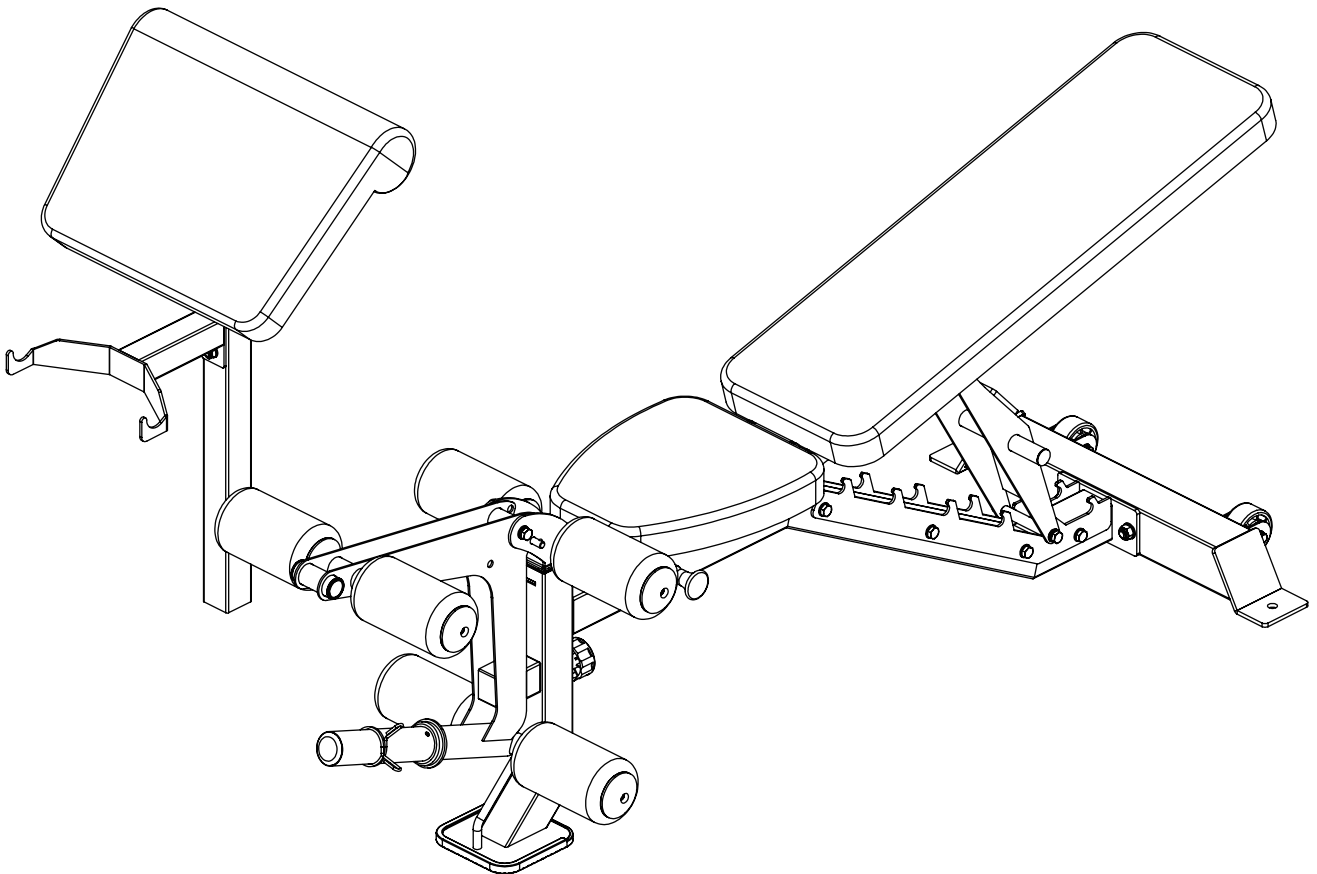


# FORCE USA

## FID BENCH WITH ARM AND LEG DEVELOPER



OWNERS MANUAL | **F-MR-FID-V2**

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# PARTS LIST

KEY NUMBER	DESCRIPTION OF PART	QUANTITY
1	Back Bottom Beam Assembly	1
2	Main Beam Tube Assembly	1
3	Guide Rod Washer	2
4	Flat Washer $\phi 12$	2
5	Lock Nut M12	2
6	Hexagon Bolt M10*120	2
7	Gear Plate	2
8	Flat Washer $\phi 10$	19
9	Lock Nut M10	10
10	Hexagon Bolt M10*80	4
11	Seat Tube Assembly	1
12	Back Cushion Tube Assembly	1
13	Back Cushion Back Support Assembly	1
14	External Thread Shaft $\phi 12 * M10 * 118$	1
15	Shaft $\phi 12 * 129.5 - M10$	1
16	Seat Cushion	1
17	Back Cushion	1
18	Flat Washer $\phi 8$	13
19	Spring Washer $\phi 8$	13
20	Hexagon Bolt M8*60	5
21	Kick Internal Insert Tube Assembly	1
22	Kick Frame Assembly	1
23	Foam Inner Cap $\phi 70 * \phi 27 * 12$	6
24	Foam Outer Cap $\phi 70 * \phi 9 * 14$	6
25	Foam $\phi 25 * \phi 100 * 175$	6
26	Hexagon Socket Button Head Screw M8*25	6

# PARTS LIST

KEY NUMBER	DESCRIPTION OF PART	QUANTITY
27	Foam Tube	3
28	T Shape Pin $\phi 10 \times 85$	1
29	Internal Thread Shaft $\phi 20 \times 57 - M10$	1
30	Spring Washer $\phi 10$	4
31	Hexagon Bolt $M10 \times 25$	4
32	Olympic Lock Collar	1
33	Chest Cushion Tube	1
34	Barbell Support Tube	1
35	Chest Cushion	1
36	Big Flat Washer $\phi 30 \times \phi 10 \times 3$	2
37	Hexagon Bolt $M10 \times 70$	2
38	Hexagon Bolt $M8 \times 20$	8
39	Moving Roller	2
40	Tube Plug 50-60	1
41	Pull Pin $M18 \times 22 \times \phi 10$	1
42	Pull Pin $\phi 12 \times M20 \times 75$	1
43	Foot Cover F150	1
44	Tube Plug $\phi 40 \times 80 \times 2$	2
45	Powder Powder Sleeve $\phi 22 \times \phi 18 \times \phi 12.2 \times 15$	2
46	Back Support Rubber Pad	1
47	Tube Plug $\phi 25 \times 2$	2
48	Hexagon Socket Countersunk Head Screw $M6 \times 16$	4
49	Internal Thread Shaft $\phi 16 \times 95 - M12$	1
50	Reduction Sleeve $\phi 32 \times \phi 26 \times 25$	8
51	Rubber Shock Pad $\phi 50 \times 50 \times 30$	1

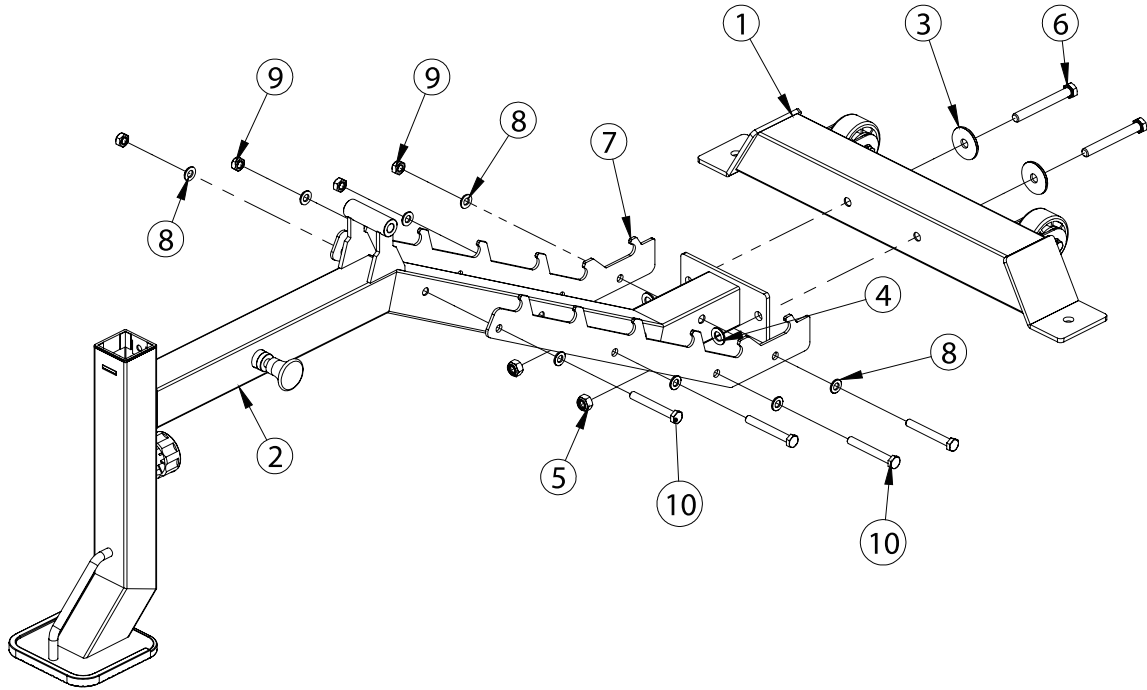
# PARTS LIST

KEY NUMBER	DESCRIPTION OF PART	QUANTITY
52	Powder Powder Sleeve $\phi 32^* \phi 29^* \phi 20^* 18$	2
53	Countersunk Hexagon Rivet Nut M10	1
54	Hexagon Socket Countersunk Head Screw M10*30	1
55	Sleeve	1
56	Two Layer Spring Nut $\phi 23$ -M8	6
57	Roller Wheel Shaft $\phi 14.9^* 45$ -M8	2



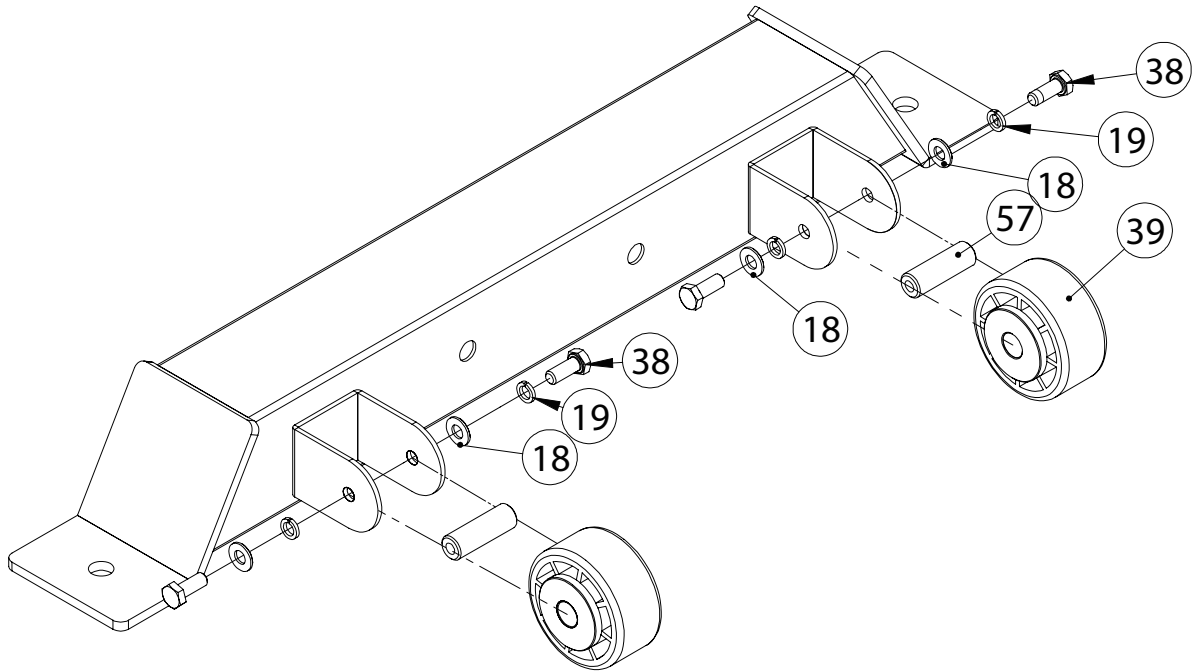
Bolt Length Gauge

# ASSEMBLY STEP 1



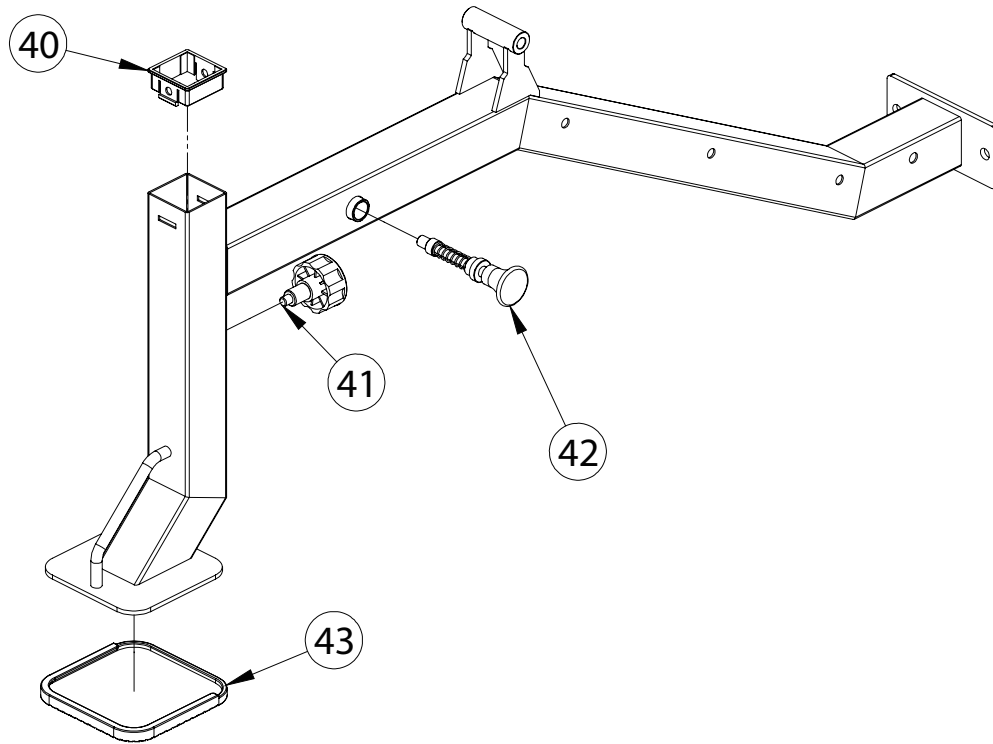
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
1	Back Bottom Beam Assembly	1
2	Main Beam Tube Assembly	1
3	Guide Rod Washer	2
4	Flat Washer $\phi 12$	2
5	Lock Nut M12	2
6	Hexagon Bolt M10*120	2
7	Gear Plate	2
8	Flat Washer $\phi 10$	8
9	Lock Nut M10	4
10	Hexagon Bolt M10*80	4

# ASSEMBLY DRAWING



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
18	Flat Washer $\varphi 8$	4
19	Spring Washer $\varphi 8$	4
38	Hexagon Bolt M8*20	4
39	Moving Roller	2
57	Roller Wheel Shaft $\varphi 14.9 \times 45$ -M8	2

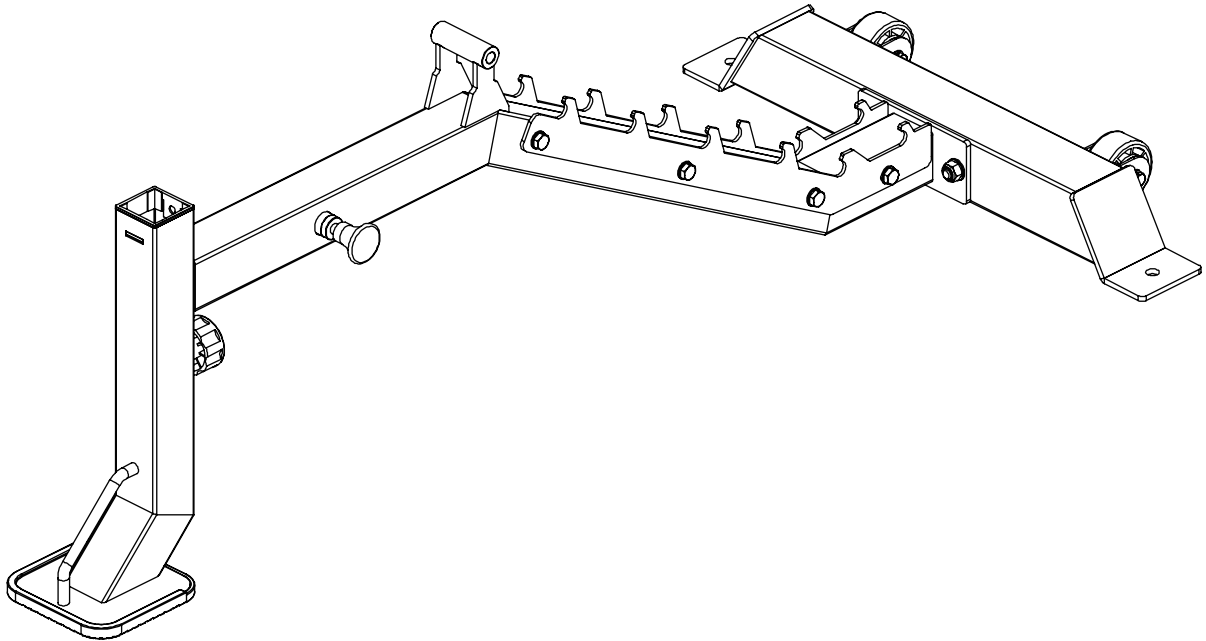
# ASSEMBLY DRAWING



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
40	Tube Plug 50-60	1
41	Pull Pin M18*22*φ10	1
42	Pull Pin φ12*M20*75	1
43	Foot Cover F150	1



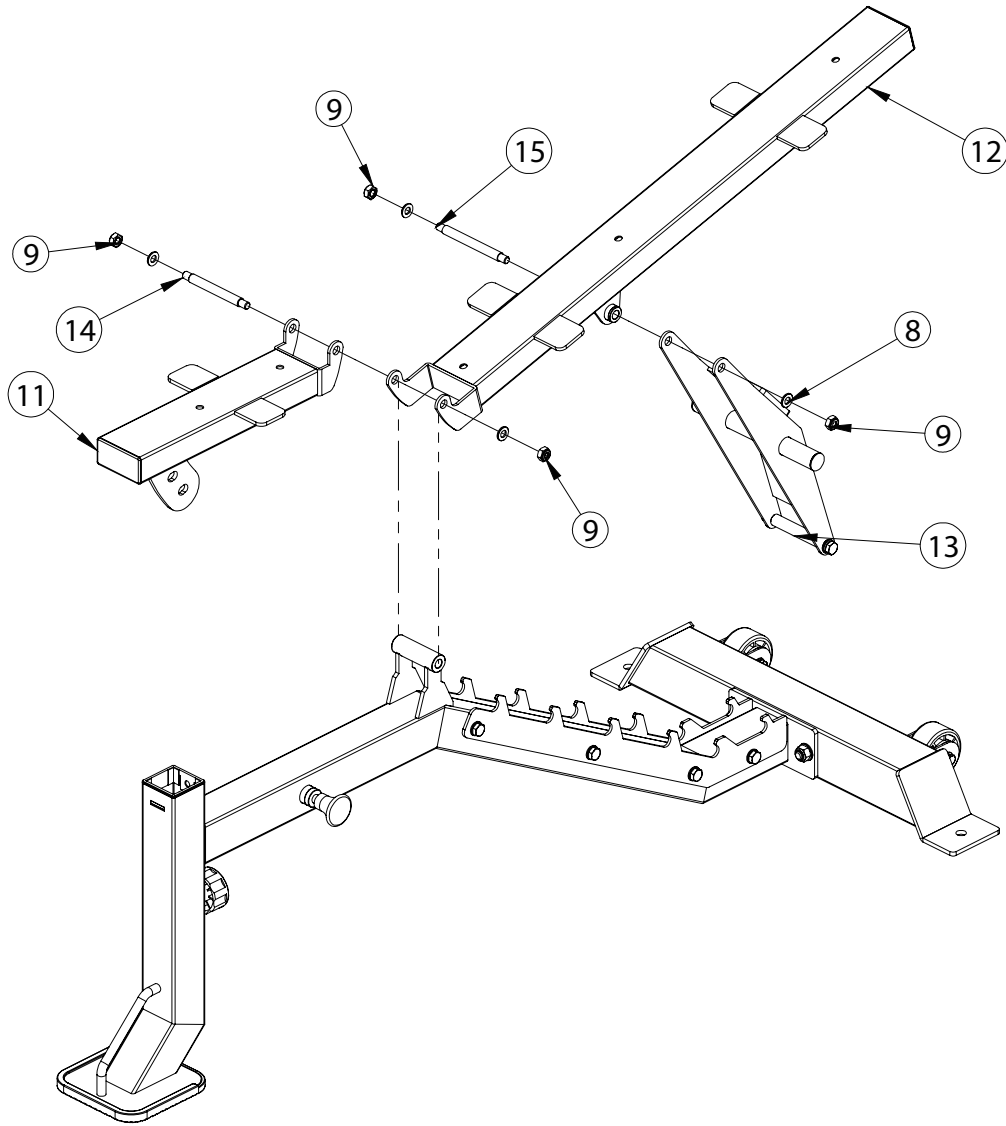
# ASSEMBLY DRAWING



## ASSEMBLY INSTRUCTIONS

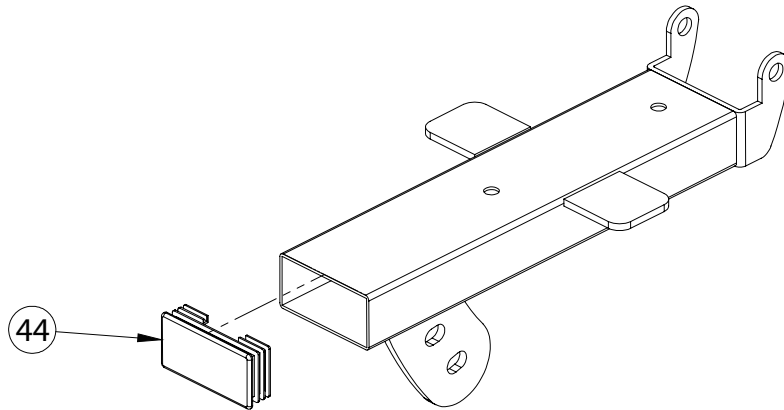
1. Connect back bottom beam assembly-1 and main beam tube assembly-2 use M10\*120 hexagon bolt-6,  $\phi 12$  flat washer-4, guide rod washer-3 and M12 lock nut-5.
2. Connect gear plate-7 and main beam tube assembly-2 use M10\*80 hexagon bolt-10,  $\phi 10$  flat washer-8 and M8 lock nut-9.

## ASSEMBLY STEP 2

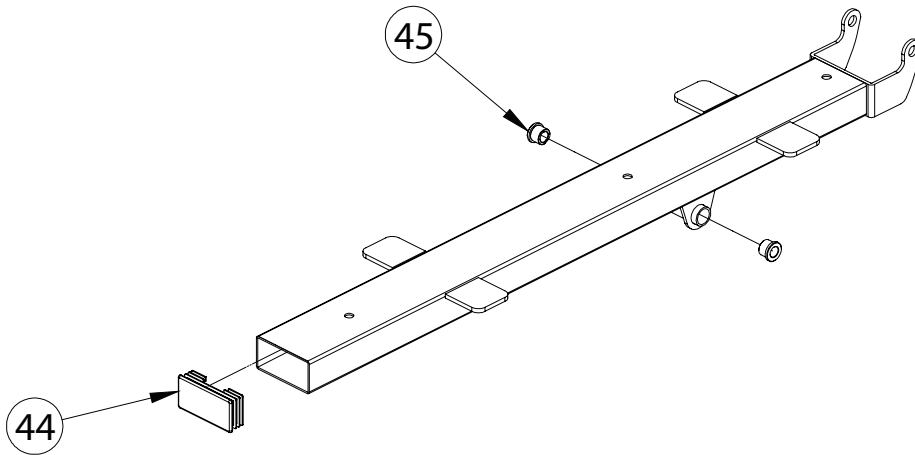


KEY NUMBER	DESCRIPTION OF PART	QUANTITY
8	Flat Washer $\phi 10$	4
9	Lock Nut M10	4
11	Seat Tube Assembly	1
12	Back Cushion Tube Assembly	1
13	Back Cushion Back Support Assembly	1
14	External Thread Shaft $\phi 12 * M10 * 118$	1
15	Shaft $\phi 12 * 129.5 - M10$	1

# ASSEMBLY DRAWING

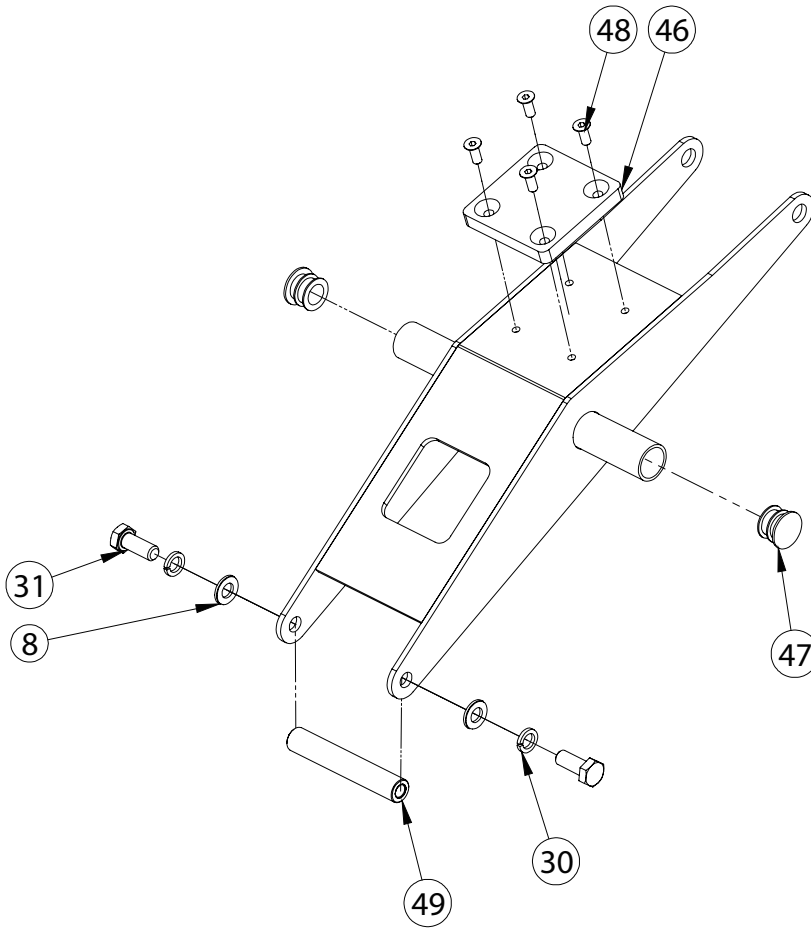


KEY NUMBER	DESCRIPTION OF PART	QUANTITY
44	Tube Plug $\phi 40 \times 80 \times 2$	1



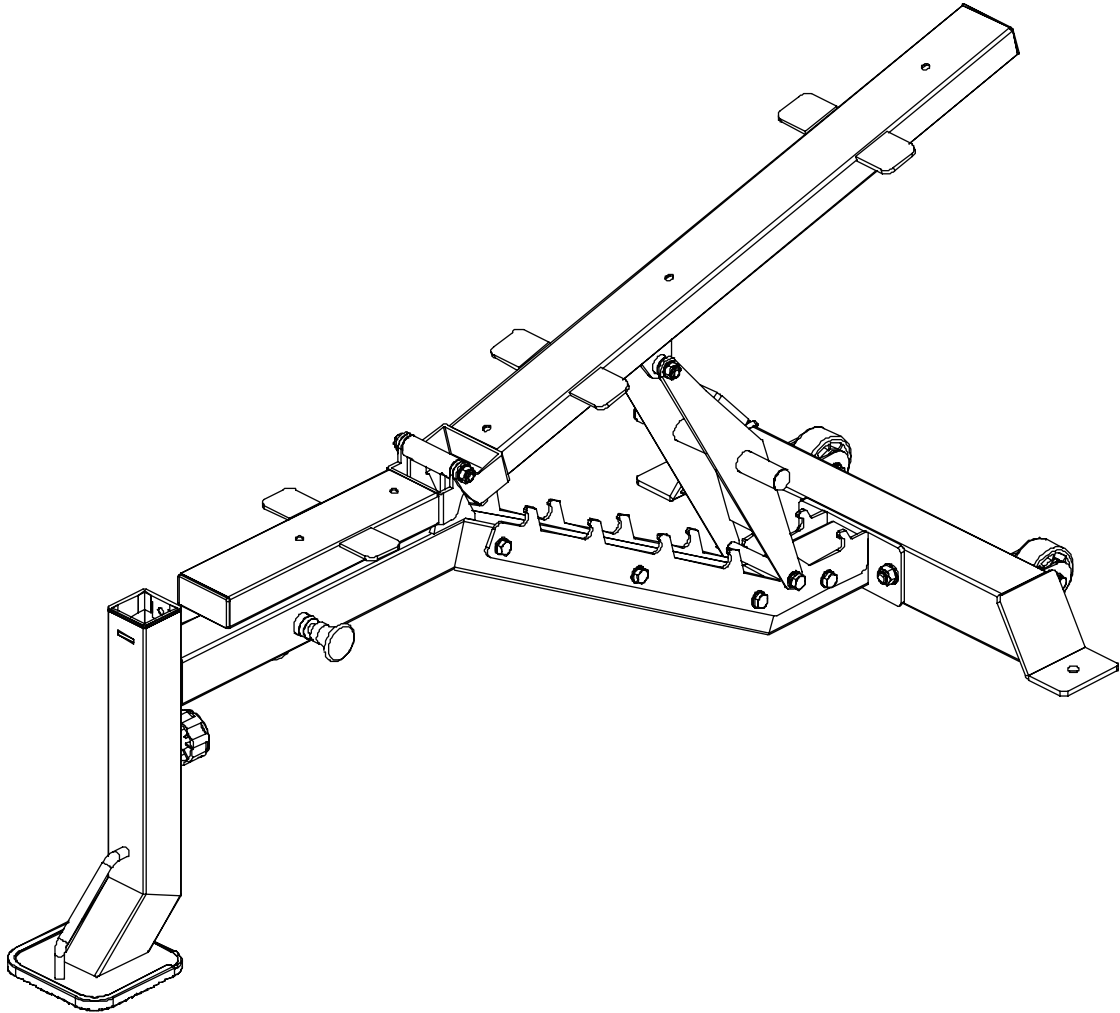
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
44	Tube Plug $\phi 40 \times 80 \times 2$	1
45	Powder Powder Sleeve $\phi 22 \times \phi 18 \times \phi 12.2 \times 15$	2

# ASSEMBLY DRAWING



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
8	Flat Washer φ10	2
30	Spring Washer φ10	2
31	Hexagon Bolt M10*25	2
46	Back Support Rubber Pad	1
47	Tube Plug φ25*2	2
48	Hexagon Socket Countersunk Head Screw M6*16	4
49	Internal Thread Shaft φ16*95-M12	1

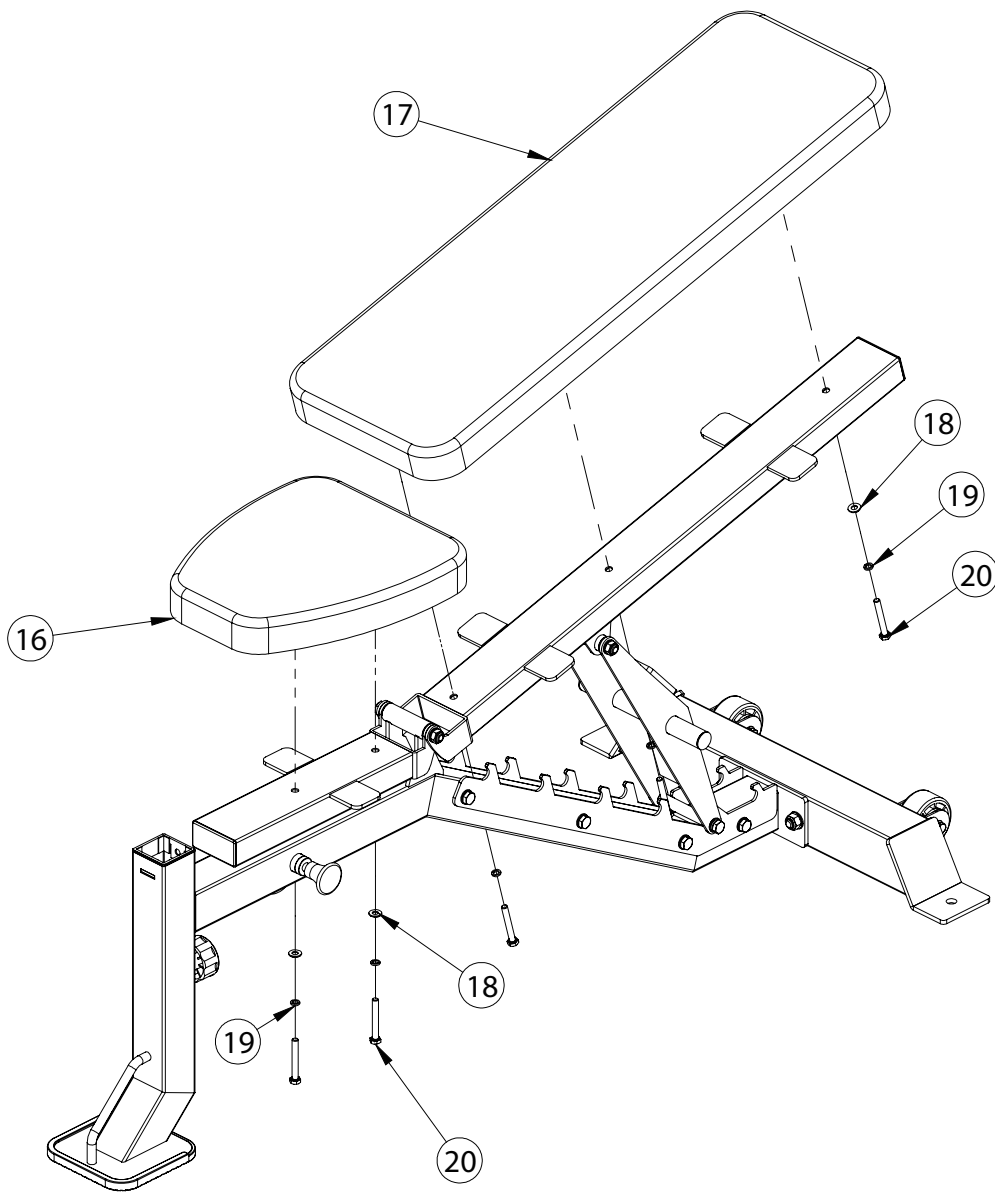
# ASSEMBLY DRAWING



## ASSEMBLY INSTRUCTIONS

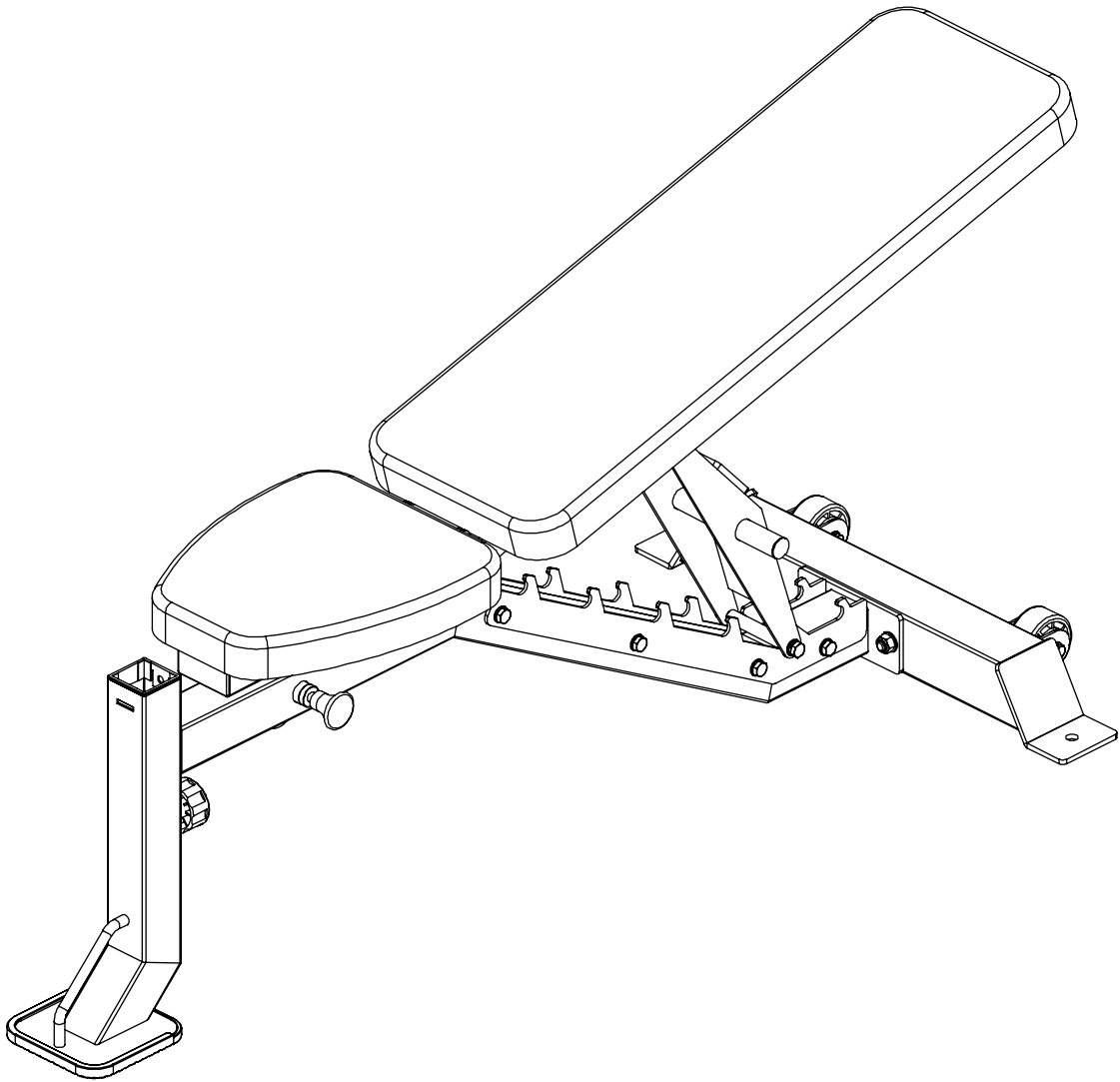
1. Fix seat tube assembly-11 and back cushion tube assembly-12 on main frame use  $\varphi$  12\*M10\*118 external thread shaft-14,  $\varphi$ 10 flat washer-8 and M8 lock nut-9.
2. Connect back cushion tube assembly-12 and back cushion back support assembly-13 use  $\varphi$  12\*129.5-M10 shaft-15,  $\varphi$ 10 flat washer-8 and M8 lock nut-9.

## ASSEMBLY STEP 3



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
16	Seat Cushion	1
17	Back Cushion	1
18	Flat Washer $\phi 8$	5
19	Spring Washer $\phi 8$	5
20	Hexagon Bolt M8*60	5

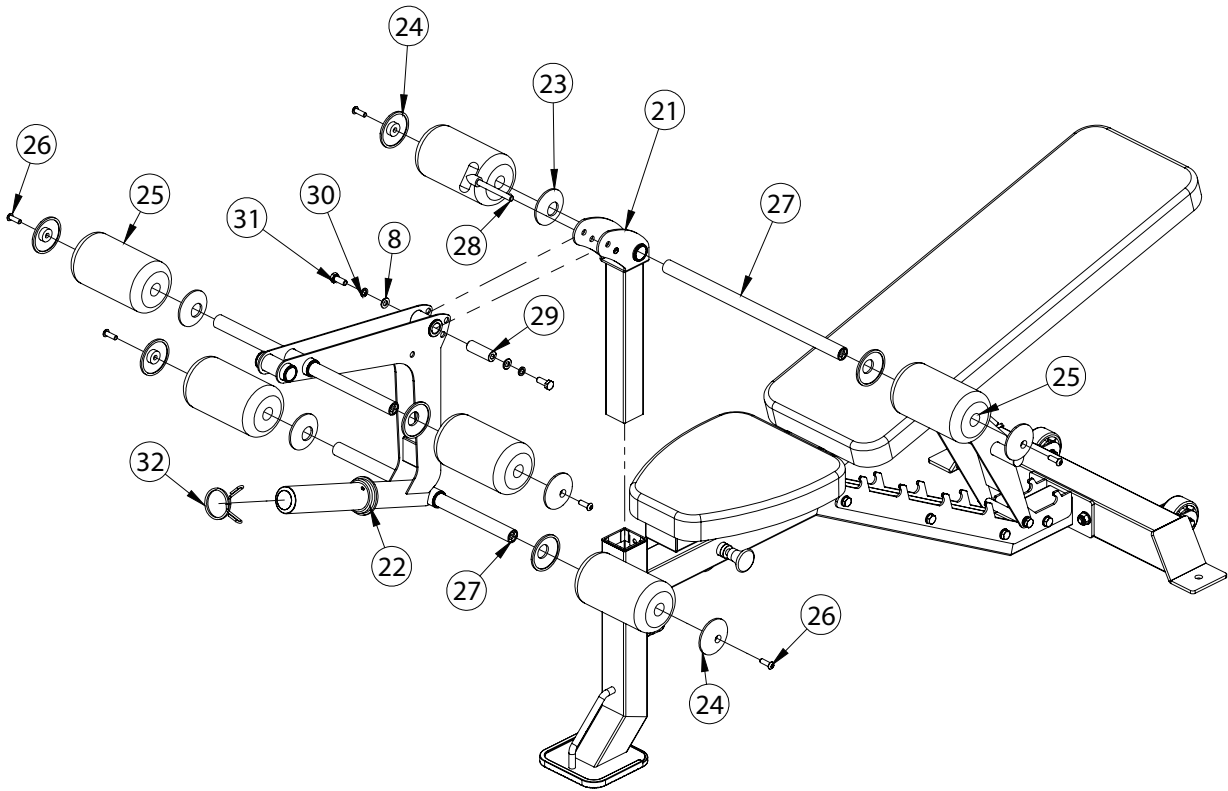
# ASSEMBLY DRAWING



## ASSEMBLY INSTRUCTIONS

1. Fix seat cushion-16 and back cushion-17 use M8\*60 hexagon bolt-20,  $\phi 8$  spring washer-19 and  $\phi 8$  flat washer-18.

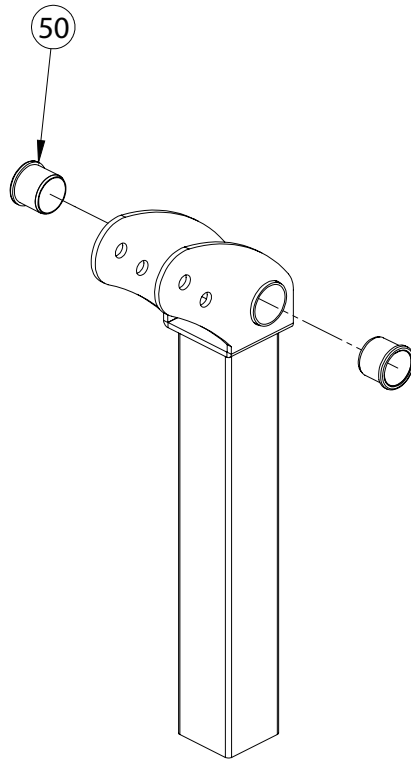
## ASSEMBLY STEP 4



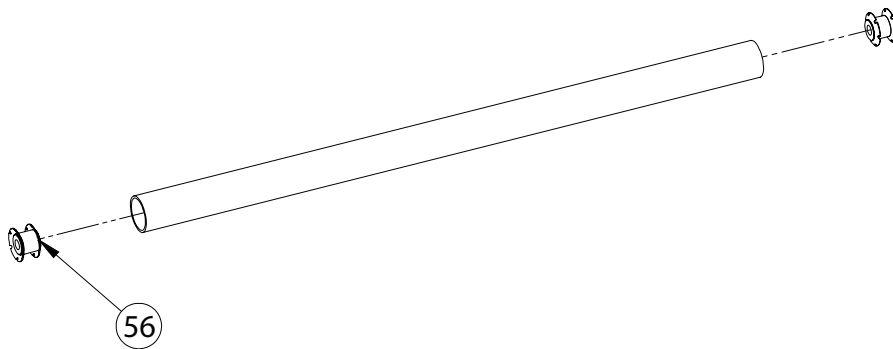
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
8	Flat Washer $\phi 10$	2
21	Kick Internal Insert Tube Assembly	1
22	Kick Frame Assembly	1
23	Foam Inner Cap $\phi 70 * \phi 27 * 12$	6
24	Foam Outer Cap $\phi 70 * \phi 9 * 14$	6
25	Foam $\phi 25 * \phi 100 * 175$	6
26	Hexagon Socket Button Head Screw M8*25	6
27	Foam Tube	3
28	T Shape Pin $\phi 10 * 85$	1
29	Internal Thread Shaft $\phi 20 * 57 - M10$	1
30	Spring Washer $\phi 10$	2
31	Hexagon Bolt M10*25	2
32	Olympic Lock Collar	1



# ASSEMBLY DRAWING

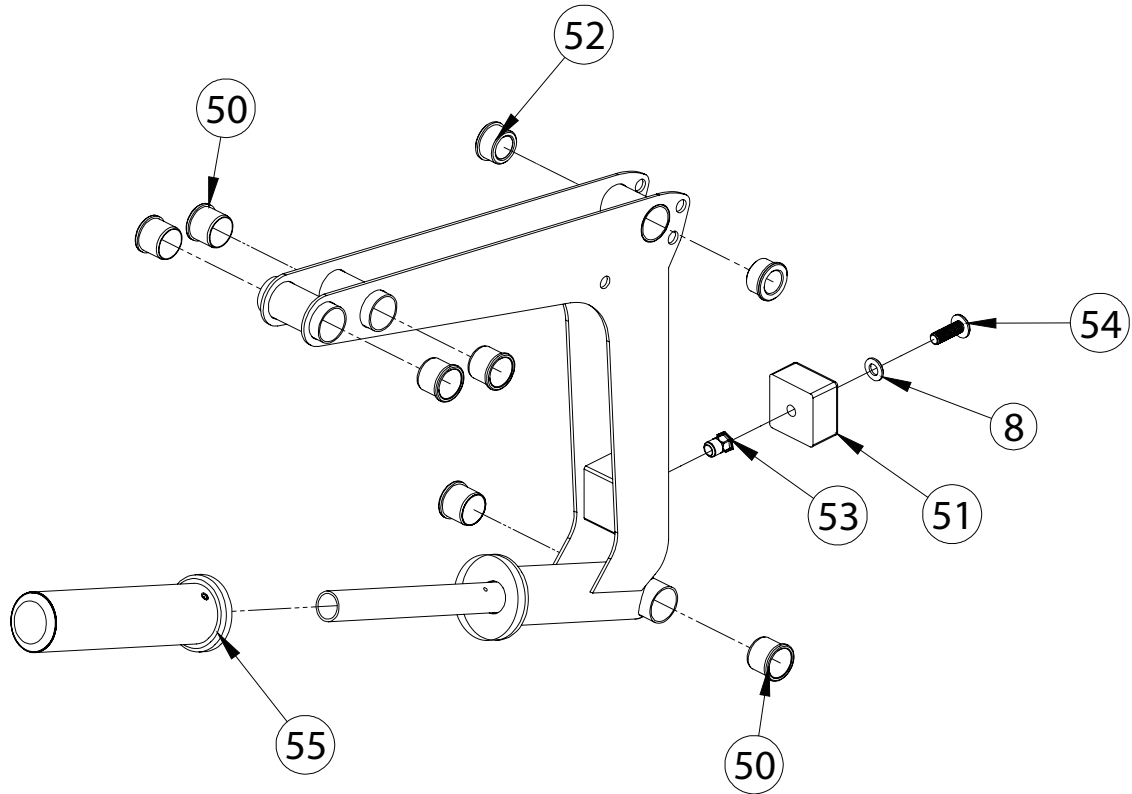


KEY NUMBER	DESCRIPTION OF PART	QUANTITY
50	Reduction Sleeve $\phi 32 * \phi 26 * 25$	2



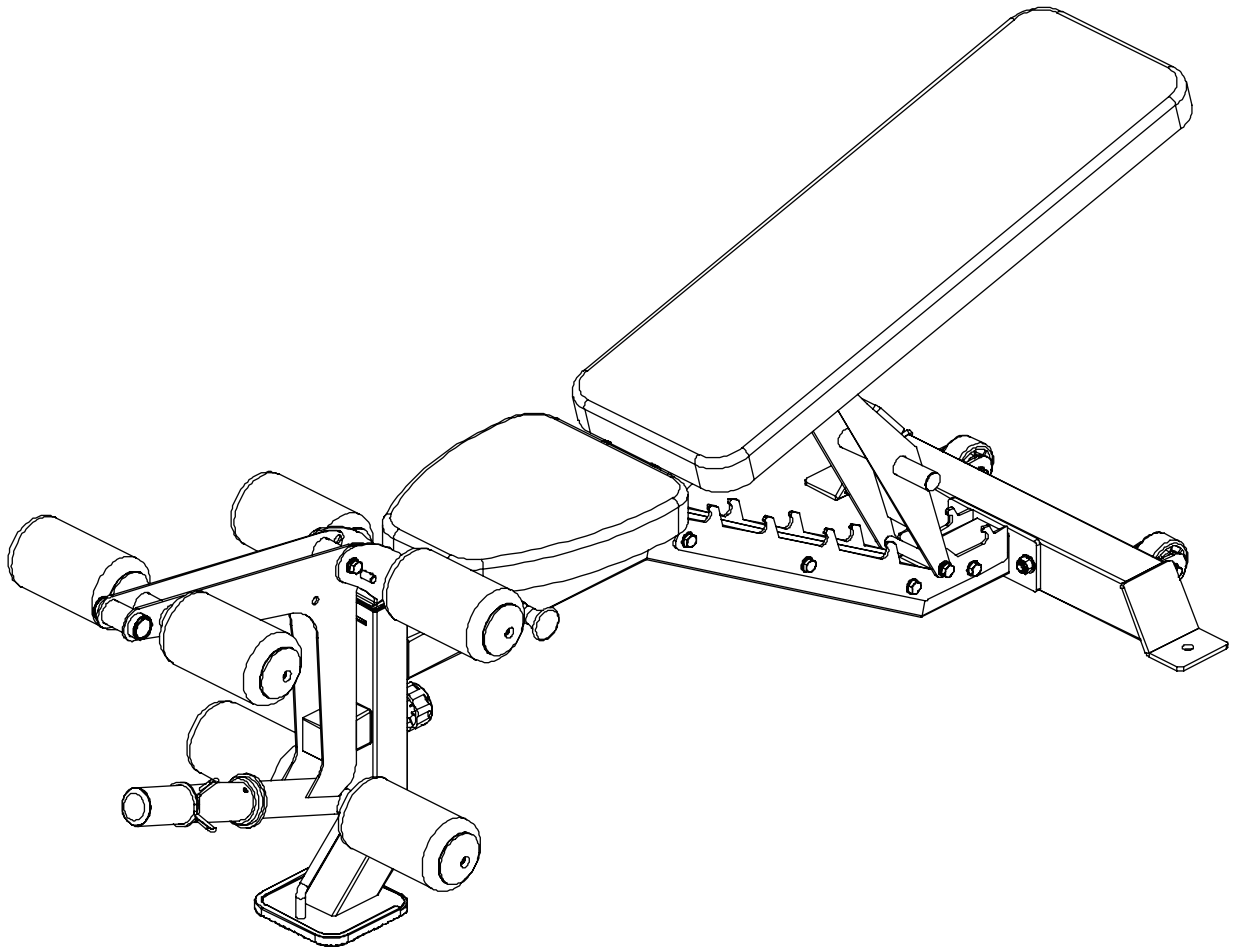
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
56	Two Layer Spring Nut $\phi 23 - M8$	2

# ASSEMBLY DRAWING



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
8	Flat Washer $\phi 10$	1
50	Reduction Sleeve $\phi 32 * \phi 26 * 25$	6
51	Rubber Shock Pad $\phi 50 * 50 * 30$	1
52	Powder Powder Sleeve $\phi 32 * \phi 29 * \phi 20 * 18$	2
53	Countersunk Hexagon Rivet Nut M10	1
54	Hexagon Socket Countersunk Head Screw M10*30	1
55	Sleeve	1

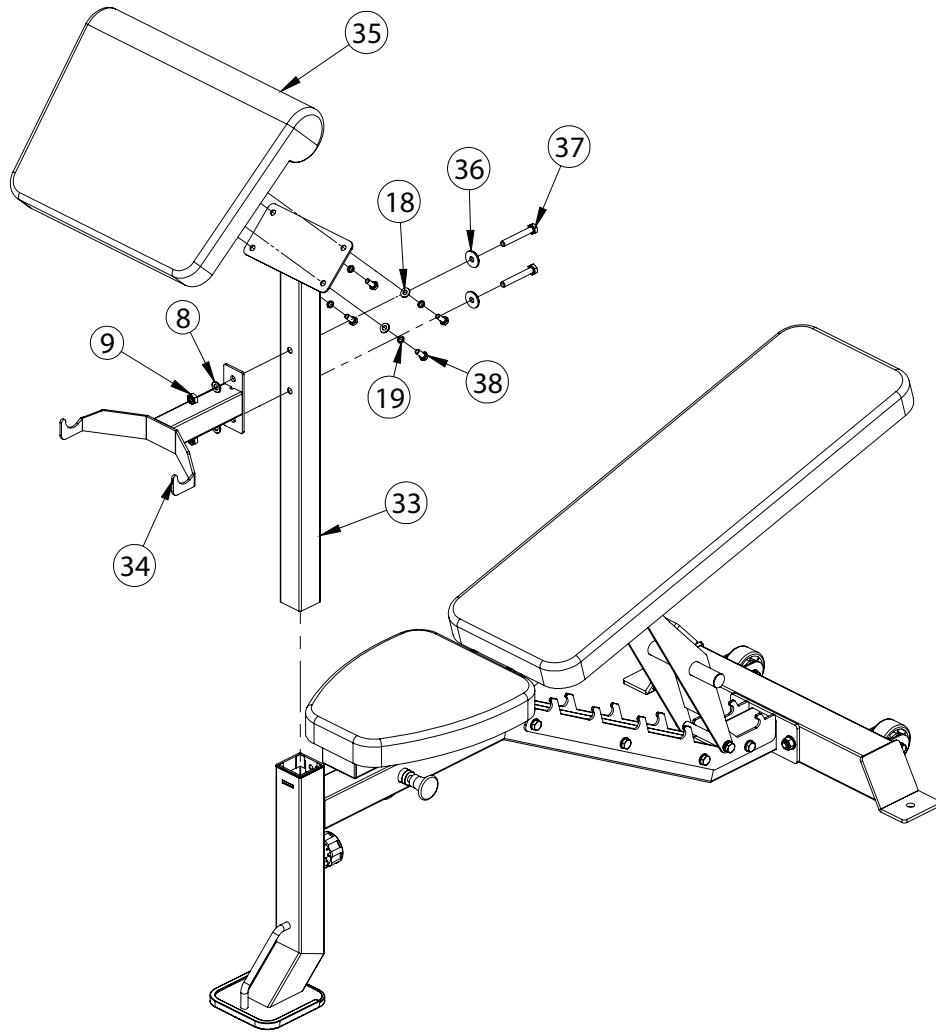
# ASSEMBLY DRAWING



## ASSEMBLY INSTRUCTIONS

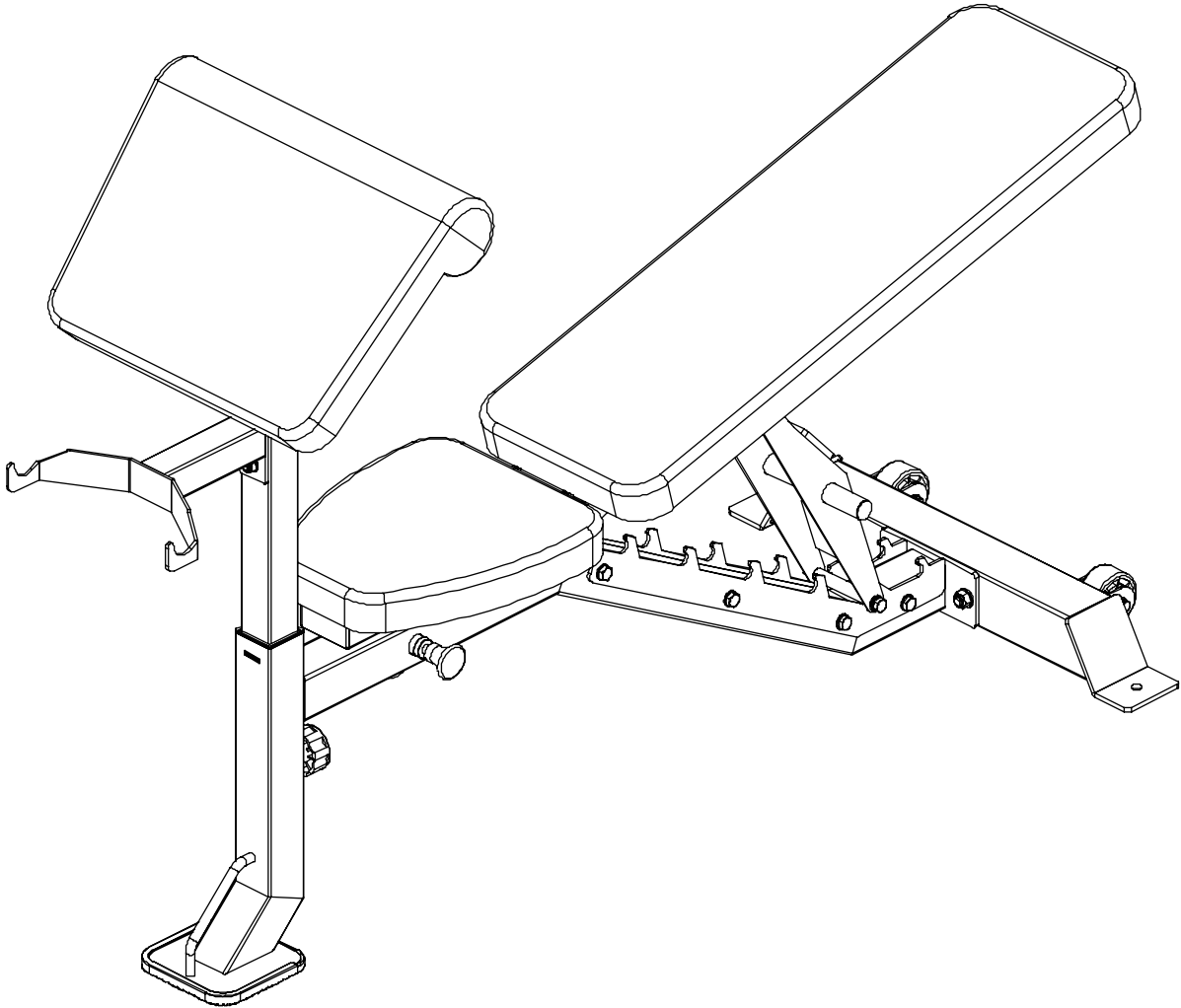
1. Connect kick internal insert tube assembly-21 and kick frame assembly-22 use M10\*25 hexagon bolt-31,  $\phi$ 10 spring washer-30,  $\phi$ 10 flat washer-8 and  $\phi$ 20\*57-M10 internal thread shaft-29.
2. Fix foam-25 and foam tube-27 on kick internal insert tube assembly-21 and kick frame assembly-22 use M8\*25 hexagon socket button head screw-26, foam inner cap-23 and foam outer cap-24.
3. Install olympic lock collar-32 on kick frame assembly-22.

## ASSEMBLY STEP 5



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
8	Flat Washer $\phi 10$	2
9	Lock Nut M10	2
18	Flat Washer $\phi 8$	4
19	Spring Washer $\phi 8$	4
33	Chest Cushion Tube	1
34	Barbell Support Tube	1
35	Chest Cushion	1
36	Big Flat Washer $\phi 30 * \phi 10 * 3$	2
37	Hexagon Bolt M10*70	2
38	Hexagon Bolt M8*20	4

# ASSEMBLY DRAWING



## ASSEMBLY INSTRUCTIONS

1. Connect chest cushion tube-33 and barbell support tube-34 use M10\*70 hexagon bolt-37, big flat washer-36,  $\phi$ 10 flat washer-8 and M8 lock nut-9.
2. Fix chest cushion-35 on chest cushion tube-33 use M8\*20 hexagon bolt-38,  $\phi$ 8 spring washer-19 and  $\phi$ 8 flat washer-18.