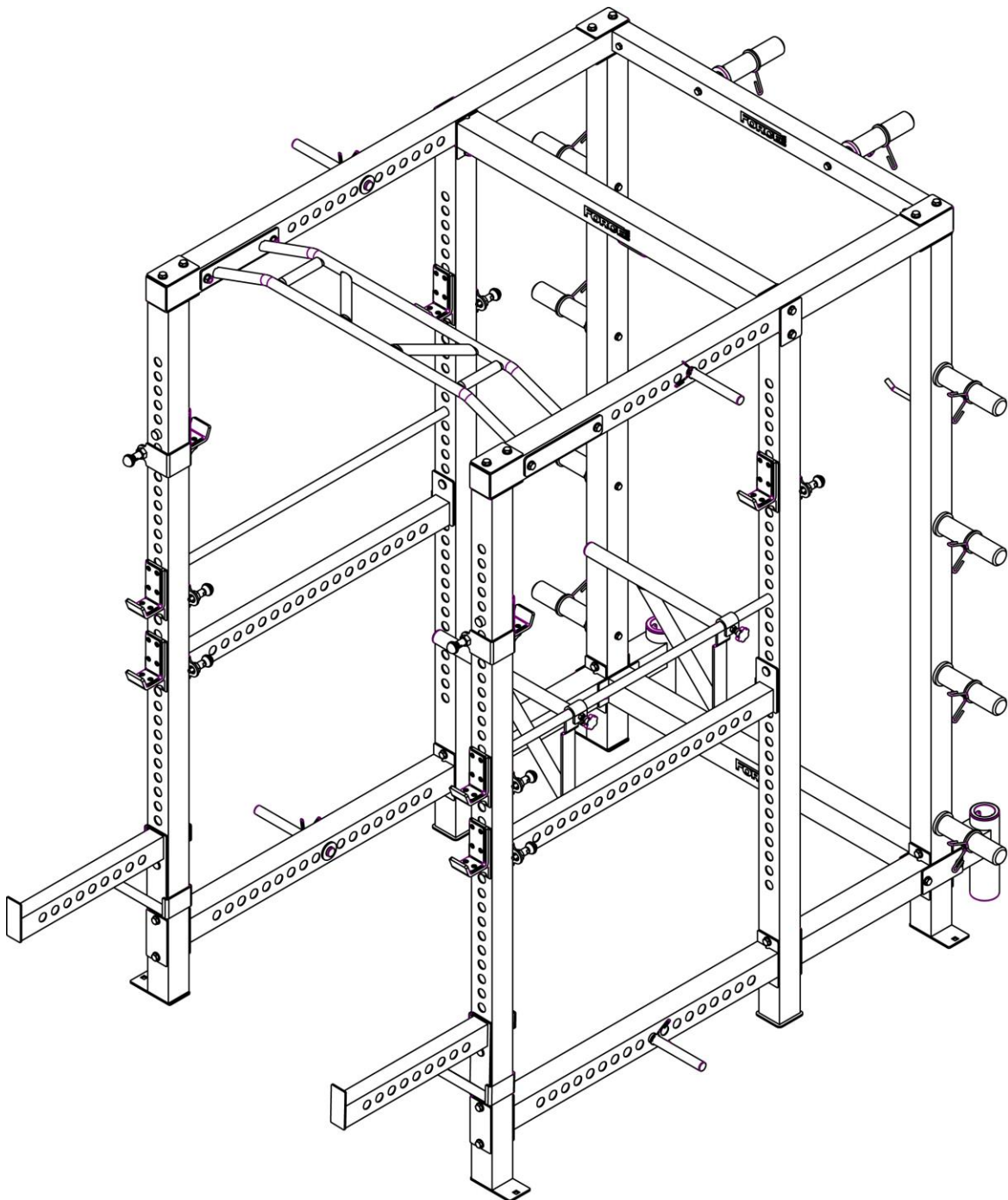


# FORCE<sup>USA</sup>

## OWNER'S MANUAL **E-CPR**

### **COMMERCIAL POWER RACK**



### **CAUTION!**

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

# **ASSEMBLY MANUAL**

## **FORCE USA COMMERCIAL POWER RACK F-CPR**

### **BEFORE YOU START**

Remove all parts from the packaging, 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.**

**Tools provided with F-CPR**

**Allen wrench 4# X 1**

**SAVE THESE INSTRUCTIONS**

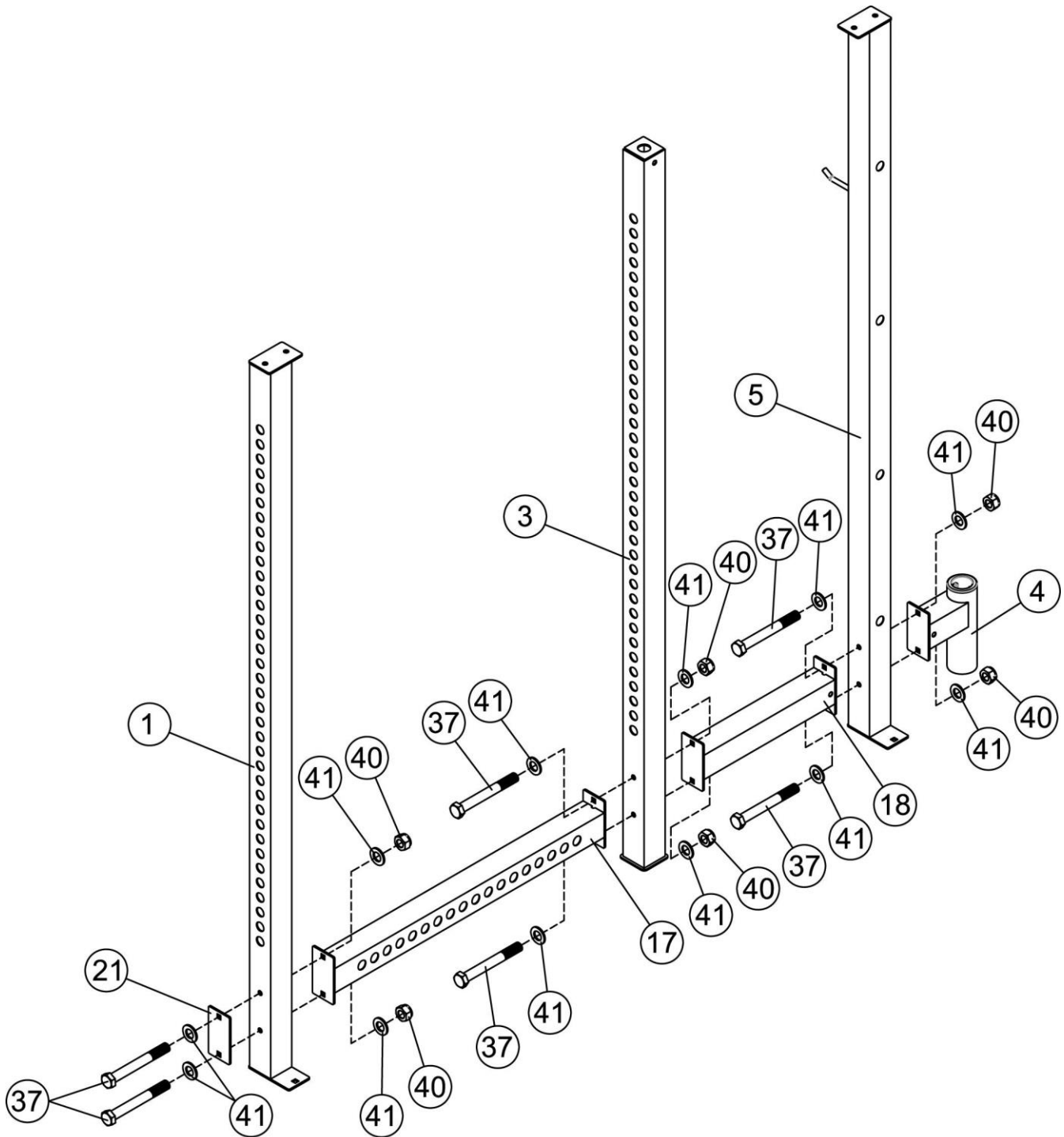
## **PARTS LIST F-CPR**

KEY NO.	PART DESCRIPTION F-CPR	SPEC	Q'TY
1	Left Front Vertical Beam		1
2	Right Front Vertical Beam		1
3	Mid Vertical Beam		2
4	Rear Base Frame		2
5	Left Rear Vertical Beam		1
6	Left Upper Side Frame		1
7	Chin-up Bar		1
8	Right Rear Vertical Beam		1
9	Mid Connecting Beam		1
10	Mid Rear Base Frame		1
11	Long Weight Post		4
12	Short Safety Stop		4
13	Weight Holder		2
14	Long Safety Stop		2
15	Weight Post		12
16	Dip Support		2
17	Front Base Beam		2
18	Mid Base Beam		2
19	Safety Catch		2
20	Right Upper Side Frame		1
21	Bracket	145×75×5	4
22	Bracket	120×75×5	6
23	Bracket	280×60×5	2
24	Rear Top Beam	□60×1.5×1100	1
25	Pop Pin		10
26	Anti-Slipping Pad	110×52×5	8
27	Spring Clip	φ49	12
28	Spring Clip	φ24.5	4
29	End Cap	φ25	24
30	Anti-Slipping Pad	52×45×5	8
31	End Cap	φ38	2
32			
33	Lock Knob	M8×25	2
34	Olympic Sleeve	φ50×210	12
35	Sleeve	φ76×φ53	2
36	End Cap	φ76	2
37	Hex Bolt	M12×100	32
38	Hex Bolt	M10×20	16
39	Allen Bolt	M6×12	48
40	Aircraft Nut	M12	26
41	Washer	12	58
42	Washer	10	16

## **ASSEMBLY DIAGRAM 1**

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

1. Connect the LEFT FRONT VERTICAL BEAM (1) to FRONT BASE BEAM (17) through a BRACKET (21) placed on the front sides, using two HEX BOLT M12X100 (37), four WASHER12 (41) and two AIRCRAFT NUT M12 (40).
2. Connect the FRONT BASE BEAM (17) , MID VERTICAL BEAM (3) and MID BASE BEAM (18) with two HEX BOLT M12X100 (37), four WASHER12 (41) and two AIRCRAFT NUT M12 (40).
3. Connect the MID BASE BEAM (18) , LEFT REAR VERTICAL BEAM (5) and REAR BASE FRAME (4) with two HEX BOLT M12X100 (37), four WASHER12 (41) and two AIRCRAFT NUT M12 (40).

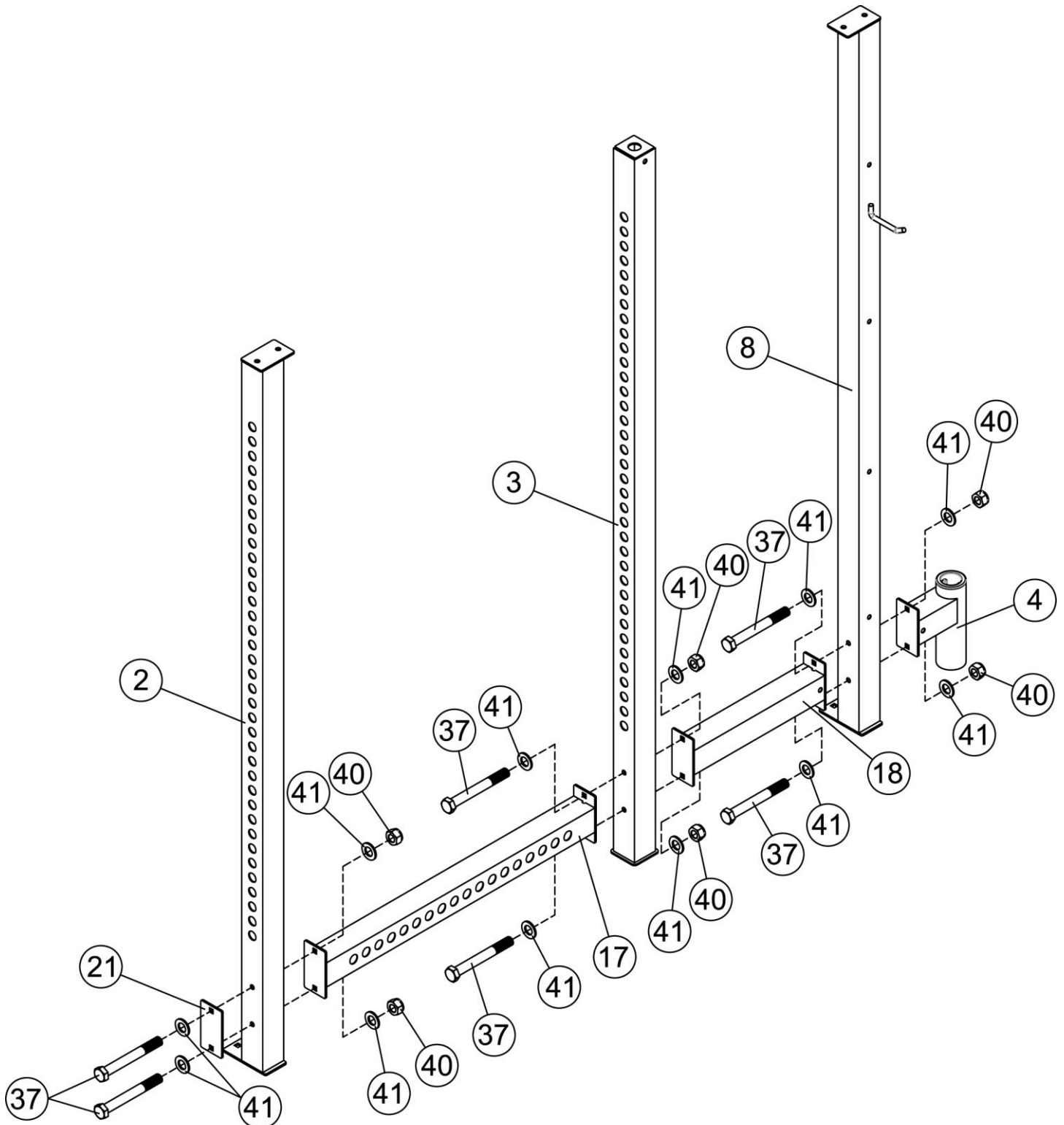


## **ASSEMBLY DIAGRAM 2**

**USE A PARTNER TO HELP WITH THIS STEP**

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

1. Connect the RIGHT FRONT VERTICAL BEAM (2) to FRONT BASE BEAM (17) through a BRACKET (21) placed on the front sides, using two HEX BOLT M12X100 (37), four WASHER12 (41) and two AIRCRAFT NUT M12 (40).
2. Connect the FRONT BASE BEAM (17) , MID VERTICAL BEAM (3) and MID BASE BEAM (18) with two HEX BOLT M12X100 (37), four WASHER12 (41) and two AIRCRAFT NUT M12 (40).
3. Connect the MID BASE BEAM (18) , RIGHT REAR VERTICAL BEAM (8) and REAR BASE FRAME (4) with two HEX BOLT M12X100 (37), four WASHER12 (41) and two AIRCRAFT NUT M12 (40).

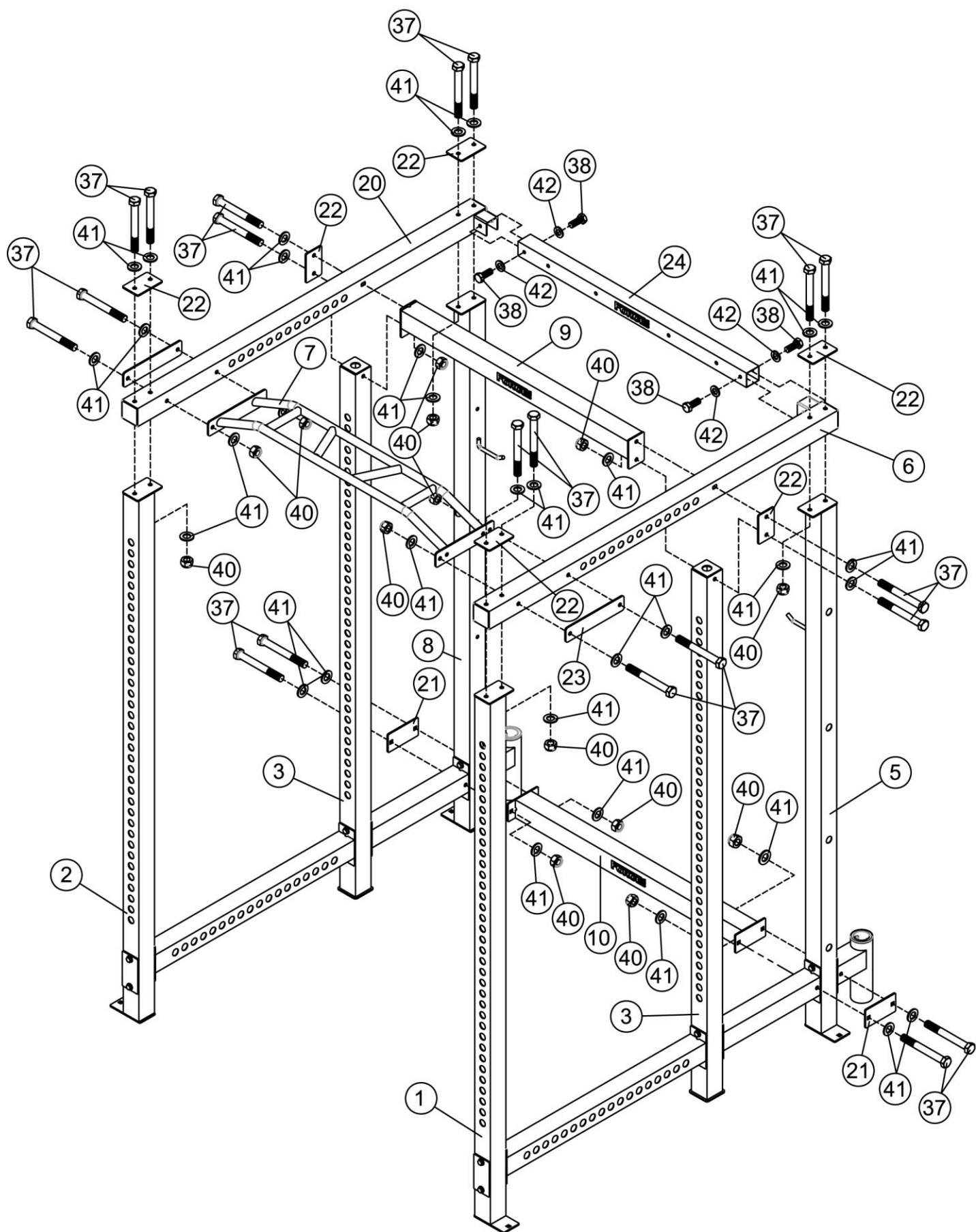


### **ASSEMBLY DIAGRAM 3**

### **USE TWO PARTNERS TO HELP WITH THIS STEP**

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

1. Ensuring correct orientation, position the LEFT UPPER SIDE FRAME (6) over the tops of the VERTICAL BEAMS (1,3&5)
2. Attach the LEFT UPPER SIDE FRAME (6) to the LEFT FRONT VERTICAL BEAM (1) through a BRACKET (22) placed on top of the beam, using two HEX BOLT M12 × 100 (37), three WASHER12 (41) and an AIRCRAFT NUT M12 (40) on the power rack.
3. Attach the LEFT UPPER SIDE FRAME (6) to the LEFT REAR VERTICAL BEAM (5) through a BRACKET (22) placed on top of the beam, using two HEX BOLT M12X100 (37), three WASHER12 (41) and an AIRCRAFT NUT M12 (40) on the power rack.
4. Repeat the same step to install the RIGHT UPPER SIDE FRAME (20) to the VERTICAL BEAMS (2,3&8) .
5. Position the Rear Top Beam (24) between the tops of the LEFT REAR VERTICAL BEAM (5) and RIGHT REAR VERTICAL BEAM(8). Make sure the "FORCE USA" sticker face the front side. Attach using two HEX BOLT M10X20 (38) and two WASHER10 (42) on each side of the power rack.
6. Position the CHIN-UP BAR (7) between the tops of the LEFT FRONT VERTICAL BEAM (1) and RIGHT FRONT VERTICAL BEAM (2), Attach using a BRACKET (23) placed on outside of the beam. two HEX BOLT M12 × 100 (37) , four WASHER12 (41) and two AIRCRAFT NUT M12 (40) on each side of the power rack.
7. Position the MID CONNECTING BEAM (9) between the tops of the two MID VERTICAL BEAMS (3), make sure the "FORCE USA" sticker face the front side. Attach using a BRACKET (22) placed on outside of the beam. two HEX BOLT M12 × 100 (37) , three WASHER12 (41) and an AIRCRAFT NUT M12 (40) on each side of the power rack.
8. Position the MID REAR BASE FRAME(10) between the bottom of the LEFT REAR VERTICAL BEAM (5) and RIGHT REAR VERTICAL BEAM(8), make sure the "FORCE USA" sticker face the front side. Attach using a BRACKET (21) placed on outside of the beam, two HEX BOLT M12 × 100 (37) , four WASHER12 (41) and two AIRCRAFT NUT M12 (40) on each side of the power rack.

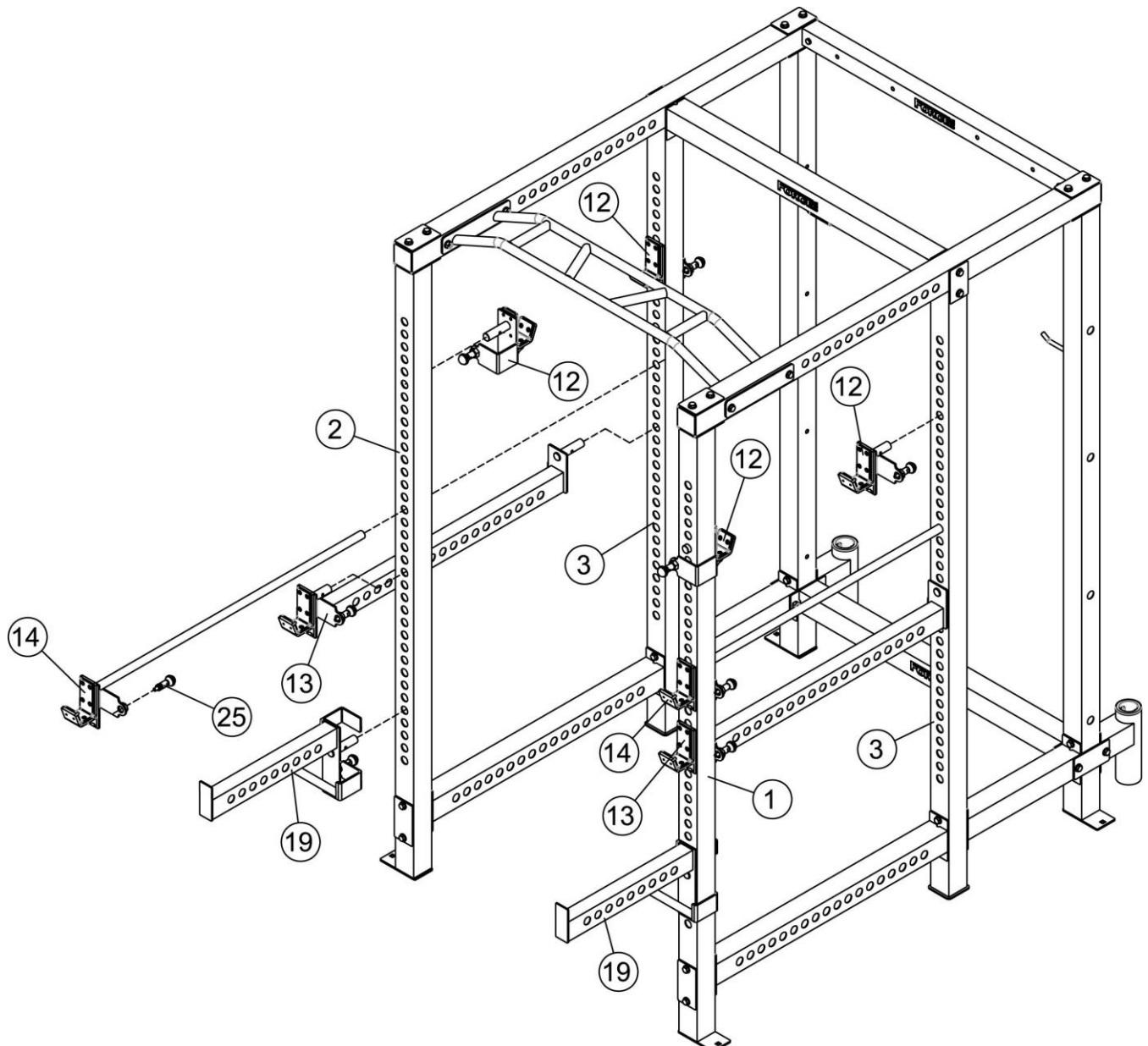


## **ASSEMBLY DIAGRAM 4**

**USE A PARTNER TO HELP WITH THIS STEP**

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

1. Insert two SHORT SAFETY STOPS(12) into upper holes on the rear sides of the LEFT FRONT VERTICAL BEAM (1) and the RIGHT FRONT VERTICAL BEAM(2) . Ensure they are level with each other and secure them with two POP PINS (25)
2. Insert two SHORT SAFETY STOPS (12) into upper holes on the front sides of the MID VERTICAL BEAM (3). Ensure they are level with each other and secure them with two POP PINS (25)
3. Insert a LONG SAFETY STOP (14) into a central hole on the front of the LEFT FRONT VERTICAL BEAM (1) and the RIGHT FRONT VERTICAL BEAM(2), slide it through to a hole at the same level on the MID VERTICAL BEAM (3). Secure each LONG SAFETY STOP (14) with a POP PIN (25)
4. Repeat the same step to install the LONG SAFETY STOP (14) to the RIGHT FRONT VERTICAL BEAM and the MID VERTICAL BEAM (2,3),ensure the two LONG SAFETY STOP (14) are on the same level.
5. Insert a WEIGHT HOLDER (13) on each side of the power rack, between the FRONT VERTICAL FRAME (2) , the MID VERTICAL FRAME (3), and the LEFT FRONT VERTICAL BEAM (1), the MID VERTICAL BEAM (3) below the level of the LONG SAFETY STOP (14). Secure them with a POP PIN (25)
6. Insert two SAFETY CATCHES (19) on the lower front of the LEFT FRONT VERTICAL BEAM and the RIGHT FRONT VERTICAL BEAM (1&2) below the level of the WEIGHT HOLDER (13). Secure them with a POP PIN (25)



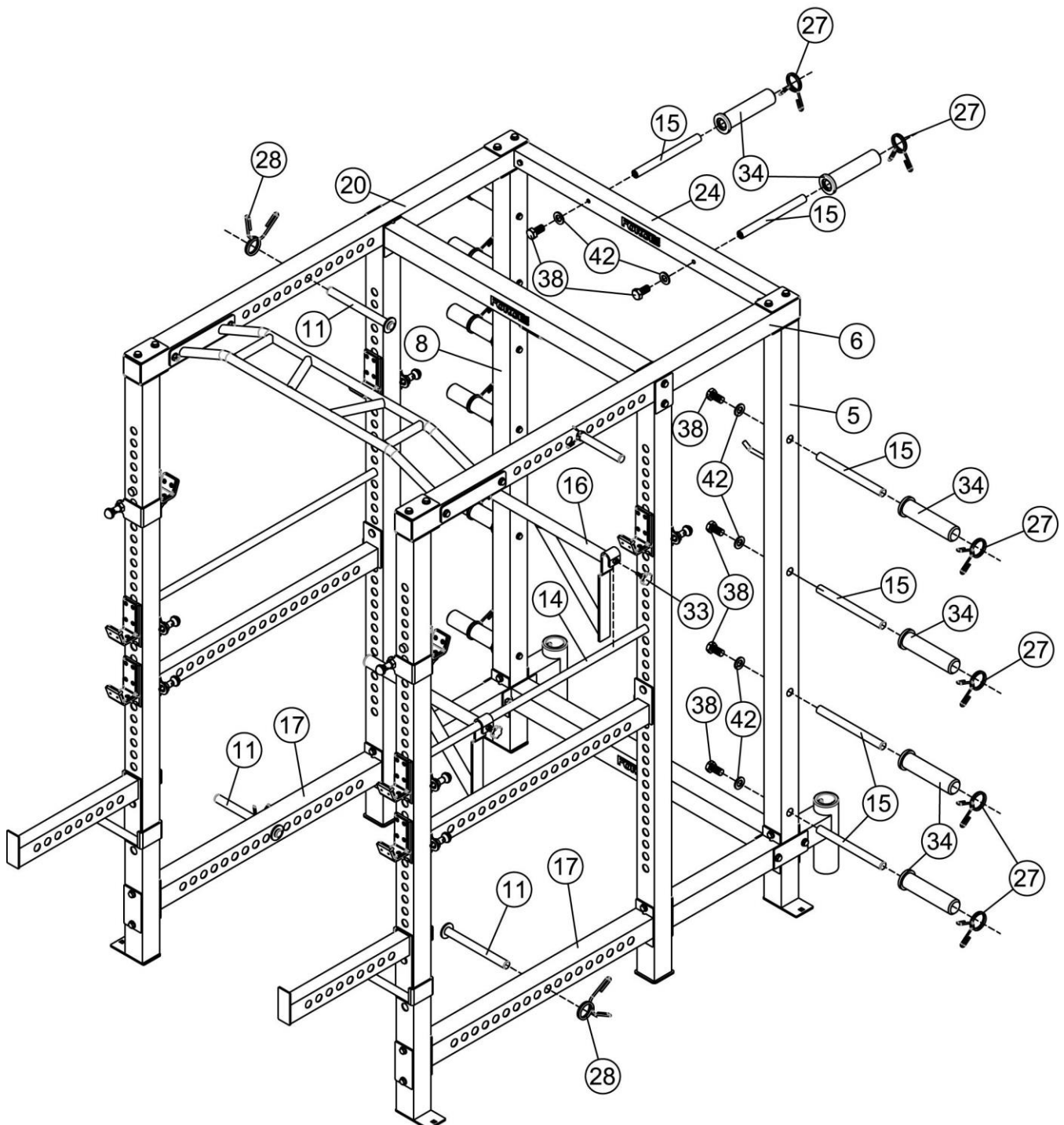


## **ASSEMBLY DIAGRAM 5**

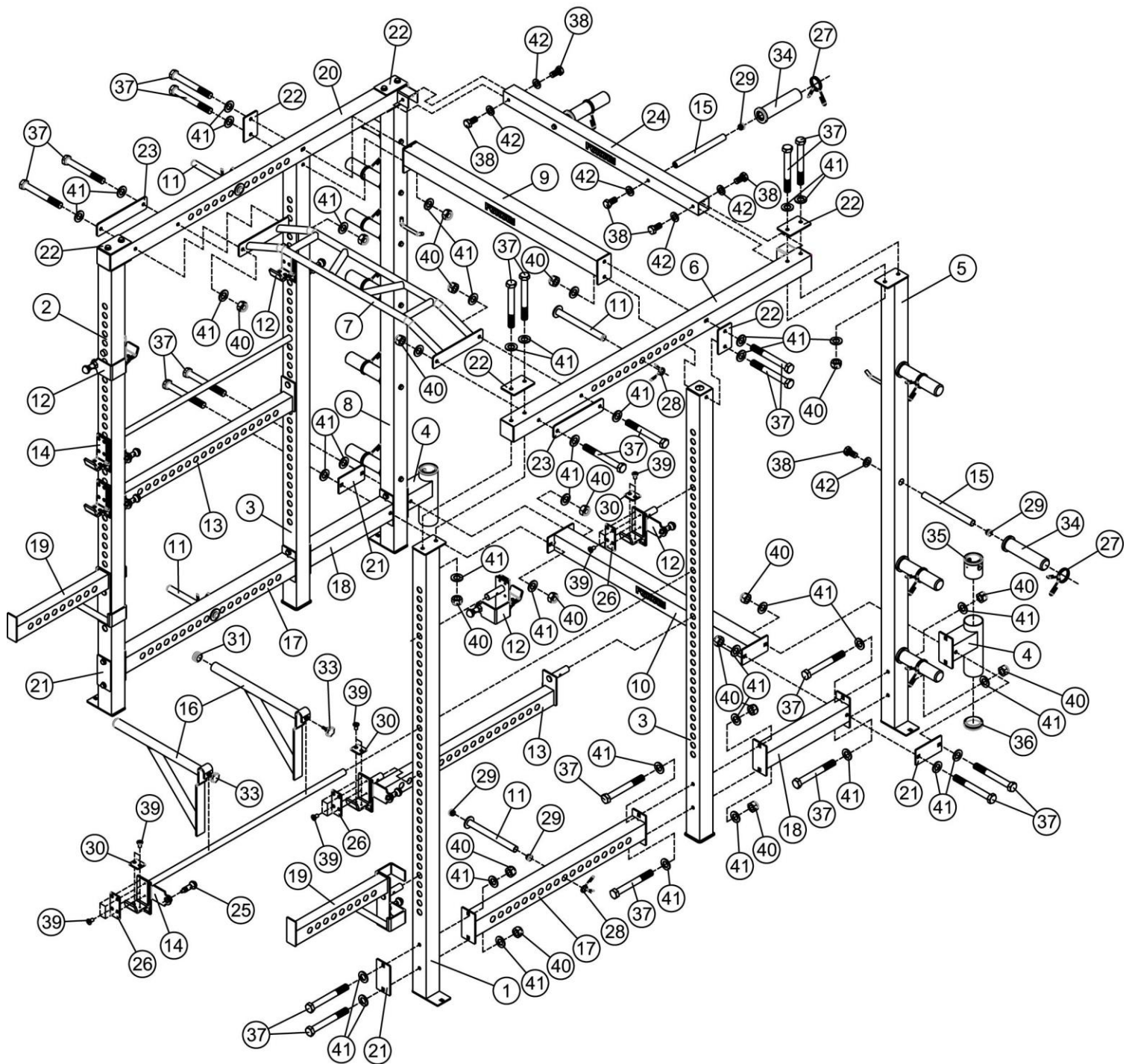
**USE A PARTNER TO HELP WITH THIS STEP**

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

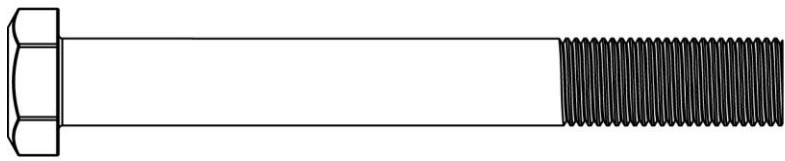
1. Slot six WEIGHT POSTS (15) through each the LEFT REAR VERTICAL BEAM (5) and the RIGHT REAR VERTICAL BEAM (8) attach each one from the inside with a HEX BOLT M10X20 (38) and a WASHER10 (42)
2. Slot four WEIGHT POST S (15) through the REAR TOP BEAM (24), attach each one from the inside with a HEX BOLT M10X20 (38) and a WASHER10 (42)
3. Cover each WEIGHT POST (15) with an OLYMPIC SLEEVE (34) and attach a SPRING CLIP (27)
4. Slot two LONG WEIGHT POSTS (11) equally spaced and pointing outward, into LEFT UPPER SIDE FRAME (6) and RIGHT UPPER SIDE FRAME (20)
5. Slot a LONG WEIGHT POST (11) equally spaced and pointing outward, into each BASE FRAME (17)
6. Attach a SPRING CLIP (28) to each LONG WEIGHT POST (11)
7. Attach both DIP SUPPORTS (16) to the innerside of one of the LONG SAFETY STOP (14) using a LOCK KNOB (33)



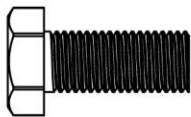
# EXPLODED DIAGRAM F-CPR



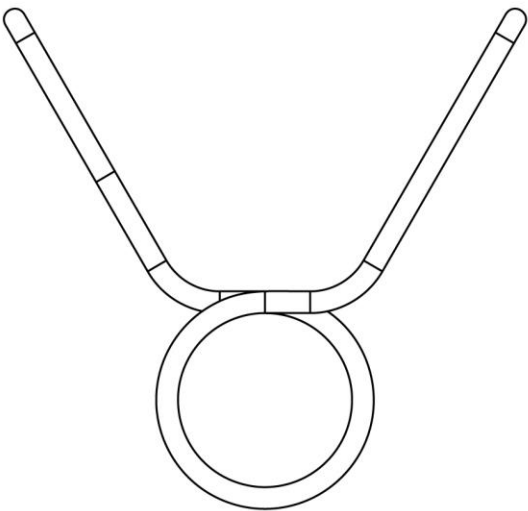
**HARDWARE F-CPR**



(#37) M12×100 Hex Bolt (Qty 32)

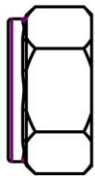


(#38) M10×20 Hex Bolt (Qty 16)

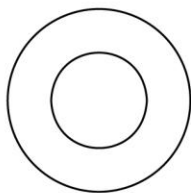


(#28)  $\phi$  24.5

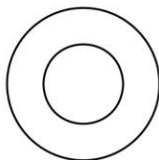
Spring clip (Qty 4)



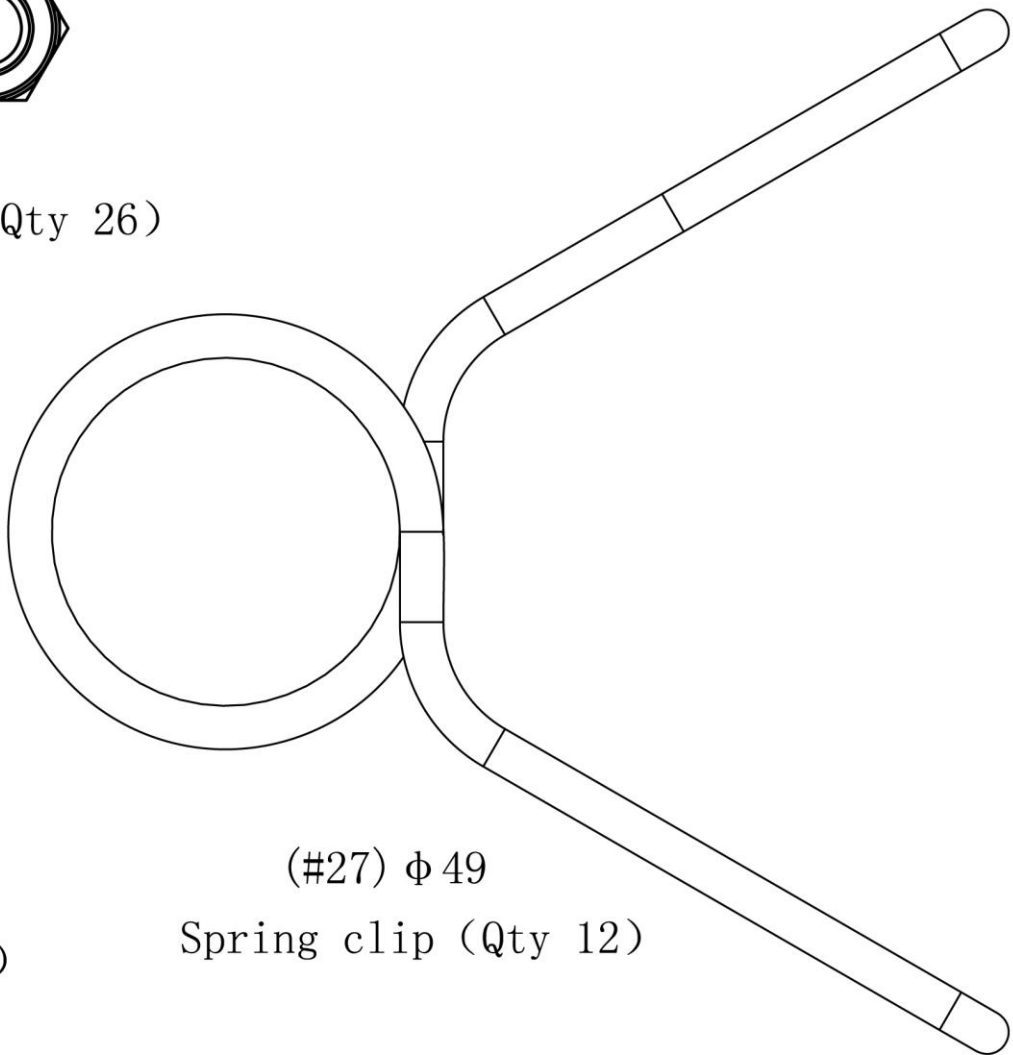
(#40) M12  
Aircraft Nut (Qty 26)



(#41)  $\phi$  12  
Washer (Qty 58)

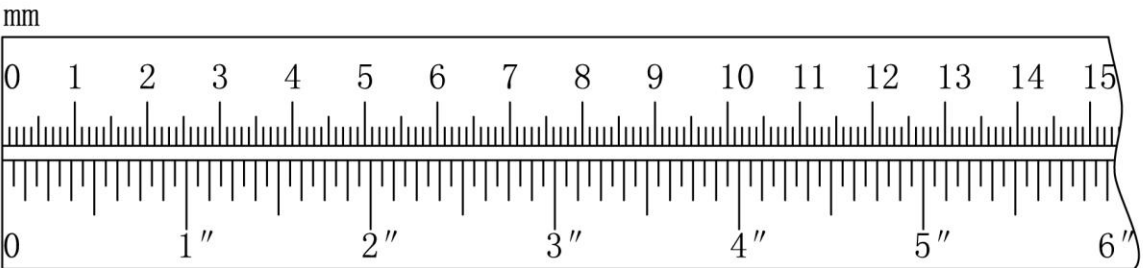


(#42)  $\phi$  10  
Washer (Qty 16)



(#27)  $\phi$  49

Spring clip (Qty 12)



# **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.