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Force USA F-WS-UPGRADE-50lb

Force USA Weight Stack Upgrade (1 x 50lbs) (F-WS-UPGRADE-50lb) Instruction Manual

Model: F-WS-UPGRADE-50lb

1. Product Overview

The Force USA Add-On Weight (F-WS-UPGRADE-50LB) provides an additional 50lb (22.5kg) of resistance to your compatible Force USA All-In-One Trainer. This kit includes five 10lb weight plates designed to be installed at the bottom of an existing weight stack. It is suitable for users requiring increased resistance or for multi-user environments with varying strength levels. For machines with dual weight stacks, one kit is required for each side.

2. Package Contents

- 5 x 10lb (4.5kg) Weight Plates
- Weight Indicator Markers (Pounds and Kilograms)

3. Installation Instructions

Installation of the weight stack upgrade is designed to be straightforward. The five 10lb plates are to be installed at the bottom of your existing weight stack.

1. Ensure the weight stack is fully lowered and secured before beginning installation.
2. Carefully place the five 10lb weight plates at the bottom of the existing weight stack. These plates are designed to integrate seamlessly.
3. After installing the plates, apply the provided weight indicator markers (in both pounds and kilograms) to the appropriate locations on your machine for easy reference and tracking of your lifting progress.



Image: The Force USA Weight Stack Upgrade (F-WS-UPGRADE-50lb) with five 10lb weight plates installed at the base of a single side weight stack, increasing the total resistance.

Each plate is equipped with two nylon bushings. These bushings minimize friction between the glide rods and the weight plates, contributing to smooth movement and quieter operation during cable workouts.

4. Operating Instructions

Once the Force USA Weight Stack Upgrade is installed, the total resistance available on your All-In-One Trainer will be increased by 50lbs (22.5kg) per upgraded stack. Operate your fitness equipment as per its original instruction manual, now with the enhanced weight capacity. Always ensure the weight pin is fully inserted into the desired weight plate before beginning any exercise.

5. Compatibility

The Force USA Weight Stack Upgrade (F-WS-UPGRADE-50LB) is compatible with the following Force USA All-In-One Trainer

configurations:

- **Force USA G4 All-In-One Trainer:** Two kits are required to upgrade both sides, reaching a total of 220lb for each pulley system.
- **Force USA C20 All-In-One Trainer:** Two kits are required to upgrade both sides to reach 250lb for each pulley system. Four kits can be used to reach 300lb for each pulley system.

This upgrade is designed for light commercial use, enhancing the load performance of your Force USA All-In-One Trainer.

6. Specifications

Material	Alloy Steel
Colour	Black
Dimensions (each 10lb plate)	29.97 cm (L) x 9.91 cm (W) x 2.54 cm (H)
Dimensions (each 50lb stack)	29.97 cm (L) x 9.91 cm (W) x 12.7 cm (H)
Product Weight (5 x 10lb plates)	22.5 kg (50 lbs)
Country of Origin	China

7. Maintenance

To ensure the longevity and smooth operation of your weight stack upgrade, perform the following maintenance:

- **Cleaning:** Wipe down the weight plates and glide rods regularly with a clean, damp cloth to remove dust and sweat. Avoid abrasive cleaners.
- **Inspection:** Periodically inspect the nylon bushings for any signs of wear or damage. Ensure all components are securely in place.
- **Lubrication:** While the nylon bushings are designed for low friction, consult your main All-In-One Trainer manual for any recommended lubrication schedules for the glide rods.

8. Troubleshooting

If you encounter any issues after installing the weight stack upgrade, consider the following:

- **Rough Movement:** Ensure the weight plates are correctly aligned on the glide rods. Check for any obstructions or debris. Verify the nylon bushings are intact and properly seated.
- **Incorrect Weight Indication:** Double-check that the weight indicator markers have been applied correctly according to the new total weight.
- **Compatibility Issues:** Confirm that your Force USA All-In-One Trainer model is listed as compatible with this upgrade kit.

For persistent issues, refer to the main instruction manual for your Force USA All-In-One Trainer or contact Force USA customer support.

9. Warranty and Support

Warranty Information:

The Force USA Weight Stack Upgrade (F-WS-UPGRADE-50LB) is covered by the following warranty for home use (Strength Premium):

- **Structural Frame:** Lifetime warranty (excludes coating & rust).
- **Moving Frames & Components:** 2 years warranty (includes bearings, lock pins, pulleys, cables, glide rods, etc.).
- **Labor:** 1 year warranty.

Wear and tear are excluded from the warranty.

Customer Support:

For further assistance, technical support, or warranty claims, please contact Force USA customer support. Refer to the contact information provided with your original Force USA All-In-One Trainer or visit the official Force USA website.

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