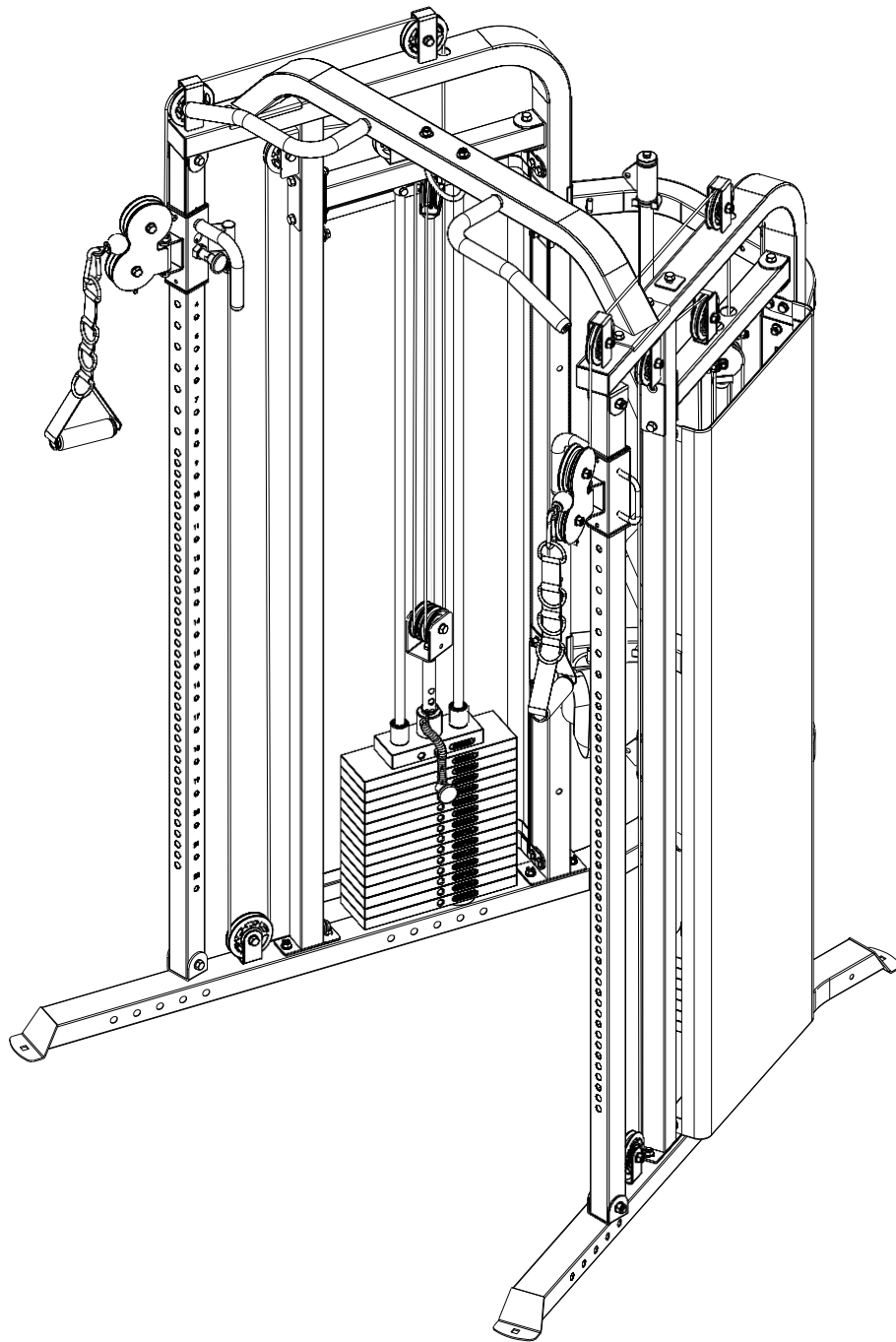


# FORCE USA

## OWNER'S MANUAL **F-FTS-BASE**

### **FUNCTIONAL TRAINING SYSTEM**



#### **CAUTION!**

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

# **ASSEMBLY MANUAL FOR:**

## **FORCE USA FUNCTIONAL TRAINING SYSTEM F-FTS-BASE**

### **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

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
- 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.

**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.**

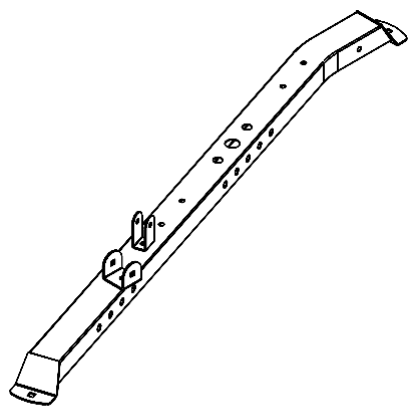
**SAVE THESE INSTRUCTIONS.**

**F-FTS-BASE PARTS LIST**

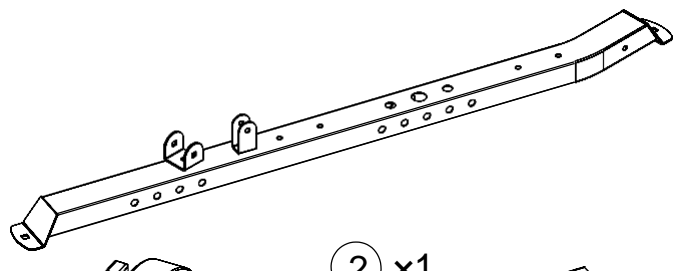
KEY NO.	DESCRIPTION	SPEC	Q'ty
1	Left Base		1
2	Right Base		1
3	Rear Post Left		1
4	Rear Post Right		1
5	Top Frame Left		1
6	Top Frame Right		1
7	Rear Frame		2
8	Front Guide Shaft		2
9	middle Frame		1
10	Guide Rod	φ19×1747	4
11	Frame Guide Rod Left		1
12	Frame Guide Rod Right		1
13	Horizontal bar		1
14	Left Sliding Block		1
15	Right Sliding Block		1
16	Swivel Pulley Bracket		2
17	Cambered Bar (attachment)		1
18	Straight Bar (attachment)		1
19	Hub		4
20	Selector Stem	198×80×76	2
21	Weight Plate	366×102×25	28
22	Hook Rack		1
23	Selector Rod	φ25×575	2
24	Pulley Bracket		2
25	Moving Lock Pin		2
26	Side Plate	120×71×13×3	4
27	Bracket	120×50×3	2
28	Weight Stack Cover Frame		4
29	Cable	L=9880mm	2
30	Weight Stack Cover	1810×550	2

31	Hook	φ8	2
32	Bushing	φ25×φ21.8×φ12.2×8	4
33	Decorative Cap	φ30×φ26×12	2
34	Rubber Bumper	φ38×φ7×15	2
35	Bar End	φ38×φ9×8	4
36	Weight Selection Pin		2
37	Bushing	φ38×φ34×φ27×26	8
38	Adjustable Single Handle		2
39	Ankle Strap		1
40	Rubber Bumper	φ62×φ19×25	4
41	Pulley	φ96	14
42	Pulley	φ72×25	6
43	Handle Grip	φ24×φ18×227	2
44	Handle Grip	φ23×520	2
45	Slide Guide	□60×2.5×□50×25	4
46	End Cap	φ25	2
47	Hex-lob Screw	M6×12	2
48	Hex Bolts	M10×70	18
49	Hex Bolts	M8×25	4
50	Hex Bolts	M8×40	4
51	Hex Bolts	M8×16	16
52	Hex Bolts	M10×45	16
53	Hex Bolts	M10×75	8
54	Hex Bolts	M10×90	2
55	Carriage Bolt	M10×70	8
56	Spring Washer	φ8	4
57	Washer	8	24
58	Washer	10	94
59	Aircraft Nut	M10	54
60	Aircraft Nut	M8	4
61	Nut	M12	2

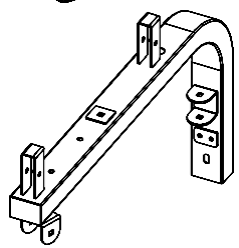
62	Hex Bolts	M12×90	2
63	Washer	12	4
64	Aircraft Nut	M12	2
65	Philips Screw	M6×16	2
66	End Cap	□70×50	2
67	Crystal Tags	52×13	2
	Allen Wrench	4#	1



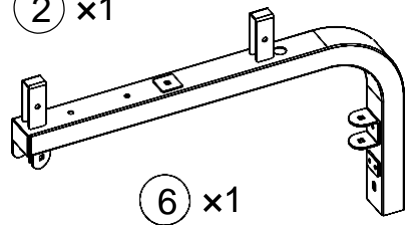
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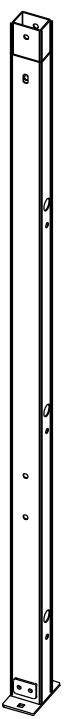
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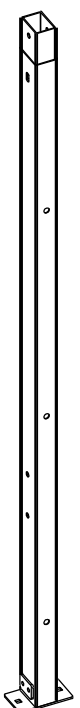
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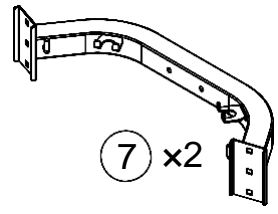
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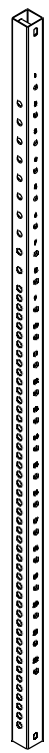
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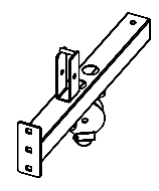
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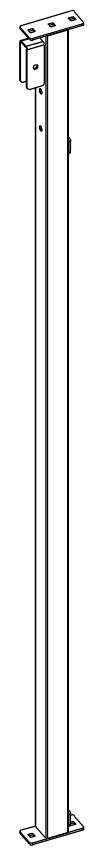
⑦ x2



⑧ x2



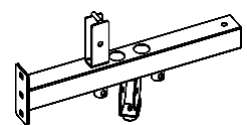
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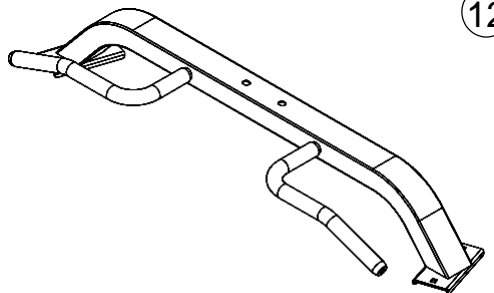
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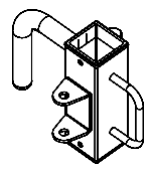
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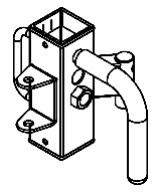
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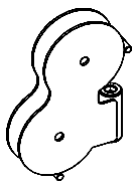
⑬ x1



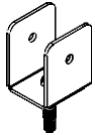
⑭ x1



⑮ x1



16 x2



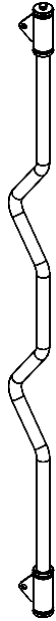
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25 x2



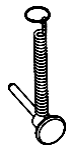
30 x2



17 x1



26 x4



36 x2



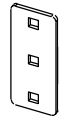
40 x4



41 x14



18 x1



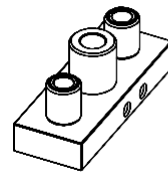
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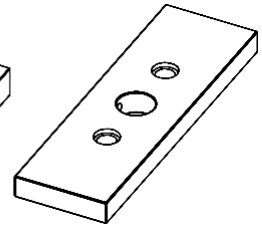
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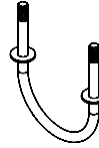
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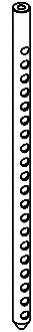
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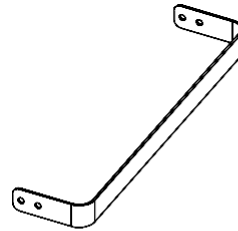
21 x28



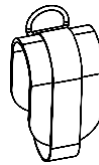
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23 x2



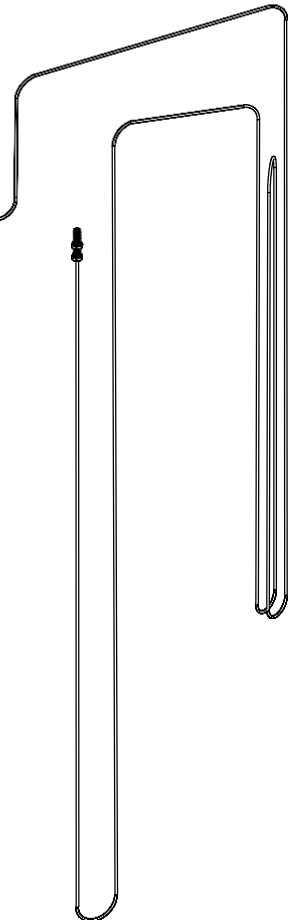
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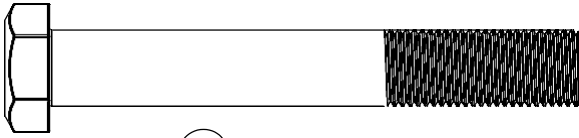
39 x1



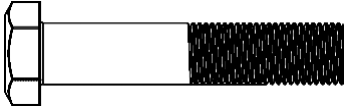
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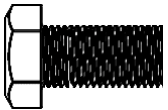
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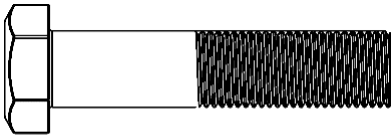
④8 x18



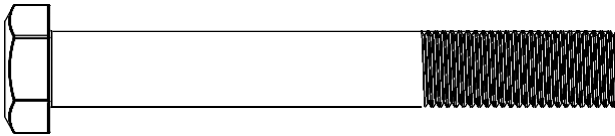
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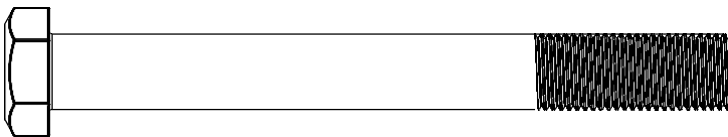
⑤1 x16



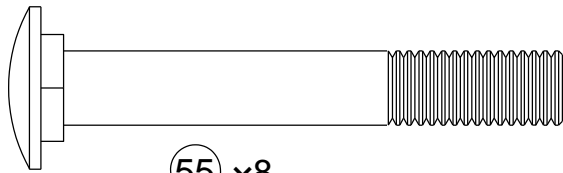
⑤2 x16



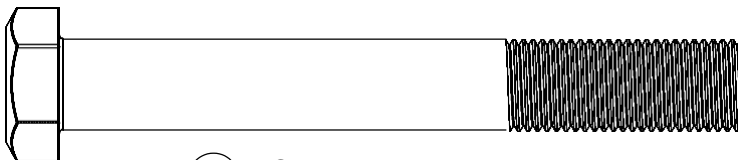
⑤3 x8



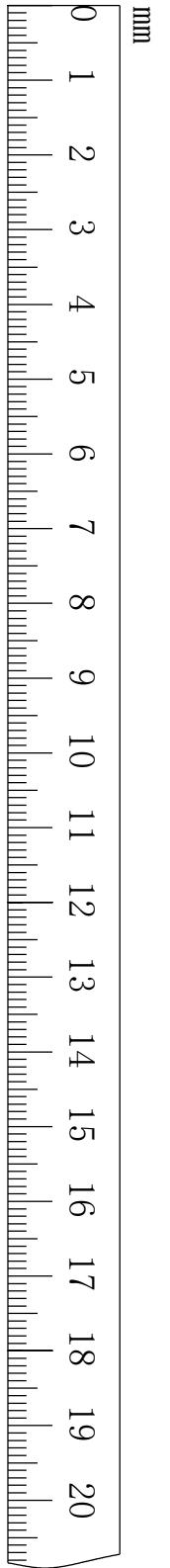
⑤4 x2

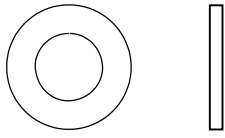


⑤5 x8

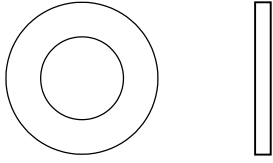


⑥2 x2





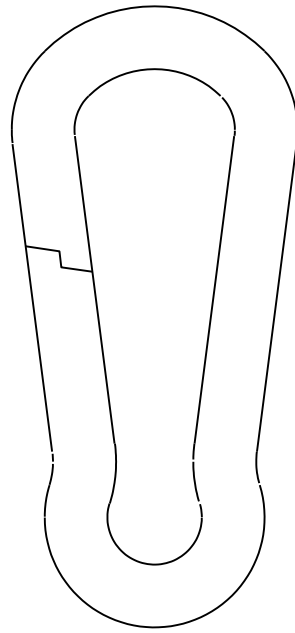
57 x24



58 x94



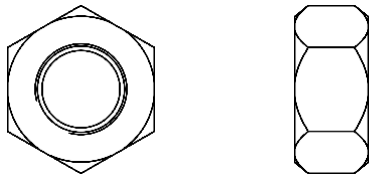
59 x54



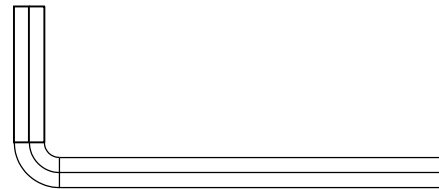
31 x2



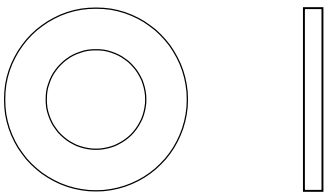
60 x4



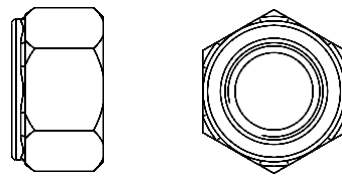
61 x2



4# x1



63 x4

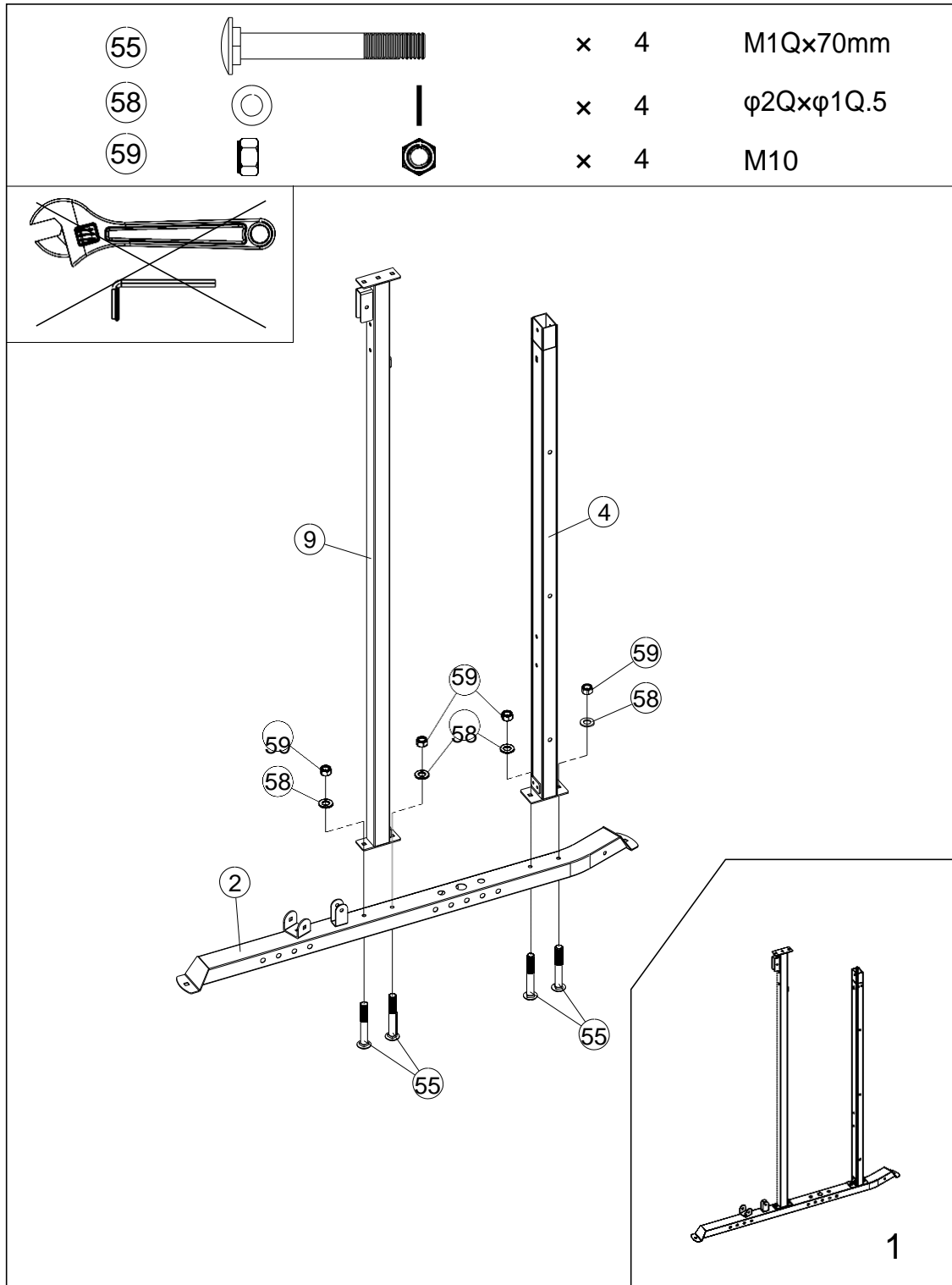


64 x2

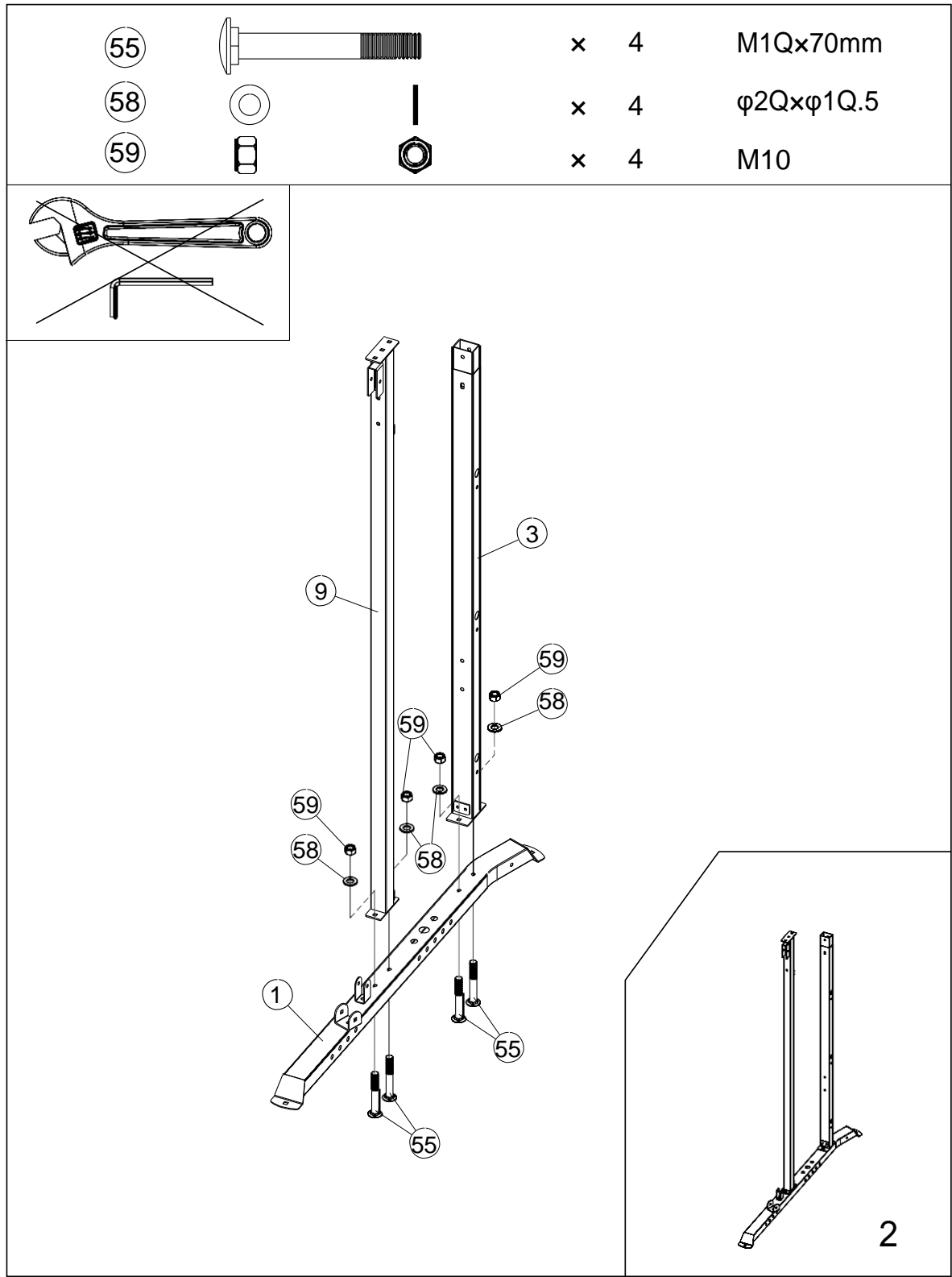
mm



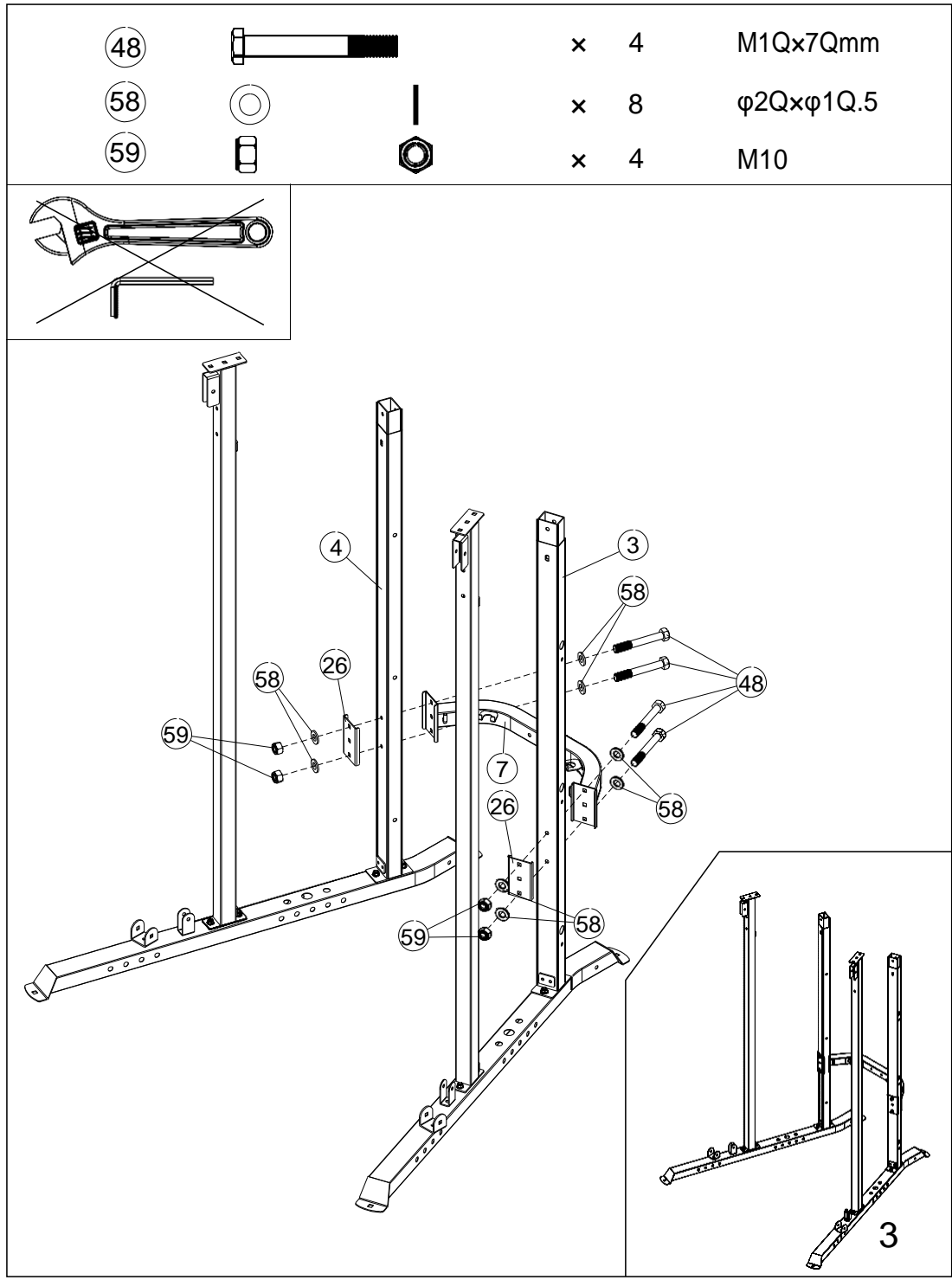
# F-FTS-BASE



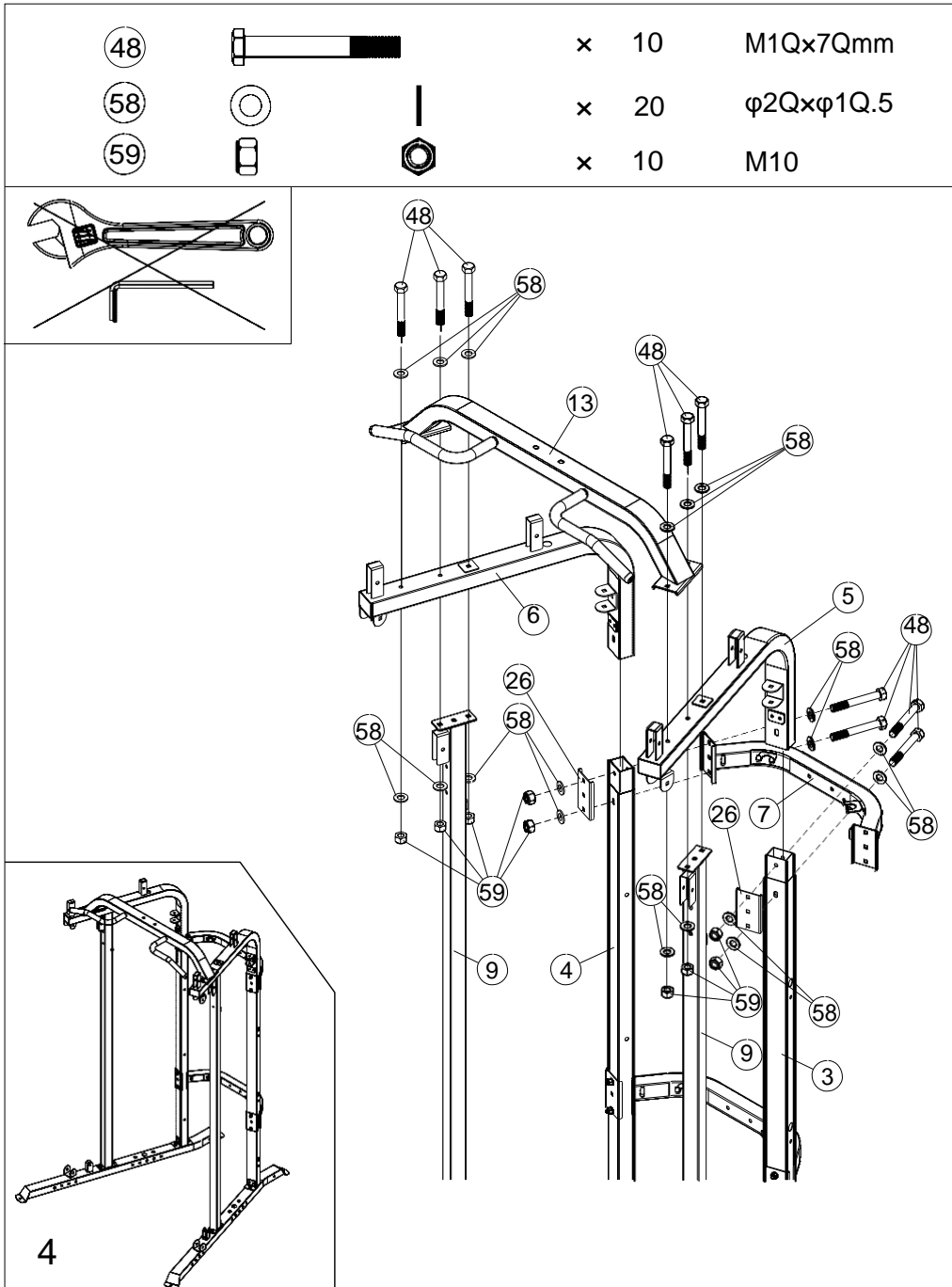
1. Attach parts 9 and 4 to part 2 using M10x70mm bolts (55), washers (58) and M10 nuts (59) as shown in the diagram



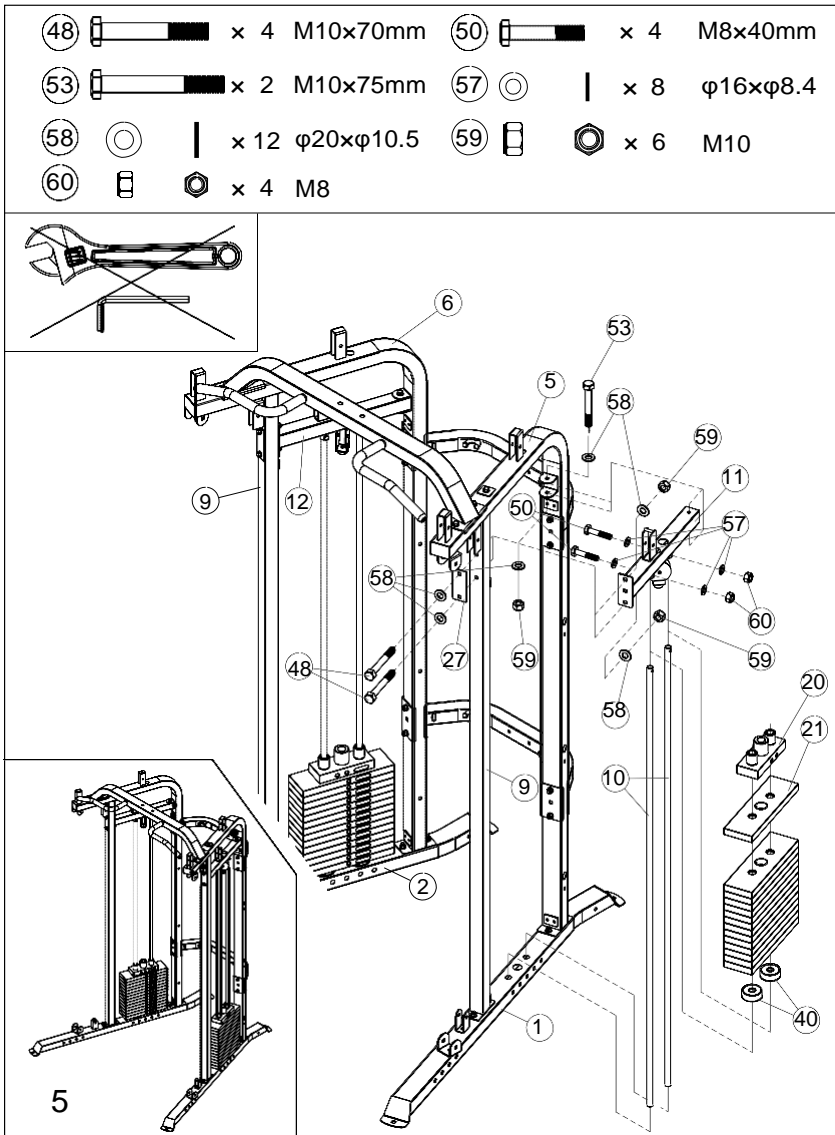
1. Attach parts 9 and 3 to part 1 using M10x70mm carriage bolts (55), washers (58) and M10 nuts (59) as shown in the diagram



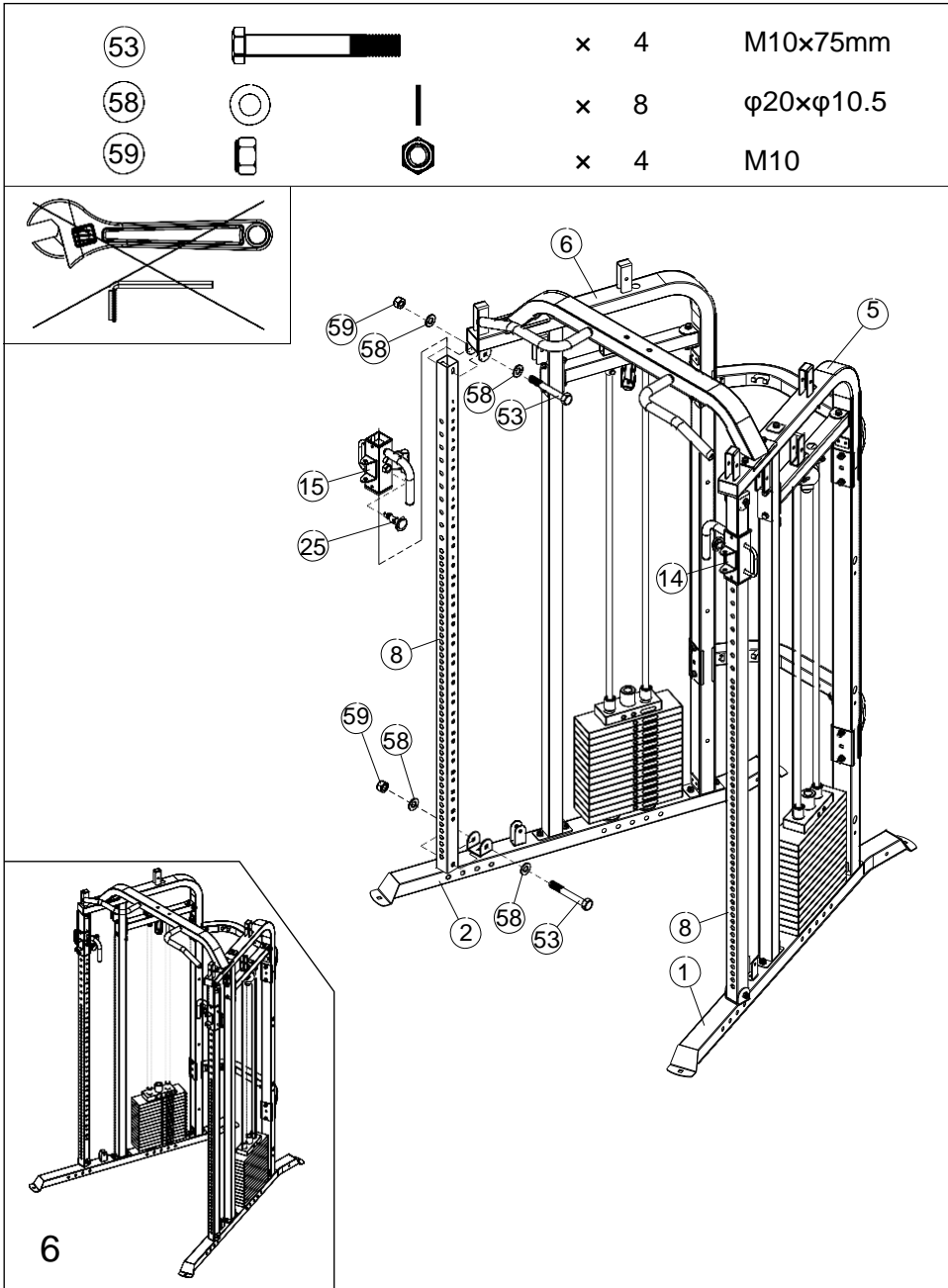
1. Attach part 7 to parts 3 & 4 using side plates (26), M10x70mm hex bolts (48), washers (58) and M10 nuts (59) as shown in the diagram.



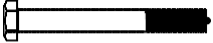

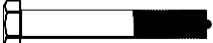



1. Place part 5 onto part part 3 and place part 6 onto part 4.
2. Attach part 7 using M10x70mm hex bolts (48) passing through parts 7, 5, 3 & 26 with washers (58) and M10 nuts (59). Repeat on the other side to connect parts 7, 6, 4 & 26.
3. Position part 13 on top of parts 6 & 5 so the holes line up. Attach part 13 to parts 5 & 9 using M10x70mm (48), washers (58) and M10 nuts (59). Repeat on the other side to connect part 13 to parts 6 & 9.

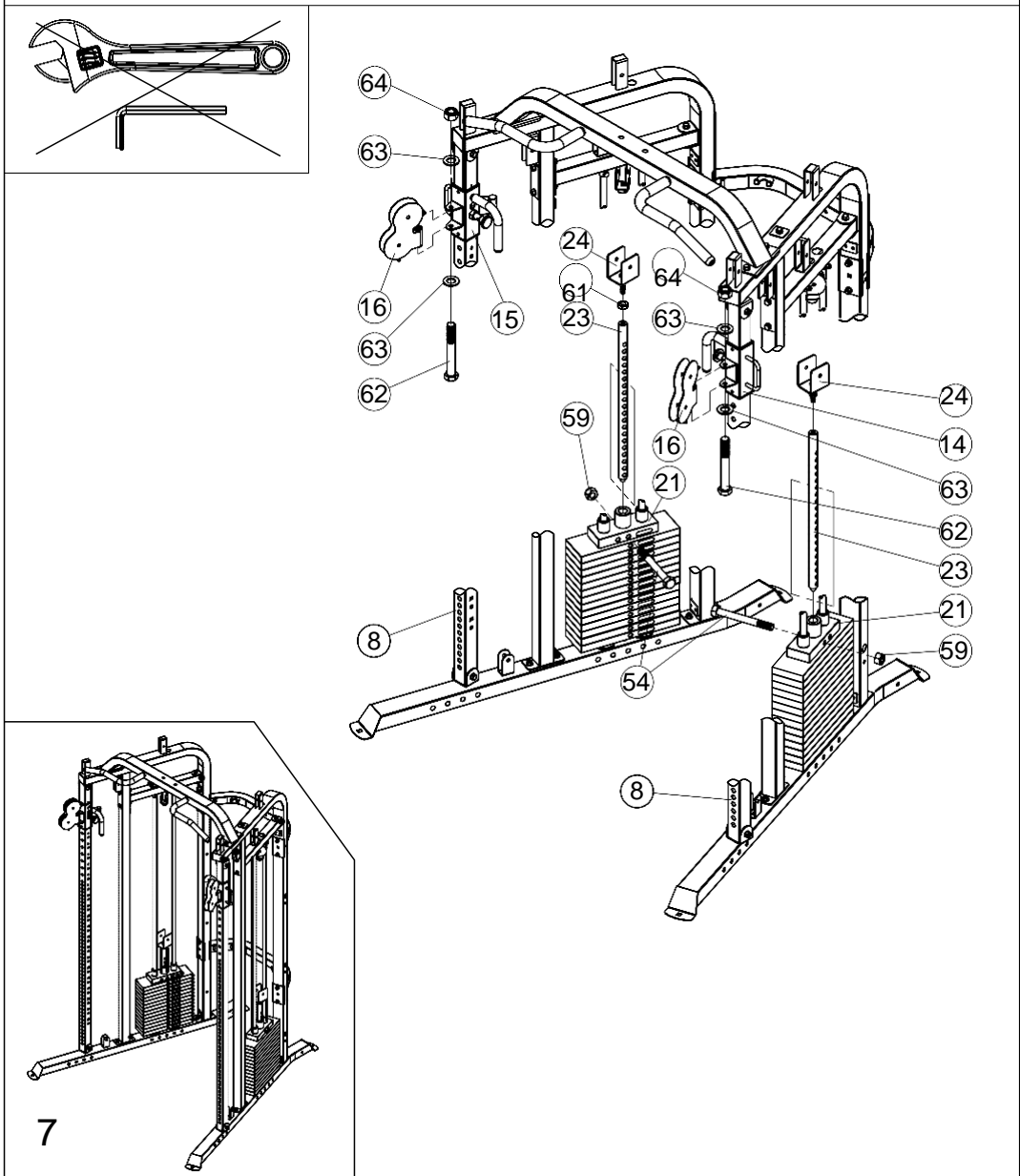


1. Rest 2 x guide rods (10) within the indicated holes on part 1 ensuring the guide rods ends which have bolt holes are at the top.
2. Slide 1 x rubber bumper (40) onto each guide rod (10). Slide 14 x weight plates (21) down the guide rods carefully, just one at a time and not releasing your grip until each has been placed on top of the last. Ensure the pin selector holes are facing the inside of the unit. Slide 1 x selector stem (20) down the guide rods until it rests on top of the weight stack.
3. Attach part 11 to part 9 with M10x70mm hex bolts (48) passing through washer (58), part 27, part 9, part 11, washer (58) and M10 nut (59). Attach the other end of part 11 to part 5 with M10x75mm carriage bolt (53), washer (58) and M10 nut (59).
4. Line up the top of the guide rods with the positions on part 11 and secure with M8x40mm hex bolts (50), washers (57) and M8 nuts (60) as shown in the illustration.
5. Repeat these assembly steps on the opposite site where part 2 is the base and parts 12 and 6 in place of parts 11 and 5.

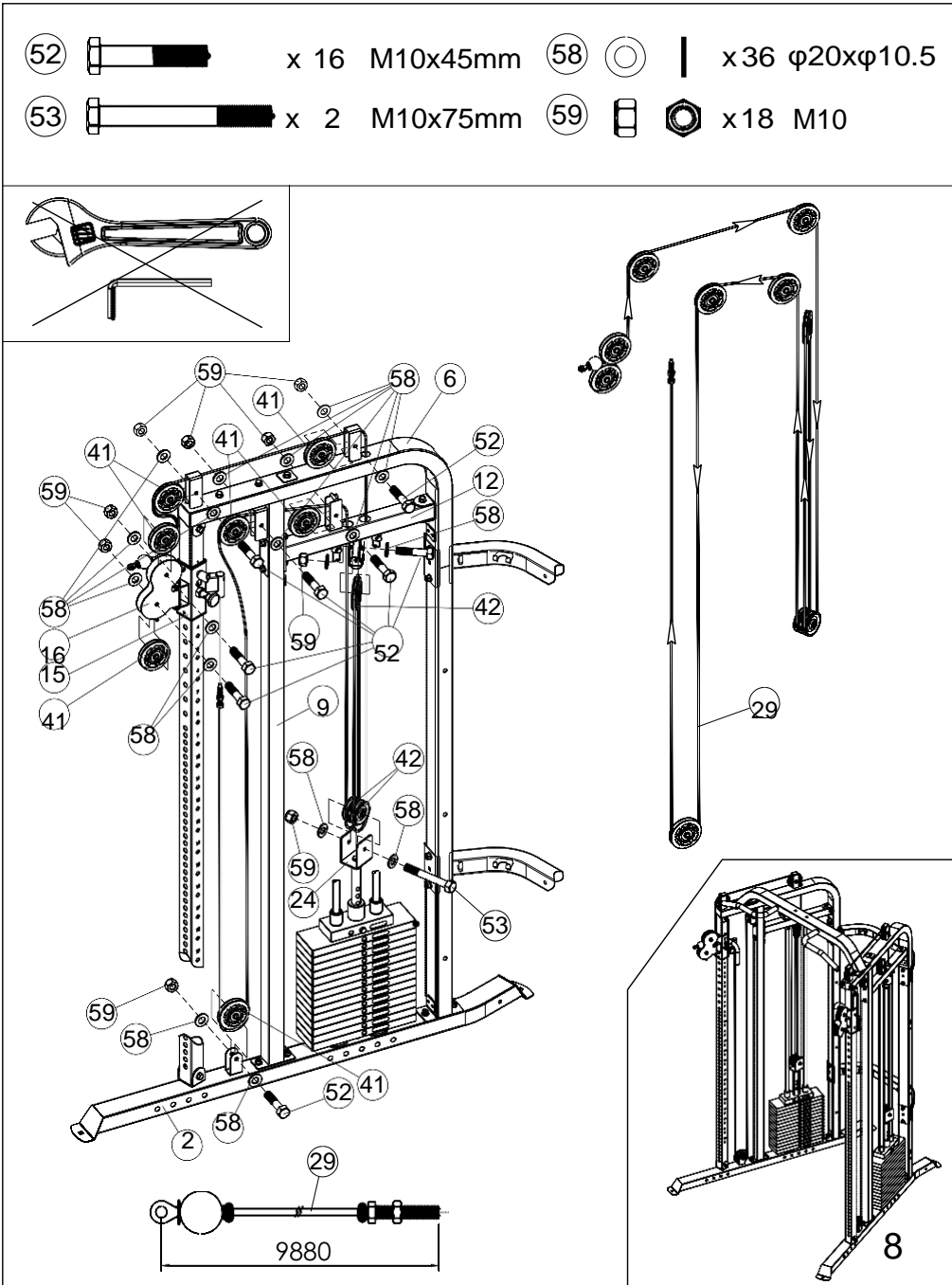


1. Slide the left sliding block (14) onto a front guide shaft (8) so that the pop pin is on the same side as the numbered positioning holes.
2. Position the front guide shaft (8) onto part (1) with the numbered positioning holes on the sliding block facing inwards of the machine and ensuring the numbers are displayed in an upright manner. Secure the base of the front guide shaft to part 1 with an M10x75 hex bolt (53), washers (58) and M10 nut (59). Repeat to secure the top of the front guide shaft to part 5.
3. Repeat these steps on the other side.

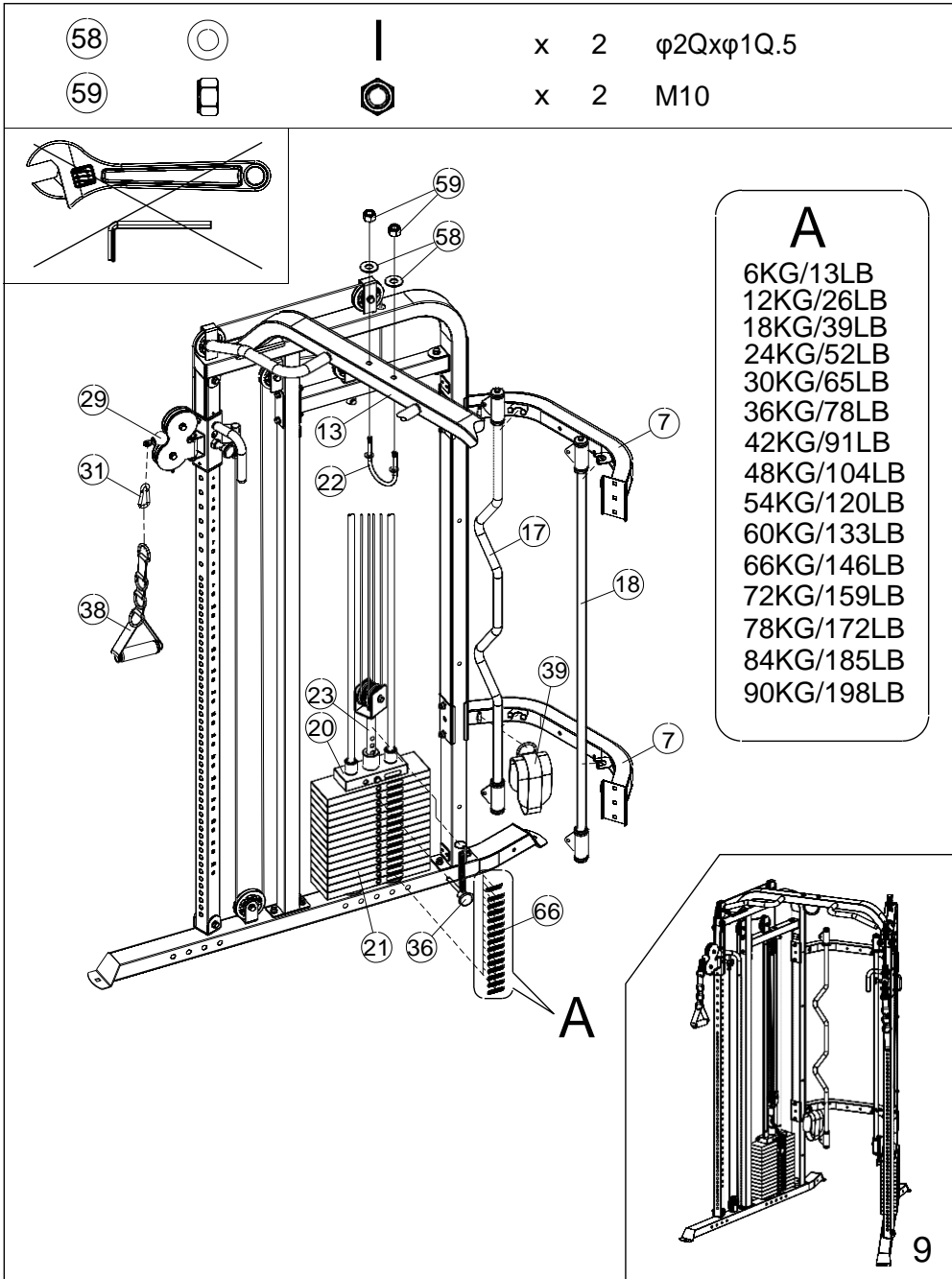
54		x 2	M1Qx9Qmm	59		x 2	M10
62		x 2	M12x9Qmm	61		x 2	M12
63		x 4	φ24xφ13.5	64		x 2	M12



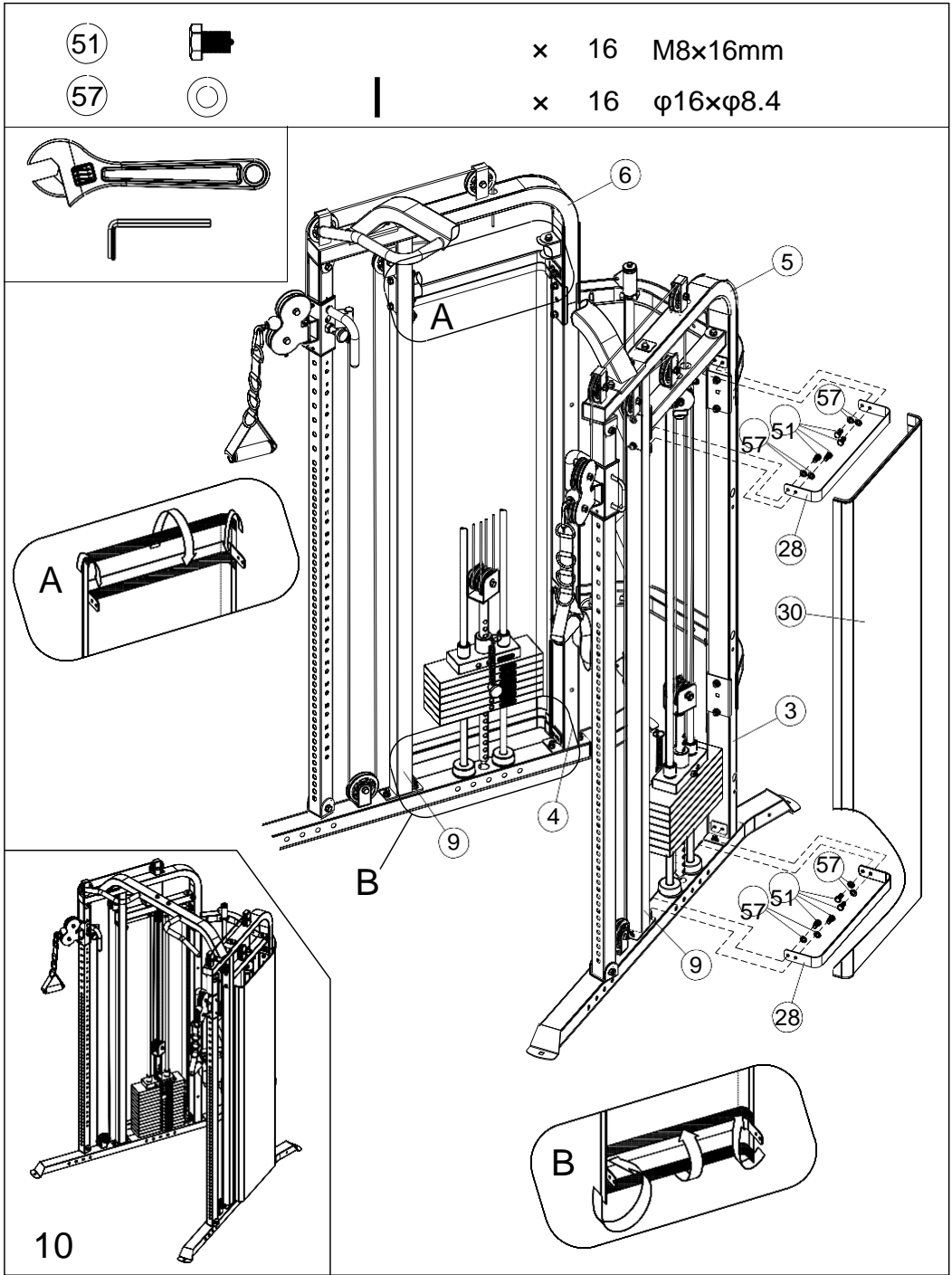
1. Attach a pulley bracket (24) to a selector rod (23) via an M12 nut (61). Rest the selector rod within the weight stack and secure with an M10x90 hex bolt (54) and M10 nut (59). Repeat this on the other side.
2. Attach a swivel pulley bracket (16) to the left sliding block (14) with M12x90 hex bolt (62), washers (63) and M12 nut (64). Repeat on the right sliding block.



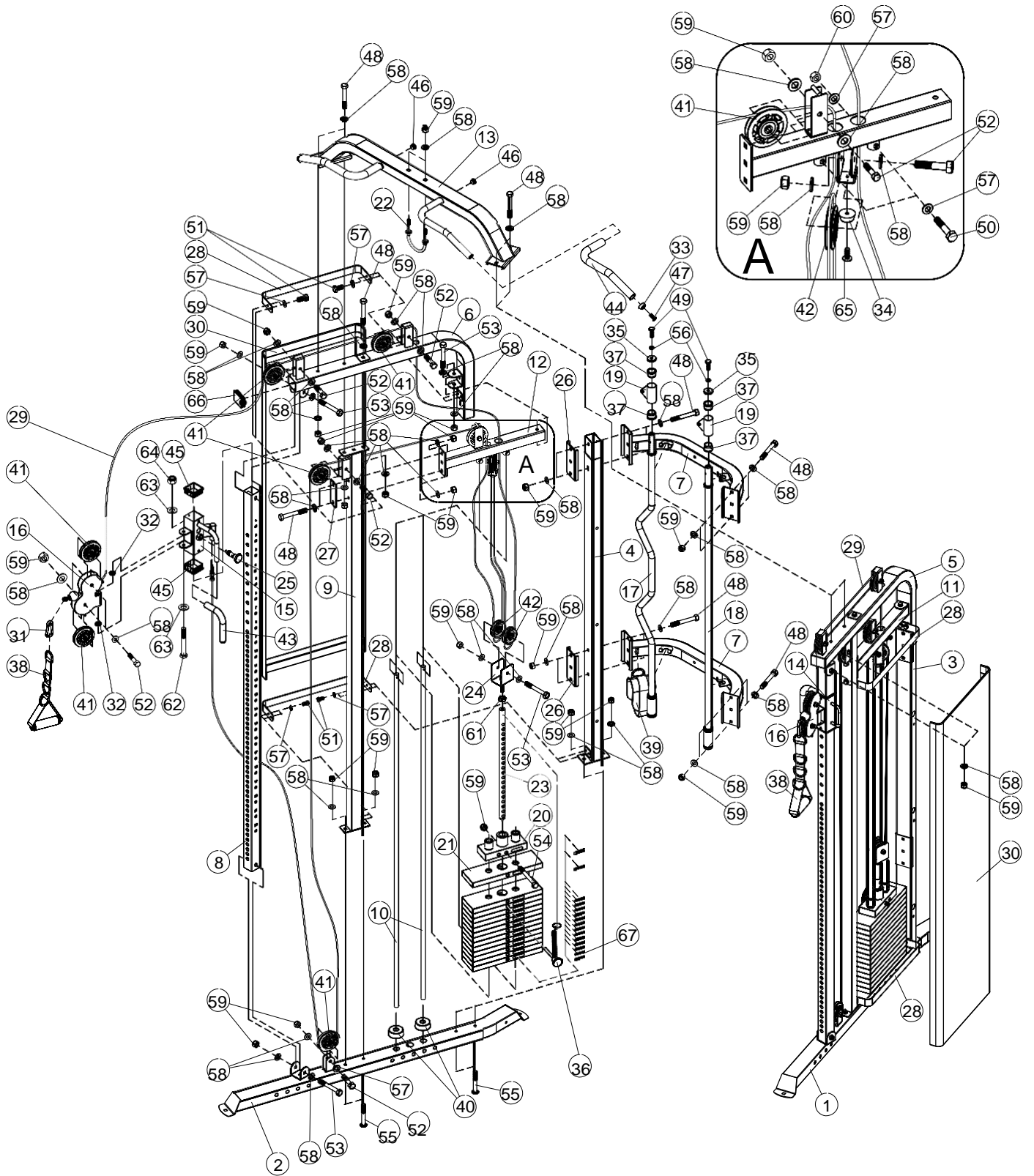
1. Feed the cable (29) through as shown in the diagram until the front end of the cable is secured to the rear of the swivel pulley bracket and the ball end of the cable is resting from the front of the swivel pulley bracket (16). Repeat on the other side.
2. Fix the pulleys (41) into each indicated position with M10x45mm hex bolts (52), washers (58) and M10 nuts (59) ensuring the cable is sitting in the correct positions as shown in the illustration. Repeat on the other side.



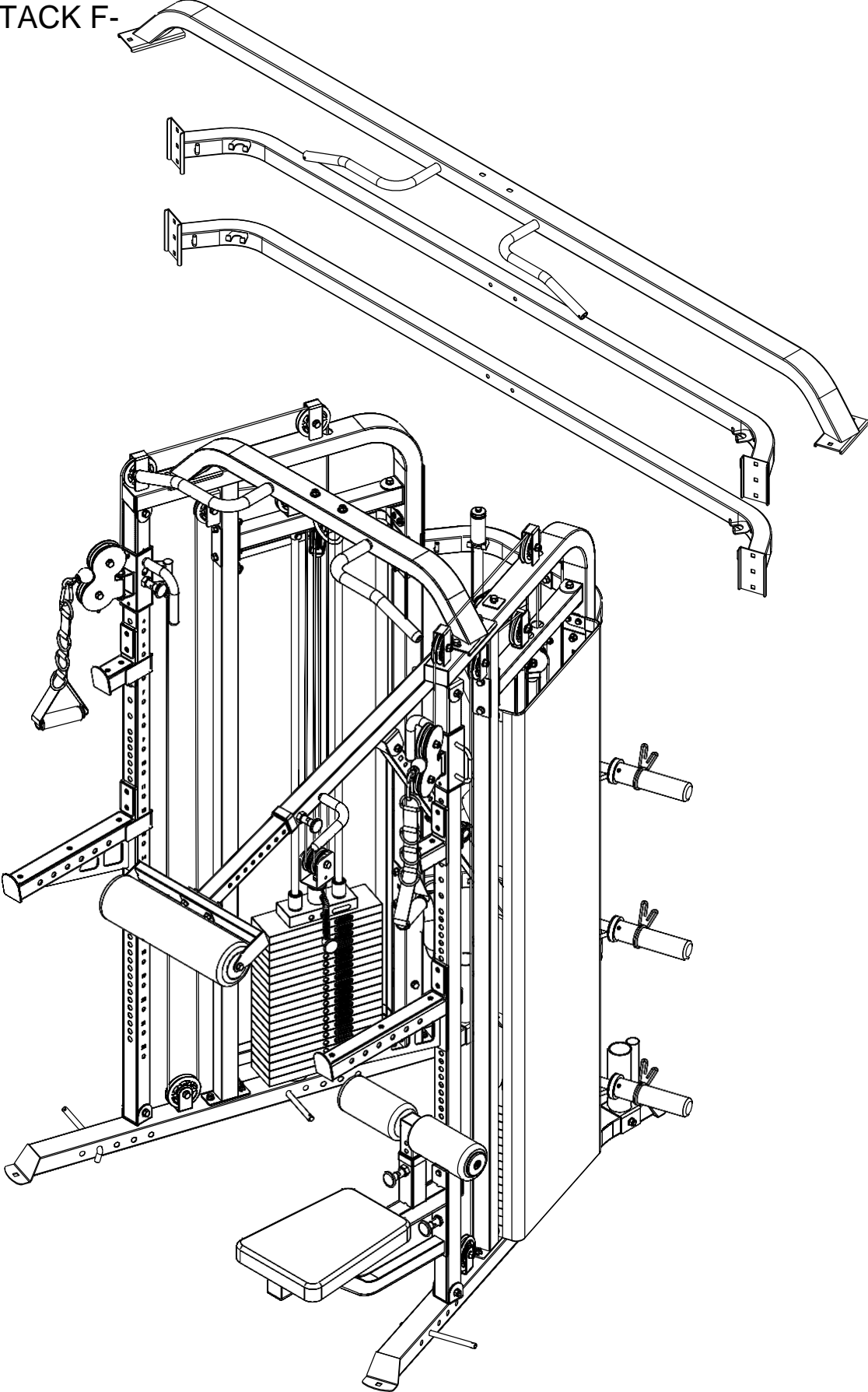
1. Attach a carabiner (31) to each cable (29) and clip a handle (38) to each carabiner.
2. Attach the rack hook (22) to the chin up crossbar (13) and secure with washers (58) and M10 nuts (59).
3. Rest the bar attachments (17) and (18) on the holders at the rear of the machine.
4. Raise the selector rod and position the ring of the weight selection pin (36) above the selector stem (20) before lowering the selector rod back down the weight stack. The weight selection pin can be inserted to any desired weight. Repeat on other side.
5. Add the appropriate weight stickers (66) to the weight plates.



1. Attach the weight stack cover mesh to the weight stack cover frames (28) and secure to the machine in the indicated positions with M8x16 hex bolts (51) and washers (57). Repeat on the opposite side.
2. Ensure all bolts are tightened and secure. Assembly is now complete.



F-FTS-B  
F-FTS-B-CABLECROSS F-  
STABILITYB  
F-FTS-B-SPOTTER  
F-FTS-B-STACK F-  
SEAT



# PACKAGE LIST

BOX 1:		BOX 2:		BOX 3:	
1	Part 3	1	Part 1	1	Part 5
1	Part 4	1	Part 2	1	Part 6
2	Part 8	1	Part 11	2	Part 7
2	Part 9	1	Part 12	1	Part 13
4	Part 10	1	Part 17	1	Part 14
1	Owner's Manual	1	Part 18	1	Part 15
		2	Part 20	2	Part 16
		2	Part 23	1	Part 22
<b>BOX 4:</b>		4	Part 28	2	Part 24
7	Part 21	1	PARTS BAG 5-1	2	Part 25
		1	PARTS BAG 5-2	4	Part 26
<b>BOX 5:</b>		1	PARTS BAG 5-3	2	Part 27
7	Part 21	1	PARTS BAG 5-4	2	Part 29
		1	PARTS BAG 5-5	2	Part 30
<b>BOX 6:</b>				2	Part 36
7	Part 21			1	Part 38
				1	Part 39
<b>BOX 7:</b>				4	Part 40
7	Part 21			14	Part 41
				6	Part 42

# **WARRANTY**



## **LIFETIME WARRANTY ON FRAME 2 YEAR WARRANTY ON MOVING PARTS (Such as Wheels)**

**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 5 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.**