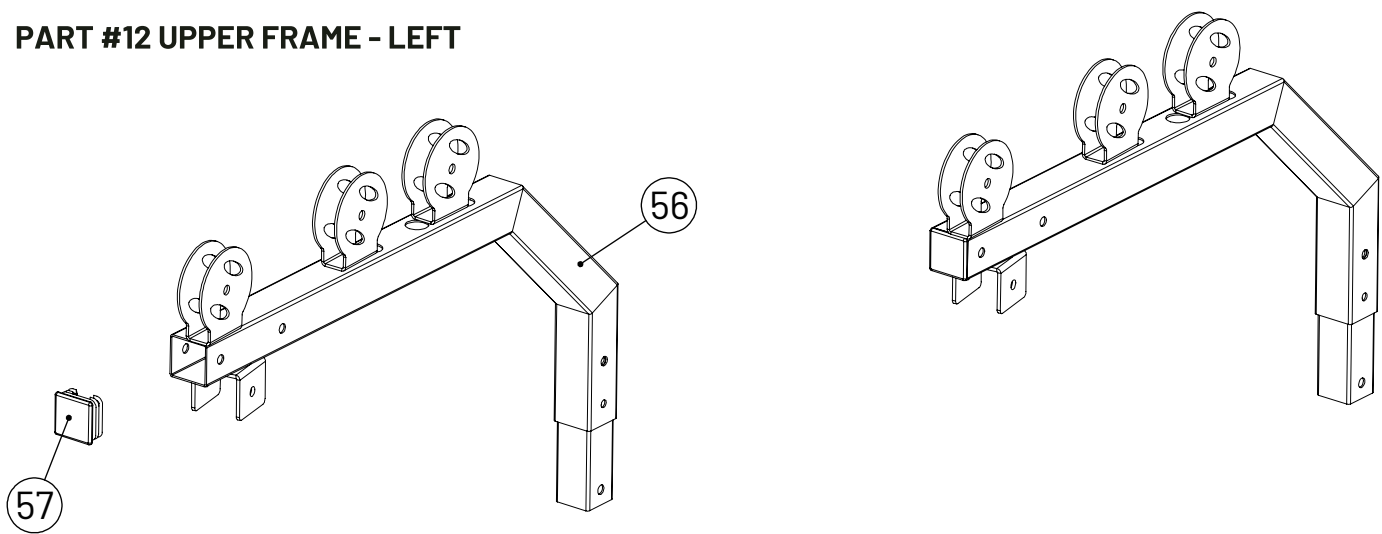
PART #5 WEIGHT PLATE CARRIAGE SUPPORT FRAME



Key No.	Description	Note	Quantity
7	Flat Washer	φ10	1
50	Countersunk Hexagon Rivet Nut	M10	1
53	Support Frame Tube		1
54	Hexagon Socket Button Head Screws	M10*35	1
55	Square Bumper	φ50*50*30	1

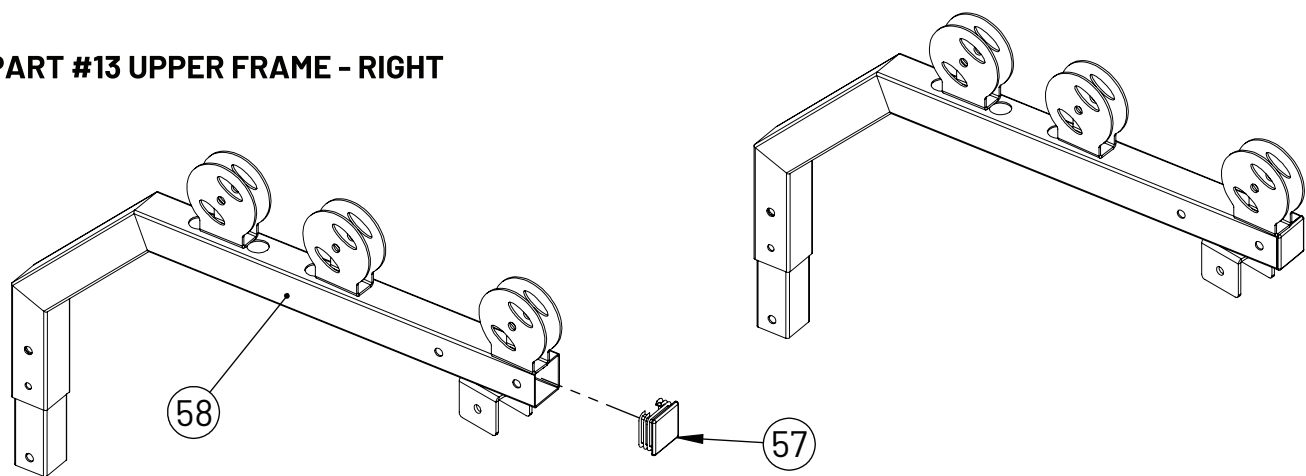
EXPLODED DIAGRAMS

PART #12 UPPER FRAME - LEFT



Key No.	Description	Note	Quantity
56	Upper Frame Tube - Left		1
57	End Cap	φ50*50*2	1

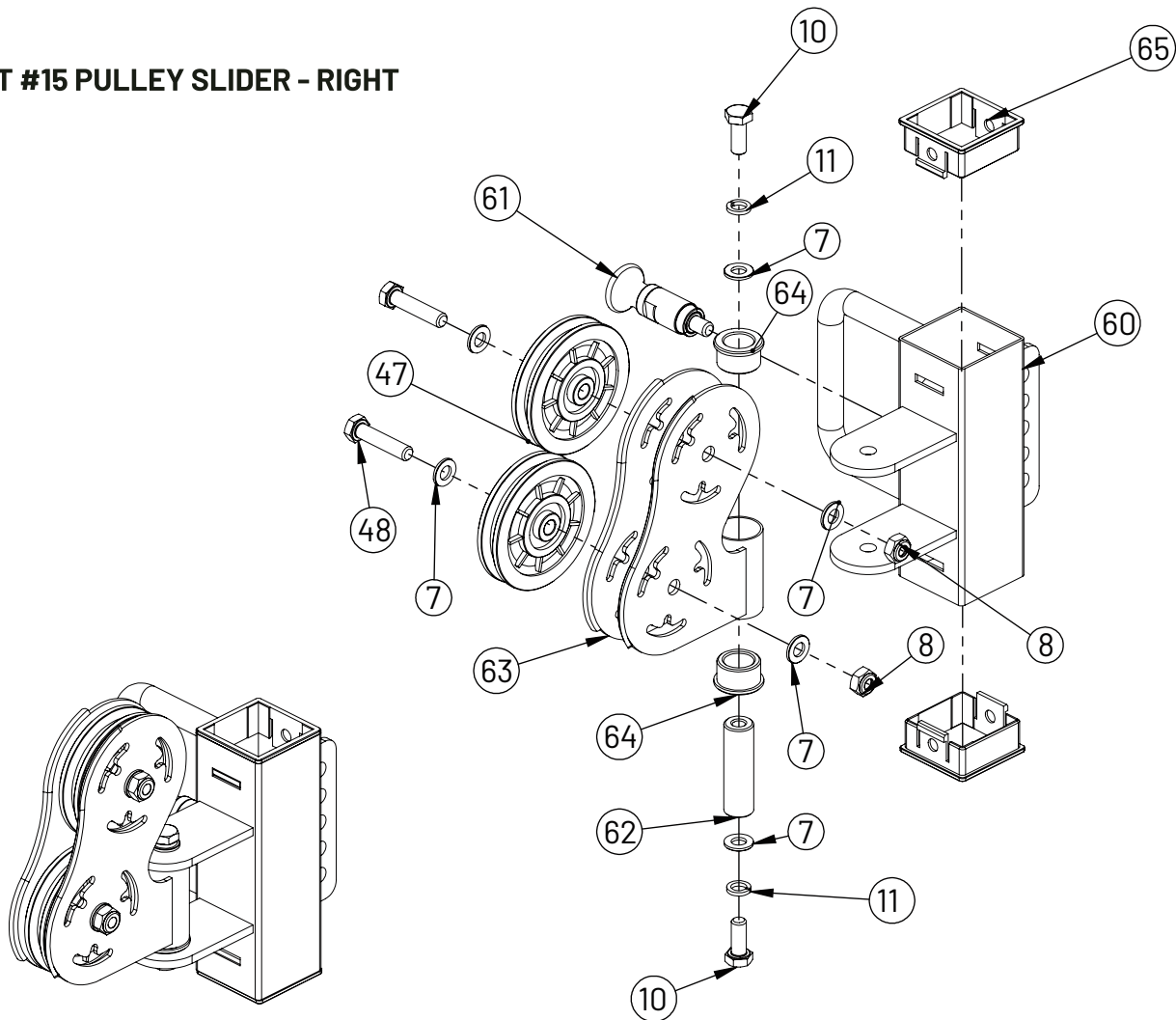
PART #13 UPPER FRAME - RIGHT



Key No.	Description	Note	Quantity
57	Square Rubber Block	φ50*50*2	1
58	Upper Frame Tube - Right		1

EXPLODED DIAGRAMS

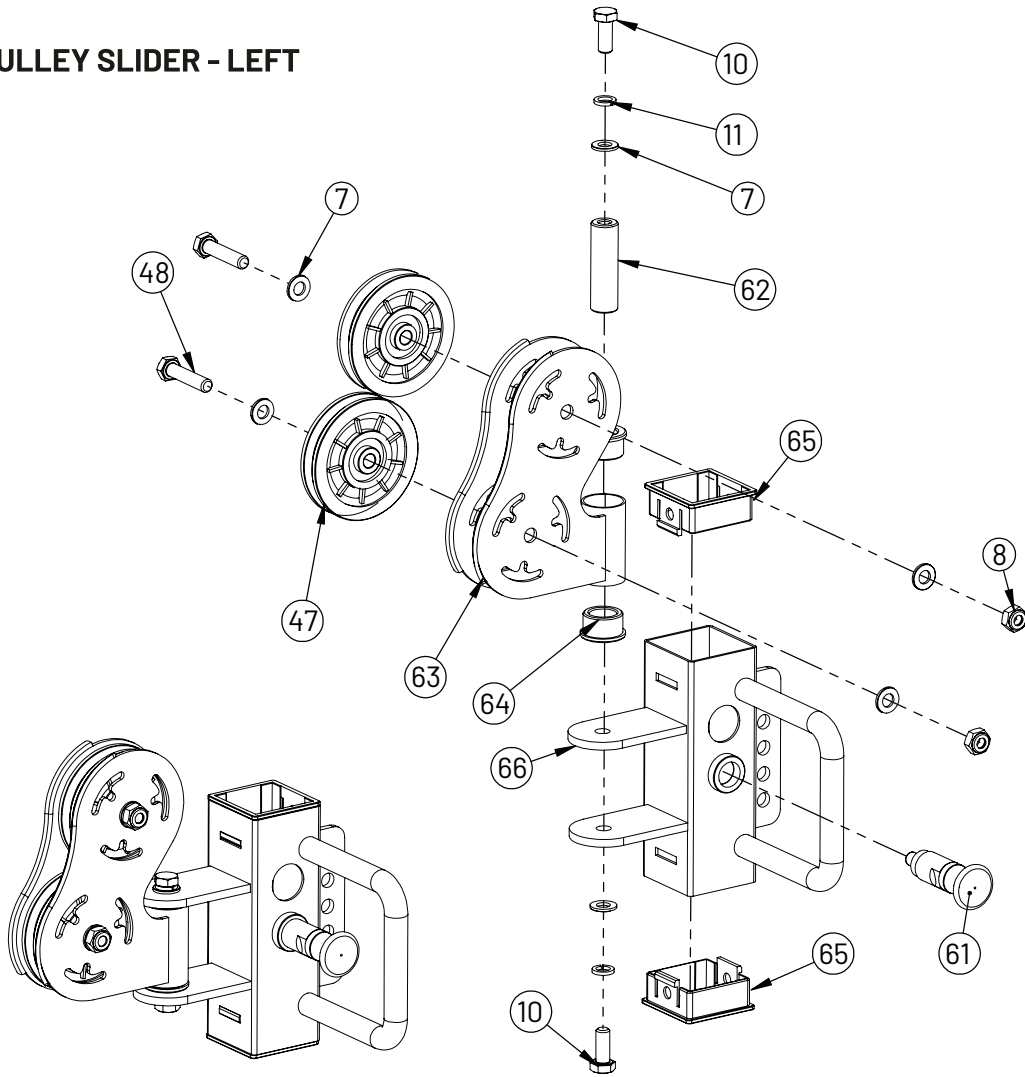
PART #15 PULLEY SLIDER - RIGHT



Key No.	Description	Note	Quantity
7	Flat Washer	φ10	6
8	Lock Nut	M10	2
10	Hexagon Bolt	M10*25	2
11	Spring Washer	φ10	2
47	Pulley	φ92	2
48	Hexagon Bolt	M10*45	2
60	Pulley Slider Handle - Right		1
61	Pop Pin		1
62	Internal Shaft - Pulley Bracket	φ 20*67	1
63	Pulley Bracket	φ 33*φ 29*φ 20*18	1
64	Circular Bushing		2
65	Bushing	50-60	2

EXPLODED DIAGRAMS

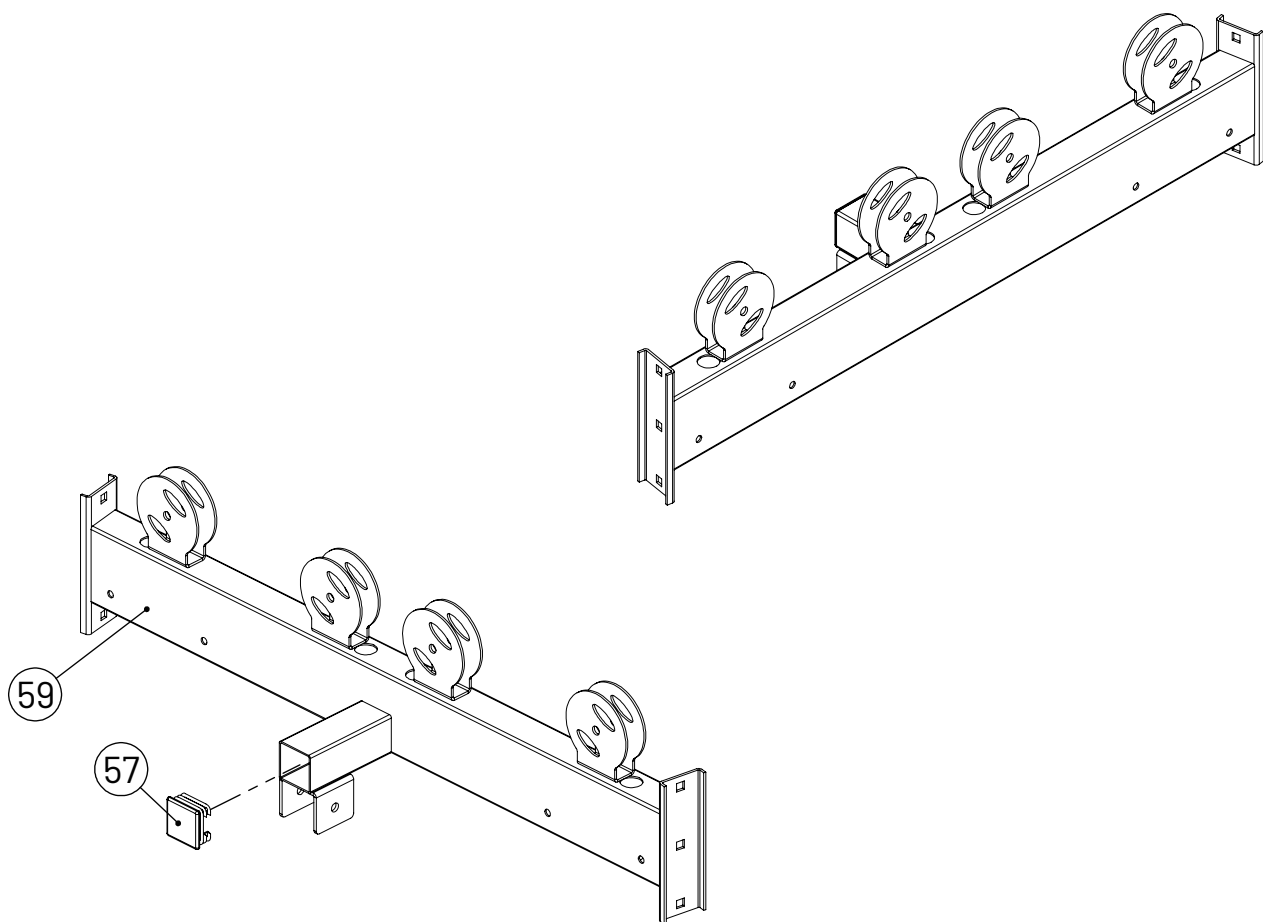
PART #16 PULLEY SLIDER - LEFT



Key No.	Description	Note	Quantity
7	Flat Washer	φ10	6
8	Lock Nut	M10	2
10	Hexagon Bolt	M10*25	2
11	Spring Washer	φ10	2
47	Pulley	φ92	2
48	Hexagon Bolt	M10*45	2
61	Aluminum Pull Pin		1
62	Internal Shaft - Pulley Bracket	φ20*67	1
63	Pulley Bracket		1
64	Circular Bushing	φ33*φ29*φ20*18	2
65	Bushing	50-60	2
66	Pulley Slider Handle - Left		1

EXPLODED DIAGRAMS

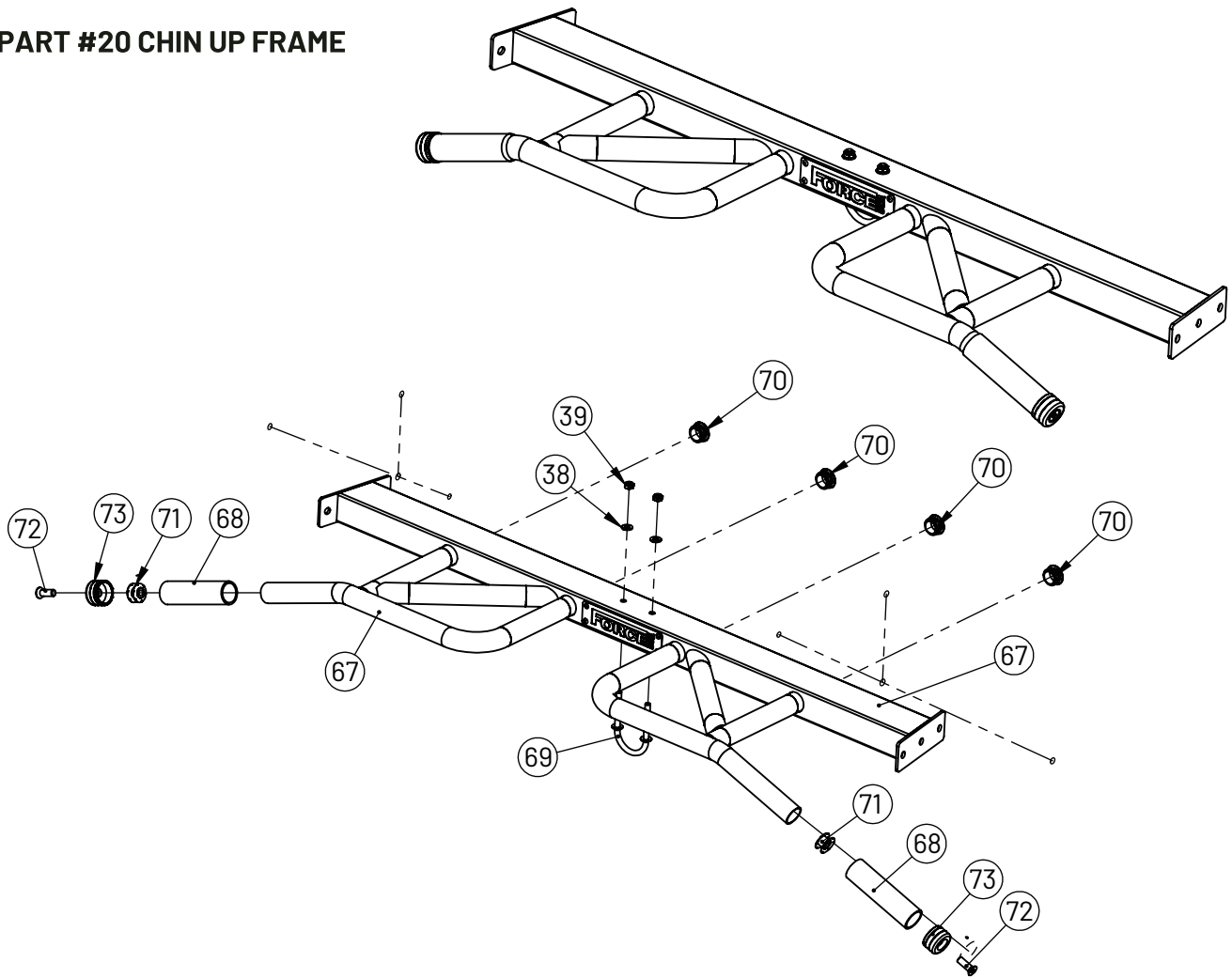
PART #18 REAR UPPER FRAME



Key No.	Description	Note	Quantity
57	End Cap	$\phi 50 \times 50 \times 2$	1
59	Rear Upper Frame Tube		1

EXPLODED DIAGRAMS

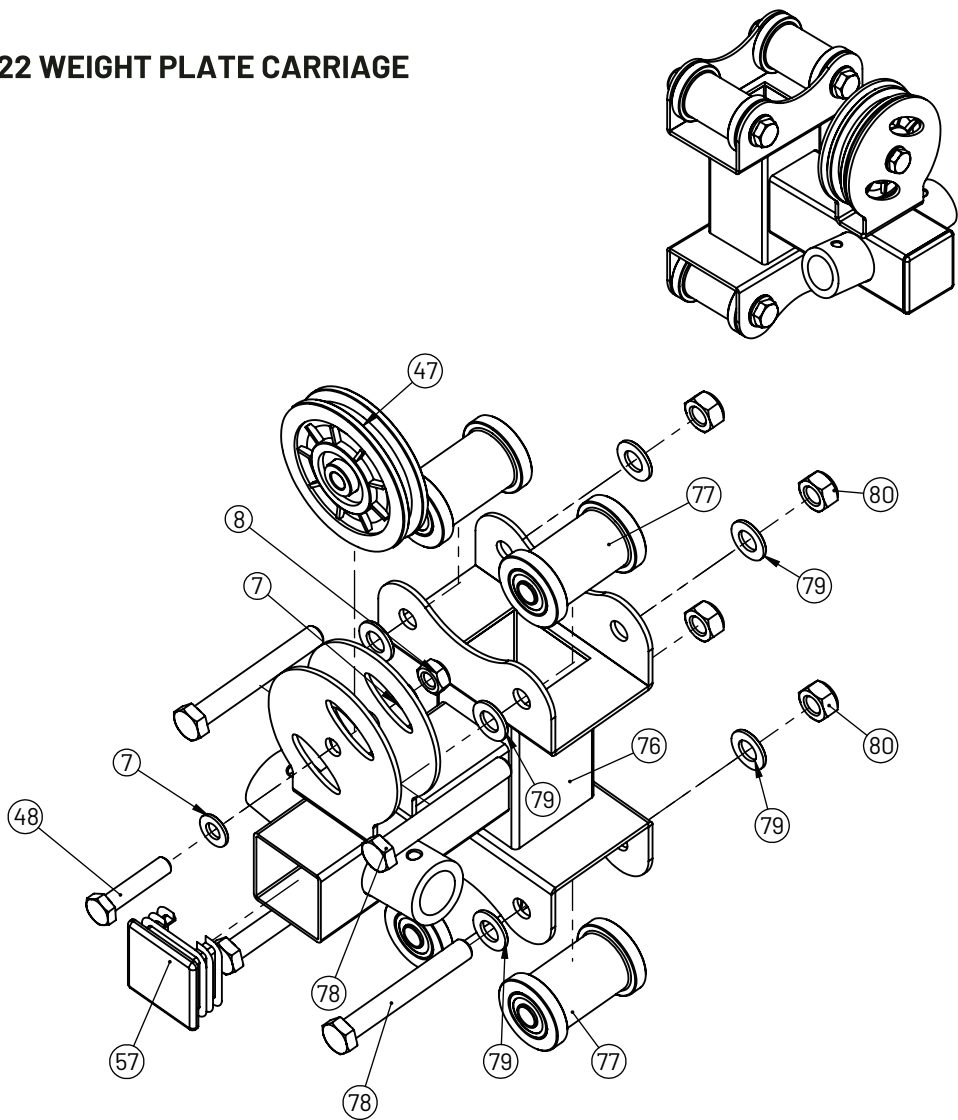
PART #20 CHIN UP FRAME



Key No.	Description	Note	Quantity
38	Flat Washer	$\phi 8$	2
39	Lock Nut	M8	2
67	Chin Up Frame Tube		1
68	Chin Up Grip	$\phi 38 * \phi 32 * 130$	2
69	Resistance Band Hook		7
70	Round End Cap	$\phi 32 * 1.5$	4
71	Internal Threaded Nut		2
72	Cross Recessed Countersunk Head Screw	M10*25	2
73	Chin Up Handle Lock Ring	$\phi 38 * 32 * 32$	2
74	FORCEUSA LOGO Plate		1
75	Flat Round Head Blind Rivet	4*10	4

EXPLODED DIAGRAMS

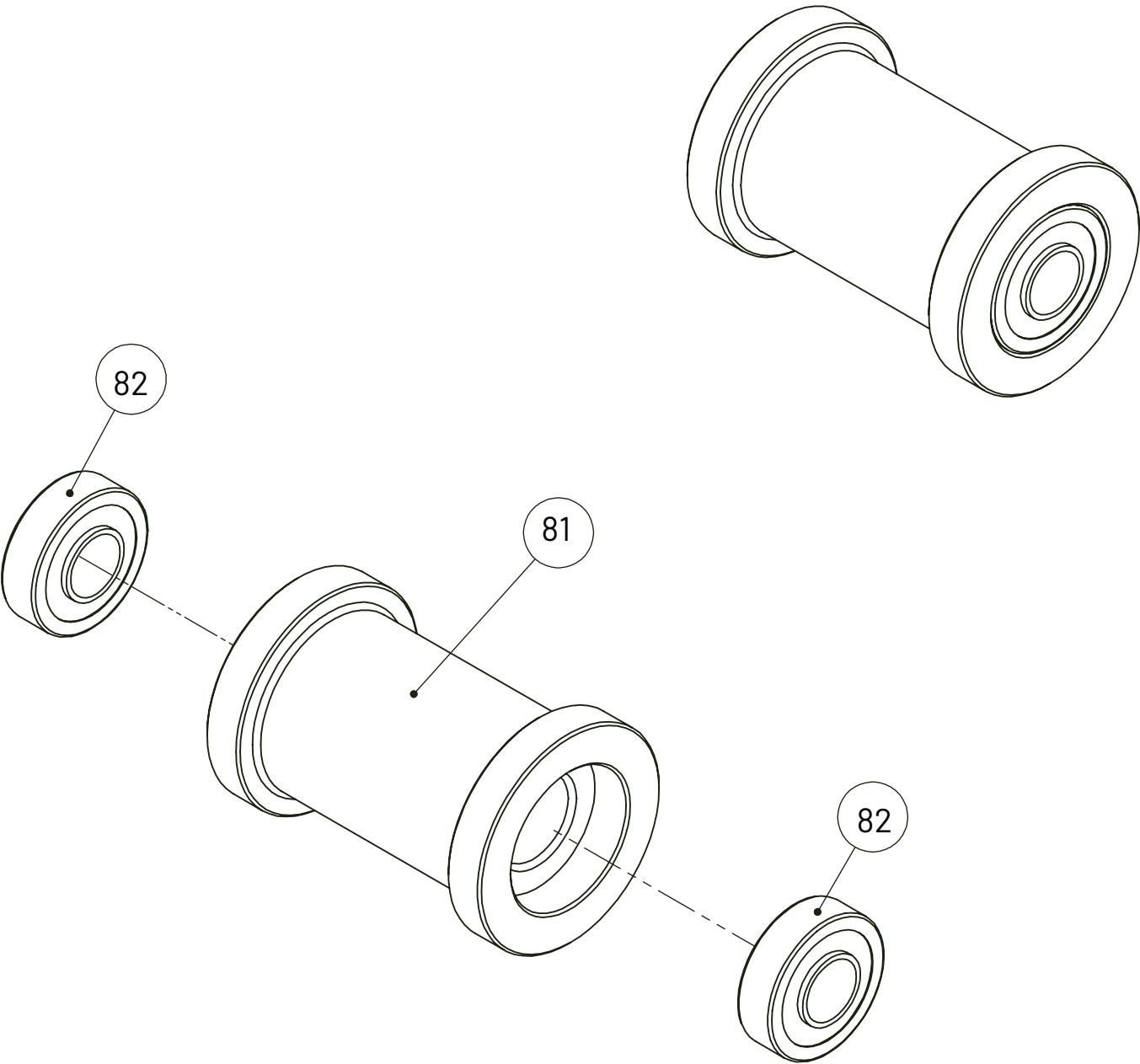
PART #22 WEIGHT PLATE CARRIAGE



Key No.	Description	Note	Quantity
7	Flat Washer	φ10	2
8	Lock Nut	M10	1
47	Pulley	φ92	1
48	Hexagon Bolt	M10*45	1
57	End Cap	φ50*50*2	1
76	Weight Carriage Frame Tube		1
77	Roller		4
78	Hexagon Bolt	M12*90	4
79	Flat Washer	φ12	8
80	Lock Nut	M12	4

EXPLODED DIAGRAMS

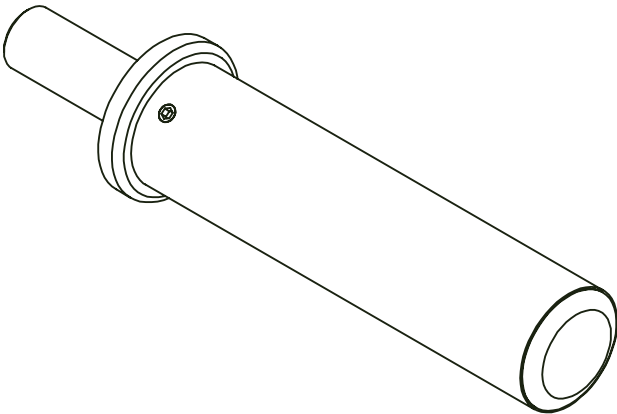
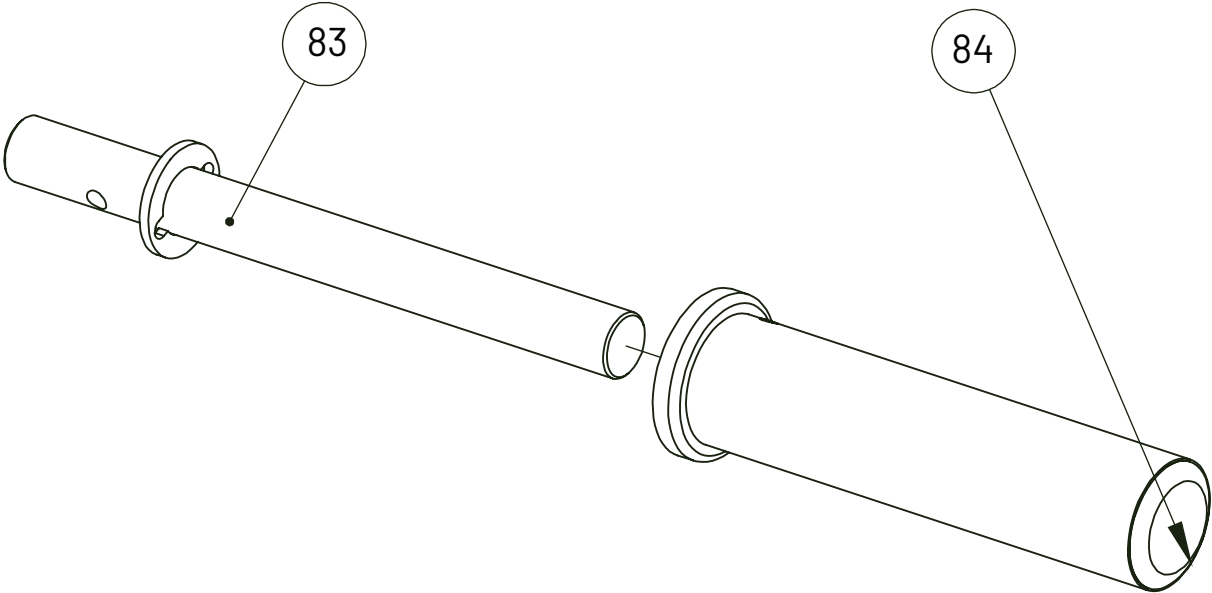
PART #77 ROLLER



Key No.	Description	Note	Quantity
81	Roller Wheel	φ44*66.5	1
82	Bearing - 6001		2

EXPLODED DIAGRAMS

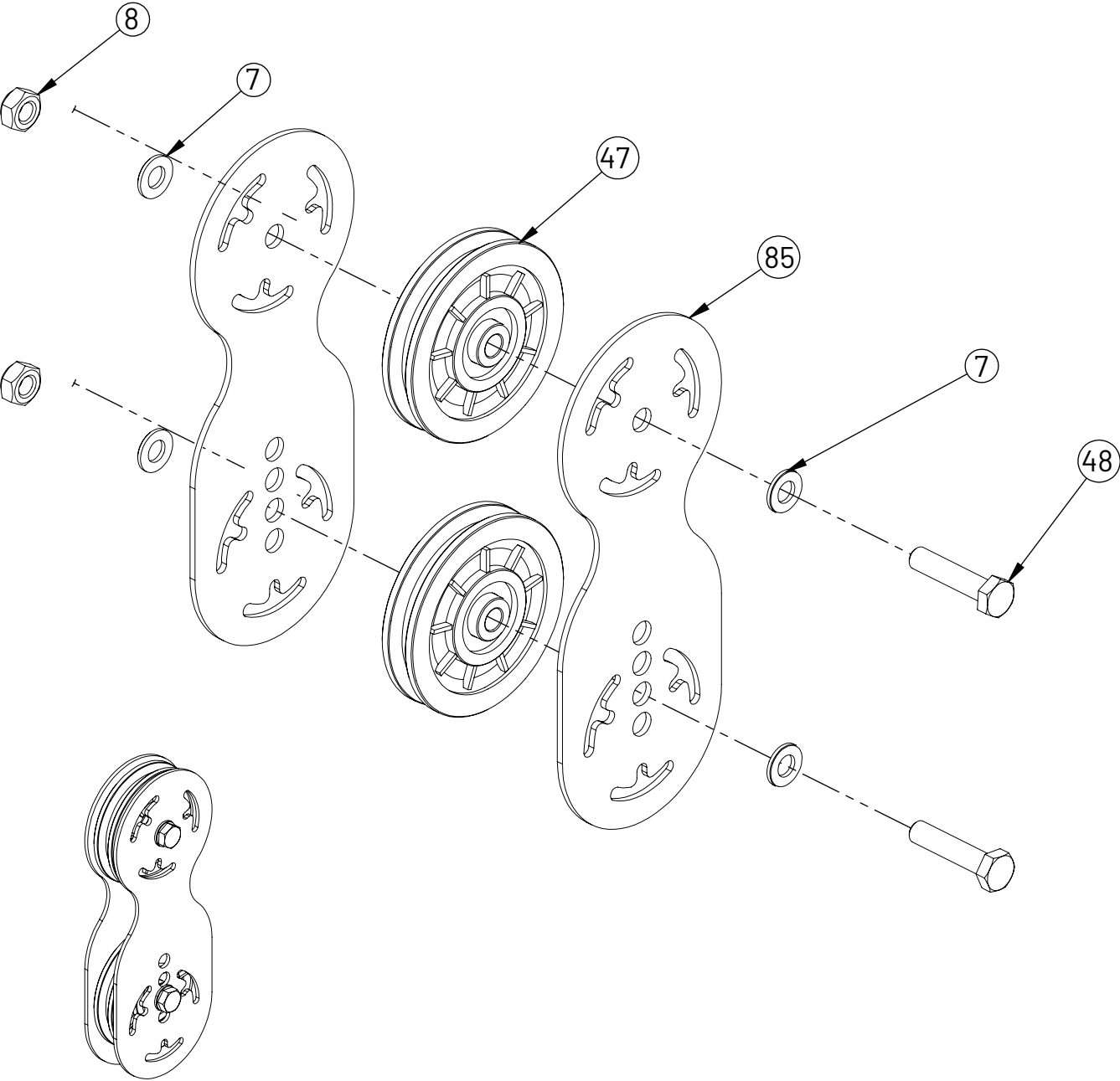
PART #24 WEIGHT PLATE SLEEVE



Key No.	Description	Note	Quantity
83	Mounting Arm		1
84	Olympic Sleeve - 210mm		1

EXPLODED DIAGRAMS

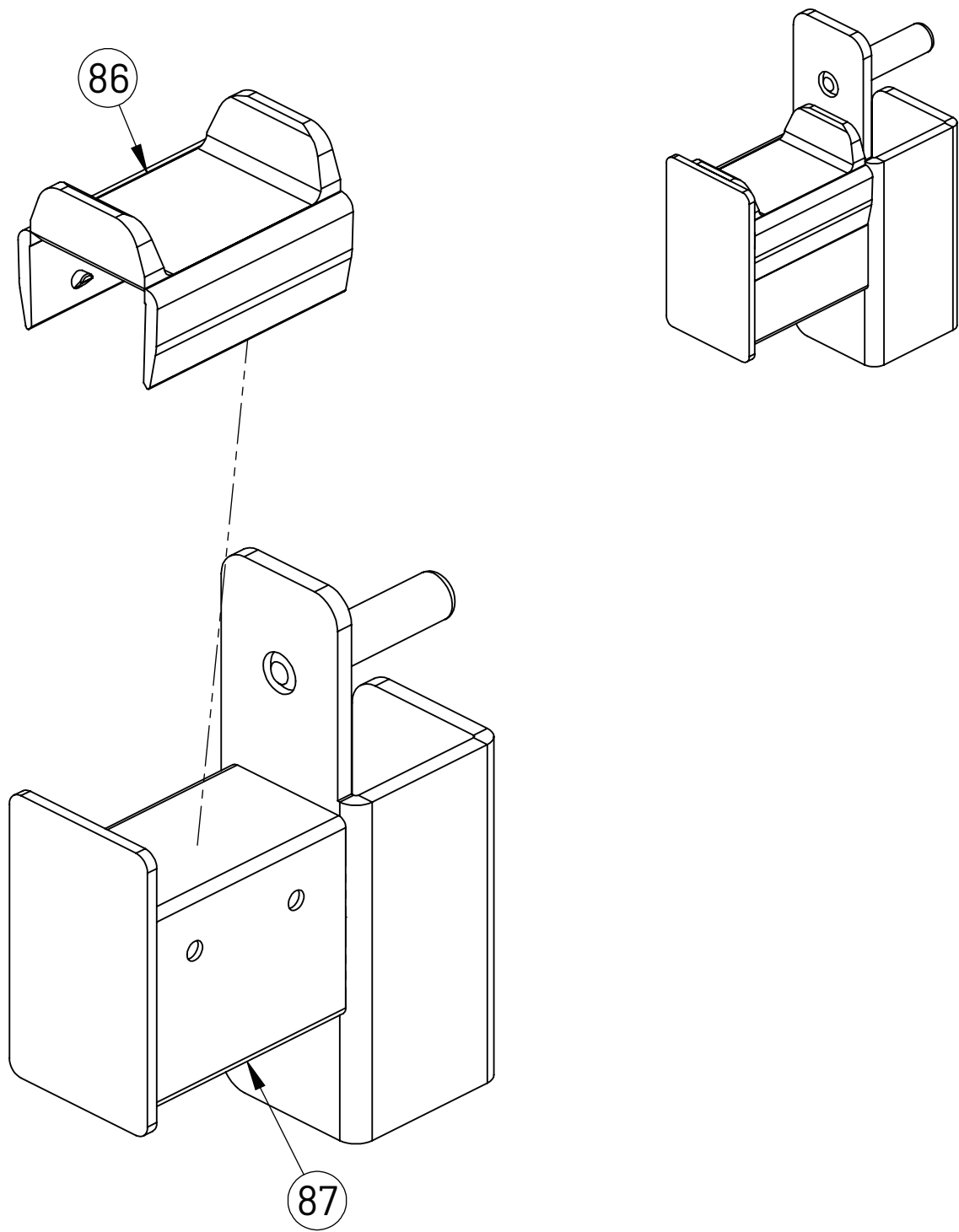
PART #26 PULLEY FRAME



Key No.	Description	Note	Quantity
7	Flat Washer	φ10	4
8	Lock Nut	M10	2
47	Pulley	φ92	2
48	Hexagon Bolt	M10*45	2
85	Pulley Frame Plate		2

EXPLODED DIAGRAMS

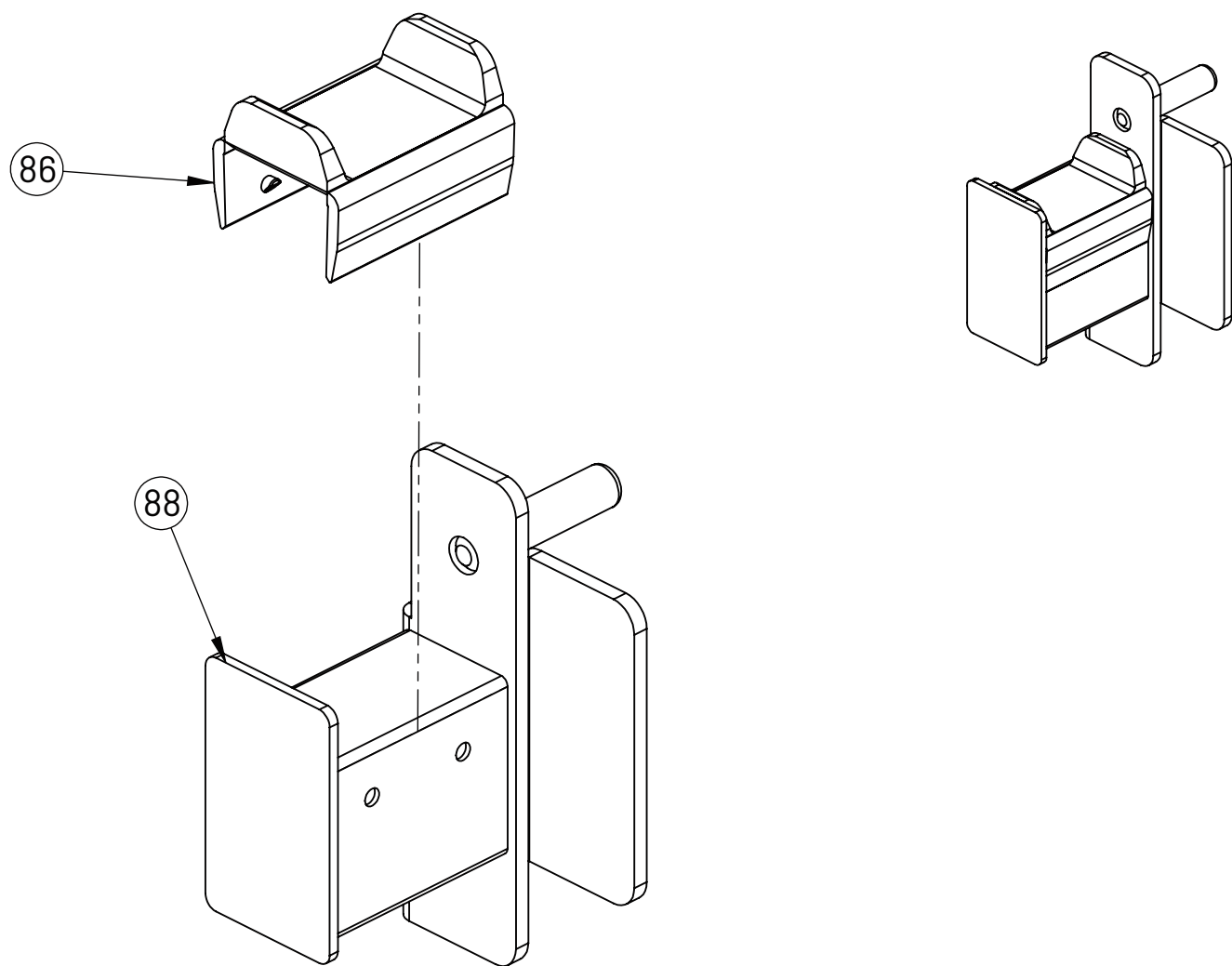
PART #31 J HOOK - RIGHT



Key No.	Description	Note	Quantity
86	J Hook Rubber Protection Pad		1
87	J Hook Tube - Right		1

EXPLODED DIAGRAMS

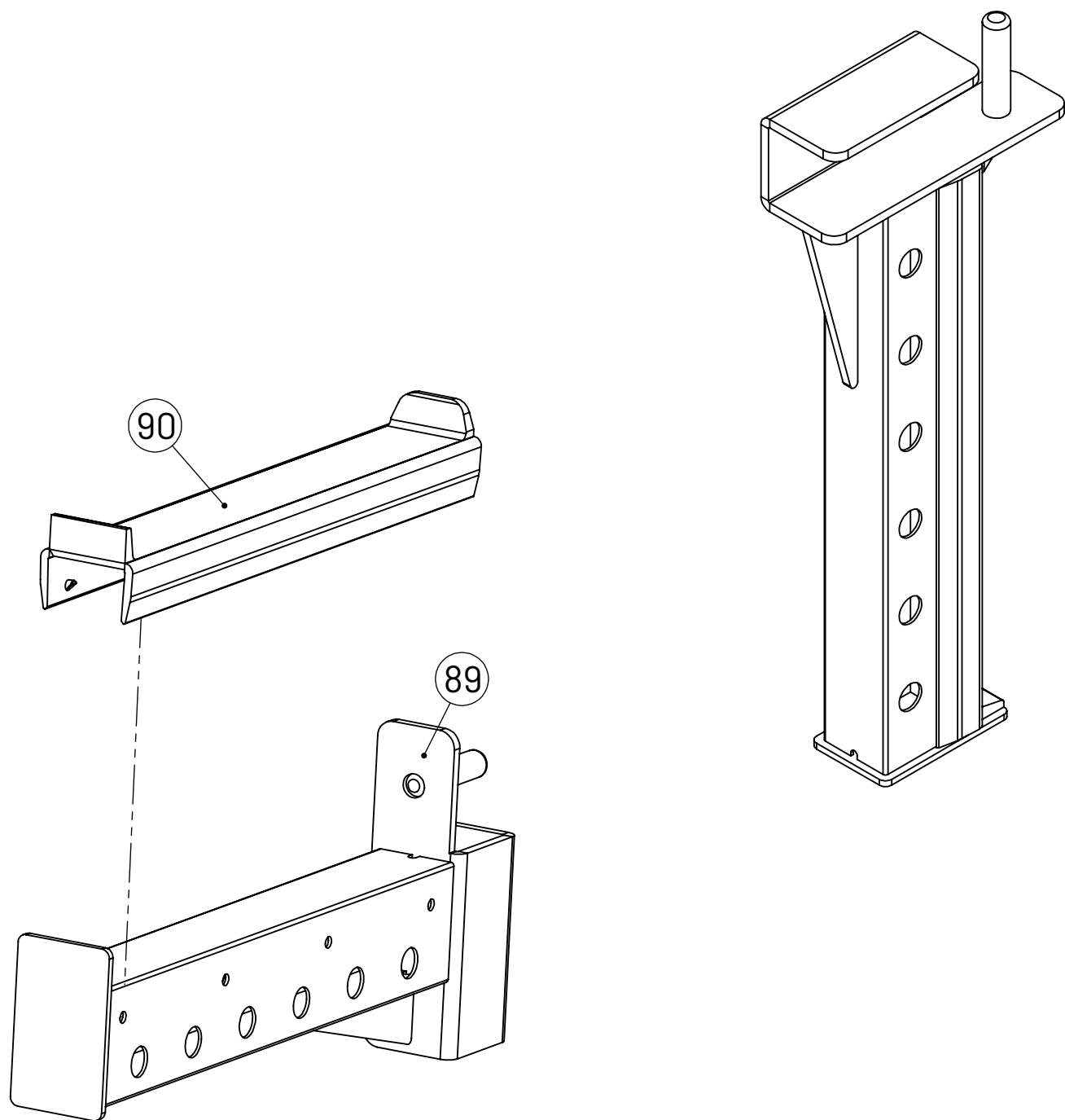
PART #30 J HOOK - LEFT



Key No.	Description	Note	Quantity
86	J Hook Rubber Protection Pad		1
88	J Hook Tube - Left		1

EXPLODED DIAGRAMS

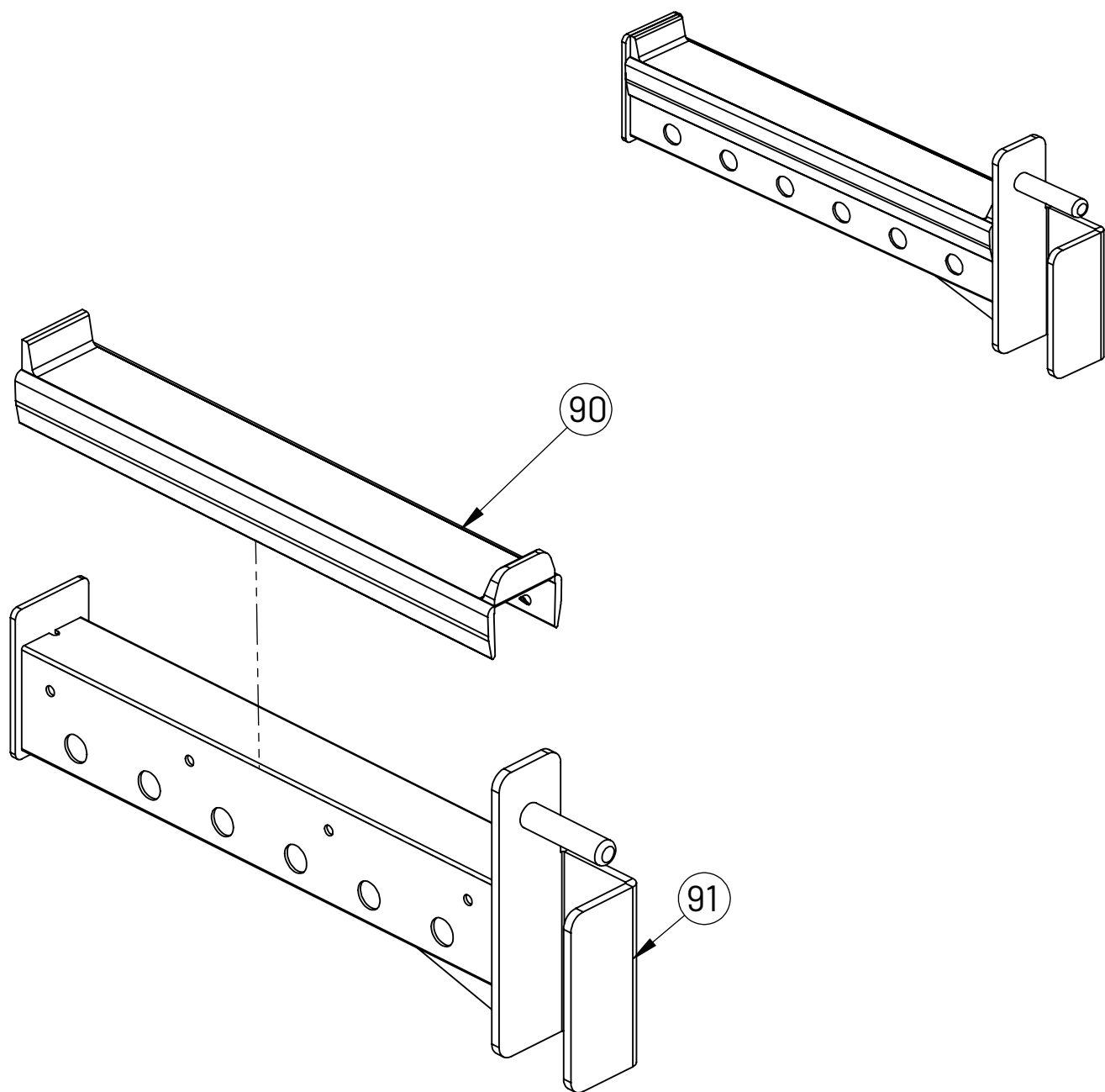
PART #28 FRONT SAFETY - RIGHT



Key No.	Description	Note	Quantity
89	Front Safety Tube - Right		1
90	Front Safety Rubber Protection Pad		1

EXPLODED DIAGRAMS

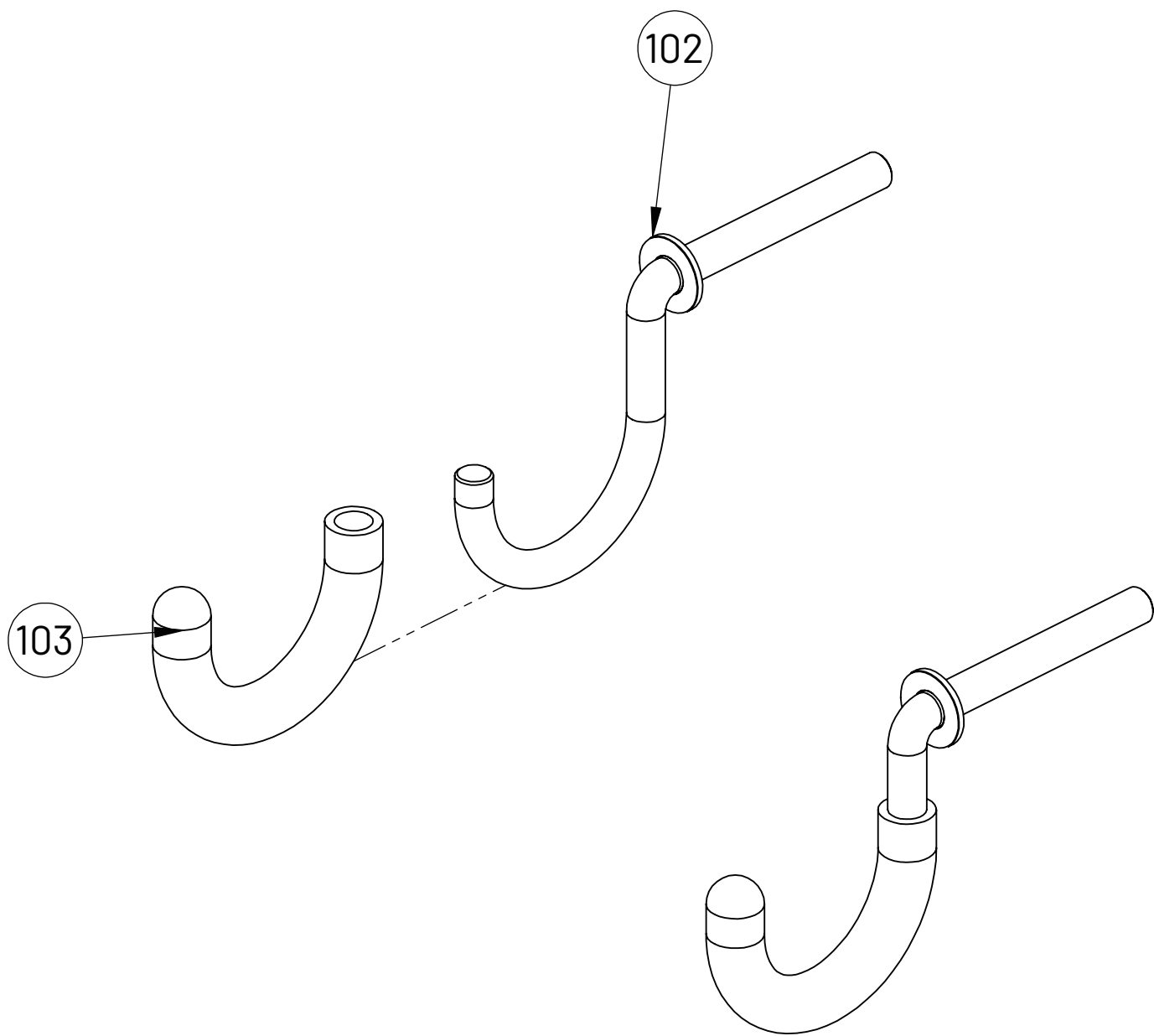
PART #29 FRONT SAFETY - LEFT



Key No.	Description	Note	Quantity
91	Front Safety Tube - Left		1
90	Front Safety Rubber Protection Pad		1

EXPLODED DIAGRAMS

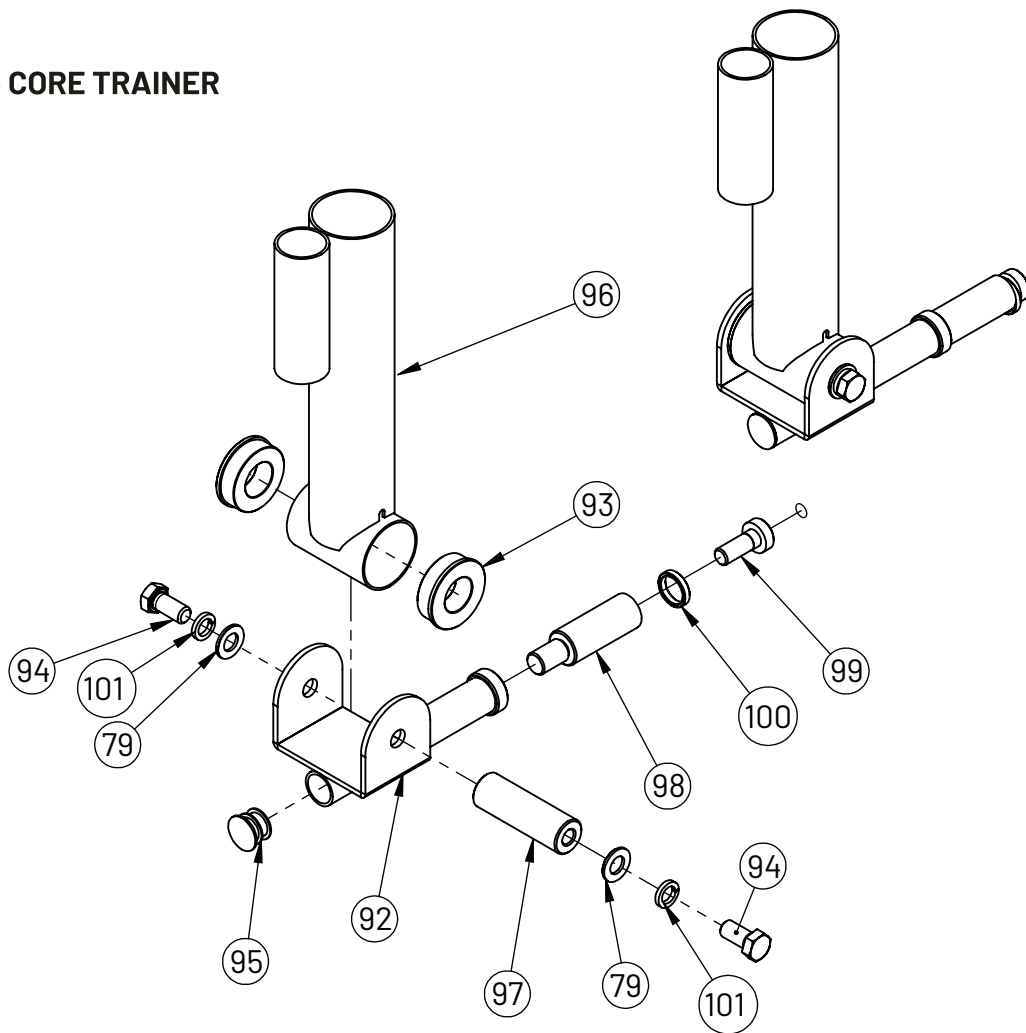
PART #33 ACCESSORY HOOK



Key No.	Description	Note	Quantity
102	Hook		1
103	Front Accessory Hook Cover	$\phi 8 \times 100$	1

EXPLODED DIAGRAMS

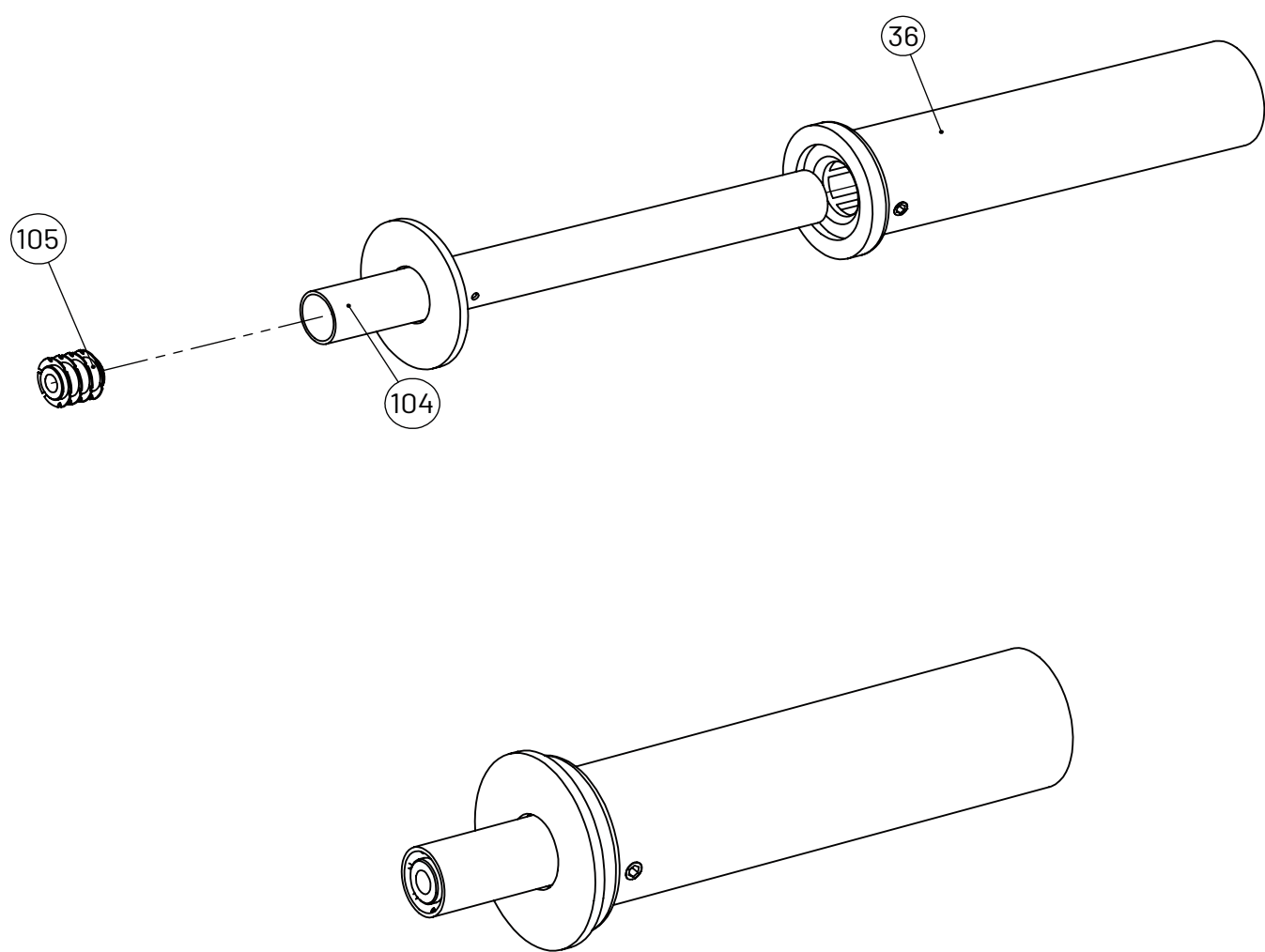
PART #34 CORE TRAINER



Key No.	Description	Note	Quantity
79	Flat Washer	φ12	2
92	Core Trainer Attachment Frame		1
93	Circular Bushing	φ50*φ47*φ25*15	2
94	Hexagon Bolt	M12*25	2
95	Round Tube End Cap	φ25*2	1
96	Barbell Holder - Core Trainer		1
97	Internal Shaft - Core Trainer	φ25*77*M12	1
98	Core Trainer Swivel Shaft	φ25*86	1
99	Core Trainer Locking Pin	φ22*39.5	1
100	Core Trainer Locking Ring	φ25*φ20*5	1
101	Spring Washer	φ12	2

EXPLODED DIAGRAMS

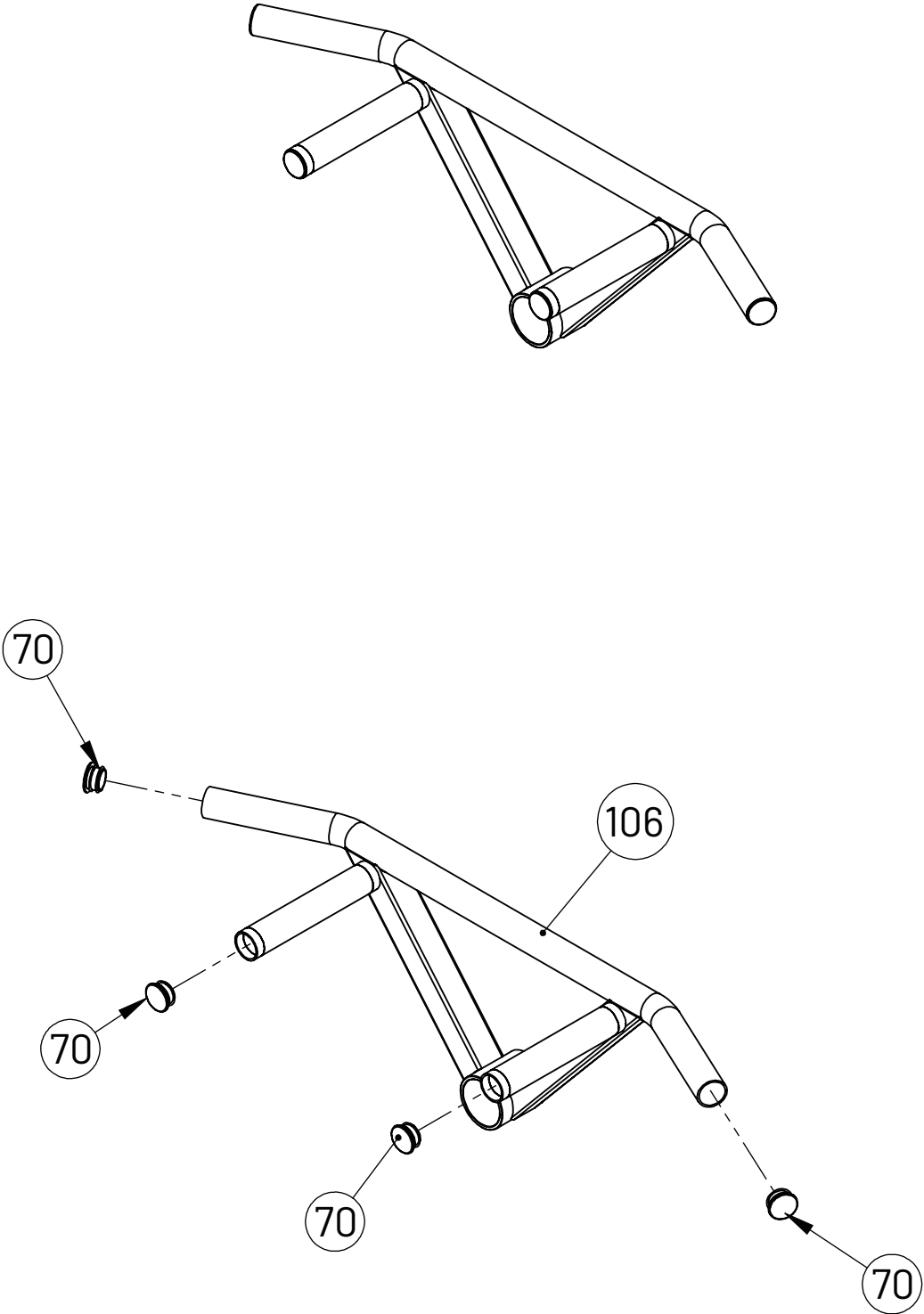
PART #36 OLYMPIC WEIGHT PLATE HOLDER



Key No.	Description	Note	Quantity
36	Olympic Sleeve - 210mm		1
104	Mounting Arm		1
105	Internal Threaded Nut	φ23-M10 Four Shrapnel	1

EXPLODED DIAGRAMS

PART #44 CORE TRAINER HANDLE



Key No.	Description	Note	Quantity
70	Round End Cap	$\phi 32*1.5$	4
106	Core Trainer Pull Handle		1

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



<https://www.forceusa.com/locator>

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