

FRENCH FITNESS

FF-DPWMCC

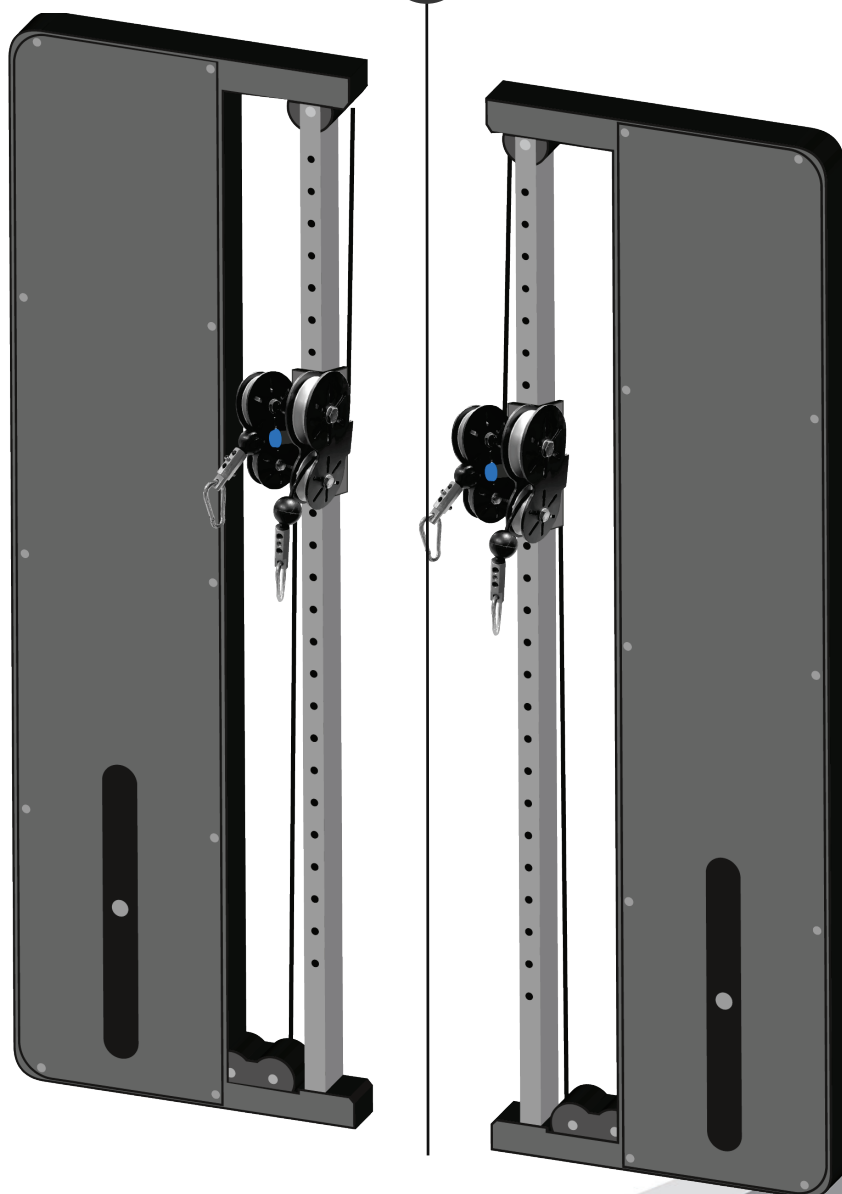
FRENCH FITNESS DUAL PULLEY WALL MOUNTED CABLE COLUMN

OWNERS & ASSEMBLY MANUAL

Cable column on the Right Side

OR

Cable column on the Left Side



FEATURES

- Left and Right Side Cable Column options
- Wall mounted
- Strong steel construction
- Dual Aluminum swivel pulley
- Pulley height: 26 adjustable heights

TECH SPECS

- Weight to Cable Ratio: 2:1
- Weight Stack: 133 lbs (60 kgs)
- Product Weight: 331 lbs (150 kgs)
- Shipping Weight: 397 lbs (180 kgs)
- Dimensions: 31 x 5 x 85 in (780*130*2150mm)
- Packing Size: 86 x 32 x 10 in (2180*820*260mm)
- Max User Weight: 397 lbs (180 kg)

WARRANTY

10 Years Parts, 1 Year Labor (Home)

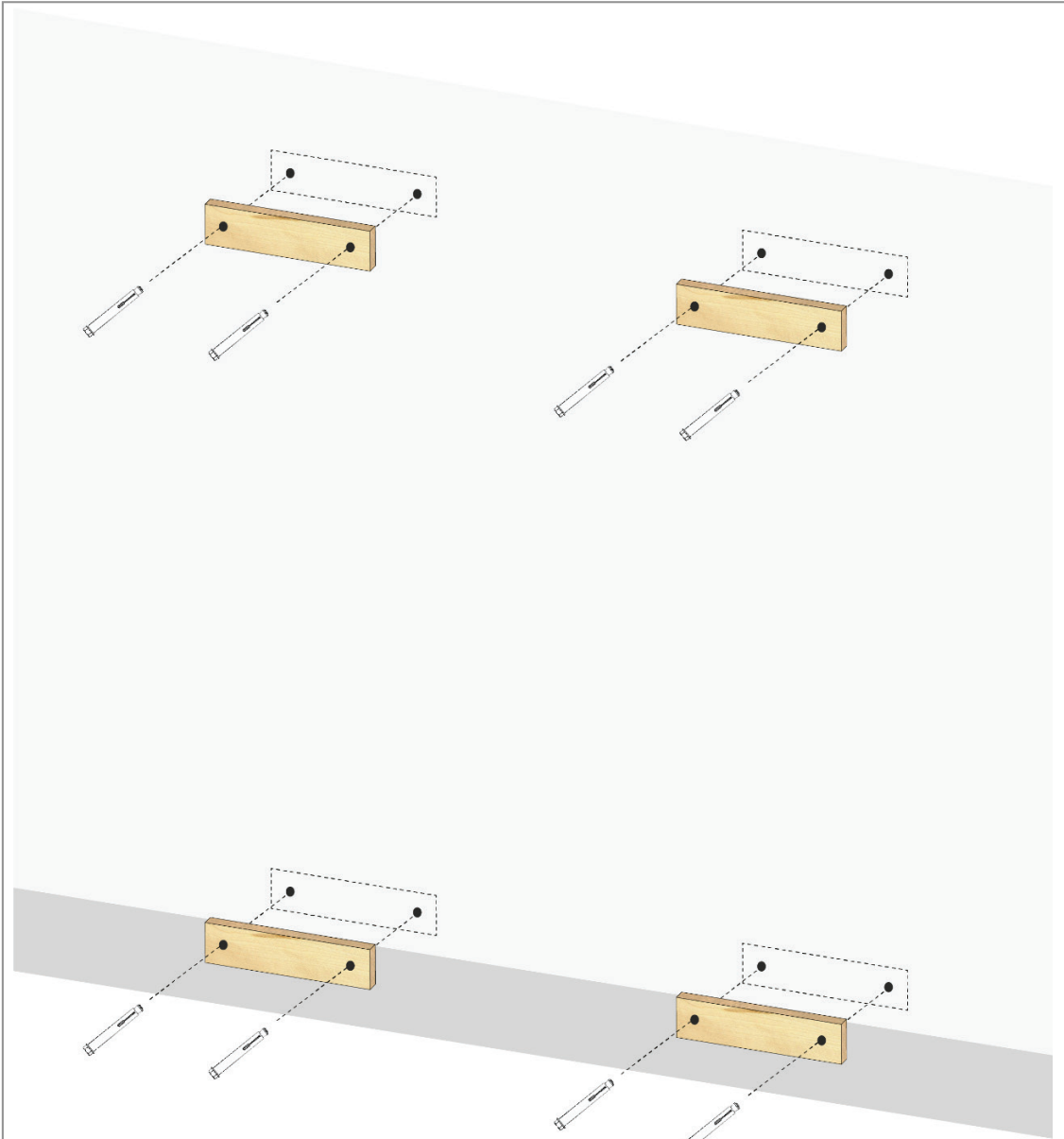
Cable column on the Right Side

OR

Cable column on the Left Side



- 1) Stand Mirror Trainer Upright
- 2) Locate the Holes in the mirror trainer. The wall mounting bolts will go through the holes.



- 3) Locate Concrete or Wooden 2x4 / 4x4 studs in the wall. Mount (3) 2x4's horizontally onto the wall to align with the holes. Mount each into 2 different wooden studs along the wall making at least 6 holes in the wall total

Cable column on the Right Side

OR

Cable column on the Left Side



- 4) Mount the 5 included mounting bolts through the 5 back holes on the machine into the 2x4's that have been mounted to your wall



5) Install the weights. The large weights will go in first on each side evenly while the small weight goes in last.



6) Lubricate the columns that cables adjust up and down on with the bottle of lubricant provided.