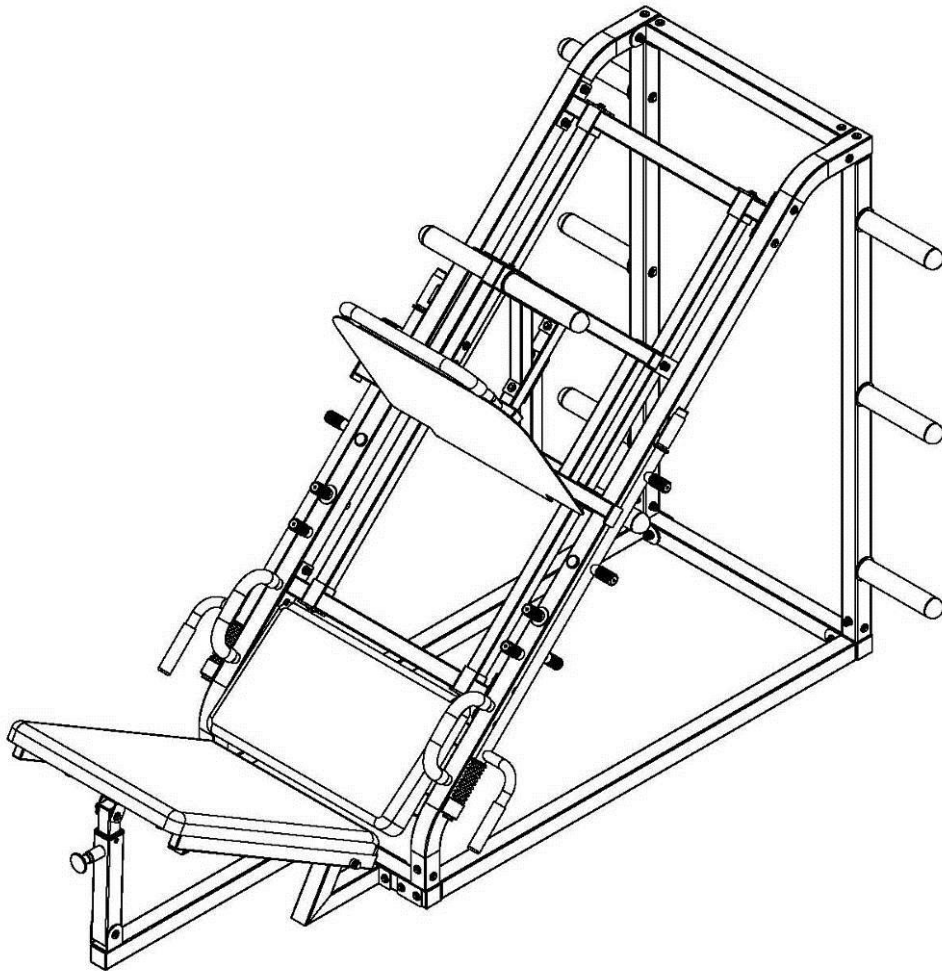


FORCE USA

OWNER'S MANUAL F-45LP

45 Degree Leg Press



CAUTION!

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

ASSEMBLY MANUAL

FORCE USA 45 DEGREE LEG PRESS

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.

Certain parts may arrive pre-assembled from the factory.

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.

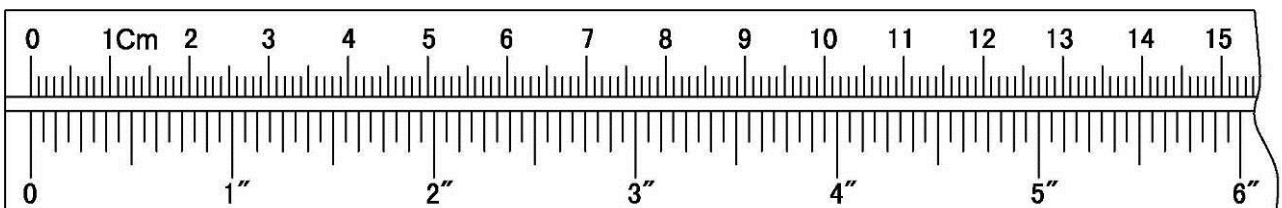
FORCE USA FITNESS EQUIPMENT ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

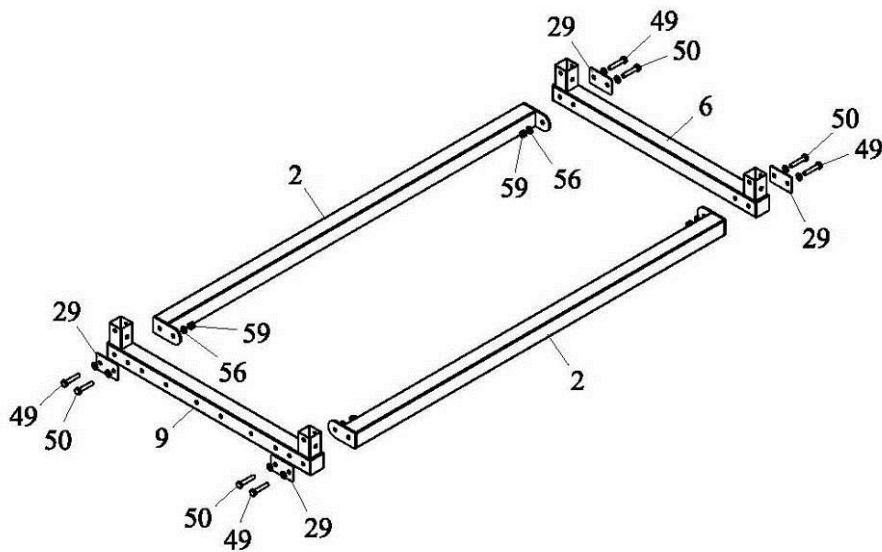
PART LIST

NUMBER	DESCRIPTION	Q'TY
1	UPRIGHT FRAME	2
2	MAIN BASE	2
3	RIGHT FRAME	1
4	LEFT FRAME	1
5	TOP FRAME	1
6	REAR BASE	1
7	GUIDE ROD SUPPORT	2
8	SEAT SUPPORT	1
9	FRONT BASE	1
10	MIDDLE BASE	1
11	SIDE BASE	2
12	TUBE HOLDER	1
13	ADJUSTABLE TUBE	1
14	BACKREST SUPPORT	1
15	GUIDE ROD	2
16	FOOT PLATE	1
17	SLIDE SUPPORT	1
18	TOP WEIGHT SUPPORT	1
19	DOWN WEIGHT SUPPORT	1
20	RIGHT HOLDER BAR	1
21	LEFT HOLDER BAR	1
22	ASSEMBLY BLOCK	2
23	LARGE HANDLE BAR	1
24	HANDLE BAR	2
25	WEIGHT PLATE BAR	6
26	PLATE ADAPTER	10
27	LONG WEIGHT PLATE BAR	2
28	HOLD PIN	2
29	SMALL REINFORCEMENT PLATE	4
30	REINFORCEMENT PLATE	3
31	SPRING	2

NUMBER	DESCRIPTION	Q'TY
32	BEARING SLEEVE	16
33	WHEEL	8
34		
35	ROUND PLUG	10
36	BACKREST CUSHION	1
37	SEAT CUSHION	1
38	FAST PIN	1
39	BOLT M8*25	2
40	BOLT M8*40	6
41	BOLT M8*45	4
42	BOLT M8*70	4
43	BOLT M10*105	4
44	BOLT M10*20	6
45	M10*25 SOCKET CAP SCREW	10
46	BOLT M10*55	4
47	BOLT M10*60	8
48	BOLT M10*65	9
49	BOLT M10*70	22
50	BOLT M10*75	11
51	TWO HEAD THREAD BOLT M10*110	4
52	BOLT M10*125	2
53	BOLT M12*20	6
54	BOLT M12*30	4
55	WASHER 8	18
56	WASHER 10	126
57	WASHER 12	10
58	LOCK NUT M8	4
59	LOCK NUT M10	58
60	NUT M10	2
61	WASHER 10 (BLACK)	10

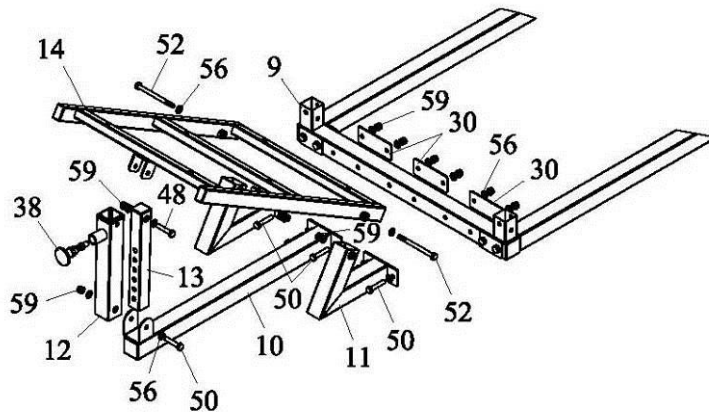


STEP 01



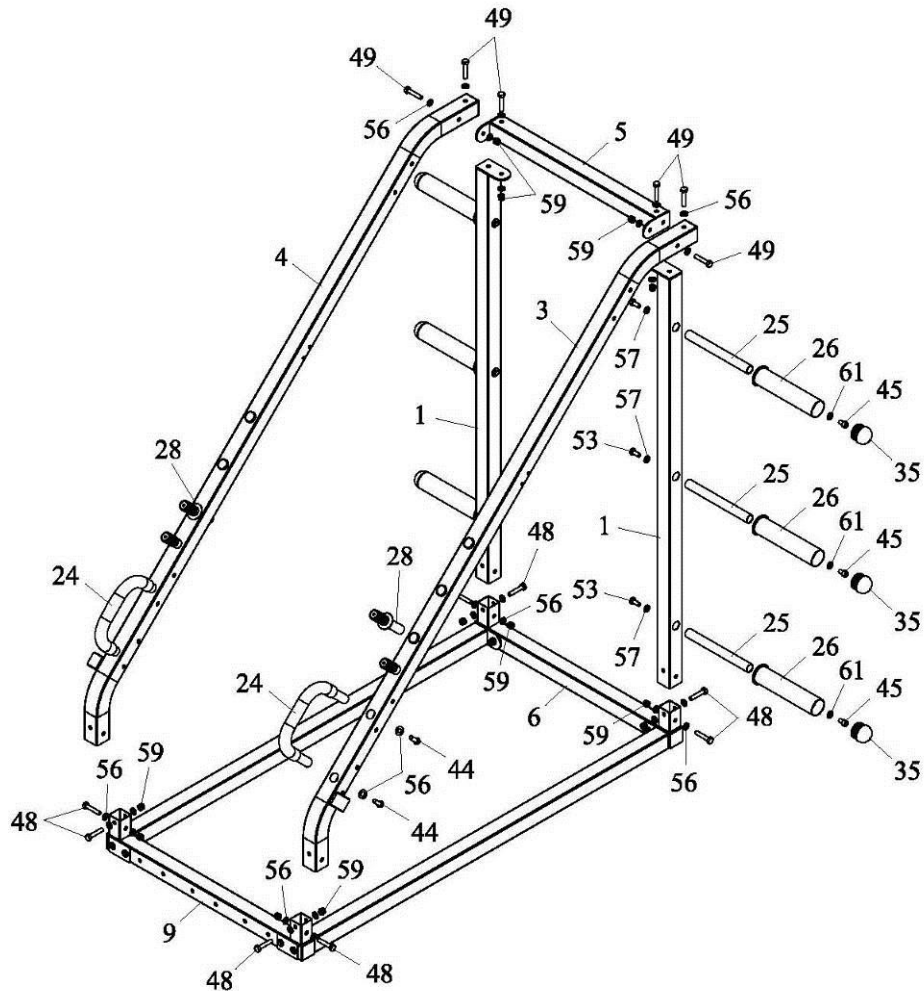
1. Attach front base (9) and two small reinforcement plates (29) to main base (2) with two bolts M10*70 (49), two bolts M10*75 (50), six washers 10 (56) and two lock nuts M10 (59).
2. Attach rear base (6) and two small reinforcement plates (29) to the other side of main base (2) with two bolts M10*70 (49), two bolts M10*75 (50), six washers 10 (56) and two lock nuts M10 (59).

STEP 02



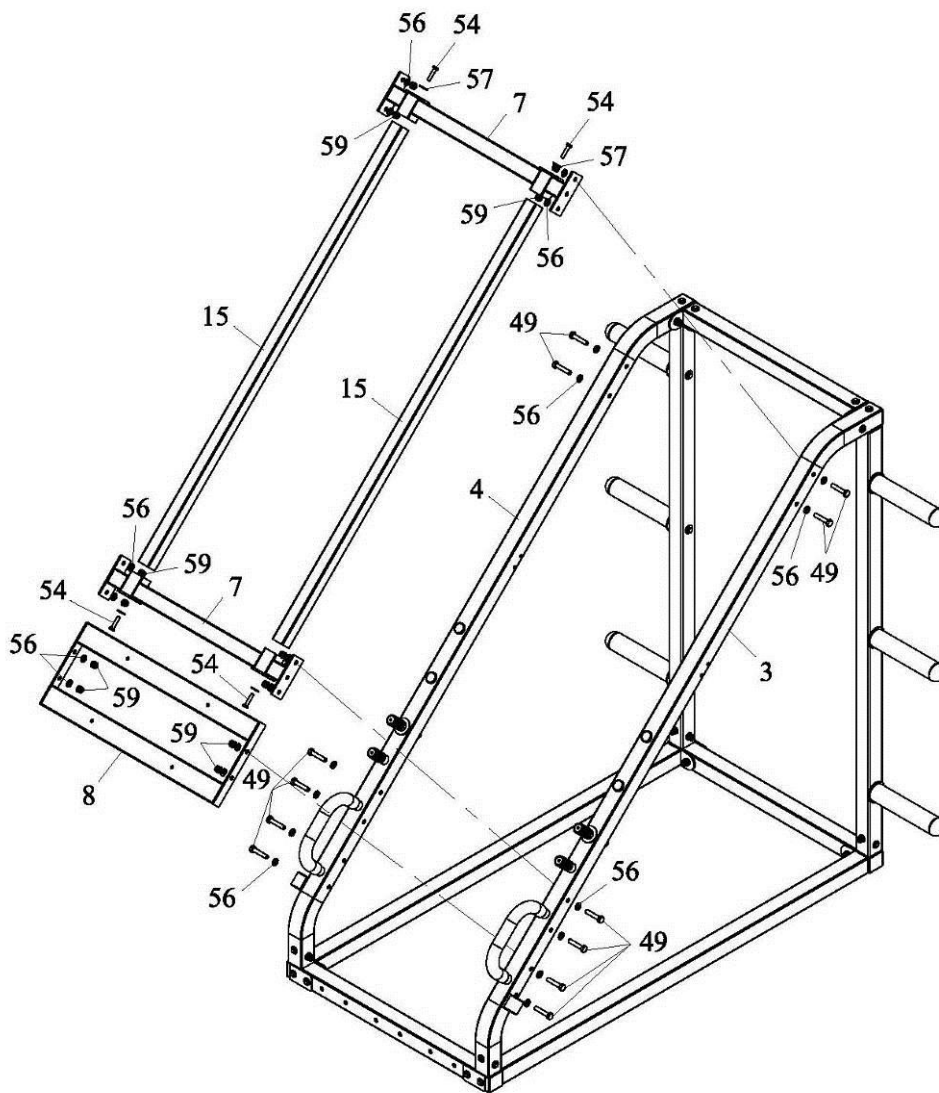
1. Attach middle base (10), two side bases (11) and three reinforcement plates (30) to front base (9) with six bolts M10*75 (50), twelve washers 10 (56) and six lock nuts M10 (59).
2. Attach backrest support (14) to two side bases (11) with two bolts M10*125 (52), four washers 10 (56) and two lock nuts M10 (59).
3. Attach tube holder (12) to middle base (10) with bolt M10*75 (50), two washers 10 (56) and lock nut M10 (59).
4. Insert adjustable tube (13) into port of tube holder (12) and secure with fast pin (38).
5. Attach adjustable tube (13) to backrest support (14) with bolt M10*65 (48), two washers 10 (56) and lock nut M10 (59).

STEP 03



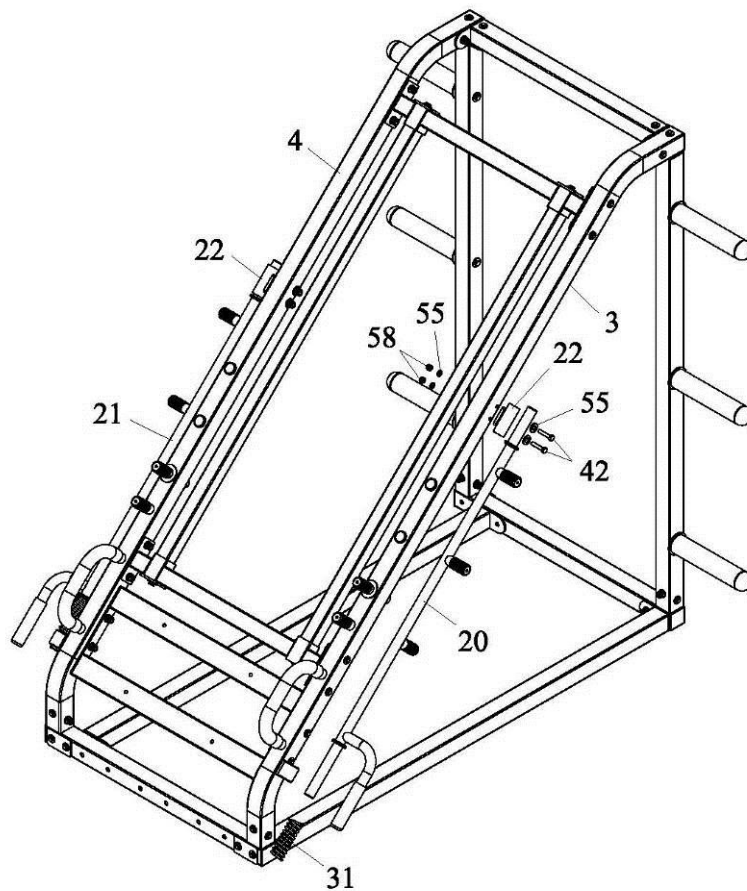
1. Attach two upright frames (1) to rear base (6) with four bolts M10*65 (48), eight washers 10 (56) and four lock nuts M10 (59).
2. Attach right and left frame (3, 4) to front base (9) with four bolts M10*65 (48), eight washers 10 (56) and four lock nuts M10 (59).
3. Attach right and left frame (3, 4) to two upright frames (1) with two bolts M10*70 (49) and two washers 10 (56).
4. Attach top frame (5) to two upright frames (1) with two bolts M10*70 (49), four washers 10 (56) and two lock nuts M10 (59).
5. Attach top frame (5) to right and left frame (3, 4) with two bolts M10*70 (49), four washers 10 (56) and two lock nuts M10 (59).
6. Attach handle bar (24) to right and left frame (3, 4) with four bolts M10*20 (44) and four washers 10 (56). Insert hold pin (28) into hole of right and left frame (3, 4).
7. Attach weight plate bars (25) to upright frames (1) with six bolts M12*20 (53) and six washers 12 (57).
8. Attach plate adapter (26) to weight plate bars (25) with six bolts M10*25 (45) and six black washers 10 (61). Insert round plug (35) into plate adapter (26).

STEP 04



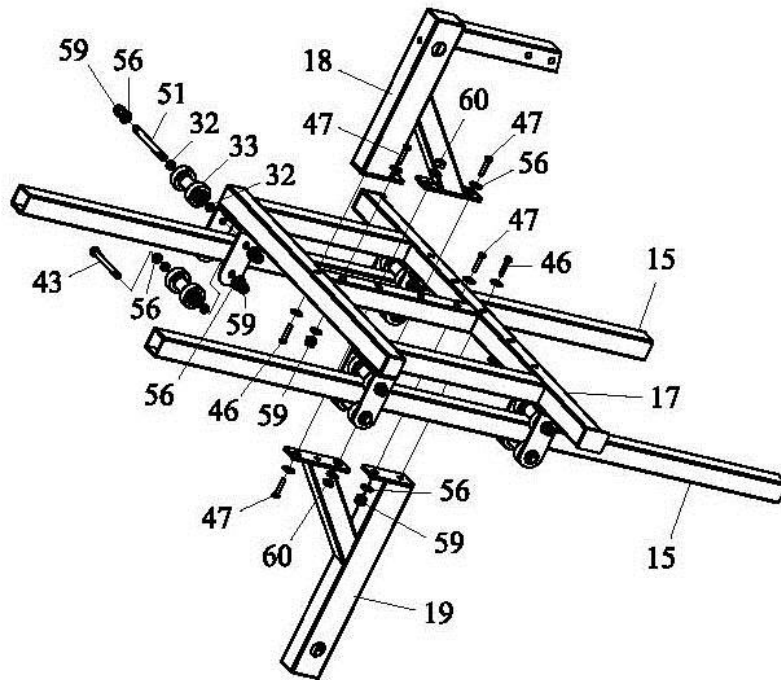
1. Attach seat support (8) to right and left frame (3, 4) with four bolts M10*70 (49), eight washers 10 (56) and four lock nuts M10 (59).
2. Attach one guide rod support (7) to down hole of right and left frame (3, 4) with four bolts M10*70 (49), eight washers 10 (56) and four lock nuts M10 (59).
3. Attach two guide rods (15) to guide rod support (7) with two bolts M12*30 (54) and two washers 12 (57).
4. Attach the other guide rod support (7) to right and left frame (3, 4) with four bolts M10*70 (49), eight washers 10 (56) and four lock nuts M10 (59).
5. Attach guide rod support (7) to guide rods (15) with two bolts M12*30 (54) and two washers 12 (57).

STEP 05



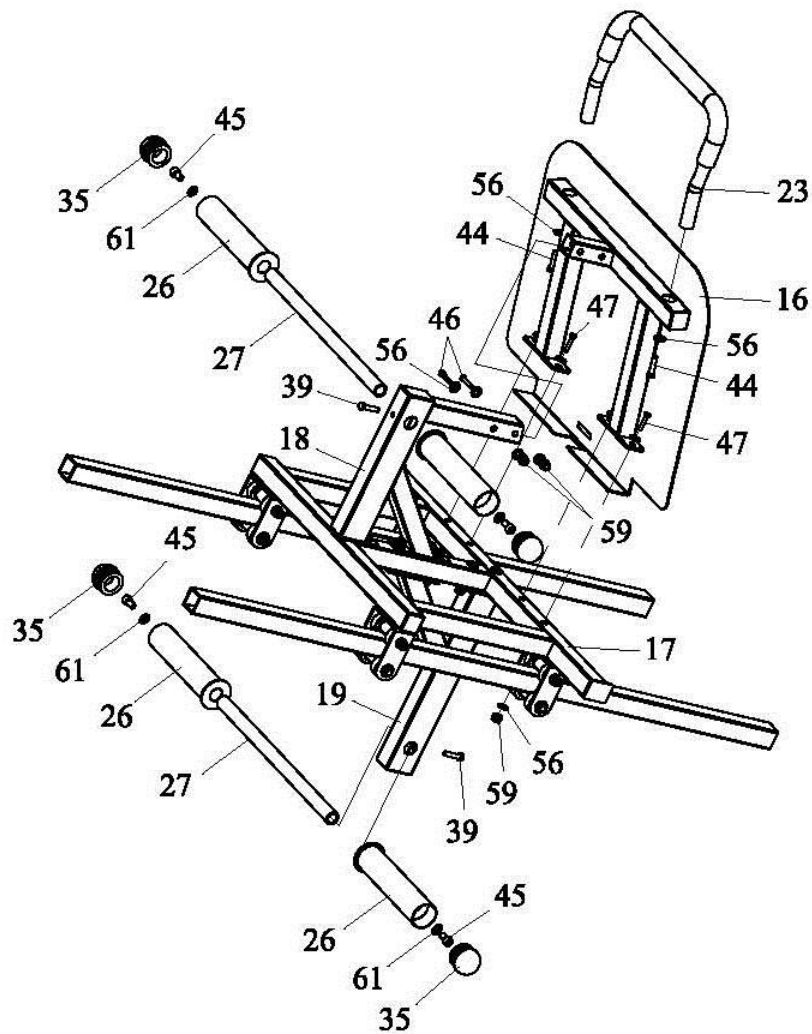
1. Insert right holder bar (20) into spring (31) and tube on right frame (3).
2. Slide assembly block (22) onto the other side of right holder bar (20).
3. Attach assembly block (22) to right frame (3) with two bolts M8*70 (42), four washers 8 (55) and two lock nuts M8 (58).
4. The left side is the same assembly steps as right side.

STEP 06



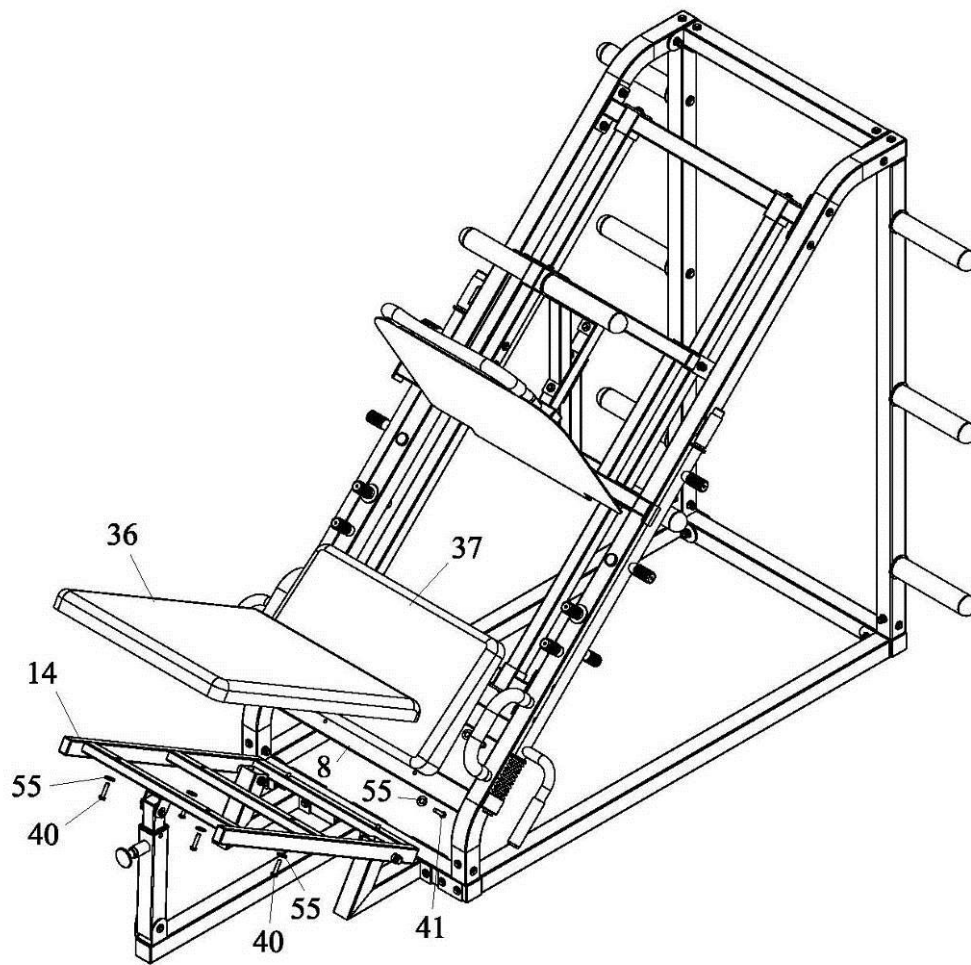
1. Attach four wheels (33) to inside holes of slide support (17) with eight bearing sleeves (32), four two head thread bolt M10*110 (51), eight washers 10 (56) and eight lock nuts M10 (59).
2. Put slide support (17) to two guide rods (15).
3. Attach four wheels (33) to outside holes of slide support (17) with eight bearing sleeves (32), four bolts M10*105 (43), eight washers 10 (56) and four lock nuts M10 (59).
4. Attach top weight support (18) and down weight support (19) to slide support (17) with two bolts M10*55 (46), four bolts M10*60 (47), ten washers 10 (56), two lock nuts M10 (59) and two nuts M10 (60).

STEP 07

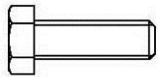


1. Attach foot plate (16) to top weight support (18) with two bolts M10*55 (46), four washers 10 (56) and two lock nuts M10 (59).
2. Attach foot plate (16) to slice support (17) with four bolts M10*60 (47), eight washers 10 (56) and four lock nuts M10 (59).
3. Attach large handle bar (23) to foot plate (16) with two bolts M10*20 (44) and two washers 10 (56).
4. Insert long weight plate bar (27) into hole of top weight support (18) and down weight support (19), secure with two bolts M8*25 (39).
5. Attach plate adapter (26) to long weight plate bar (27) with four bolts M10*25 (45) and four black washers 10 (61). Insert round plug (35) into port of plate adapter (26).

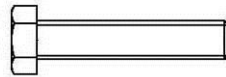
STEP 08



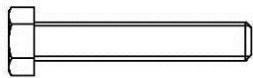
1. Attach seat cushion (37) to seat support (8) with four bolts M8*45 (41) and four washers 8 (55).
2. Attach backrest cushion (36) to backrest support (14) with six bolts M8*40 (40) and six washers 8 (55).



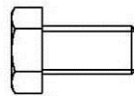
#39 M8 × 25 Bolt (Qty 2)



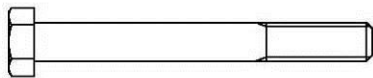
#40 M8 × 40 Bolt (Qty 6)



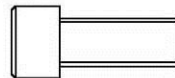
#41 M8 × 45 Bolt (Qty 4)



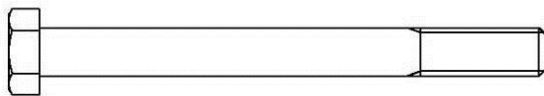
#44 M10 × 20 Bolt (Qty 6)



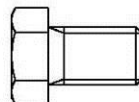
#42 M8 × 70 Bolt (Qty 4)



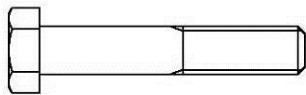
#45 M10 × 25 Socket Cap Screw (Qty 10)



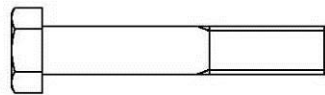
#43 M10 × 105 Bolt (Qty 4)



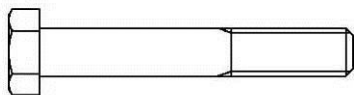
#53 M12 × 20 Bolt (Qty 6)



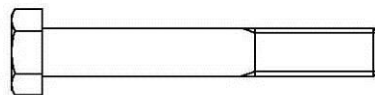
#46 M10 × 55 Bolt (Qty 4)



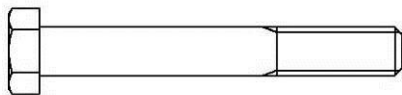
#47 M10 × 60 Bolt (Qty 8)



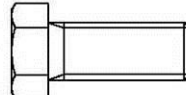
#48 M10 × 65 Bolt (Qty 9)



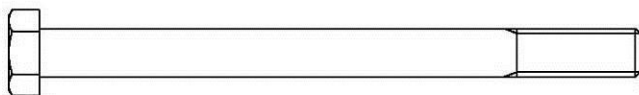
#49 M10 × 70 Bolt (Qty 22)



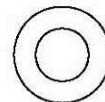
#50 M10 × 75 Bolt (Qty 11)



#54 M12 × 30 Bolt (Qty 4)



#52 M10 × 125 Bolt (Qty 2)



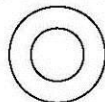
#61 Black Washer 10 (Qty 10)



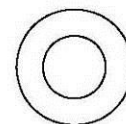
#51 M10 × 110 Two Head Thread Bolt (Qty 4)



#55 Washer 8 (Qty 18)



#56 Washer 10 (Qty 126)



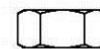
#57 Washer 12 (Qty 10)



#58 M8 Lock Nut (Qty 4)



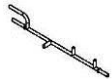
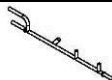


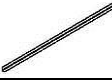
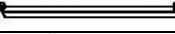

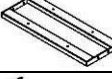
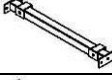







#59 M10 Lock Nut (Qty 58)















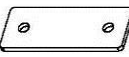

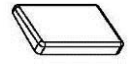





#60 M10 Nut (Qty 2)

PACKING DETAILS

CARTON NO.	PART DESCRIPTION	PART NO.	VIEW	QUANTITY
CARTON 1	RIGHT FRAME	#3		1
	LEFT FRAME	#4		1
	RIGHT HOLDER BAR	#20		1
	LEFT HOLDER BAR	#21		1
	ASSEMBLY BLOCK	#22		2
	SPRING	#31		2
	GUIDE ROD	#15		2
CARTON 2	MAIN BASE	#2		2
	TOP FRAME	#5		1
	SEAT SUPPORT	#8		1
	GUIDE ROD SUPPORT	#7		2
	MIDDLE BASE	#10		1
	TUBE HOLDER	#12		1
	ADJUSTABLE TUBE	#13		1
	WEIGHT PLATE BAR	#25		6
	PLATE ADAPTER	#26		6

PACKING DETAILS

CARTON NO.	PART DESCRIPTION	PART NO.	VIEW	QUANTITY
CARTON 3	SIDE BASE	#11		2
	BACKREST SUPPORT	#14		1
	FOOT PLATE	#16		1
	SLIDE SUPPORT	#17		1
	TOP WEIGHT SUPPORT	#18		1
	DOWN WEIGHT SUPPORT	#19		1
	LARGE HANDLE BAR	#23		1
	FRONT BASE	#9		1
	REAR BASE	#6		1
CARTON 4	HANDLE BAR	#24		2
	LONG WEIGHT PLATE BAR	#27		2
	PLATE ADAPTER	#26		4
	HOLD PIN	#28		2
	SMALL REINFORCEMENT PLATE	#29		4
	REINFORCEMENT PLATE	#30		3
	BACKREST CUSHION	#36		1
	SEAT CUSHION	#37		1
	BLISTER PACKAGE OF SCREWS			2
	MANUAL			1
	VASELINE BAG			1
SMALL PARTS BAG			1	
CARTON 5	UPRIGHT FRAME	#1		2



LIFETIME WARRANTY ON FRAME

2 YEAR WARRANTY ON MOVING PARTS (Such as cables and pulleys)

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.