

FORCE USA™

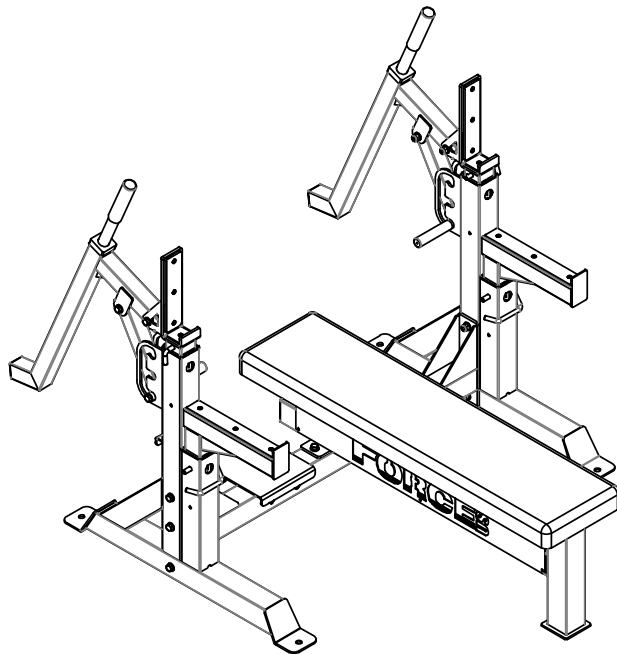
THE TRUSTED NAME IN STRENGTH EQUIPMENT

**COMMERCIAL HEAVY
DUTY IPF SPEC
OLYMPIC BENCH
PRESS WITH
LEVERLIFT ASSIST**



OWNER'S MANUAL

- * Please view this installation manual carefully before setup and operation.
- * Save this manual for future reference.
- * Product may vary slightly from the pictured item due to model upgrades.



F-HDOBCOMP-ASSIST

ASSEMBLY MANUAL

CAUTION!

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

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.

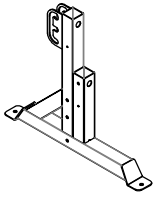
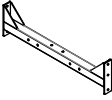
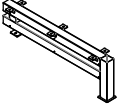


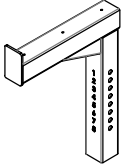
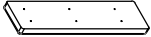
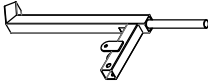
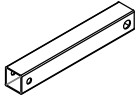

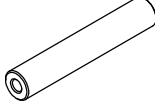
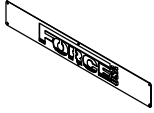
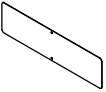
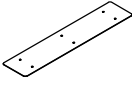
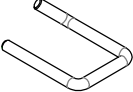


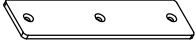

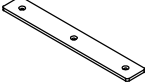

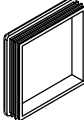





It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

SAFETY PRECAUTIONS

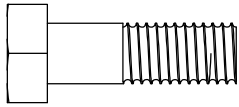
- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing VersaFit rubber flooring under the equipment to protect your floor.
- Wear appropriate footwear and clothing during assembly and use.
- **Only tighten 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 and 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.**

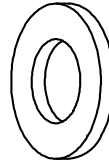
- | | | | | | | | |
|-----------|---|-----------|---|---------------|--|-----------|---|
| 1 |  | 2 |  | 3 |  | 4 |  |
| | x2 | | x1 | | x1 | | x2 |
| 5 |  | 6 |  | 7 |  | 8 |  |
| | x2 | | x2 | | x1 | | x2 |
| 9 |  | 10 |  | 11 |  | 12 |  |
| | x2 | | x2 | | x2 | | x2 |
| 13 |  | 14 |  | 15 |  | 16 |  |
| | x2 | | x2 | | x2 | | x2 |
| 17 |  | 18 |  | 19 |  | 20 |  |
| | x8 | | x2 | | x2 | | x2 |
| 21 |  | 22 |  | 23 |  | 24 |  |
| | x4 | 75End Cap | x2 | 50End Cap | x4 | 44End Cap | x4 |
| 25 |  | 26 |  | 27 |  | | |
| $\phi 32$ | x2 | $\phi 25$ | x2 | $\phi 12*100$ | | | |

28



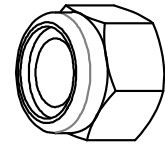
M8x25 bolt x6

32



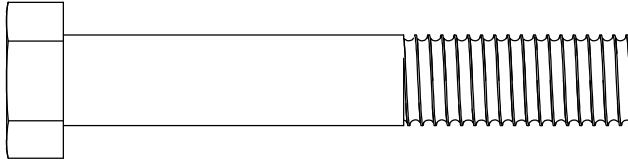
∅12washer x 32

33



M12nut x 16

29



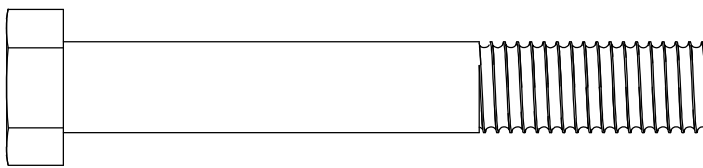
M12x75 bolt x2

34



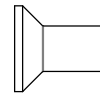
∅8washer x 6

30



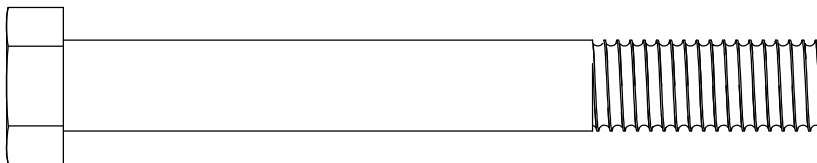
M12x85 bolt x4

35



M6x12 bolt x14

31

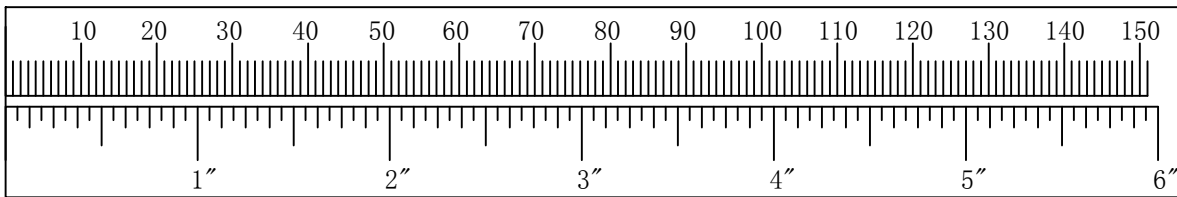


M12x100 bolt x12

36

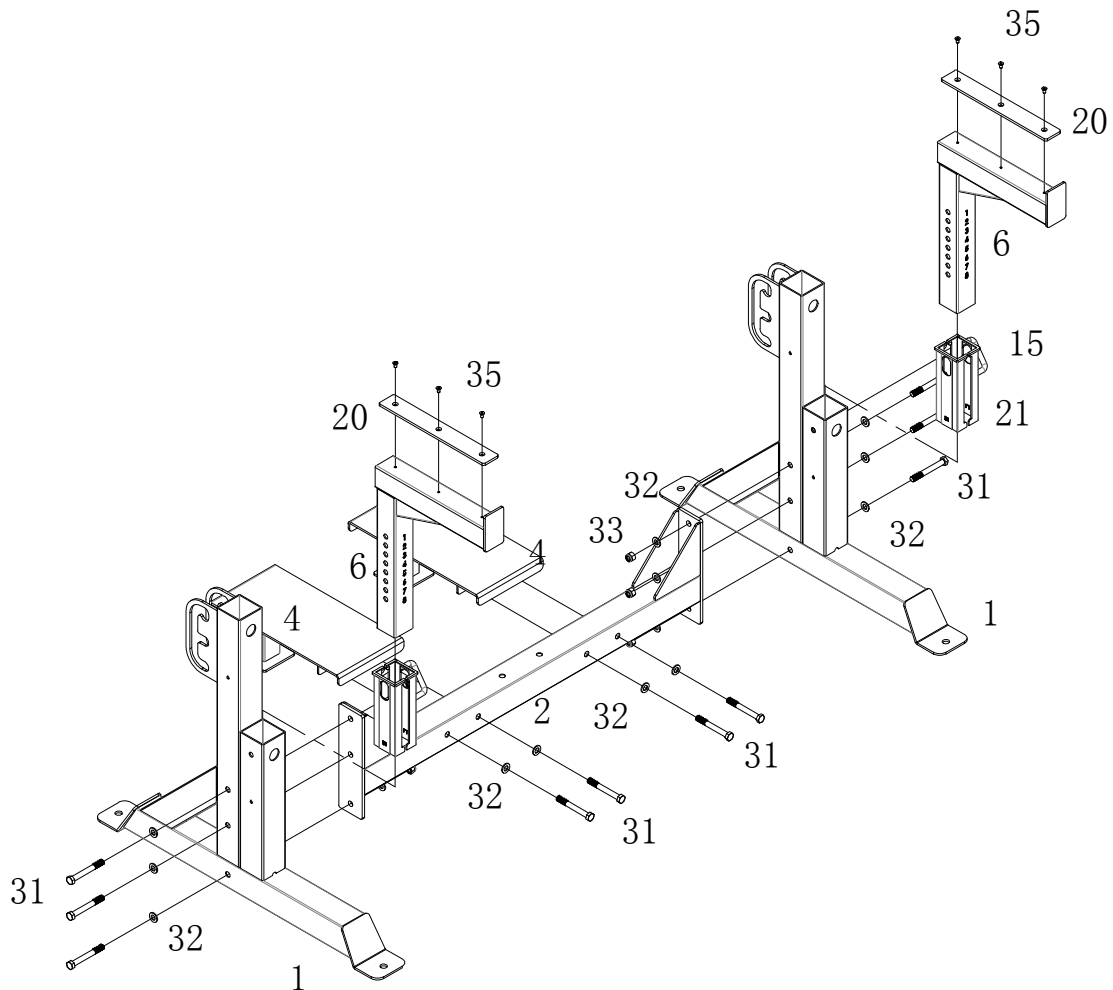


∅5x15 rivet x12



Assembly Instructions

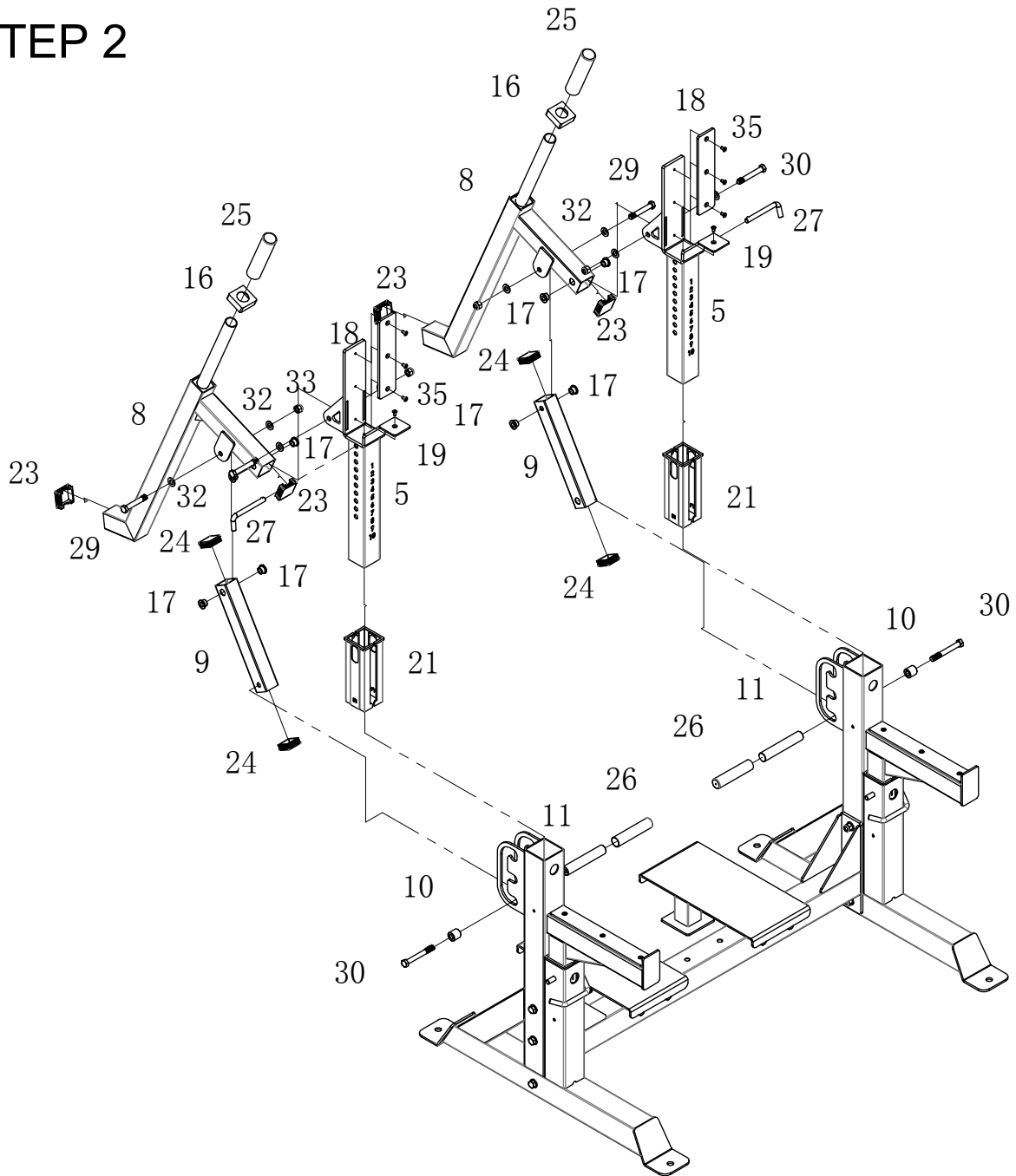
STEP 1



1. Attach 1 x part (20) to 1 x part (6) with 3 x M6x12 Bolts (35). Repeat again for the other part (6)
2. Attach part (2) between the 2 x part (1) by lining up the bolt holes and securing with M12x100 Bolts (31), \varnothing 12 washers and M12 nuts (33)
3. Add the 2 x part (4) to part (2) with M12x100 Bolts (31), \varnothing 12 washers and M12 nuts (33)
4. Add 1 x part (21) in the lower vertical tube on both sides (1) then slide the safety arms (6) into these and secure with 1 x part (15) in each. Note: height can be adjusted to suit your exercise after the unit is completely assembled

Assembly Instructions

STEP 2

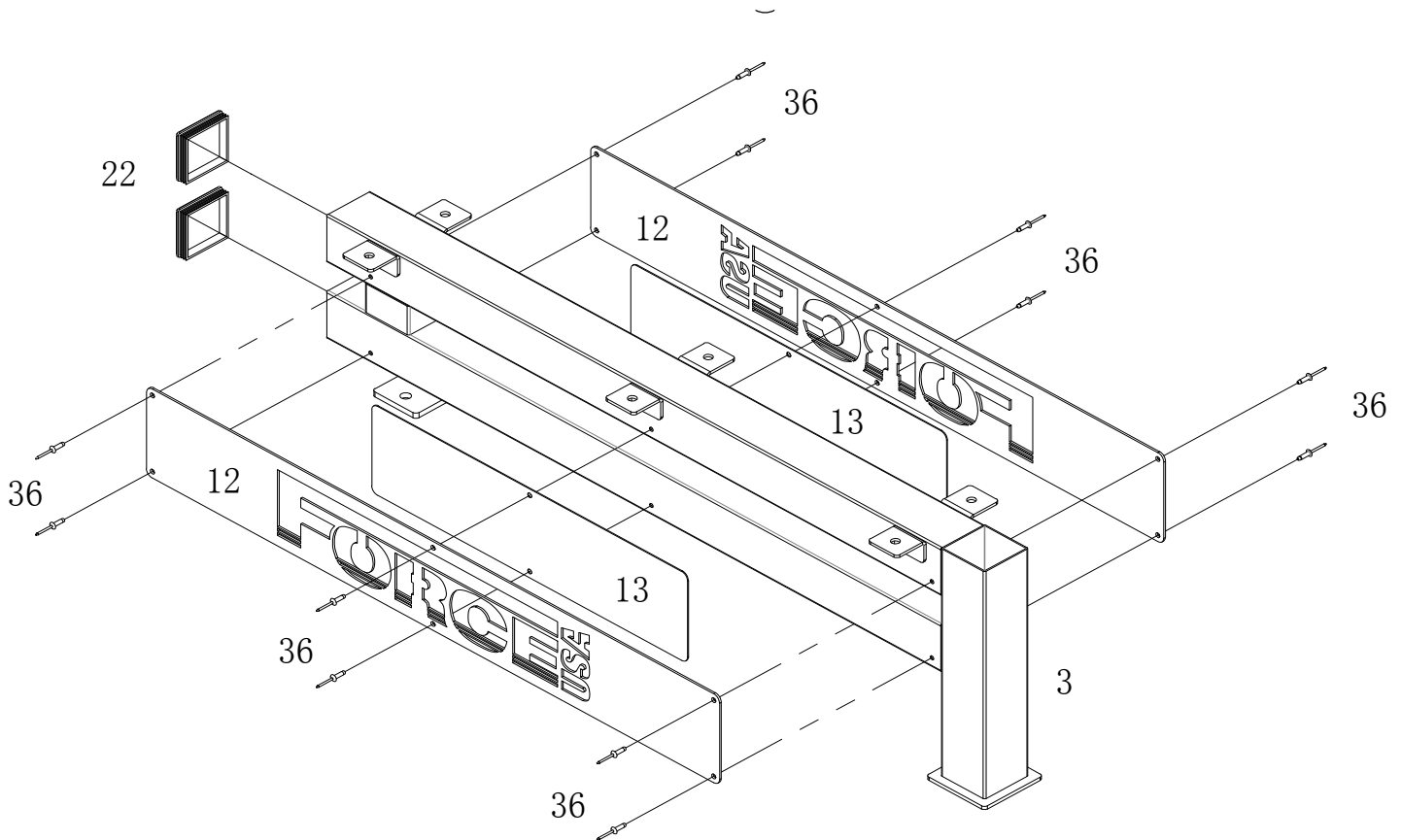


1. Slide 1 x part (21) into part (1) on the left side of the already assembled base
2. Attach 1 x part (18) to 1 x part (5) with 3 x M6x12 Bolts (35)
3. Attach 1 x part (19) to the same part (5) with a M6x12 Bolt (35)
4. Slide the part (5) into the part (21)
5. Add the 50mm End Caps 2 x (23) to 1 x part (8). Add parts (16) and (25) to part (8)
6. Position 1 x part (17) on each side of part (8) within the holes and securely attach part (8) to part (5) using $\varnothing 12$ washers (32) and an M12x85 Bolt (30)
7. Add the 44mm End Caps 2 x (24) to 1 x part (9) and attach the end which has the smaller holes to the positioning area of the already assembled frame using an M12x85 Bolt (30) passing through part (10), the positioning area of the already assembled frame, the end of part (9) with the smaller holes and into part (11) on the other side which will then connect to part (26)

8. Attach the other end of part (9) to part (8) using an M12x75 Bolt (29) passing through a $\varnothing 12$ washer (32), the bracket hole of part (8), continuing through part (17) on within each side of part (9), through the other bracket hole of part (8) with a $\varnothing 12$ washer (32) and M12 Nut (33)
9. Add the positioning pin (27) to one of the positioning holes of part (5). This can be adjusted at any time for your desired positioning height after the unit is completely assembled and all components have been tightened
10. Repeat these steps 1 through 9 to for the assembly of the opposite side

Assembly Instructions

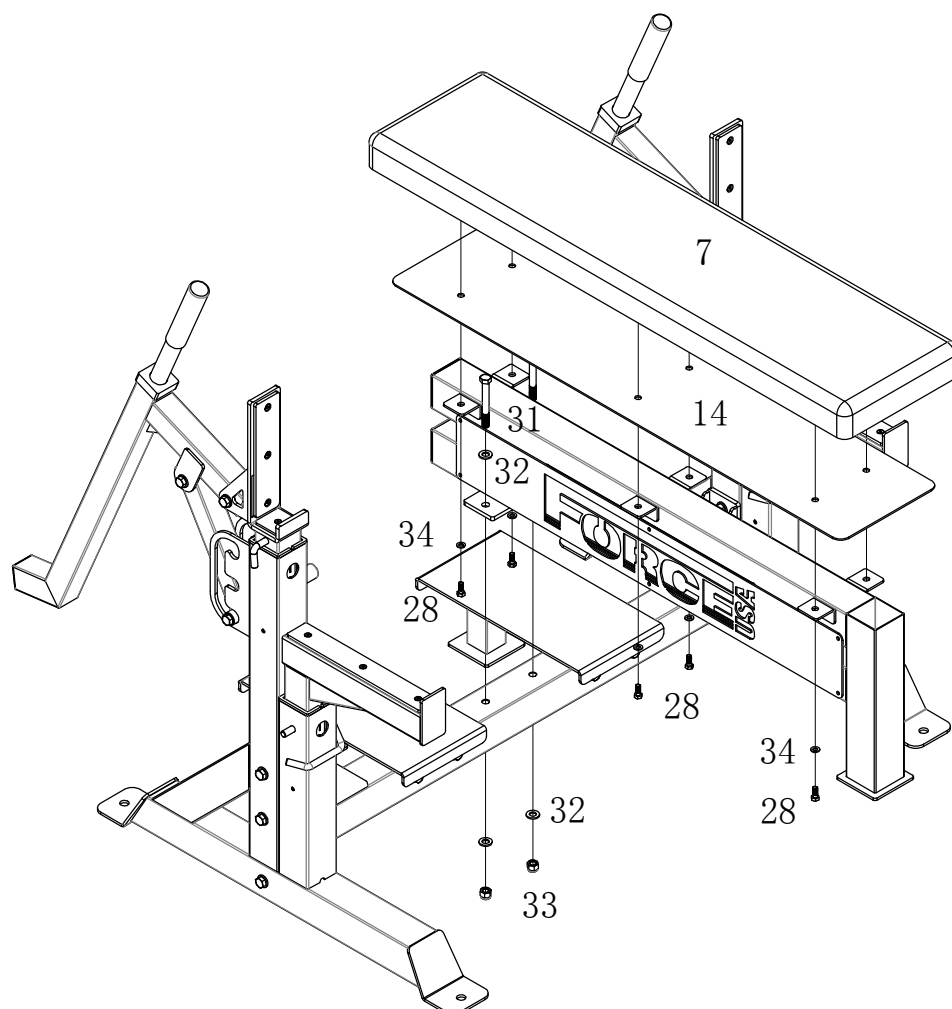
STEP 3



1. Attach the 2 x 75mm End Caps (22) to part (3)
2. Attach parts (12) and (13) to part (3) with 12x $\varnothing 5$ x15 rivet(36)

Assembly Instructions

STEP 4



1. Attach part (3) to the assembled frame with $\varnothing 12$ washers (32), M12x100 Bolts (31) and M12 Nuts (33)
2. Position part (14) on top of part (3) lining up the holes. Place part (7) on top of part (14) again ensuring the holes are in alignment. Fasten the three pieces together using $\varnothing 8$ washers (34) and M8x25 Bolts (28) in the 6 locations

ASSEMBLY COMPLETED

Now that the hand tightened assembly is complete and everything seems to be in order, you may tighten everything with the correct tools ensuring you do not damage any of the threading.

Maintenance is important for any gym equipment to prolong lifetime and efficiency. After every use, wipe down any components which have had direct contact with the user to ensure the equipment is dry and free of any sweat or environmental moisture as this may cause rust in the long term. Moving parts should be lubricated weekly or monthly depending on the frequency of use.

For more details regarding how to maintain your equipment and the full warranty coverage for this item, please refer to our website or contact the place of purchase from which you acquired this item.



Congratulations and thank you for your purchase. We wish you success in all of your training goals.