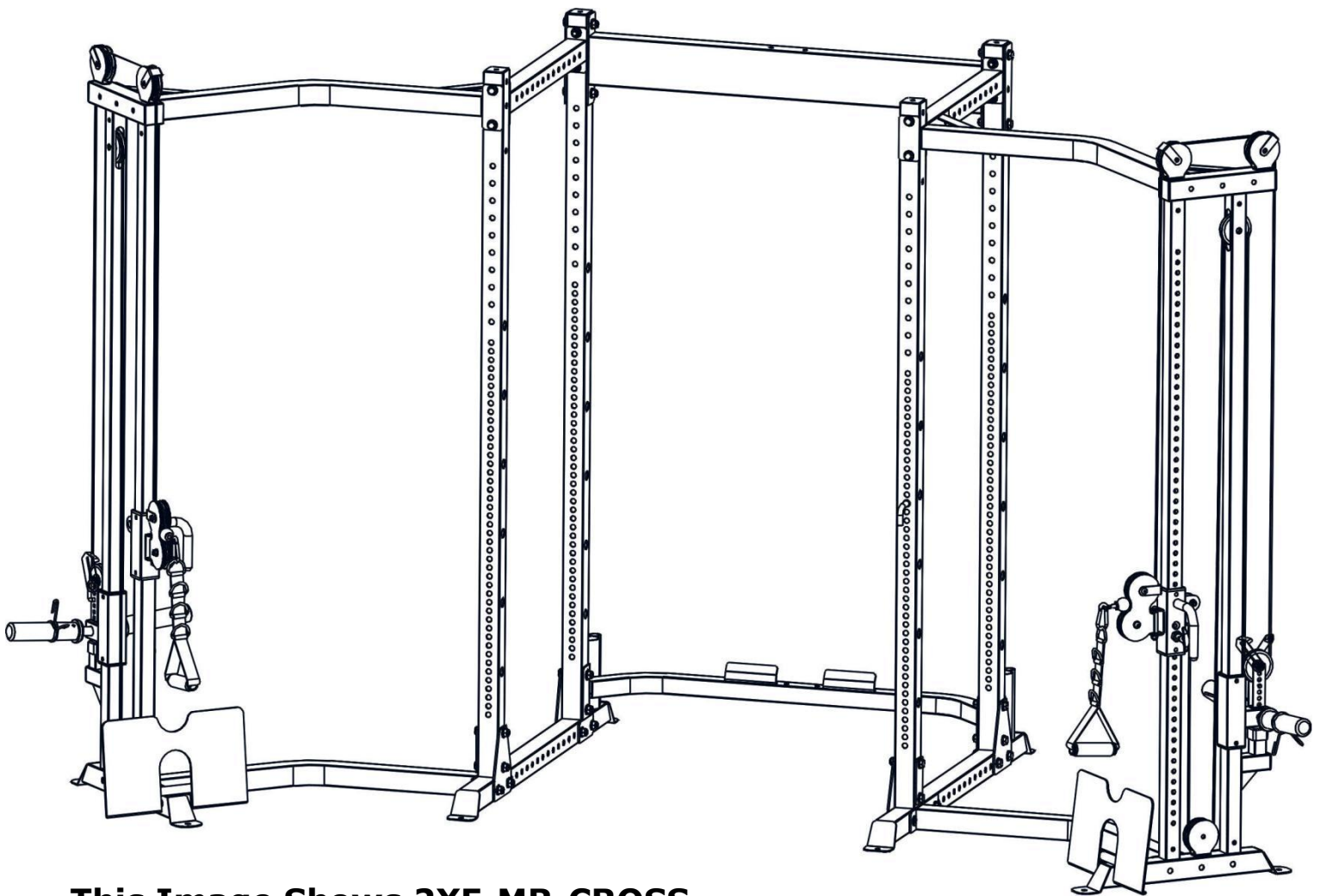


# **FORCE<sup>USA</sup>**

**THE TRUSTED NAME IN STRENGTH EQUIPMENT**

## **OWNER'S MANUAL F-MR-CROSS**

Cable Crossover Option(One side)



**This Image Shows 2XF-MR-CROSS**

### **CAUTION!**

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



# ASSEMBLY MANUAL

## FORCE USA MyRack Cable Crossover Option(one side)

### 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.

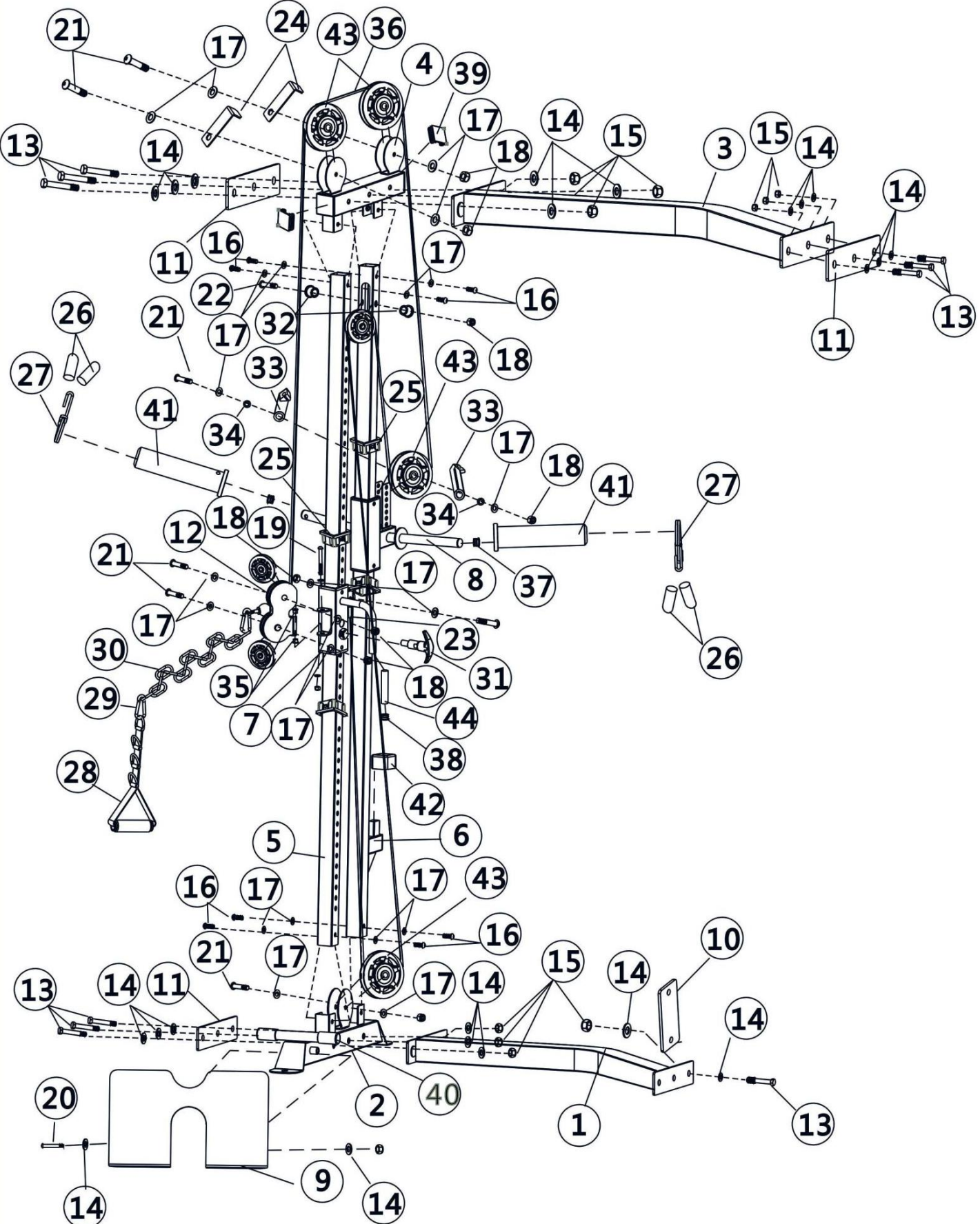
BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.

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.

**EXPLODED DIAGRAM**



## Parts list

Key No.	Description of part	Quantity
1#	Rear connection frame	1
2#	Side stabilizer	1
3#	the upper frame	1
4#	upper cross beam	1
5#	Front vertical frame	1
6#	Rear Vertical frame	1
7#	Sliding frame	1
8#	Weight holder	1
9#	foot plate	1
10#	Bracket	1
11#	bracket	3
12#	swivel frame	1
13#	M10*85 Hex Bolt	10
14#	φ 12 Washer	22
15#	M12 Aircraft Nut	10
16#	M10×16 Allen Bolt	8
17#	φ 10 Washer	20
18#	M10 Aircraft Nut	7
19#	M12×90 Allen Bolt	1
20#	M12×135 Allen Bolt	1
21#	M10×45 Allen Bolt	6
22#	M10×60 Allen Bolt	1

23#	Buckle	1
24#	L shape cable retainer	2
25#	Sleeve	4
26#	Spring Collar plastic	4
27#	φ49 Spring Collar	2
28#	Adjustable single strap	1
29#	7# Gourd Hook	2
30#	15 joint Chain	1
31#	quick release lock pin	1
32#	Bushing	2
33#	Cable retainer	2
34#	bushing	2
35#	Bushing	2
36#	cable	1
37#	Φ 25 End cap	2
38#	φ 19 End cap	1
39#	□60×2.0 End cap	2
40#	φ25 End cap	2
41#	φ50×φ26.5×200 sleeve	2
42#	□38 Sleeve	1
43#	Pulley	7
44#	Handle grip	1



Do not fully tighten the bolt and nut.



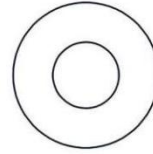
Fully tighten the bolt and nut.

## HARDWARE IDENTIFIER

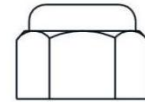
Note: The following parts are not drawn to scale, Please use your own ruler to measure the size.



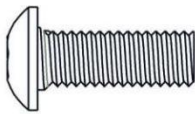
13# M10\*85 Hex Bolt X 10PCS



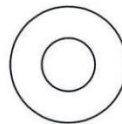
14#  $\phi$  12 Washer X 22 PCS



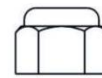
15# M12 Aircraft Nut X10PCS



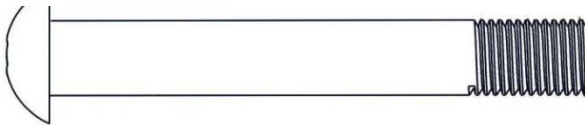
16# M10  $\times$  16 Allen Bolt X8PCS



17#  $\phi$  10 Washer X 20 PCS



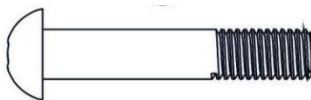
18# M10 Aircraft Nut X7 PCS



19# M12  $\times$  90 Allen Bolt X 1 PC



20# M12  $\times$  135 Allen Bolt X1PC

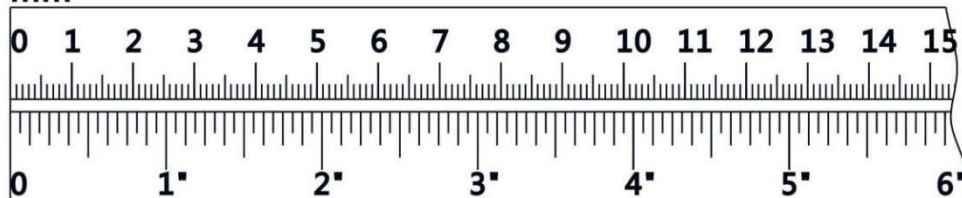


21# M10  $\times$  45 Allen Bolt X 6PCS



22# M10  $\times$  60 Allen Bolt X 1PC

mm





# ASSEMBLY INSTRUCTION

Tools required assembling the machine: Adjustable Wrench and Allen Wrench.

NOTE: It is strongly recommended two or more people assemble this machine to avoid possible injury. Only hand tighten all nuts and bolts and the entire machine is assembled.

## STEP 1 (See Diagram 1)

These instructions will direct you to set up the left side. Follow the same instructions when setting up the right side.

Attach the rear connection frame (1#) to the stabilizer (45#), Carefully align the holes and secure them with 5pcs M10\*85 Hex Bolt (13#) , 10pcs  $\phi$  12 washer(14#) , 1 pc triangle bracket(48#), 1pc bracket (10#),and 5pcs M12 Aircraft nut (15#).



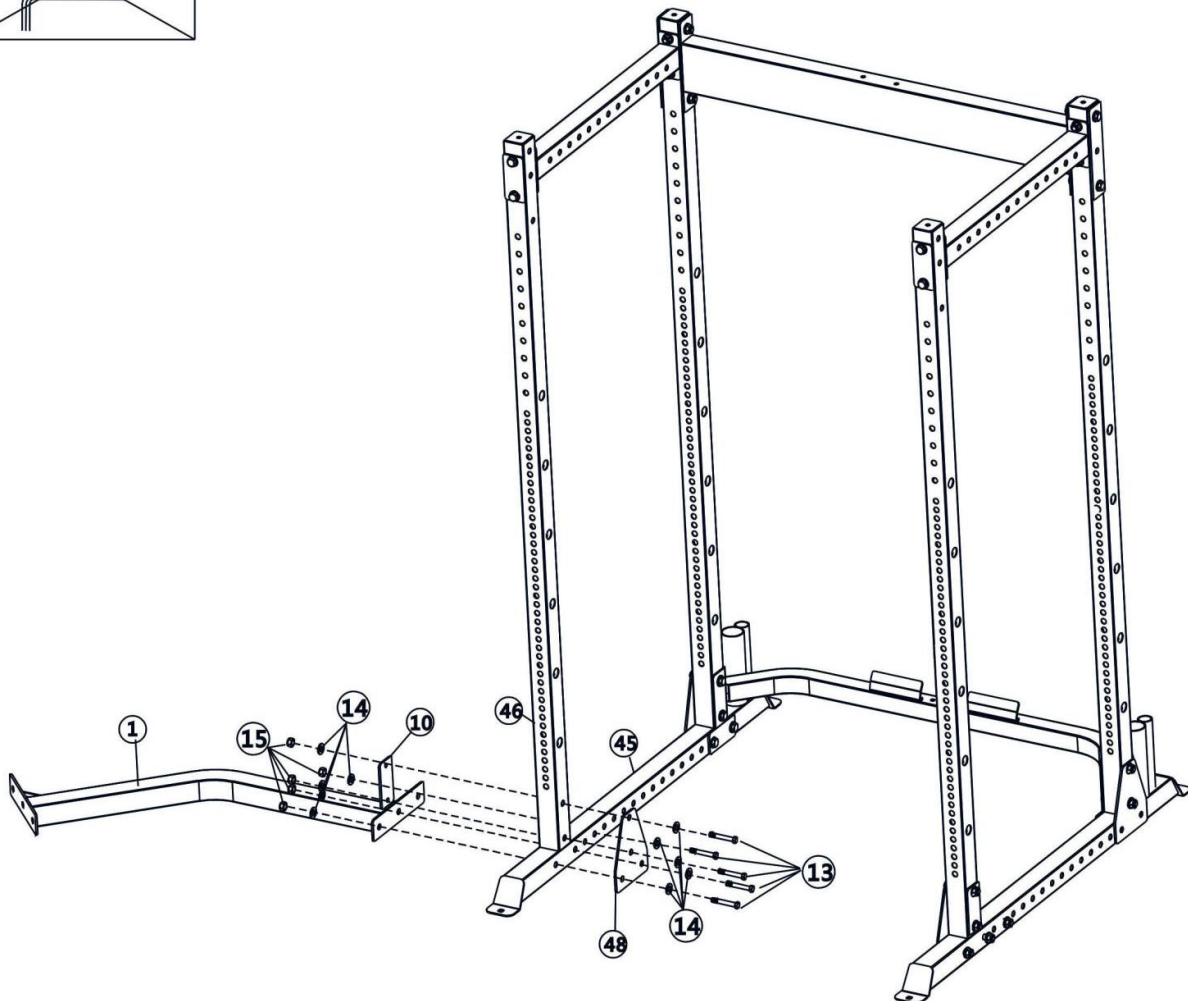
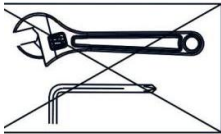
⑬ M10 x 85mm×5



⑭  $\phi$ 12×10



⑮ M12×5

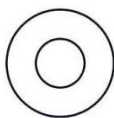


**STEP 2** (See Diagram 2)

Attach the side stabilizer (2#) to the rear connection frame(1#) , Carefully align the holes and secure them with 3pcs M10\*85 Hex Bolt (13#),6pcs  $\phi$  12 washer (14#),one pc bracket(11#) and 3pcs M12 Aircraft nut(15#).



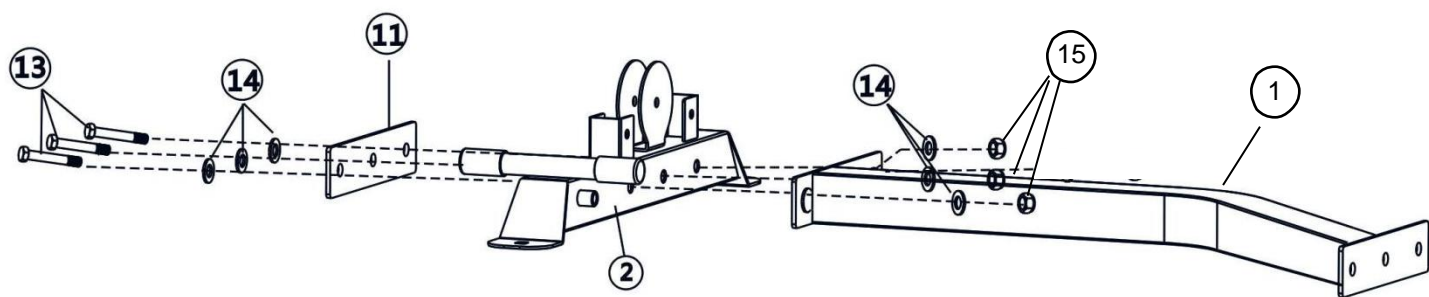
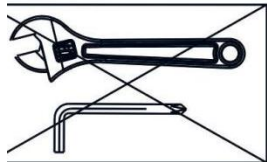
**13** M10 x 85mm×3



**14**  $\phi$ 12×6



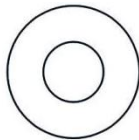
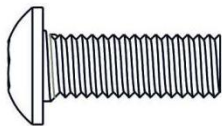
**15** M12×3





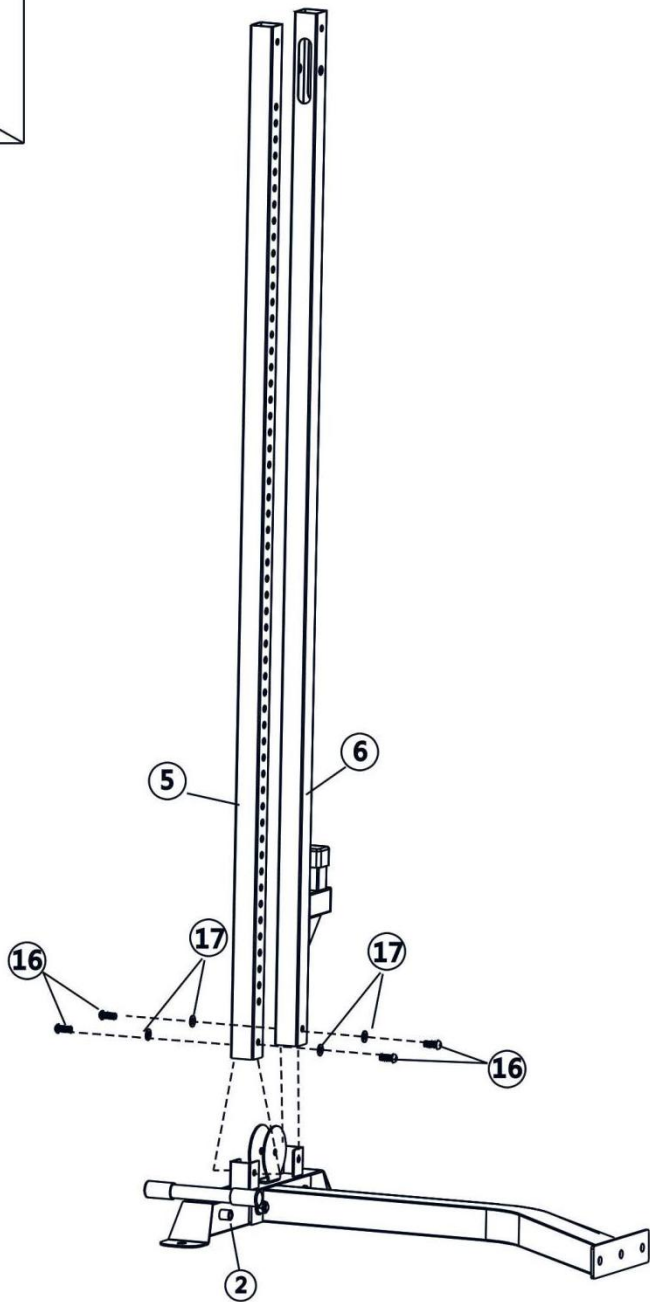
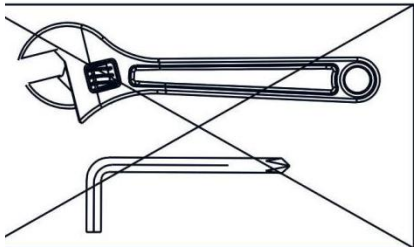
**STEP 3 (See Diagram 3)**

Attach the front vertical frame (5#) and the rear Vertical frame(6#) onto the side stabilizer (2#) ,Carefully align the holes and secure them with 4pcs M10× 16 Allen Bolt (16#) and 4pcs  $\phi$  10 washer(17#).



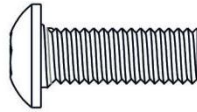
**16 M10 x 20mm×4**

**17  $\phi$ 10×8**

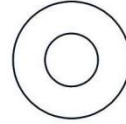


#### STEP 4 (See Diagram 4)

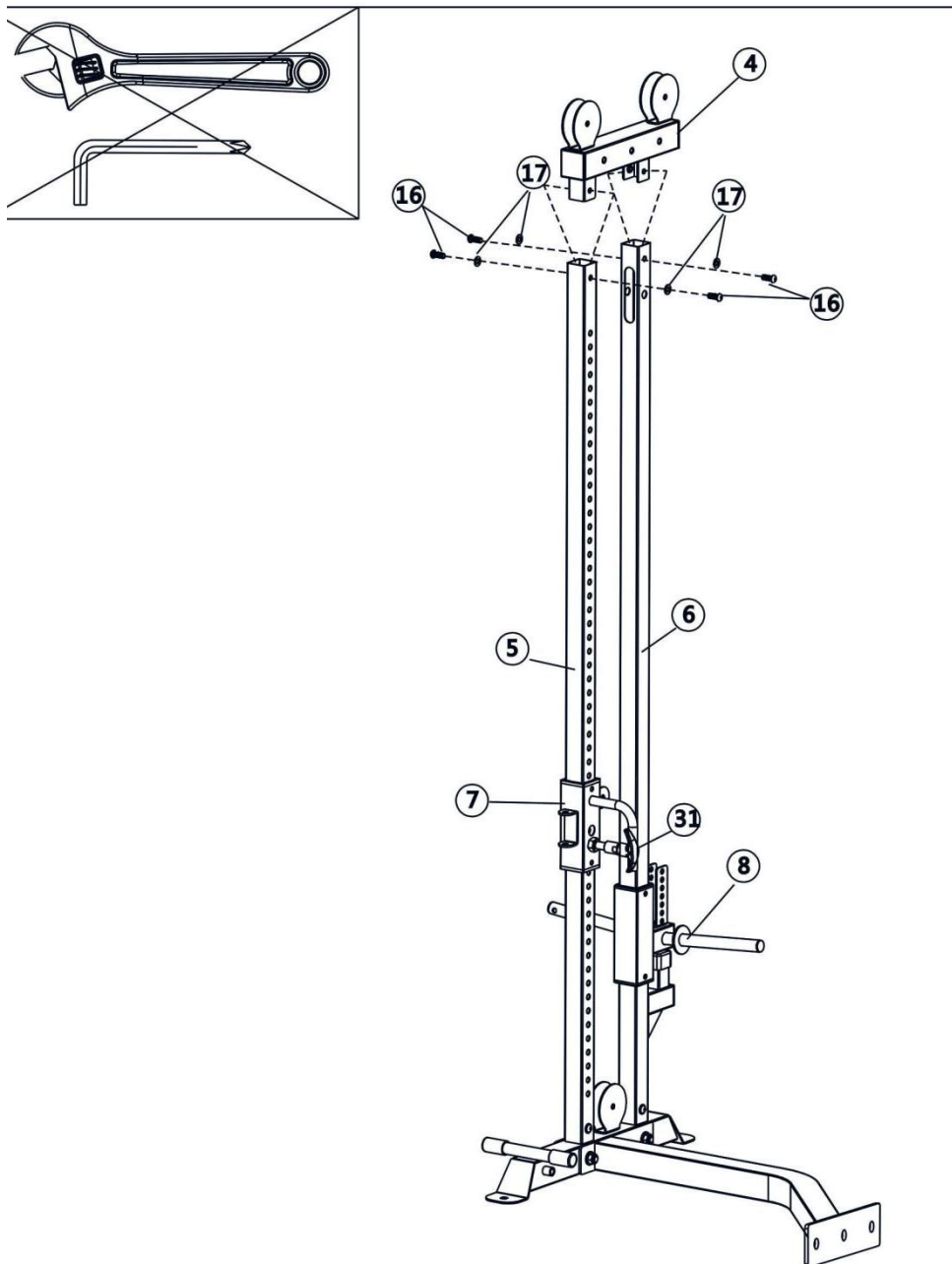
- A** Insert the sliding frame (7#) from the top to the bottom along the front vertical frame (5#) and select the desired position with the quick release lock pin (31#). Insert the weight holder (8#) along the rear vertical frame (6#).
- B** Attach the upper cross beam (4#) onto the both front vertical frame (5#) and the rear vertical frame (6#), Carefully align the holes and secure them with 4pcs M10×16 Allen Bolt (16#), 4pcs  $\phi 10$  washer (17#).



**16** M10 x 20mm×4



**17**  $\phi 10 \times 8$

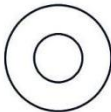


**STEP 5 (See Diagram 5)**

Place the upper frame(3#) between the both frames as the diagram shows and secure the both ends of the upper frame(3#)with 6 pcs M10\*85 Hex bolt(13#),10 pcs  $\phi$  12 washer (14#),2 pcs bracket (11#) and 4pcs M12 aircraft nut(15#).



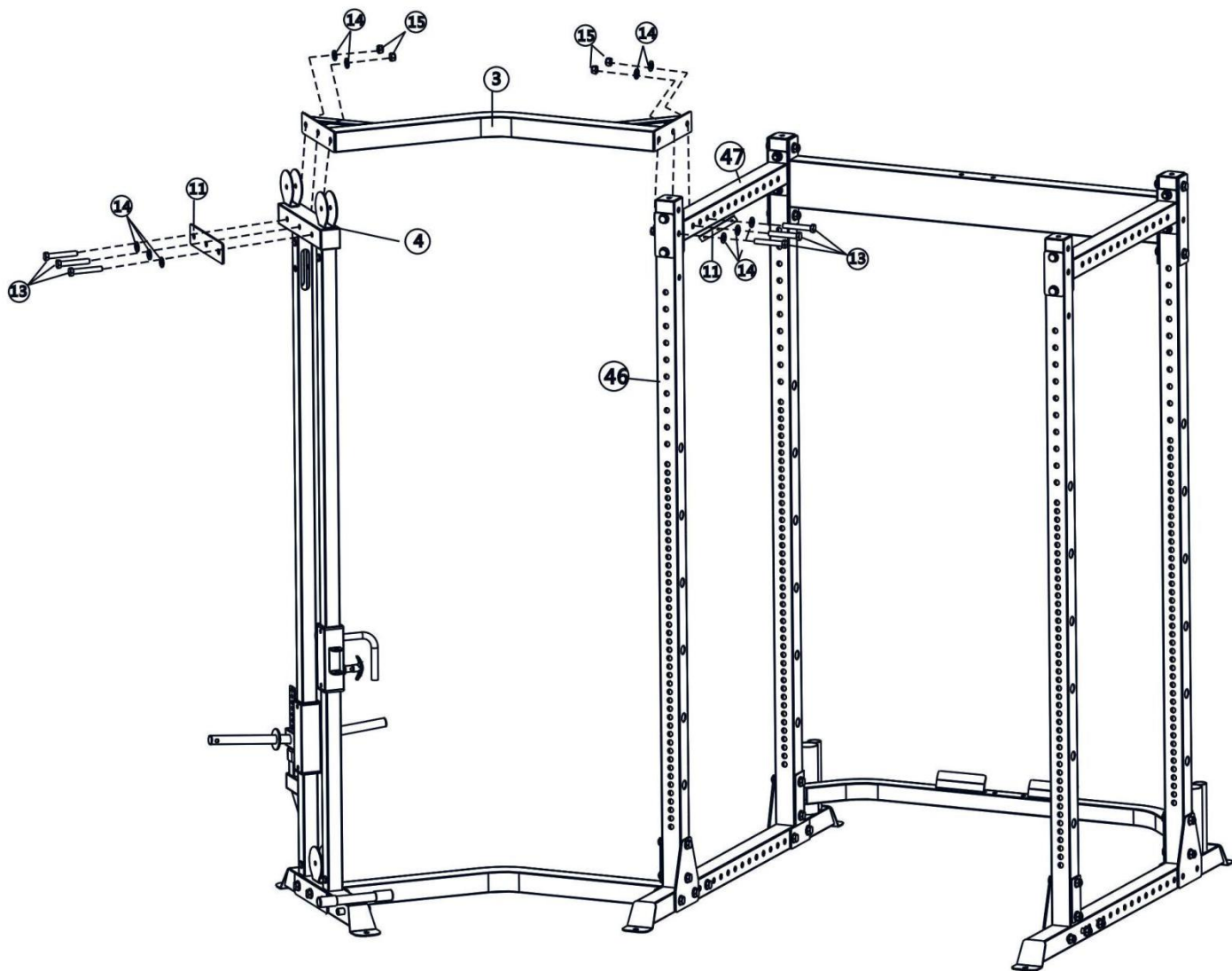
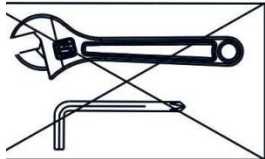
**13 M10 x 85mmx 6**



**14  $\phi$ 12x10**



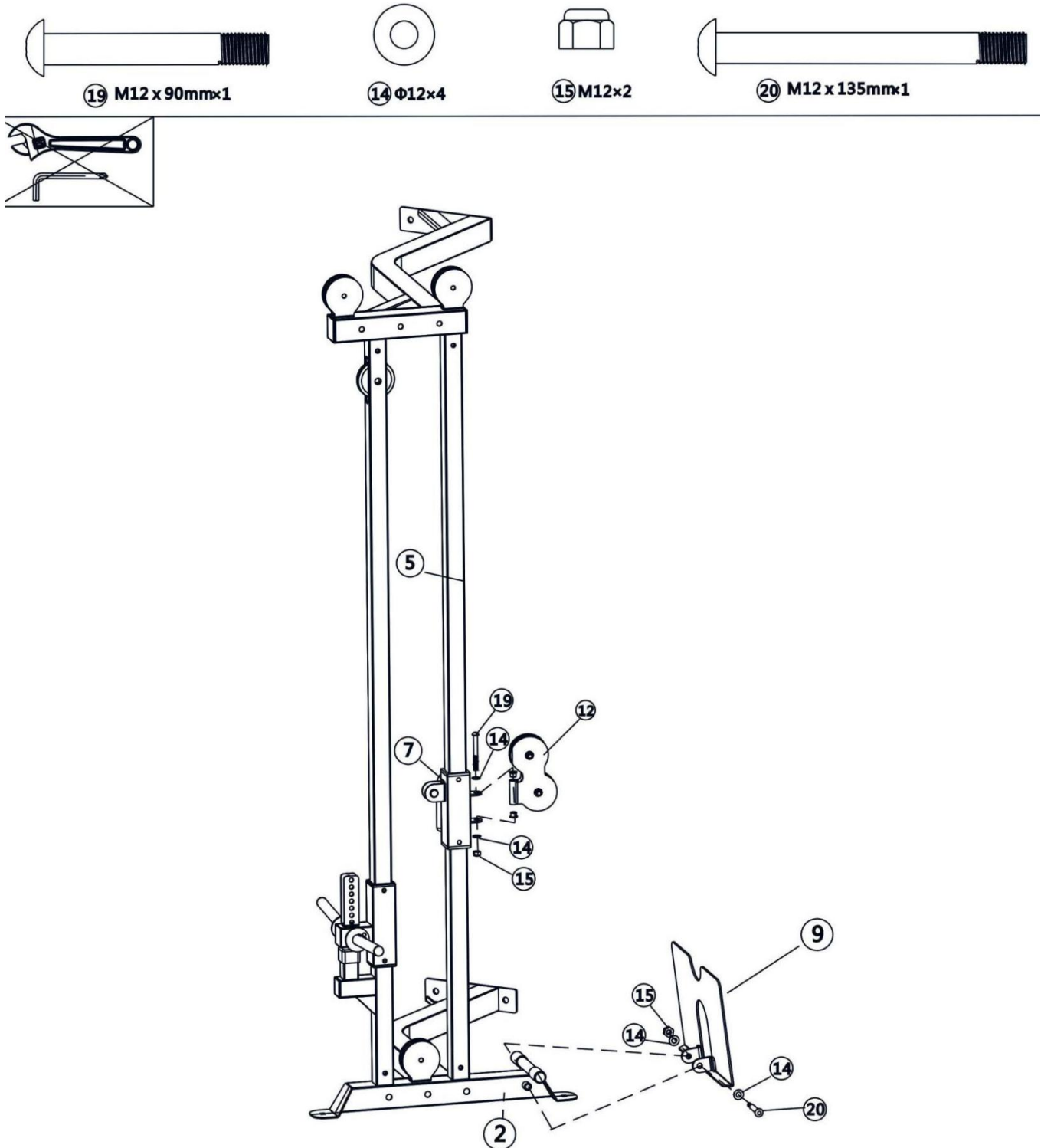
**15 M12x 4**



## STEP 6 (See Diagram 6)

**A** Attach the swivel frame(12#) to the sliding frame(7#) and secure them with 1 pc M12\*90 Allen bolt (19#) , 2 pcs  $\phi$  12 washer(14#) and 1 pc M12 aircraft nut(15#).Do not fully tighten the bolt and nut and make the frame can swivel freely.

**B** Attach the foot plate(9#) to the side stabilizer(9#) and secure them with 1 pc M12\*135 Allen bolt(20#),2 pcs  $\phi$  12 washer(14#) and 1 pc M12 aircraft nut(15#).



## **STEP 7 (See Diagram 7)**

- A** Place 1 pc pulley(43#) onto the cable ,Secure the pulley with 1 pc M10\*45 Allen bolt (21#), 2 pc  $\phi$  10 washer (17#) and 1 pc M10 aircraft nut (18#). make the ball stopper in front of the swivel frame.
- B** Draw the cable around the pulley and upright, Secure the 2 pcs pulley with 2 pcs M10\*45 Allen bolt (21#), 4pcs  $\phi$  10 washer (17#), 2pcs M10 Aircraft nut (18#) and 2pcs cable retainer(24#).place the cable onto the pulley and under the cable retainer.
- C** Draw the cable around the pulley and downwards, Place 1 pc pulley onto the cable , Secure the pulley with 1pc M10\*45 Allen Bolt (21#),2 pcs  $\phi$  10 washer (17#), 2 pc bushing (34#), 2pcs pulley cover (33#) and 1 pc M10 aircraft nut(18#).
- D** Draw the cable around the pulley and upright and reach the opening as the diagram shows, Place 1 pc pulley below the cable, Secure the pulley with 1 pc M10\*60 Allen bolt (22#), 2 pcs  $\phi$  10 washer (17#) and 1pc M10 aircraft nut(18#).
- E** Draw the cable around the pulley and downwards,Place 1 pc pulley onto the cable and secure the pulley with 1 pcM\*45 Allen bolt (21#),2 pcs bushing (34#) and one pc M10 aircraft nut(18#).
- F** Draw the cable upwards and thread the buckle(23#), Secure the buckle with 1 pc M10×45 Allen Bolt (21#) , 2 pcs  $\phi$  10 Washer (17#) and 1 pc M10 Aircraft Nut (18#).
- G** Attach the adjustable single strap(28#) to the end of the upper cable with 2 pcs gourd hook (29#) and 1 pc 15 joint Chain(30#).



21 M10 x 45mm x 6



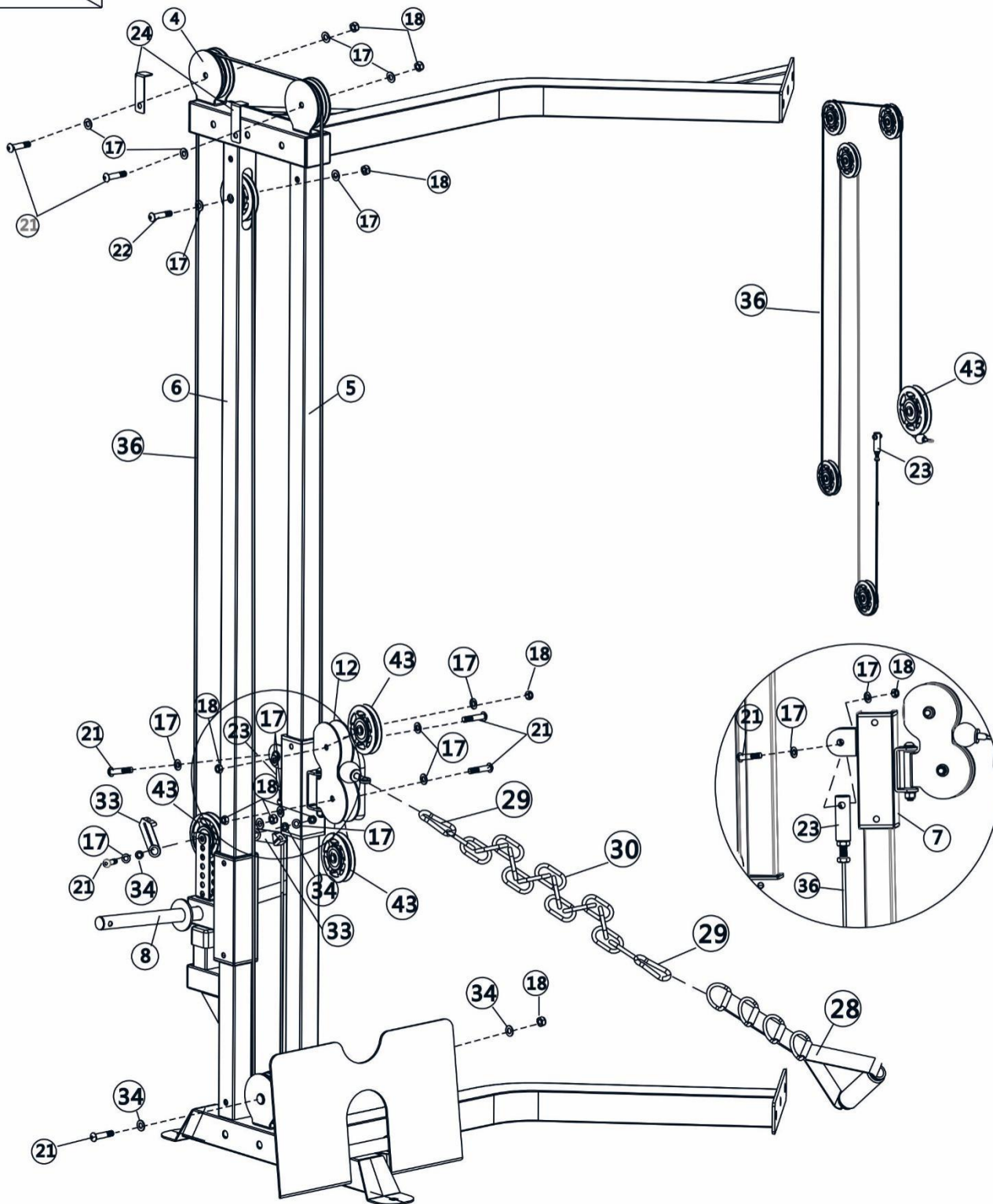
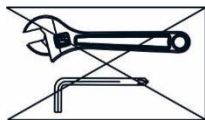
17 Ø10 x 12



18 M10 x 7



22 M10 x 60mm x 1

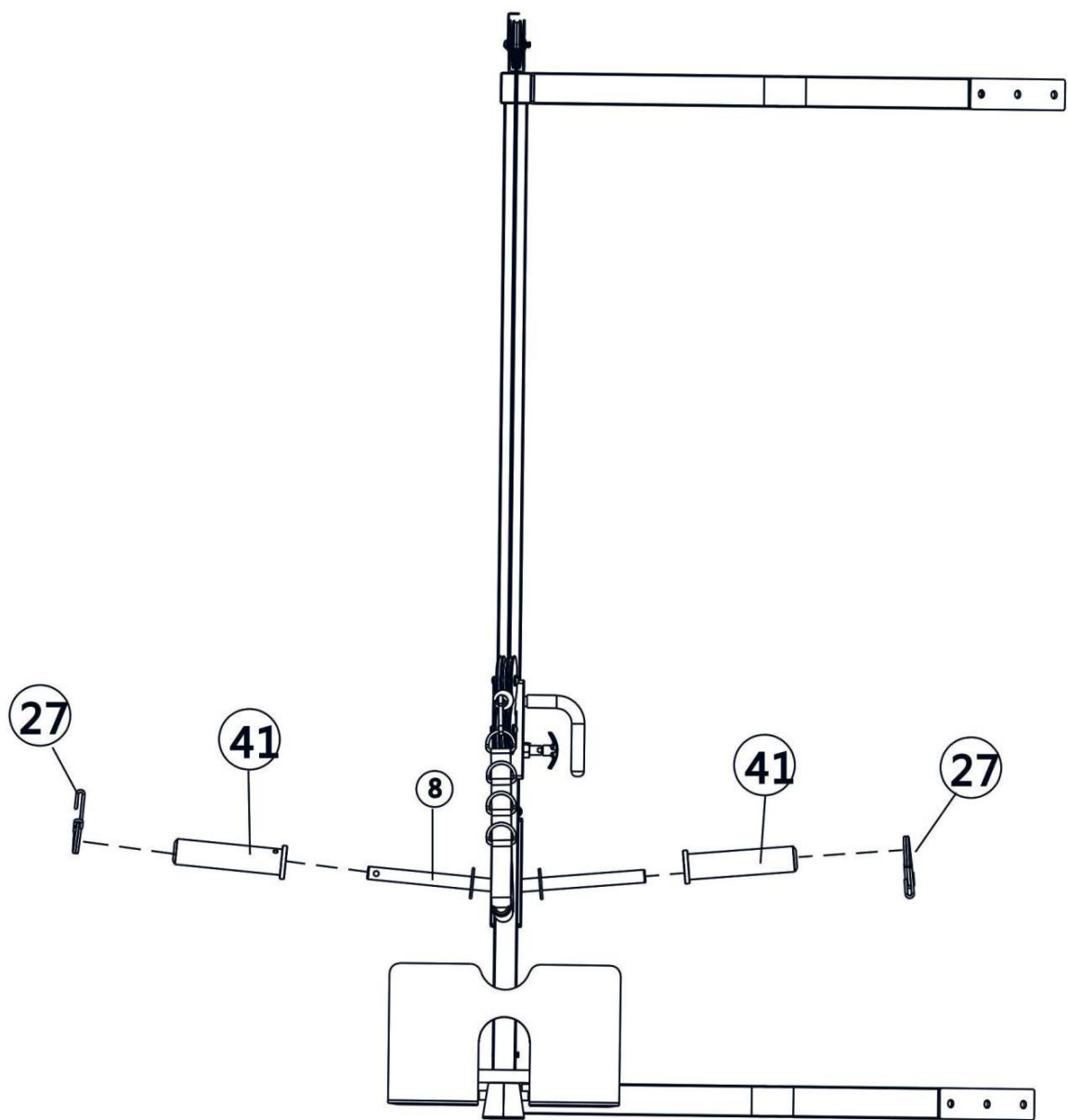
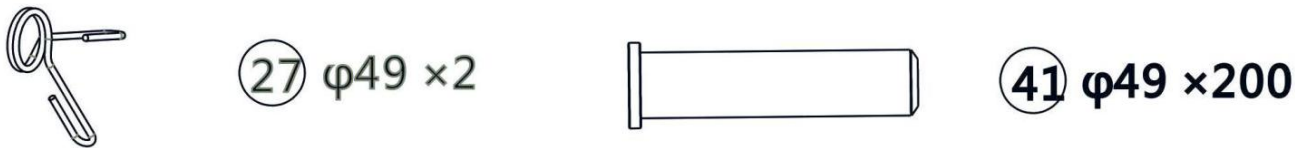




**STEP 8 (See Diagram 8)**

Attach the 2pcs  $\phi 50 \times \phi 26.5 \times 200$  sleeve (41#) and 2pcs spring collar(27#) to weight holder.

**Tighten all nuts and bolts securely and your equipment will now be completely assembled.**



## **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.

Please visit our website for full warranty information.



[www.forcefitnessequipment.com](http://www.forcefitnessequipment.com)