

# FRENCH FITNESS

FF-FSR50-AB

FRENCH FITNESS FSR50-AB  
ADJUSTABLE BENCH (NEW)

ASSEMBLY MANUAL



## FEATURES

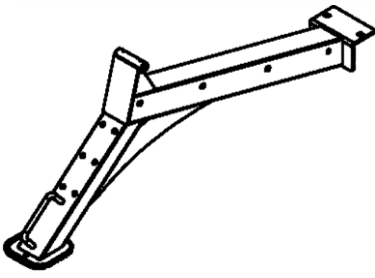
- 50 x 75 x 3mm steel tube
- Adjustable backrest pad
- Adjustable seat pad
- Anti-skid high pressure PE sleeve
- Anti-static and high-grade powder coating
- Thick leather
- Smooth, soft and comfortable cushion
- Handle bar and wheels with roller bearing for easy transport
- Double triangular Backrest frame for more stable support
- Non-marking foot pads and end caps to prevent the machine from slipping
- California Residents see Prop 65 WARNINGS

## TECH SPECS

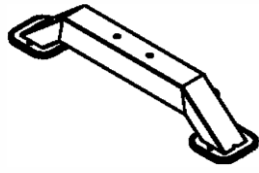
- Paint Color: Black
- Vinyl Color: Black
- Maximum user weight: 350 lbs
- Maximum Weight Capacity (including user weight): 800 lbs (363 kg)
- Dimensions: 47.6L x 28.6"W x 18"H (L:1210mm. W:727mm. H:458mm)

## WARRANTY

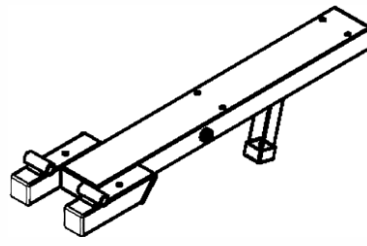
**10 Years Parts, 1 Year Labor (Commercial)**



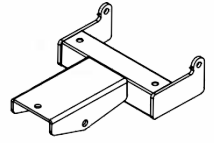
① × 1



② × 1



③ × 1



④ × 1



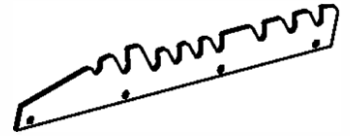
⑤ × 1



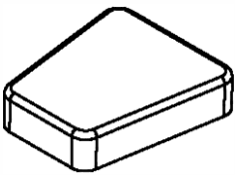
⑥ × 1



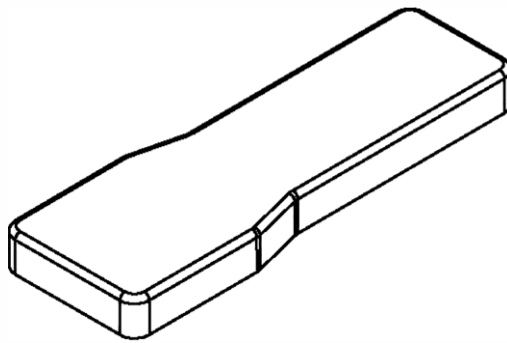
⑦ × 1



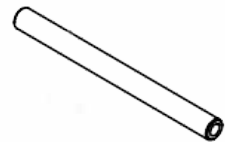
⑧ × 2



⑨ × 1



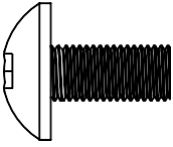
⑩ × 1



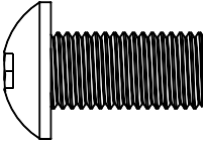
⑪ × 2



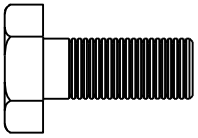
37 × 2



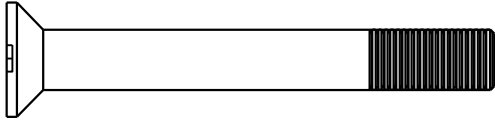
13 × 4



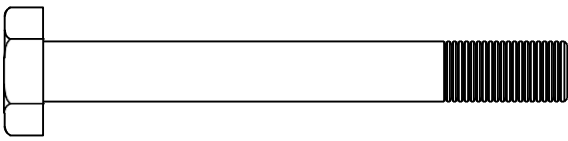
30 × 2



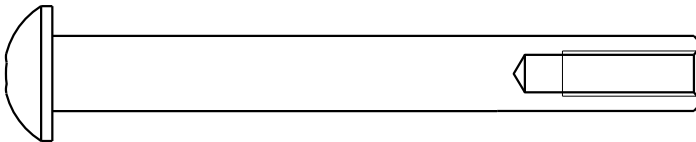
26 × 1



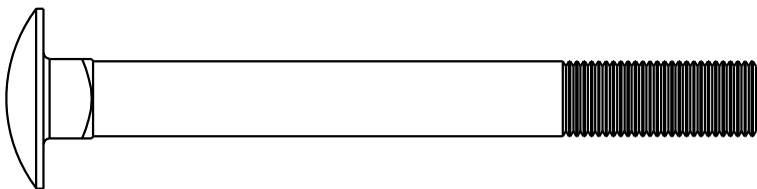
29 × 6



28 × 8

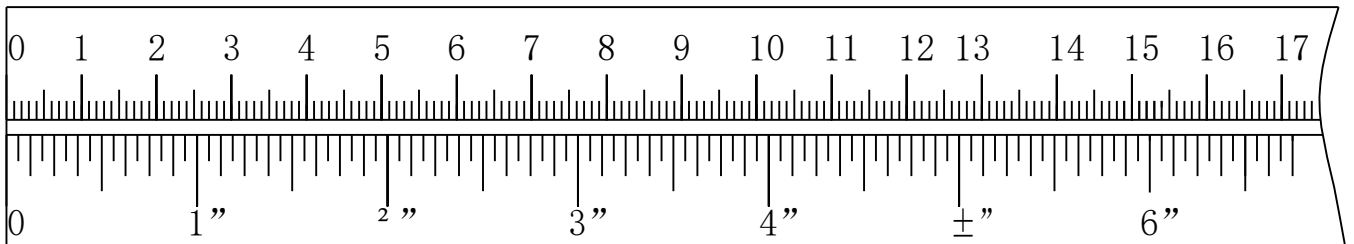


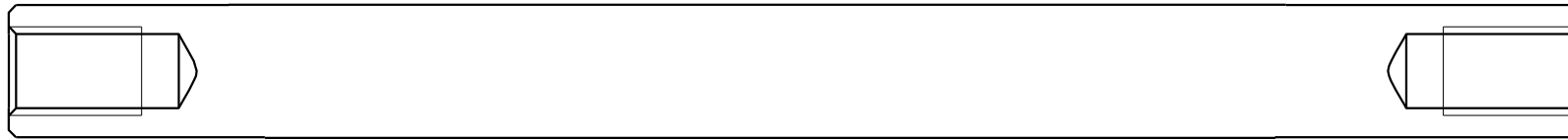
12 × 4



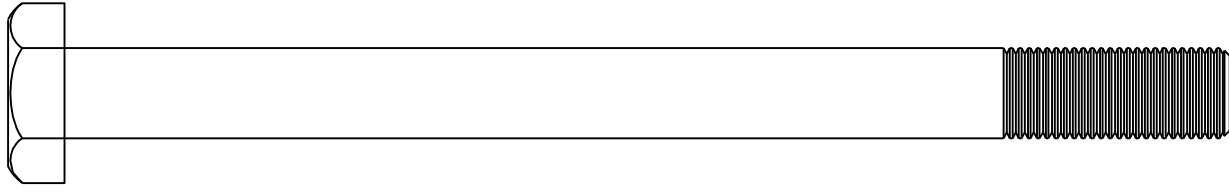
25 × 2

mm

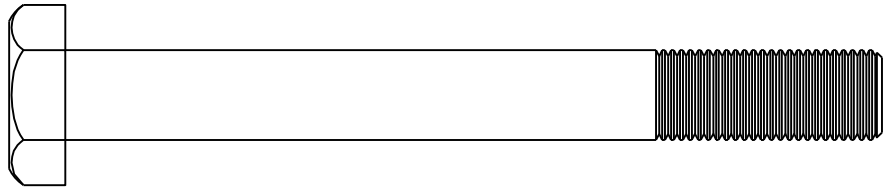




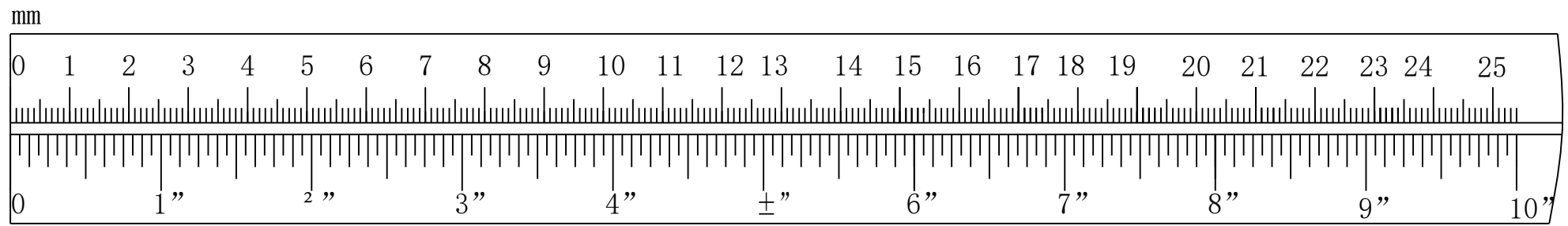
11 x 1

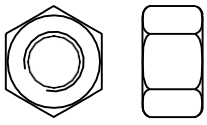


23 x 1

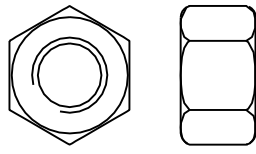


24 x 1

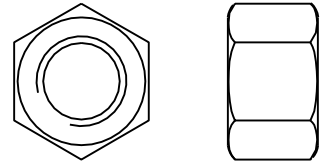




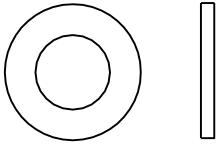
33 × 6



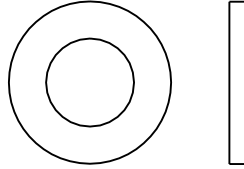
32 × 2



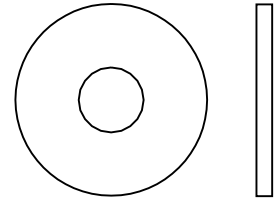
31 × 2



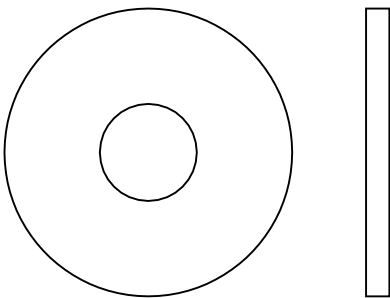
36 × 9



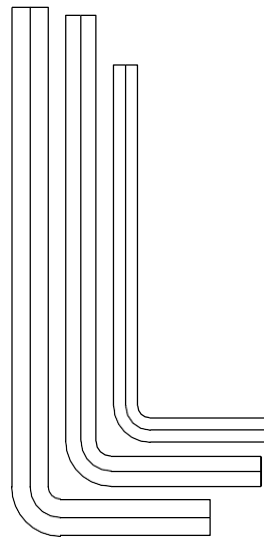
35 × 12



34 × 4



38 × 6

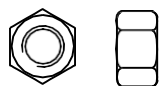



4# × 1

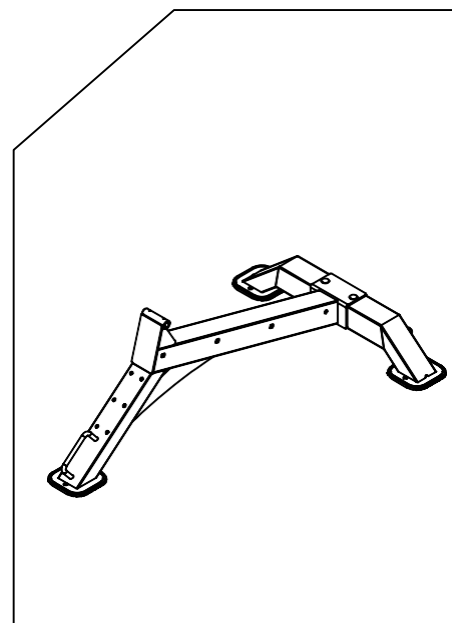
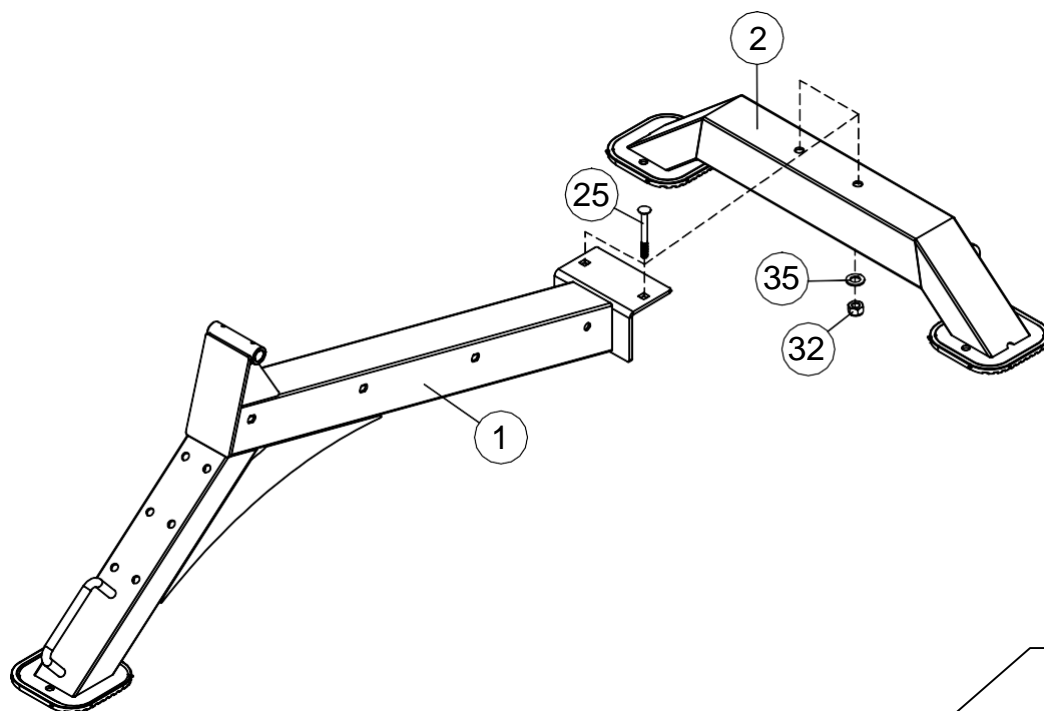
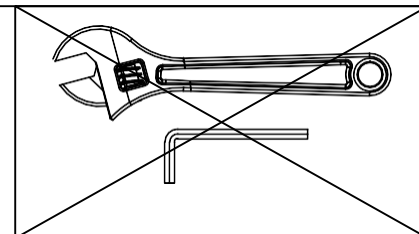
5# × 1

6# × 2



②⑤        ×2    M10× 95mm

③②        ×2    M10

③⑤        ×2    Φ10





⑫  ×4 Φ10×M8×86 mm

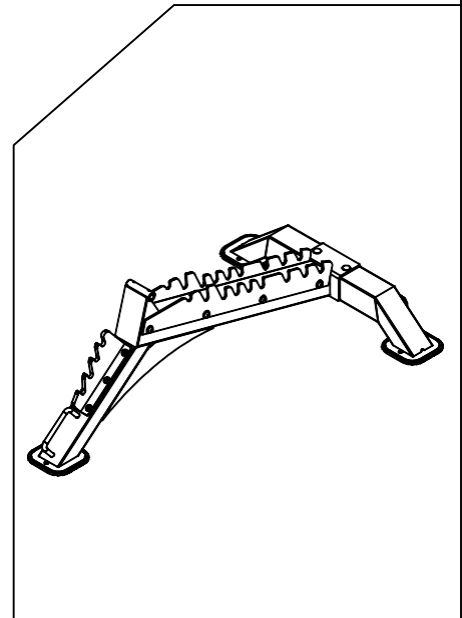
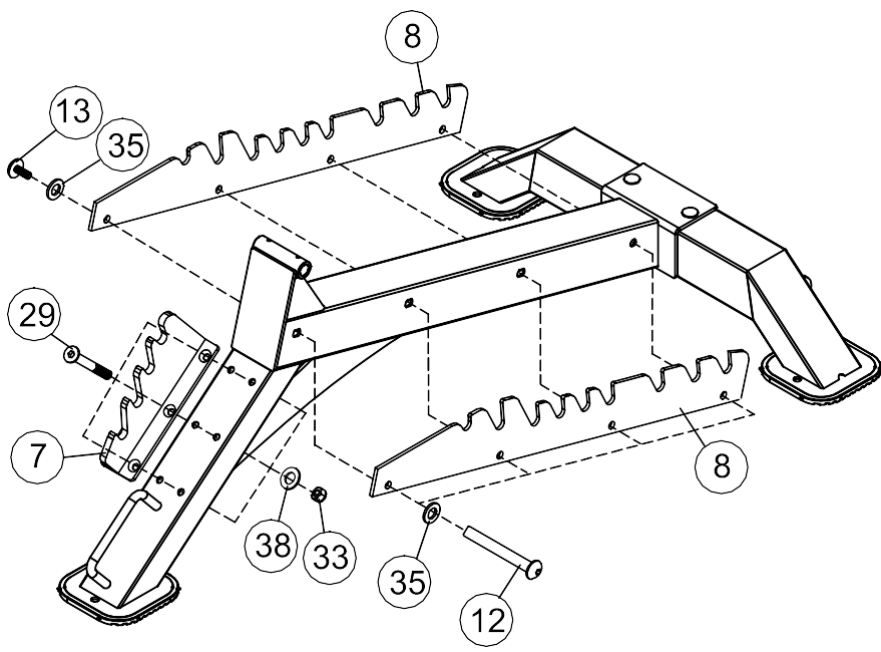
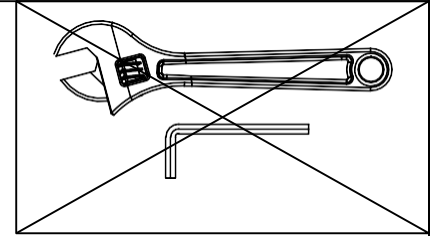
③⑤   ×8 Φ10

⑲  ×6 M8×65mm

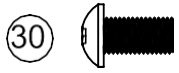
③⑧   ×6 Φ24×Φ9

⑬  ×4 M8×16 mm

③③   ×6 M8



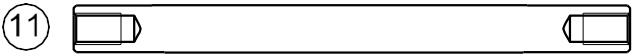




30 ×2 M10×20



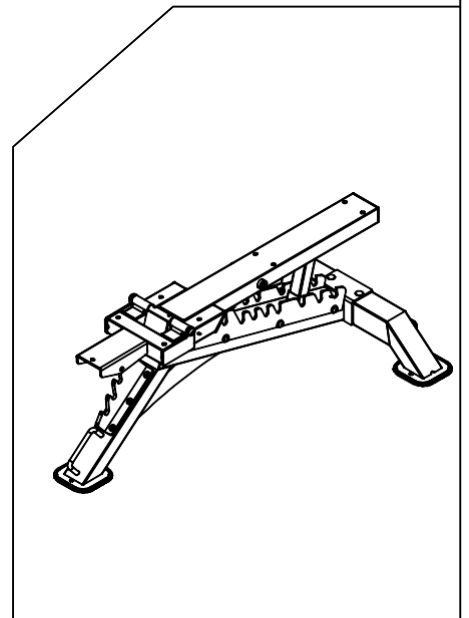
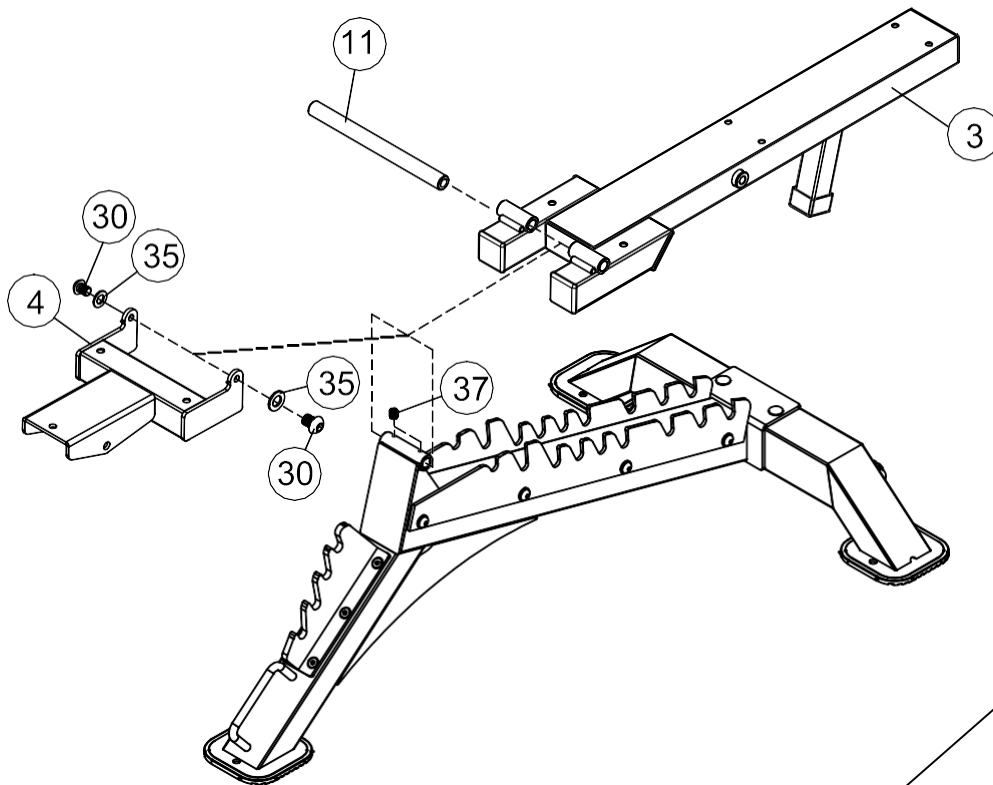
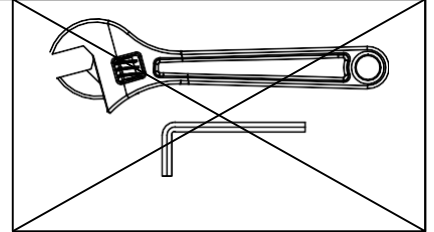
37 ×2 M8×6

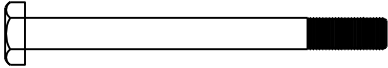


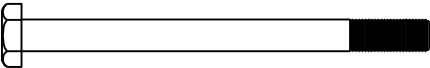




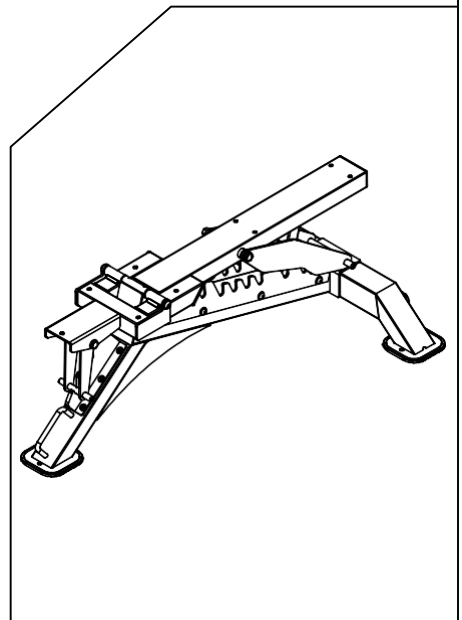
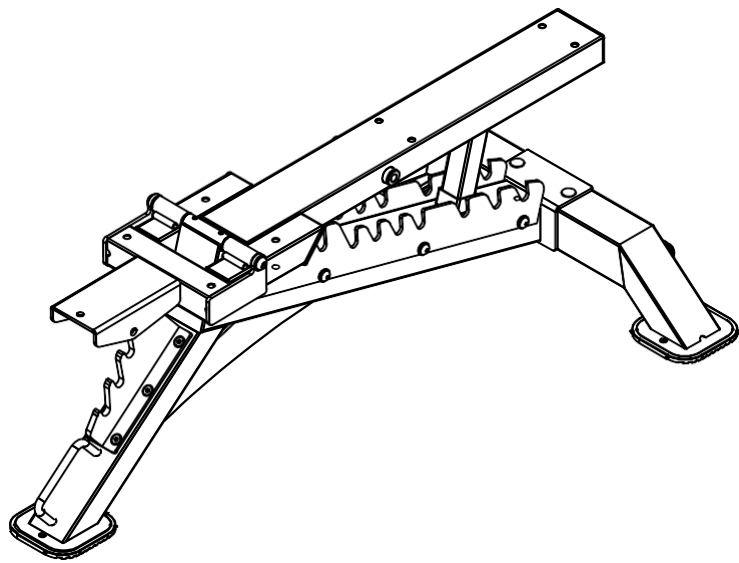
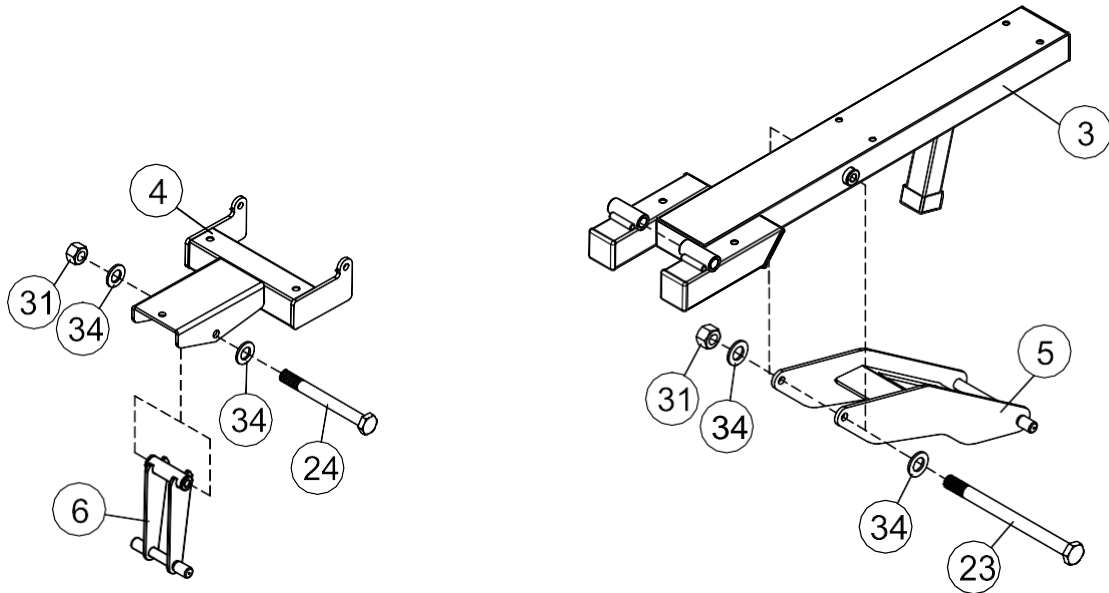
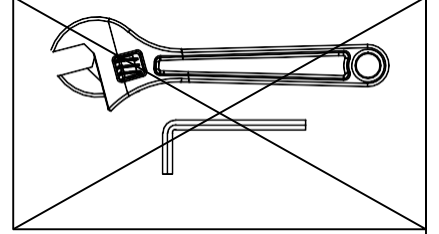
11 ×1 M10×212



35 ×2 Φ10




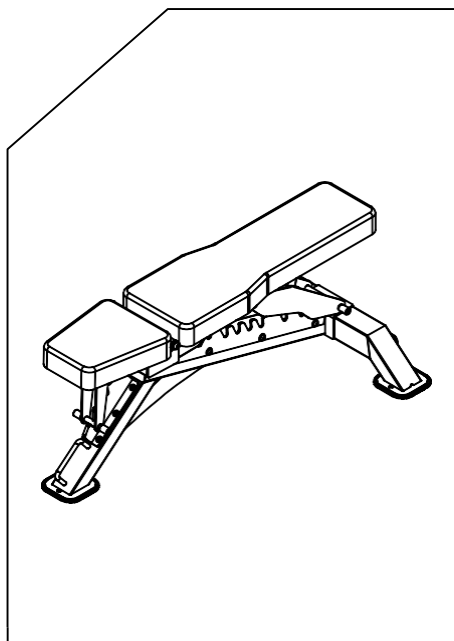
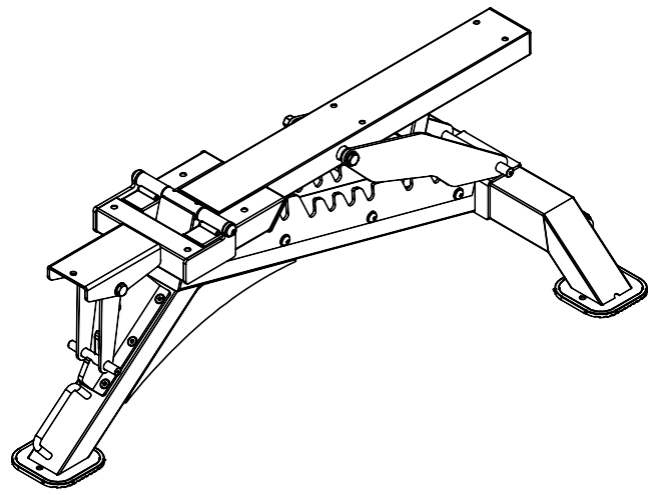
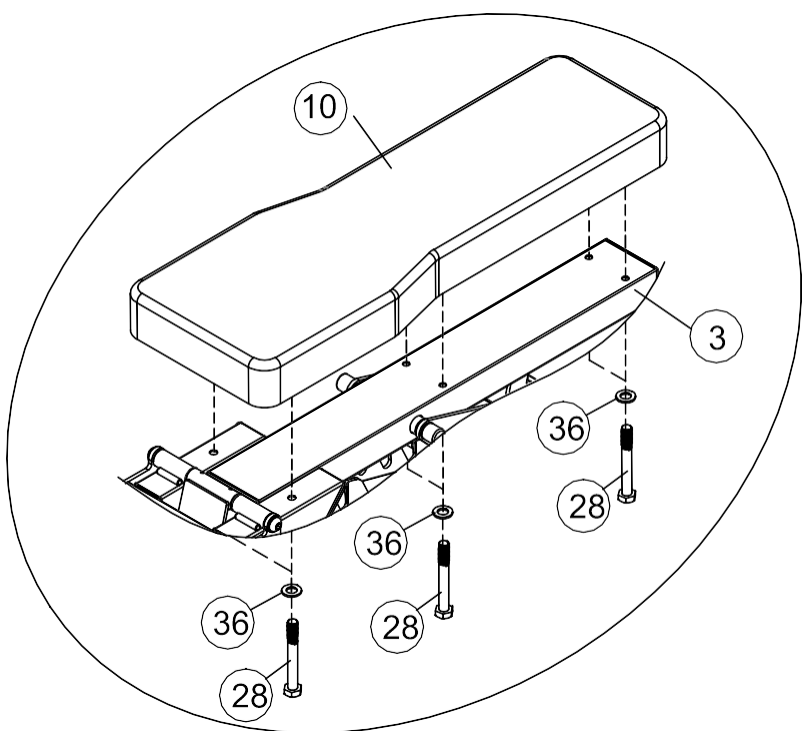
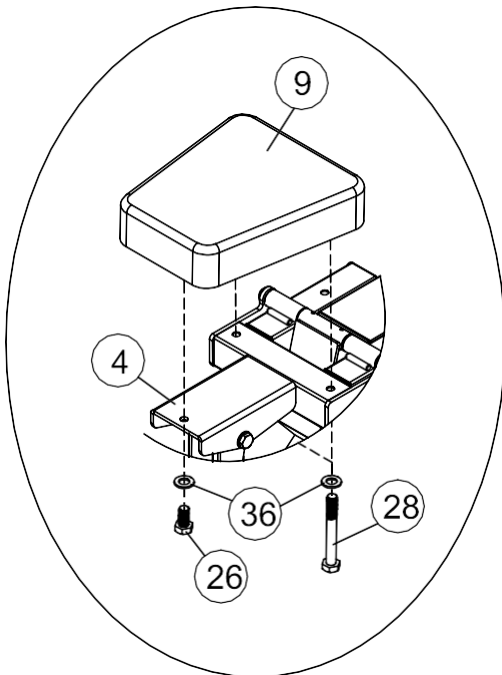
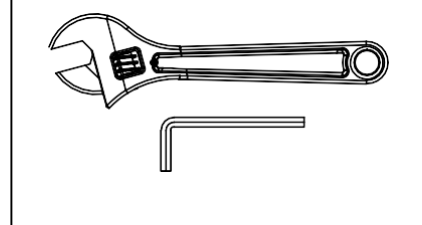
- |    |   |    |            |    |   |   |    |     |
|----|---|----|------------|----|---|---|----|-----|
| ②4 |  | x1 | M12× 110mm | ③4 |  |  | x4 | Φ12 |
| ②3 |  | x1 | M12× 155mm | ③1 |  |  | x2 | M12 |

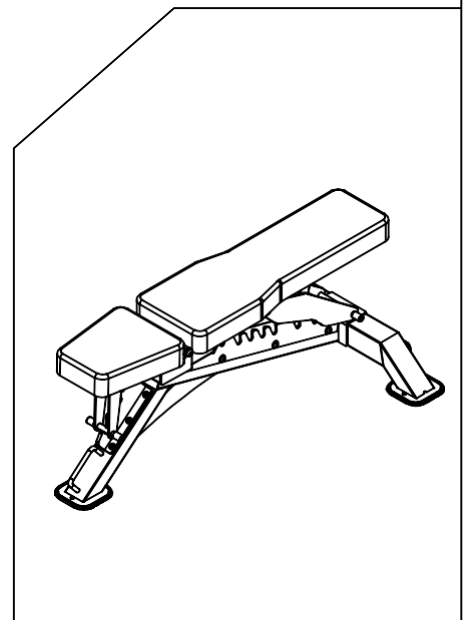
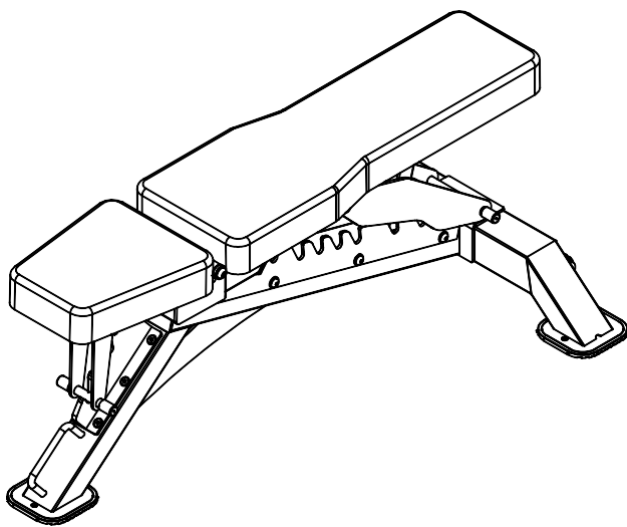
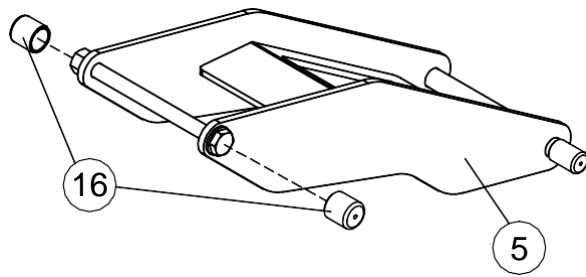


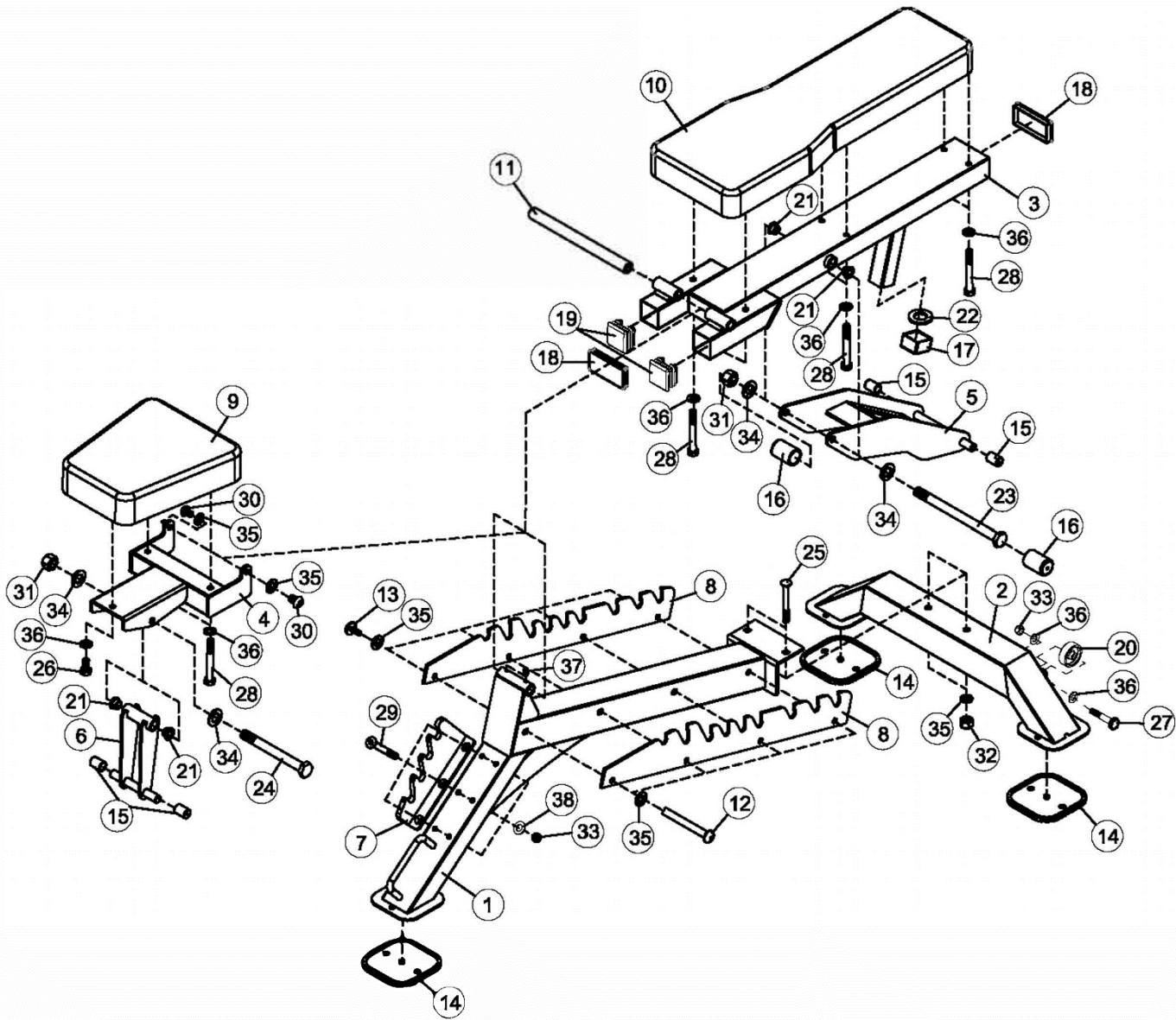
②⑥  ×1 M8×20mm

②⑧  ×8 M8×70mm

③⑥  ×9 Φ8







# 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