

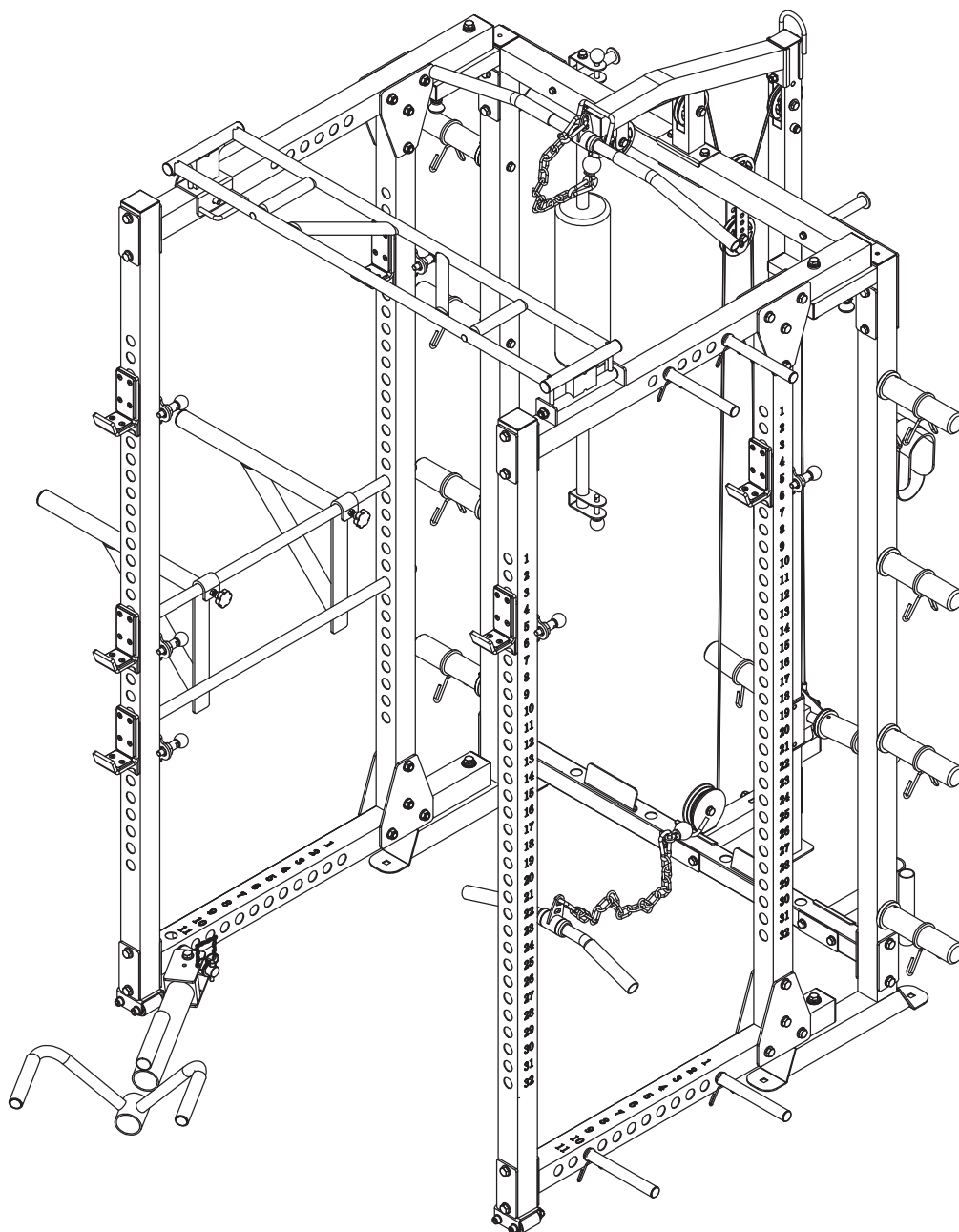
FRENCH FITNESS

OWNER'S MANUAL

FF-FCPRC

Folding Power Rack

Color: Red / Black



CAUTION!

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

20220308-V1.0

ASSEMBLY MANUAL

Folding Power Rack

BEFORE YOU START

Remove all parts from the packaging and separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

Certain parts may arrive pre-assembled from the factory.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear appropriate footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled
- Ensure you correctly orientate each piece before attaching
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Do not use the equipment outdoors or around water.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if you experience any pain, dizziness or nausea. See a doctor at once.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

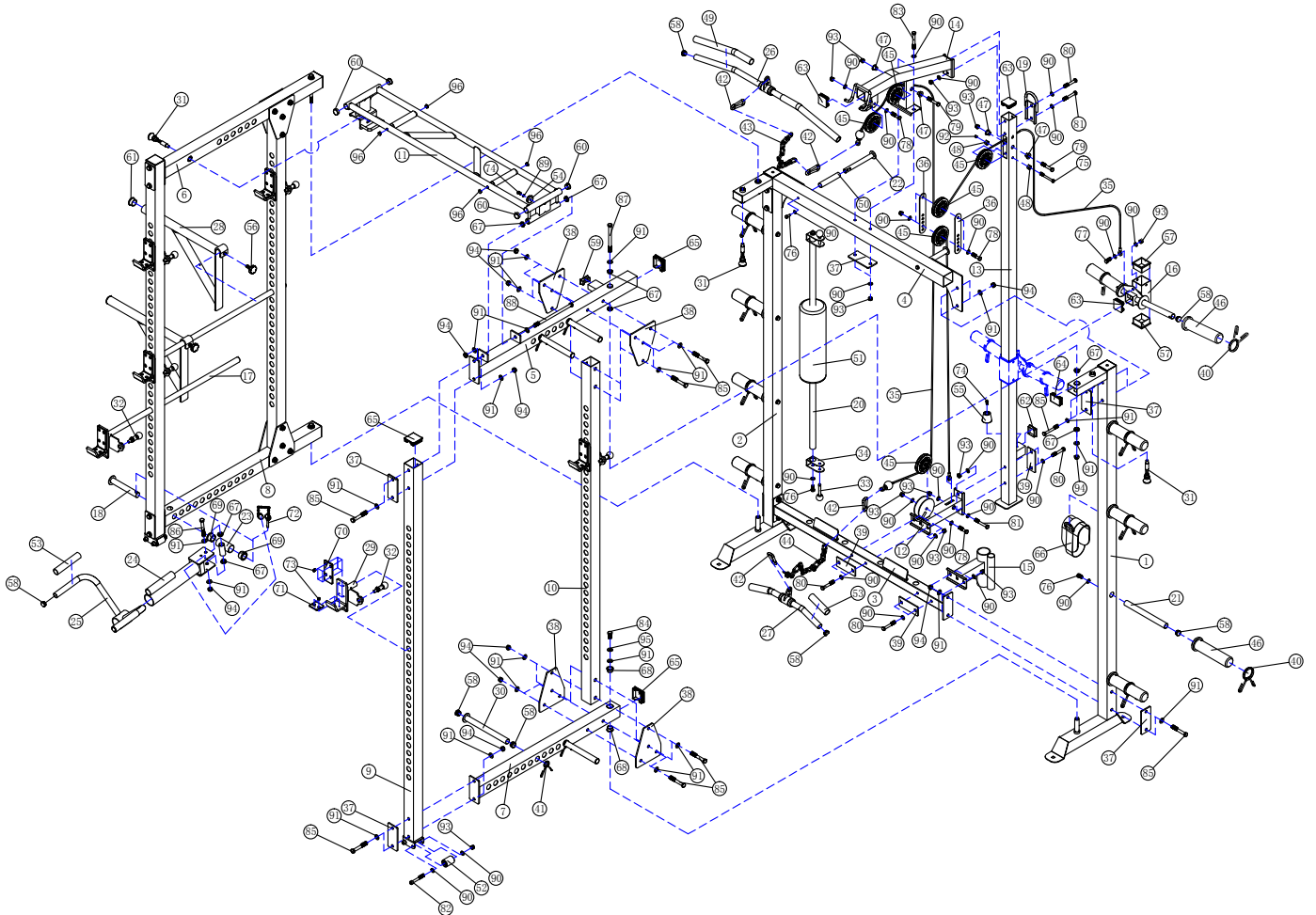
BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.

READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.

WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

EXPLODED DIAGRAM



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.

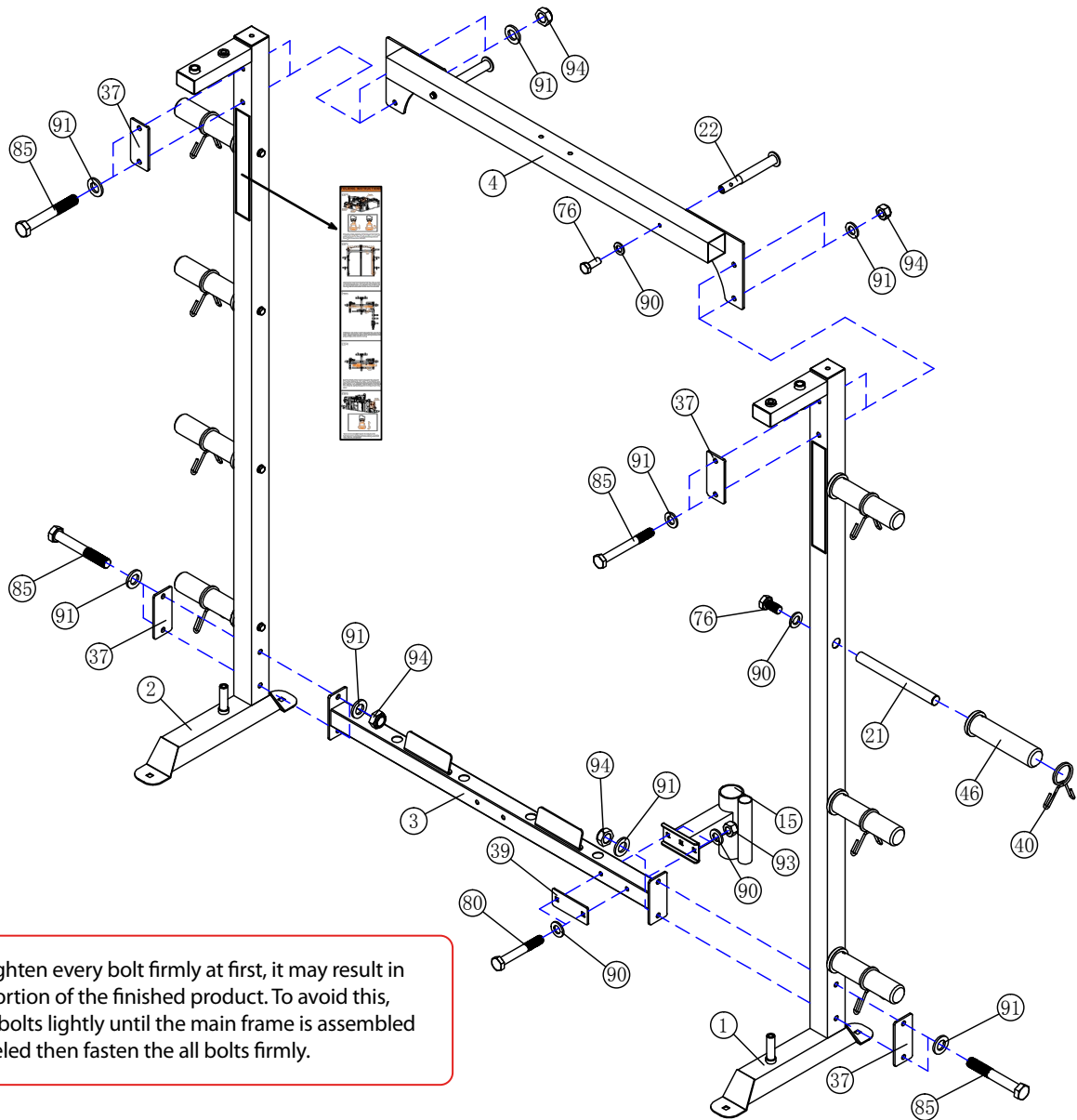
PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Left Rear Stand		1
2	Right Rear Stand		1
3	Lower Support Bar		1
4	Upper Support Bar		1
5	Left Upper connecting frame		1
6	Right upper connecting frame		1
7	Rack bar bottom L		1
8	Rack bar bottom R		1
9	Front Rack Post		2
10	Rear Rack Post	□60×2×1895	2
11	Pull up Bar		1
12	Connecting bar		1
13	Guide shaft		1
14	Boom		1
15	Rear Barbell Rack		1
16	Load-bearing frame		1
17	Dips support bar		2
18	Rotating Shaft		1
19	Top Bracket		1
20	Foam Shaft		1
21	Standard Plate Rack		8
22	Hitch		2
23	Spacer 1		1
24	Rotating frame		1
25	Handle		1
26	Bar attachment 1		1
27	Bar attachment 2		1
28	Dipping Bar		2
29	Horizontal Barbell rack		4
30	Resistance Band Peg		4
31	Securing pin 1		3
32	Securing pin 2		6
33	Roundhead Pin		2
34	C Bracket	87×40×30×3	2
35	Low Cable	L=2980	2
36	Pulley link Plate	218×38×3	2

37	Mounting Plate 1	130×60×5	9
38	Mounting Plate 2	200×160×5	8
39	Mounting Plate 3	120×50×3	3
40	Olympic Spring Clip	φ49	10
41	Standard Spring Clip	φ24.5	4
42	Steel Hook	φ8	4
43	Link Chain (short)	φ5 (10 环)	1
44	Link Chain (long)	15 环	1
45	Pulley	φ96	6
46	Olympic Barbell Sleeve	φ50×210	10
47	Pulley Bushing 1	φ22×φ10.2×15	4
48	Pulley Bushing 2	φ18×φ9×10	2
49	Rubber Grip 1	Φ23×440	2
50	Reinforcement tube	φ17×120	2
51	FOAM	φ22×φ120×400	1
52	Roller	φ35×φ10.5×59	4
53	Rubber Grip 2	Φ23×150	4
54	Washer 1	φ35×φ30×10	1
55	Washer 2	φ45×40	1
56	Hand Tightening bolt	M8×25	2
57	Hollow Tube	□60×□50	2
58	Tube end 1	φ25	24
59	Tube end 2	□25×50	1
60	Tube end 3	φ28	4
61	Tube end 4	φ38	2
62	Tube end 5	□45	1
63	Tube end 6	□50	3
64	Tube end 7	□40×60	2
65	Tube end 8	□60	6
66	Ankle Strap		1
67	Bushing 1	φ25×φ21.8×φ12.2×8	12
68	Bushing 2	φ30×φ26×φ20×16	4
69	Bushing 3	φ38×φ34×φ25×22	2
70	Rack Liner 1	110×52×5	6
71	Rack Liner 2	52×45×5	6
72	Lock Pin with Chain		1
73	Countersunk head screws	M6×12(锌/8.8 级)	36
74	Pan-head screws	M6×16	2
75	M8×80 Hex Bolt	M8×80	1

76	M10×20 Hex Bolt	M10×20	12
77	M10×25 Hex Bolt	M10×25	1
78	M10×45 Hex Bolt	M10×45	4
79	M10×65 Hex Bolt	M10×65	2
80	M10×70 Hex Bolt	M10×70	7
81	M10×75 Hex Bolt	M10×75	2
82	M10×85 Hex Socket Screw	M10×85 (8.8 级)	4
83	M10×85 Hex Bolt	M10×85	2
84	M12×20 Hex Bolt	M12×20	2
85	M12×85 Hex Bolt	M12×85	32
86	M12×90 Hex Bolt	M12×90	1
87	M12×145 Hex Bolt	M12×145	2
88	M12×235 Hex Bolt	M12×235	1
89	Ø6 Washer	6	1
90	Ø10 Washer	10	51
91	Ø12 Washer	12	74
92	M8 Aircraft Nut	M8	1
93	M10 Aircraft Nut	M10	21
94	M12 Aircraft Nut	M12	36
95	Ø12 Elastic Ring	12	2
96	Pipe plug	φ16×φ11	4

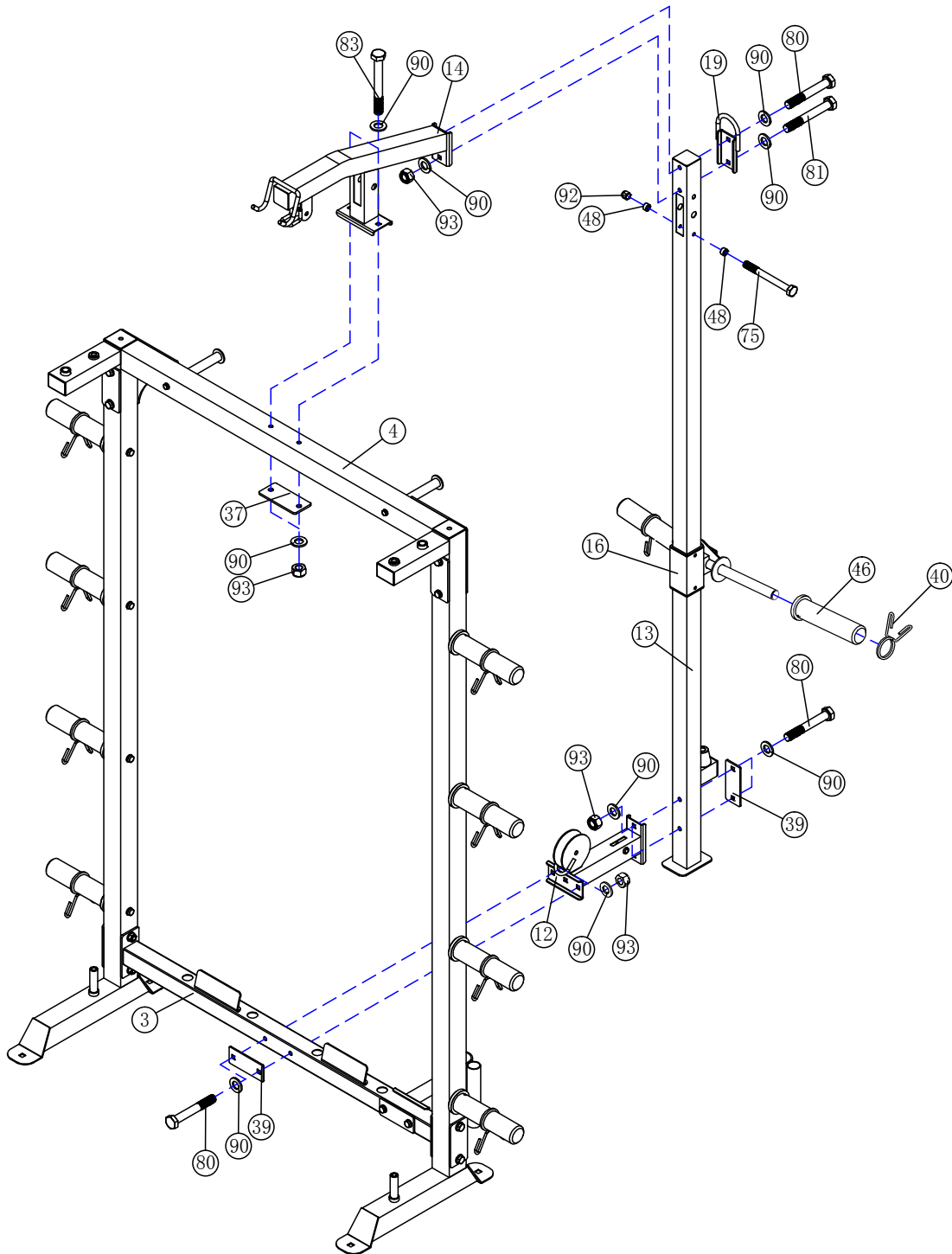
STEP 01



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.

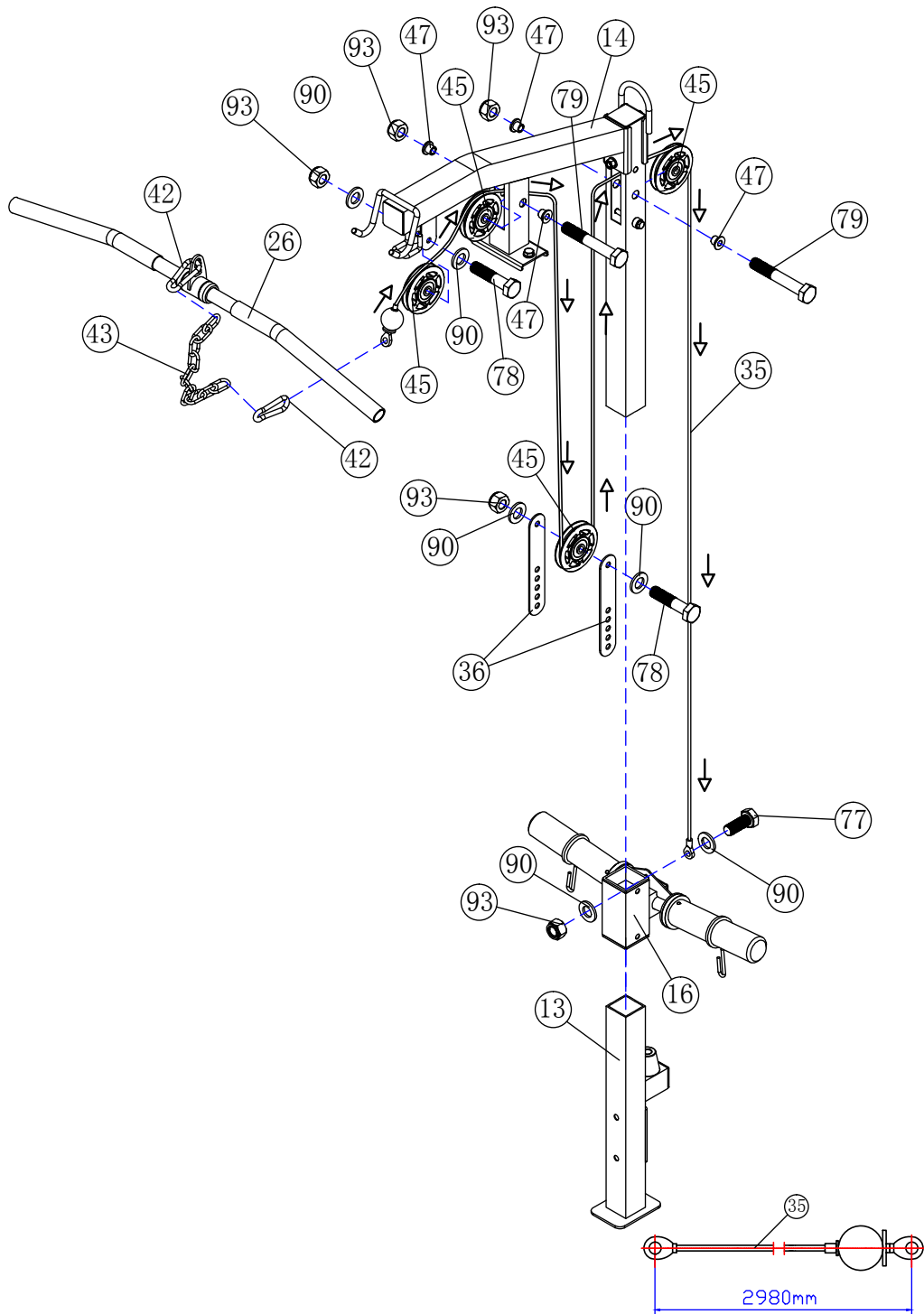
1. Set Left Rear Stand (part#1) upright and bolt Lower Support Bar (part#3) at 90 degrees. Do the same with (part#2). Reinforce the structure by placing the Mounting Plate 1 (part#37) with Ø12 Washer (part#91) as shown in the illustration and fasten with M12×85 Hex Bolt (part#85) and M12 Aircraft Nut (part#94).
2. Fix Rear Barbell Rack (part#15) to the Lower Support Bar (part#3) using M10×70 Hex Bolt (part#80) and M10 Aircraft Nut (part#93). Use Mounting Plate 3 (part#39) and Ø10 Washer (part#90) between the nuts and bolts.
3. Set up the Upper Support Bar (part#4) with a partner. Bolt the top part of the frame on each side using M12×85 Hex Bolt (part#85), Ø12 Washer (part#91), Mounting Plate 1 (part#37) and Ø12 Washer (part#91), M12 Aircraft Nut (part#94).
4. Upper left hole - Insert the Hitch Tube (part#22) in the hole and Lock the tube using M10×20 Hex Bolt (part#76) with Ø10 Washer (part#90).
5. Set up the Weight plate racks by inserting the Standard Plate tube (part#21) and secure with Ø10 Washer (part#90) and M10×20 Hex Bolt (part#76). Use the Olympic Barbell Sleeve (part# 46) and Olympic Spring Clip (part#40) if necessary.

STEP 02



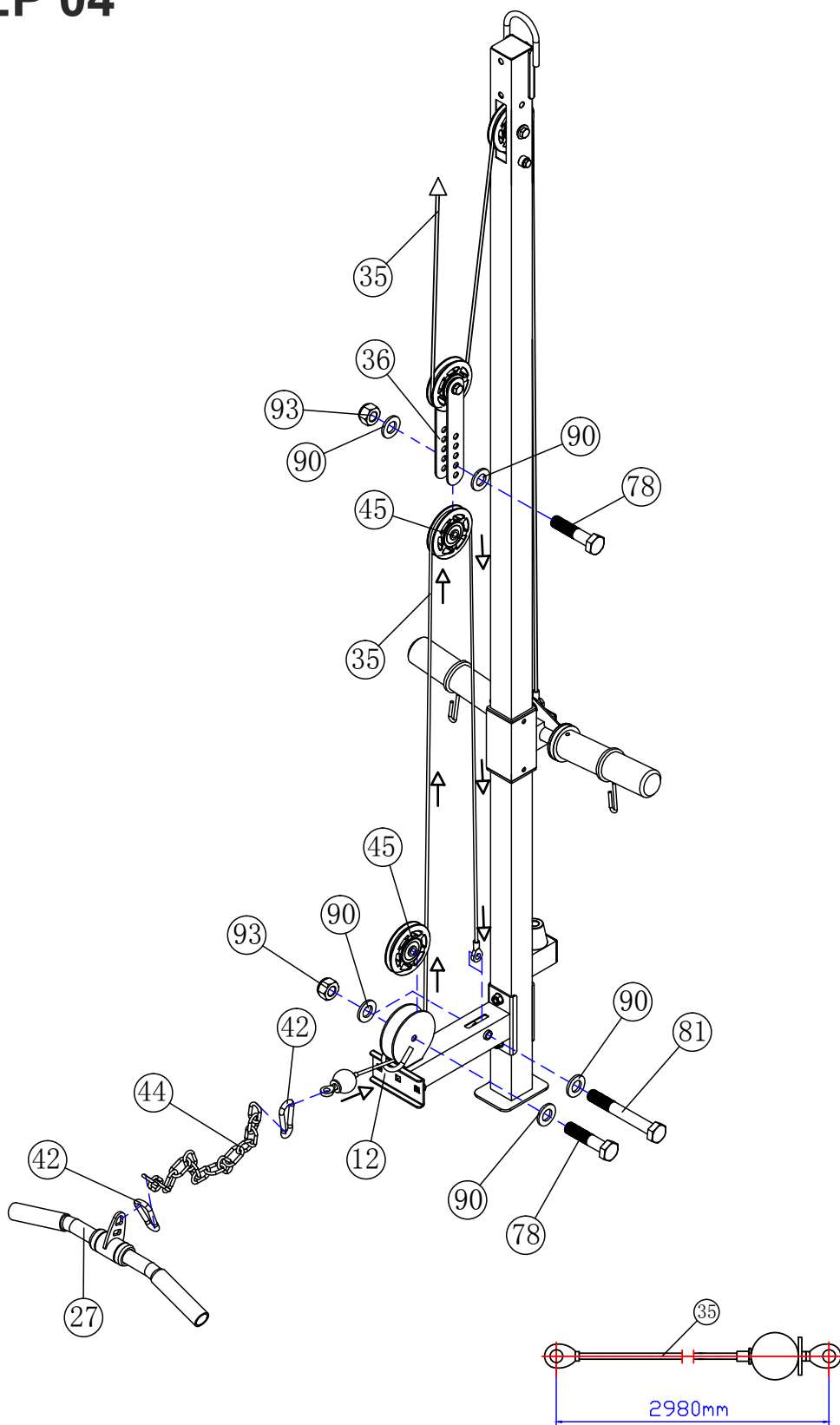
1. Bolt Connecting bar (part#12) to (part#3) and fasten with M10×70 Hex Bolt (part#80), Ø10 Washer (part#90), Mounting Plate 3 (part#39), Ø10 Washer (part#90), M10 Aircraft Nut (part#93) accordingly.
2. Bolt the Boom (part#14) to the Upper Support Bar (part#4). Fasten with M10×85 Hex Bolt (part#83), Ø10 Washer (part#90), Mounting Plate 1 (part#37), Ø10 Washer (part#90), M10 Aircraft Nut (part#93) accordingly.
- 3.** Slide the Load-bearing frame (part#16) to the Guide shaft (part#13)
4. Top: Connect the Guide shaft (part#13) to (part#14). Use M10×70 Hex Bolt (part#80) and M10×75 Hex Bolt (part#81), Ø10 Washer (part#90), Top Bracket (part#19), Ø10 Washer (part#90), M10 Aircraft Nut (part#93).
5. Bottom: Connect the Guide shaft (part#13) to (part#12). Use M10×70 Hex Bolt (part#80), Ø10 Washer (part#90), mounting plate 3 (part#39), Ø10 Washer (part#90), M10 Aircraft Nut (part#93).

STEP 03



1. Upper and Mid-Pulley assembly: Sandwich 1 Pulley (part#45) distal to each other using 2 Pulley link Plates (part#36). Use M10×45 Hex Bolt (part#78), Ø10 Washer (part#90), Ø10 Washer (part#90), M10 Aircraft Nut (part#93) to secure the pulley.
2. Set the Cable (part#35) by following the diagram and fasten the flat end of the cable to the Load-bearing frame (part#16) using M10×25 Hex Bolt (part#77), Ø10 Washer (part#90), Low Cable (part#35), Ø10 Washer (part#90) and M10 Aircraft Nut (part#93)..
3. Place all the pulleys (part#45) and secure them with bolts, nuts and washers provided.
4. Make sure to use the lubricant in all the moving parts. Guide shafts, Pulleys and cables are to be checked before using to ensure the safety of the user.

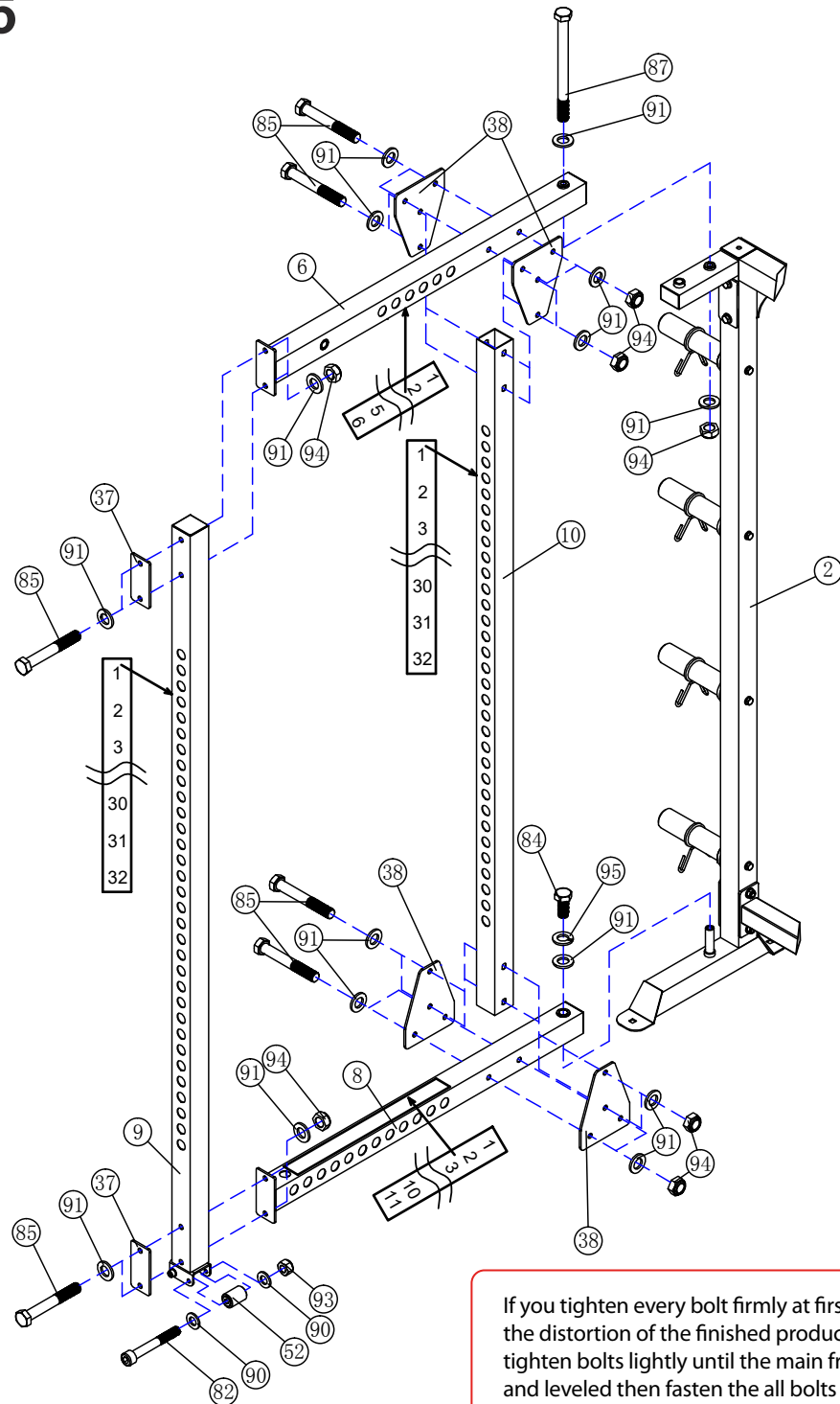
STEP 04



1. Lower Pulley assembly: Lock the other end of the second cable (part#35) inserting the flat end inside the Connecting bar (part#12). Use M10×75 Hex Bolt (part#81) , Ø10 Washer (part#90), Ø10 Washer (part#90), and M10 Aircraft Nut (part#93).

2. Place the other end of the cable in the middle of the horizontal circles. Put the pulley (part#35) in and lock it with M10×45 Hex Bolt (part#78) , Ø10 Washer (part#90), Ø10 Washer (part#90), and M10 Aircraft Nut (part#93).

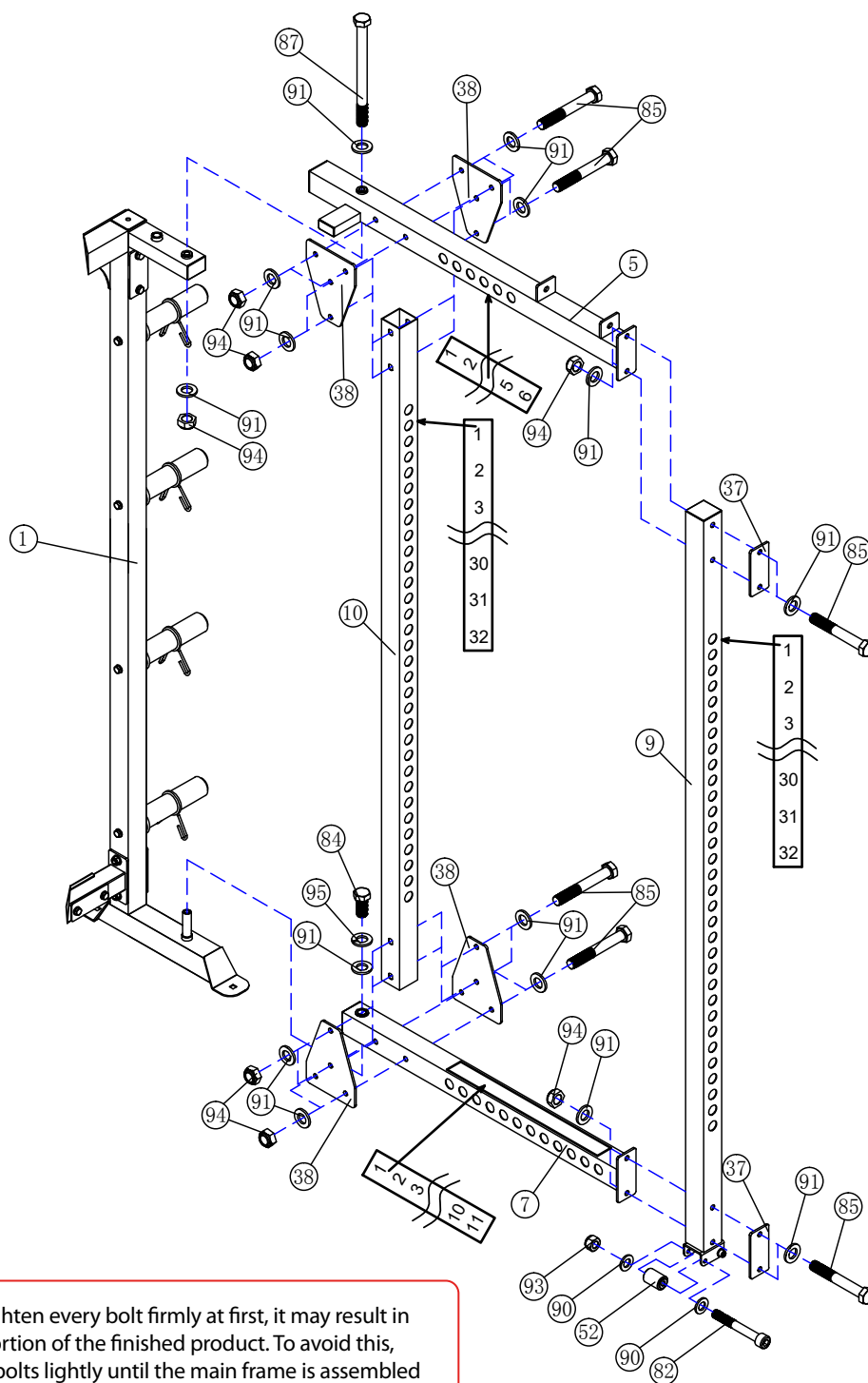
STEP 05



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. Assemble one side of the power rack by setting up one side first before connect to the other side. Front Rack Post (part#9) should be upright and parallel to the Rear Rack Post (part#10). The big holes should be facing the user.
2. Start from the bottom and place both post (part#9) & (part#10) on top of the Bottom Rack bar R (part#8). Secure those with the Brackets provided. Make sure that the angles are squared up properly to ensure the correct fitting of the rest of the parts.
3. Square up the frame and attach the Upper connecting frame R (part#6) to the rest of the assembly. Secure those with the brackets, nuts and bolts provided.
4. You may now connect the pulley frame to this side of the power rack.

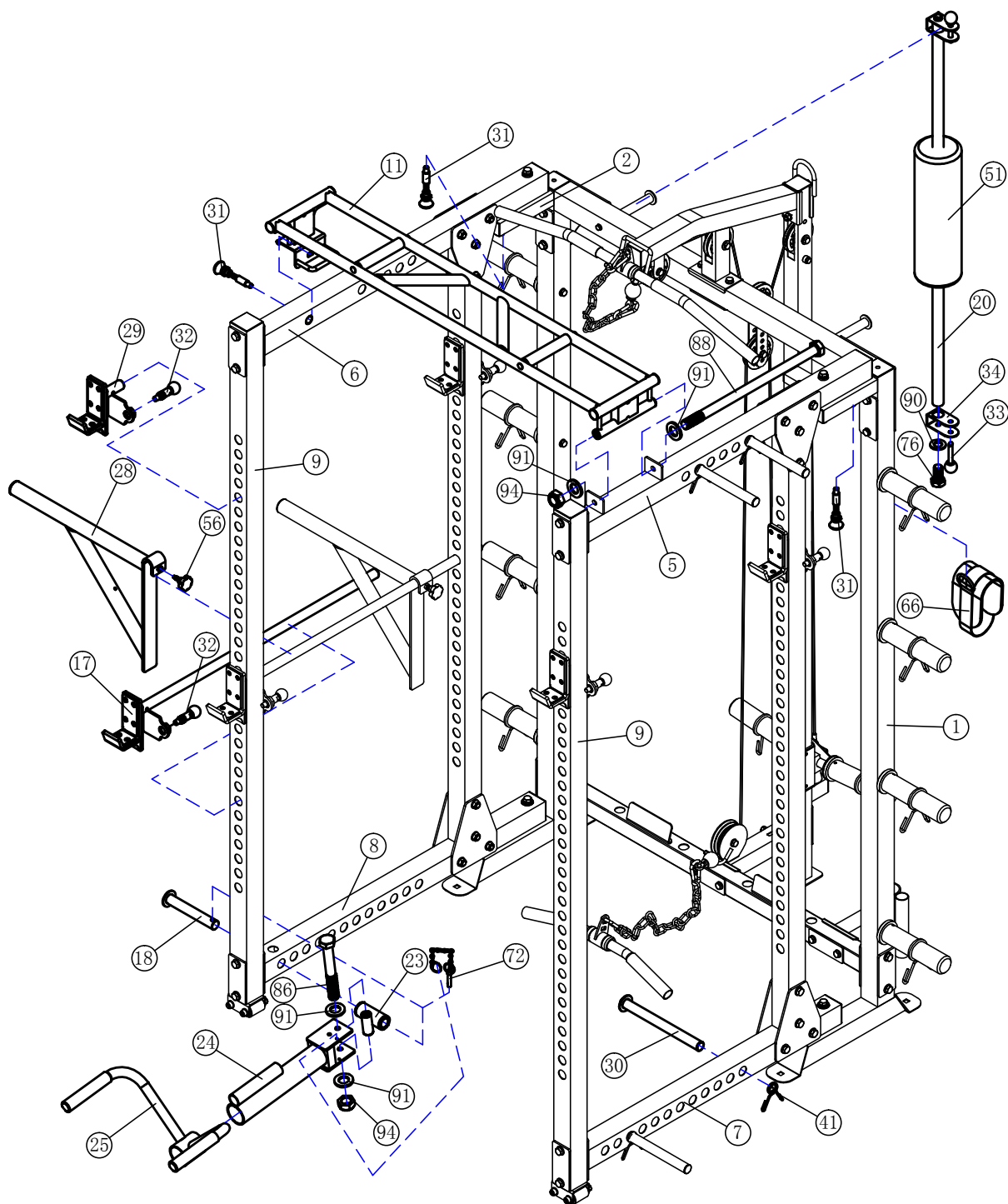
STEP 06



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.

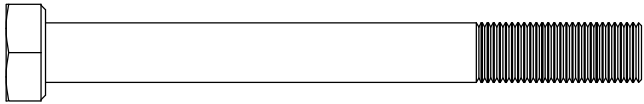
1. Do the same as DIAGRAM 5 on the left side.
2. Tighten all the nuts and bolts and make sure that the lines are not crooked and the angles are square and not twisted.
3. Place all the plastic ends/caps.

STEP 07

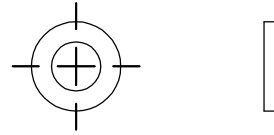


1. Certain parts may arrive preassembled from the factory.
2. Pull up Bar (part#11) may or may not be installed .
3. Attachments can be removed if not in use.
4. Dip bars should be stowed away when using the power rack for Barbell exercises.
5. Cables and pulleys should move smoothly.

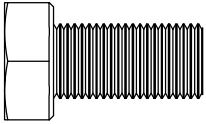
HARDWARE



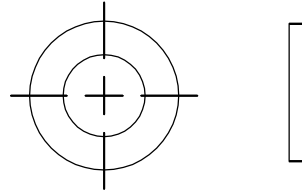
(#75) M8×80 Hex Bolt (Qty 1)



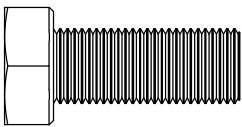
(#89) Ø6 Washer (Qty 1)



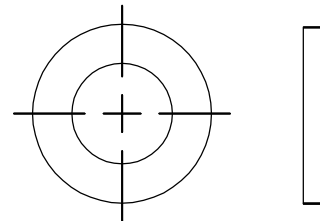
(#76) M10×20 Hex Bolt (Qty 12)



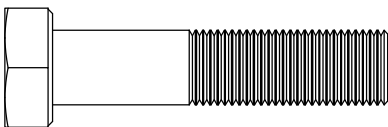
(#90) Ø10 Washer (Qty 51)



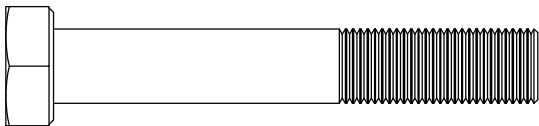
(#77) M10×25 Hex Bolt (Qty 1)



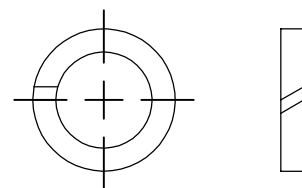
(#91) Ø12 Washer (Qty 74)



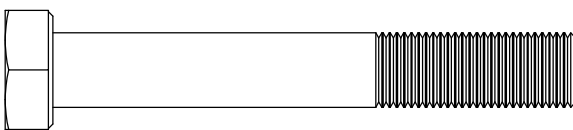
(#78) M10×45 Hex Bolt (Qty 4)



(#79) M10×65 Hex Bolt (Qty 2)

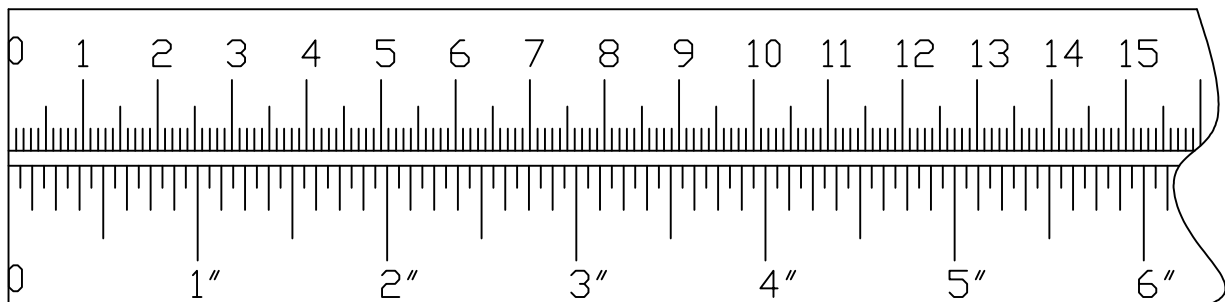


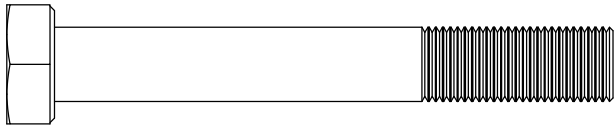
(#95) Ø12 Elastic Ring (Qty 2)



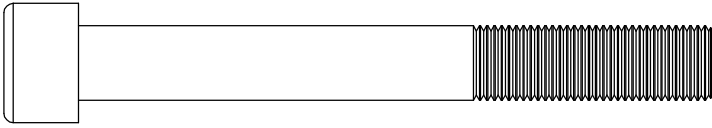
(#80) M10×70 Hex Bolt (Qty 7)

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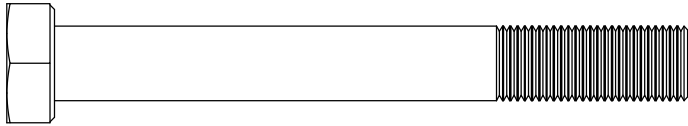




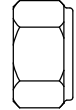
(#81) M10×75 Hex Bolt (Qty 2)



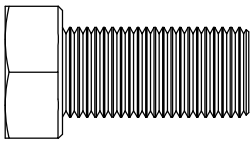
(#82) M10×85 Hex Socket Screw (Qty 4)



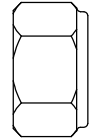
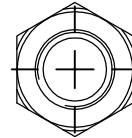
(#83) M10×85 Hex Bolt (Qty 2)



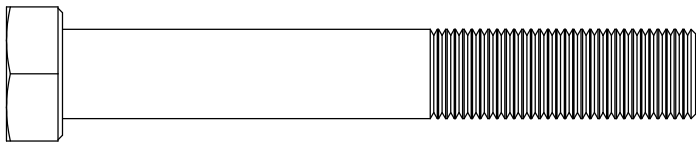
(#92) M8 Aircraft Nut (Qty 1)



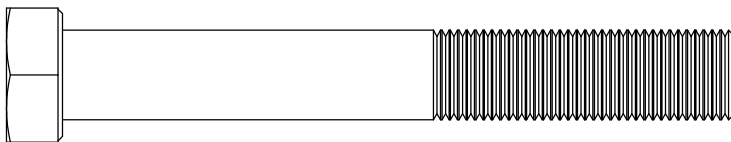
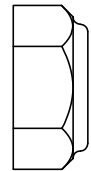
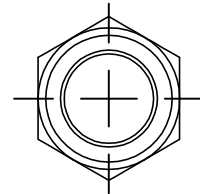
(#84) M12×20 Hex Bolt (Qty 2)



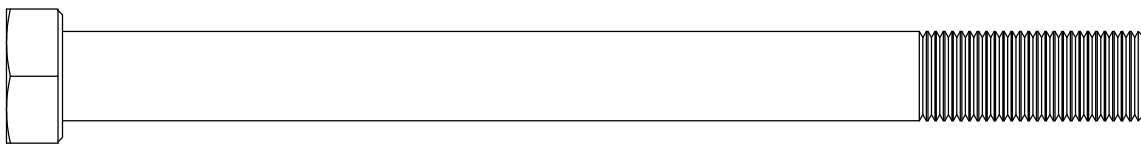
(#93) M10 Aircraft Nut (Qty 21)



(#85) M12×85 Hex Bolt (Qty 32)

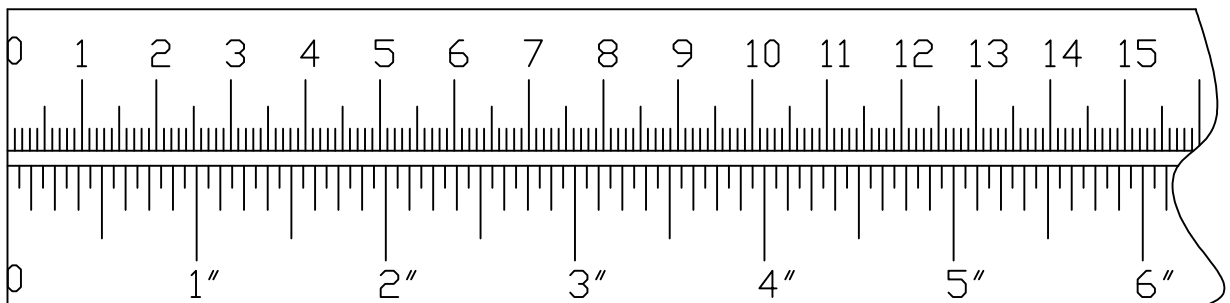


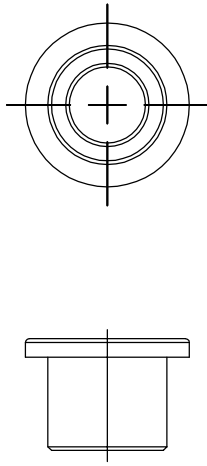
(#86) M12×90 Hex Bolt (Qty 1)



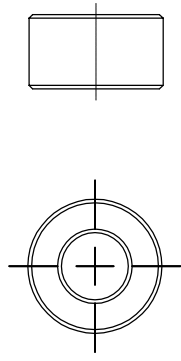
(#87) M12×145 Hex Bolt (Qty 2)

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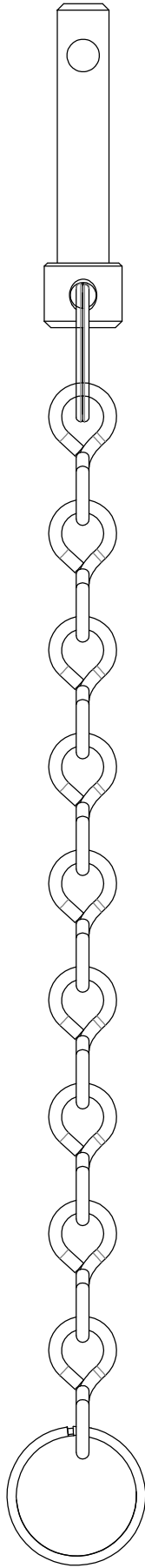




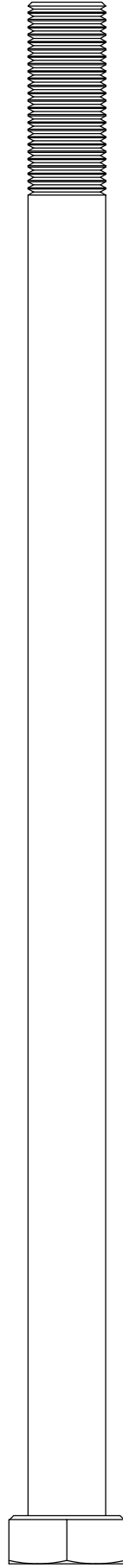
(#47) Pulley Bushing (Qty 4)



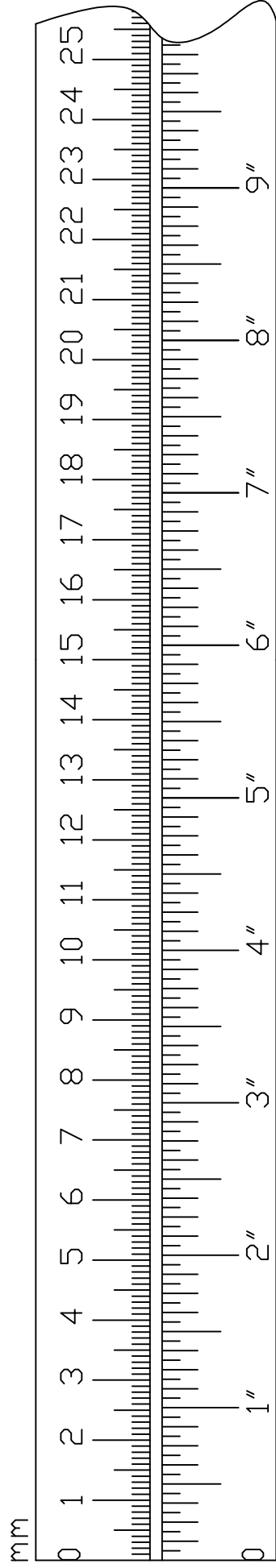
(#48) Bushing (Qty 2)

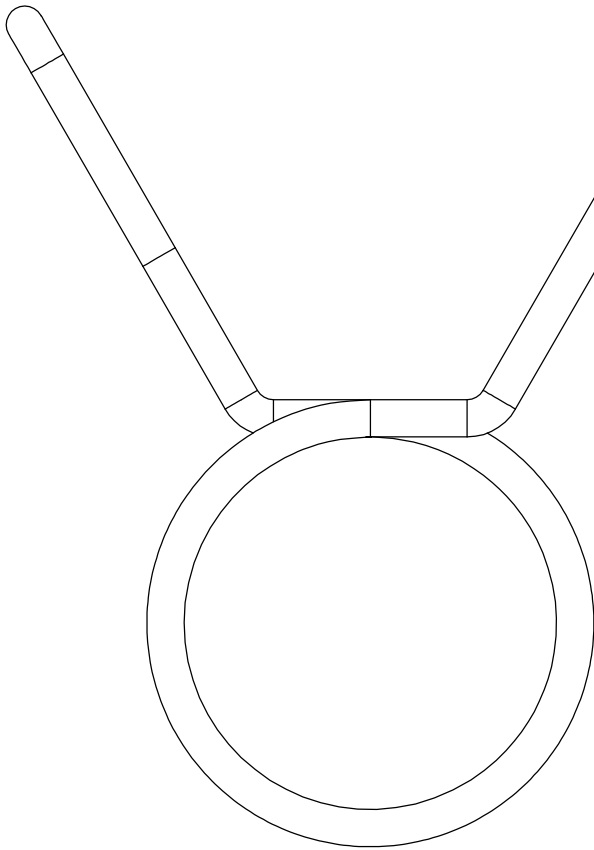


(#72) Lock Pin With Chain (Qty 1)

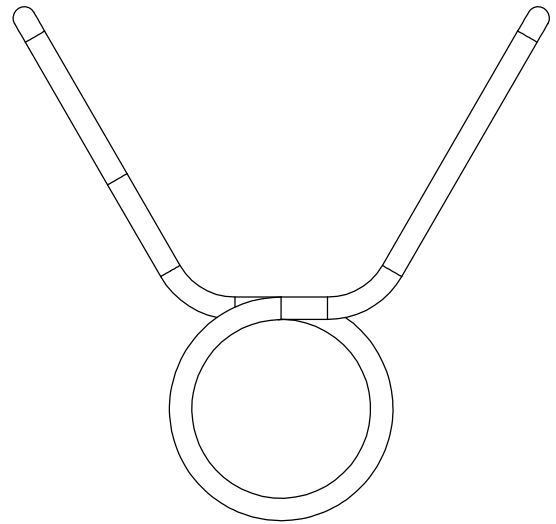


(#88) M12x235 Hex Bolt (Qty 1)

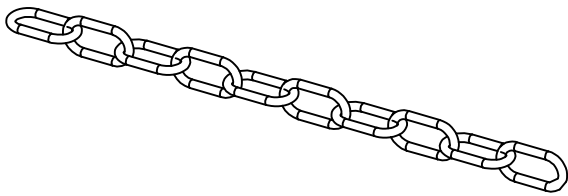




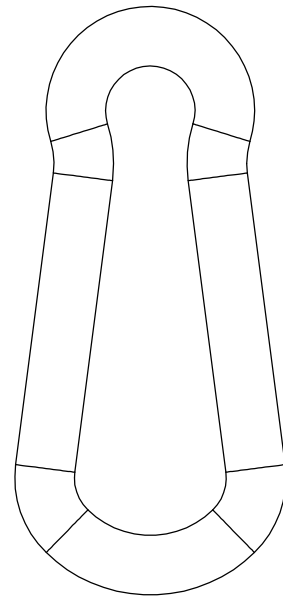
(#40) Ø49 Spring Clip (Qty 10)



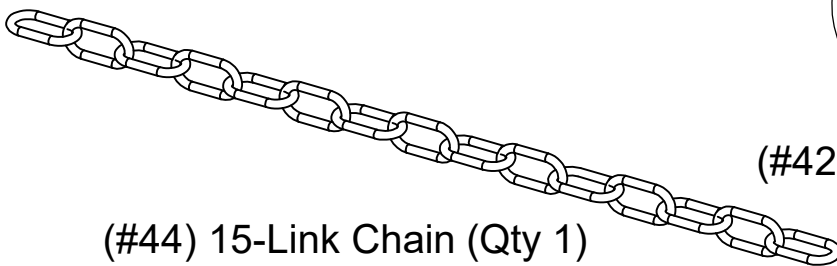
(#41) Ø24.5 Spring Clip (Qty 4)



(#43) 10-Link Chain (Qty 1)



(#42) Ø8 Hook (Qty 4)



(#44) 15-Link Chain (Qty 1)

