

FRENCH FITNESS

FFB-ESM / FFS-ESM

FRENCH FITNESS ELITE SMITH MACHINE FFB Black & FFS Silver Versions

OWNER'S MANUAL



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

20201211-V1.0

FEATURES

- 11-gauge, 2.5" x 4.5" flat oval steel tube
- 6 Standard weight horns
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability
- Standard rubber feet protect base of the frame and prevent the machine from slipping
- Grips retained with aluminum collars, preventing them from slipping during use
- Hand grips are a durable urethane composite

TECH SPECS

- Weight: 452 lb (205 kg)
- Dimensions (L x W x H): 49" x 87" x 94" (1240 x 2210 x 2370 mm)

WARRANTY

- 10 Years Parts, 1 Year Labor (Commercial)

OVERVIEW

Thank you for choose Smith Machine, it is one of mainly equipments for a complete gym, the functional design completely satisfy the professional training, select PVC leather cushion, can achieve good training effect, to realize the unity of the fitness and bodybuilding on maximum limit. 7° barbell angle provides natural freedom force motion path users make a recommendation or deep squat convenient exercise easily. Without the support of guide bar type linear bearing. In the D type tube, the counterweight device needn't the side support. Available multiple adjustable exercise chair.

MATERIAL DESCRIPTION

MATERIAL DESCRIPTION

1) Elect PVC leather cushion.

2) The main pipe:

Main frame pipe: flat oval tube 100*5*2t

Weight stack supporting tube: D tube 140*90*2t

Auxiliary tube: flat oval tube 80*40*2t

SAFETY CAUTION

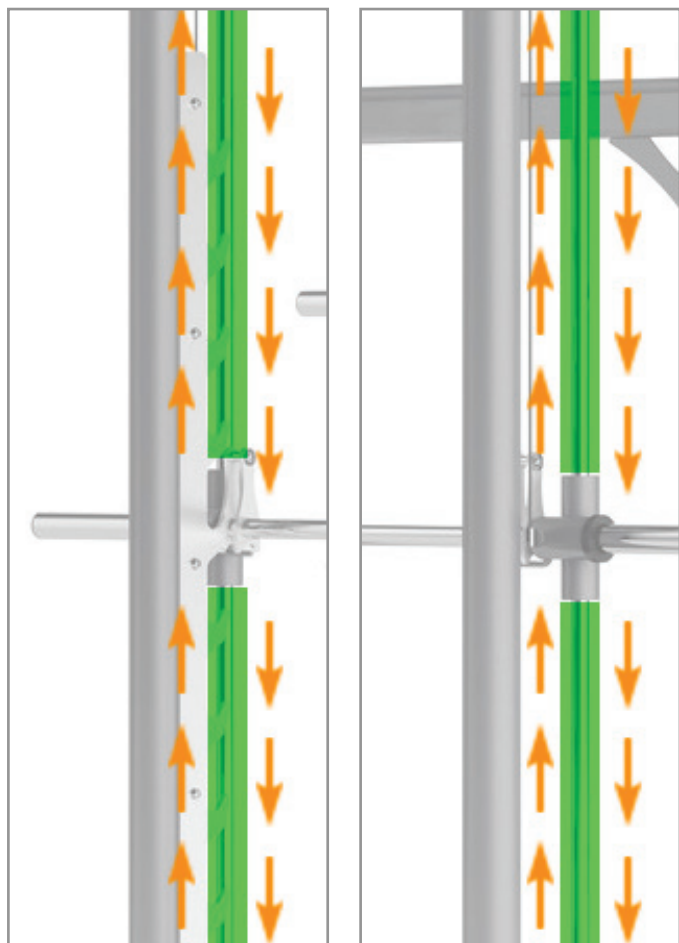
- 1) Keep children and pets away from the machine at all times. Do not leave children unattended in the same room with the machine.
- 2) The number of using the product: one people.
- 3) In the process of use, if appear dizziness, nausea, chest tightness and other symptoms should immediately stop training and consulting a doctor.
- 4) Suggest an reasonable warm-up exercise before.
- 5) Using the equipment with proper clothing.
- 6) Product features are not allowed to be used outside of the sports training methods, soas not to cause harm.
- 7) Obstacles or sharp objects can not be exist around the product.
- 8) Disabled person should not use the machine without a qualified person or physician in attendance.
- 9) Cannot use this machine under the condition of product function is not complete.

CLEAN GUIDE RODS

Step must be completed prior to installing. Failure to do so can leave residue from packaging and other sources stuck in the bushings

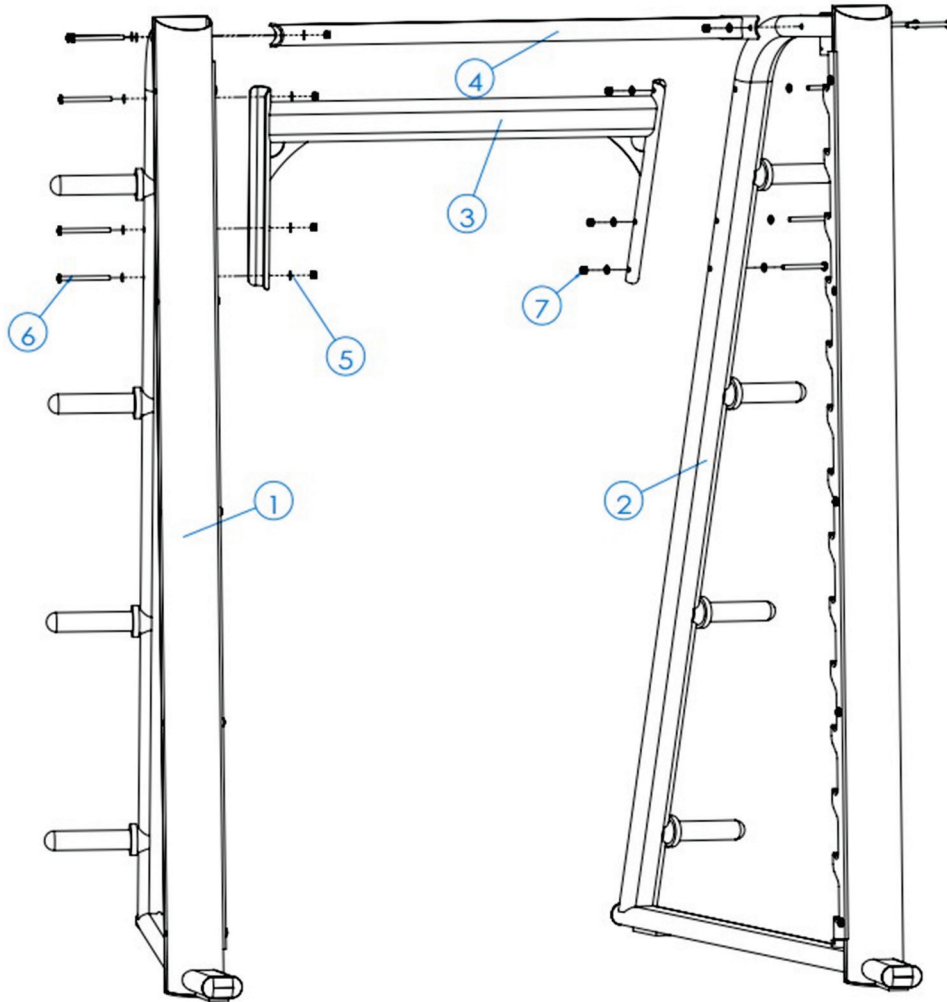
Guide rods need to make sure they are cleaned prior to installation otherwise this will cause the top plate to get stuck. It causes buildup in the bushings of the top plates. They just need to be cleaned out as well as the guide rods.

Use Silicon Spray and fiber to remove any excess residue. These can be found around the house or at a nearby hardware store, pics below. Use silicon Spray and fiber.



COMPONENT ASSEMBLY

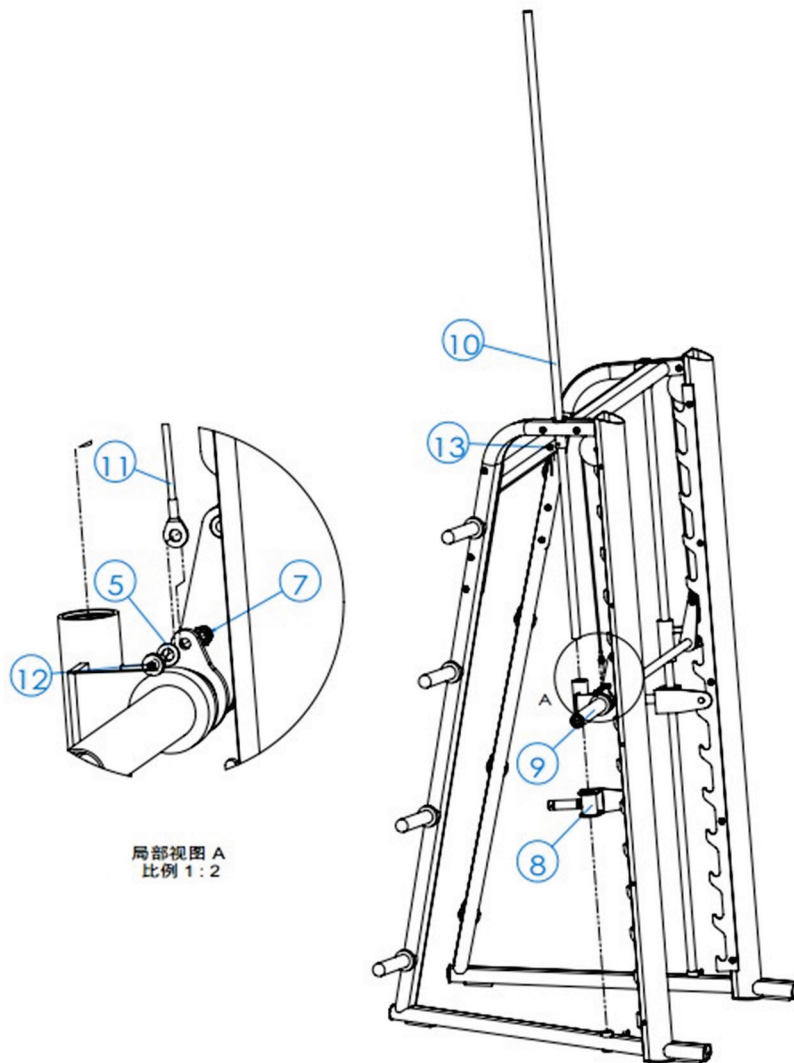
STEP 1



ITEM	NAME	QTY
1	left support frame assembly	1
2	Right support frame assembly	1
3	Lower connection	1
4	Upper connection	1
5	Washer $\phi 10$	20
6	Hexagon socket screw M10x120	10
7	Locknut M10	10

COMPONENT ASSEMBLY

STEP 2



ITEM	NAME	QTY
5	Washer $\phi 10$	4
7	Locknut M10	2
8	Limit support	2
9	Barbell bar	1
10	Guide bar	2
11	Steel wire rope	1
12	Hexagon socket screw M10x25	2