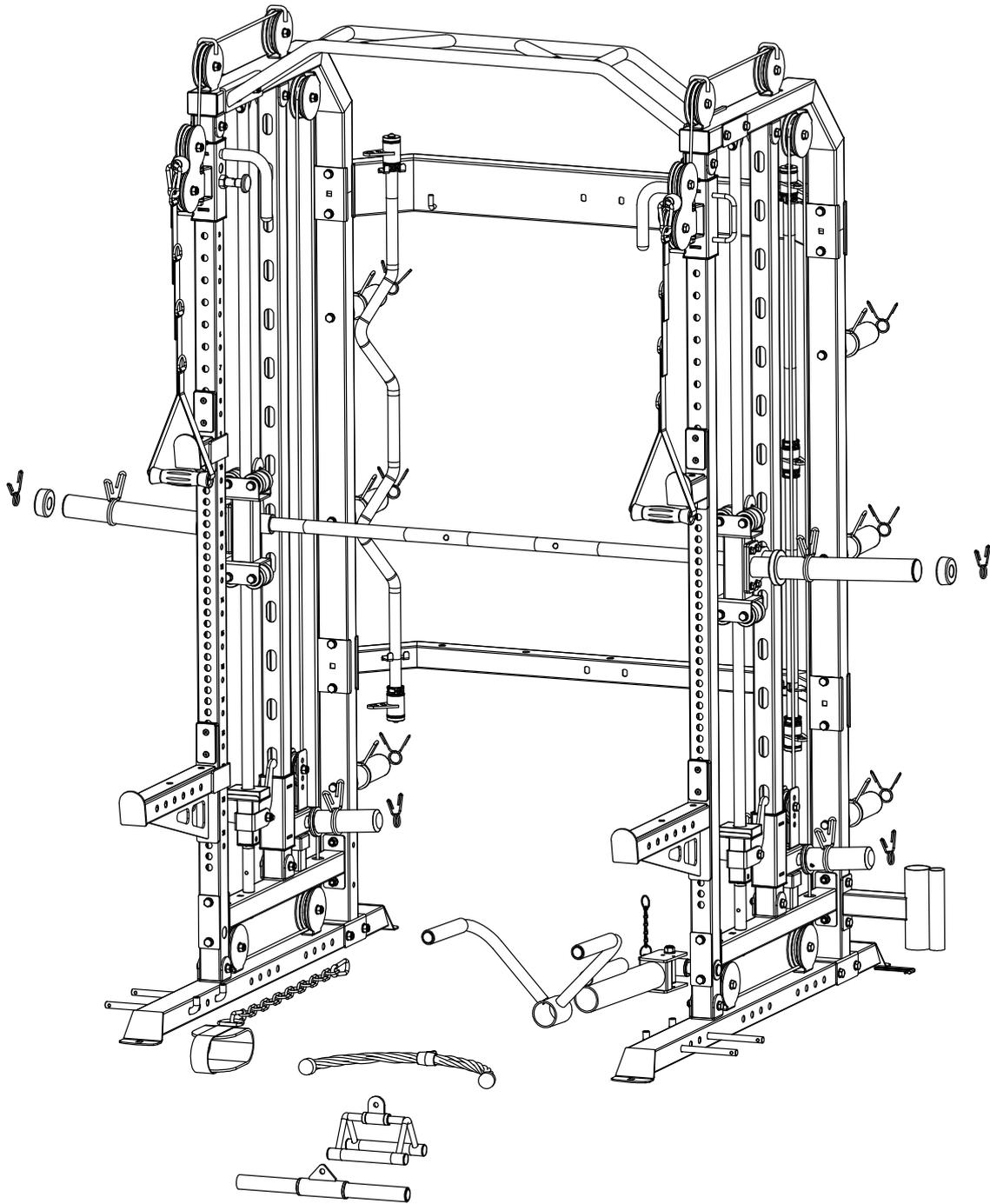


FORCE USA

OWNER'S MANUAL F-G3-B



CAUTION!

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

ASSEMBLY MANUAL

BEFORE YOU START

Remove all parts from the packaging and separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear appropriate footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled.
- Ensure you correctly orientate each piece before attaching.
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Do not use the equipment outdoors or around water.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if you experience any pain, dizziness or nausea. See a doctor at once.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.

READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.

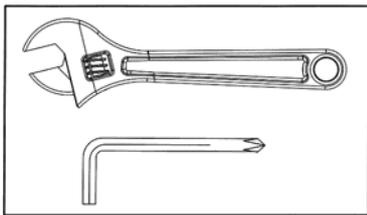
FORCE USA FITNESS EQUIPMENT ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

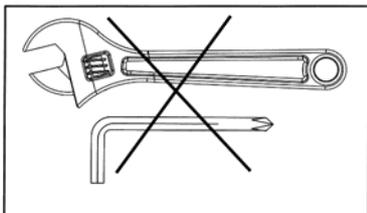
IMPORTANT ASSEMBLY INFORMATION

- ❖ Tools Required for Assembling the Bench: Adjustable Wrench and Allen Wrench.
- ❖ NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.
- ❖ Ensure **Carriage Bolts** are inserted through the **SQUARE holes** on components that need to be assembled. Attach washer only to end of the Carriage Bolt.
- ❖ Use **Allen Bolts or Hex Bolts** inserted through the **ROUND hole** on components that need to be assembled.
- ❖ Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed

Fasten Nuts and Bolts



Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.
NOTE: Do not over tighten any component with pivoting function.
Make sure all pivoting components are able to move freely.



Do not tighten all Nuts and Bolts in this step.

PARTS LIST

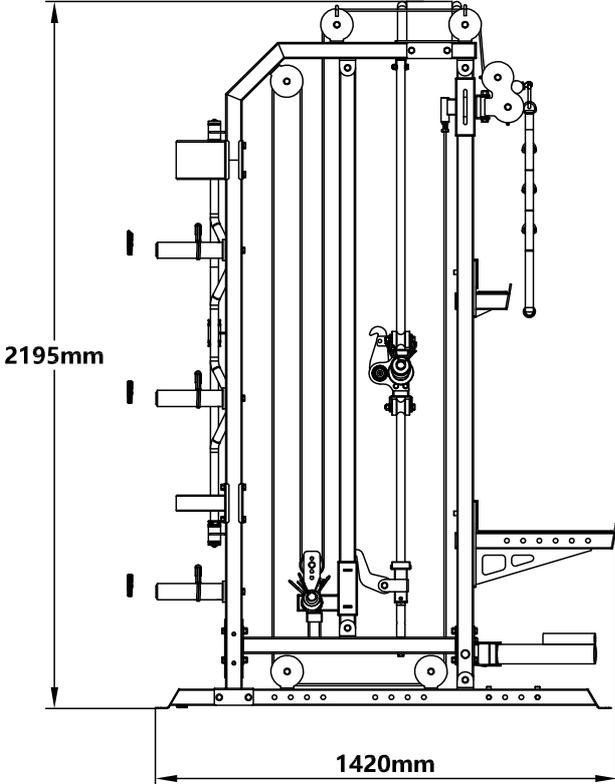
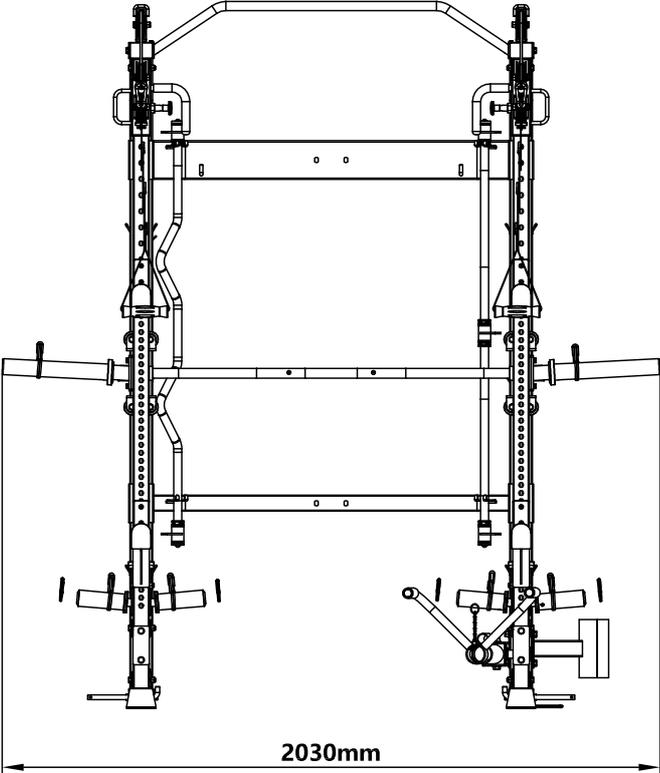
NOTE: SOME PARTS MAY COME PRE ASSEMBLED, IN WHICH CASE CONTINUE ONTO THE NEXT REQUIRED STEP OF ASSEMBLY

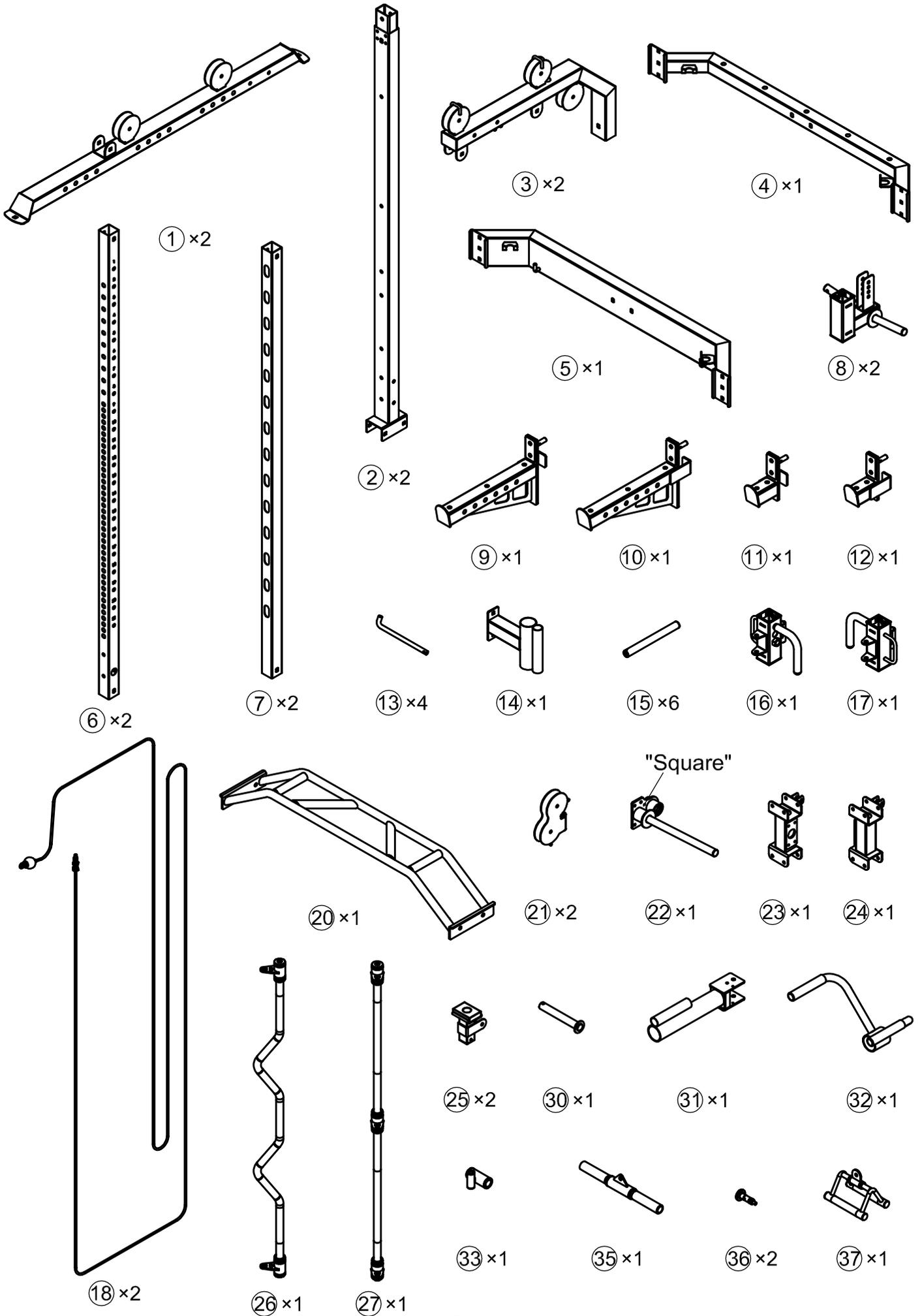
KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Frame		2
2	Rear Post		2
3	Top Frame		2
4	Connecting Frame Rear		1
5	Connecting Frame Rear		1
6	Front Guide Shaft	□ 50×1.5×1950	2
7	Intermediate Stand	□ 50×2×1789	2
8	Plate Loader		2
9	Long Safety Rack L		1
10	Long Safety Rack R		1
11	Short Safety Rack L		1
12	Short Safety Rack R		1
13	Weights Post	210×40×φ14	4
14	Barbell Socket		1
15	Weights Stow Rod	φ25×245	6
16	Frame Slider R		1
17	Frame Slider L		1
18	Double pull cable	L=8330mm	2
19	Rack Liner	415×45×5	2
20	Horizontal bar		1
21	Pulley Case		2
22	Weights Stow Rod L		1
23	Roller Rack L		1
24	Roller Rack R		1
25	Safety hook Bracket		2
26	Cambered Bar (attachment)		1
27	Straight Bar (attachment)		1
28	Hub		5
29	Bar End	φ38×φ9×8	4
30	Rotating Shaft		1
31	Rotating Frame		1
32	Handle		1
33	Spacer		1
34	Pop pin		1
35	Small grip frame		1
36	Moving Lock Pin		2

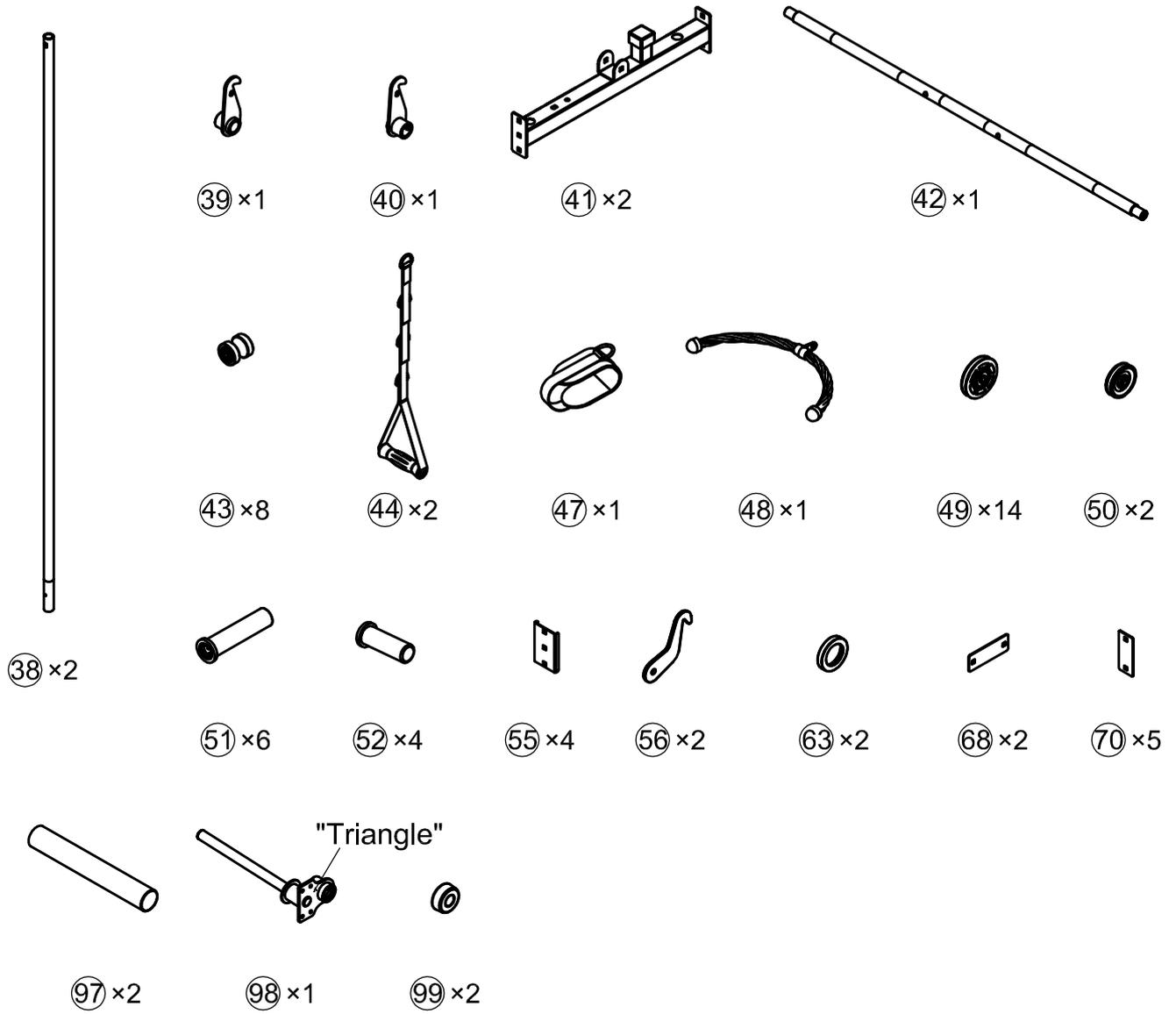
37	V-type handle		1
38	Guide Rod Rear	φ25×1792	2
39	Hanging Bar L		1
40	Hanging Bar R		1
41	Intermediate cross		2
42	Weight Rod	φ30×1298mm	1
43	Roller set		8
44	Nylon Strap Iso-Handle	L=624mm	2
45	15-Joint Chain	15	1
46	Hook	φ8	4
47	Ankle Strap	PH1300	1
48	Rope		1
49	Pulley with Bearings	φ96	14
50	Small Pulley with Bearing	φ75×25	2
51	Olympic Barbell Sleeve	φ50×210	6
52	Olympic Barbell Sleeve	φ50×150	4
53	Spring Clip	φ49	12
54	Spring Clip	φ24.5	12
55	Bracket	120×71×13×3	4
56	Safety Hook	R25×φ11×6	2
57	Spacer	φ16×φ11×16	4
58	Bushing	φ38×φ34×φ27×26	2
59	Rack Liner	90×45×5	6
60	Small handle tube	φ25×1.5×400	1
61	Dips Handle	Φ23×150	4
62	Dips Handle	φ24×φ18×227	2
63	Rubber Stopper	Φ78×Φ47.5×13	2
64	Rubber Stopper	80×56×20	2
65	Safety hook Bracket Guides	38×26×30×3	2
66	Slide Guide	□60×2×□50×23.5	8
67	Rectangular End Cap	□70×50	2
68	Bracket	140×50×3	2
69	Rectangular End Cap	□50	2
70	Bracket	120×50×3	5
71	Tube End Cap	□38	2
72	Self-plugging rivet	φ4×10	12
73	Rectangular End Cap	φ25	22
74	Bushing	φ38×φ34×φ25×22	2
75	Bushing	φ25×φ21.8×φ12.2×8	6
76	Hex Bolt	M12×90	3

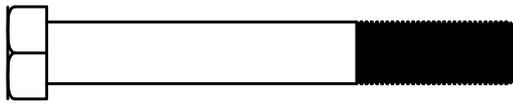
77	Hex Bolt	M10×90	6
78	Hex Bolt	M10×85	8
79	Hex Bolt	M10×25	6
80	Hex Bolt	M10×65	2
81	Hex Bolt	M10×75	8
82	Hex Bolt	M10×70	18
83	Hex Bolt	M10×45	16
84	Hex Bolt	M8×45	2
85	Hex Bolt	M10×95	4
86	Allen Bolt	M8×25	4
87	Sunk Screw	M6×12	18
88	Set screw	M8×12	6
89	Hex Bolt	M8×20	8
90	Washer	φ38×φ13×3	2
91	Washer	8	16
92	Washer	10	124
93	Washer	12	6
94	Nut	M8	2
95	Nut	M10	56
96	Nut	M12	3
97	Weights Stow Rod	φ50×335	2
98	Weights Stow Rod R		1
99	Rubber Stopper	φ62×φ24.5×25	2
100	Rectangular End Cap	φ48	2
101	Deep groove ball bearing	61905	4
102	Bushing	φ38×φ27×11	10
103	Bushing	φ37×φ27×15	6
104	Hole circlip	42	4
105	Washer	8	8
106	Allen Bolt	M10×30	2
107	Washer	10	2
108	Washer	φ30×φ10.5×4	2
	Allen wrench	6#	1
	Allen wrench	5#	1
	Allen wrench	4#	1

Assembled Dimension: 2030mm x 1420mm x 2195mm

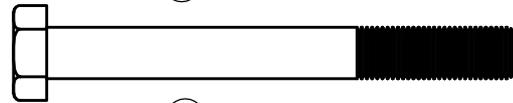




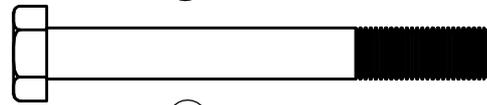




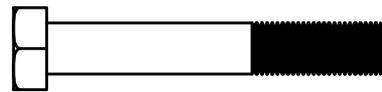
76 x 3



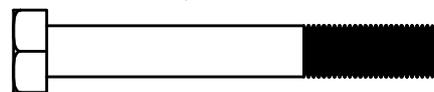
77 x 6



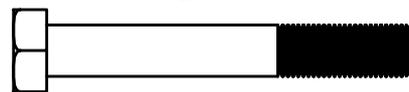
78 x 8



80 x 2



81 x 8



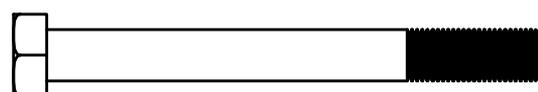
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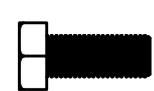
83 x 16



84 x 2



85 x 4



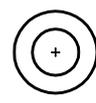
89 x 8



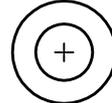
79 x 6



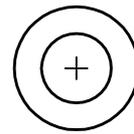
106 x 2



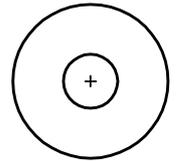
91 x 12



92 x 124



93 x 6



108 x 2



94 x 2



95 x 56



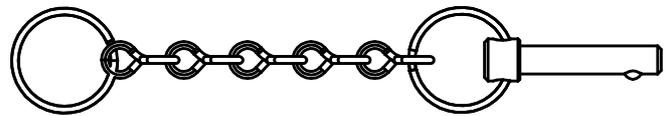
96 x 3



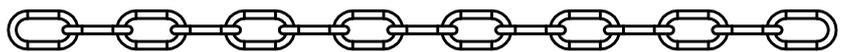
105 x 8



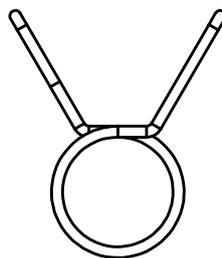
107 x 2



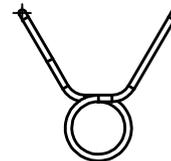
34 x 1



45 x 1



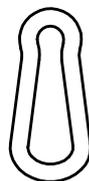
53 x 12



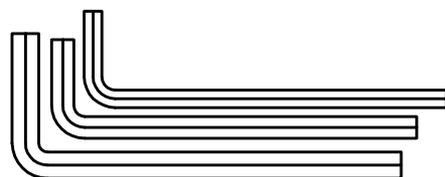
54 x 12



57 x 4

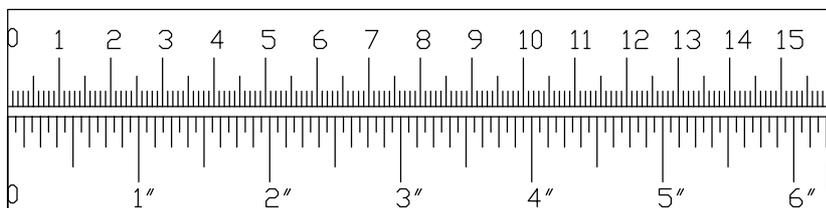


46 x 4



4# x 1
5# x 1
6# x 1

mm



77



×4 M10×90

92

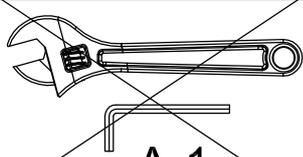


×8 Φ10

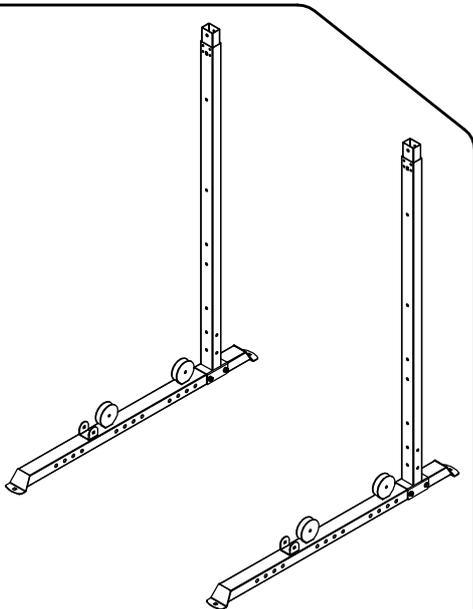
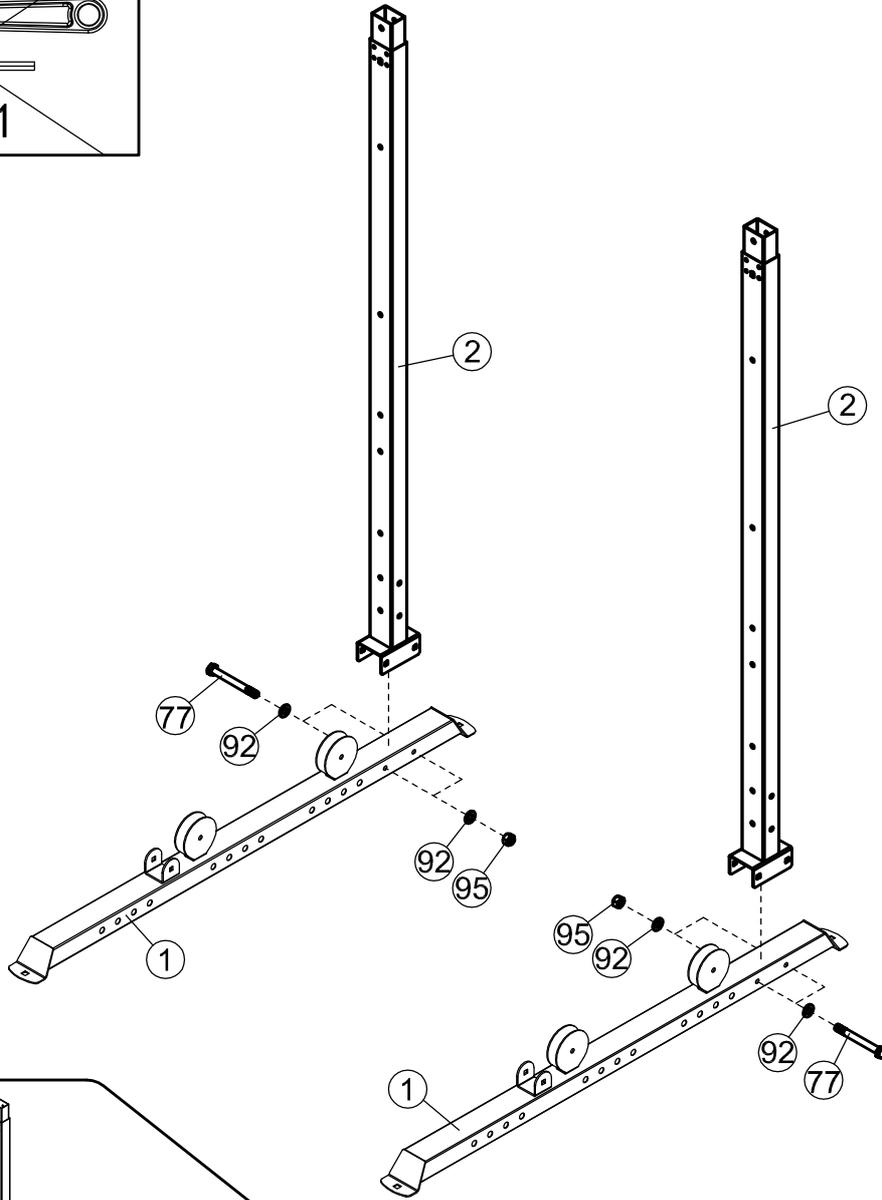
95



×4 M10



A-1



82



×4 M10×70

92

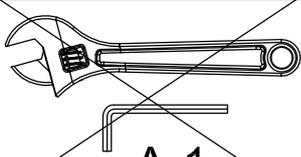


×8 Φ10

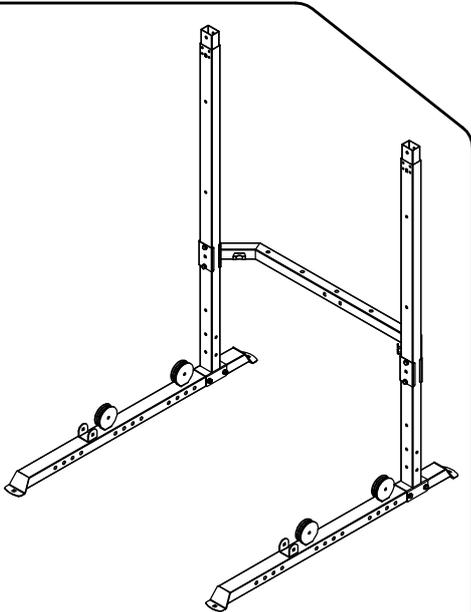
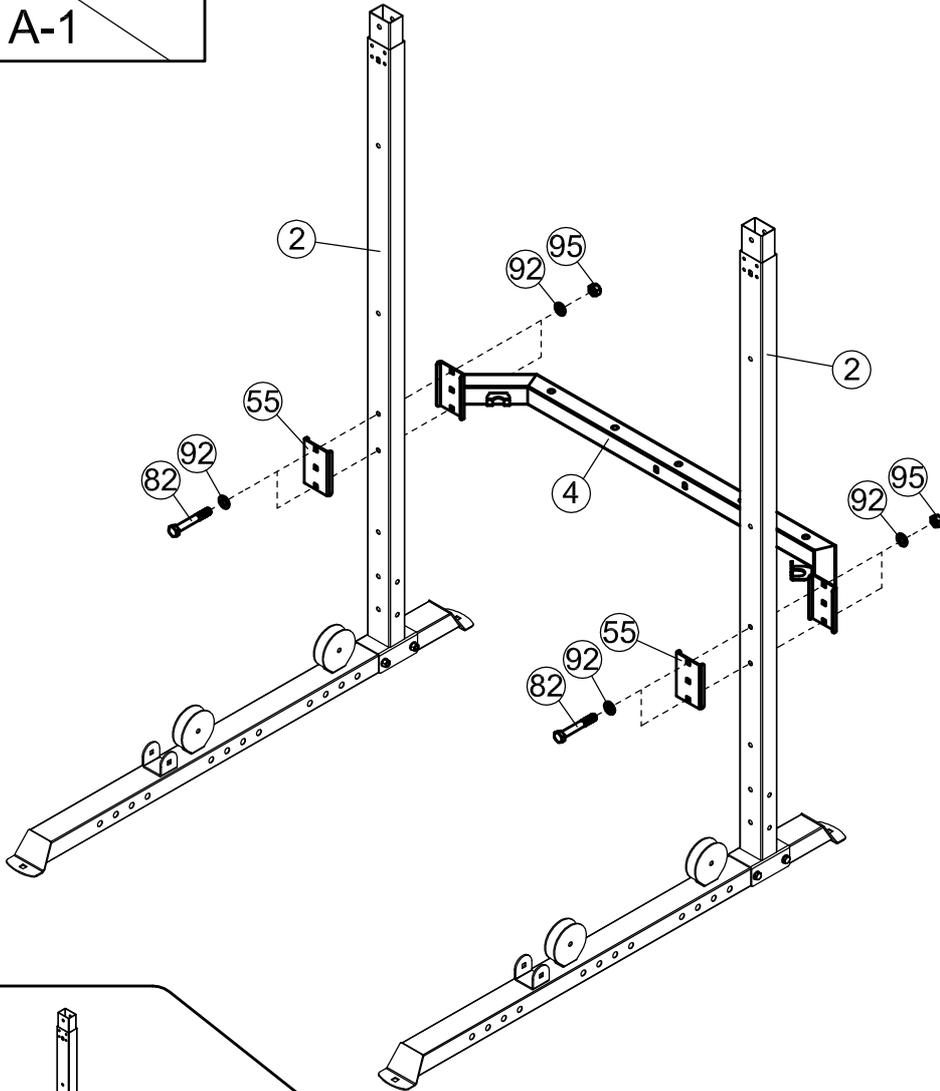
95



×4 M10



A-1



81



×2 M10×75

92

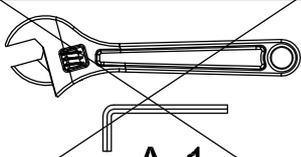


×4 Φ10

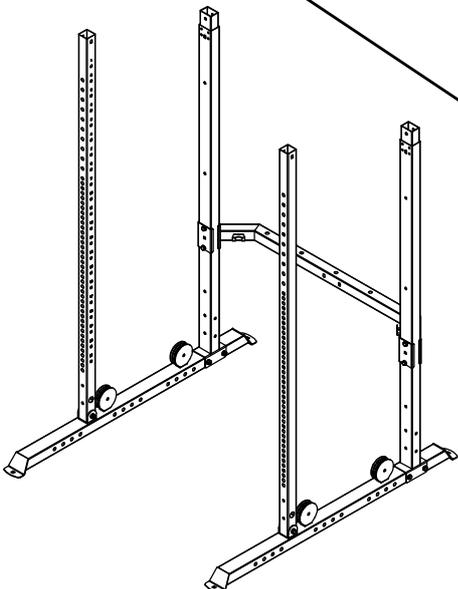
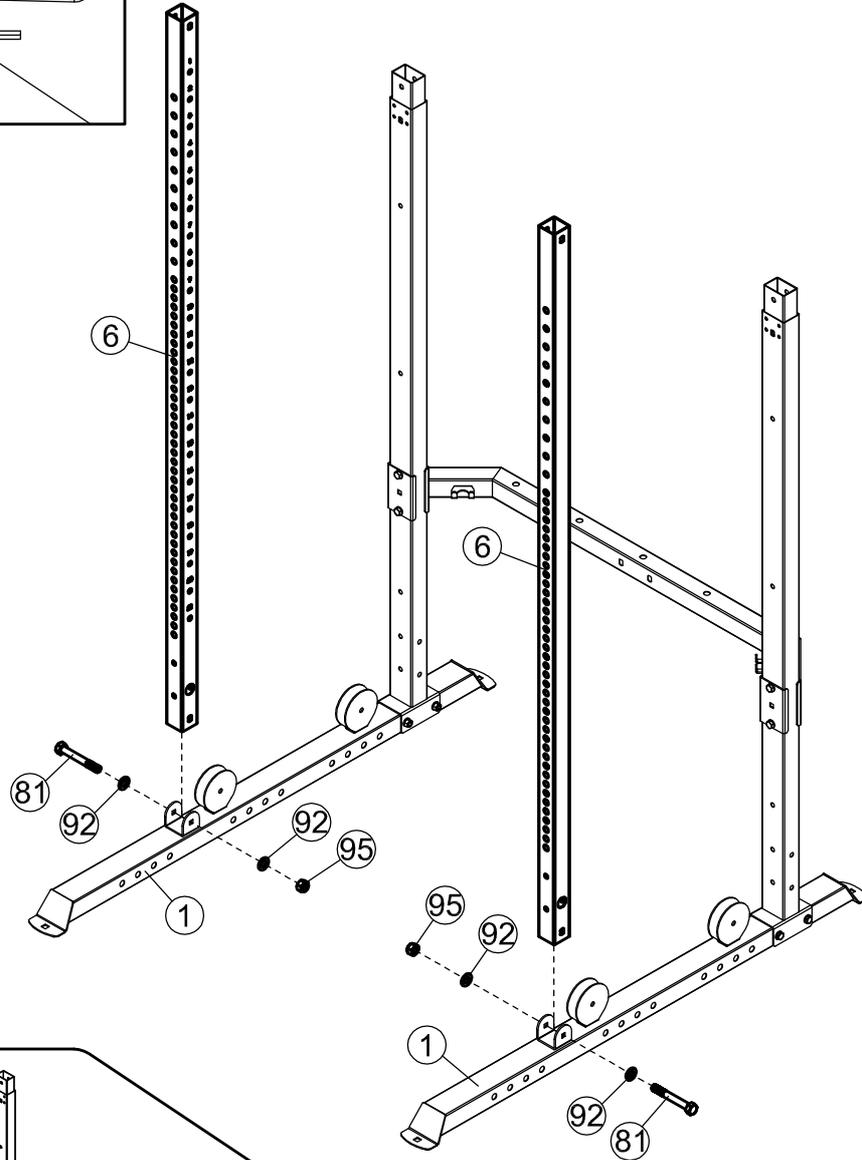
95



×2 M10



A-1



82



×8 M10×70

92

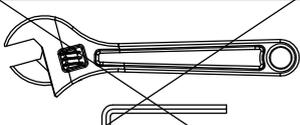


×16 Φ10

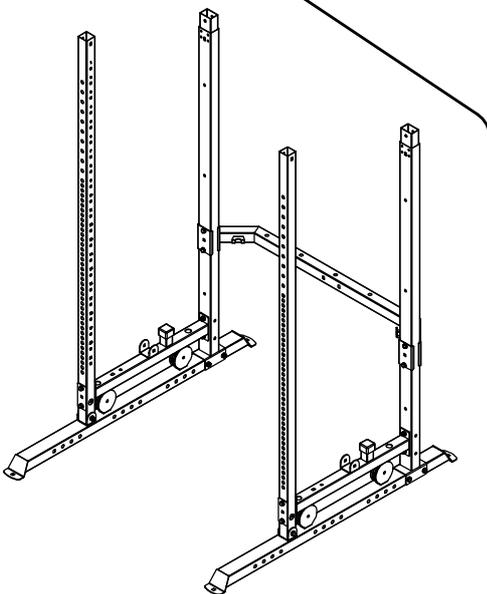
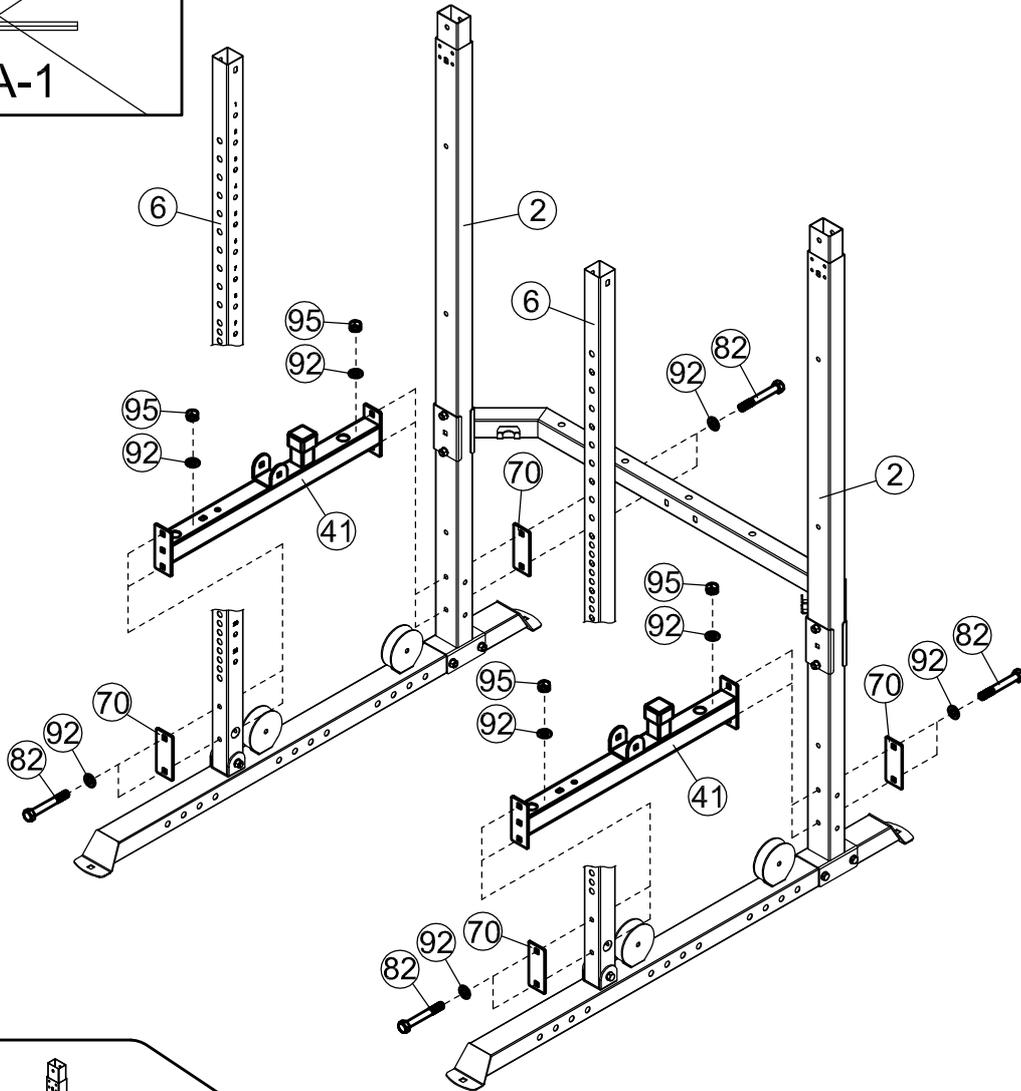
95



×8 M10



A-1



81



×2 M10×75

92

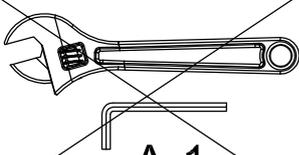


×4 Φ10

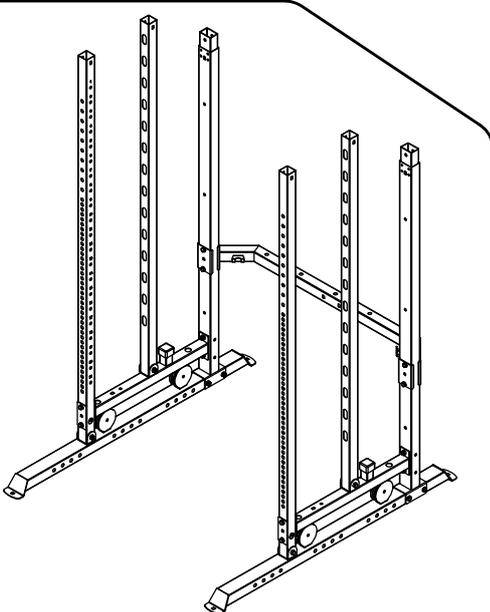
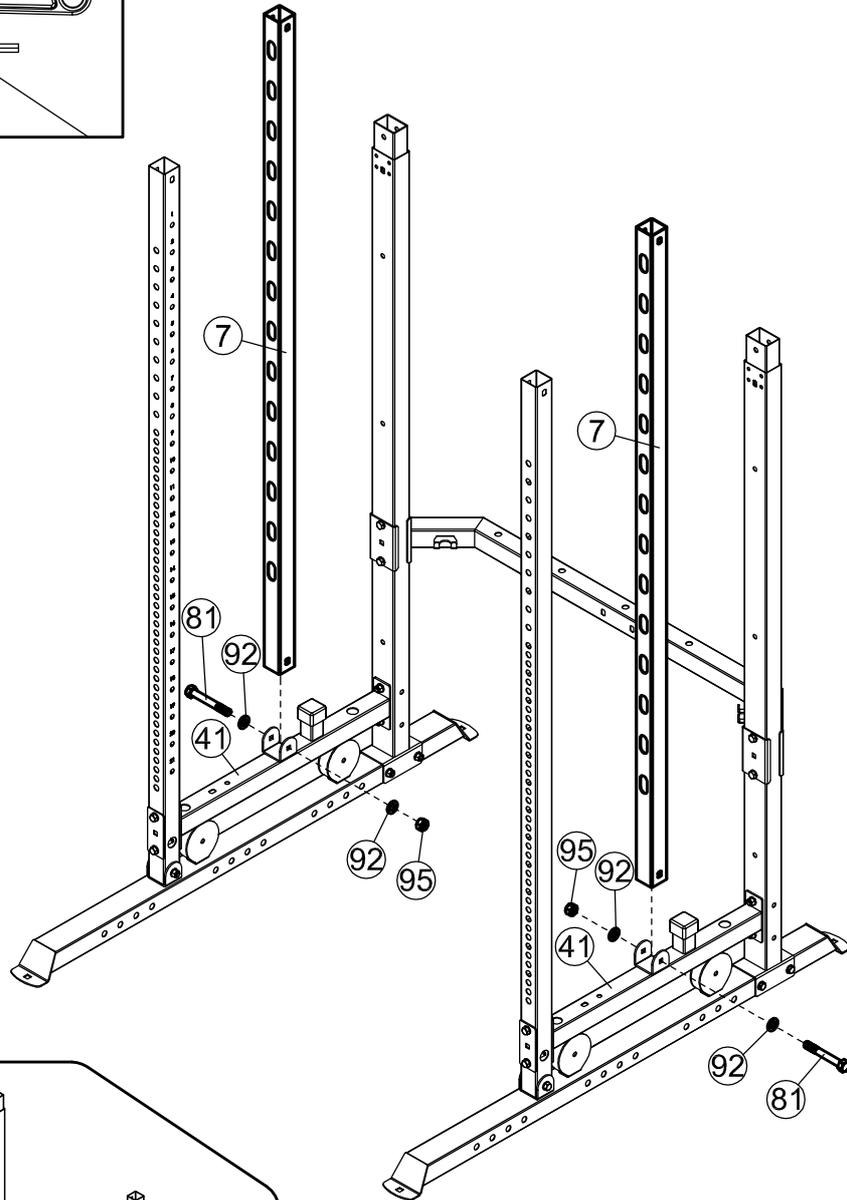
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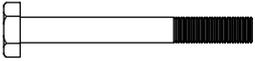
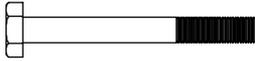


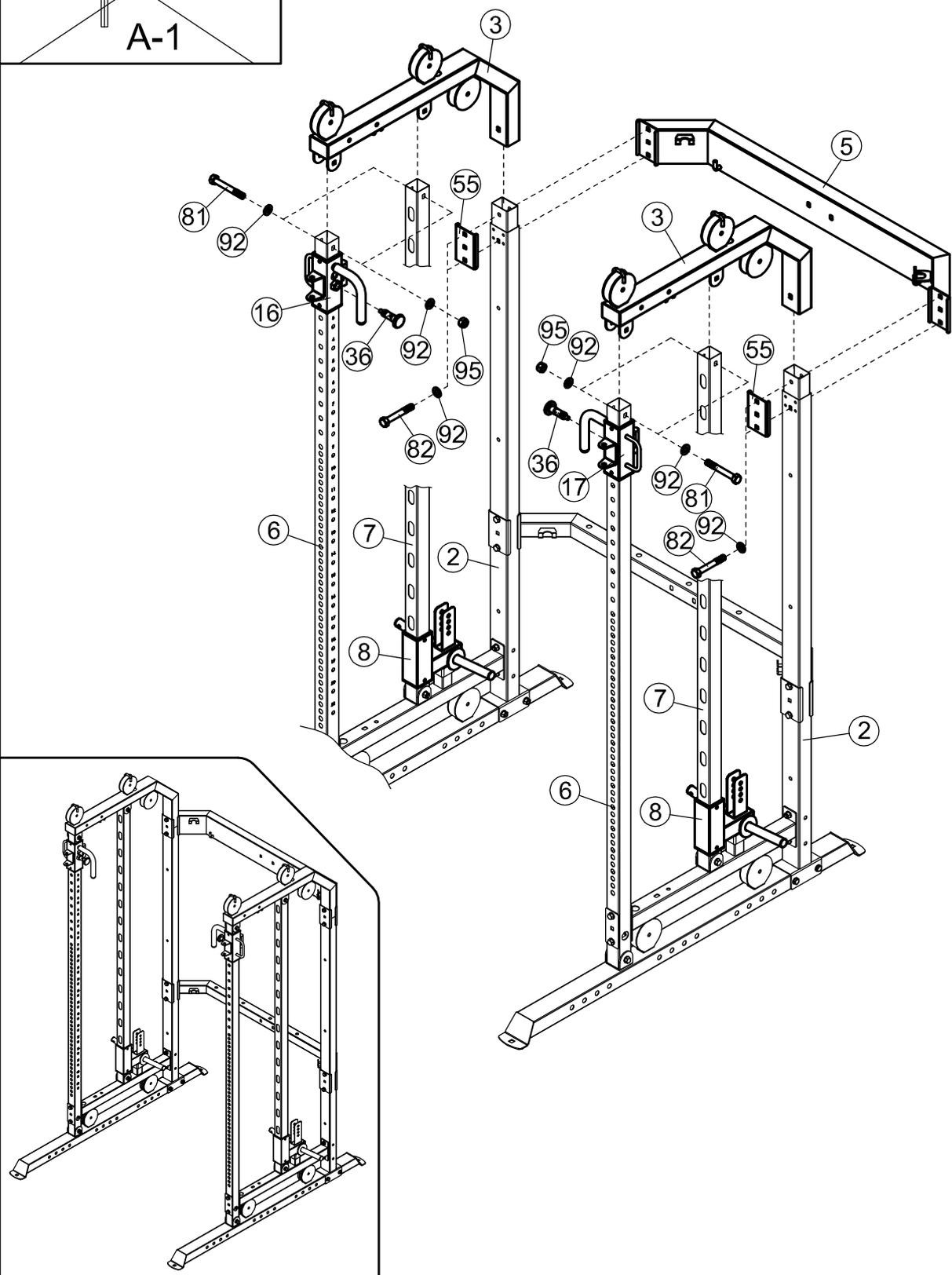
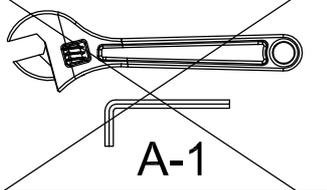
×2 M10



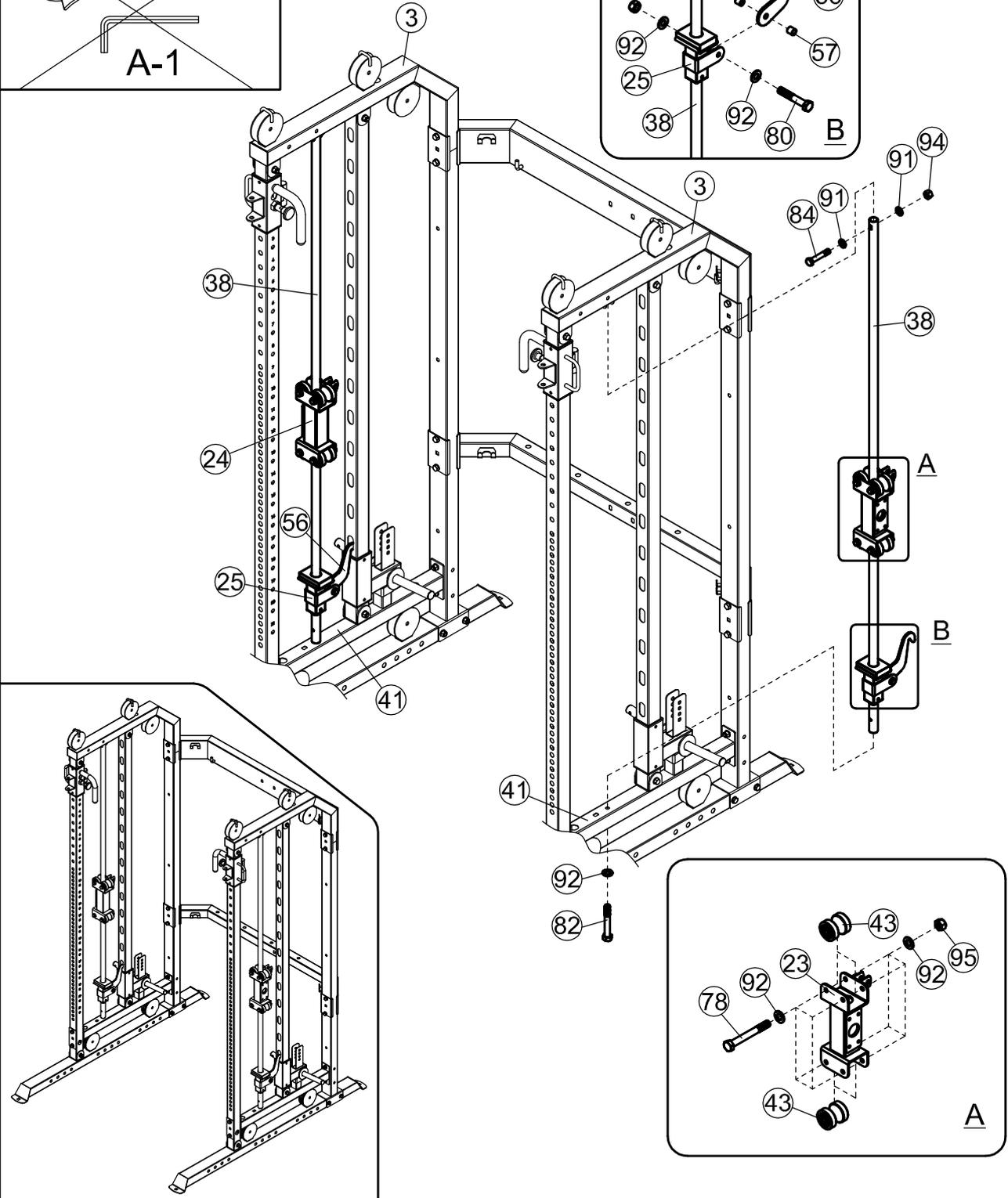
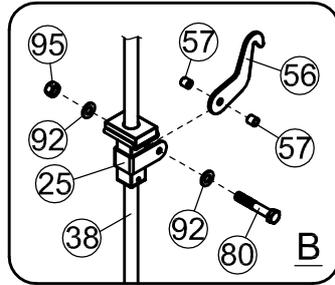
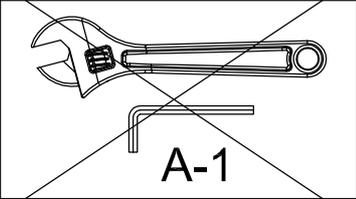
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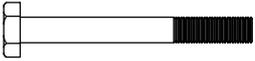


- | | | | | | | | |
|----|---|----|--------|-----|--|----|--------|
| 82 |  | x4 | M10x70 | 81 |  | x4 | M10x75 |
| 92 |  | | x12 | Φ10 | | | |
| 95 |  | | x4 | M10 | | | |



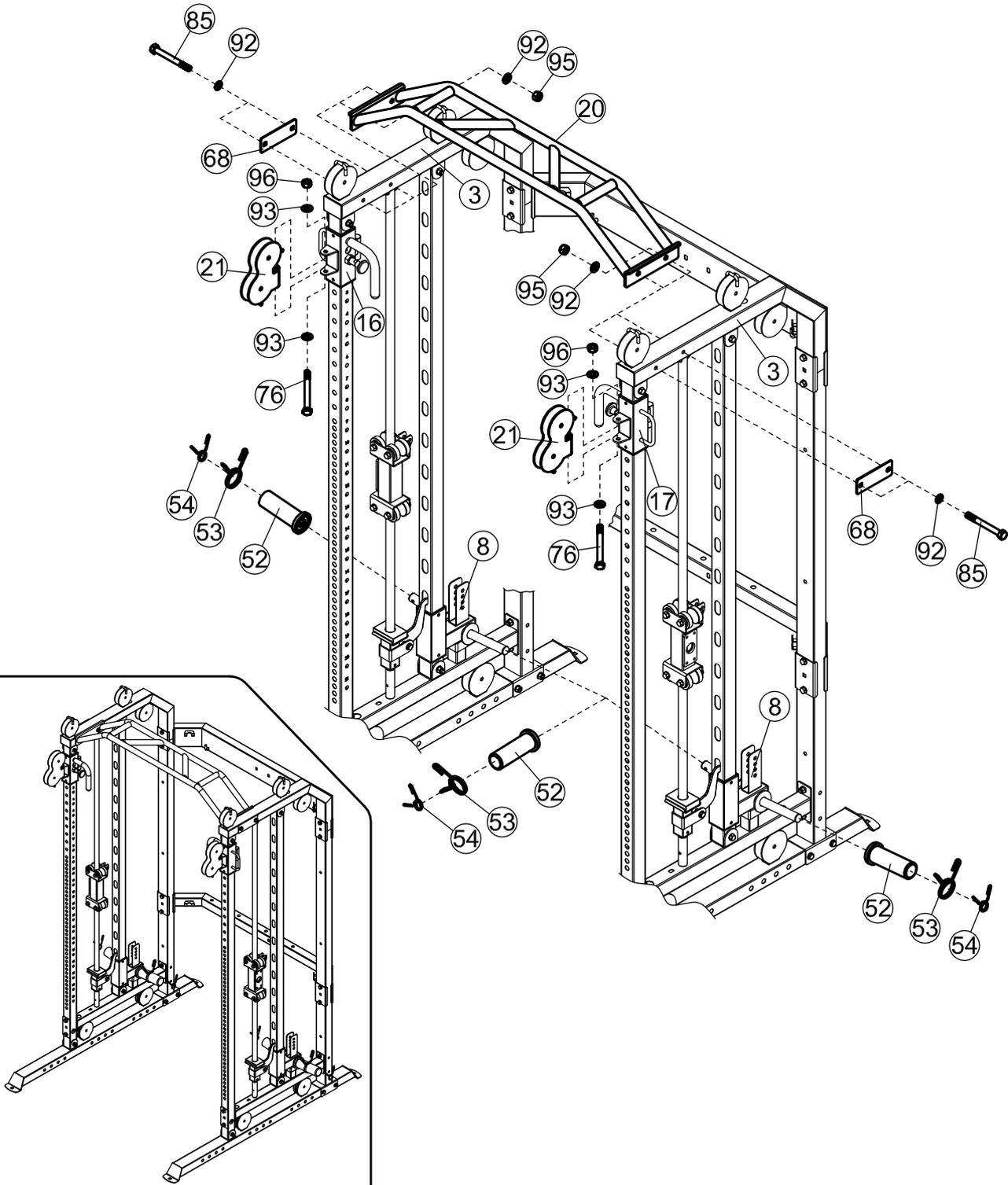
78		x8	M10x85	92		x22	Φ10
82		x2	M10x70	95		x10	M10
80		x2	M10x65	91		x4	Φ8
84		x2	M8x45	94		x2	M8
57		x4	Φ16xΦ11x16				



- | | | | | | | | |
|----|---|----|--------|----|--|----|--------|
| 85 |  | x4 | M10x95 | 76 |  | x2 | M12x90 |
| 92 |  | x8 | Φ10 | 93 |  | x4 | Φ12 |
| 95 |  | x4 | M10 | 96 |  | x2 | M12 |



A-1





×8 M8×20



×2 M10×30



×2 φ30×φ10.5



×8 φ8



×2 φ10

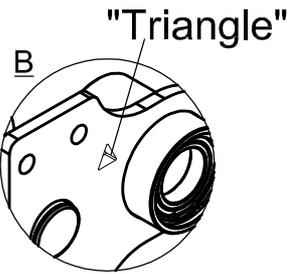
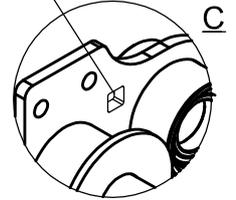


×8 φ8

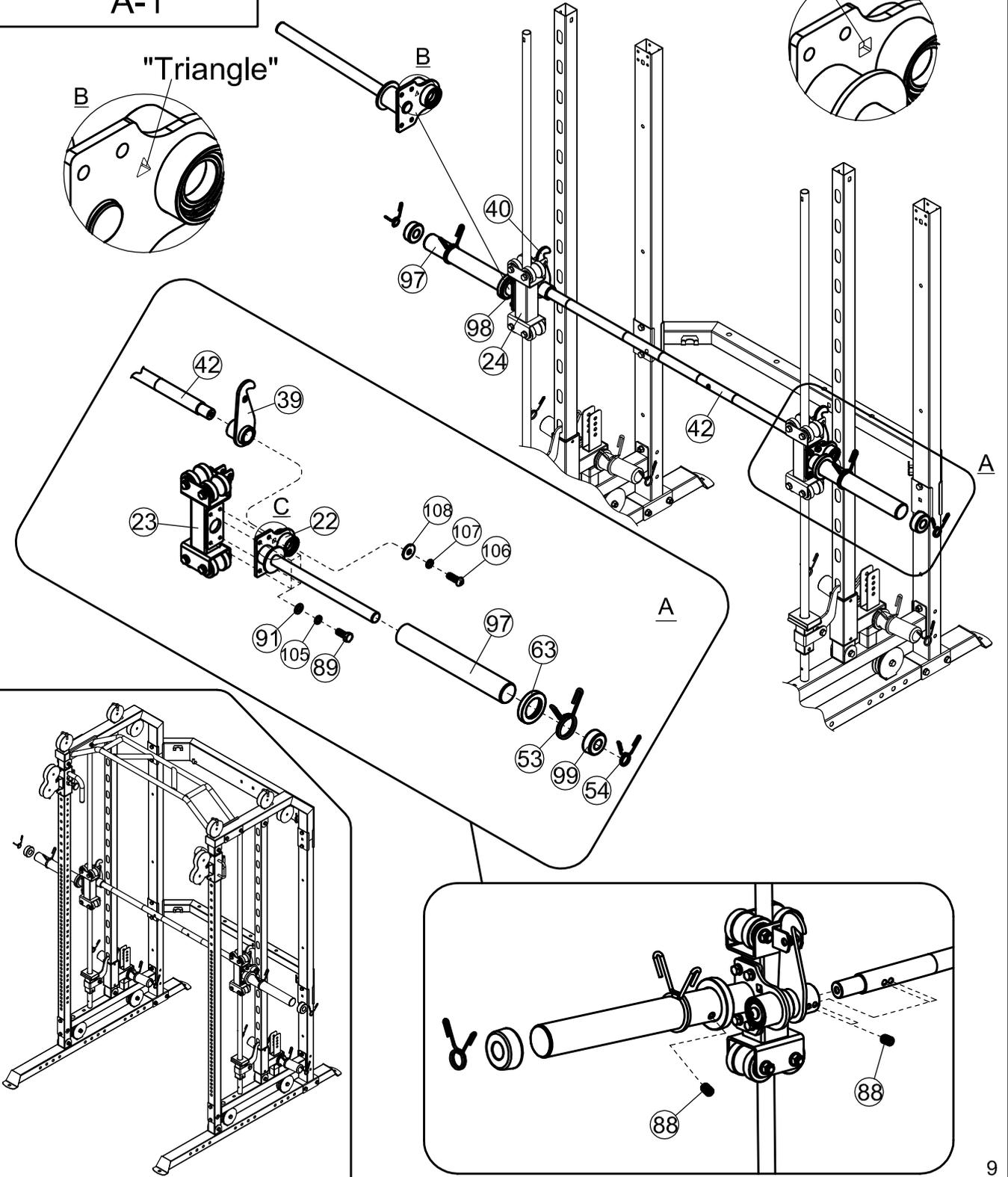


A-1

"Square"



"Triangle"



83



×16 M10×45

92

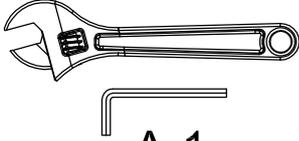


×32 Φ10

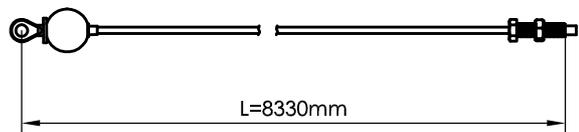
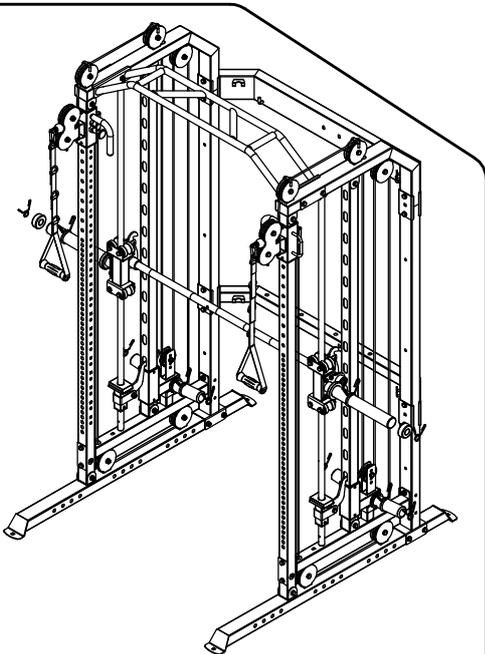
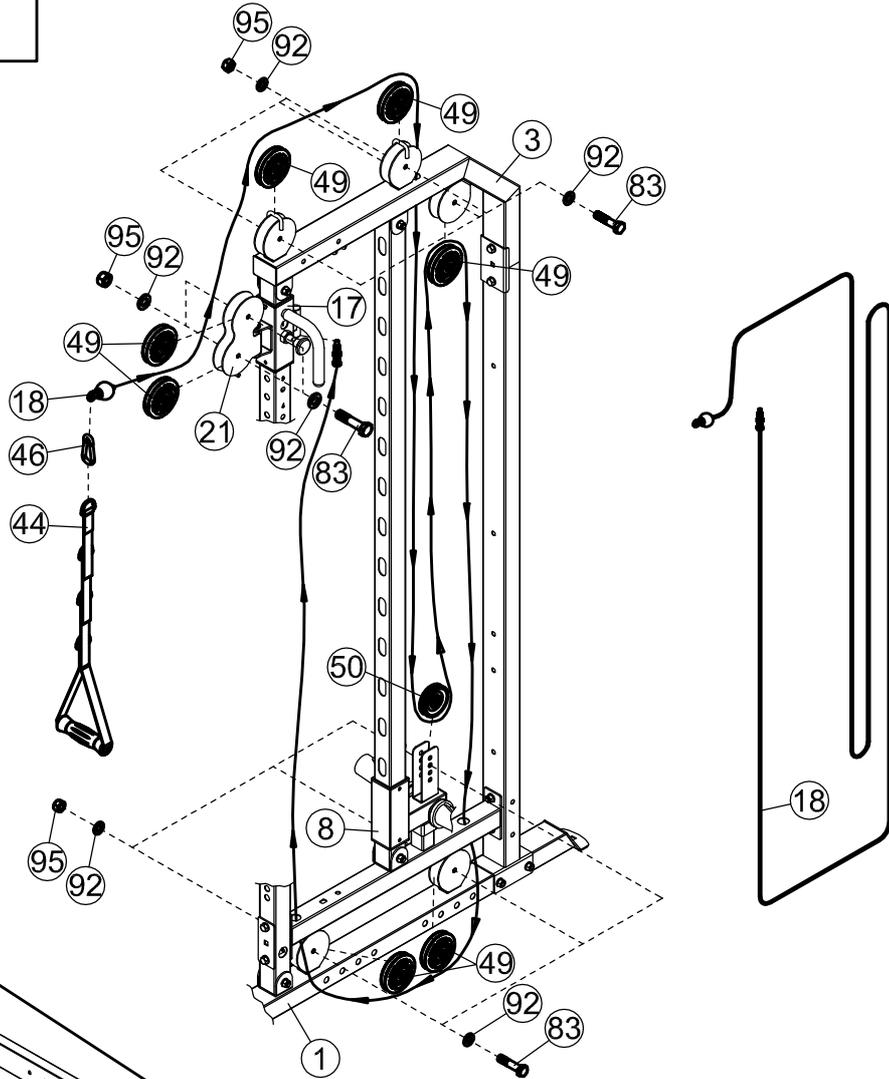
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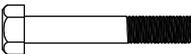


×16 M10



A-1

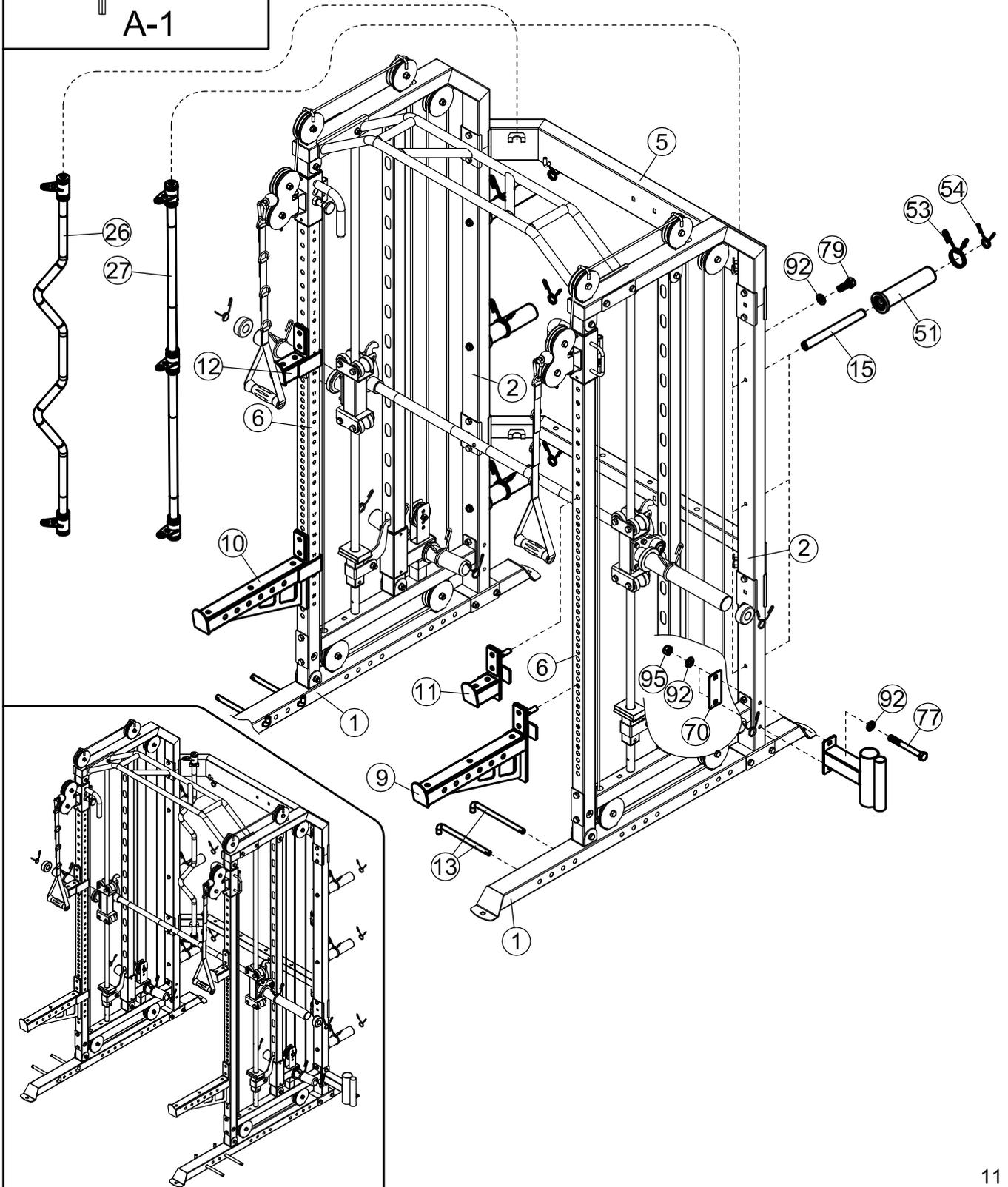
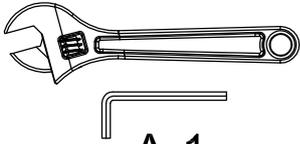


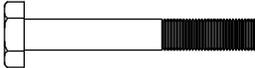
77  ×2 M10×90

79  ×6 M10×25

92  ×10 Φ10

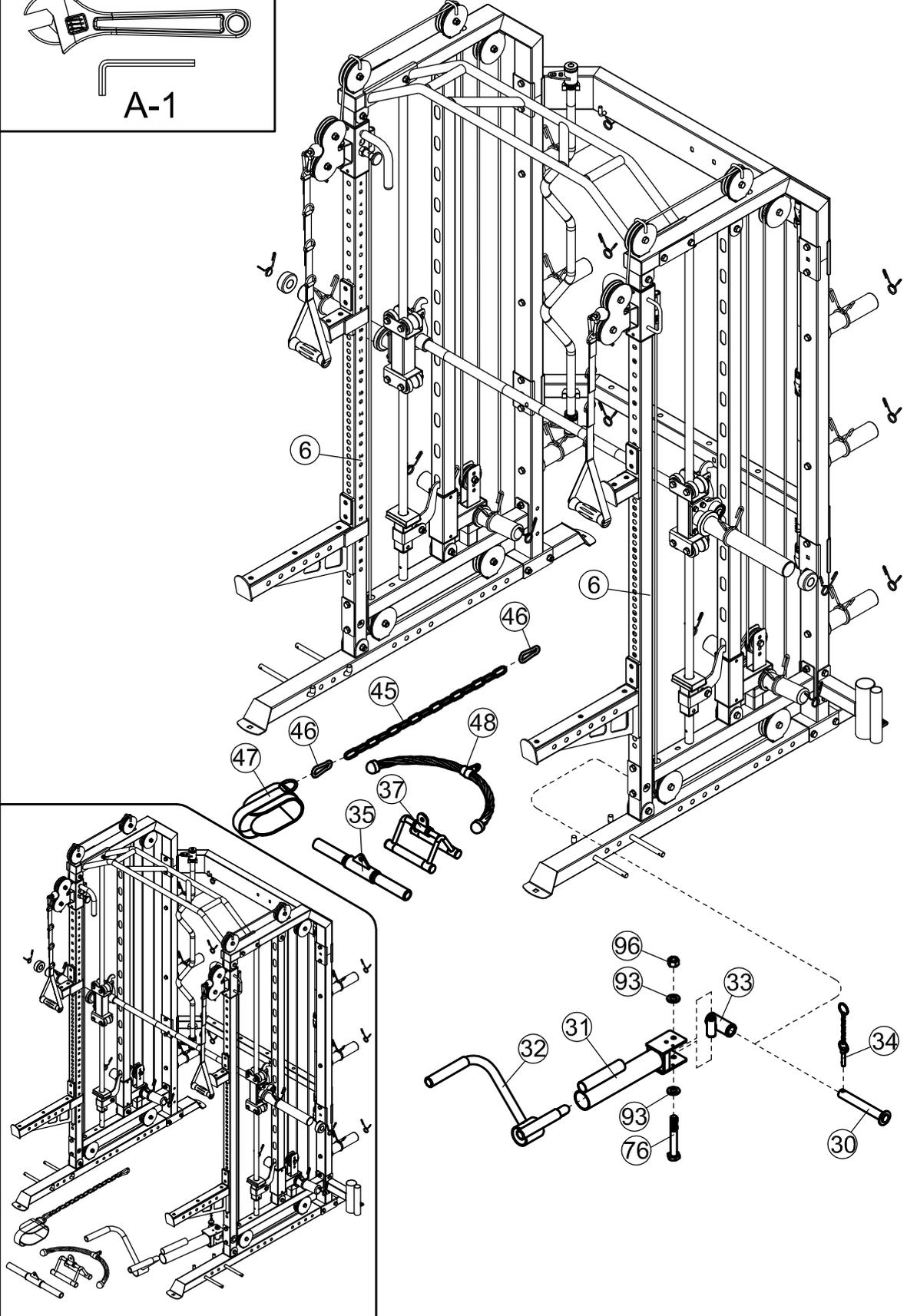
95  ×2 M10

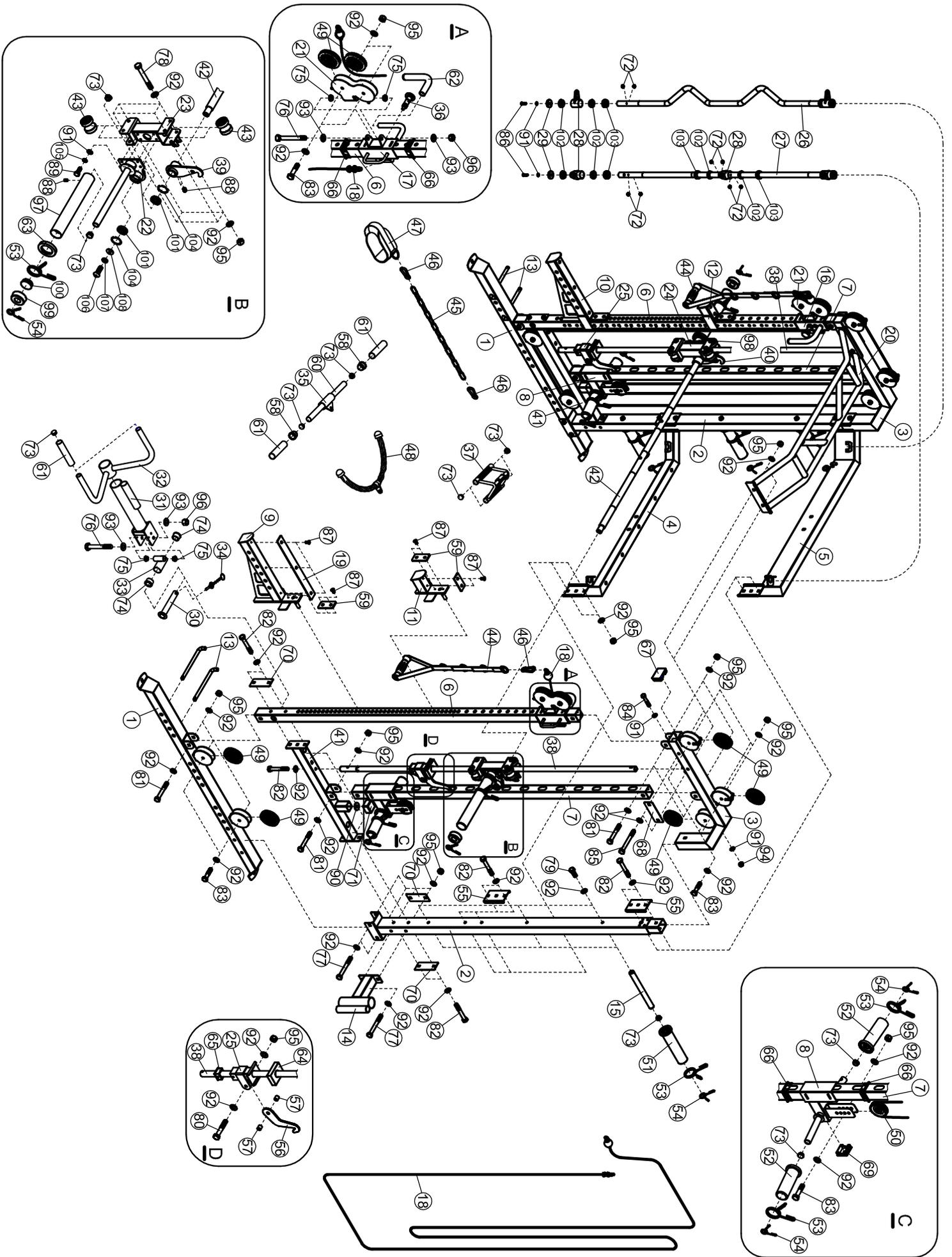


76		x1	M12x90
93	 	x2	Φ12
96	 	x1	M12

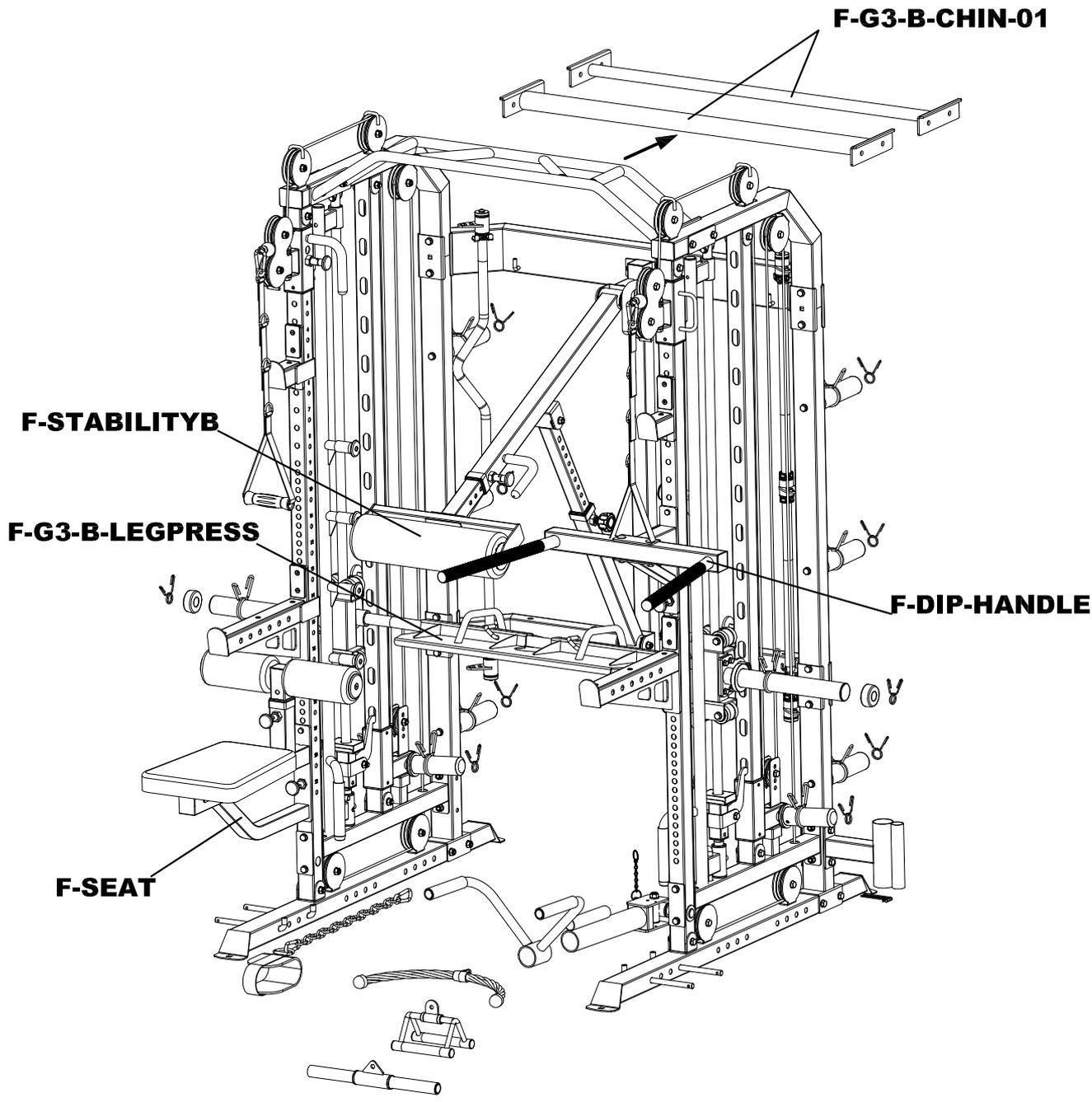


A-1





The F-G3-B shown with available attachments
F-G3-B-LEGPRESS
F-G3-B-CHIN-01
F-SEAT
F-STABILITYB
F-DIP-HANDLE



PACKAGE LIST

BOX 1		BOX 3	
2	Part 2	1	Part 11
2	Part 6	1	Part 12
2	Part 7	4	Part 13
1	Part 26	1	Part 14
1	Part 27	6	Part 15
1	PARTS BAG 8-1	1	Part 16
1	PARTS BAG 8-2	1	Part 17
1	PARTS BAG 8-3	2	Part 18
1	PARTS BAG 8-4	1	Part 20
1	PARTS BAG 8-5	2	Part 21
1	PARTS BAG 8-6	1	Part 22
1	PARTS BAG 8-7	1	Part 23
1	PARTS BAG 8-8	1	Part 24
1	Owner's Manual	2	Part 25
BOX 2		1	Part 30
2	Part 1	1	Part 31
2	Part 3	1	Part 32
1	Part 4	1	Part 33
1	Part 5	2	Part 36
2	Part 8	1	Part 37
1	Part 9	1	Part 39
1	Part 10	1	Part 40
2	Part 41	8	Part 43
BOX 4		2	Part 44
1	Part 42	1	Part 47
2	Part 38	1	Part 48
		14	Part 49
		2	Part 50
		6	Part 51
		4	Part 52
		4	Part 55
		2	Part 56
		1	Part 60
		2	Part 63
		2	Part 68
		5	Part 70
		2	Part 97
		1	Part 98
		2	Part 99



**LIFETIME WARRANTY ON FRAME
2 YEAR WARRANTY ON MOVING PARTS (Such as Wheels)**

Force USA, the Trusted Name in Strength Equipment™ was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world. Offering one of the best warranties on the market for your peace of mind, each piece of Force USA strength equipment is hand crafted for quality and we use state-of-the-art production methods for our entire range. The Force USA range of strength equipment carries a Lifetime Structural Warranty along with 2 years cover on all cables and pulleys. 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, cables and pulleys and workmanship that occur during normal home use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, mis-application, alteration or improper assembly of the product. This warranty does not cover the use or failure of equipment in studio commercial applications. 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 applicable. Force USA will not be liable for any consequential damages or for 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 parts on the Force USA product.

VorTex by Force USA is a commercial grade upholstery used for all Force USA equipment. We use a high grade commercial vinyl with rip-stop mesh backing which helps prevent rips and tears. Force USA, the Trusted Name in Strength Equipment™ was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world.