

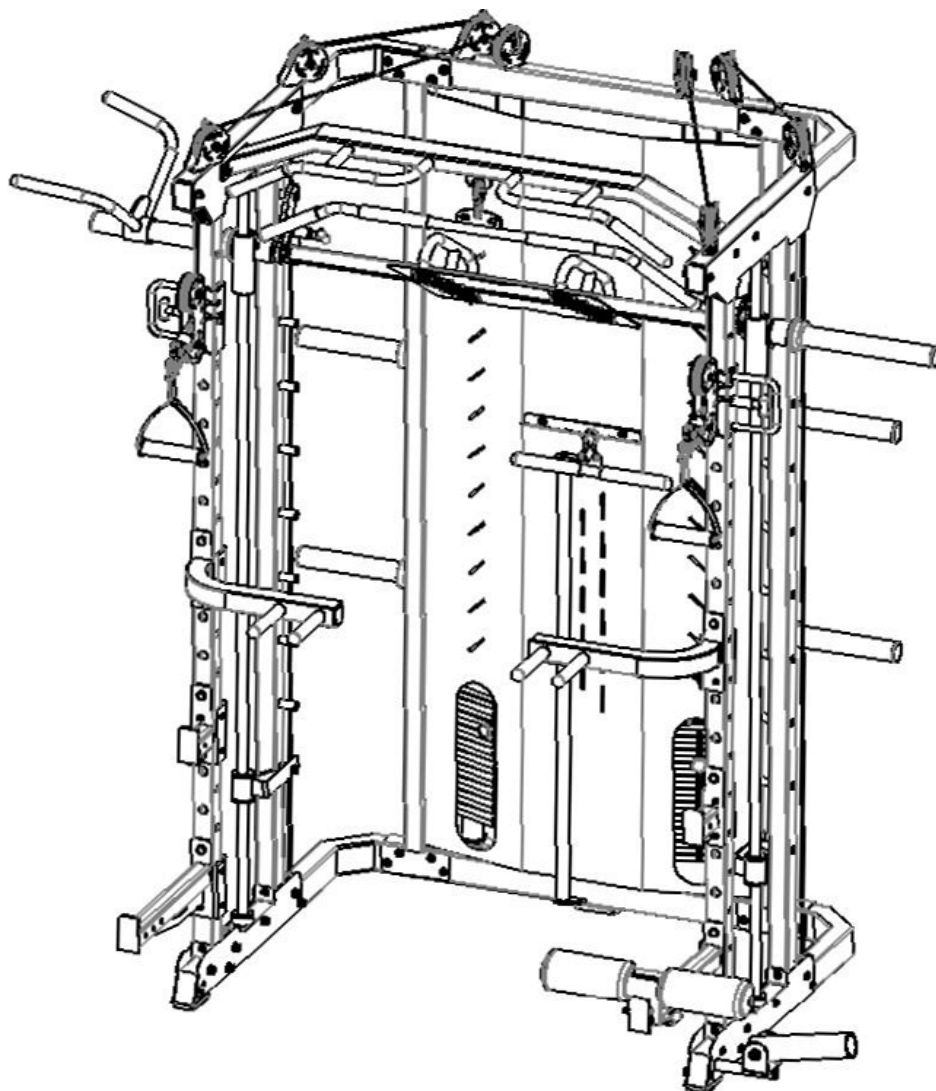
# FRENCH FITNESS

FF-FSR60

FRENCH FITNESS FSR60 FUNCTIONAL SMITH  
& SQUAT RACK HOME GYM

ASSEMBLY MANUAL

220 lb / 286 lb



## FEATURES

### The Ultimate ALL-IN-ONE Machine:

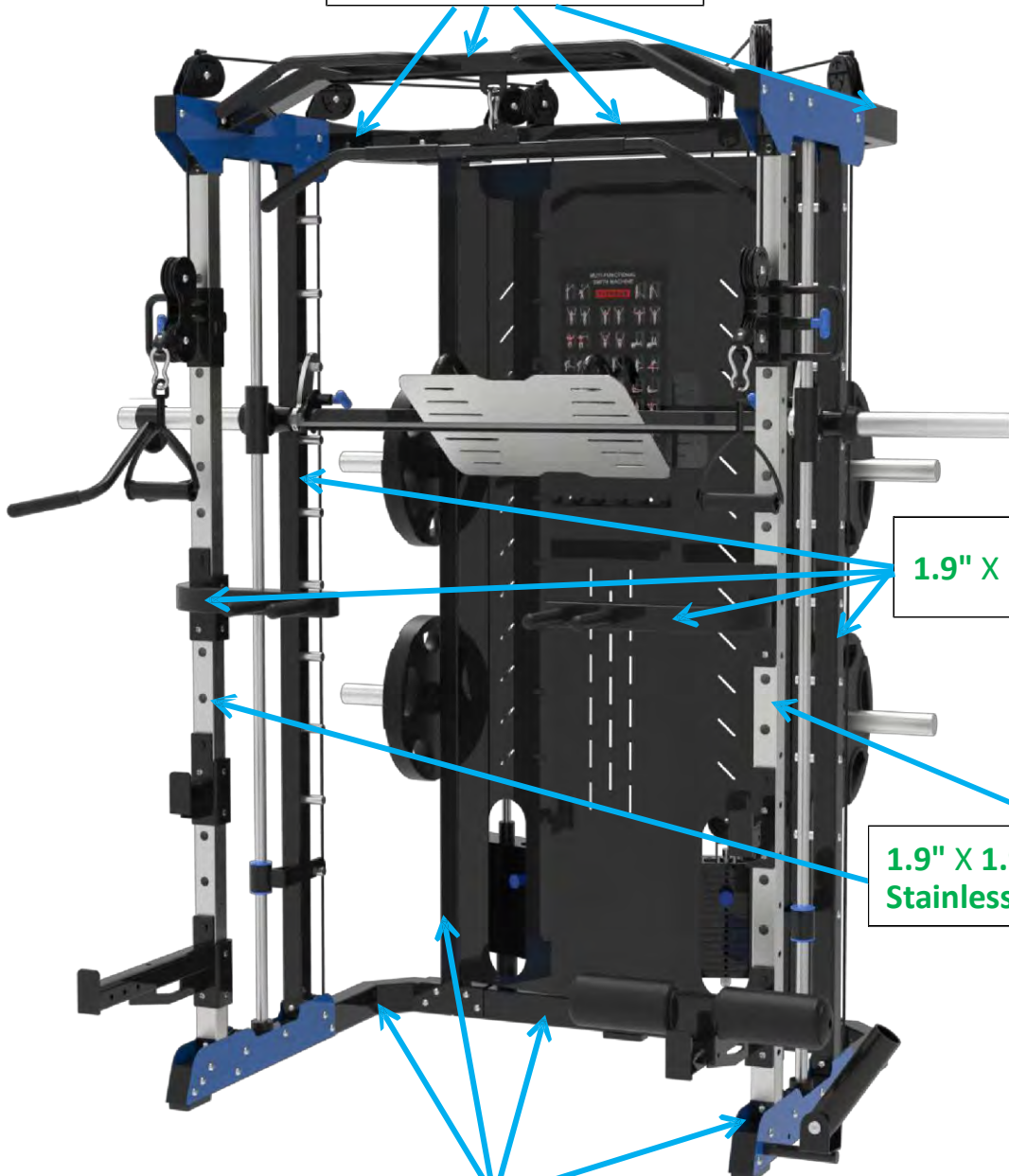
- Smith Machine
- Squat Rack
- Functional Trainer
- Landmine
- Dip Bars
- Pull Up Bar
- Lat Pulldown
- Bar holder (286 lb version only)
- Jammer Arm (Optional)
- Leg Press (Optional)
- Bench (Optional)
- Preacher Curl (Optional on Bench Attachment)
- Leg Extension / Leg Curl (Optional on Bench Attachment)
- California Residents see Prop 65 WARNINGS

## TECH SPECS

- Pulley Cables Weight Rating: 770 lbs (350 KG)
- Smith Bar Weight: 33 lbs (15 KG)
- Smith Bar Weight Capacity: 550 lbs (250 KG)
- J Hooks (Max Load): 440 lbs (200 KG)
- Bar Catches (Max Load): 440 lbs (200 KG)
- Storage Horns (Max Load): 135 lbs ea (60 KG ea)
- Dip Bars (Max Load): 440 lbs (200 KG)
- Chin / Pull Up Bar (Max Load): 550 lbs (250 KG)
- Machine Weight: 717 lb (325 KG)
- Weight Stack: 220 lb x 2 Standard (Feels like 110 lbs per side due to 2:1 ratio)
- Weight Stack Increments: (20) 11 lb plates per side (Feel like 5.5 lbs per side due to 2:1 ratio)
- \*Optional Weight Stack 286 lb (130 kg) x 2 Available (Feels like 143 lbs per side due to 2:1 ratio)
- \*Weight Stack Increments: (26) 11 lb plates per side (Feel like 5.5 lbs per side due to 2:1 ratio)
- Cable Ratio: 2:1
- Cable Reach: 76"
- Inner Cage Width: 48.5"
- Outer Cage Width: 52.5"
- Workout Area: 114" Depth x 108" Wide (9.5 ft x 9 ft)
- Dimensions: 83.5"W x 58"D (44.5" Depth w/Bar Catches Removed) x 88.75"H
- Olympic Bar Width: 85.6"
- J Hooks: 4"
- Bar Catches: 18"
- Distance From Smith Bar to Back Panel: 15" (Note this can feel tight for bench press, especially for those with long necks)

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

1.9" X 2.95" X 0.08"



1.9" X 1.9" X 0.08"

1.9" X 1.9" X 0.08"  
Stainless



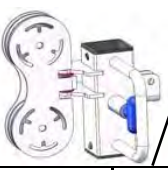

1.9" X 2.95" X 0.08"

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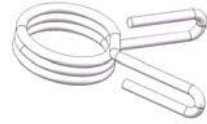

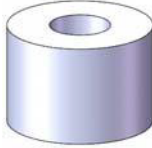
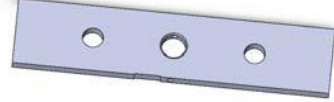
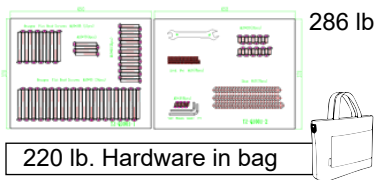
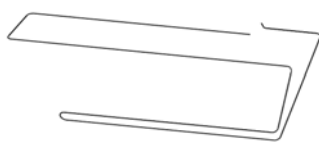


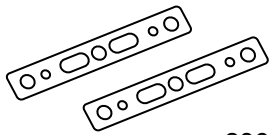
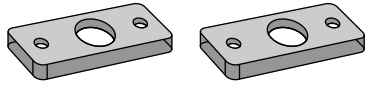
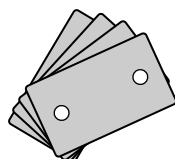
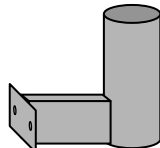
Parts list-1 (individual packaging)

				 ← 220 lb version  ← 286 lb version	
NO 1	Left Base welding group *1pcs	NO 2	Right Base welding group*1pcs	NO 3	Rear base assembly*1pcs
					
NO 4	Column component*2pcs	NO 5	Center column assembly*2pcs	NO 6	Left top component *1pcs
					
NO 7	Right top component*1pcs	NO 8	Rear connection components*1pcs	NO 9	Rear top assembly*1pcs
				 220 lb  286 lb	
NO 10	Upper beam assembly*1pcs	NO 11	Leg press welding group*1pcs(Optional)	NO 12	Functional trainer right pulley*1pcs
 220 lb  286 lb					
NO 13	Functional trainer left pulley*1pcs	NO 14	Push combination assembly*1pcs	NO 15	Barbell bar welding group*4pcs
					
NO 16	Optical shaft sleeve welding group*2pcs	NO 17	Left hook welding group*1pcs	NO 18	Right hook welding group*1pcs

					
NO 19	Left safety welding set *1pcs	NO 20	Right safety welding set*1pcs	NO 21	Left parallel bar welding group *1pcs
					
NO 22	Right parallel bar welding group *1pcs	NO 23	Lifting welding group*1pcs	NO 24	Low pull welding group*1pcs
					
NO 25	Lat Pulldown welding *1pcs	NO 26	Left Smith Insurance Group *1pcs	NO 27	Right Smith Insurance Group *1pcs
					
NO 28	Pully and weight stack group*2pcs	NO 29	Landmine Group*1pcs	NO 30	Push bar welding*1pcs
					
NO 31	Foot rack group*1pcs				





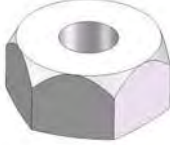





Parts list-2 (assembly parts)

								
NO 32	Left lower cover*2pcs	NO 33	Right lower cover*2pcs	NO 34	Upper cover *4pcs			
								
NO 35	Big cover*1pcs	NO 36	Pulley spacer*8pcs	NO 37	Pulley*4pcs			
								
NO 38	Olympic Chrome Bar2.2meter-1pcs	NO 39	Stainless steel conduit *2pcs	NO 40	Smith optical axis *2pcs			
								
NO 41	cover optical axis*4pcs	NO 42	Safety hook *4pcs	NO 43	Low pull bar*2pcs			
								
NO 44	Card slot cover*2pcs	NO 45	Rubber cover*2pcs	NO 46	Weight stack bolt*2pcs			
						<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>220 lb</p>  </div> <div style="text-align: center;"> <p>286 lb</p>  </div> </div>		
NO 47	Bottom nylon sleeve*2pcs	NO 48	Protective ring*4pcs	NO 49	Protection guide sleeve*4pcs			

					
NO 50	Chain 0.35m*2pcs	NO 51	T bolt*1pcs	NO 52	Locker *2pcs
					
NO 53	Tricep Dip rope*1pcs	NO 54	Weight stack rubber*4pcs	NO 55	$\frac{220 \text{ lb}}{\text{Weight stack *38pcs}}$ $\frac{286 \text{ lb}}{\text{Weight stack *50pcs}}$
					
286 lb		220lb 393"			
		286lb 387"			
NO 56	Tools package*2pcs	NO 57	Cable*2	NO 58	Hook plate*1pcs
					
NO 59	Manual	NO 60	Weight stack top brackets	NO 61	Smith guide rod brackets
					
NO 62	Frame plates * 4pcs	NO 63	Bar holder		



Blister pack screw schedule-3

 220lb - 50 pcs 286lb - 26 pcs		 220lb - 13 pcs 286lb - 10 pcs		 220lb - 8 pcs 286lb - 10 pcs	
A	Hexagon flat head screw M10*70	C	Hexagon flat head screw M10*20	D	Hexagon socket head screw M5*10
 220lb - 56 pcs 286lb - 59 pcs		 220lb - 56 pcs 286lb - 59 pcs		 220lb - 4 pcs 286lb - 22 pcs	
E	Flat washer Ø10	F	Lock nut M10	G	Hexagon flat head screw M10*65
 220lb - 4 pcs		 220lb - 8 pcs 286lb - 8 pcs		 220lb - 2 pcs 286lb - 8 pcs	
H	Hexagon flat head screw M10*75	I	Hexagon flat head screw M10*90	J	Hexagon flat head screw M10*30
 Only 286lb - 19 pcs					
K	Hexagon flat head screw M10*16				

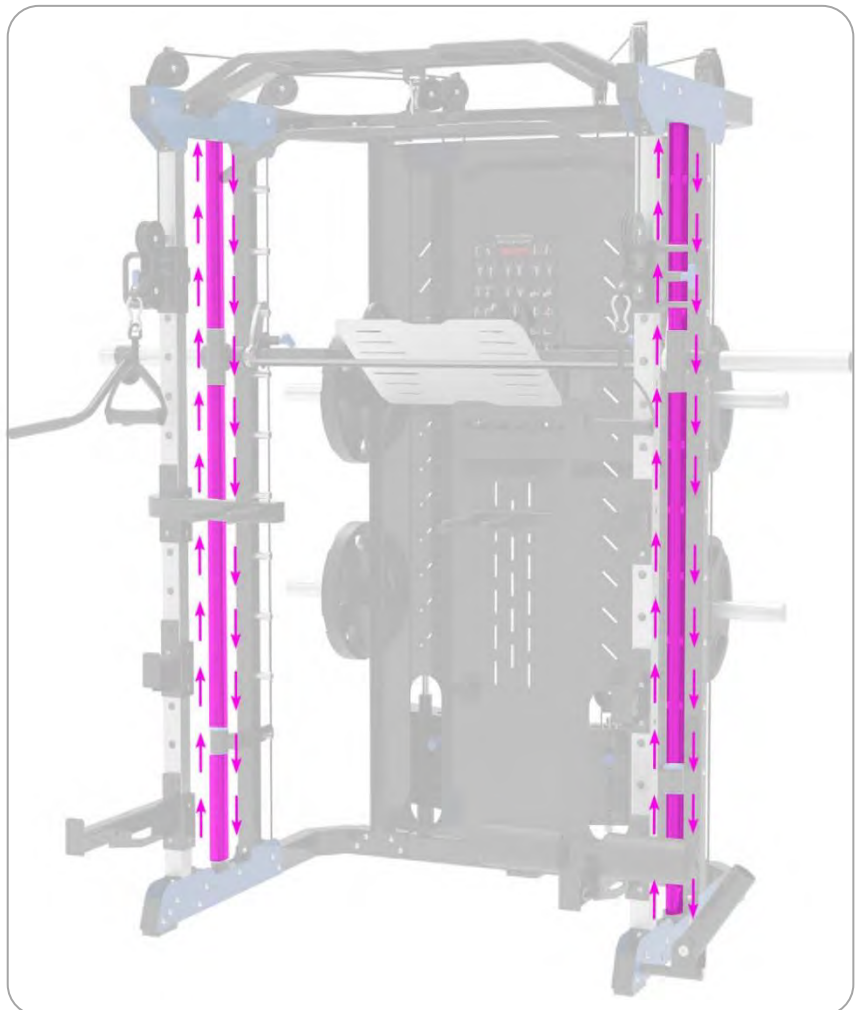
## CLEAN GUIDE RODS

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.

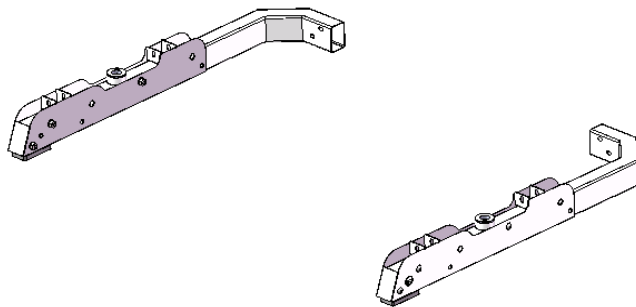
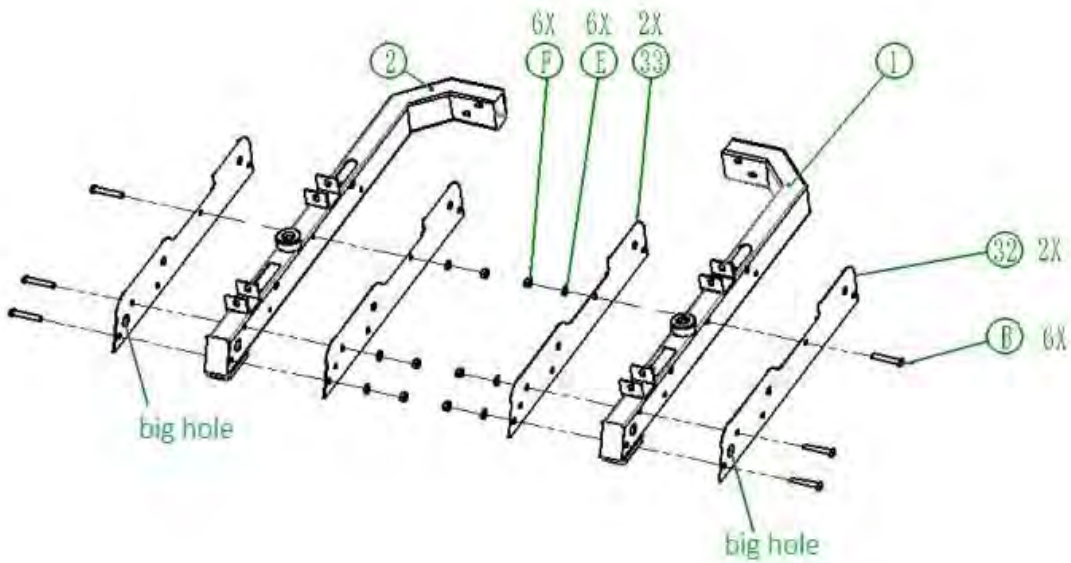
Use Silicon Spray and fiber to remove any excess residue. These can be found around the house or at a nearby hardware store, pics below. Use silicon Spray and steel wool.

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



### Assembly steps

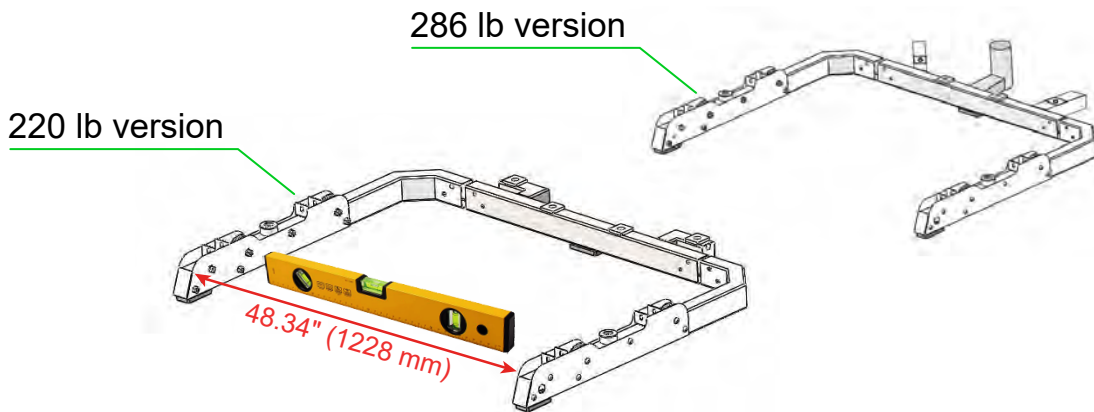
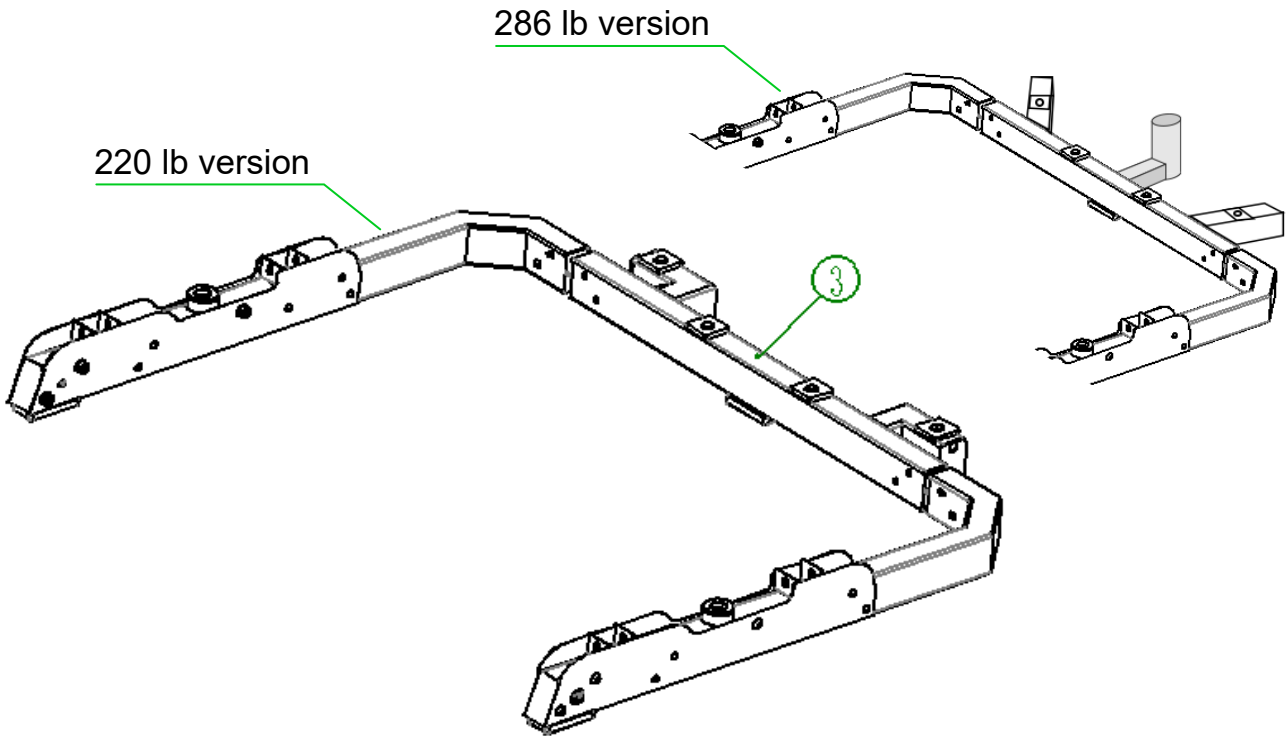
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
1	NO 1	Left Base welding group	1	E	Flat washer Ø10	6
	NO 2	Right Base welding group	1	F	LocknutM10	6
	NO 32	Left lower cover	2			
	NO 33	Right lower cover	2			
	B	Hexagon flat head screw M10*65	6			
Tools		No.6 hexagon socket screw driver,wrench				



Those with large holes at one end of the guard plate are installed on the outside. The pulleys and the rope screws are not installed here.

Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
2	NO 3	Rear base assembly	1			
Tools						

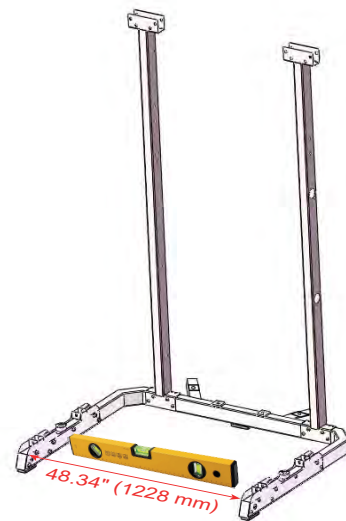
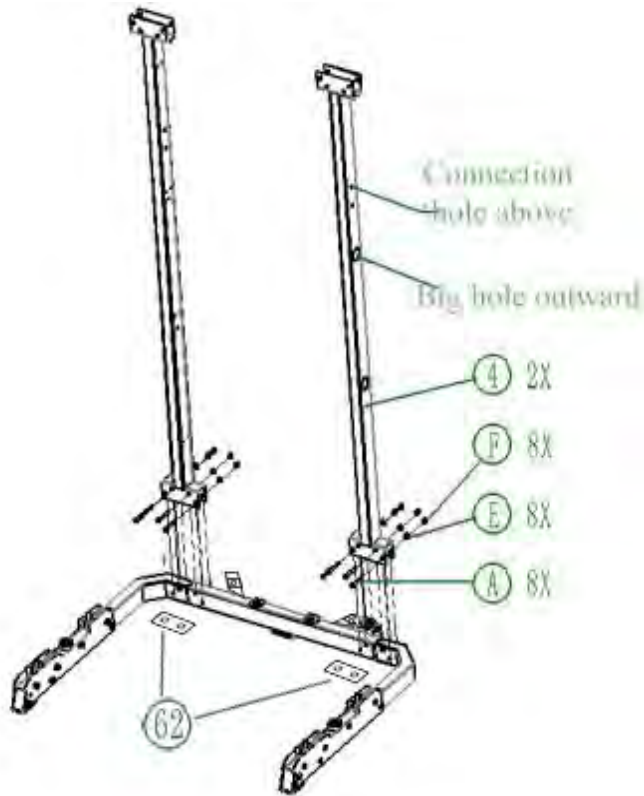


If you tighten every bolt firmly at first, it may result in the distortion of the finished product. To avoid this, tighten bolts lightly until the main frame is assembled and leveled then fasten the all bolts firmly. Be sure the distance between the frame - as shown in the pic below - is 48.34. Also, input a leveler in the exact spot as the pic shows to be sure it is level

Place the No. 3 rear base assembly in the position as shown in the picture

### Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
3	NO 4	Column component	2	NO 62	Frame plates	2
	A	Hexagon flat head screw M10*70	8			
	E	Flat washer Ø10	8			
	F	Locknut M10	8			
Tools		No.6 hexagon socket screw driver, wrench				

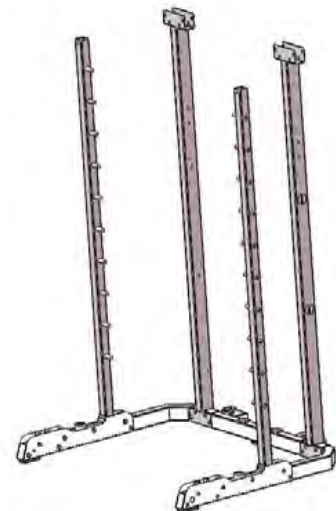
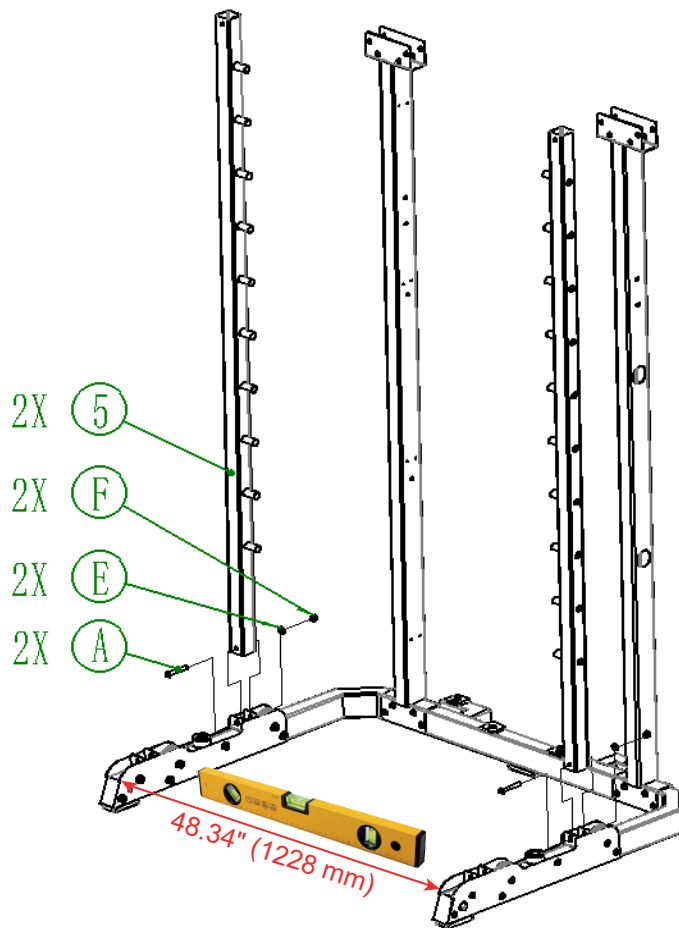


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Pay attention to the direction of installing the column

### Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
4	NO 5	Center column assembly	2			
	A	Hexagon flat head screw M10*70	2			
	E	Flat washer Ø10	2			
	F	Locknut M10	2			
Tools		No.6 hexagon socket screw driver, wrench				

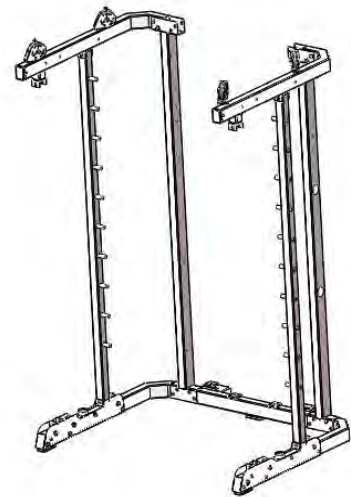
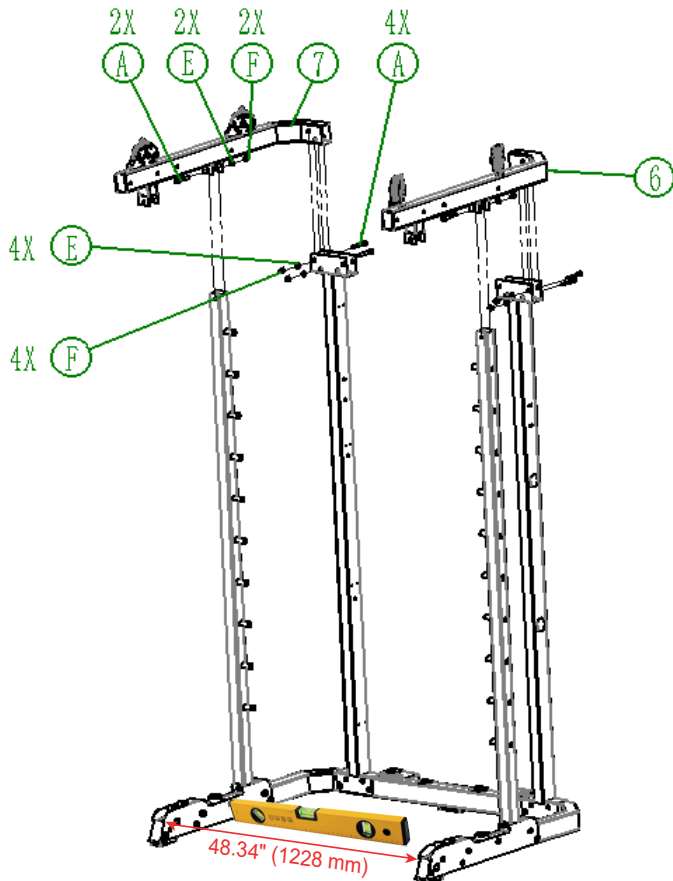


If you tighten every bolt firmly at first, it may result in the distortion of the finished product. To avoid this, tighten bolts lightly until the main frame is assembled and leveled then fasten the all bolts firmly. Be sure the distance between the frame - as shown in the pic below - is 48.34. Also, input a leveler in the exact spot as the pic shows to be sure it is level

Pay attention to the direction of the center column, the end of the hook column that is closer to the end face is on the top.

Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
5	NO 6	Left top component	1	F	LocknutM10	6
	NO 7	Right top component	1			
	A	Hexagon flat head screw M10*70	6			
	E	Flat washer Ø10	6			
Tools		No.6 hexagon socket screw driver,wrench				

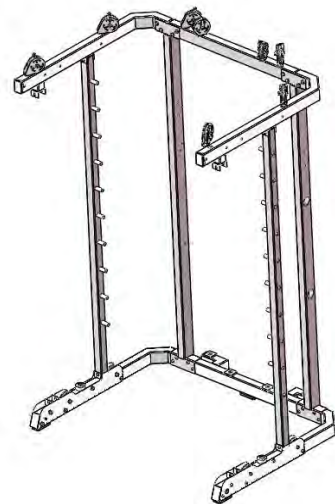
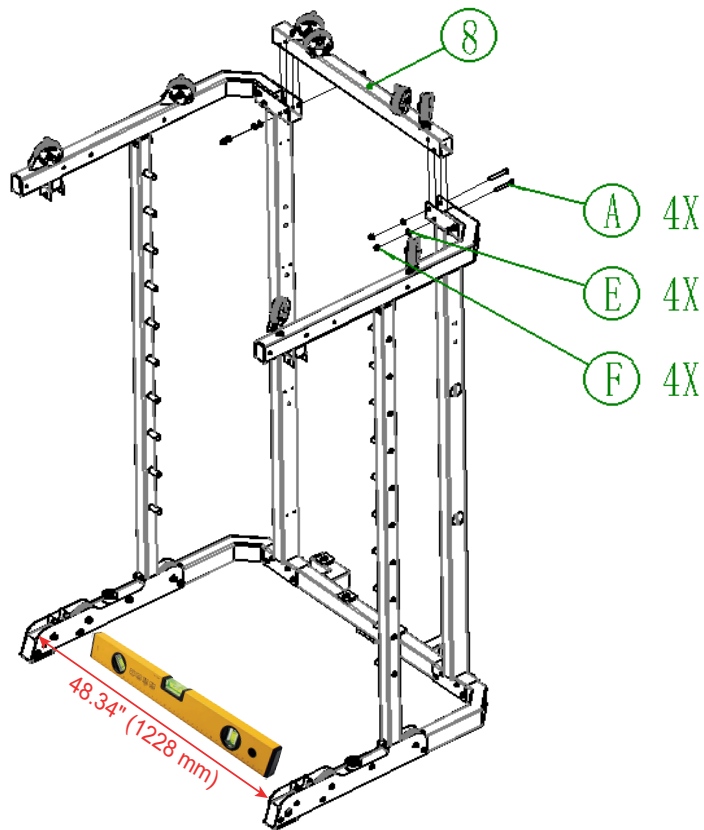


If you tighten every bolt firmly at first, it may result in the distortion of the finished product. To avoid this, tighten bolts lightly until the main frame is assembled and leveled then fasten the all bolts firmly. Be sure the distance between the frame - as shown in the pic below - is 48.34. Also, input a leveler in the exact spot as the pic shows to be sure it is level

Note that the connecting screws are not tightened.

Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
6	NO 8	Rear connection components	1			
	A	Hexagon flat head screw M10*70	4			
	E	Flat washer Ø10	4			
	F	Locknut M10	4			
Tools		No.6 hexagon socket screw driver, wrench				



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 48.34. 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 16.

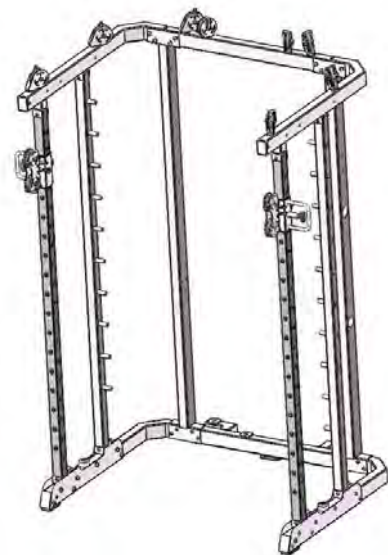
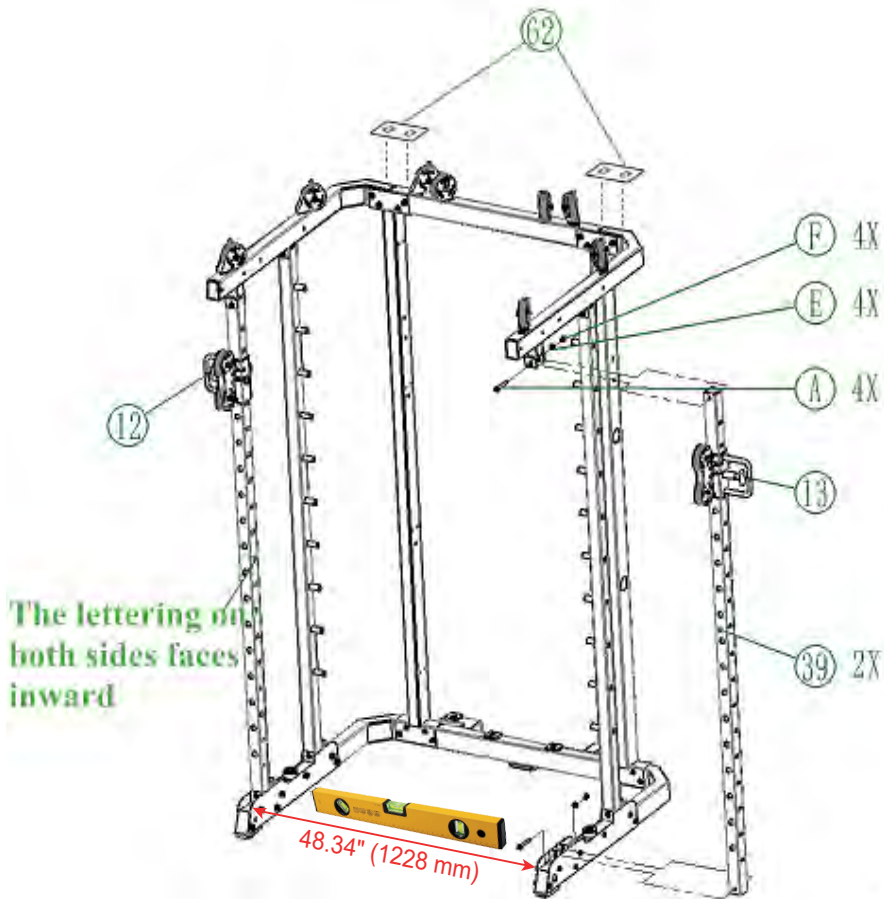
If the inner frame width does not measure 48.34" +/- 1/8" (as shown in the picture on page 16), please loosen frame bolts and push or pull the frame.

If the floor is not level (as shown in the picture on page 16), 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**

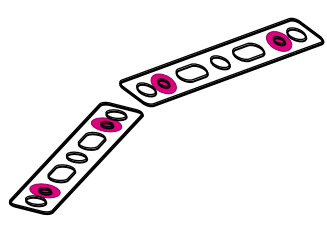
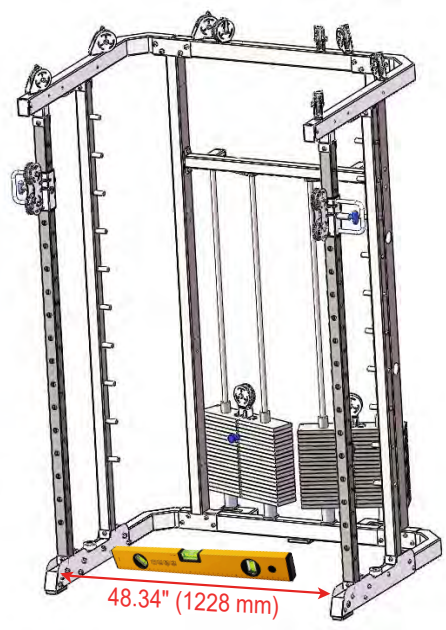
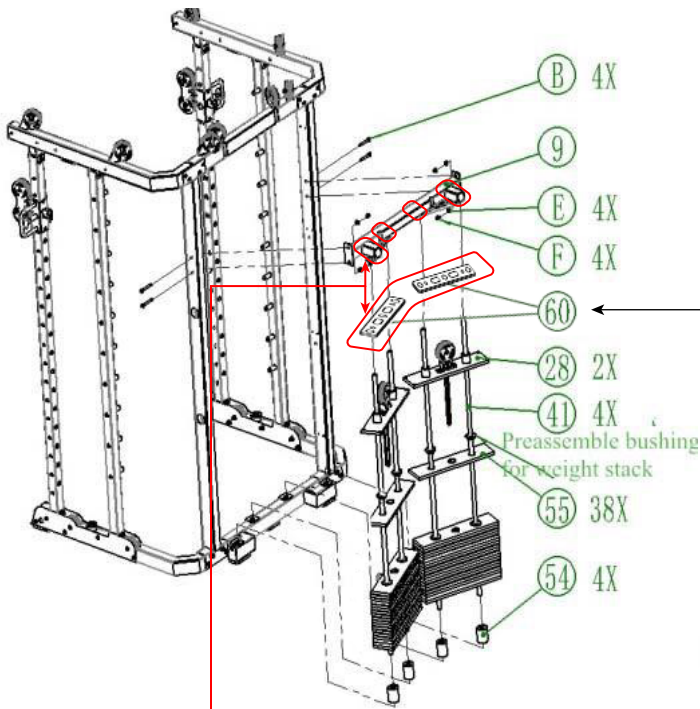
Assembly steps						
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
7	NO 12	Functional trainer right pulley	1	E	Flat washer Ø10	4
	NO 13	Functional trainer Left pulley	1	F	Lock nut M10	4
	NO 39	Stainless steel conduit	2	NO 62	Frame plates	2
	A	Hexagon flat head screw M10*70	4			
Tools		No.6 hexagon socket screw driver, wrench				



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 48.34. Also, input a leveler in the exact spot as the pic shows to be sure it is level

### Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
8	NO 9	Rear top assembly	1	NO 55	Weight stack	38
	NO 28	Pully and weight stack group	2	B	Hexagon flat head screw M10*65	4
	NO 41	cover optical axis	4	E	Flat washer Ø10	4
	NO 54	Weight stack rubber	4	F	LocknutM10	4
	NO 60	Weight stack top brackets	2			
Tools		No.6 hexagon socket screw driver, wrench				



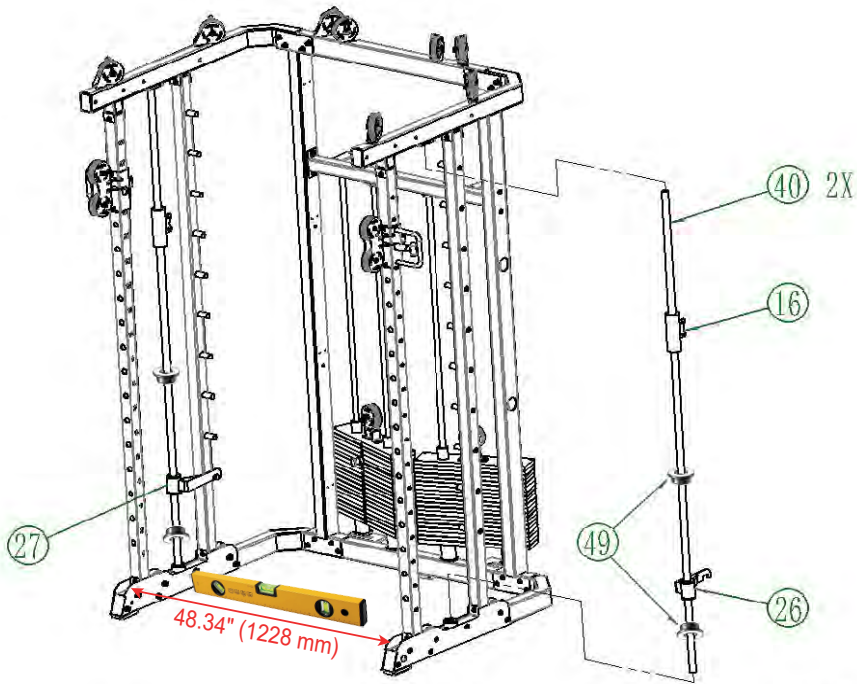
The highlighted holes line up with the top frame and are secured with bolts



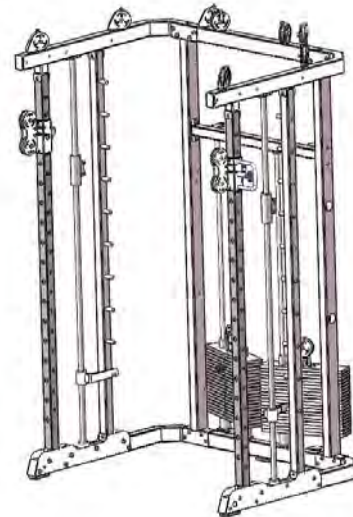
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Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
9	NO 16	Optical shaft sleeve welding group	1	NO 49	Protection guide sleeve	4
	NO 26	Left Smith Insurance Group	1			
	NO 27	Right Smith Insurance Group	1			
	NO 40	Smith optical axis	2			
Tools						

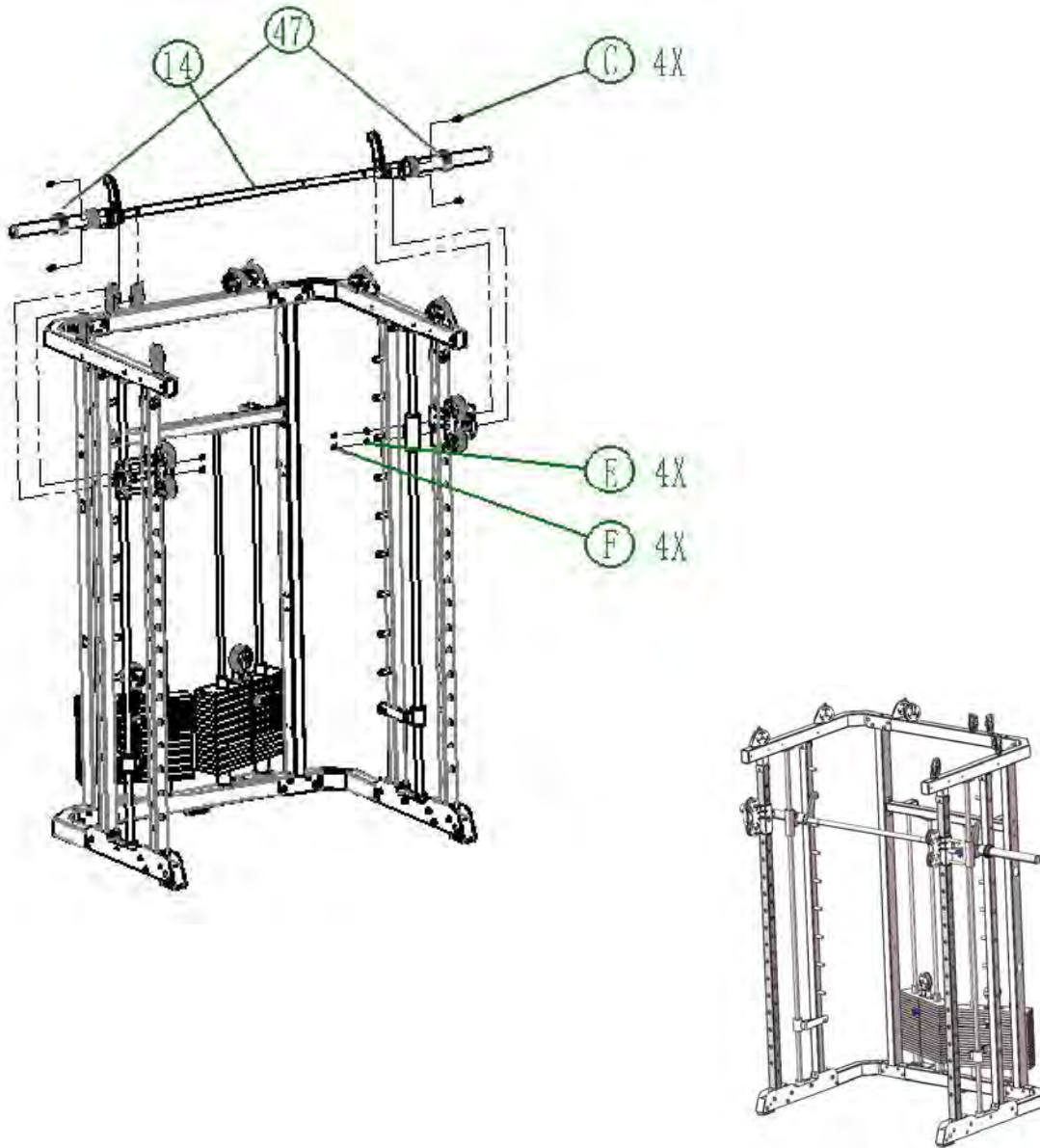


Double Check the Inner Frame Width. Be sure it's 48.34", otherwise, the product is out of alignment



Assembly steps

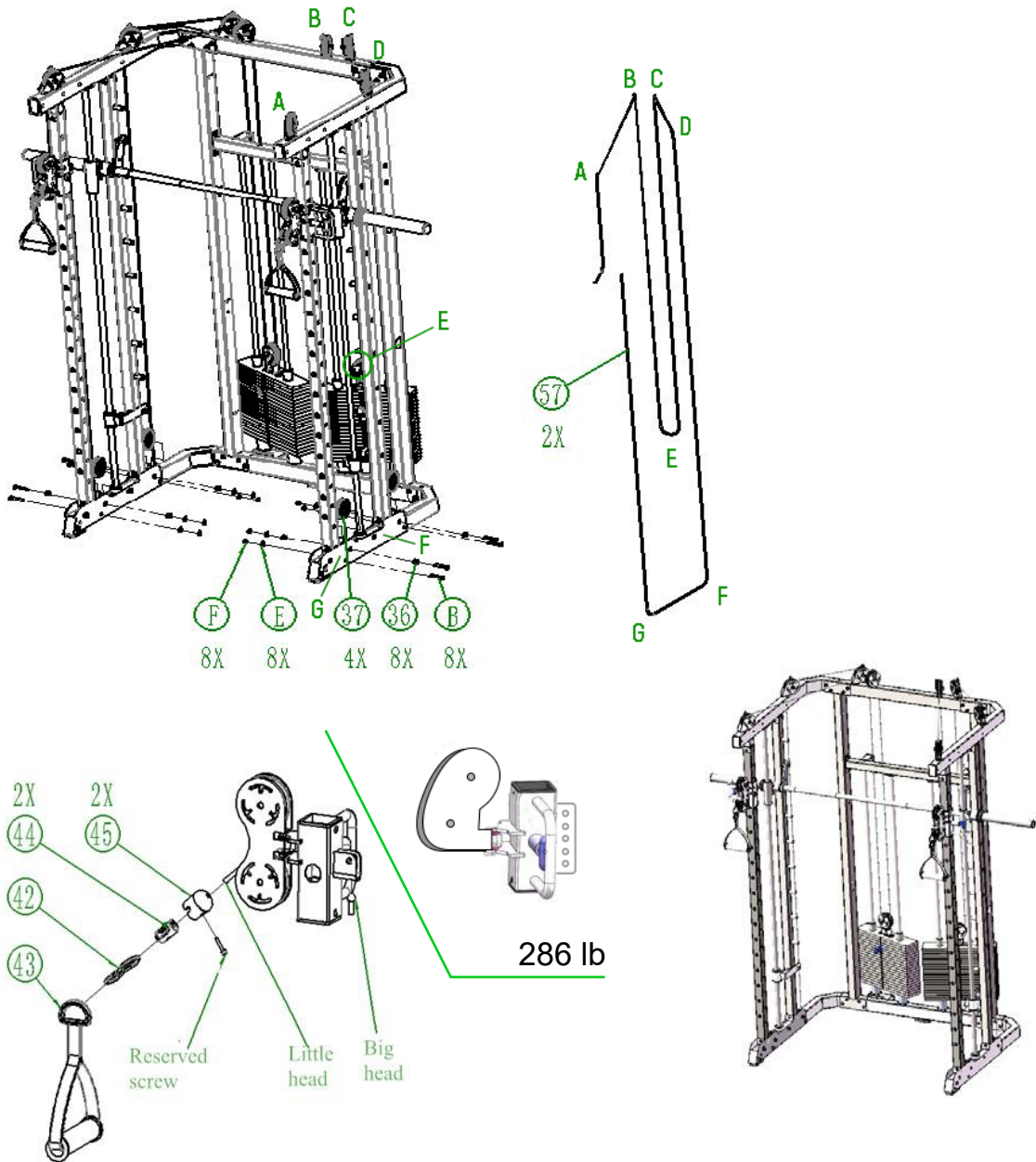
Step NO	Item NO	Name	Qty	Item NO	Name	Qty	
10	NO 14	Push combination assembly	1	NO 47	Bottom nylon sleeve	2	
	C	Hexagon flat head screw M10*20	4				
	E	Flat washer Ø10	4				
	F	LocknutM10	4				
Tools		No.6 hexagon socket screw driver,wrench					



The No. 14 Push combination assembly is outside the No. 16 optical sleeve assembly connecting plate

Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
11	NO 36	Pulley spacer	8	NO 45	Rubber cover	2
	NO 37	Pulley	4	NO 57	Cable	2
	NO 42	Safety hook	2	B	Hexagon flat head screw M10*65	8
	NO 43	Low pull bar	2	E	Flat washer Ø10	8
	NO 44	Card slot cove	2	F	Locknut M10	8
Tools		No.6 and No.4 hexagon socket screw driver, wrench				

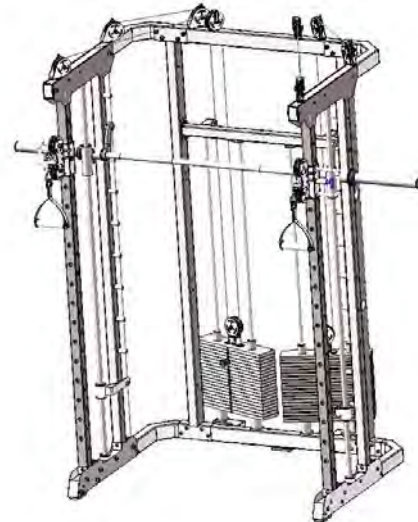
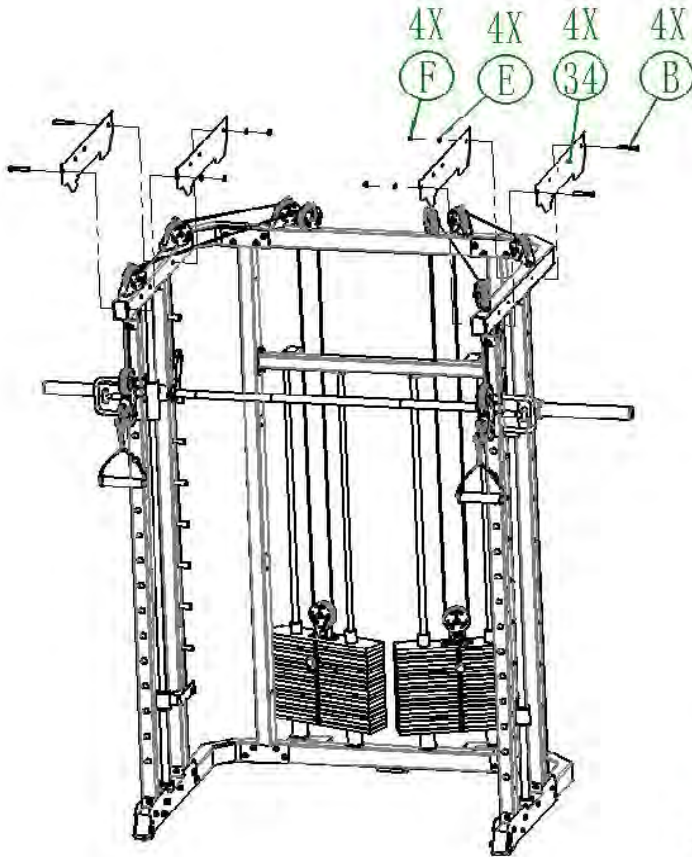


**220lb weight stack:** 2xCable (#57) =393"(1 little metal ball end and 1 big metal ball end)  
**286lb weight stack:** 2xCable (#57) =387"(1 little metal ball end and 1 hole end)

After wearing the wire rope, install the bottom pulley.

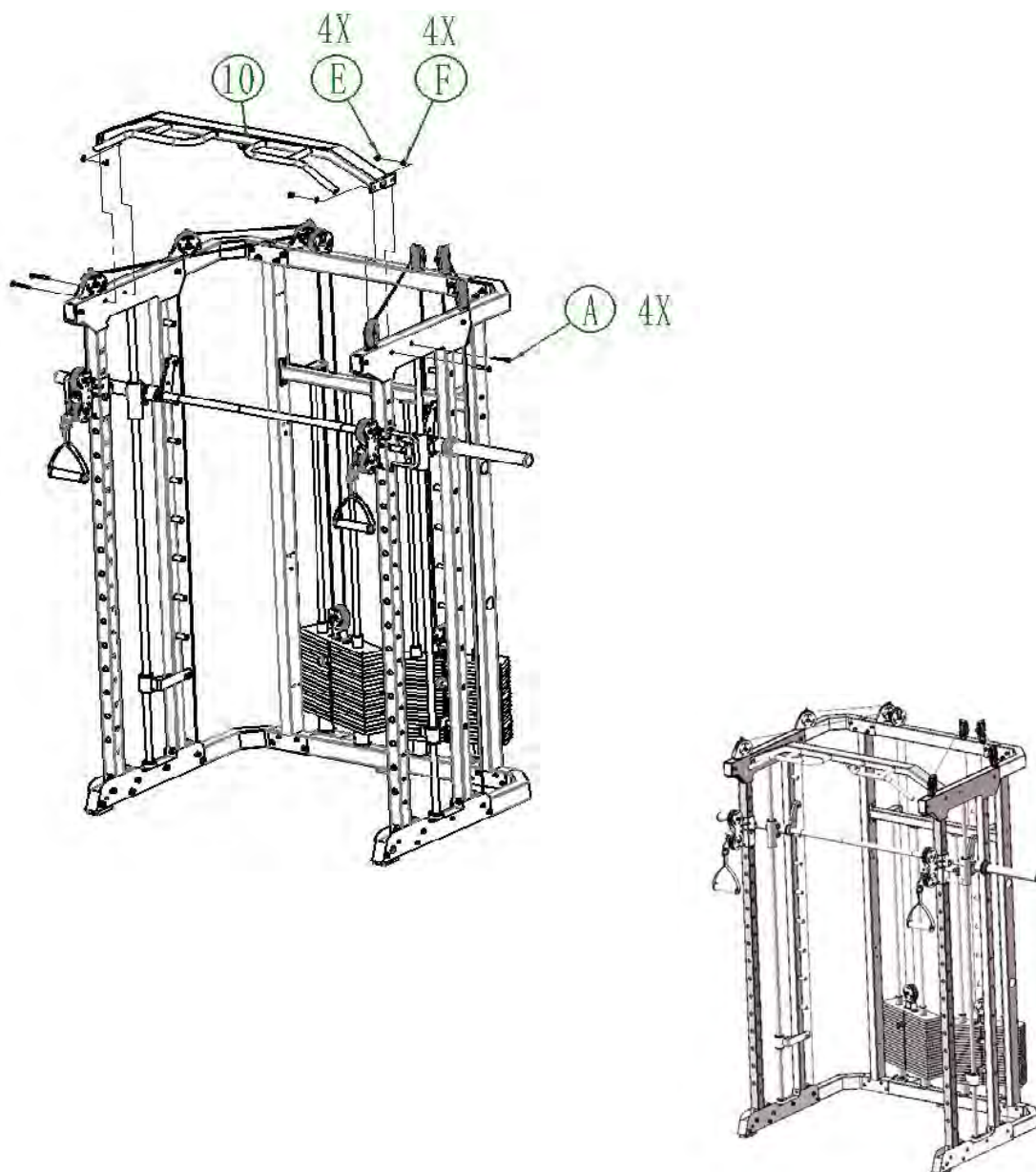
Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
12	NO 34	Upper cove	4			
	B	Hexagon flat head screw M10*65	4			
	E	Flat washer Ø10	4			
	F	LocknutM10	4			
Tools		No.6 hexagon socket screw driver,wrench				



Assembly steps

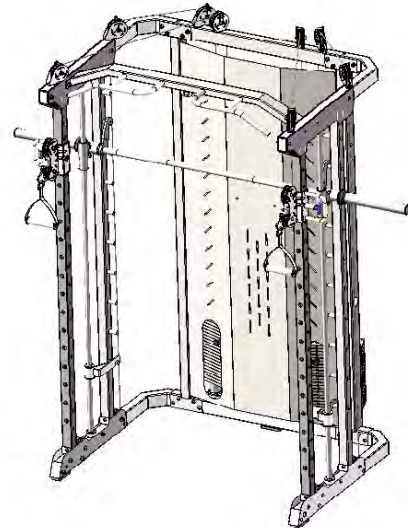
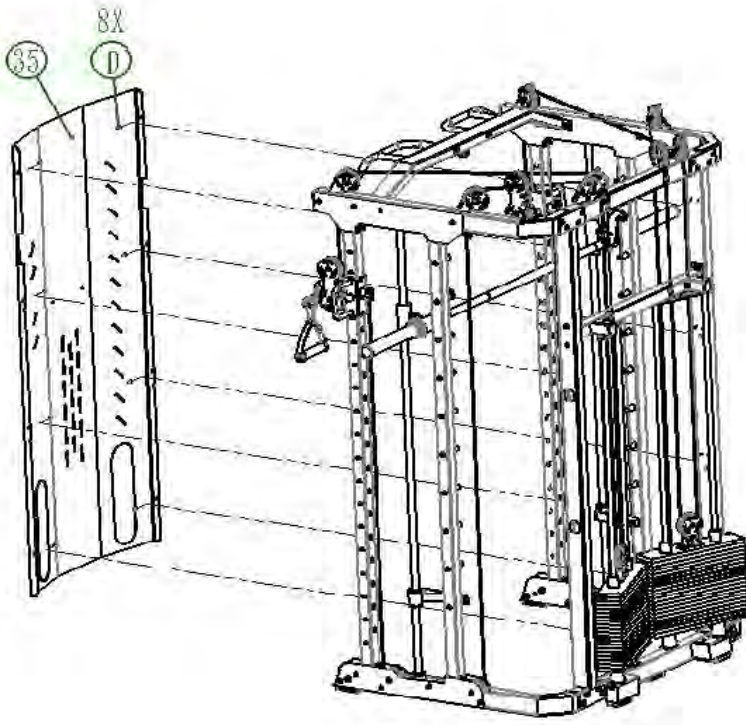
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
13	NO 10	Upper beam assembly	1			
	A	Hexagon flat head screw M10*70	4			
	E	Flat washer Ø10	4			
	F	Locknut M10	4			
Tools		No.6 hexagon socket screw driver,wrench				





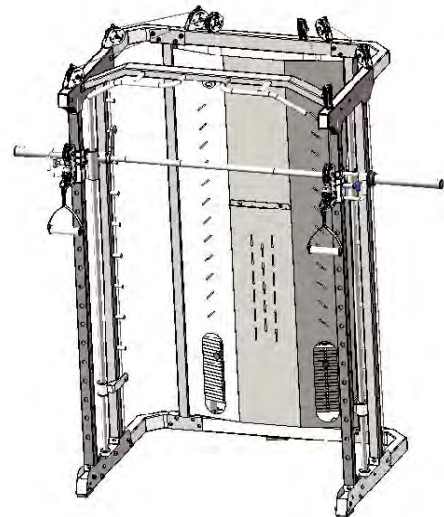
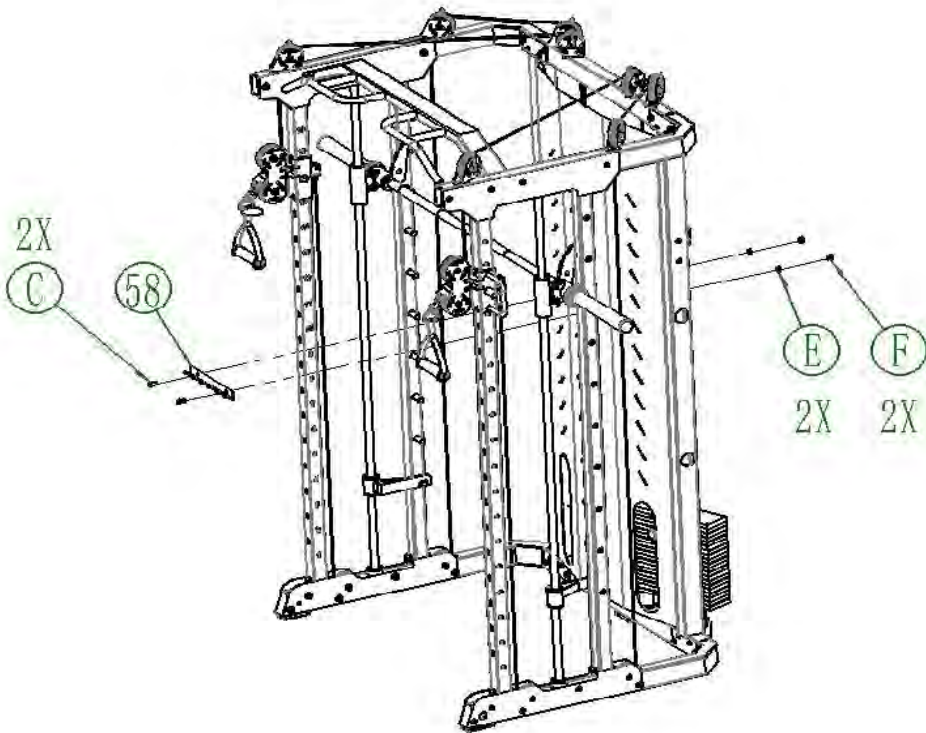
Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty	
14	NO 35	Big cover	1				
	D	Hexagon socket head screwM5*10	8				
Tools		No.4 hexagon socket screw driver					



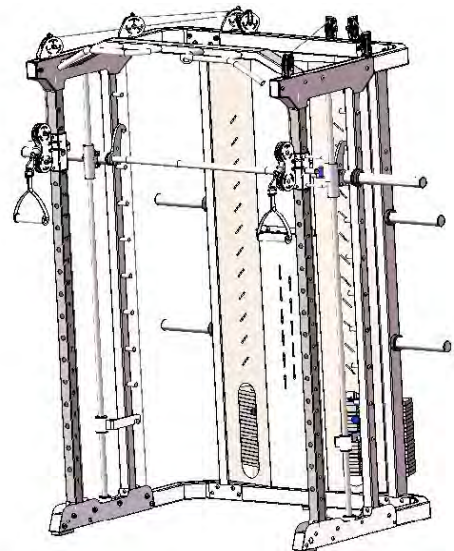
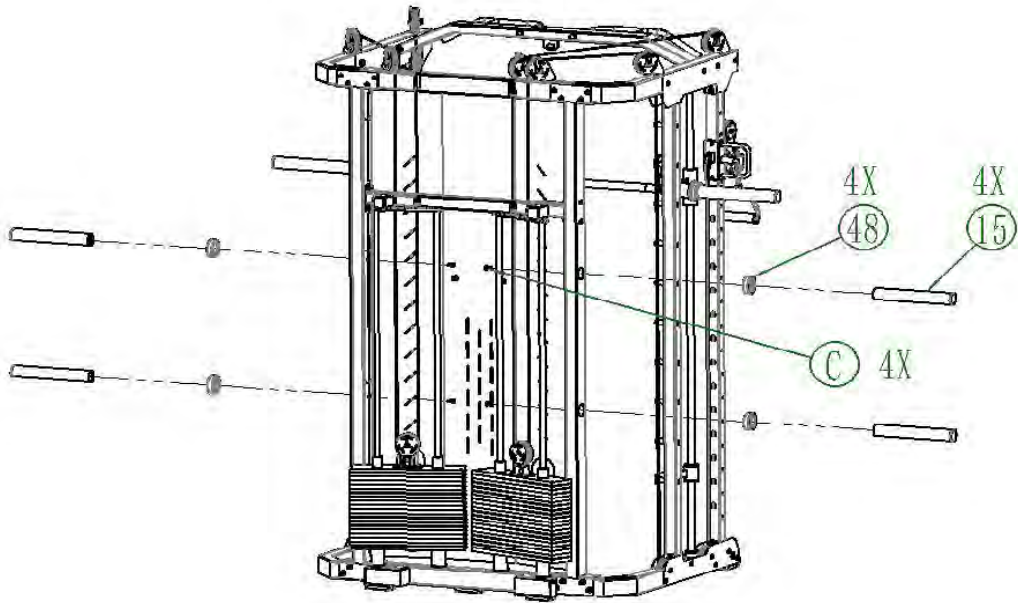
Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
15	NO 58	Hook plate	1			
	C	Hexagon flat head screw M10*20	2			
	E	Flat washer Ø10	2			
	F	LocknutM10	2			
Tools		No.4 hexagon socket screw driver				



Assembly steps

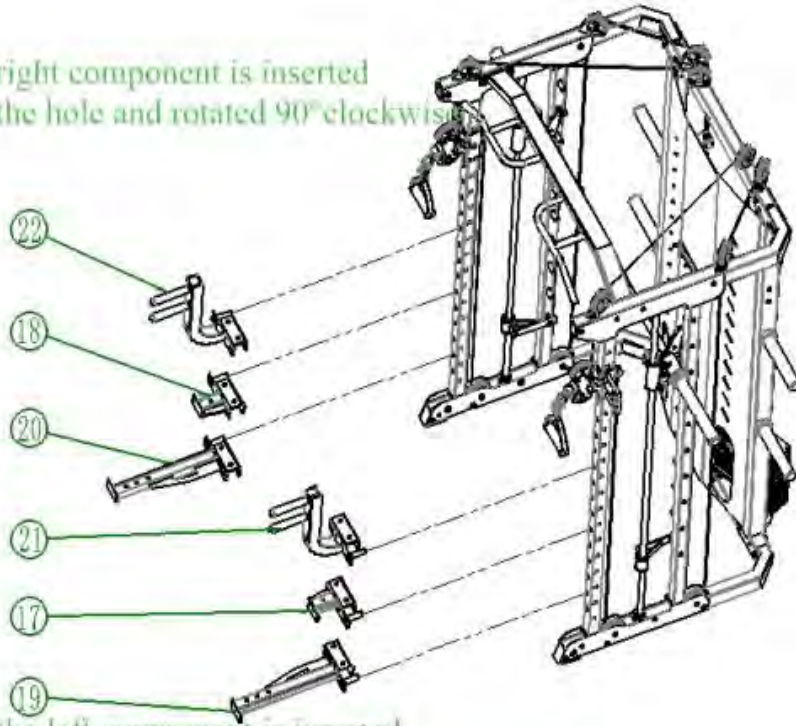
Step NO	Item NO	Name	Qty	Item NO	Name	Qty	
16	NO 15	Barbell bar welding group	4				
	NO 48	Protective ring	4				
	C	Hexagon flat head screw M10*20	4				
Tools		No.6 hexagon socket screw driver					



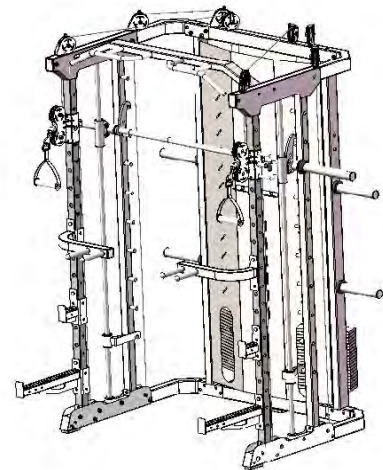
Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
17	NO 17	Left hook welding group	1	NO 21	left parallel bar welding grou	1
	NO 18	Right hook welding group	1	NO 22	right parallel bar welding gro	1
	NO 19	Left safety welding set	1			
	NO 20	Right safety welding set	1			
Tools						

The right component is inserted into the hole and rotated 90° clockwise

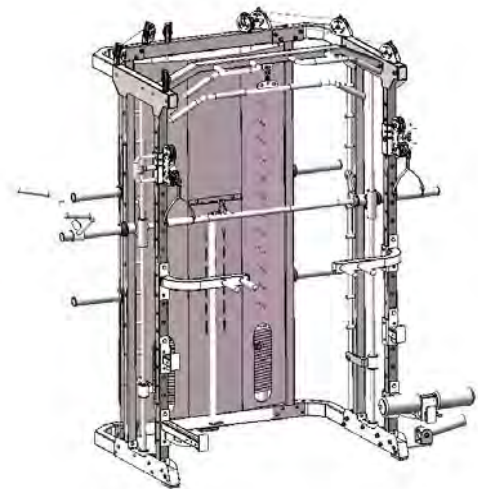
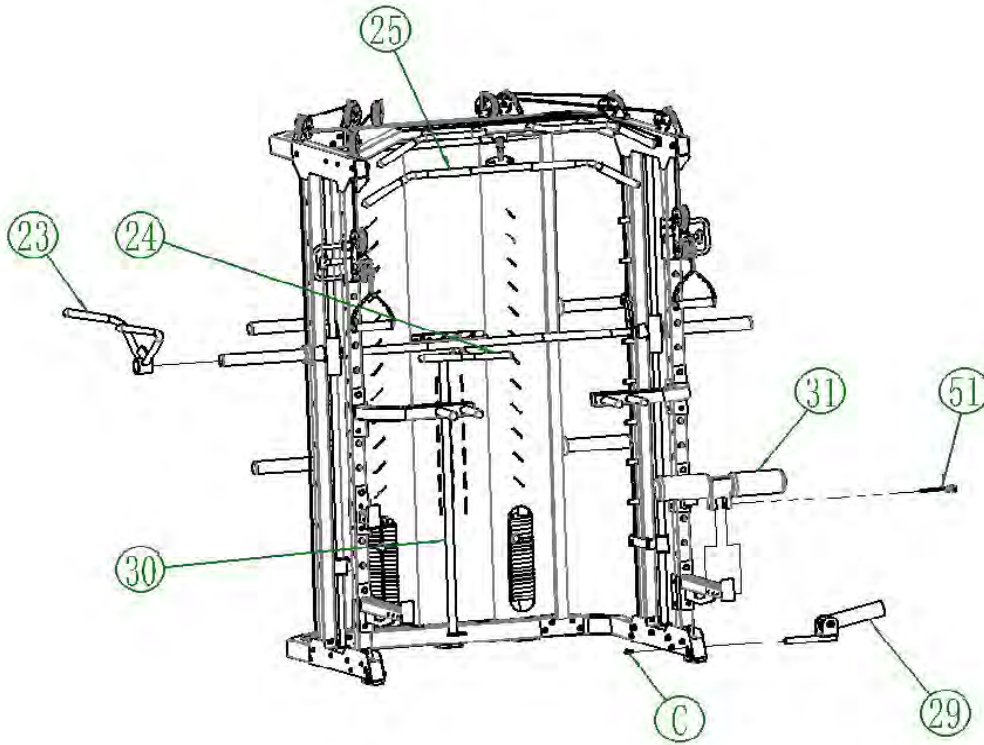


the left component is inserted into the hole and rotate 90° counterclockwise



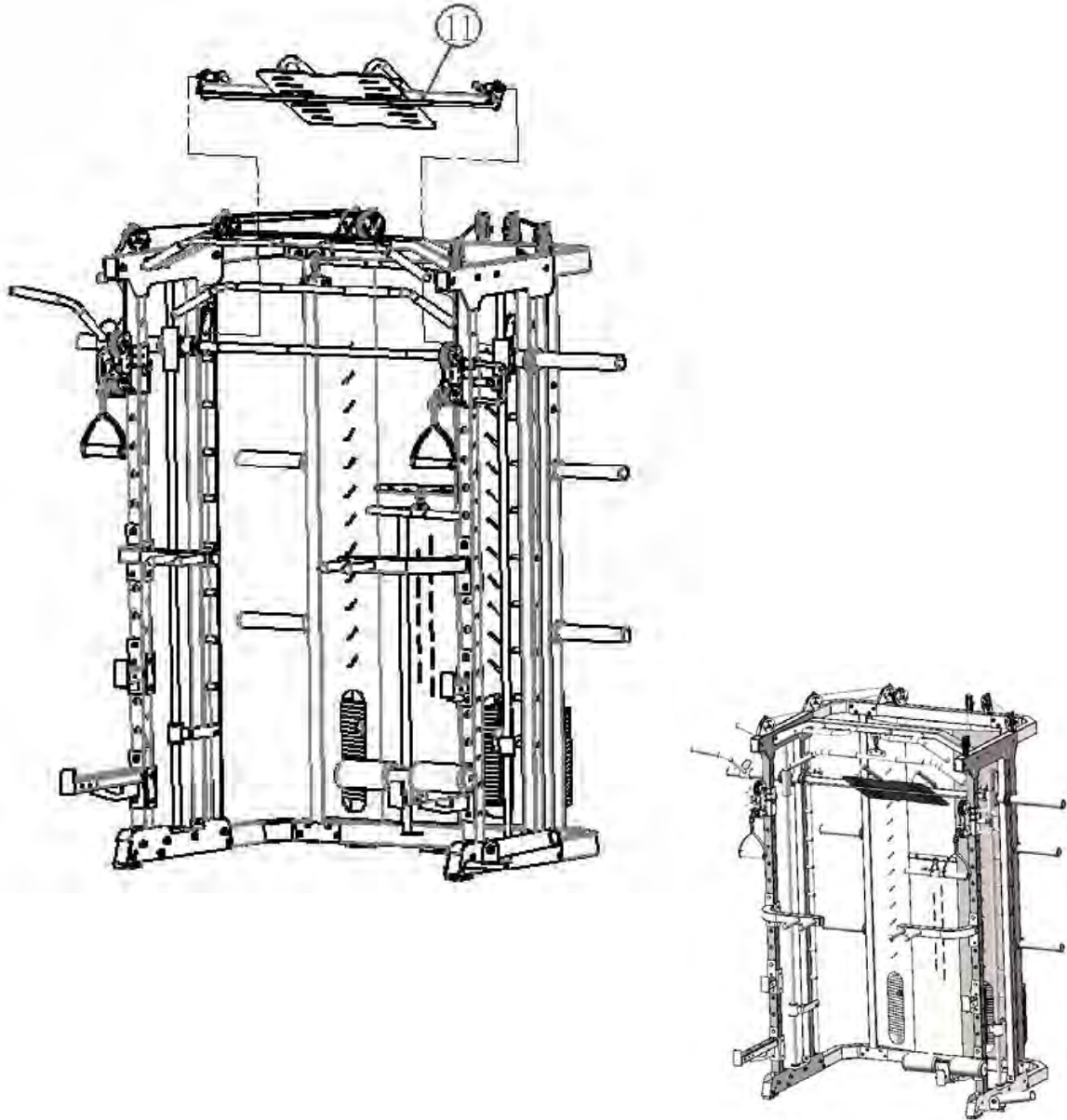
Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
18	NO 23	Lifting welding group	1	NO 30	Push bar welding	1
	NO 24	Low pull welding group	1	NO 31	Foot rack group	1
	NO 25	Lat Pulldown welding	1	NO 51	T bolt	1
	NO 29	Landmine Group	1	C	Hexagon flat head screw M10*20	1
Tools		No.6 hexagon socket screw driver				



Assembly steps(optional)

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
19	NO 11	Leg press welding group	1			
Tools						



# TRAINING INSTRUCTION

