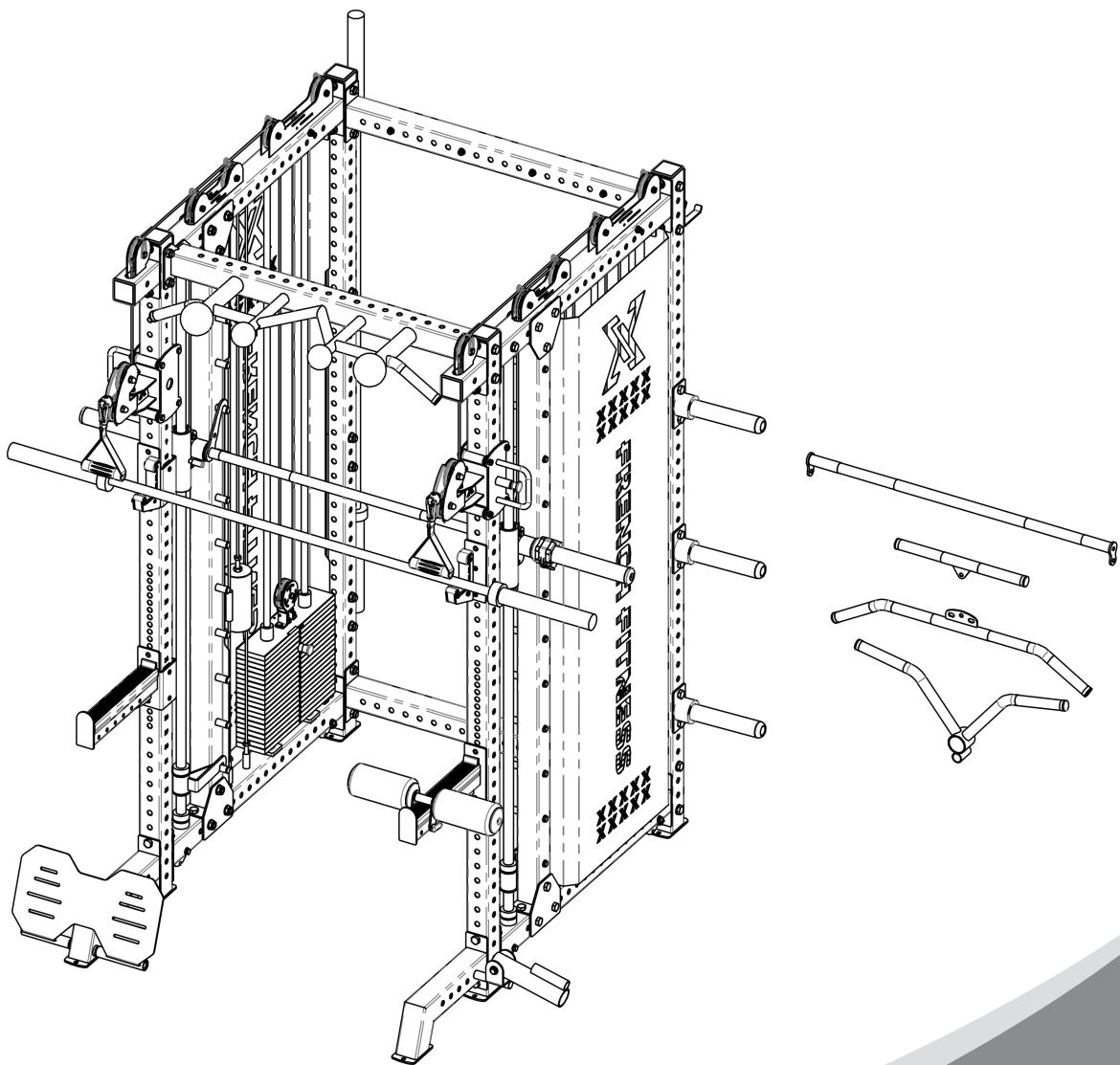


# FRENCH FITNESS

FF-FSR100-CB

Commercial Functional Smith Rack, Counter Balanced V2 (New)

## ASSEMBLY MANUAL



# WARRANTY

- Lifetime Parts and 1 Year Labor Warranty

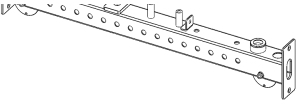

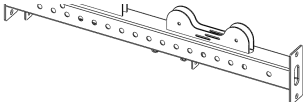
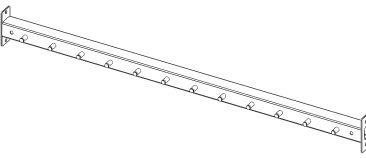
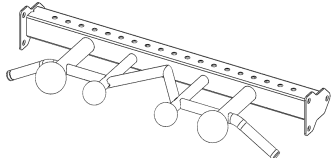
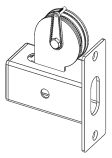
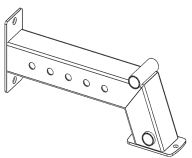
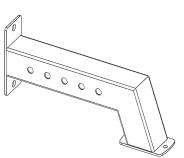
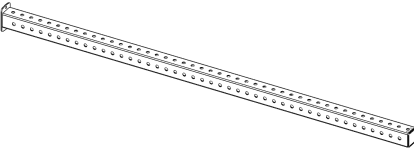
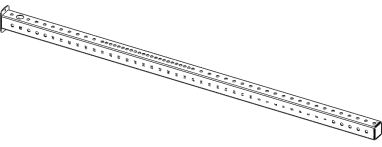
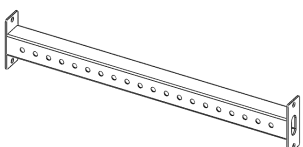
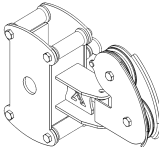
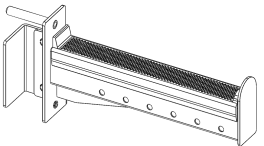
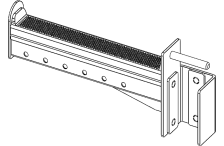
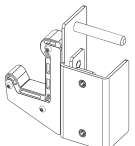
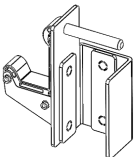
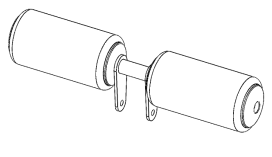
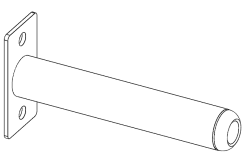
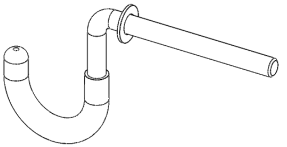
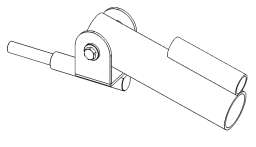
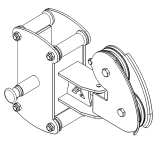
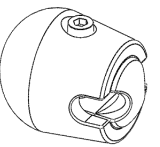
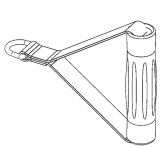
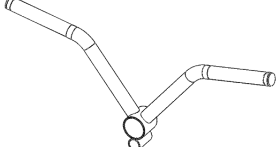
## 1.IMPORTANT SAFETY INSTRUCTIONS

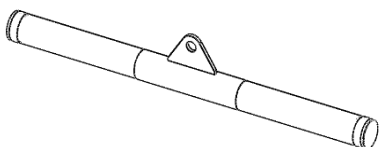
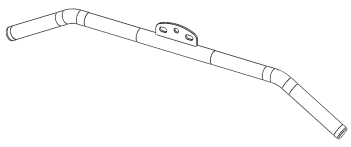
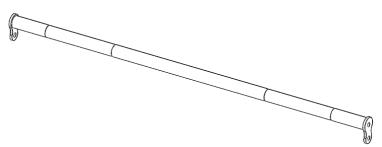
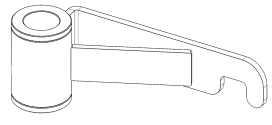
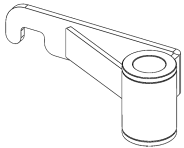
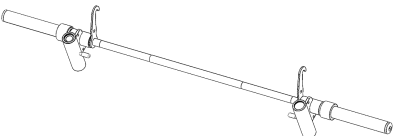
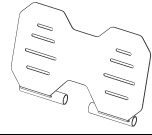
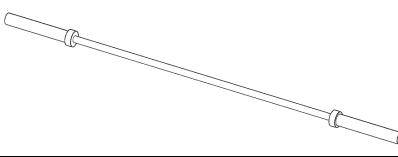
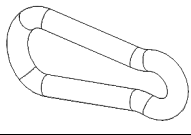
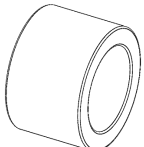
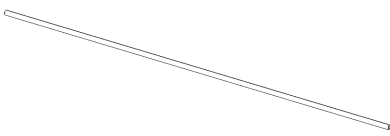
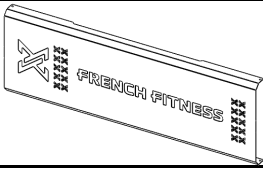
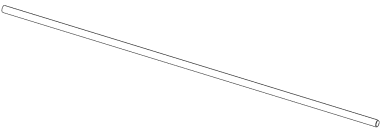
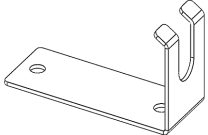
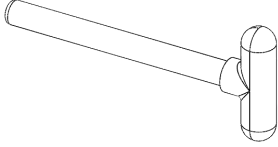
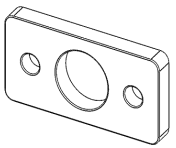
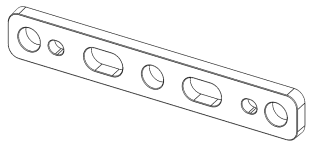
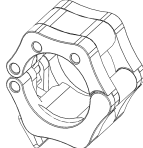
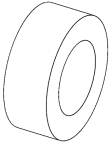
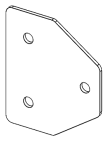
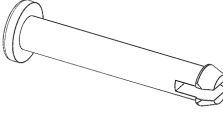
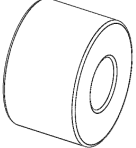
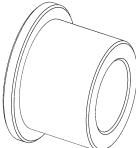
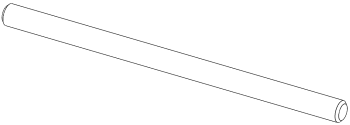
WARNING - Read all instructions before using this machine.

- Install the product on a flat level surface
  - Place your unit on a solid, level surface when in use
  - Never allow children on or near the machine.
  - Keep hands away from all moving parts.
  - Never drop or insert any object into any openings.
  - Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
  - Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
  - Only 1 person at a time should use the machine.
  - If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY
  - Do not use the machine near water or outdoors.
  - Keep hands away from all moving parts.
  - 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.
  - Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
  - Do not place any sharp objects around the machine.
  - Disabled person should not use the machine without a qualified person or physician in attendance.
- 
- Never operate the machine if the machine is not functioning properly.
  - A spotter is recommended during exercise.

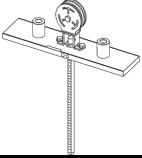
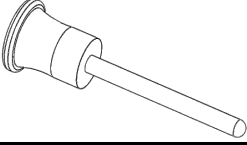
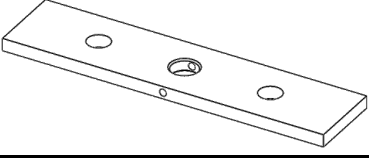
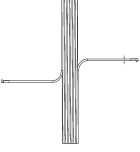
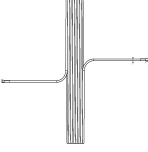
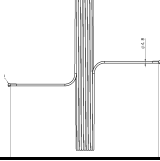
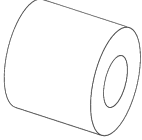
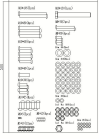


## Accessories list (individual packaging)



		
1	2	3
		
4	5	6
		
7	8	9
		
10	11	12
		
13	14	15
		
16	17	18
		
19	20	21
		
22	23	24


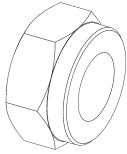
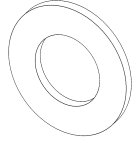
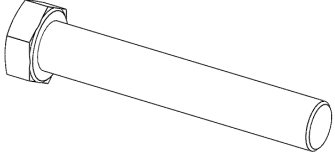
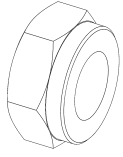
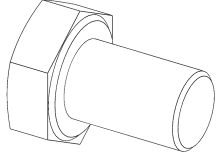
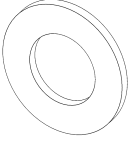
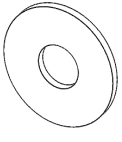
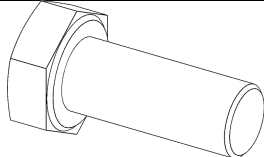
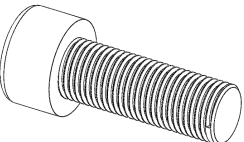
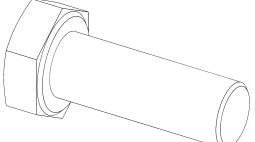
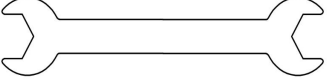
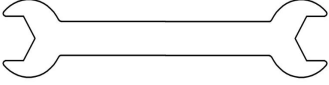

		
25	26	27
		
28	29	30
		
31	32	33
		
34	35	36
		
37	38	39
		
40	41	42
		
43	44	45
		
46	47	48



		
49	50	51
		
53	54	55
		
56	57	58
		
59		

Model	Name	QTY
1	weight stack bottom tube welding assembly	2
2	weight stack assembly	2
3	top weight stack welding group	2
4	Hook column riser welding group	2
5	Front connection welding group	1
6	Upper pulley block	2
7	Front bend pipe welding group	1
8	Front bend pipe welding group	1
9	Rear riser welding group	2
10	Front pillar welding group	2
11	Lower connection welding group	2
12	right butterfly slide set	1
13	Left safety frame group	1
14	Right safety frame group	1
15	Hook welding group left	1
16	Hook welding group right	1
17	Pressure leg welding group	1
18	Hanging rod welding group	6
19	Hook weldment	4
20	Bottom weight holder assmemy	1
21	left butterfly slide set	1
22	cable head	2
23	low row bar	2
24	Pull welding group	1
25	Low row welding group	1
26	lat pulldown welding group	1
27	Push rod welding group	1
28	Smith Insurance Group left	1
29	Smith Insurance Group Right	1
30	Push rod assembly	1
31	Pedal set	1
32	Olympic bar 2.2m	2
33	Carabiner Clip	6
34	jacket	6
35	guide rod	4
36	Large guard plate	2
37	Smith optical axis	2
38	Olympic pole lock plate	2
39	T-shaped pin 100mm	1
40	Optical axis fixed seat	2
41	Optical axis fixing plate	2
42	barbell card holder	2
43	056 guide rod pad	4
44	Decorative board 2	8
45	Card rope pin (ABS)	8
46	Rubber mat	4
47	Pulley limit sleeve	8
48	φ25x430L fixed shaft	2
49	Top weight stack group	2
50	New pin	2
51	Long weight stack	38
53	Cable A (9890)	2
54	Cable B (2400)	2
55	Balance weight optical axis guide column	4
56	Shock pad	4
57	Blister package	1
58	Manuals	1
59	Three-head press rope	1

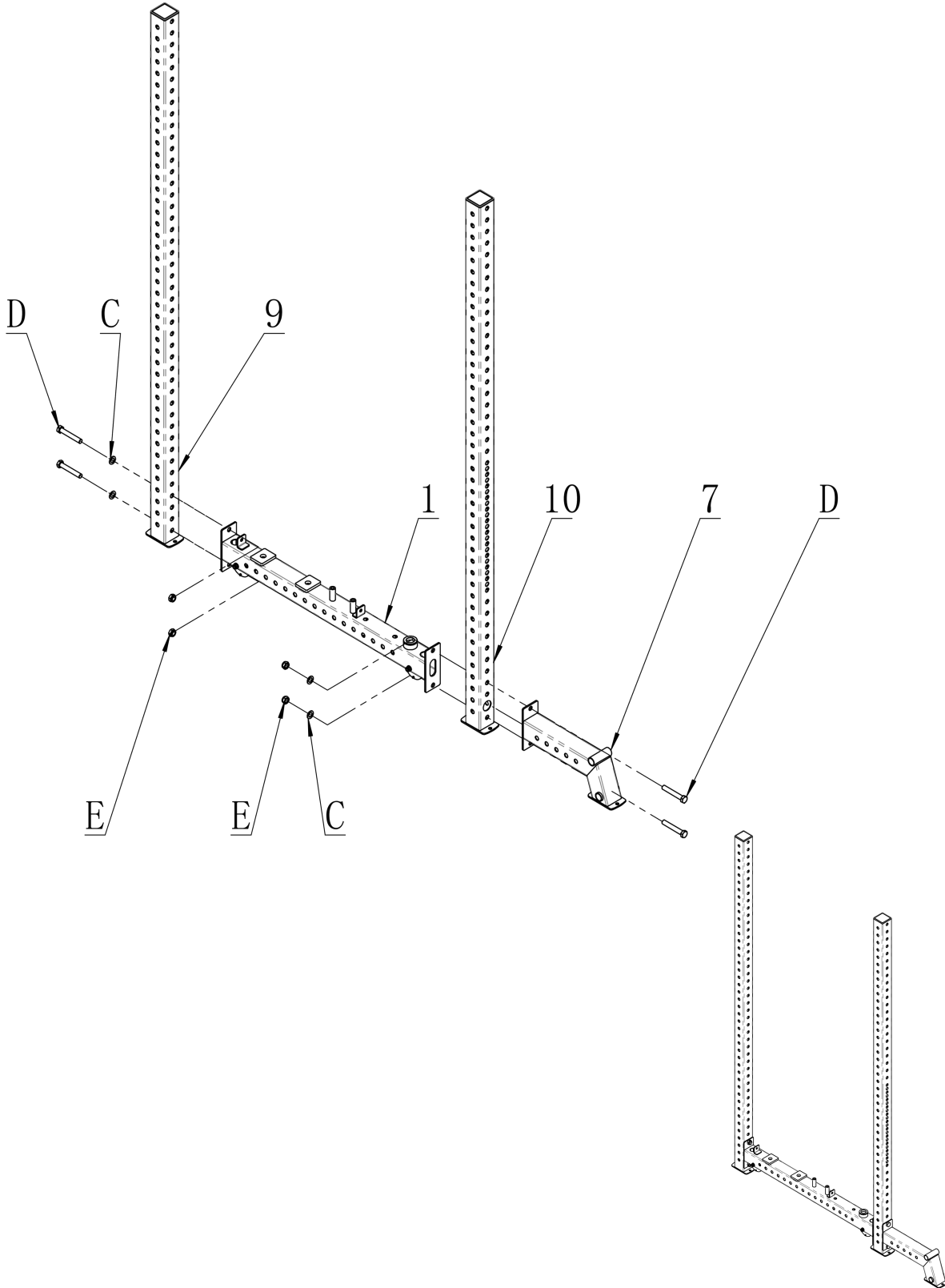
## Blister Pack Screw List

		
A	B	C
		
D	E	F
		
G	H	K
		
L	M	N
		
P	Q	

Model	Name	QTY
A	4mm Allen wrench	1
B	M10 lock nut	16
C	Flat washer Φ16	62
D	External hexagonal screw M16X100	58
E	Lock nut M16	58
F	External hexagonal screw M10X16	9
G	Φ10 flat washer	12
H	Small hole big pad Φ30XΦ11X2	1
K	External hexagonal screw M10X25	2
L	Cylindrical head screw M16x30	4
M	External hexagonal screws (galvanized) M10X30	10
N	No. 14--No. 17wrench	2
P	No. 22--No. 24 wrench	2
Q	6mm Allen wrench	1

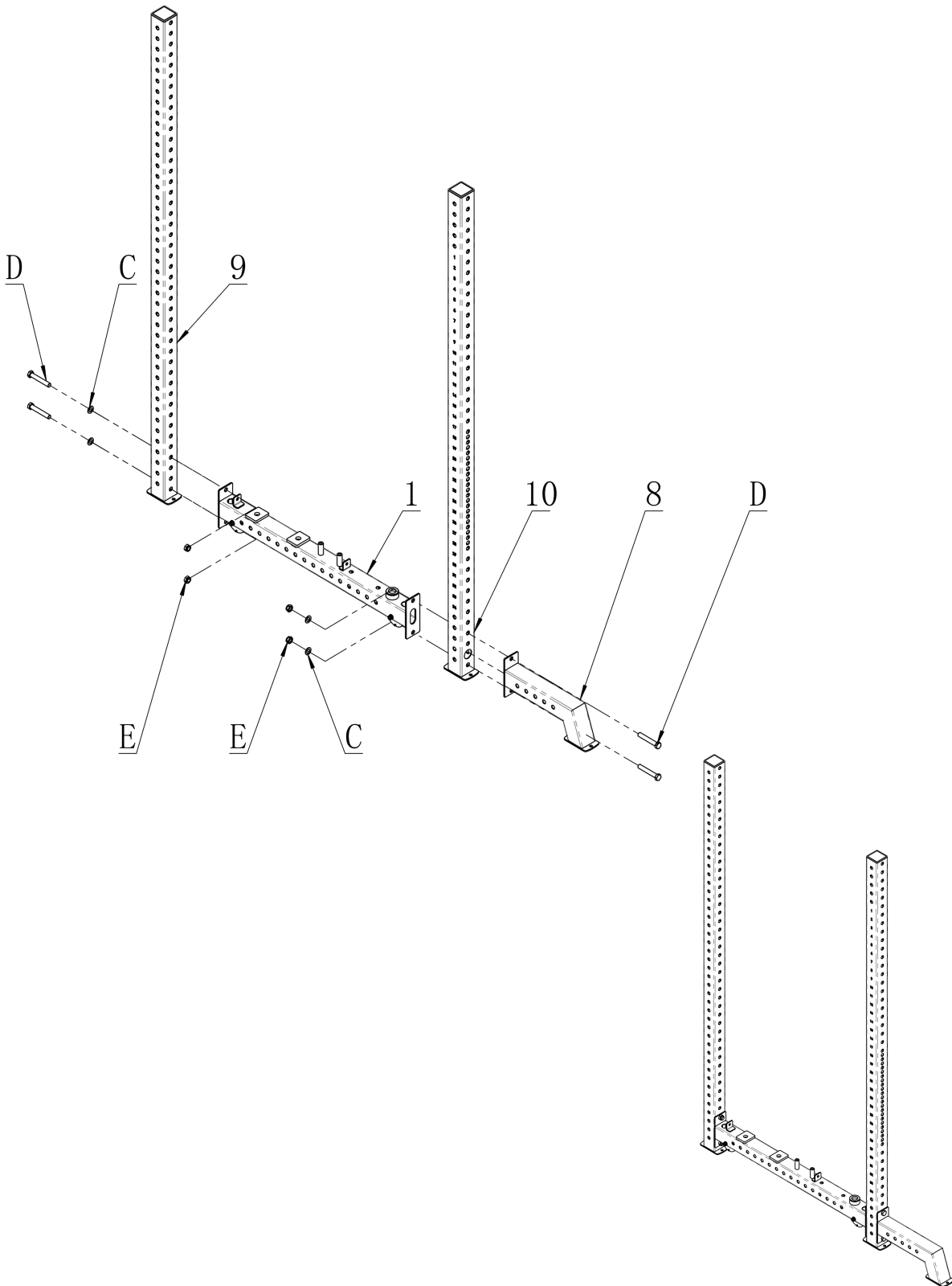
# Assembly Steps

Steps	Model No.	Name	QTY
1	1	weight stack bottom tube welding assembly	1
	7	Front bend pipe welding group	1
	9	Rear riser welding group	1
	10	Front pillar welding group	1
	C	Flat washer $\Phi 16$	4
	D	External hexagonal screw M16X100	4
	E	Lock nut M16	4



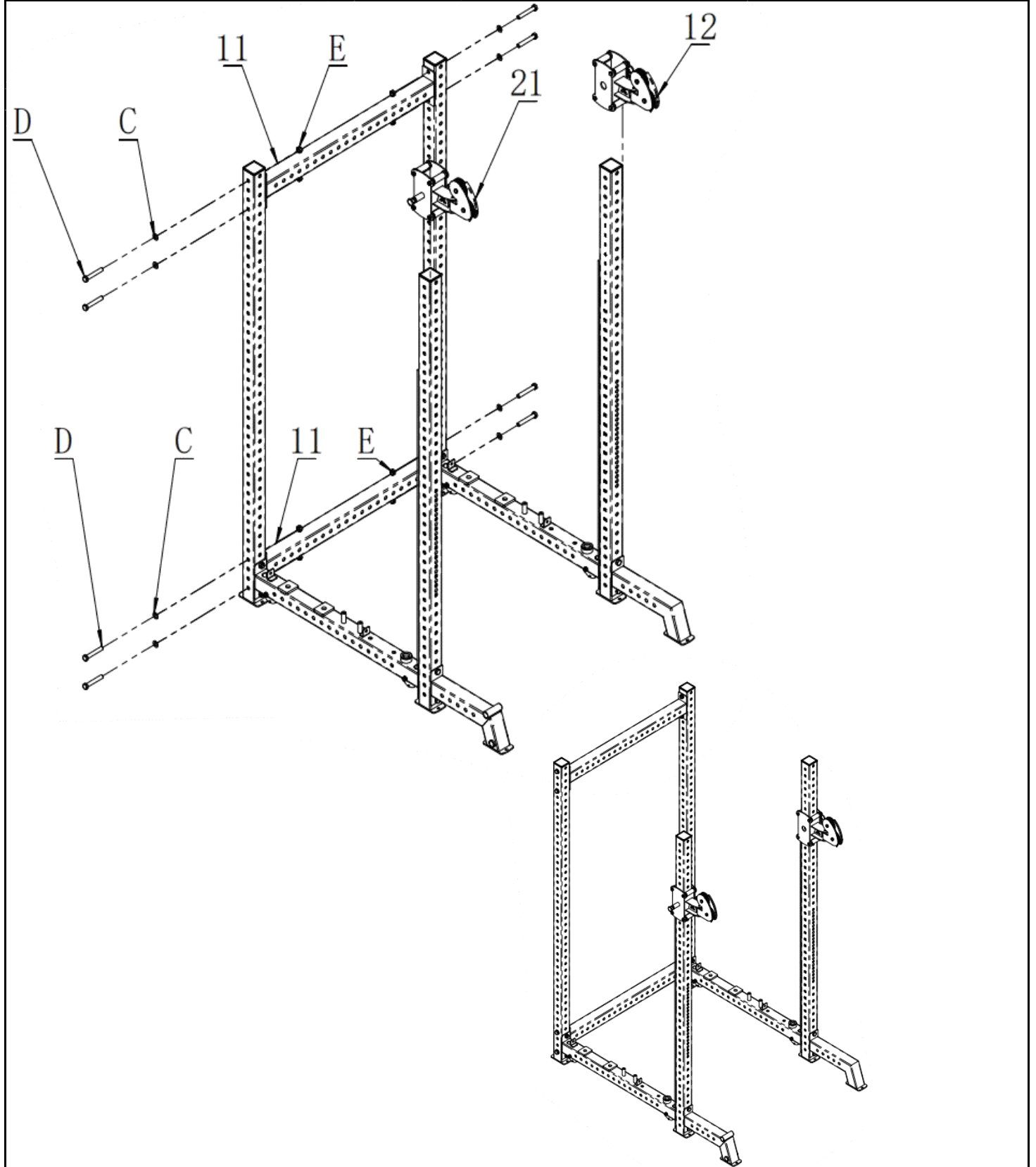
# Assembly Steps

Steps	No.	Name	Qty
2	1	weight stack bottom tube welding assembly	1
	8	Front bend pipe welding group	1
	9	Rear riser welding group	1
	10	Front pillar welding group	1
	C	Flat washer $\Phi 16$	4
	D	External hexagonal screw M16X100	4
	E	Lock nut M16	4



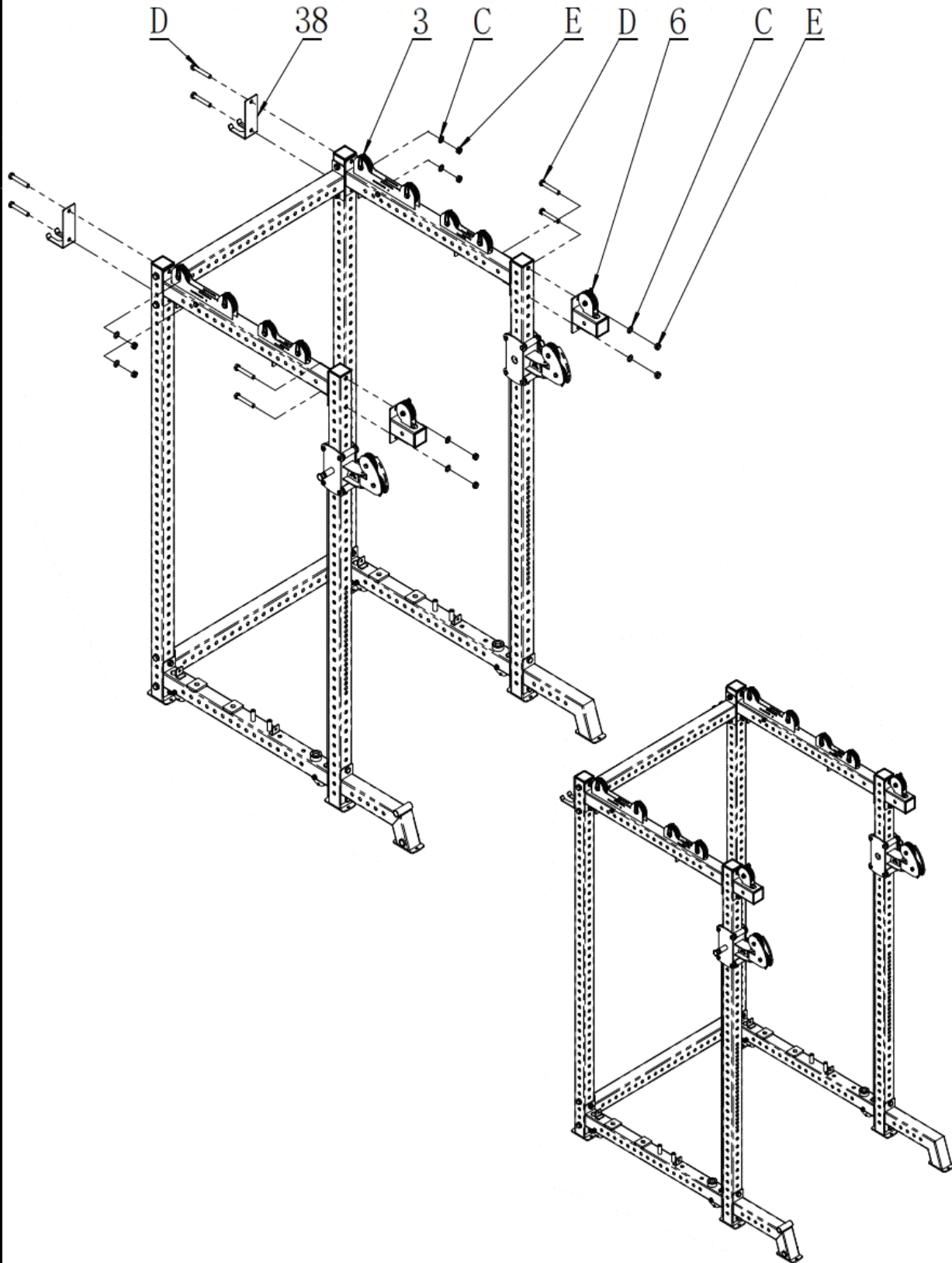
# Assembly Steps

Steps	No.	Name	Qty
<b>3</b>	11	Lower connection welding group	2
	12	right butterfly slide set	1
	21	left butterfly slide set	1
	C	Flat washer $\Phi 16$	8
	D	External hexagonal screw M16X100	8
	E	Lock nut M16	8



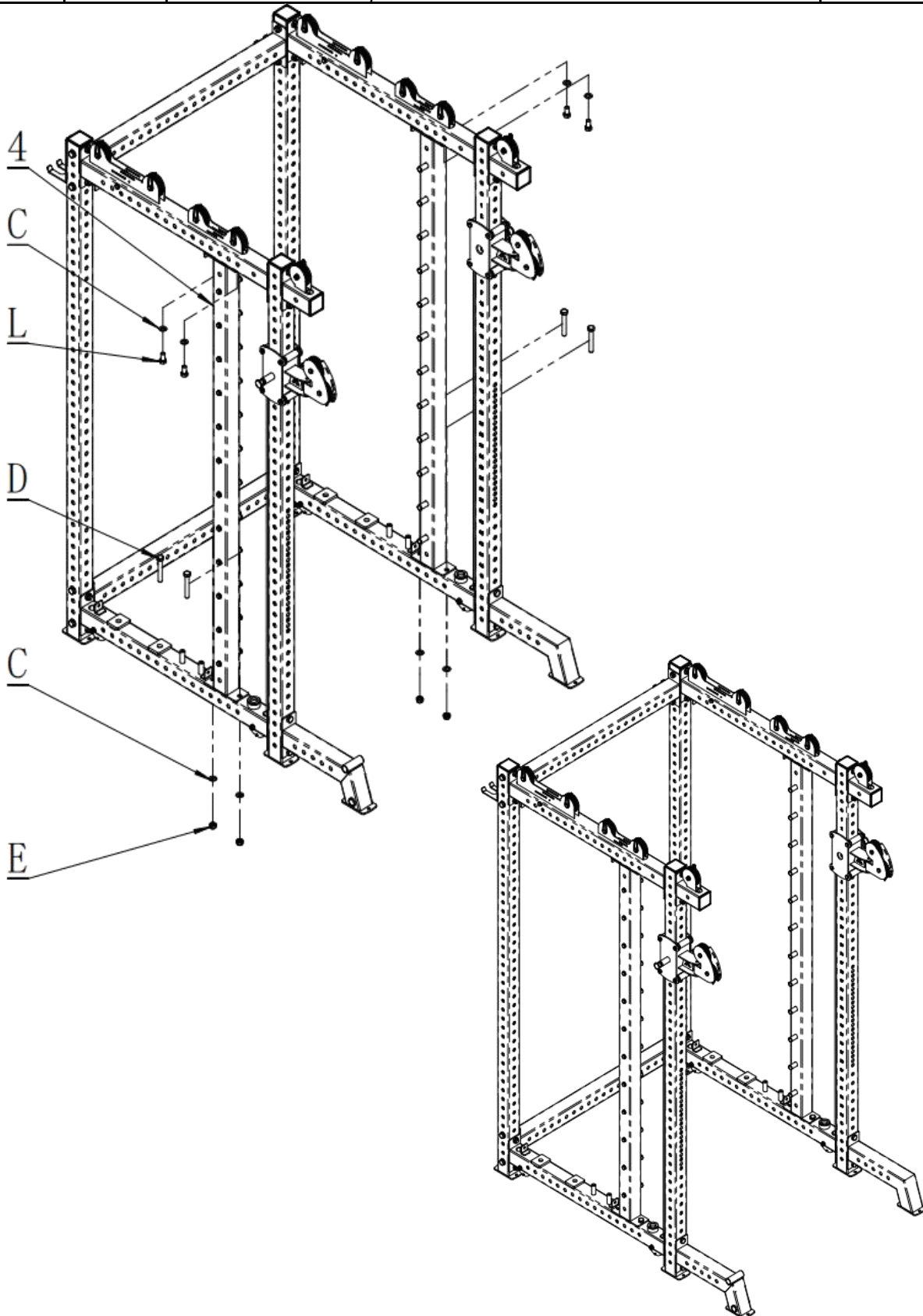
# Assembly Steps

Steps	No.	Name	Qty
4	3	top weight satch welding group	2
	6	Upper pulley block	2
	38	Olympic pole lock plate	2
	C	Flat washer $\Phi 16$	8
	D	External hexagonal screw M16X100	8
	E	Lock nut M16	8



# Assembly Steps

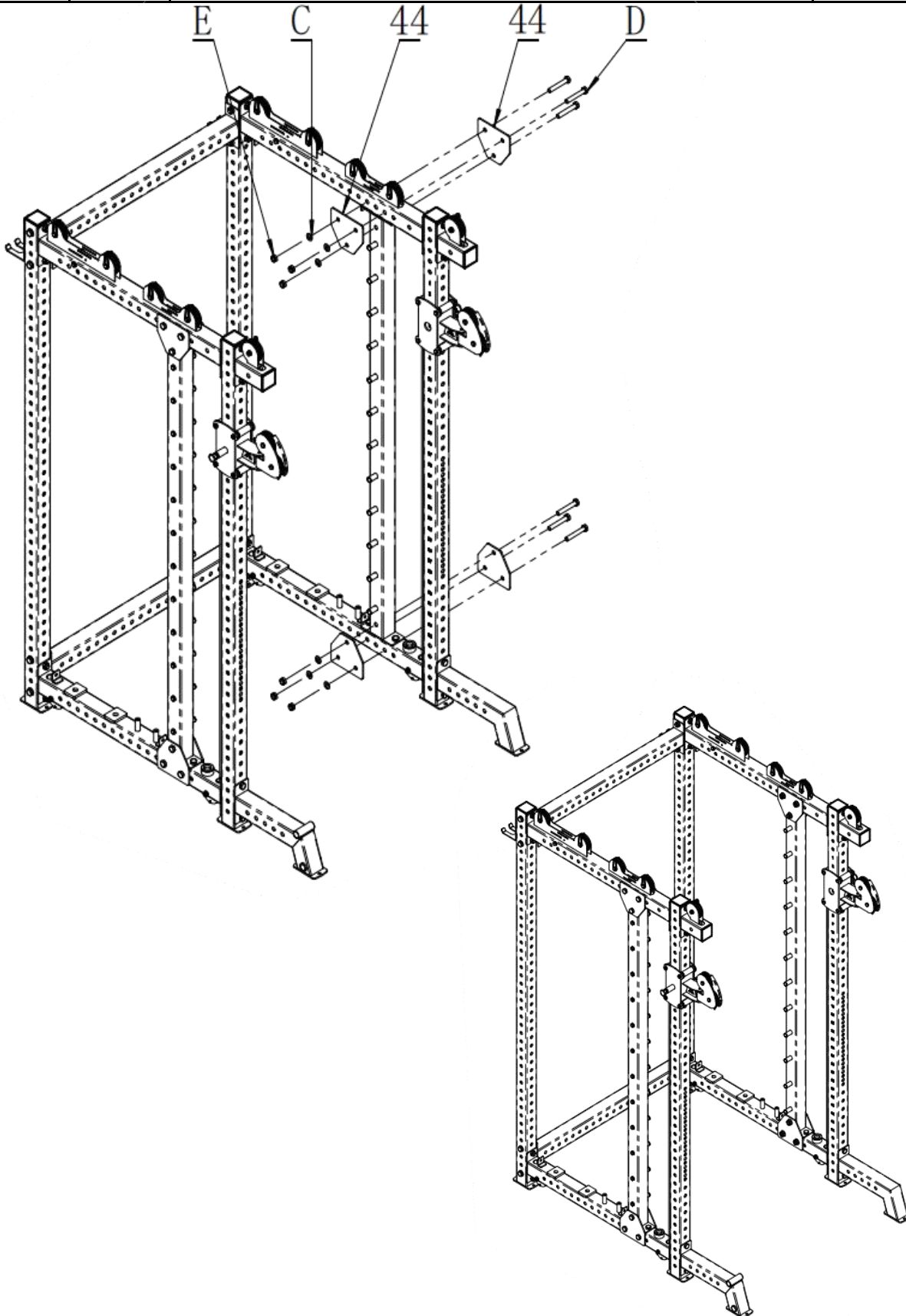
Steps	No.	Name	Qty
5	4	Hook column riser welding group	2
	C	Flat washer $\Phi 16$	8
	D	External hexagonal screw M16X100	4
	E	Lock nut M16	4
	L	Cylindrical head screw M16x30	4





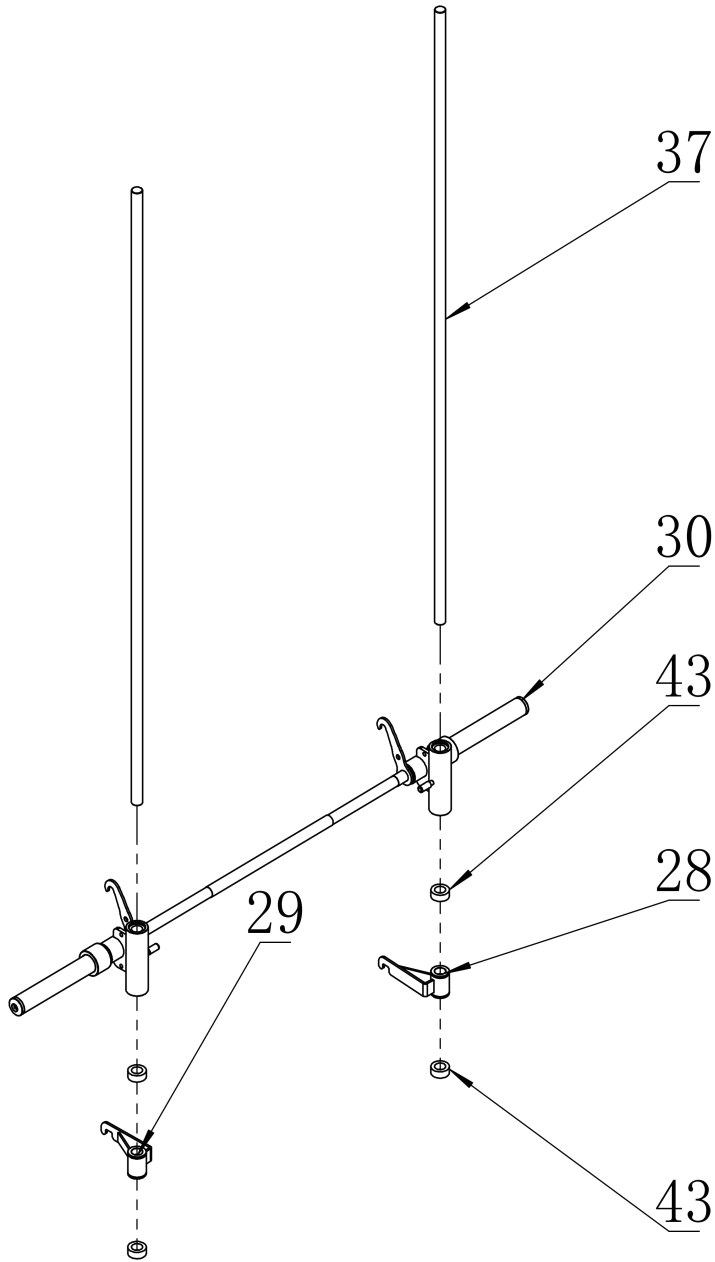
# Assembly Steps

Steps	No.	Name	Qty
6	44	Decorative board 2	8
	C	Flat washer $\Phi 16$	12
	D	External hexagonal screw M16X100	12
	E	Lock nut M16	12



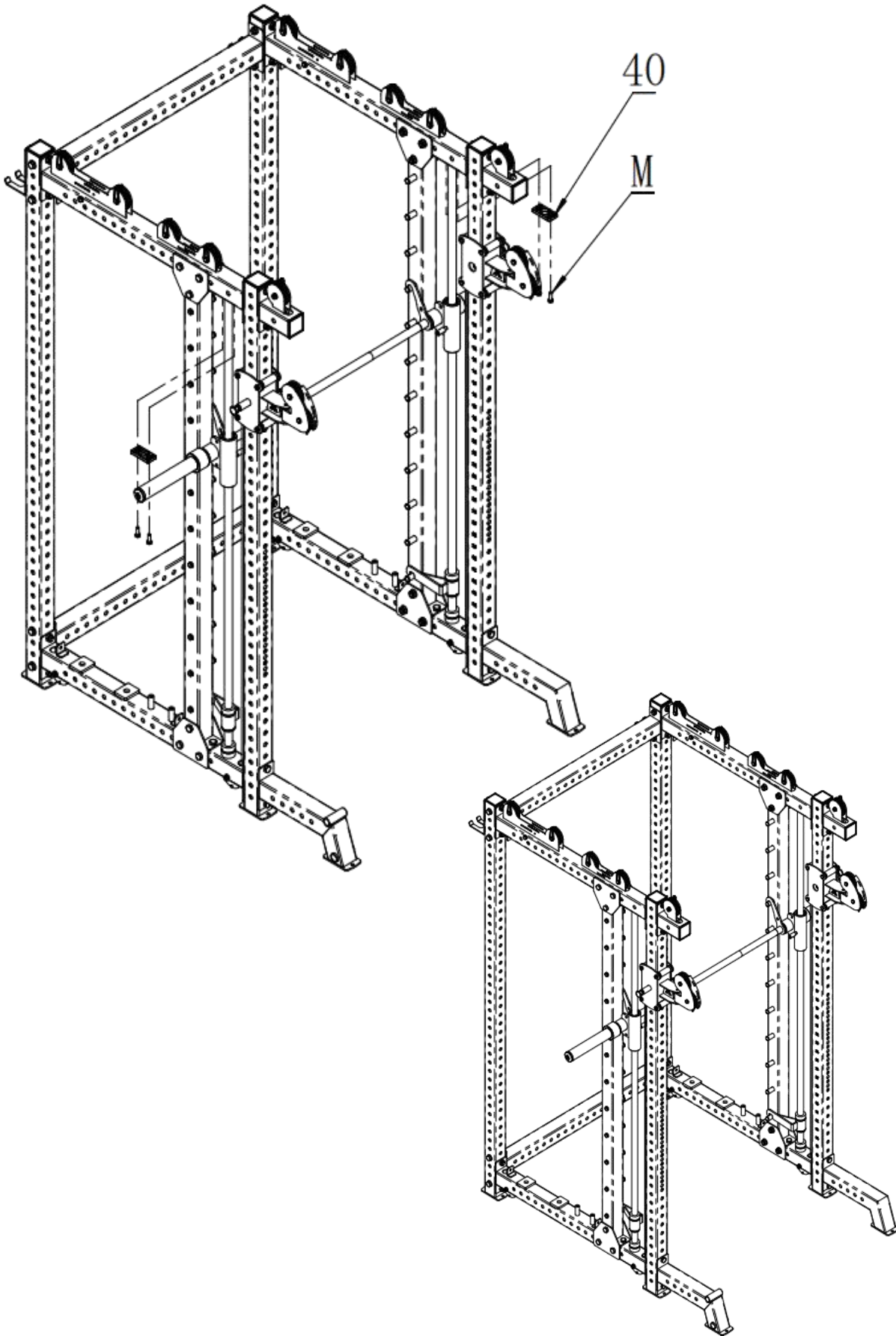
# Assembly Steps

Steps	No.	Name	Qty
7	28	Smith Insurance Group left	1
	29	Smith Insurance Group right	1
	30	Push rod assembly	1
	37	Smith optical axis	2
	43	056 guide rod pad	4



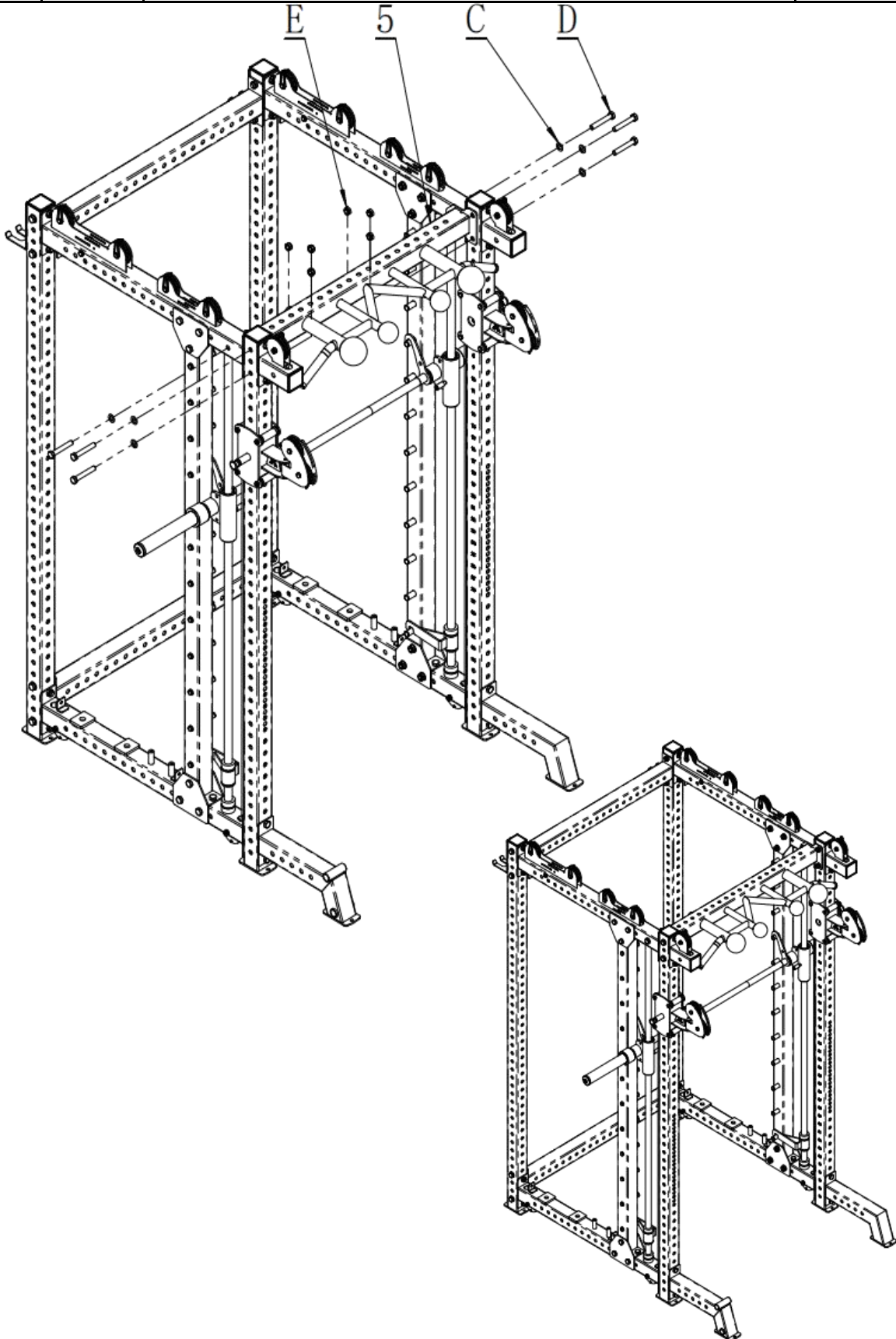
# Assembly Steps

Steps	No.	Name	Qty
8	40	optical axis holder	2
	M	External hexagonal screw M10X30	4



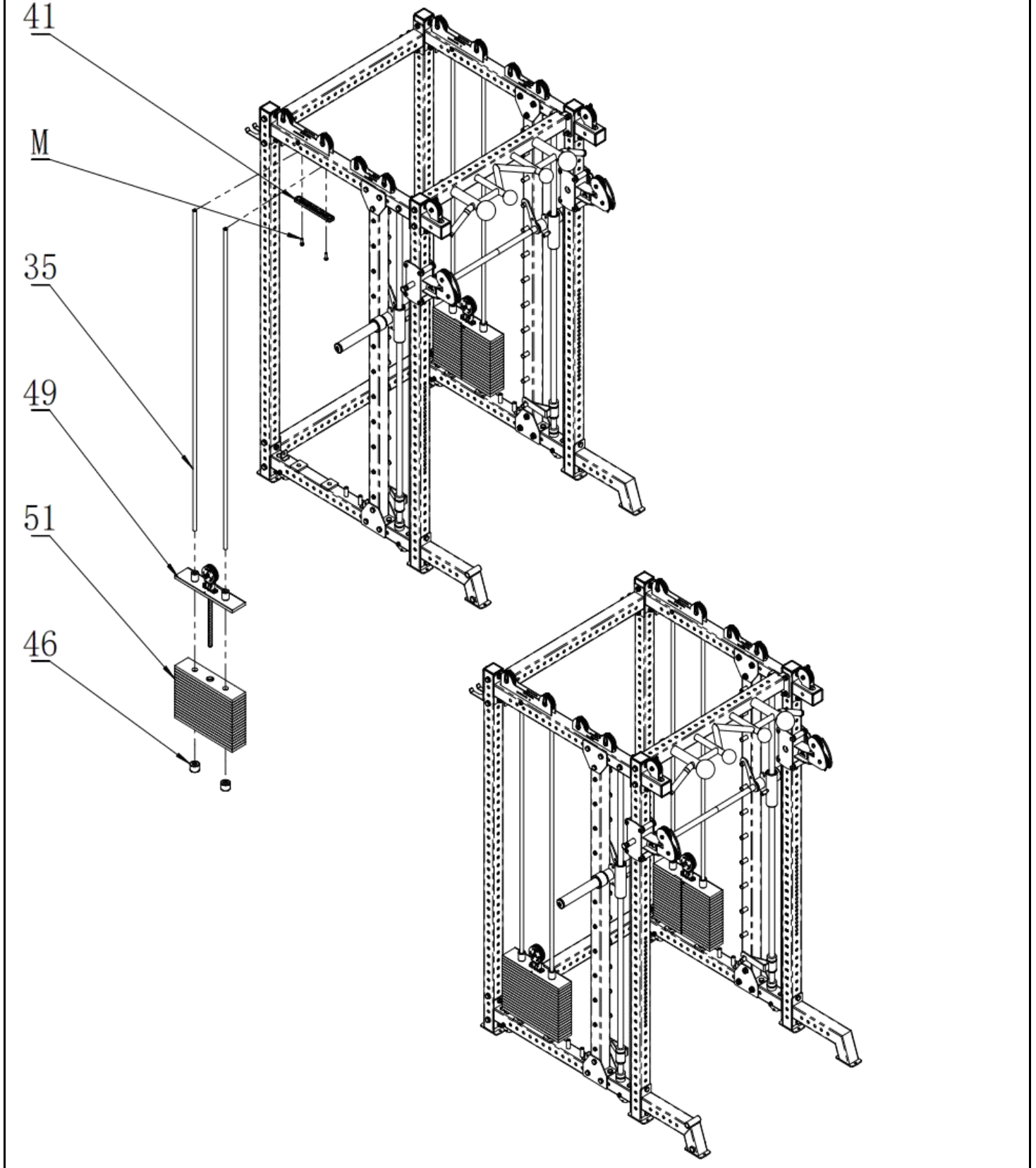
# Assembly Steps

Steps	No.	Name	Qty
9	5	Front connection welding group	1
	C	Flat washer $\Phi 16$	6
	D	External hexagonal screw M16X100	6
	E	Lock nut M16	6



# Assembly Steps

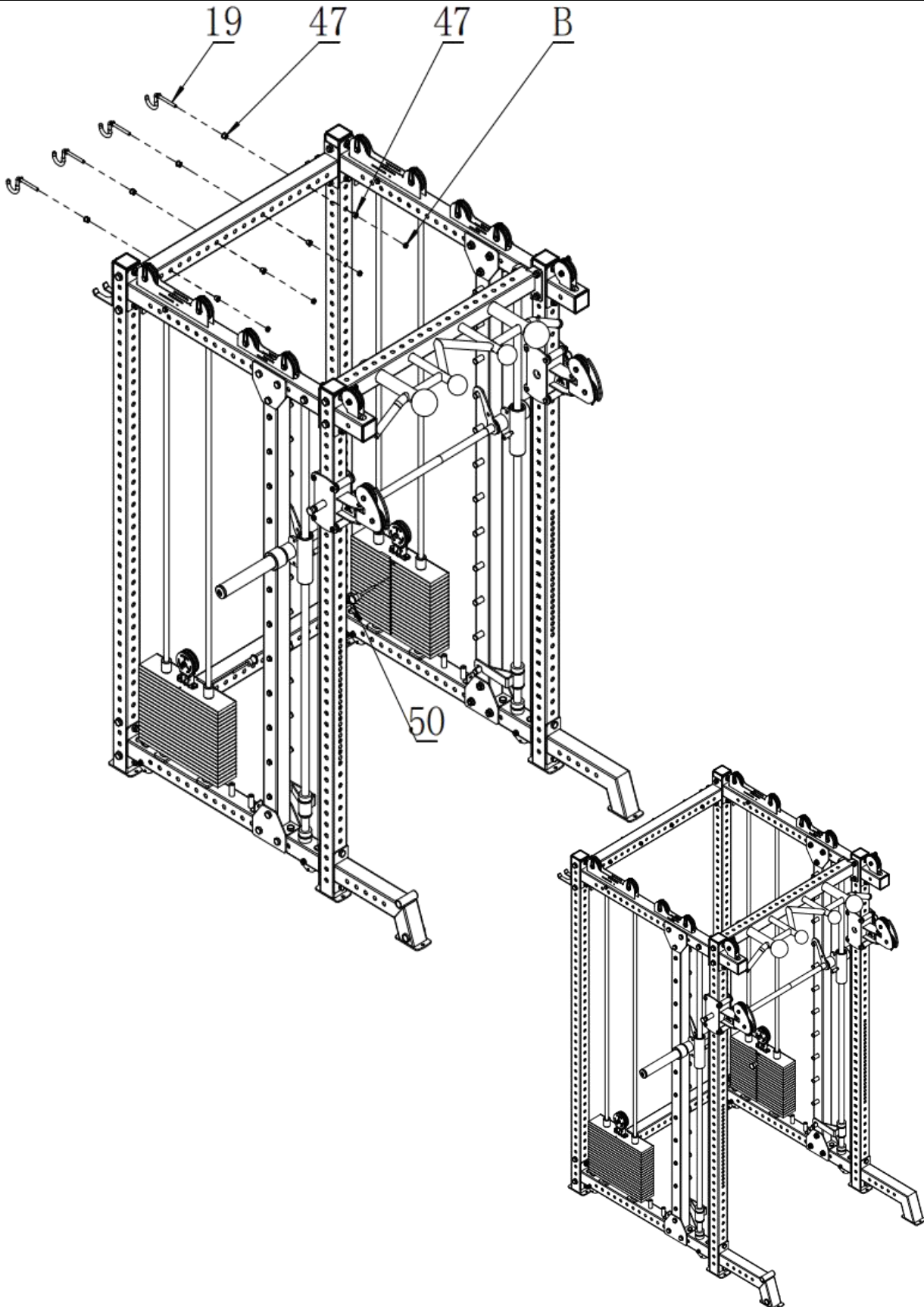
Steps	No.	Name	Qty
10	35	guide rod	4
	41	Optical axis fixing plate	2
	46	rubber pad	4
	49	Top weight stack group	2
	51	weight stack	38
	M	External hexagonal screw M10X30	4





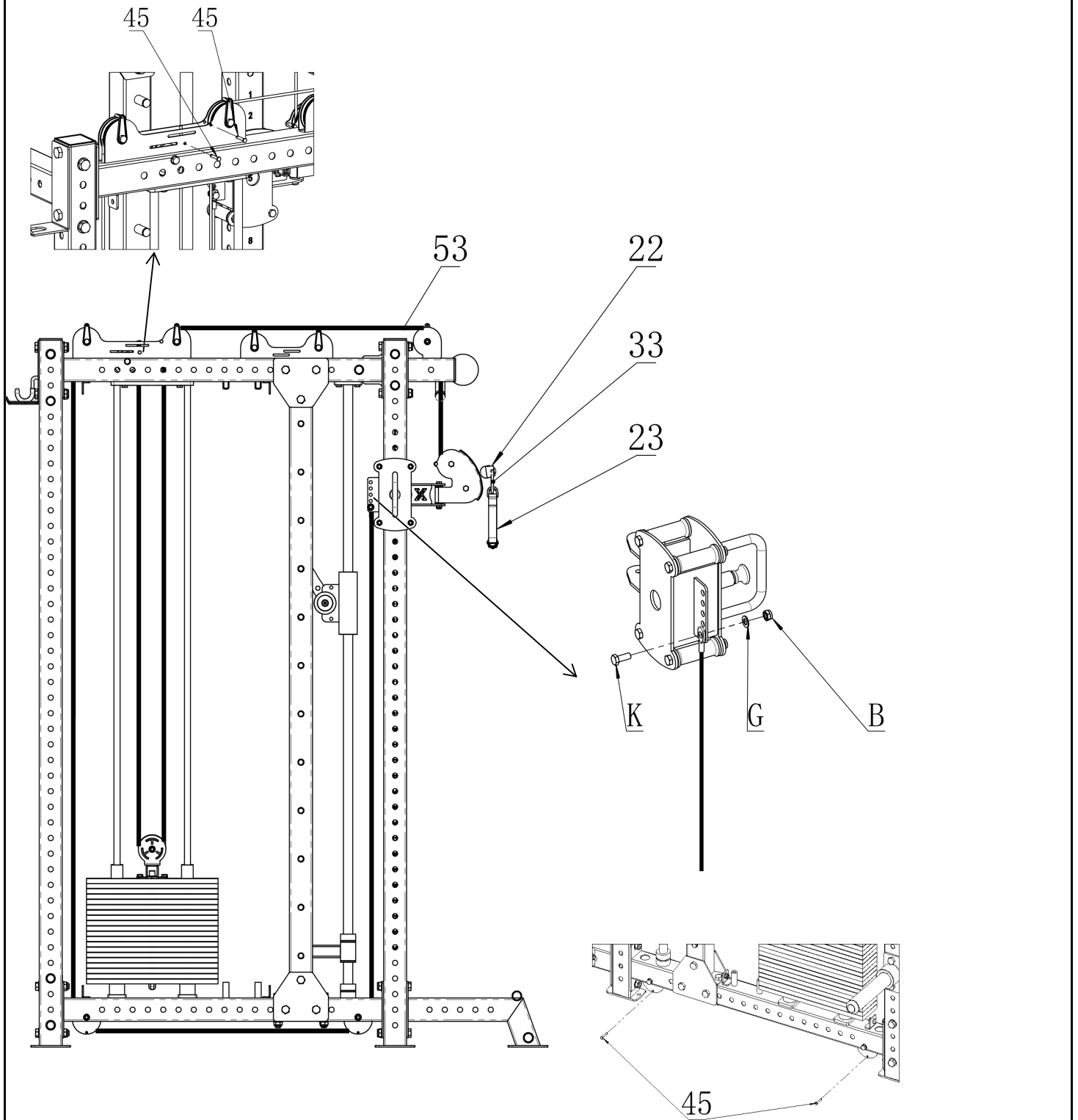
# Assembly Steps

Steps	No.	Name	Qty
11	19	Hook weldment	4
	47	Pulley limit sleeve	8
	50	New pin	2
	B	M10 lock nut	4



# Assembly Steps

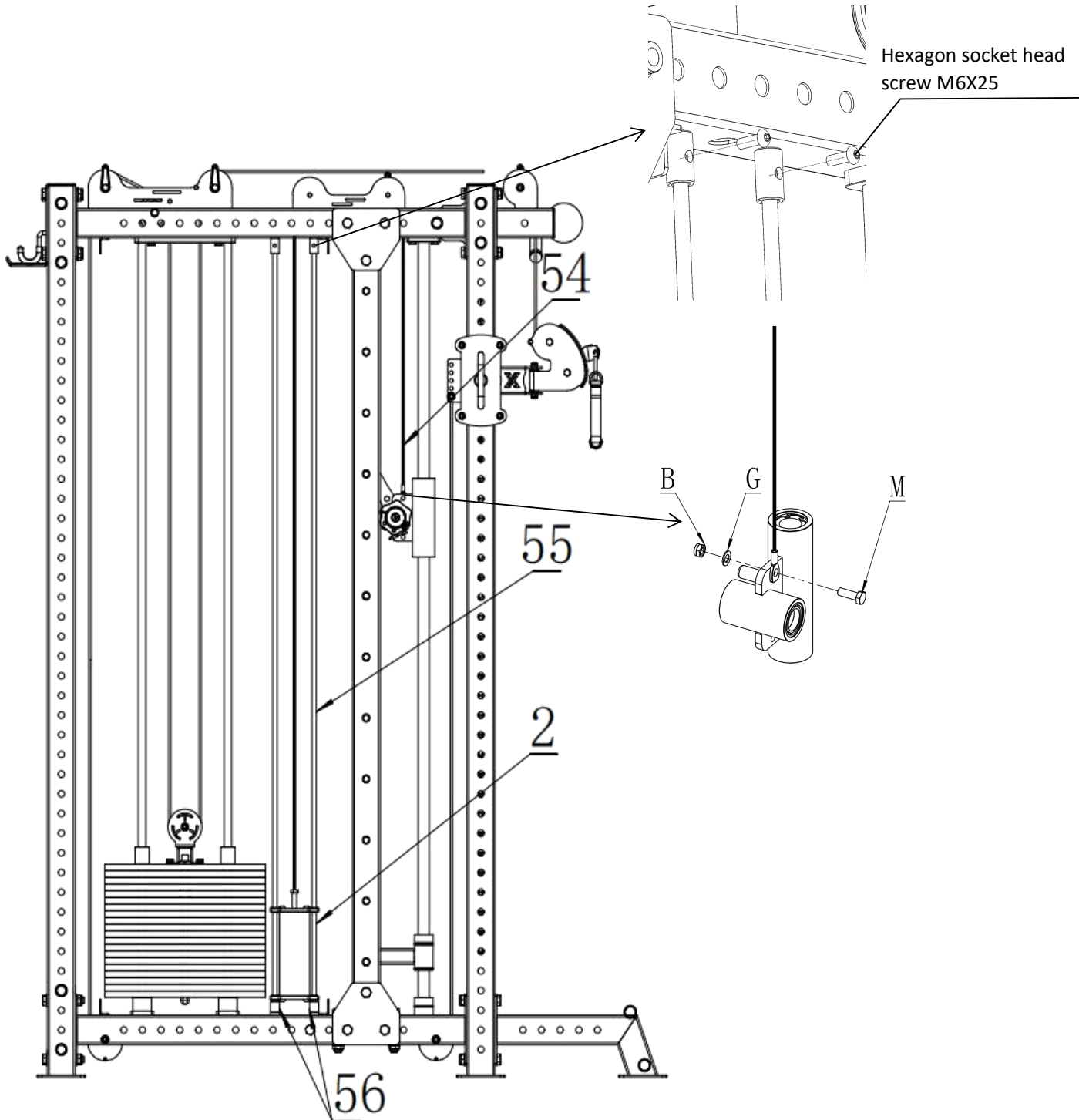
Steps	No.	Name	Qty
12	22	cable head	2
	23	low row bar	2
	33	Carabiner Clip	6
	45	Card rope pin (ABS)	8
	53	cable A(9890)	2
	B	M10 lock nut	2
	G	Φ10 flat washer	2
	K	External hexagonal screw M10X25	2



**Cable routing diagram**

# Assembly Steps

Steps	No.	Name	Qty
13	2	Weight stack assembly	2
	54	cabl B (2400)	2
	55	Balance weight optical axis guide column	2
	56	Shock pad	4
	B	M10 lock nut	2
	G	Φ10 flat washer	2
	M	External hexagonal screws (galvanized) M10X30	2

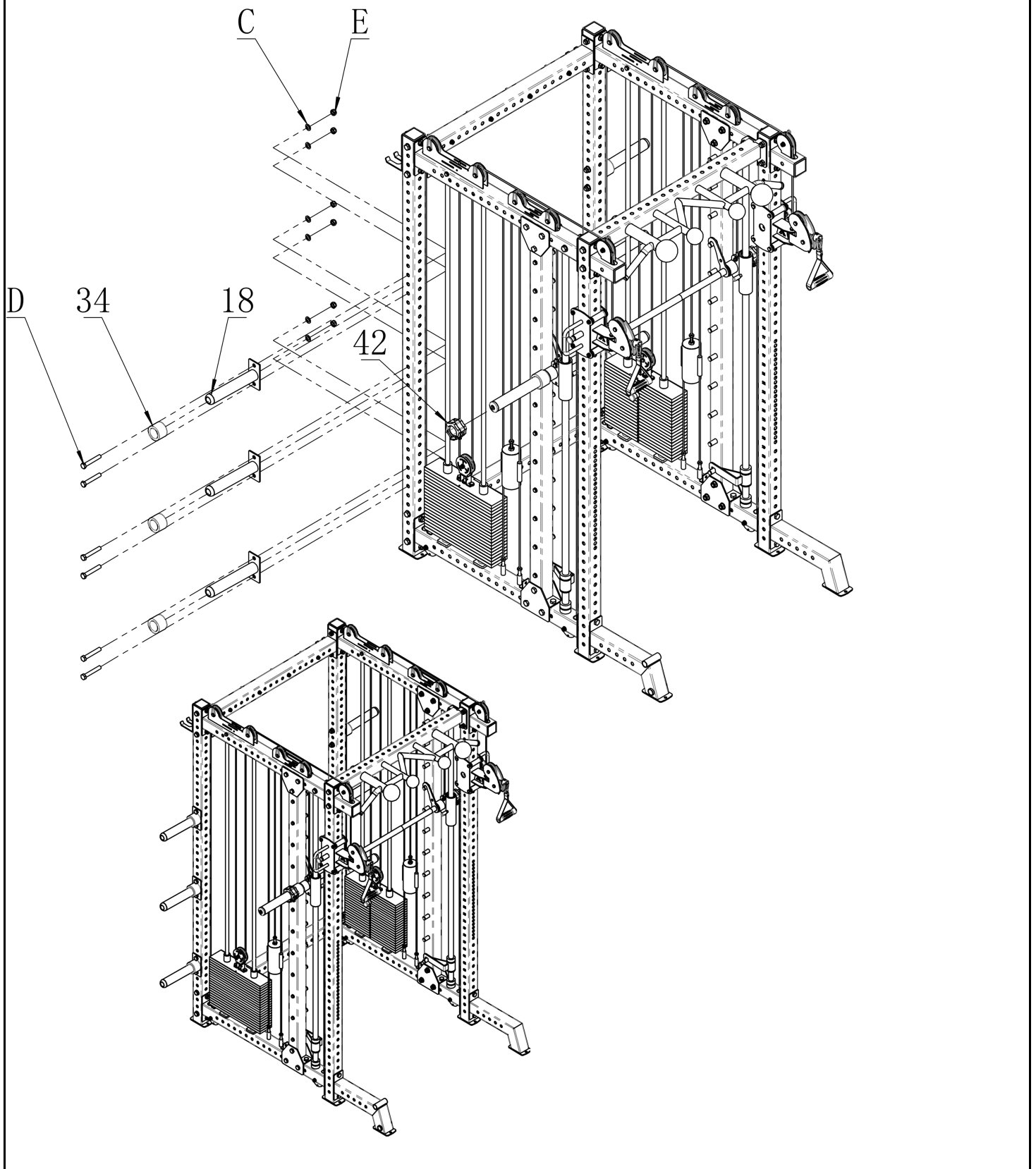


**Cable routing diagram**



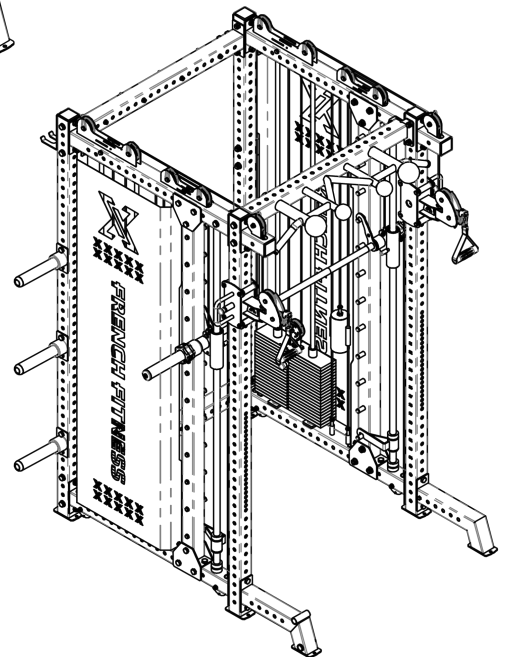
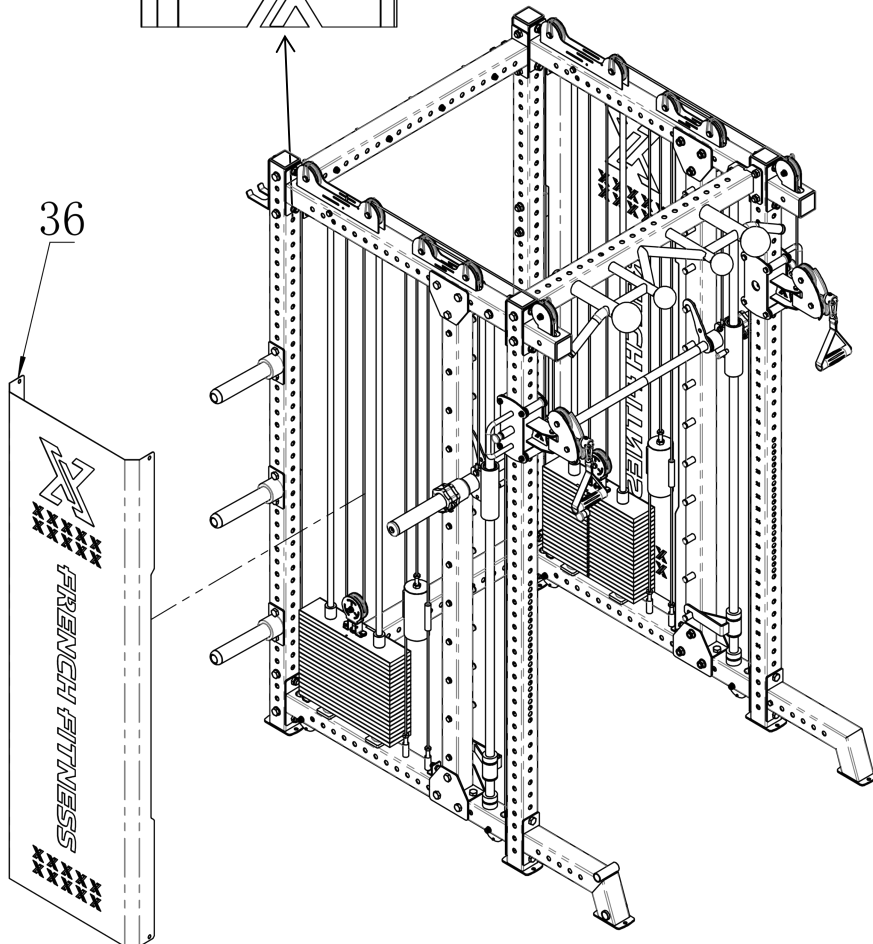
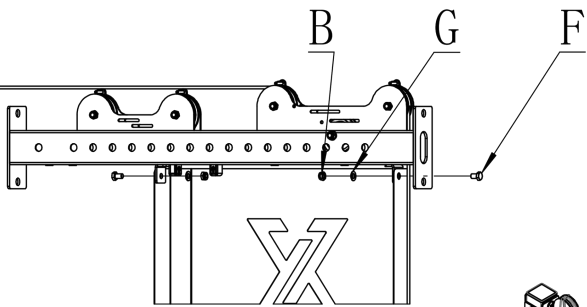
# Assembly Steps

Steps	No.	Name	Qty
14	18	Hanging rod welding group	6
	34	9107-0609	6
	42	barbell card holder	2
	C	Flat washer $\Phi 16$	12
	D	External hexagonal screw M16X100	12
	E	Lock nut M16	12



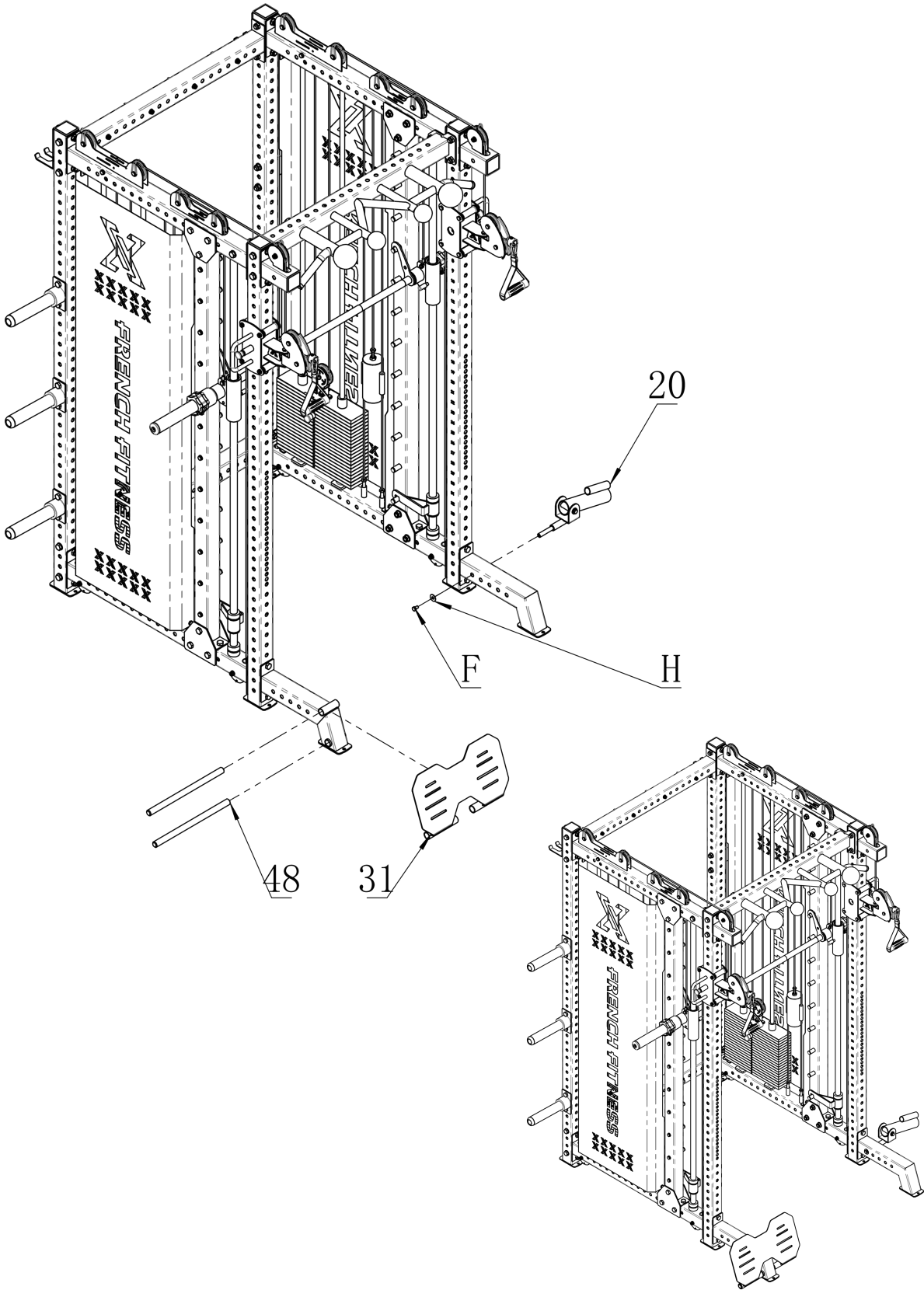
# Assembly Steps

Steps	No.	Name	Qty
15	36	Large guard plate	2
	B	M10 lock nut	8
	F	External hexagonal screw M10X16	8
	G	Φ10 flat washer	8



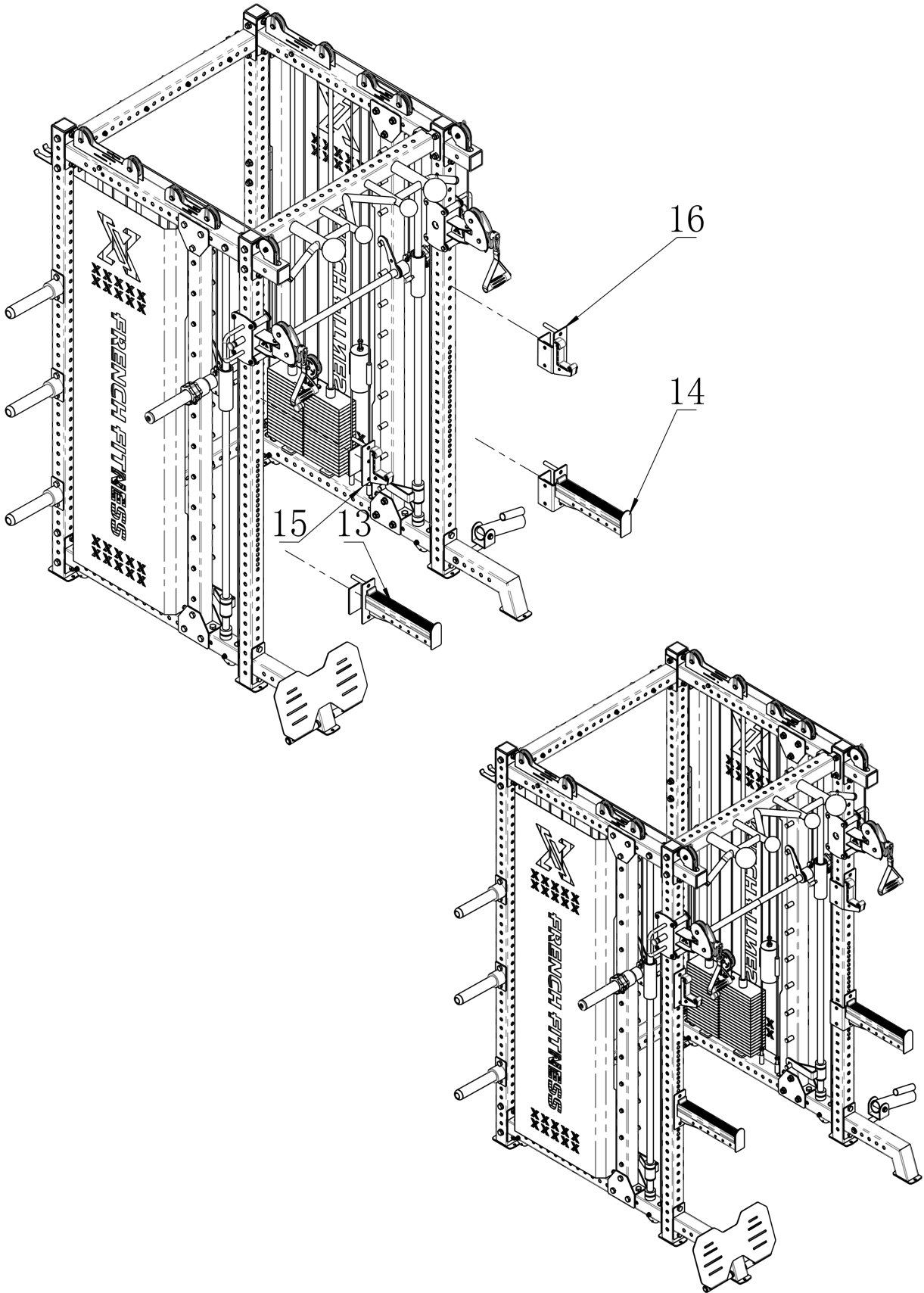
# Assembly Steps

Steps	No.	Name	Qty
16	20	Bottom weight holder assembly	1
	31	Pedal set	1
	48	φ25x430L fixed shaft	2
	F	External hexagonal screw M10X16	1
	H	Small hole big pad Φ30XΦ11X2	1



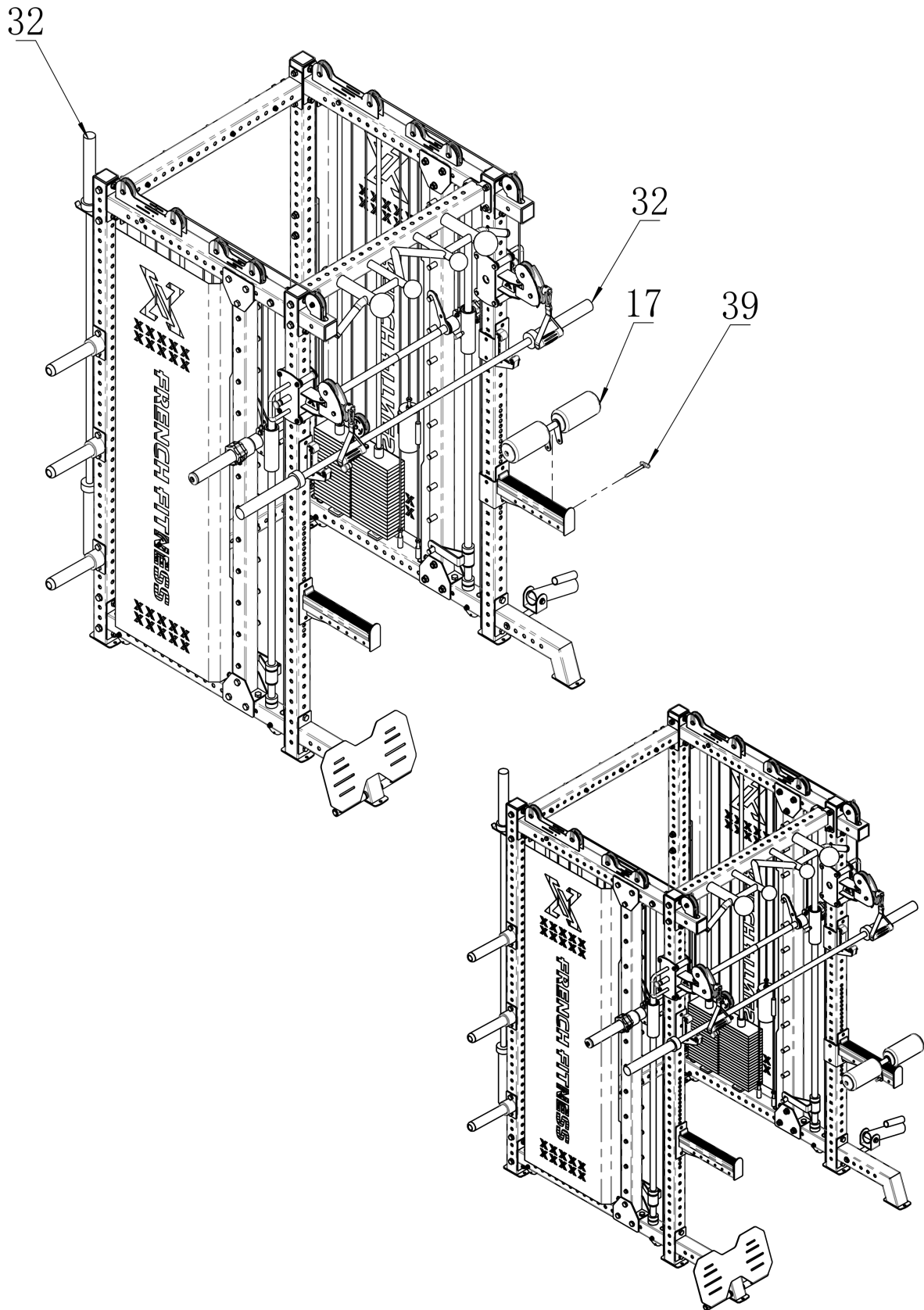
# Assembly Steps

Steps	No.	Name	Qty
17	13	Left safety frame group	1
	14	Right safety frame group	1
	15	Hook welding group left	1
	16	Hook welding group right	1



# Assembly Steps

Steps	No.	Name	Qty
18	17	Pressure leg welding group	1
	32	Olympic bar 2.2m	2
	39	T-shaped pin 100mm	1



# Assembly Steps

Steps	No.	Name	Qty
19	24	Pull welding group	1
	25	low row welding group	1
	26	lat pulldown welding group	1
	27	Push rod welding group	1

