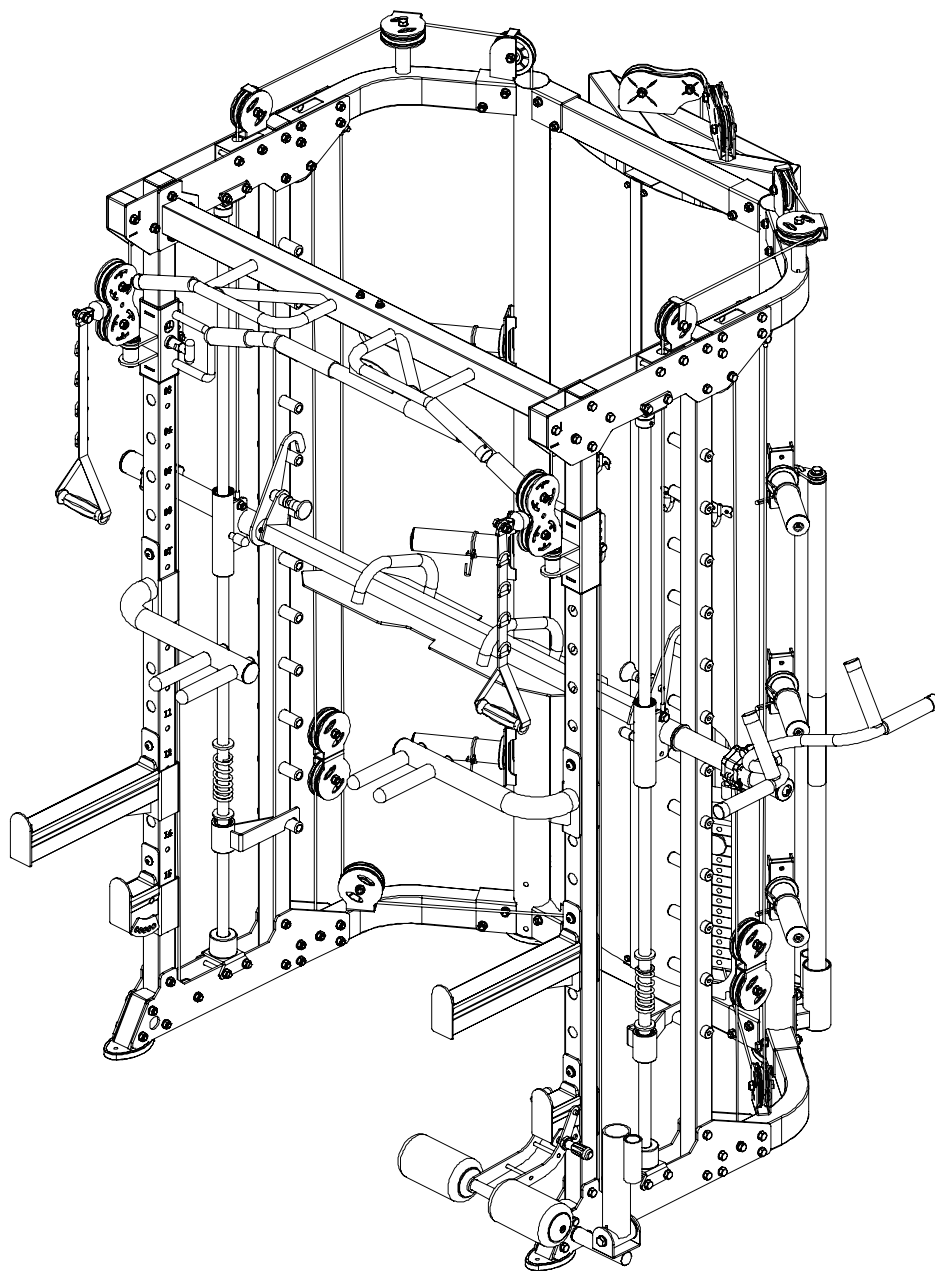


FRENCH FITNESS

FF-FSR80

FRENCH FITNESS FSR80 FUNCTIONAL TRAINER
SMITH & RACK GYM SYSTEM. V3

OWNER'S MANUAL



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

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 adjustable heights
- Lat Pulldown
- Leg Press
- Bench (Optional)
- Preacher Curl (Optional on Bench Attachment)
- Leg Extension / Leg Curl (Optional on Bench Attachment)

THE ULTIMATE ALL-IN-ONE MACHINE:

- Smith Machine
- Squat Rack
- Functional Trainer
- Landmine
- Dip Bars
- Pull Up Bar

SMITH MACHINE

- 79" Olympic Smith Bar
- Straight up and Down Motion
- 12 adjustable heights
- Smith Bearing Type: Linear

Note: Smith Bar does not have Counterweights.

ACCESSORIES INCLUDED

- Stirrup Handles
- Adjustable Dual Dip Bars
- Lat Bar
- J Hooks (4.5" Long)
- Bar Catches (16" Long)
- Olympic Bar Holder
- Landmine Attachment
- 79" Olympic Smith Bar
- Barbell Pad
- Lat Pull Knee Cushion (latches on to support you at the knees for lat pull downs)
- Vertical Leg Press Plate
- 48" Dual Hook Straight Bar

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: (2) 220 lb Weight Stacks (440 lbs total) -- Feels like (2) 330 lbs due to 2:3 Pulley Ratio
- Weight Stack Increments: 10 lbs (Feels like 15 lbs due to 2:3 ratio)
- 2:3 Weight to Pulley Ratio
- Cables extends 54"
- Weight: 992 lbs (450 kgs)
- Inner Cage Width: 49 3/8"
- Outer Cage Width: 53 3/8"
- Dimensions: 79"W x 56"D x 85.75"H

WARRANTY

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

Contents

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Parts list

No.	Description	Note	Qty.
1	connection tube		1
2	upright frame left		1
3	upright frame right		1
4	bending tube left		1
5	bending tube right		1
6	upper connection tube		1
7	upper bending tube right		1
8	upper bending tube left		1
9	hexagon bolt	M10x75	54
10	lock nut	M10	100
11	washer	Φ10	210
11	washer	Φ10	1
12	chin up bar		4
13	upper plate		1
14	pulley frame tube right		1
15	pulley frame tube left		2
16	upright tube		1
17	tube with hole right		1
18	tube with hole left		4
19	lower plate		1
20	sliding tube right		1
21	sliding tube left		2
22	foot tube cover		2
23	end tube		14
24	hexagon bolt	M10x80	2
26	upper base		2
27	guide rod	Φ25x1850	2
28	lock sleeve		2
29	sliding sleeve		2
30	rubber pad with groove	Φ60xΦ26x45	2
31	safety hook right		1
32	safety hook left		1
33	hexagon bolt	M10x90	8
34	socket set screw	M8x10	2
35	end cap		2

No.	Description	Note	Qty.
36	check ring		2
37	pipe	Φ50x310xT0.5	2
38	button head socket screw	M12x40	2
39	spring washer	Φ12	2
40	washer	Φ12	2
41	barbell rod		1
42	inner pipe	Φ48x298x2.5T	2
43	rubber pad	Φ60xΦ26x25	2
44	rubber pad	Φ60xΦ26x42	4
45	guide rod hollow	Φ25x1955	4
46	reinforcing plate		4
47	weight stack		2
48	hexagon bolt	M10x20	8
49	wire	Φ5x2745mm	2
50	pulley	Φ95	20
51	pulley plate		4
52	hexagon bolt	M10x45	14
53	hexagon bolt	M10x50	4
54	hexagon bolt	M10x25	7
55	weight		2
56	wire	Φ5x4095mm	2
57	"-" shaped pulley frame		2
58	pulley spacer sleeve	Φ20x10.5xL20.5	16
59	pulley	Φ50	6
60	wire		2
61	barbell plate holder		6
62	connection strap		1
63	shield left		1
64	shield right		1
65	hexagon bolt	M6x16	10
66	washer	Φ6	10
67	hook		4
68	"+" slotted countersunk head bolt	M4x12	8
69	lock nut	M4	8
70	hexagon bolt	M8x20	12

No.	Description	Note	Qty.
71	washer	Φ8	12
72	core trainer		1
73	powder metallurgy sleeve		2
74	barbell rod cup		1
75	big washer	Φ25x10x2.0	1
76	hexagon bolt	M10x95	2
77	dip bar left		1
78	dip bar right		1
79	barbell rod holder right		1
80	barbell rod holder left		1
81	barbell rod holder short left		1
82	barbell rod holder short right		1
83	long bar		1
84	ship rod		1
85	hand belt		2
86	pull lift device		1
87	T shape pin	Φ10x100	1
88	leg curl tube		1
89	barbell rod ring		2
90	selector rod		2
91	weight pin		2
92	footplate		1

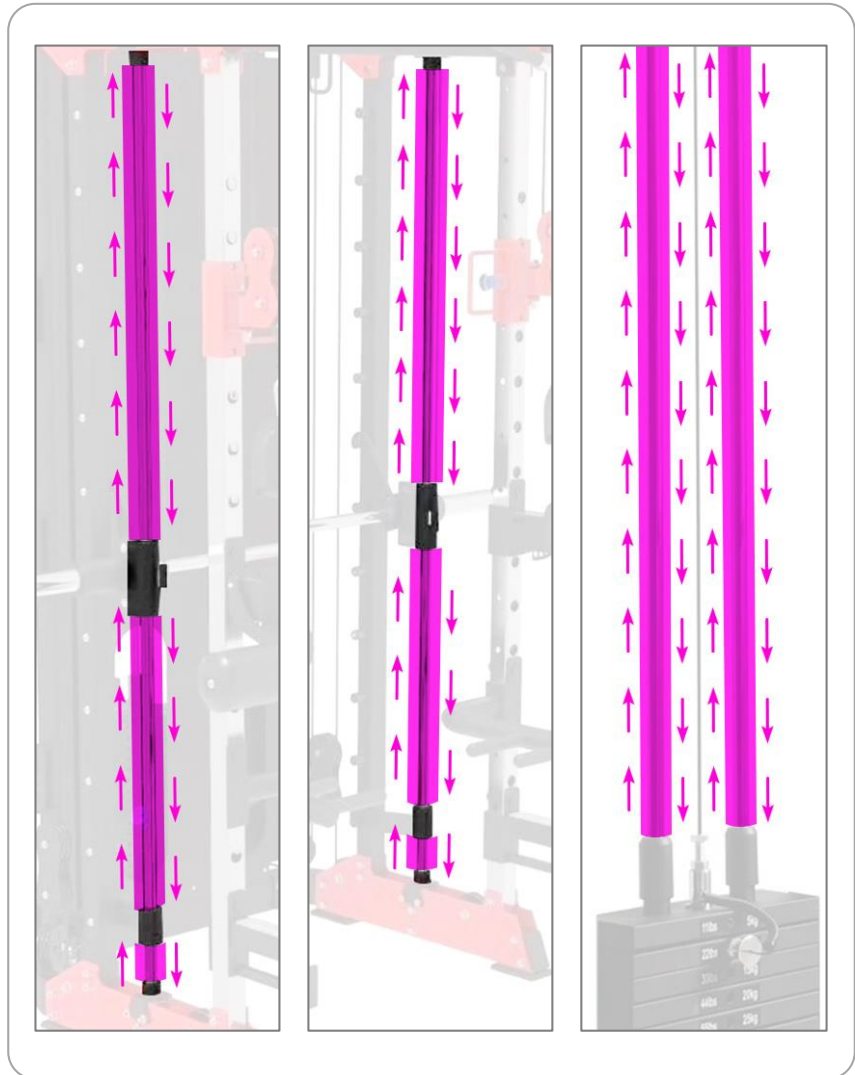
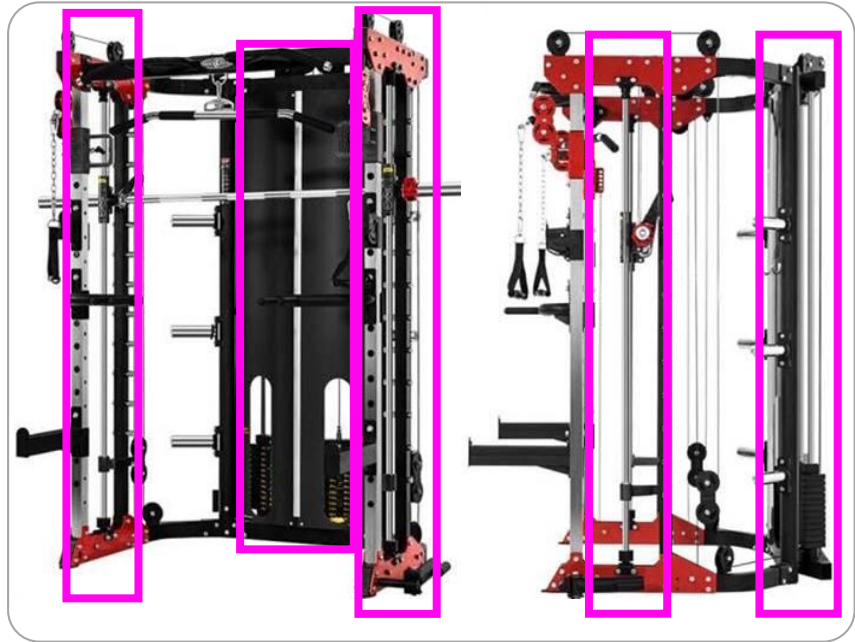


CLEAN GUIDE RODS

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

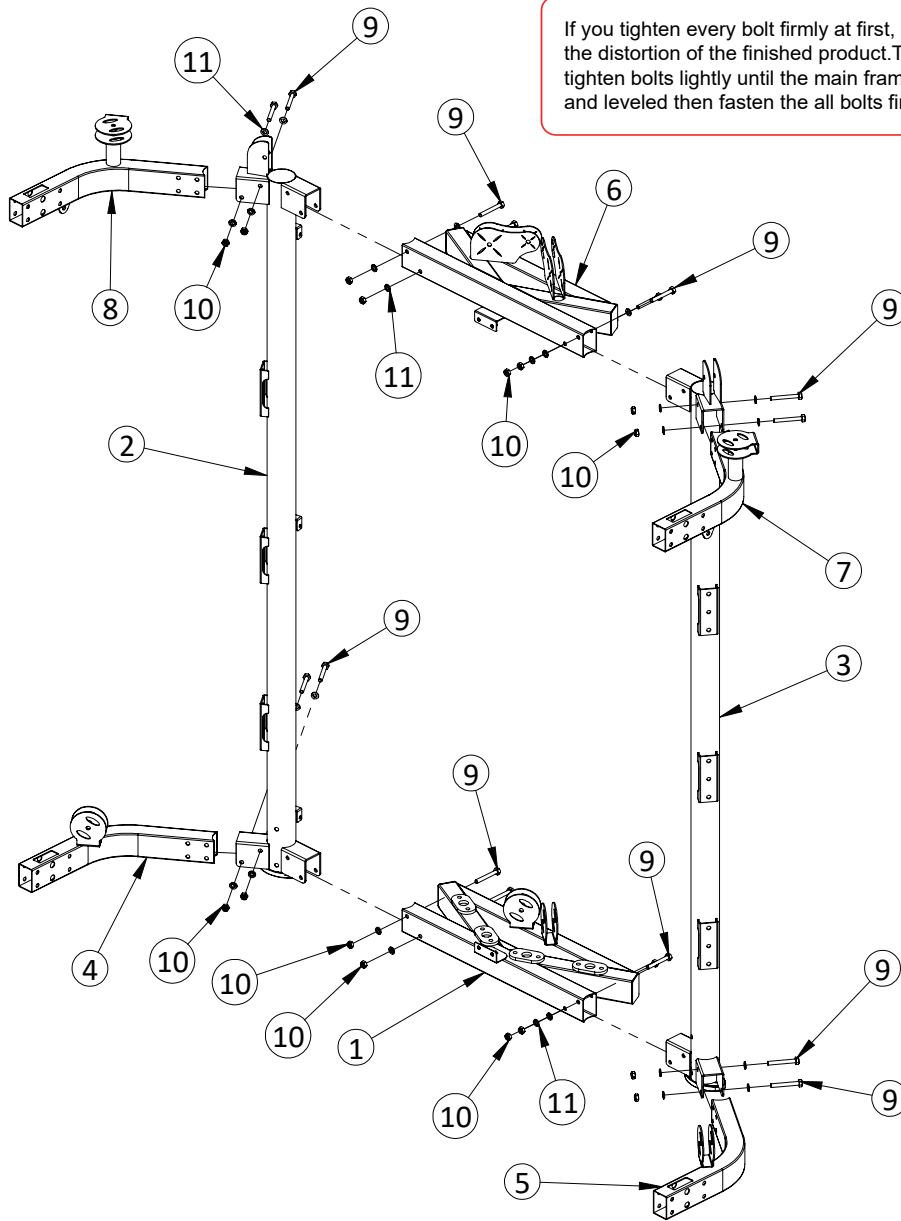
Guide rods need to make sure they are cleaned prior to installation otherwise this will cause the top plate to get stuck. It causes buildup in the bushings of the top plates. They just need to be cleaned out as well as the guide rods.

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.

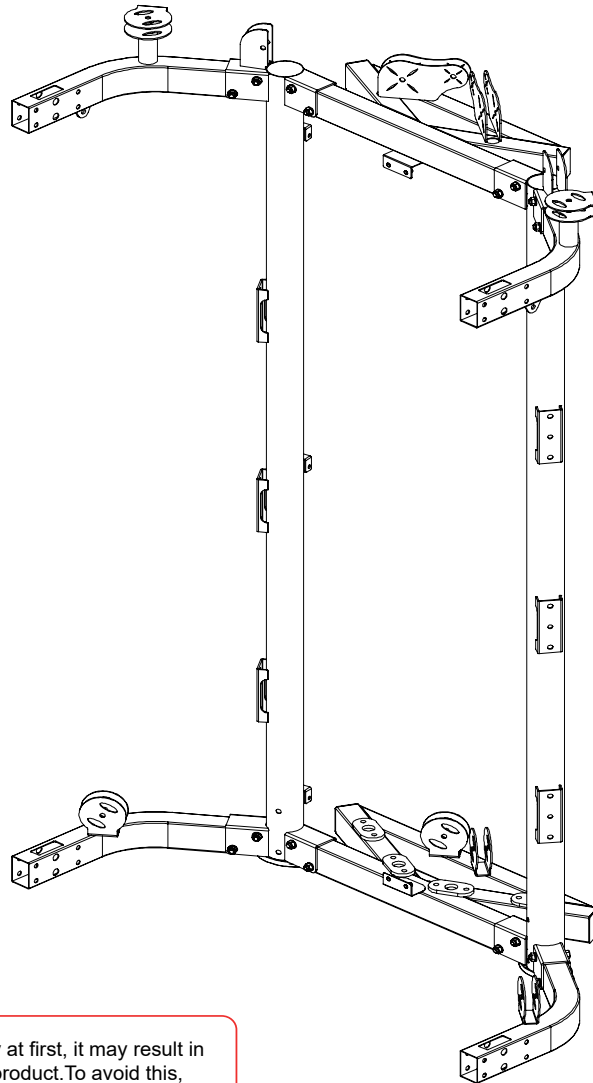


Assembly step 1

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.



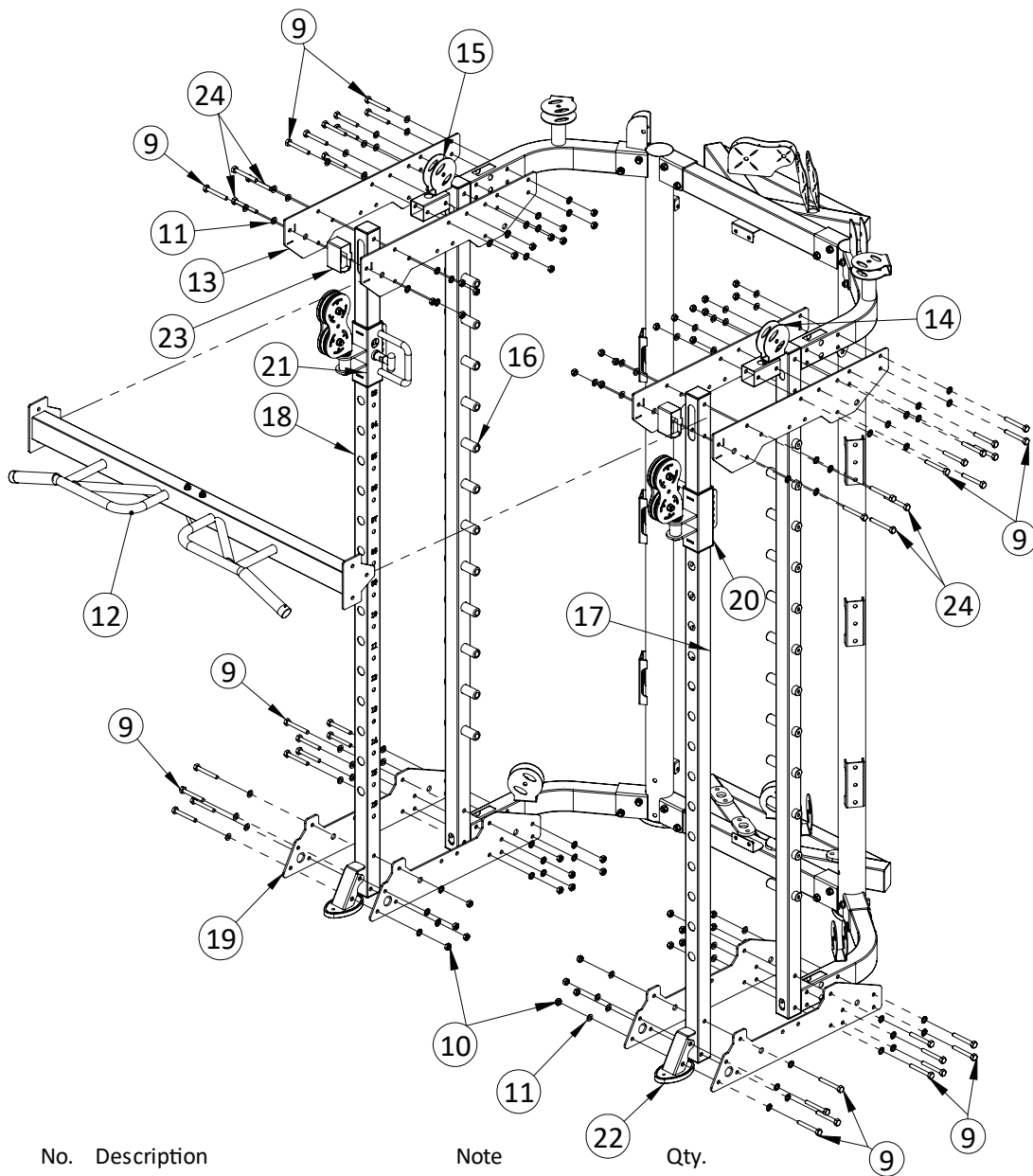
No.	Description	Note	Qty.
1	connection tube		1
2	upright frame left		1
3	upright frame right		1
4	bending tube left		1
5	bending tube right		1
6	upper connection tube		1
7	upper bending tube right		1
8	upper bending tube left		1
9	hexagon bolt	M10x75	16
10	lock nut	M10	16
11	washer	Φ10	32



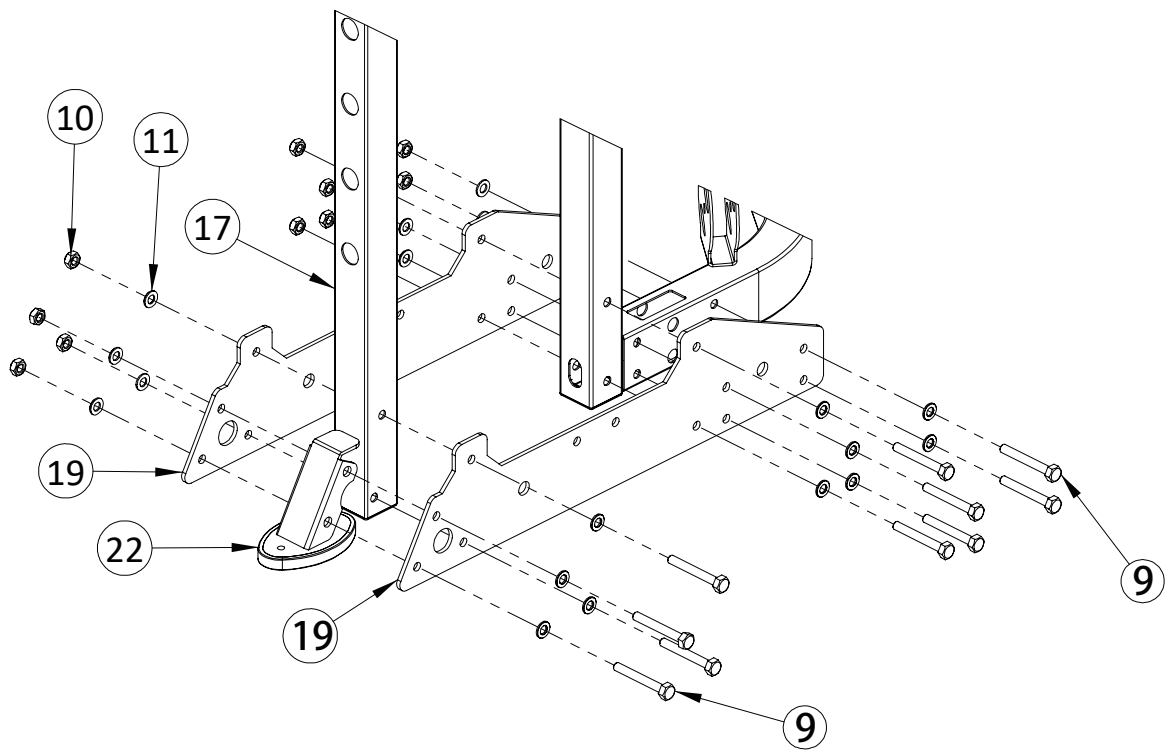
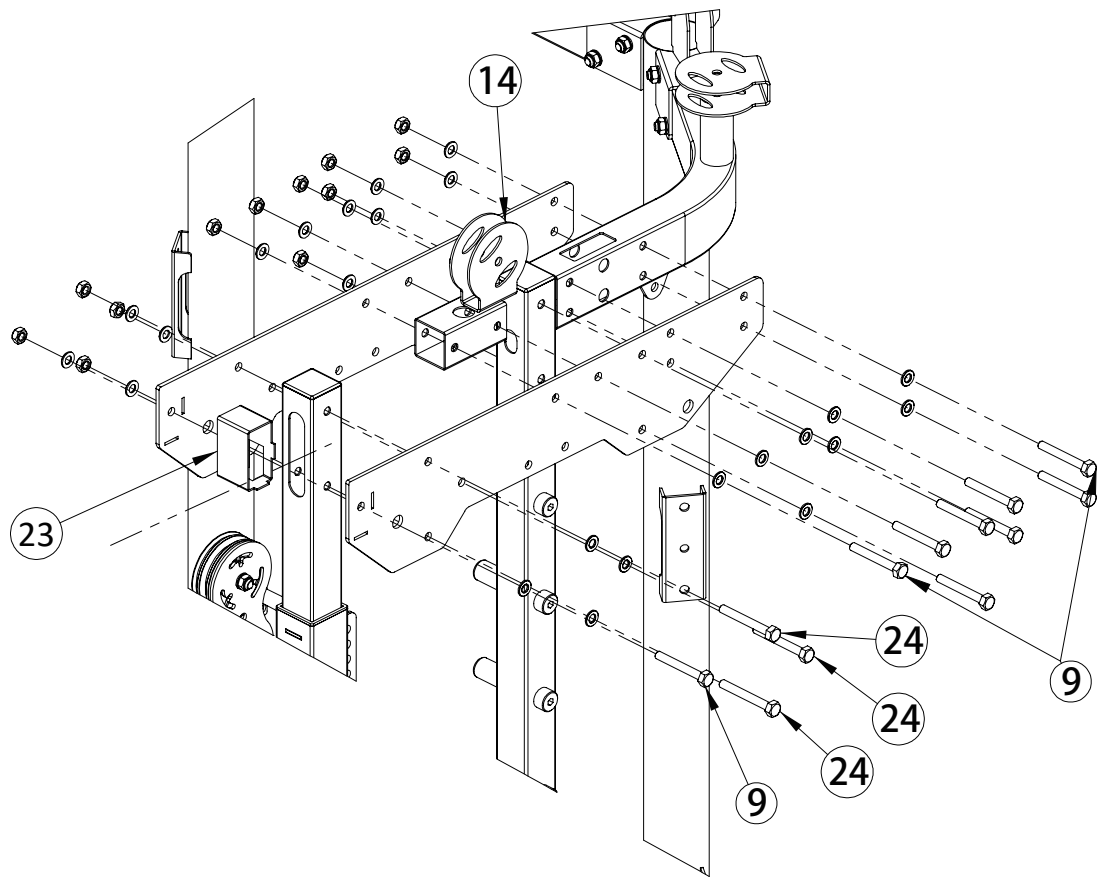
If you tighten every bolt firmly at first, it may result in the distortion of the finished product. To avoid this, tighten bolts lightly until the main frame is assembled and leveled then fasten the all bolts firmly.

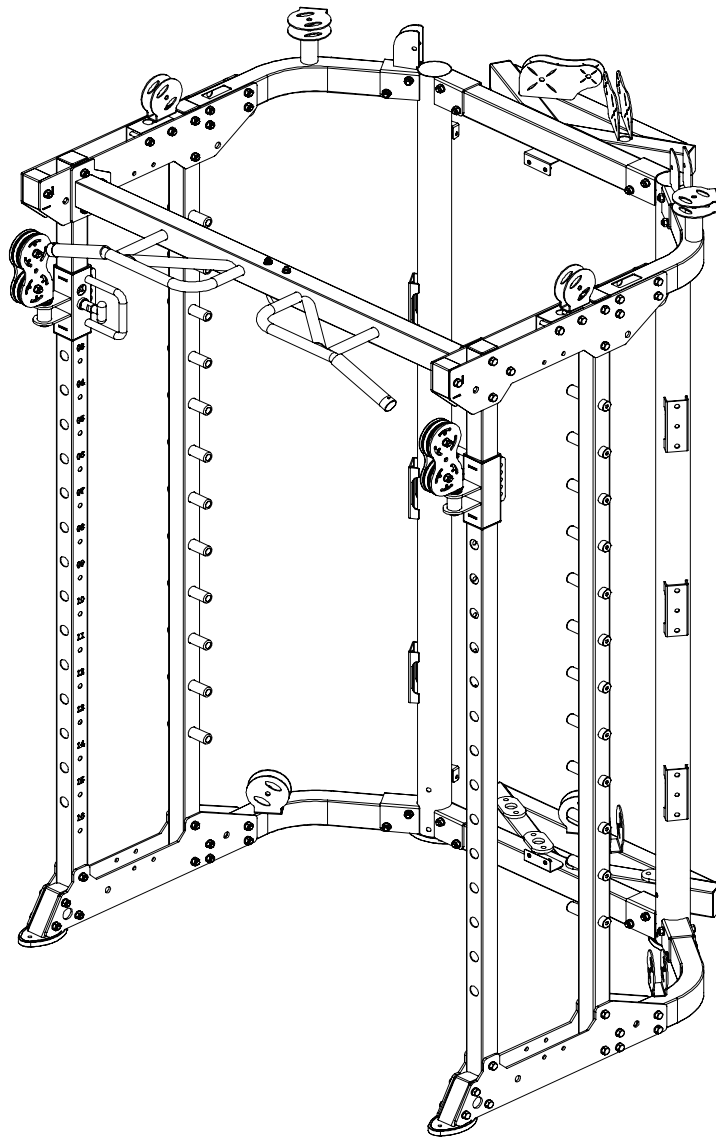
- 1 Fix bending tube left-4 fastening on upright frame left-2 using M10x75 hexagon bolt-9, $\Phi 10$ washer-11 and M10 lock nut-10
- 2 Fix bending tube right-5 fastening on upright frame right-3 using M10x75 hexagon bolt-9, $\Phi 10$ washer-11 and M10 lock nut-10
- 3 Fix connection tube-1 fastening with bending tube left-4, bending tube right-5 using M10x75 hexagon bolt-9, $\Phi 10$ washer-11 and M10 lock nut-10
- 4 Fix upper connection tube-6 fastening on upright frame using M10x75 hexagon bolt-9, $\Phi 10$ washer-11 and M10 lock nut-10
- 5 Fix upper bending tube left-8 fastening on upright frame left-2 using M10x75 hexagon bolt-9, $\Phi 10$ washer-11 and M10 lock nut-10
- 6 Fix upper bending tube right-7 fastening on upright frame right-3 using M10x75 hexagon bolt-9, $\Phi 10$ washer-11 and M10 lock nut-10

Assembly step 2



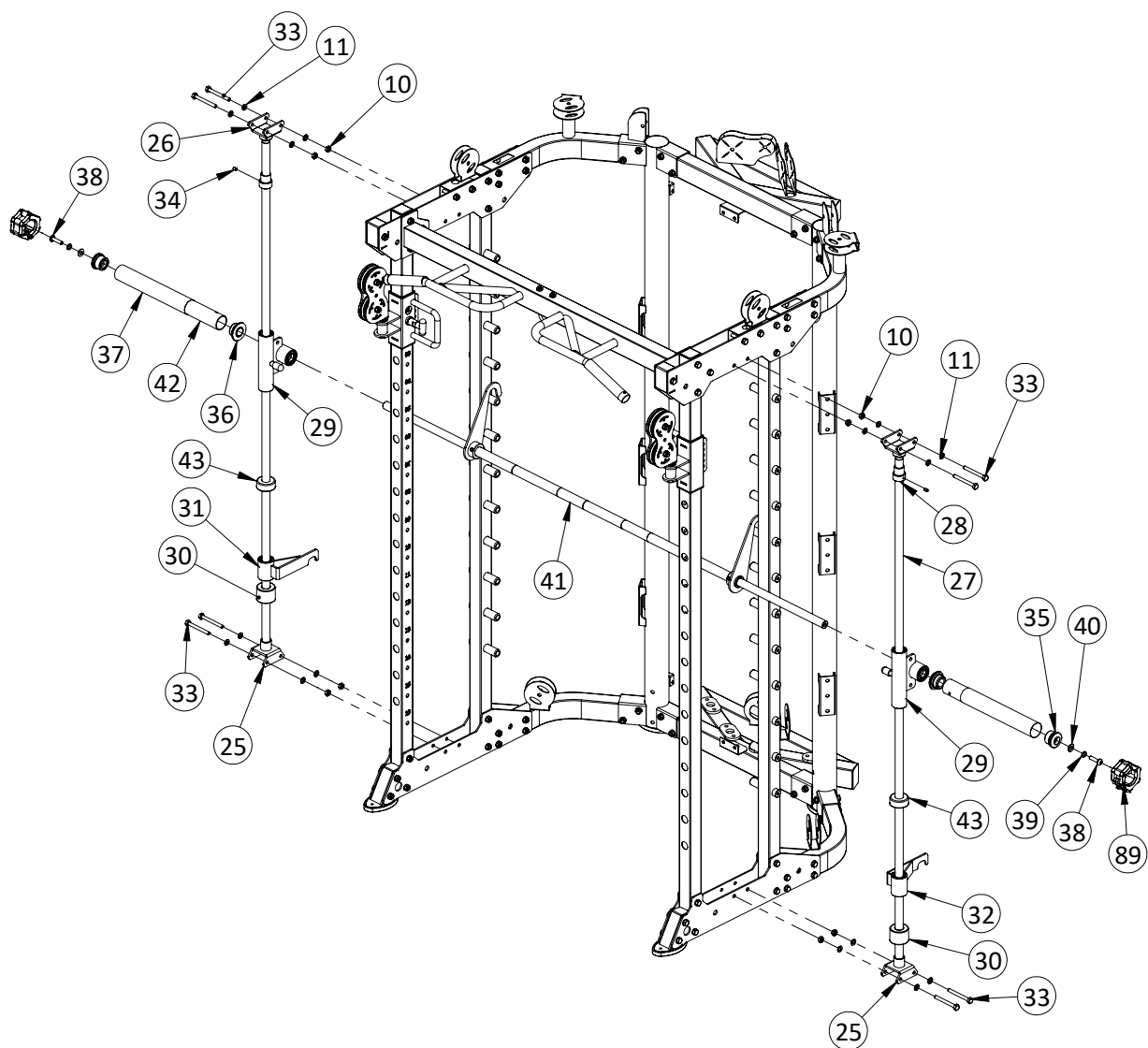
No.	Description	Note	Qty.
9	hexagon bolt	M10x75	38
10	lock nut	M10	44
11	washer	Φ10	88
12	chin up bar		1
13	upper plate		4
14	pulley frame tube right		1
15	pulley frame tube left		1
16	upright tube		2
17	tube with hole right		1
18	tube with hole left		1
19	lower plate		4
20	sliding tube right		1
21	sliding tube left		1
22	foot tube cover		2
23	end tube		2
24	hexagon bolt	M10x80	6



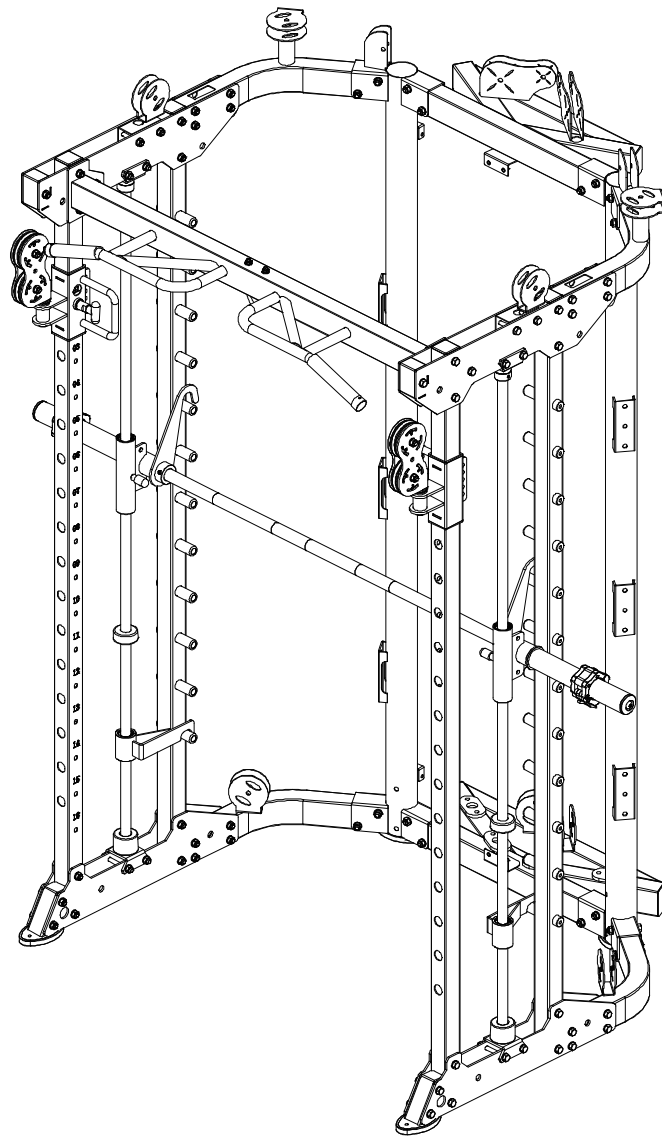


- 1 Fix sliding tube left-21 on tube with hole left-18
- 2 Fix sliding tube right on tube with hole right-17
- 3 Fix upright tube-16 and tube with hole left-18 fastening on assembly step-1 using M10x75 hexagon bolt-9, Φ 10 washer-11, M10 lock nut-10, upper plate-13 and lower plate-19
- 4 Fix pulley frame tube right-14 and pulley frame tube left-15 fastening on upper plate-13 using M10x75 hexagon bolt-9, Φ 10 washer-11 and M10 lock nut-10
- 5 Fix end tube-23 fastening on upper plate-13 using M10x75 hexagon bolt-9, Φ 10 washer-11 and M10 lock nut-10
- 6 Fix foot tube cover-22 fastening on lower plate-19 using M10x75 hexagon bolt-9, Φ 10 washer-11 and M10 lock nut-10
- 7 Fix chin up bar-12 fastening on upper plate-13 using M10x80 hexagon bolt-24, Φ 10 washer-11 and M10 lock nut-10

Assembly step 3

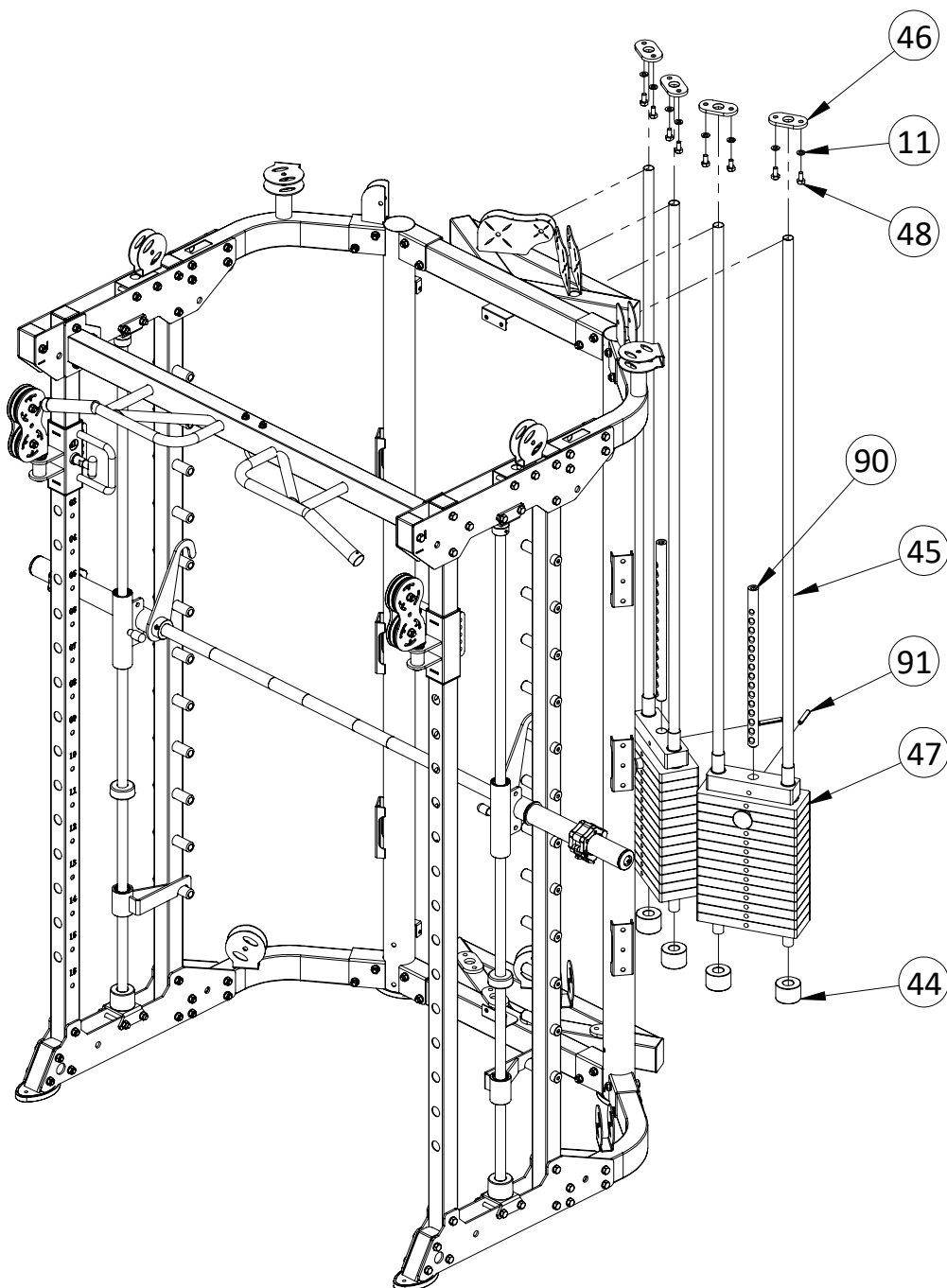


No.	Description	Note	Qty.	No.	Description	Note	Qty.
10	lock nut	M10	8	34	socket set screw	M8x10	2
11	washer	Φ10	16	35	end cap		2
25	lower base		2	36	check ring		2
26	upper base		2	37	pipe	Φ50x310xT0.5	2
27	guide rod	Φ25x1850	2	38	button head socket screw	M12x40	2
28	lock sleeve		2	39	spring washer	Φ12	2
29	sliding sleeve		2	40	washer	Φ12	2
30	rubber pad with groove	Φ60xΦ26x45	2	41	barbell rod		1
31	safety hook right		1	42	inner pipe	Φ48x298x2.5T	2
32	safety hook left		1	43	rubber pad	Φ60xΦ26x25	2
33	hexagon bolt	M10x90	8	89	barbell rod ring		2

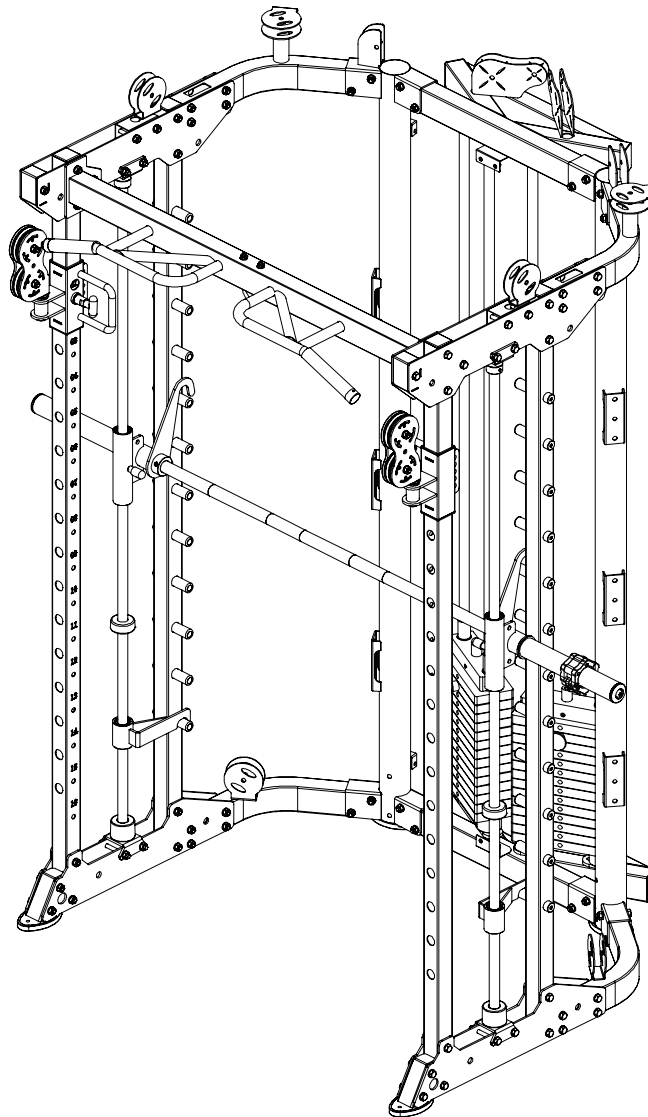


- 1 Fix lower base-25 fastening on lower plate using M10x90 hexagon bolt-33, Φ 10 washer-11 and M10 lock nut-10
- 2 Fix upper base-26 fastening on upper plate using M10x90 hexagon bolt-33, Φ 10 washer-11 and M10 lock nut-10
- 3 Guide rod in turn through lock sleeve-28, sliding sleeve-29, rubber pad-43, safety hook left-32 and rubber pad with groove-30 fastening on base using M8x10 socket set screw-34
- 4 Barbell rod-41 in turn through sliding sleeve-29, check ring-36, inner pipe-42, pipe-37 and end cap-35 fastening using M12x40 button head socket screw-38, Φ 12 spring washer-39 and Φ 12 washer-40, then fit on barbell clamp collar-89
- 5 Guide rod in turn through lock sleeve-28, sliding sleeve-29, rubber pad-43, safety hook right-31 and rubber pad with groove-30 fastening on base using M8x10 socket set screw-34

Assembly step 4

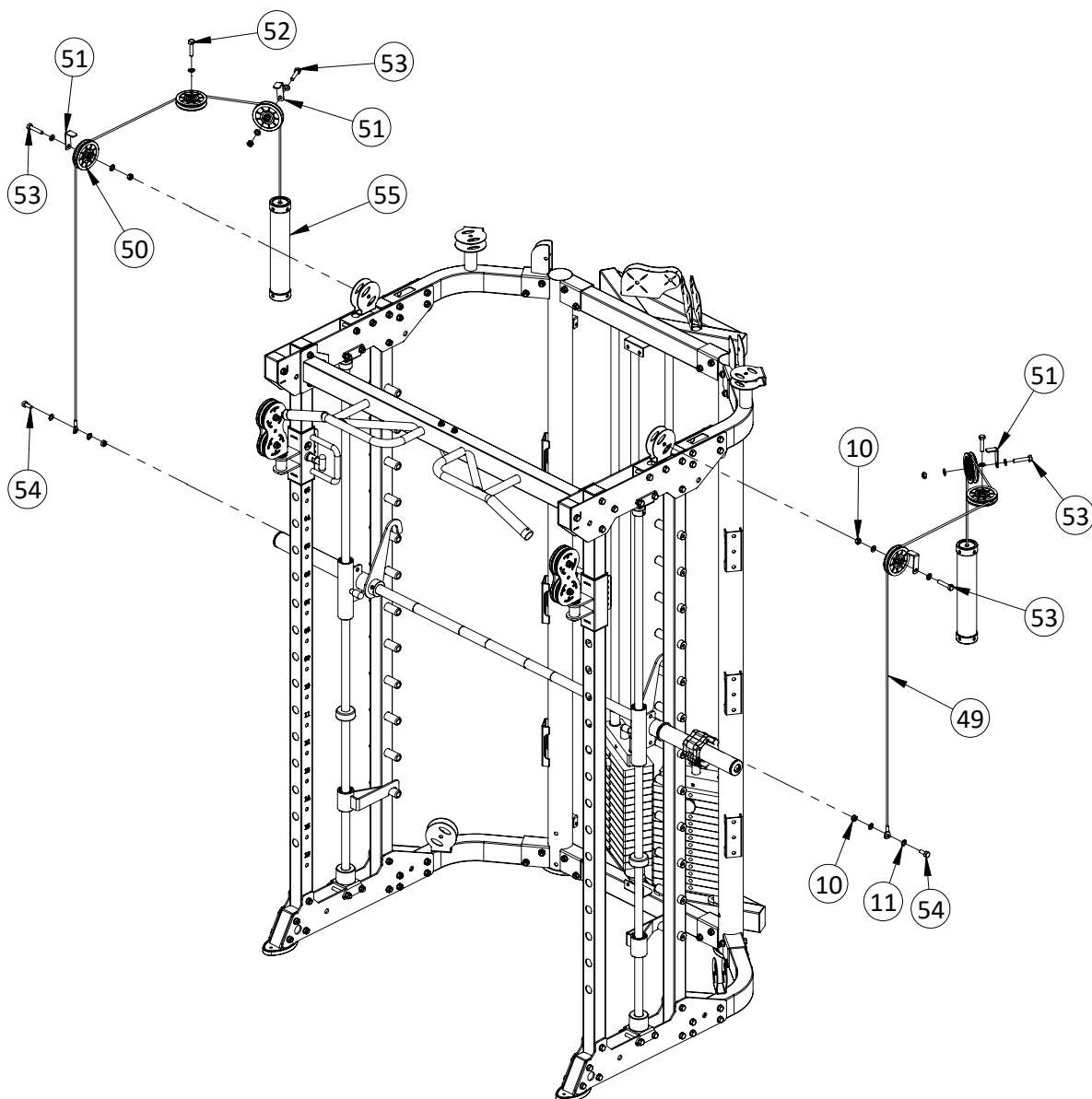


No.	Description	Note	Qty.
11	washer	Φ10	8
44	rubber pad	Φ60xΦ26x42	4
45	guide rod hollow	Φ25x1955	4
46	reinforcing plate		4
47	weight stack		2
48	hexagon bolt	M10x20	8
90	selector rod		2
91	weight pin		2

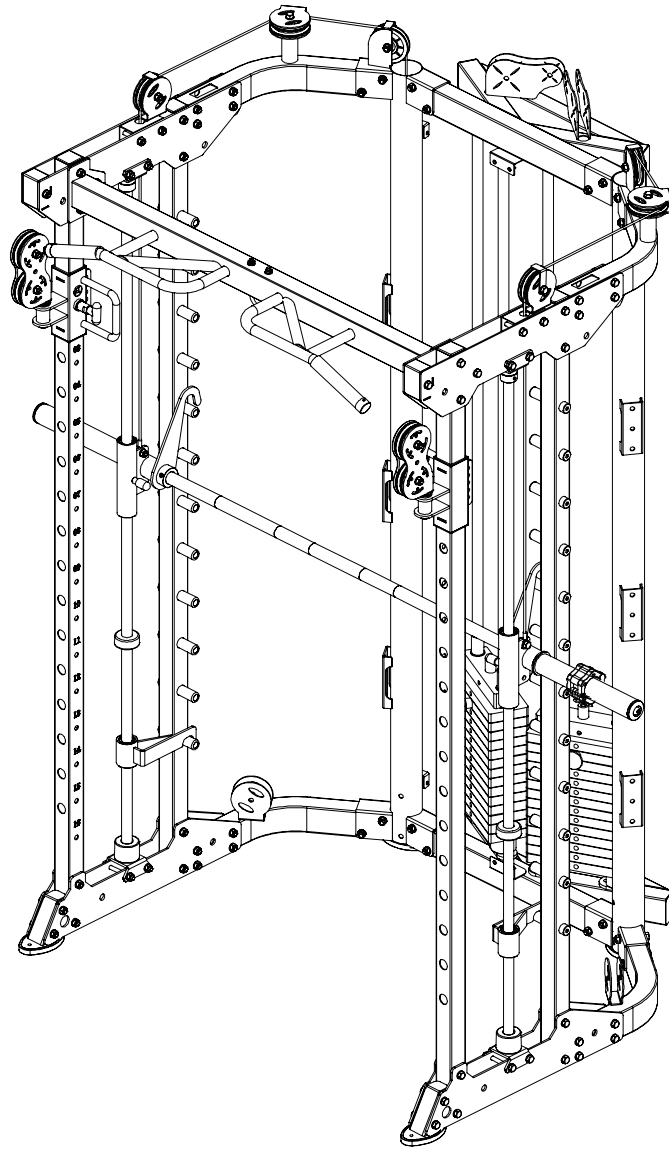


- 1 Fix weight pin-91 fastening on selector rod-90
- 2 Guide rod hollow-45 in turn through rubber pad-44, weight stack-47 and fastening on reinforcing plate-46 using M10x20 hexagon bolt-48, $\Phi 10$ washer-11 and M10 lock nut-10

Assembly step 5

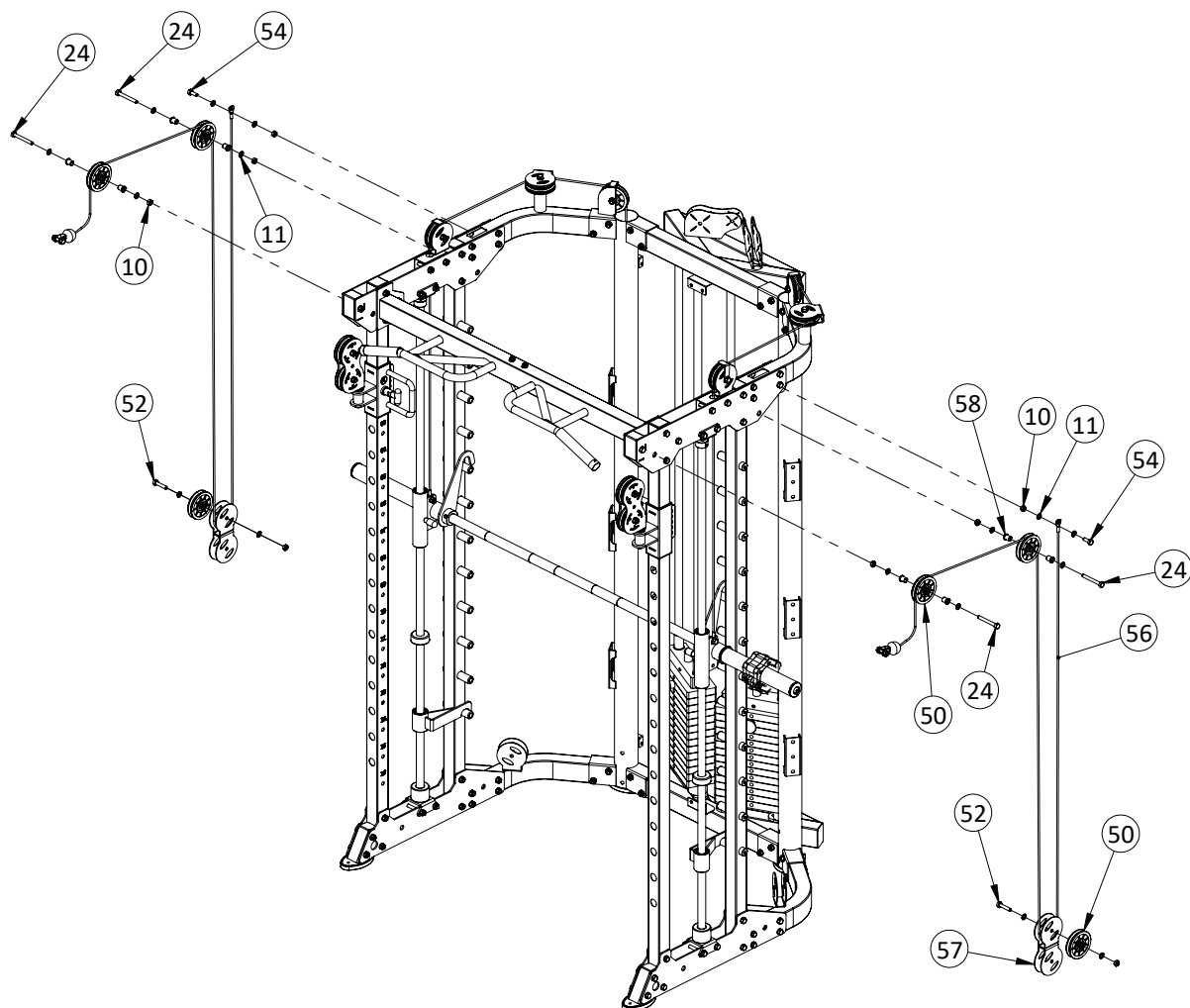


No.	Description	Note	Qty.
10	lock nut	M10	6
11	washer	Φ10	14
49	wire	Φ5x2745mm	2
50	pulley	Φ95	6
51	pulley plate		4
52	hexagon bolt	M10x45	2
53	hexagon bolt	M10x50	4
54	hexagon bolt	M10x25	2
55	weight		2

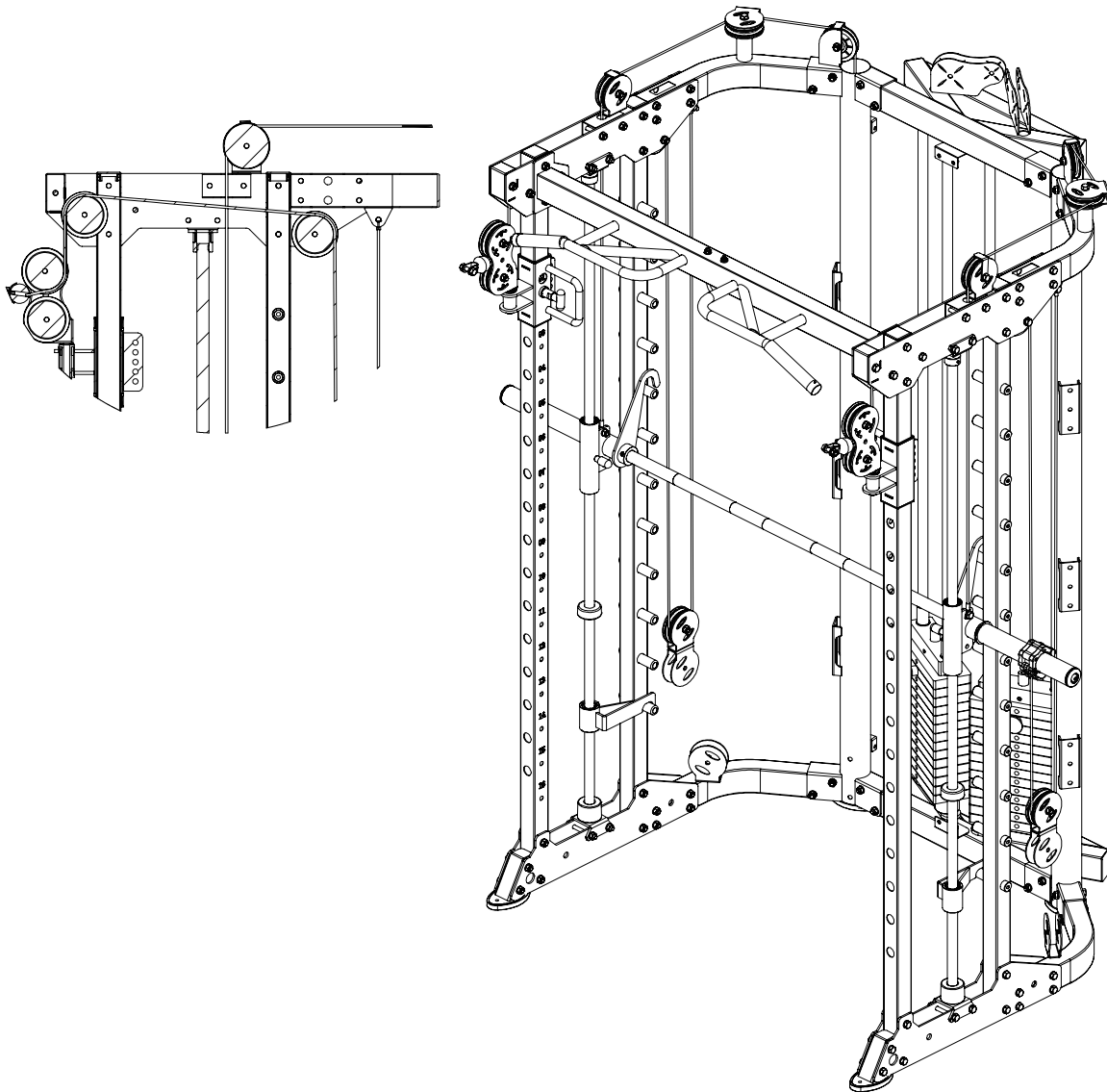


- 1 Connect wire-49 with weight-55, put them into spring frame
- 2 Fix pulley-50 fastening on upper bending tube using M10x50 hexagon bolt-53, pulley plate-51, Φ 10 washer-11 and M10 lock nut-10
- 3 Fix pulley-50 fastening on upper bending tube using M10x45 hexagon bolt-52, Φ 10 washer-11 and M10 lock nut-10
- 4 Fix wire-49 fastening on sliding sleeve outside using M10x25 hexagon bolt-54, Φ 10 washer-11 and M10 lock nut-10

Assembly step 6

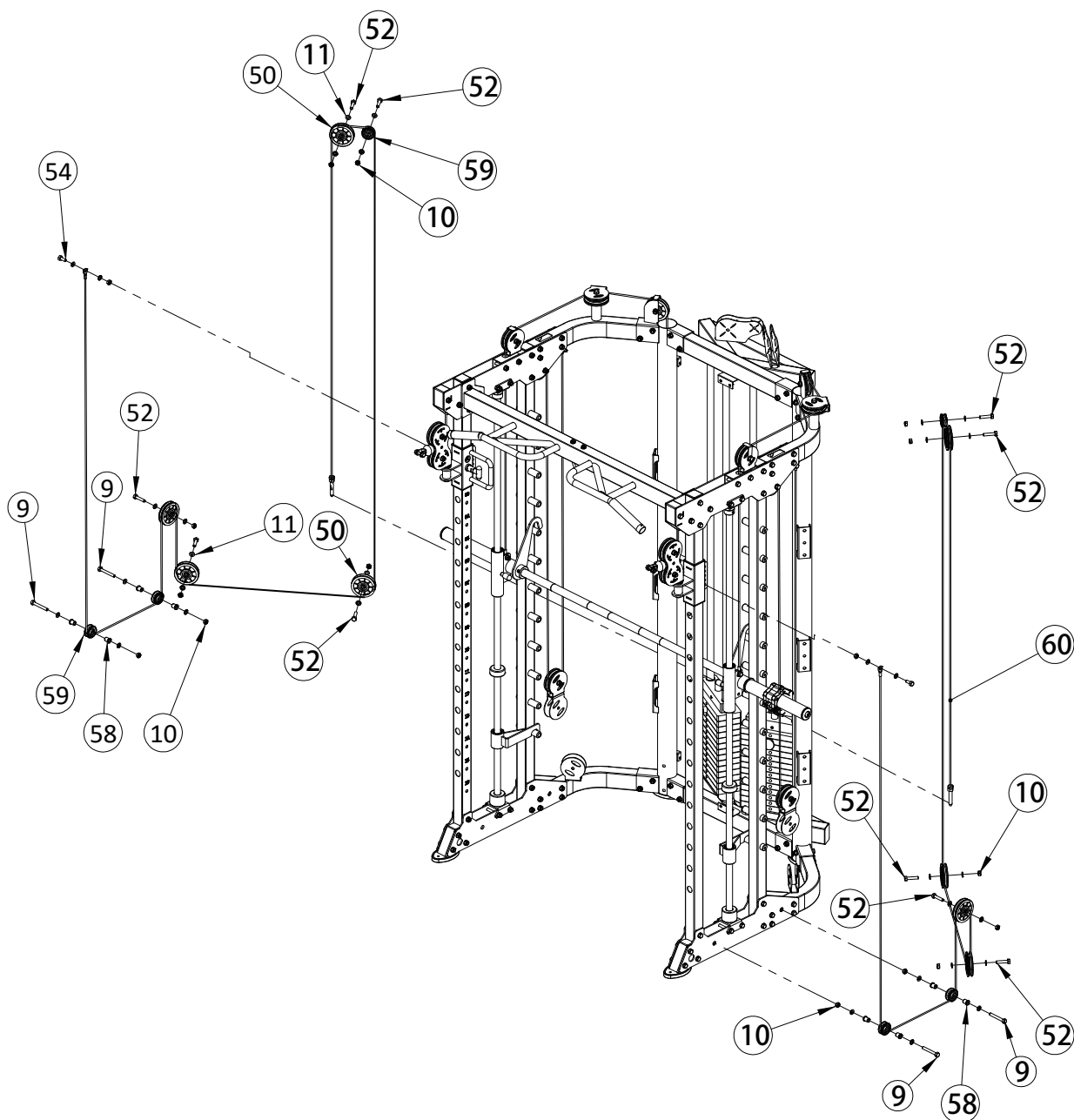


No.	Description	Note	Qty.
10	lock nut	M10	8
11	washer	Φ10	16
24	hexagon bolt	M10x80	4
50	pulley	Φ95	6
52	hexagon bolt	M10x45	2
54	hexagon bolt	M10x25	2
56	wire	Φ5x4095mm	2
57	"-" shaped pulley frame		2
58	pulley spacer sleeve	Φ20x10.5xL20.5	8

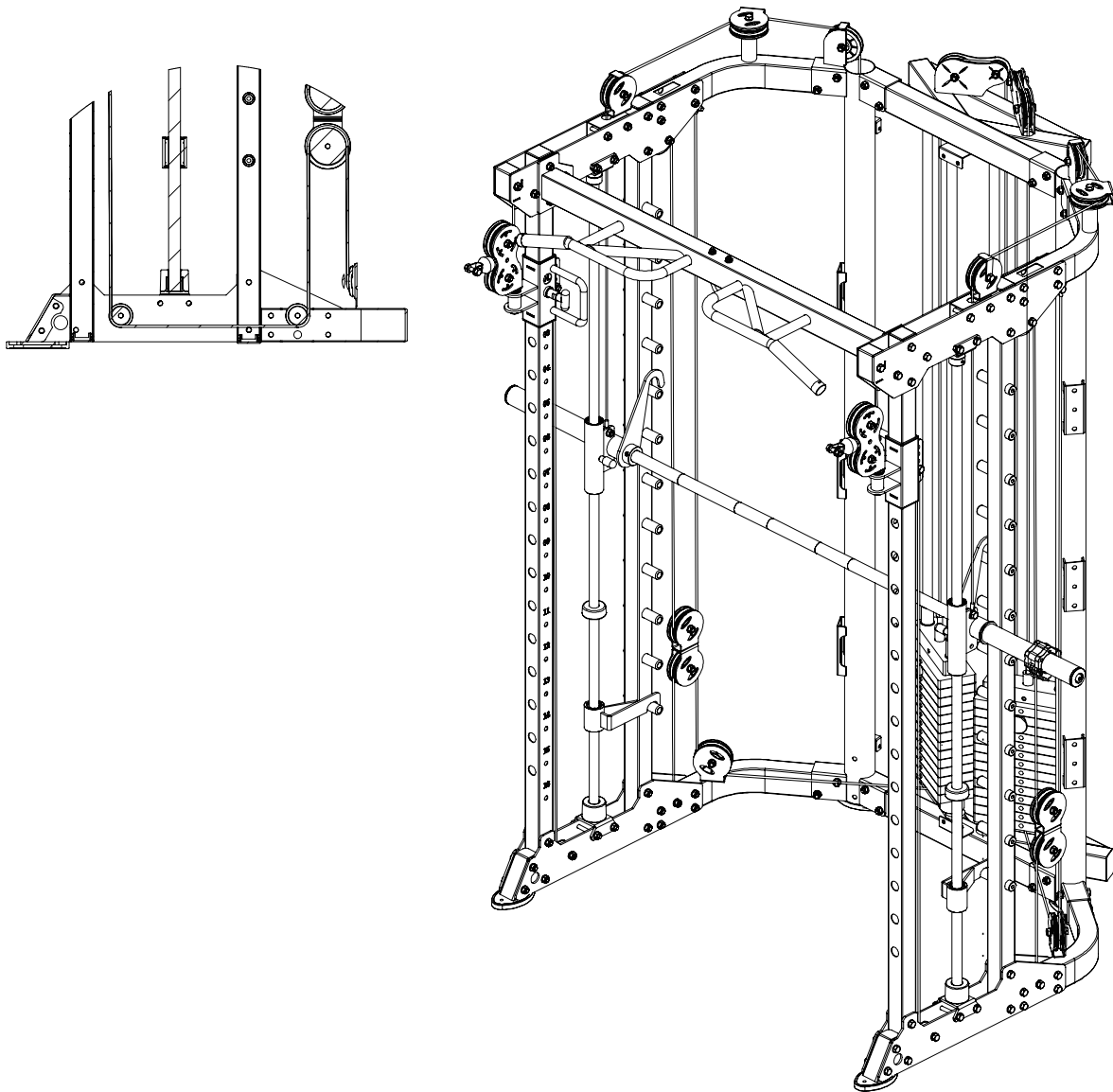


- 1 As the shown in the figure fix pulley-50 fastening on upper plate using M10x80 hexagon bolt-24, Φ 10 washer-11 and M10 lock nut-10 and pulley spacer sleeve-58
- 2 Fix pulley-50 fastening on "—" shape pulley frame-57 using M10x45 hexagon bolt-52, Φ 10 washer-11 and M10 lock nut-10
- 3 As the shown in the figure put the wire-56 using M10x45 hexagon bolt-52, Φ 10 washer-11 and M10 lock nut-10 fastening on bending tube, careful to keep the wire vertical

Assembly step 7

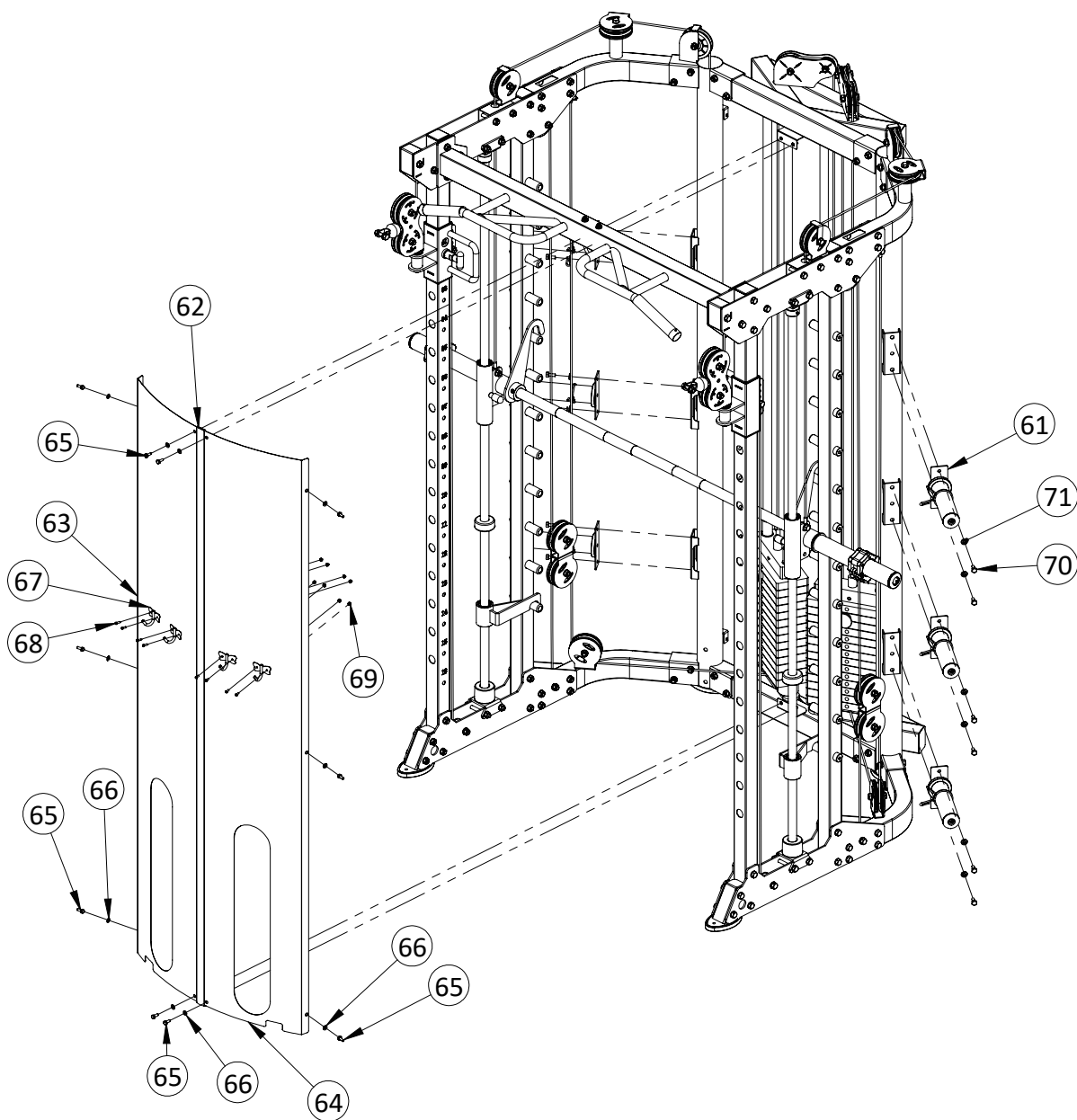


No.	Description	Note	Qty.
24	hexagon bolt	M10x80	4
10	lock nut	M10	16
11	washer	Φ10	32
50	pulley	Φ95	8
52	hexagon bolt	M10x45	10
54	hexagon bolt	M10x25	2
58	pulley spacer sleeve	Φ20x10.5xL20.5	8
59	pulley	Φ50	6
60	wire		2

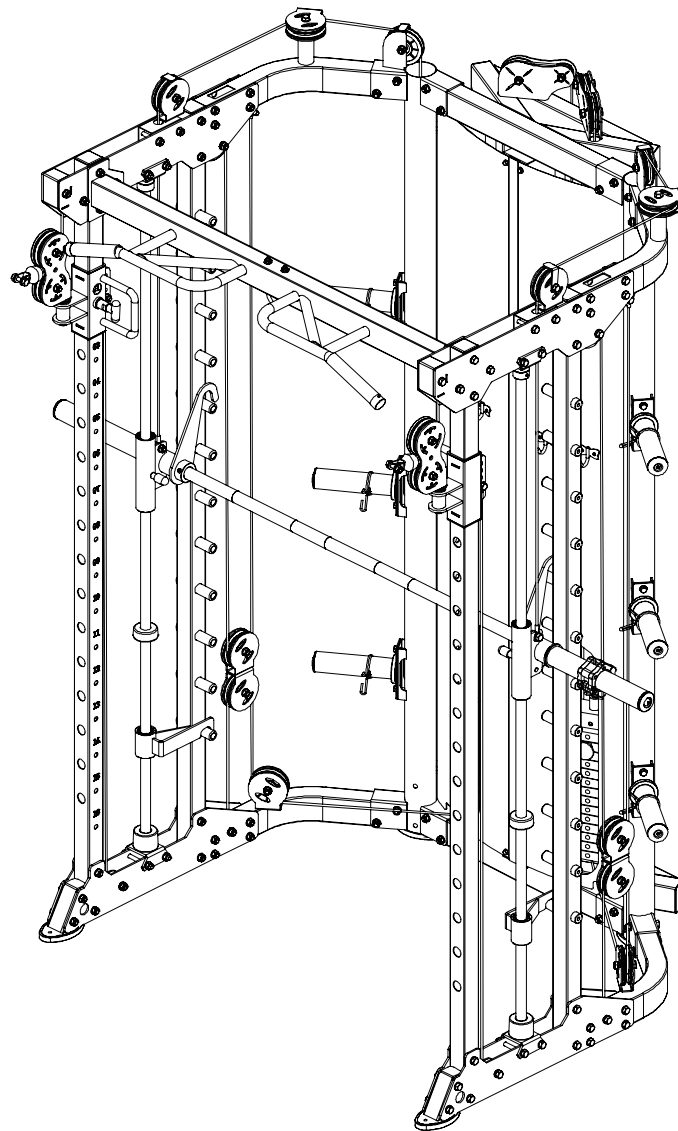


- 1 Fix pulley-50 fastening on "U" shape pulley frame-57 using M10x45 hexagon bolt-52, Φ 10 washer-11 and M10 lock nut-10
- 2 Fix pulley-50 fastening on lower plate using M10x80 hexagon bolt-24, Φ 10 washer-11 and M10 lock nut-10 and pulley spacer sleeve-58
- 3 Fix pulley-50 fastening on lower bending tube using M10x45 hexagon bolt-52, Φ 10 washer-11 and M10 lock nut-10
- 4 As the shown in the figure put the wire-60 on the machine

Assembly step 8

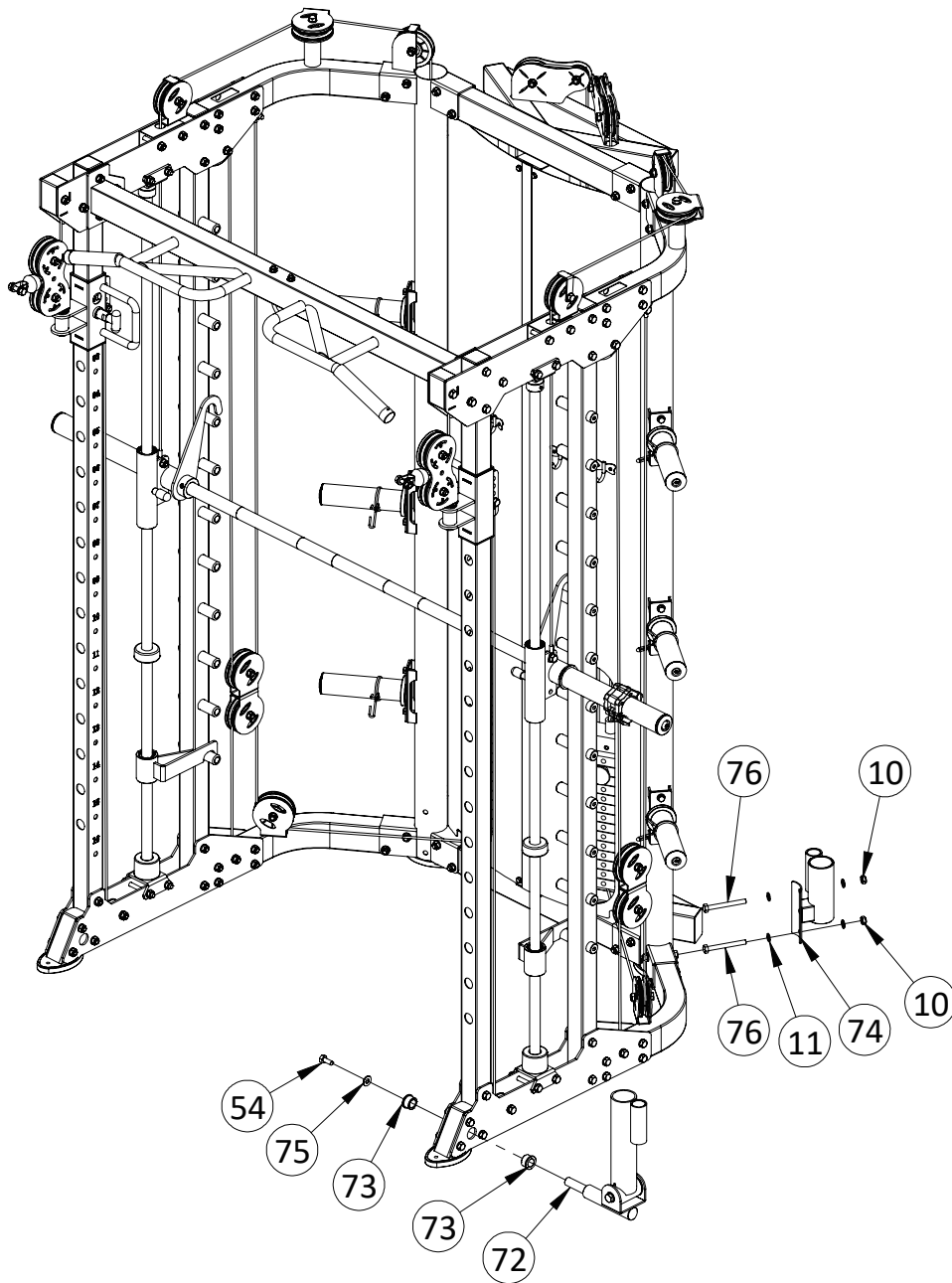


No.	Description	Note	Qty.
61	barbell plate holder		6
62	connection strap		1
63	shield left		1
64	shield right		1
65	hexagon bolt	M6x16	10
66	washer	Φ6	10
67	hook		4
68	"+"slotted countersunk head bolt	M4x12	8
69	lock nut	M4	8
70	hexagon bolt	M8x20	12
71	washer	Φ8	12

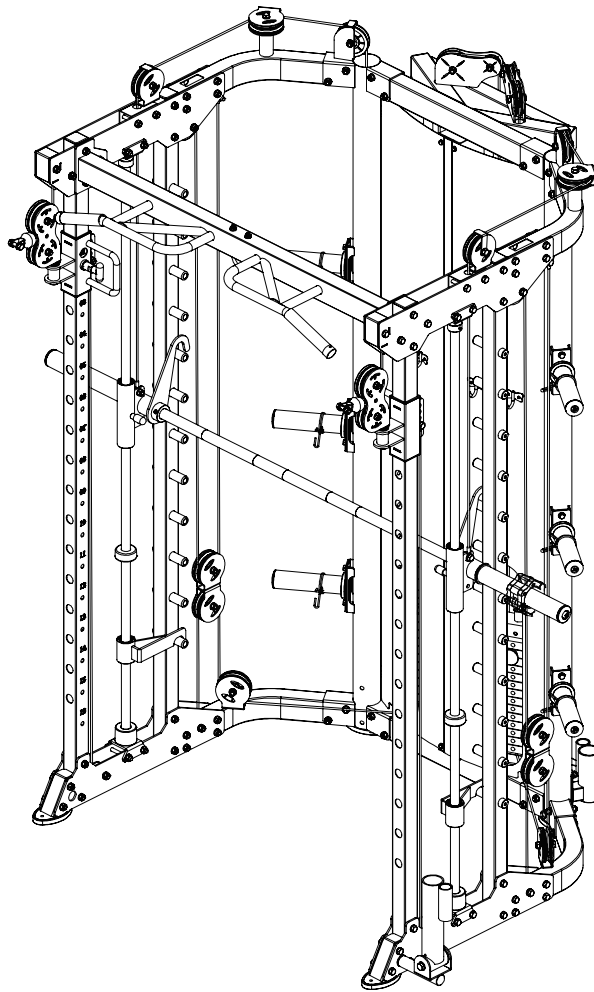


- 1 Connect shield left-63, connection strap-62 and shield right-64
- 2 Fix hook-67 fastening on shield using "+"slotted countersunk head bolt-68 and M4 lock nut-69
- 3 Fix shield fastening on main frame using M6x16 hexagon bolt-65, $\Phi 6$ washer-66
- 4 Fix barbell plate holder-61 on main frame using M8x20 hexagon bolt-70, $\Phi 8$ washer-71

Assembly step 9

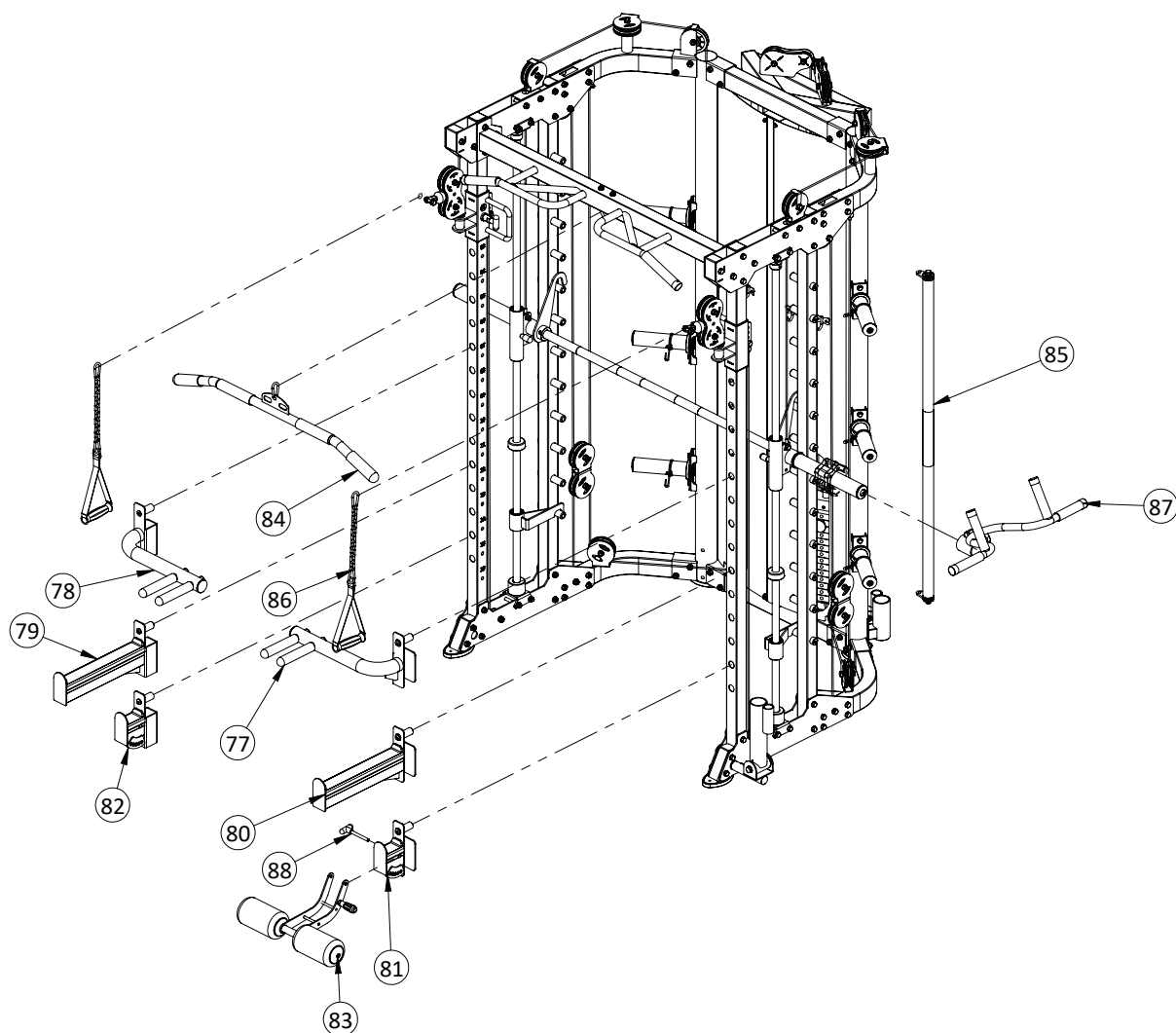


No.	Description	Note	Qty.
10	lock nut	M10	2
11	washer	Φ10	4
54	hexagon bolt	M10x25	1
72	core trainer		1
73	powder metallurgy sleeve		2
74	barbell rod cup		1
75	big washer	Φ25x10x2.0	1
76	hexagon bolt	M10x95	2

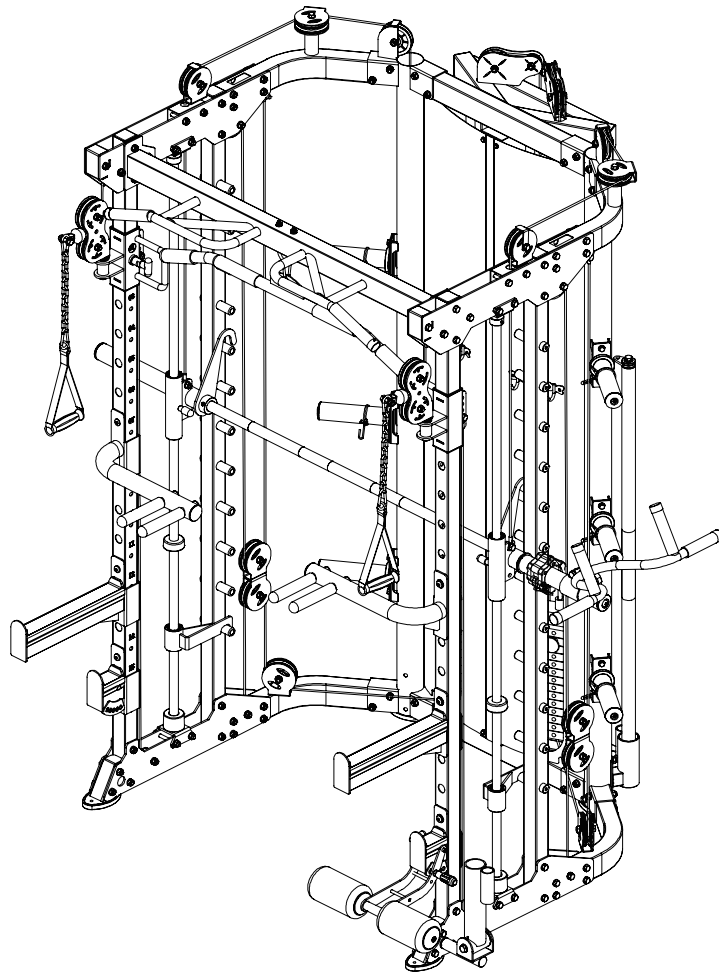


- 1 Fix core trainer-72 fastening on main frame using M10x25 hexagon bolt-54, Φ 10 big washer-75 and powder metallurgy sleeve-73
- 2 Fix barbell rod cup-74 fastening on upright frame using M10x95 hexagon bolt-76, Φ 10 washer-11 and M10 lock nut-10

Assembly step 10

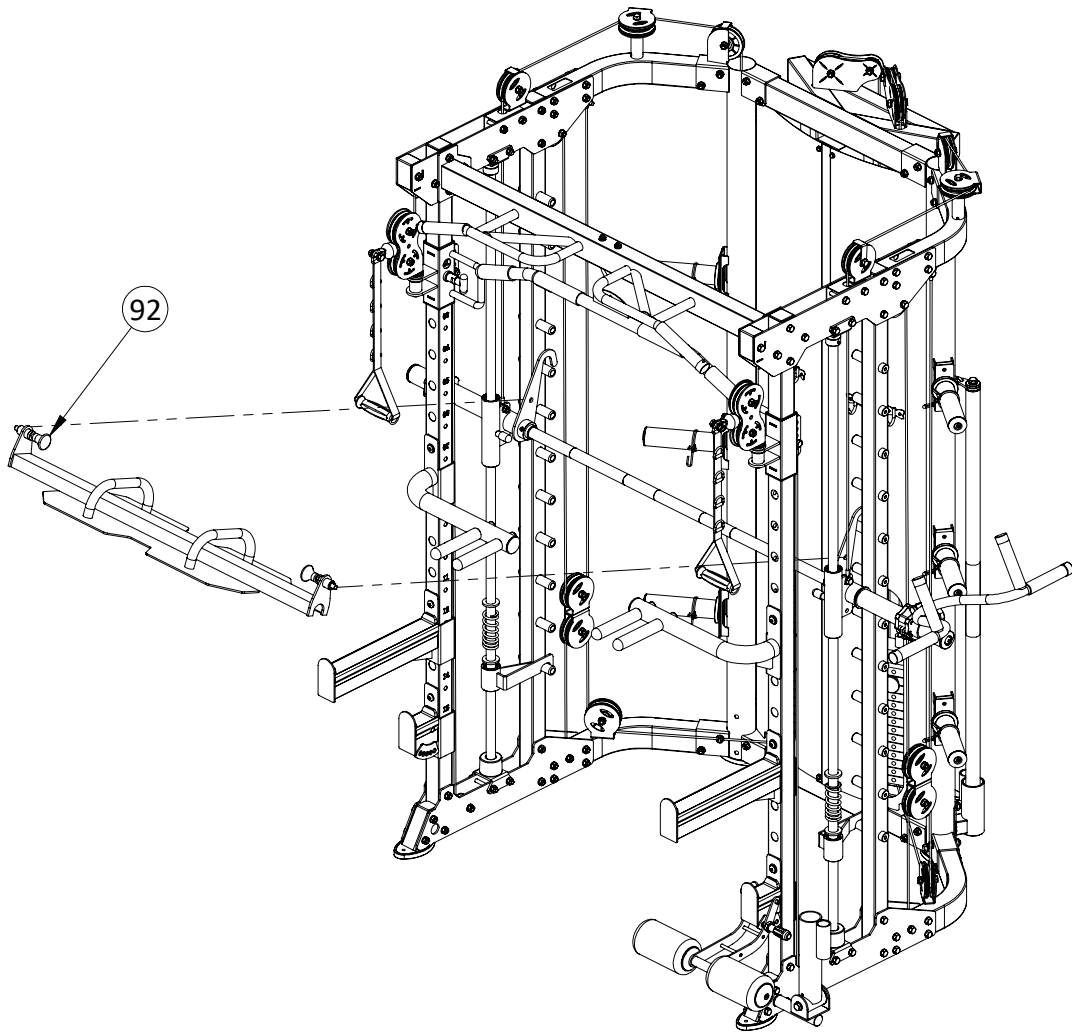


No.	Description	Note	Qty.
77	dip bar left		1
78	dip bar right		1
79	barbell rod holder right		1
80	barbell rod holder left		1
81	barbell rod holder short left		1
82	barbell rod holder short right		1
83	long bar		1
84	ship rod		1
85	hand belt		2
86	pull lift device		1
87	T shape pin	Φ10x100	1
88	leg curl tube		1

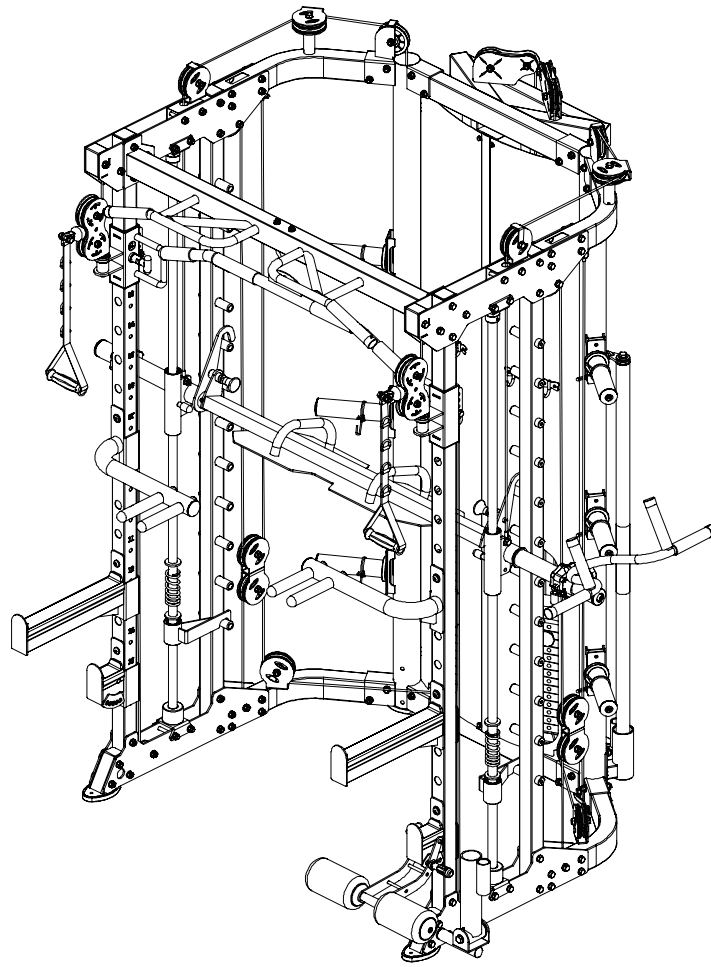


- 1 Connect leg curl tube-83 and barbell rod holder short left-81 using T shape pin-88
- 2 Put the attached part on the machine

Assembly step 11



No.	Description	Note	Qty.
92	footplate		1



Put the footplate-92 on the machine