



ASSEMBLY INSTRUCTIONS

MODEL #

FM7103-F

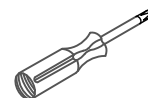
Questions?

GIVE US A CALL : 1-888-980-5122
MON-FRI 8.30AM - 5.30PM (PT)

TOOL REQUIRED



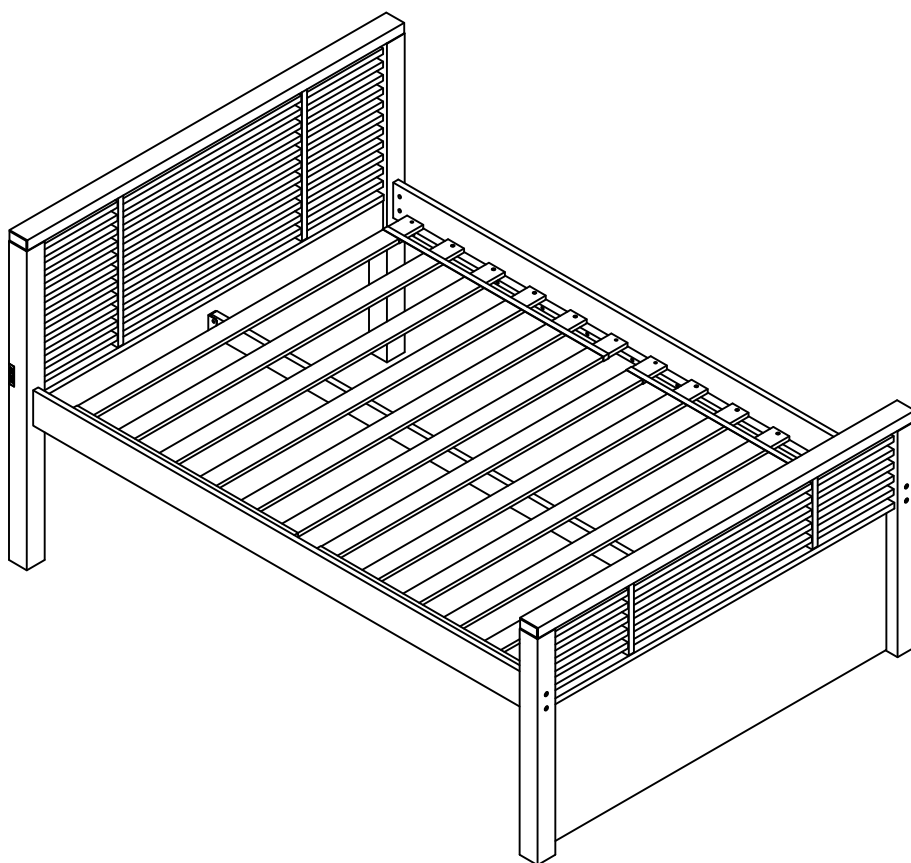
Allen Wrench
(Included)



Phillips
Screwdriver
(Not Included)



2 - People
Recommended



ASSEMBLY RATING



EASY —————> DIFFICULT

The Assembly Rating is a
5-point system showing the
level of effort needed to
assemble a specific product.



Thank you for your purchase!

We hope you enjoy this new addition to your home for many years to come.

Our commitment to providing quality products does not simply end when you purchase our product. We fully stand behind our products from start to finish. Our customer service department is available Monday – Friday 8:30 AM – 5:30 PM Pacific Time and can help with assembly questions as well as, if necessary, replacing damaged or missing parts. To help expedite our service, please have these assembly instructions readily available, along with your order receipt.



Consumer Hotline
Toll-Free 1-888-980-5122



WEBSITE
www.foagroup.com



Monday to Friday
8:30AM- 5:30PM (PT)



E-MAIL
cs.ec@foagroup.com



foagroup



FurnitureOfAmerica



CHECK BEFORE STARTING

☐

Are you missing anything?

Double-check all parts, hardware and accessories listed are all accounted for.

☐

Check out our Quick Tips!

We recommend reviewing the pre-assembly handouts. Even experts need a refresher now and then!

☐

Should we send any replacements?

Are there any irregularities or flaws in the parts? We can send replacements!

☐

Prep Time!

Please review the assembly instructions and all diagrams prior to assembling.

PRE ASSEMBLY INTRODUCTION

We understand building ready-to-assemble furniture can be a challenging experience for some. To help avoid confusion, we have provided some helpful tips that may speed up the process.



Teamwork

ALWAYS have at least two people to help with transporting and assembling the product to avoid potential injury and/or damage.



Suitable Location

Assembling near the area of the intended location is highly recommended.



Sufficient Space

Make sure you have enough space to move around during the assembly.



Avoid Scratches

Use cardboard, blankets or a carpeted area while assembling furniture to prevent to prevent scratches and damages.



Flat Surface

Make sure the furniture rests on a flat and level surface with each leg evenly touching the floor.

ASSEMBLY AND CARE ADVICE



**FAILURE TO FOLLOW THE GUIDELINES BELOW MAY
RESULT IN INJURY AND/OR PROPERTY DAMAGE.**



Position each part correctly
and insert screws or bolts into
their respective holes.



Turn clockwise to tighten and
only tighten when step is
completed or when instructed
to do so.



Use the appropriate hand tools
or power tools for assembly.
Select steps, such as tightening
screws and/or bolts, may require
hand tools to avoid causing
damage during assembly.



Save the instructions and store
any supplied tools for later
maintenance.

After two weeks, check and
tighten any loose hardware and
repeat again every six months
thereafter.

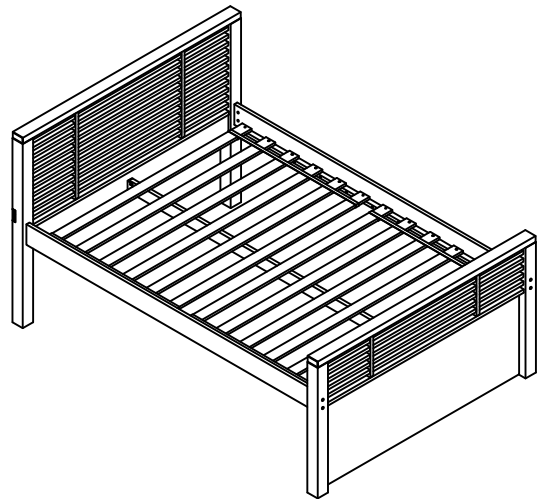
IT IS THE USER'S RESPONSIBILITY TO MAINTAIN THE FURNITURE. THE HARDWARE MAY LOOSEN OVER TIME AND MAY CAUSE THE FURNITURE TO BE WOBBLY AND UNABLE TO SUPPORT ITS INTENDED WEIGHT CAPACITY. THIS MAY LEAD TO COLLAPSE AND MAY CAUSE SERIOUS INJURY.

CAPTAIN BED

FM7103-F

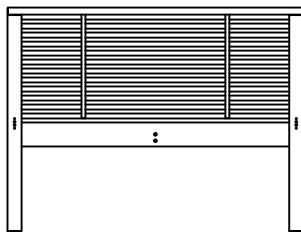


- Please keep instructions for future reference.
- Check the quantity and irregularity of parts and hardware before you start.



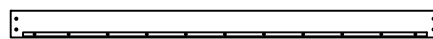
PARTS

A



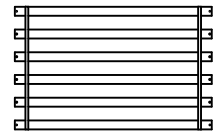
HEADBOARD
1pc

C



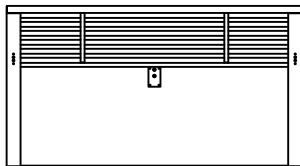
SIDE RAIL
2pcs

E



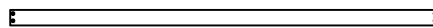
SLAT
2sets

B



FOOTBOARD
1pc

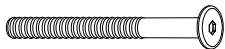
D



CENTER RAIL
1pc

HARDWARE

1



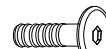
JCBC M6 x 100mm
8pcs

2



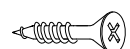
JCBC-W M6x 28mm
8pcs

3



JCB M8 x 16mm
8pcs

4



WOOD SCREW
4.0 x 28mm
16pcs

5



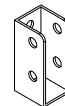
BARREL NUT
M6 x 13mm
8pcs

6



WOOD DOWEL
Ø10 x 30mm
8pcs

7



U-BRACKET
2pcs

8



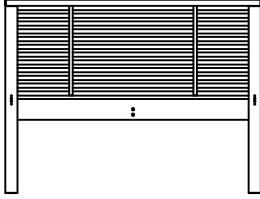
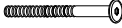








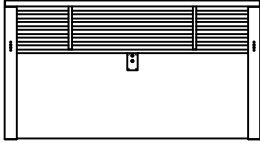
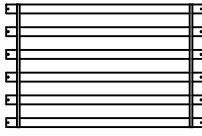

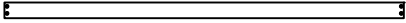
ALLEN KEY M5
1pc

9



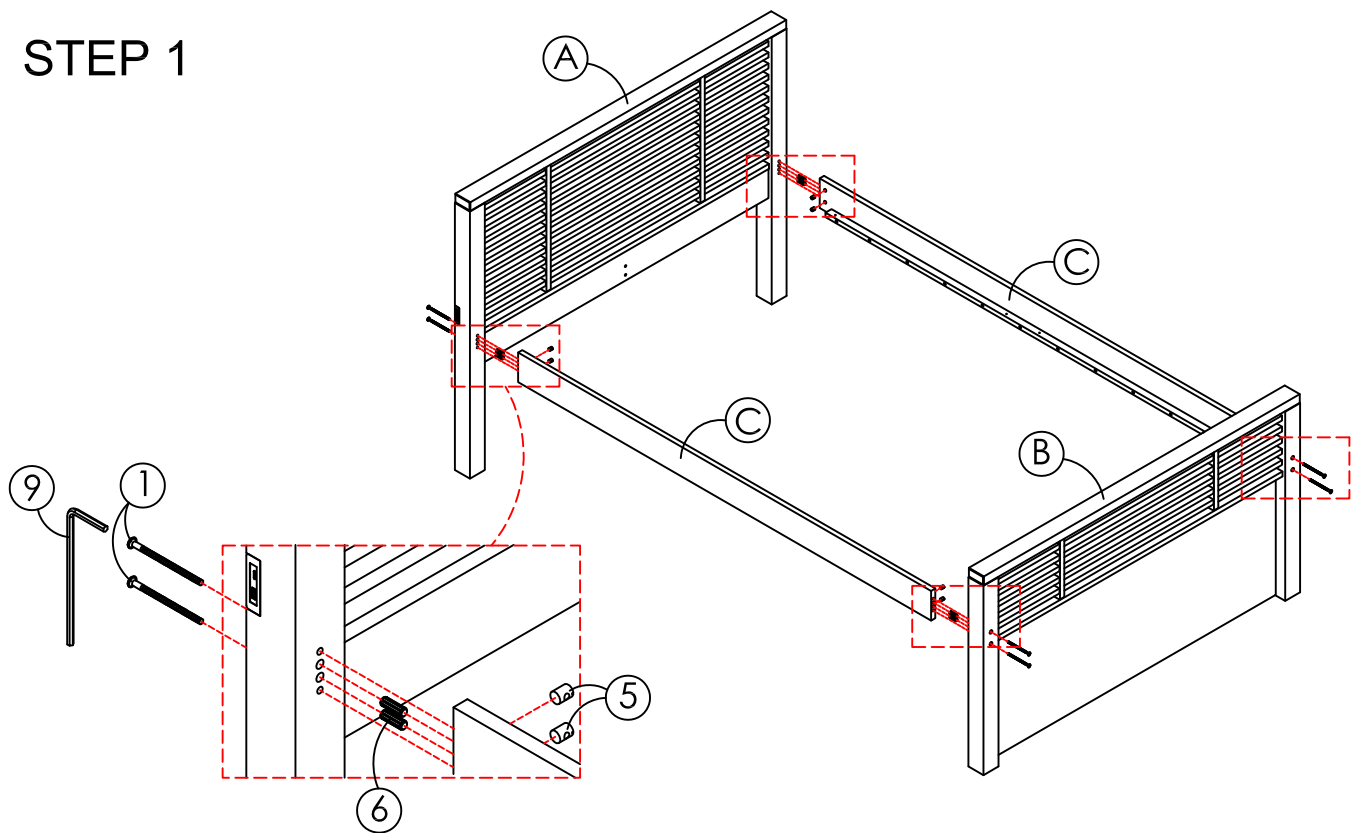
ALLEN KEY M4
1pc

FM7103-F is packed in 2 cartons

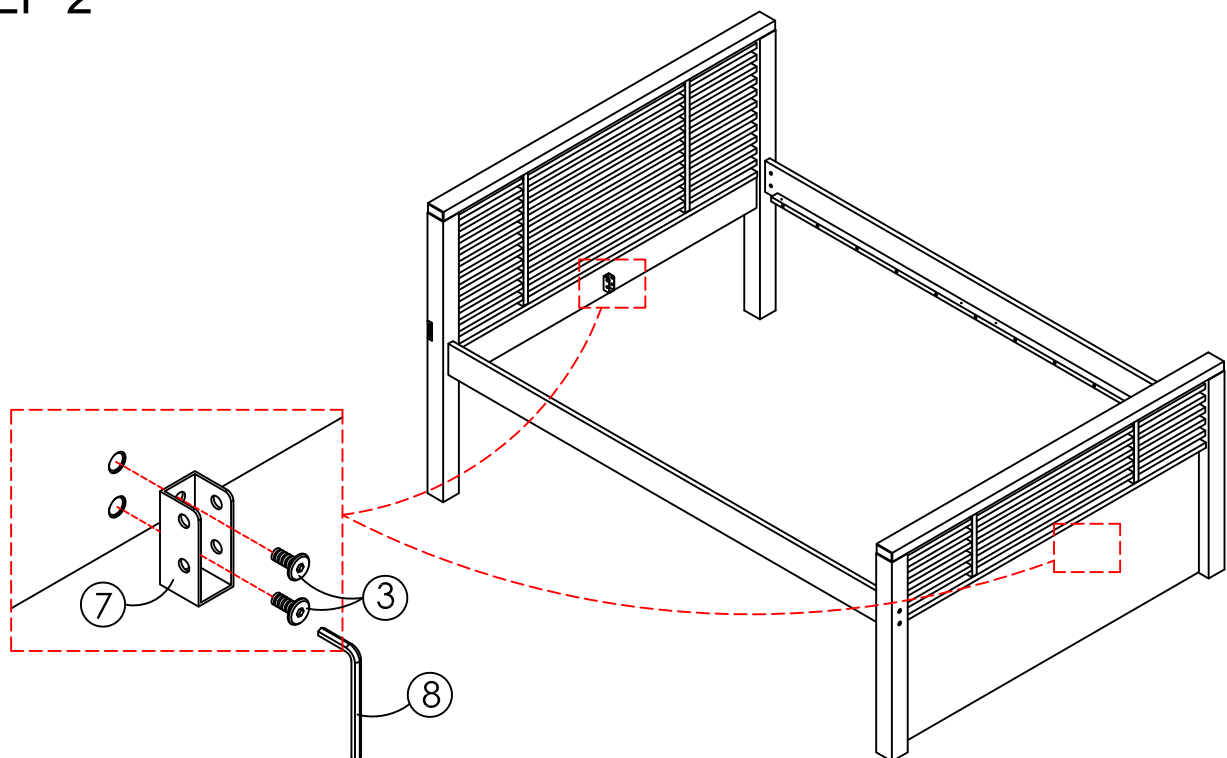
Carton	Designation		Part	
FM7103AK-F-1	Headboard	A	 X 1	 #1 X 8  #2 X 8  #3 X 8  #4 X 16  #5 X 8  #6 X 8  #7 X 2  #8 X 1  #9 X 1
	Footboard	B	 X 1	
	Slat	E	 X 2	
FM7103AK-F-2	Side Rail	C	 X 2	
	Center Rail	D	 X 1	

ASSEMBLY INSTRUCTION

STEP 1

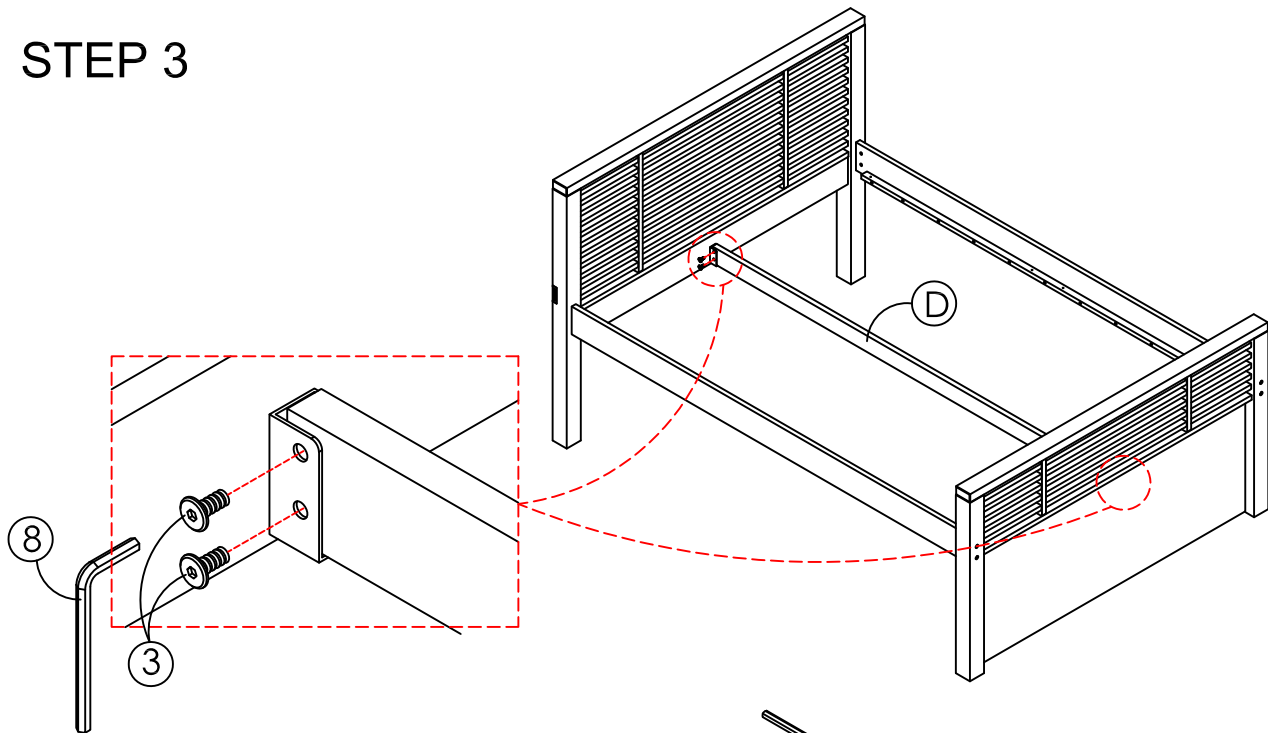


STEP 2

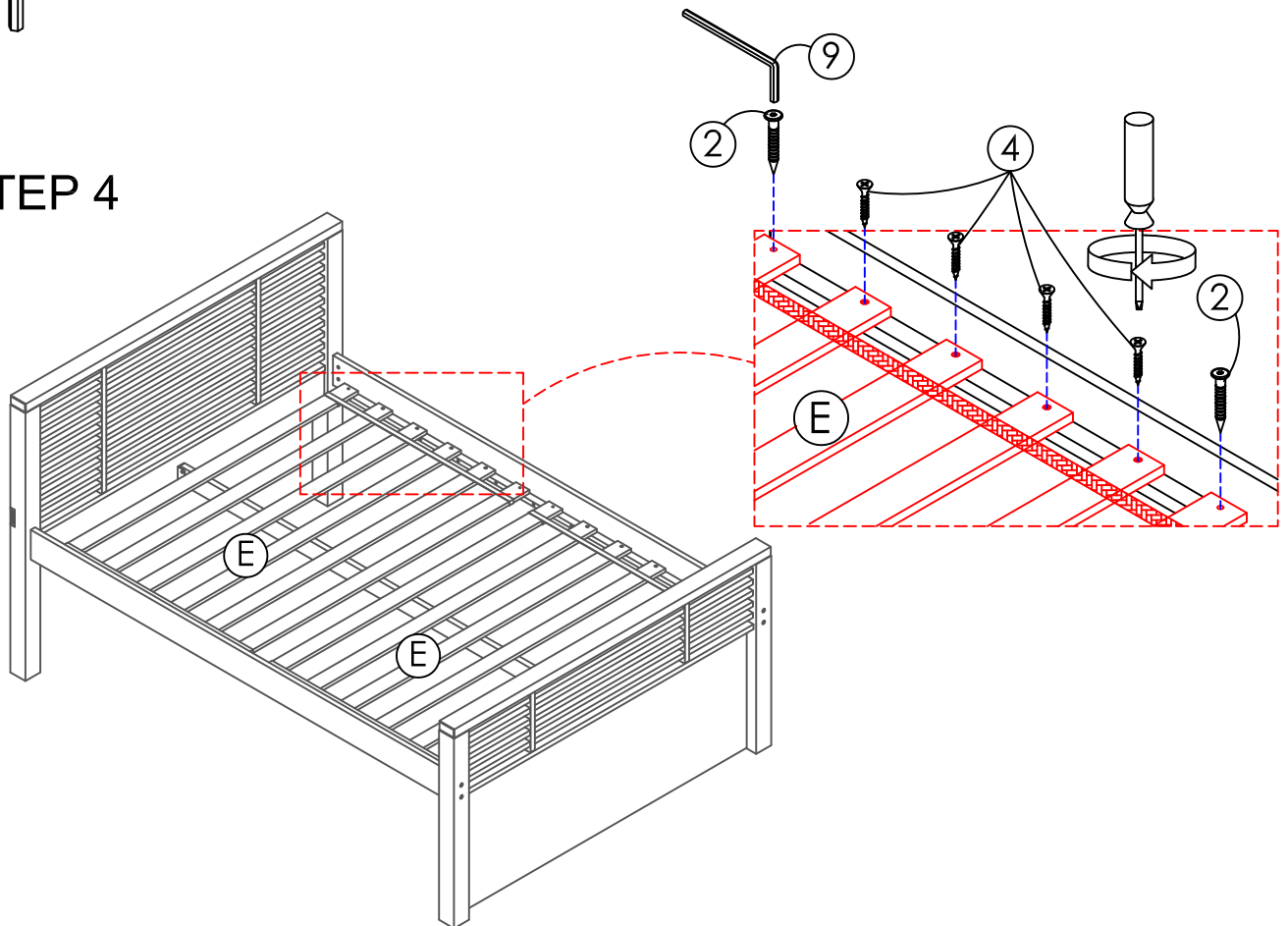


ASSEMBLY INSTRUCTION

STEP 3

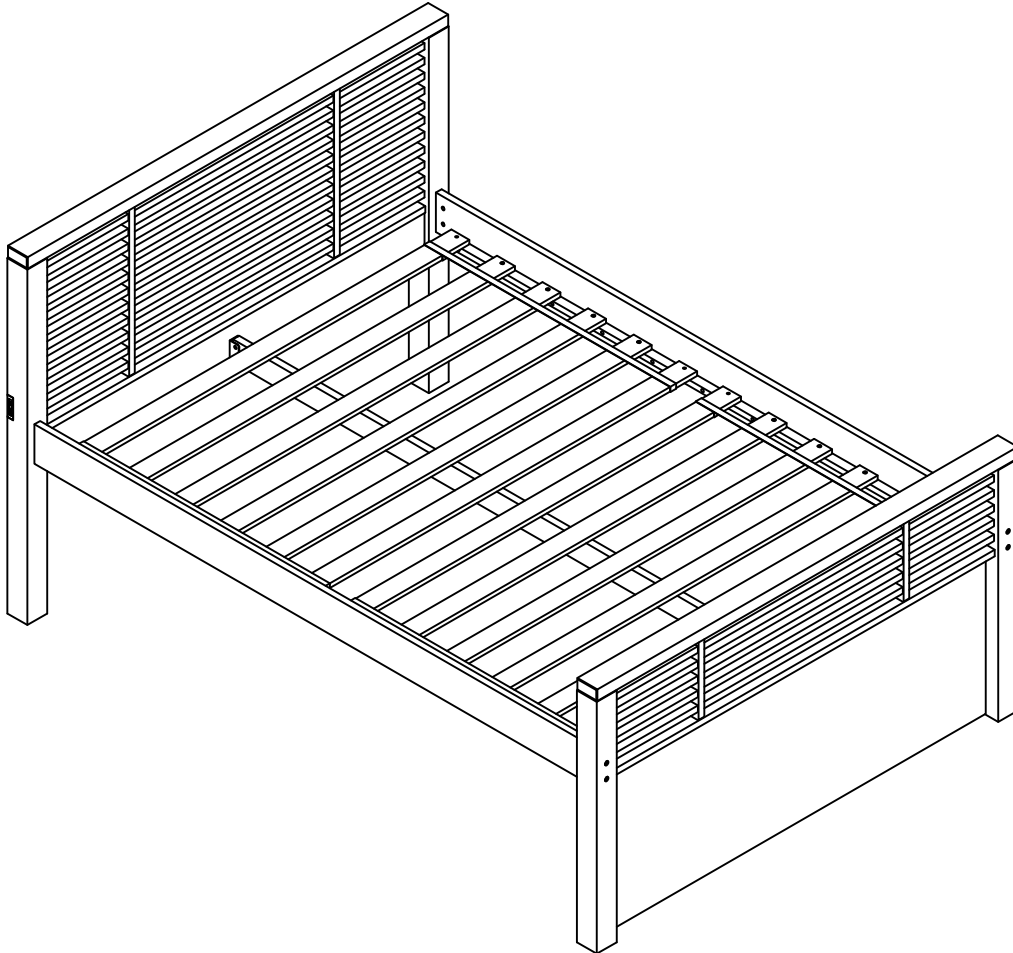


STEP 4



ASSEMBLY INSTRUCTION

COMPLETE



ASSEMBLY COMPLETED



Please ensure the furniture rest on an even and flat surface. If the product wobbles or feels loose, double-check all bolts and/or screw are properly tightened and secured.



Keep this handy!

Please retain this instruction manual and any order-related information for future reference.



Lift, don't drag!

To avoid damage to product please always LIFT the product when transporting or adjusting the placement.

This product is intended for RESIDENTIAL USE ONLY and not for commercial use.