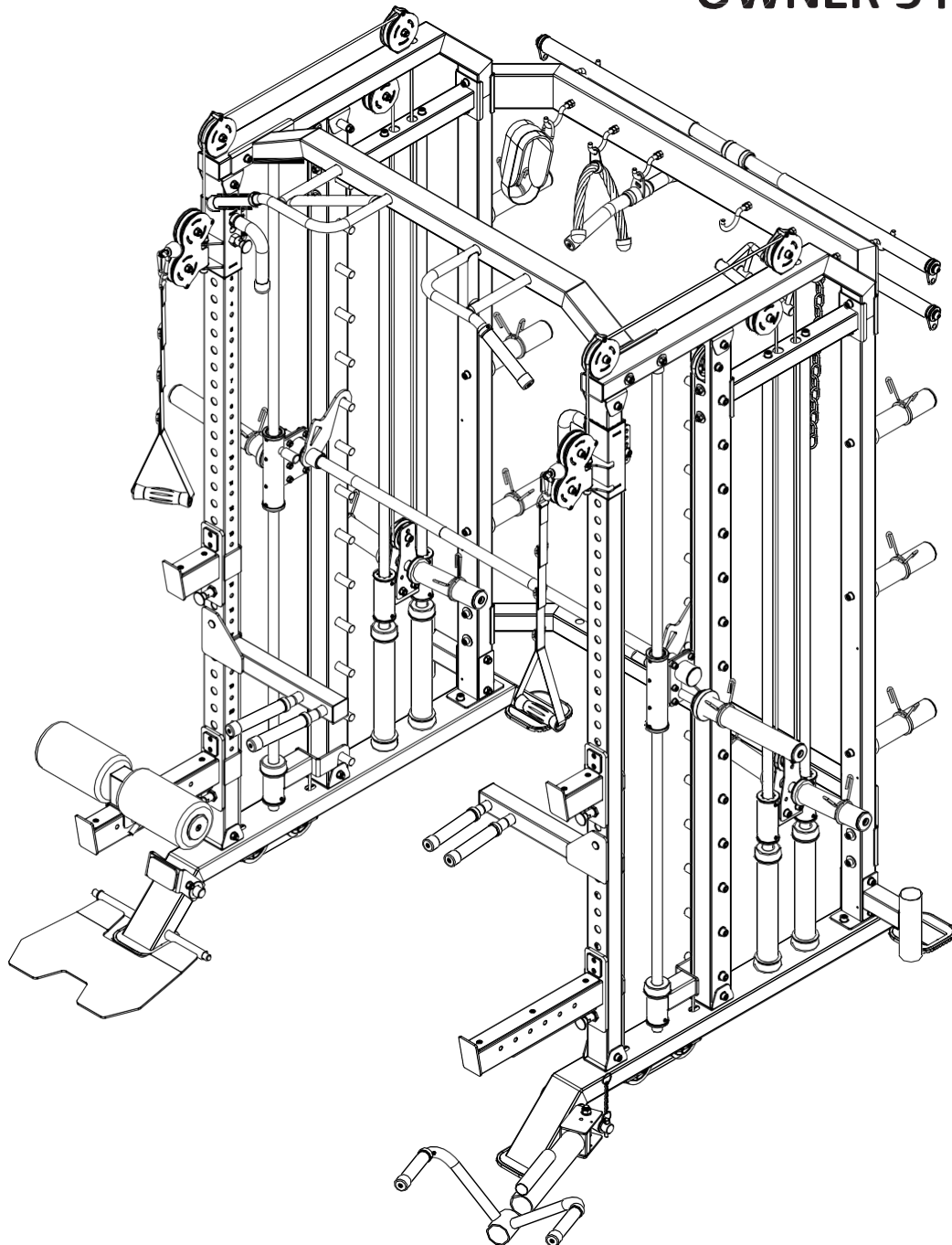


# FRENCH FITNESS

FF-FSR20-PL

FSR20 P/L Multi Functional Gym System

OWNER'S MANUAL



## **CAUTION!**

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

20201211-V1.0

## FEATURES

- 2 Olympic bar holders
- 10 accessory hooks
- Olympic bar holder
- Multiple angle grip
- Cross-over pulley swivel
- Adjustable multi-ring strap
- Knurling chrome plated weightlifting rod for added grip force and prevent rust
- Squat protection rack
- Plate Loaded weight stacks on both sides and can be adjusted freely
- Double pull cable
- Weight plate storage
- Multi-hand dip handle
- Metal cover
- Solid hard chrome plated guide rod
- T-bar row landmine can expand a variety of training functions which can be adjusted at will, convenient and free

### THE ULTIMATE ALL-IN-ONE MACHINE:

- Smith Machine
- Squat Rack
- Functional Trainer
- Landmine
- Dip Bars
- Seated Row Foot Rest
- Pull Up Bar
- Jammer Arm (Optional)
- Leg Press (Optional)
- Lat Pulldown (Optional)
- Bench (Optional)
- Preacher Curl (Optional on Bench Attachment)
- Leg Extension / Leg Curl (Optional on Bench Attachment)

## STANDARD ACCESSORIES

- Dip bars
- Landmine Attachment
- T-Bar Row Attachment
- Footrest (For Seated Rows)
- Tricep rope
- Olympic bar
- 18.5" revolving straight bar
- 48" revolving dual hook straight bar
- 48" revolving dual hook curl bar
- Seated Row / Chin Bar
- Tricep Rope
- 8 collars / clamps
- 1 ankle cuff
- 2 adjustable stirrup handles

## TECH SPECS

- Max Load (J Hooks): 555 lbs
- Max Load (Spotter Arms): 555 lbs
- Max Load (Smith Bar): 555 lbs
- Max Load (Plate Storage): 135 lbs (Per Weight Horn) x 6 Weight Horns = 810 lbs total
- 2:1 ratio
- Cable reach 90"
- 90.75" tall
- Dimensions: 78.5"W (w/Smith Bar) x 63.5"D (w/Bar Catches) x 90.75"H

## WARRANTY

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

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## TABLE OF CONTENTS

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IMPORTANT SAFETY NOTICES.....	2
ASSEMBLED DIMENSION.....	3
HARDWARE PACK.....	4
ASSEMBLY INSTRUCTIONS.....	8
EXPLODED DIAGRAM... ..	24
PARTS LIST.....	25

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## BEFORE YOU BEGIN

Thank you for selecting the FF-FSR20-PL. 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.

## **IMPORTANT SAFETY NOTICE**

### **PRECAUTIONS**

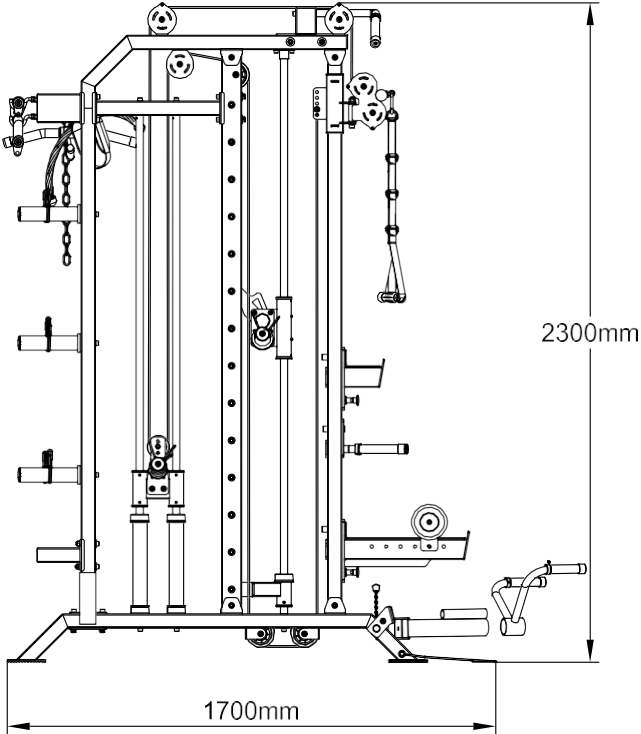
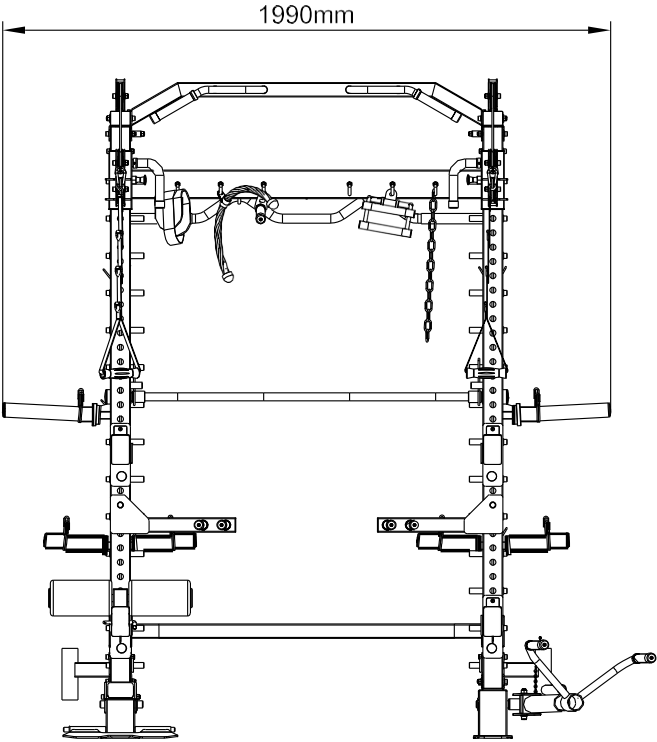
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.

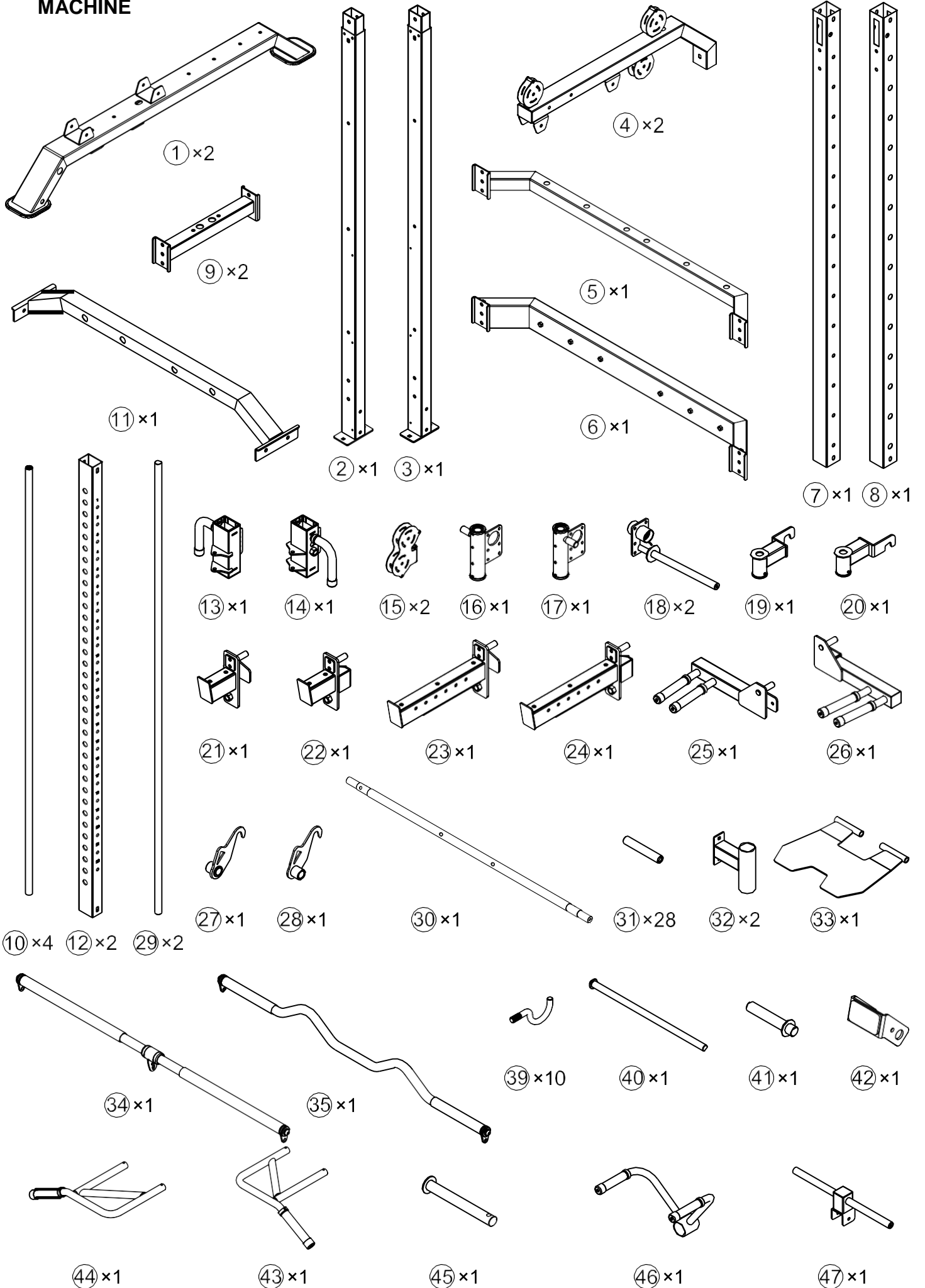
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

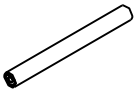
**Assembled Dimension: 1990mm x 1700mm x 2300mm**



# MACHINE



**MACHINE**



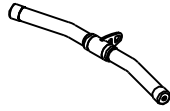
④⑧×⑥



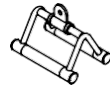
⑤⑦×②



⑤⑧×⑥



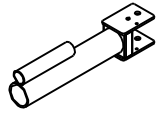
⑤⑨×①



⑤⑩×①



⑤⑪×①



⑤⑫×①



⑤⑬×②



⑤⑭×①



⑥②×②



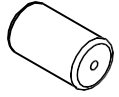
⑥③×②



⑥⑥×①



⑥⑨×①



⑦⑦×②



⑦⑧×②



⑦⑨×①



⑦⑤×⑥



⑦⑥×②



⑦⑦×②



⑦⑧×⑥



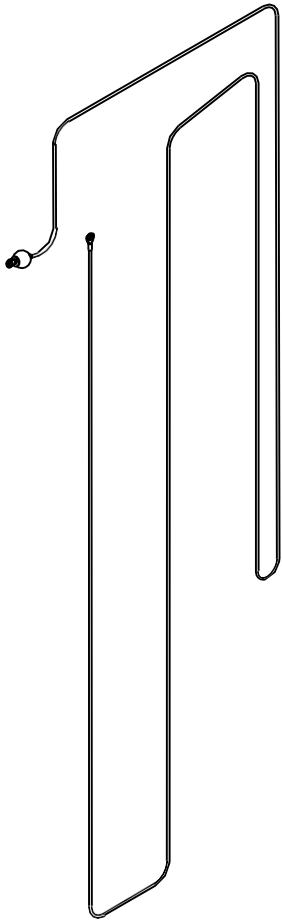
⑧③×②



⑧⑤×①⑥

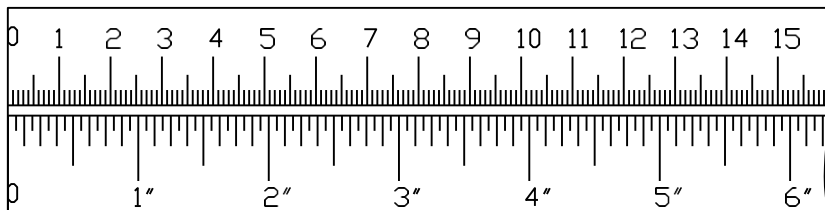
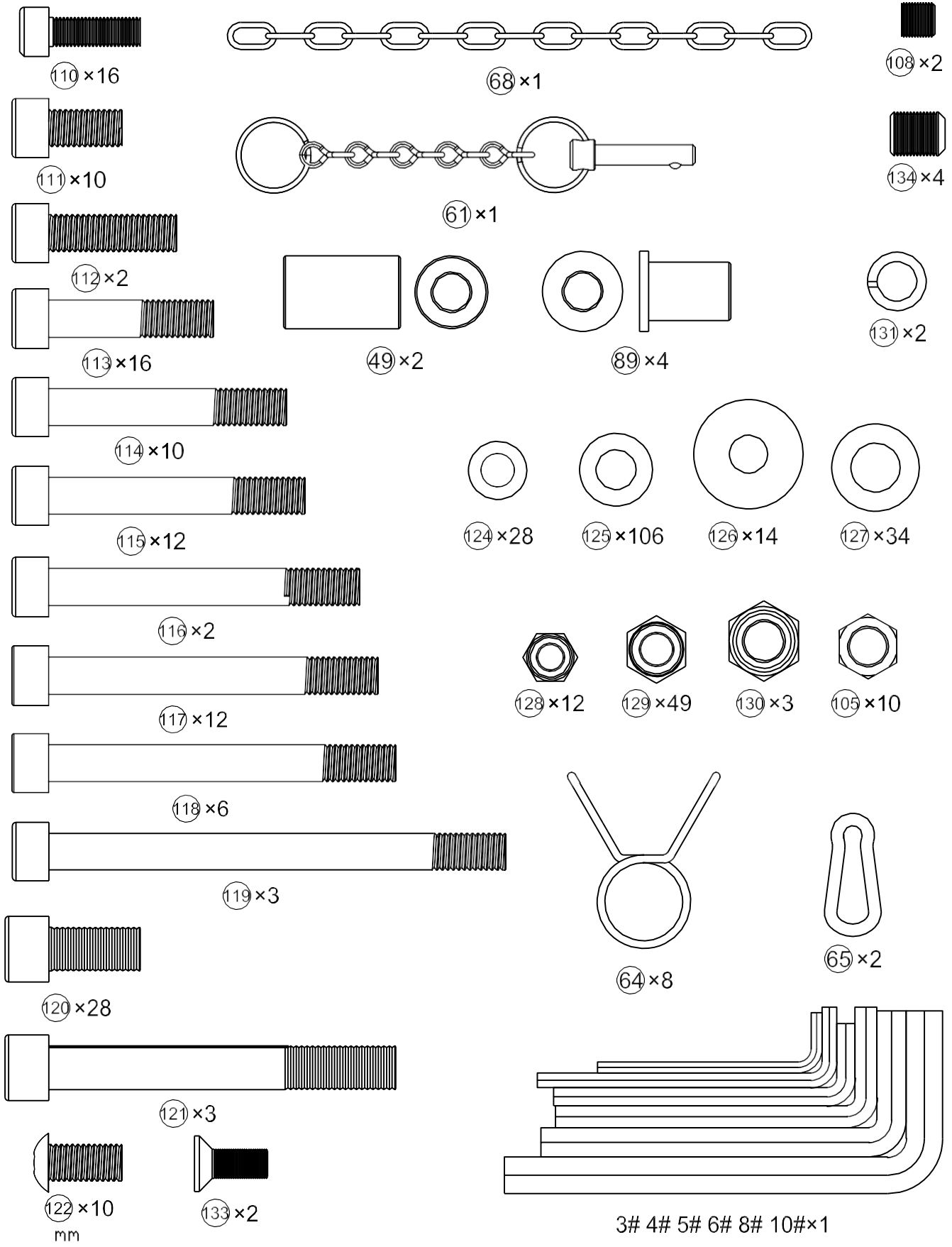


⑧⑥×②



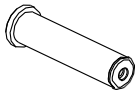
⑧④×②

**MACHINE**





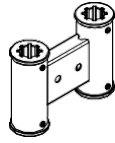
# SLIDING



51 × 4



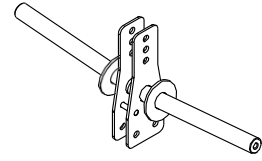
78 × 4



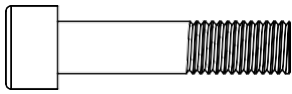
135 × 2



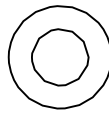
136 × 4



137 × 2



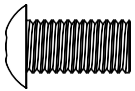
113 × 4



125 × 8

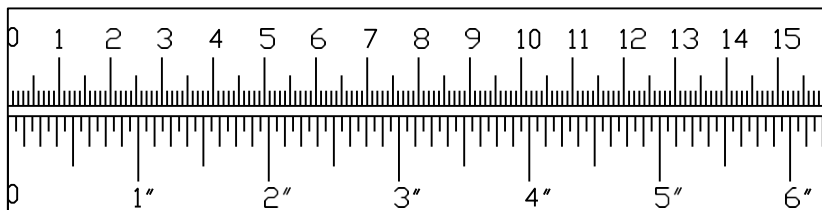


129 × 4



122 × 4

mm



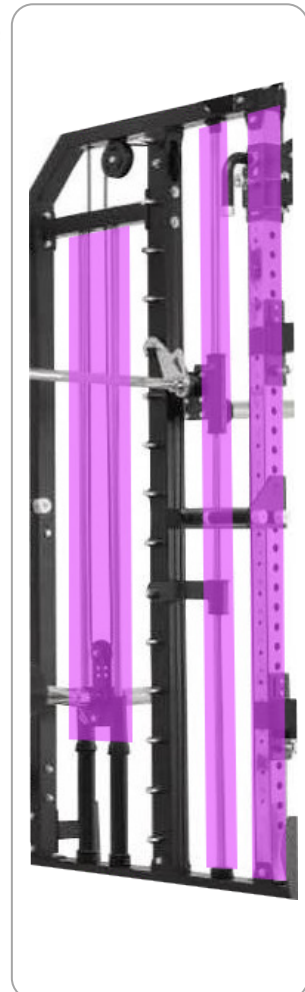
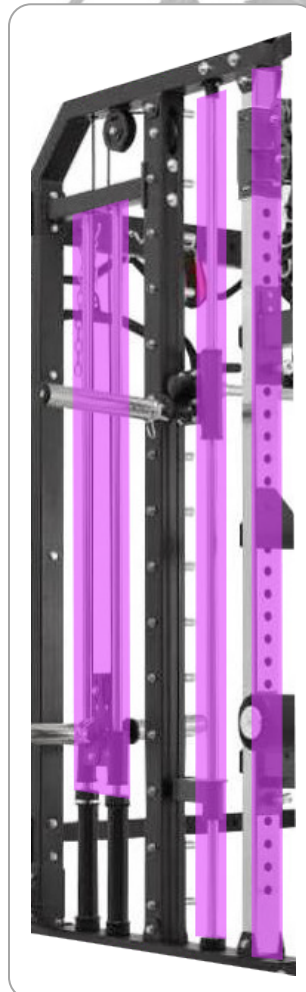
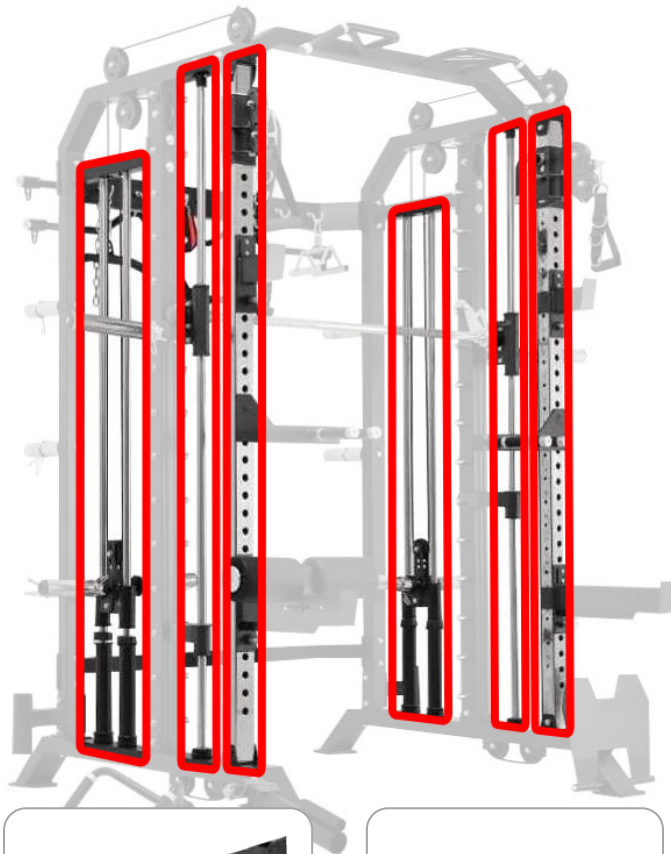
## CLEAN GUIDE RODS

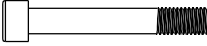



Step must be completed prior to installing. Failure to do so can leave residue from packaging and other sources stuck in the bushings.

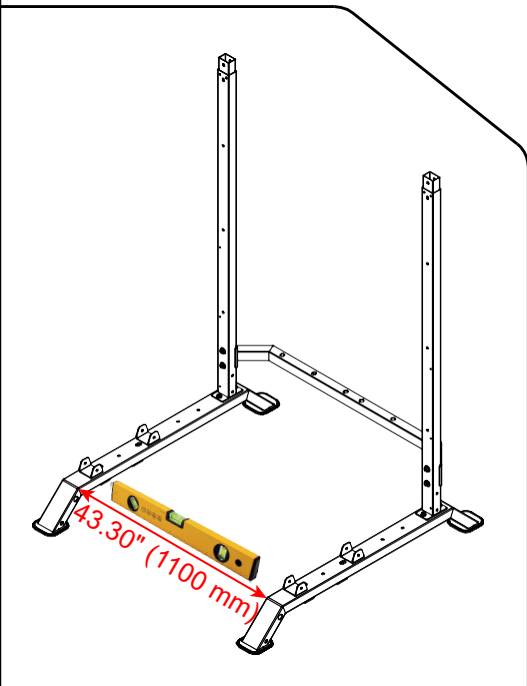
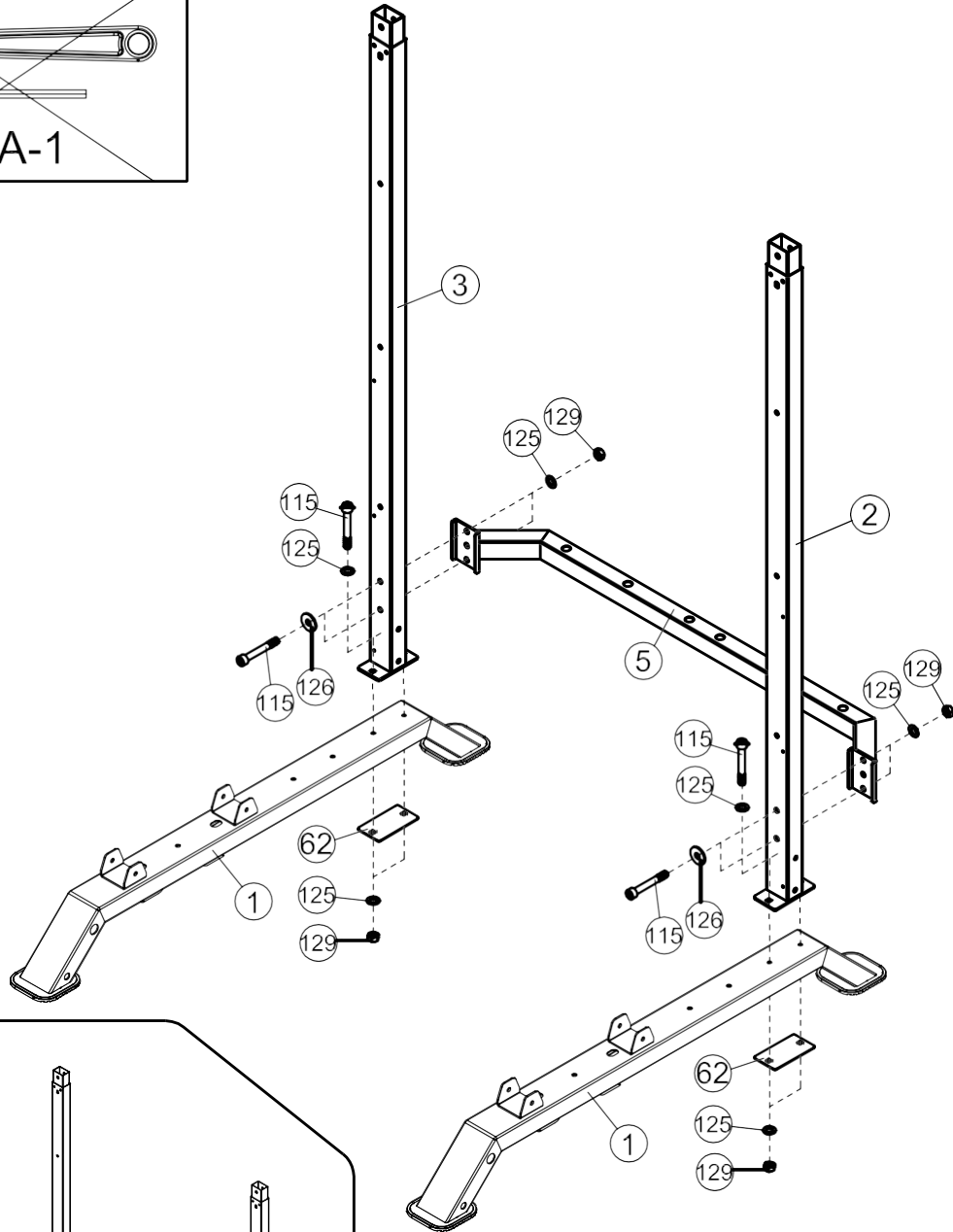
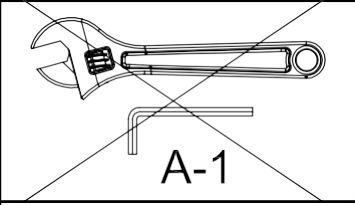
Guide rods need to make sure they are cleaned prior to installation otherwise this will cause the top plate to get stuck. It causes buildup in the bushings of the top plates. They just need to be cleaned out as well as the guide rods.

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 steel wool.

We use "B'laster 16-SL Industrial Strength Silicone Lubricant" and Steel Wool, Grade #0000 Super Fine Grade.

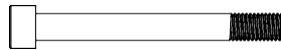


115		x8	M10x70	126		x4	Φ30xΦ10.5
125		x12	Φ10				
129		x8	M10				



If you tighten every bolt firmly at first, it may result in the distortion of the finished product. To avoid this, tighten bolts lightly until the main frame is assembled and leveled then fasten the all bolts firmly. Be sure the distance between the frame - as shown in the pic below - is 43.30. Also, input a leveler in the exact spot as the pic shows to be sure it is level

118



x4 M10x95

125

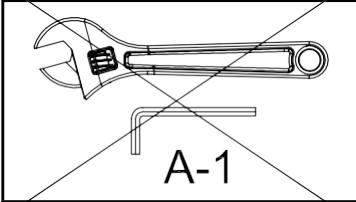


x8 Φ10

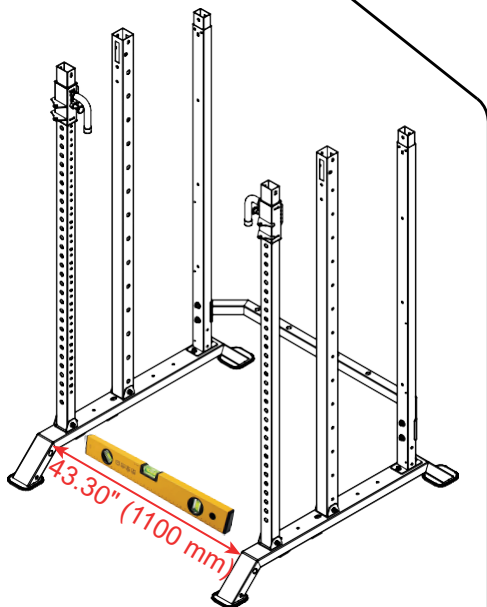
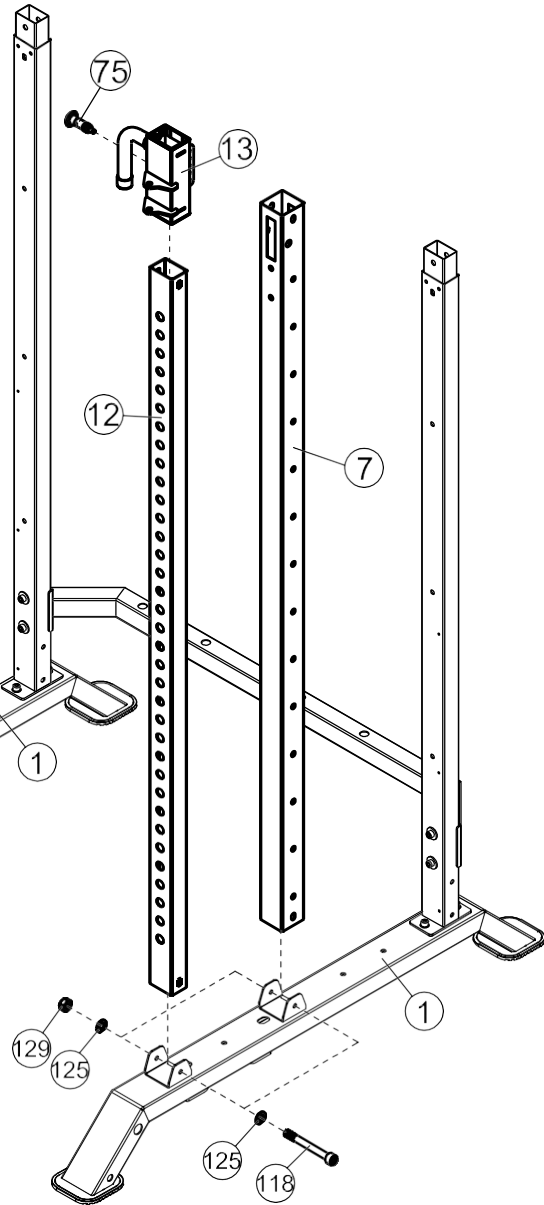
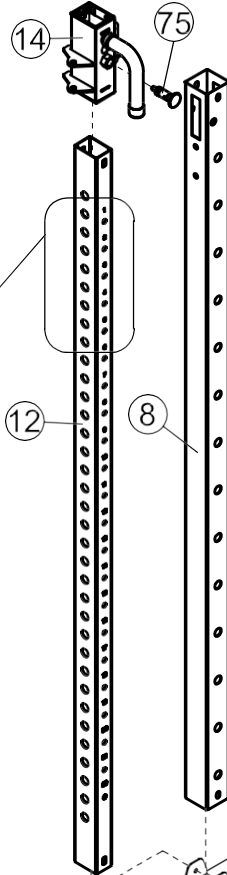
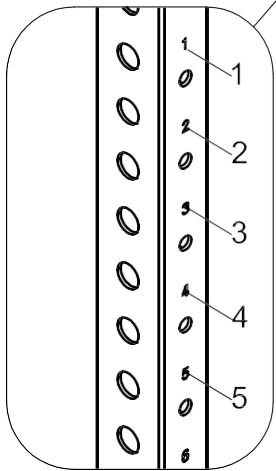
129



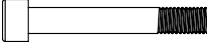

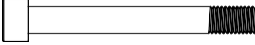


x4 M10

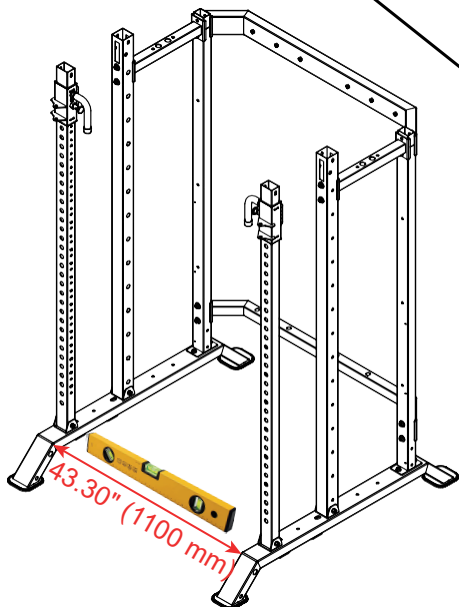
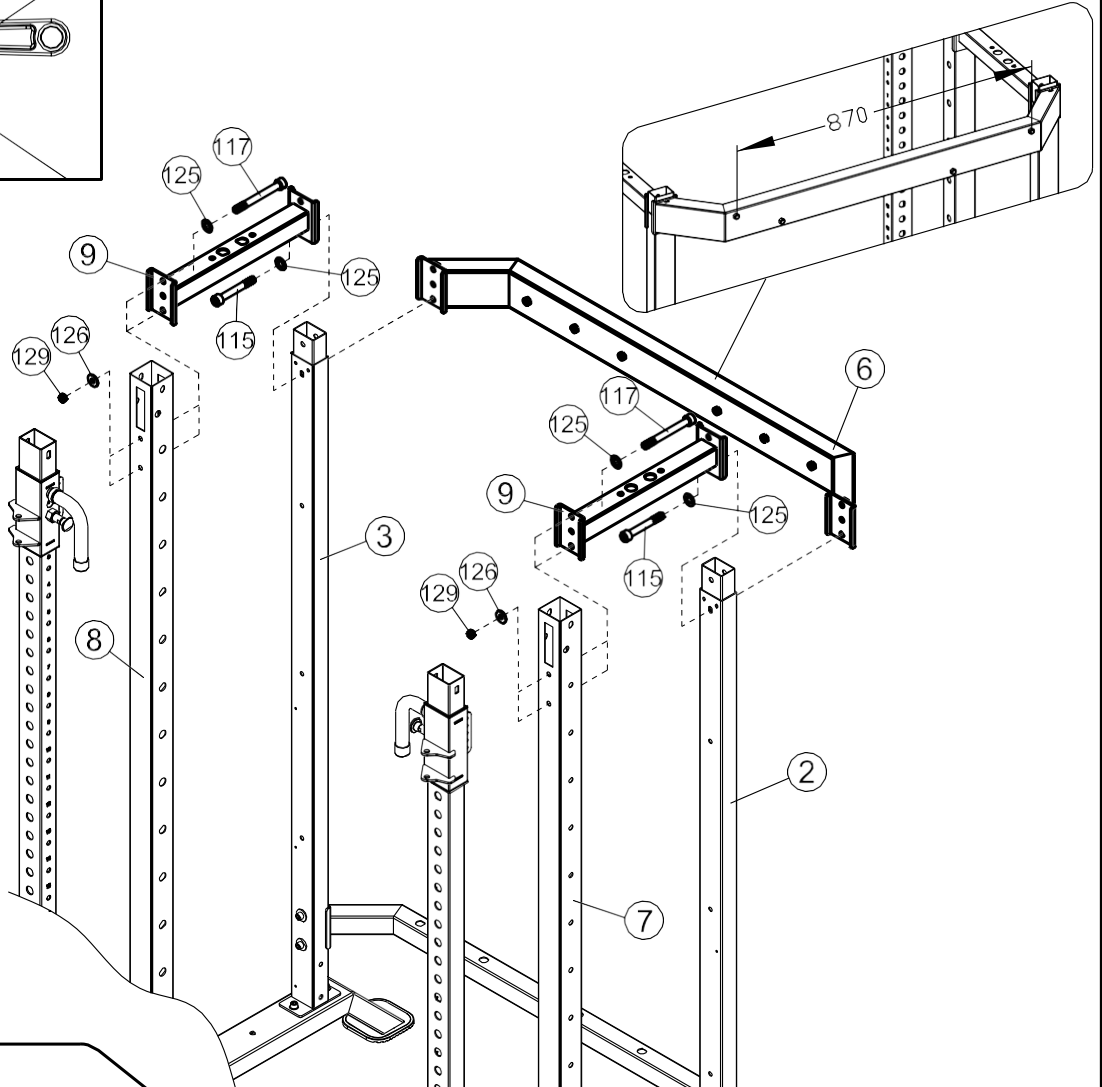
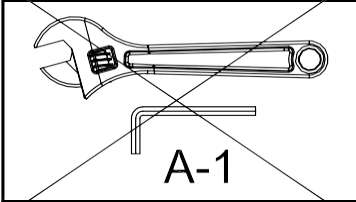


A-1

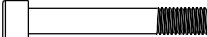

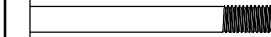





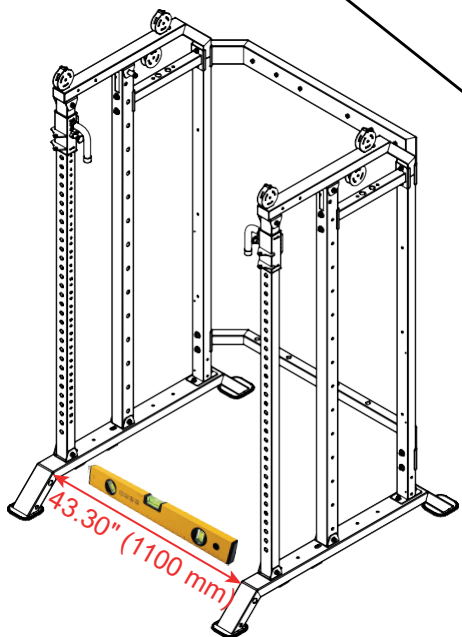
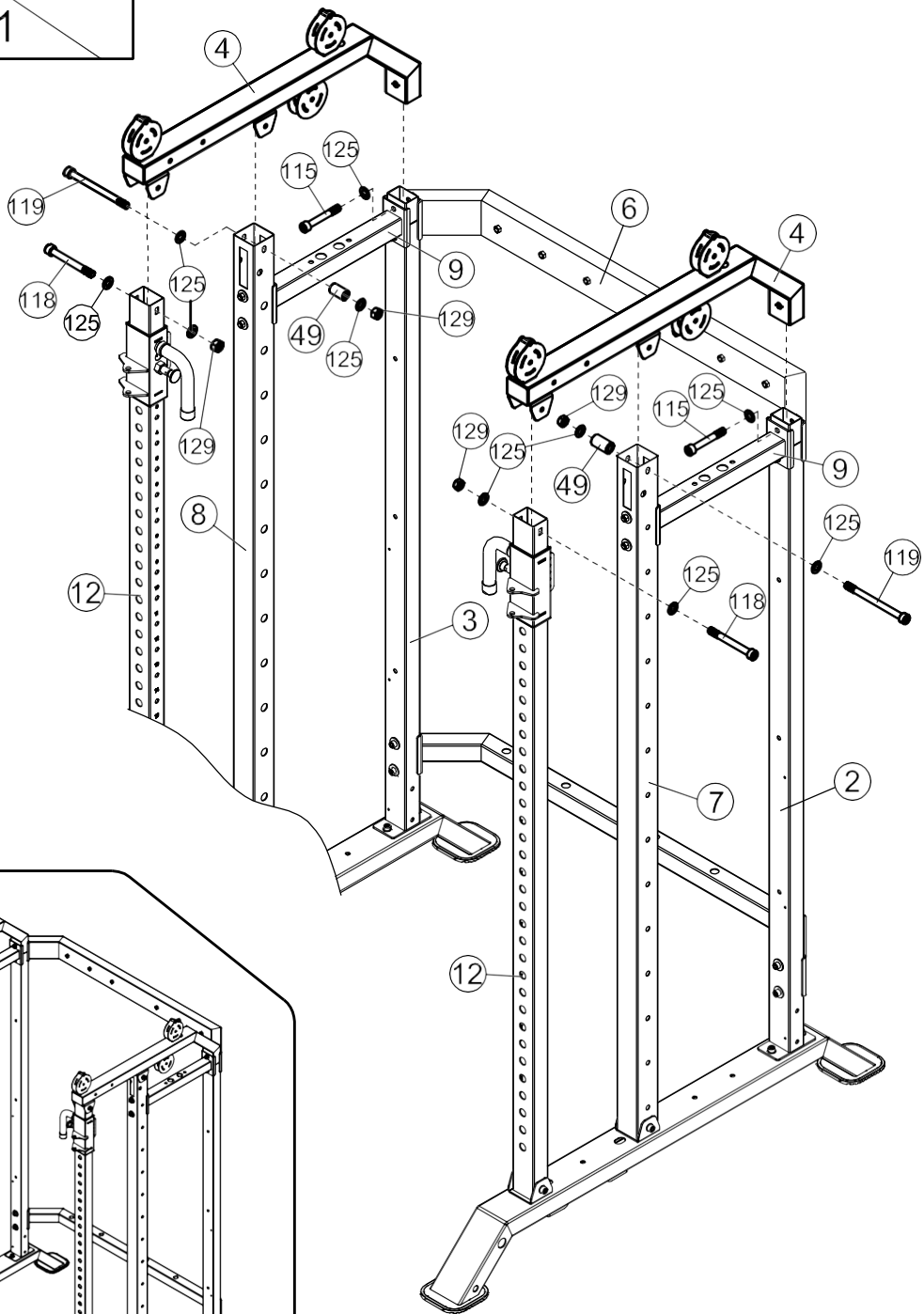
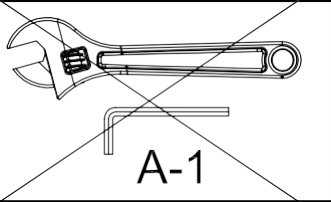
If you tighten every bolt firmly at first, it may result in the distortion of the finished product. To avoid this, tighten bolts lightly until the main frame is assembled and leveled then fasten the all bolts firmly. Be sure the distance between the frame - as shown in the pic below - is 43.30. Also, input a leveler in the exact spot as the pic shows to be sure it is level

- |      |   |    |        |      |  |    |           |
|------|---|----|--------|------|--|----|-----------|
| ①115 |  | x2 | M10x70 | ①126 |  | x4 | Φ30xΦ10.5 |
| ①117 |  | x4 | M10x90 | ①125 |  | x6 | Φ10       |
| ①129 |  | x4 | M10    |      |  |    |           |



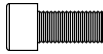
If you tighten every bolt firmly at first, it may result in the distortion of the finished product. To avoid this, tighten bolts lightly until the main frame is assembled and leveled then fasten the all bolts firmly. Be sure the distance between the frame - as shown in the pic below - is 43.30. Also, input a leveler in the exact spot as the pic shows to be sure it is level

- |      |   |    |         |      |  |     |              |
|------|---|----|---------|------|--|-----|--------------|
| ①115 |  | x2 | M10x70  | ①125 |  | x10 | Φ10          |
| ①118 |  | x2 | M10x95  | ①129 |  | x4  | M10          |
| ①119 |  | x2 | M10x125 | ①49  |  | x2  | Φ20xΦ10.2x32 |



If you tighten every bolt firmly at first, it may result in the distortion of the finished product. To avoid this, tighten bolts lightly until the main frame is assembled and leveled then fasten the all bolts firmly. Be sure the distance between the frame - as shown in the pic below - is 43.30. Also, input a leveler in the exact spot as the pic shows to be sure it is level

120



x28 M12x25

127

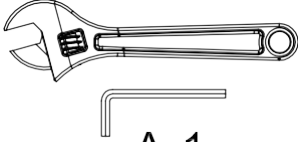


x28 Φ12

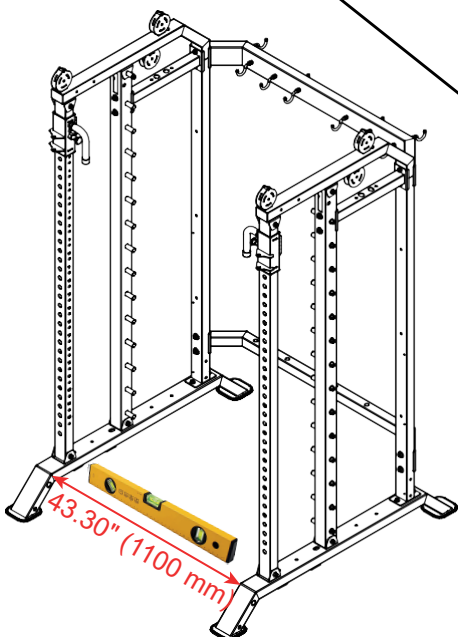
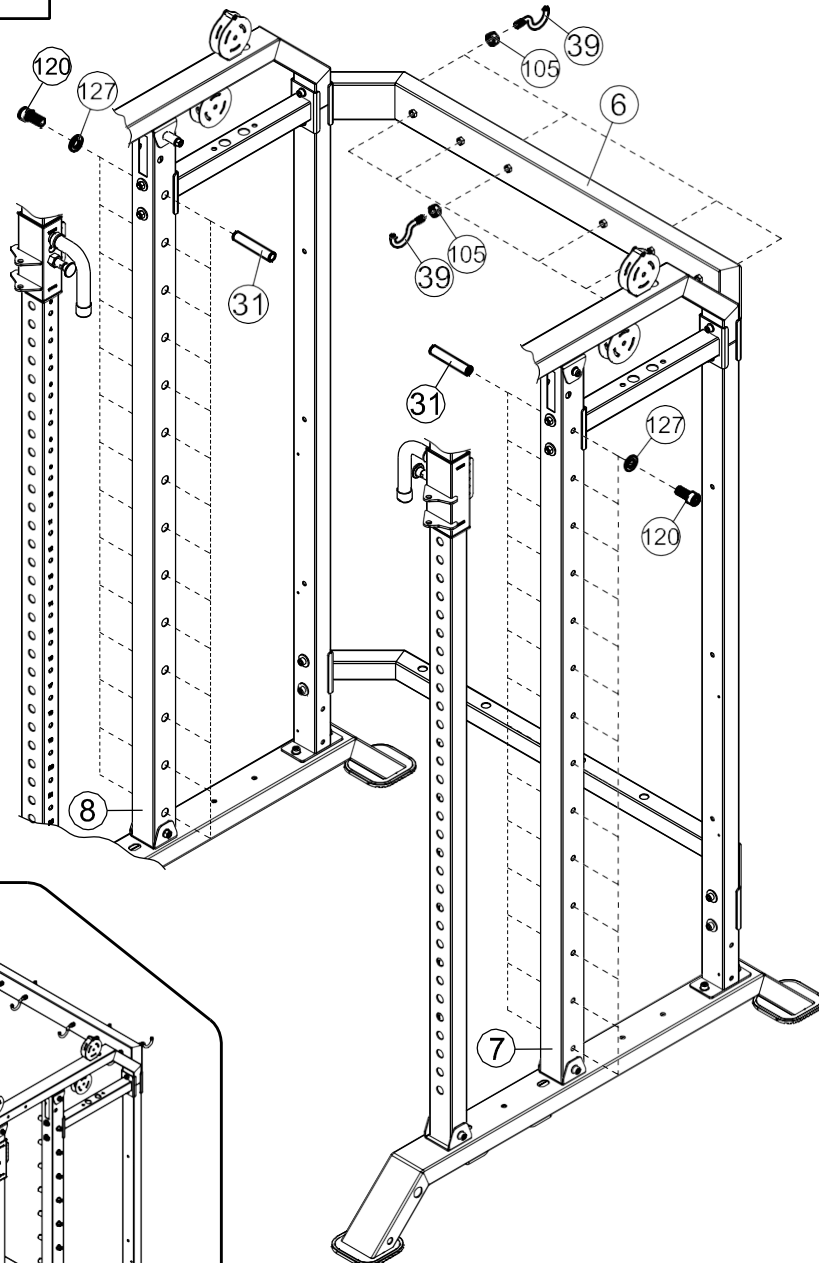
105






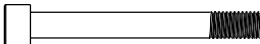

x10 M10



A-1

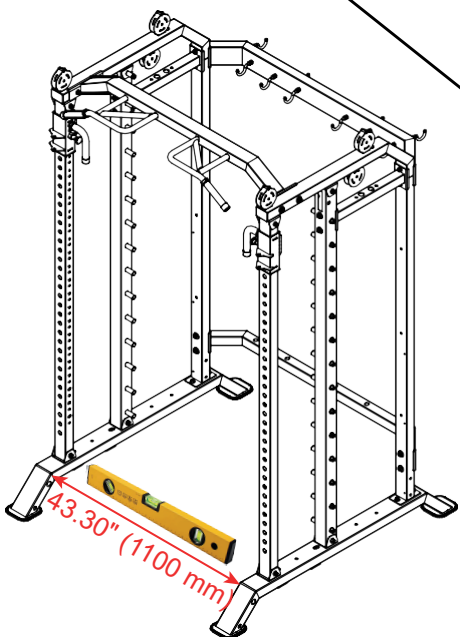
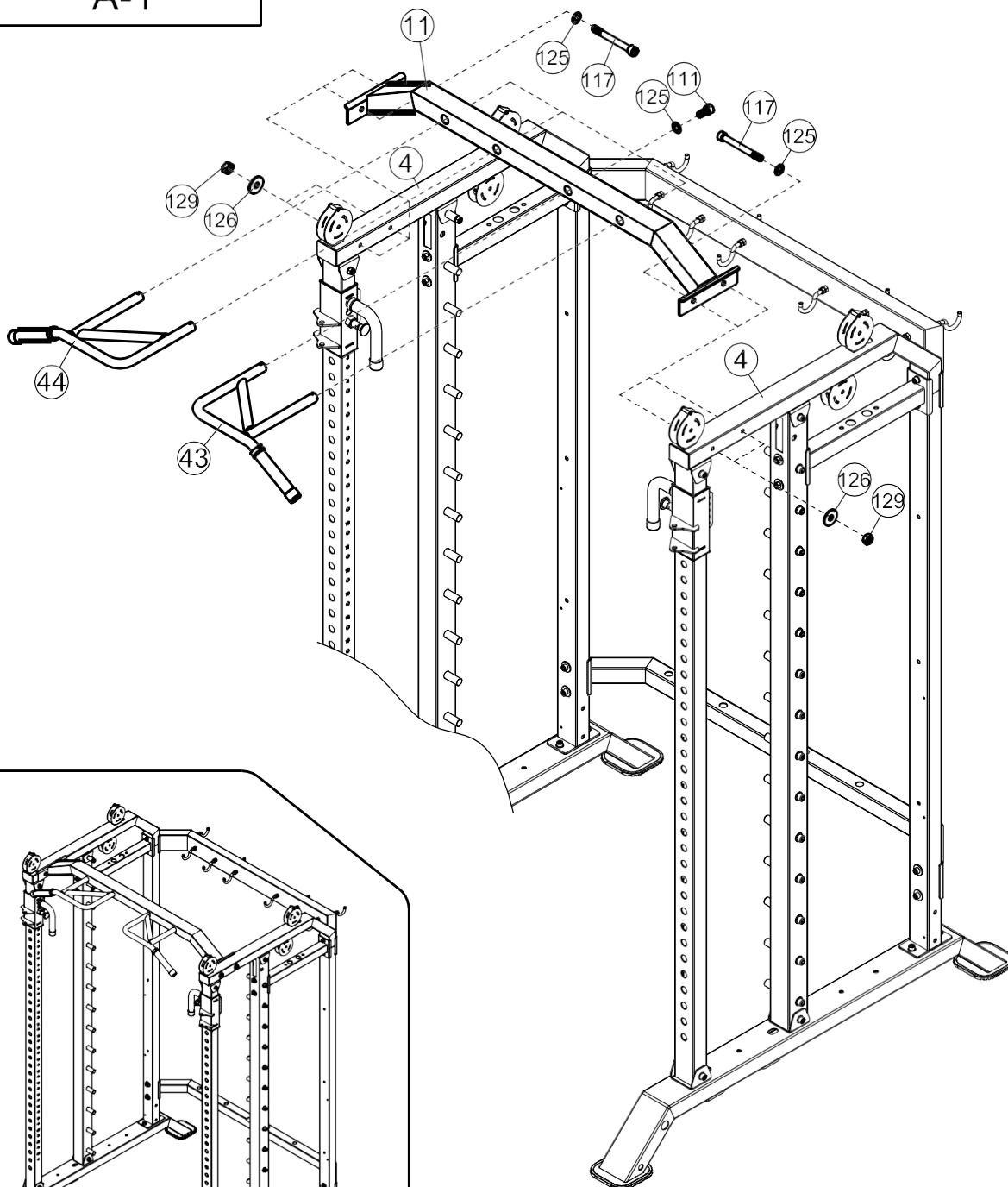


If you tighten every bolt firmly at first, it may result in the distortion of the finished product. To avoid this, tighten bolts lightly until the main frame is assembled and leveled then fasten the all bolts firmly. Be sure the distance between the frame - as shown in the pic below - is 43.30. Also, input a leveler in the exact spot as the pic shows to be sure it is level

- |     |   |    |        |     |  |    |           |
|-----|---|----|--------|-----|--|----|-----------|
| ①11 |  | x4 | M10x20 | ①26 |   | x4 | Φ30xΦ10.5 |
| ①25 |  | x8 | Φ10    | ①17 |  | x4 | M10x90    |
| ①29 |  | x4 | M10    |     |  |    |           |



A-1



If you tighten every bolt firmly at first, it may result in the distortion of the finished product. To avoid this, tighten bolts lightly until the main frame is assembled and leveled then fasten the all bolts firmly. Be sure the distance between the frame - as shown in the pic below - is 43.30. Also, input a leveler in the exact spot as the pic shows to be sure it is level



# WARNING

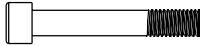




Please DO NOT proceed with assembly if the floor is not level or the frame doesn't measure as described on page 13.

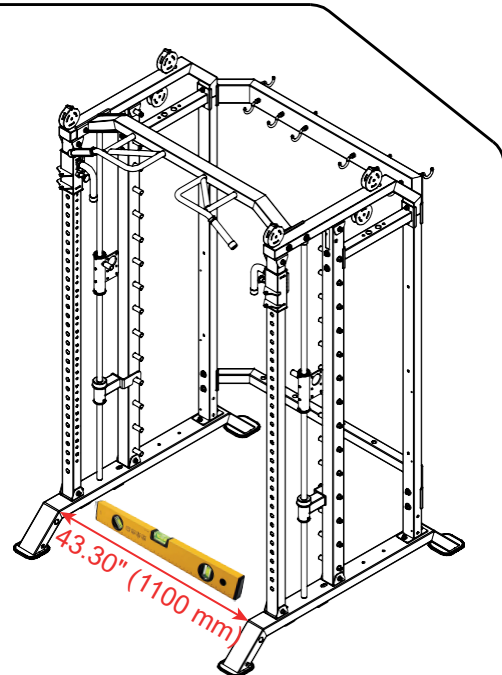
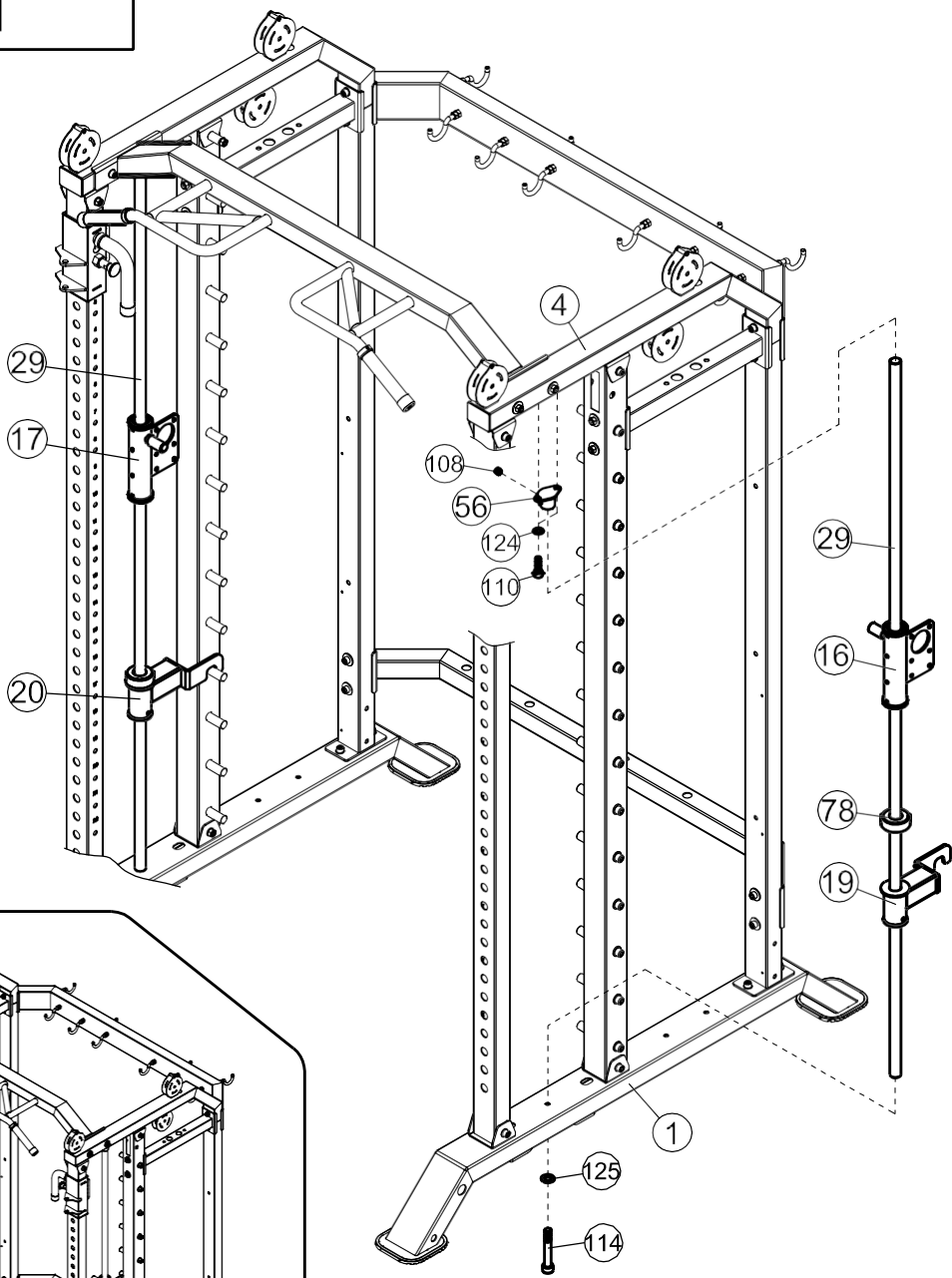
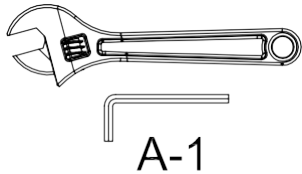
If the inner frame width does not measure 43.30" +/- 1/8" (as shown in the picture on page 13), please loosen frame bolts and push or pull the frame.

If the floor is not level (as shown in the picture on page 13), then the options are:





- placement elsewhere
- turning the machine at a different angle
- raising the proper area on the floor so the feet sit level with the rest if the feet (use a leveler on the smith bar in this case)




**FAILURE TO DO THIS WILL RESULT IN DISTORTION  
OF THE SMITH MACHINE CAUSING IT  
TO NOT GLIDE PROPERLY**

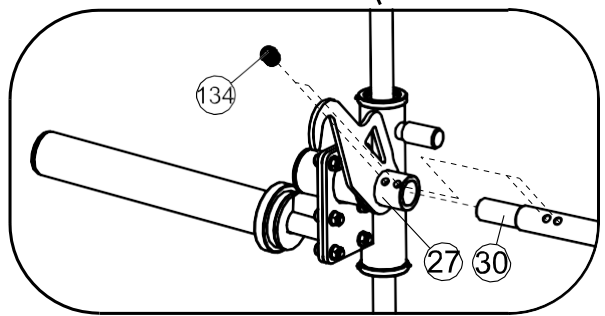
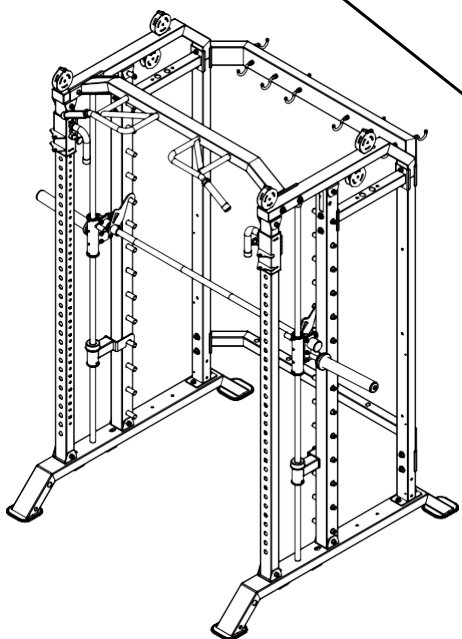
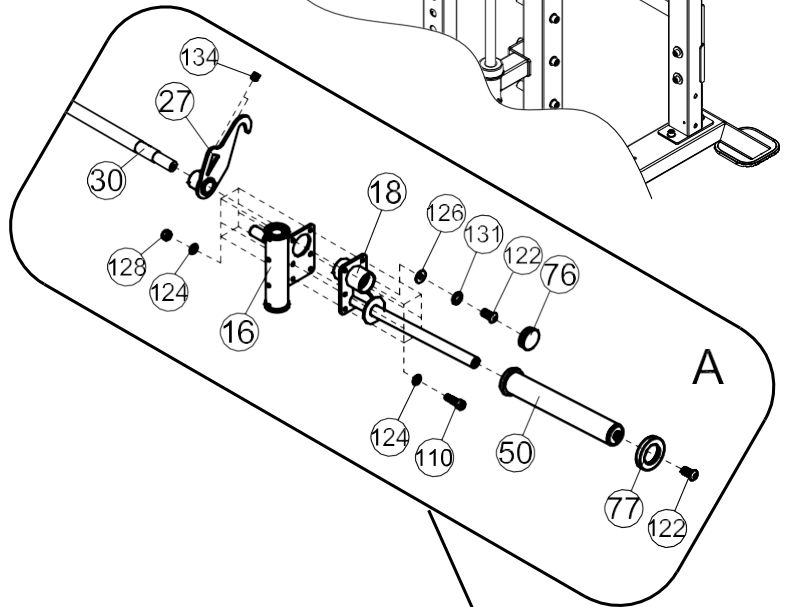
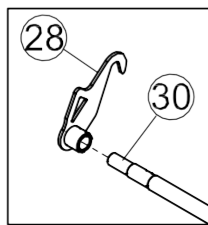
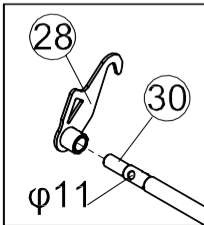
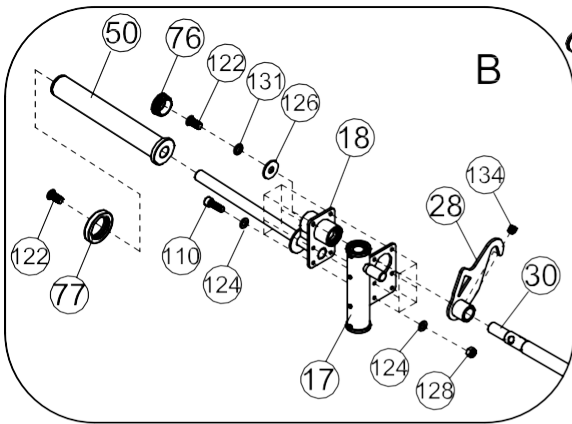
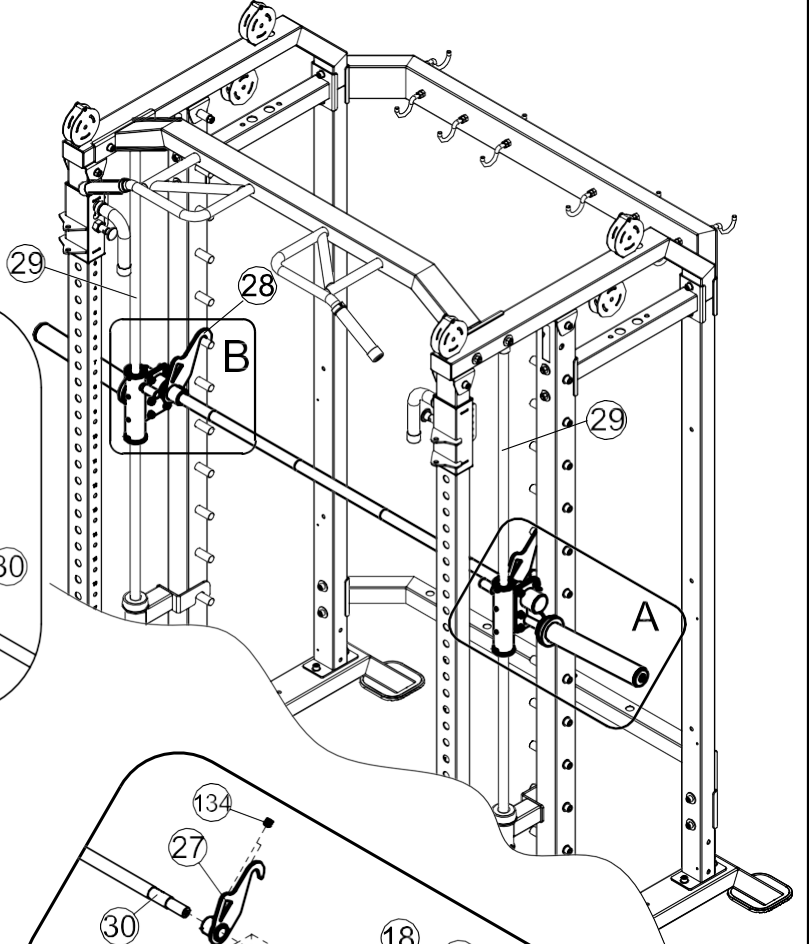
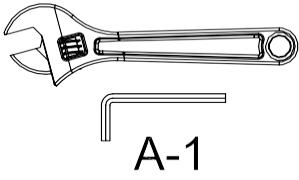
- |      |   |    |        |      |  |    |      |
|------|---|----|--------|------|--|----|------|
| ①114 |  | x2 | M10x65 | ①124 |   | x4 | Φ8   |
| ①125 |  | x2 | Φ10    | ①108 |  | x2 | M6x6 |
| ①110 |  | x4 | M8x25  |      |  |    |      |

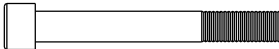
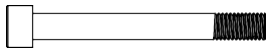








Double Check the Inner Frame Width. Be sure it's 43.30", otherwise, the product is out of alignment

- ⑫②  ×4 M10×20
- ⑫①  ×2 Φ10
- ⑫⑩  ×12 M8×25
- ⑫④  ×24 Φ8

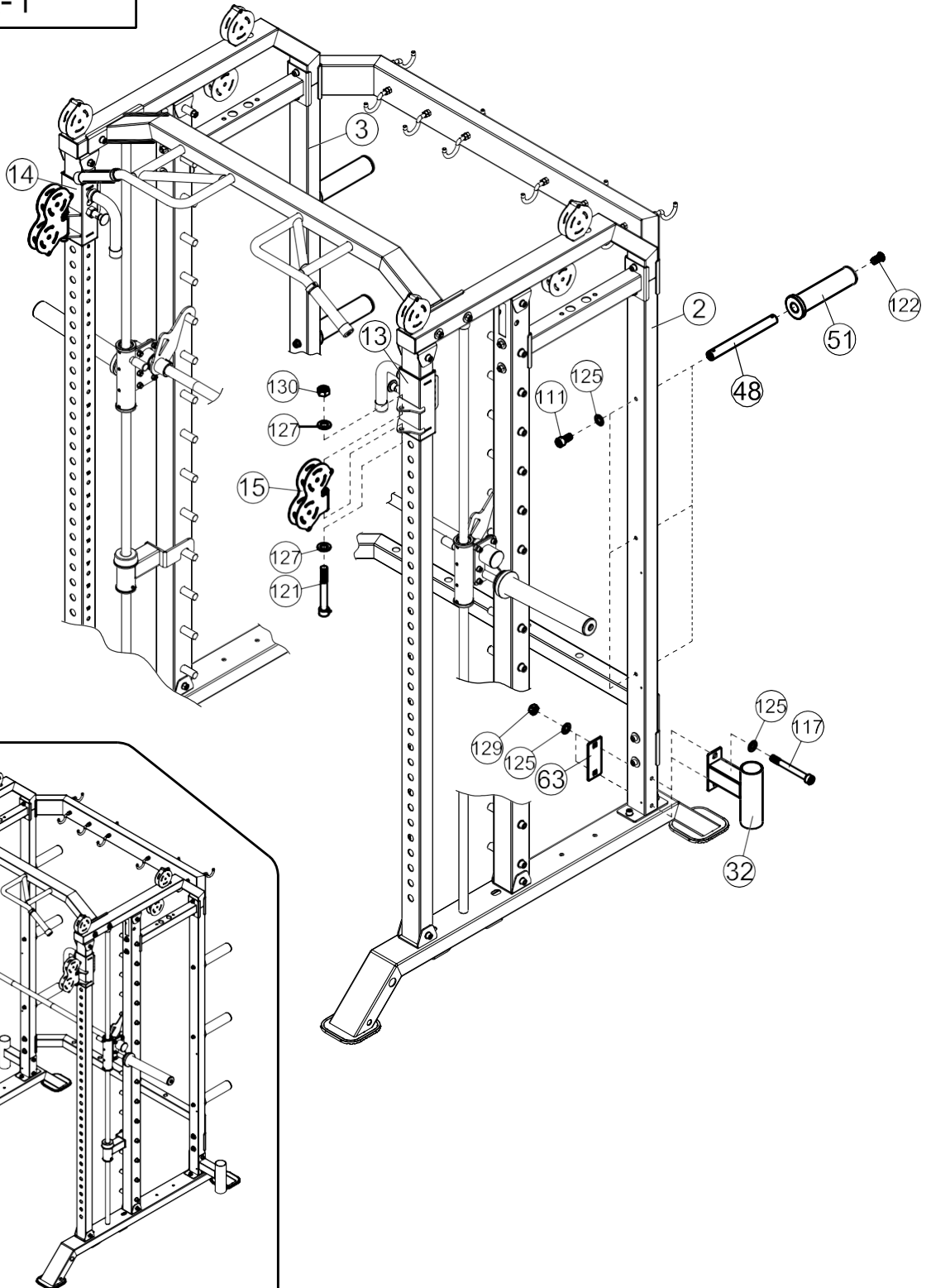
- ⑬④  ×4 M8×10
- ⑫⑧  ×12 M8
- ⑫⑥  ×2 Φ30×Φ10.5



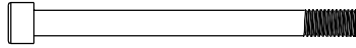
(121)		x2	M12x95	(117)		x4	M10x90
(127)		x4	Φ12	(129)		x4	M10
(130)		x2	M12	(125)		x14	Φ10
(111)		x6	M10x20	(122)		x6	M10x20



A-1



119



x1 M10x125

125



x2 Φ10

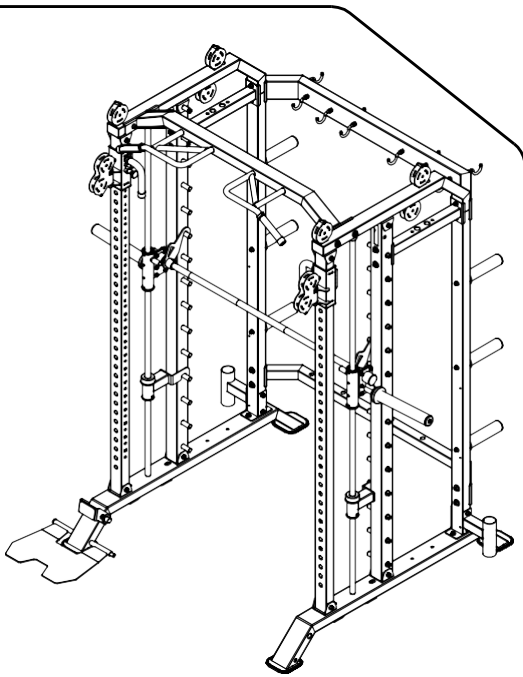
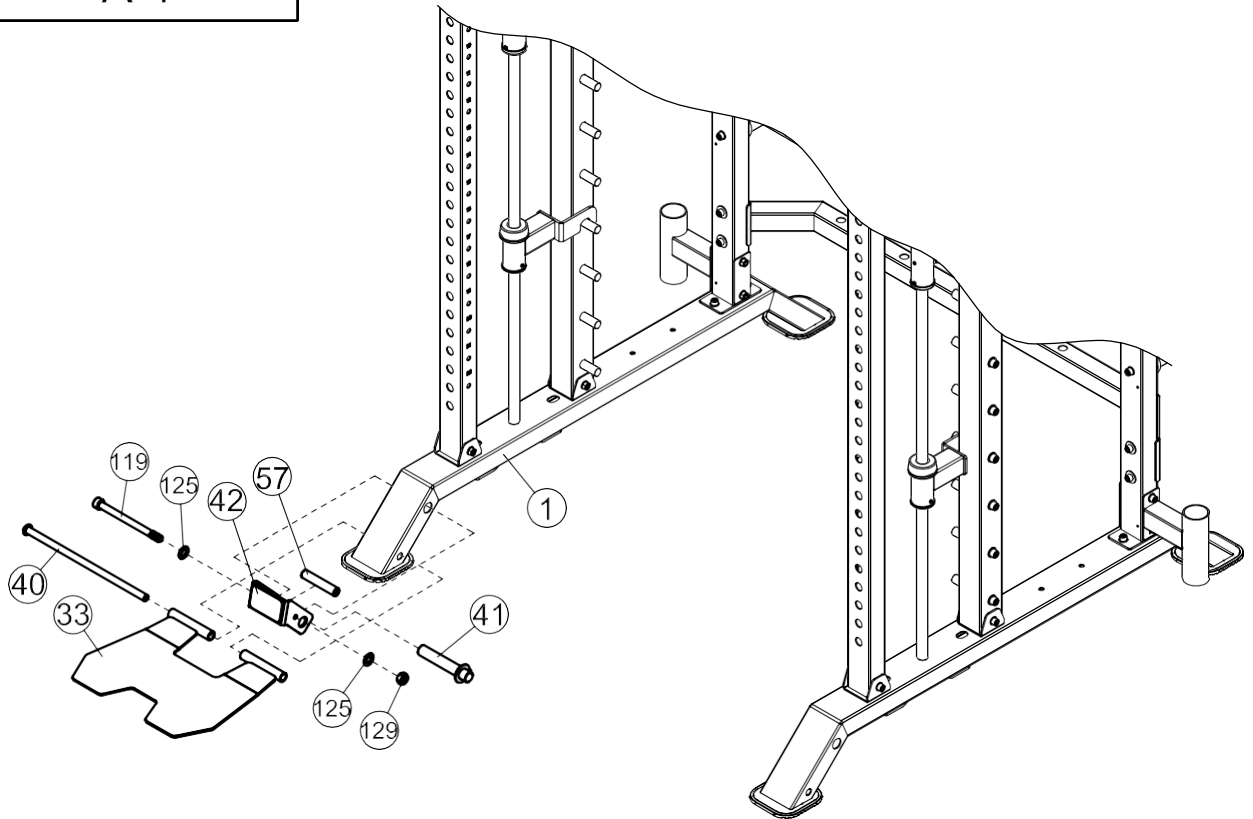
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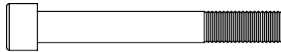
x1 M10



A-1



(121)



×1 M12×95

(127)



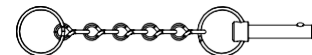
×2 Φ12

(130)

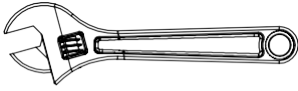


×1 M12

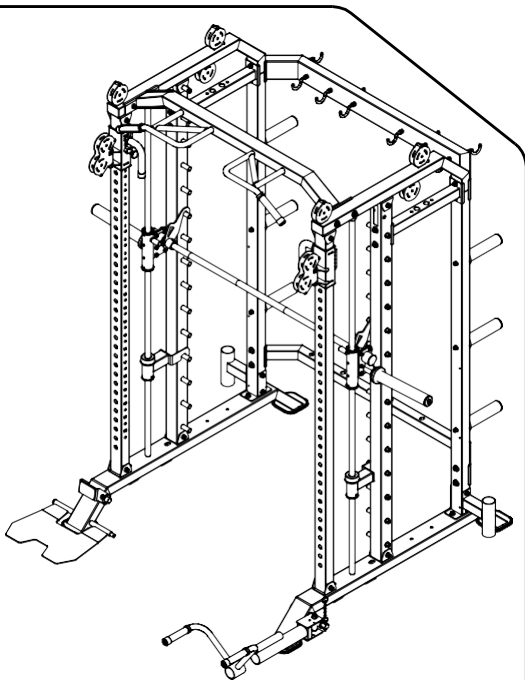
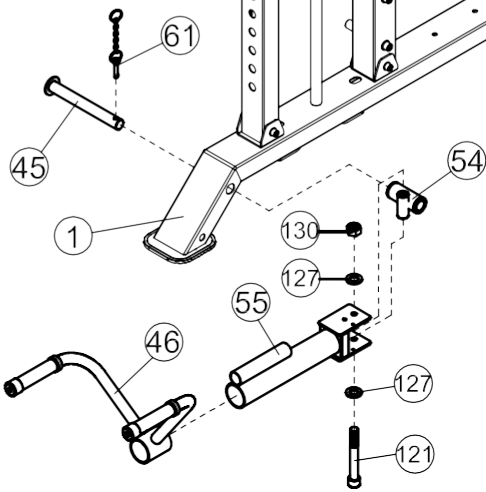
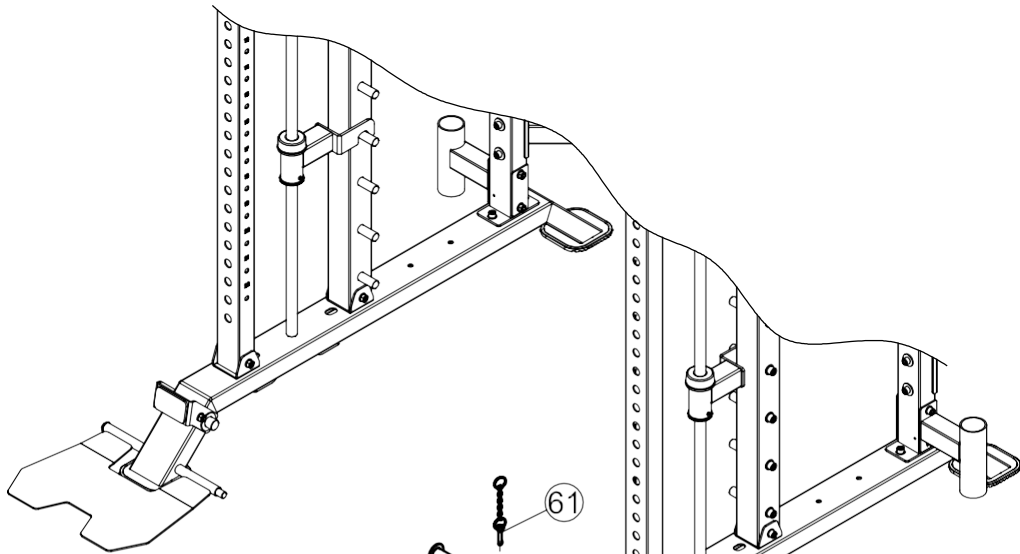
(61)



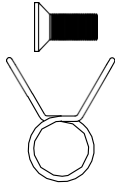
×1 Φ12×Φ8×50



A-1



133



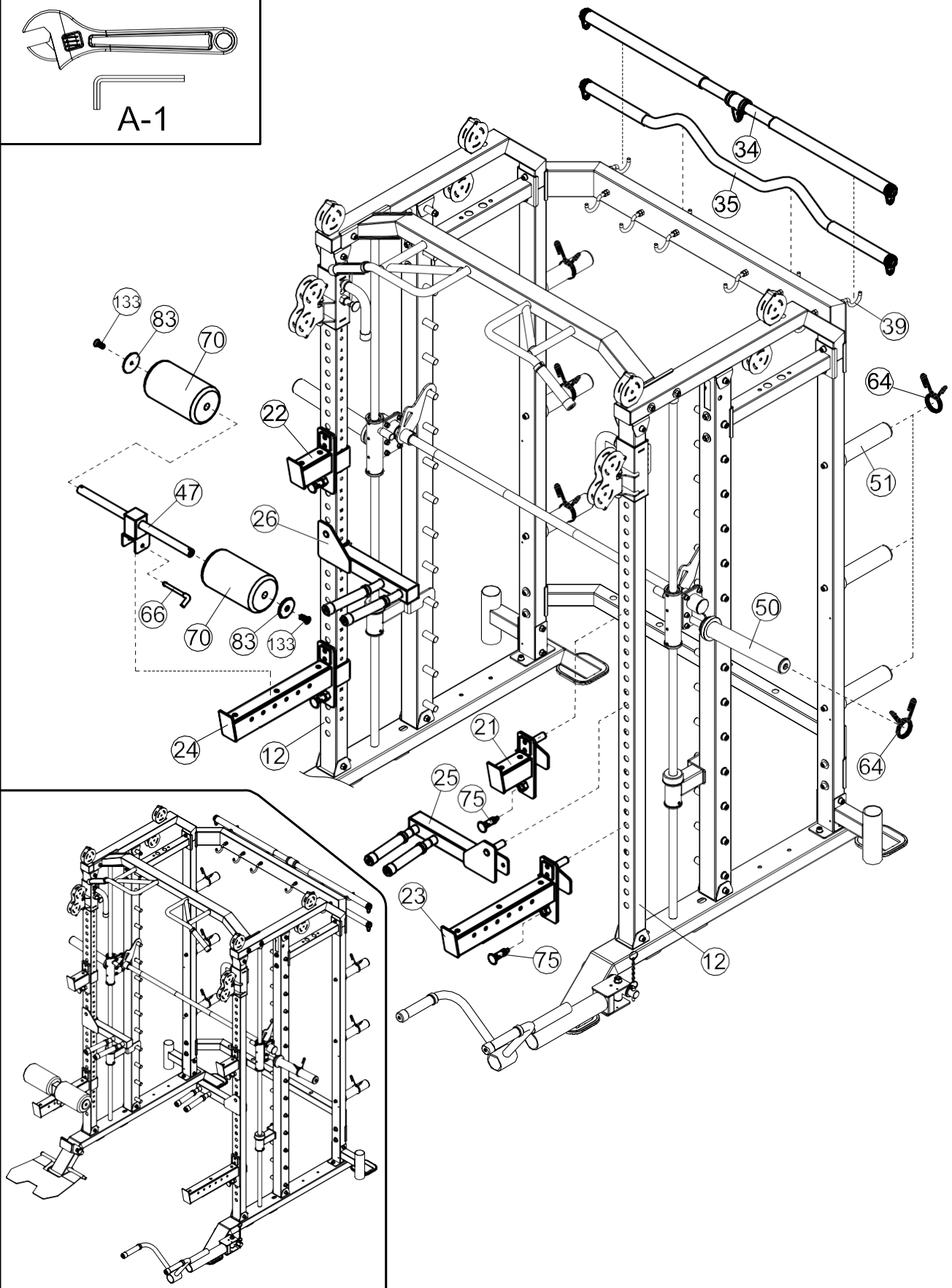
×2 M8×20

64

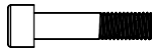
×8 Φ49



A-1



113



x4 M10x45

125



x8 Φ10

122

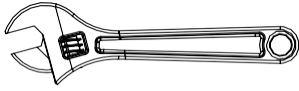


x4 M10x20

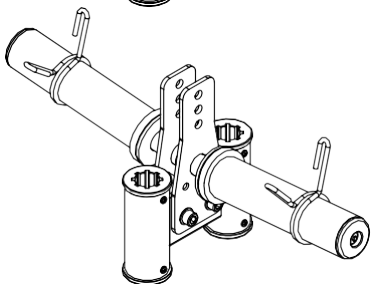
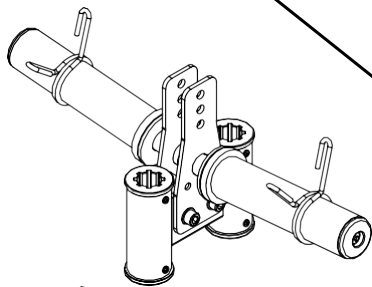
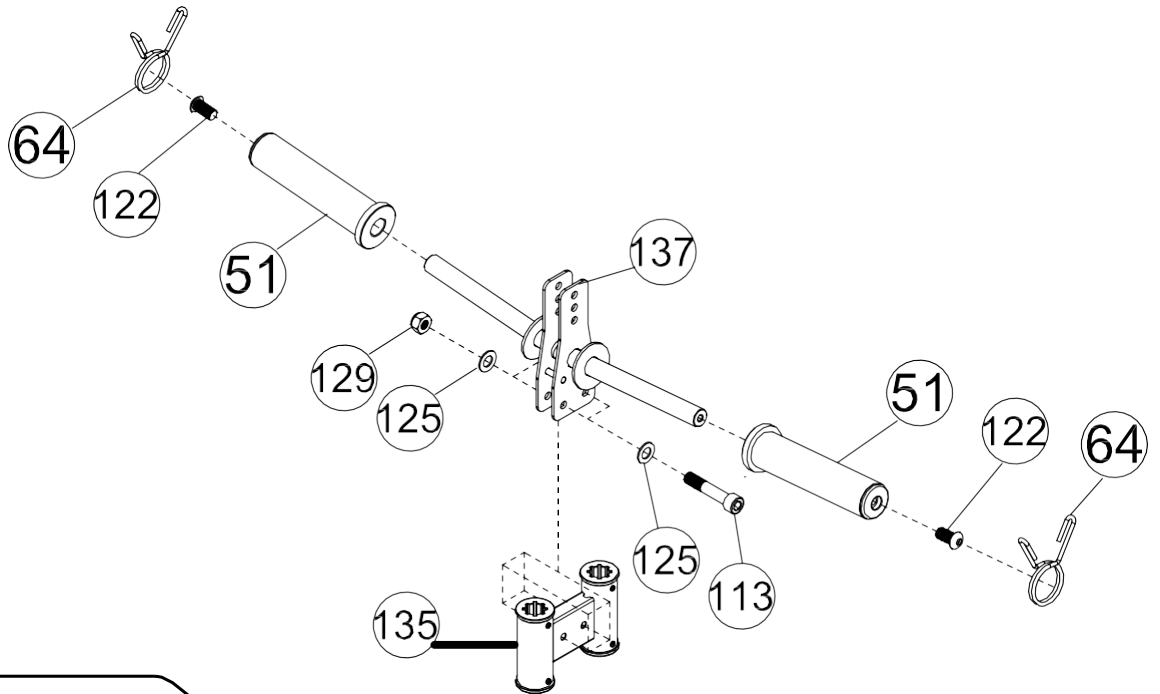
129



x4 M10

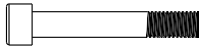


A-1





114



×8 M10×65

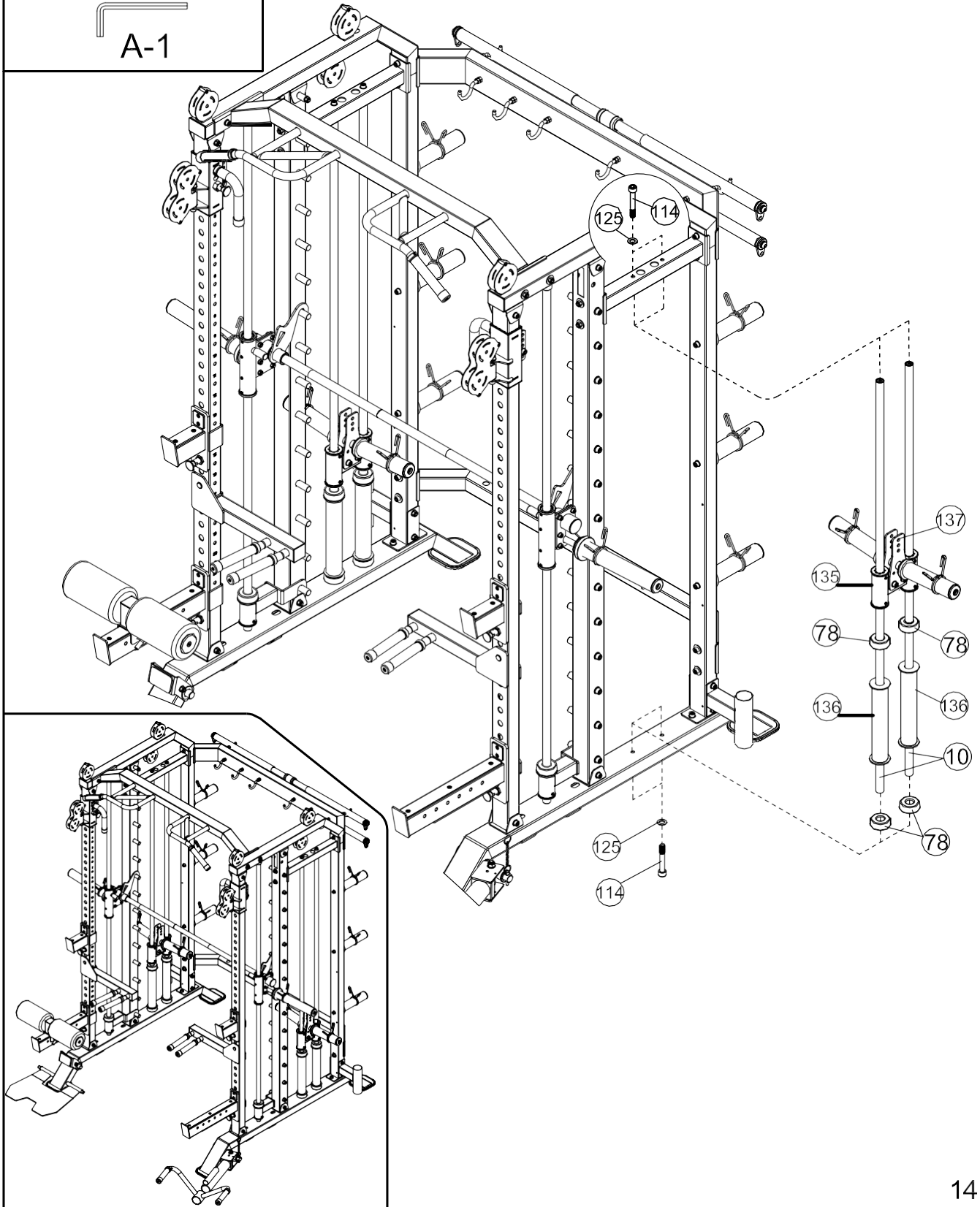
125



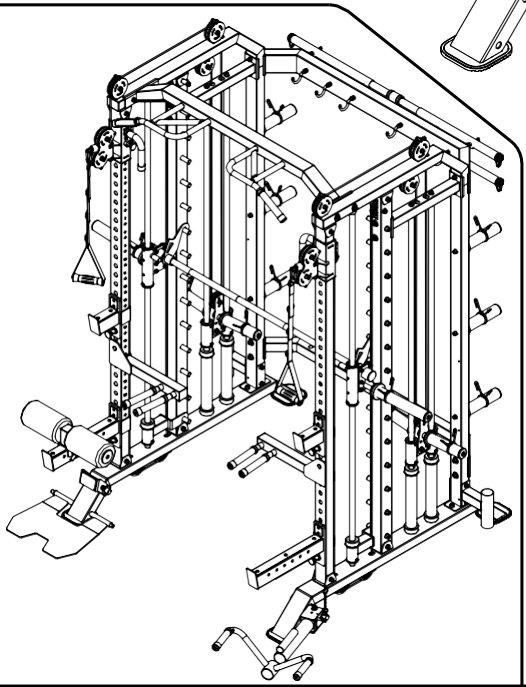
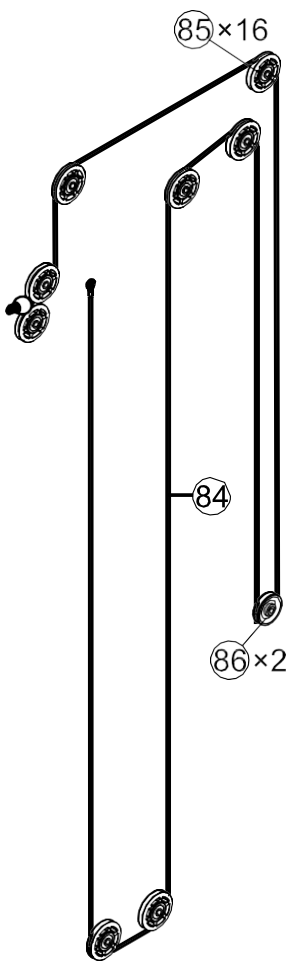
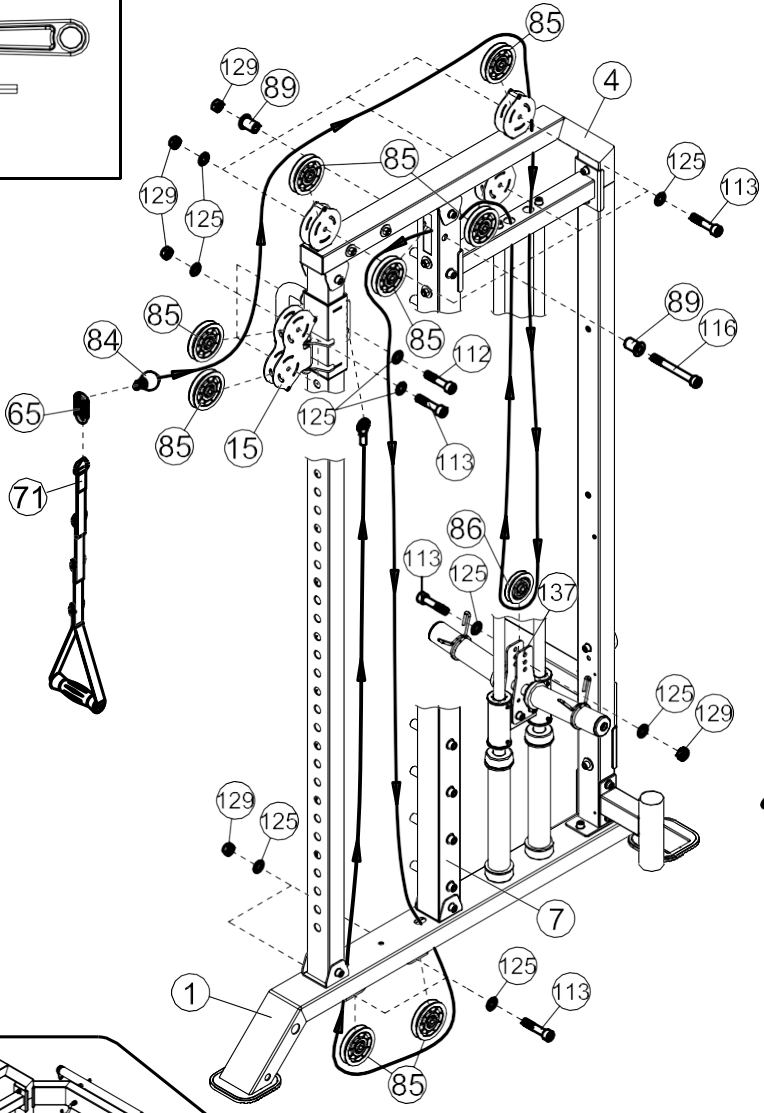
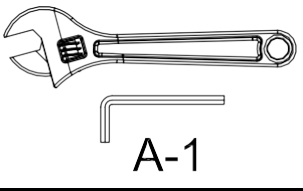
×8 Φ10

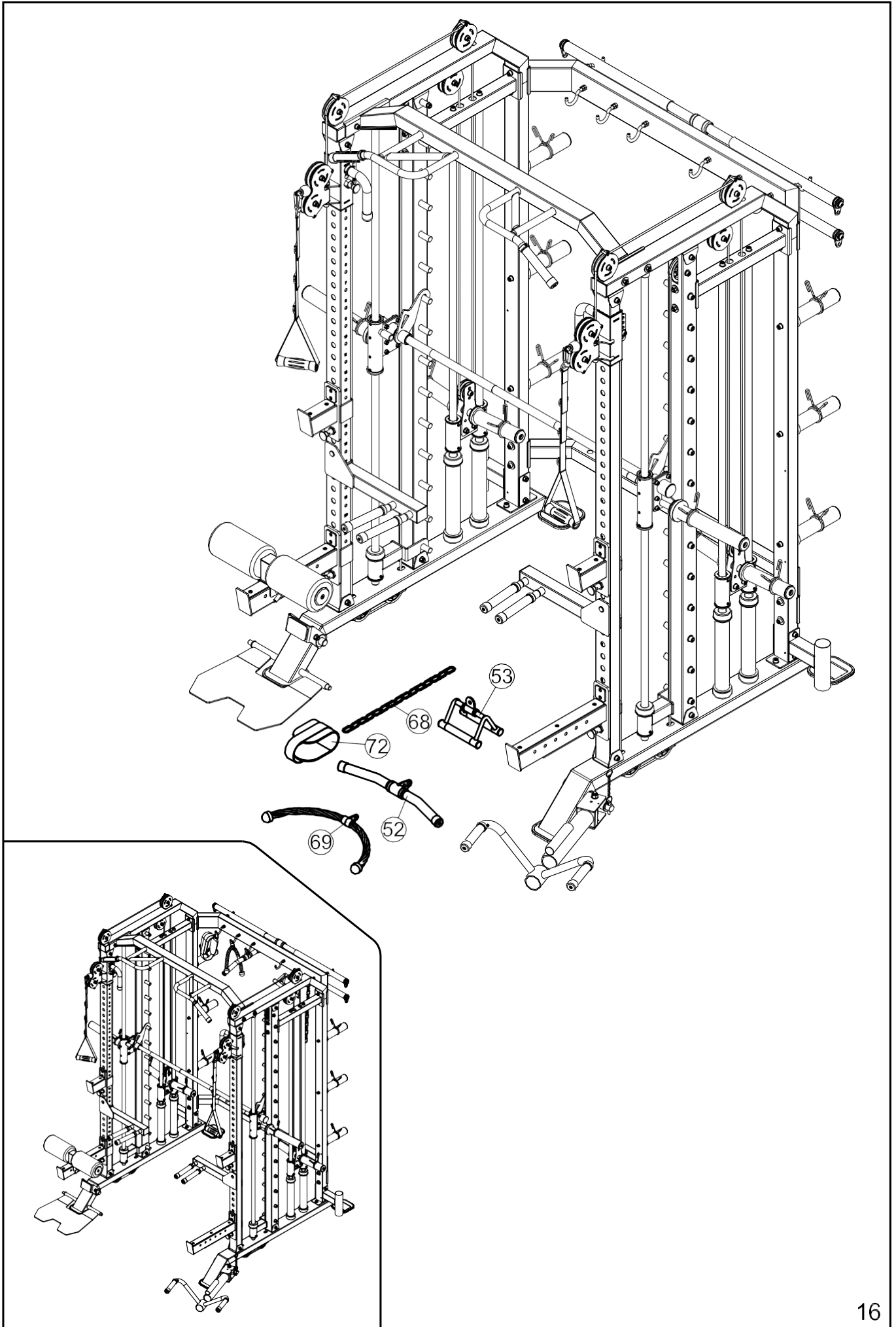


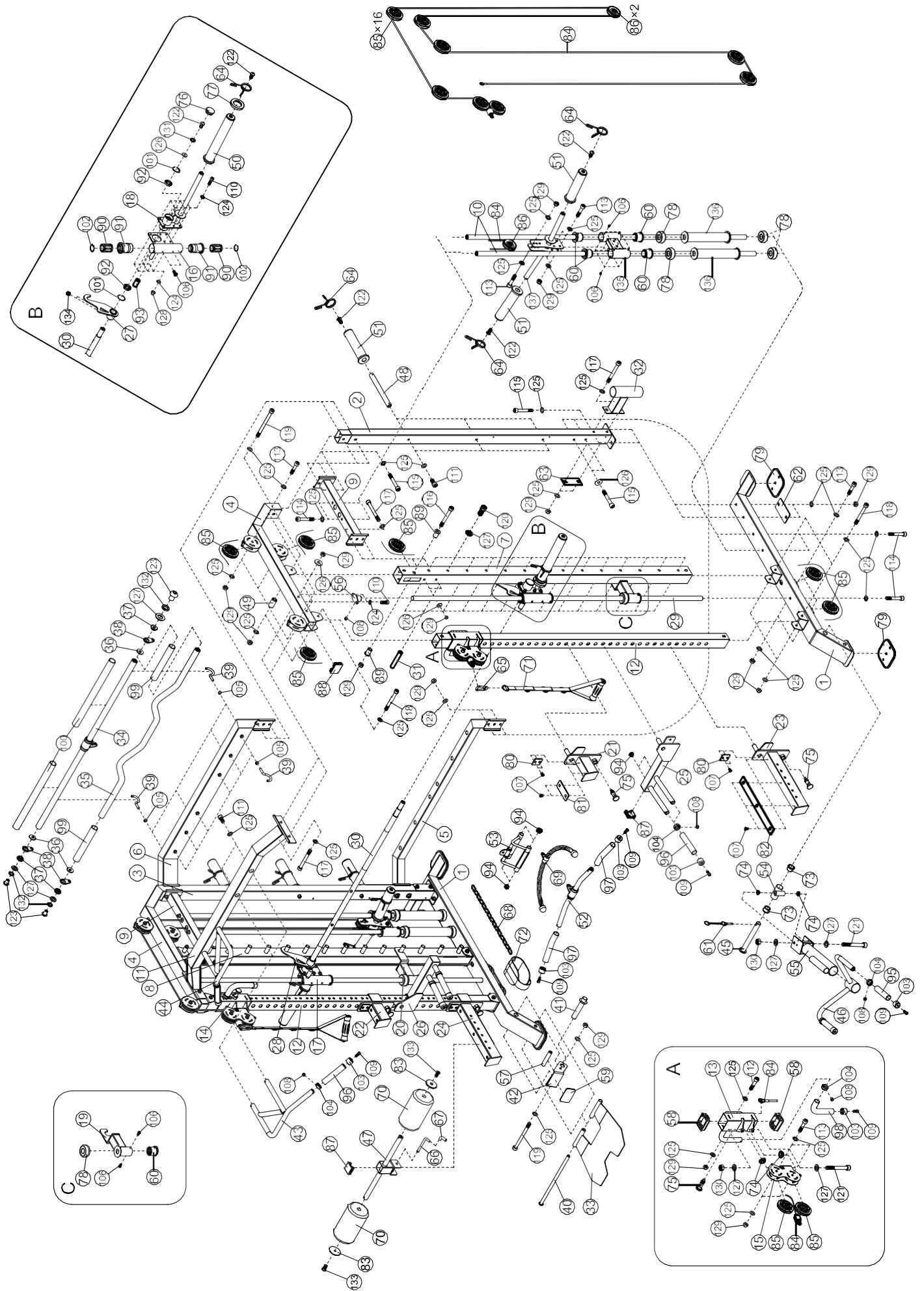
A-1



113		×16	M10×45	116		×2	M10×85
125		×36	Φ10	89		×4	Φ22×Φ10.2×25
129		×20	M10	65		×2	Φ8
112		×2	M10×35				







## MACHINE PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Frame		2
2	Rear Post L		1
3	Rear Post R		1
4	Top Frame		2
5	Connecting Frame Rear		1
6	Connecting Frame Rear		1
7	Intermediate Stand L	□70×2×1960	1
8	Intermediate Stand R	□70×2×1960	1
9	Upper connecting frame		2
10	Guide Rod Rear	Φ25×1738	4
11	Horizontal bar		1
12	Guide Shaft	□50×70×3×1960	2
13	Sliding frame L		1
14	Sliding frame R		1
15	Pulley Case		2
16	Mobile rack R		1
17	Mobile rack L		1
18	Weights Stow Rod		2
19	Safety hook Bracket L		1
20	Safety hook Bracket R		1
21	Short Safety Rack L		1
22	Short Safety Rack R		1
23	Long Safety Rack L		1
24	Long Safety Rack R		1
25	Dip Bar L		1
26	Dip Bar R		1
27	Hanging Bar R		1
28	Hanging Bar L		1
29	Guide rod	Φ25×1965	2
30	Weight Rod	Φ30×1215×M10	1
31	Hanging post	Φ20×115	28
32	Barbell Socket		2
33	Foot Pedal Set		1
34	Straight Bar (attachment)		1
35	Cambered Bar (attachment)		1
36	Washer	Φ38×Φ13×4	4
37	Bushing	Φ38×Φ13×12	4

38	Rotating plate	$\Phi 26 \times \Phi 12 \times 38 \times 6$	4
39	Safety Hook	$\Phi 10 \times R20 \times M10$	10
40	Long latch		1
41	Fixed pedestal		1
42	Limit bracket	$101 \times 95 \times 50 \times 5$	1
43	Left Chin-up Bar		1
44	Right Chin-up Bar		1
45	Rotating Shaft		1
46	Handle		1
47	FOAM Frame		1
48	Weights Stow Rod		6
49	Spacer	$\Phi 20 \times \Phi 10.2 \times 32$	2
50	Long Spacer		2
51	Short Spacer		6
52	Small grip frame		1
53	V-type handle		1
54	Spacer		1
55	Rotating Frame		1
56	Fixing frame		2
57	Spacer	$\Phi 20 \times \Phi 10.2 \times 101$	1
58	Slide Guide	$\square 60 \times 80 \times 2.0 \times \square 50 \times 70$	4
59	Rubber Stopper	$95 \times 55 \times 5$	1
60	Safety hook Bracket Guides	$\Phi 55 \times \Phi 46 \times \Phi 27 \times 41$	2
61	Pop pin		1
62	Bracket	$130 \times 70 \times 3$	2
63	Bracket	$120 \times 50 \times 3$	2
64	Spring Clip	$\Phi 49$	8
65	Hook	$\Phi 8$	2
66	L spring pins	$\Phi 10 \times 115$	1
67	Rubber sleeve	$\Phi 13 \times \Phi 9.5 \times 58$	1
68	15-Joint Chain	15	1
69	Rope	$\Phi 29 \times 695$	1
70	FOAM	$\Phi 125 \times \Phi 22 \times 215$	2
71	Nylon Strap Iso-Handle		2
72	Ankle Strap		1
73	Bushing	$\Phi 38 \times \Phi 34 \times \Phi 25 \times 22$	2
74	Bushing	$\Phi 25 \times \Phi 21.8 \times \Phi 12.2 \times 8$	6
75	Moving Lock Pin		6
76	Rectangular End Cap	$\Phi 50$	2

77	Rubber Stopper	Φ78xΦ47.5x13	2
78	Rubber Stopper	Φ62×Φ24.5×25	6
79	Floor End Cap	□135×135×8	4
80	Rack Liner	52×45×5	4
81	Rack Liner	120×45×5	2
82	Rack Liner	415×45×5	2
83	plate	Φ68×5.7	2
84	Double pull cable	Φ5	2
85	Pulley with Bearings	Φ96	16
86	Small Pulley with Bearing	Φ75×25	2
87	Rectangular End Cap	□50	3
88	Rectangular End Cap	□70×50	2
89	Bushing	Φ22×Φ10.2×25	4
90	Linear Motion Bearing	LB254058	4
91	Sliding Rod Guide	Φ55×Φ46×Φ40×73	4
92	Deep groove ball bearing	61905	4
93	Tube End Cap	Φ19×42	2
94	Rectangular End Cap	Φ25	8
95	Dips Handle	Φ23×130	2
96	Dips Handle	Φ23×150	6
97	Dips Handle	Φ23×180	2
98	Dips Handle	Φ23×200	2
99	Dips Handle	Φ30×3×250	2
100	Dips Handle	Φ30×3×500	2
101	Hole circlip	42	4
102	Hole circlip	d0=40	4
103	Decorative cover	Φ33.5×Φ6.6×25	12
104	Retaining ring	Φ34.5×Φ26.5×14×M6	10
105	Hex nuts	M10	10
106	Screw	ST4.0×9	8
107	Allenlln BoltBolt	M6×12(8.8)	18
108	Set screw	M6×6	12
109	Hexagon socket button head screws	M6×15	12
110	Hexagon socket button head screws	M8×25/8.8	16
111	Hexagon socket button head screws	M10×20	10
112	Hexagon socket button head screws	M10×35	2
113	Hexagon socket button head screws	M10×45	16
114	Hexagon socket button head screws	M10×65	10
115	Hexagon socket button head screws	M10×70/8.8	12

116	Hexagon socket button head screws	M10×85	2
117	Hexagon socket button head screws	M10×90	12
118	Hexagon socket button head screws	M10×95	6
119	Hexagon socket button head screws	M10×125	3
120	Hexagon socket button head screws	M12×25	28
121	Hexagon socket button head screws	M12×95	3
122	Allen Bolt	M10×20	10
123	Allen Bolt	M12×40	4
124	Washer	8	28
125	Washer	10	106
126	Washer	Φ30×Φ10.5×2.5	14
127	Washer	12	38
128	Nut	M8	12
129	Nut	M10	49
130	Nut	M12	3
131	Washer	10	2
132	Washer	12	4
133	Allenllen BoltBolt	M8×20	2
134	Set screw	M8×10	4
	Allen wrench	3#	1
	Allen wrench	4#	1
	Allen wrench	5#	1
	Allen wrench	6#	1
	Allen wrench	8#	1
	Allen wrench	10#	1



## SLIDING PARTS LIST

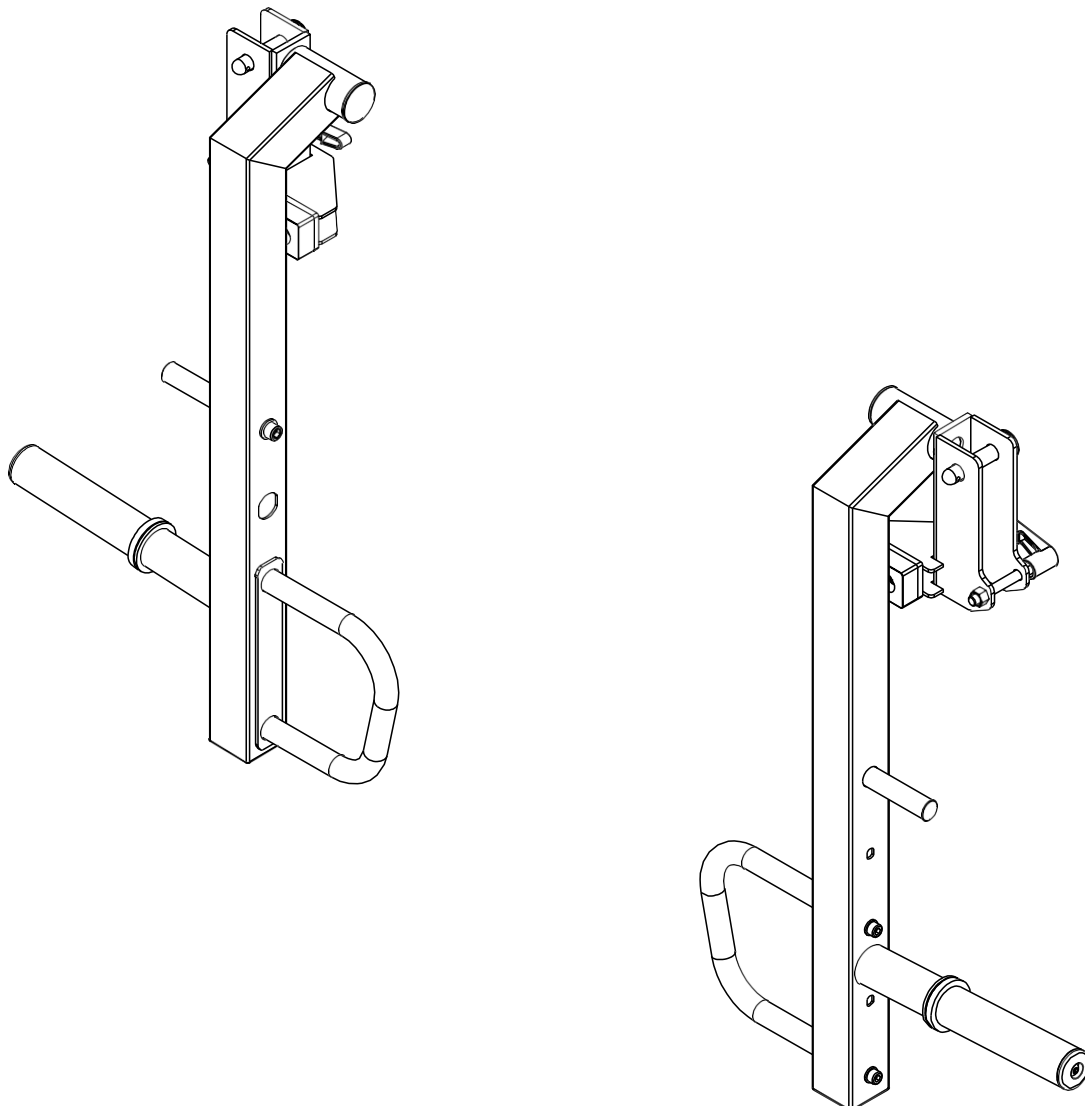
KEY NO	DESCRIPTION	SIZE	QUANTITY
51	Short Spacer		4
60	Safety Hook Bracket Guides	$\phi 55 \times \phi 46 \times \phi 27 \times 41$	8
64	Spring Clip	$\phi 49$	4
78	Robber Stopper	$\phi 62 \times \phi 24.5 \times 25$	4
106	Screw	ST4.0x9	16
113	Hexagon socket button head screw	M10x45	4
122	Allen Bolt	M10x20	4
125	Washer	10	8
129	Nut	M10	4
135	Sliding Support		2
136	Spacer		4
137	Plate Loader		2

# FRENCH FITNESS

FF-FSR-JA

FSR20 P/L Multi Functional Gym System (New)

OWNER'S MANUAL



## CAUTION!

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

20201211-V1.0

# ASSEMBLY MANUAL

## FF-FSR-JA

### BEFORE YOU START

Remove all parts from the packaging and separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

Certain parts may arrive pre-assembled from the factory.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

### SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear appropriate footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled
- Ensure you correctly orientate each piece before attaching
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Do not use the equipment outdoors or around water.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if you experience any pain, dizziness or nausea. See a doctor at once.

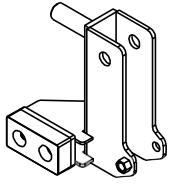
PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

**BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.**

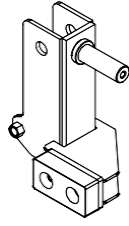
**READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.**

**WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

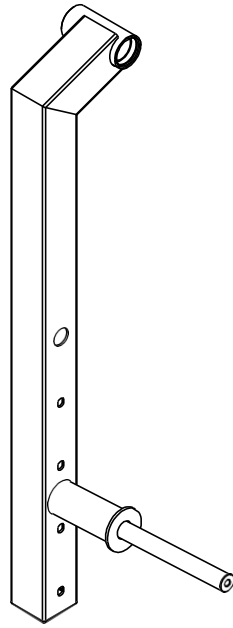
**SAVE THESE INSTRUCTIONS.**



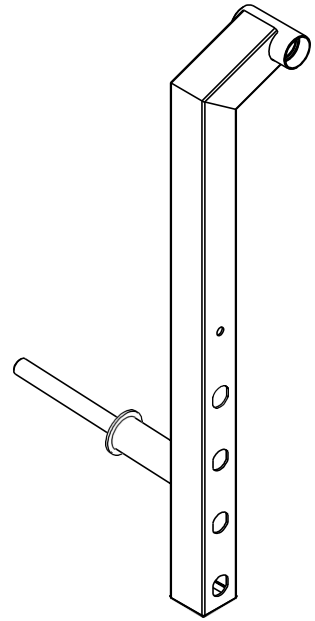
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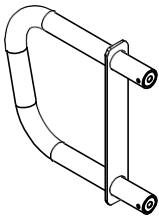
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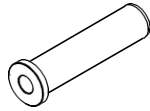
③ x1



④ x1



⑤ x2



⑥ x2



⑧ x2



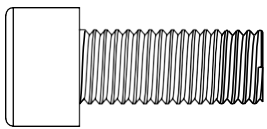
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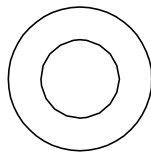
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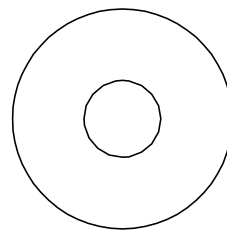
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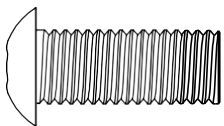
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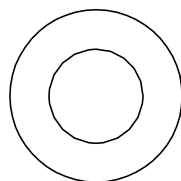
16 x4



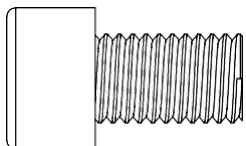
17 x2



15 x2



20 x2

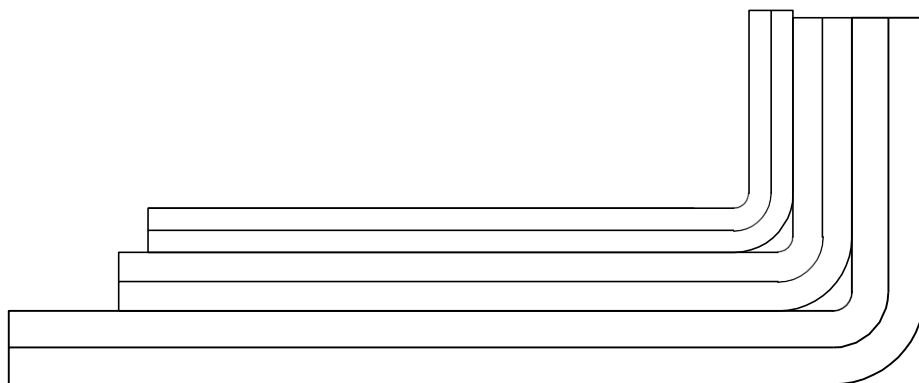


19 x2

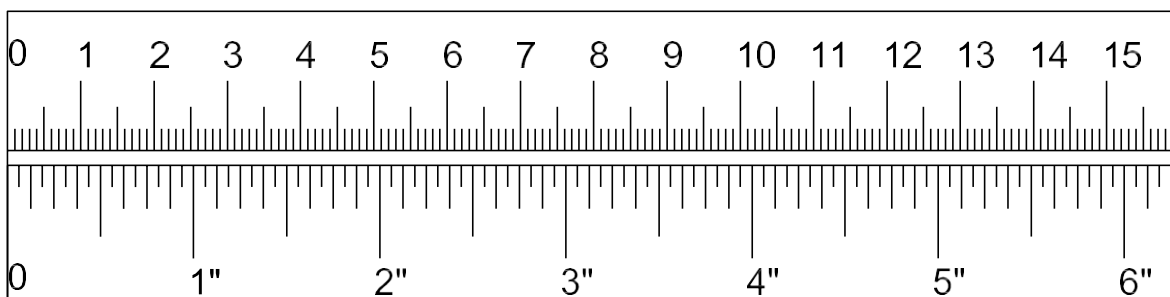
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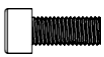

8# x1



10# x1

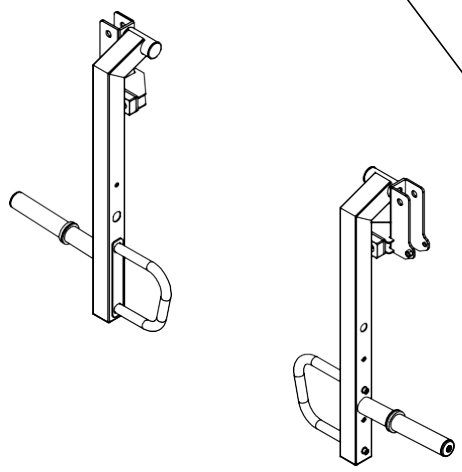
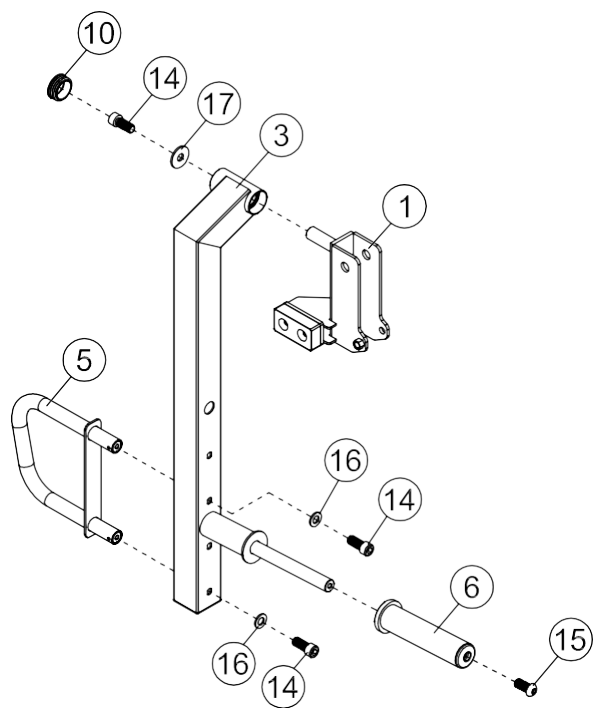
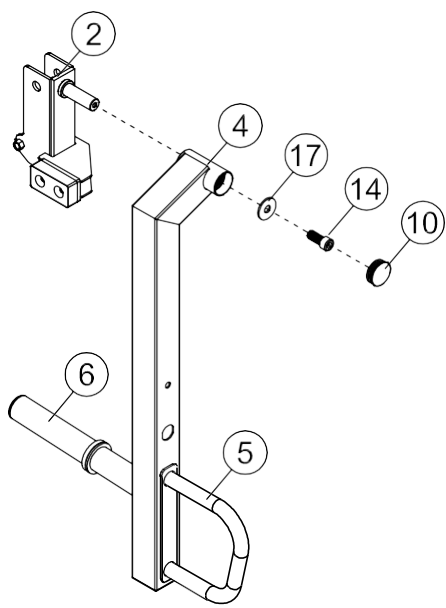
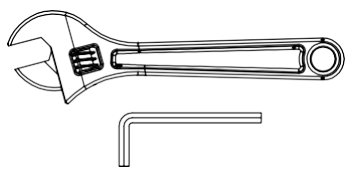


mm

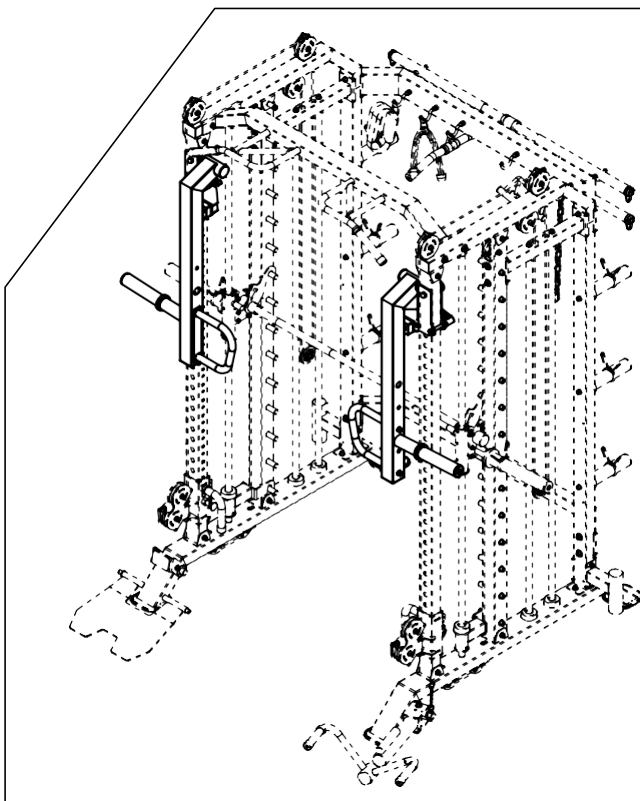
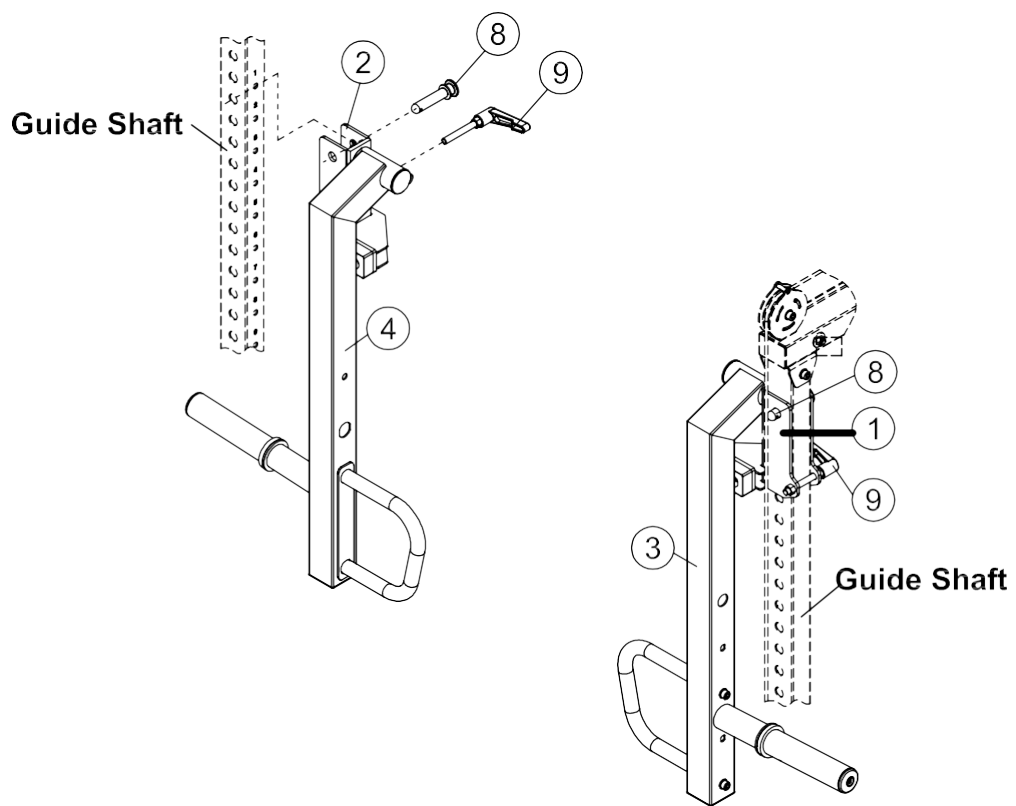


- ⑭  ×6 M10×25mm
- ⑮  ×2 M10×25mm

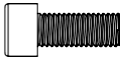
- ⑯  ×4 φ10
- ⑰  ×2 φ30



1



19



×2

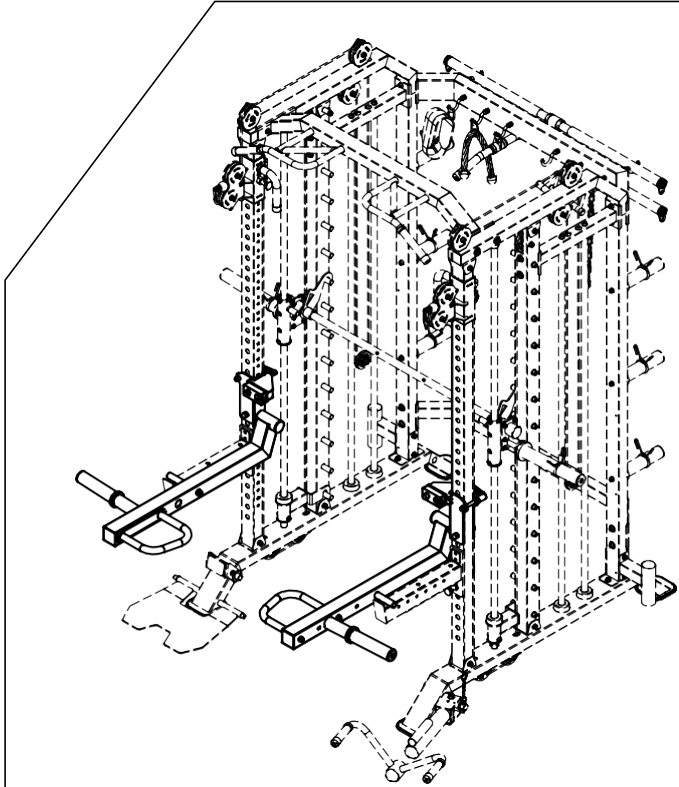
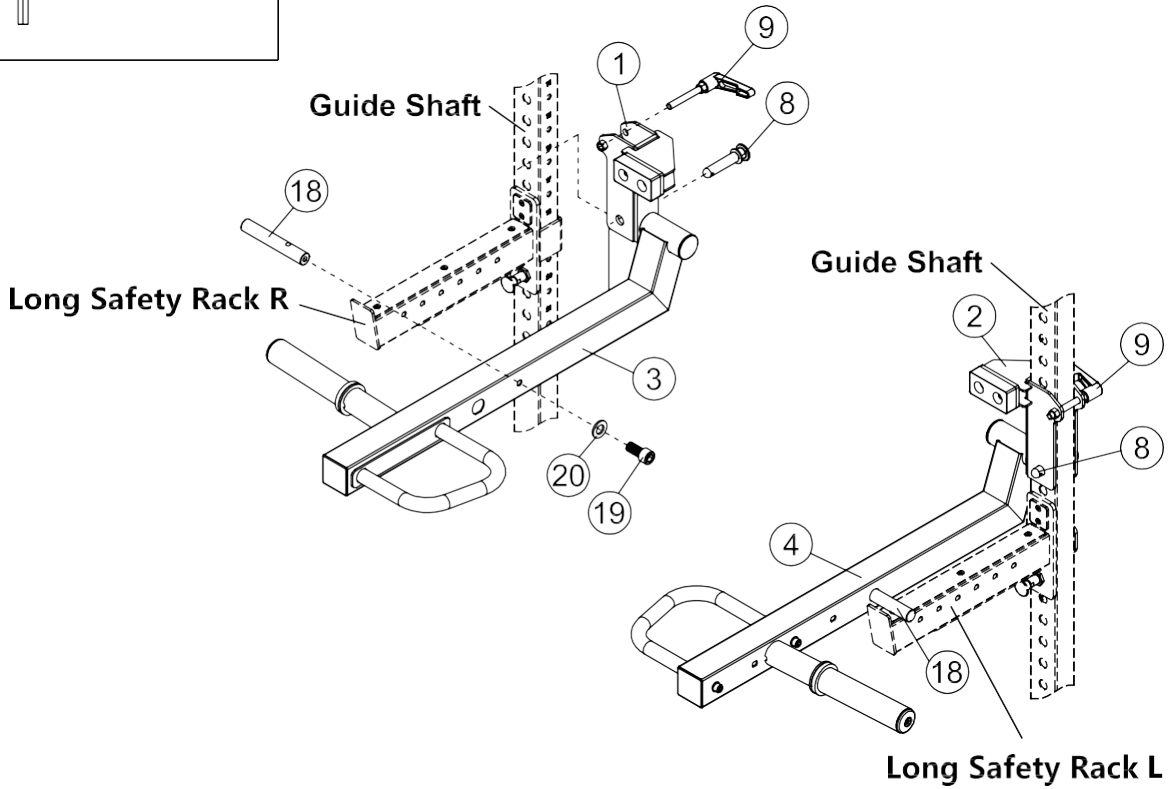
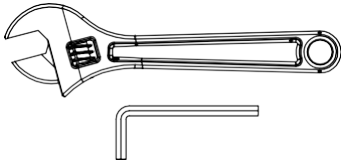
M12×20mm

20



×2

φ12

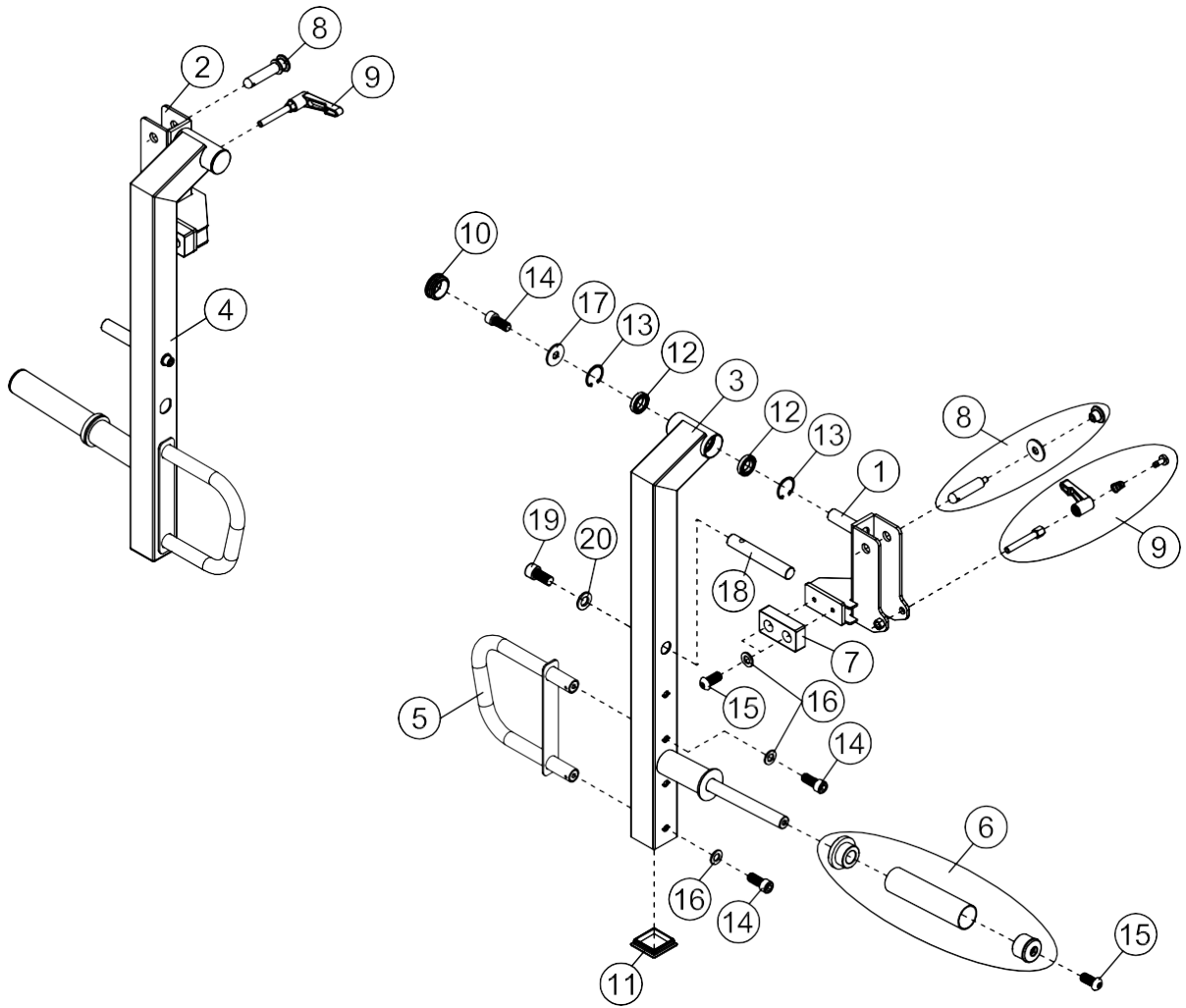


3



# EXPLODED DIAGRAM

\*Optional Attachment on the FSR20 and FSR50



## PARTS LIST

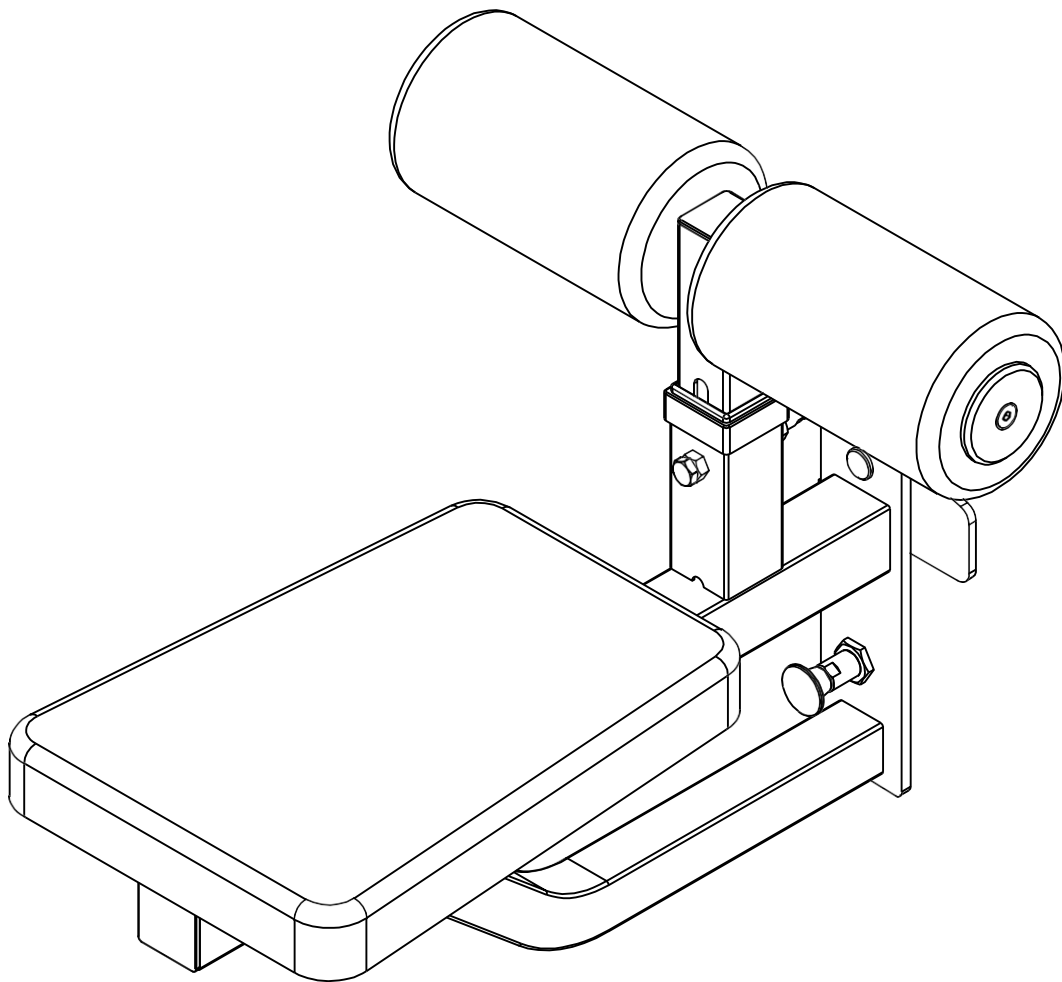
KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Left Bracket		1
2	Right Bracket		1
3	Left Pushing Rack		1
4	Right Pushing Rack		1
5	Narrow Handle Holder		2
6	Short Spacer		2
7	Rubber Stopper	100x50x25	2
8	Plug Section		2
9	Long Handle Lock Draw Pin		2
10	End Cap	φ50	2
11	End Cap	□65	2
12	Deep Groove Ball Bearing	61905-2Z	4
13	Hole Circlip	42	4
14	Hexagon Socket Button Head Screws	M10x25	6
15	Allen Bolt	M10x25	6
16	Washer	10	8
17	Washer	φ30×φ10.5	2
18	Bumping Post	φ25×160×M12	2
19	Hexagon Socket Button Head Screws	M12x20	2
20	Washer	φ12	2
	Allen Wrench	10#	1
	Allen Wrench	8#	1
	Allen Wrench	6#	1

# FRENCH FITNESS

FF-FSR-LS

FSR20 P/L Multi Functional Gym System (New)

OWNER'S MANUAL



## CAUTION!

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

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# ASSEMBLY MANUAL

## Functional Trainer Rack Pack

### BEFORE YOU START

Remove all parts from the packaging and separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

Certain parts may arrive pre-assembled from the factory.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

### SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear appropriate footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled
- Ensure you correctly orientate each piece before attaching
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Do not use the equipment outdoors or around water.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if you experience any pain, dizziness or nausea. See a doctor at once.

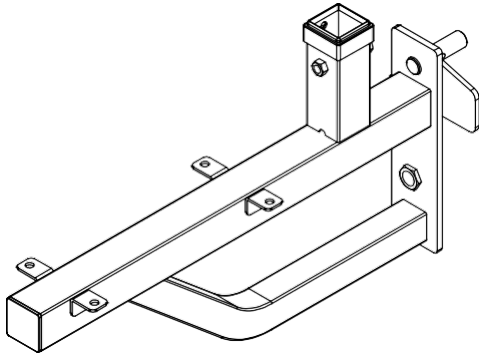
PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

**BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.**

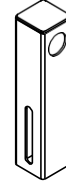
**READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.**

**WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

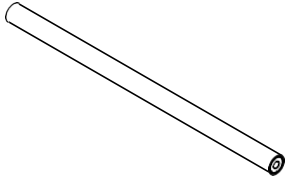
**SAVE THESE INSTRUCTIONS.**



① ×1



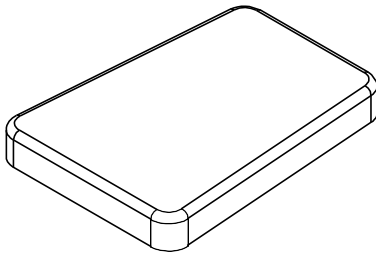
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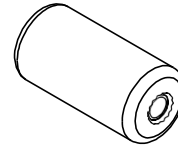
③ ×1



④ ×2



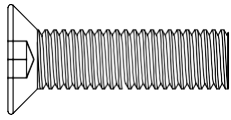
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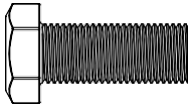
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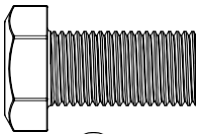
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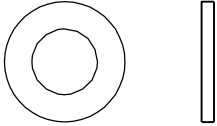
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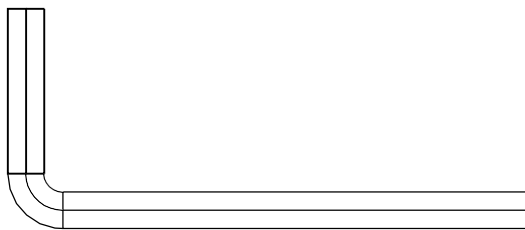
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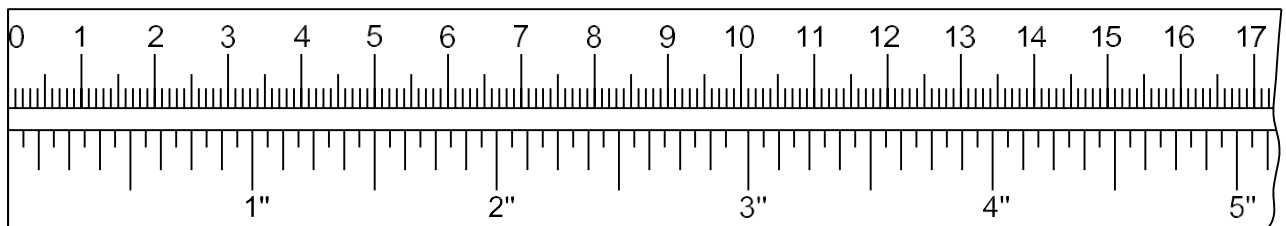
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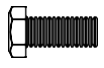
⑭ ×4



5#×1



12



x 4

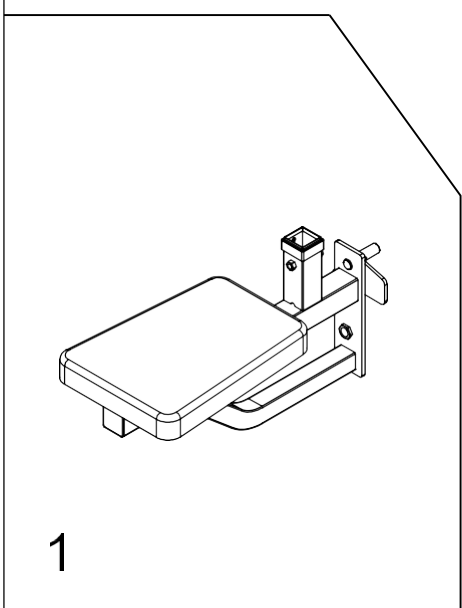
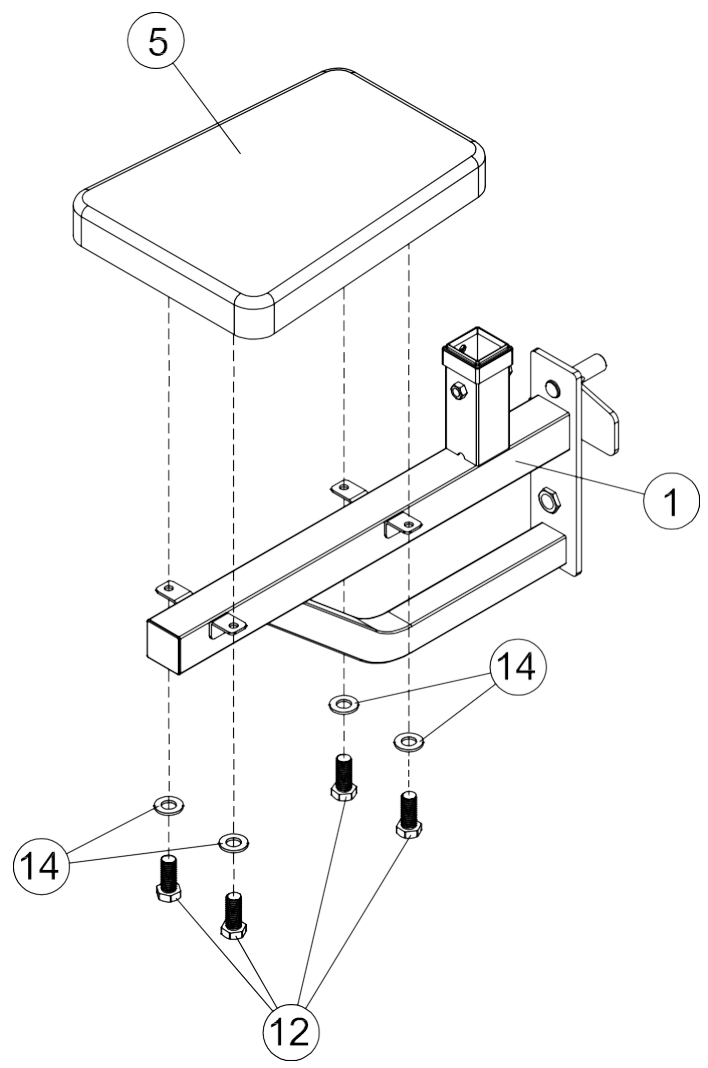
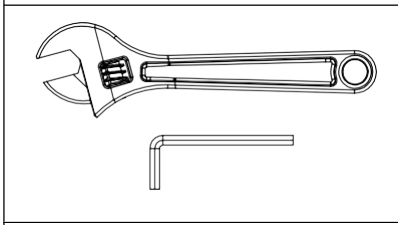
M8x20mm

14



x 4

Φ8

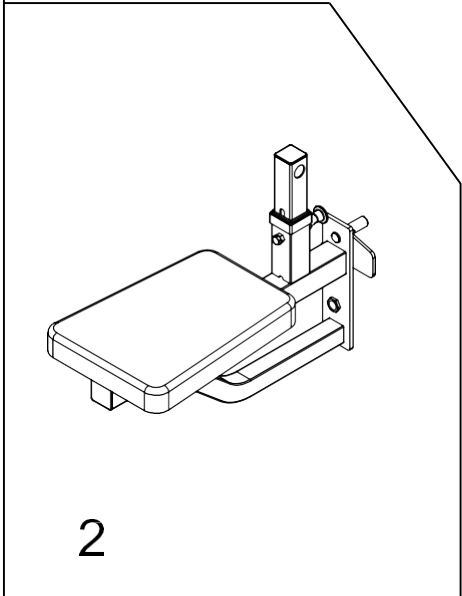
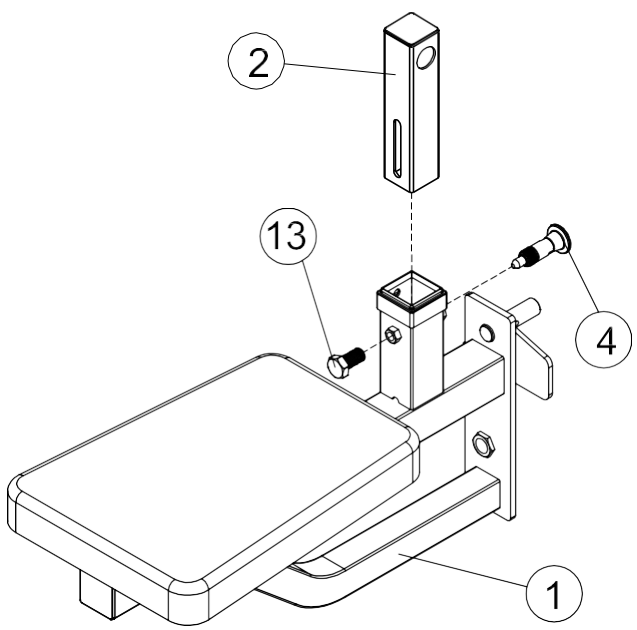
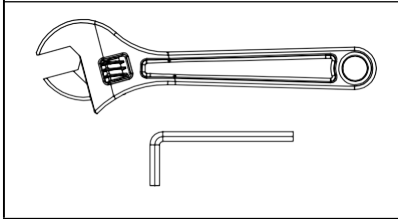


13



× 1

M10×20mm



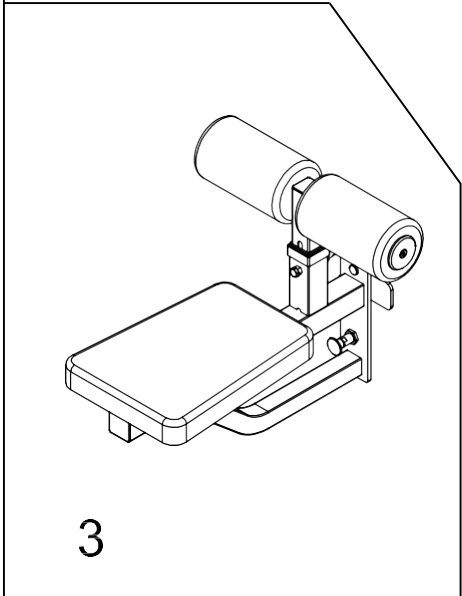
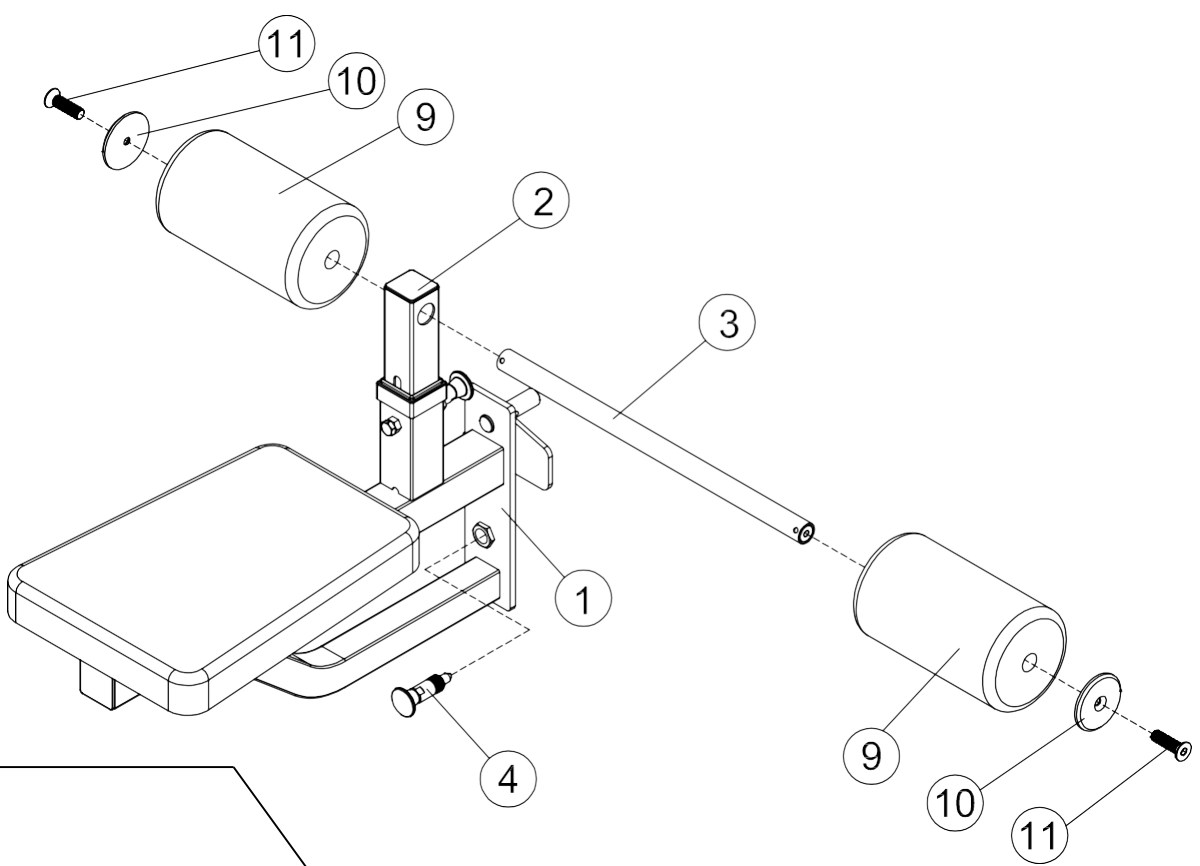
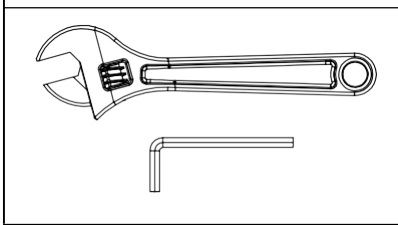


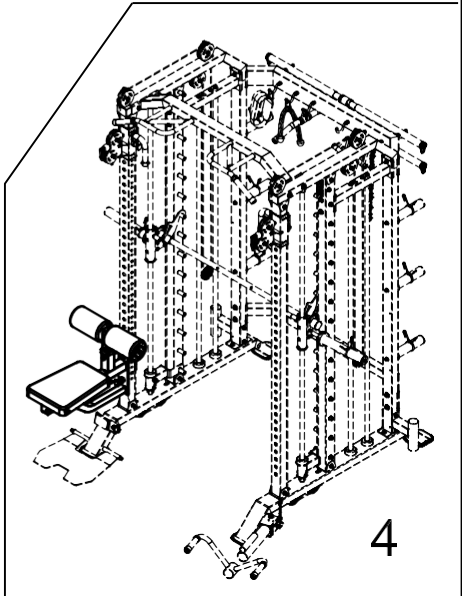
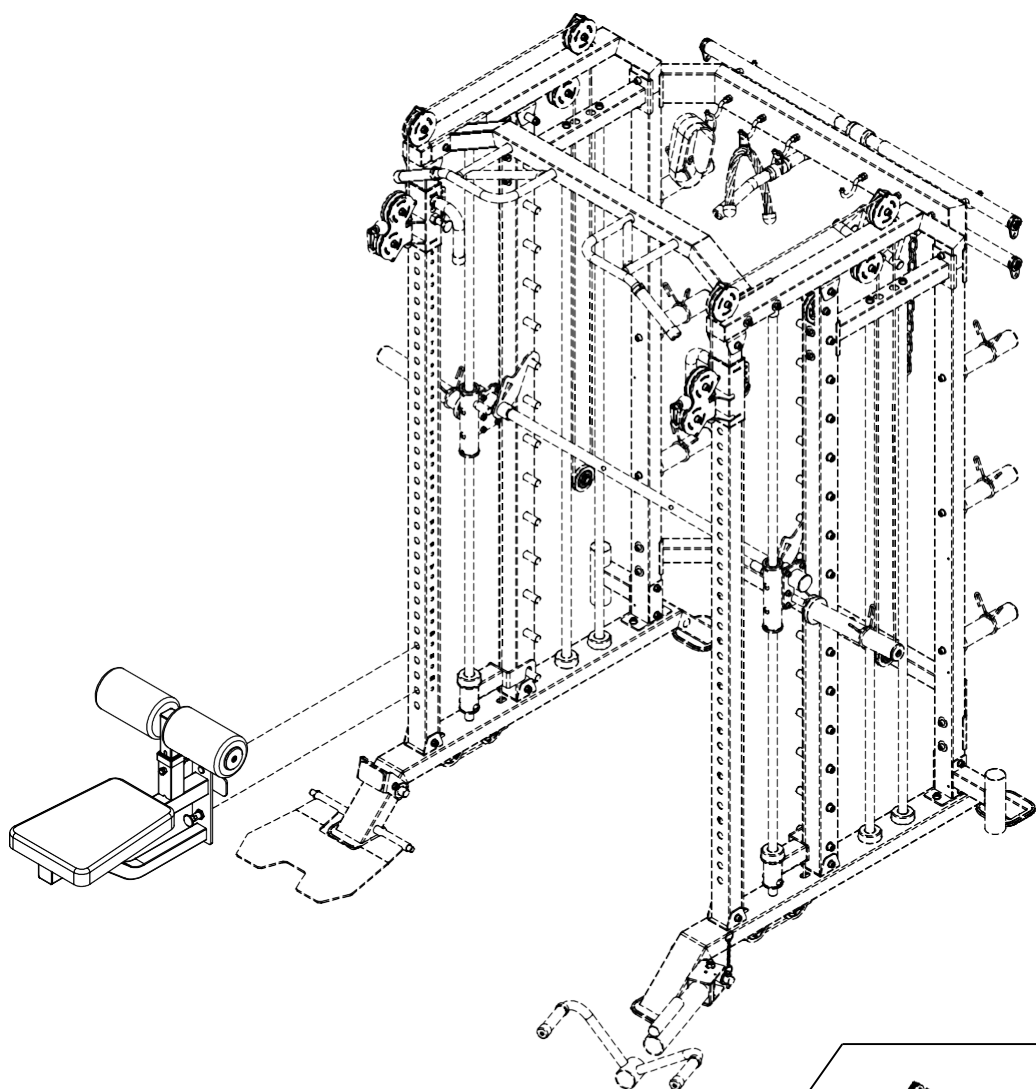
11



× 2

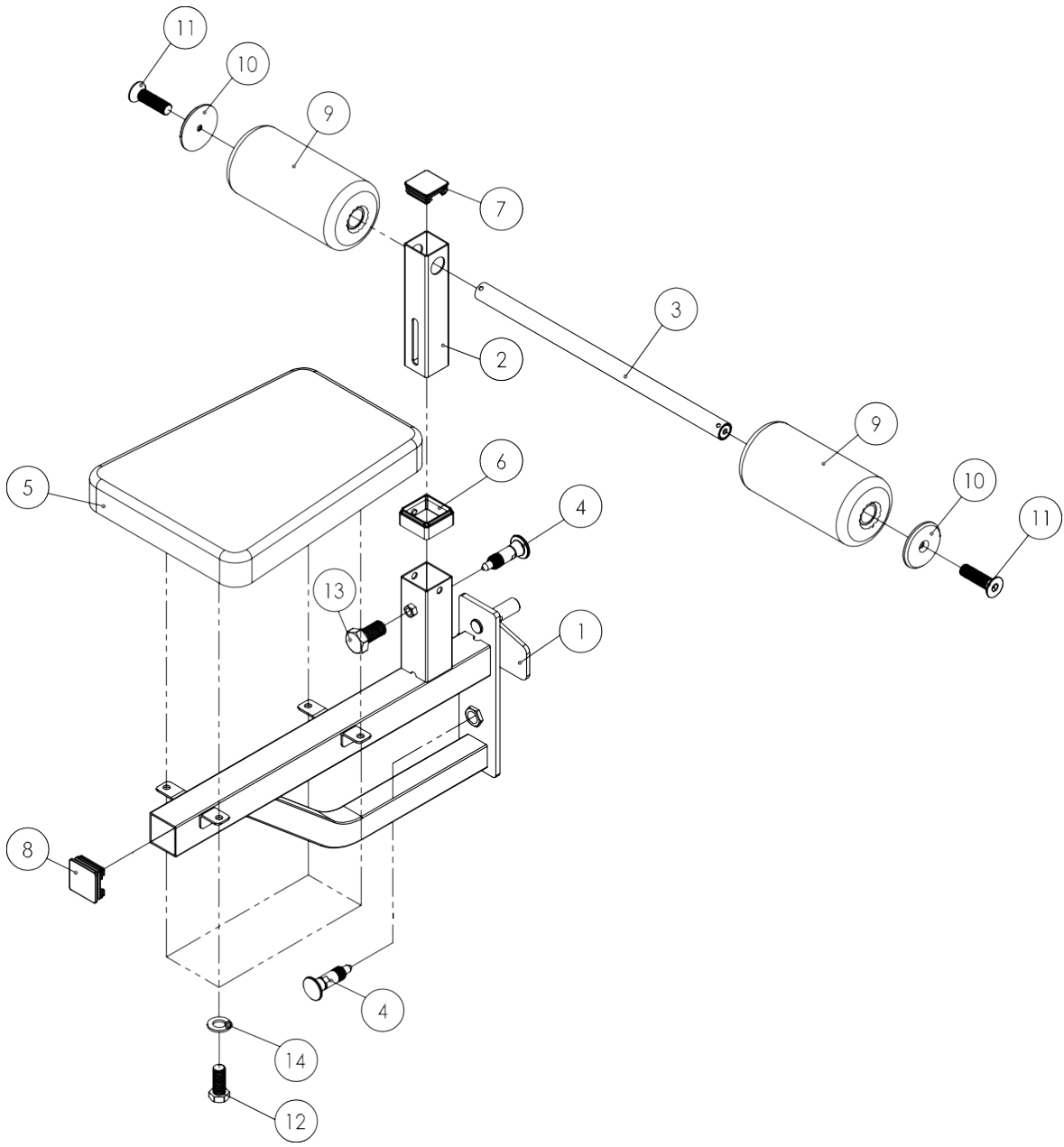
M8×30mm





# EXPLODED DIAGRAM

\*Optional Attachment on the FSR20 and FSR50



# PARTS LIST

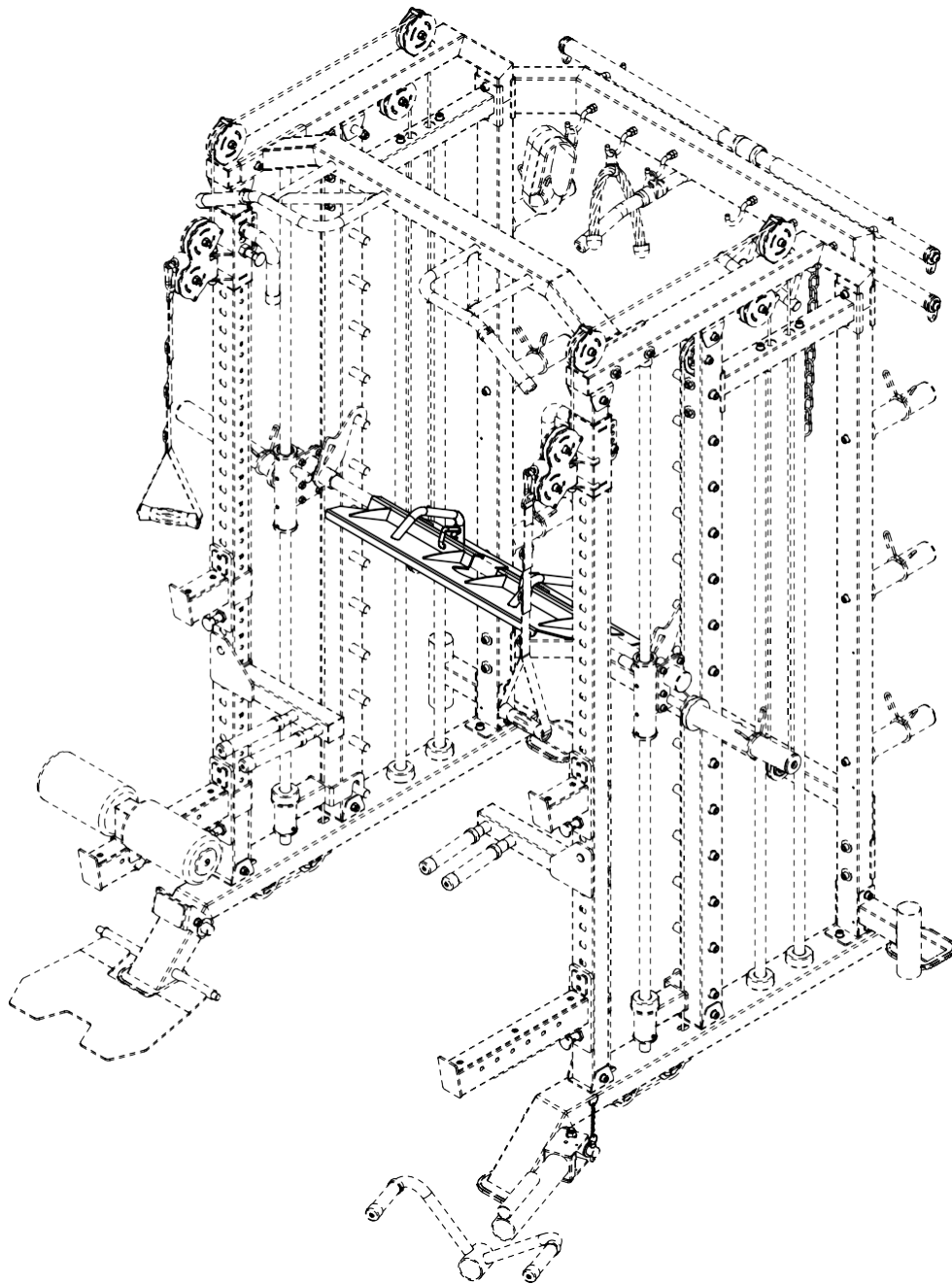
KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Seat Support		1
2	Adjust To Pipe		1
3	Foam Roll Frame		1
4	Lock Knob		2
5	Seat Pad		1
6	Sleeve	□50×□45	1
7	End Cap	□44	1
8	End Cap	□50	1
9	Foam Roll	φ125×φ22×215	2
10	Foam Baffle	φ68×5.7	2
11	Sunk Screw	M8×30	2
12	Hex Bolts	M8×20	4
13	Hex Bolts	M10×20	1
14	Washer	φ8	4
	Allen Wrench	5#	1

# FRENCH FITNESS

FF-FSR-LP

FSR20 P/L Multi Functional Gym System (New)

OWNER'S MANUAL



## CAUTION!

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

20201211-V1.0

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IMPORTANT SAFETY NOTICES .....	2
ASSEMBLED DIMENSION .....	3
HARDWARE PACK.....	4
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PARTS LIST.....	6

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## BEFORE YOU BEGIN

Thank you for selecting the FF-FSR-LP. 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.

## **IMPORTANT SAFETY NOTICE**

### **PRECAUTIONS**

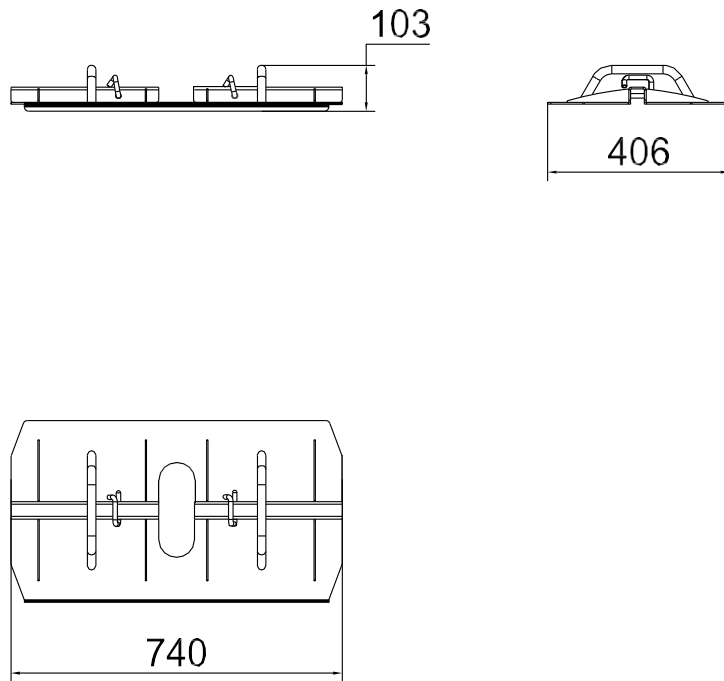
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.

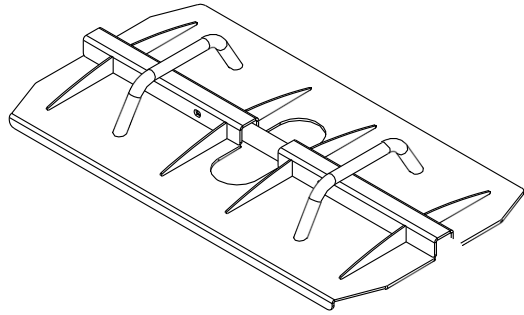
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

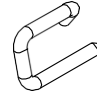
**Assembled Dimension: 740mm x 406mm x103mm**



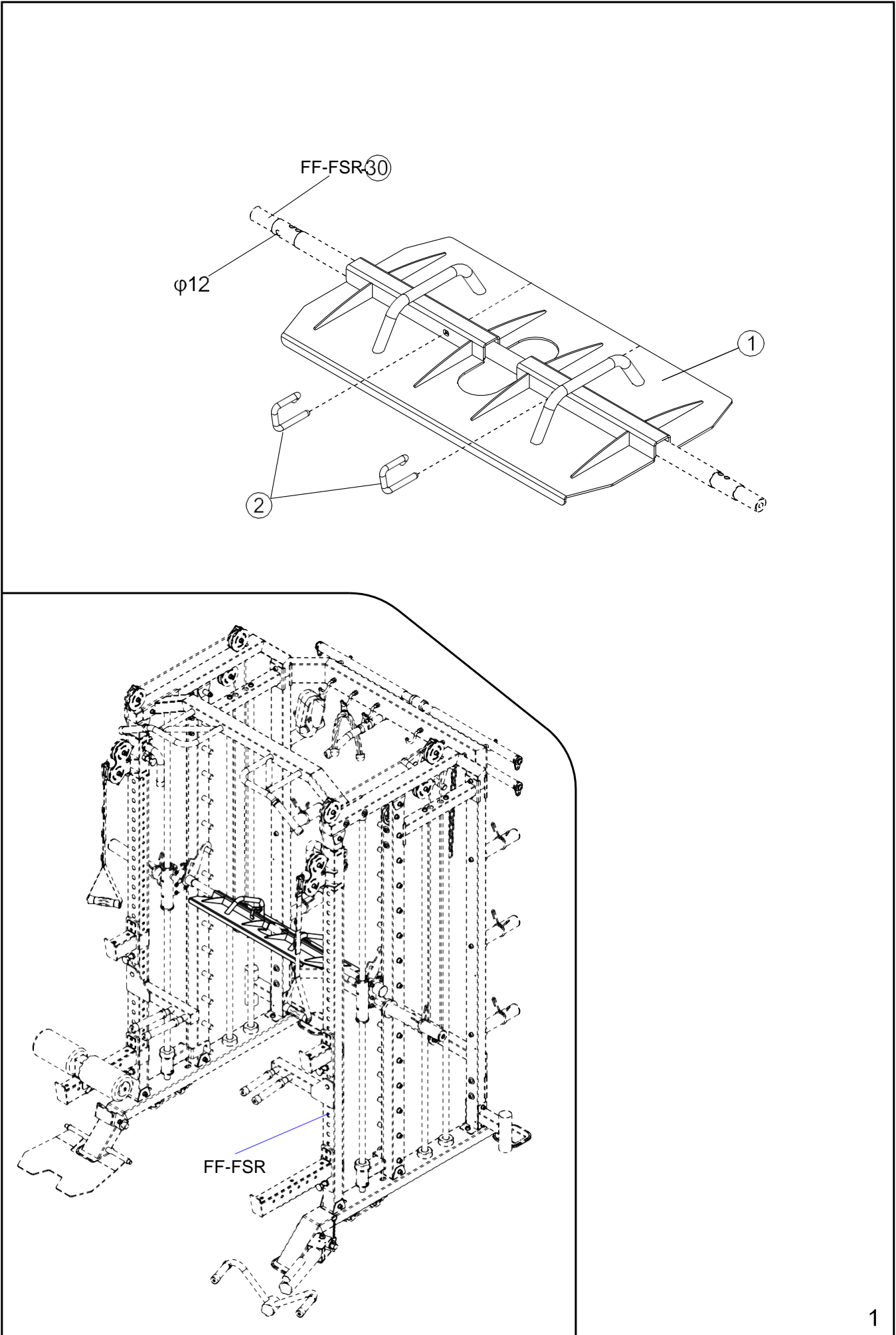




① × 1



② × 2



# PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Foot Pedal Set		1
2	U Spring Pins	$\phi 10 \times 80$	2

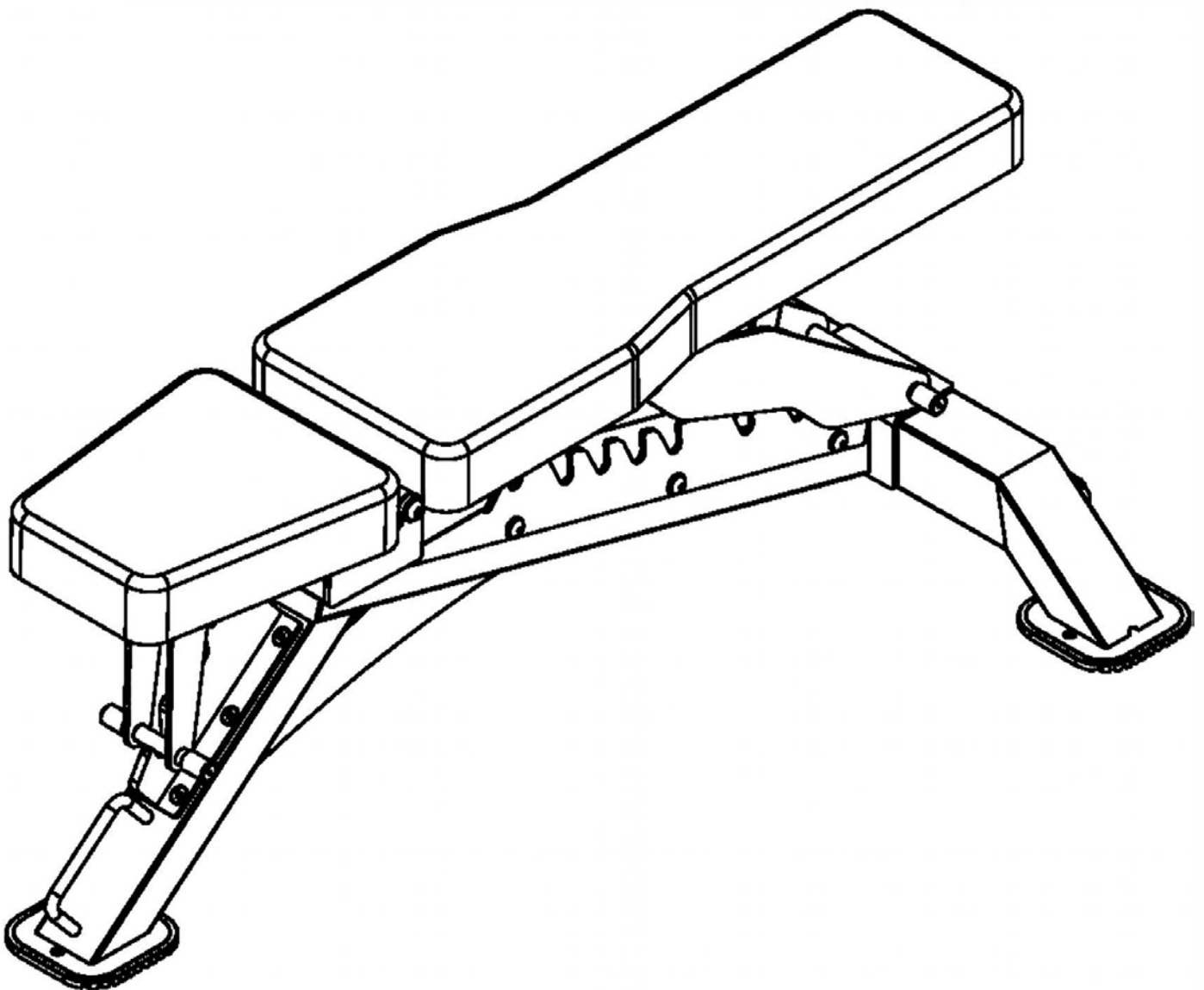
\*Optional Attachment on the FSR20 and FSR50

# FRENCH FITNESS

FF-FSR-AB

FSR20 P/L Multi Functional Gym System (New)

OWNER'S MANUAL

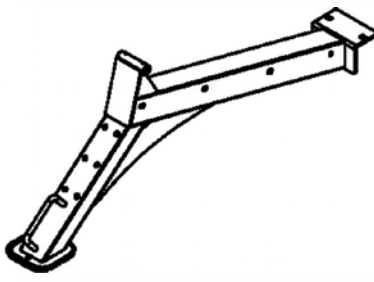


CA

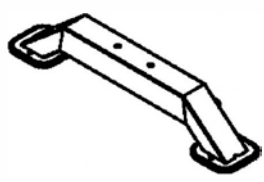
Re

202

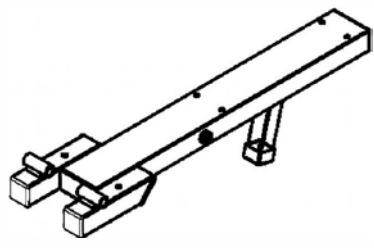
\*Optional Attachment on the FSR20 and FSR50



① × 1



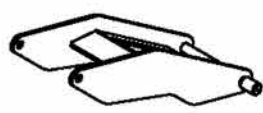
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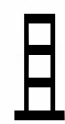
③ × 1

# 和

④ × 1



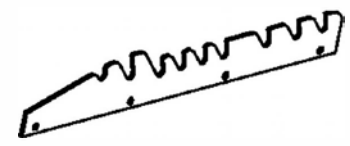
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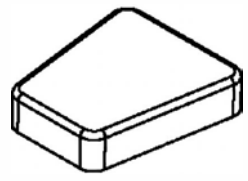
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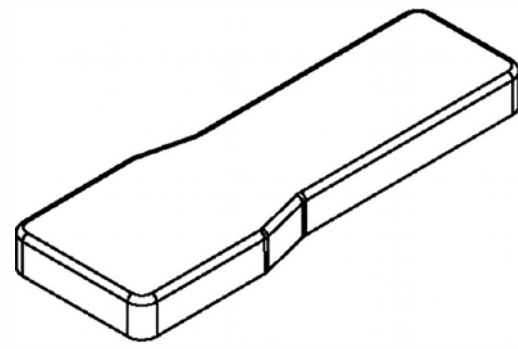
① × 1



③ × 2



① × 1



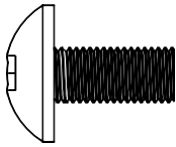
@ × 1

C-型

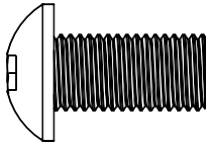
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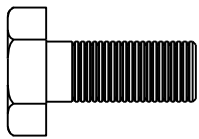
37 × 2



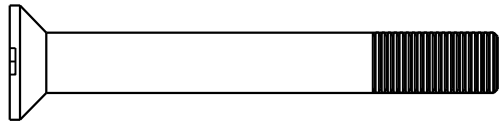
13 × 4



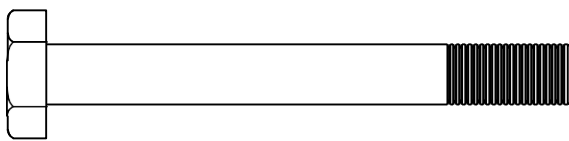
30 × 2



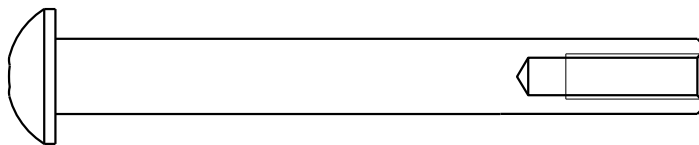
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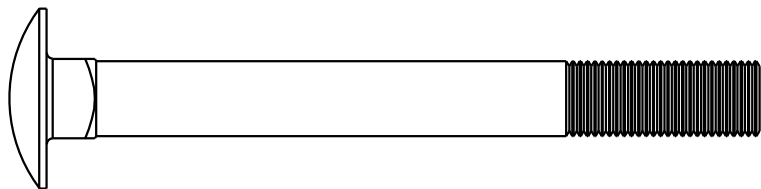
29 × 6



28 × 8

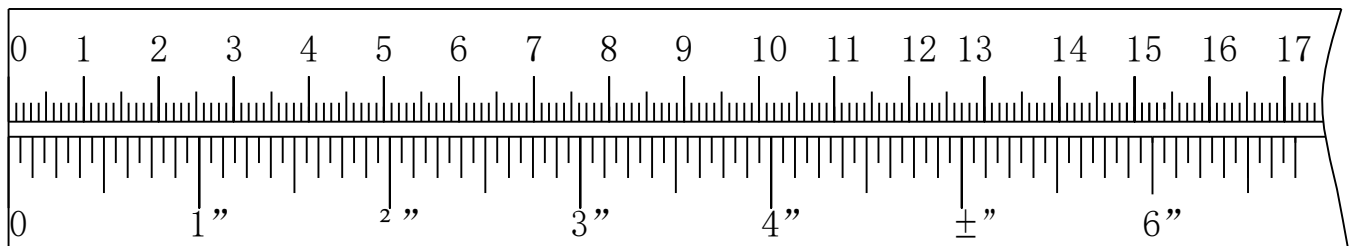


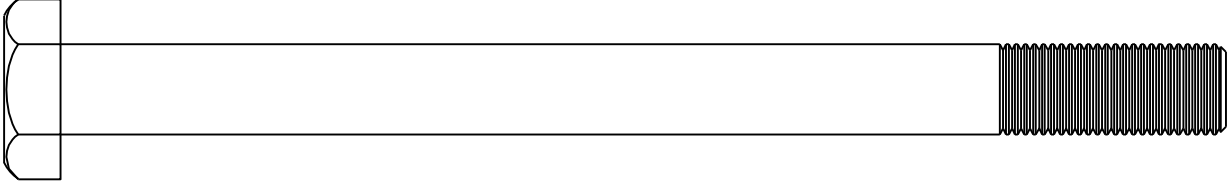
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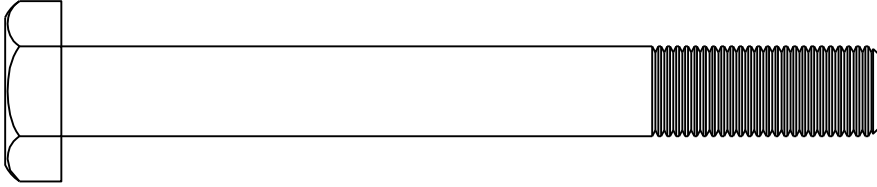
25 × 2

mm



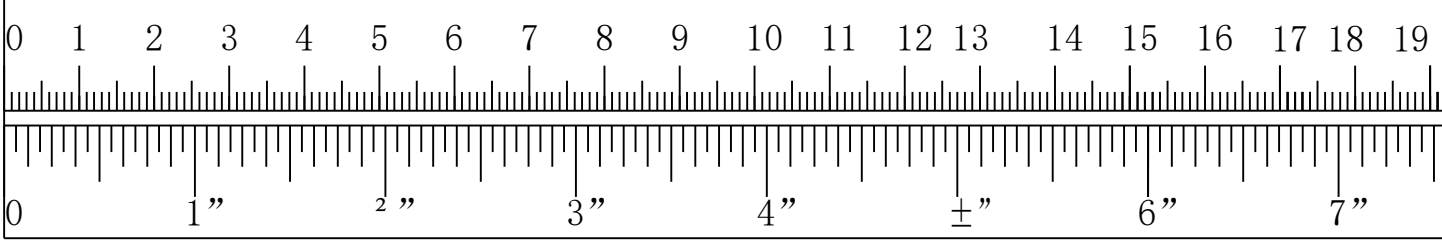


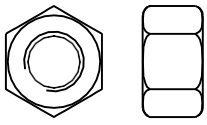
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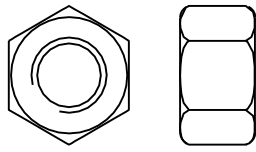
Ⓜ24 x 1

mm

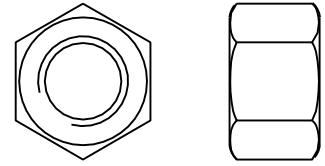




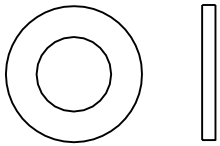
33 x 6



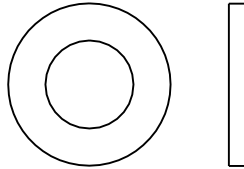
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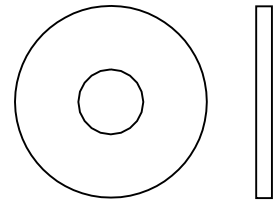
31 x 2



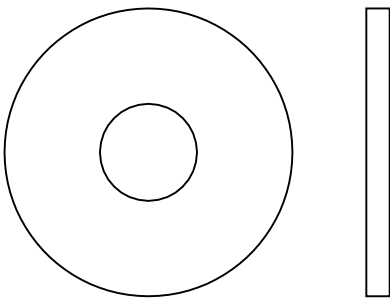
36 x 9



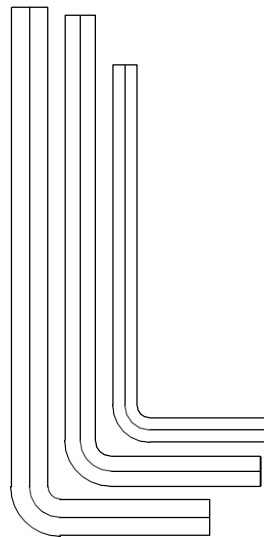
35 x 12



34 x 4



38 x 6



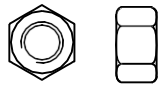
4# x 1


5# x 1

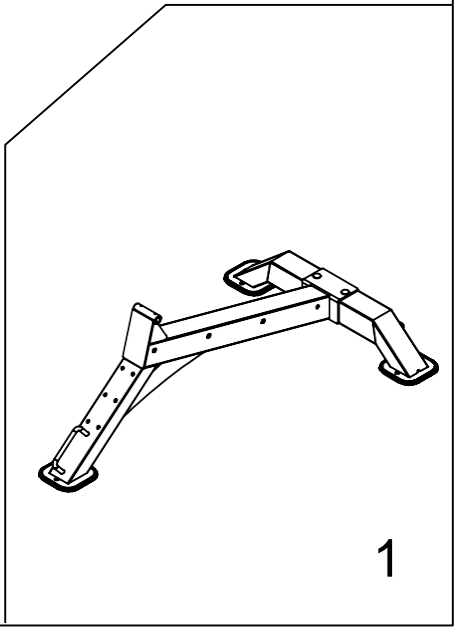
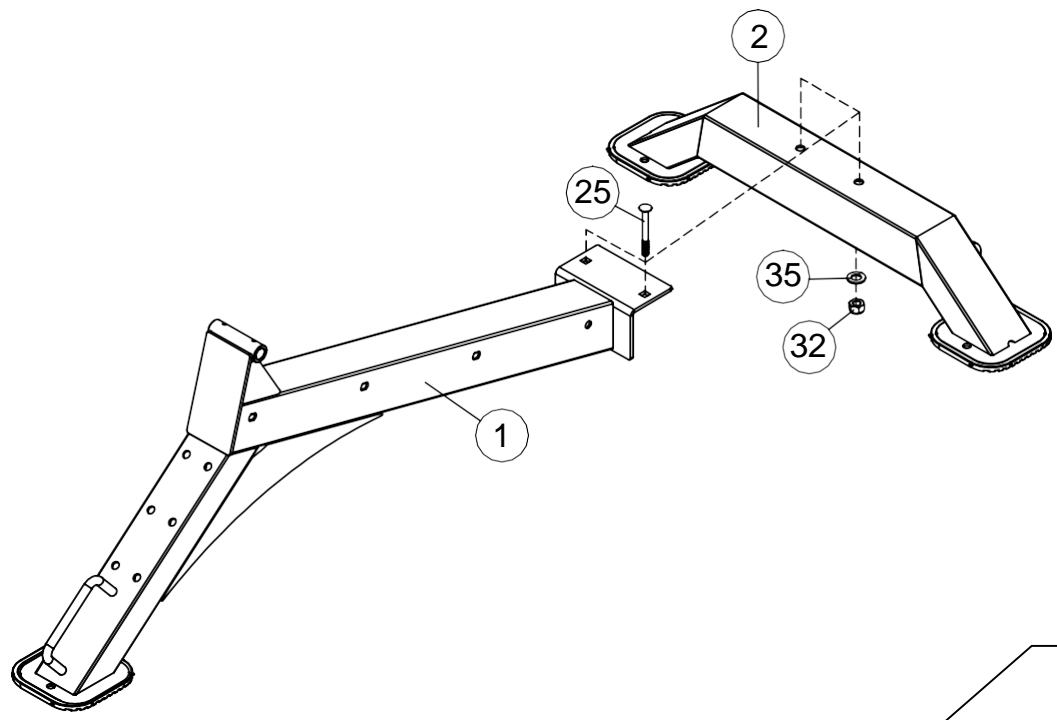
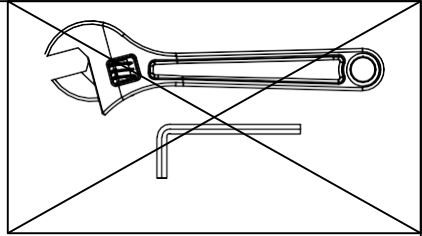
6# x 2

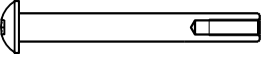
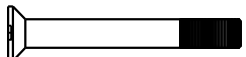






②⑤        ×2    M10× 95mm

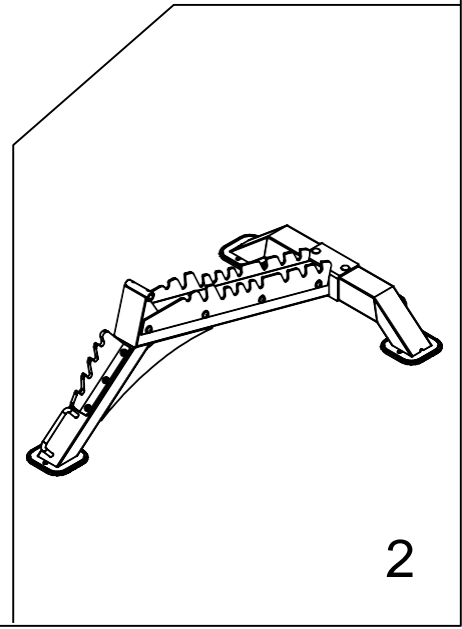
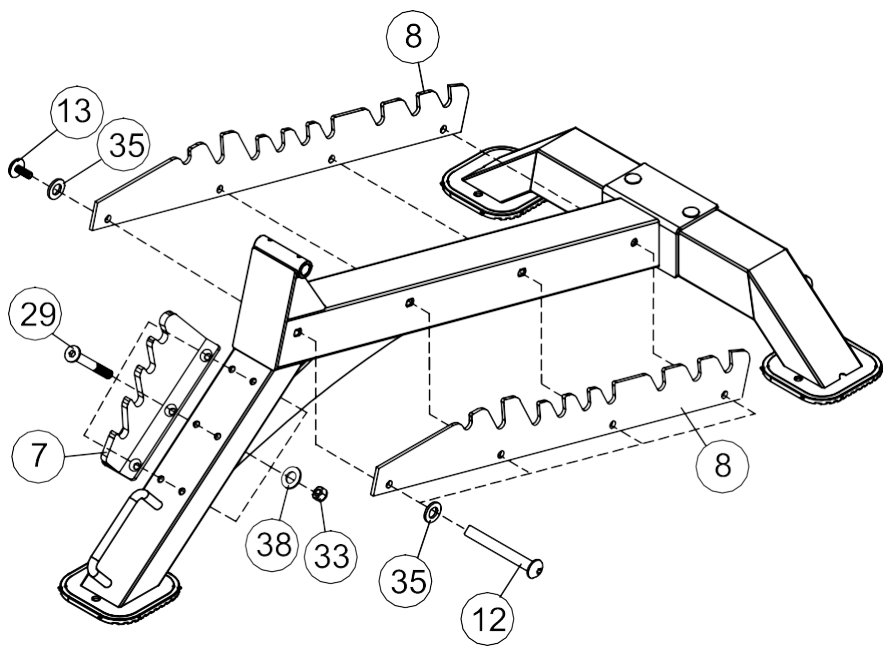
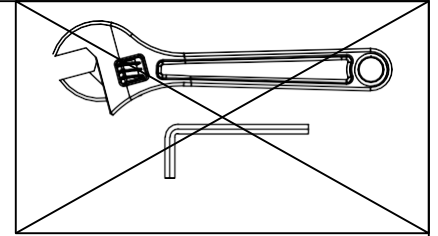
③②        ×2    M10

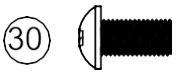
③⑤        ×2    Φ10



- ⑫  ×4 Φ10×M8×86 mm
- ⑲  ×6 M8× 65mm
- ⑬  ×4 M8×16 mm

- ⑳  ×8 Φ10
- ㉔  ×6 Φ24×Φ9
- ㉓  ×6 M8

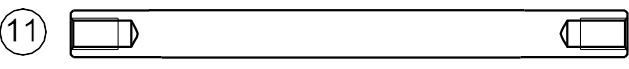




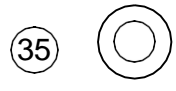
x2 M10x20



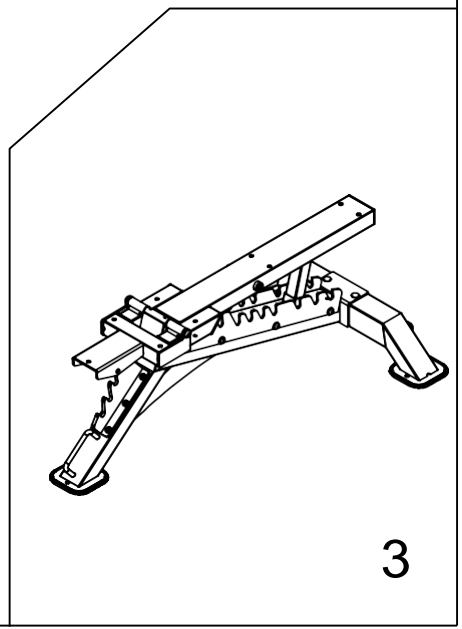
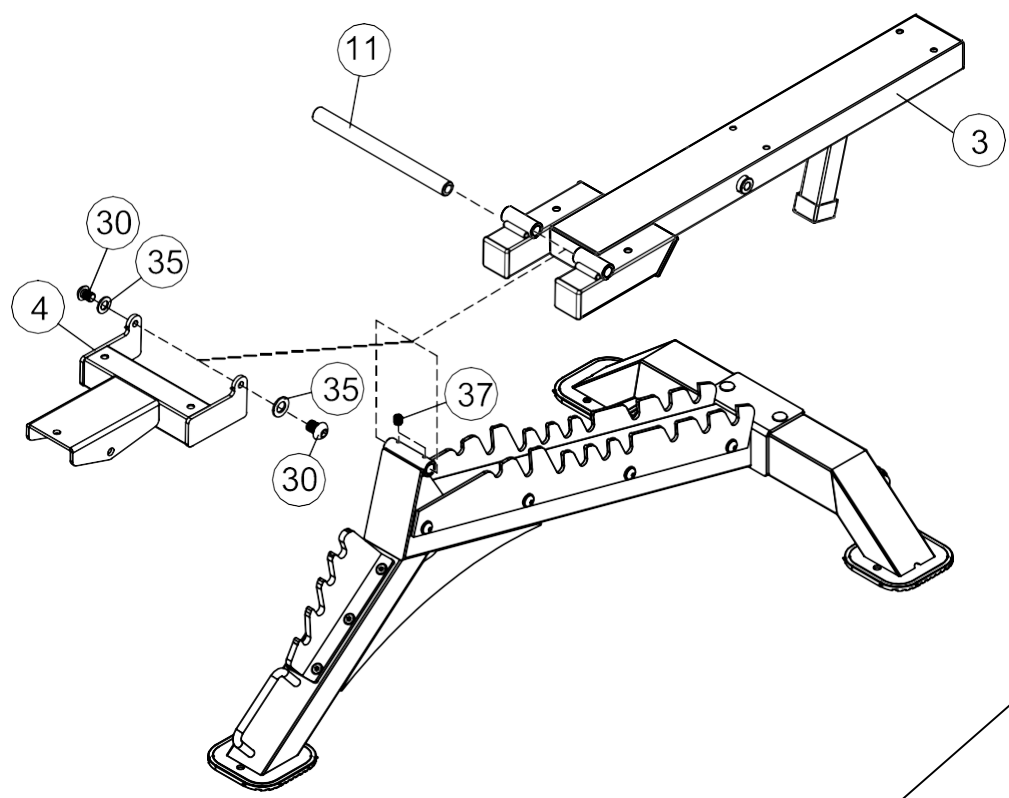
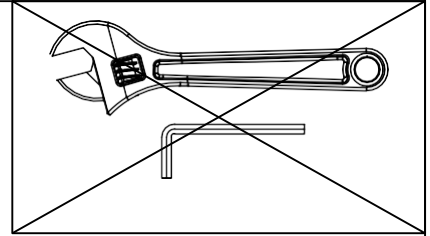
x2 M8x6



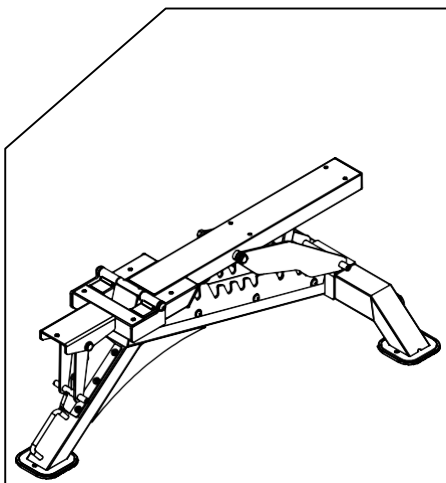
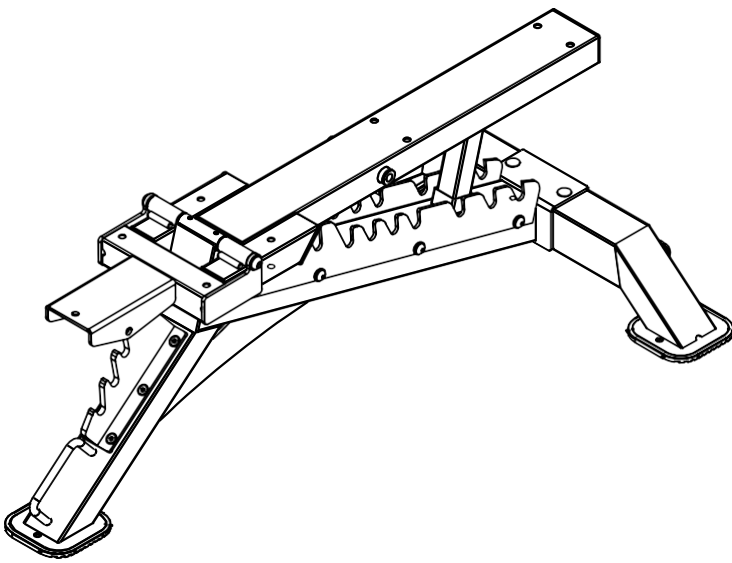
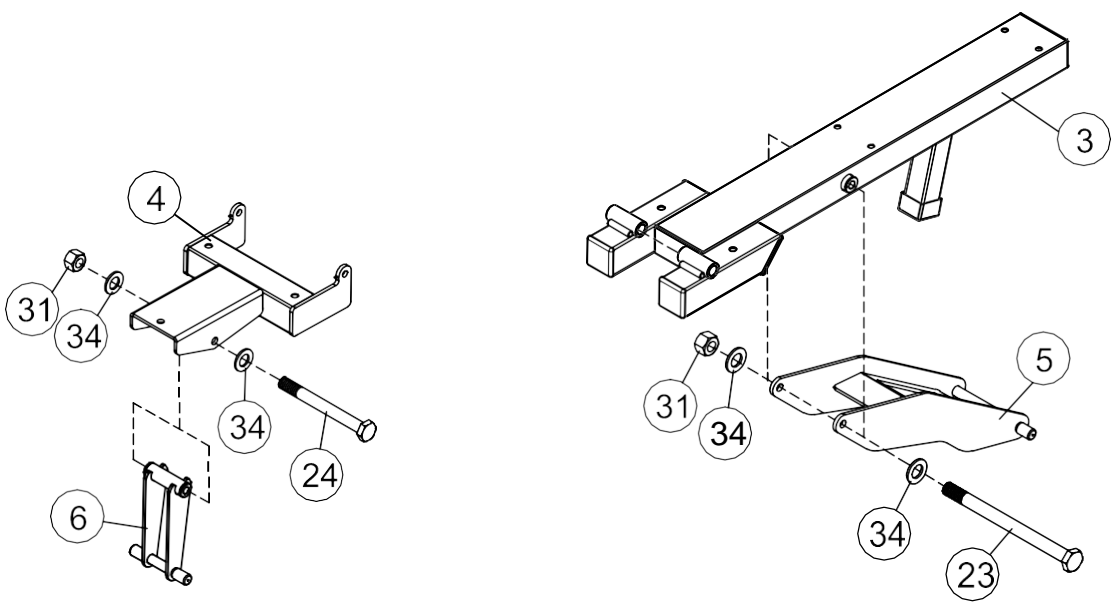
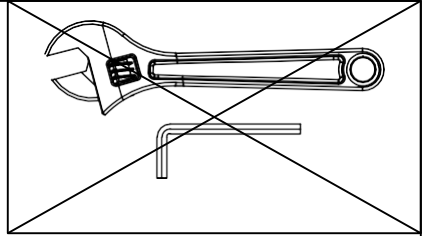
x1 M10x212



x2 Φ10





- ②④ ×1 M12× 110mm
- ②③ ×1 M12× 155mm
- ③④ ×4 Φ12
- ③① ×2 M12

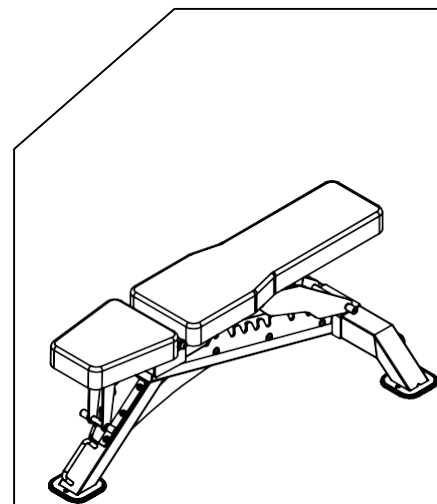
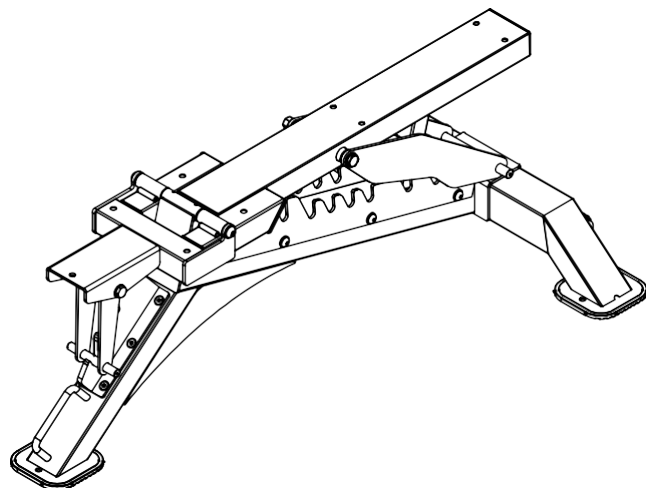
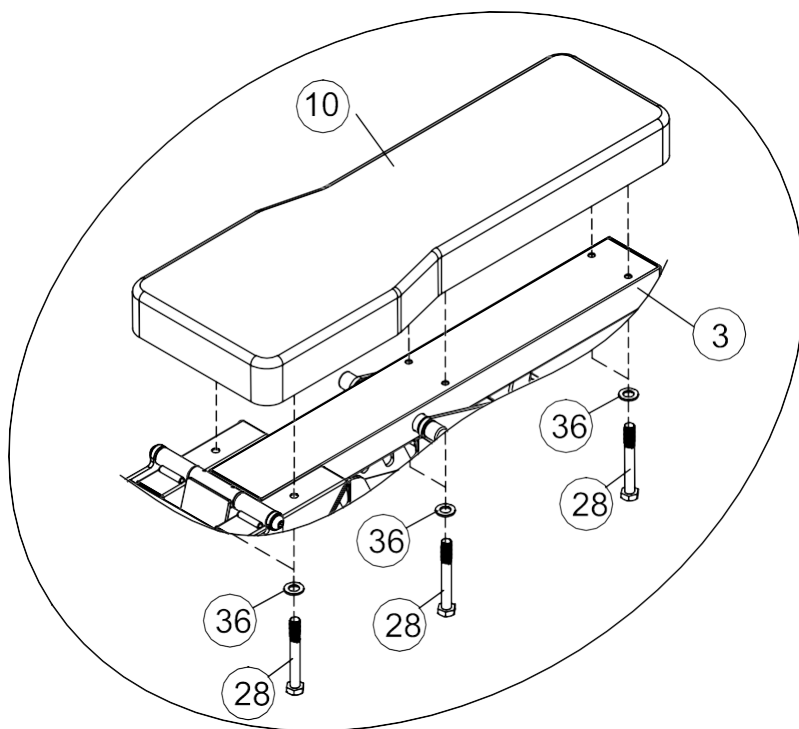
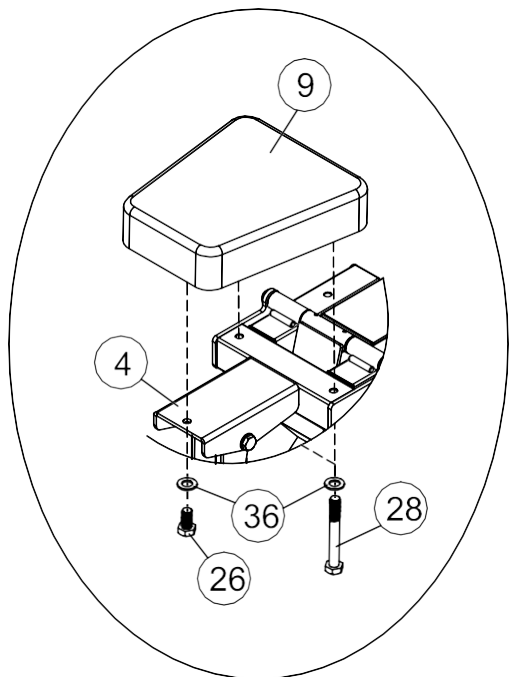
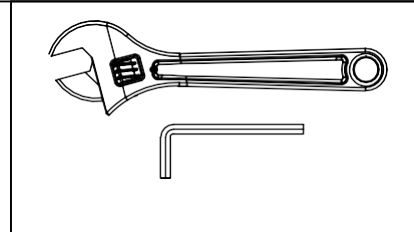


4

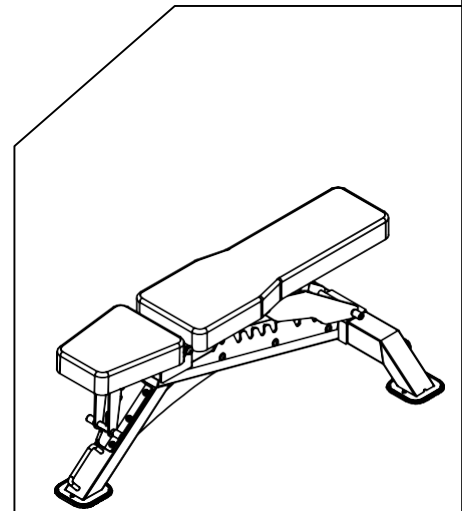
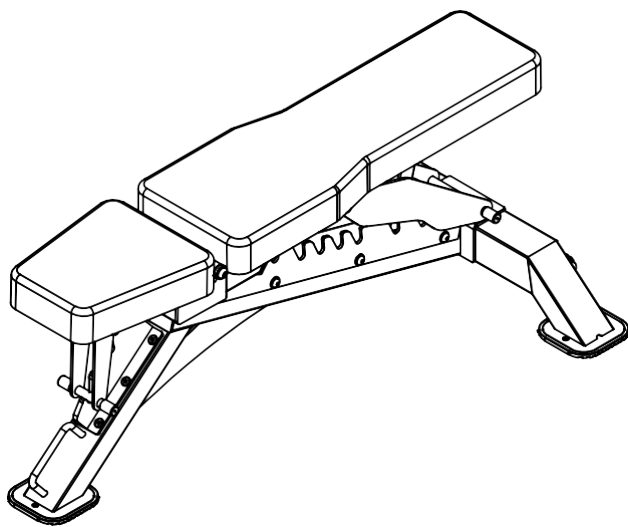
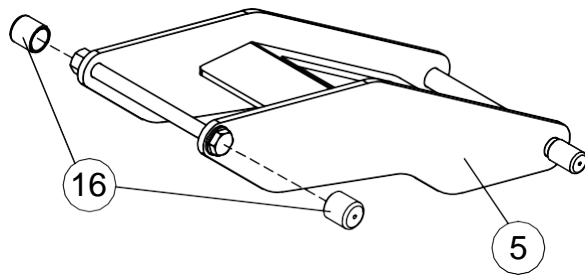
26  ×1 M8×20mm

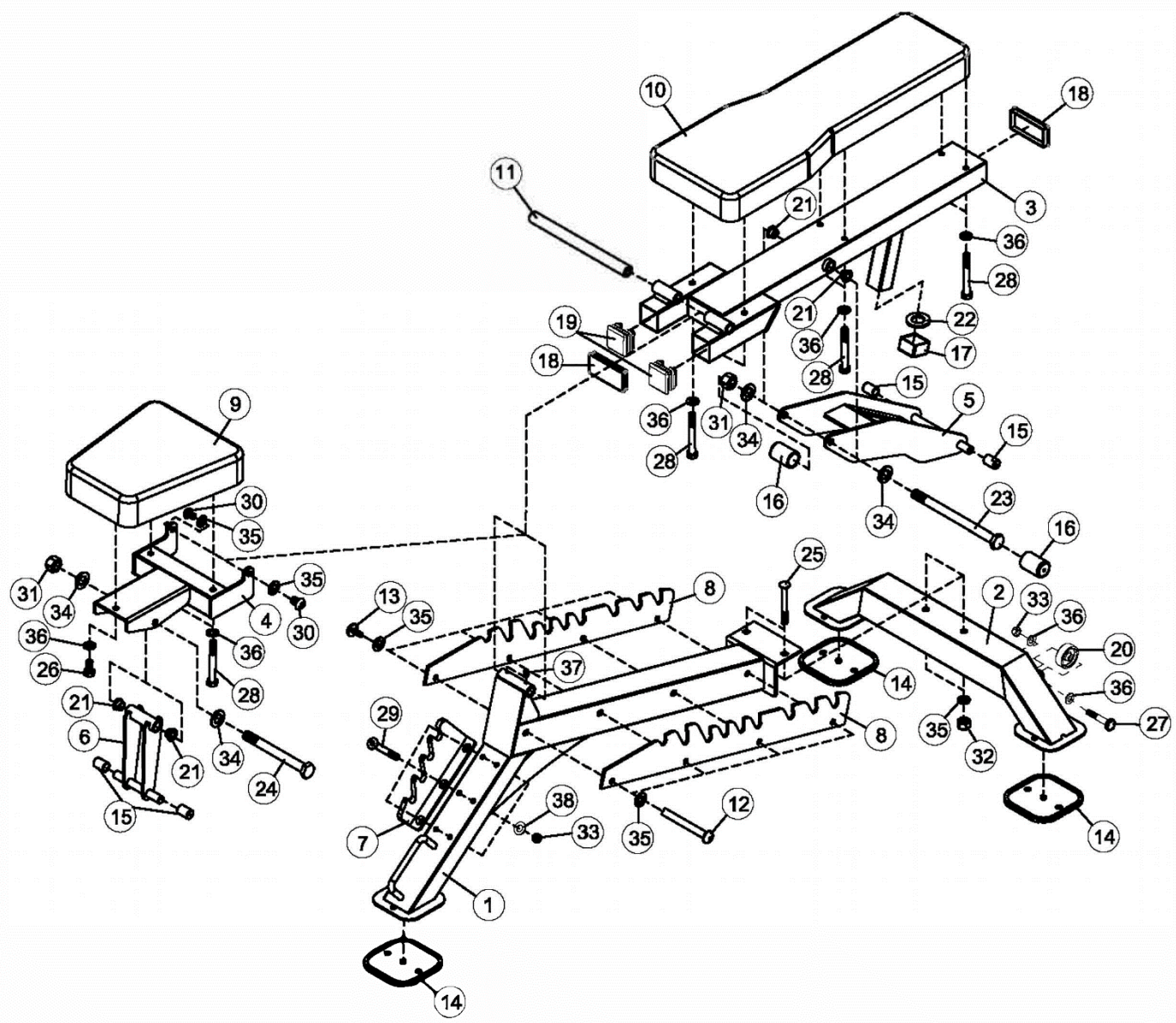
28  ×8 M8×70mm

36   ×9 Φ8



5





# PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	Q' TY
1	Main Frame		1
2	Rear Stabilizer		1
3	Backrest Support		1
4	Seat Support Frame		1
5	Backrest Adjustment Support		1
6	Seat Adjustment Support		1
7	Fornt Adjustment Support		1
8	Rear adjusting tooth plate		2
9	Seat Pad		1
10	Backrest Board		1
11	Double head internal bolt	M10	1
12	Allen Bolt	φ10×M8×86	4
13	Allen Bolt	M8×16	4
14	Floor End Cap	□135×135×8	3
15	Rubber Bumper	φ20×φ16×29	4
16	Cover cap	M12	2
17	End Cap	□38	1
18	End Cap	□50×100	2
19	End Cap	□50	2
20	Wheel	φ50×28	2
21	Bushing bush	Φ25×Φ18×φ12.2×13	4
22	Washer	φ38×φ13×3	1
23	Hex Bolts	M12×155	1
24	Hex Bolts	M12×110	1
25	Carriage Bolt	M10×95	2
26	Hex Bolts	M8×20	1
27	Hex Bolts	M8×60	2
28	Hex Bolts	M8×70	8
29	Hex socket counter sunk head screw	M8×65	6
30	Allen Bolt	M10×20	2
31	Aircraft Nut	M12	2
32	Aircraft Nut	M10	2
33	Aircraft Nut	M8	8
34	Washer	12	4
35	Washer	10	12
36	Washer	8	13
37	Allen Bolt	M8×6	2
38	Washer	φ24×φ9×2	6
	Allen Wrench	4#	1
	Allen Wrench	5#	1
	Allen Wrench	6#	2

\*Optional Attachment on the FSR20 and FSR50