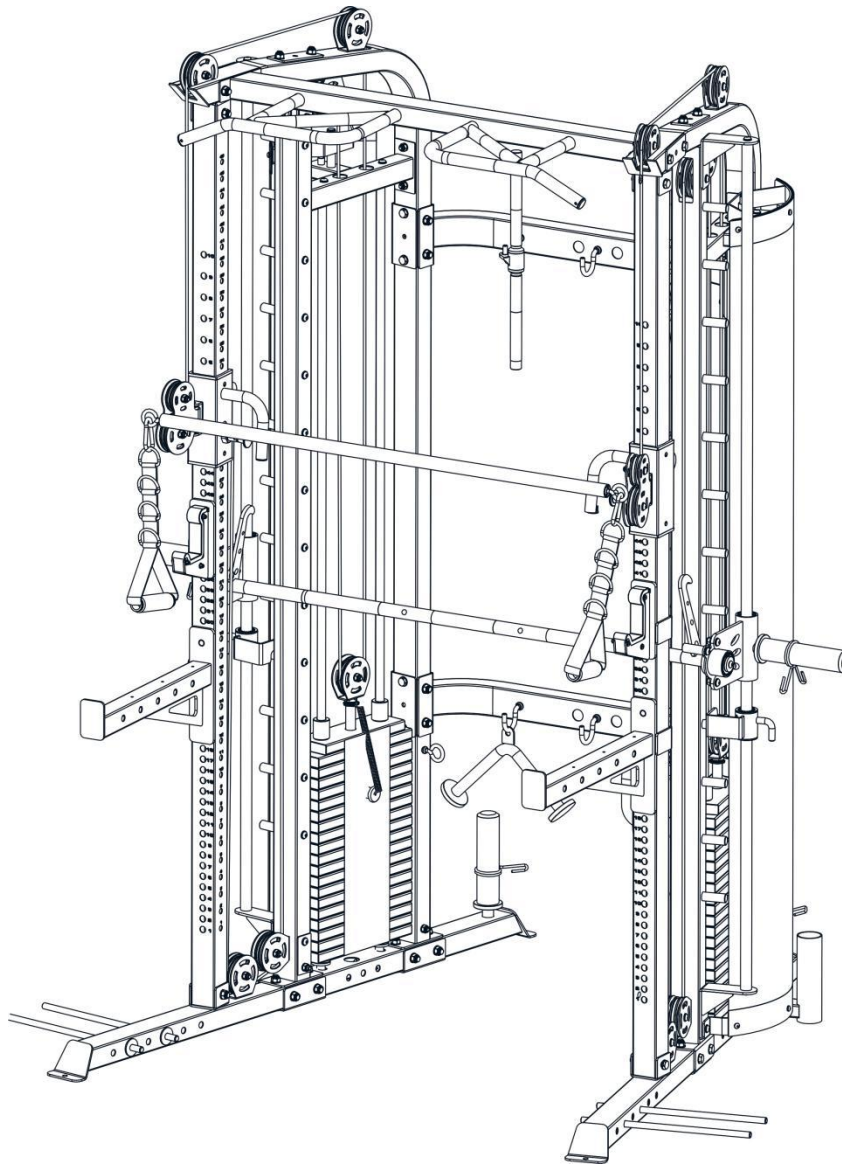


FORCE^{USA}

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**

ASSEMBLY MANUAL

FORCE USA F-G6

BEFORE YOU START

Remove all parts from the packaging then 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.

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.

Parts list

Key No.	Description of part	Quantity
1#	right stabilizer	1
2#	right rear vertical frame	1
3#	left upper frame	1
4#	short connection frame	2
5#	right center vertical frame	1
6#	right front vertical frame	1
7#	Right moving frame	1
8#	cross beam	2
9#	L shape bracket	8
10#	upper connection frame	1
11#	weight plate holder	2
12#	pulley bracket	2
13#	barbell holder	2
14#	left chin up bar	1
15#	J-shape hook	6
16#	guide rod	4
17#	selector rod	2
18#	round hook	4
19#	barbell holder	28
20#	triangle bracket	4
21#	solid guide rod	2
22#	bearing frame	2
23#	bearing house	1
24#	barbell	1
25#	Left hook	1
26#	pin	4

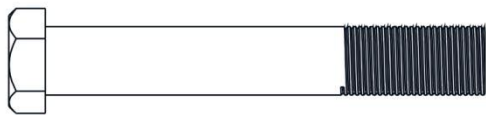
27#	bracket	4
28#	Push bar	1
29#	Weight plate cover bottom bracket	2
30#	Weight plate cover upper bracket	2
31#	left rear vertical frame	1
32#	weight stack inner bracket	4
33#	weight stack cover	2
34#	Left stabilizer	1
35#	light upper frame	1
36#	left center vertical frame	1
37#	right chin up bar	1
38#	pulley bracket	2
39#	Right safety bar	1
40#	Left bearing house	1
41#	bracket	4
42#	left front vertical frame	1
43#	Bracket fixing frame	2
44#	Left safety bar	1
45#	right safety bar	1
46#	Left crunch	1
47#	Right crunch	1
48#	Left moving frame	1
49#	adjustable washer	4
50#	LOGO board	1
51#	big hook	1
52#	Spring collar cover	8
53#	Lock pin	2
54#	weight stem	4

55#	weight plate	38
56#	Plastic guide	4
57#	Weight stem	2
58#	Bearing	4
59#	bearing	4
60#	□75×□60 sleeve	4
61#	pulley	16
62#	pulley	2
63#	7# Carabiner	2
64#	Adjustable single strap	2
65#	L=8270 cable	2
66#	Bushing	4
67#	Bearing	2
68#	V shape handle	1
69#	ankle strap	1
70#	Shiver bar	1
71#	triceps rope	1
72#	Rubber bumper	2
73#	M12×75 Hex bolt	20
74#	φ 12 washer	90
75#	M12 Aircraft nut	44
76#	M12×95 Hex bolt	16
77#	M12×100 Hex bolt	4
78#	φ 10 washer	118
79#	M10×25 Allen bolt	30
80#	φ 6 washer	36
81#	M6×15 Allen bolt	12
82#	M6 Aircraft nut	18

83#	Big washer	4
84#	M12×85 Hex bolt	4
85#	M10×100 Allen bolt	2
86#	M10×95 Allen bolt	8
87#	M10 Aircraft nut	40
88#	M10×50 Allen bolt	16
89#	M10×85 Allen bolt	26
90#	M10×70 Allen bolt	4
91#	M10×60 Allen bolt	2
92#	M6×43 Allen bolt	6
93#	φ 25×2 End cap	2
94#	M10*25 Sunk bolt	4
95#	M12×90 Hex bolt	2
96#	φ 10×80 pin	2
97#	φ 40 bead flange	4
98#	φ 26 bead flange	2
99#	φ 19×1.5 End cap	4
100#	Rubber bumper	2
101#	M10×45 Allen bolt	2
102#	Long sleeve	2
103#	φ 50× φ 26.5×200 sleeve	2
104#	φ 49 spring collar	4

HARDWARE IDENTIFIER

Note: The following parts are not drawn to scale, Please use your own ruler to measure the size.



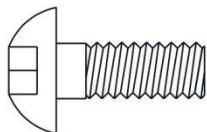
73 M12 x 75mm HexBolt 20PCS



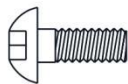
76 M12 x 95mm HexBolt 16PCS



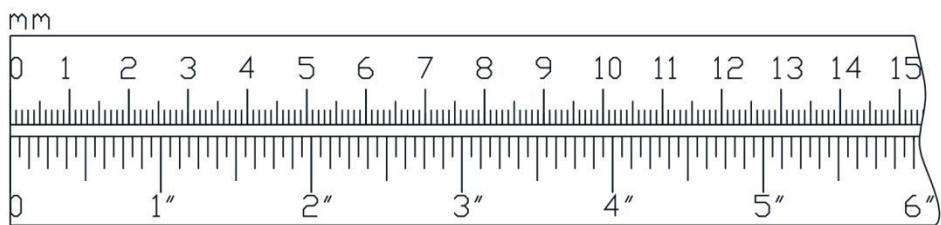
77 M12 x 100mm HexBolt 4PCS



79 M10 x 25 mm Allen Bolt 30PCS



81 M6 x 15 mm Allen Bolt 16PCS





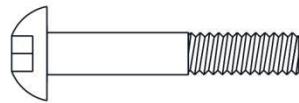
⑧④ M12 x 85mm HexBolt 4PCS



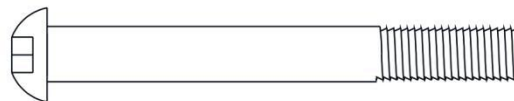
⑧⑤ M10X100mm Allen Bolt 2PCS



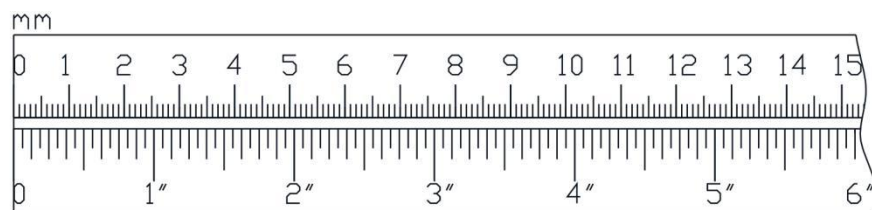
⑧⑥ M10X95mm Allen Bolt 8PCS



⑧⑧ M10 x 50 MM Allen Bolt 16PCS

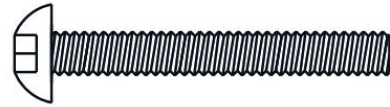


⑧⑨ M10X85mm Allen Bolt 26PCS

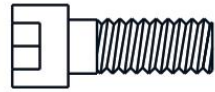




⑨⑩ M10X70mm Allen Bolt 4PCS



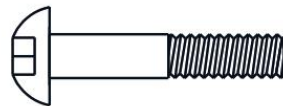
⑨① M10X60mm Allen Bolt 2PCS



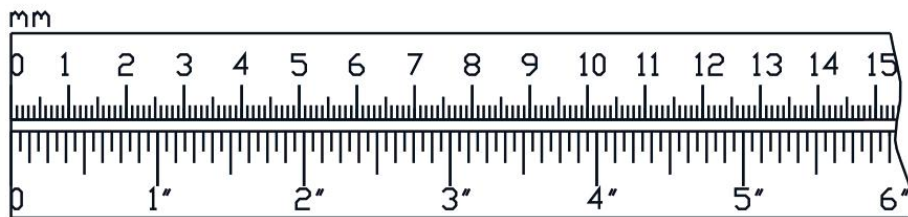
⑨④ M10x25 MM Sunk Bolt 4PCS

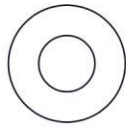


⑨⑤ M12X90MM Hex Bolt 2PCS

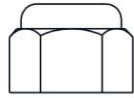


⑩① M10 x 45 MM Allen Bolt 2PCS

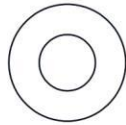




74) $\varnothing 12\text{mm}$ Washer 90PCS



75) M12 Aircraft Nut 44PCS



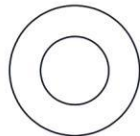
78) $\varnothing 10\text{mm}$ Washer 118PCS



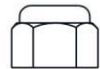
80) $\varnothing 6\text{mm}$ Washer 24PCS



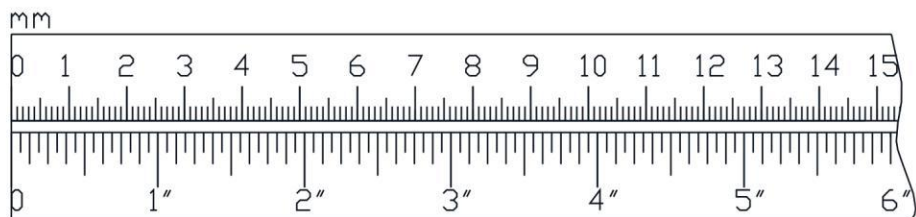
82) M6 Aircraft Nut 12 PCS



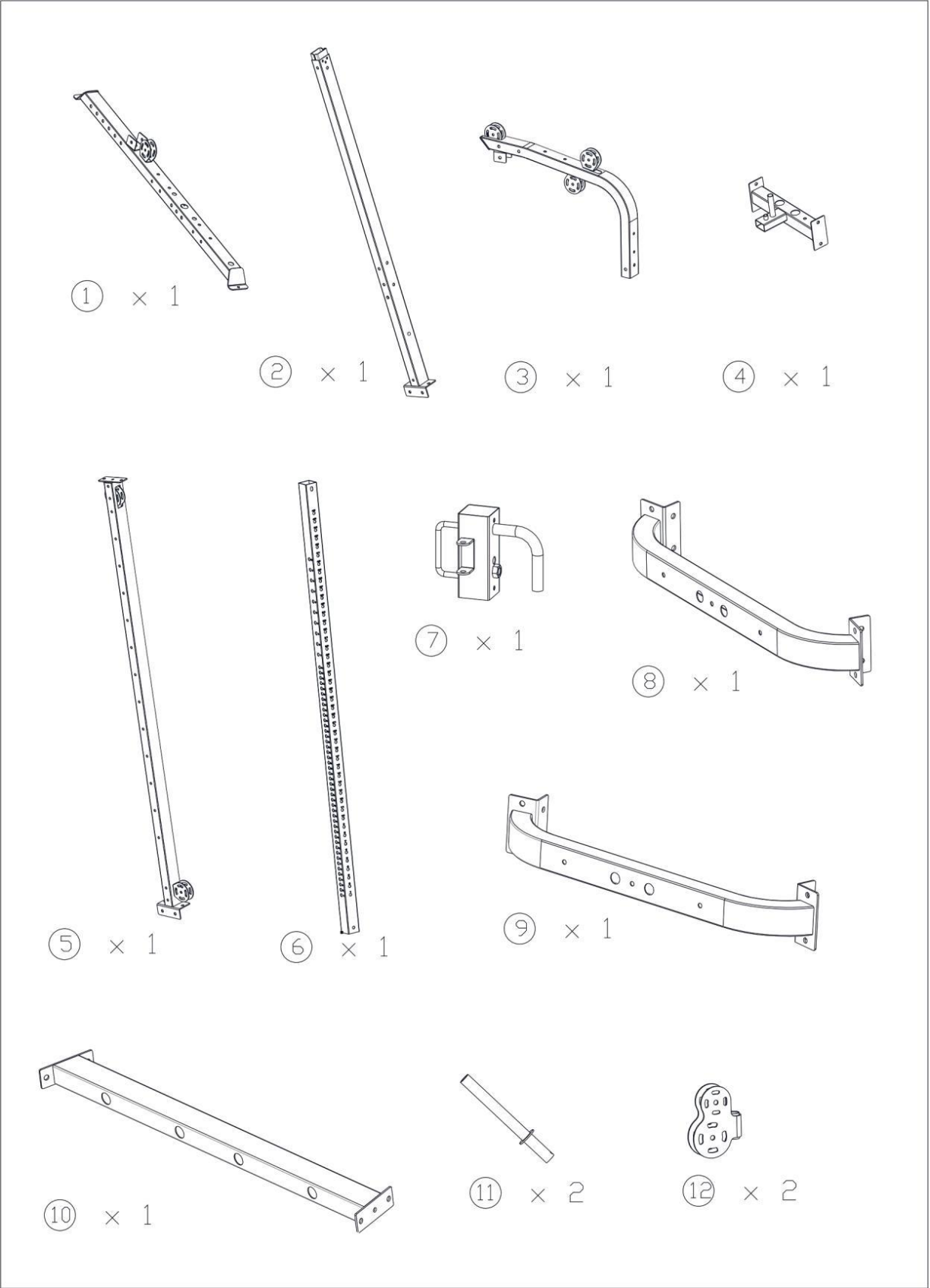
83) $\varnothing 25 \times \varnothing 11\text{mm}$ Washer 4PCS



87) M10 Aircraft Nut 40PCS

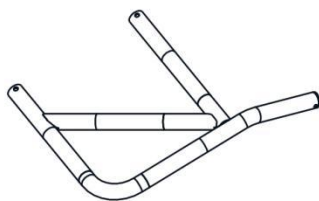


COMPONENT





⑬ × 2



⑭ × 1



⑮ × 6



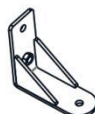
⑰ × 1



⑱ × 4



⑲ × 28



⑳ × 4



⑰ × 2



㉑ × 2



㉒ × 2



㉓ × 1



㉔ × 1



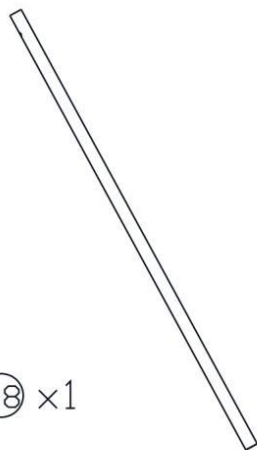
㉕ × 1



㉖ × 4



②⑦ × 4



②⑧ × 1



②⑨ × 2



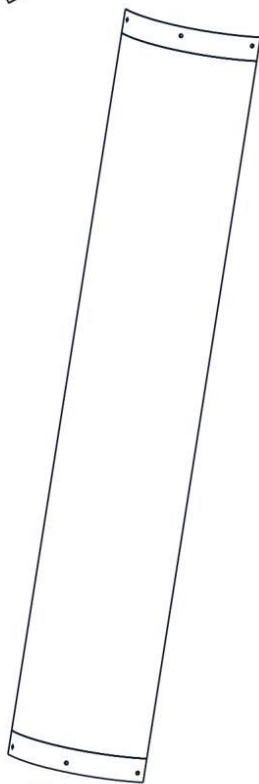
③⑩ × 2



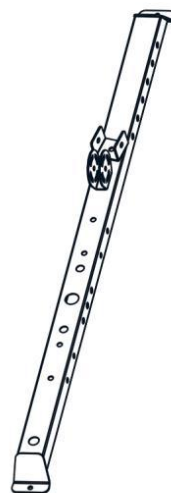
③① × 1



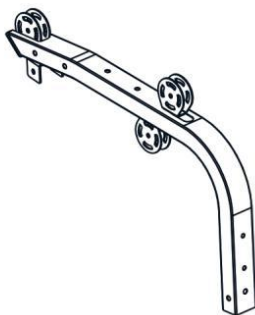
③② × 4



③③ × 2



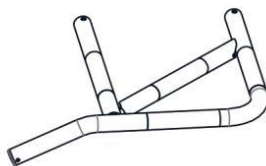
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③⑤ × 1



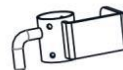
③⑥ × 1



③⑦ × 1



③⑧ × 1



③⑨ × 1



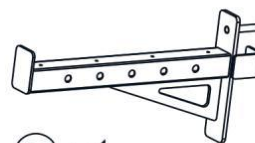
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④① × 4

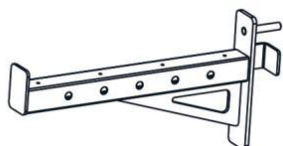


④③ × 1



④④ × 1

④② × 1



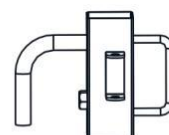
④⑤ × 1



④⑥ × 1



④⑦ × 1



④⑧ × 1



④⑨ × 2



⑤⑩ × 1



⑤① × 1



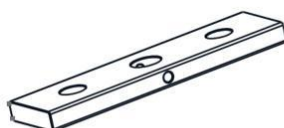
⑤② × 4



⑤③ × 2



⑤④ × 4



⑤⑤ × 38



⑤⑥ × 4



⑤⑦ × 2



⑥① × 16



⑥② × 2



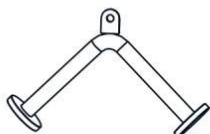
⑥③ × 2



⑥④ × 2



⑥⑤ × 2



⑥⑧ × 1



⑥⑨ × 1



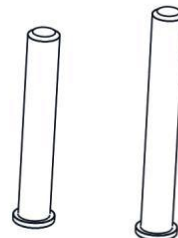
⑦⑩ × 1



⑦① × 1



⑨⑥ × 1



⑩② × 2



⑩③ × 2

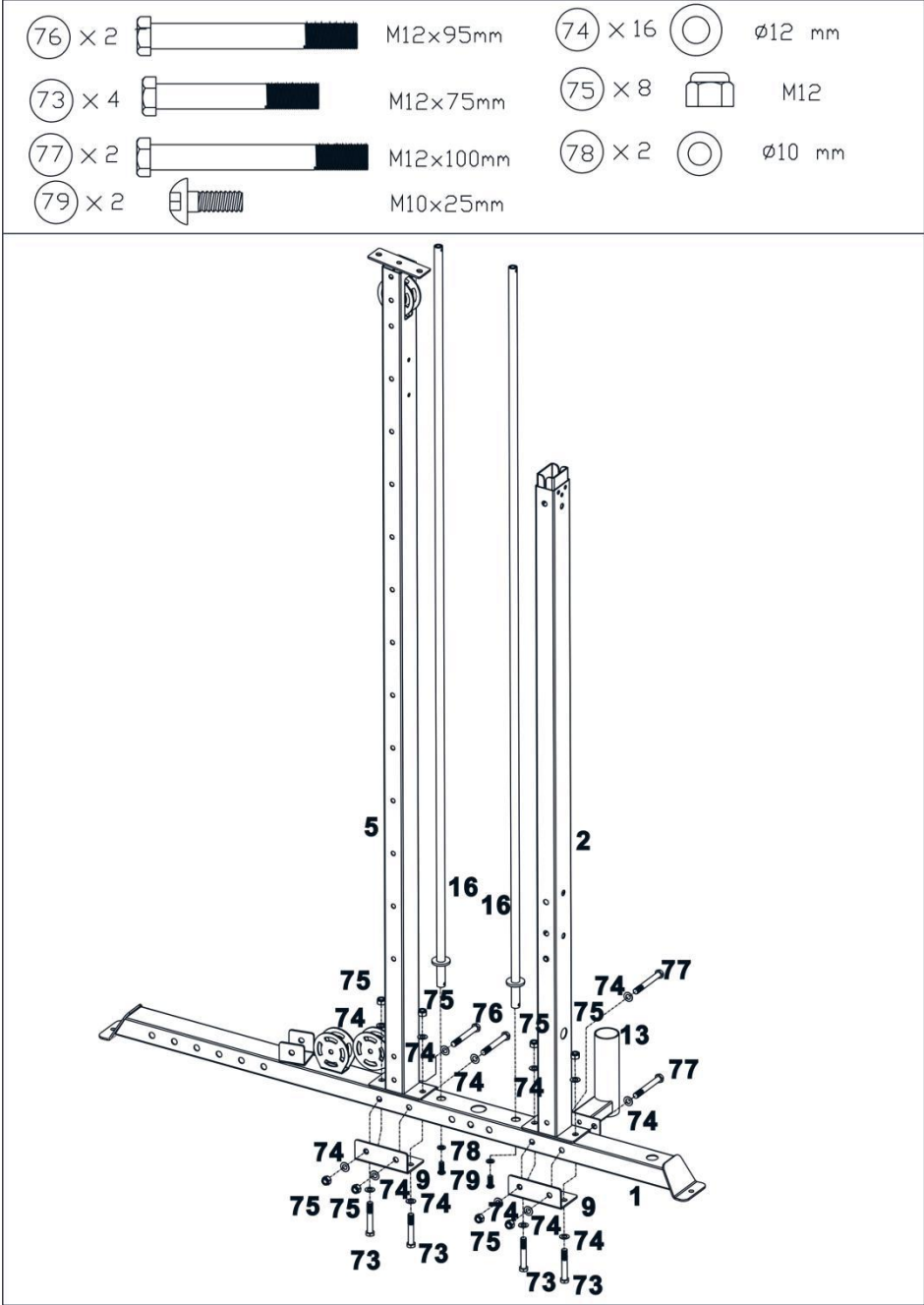
ASSEMBLY INSTRUCTION

Step 1

A. Attach the right center vertical frame(5#) onto the right stabilizer(1#), Secure them with 1 pc L shape bracket(9#), 2pcs M12*75 Hex bolt(73#), 2pcs M12*95 Hex bolt(76#), 8pcs ϕ 12 washer (74#), 4pcs M12 Aircraft nut (75#).

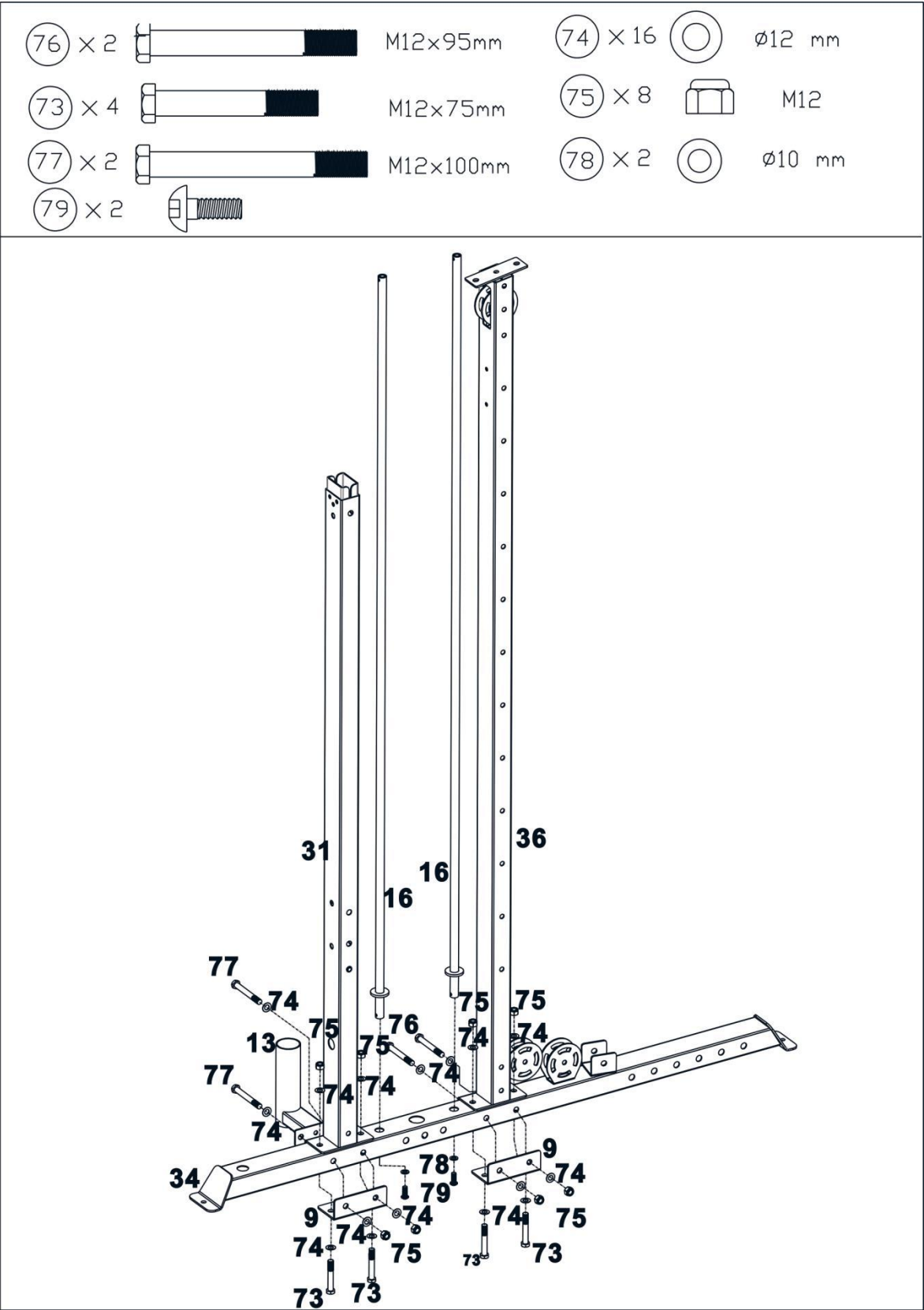
B. Attach the right rear vertical frame(2#) onto the right stabilizer(1#), Secure them together with the barbell holder(13#) together, with the same way in A and using 1 pc L shape bracket(9#), 2pcs M12*75 Hex bolt(73#), 2pcs M12*100 Hex bolt(77#), 8pcs ϕ 12 washer (74#), 4pcs M12 Aircraft nut (75#).

C. Insert the 2 pcs guide rods(16#) into the holes and secure them with 2pcs ϕ 10 washer(78#), 2pcs M10*25 Allen bolt (79#).



Step2

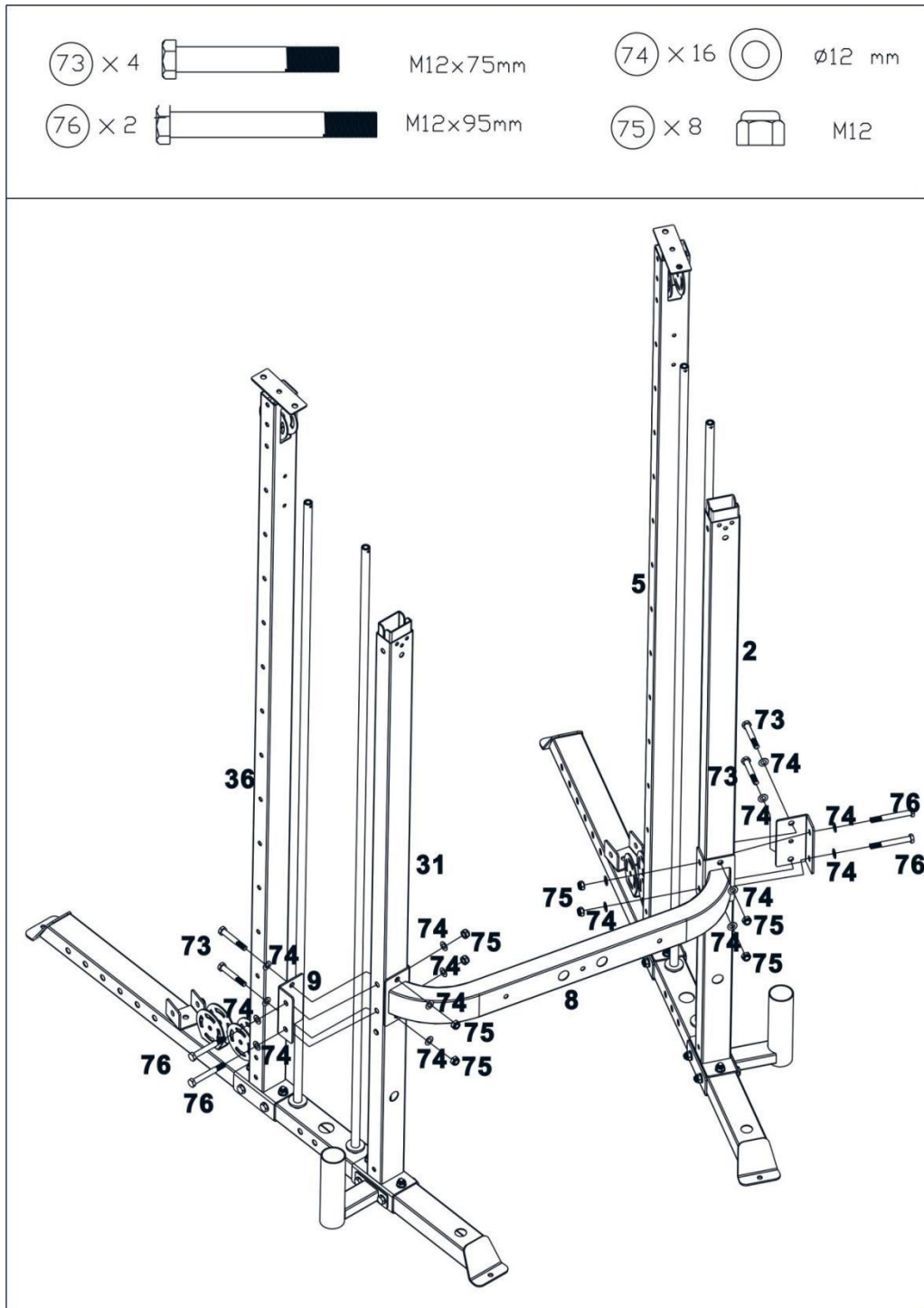
Using the same way in Step 1 to install the left rear vertical frame (31#),left center vertical frame(36#) and 2 pcs guide rods(16#).



Step3

A. Attach the both end of the cross beam (8#) to the right rear vertical frame (2#) and left rear vertical frame (31#) as the diagram shows. Secure one end with 1 pc L shape bracket (9#), 2pcs M12*75 Hex bolt (73#), 2pcs M12*95 Hex bolt (76#), 8pcs $\phi 12$ washer (74#), 4pcs M12 Aircraft nut (75#).

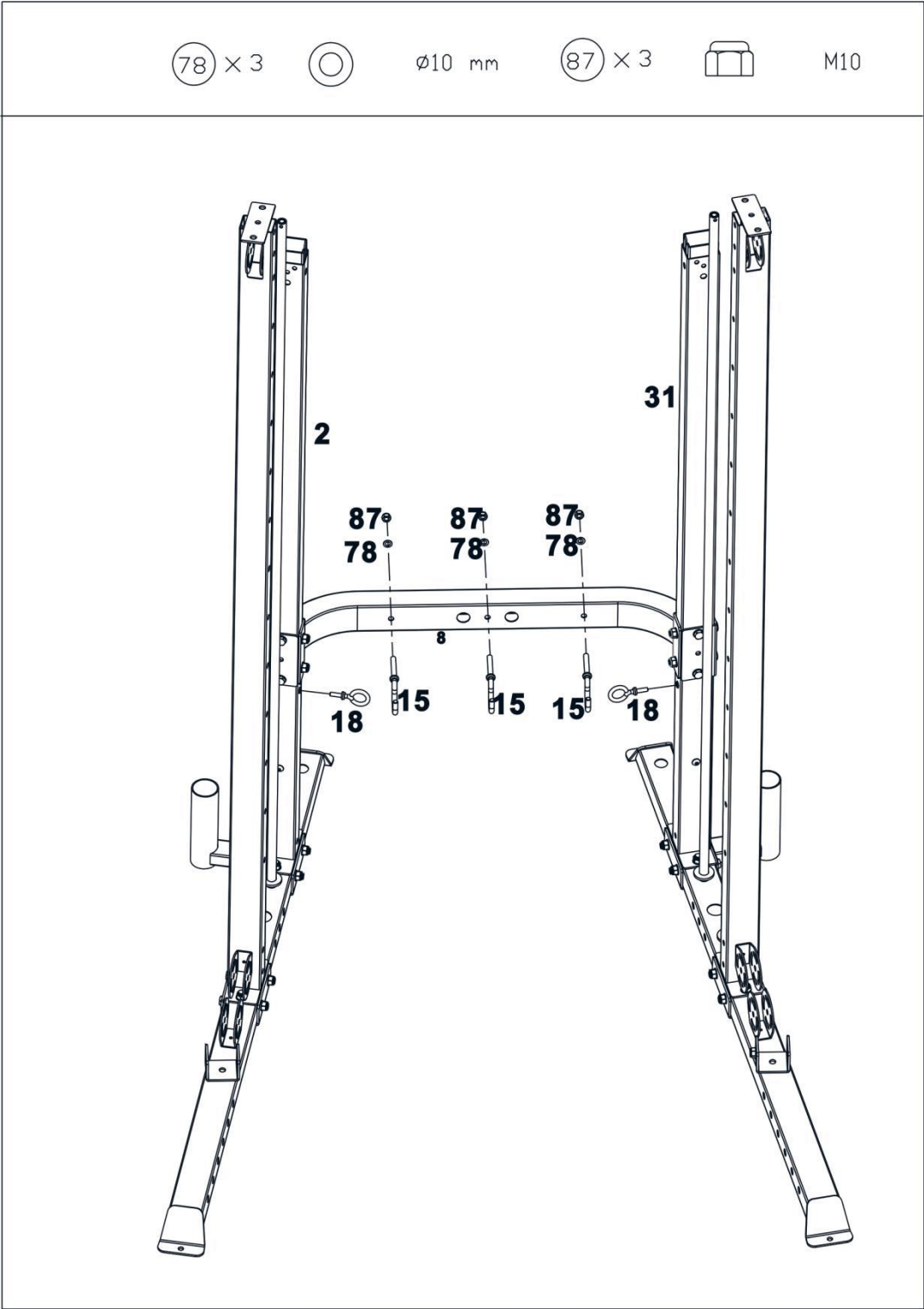
B. Assemble another end with the same way in A.



Step 4

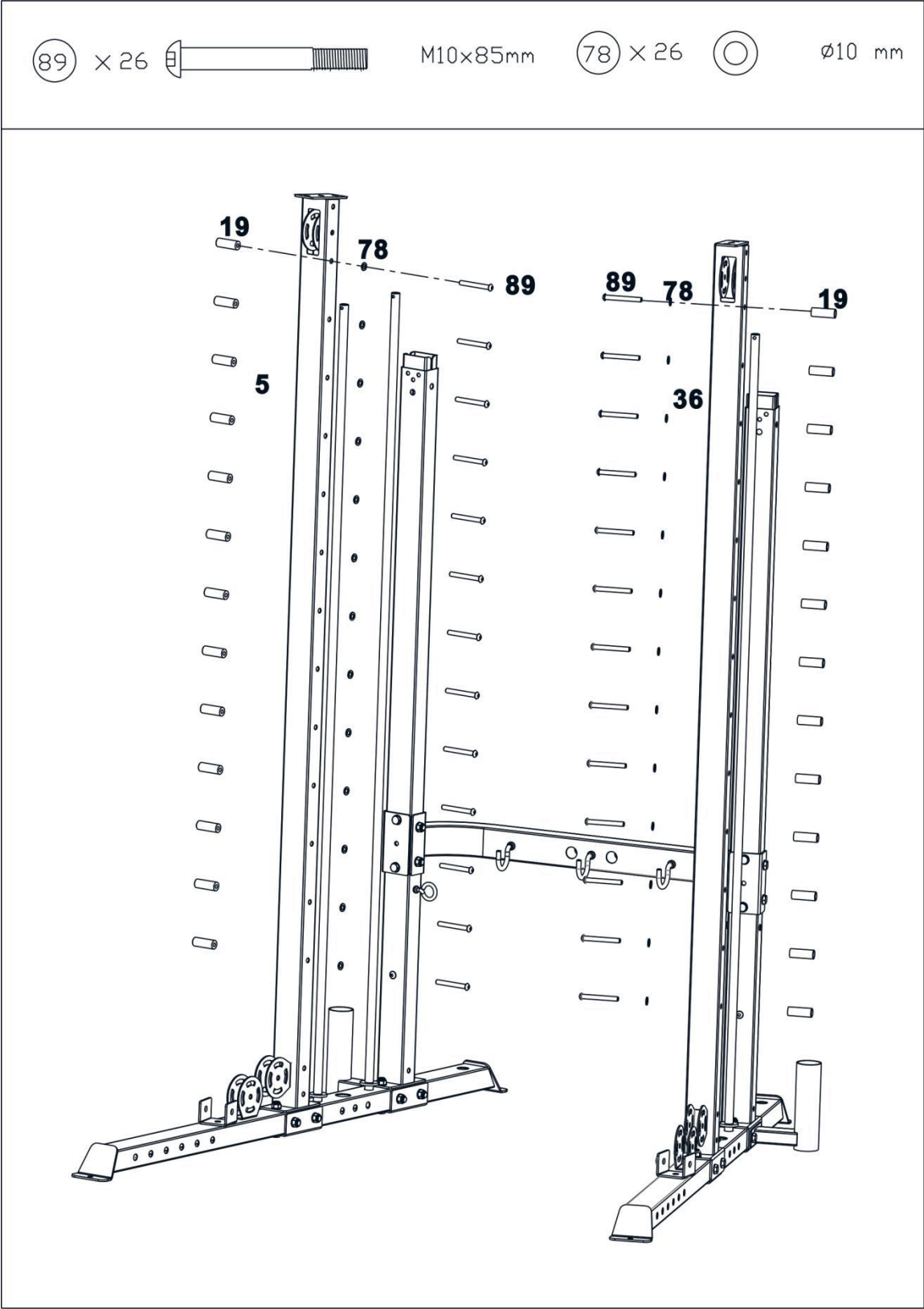
Attach the 3pcs J-shape hook (15#)as the diagram shows and secure them with 3pcs ϕ 10 washer(78#) and 3 pcs M10 Aircraft nut(87#) separately.

Thread the 2 pcs round hook (18#) as the diagram shows.



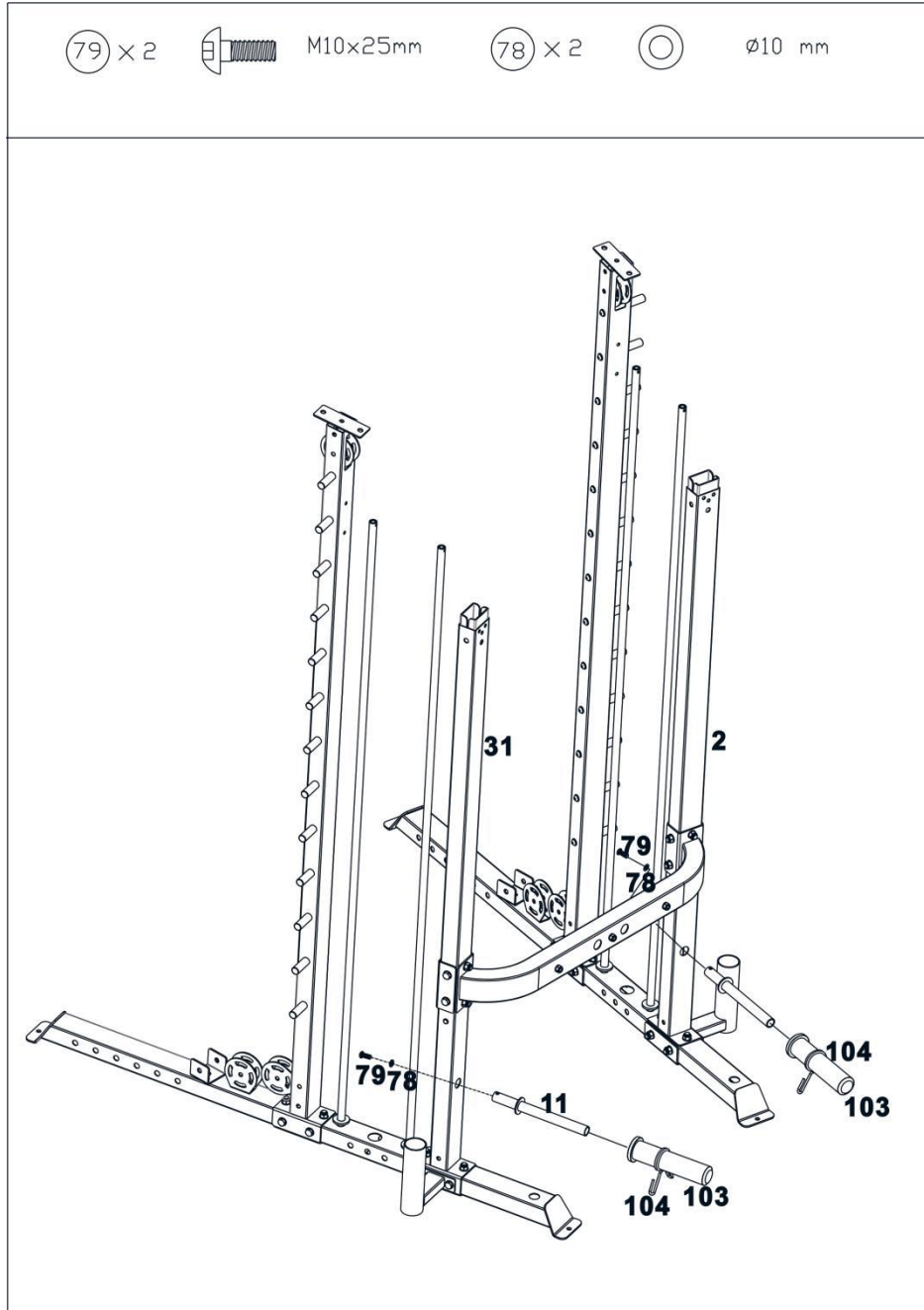
Step 5

Install the 46 pcs barbell holder (19#) into the holes and secure them with 46 pcs M10*85 Allen bolt(89#) and 46 pcs $\phi 10$ washer (78#).



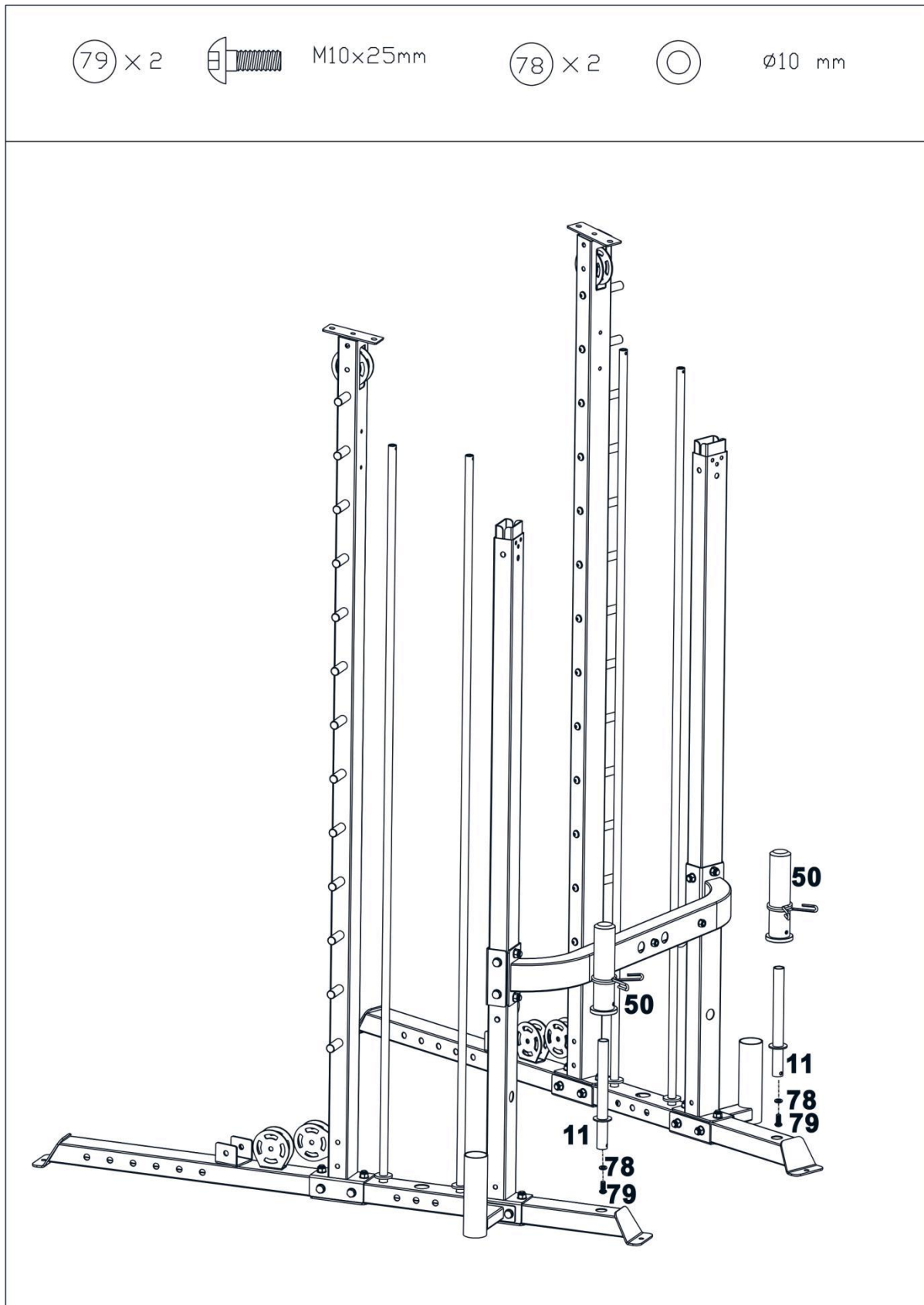
Step 6

Attach the weight plate holder(11#) into the hole as the diagram shows and secure it with M10*25 Allen bolt(79#) and ϕ 10 washer (78#). Attach the sleeve (103#) and spring collar (104#) as the diagram shows. Repeat the same way to install another .



Step 7

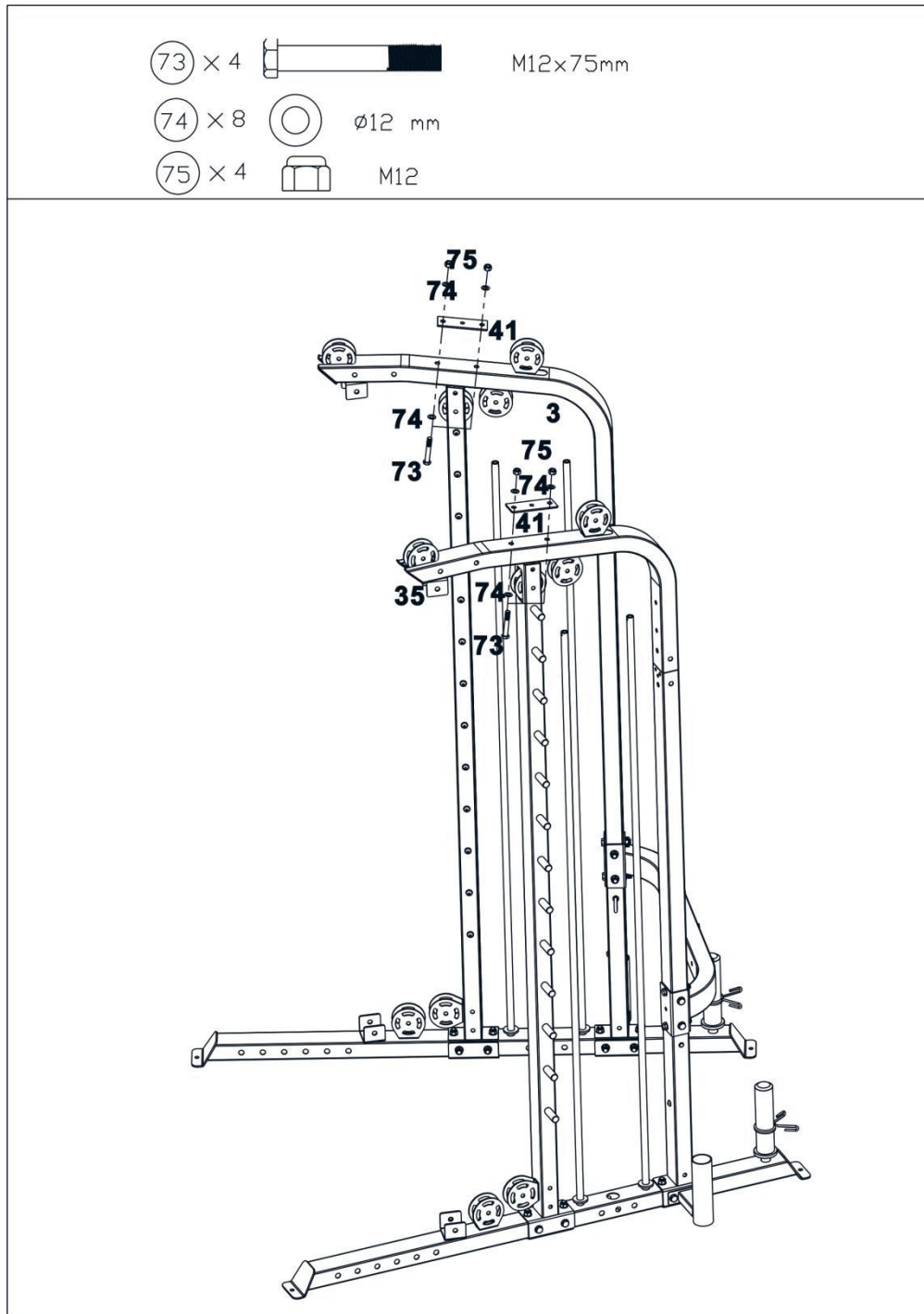
Install the next 2 pcs weight plate holder(11#) as the diagram shows again with the same way in Step 6.



Step 8

A. Attach the left upper frame (3#) onto left center vertical frame(36#) ,Secure them with 2pcs M12*75Hex bolt (73#),4pcs ϕ 12 washer (74#),1 pc bracket (41#) and 2 pcs M12 Aircraft nut (75#).


B. Install the right upper frame(35#) with the same way in A.




Step 9

Install the cross beam(8#) with the same way in STEP 3.


- (73) × 4




M12×75mm
- (76) × 4



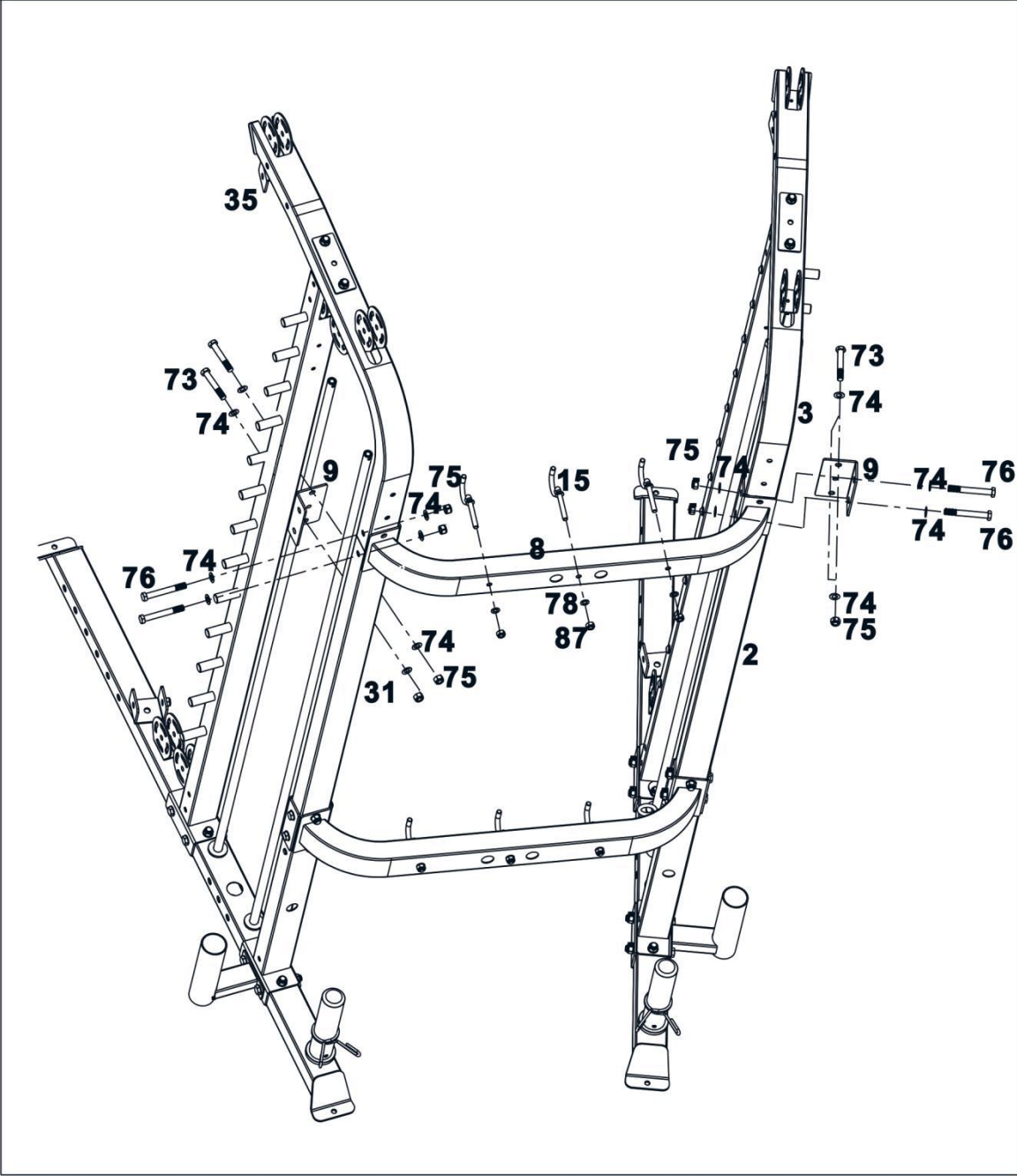
M12×95mm
- (74) × 8



Ø12 mm
- (75) × 4



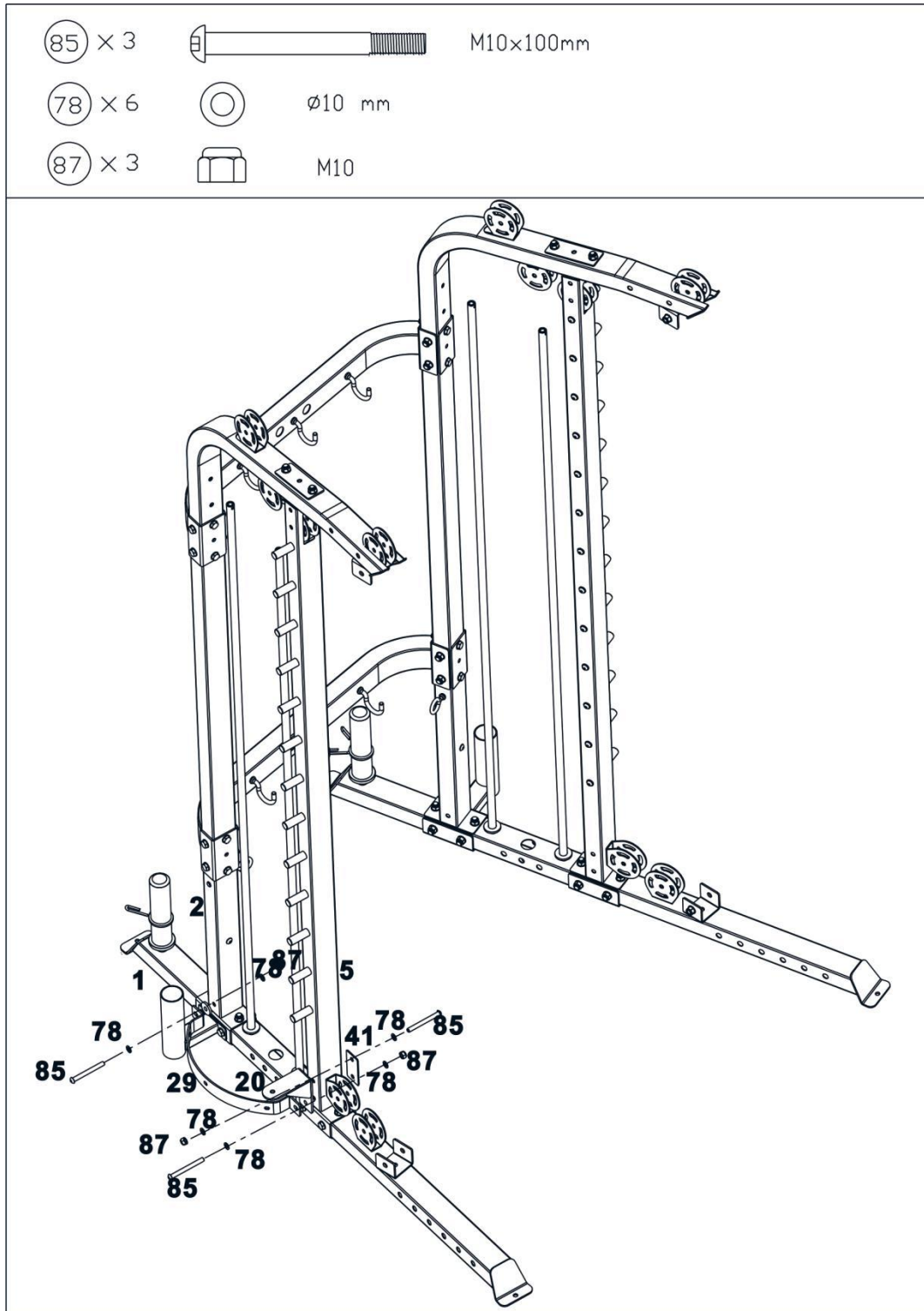
M12



Step 10

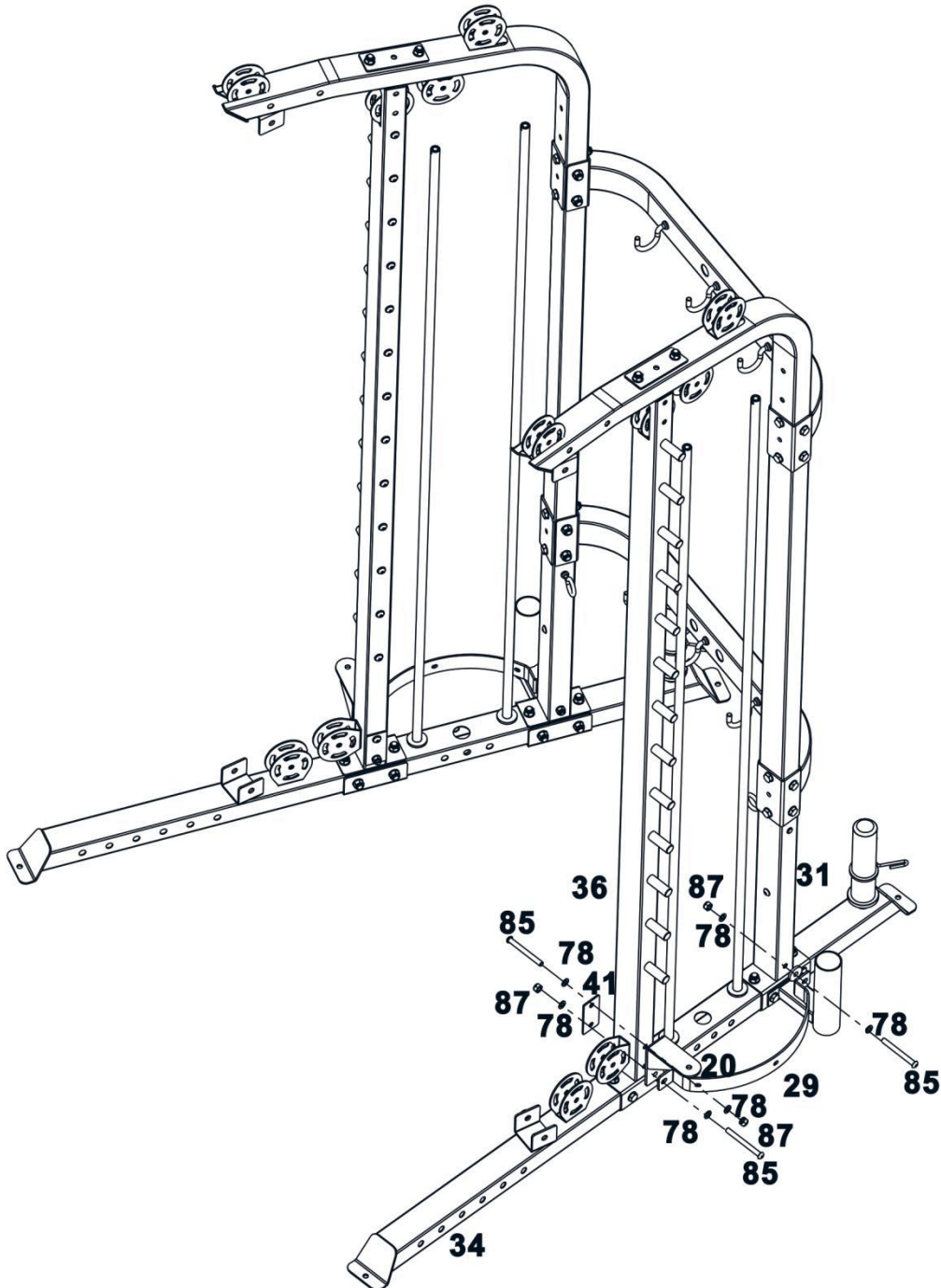
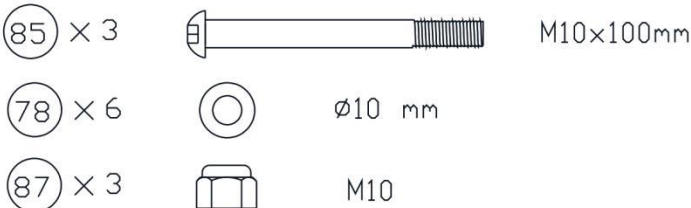
Attach the weight stack cover bracket (29#) as the diagram shows , secure it with the triangle bracket(20#) using 2 pcs M10*100 Allen bolt(85#),4pcs ϕ 10 washer (78#) , 1 pc bracket (41#),and 2pcs M10 Aircraft nut(87#).

Secure another end with the 1 pc M10*100 Allen bolt(85#),2pcs ϕ 10 washer (78#) , 1 pc M10 Aircraft nut(87#).



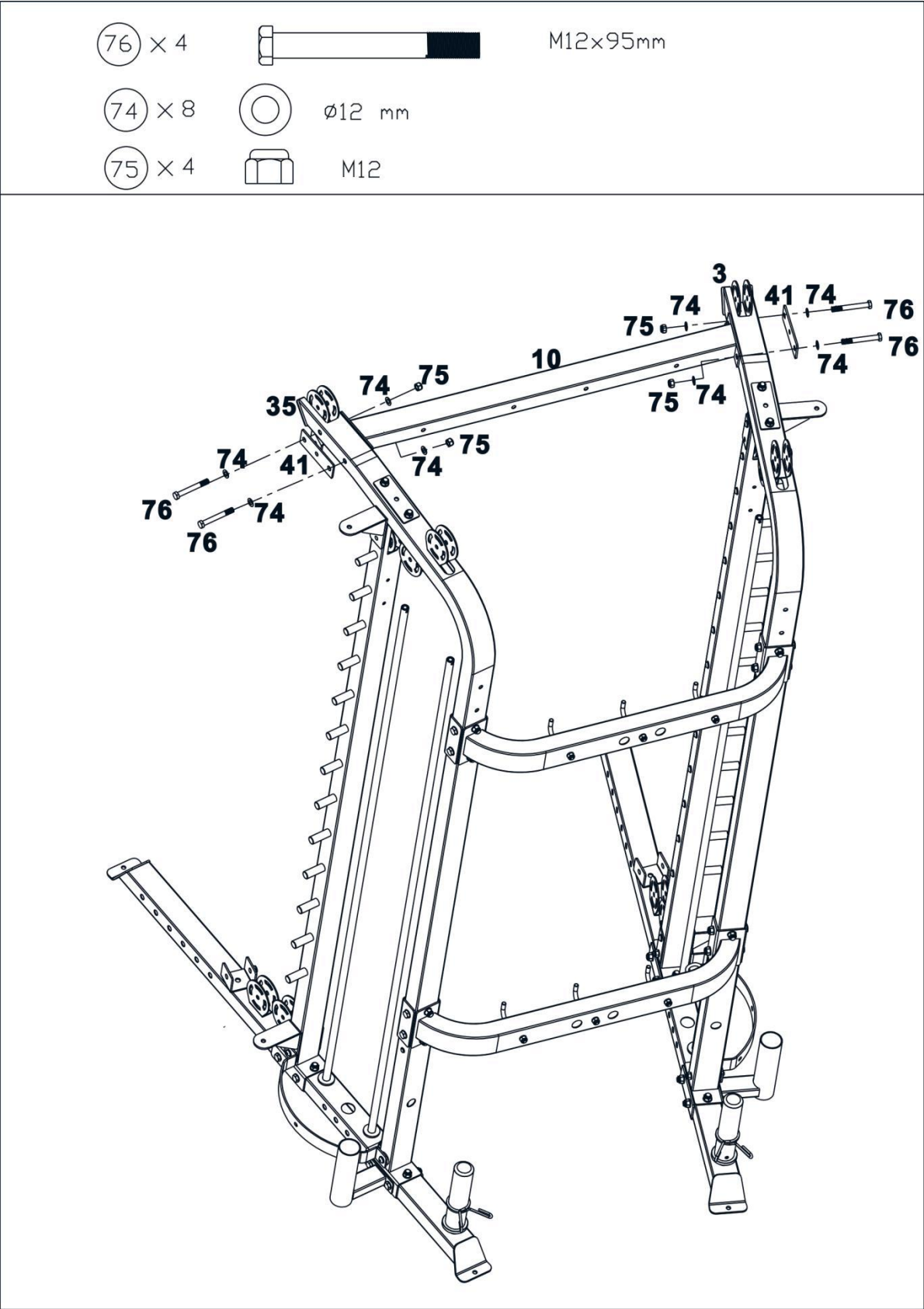
Step 11

Use the above way in Step 10 to install another side.



Step 12

Attach the upper connection frame (10#) between the light upper frame (35#) and the left upper frame (3#) ,Secure them with 4 pcs M12*95 Hex bolt (76#),8pcs ϕ 12 washer(74#)and 4pcs M12 Aircraft nut(75#).



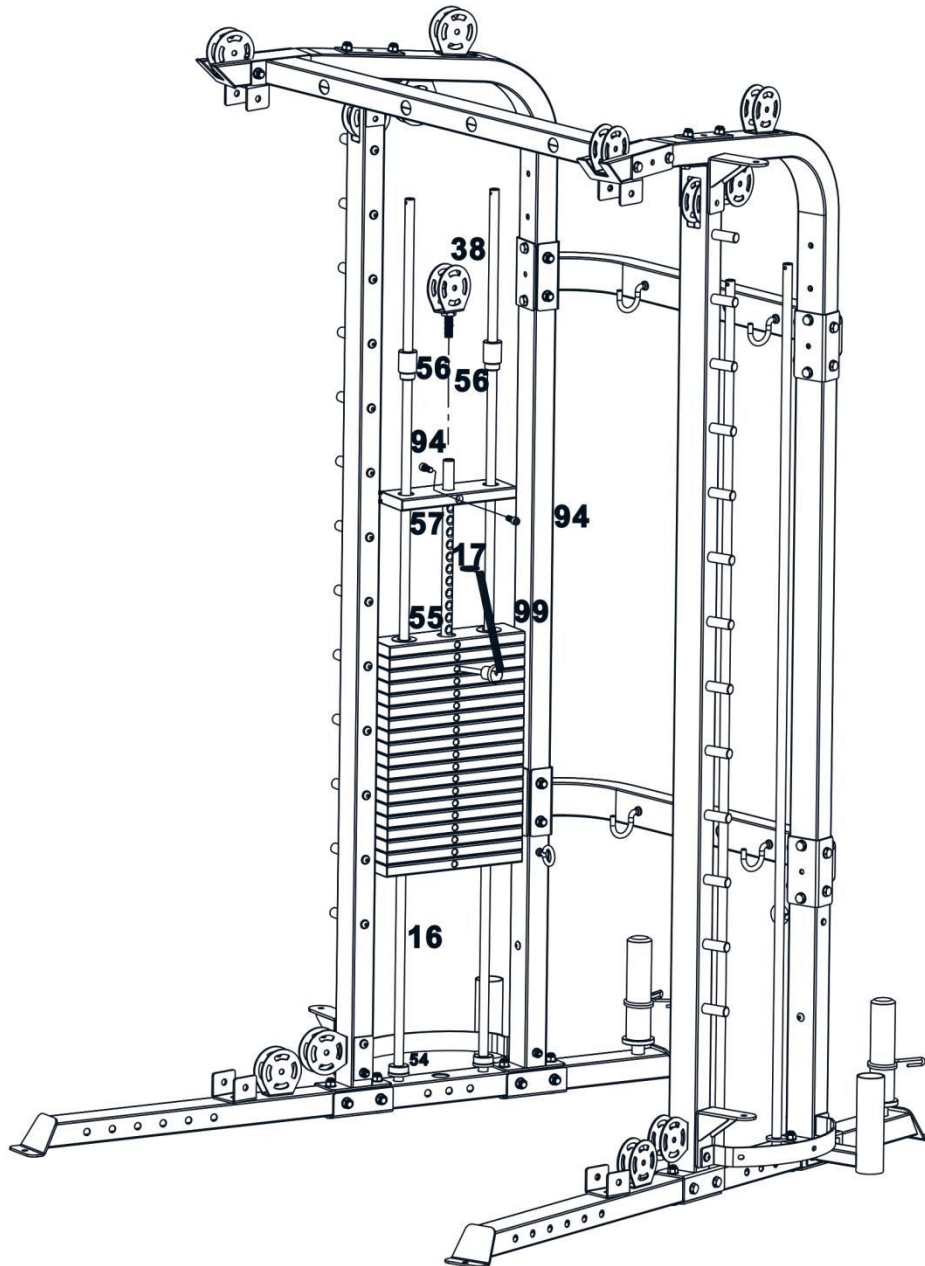
Step 13

A. Place 2pcs rubber bumper(54#) along the guide rod and then place 19 pcs weight plate (55#) along the guide rod, insert the selector rod (17#) into the hole and place 1 pc weight stem(57#),Secure the weight stem(57#) with the selector rod(17#) with 2pcs M10*25 Sunk bolt (94#).

insert the selector pin to select the desired weight when exercising.

B. Thread the pulley bracket (38#) to the upper opening of the selector rod (17#).

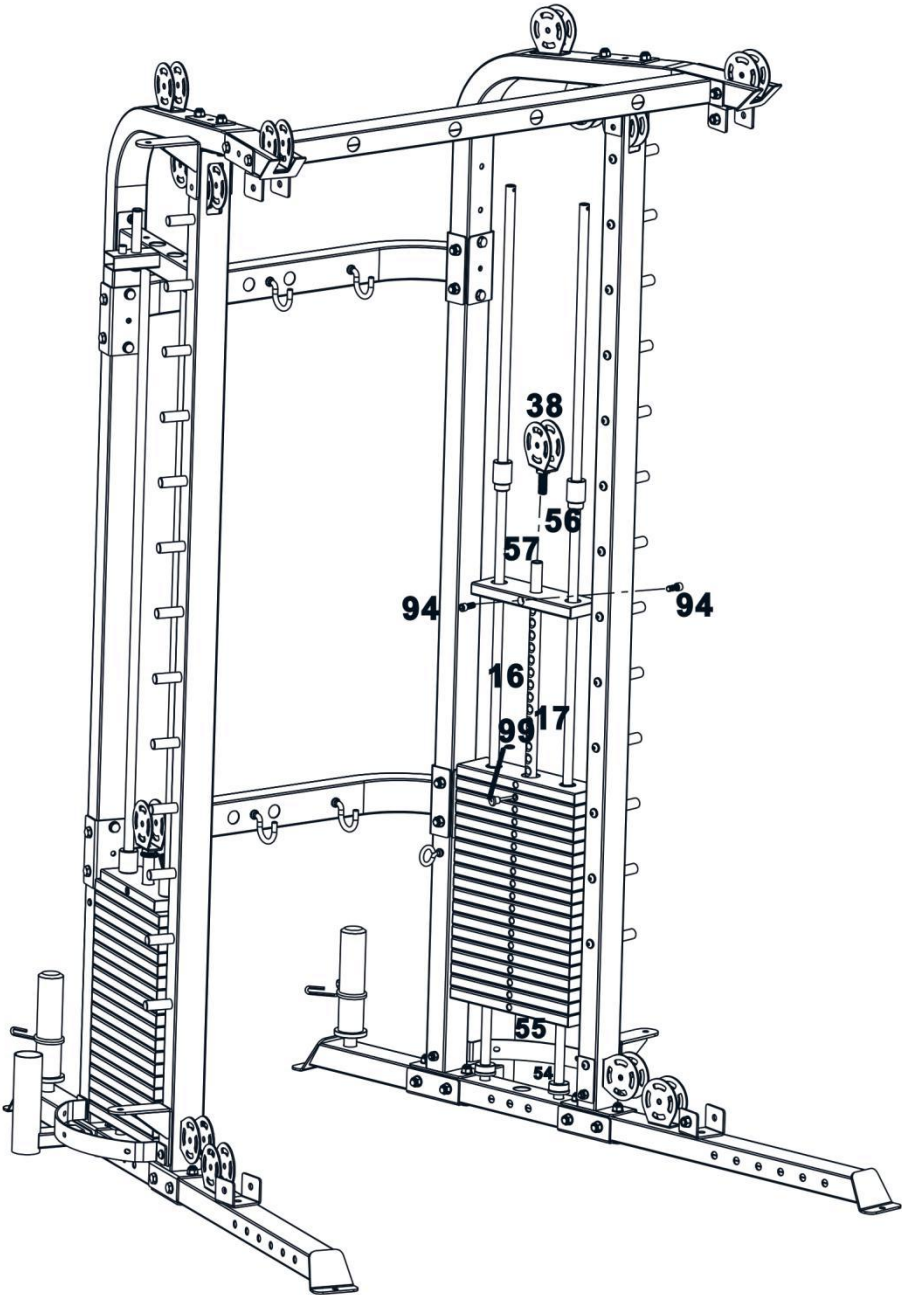
94 × 2  M10x25mm



Step 14

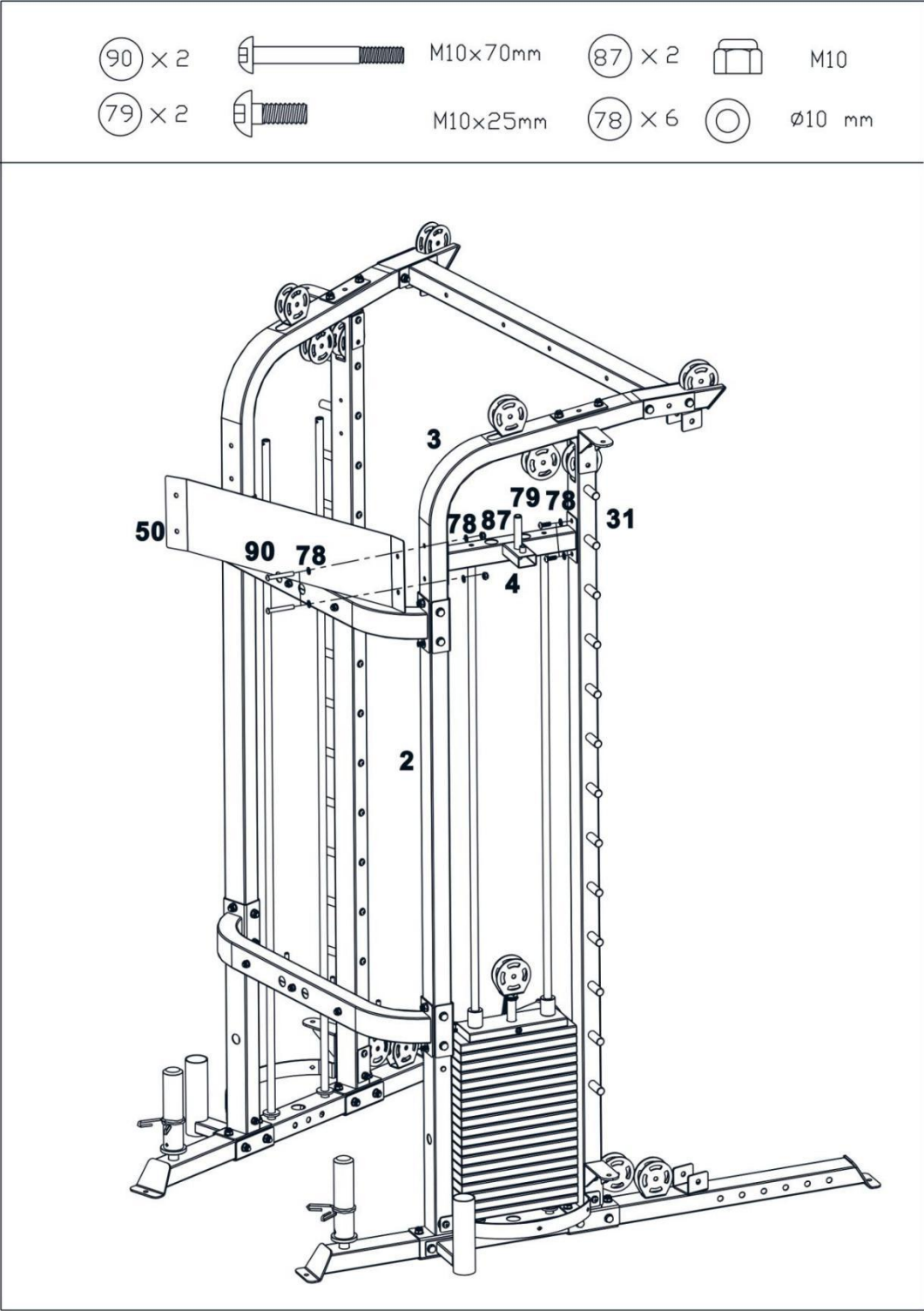
Use the same way in step 13 to install another.

94 × 2  M10x25mm











Step 15

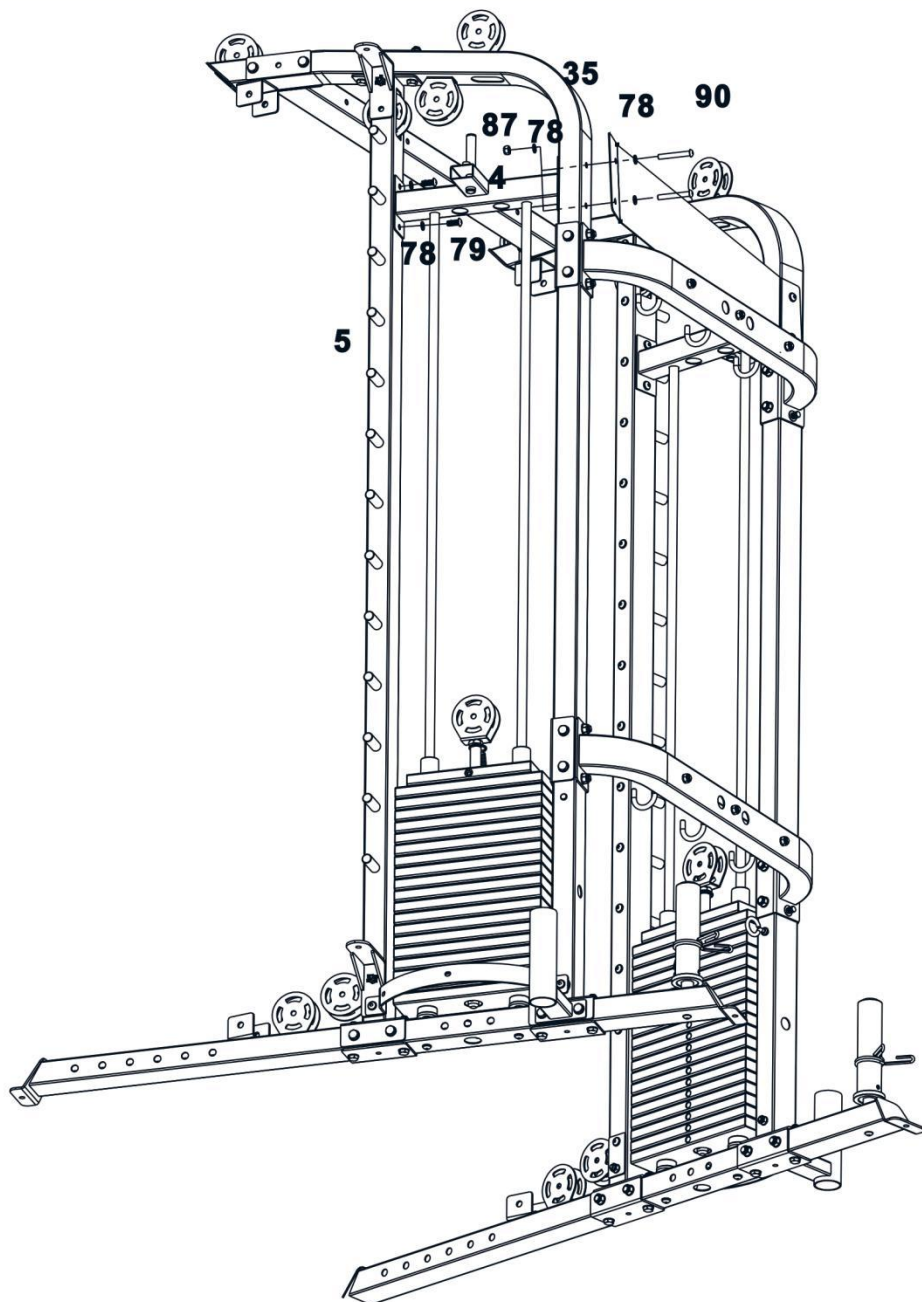
Attach the short connection frame(4#)as the diagram shows. Attach the LOGO board (50#) together and secure them with 2pcs M10*70 Allen bolt(90#),6pcs ϕ 10 washer(78#),2pcs M10 Aircraft nut(87#).2pcs M10*25 Allen bolt (79#).



STEP 16

Use the same way in step 15.

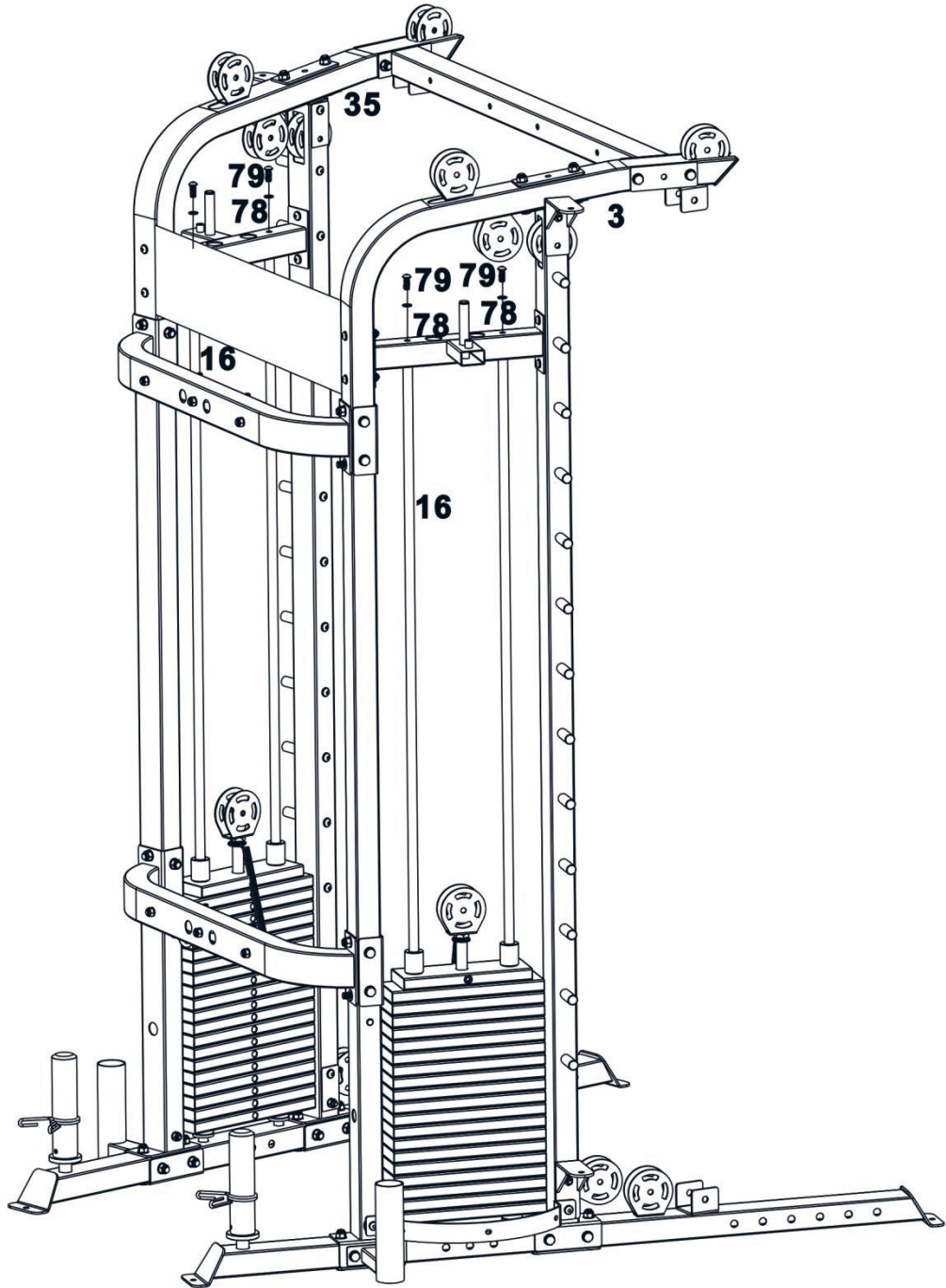
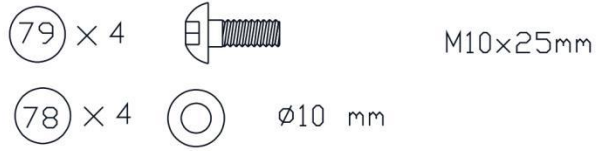
- | | | | | | |
|---|---|----------|---|---|--------|
|  × 2 |  | M10×70mm |  × 2 |  | M10 |
|  × 2 |  | M10×25mm |  × 6 |  | Ø10 mm |



STEP 17

Secure the guide rod(16#) with the short connection frame(4#) together with 2pcsM10*25 Allen bolt (79#) and 2 pcs ϕ 10 washer (78#).

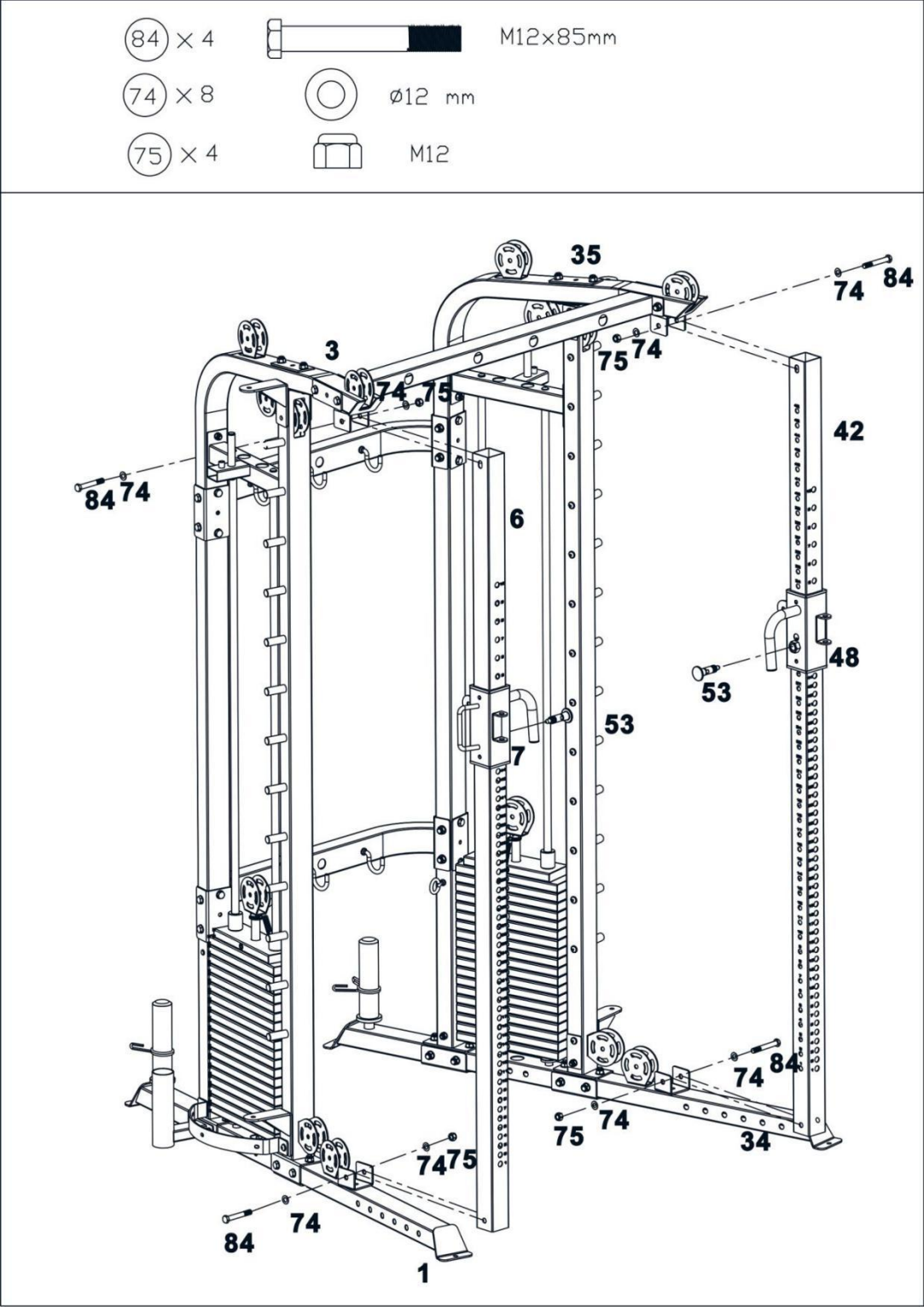
Install another with the same way .



STEP 18

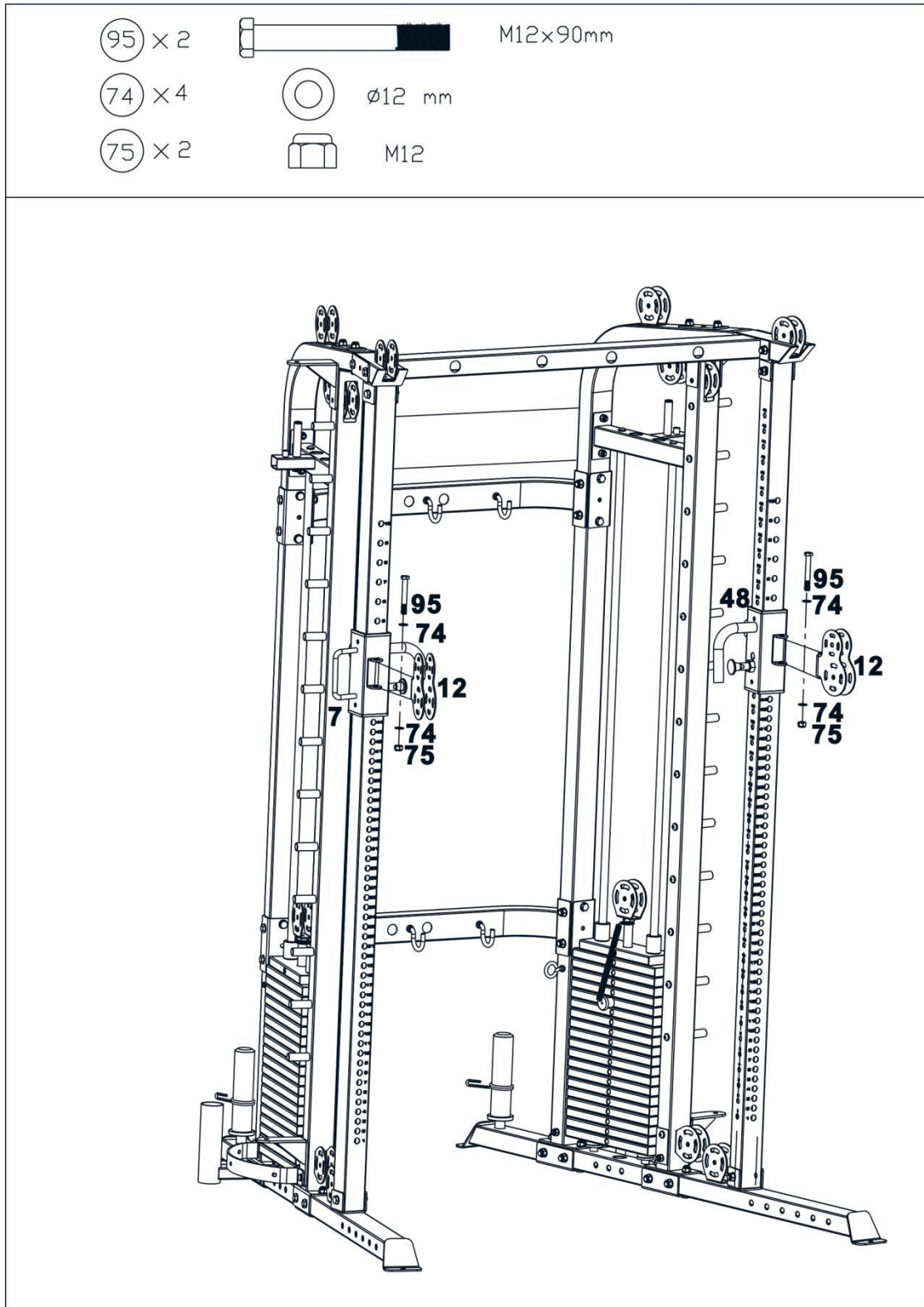
Attach the right front vertical frame(6#) onto the right stabilizer(1#), Secure them with 2pcs M12*85 Hex bolt (84#),4pcs ϕ 12 washer (74#) and 2 pcM12 Aircraft nut (75#).

Use the same way to install another one.



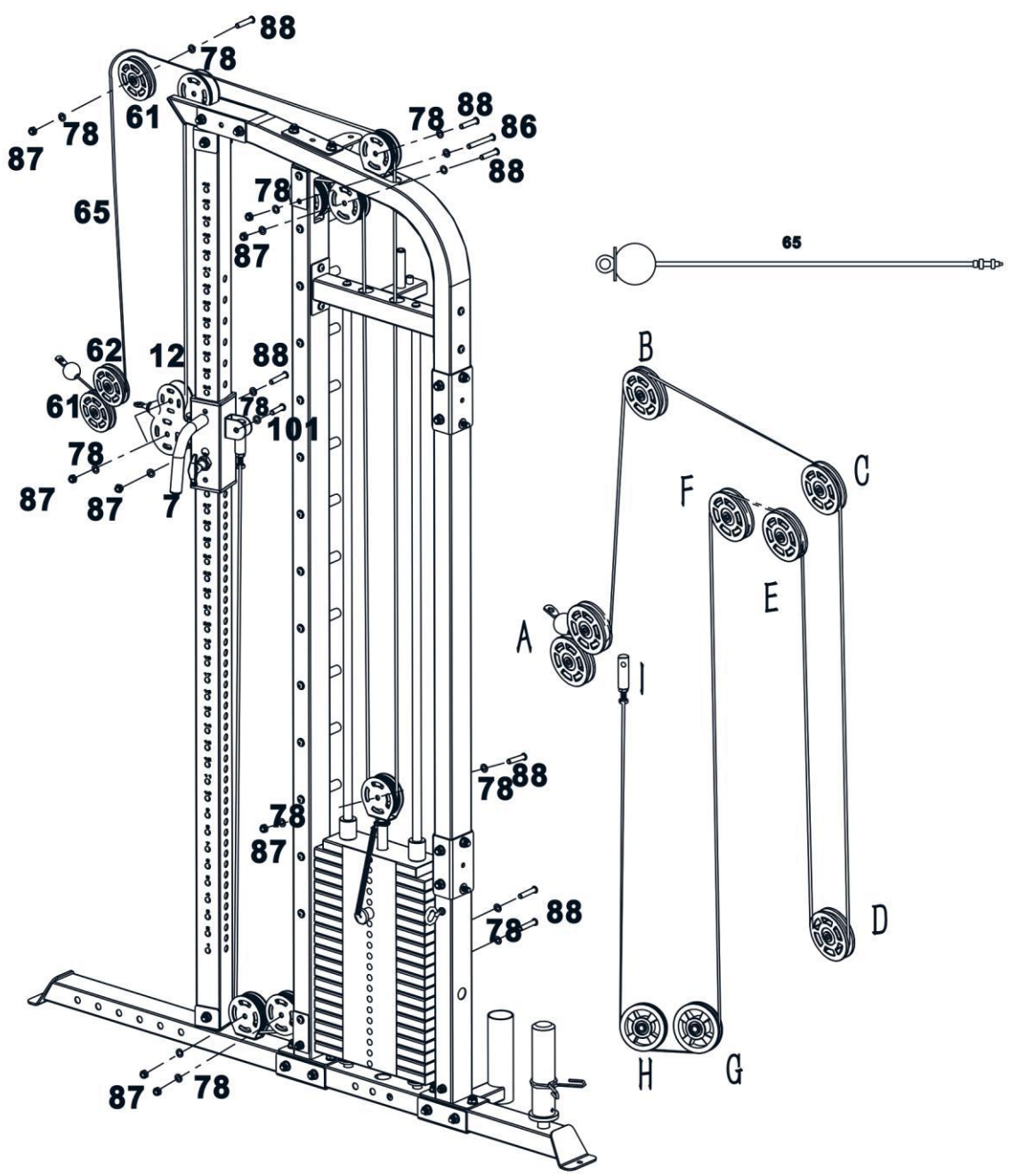
STEP 19

Attach the pulley bracket (12#) to the moving frame and secure them together with 1pc M12×90 Allen bolt(95#), 2pcs $\phi 12$ washer (74#) and 1 pcM12 Aircraft nut (75#).
Use the same way to install another.



STEP 20

$(88) \times 8$		M10x50mm	$(78) \times 20$		$\varnothing 10$ mm
$(86) \times 1$		M10x95mm	$(87) \times 10$		M10
$(101) \times 1$		M10x45mm			



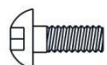
- A. Place 2 pcs pulleys onto & below the cable, Secure the pulleys with 2pcs M10 *50 Allen bolt (88#), 4pcs ϕ 10 washer (78#) and M10 Aircraft nut (87#).
- B. Draw the cable around the pulley and upwards, Place 1 pc pulley below the cable and secure the pulley with the same way in A.
- C. Draw the cable around the pulley and backwards, Place the 3ND pulley below the cable and secure it with the same way in A.
- D. Draw the cable around the pulley and downwards, place 1 pc pulley onto the cable , Secure the pulley with the same way in A..
- E. F Draw the cable around the pulley and upwards, place 2 pc pulley below the cable , Secure the pulley with the same way in A..
- G. H Draw the cable around the pulley and downwards, Place 2 pcs pulley onto the cables , secure the pulley with the same way in A .
- I Draw the cable around the pulley and upwards, Thread the end of the cable to the bracket fixing frame(43#) , Secure it with 1pc M10 *45 Allen bolt (101#), 2pcs ϕ 10 washer (78#) and M10 Aircraft nut (87#).

STEP 21

Slide the bearing frame(22#), crunch (39#) along the bearing guide rod(21#), Secure the guide rod with 2pcs M10×25 allen bolt (79#) and 2pcs ϕ 10 washer(78#).

Use the same way to install another.

79 × 4

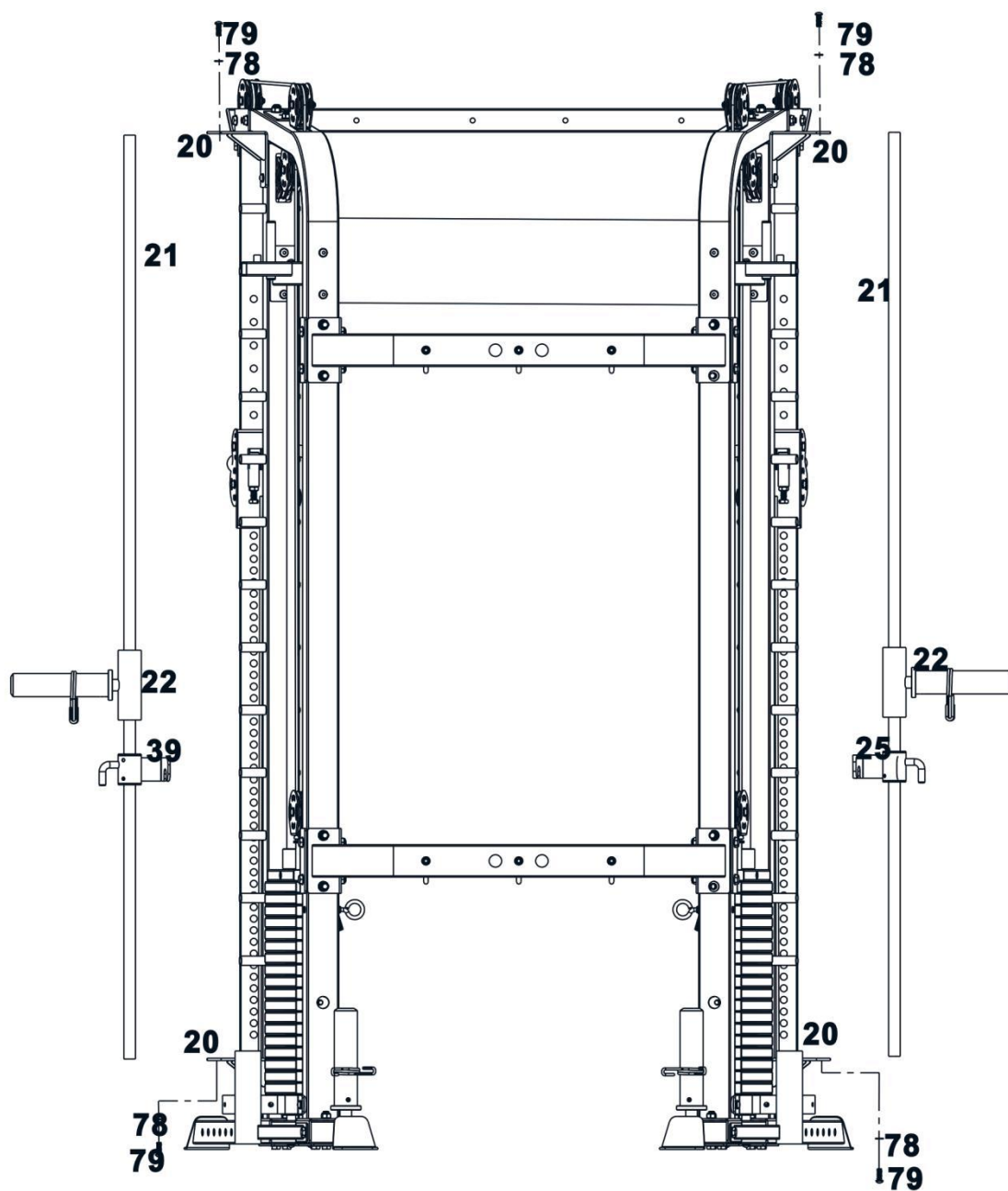


M10×25mm

78 × 4



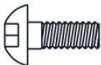
Ø10 mm



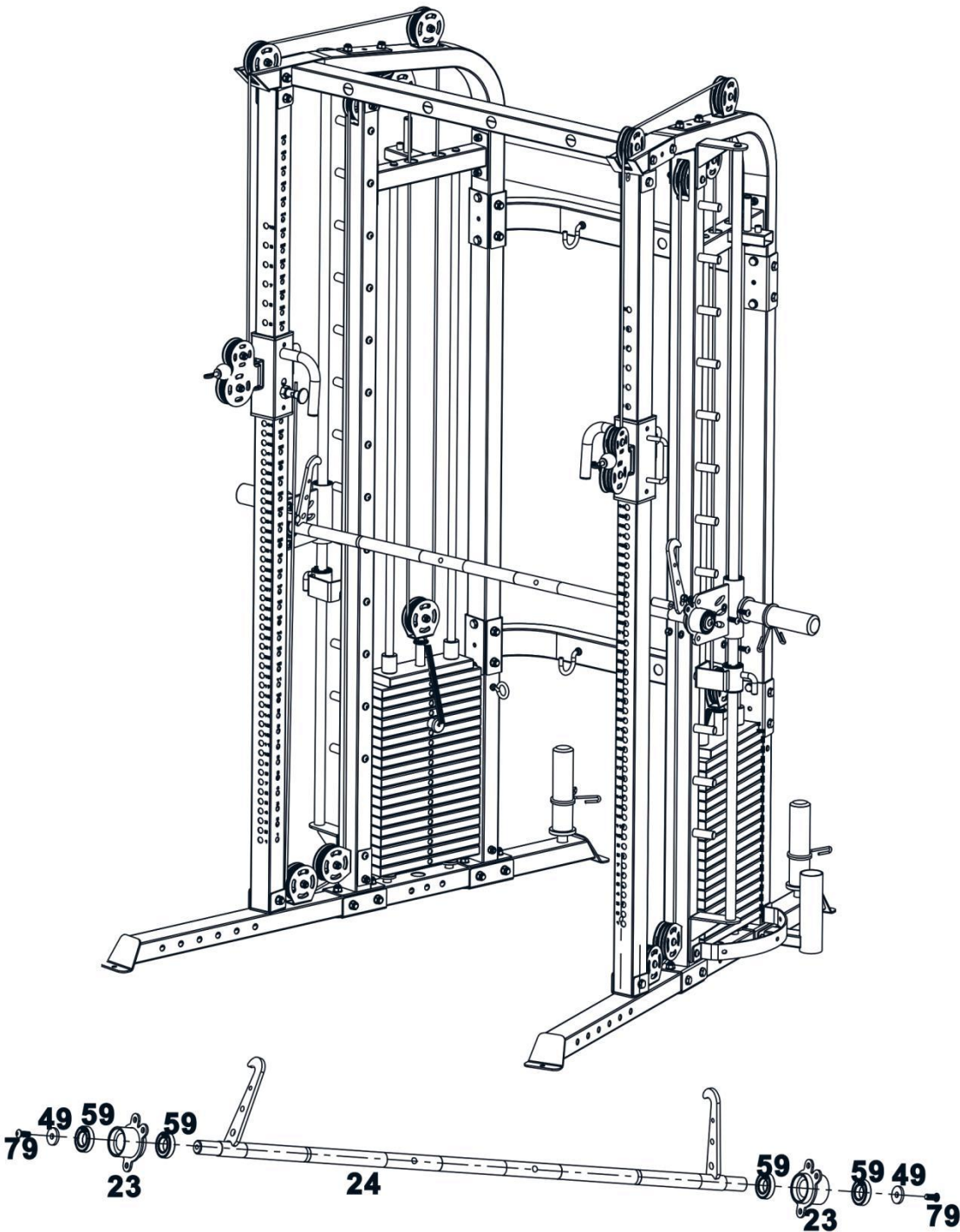
STEP 22

The 4 pcs bearing(59#),2pcs bearing house(23#),2pcs adjustable washer(49#) and 2pcs M10*25 Allen bolts were installed in the factory.

79 × 2

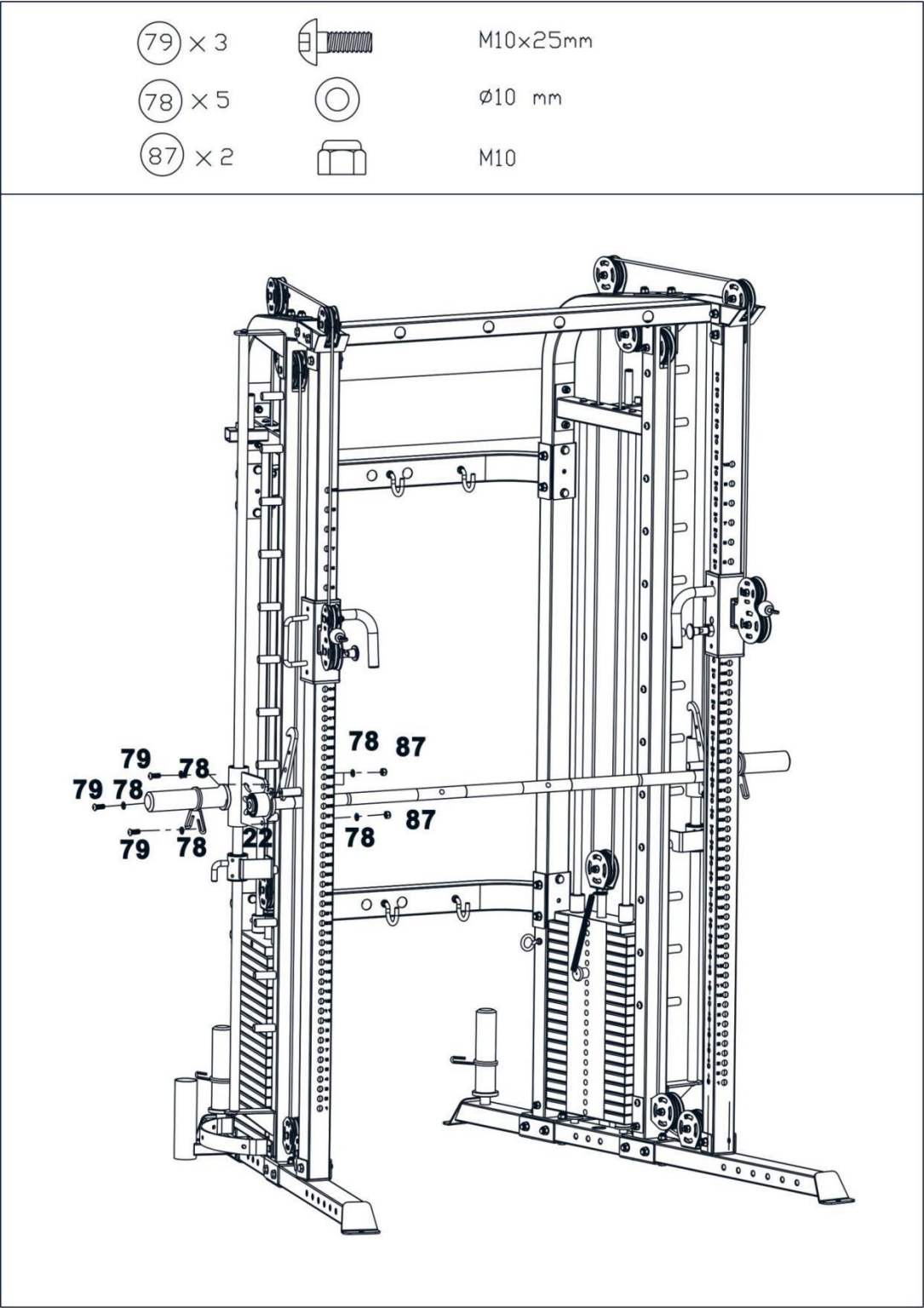


M10x25mm



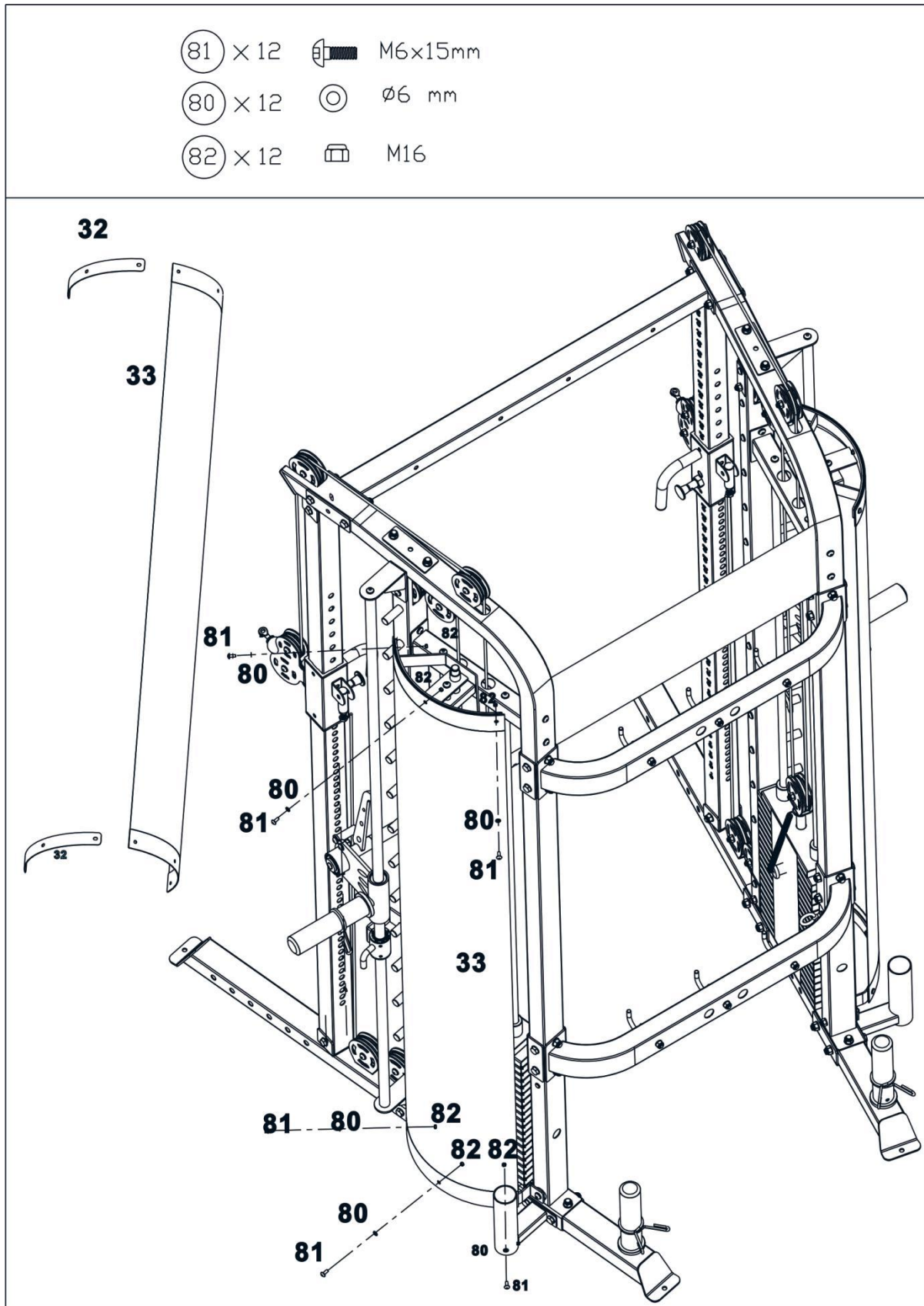
STEP 23

Attach the bearing frame (22#) with the barbell together and secure them with 3pcs M10×25 Allen bolt (79#), 5pcs ϕ 10 washer (78#) and 2pcs M10 Aircraft nut (87#).



STEP 24

Attach the 2 pcs weight stack inner bracket(32#) through the upper & bottom opening of the weight stack cover (33#) and secure the weight stack cover to the bracket with 6pcs M6*15 Allen bolt (81#) and 6 pcs $\phi 6$ washer (80#) and 6pcs M6 Aircraft nut(82#).




STEP 25

Attach the left & right chin up bar(14#&37#) to the upper connection frame(10#), secure them with 4pcs M10*25 Allen bolt(79#) and 4pcs ϕ 10 washer(78#).

- 79

×


4



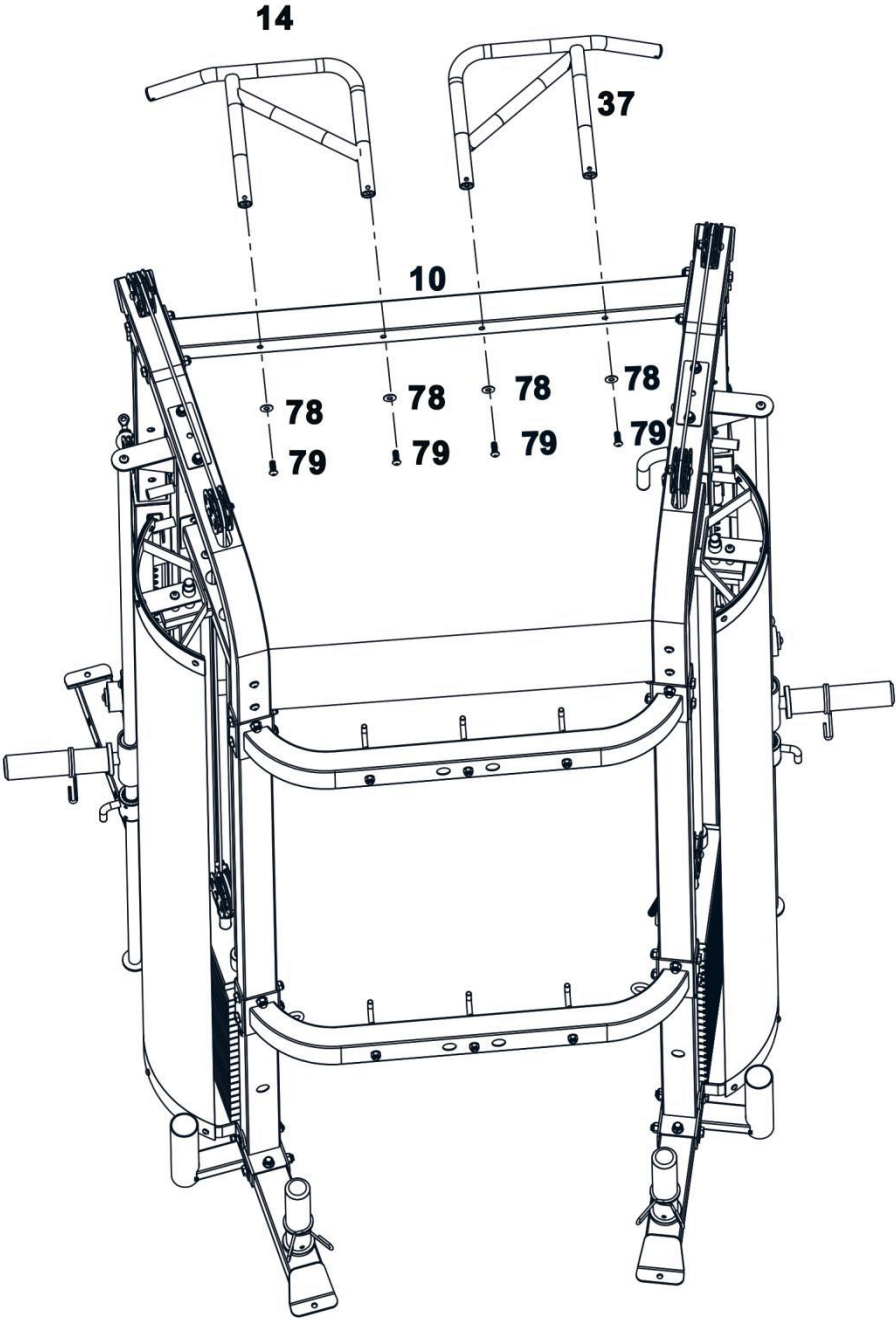
M10×25mm
- 78

×

4

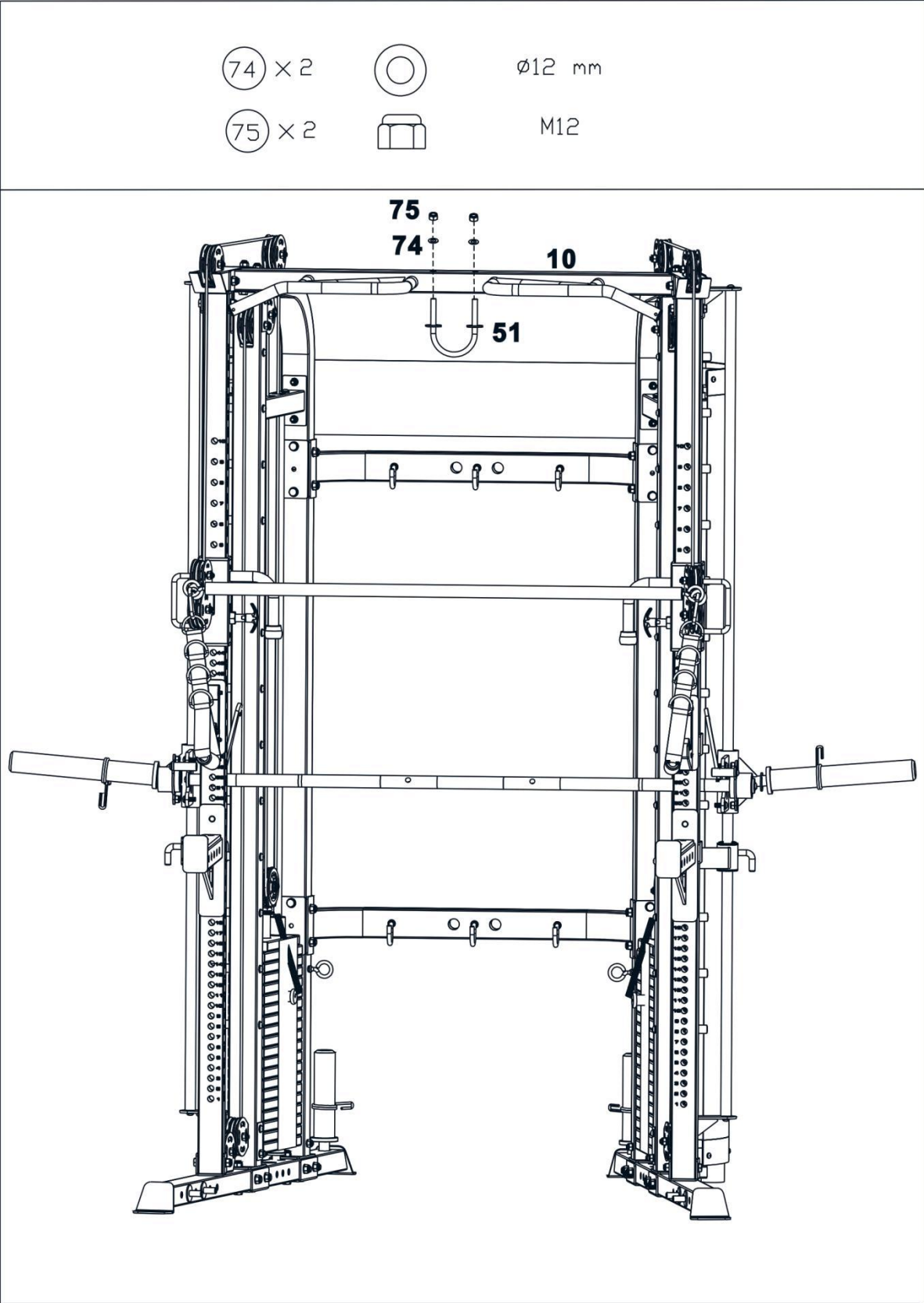


Ø10 mm



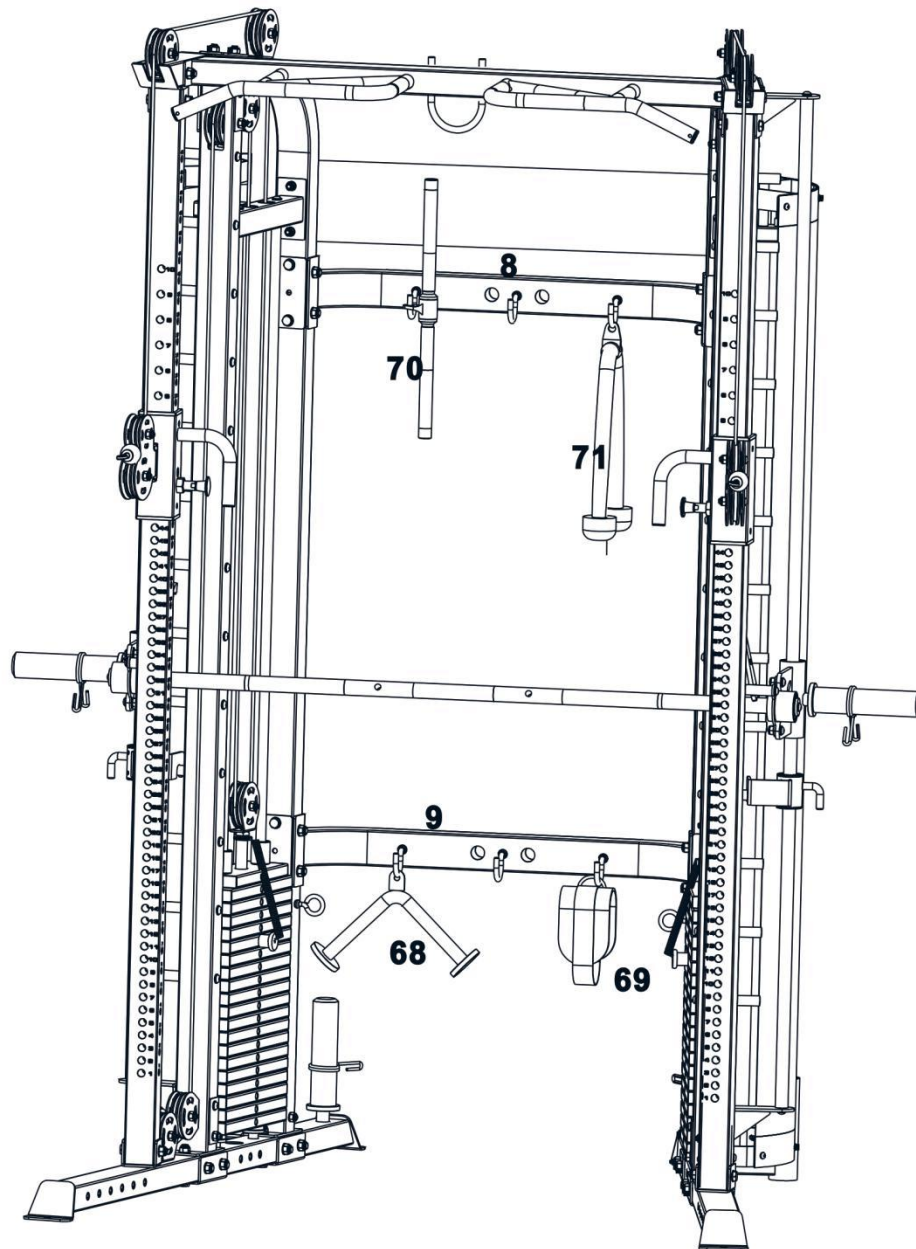
STEP 26

Attach the big hook (51#) through the hole and secure it with 2pcs ϕ 12 washer (74#) and 2pcs M12 aircraft nut (75#).



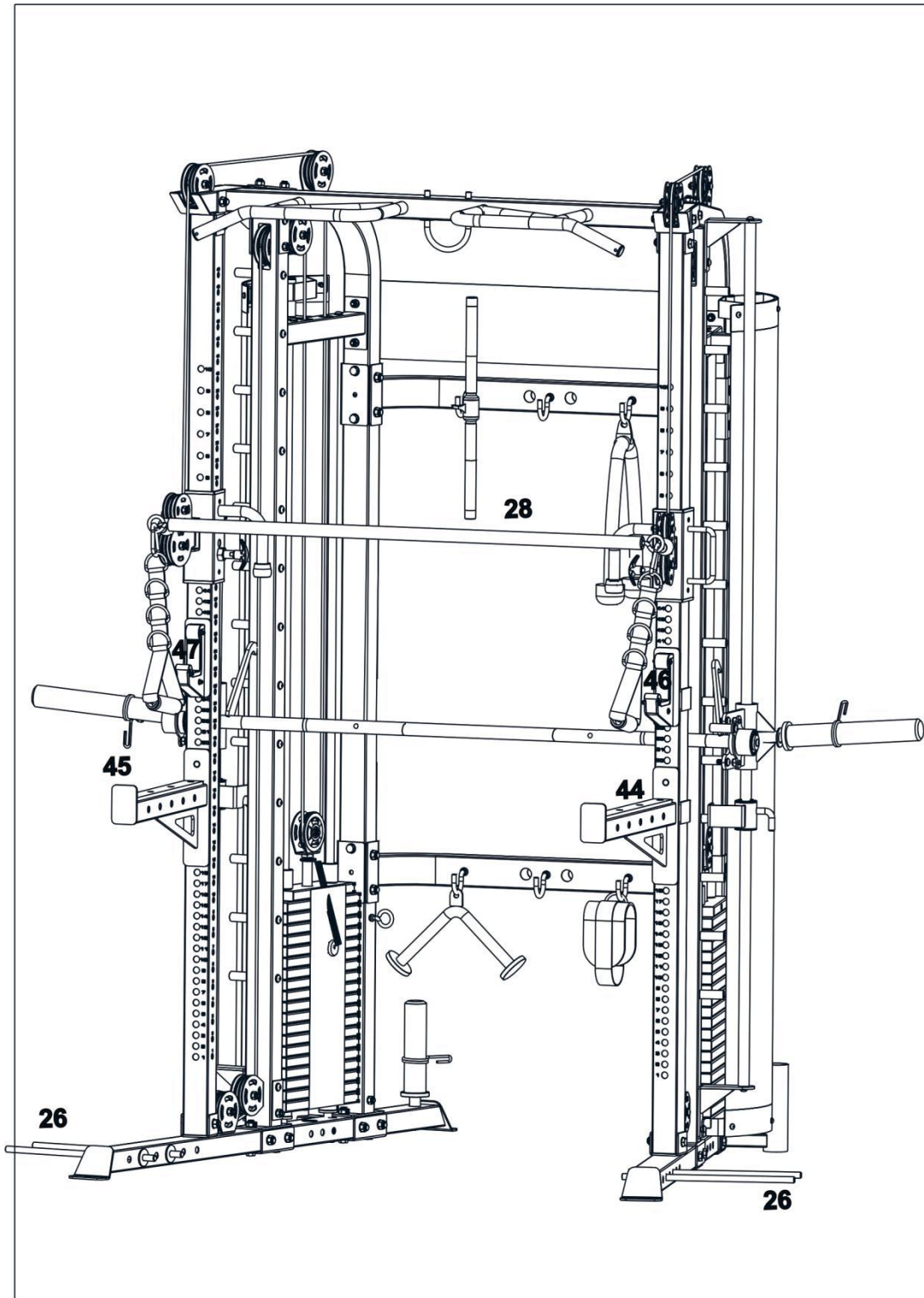
STEP 27

Attach the shiver bar (70#), triceps rope (71#), V shape handle (68#), ankle strap (69#) to the hooks separately as the diagram shows.



STEP 28

- A. Attach the left& right safety bar(44#&45#) into the holes as the diagram shows.
- B. Attach the left& right crunch (46#&47#) into the holes as the diagram shows.
- C. Attach the 4pcs pin (26#) into the holes of the stabilizer.



LIFETIME WARRANTY ON FRAME

Refer to forcefitnessequipment.com for comprehensive warranty details on components such as moving parts

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