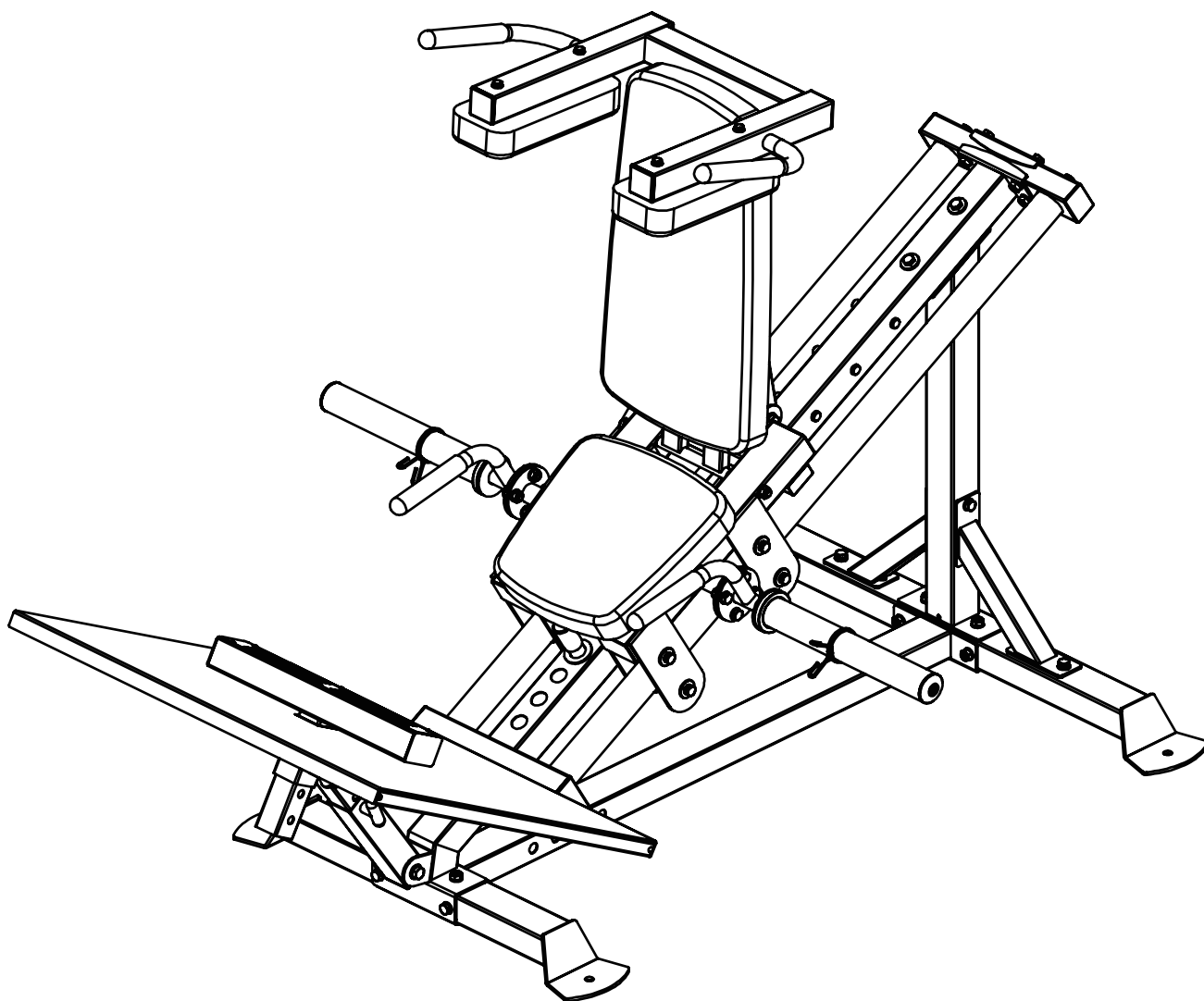


FORCE USA

COMPACT STANDING LEG PRESS & HACK SQUAT



OWNERS MANUAL | **F-CLP-V2**

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PARTS LIST

KEY NUMBER	DESCRIPTION OF PART	QUANTITY
1	Back Ground Tube	1
2	Ground Connection Tube	1
3	Front Ground Tube	1
4	Main Stand Tube	1
5	Main Beam Tube Assembly	1
6	Flat Washer $\phi 10$	50
7	Hexagon Bolt M10*90	4
8	Lock Nut M10	27
9	Hexagon Bolt M10*70	4
10	Big Flat Washer $\phi 30 * \phi 10 * 3$	22
11	Hexagon Bolt M10*80	3
12	Track Inner Pipe Assembly	2
13	Back Anchor Tube Assembly	1
14	U Shaped Sheet	1
15	Track Frame Weldment Assembly	1
16	Spring Washer $\phi 10$	22
17	Hexagon Bolt M10*25	14
18	Hexagon Bolt M10*60	4
19	Limit Shaft Assembly	1
20	Inclined Tube Weldment	2
21	Footplate Adjust Outer Casing Weldment Assembly	2
22	Footplate Weldment	1
23	Double Head Bolt $\phi 12 * 270 - M10$	1
24	Footplate Adjust Inner Tube Weldment Assembly	1
25	Flat Washer $\phi 12$	8
26	Lock Nut M12	4

PARTS LIST

KEY NUMBER	DESCRIPTION OF PART	QUANTITY
27	Hexagon Bolt M12*80	4
28	T Shape Pin ϕ 12*70	3
29	Back Cushion Tube Assembly	1
30	Back Cushion Adjust Inner Tube Weldment Assembly	1
31	Double Head Bolt ϕ 12**323-M10	1
32	Back Cushion	1
33	Seat Cushion	1
34	Calf Tube Assembly	1
35	Flat Washer ϕ 8	12
36	Hexagon Bolt M8*40	4
37	Hexagon Bolt M8*70	8
38	Handle Right Assembly	1
39	Handle Left Assembly	1
40	Shoulder Cushion Frame Weldment Assembly	1
41	Shoulder Cushion	2
42	Spring Collar ϕ 50	2
43	Main Beam Tube Weldment	1
44	Tube Plug ϕ 40*80*2	2
45	Track Inner Pipe Weldment	2
46	Stainless Steel Pipe ϕ 49.5*0.6	2
47	Back Anchor Tube	1
48	Tube Plug ϕ 40*60*2	2
49	Track Frame Weldment	1
50	Roller Assembly	8
51	Internal Thread Axle ϕ 17*81-M10	8
52	Tube Plug 50*70*2	6

PARTS LIST

KEY NUMBER	DESCRIPTION OF PART	QUANTITY
53	Limit Handle Pipe Weldment	1
54	Hook Weldment	1
55	Headless Hexagon Bolt M8*10	2
56	Handle Cover $\phi 24.5 \times 280$	1
57	Tube Plug $\phi 25 \times 50 \times 1.5$	2
58	Limit Shaft Weldment	1
59	Sheath $\phi 30 \times \phi 25 \times 50$	1
60	Roller	8
61	Deep Groove Ball Bearing 6003	16
62	Footplate Adjust Outer Casing Weldment	2
63	Tube Plug $\phi 50 \times 50 \times 2$	2
64	Footplate Adjust Inner Tube Weldment	1
65	Tube Plug $\phi 45 \times 45 \times 2$	2
66	Back Cushion Tube Weldment	1
67	Tube Plug $\phi 40 \times 20 \times 1.5$	2
68	Pull Pin M18*22* $\phi 10$	1
69	Back Cushion Adjust Inner Tube Weldment	1
70	Calf Tube Weldment	1
71	Calf Non Slip Pad	1
72	Flat Round Head Blind Rivet 4*10	6
73	Handle Right Weldment	1
74	Stainless Steel Outer Pipe $\phi 49.5 \times 0.6$	2
75	Barbell Rod Inner Pipe $\phi 48 \times 1.5$	2
76	Outer Support Sleeve $\phi 50 \times \phi 44.8 \times \phi 25.5$	2
77	Barbell Hanging Rod Inner Support Sleeve $\phi 70 \times \phi 44.8 \times \phi 25.5 \times 30$	2
78	Hexagon Socket Button Head Screws M8*25	2

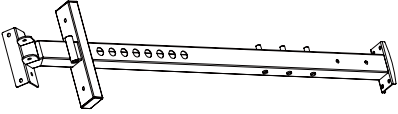
PARTS LIST

KEY NUMBER	DESCRIPTION OF PART	QUANTITY
79	Handle Cover $\phi 24.5 \times 150$	2
80	Handle Left Weldment	1
81	Shoulder Cushion Frame Weldment	1
82	Handle Cover $\phi 24.5 \times 185$	2
83	Tube Plug $\phi 50 \times 50 \times 2$	4
84	Hexagon Bolt M10*20	16

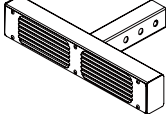


Bolt Length Gauge

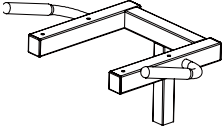
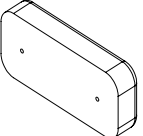
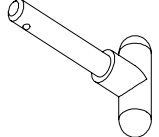

PARTS DRAWING

NO.	NUMBER	PART DESCRIPTION	QTY	PART PICTURE
1	BK-6023-0100	Back Ground Tube	1	
2	BK-6023-0200	Ground Connection Tube	1	
3	BK-6023-0300	Front Ground Tube	1	
4	BK-6023-0400	Main Stand Tube	1	
5	BK-6023-05	Main Beam Tube Assembly	1	
12	BK-6023-06	Track Inner Pipe Assembly	2	
13	BK-6023-07	Back Anchor Tube Assembly	1	
14	BK-6023-0503	U Shaped Sheet	1	
15	BK-6023-08	Track Frame Weldment Assembly	1	
19	BK-6025-14	Limit Shaft Assembly	1	

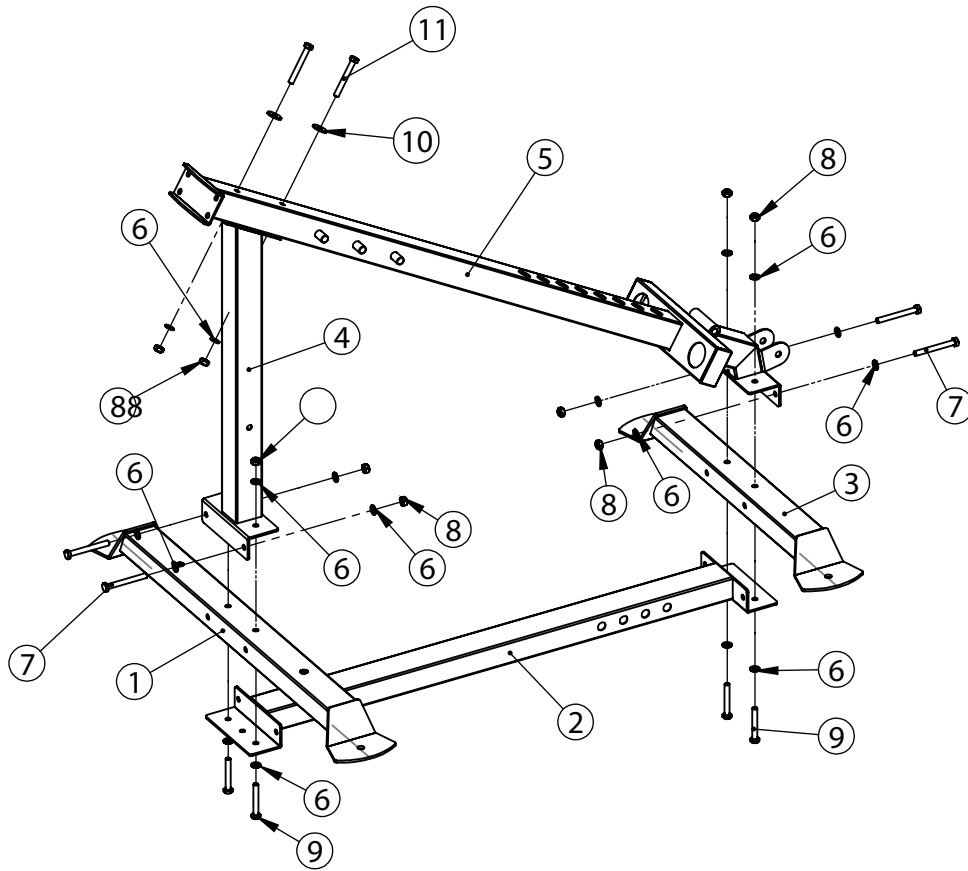
PARTS DRAWING

NO.	NUMBER	PART DESCRIPTION	QTY	PART PICTURE
20	BK-6023-1400	Inclined Tube Weldment	2	
21	BK-6025-16	Footplate Adjust Outer Casing Weldment Assembly	2	
22	BK-6023-1600	Footplate Weldment	1	
24	BK-6025-18	Footplate Adjust Inner Tube Weldment Assembly	1	
29	BK-6023-19	Back Cushion Tube Assembly	1	
30	BK-6023-21	Back Cushion Adjust Inner Tube Weldment Assembly	1	
32	BK-6023-2700	Back Cushion	1	
33	BK-6023-2600	Seat Cushion	1	
34	BK-6025-34	Calf Tube Assembly	1	
38	BK-6023-22	Handle Right Assembly	1	

PARTS DRAWING

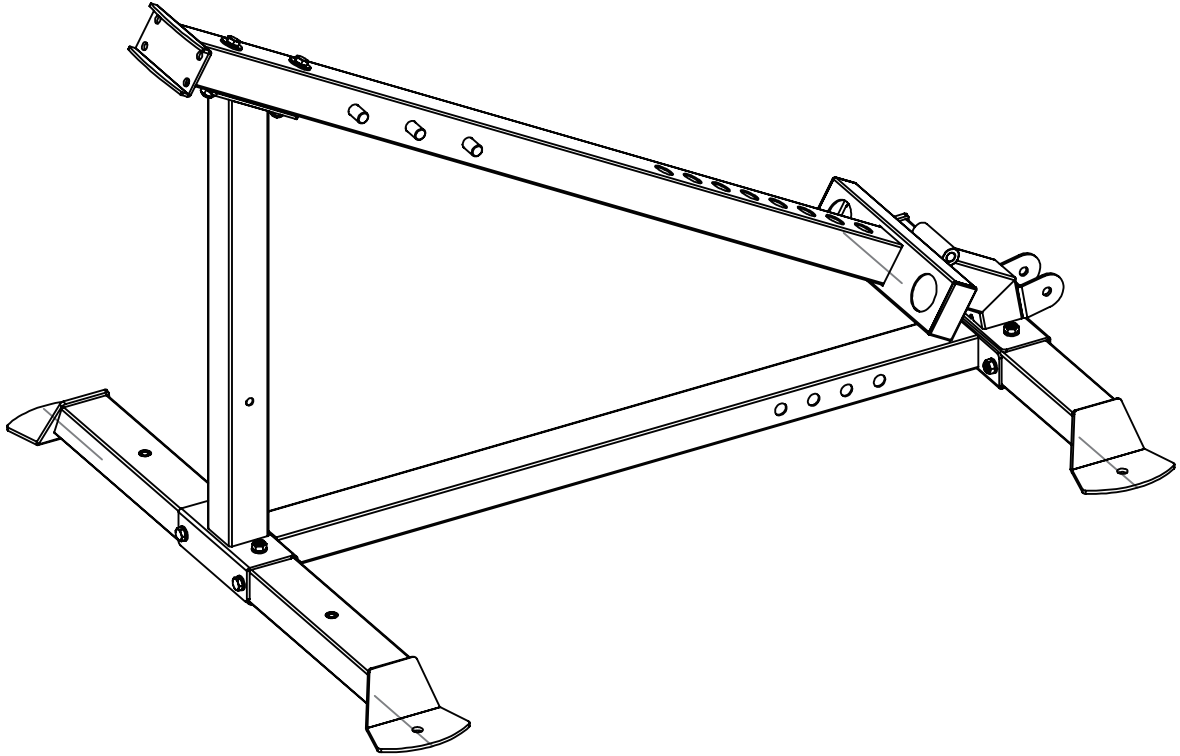
NO.	NUMBER	PART DESCRIPTION	QTY	PART PICTURE
39	BK-6023-23	Handle Left Assembly	1	
40	BK-6023-24	Shoulder Cushion Frame Weldment Assembly	1	
41	BK-6023-2500	Shoulder Cushion	2	
28	CX-03011 T	Shape Pin	3	
42	HDJ-0100	Spring Collar	2	

ASSEMBLY STEP 1



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
1	Back Ground Tube	1
2	Ground Connection Tube	1
3	Front Ground Tube	1
4	Main Stand Tube	1
5	Main Beam Tube Assembly	1
6	Flat Washer $\phi 10$	18
7	Hexagon Bolt M10*90	4
8	Lock Nut M10	10
9	Hexagon Bolt M10*70	4
10	Big Flat Washer $\phi 30 * \phi 10 * 3$	2
11	Hexagon Bolt M10*80	2

ASSEMBLY DRAWING

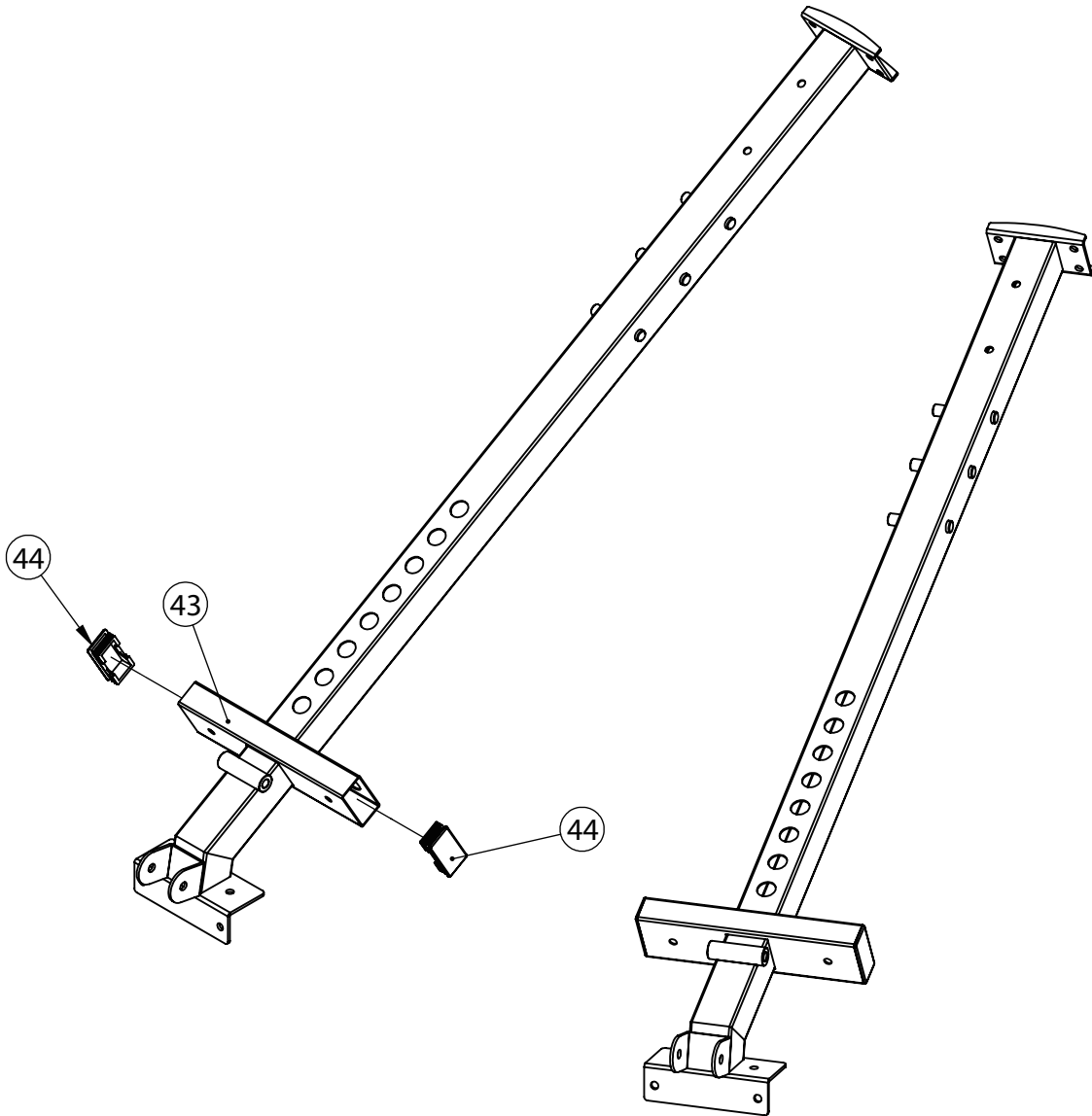


ASSEMBLY STEP 1 INSTRUCTIONS

1. As shown in the figure, pass M10*70 hexagon bolt-9 and ϕ 10 flat washer-6 through ground connection tube-2, back ground tube-1 and front ground tube-3.
2. Assemble main stand tube-4, main beam tube assembly-5 and back ground tube-1 front ground tube-3 together, and fix them use M10*90 hexagon bolt-7, M10*70 hexagon bolt-9, ϕ 10 flat washer-6 and M10 lock nut-8.
3. Fix main stand tube-4 and main beam tube assembly-5 use M10*80 hexagon bolt-11, ϕ 30* ϕ 10*3 big flat washer-10, ϕ 10 flat washer-6 and M10 lock nut-8.

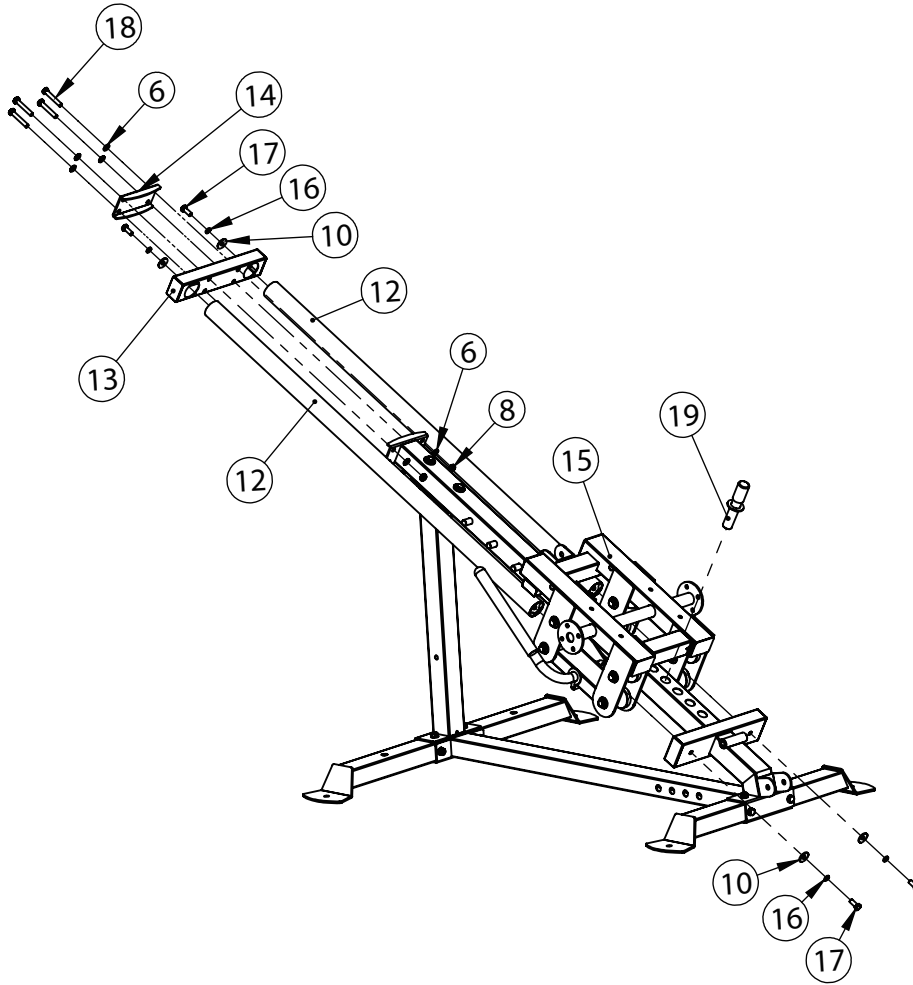
ASSEMBLY DRAWING

MAIN BEAM TUBE



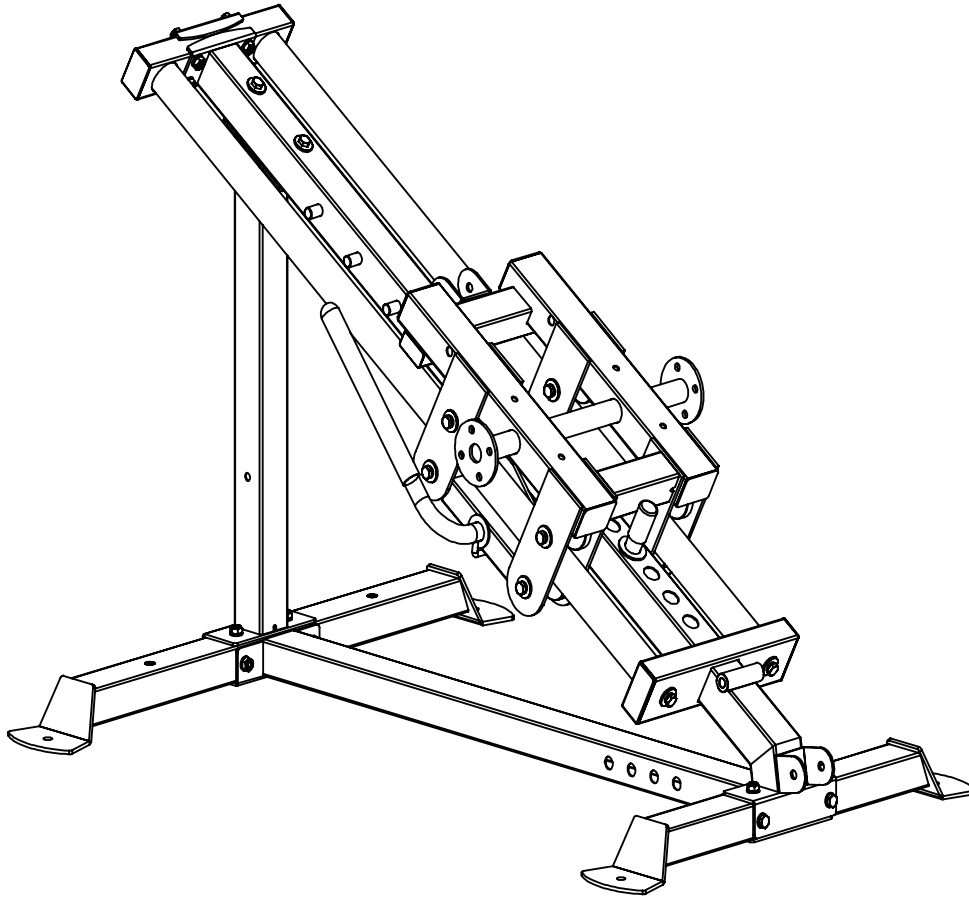
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
43	Main Beam Tube Weldment	1
44	Tube Plug $\phi 40 \times 80 \times 2$	2

ASSEMBLY STEP 2



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
12	Track Inner Pipe Assembly	2
13	Back Anchor Tube Assembly	1
14	U Shaped Sheet	1
15	Track Frame Weldment Assembly	1
10	Big Flat Washer $\phi 30 * \phi 10 * 3$	4
16	Spring Washer $\phi 10$	4
17	Hexagon Bolt M10*25	4
6	Flat Washer $\phi 10$	8
18	Hexagon Bolt M10*60	4
8	Lock Nut M10	4
19	Limit Shaft Assembly	1

ASSEMBLY DRAWING

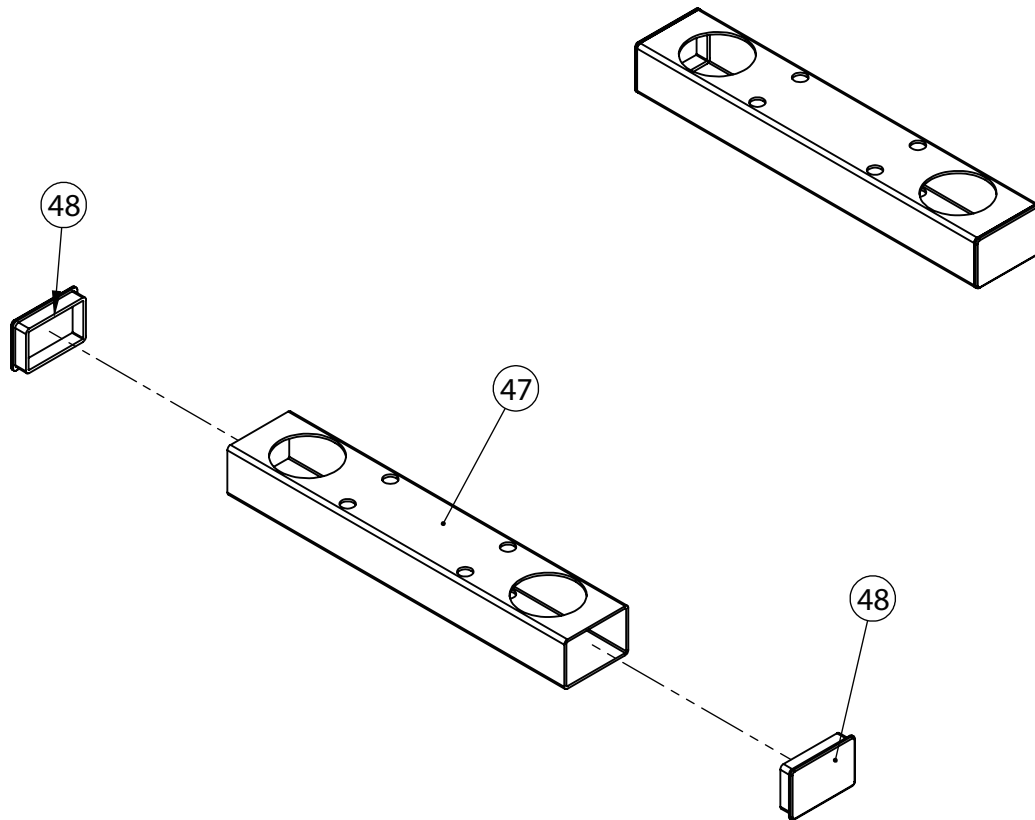


ASSEMBLY STEP 2 INSTRUCTIONS

1. As shown in the figure, install limit shaft assembly-19 to the main frame.
2. Insert track inner pipe assembly-12 into track frame weldment assembly-15 and assemble them to the main frame.
3. As shown in the figure, assemble back anchor tube assembly-13 and u shaped sheet-14 to the main frame. Fix upper part of track inner pipe assembly-12 use $\varphi 30 \times \varphi 10 \times 3$ big flat washer-10, $\varphi 10$ spring washer-16 and M10*25 hexagon bolt-17.

ASSEMBLY DRAWING

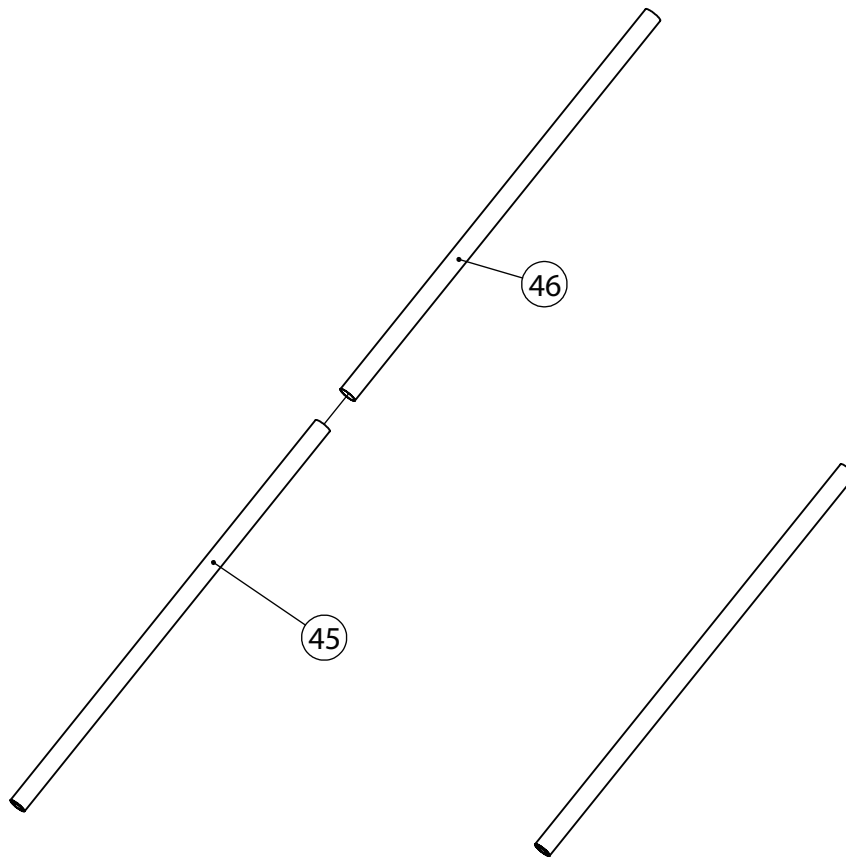
BACK ANCHOR TUBE



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
47	Back Anchor Tube	1
48	Tube Plug $\varphi 40*60*2$	2

ASSEMBLY DRAWING

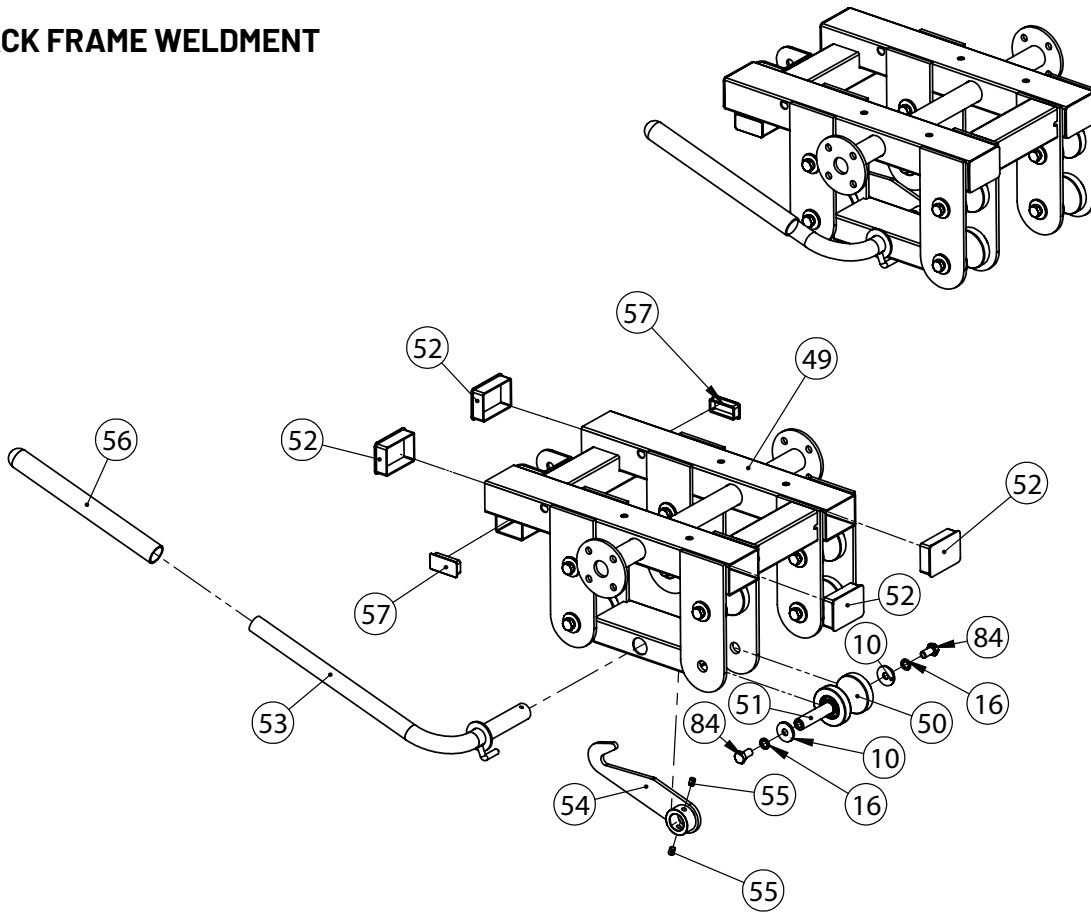
BACK ANCHOR TUBE



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
45	Track Inner Pipe Weldment	1
46	Stainless Steel Pipe $\phi 49.5 \times 0.6$	1

ASSEMBLY DRAWING

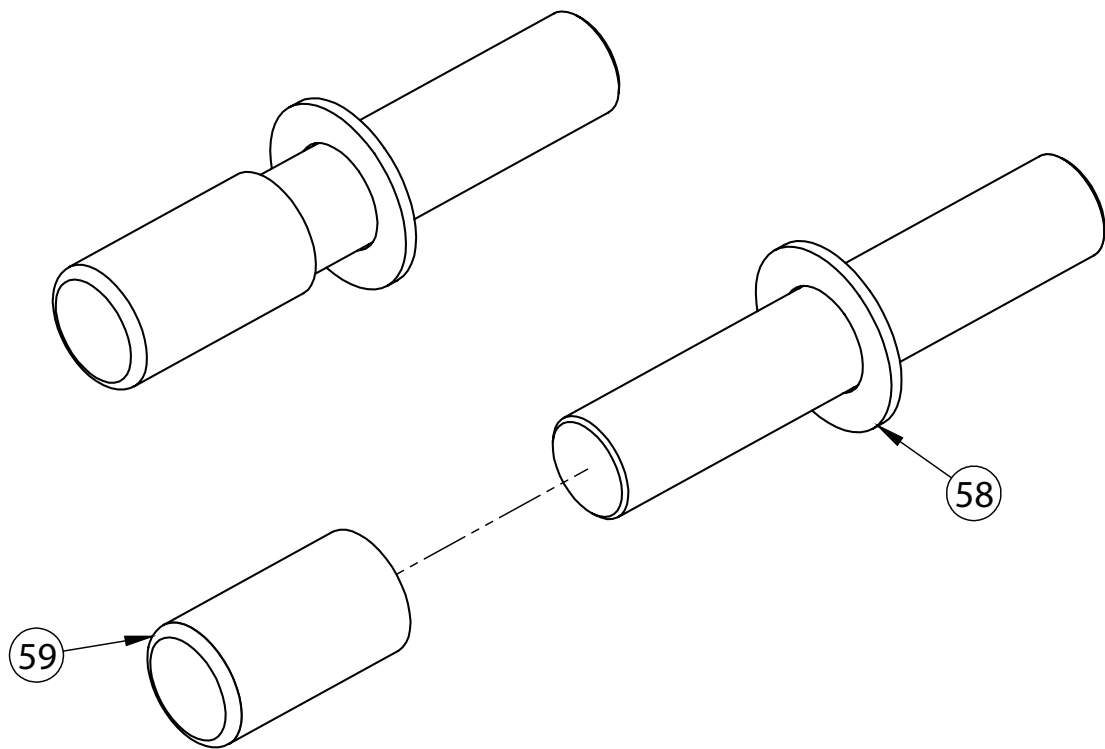
TRACK FRAME WELDMENT



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
49	Track Frame Weldment	1
50	Roller Assembly	8
51	Internal Thread Axle $\phi 17 \times 81 - M10$	8
10	Big Flat Washer $\phi 30 \times \phi 10 \times 3$	16
16	Spring Washer $\phi 10$	16
84	Hexagon Bolt $M10 \times 20$	16
52	Tube Plug $50 \times 70 \times 2$	4
53	Limit Handle Pipe Weldment	1
54	Hook Weldment	1
55	Headless Hexagon Bolt $M8 \times 10$	2
56	Handle Cover $\phi 24.5 \times 280$	1
57	Tube Plug $\phi 25 \times 50 \times 1.5$	2

ASSEMBLY DRAWING

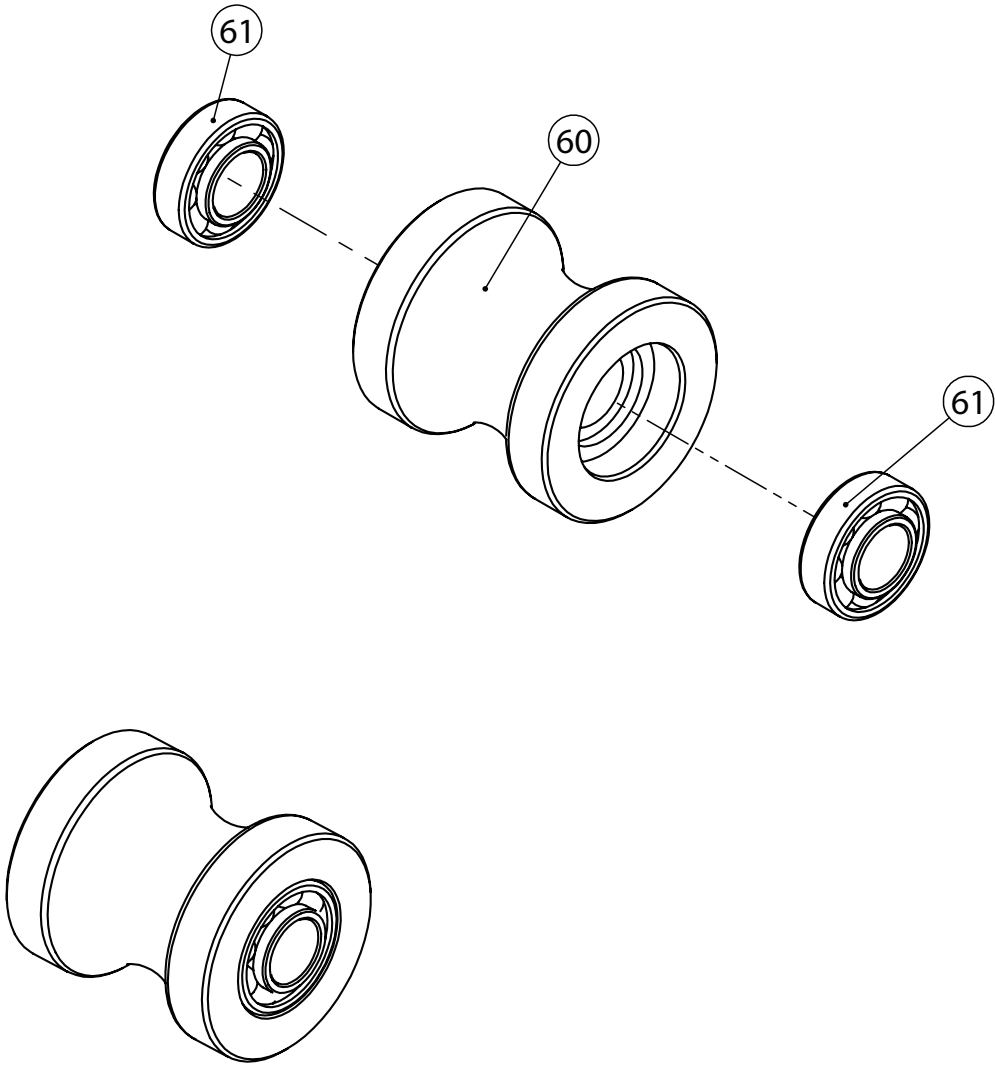
LIMIT SHAFT



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
58	Limit Shaft Weldment	1
59	Sheath $\phi 30^* \phi 25^* 50$	1

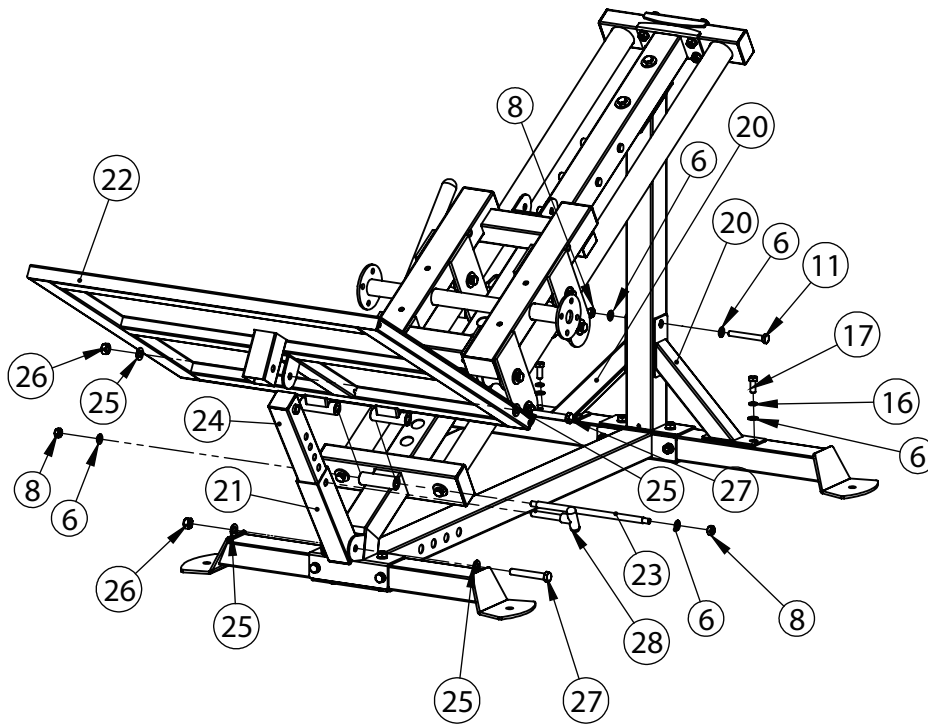
ASSEMBLY DRAWING

ROLLER



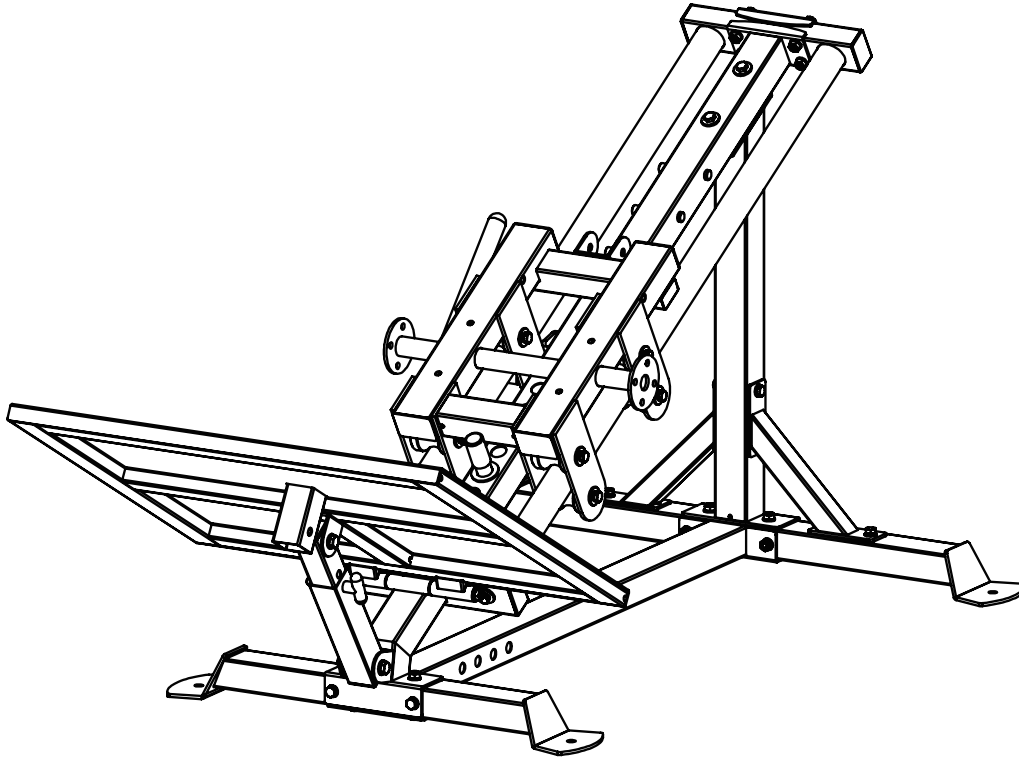
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
60	Roller	1
61	Deep Groove Ball Bearing 6003	2

ASSEMBLY STEP 3



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
20	Inclined Tube Weldment	2
6	Flat Washer $\phi 10$	6
16	Spring Washer $\phi 10$	2
17	Hexagon Bolt M10*25	2
8	Lock Nut M10	3
11	Hexagon Bolt M10*80	1
21	Footplate Adjust Outer Casing Weldment Assembly	1
22	Footplate Weldment	1
23	Double Head Bolt $\phi 12*270$ -M10	1
24	Footplate Adjust Inner Tube Weldment Assembly	1
25	Flat Washer $\phi 12$	4
26	Lock Nut M12	2
27	Hexagon Bolt M12*80	2
28	T Shape Pin $\phi 12*70$	1

ASSEMBLY DRAWING

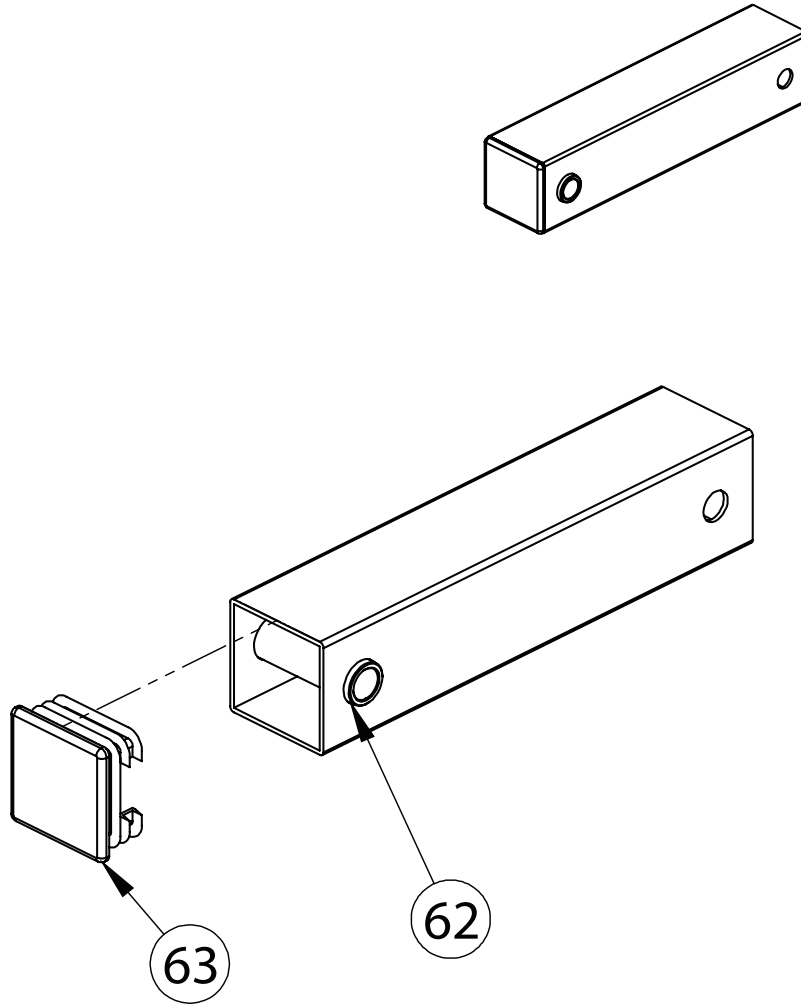


ASSEMBLY STEP 3 INSTRUCTIONS

1. As shown in the figure, assemble inclined tube weldment-20 to the main frame and fix them use M10*80 hexagon bolt-11, $\phi 10$ flat washer-6, M8 lock nut-8 and $\phi 10$ spring washer-16.
2. Use $\phi 12*270$ -M10 double head bolt-23, $\phi 10$ flat washer-6 and M8 lock nut-8 to fix footplate weldment-22 on the main frame.
3. Fix footplate adjust inner tube weldment assembly-24 on footplate weldment-22 use M12*80 hexagon bolt-27, $\phi 12$ flat washer-25 and M12 lock nut-26.
4. Use M12*80 hexagon bolt-27, $\phi 12$ flat washer-25 and M12 lock nut-26 to fix footplate adjust outer casing weldment assembly-21 on the main frame.
5. Insert t shape pin-28 to the main frame.

ASSEMBLY DRAWING

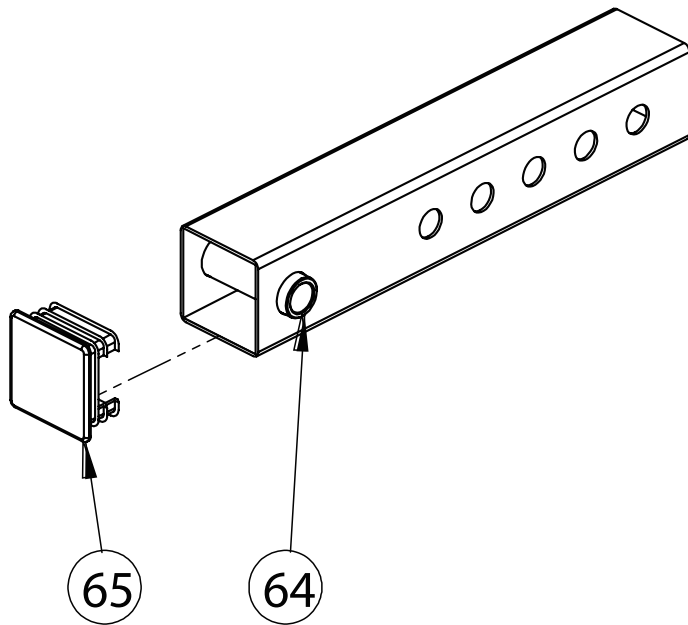
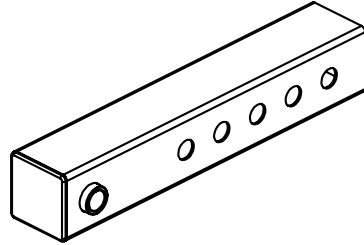
FOOTPLATE ADJUST OUTER CASING WELDMENT



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
62	Footplate Adjust Outer Casing Weldment	1
63	Tube Plug $\phi 50*50*2$	1

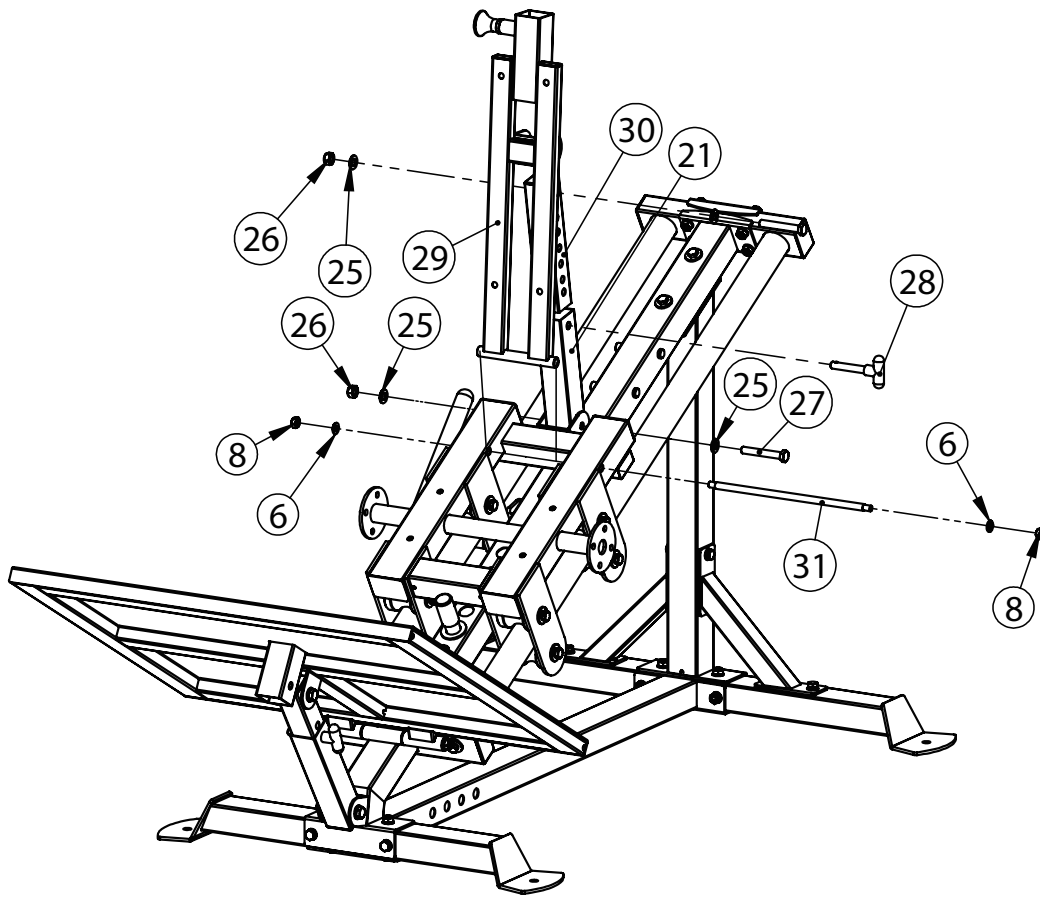
ASSEMBLY DRAWING

FOOTPLATE ADJUST INNER TUBE WELDMENT



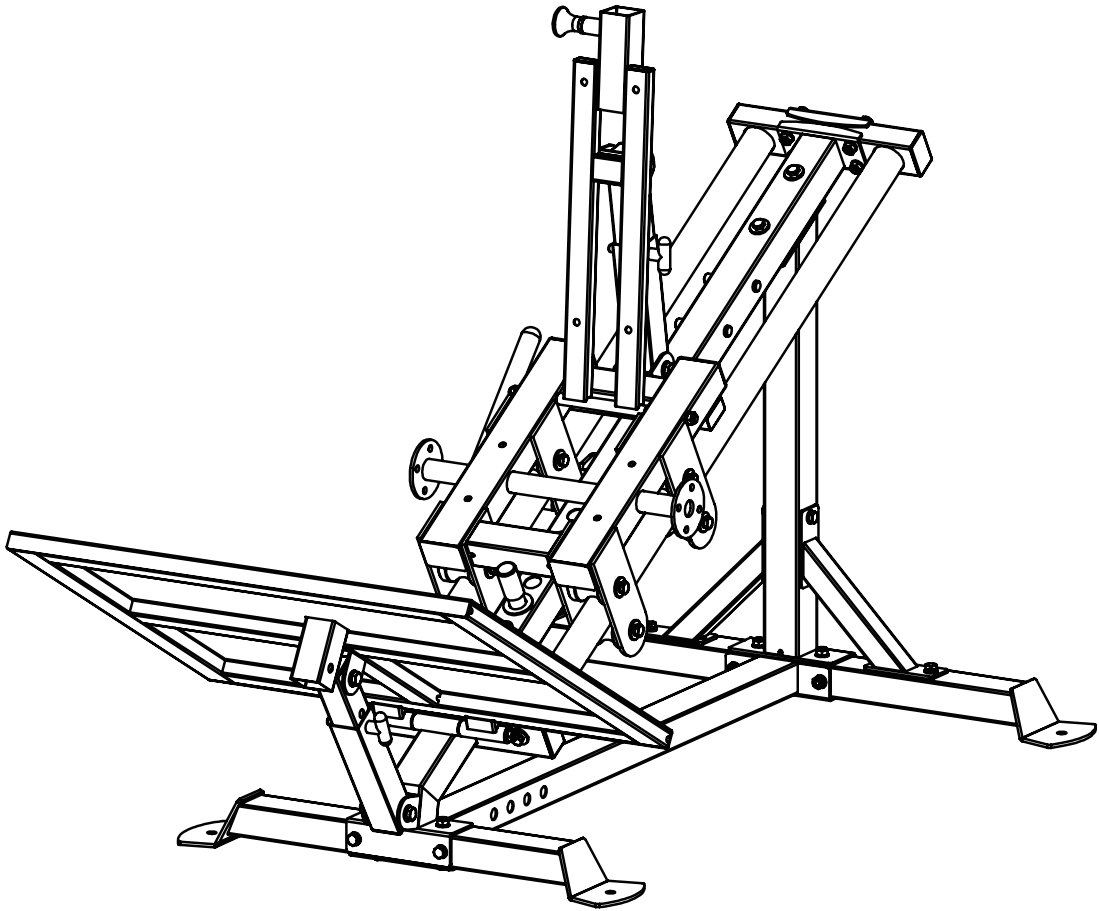
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
64	Footplate Adjust Inner Tube Weldment	1
65	Tube Plug $\phi 45*45*2$	1

ASSEMBLY STEP 4



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
29	Back Cushion Tube Assembly	1
21	Footplate Adjust Outer Casing Weldment Assembly	1
30	Back Cushion Adjust Inner Tube Weldment Assembly	1
31	Double Head Bolt $\phi 12^{**}323-M10$	1
6	Flat Washer $\phi 10$	2
8	Lock Nut M10	2
25	Flat Washer $\phi 12$	4
26	Lock Nut M12	2
27	Hexagon Bolt M12*80	2
28	T Shape Pin $\phi 12*70$	1

ASSEMBLY DRAWING

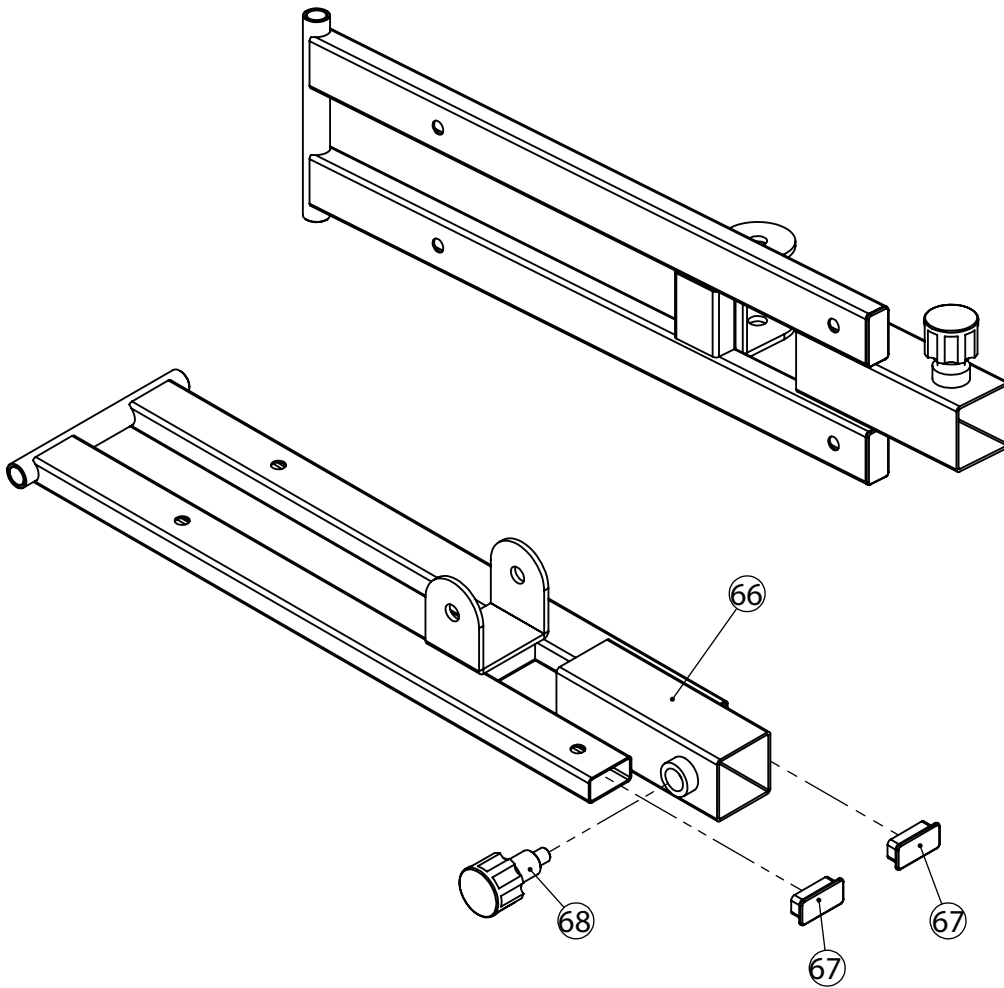


ASSEMBLY STEP 4 INSTRUCTIONS

1. As shown in the figure, use M12*80 hexagon bolt-27, ϕ 12 flat washer-25 and M12 lock nut-26 to fix footplate adjust outer casing weldment assembly-21 on the main frame.
2. Use ϕ 12**323-M10 double head bolt-31 and ϕ 10 flat washer-6 and M10 lock nut-8 to fix back cushion tube assembly-29 on the main frame.
3. Assemble back cushion adjust inner tube weldment assembly-30 onto back cushion tube assembly-29, fix them use M12*80 hexagon bolt-27, ϕ 12 flat washer-25 and M12 lock nut-26.
4. Insert t shape pin-28 to the main frame.

ASSEMBLY DRAWING

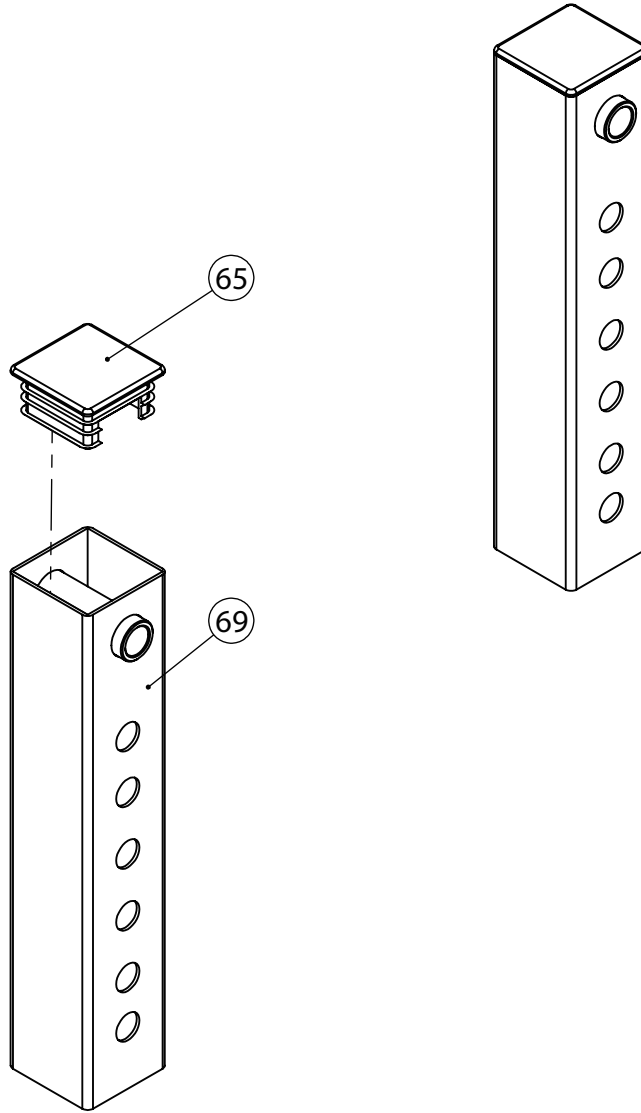
BACK CUSHION TUBE



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
66	Back Cushion Tube Weldment	1
67	Tube Plug $\phi 40*20*1.5$	2
68	Pull Pin M18*22* $\phi 10$	1

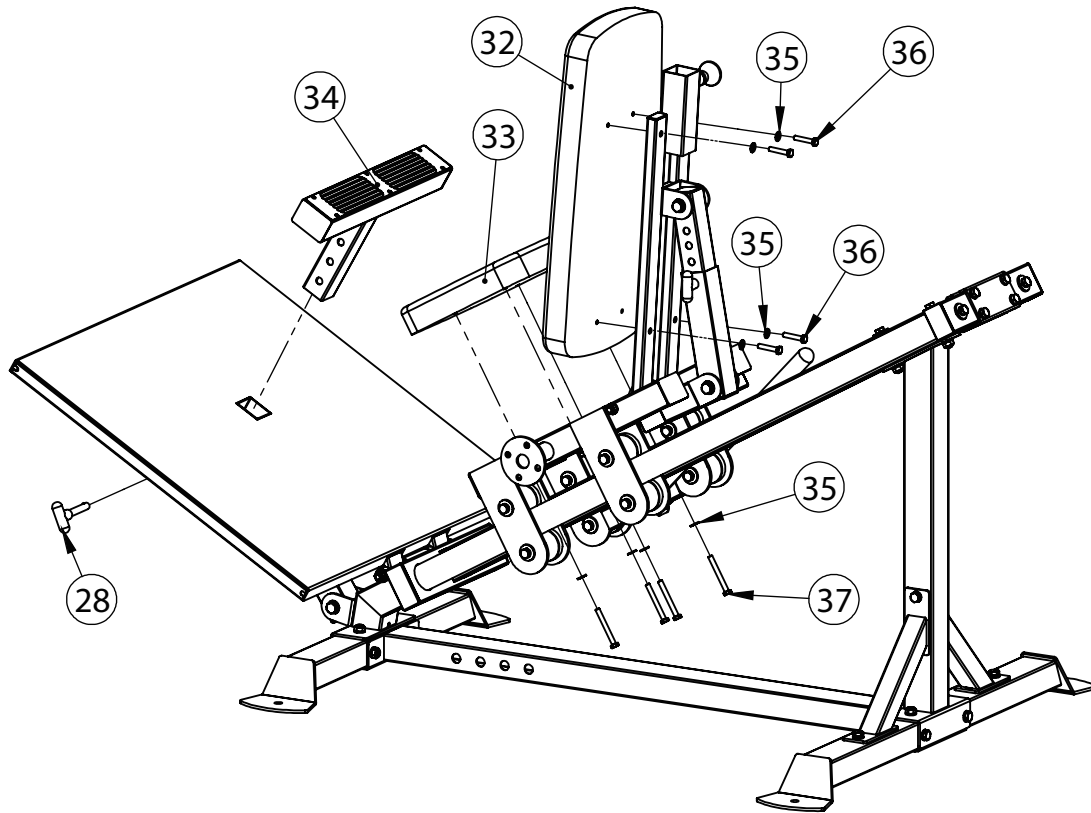
ASSEMBLY DRAWING

BACK CUSHION ADJUST INNER TUBE WELDMENT



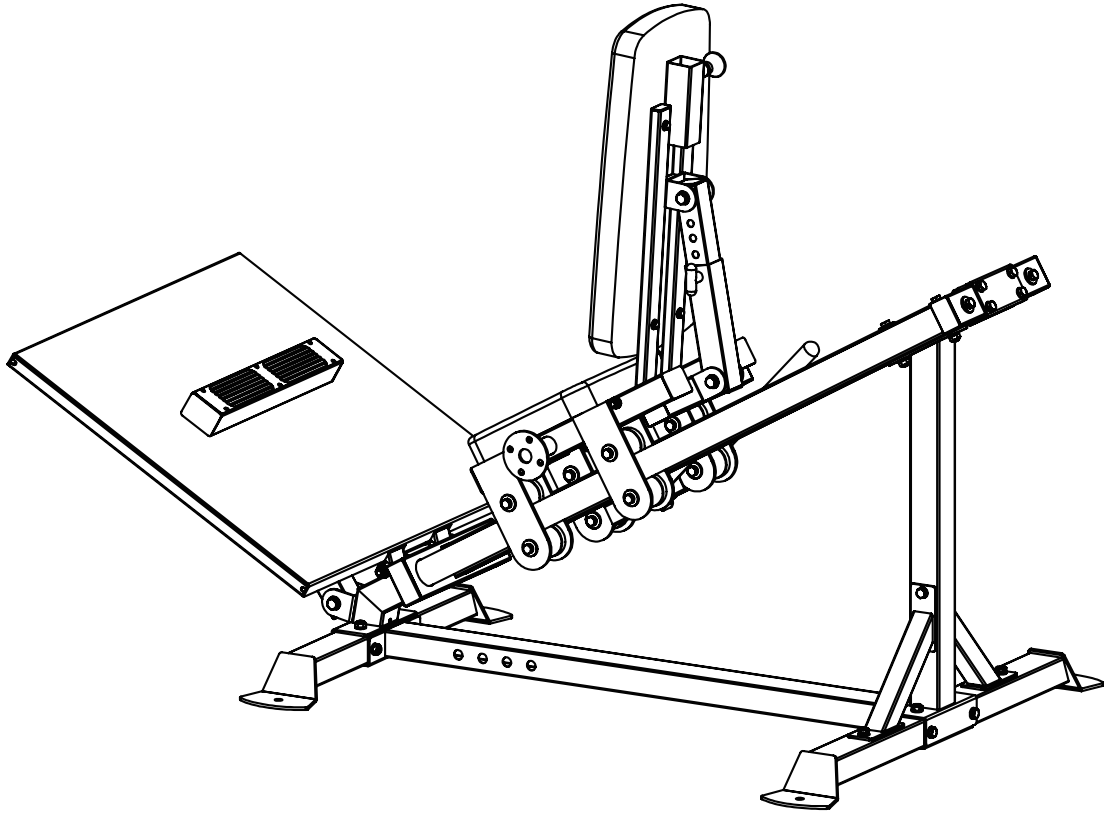
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
69	Back Cushion Adjust Inner Tube Weldment	1
65	Tube Plug $\phi 45*45*2$	1

ASSEMBLY STEP 5



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
32	Back Cushion	1
33	Seat Cushion	1
34	Calf Tube Assembly	1
35	Flat Washer $\varphi 8$	8
36	Hexagon Bolt M8*40	4
37	Hexagon Bolt M8*70	4
28	T Shape Pin $\varphi 12*70$	1

ASSEMBLY DRAWING

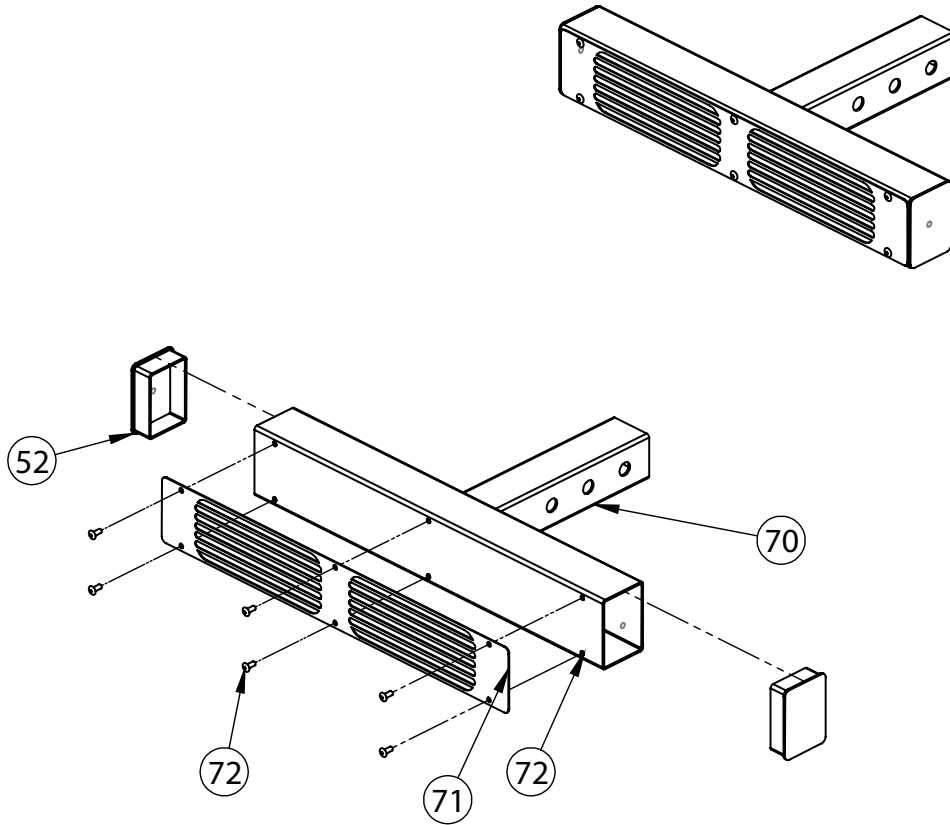


ASSEMBLY STEP 5 INSTRUCTIONS

1. Assemble calf tube assembly-34 onto the main frame fix them use t shape pin-28.
2. Use M8*40 hexagon bolt-36 and $\varnothing 8$ flat washer-35 fix back cushion-32 on the main frame.
3. Use M8*70 hexagon bolt-37 and $\varnothing 8$ flat washer-35 fix seat cushion-33 on the main frame.

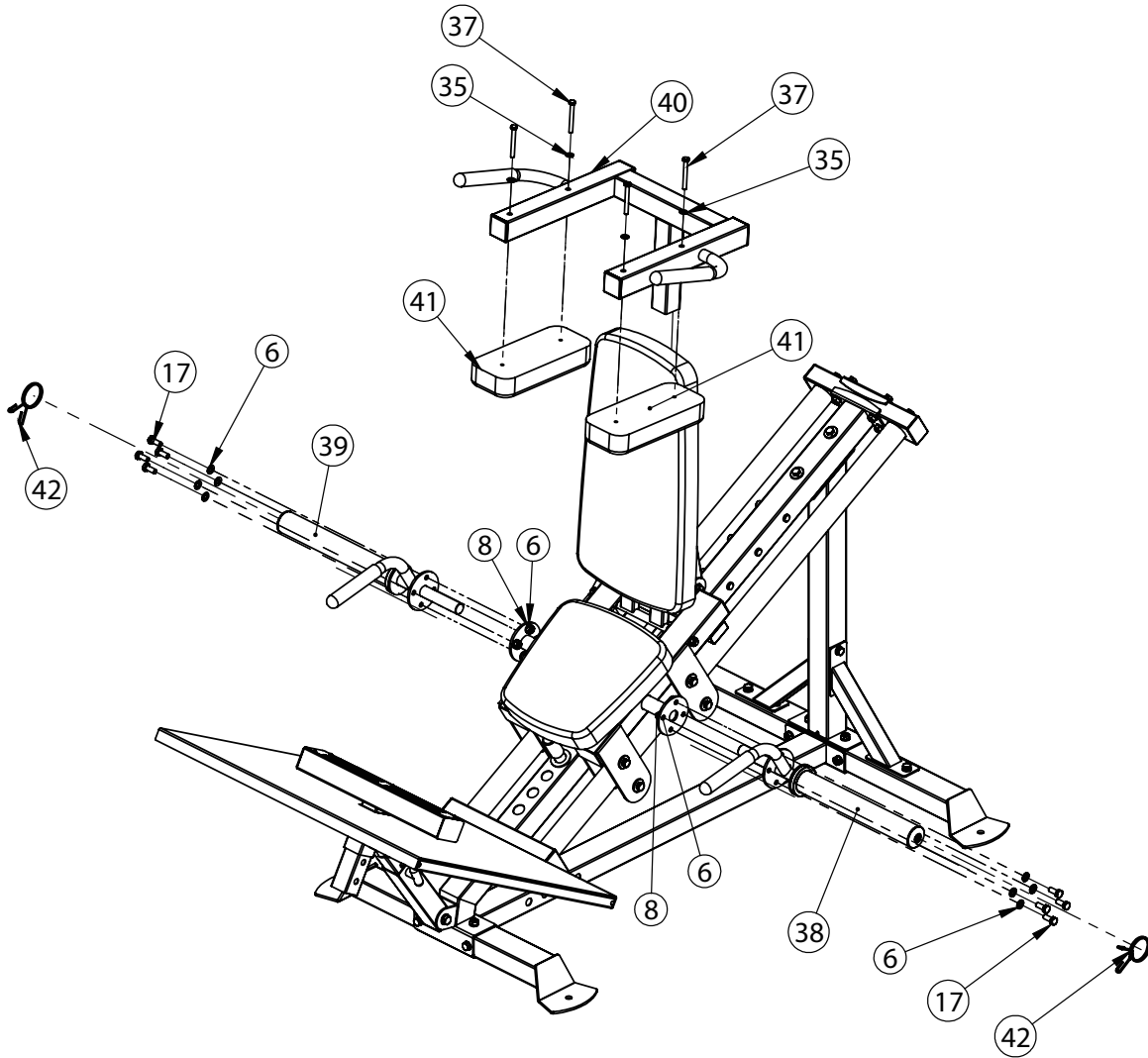
ASSEMBLY DRAWING

CALF TUBE



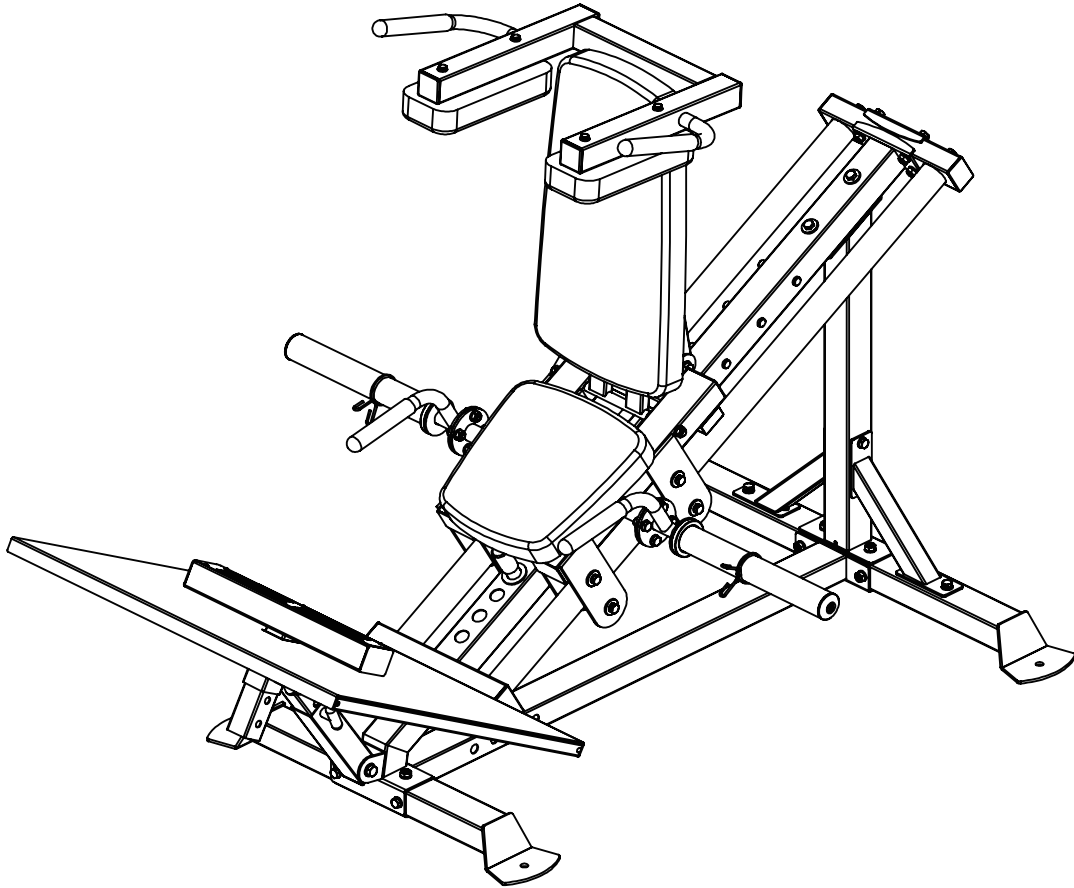
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
70	Calf Tube Weldment	1
71	Calf Non Slip Pad	1
52	Tube Plug 50*70*2	2
72	Flat Round Head Blind Rivet 4*10	6

ASSEMBLY STEP 6



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
38	Handle Right Assembly	1
39	Handle Left Assembly	1
6	Flat Washer $\phi 10$	16
17	Hexagon Bolt M10*25	8
8	Lock Nut M10	8
40	Shoulder Cushion Frame Weldment Assembly	1
41	Shoulder Cushion	2
35	Flat Washer $\phi 8$	4
37	Hexagon Bolt M8*70	4
42	Spring Collar $\phi 50$	2

ASSEMBLY DRAWING

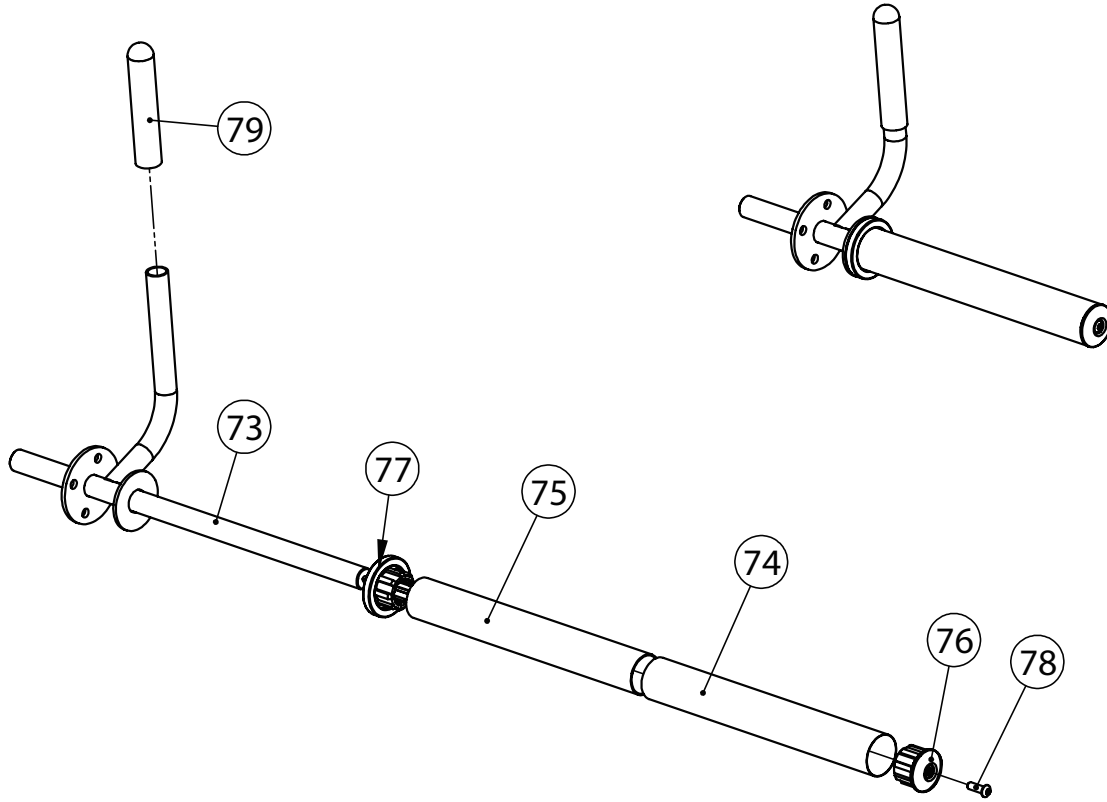


ASSEMBLY STEP 6 INSTRUCTIONS

1. Use M8*70 hexagon bolt-37 and $\phi 8$ flat washer-35 fix shoulder cushion-41 on shoulder cushion frame weldment assembly-40.
2. Use M10*25 hexagon bolt-17, $\phi 10$ flat washer-6 and M10 lock nut-8 fix handle right assembly-38 and handle left assembly-39 on the main frame.
3. Assemble spring collar-20 on the main machine.

ASSEMBLY DRAWING

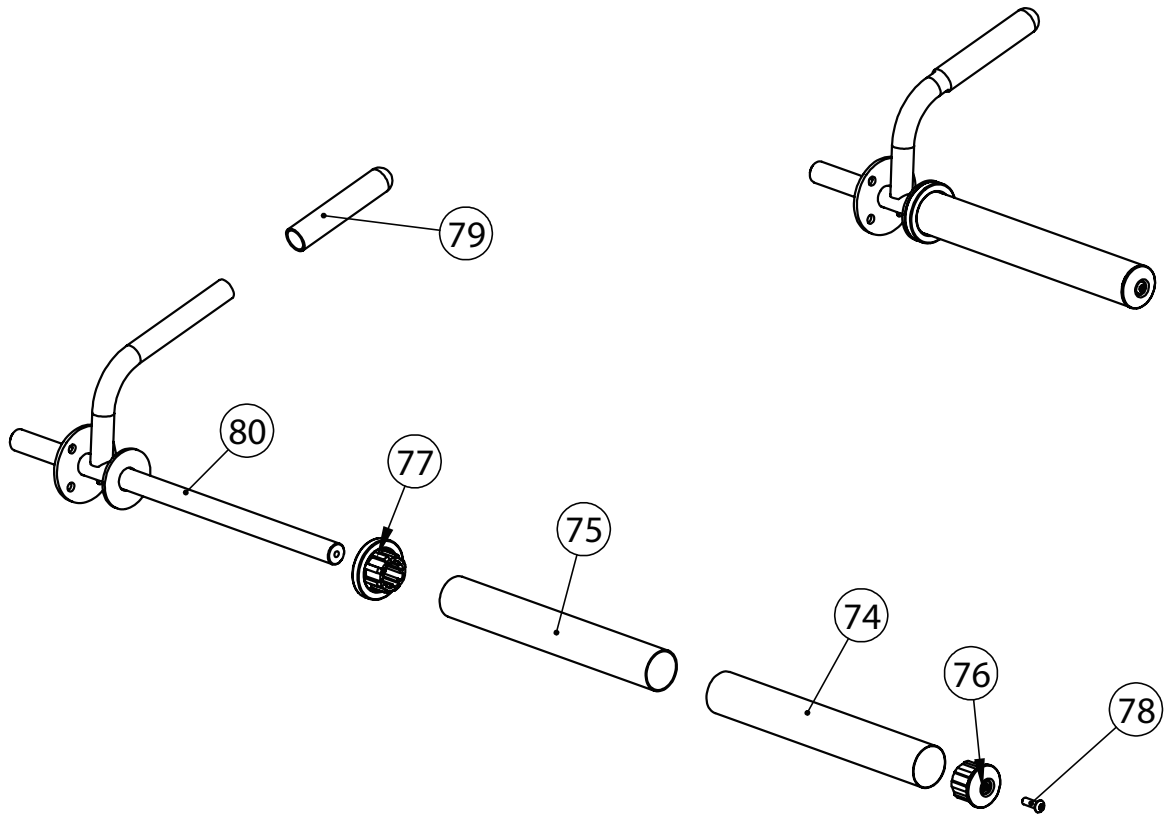
RIGHT HANDLE



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
73	Handle Right Weldment	1
74	Stainless Steel Outer Pipe $\phi 49.5 \times 0.6$	1
75	Barbell Rod Inner Pipe $\phi 48 \times 1.5$	1
76	Outer Support Sleeve $\phi 50 \times \phi 44.8 \times \phi 25.5$	1
77	Barbell Hanging Rod Inner Support Sleeve $\phi 70 \times \phi 44.8 \times \phi 25.5 \times 30$	1
78	Hexagon Socket Button Head Screws M8*25	1
79	Handle Cover $\phi 24.5 \times 150$	1

ASSEMBLY DRAWING

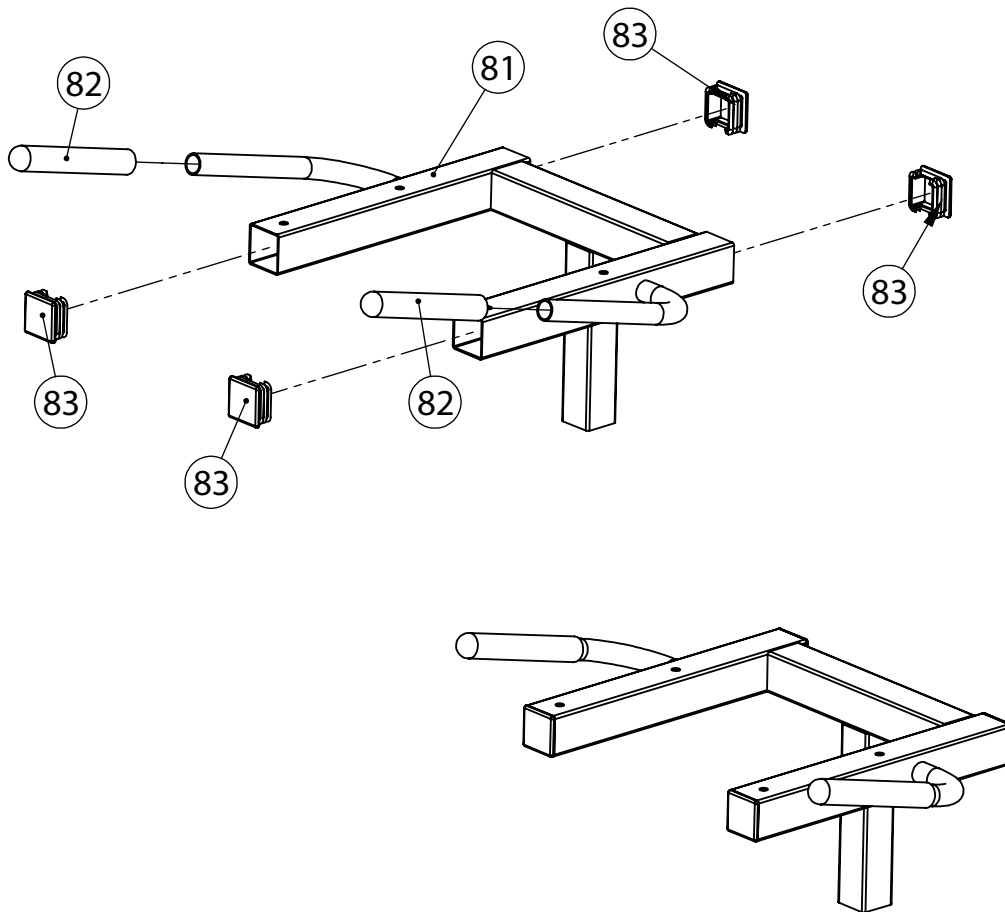
LEFT HANDLE



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
80	Handle Left Weldment	1
74	Stainless Steel Outer Pipe $\phi 49.5 \times 0.6$	1
75	Barbell Rod Inner Pipe $\phi 48 \times 1.5$	1
76	Outer Support Sleeve $\phi 50 \times \phi 44.8 \times \phi 25.5$	1
77	Barbell Hanging Rod Inner Support Sleeve $\phi 70 \times \phi 44.8 \times \phi 25.5 \times 30$	1
78	Hexagon Socket Button Head Screws M8*25	1
79	Handle Cover $\phi 24.5 \times 150$	1

ASSEMBLY DRAWING

SHOULDER CUSHION FRAME WELDMENT



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
81	Shoulder Cushion Frame Weldment	1
82	Handle Cover $\phi 24.5*185$	2
83	Tube Plug $\phi 50*50*2$	4