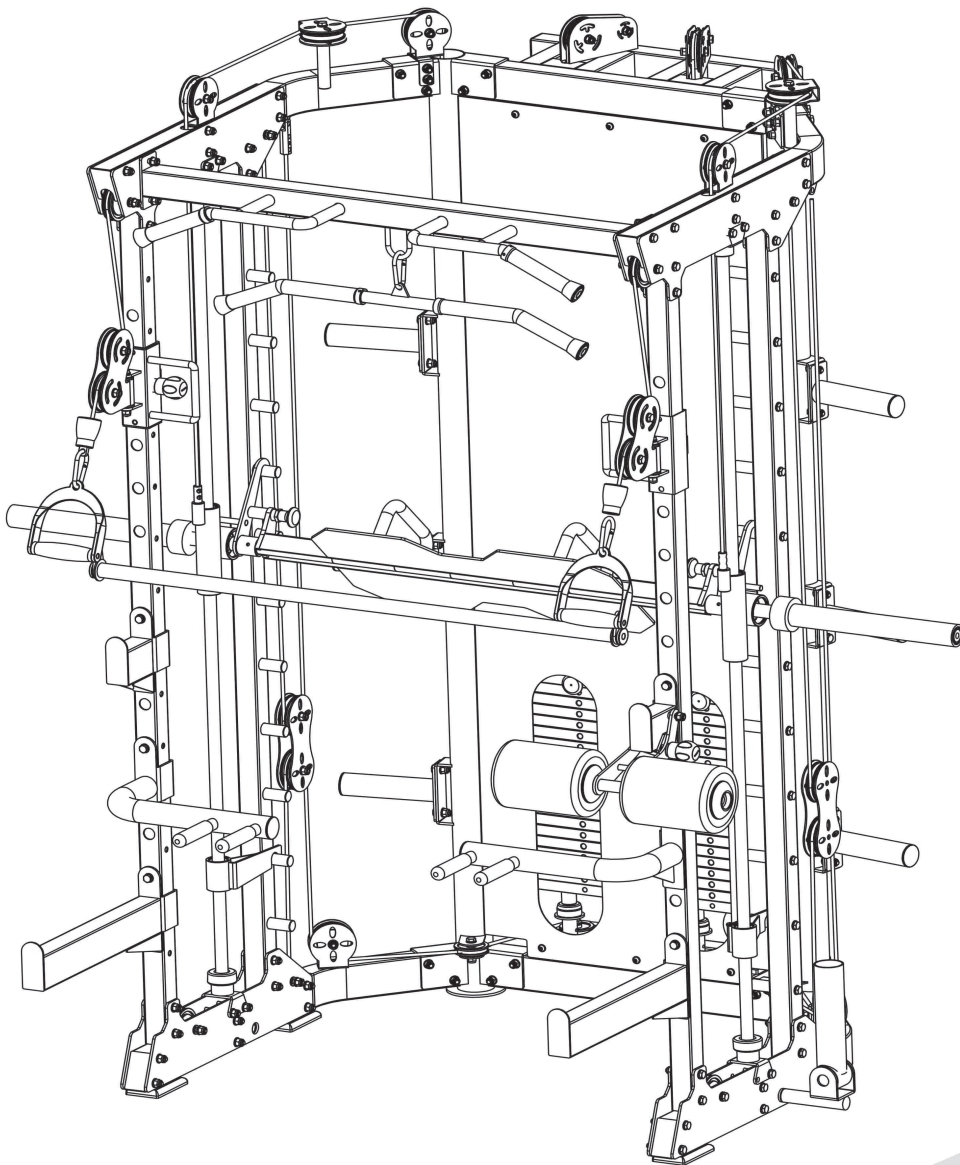


FRENCH FITNESS

FF-FSR80

FUNCTIONAL TRAINER SMITH & RACK GYM SYSTEM. V1

ASSEMBLY MANUAL



FEATURES

- Sealed bearing pulleys
- Multi-grip chin up bar with comfortable knurling
- 6 weight storage post
- High tensile 2000 lbs cables
- Adjustable dual pulley system (16 levels)
- Smith Machine with 12 adjustable heights. High tension 2000 lb cross cables with 16 adjustable heights. (16 levels 1:1 pull ratio)

ACCESSORIES INCLUDED

- Stirrup Handles
- Adjustable Dual Dip Bars
- Lat Bar
- J Hooks
- Bar Catches
- Landmine Attachment
- 86" Olympic Smith Bar
- Lat Pull Knee Cushion (latches on to support you at the knees for lat pull downs)
- Vertical Leg Press Plate

TECH SPECS

- Max Load (J Hooks): 440 lbs
- Max Load (Bar Catches): 550 lbs
- Max Load (Smith Bar): 500 lbs
- Max Load (Plate Storage): 500 lbs
- Max Load (Pull Up Bar): 1000 lbs
- Commercial frame 813 lbs (369 kgs)
- Total Weight Stack: 660 lbs (300 kgs); 330 lbs per side
- 1:1 Ratio Pulley System
- Cables extends 54"
- Weight Stack Increments: 15 lbs (22 Plates per side)
- Weight: 992 lbs (450 kgs)
Footprint: 49" x 58" (with that landmine attachment).. 51.5" without landmine (Actual floor space meaning parts that sit and touches floor)
- Dimensions: 65"D x 86"W x 90.1"H

WARRANTY

- Lifetime Parts and 1 Year Labor Warranty

Parts List

No.	Part Name	Specification Description	Quantity
1	Round column left upper welding assembly	Assembly part	1
2	Round column left lower welding assembly	Assembly part	1
3	Round column right lower welding assembly	Assembly part	1
4	Round column right upper welding assembly	Assembly part	1
5	Round column left welding assembly	Assembly part	1
6	Round column right welding assembly	Assembly part	1
7	Rear weight stack upper welding assembly	Assembly part	1
8	Rear weight stack lower welding assembly	Assembly part	1
9	Outer Hexagon Bolt	M10*80	60
10	Flat washer	Φ10	170
11	Locknut	M10	103
12	Outer Hexagon Bolt	M10*90	16
13	Upper retaining junction plate	Assembly part	4
14	Lower retaining junction plate	Assembly part	4
15	Upper beam welding assembly	Assembly part	1
16	Dumbbell fly front slideway pipe	Stainless steel pipe	2
17	Smith assembly pipe	Assembly part	2
18	Dumbbell fly slideway welding assembly	Assembly part	2
19	Barbell barrel outer blocking plate	Φ43	2
20	Outer snap spring	Φ30	4
21	Smith hook welding assembly	Assembly part	2
22	Inner snap spring	Φ42	2
23	Deep groove ball bearing	Φ42*Φ30*7	2
24	Barbell bar hanger set	Assembly part	2
25	Check ring	Φ45*Φ30*13	2
26	Guide rod upper retaining assembly	Assembly part	2
27	Optical shaft	Φ25*1890	2

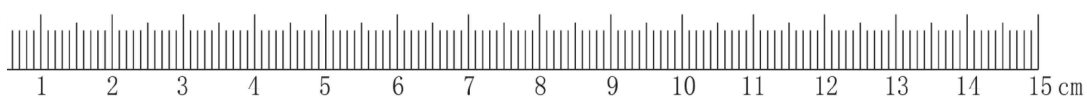
Parts List

No.	Part Name	Specification Description	Quantity
28	Smith vibration absorbing washer	InnerΦ25	2
29	Cross shaft sleeve welding assembly	Assembly part	2
30	Barbell bar	Φ30*2200	1
31	Smith safety welding assembly	Assembly part	2
32	Guide rod lower retaining assembly	Assembly part	2
33	Weight stack guide rod	Φ20*1980	4
34	First set of weight stack	Assembly part	2
35	Weight stack	Assembly part	18
36	Vibration absorbing washer	Inner Φ20	4
37	Weight stack base plate	Inner Φ20	4
38	Locking pipe sleeve	Inner Φ20	4
39	Magnetic pin	Assembly part	2
40	Outer Hexagon Bolt	M10*45	26
41	Pulley shell	Assembly part	2
42	Pulley	Φ90	28
43	Guide roller set of weight stacks	Assembly part	2
44	Weight stack	Assembly part	2
45	Steel rope	Assembly part	2
46	Nylon bush	InnerΦ10	16
47	Cup head bolt	M8*30	8
48	Hexagonal head bolt	M8	2
49	Pulley	Φ90	28
50	Cable cross handgrip cushion block	Assembly part	2
51	Hexagon locking thread	Assembly part	2
52	Cable cross handle	Assembly part	2
53	Ground barrel set	Assembly part	1
54	Nylon spacer	Inner Φ16	2
55	Washer	Φ16	1

Parts List

No.	Part Name	Specification Description	Quantity
56	Hexagon nut	M16	1
57	Guard plate	Assembly part	1
58	Cup head nut	M8*30	6
59	Washer	Φ8	6
60	Weight stack placement set	Assembly part	6
61	High pulling handgrip set	Assembly part	1
62	Squat hook left	Assembly part	1
63	Parallel bars set	Assembly part	2
64	Squat safety set	Assembly part	2
65	Squat hook with adjustable foam	Assembly part	1
66	Back-pedal set	Assembly part	1

Bolt length measurement table

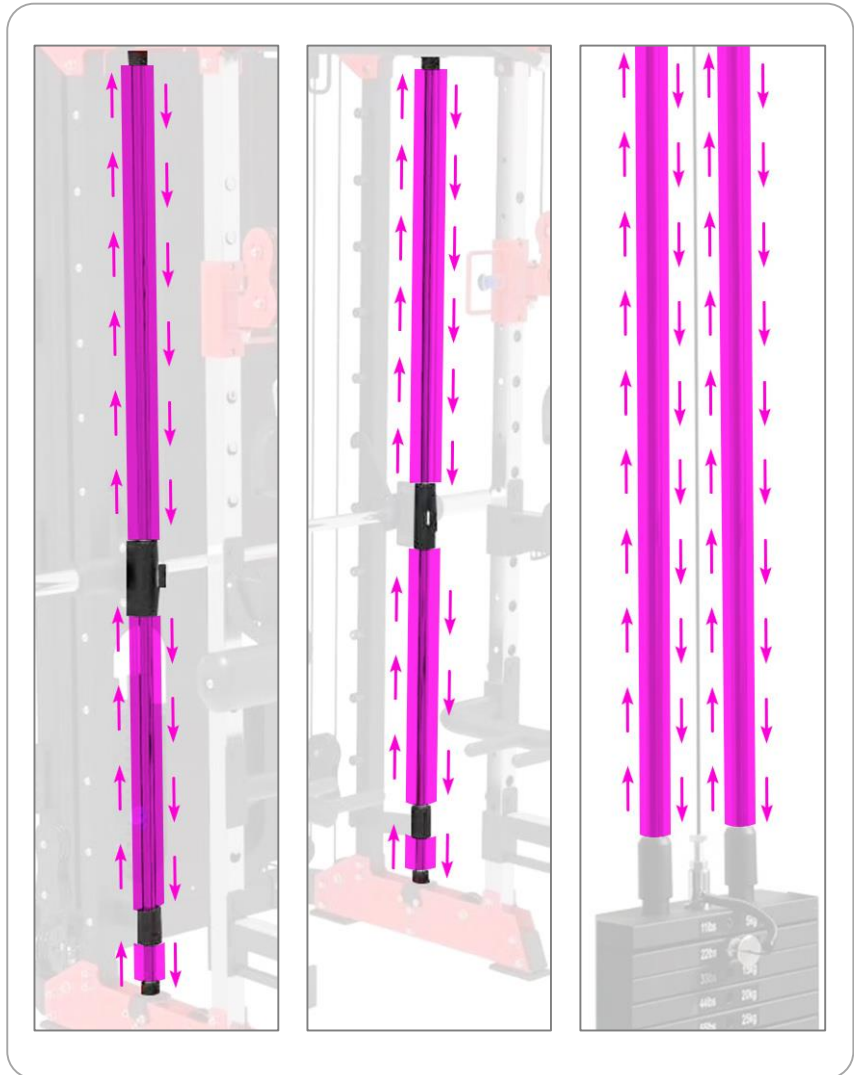
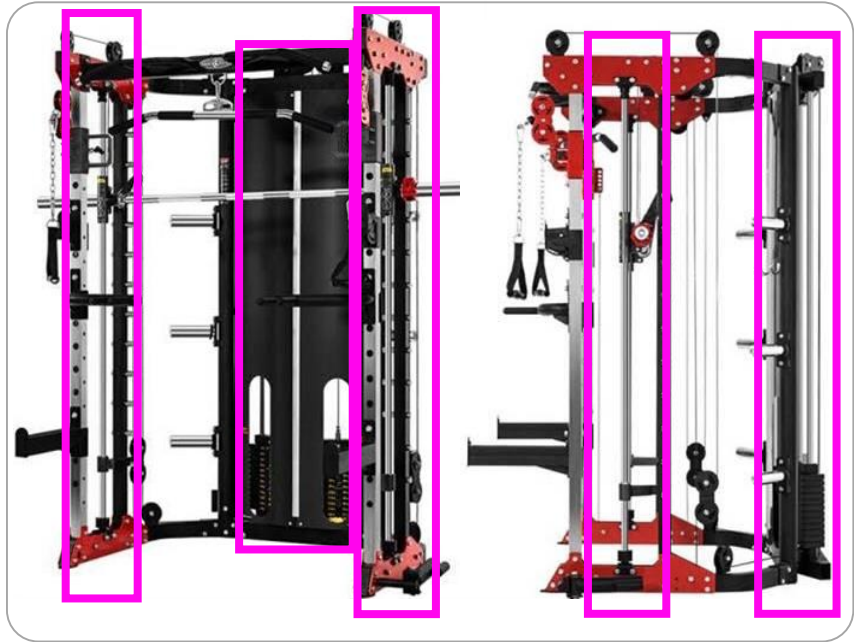


CLEAN GUIDE RODS

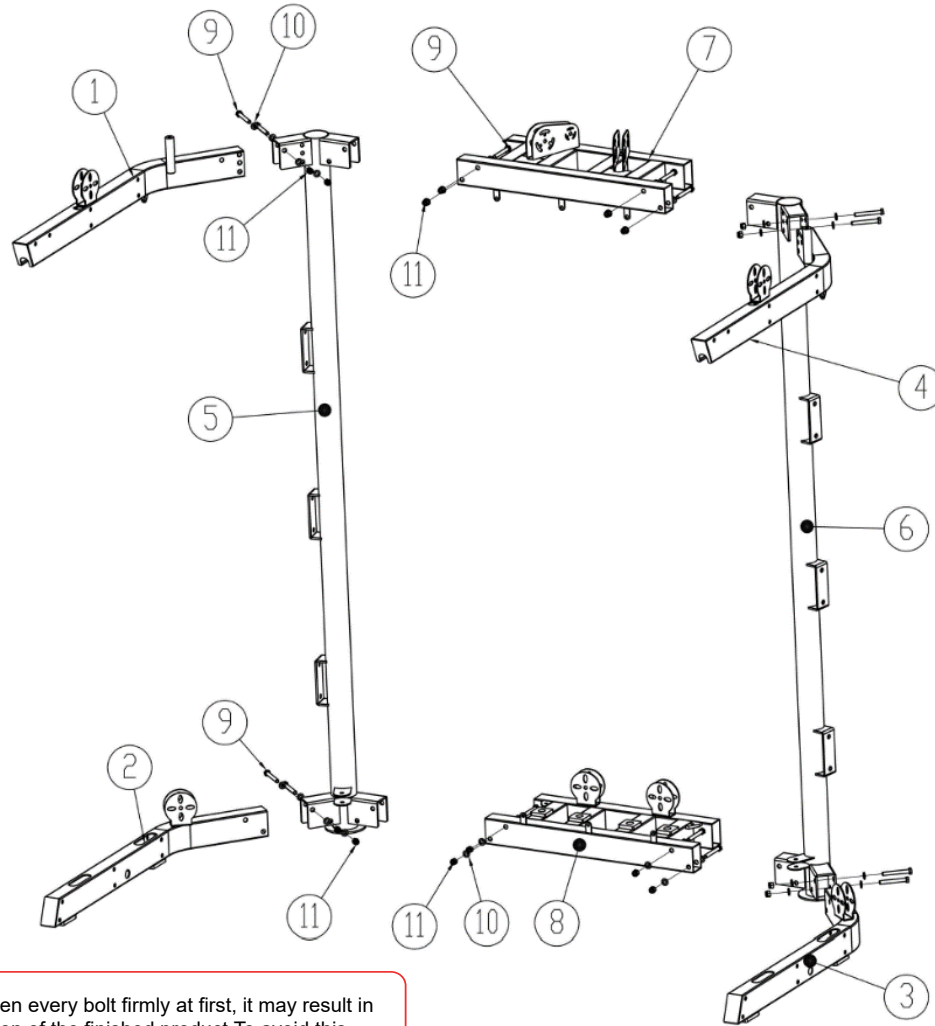
Step must be completed prior to installing. Failure to do so can leave residue from packaging and other sources stuck in the bushings

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 fiber.



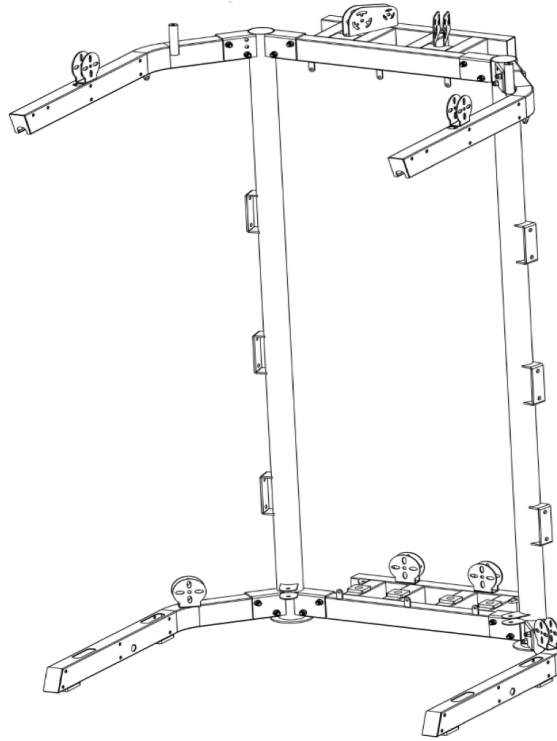
Installation Steps (1) Exploded Drawing



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.

No.	Part Name	Specification Description	Quantity
1	Round column left upper welding assembly	Assembly part	1
2	Round column left lower welding assembly	Assembly part	1
3	Round column right lower welding assembly	Assembly part	1
4	Round column right upper welding assembly	Assembly part	1
5	Round column left welding assembly	Assembly part	1
6	Round column right welding assembly	Assembly part	1
7	Rear weight stack upper welding assembly	Assembly part	1
8	Rear weight stack lower welding assembly	Assembly part	1
9	Outer Hexagon Bolt	M10*80	60
10	Flat washer	Φ10	170
11	Locknut	M10	103

Installation Steps (1) Real Drawing after Installation

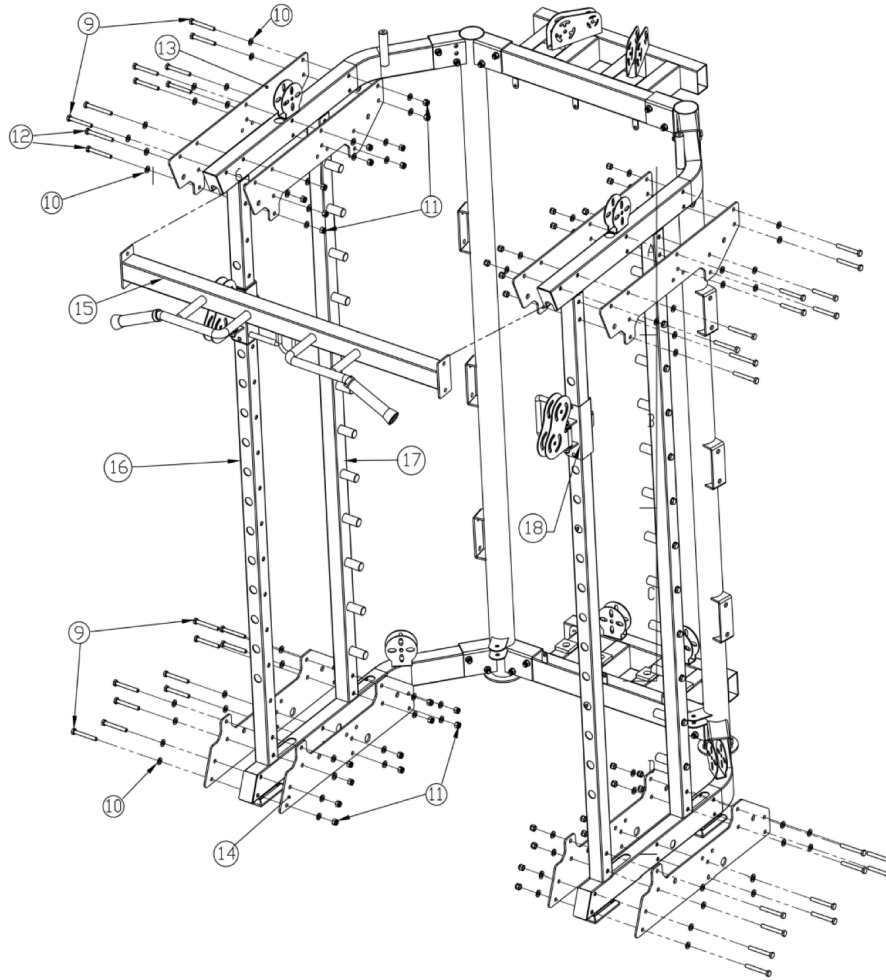


If you tighten every bolt firmly at first, it may result in the distortion of the finished product. To avoid this, tighten bolts lightly until the main frame is assembled and leveled then fasten the all bolts firmly.

Installation Steps (1) Installation Instructions

1. The Rear weight stack lower welding assembly (8) is installed on the Round column left welding assembly (5) and the Round column right welding assembly (6) by using the Outer Hexagon Bolt (9) and the Flat washer (10).
2. The Round column left lower welding assembly (2) is installed on the Round column left welding assembly (5) by using the Outer Hexagon Bolt (9), the Flat washer (10) and the Locknut (11).
3. The Round column right lower welding assembly (3) is installed on the Round column right welding assembly (6) by using the Outer Hexagon Bolt (9), the Flat washer (10) and the Locknut (11).
4. The Rear weight stack upper welding assembly (7) is installed on the Round column left welding assembly (5) and the Round column right welding assembly (6) by using the Outer Hexagon Bolt (9), the Flat washer (10) and the Locknut (11).
5. The Round column left upper welding assembly (1) is installed on the Round column left welding assembly (5) by using the Outer Hexagon Bolt (9), the Flat washer (10) and the Locknut (11).
6. The Round column right upper welding assembly (4) is installed on the Round column right welding assembly (6) by using the Outer Hexagon Bolt (9), the Flat washer (10) and the Locknut (11).

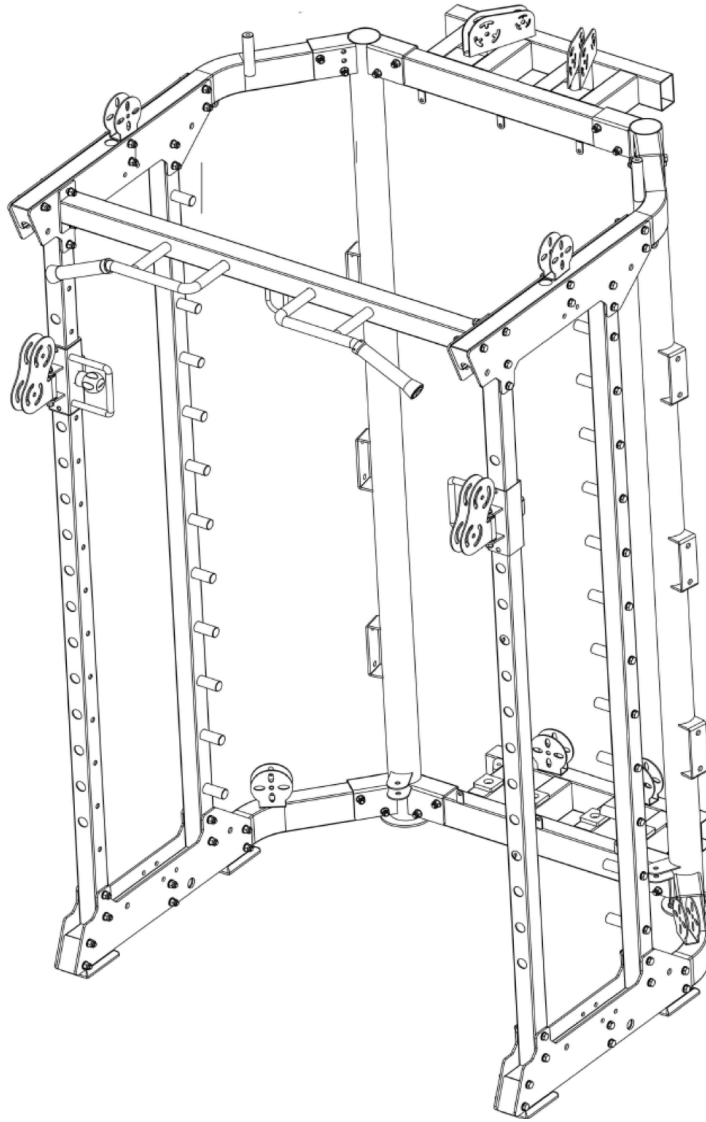
Installation Steps (2) Exploded Drawing



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.

No.	Part Name	Specification Description	Quantity
9	Outer Hexagon Bolt	M10*80	60
10	Flat washer	Φ10	170
11	Locknut	M10	103
12	Outer Hexagon Bolt	M10*90	16
13	Upper retaining junction plate	Assembly part	4
14	Lower retaining junction plate	Assembly part	4
15	Upper beam welding assembly	Assembly part	1
16	Dumbbell fly front slidaway pipe	Stainless steel pipe	2
17	Smith assembly pipe	Assembly part	2
18	Dumbbell fly slidaway welding assembly	Assembly part	2

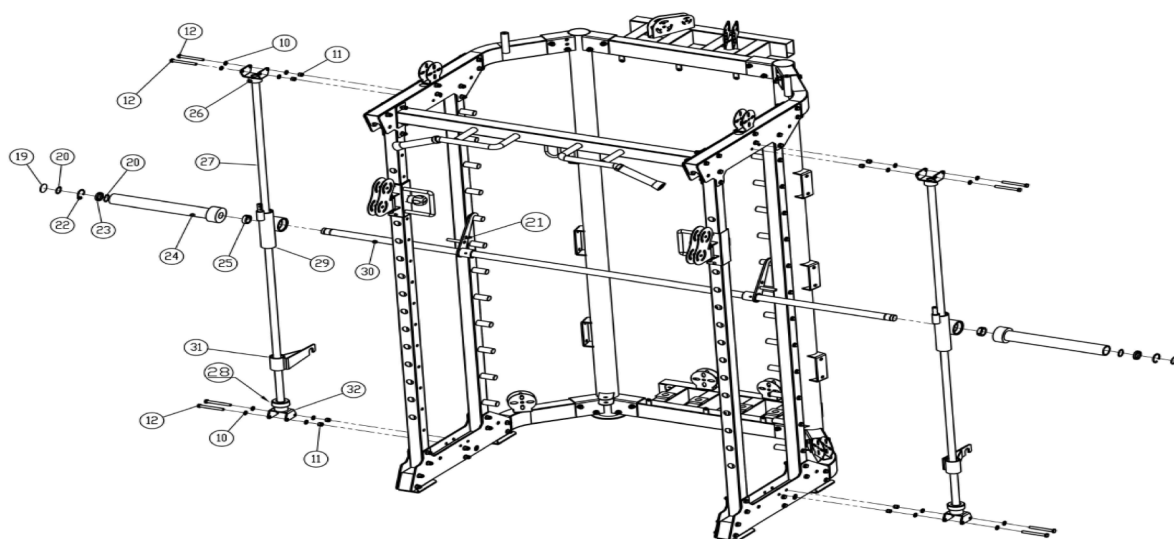
Installation Steps (2) Real Drawing after Installation



Installation Steps (2) Installation Instruction

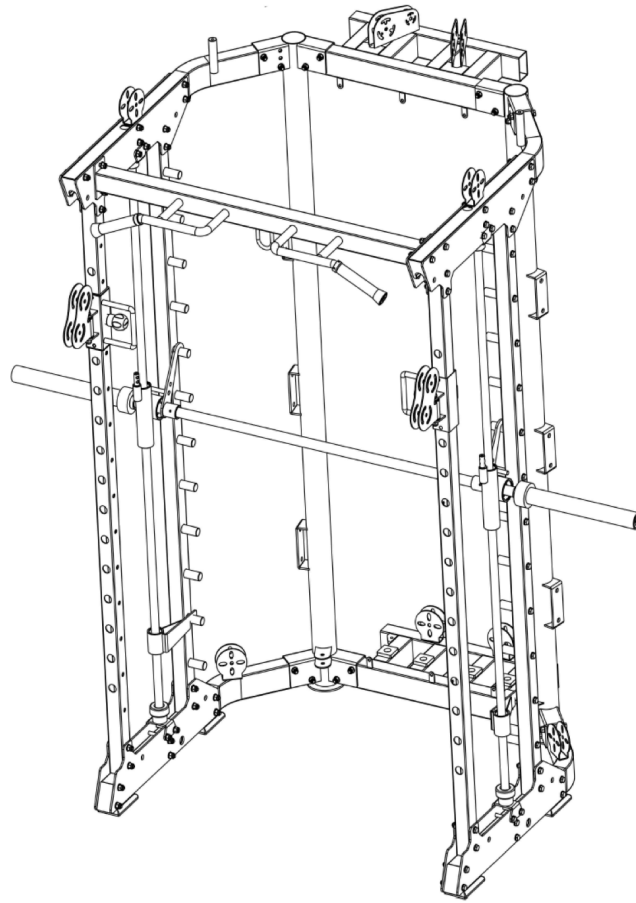
1. The Dumbbell fly sideway welding assembly (18) is installed on The Dumbbell fly front sideway pipe (16) (Pay attention to the direction).
2. The Dumbbell fly front sideway pipe (16) and The Smith assembly pipe (17) are installed on installation steps (1) by using the Outer Hexagon Bolt (9), the Flat washer (10), the Locknut (11), the Upper retaining junction plate (13) and the Lower retaining junction plate (14) (Pay attention to the direction).
3. The Upper beam welding assembly (15) is installed in the middle of the Upper retaining junction plate (13).

Installation Steps (3) Exploded Drawing



No.	Part Name	Specification Description	Quantity
9	Outer Hexagon Bolt	M10*80	60
10	Flat washer	Φ10	170
11	Locknut	M10	103
12	Outer Hexagon Bolt	M10*90	16
13	Upper retaining junction plate	Assembly part	4
14	Lower retaining junction plate	Assembly part	4
15	Upper beam welding assembly	Assembly part	1
16	Dumbbell fly front slidaway pipe	Stainless steel pipe	2
17	Smith assembly pipe	Assembly part	2
18	Dumbbell fly slidaway welding assembly	Assembly part	2
19	Barbell barrel outer blocking plate	Φ43	2
20	Outer snap spring	Φ30	4
21	Smith hook welding assembly	Assembly part	2
22	Inner snap spring	Φ42	2
23	Deep groove ball bearing	Φ42*Φ30*7	2
24	Barbell bar hanger set	Assembly part	2
25	Check ring	Φ45*Φ30*13	2
26	Guide rod upper retaining assembly	Assembly part	2
27	Optical shaft	Φ25*1890	2
28	Smith vibration absorbing washer	InnerΦ25	2
29	Cross shaft sleeve welding assembly	Assembly part	2
30	Barbell bar	Φ30*2200	1
31	Smith safety welding assembly	Assembly part	2
32	Guide rod lower retaining assembly	Assembly part	2

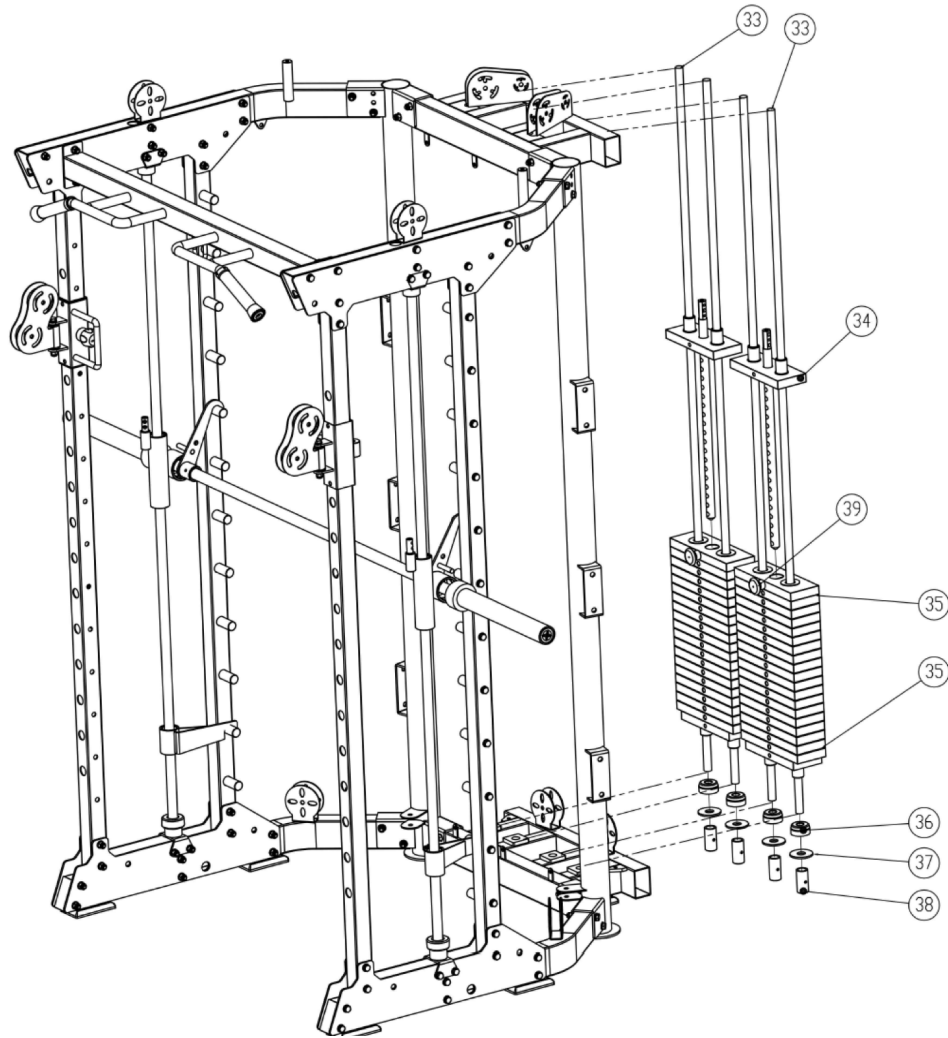
Installation Steps (3) Real Drawing after Installation



Installation Steps (3) Installation Instruction

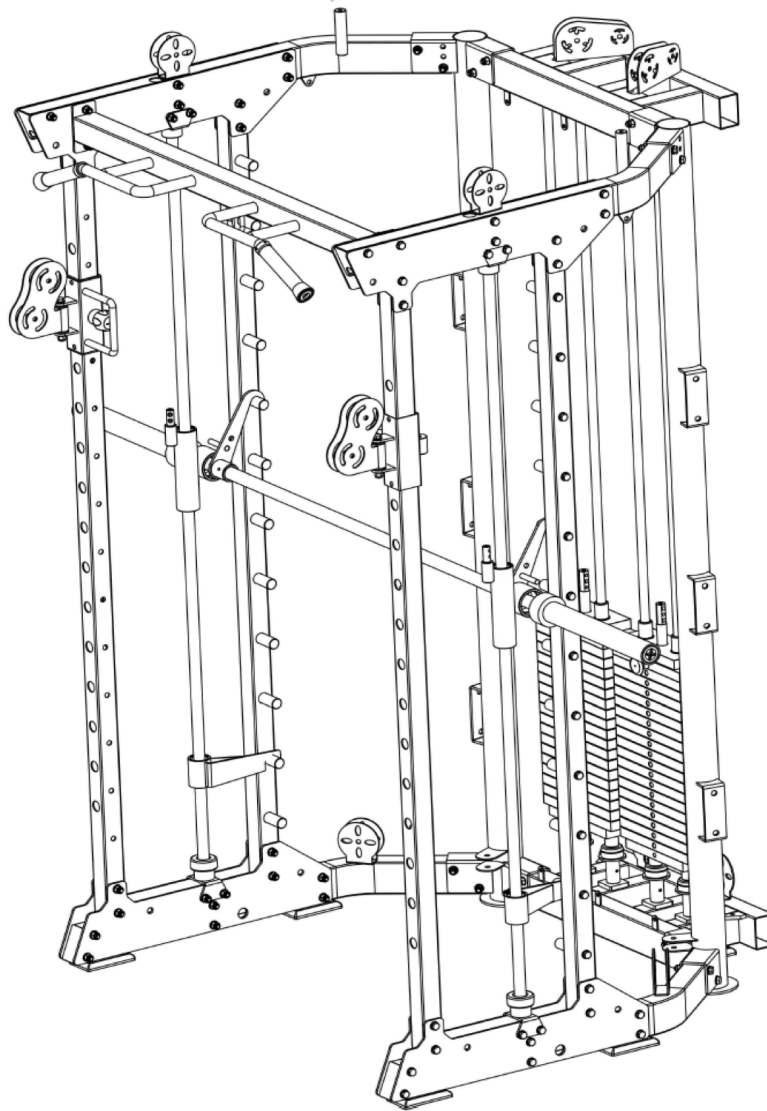
1. The Guide rod upper retaining assembly (26) is installed on the Upper retaining junction plate (13) by using the Outer Hexagon Bolt (12), the Flat washer (10) and the Locknut (11).
2. The Guide rod lower retaining assembly (32) is installed on the Lower retaining junction plate (14) by using the Outer Hexagon Bolt (12), the Flat washer (10) and the Locknut (11).
3. The Optical shaft is installed on the Guide rod upper retaining assembly (26) and the Guide rod lower retaining assembly (32) by using the headless hexagon socket bolt M8*10 (left side is the same as right side) after it successively puts through the Smith vibration absorbing washer (28), the Smith safety welding assembly (31) and the Cross shaft sleeve welding assembly (29).
4. The Barbell barrel outer blocking plate (19) is inserted in the groove of the Barbell bar (left) after it successively puts through the Smith hook welding assembly (21), the Cross shaft sleeve welding assembly (29), the Check ring (25), the Barbell bar hanger set (24), the Outer snap spring (20), the Deep groove ball bearing (23), the Inner snap spring (22) and the Outer snap spring (20) (Pay attention to the direction of left and right).

Installation Steps (4) Exploded Drawing



No.	Part Name	Specification Description	Quantity
33	Weight stack guide rod	Φ20*1980	4
34	First set of weight stack	Assembly part	2
35	Weight stack	Assembly part	18
36	Vibration absorbing washer	Inner Φ20	4
37	Weight stack base plate	Inner Φ20	4
38	Locking pipe sleeve	Inner Φ20	4
39	Magnetic pin	Assembly part	2

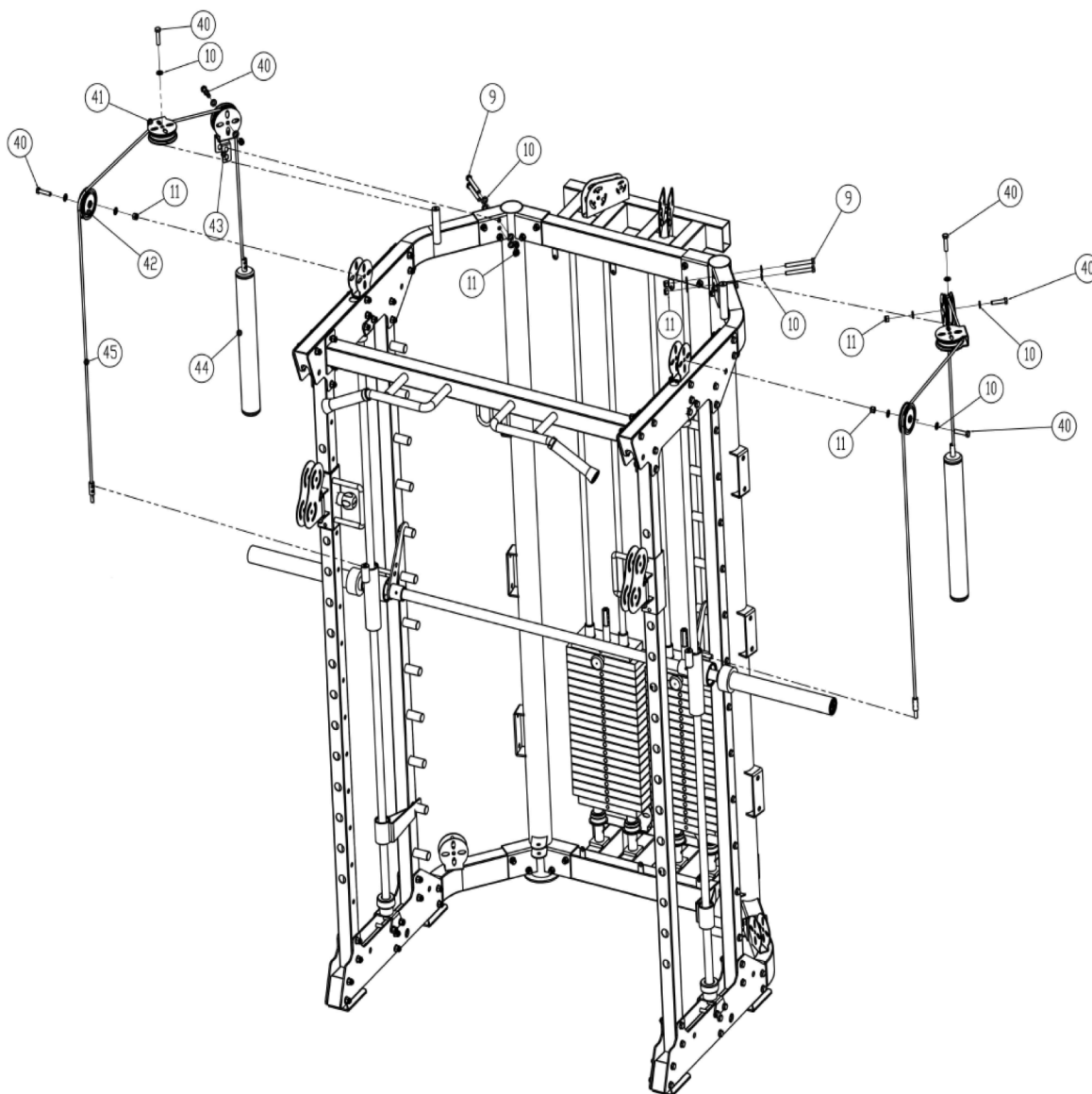
Installation Steps (4) Real Drawing after Installation



Installation Steps (4) Installation Instruction

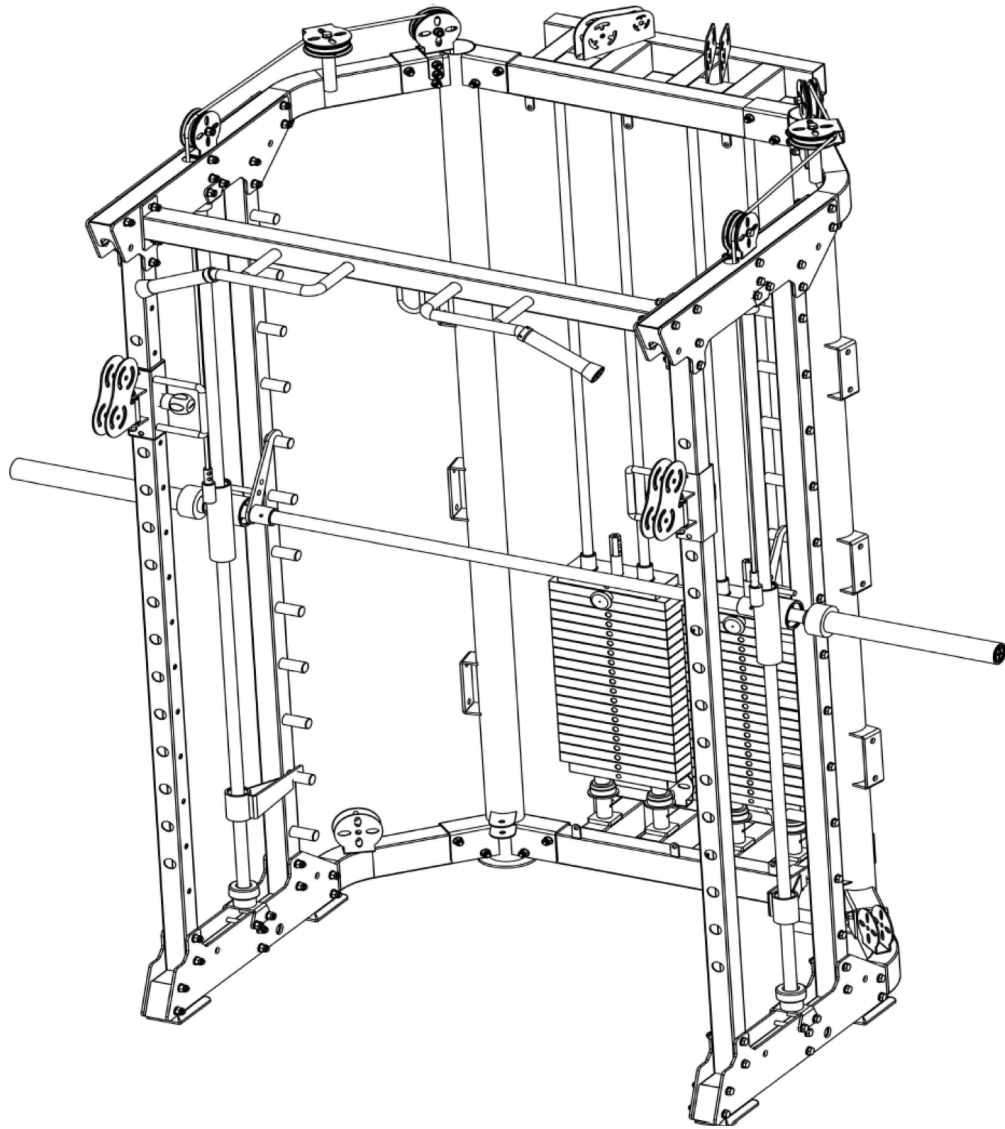
1. The Weight stack guide rod is successively put through the Locking pipe sleeve (38), Weight stack base plate (37) and the Vibration absorbing washer, finally inserted into the hole of weight stack set.
2. Weight stacks are placed into the Weight stack guide rod (33), finally the First set of weight stack (34) is placed into the Weight stack guide rod (33) (both ends are symmetrical).
3. The Magnetic pin ring (39) is placed on the column of the First set of weight stack, then inserted on the weight stack.

Installation Steps (5) Exploded Drawing



No.	Part Name	Specification Description	Quantity
9	Outer Hexagon Bolt	M10*80	60
10	Flat washer	Φ10	170
11	Locknut	M10	103
40	Outer Hexagon Bolt	M10*45	26
41	Pulley shell	Assembly part	2
42	Pulley	Φ90	28
43	Guide roller set of weight stacks	Assembly part	2
44	Weight stack	Assembly part	2
45	Steel rope	Assembly part	2

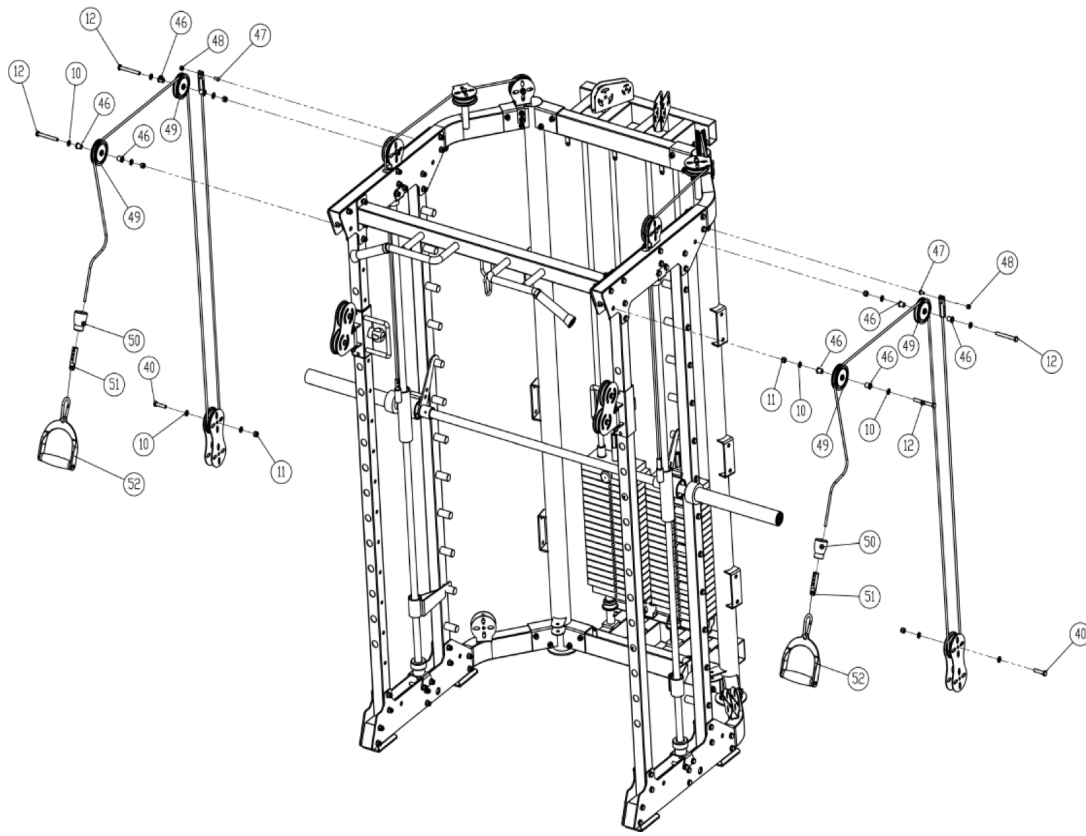
Installation Steps (5) Real Drawing after Installation



Installation Steps (5) Installation Instruction

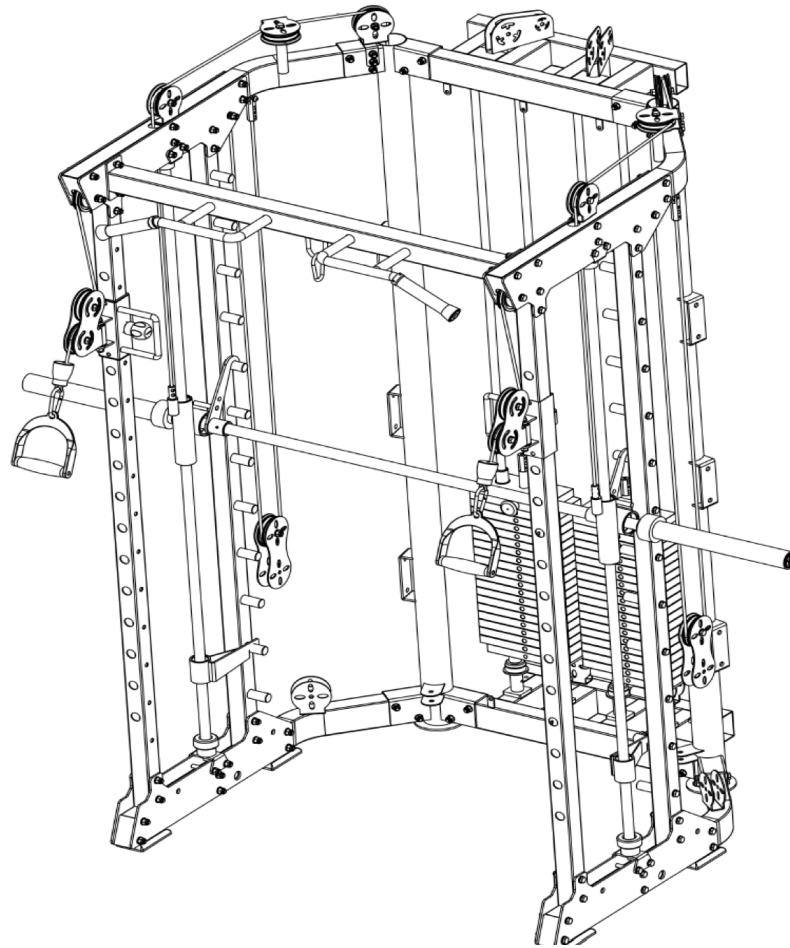
1. The headless hexagon socket bolt M8*10 used for connecting the steel rope (45) and the weight stack (44) that is locked is placed into the 75-round pipe.
2. The Guide roller set of weight stacks is installed on the round column by using the outer hexagon bolt (9), washer (10) and locknut (11).
3. The pulley (42) and the pulley shell (41) are secured on the left upper welding assembly (1) by using outer hexagon bolt, washer (10) and locknut (11).
4. The other end of the steel rope is put through the cross-shaft sleeve and locked by using the hexagon socket bolt M8*10.

Installation Steps (6) Exploded Drawing



No.	Part Name	Specification Description	Quantity
10	Flat washer	Φ10	170
11	Locknut	M10	103
12	Outer Hexagon Bolt	M10*90	16
40	Outer Hexagon Bolt	M10*45	26
46	Nylon bush	InnerΦ10	16
47	Cup head bolt	M8*30	8
48	Hexagonal head bolt	M8	2
49	Pulley	Φ90	28
50	Cable cross handgrip cushion block	Assembly part	2
51	Hexagon locking thread	Assembly part	2
52	Cable cross handle	Assembly part	2

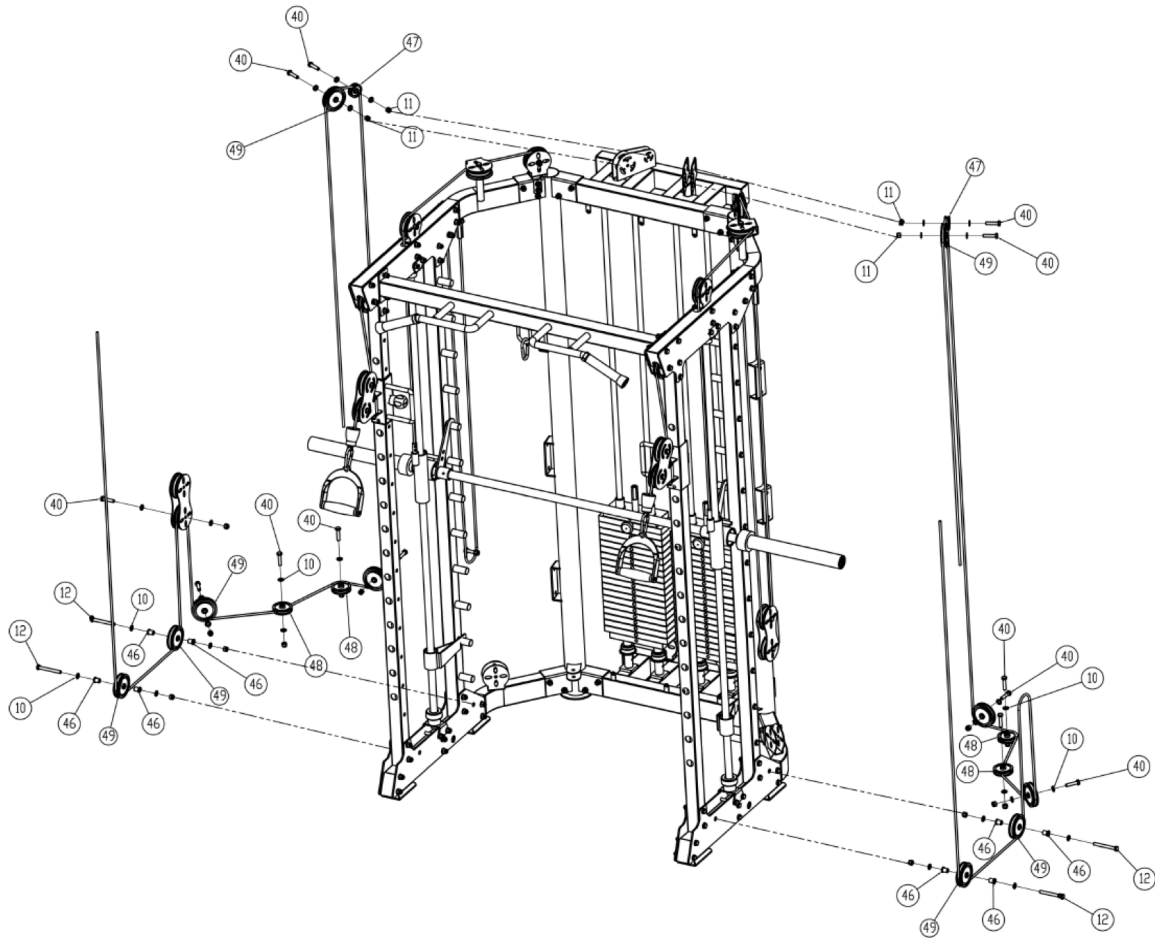
Installation Steps (6) Real Drawing after Installation



Installation Steps (6) Installation Instruction

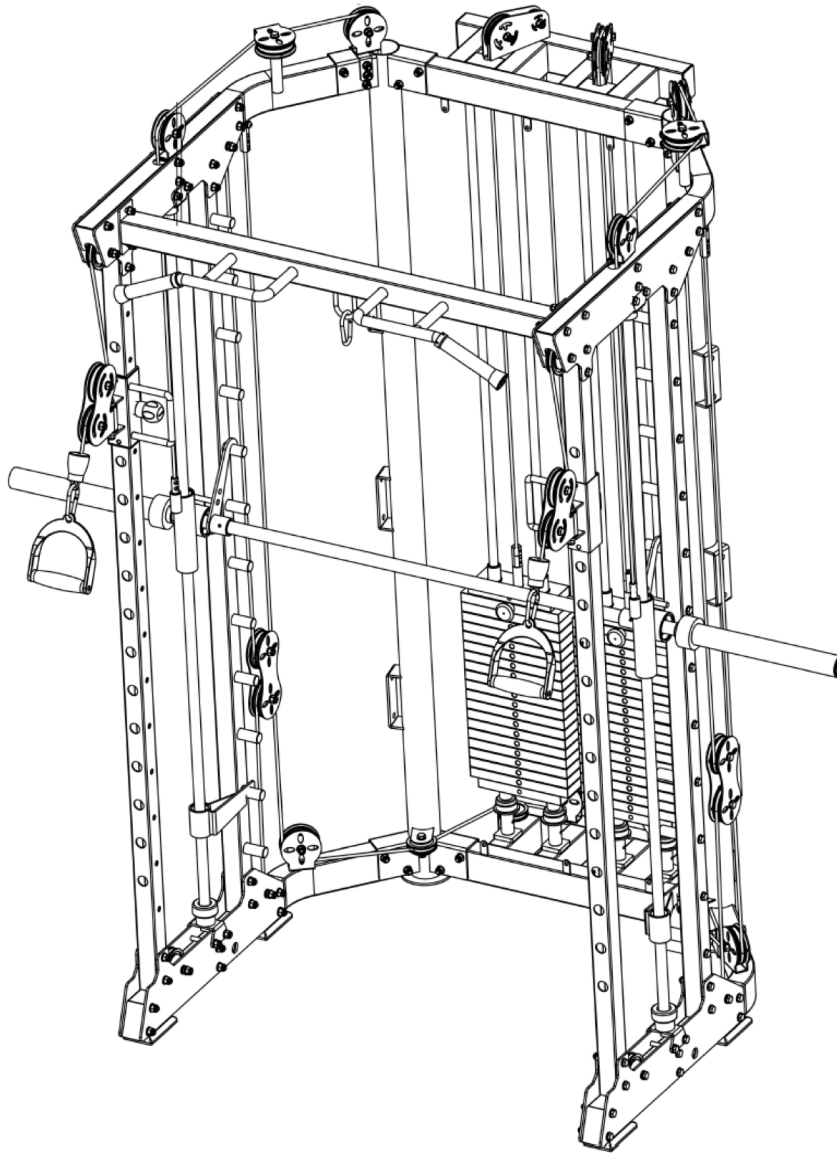
1. It is secured on the Round column left upper welding assembly (1) by using outer hexagon bolt (12), washer (10), nylon bush (46), pulley (49) and locknut (11).
2. The hexagon locking thread (51) is secured on the Round column left upper welding assembly (1) by using the Cup head bolt (47).
3. The one end of the steel rope is locked on the Hexagon locking thread (51) by using the headless hexagon socket bolt M8*10, came out of Dumbbell fly along the direction of steel rope, put through the Cable cross handgrip cushion block, locked on the Hexagon locking thread, then finally the Cable cross handle (52) is placed.

Installation Steps (7) Exploded Drawing



No.	Part Name	Specification Description	Quantity
10	Flat washer	Φ10	170
11	Locknut	M10	103
12	Outer Hexagon Bolt	M10*90	16
40	Outer Hexagon Bolt	M10*45	26
46	Nylon bush	InnerΦ10	16
47	Cup head bolt	M8*30	8
48	Hexagonal head bolt	M8	2
49	Pulley	Φ90	28

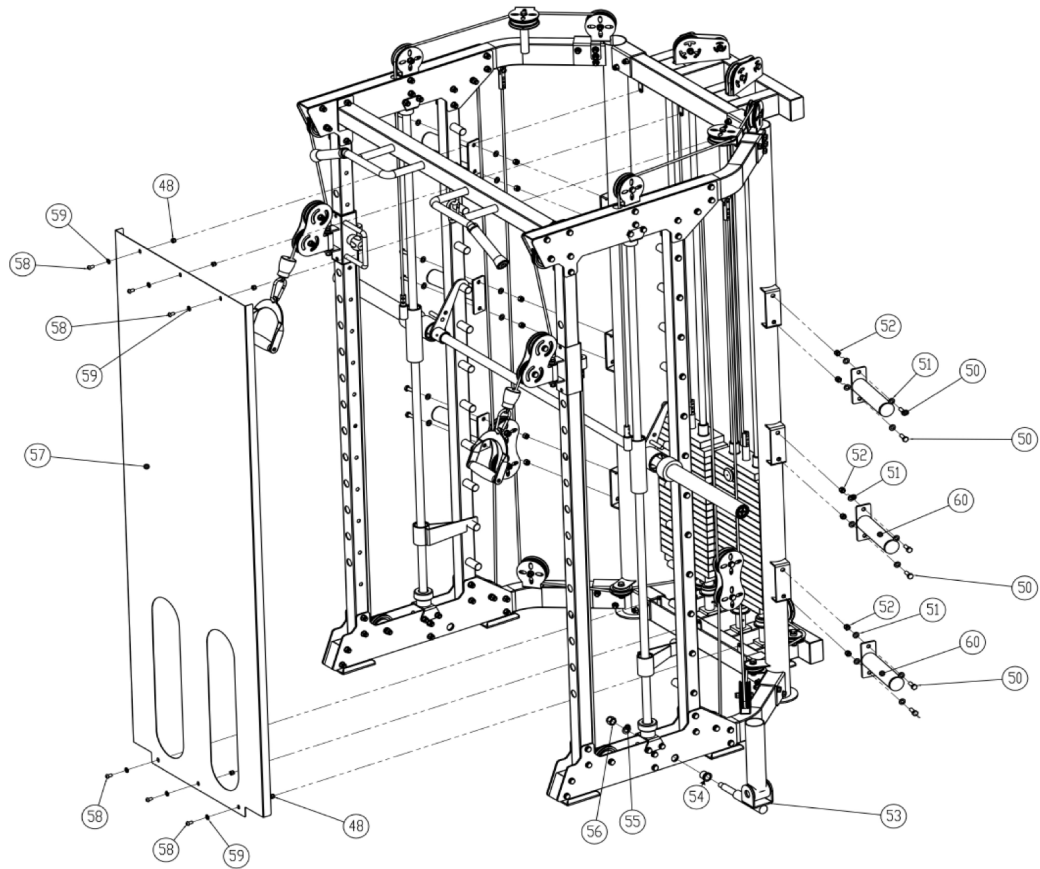
Installation Steps (7) Real Drawing after Installation



Installation Steps (7) Installation Instruction

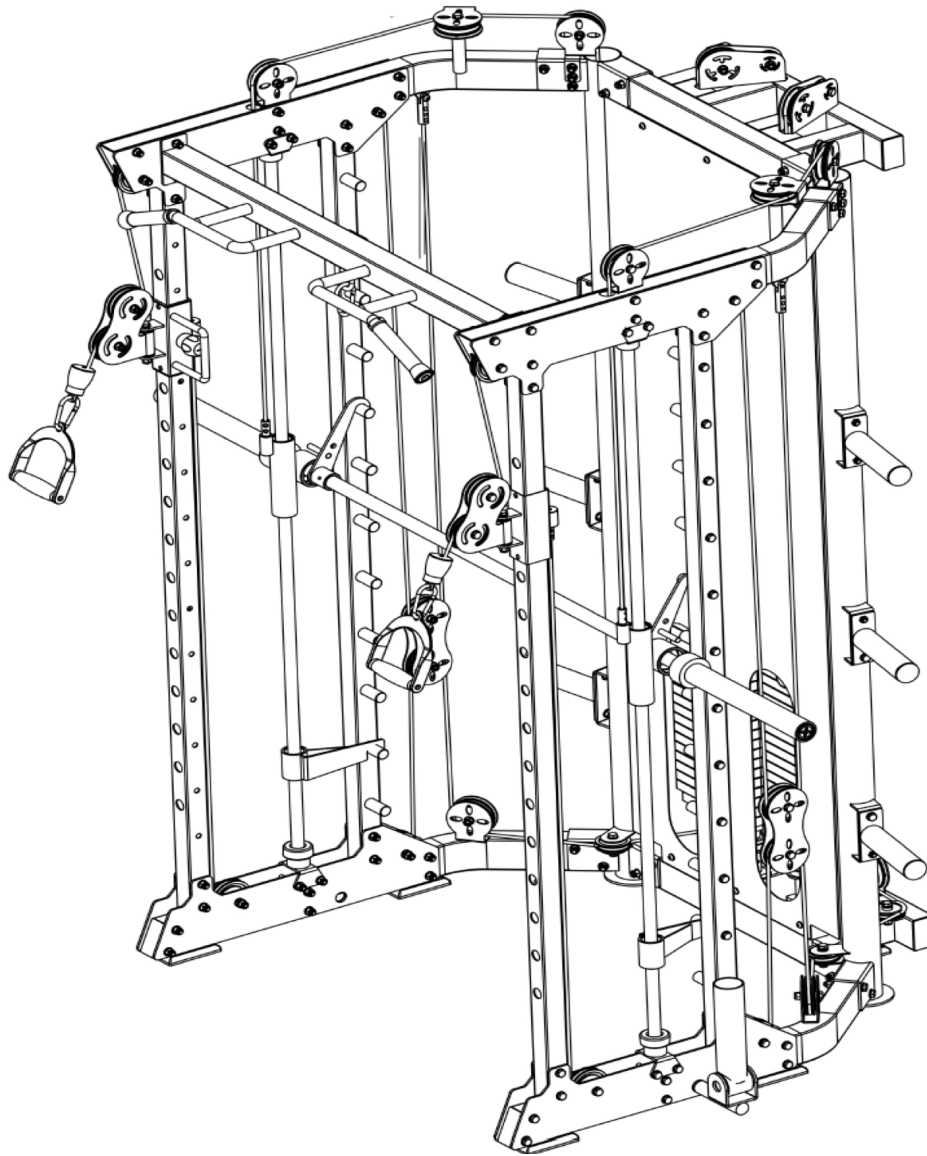
1. It is installed on the pulley board by using the outer hexagon bolt (45), the washer (10) and the locknut (40).
2. It is fixed on the Lower retaining junction plate by using the outer hexagon bolt (45), washer (10), nylon bush (46) and locknut (11).
3. It is mounted on round column assembly and the Rear weight stack upper welding assembly by using outer hexagon bolt (45), washer (10), nylon bush (46) and locknut (11).

Installation Steps (8) Exploded Drawing



No.	Part Name	Specification Description	Quantity
48	Hexagonal head bolt	M8	2
50	Cable cross handgrip cushion block	Assembly part	2
51	Hexagon locking thread	Assembly part	2
52	Cable cross handle	Assembly part	2
53	Ground barrel set	Assembly part	1
54	Nylon spacer	Inner $\Phi 16$	2
55	Washer	$\Phi 16$	1
56	Hexagon nut	M16	1
57	Guard plate	Assembly part	1
58	Cup head nut	M8*30	6
59	Washer	$\Phi 8$	6

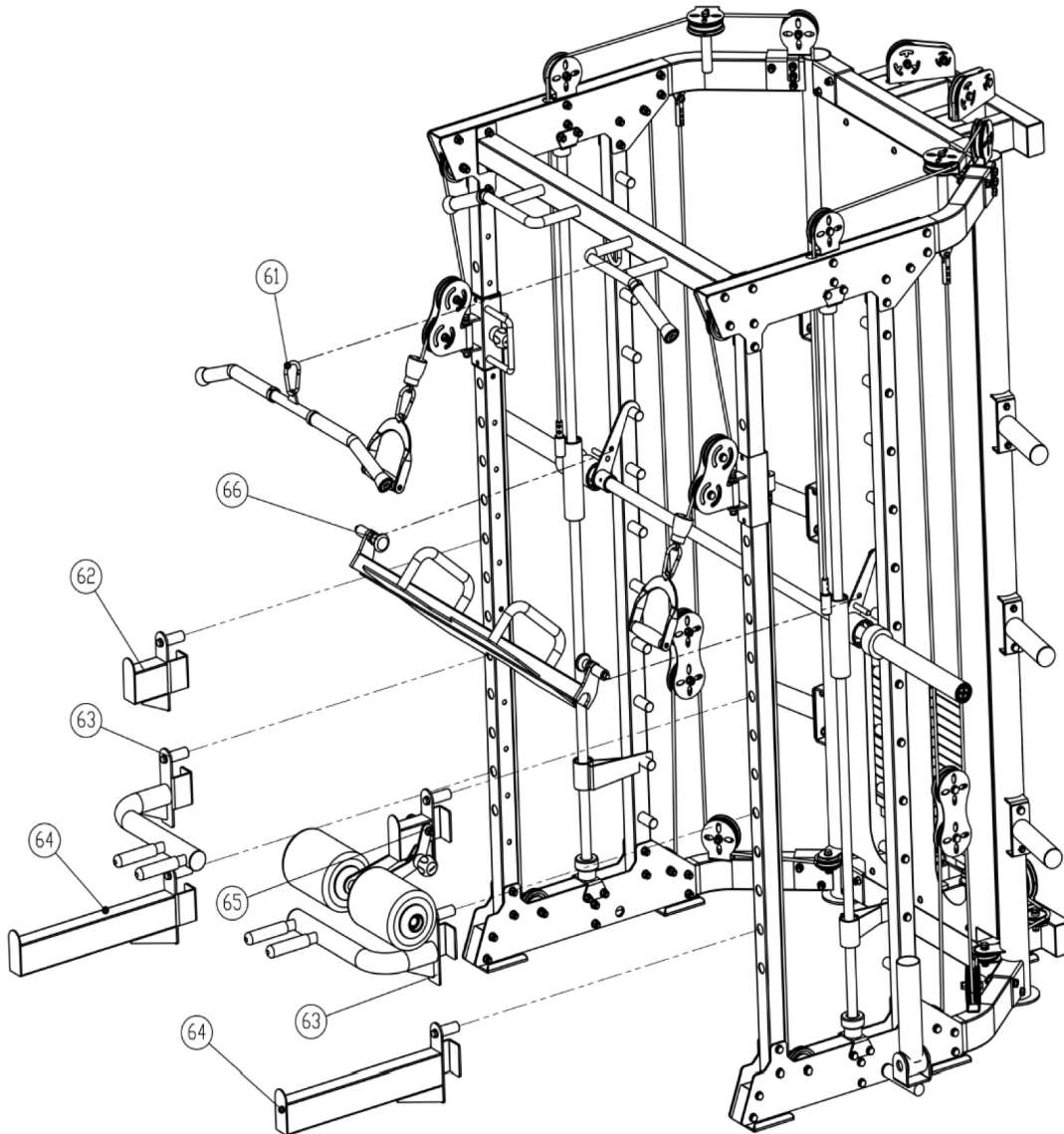
Installation Steps (8) Real Drawing after Installation



Installation Steps (8) Installation Instruction

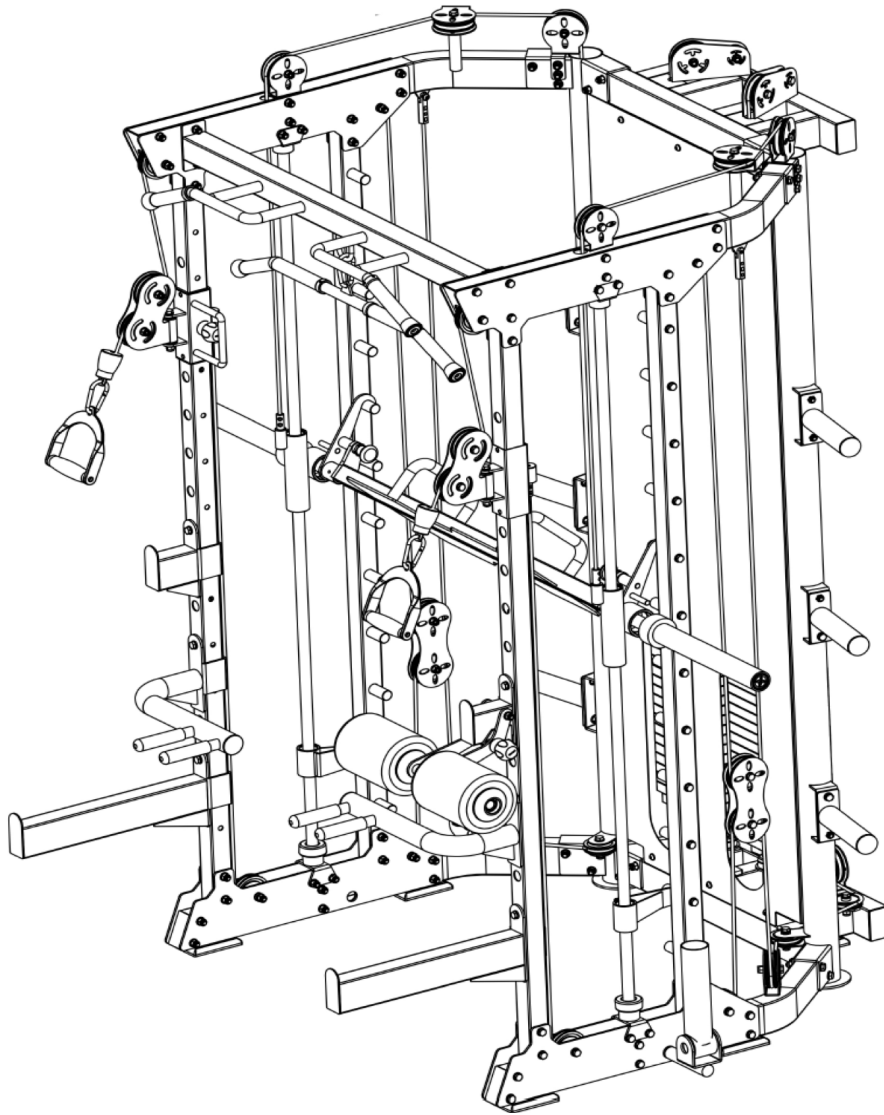
1. The Weight stack placement set is secured on the round column (both ends are the same) by using the outer hexagon bolt (50), and the washer (51), and the locknut (52).
2. The Ground barrel set is placed through the Nylon spacer (54) and locked on the Lower retaining junction plate by using the washer (59) and hexagon nut (56).
3. The Guard plate is secured on Rear weight stack upper welding assembly (7) and the Rear weight stack lower welding assembly (8) by using the cup head bolt (58), the washer (59) and the locknut (48).

Installation Steps (9) Exploded Drawing



No.	Part Name	Specification Description	Quantity
61	High pulling handgrip set	Assembly part	1
62	Squat hook left	Assembly part	1
63	Parallel bars set	Assembly part	2
64	Squat safety set	Assembly part	2
65	Squat hook with adjustable foam	Assembly part	1
66	Back-pedal set	Assembly part	1

Installation Steps (9) Real Drawing after Installation



Installation Steps (9) Installation Instruction

1. The High pulling handgrip set (61), the Squat hook left (62), the Parallel bars set (63), the Squat safety set (64), the Squat hook with adjustable foam (65) and the Back-pedal set (66) are mounted on the mainframe.

Product description

This multi-function integrated trainer is used to exercise high-low pulling, chest press, dumbbell fly, side pulling by single hand, biceps muscle and triceps muscle training. It can be used for effectively exercising latissimus dorsi, deltoid, biceps muscle and triceps muscle, Pectoral muscles and leg muscles.

Caution

Only the parts made by our company can be used during maintenance and use. To avoid unnecessary injury or damage, do not do anything that exceeds the range of application of this trainer.

The following rules should be strictly followed when using the product:

1. Be sure to read and fully understand the instructions carefully before using the device.
2. Be sure to carefully inspect any part of the device before each use and replace any defective part before using it, otherwise accidents may occur.
3. Please consult with your physician or coach before you begin training. A proper warm-up is a prerequisite for you to safely exercise weight training, so stop training immediately if you feel dizzy during your workout.
4. To prevent accidents, make sure you know all the removable parts in this device. Do not loosen or dismantle any part of this device to avoid injury.
5. Keep track of your training pace, adjust your breathing during exercise, and be sure not to hold your breath for exercise.
6. This device is not intended for use by children, so keep children away from the device when you are using it. Teenagers should also use the device under adult supervision.
7. If you have any questions regarding use and maintenance, please contact us.