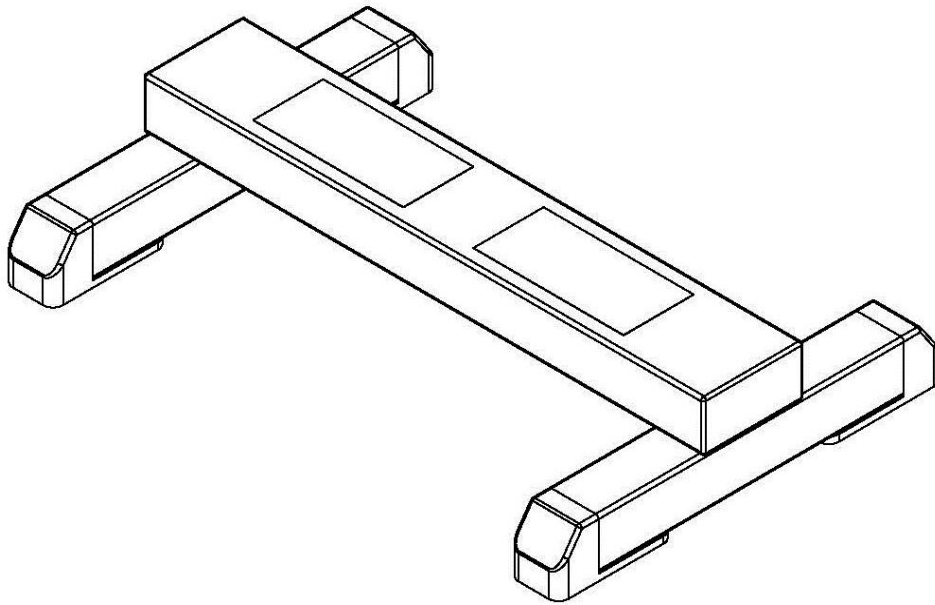


FORCE USA

OWNER'S MANUAL CALFBLK

Calf Block



CAUTION!

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

ASSEMBLY MANUAL

FORCE USA CALF BLOCK

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.

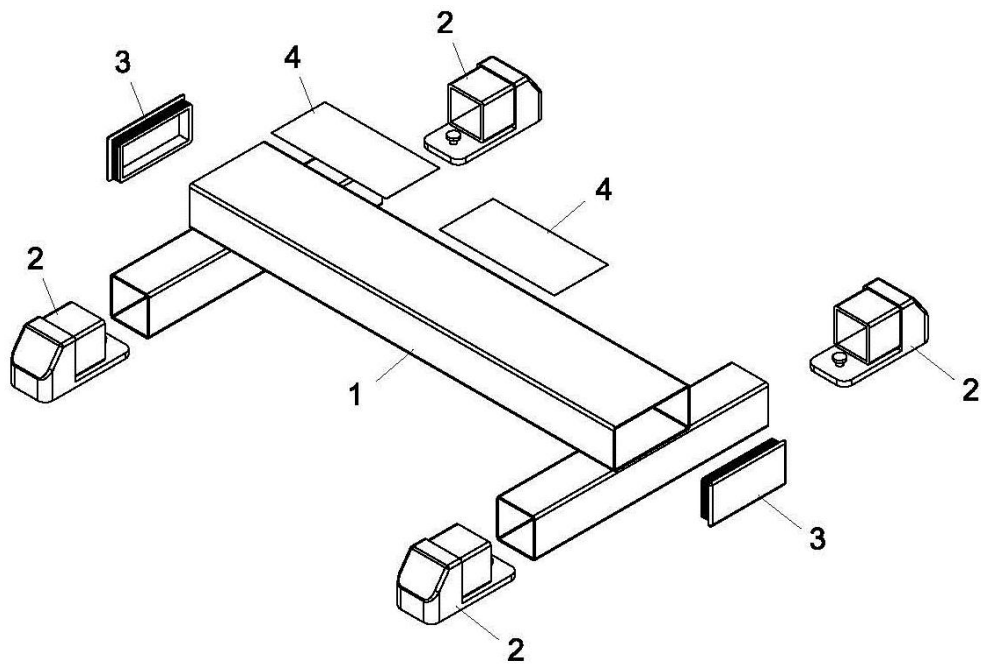
BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.

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

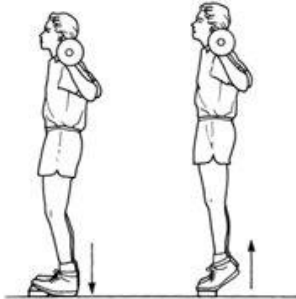


NUMBER	DESCRIPTION	QUANTITY
1	MAIN BLOCK	1
2	BASE CAP	4
3	RECTANGULAR END CAP	2
4	NON-SLIP SAND PAPER	2

Exercises

Calf Raise

An exercise that strengthens the calf muscles (gastrocnemius and soleus).



Keeping your heels on the ground, place the balls of your feet on a block of wood about 5 cm (2 inches) high. Start with your knees bent and then slowly straighten them so that you stretch your heels. Smoothly and gently, lift up fully on to your toes, raising your heels above the floor. Hold for a few seconds, lower gently, and repeat. This exercise can be made more difficult by holding a barbell across the back of the shoulders. Alternatively, use a weight-training machine which enables you to apply a weight onto the shoulders only during the lifting phase.

Seated Calf Raise



Sit with your feet on block and toes pointing straight ahead.

Place a dumbbell on your thigh near your knees supporting it with your hands. You can also use a barbell.

Draw your belly button in.

Flex your toes completely contracting the calf muscles and lifting your knees up.

Slowly lower down to where the heel of your foot is slightly lower than the block and repeat.

This is standing version of a Calf Raise.



Primary Muscle: Calf muscles

Secondary Muscle: None

Equipment Type: Barbell

Steps

1. Place a block or two free weight plates on the floor.

2. Place a barbell across your back and step up so

the balls of your feet are on the block.

3. Slowly lift your heels up and then lower them back to the floor getting as much of a stretch as possible.

4. Return to starting position.

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.