

## Force USA F-MLPHS

# Force USA Monster Ultimate 45 Degree Leg Press/Hack Squat Combo

**Model:** F-MLPHS

**Brand:** Force USA

## 1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Force USA Monster Ultimate 45 Degree Leg Press/Hack Squat Combo. This versatile machine is designed for comprehensive lower body development, targeting quadriceps, hamstrings, glutes, and calves. It seamlessly converts between a leg press, hack squat, and calf raise machine, offering a compact and efficient solution for strength training.

Please read this manual thoroughly before assembly, operation, or maintenance to ensure proper usage and to maximize the lifespan of your equipment.

## 2. SAFETY INFORMATION

**WARNING:** Serious injury or death can occur if safety precautions are not followed. Consult a physician before beginning any exercise program. If you experience pain or dizziness, stop immediately and consult your physician.

- Always inspect the machine for loose parts, damage, or wear before each use. Do not use if damaged.
- Ensure all pop-pins and safety catches are securely engaged before starting an exercise.
- Keep children and pets away from the machine during operation.
- Use the machine on a stable, level surface.
- Do not exceed the maximum weight capacity of 1000 lbs (453.59 kg).
- Always use a spotter when lifting heavy weights, especially when training to failure.
- Wear appropriate athletic footwear and clothing.
- Maintain proper form during exercises to prevent injury.
- Do not modify the equipment.

## 3. COMPONENTS OVERVIEW

The Force USA Monster Ultimate Leg Press/Hack Squat Combo is constructed with a 2"x4" powder-coated laser-cut steel mainframe. Key components include:

- **Main Frame:** Robust steel structure supporting the entire machine.
- **Sled Carriage:** The moving platform for leg press and hack squat exercises.
- **Footplate:** Oversized and adjustable for varied stances.
- **Back Pads:** Commercial grade DuraCore padding with VorTex upholstery for comfort and support.
- **Shoulder Pads (Hack Squat):** Lengthened for ideal positioning.
- **Safety Lockout Positions:** 5 adjustable positions for user safety.
- **Safety Rail Handles:** Located on both sides for secure grip.
- **Weight Plate Storage Horns:** 4 integrated horns for convenient weight plate storage.
- **Calf Block:** Removable attachment for calf-focused workouts.
- **Pop-Pins:** For quick adjustments of back pad angle, foot plate angle, and safety stoppers.



*Figure 3.1: The Force USA Monster Ultimate 45 Degree Leg Press/Hack Squat Combo. This image shows the machine in its assembled state, highlighting the main frame, sled carriage, footplate, and various pads.*

## 4. SETUP AND ASSEMBLY

Assembly instructions are typically provided with the packaging. Ensure all components listed in the packing list are present before beginning assembly. It is recommended to have at least two people for assembly due to the size and weight of the components.

- Unpack all components and verify against the parts list.
- Lay out all hardware in an organized manner.
- Follow the step-by-step assembly guide provided by Force USA.
- Ensure all bolts and nuts are tightened securely after assembly, but do not overtighten to avoid stripping threads.

- Place the assembled machine on a flat, stable surface with adequate clearance around it for safe operation.

## 5. OPERATING INSTRUCTIONS

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The machine can quickly convert between Leg Press, Hack Squat, and Calf Raise modes.

### 5.1. Converting Between Modes

The conversion process is designed to be quick and simple, utilizing pop-pins for adjustments.

- **From Leg Press to Hack Squat:** Adjust the back pad and footplate angles using the respective pop-pins. The seat pad will typically fold away or adjust to become part of the hack squat setup.
- **From Hack Squat to Leg Press:** Reverse the process, adjusting pads and footplate back to the leg press configuration.
- **For Calf Raises:** Attach the calf block to the footplate as instructed in the assembly manual.

Always ensure all adjustments are securely locked into place before loading weights or beginning an exercise.

### 5.2. Leg Press Operation

1. Adjust the back pad to your desired angle using the pop-pin.
2. Load desired weight plates onto the weight horns.
3. Sit on the seat with your back firmly against the back pad. Place your feet on the oversized footplate, varying your stance as desired to target different leg muscles.
4. Release the safety catches.
5. Slowly lower the sled by bending your knees, ensuring your lower back remains pressed against the pad.
6. Push the sled back up to the starting position, extending your legs without locking your knees.
7. Upon completion, re-engage the safety catches before exiting the machine.

### 5.3. Hack Squat Operation

1. Adjust the footplate angle and shoulder pad position for comfort and proper alignment.
2. Load desired weight plates onto the weight horns.
3. Stand on the footplate with your shoulders under the shoulder pads and your back against the back pad. Grip the safety rail handles.
4. Release the safety catches.
5. Slowly lower your body by bending your knees, keeping your back straight and pressed against the pad.
6. Push back up to the starting position, extending your legs without locking your knees.
7. Upon completion, re-engage the safety catches before exiting the machine.

### 5.4. Calf Raise Operation

1. Ensure the calf block is securely attached to the footplate.
2. Load desired weight plates.
3. Position the balls of your feet on the calf block, with your heels hanging off.
4. Perform calf raises by pushing through the balls of your feet, lifting your heels as high as possible, then slowly lowering them below the level of the block for a full stretch.
5. Re-engage safety catches if applicable for the specific calf raise setup.

## 6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your machine.

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dirt. Use a mild, non-abrasive cleaner for deeper cleaning.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness. Tighten any loose fasteners. Inspect cables and pulleys (if applicable) for fraying or wear.
- **Lubrication:** Apply a silicone-based lubricant to the guide rods of the sled carriage every few months, or as needed, to ensure smooth operation. Avoid oil-based lubricants that can attract dust.
- **Upholstery Care:** Avoid sharp objects that could puncture the upholstery. Clean spills immediately.

## 7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Sled movement is not smooth or feels sticky.	Lack of lubrication on guide rods; dirt/debris on guide rods.	Clean guide rods thoroughly and apply a silicone-based lubricant.
Machine wobbles or feels unstable.	Loose fasteners; uneven floor surface.	Check and tighten all nuts and bolts. Ensure the machine is on a level surface.
Pop-pins are difficult to engage/disengage.	Dirt in the pin mechanism; misalignment.	Clean the pin and its receiving hole. Ensure components are aligned correctly. Do not force.

## 8. SPECIFICATIONS

Feature	Detail
Model	F-MLPHS
Maximum Weight Recommendation	453.59 kg (1000 lbs)
Dimensions (L x W x H)	2.39 x 1.68 x 1.52 Meters (94"L x 66"W x 60"H)
Item Weight	210 kg (210.01 kg)
Material Type	Alloy Steel
Frame Construction	2"x4" powder-coated laser-cut steel mainframe
Safety Lockout Positions	5
Weight Plate Storage	4 integrated horns + additional holders beneath sled
User Height Range	Up to 7' tall

## 9. WARRANTY AND SUPPORT

Specific warranty details for the Force USA Monster Ultimate 45 Degree Leg Press/Hack Squat Combo are not provided in the available product data. Please refer to the warranty card included with your product or visit the official Force USA website for detailed warranty information and customer support contacts.

For technical assistance, parts replacement, or any other inquiries, please contact Force USA customer service through their official channels.