

FRENCH FITNESS

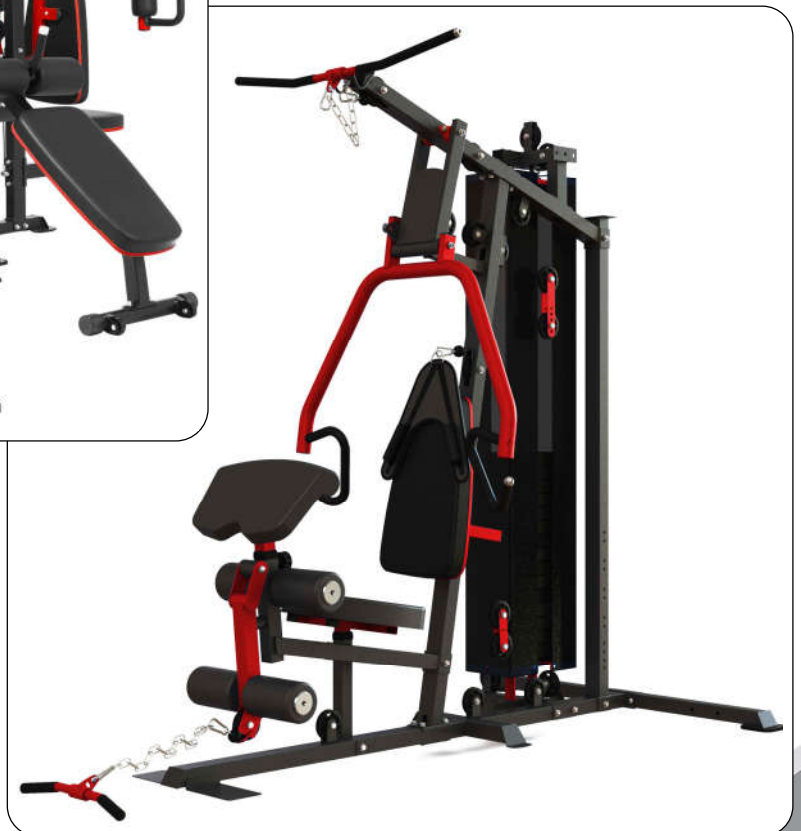
FF-X8

FRENCH FITNESS FF-X8 AND FF-X8 XL
- MAIN BODY SINGLE STATION HOME GYM

ASSEMBLY MANUAL



*Shown with Optional Powertower and Bench



CAUTION!

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

FEATURES

EXERCISES

Main Station (Standard)

- Seated Row
- Chest Press
- Lat Pulldown
- Ab Crunch
- Tricep Pushdown
- Preacher Curl
- Bent Over Row
- Standing Curl
- Shoulder Shrugs
- Lex Extensions
- Standing Leg Curls
- One Arm Lat Raise
- One Arm Rear Delt
- One Arm Bicep Curls
- One Leg Lateral Raises
- One Leg Extension
- One Leg Curls

Butterfly Station (Standard)

- Pec Fly
- Rear Delt

Leg Press Station (Standard)

- Leg Press
- Calf Raises

Adjustable Bench (Optional)

- Abdominal Crunch

VKR Pull Up Station (Optional)

- Leg Raises
- Seated Dips Pull Ups

X8 Multi Station Gym System

- HDR grip
- Arc Butterfly arm
- Adjustable backrest pad
- Adjustable arm curl pad
- Leather foam
- Non-slip metal footplate
- Super flexible PP pulley (Same as bumper material)
- 5mm Cable diameter
- Canvas shield for added protection and machine stability
- T design super stable base

TECH SPECS

- Weight Stack: 165 lb
- Weight Stack Increments: (15) 11 lb (5 kg) Plates
- Maximum user weight: 300 lb (136 kg)
- Dimension: 85 in x 54 in x 84 in (2160 mm x 1360 mm x 2130 mm)

X8-BF Butterfly

- Leather foam
- Adjustable backrest pad
- Backrest pad frame
- Adjustable cushion
- Cushion frame
- HDR grip
- Super flexible PP pulley (Same bumper material)
- Zinc plated lock pin
- Has aluminum alloy end cap

TECH SPECS

- Maximum user weight: 300 lb (136 kg)
- Dimensions: 96 in x 53 in x 83 in (2420 mm x 1330 mm x 2100 mm)

X8-LP Leg Press

- Non-slip metal footplate
- Ergonomical 5mm cable diameter lenticular pattern for added friction
- Aluminium alloy end cap
- Comfortable HDR handle grip
- 5mm Cable diameter
- Footplate support frame
- Super Flexible PP pulley (Same bumper material)
- Canvas shield for added protection and stability
- Adjustable backrest pad

TECH SPECS

- Maximum user weight: 300 lb (136 kg)
- Weight Stack: 165 lb
- Weight Stack Increments: (15) 11 lb (5 kg) Plates
- Dimensions: 96 in x 53 in x 83 in (2420 mm x 1330 mm x 2100 mm)

X8 XL TECH SPECS

- Dimensions: 111" W x 92" Depth x 84" H

NOTE: Pull up bar ads from 84" to 89" Height

WARRANTY

- **10 Years Parts, 1 Year Labor (Home)**

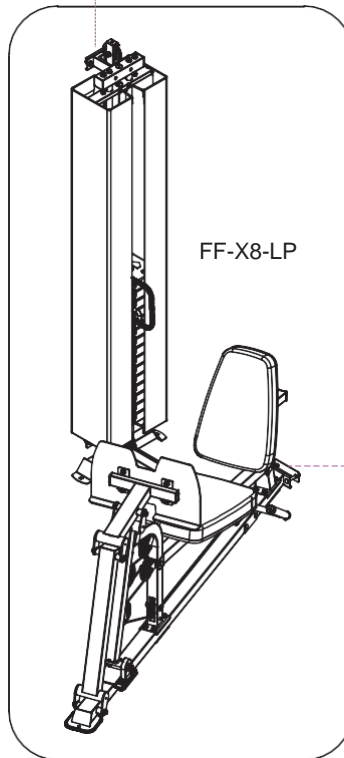
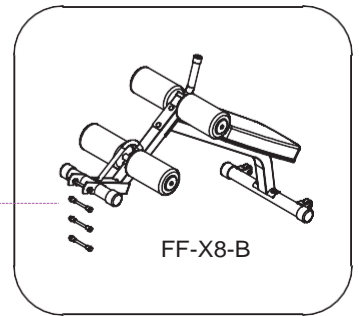
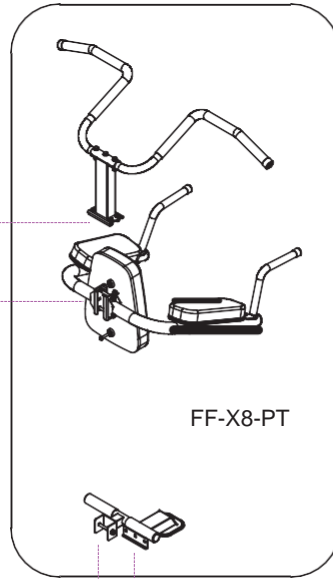
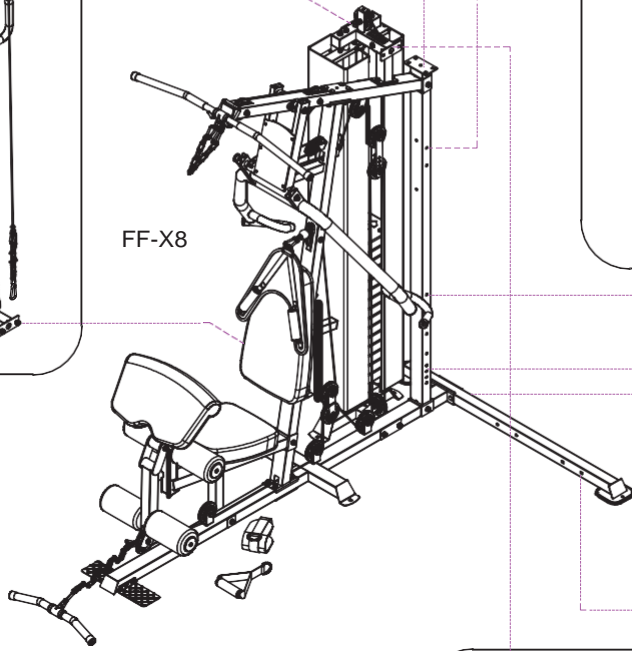
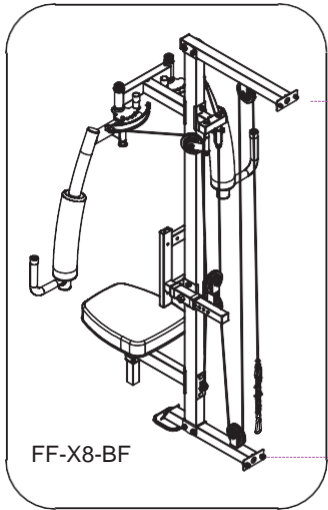
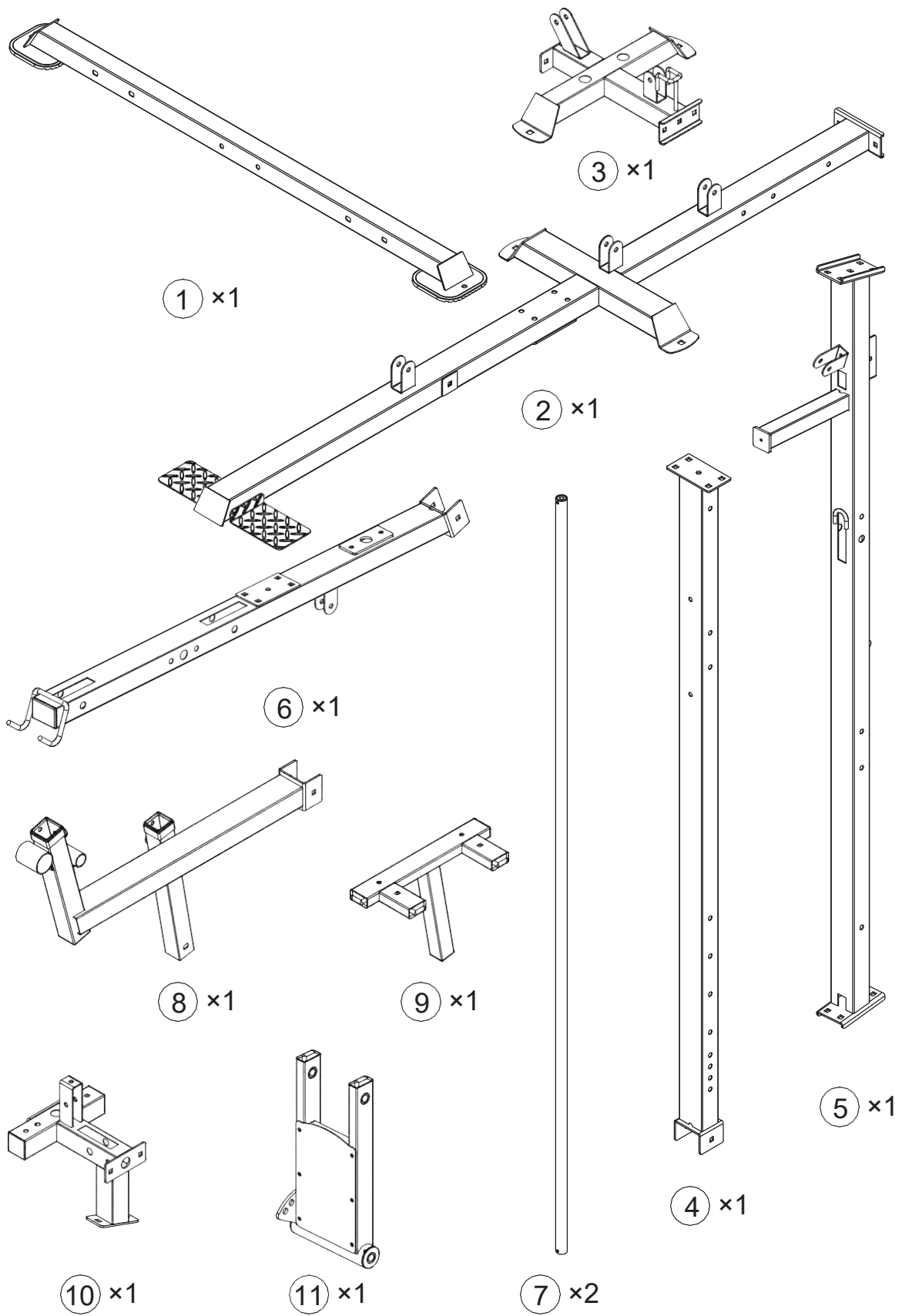
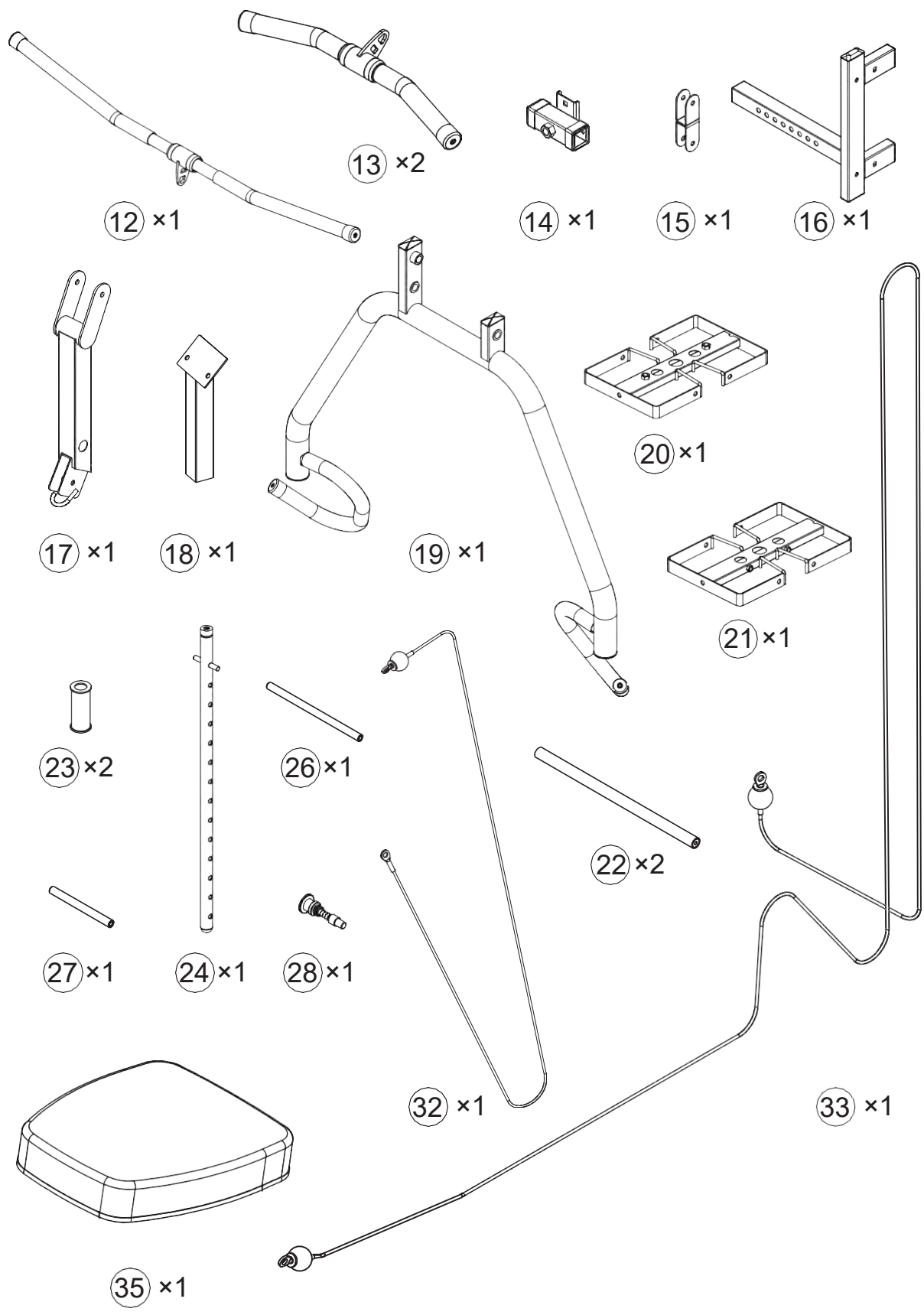
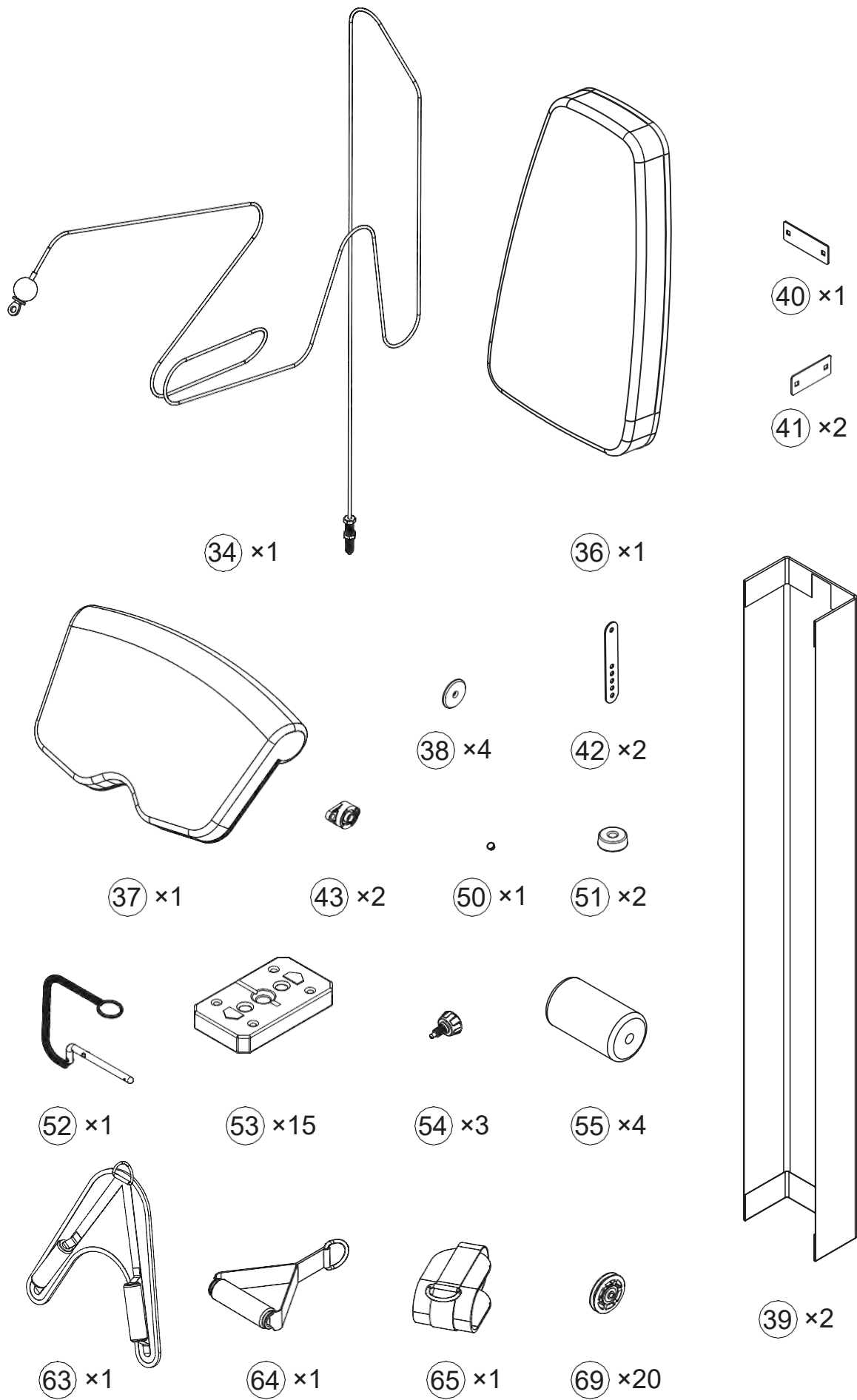


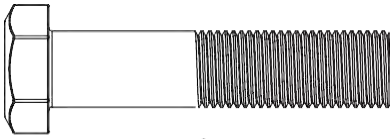
TABLE OF CONTENTS

MAIN BODY SINGLE STATION HOME GYM	4
LEG PRESS (FF-X8-LP)	34
BUTTERFLY EXERCISE EQUIPMENT (FF-X8-BF)	57
POWER TOWER (FF-X8-PT)	72
POWER BENCH (FF-X8-B)	83

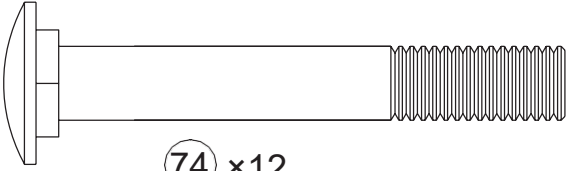




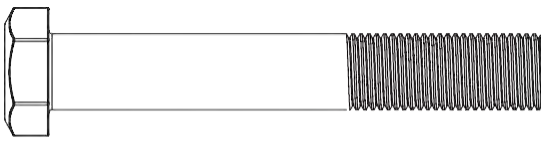




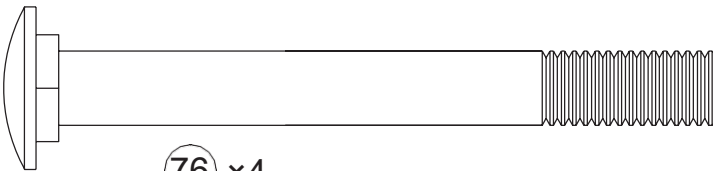
73 × 14



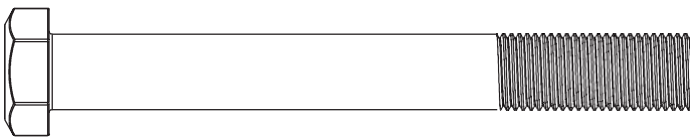
74 × 12



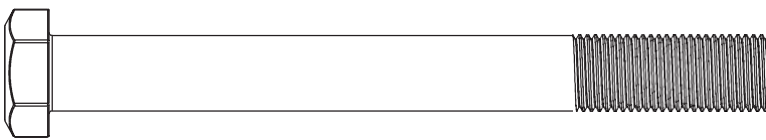
98 × 1



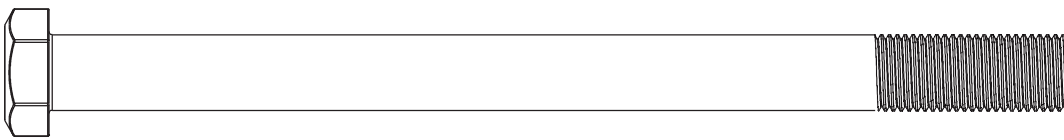
76 × 4



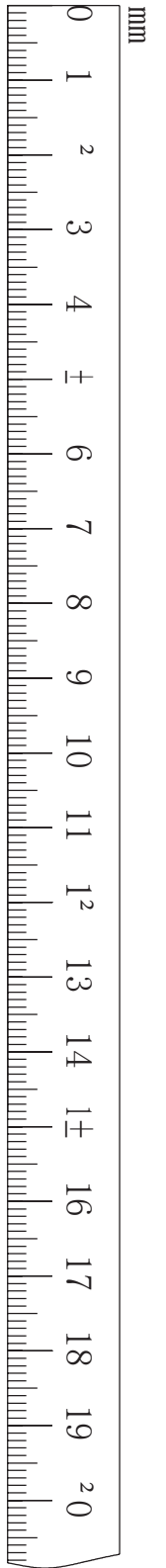
77 × 3

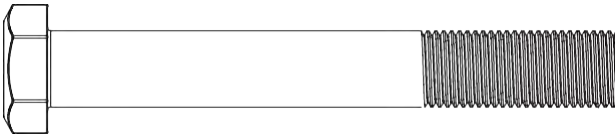


78 × 3

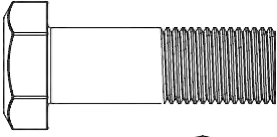


79 × 1

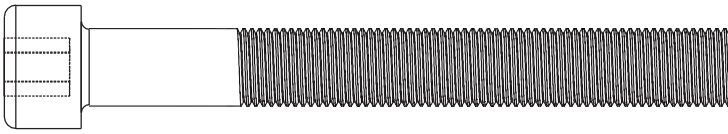




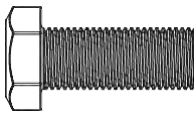
80 × 1



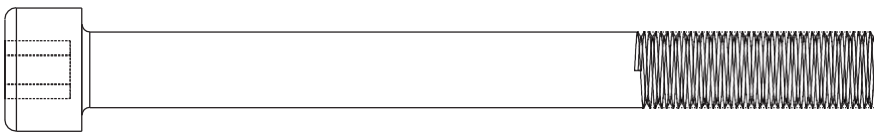
81 × 1



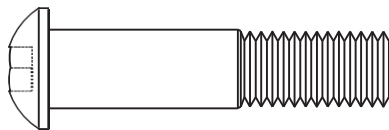
82 × 2



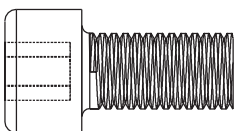
83 × 8



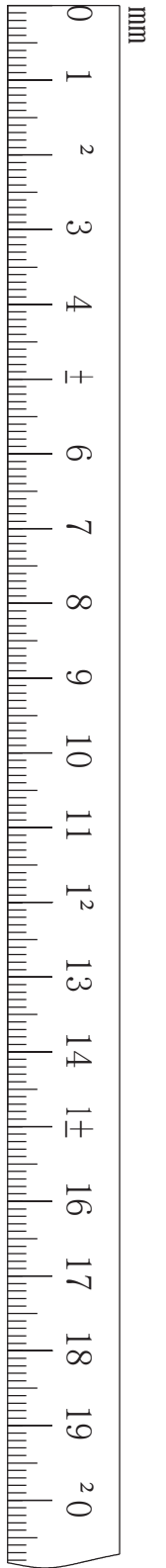
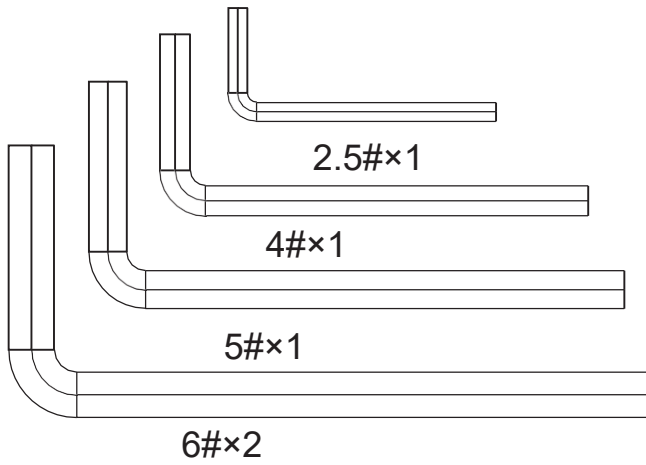
84 × 2

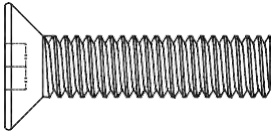


85 × 4



89 × 4

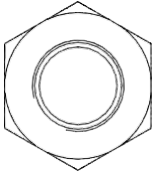




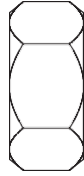
90 × 4



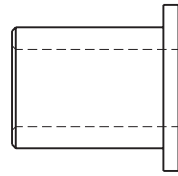
59 × 1



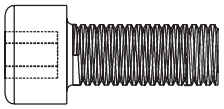
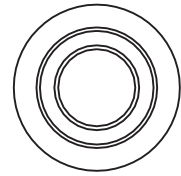
91 × 2



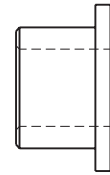
60 × 5



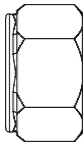
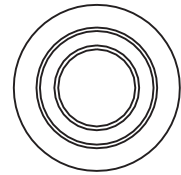
29 × 6



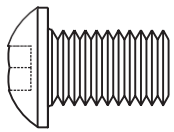
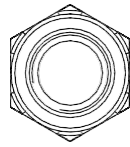
92 × 2



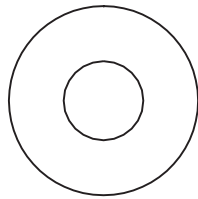
30 × 2



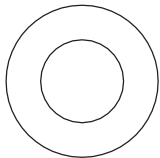
93 × 40



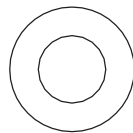
94 × 2



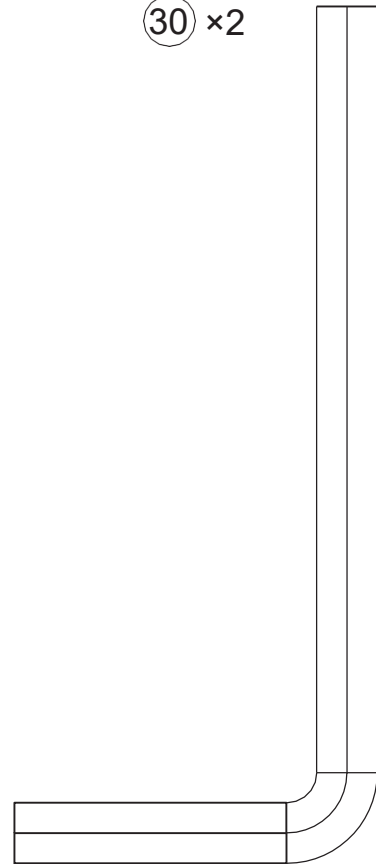
97 × 4



95 × 68



96 × 6

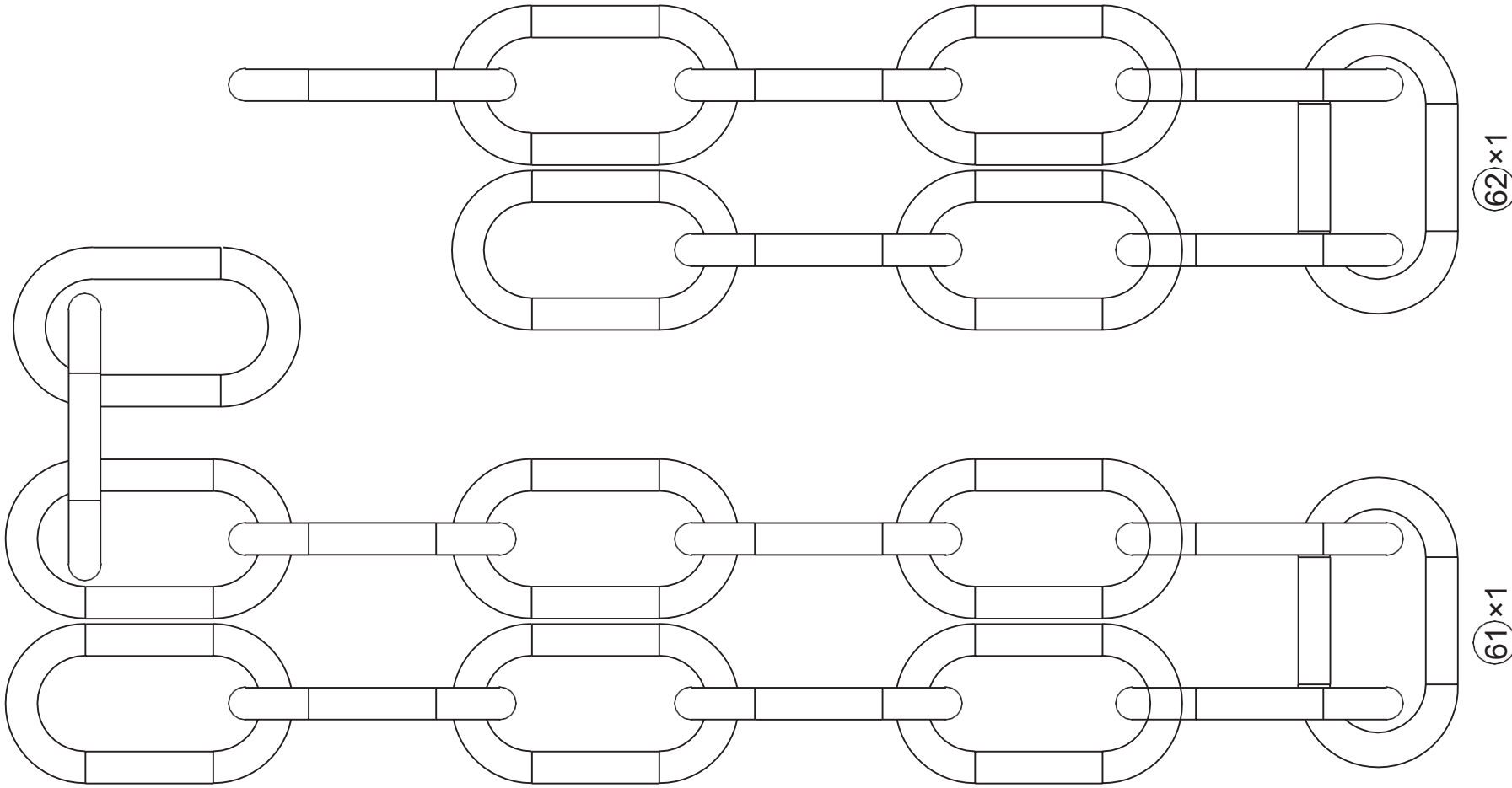


8# × 2

mm



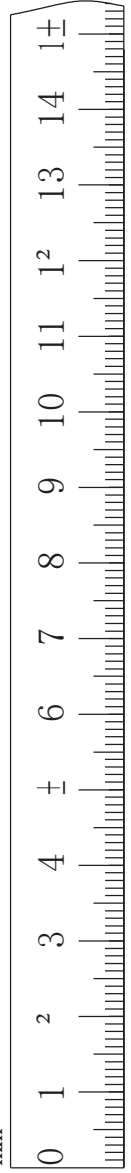
mm



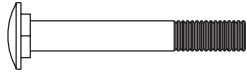
(62)x1

(61)x1

mm



74



× 2

M10×70mm

93



× 2

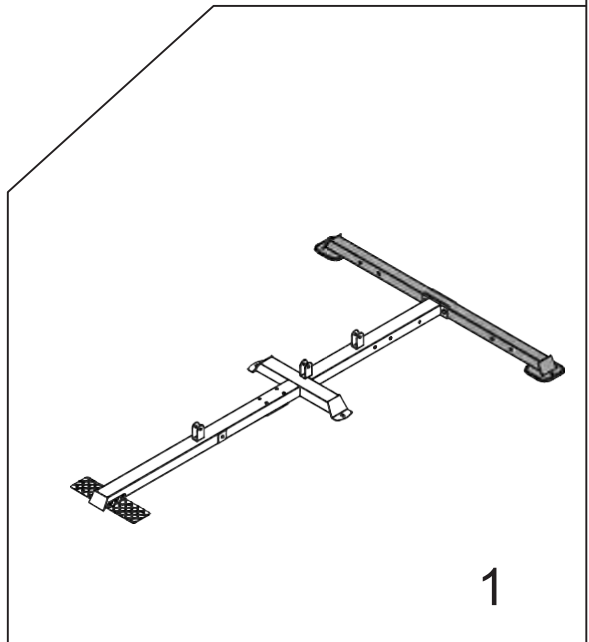
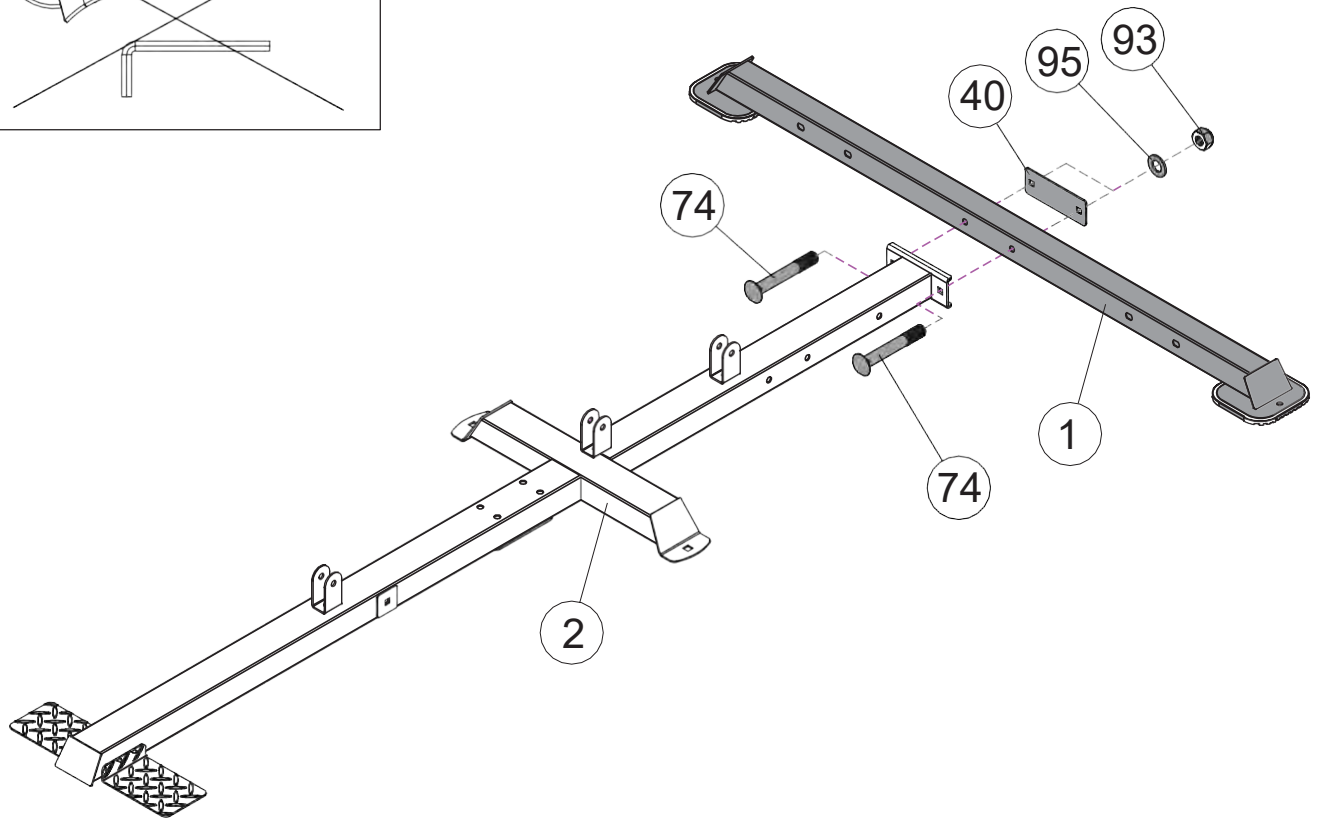
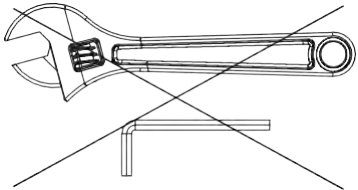
M10

95



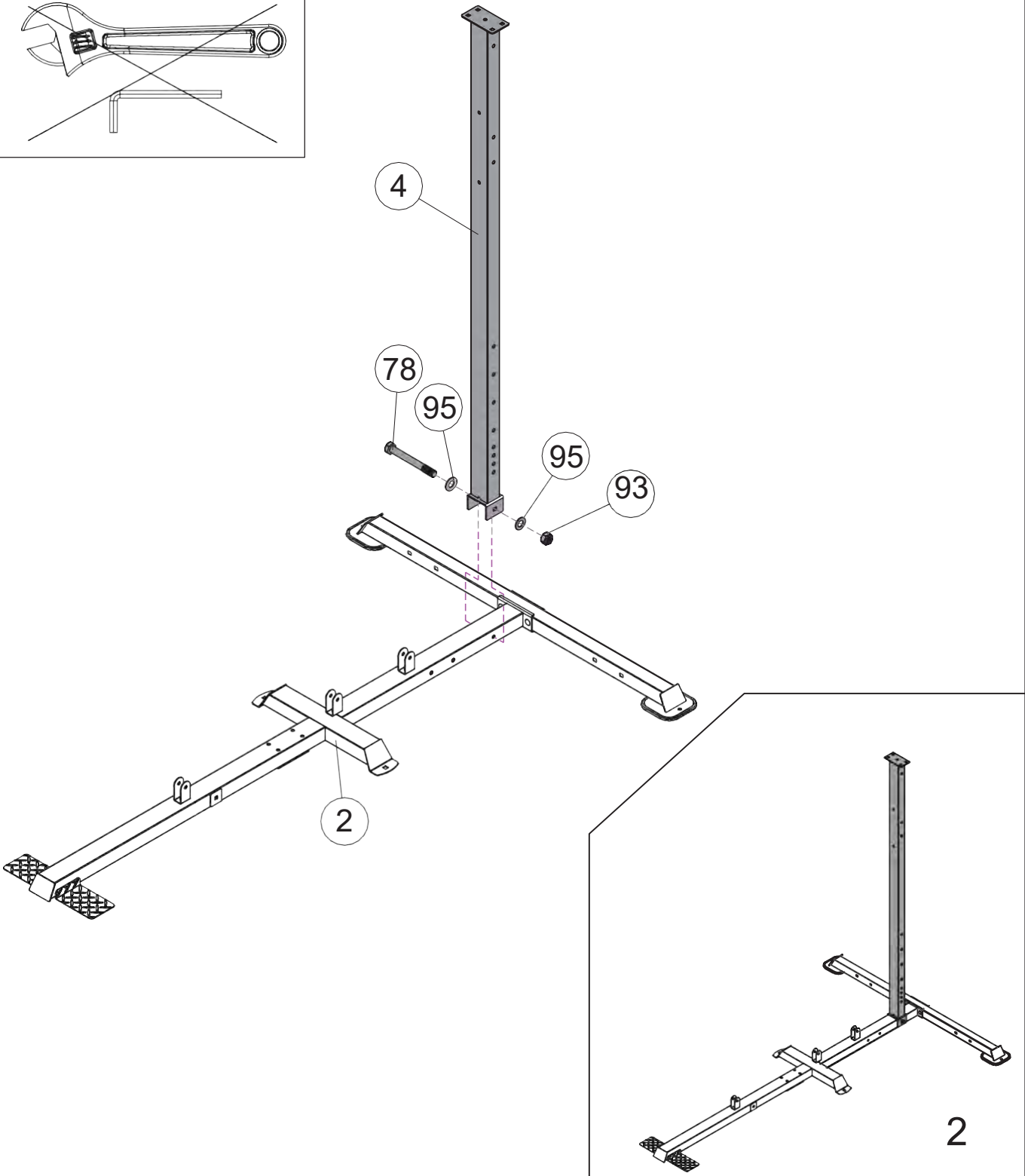
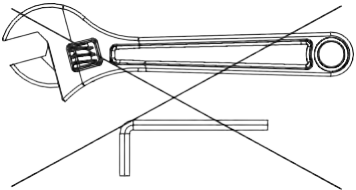
× 2

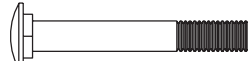
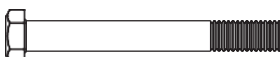
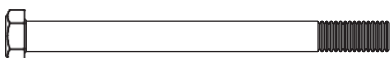




Φ20×Φ10.5

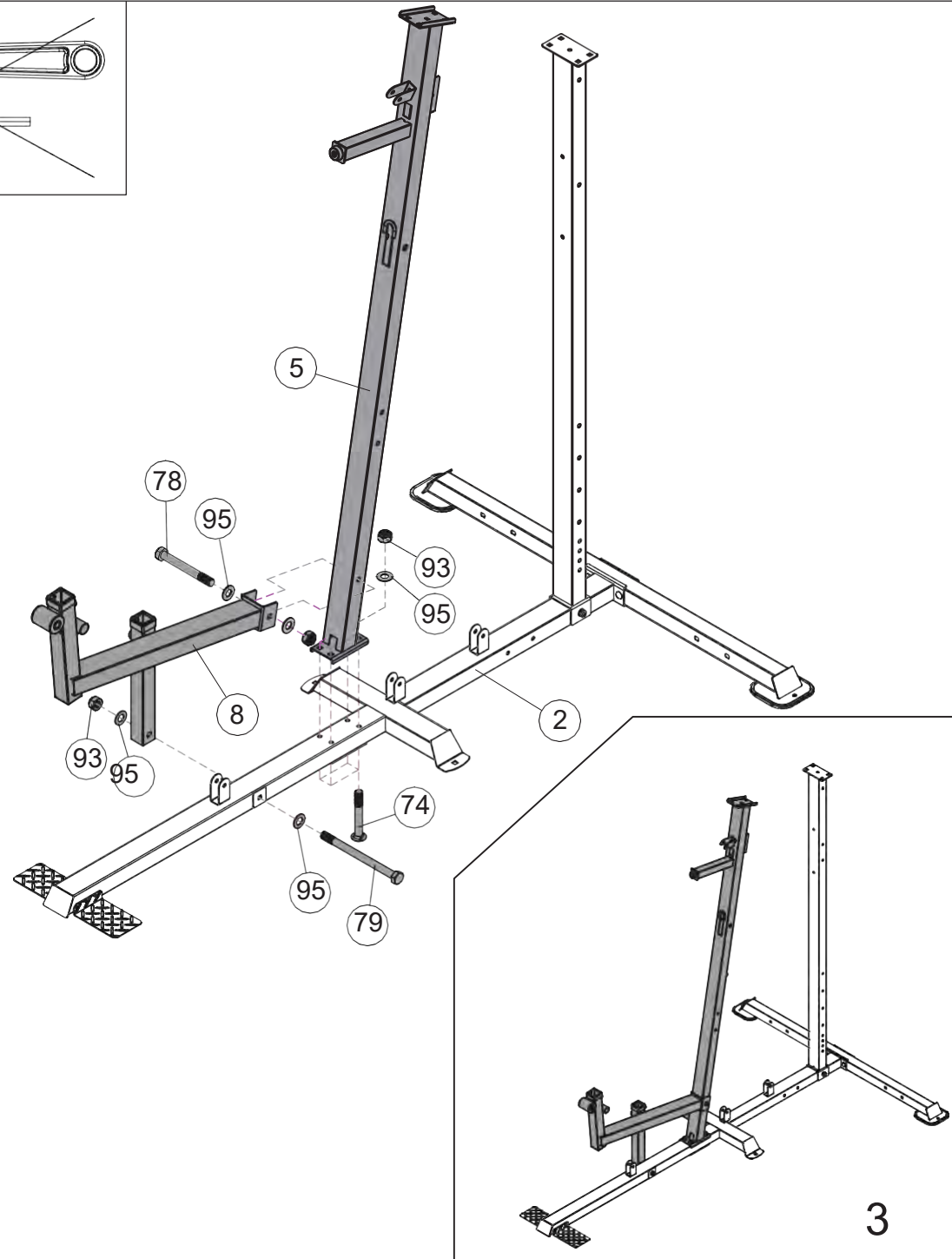
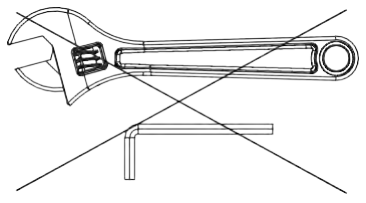


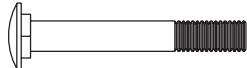
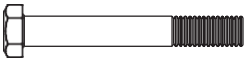




1

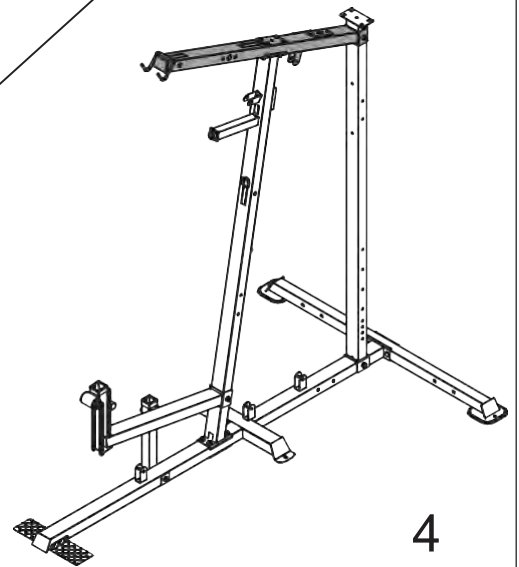
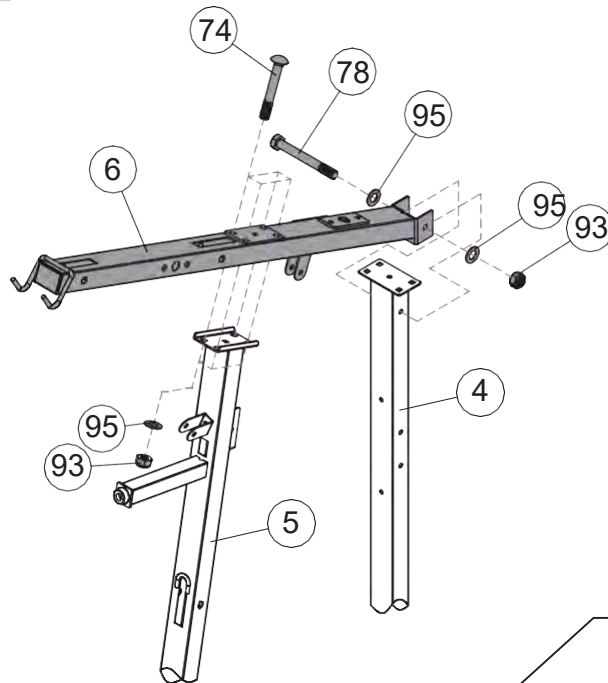
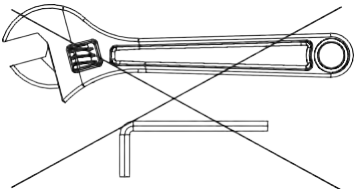
78			×	1	M10×95mm
93	 		×	1	M10
95	 		×	2	Φ20×Φ10.5



74		×	4	M10×70mm
78		×	1	M10×95mm
79		×	1	M10×135mm
93	 	×	6	M10
95	 	×	8	Φ20×Φ10.5



74		×	4	M10×70mm
78		×	1	M10×95mm
93	 	×	5	M10
95	 	×	6	Φ20×Φ10.5



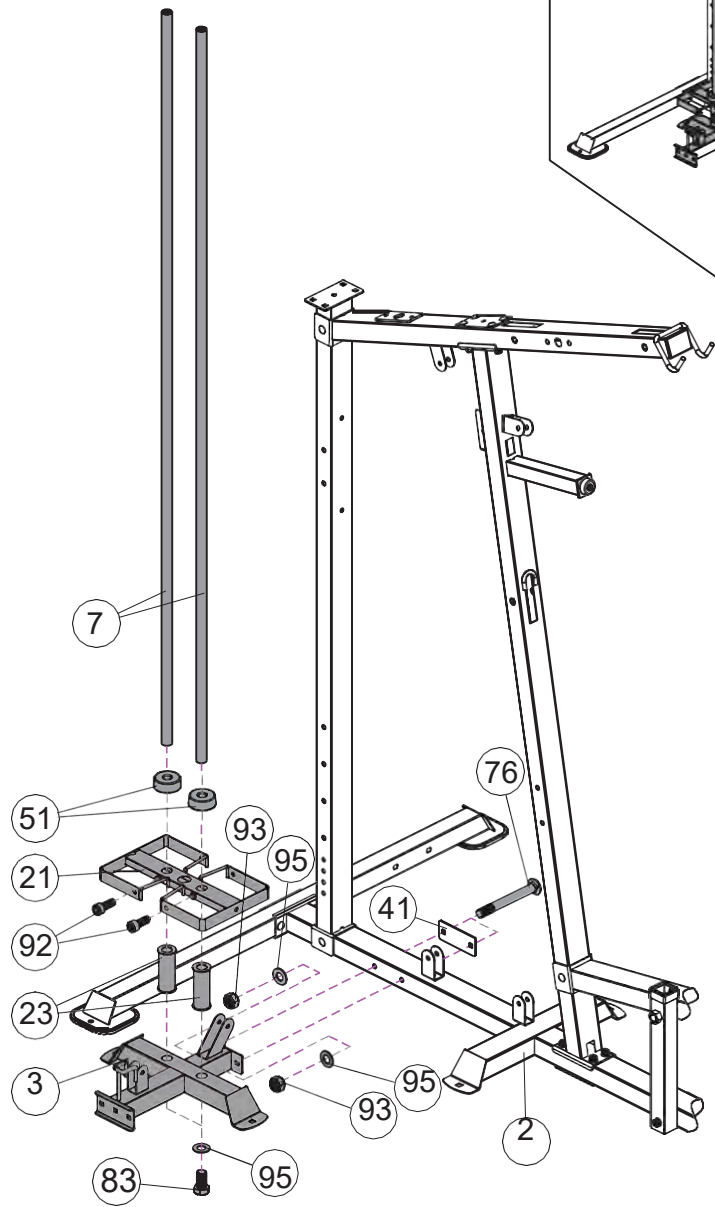
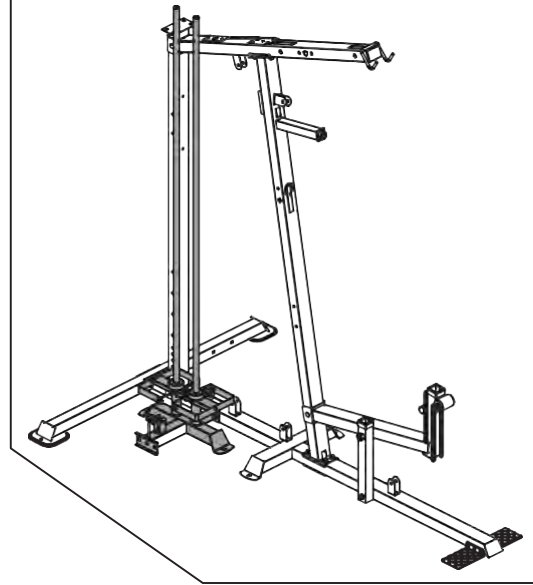
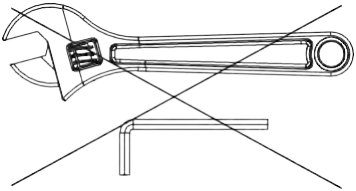
76  × 2 M10×90mm

93   × 2 M10






83  × 2 M10×20mm

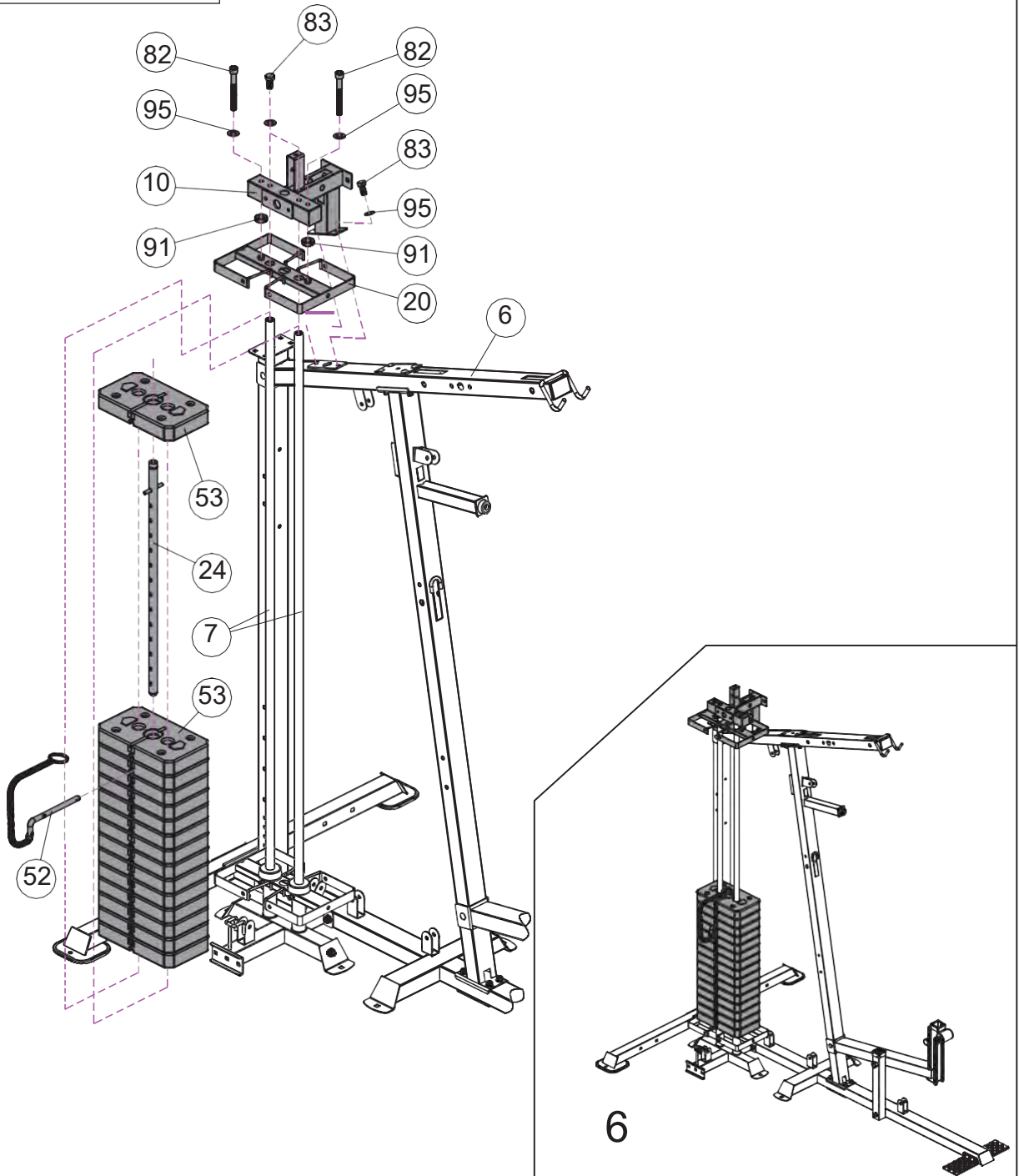
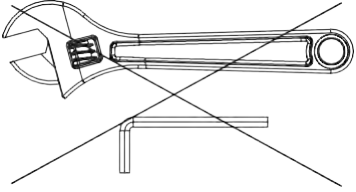
95  | × 4 Φ20×Φ10.5

92  × 2 M8×20mm



5

- (82)  × 2 M10×85mm (91)   × 2 M10
 (83)  × 4 M10×20mm (95)  | × 6 Φ20×Φ10.5



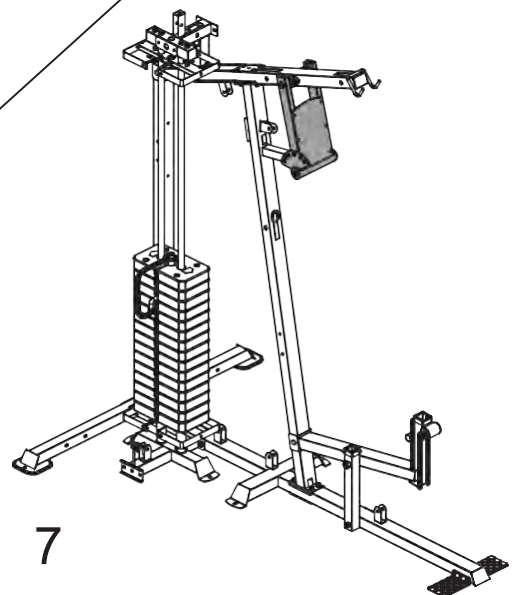
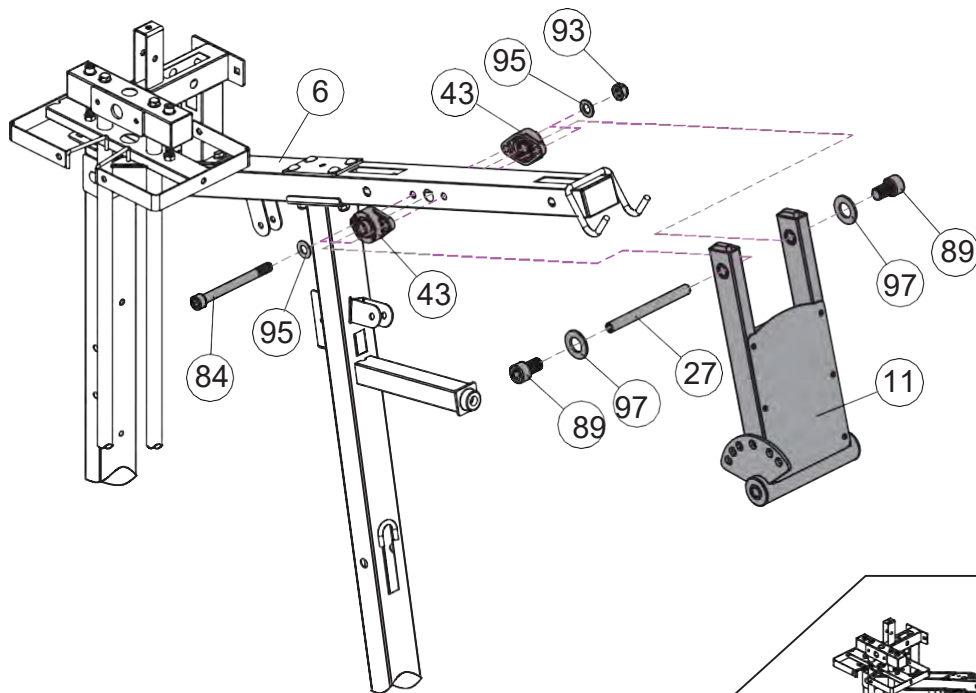
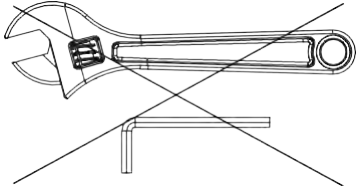
84  × 2 M10×105mm

95  × 4 Φ20×Φ10.5

89  × 2 M10×20mm

97  × 2 Φ25×Φ11

93   × 2 M10



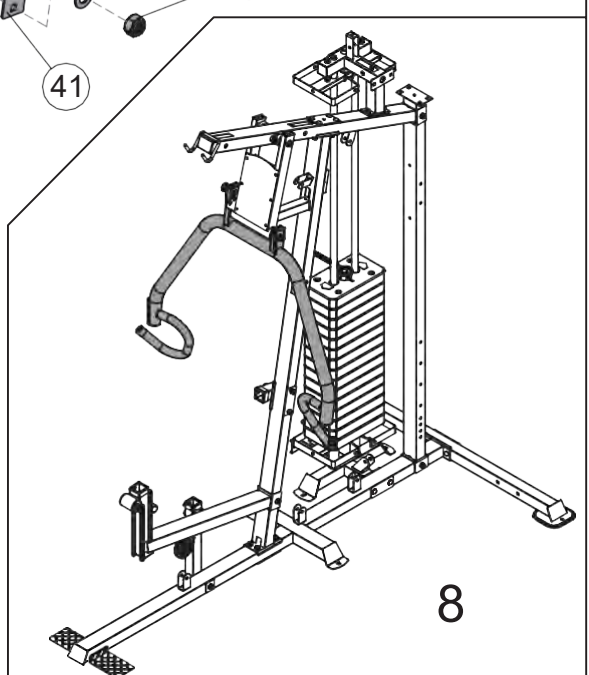
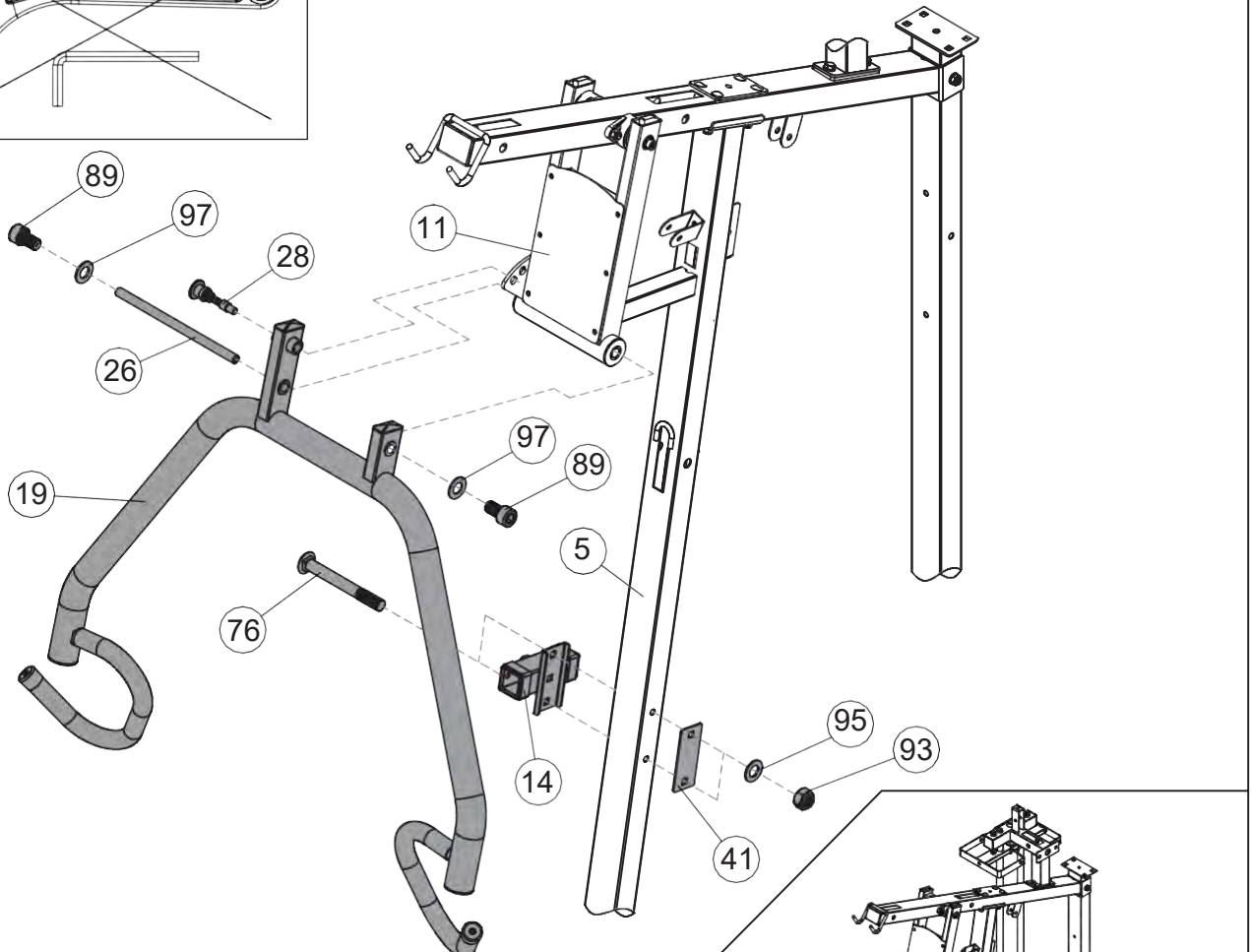
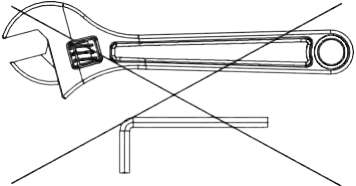
76  × 2 M10×90mm

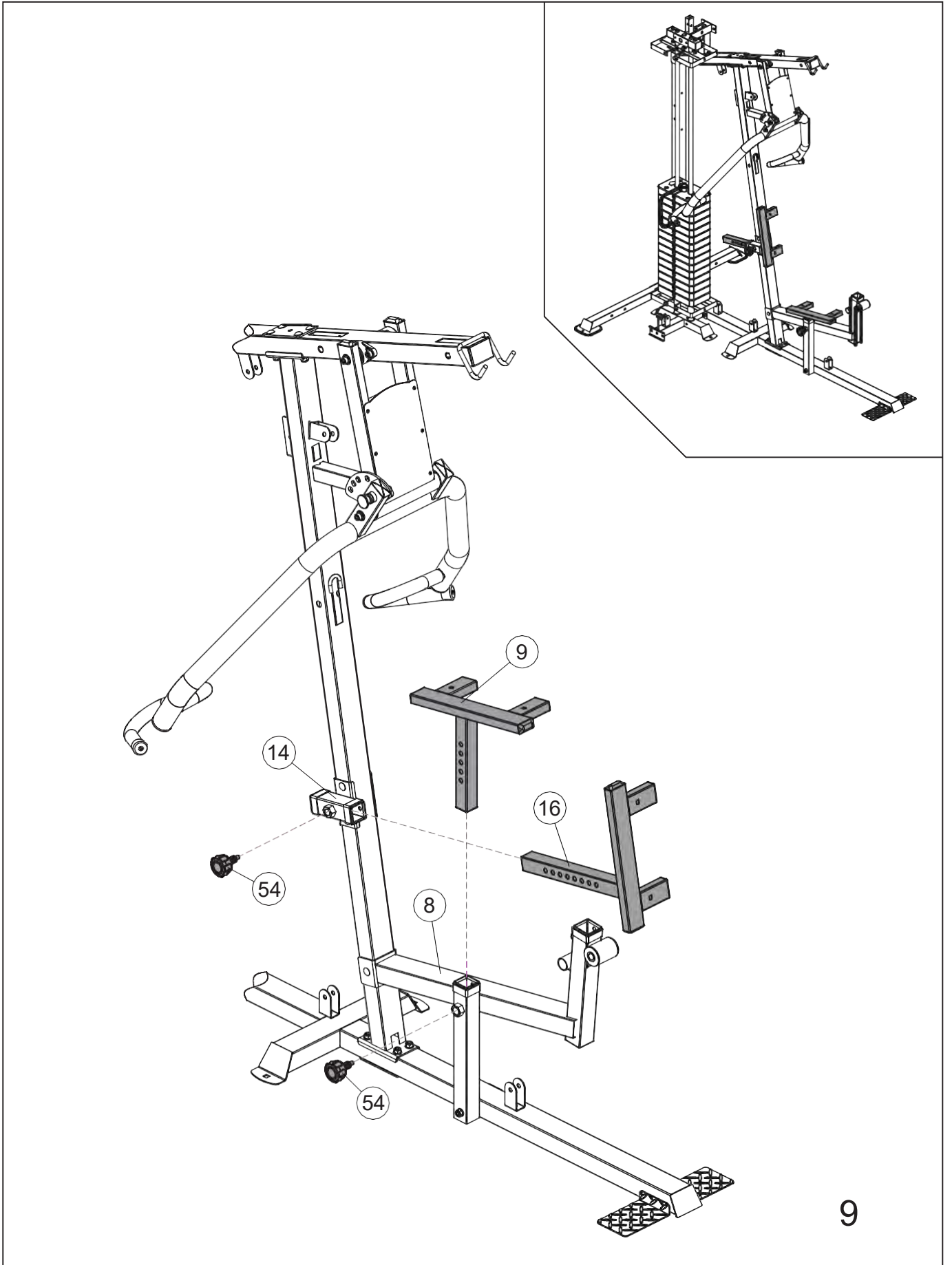
95  | × 2 Φ20×Φ10.5

89  × 2 M10×20mm



97  | × 2 Φ25×Φ11

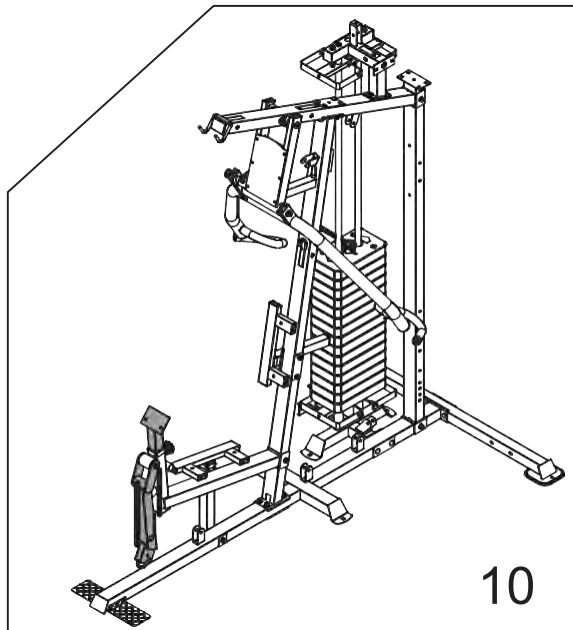
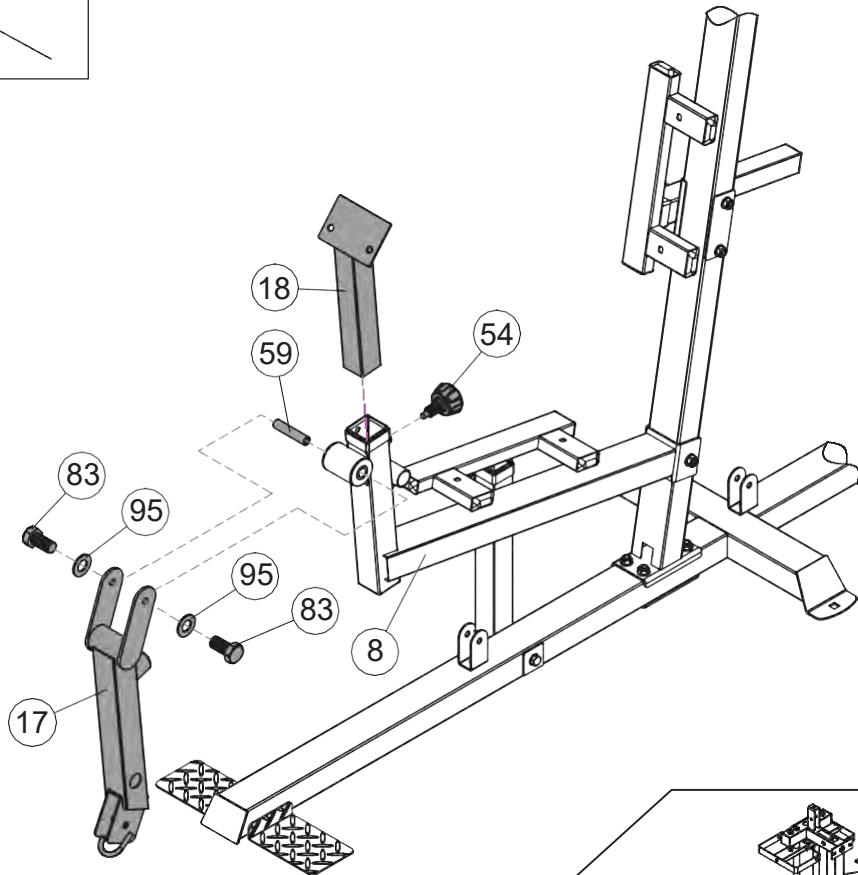
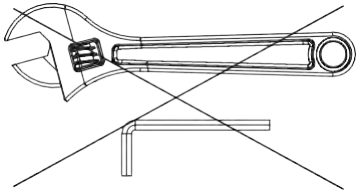
93   × 2 M10













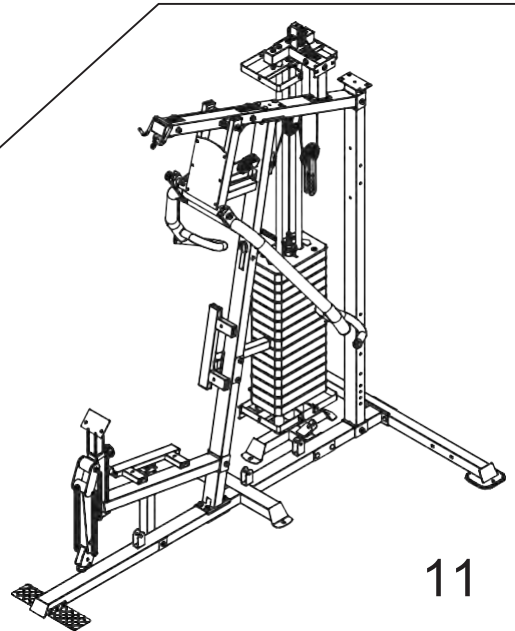
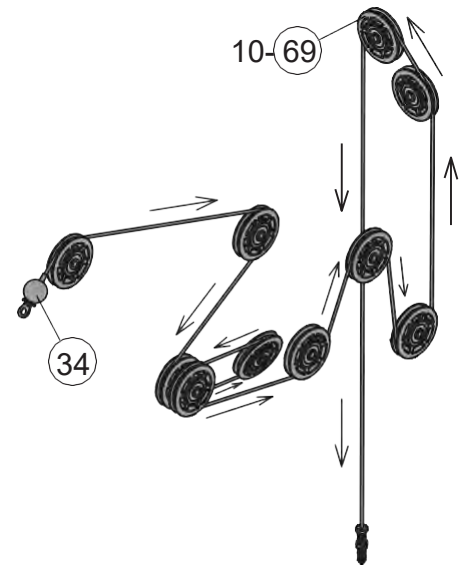
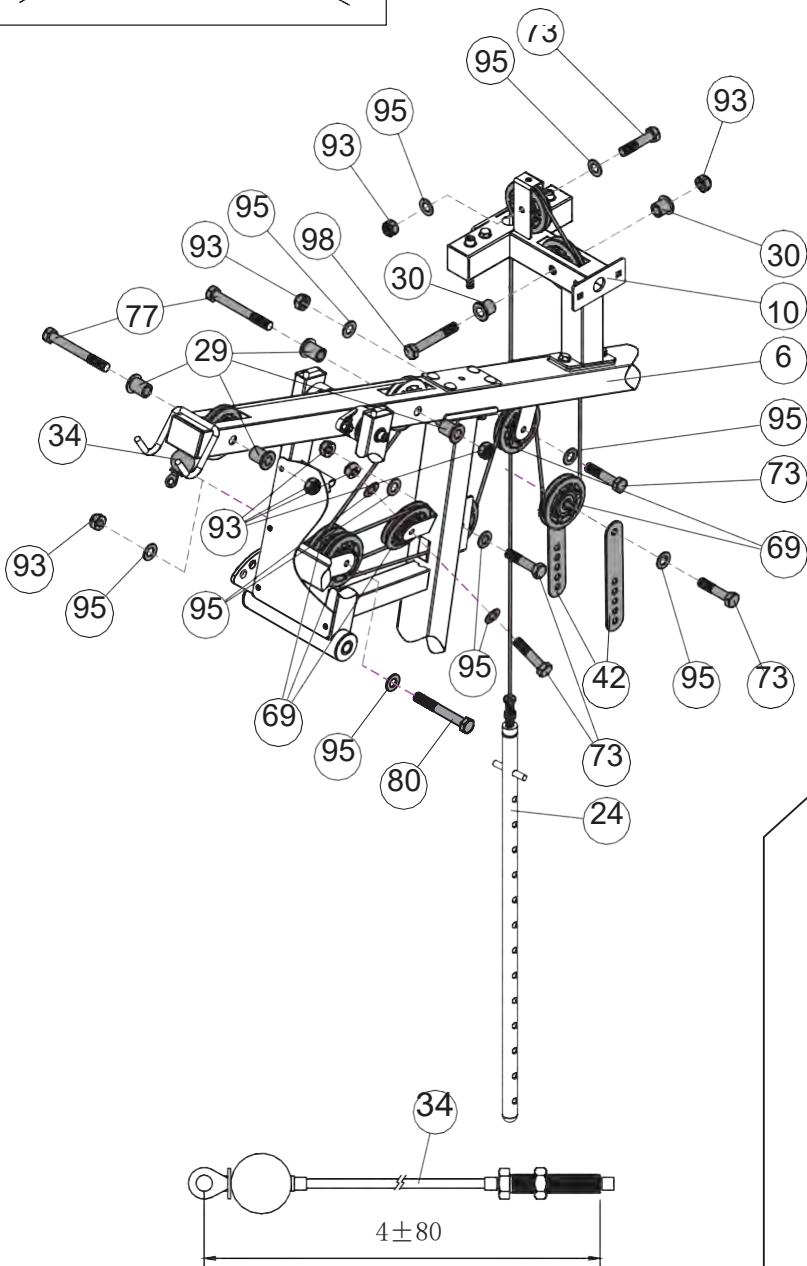
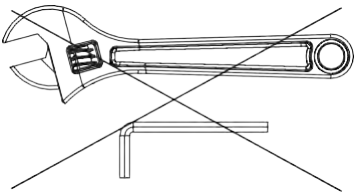


9





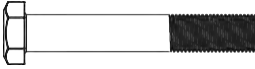

59		×	1	M10×φ16×71
83		×	2	M10×20mm
95		×	2	Φ20×Φ10.5

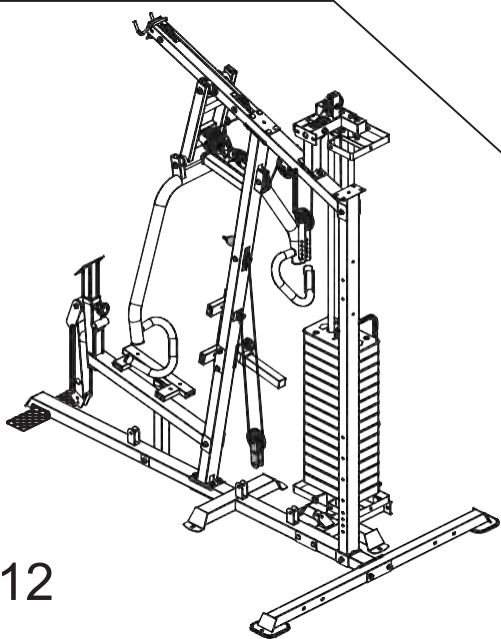
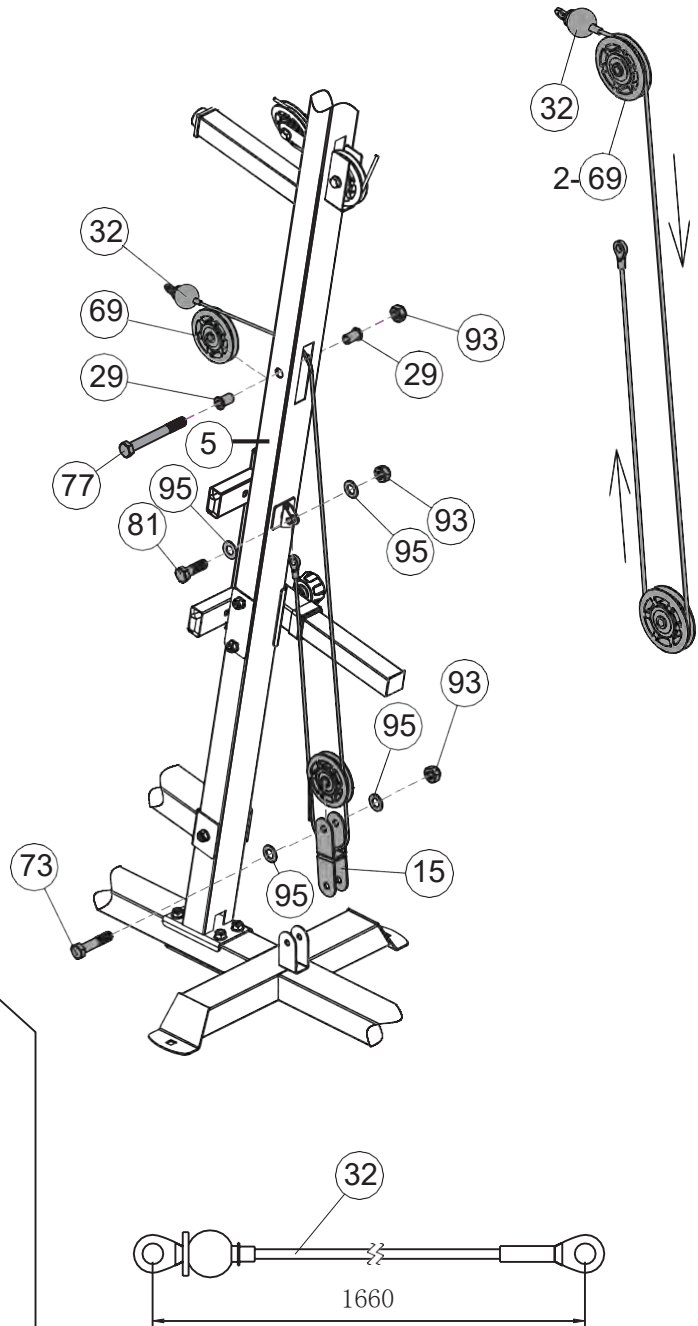
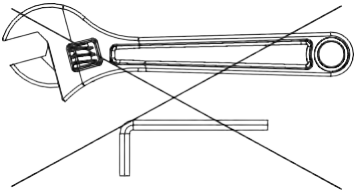







- | | | | | | | | | |
|----|---|---|-----|--------------|----|--|------|-----------|
| 29 |  |  | × 4 | φ22×φ10.2×25 | 80 |  | × 1 | M10×75mm |
| 30 |  |  | × 2 | φ22×φ10.2×15 | 93 |  | × 9 | M10 |
| 73 |  | | × 5 | M10×45mm | 95 |  | × 12 | Φ20×Φ10.5 |
| 77 |  | | × 2 | M10×85mm | 98 |  | × 1 | M10×65mm |

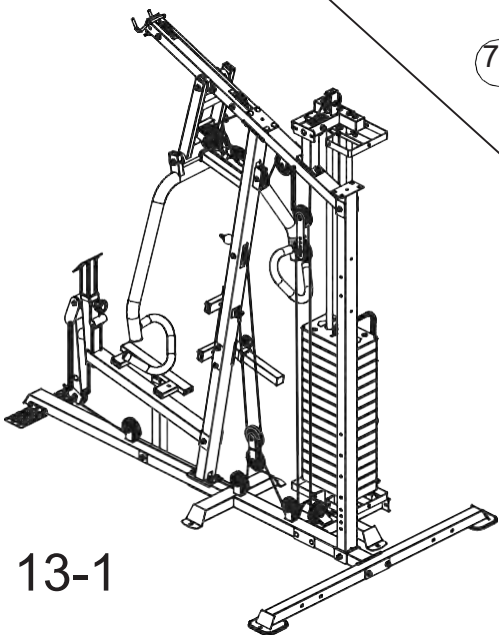
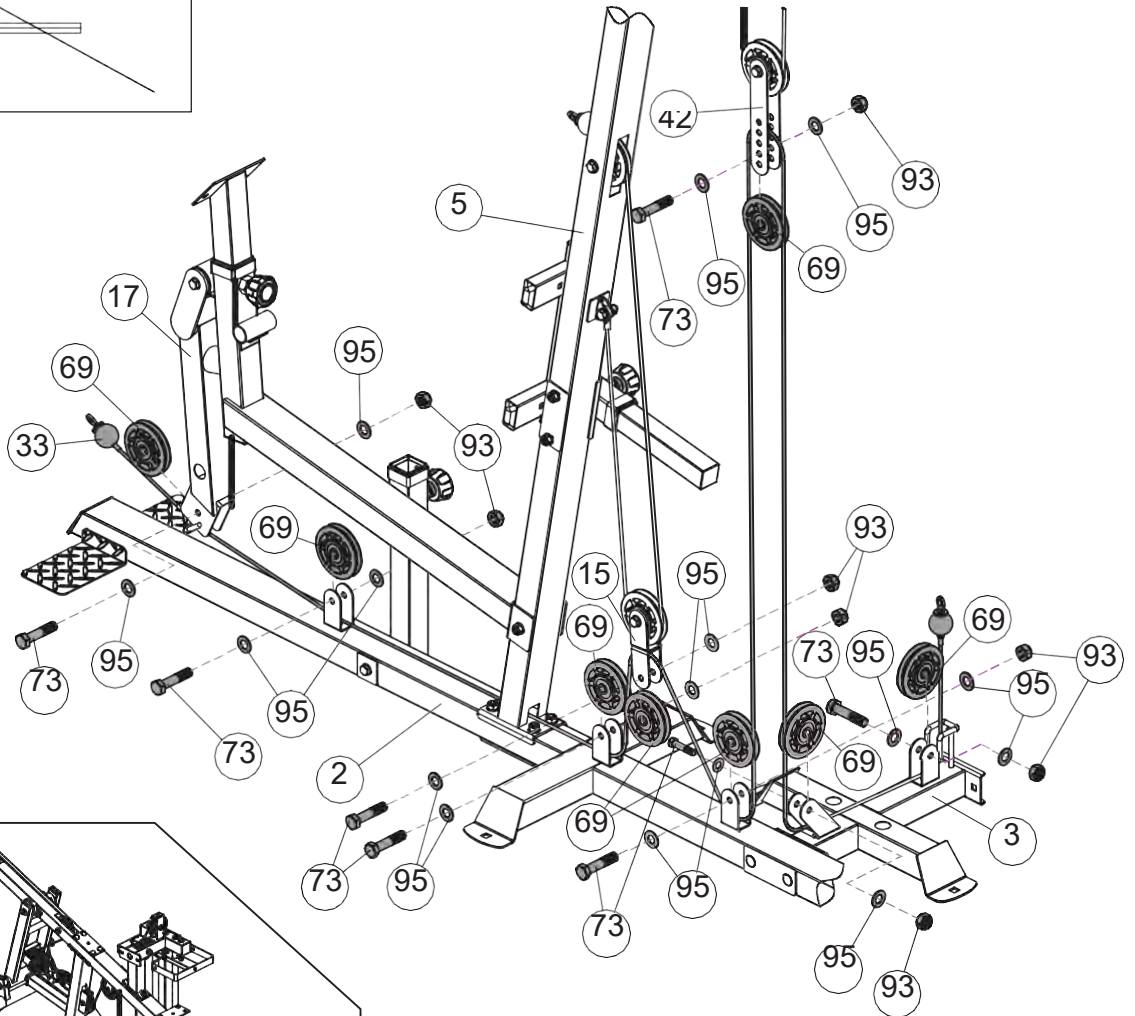
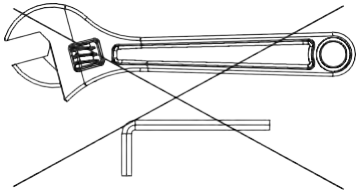


11

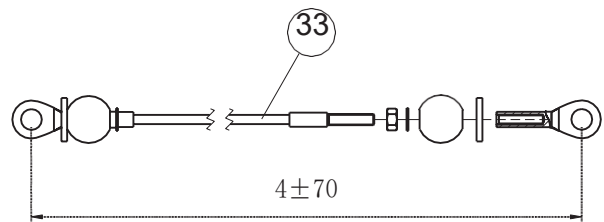
- | | | | | | |
|------|---|--|------|--|--------------------------------|
| (29) |  | × 2 $\Phi 20 \times \Phi 10.2 \times 25$ | (81) |  | × 1 M10×30mm |
| (73) |  | × 1 M10×45mm | (93) |  | × 3 M10 |
| (77) |  | × 1 M10×85mm | (95) |  | × 4 $\Phi 20 \times \Phi 10.5$ |

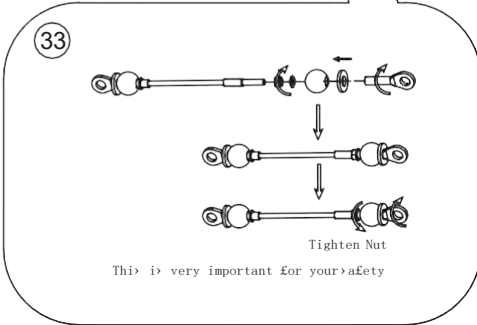
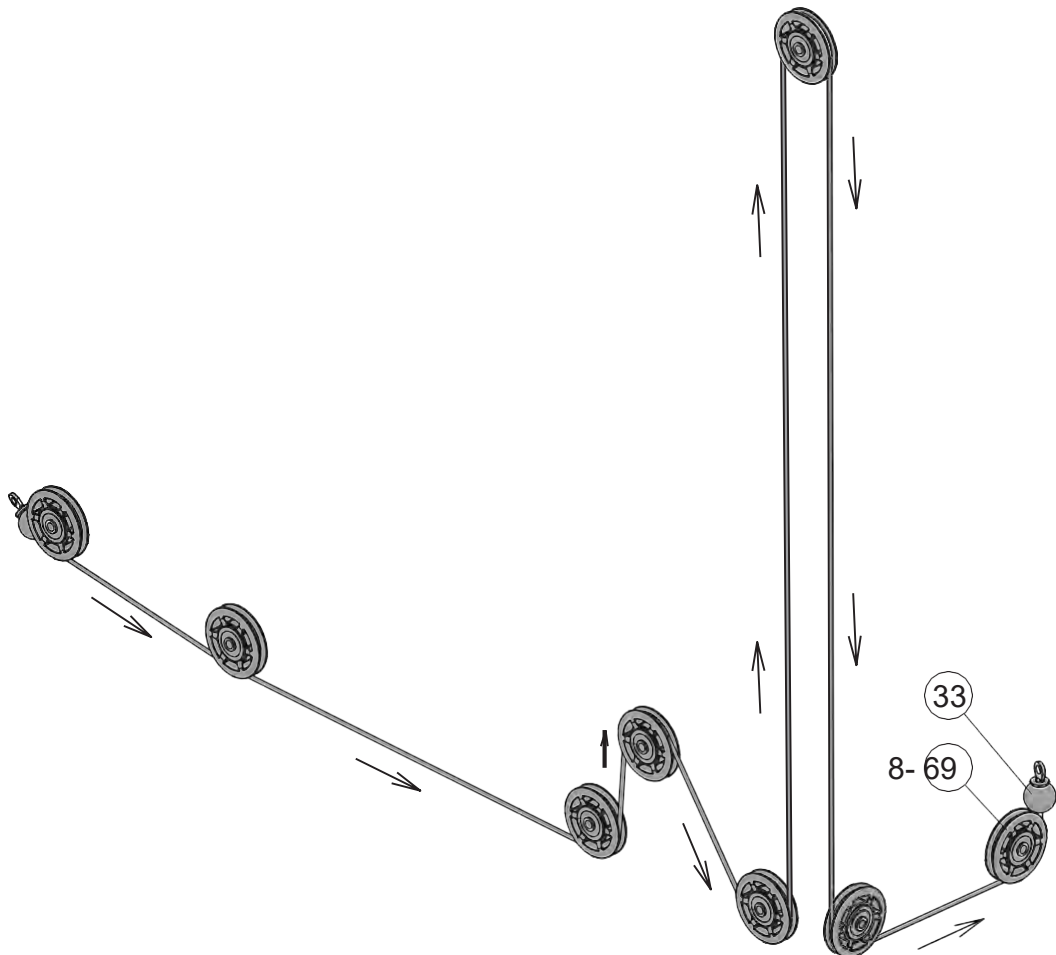


- (73)  × 8 M10×45mm (95)  |  ×16 Φ20×Φ10.5
 (93)   × 8 M10

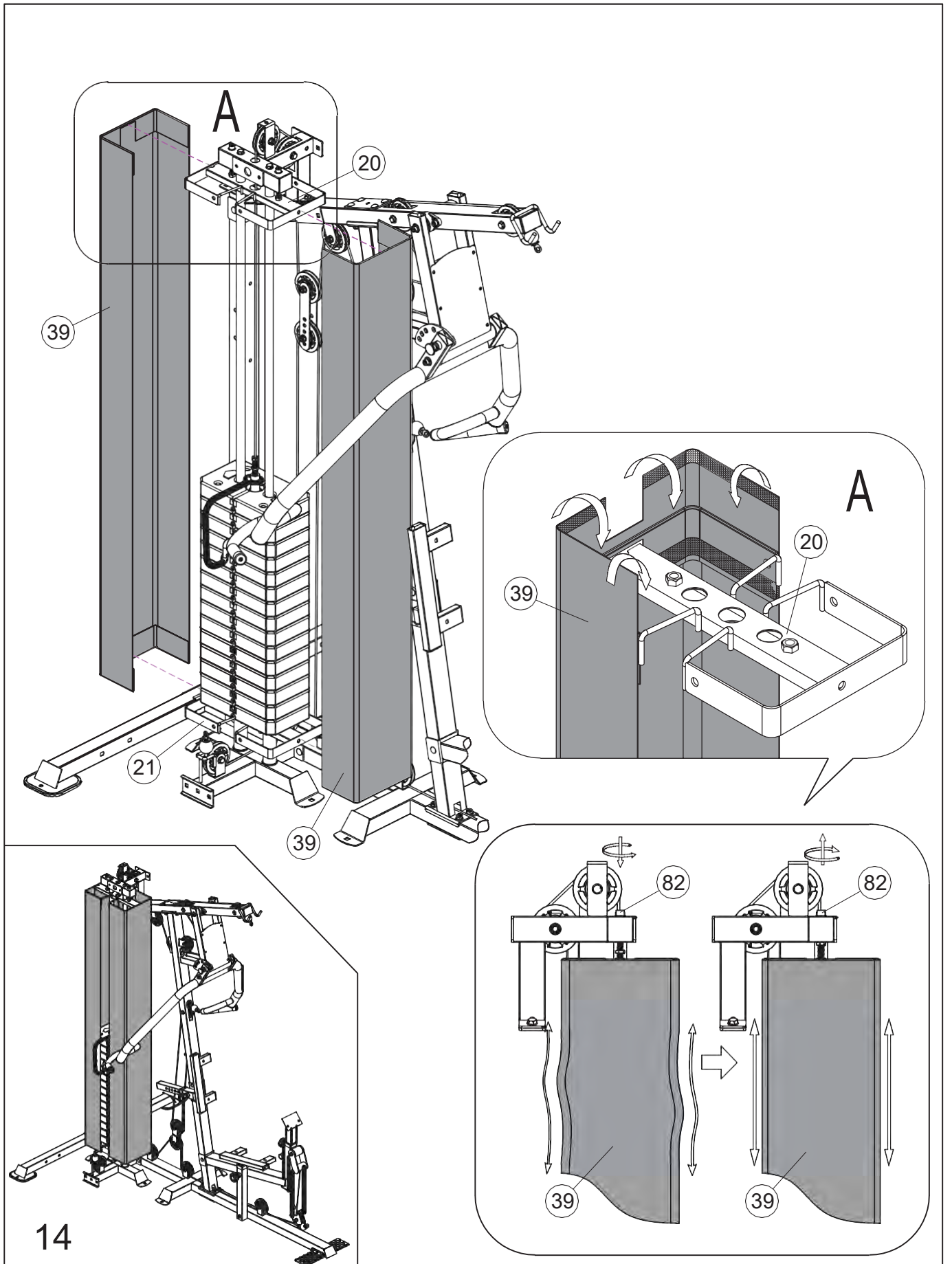


13-1





13-2



85



× 4 M8×45mm

96

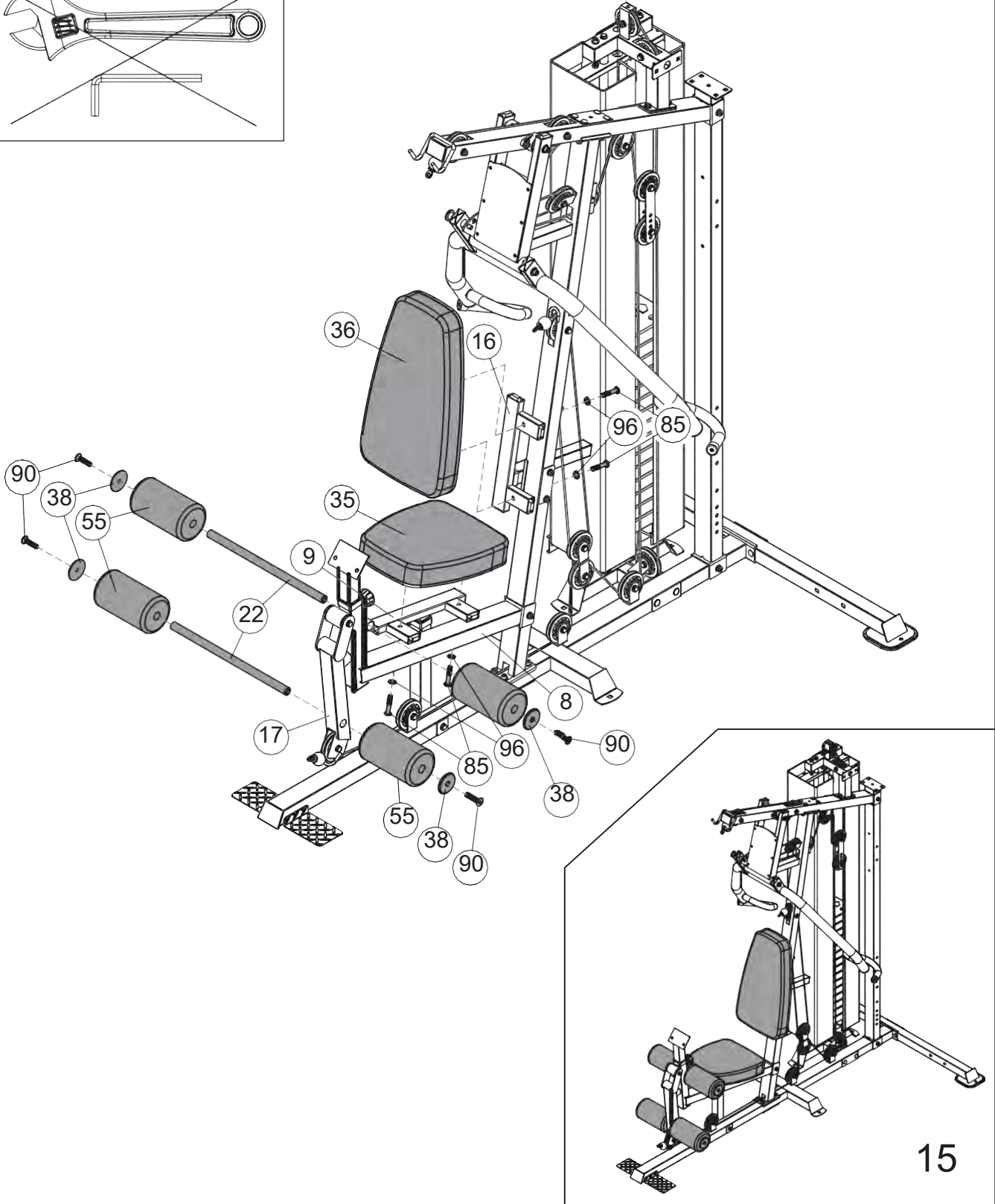
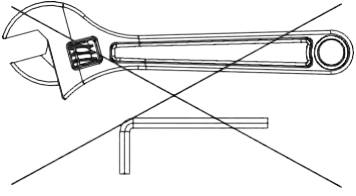


× 4 Φ16×Φ8.4






90

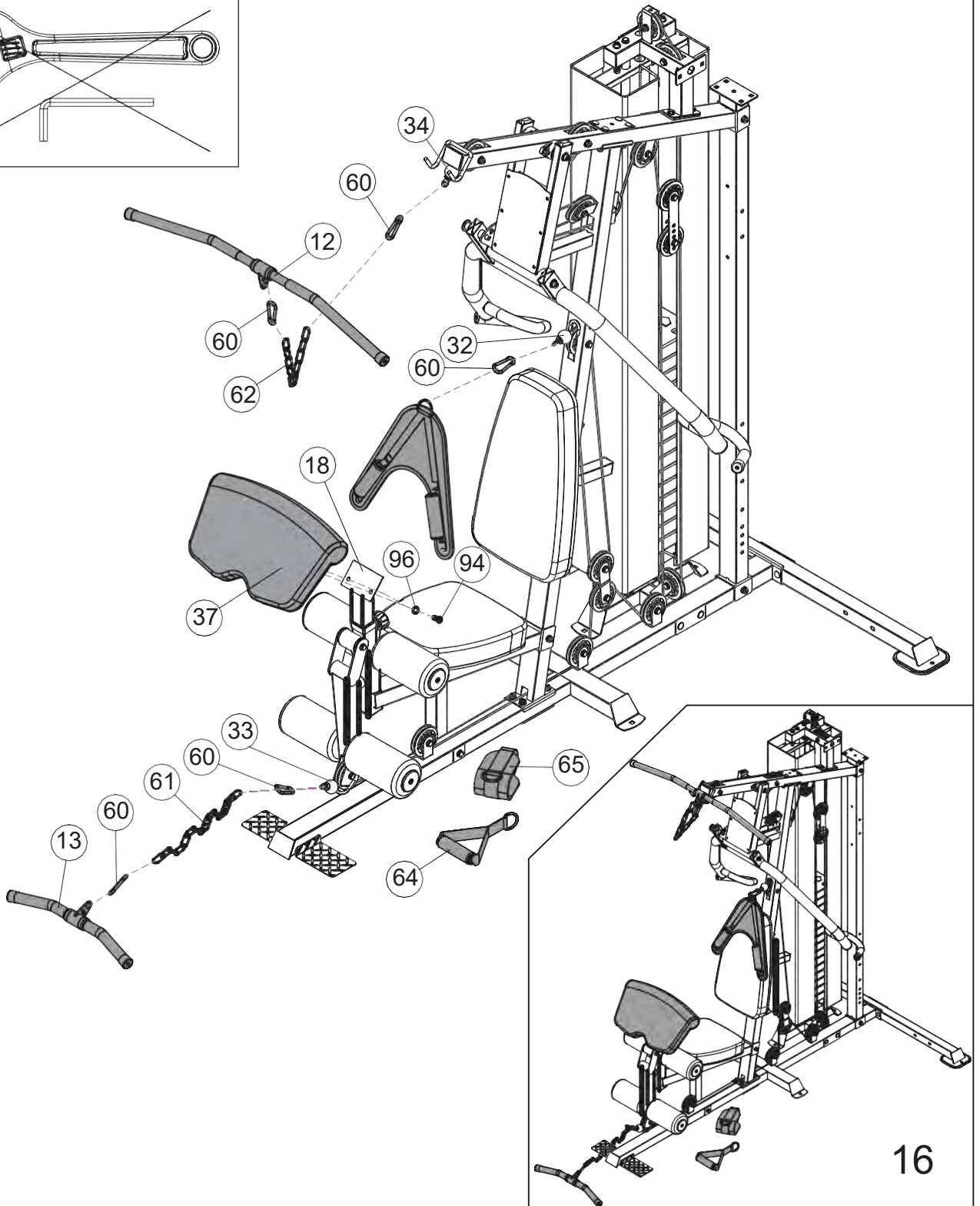
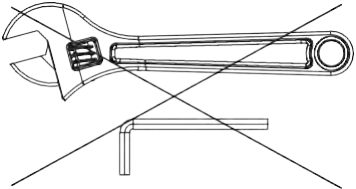


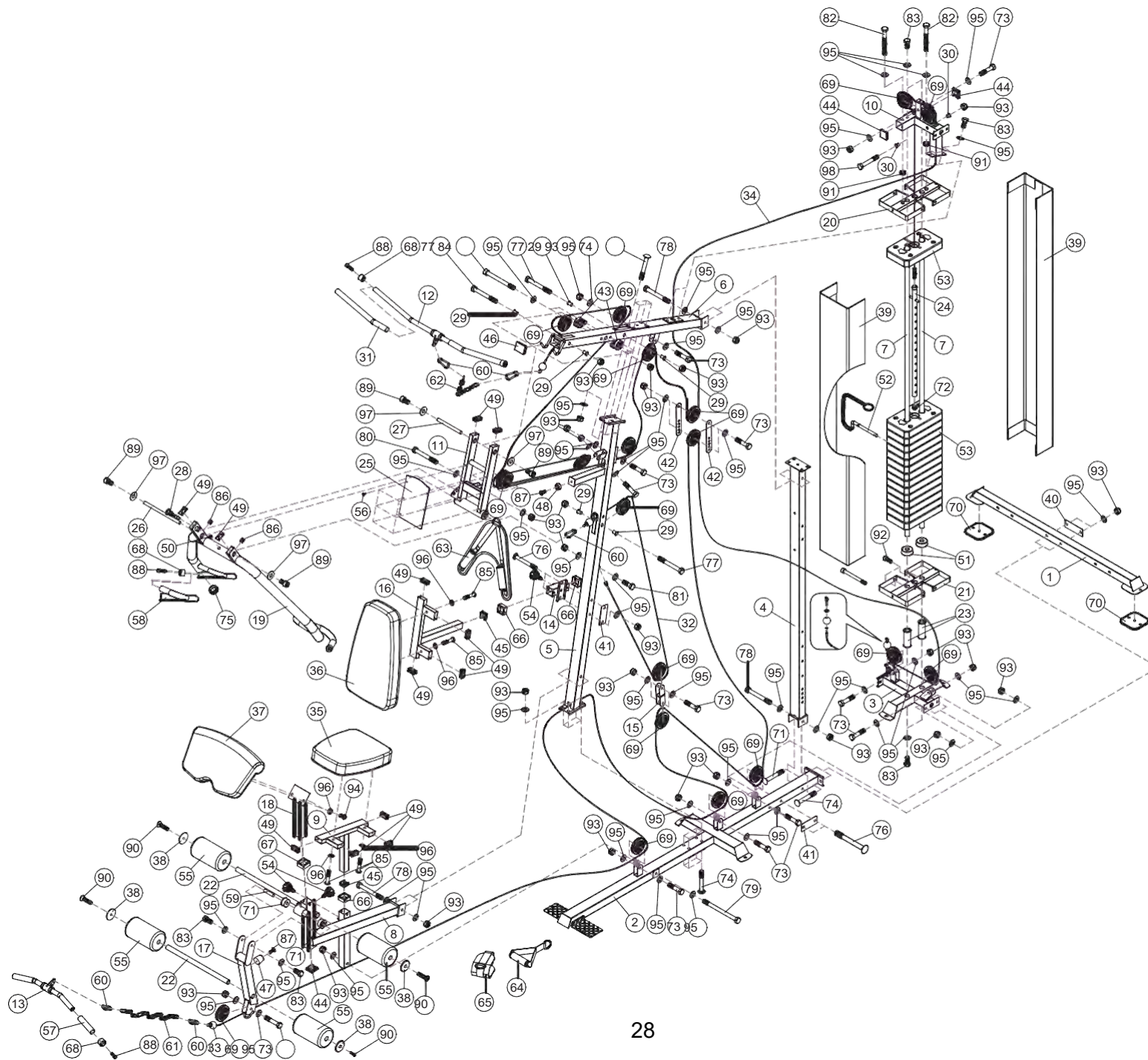
× 4 M8×30mm



15

- | | | | | | |
|----|---|-------------|----|---|--------------|
| ⑥0 |  | × 5 φ8 | ⑨4 |  | × 2 M8×20mm |
| ⑥2 |  | × 1 φ5(10) | ⑨6 |  | × 2 Φ16×Φ8.4 |
| ⑥1 |  | × 1 φ5(15) | | | |





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Rear Base Frame		1
2	Base Frame		1
3	Guide Rod Lower Bracket		1
4	Rear Vertical Frame		1
5	Front Vertical Frame		1
6	Upper Frame		1
7	Guide Rod	φ25×1980	2
8	Front Support Frame		1
9	Seat Support		1
10	Upper Guide Rod Frame		1
11	Front Press Base		1
12	Lat Bar		1
13	Shiver Bar		1
14	Adjustable Backrest Support		1
15	Pulley Bracket		1
16	Backrest Support		1
17	Leg Developer		1
18	Arm Curl Stand		1
19	Front Press Base		1
20	Shield Upper Bracket		1
21	Shield Lower Bracket		1
22	Long Foam Frame		2
23	Guide Rod Lower Support		2
24	Selector Rod		1
25	Front Cover	272×178.5×1.5	1
26	Mid Axle	φ16×280×M10	1
27	Press Upper Axle	φ16×181×M10	1
28	Lock Knob		1
29	Pulley Bushing	φ22×φ10.2×25	6
30	Pulley Bushing	φ22×φ10.2×15	2
31	Handle Grip	φ23×440	2
32	Pull Cable	L=1660	1
33	Front Cable	L=4570	1

PARTS LIST

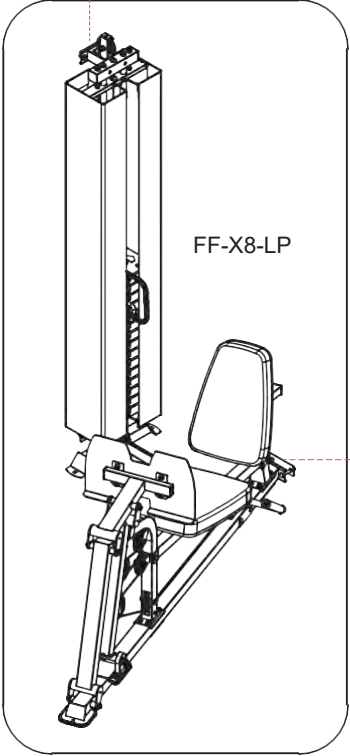
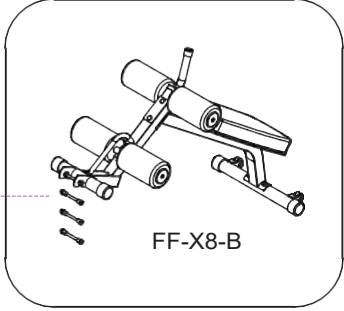
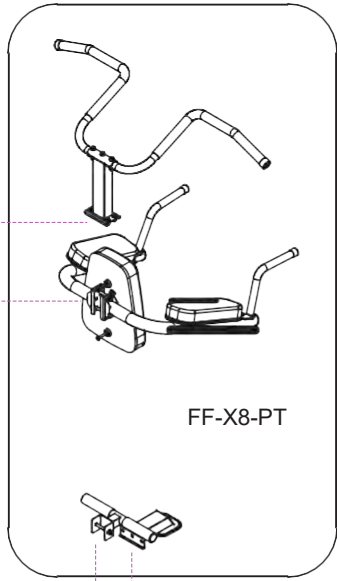
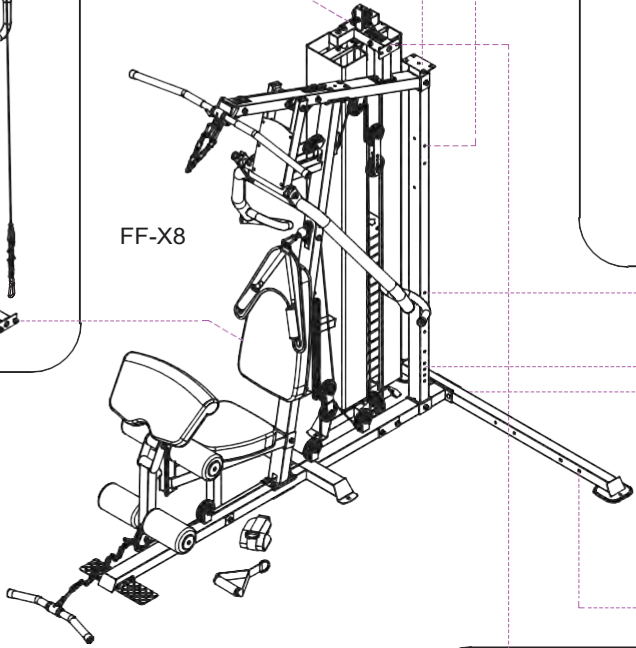
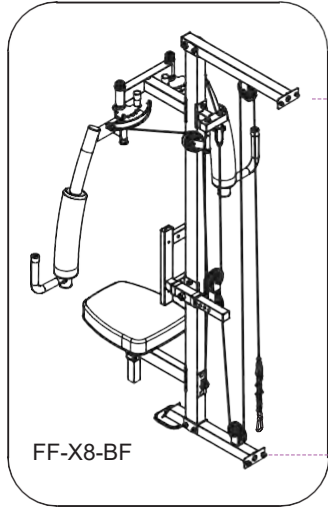
KEY NO.	PART DESCRIPTION	SPEC	QTY
34	Upper Cable	L=4580	1
35	Seat Pad	400×335 ×70	1
36	Backrest Board	600×340×205×70	1
37	Arm Curl Pad	500×300×φ80×50	1
38	Foam Baffle	φ68×5.7	4
39	Weight Stack Cover	1885×485×1	2
40	Bracket	140×50×3	1
41	Bracket	120×50×3	2
42	Llat Double Floating Pulley Bracket	218×38×3	2
43	With Rhomboid External Ball Bearing	UCFLU203	2
44	End Cap	□50	3
45	End Cap	□38	2
46	End Cap	□70×50	1
47	Rubber Bumper	φ45×40	1
48	Rubber Bumper	φ38×φ7×15	1
49	End Cap	□50×□25	12
51	Rubber Bumper	φ62×φ24.5×25	2
52	Weight Selector Pin	φ10×140	1
53	Weight Plate	300×175×48 (5KG)	15
54	Lock Knob	M18×φ10	3
55	Foam Roll	φ125×φ22×215	4
56	Rivet	φ4×10	6
57	Handle Grip	φ23×150	2
58	Handle Grip	φ23× (580)	2
59	Axle	M10×φ16×71	1
60	Hook	φ8	5
61	Long Chain	15-link	1
62	Short Chain	10-link	1
63	Strap		1
64	Single Handle		1
65	Ankle Strap	PH1300	1
66	Sleeve	□45×39	3
67	Sleeve	□50×□45	1

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
68	Ornament cover	φ33.5×φ6.6×25	6
69	Pulley	φ96	20
70	End Cap	□135×135×8	2
71	Bushing	φ50×φ16	2
72	End Cap	φ25	1
73	Hex BoltS	M10×45	14
74	Carriage Bolt	M10×70	10
75	End Cap	φ50	2
76	Carriage Bolt	M10×90	4
77	Hex Bolts	M10×85	3
78	Hex Bolts	M10×95	3
79	Hex Bolts	M10×135	1
80	Hex Bolts	M10×75	1
81	Hex Bolts	M10×30	1
82	Socket Cap Screw	M10×85	2
83	Hex Bolts	M10×20	8
84	Socket Cap Screw	M10×105	2
85	Allen Bolt	M8×45	4
86	Allen Bolt	M8×16	2
87	Philips Screw	M6×16	2
88	Socket Cap Screw	M6×20	6
89	Socket Cap Screw	M10×20	4
90	Sunk Screw	M8×30	4
91	Hexnut	M10	2
92	Socket Cap Screw	M8×20	2
93	Aircraft Nut	M10	40
94	Allen Bolt	M8×20	2
95	Washer	10	68
96	Washer	8	6
97	Washer	φ25×φ10.5×3	4
98	Hex Bolts	M10×65	1
	Allen Wrench	8#	2
	Allen Wrench	5#	1

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
	Allen Wrench	6#	2
	Allen Wrench	4#	1
	Allen Wrench	2.5#	1

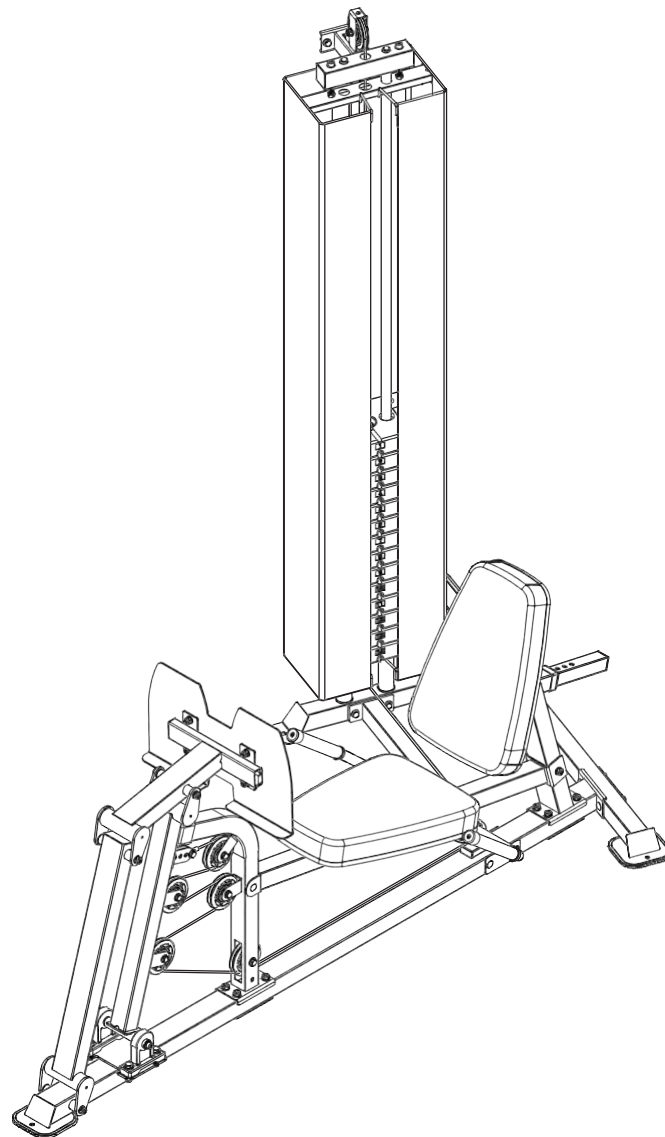


FRENCH FITNESS

FF-X8-LP

FRENCH FITNESS FF-X8 AND FF-X8 XL
- LEG PRESS

OWNER'S MANUAL



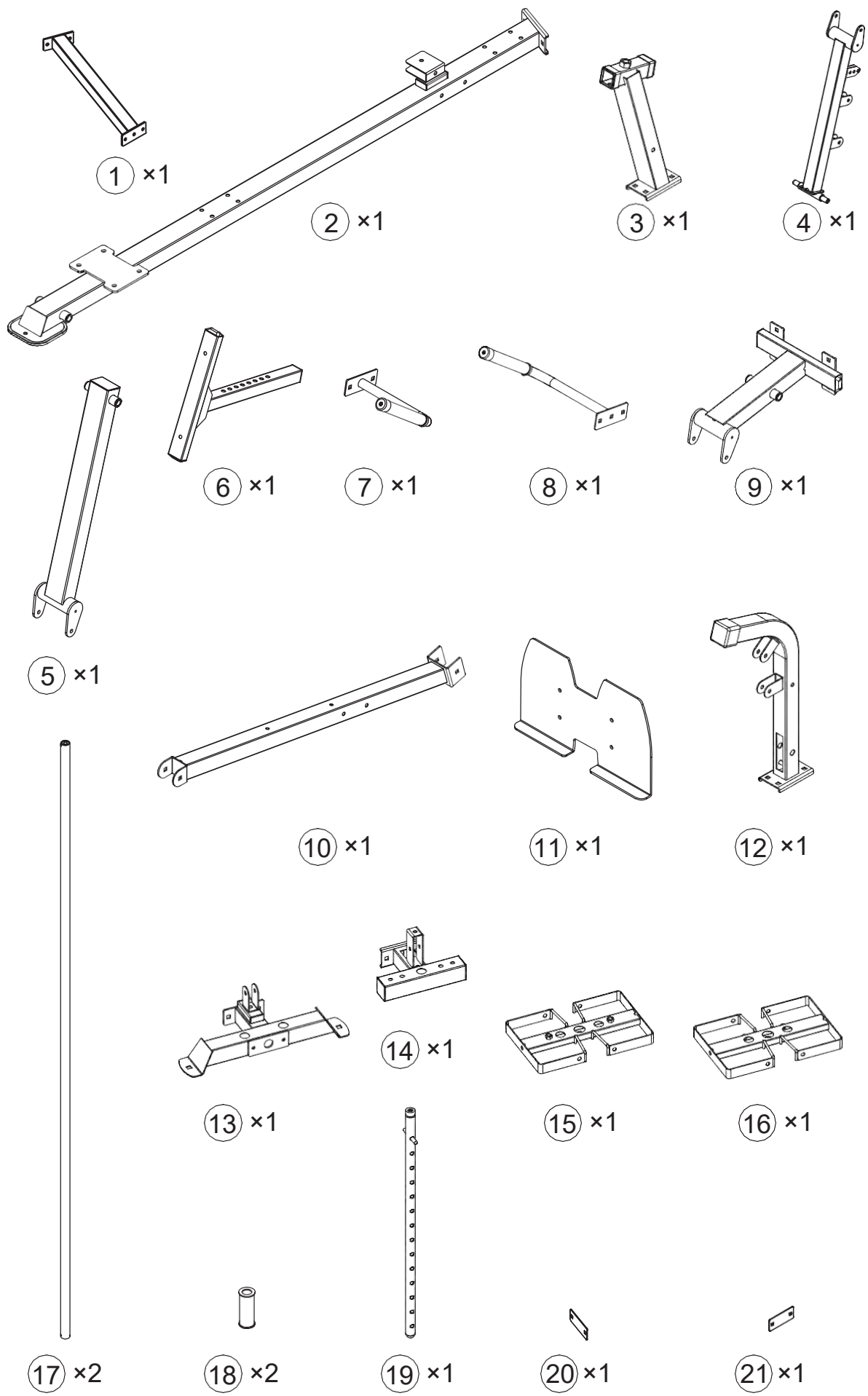
CAUTION!

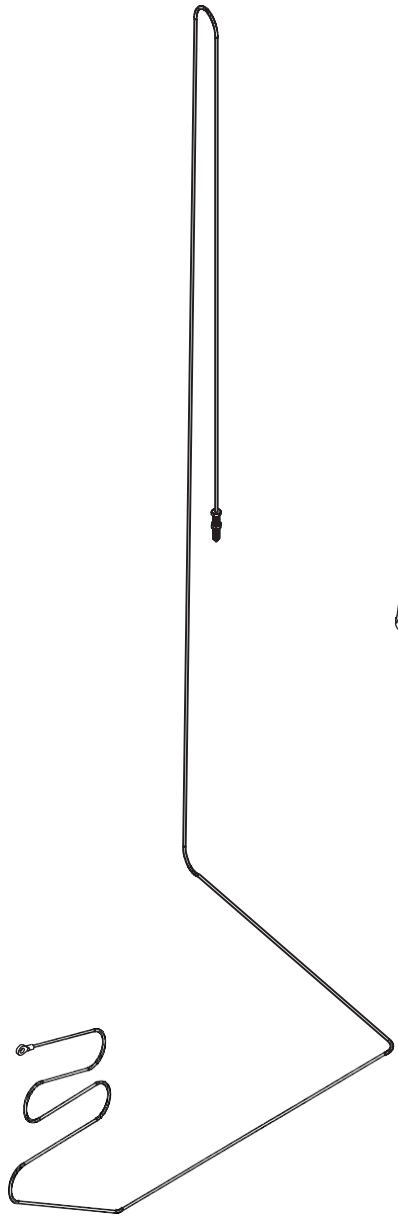
Read all precautions and instructions in this manual before using this equipment.

20201211-V1.0

*Optional Attachment on the FF-X8

STANDARD WITH X8XL

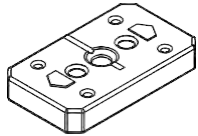




25 x 1



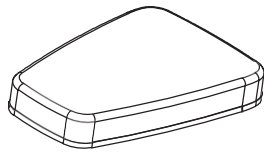
40 x 1



42 x 15



22 x 2



24 x 1



30 x 8



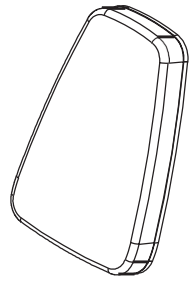
33 x 1



41 x 2



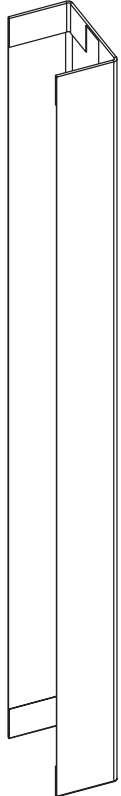
46 x 3



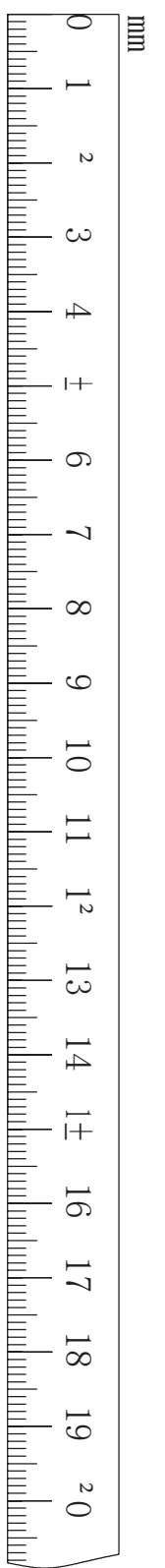
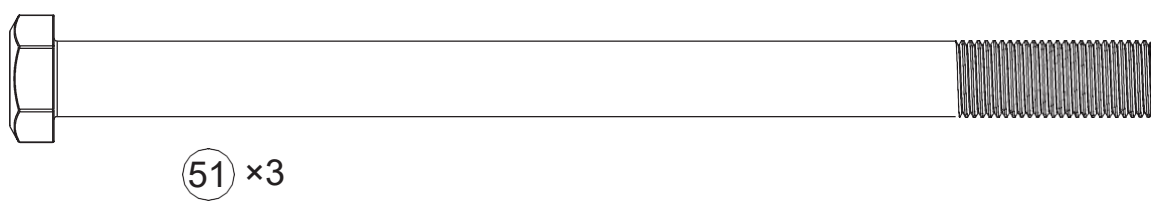
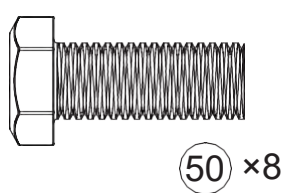
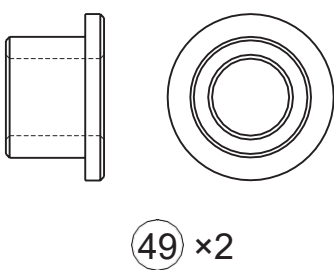
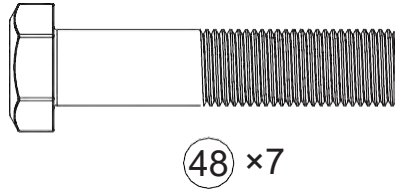
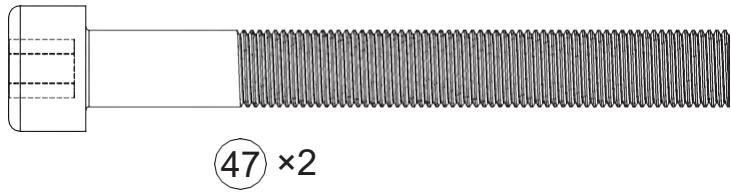
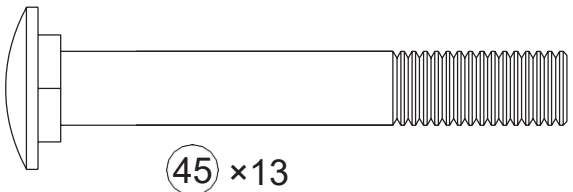
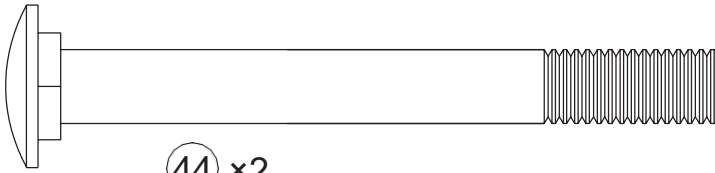
23 x 1

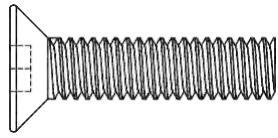


27 x 2

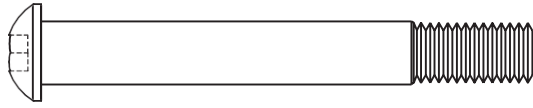


70 x 2

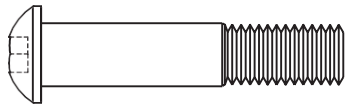




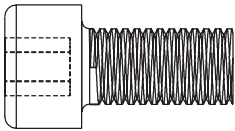
52 x4



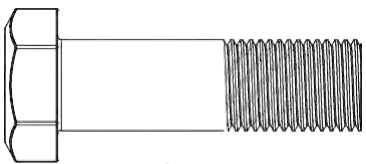
54 x2



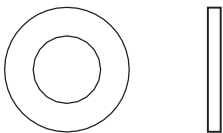
55 x2



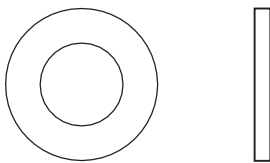
56 x2



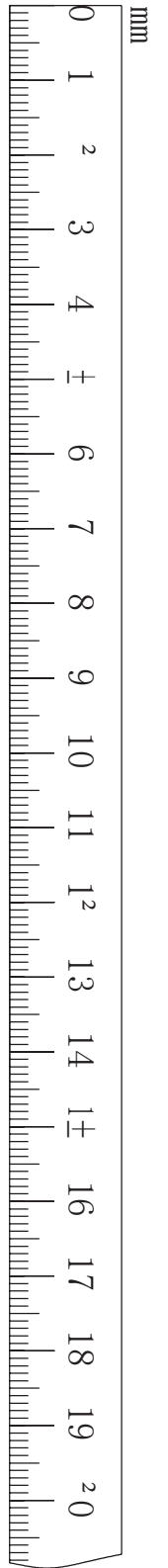
57 x4

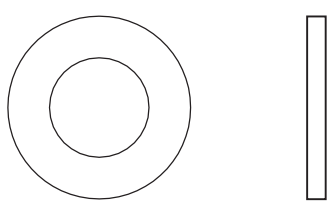


58 x4

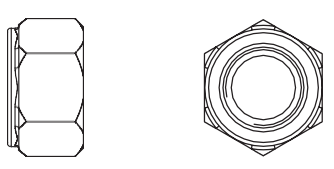


59 x57

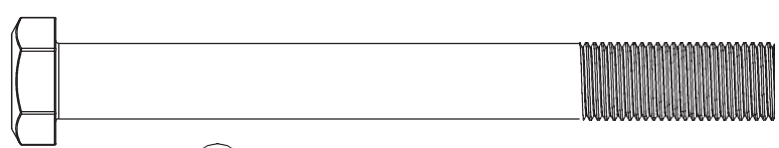




60 × 8



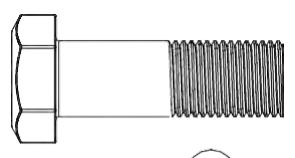
61 × 34



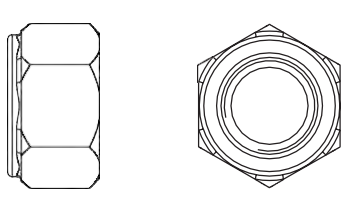
62 × 1



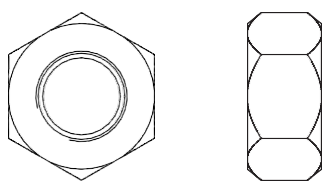
63 × 1



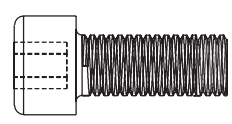
64 × 1



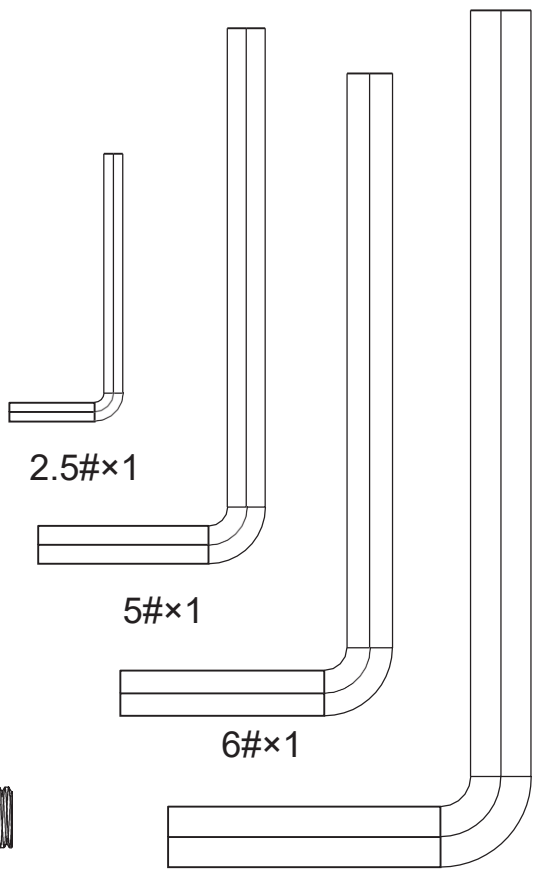
65 × 4



66 × 2



67 × 2



2.5# × 1

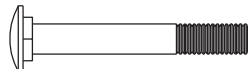




5# × 1

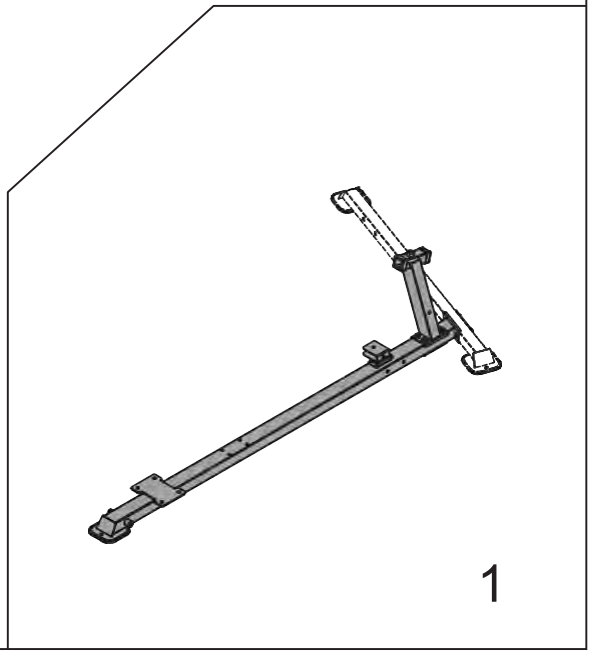
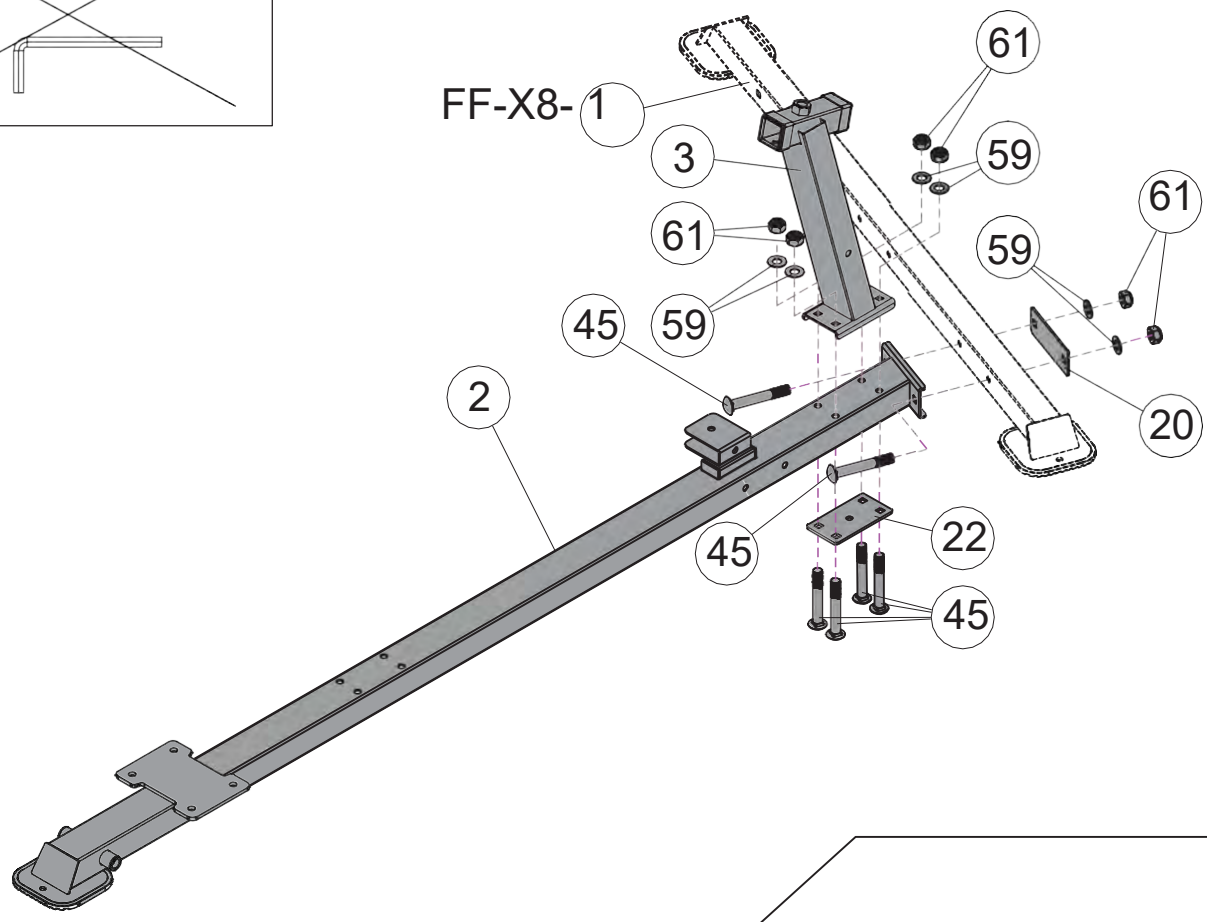
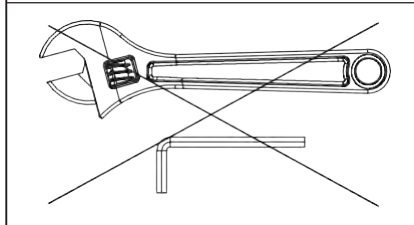
6# × 1





8# × 1

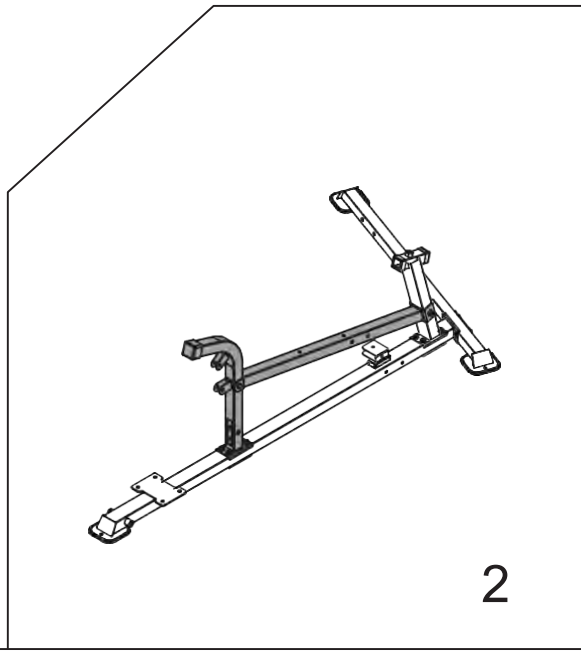
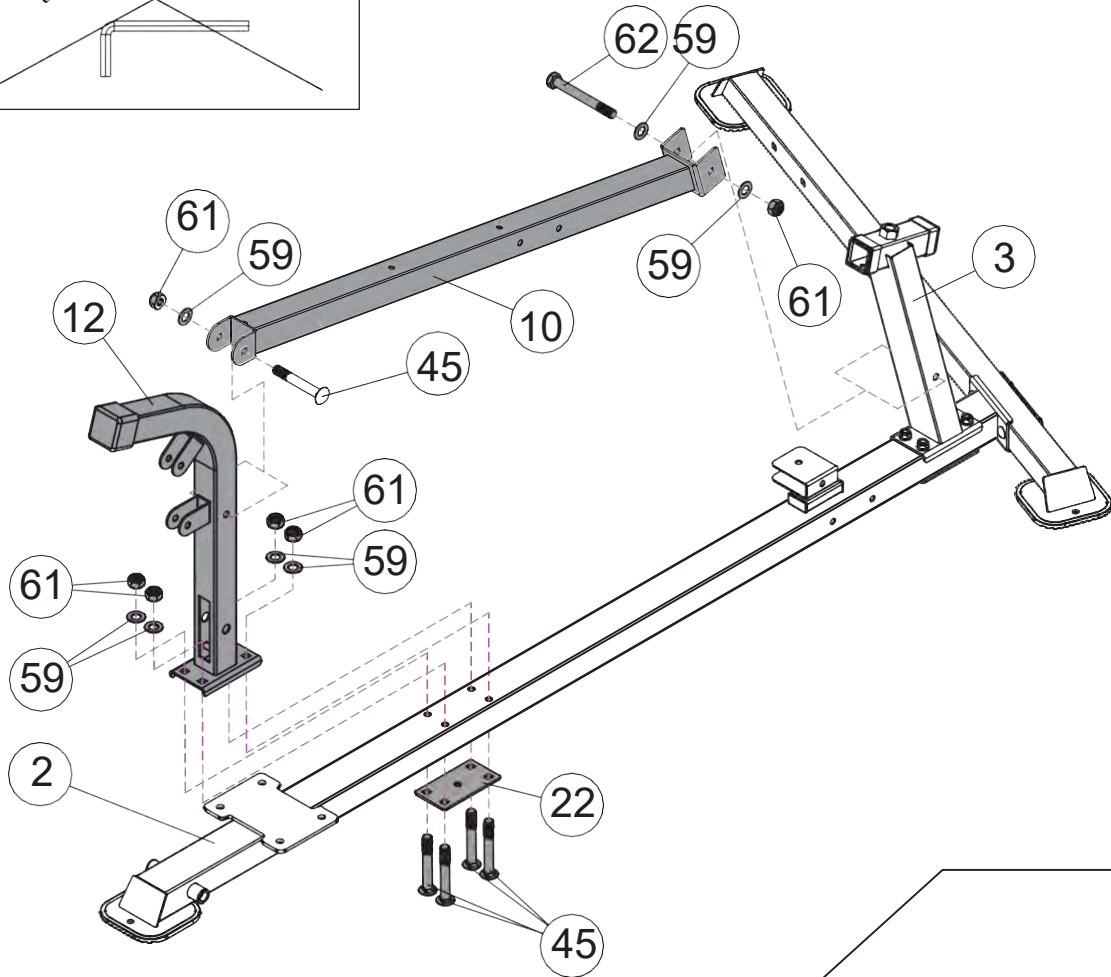
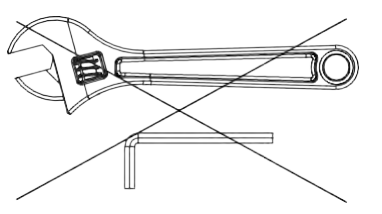
mm

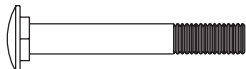







45		×	6	M10×70mm
59	 	×	6	Φ20×Φ10.5
61	 	×	6	M10

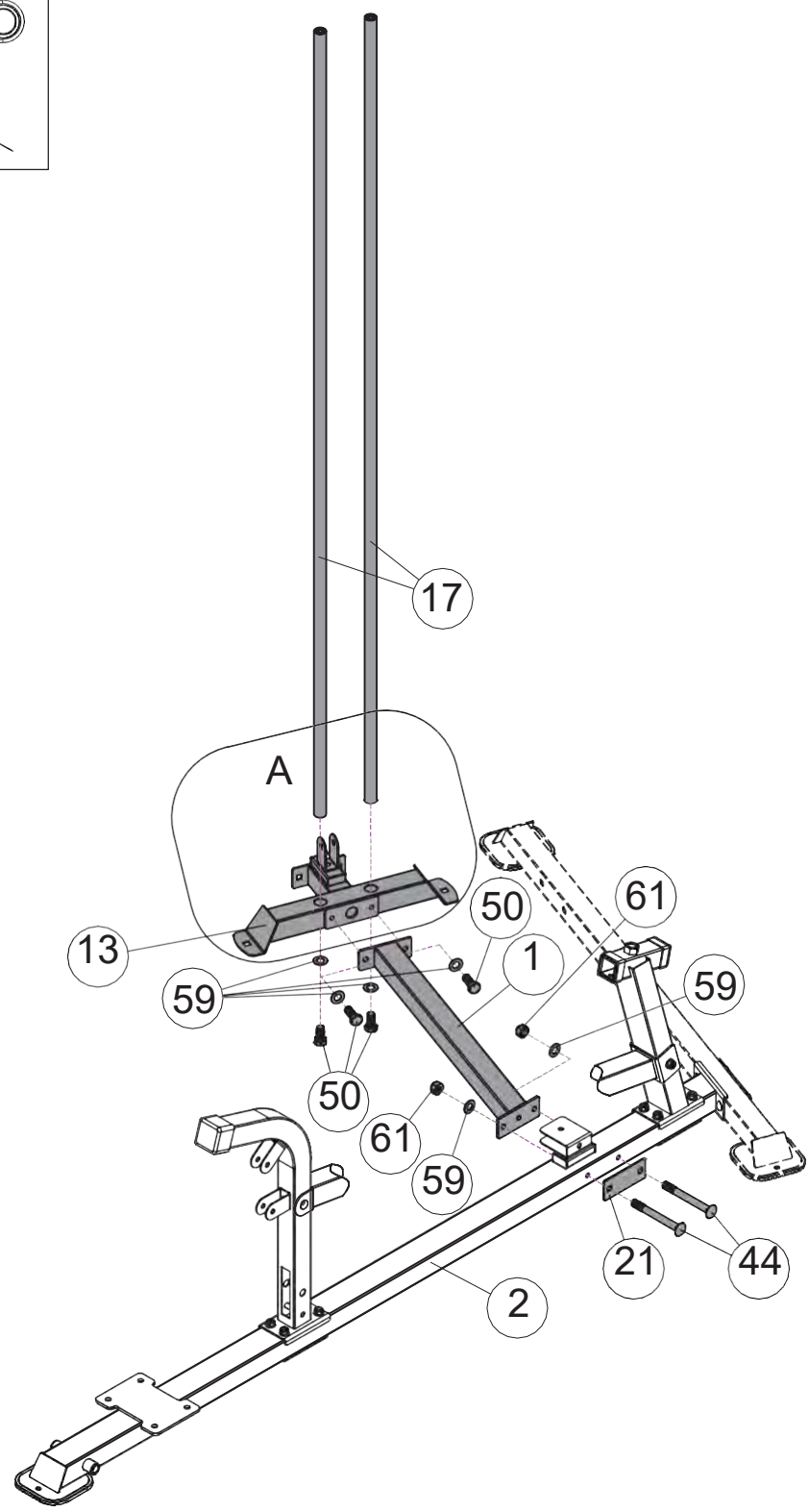
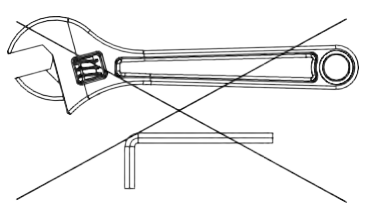


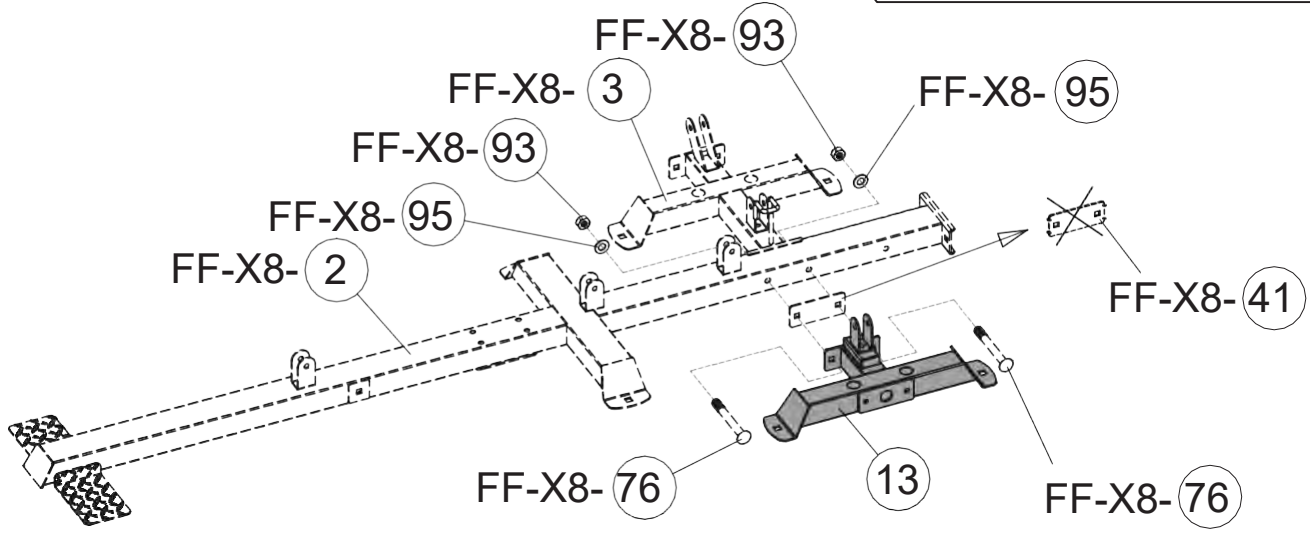
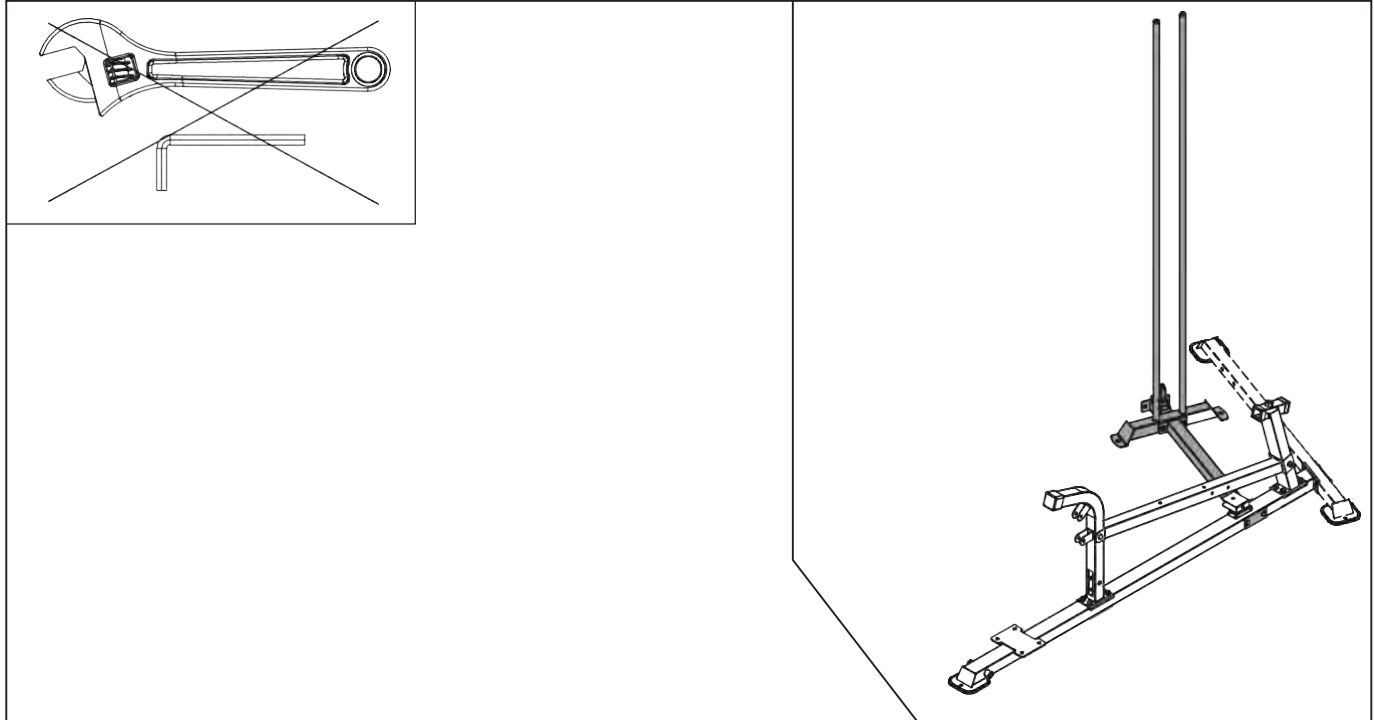
- 45  ×5 M10×70mm
- 59  ×7 $\Phi 20 \times \Phi 10.5$
- 61  ×6 M10
- 62  ×1 M10×95mm



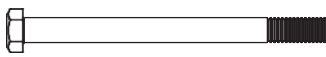



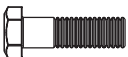


- 44  ×2 M10×90mm
- 50  ×4 M10×25mm

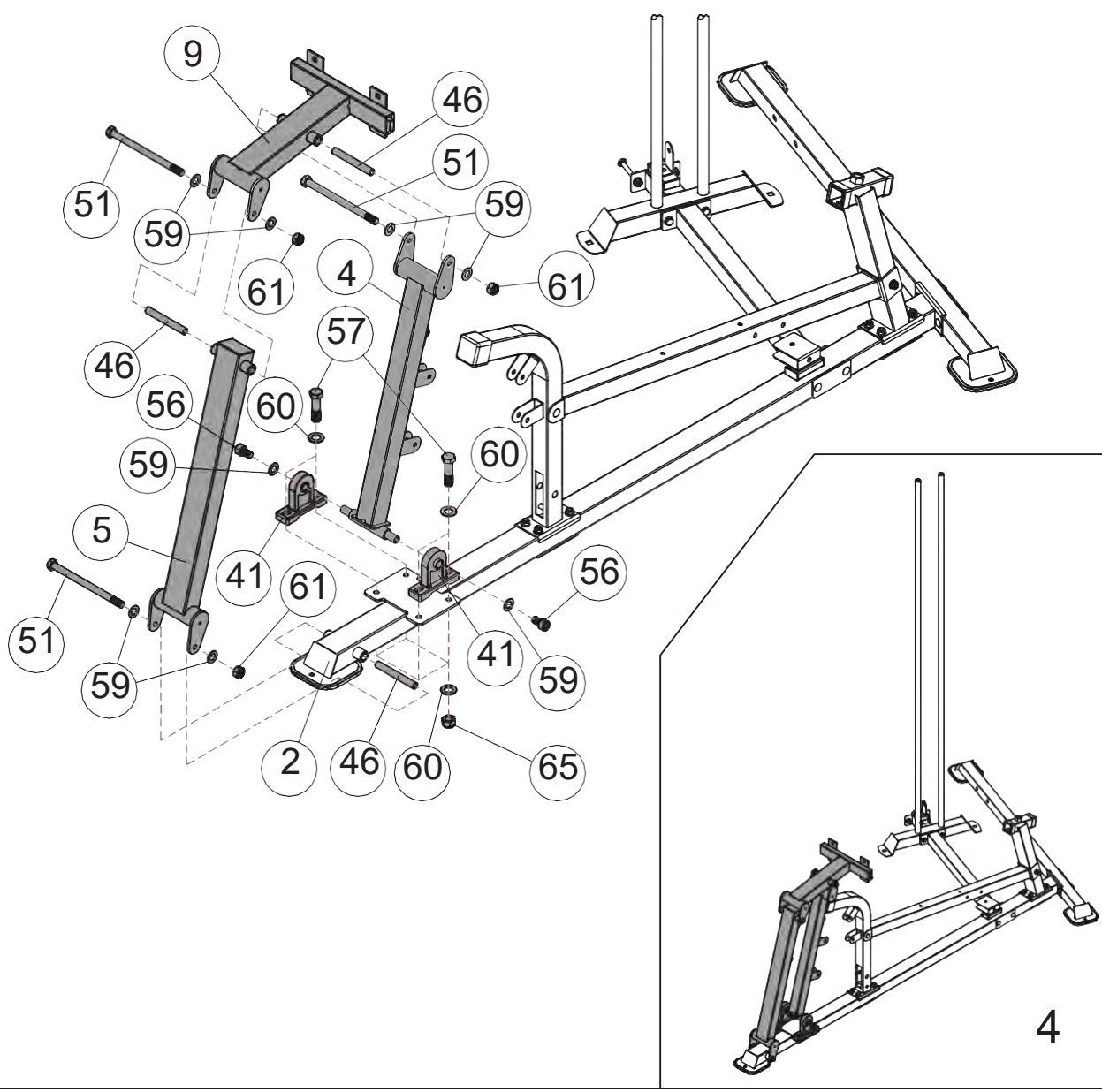
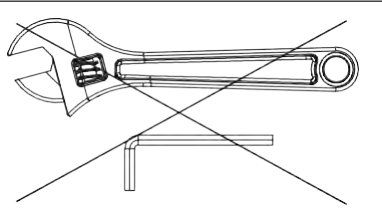
- 59   × 6 $\Phi 20 \times \Phi 10.5$
- 61   × 2 M10





3-A

- | | | | |
|------|--|-----|-----------|
| (51) |  | × 3 | M10×145mm |
| (56) |  | × 2 | M10×20mm |
| (59) |  | × 8 | Φ20×Φ10.5 |
| (61) |  | × 3 | M10 |
| (57) |  | × 4 | M12×40mm |
| (60) |  | × 8 | Φ24×Φ13 |
| (65) |  | × 4 | M12 |

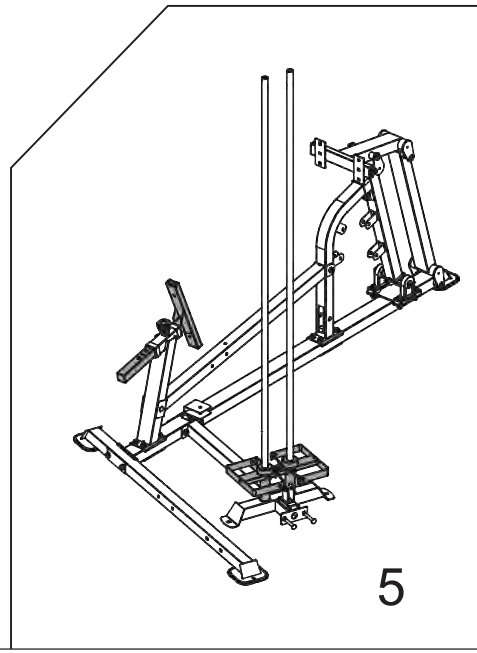
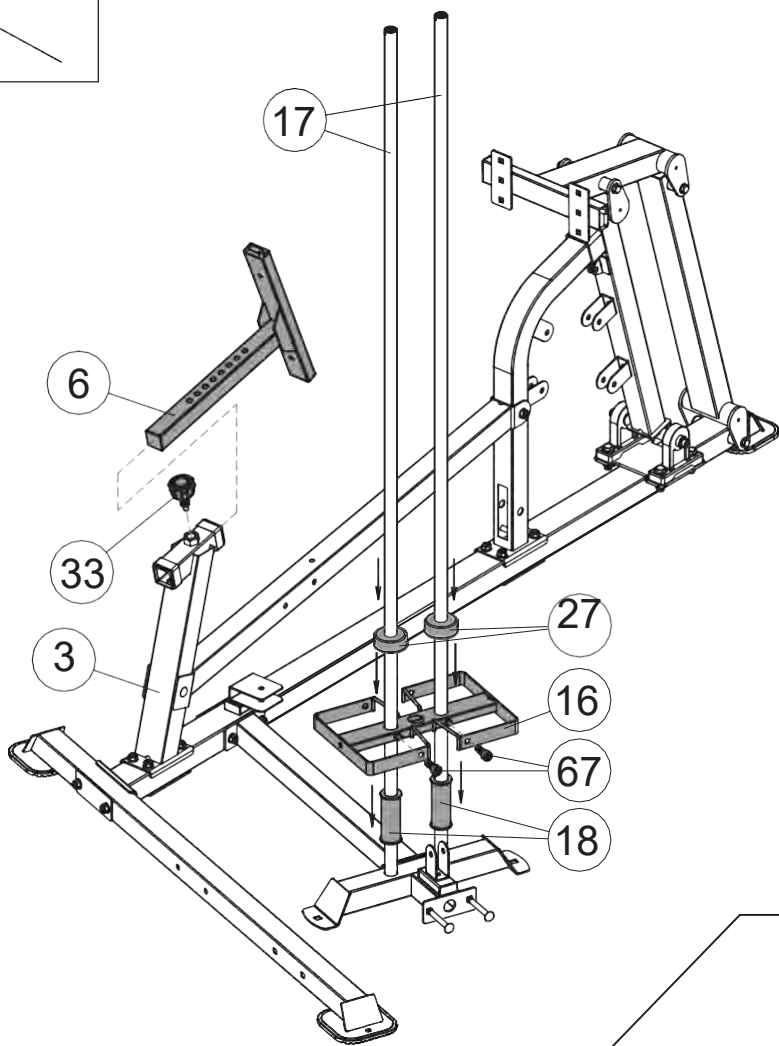
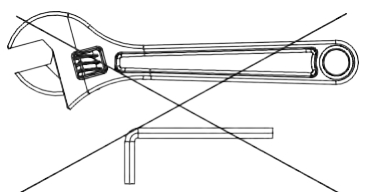









67

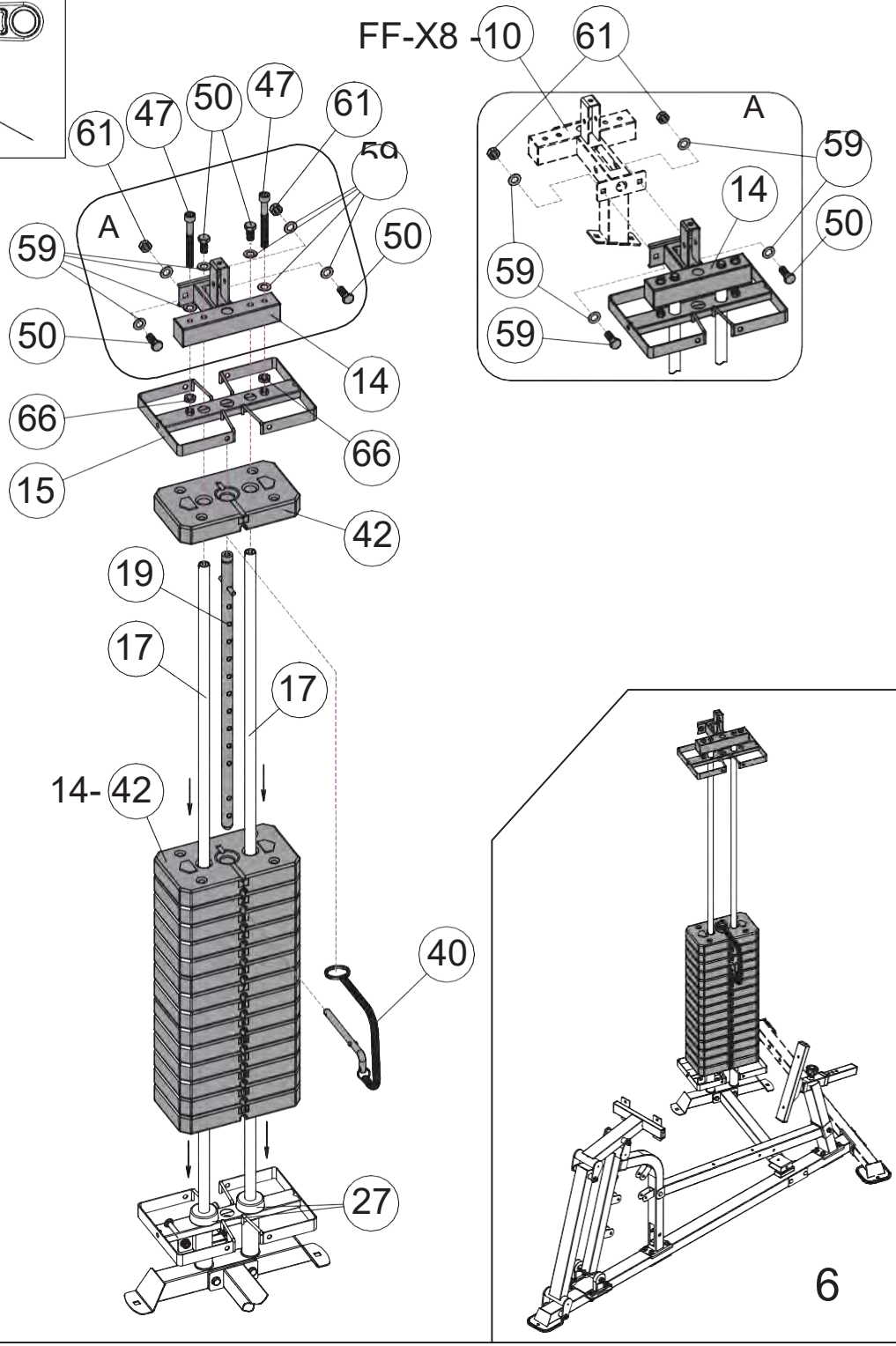
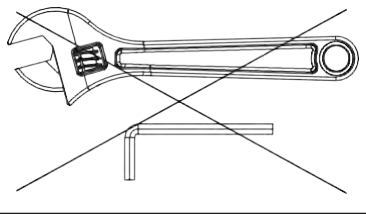








x 2

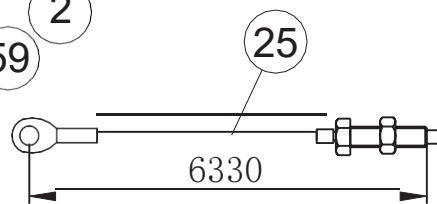
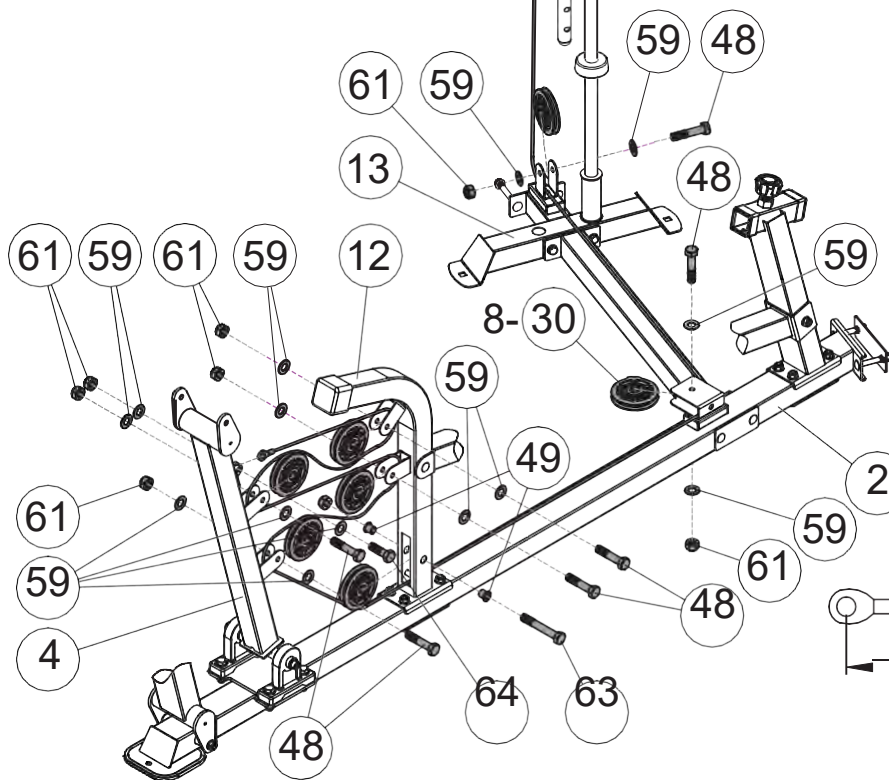
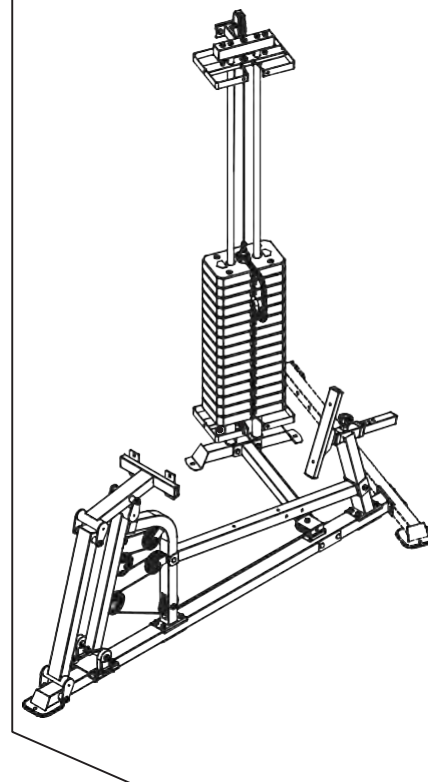
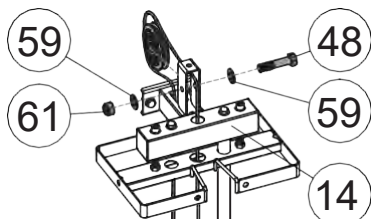
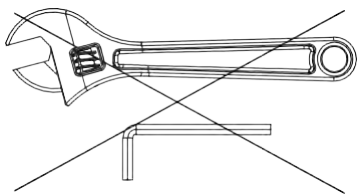
M8x20mm



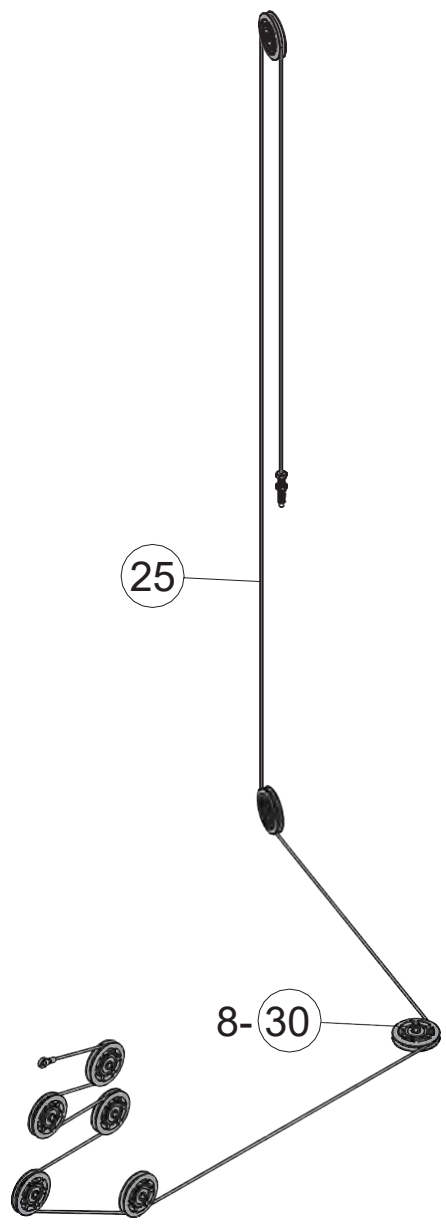
- (47)  × 2 M10×85mm
- (50)  × 4 M10×25mm
- (66)   × 2 M10
- (59)  | × 8 Φ20×Φ10.5
- (61)   × 2 M10



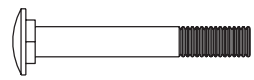


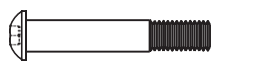




- | | | | | | | | |
|----|---|-----|----------|----|--|-----|--------------|
| ④8 |  | × 7 | M10×45mm | ④9 |  | ×2 | Φ22×Φ10.2×15 |
| ⑥3 |  | × 1 | M10×65mm | ⑤9 |  | ×16 | Φ20×Φ10.5 |
| ⑥4 |  | × 1 | M10×30mm | ⑥1 |  | ×9 | M10 |

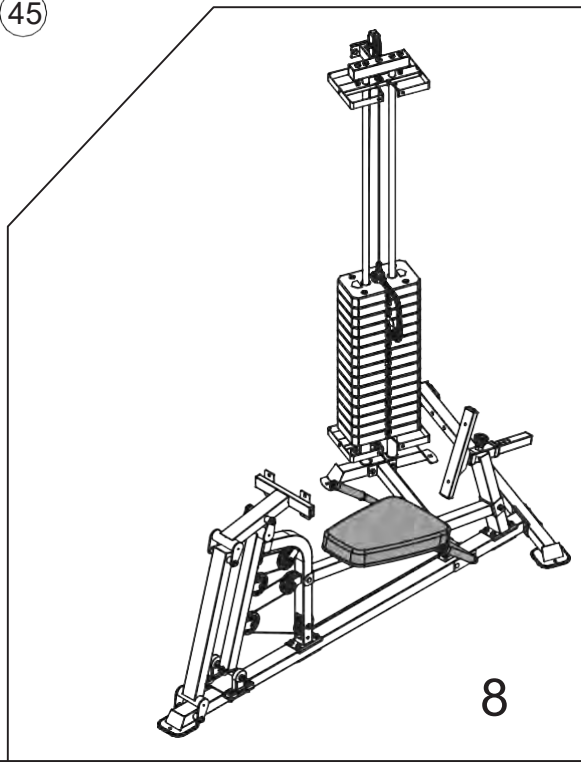
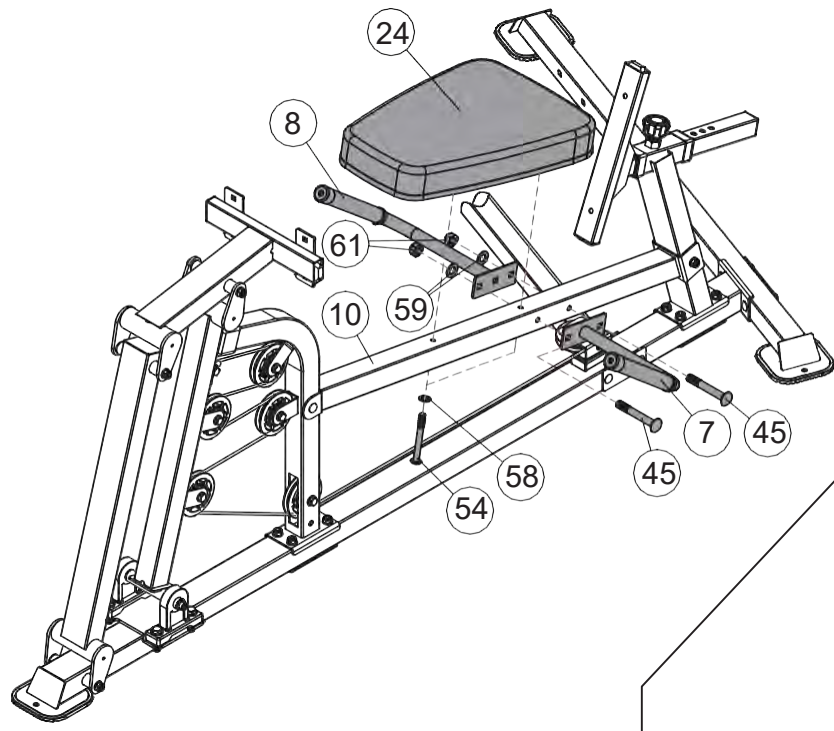
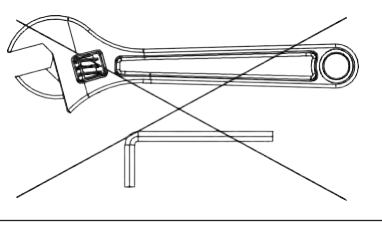










7-1

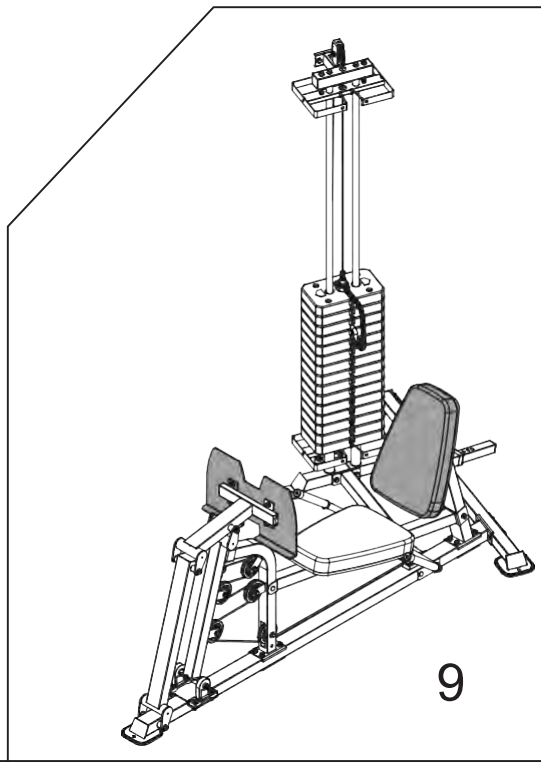
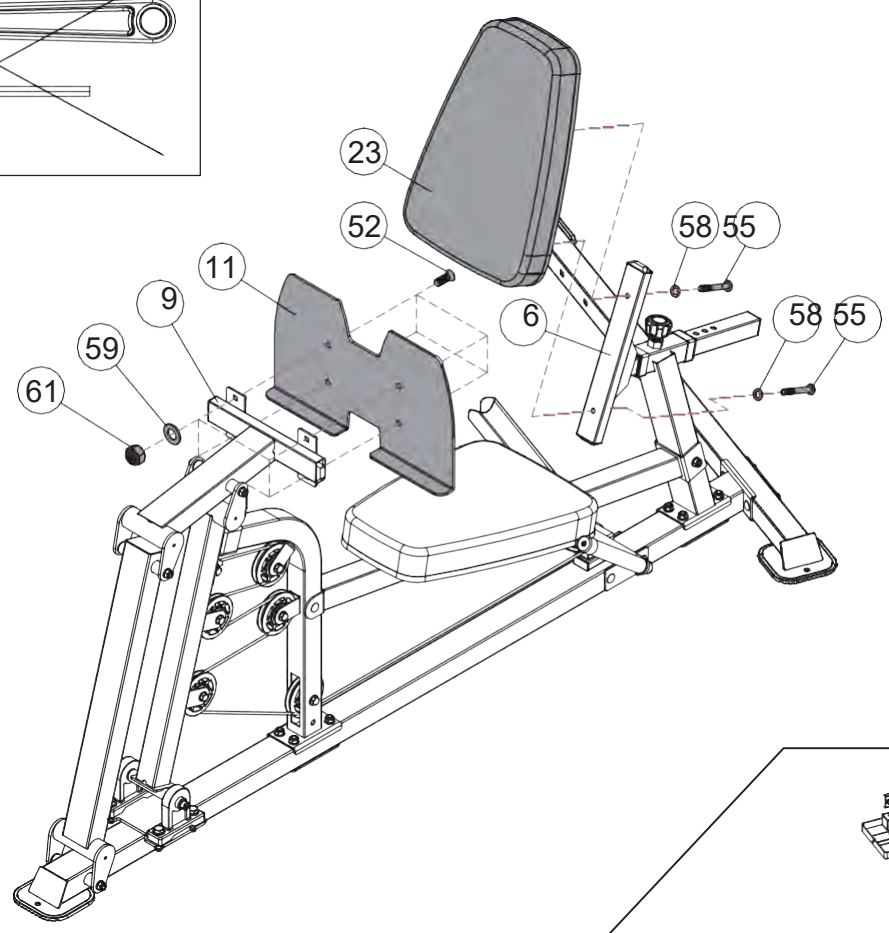
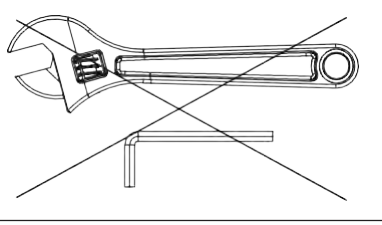


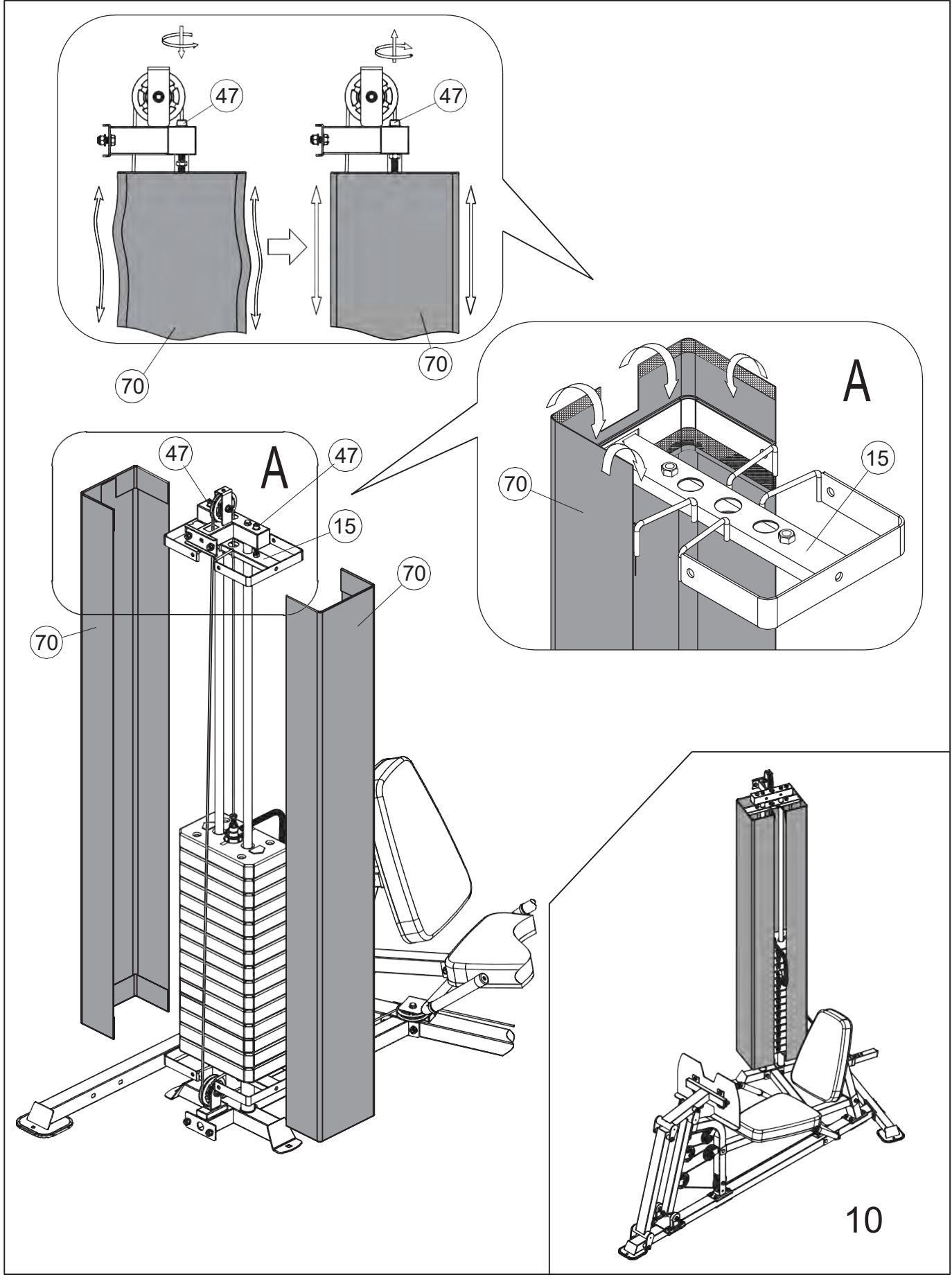
7-2

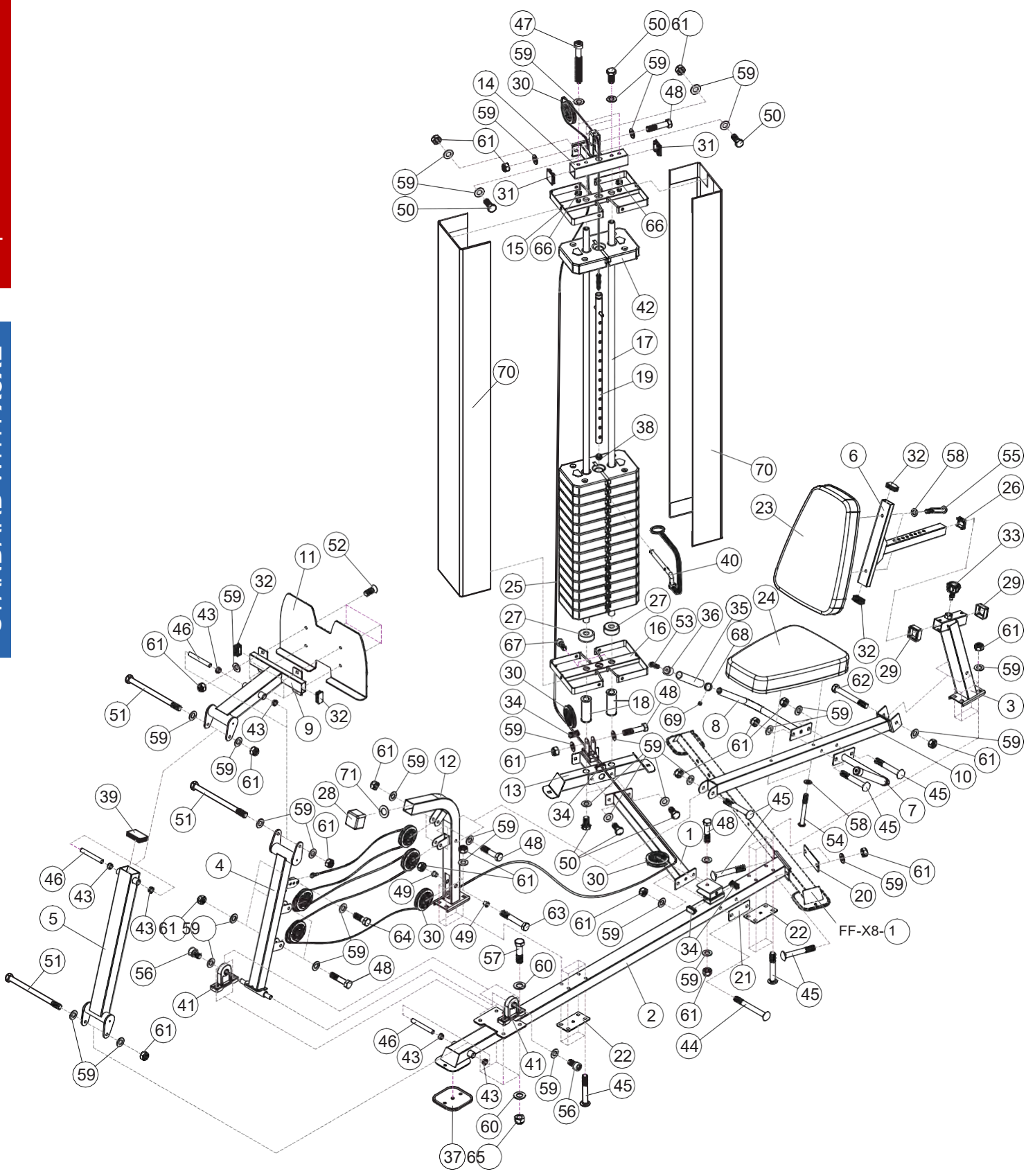
- 45  × 2 M10×70mm
- 59   × 2 Φ20×Φ10.5
- 54  × 2 M8×65mm
- 61   × 2 M10
- 58   × 2 Φ16×Φ8.4



- 52  × 4 M10×20mm
- 55  × 2 M8×45mm
- 58   × 2 Φ16×Φ8.4
- 59   × 4 Φ20×Φ10.5
- 61   × 4 M10





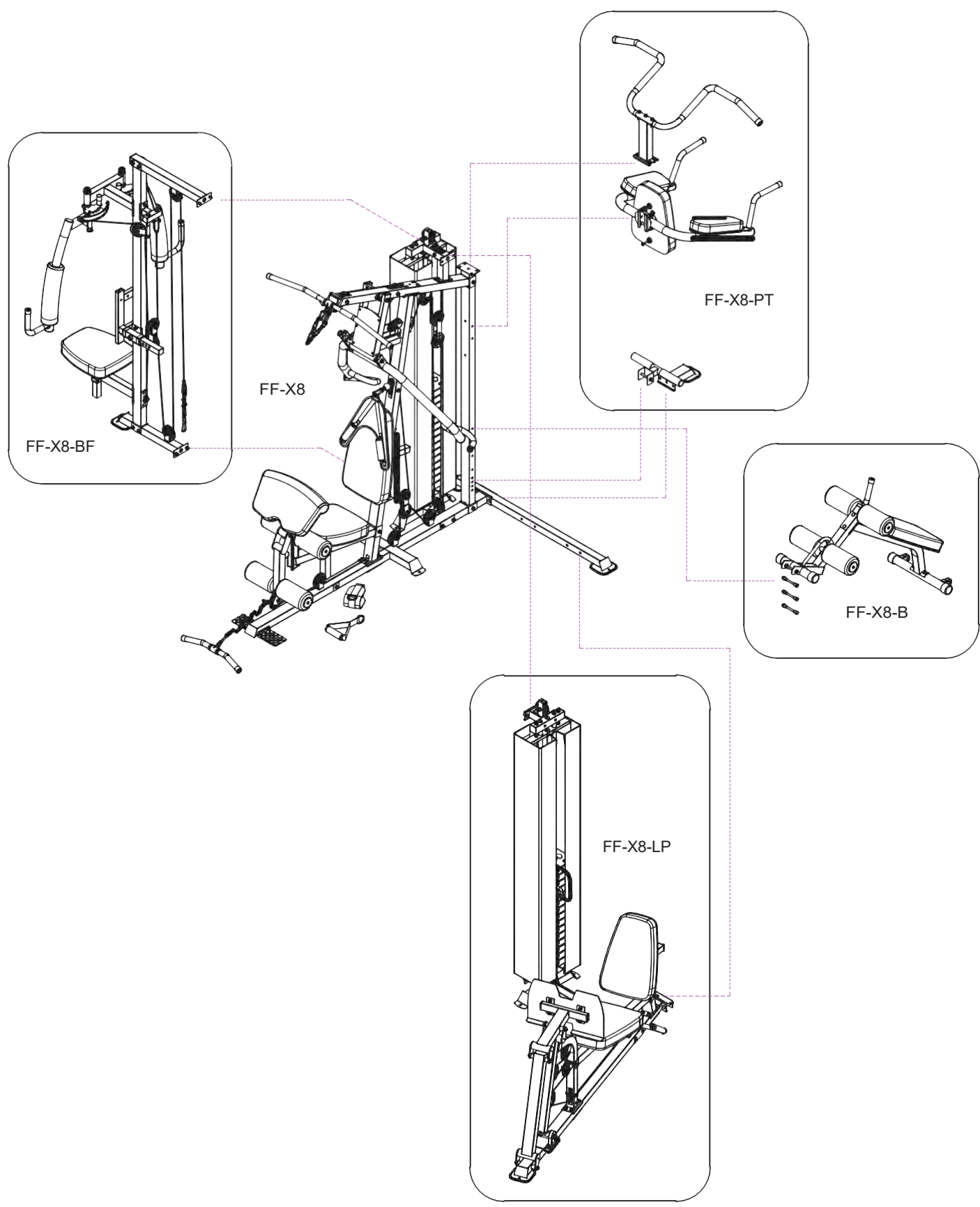


PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Connecting Base Frame		1
2	Base Frame		1
3	Backrest Support Frame		1
4	Rear Connecting Frame		1
5	Front Connecting Frame		1
6	Backrest Support		1
7	Left Handle Frame		1
8	Right Handle Frame		1
9	Leg Press Frame		1
10	Connecting Frame		1
11	Leg Press Frame	500×300×40×5	1
12	Foot Limiting stand		1
13	Guide Rod Lower Bracket		1
14	Guide Rod Upper Bracket		1
15	Shield Upper Bracket		1
16	Shield Lower Bracket		1
17	Guide Rod	$\varphi 2\pm \times 1980$	2
18	Guide Rod Lower Support		2
19	Selector Rod		1
20	Bracket	140×50×3	1
21	Bracket	120×50×3	1
22	Bracket	130×70×4	2
23	Backrest Pad	500×340×205×70	1
24	Seat Pad	$\pm 00 \times 340 \times 20 \pm \times 70$	1
25	Leg Press Cable	L=6330	1
26	End Cap	□ 38	1
27	Rubber Stopper	$\varphi 62 \times \varphi 24. \pm \times 2\pm$	2
28	Cover	□ 50	1
29	Square Sleeve	□45×□39	2
30	Pulley	$\varphi 96$	8
31	End Cap	□ 50	2
32	End Cap	□50×□25	4
33	Lock Knob	M18× $\varphi 10$	1
34	End Cap	□40×□20	4

KEY NO.	PART DESCRIPTION	SPEC	QTY
35	Handle Grip	φ 23×200	2
36	End Cap	φ 33.5×φ 23×200×25	2
37	End Cap	□135×135×8	1
38	End Cap	φ25	1
39	End Cap	□ 70×50	1
40	Spring Rope Pin		1
41	Bracket Bearing	UCP205	2
42	Weight Plate	300×175×48 (5KG)	15
43	Bushing	φ25×φ22×φ16×10	6
44	Carriage Bolt	M10×90	2
45	Carriage Bolt	M10×70	13
46	Casing	φ 16×φ 10.5×120	3
47	Socket Cap Screw	M10×85	2
48	Hex Bolts	M10×45	7
49	Pulley Bushing	φ 22×φ 10.2×15	2
50	Hex Bolts	M10×25	8
51	Hex Bolts	M10×145	3
52	Sunk Screw	M10×20	4
53	Socket Cap Screw	M6×20	2
54	Allen Bolt	M8×65	2
55	Allen Bolt	M8×40	2
56	Socket Cap Screw	M10×20	2
57	Hex Bolts	M12×40	4
58	Washer	8	4
59	Washer	10	57
60	Washer	12	8
61	Aircraft Nut	M10	34
62	Hex Bolts	M10×95	1
63	Hex Bolts	M10×65	1
64	Hex Bolts	M10×30	1
65	Aircraft Nut	M12	4
66	Hex Nut	M10	2
67	Socket Cap Screw	M8×20	2
68	Aluminium Alloy Baffle	φ 34.5×φ 26.±×14×M6	2
69	Allen Bolt	M6×6	2

KEY NO.	PART DESCRIPTION	SPEC	QTY
70	Shield	$\phi 50 \times \phi 33.5 \times 3$	2
71	Washer	$188_{\pm} \times 48_{\pm} \times 1$	1
	Allen wrench	5#	1
	Allen wrench	6#	1
	Allen wrench	8#	1
	Allen wrench	3#	1
	Allen wrench	2.5#	1

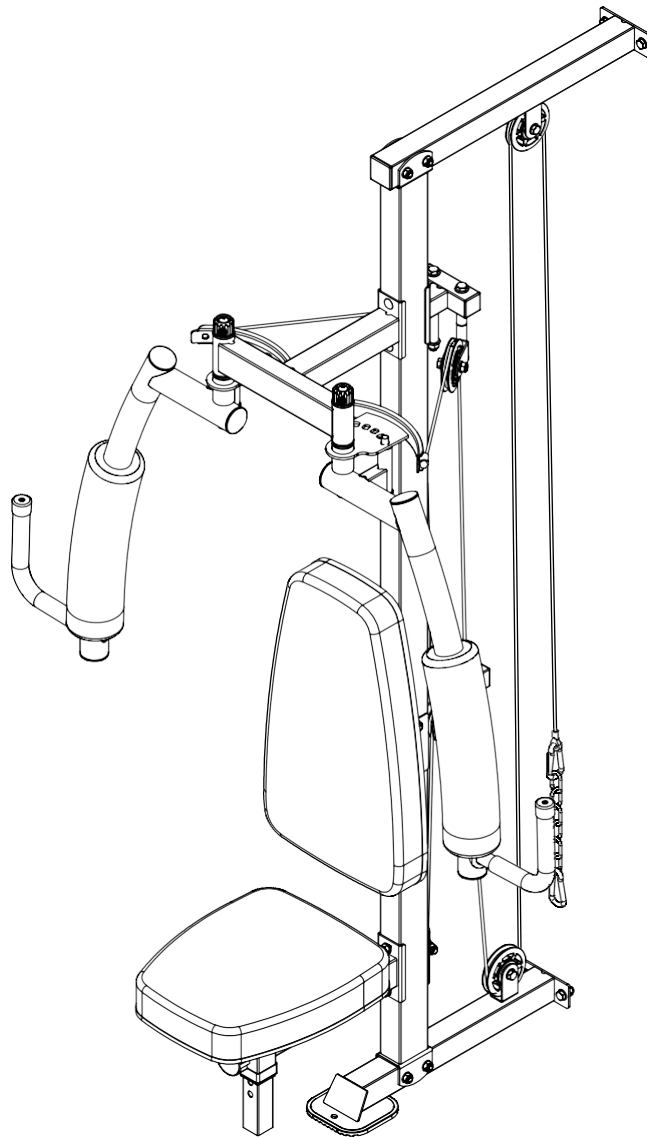


FRENCH FITNESS

FF-X8-BF

FRENCH FITNESS FF-X8 AND FF-X8 XL
- BUTTERFLY EXERCISE EQUIPMENT

OWNER'S MANUAL



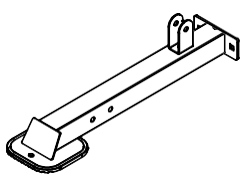
CAUTION!

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

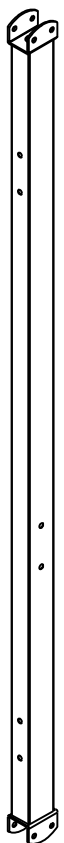
20201211-V1.0

*Optional Attachment on the FF-X8

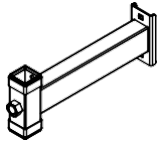
STANDARD WITH X8XL



1 x1



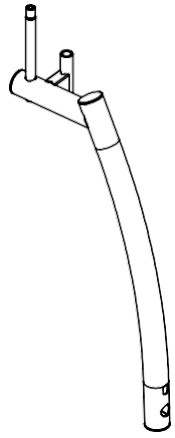
2 x1



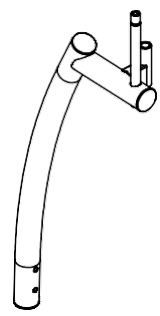
3 x1



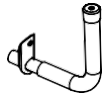
4 x1



5 x1



6 x1



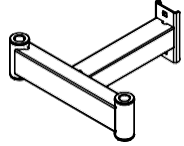
7 x2



8 x1



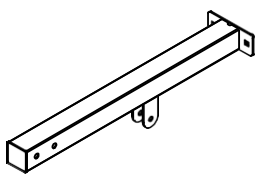
9 x1



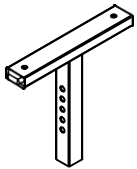
10 x1



11 x1



12 x1



13 x1



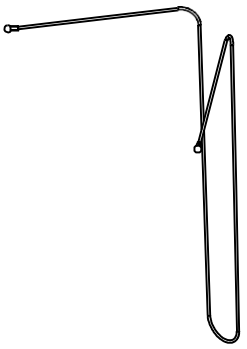
14 x1



15 x2



16 x1



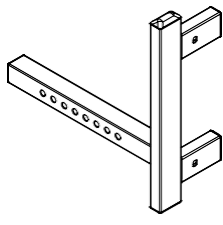
18 x1



17 x2



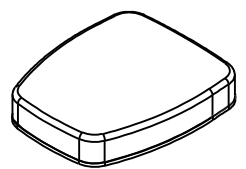
19 x1



20 x1



21 x1



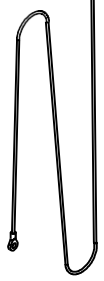
22 x1



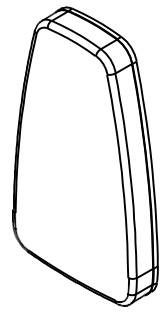
31 x2



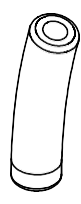
33 x2



19 x1



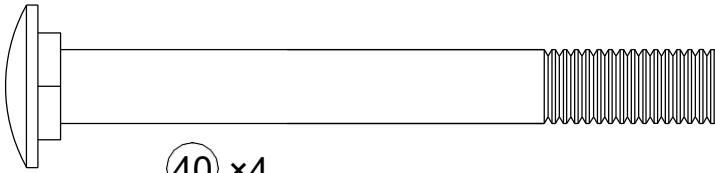
23 x1



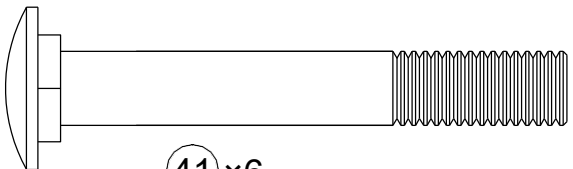
24 x2



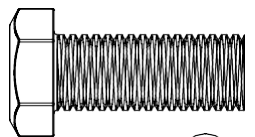
35 x6



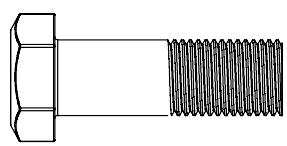
④⑩ ×4



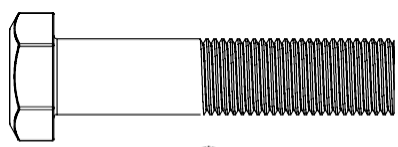
④⑪ ×6



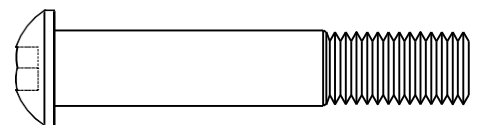
④⑬ ×4



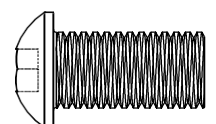
④⑭ ×1



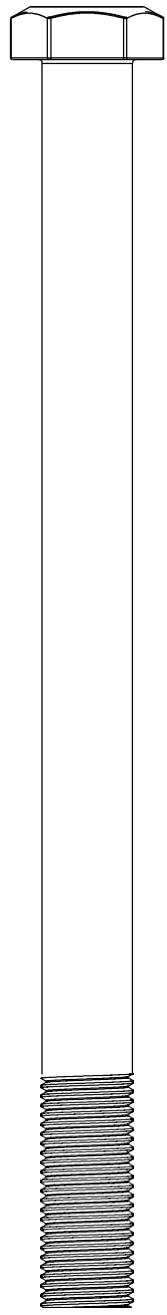
④⑮ ×6



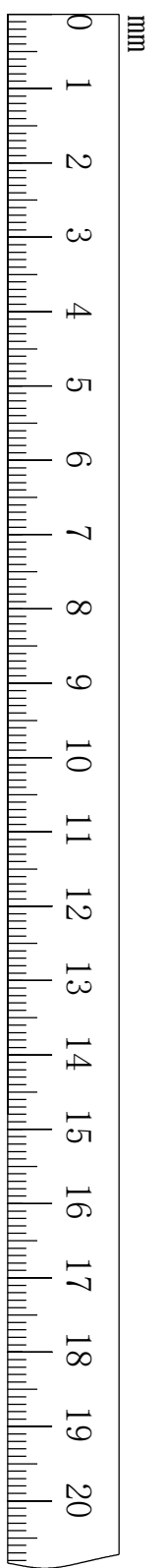
④⑯ ×2

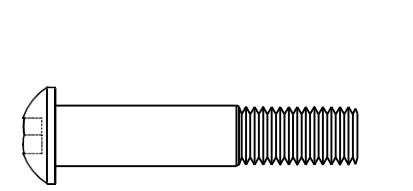


④⑰ ×4

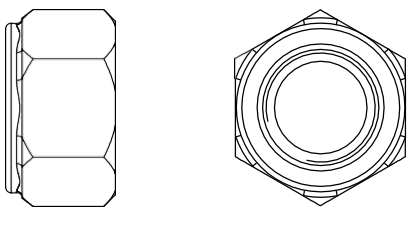


④⑲ ×2

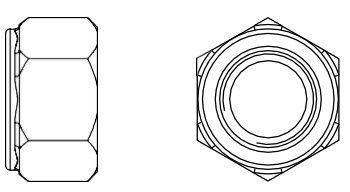




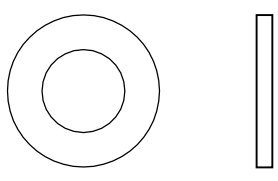
④⑧ × 4



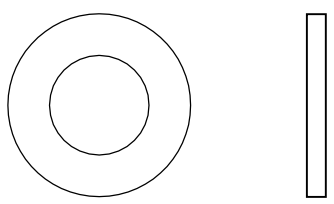
⑤⑩ × 2



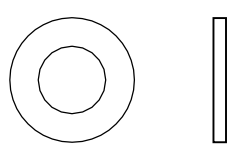
⑤① × 21



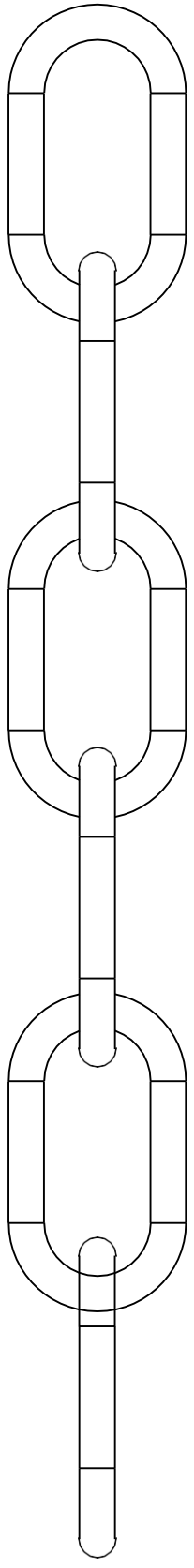
⑤② × 38



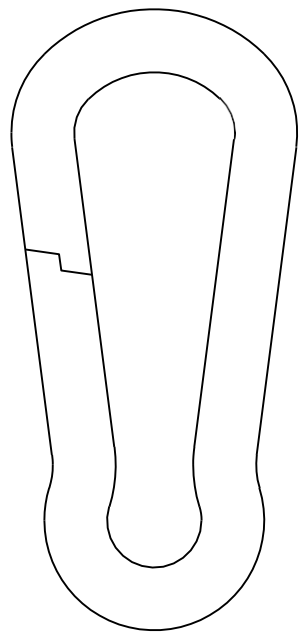
⑤③ × 4



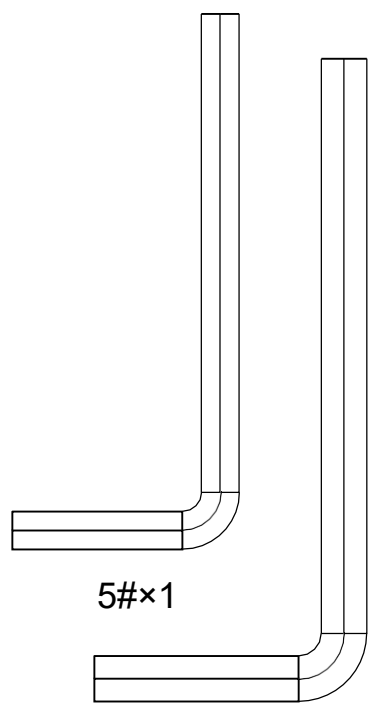
⑤④ × 4



②⑥ × 1

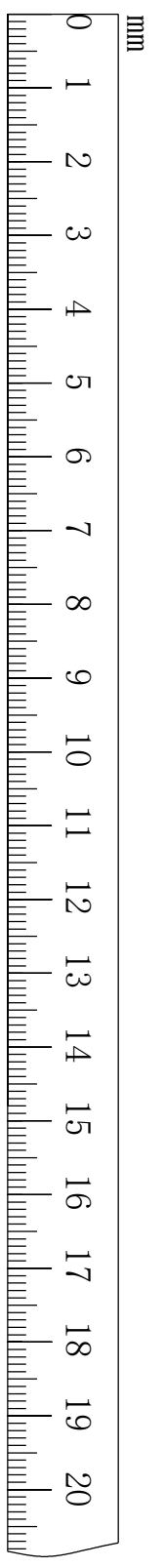
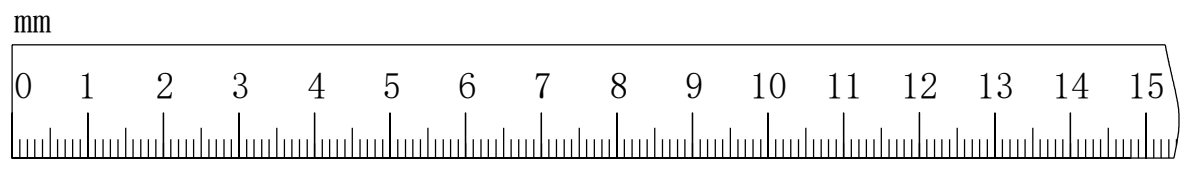


②⑤ × 2

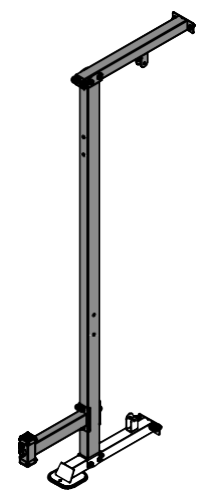
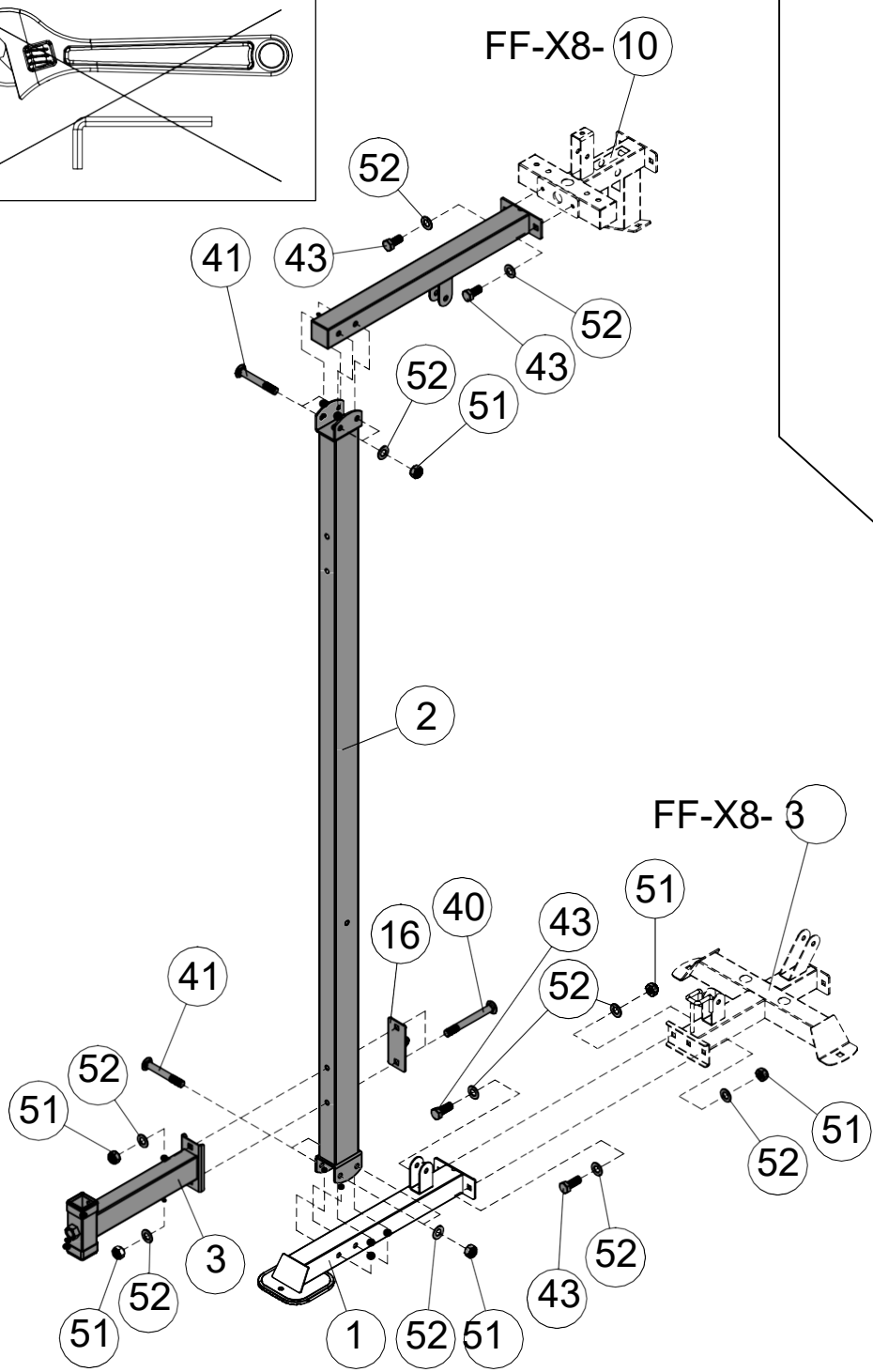
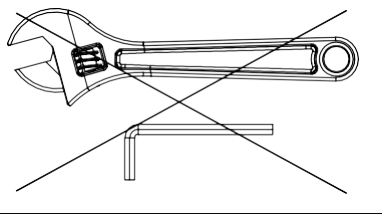


5# × 1

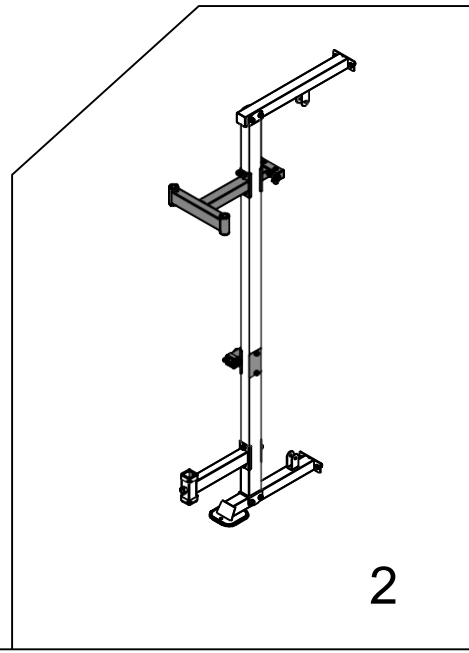
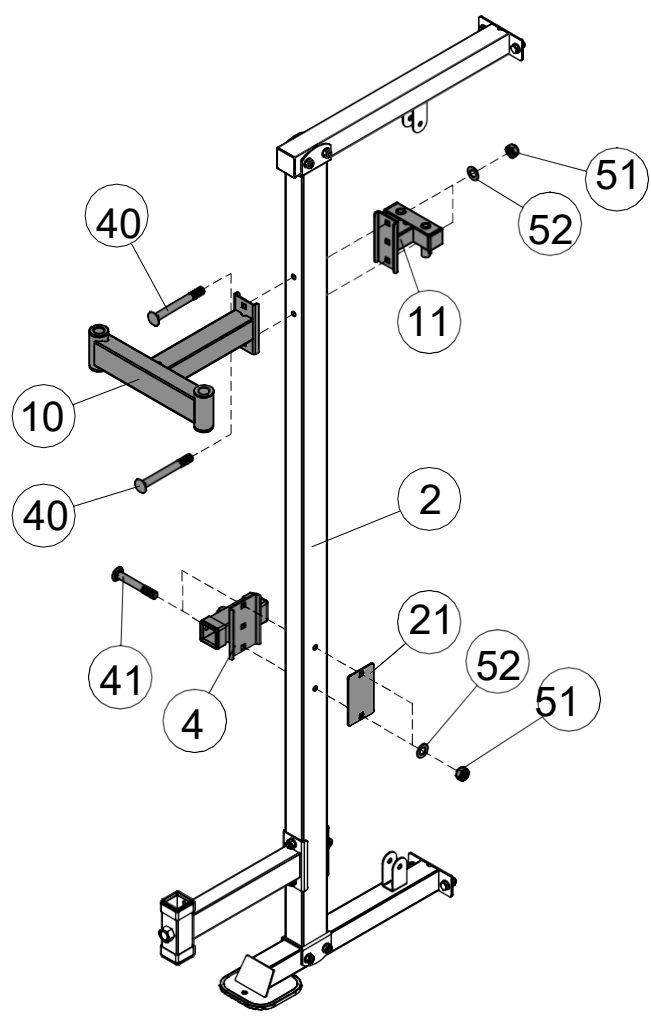
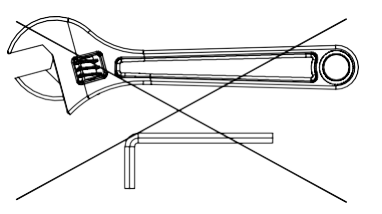
6# × 1



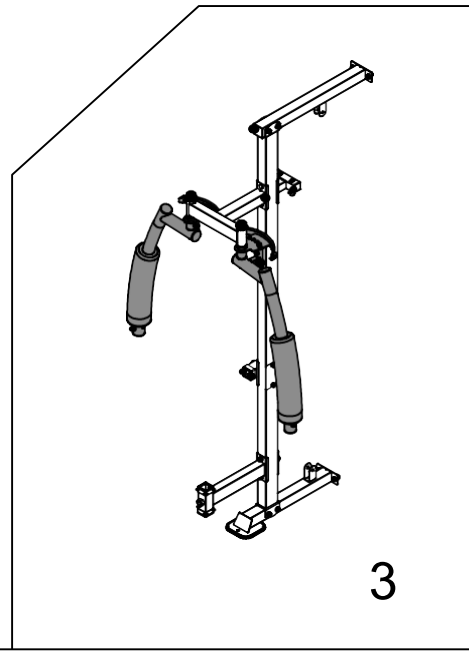
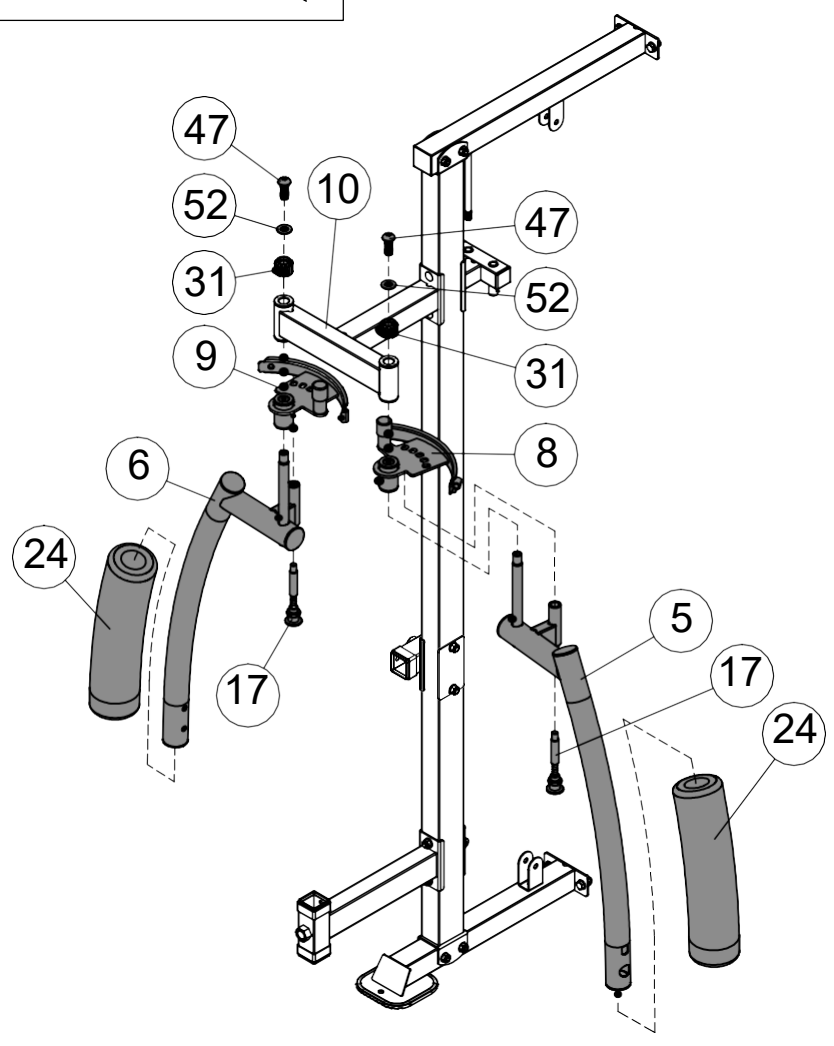
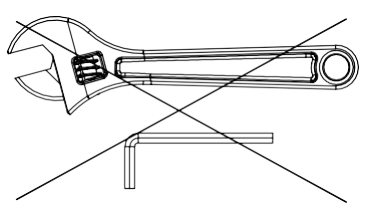
- ④① × 2 M10×90mm
- ④② × 4 M10×70mm
- ④③ × 4 M10×25mm
- ⑤① × 8 M10
- ⑤② × 12 Φ20×Φ10.5

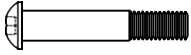







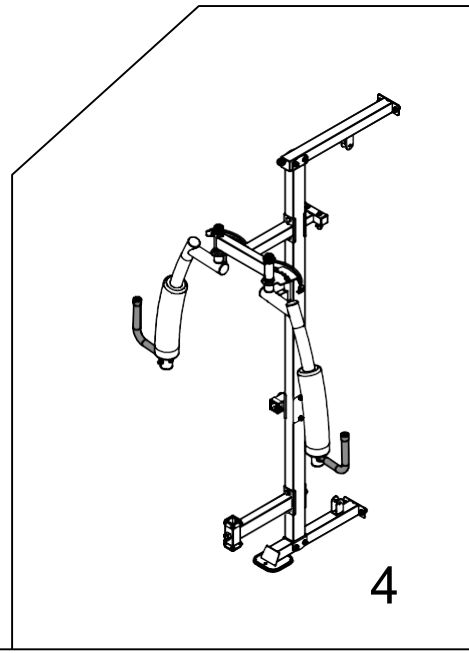
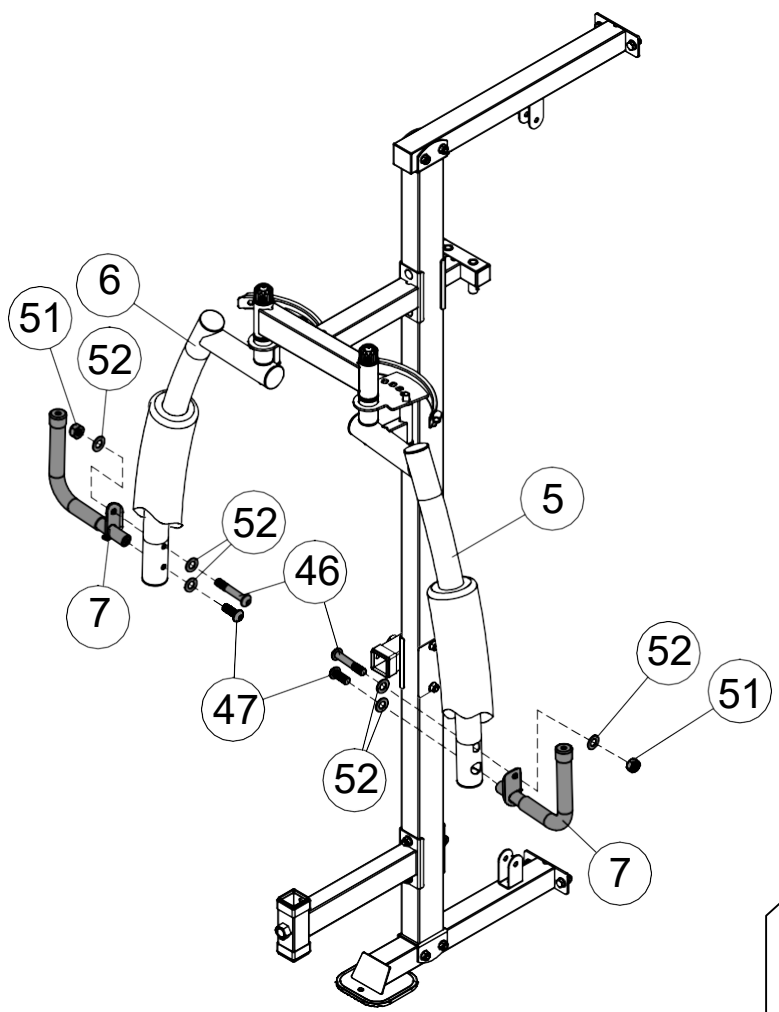
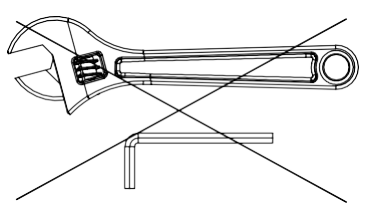
- ④① ④① × 2 M10×90mm
- ④② ④② × 2 M10×70mm
- ⑤① ⑤① × 4 M10
- ⑤② ⑤② × 4 Φ20×Φ10.5













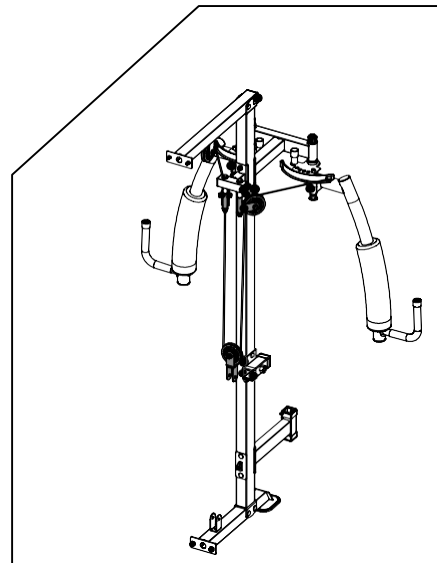
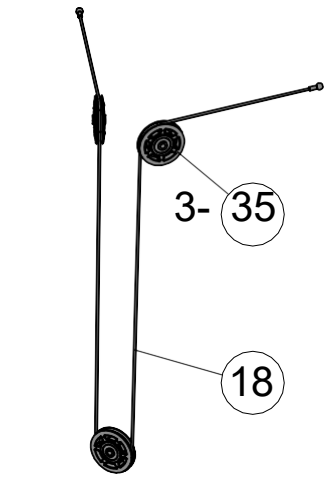
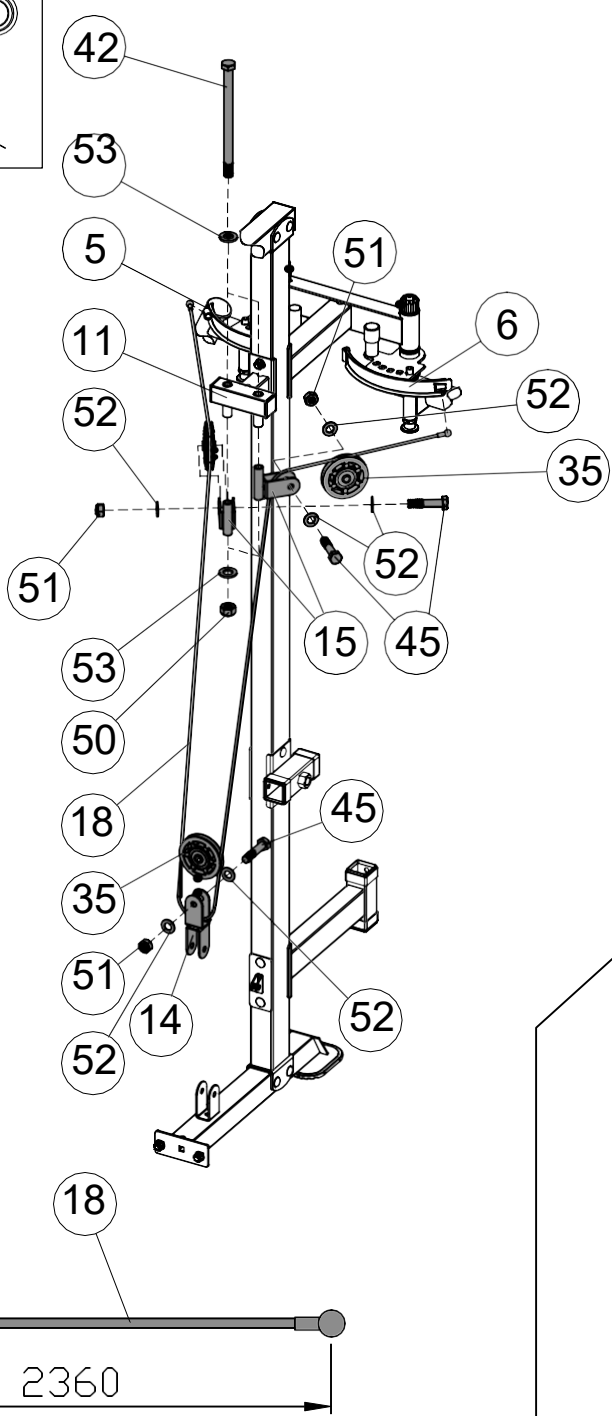
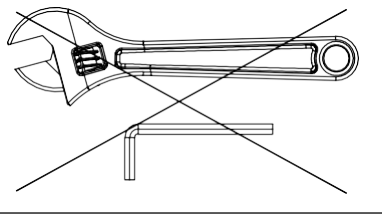
- 47  ×2 M10×20mm
- 52   ×2 Φ20×Φ10.5



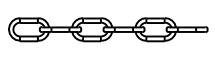

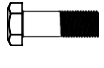



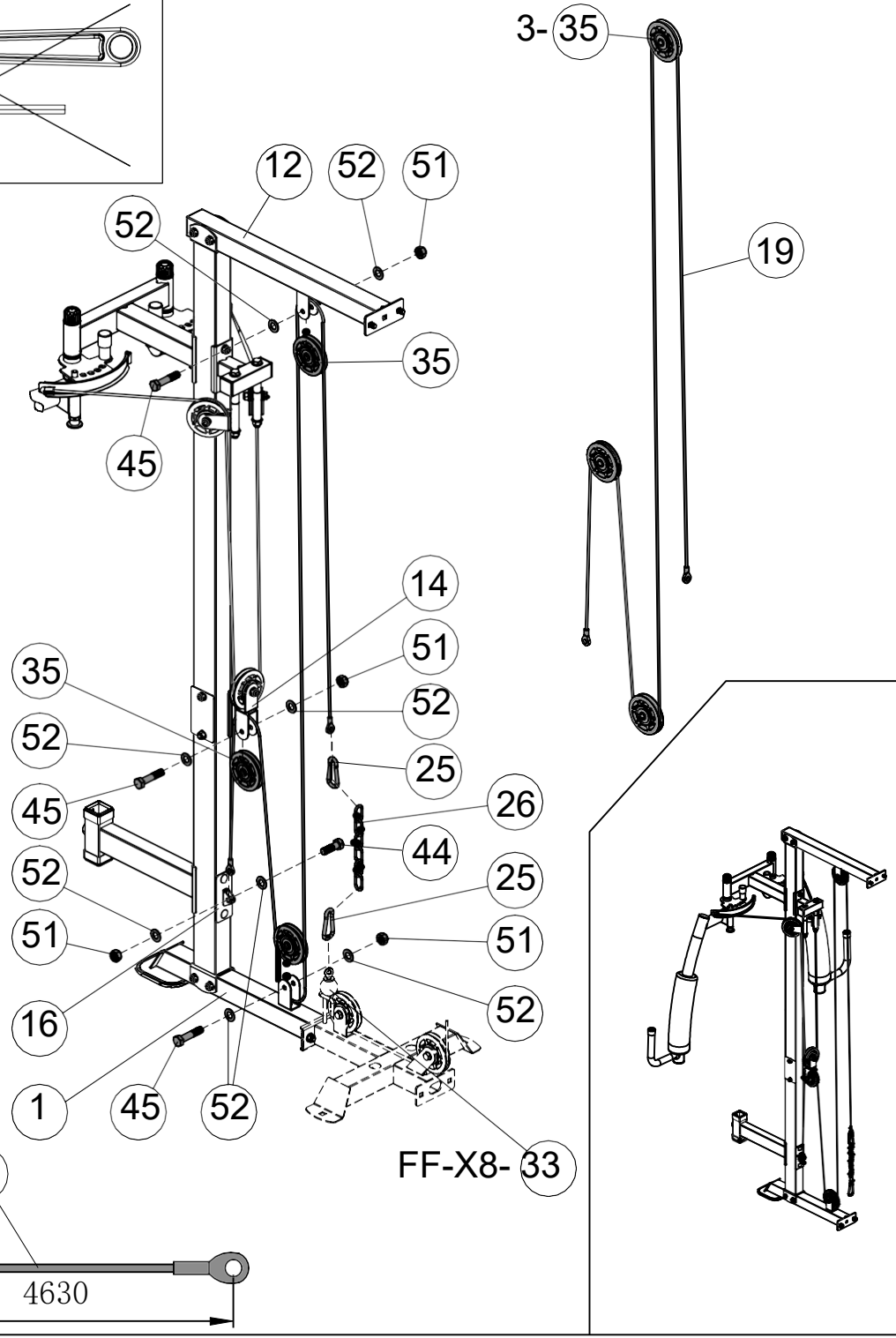
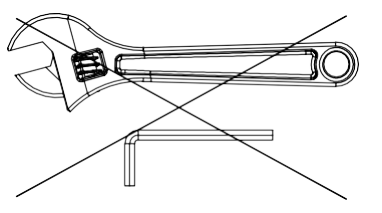
- ④⑥  × 2 M10×65mm
- ④⑤①   × 2 M10
- ④④⑦  × 2 M10×20mm
- ④⑤②   × 6 $\Phi 20 \times \Phi 10.5$



- ④②  × 2 M12×165mm
- ④⑤  × 3 M10×45mm
- ⑤①   × 3 M10
- ⑤②   × 6 Φ20×Φ10.5
- ⑤③   × 4 Φ24×Φ13
- ⑤④   × 2 M12



- | | | | | | | | |
|------|---|-----|----------|------|--|-----|-----------|
| (25) |  | × 2 | φ8 | (45) |  | × 3 | M10×45mm |
| (26) |  | × 1 | φ5(6环) | (51) |  | × 4 | M10 |
| (44) |  | × 1 | M10×30mm | (52) |  | × 8 | Φ20×Φ10.5 |



48



x 4

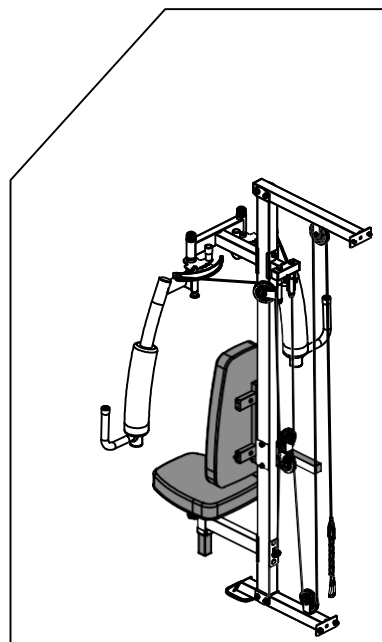
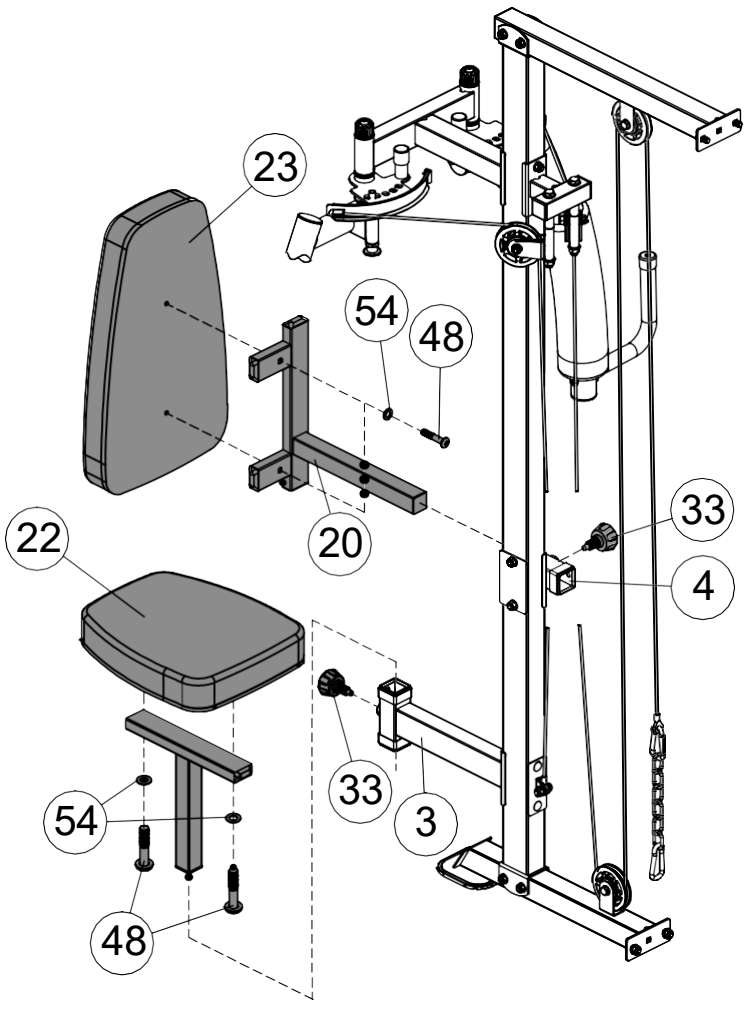
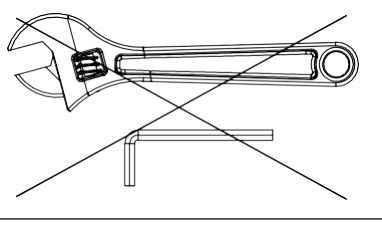
M8x40mm

54

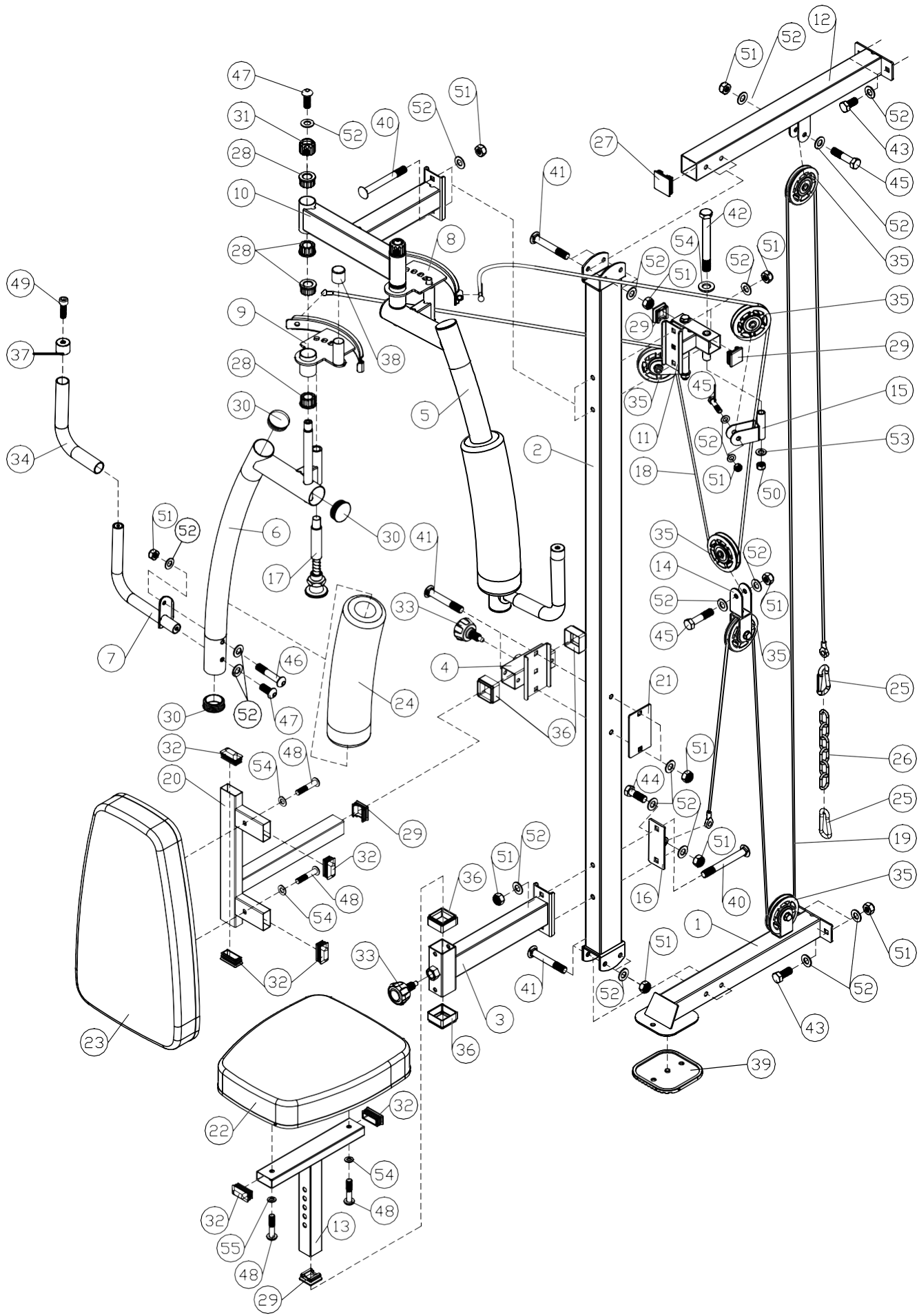


x 4

Φ20xΦ8.4



7

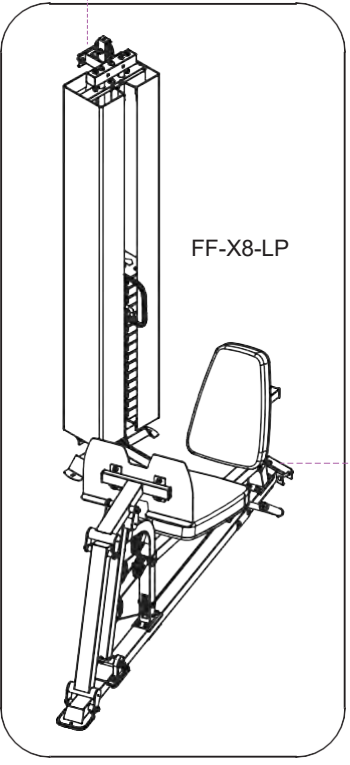
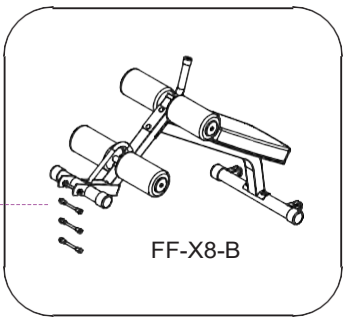
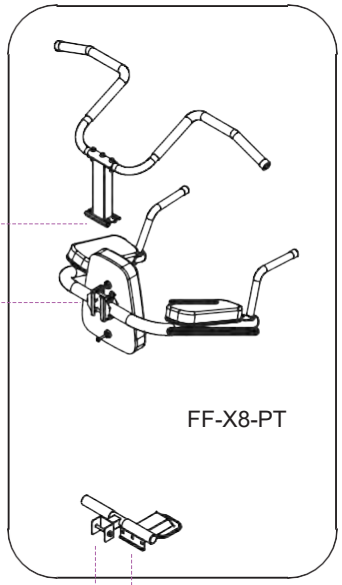
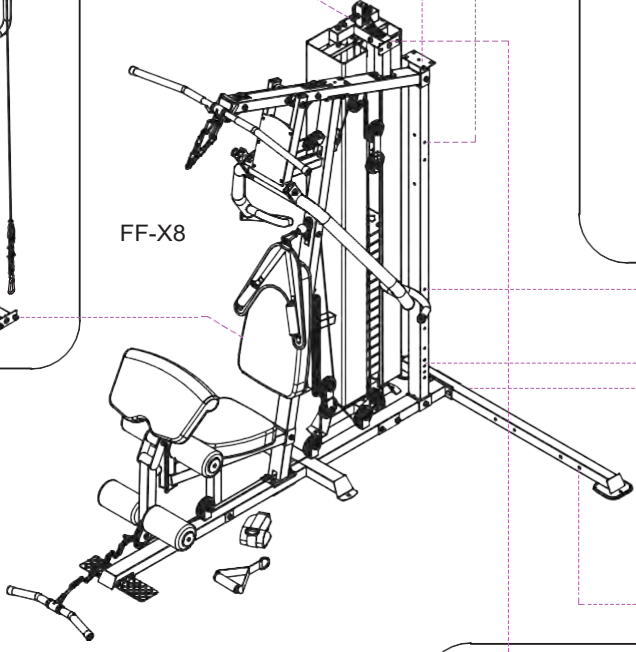
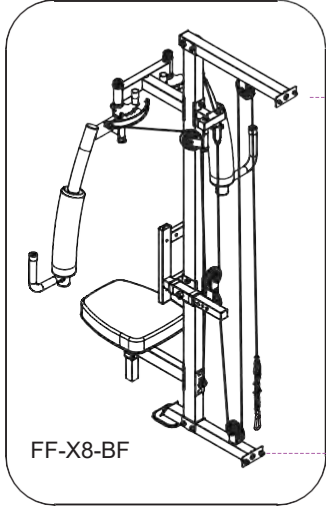


PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Frame		1
2	Butterly vertical frame		1
3	Seat block		1
4	Adjustable Backrest Support		1
5	Left Butterly Frame		1
6	Right Butterly Frame		1
7	Butterly Handle Frame		2
8	Left Butterly Adjustable frame		1
9	Right Butterly Adjustable frame		1
10	Butterly Support		1
11	Pulley support		1
12	Upper Connecting Frame		1
13	Seat support		1
14	Pulley Bracket		1
15	Swivel Pulley Bracket		2
16	Cable end frame		1
17	Lock Knob		2
18	Butterly Cable	L=2360	1
19	Connectable Cable	L=4630	1
20	Backrest Support		1
21	Bracket	120×70×3	1
22	Seat Pad	400×335×70	1
23	Backrest Board	600×340×205×70	1
24	Foam Roll	φ 105×φ 54×305	2
25	Hook	φ 8	2
26	Short Chain	6-link	1
27	End Cap	□50	1
28	Bushing	φ 38×φ 34×φ 20×22	8
29	End Cap	□38	4
30	End Cap	φ 50	6
31	Lock Ring	φ 36×27	2
32	End Cap	□50×□25	6
33	Lock Knob	M18×φ 10	2

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
34	Short Handle Grip	$\phi 23 \times 280$	2
35	Pulley	$\phi 96$	6
36	Sleeve	$\square 45 \times 39$ $\phi 33.5 \times \phi 6.6 \times 25$	4
37	Ornament cover		2
38	Sleeve	$\phi 30 \times \phi 25 \times 30$	2
39	End Cap	$\square 135 \times 135 \times 8$	1
40	Carriage Bolt	M10×90 M10×70	4
41	Carriage Bolt	M12×165	6
42	Hex Bolts	M10×25	2
43	Hex Bolts	M10×30	4
44	Hex Bolts	M10×45	1
45	Hex Bolts	M10×65	6
46	Allen Bolt	M10×20	2
47	Allen Bolt	M8×45	4
48	Allen Bolt	M6×20	4
49	Socket Cap Screw		2
50	Aircraft Nut	M12	2
51	Aircraft Nut	M10	21
52	Washer	10	38
53	Washer	12	4
54	Washer	8	4
	Allen wrench	6#	1
	Allen wrench	5#	1



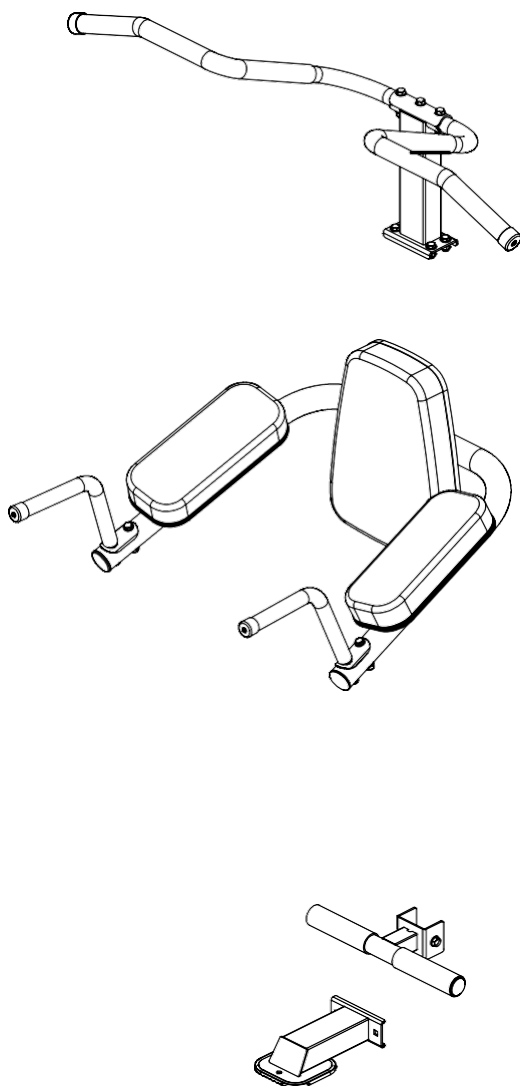
*Optional Attachment on the FF-X8

FRENCH FITNESS

FF-X8-PT

4+1 MULTI-STATION HOME GYM - POWER TOWER

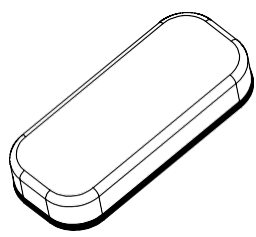
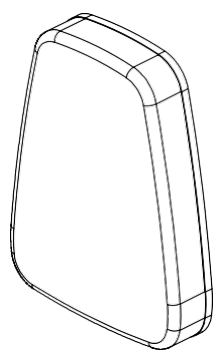
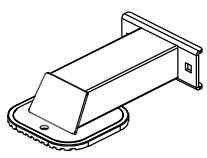
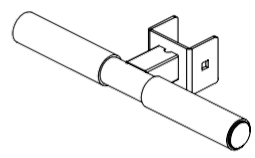
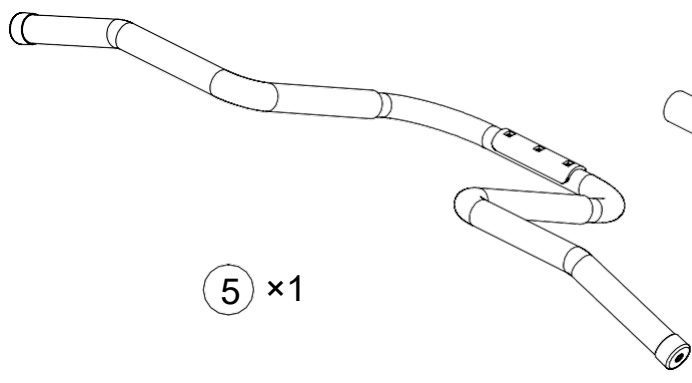
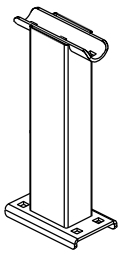
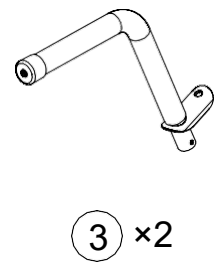
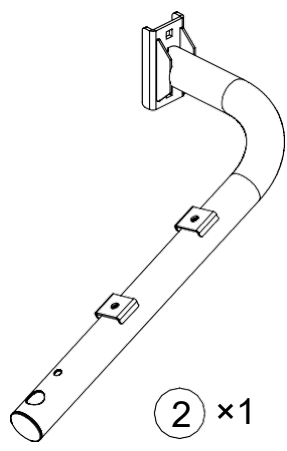
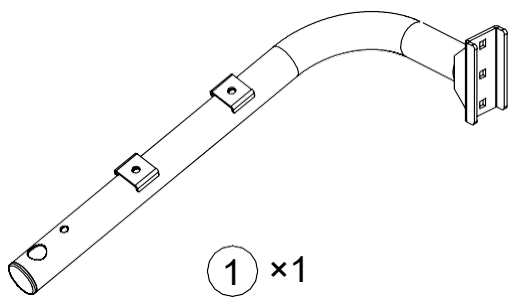
OWNER'S MANUAL

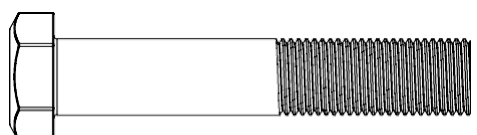


CAUTION!

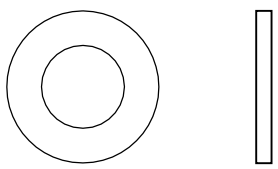
Read all precautions and instructions in this manual before using this equipment.

20201211-V1.0

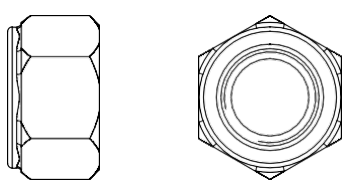




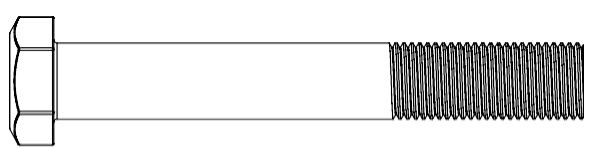
19 x3



20 x23



21 x11

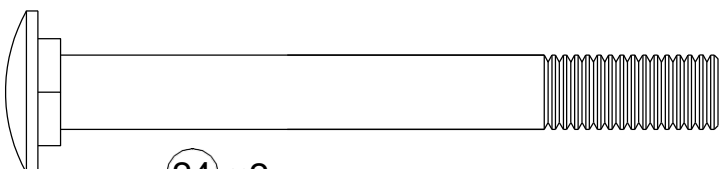


22 x2

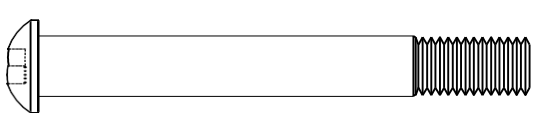


23 x6

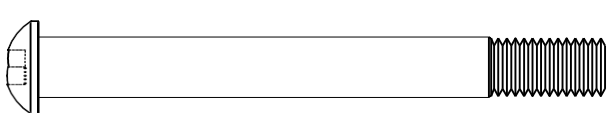
29 x6



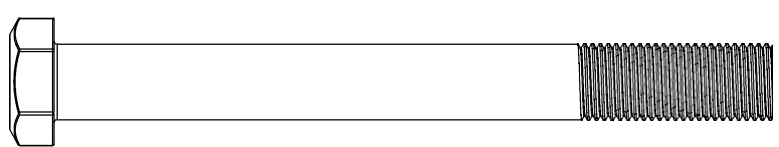
24 x2



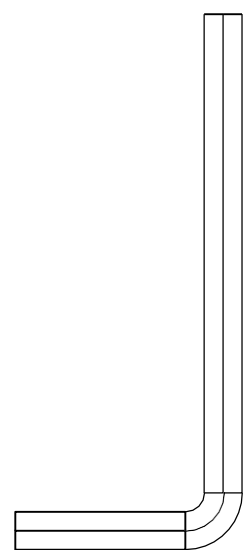
25 x4



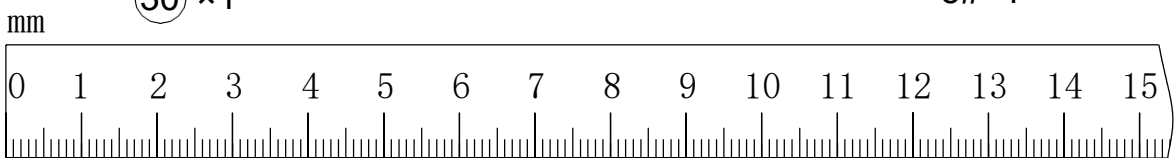
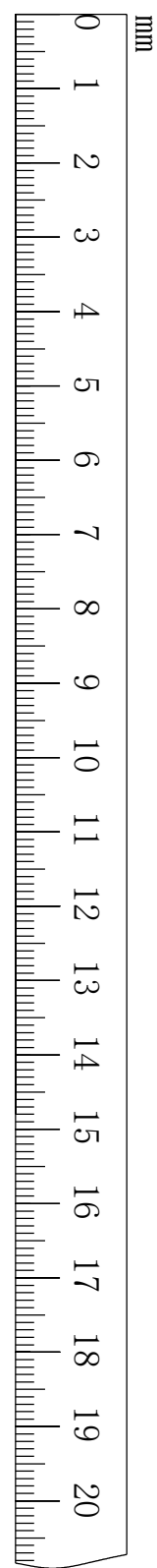
26 x2



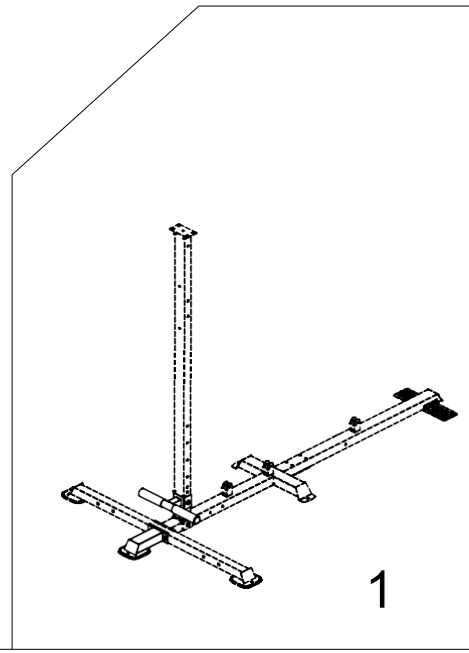
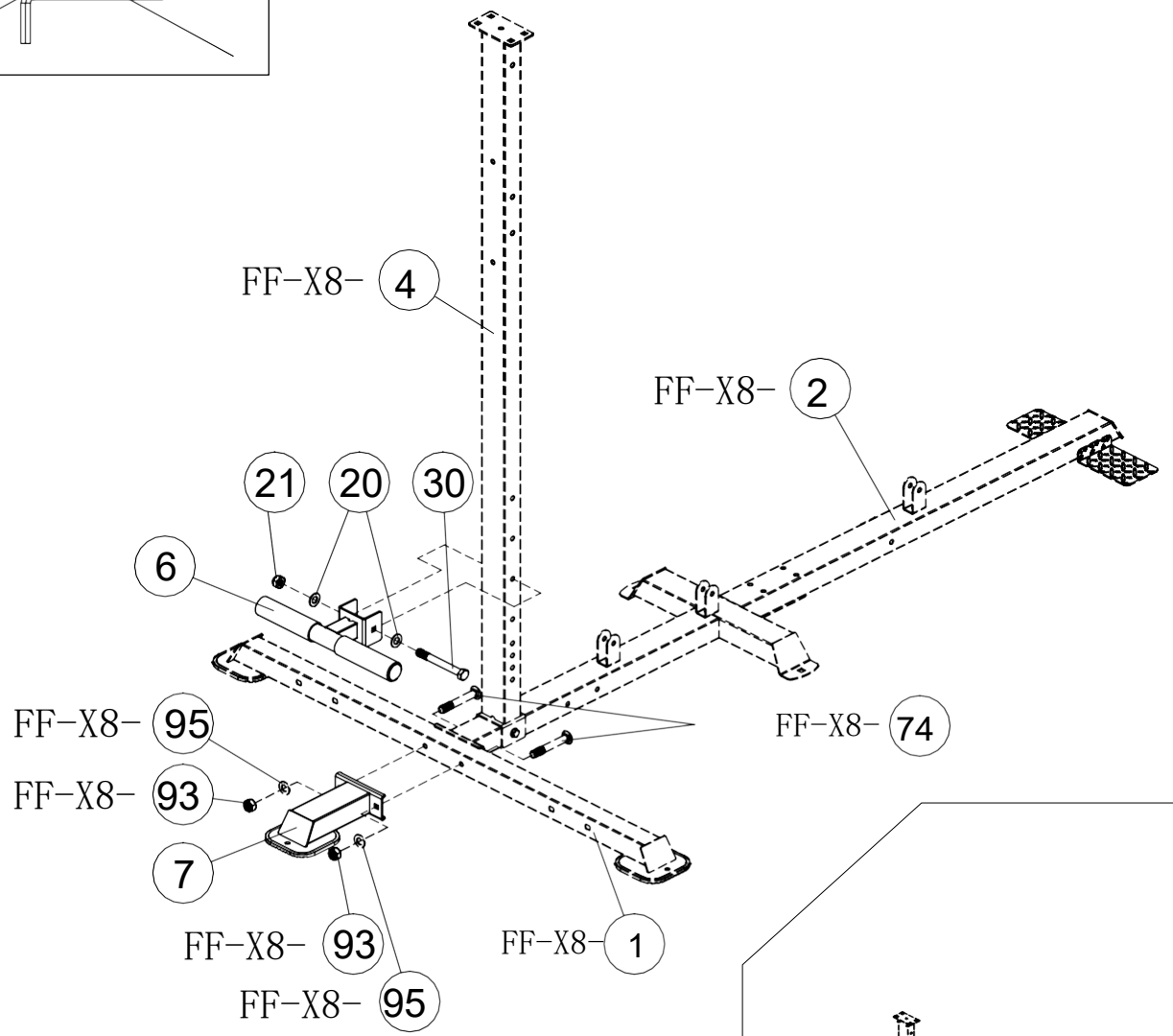
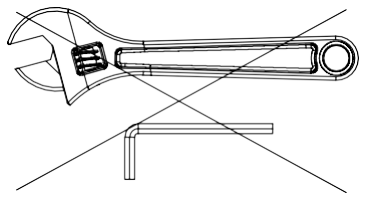
30 x1

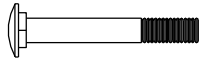




5#x1




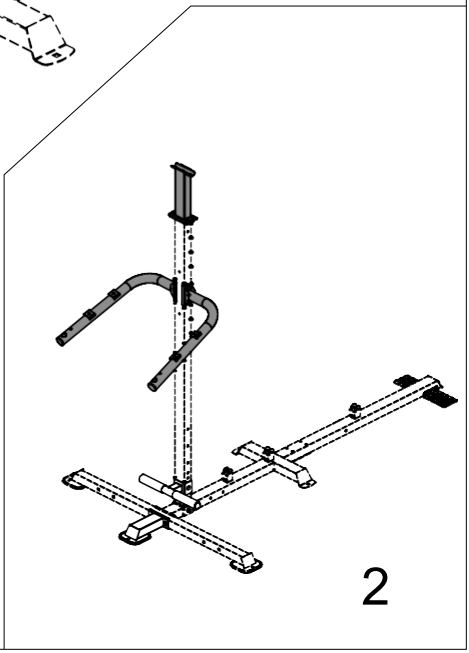
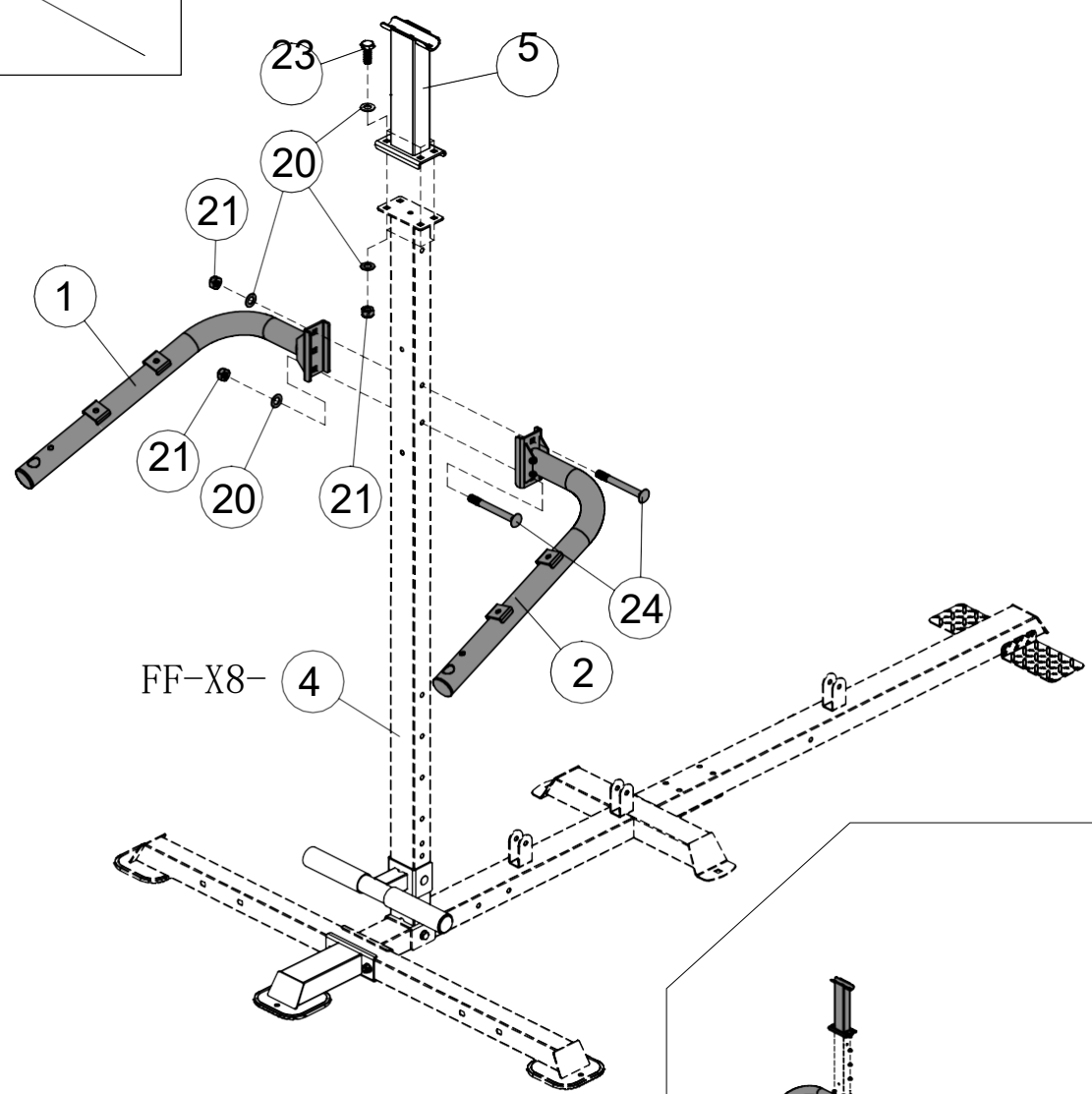
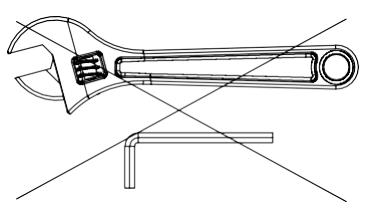
- 20
× 2
Φ20×Φ10.5
30
× 1
M10×95mm
- 21
× 1
M10








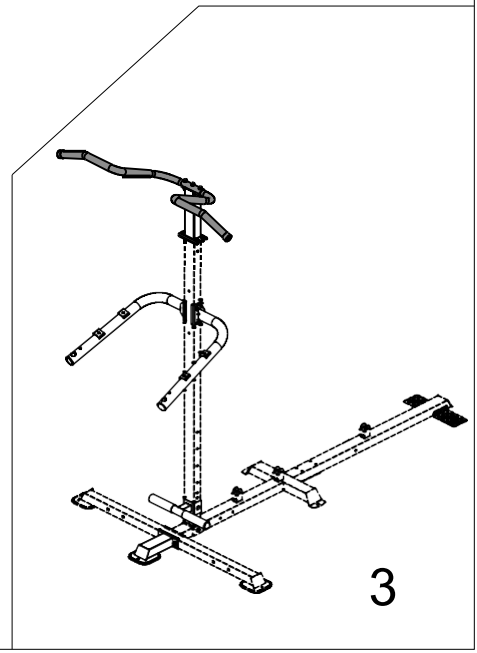
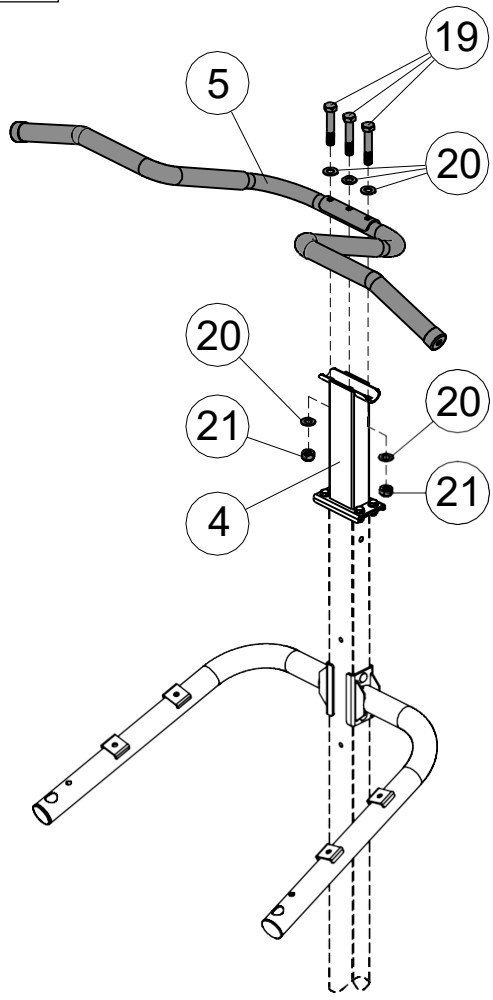
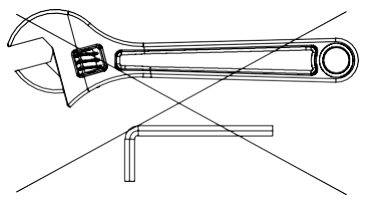
- 24  × 2 M10×90mm






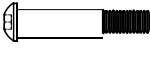
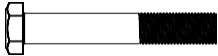

20  ×10 Φ20×Φ10.5
- 23  × 4 M10×25mm

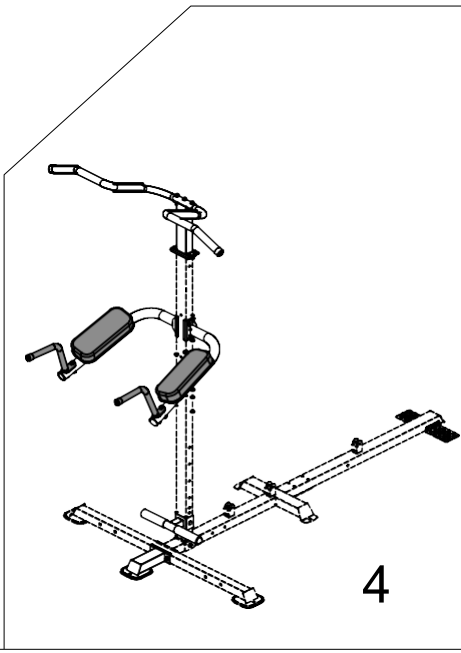
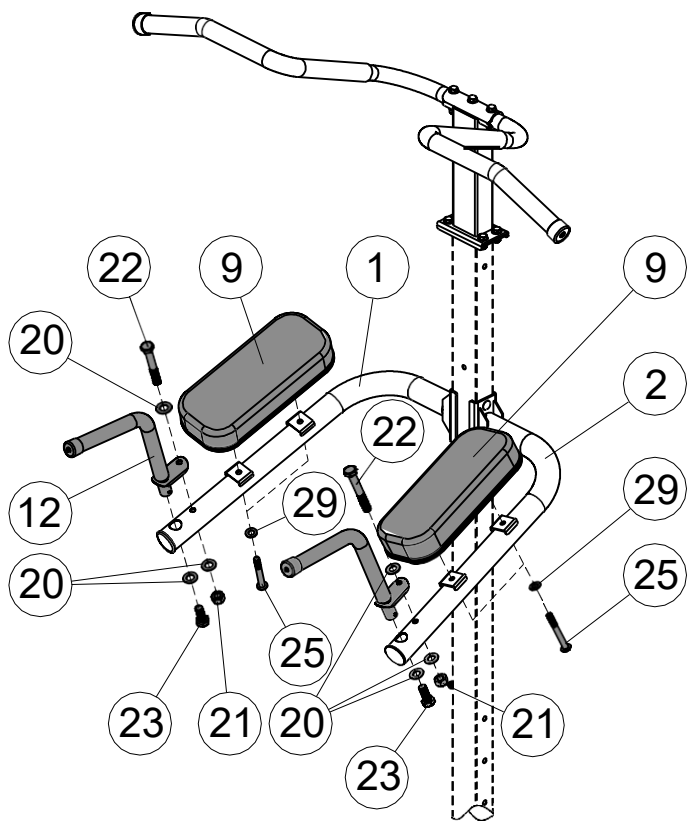
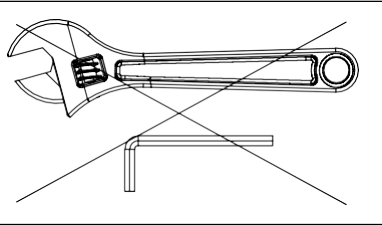
21  ×6 M10

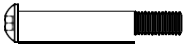


- ①9  × 3 M10×55mm
- ②1   ×2 M10
- ②0   × 5 $\Phi 20 \times \Phi 10.5$

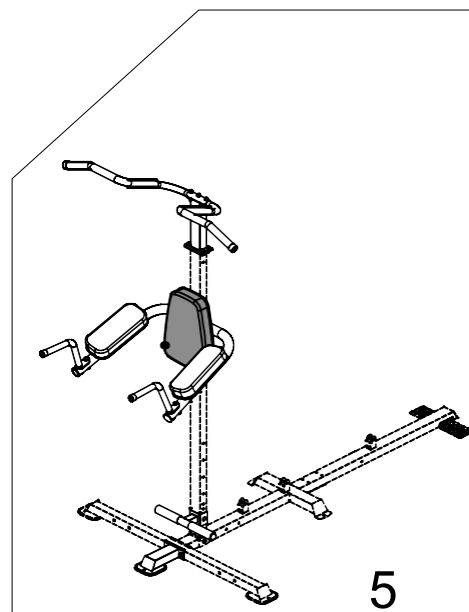
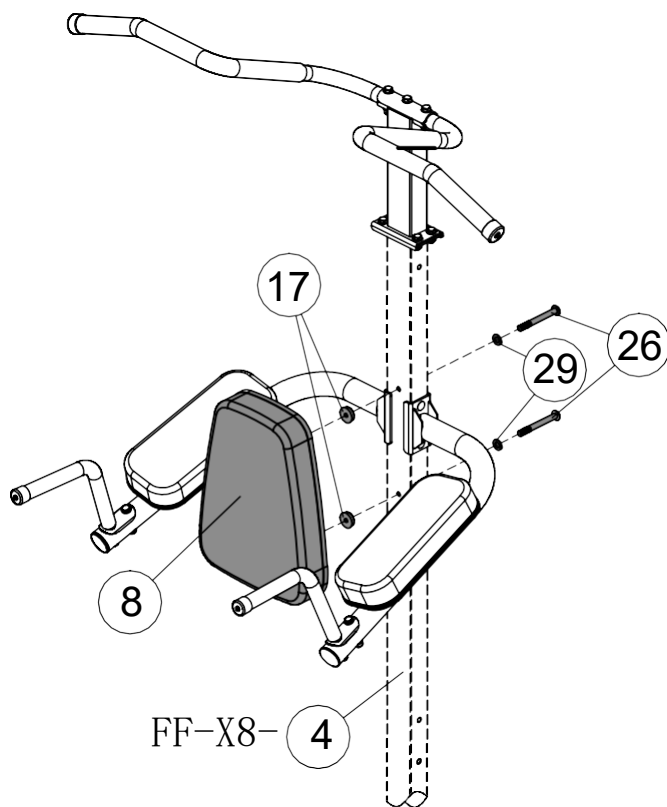
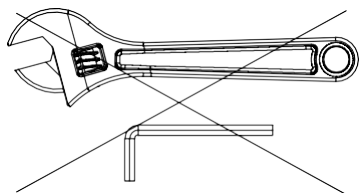


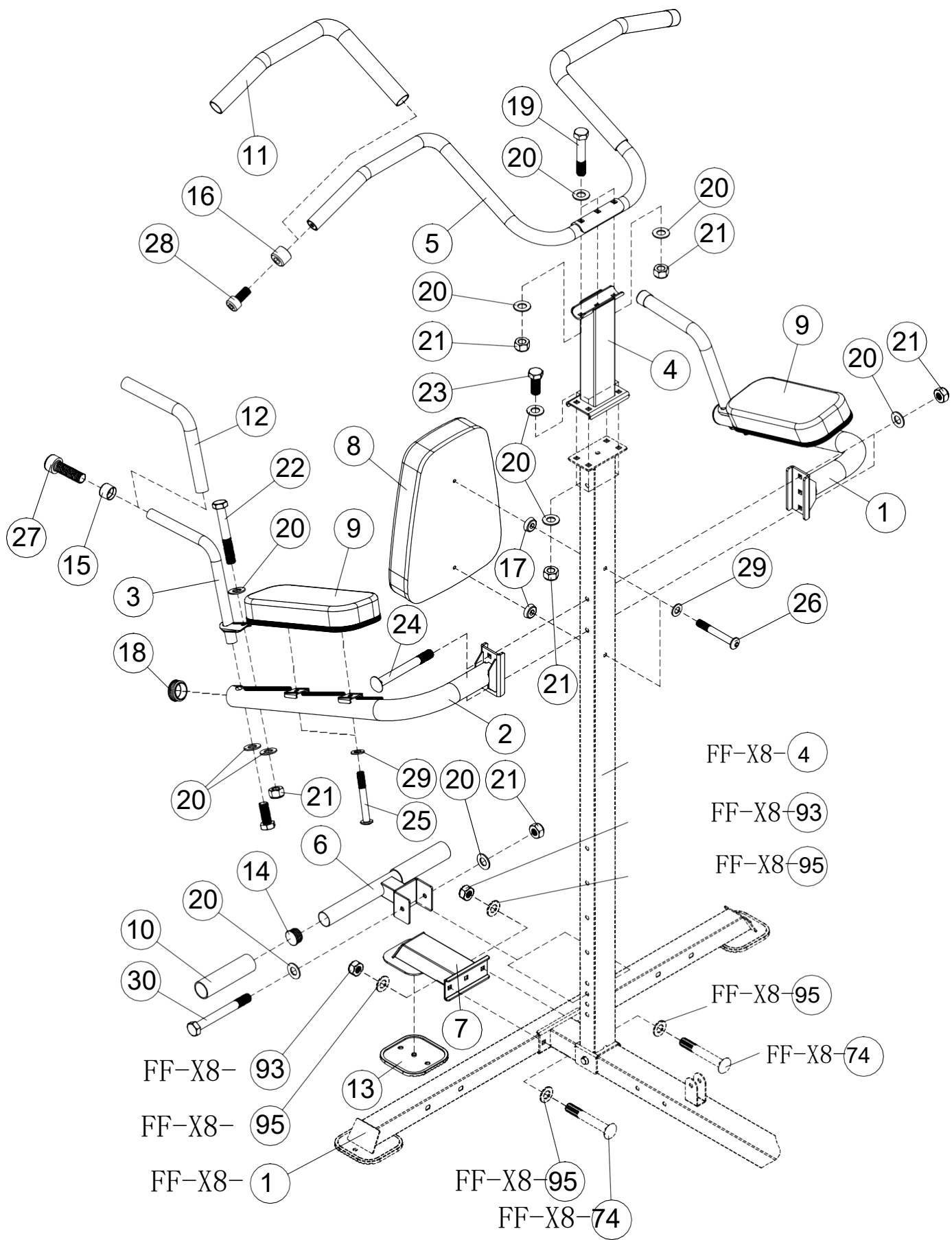
- | | | | | | | | | |
|----|---|---|-----|-----------|----|--|-----|----------|
| ②0 |  |  | × 6 | Φ20×Φ10.5 | ②3 |  | × 2 | M10×25mm |
| ②1 |  |  | × 2 | M10 | ②5 |  | × 4 | M8×65mm |
| ②2 |  | | × 2 | M10×70mm | ②9 |  | × 4 | Φ16×Φ8.4 |



26  × 2 M8×75mm

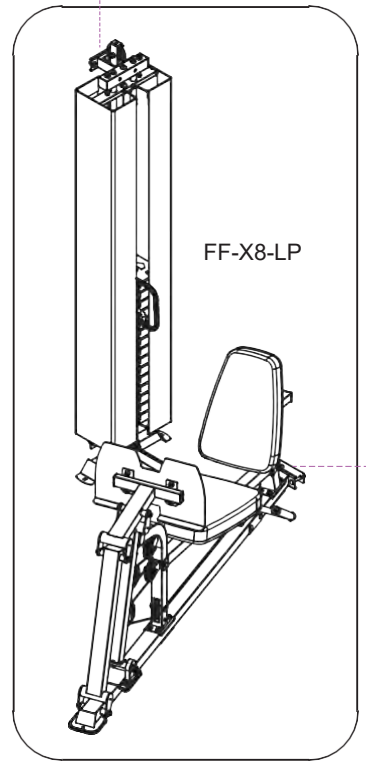
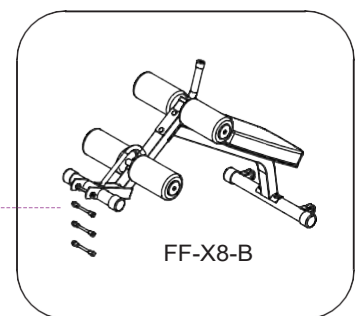
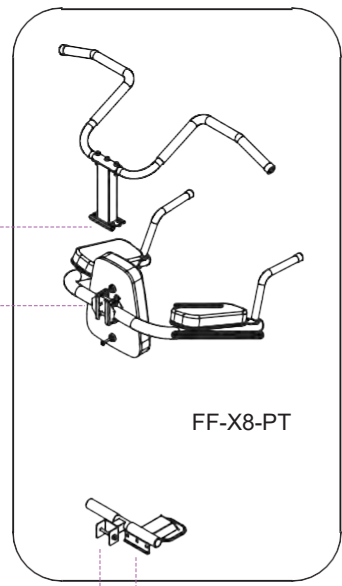
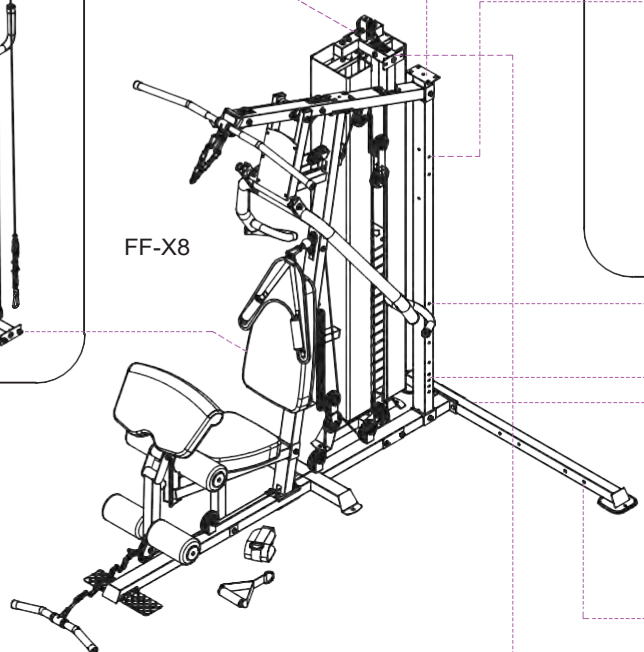
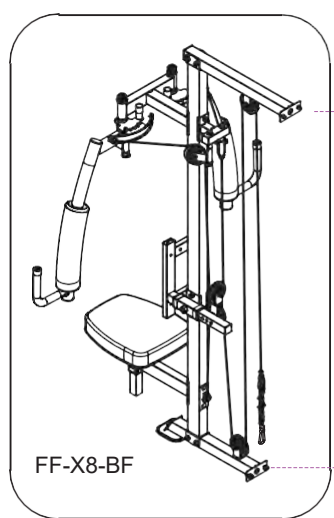
29  | × 2 Φ16×Φ8.4





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Left Dip Support		1
2	Right Dip Support		1
3	Handle Frame		2
4	Horizontal Bar Bracket		1
5	Chin-up Bar		1
6	Hook Beg Frame		1
7	Rear Base Frame		1
8	Backrest Board	420×310×205×70	1
9	Arm Curl Pad	350×150×60	2
10	Handle Grip	φ 41×3×160	2
11	Long Handle Grip	φ 36×3×640	2
12	Long Handle Grip	φ 30×3×390	2
13	End Cap	□135×135×8	1
14	End Cap	φ 38	2
15	Ornament Cover	φ 33.5×φ 6.6×25	2
16	Ornament Cover		2
17	Rubber Stopper	φ 35×φ 30×10	2
18	End Cap	φ 50	2
19	Hex Bolts	M10×55	3
20	Washer	10	23
21	Aircraft Nut	M10	11
22	Hex Bolts	M10×70	2
23	Hex Bolts	M10×25	6
24	Carriage Bolt	M10×90	2
25	Allen Bolt	M8×65	4
26	Allen Bolt	M8×75	2
27	Socket Cap Screw	M6×20	2
28	Socket Cap Screw	M8×20	2
29	Washer	8	6
30	Hex Bolts	M10×95	1
	Allen Wrench	5#	1



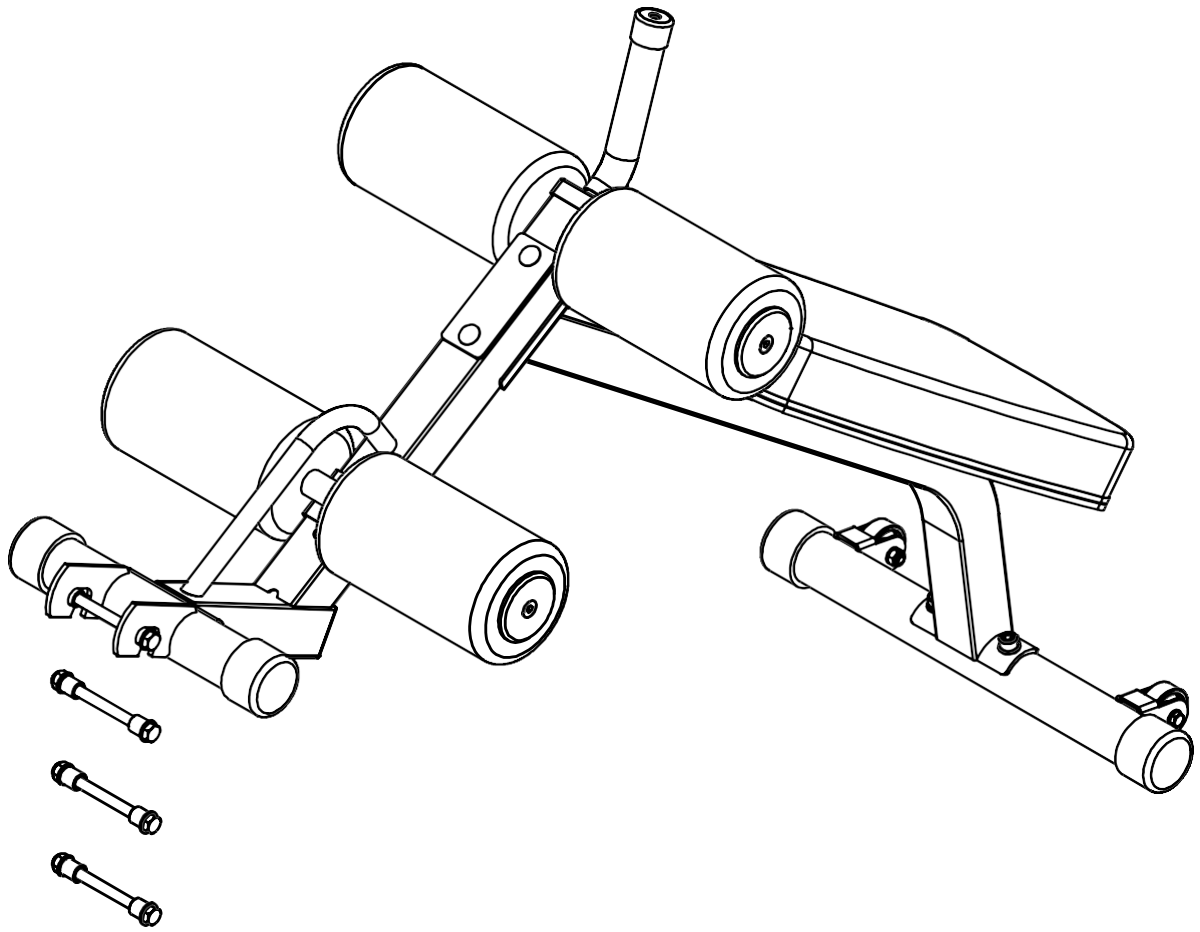
*Optional Attachment on the FF-X8

FRENCH FITNESS

FF-X8-B

FRENCH FITNESS FF-X8 AND FF-X8 XL - POWER BENCH

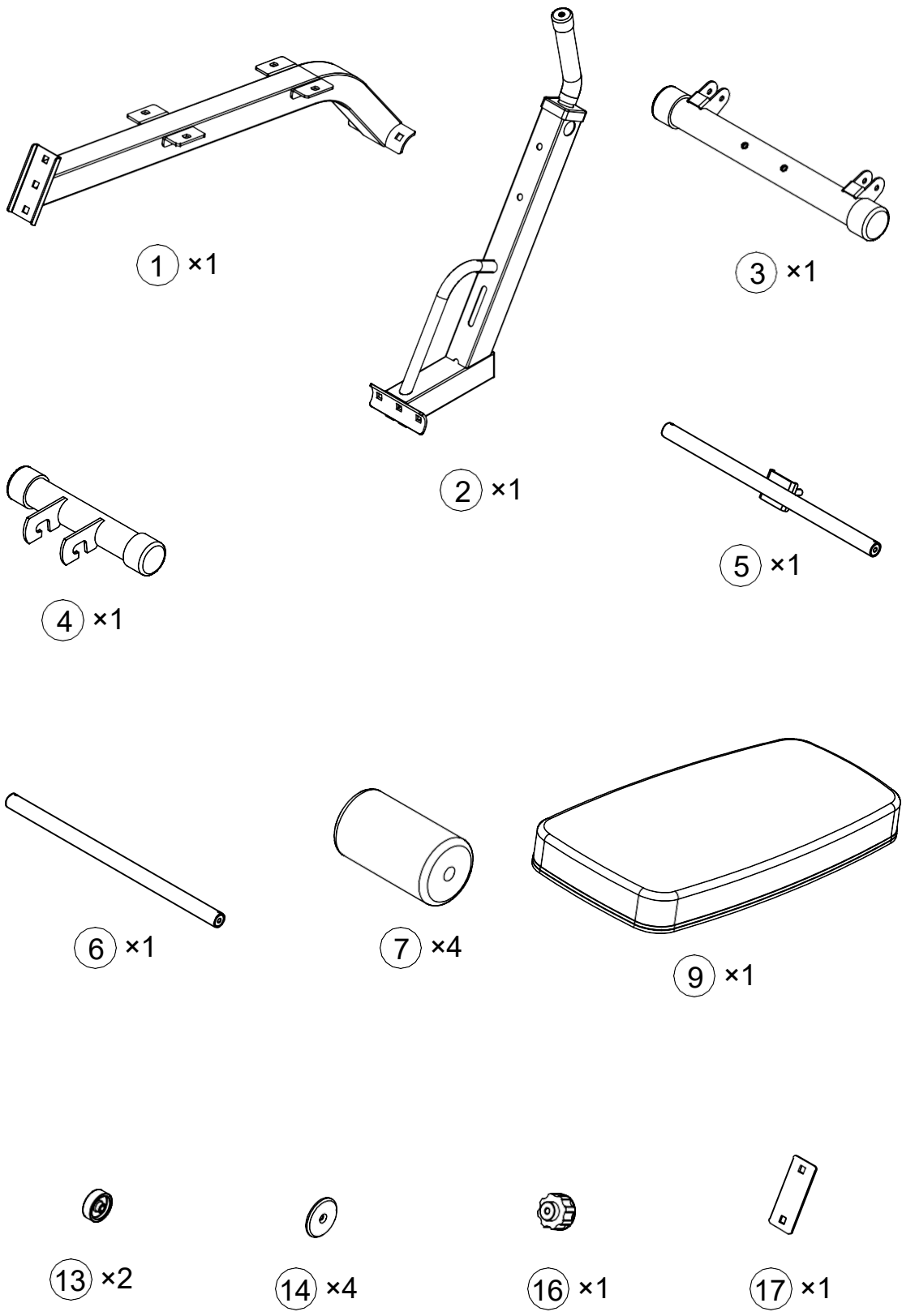
OWNER'S MANUAL

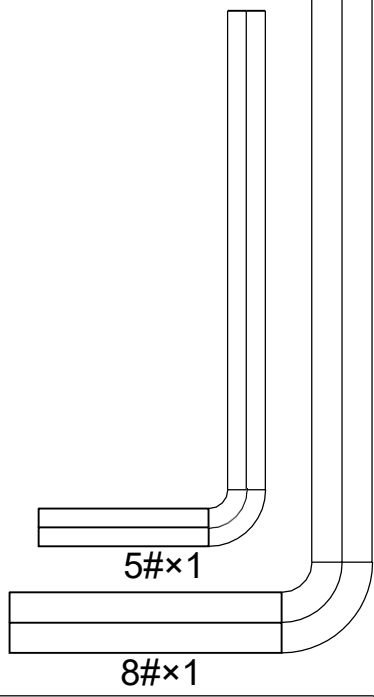
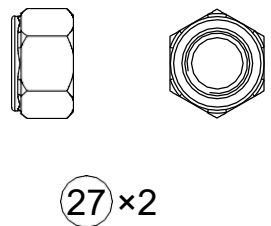
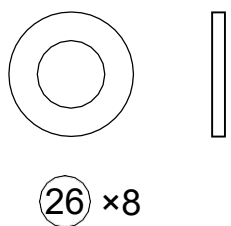
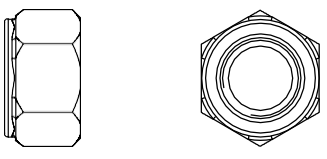
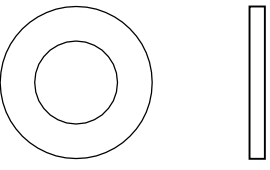
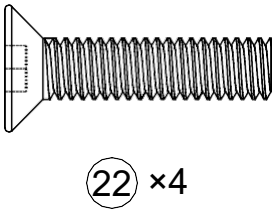
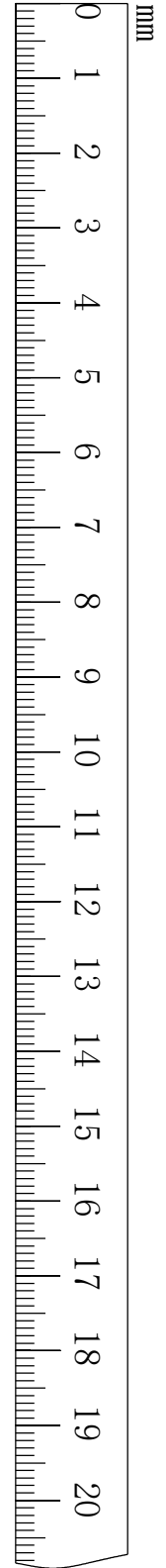
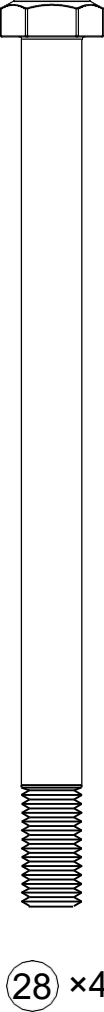
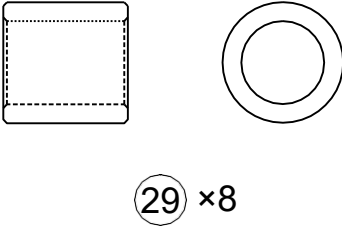
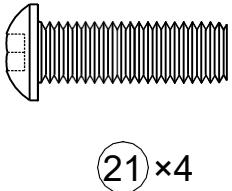
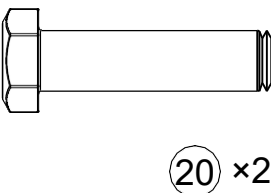
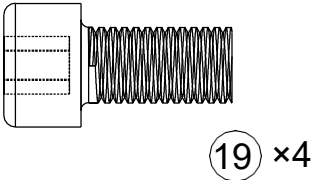
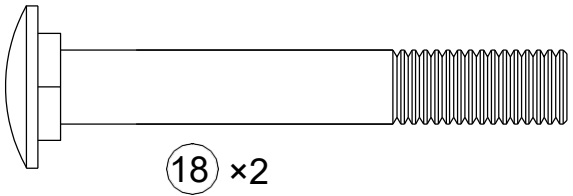


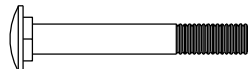
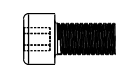


CAUTION!

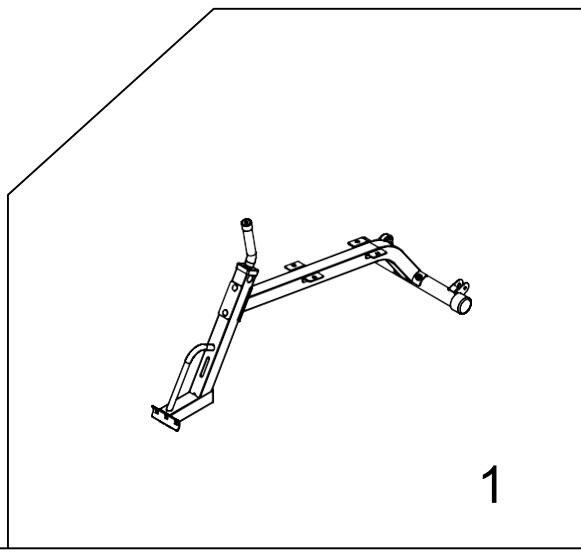
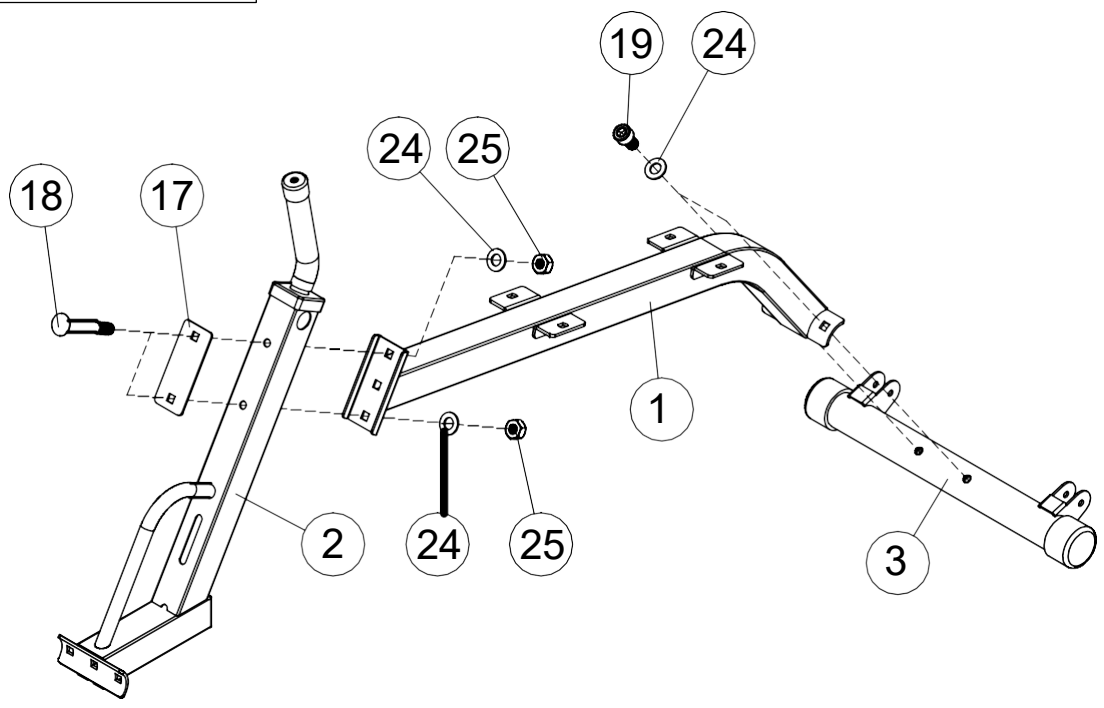
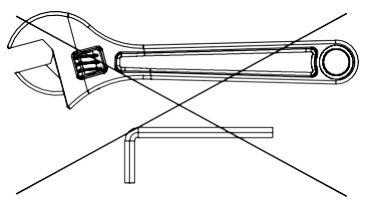
Read all precautions and instructions in this manual before using this equipment.

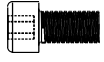


20201211-V1.0

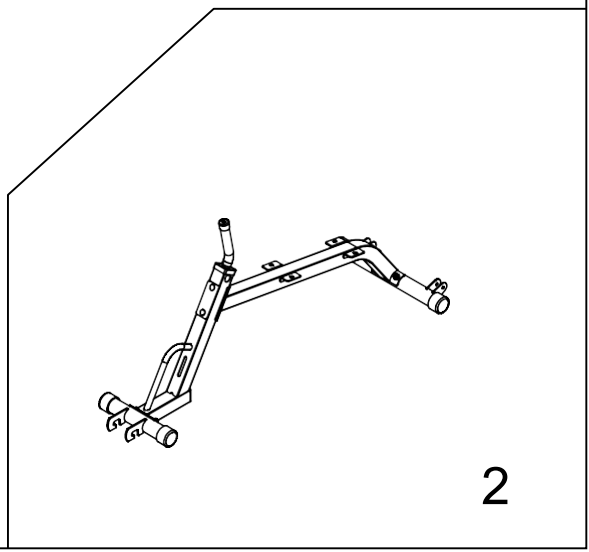
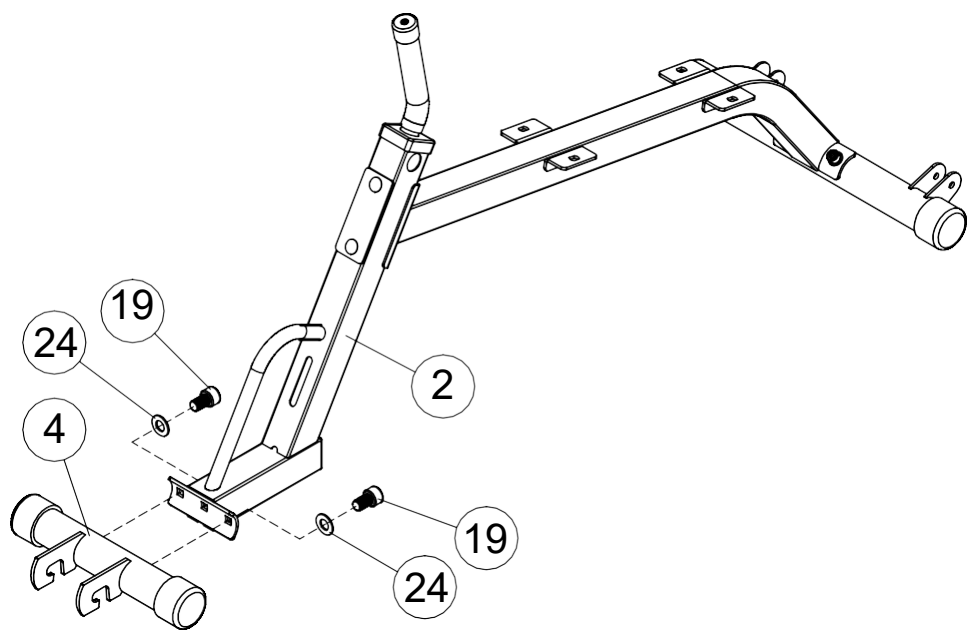
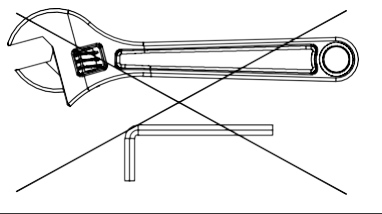




18		×	2	M10×70mm
19		×	2	M10×20mm
24		×	4	Φ20×Φ10.5
25		×	2	M10



19			×	2	M10×20mm
24			×	2	Φ20×Φ10.5



21



x 4

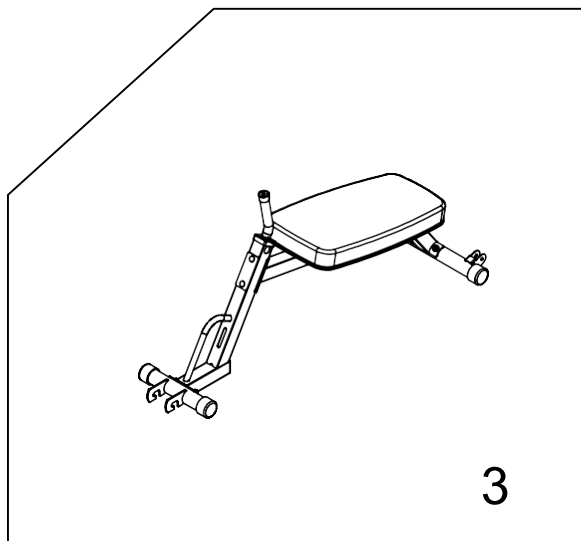
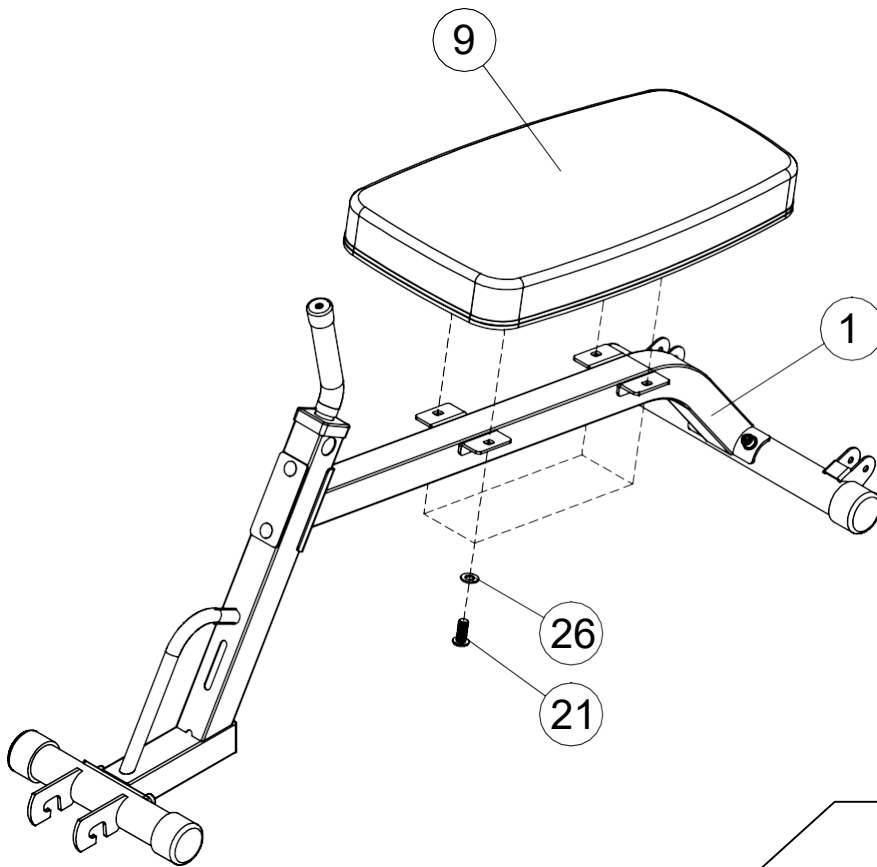
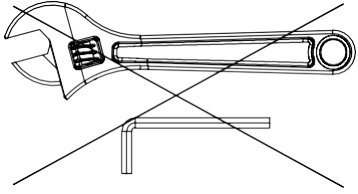
M8x25mm

26



x 4

Φ16xΦ8.4

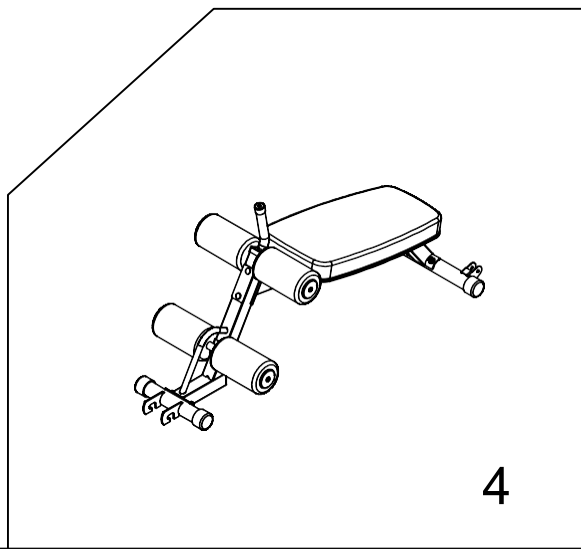
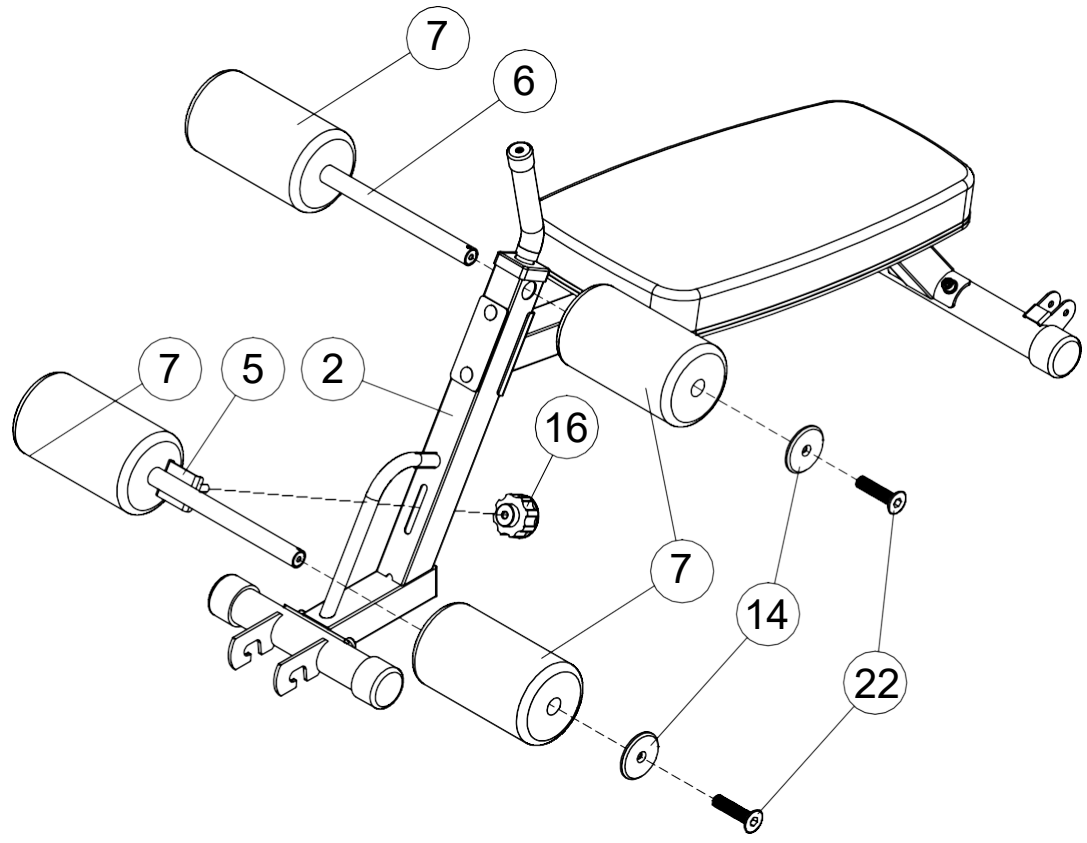
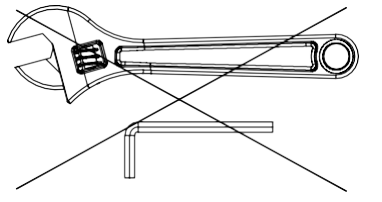


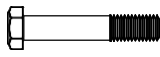


22

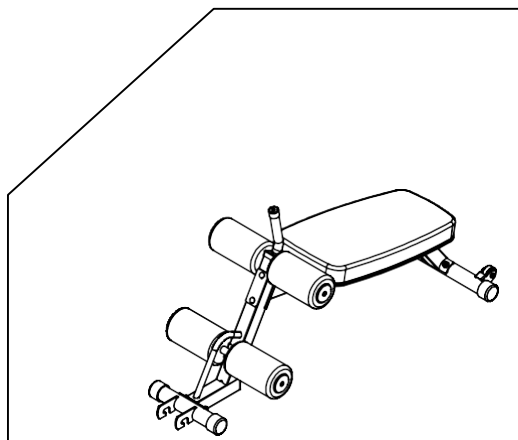
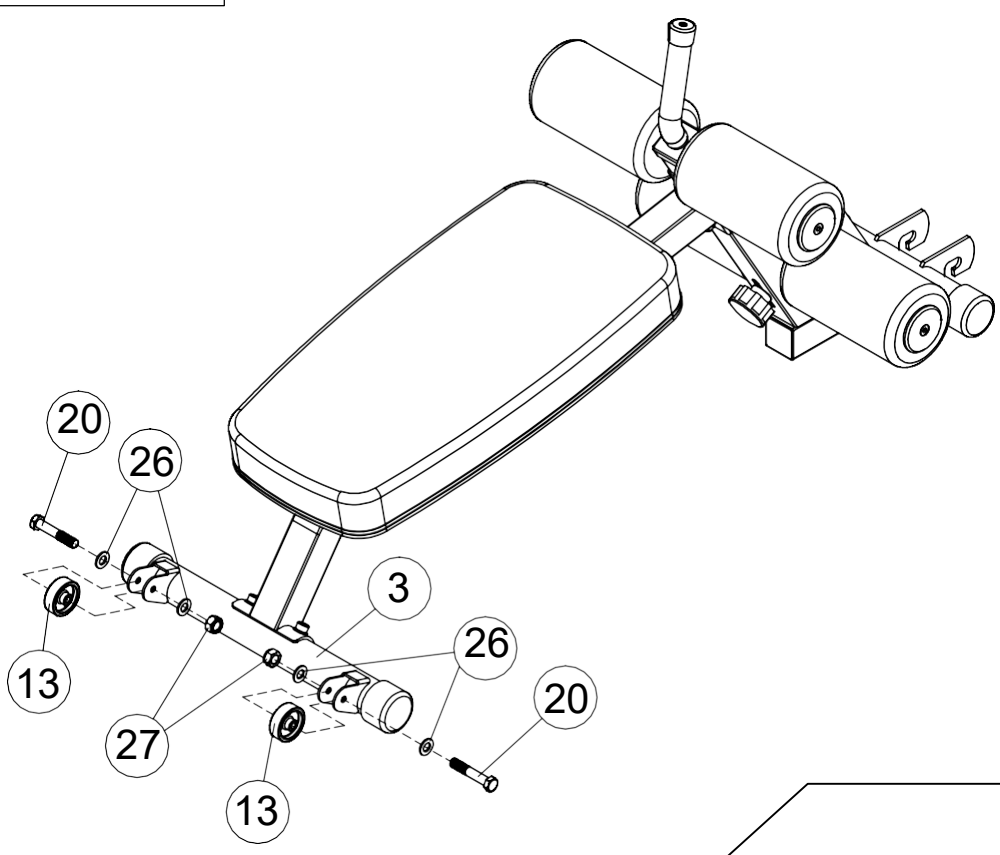
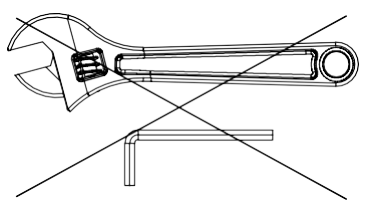


× 4

M8×30mm

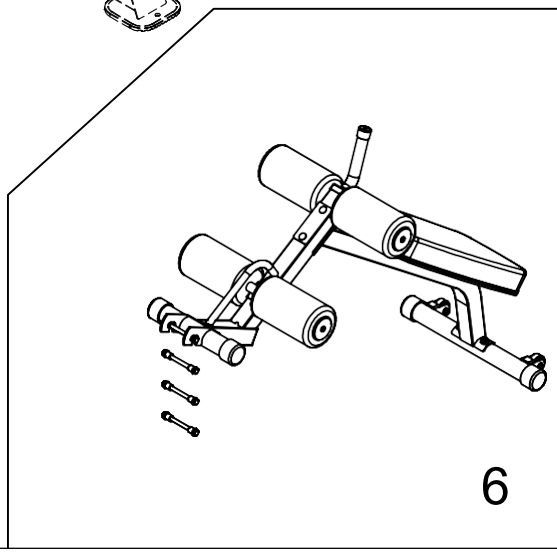
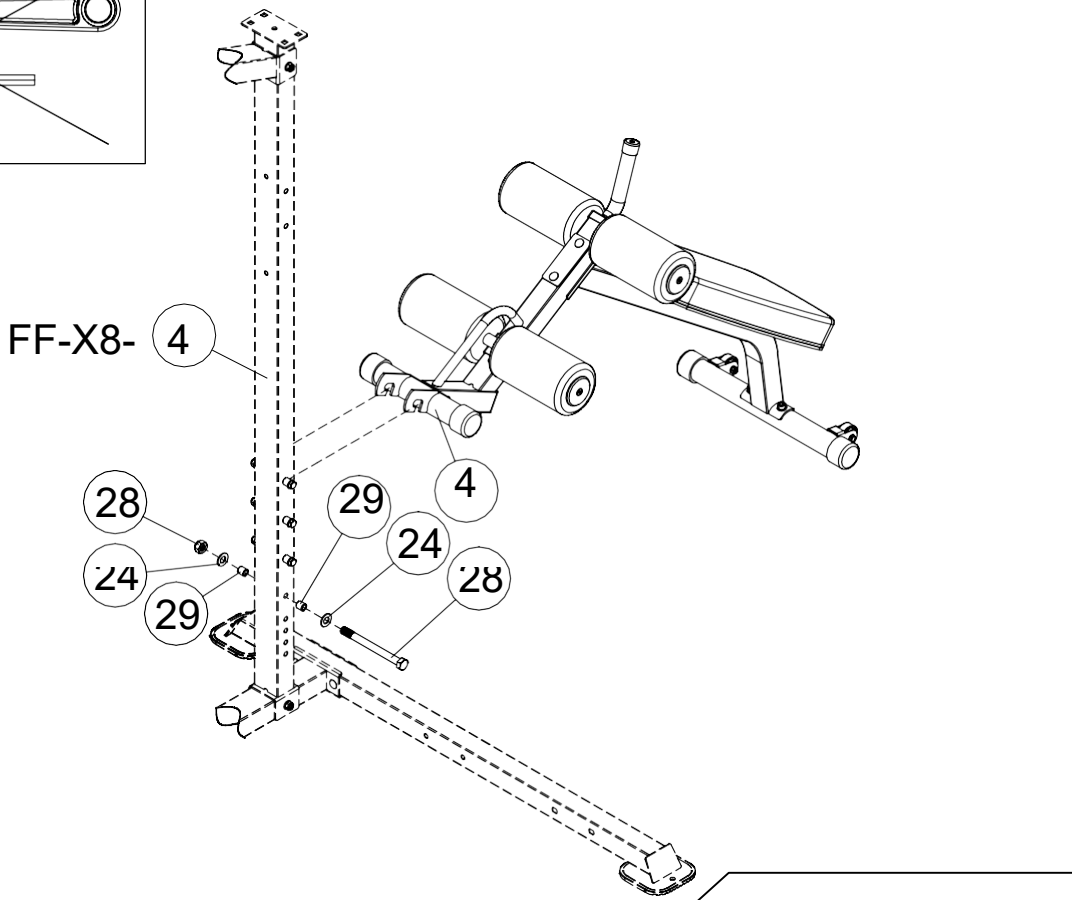
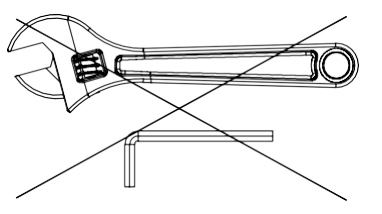


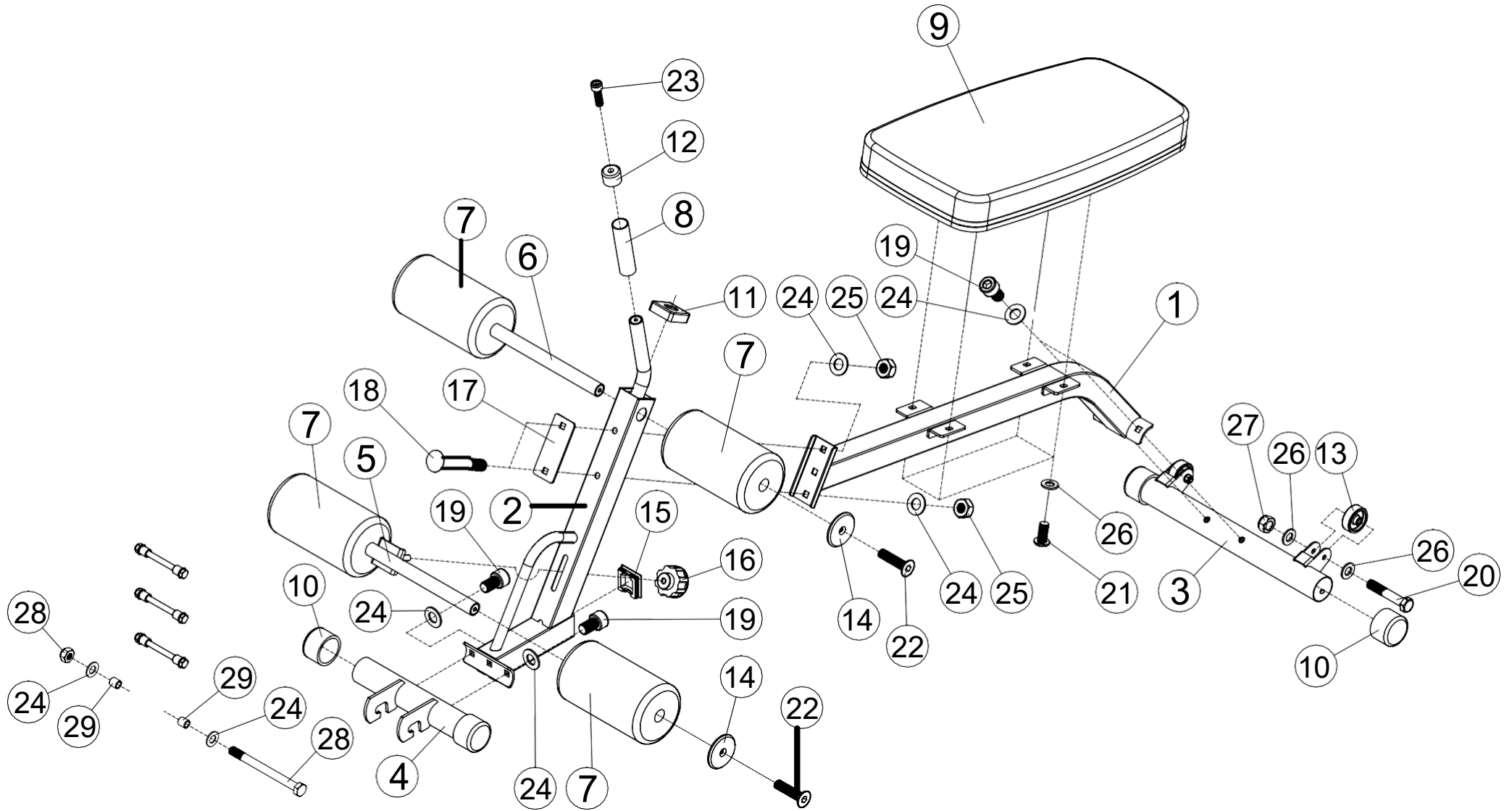
②0		×	2	M8×45mm
②6		×	4	Φ16×Φ8.4
②7		×	2	M 8



5

②⑧		×	4	M10×115mm
②④		×	8	Φ20×Φ10.5
②⑤		×	4	M10
②⑨		×	8	φ16×φ11×16.5





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Curved Beams		1
2	Front Support		1
3	Rear Base Frame		1
4	Front Base Frame		1
5	Foam Frame		1
6	Foam Frame		1
7	Foam Roll	φ 125×φ 22×215	4
8	Handle Grip	φ 23×150	1
9	Pad	625×300×260×70	1
10	Stabilizer End Cap	φ 50	4
11	Sleeve	□50×φ 34	1
12	Ornament Cover	φ 33.5×φ 6.6×25	1
13	Plastic Round	φ 50×23×φ 8.2	2
14	Foam Baffle	φ 68×5.7	4
15	End Cap	□50	1
16	Plum Blossom Nut	M10	1
17	Bracket	120×50×3	1
18	Carriage Bolt	M10×70	2
19	Socket Cap Screw	M10×20	4
20	Hex Bolts	M8×45	2
21	Allen Bolt	M8×25	4
22	Sunk Screw	M8×30	4
23	Socket Cap Screw	M6×20	1
24	Washer	10	14
25	Aircraft Nut	M10	6
26	Washer	8	8
27	Aircraft Nut	M8	2
28	Hex Bolts	M10×115	4
29	Casing	φ 16×φ 11×16.5	8
	Allen Wrench	5#	1
	Allen Wrench	8#	1