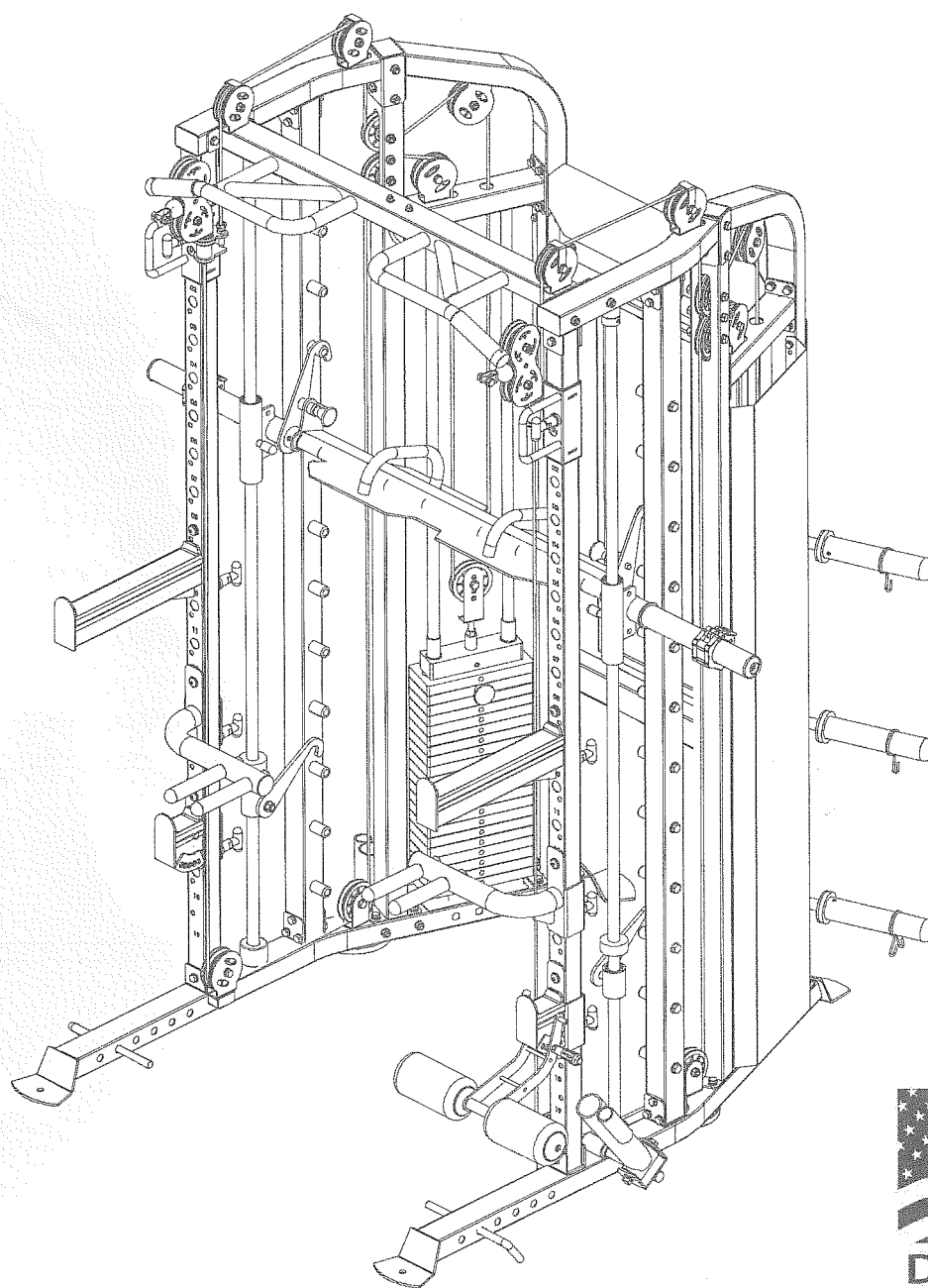


FORCE^{USA}

THE TRUSTED NAME IN STRENGTH EQUIPMENT

OWNER'S MANUAL F-G6



CAUTION!

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



**DESIGNED
IN THE USA**

Contents

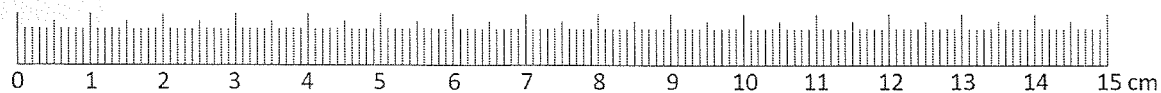
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Parts list

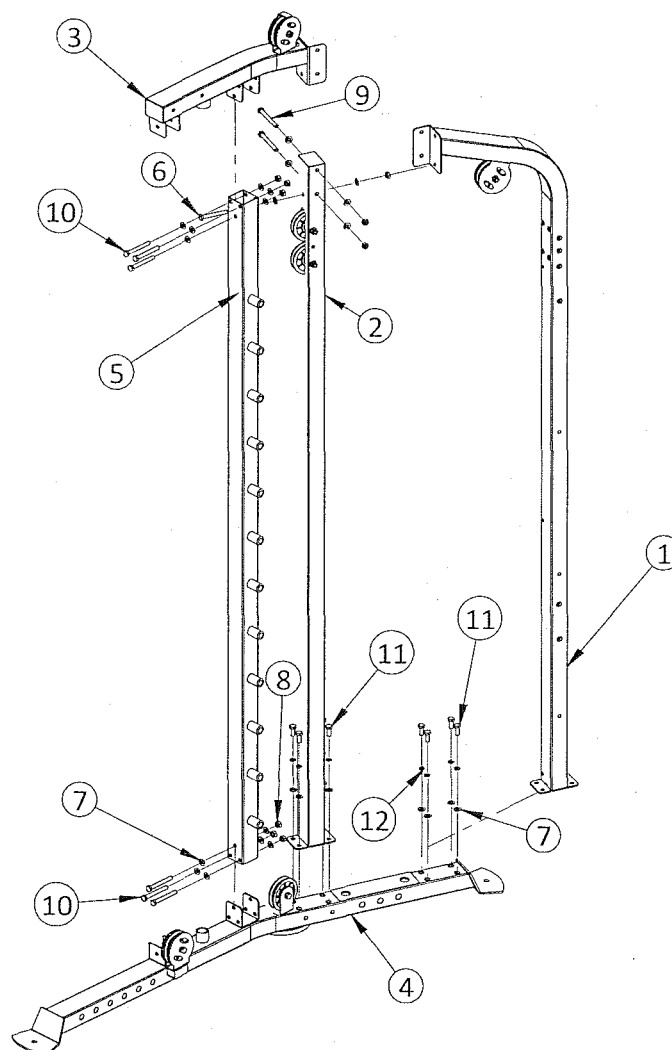
No.	Description	Note	Qty.
1	upright frame left		1
2	upright frame middle		1
3	upper frame left		1
4	base frame left		1
5	upright frame with barbell holder		2
6	hex bolt	M10x75	6
7	washer	Φ10	118
8	lock nut	M10	30
9	hex bolt	M10x95	4
10	hex bolt	M10x85	14
11	hex bolt	M10x30	58
12	spring washer	Φ10	58
13	connection frame		2
15	rotation plate		1
16	chip up bar		1
17	guide rod nut		4
18	rubber block	Φ60xΦ27x42	4
19	hex bolt	M10x90	6
20	short connection frame		2
21	weight plate		2
22	pulley frame		2
23	weight plate pin		2
24	guide rod		2
25	bearing frame		2
26	barbell rod		1
27	barbell rod sleeve		2
28	footplate		1
29	guide rod lock sleeve		2
30	safety hook right		1

31	safety hook left		1
32	rubber block	$\Phi 60 \times \Phi 26 \times 45$	2
33	rubber block	$\Phi 60 \times \Phi 26 \times 25$	2
34	allen bolt	M12x40	2
77	spring washer	$\Phi 12$	2
78	allen bolt	M8x10	2
35	washer	$\Phi 12$	2
36	guide tube right		1
37	guide tube left		1
38	sliding frame left		1
39	sliding frame right		1
40	weight plate cover		2
41	core trainer		1
42	barbell rod cup		1
43	hex bolt	M8x16	12
44	washer	$\Phi 8$	16
45	wire		2
46	lock nut	M12	4
47	J hook left short		1
48	J hook right		1
49	J hook left		1
50	dip bar left		1
51	dip bar right		1
52	L shape pin		4
53	J hook right short		1
54	lat pull down roller		1
55	T shape pin	$\Phi 10 \times 100$	1
56	barbell plate holder		6
57	hook		4

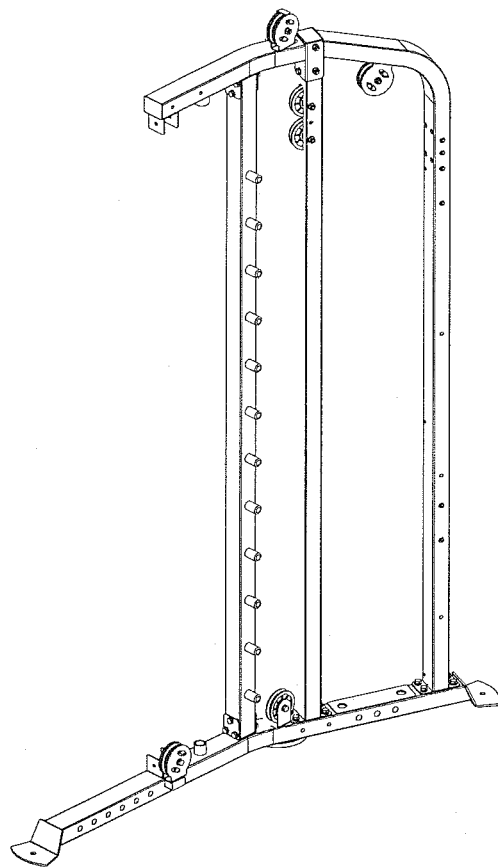
58	logo plate		1
59	hook short		4
60	spring collar		6
61	barbell rod ring		2
62	lock nut	M8	4
63	base frame right		1
64	back upright frame right		1
65	upright frame middle right		1
66	upper frame right		1
67	abdominal belt		1
68	lat pull down bar		1
69	snap hook		2
70	handle		2
71	triceps rope		1
72	function training bar short		1
73	shiver bar		1
74	function training bar		1
75	close grip rowing handle		1
76	section chain + snap hook x2		2



Assembly step 1

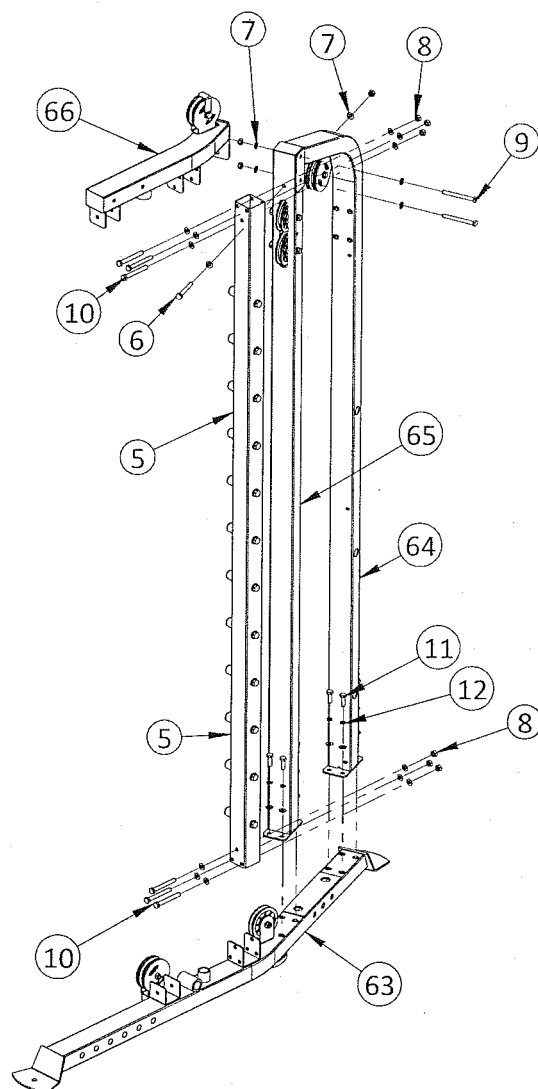


No.	Description	Note	Qty.
1	back upright frame left		1
2	upright frame middle left		1
3	upper frame left		1
4	base frame left		1
5	upright frame with barbell holder		1
6	hex bolt	M10x75	1
7	washer	Φ10	26
8	lock nut	M10	9
9	hex bolt	M10x95	2
10	hex bolt	M10x85	6
11	hex bolt	M10x30	8
12	spring washer	Φ10	8

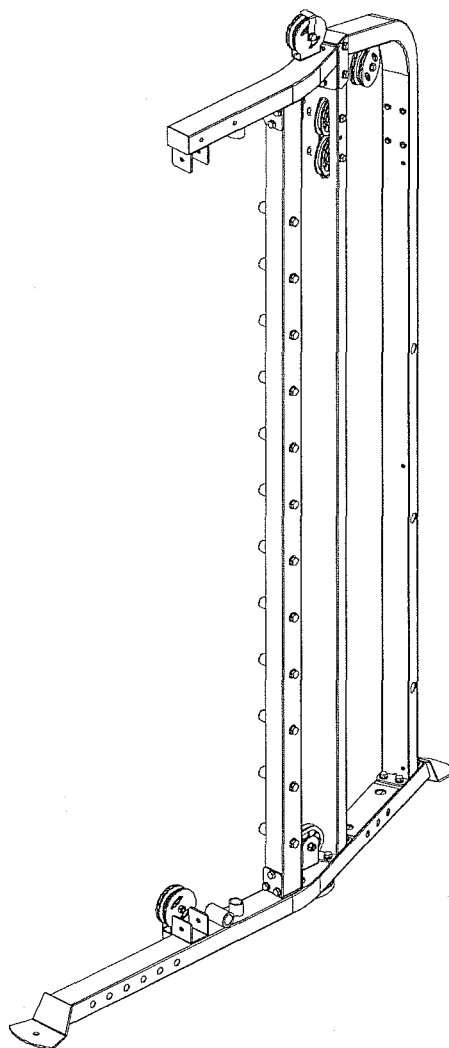


- 1 Fix upright frame left-1 fastening on base frame left-4 using M10x30 hex bolt-11, Φ 10 spring 12 and Φ 10 washer-7
- 2 Fix upright frame middle-2 fastening on base frame left-4 using M10x30 hex bolt-11, Φ 10 spring 12 and Φ 10 washer-7
- 3 Fix upright frame with barbell holder-5 fastening on base frame left-4 using M10x85 hex bolt-10, Φ 10 washer-7 and M10 lock nut-8
- 4 Attach the upper frame left-3, upright frame left-1, upright frame middle-2 and upright frame with barbell holder-5 using M10x85 hex bolt-10, M10x75 hex bolt-6, M10x95 hex bolt-9, Φ 10 washer-7 and M10 lock nut-8

Assembly step 2

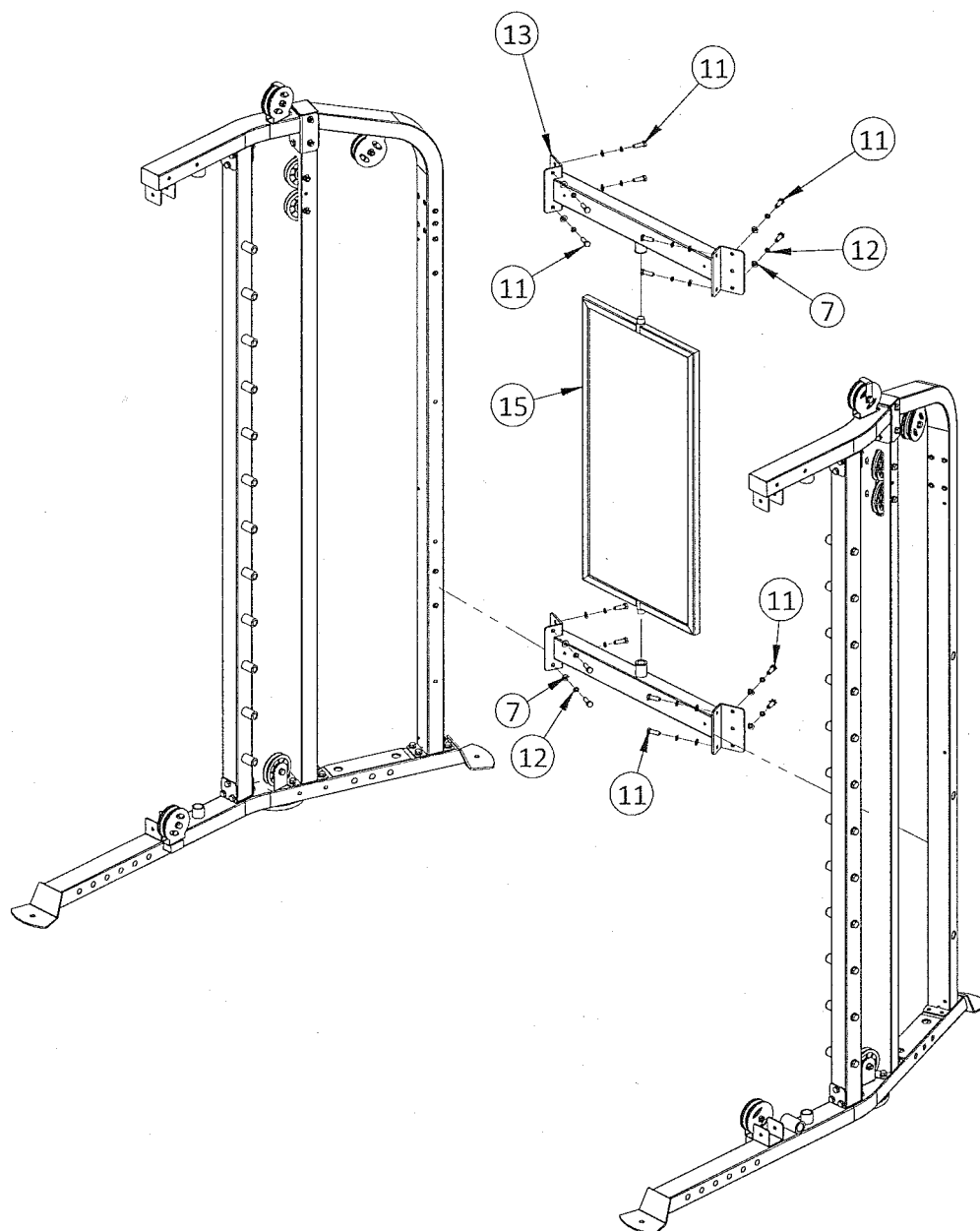


No.	Description	Note	Qty.
5	upright frame with barbell holder		1
6	hex bolt	M10x75	1
7	washer	Φ10	26
8	lock nut	M10	9
9	hex bolt	M10x95	2
10	hex bolt	M10x85	6
11	hex bolt	M10x30	8
12	spring washer	Φ10	8
63	base frame right		1
64	back upright frame right		1
65	upright frame middle right		1
66	upper frame right		1

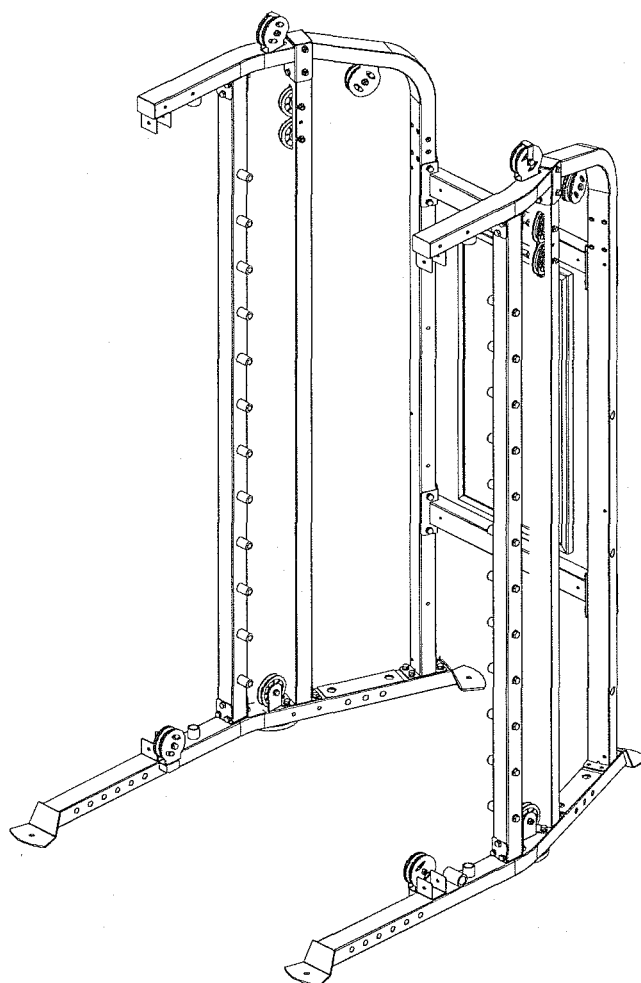


- 1 Fix back upright frame right-64 fastening on base frame right-63 using M10x30 hex bolt-11, Φ 10 spring washer-12 and Φ 10 washer-7
- 2 Fix upright frame middle right-65 fastening on base frame right-63 using M10x30 hex bolt-11, Φ 10 spring washer-12 and Φ 10 washer-7
- 3 Fix upright frame with barbell holder-5 fastening on base frame right-63 using M10x85 hex bolt-10, Φ 10 washer-7 and M10 lock nut-8
- 4 Attach the upper frame right-66, back upright frame right-64, upright frame middle right-65 and upright frame with barbell holder-5 using M10x85 hex bolt-10, M10x75 hex bolt-6, M10x95 hex bolt-9, Φ 10 washer-7 and M10 lock nut-8

Assembly step 3

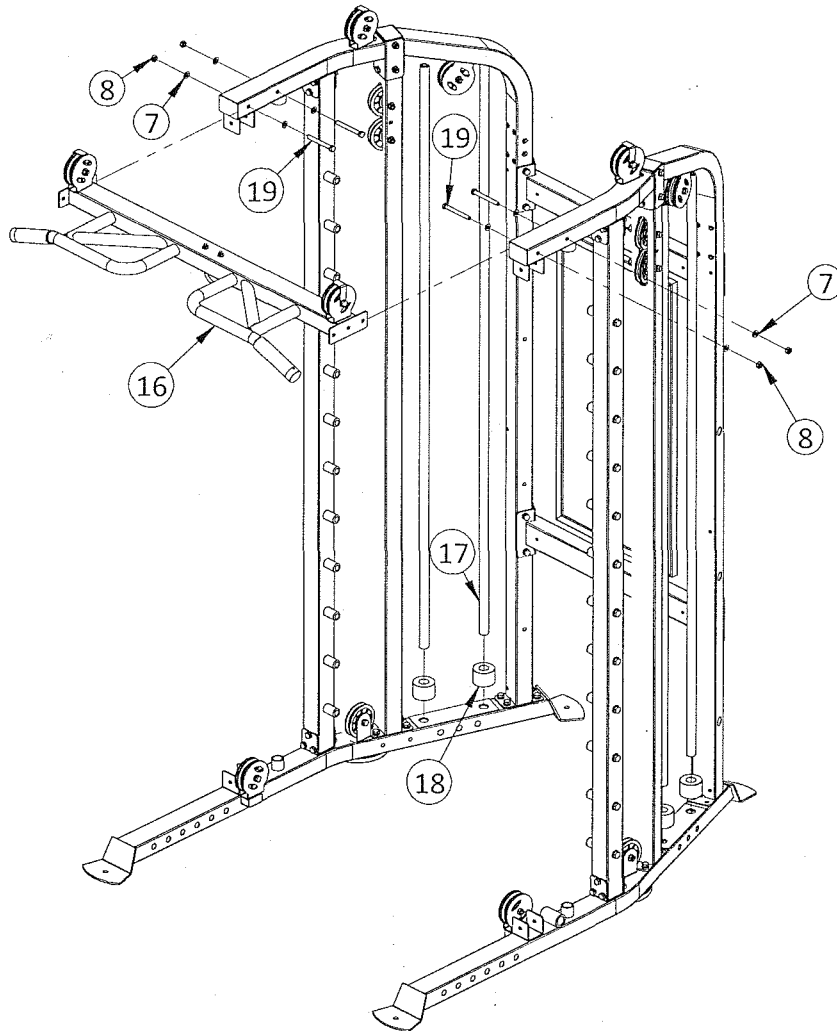


No.	Description	Note	Qty.
7	washer	Φ10	16
12	spring washer	Φ10	16
13	connection frame		2
11	hex bolt	M10x30	16
15	rotation plate		1

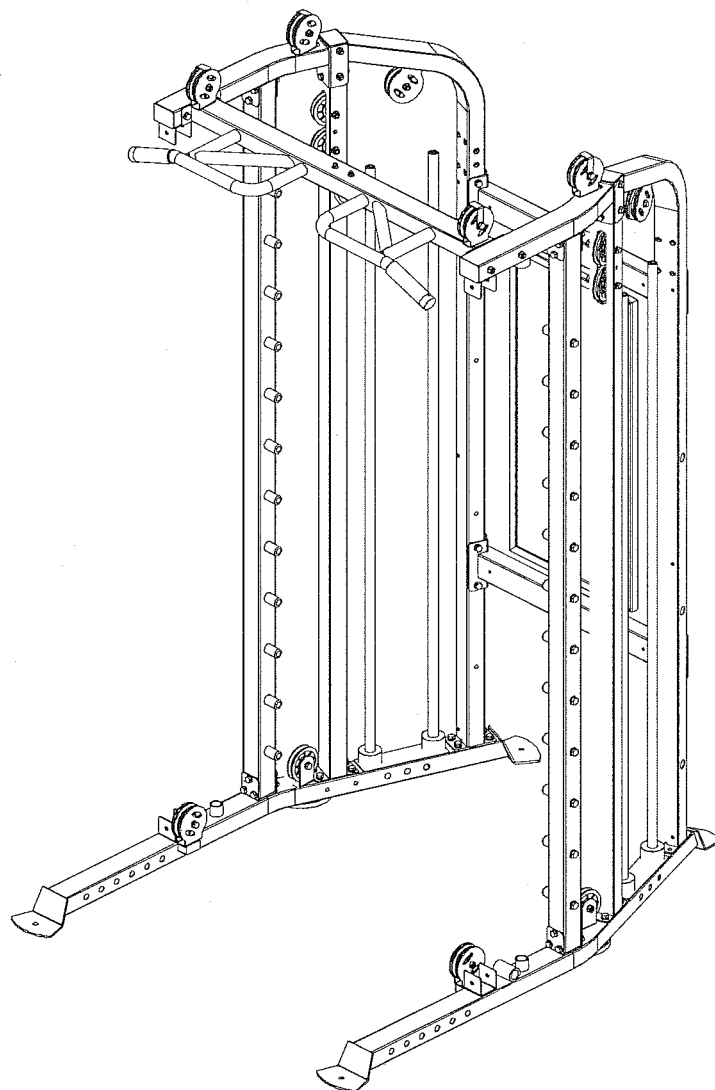


- 1 Fix upper connection frame-13 fastening on main frame using M10x30 hex bolt-11, Φ 10 spring washer-12 and Φ 10 washer-7
- 2 Attach rotation plate-15 with connection frame-13
- 3 Fix lower connection frame-13 fastening on main frame using M10x30 hex bolt-11, Φ 10 spring washer-12 and Φ 10 washer-7

Assembly step 4

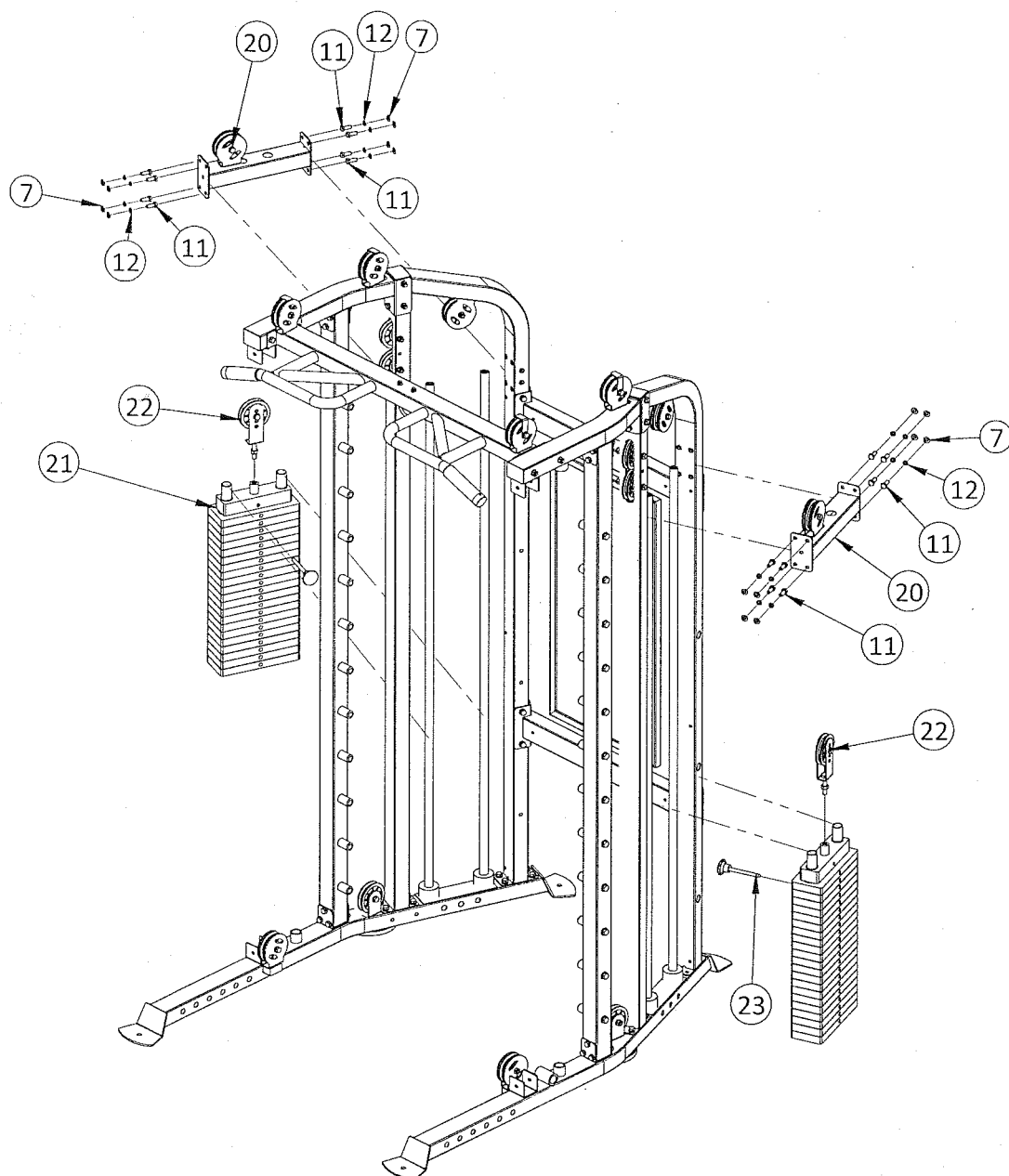


No.	Description	Note	Qty.
7	washer	Φ10	8
8	lock nut	M10	4
16	chip up bar		1
17	guide rod nut		4
18	rubber block	Φ60xΦ27x42	4
19	hex bolt	M10x90	4

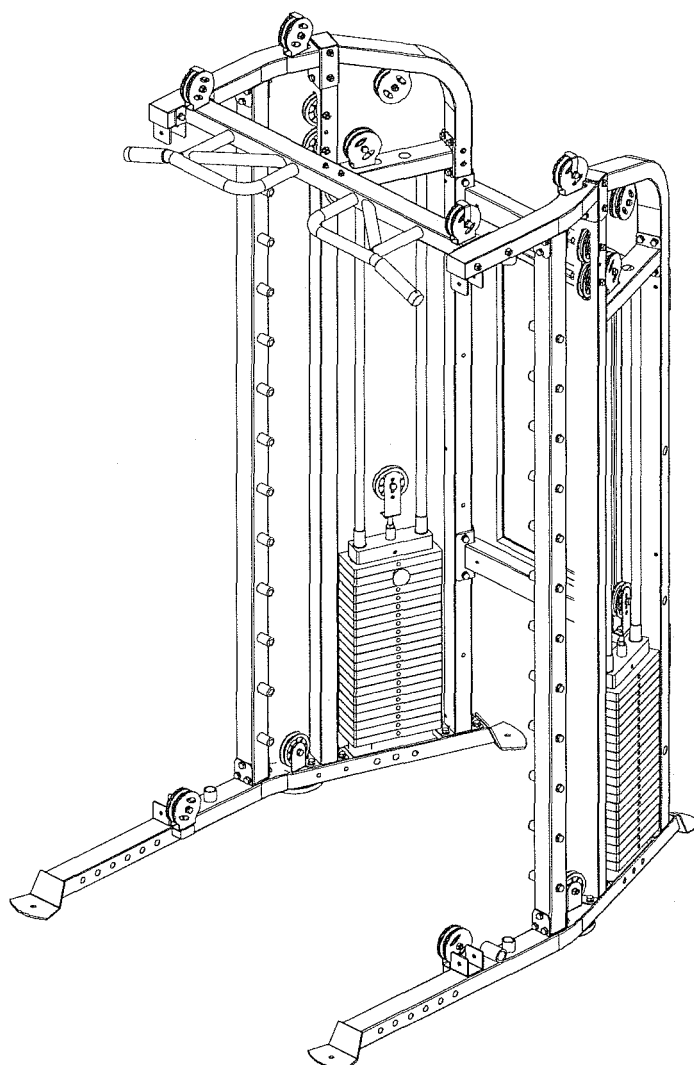


- 1 Fix chip up bar-16 fastening on the main frame using M10x90 hex bolt-19, $\Phi 10$ washer-7 and M10 lock nut-8
- 2 Put guide rod nut-17 through rubber block-18 on the main frame

Assembly step 5

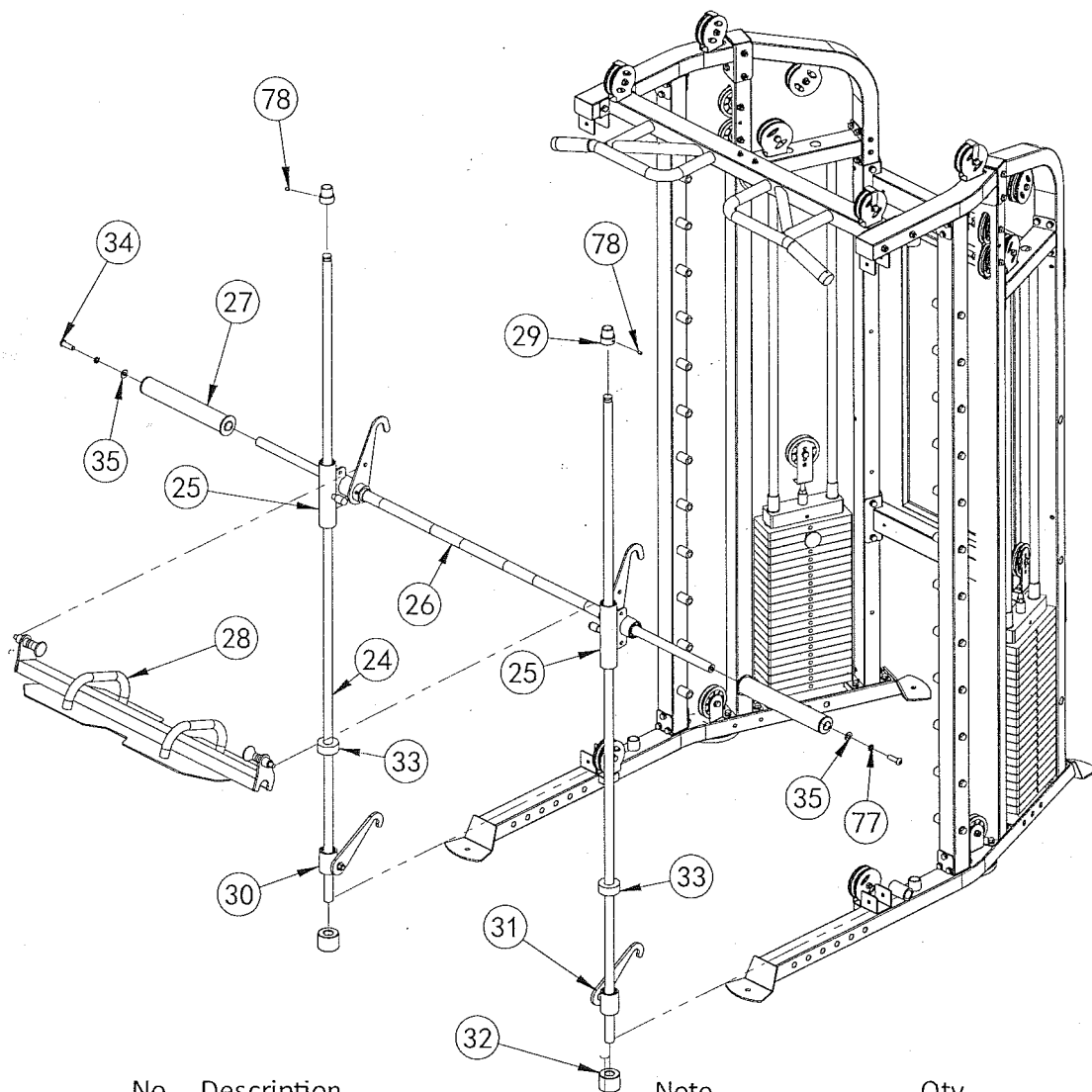


No.	Description	Note	Qty.
7	washer	Φ10	16
11	hex bolt	M10x30	16
12	spring washer	Φ10	16
20	short connection frame		2
21	weight plate		2
22	pulley frame		2
23	weight plate pin		2

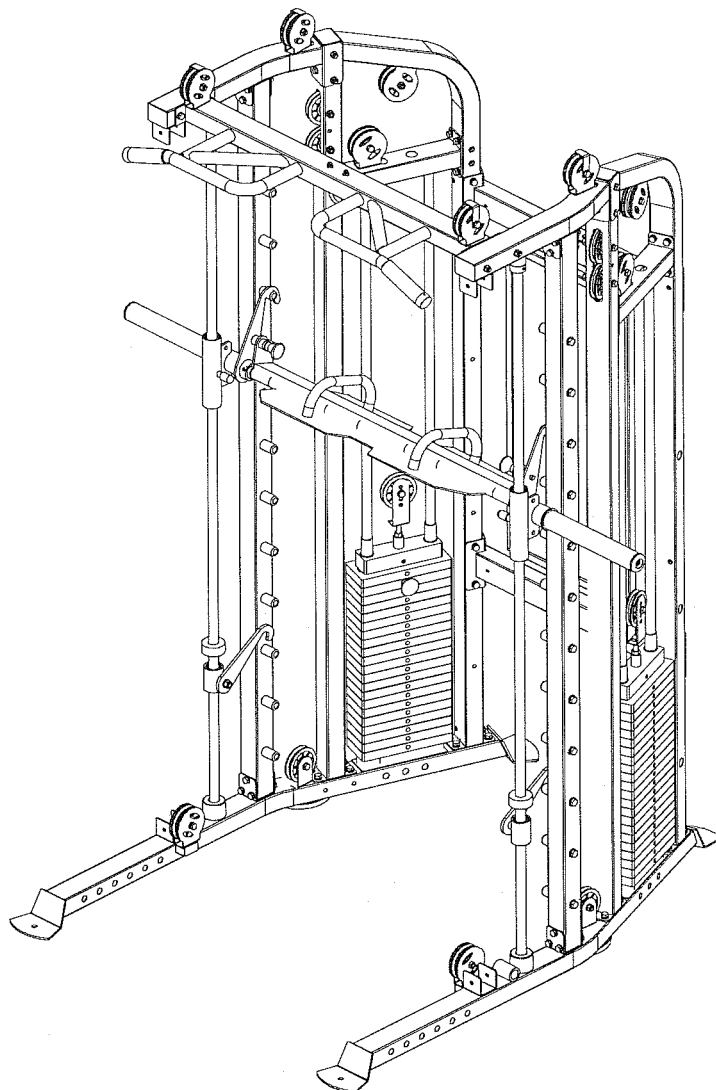


- 1 Put the weight plate from numbers go from small to big through the guide rod-17, put pulley frame-22 on the weight plate and insert the weight plate pin-23
- 2 Fix short connection frame-20 fastening on the main frame using M10x30 hex bolt-11, Φ 10 spring 12 and Φ 10 washer-7

Assembly step 6

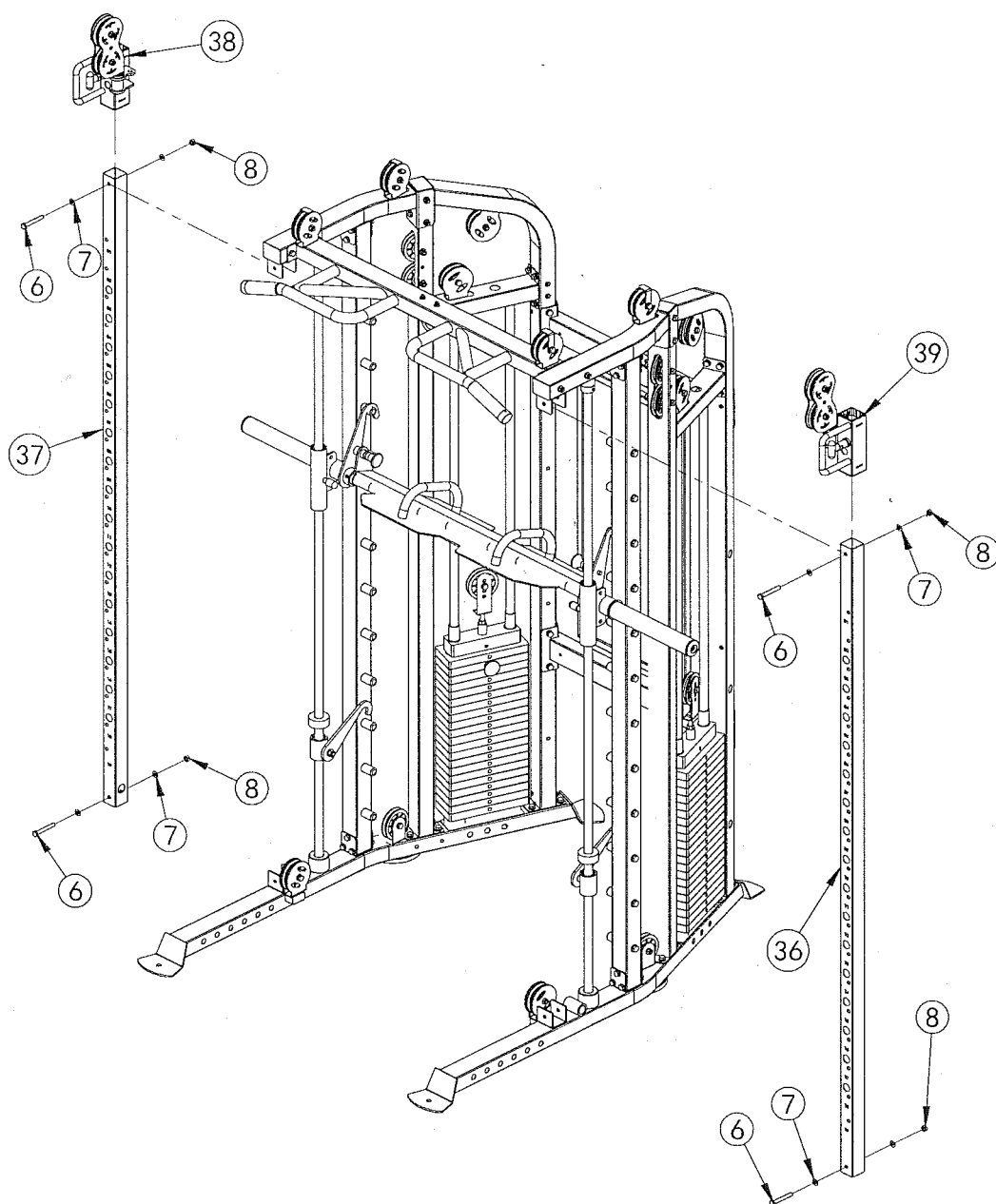


No.	Description	Note	Qty.
24	guide rod		2
25	bearing frame		2
26	barbell rod		1
27	barbell rod sleeve		2
28	footplate		1
29	guide rod lock sleeve		2
30	safety hook right		1
31	safety hook left		1
32	rubber block	Φ60xΦ26x45	2
33	rubber block	Φ60xΦ26x25	2
34	allen bolt	M12x40	2
77	spring washer	Φ12	2
78	allen bolt	M8x10	2
35	washer	Φ12	2

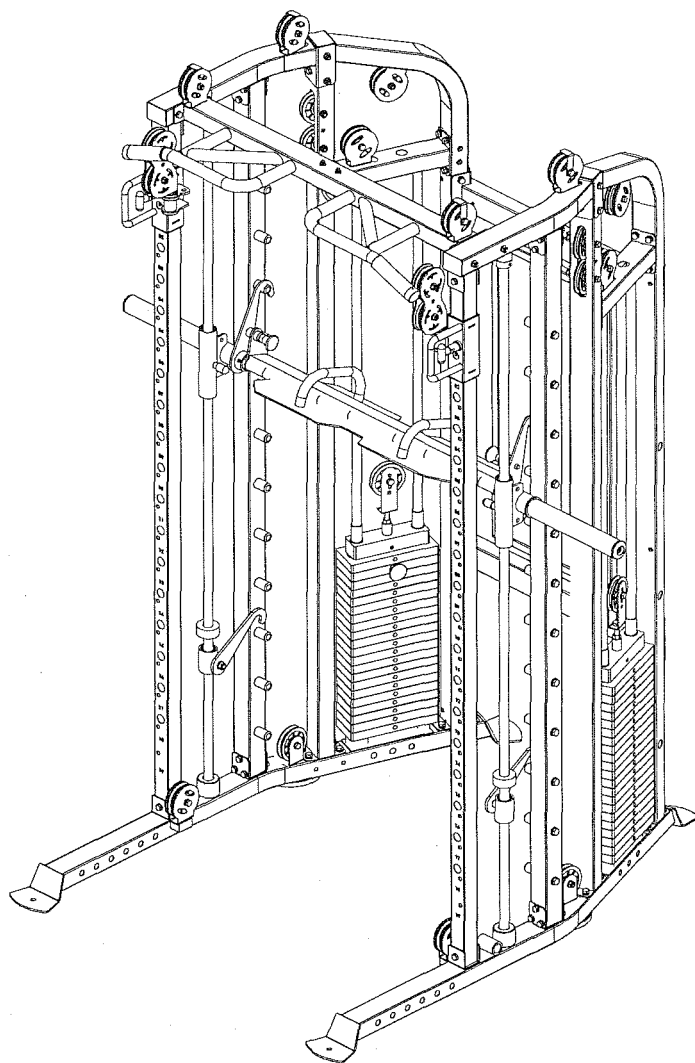


- 1 Fix guide rod-24 in turn through guide rod lock sleeve-29, bearing frame-25, rubber block-33,safety hook left-31 and rubber block-32 fastening on the main frame using M8x10 allen bolt-78
- 2 Put barbell rod-26 through bearing frame-25 hang on the main frame
- 3 Fix guide rod-24 in turn through guide rod lock sleeve-29, bearing frame-25, rubber block-33,safety hook right and rubber block-32 fastening on the main frame using M8x10 allen bolt-78
- 4 Fix barbell rod sleeve-27 fastening on the barbell rod-26 using M12x40 allen bolt-34, $\Phi 12$ washer-35, $\Phi 12$ spring washer-77
- 5 Install footplate-28 onto barbell rod-26

Assembly step 7

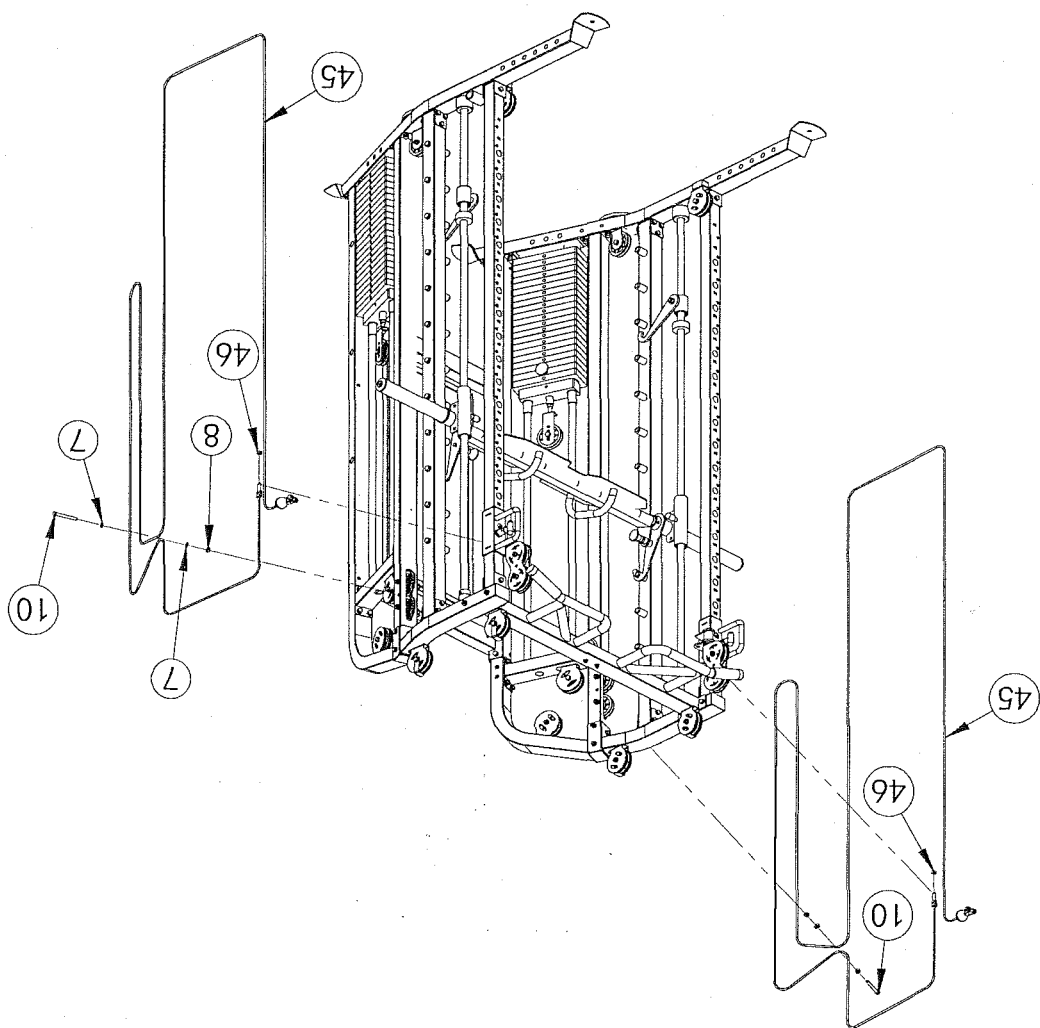


No.	Description	Note	Qty.
6	hex bolt	M10x75	4
7	washer	Φ10	8
8	lock nut	M10	4
36	guide tube right		1
37	guide tube left		1
38	sliding frame left		1
39	sliding frame right		1

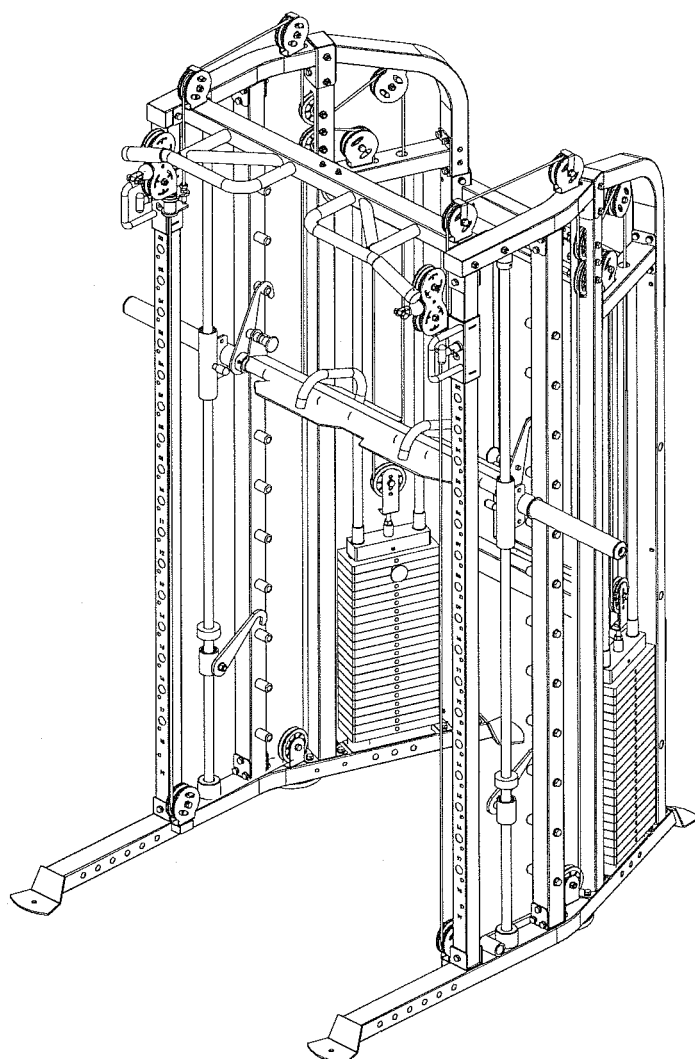


- 1 Install sliding frame left-38 onto guide tube left-37
- 2 Install sliding frame right-39 onto guide tube right-36
- 3 Fix guide tube left-37 and guide tube right-36 fastening on main frame using M10x75 hex bolt-6, $\Phi 10$ washer-7 and M10 lock nut-8

Assembly step 8

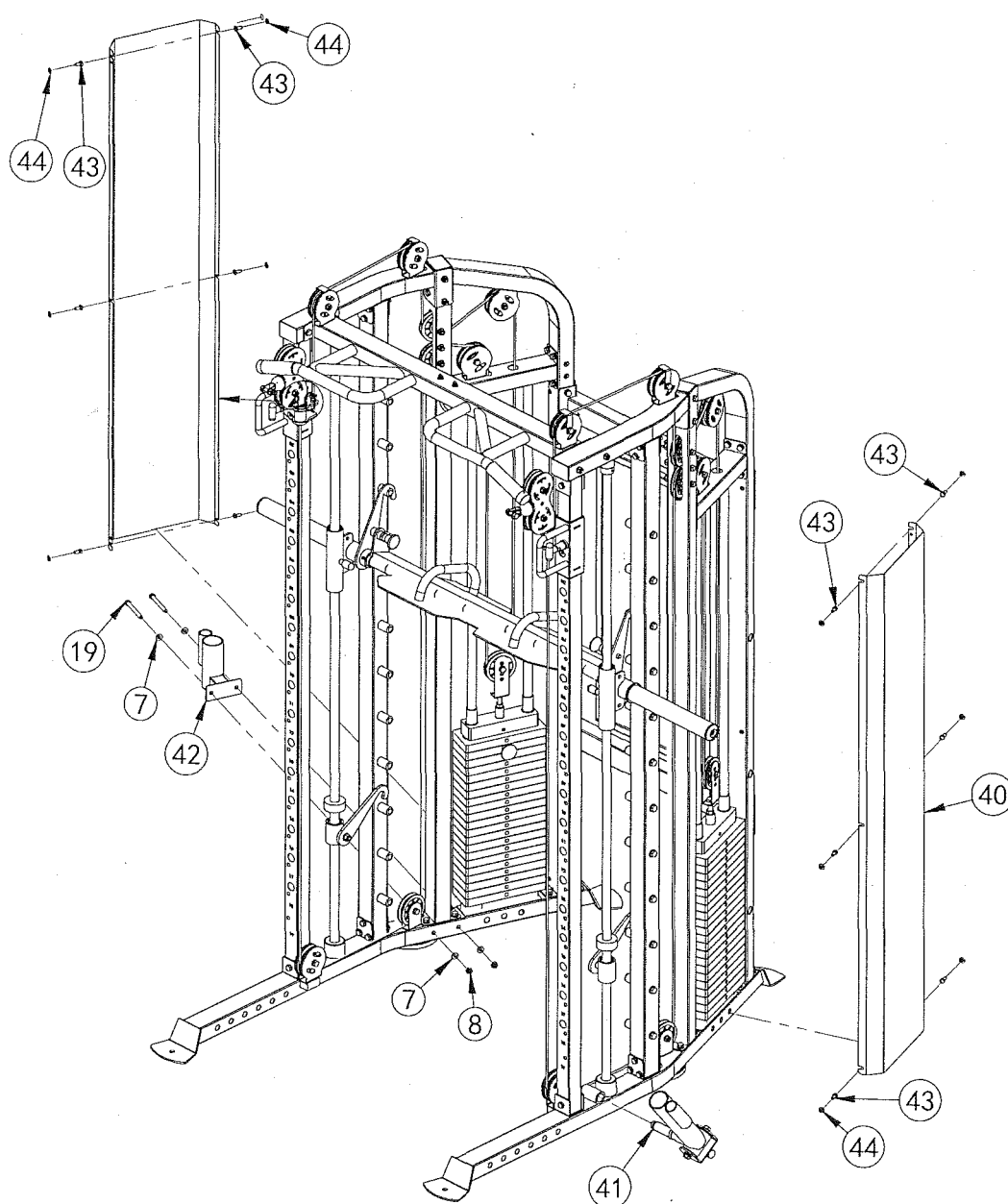


No.	Description	Note	Qty.
45	wire		2
7	washer	Φ10	4
8	lock nut	M10	2
10	hex bolt	M10x85	2
46	lock nut	M12	4

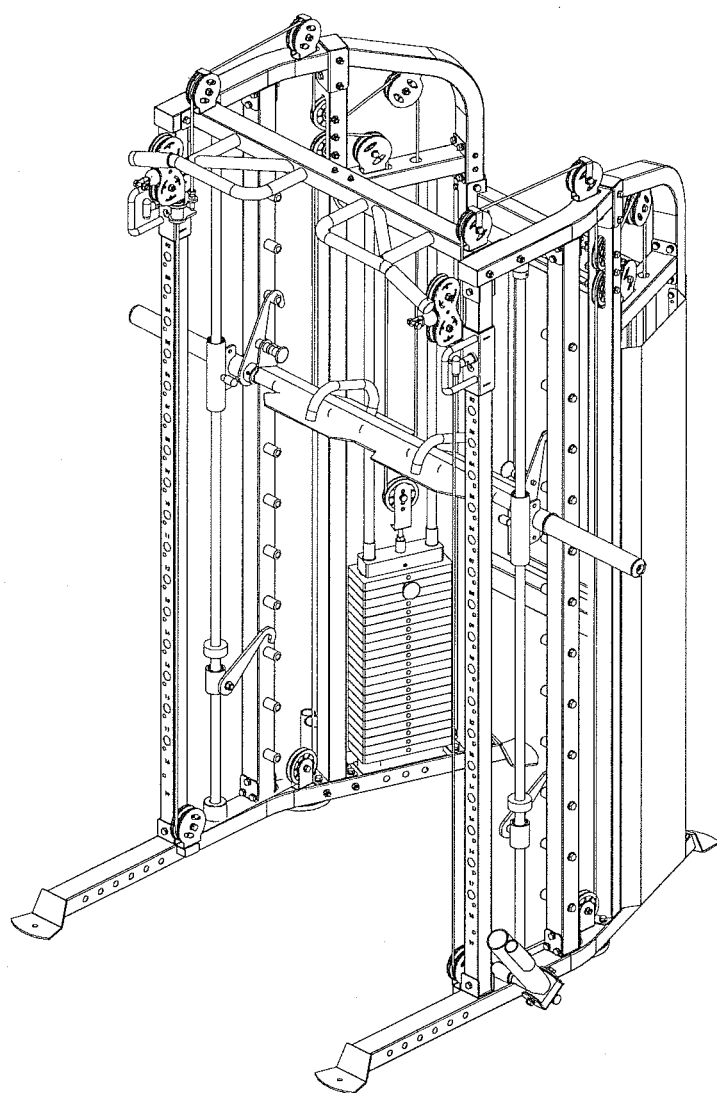


- 1 Disassemble the wire ball head as shown in the picture and thread the wire rope-45 according to the picture.
- 2 Fix the wire on the sliding frame right and left using M12 lock nut-46
- 3 Put M10x85 hex bolt-10, $\Phi 10$ washer-7 and M10 lock nut-8 on the right and left upright frame middle upright frame

Assembly step 9

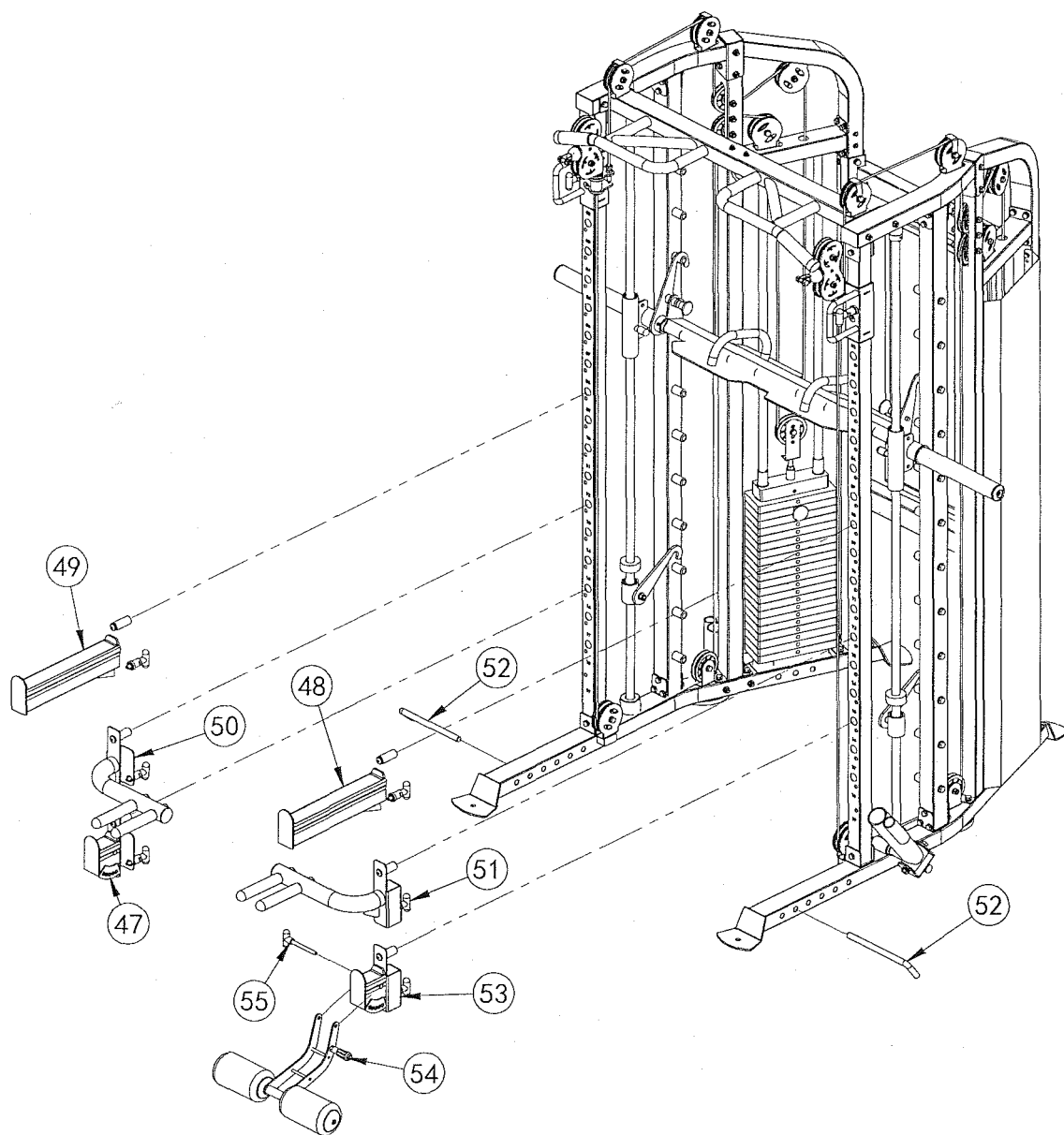


No.	Description	Note	Qty.
7	washer	Φ10	4
8	lock nut	M10	2
19	hex bolt	M10x90	2
40	weight plate cover		2
41	core trainer		1
42	barbell rod cup		1
43	hex bolt	M8x16	12
44	washer	Φ8	12

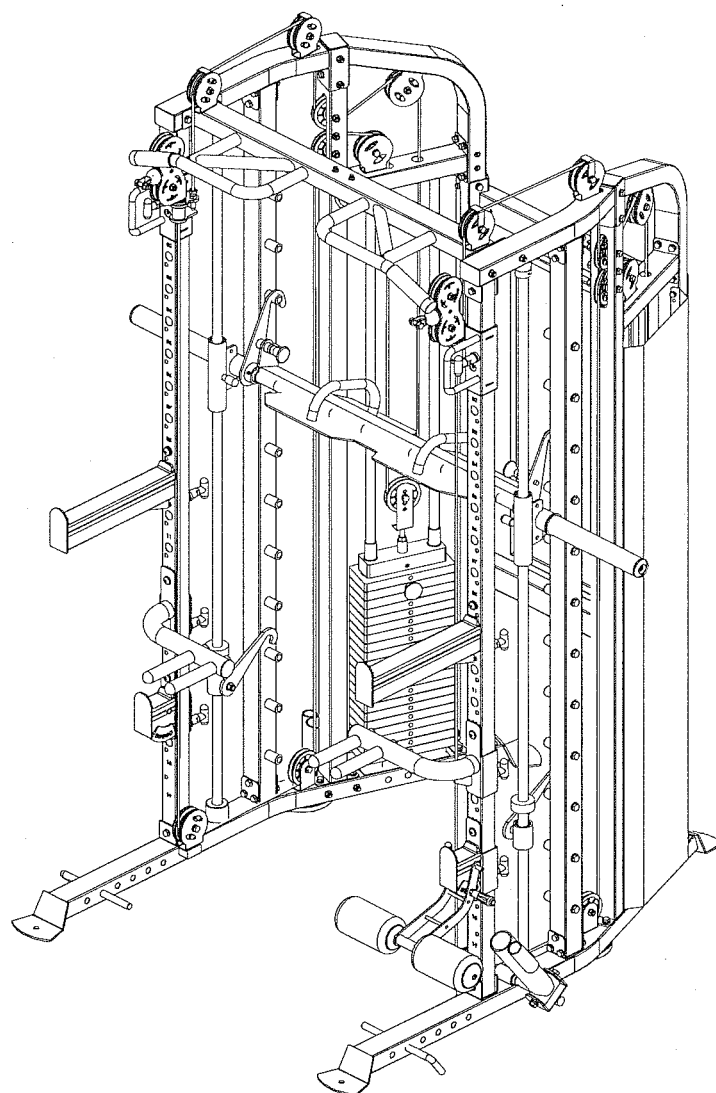


- 1 Fix barbell rod cup-42 fastening on the main frame using M10x90 hex bolt-19, $\Phi 10$ washer-7, M10 lock nut-8
- 2 Put core trainer-41 on the main frame
- 3 Fix weight plate cover-40 fastening on main frame using M8x16 hex bolt-43, $\Phi 8$ washer-44

Assembly step 10

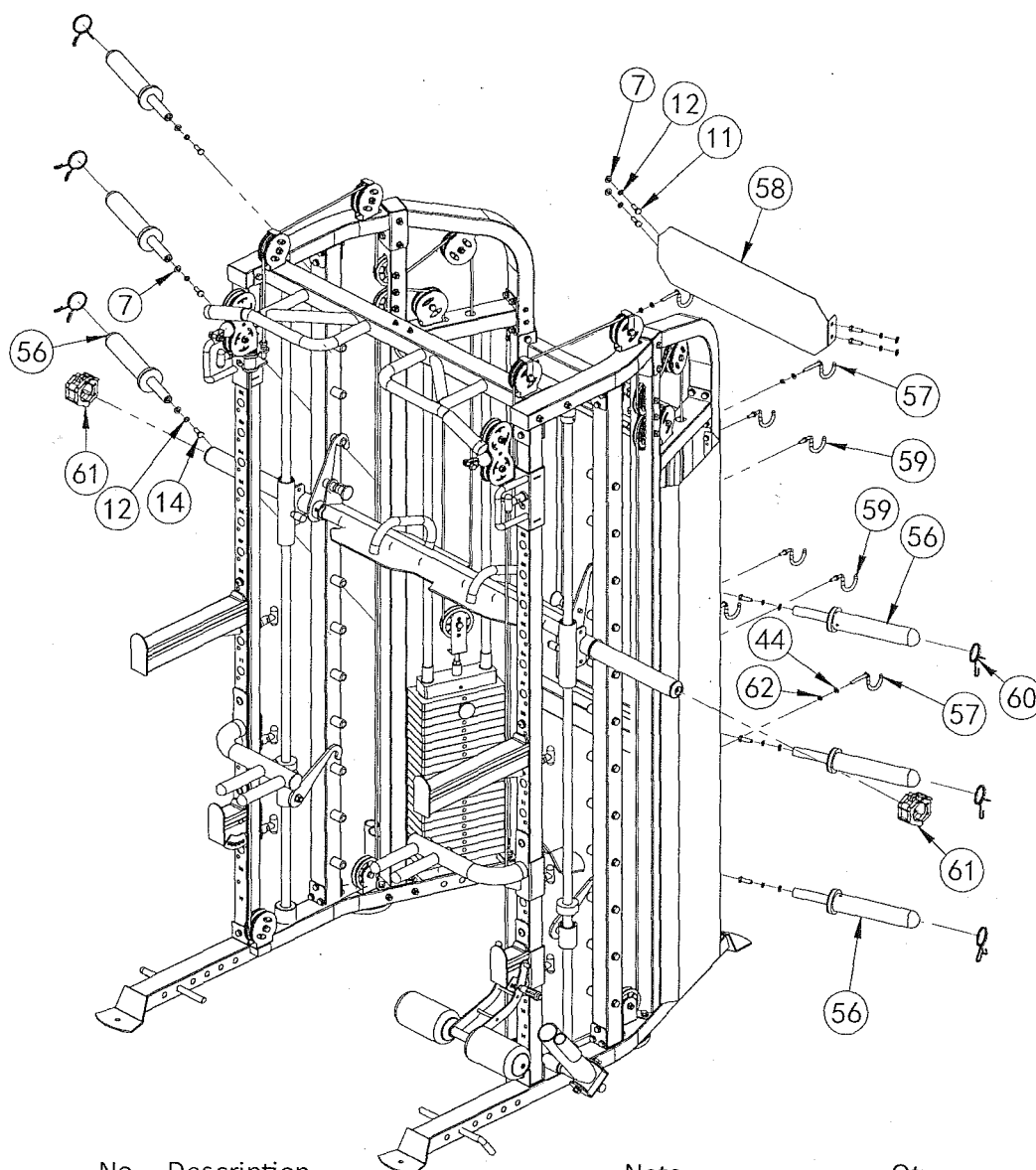


No.	Description	Note	Qty.
47	J hook left short		1
48	J hook right		1
49	J hook left		1
50	dip bar left		1
51	dip bar right		1
52	L shape pin		4
53	J hook right short		1
54	lat pull down roller		1
55	T shape pin	Φ10x100	1

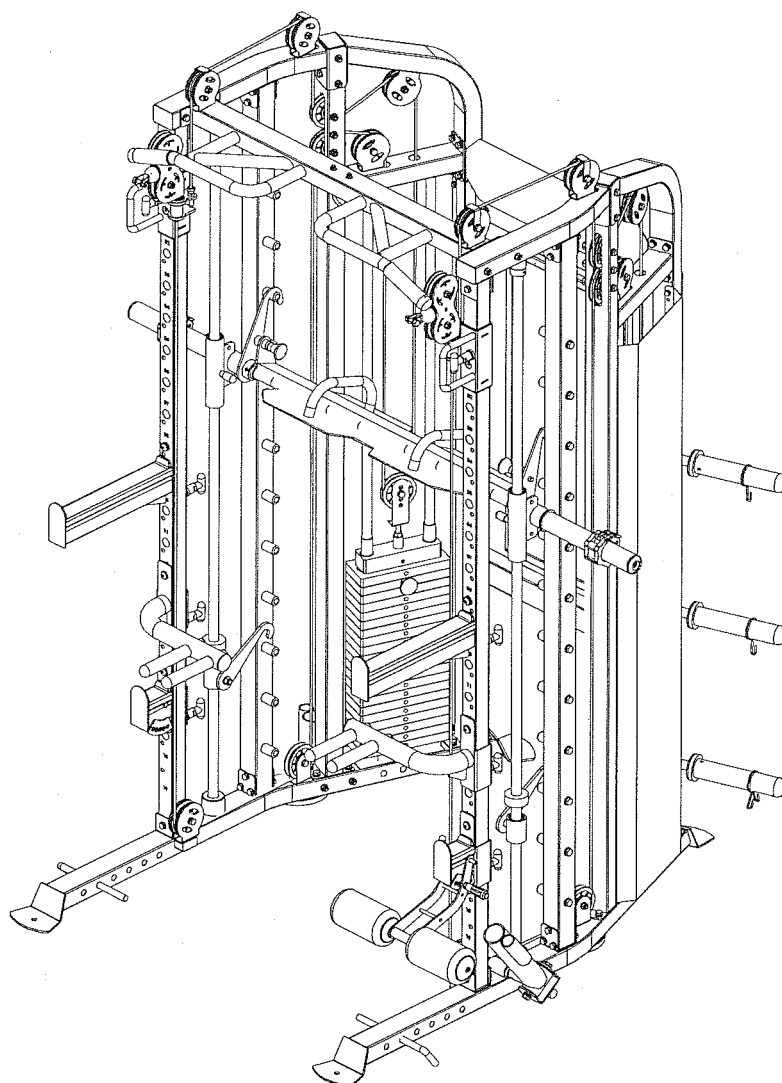


- 1 Connect lat pull down roller-54 and J hook right short-53 using T shape pin-55
- 2 Put the attached part on the machine

Assembly step 11

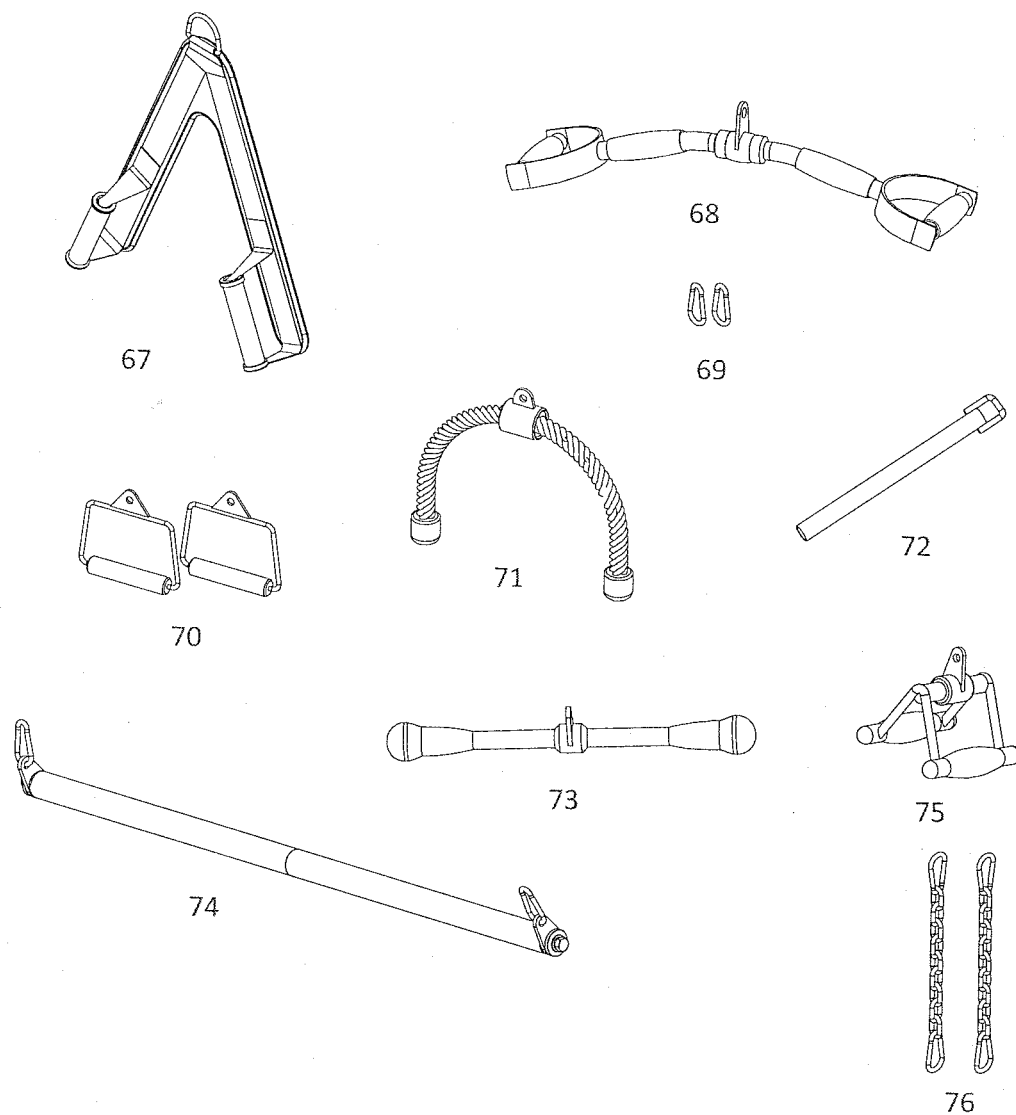


No.	Description	Note	Qty.
7	washer	Φ10	10
12	spring washer	Φ10	10
11	hex bolt	M10x30	10
44	washer	Φ8	4
56	barbell plate holder		6
57	hook		4
58	logo plate		1
59	hook short		4
60	spring collar		6
61	barbell rod ring		2
62	lock nut	M8	4



- 1 Fix barbell plate holder-56 fastening on main frame using M10x70 hex bolt-11, $\Phi 10$ washer-7, $\Phi 10$ spring washer-12
- 2 Put barbell rod ring-61 on the barbell rod
- 3 Fix logo plate-58 fastening on the main frame using M10x70 hex bolt-11, $\Phi 10$ washer-7, $\Phi 10$ spring washer-12
- 4 Install hook short-59 onto rotating plate-15
- 5 Fix hook-57 fastening on the connection frame-13 using $\Phi 8$ washer-44, M8 lock nut-62

Attachment Drawing



No.	Description	Note	Qty.
67	abdominal belt		1
68	lat pull down bar		1
69	snap hook		2
70	handle		2
71	triceps rope		1
72	function training bar short		1
73	shiver bar		1
74	function training bar		1
75	close grip rowing handle		1
76	section chain + snap hook x2		2



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.

