

# FF-FTS-F2

FRENCH FITNESS FTS-F2 COMMERCIAL FUNCTIONAL TRAINING SYSTEM

# FRENCH FITNESS



## CONDITIONING

Strengthens your heart and lungs while increasing your metabolic rate.



## POWER

Increases speed and agility by activating fast twitch muscle fibers.



## STRENGTH

Increase muscle, tendon and ligament strength; bone density; metabolic rate while improving heart and body composition.



## FLEXIBILITY

Increase range of motion, flexibility and reduce the risk of injury.



## WARNING

Consult your physician before beginning this or any exercise program. Keep out of reach of children.



### FEATURES

- Multi angle grip
- Aluminum alloy end cap
- Curl handle
- Comfortable HDR handle grip
- Easy and convenient aluminum alloy knob
- Swinging pulley frame
- Built-in roller guide structure makes sliding more smooth
- Nylon strap handle
- Chromium plated solid guide rod with excellent wear resistance
- Chromium plated sliding frame
- Metal shield for added protection and stability
- Aluminum alloy pulley
- Straight pull handle
- Spring rope pin magnetically locks to avoid sliding during exercise
- Super quiet aluminum alloy double pulley
- Lat bar storage
- Stylish open frame design covered with shield for added protection
- Rubber end cap
- Ankle strap
- Adjustable strap handle

### EXERCISES

- 5mm wear-resisting tensile cable
- Alternating chest press
- Kneeling pulldown
- Reverse cable x-over
- Reverse fly
- Floor seated row
- Side bend
- Rotational row single leg
- Woodchopper
- Anti-rotation
- X-over lat raise
- Lateral raise
- External rotation
- Shoulder press
- Hip abduction
- Hip adduction
- Leg curl
- Lunge
- Hip flexion
- Kneeling superman
- Pull-up
- Chest press with bar
- Leg extension
- Stand type pull rod bending
- Curved arm dropdown

### TECH SPECS

#### CABLE ATTACHMENTS INCLUDED

- Dual Hook Curl Handle (Connect to Both pulleys for Maximum Weight)
- Dual Hook Straight Handle (Connect to Both pulleys for Maximum Weight)
- Ankle Strap
- (2) Adjustable Stirrup Handles

#### TECH SPECS

- Maximum user weight: 350 lb (159 kg)
- Weight Stack: 265 lb (120 kg) per side
- Weight Stack Increments: (20) 13.2 lb plates per side
- Dimensions: 69"L x 47"W x 92"H (1730mm x 1180mm x 2323mm)

### WARRANTY

- 10 Years Parts, 1 Year Labor (Commercial)

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# FRENCH FITNESS

Maximum weight & Main tube size

Maximum user weight:350lbs

PT1.9"×3.9"×0.09"

PT1.9"×3.9"×0.09"

φ0.9"×0.09"

PT1.9"×3.9"×0.09"

PT1.57"×3.15"×0.9"

PT1.9"×3.9"×0.09"

PT1.57"×3.15"×0.9"

φ0.75"

φ0.9"×0.09"

PT1.57"×3.15"×0.9"

PT1.57"×3.15"×0.9"

PT1.9"×3.9"×0.09"



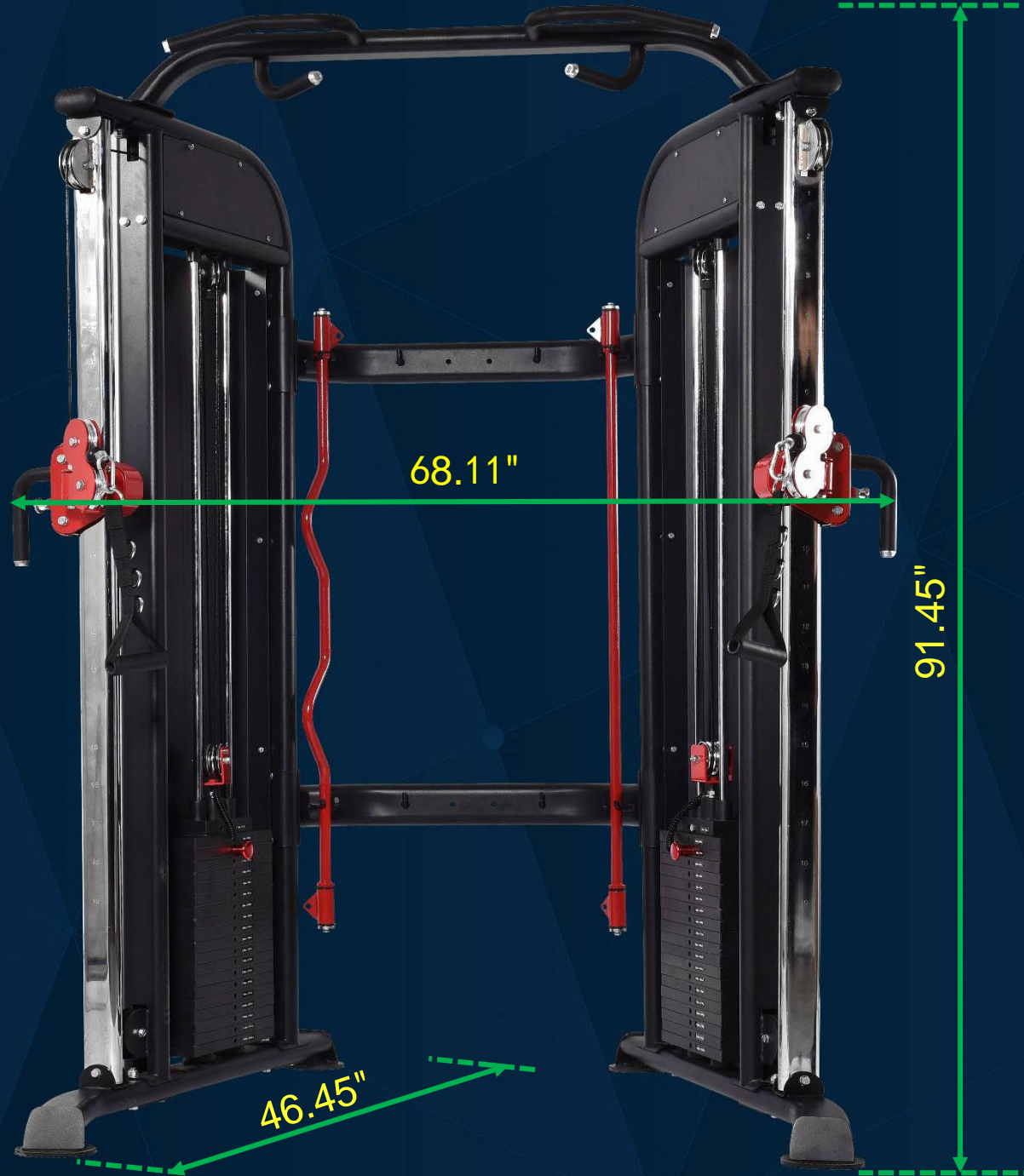


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# FRENCH FITNESS

Assembled dimensions (in)





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# FRENCH FITNESS

## Characteristic

Multi angle grip

Curl handle

Swinging pulley

Nylon strap handle

Chromium plated sliding frame

Metal shield not only has the protection effect but also increases the stability of the machine.

Beautiful metal shield

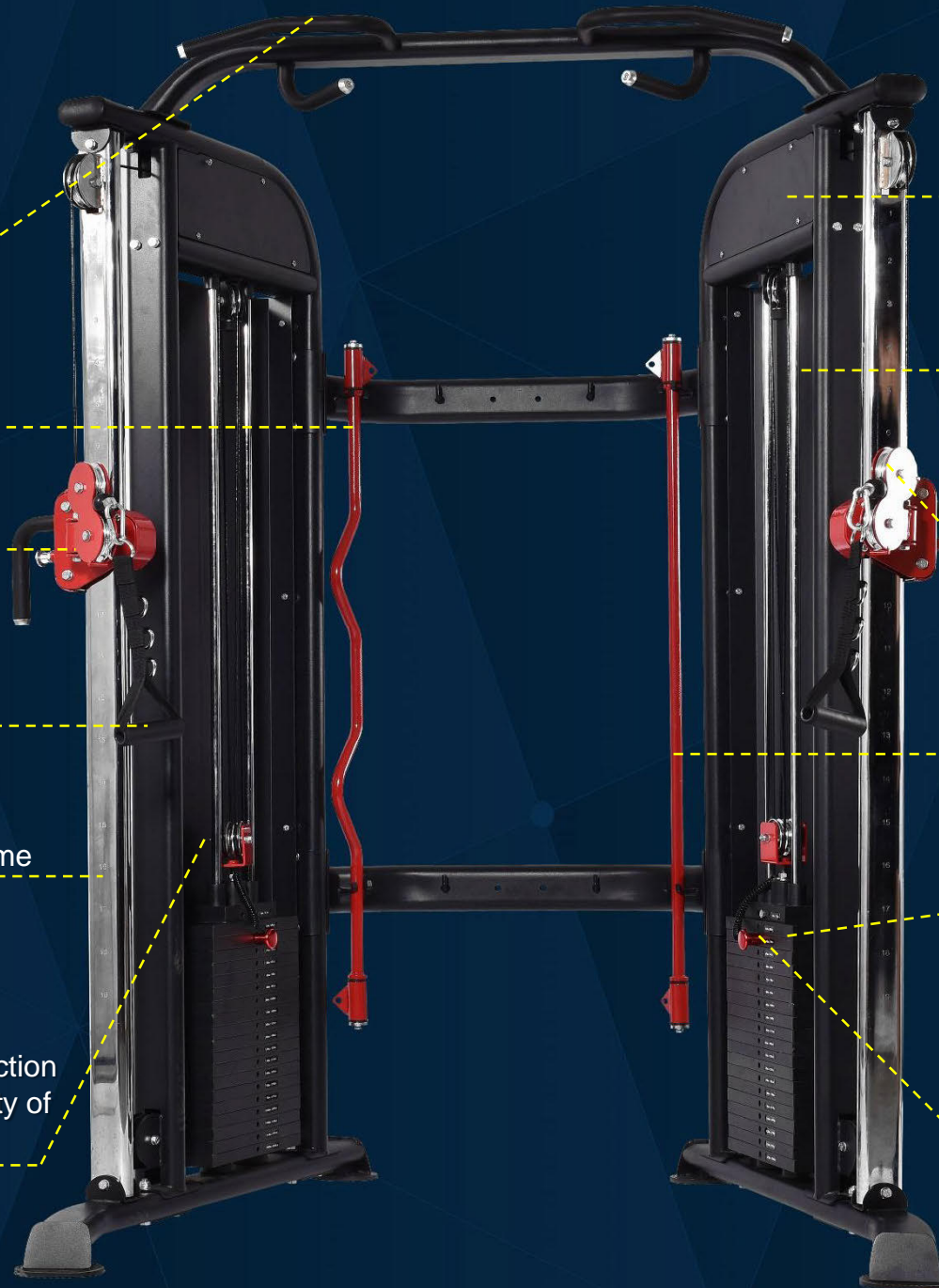
Chrome plated guide rod

Aluminium Alloy Pulley

Straight pull handle

Weight stack is  
 $13.22 \text{ lbs} \times 20 = 264.55 \text{ lbs}$

Spring rope magnetic pin  
avoids sliding during exercise

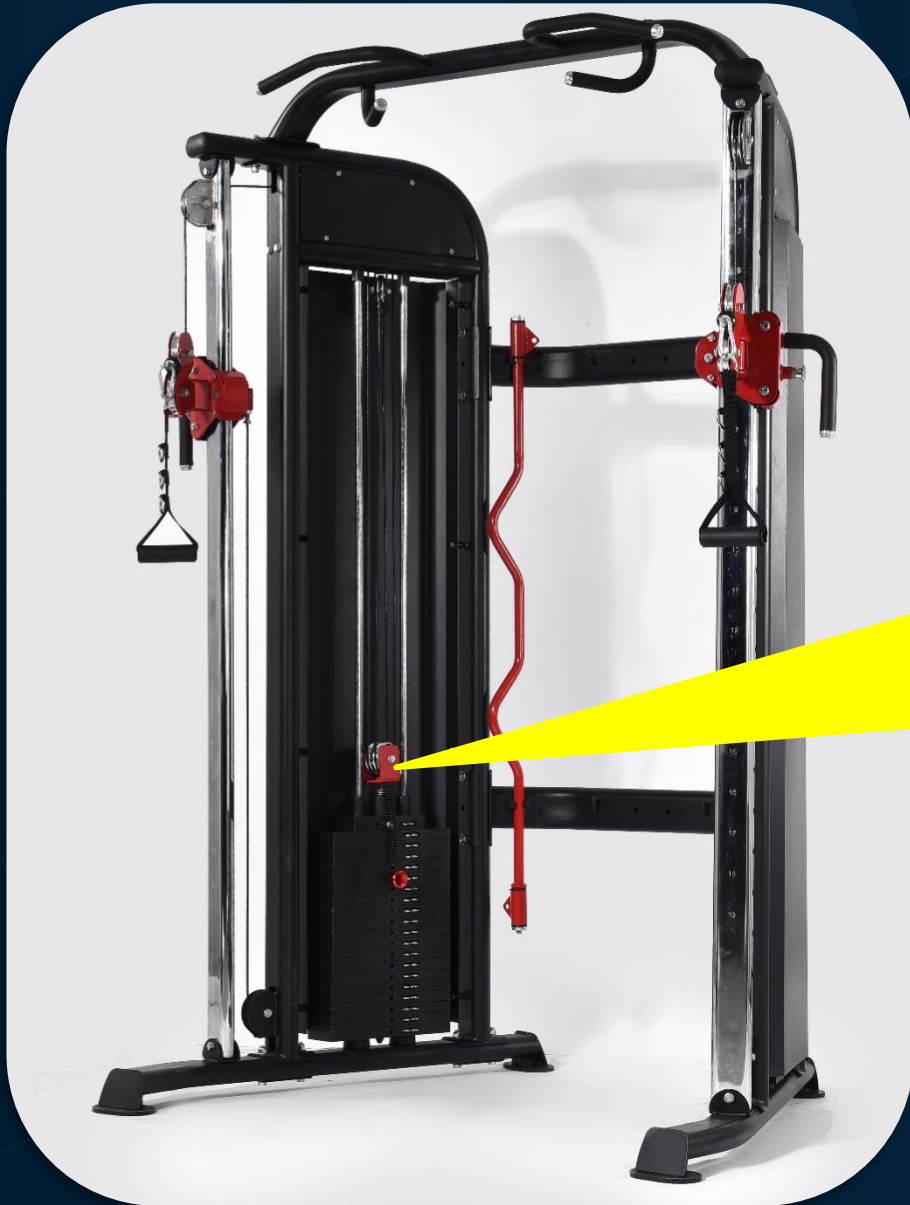


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# FRENCH FITNESS

Pulley



Super quiet aluminum alloy double pulley.  
Durable and beautiful.



Spring rope magnetic pin avoids  
sliding during exercise.

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# FRENCH FITNESS

Chin up

Multi angle Chin up grip

Aluminium alloy end cap

Comfortable HDR handle grip





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# FRENCH FITNESS

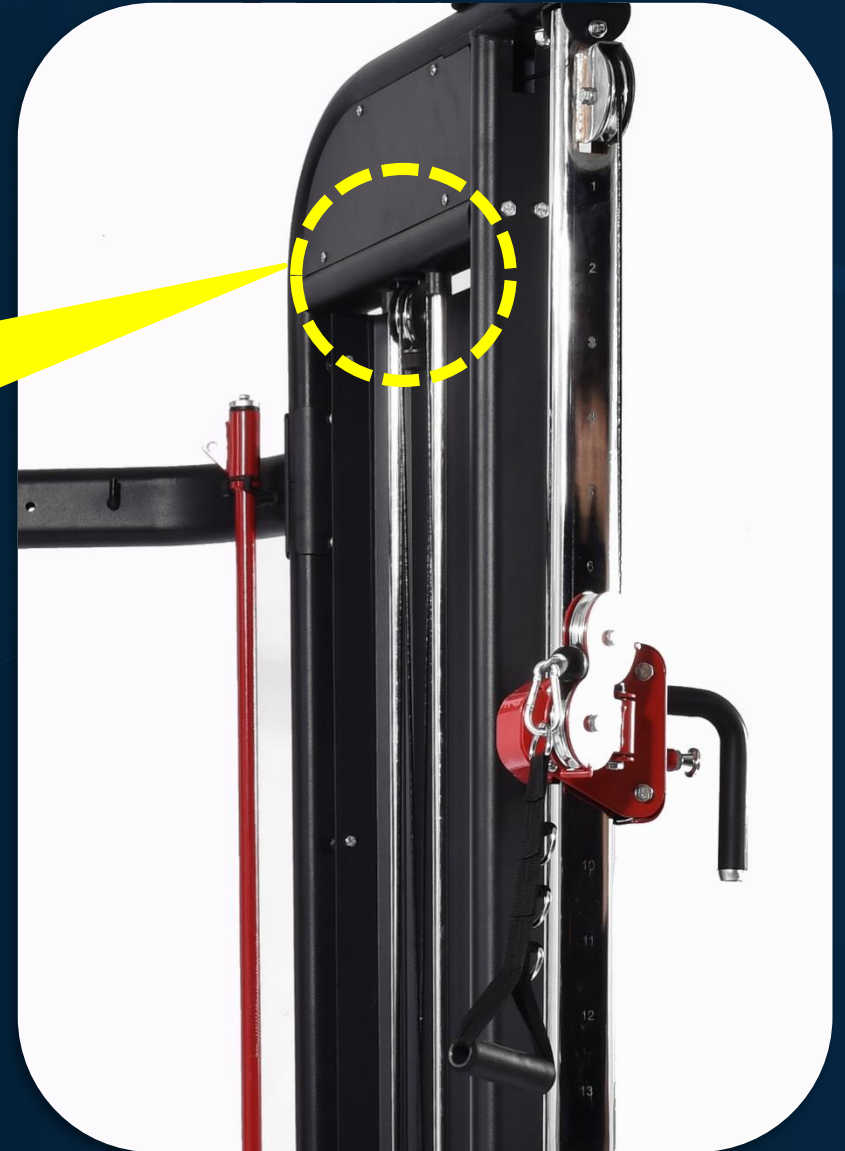
Φ0.2" Cable . Pass through 1763.7 lbs tension test.  
The cable is tensile, wear-resisting and safe.

Details



Rubber pad

Chromium plated solid guide rod  
with excellent wear resistance.



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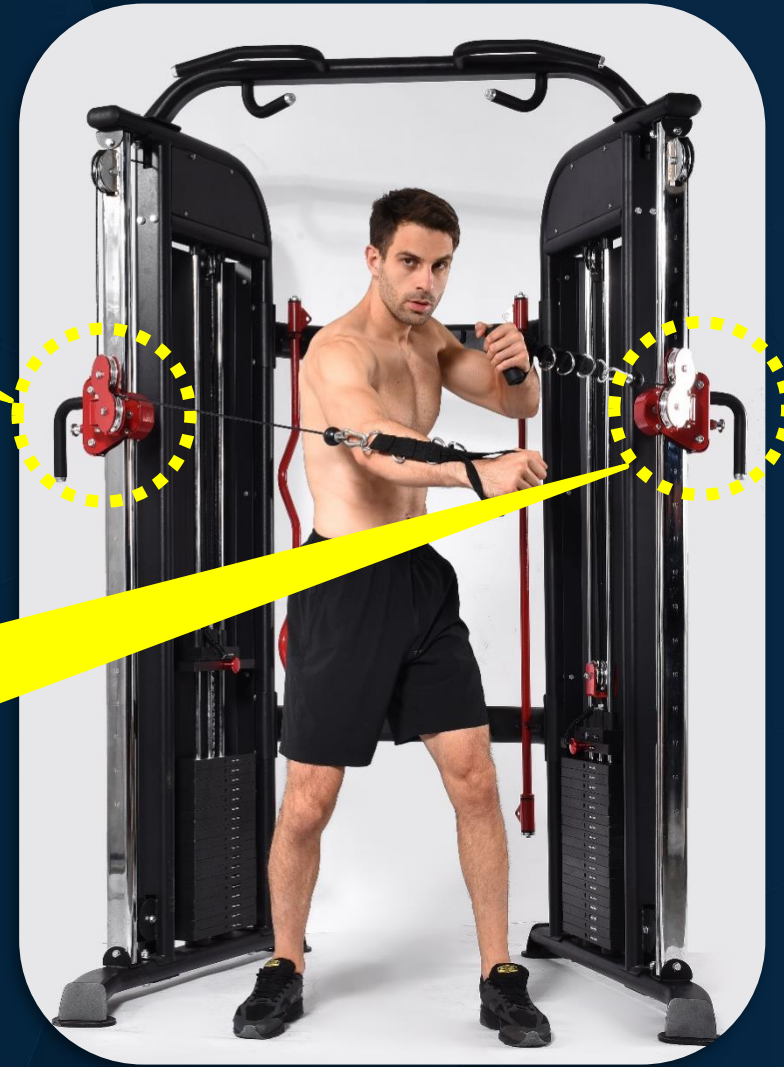
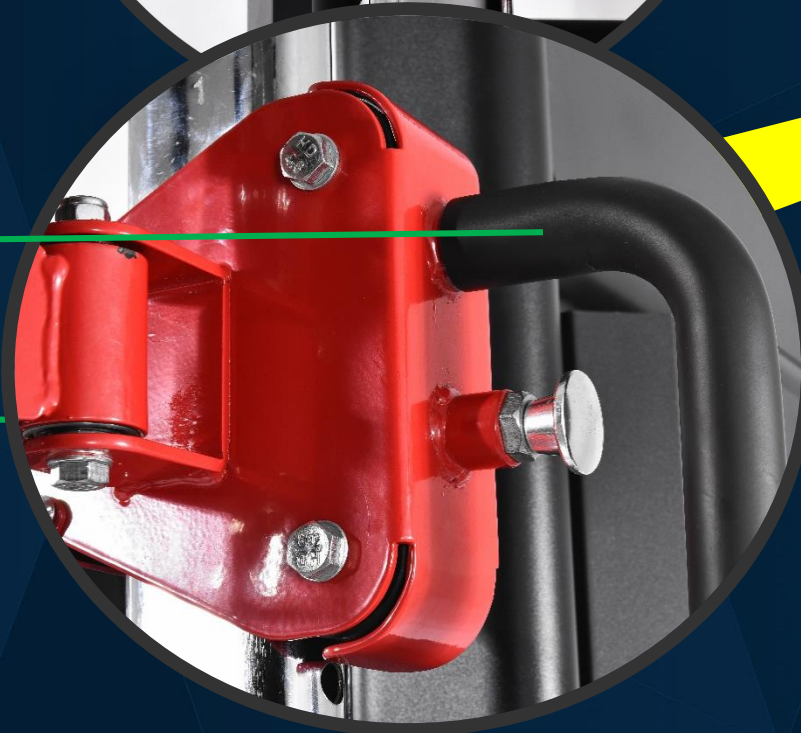
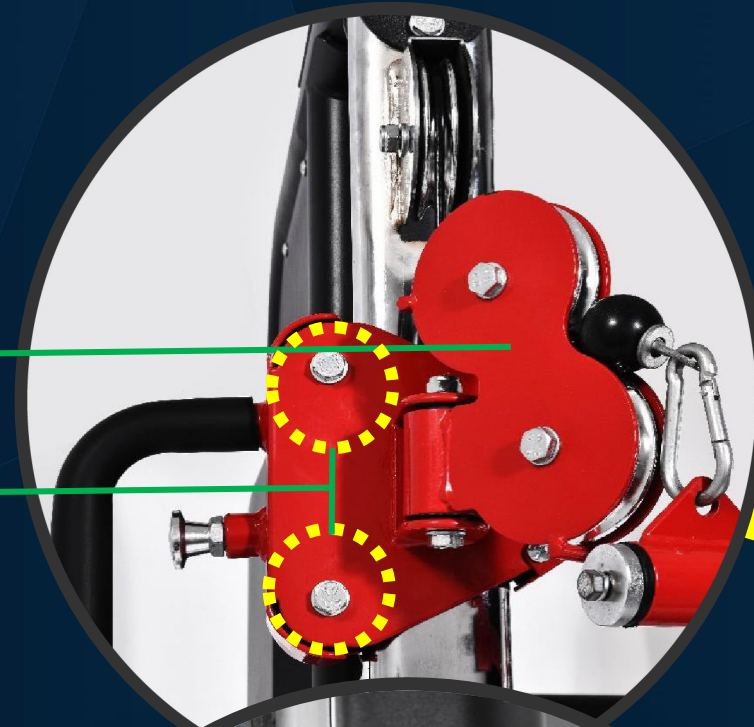
Regulating frame

Swinging pulley frame

Built-in roller guide structure makes sliding more smooth.

Comfortable HDR handle grip

Easy and convenient adjustment of Aluminium alloy knob.





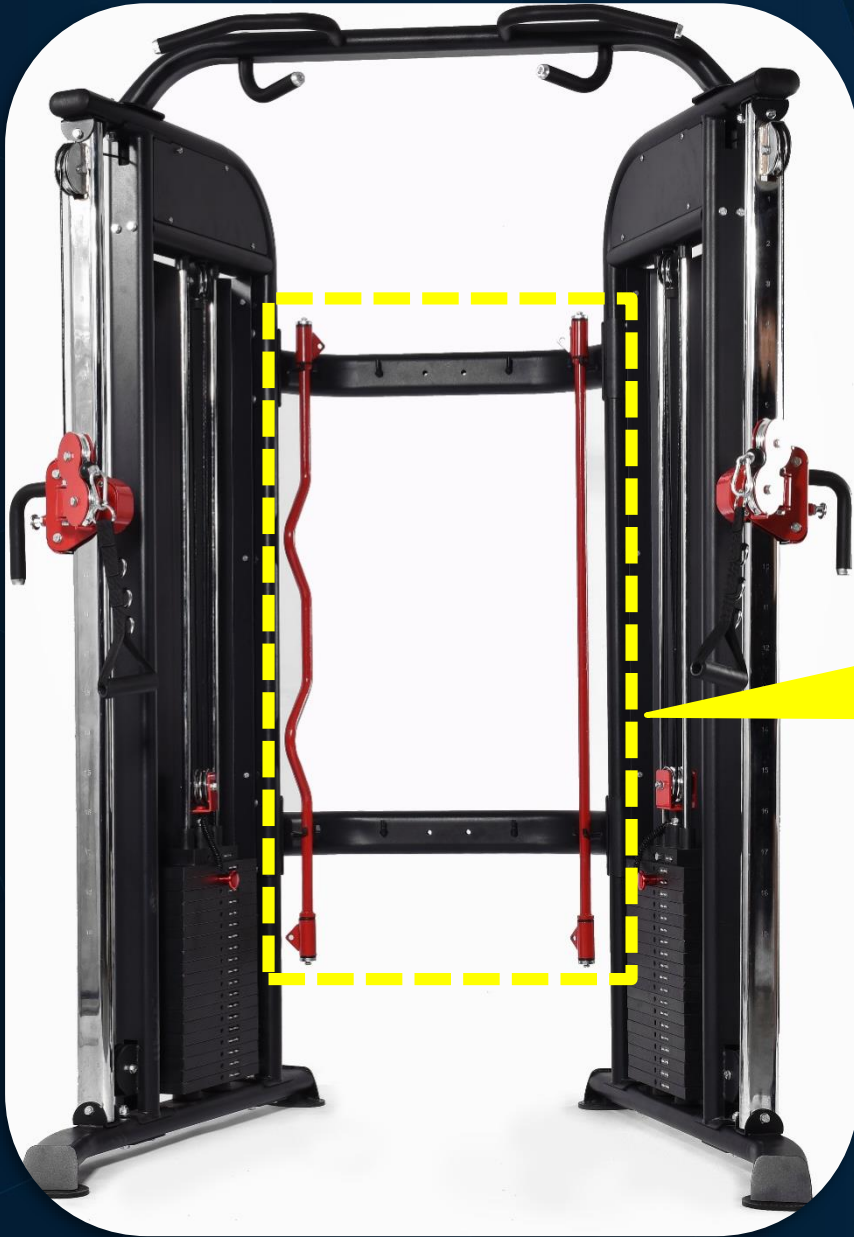
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Lat bar storage

Easy conversion of straight bar and curved bar can meet different training needs.





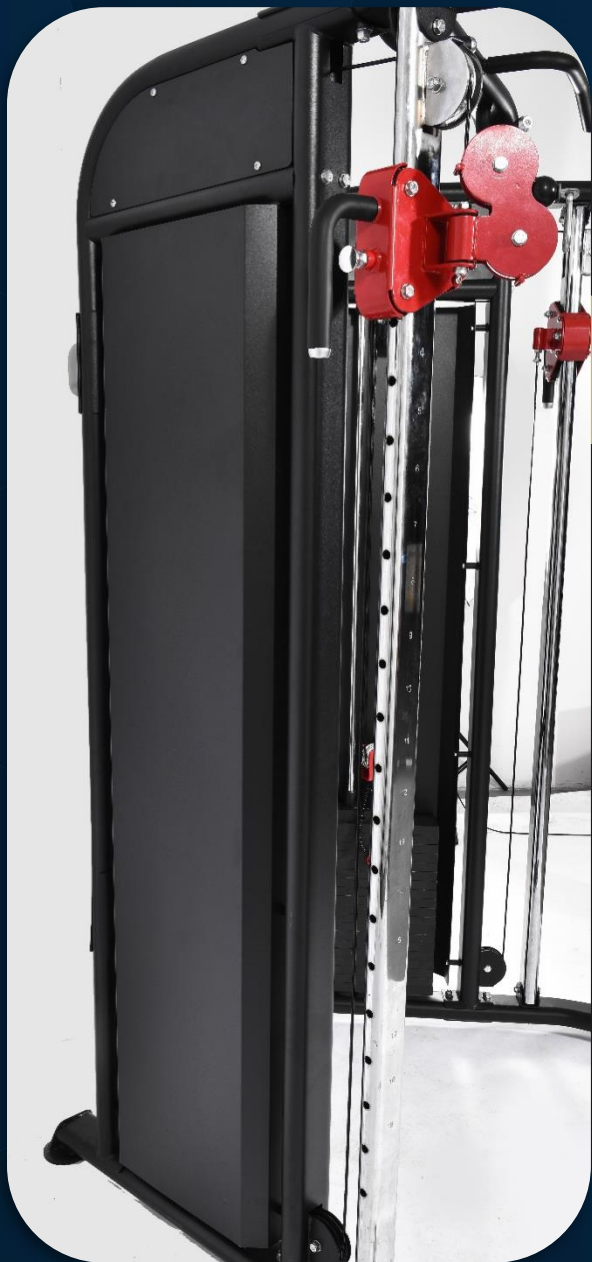
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The design of the thickening and enlarging shield has protection effect and also makes machine more beautiful.

Shield



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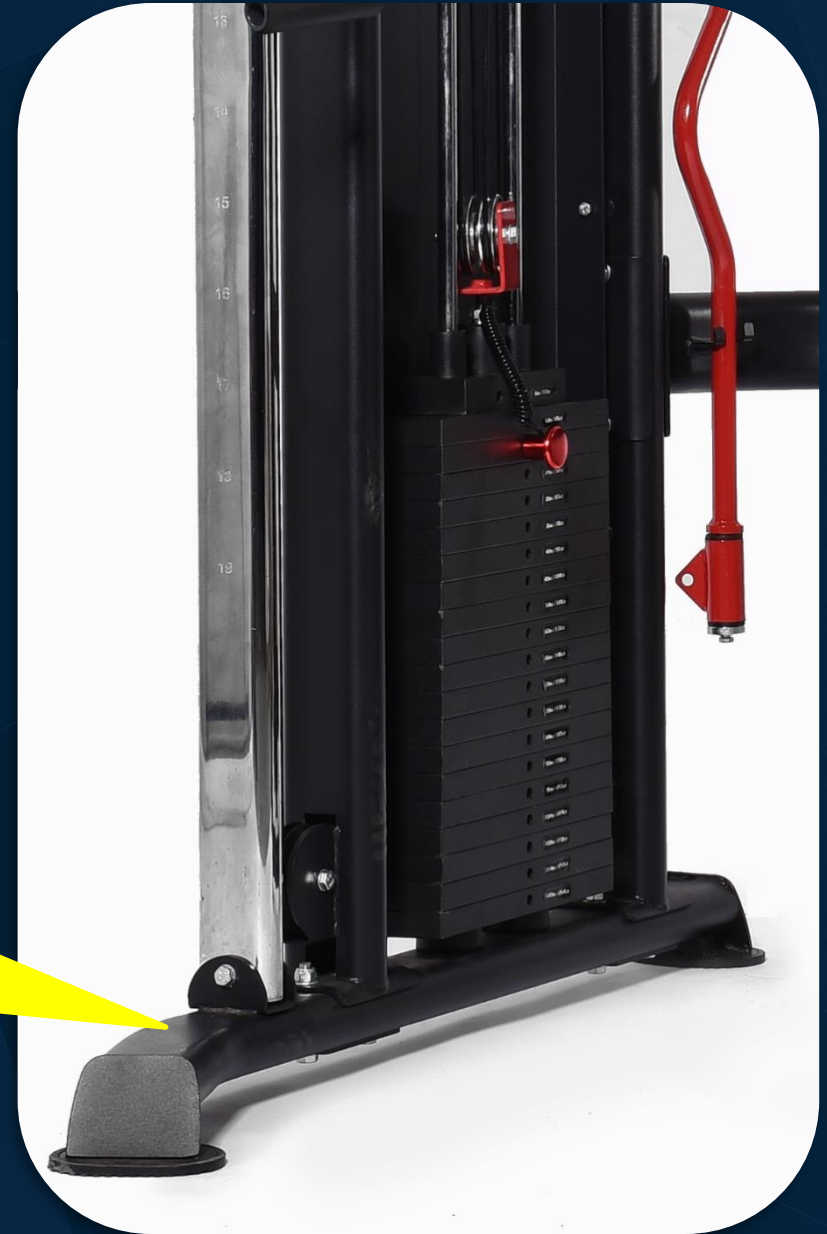
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## Details

Most advanced powder coating equipment makes painting high brightness.



Rubber end cap



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**FRENCH FITNESS**

Parts

Ankle strap



Adjustable strap handle



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Alternating chest press

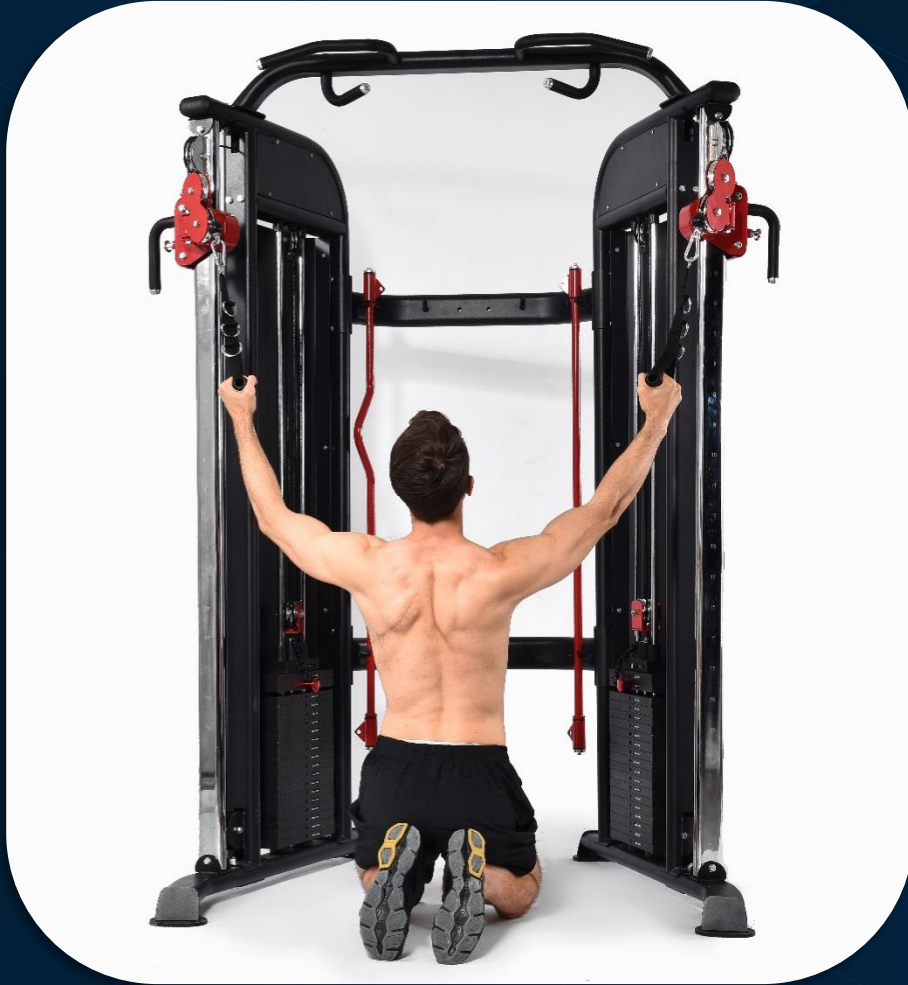
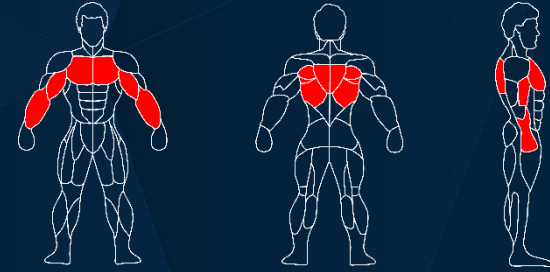


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# FRENCH FITNESS

Kneeling pulldown

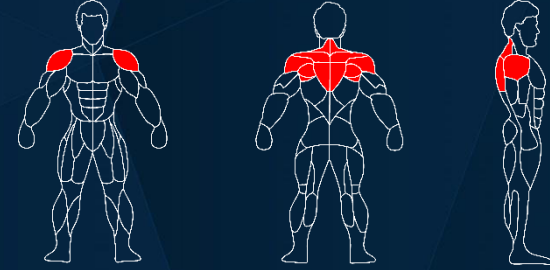


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Reverse cable x-over



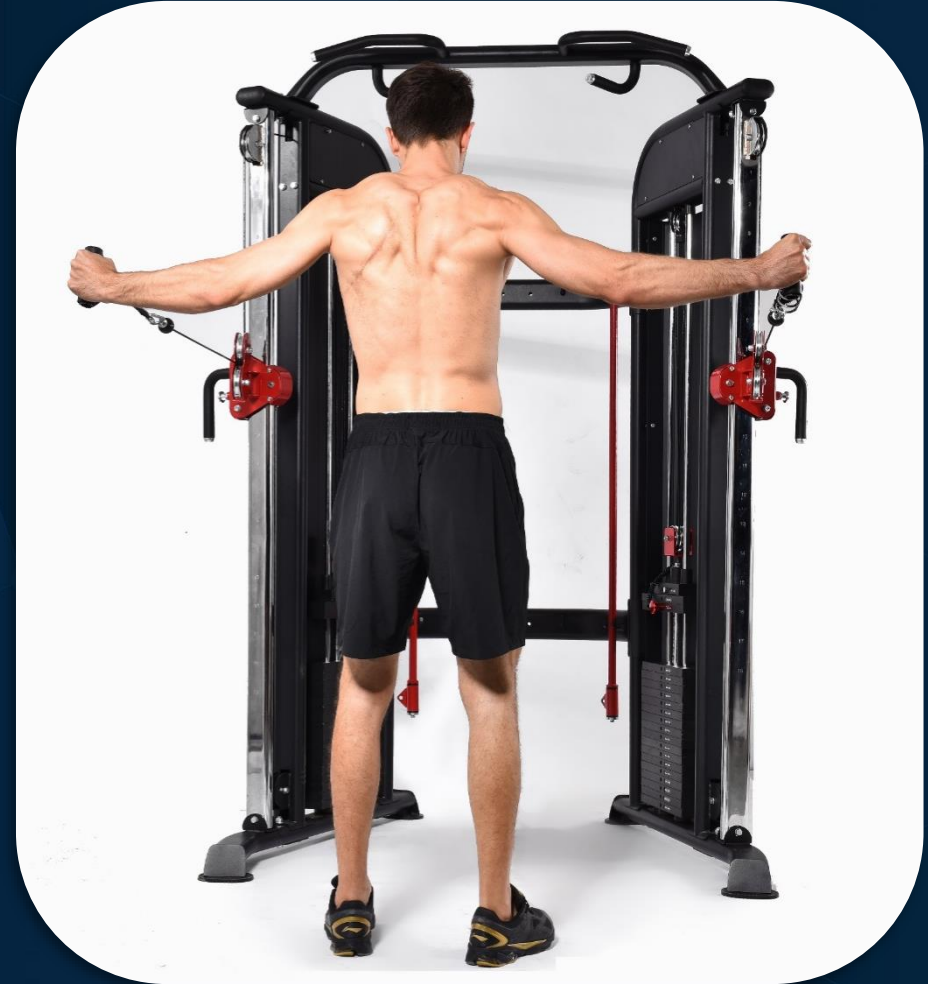
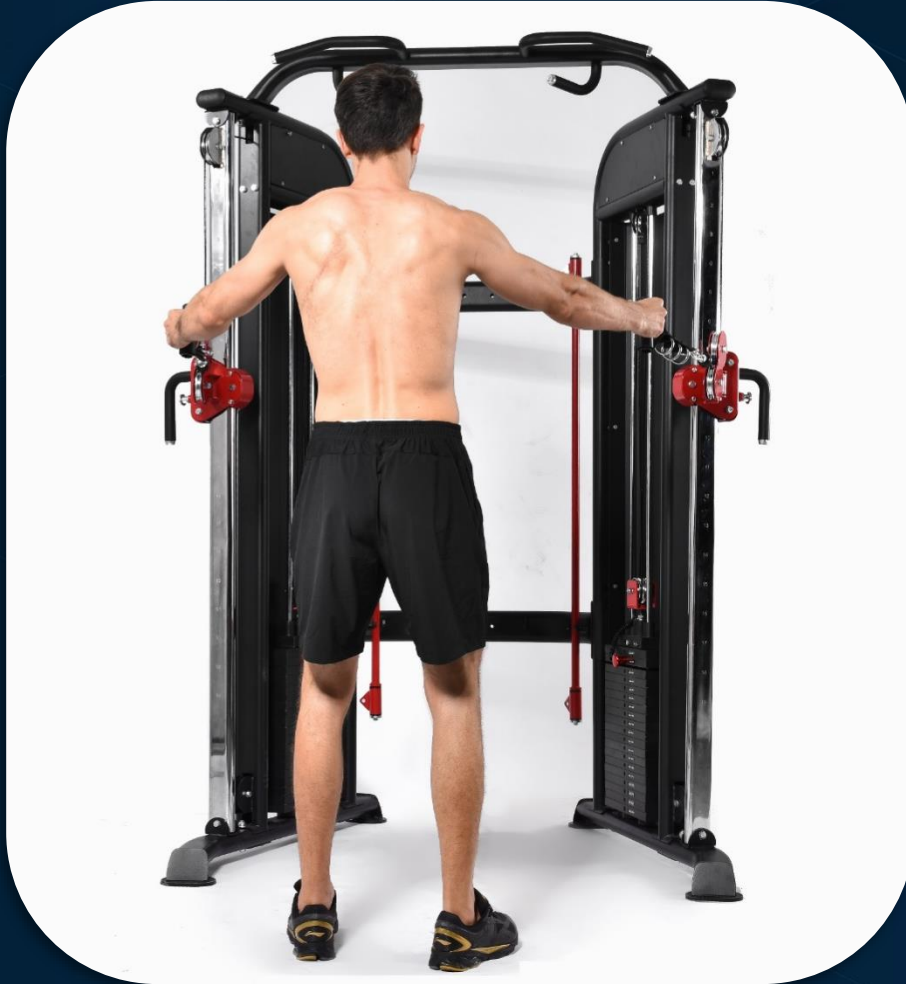
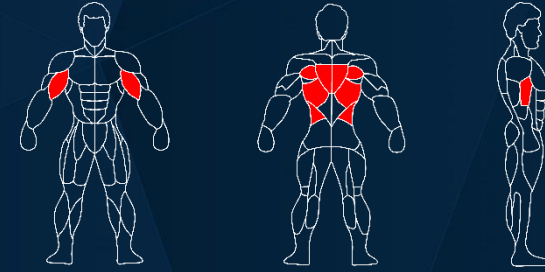


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# FRENCH FITNESS

Reverse fly

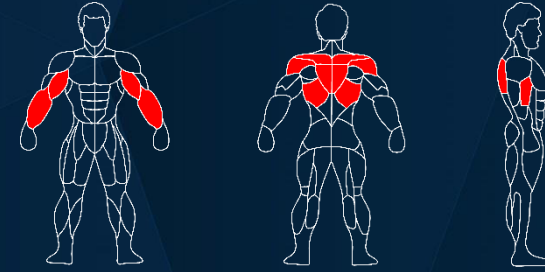


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Floor seated row

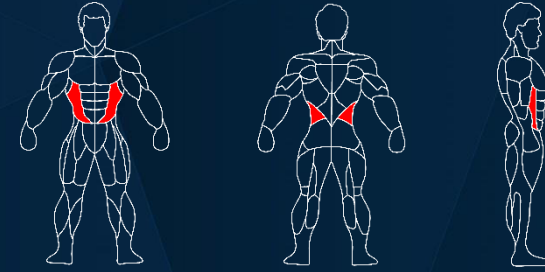


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# FRENCH FITNESS

Side bend



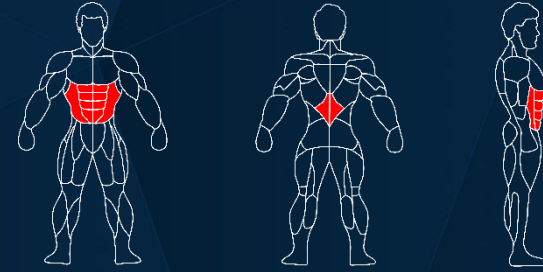


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Rotational row single leg



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Woodchopper

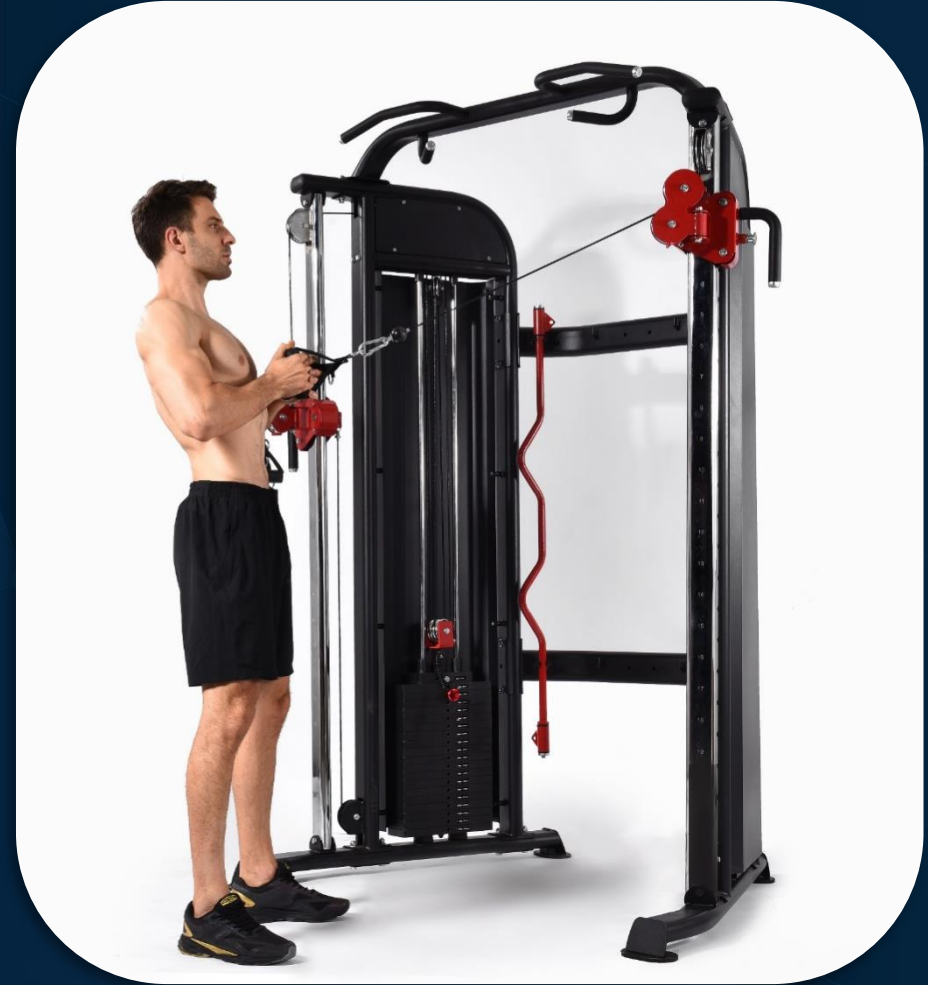
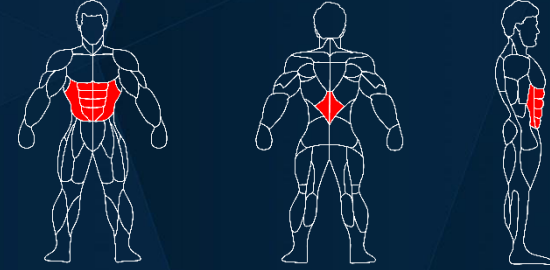


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Anti-rotation



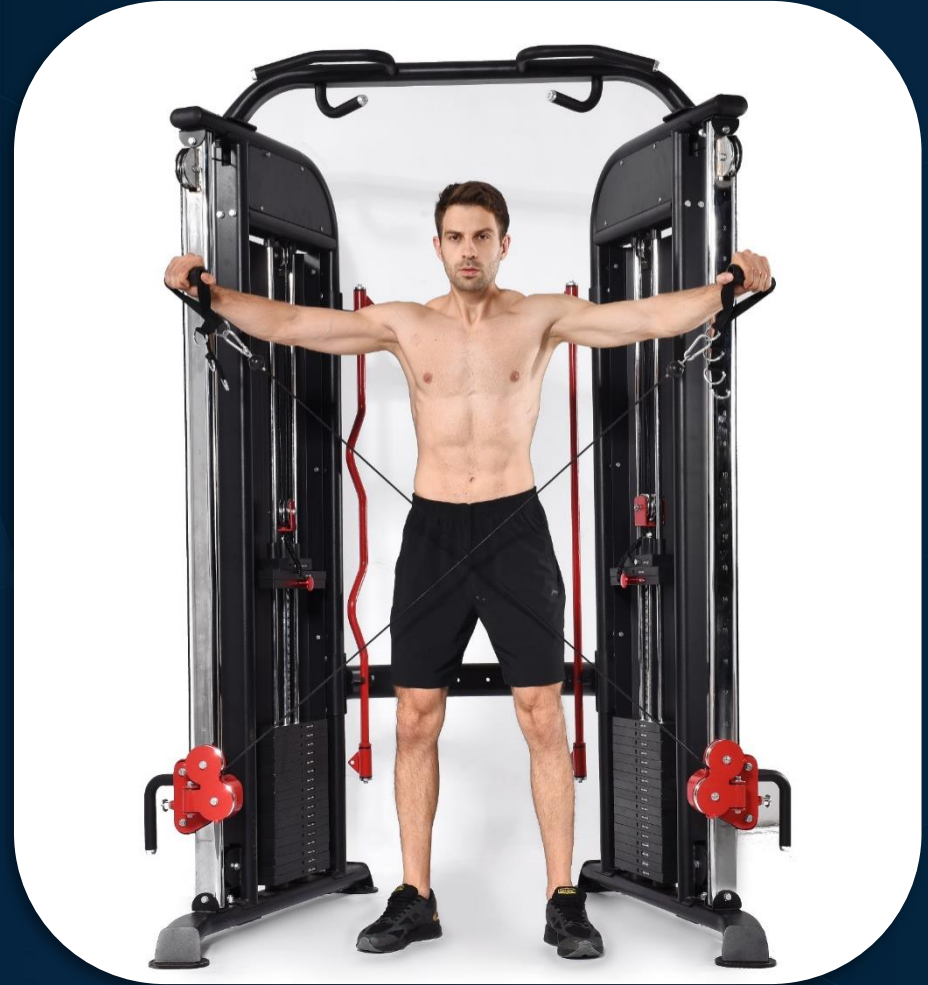
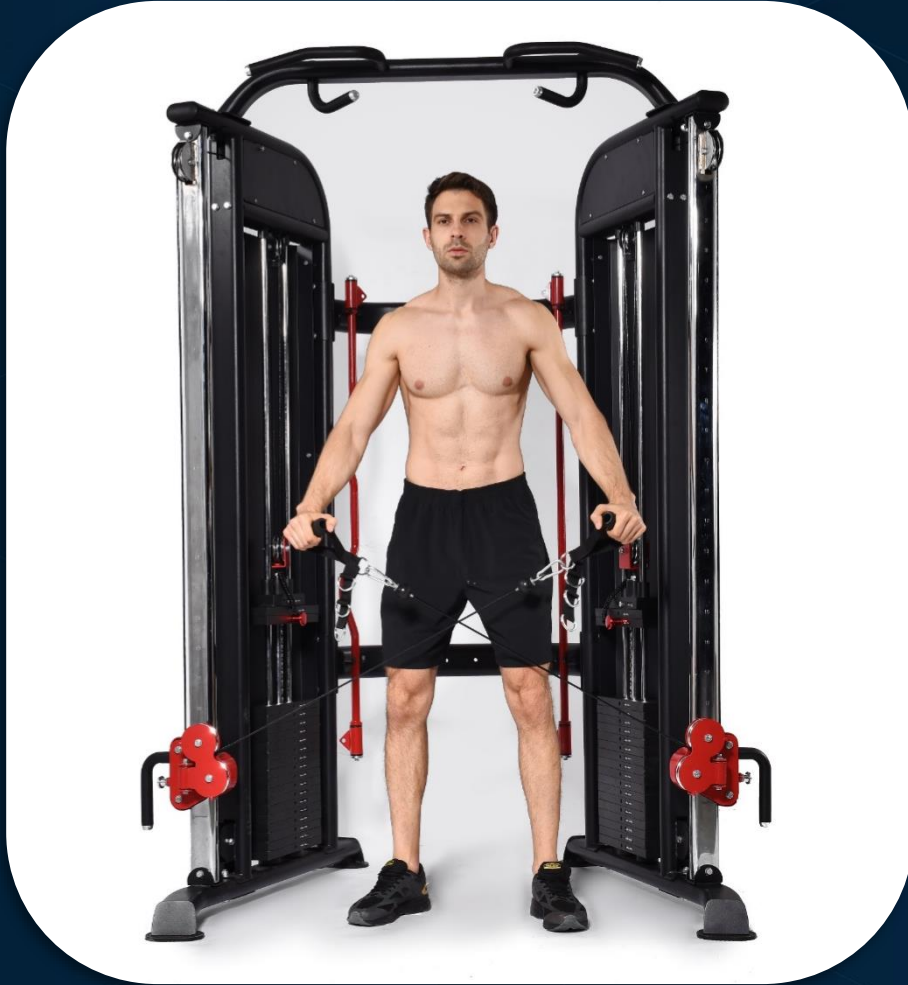
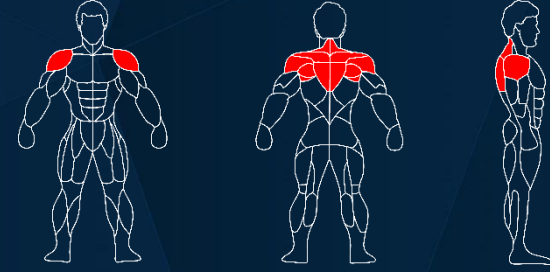


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X-over lat raise

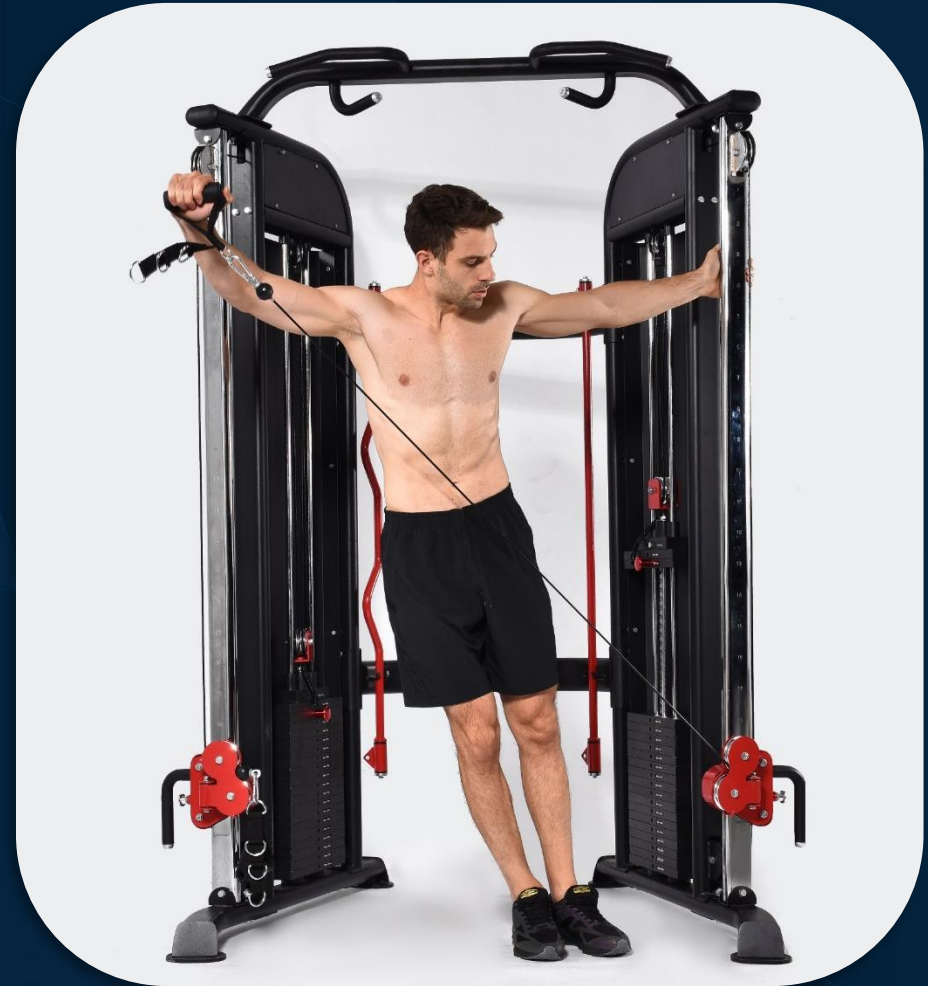
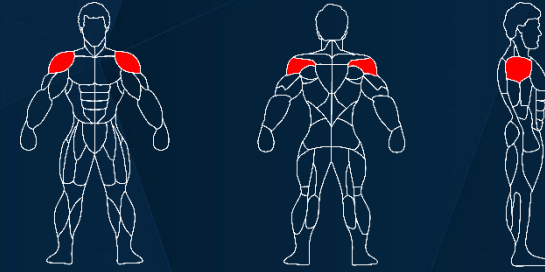


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Lateral raise

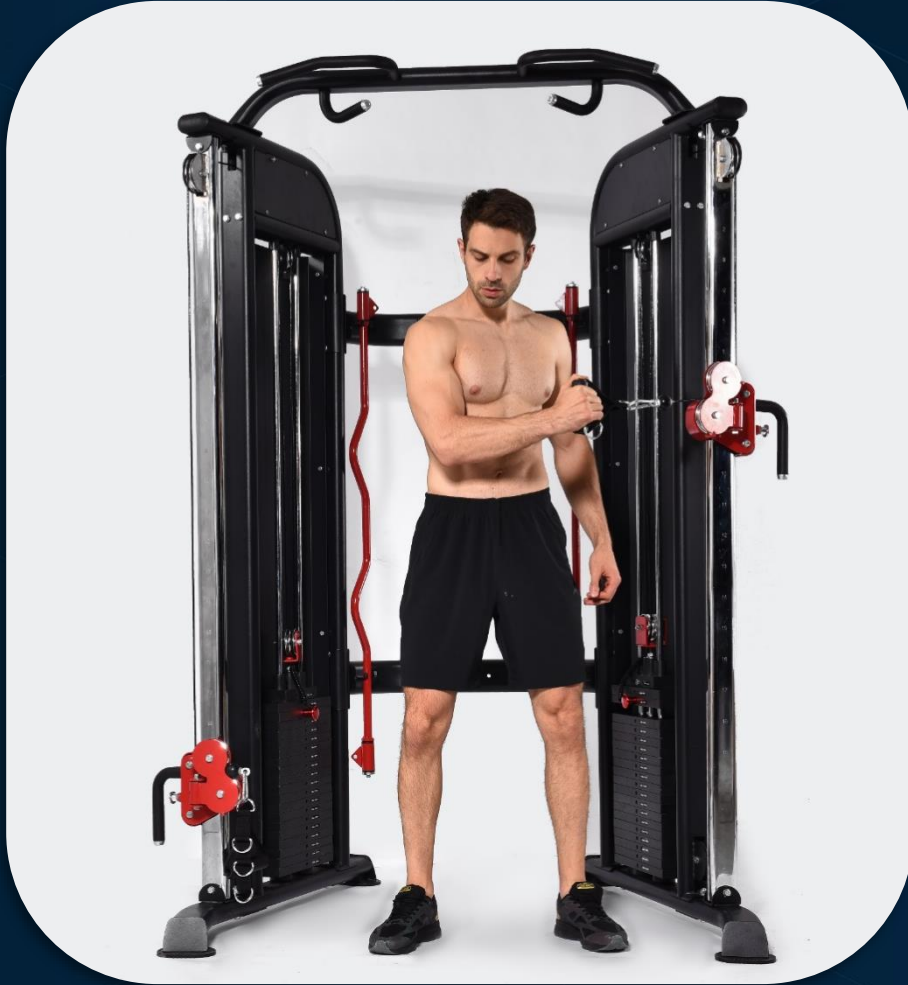
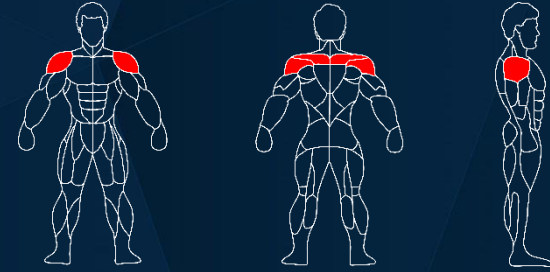


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External rotation



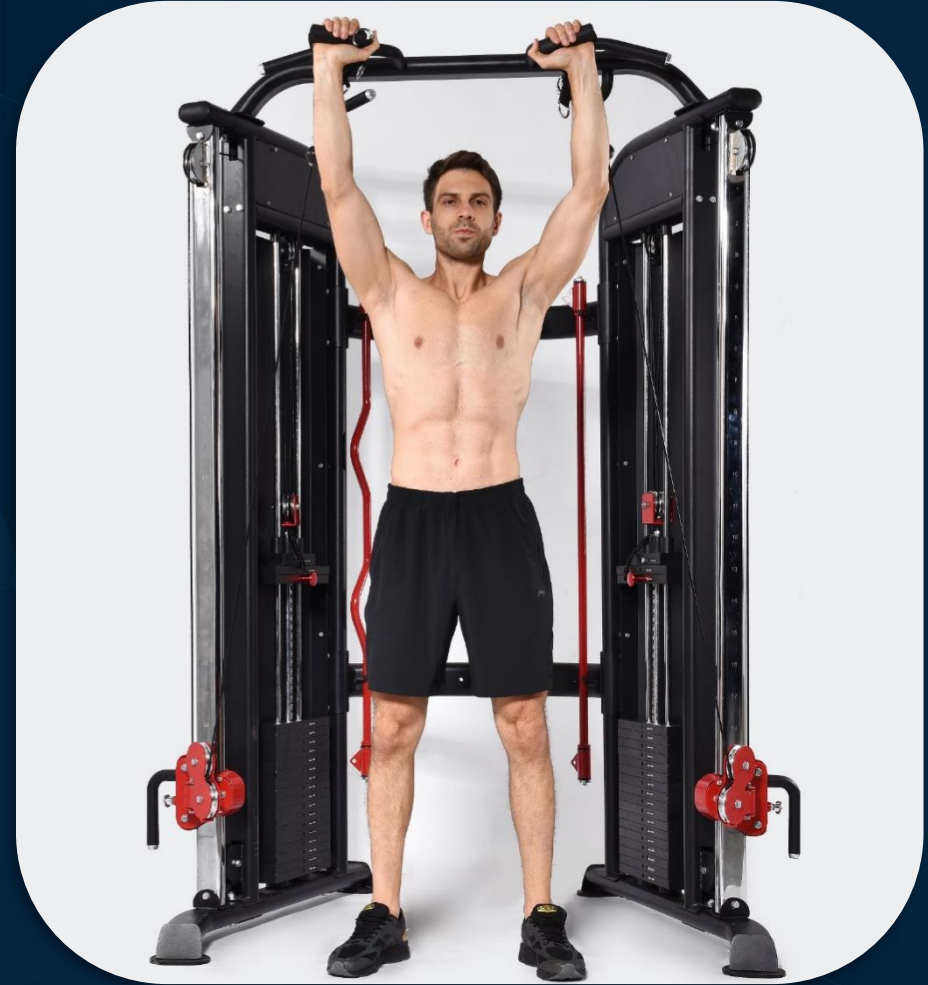
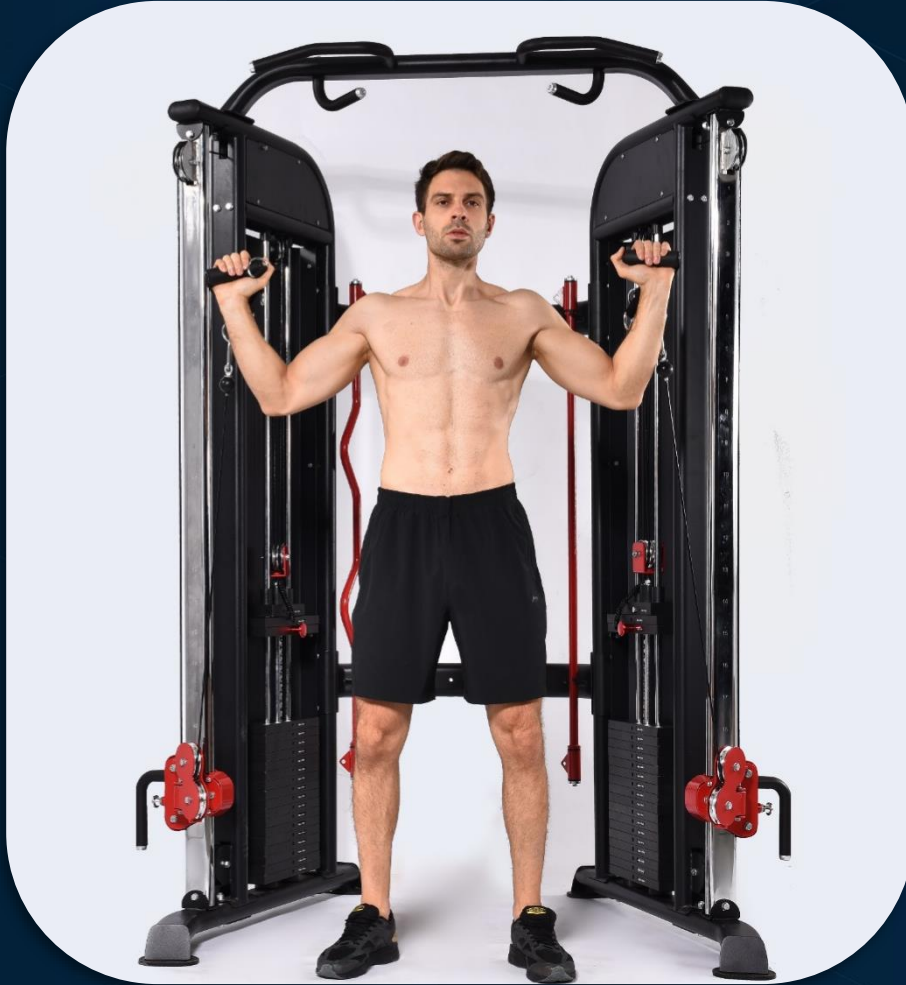


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Shoulder press

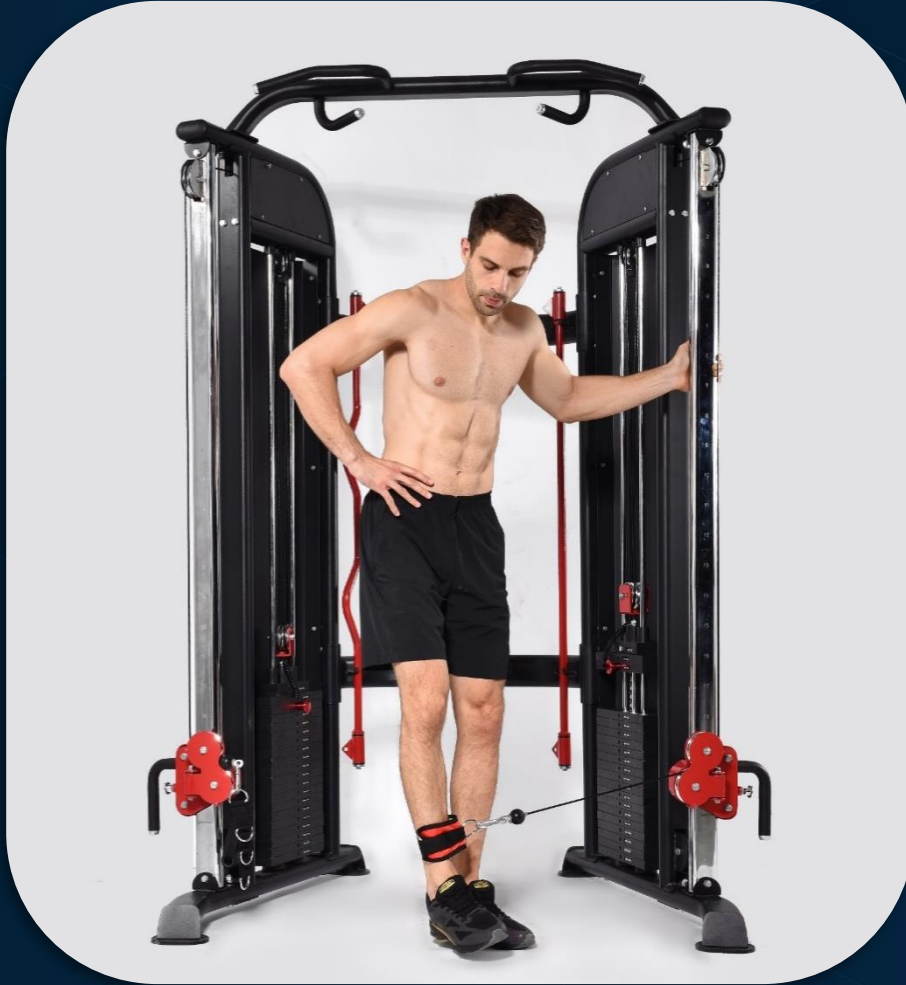


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Hip abduction

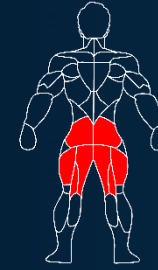


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Leg curl



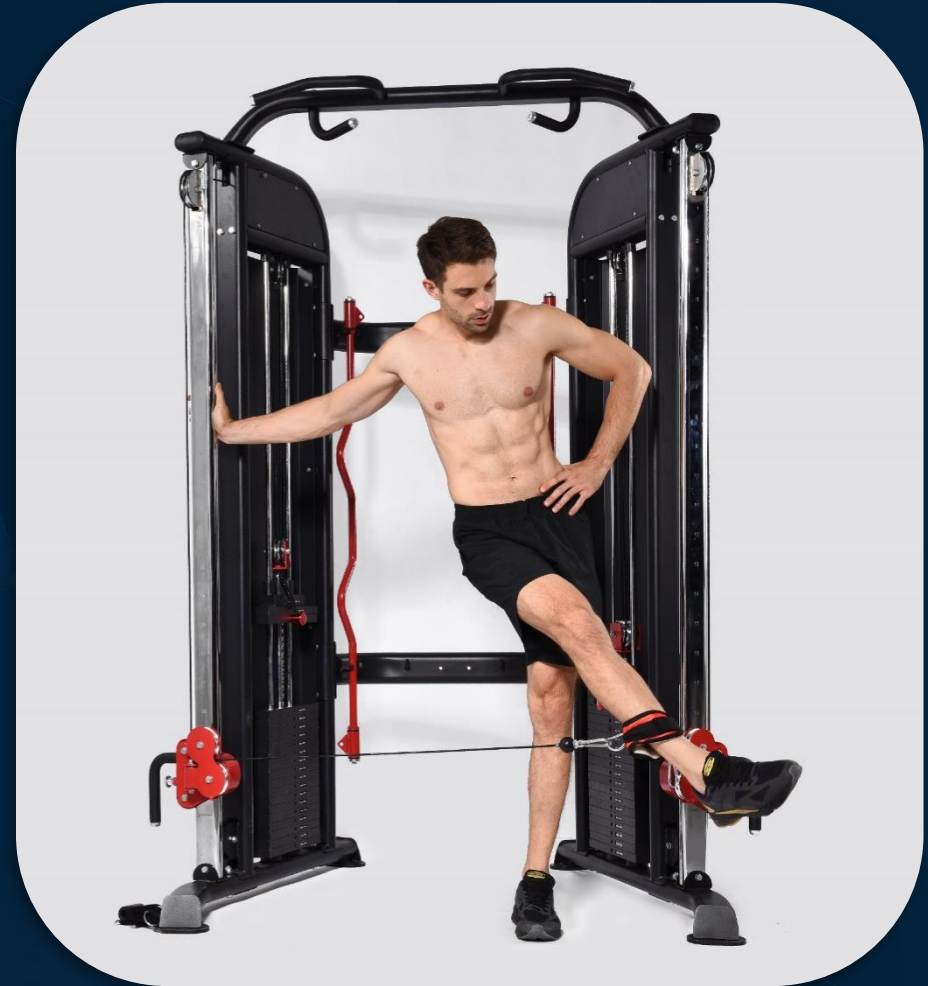
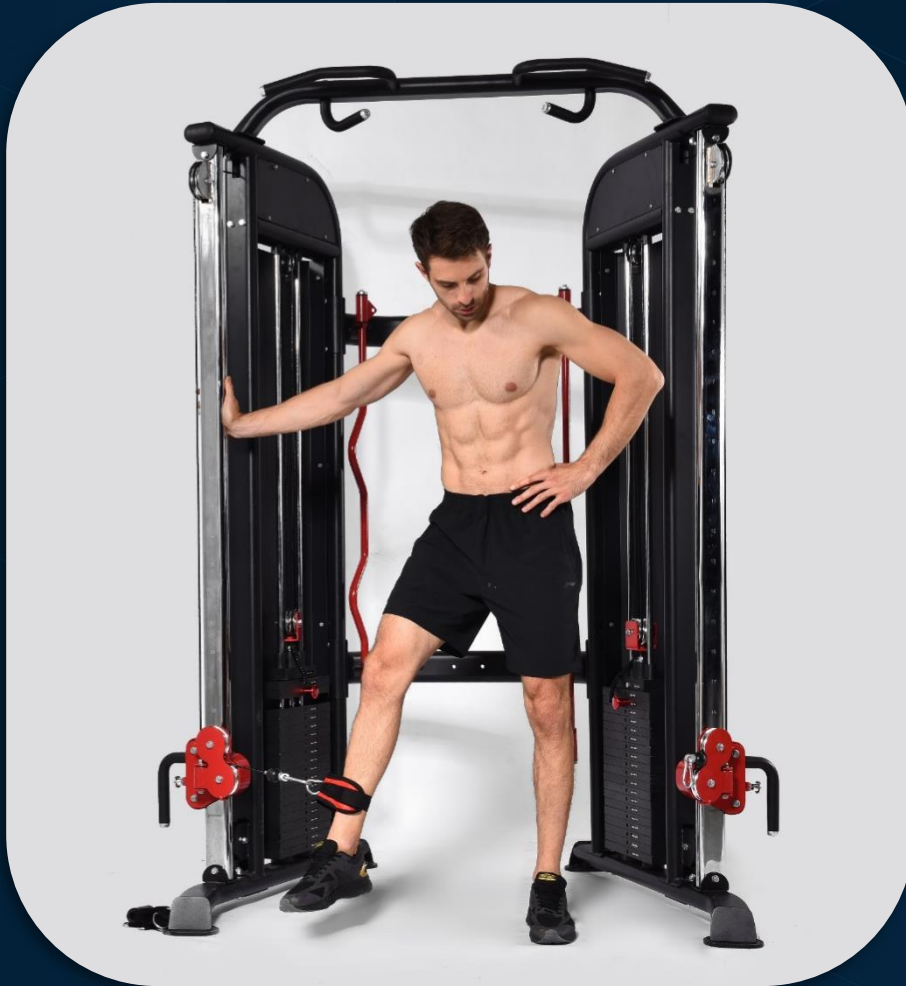
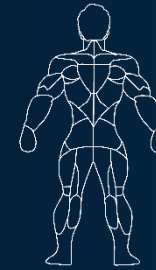


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Hip adduction

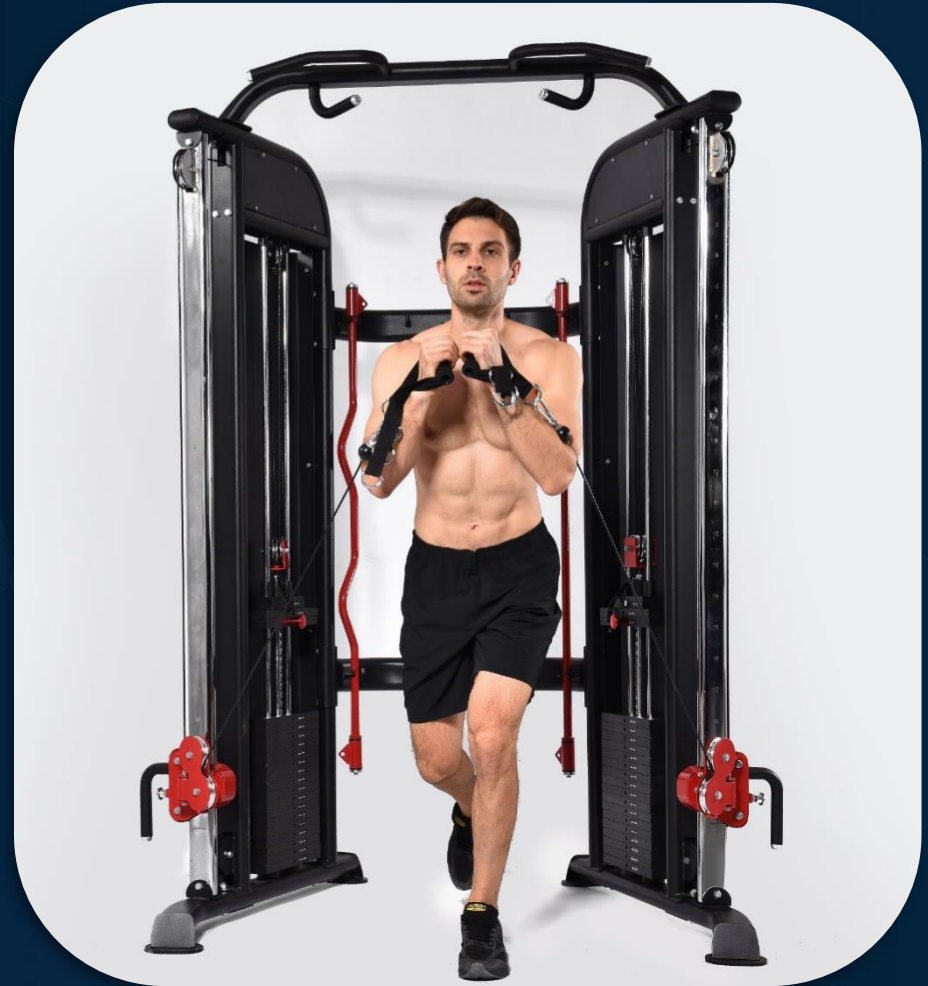
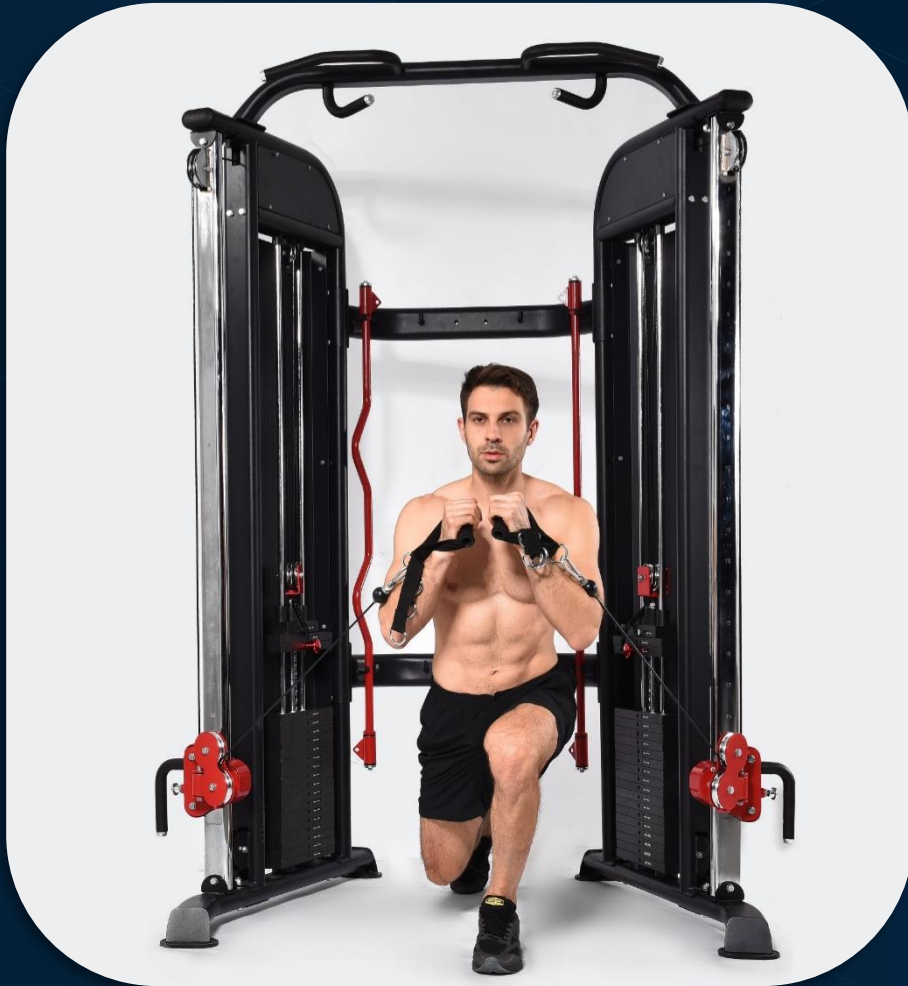
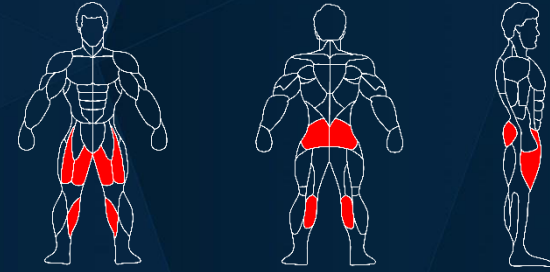


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Lunge



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Hip flexion



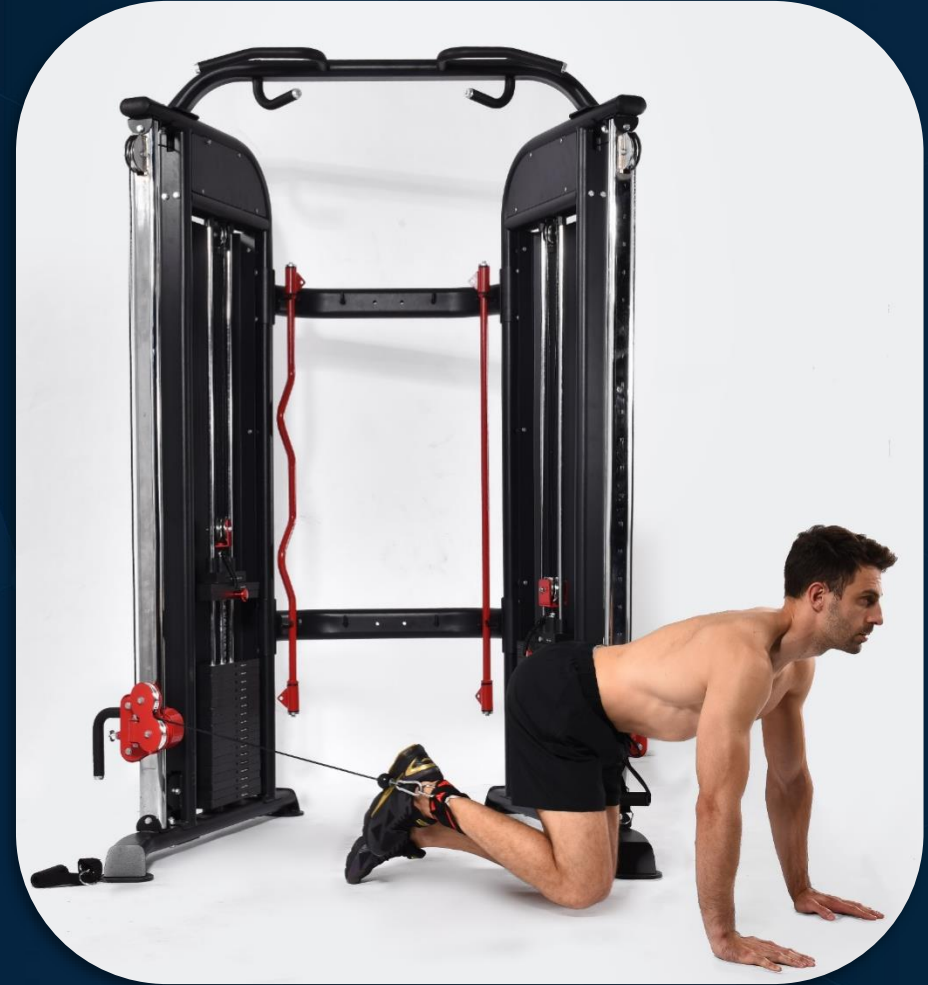
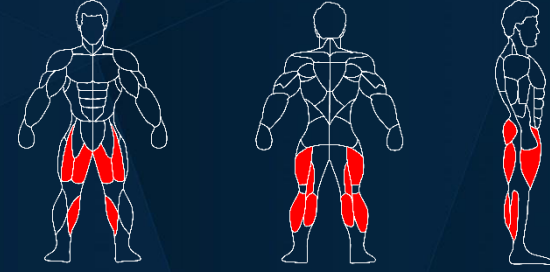


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Kneeling superman

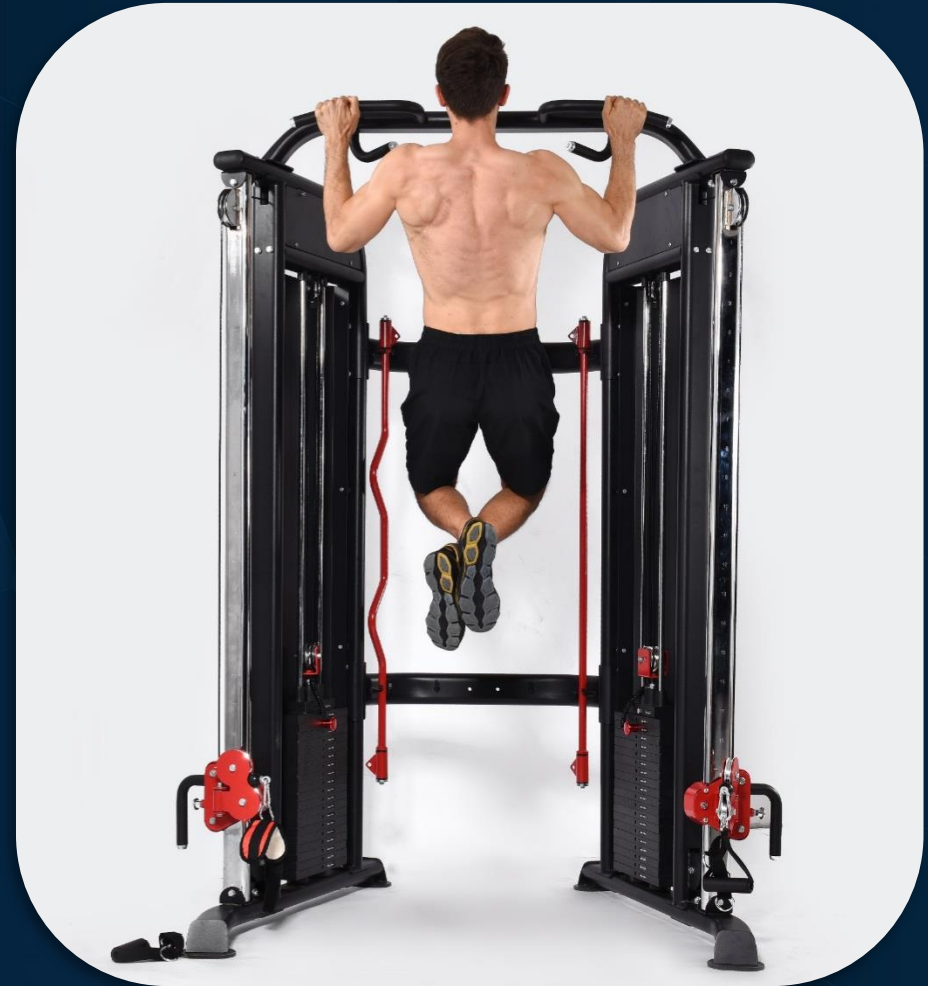
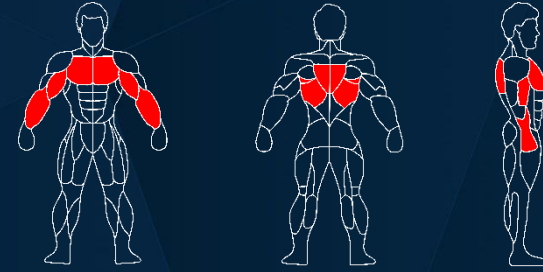


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Pull-up

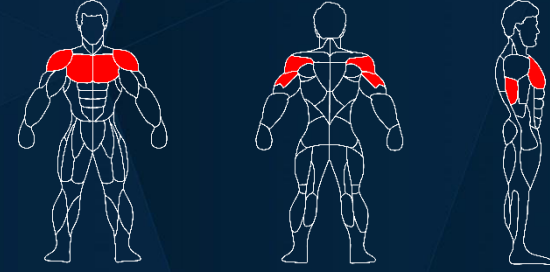


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Chest press with bar



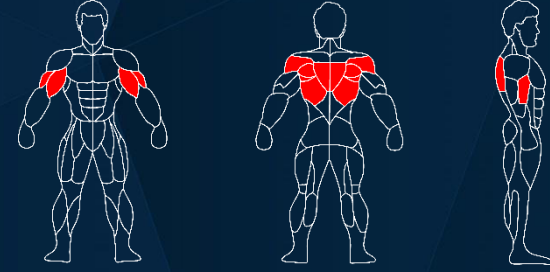


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Leg extension

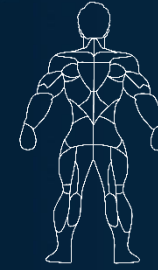


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Stand type pull rod bending

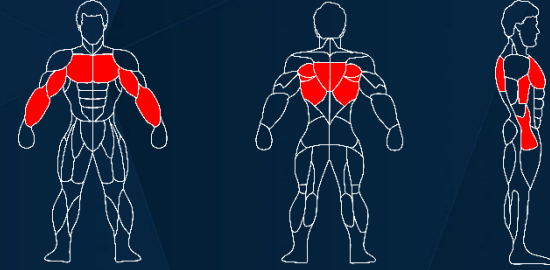


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# FRENCH FITNESS

Curved arm dropdown





US & European design idea  
Innovative technical patent



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