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Force USA F-MR-SEAT

Force USA MyRack Seat/Lat Attachment User Manual

Model: F-MR-SEAT

Brand: Force USA

INTRODUCTION

This manual provides essential information for the safe and effective use of your Force USA MyRack Seat/Lat Attachment. This attachment is specifically designed to integrate with the Force USA MyRack Cable Crossover option, transforming it into a dedicated Lat Pulldown unit. Please read this manual thoroughly before assembly and operation to ensure proper usage and to maximize the lifespan of your equipment.

PRODUCT OVERVIEW

The Force USA MyRack Seat/Lat Attachment is a robust accessory engineered to enhance the functionality of your existing Force USA MyRack Cable Crossover. It provides a stable and comfortable seating position, along with adjustable leg restraints, crucial for performing lat pulldowns and other seated cable exercises effectively and safely.



Image: Force USA MyRack Seat/Lat Attachment. This image displays the black-colored attachment featuring a comfortable padded seat and two cylindrical padded rollers for leg support. The sturdy metal frame is visible, indicating its robust construction for integration with the Force USA MyRack system.

Key Features:

- Designed exclusively for the Force USA MyRack Cable Crossover attachment.
- Converts your cable machine into a Lat Pulldown unit.
- Features a comfortable padded seat and adjustable leg rollers for secure positioning.
- Constructed with high-quality materials for durability and stability.
- Static tested weight rating: 400kg (880lbs).

SAFETY INFORMATION

Your safety is paramount. Please adhere to the following safety guidelines:

- Always consult with a medical professional before starting any new exercise program.
- Ensure the attachment is securely fastened to your Force USA MyRack Cable Crossover before each use.
- Inspect all components for wear, damage, or loose parts before and after each workout. Do not use if any damage is found.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum static weight rating of 400kg (880lbs).
- Use proper form and controlled movements during exercises.
- Wear appropriate athletic footwear and clothing.

- Perform exercises in a well-lit and clear area.

SETUP AND ASSEMBLY

The Force USA MyRack Seat/Lat Attachment is designed for straightforward integration with your Force USA MyRack Cable Crossover. While specific assembly steps may vary slightly, the general process involves securing the seat and leg roller components to the designated points on your MyRack system.

1. **Unpack Components:** Carefully remove all parts from the packaging and verify that all components are present according to the packing list (not provided in this manual, refer to product packaging).
2. **Position MyRack:** Ensure your Force USA MyRack and Cable Crossover attachment are already assembled, stable, and positioned on a level surface.
3. **Attach Seat Frame:** Align the attachment's main frame with the designated mounting points on your MyRack Cable Crossover. Secure it using the provided bolts, washers, and nuts. Ensure all fasteners are tightened firmly.
4. **Install Leg Rollers:** Insert the leg roller support post into the appropriate receiver on the seat frame. Adjust the height of the leg rollers to your comfort and secure them with the locking pin or knob.
5. **Final Inspection:** Double-check all connections and fasteners to ensure they are tight and secure before initial use.

Note: For detailed, step-by-step assembly instructions, please refer to the specific assembly guide included with your Force USA MyRack Cable Crossover or the MyRack Seat/Lat Attachment packaging.

OPERATING INSTRUCTIONS

Once the Force USA MyRack Seat/Lat Attachment is securely installed, you can begin using it for your lat pulldown exercises.

1. **Adjust Leg Rollers:** Sit on the padded seat. Adjust the height of the leg rollers so that your thighs are comfortably secured under them, preventing your body from lifting during the exercise.
2. **Select Weight:** Attach the desired weight to the cable system of your MyRack Cable Crossover.
3. **Grip Handle:** Grasp the lat pulldown bar or handle with an appropriate grip (e.g., wide, narrow, pronated, supinated).
4. **Perform Exercise:** Pull the bar down towards your upper chest, squeezing your shoulder blades together. Control the movement as you slowly return the bar to the starting position.
5. **Maintain Form:** Throughout the exercise, keep your back straight, engage your core, and avoid swinging or using momentum.
6. **Dismount Safely:** Once your set is complete, carefully release the bar and dismount from the seat.

Always start with a lighter weight to familiarize yourself with the movement and gradually increase resistance as your strength improves.

MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your Force USA MyRack Seat/Lat Attachment.

- **Cleaning:** Wipe down the padded seat and rollers with a damp cloth after each use to remove sweat and dirt. Use a mild, non-abrasive cleaner if necessary.
- **Inspection:** Periodically inspect all bolts, nuts, and pins to ensure they are tight. Re-tighten any loose fasteners.
- **Wear and Tear:** Check the padding for any tears or excessive wear. Inspect the metal frame for any signs of rust, cracks, or deformation.
- **Lubrication:** If any moving parts (though minimal on this attachment) show signs of friction, apply a small amount of silicone-based lubricant.
- **Storage:** Store the attachment in a dry, temperate environment when not in use.

If any part is damaged or excessively worn, contact Force USA customer support for replacement parts. Do not attempt to repair

damaged components yourself unless specifically instructed by the manufacturer.

TROUBLESHOOTING

This section addresses common issues you might encounter with your Force USA MyRack Seat/Lat Attachment.

- **Attachment Feels Unstable:**

- Ensure all bolts connecting the attachment to the MyRack Cable Crossover are fully tightened.
- Verify that the MyRack itself is stable and on a level surface.

- **Leg Rollers Not Holding Firmly:**

- Check that the locking pin or knob for the leg roller adjustment is fully engaged.
- Ensure the leg rollers are adjusted to the correct height for your body.

- **Squeaking Noises:**

- Inspect all connection points for friction. A small amount of silicone lubricant may resolve the issue.
- Ensure no parts are rubbing against each other incorrectly.

If you encounter issues not listed here or if troubleshooting steps do not resolve the problem, please contact Force USA customer support.

SPECIFICATIONS

Feature	Detail
Brand	Force USA
Model Number	F-MR-SEAT
Product Dimensions	34 x 35 x 25 cm
Product Weight	16 kg
Static Weight Rating	400 kg (880 lbs)
Compatibility	Exclusively with Force USA MyRack Cable Crossover
Material	Durable Steel

WARRANTY INFORMATION

Force USA products typically come with a manufacturer's warranty. For specific details regarding the warranty period, coverage, and terms for your MyRack Seat/Lat Attachment, please refer to the warranty card included with your product or visit the official Force USA website. Keep your proof of purchase for warranty claims.

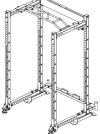
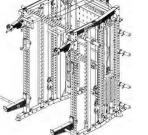
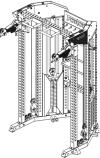
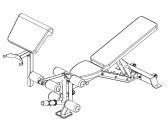
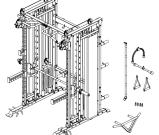
CUSTOMER SUPPORT

If you have any questions, require assistance with assembly, or need to report a damaged part, please contact Force USA customer support. You can typically find contact information on the Force USA website or on your product packaging.

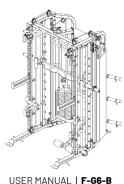
Online Support: [Visit Force USA Official Website](#)

Please have your model number (F-MR-SEAT) and purchase date ready when contacting support.

Related Documents - F-MR-SEAT

  <small>USER MANUAL F-MR-BASE-SPACESAVER-V2</small>	<p><u>Force USA F-MR-BASE-SPACESAVER-V2 User Manual</u> User manual for the Force USA F-MR-BASE-SPACESAVER-V2, providing assembly instructions, parts lists, and safety precautions for this strength training equipment.</p>
  <small>USER MANUAL F-C20</small>	<p><u>Force USA F-C20 User Manual and Parts List</u> Download the official user manual and parts list for the Force USA F-C20 home gym trainer. Includes assembly instructions, safety precautions, and detailed component identification.</p>
  <small>USER MANUAL F-FTR</small>	<p><u>Force USA F-FTR Functional Trainer Rack User Manual and Assembly Guide</u> Comprehensive user manual and assembly guide for the Force USA F-FTR Functional Trainer Rack. Includes safety instructions, maintenance tips, parts identification, and step-by-step assembly procedures.</p>
  <small>OWNERS MANUAL F-MR-FID-V2</small>	<p><u>Force USA FID Bench with Arm and Leg Developer Owners Manual</u> Comprehensive owners manual for the Force USA FID Bench with Arm and Leg Developer (Model F-MR-FID-V2), detailing parts list and step-by-step assembly instructions.</p>
  <small>USER MANUAL F-G4</small>	<p><u>FORCE USA F-G4 User Manual and Assembly Guide</u> Comprehensive user manual and assembly guide for the FORCE USA F-G4 multi-gym. Includes step-by-step instructions, parts identification, safety precautions, and maintenance tips.</p>

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USER MANUAL | F-G6-B

[FORCE USA G6-B User Manual and Assembly Guide](#)

Comprehensive user manual for the FORCE USA G6-B functional trainer, including detailed assembly instructions, a parts list, safety guidelines, and warranty information.