

# FRENCH FITNESS

FSR100

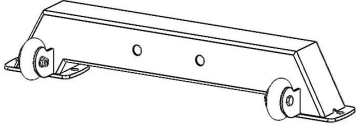
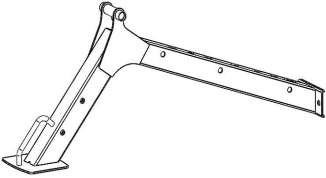
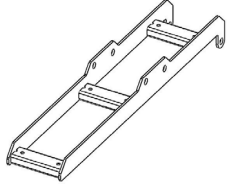
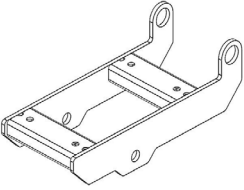
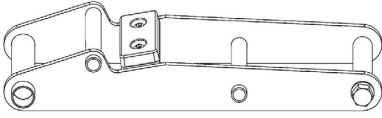
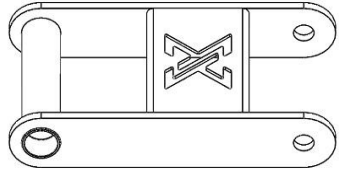
French Fitness FSR100 Adjustable Bench

ASSEMBLY MANUAL

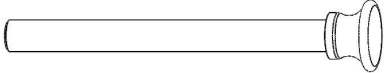


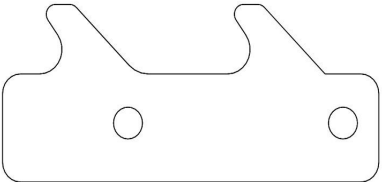
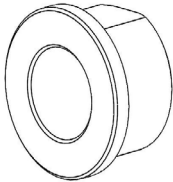
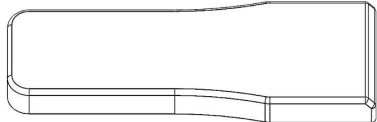
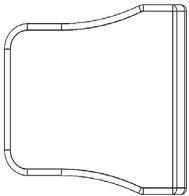


# PARTS LIST

## Parts list-1 (Individual packaging)


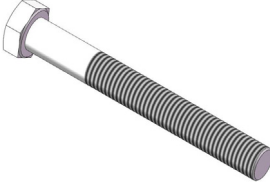

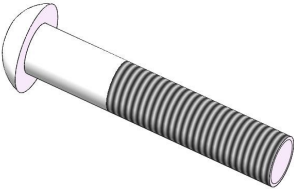
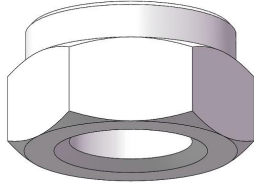
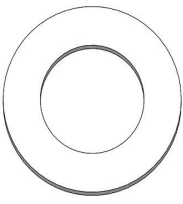
					
NO 1	Base welding group*1	NO 2	Tripod welding group*1	NO 3	Backrest support welding group*1
					
NO 4	Seat pad welding group*1	NO 5	Backrest support welding group*1	NO 6	Seat support welding group*1

## Parts list-2 (Individual packaging)

					
NO11	Aluminum T-type bolt*1	NO 12	Rear connecting plate*1	NO 13	Front adjustment plate*2
					
NO 14	Rear adjustment plate*2	NO 15	Metallurgical bush*6	NO 16	Large backrest*1
					
NO 17	Seat*1				

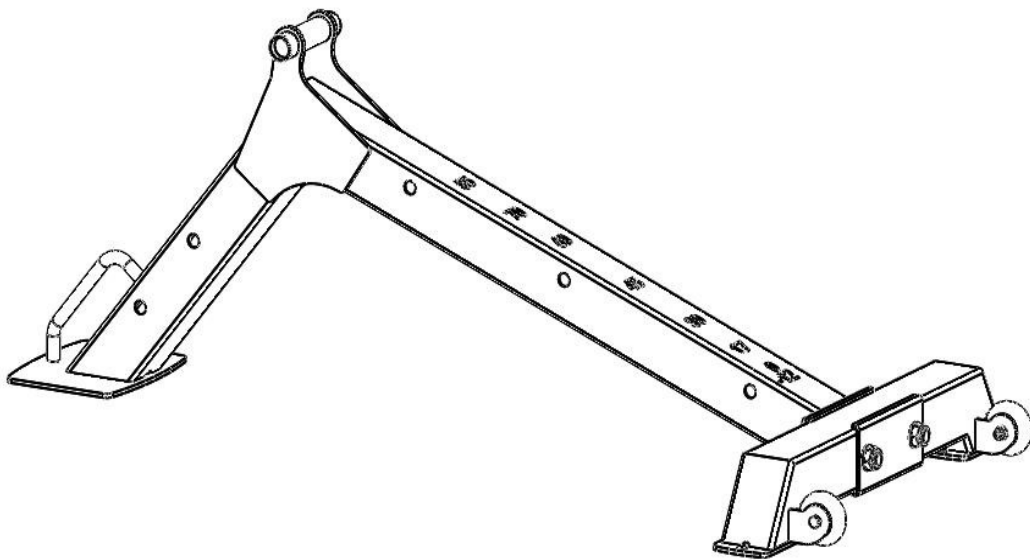
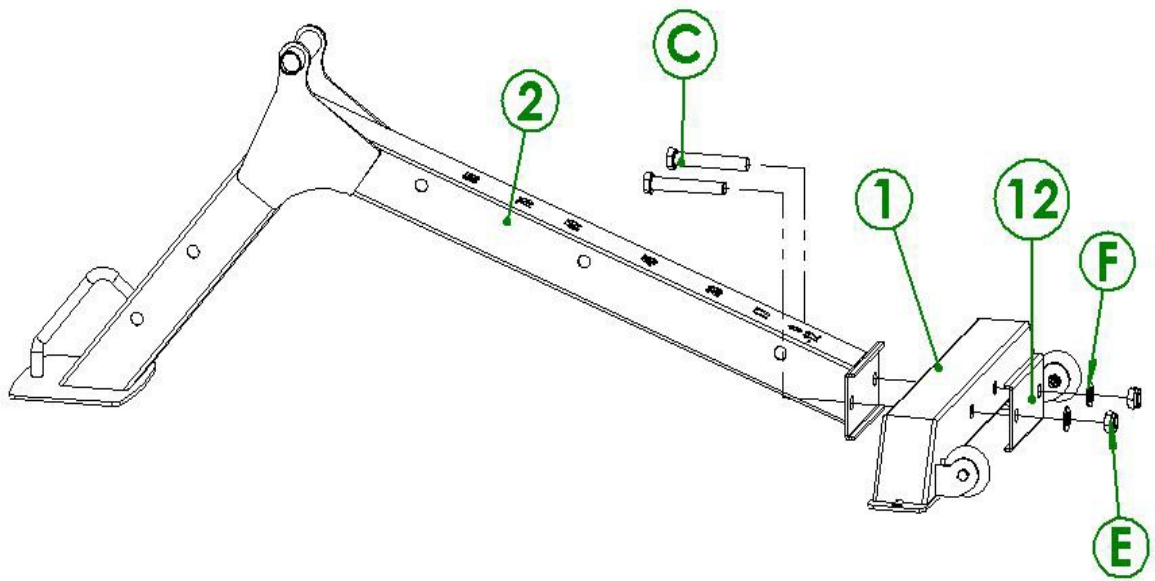
# PARTS LIST

## Plastic package screw schedule-5 (standard parts)

					
A	M16*180 Hexagon screw *2	B	M16*160 Hexagon screw *1	C	M16*100 Hexagon screw*7
					
D	M8*45 Hexagon socket flat head screws *10	E	M16 Locknut*10	F	Ø16 Gasket*12

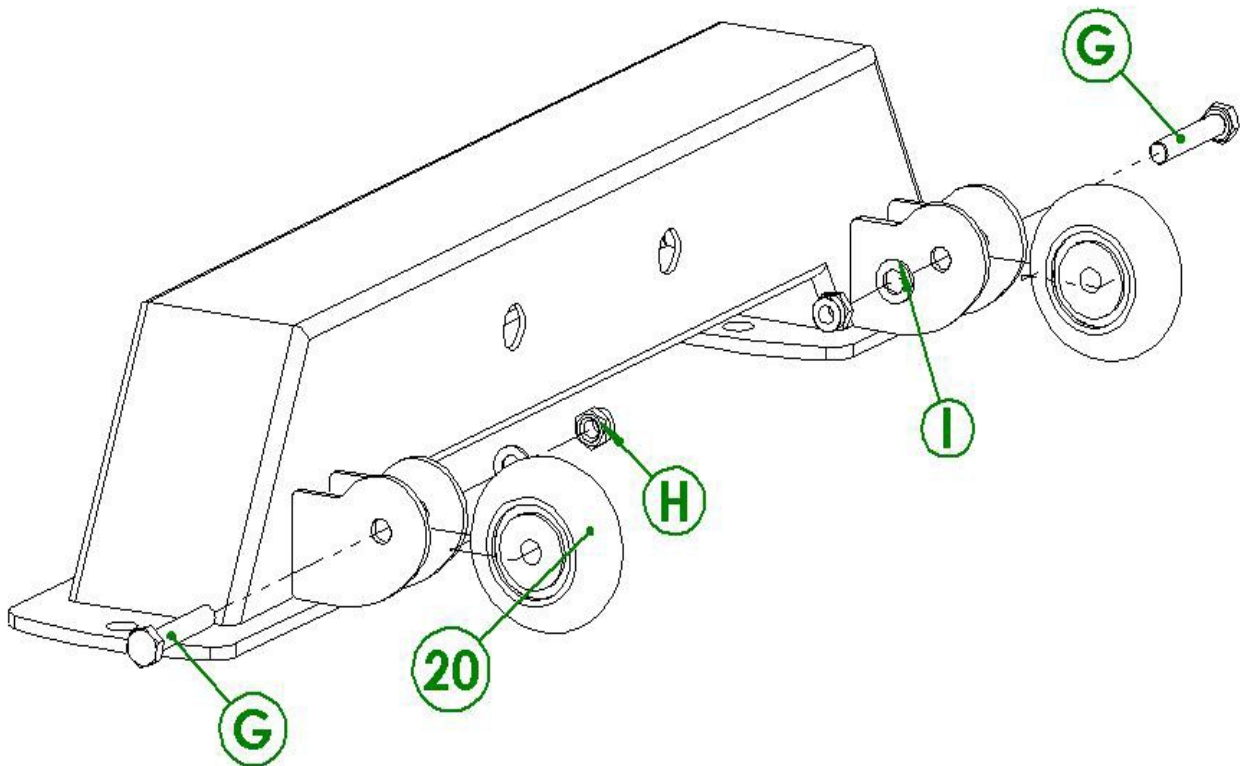
# ASSEMBLY STEPS

Step	Number	Name	Quantity	Number	name	Quantity
1	NO 1	Base welding group	1	F	Ø16 Gasket	2
	NO 2	Tripod welding group	1	E	M16 Locknut	2
	NO 12	Rear connecting plate	1	C	M16*100 Hexagon screw	2



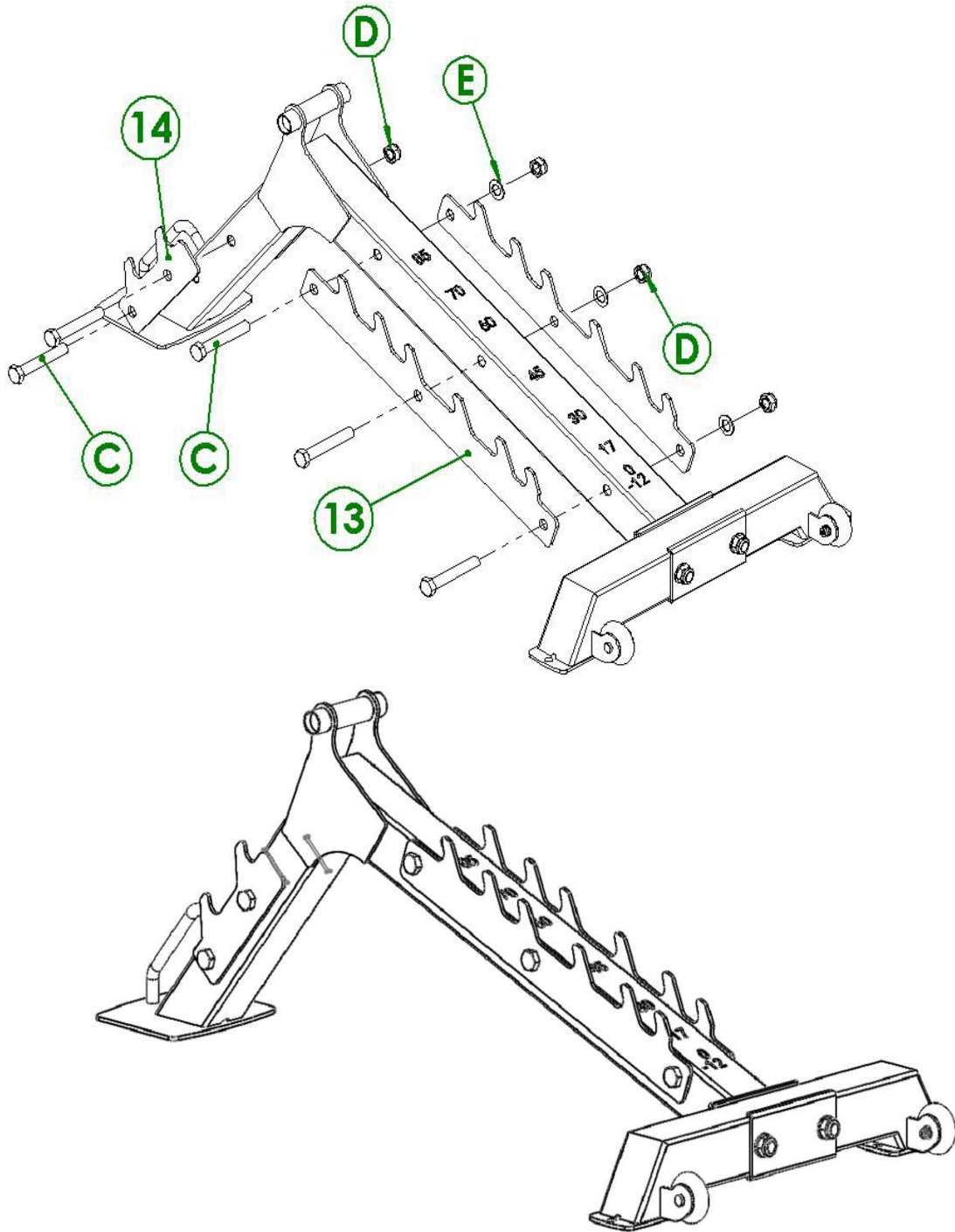
# ASSEMBLY STEPS

Step	Number	Name	Quantity	Number	name	Quantity
	NO 20	PU Wheel	2			
	G	M8*40 Hexagon screw	2			
	H	M8 Locknut	2			
	I	Ø8 Gasket	2			



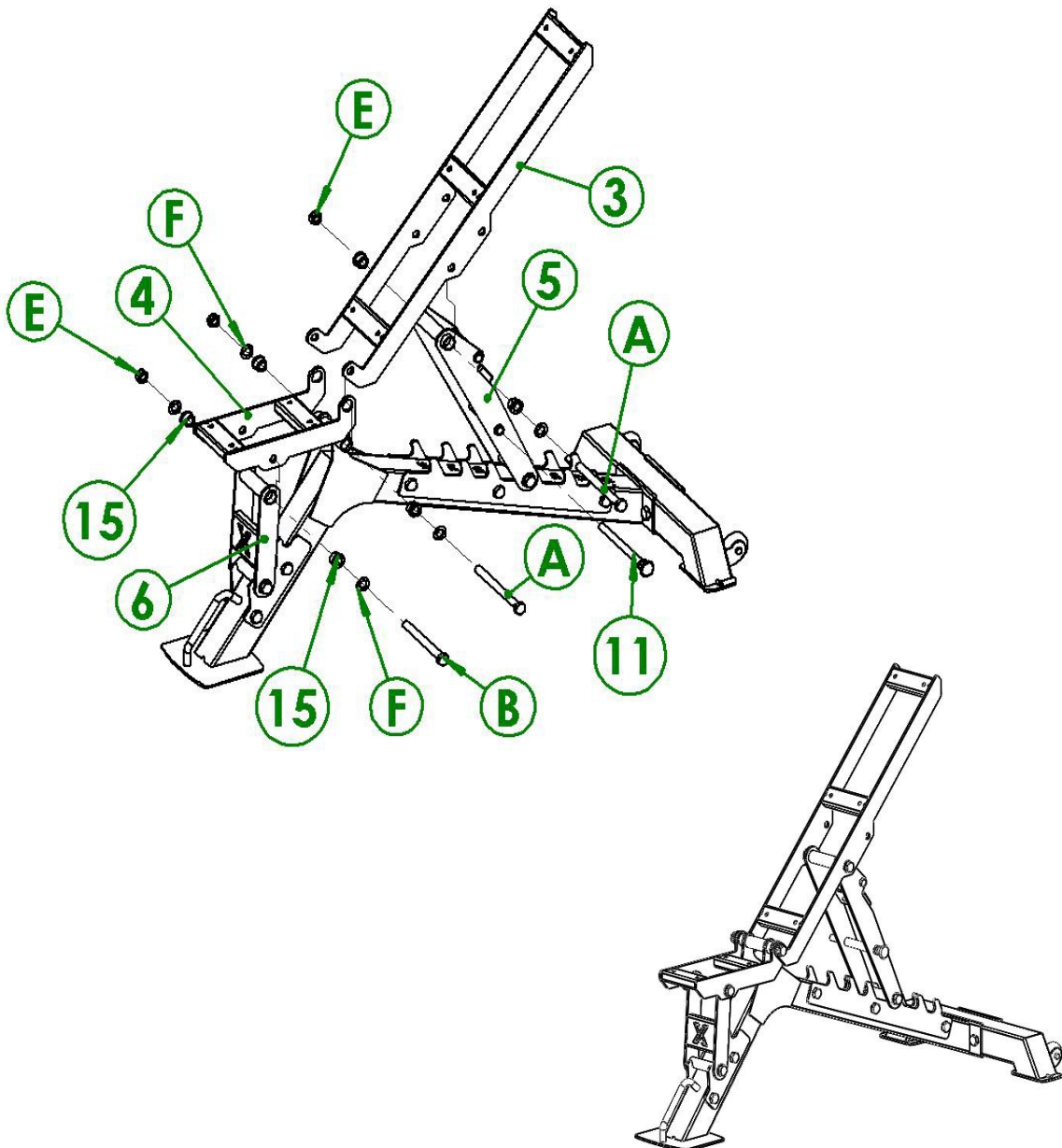
# ASSEMBLY STEPS

Step	Number	Name	Quantity	Number	name	Quantity
2	NO 13	Front adjustment plate	2	F	Ø16 Gasket	5
	NO 14	Rear adjustment plate	2	E	M16 Locknut	5
	C	M16*100 Hexagon screw	5			



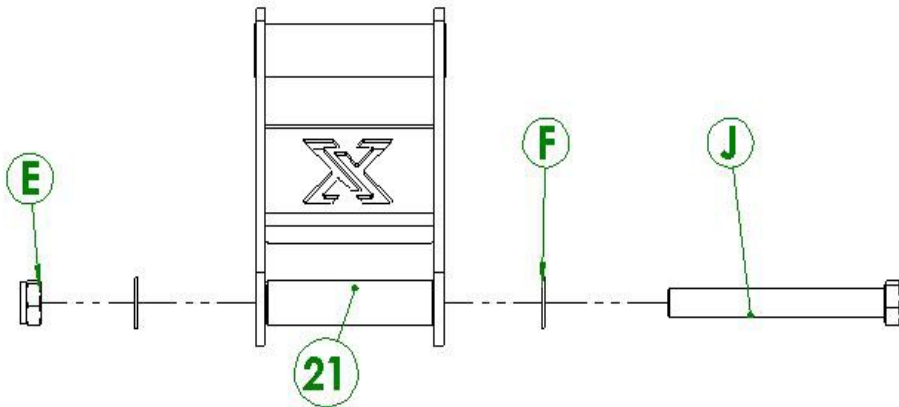
# ASSEMBLY STEPS

Step	Number	Name	Quantity	Number	name	Quantity
3	NO 11	Aluminum T-type bolt	1	NO 4	Seat pad welding group	1
	NO 15	Metallurgical bush	6	A	M16*180 Hexagon screw	2
	NO 5	Backrest support welding group	1	B	M16*160 Hexagon screw	1
	NO 6	Seat support welding group	1	E	M16 Locknut	3
	NO 3	Backrest support welding group	1	F	Ø16 Gasket	6



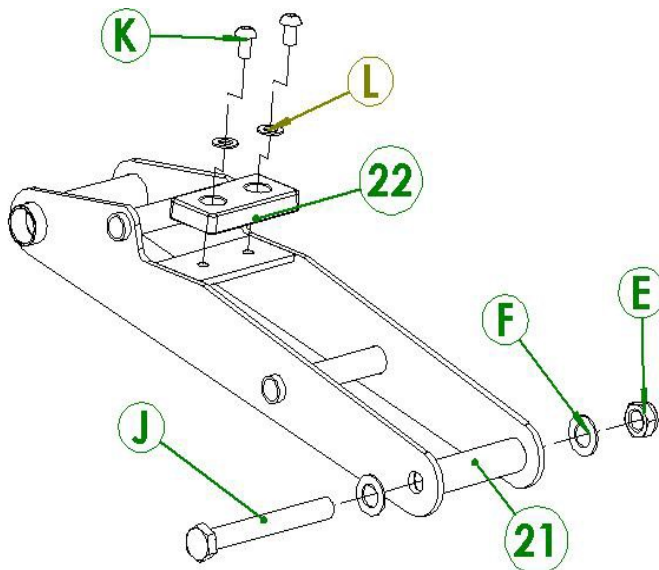
### NO 6 Seat support welding group\*1

Step	Number	Name	Quantity	Number	name	Quantity
	NO 21	Limit rod	1			
	J	M16*135 Hexagon screw	1			
	E	M16 Locknut	1			
	F	Ø16 Gasket	2			



### NO 5 Backrest support welding group\*1

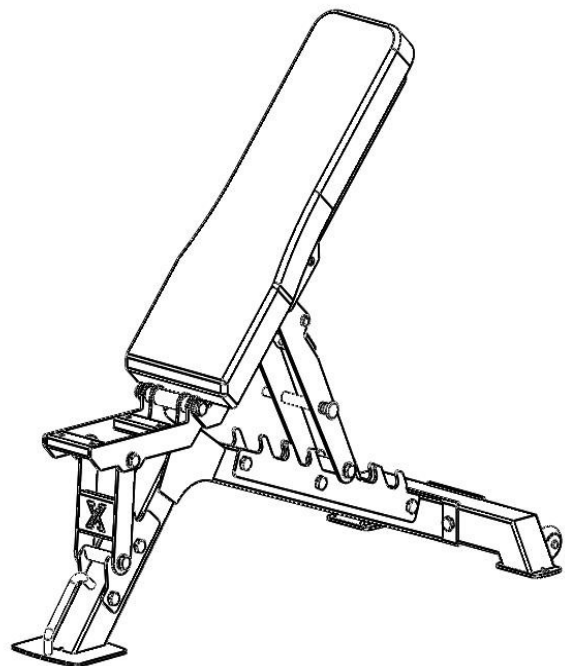
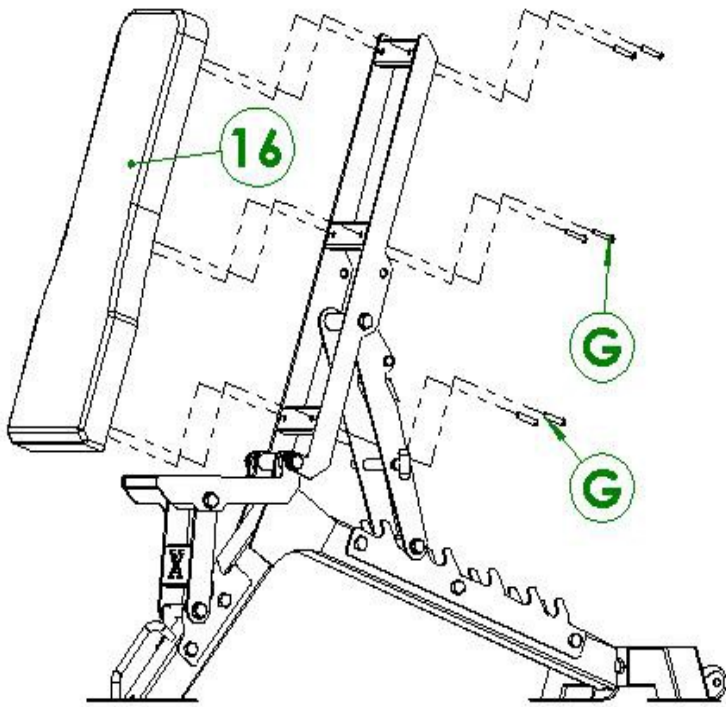
Step	Number	Name	Quantity	Number	name	Quantity
	NO 21	Limit rod	1	L	Φ10 Gasket	2
	NO 22	Damping washer	1	F	Φ16 Gasket	2
	J	M16*135 Hexagon screw	1	E	M16 Locknut	1
	K	M10*16 Hexagon socket flat head screws	2			





# ASSEMBLY STEPS

Step	Number	Name	Quantity	Number	name	Quantity
4	NO 16	Large backrest	1			
	D	M8*45 Hexagon screw	6			



## ASSEMBLY STEPS

Step	Number	Name	Quantity	Number	name	Quantity
	NO 16	Large backrest	1			
	NO 17	Seat	1			
	D	M8*45 Hexagon screw	4			

