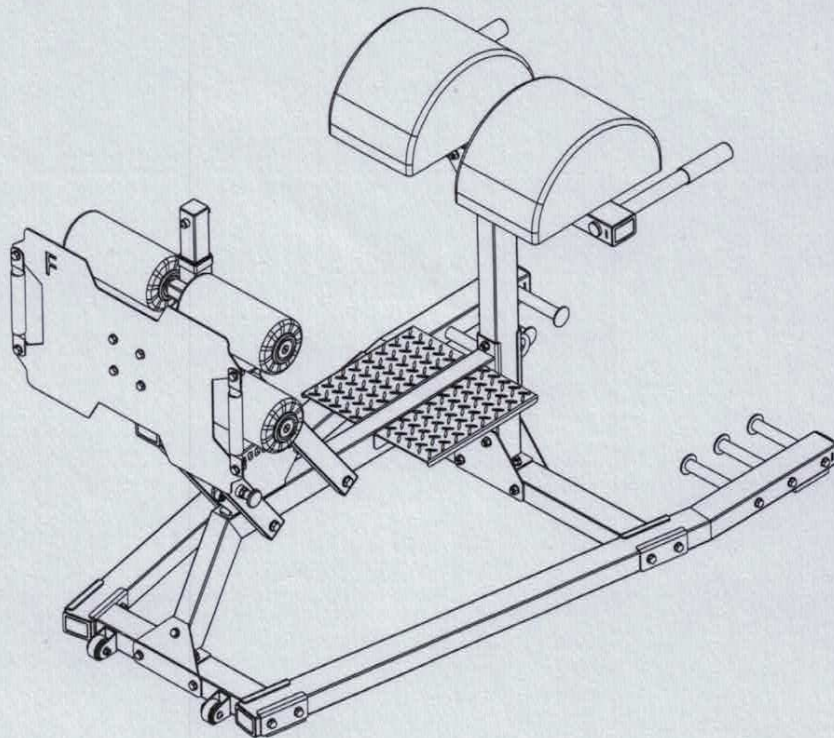


FORCE^{USA}

OWNER'S MANUAL

F-COMGHR-V2

Commercial GHR/GHD



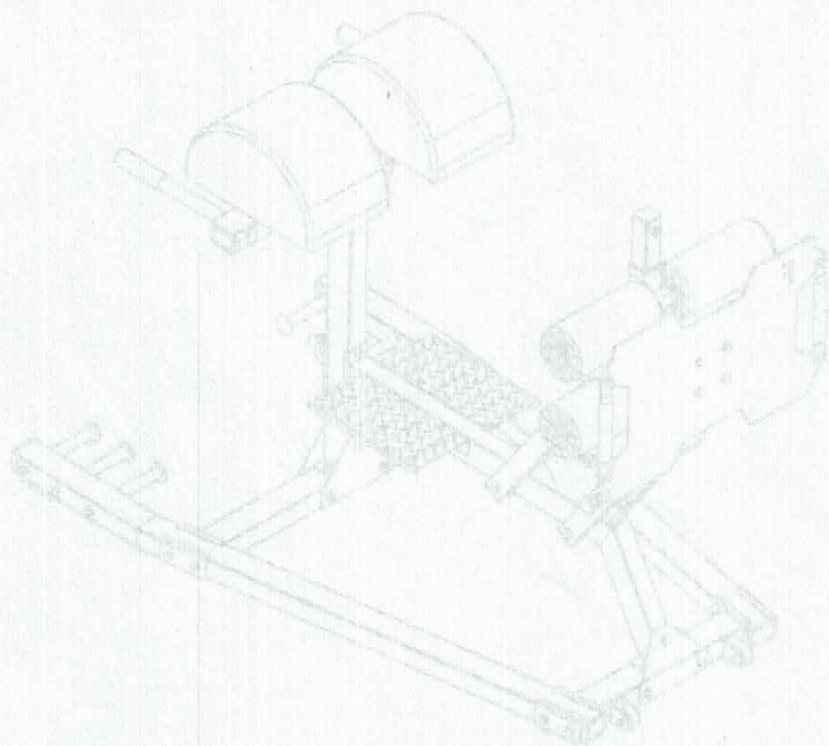
CAUTION!

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



FORCE

OWNER'S MANUAL F-COMGR-V2 Commercial GRIND



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

ASSEMBLY MANUAL

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 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.

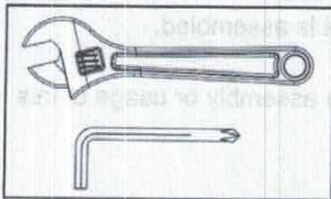
FORCE USA FITNESS EQUIPMENT ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

IMPORTANT ASSEMBLY INFORMATION

- ❖ Tools Required for Assembling the Bench: Adjustable Wrench and Allen Wrench.
- ❖ NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.
- ❖ Ensure **Carriage Bolts** are inserted through the **SQUARE holes** on components that need to be assembled. Attach washer only to end of the Carriage Bolt.
- ❖ Use **Allen Bolts or Hex Bolts** inserted through the **ROUND hole** on components that need to be assembled.
- ❖ Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed

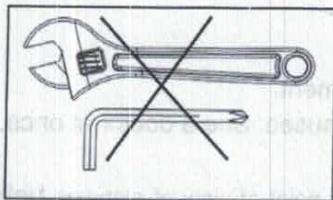
Fasten Nuts and Bolts



Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.

NOTE: Do not over tighten any component with pivoting function.

Make sure all pivoting components are able to move freely.



Do not tighten all Nuts and Bolts in this step.

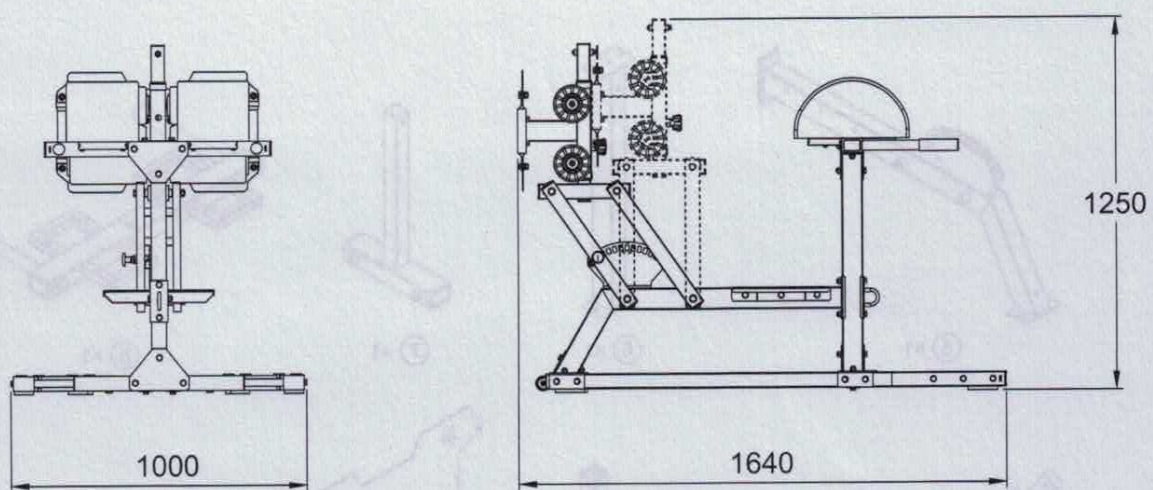
PARTS LIST

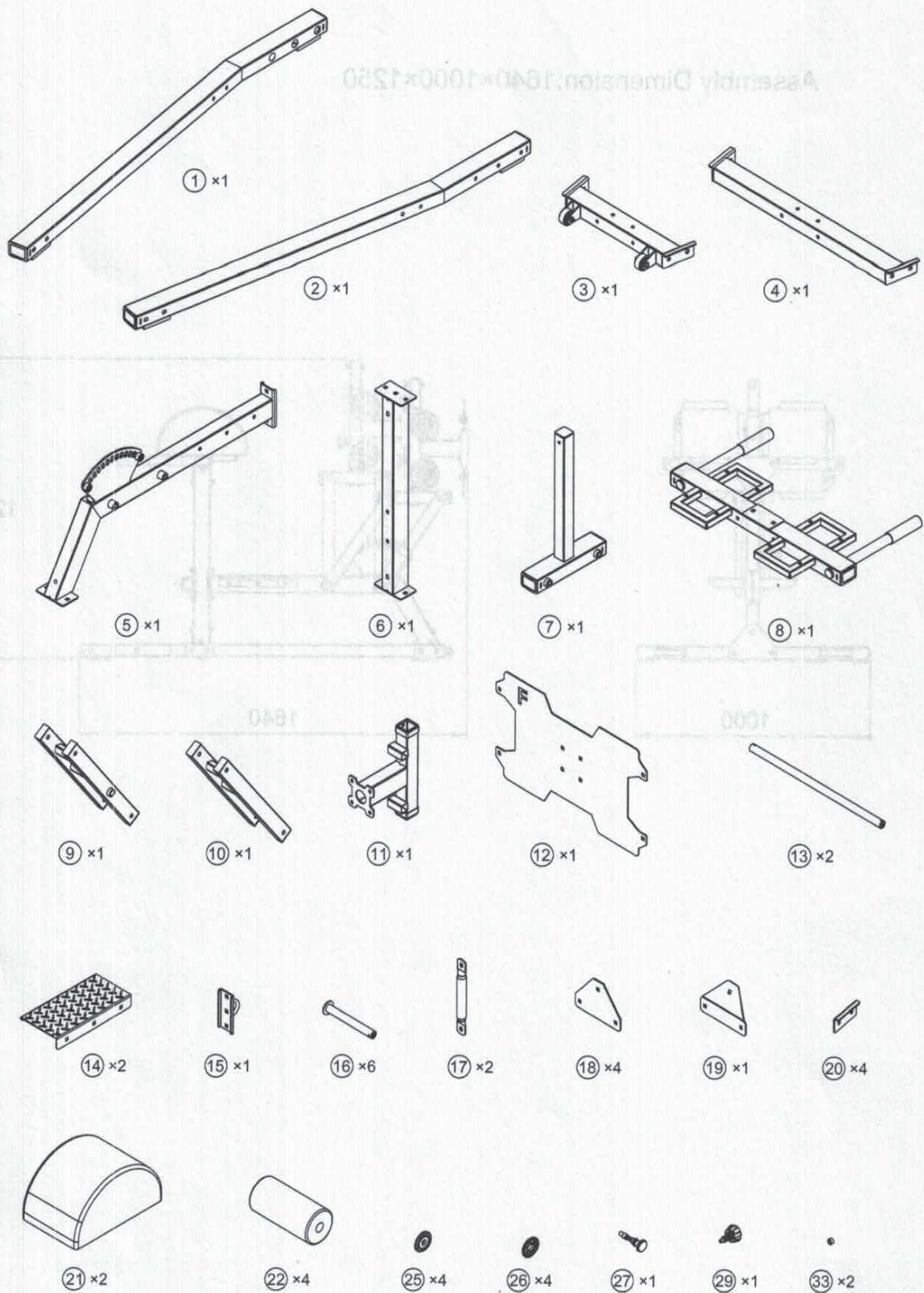
NOTE: SOME PARTS MAY COME PRE ASSEMBLED, IN WHICH CASE CONTINUE ONTO THE NEXT REQUIRED STEP OF ASSEMBLY.

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Left Base Frame		1
2	Right Base Frame		1
3	Front Frame		1
4	Rear Frame		1
5	Connection Frame		1
6	Rear Vertical Frame		1
7	Adjustable Frame		1
8	Cushion Support		1
9	Front Linkage Bracket		1
10	Rear Linkage Bracket		1
11	Foam Adjustable Bracket		1
12	Foot Plate	670×400×3	1
13	FOAM Rack		2
14	Foot Frame		2
15	Elastic Rope Hanger Bracket		1
16	Elastic Rope Hanger Tube		6
17	Handle Bar		2
18	Bracket	200×140×4	4
19	Bend Plate	200×87×55×4	1
20	L-shaped Fixed Plate	120×54×19×4	4
21	Pad	400×R200×240	2
22	Foam Roll	φ125×φ22×255	4
23	End Cap	□44	2
24	End Cap	□50×70	8
25	FOAM End Cover	φ70×φ9×8.5	4
26	FOAM Inner Baffle	φ70×φ26×9.5	4
27	Pop Pin		1
28	Bushing	φ25×φ21.8×φ12.2×8	8
29	Lock Knob	M18×φ10	1
30	Roller Wheel	φ50×28	2
31	Rubber Bumper	65×100×12	4
32	Rubber Bumper	φ25×φ11×14	2
33	Bushing	φ18×φ9×10	2
34	End Cap	φ32	2
35	End Cap	□50×□25	8
36	Sleeve	□50×□45	2
37	Grip Sleeve	φ32×132	2
38	Grip Sleeve	φ23×150	2

KEY NO.	PART DESCRIPTION	SPEC	QTY
39	Allen Bolt	M8×16	8
40	Hexagon Socket Countersunk Head Screw	M8×30	4
41	Allen Bolt	M8×40	8
42	Allen Bolt	M8×50	2
43	Allen Bolt	M8×75	1
44	Hexagon Socket Cap Screw	M10×10	2
45	Hex Bolt	M10×25	14
46	Hex Bolt	M10×75	9
47	Hex Bolt	M10×90□	3
48	Hex Bolt	M10×95	16
49	Hex Bolt	M12×165	4
50	Washer	8	14
51	Washer	10	71
52	Washer	12	8
53	Washer	φ30×φ10.5×2.5	3
54	Aircraft Nut	M8	3
55	Aircraft Nut	M10	32
56	Aircraft Nut	M12	4
	Allen Wrench	#5	2
	Allen Wrench	#8	1

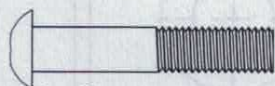
Assembly Dimension: 1640×1000×1250



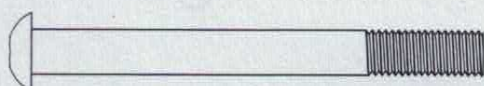




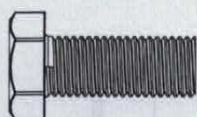
④⑩ ×4



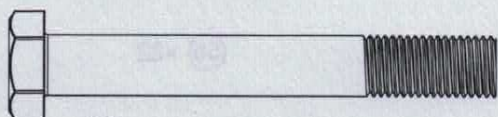
④⑪ ×8



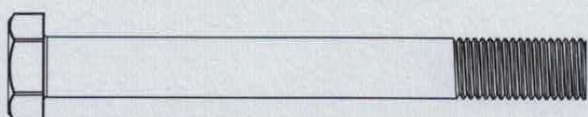
④⑬ ×1



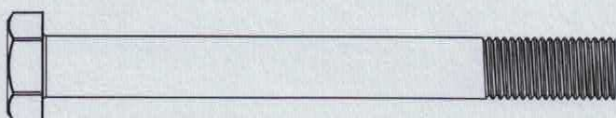
④⑮ ×14



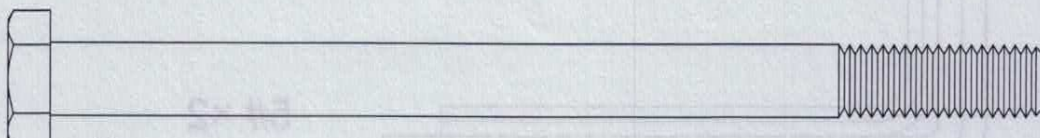
④⑯ ×9



④⑰ ×3

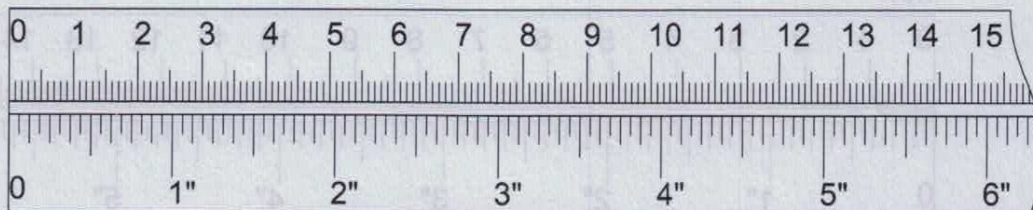


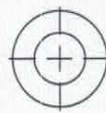
④⑱ ×16



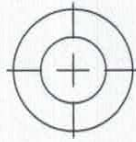
④⑲ ×4

mm

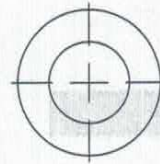




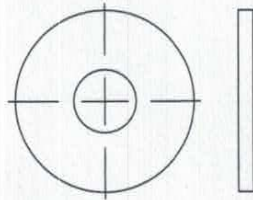
50 x 10



51 x 71



52 x 8



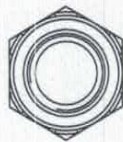
53 x 3



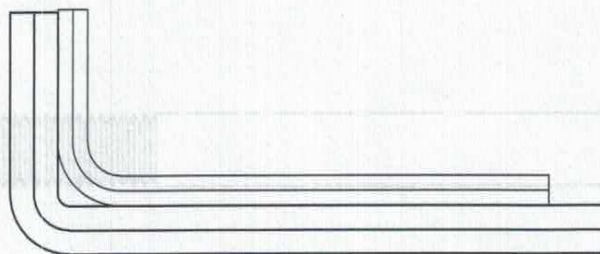
54 x 1



55 x 32



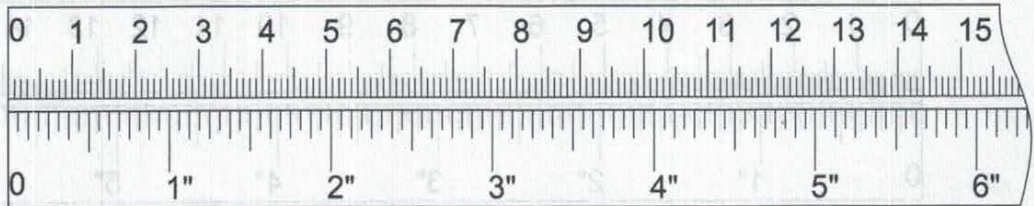
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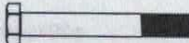


5# x 2

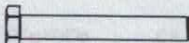
8# x 1

mm

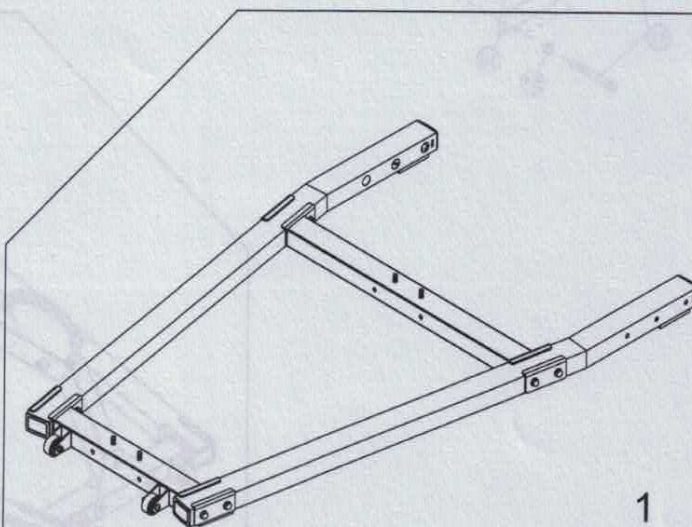
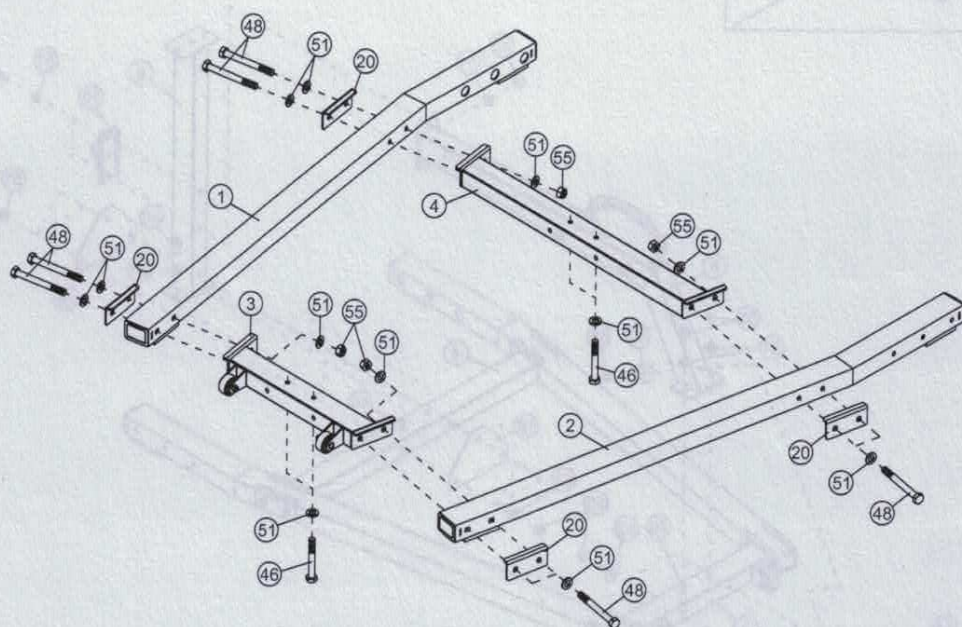
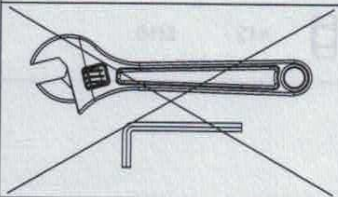


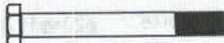
(46)  ×4 M10×75mm

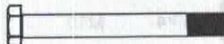
(51)  ×16 $\phi 20 \times \phi 10.5$

(48)  ×8 M10×95mm

(55)  ×4 M10



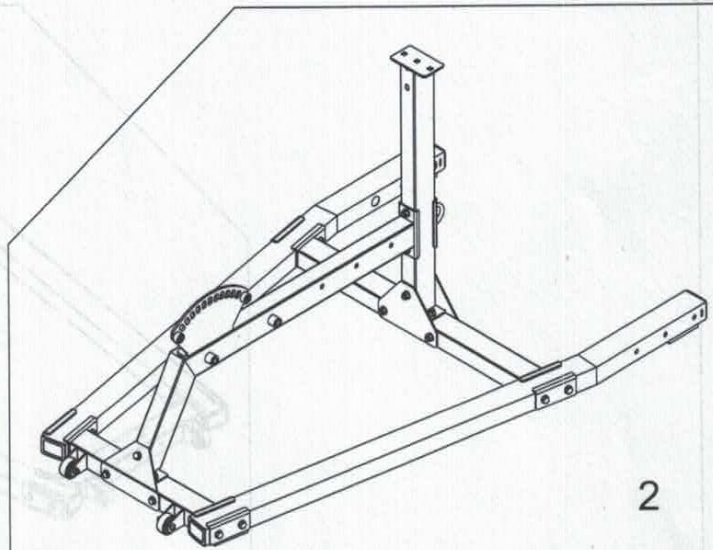
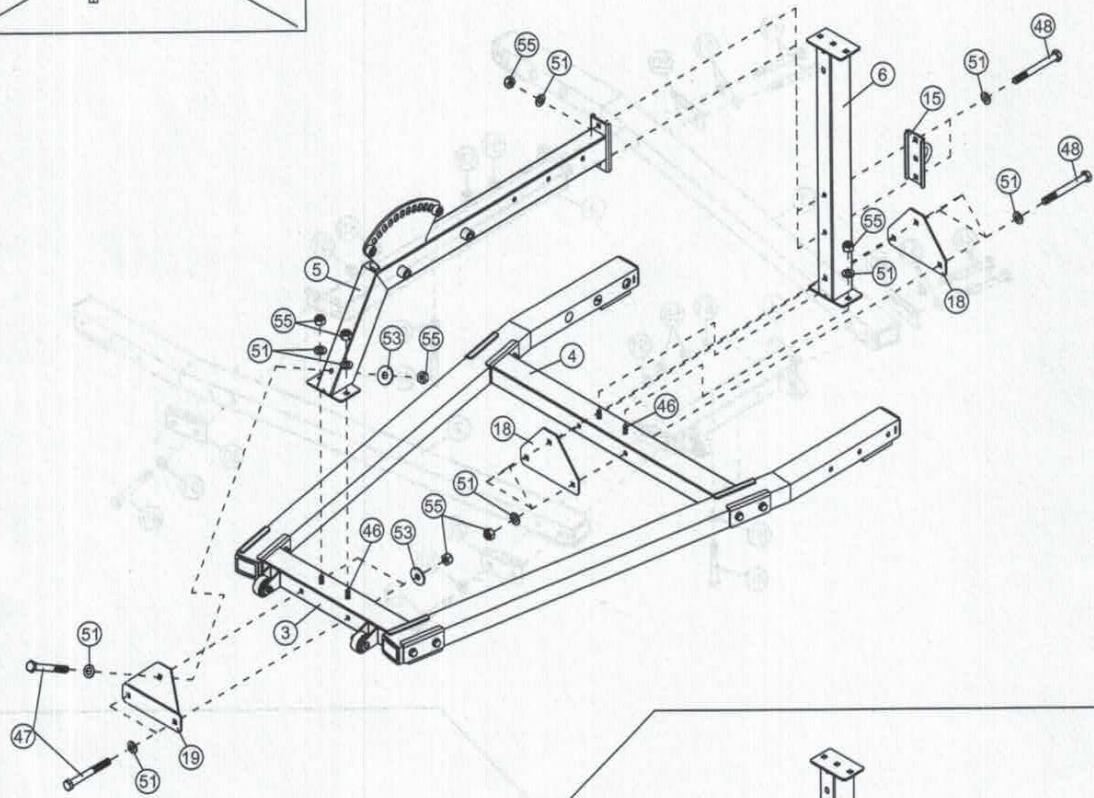
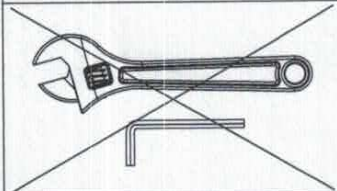
(47)  ×3 M10×90mm

(48)  ×5 M10×95mm

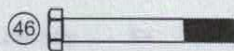
(51)  ×17 $\phi 20 \times \phi 10.5$

(53)  ×3 $\phi 30 \times \phi 10.5$

(55)  ×12 M10



2



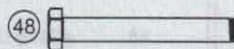
×5

M10×75mm



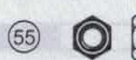
×16

φ20×φ10.5



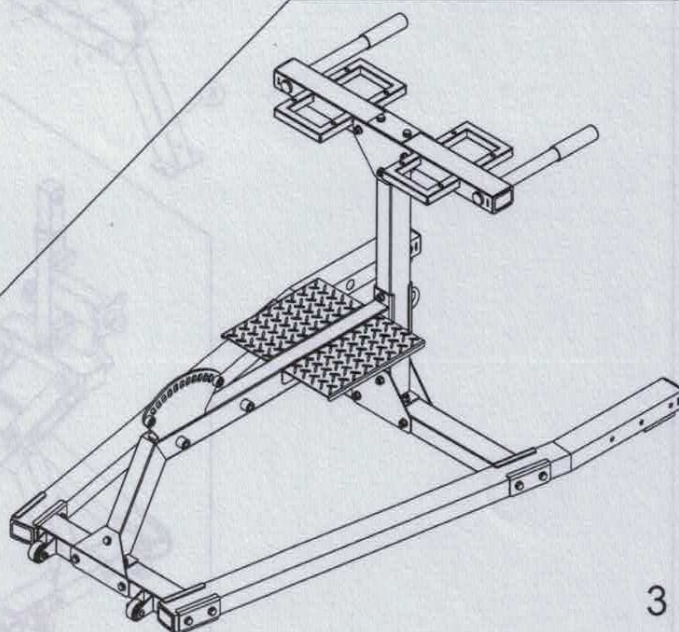
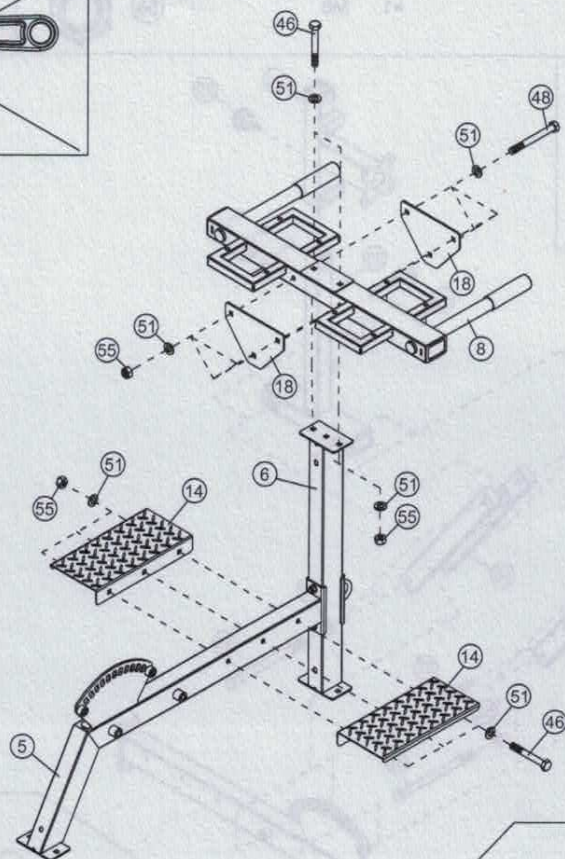
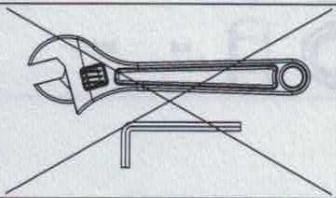
×3

M10×95mm

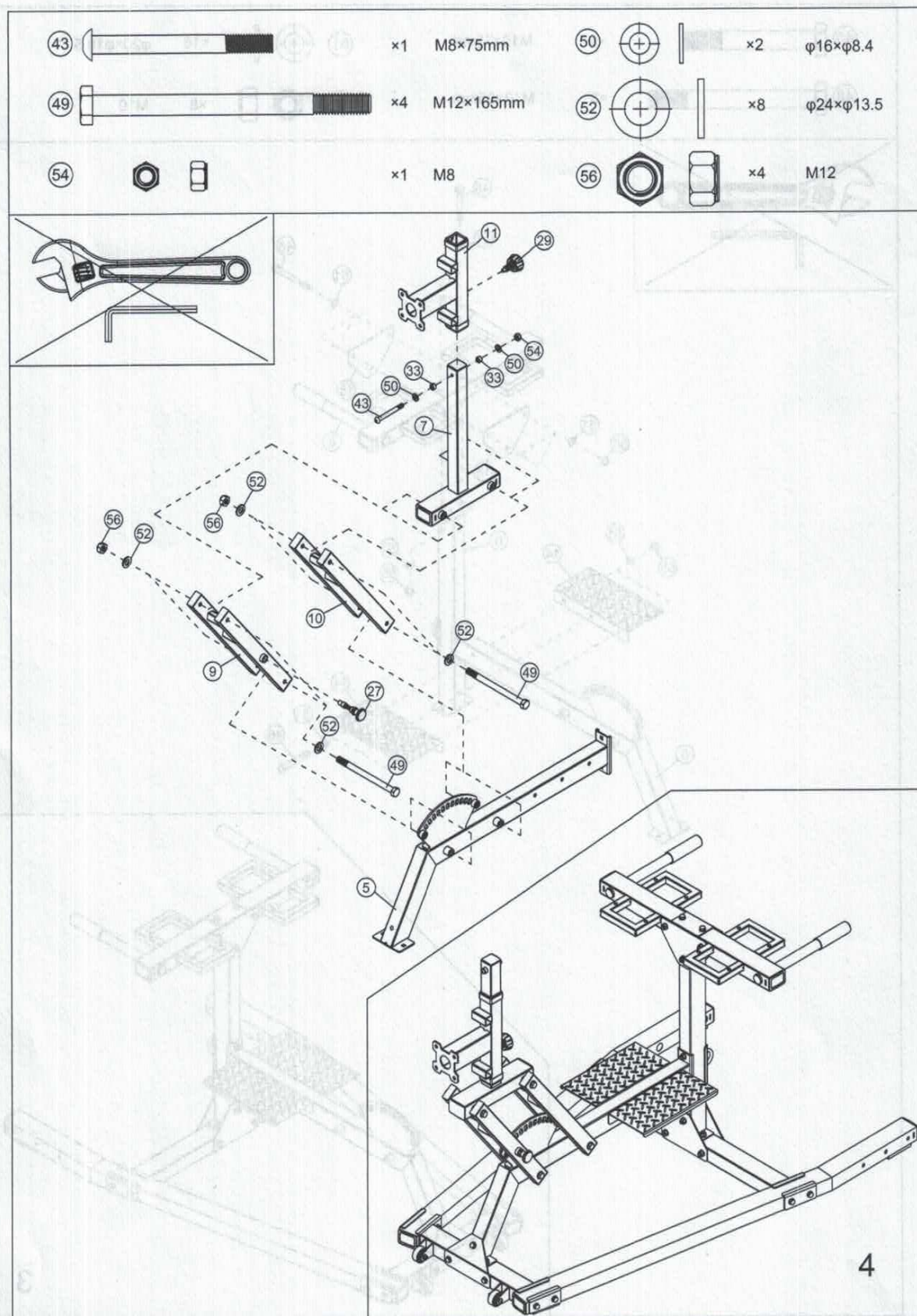


×8

M10



3

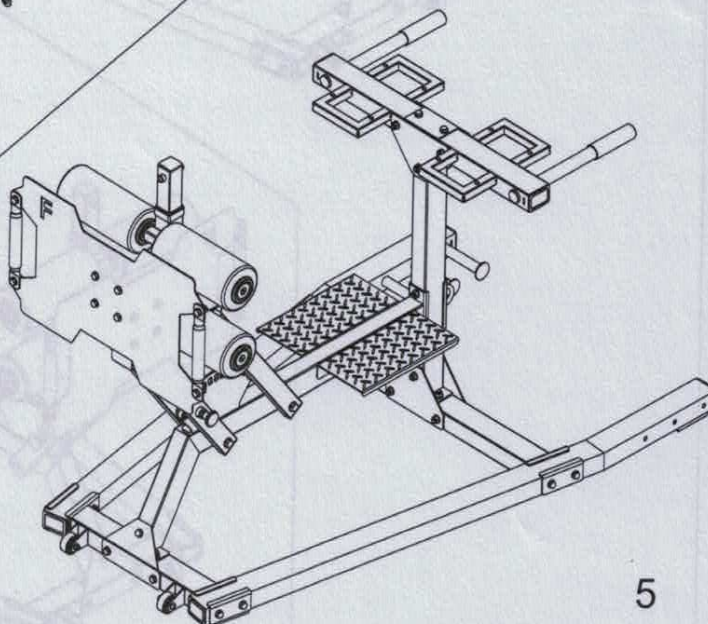
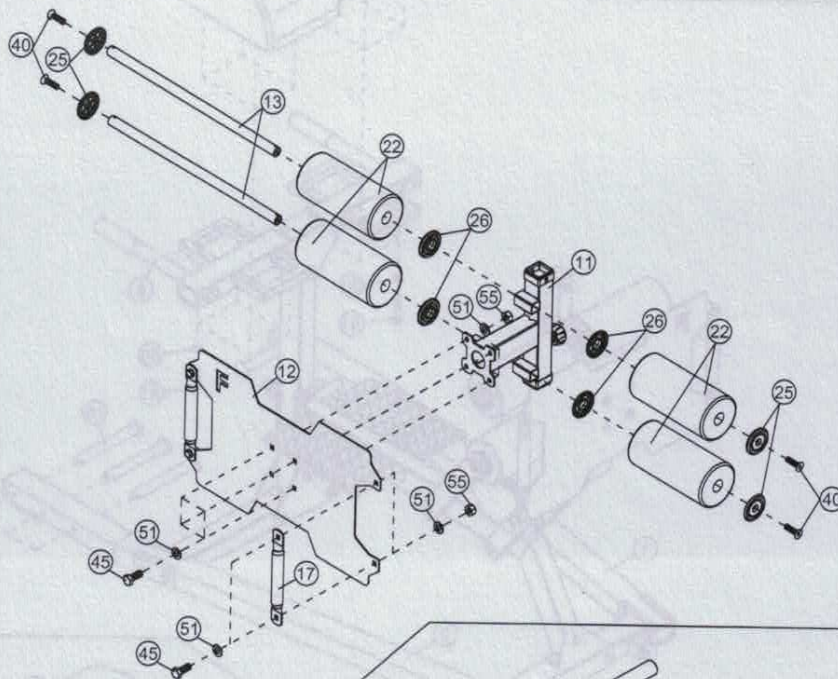
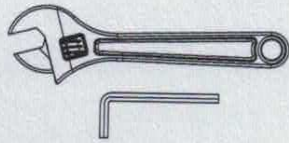


(40)  ×4 M8×30mm

(51)  ×16 $\phi 20 \times \phi 10.5$

(45)  ×8 M10×25mm

(55)  ×8 M10



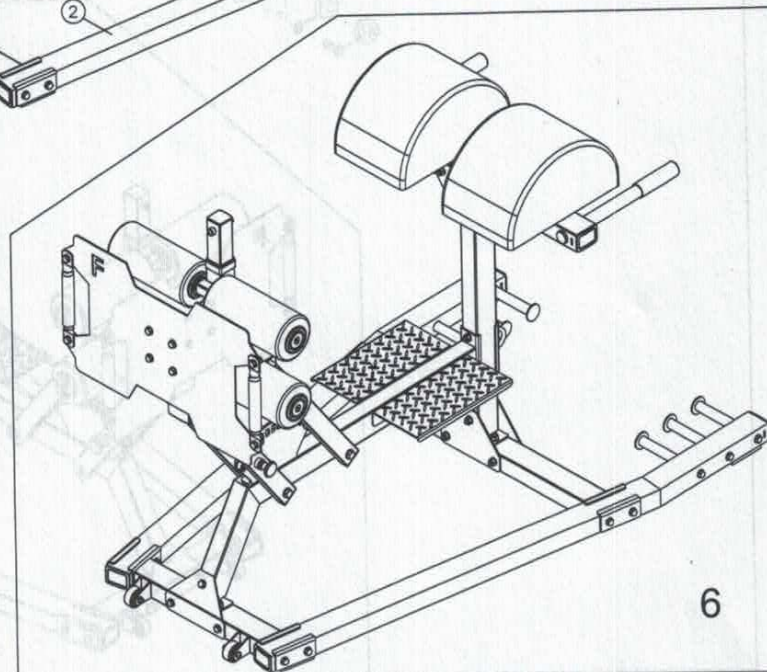
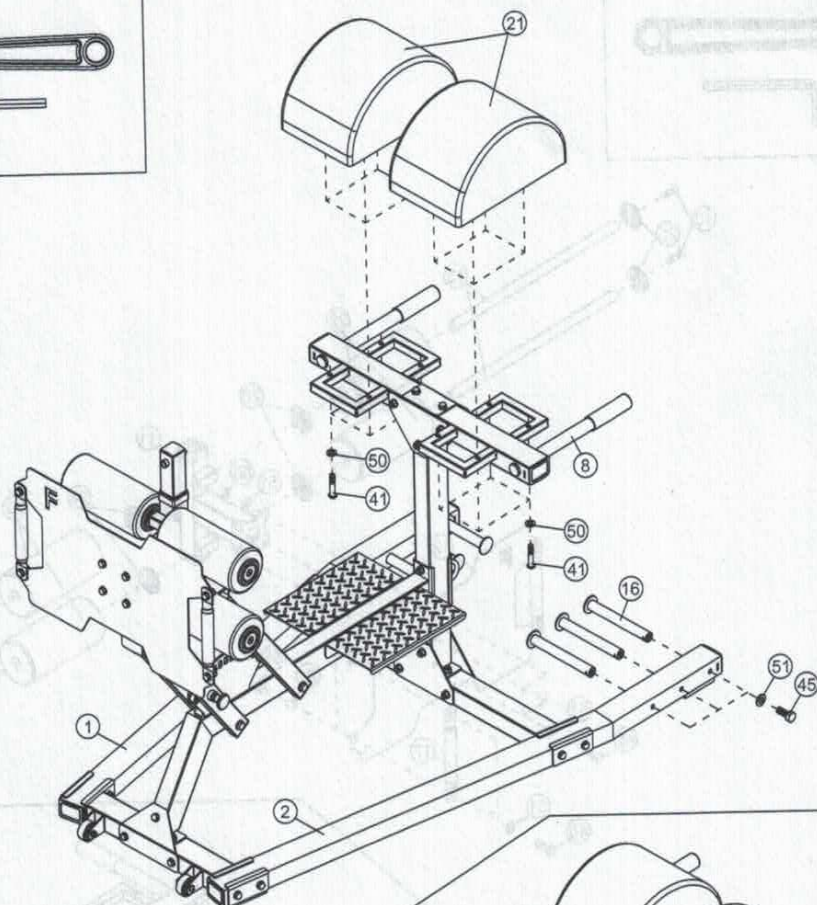
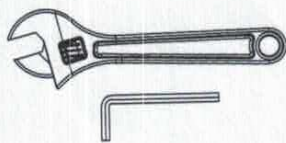
5

④①  ×8 M8×40mm

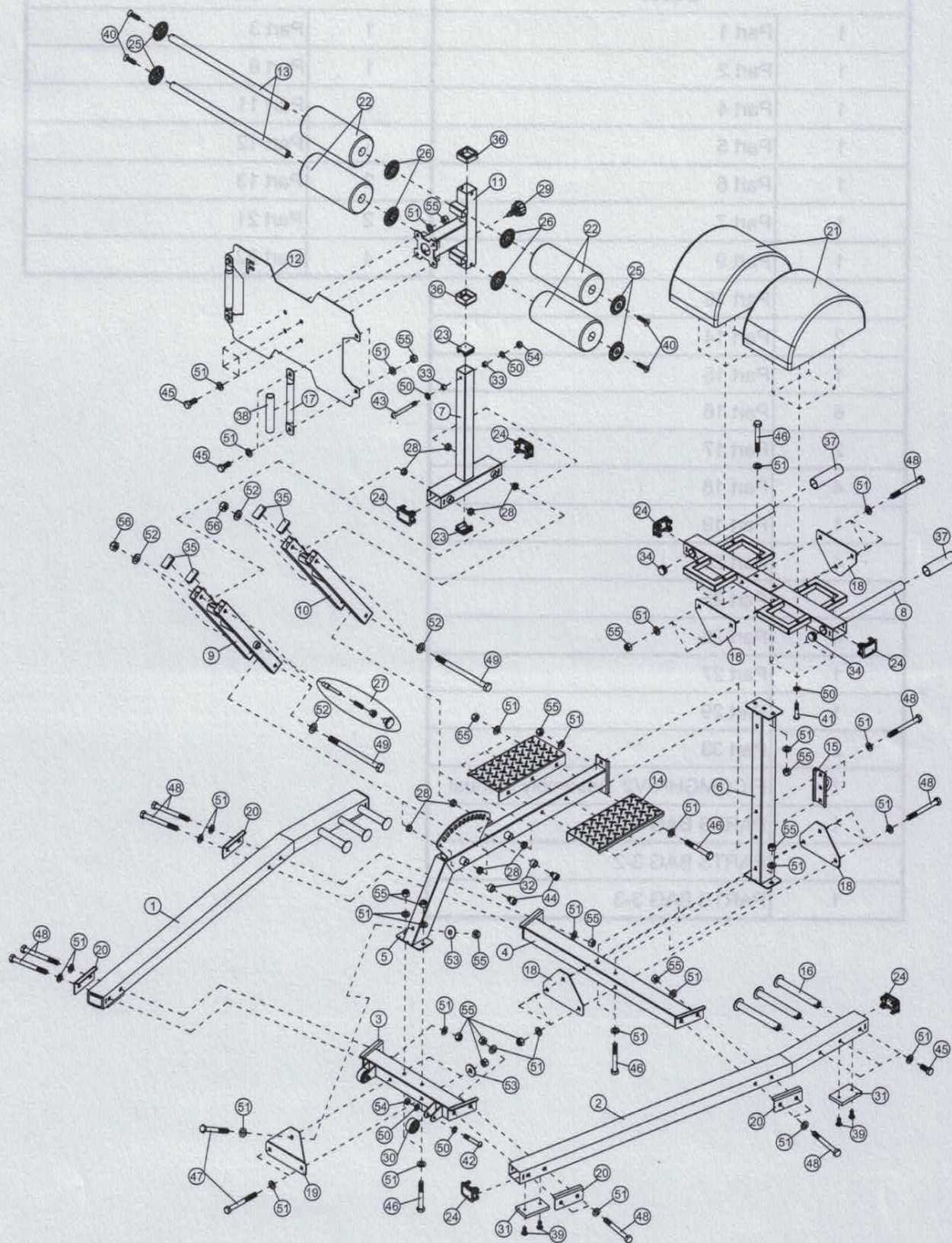
④⑤  ×6 M10×25mm

⑤①  ×8 $\phi 16 \times \phi 8.4$

⑤②  ×6 $\phi 20 \times \phi 10.5$



EXPLODED DIAGRAM



PACKAGE LIST

BOX1		BOX2	
1	Part 1	1	Part 3
1	Part 2	1	Part 8
1	Part 4	1	Part 11
1	Part 5	1	Part 12
1	Part 6	2	Part 13
1	Part 7	2	Part 21
1	Part 9	4	Part 22
1	Part 10		
2	Part 14		
1	Part 15		
6	Part 16		
2	Part 17		
4	Part 18		
1	Part 19		
4	Part 20		
4	Part 25		
4	Part 26		
1	Part 27		
1	Part 29		
2	Part 33		
1	F-COMGHR-V2 Assembly Manual		
1	PARTS BAG 3-1		
1	PARTS BAG 3-2		
1	PARTS BAG 3-3		





**LIFETIME WARRANTY ON FRAME
2 YEAR WARRANTY ON MOVING PARTS (Such as Wheels)**

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.



FORCE

LIFETIME WARRANTY ON FRAME 2 YEAR WARRANTY ON MOVING PARTS (Such as Wheels)

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 recommended parts and/or to repair or replace 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 top-stitch 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.

