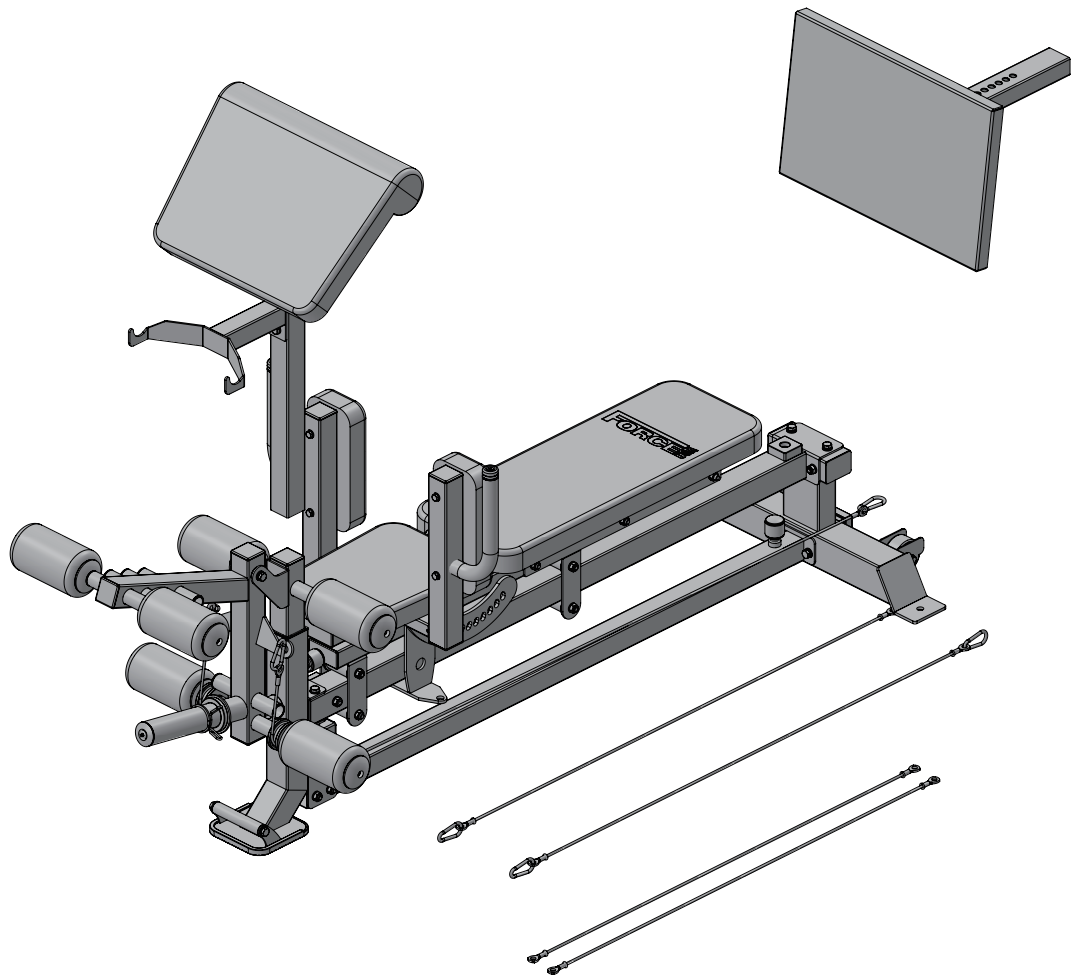


# FORCE<sup>USA</sup>

## C10 SLIDING BENCH



# TABLE OF CONTENTS

| SECTION                                       | PAGES |
|-----------------------------------------------|-------|
| Before you Start and Safety Information ..... | 2     |
| ForceUSA App .....                            | 3     |
| Preventative Maintenance .....                | 4     |
| Parts Identification.....                     | 5-10  |
| Assembly Steps .....                          | 11-26 |
| Exploded Diagrams .....                       | 30-42 |
| Parts Lists .....                             | 43-45 |
| Warranty Information .....                    | 46    |



# USER MANUAL

## Before You Start

- Read all instructions in this manual before assembling or using this equipment
- 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 of 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
- Machines with a counterbalanced smith bar require up to one meter of clearance above the assembled height to insert the counterbalances. If there is not enough clearance, insert the counterbalances into the required framing components before assembly and securely anchor off the cables to ensure they can be retrieved and attached as needed
- It is recommended to keep these instructions

## Safety Precautions

- 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
- Only tighten nuts and bolts loosely until all equipment is assembled. Once the equipment is fully assembled each bolt can be tightened working evenly around the equipment where possible
- 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

# FORCE USA TRAINING APP

The Force USA training app offers programs, tutorials, progress tracking and more. Not compatible with all Force USA equipment.



# PREVENTATIVE MAINTENANCE

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

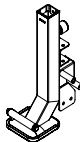
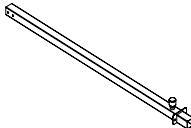
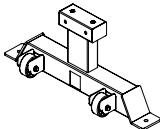
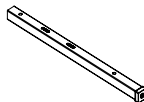
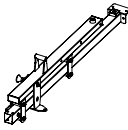
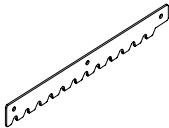
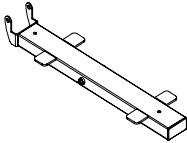
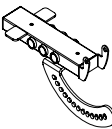
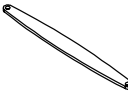
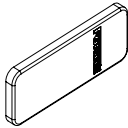
## Daily Maintenance

- 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

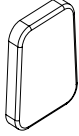
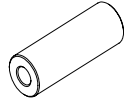
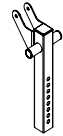
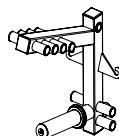
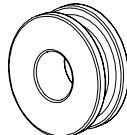
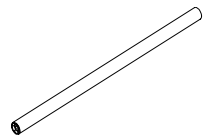
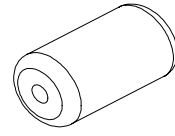
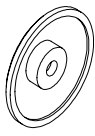
## Monthly Maintenance

- 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 acclimation

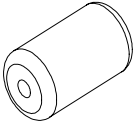
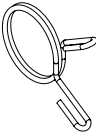
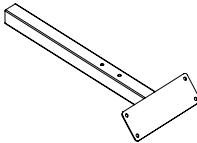
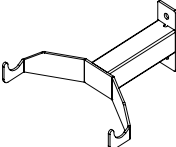
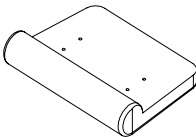
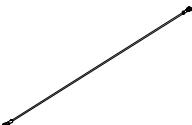
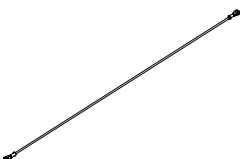
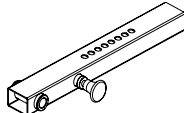
# PARTS IDENTIFICATION

| Key No. | Description           | Quantity | Parts Schematic Diagram                                                               |
|---------|-----------------------|----------|---------------------------------------------------------------------------------------|
| 1       | Front Base Frame      | 1        |    |
| 2       | Middle Base Frame     | 1        |    |
| 8       | Rear Base Frame       | 1        |    |
| 9       | Internal Support Beam | 1        |   |
| 10      | Sliding Frame         | 1        |  |
| 14      | Locking Plate         | 2        |  |
| 16      | Back Pad Frame        | 1        |  |
| 18      | Seat Pad Frame        | 1        |  |
| 19      | Pad Adjustment Plate  | 2        |  |
| 24      | Back Pad              | 1        |  |

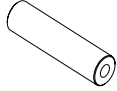
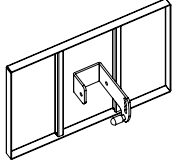
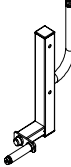
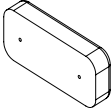
## PARTS IDENTIFICATION

| Key No. | Description                       | Quantity | Parts Schematic Diagram                                                               |
|---------|-----------------------------------|----------|---------------------------------------------------------------------------------------|
| 25      | Seat Pad                          | 1        |    |
| 27      | Pulley                            | 4        |    |
| 29      | Leg Curl Extension Inner Shaft    | 1        |    |
| 30      | Leg Curl Extension Mounting Frame | 1        |   |
| 31      | Leg Curl Extension Frame          | 1        |  |
| 32      | Pulley                            | 2        |  |
| 33      | Foam Pad Rod                      | 3        |  |
| 34      | Upper Foam Pad                    | 4        |  |
| 35      | Foam Pad Inner Cover Plate        | 4        |  |
| 36      | Foam Pad Outer Cover Plate        | 6        |  |

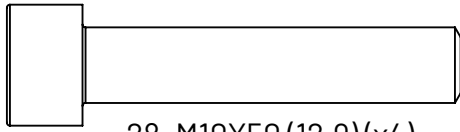
## PARTS IDENTIFICATION

| Key No. | Description                                 | Quantity | Parts Schematic Diagram                                                               |
|---------|---------------------------------------------|----------|---------------------------------------------------------------------------------------|
| 37      | Lower Foam Pad                              | 2        |    |
| 39      | Spring Collar                               | 1        |    |
| 40      | Carabiner                                   | 8        |    |
| 41      | Leg Curl Cable                              | 2        |   |
| 42      | Preacher Curl Frame                         | 1        |  |
| 43      | Preacher Curl Barbell Holder                | 1        |  |
| 44      | Preacher Curl Pad                           | 1        |  |
| 47      | Leg Press Hack Squat Cable - Green          | 2        |  |
| 48      | Leg Press Hack Squat Cable - Red            | 2        |  |
| 49      | Leg Press Hack Squat Plate Adjustment Frame | 1        |  |

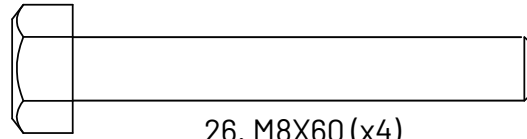
## PARTS IDENTIFICATION

| Key No. | Description                | Quantity | Parts Schematic Diagram                                                              |
|---------|----------------------------|----------|--------------------------------------------------------------------------------------|
| 50      | Inner Shaft                | 1        |   |
| 51      | Leg Press Hack Squat Plate | 1        |   |
| 52      | Shoulder Pad Frame         | 2        |   |
| 54      | Shoulder Pad               | 2        |  |

## PARTS IDENTIFICATION



28. M10X50 (12.9)(x4)



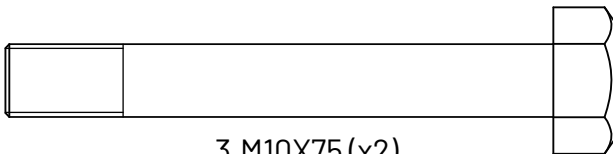
26. M8X60 (x4)



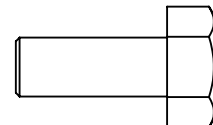
17.  $\phi$  12X118-M10 (x1)



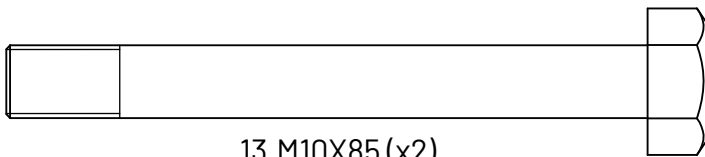
20.  $\phi$  12X130-M10 (x1)



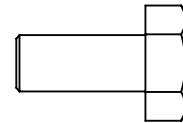
3. M10X75 (x2)



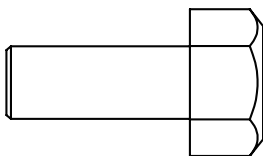
46. M8X20 (x4)



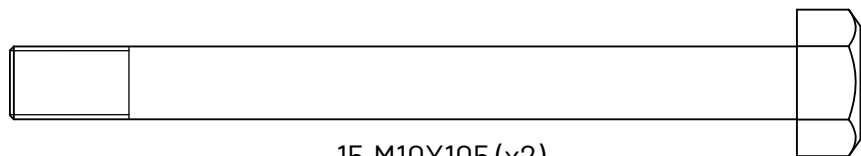
13. M10X85 (x2)



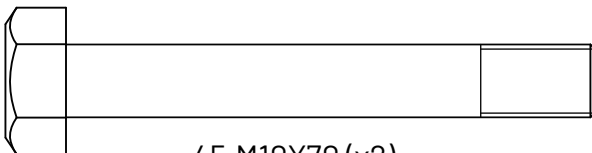
22. M8X16 (x2)



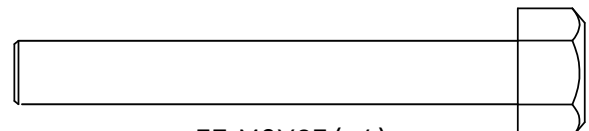
6. M10X25 (x8)



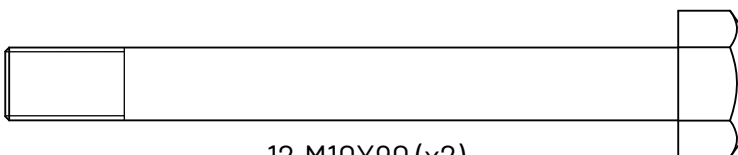
15. M10X105 (x2)



45. M10X70 (x2)



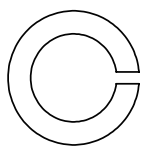
53. M8X65 (x4)



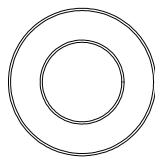
12. M10X90 (x2)



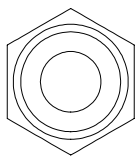
# PARTS IDENTIFICATION



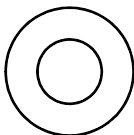
7.  $\varnothing$  10 (x12)



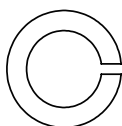
5.  $\varnothing$  10 (x35)



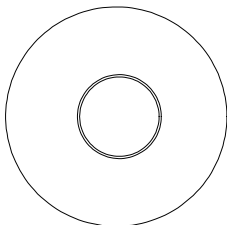
4. M10 (x15)



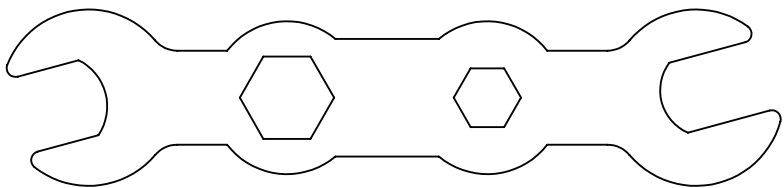
21.  $\varnothing$  8 (x14)



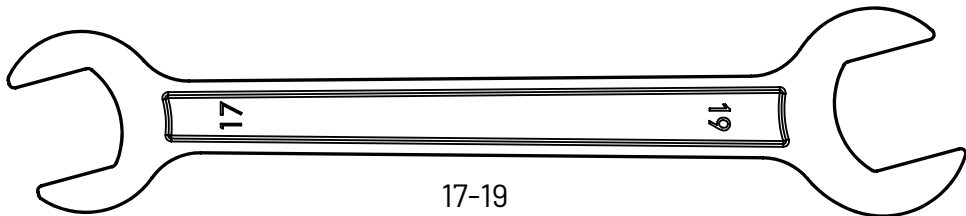
23.  $\varnothing$  8 (x2)



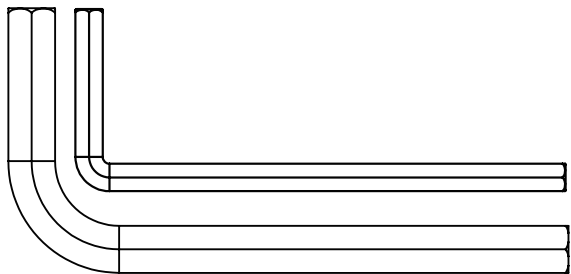
11.  $\varnothing$  30\*  $\varnothing$ 10.5\*T3 (x4)



1PCS

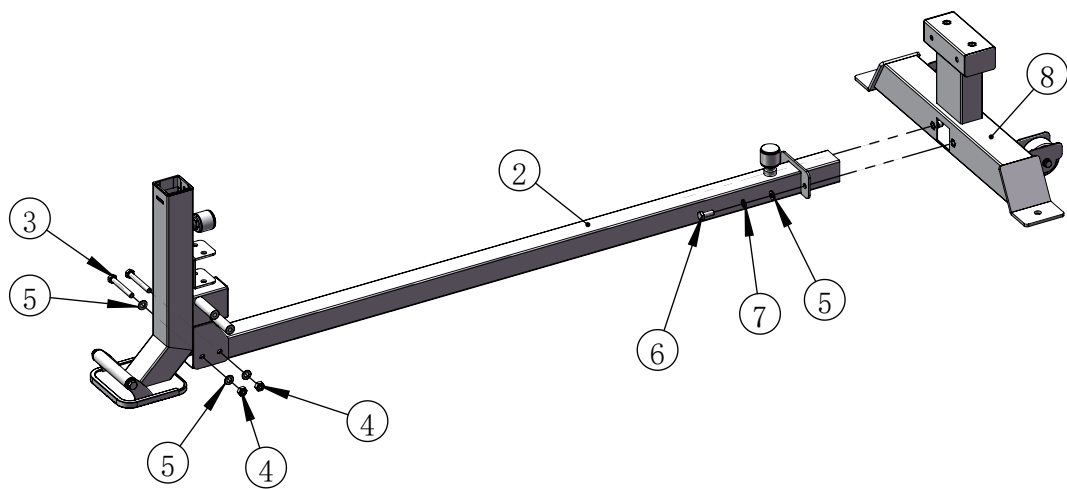


17-19  
2PCS



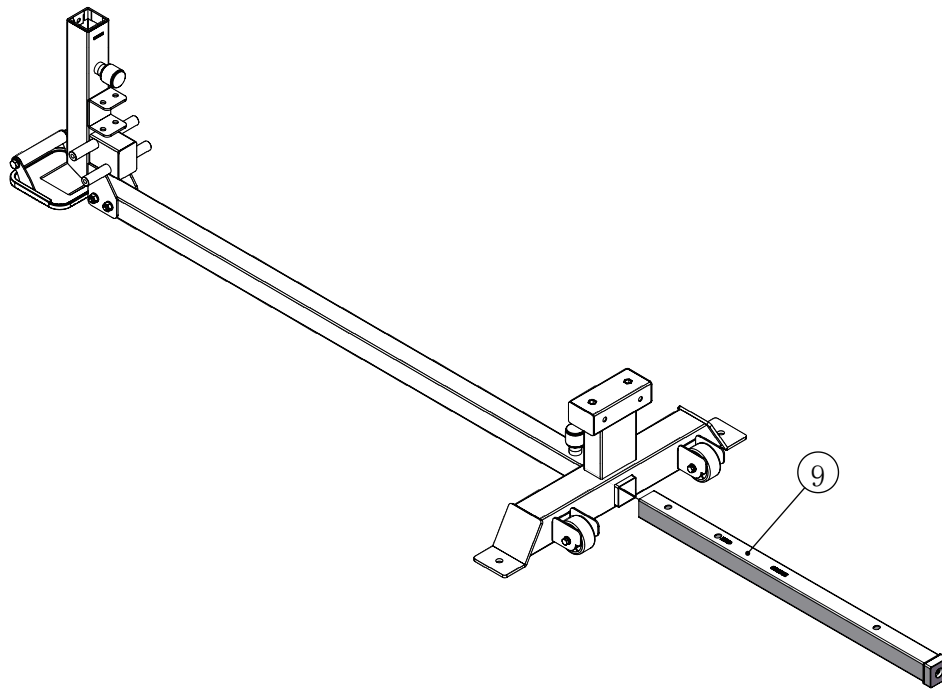
5. 8MM  
1PCS

## ASSEMBLY STEP 1



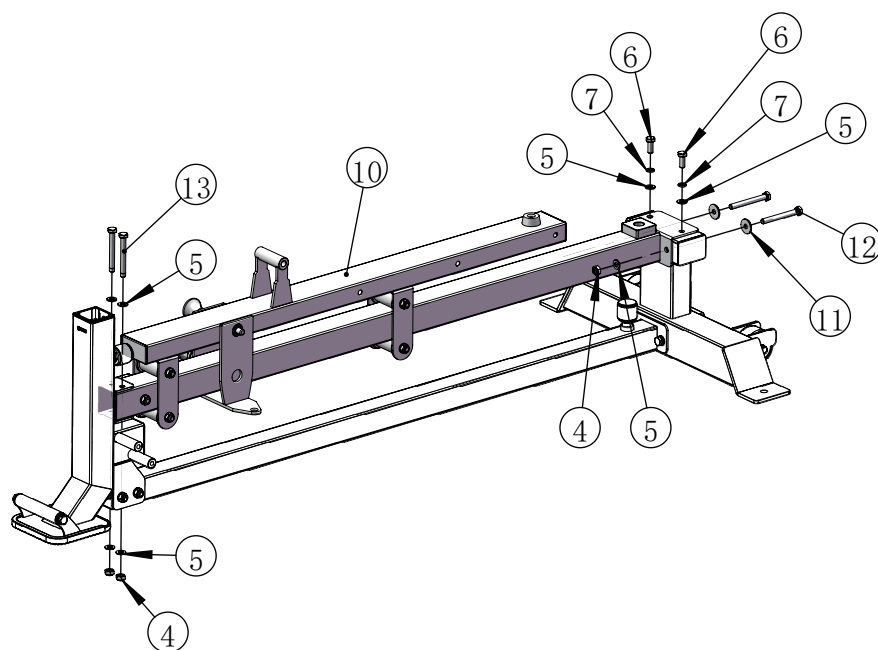
| Key No. | Description       | Note   | Quantity |
|---------|-------------------|--------|----------|
| 1       | Front Base Frame  |        | 1        |
| 2       | Middle Base Frame |        | 1        |
| 3       | Hexagon Head Bolt | M10×75 | 2        |
| 4       | Lock Nut          | M10    | 2        |
| 5       | Washer            | φ10    | 6        |
| 6       | Hexagon Head Bolt | M10×25 | 2        |
| 7       | Spring Washer     | φ10    | 2        |
| 8       | Rear Base Frame   |        | 1        |

## ASSEMBLY STEP 2



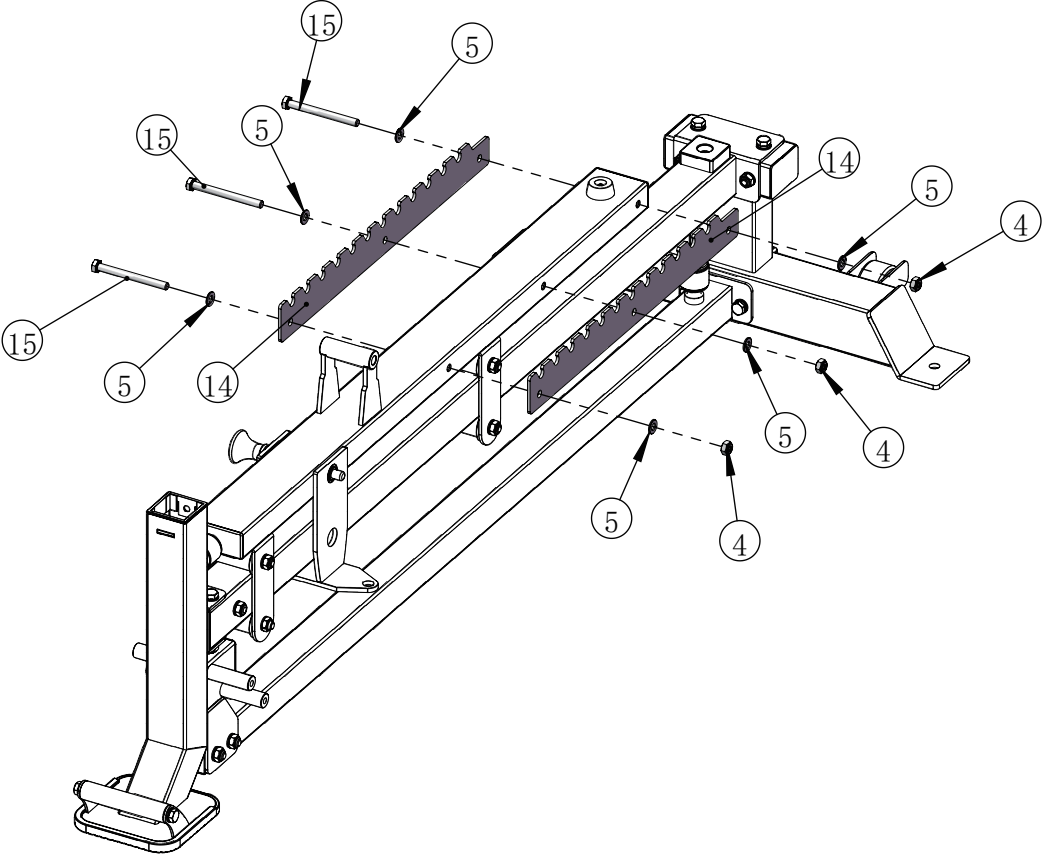
| Key No. | Description           | Note | Quantity |
|---------|-----------------------|------|----------|
| 9       | Internal Support Beam |      | 1        |

## ASSEMBLY STEP 3



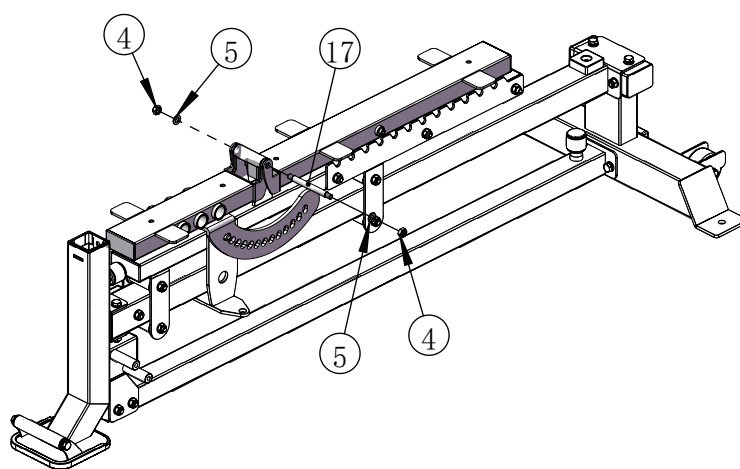
| Key No. | Description       | Note   | Quantity |
|---------|-------------------|--------|----------|
| 4       | Lock Nut          | M10    | 4        |
| 5       | Washer            | φ10    | 9        |
| 6       | Hexagon Head Bolt | M10×25 | 2        |
| 7       | Spring Washer     | φ10    | 2        |
| 10      | Sliding Frame     |        | 1        |
| 11      | Large Washer      | φ10    | 2        |
| 12      | Hexagon Head Bolt | M10×90 | 2        |
| 13      | Hexagon Head Bolt | M10×85 | 2        |

# ASSEMBLY STEP 4



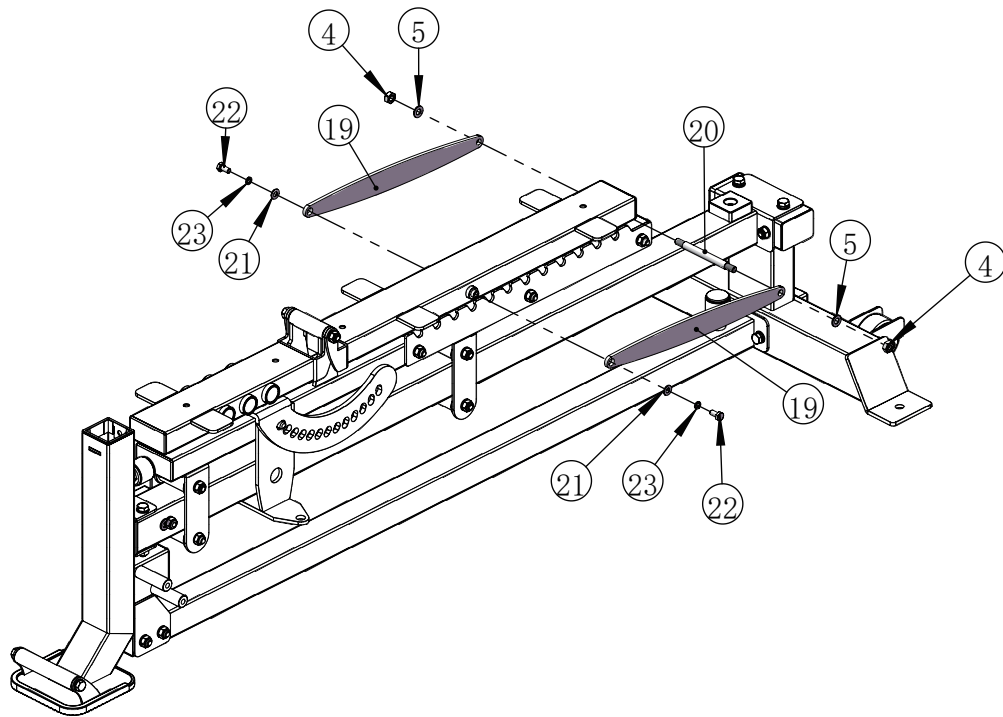
| Key No. | Description       | Note    | Quantity |
|---------|-------------------|---------|----------|
| 4       | Lock Nut          | M10     | 3        |
| 5       | Washer            | φ10     | 6        |
| 14      | Locking Plate     | T4      | 2        |
| 15      | Hexagon Head Bolt | M10×105 | 3        |

## ASSEMBLY STEP 5



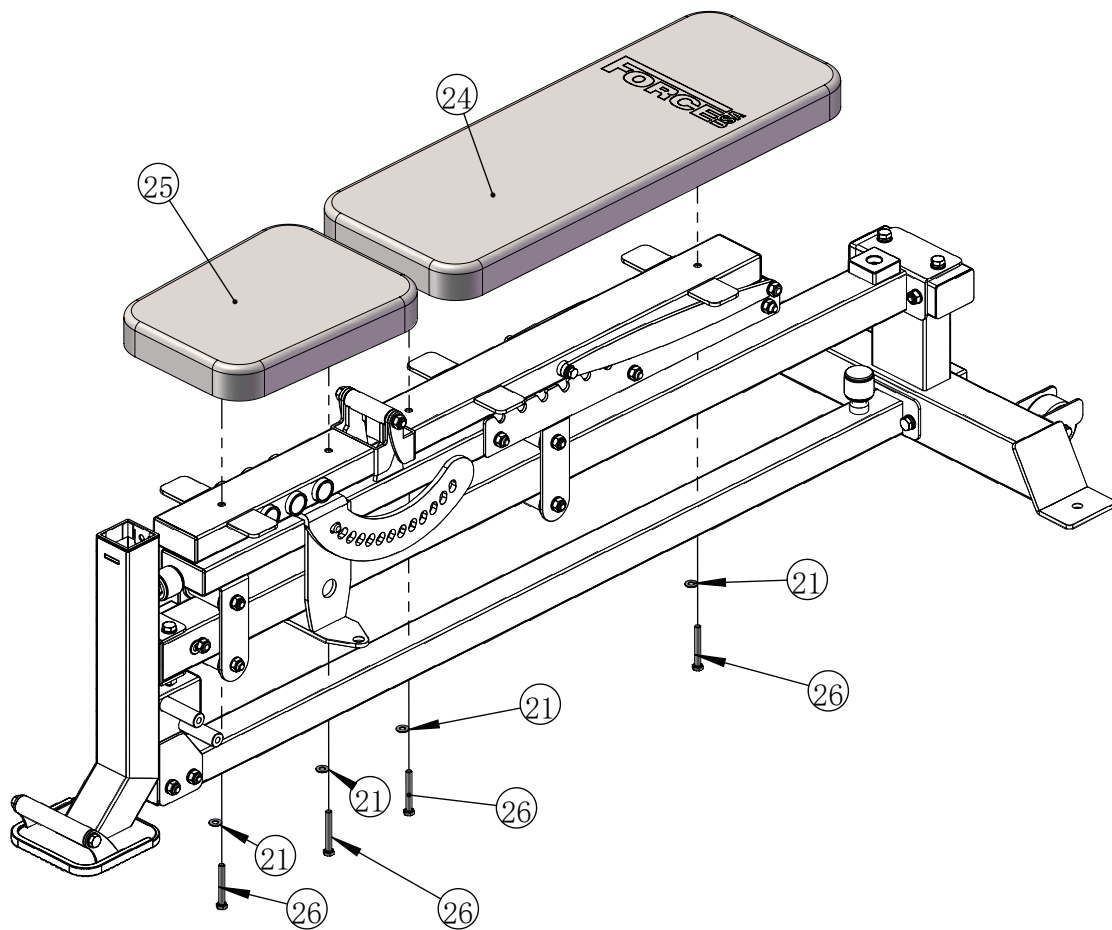
| Key No. | Description      | Note        | Quantity |
|---------|------------------|-------------|----------|
| 4       | Lock Nut         | M10         | 2        |
| 5       | Washer           | φ10         | 2        |
| 16      | Back Pad Frame   |             | 1        |
| 17      | Double Head Bolt | φ12*M10*118 | 1        |
| 18      | Seat Pad Frame   |             | 1        |

## ASSEMBLY STEP 6



| Key No. | Description              | Note                      | Quantity |
|---------|--------------------------|---------------------------|----------|
| 4       | Lock Nut                 | M10                       | 2        |
| 5       | Washer                   | $\phi 10$                 | 2        |
| 19      | Pad Pad Adjustment Plate | T6                        | 2        |
| 20      | Double Head Bolt         | $\phi 12 \times 130$ -M10 | 1        |
| 21      | Washer                   | $\phi 8$                  | 2        |
| 22      | Hexagon Head Bolt        | M8 $\times$ 16            | 2        |
| 23      | Washer                   | $\phi 8$                  | 2        |

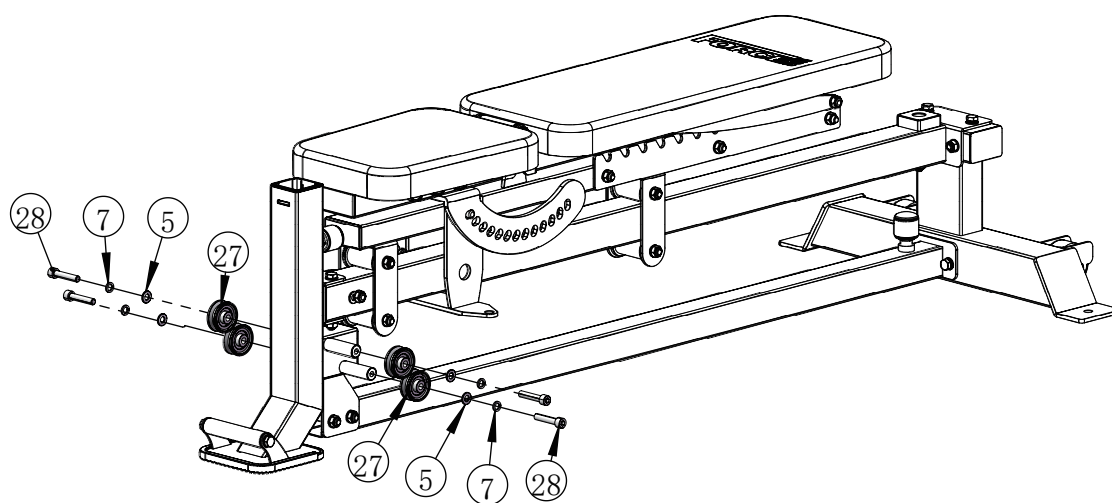
## ASSEMBLY STEP 7



| Key No. | Description       | Note     | Quantity |
|---------|-------------------|----------|----------|
| 21      | Washer            | $\phi 8$ | 4        |
| 24      | Back Pad          |          | 1        |
| 25      | Seat Pad          |          | 1        |
| 26      | Hexagon Head Bolt | M8×60    | 4        |

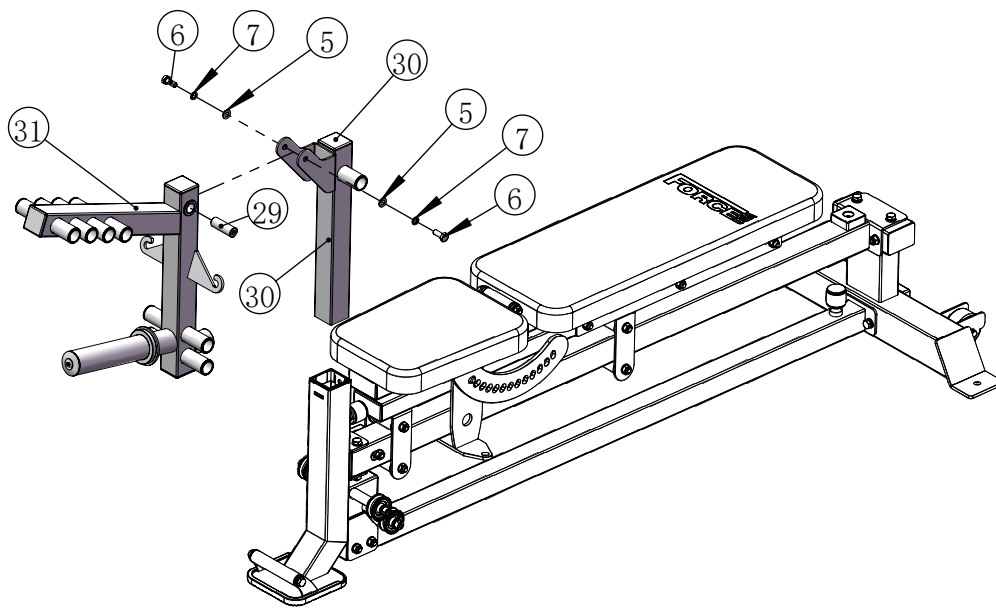


## ASSEMBLY STEP 8



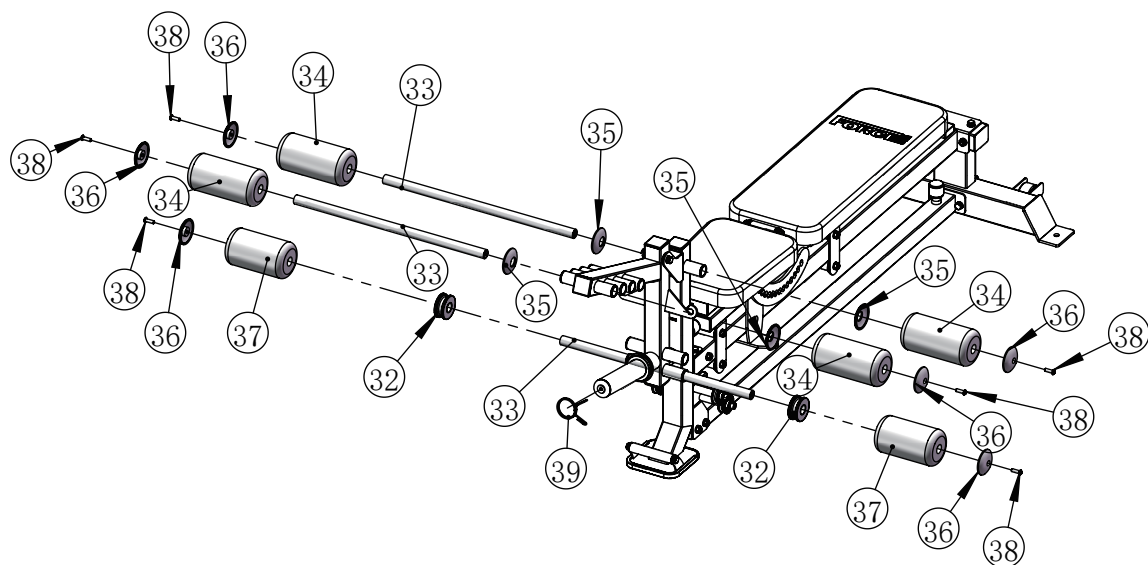
| Key No. | Description                    | Note   | Quantity |
|---------|--------------------------------|--------|----------|
| 5       | Washer                         | φ10    | 4        |
| 7       | Spring Washer                  | φ10    | 4        |
| 27      | Pulley                         | φ50    | 4        |
| 28      | Inner Hexagon Column Head Bolt | M10×50 | 4        |

## ASSEMBLY STEP 9



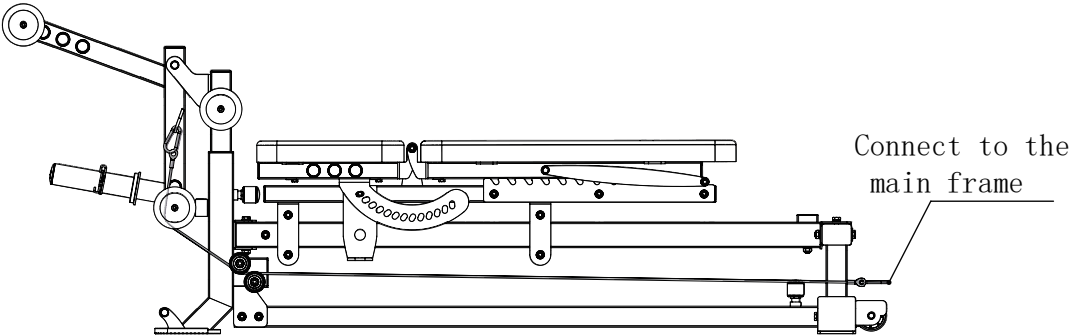
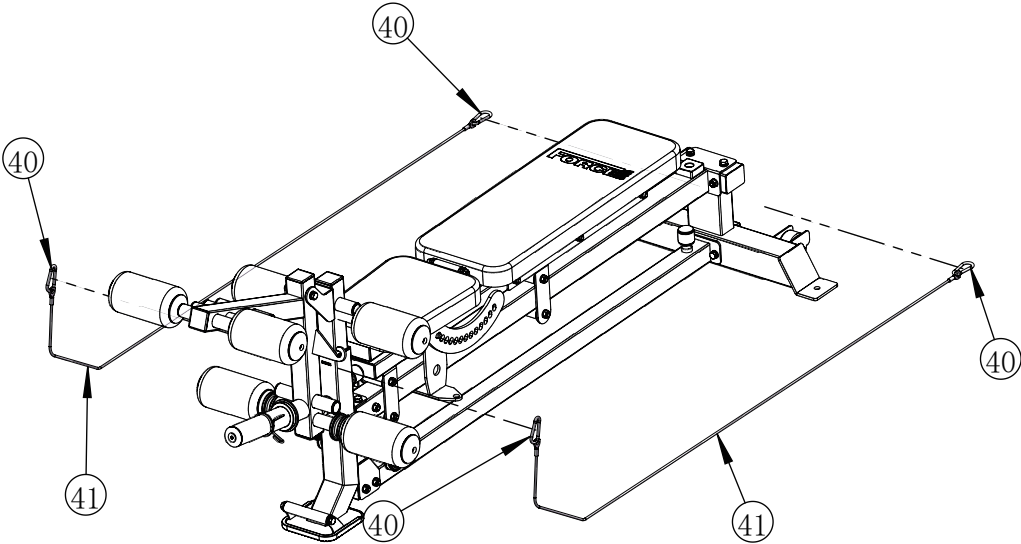
| Key No. | Description                       | Note       | Quantity |
|---------|-----------------------------------|------------|----------|
| 5       | Washer                            | φ10        | 2        |
| 6       | Hexagon Head Bolt                 | M10×25     | 2        |
| 7       | Spring Washer                     | φ10        | 2        |
| 29      | Leg Curl Extension Inner Shaft    | φ20×57-M10 | 1        |
| 30      | Leg Curl Extension Mounting Frame |            | 1        |
| 31      | Leg Curl Extension Frame          |            | 1        |

## ASSEMBLY STEP 10



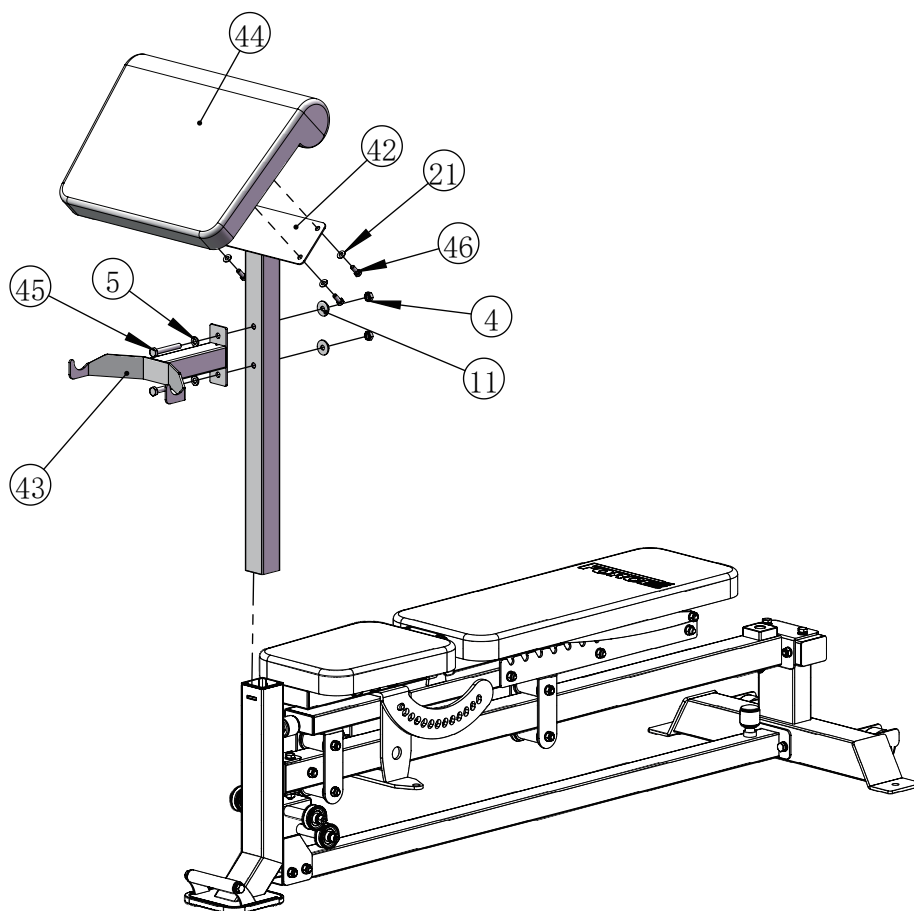
| Key No. | Description                      | Note                                 | Quantity |
|---------|----------------------------------|--------------------------------------|----------|
| 32      | Pulley                           | $\phi 78 \times \phi 26 \times 28$   | 2        |
| 33      | Foam Pad Rod                     |                                      | 3        |
| 34      | Upper Foam Pad                   | $\phi 25 \times \phi 100 \times 200$ | 4        |
| 35      | Foam Pad Inner Cover Plate       | $\phi 70 \times \phi 27 \times 12$   | 4        |
| 36      | Foam Pad Outer Cover Plate       | $\phi 70 \times \phi 9 \times 14$    | 6        |
| 37      | Lower Foam Pad                   | $\phi 25 \times \phi 100 \times 175$ | 2        |
| 38      | Hexagon Socket Button Head Screw | M8×25                                | 6        |
| 39      | Spring Collar                    | $\phi 50$                            | 1        |

# ASSEMBLY STEP 11



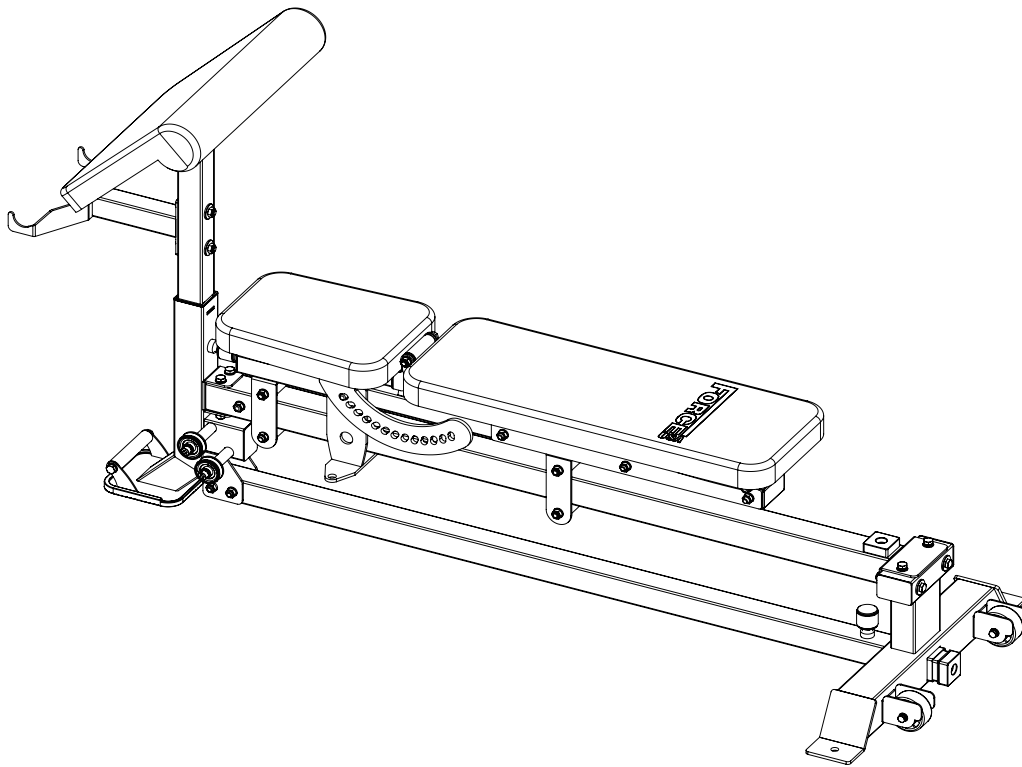
| Key No. | Description    | Note        | Quantity |
|---------|----------------|-------------|----------|
| 40      | Carabiner      |             | 4        |
| 41      | Leg Curl Cable | 1920xφ5(mm) | 2        |

## ASSEMBLY STEP 12

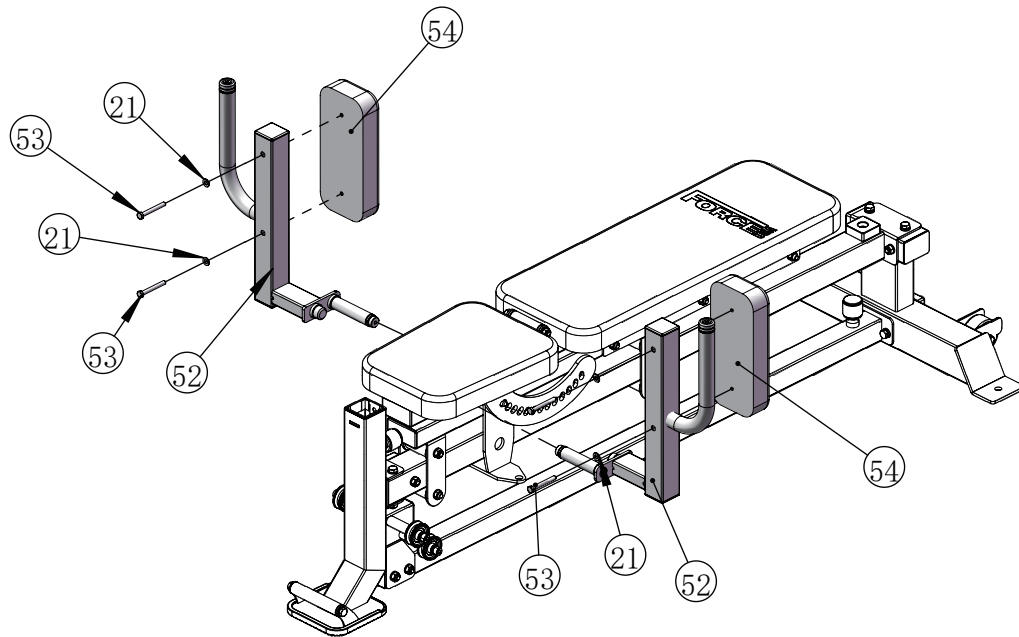


| Key No. | Description                  | Note   | Quantity |
|---------|------------------------------|--------|----------|
| 4       | Lock Nut                     | M10    | 2        |
| 5       | Washer                       | φ10    | 2        |
| 11      | Large Washer                 | φ10    | 2        |
| 21      | Washer                       | φ8     | 4        |
| 42      | Preacher Curl Frame          |        | 1        |
| 43      | Preacher Curl Barbell Holder |        | 1        |
| 44      | Preacher Curl Pad            |        | 1        |
| 45      | Hexagon Head Bolt            | M10×70 | 2        |
| 46      | Hexagon Head Bolt            | M8×20  | 4        |

# ASSEMBLY DRAWING

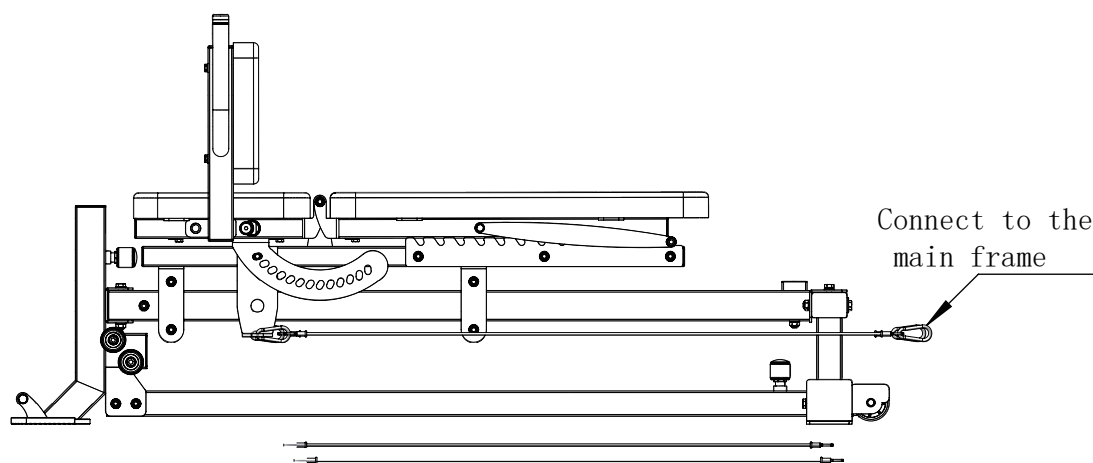
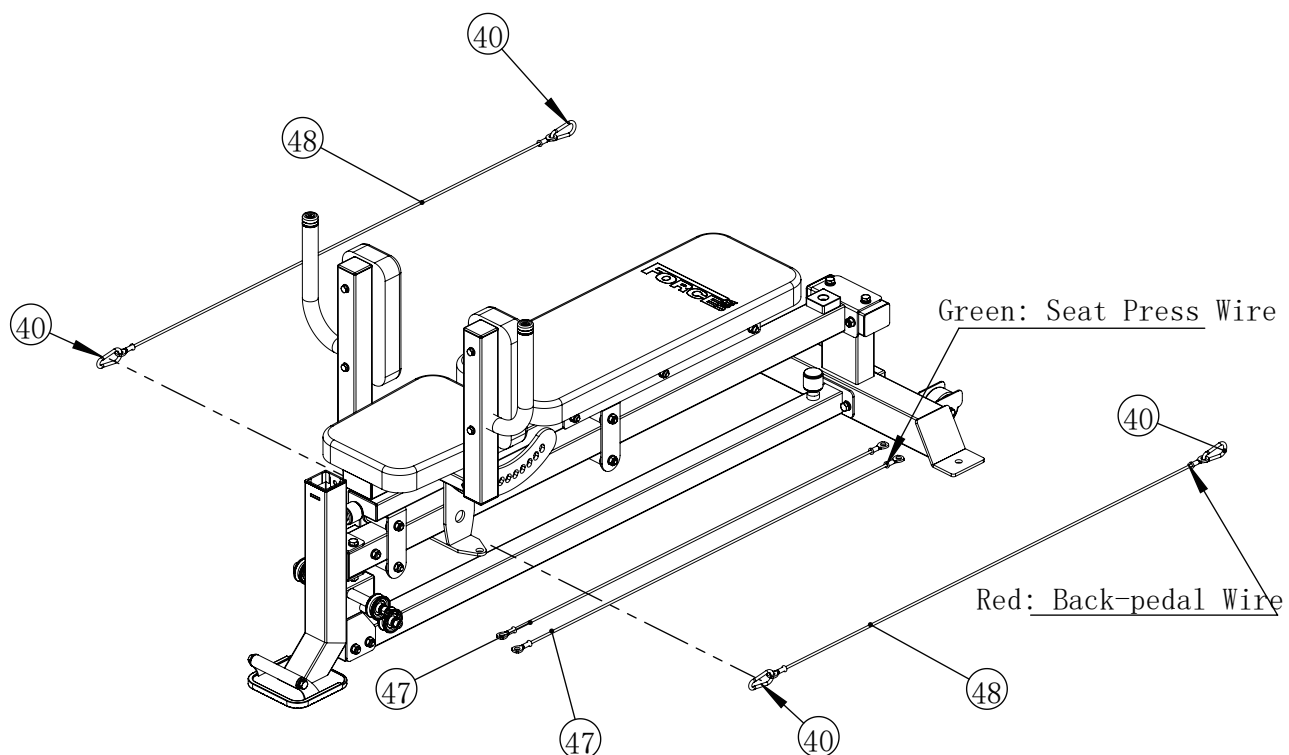


## ASSEMBLY STEP 13



| Key No. | Description        | Note  | Quantity |
|---------|--------------------|-------|----------|
| 21      | Washer             | φ8    | 4        |
| 52      | Shoulder Pad Frame |       | 2        |
| 53      | Hexagon Head Bolt  | M8×65 | 4        |
| 54      | Shoulder Pad       |       | 2        |

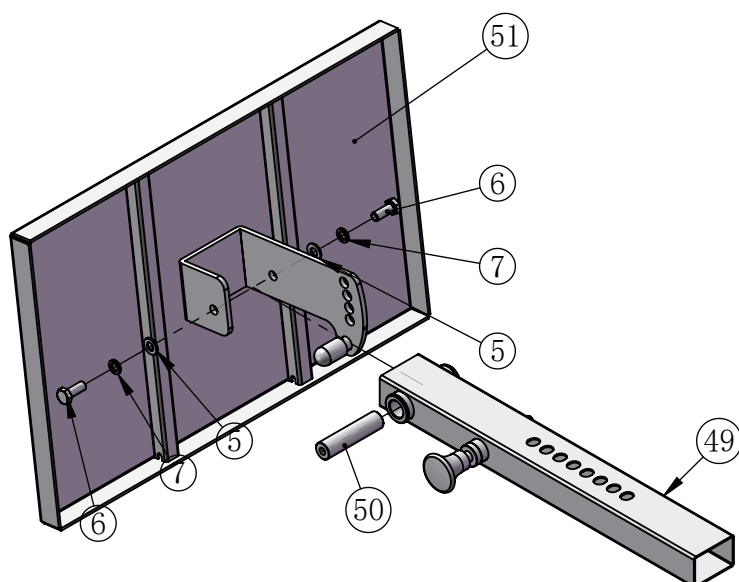
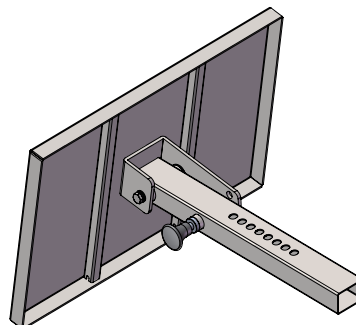
## ASSEMBLY STEP 14



| Key No. | Description                        | Note         | Quantity |
|---------|------------------------------------|--------------|----------|
| 40      | Carabiner                          |              | 4        |
| 47      | Leg Press Hack Squat Cable - Green | 1030xφ5 (mm) | 2        |
| 48      | Leg Press Hack Squat Cable - Red   | 1165xφ5 (mm) | 2        |

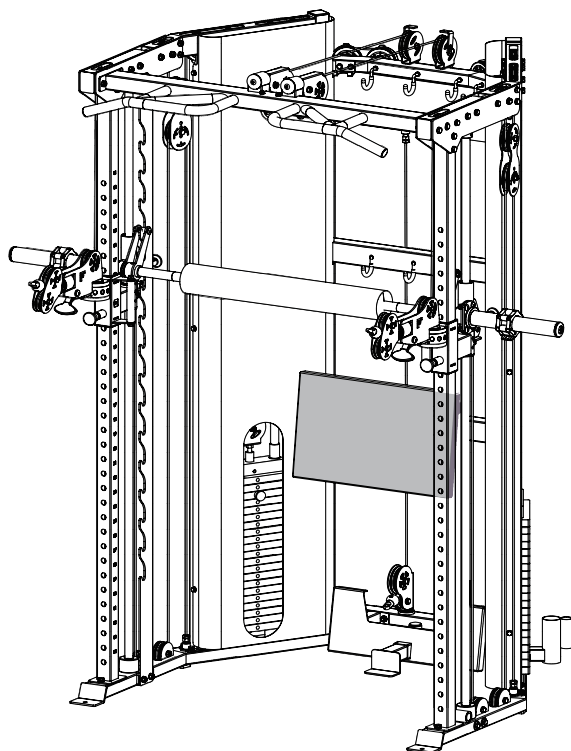
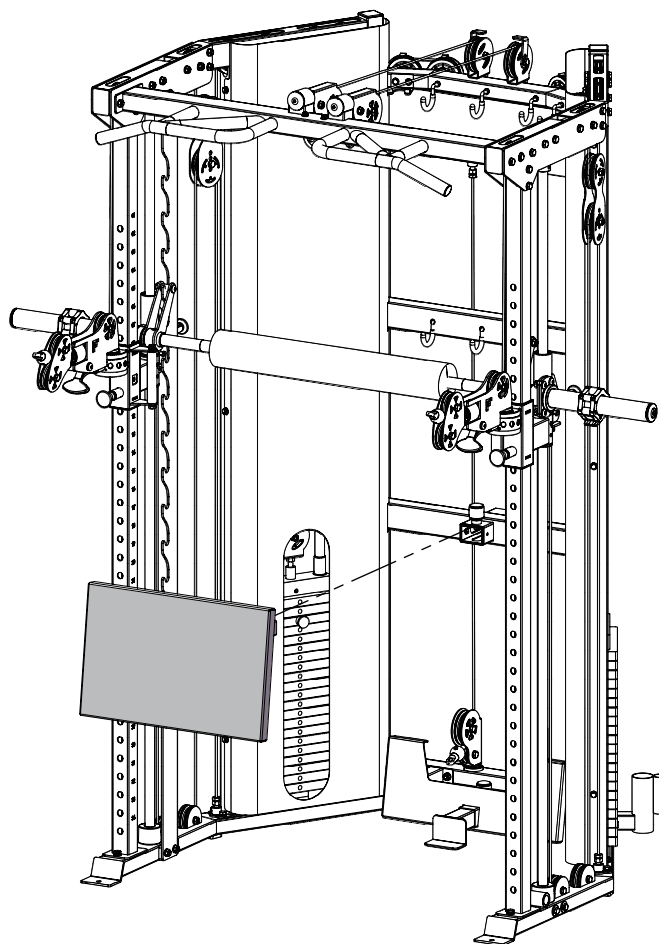


## ASSEMBLY STEP 15

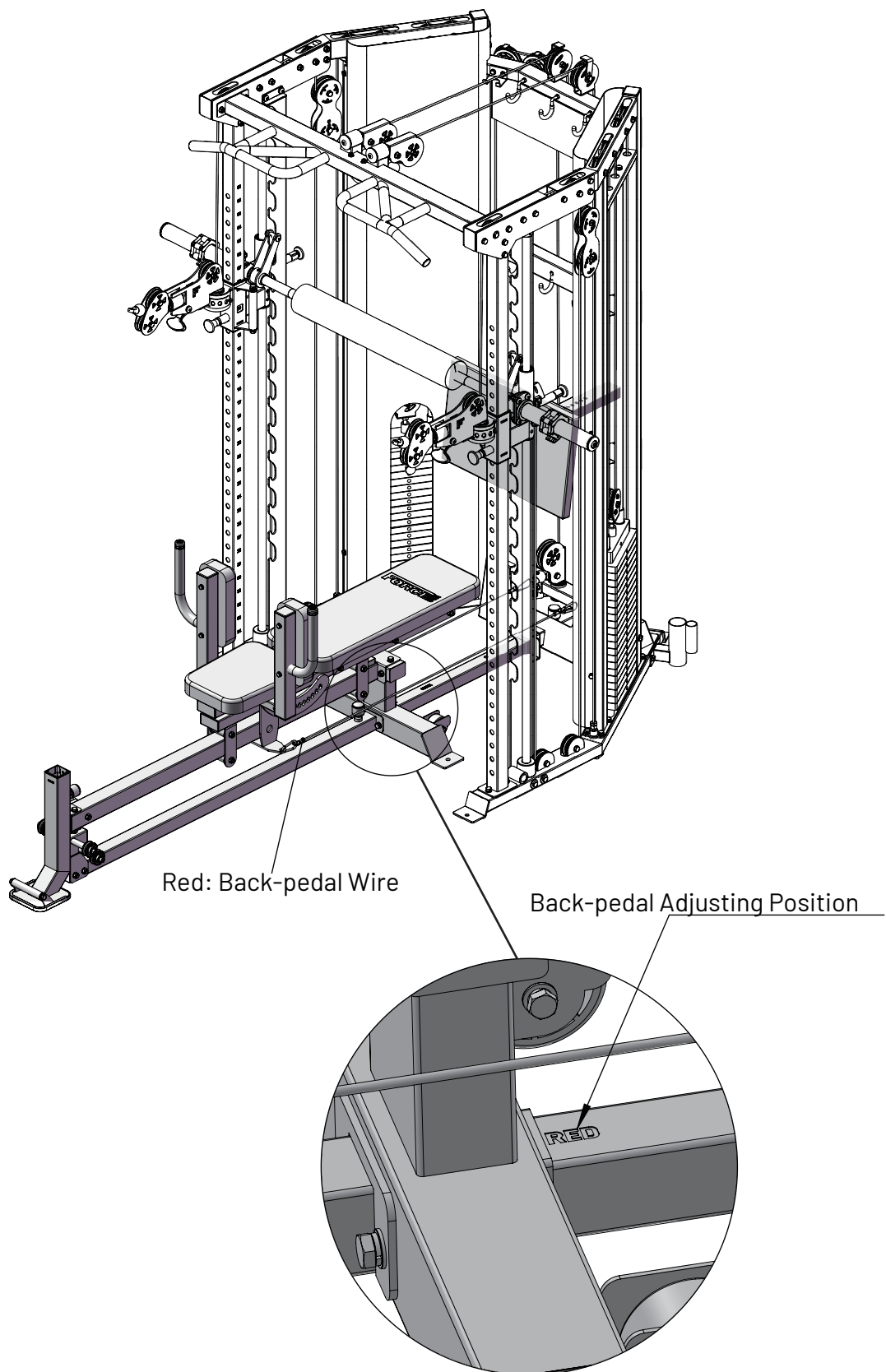


| Key No. | Description                                 | Note                     | Quantity |
|---------|---------------------------------------------|--------------------------|----------|
| 5       | Washer                                      | $\phi 10$                | 2        |
| 6       | Hexagon Head Bolt                           | M10×25                   | 2        |
| 7       | Spring Washer                               | $\phi 10$                | 2        |
| 49      | Leg Press Hack Squat Plate Adjustment Frame |                          | 1        |
| 50      | Inner Shaft                                 | $\phi 20 \times 82$ -M10 | 1        |
| 51      | Leg Press Hack Squat Plate                  |                          | 1        |

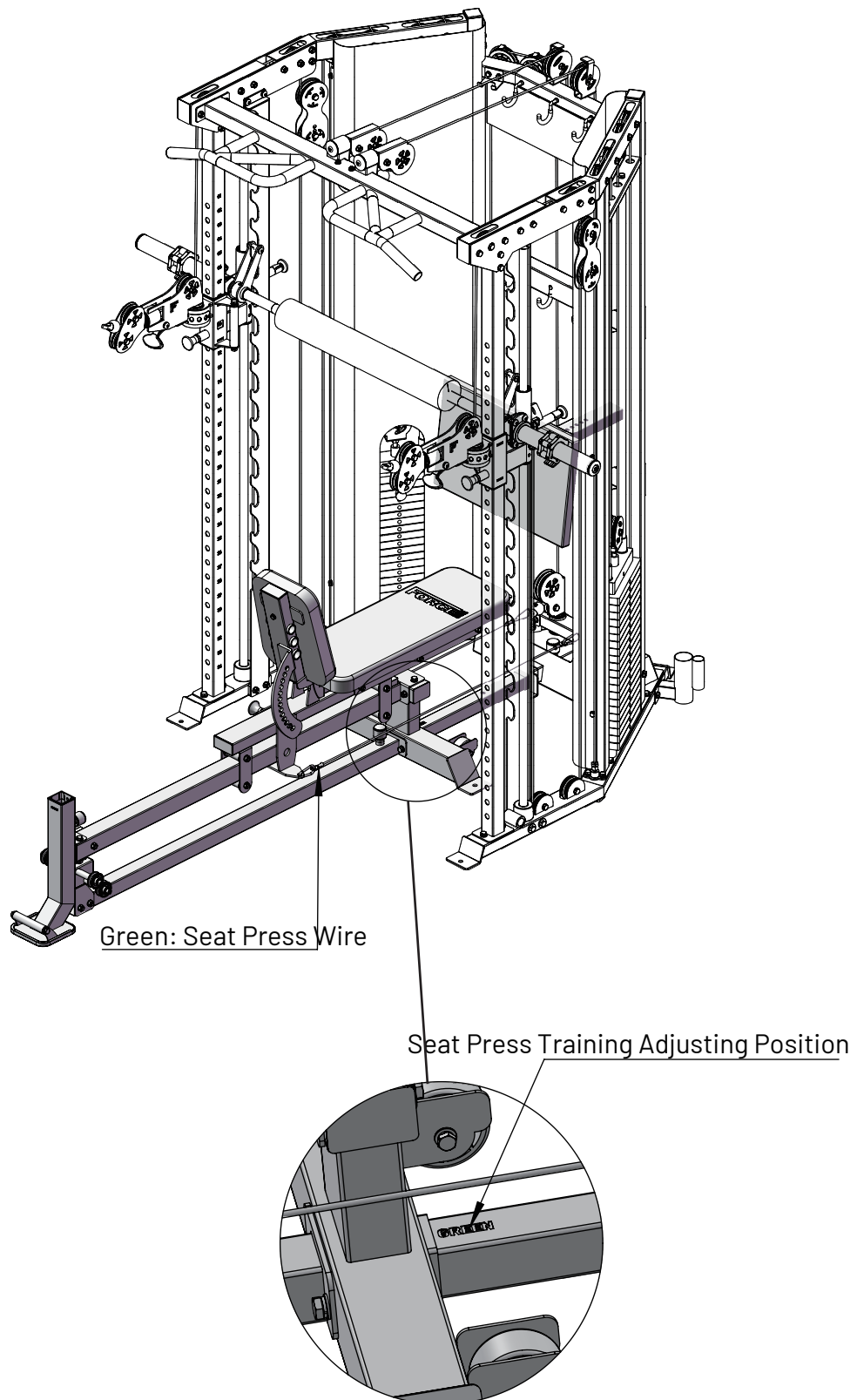
# ASSEMBLY DRAWING



## Back Pedal Training Main Frame Connection

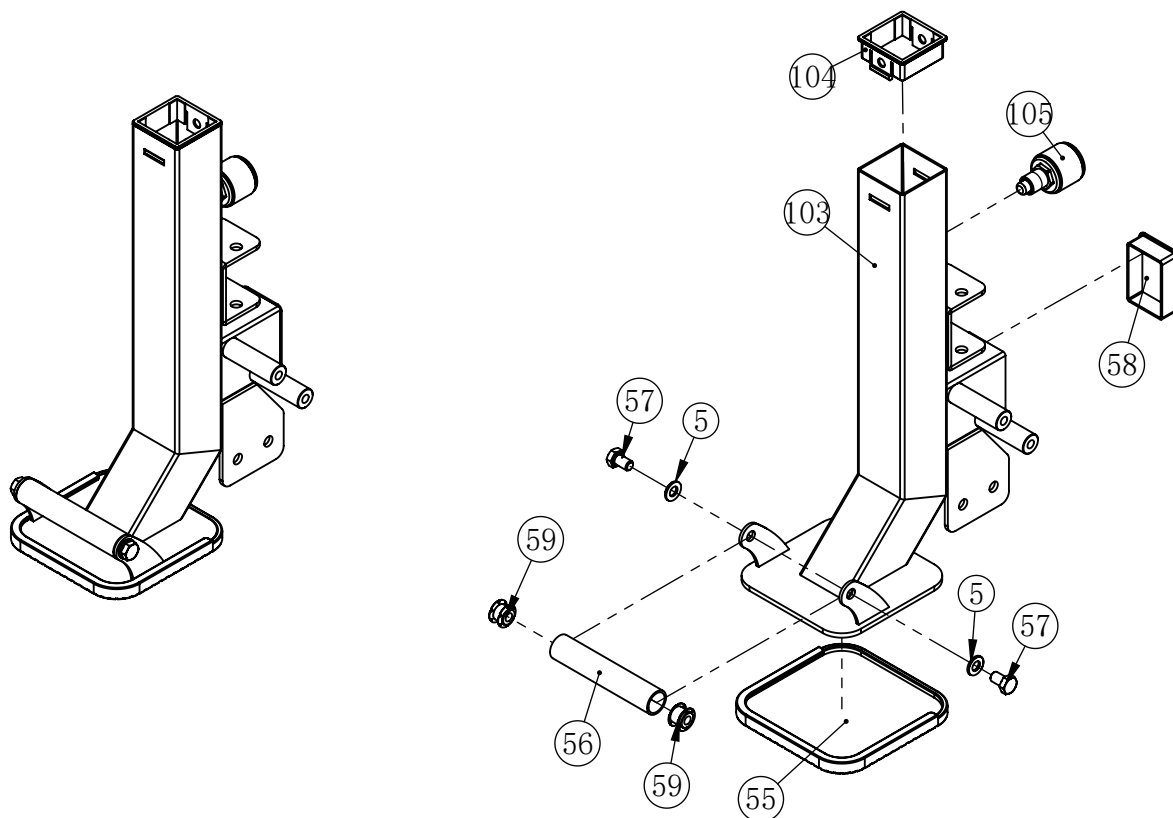


## Seat Pedal Training Main Frame Connection



# EXPLODED DIAGRAM

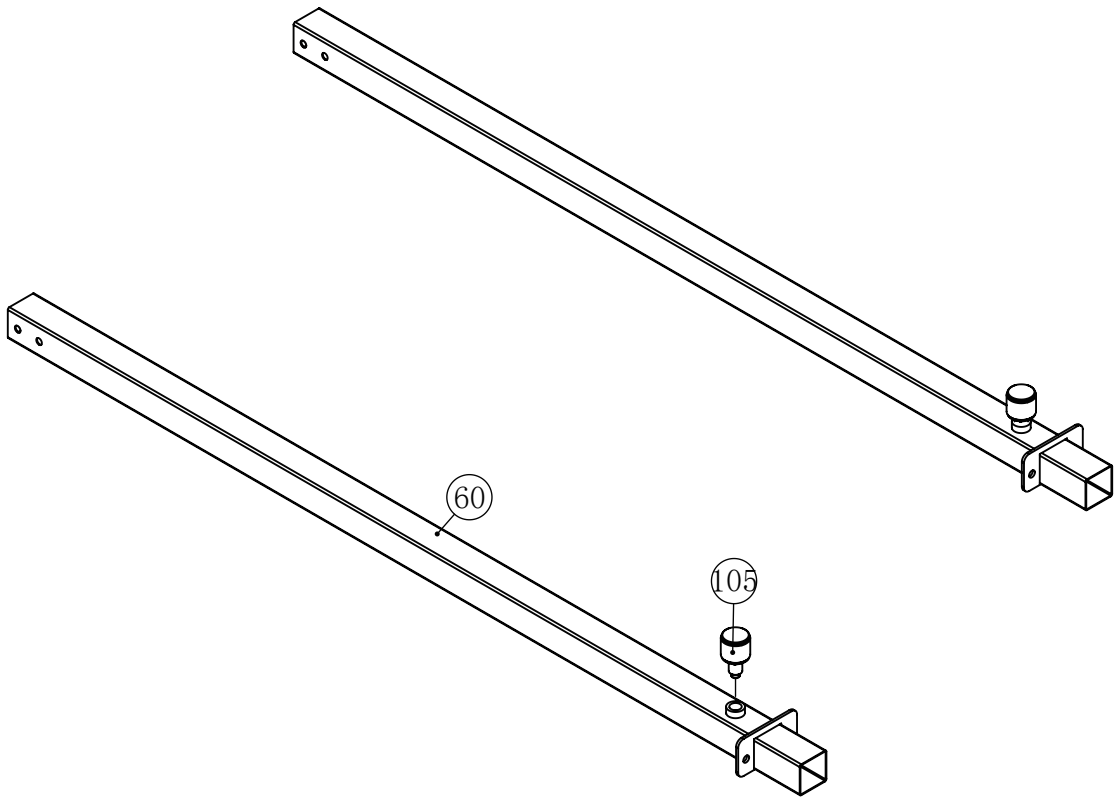
## 1. Main Beam Tube, 1 pc



| Key No. | Description                | Note    | Quantity |
|---------|----------------------------|---------|----------|
| 5       | Washer                     | φ10     | 2        |
| 55      | Foot Pad                   | F150    | 1        |
| 56      | Movable Handle             | φ25*1.5 | 1        |
| 57      | Hexagon Head Bolt          | M10×16  | 2        |
| 58      | Inner Plug                 | 50*70*2 | 1        |
| 59      | Two Layer Spring Slice Nut | φ23-M10 | 2        |
| 103     | Front Stand Tube           |         | 1        |
| 104     | Bushing                    | 50-60   | 1        |
| 105     | Plum Pin                   | φ12     | 1        |

# EXPLODED DIAGRAM

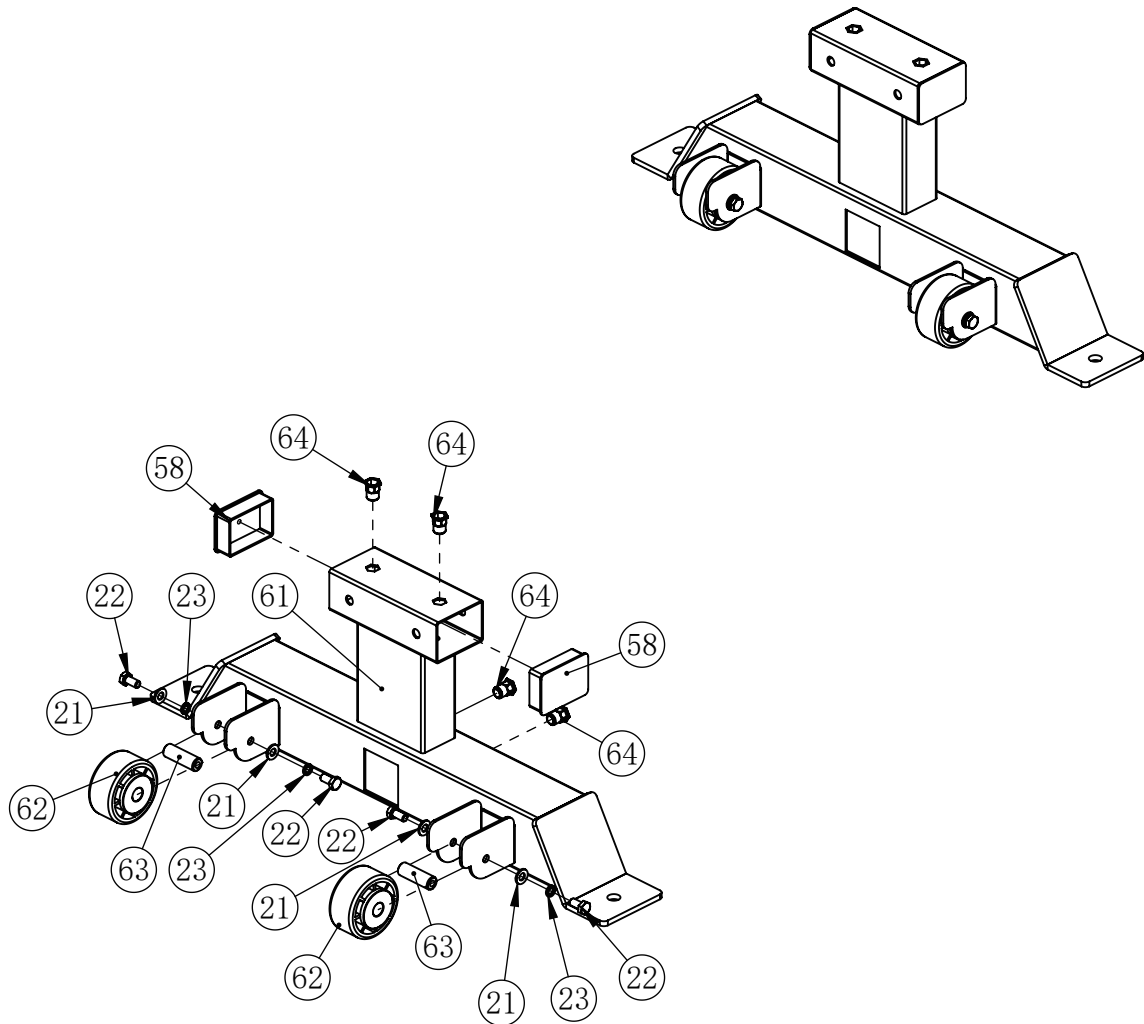
## 2. Adjusting Outer Tube, 1 pc



| Key No. | Description          | Note | Quantity |
|---------|----------------------|------|----------|
| 60      | Adjusting Outer Tube |      | 1        |
| 105     | Plum Pin             | φ12  | 1        |

# EXPLODED DIAGRAM

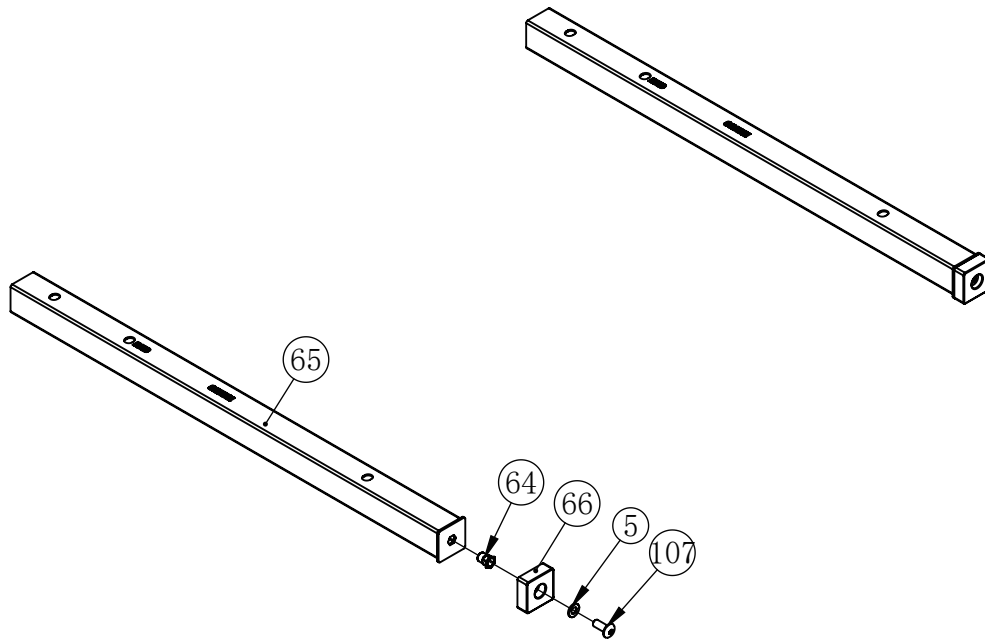
## 8. Rear Base Beam, 1 pc



| Key No. | Description                 | Note             | Quantity |
|---------|-----------------------------|------------------|----------|
| 21      | Washer                      | φ8               | 4        |
| 22      | Hexagon Head Bolt           | M8×16            | 4        |
| 23      | Washer                      | φ8               | 4        |
| 58      | Inner Plug                  | 50*70*2          | 2        |
| 61      | Rear Base Beam              |                  | 1        |
| 62      | PU Movable Roller           | φ70 with Bearing | 2        |
| 63      | Roller Shaft                | φ14.9×45-M8      | 2        |
| 64      | Sunk Head Hexagon Rivet Nut | M10              | 4        |

## EXPLODED DIAGRAM

### 9. Supporting Tube, 1 pc

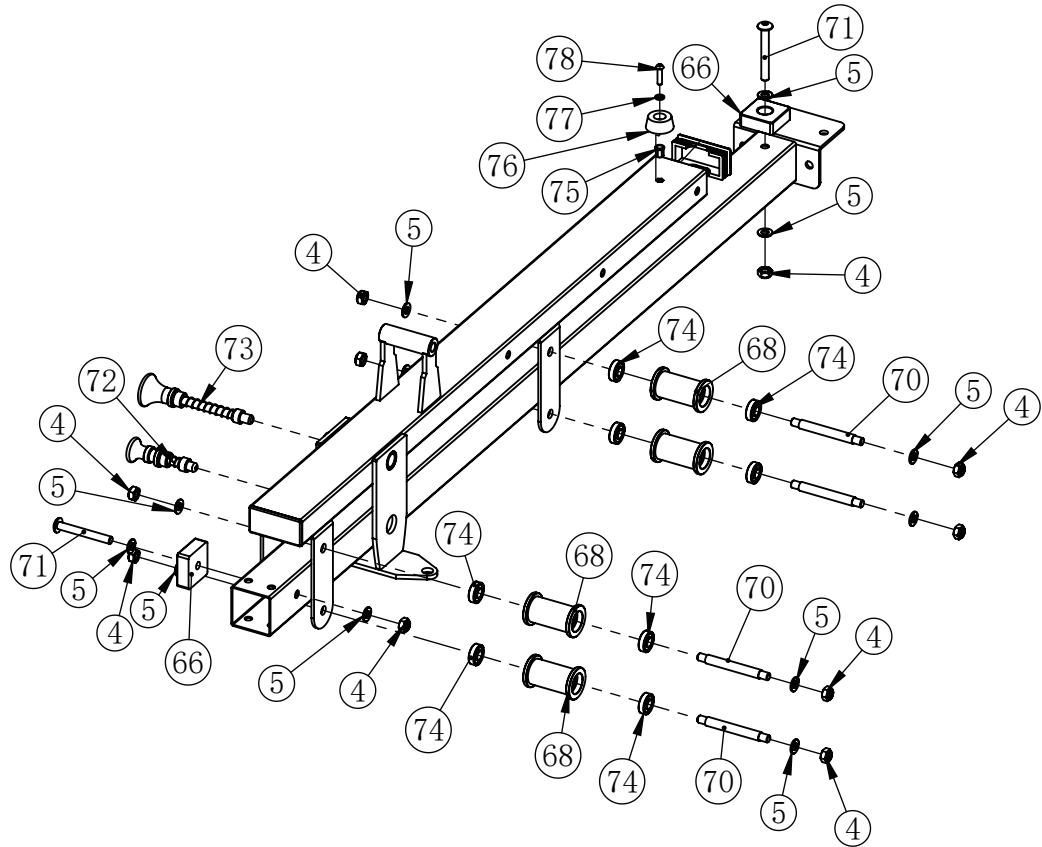


| Key No. | Description                        | Note                             | Quantity |
|---------|------------------------------------|----------------------------------|----------|
| 5       | Washer                             | $\phi 10$                        | 1        |
| 65      | Supporting Tube                    |                                  | 1        |
| 66      | Square Shock Pad                   | $\square 50 \times 50 \times 18$ | 1        |
| 64      | Sunk Head Hexagon Rivet Nut        | M10                              | 1        |
| 107     | Inner Hexagon Flat Round Head Bolt | M10 $\times$ 25                  | 1        |



# EXPLODED DIAGRAM

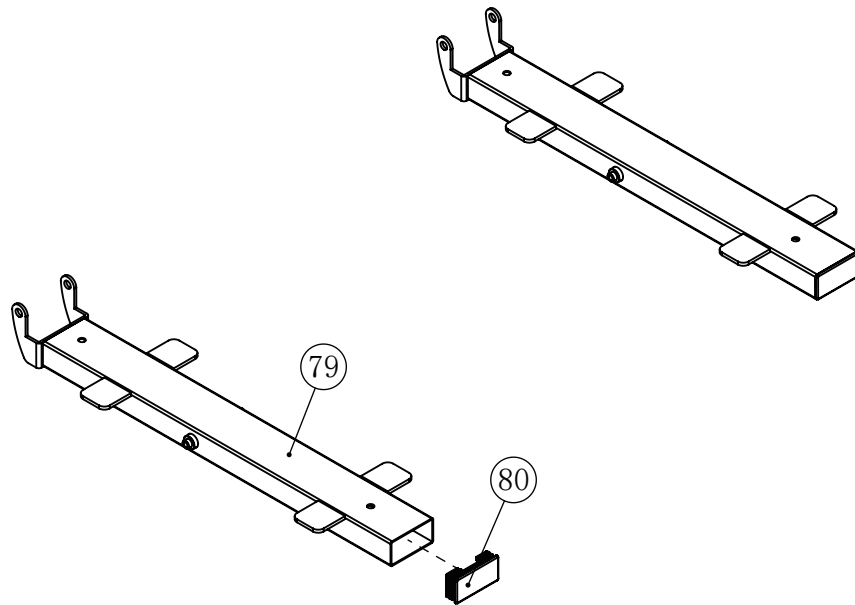
## 10. Sliding Sleeve, 1 pc



| Key No. | Description                        | Note          | Quantity |
|---------|------------------------------------|---------------|----------|
| 4       | Lock Nut                           | M10           | 10       |
| 5       | Washer                             | φ10           | 12       |
| 66      | Square Shock Pad                   | □50×50×18     | 2        |
| 67      | Rail Tube                          |               | 1        |
| 68      | 60 Tube Roller                     | φ44×70.5      | 4        |
| 69      | Square Tube Inner Plug             | □40×80×2      | 2        |
| 70      | Double Head Bolt                   | φ12×107-M10   | 4        |
| 71      | Inner Hexagon Flat Round Head Bolt | M10×80        | 2        |
| 72      | Umbrella Orientation Pin           | φ12×M20×40    | 1        |
| 73      | Umbrella Pin                       | φ12×M20×100   | 1        |
| 74      | Deep Groove Ball Bearing           | 6001          | 8        |
| 75      | Hexagon Rivet Nut                  | M6            | 1        |
| 76      | Cone Shock Pad                     | φ37×φ31×φ7×16 | 1        |
| 77      | Flat Gasket                        | φ6            | 1        |
| 78      | Inner Hexagon Flat Round Head Bolt | M6×25         | 1        |
| 102     | Sliding Sleeve                     |               | 1        |

## EXPLODED DIAGRAM

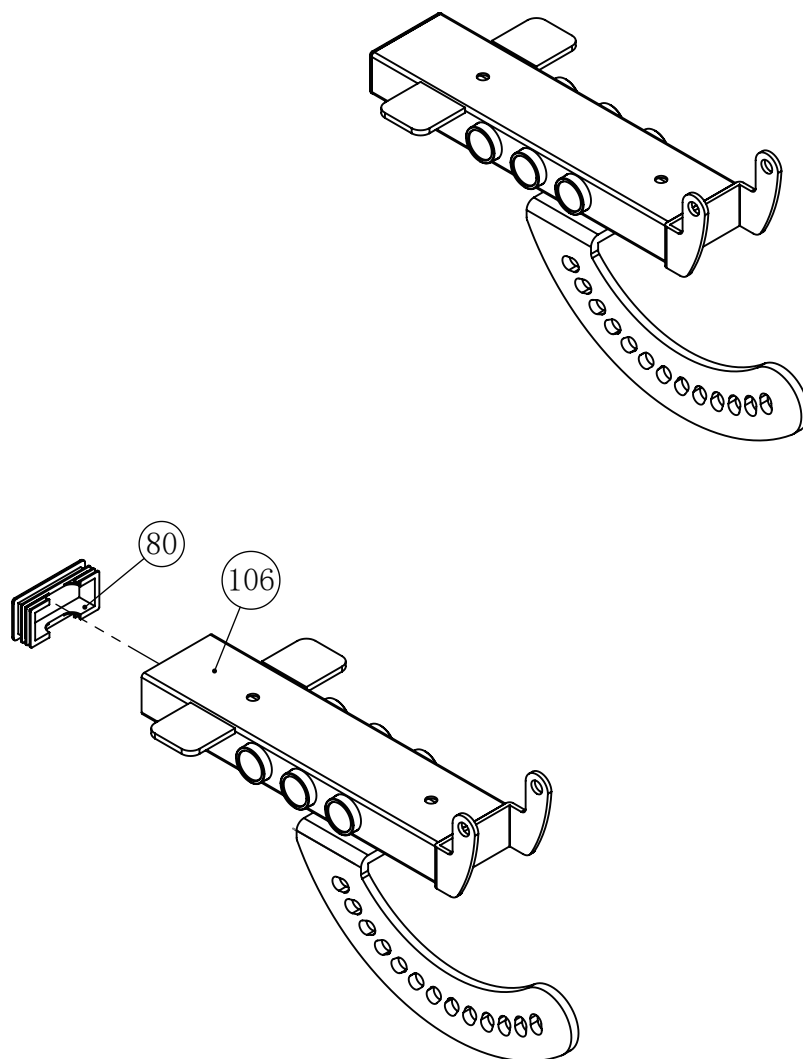
### 16. Back Pad Tube, 1 pc



| Key No. | Description            | Note     | Quantity |
|---------|------------------------|----------|----------|
| 79      | Back Pad Tube          |          | 1        |
| 80      | Square Tube Inner Plug | □40×80×2 | 1        |

## EXPLODED DIAGRAM

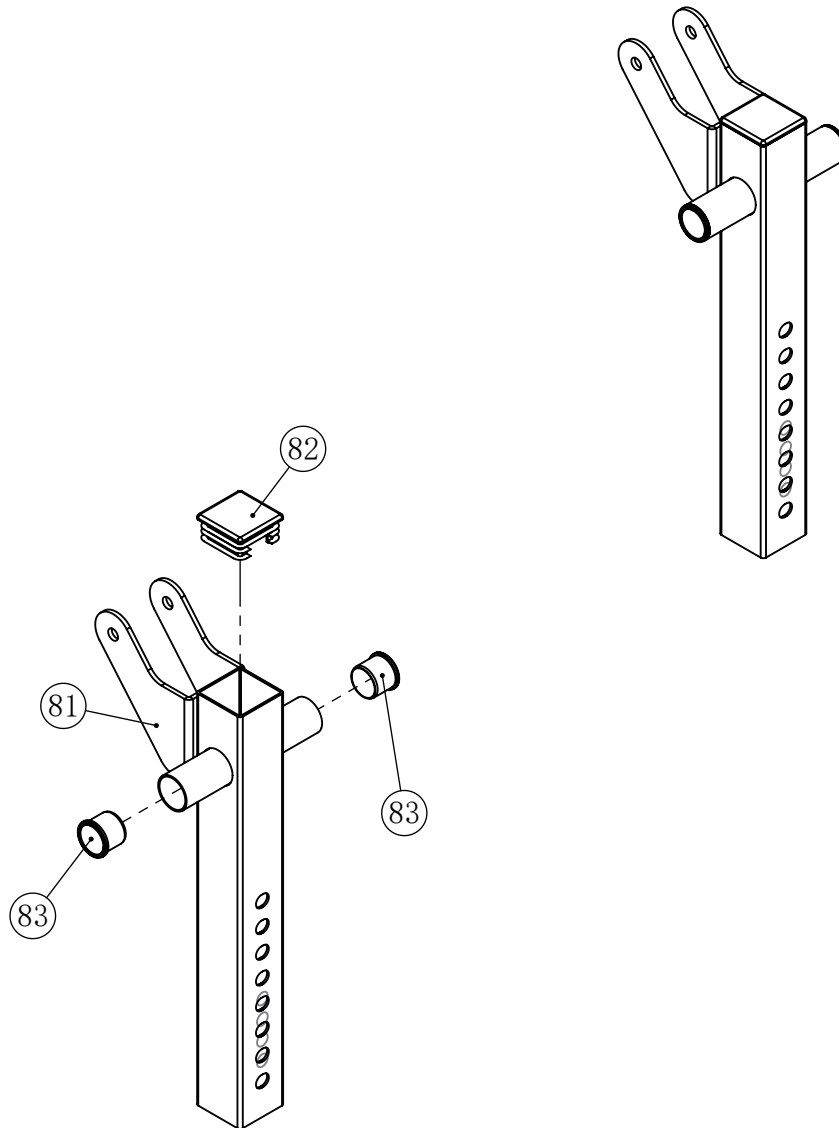
18. Seat Tube, 1 pc



| Key No. | Description            | Note     | Quantity |
|---------|------------------------|----------|----------|
| 80      | Square Tube Inner Plug | □40×80×2 | 1        |
| 106     | Seat Tube              |          | 1        |

## EXPLODED DIAGRAM

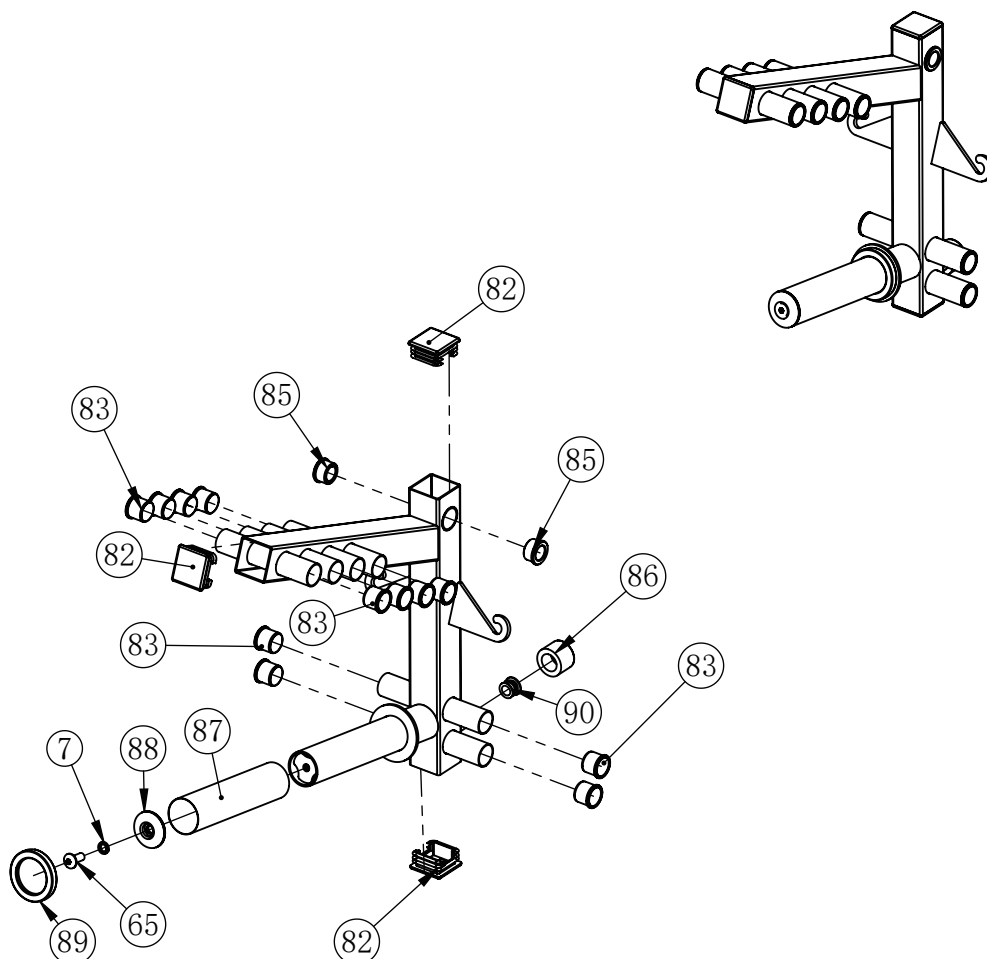
### 30. Leg Curl Inner Insert Tube, 1 pc



| Key No. | Description                | Note       | Quantity |
|---------|----------------------------|------------|----------|
| 81      | Leg Curl Inner Insert Tube |            | 1        |
| 82      | Square Tube Inner Plug     | □50×50×2   | 1        |
| 83      | Round Reduction Sleeve     | φ32×φ26×25 | 2        |

## EXPLODED DIAGRAM

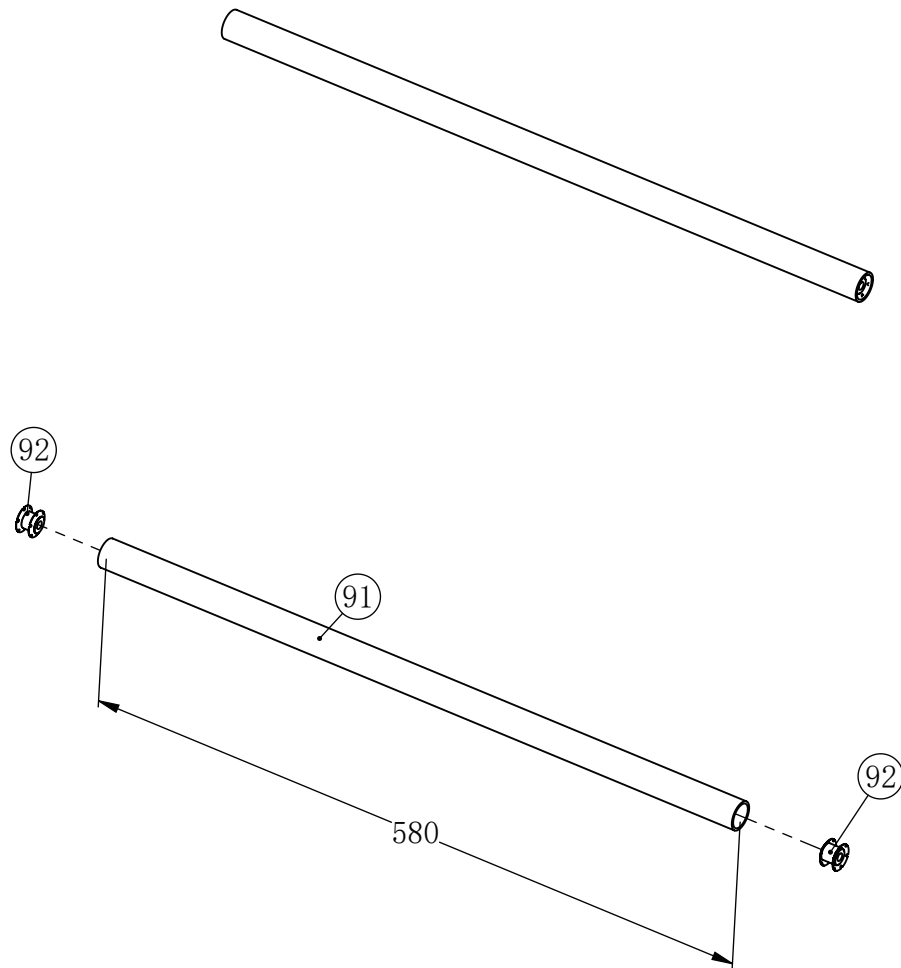
### 31. Leg Curl Frame, 1 pc



| Key No. | Description                | Note                                                   | Quantity |
|---------|----------------------------|--------------------------------------------------------|----------|
| 7       | Spring Washer              | $\phi 10$                                              | 1        |
| 65      | Supporting Tube            |                                                        | 1        |
| 82      | Square Tube Inner Plug     | $\square 50 \times 50 \times 2$                        | 3        |
| 83      | Round Reduction Sleeve     | $\phi 32 \times \phi 26 \times 25$                     | 12       |
| 84      | Leg Curl Frame             |                                                        | 1        |
| 85      | Powder Sleeve              | $\phi 33 \times \phi 29 \times \phi 20 \times 18$      | 2        |
| 86      | Rubber Round Pad           | $\phi 40 * \phi 25 * \phi 11 * 29$                     | 1        |
| 87      | Outer Sleeve Tube          | $\phi 49.5 * 0.6 * 200$                                | 1        |
| 88      | Decorative Aluminium Cover | $\phi 11 \times \phi 18 \times \phi 42 \times \phi 50$ | 1        |
| 89      | Rubber Closing Ring        | $\phi 70 \times \phi 50 \times \phi 10$                | 1        |
| 90      | Round Tube Inner Plug      | $\phi 25 \times 2$                                     | 1        |

## EXPLODED DIAGRAM

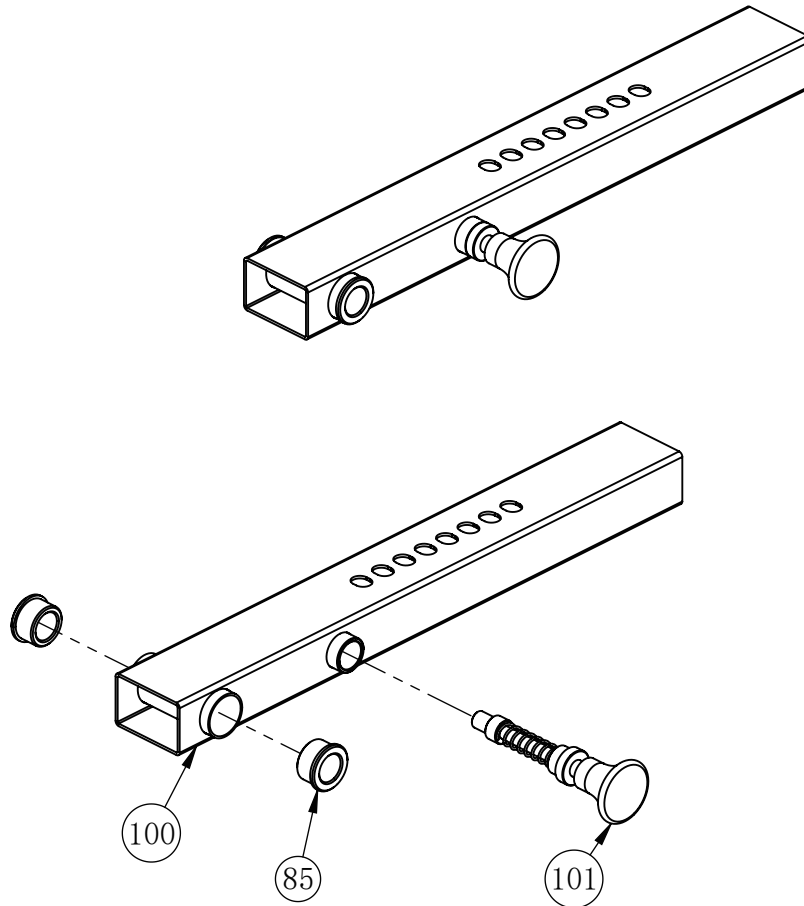
### 33. Foam Roller Support Rod, 3 pcs



| Key No. | Description                | Note                | Quantity |
|---------|----------------------------|---------------------|----------|
| 91      | Foam Tube 580              | $\phi 25 \times 2$  | 1        |
| 92      | Two Layer Spring Slice Nut | $\phi 23\text{-M8}$ | 2        |

## EXPLODED DIAGRAM

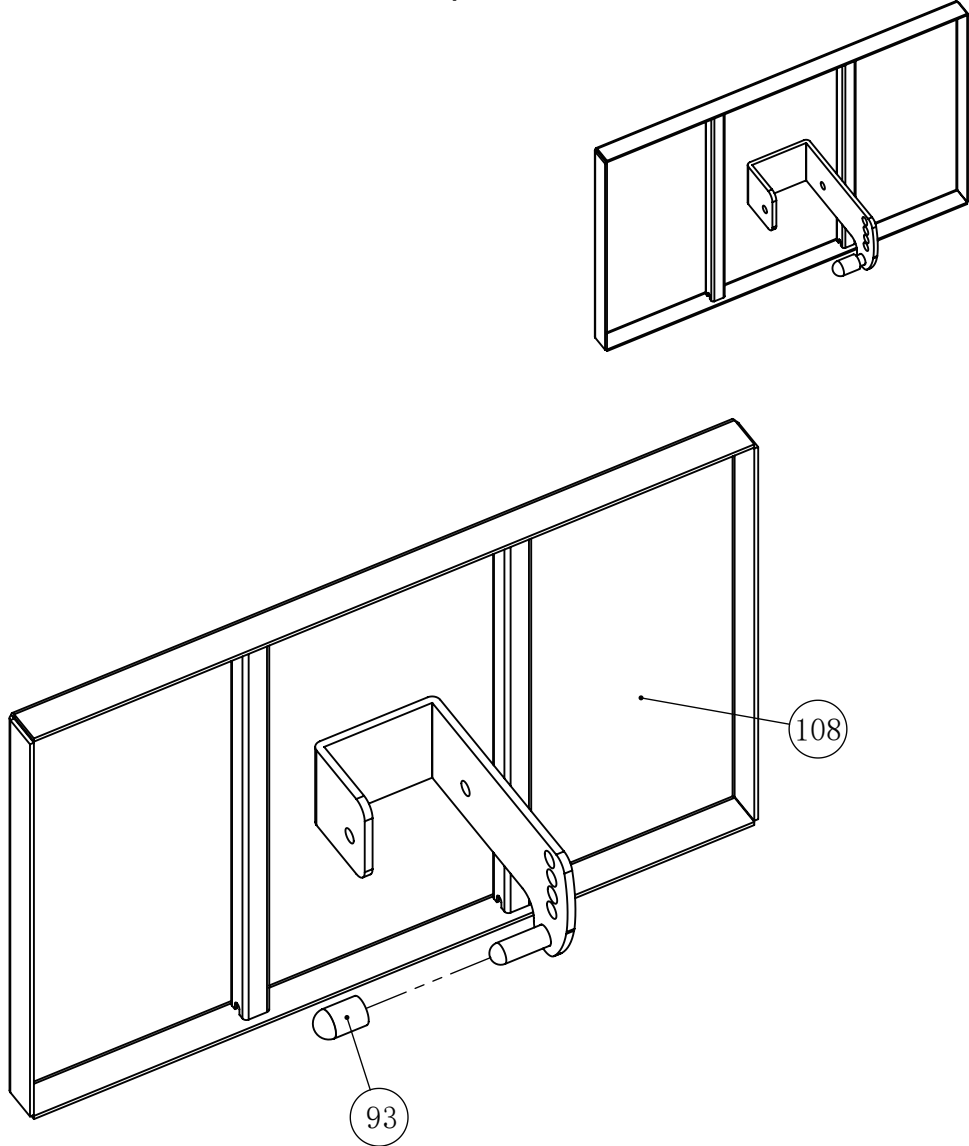
### 49. Leg Curl Adjusting Tube, 1 pc



| Key No. | Description             | Note                                              | Quantity |
|---------|-------------------------|---------------------------------------------------|----------|
| 85      | Powder Sleeve           |                                                   | 2        |
| 100     | Leg Curl Adjusting Tube | $\phi 33 \times \phi 29 \times \phi 20 \times 18$ | 1        |
| 101     | Umbrella Pin            | $\phi 12 \times M20 \times 75$                    | 1        |

**EXPLODED DIAGRAM**

51. Foot Pedal Rotator, 1 pc

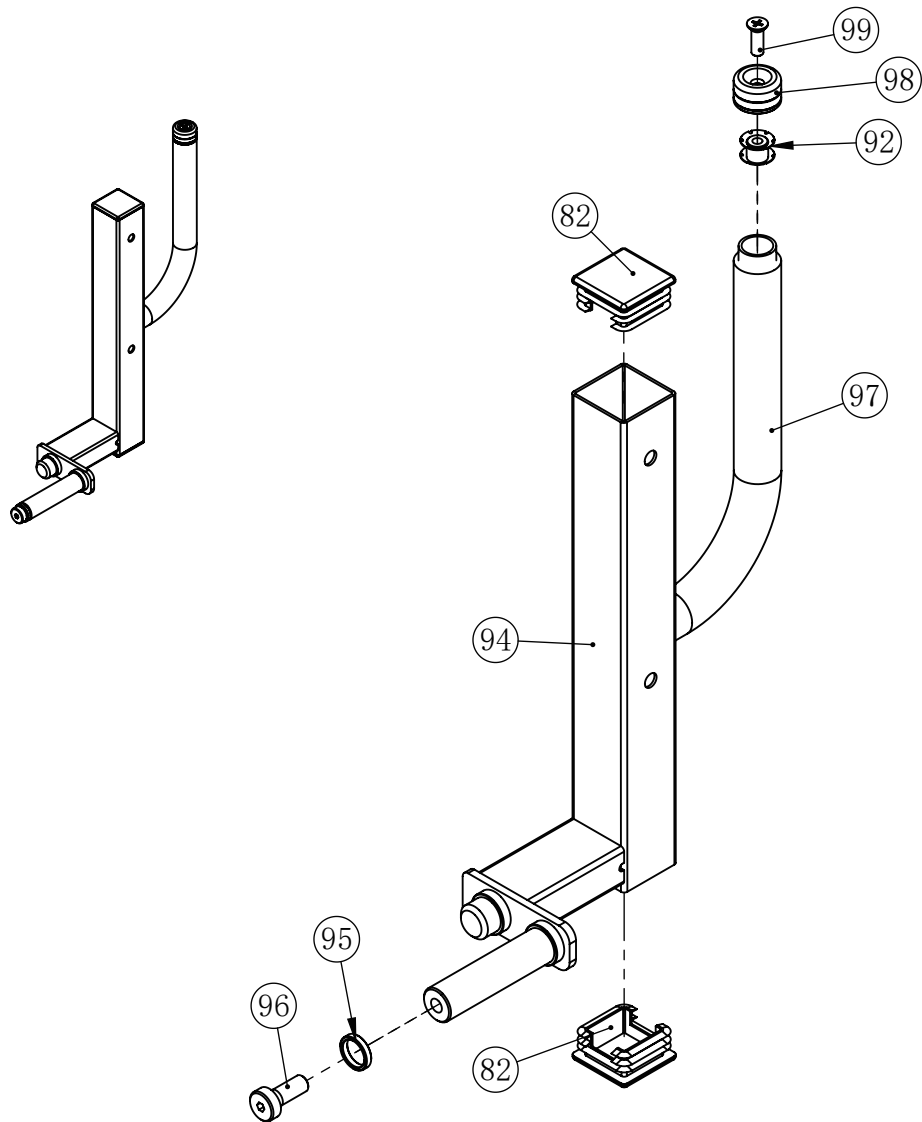


| Key No. | Description           | Note                | Quantity |
|---------|-----------------------|---------------------|----------|
| 93      | Buffer Sleeve         | $\phi 21 \times 35$ | 1        |
| 108     | Seated Row Foot Plate |                     | 1        |



## EXPLODED DIAGRAM

### 52. Shoulder Pad, 2 pc



| Key No. | Description                  | Note        | Quantity |
|---------|------------------------------|-------------|----------|
| 82      | Square Tube Inner Plug       | □50×50×2    | 2        |
| 92      | Two Layer Spring Slice Nut   | φ23-M8      | 1        |
| 94      | Shoulder Pad                 |             | 1        |
| 95      | Limit Ring                   | φ25*φ20*5   | 1        |
| 96      | Barbell Bar Limit Shaft      | φ22*39.5    | 1        |
| 97      | Upper Handgrip Sleeve        | φ25*310     | 1        |
| 98      | Handgrip Outer Stop Collar   | φ31.5×φ25.5 | 1        |
| 99      | Sunk Head Cross Groove Screw | M8×20       | 1        |

## PARTS LIST

| Key No. | Description                        | Note         | Quantity |
|---------|------------------------------------|--------------|----------|
| 1       | Main Beam Tube                     |              | 1        |
| 2       | Adjusting Outer Tube               |              | 1        |
| 3       | Hexagon Head Bolt                  | M10×75       | 2        |
| 4       | Lock Nut                           | M10          | 25       |
| 5       | Flat Gasket                        | φ10          | 50       |
| 6       | Hexagon Head Bolt                  | M10×25       | 8        |
| 7       | Spring Gasket                      | φ10          | 13       |
| 8       | Rear Base Beam                     |              | 1        |
| 9       | Supporting Tube                    |              | 1        |
| 10      | Sliding Sleeve                     |              | 1        |
| 11      | Large Flat Gasket                  | φ10          | 4        |
| 12      | Hexagon Head Bolt                  | M10×90       | 2        |
| 13      | Hexagon Head Bolt                  | M10×85       | 2        |
| 14      | Gear Adjusting Plate               | T4           | 2        |
| 15      | Hexagon Head Bolt                  | M10×105      | 3        |
| 16      | Back Pad Tube                      |              | 1        |
| 17      | Outer Wire Shaft                   | φ12×M10×118  | 1        |
| 18      | Seat Tube                          |              | 1        |
| 19      | Back Pad Adjusting Plate           | T6           | 2        |
| 20      | Double Head Bolt                   | φ12×130-M10  | 1        |
| 21      | Flat Gasket                        | φ8           | 18       |
| 22      | Hexagon Head Bolt                  | M8×16        | 6        |
| 23      | Spring Gasket                      | φ8           | 6        |
| 24      | Back Pad                           |              | 1        |
| 25      | Seat Pad                           |              | 1        |
| 26      | Hexagon Head Bolt                  | M8×60        | 4        |
| 27      | Pulley                             | φ50          | 4        |
| 28      | Inner Hexagon Column Head Bolt     | M10×50       | 4        |
| 29      | Inner Wire Shaft                   | φ20×57-M10   | 1        |
| 30      | Leg Curl Inner Insert Tube         |              | 1        |
| 31      | Leg Curl Frame                     |              | 1        |
| 32      | Cable Catch Wheel                  | φ78×φ26×28   | 2        |
| 33      | Foam Roller Support Rod            |              | 3        |
| 34      | Foam Roller                        | φ25Xφ100X200 | 4        |
| 35      | Foam Inner Stopper Cover (Chromed) | φ70×φ27×12   | 4        |
| 36      | Foam Outer Stopper Cover (Chromed) | φ70×φ9×14    | 6        |
| 37      | Foam                               | φ25Xφ100X175 | 2        |

## PARTS LIST

| Key No. | Description                        | Note             | Quantity |
|---------|------------------------------------|------------------|----------|
| 38      | Hexagon Socket Button Head Screw   | M8×25            | 6        |
| 39      | Spring Collar                      | φ50              | 1        |
| 40      | Carabiner                          |                  | 8        |
| 41      | Leg Curl Wire                      | 1920×φ5(mm)      | 2        |
| 42      | Chest Pad Tube                     |                  | 1        |
| 43      | Barbell Support Tube               |                  | 1        |
| 44      | Chest Pad                          |                  | 1        |
| 45      | Hexagon Head Bolt                  | M10×70           | 2        |
| 46      | Hexagon Head Bolt                  | M8×20            | 4        |
| 47      | Seat Pedal Wire                    | 1030×φ5 (mm)     | 2        |
| 48      | Back Pedal Wire                    | 1165×φ5 (mm)     | 2        |
| 49      | Leg Curl Adjusting Tube            |                  | 1        |
| 50      | Inner Shaft                        | φ20*82-M10       | 1        |
| 51      | Foot Pedal Rotator                 |                  | 1        |
| 52      | Shoulder Pad Weldment              |                  | 2        |
| 53      | Hexagon Head Bolt                  | M8×65            | 4        |
| 54      | Shoulder Pad                       |                  | 2        |
| 55      | Foot Pad                           | F150             | 1        |
| 56      | Movable Handle                     | φ25*1.5          | 1        |
| 57      | Hexagon Head Bolt                  | M10×16           | 2        |
| 58      | Inner Plug                         | 50*70*2          | 3        |
| 59      | Two Layer Spring Slice Nut         | φ23-M10          | 2        |
| 60      | Adjusting Outer Tube               |                  | 1        |
| 61      | Rear Base Beam                     |                  | 1        |
| 62      | PU Movable Roller                  | φ70 with Bearing | 2        |
| 63      | Roller Shaft                       | φ14.9×45-M8      | 2        |
| 64      | Sunk Head Hexagon Rivet Nut        | M10              | 5        |
| 65      | Supporting Tube                    |                  | 1        |
| 66      | Square Shock Pad                   | □50×50×18        | 3        |
| 67      | Rail Tube                          |                  | 1        |
| 68      | 60 Tube Roller                     | φ44×70.5         | 4        |
| 69      | Square Tube Inner Plug             | □40×80×2         | 2        |
| 70      | Double Head Bolt                   | φ12×107-M10      | 4        |
| 71      | Inner Hexagon Flat Round Head Bolt | M10×80           | 2        |
| 72      | Umbrella Orientation Pin           | φ12×M20×40       | 1        |
| 73      | Umbrella Pin                       | φ12×M20×100      | 1        |

# PARTS LIST

| Key No. | Description                        | Note                                                   | Quantity |
|---------|------------------------------------|--------------------------------------------------------|----------|
| 74      | Deep Groove Ball Bearing           | 6001                                                   | 8        |
| 75      | Hexagon Rivet Nut                  | M6                                                     | 1        |
| 76      | Cone Shock Pad                     | $\phi 37 \times \phi 31 \times \phi 7 \times 16$       | 1        |
| 77      | Flat Gasket                        | $\phi 6$                                               | 1        |
| 78      | Inner Hexagon Flat Round Head Bolt | M6×25                                                  | 1        |
| 79      | Back Pad Tube                      |                                                        | 1        |
| 80      | Square Tube Inner Plug             | $\square 40 \times 80 \times 2$                        | 2        |
| 81      | Leg Curl Inner Insert Tube         |                                                        | 1        |
| 82      | Square Tube Inner Plug             | $\square 50 \times 50 \times 2$                        | 8        |
| 83      | Round Reduction Sleeve             | $\phi 32 \times \phi 26 \times 25$                     | 14       |
| 84      | Leg Curl Frame                     |                                                        | 1        |
| 85      | Powder Sleeve                      | $\phi 33 \times \phi 29 \times \phi 20 \times 18$      | 4        |
| 86      | Rubber Round Pad                   | $\phi 40 * \phi 25 * \phi 11 * 29$                     | 1        |
| 87      | Outer Sleeve Tube                  | $\phi 49.5 * 0.6 * 200$                                | 1        |
| 88      | Decorative Aluminium Cover         | $\phi 11 \times \phi 18 \times \phi 42 \times \phi 50$ | 1        |
| 89      | Rubber Closing Ring                | $\phi 70 \times \phi 50 \times \phi 10$                | 1        |
| 90      | Round Tube Inner Plug              | $\phi 25 \times 2$                                     | 1        |
| 91      | Foam Tube 580                      | $\phi 25 * 2$                                          | 1        |
| 92      | Two Layer Spring Slice Nut         | $\phi 23$ -M8                                          | 8        |
| 93      | Buffer Sleeve                      | $\phi 21 * 35$                                         | 1        |
| 94      | Shoulder Pad                       |                                                        | 2        |
| 95      | Limit Ring                         | $\phi 25 * \phi 20 * 5$                                | 2        |
| 96      | Barbell Bar Limit Shaft            | $\phi 22 * 39.5$                                       | 2        |
| 97      | Upper Handgrip Sleeve              | $\phi 25 * 310$                                        | 2        |
| 98      | Handgrip Outer Stop Collar         | $\phi 31.5 \times \phi 25.5$                           | 2        |
| 99      | Sunk Head Cross Groove Screw       | M8×20                                                  | 2        |
| 100     | Leg Curl Adjusting Tube            |                                                        | 1        |
| 101     | Umbrella Pin                       | $\phi 12 \times M20 \times 75$                         | 1        |
| 102     | Sliding Sleeve                     |                                                        | 1        |
| 103     | Front Stand Tube                   |                                                        | 1        |
| 104     | Bushing                            | 50-60                                                  | 1        |
| 105     | Plum Pin                           | $\phi 12$                                              | 2        |
| 106     | Seat Tube                          |                                                        | 1        |
| 107     | Hexagon Socket Button Head Screw   | M10×25                                                 | 2        |
| 108     | Seated Row Foot Plate              |                                                        | 1        |

## MEASURING FOR BOLT LENGTH





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**

The Force USA range of strength equipment carries a Lifetime (10 Year) Structural Warranty along with two years cover on all moving parts and 90 days warranty on all upholstery items. 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 elements, cables and pulleys and workmanship that occur during regular use in the warranted environment. 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. 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.