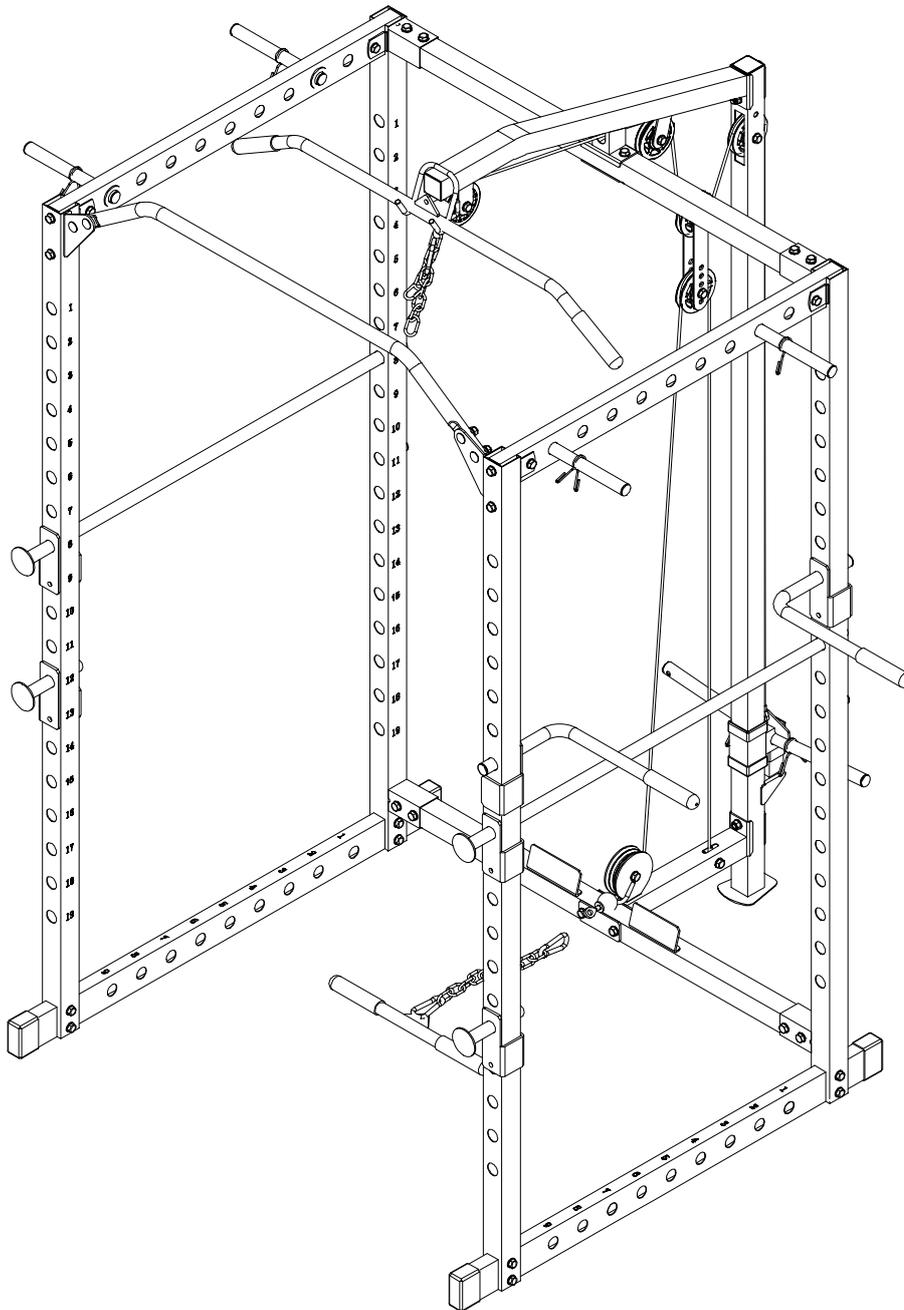


# FORCE USA

## OWNER'S MANUAL F-HPR

### HOME POWER RACK



### **CAUTION!**

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

# **ASSEMBLY MANUAL FOR: FORCE USA HOME POWER RACK F-HPR**

## **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
- 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 your 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.**

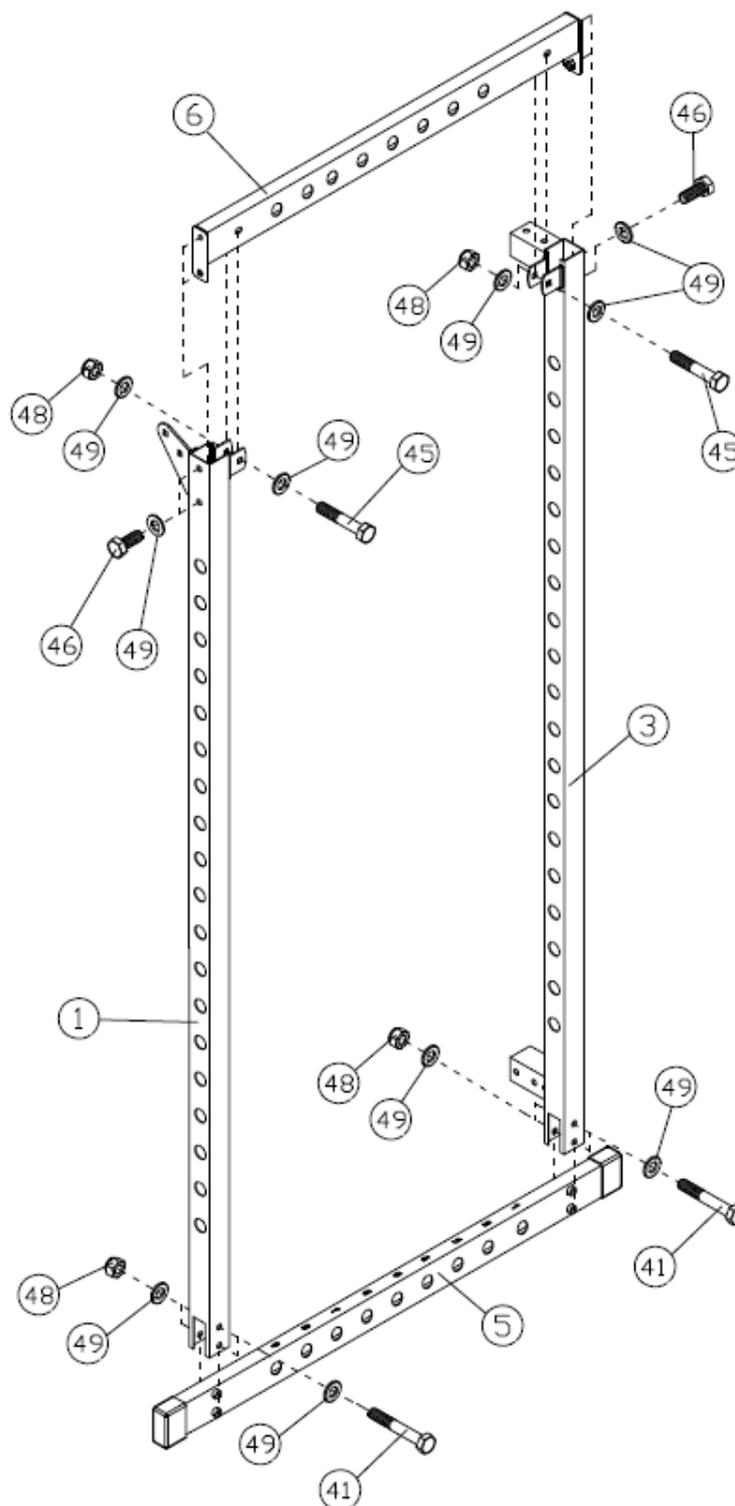
**FORCE USA FITNESS EQUIPMENT ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

KEY NO.	DESCRIPTION	SPEC	Q' ty
1	Left Vertical Beam		1
2	Right Vertical Beam		1
3	Rear Left Vertical Frame		1
4	Rear Right Vertical Frame		1
5	Main Base Frame		2
6	Upper Side Frame		2
7	Rear Top Beam		1
8	Rear Base Frame		1
9	Base Frame		1
10	Weight Glide Post		1
11	Rear Upper Frame		1
12	Left Arm Support		1
13	Right Arm Support		1
14	Left Bar Holder		1
15	Right Bar Holder		1
16	Left Safety Catch		1
17	Right Safety Catch		1
18	Long Weight Post		4
19	Lat Bar		1
20	Straight Bar		1
21	Sliding Weight Post		1
22	Chin-up Bar	$\phi 28 \times 2$	1
23	Bracket	$110 \times 45 \times 3$	2
24	Bracket	$80 \times 45 \times 3$	2
25	Double Floating Pulley Bracket	$218 \times 38 \times 3$	2
26	Cable	L=2850	2
27	Long Chain	$\phi 5 \times 15$ 环	1
28	Short Chain	$\phi 5 \times 10$ 环	1
29	Hook	$\phi 8$	4
30	Spring Clip	$\phi 24.5$	6
31	Pulley	$\phi 96$	6
32	End Cap	$\phi 25$	16
33	Square End Cap	$\square 45$	2
34	Square End Cap	$\square 38$	1
35	Sleeve	$\square 50 \times \square 45$	2
36	Square End Cap	$\square 50$	1
37	Base Frame End Cap	$70 \times 30 \times 45 \times 4$	4
38	Grip	$\phi 24 \times 150$	6
39	Pulley Bushing	$\phi 25 \times \phi 10.2 \times 13$	2
40	Washer	$\phi 38 \times \phi 13 \times 3$	1
41	Hex Bolt	M10 $\times$ 65	22
42	Carriage Bolt	M10 $\times$ 40	4
43	Hex Bolt	M10 $\times$ 60	4
44	Hex Bolt	M10 $\times$ 45	5
45	Hex Bolt	M10 $\times$ 55	4
46	Hex Bolt	M10 $\times$ 20	8
47	Hex Bolt	M10 $\times$ 25	1
48	Aircraft Nut	M10	38
49	Washer	10	80

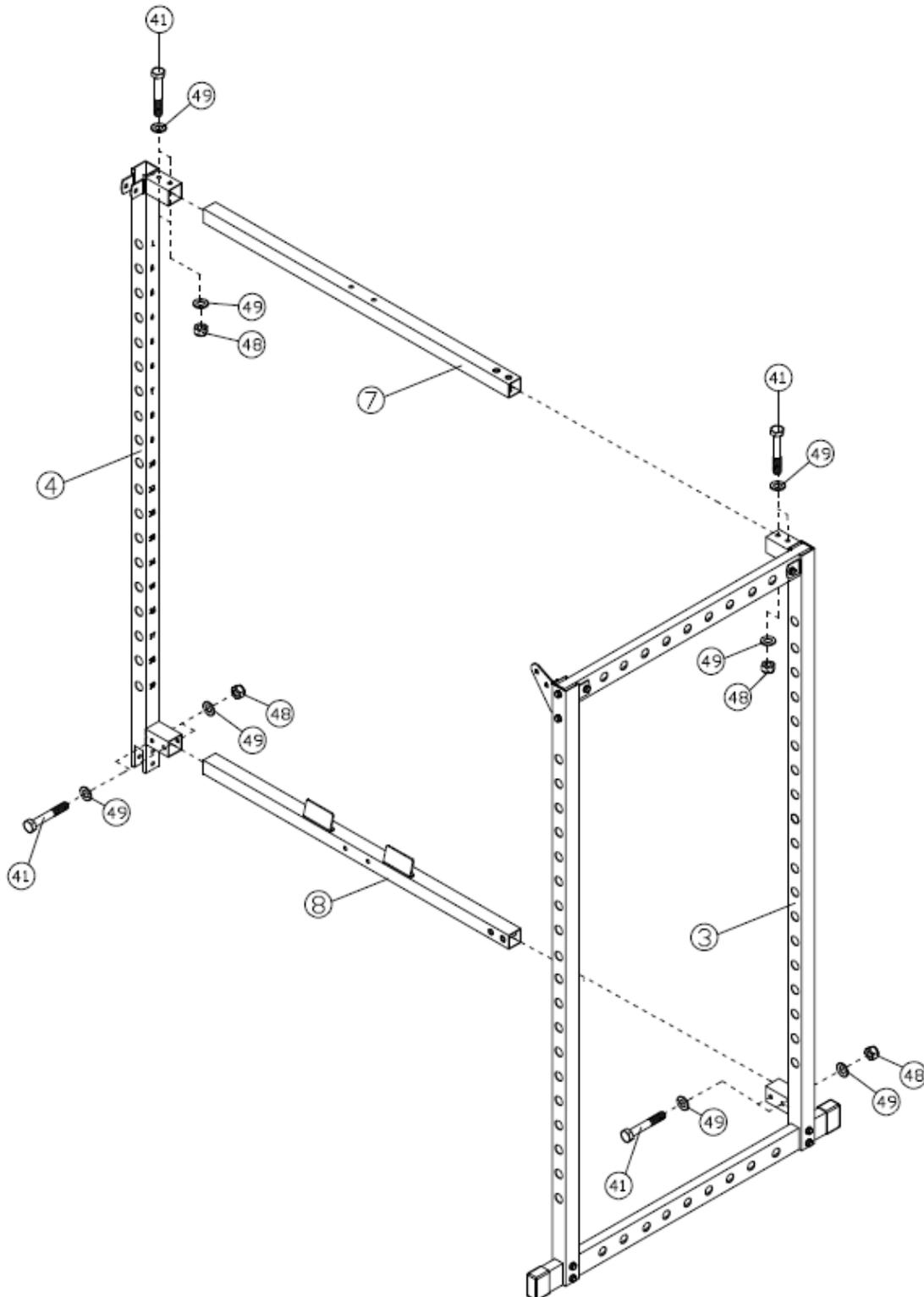
**REMEMBER: Only hand tighten all nuts and bolts until whole F-HPR is assembled**

1. Attach the four BASE FRAME END CAPS (37) to the ends of both MAIN BASE FRAMES (5) (*Skip this step if already pre-assembled*)
2. Attach the LEFT VERTICAL BEAM (1) to the MAIN BASE FRAME (5) using two HEX BOLT M10X65 (41), four WASHER10 (49) and two AIRCRAFT NUT M10 (48)
3. Attach the REAR LEFT VERTICAL FRAME (3) to the MAIN BASE FRAME (5) using two HEX BOLT M10X65 (41), four WASHER10 (49) and two AIRCRAFT NUT M10 (48)
4. Position the UPPER SIDE FRAME (6) between the top of the vertical frames. Attach through the bracket using a HEX BOLT M10X55 (45), two WASHER10 (49) and an AIRCRAFT NUT M10 (48) on each side. Attach through the outer side bolt holes at the top of the vertical frames using a HEX BOLT M10X20 (46) and a WASHER10 (49) on each side.



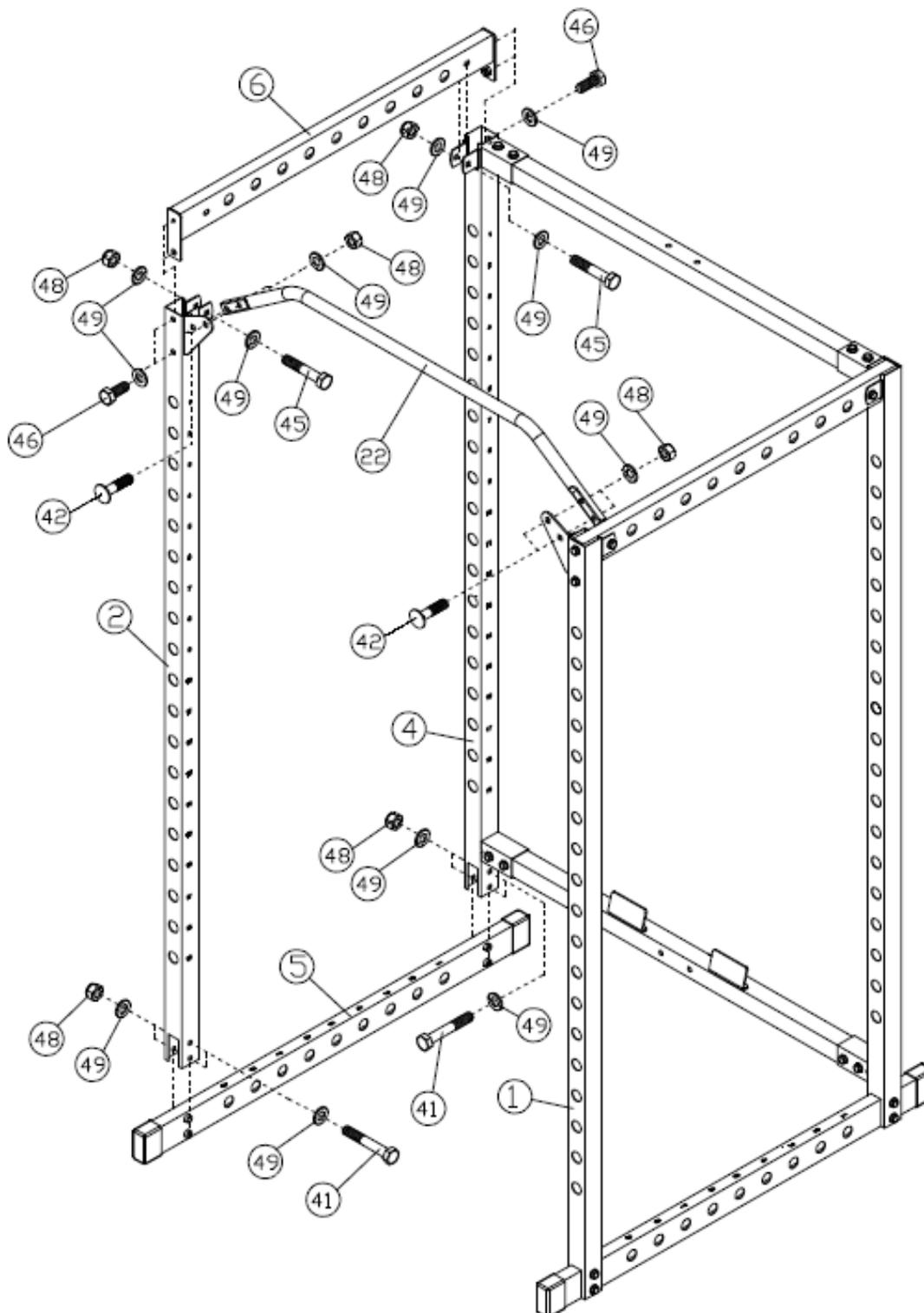
**REMEMBER: Only hand tighten all nuts and bolts until whole F-HPR is assembled**

1. Attach the REAR BASE FRAME (8) to the bottom socket of the REAR LEFT VERTICAL FRAME (3) using two HEX BOLT M10X65 (41), four WASHER10 (49) and two AIRCRAFT NUT M10 (48)
2. Attach the REAR TOP BEAM (7) to the top socket of the REAR LEFT VERTICAL FRAME (3) using two HEX BOLT M10X65 (41), four WASHER10 (49) and two AIRCRAFT NUT M10 (48)
3. Attach the REAR BASE FRAME (8) to the bottom socket of the REAR RIGHT VERTICAL FRAME (4) using two HEX BOLT M10X65 (41), four WASHER10 (49) and two AIRCRAFT NUT M10 (48)
4. Attach the REAR TOP BEAM (7) to the top socket of the REAR RIGHT VERTICAL FRAME (3) using two HEX BOLT M10X65 (41), four WASHER10 (49) and two AIRCRAFT NUT M10 (48)



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

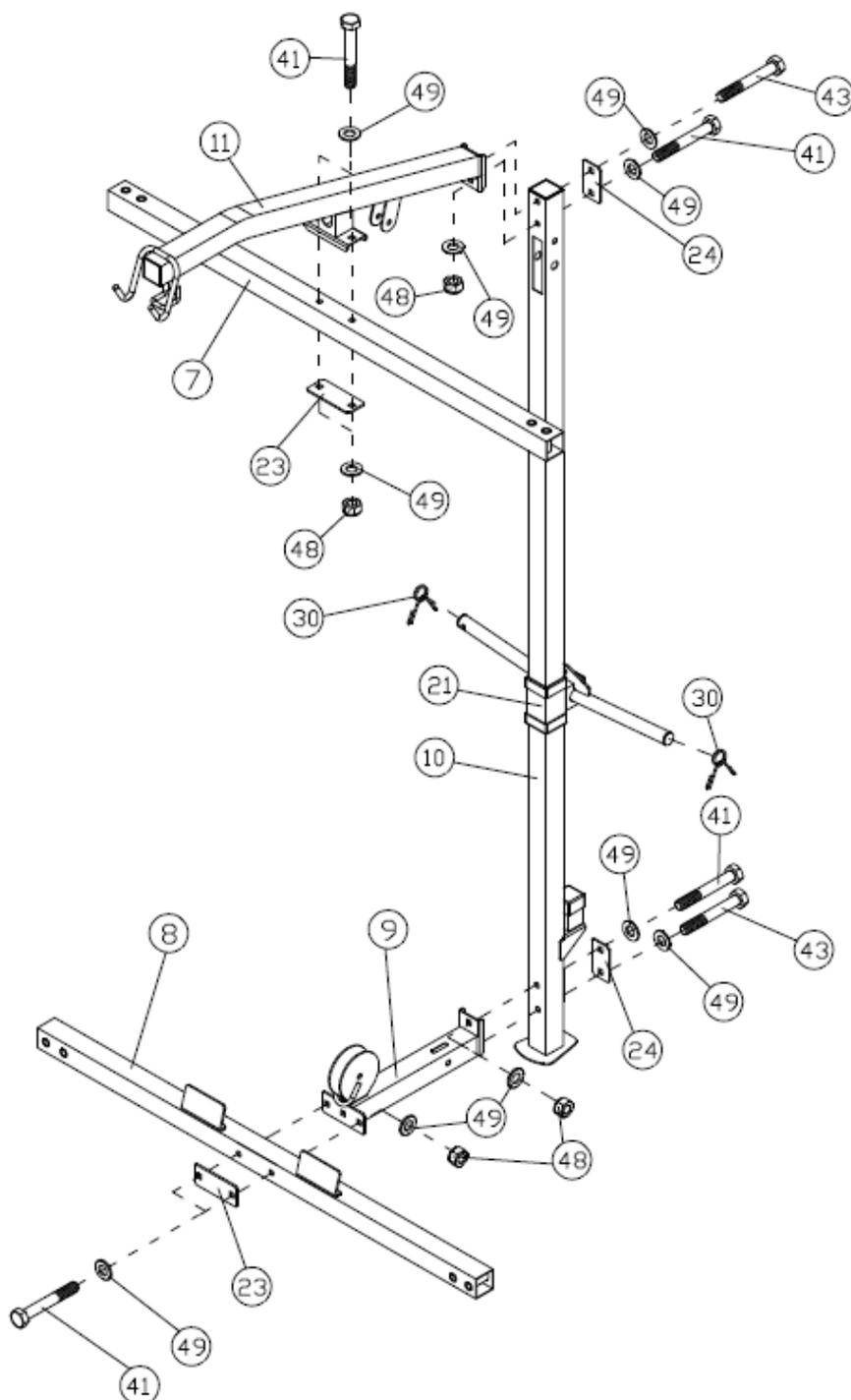
1. Attach a MAIN BASE FRAME (5) to the REAR RIGHT VERTICAL FRAME (4) using two HEX BOLT M10X65 (41), four WASHER10 (49) and two AIRCRAFT NUT M10 (48)
2. Attach the RIGHT VERTICAL BEAM (2) to the MAIN BASE FRAME (5) using two HEX BOLT M10X65 (41), four WASHER10 (49) and two AIRCRAFT NUT M10 (48)
3. Position the UPPER SIDE FRAME (6) on the top of the vertical frames. Attach through the bracket using a HEX BOLT M10X55 (45), two WASHER10 (49) and an AIRCRAFT NUT M10 (48) on each side. Attach through the outer side bolt holds at the top of the vertical frames using a HEX BOLT M10X20 (46) and a WASHER10 (49) on each side.
4. Attach the CHIN-UP BAR (22) using two CARRIAGE BOLT M10X40 (42), two WASHER10 (49), two AIRCRAFT NUT M10 (48) at each end.



## ASSEMBLY DIAGRAM 4

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

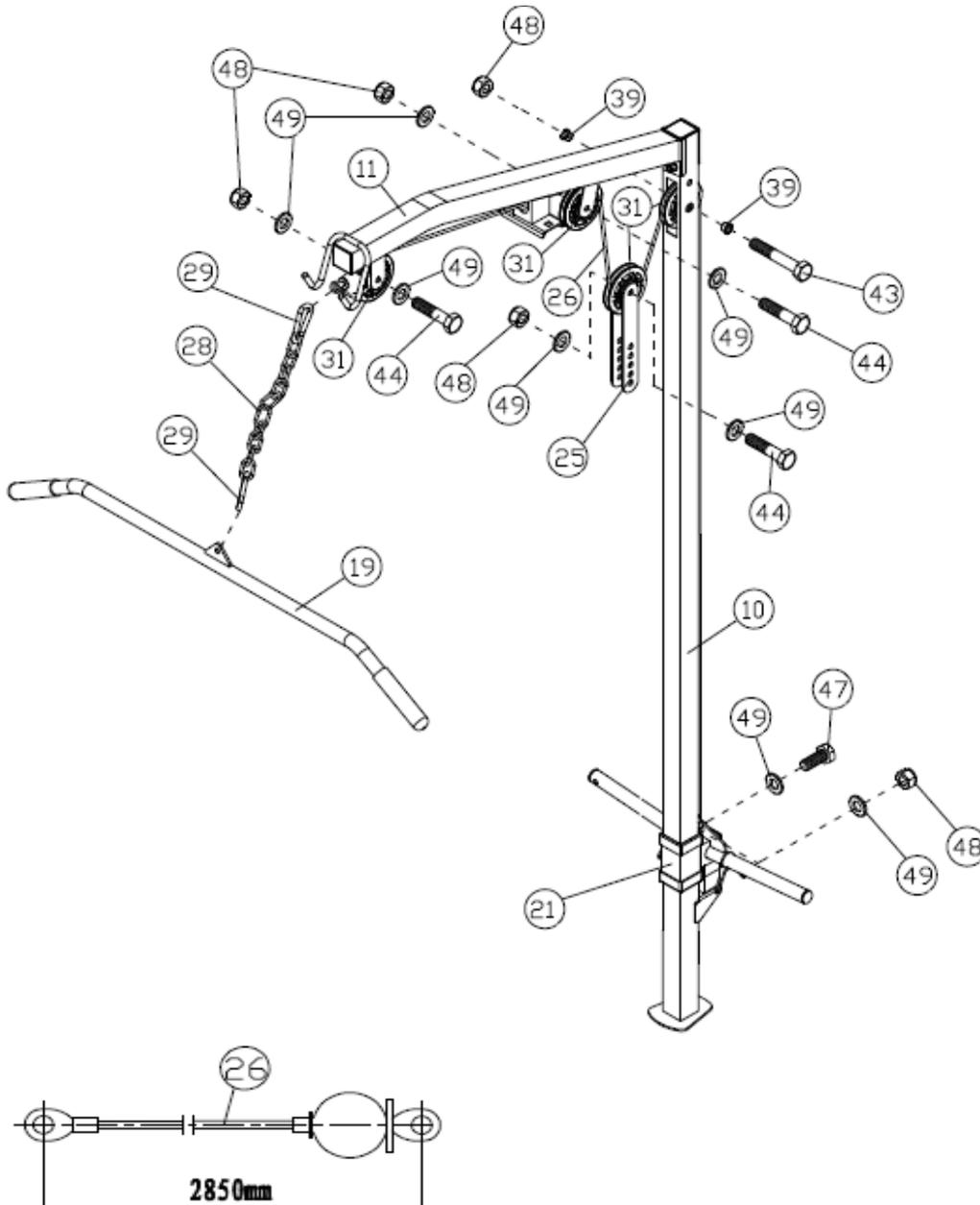
1. Attach THE BASE FRAME (9) to the REAR BASE FRAME (8) using a BRACKET 110X45X3 (23), two HEX BOLT M10X65 (41), four WASHER10 (49) and two AIRCRAFT NUT M10 (48)
2. Position the WEIGHT GLIDE POST (10) behind the BASE FRAME (9) and attach using a BRACKET 80X45X3 (24). In the upper hole use a HEX BOLT M10X65 (41), two WASHER10 (49) and an AIRCRAFT NUT M10 (48). In the lower hole use a HEX BOLT M10X60 (43) and a WASHER10 (49)
3. Attach a SLEEVE (35) to each end the SLIDING WEIGHT POST (21) *Skip this step if already pre-assembled*
4. Slide the SLIDING WEIGHT POST (21) down onto the WEIGHT GLIDE POST (10), with the posts orientated to the rear.
5. Attach an END CAP (32) to the end of each post and clip a SPRING CLIP (30) onto each post.
6. Align the REAR UPPER FRAME (11) with the top of the WEIGHT GLIDE POST (10) and attach using a BRACKET 80X45X3 (24). In the upper hole use a HEX BOLT M10X60 (43) and a WASHER10 (49). In the lower hole use a HEX BOLT M10X65 (41), two WASHER10 (49) and an AIRCRAFT NUT M10 (48)
7. Attach the REAR UPPER FRAME (11) to the REAR TOP BEAM (7) using a BRACKET 110X45X3 (23), two HEX BOLT M10X65 (41), four WASHER10 (49) and two AIRCRAFT NUT M10 (48)



## ASSEMBLY DIAGRAM 5

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

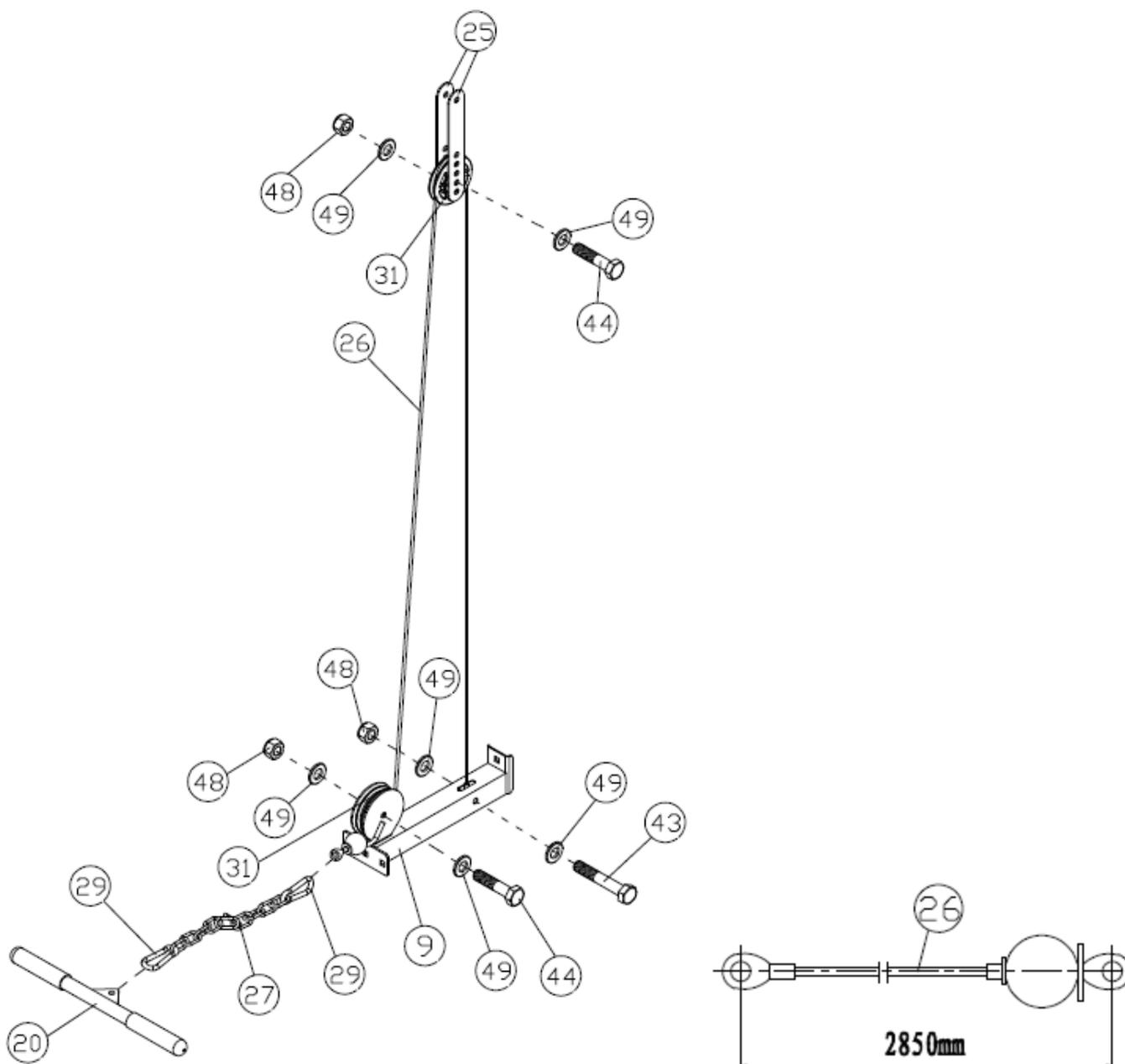
1. Position the stoppered end of the CABLE (26) at the front end of the REAR UPPER FRAME (11) and draw the cable up into the bracket.
2. Align a PULLEY (31) into the bracket so the cable runs over the top. Attach with a HEX BOLT M10X45 (44), two WASHER10 (49) and an AIRCRAFT NUT M10 (48).
3. Draw the CABLE (26) through the socket above the REAR TOP BEAM (7) and up into the bracket behind it.
4. Align a PULLEY (31) into the bracket so the cable runs over the top. Attach using a HEX BOLT M10X45 (44), two WASHER10 (49) and an AIRCRAFT NUT M10 (48).
5. Position a PULLEY (31) between the DOUBLE FLOATING PULLEY BRACKETS (25) through the individual holes at one end. Attach using a HEX BOLT M10X45 (44), two WASHER10 (49) and an AIRCRAFT NUT M10 (48).
6. Draw the CABLE (26) down and under the floating pulley. Leave the pulley hanging at present.
7. Draw the cable through the socket at the top of the WEIGHT GLIDE POST (10). Position a PULLEY (31) in the socket so the cable runs over the top of the pulley. Attach with a HEX BOLT M10X60 (43) and two PULLEY BUSHINGS (39).
8. Draw the cable down the rear of the WEIGHT GLIDE POST (10) and attach the end to the hole at the SLIDING WEIGHT POST (21) using HEX BOLT M10X25 (47), two WASHER10 (49) and an AIRCRAFT NUT (48).
9. Attach a GRIP (38) to each end of the LAT BAR (19) (*Skip this step if already pre-assembled*)
10. Clip the LAT BAR (19) to a HOOK (29). Connect the hook to the SHORT CHAIN (28). Attach a HOOK (29) to the other end of the chain and clip the hook onto the front end of the CABLE (26).



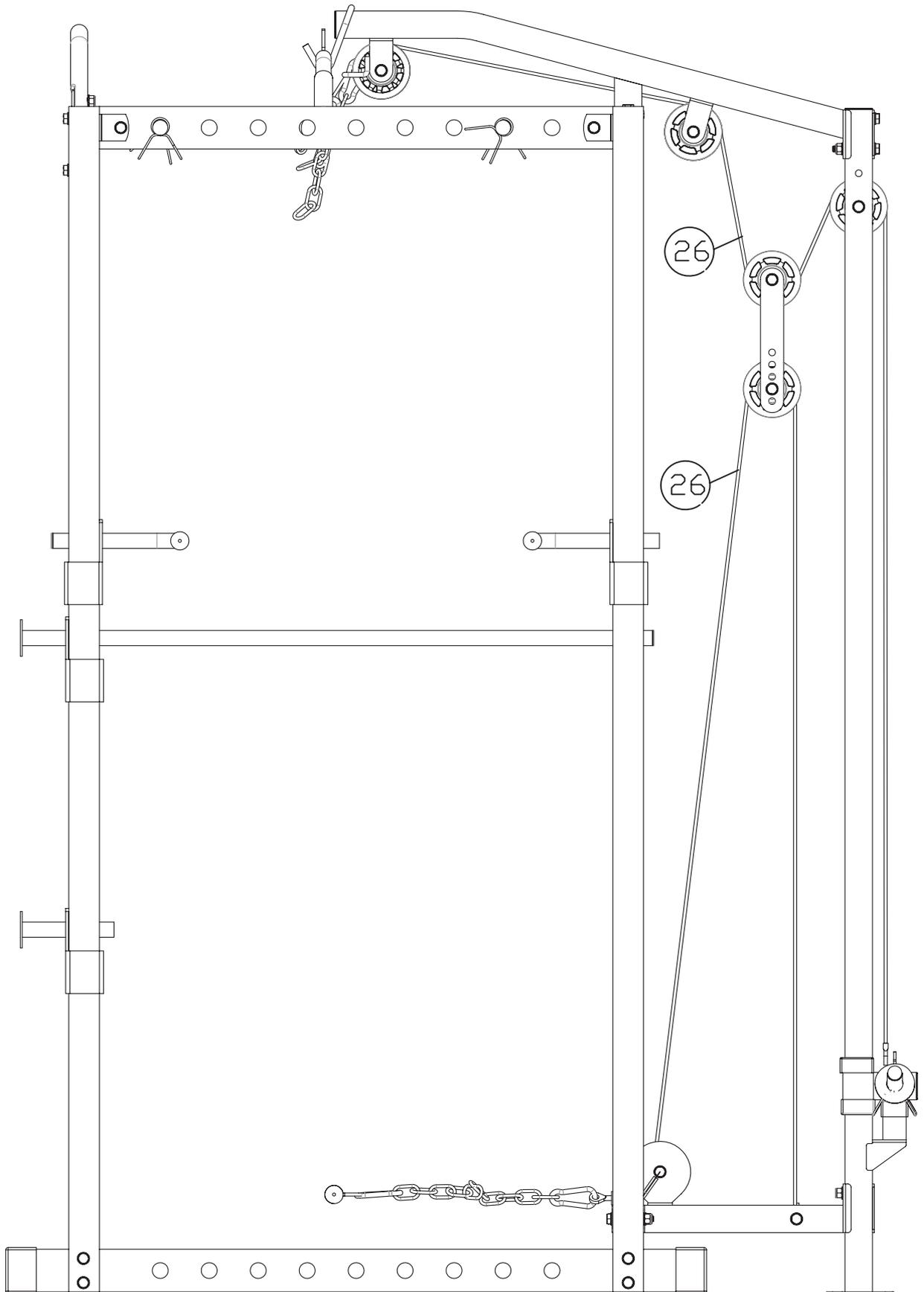
## ASSEMBLY DIAGRAM 6

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

1. Position the stoppered end of a CABLE (26) at the front of the BASE FRAME (9) and draw the cable through the circular bracket.
2. Position a PULLEY (31) in the circular socket so the cable runs underneath the pulley. Attach using a HEX BOLT M10X45 (44), two WASHER10 (49) and an AIRCRAFT NUT M10 (48)
3. Draw the CABLE (26) upward to the FLOATING PULLEY BRACKET (25), position a PULLEY (31) between the brackets so the cable will run over the top of the pulley. Attach using a HEX BOLT M10X45 (44), two WASHER10 (49) and an AIRCRAFT NUT M10 (48)
4. Draw the CABLE (26) down to the slit on the top of the BASE FRAME (9). Attach the end of the cable inside the slit using a HEX BOLT M10X60 (43), two WASHER10 (49) and an AIRCRAFT NUT M10 (48)
5. Attach a GRIP (38) to each end of the STRAIGHT BAR (20) (*Skip this step if already pre-assembled*)
6. Clip the STRAIGHT BAR (20) to a HOOK (29). Connect the hook to the LONG CHAIN (27). Attach a HOOK (29) to the other end of the chain and clip to the front end of the CABLE (26)



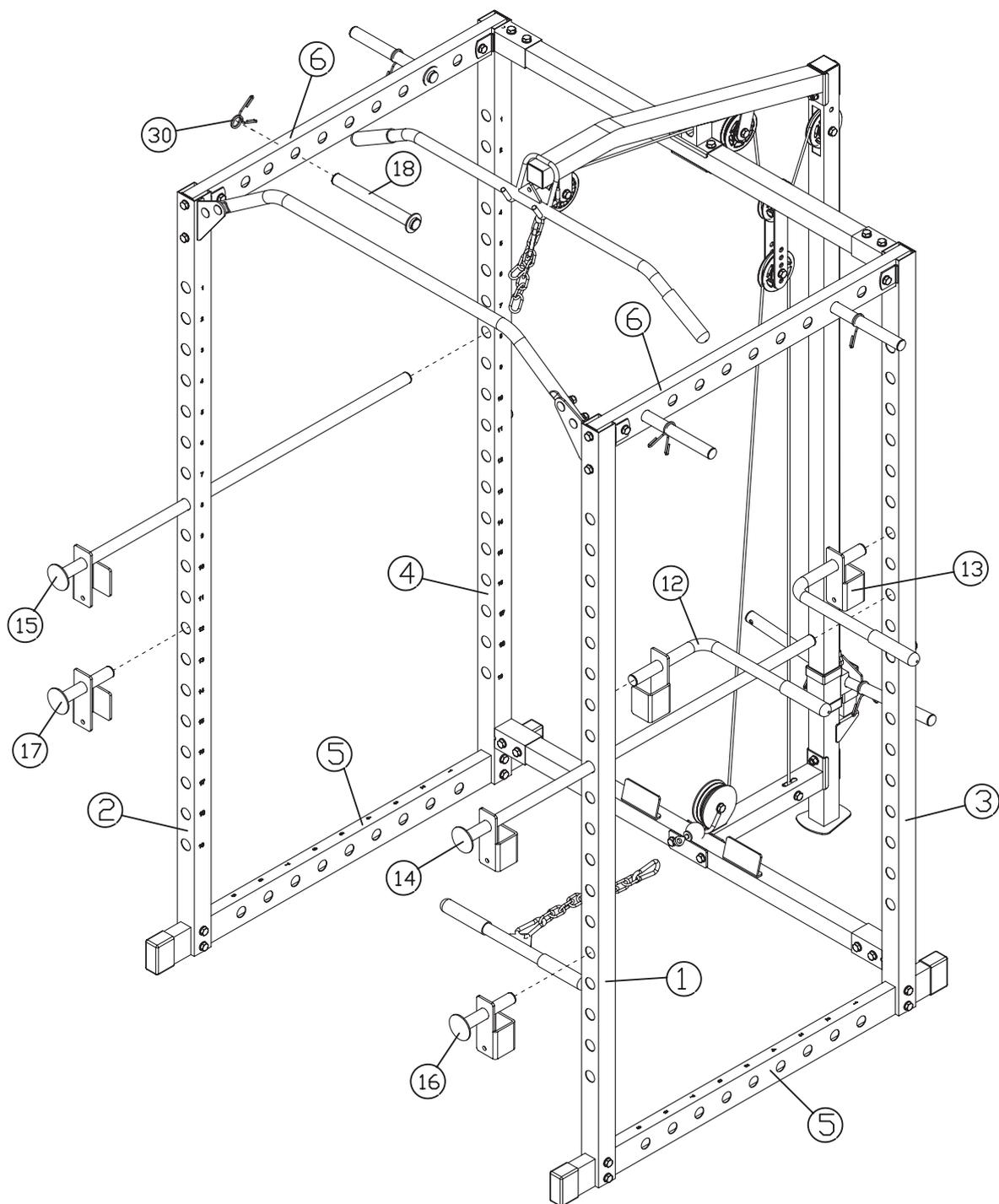
**SIDE-VIEW**



## ASSEMBLY DIAGRAM 7

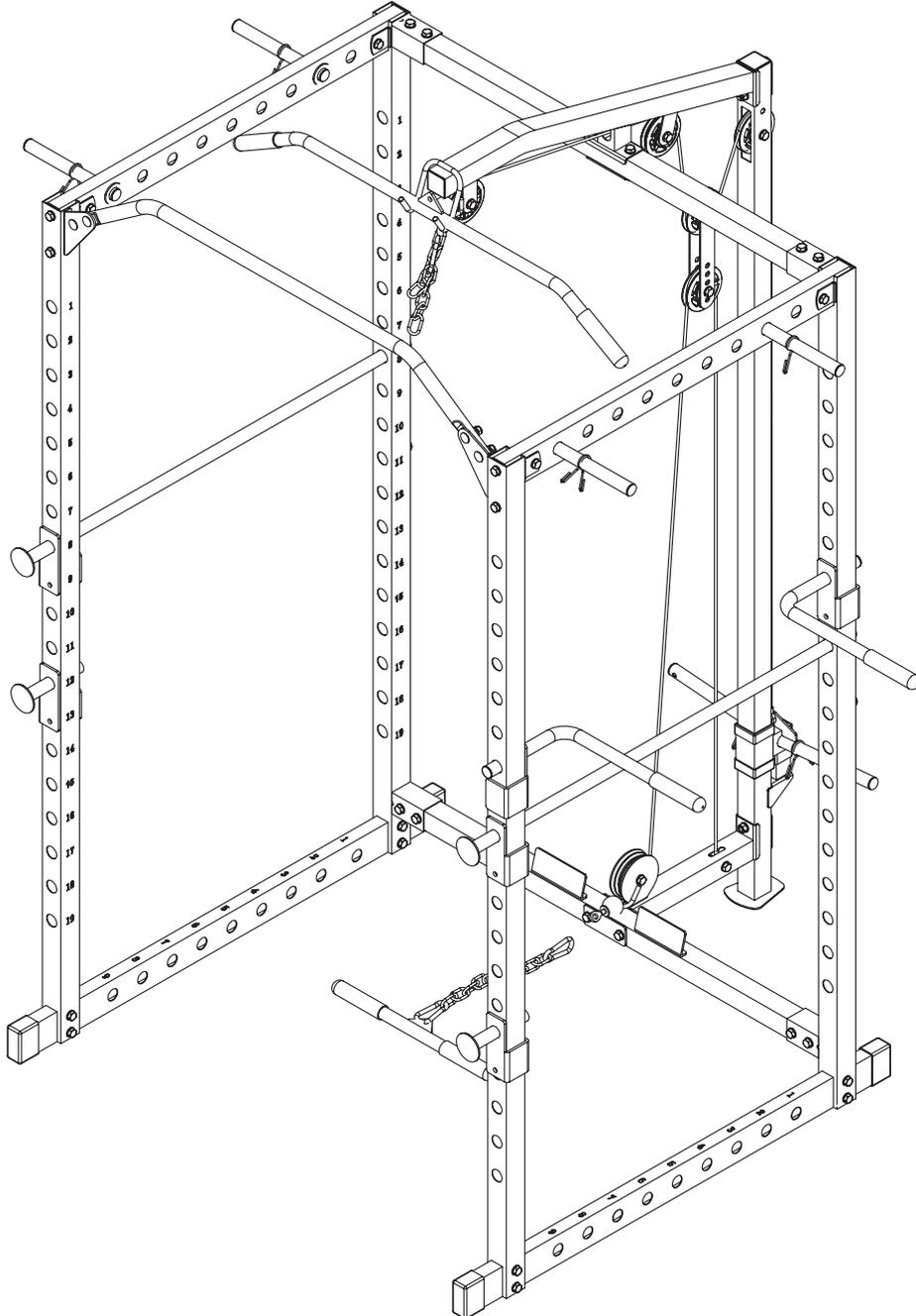
**REMEMBER: Only hand tighten all nuts and bolts until whole F-HPR is assembled**

1. Attach an END CAP (32) to the open end of the LEFT BAR HOLDER (14) and the RIGHT BAR HOLDER (15)
2. Insert the LEFT BAR HOLDER (14) and the RIGHT BAR HOLDER (15) into the weight holes about half way up the front of the front VERTICAL BEAMS (1+2) and through to the holes on the REAR VERTICAL FRAMES (4+5)
3. Attach an END CAP (32) to the open end of the LEFT SAFETY CATCH (16) and the RIGHT SAFETY CATCH (17)
4. Insert the LEFT SAFETY CATCH (16) and the RIGHT SAFETY CATCH (17) into the weight holes on the front of the VERTICAL BEAMS (1+2), below the level of the BAR HOLDERS (14+15)
5. Attach an END CAP (32) to each end of all the LONG WEIGHT POSTS (18)
6. Insert two LONG WEIGHT POSTS (18) into each UPPER SIDE FRAME (6). Space them equally apart. Clip a SPRING CLIP (30) onto the end of each weigh post.
7. Assemble the ARM SUPPORTS (12+13) by attaching an END CAP (32) to the short end, and sliding a GRIP (38) onto the long end. *(Skip this step if already pre-assembled)*
8. Insert the ARM SUPPORTS (12+13) into the inner holes on the LEFT VERTICAL BEAM (1) and the REAR LEFT VERTICAL FRAME (3), above the level of the LEFT BAR HOLDER (14)

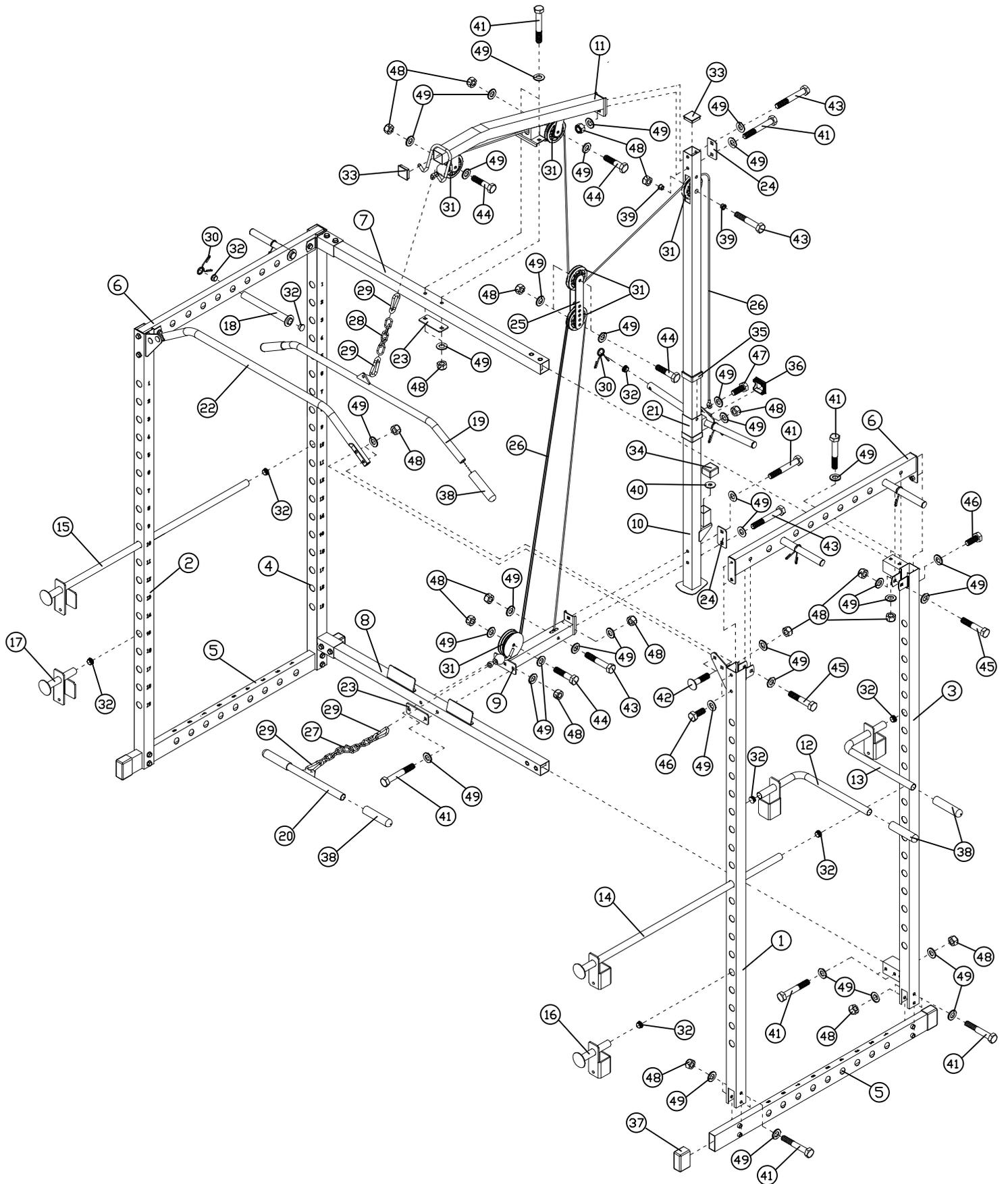


## ADDITIONAL ASSEMBLY

1. Attach a SQUARE END CAP 45 (33) to the front end of the REAR UPPER FRAME (11) and the top of the WEIGHT GLIDE POST (10)
2. Attach a SQUARE END CAP 38 (34) using a WASHER (40) to the top of the stopper at the base of the WEIGHT GLIDE POST (10)
3. Attach a SQUARE END CAP 50 (36) to the rear of the SLIDING WEIGHT POST (21)

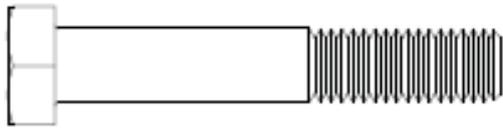


# OVERALL EXPLODED VIEW





(#41) M10×65 Hex Bolt (Qty 22)



(#43) M10×60 Hex Bolt (Qty 4)



(#45) M10×55 Hex Bolt (Qty 4)



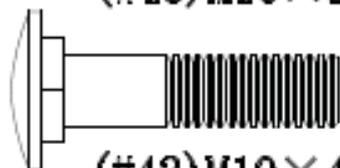
(#44) M10×45 Hex Bolt (Qty 5)



(#47) M10×25 Hex Bolt (Qty 1)

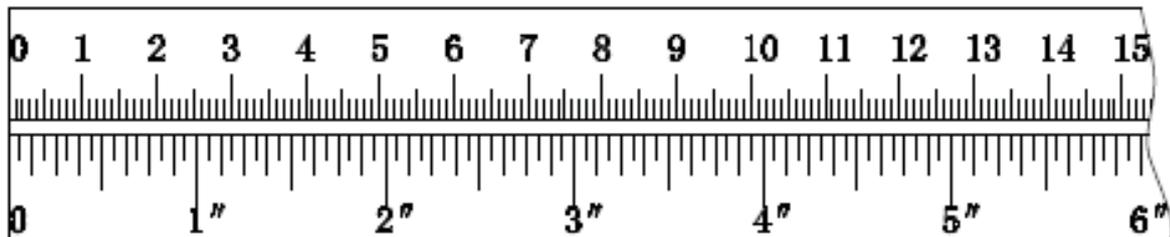


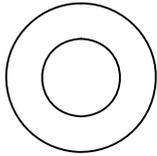
(#46) M10×20 Hex Bolt (Qty 8)



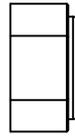
(#42) M10×40 Carriage Bolt (Qty 4)

**mm**

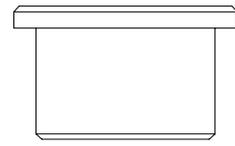




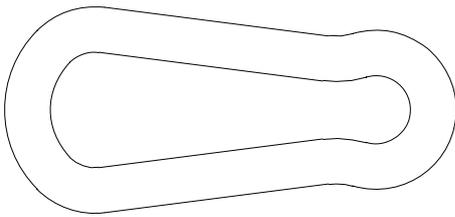
(#49)  $\phi 10$   
Washer (Qty 80)



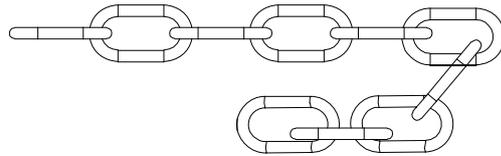
(#48) M10  
Aircraft Nut  
(Qty 38)



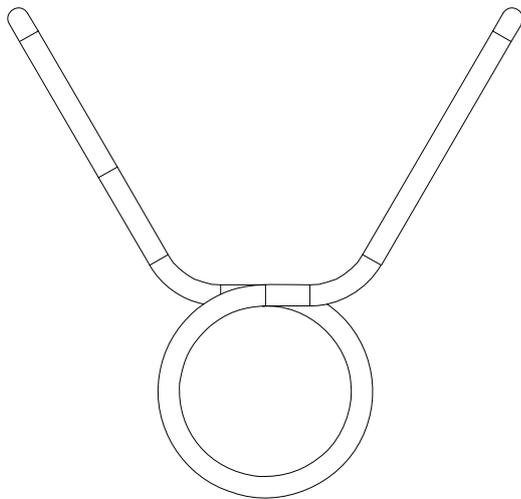
(#39)  $\phi 25 \times \phi 10.2 \times 13$   
Pulley Bushing (Qty 2)



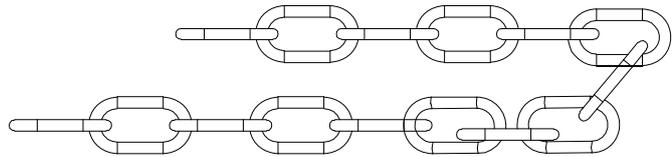
(#29)  $\phi 8$   
Hook (Qty 4)



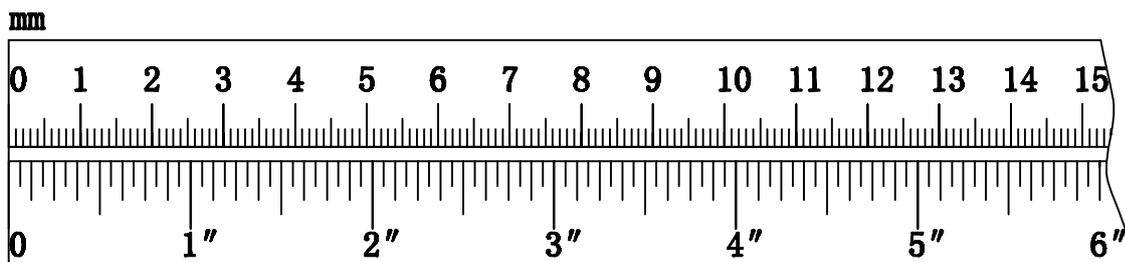
(#28)  $\phi 5 \times 10$   
Short Chain (Qty 1)



(#30)  $\phi 24.5$   
Spring Clip (Qty 6)



(#27)  $\phi 5 \times 15$   
Long Chain (Qty 1)



# **WARRANTY**



**Lifetime warranty on frame**

**2 years on 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.**

## **F-HPR**

### **Box one:**

1×part 7, 1x part 1, 1×part 2, 1×part 10, 1×part 8,  
2×part 26, 1x part 4, 4×part 18, 2×part 23, 2×part 24,  
2×part 25, 6x part 31, 1x part 3

Parts bag 1of 2, Parts bag 2of 2

### **Box two:**

2×part 6, 1×part 11, 1×part 9, 2×part 5, 1×part 16,  
1×part 17, 1×part 12, 1×part 13, 1×part 14, 1×part 21,  
1×part 20, 1×part 15, 1×part 22, 1×part 19

Parts bag 1of 3, Parts bag 2of 3, Parts bag 3of 3,