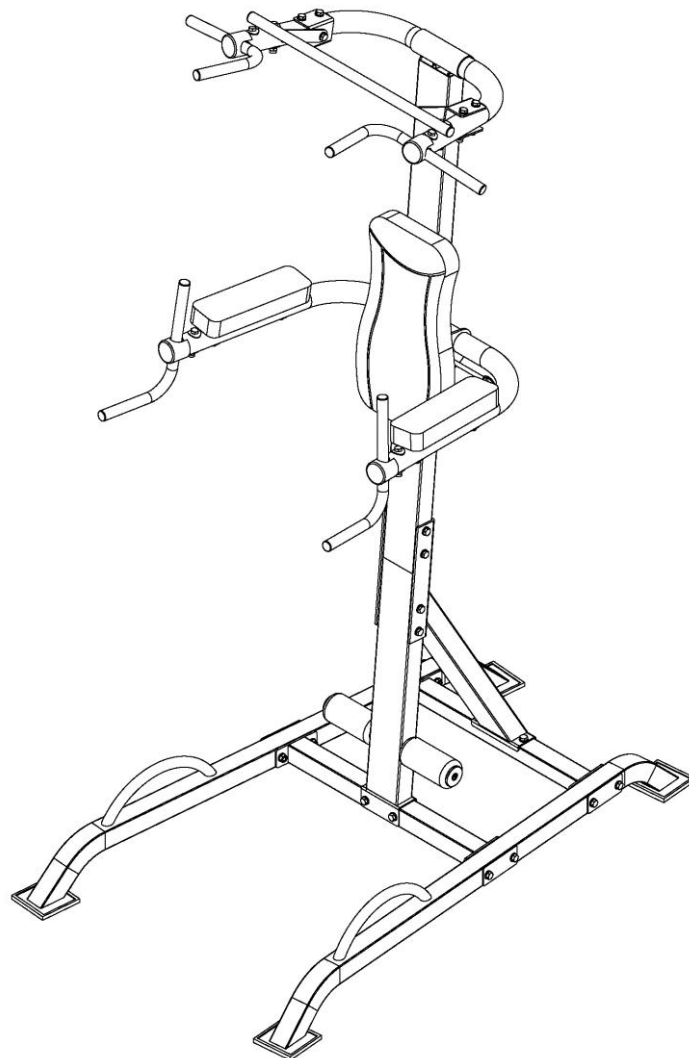


FORCE USA

OWNER'S MANUAL F-PT

Power Tower – Chin / Dip / VKR



CAUTION!

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

ASSEMBLY MANUAL

FORCE USA POWER TOWER – CHIN / DIP / VKR

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.

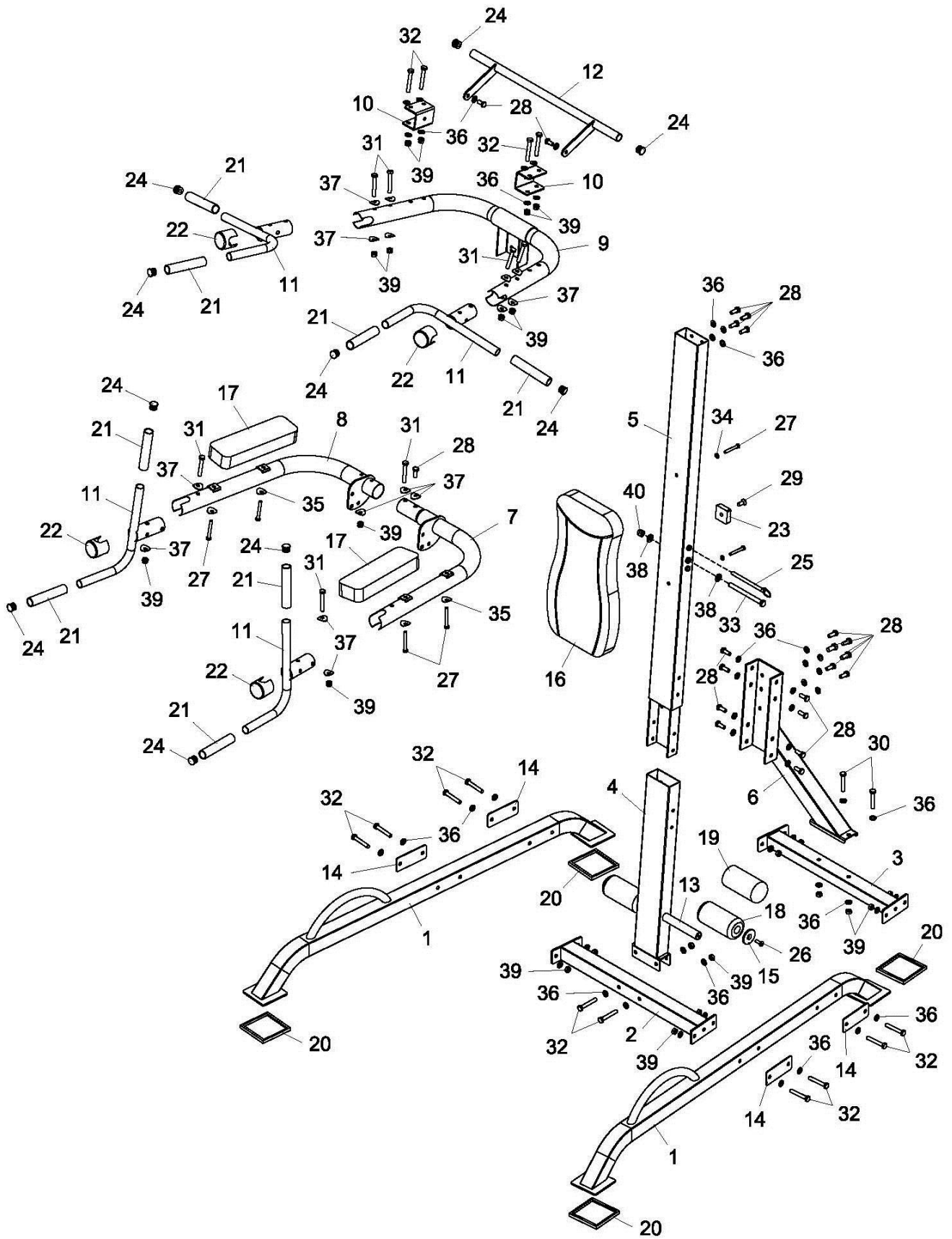
BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.

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

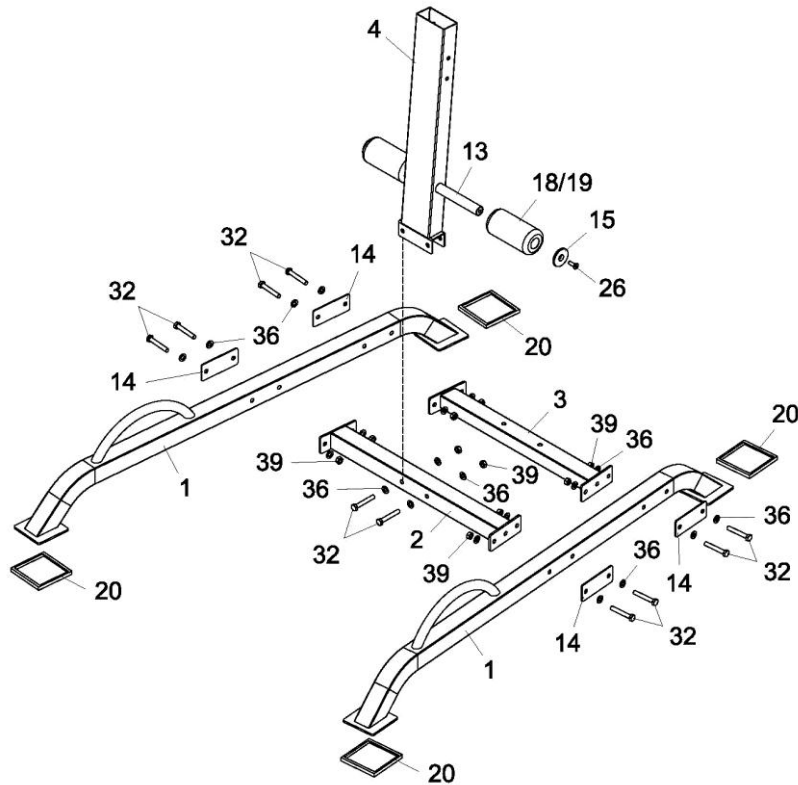


PART LIST

NUMBER	DESCRIPTION	Q'TY
1	MAIN BASE	2
2	LONG JOINT FRAME	1
3	SHORT JOINT FRAME	1
4	DOWN UPRIGHT	1
5	TOP UPRIGHT	1
6	REAR SUPPORT	1
7	LEFT ARMREST SUPPORT	1
8	RIGHT ARMRESTSUPPORT	1
9	TOP SUPPORT	1
10	CHANNEL IRON	2
11	L-SHAPED HANDLE	4
12	TOP CHIN-UP BAR	1
13	FOAM TUBE	1
14	REINFORCEMENT PLATE	4
15	SHEATHING	2
16	BACKREST CUSHION	1
17	ARMREST CUSHION	2
18	FOAM ROLLER	2
19	FOAM COVER	2
20	RUBBER MAT	4

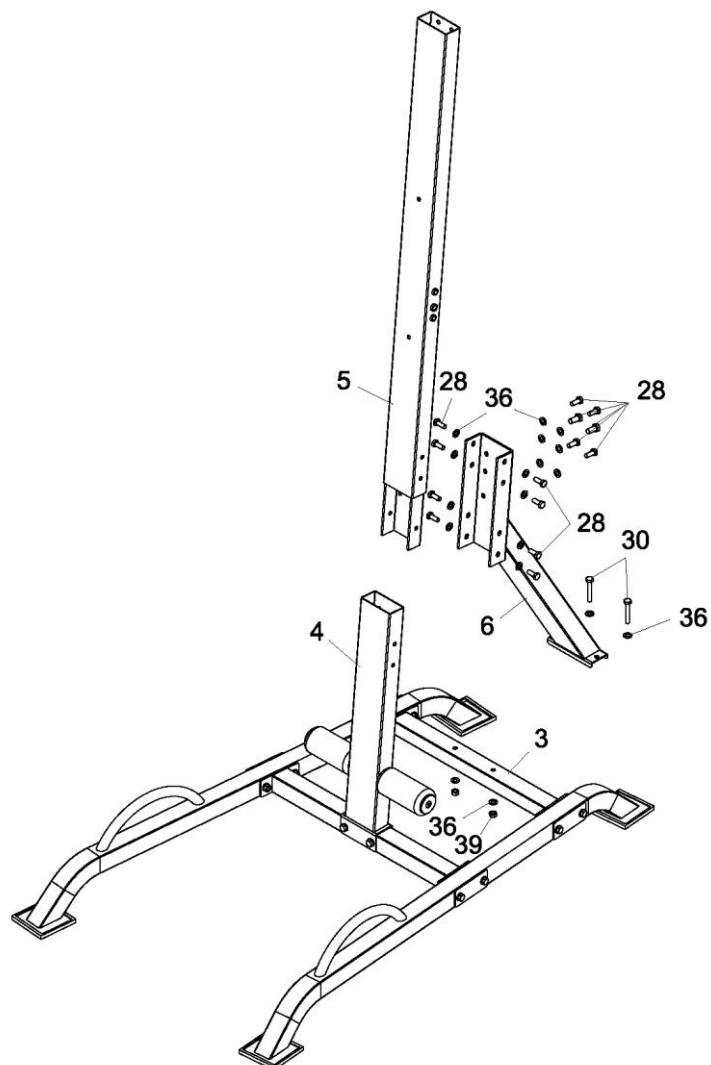
NUMBER	DESCRIPTION	Q'TY
21	HANDLE FOAM	8
22	TUBE COVER	4
23	SQUARE BUFFER	1
24	ROUND PLUG	10
25	PIN	1
26	M8*25 SOCKET SCREW	2
27	M8*65 HEX SCREW	6
28	M10*16 HEX SCREW	21
29	M10*25 CROSS HEAD SCREW	1
30	M10*60 HEX SCREW	2
31	M10*65 HEX SCREW	7
32	M10*75 HEX SCREW	14
33	M12*140 HEX SCREW	1
34	8MM WASHER	2
35	8MM ARC WASHER	4
36	10MM WASHER	52
37	10MM ARC WASHER	15
38	12MM WASHER	2
39	M10 LOCK NUT	23
40	M12 LOCK NUT	1

STEP 01



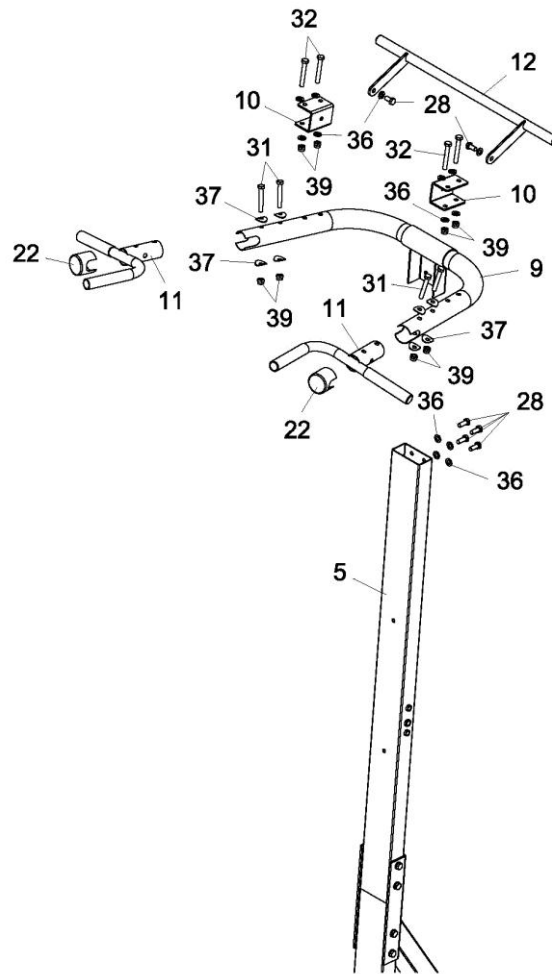
1. Attach RUBBER MAT (20) to MAIN BASE (1). This step maybe assembled.
2. Attach LONG JOINT FRAME (2) and two REINFORCEMENT PLATES (14) to MAIN BASE (1) using four SCREWS M10*75 (32), eight WASHERS 10MM (36) and four LOCK NUTS M10 (39).
3. Attach SHORT JOINT FRAME (3) and two REINFORCEMENT PLATES (14) to MAIN BASE (1) using four SCREWS M10*75 (32), eight WASHERS 10MM (36) and four LOCK NUTS M10 (39).
4. Attach DOWN UPRIGHT (4) to LONG JOINT FRAME (2) using two SCREWS M10*75 (32), four WASHERS 10MM (36) and two LOCK NUTS M10 (39).
5. Insert FOAM TUBE (13) into hole on DOWN UPRIGHT (4). Push a FOAM ROLLER with cover (18) onto each side of the tube.
6. Attach SHEATHING (15) to FOAM TUBE (13) using two SCREWS M8*25 (26).

STEP 02



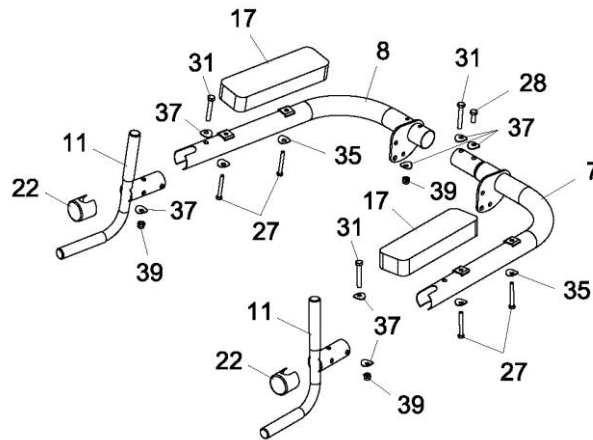
1. Insert TOP UPRIGHT (5) into port of DOWN UPIRGHT (4).
2. Attach REAR SUPPORT (6) to DOWN UPIRGHT (4) and TOP UPRIGHT (5) using fourteen SCREWS M10*16 (28) and fourteen WASHERS 10MM (36).
3. Attach REAR SUPPORT (6) to SHORT JOINT FRAME (3) using two SCREWS M10*60 (30), four WASHERS 10MM (36) and two LOCK NUTS M10 (39).

STEP 03



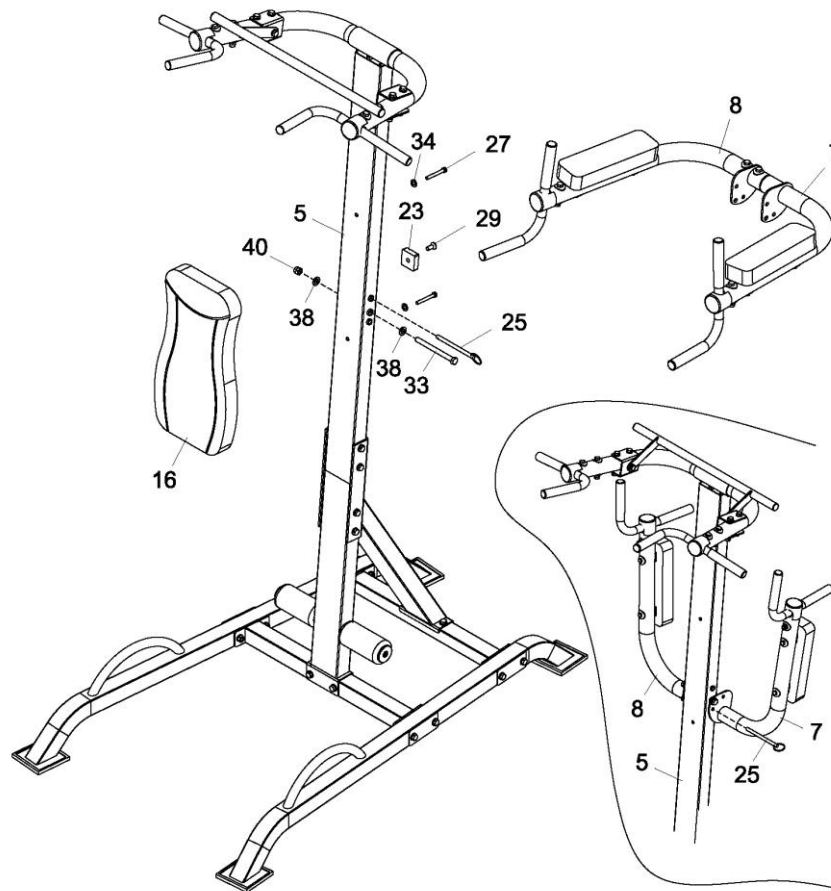
1. Attach two CHANNEL IRONS (10) to TOP SUPPORT (9) using four SCREWS M10*75 (32), eight WASHERS 10MM (36) and four LOCK NUTS M10 (39).
2. Attach TOP CHIN-UP BAR (12) to CHANNEL IRON (10) using two SCREWS M10*16 (28) and two WASHERS 10MM (36).
3. Insert two L-SHAPED HANDLE (11) into port of TOP SUPPORT (9), secure them using four SCREWS M10*65 (31), eight ARC WASHERS 10MM (37) and four LOCK NUTS M10 (39). NOTE: Attention the direction of the two handles.
4. Attach two TUBE COVERS (22) to port of TOP SUPPORT (9).
5. Insert the bracket on TOP SUPPORT (9) into port of TOP UPRIGHT (5), secure with four SCREWS M10*16 (28) and four WASHERS 10MM (36).

STEP 04

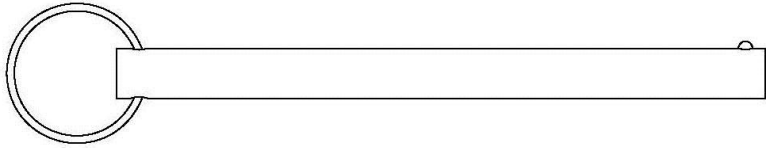


1. Insert LEFT ARMREST SUPPORT (7) into port of RIGHT ARMREST SUPPORT (8) secure with SCREW M10*16 (28), SCREW M10*65 (31), three ARC WASHERS 10MM (37) and LOCK NUT M10 (39).
2. Insert L-SHAPED HANDLE (11) into port of LEFT AND RIGHT ARMREST SUPPORT (7, 8), secure with two SCREWS M10*65 (31), four ARC WASHERS 10MM (37) and two LOCK NUTS M10 (39).
3. Attach two TUBE COVERS (22) to port of LEFT AND RIGHT ARMREST SUPPORT (7, 8).
4. Attach two ARMREST CUSHIONS (17) to LEFT AND RIGHT ARMREST SUPPORT (7, 8) using four SCREWS M8*65 (27) and four ARC WASHERS 8MM (35).

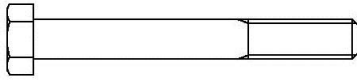
STEP 05



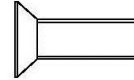
1. Attach SQUARE BUFFER (23) to TOP UPRIGHT (5) using CROSS HEAD SCREW M10*25 (29).
2. Attach the armrest support assembly (7, 8) to TOP UPRIGHT (5) using SCREW M12*140 (33), two WASHERS 12MM (38), LOCK NUT M12 (40) and PIN (25).
3. Attach BACKREST CUSHION (16) to TOP UPRIGHT (5) using two SCREWS M8*65 (27) and two WASHERS 8MM (34).
4. When you don't use the armrest support, you can fold it up. Pull out the PIN (25) and rotating the support up, insert the pin into the down hole.



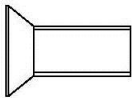
#25 Pin (Qty 1)



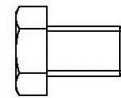
#27 M8 × 65 Hex Screw (Qty 6)



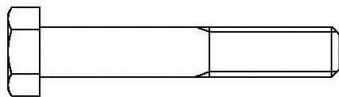
#26 M8 × 25 Socket Screw (Qty 2)



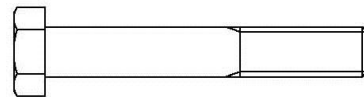
#29 M10 × 25 Cross Head Screw (Qty 1)



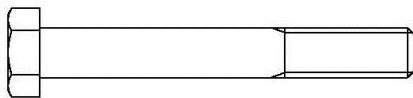
#28 M10 × 16 Hex Screw (Qty 21)



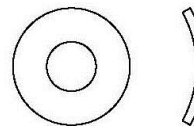
#30 M10 × 60 Hex Screw (Qty 2)



#31 M10 × 65 Hex Screw (Qty 7)



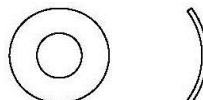
#32 M10 × 75 Hex Screw (Qty 14)



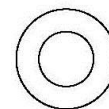
#37 Arc Washer 10 (Qty 15)



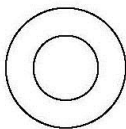
#34 Washer 8 (Qty 2)



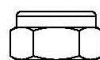
#35 Arc Washer 8 (Qty 4)



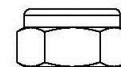
#36 Washer 10 (Qty 52)



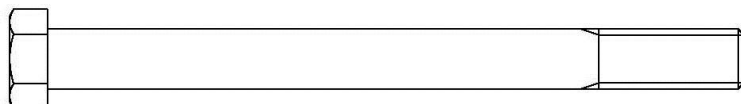
#38 Washer 12 (Qty 2)



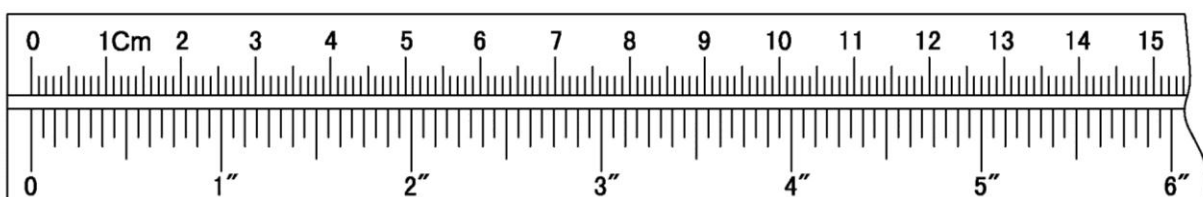
#39 M10 Lock Nut (Qty 23)





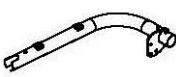
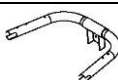












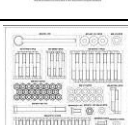
#40 M12 Lock Nut (Qty 1)



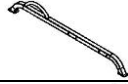
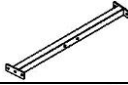
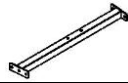
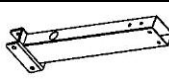

#33 M12 × 140 Hex Screw (Qty 1)



PACKING DETAILS

CARTON NO.	PART DESCRIPTION	PART NO.	VIEW	QUANTITY
CARTON 1	REAR SUPPORT	#6		1
	LEFT ARMREST SUPPORT	#7		1
	RIGHT ARMRESTSUPPORT	#8		1
	TOP SUPPORT	#9		1
	CHANNEL IRON	#10		2
	L-SHAPED HANDLE	#11		4
	TOP CHIN-UP BAR	#12		1
	FOAM TUBE	#13		1
	REINFORCEMENT PLATE	#14		4
	SHEATHING	#15		2
	BACKREST CUSHION	#16		1
	ARMREST CUSHION	#17		2
	FOAM ROLLER	#18		2
	RUBBER MAT	#20		4
	TUBE COVER	#22		4
	MANUAL			1
	BLISTER PACKAGE OF SCREWS			1

PACKING DETAILS

CARTON NO.	PART DESCRIPTION	PART NO.	VIEW	QUANTITY
CARTON 2	MAIN BASE	#1		2
	LONG JOINT FRAME	#2		1
	SHORT JOINT FRAME	#3		1
	DOWN UPRIGHT	#4		1
	TOP UPRIGHT	#5		1



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.