

FRENCH FITNESS

FFP-PLPPS / FFA-PLPPS

FRENCH FITNESS PHOENIX / ASPEN PLATE
LOADED PRO POWER SQUAT (NEW)

ASSEMBLY MANUAL



OR



FEATURES

- High quality ASTM A36 steel tube
- 50mm x 80mm x 3mm steel
- 11 gauge steel
- Tungsten Inert Gas (TIG) welding
- Electrostatic powder coated
- Large thick padding for comfort
- Floating yoke makes it feel like lifting regular weights.
- Top and bottom load positions support optimal strength training flexibility.
- Non-skid footplate ensures a secure and stable footing during exercises.

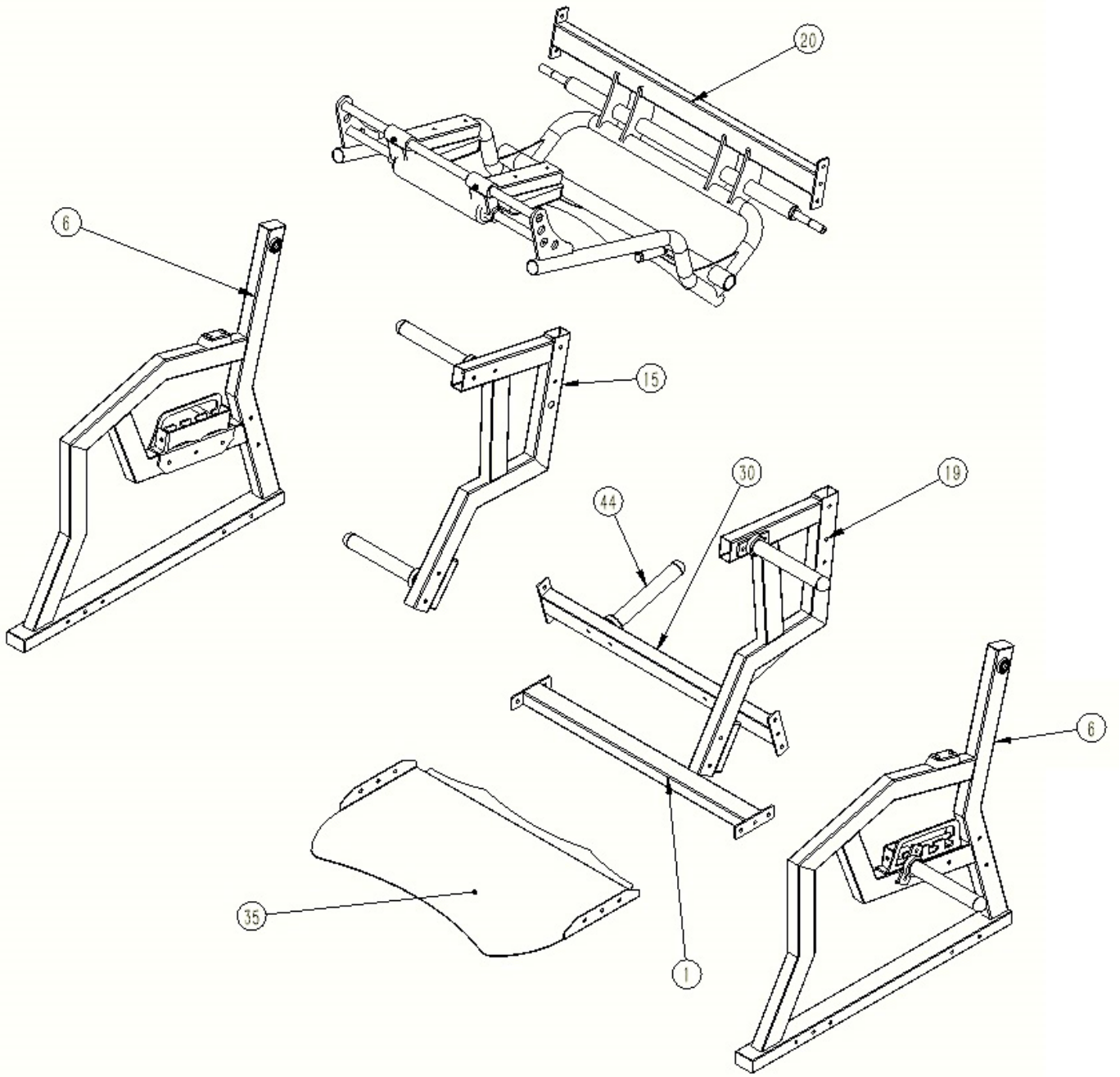
TECH SPECS

- Weight: 491 lbs (223 KG)
- Dimensions: 57"L x 57.8"W x 70.8"H (L:1450 mm, W:1470 mm, H:1800 mm)

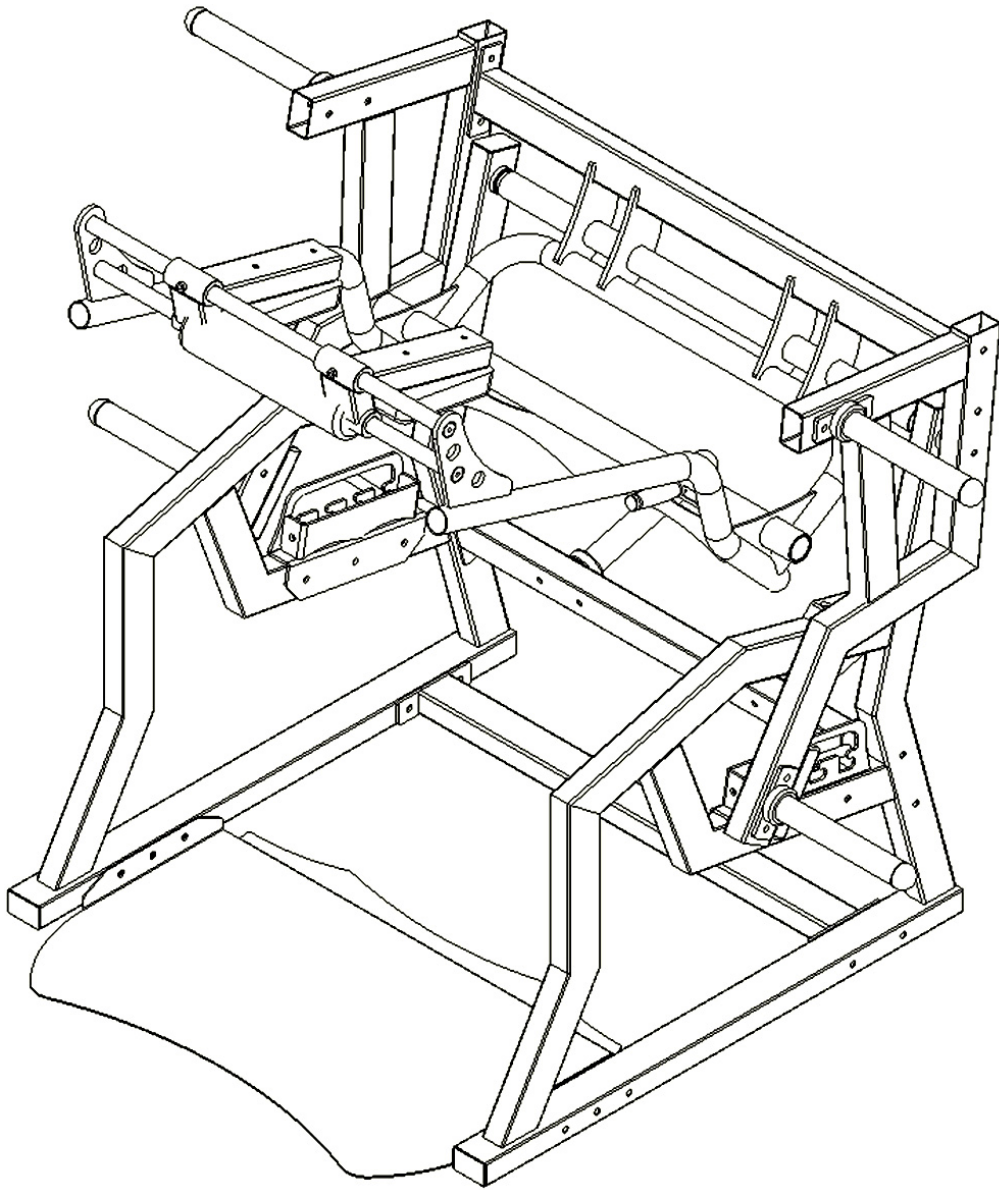
WARRANTY

- **10 Years Parts, 1 Year Labor (Commercial)**
- **California Residents see Prop 65 WARNING**

EXPLODED VIEW



ASSEMBLY



PARTS LIST

Item No.	Part No.	Number
1	H 0200 Bottom connection welding group	1
2	X-1 0100 Bottom frame group-assembly	2
3	0900 Reinforcement plate welding	1
4	X-1 0300 Barbell fixed welding group	1
5	X-1 0500 Barbell fixed welding group	1
6	H 0700 Middle support pipe welding	1
7	X-1 0600 Support pipe welding	1
8	X-1 1000 Limit welding group	2
9	X-11100 Guide rod	2
10	X-1 1200 Right reinforcement plate welding	1
11	X-1 1300 Pedal	1
12	Movable shoulder pad assembly group	2
13	X-1-L03 Fixed rod stainless steel	2
14	Back cushion	1
15	Φ50X312-Barbell rod- Stainless steel welding assembly-T3-0006-ZP	6
16	Rusty steel limit round pipe welding group	2
17	Black rubber pad	2
18	BT-0013 Small handle	2