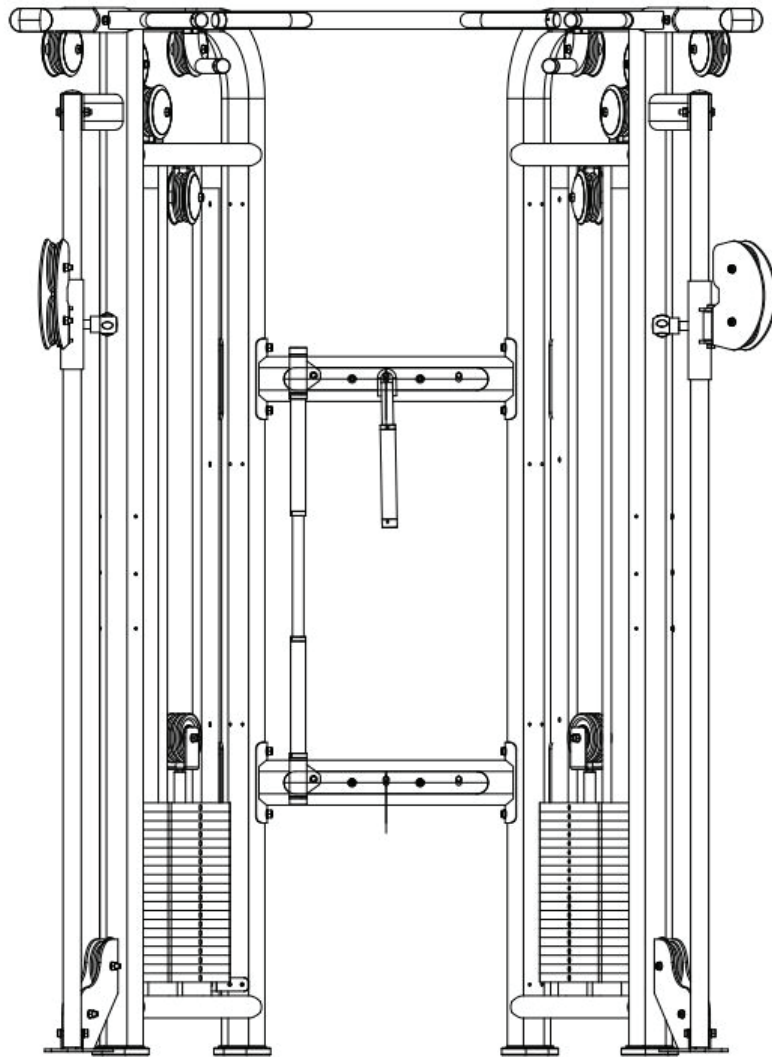


FRENCH FITNESS

FFS SILVER AND FFB BLACK

DUAL ADJUSTABLE PULLEY

ASSEMBLY MANUAL



FEATURES

- 11-gauge, 2.5" x 4.5" 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

TECH SPECS

- Pulley Ratio: 2:1 ratio (Weight Stacks Feel like 110 lbs per side)
- Cable travel is double the weight stack travel
- Weight Stack: (2) 220 lb
- Weight: 670 lb
- Dimensions (L x W x H): 44" x 62" x 93" (1120 x 1570 x 2360 mm)

WARRANTY

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

BEFORE YOU BEGIN

Thank you for selecting the DUAL ADJUSTABLE PULLEY. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.

SAVE THESE INSTRUCTIONS.

ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine: Two Adjustable Wrenches, two Allen Wrenches, and one Philips Screwdriver. NOTE: It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

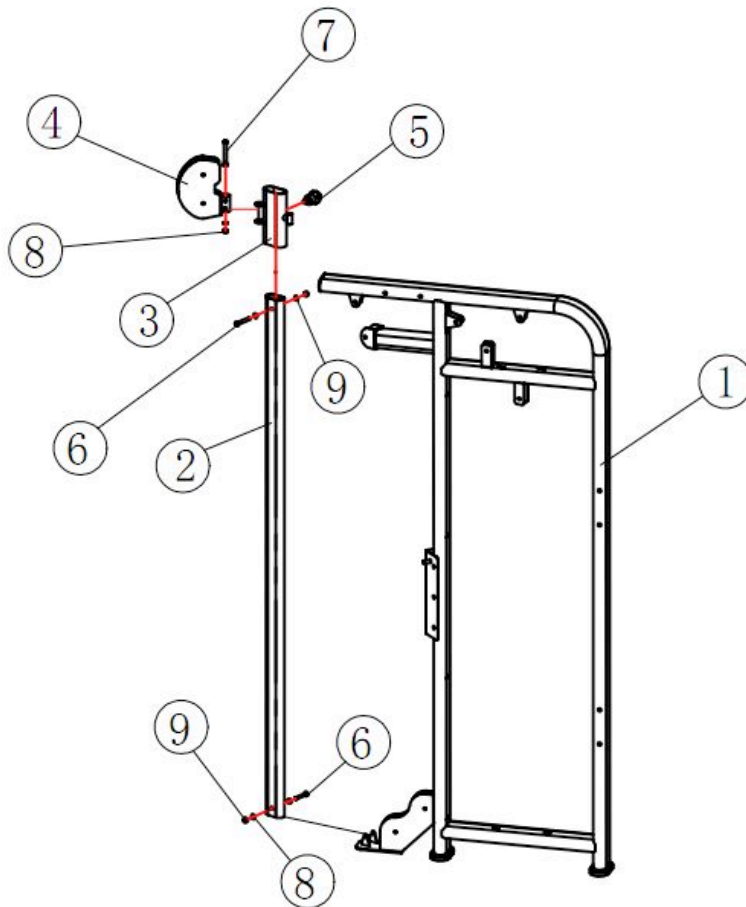
STEP 1 (See Diagram 1)

A.) Slide the Cable Adjustment Assembly(#3) onto the Front Vertical Frame(#2). Insert the Lock Knob(#5) into the Cable Adjustment Assembly(#3).

B.) Attach the Front Vertical Frame(#2) to the Main Frame(#1). Secure it with Bolt M10X75 (#6), \varnothing 10 Washer(#8) and M10 Aircraft Nut(#9).

C.) Attach the Pulley Bracket(#4) to the Cable Adjustment Assembly(#3). Secure it with Bolt M10X90 (#7), \varnothing 10 Washer(#8) and M10 Aircraft Nut(#9).

DIAGRAM 1



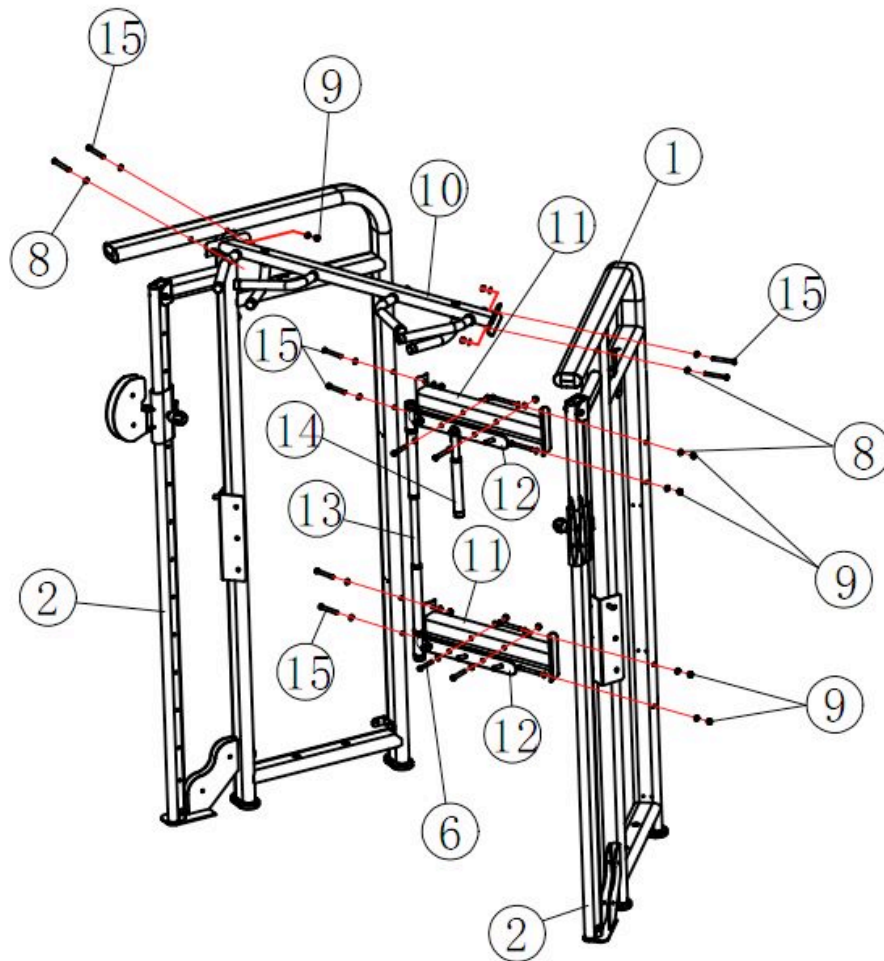
STEP 2 (See Diagram 2)

A.) Attach the Cross Support(#11)to the Main Frame(#1).Secure it with Bolt M10x120(#15), \varnothing 10 Washer(#8),M10 Aircraft Nut(#9).

B.) Attach the Pull Down Assembly(#10) to the Main Frame(#1).Secure it with Bolt M10x120(#15), \varnothing 10 Washer(#8),M10 Aircraft Nut(#9).

C.) Attach the Accessories Hanging Plate(#12) to the Cross Support(#11). Secure it with Bolt M10x120(#15), \varnothing 10 Washer(#8),M10 Aircraft Nut(#9).

DIAGRAM 2



STEP 4 (See Diagram 4)

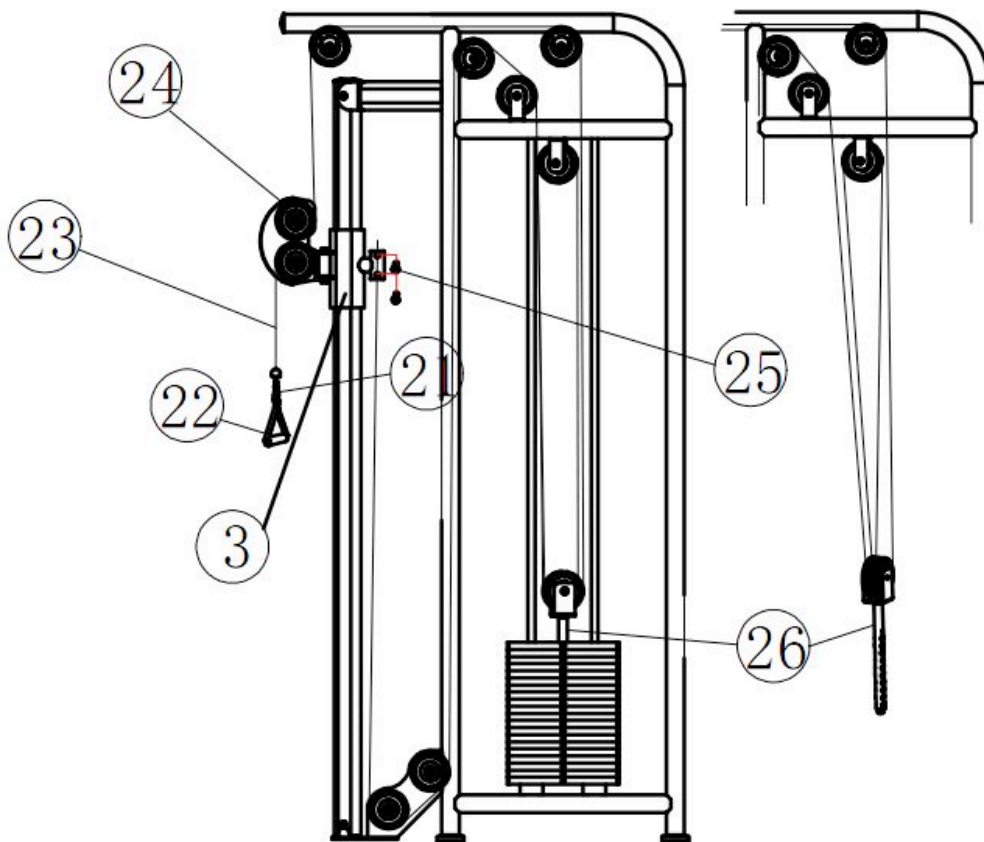
A.) Assemble the Cable(#23) based on the below cable loop diagram.

Secure it with Bolt M6X15(#25)after finishing cable assembly.

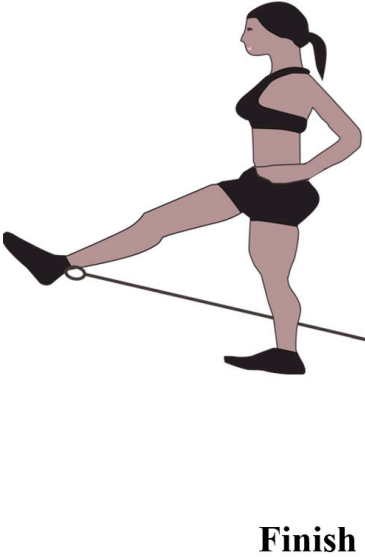
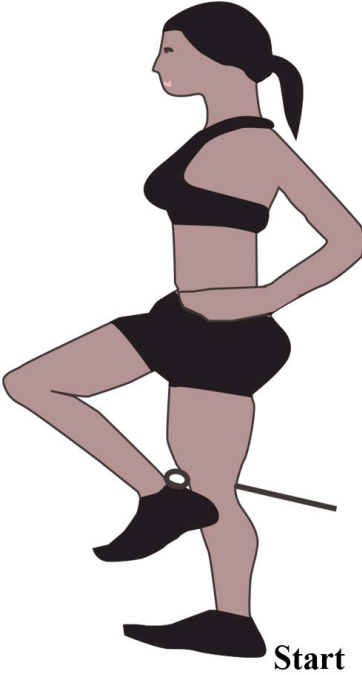
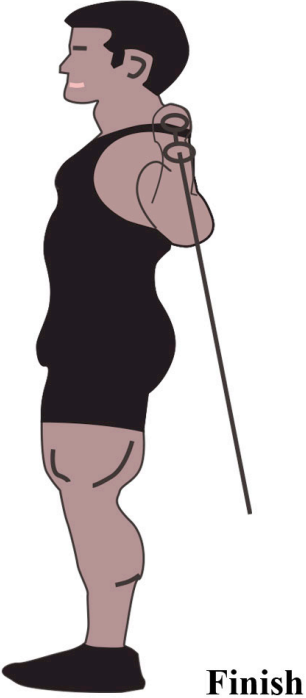
B.) Attach the Handle(#22) to the Cable(#23) with C-clip(#21).

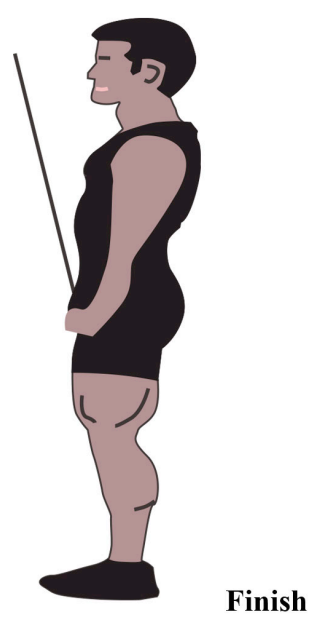
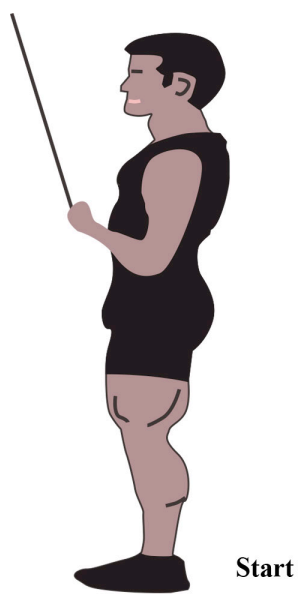
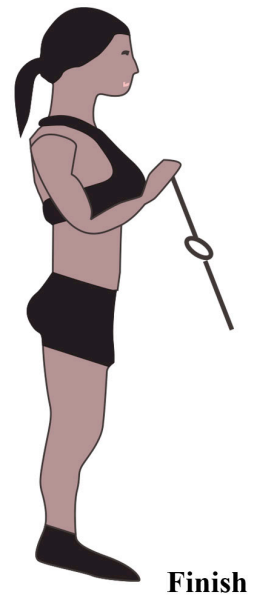
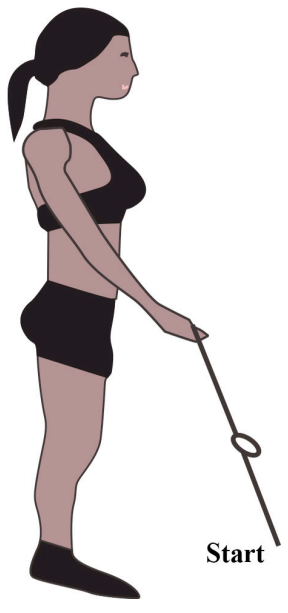
C.) Tighten all the bolts and nuts hard.

DIAGRAM 4



Training Instruction







Start



Finish



Start



Finish