

FRENCH FITNESS

Product Code: FF-FSR70

Dual Cable Smith & Half Rack System

ASSEMBLY MANUAL



Bench and Olympic Plates are optional. Everything else in the pics is included

FEATURES

Perfect for Variety of Functions and Exercises such as Smith Deep Squat, Smith Dead Lift, Free Weight Exercise, Incline Chest Press, Flat Chest Press, Weight Incline, Press Squat, Morning Exercise, Triceps Extension, Arm Curl, squat with cable, Wood Chopper, Hip Abduction, Pulley Triceps Extension, Seated Row, alternating Chest Press, Chest Fly and many more!

THE ULTIMATE ALL-IN-ONE MACHINE:

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

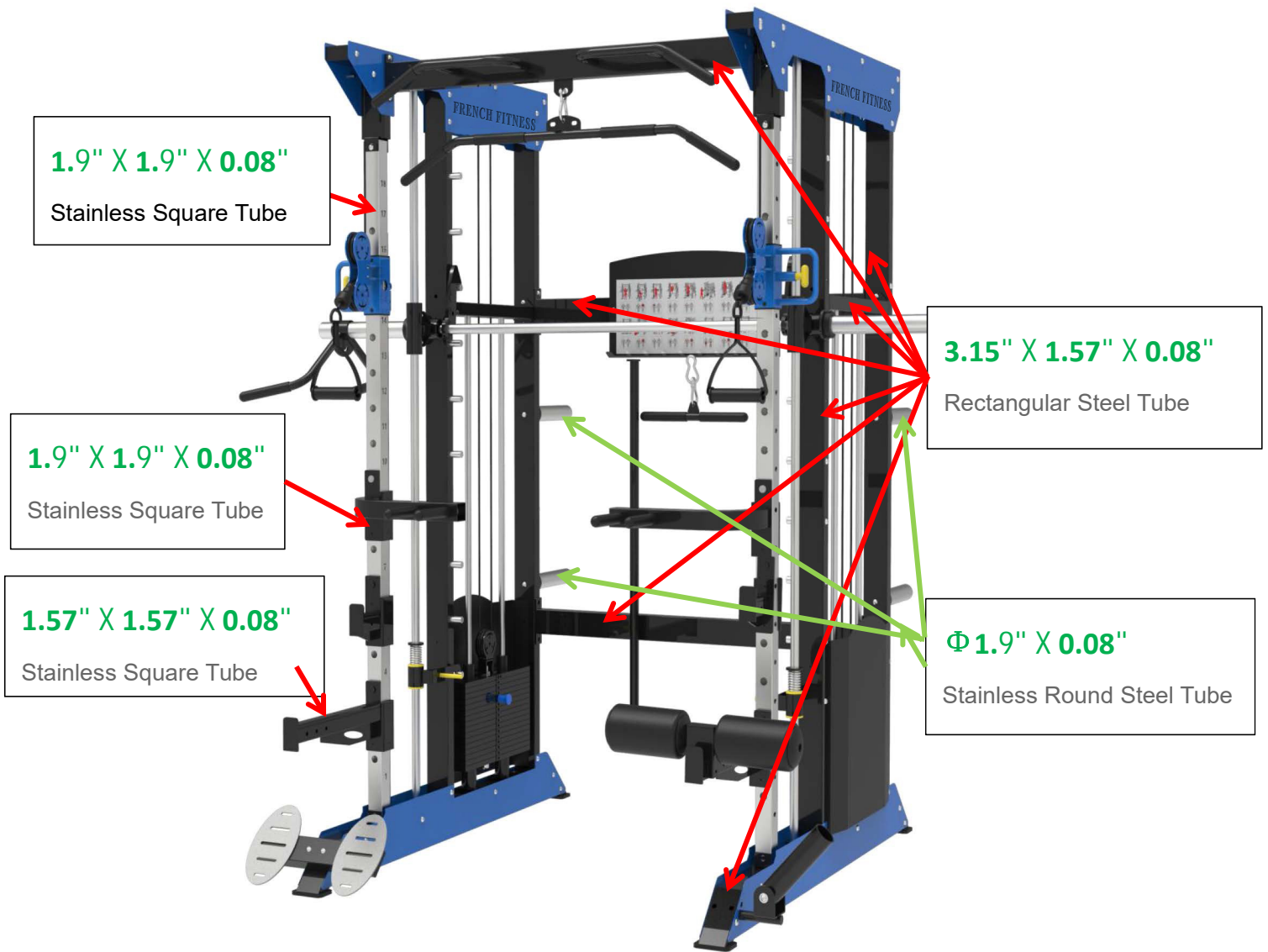
TECH SPECS

- Weight Rating: 706 lb (320 kg)
- Cable Rating: 882 lb (400 kg)
- Smith Rating: 794 lb (360 kg)
- Chin Up Rating: 463 lb (210 kg)
- Cable Length: 9200 m x 2
- Type of steel tubing : Q235 Steel 1.6x3.2 in / 1.9x1.9 in (40x80 mm / 50x50 mm)
- Cable Ratio: 2:1
- Weight Stack: 220 lb (100 kg) x 2
- Weight Stack Increments: (20) 5 kg (11 lb) plates per side (Feel like 5.5 lbs per side due to 2:1 ratio)
- Weight: 935 lb (424 kg)
- Cable Reach: 76.5"
- Inner Cage Width: 48.7"
- Outer Cage Width: 52.7"
- Dimensions: 83.75"W x 70.25"D x 90.2"H

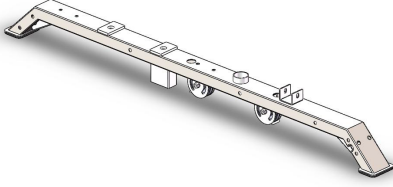
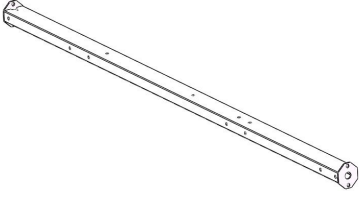
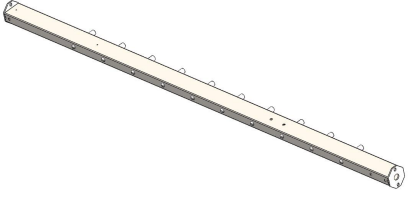
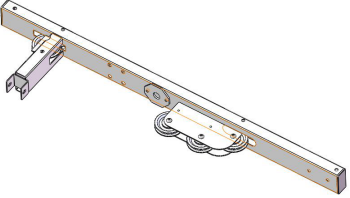
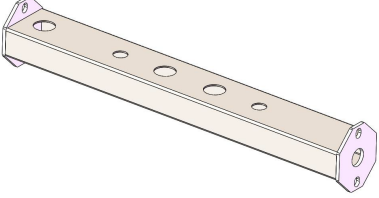
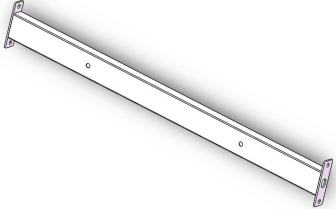
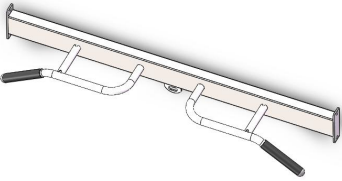
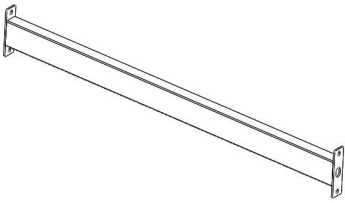
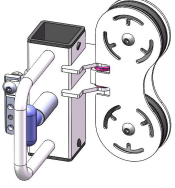
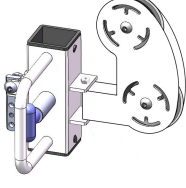
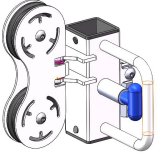
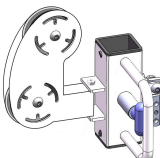

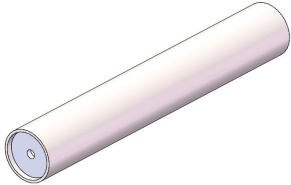
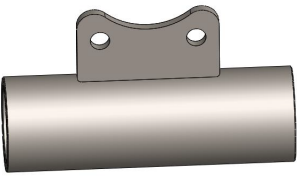
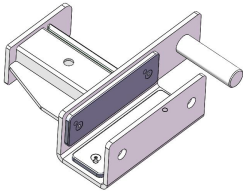
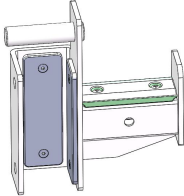
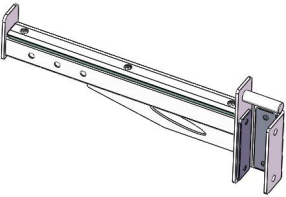
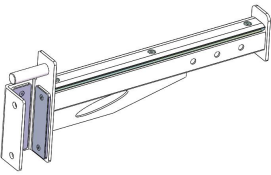
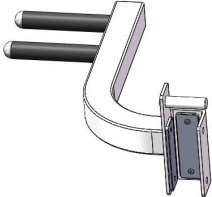
WARRANTY

- 10 Years Parts, 1 Year Labor (Home)

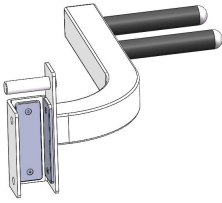
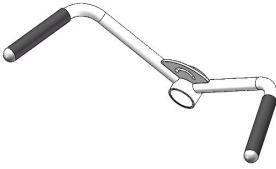
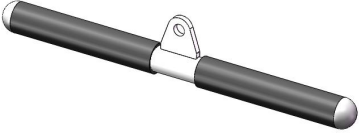
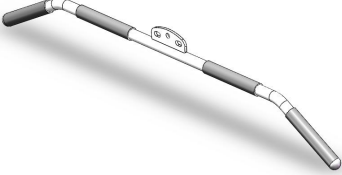
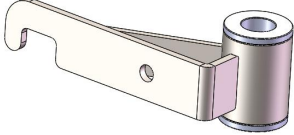
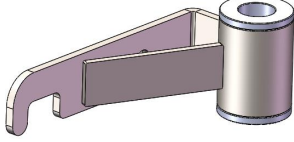
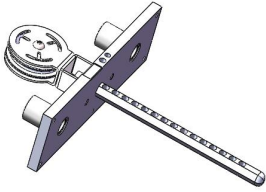
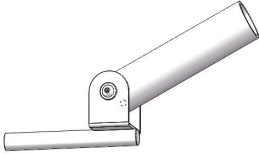
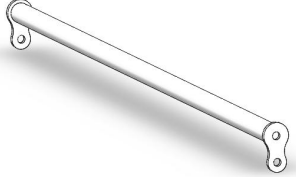
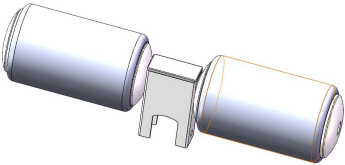
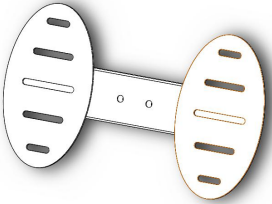
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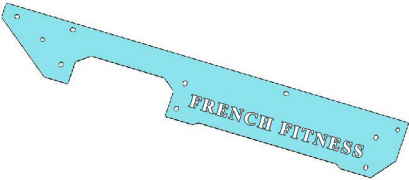
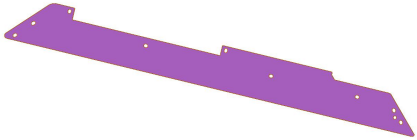
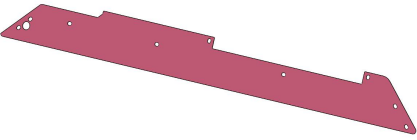
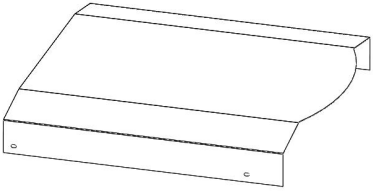
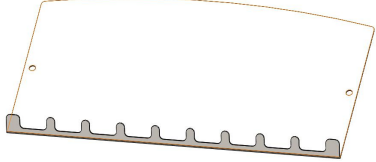
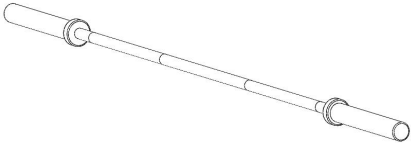



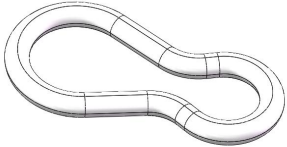
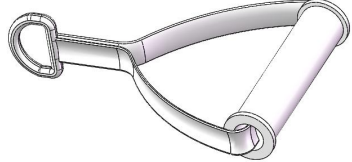
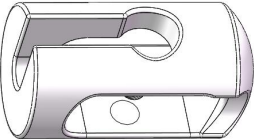
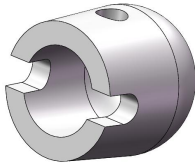
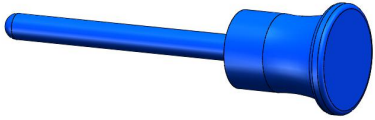
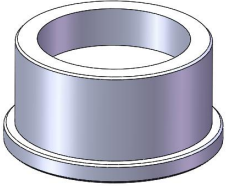
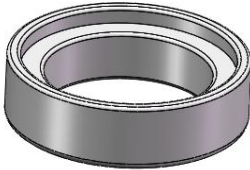
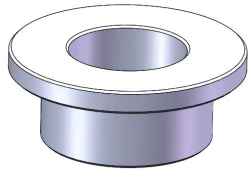
Parts list-1 (individual packaging)

								
NO 1	Base welding sets*2pcs	NO 2	Rear riser assembly*2 pcs	NO 3	Center column assembly* 2pcs			
								
NO 4	Top component*2pcs	NO 5	Optical axis fixing group*2pcs	NO 6	Middle connection components*1pcs			
						  <p>OR</p> <p>200 lb Version 286 lb Version</p>		
NO 7	Upper beam assembly*1 pcs	NO 8	Lower connection components*1pcs	NO 61	Functional trainer right pulley*1pcs			
  <p>OR</p> <p>200 lb Version 286 lb Version</p>								
NO 62	Functional trainer left pulley*1pcs	NO 63	Push combination assembly*1pcs	NO 12	Barbell bar welding group*4pcs			
								
NO 64	Optical shaft sleeve welding group*2pcs	NO 14	Left hook welding group*1pcs	NO 15	Right hook welding group*1pcs			
								
NO 16	Left safety welding set *1pcs	NO 17	Right safety welding set*1pcs	NO 18	Left parallel bar welding group *1pcs			

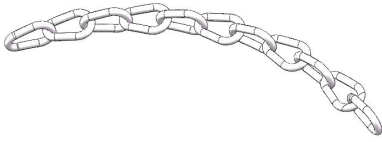
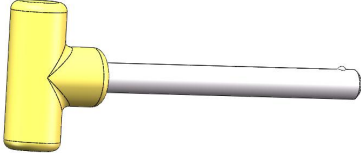
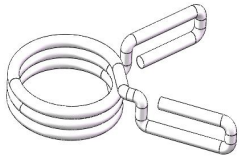

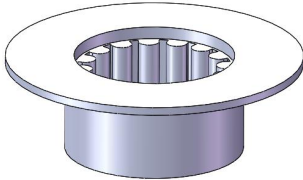
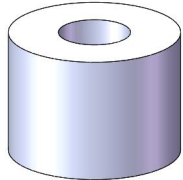
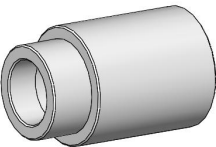
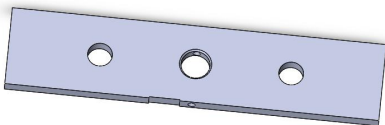

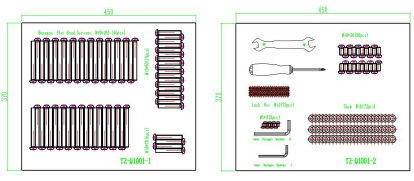
Parts list-2 (individual packaging)

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


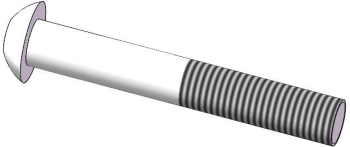
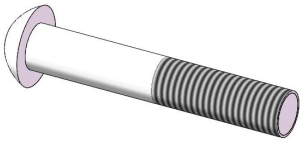
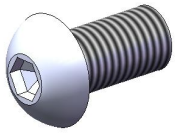
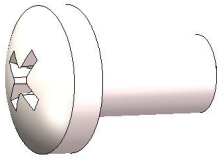
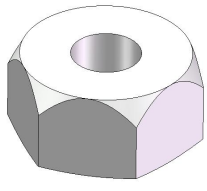
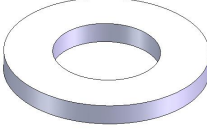
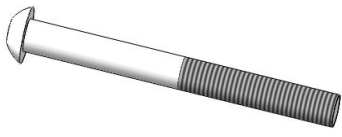
Parts list-3 (assembly parts)

								
NO 30	Right upper cover *2pcs	NO 31	Left upper cover*2pcs	NO 32	Right lower cover *2pcs			
								
NO 33	Left lower cover*2pcs	NO 34	Cover for stack*2pcs	NO 35	sticker plate *1pcs			
								
NO 36	Olympic Chrome Bar2.2meter-1pcs	NO 37	Stainless steel conduit *2pcs	NO 38	Smith optical axis *2pcs			
								
NO 39	cover optical axis*4pcs	NO 40	Safety hook *6pcs	NO 41	Low pull bar*2pcs			
								
NO 58	Card slot set*2pcs	NO 59	Rubber sleeve*2pcs	NO 60	Weight stack plug*2pcs			
								
NO 45	Bottom nylon sleeve*2pcs	NO 46	Protective ring*4pcs	NO 47	Protection guide sleeve*4pcs			

Parts list-4 (assembly parts)

					
NO 48	Chain 0.35m*2pcs	NO 49	T bolt*1pcs	NO 50	Locker *2pcs
					
NO 51	Tricep Dip rope*1pcs	NO 52	Weight stack bushing*76pcs	NO 53	Weight stack rubber*4pcs
					
NO 54	Weight stack guide sleeve *4pcs	NO 55	Weight stack - 350*38pcs	NO 56	Cable*2pcs
					
NO 57	Tools package*2pcs				

Blister pack screw schedule-5 (standard parts)

					
A	Hexagon flat head screw M10*95*34pcs	B	Hexagon flat head screw M10*70*4pcs	C	Hexagon flat head screw M10*60*18pcs
					
D	Hexagon flat head screw M10*20*19pcs	E	cross recess pan head screw M5*10*8cs	F	Locknut M10*70pcs
					
G	Flat washer Ø10*70pcs	H	Hexagon flat head screw M10*100*12pcs		

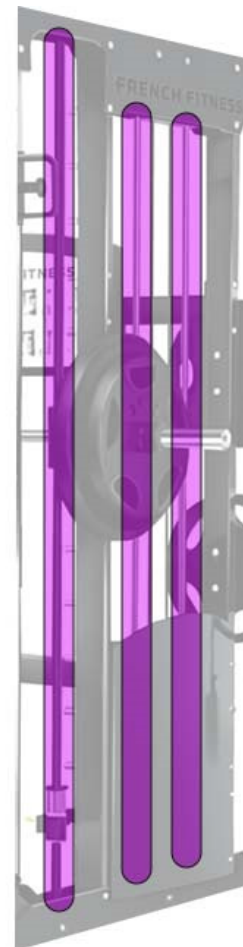
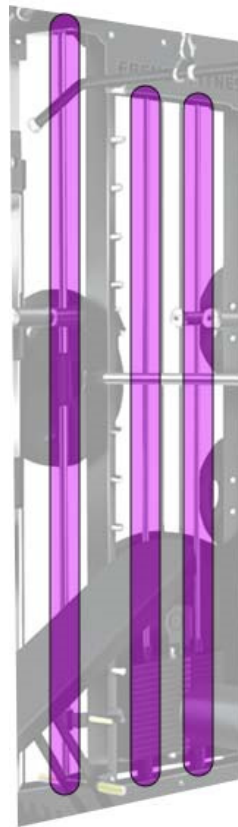
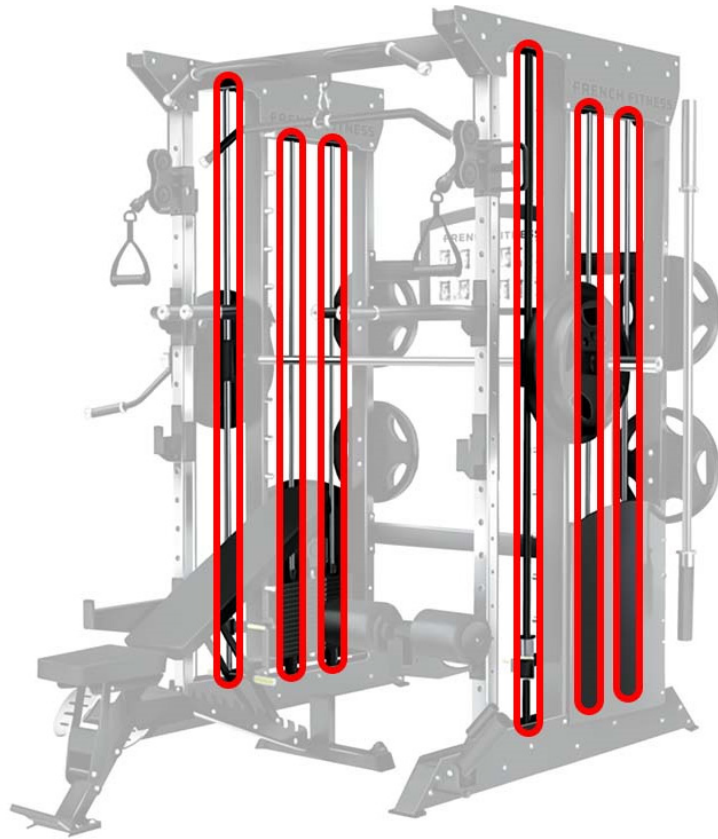
CLEAN GUIDE RODS

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.

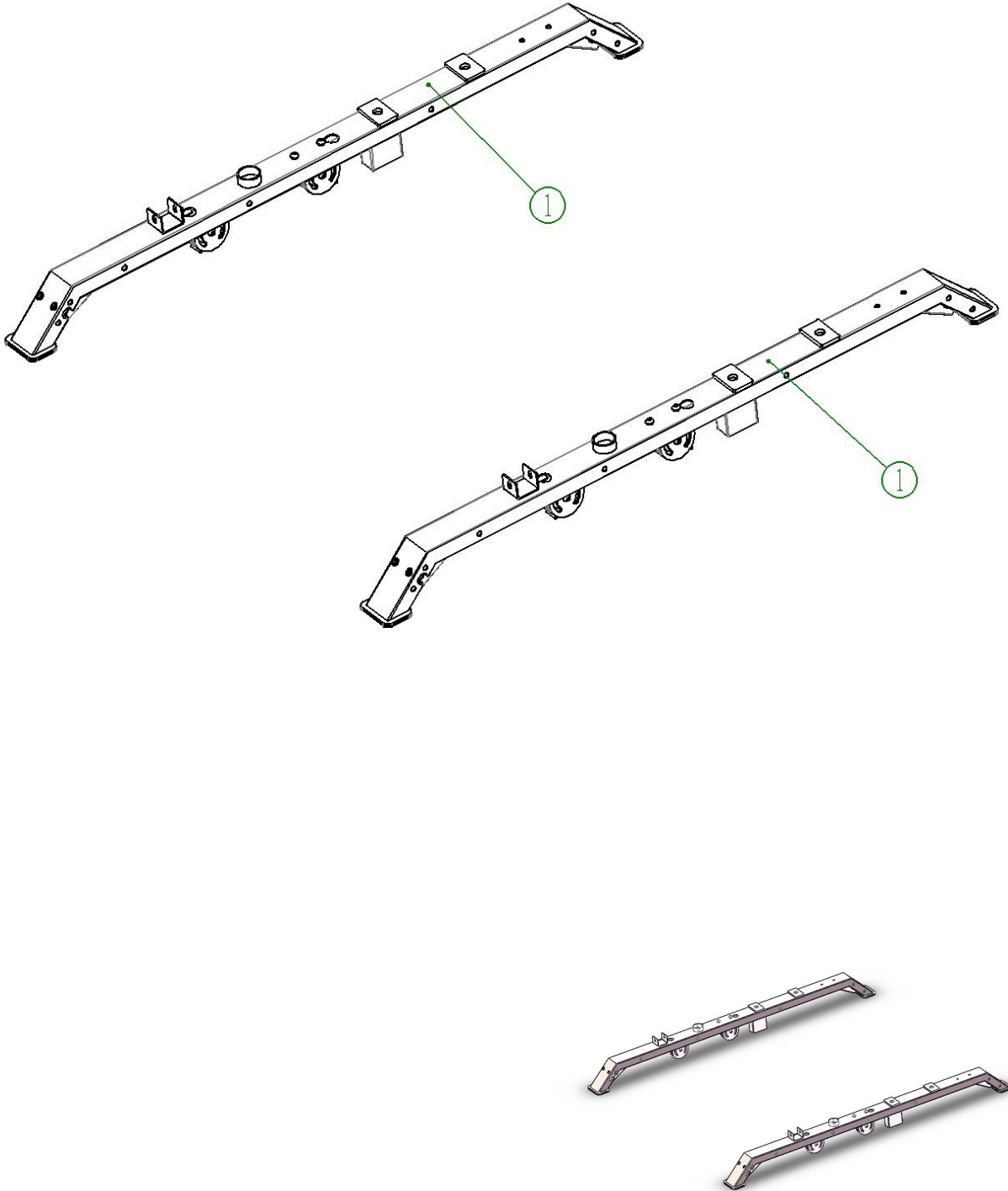
We use "B'laster 16-SL Industrial Strength Silicone Lubricant" and Steel Wool, Grade #0000 Super Fine Grade.



Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
1	NO 1	Base welding group	2			

Tools



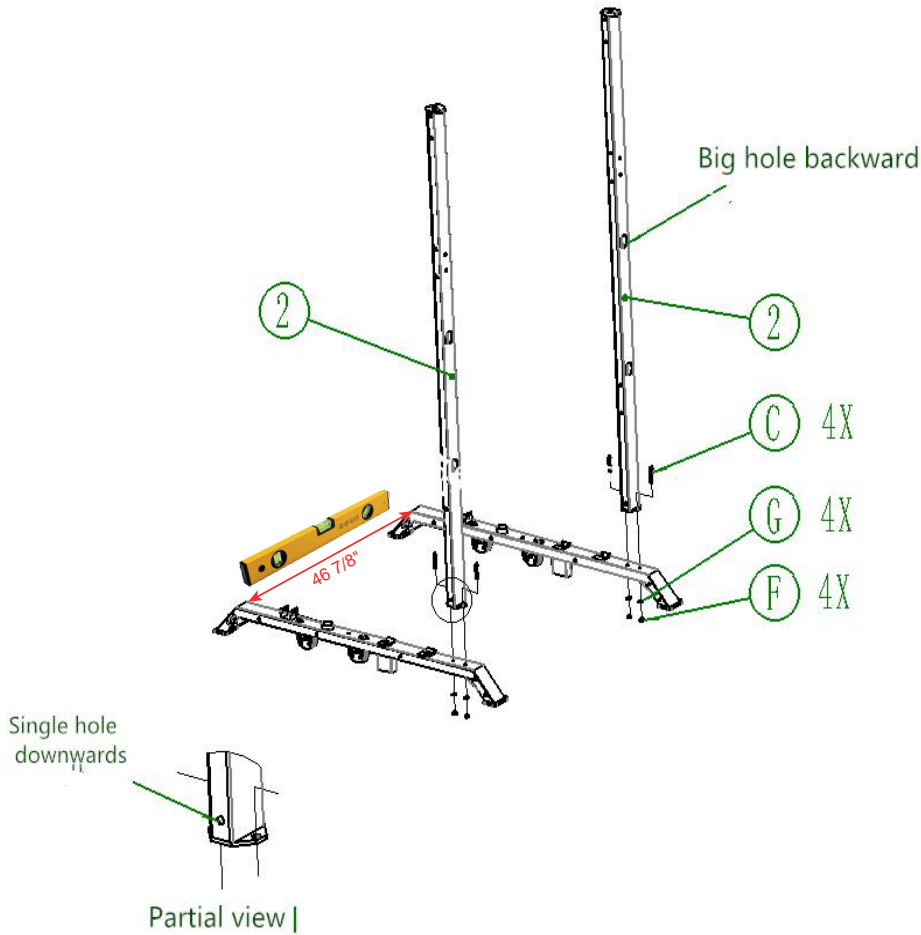
Put two Base welding group on the ground, keep in same direction and 1.2m distance

Assembly steps

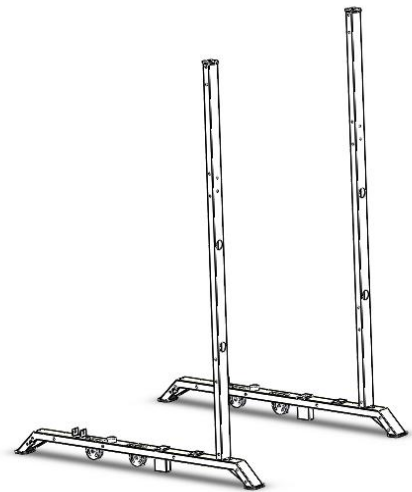
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
2	NO 2	Rear riser assembly	2			
	C	Hexagon flat head screw M10*60	4			
	G	Flat washer Ø10	4			
	F	Locknut M10	4			

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 46 7/8". Also, input a leveler in the exact spot as the pic shows to be sure it is level



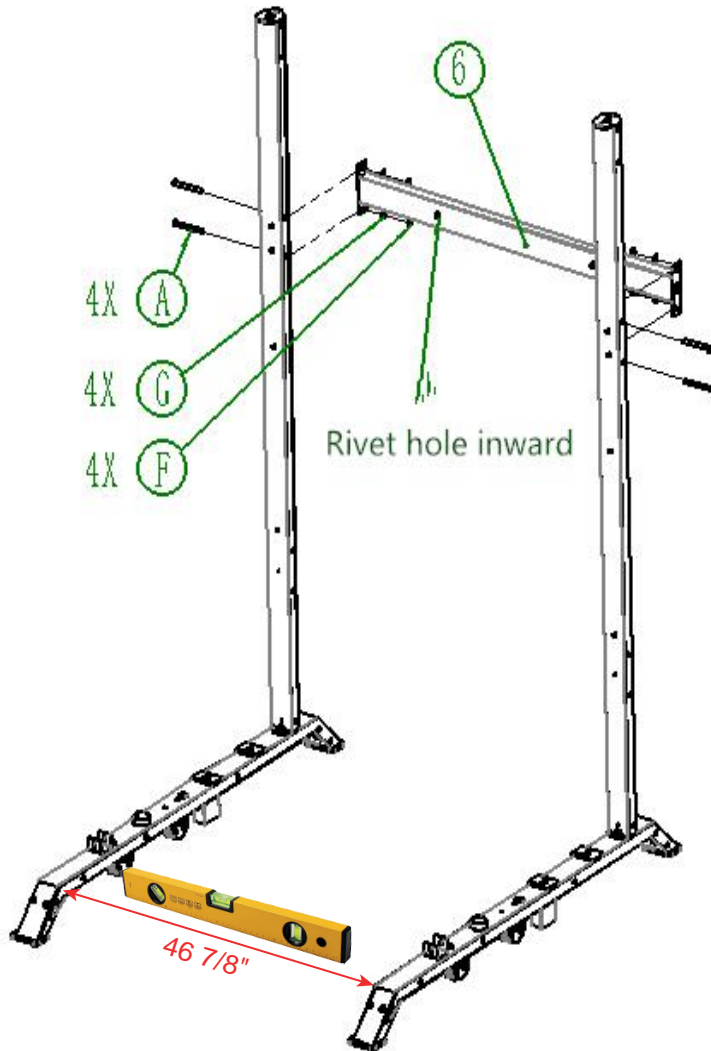
Put the Rear riser assembly on the base as shown in the picture, pay attention to the upper and lower ends.

Assembly steps

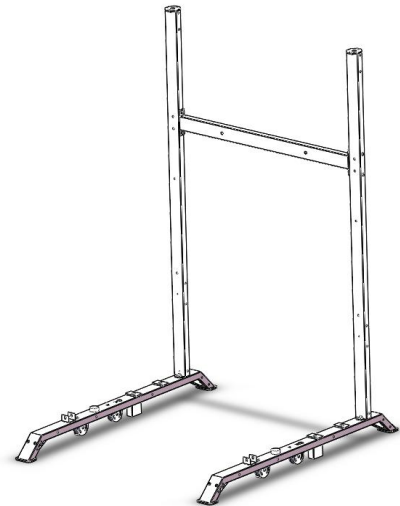
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
3	NO 6	Middle connection components	2			
	H	Hexagon flat head screw M10*100	4			
	G	Flat washer Ø10	4			
	F	Locknut M10	4			

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 46 7/8". Also, input a leveler in the exact spot as the pic shows to be sure it is level



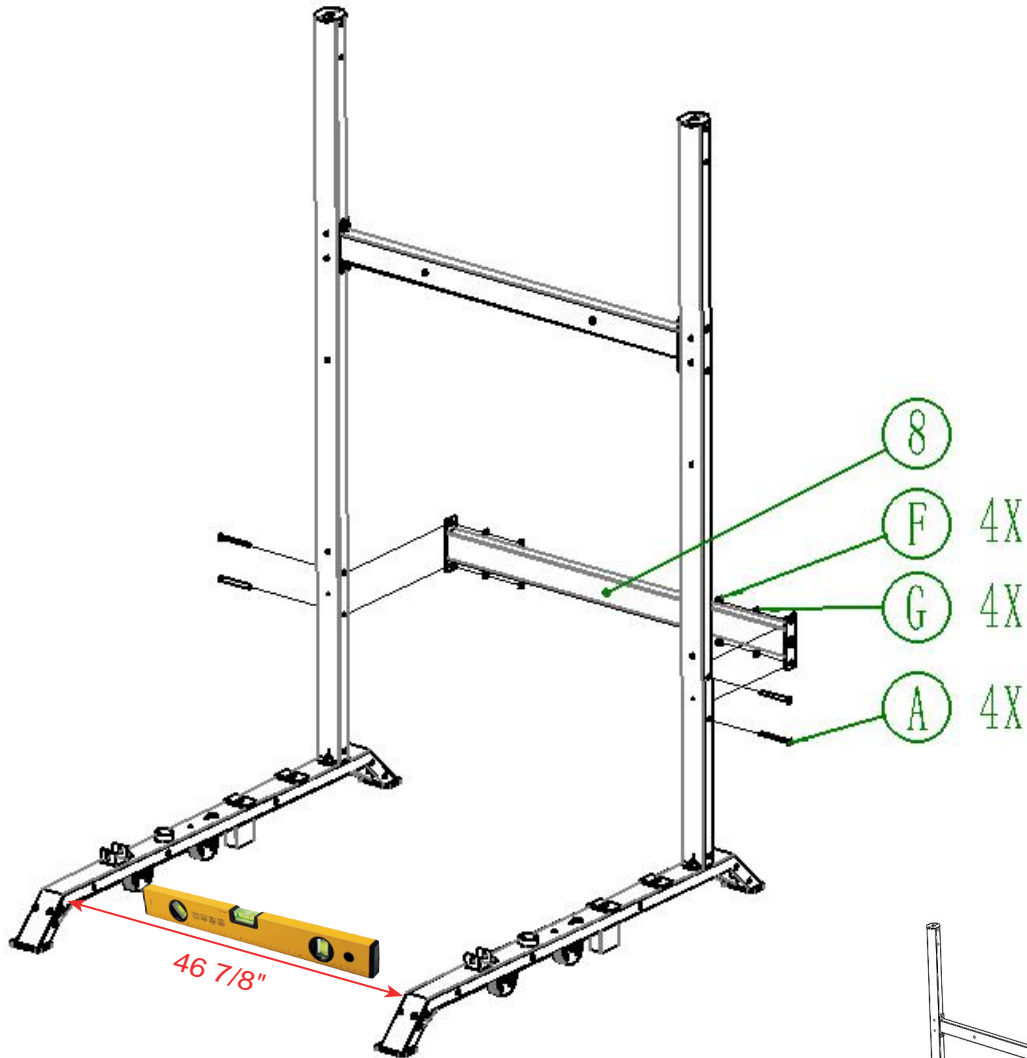
Assemble the parts as shown in the pictures, pay attention to the tube with holes, keep in inside

Assembly steps

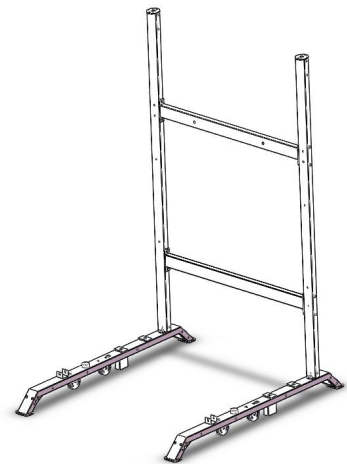
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
4	NO 8	Lower connection component	1			
	H	Hexagon flat head screw M10*100	4			
	G	Flat washer Ø10	4			
	F	Locknut M10	4			

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 46 7/8". Also, input a leveler in the exact spot as the pic shows to be sure it is level

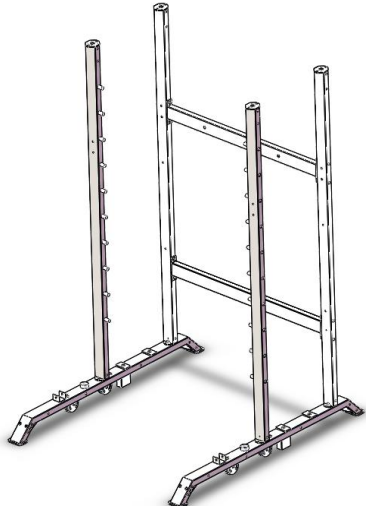
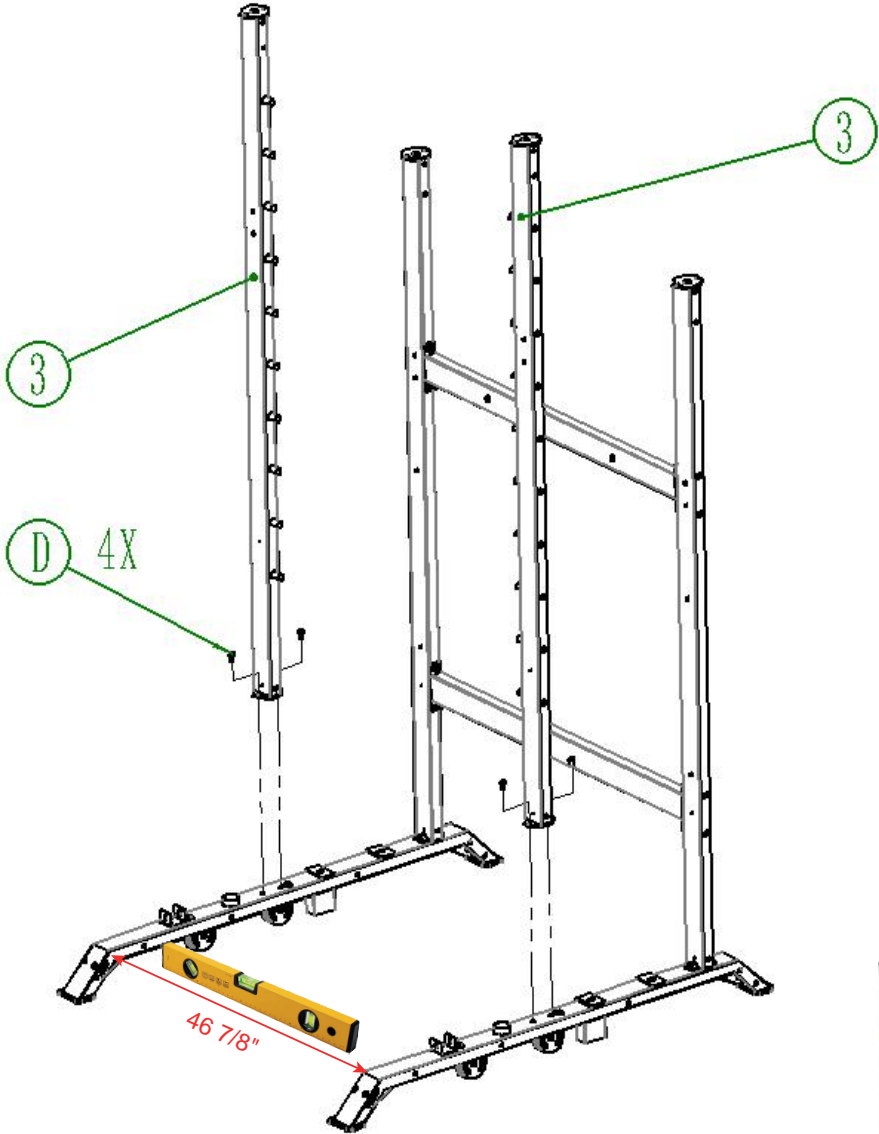


Assemble Lower connection parts as shown in the pictures

Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
5	NO 3	Center column assembly	2			
	D	Hexagon flat head screw M10*20	4			

Tools No.6 hexagon socket screw driver



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 46 7/8". Also, input a leveler in the exact spot as the pic shows to be sure it is level

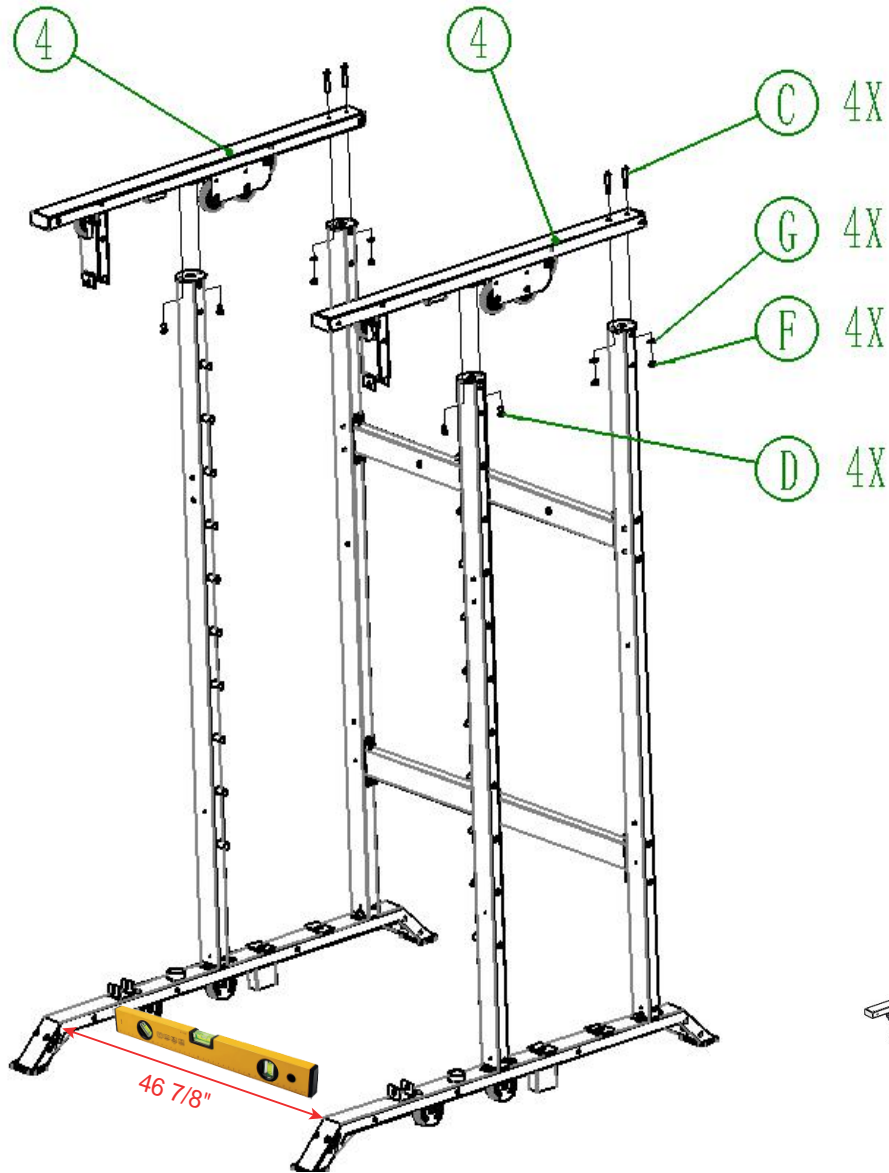
Assemble the parts as shown in the pictures, pay attention to the upper and lower

Assembly steps

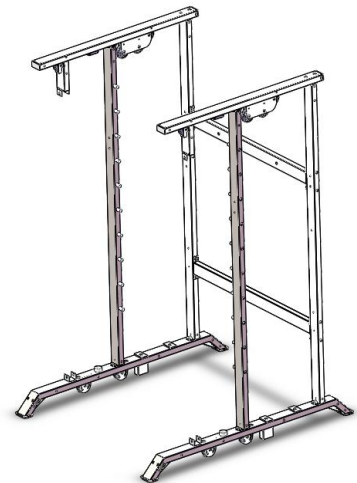
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
6	NO 4	Top component	2	F	Locknut M10	4
	C	Hexagon flat head screw M10*60	4			
	D	Hexagon flat head screw M10*20	4			
	G	Flat washer Ø10	4			

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 46 7/8". Also, input a leveler in the exact spot as the pic shows to be sure it is level



Install the top parts as shown in the picture, do not tighten the screws temporarily, just hang them, so as to facilitate the later assembly of other accessories

WARNING

Please DO NOT proceed with assembly if the floor is not level or the frame doesn't measure as described on page 12.

If the inner frame width does not measure $46 \frac{7}{8}$ " \pm $\frac{1}{8}$ " (as shown in the picture on page 12), please loosen frame bolts and push or pull the frame.

If the floor is not level (as shown in the picture on page 12), 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)

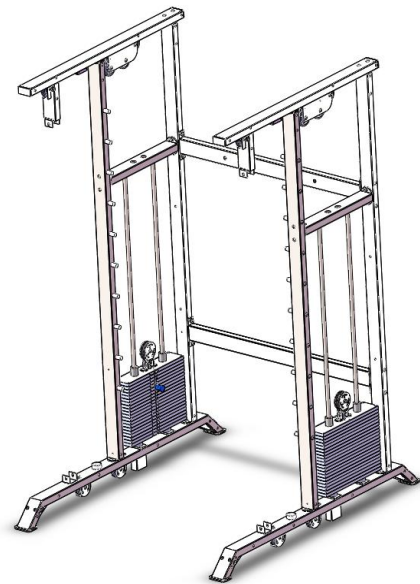
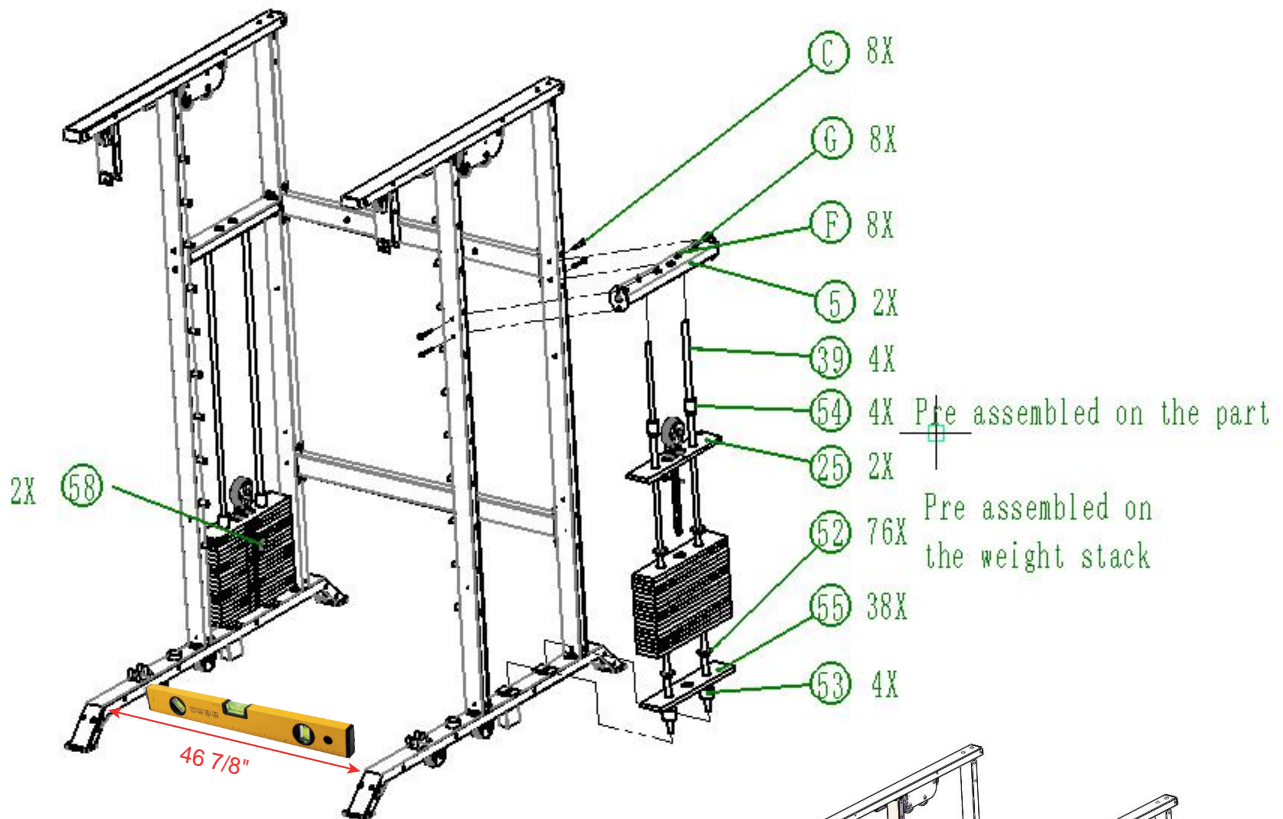
**FAILURE TO DO THIS WILL RESULT IN DISTORTION
OF THE SMITH MACHINE CAUSING IT
TO NOT GLIDE PROPERLY**

Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
7	NO 5	Optical axis fixing group	2	NO 55	Weight stack -350	38
	NO 39	cover optical axi	4	NO 53	Weight stack rubber	4
	NO 54	Weight stack guide sleeve	4	C	Hexagon flat head screw M10*60	8
	NO 25	Pully and weight stack group	2	G	Flat washer Ø10	8
	NO 52	Weight stack bushing	76	F	Locknut M10	8
	NO60	Weight Stack Plug	2			

Tools

No.6 hexagon socket screw driver,wrench



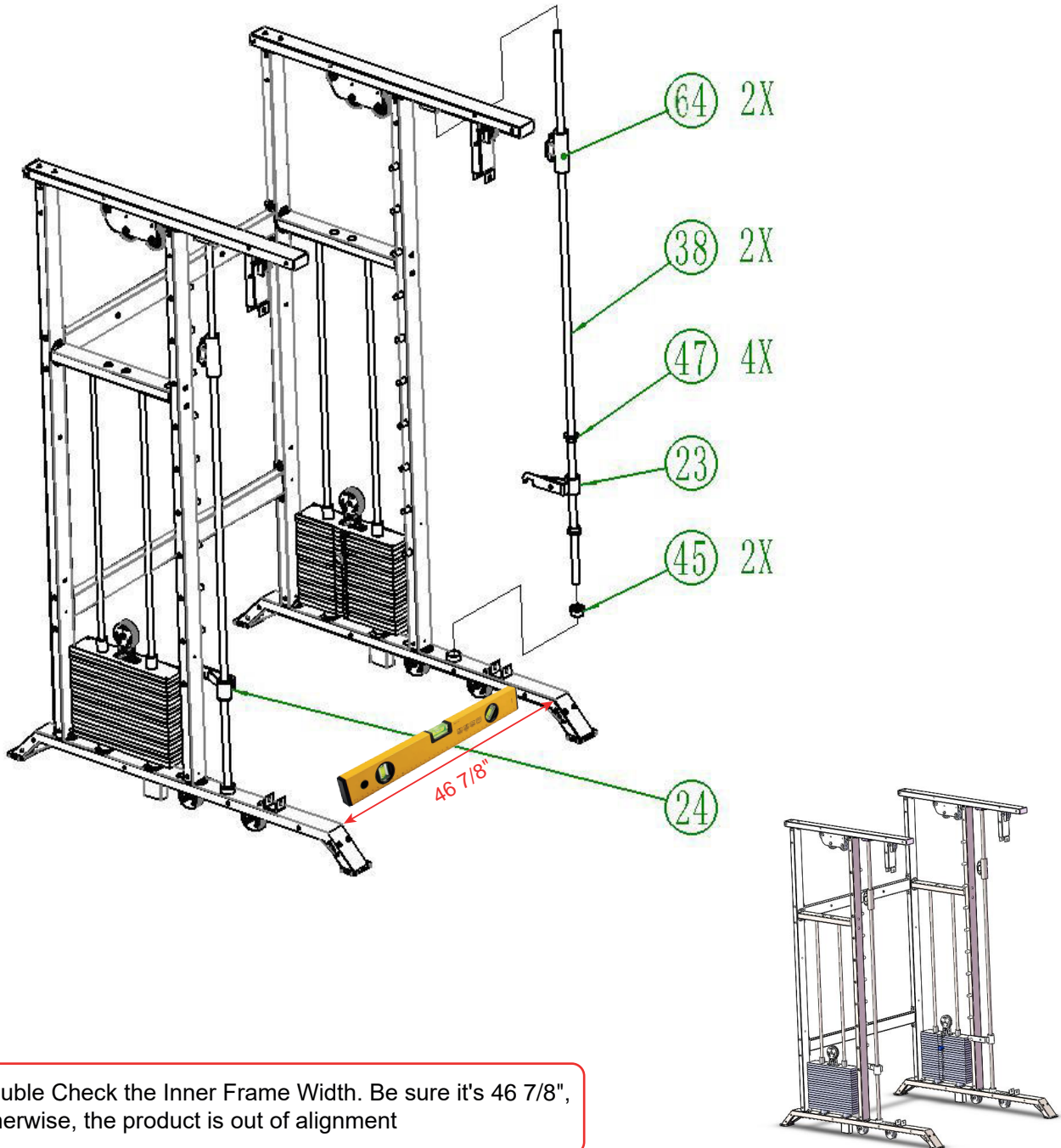
If you tighten every bolt firmly at first, it may result in the distortion of the finished product. To avoid this, tighten bolts lightly until the main frame is assembled and leveled then fasten the all bolts firmly. Be sure the distance between the frame - as shown in the pic below - is 46 7/8". Also, input a leveler in the exact spot as the pic shows to be sure it is level

The left side is assembled in the same way as the right side

Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
8	NO 64	Optical shaft sleeve welding group	2	NO 24	Right Smith Insurance Group	1
	NO 38	Smith optical axis	2	NO 45	Bottom nylon sleeve	2
	NO 47	Protection guide sleeve	4			
	NO 23	Left Smith Insurance Group	1			

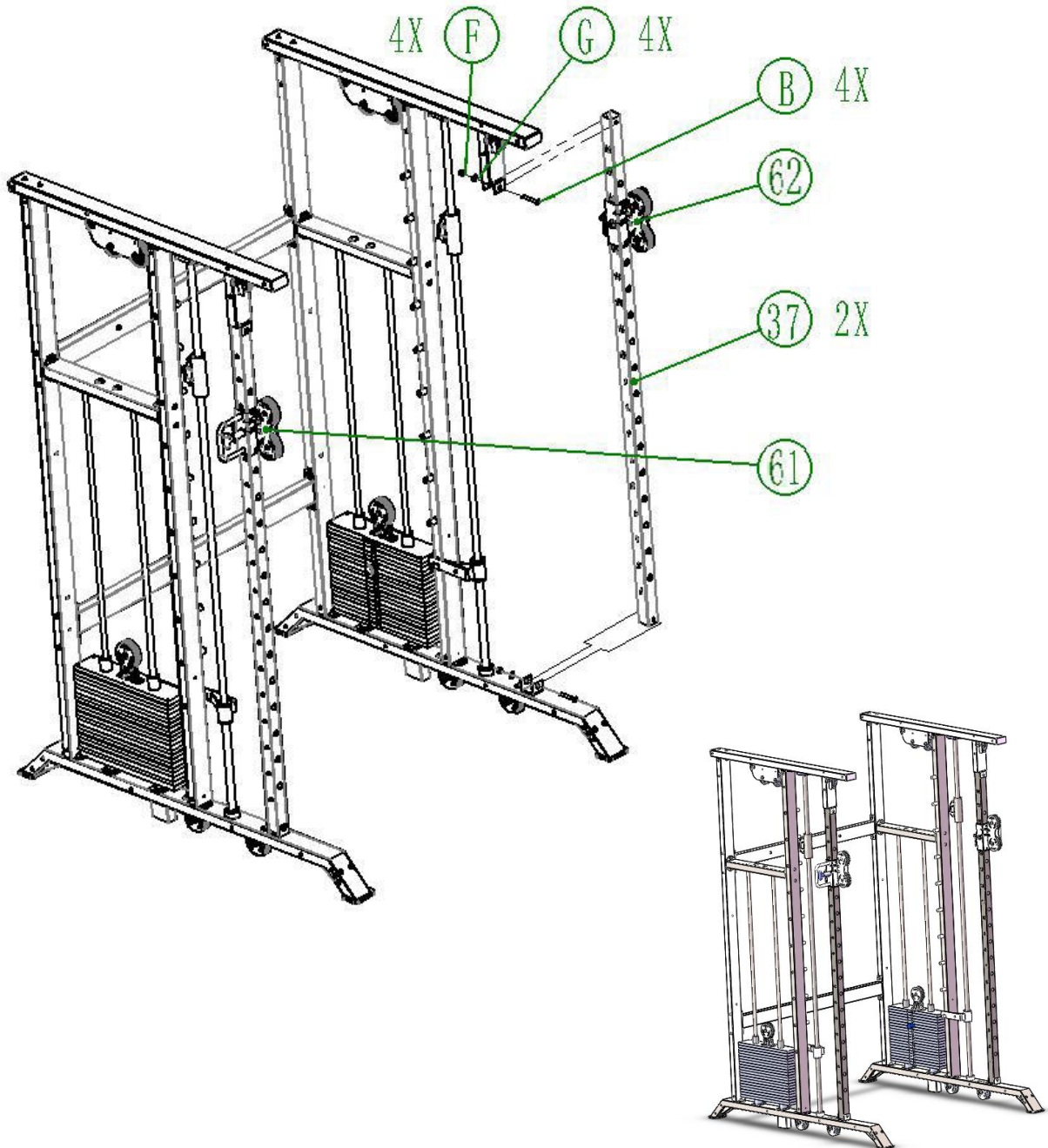
Tools



The left and right Smith optical shafts are assembled in the same way. Pay attention to distinguish the No. 23 and No. 24 directions. After the installation is completed, the unfastened screws can be tightened.

Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
9	NO 61	Functional trainer right pulley	1	G	Flat washer Ø10	4
	NO 62	Functional trainer left pulley	1	F	Locknut M10	4
	NO 37	Stainless steel conduit	2			
	B	Hexagon flat head screw M10*70	4			
Tools		No.6 hexagon socket screw driver,wrench				



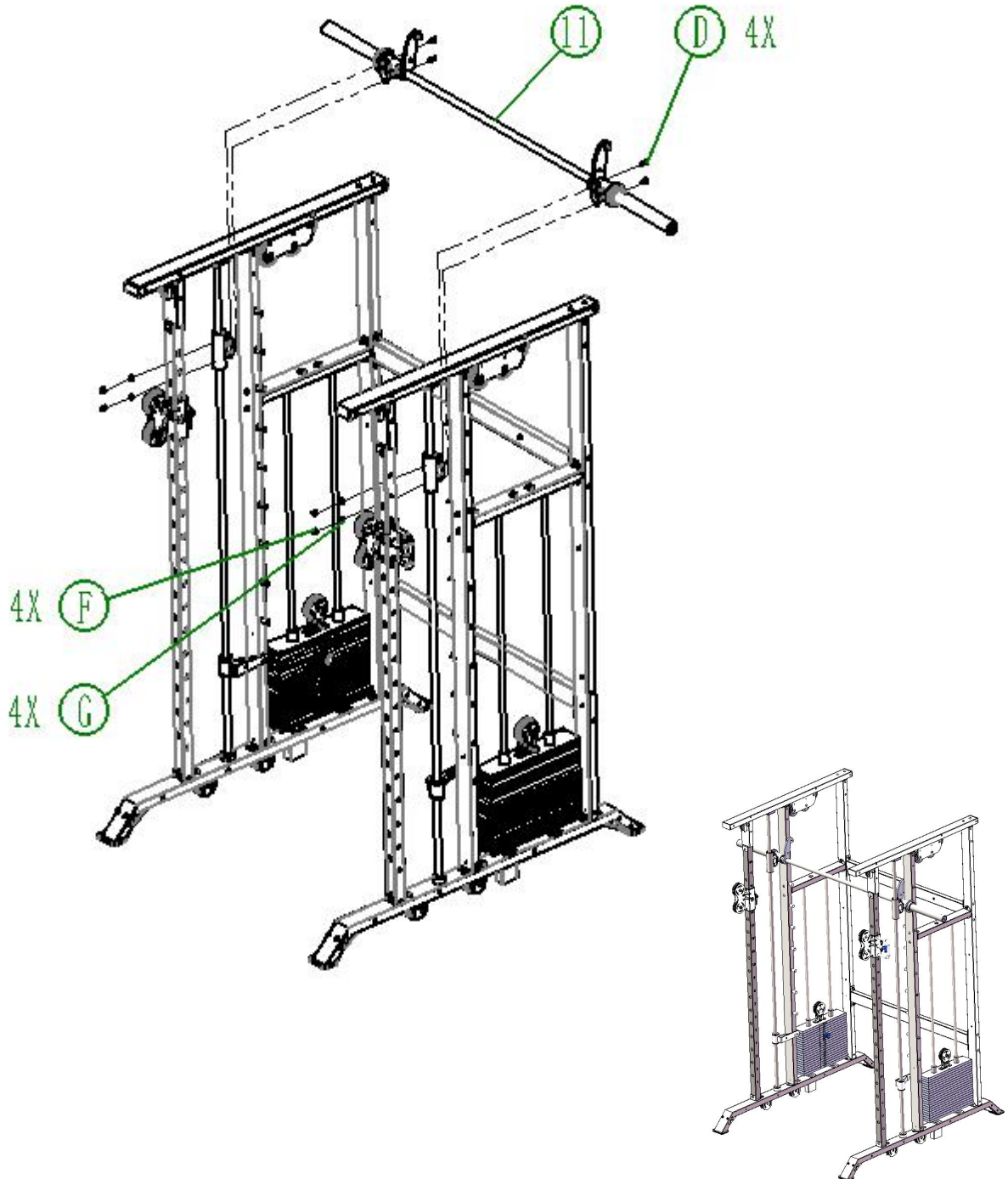
The lettering surfaces of the regulating tube are installed facing inwards, the lettering sequence is from bottom to top, and the left and right adjustment groups are assembled in the same way. Pay attention to distinguish between No. 9 and No. 10.

Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
10	NO 63	Push combination assembly	1			
	D	Hexagon flat head screw M10*20	4			
	F	Locknut M10	4			
	G	Flat washer Ø10	4			

Tools

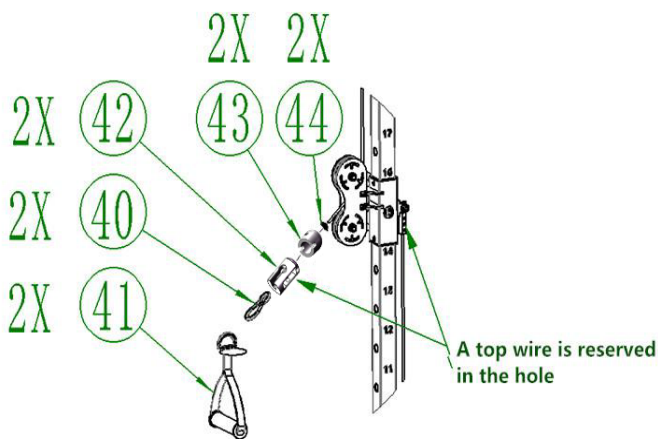
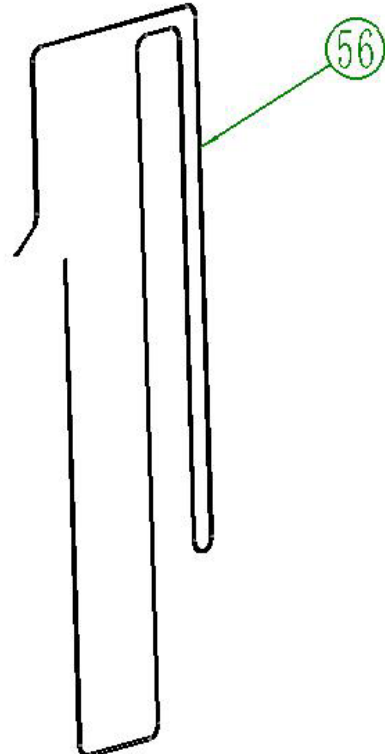
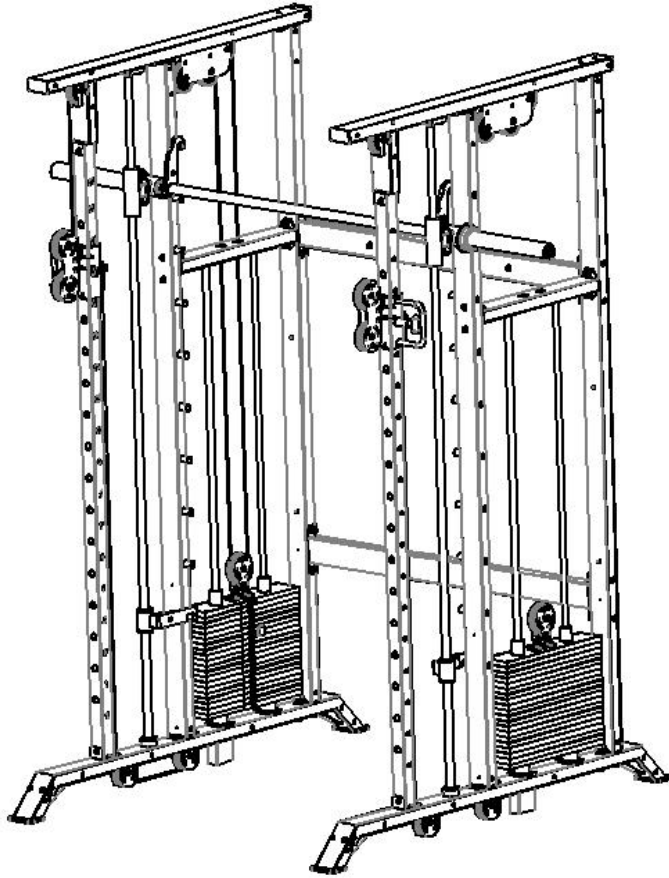
No.6 hexagon socket screw driver, wrench



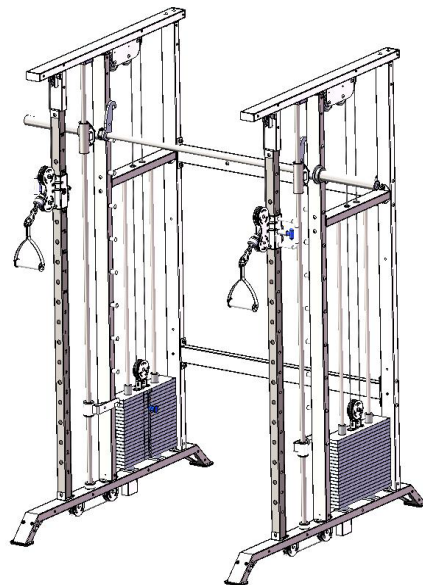
Install the push bar as shown in the picture

Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
11	NO 56	cable	2	NO 59	Rubber column	2
	NO 40	Safety hook	2			
	NO 41	Low pull bar	2			
	NO 58	lock sleeve	2			
Tools		No.4 hexagon socket screw driver,wrench				



Assembly diagram of wire rope joint



220lb Weight Stack Option: 2x #56= 364" (1 small metal ball end and 1 hole end)
 286lb Weight Stack Option: 2x #56= 356" (1 small metal ball end and 1 hole end)

Pay attention to the wiring at both ends of the wire rope, install as shown in the picture

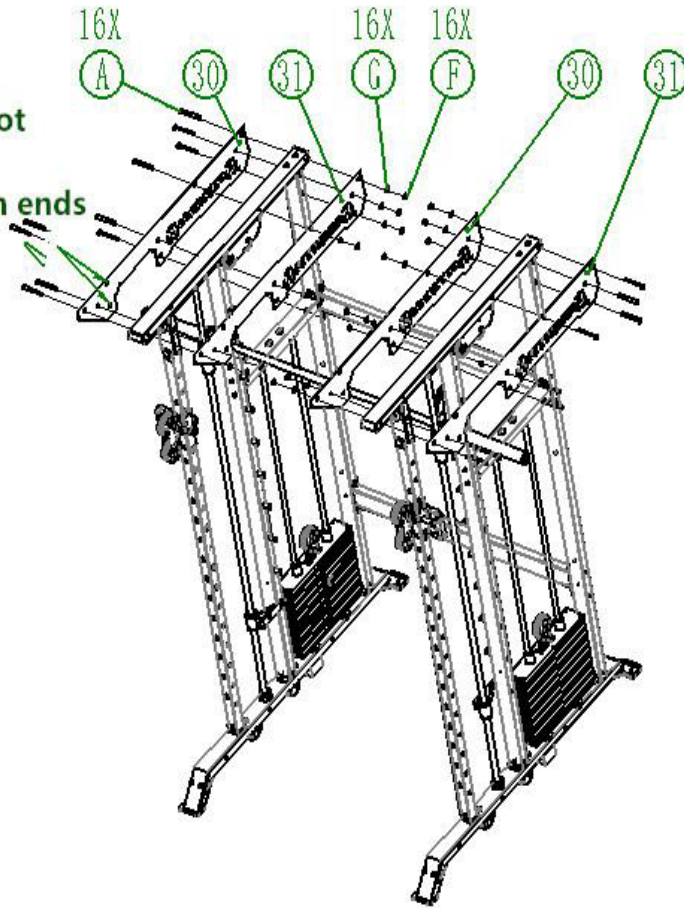
Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
12	NO 30	Right upper cover	2	F	Locknut M10	16
	NO 31	Left upper cover	2			
	A	Hexagon flat head screw M10*100	16			
	G	Flat washer Ø10	16			

Tools

No.6 hexagon socket screw driver, wrench

Note: Screws are not installed in this hole at both ends



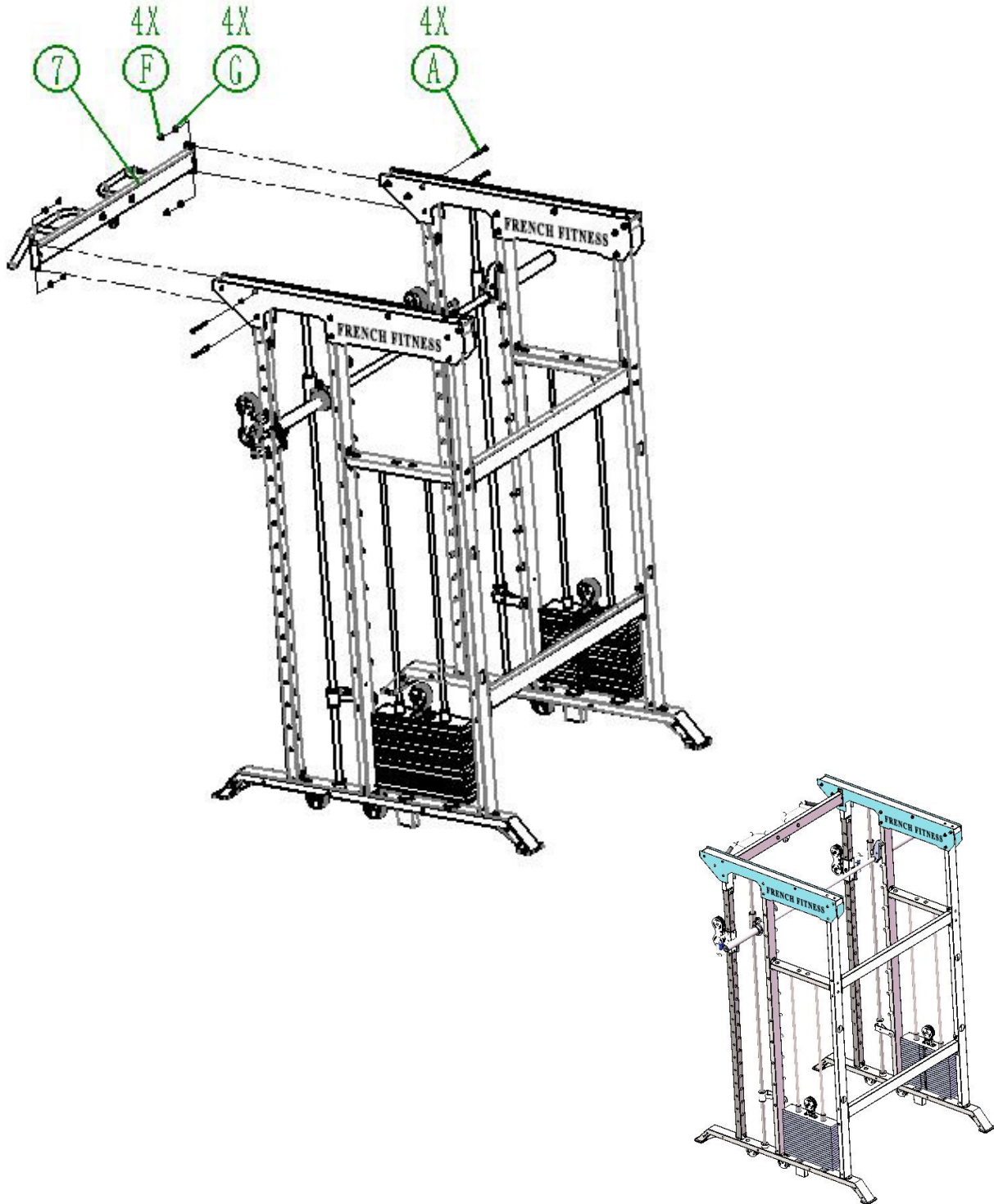
As shown in the picture, please note that no screws are installed in the two holes marked, which are reserved for the next installation of the beam.

Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
13	NO 7	Upper beam assembly	1			
	H	Hexagon flat head screw M10*100	4			
	G	Flat washer Ø10	4			
	F	Locknut M10	4			

Tools

No.6 hexagon socket screw driver,wrench



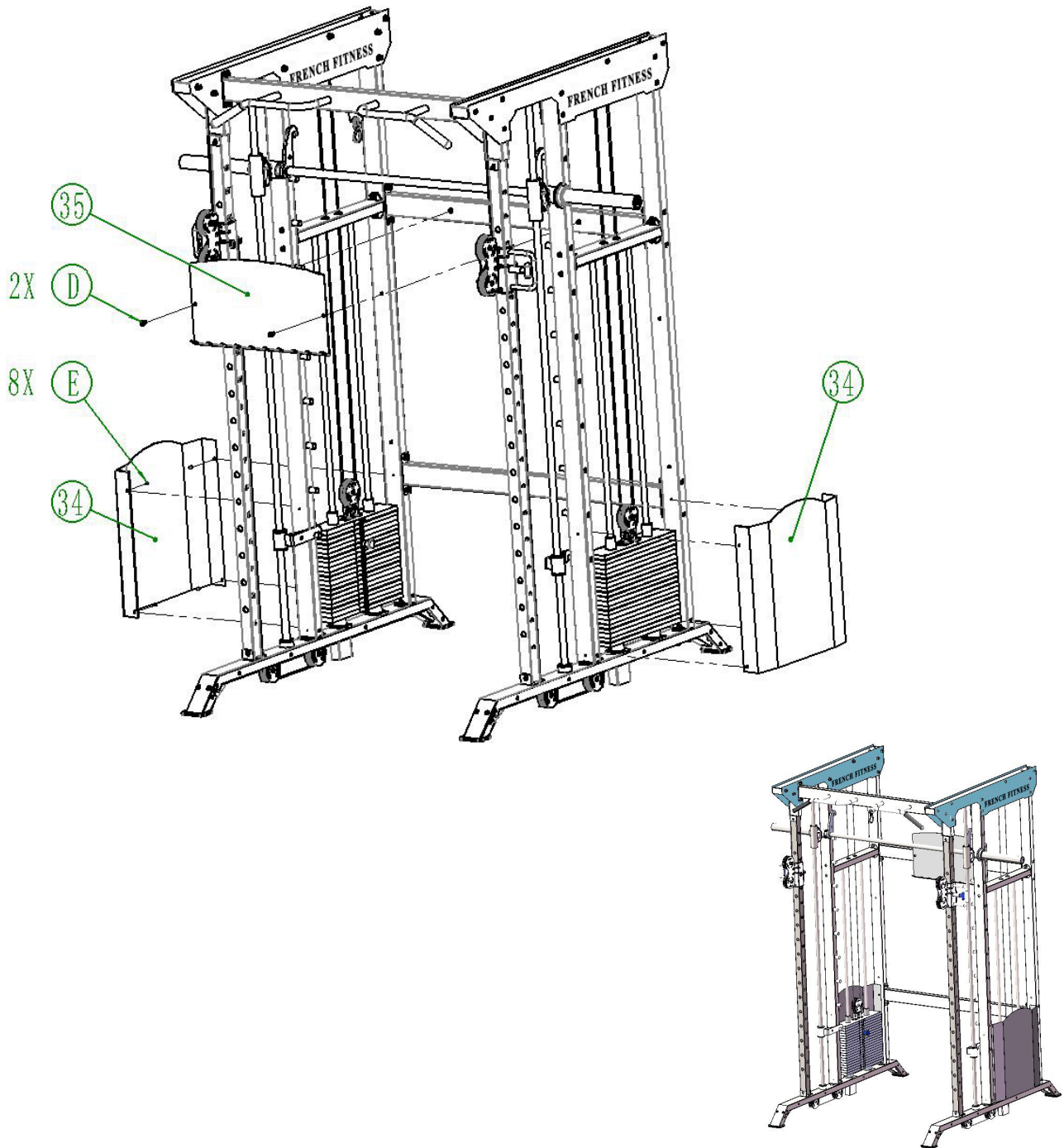
As shown in the picture, install Upper beam parts

Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
14	NO 34	Cover for stack	2			
	NO 35	sticker plate	1			
	D	Hexagon flat head screw M10*20	2			
	E	cross recess pan head screw M5*10	8			

Tools

No.6 hexagon socket screw driver,wrench

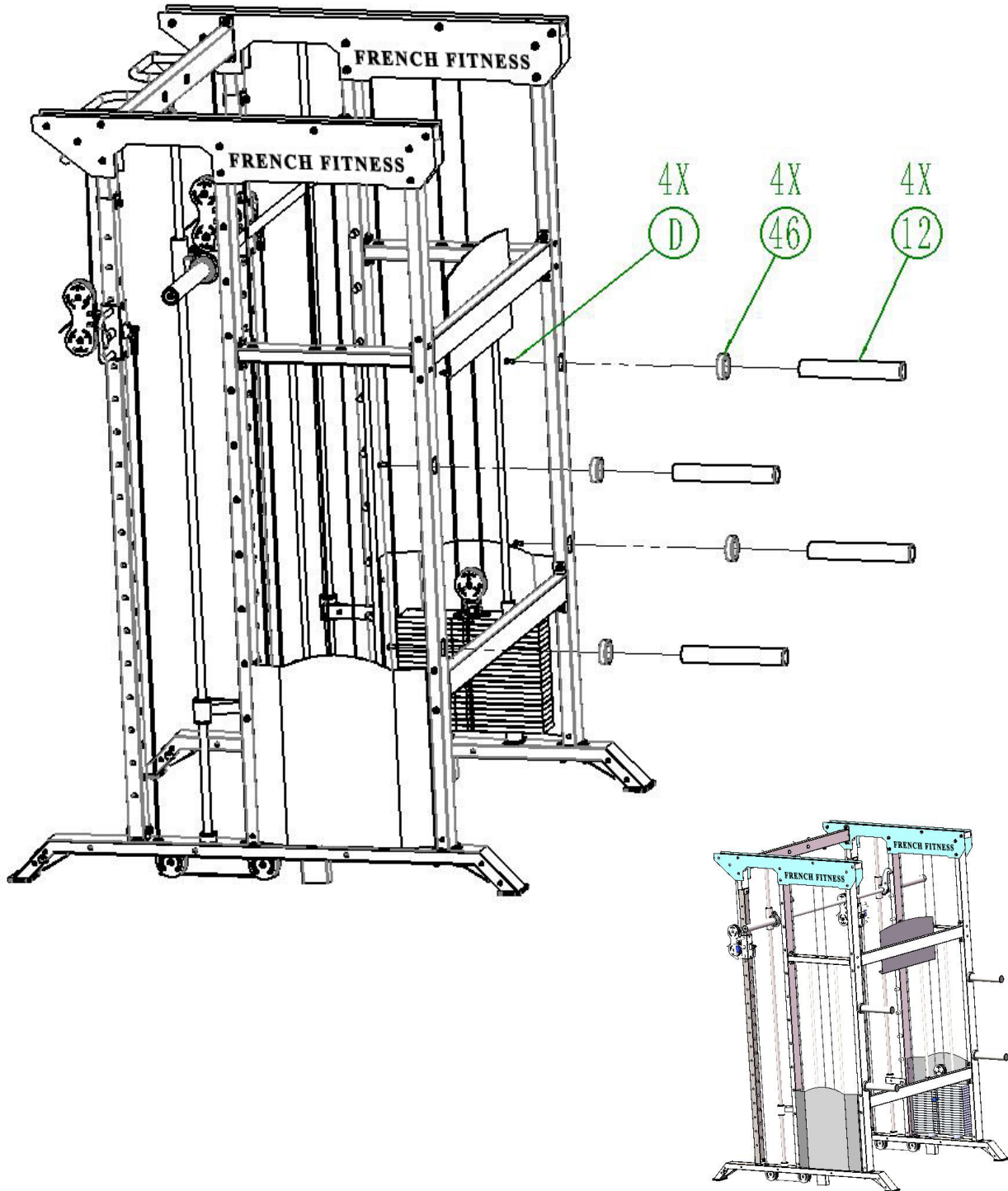


Note that the hook of the sticker plate is installed inward.

Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
15	NO 12	Barbell bar welding group	4			
	NO 46	Protective ring	4			
	NO 50	Locker	4			
	D	Hexagon flat head screw M10*20	4			

Tools No.6 hexagon socket screw driver, wrench



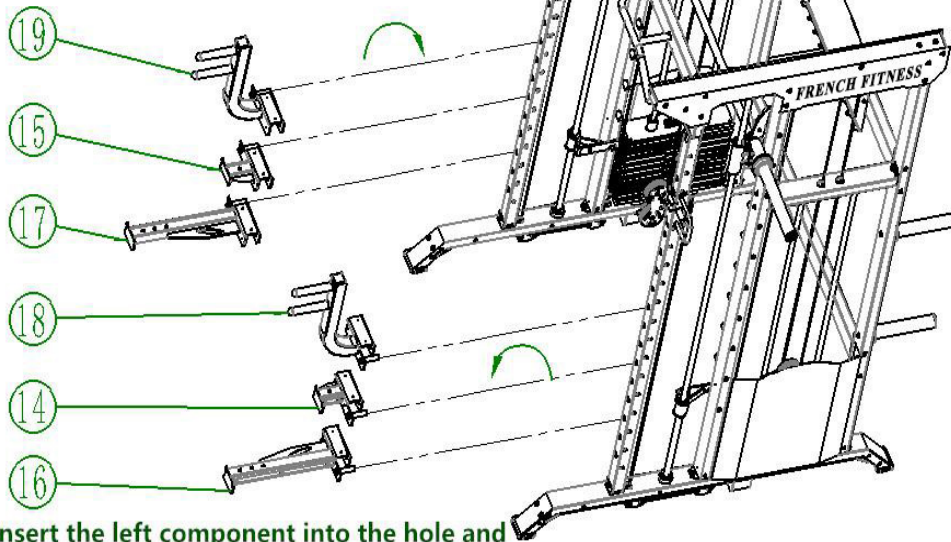
As shown in the figure, after install the barbell welding, then put the locker on it

Assembly steps

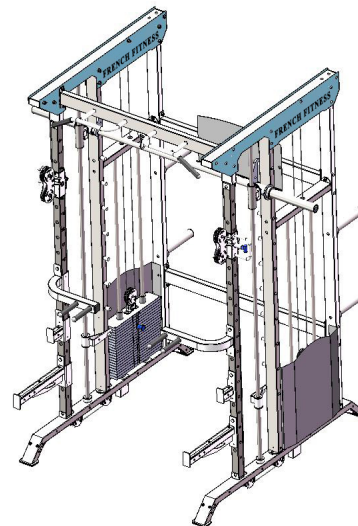
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
16	NO 14	Left hook welding group	1	NO 18	Left parallel bar welding group	1
	NO 15	Right hook welding group	1	NO 19	Right parallel bar welding group	1
	NO 16	Left safety welding set	1			
	NO 17	Right safety welding set	1			

Tools

Insert the right component into the hole and rotate it clockwise



Insert the left component into the hole and rotate it counterclockwise

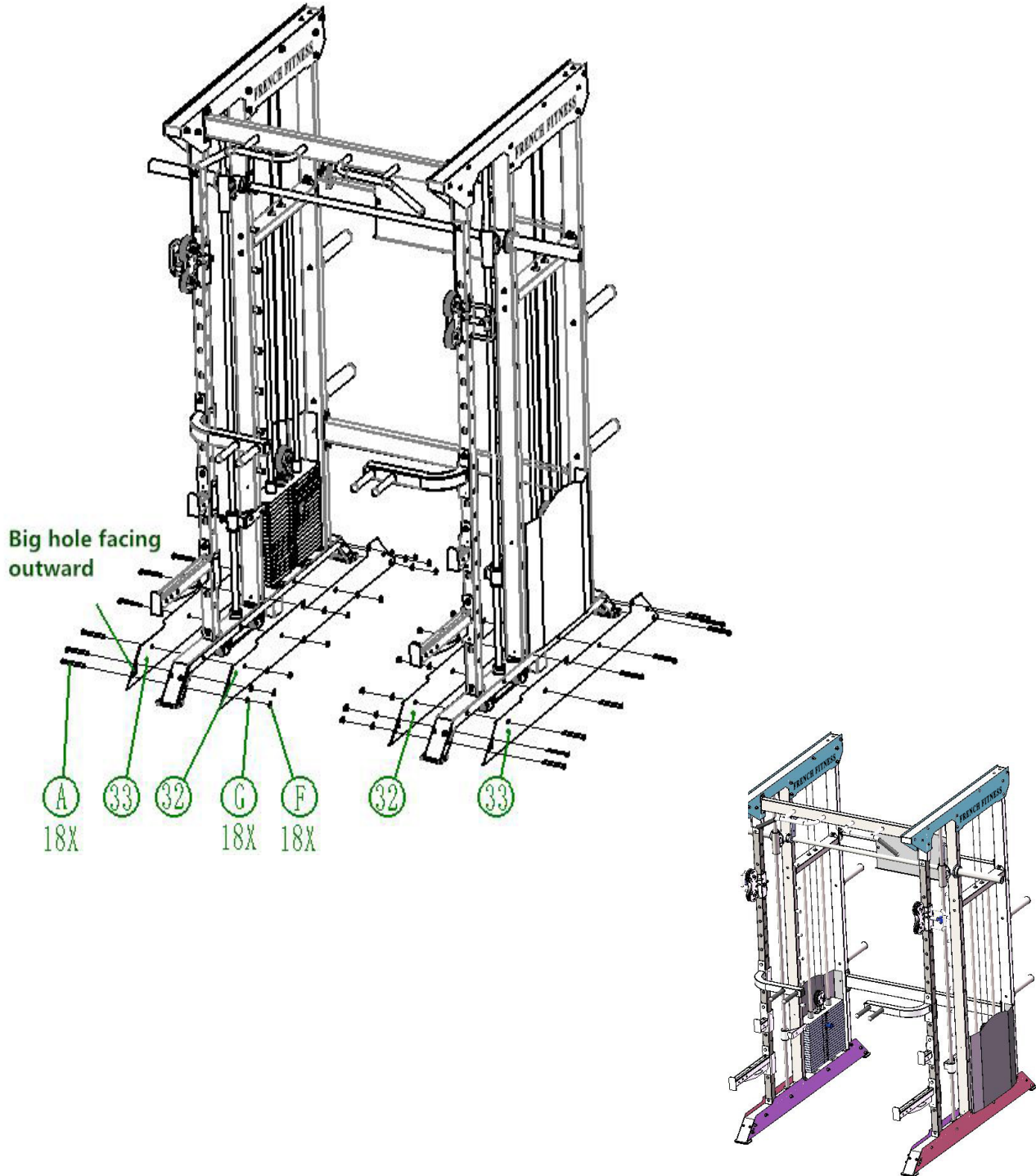


Pay attention to the component installation and the rotation direction after installation. The component notches on the left and right sides are all outward.

Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
17	NO 32	Right lower cover	2	F	Locknut M10	18
	NO 33	Left lower cover	2			
	A	Hexagon flat head screw M10*100	18			
	G	Flat washer Ø10	18			

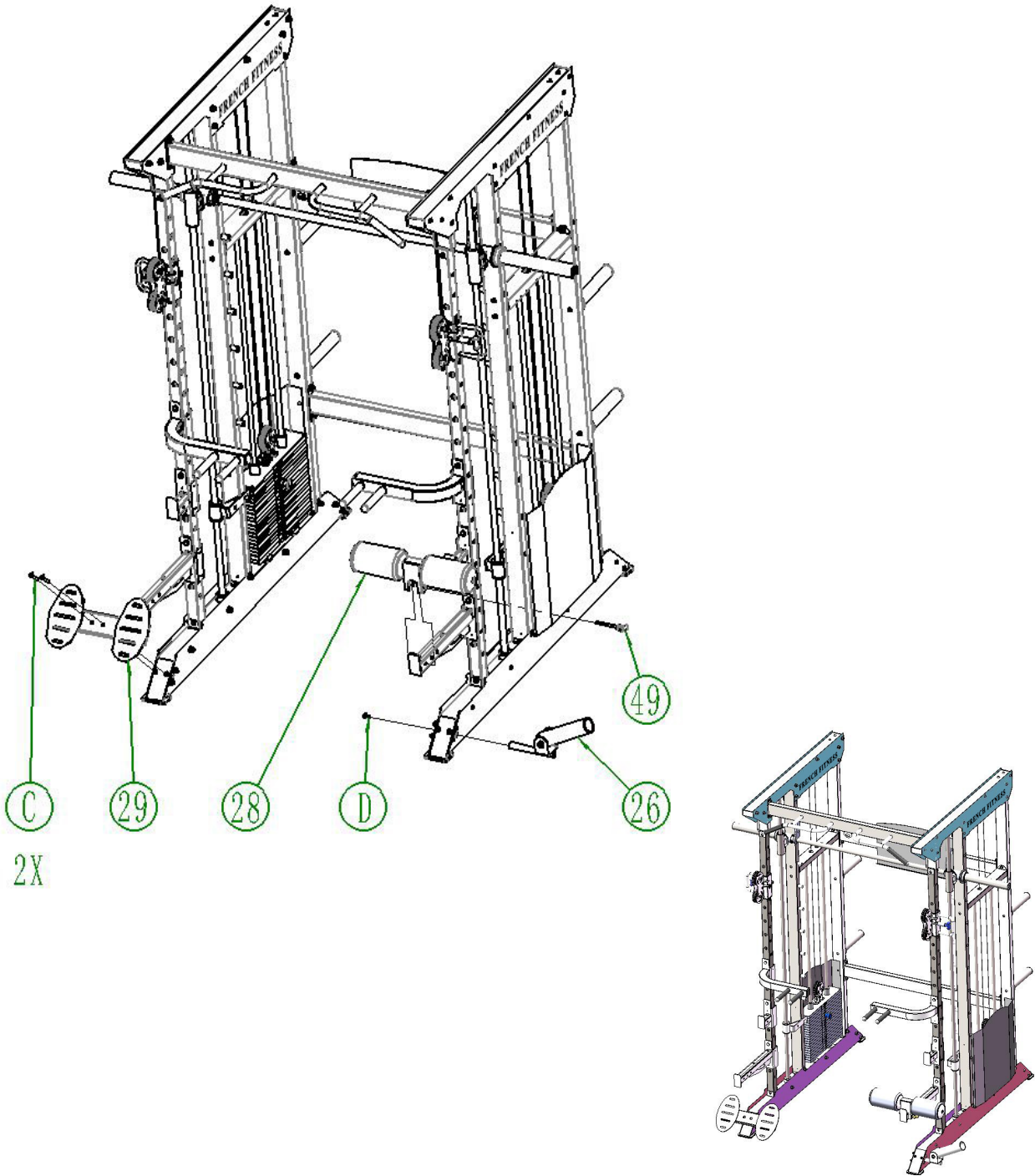
Tools



Pay attention to distinguish the left and right guard plates, as shown in the picture, the large hole guard plate is on the outside.

Assembly steps

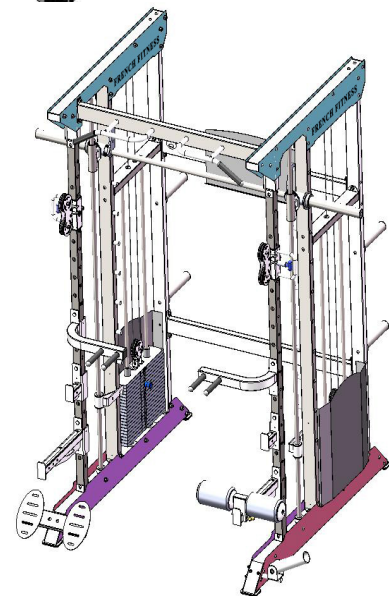
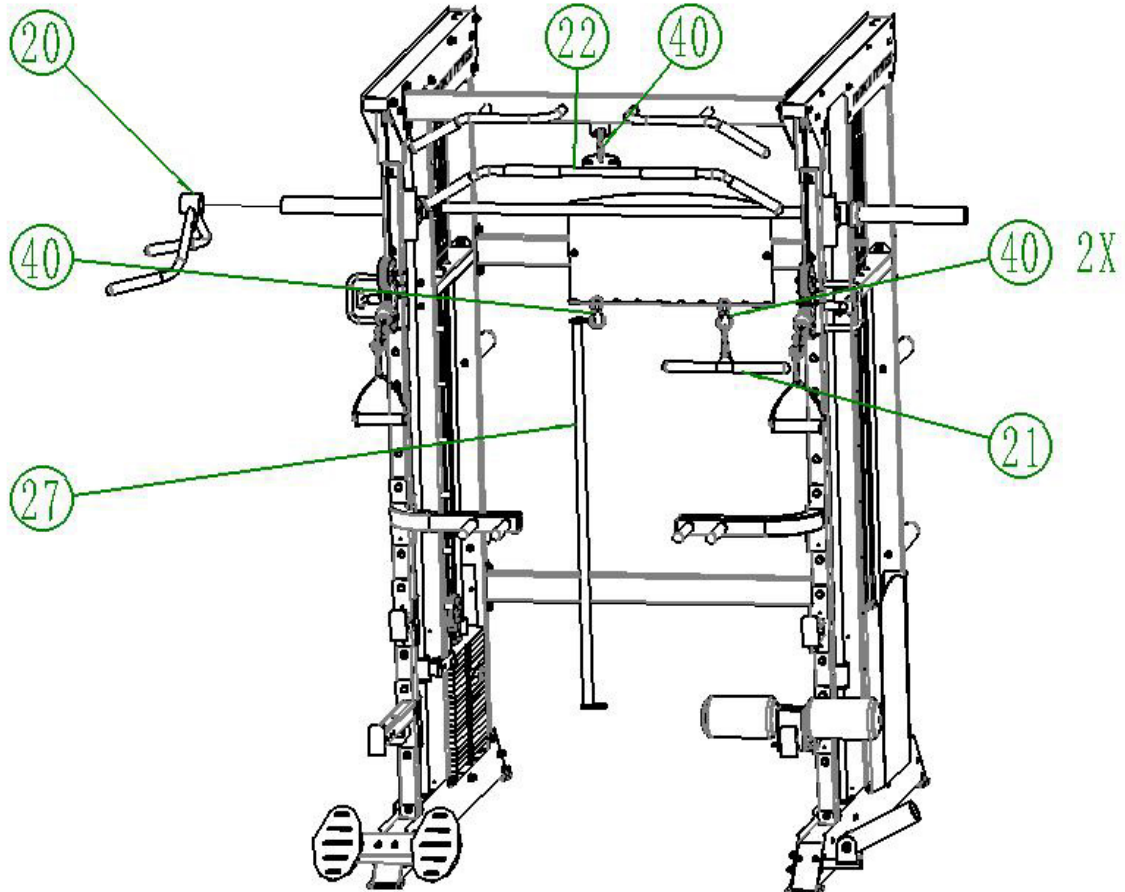
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
18	NO 26	Landmine Group	1	C	Hexagon flat head screw M10*60	2
	NO 28	Foot rack group	1	D	Hexagon flat head screw M10*20	1
	NO 29	Low pull pedal group	1			
	NO 49	T Bolt	1			
Tools		No.6 hexagon socket screw driver,wrench				



As shown in the picture, install the other components.

Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
19	NO 20	Lifting welding group	1	NO 40	Safety hook	4
	NO 21	Low pull welding group	1			
	NO 22	Lat Pulldown welding	1			
	NO 27	Push bar welding	1			
Tools						



As shown in the figure, part of the unassembled parts and parts that are not used in the movement are hung on the label board to complete all assembly.