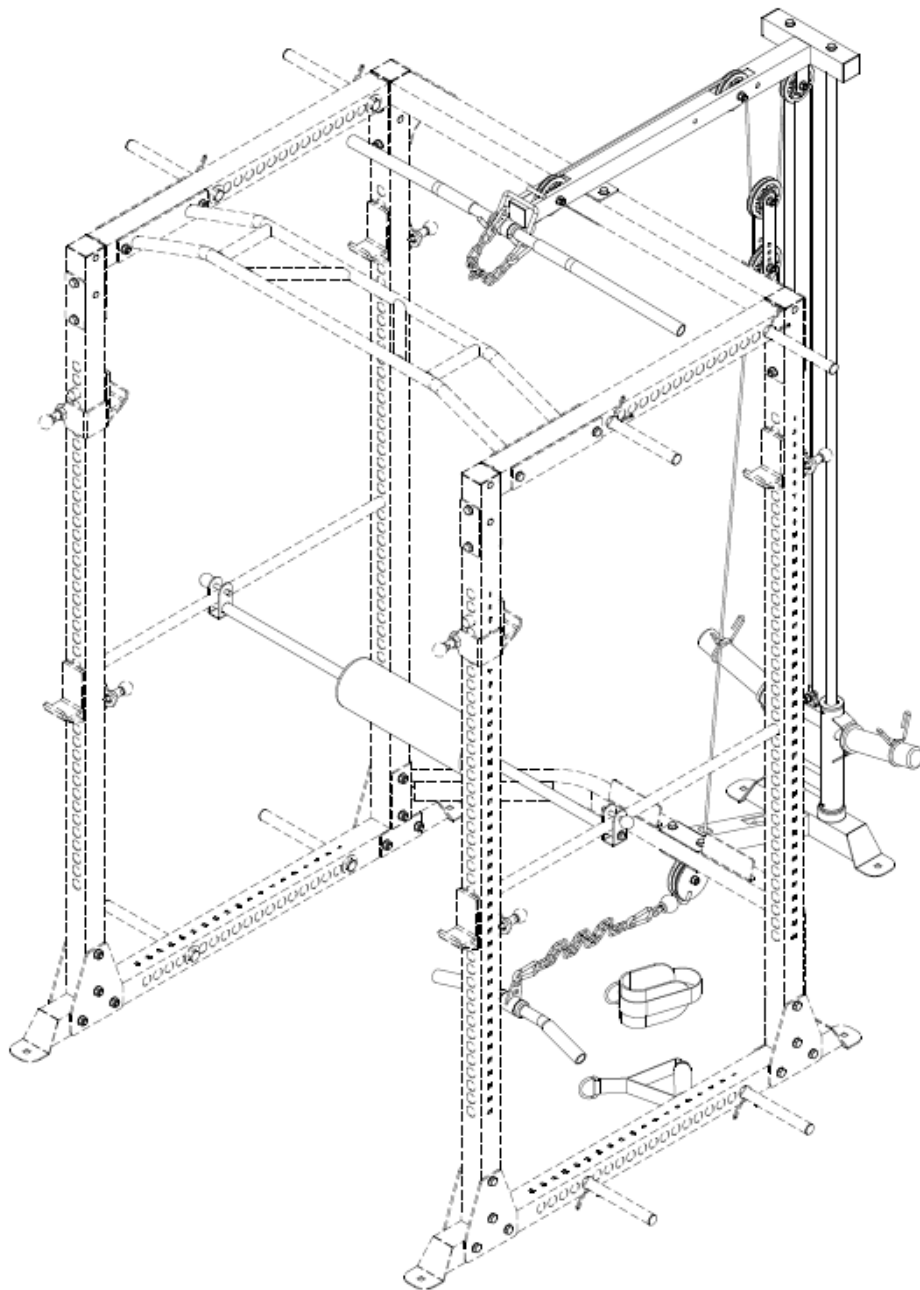


FORCE USA

OWNER'S MANUAL **F-PCL**

POWER CAGE - LAT PULLDOWN / LOW PULLEY ATTACHMENT



CAUTION!

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

ASSEMBLY MANUAL - FORCE USA POWER CAGE F-PCL

The F-PCL is an attachment that connects to the F-PC Power cage. The F-PC must be purchased and assembled separately.

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.

Instructions relating to parts of the F-PC are given in *Italics* to help avoid confusion.

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 F-PCL

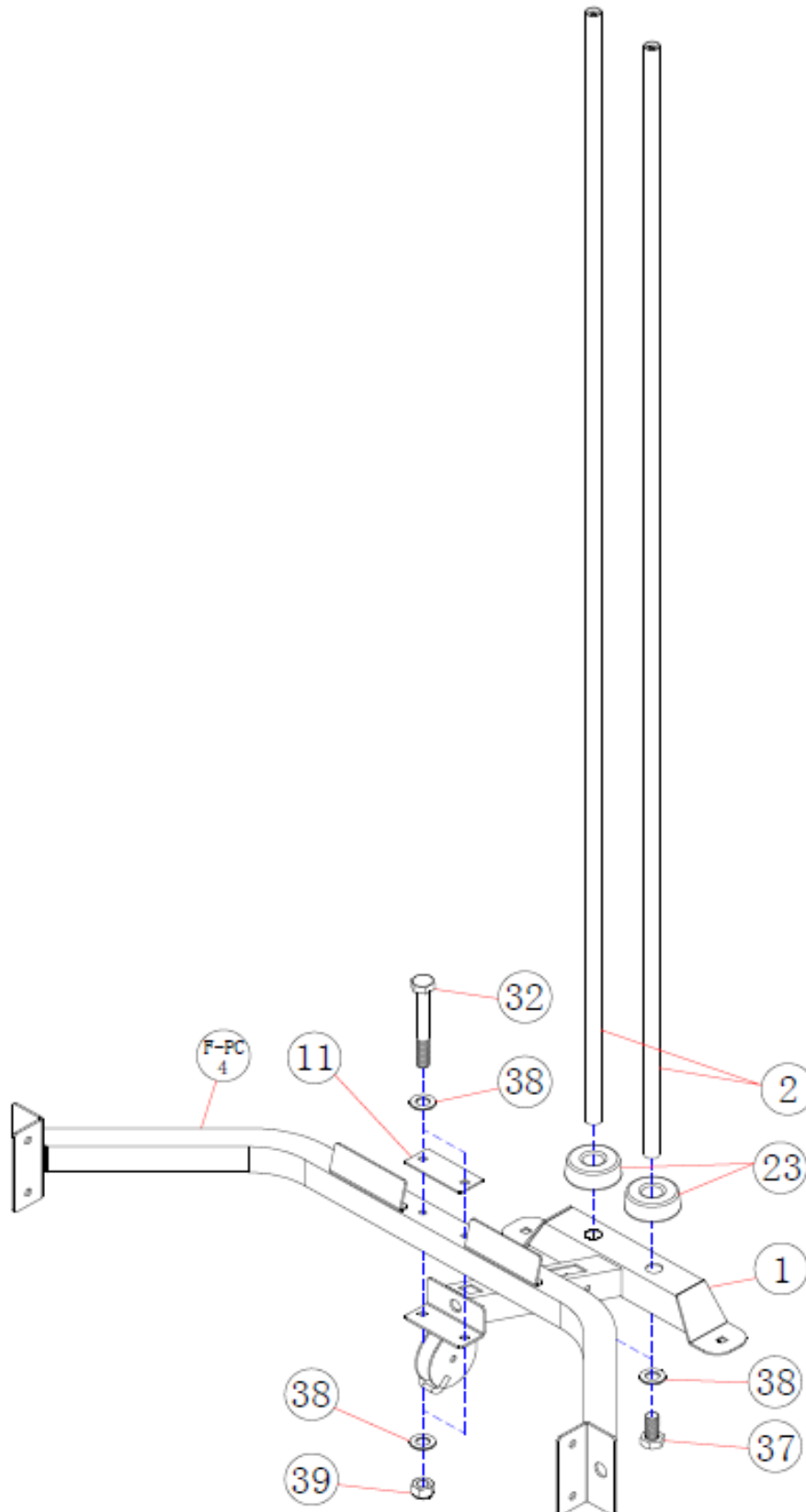
KEY NO.	DESCRIPTION	SPEC	Q'TY
1	Rear Base Frame		1
2	Guide Rod	φ25×2130	2
3	Upper Frame		1
4	Bracket	87×40×30×3	2
5	Foam Tube		1
6	Sliding Weight Post		1
7	Lat Bar		1
8	Shiver Bar		1
9	Double Floating Pulley Bracket	218×38×3	2
10	Bracket	130×60×3	1
11	Bracket	120×50×3	1
12	Spring Clip	φ49	2
13	Hook	φ8	4
14	Short Chain	10-link	1
15	Long Chain	15-link	1
16	Cable	L=3335	2
17	Pulley	φ96	6
18	Olympic Sleeve	φ50×210	2
19	Sliding Sleeve	φ55×φ46×□26×11	4
20	Pulley Bushing	φ25×φ10.2×15.5	4
21	Long Handle Grip	Φ23×440	2
22	Short Handle Grip	Φ23×150	2
23	Rubber Bumper	φ62×φ24.5×25	2
24	End Cap	□50	3
25	End Cap	φ25	6
26	Pop Pin		2
27	Ankle Strap		1
28	Single Handle		1
29	Foam Roll	φ22×φ120×400	1
30	Philips Screw	ST4.0×9	8
31	Hex Bolt	M10×80	2
32	Hex Bolt	M10×75	2
33	Hex Bolt	M10×70	2
34	Hex Bolt	M10×65	1
35	Hex Bolt	M10×45	4
36	Hex Bolt	M10×30	1
37	Hex Bolt	M10×20	6
38	Washer	10	26
39	Aircraft Nut	M10	12

ASSEMBLY DIAGRAM 1

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole F-PCL is assembled

1. Attach the front bracket of the REAR BASE FRAME (1) underneath the rear of the F-PC (Connecting to the REAR BASE FRAME (F-PC 4)), through a BRACKET 120X50X3 (11) using two HEX BOLT M10X75 (32), four WASHER10 (38) and two AIRCRAFT NUT M10 (39)
2. Position the two RUBBER BUMPERS (23) over the rod holes on top of the REAR BASE FRAME (1)
3. Position a GUIDE ROD (2) through each RUBBER BUMPER (23) and attach from below using two HEX BOLT M10X20 (37) and two WASHER10 (38)

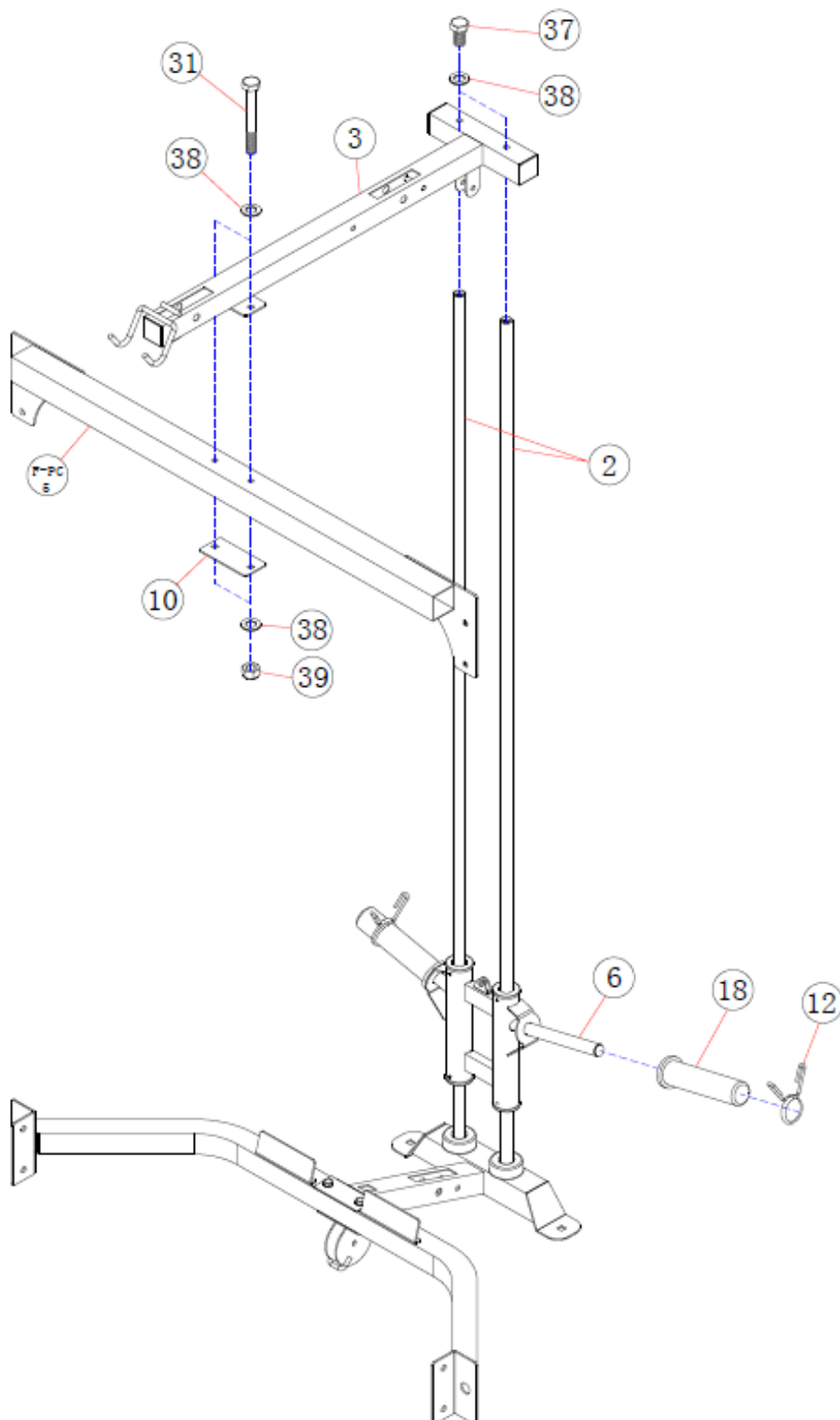


ASSEMBLY DIAGRAM 2

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole F-PCL is assembled

1. Attach two END CAP25 (25) to the ends of the angled weight holders and attach four SLIDING SLEEVES (19) into the hollow posts on the SLIDING WEIGHT POST (6) (*Skip this step if pre-assembled*)
2. Ensuring correct orientation, slide the SLIDING WEIGHT POST (6) down onto the GUIDE RODS (2)
3. Attach an OLYMPIC SLEEVE (18) to each side of SLIDING WEIGHT POST (6). Affix a SPRING CLIP (12) on each.
4. Position the UPPER FRAME (3) between the top of the GUIDE RODS (2) and the central point on the *REAR TOP BEAM (F-PC 5)*. Attach the UPPER FRAME (3) to the GUIDE RODS (2) using two HEX BOLT M10X20 (37) and two WASHER10 (38)
5. Attach the UPPER FRAME (3) to the *REAR TOP BEAM (F-PC 5)* through a BRACKET 130X60X3 (10) placed underneath the beam, using two HEX BOLT M10X80 (31), four WASHER10(38) and two AIRCRAFT NUT M10 (39)

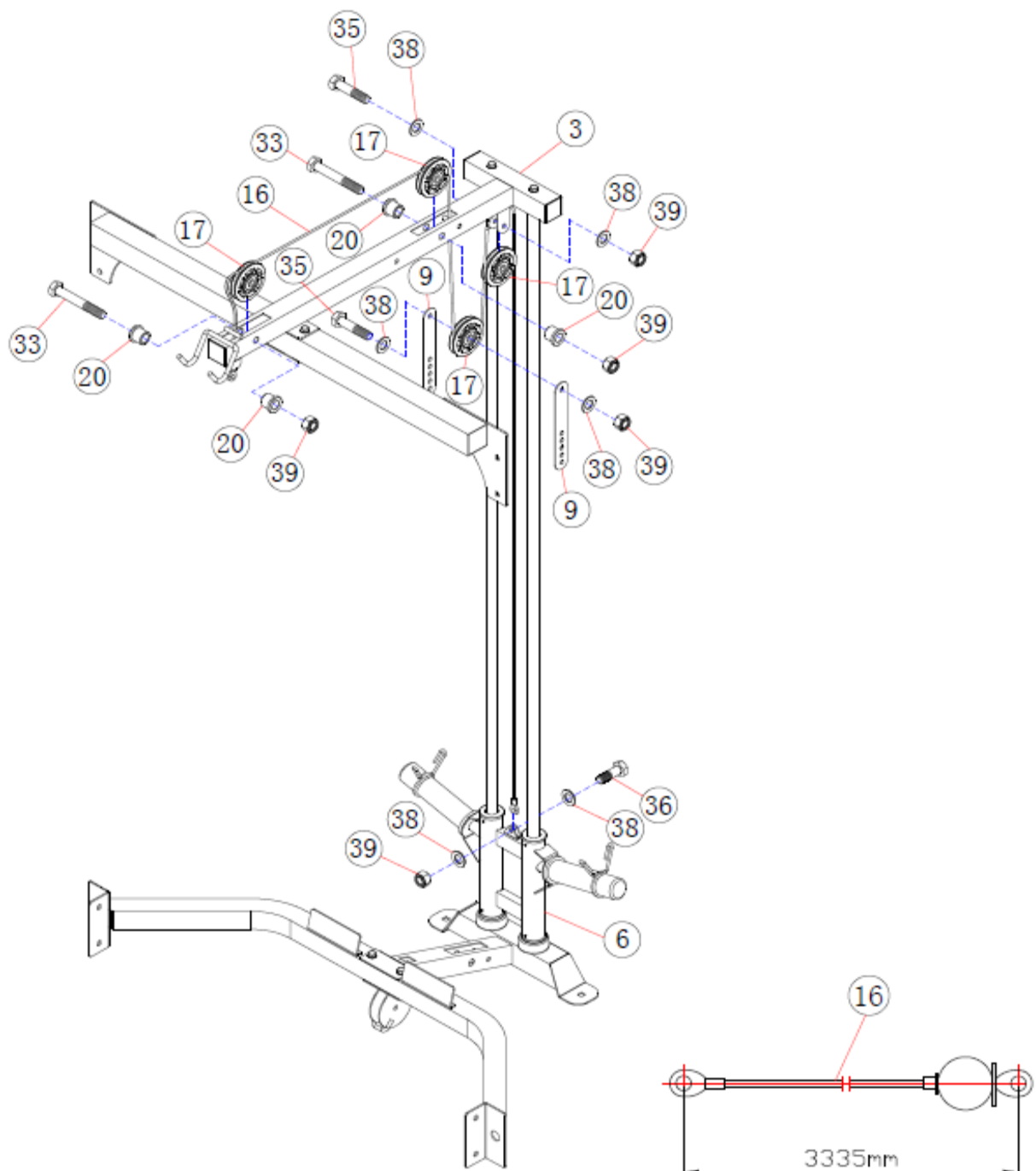


ASSEMBLY DIAGRAM 3

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole F-PCL is assembled

1. Hold the stoppered end of CABLE (16), feed the rest of the cable up through the front slit of the UPPER FRAME (3)
2. Align a PULLEY (17) inside the front slit, so the cable runs up and over the pulley. Attach using two PULLEY BUSHINGS (20), a HEX BOLT M10X70 (33) and an AIRCRAFT NUT M10 (39)
3. Draw the CABLE (16) along and down through the slit at the rear of the UPPER FRAME (3)
4. Align a PULLEY (17) inside the rear slit so the cable runs over the top and down the rear of the pulley. Attach using two PULLEY BUSHINGS (20), a HEX BOLT M10X70 (33) and an AIRCRAFT NUT M10 (39)
5. Connect a PULLEY (17) inbetween two DOUBLE FLOATING PULLEY BRACKETS (9). Ensure the single hole on the brackets is connected to the pulley. Attach using a HEX BOLT M10X45 (35), two WASHER10 (38) and an AIRCRAFT NUT M10 (39)
6. Draw the CABLE (16) down and under the assembled FLOATING PULLEY (17 & 9) so it runs from front to rear.
7. Draw the CABLE (16) up into the bracket under the rear of the UPPER FRAME (3). Attach a PULLEY (17) in the bracket using a HEX BOLT M10X45 (35), two WASHER10 (38) and an AIRCRAFT NUT M10 (39). The Cable should run over the top and down the rear of the pulley.
8. Draw the cable downward and attach the end of the CABLE (16) to the bracket in the centre of the SLIDING WEIGHT POST (6) using a HEX BOLT M10X30 (36), two WASHER10 (38) and an AIRCRAFT NUT M10 (39)

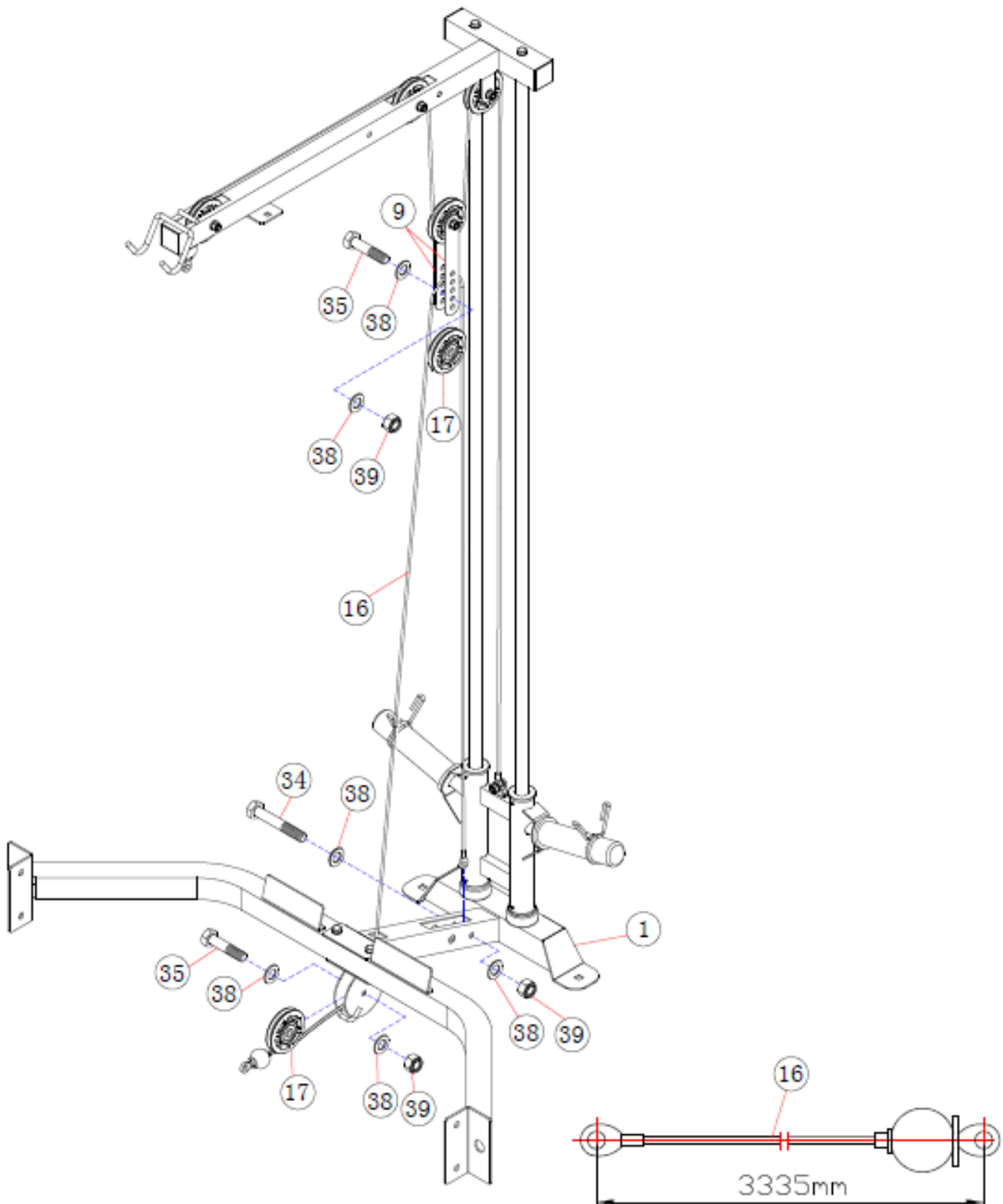


ASSEMBLY DIAGRAM 4

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole F-PCL is assembled

1. Place the stoppered end of the CABLE (16) on the ground in front of the *REAR BASE FRAME (F-PC 4)*. Feed the rest of the cable through the pulley bracket underneath the frame and up through the small slit at the front of the *REAR BASE FRAME (1)*
2. Position a PULLEY (17) into the pulley bracket so the cable runs under and up the rear of the pulley. Attach using a HEX BOLT M10X45 (35), two WASHER10 (38) and an AIRCRAFT NUT M10 (39)
3. Attach a PULLEY (17) to one of the lower sets of holes in the *DOUBLE FLOATING PULLEY BRACKET (9)* using a HEX BOLT M10X45 (35), two WASHER10 (38) and an AIRCRAFT NUT M10 (39)
4. Draw the CABLE (16) up and over the front of the lower pulley you just attached to the floating brackets.
5. Draw the CABLE (16) downward and attach the end into the slit in the centre of the *REAR BASE FRAME (1)* using a HEX BOLT M10X65 (34), two WASHER10 (38) and an AIRCRAFT NUT M10 (39)

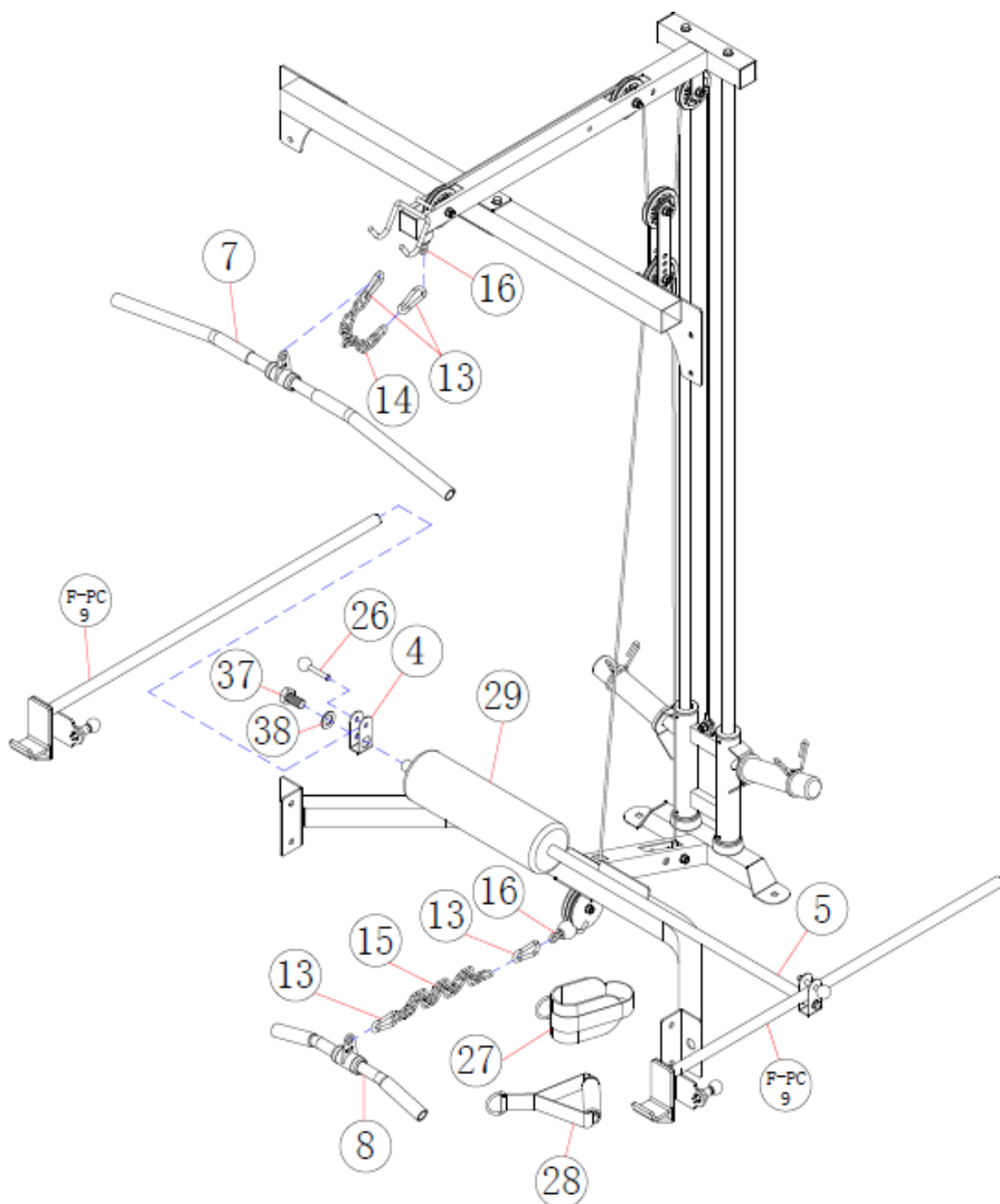


ASSEMBLY DIAGRAM 5

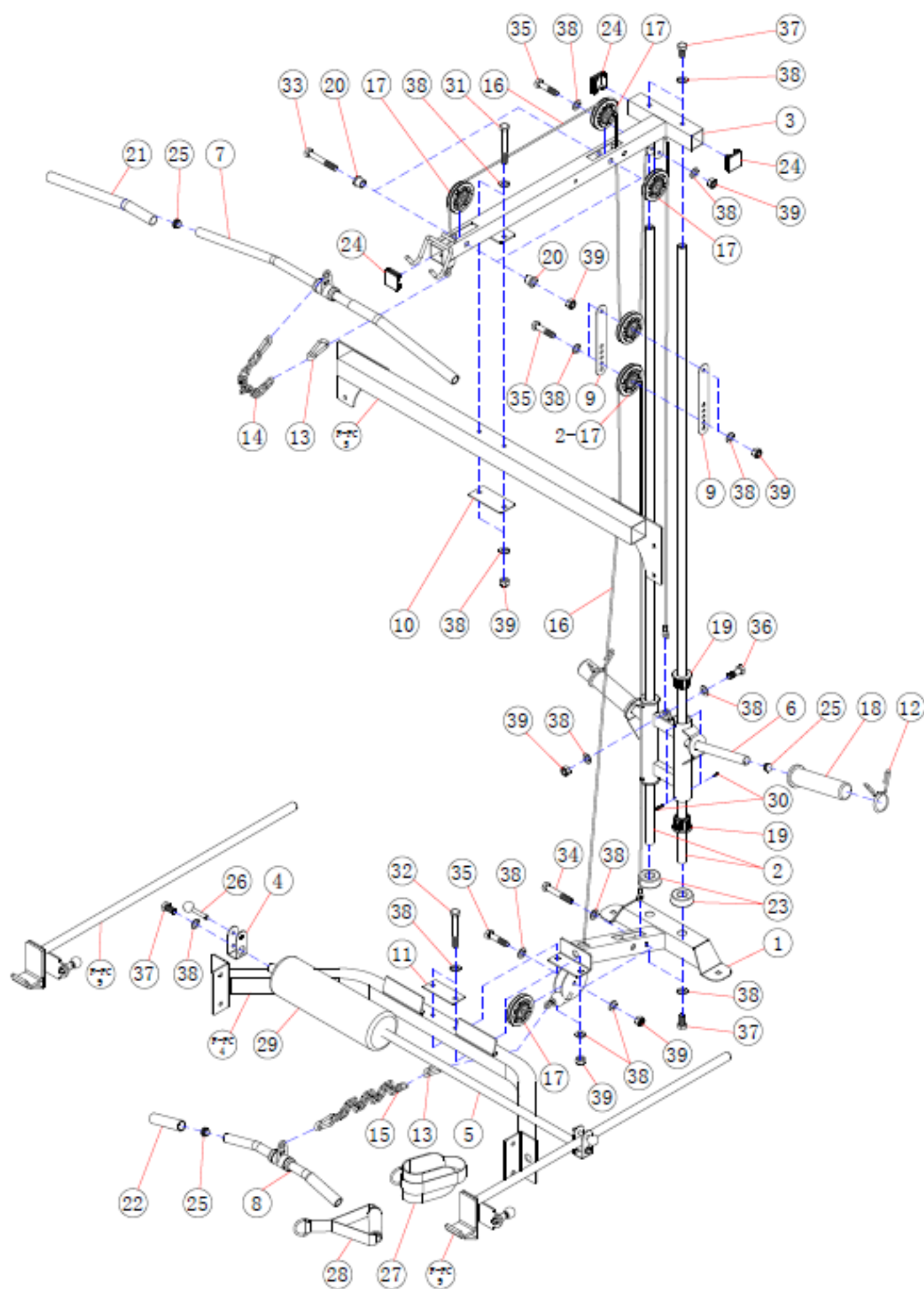
USE A PARTNER TO HELP WITH THIS STEP

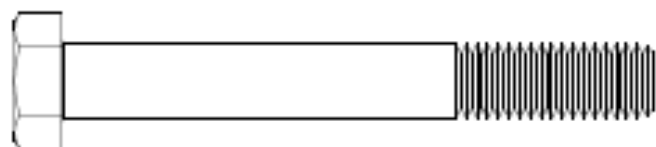
REMEMBER: Only hand tighten all nuts and bolts until whole F-PCL is assembled

1. Connect an END CAP25 (25) and a LONG HANDLE GRIP (21) to each end of the LAT BAR (7). Connect an END CAP25 (25) and a SHORT HANDLE GRIP (22) to each end of the SHIVER BAR (8) *(Skip this step if pre-assembled)*
2. Connect a HOOK (13) to each end of the SHORT CHAIN (14). Clip the LAT BAR (7) to one end of the chain, clip the other end onto the stoppered end of the CABLE (16) hanging from the front of the UPPER FRAME (3)
3. Connect a HOOK (13) to each end of the LONG CHAIN (15). Clip the SHIVER BAR (8) to one end of the chain, clip the other end onto the stoppered end of the CABLE (16) down at floor level.
4. Slide the FOAM ROLL (29) onto the FOAM TUBE (5)
5. Slide a BRACKET (4) onto each end of the FOAM TUBE (5). Attach the FOAM TUBE (5) through the BRACKETS (4) using a HEX BOLT M10X20 (37) and a WASHER10 (38) on each side.
6. Position the FOAM TUBE (5) underneath the *LONG SAFETY CATCH (F-PC 9)* so the BRACKETS (4) enclose the *LONG SAFETY CATCH (F-PC 9)* on each side of the F-PC. Secure both BRACKETS (4) with a POP PIN (26)
7. Attach an END CAP50 (24) to the three open ends on the UPPER FRAME (3) *(Skip this step if pre-assembled)*

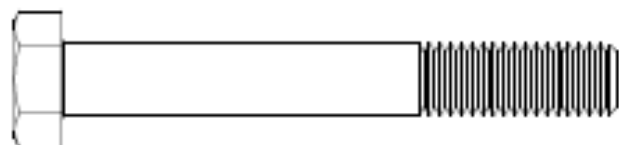


EXPLODED DIAGRAM F-PCL

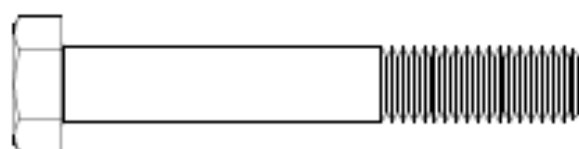




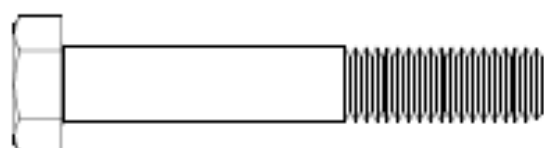
#31 M10×80 Hex Bolt (Qty 2)



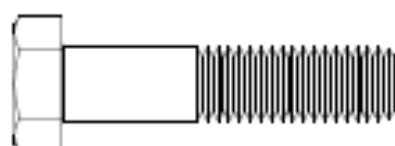
#32 M10×75 Hex Bolt (Qty 2)



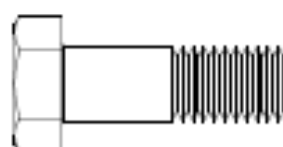
#33 M10×70 Hex Bolt (Qty 2)



#34 M10×65 Hex Bolt (Qty 1)



#35 M10×45 Hex Bolt (Qty 4)



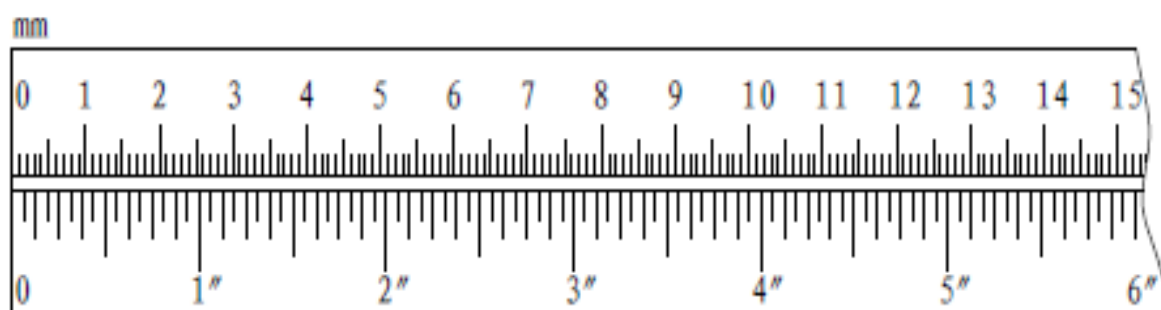
#36 M10×30 Hex Bolt (Qty 1)

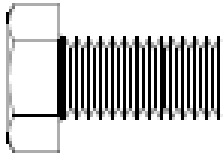


#38 $\Phi 10$ Washer
(Qty 26)

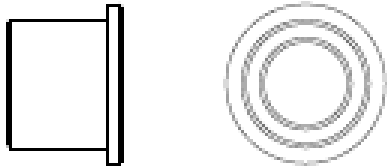


#39 M10 Aircraft Nut
(Qty 12)

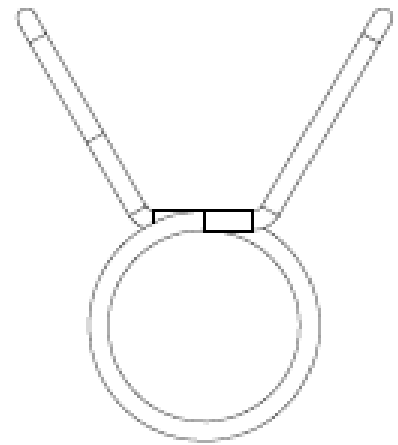




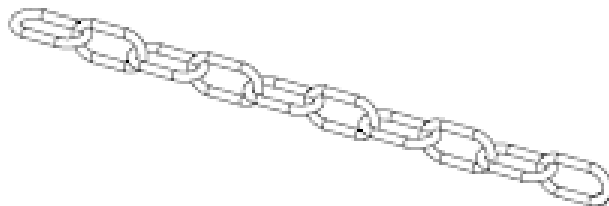
#37 M10×20 Hex Bolt (Qty 6)



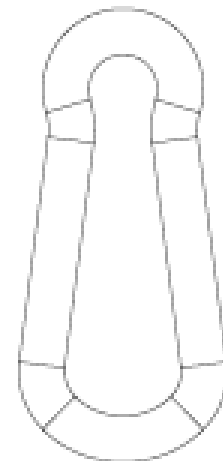
#20 Pulley Bushing
(Qty 4)



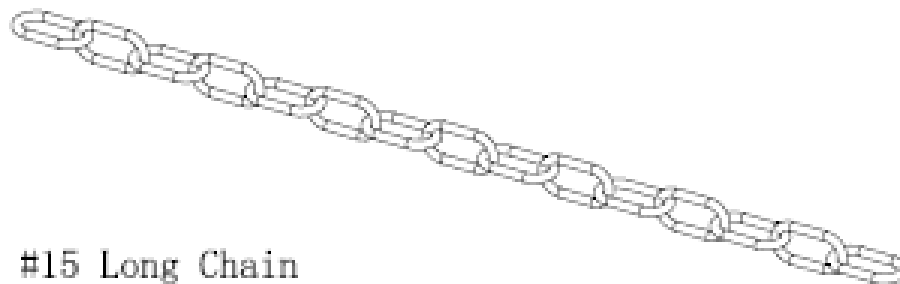
#12 Spring Clip
(Qty 2)



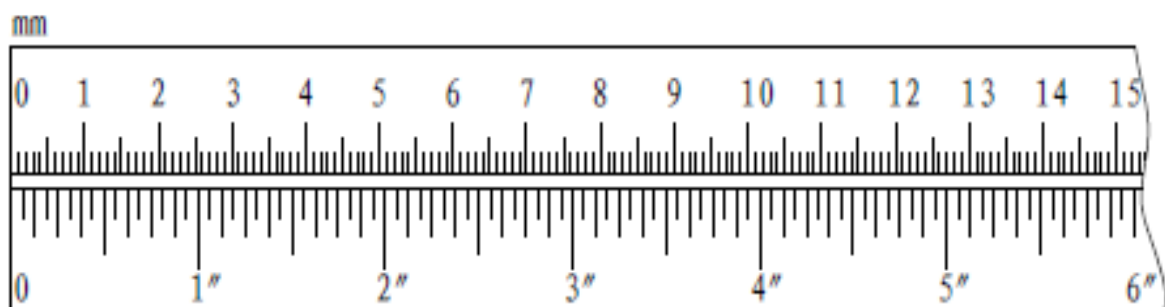
#14 Short Chain
(Qty 1)



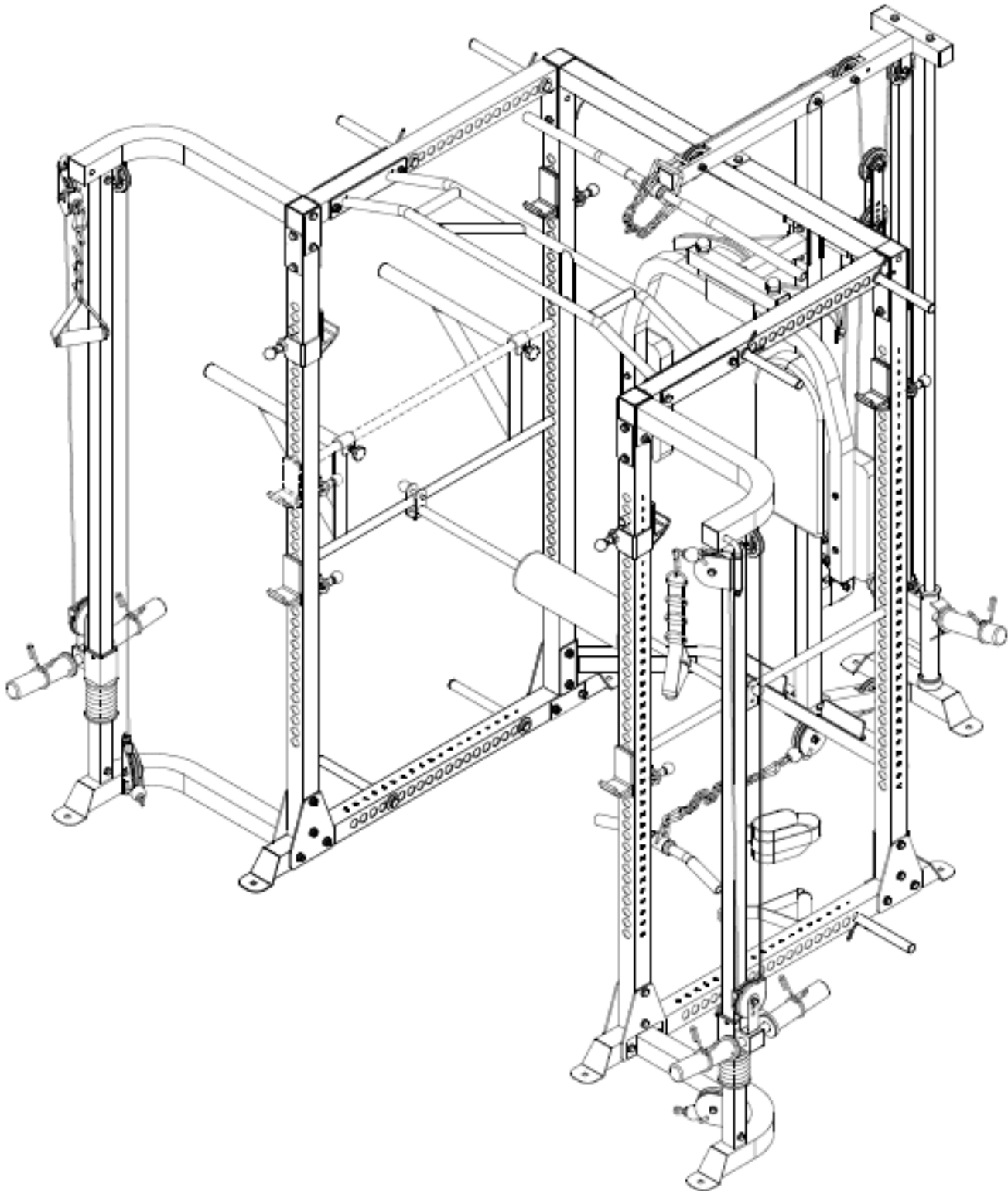
#13 Hook (Qty 4)



#15 Long Chain
(Qty 1)



The F-PC Power Cage shown with available attachments
F-PCC Cable Crossover
F-PCL Lat Pulldown & Low Pulley
F-PCP Pec Dec



WARRANTY



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.

F-PCL

Box one:

1xpart 1, 2x part 4, 1xpart 10, 1xpart 11, 2xpart 9,
6xpart 17, 1x part 3, 1xpart 7, 1xpart 6, 1xpart 8,
2xpart 18, 2x part 16, 1xpart 29, 2xpart 26, 1xpart 27,
1xpart 28, 2x part 23

Parts bag 1 of 2, Parts bag 2 of 2

Box two:

2xpart 2, 1x part 5