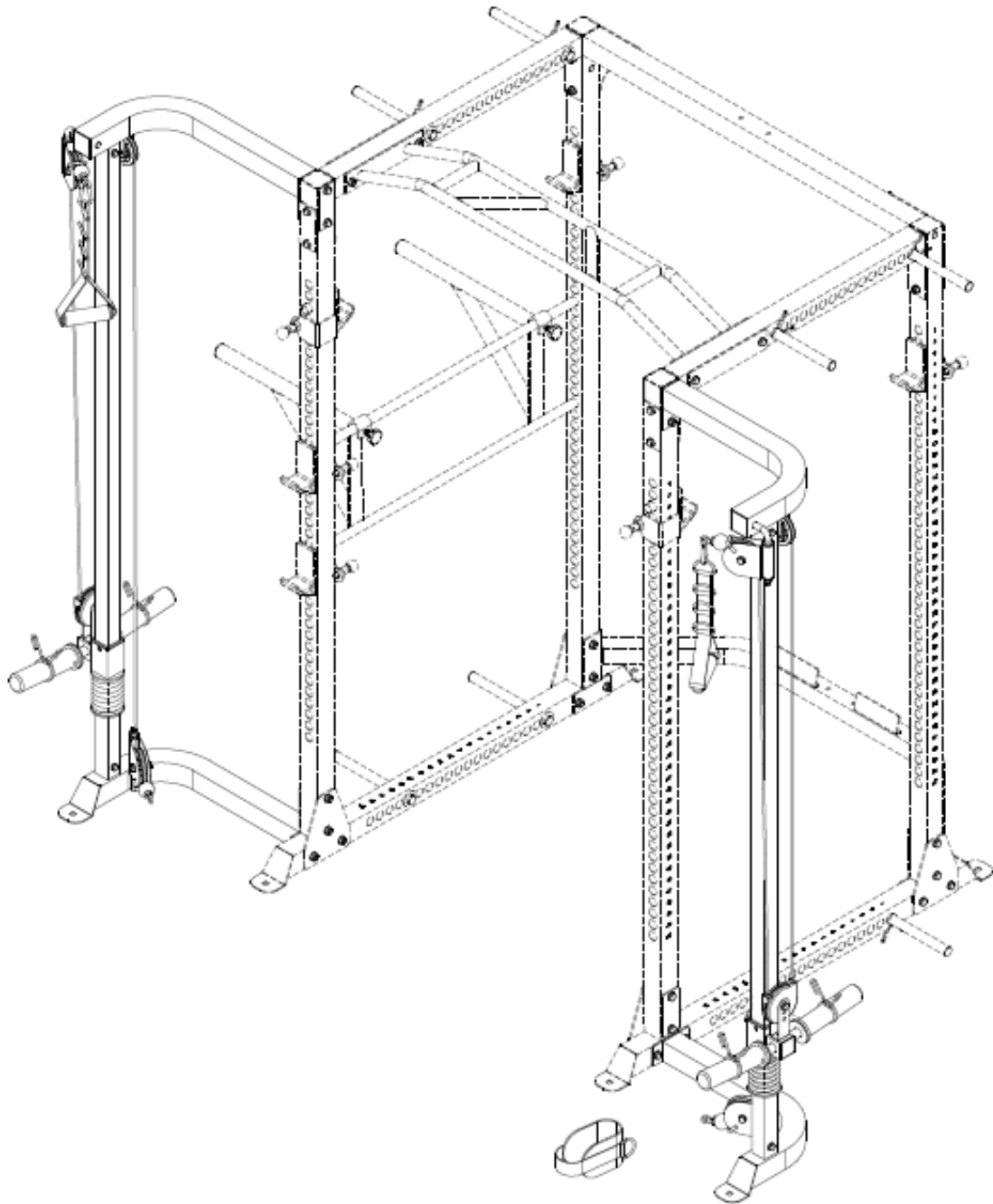


# **FORCE USA**

## **OWNER'S MANUAL F-PCC**

### **POWER CAGE - CABLE CROSSOVER ATTACHMENT**



#### **CAUTION!**

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

# **ASSEMBLY MANUAL**

## **FORCE USA POWER CAGE F-PCC**

**The F-PCC is an attachment that connects to the F-PC Power cage. The F-PC must be purchased and assembled separately.**

### **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.

Instructions relating to parts of the F-PC are given in *Italics* to help avoid confusion.

**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.**

## PARTS LIST F-PCC

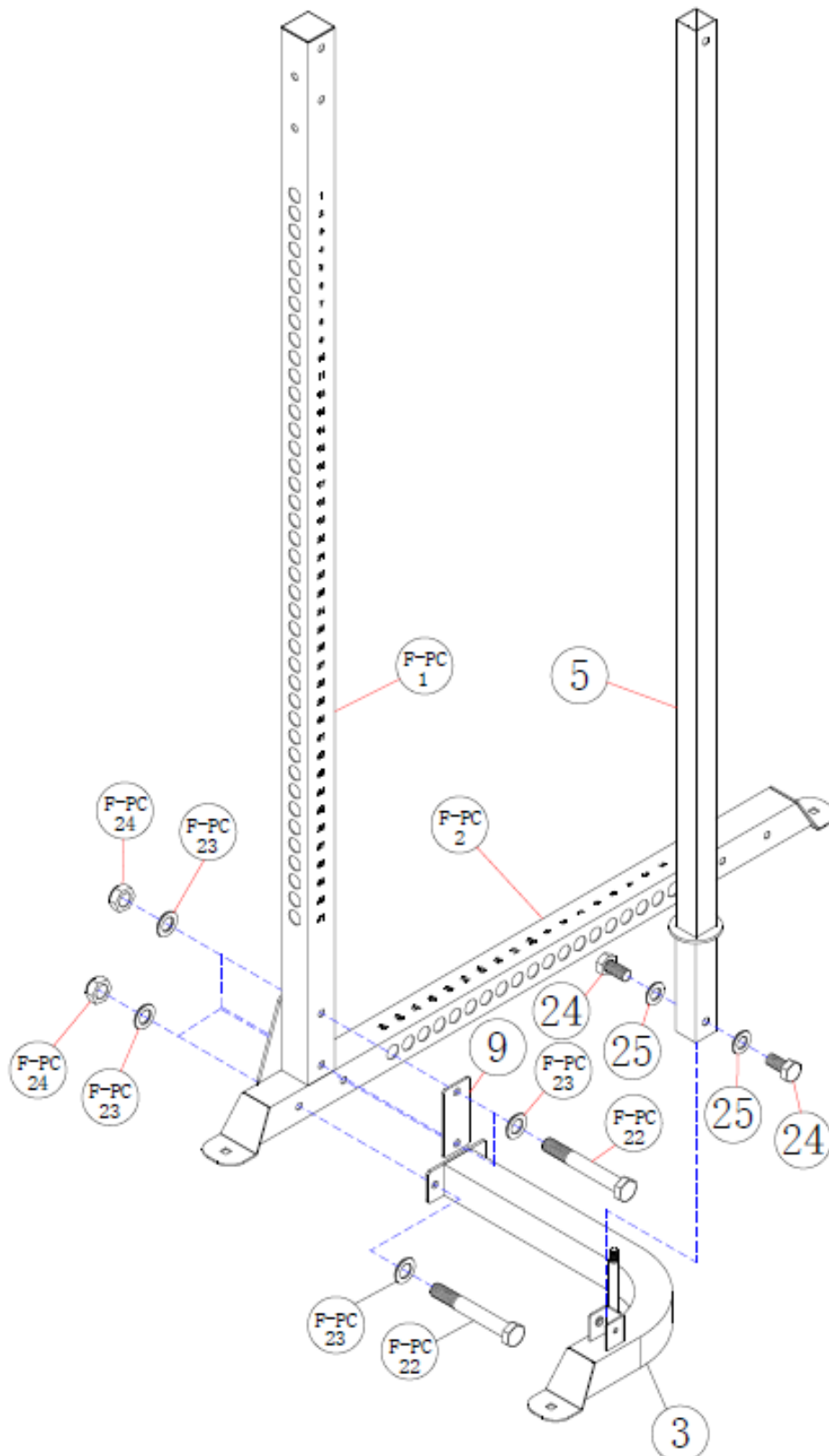
KEY NO.	DESCRIPTION	SPEC	Q'TY
1	Left Upper Frame		1
2	Right Upper Frame		1
3	Left Base Frame		1
4	Right Base Frame		1
5	Weight Glide Post		2
6	Sliding Weight Post		2
7	Swivel Pulley Bracket		4
8	Spring	$\phi 72 \times \phi 8 \times 110$	2
9	Bracket	130×60×5	4
10	Spring Clip	$\phi 49$	4
11	Hook	$\phi 8$	2
12	Bushing	$\phi 25 \times \phi 22 \times \phi 16 \times 10$	8
13	Cable	L=5240	2
14	Pulley	$\phi 96$	6
15	Olympic Sleeve	$\phi 50 \times 210$	4
16	Sleeve	$\square 60 \times \square 45$	2
17	End Cap	$\square 60$	2
18	End Cap	$\square 50$	2
19	End Cap	$\phi 25$	4
20	Adjustable Single Handle		2
21	Ankle Strap		1
22	Hex Bolt	M12×85	4
23	Hex Bolt	M10×45	8
24	Hex Bolt	M10×20	8
25	Washer	10	24
26	Washer	12	10
27	Aircraft Nut	M10	8
28	Aircraft Nut	M12	6
29	Pulley with two Covers		2

## ASSEMBLY DIAGRAM 1

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole F-PCC is assembled

1. Remove *BRACKET 200X160X5 (F-PC 13)* from the front left side of the Power Cage, retain the bolts, washers and nuts.
2. In place of the *BRACKET 200X160X5 (F-PC 13)*, position the *LEFT BASE FRAME (3)* and connect to the *LEFT STABILIZER (F-PC 2)* using two *HEX BOLT M12X85 (F-PC 22)*, four *WASHER12 (F-PC 23)* and two *AIRCRAFT NUT M12 (F-PC 24)*
3. Attach a *BRACKET 130X60X5 (9)* to the *UPRIGHT BEAM (F-PC 1)* using two *HEX BOLT M12X85 (F-PC 22)*, four *WASHER12 (F-PC 23)* and two *AIRCRAFT NUT M12 (F-PC 24)*
4. Ensuring correct orientation, position a *WEIGHT GLIDE POST (5)* into the bracket at the outer end of the *LEFT BASE FRAME (3)*. Connect using two *HEX BOLT M10X20 (24)* and two *WASHER10 (25)*

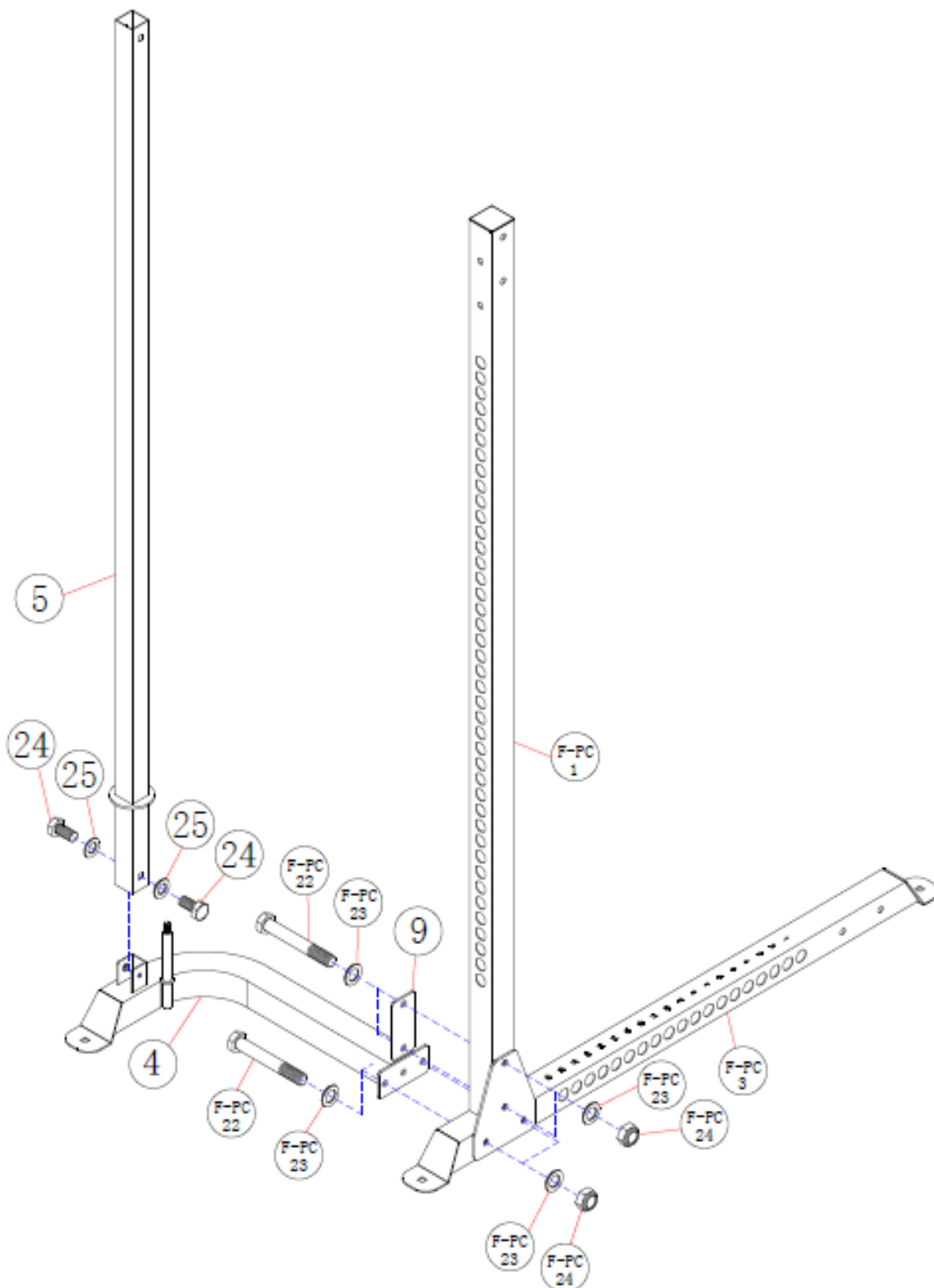


## ASSEMBLY DIAGRAM 2

USE A PARTNER TO HELP WITH THIS STEP

**REMEMBER: Only hand tighten all nuts and bolts until whole F-PCC is assembled**

1. Remove *BRACKET 200X160X5 (F-PC 13)* from the front right side of the Power Cage, retain the bolts, washers and nuts.
2. In place of the *BRACKET 200X160X5 (F-PC 13)*, position the *RIGHT BASE FRAME (4)* and connect to the *RIGHT STABILIZER (F-PC -3)* using two *HEX BOLT M12X85 (F-PC 22)*, four *WASHER12 (F-PC 23)* and two *AIRCRAFT NUT M12 (F-PC 24)*
3. Attach a *BRACKET 130X60X5 (9)* to the *UPRIGHT BEAM (F-PC 1)* using two *HEX BOLT M12X85 (F-PC 22)*, four *WASHER12 (F-PC 23)* and two *AIRCRAFT NUT M12 (F-PC 24)*
4. Ensuring correct orientation, position a *WEIGHT GLIDE POST (5)* into the bracket at the outer end of the *RIGHT BASE FRAME (4)*. Connect using two *HEX BOLT M10X20 (24)* and two *WASHER10 (25)*

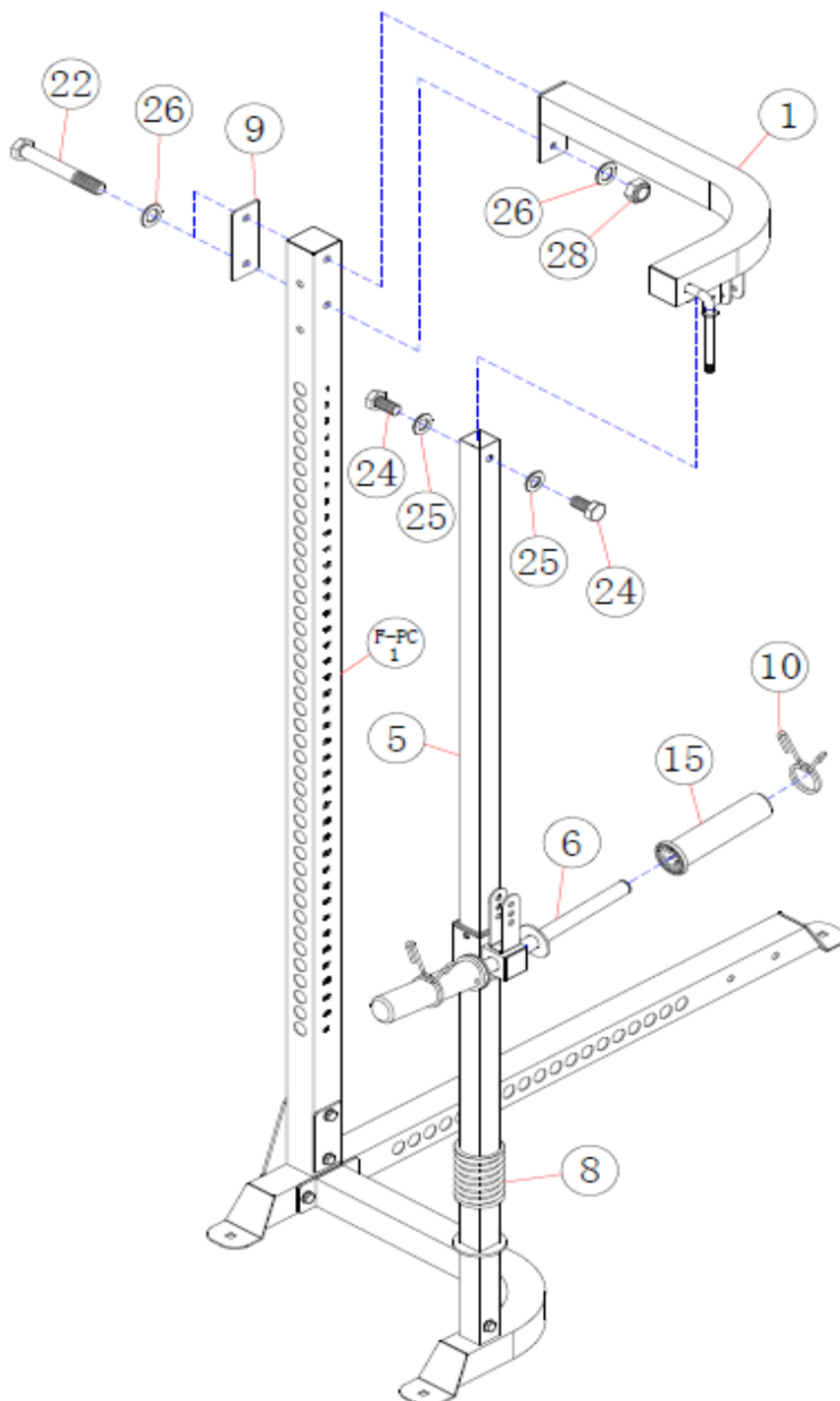


### ASSEMBLY DIAGRAM 3

### USE A PARTNER TO HELP WITH THIS STEP

**REMEMBER: Only hand tighten all nuts and bolts until whole F-PCC is assembled**

1. Slide the SPRING (8) down the left WEIGHT GLIDE POST (5)
2. Insert a SLEEVE (16) into the hollow post of the SLIDING WEIGHT POST (6). Attach an END CAP50 (18) to the central side point of the SLIDING WEIGHT POST (6). Attach an ENDCAP25 (19) to the end of each angled weight post. *(Skip this step if pre-assembled)*
3. Ensuring correct orientation, slide the SLIDING WEIGHT POST (6) down the WEIGHT GLIDE POST (5). Connect two OLYMPIC SLEEVES (15) to the SLIDING WEIGHT POST (6) and attach a SPRING CLIP (10) over the sleeves.
4. Remove the *END CAPS (F-PC 18)* from the top of the front left *UPRIGHT BEAM (F-PC 1)*
5. Position the LEFT UPPER FRAME (1) against the top of the *UPRIGHT BEAM (F-PC 1)* and slot the end of the LEFT UPPER FRAME (1) into the top of the WEIGHT GLIDE POST (5)
6. Attach the LEFT UPPER FRAME (1) to *UPRIGHT BEAM ( F-PC 1)* through a BRACKET 130X60X5 (9) on the beams inner side, using two HEX BOLT M12X85 (22), three WASHER12 (26) and one AIRCRAFT NUT M12 (28)
7. Attach the LEFT UPPER FRAME (1) to the WEIGHT GLIDE POST (5) using two HEX BOLT M10X20 (24) and two WASHER10 (25)

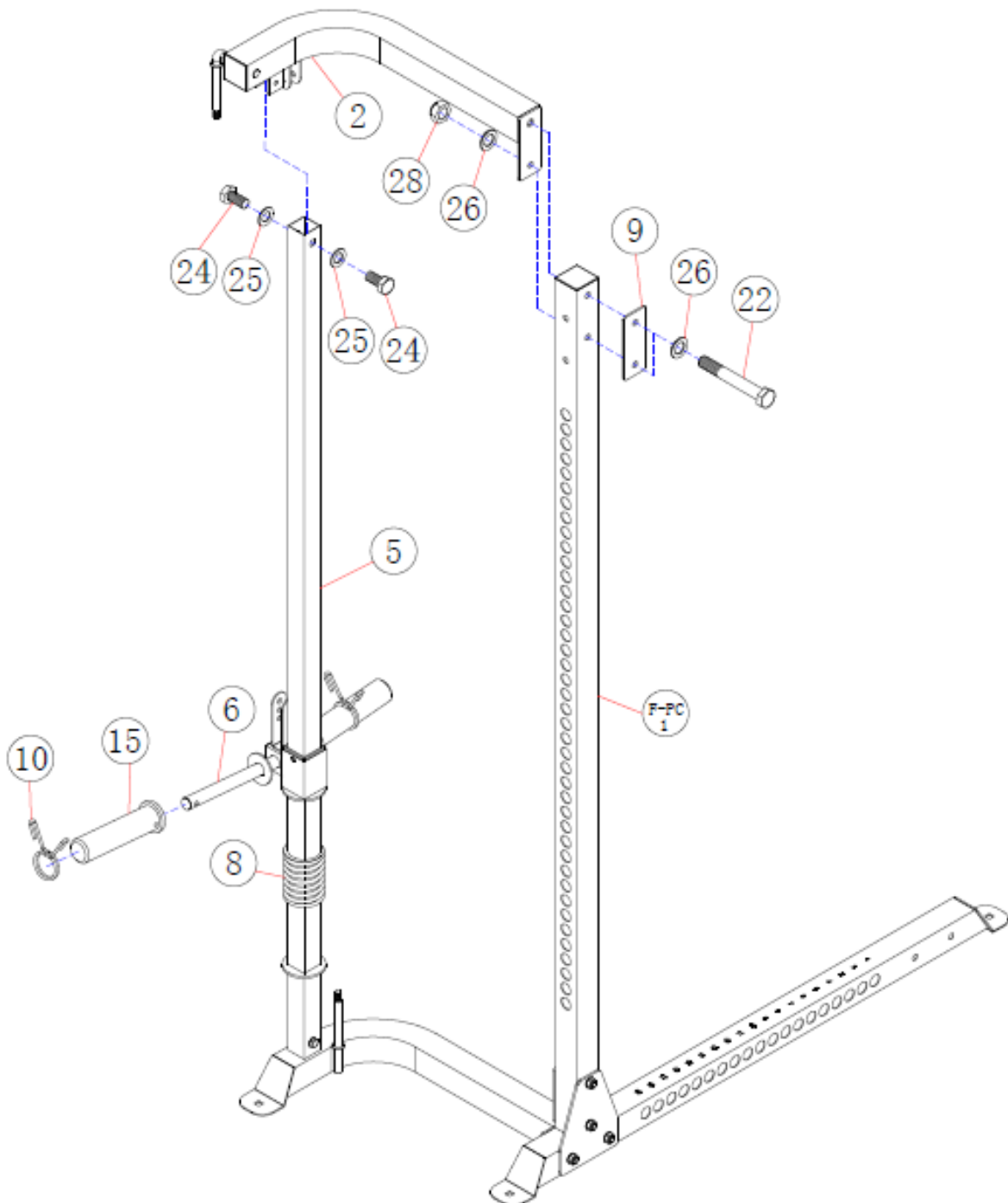


## ASSEMBLY DIAGRAM 4

## USE A PARTNER TO HELP WITH THIS STEP

**REMEMBER: Only hand tighten all nuts and bolts until whole F-PC is assembled**

1. Slide the SPRING (8) down the right WEIGHT GLIDE POST (5)
2. Insert a SLEEVE (16) into the hollow post of the SLIDING WEIGHT POST (6). Attach an END CAP50 (18) to the central side point of the SLIDING WEIGHT POST (6). Attach an ENDCAP25 (19) to the end of each angled weight post. *(Skip this step if pre-assembled)*
3. Ensuring correct orientation, slide the SLIDING WEIGHT POST (6) down the WEIGHT GLIDE POST (5). Connect two OLYMPIC SLEEVES (15) to the SLIDING WEIGHT POST (6) and attach two SPRING CLIPS (10) over the sleeves.
4. Remove the *END CAPS (F-PC 18)* from the top of the front right *UPRIGHT BEAM (F-PC 1)*
5. Position the RIGHT UPPER FRAME (2) against the top of the *UPRIGHT BEAM (F-PC 1)* and slot the end of the RIGHT UPPER FRAME (2) into the top of the WEIGHT GLIDE POST (5)
6. Attach the RIGHT UPPER FRAME (2) to *UPRIGHT BEAM (F-PC 1)* through a BRACKET 130X60X5 (9) on the beams inner side, using two HEX BOLT M12X85 (22), three WASHER12 (26) and one AIRCRAFT NUT M12 (28)
7. Attach the RIGHT UPPER FRAME (2) to the WEIGHT GLIDE POST (5) using two HEX BOLT M10X20 (24) and two WASHER10 (25)

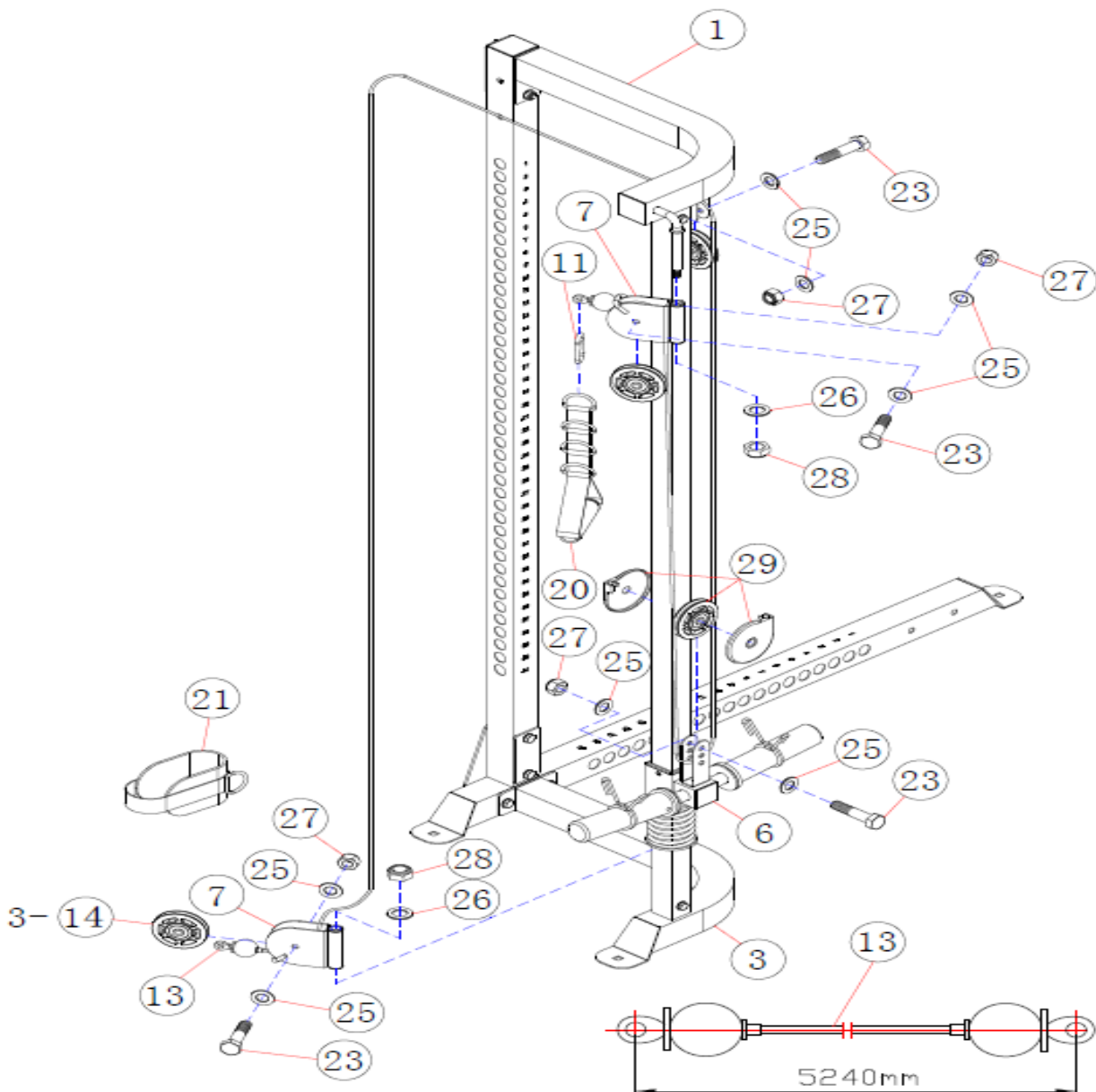


## ASSEMBLY DIAGRAM 5

## USE A PARTNER TO HELP WITH THIS STEP

**REMEMBER: Only hand tighten all nuts and bolts until whole F-PCC is assembled**

1. Hold one end of CABLE (13). Lie the adjacent length of CABLE (13) through a SWIVEL PULLEY BRACKET (7) ensuring the cable guide is at the bottom. Position a PULLEY (14) inside the SWIVEL PULLEY BRACKET (7) and attach using a HEX BOLT M10X45 (23), two WASHER10 (25) and an AIRCRAFT NUT M10 (27)
2. Attach a BUSHING (12) to each end of the hollow pipe on SWIVEL PULLEY BRACKET (7) (*Skip this step if pre-assembled*)
3. Slot the assembled pulley & bracket over the small post at the base of LEFT BASE FRAME (3), so the cable runs under and behind the PULLEY (14). Secure using an AIRCRAFT NUT M12 (28) and a WASHER12 (26)
4. Draw CABLE (13) up to the bracket under LEFT UPPER FRAME (1). Position a PULLEY (14) in the bracket, attach using a HEX BOLT M10X45 (23), two WASHER10 (25) and an AIRCRAFT NUT M10 (27) ensure the cable runs over the pulley.
5. Draw CABLE (13) down to the bracket on top of the SLIDING WEIGHT POST (6). Ensuring correct orientation, position the PULLEY WITH TWO COVERS (29) into the bracket, attach using a HEX BOLT M10X45 (23), two WASHER10 (25) and an AIRCRAFT NUT M10 (27) ensuring the cable runs under the pulley from rear to front.
6. Draw CABLE (13) upwards and place the final section into a SWIVEL PULLEY BRACKET (7) ensuring the cable guide is at the top. Position a PULLEY (14) inside the SWIVEL PULLEY BRACKET (7) and attach using a HEX BOLT (23), two WASHER10 (25) and an AIRCRAFT NUT M10 (27)
7. Attach a BUSHING (12) to each end of the hollow pipe on SWIVEL PULLEY BRACKET (7) (*Skip this step if pre-assembled*)
8. Slot the assembled pulley & bracket over the small post at the corner of the LEFT UPPER FRAME (1), ensure the cable runs behind and over the PULLEY (14). Secure using an AIRCRAFT NUT M12 (28) and a WASHER12 (26)
9. Attach a HOOK (11) to the ADJUSTABLE SINGLE HANDLE (20) and clip to an end of the cable.



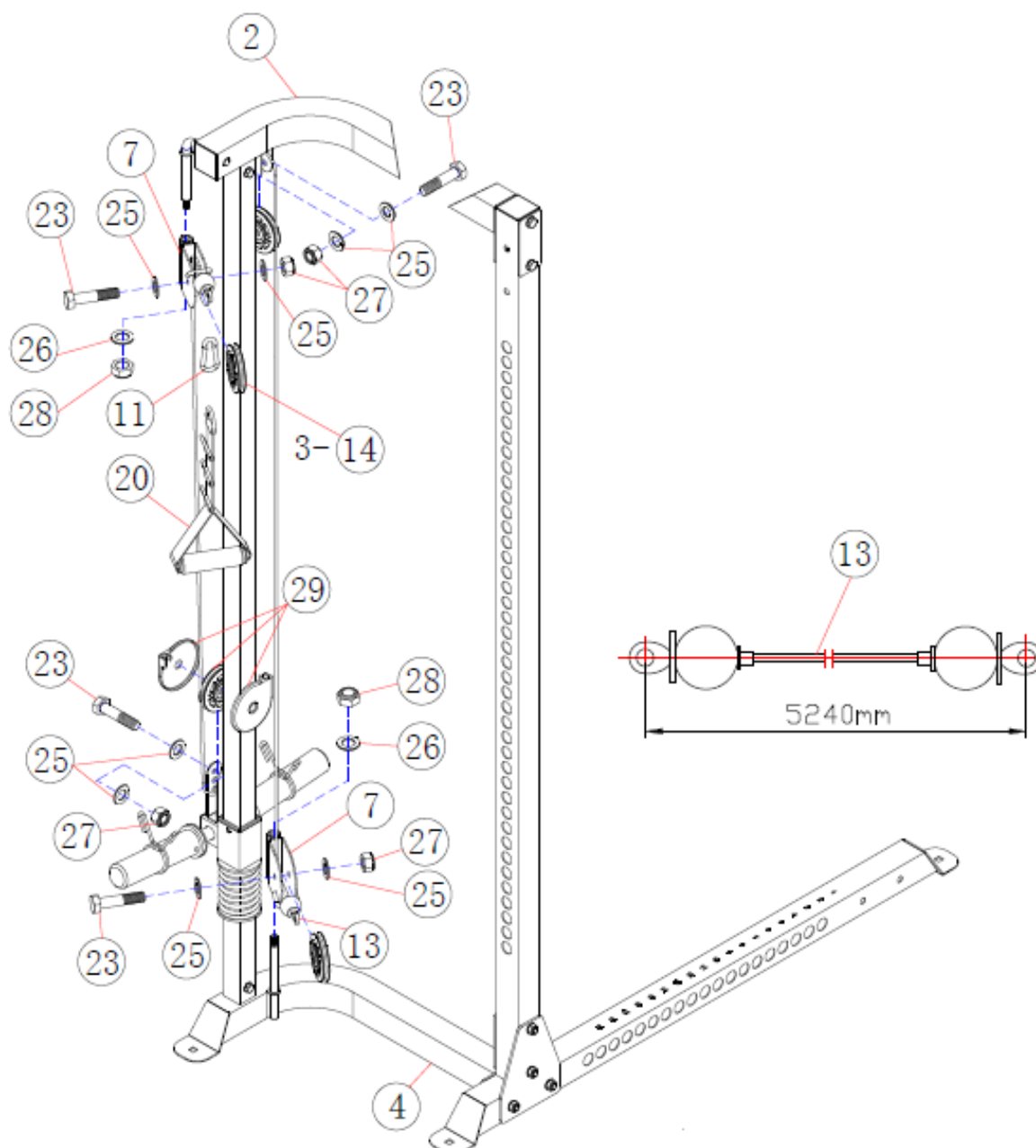


## ASSEMBLY DIAGRAM 6

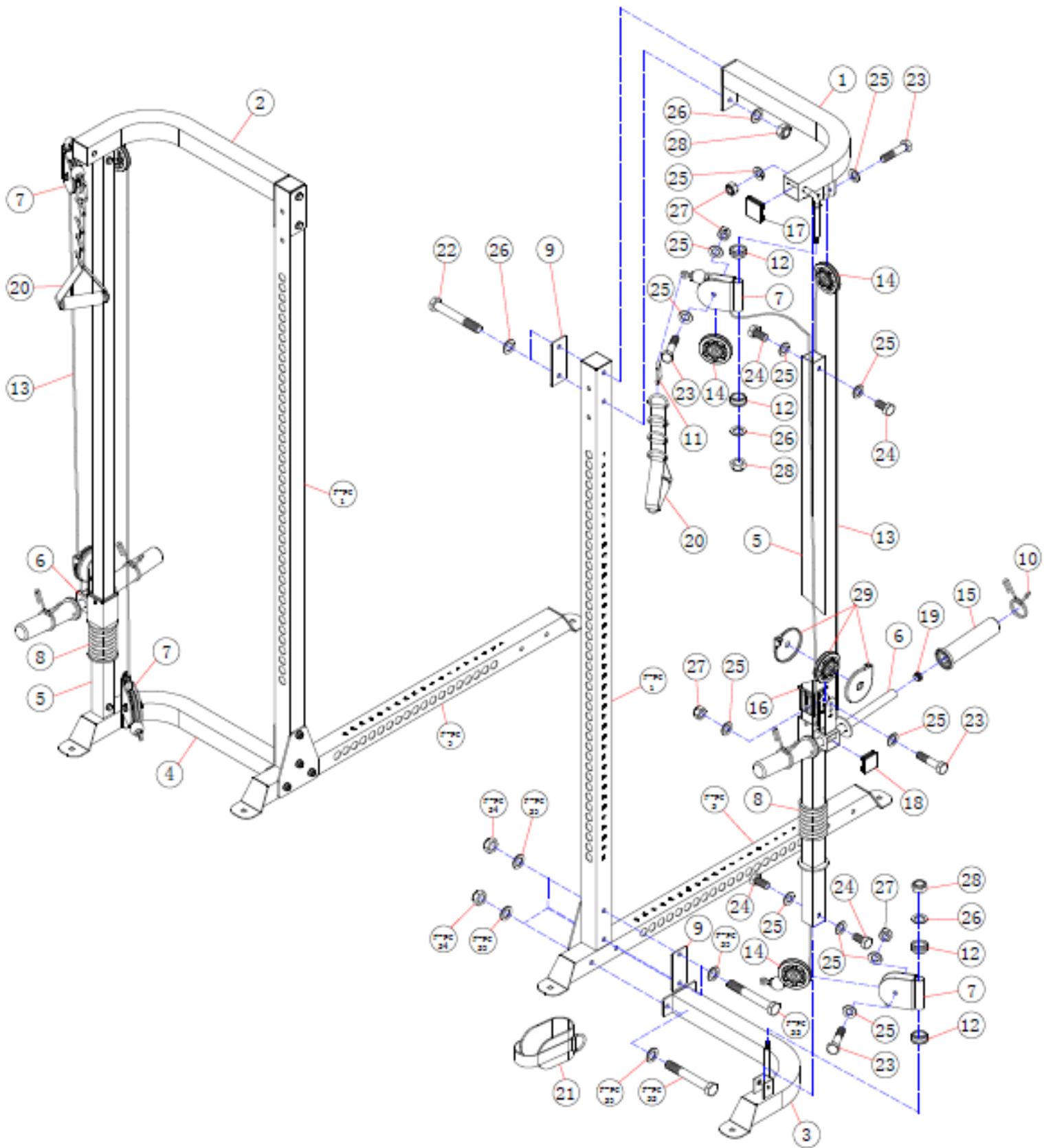
## USE A PARTNER TO HELP WITH THIS STEP

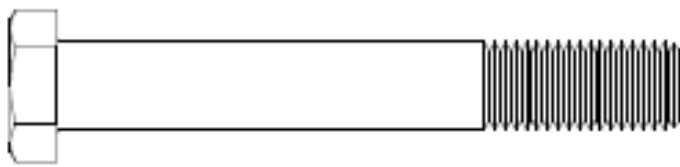
**REMEMBER: Only hand tighten all nuts and bolts until whole F-PCC is assembled**

1. Hold one end of CABLE (13). Lie the adjacent length of CABLE (13) through a SWIVEL PULLEY BRACKET (7) ensuring the cable guide is at the bottom. Position a PULLEY (14) inside the SWIVEL PULLEY BRACKET (7) and attach using a HEX BOLT M10X45 (23), two WASHER10 (25) and an AIRCRAFT NUT M10 (27)
2. Attach a BUSHING (12) to each end of the hollow pipe on SWIVEL PULLEY BRACKET (7) (*Skip this step if pre-assembled*)
3. Slot the assembled pulley & bracket over the small post at the base of RIGHT BASE FRAME (4), so the cable runs under and behind the PULLEY (14). Secure using an AIRCRAFT NUT M12 (28) and a WASHER12 (26)
4. Draw CABLE (13) up to the bracket under RIGHT UPPER FRAME (2). Position a PULLEY (14) in the bracket, attach using a HEX BOLT M10X45 (23), two WASHER10 (25) and an AIRCRAFT NUT M10 (27) ensure the cable runs over the pulley.
5. Draw CABLE (13) down to the bracket on top of the SLIDING WEIGHT POST (6). Ensuring correct orientation, position the PULLEY WITH TWO COVERS (29) into the bracket, attach using a HEX BOLT M10X45 (23), two WASHER10 (25) and an AIRCRAFT NUT M10 (27) ensuring the cable runs under the pulley from rear to front.
6. Draw CABLE (13) upwards and place the final section into a SWIVEL PULLEY BRACKET (7) ensuring the cable guide is at the top. Position a PULLEY (14) inside the SWIVEL PULLEY BRACKET (7) and attach using a HEX BOLT (23), two WASHER10 (25) and an AIRCRAFT NUT M10 (27)
7. Attach a BUSHING (12) to each end of the hollow pipe on SWIVEL PULLEY BRACKET (7) (*Skip this step if pre-assembled*)
8. Slot the assembled pulley & bracket over the small post at the corner of the RIGHT UPPER FRAME (2), ensure the cable runs behind and over the PULLEY (14). Secure using an AIRCRAFT NUT M12 (28) and a WASHER12 (26)
9. Attach a HOOK (11) to the ADJUSTABLE SINGLE HANDLE (20) and clip to an end of the cable.



# EXPLODED DIAGRAM F-PCC

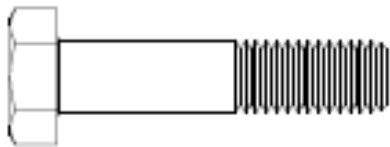




#22 M12×85 Hex Bolt (Qty 4)



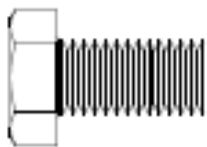
#25 Φ10 Washer (Qty 24)



#23 M10×45 Hex Bolt (Qty 8)



#26 Φ12 Washer (Qty 10)



#24 M10×20 Hex Bolt (Qty 8)



#27 M10 Aircraft Nut (Qty 8)



#10 Spring Clip (Qty 4)

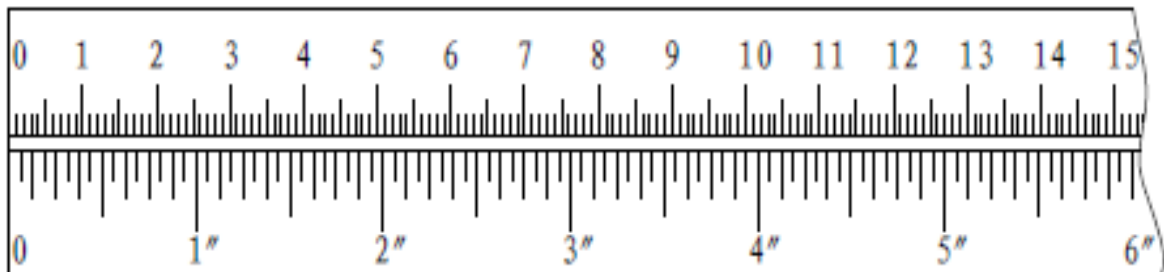


#11 Hook (Qty 2)

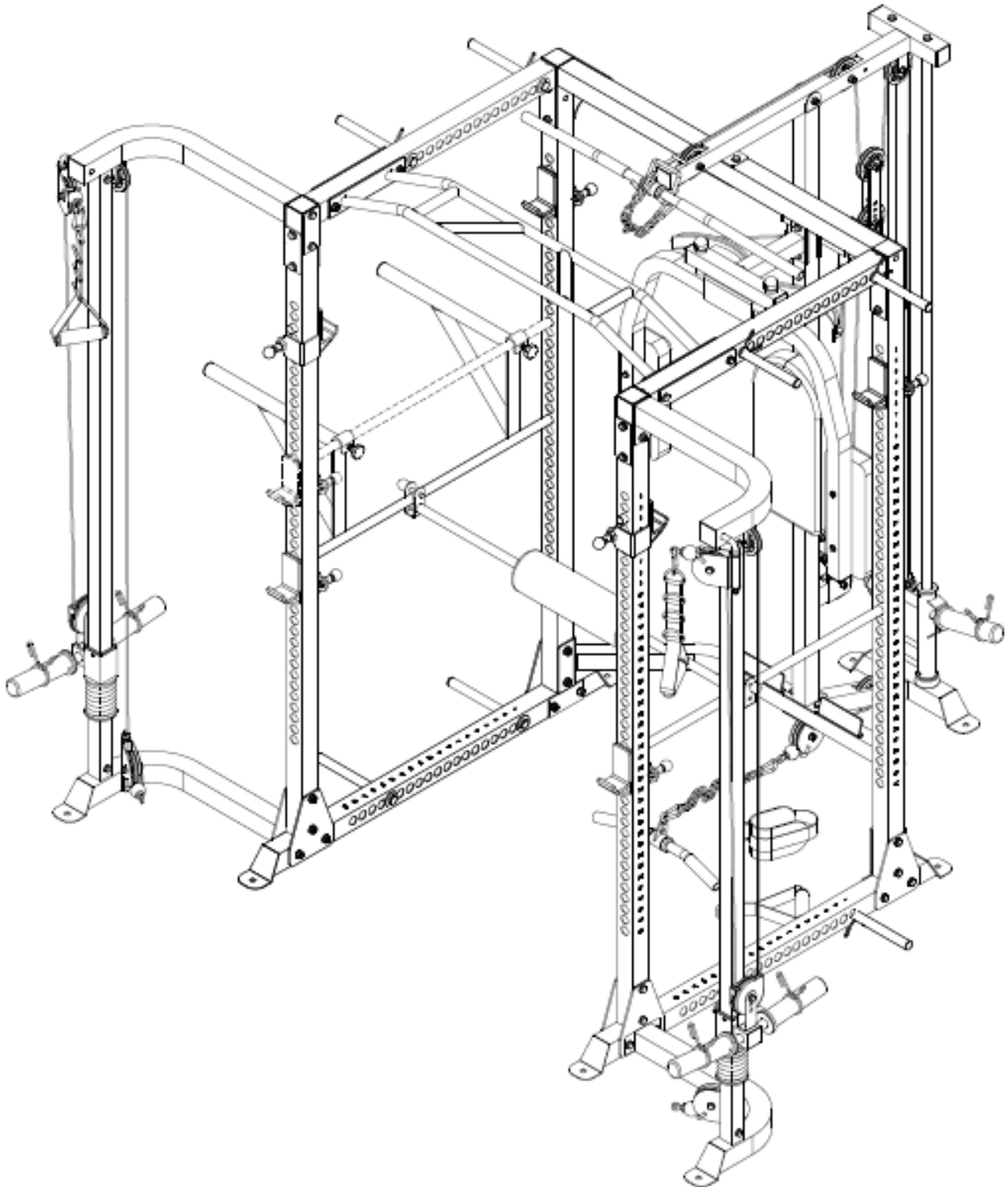


#28 M12 Aircraft Nut (Qty 6)

mm



**The F-PC Power Cage shown with available attachments**  
**F-PCC Cable Crossover**  
**F-PCL Lat Pulldown & Low Pulley**  
**F-PCP Pec Dec**



# **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.