

# FRENCH FITNESS

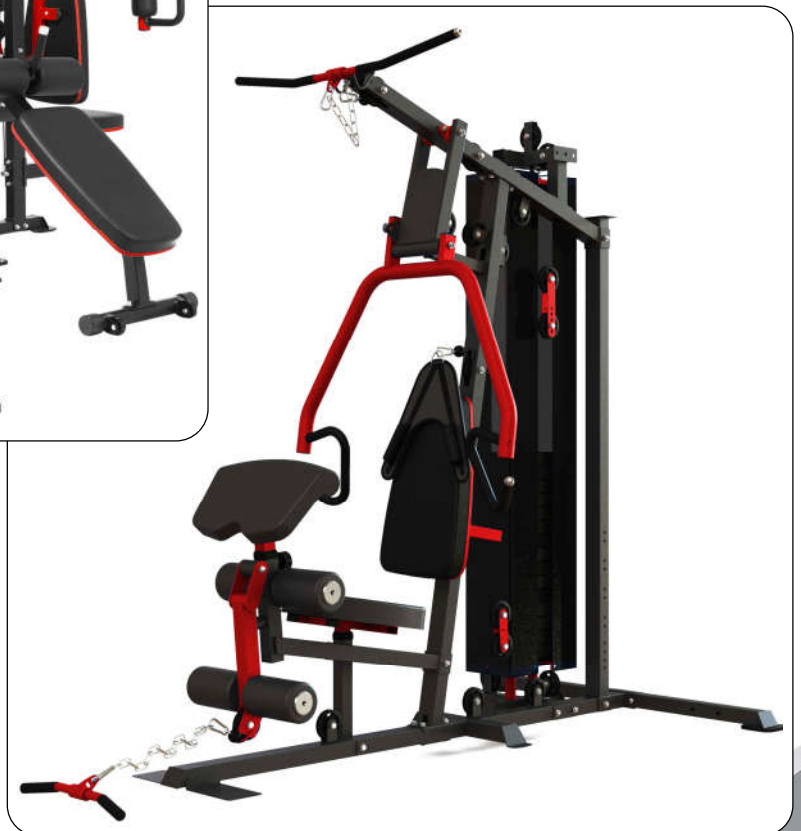
FF-X8

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

**OWNER'S MANUAL**



\*Shown with Optional Powertower and Bench



## **CAUTION!**

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

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# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

# FRENCH FITNESS



## CONDITIONING

Strengthens your heart and lungs while increasing your metabolic rate.



## POWER

Increases speed and agility by activating fast twitch muscle fibers.



## STRENGTH

Increase muscle, tendon and ligament strength; bone density; metabolic rate while improving heart and body composition.



## FLEXIBILITY

Increase range of motion, flexibility and reduce the risk of injury.



## WARNING

Consult your physician before beginning this or any exercise program. Keep out of reach of children.

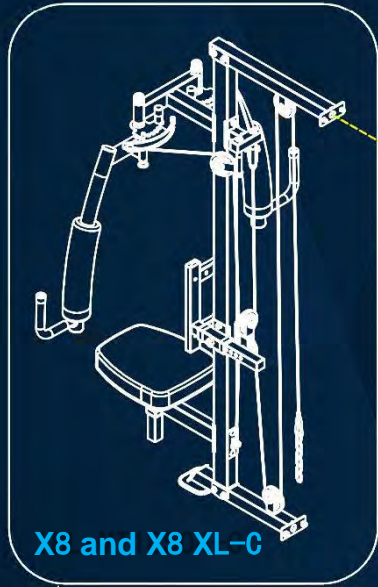


# X8 and X8 XL

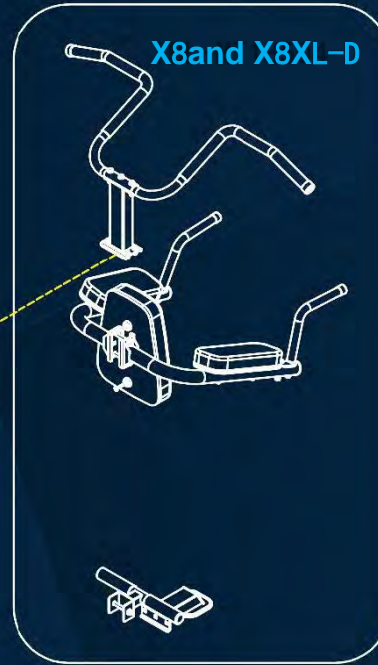
FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

# FRENCH FITNESS

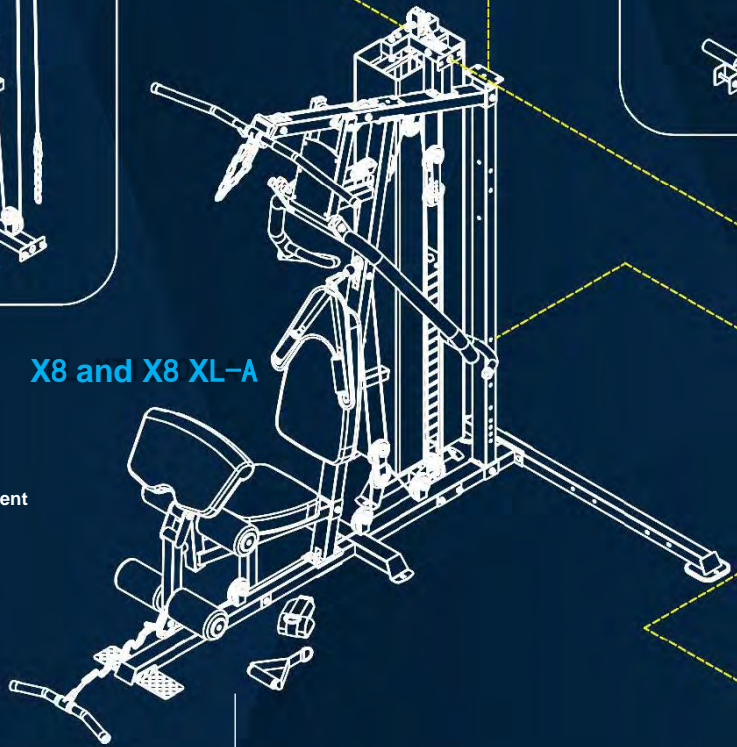
Exploded diagram



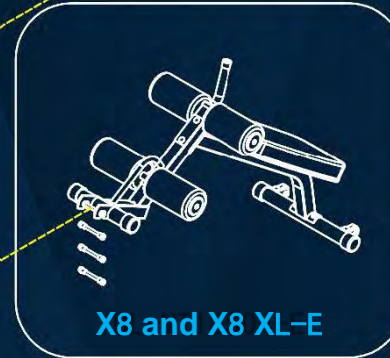
**VKR Pull Up Attachment**  
X8: Optional  
X8 XL: Optional



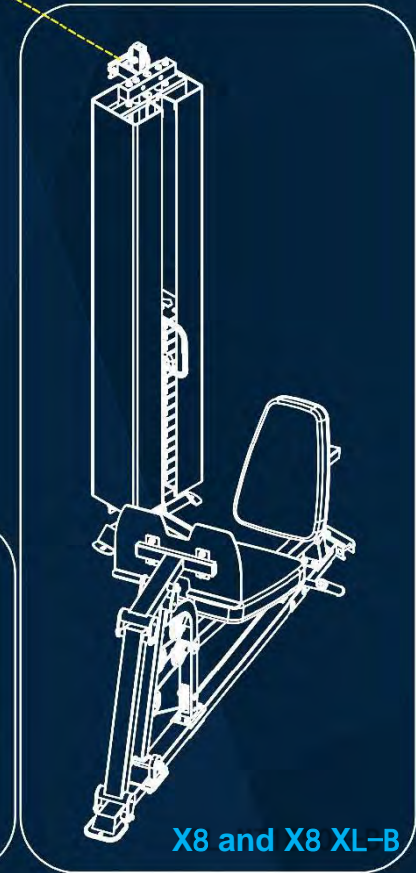
**Butterfly Attachment**  
X8: Optional  
X8 XL: Standard



**Main Station**  
X8: Standard  
X8 XL: Standard



**Adjustable Bench Attachment**  
X8: Optional  
X8 XL: Optional



**Leg Press Attachment**  
X8: Optional  
X8 XL: Standard

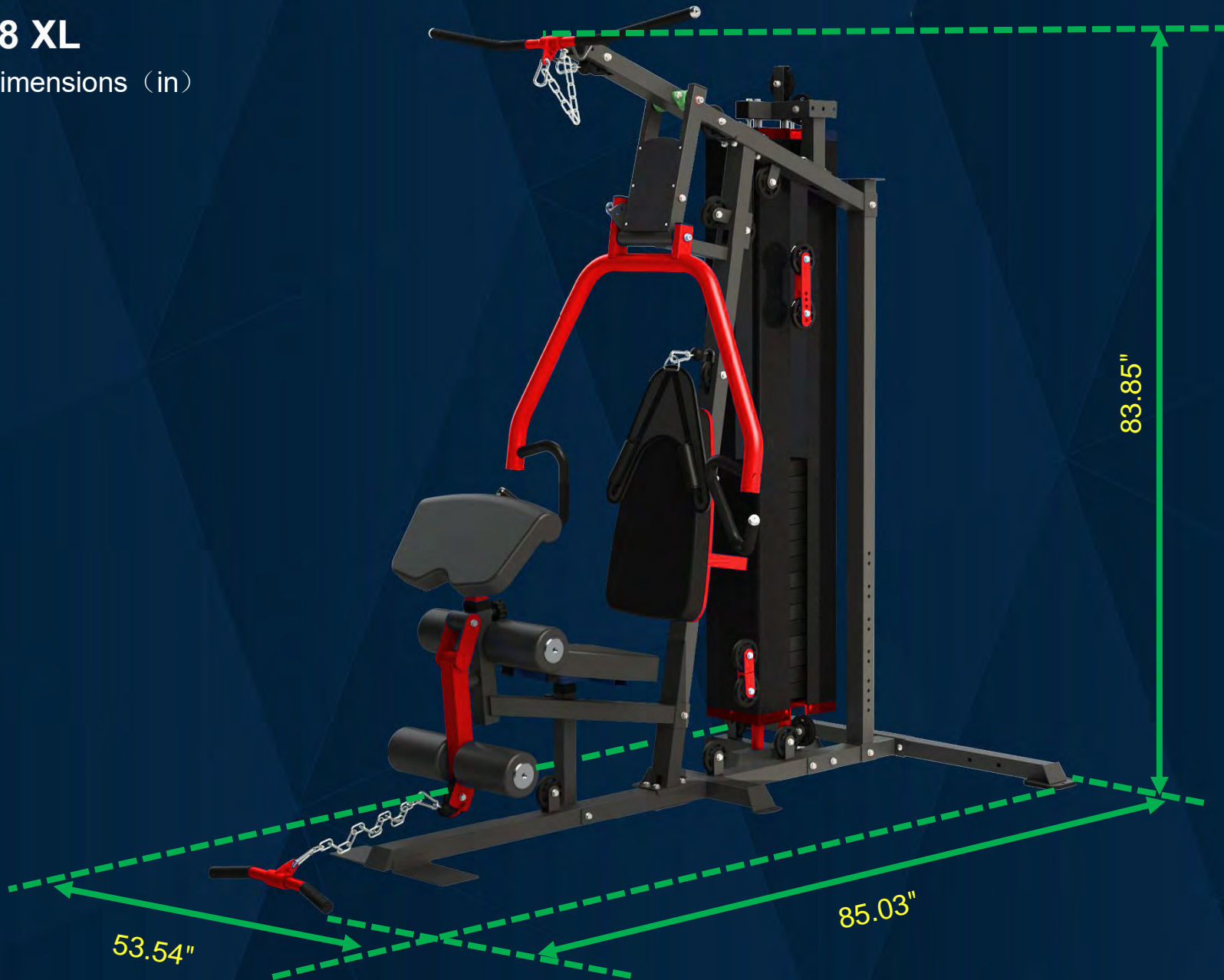
# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

# FRENCH FITNESS

## X8 and X8 XL

Assembled dimensions (in)



# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

# FRENCH FITNESS

## X8 and X8 XL

Maximum weight & Main tube size

Maximum user weight: 300lbs

$\Phi 0.9" \times 0.08"$

$\Phi 0.9" \times 1.9" \times 0.08"$

$\Phi 1.9" \times 0.08"$

$\Phi 0.9" \times 0.08"$

$\Phi 1.9" \times 0.08"$

$\Phi 0.9" \times 0.08"$

$1.9" \times 2.7" \times 0.06"$

$\Phi 1.9" \times 0.08"$

$\Phi 1.9" \times 2.7" \times 0.08"$

$\Phi 1.9" \times 2.7" \times 0.09"$

$\Phi 1.9" \times 2.7" \times 0.08"$

$\Phi 1.9" \times 0.06"$

$\Phi 1.9" \times 2.7" \times 0.08"$

$\Phi 1.9" \times 0.08"$

$1.77" \times 0.09"$

# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

# FRENCH FITNESS

## X8 and X8 XL

Characteristic

HDR grip

Arc butterfly design

Adjustable backrest pad

Adjustable arm curl pad

Leather foam

Non-slip metal footplate

Super flexible PP pulley ( Same as bumper material )

Cable diameter: 0.2"

Canvas shield not only has the protection effect but also increases the stability of the machine.

weight stack is  
 $11.02 \text{ lbs} \times 15 = 165.34 \text{ lbs}$

T super stable base

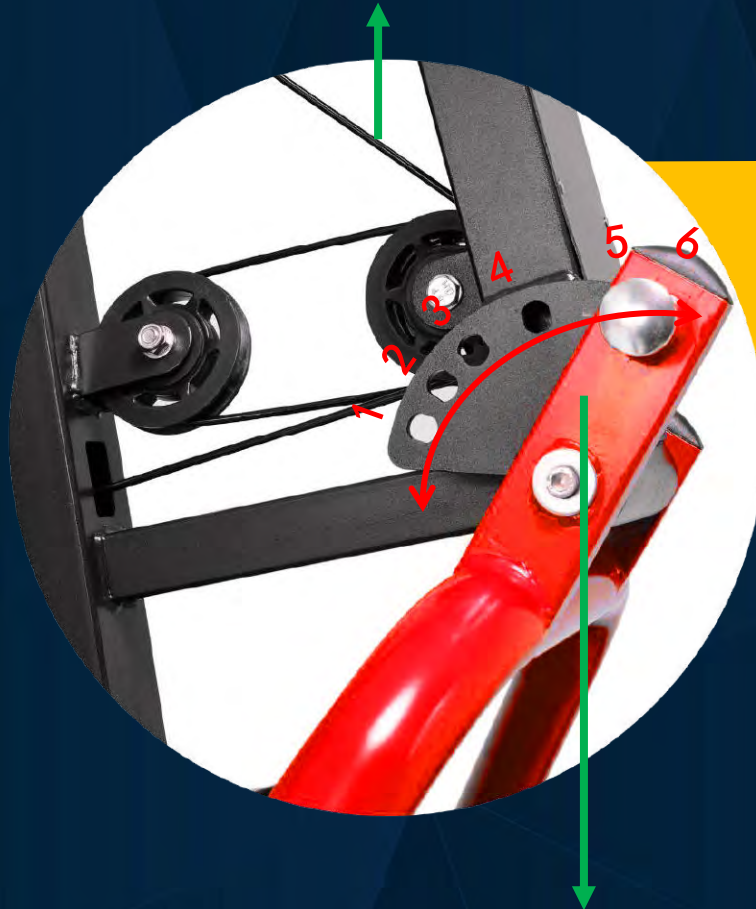
# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

## X8 and X8 XL

Adjustable butterfly

Φ0.2" Cable . Pass through 440 lbs tension test.  
The cable is tensile, wear-resisting and safe.



6 adjustable butterfly machine can do both chest and back exercise by adjusting position.



# X8 and X8 XL

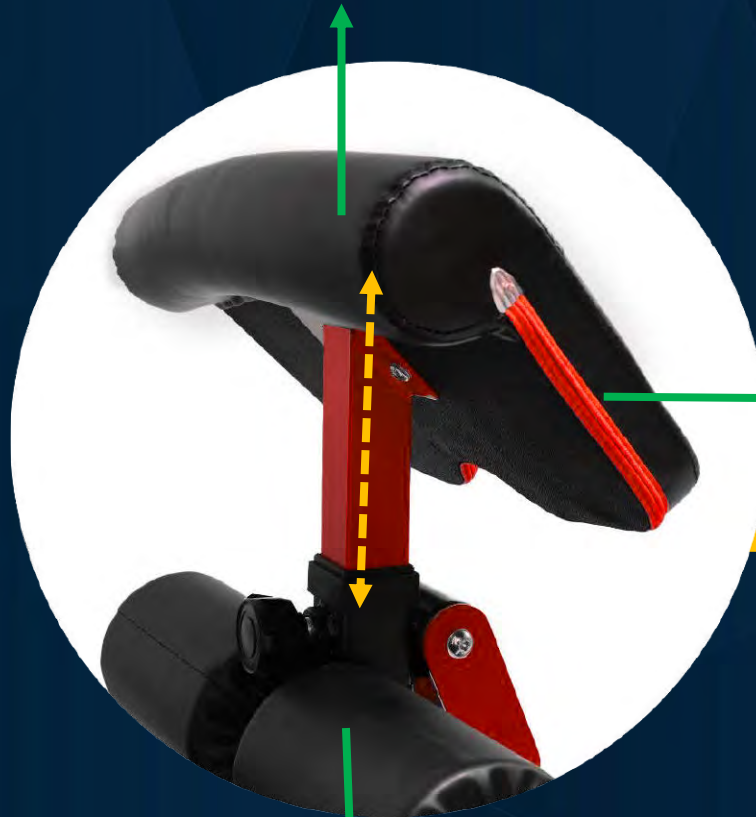
FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

## X8 and X8 XL

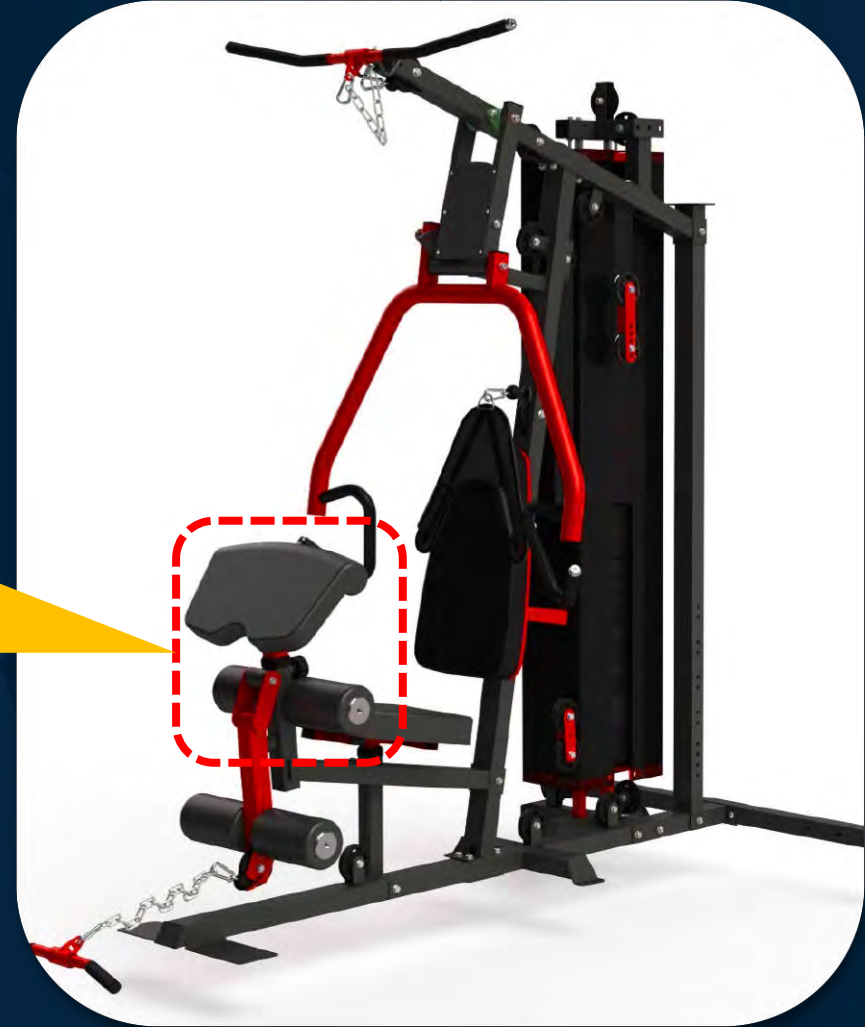
Adjustable arm curl pad

Double blue color formed the unique production process.

2 position to adjust the height of arm curl pad. Please adjust towards this direction.



High elastic leg foam



# X8 and X8 XL

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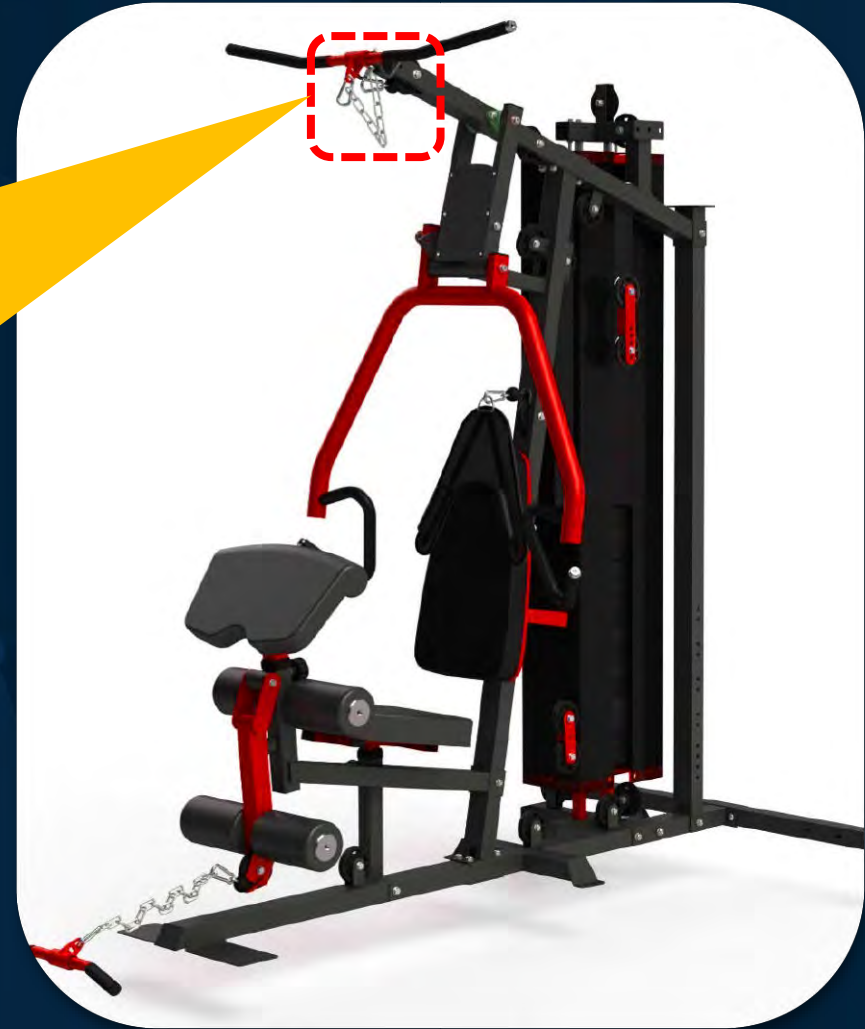
## X8 and X8 XL

Detail display

Galvanized gourd hook can be easily adjusted.



10 ring adjustable iron chain can meet different training needs.



# X8 and X8 XL

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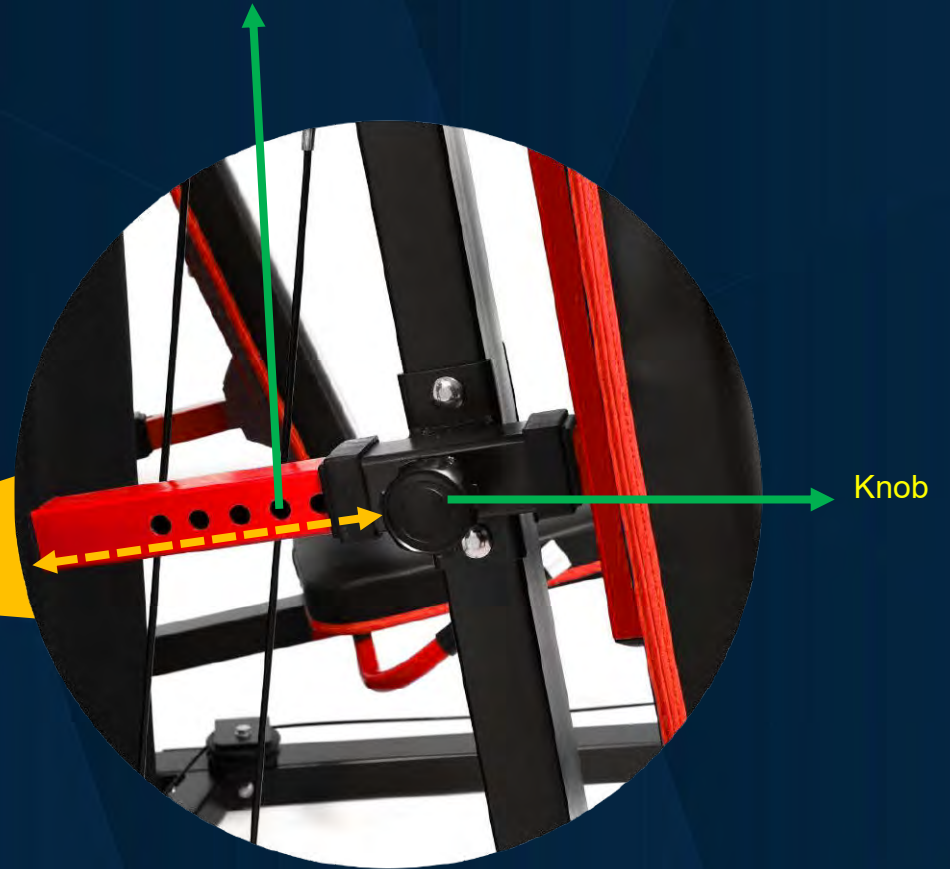
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## X8 and X8 XL

Adjustable backrest pad



6 position adjustable backrest pad can meet the different height users.



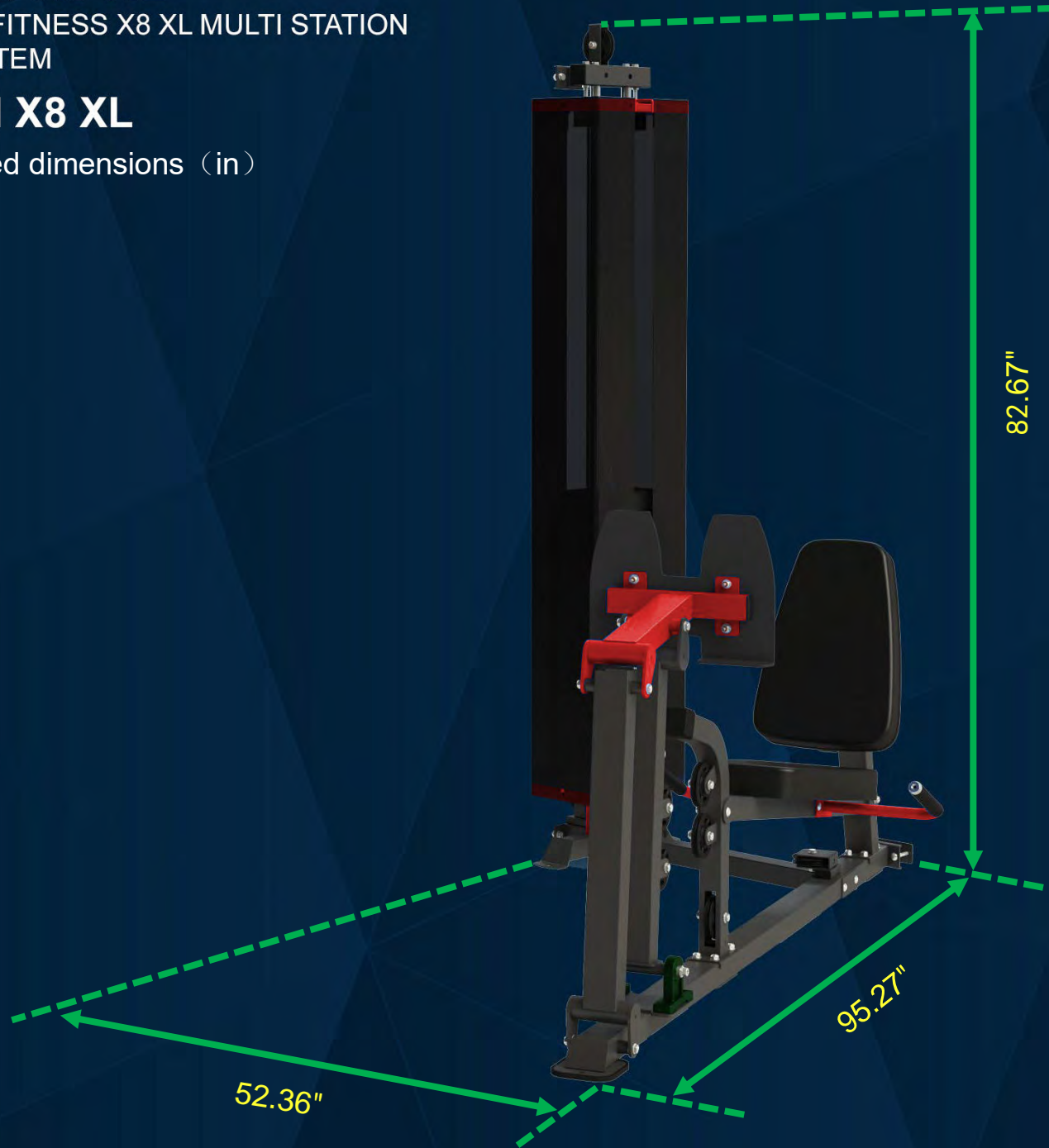
# X8 and X8 XL

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# X8 and X8 XL

Assembled dimensions (in)



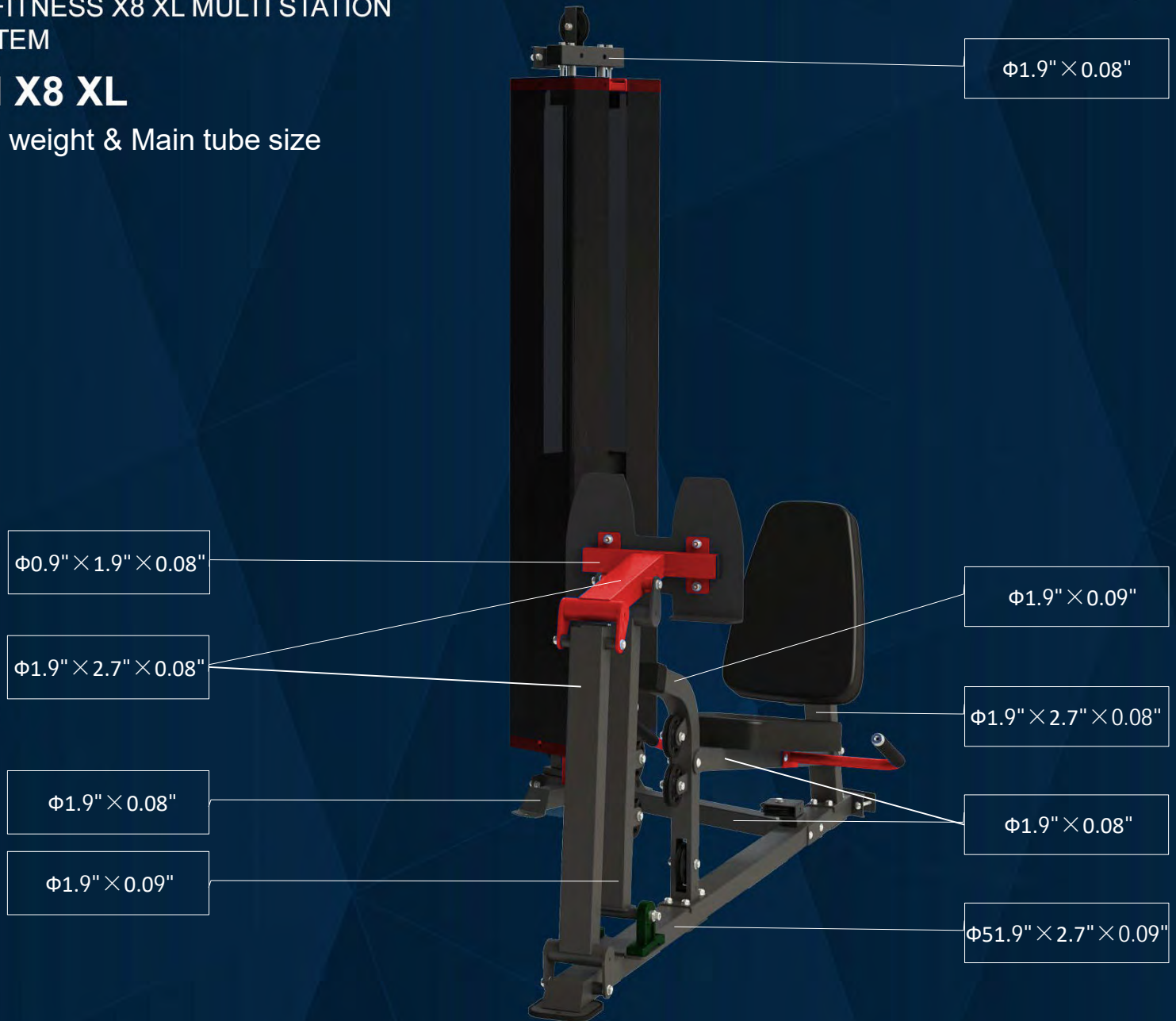
# X8 and X8 XL

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# FRENCH FITNESS

## X8 and X8 XL

Maximum weight & Main tube size



Maximum user weight: 300lbs

# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

## X8 and X8 XL

Characteristic

Cable diameter: 5mm

Canvas shield not only has the protection effect but also increases the stability of the machine.

Non-slip metal footplate

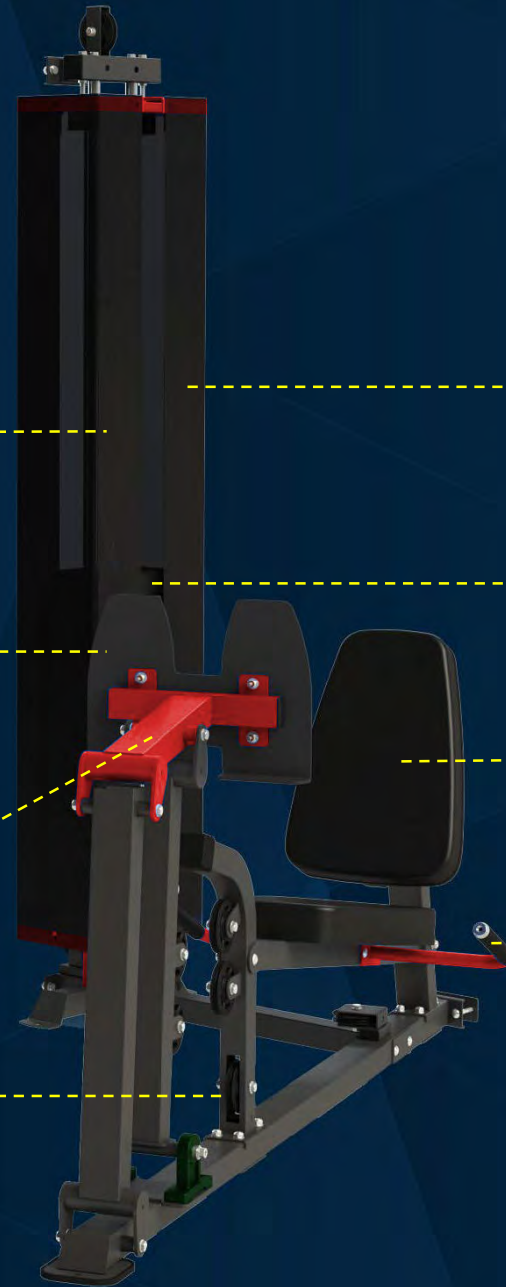
weight stack is  
 $11.02 \text{ lbs} \times 15 = 165.34 \text{ lbs}$

Footplate support frame

Adjustable backrest pad

Super flexible PP pulley ( Same bumper material )

HDR grip



## X8 and X8 XL

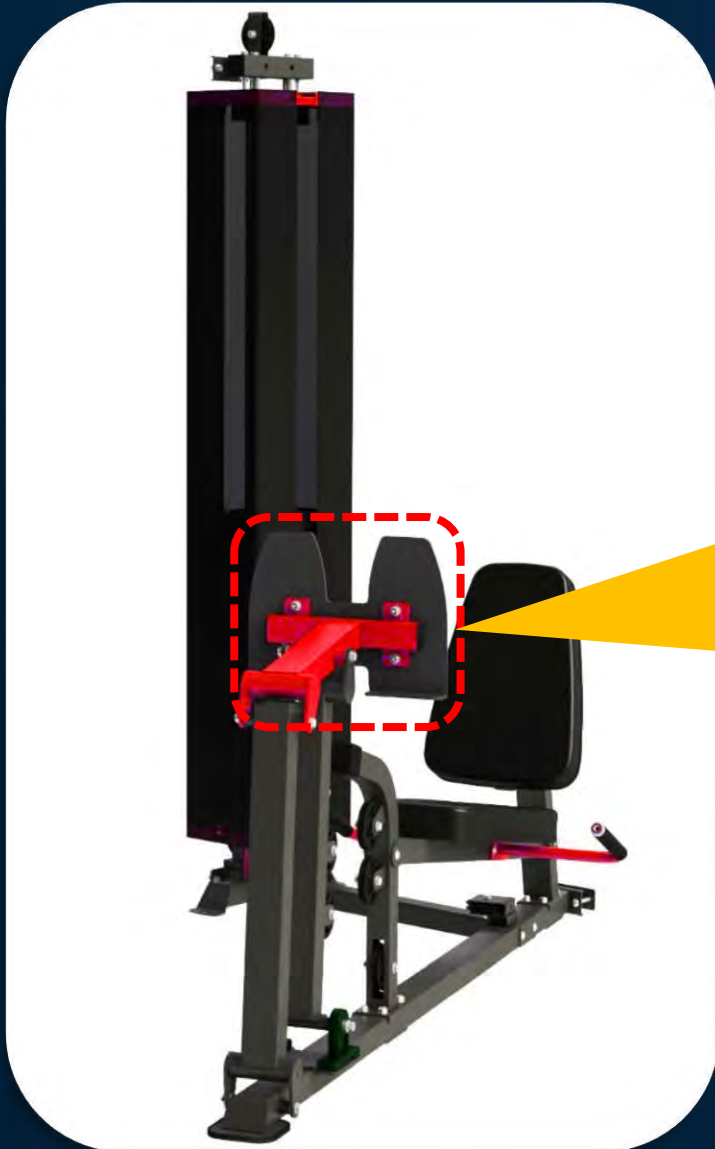
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## X8 and X8 XL

Non-slip metal footplate

Humanized non-slip metal footplate. The pattern is lentil, with a basic height of 5mm, which is consistent with ergonomics. It can increase the force of friction.



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# FRENCH FITNESS

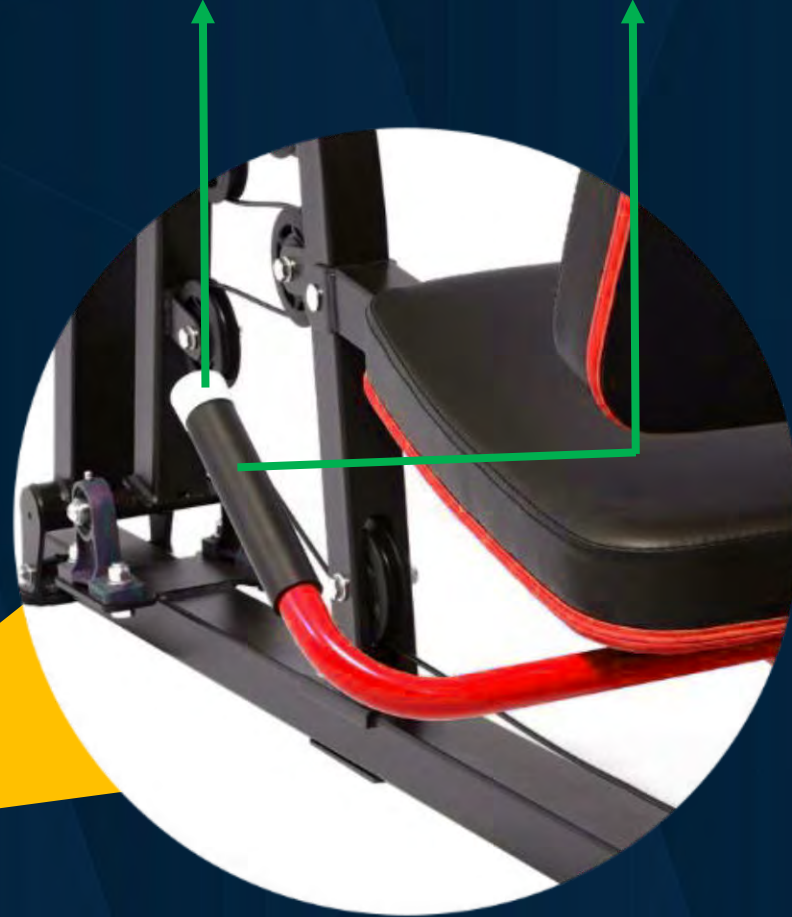
## X8 and X8 XL

Detail display



Aluminium alloy end cap

Comfortable HDR handle grip





# X8 and X8 XL

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## X8 and X8 XL

Bearing bracket



The use of double bearing bracket has no gap fit and makes the leg press more smooth.



Zinc plated hexagon socket head screw is more easy to tighten.

# X8 and X8 XL

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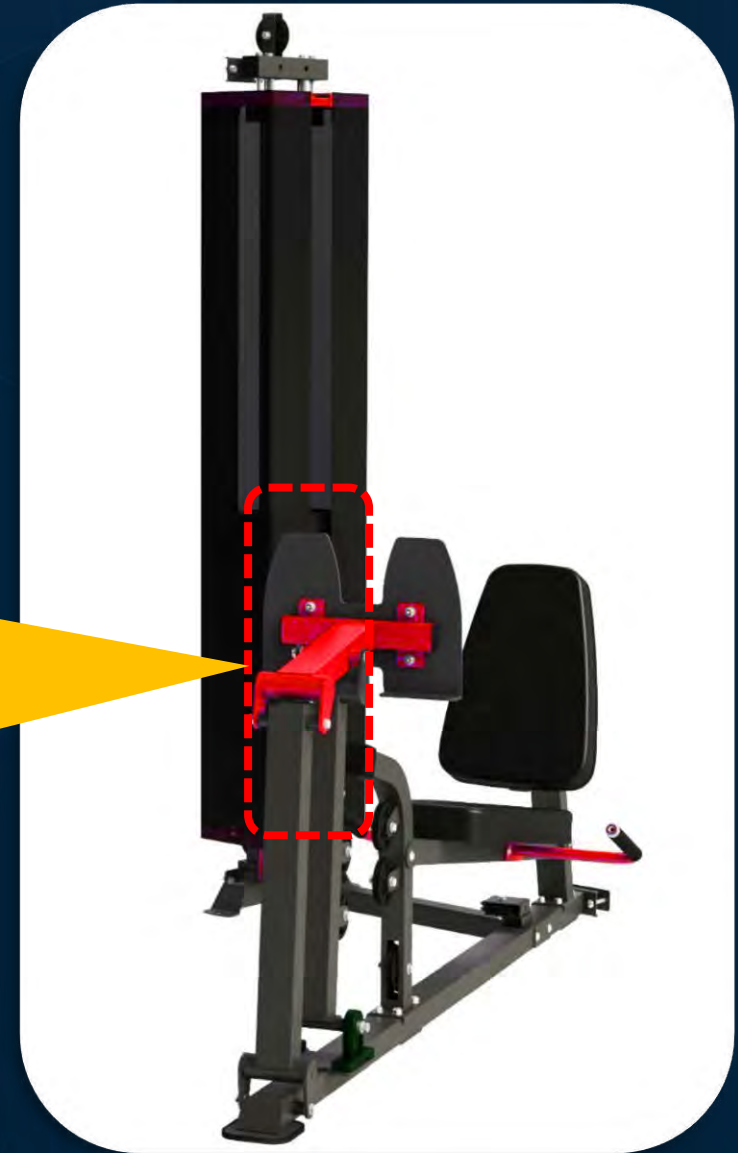
# FRENCH FITNESS

## X8 and X8 XL

Weight stack

Canvas shield not only has the protection effect but also increases the stability of the machine.

(1) 165 lb weight Stack on X8, or  
(2) 165 lb weight stacks on X8 XL



# X8 and X8 XL

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## X8 and X8 XL

Reinforced base

It's more stable with increasing the contact area between the end and the ground.



More stable full welding



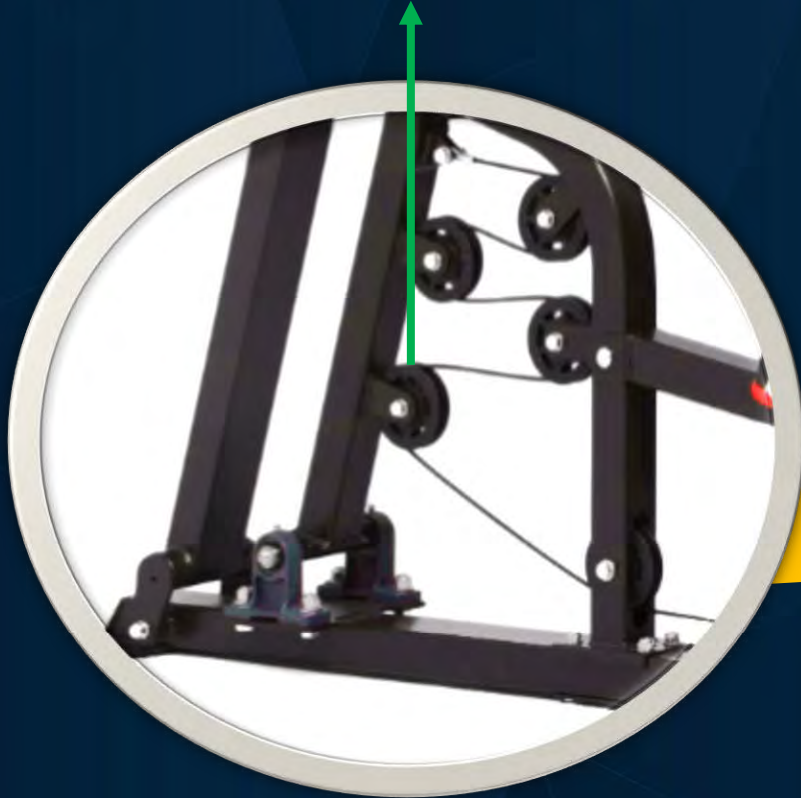
# X8 and X8 XL

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## X8 and X8 XL

Key structure of leg lifting

5 times force of the steel cable and the four bar linkage to ensure the linearity of the movement track.



# X8 and X8 XL

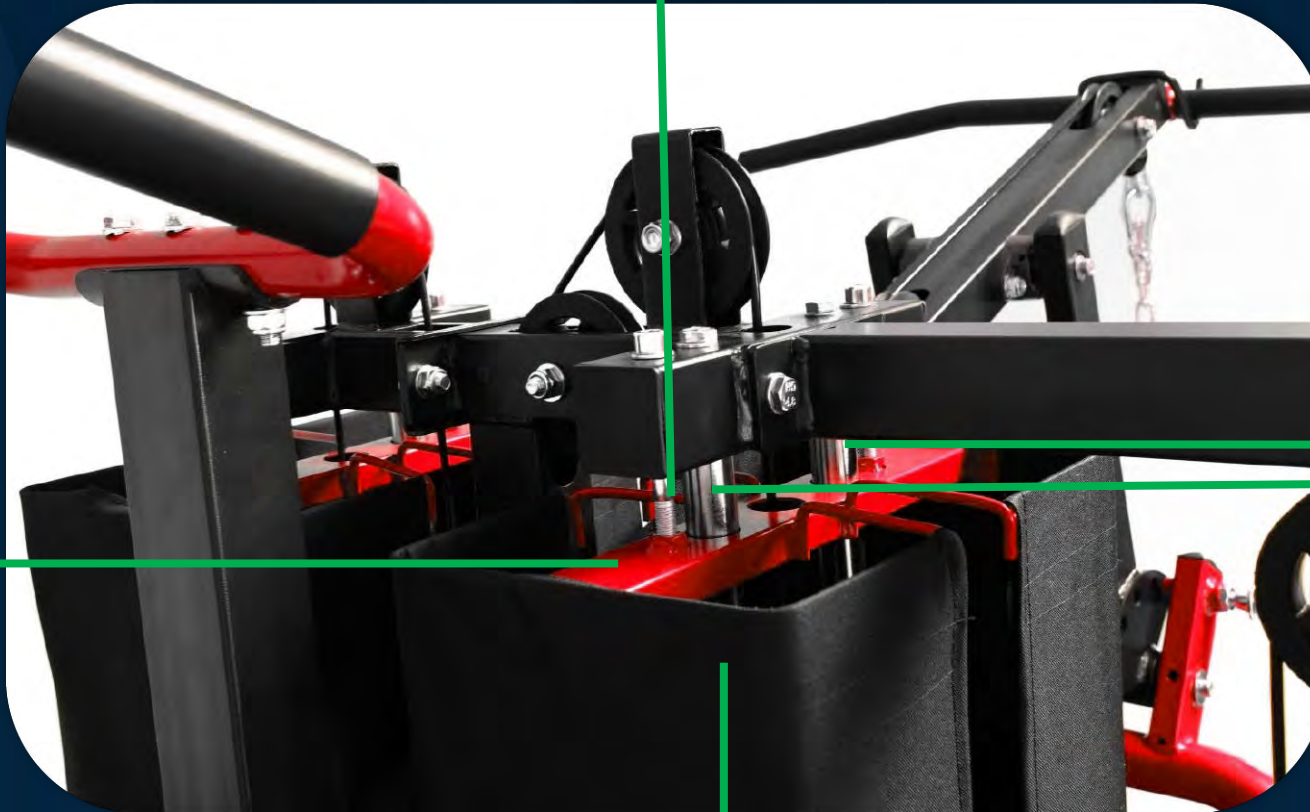
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## X8 and X8 XL

Strained structure of canvas cover

When the shield is loose, loosen the nut, then adjust the the bolt clockwise, and lift the shield holder and tighten the shield.



Fix the shield on frame

Put the sleeve on the guild.

Canvas shield not only has the protection effect but also cut down the cost.

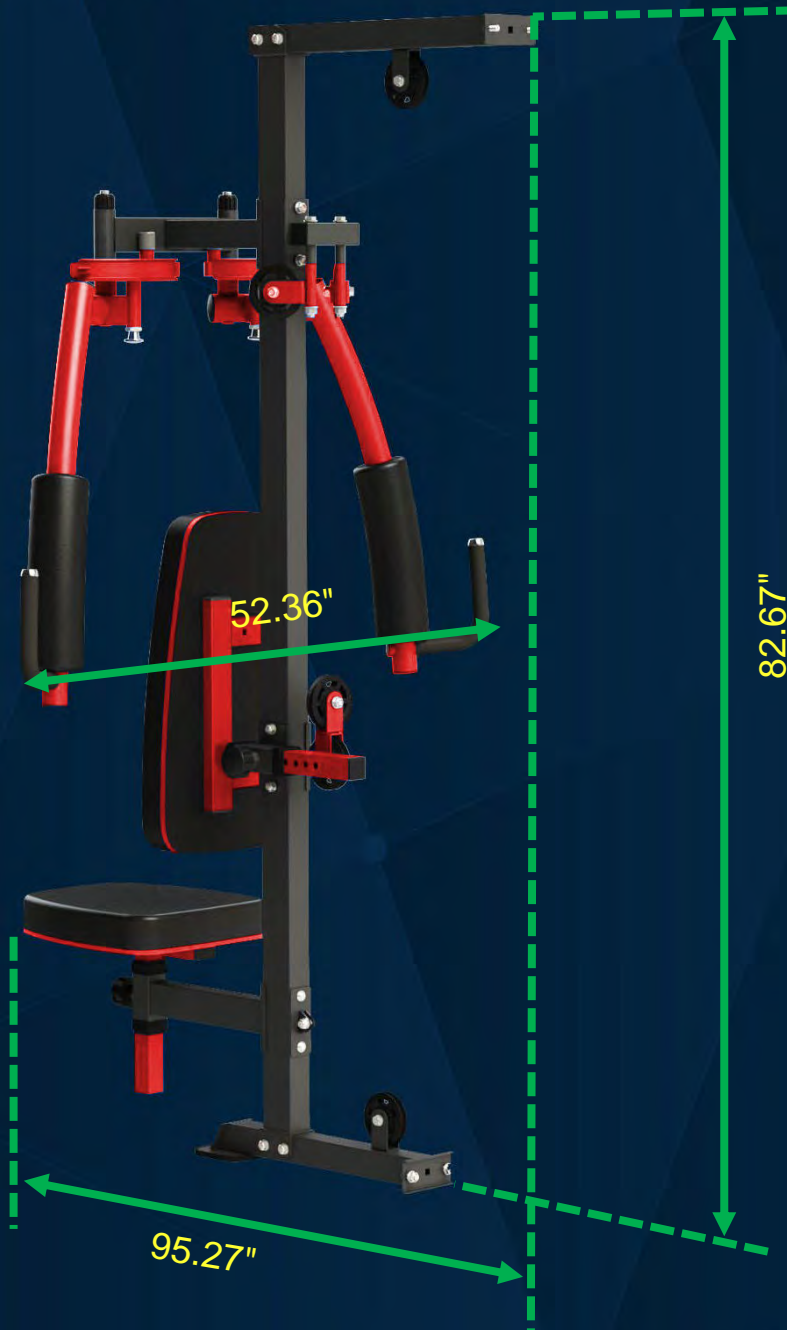
# X8 and X8 XL

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## X8 and X8 XL

Assembled dimensions (in)



# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

# FRENCH FITNESS

## X8 and X8 XL

Maximum weight & Main tube size



Maximum user weight: 300lbs

# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

# FRENCH FITNESS

## X8 and X8 XL

Characteristic





# X8 and X8 XL

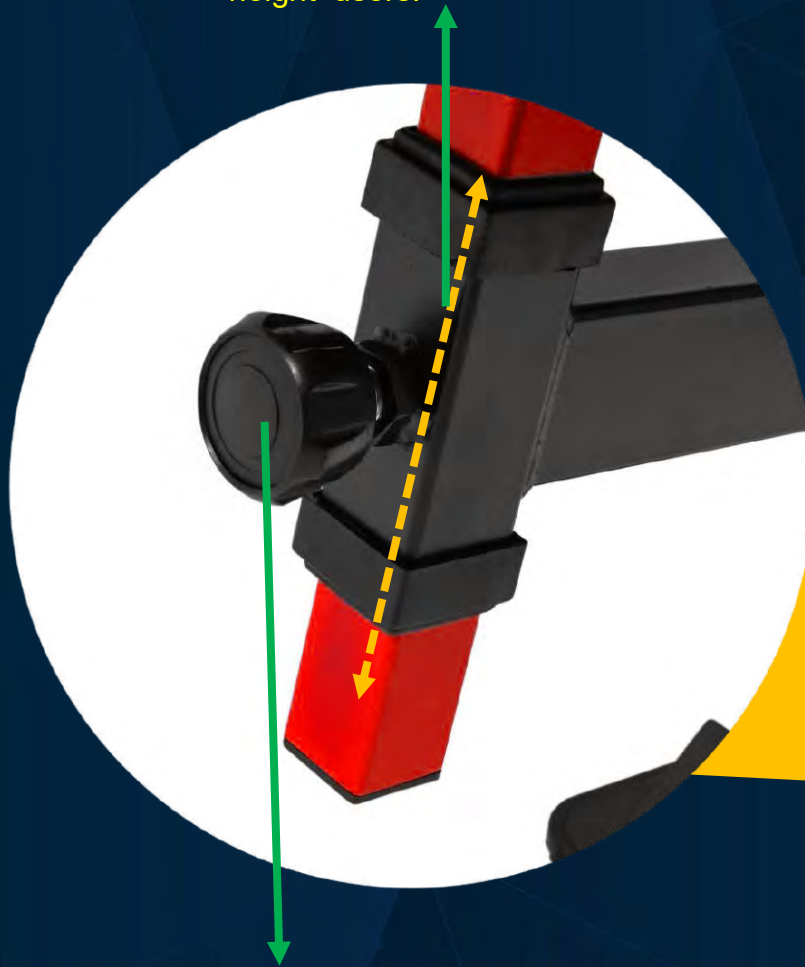
FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

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## X8 and X8 XL

Adjustable cushion

5 position adjustment can meet the different height users.



Round knob, easy to be adjustable.



# X8 and X8 XL

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# FRENCH FITNESS

## X8 and X8 XL

Reinforced base

It's more stable with increasing the contact area between the base and ground.



# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

## X8 and X8 XL

Adjustable butterfly

5 position adjustment design can meet the different height users.



Zinc plated  
Lock Pin



Training the chest and back with adjustable butterfly

# X8 and X8 XL

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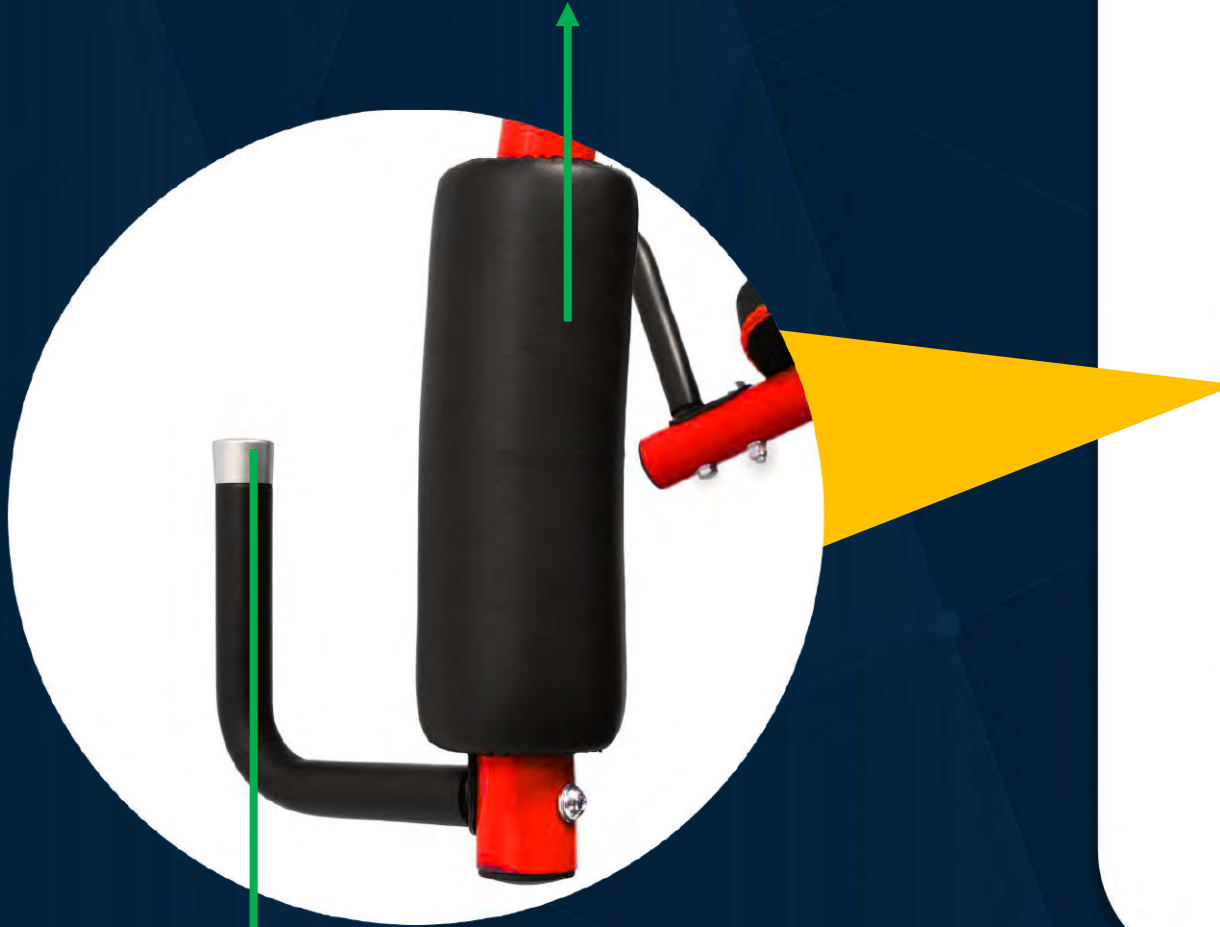
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## X8 and X8 XL

Detail display

Comfortable leather. reduce noise

Aluminium alloy end cap



# X8 and X8 XL

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## X8 and X8 XL

Backrest pad frame



8 position adjustment can meet the different height users.



## X8 and X8 XL

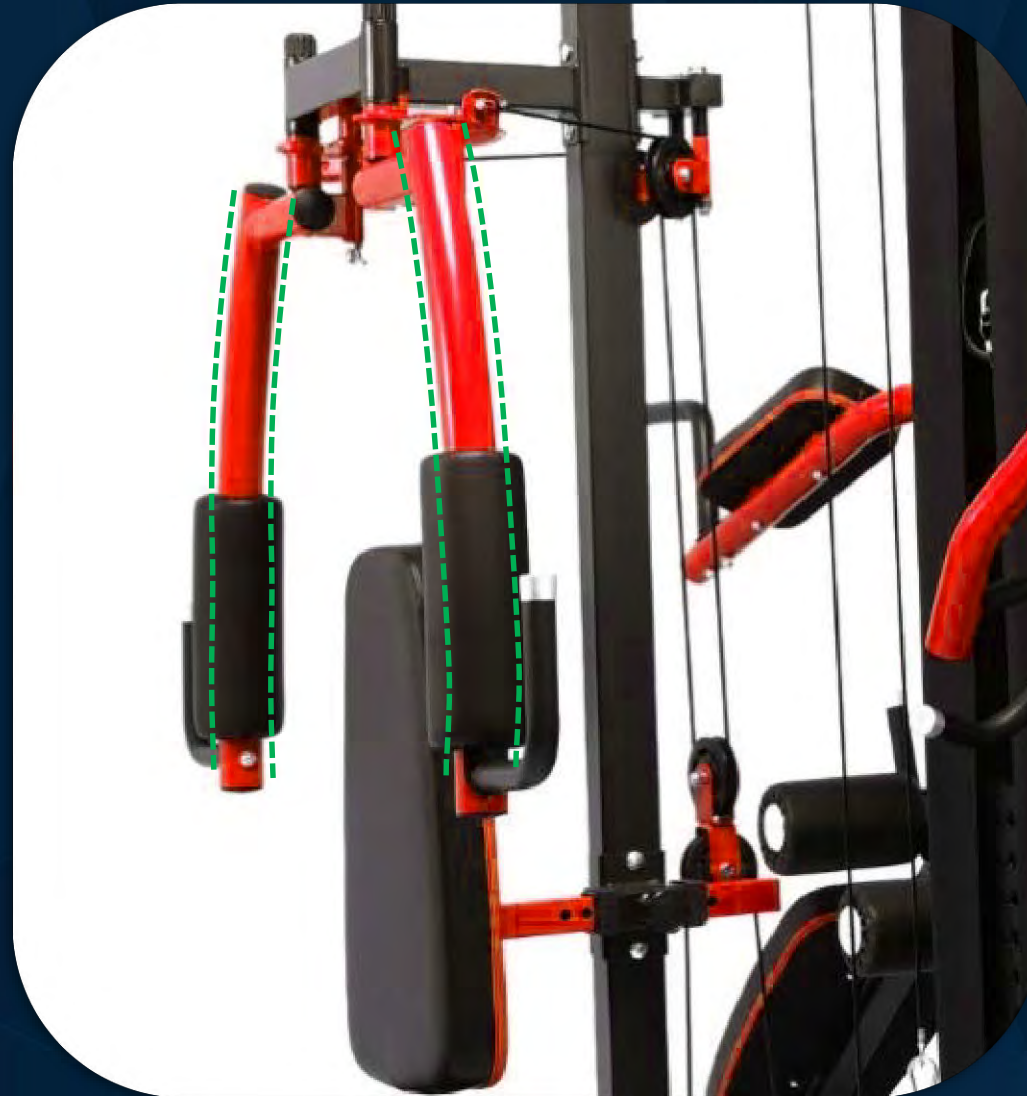
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## X8 and X8 XL

Unique butterfly design

The arc butterfly machine is designed to swing arm structure backward, forming rowing, chest clamping and pushing the chest three in one function. In accordance with the ergonomics, the structure has realized the use of one machine. It breaks through the use of two sets of structures in the past, and the two groups of cable trends can realize the limitation of the three functions, reduce the cost and save the use space.



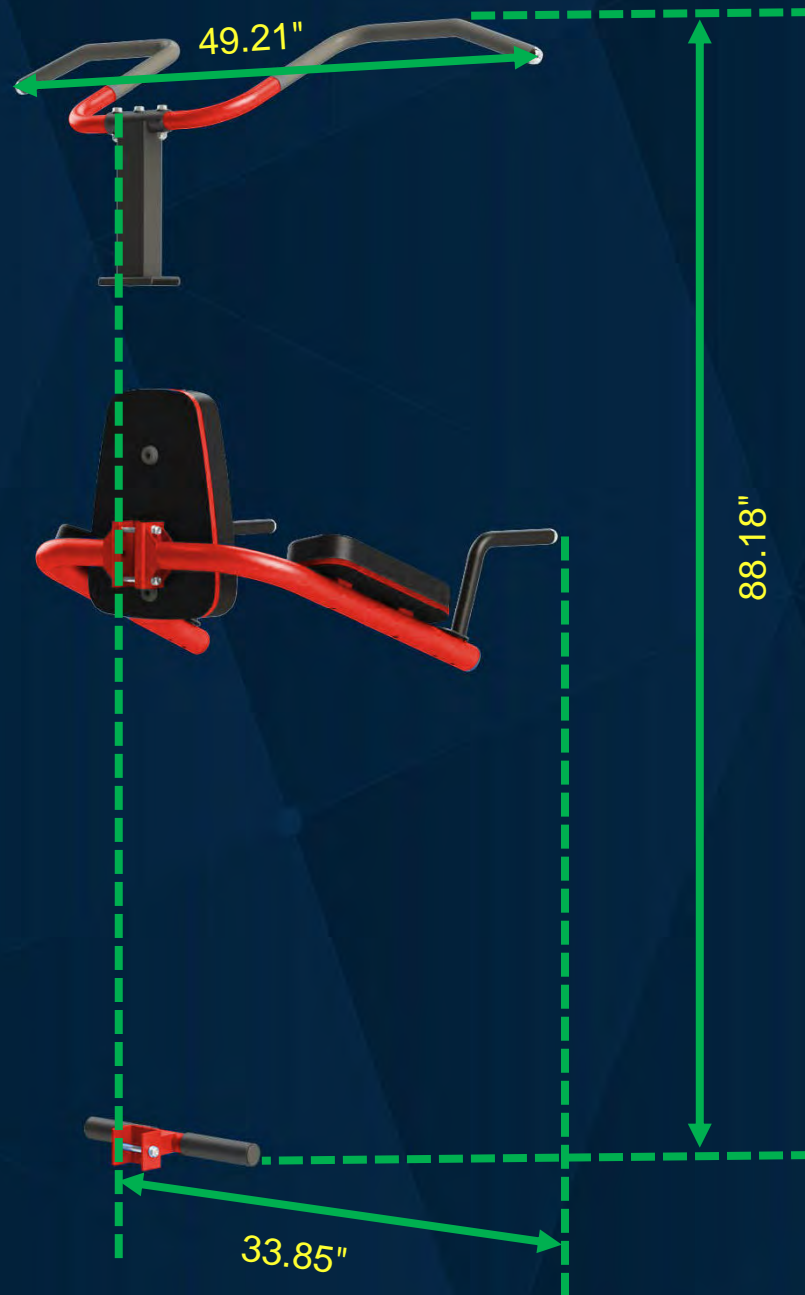
# X8 and X8 XL

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# FRENCH FITNESS

## X8 and X8 XL

Assembled dimensions (in)



# X8 and X8 XL

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## X8 and X8 XL

Maximum weight & Main tube size

Maximum user weight: 300lbs





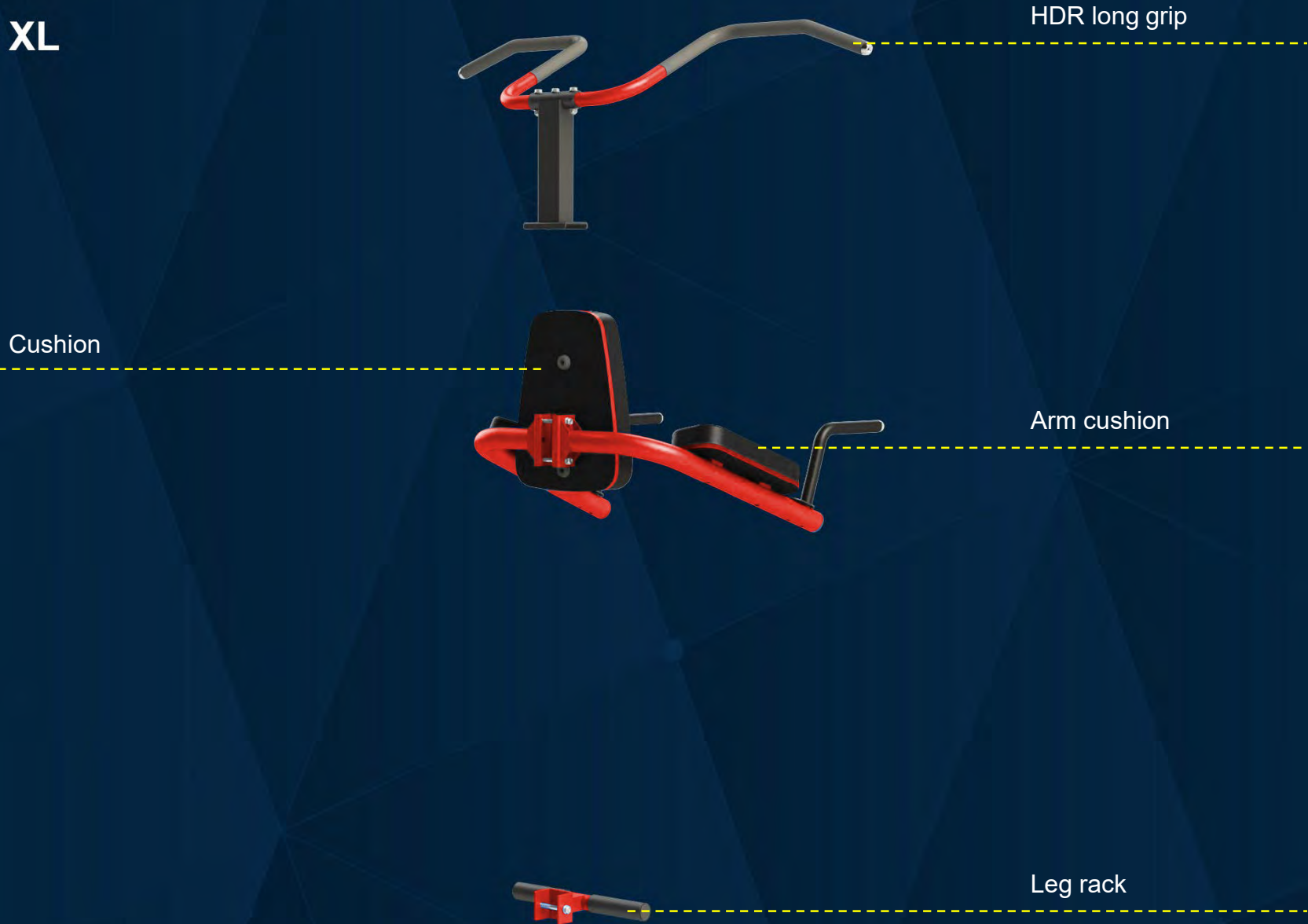
# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

# FRENCH FITNESS

## X8 and X8 XL

Characteristic



# X8 and X8 XL

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## X8 and X8 XL

Chin up



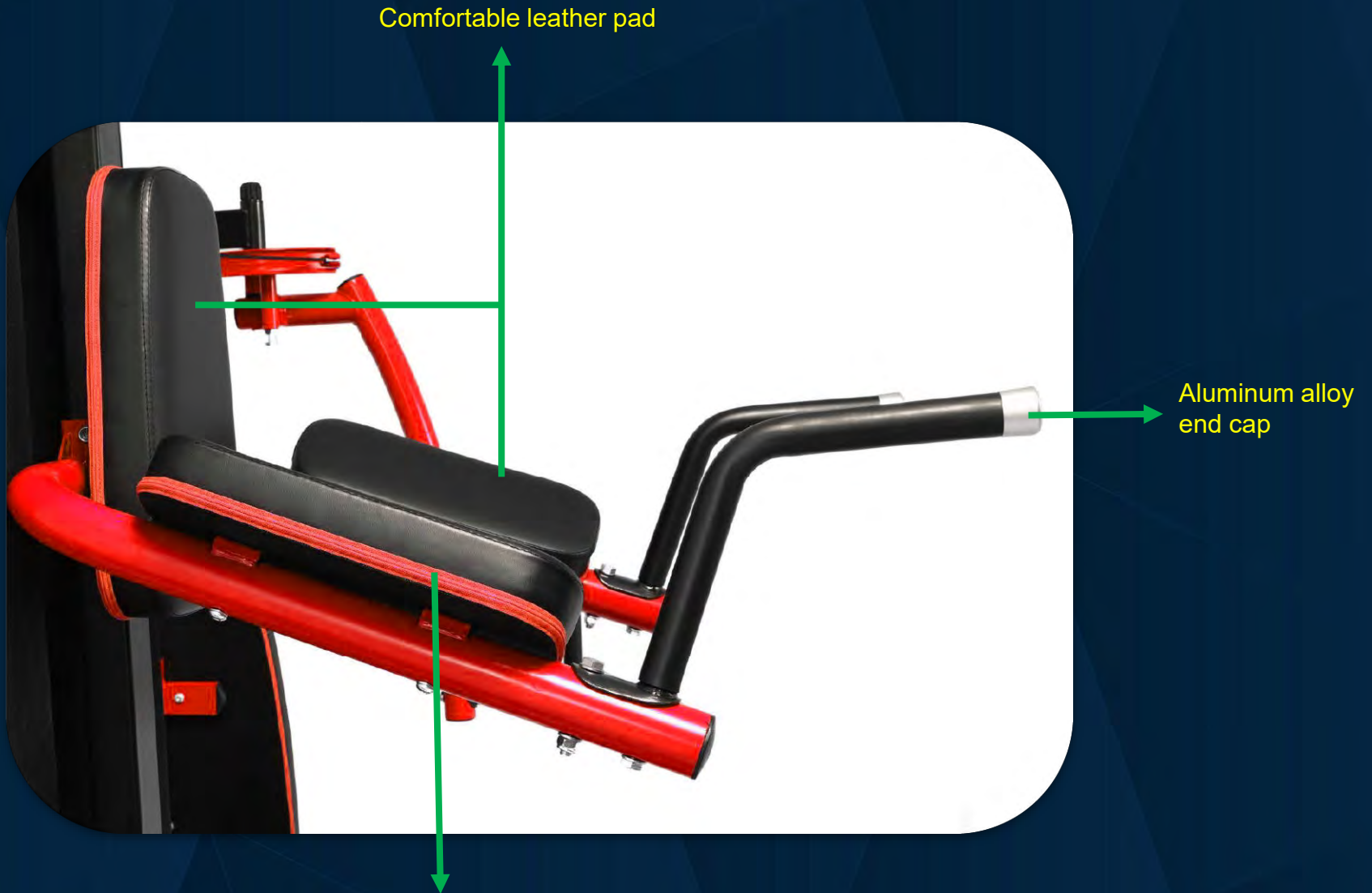
# X8 and X8 XL

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## X8 and X8 XL

Detail display



Comfortable leather pad

Aluminum alloy end cap

Double blue color formed the unique production process.

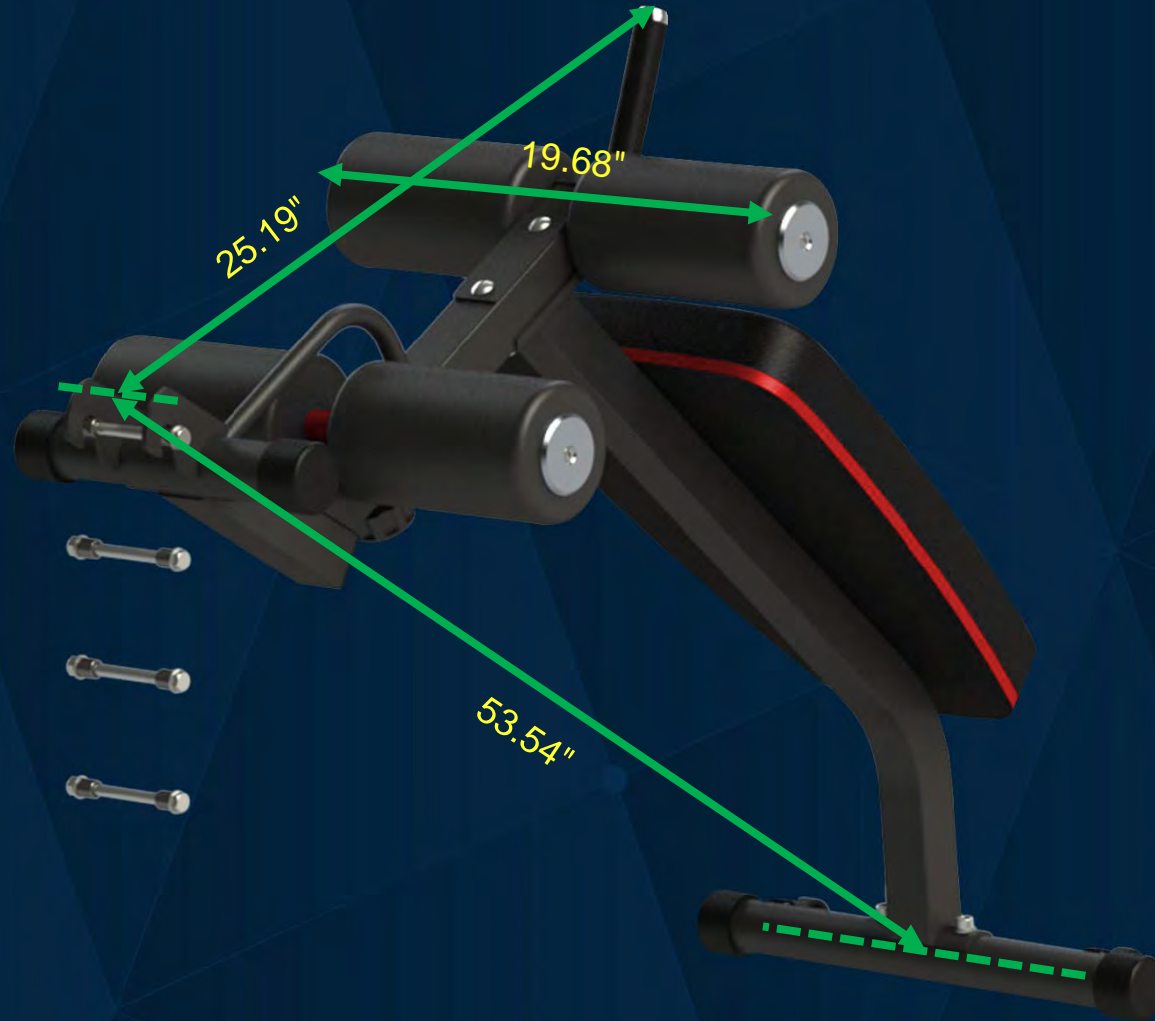
# X8 and X8 XL

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## X8 and X8 XL

Assembled dimensions (in)



# X8 and X8 XL

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# FRENCH FITNESS

## X8 and X8 XL

Maximum weight & Main tube size



# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

# FRENCH FITNESS

## X8 and X8 XL

Characteristic

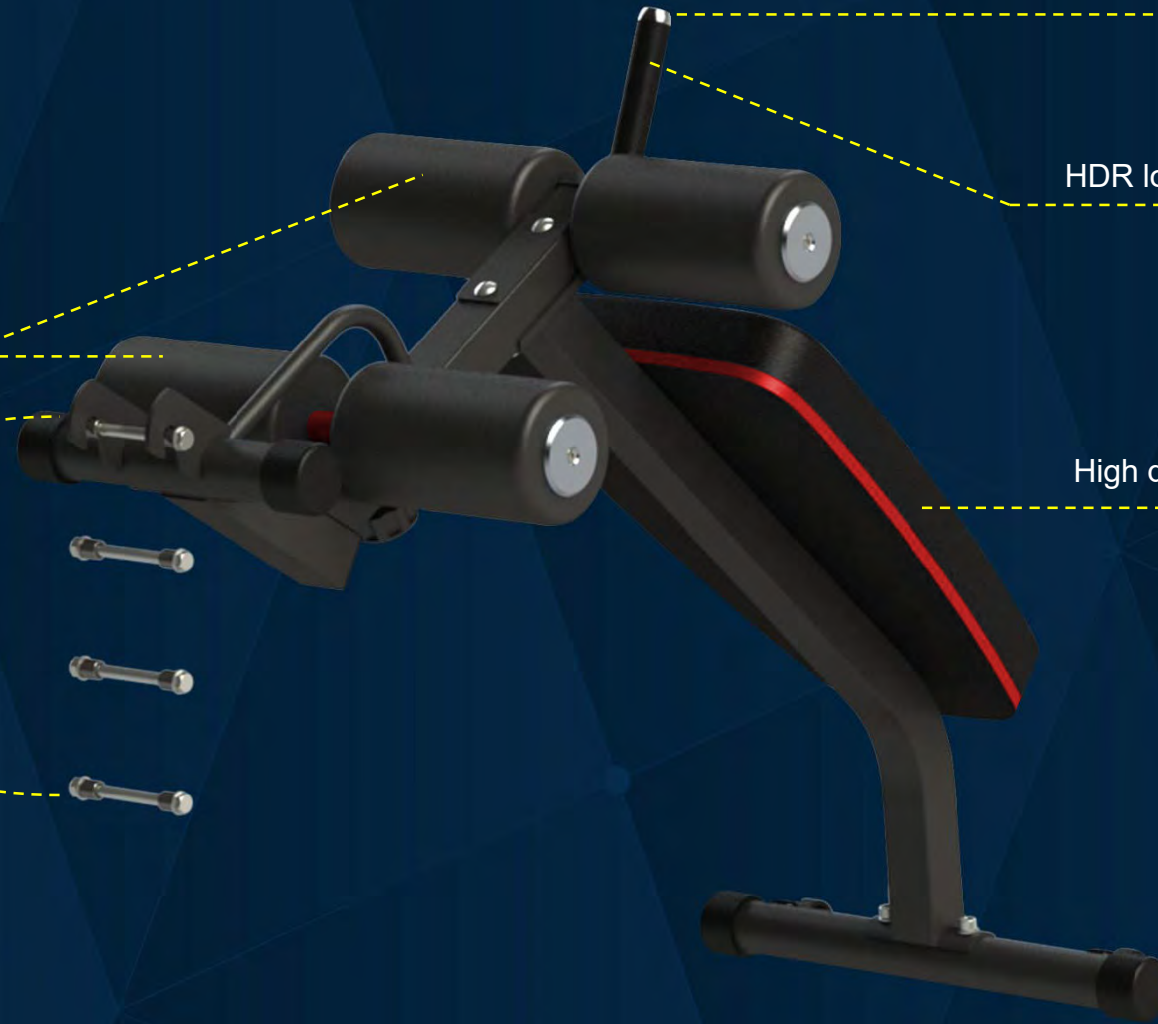
ABS chrome plated end cap

HDR long grip

High quality elastic cushion

Leather foam

Limit gear shaft



# X8 and X8 XL

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## X8 and X8 XL

Easy to move the bench



Equipped with wear-resistant moving roller .



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## X8 and X8 XL

Detail display

HDR handle grip . Feel more comfortable.



It uses top grade black fur with generous appearance, full and elastic.





# X8 and X8 XL

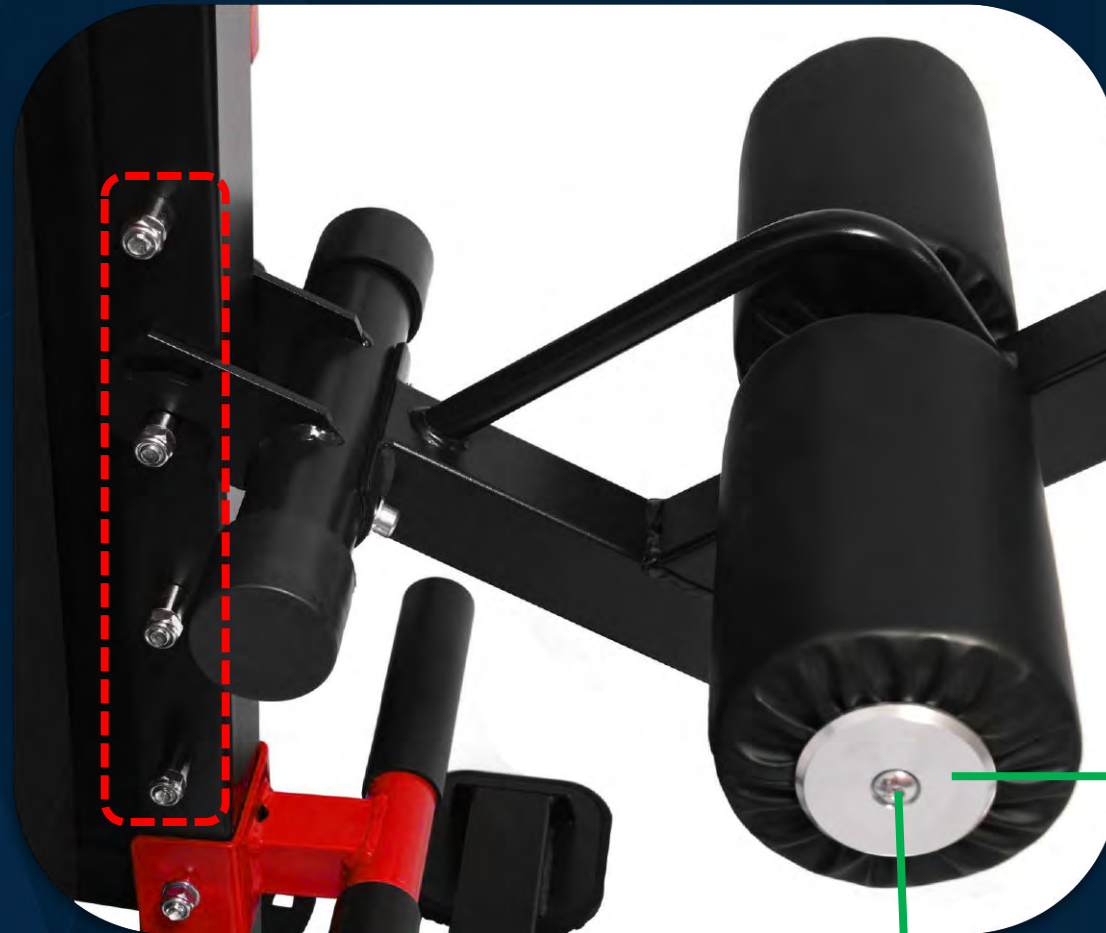
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## X8 and X8 XL

Limit gear shaft

Using 4 limit gear shaft, the height of the bench can be flexibly adjusted according to different height training.



Aluminum alloy FOAM block .

The hexagon sunk head screw s are fixed in the FOAM tube to make the leather FOAM more stable.

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Pectoral fly

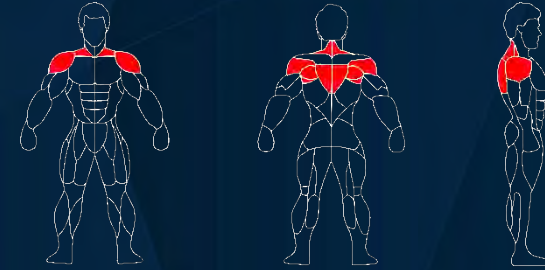


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# FRENCH FITNESS

Pectoral fly

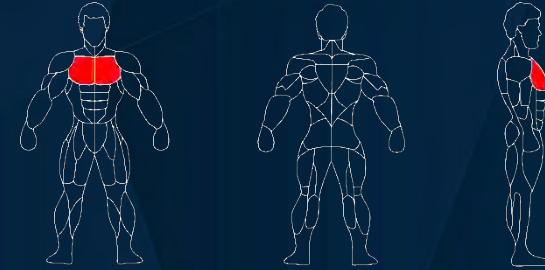


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Pectoral fly

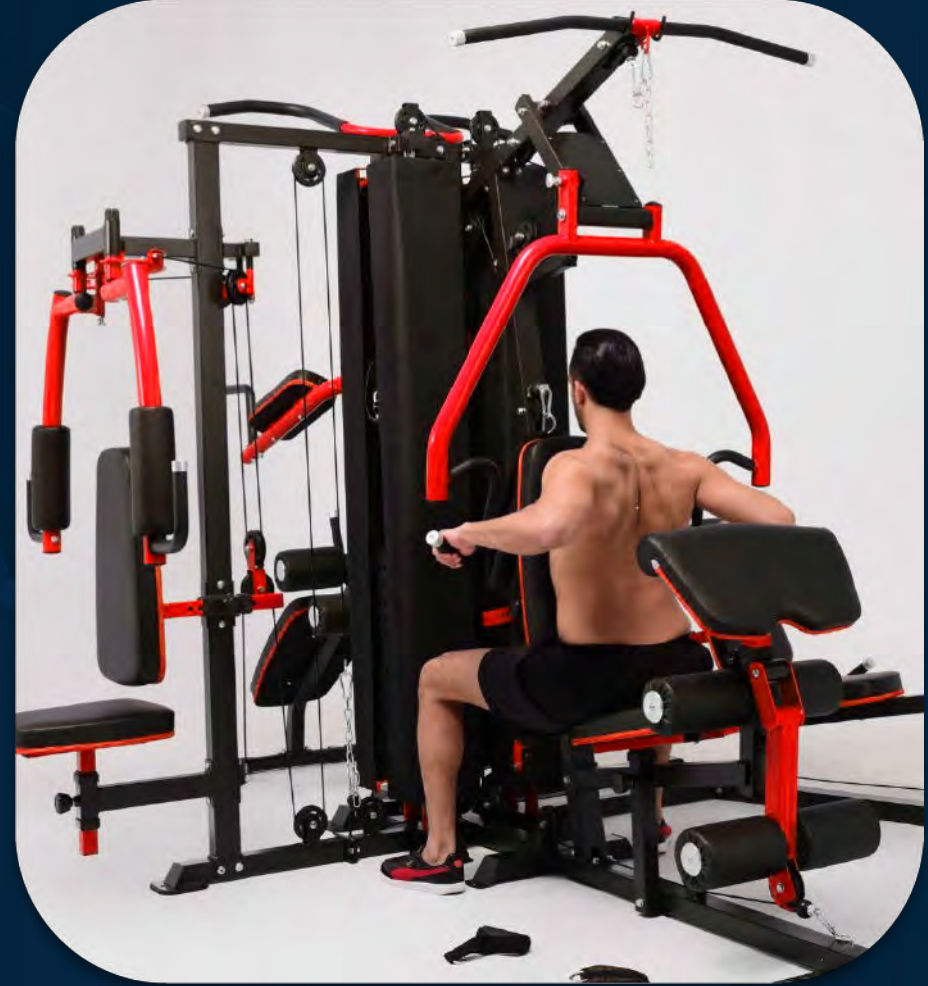
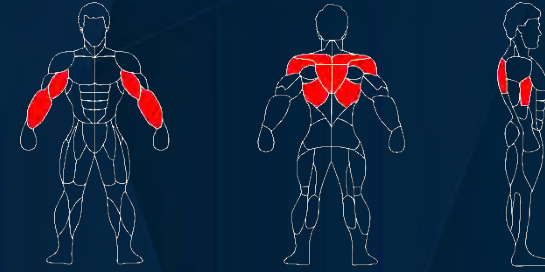


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Seated row



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Bench press

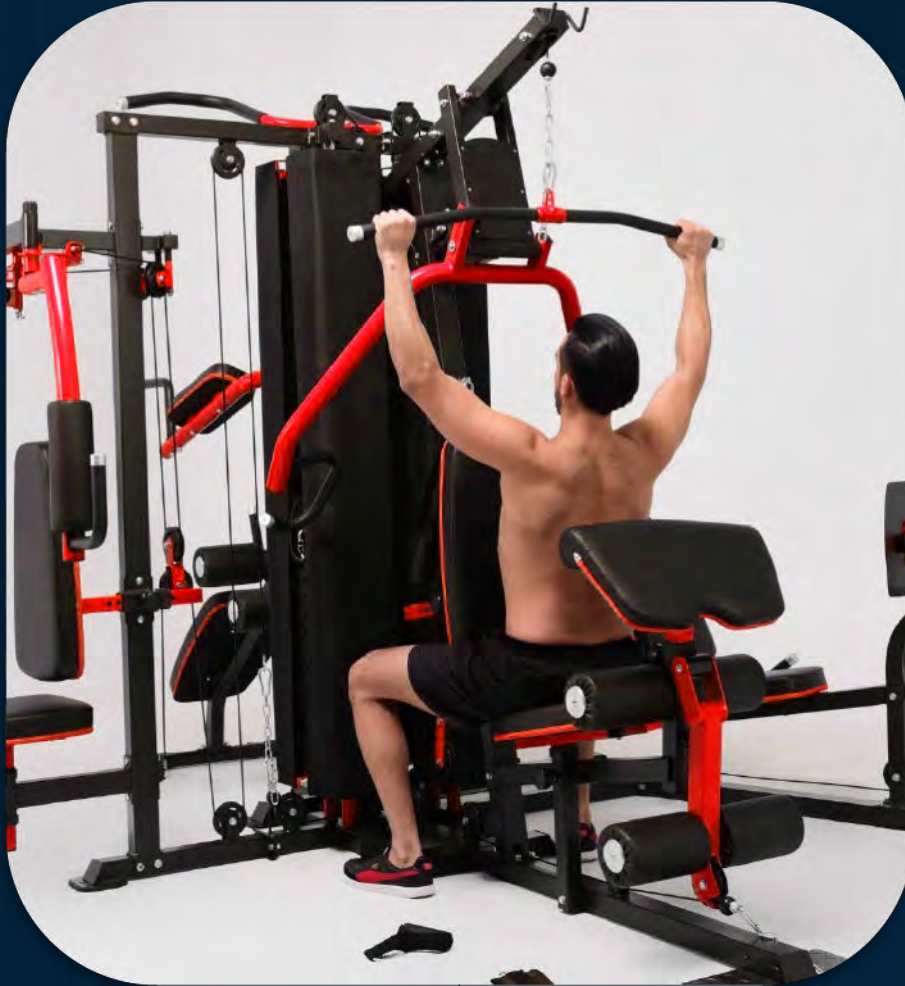
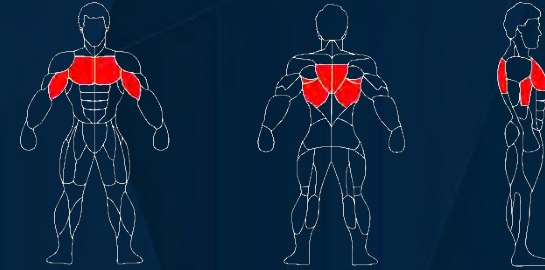


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Lat pull-down

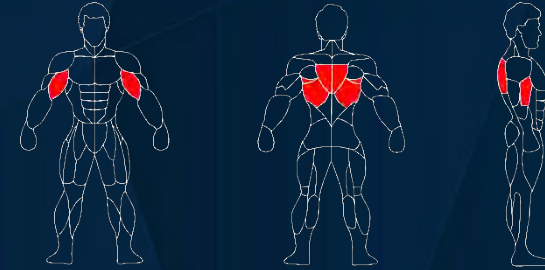


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Wide-grip pull-down



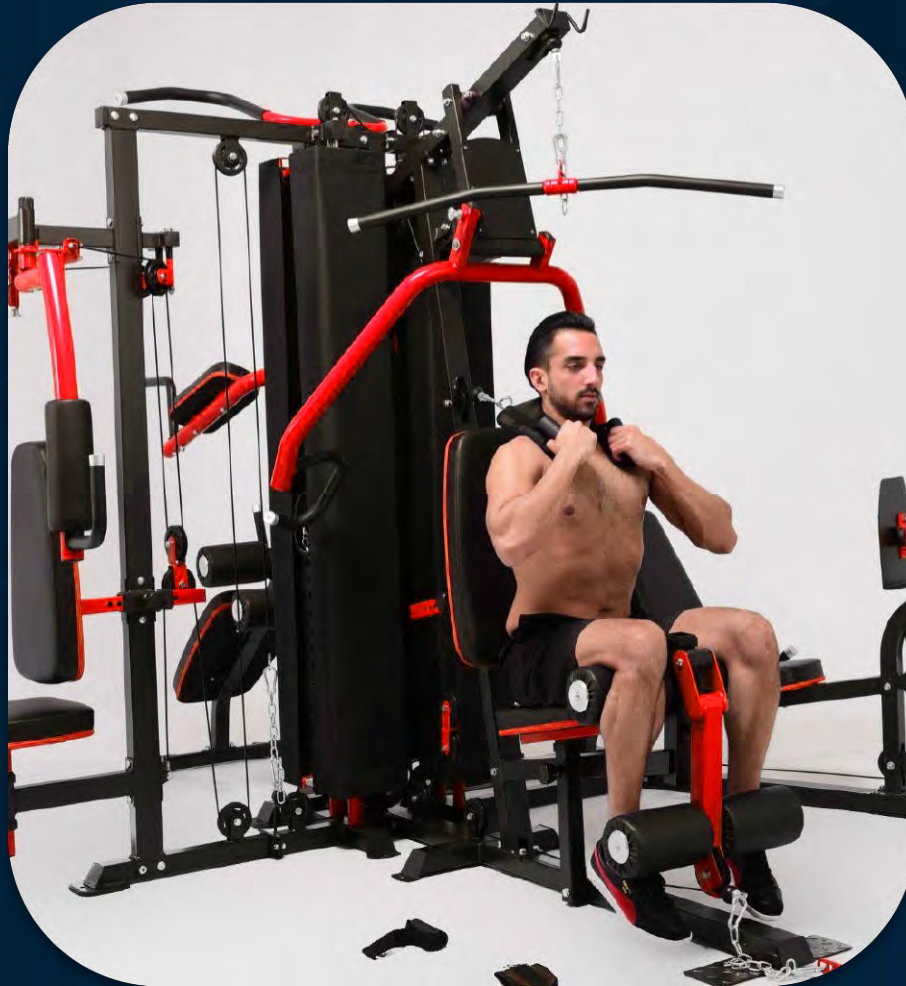
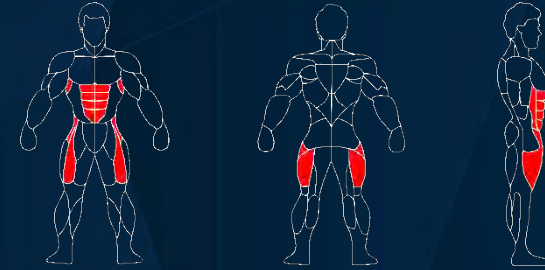


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Abdominal crunch

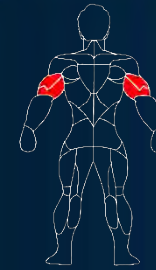


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Tricep push-down

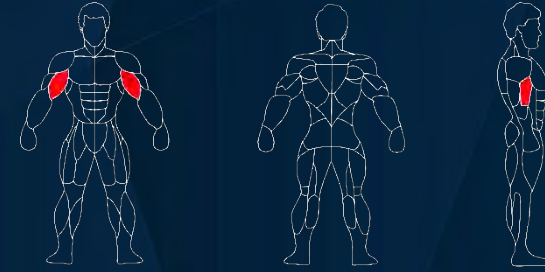


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Seated preacher curl



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Upright row



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Double bicep curl



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Bent over lateral shoulder raise



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Lateral chest cable cross



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# FRENCH FITNESS

Lateral raise



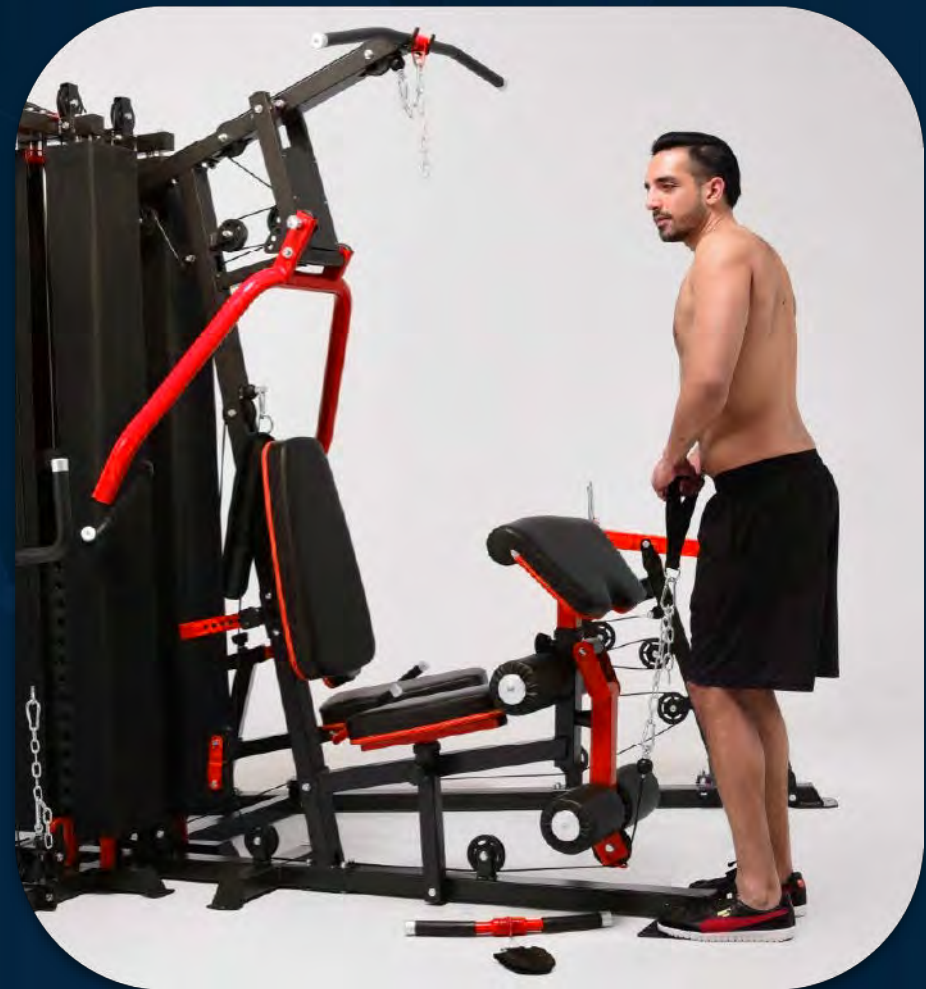
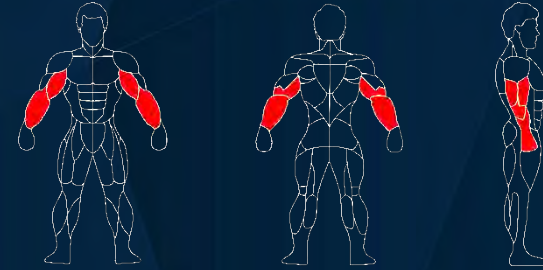


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Shoulder shrug



# X8 and X8 XL

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# FRENCH FITNESS

Single bicep curl

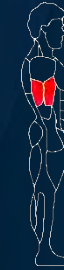


# X8 and X8 XL

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Tricep kickback

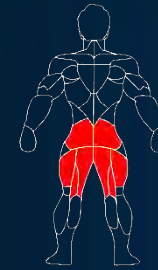


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Leg kick-back

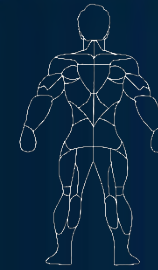


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Hip adduction



# X8 and X8 XL

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# FRENCH FITNESS

Leg kick-outer



# X8 and X8 XL

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# FRENCH FITNESS

Hip flexion



# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

# FRENCH FITNESS

Leg extension



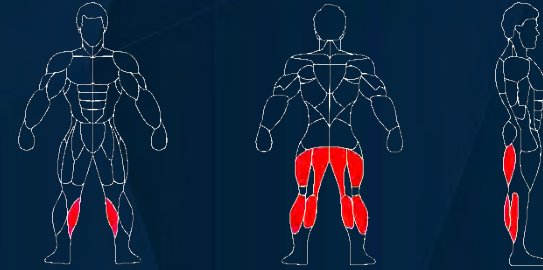


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

# FRENCH FITNESS

Standing leg curl

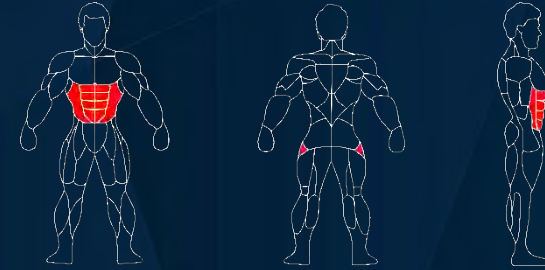


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

# FRENCH FITNESS

Slanted plate back up

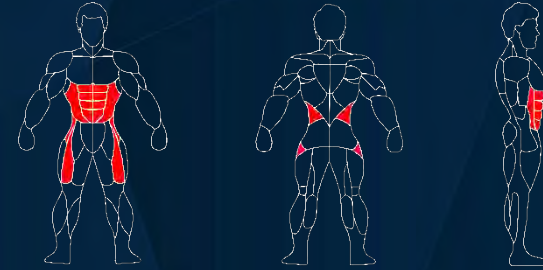


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

# FRENCH FITNESS

Parallel bars leg raise

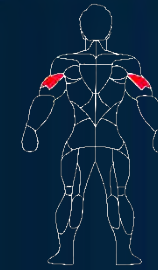


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

# FRENCH FITNESS

Arm flexion and extension



# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

# FRENCH FITNESS

Pull-up



# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

# FRENCH FITNESS

Leg press

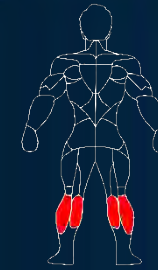


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

# FRENCH FITNESS

Sitting Huck squat



US & European design idea  
Innovative technical patent



**FRENCH FITNESS**

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Website: [www.frenchfitness.com](http://www.frenchfitness.com)





Pectoral fly



Pectoral fly



Pectoral fly



Bench press



**Bench press**



**Seated row**



**Wide-grip pull-down**



**Lat pull-down**



Seated preacher curl



Abdominal crunch



Bent over lateral  
shoulder raise



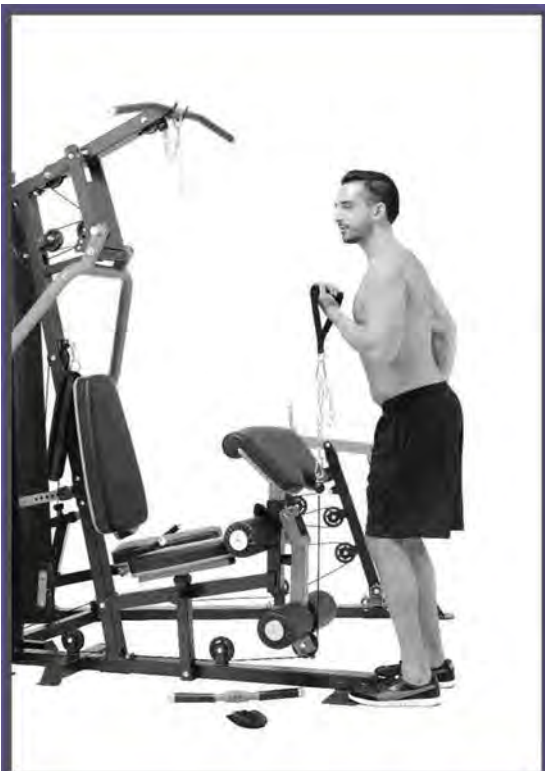
Lateral chest cable cross



**Tricep kickback**



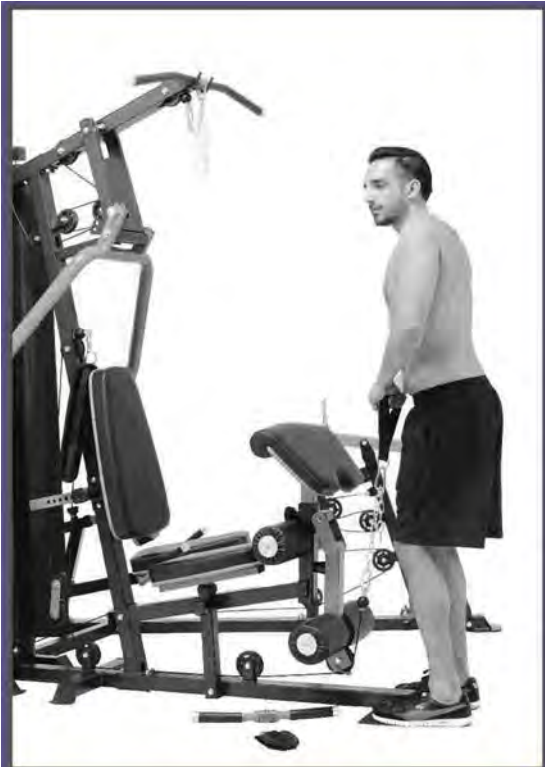
**Lateral shoulder raise**



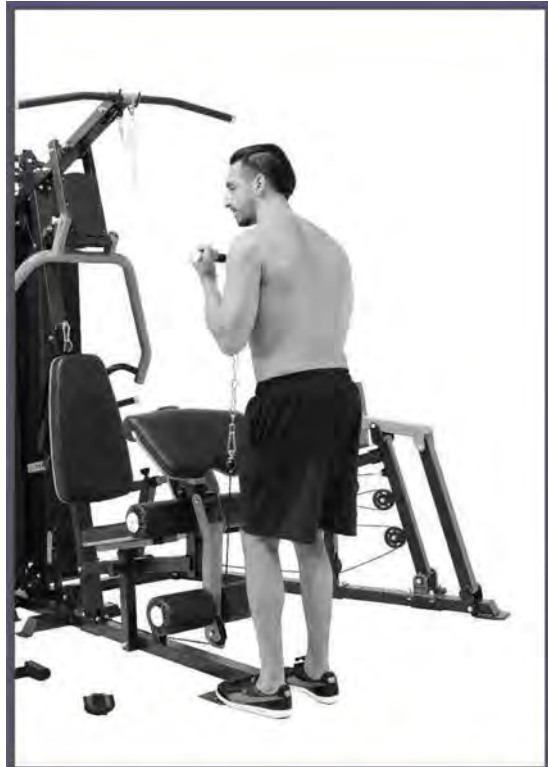
**Single bicep curl**



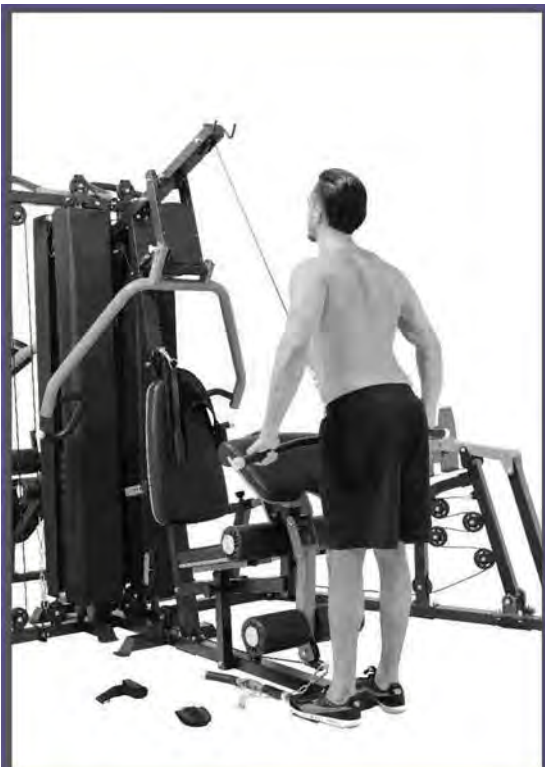
**Bent-over row**



Shoulder shrug



Standing bicep curl



Tricep push-down



Leg kick-inner



**Abdominal leg raise**



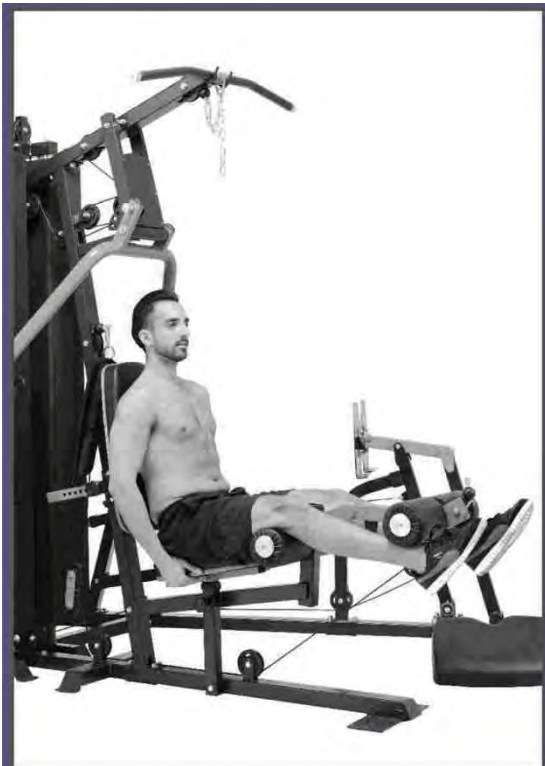
**Standing leg curl**



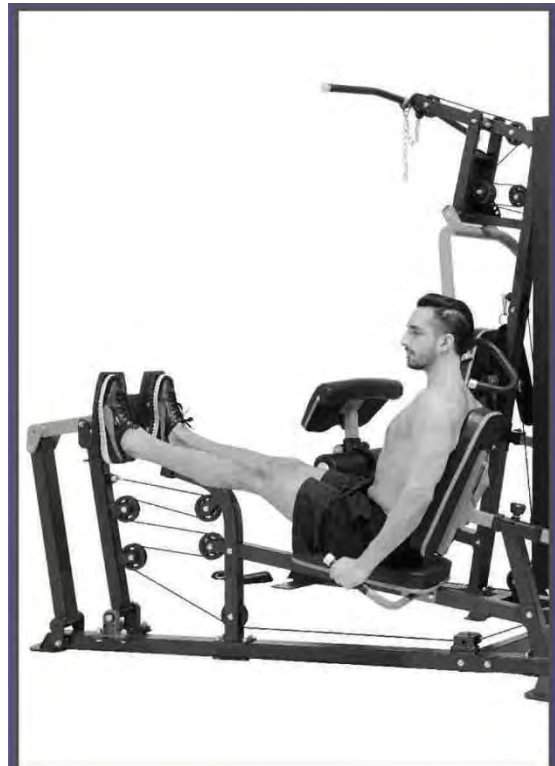
**Leg kick-back**



**Leg kick-outer**



Leg extension



Leg press



Sitting huck squat



Slanted plate back up



Slanted plate back up



Dip



Parallel bars leg raise



Pull-up