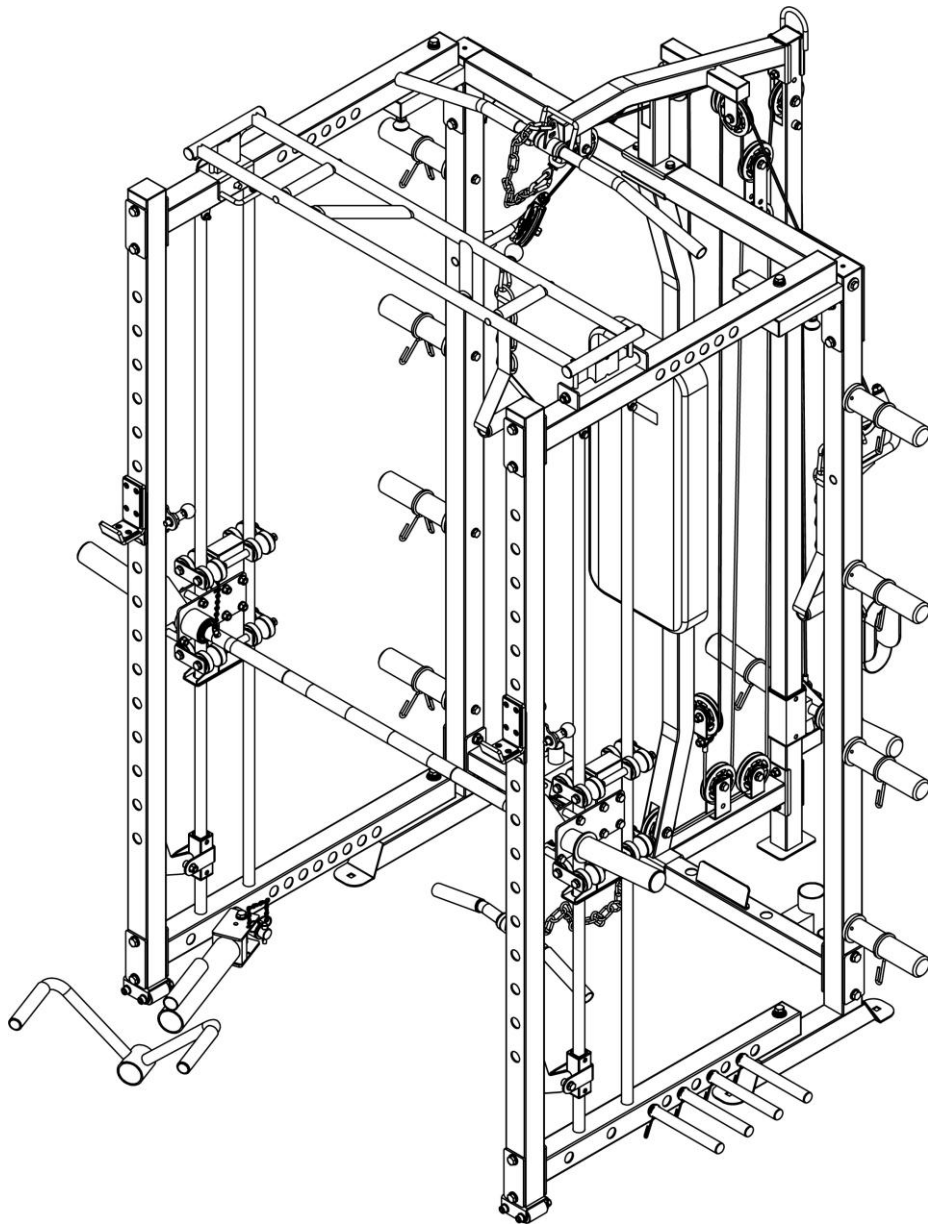


FORCE^{USA}

OWNER'S MANUAL F-VS

VersaSmith XL – Folding Smith Machine



CAUTION!

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

ASSEMBLY MANUAL

FORCE USA VersaSmith XL – Folding Smith Machine

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.

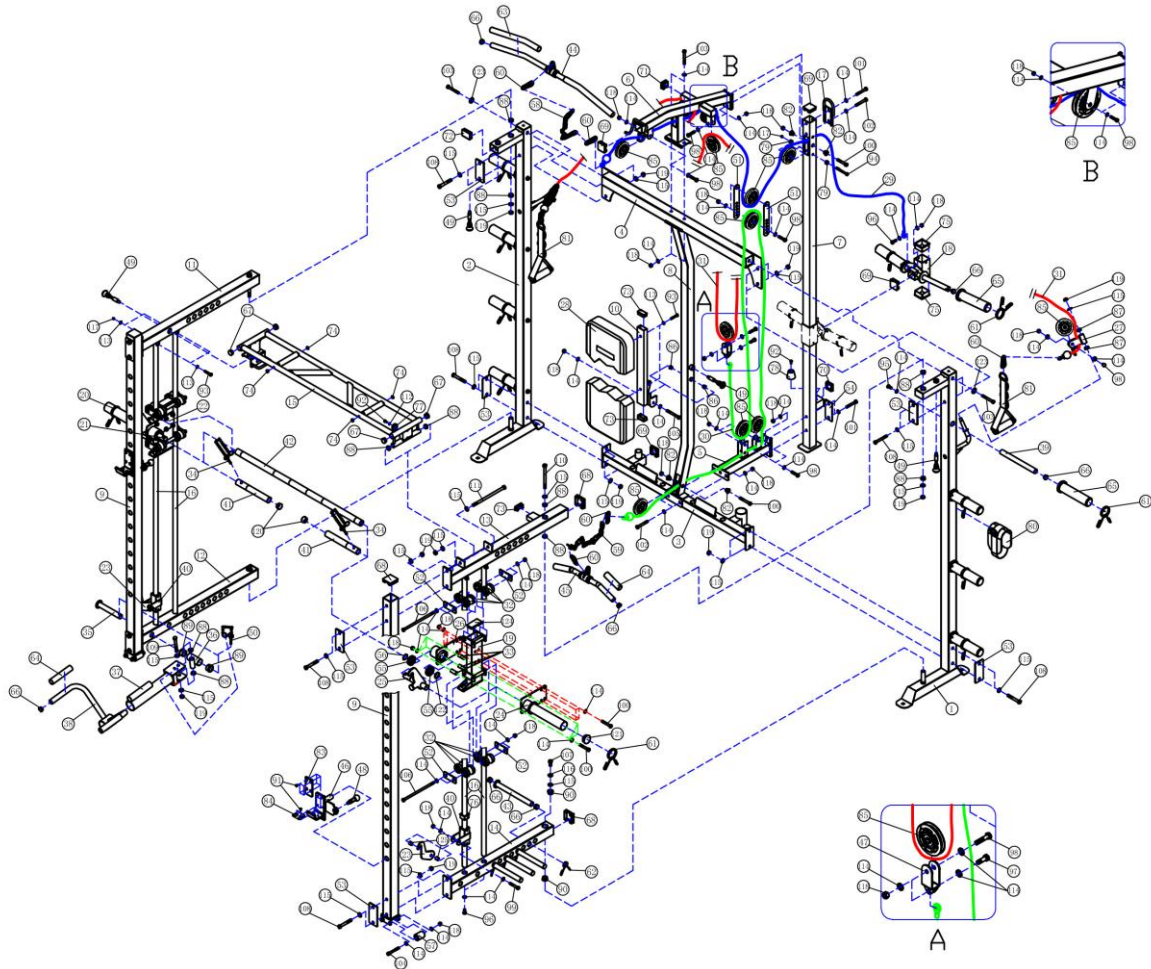
BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.

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



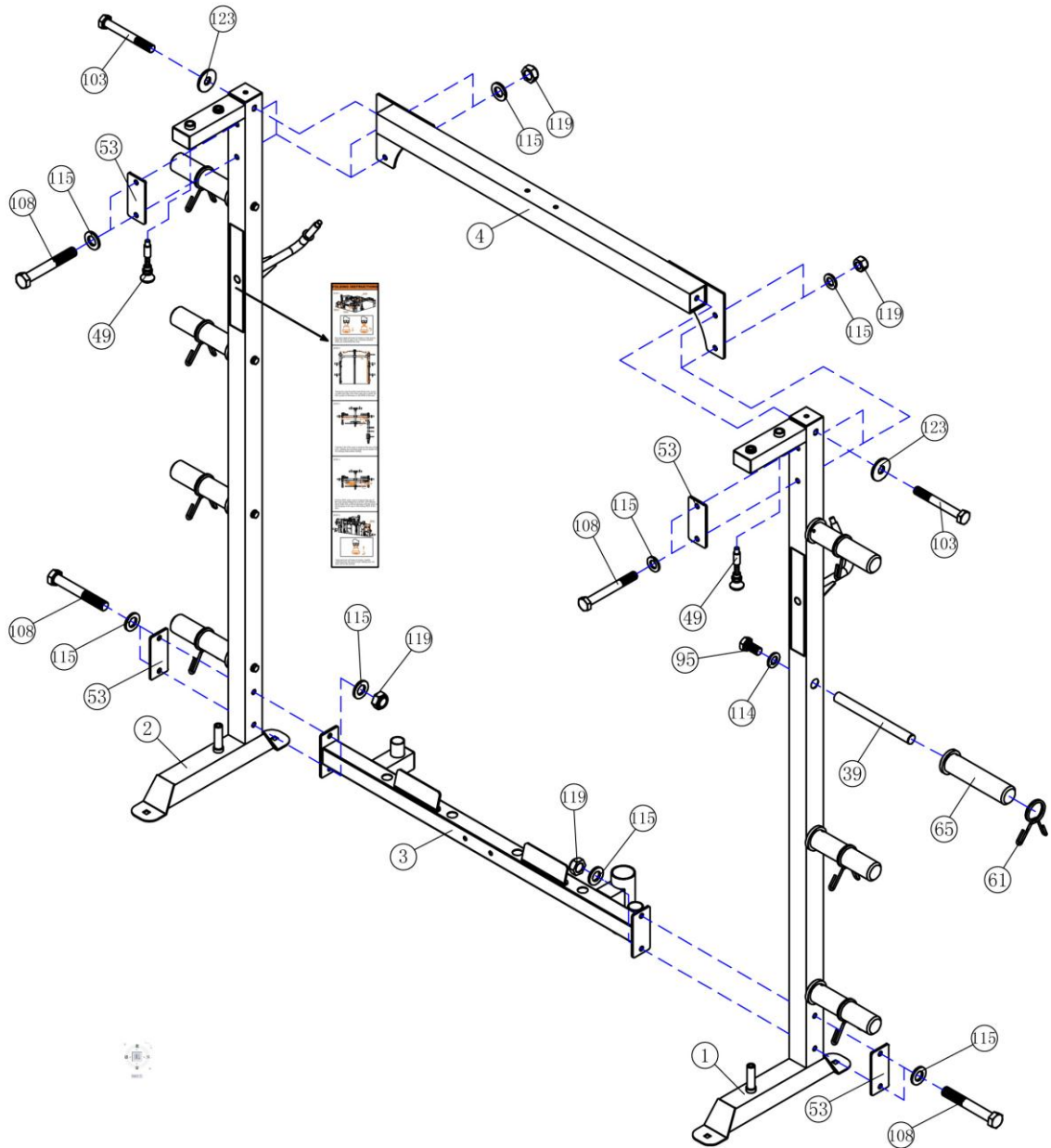
PARTS LIST F-VS

KEY NO.	PART DESCRIPTION F-VS	SPEC	QTY
1	Left Rear Stand		1
2	Right Rear Stand		1
3	Lower Support Bar		1
4	Upper Support Bar		1
5	Connecting Bar		1
6	Boom		1
7	Guide Shaft		1
8	Middle Frame		1
9	Front Rack Post		2
10	Backrest Frame		1
11	Right Upper Connecting Frame		1
12	Rack Bar Bottom R		1
13	Left Upper Connecting Frame		1
14	Rack Bar Bottom L		1
15	Pull Up Bar		1
16	Guide Rod		4
17	Top Bracket		1
18	Load-Bearing Frame		1
19	Roller Frame		2
20	Resistance Band Peg R		1
21	Elevate Handle R		1
22	Elevate Handle Rack R		1
23	Safety Hook		2
24	Resistance Band Peg L		1
25	Elevate Handle L		1
26	Elevate Handle Rack L		1
27	Pendulum Pulley Rack		2
28	Backrest Pad		1
29	Upper Cable	L=2850mm	1
30	Lower Cable	L=3650mm	1
31	Butterfly Cable	L=5355mm	1
32	Rollers		16
33	Sleeving		6
34	Lock Pin		2
35	Rotating Shaft		1
36	Spacer 1		1
37	Rotating Frame		1
38	Handle		1
39	Standard Plate Rack		8
40	Safety Hook Bracket		2
41	Bar Attachment 1		2
42	Bar Attachment 2		1
43	Resistance Band Peg		4

44	Bar Attachment 3		1
45	Bar Attachment 4		1
46	Horizontal Barbell Rack		2
47	Pulley Fork Plate		1
48	Securing Pin 1		2
49	Securing Pin 2		4
50	Lock Pin with Chain		1
51	Pulley Link Plate	218x38x3	2
52	Mounting Plate 1	91x35x4	8
53	Mounting Plate 2	130x60x5	8
54	Mounting Plate 3	120x50x3	1
55	Bearing	60/28-2RS	4
56	Ring-Shield	Ø28	2
57	Roller	Ø35x Ø10.5x9	4
58	Link Chain (Short)	Ø5 (10)	1
59	Link Chain (Long)	Ø5 (15)	1
60	Steel Hook	Ø8	6
61	Olympic Spring Clip	Ø49	12
62	Standard Spring Clip	Ø24.5	4
63	Rubber Grip 1	Ø23x440	2
64	Rubber Grip 2	Ø23x150	4
65	Olympic Barbell Sleeve	Ø50x210	10
66	Tube End 1	Ø25	24
67	Tube End 2	Ø28	4
68	Tube End 3	□60	6
69	Tube End 4	□50	4
70	Tube End 5	□45	1
71	Tube End 6	□38	2
72	Tube End 7	□40x60	2
73	Tube End 8	□25x50	3
74	Tube End 9	Φ16xΦ11	4
75	Hollow Tube	□60x□50	2
76	Safety Hook Bracket Guides	38x26x30x3	4
77	Washer 1	Φ35xΦ30x10	1
78	Washer 2	Φ45x40	1
79	Pulley Bushing 1	Φ18xΦ9x10	2
80	Ankle Strap		1
81	Adjust Tension Set		2
82	Pulley Bushing 2	Φ22xΦ10.2x15	4
83	Rack Liner 1	110x52x5	2
84	Rack Liner 2	52x45x5	2
85	Pulley	Φ96	13
86	Bushing 1	Φ18xΦ14xΦ10.2x12	2
87	Bushing 2	Φ25xΦ22xΦ16x10	4
88	Bushing 3	Φ25xΦ21.8xΦ12.2x8	12
89	Bushing 4	Φ38xΦ34xΦ25x22	2

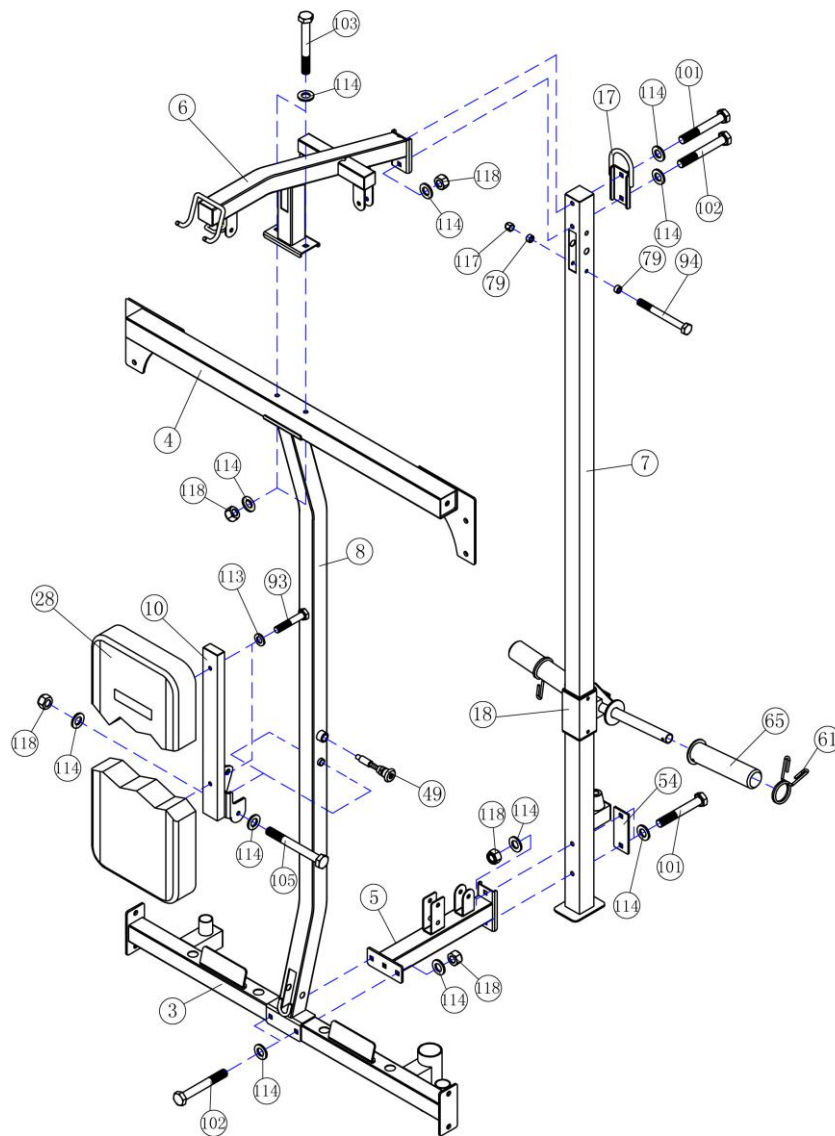
90	Bushing 5	Φ30×Φ26×Φ20×16	4
91	Countersunk Head Screws	M6×12	12
92	Pan-head screws	M6×16	2
93	M8×45 Hex Bolt	M8×45	6
94	M8×80 Hex Bolt	M8×80	1
95	M10×20 Hex Bolt	M10×20	8
96	M10×25 Hex Bolt	M10×25	5
97	M10×30 Hex Bolt	M10×30	1
98	M10×45 Hex Bolt	M10×45	11
99	M10×60 Hex Bolt	M10×60	2
100	M10×65 Hex Bolt	M10×65	16
101	M10×70 Hex Bolt	M10×70	3
102	M10×75 Hex Bolt	M10×75	3
103	M10×80 Hex Bolt	M10×80	4
104	M10×85 Hex Socket Screw	M10×85	4
105	M10×90 Hex Bolt	M10×90	1
106	M10×235 Hex Bolt	M10×235	8
107	M12×20 Hex Bolt	M12×20	2
108	M12×85 Hex Bolt	M12×85	16
109	M12×90 Hex Bolt	M12×90	1
110	M12×145 Hex Bolt	M12×145	2
111	M12×235 Hex Bolt	M12×235	1
112	Ø6 Washer	6	1
113	Ø8 Washer	8	10
114	Ø10 Washer	10	111
115	Ø12 Washer	12	44
116	Ø12 Elastic Ring	12	2
117	M8 Aircraft Nut	M8	5
118	M10 Aircraft Nut	M10	51
119	M12 Aircraft Nut	M12	22
120	Tube End 10	Φ32	2
121	Tube End 11	Φ48	2
122	Shoulder Rings	Φ35×Φ28.5×3	2
123	Spacer	Φ30×Φ10.5×2.5	2
124	Tube End 12	□80×40	2
125	Sleeving	Φ16×Φ11×16	4
	Allen Wrench	4#	1
	Allen Wrench	8#	1

STEP 01



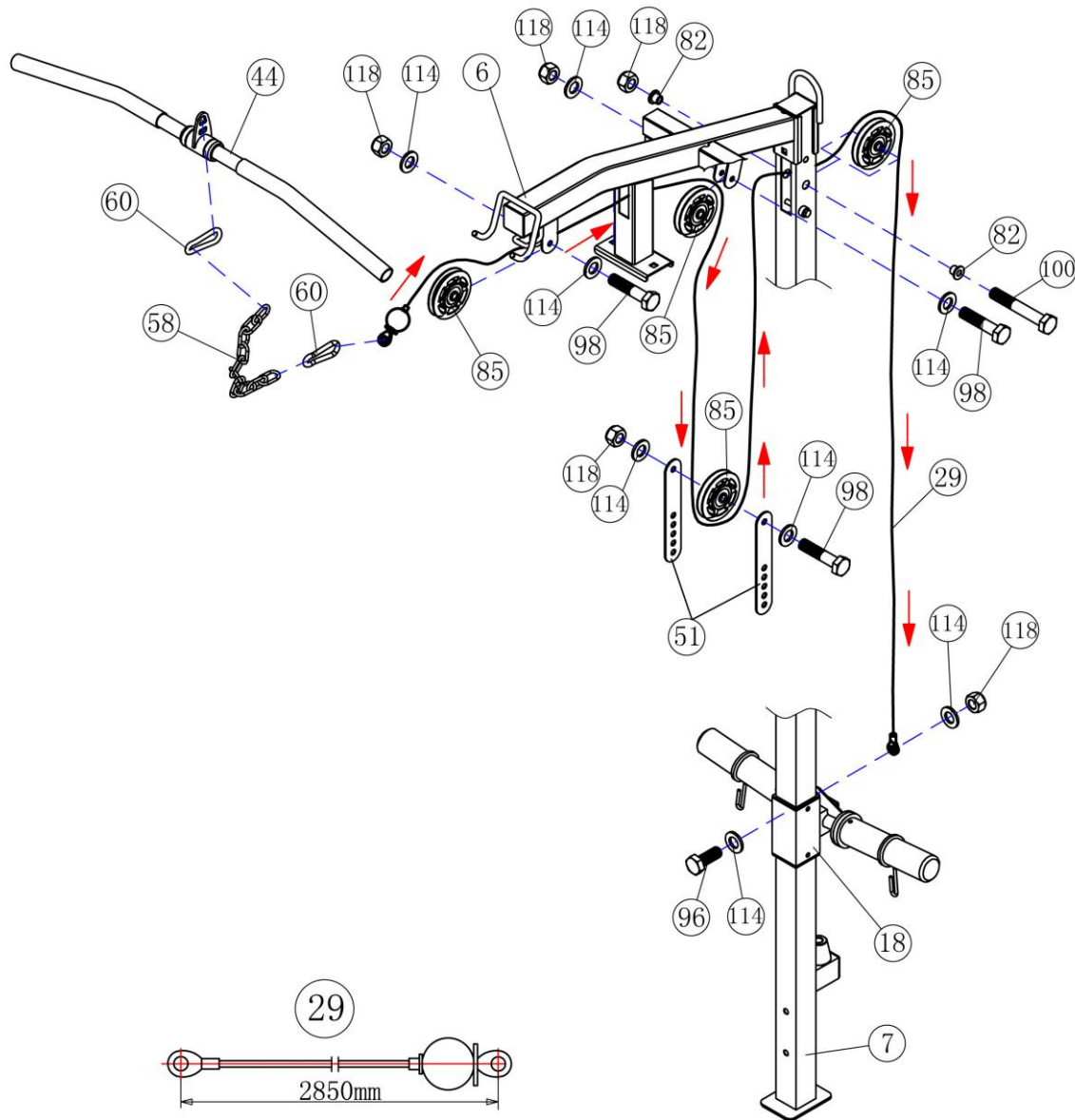
1. Set Left Rear Stand (part#1) upright and bolt Lower Support Bar (part#3) at 90 degrees. Do the same with Right Rear Stand (part#2). Reinforce the structure by placing the Mounting Plate 2 (part#53) with Ø12 Washer (part#115) as shown in the illustration and fasten with M12x85 Hex Bolt (part#108) and M8 Aircraft Nut (part#117).
2. Set up the Upper Support Bar (part#4) with a partner. Bolt the top part of the frame on each side using M12x85 Hex Bolt (part#108), Ø12 Washer (part#115), Mounting Plate 2 (part#53) and Ø12 Washer (part#115), M12 Aircraft Nut (part#119).
3. Set up the weight plate racks by inserting the Standard Plate Rack (part#39) and secure with Ø10 Washer (part#114) and M10x20 Hex Bolt (part#95). Use the Olympic Barbell Sleeve (part#65) and Olympic Spring Clip (part#61) if necessary.

STEP 02



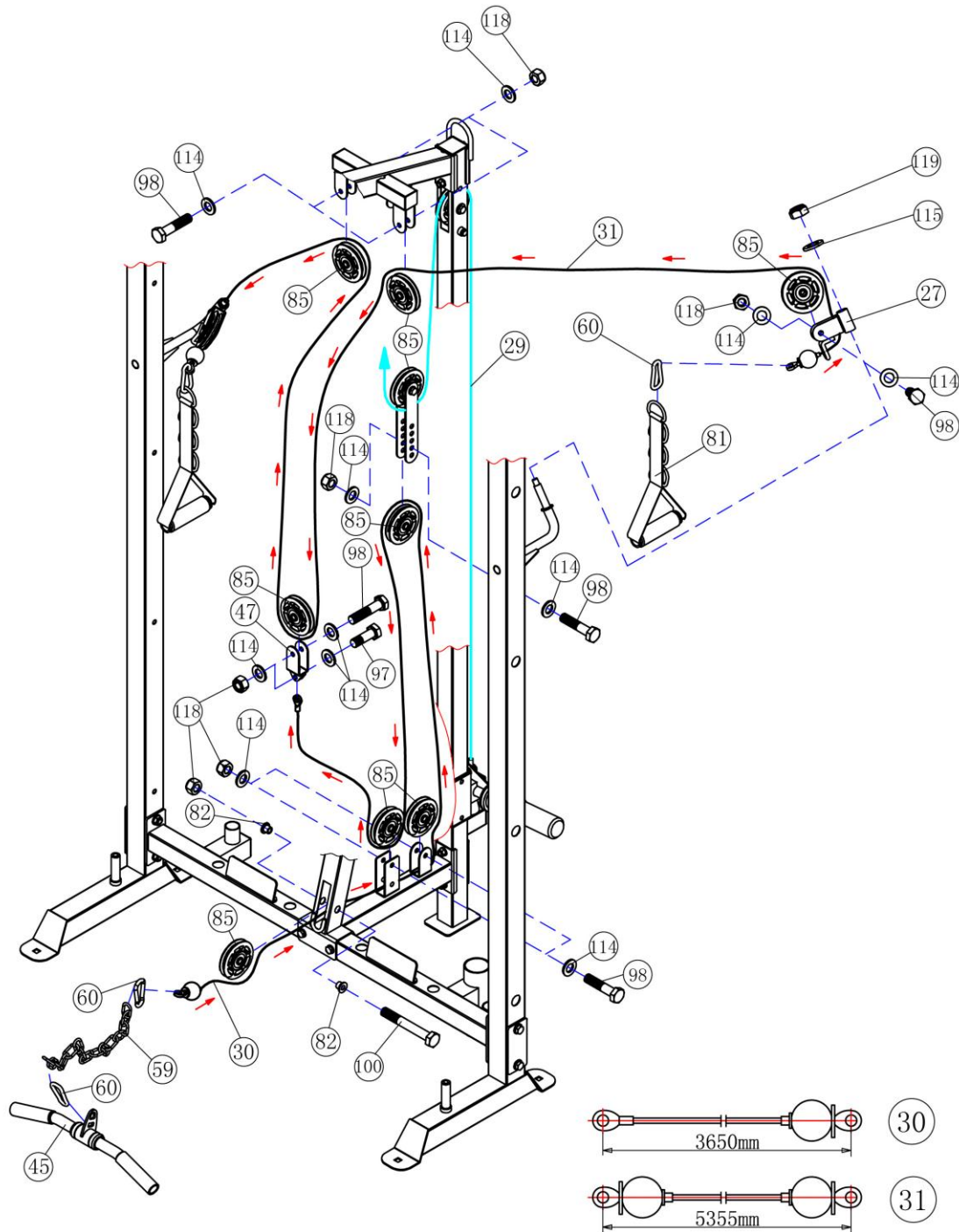
1. Bolt Connecting Bar (part#5) to Lower Support Bar (part#3) then connect (part 8) and fasten with M10×75Hex Bolt (part#102), Ø10 Washer (part#114), Ø10 Washer (part#114), M10 Aircraft Nut (part#118) accordingly.
2. Bolt the Boom (part#6) to the Upper Support Bar (part#4). Fasten with M10×80 Hex Bolt (part#103), Ø10 Washer (part#114), Mounting Plate 1 (part#52), Ø10 Washer (part#114), M10 Aircraft Nut (part#118) accordingly.
3. Bottom: Connect the Guide Shaft (part#7) to Connecting Bar (part#5). Use M10×70 Hex Bolt (part#101), Ø10 Washer (part#114), Ø10 Washer (part#114), M10 Aircraft Nut (part#118).
4. Slide the Load-Bearing Frame (part #18) to the Guide Shaft (part#7) and fasten using M10×25 Hex Bolt (part#96), Ø10 Washer (part#114).
(Refer to Step 03 Diagram) Attach Upper Cable (part#29), Ø10 Washer (part#114) and M10 Aircraft Nut (part#118).
5. Top: Connect the Guide Shaft (part#7) to Boom (part#6). Use M10×70 Hex Bolt (part#101), Ø10 Washer (part#114), Top Bracket (part#17), Ø10 Washer (part#114), M10 Aircraft Nut (part#118).

STEP 03



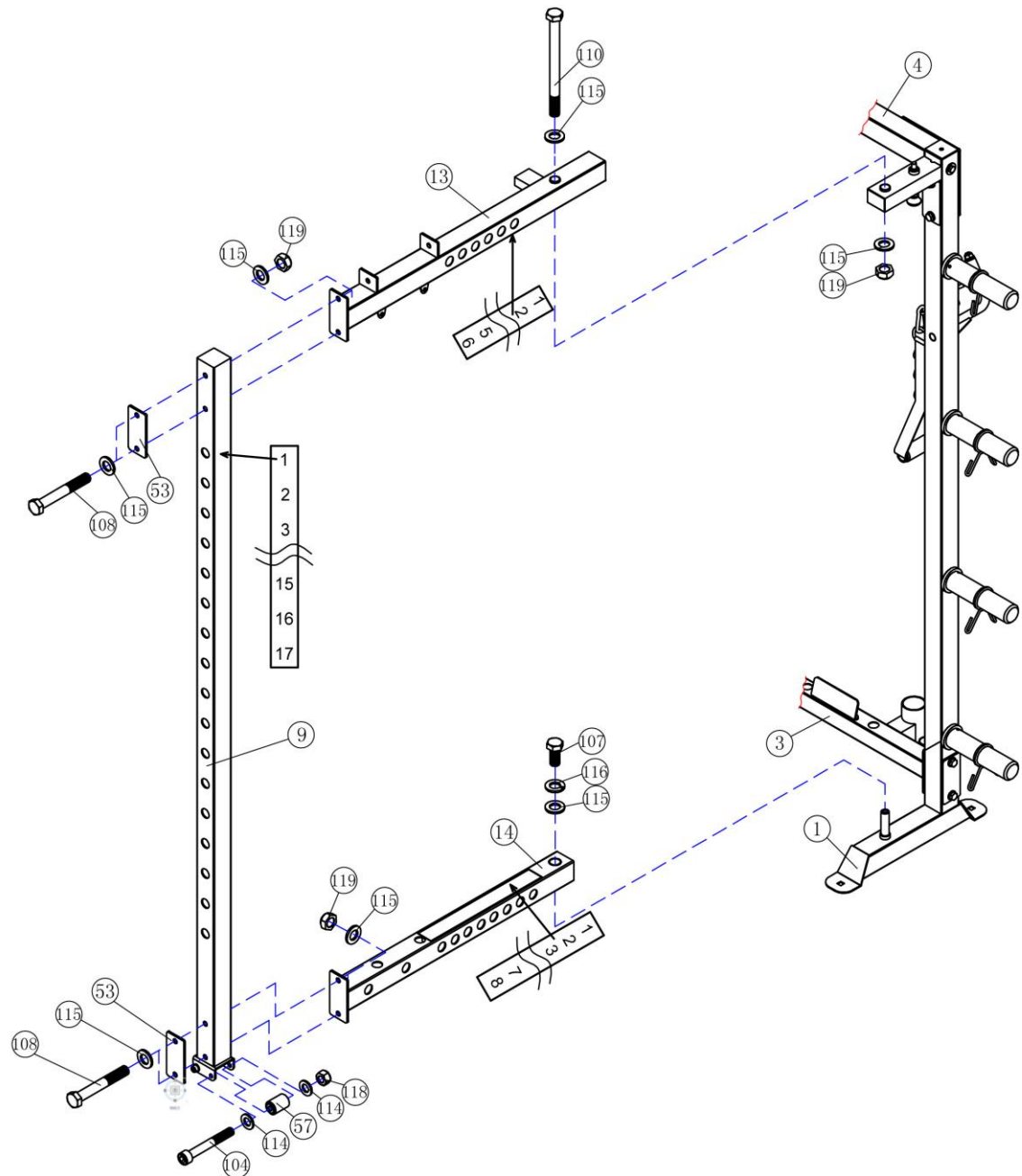
1. Upper and Mid-Pulley Assembly: Sandwich 2 Pulleys (part#85) distal to each other using 2 Pulley Link Plates (part#51). Use M10×45 Hex Bolt (part#98), Ø10 Washer (part#114), Ø10 Washer (part#114), M10 Aircraft Nut (part#118) to secure both pulleys. Insert Upper Cable (part#29) and Lower Cable (part#30) inside the assembly.
2. Place all the Pulleys (part#85) and secure them with bolts, nuts and washers provided.
3. Set the Upper Cable (part#29) by following the diagram.
4. Make sure to use the lubricant in all the moving parts. Guide Shafts, Pulleys and Cables are to be checked before using to ensure the safety of the user.

STEP 04



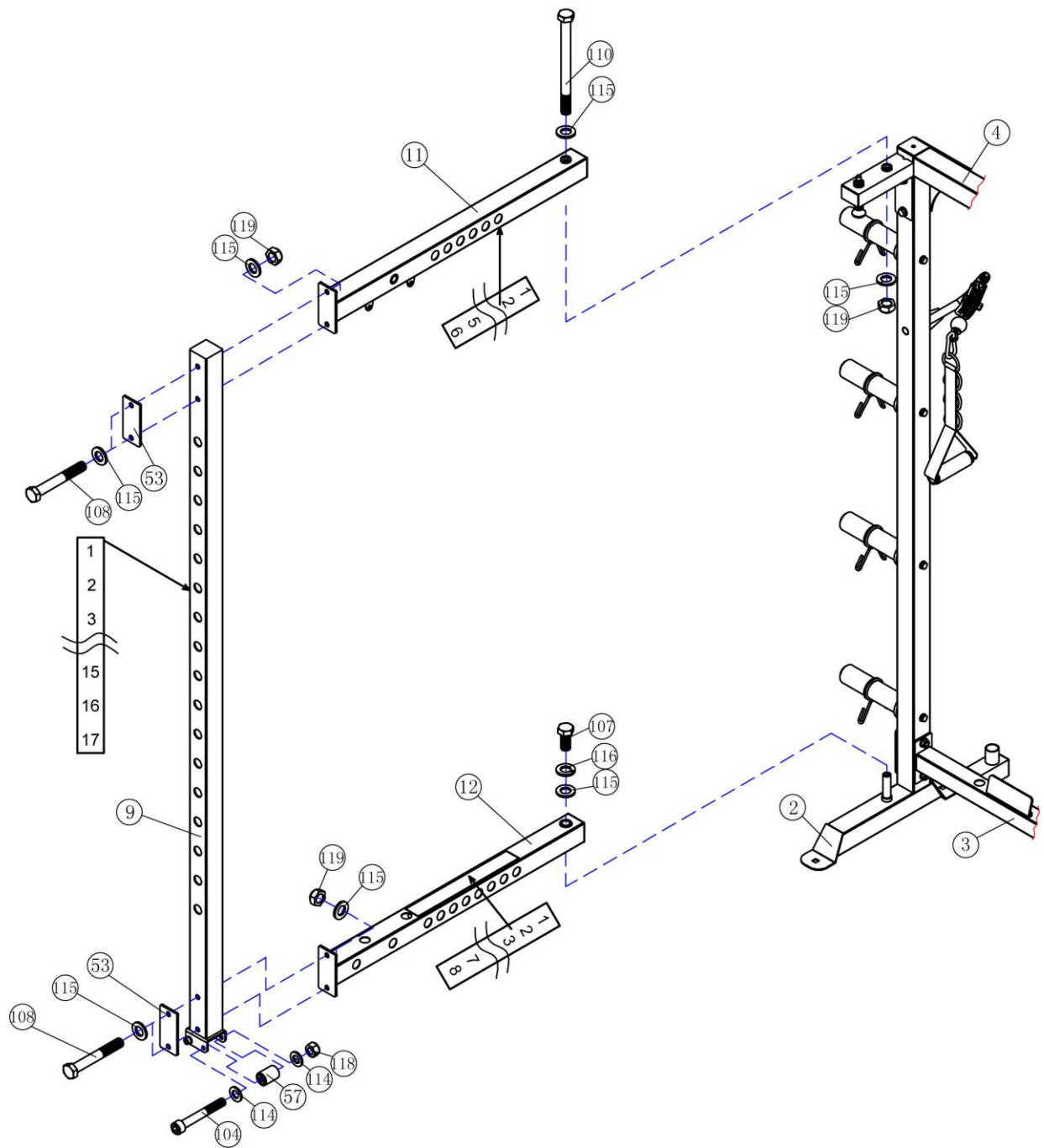
1. Lower Pulley Assembly: Place all the Pulleys (part#85) following the diagram, and secure them with M10×45 Hex Bolt (part#98), Ø10 Washer (part#114), Ø10 Washer (part#114), and M10 Aircraft Nut (part#118).
2. Set Lower Cable (part#30) by following the diagram.
3. Make sure to use the lubricant in all the moving parts. Guide Shafts, Pulleys and Cables are to be checked before using to ensure the safety of the user.

STEP 05



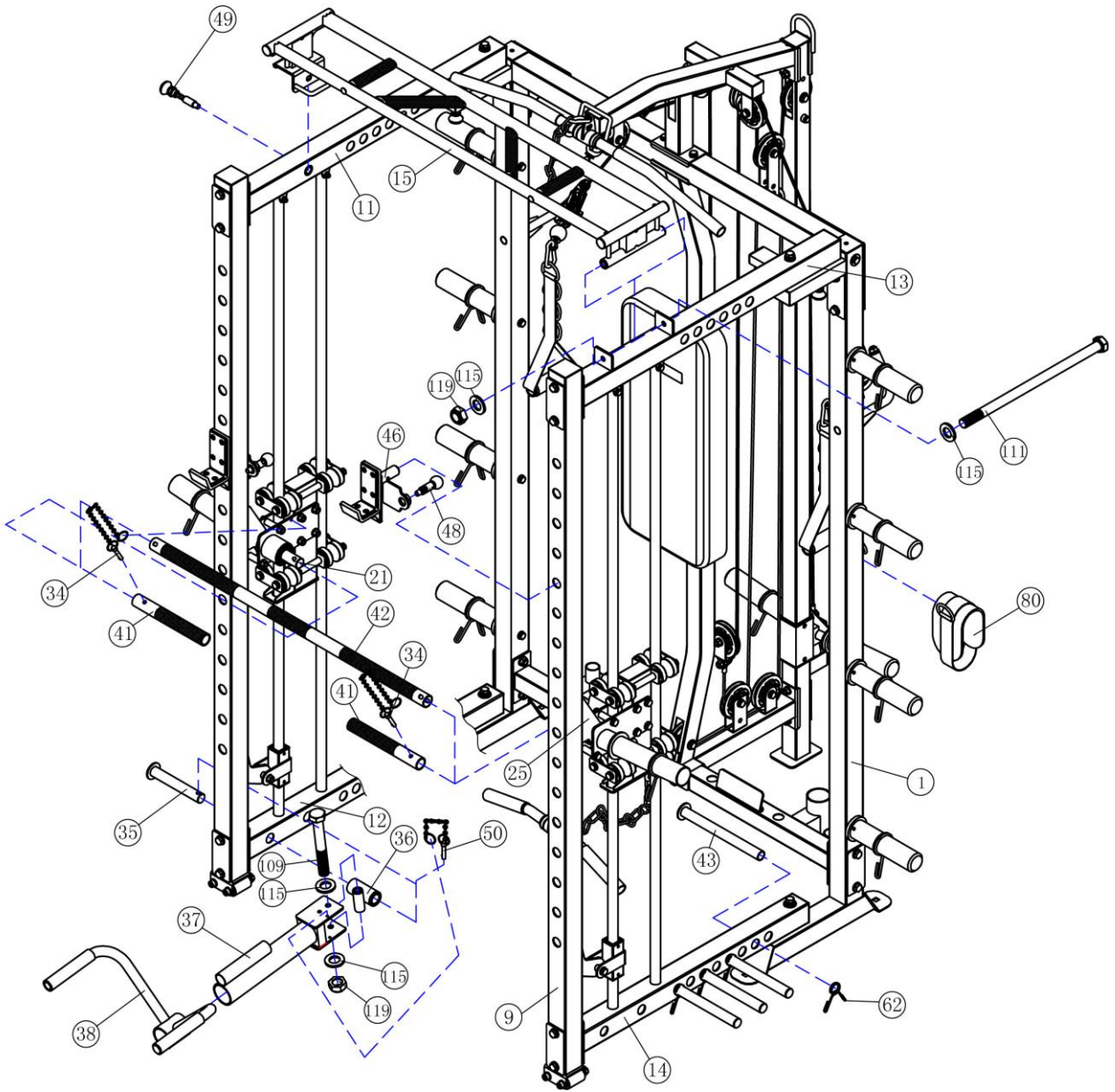
1. Assemble one side of the power rack by setting up one side first before connect to the other side. Front Rack Post (part#9) should be upright and parallel to the Right Rear Stand (part#2). The big holes should be facing the user.
2. Start from the bottom right and place Rack Bar Bottom R (part#12) on top of the Right Rear Stand (part#2) and secure those with **M12×20 Hex Bolt** (part#107), **Ø12 Elastic Ring** (part#116) and **Ø12 Washer** (part#115). Secure Front Rack Post (part#9) to Rack Bar Bottom R (part#12) using all brackets provided, as per diagram. Make sure that the angles are squared up properly to ensure the correct fitting of the rest of the parts.
3. Square up the frame and attach the Right Upper Connecting Frame R (part#11) to the rest of the assembly. Secure those with the brackets, nuts and bolts provided.
4. You may now connect the pulley frame to this side of the power rack.

STEP 06



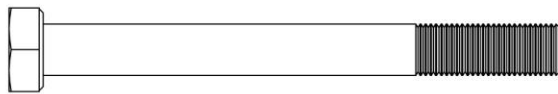
1. Do the same as DIAGRAM 5 on the left side.
2. Tighten all the nuts and bolts and make sure that the lines are not crooked and the angles are square and not twisted.
3. Place all the plastic ends/caps.

STEP 07

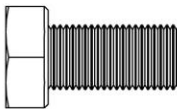
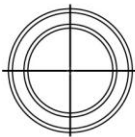


1. Certain parts may arrive preassembled from the factory.
2. Attachments can be removed if not in use.
3. Dip bars should be stowed away when using the power rack for Barbell exercises.
4. Cables and pulleys should move smoothly.

BOLTS, NUTS, WASHERS and SCREWS

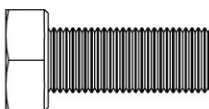


(#94) M8×80 Hex Bolt (Qty 1)

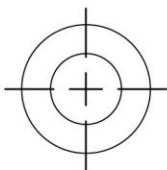


(#95) M10×20 Hex Bolt (Qty 8)

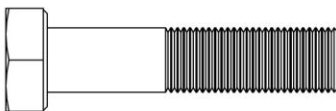
(#125) $\phi 16 \times \phi 11 \times 16$ Sleeving (Qty 4)



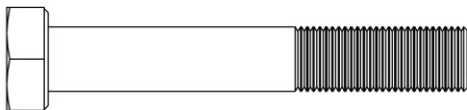
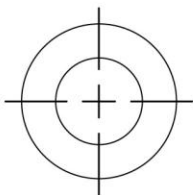
(#96) M10×25 Hex Bolt (Qty 5)



(#114) $\phi 10$ Washer (Qty 95)



(#98) M10×45 Hex Bolt (Qty 11)

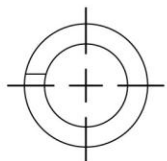


(#100) M10×65 Hex Bolt (Qty 16)

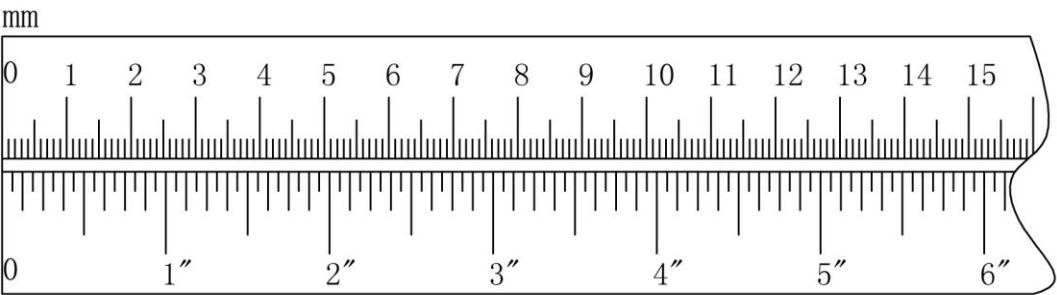
(#115) $\phi 12$ Washer (Qty 44)

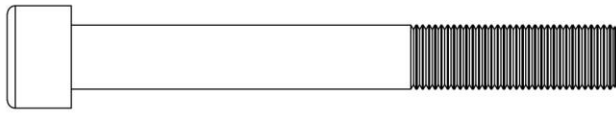


(#101) M10×70 Hex Bolt (Qty 3)

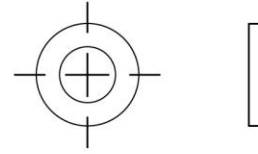


(#116) $\phi 12$ Elastic Ring (Qty 2)

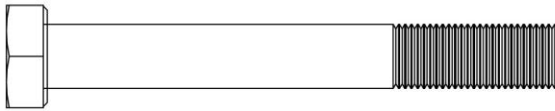




(#104) M10×85 Hex Socket Screw (Qty 4)



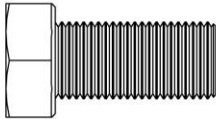
(#113) $\phi 8$ Washer (Qty 10)



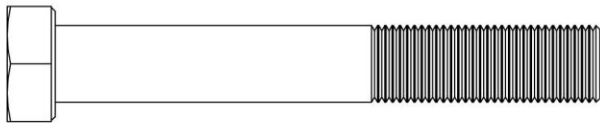
(#103) M10×80 Hex Bolt (Qty 4)



(#117) M8 Aircraft Nut (Qty 5)

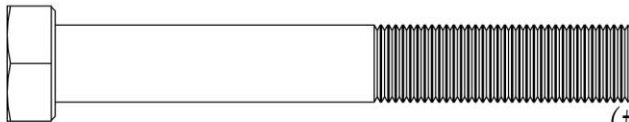
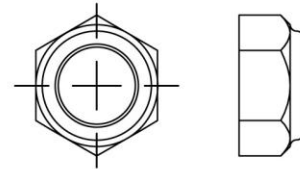


(#107) M12×20 Hex Bolt (Qty 2)



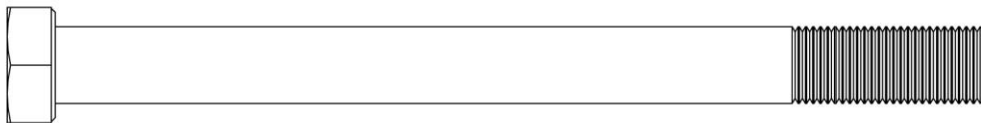
(#118) M10 Aircraft Nut (Qty 43)

(#108) M12×85 Hex Bolt (Qty 16)

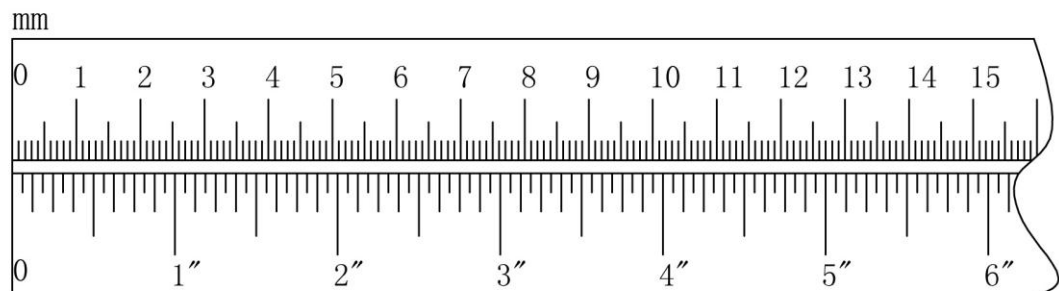


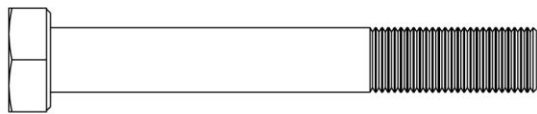
(#109) M12×90 Hex Bolt (Qty 1)

(#119) M12 Aircraft Nut (Qty 22)

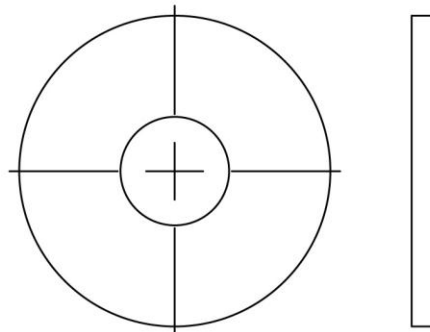


(#110) M12×145 Hex Bolt (Qty 2)

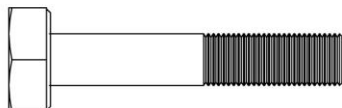




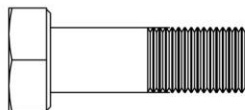
(#102) M10×75 Hex Bolt (Qty 3)



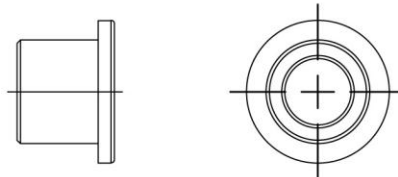
(#123) $\phi 30 \times \phi 10.5 \times 2.5$ Spacer (Qty 2)



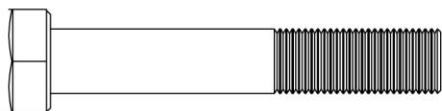
(#93) M8×45 Hex Bolt (Qty 6)



(#97) M10×30 Hex Bolt (Qty 1)



(#82) Pulley Bushing (Qty 4)



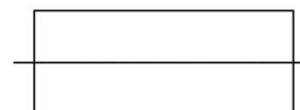
(#99) M10×60 Hex Bolt (Qty 2)



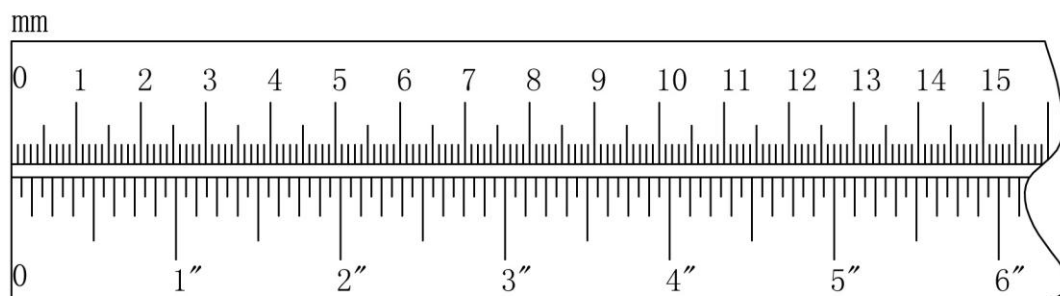
(#79) Bushing (Qty 2)

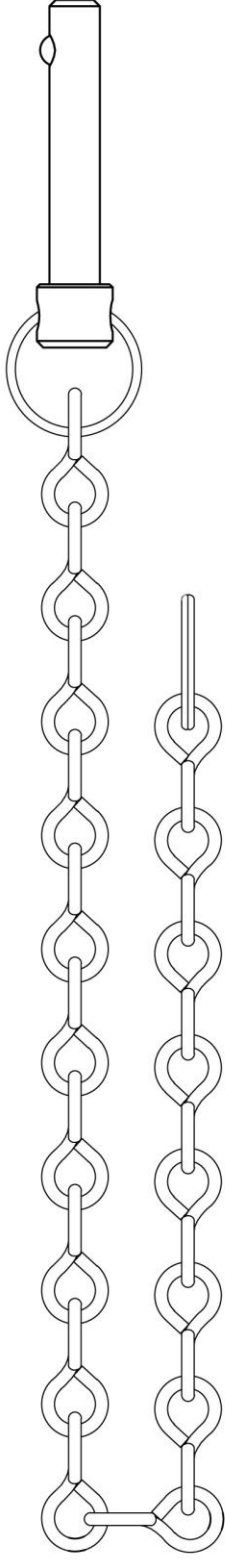


(#105) M10×90 Hex Bolt (Qty 1)

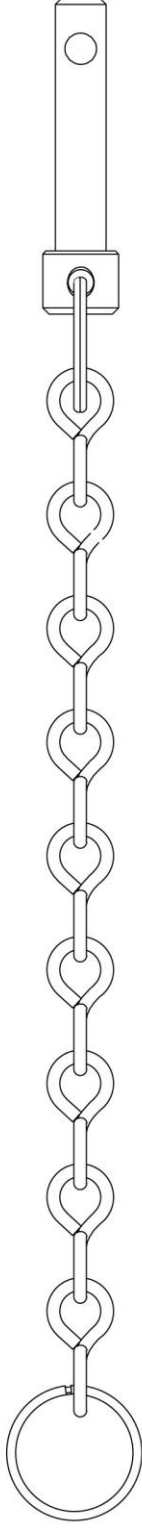


(#33) Metal sleeve (Qty 6)

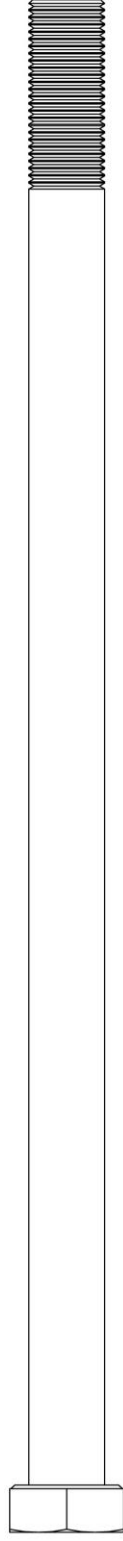




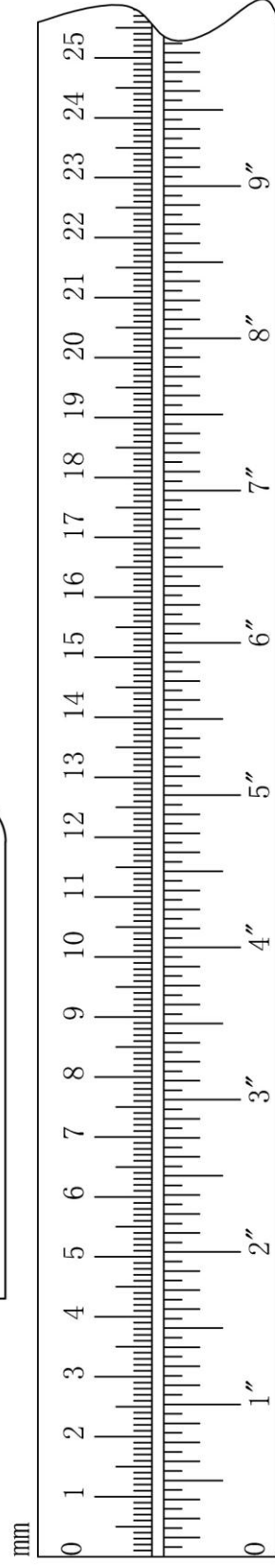
(#34) Lock Pin With Chain (Qty 2)

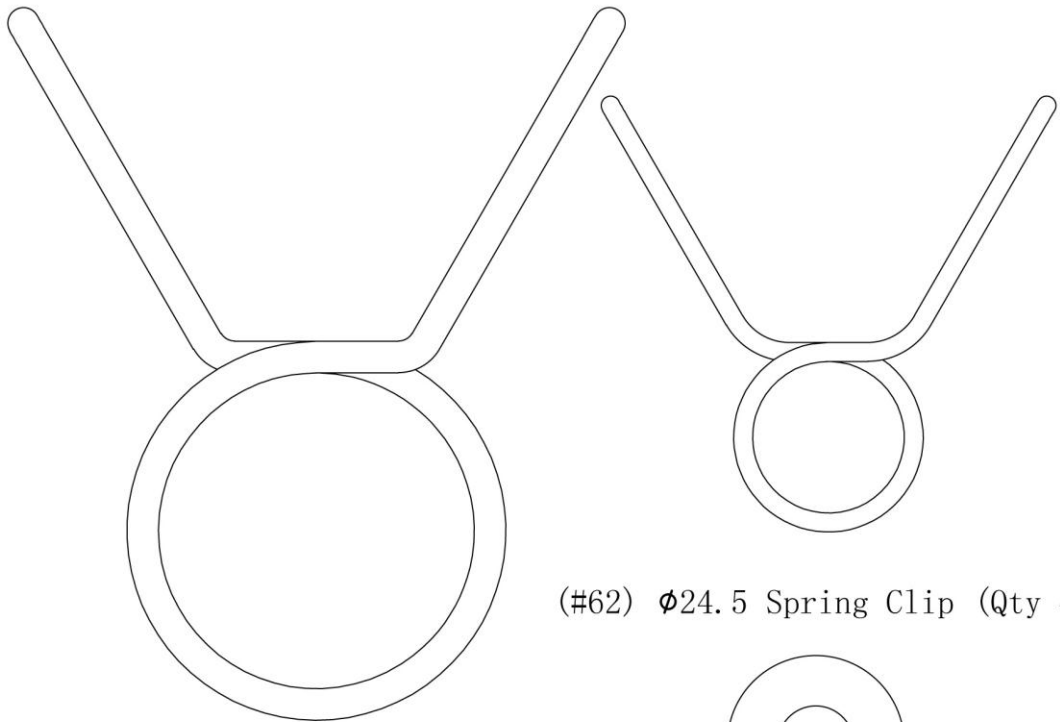


(#50) Lock Pin With Chain (Qty 1)



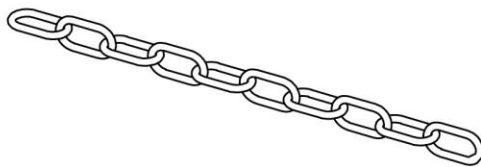
(#111) M12×235 Hex Bolt (Qty 1)



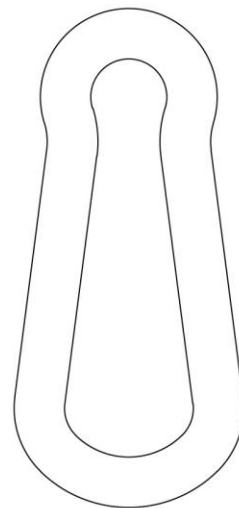


(#62) $\phi 24.5$ Spring Clip (Qty 4)

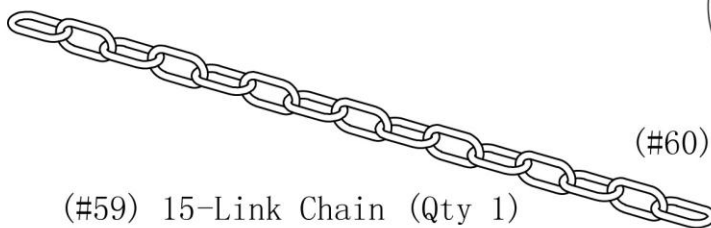
(#61) $\phi 49$ Spring Clip (Qty 12)



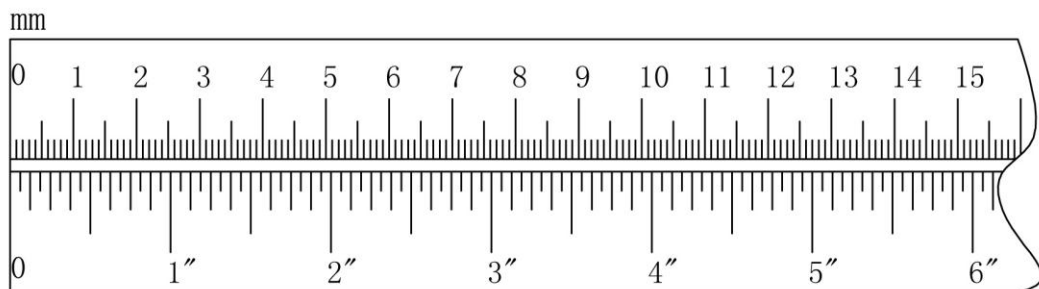
(#58) 10-Link Chain (Qty 1)



(#60) $\phi 8$ Hook (Qty 6)



(#59) 15-Link Chain (Qty 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.