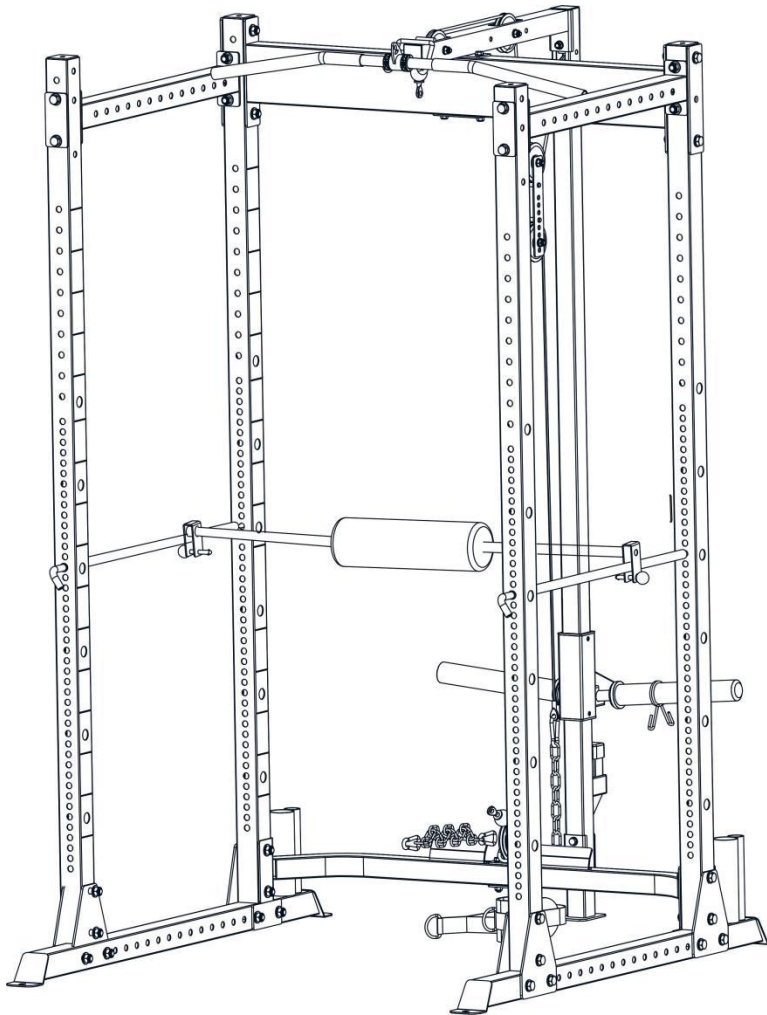


FORCE USA™

THE TRUSTED NAME IN STRENGTH EQUIPMENT

OWNER'S MANUAL **F-MR-KNEE**

Knee Holder for Lat Attachment



Requires F-MR-BASE +F-MR-SAFE01

CAUTION!

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



**DESIGNED
IN THE USA**

ASSEMBLY MANUAL

FORCE USA MyRack Knee Holder For Lat Attachment

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.

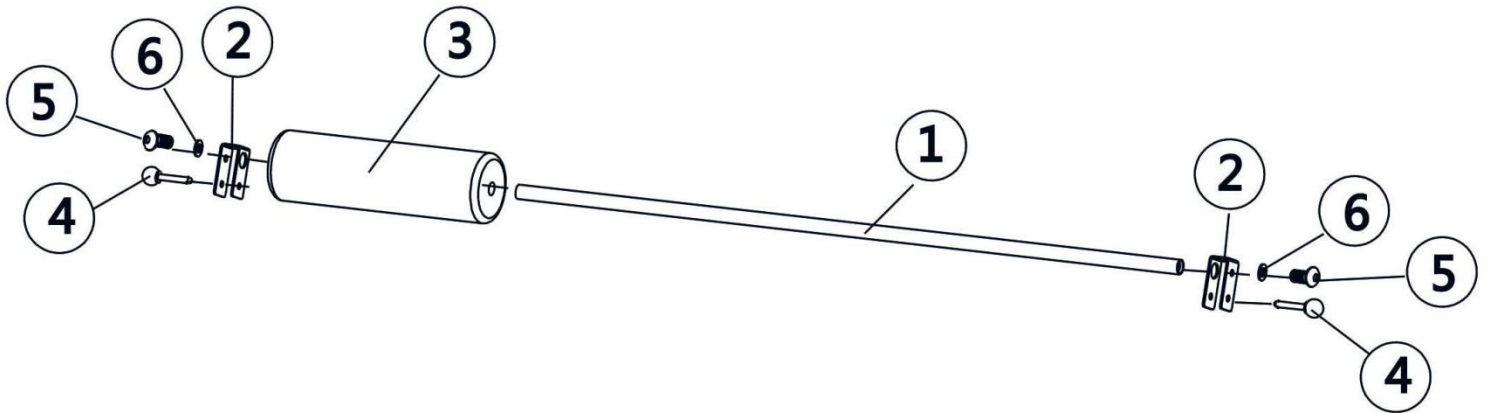
BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.

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#	Steel bar	1
2#	U shape Bracket	2
3#	Foam roll	1
4#	Lock pin	2
5#	M10×25 Allen Bolt	2
6#	φ10 Washer	2



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.



1# Steel bar X1PC



2# U shape Bracket X2 PCS



3# $\phi 120 \times \phi 24 \times 400$ Foam roll X1PC



4# $\phi 10 \times 70$ Lock pin X2PC

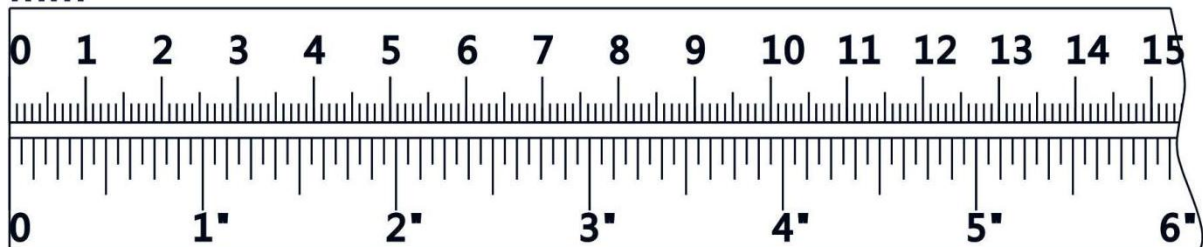


5# M10 \times 25 Allen Bolt X 2PCS



6# $\phi 10$ Washer X 2PCS

mm



ASSEMBLY INSTRUCTION

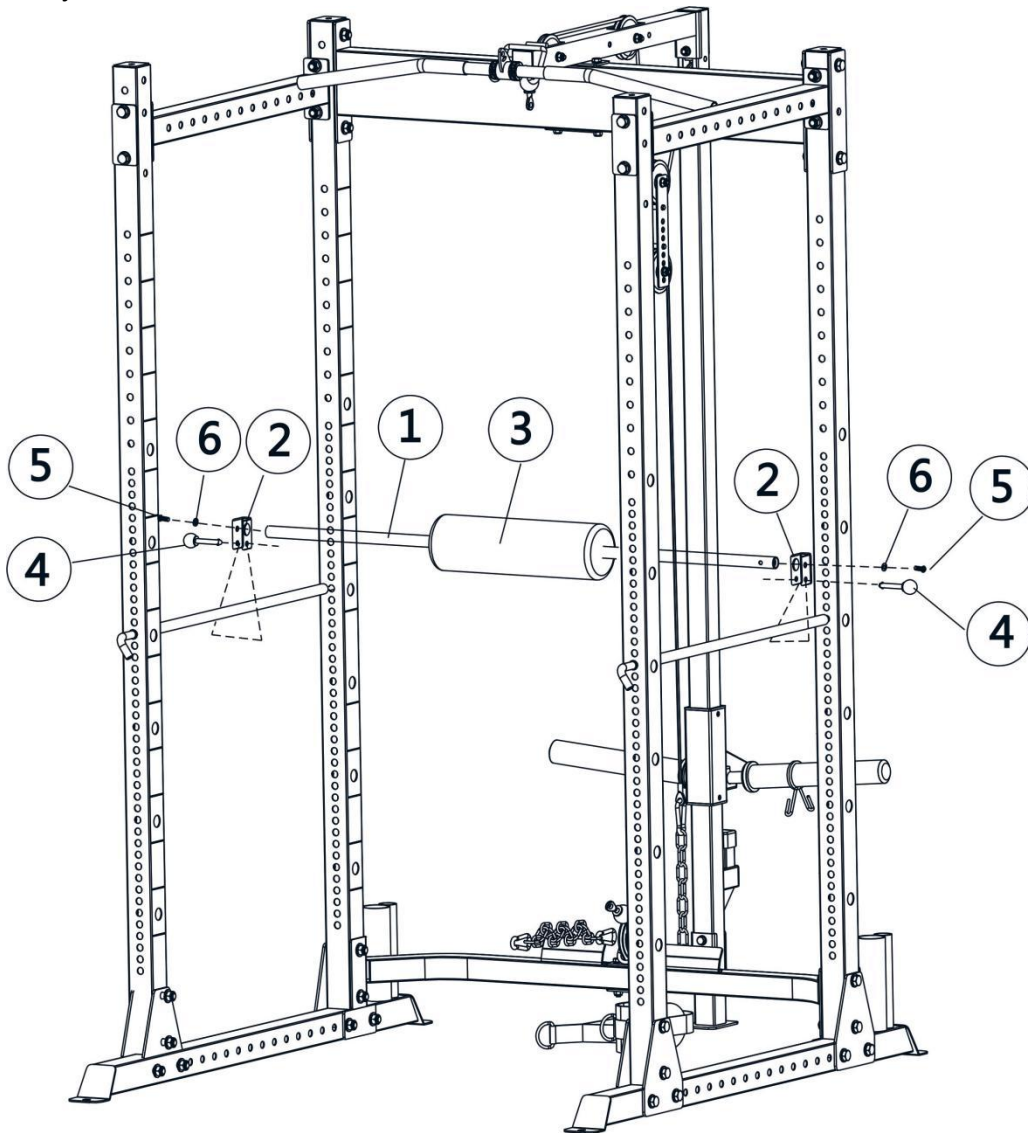
Tools required assembling the machine: Adjustable Wrench .and allen wrench.

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

STEP 1 (See Diagram 1)

Insert the foam roll(3#) to the middle of the steel bar(1#) ,Attach 1 pc U shape bracket(2#) to the end of the steel bar and secure it with 1pc M10×25 Allen Bolt (5#) and 1 pc ϕ 10 Washer (6#).

Place the U shape Bracket (2#) to the safety frames and fix them with the Lock pin(4#)
Use the same way to install another .



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