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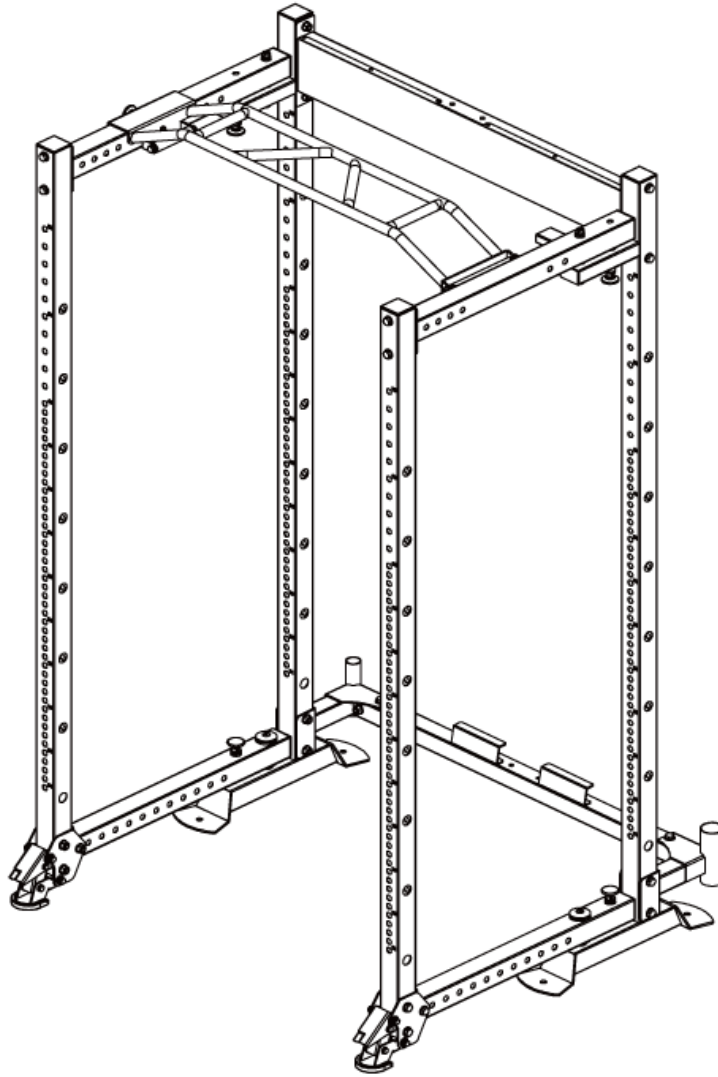
[Home](#) » [FORCE USA](#) » **FORCE USA F-MR-BASE-SPACESAVER-V2 MyRack Folding Power Rack System User Manual** 

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**FORCE USA F-MR-BASE-SPACESAVER-V2 MyRack Folding Power Rack System**



## **IMPORTANT ASSEMBLY INFORMATION**

**NOTE:** It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.

### **FASTENING NUTS AND BOLTS**

- Only tighten all nuts and bolts after all components have been fully assembled.
- Do not over tighten any component with pivoting function.
- Make sure all pivoting components are able to move freely.

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

## **SAFETY PRECAUTIONS**

- Highly recommended for two or more people to assemble the equipment
- Assemble equipment on a flat surface
- Consider placing a mat under equipment to protect your floor
- Only tighten nuts and bolts by hand until whole equipment is assembled
- Ensure all parts are in working order prior to use
- Do not use equipment outdoors or around water
- Keep hair, fingers and clothing away from moving parts
- Only use attachments recommended by the manufacturer
- Never operate if parts are not functioning correctly
- Always stretch prior to using equipment
- Stop immediately if you experience any pain, dizziness or nausea.
- Before starting any exercise program consult your doctor

## **ASSEMBLY MANUAL BEFORE YOU START**

- Read all instructions in this manual before assembling or using this equipment.
- 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.
- We recommended you keep these instructions.

## **FORCE USA TRAINING APP**

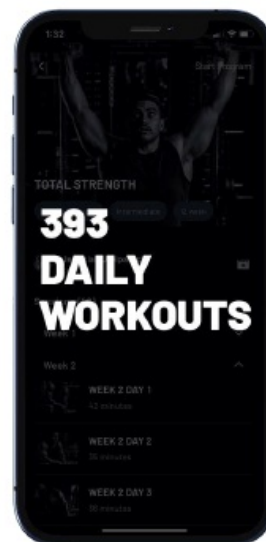
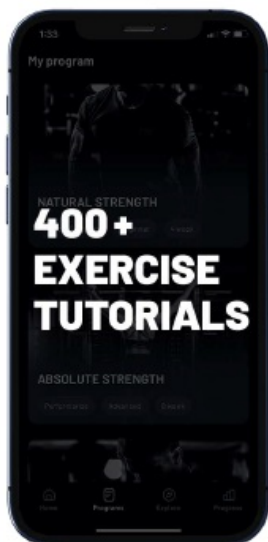
The Force USA Training App Offers Programs, Tutorials, Progress Tracking and More.



**DOWNLOAD NOW**



Not compatible with all Force USA equipment.



## PARTS LIST

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





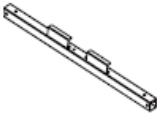

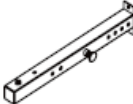
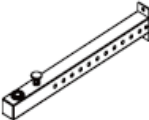
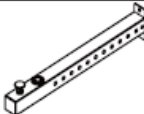
NO.	DESCRIPTION	NOTE	QTY
1	Back Left Stand Tube Assembly	Assembly Part	1
2	Back Link Short Tube Weldment Left	Welding Part	1
3	Back Link Short Tube Weldment Right	Welding Part	1
4	Back Right Stand Tube Assembly	Assembly Part	1
5	Back Link Tube Welding	Welding Part	1
6	Flat Washer	$\phi 12$	48
7	Hexagon Head Bolt	M12 $\times$ 85	10
8	Lock Nut	M12	22
9	Hexagon Head Bolt	M12 $\times$ 70	4
10	Back Upper Link Tube Assembly	Assembly Part	1
11	Hexagon Head Bolt	M12 $\times$ 80	8
12	Upper Link Tube Left Assembly	Assembly Part	1
13	Down Link Tube Left Assembly	Assembly Part	1
14	Down Link Tube Right Assembly	Assembly Part	1
15	Upper Link Tube Right Assembly	Assembly Part	1
16	Outer Wire Shaft	$\phi 12 \times 160$ -M10	2
17	Decorative Aluminium Cover	$\phi 50 \times \phi 19 \times \phi 11$	2
18	Flat Washer	$\phi 10$	8
19	Lock Nut	M10	6
20	Spring Gasket	$\phi 10$	2
21	Inner Hexagon Flat Round Head Screw	M10 $\times$ 20	2
22	Front Stand Pillar Assembly	Assembly Part	2
23	Outer Wire Shaft	$\phi 12.8 \times 220$ -M10	1
24	Chin Up Bracket Assembly	Assembly Part	1
25	Hexagon Head Bolt	M12 $\times$ 25	4
26	Spring Gasket	$\phi 12$	4
27	Ground Feet Assembly	Assembly Part	2
28	Interval Cover	$\phi 22 \times \phi 18 \times \phi 12 \times 13$	8
29	Down Fixing Plate	T4	4
30	Inner Wire Shaft	$\phi 12 \times 75$	4
31	Ground Foot Spring	$\phi 3$	2
32	Flat Washer	$\phi 8$	16
33	Spring Washer	$\phi 8$	8
34	Hexagon Head Bolt	M8 $\times$ 16	16
35	Back Right Stand Tube Weldment	Welding Part	1
36	Square Tube Inner Plug	$\square 60 \times 60 \times 2$	8
37	Reset Pull Pin Assembly	Assembly Part	5

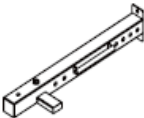
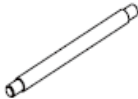







NO.	DESCRIPTION	NOTE	QTY
38	Square Tube Inner Plug	$\square 40 \times 60 \times 2$	2
39	Powder Cover	$\phi 22 \times \phi 18 \times \phi 12.2 \times 15$	8
41	Back Upper Link Tube Weldment	Assembly Part	1
42	Decorative Plate	T1	1
43	Oblate Head Rivet	4 $\times$ 10	12
44	Upper Link Tube Left Weldment	Welding Part	1
45	Upper Link Tube Right Weldment	Welding Part	1
46	Square Tube Inner Plug	$\square 25 \times 50 \times 1.5$	1
47	Down Link Tube Left Weldment	Welding Part	1
48	Deep Groove Ball Bearing	Width 15	4
49	Down Link Tube Right Weldment	Welding Part	1
51	Chin Up Bracket Weldment	Welding Part	1
52	Handle Tube	$\phi 25 \times 1.5$	1
53	Shrapnel Nut	$\phi 23$ -M10 Two Layers	2
54	Hexagon Head Bolt	M10 $\times$ 20	2
55	Front Stand Tube	$\square 60 \times 60 \times 2$	2
56	Countersunk Head Hexagon Rivet Nut	M12	4
57	Ground Weldment	Welding Part	2
58	Slanting Support U-shaped Plate	T4	2
59	L-shaped Plate	T4	2
60	Compressed U-shaped Plate	T4	2
61	Inner Wire Shaft	$\phi 12 \times 48$	4
62	D-shaped Rubber Foot Cover	80 $\times$ 70 $\times$ 15	2
63	Back Left Stand Tube Weldment	Welding Part	1

MEASURING FOR BOTH LENGTH

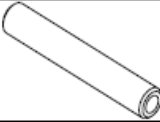
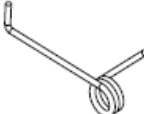


PICTURE

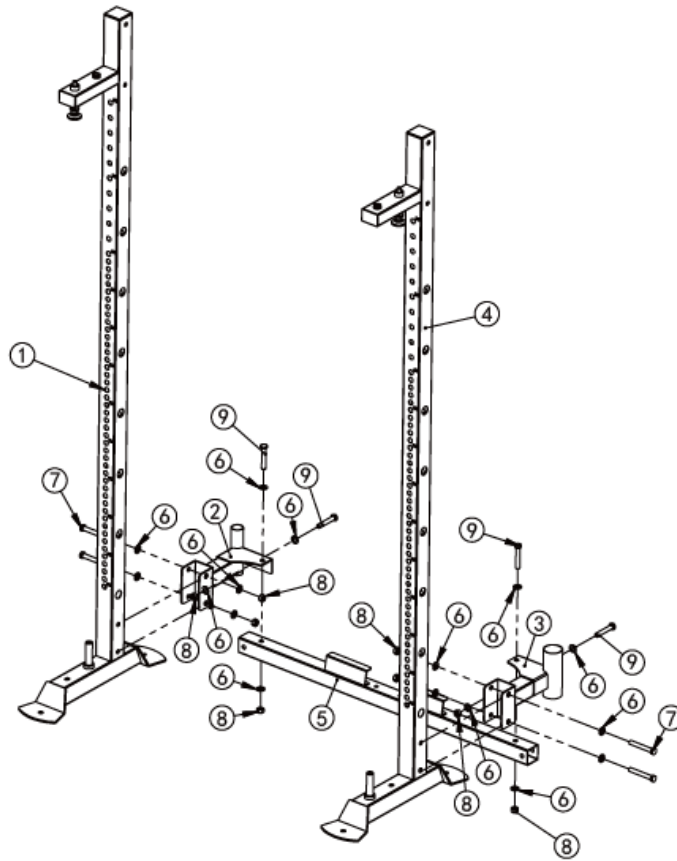
NO.	DESCRIPTION	PICTURE	QTY
1	Back Left Stand Tube Assembly		1
2	Back Link Short Tube Weldment Left		1
3	Back Link Short Tube Weldment Right		1
4	Back Right Stand Tube Assembly		1
5	Back Link Tube Welding		1
10	Back Upper Link Tube Assembly		1
12	Upper Link Tube Left Assembly		1
13	Down Link Tube Left Assembly		1
14	Down Link Tube Right Assembly		1

NO.	DESCRIPTION	PICTURE	QTY
15	Upper Link Tube Right Assembly		1
16	φ12×160-M100 uter Wire Shaft		2
17	Decorative Aluminium Cover		2
22	Front Stand Pillar Assembly		2
23	φ12.8×220-M100 uter Wire Shaft		1
24	Chin Up Bracket Assembly		1
27	Ground Feet Assembly		2
28	φ22×φ18×φ12×13 Interval Cover		8
29	Down Fixing Plate		4

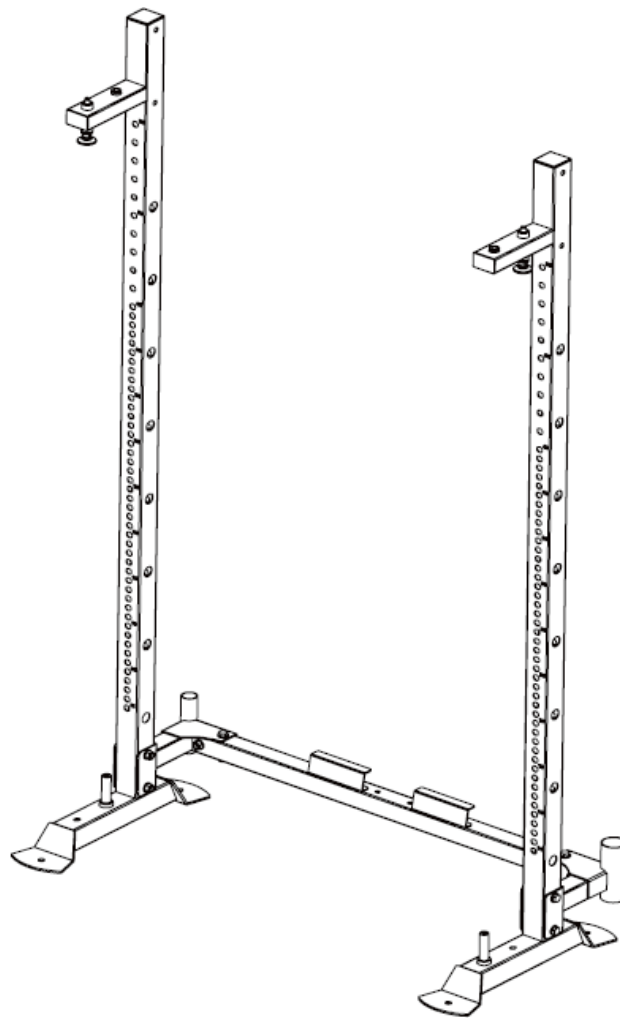
NO.	DESCRIPTION	PICTURE	QTY
30	φ12×75-M8 Inner Wire Shaft		4
31	Ground Foot Spring		2

## ASSEMBLY STEP 1

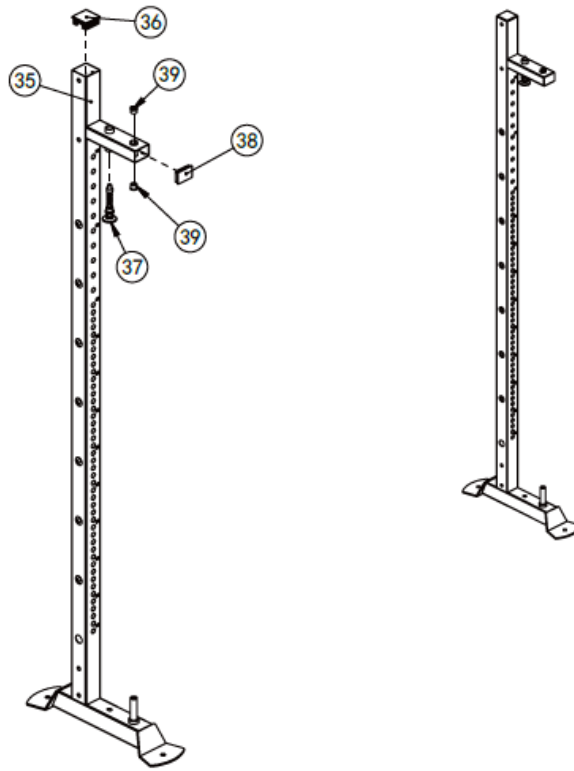


NO.	DESCRIPTION	NOTE	QTY
1	Back Left Stand Tube Assembly	Assembly	1
2	Back Link Short Tube Weldment Left	Part Welding	1
3	Back Link Short Tube Weldment Right	Part Welding	1
4	Back Right Stand Tube Assembly	Part	1
5	Back Link Tube Welding	Assembly	1
6	Flat Washer	Part Welding	16
7	Hexagon Head Bolt	Part $\phi 12$	4
8	Lock Nut	M12×85 M12	8
9	Hexagon Head Bolt	M12×70	4

1. Connect Back Link Short Tube Weldment Le-2 and Back Le Stand Tube Assembly-1 use Hexagon Head Bolt-7, Flat Washer-6 and Lock Nut-8.
2. Connect Back Link Short Tube Weldment Right-3 and Back Right Stand Tube Assembly-4 use Hexagon Head Bolt-7, Flat Washer-6 and Lock Nut-8.
3. Connect Right and Le Back Link Short Tube with the Back Link Tube Weldment use Hexagon Head Bolt-9, Flat Washer-6 and Lock Nut-8.
- 4.

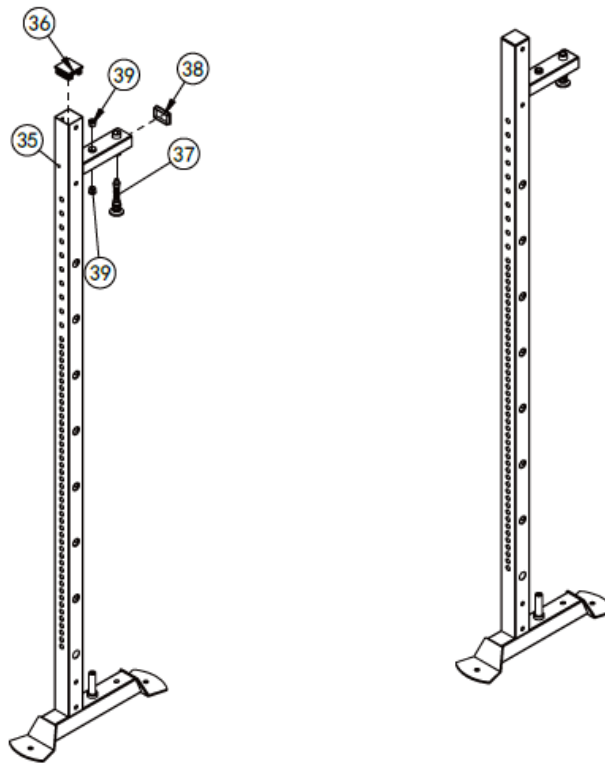


Back Right Stand Tube Assembly 1 pc/ Machine



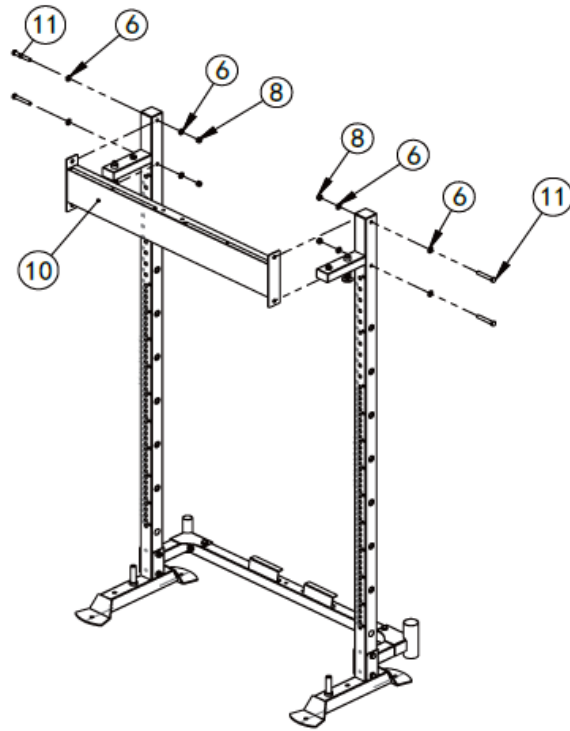
NO.	DESCRIPTION	NOTE	QTY
36	Square Tube Inner Plug	60×60×2	1
35	Back Right Stand Tube Weldment	Welding Part	1
37	Reset Pull Pin Assembly	Assembly Part	1
39	Powder Cover	φ22×φ18×φ12.2×15	2
38	Square Tube Inner Plug	□40×60×2	1

1. Back Left Stand Tube Assembly 1 pc/ Machine



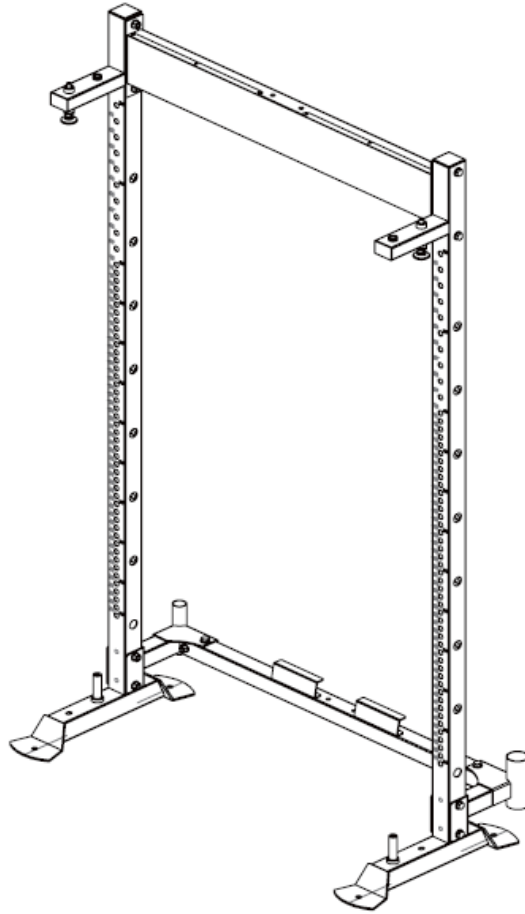
NO.	DESCRIPTION	NOTE	QTY
63	Back Left Stand TubeWeldment	Welding Part	1
36	Square Tube Inner Plug	□60×60×2	1
37	Reset Pull Pin Assembly	Assembly Part	1
38	Square Tube Inner Plug	□40×60×2	1
39	Powder Cover	φ22×φ18×φ12.2×15	2

## ASSEMBLY STEP 2

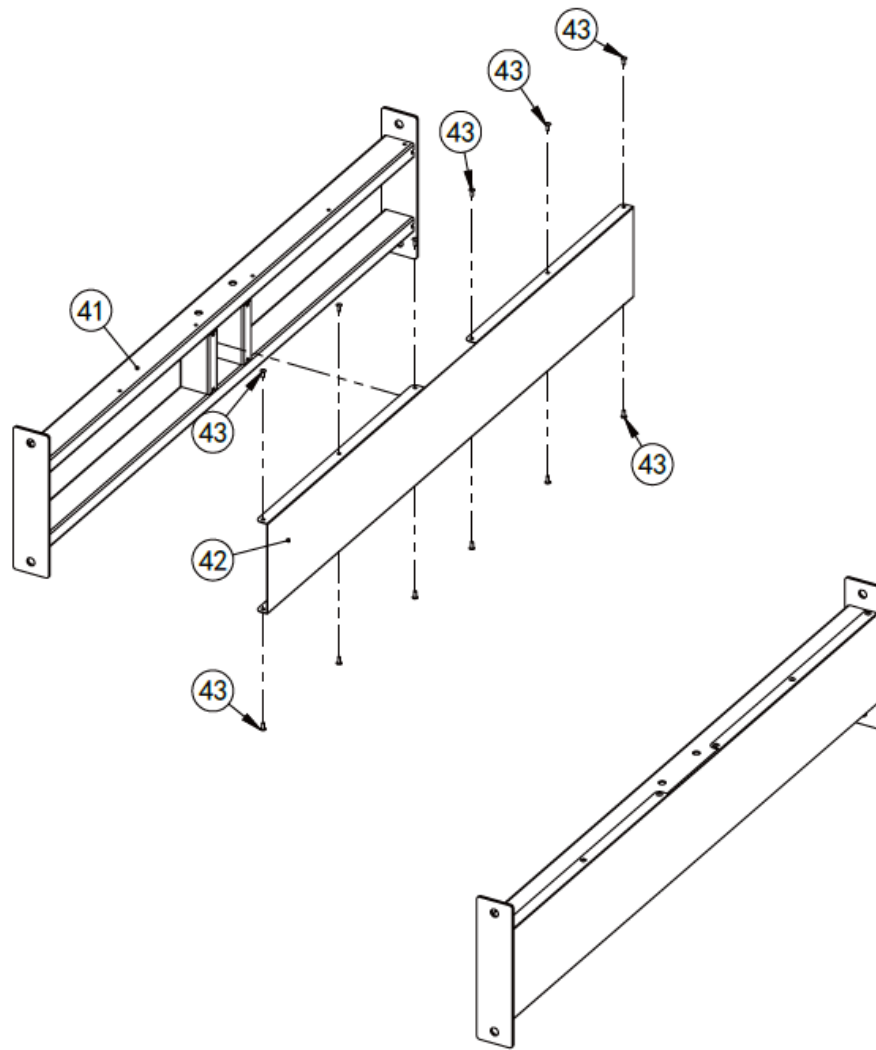


NO.	DESCRIPTION	NOTE	QTY
10	Back Upper Link Tub Assembly	Assembly	1
11	Hexagon Head Bolt	Part M12×80	4
6	Flat Washer	φ12	8
8	Lock Nut	M12	4

Fix Back Upper Link Tube Assembly-10 on main frame use Hexagon Head Bolt-11, Flat Washer-6 and Lock Nut-8.

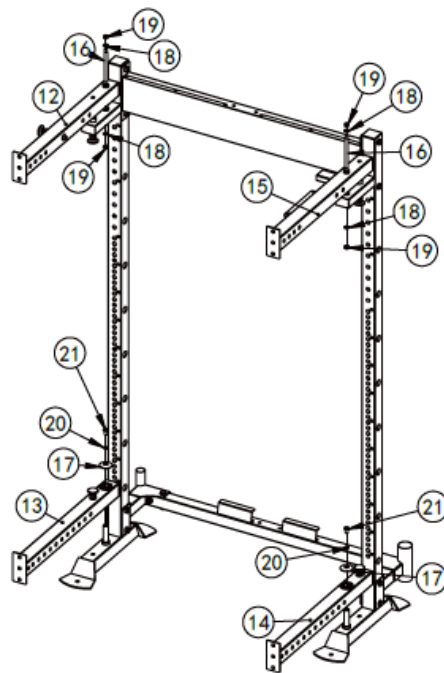


1. Back Upper Link Tube Assembly 1 pc/ Machine



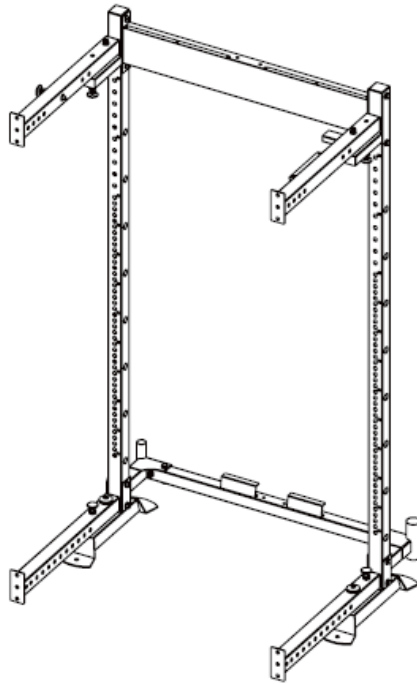
NO.	DESCRIPTION	NOTE	QTY
41	Back Upper Link Tube	Assembly	1
42	Weldment Decorative Plate	Part T1	1
43	Oblate Head Rivet	4×10	12

### ASSEMBLY STEP 3

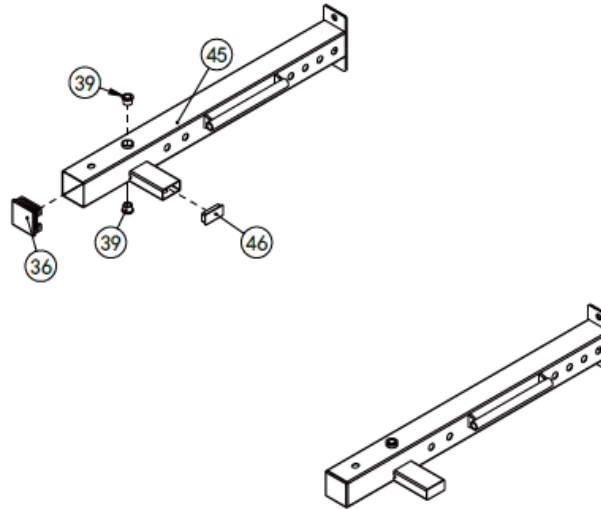


NO.	DESCRIPTION	NOTE	QTY
12	Upper Link Tube Left Assembly	Assembly Part	1
13	Down Link Tube Left Assembly	Assembly Part	1
14	Down Link Tube Right Assembly	Assembly Part	1
15	Upper Link Tube Right Assembly	Assembly Part	1
16	Outer Wire Shaft	$\phi 12 \times 160$ -M10	2
17	Decorative Aluminium Cover	$\phi 50 \times \phi 19 \times \phi 11$	2
18	Flat Washer	$\phi 10$	4
19	Lock Nut	M10	4
20	Spring Gasket	$\phi 10$	2
21	Inner Hexagon Flat Round Head Screw	M10 $\times$ 20	2

1. Fix Upper Link Tube Assembly-12 on main frame, use Outer Wire Sha-16, Flat Washer-18 and Lock Nut-19.
2. Fix Upper Link Tube Right Assembly-15 on main frame, use Outer Wire Sha-16, Flat Washer-18 and Lock Nut-19.
3. Fix Down Link Tube Assembly-13 on main frame, use Decora Aluminium Cover-17, Spring Gasket-20 and Inner Hexagon Flat Round Head Screw-21.

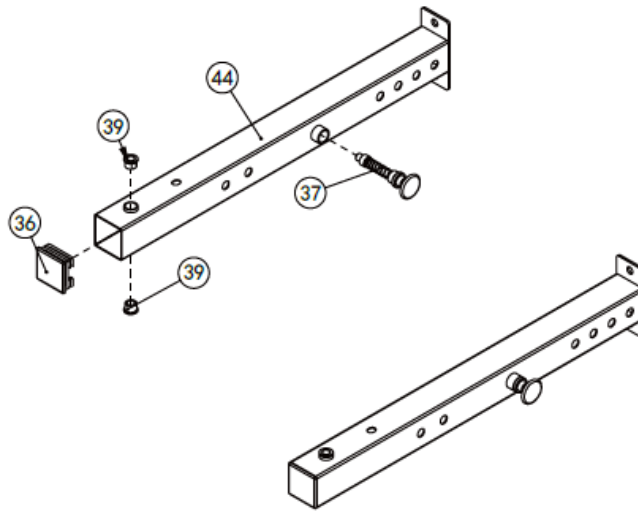


#### 4. Upper Link Tube Right Assembly 1 pc/ Machine



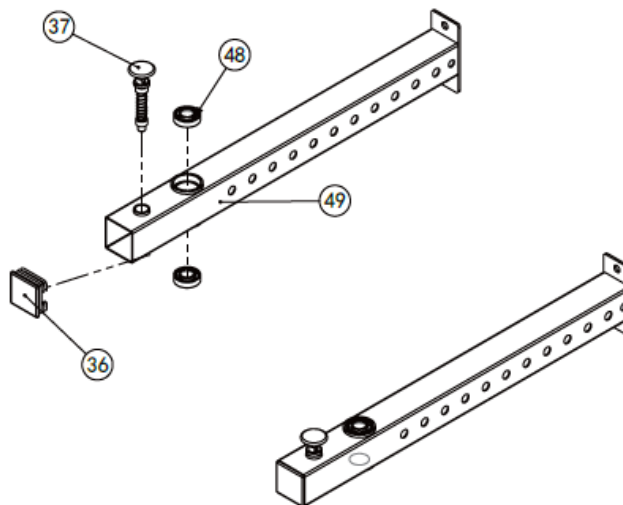
NO.	DESCRIPTION	NOTE	QTY
45	Upper Link Tube Right	Welding Part	1
39	Weldment Powder Cover	$\phi 22 \times \phi 18 \times \phi 12.2 \times 15$	2
36	Square Tube Inner Plug	$\square 60 \times 60 \times 2$	1
46	Square Tube Inner Plug	$\square 25 \times 50 \times 1.5$	1

#### 5. Upper Link Tube Left Assembly 1 pc/ Machine



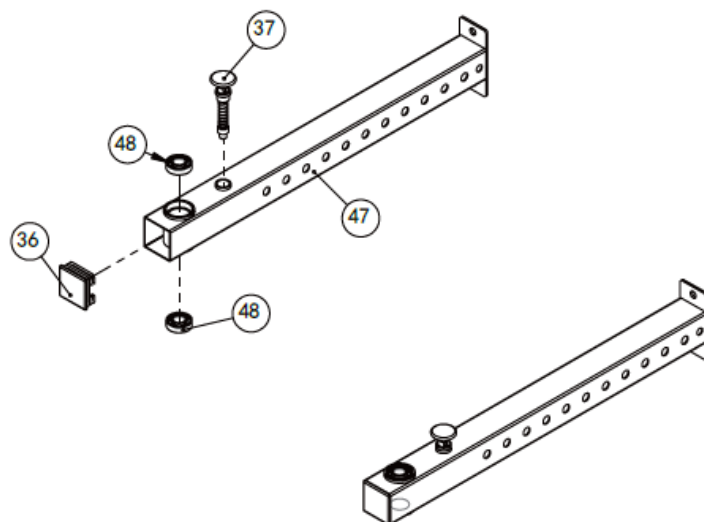
NO.	DESCRIPTION	NOTE	QTY
44	Upper Link Tube Left	Welding Part	1
36	Weldment Square Tube	□60×60×2	1
39	Inner Plug Powder Cover	φ22×φ18×φ12.2×	2
37	Reset Pull Pin Assembly	15 Assembly Part	1

## 6. Down Link Tube Right Assembly 1 pc/ Machine



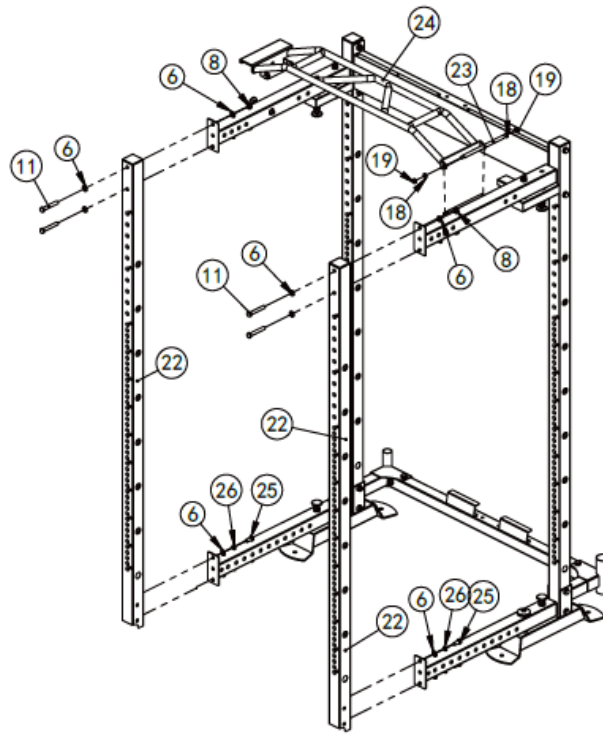
NO.	DESCRIPTION	NOTE	QTY
48	Deep Groove Ball Bearing Down	6004	2
49	Link Tube Right Weldment	Welding Part	1
36	Square Tube Inner Plug	□60×60×2	1
37	Reset Pull Pin Assembly	Assembly Part	1

## 7. Down Link Tube Left Assembly 1 pc/ Machine



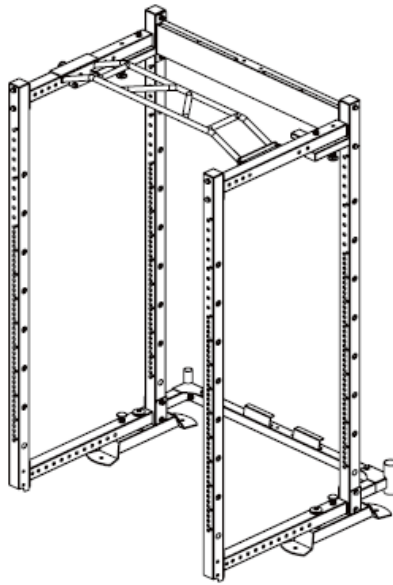
NO.	DESCRIPTION	NOTE	QTY
47	Down Link Tube Left Weldment	Welding Part	1
36	Square Tube Inner Plug	□60×60×2	1
48	Deep Groove Ball Bearing Reset	6004	2
37	Pull Pin Assembly	Assembly Part	1

## ASSEMBLY STEP 4

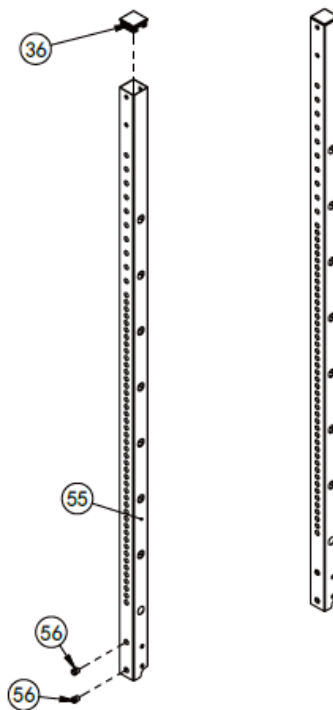


NO.	DESCRIPTION	NOTE	QTY
22	Front Stand Pillar ssembly	Assembly Part	2
23	Outer Wire Shaft	$\phi 12.8 \times 220$ -	1
24	Chin Up Bracket	M10 Assembly	1
6	Assembly Flat Washer	Part $\phi 12$	12
11	Hexagon Head Bolt	M12 $\times$ 80	4
8	Lock Nut	M12	4
25	Hexagon Head Bolt	M12 $\times$ 25	4
26	Spring Gasket	$\phi 12$	4
18	Flat Washer	$\phi 10$	2
19	Lock Nut	M10	2

1. Fix Chin Up Bracket Assembly-24 on main frame, right side fixed by Outer Wire Shaft-23, Flat Washer-18 and Lock Nut-19.
2. Fix Front Stand Pillar Assembly-22 on main frame, top side fixed by Hexagon Head Bolt-11, Flat Washer-6 and Lock Nut-8, down side fixed by Hexagon Head Bolt-25, Spring Gasket-26 and Flat Washer-6.

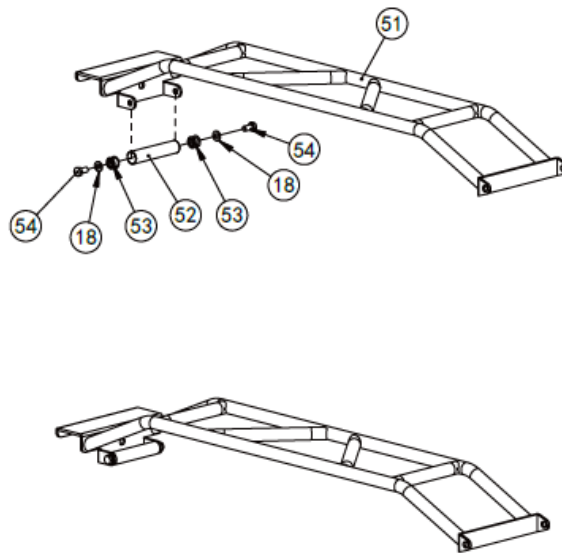


### 3. Front Stand Tube Assembly 2 pcs/ Machine



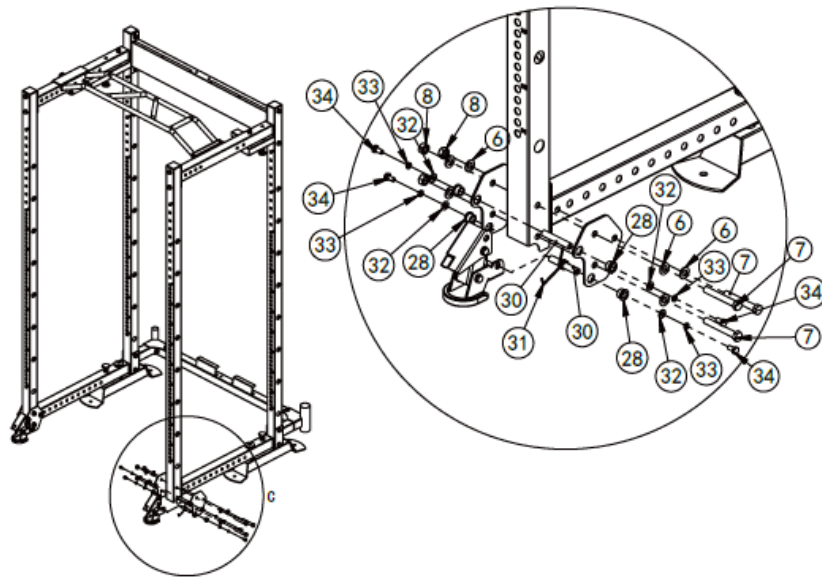
NO.	DESCRIPTION	NOTE	QTY
55	Front Stand Tube	□60*60*2	1
36	Square Tube Inner Plug Countersunk	□60×60×2	1
56	Head Hexagon Rivet Nut	M12	2

### 4. Chin Up Bracket Assembly 1 pc/ Machine



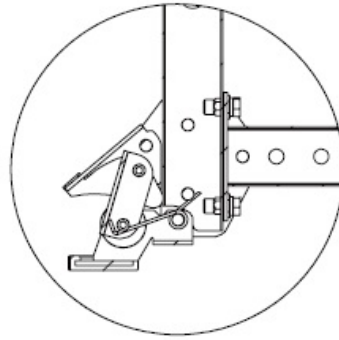
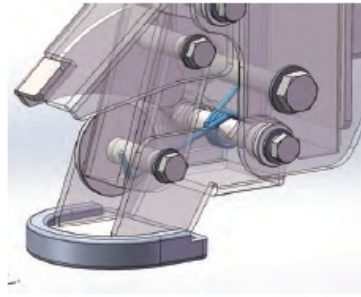
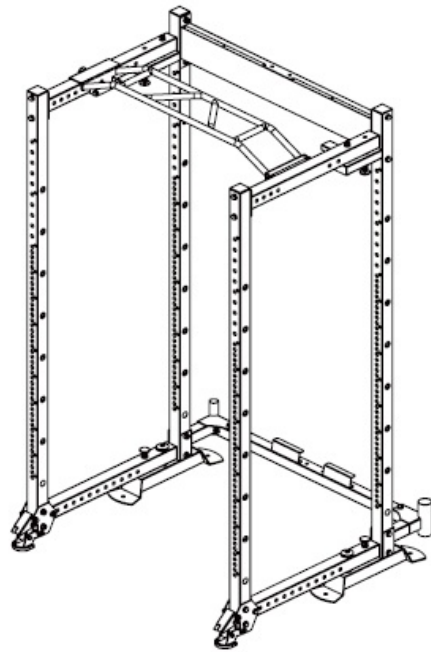
NO.	DESCRIPTION	NOTE	QTY
51	Chin Up Bracket	Welding Part	1
52	Weldment Handle Tube	$\phi 25 \times 1.5$	1
53	Shrapnel Nut	$\phi 23$ -M10 Two	2
54	Hexagon Head Bolt	Layers M10 $\times$ 20	2
18	Flat Washer	$\phi 10$	2

## ASSEMBLY STEP 5

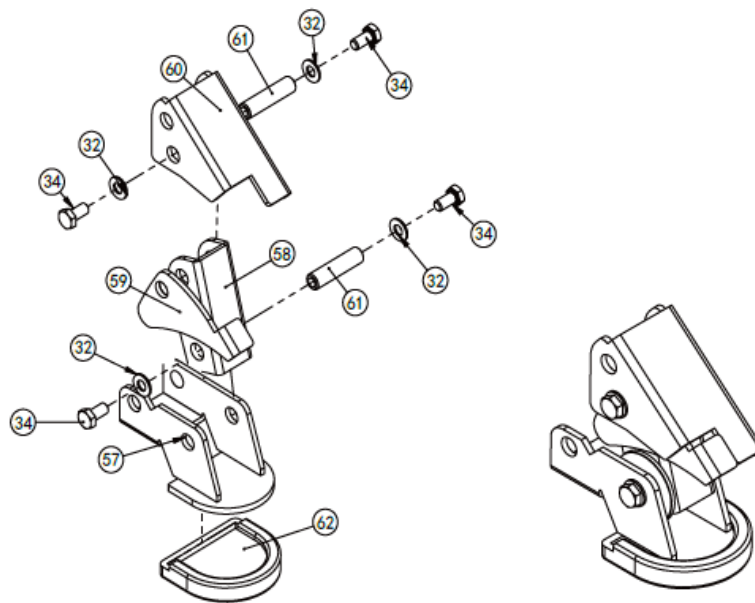


NO.	DESCRIPTION	NOTE	QTY
27	Ground Feet	Assembly Part	2
28	Assembly Interval	$\phi 22 \times \phi 18 \times \phi 12 \times 1$	8
29	Cover Down Fixing	3 T4	4
30	Plate Inner Wire	$\phi 12 \times 75$	4
31	Shaft Ground Foot	$\phi 3$	2
6	Spring Flat Washer	$\phi 12$	12
7	Hexagon Head Bolt	M12×85	6
8	Lock Nut	M12	6
32	Flat Washer	$\phi 8$	8
33	Spring Washer	$\phi 8$	8
34	Hexagon Head Bolt	M8×16	8

1. Connect Ground Feet Assembly-27 with Down Fixing Plate-29, use Inner Wire Shaft-30, Interval Cover-28, Flat Washer-32, Spring Washer-33 and Hexagon Head Bolt-34. Attention: the middle down side of Inner Wire Shaft-30 should cross Ground Foot Spring-31. F
2. Fix the connected Ground Feet Assembly-27 and Down Fixing Plate-29 on the main frame, use Hexagon Head Bolt-7, Flat Washer-6 and Lock Nut-8. Pay attention to the fixing position of Ground Foot Spring-31.
3. The left and right installation way is the same.
4. Check and tighten the bolts.



**Ground Foot Assembly**



NO.	DESCRIPTION	NOTE	QTY
57	Ground Weldment	Welding Part	1
58	Slanting Support U-shaped Plate	T4	1
59	L-shaped Plate	T4	1
60	Compressed U-shaped Plate	T4	1
61	Inner Wire Shaft	φ12*48	2
62	D-shaped Rubber Foot Cover	80×70×15	1
34	Hexagon Head Bolt	M8×16	4
32	Flat Washer	φ8	4

Success doesn't come from sitting on your ass. Success comes from striving to be better than yesterday. It comes from the urge to push boundaries and break through barriers. We know this because we've been there from selling the first piece of Force USA gear in 2007 to providing commercial and home gym equipment all over the globe. We are for helping you become your strongest self. We are for innovation in strength.

## WARRANTY


### LIFETIME WARRANTY ON FRAME – 2 YEAR WARRANTY ON MOVING PARTS

The Force USA range of strength equipment carries a Lifetime Structural Warranty along with two 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 regular home use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, misapplication, 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 that apply. Force USA will not be liable for any consequential damages or 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 components on the Force USA product. Force USA uses commercial-grade upholstery for all Force USA strength equipment. The commercial vinyl comes with a rip-stop mesh backing to help prevent rips and tears.

[WWW.FORCEUSA.COM](http://WWW.FORCEUSA.COM)

## Documents / Resources

	<p><a href="#">FORCE USA F-MR-BASE-SPACESAVER-V2 MyRack Folding Power Rack System [pdf]</a> User Manual</p> <p>F-MR-BASE-SPACESAVER-V2 MyRack Folding Power Rack System, F-MR-BASE-SPACESAVER-V2, MyRack Folding Power Rack System, Folding Power Rack System, Power Rack System</p>
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## References

- [User Manual](#)

- FORCE USA
- ◆ F-MR-BASE-SPACESAVER-V2, F-MR-BASE-SPACESAVER-V2 MyRack Folding Power Rack System, Folding Power Rack System, FORCE USA, MyRack Folding Power Rack System, Power Rack System

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