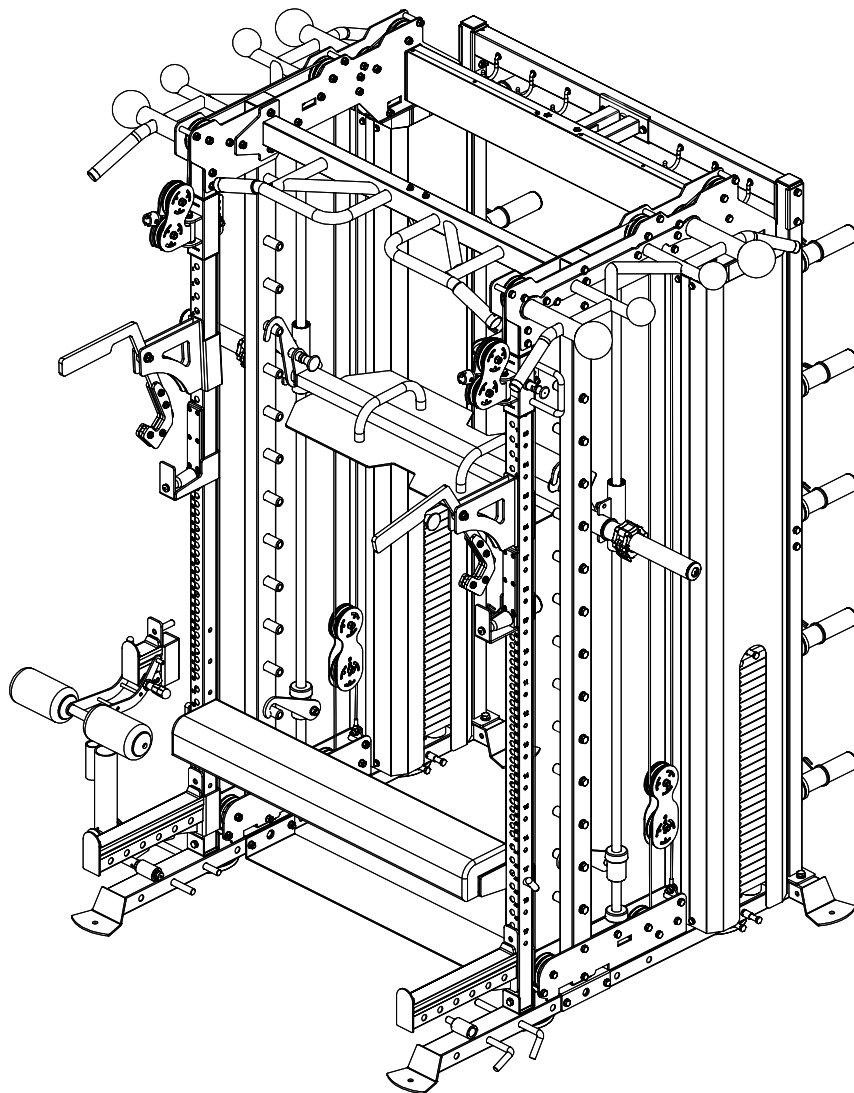


FORCE USA™

THE TRUSTED NAME IN STRENGTH EQUIPMENT

OWNER'S MANUAL **F-G20-BASE**



CAUTION!

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



**DESIGNED
IN THE USA**

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Spare parts list

No.	Description	Note	Qty.
1	ground tube		2
2	front guide rod	φ25*2050	6
3	left stand tube		1
4	connect support tube		1
5	right stand tube		1
6	crush pad		4
7	hexagon bolt	M10*95	8
8	washer	Φ10	224
9	lock nut	M10	102
10	hexagon bolt	M10*70	12
11	hang shaft		16
12	hexagon bolt	M10*16	14
13	3070 ground tube		2
14	square tube	□50*50*t1.5	6
15	oval mat	131*80*14	4
16	plain half hexagon rivet nut	M10	18
17	fix plate-bend	T6	6
18	hexagon bolt	M10*20	20
19	spring gasket	Φ10	34
20	3070 right stand tube		1
21	hang shaft	Φ25*M12*98	28
22	tube plug	□50*70*t1.5	2
23	hexagon bolt	M12*25	34
24	spring gasket	Φ12	34
25	washer	Φ12	38
26	left stand tube		1
27	sliding sleeve		2
28	barbell bar		1
29	safety hook-right		1
30	rubber crush	Φ60*Φ26*25	4
31	safety hook-left		1
32	small handle		1
33	weight stack-130KG		2
34	magnetic pin		2
35	sliding tube		2
36	rubber cover		2
37	lining bearing	LM25UU	6
38	bearing	6005	4
39	spring catch collar	Φ40	8
40	aluminum rod	Φ30*1158*T2.5	1

Spare parts list

No.	Description	Note	Qty.
41	hexagonal socket head cap screw	M6*16	4
42	3060 hook-right		1
43	3035 barbell inner rod		1
44	spring gasket	Φ6	4
45	hook-left		1
46	safety catch		2
47	lock nut	M12	2
48	safety hook	54511	2
49	3070 chin bar		2
50	50 connect plate-2 hole	120*50*T3	2
51	3070 chin tube		2
52	square tube	50*25	4
53	up decorate plate		4
54	3070 back up connect frame		1
55	hexagon bolt	M10*80	16
56	hexagon bolt	M10*75	50
57	back up connection tube		1
58	decorate plate		1
59	Mushroom head break mandrel blind rivets	4*8	12
60	stainless guide-left		1
61	sliding tube right		1
62	stainless tube -right		1
63	sliding tube -left		1
64	chin up bar		1
65	stainless front stand tube-left	□50*50*2120	1
66	square tube	□50*50*t1.2	4
67	sliding tube-right		1
68	bush bearing	□60-□50	4
69	aluminium spring pin		2
70	hexagon bolt	M10*45	10
71	Φ95 pulley		21
72	pulley rotation pin	Φ20*M10*67	2
73	pulley rotation cover		2
74	powder metallurgy sleeve	Φ33.2*Φ 29*Φ20*18	8
75	stainless front stand tube-right	□50*50*2120	1
76	sliding sleeve	□50*50*2120	1
77	3070 across connect plate		1
78	hang ring		1
79	washer	Φ8	46
80	lock nut	M8	10

Spare parts list

No.	Description	Note	Qty.
81	Injection molded insert nut	M8	2
82	high pull handle		2
83	outer catch collar	Φ38.6*Φ32.8*25	2
84	hexagon socket set screw	M10*25	2
85	pulley frame		2
86	decorate adjust plate	Φ14*49*T1.5	6
87	powder metallurgy sleeve	Φ20*Φ16*Φ10.5*21.5	24
88	wire-ball bolt		2
89	32 tube plug		16
90	pulley adjust plate		4
91	3070 wire		2
92	gravity block bolt	M12	2
93	wire-splice head		2
94	wire-head	54511	2
95	wire-ball head	54511	2
96	hexagon socket cap screws	M5*25	2
97	3070 bottom reinforcing plate		4
98	wire-hang nose		2
99	wire-nose nose		2
100	hexagon bolt	M10*25	10
101	wire-nose nose		2
102	wire-ball nose		4
103	3070 back shield		4
104	shield rod		4
105	hexagon bolt	M8*16	16
106	3035 barbell tube		2
107	rotation tube		1
108	L shape pin	Φ17*250	4
109	barbell clamp		2
110	hexagon socket button head screws	M12*40	2
111	barbell bar plug	Φ51*Φ 42.5*36.6L	2
112	aluminum inner catch collar	Φ60*48.5*27L	2
113	stainless tube-310	Φ50*310*t0.5	2
114	inner lining tube	Φ48*298*t2.5	2
115	new rotation rod		1
116	double barbell rotation		1
117	powder metallurgy sleeve	Φ50*Φ25*15	2
118	rotation pin	M12*Φ25*77	1
119	barbell bar plug		1
120	barbell bar limit shaft		1

Spare parts list

No.	Description	Note	Qty.
121	limit ring		1
122	circle tube plug	Φ25*1.5	1
123	up connection tube		1
124	up cross tube		1
125	hook		6
126	back stand tube		2
127	concave plate	120*52*T3	2
128	back connection tube		1
129	hook		6
130	finger cover	Φ8*100	6
131	3070 back stand tube		2
132	barbell bar inner tube		10
133	3070 kettle fix frame		1
134	3070 small handle fix tube		1
135	aluminium cap	Φ50*Φ11*11	10
136	outer cover tube		10
137	stainless outer tube	Φ50*0.8*200	10
138	hexagon socket button head screws	M10*30	10
139	barbell bar tube		10
140	rubber gasket	Φ70*Φ50*10	10
141	kettle frame		1
142	fix plate		1
143	cross recessed countersunk head screw	M6*12	3
144	small handle		1
145	rubber ring		1
146	ball shape chin up bar		2
147	butterfly clip	Φ50	10
148	ball shape chin up bar		2
149	right safety catch-long rubber		1
150	right safety catch		1
151	3070 footplate		1
152	3070 back support pad		1
153	move hook		1
154	move hook-right		1
155	short safety catch-left		1
156	short safety catch		1
157	85 T shape pin-black		2
158	leg press safety catch		1
159	leg curl tube		1
160	100 T shape pin-black		1

Spare parts list

161	long safety catch-outer rubber	387MM	2
162	long safety catch-right		1
163	long safety catch-right welding		1
164	3070 footplate		1
165	lock pin		2
166	back support tube		1
167	3070 waist pad		1
168	hexagon bolt	M8*70	4
169	move hook		1
170	move hook plate		2
171	hook connect shaft		2
172	powder metallurgy sleeve	Φ26*Φ16*12	4
173	move hook-right		1
174	3070 short safety catch -left		1
175	roller shaft		2
176	bearing		4
177	190 safety catch rubber		2
178	countersunk head socket head screw	M6*10	12
179	hexagon socket button head screws	M10*110	2
180	3070 short safety catch -right		1
181	3070 leg press safety catch		1
182	85 new safety catch rubber		1
183	leg press adjust frame		1
184	pull pin	M18	1
185	sponge	Φ100*Φ25*175	2
186	sponge inner cap		2
187	sponge outer cap		2
188	hexagon socket button head screws	M8*25	2
189	big handle		2
190	inner shaft	Φ20*137*M10	2
191	3070 handle frame		2
192	handle tube		2
193	hexagon socket button head screws	M10*25	4
194	across rod		1
195	spring catch collar	28	2
196	inner lining tube		1
197	inner shaft	Φ17*38	2
198	washer		2
199	bearing	6001-2RS	2
200	bearing sleeve		2

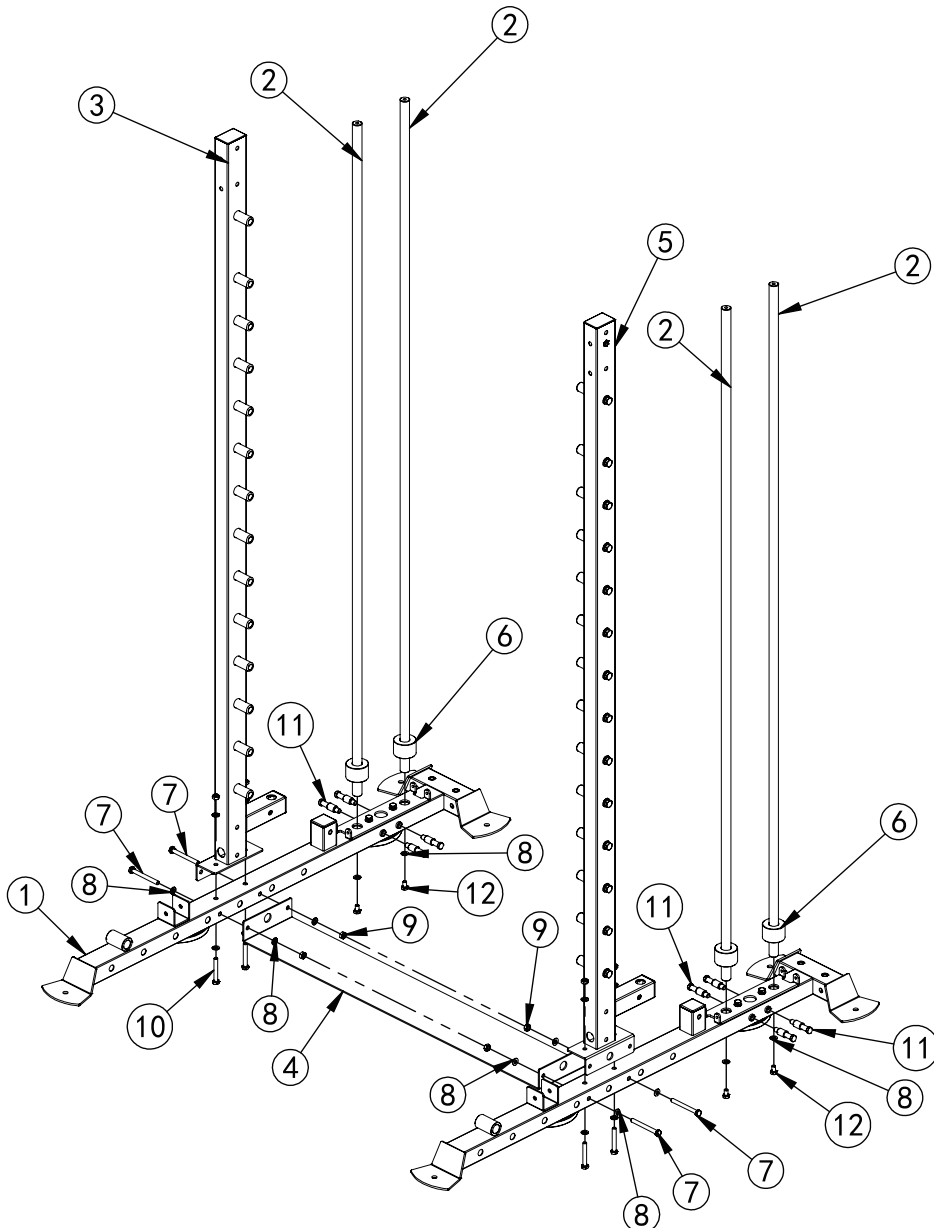
Spare parts list

No.	Description	Note	Qty.
201	T shape pin		2
202	T shape lining sleeve		4
203	U shape fastener		2
204	catch	5	2
205	hexagon socket button head screws	M8*16	2
206	washer	Φ8	2
207	spring gasket		2
208	move hook plate		4
209	hexagon socket button head bolt	M8*40	8
210	traingular handle		1

Bolt length meter

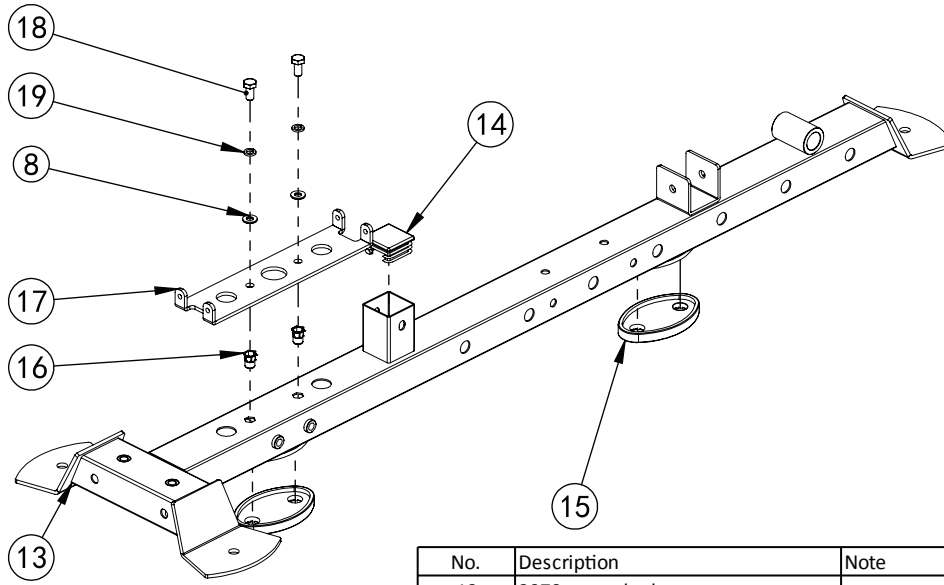


Assembly step-1 explosion drawing



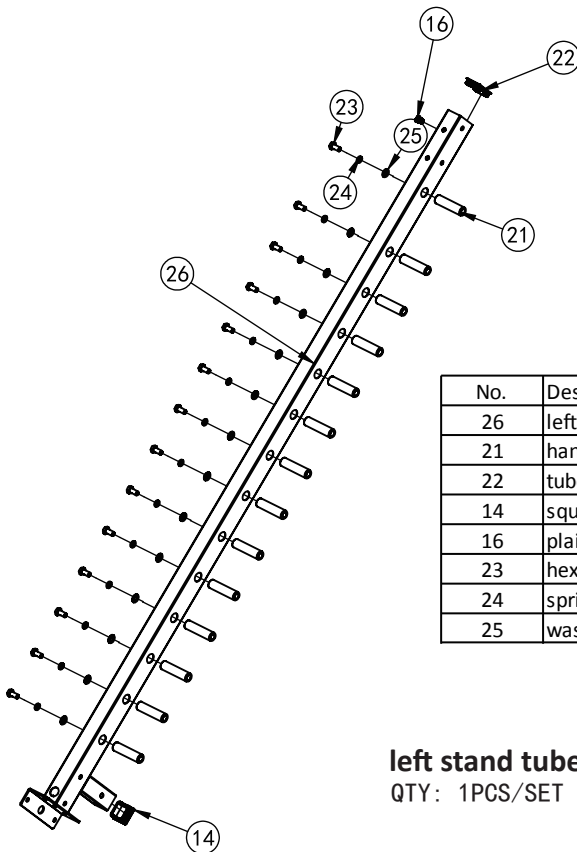
No.	Description	Note	Qty.
1	ground tube		2
2	front guide rod	$\phi 25 * 2050$	4
3	left stand tube		1
4	connect support tube		1
5	right stand tube		1
6	crush pad		4
7	hexagon bolt	M10*95	4
8	washer	$\Phi 10$	20
9	lock nut	M10	8
10	hexagon bolt	M10*70	4
11	hang shaft		8
12	hexagon bolt	M10*16	4

Factory Assembly Drawing



ground tube
QTY: 2PCS/SET

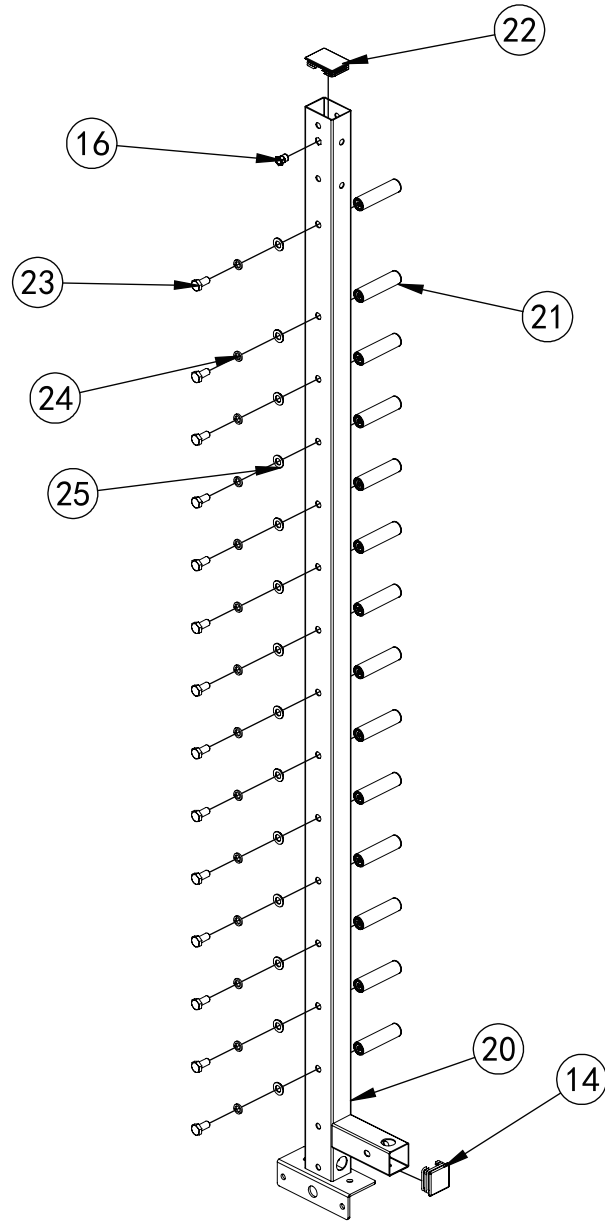
No.	Description	Note	Qty.
13	3070 ground tube		1
14	square tube	□50*50*t1.5	1
15	oval mat	131*80*14	2
16	plain half hexagon rivet nut	M10	2
17	fix plate-bend	T6	1
18	hexagon bolt	M10*20	2
19	spring gasket	Φ10	2
8	washer	Φ10	2



left stand tube
QTY: 1PCS/SET

No.	Description	Note	Qty.
26	left stand tube		1
21	hang shaft	Φ25*M12*98	14
22	tube plug	□50*70*t1.5	1
14	square tube	□50*50*t1.5	1
16	plain half hexagon rivet nut	M10	1
23	hexagon bolt	M12*25	14
24	spring gasket	Φ12	14
25	washer	Φ12	14

Factory Assembly Drawing

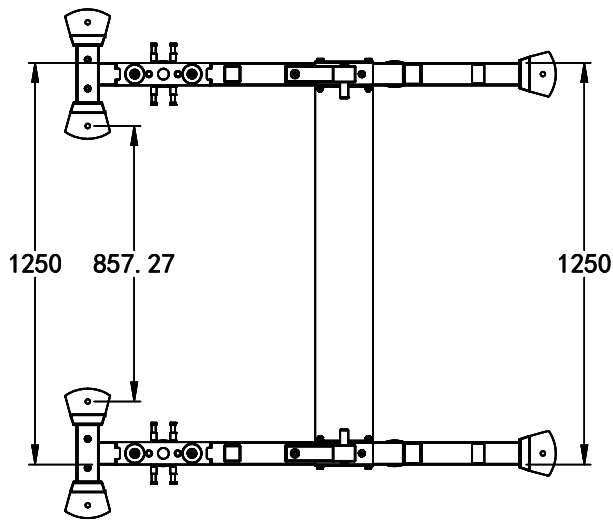


No.	Description	Note	Qty.
20	3070 right stand tube		1
21	hang shaft	Φ25*M12*98	14
22	tube plug	□50*70*t1.5	1
14	square tube	□50*50*t1.5	1
16	plain half hexagon rivet nut	M10	1
23	hexagon bolt	M12*25	14
24	spring gasket	Φ12	14
25	washer	Φ12	14

3070 right stand tube

QTY: 1PCS/SET

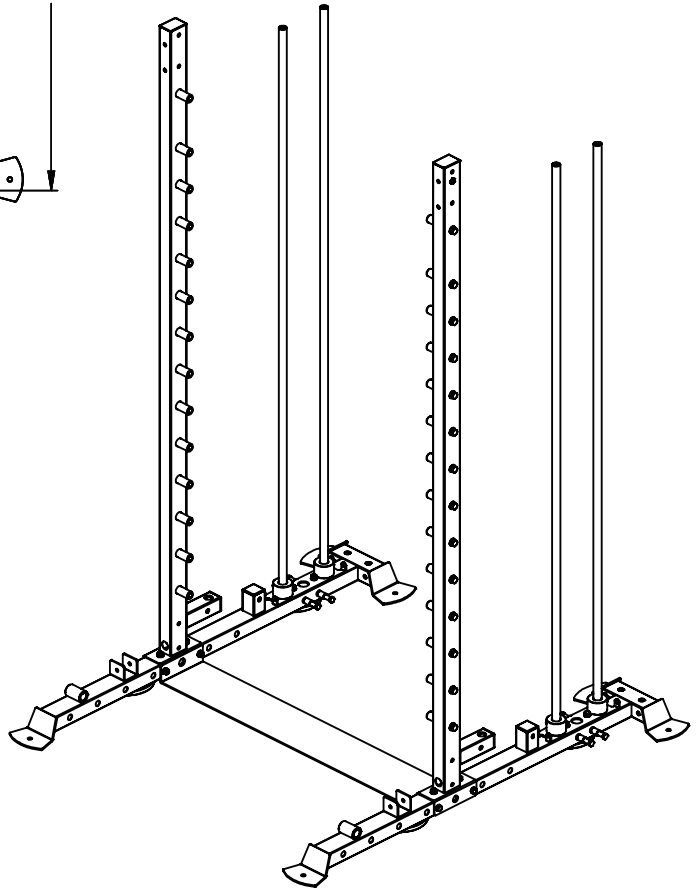
Assembly step-1 drawing



ATTENTION:

Please attention the size of the back and front.

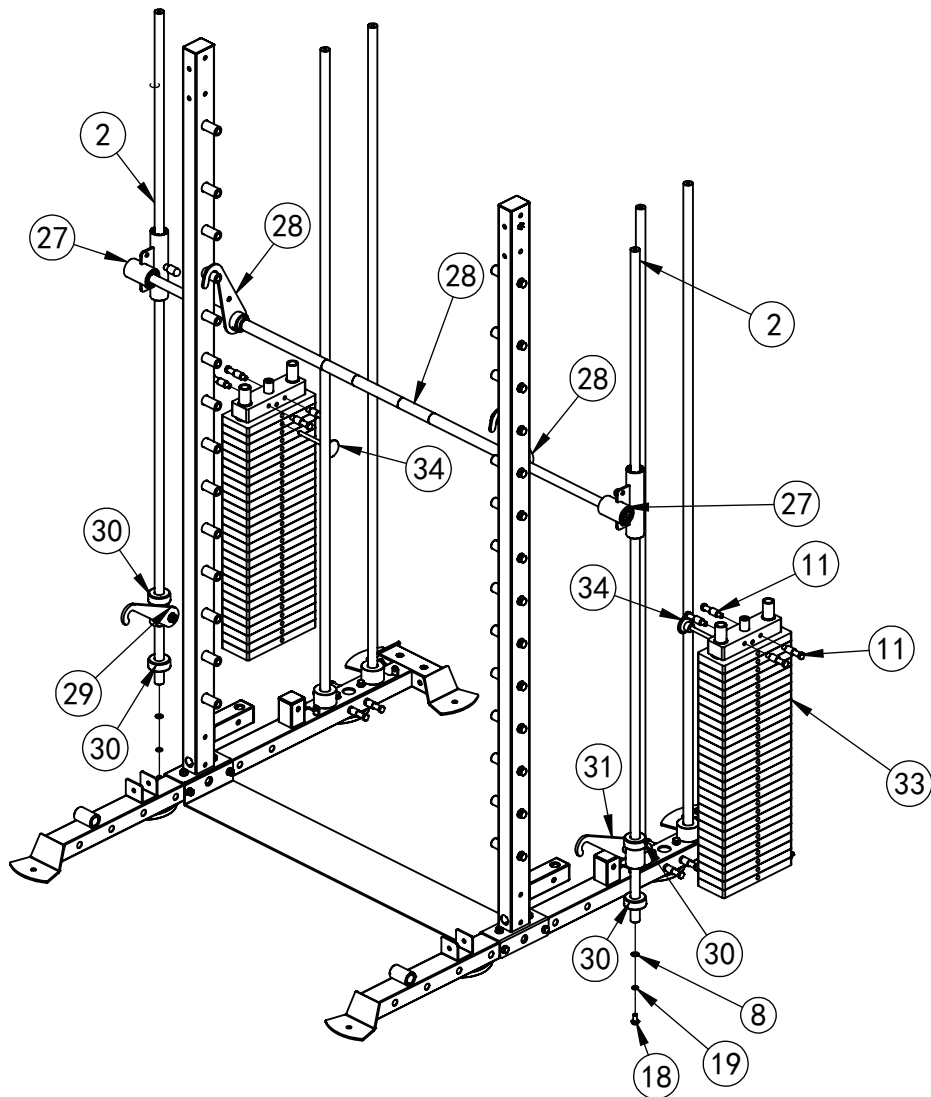
To void the size back high pull don't suitable.



Assembly step-1 installation instruction

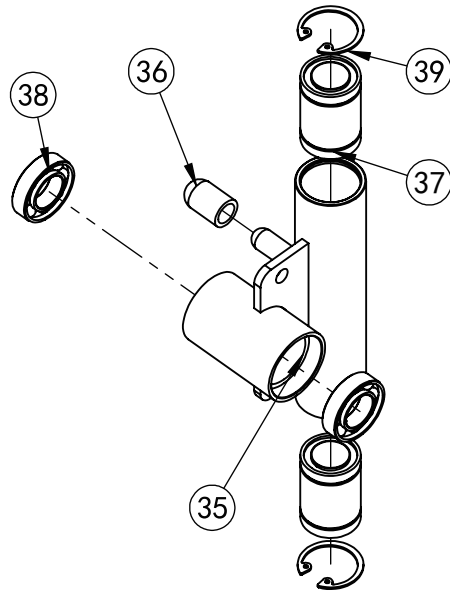
- 1 Assembly guide rod-2 on ground tube-1, then cover crush pad-6 on guide rod-2 using M10*16 hexagon bolt-12, $\Phi 10$ washer-8.
- 2 Assembly hang shaft-11 on ground tube-1.
- 3 Assembly left stand tube-3, right stand tube-5 on ground tube-1, respectively using M10*70 hexagon bolt-10, $\Phi 10$ washer-8.
- 4 Assembly connect support tube-4 on ground tube-1 using M10*95 hexagon bolt-7, $\Phi 10$ washer-8, M10 lock nut-9.

Assembly step-2 explosion drawing



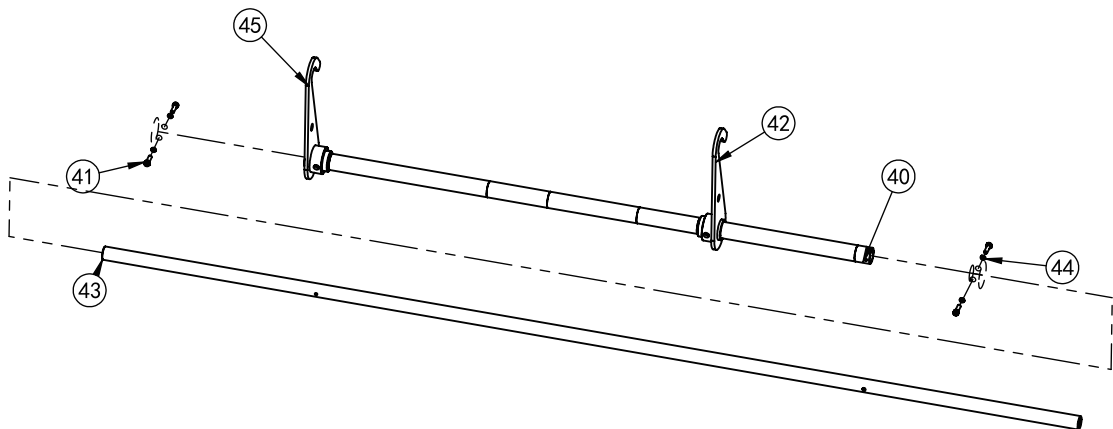
No.	Description	Note	Qty.
27	sliding sleeve		2
28	barbell bar		1
29	safety catch-right		1
30	rubber crush	Φ60*Φ26-25	4
31	safety catch-left		1
2	front guide rod	φ 25*2050	2
33	weight stack-130KG		2
11	hang shaft		8
34	magnetic pin		2
18	hexagon bolt	M10*20	2
8	washer	Φ10	2
19	spring gasket	Φ10	2

Factory Assembly Drawing



sliding tube
QTY: 2PCS/SET

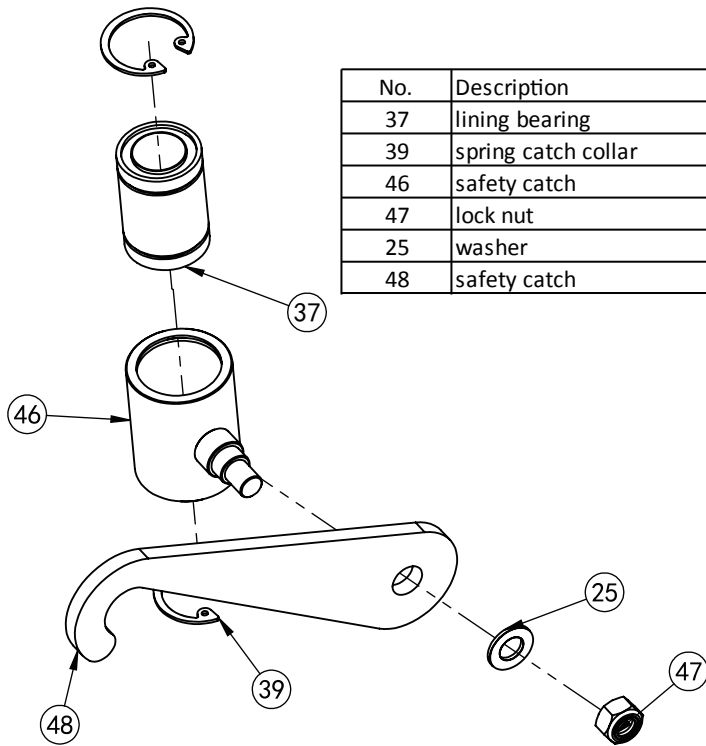
No.	Description	Note	Qty.
35	sliding tube		1
36	rubber cover		1
37	lining bearing	LM25UU	2
38	bearing	6005	2
39	spring catch collar	Φ40	2



barbell bar
QTY: 1PC/SET

No.	Description	Note	Qty.
40	aluminum rod	Φ30*1158*T2.5	1
41	hexagonal socket head cap screw	M6*16	4
42	3060 hook-right		1
43	3035 barbell inner rod		1
44	spring gasket	Φ6	4
45	hook-left		1

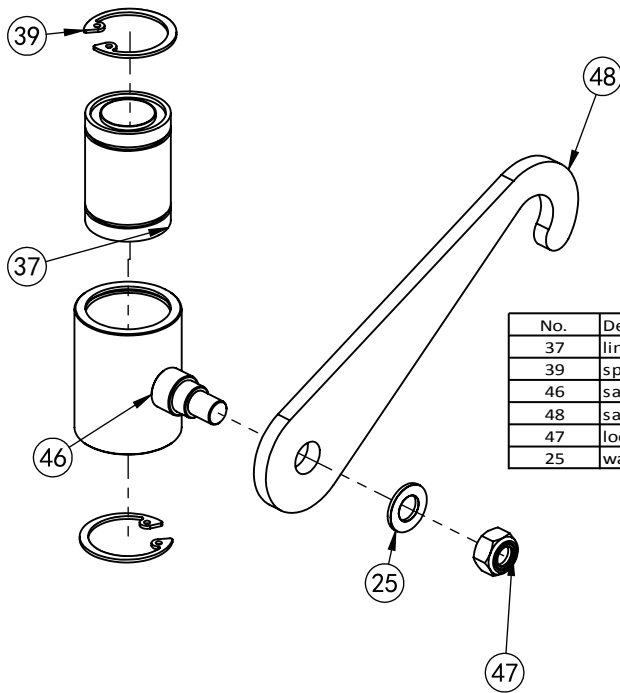
Factory Assembly Drawing



No.	Description	Note	Qty.
37	lining bearing	LM25UU	1
39	spring catch collar	Φ40	2
46	safety catch		1
47	lock nut	M12	1
25	washer	Φ12	1
48	safety catch	54511	1

safety hook-right

QTY: 1PC/SET

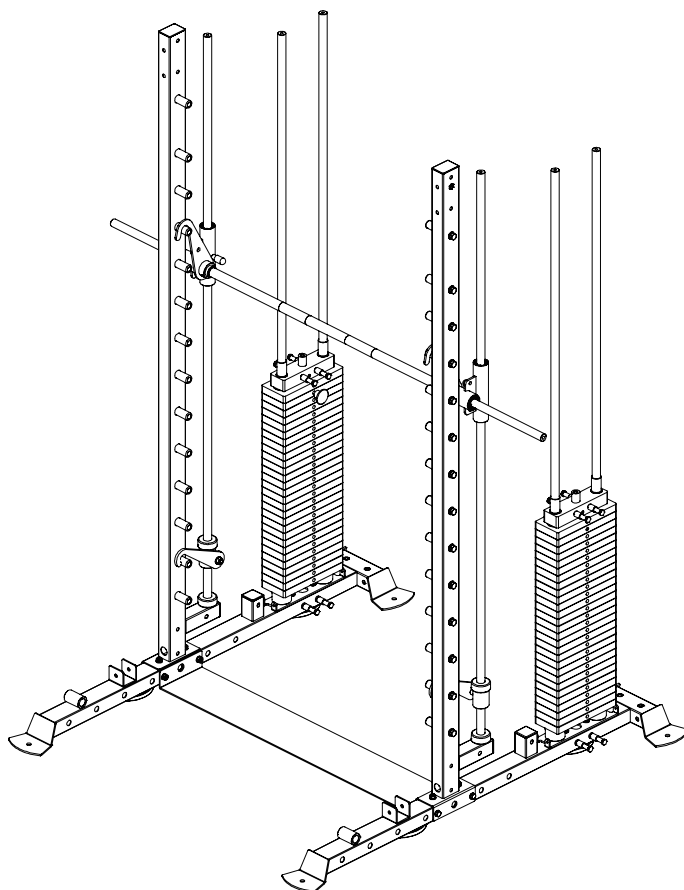


No.	Description	Note	Qty.
37	lining bearing	LM25UU	1
39	spring catch collar	Φ40	2
46	safety catch		1
48	safety hook	54511	1
47	lock nut	M12	1
25	washer	Φ12	1

safety hook-left

QTY: 1PC/SET

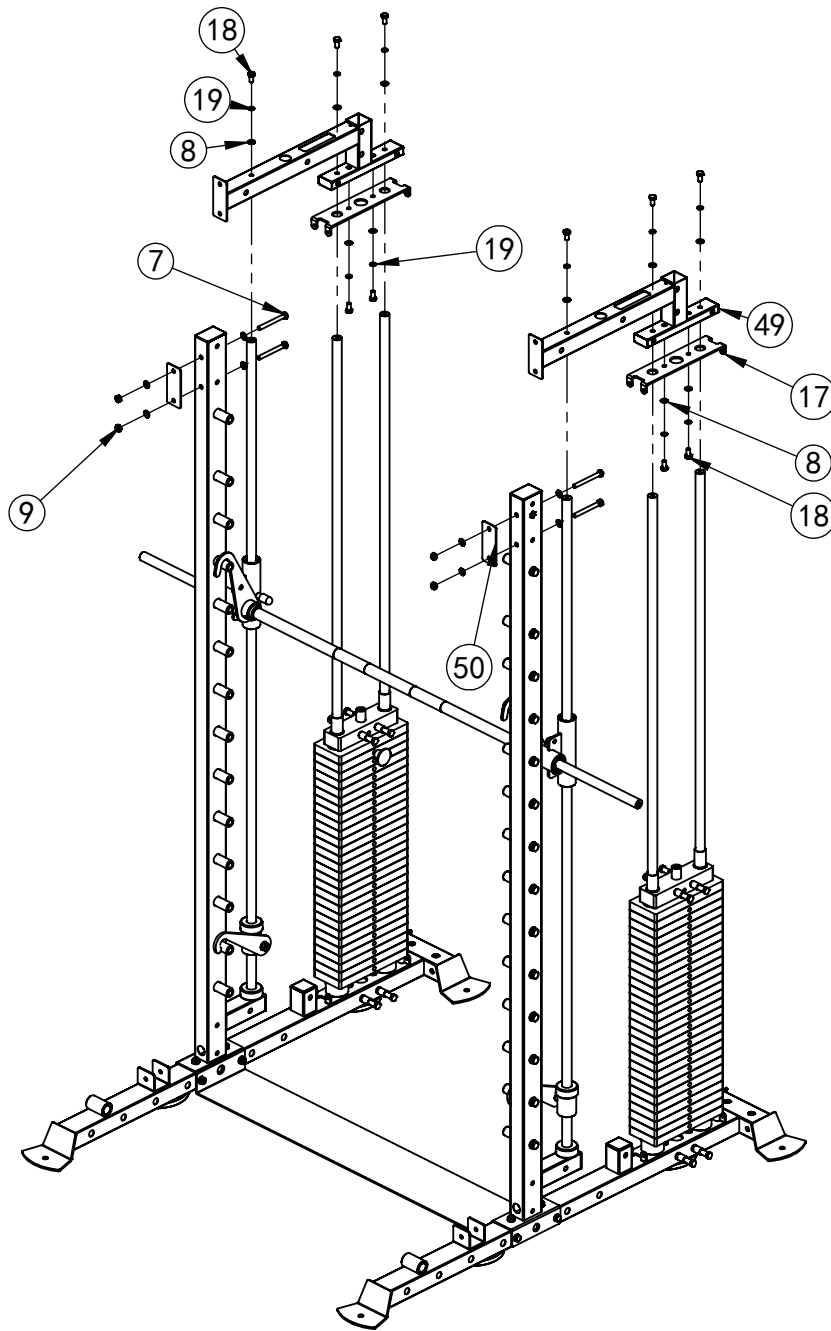
Assembly step-2 drawing



Assembly step-2 installation instruction

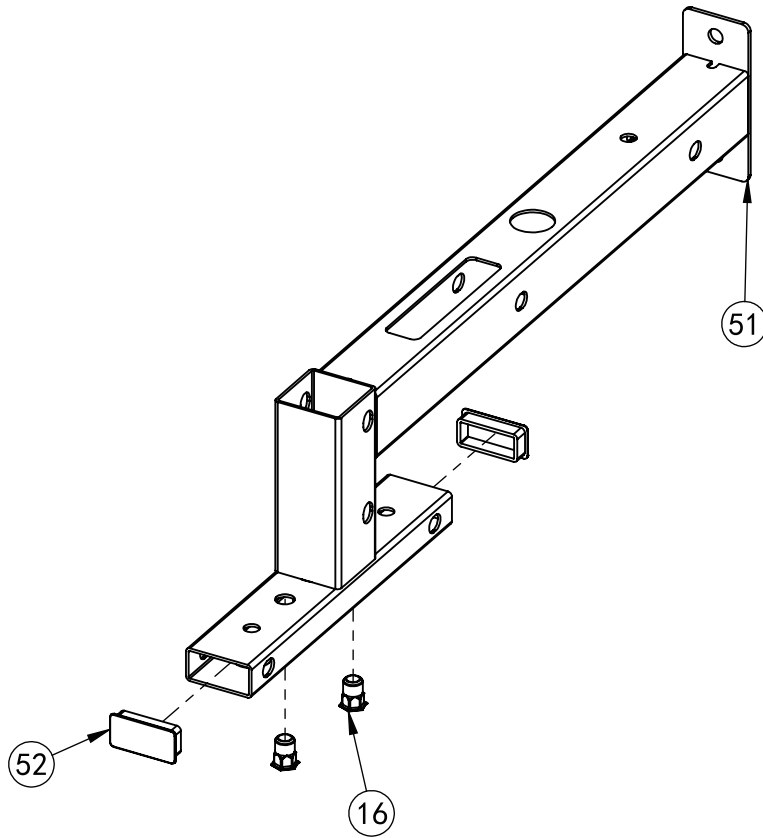
- 1 Assembly rubber crush-30,safety catch-right-29,sliding sleeve-27 on front guide rod-2.
- 2 Assembly rubber crush-30,safety catch-left-31,sliding sleeve-27 on front guide rod-2.
- 3 Assembly barbell bar-28 on sliding sleeve-27.
- 4 Assembly finish assmby front guide rod-2 on ground tube-1 using M10*20 hexagon bolt-18,Φ10 washer-8,Φ10 spring gasket-19.
- 5 Assembly weight stack-130KG-33 on front guide rod-2.
- 6 Plug magnetic pin-34 into weight stack-130KG-33.

Assembly step-3 explosion drawing



No.	Description	Note	Qty.
49	3070 chin bar		2
17	fix plate-bend	T6	2
50	50 connect plate-2 hole	120*50*T3	2
18	hexagon bolt	M10*20	10
19	spring gasket	Φ10	10
8	washer	Φ10	18
7	hexagon bolt	M10*95	4
9	lock nut	M10	4

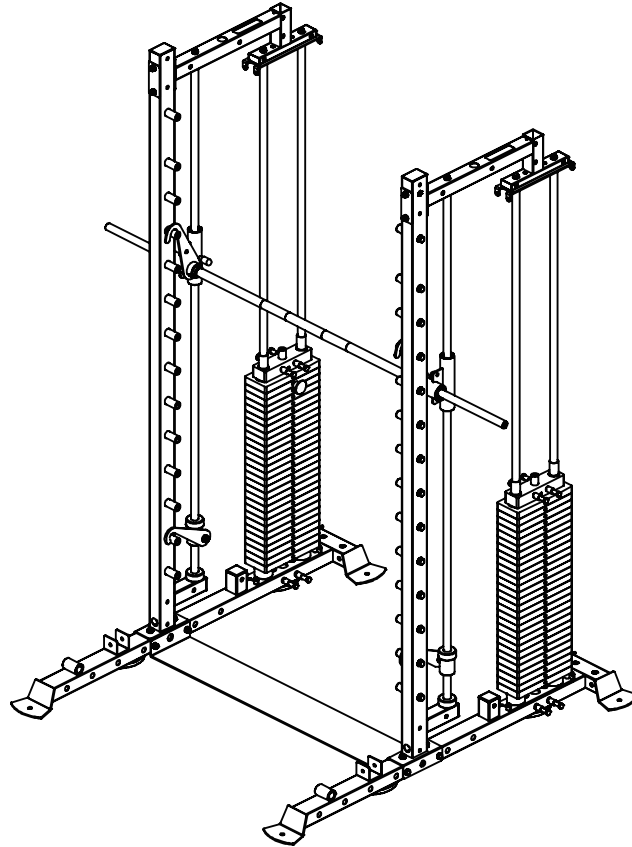
Factory Assembly Drawing



3070 chin tube
QTY : 2PCS/SET

No.	Description	Note	Qty.
51	3070 chin tube		1
52	square tube	50*25	2
16	plain half hexagon rivet nut	M10	2

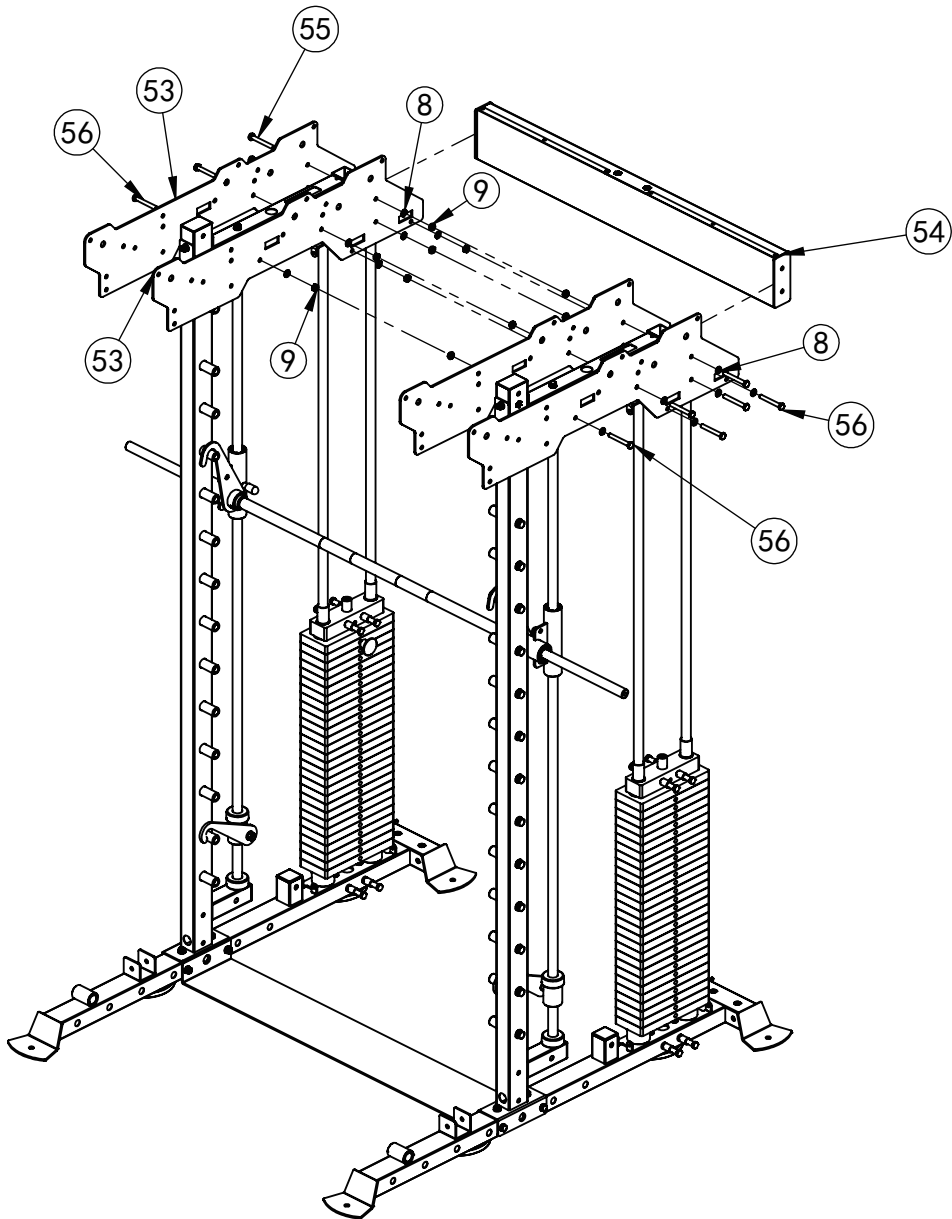
Assembly step (3) drawing



Assembly step-3 installation instruction

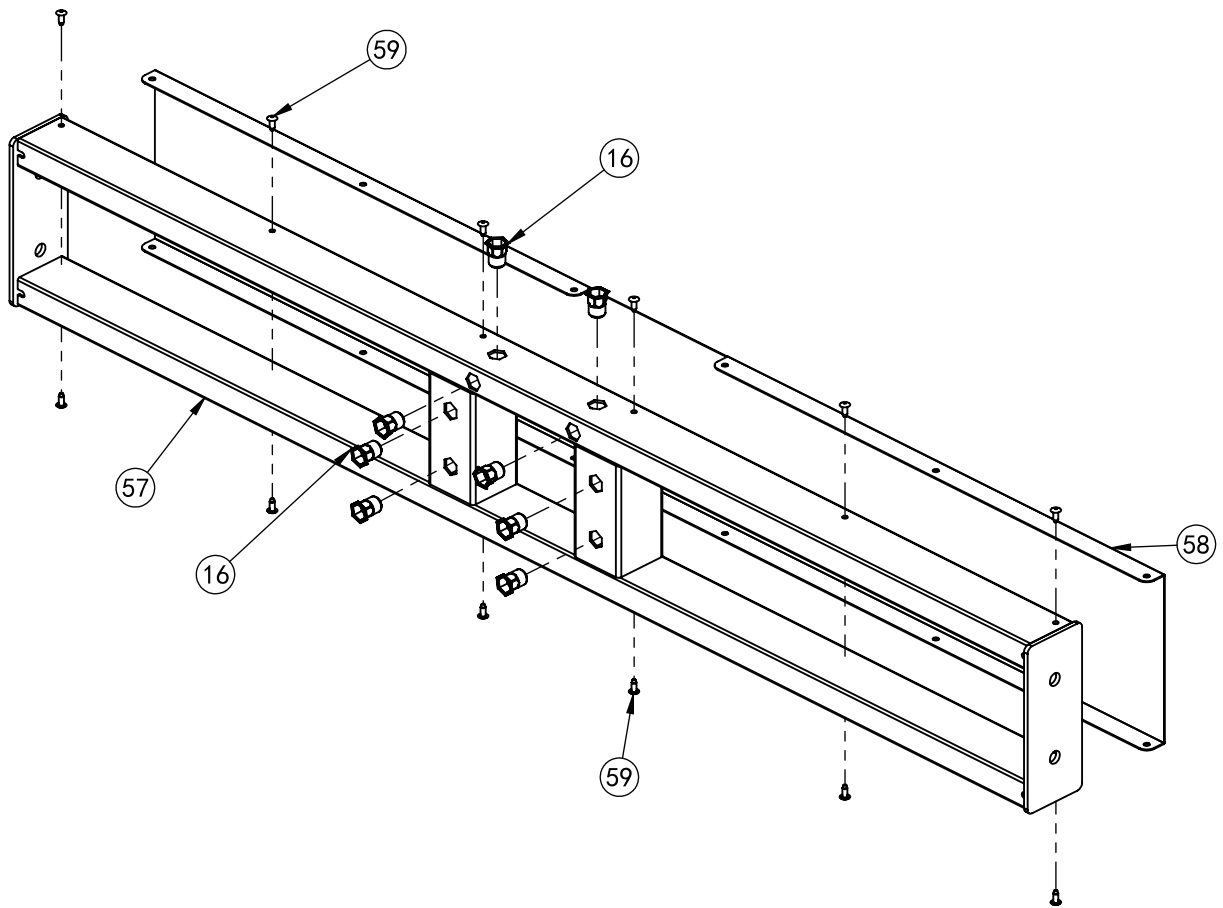
- 1 Assembly fix plate-bend-17 on 3070 chin bar-49 using M10*20 hexagon bolt-18,Φ10 washer-8,Φ10 spring gasket-19.
- 2 Assembly 3070 chin bar-49 on front guide rod-2 using M10*20 hexagon bolt-18,Φ10 washer-8,Φ10 spring gasket-19.
- 3 Assembly 50 connect plate-2 hole-50,3070 chin bar-49 on left stand tube-3 using M10*95 hexagon bolt-7,Φ10 washer-8,M10 lock nut-9 .
- 4 Assembly 50 connect plate-2 hole-50,3070 chin bar-49 on right stand tube-5 using M10*95 hexagon bolt-7,Φ10 washer-8,M10 lock nut-9 .

Assembly step-4 explosion drawing



No.	Description	Note	Qty.
53	up decorate plate		4
54	3070 back up connect frame		1
55	hexagon bolt	M10*80	4
8	washer	Φ10	24
9	lock nut	M10	12
56	hexagon bolt	M10*75	8

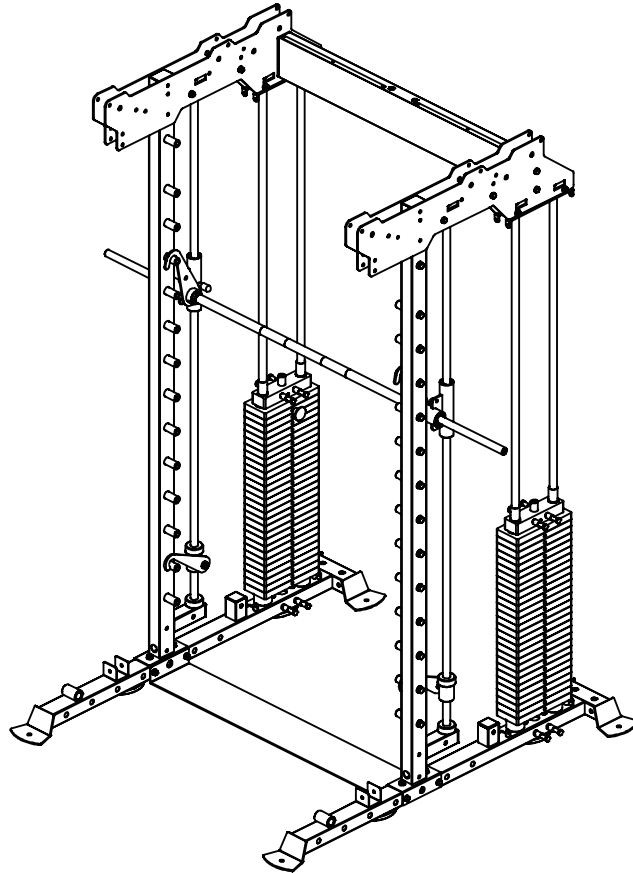
Factory Assembly Drawing



3070 back up connect frame
QTY: 1PC/SET

No.	Description	Note	Qty.
57	back up connection tube		1
58	decorate plate		1
16	plain half hexagon rivet nut	M10	8
59	Mushroom head break mandrel	4*8	12

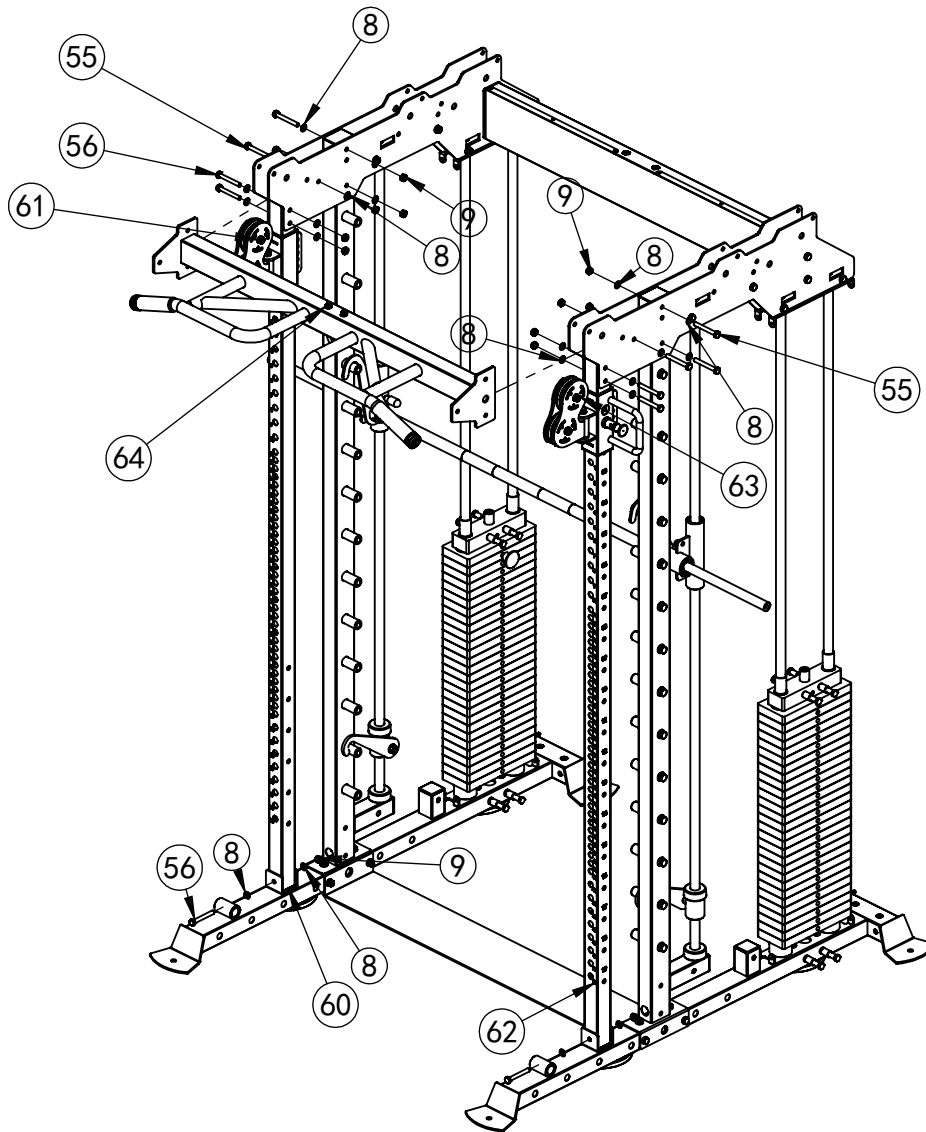
Assembly step-4 drawing



Assembly step-4 installation instruction

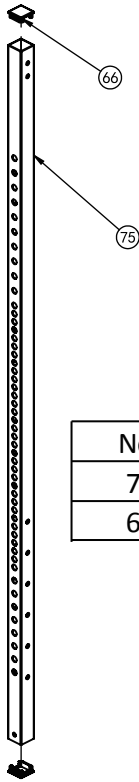
- 1 Assembly up decorate plate-53 on the two side of 3070 chin bar-49 using M10*75 hexagon bolt-56,Φ10 washer-8,M10 lock nut-9.
- 2 Assembly 3070 back up connect frame-54 on up decorate plate-53 using M10*80 hexagon bolt-55,Φ10 washer-8,M10 lock nut-9.

Assembly step-5 explosion drawing



No.	Description	Note	Qty.
60	stainless guide-left		1
61	sliding tube right		1
62	stainless tube -right		1
63	sliding tube -left		1
64	chin up bar		1
55	hexagon bolt	M10*80	6
8	washer	Φ10	24
9	lock nut	M10	12
56	hexagon bolt	M10*75	6

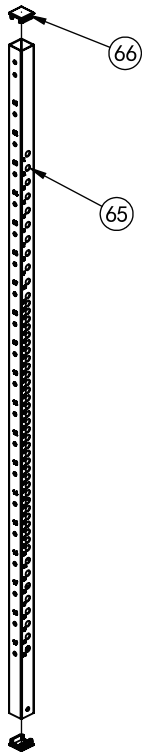
Factory Assembly Drawing



No.	Description	Note	Qty.
75	stainless front stand tube-right	□50*50*2120	1
66	square tube	□50*50*t1.2	2

stainless front stand tube-right

QTY: 1PC/SET

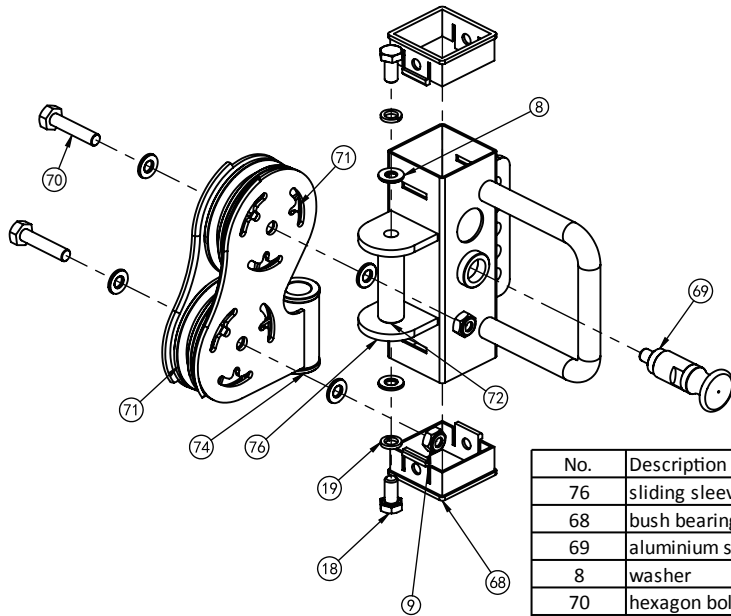


No.	Description	Note	Qty.
65	stainless front stand tube-left	□50*50*2120	1
66	square tube	□50*50*t1.2	2

stainless front stand tube-left

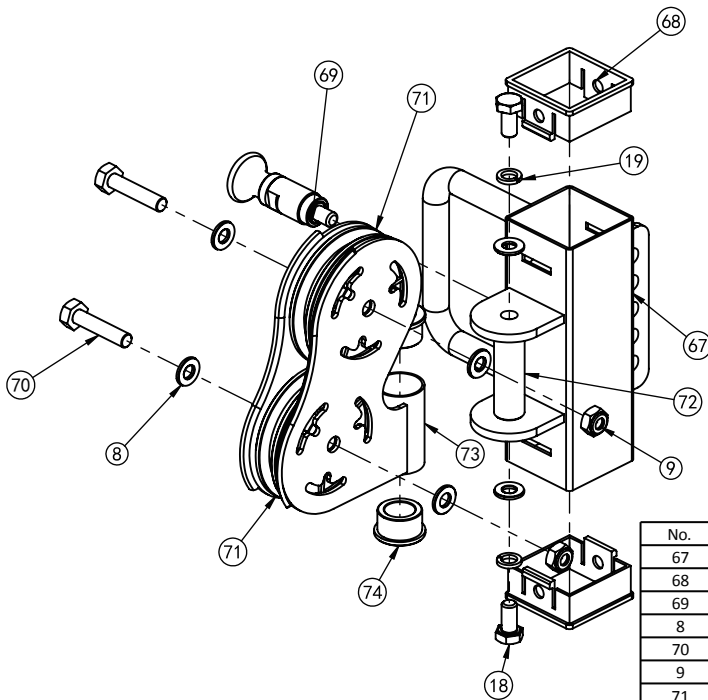
QTY: 1PC/SET

Factory Assembly Drawing



sliding sleeve
QTY: 1PC/SET

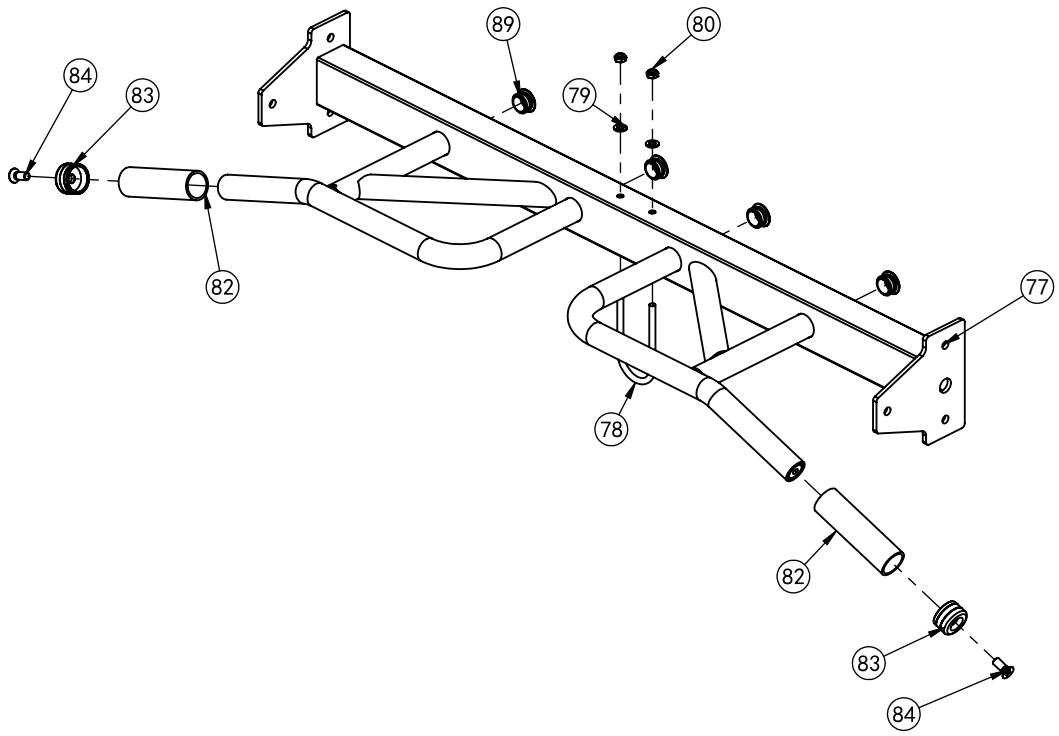
No.	Description	Note	Qty.
76	sliding sleeve		1
68	bush bearing	□60-□50	2
69	aluminium spring pin		1
8	washer	Φ10	6
70	hexagon bolt	M10*45	2
9	lock nut	M10	2
73	pulley rotation cover		1
71	Φ95 pulley		2
74	powder metallurgy sleeve	Φ33.2*Φ 29*Φ20*18	2
72	pulley rotation pin	Φ20*M10*67	1
18	hexagon bolt	M10*20	2
19	spring gasket	Φ10	2



sliding tube-right
QTY: 1PC/SET

No.	Description	Note	Qty.
67	sliding tube-right		1
68	bush bearing	□60-□50	2
69	aluminium spring pin		1
8	washer	Φ10	6
70	hexagon bolt	M10*45	2
9	lock nut	M10	2
71	Φ95 pulley		2
72	pulley rotation pin	Φ20*M10*67	1
73	pulley rotation cover		1
74	powder metallurgy sleeve	Φ33.2*Φ 29*Φ20*18	2
18	hexagon bolt	M10*20	2
19	spring gasket	Φ10	2

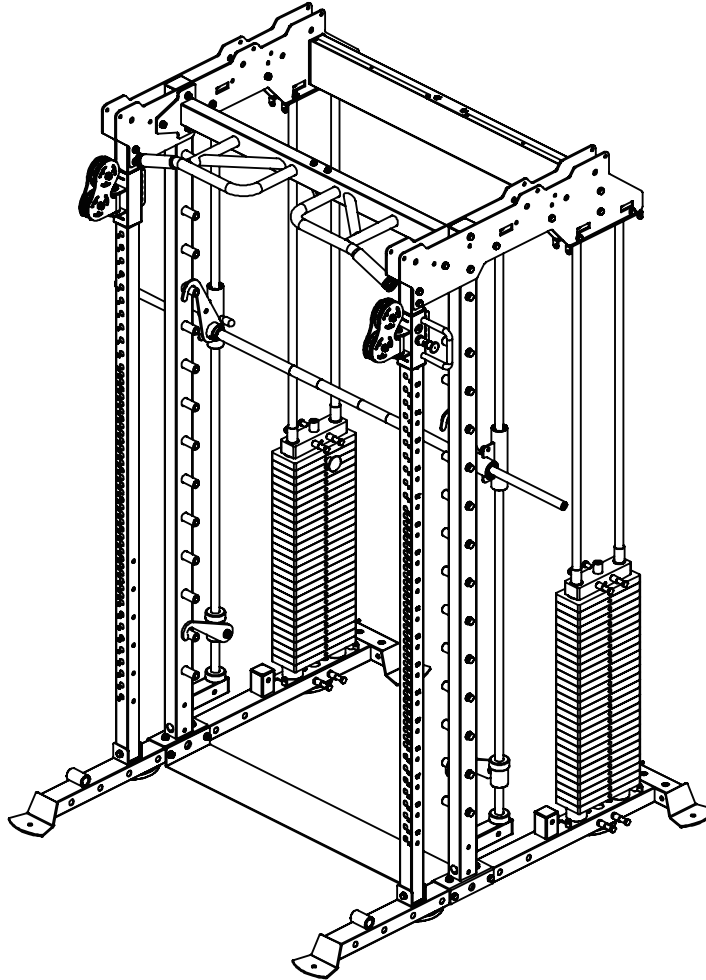
Factory Assembly Drawing



3070 across connect plate
QTY: 1PCS/SET

No.	Description	Note	Qty.
77	3070 across connect plate		1
78	hang ring		1
79	washer	Φ8	2
80	lock nut	M8	2
89	32 circle tube plug		4
82	high pull handle		2
83	outer catch collar	Φ38.6*Φ32.8*25	2
84	hexagon socket set screw	M10*25	2

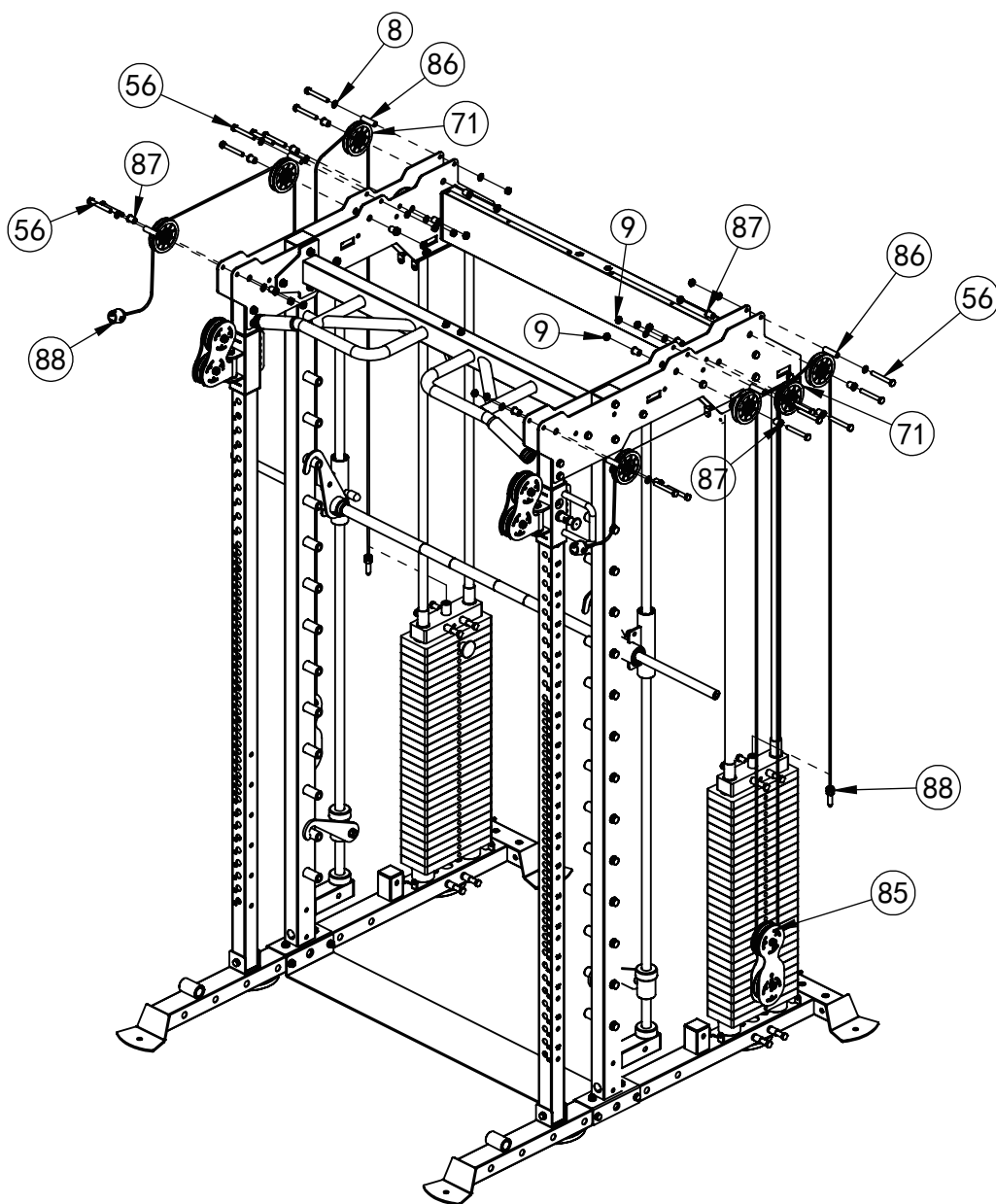
Assembly step- 5 drawing



Assembly step-5 installation instruction

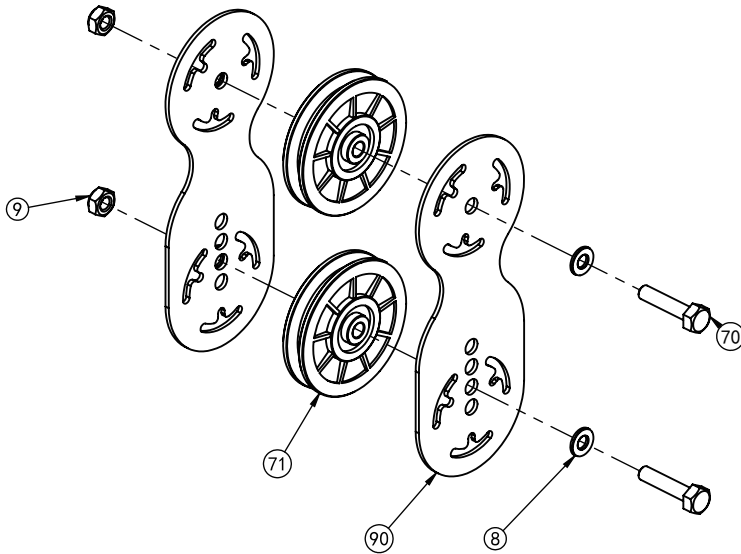
- 1 Put sliding tube right-61 on stainless tube -right-62.
- 2 Put sliding tube -left-63 on stainless guide-left-60.
- 3 Assembly stainless tube -right-62 on ground tube-1 using M10*75 hexagon bolt-56,Φ10 washer-8,M10 lock nut-9 .
- 4 Assembly stainless guide-left-60 on ground tube-1 using M10*75 hexagon bolt-56,Φ10 washer-8,M10 lock nut-9 .
- 5 Assembly stainless tube -right-62 on up decorate plate-53 using M10*75 hexagon bolt-56,Φ10 washer-8,M10 lock nut-9 .
- 6 Assembly stainless guide-left-60 on up decorate plate-53 using M10*75 hexagon bolt-56,Φ10 washer-8,M10 lock nut-9 .
- 7 Assembly chin up bar-64 on up decorate plate-53 using M10*80 hexagon bolt-55,Φ10 washer-8,M10 lock nut-9 .

Assembly step-6 explosion drawing



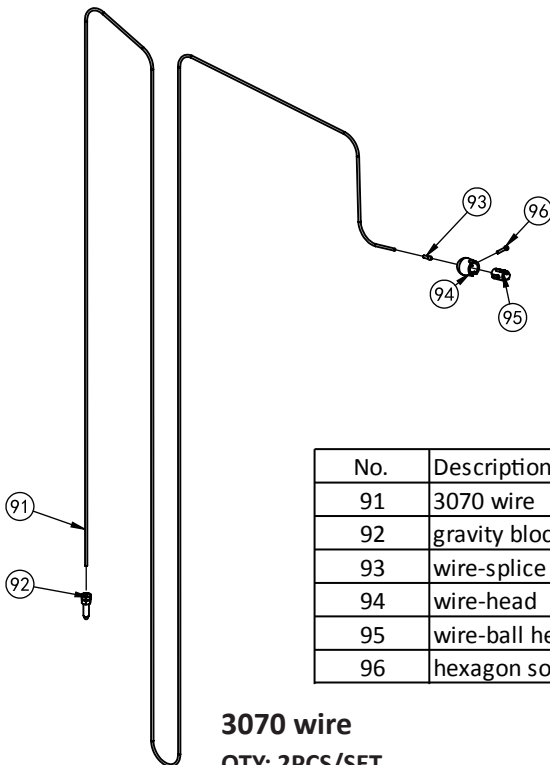
No.	Description	Note	Qty.
71	Φ95 pulley		8
85	pulley frame		2
86	decorate adjust plate	Φ14*49*T1.5	6
87	powder metallurgy sleeve	Φ20*Φ16*Φ10.5*21.5	16
56	hexagon bolt	M10*75	16
9	lock nut	M10	16
88	wire-ball bolt		2
8	washer	Φ10	16

Factory Assembly Drawing



pulley frame
QTY: 2PCS/SET

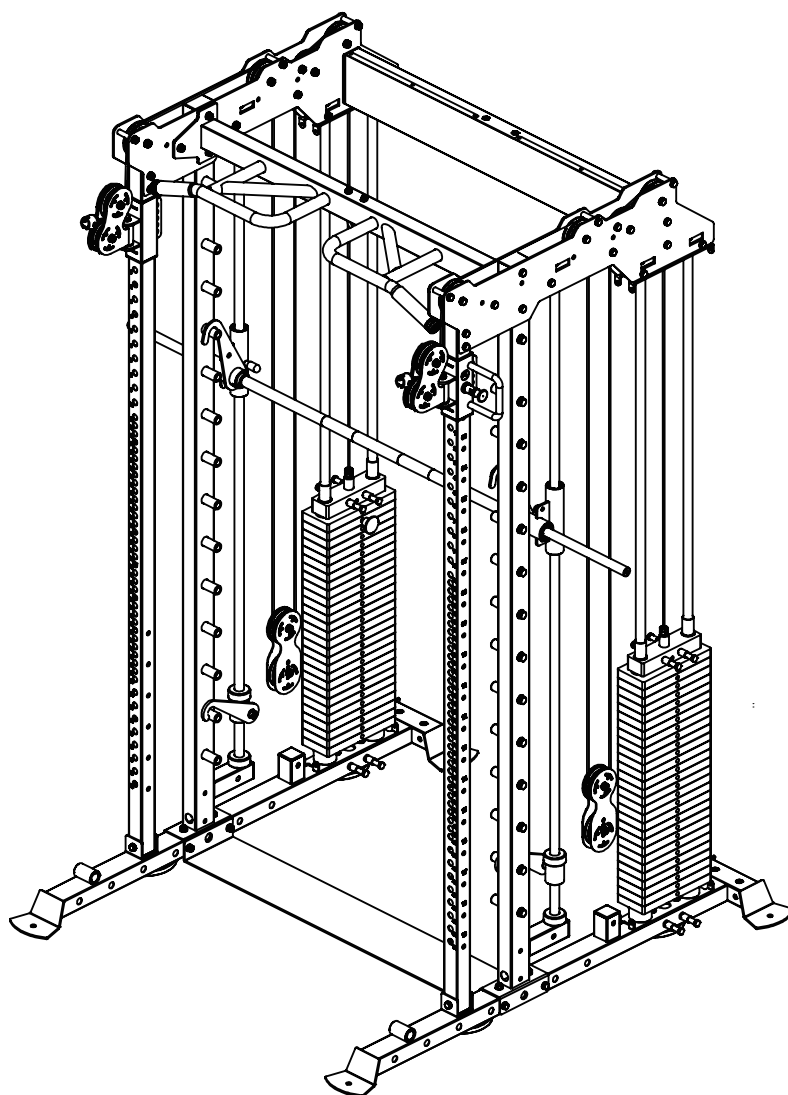
No.	Description	Note	Qty.
71	Φ95 pulley		2
90	pulley adjust plate		2
70	hexagon bolt	M10*45	2
8	washer	Φ10	4
9	lock nut	M10	2



3070 wire
QTY: 2PCS/SET

No.	Description	Note	Qty.
91	3070 wire		1
92	gravity block bolt	M12	1
93	wire-splice head		1
94	wire-head	54511	1
95	wire-ball head	54511	1
96	hexagon socket cap screws	M5*25	1

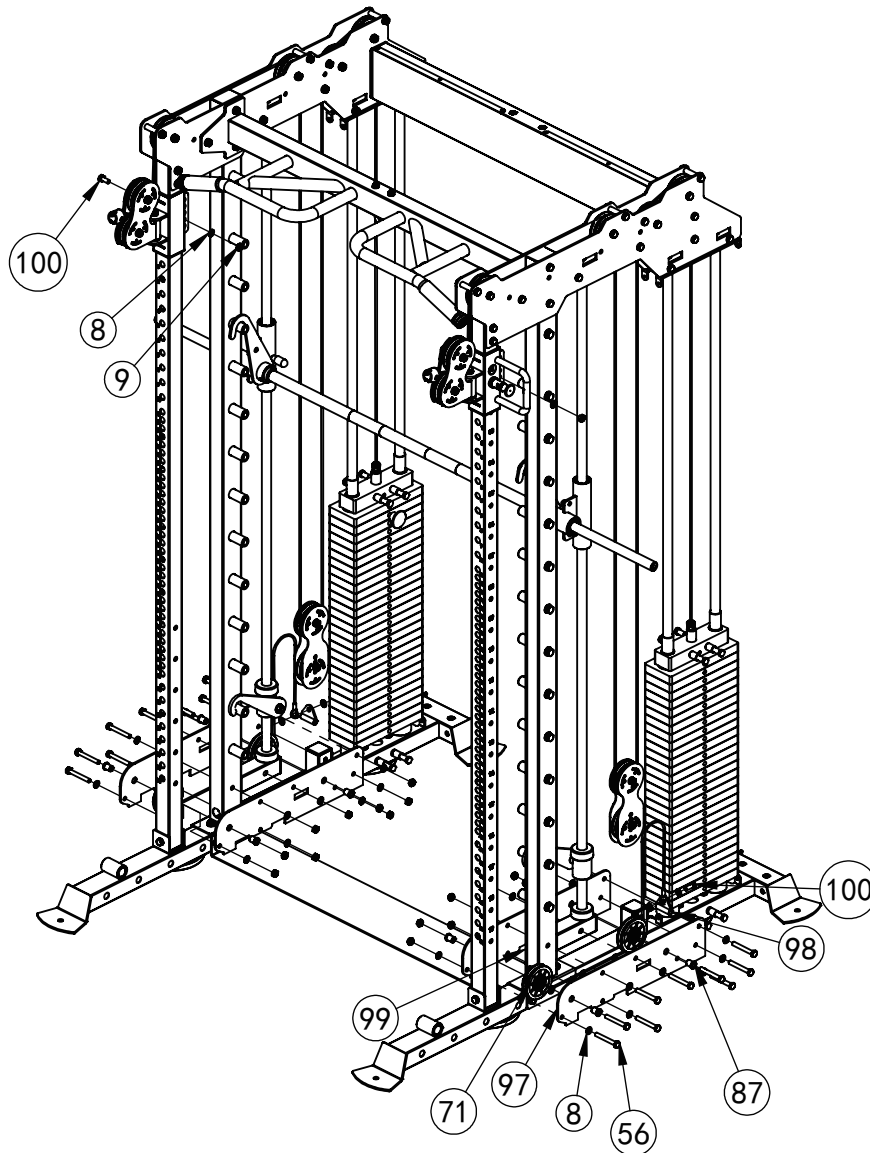
Assembly step-6 drawing



Assembly step-6 installation instruction

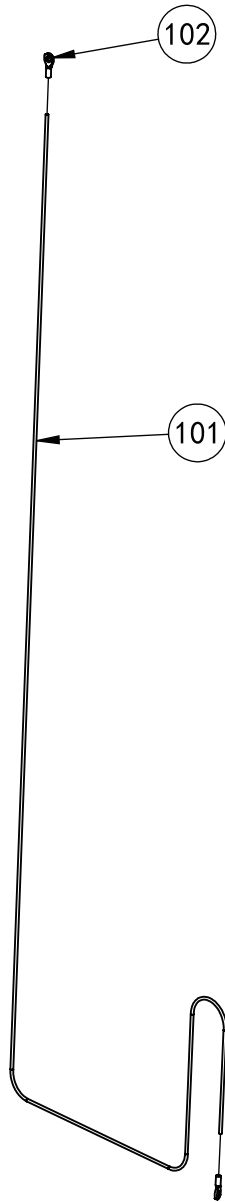
- 1 Assembly $\Phi 95$ pulley-71 on main machine using M10*75 hexagon bolt-56,powder metallurgy sleeve-87,M10 lock nut-9.
- 2 As shown in the figure through wire-ball bolt-88 then fix it on pulley frame-85,weight stack-130KG-33,sliding tube right-61.
- 3 As shown in the figure through wire-ball bolt-88 then fix it on pulley frame-85,weight stack-130KG-33,sliding tube -left-63.
- 4 Assembly decorate adjust plate-86 on up decorate plate-53 using M10*75 hexagon bolt-56, $\Phi 10$ washer-8,M10 lock nut-9 .

Assembly step-7 explosion drawing



No.	Description	Note	Qty.
97	3070 bottom reinforcing plate		4
71	Φ95 pulley		4
98	wire-hang nose		2
99	wire-nose nose		2
100	hexagon bolt	M10*25	4
8	washer	Φ10	36
9	lock nut	M10	22
87	powder metallurgy sleeve	Φ20*Φ16*Φ10.5*21.5	8
56	hexagon bolt	M10*75	18

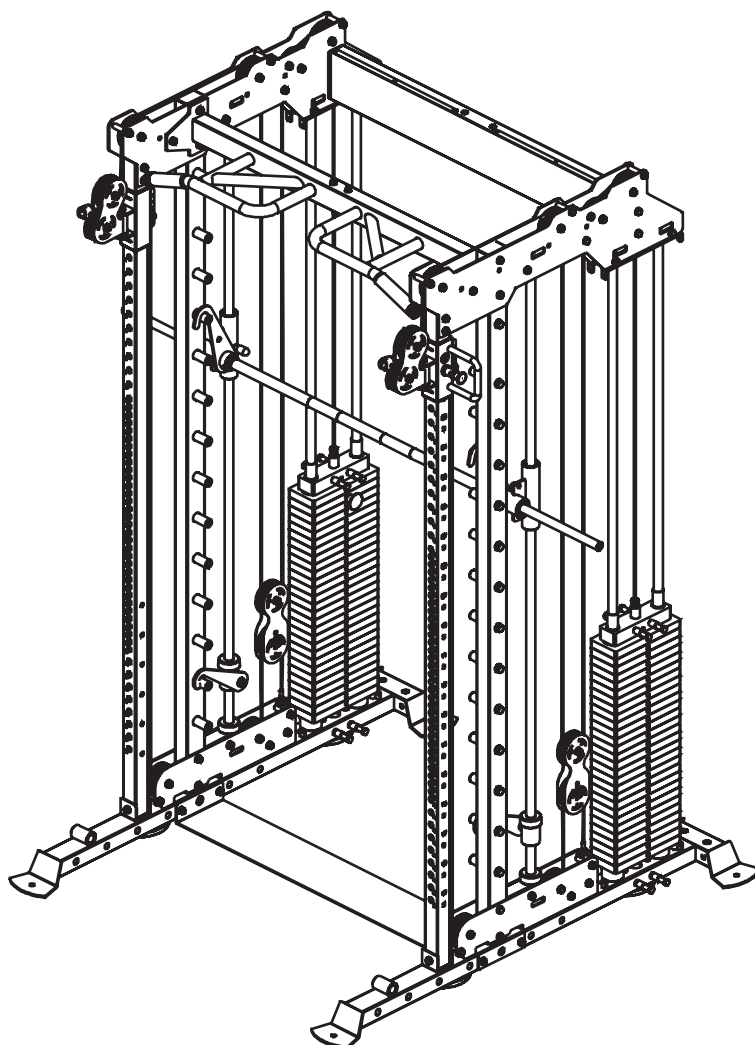
Factory Assembly Drawing



No.	Description	Note	Qty.
101	wire-nose nose		1
102	wire-ball nose		2

wire-nose nose
QTY: 2PCS/SET

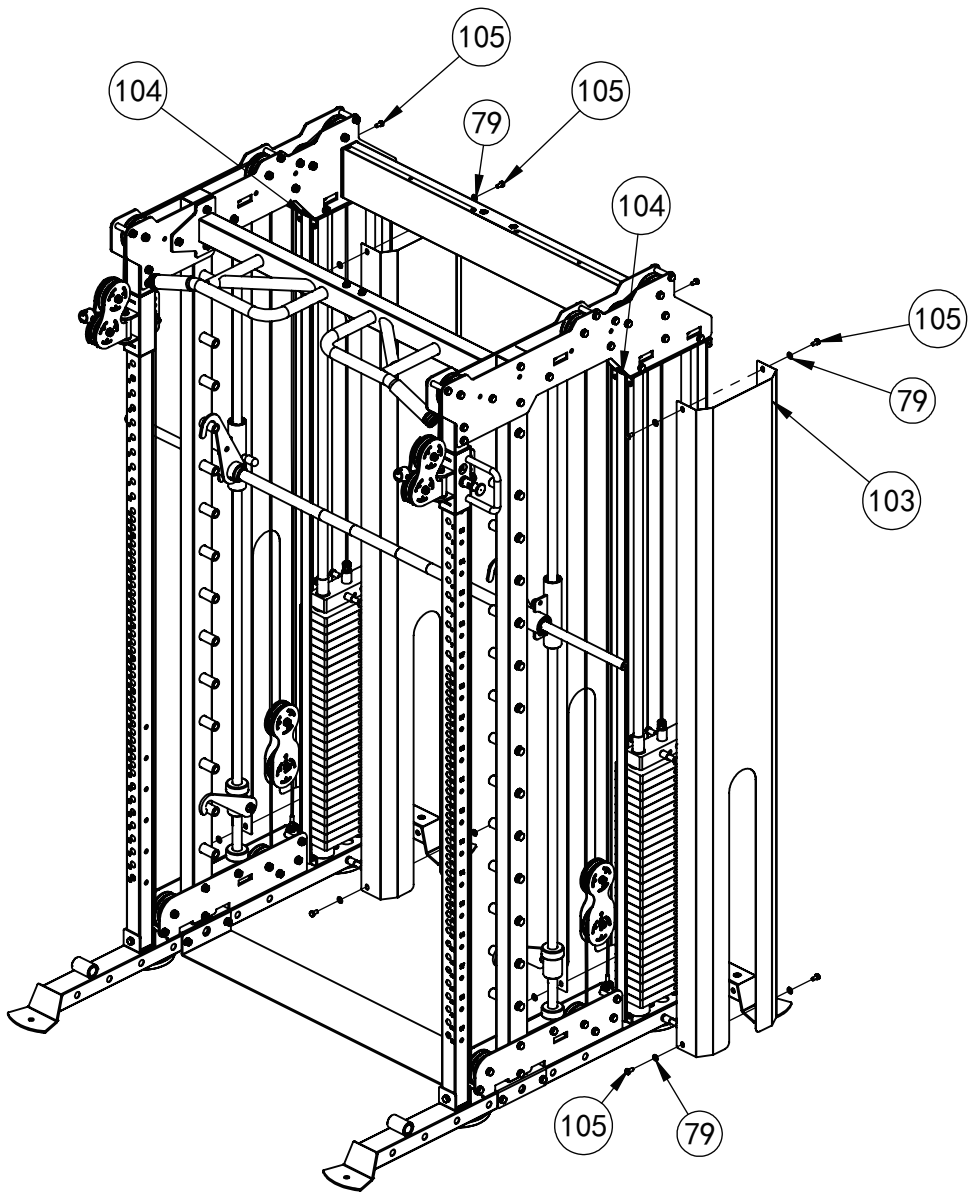
Assembly step-7 drawing



Assembly step-7 installation instruction

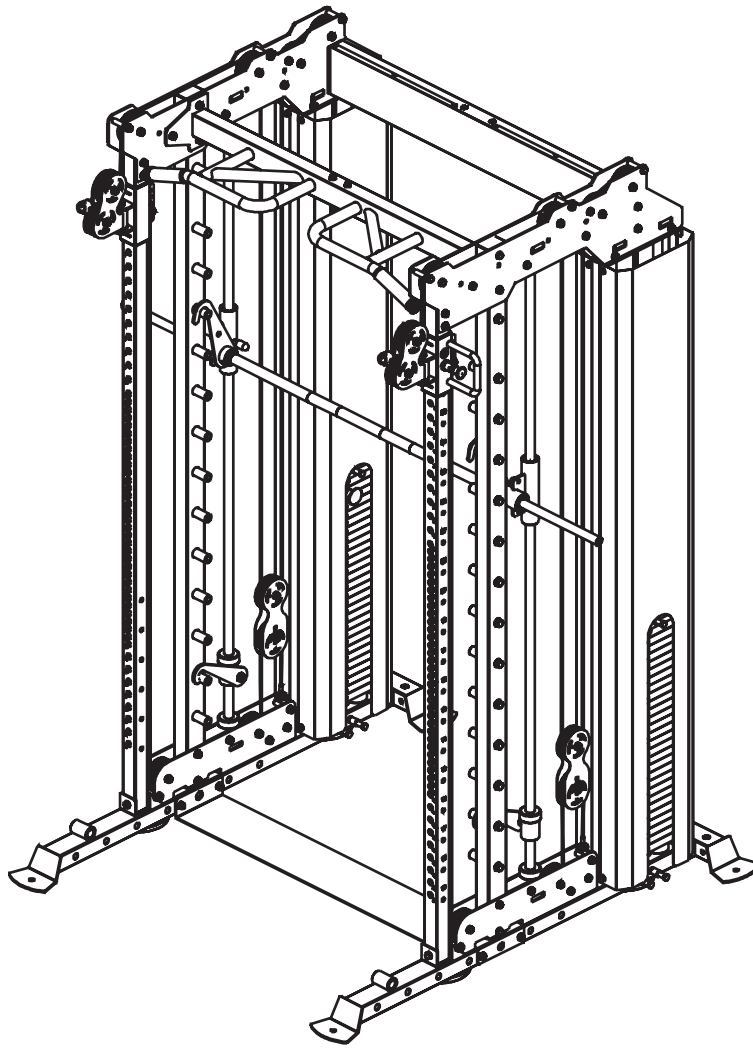
- 1 Assemble 3070 bottom reinforcing plate-97 on ground tube-1, left stand tube-3 using M10*75 hexagon bolt-56, Φ 10 washer-8, M10 lock nut-9.
- 2 Assemble 3070 bottom reinforcing plate-97 on ground tube-1, right stand tube-5 using M10*75 hexagon bolt-56, Φ 10 washer-8, M10 lock nut-9.
- 3 Assemble 3070 bottom reinforcing plate-98 on 3070 bottom reinforcing plate-97 using M10*75 hexagon bolt-56, Φ 10 washer-8, M10 lock nut-9.
- 4 As shown in the figure through wire-nose nose-99. Fix wire-nose nose-99 on wire-hang nose-98 using M10*25 hexagon bolt-100.
- 5 Fix wire-nose nose-99 on sliding tube right-61 using M10*25 hexagon bolt-100.
- 6 Fix wire-nose nose-99 on sliding tube -left-63 using M10*25 hexagon bolt-100.

Assembly step-8 explosion drawing



No.	Description	Note	Qty.
103	3070 back shield		4
104	shield rod		4
79	washer	Φ8	16
105	hexagon bolt	M8*16	16

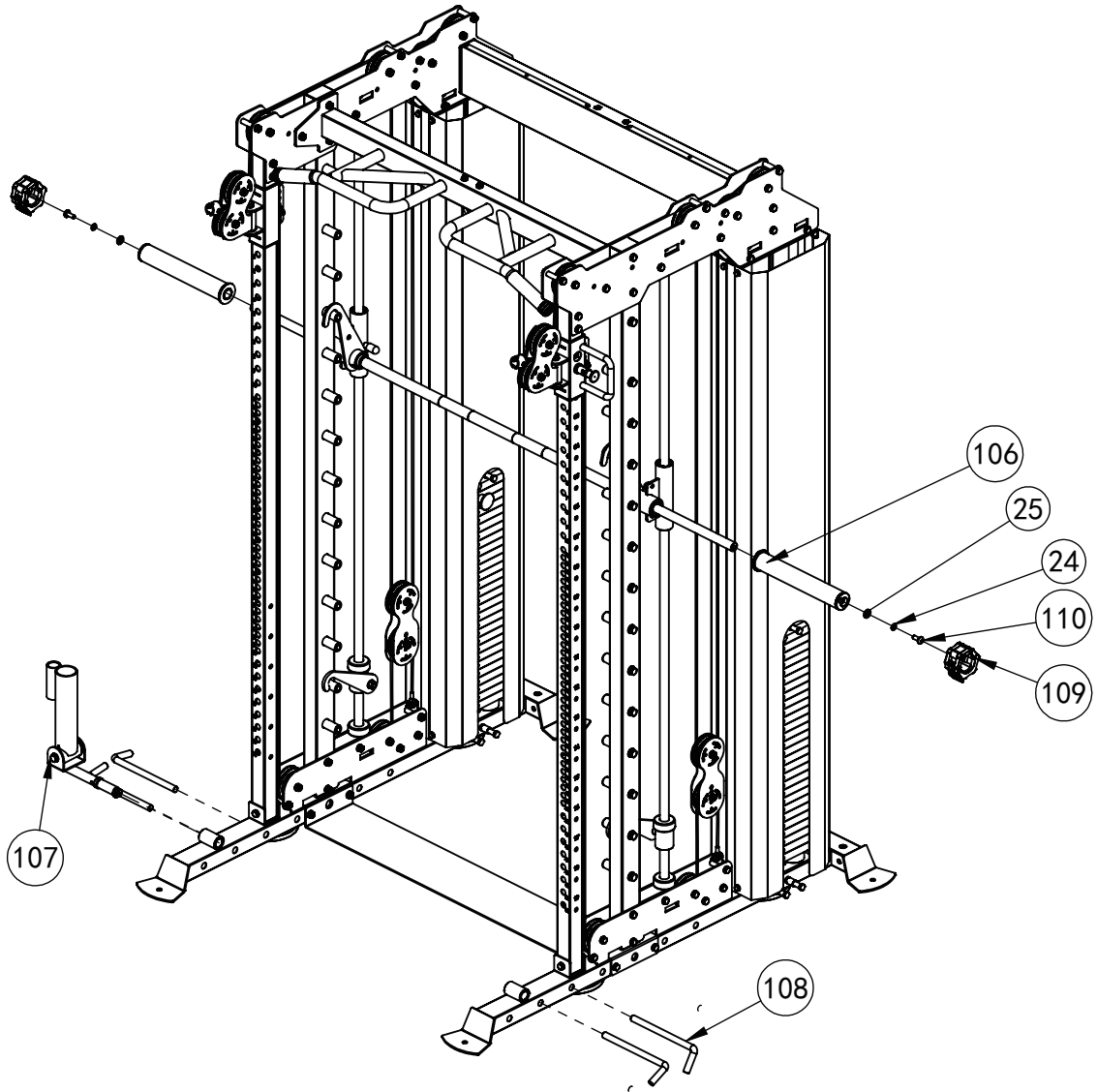
Assembly step-8 drawing



Assembly step-8 installation instruction

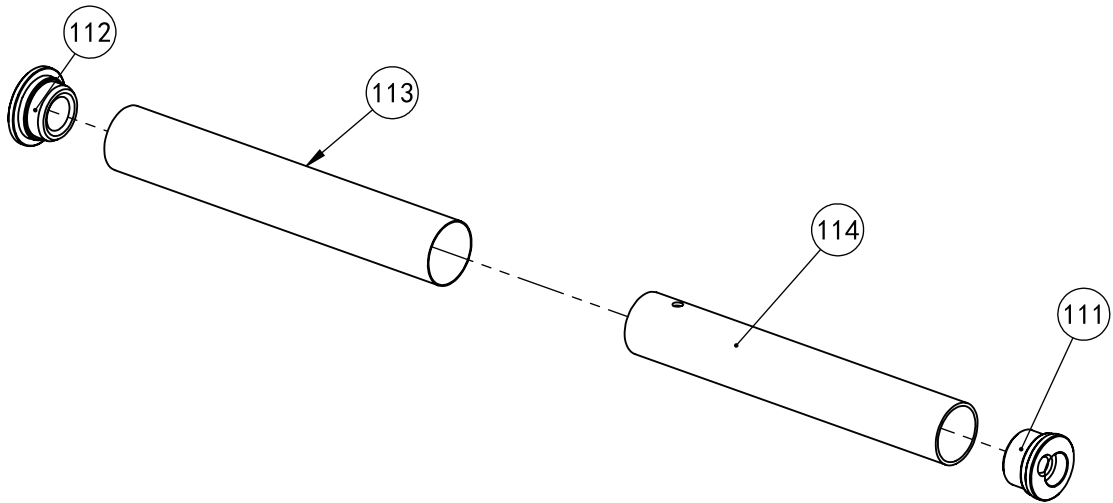
- 1 Through shield rod-104 into 3070 back shield-103.
- 2 Assembly 3070 back shield-103 on fix plate-bend-17 using M8*16 hexagon bolt-105, $\Phi 8$ washer-79.

Assembly step-9 explosion drawing



No.	Description	Note	Qty.
106	3035 barbell tube		2
107	rotation tube		1
108	L shape pin	Φ17*250	4
109	barbell clamp		2
110	hexagon socket button head screws	M12*40	2
25	washer	Φ12	2
24	spring gasket	Φ12	2

Factory Assembly Drawing

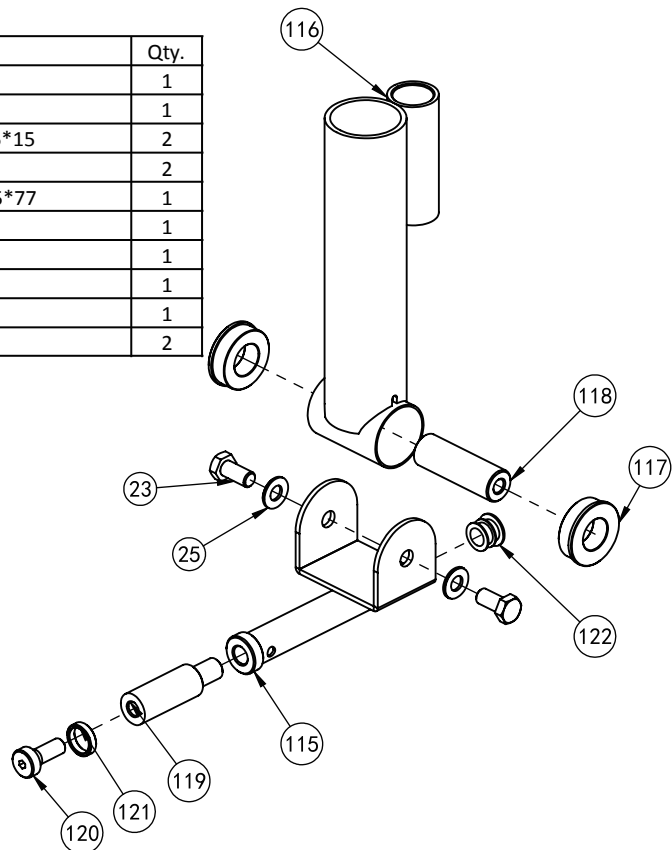


3035 barbell tube
QTY: 2PGS/SET

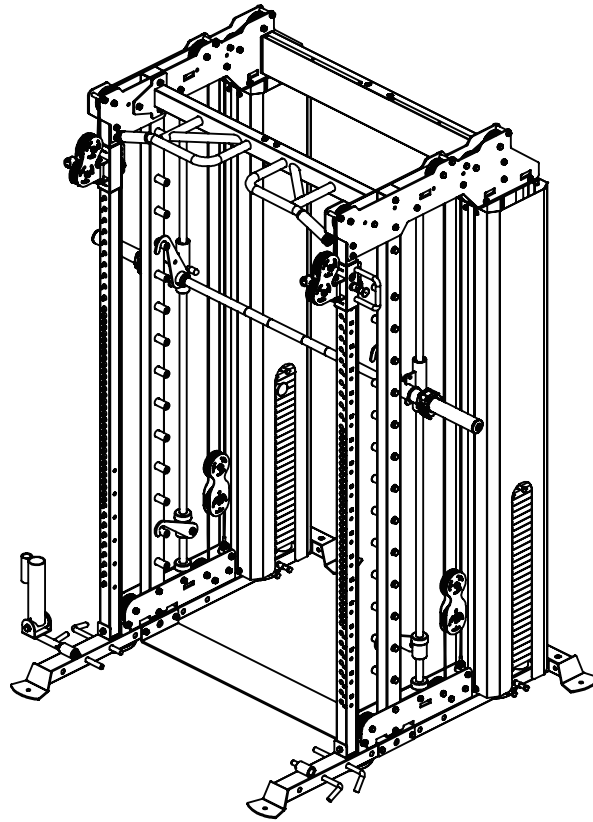
No.	Description	Note	Qty.
111	barbell bar plug	Φ51*Φ 42.5*36.6L	1
112	aluminum inner catch collar	Φ60*48.5*27L	1
113	stainless tube-310	Φ50*310*t0.5	1
114	inner lining tube	Φ48*298*t2.5	1

No.	Description	Note	Qty.
115	new rotation rod		1
116	double barbell rotation		1
117	powder metallurgy sleeve	Φ50*Φ25*15	2
23	hexagon bolt	M12*25	2
118	rotation pin	M12*Φ25*77	1
119	barbell bar plug		1
120	barbell bar limit shaft		1
121	limit ring		1
122	circle tube plug	Φ25*1.5	1
25	washer	Φ12	2

rotation tube
QTY: 1PC/SET



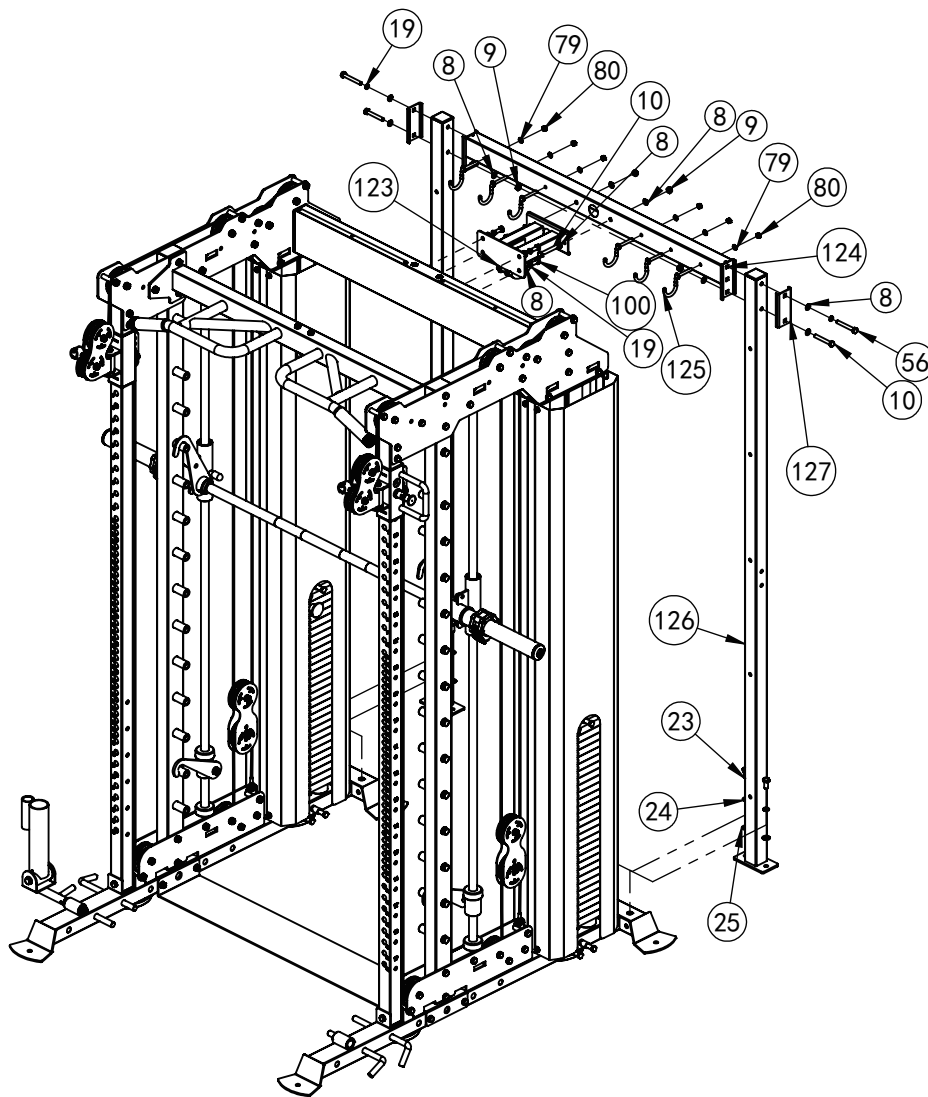
Assembly step-9 drawing



Assembly step-9 installation instruction

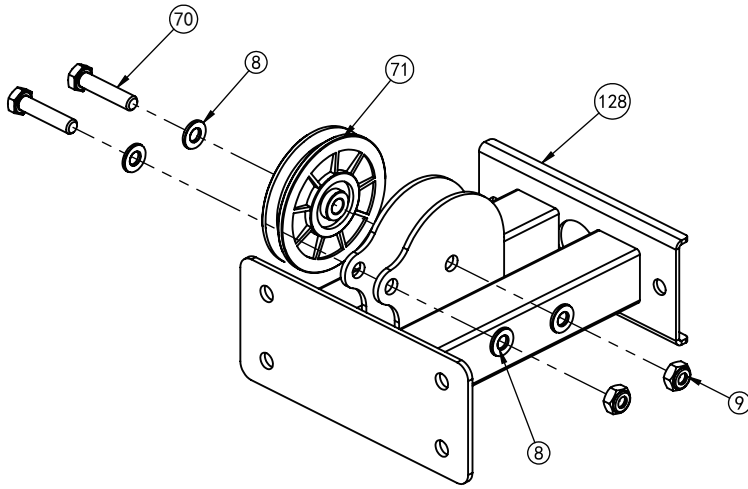
- 1 Assemble rotation tube-107 on ground tube-1.
- 2 Assemble L shape pin-108 on ground tube-1.
- 3 Assemble 3035 barbell tube-106 on barbell bar-28 using M12*40 hexagon socket button head screws-110, 12 washer-25, Φ 12 spring gasket-24.
- 4 Assemble barbell clamp-109 on 3035 barbell tube-106

Assembly step-10 explosion drawing



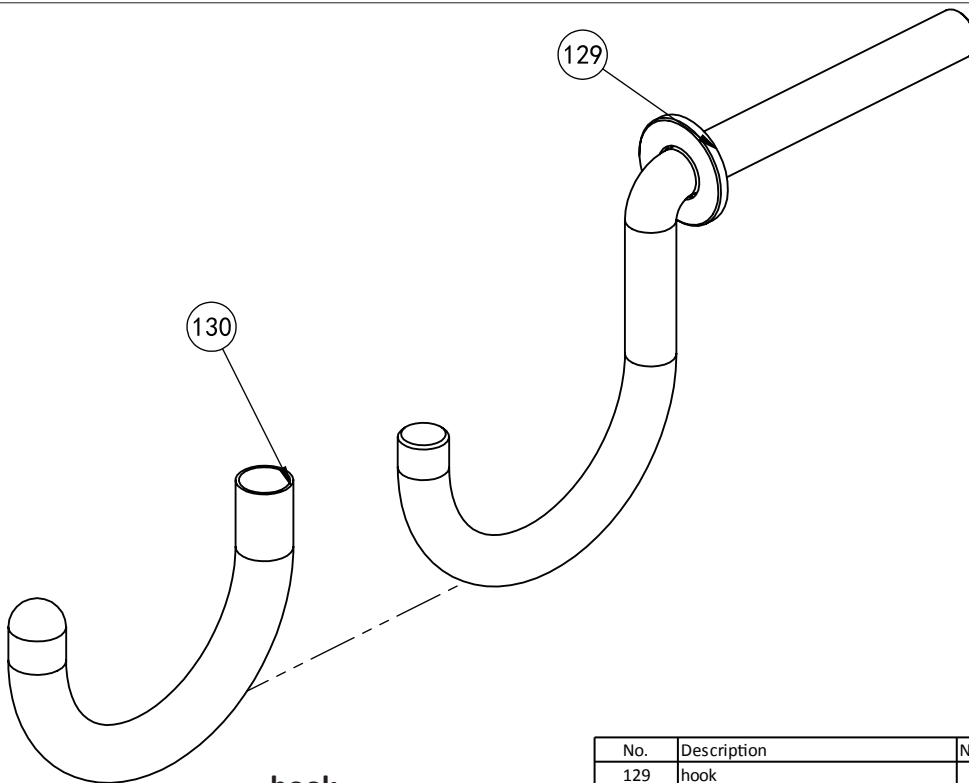
No.	Description	Note	Qty.
123	up connection tube		1
124	up cross tube		1
125	hook		6
126	back stand tube		2
127	concave plate	120*52*T3	2
56	hexagon bolt	M10*75	2
8	washer	Φ10	14
19	spring gasket	Φ10	6
100	hexagon bolt	M10*25	4
80	lock nut	M8	6
79	washer	Φ8	6
10	hexagon bolt	M10*70	4
9	lock nut	M10	4
23	hexagon bolt	M12*25	4
24	spring gasket	Φ12	4
25	washer	Φ12	4

Factory Assembly Drawing



up connection tube
QTY: 1PC/SET

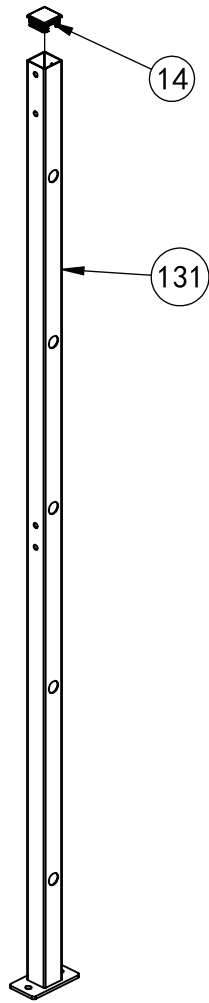
No.	Description	Note	Qty.
128	back connection tube		1
71	Φ95 pulley		1
70	hexagon bolt	M10*45	2
8	washer	Φ10	4
9	lock nut	M10	2



hook
QTY: 6PCS/SET

No.	Description	Note	Qty.
129	hook		1
130	finger cover	Φ8*100	1

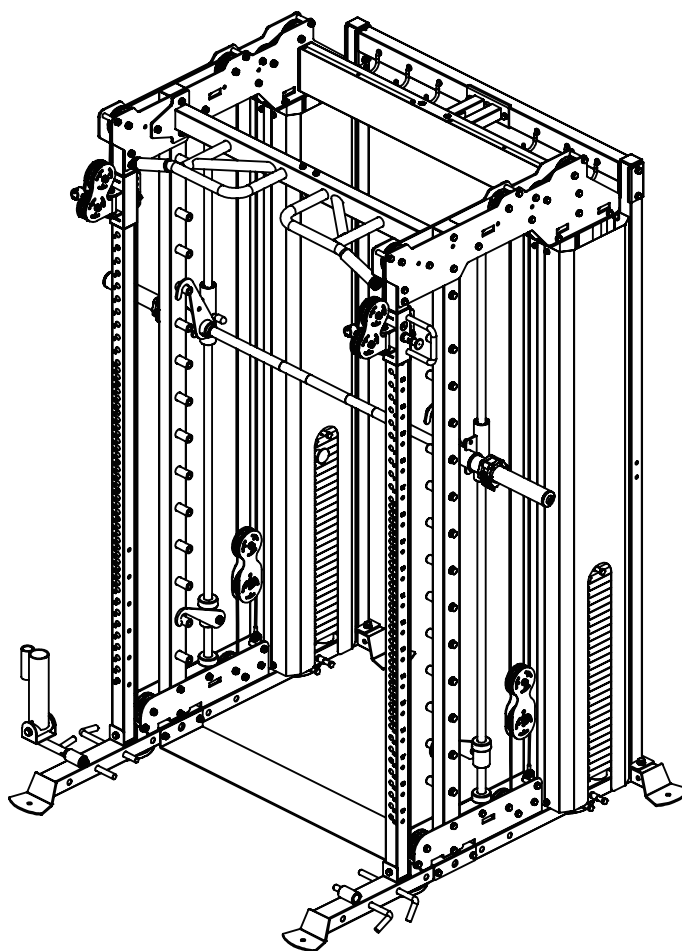
Factory Assembly Drawing



No.	Description	Note	Qty.
131	3070 back stand tube		1
14	square tube	□50*50*t1.5	1

back stand tube
QTY: 2PCS/SET

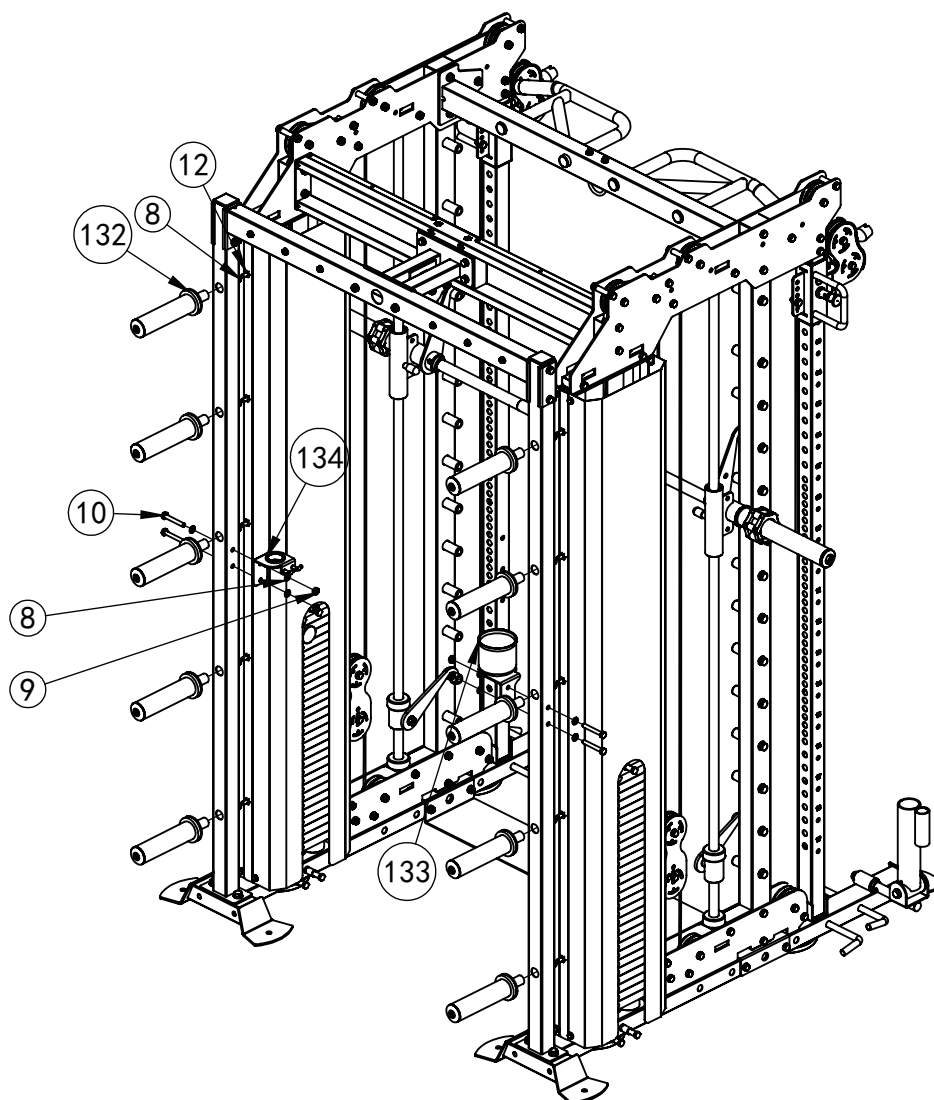
Assembly step-10 drawing



Assembly step-10 installation instruction

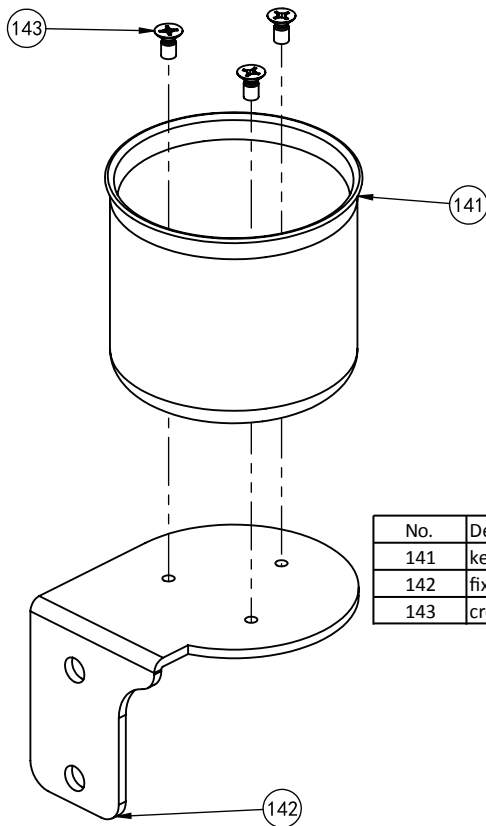
- 1 Assemble up connection tube-123 on main machine using M10*25 hexagon bolt-100, Φ 10 washer-8, Φ 10 spring gasket-19.
- 2 Assemble hook-125 on up cross tube-124 using Φ 8 washer-79, M8 lock nut-80.
- 3 Assemble up cross tube-124 on up connection tube-123 using M10*70 hexagon bolt-10, Φ 10 washer-8, M10 lock nut-9.
- 4 Assemble back stand tube-126 on ground tube-1 using M12*25 hexagon bolt-23, Φ 12 washer-25, Φ 12 spring gasket-24.
- 5 Assemble back stand tube-126 on up cross tube-124 using M10*75 hexagon bolt-56, Φ 10 washer-8, Φ 10 spring gasket-19.
- 6 Assemble back stand tube-126 on up cross tube-124 using M10*70 hexagon bolt-10, Φ 10 washer-8, M10 lock nut-9.

Assembly step-11 explosion drawing



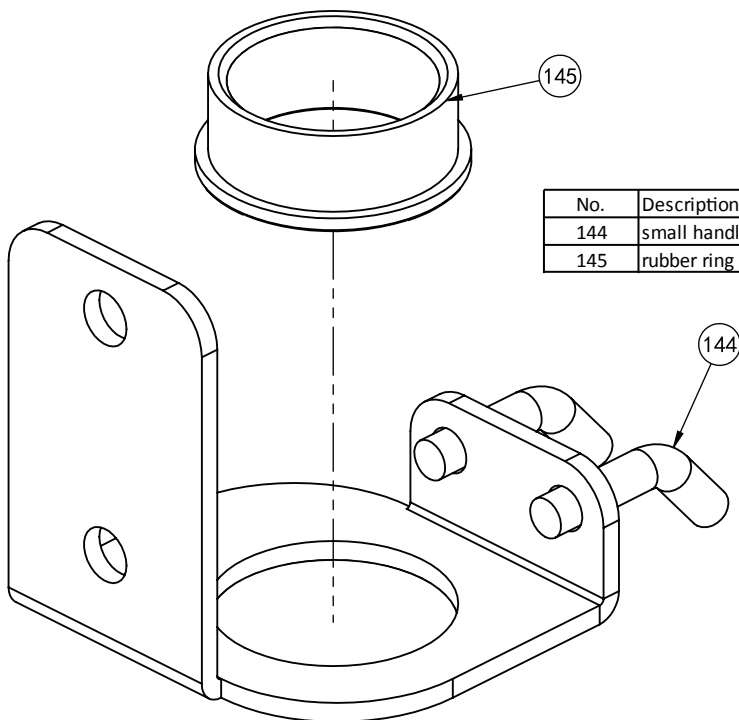
No.	Description	Note	Qty.
132	barbell bar inner tube		10
133	3070 kettle fix frame		1
134	3070 small handle fix tube		1
10	hexagon bolt	M10*70	4
8	washer	Φ10	18
9	lock nut	M10	4
12	hexagon bolt	M10*16	10

Factory Assembly Drawing



No.	Description	Note	Qty.
141	kettle frame		1
142	fix plate		1
143	cross recessed countersunk head	M6*12	3

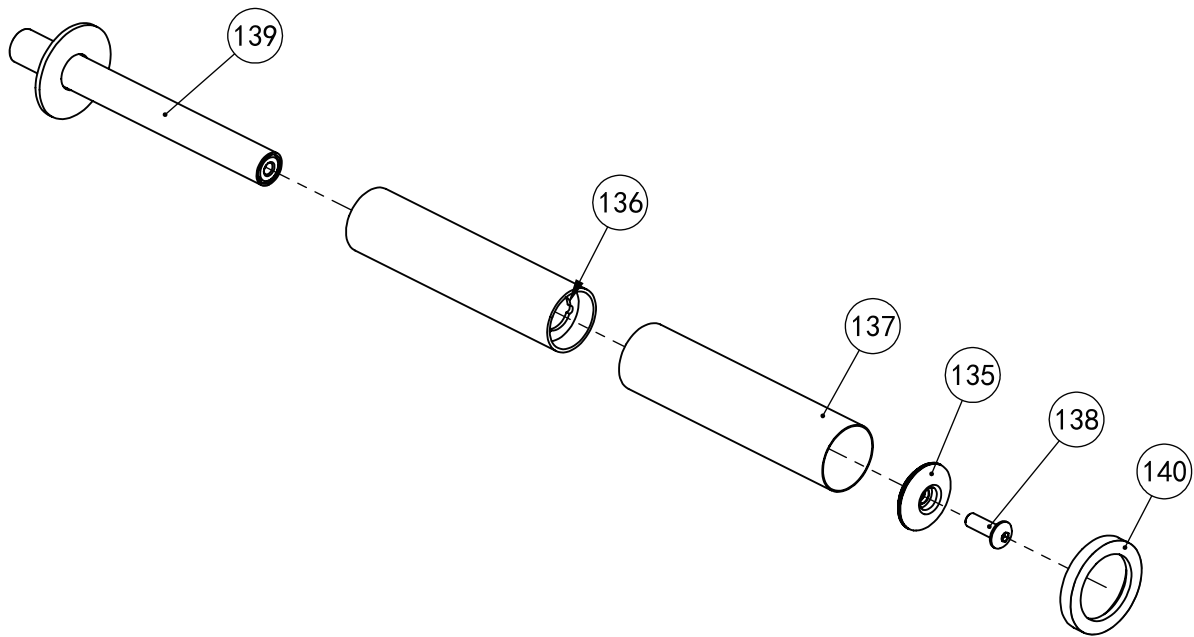
3070 kettle fix frame
QTY: 1PC/SET



No.	Description	Note	Qty.
144	small handle		1
145	rubber ring		1

3070 small handle fix tube
QTY: 1PC/SET

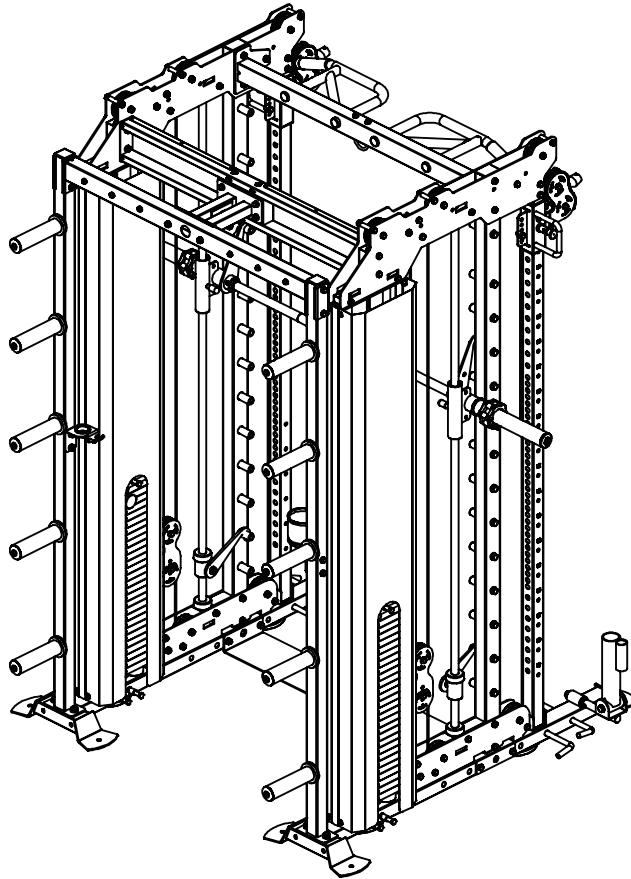
Factory Assembly Drawing



barbell bar inner tube
QTY: 10PCS/SET

No.	Description	Note	Qty.
135	aluminium cap	Φ50*Φ11*11	1
136	outer cover tube		1
137	stainless outer tube	Φ50*0.8*200	1
138	hexagon socket button head screws	M10*30	1
139	barbell bar tube		1
140	rubber gasket	Φ70*Φ50*10	1

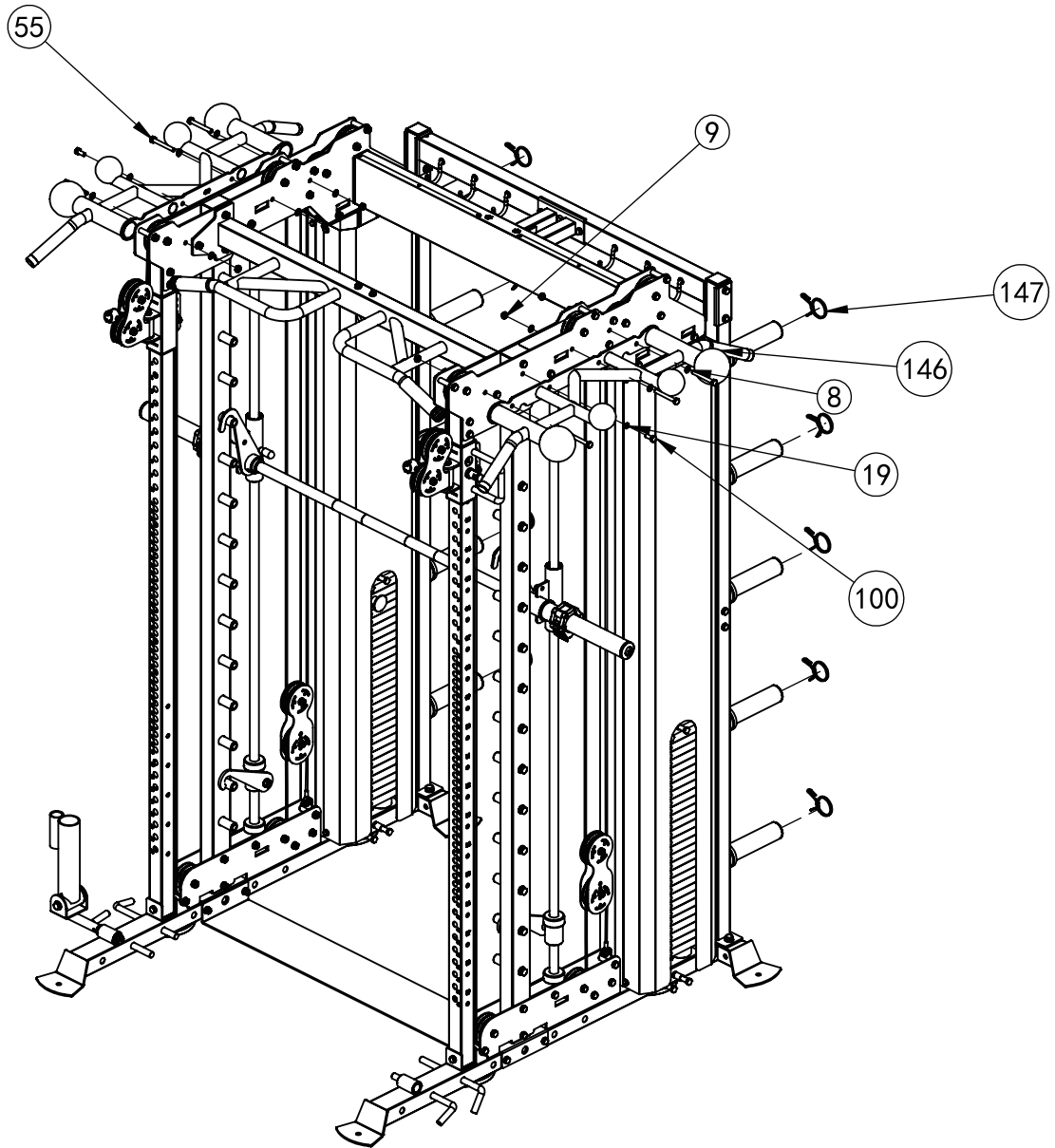
Assembly step-11 drawing



Assembly step-11 installation instruction

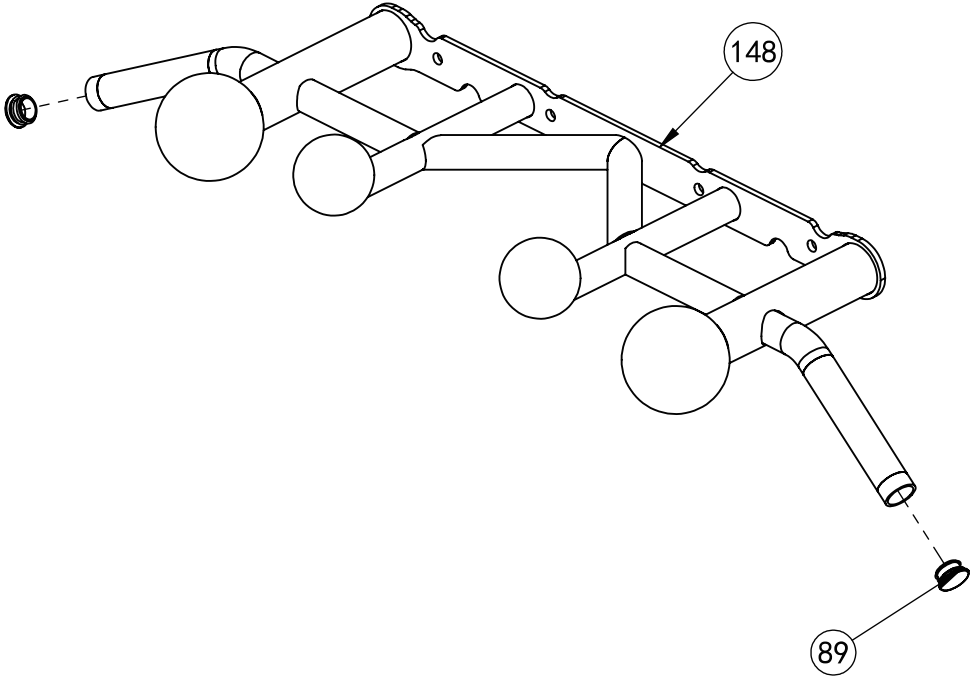
- 1 Assembly barbell bar inner tube-132 on up cross tube-124 using M10*16 hexagon bolt-12,Φ10 washer-8.
- 2 Assembly 3070 kettle fix frame-133 on up cross tube-124 using M10*70 hexagon bolt-10,Φ10 washer-8,M10 lock nut-9.
- 3 Assembly 3070 small handle fix tube-134 on up cross tube-124 using M10*70 hexagon bolt-10,Φ10 washer-8,M10 lock nut-9.

Assembly step-12 explosion drawing



No.	Description	Note	Qty.
146	ball shape chin up bar		2
100	hexagon bolt	M10*25	2
8	washer	Φ10	14
19	spring gasket	Φ10	2
55	hexagon bolt	M10*80	6
9	lock nut	M10	6
147	butterfly clip	Φ50	10

Factory Assembly Drawing

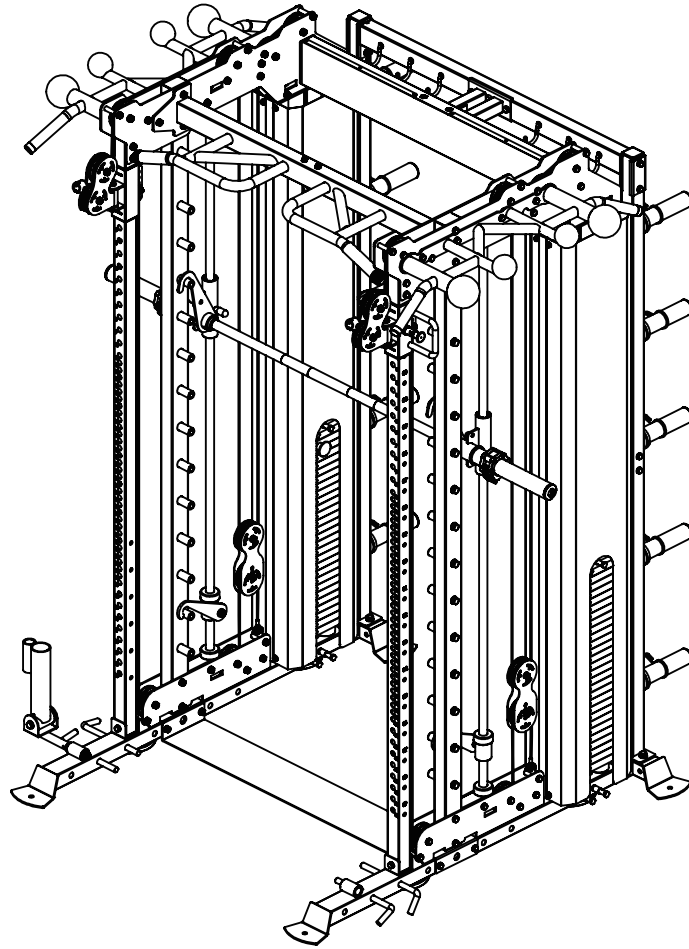


No.	Description	Note	Qty.
148	ball shape chin up bar		1
89	32 circle tube plug		2

ball shape chin up bar

QTY: 2PCS/SET

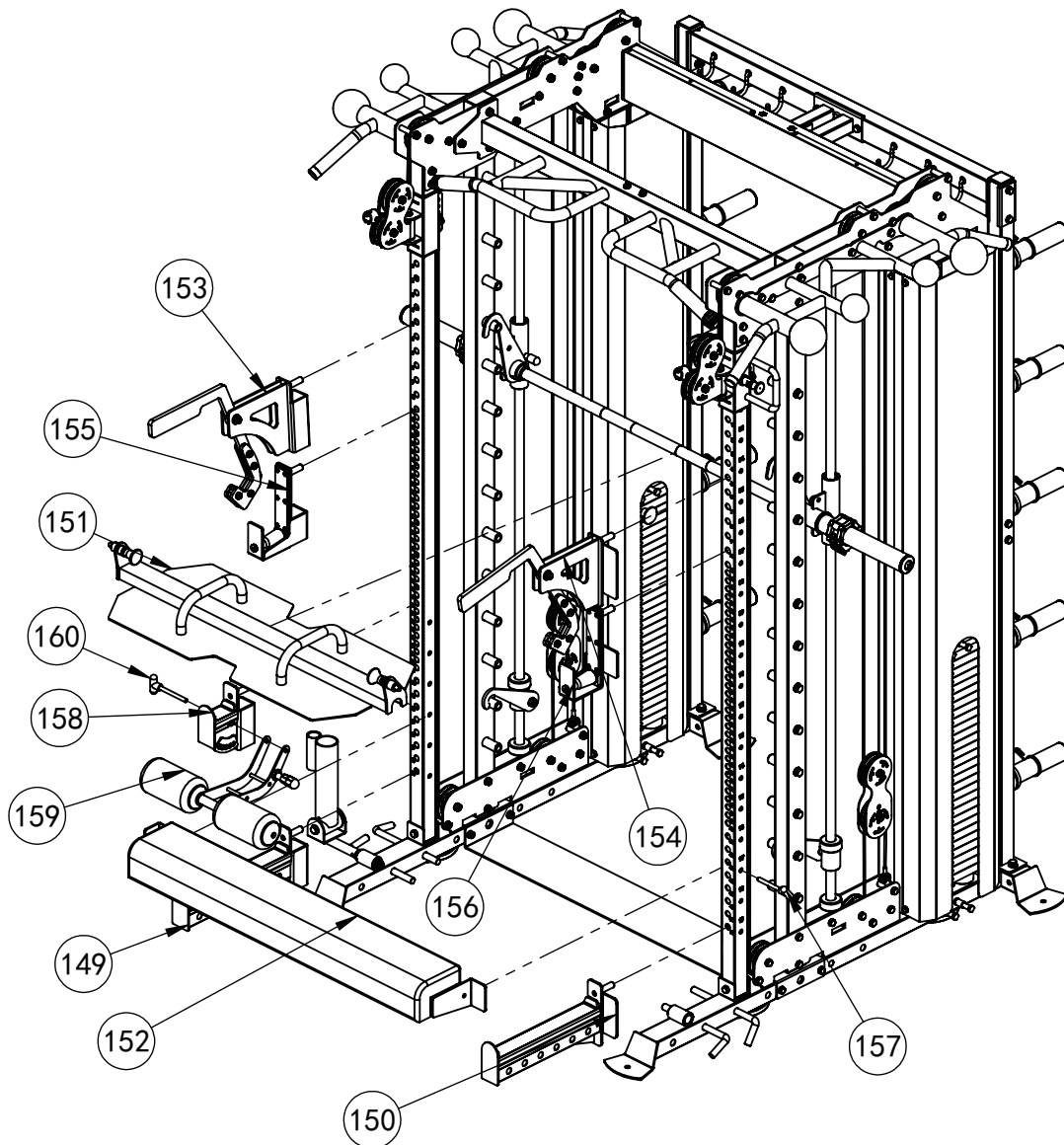
Assembly step-12 drawing



Assembly step-12 installation instruction

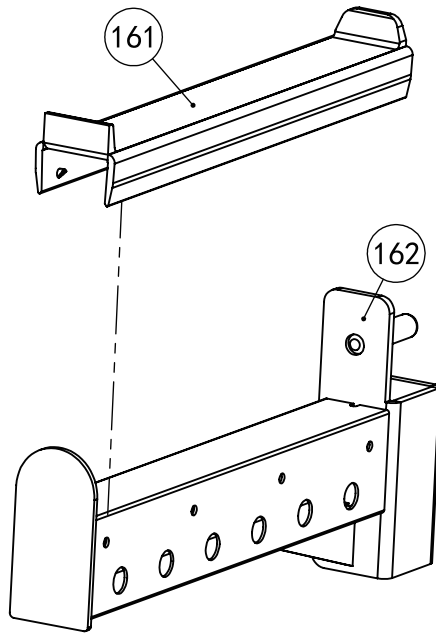
- 1 Assemble ball shape chin up bar-146 on up decorate plate-53 using M10*80 hexagon bolt-55, M10*25 hexagon bolt-100, $\Phi 10$ washer-8, $\Phi 10$ spring gasket-19, M10 lock nut-9.
- 2 Assemble butterfly clip-147 on barbell bar inner tube-132.

Assembly step-13 explosion drawing



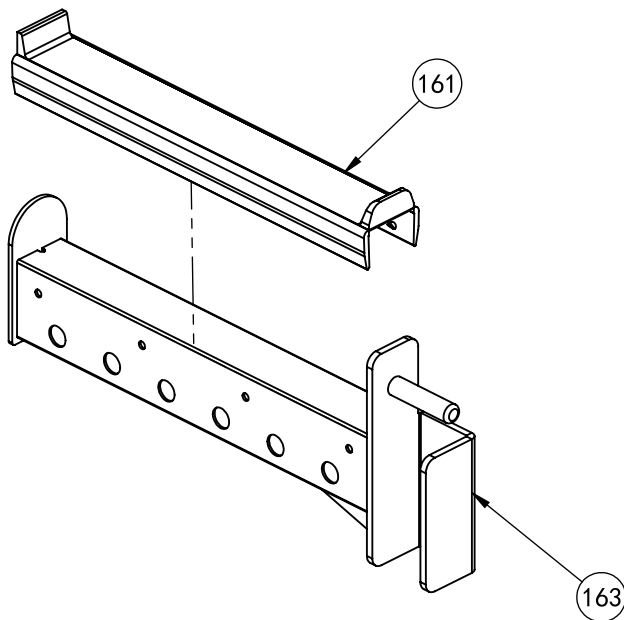
No.	Description	Note	Qty.
149	right safety catch-long rubber		1
150	right safety catch		1
151	3070 footplate		1
152	3070 back support pad		1
153	move hook		1
154	move hook-right		1
155	short safety catch-left		1
156	short safety catch		1
157	85 T shape pin-black		2
158	leg press safety catch		1
159	leg curl tube		1
160	100 T shape pin-black		1

Factory Assembly Drawing



long safety catch-right
QTY: 1PC/SET

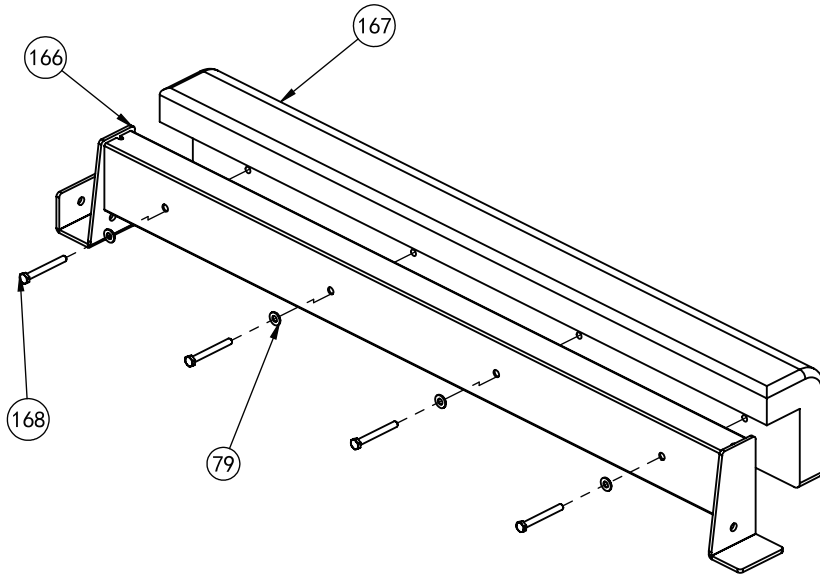
No.	Description	Note	Qty.
161	long safety catch-outer rubber		1
162	long safety catch-right		1



right safety catch
QTY: 1PC/SET

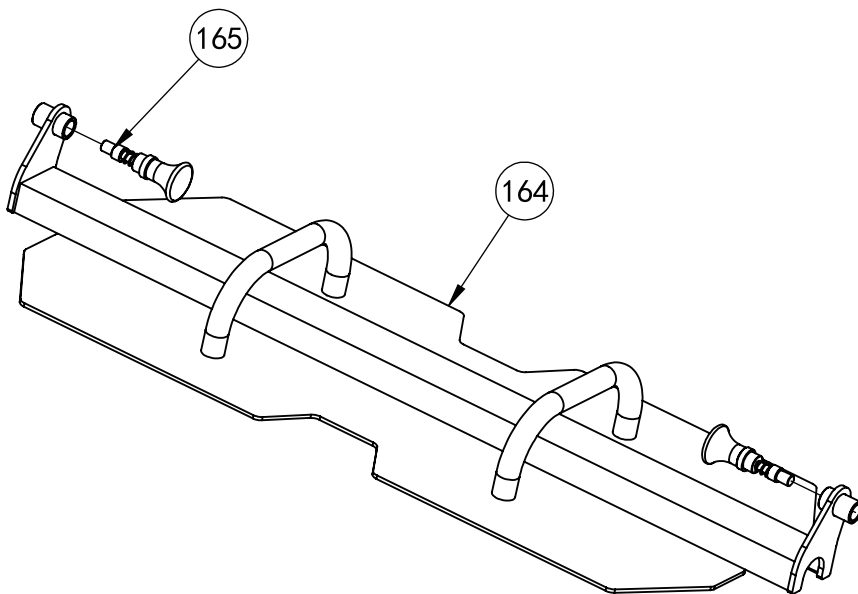
No.	Description	Note	Qty.
163	long safety catch-right welding		1
161	long safety catch-outer rubber	387mm	1

Factory Assembly Drawing



3070 back support pad
QTY: 1PC/SET

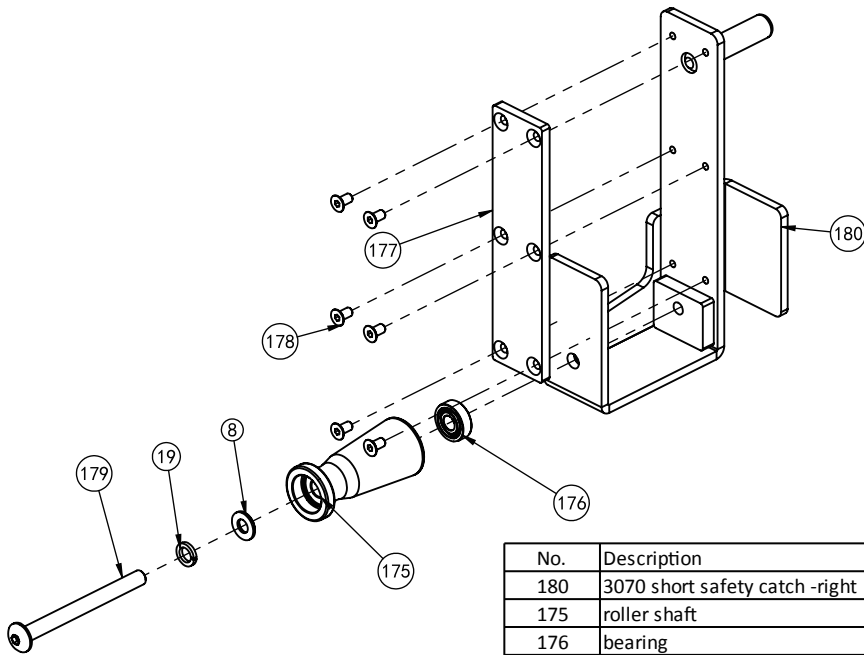
No.	Description	Note	Qty.
166	back support tube		1
167	3070 waist pad		1
168	hexagon bolt	M8*70	4
79	washer	Φ8	4



3070 footplate
QTY: 1PC/SET

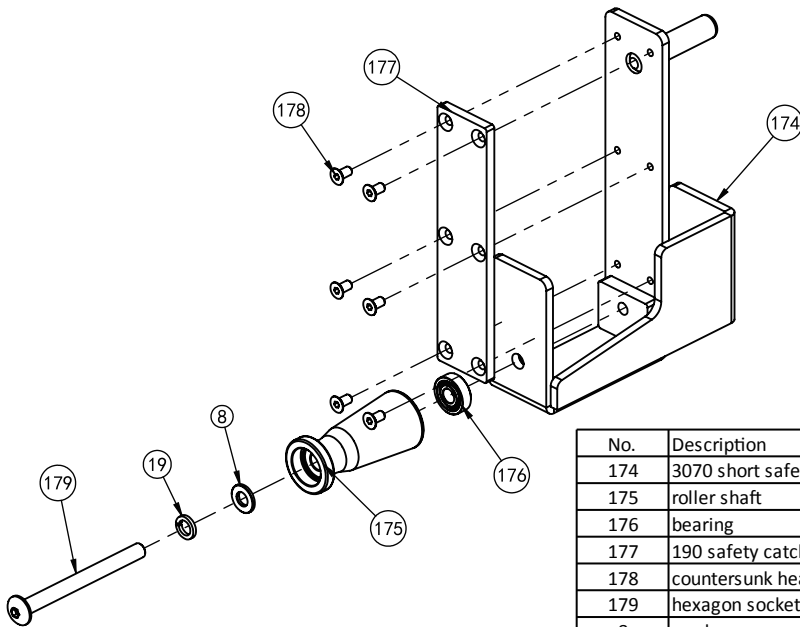
No.	Description	Note	Qty.
164	3070 footplate		1
165	lock pin-40		2

Factory Assembly Drawing



short safety catch
QTY: 1PC/SET

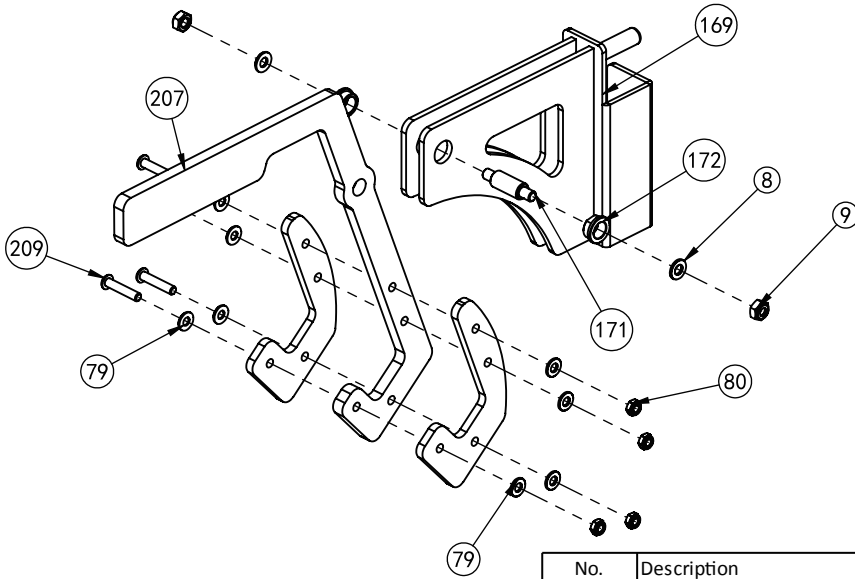
No.	Description	Note	Qty.
180	3070 short safety catch -right		1
175	roller shaft		1
176	bearing		2
177	190 safety catch rubber		1
179	hexagon socket button head screws	M10*110	1
8	washer	Φ10	1
19	spring gasket	Φ10	1
178	countersunk head socket head	M6*10	6



short safety catch-left
QTY: 1PC/SET

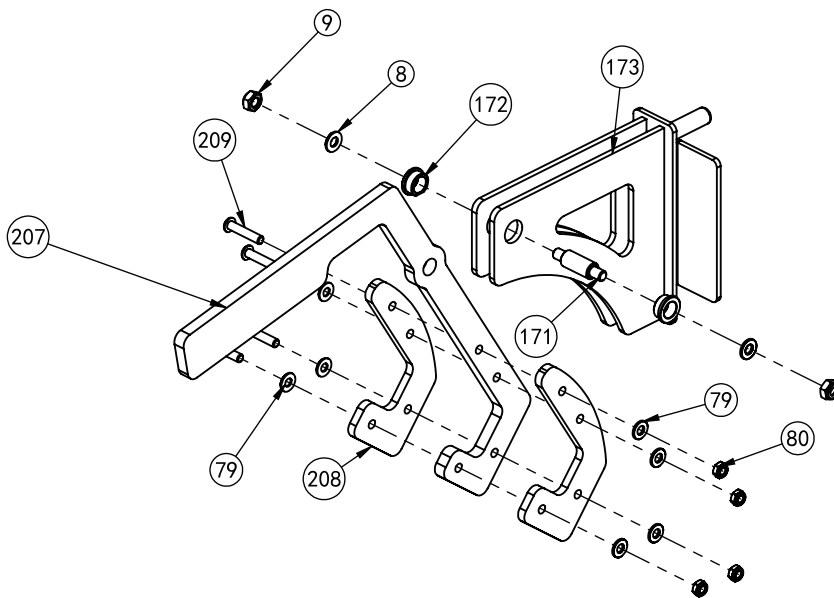
No.	Description	Note	Qty.
174	3070 short safety catch -left		1
175	roller shaft		1
176	bearing		2
177	190 safety catch rubber		1
178	countersunk head socket head	M6*10	6
179	hexagon socket button head screws	M10*110	1
8	washer	Φ10	1
19	spring gasket	Φ10	1

Factory Assembly Drawing



move hook
QTY: 1PC/SET

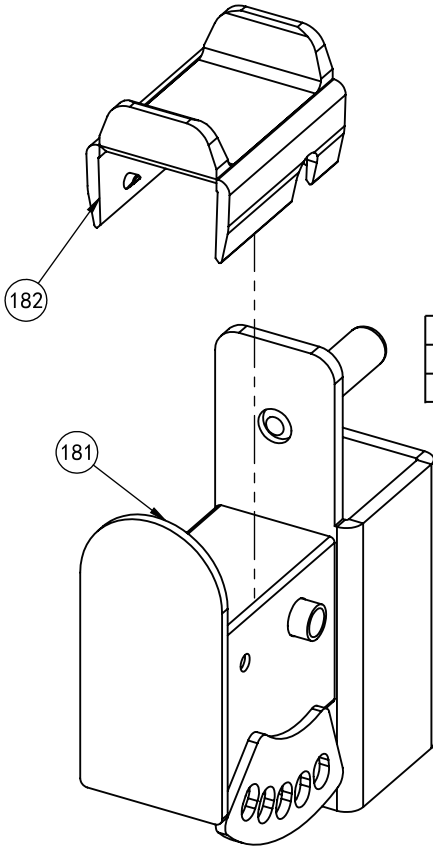
No.	Description	Note	Qty.
169	move hook		1
171	hook connect shaft		1
172	powder metallurgy sleeve		2
8	washer	Φ10	2
9	lock nut	M10	2
207	spring gasket		1
208	move hook plate		2
209	hexagon socket button head bolt	M8*40	4
80	lock nut	M8	4
79	washer	Φ8	8



move hook-right
QTY: 1PC/SET

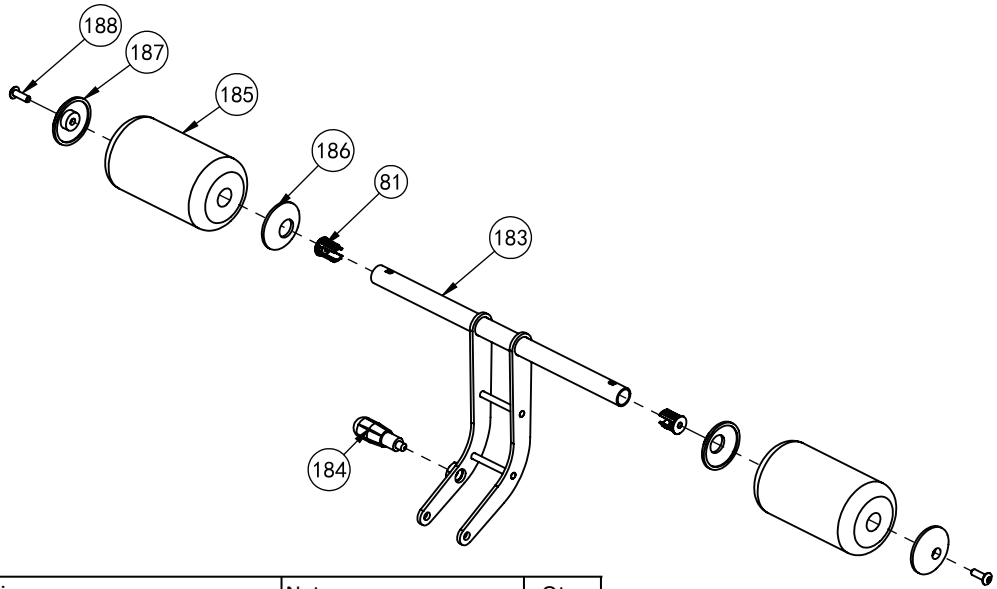
No.	Description	Note	Qty.
173	move hook-right		1
171	hook connect shaft		1
172	powder metallurgy sleeve	Φ26*Φ16*12	2
8	washer	Φ10	2
9	lock nut	M10	2
207	spring gasket		1
208	move hook plate		2
209	hexagon socket button head bolt	M8*40	4
80	lock nut	M8	4
79	washer	Φ8	8

部件分装爆炸图



No.	Description	Note	Qty.
181	3070 leg press safety catch		1
182	85 new safety catch rubber		1

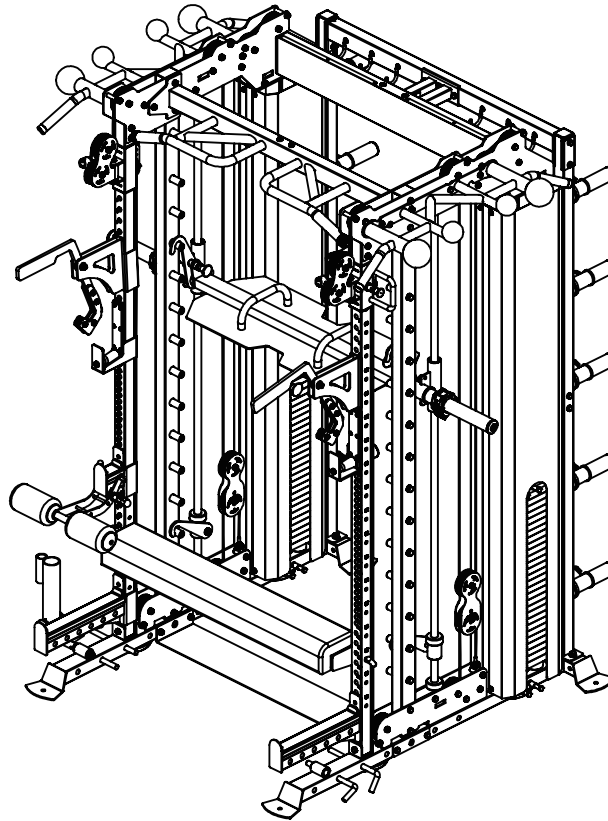
3070 leg press safety catch
QTY: 1PC/SET



No.	Description	Note	Qty.
183	leg press adjust frame		1
184	pull pin	M18	1
185	sponge	Φ100*Φ25*175	2
186	sponge inner cap		2
187	sponge outer cap		2
188	hexagon socket button head screws	M8*25	2
81	Injection molded insert nut	M8	2

leg press adjust frame
QTY: 1PC/SET

Assembly step-13 drawing



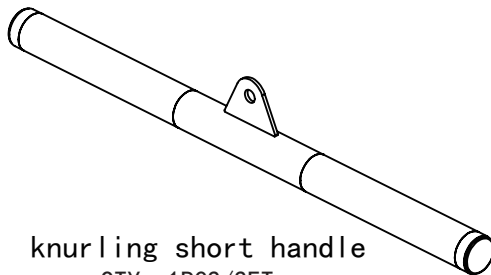
Assembly step-13 installation instruction

- 1 Assemble 3070 back support pad-152 on stainless guide-left-60, stainless tube -right-62 using 85 T shape pin-black-157.
- 2 Assemble leg curl tube-159 on leg press safety catch-158 using M10*25 hexagon bolt-100.
- 3 As shown in the figure assemble all parts on main machine.

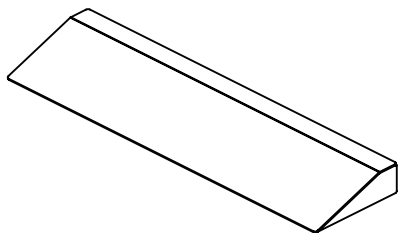
EXTRA PARTS



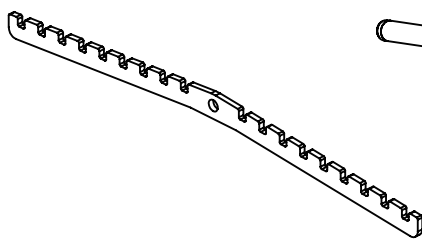
aluminium alloy across rod
QTY: 1PCS/SET



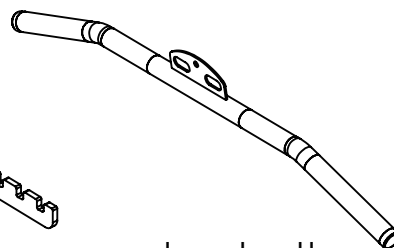
knurling short handle
QTY: 1PCS/SET



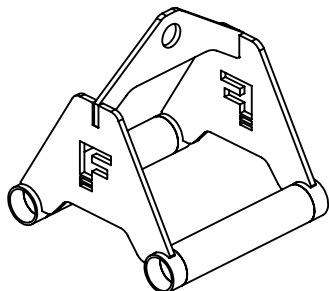
stand footplate
QTY: 1PCS/SET



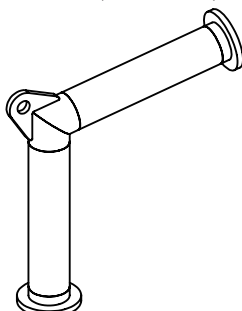
sawtooth long handle
QTY: 1PCS/SET



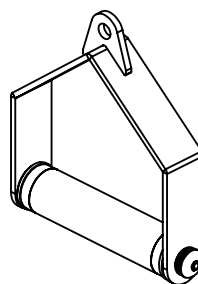
long handle
QTY: 1PCS/SET



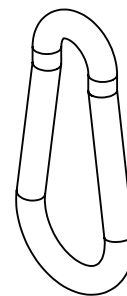
triangle handle
QTY: 1PCS/SET



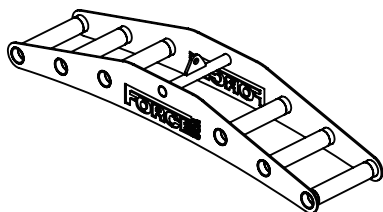
triangle triceps handle
QTY: 1PCS/SET



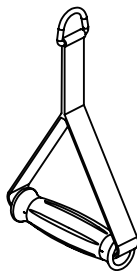
knurling handle
QTY: 2PCS/SET



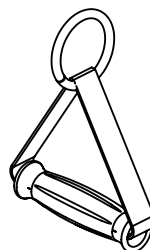
chain hook
QTY: 7PCS/SET



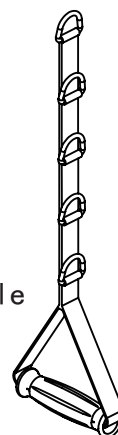
arch high pull handle
QTY: 1PC/SET



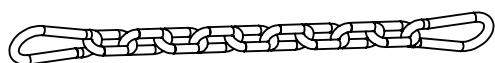
normal handle
QTY: 2PCS/SET



single ring handle
QTY: 2PCS/SET

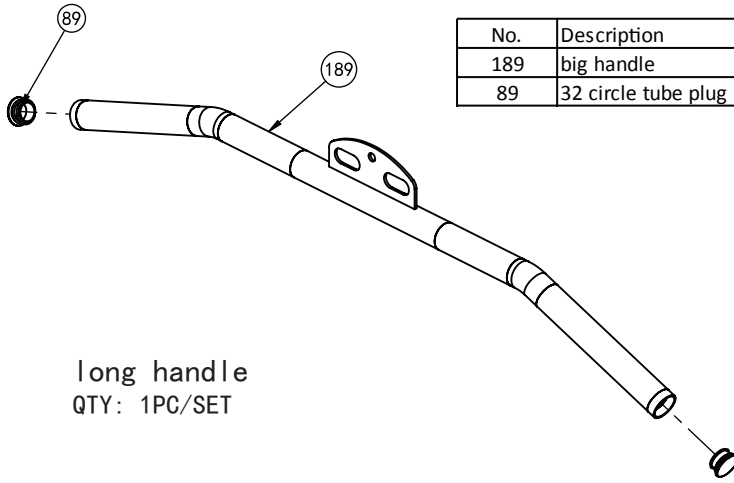


five ring handle
QTY: 2PCS/SET



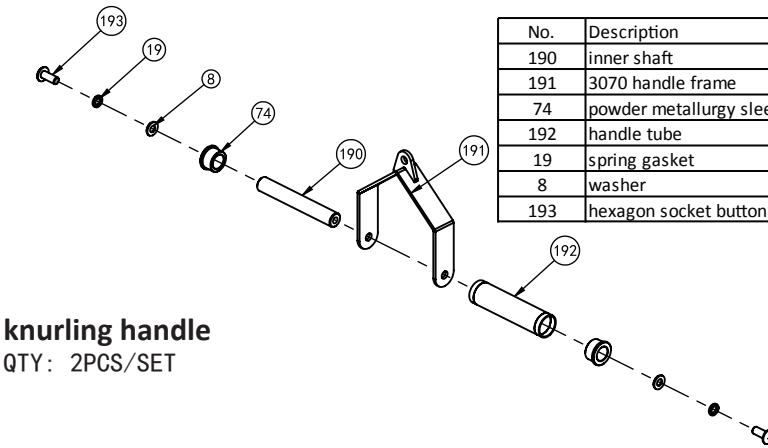
chain
QTY: 4PCS/SET

Factory Assembly Drawing



No.	Description	Note	Qty.
189	big handle		1
89	32 circle tube plug		2

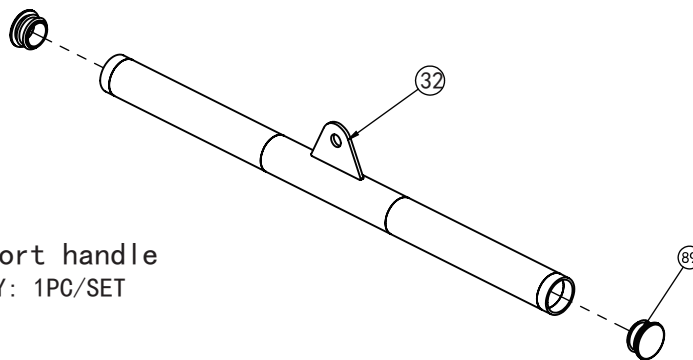
long handle
QTY: 1PC/SET



No.	Description	Note	Qty.
190	inner shaft	$\Phi 20 \times 137 \times M10$	1
191	3070 handle frame		1
74	powder metallurgy sleeve	$\Phi 33.2 \times \Phi 29 \times \Phi 20 \times 18$	2
192	handle tube		1
19	spring gasket	$\Phi 10$	2
8	washer	$\Phi 10$	2
193	hexagon socket button head screws	M10*25	2

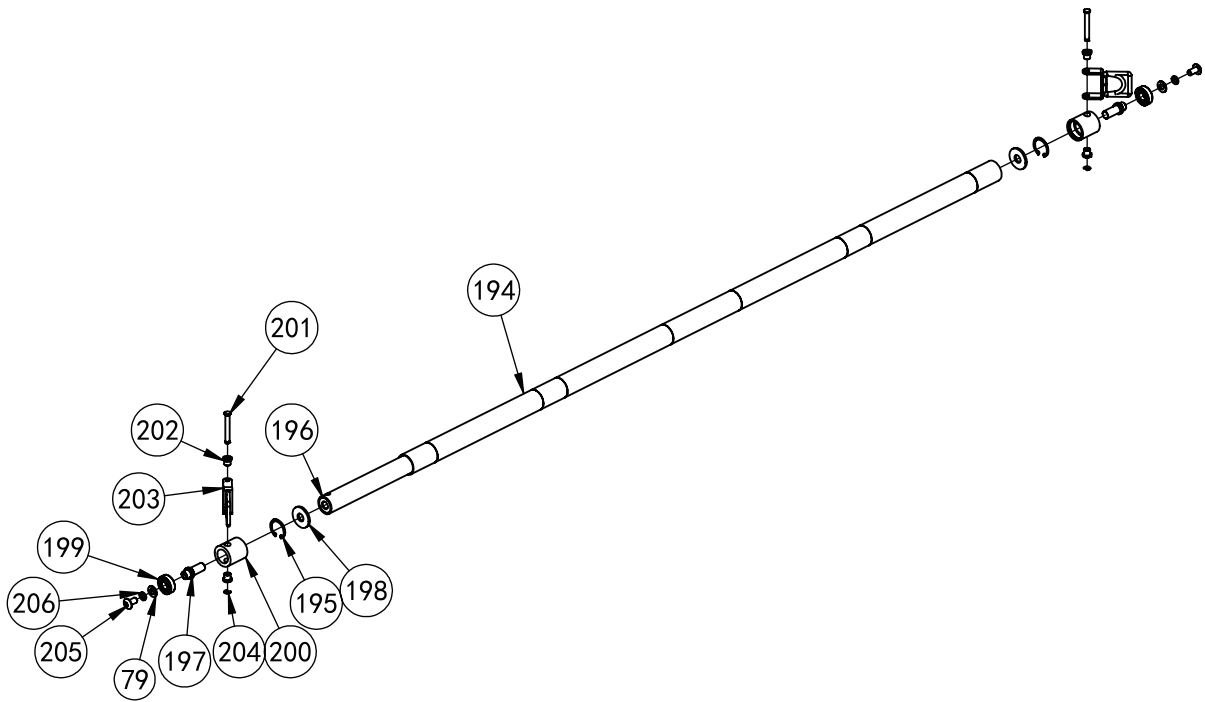
knurling handle
QTY: 2PCS/SET

No.	Description	Note	Qty.
32	small handle		1
89	32 tube plug		2



short handle
QTY: 1PC/SET

Factory Assembly Drawing

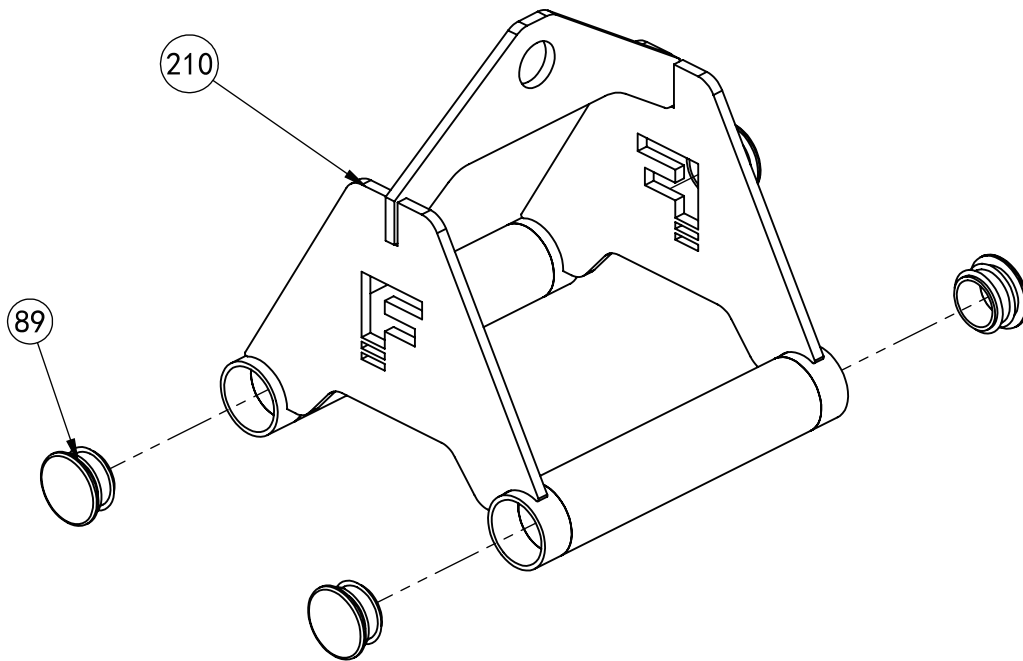


aluminium alloy across rod

QTY: 1PC/SET

No.	Description	Note	Qty.
194	across rod		1
195	spring catch collar	28	2
196	inner lining tube		1
197	inner shaft	Φ17*38	2
198	washer		2
199	bearing	6001-2RS	2
200	bearing sleeve		2
201	T shape pin		2
202	T shape lining sleeve		4
203	U shape fastener		2
204	catch	5	2
205	hexagon socket button head screws	M8*16	2
79	washer	Φ8	2
206	washer	Φ8	2

Factory Assembly Drawing



triangle handle

QTY: 1PC/SET

No.	Description	Note	Qty.
210	triangular handle		1
89	32 tube plug		4



Before using this equipment, read and understand the complete Owner's Manual, instructions and warnings.

Inspect the product before each use and do not use if any parts are missing or in need of repair.

Use Caution when using this product and following all instructions and warnings at all times.

Do not allow children to use or play near this product.

You should consult a physician before starting an exercise program. Stop exercising immediately if you feel pain or tightness in your chest, become short of breath, or feel faint or discomfort, and consult a doctor immediately.

RELEASE OF LIABILITY: By using this product, you acknowledge that all exercise and strength training, including the use of this product, entails known, unknown and unanticipated risks which could result in physical or emotional injury or death. You further acknowledge and accept these risks, and agree that you are using this equipment at your own risk and hereby release, discharge, indemnify and hold harmless Force USA, LLC and its resellers and manufactures from any risk, injury, death or damage resulting from the use of the product. This Release includes, but is not limited to, any risks, dangers, or injuries including death caused by the negligence of Force USA, LLC or others, and is to the fullest extent permitted by law.