

FRENCH FITNESS

FFS-ACC / FFB-ACC

**FRENCH FITNESS FFS SILVER & FFB BLACK
ADJUSTABLE CABLE CROSSOVER**

ASSEMBLY MANUAL



FEATURES

- 11 Gauge Steel
- 65 x 114 x 3 mm Flat oval steel tube
- Nylon-coated cable meets U.S. military specifications
- Fiberglass-impregnated nylon pulleys feature sealed bearings
- Grips retained with aluminum collars, preventing them from slipping during use
- Hand grips are a durable urethane composite
- California Residents see Prop 65 WARNINGS

TECH SPECS

- Pulley Ratio: 2:1 ratio (Weight Stacks Feel like 110 lbs per side)
- Cable travel is double the weight stack travel
- Weight: 882 lb (400 kg)
- Weight Stack: 220 lb (100 kg) each side
- Dimensions (L x W x H): 30 in x 167 in x 91 in (750 mm x 4240 mm x 2390 mm)
- Paint Color: Silver

WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

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ASSEMBLY INSTRUCTIONS. BEFORE YOUR BEGIN

BEFORE YOUR BEGIN:

This exercise equipment is built for optimum safety. Be sure to Read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

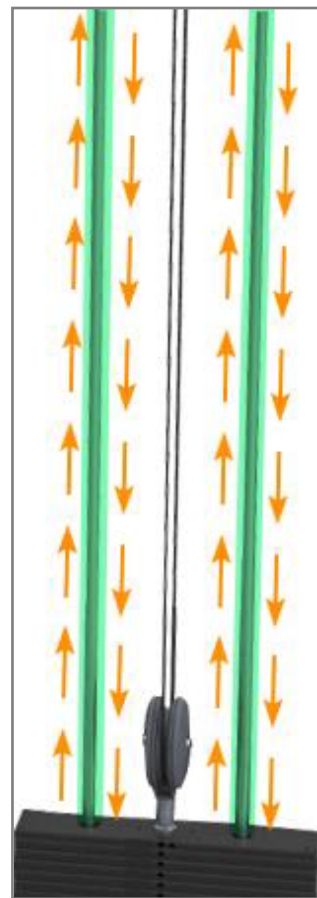
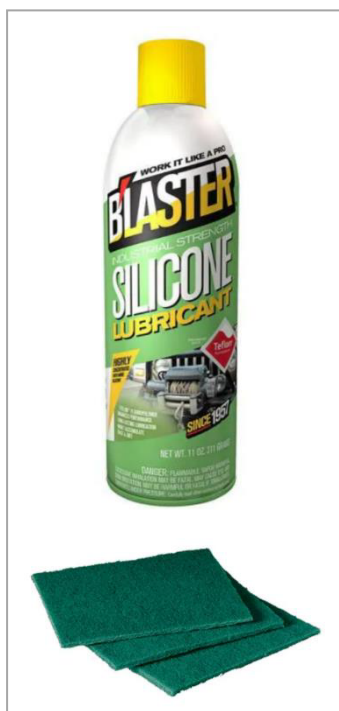
1. Keep Children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms STOP the workout at once CONSULT A PHPHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the equipment near water or outdoors.
5. Keep Hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising.
1. DO NOT Wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacture.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly.

CLEAN GUIDE RODS

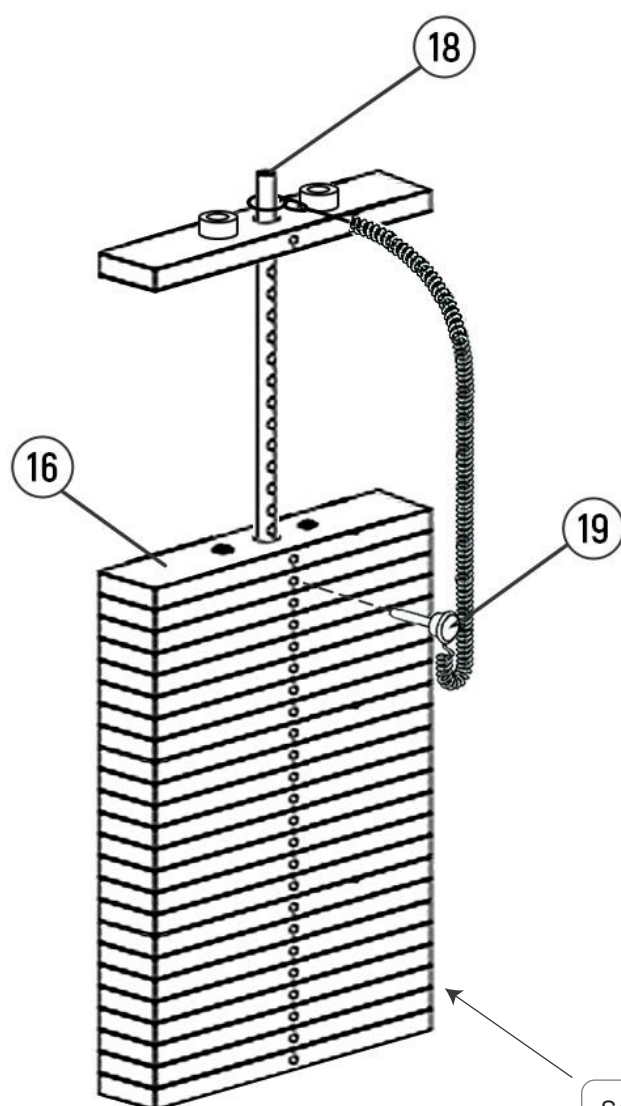
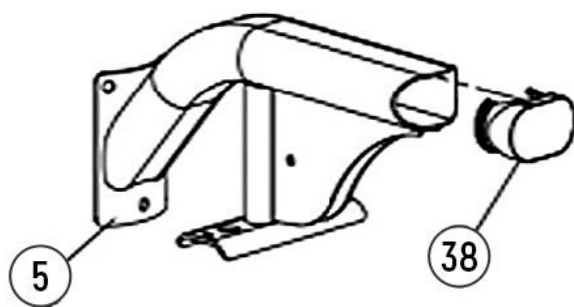
Step must be completed prior to installing. Failure to do so can leave residue from packaging and other sources stuck in the bushings

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

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



ASSEMBLY INSTRUCTIONS. STEP 1



See 1 Step Weight
Stack Assembly
Directions, starting on
Page 7, for Weight
Stack Assembly
Details

ASSEMBLY DIRECTIONS – STEP 2: WEIGHT STACK ASSEMBLY

STEP 1. RUBBER BUMPERS



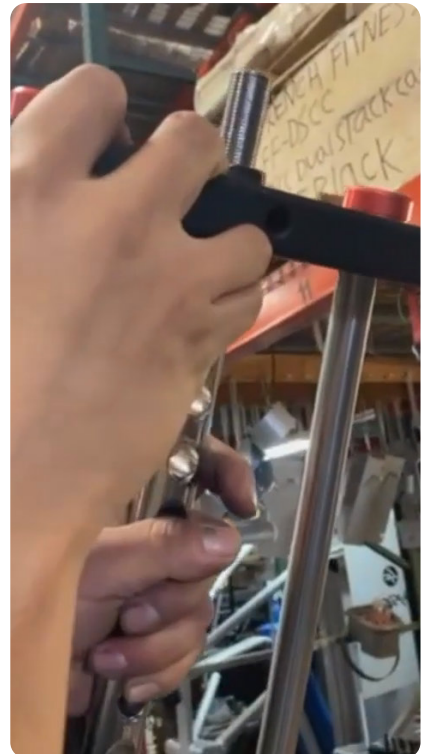
STEP 2. GUIDE RODS – TILT OUT



STEP 3. WEIGHT PLATES



STEP 4. TOP PLATE/SELECTOR ROD – REMOVE FROM CABLE FOR NOW + INSTALL THE TOP PLATE



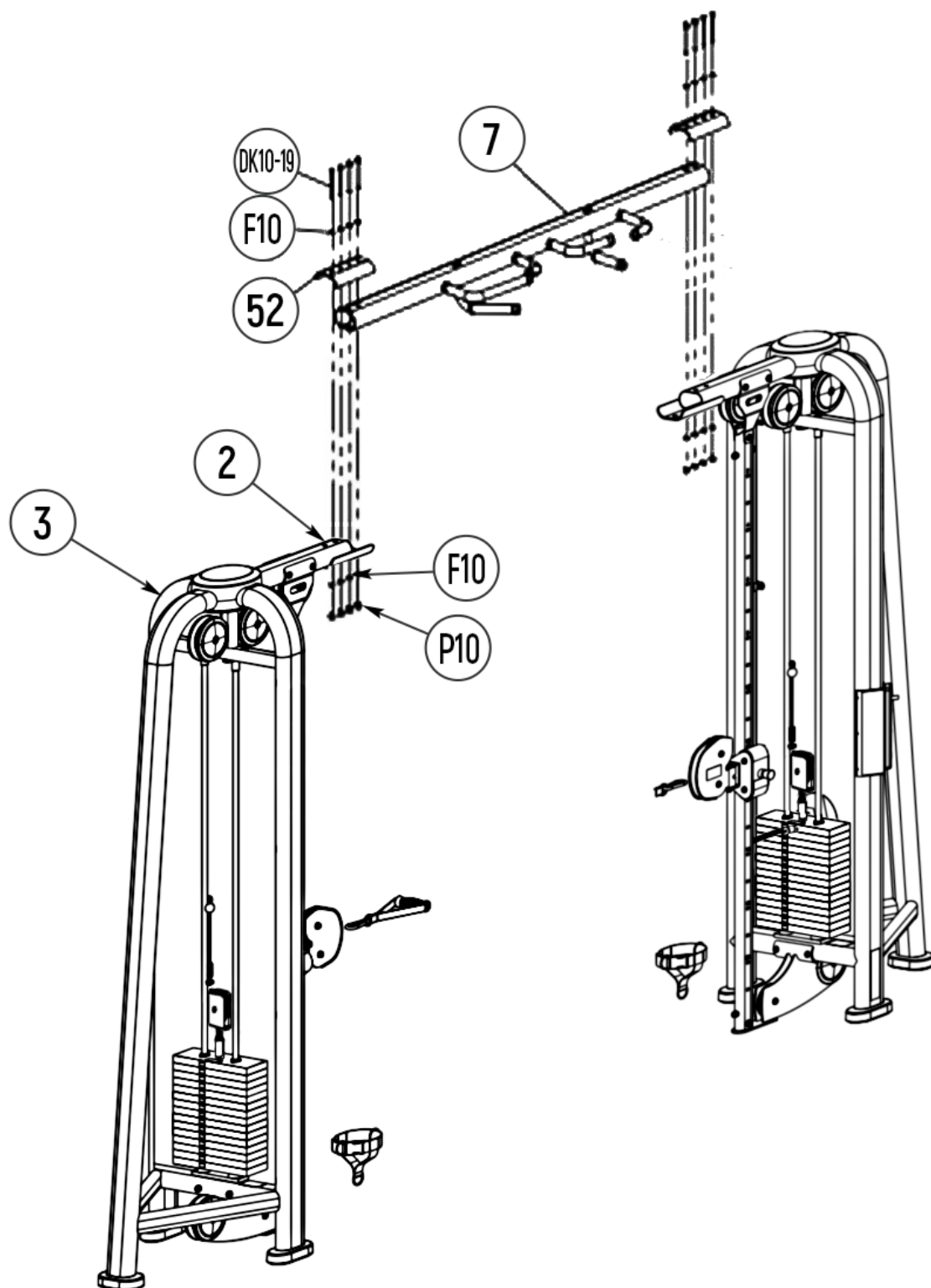
**STEP 5. TILT IN GUIDE RODS—
RAISE THEM IN ORDER TO BOLT THEM IN**



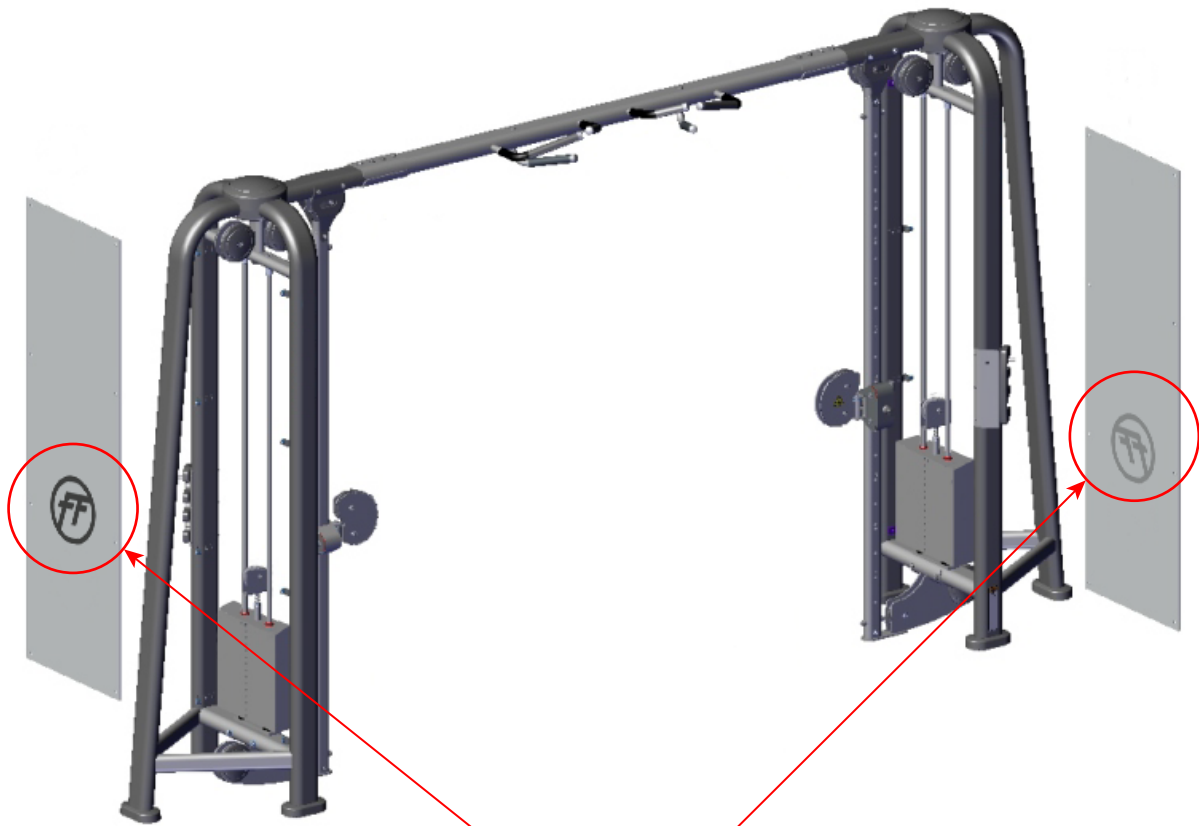
STEP 6. INSTALL THE WEIGHT SELECTOR PIN AND REATTACH CABLE TO THE TOP PLATE AND THEN STORE WEIGHT ADAPTERS ON THE CHROME BRACKET AT THE TOP SO THAT THE CABLE CAN BE TIGHTENED AND ADJUSTED



ASSEMBLY INSTRUCTIONS. STEP 3



ASSEMBLY INSTRUCTIONS. STEP 4



- 1) Attach the shrouds using included screws to the black brackets
- 2) Once attached, apply circular "FF" stickers onto the shroud, on the side that faces away from the weight stacks, with the bottom of the FF circle at the height of the top weight stack plate.