

# FF-FSR50

FRENCH FITNESS FSR50 DUAL CABLE & SMITH RACK HOME GYM

# FRENCH FITNESS



## CONDITIONING

Strengthens your heart and lungs while increasing your metabolic rate.



## POWER

Increases speed and agility by activating fast twitch muscle fibers.



## STRENGTH

Increase muscle, tendon and ligament strength; bone density; metabolic rate while improving heart and body composition.



## FLEXIBILITY

Increase range of motion, flexibility and reduce the risk of injury.



## WARNING

Consult your physician before beginning this or any exercise program. Keep out of reach of children.

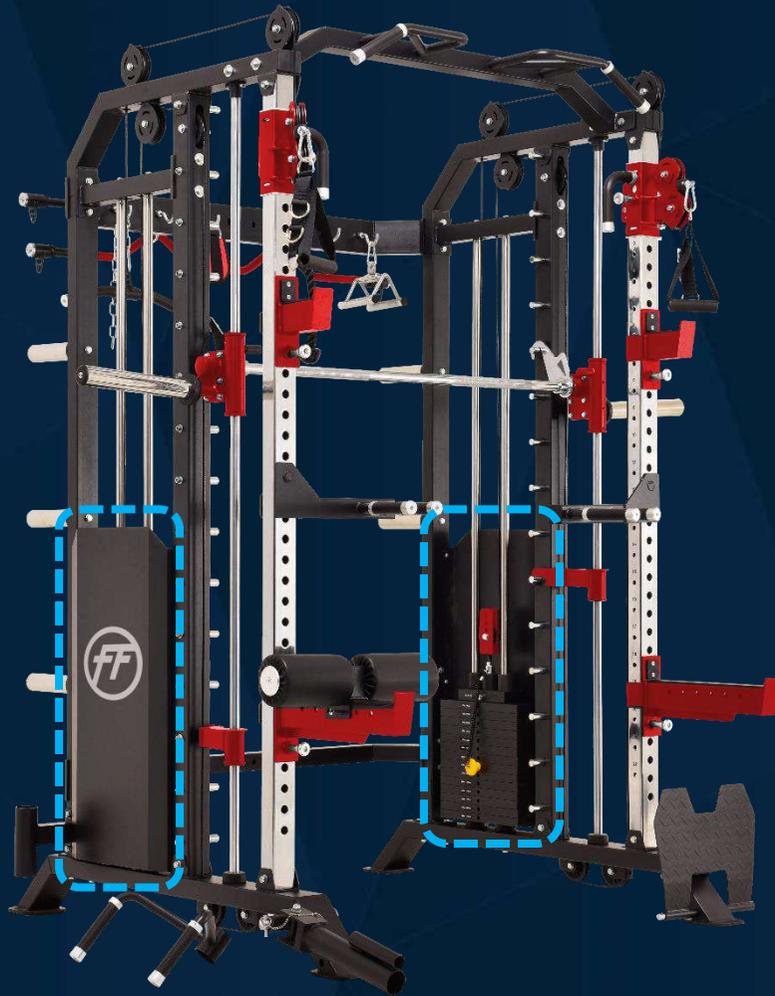


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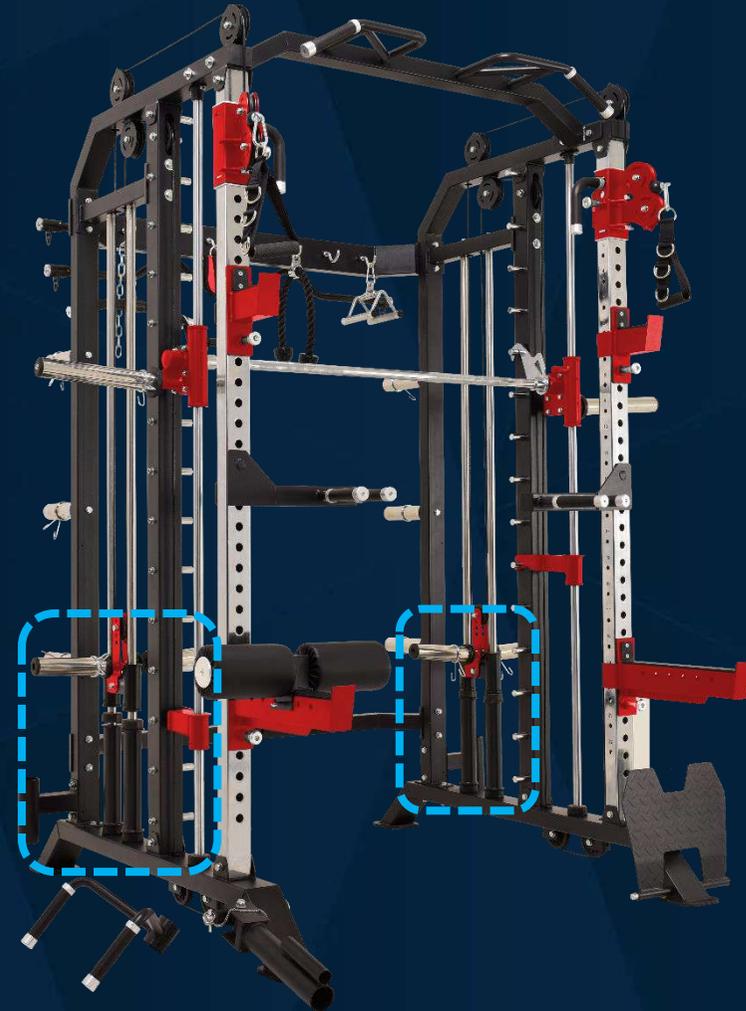
# FRENCH FITNESS

Different styles



**FSR50**

FSR50: Weight stack + Metal cover



**FSR20**

FSR20: Weight plate storage

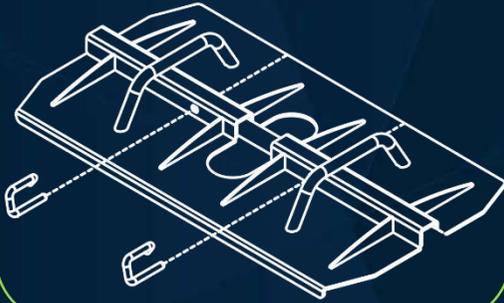
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Attachment for option

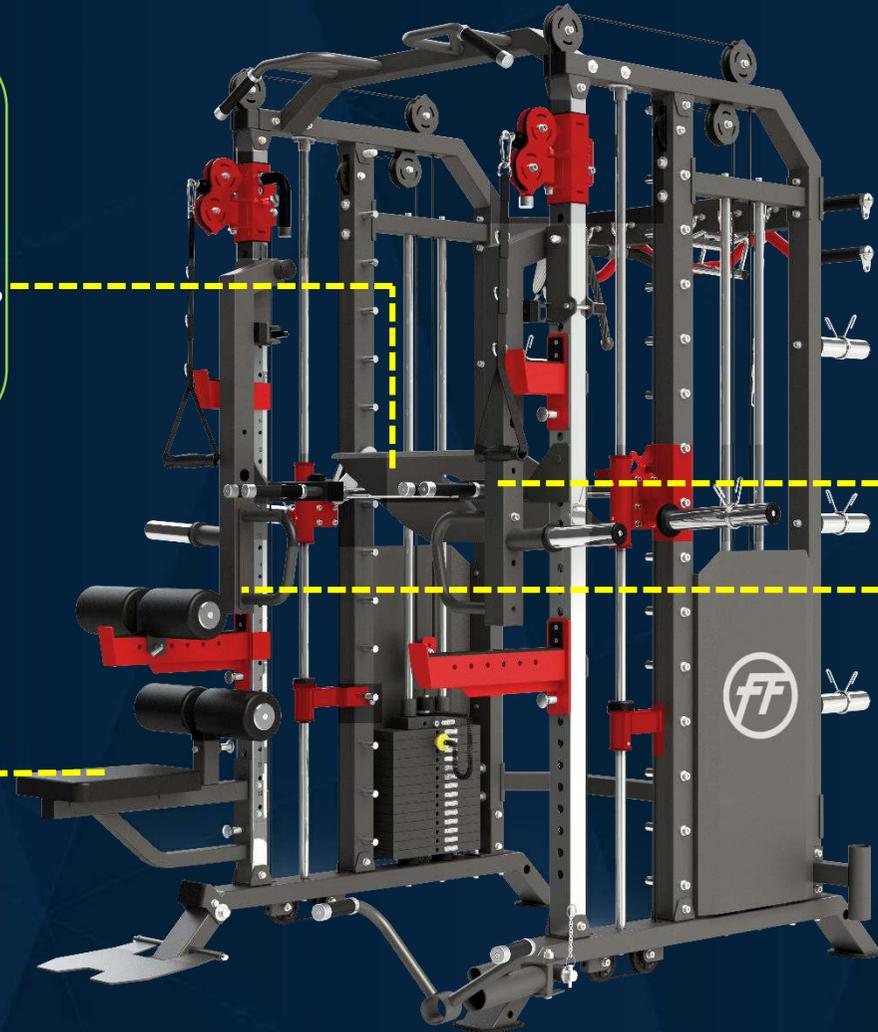
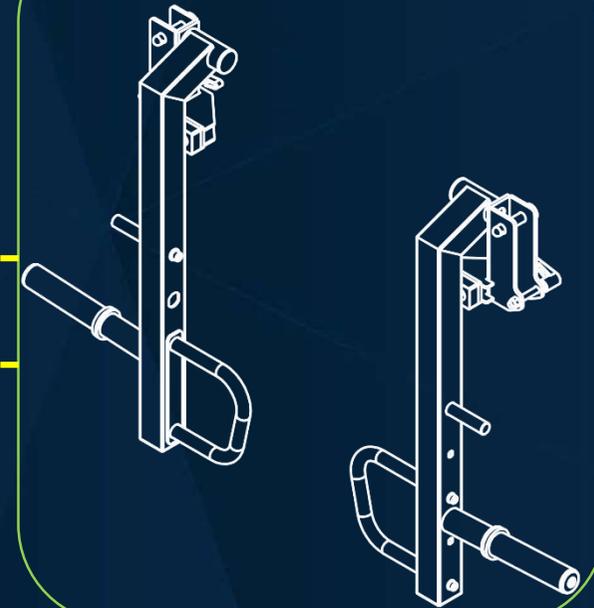
LEG PRESS



LAT SEAT



JAMMER ARM



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Maximum weight

Maximum user weight: 350lbs

Maximum weight capacity  
(including user weight): 800lbs

Maximum weight: 555lbs  
(Both)

Maximum weight: 555lbs  
(Both)

Maximum weight: 135lbs

Maximum weight: 555lbs  
(Both)

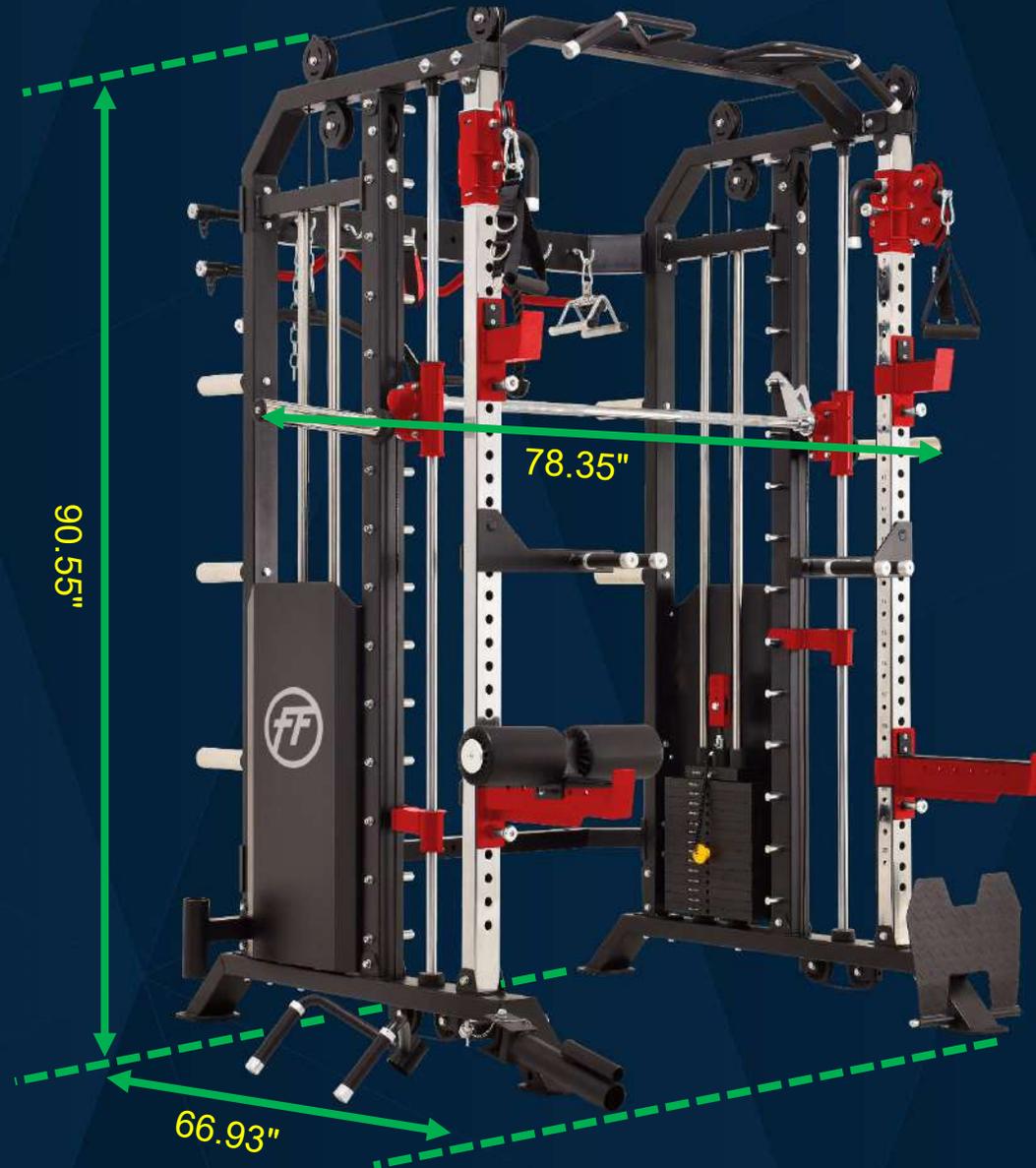


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Assembled dimensions (in)



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# FRENCH FITNESS

Maximum weight & Main tube size

Φ 1.9" × 2.7" × 0.08"

Φ 1.9" × 0.08"

Φ 1.9" × 2.7" × 0.09"

Φ 0.9" × 0.06"

Φ 2.7" × 0.08"

Φ 0.9"

Φ 1.9" × 3.9" × 0.1"

Φ 2.4" × 0.14"



Maximum user weight: 350lbs

Maximum weight capacity  
(including user weight): 800lbs

Φ 1.9" × 2.7" × 0.1"

Φ 1.9" × 3.9" × 0.08"

Φ 1.2"

Φ 1.9" × 2.7" × 0.1"

Φ 1.9" × 2.7" × 0.08"

15.7" × 9.8" × 2.7" × 0.2"

Φ 0.2"

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## Characteristic



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.

Multi angle grip

Cross- over pulley swivel

Adjustable multi-ring strap

Knurling chrome plated weightlifting rod can increase grip force and prevent rust.

Squat protection rack

396 lbs precision steel weight stack. 198 lbs on both sides can be adjusted freely.

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# FRENCH FITNESS

Chin up

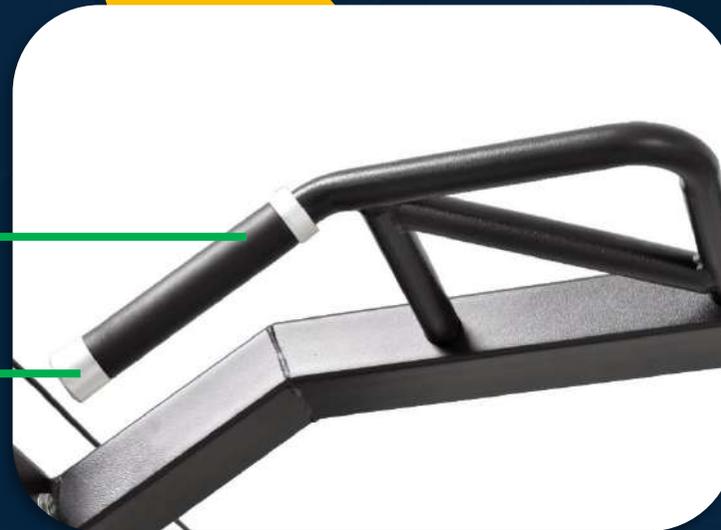
Multi angle Chin up bar

ordinary grip、underhand grip、  
mixed grip、  
sternum pull-up、  
one-hand pull-up、  
one-arm pull-up



Comfortable HDR handle grip

Aluminium alloy end cap



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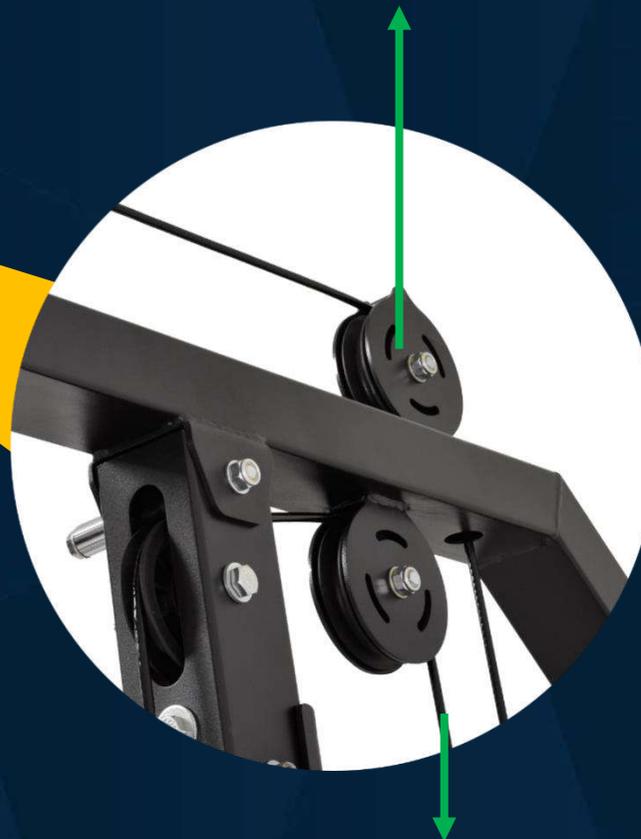
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Pulley



Multiple sets of converted pulleys make the movement smoother and save weight.



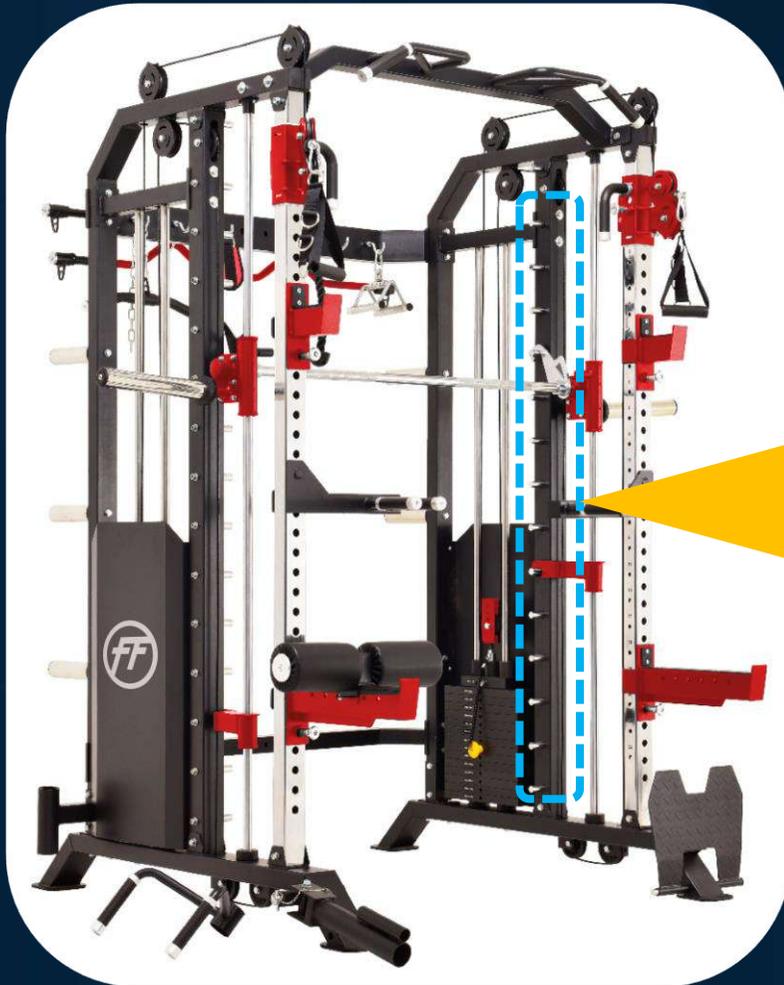
Φ0.19" Cable has passed through 1763.7 lbs tension test. The cable is tensile, wear-resisting and safe.

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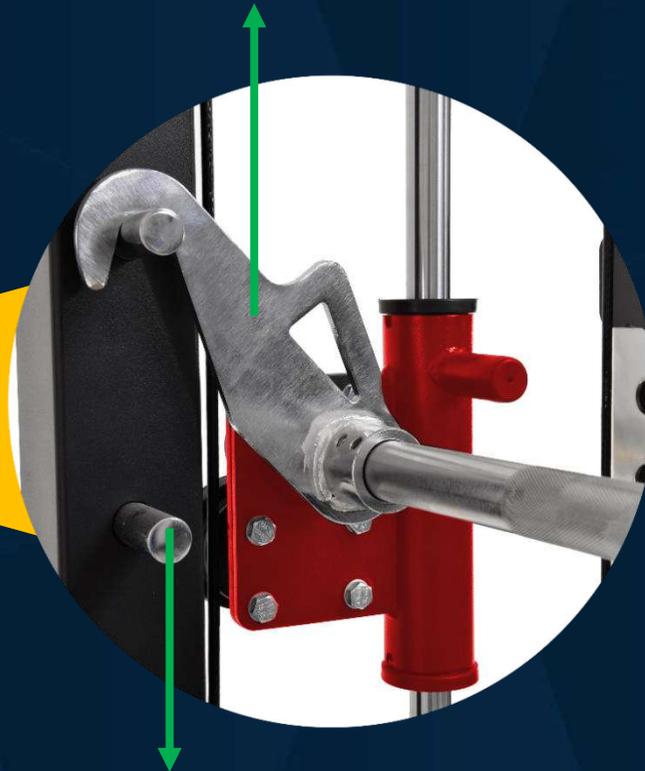
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Details



Extended design ring clip buckle is strong match and impact resistance.



Humanized 10-segment height design is suitable for different height users to do squat bench press.

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Long safety rack



ABS pad, antiwear and deformation resistance



Steel safety rack has the protective function.

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Non-slip metal footplate



Humanized non-slip metal footplate with 0.19" thickness thickness can increase the force of friction with the sole.



It's more stable with increasing the contact area between the end and the ground.

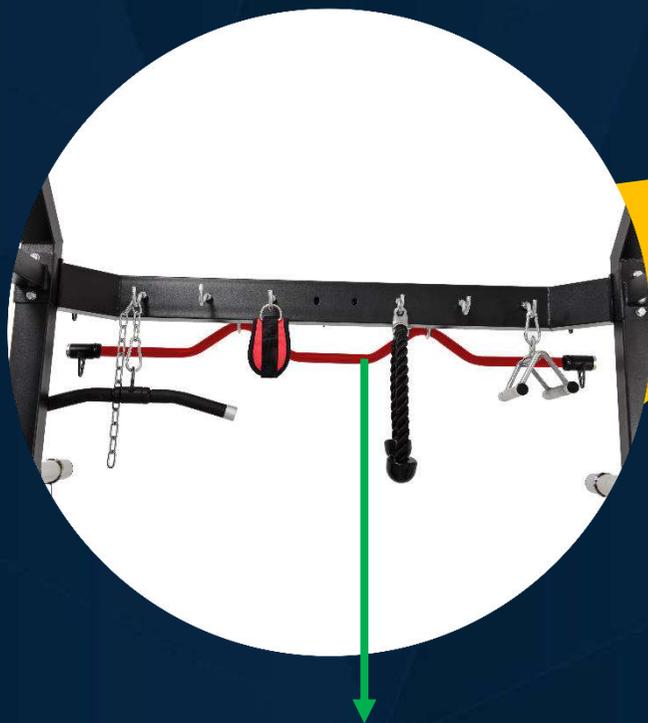
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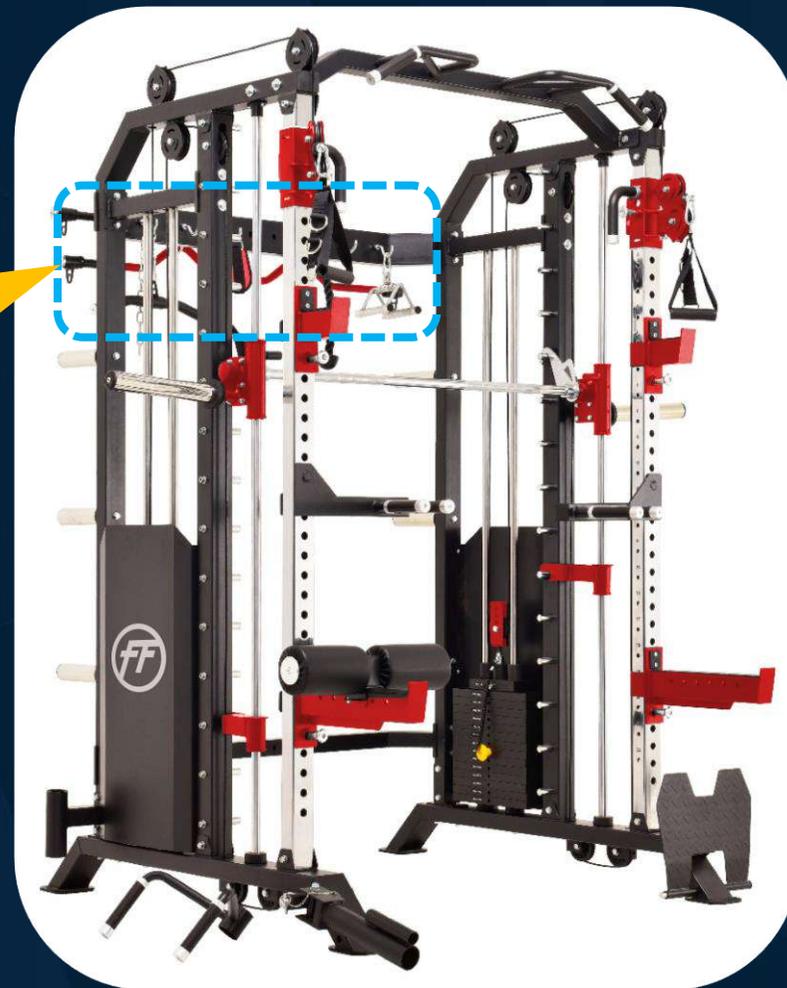
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## Accessories storage

Complete more movements with different accessories to satisfy the whole body muscles



"W" type curved bar, curved bar can better fit the contour between the chest, reduce the risk of wrist injury, while increasing the angle change, is conducive to sculpture muscle details.



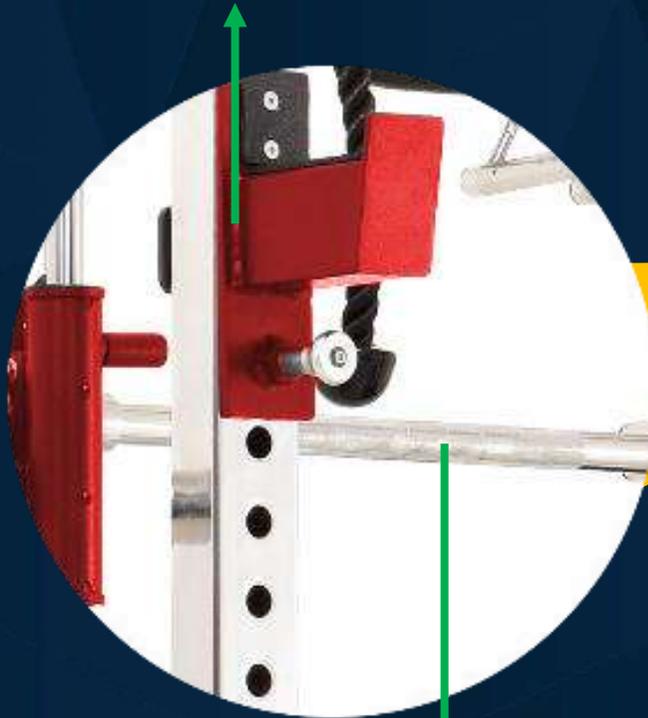
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Solid Olympic weightlifting rod

The whole welding is more stable.



Anti-skid thread design of solid Olympic weightlifting rod with chrome-plated knurling handle can increase force and more safety.



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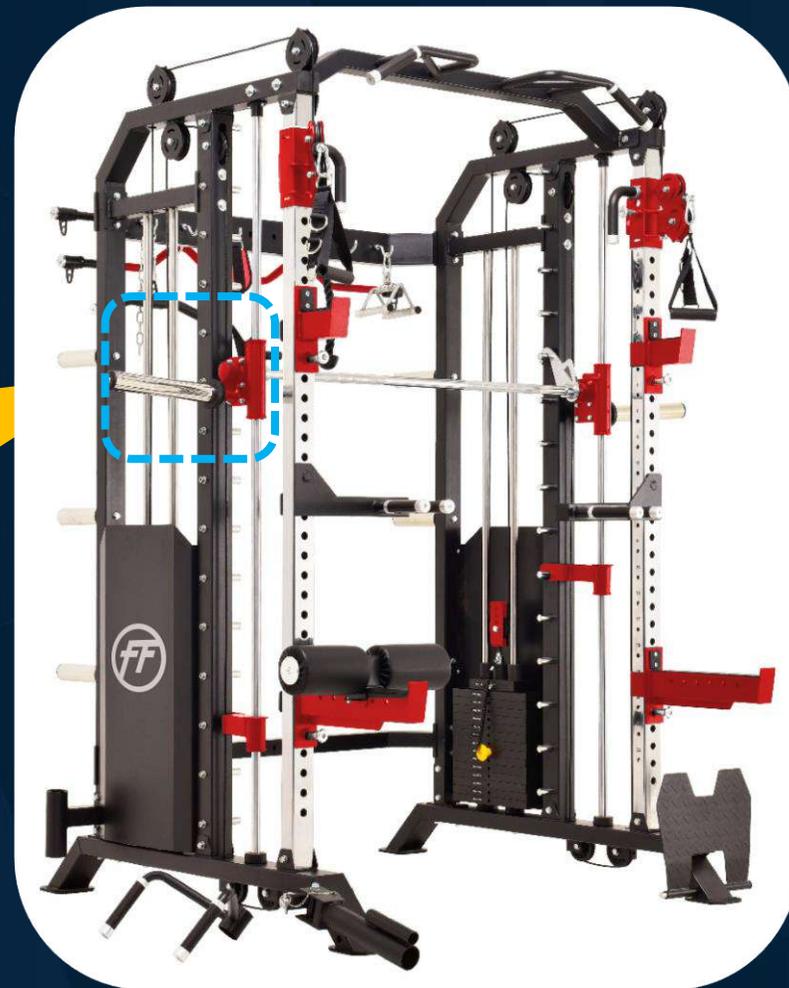
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Smith structure

Hard chrome plated high precision Smith track can make the movement more smooth and prolong the service life of the machine.



Chrome plated sleeve, wear-resistant and rust-proof. It can match both 1" & 2" size weight plates. The max weight capacity is 277.5lbs.



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Leather FOAM

High quality leather foam is anti-sweat and wear resisting.



Aluminum alloy FOAM block



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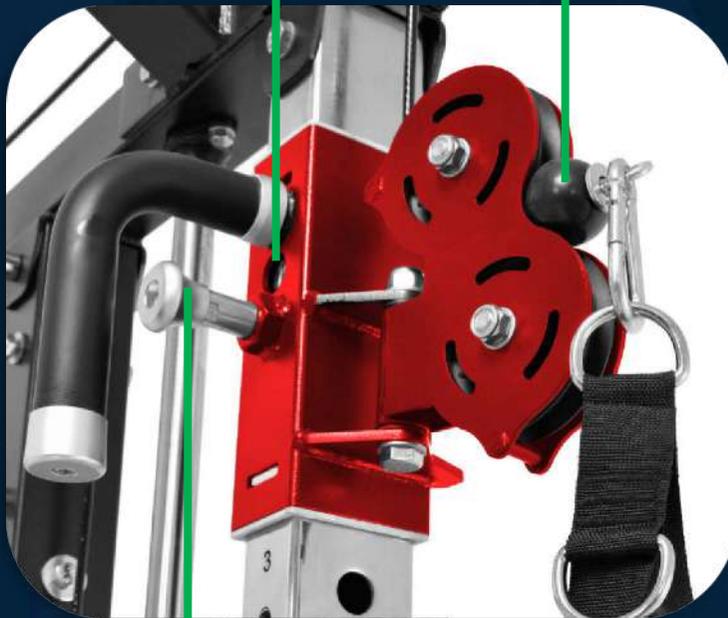
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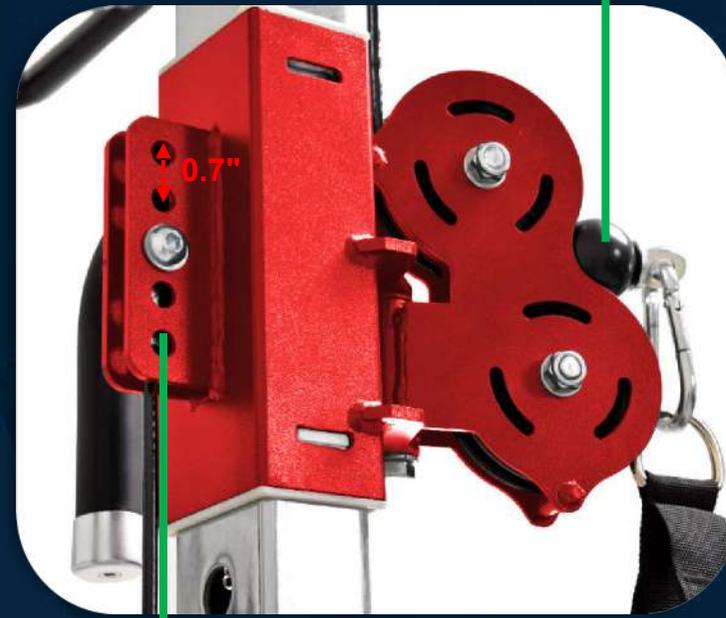
Cross-over pulley swivel

The tension output can rotate 180 degrees freely to meet different training angles and ensure your training effect.

You can see the digital through the hole, Adjustable height.



Zinc plated knob set is easy to be adjusted.



Cable length can be adjusted slightly.

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Weight stack

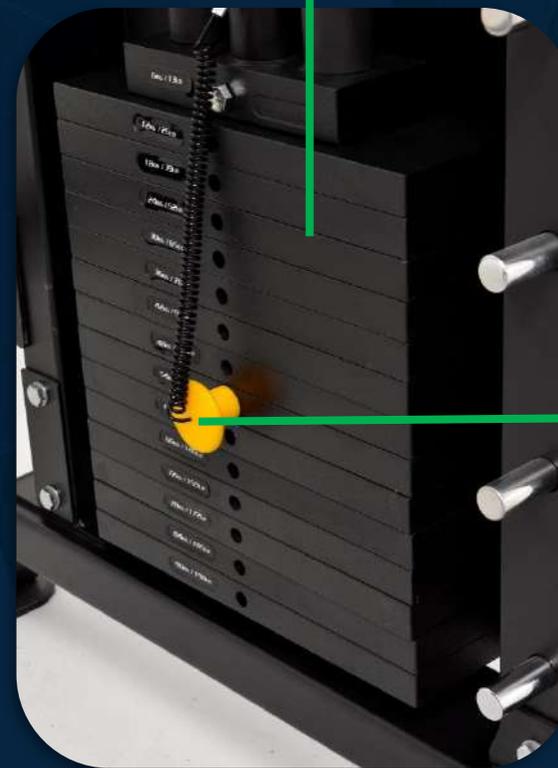
Metal cover not only can protect the case but also increase the stability of the machine.



Barbell storage bar can store 5.5-44 lbs six groups of weight plates. It's easy to use and flexible.

Olympic bar storage

Iron weight stack : 13lbs × 15 = 195lbs



Magnetic pin avoids sliding during exercise.

US & European design idea  
Innovative technical patent



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**THE LEADER OF PROFESSIONAL STRENGTH FITNESS EQUIPMENTS**

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