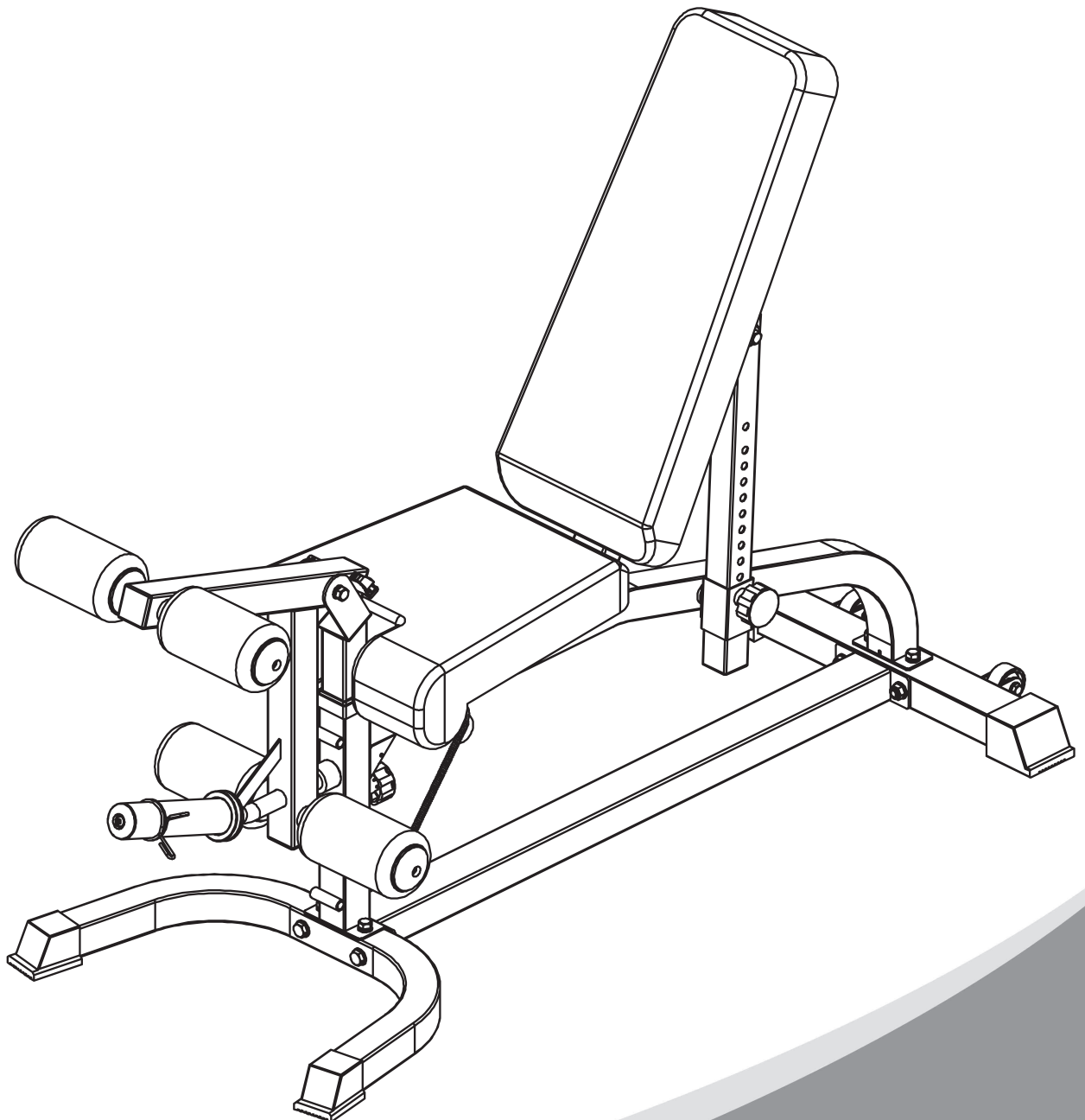


FRENCH FITNESS

MFAB

MULTI FUNCTIONAL ADJUSTABLE BENCH

ASSEMBLY MANUAL



FEATURES

- Adjustable seat cushion
- Adjustable backrest
- Foot pad for an optimal hold and perfect positioning of the feet for sit-ups
- With wheels at the rear for easy movement

ATTACHMENTS

- Leg Roller Attachment (Standard)
- Leg Ext / Curl Attachment (Optional)
- Preacher Curl Attachment (Optional)

TECH SPECS

- Max Load capacity: 661 lb (300 kg)
- Weight: 88 lb (40 kg)
- Dimensions (L x W x H): 60" x 24" x 20" (1530 mm x 630 mm x 510 mm)

WARRANTY

- 10 Years Parts, 1 Year Labor (Home)

Contents

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Assembly step 2	8-10
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Assembly step 4	14-16
Assembly step 5	17-19
Assembly step 6	20-22
Assembly step 7	23-24

Parts list

NO.	Serial NO.	Description	Note	Qty.
1	BK-3018-1	middle base frame		1
2	BK-3018-2	front bending base frame		1
3	BK-3018-3	back base frame		1
4	BK-3018-4	hexagon bolt	M10*70	4
5	BK-3018-5	gasket	Φ12	8
6	BK-3018-6	lock nut	M12	4
8	BK-3018-8	bending tube		1
9	BK-3018-9	hexagon bolt	M10*20	8
10	BK-3018-10	gasket	Φ10	14
11	BK-3018-11	locking spring knob	M18*1.5-35	2
12	BK-3018-12	spring gasket	Φ10	8
13	BK-3018-13	back pad tube		1
14	BK-3018-14	shaft	Φ12*128-M10	2
15	BK-3018-15	lock nut	M10	6
16	BK-3018-16	selector tube		1
17	BK-3018-17	big gasket	Φ30*Φ10.5*3.0	2
18	BK-3018-18	back pad rotating sleeve		1
19	BK-3018-19	seat pad frame		1
20	BK-3018-20	seat pad		1
21	BK-3018-21	hexagon bolt	M8*45	4
22	BK-3018-22	gasket	Φ8	12
23	BK-3018-23	hexagon bolt	M8*20	6
24	BK-3018-24	back pad		1
25	BK-3018-25	leg curl tube		1
26	BK-3018-26	shaft	Φ20*57-M10	1
27	BK-3018-27	T shape pin-85	Φ10*85	1
28	BK-3018-28	foam rod-450		3
29	BK-3018-29	foam inner cover		6
30	BK-3018-30	foam outer cover		6
31	BK-3018-31	foam	Φ100*175	6
32	BK-3018-32	allen bolt	M8*20 ROUND	6
33	BK-3018-33	upright tube		1
34	BK-3018-34	spring collar	Φ50	1
35	BK-3018-35	chest pad		1
36	BK-3018-36	barbell support tube		1
38	BK-3018-38	hexagon bolt	M10*65	2
39	BK-3018-39	chest pad tube		1
40	BK-3018-40	leg curl tube		1
41	BK-3018-41	magnetic pin	Φ10*80	2

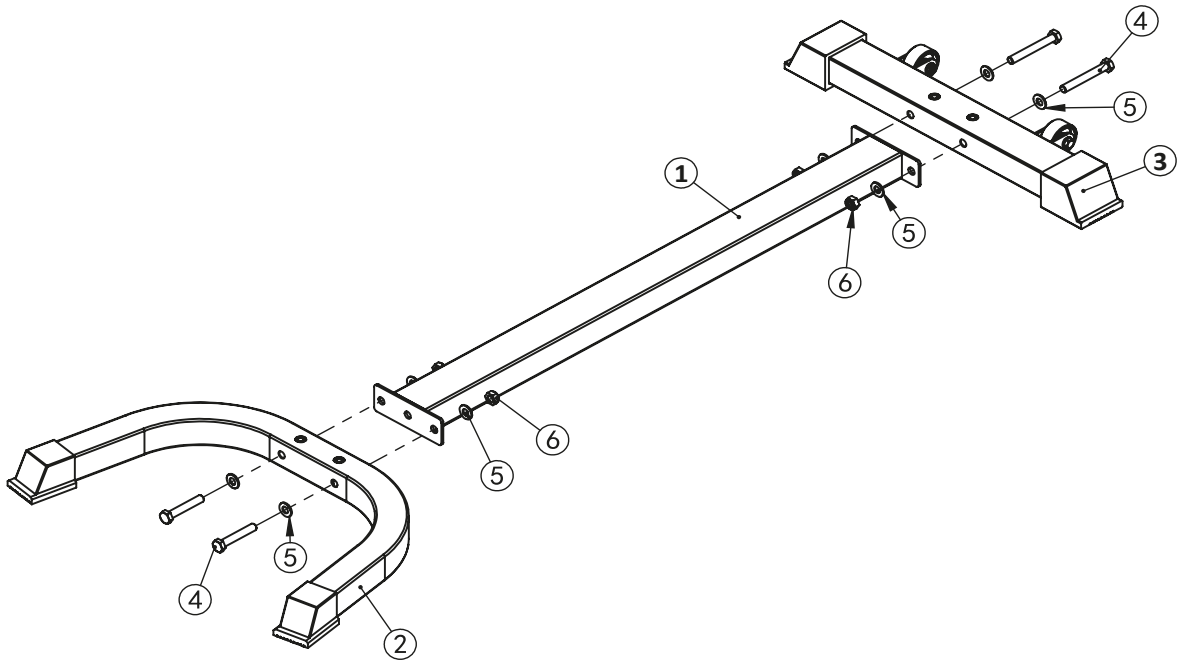
Parts list

43	BK-3018-43	foot cover	□50*50	2
44	BK-3018-44	rivet nut	M10	2
45	BK-3018-45	foot cover	□50*70	2
46	BK-3018-46	roller	Φ54	2
48	BK-3018-48	lock nut	M8	2
49	BK-3018-49	powder metallurgy sleeve	Φ32*Φ28*Φ20*18	6
50	BK-3018-50	tube plug	□50*50/□45*45	1
51	BK-3018-51	bearing	6001	4
52	BK-3018-52	tube plug	□40*60*2	2
53	BK-3018-53	tube	Φ50*0.8	1
54	BK-3018-54	tube plug	□45*45	1
55	BK-3018-55	handle cover	Φ32*Φ25*130	1
56	BK-3018-56	tube plug	Φ32*Φ29*Φ26*29	8
57	BK-3018-57	tube plug	□50*50/Φ32	1
58	BK-3018-58	tube plug	□50*50*2.0	3
59	BK-3018-59	tube	Φ48*1.5	1
60	BK-3018-60	tube plug	Φ50*Φ44.8*Φ25.5	1
61	BK-3018-61	tube plug	Φ70*Φ44.8*Φ	1
62	BK-3018-62	rubber cushion	Φ40*Φ25*29	1
63	BK-3018-63	allen bolt	M8*20	1

Bolt length meter

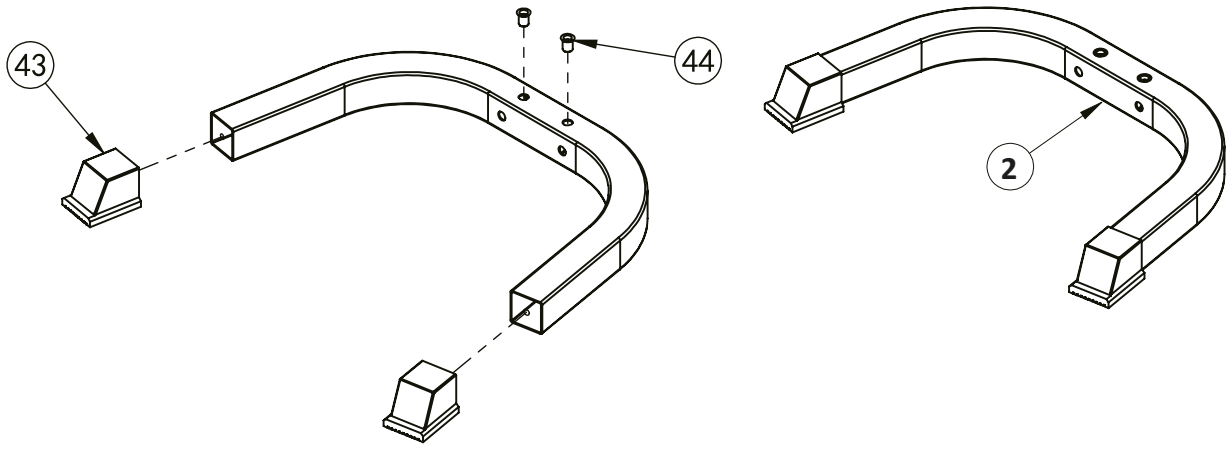


Assembly step-1 explosion drawing

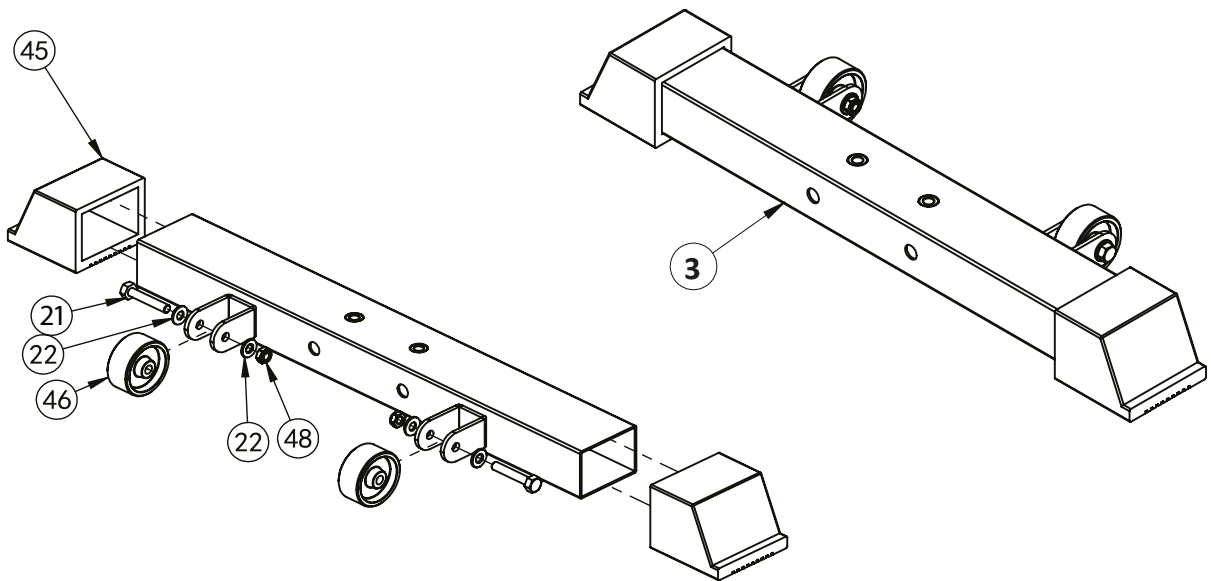


No.	Description	Note	Qty.
1	middle base frame		1
2	front bending base frame		1
3	back base frame		1
4	hexagon bolt	M10*70	4
5	gasket	Φ12	8
6	lock nut	M12	4

Factory assembly explosion drawing

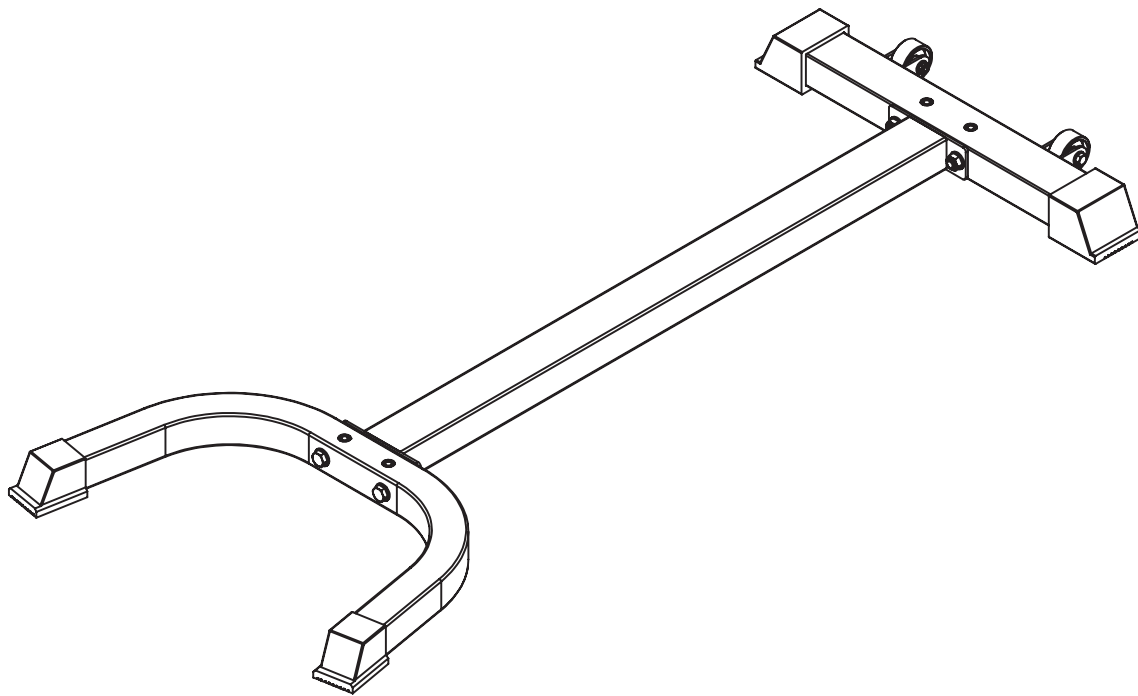


No.	Description	Note	Qty.
43	foot cover	□50*50	2
44	rivet nut	M10	2



No.	Description	Note	Qty.
22	gasket	Φ8	4
45	foot cover	□50*70	2
46	roller	Φ54	2
21	hexagon bolt	M8*45	2
48	lock nut	M8	2

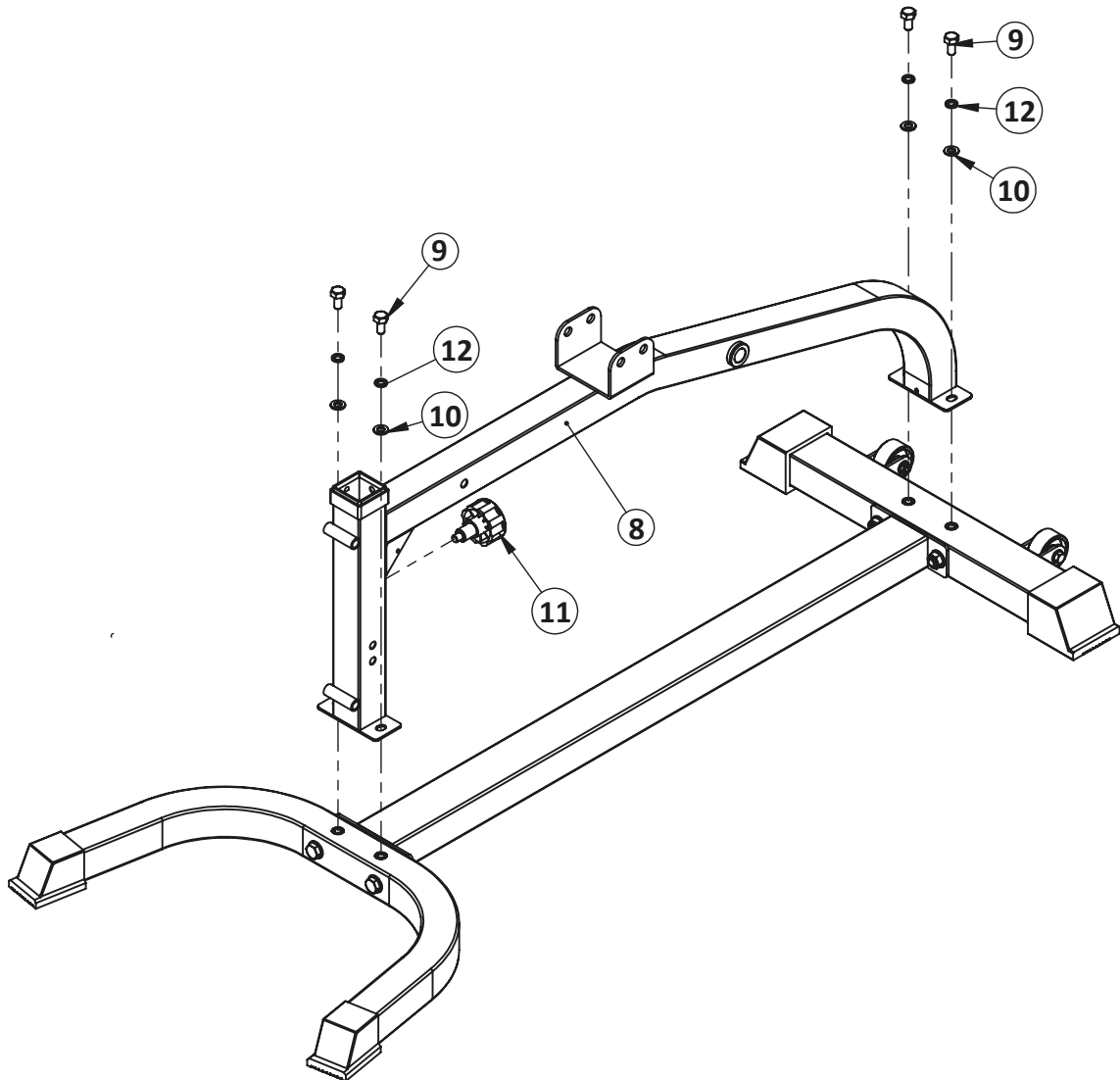
Assembly step-1 drawing



Assembly step-1 installation instruction

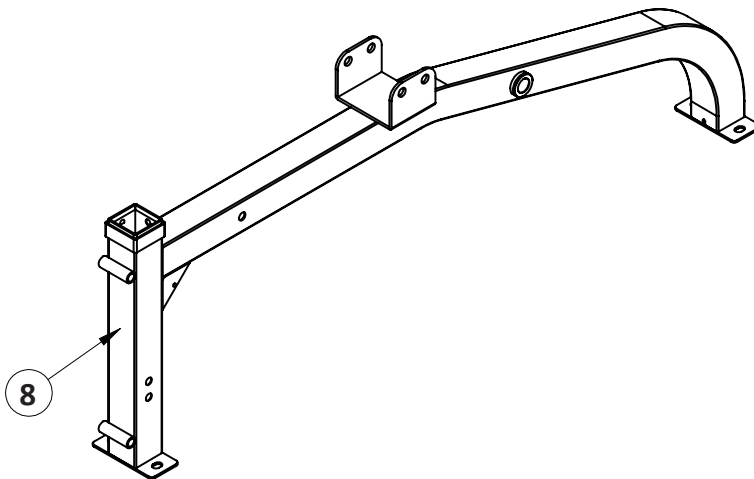
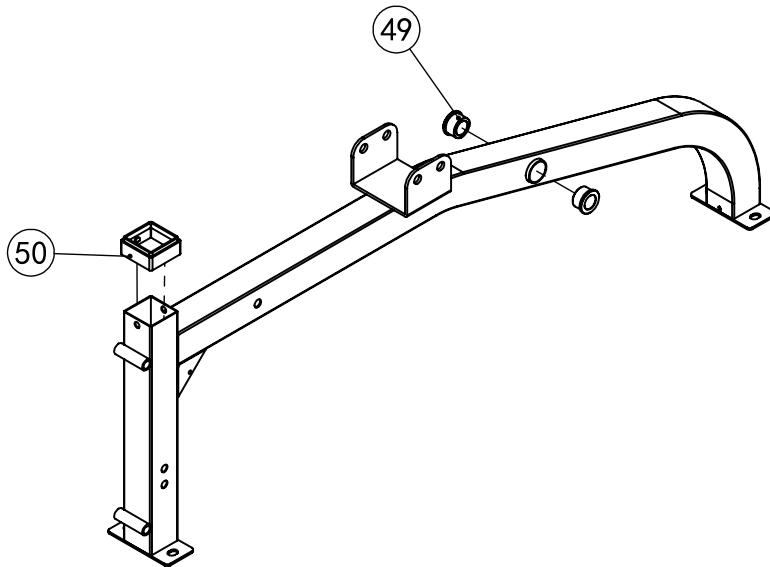
- 1 Fix middle base frame-1 and front bending base frame-2 using M12*70 hexagon bolt-4, Φ 12 gasket-5, M12 lock nut-6.
- 2 Fix back base frame-3 fastening on middle base frame-1 using M12*90 hexagon bolt-7, Φ 12 gasket-5, M12 lock nut-6.

Assembly step-2 explosion drawing



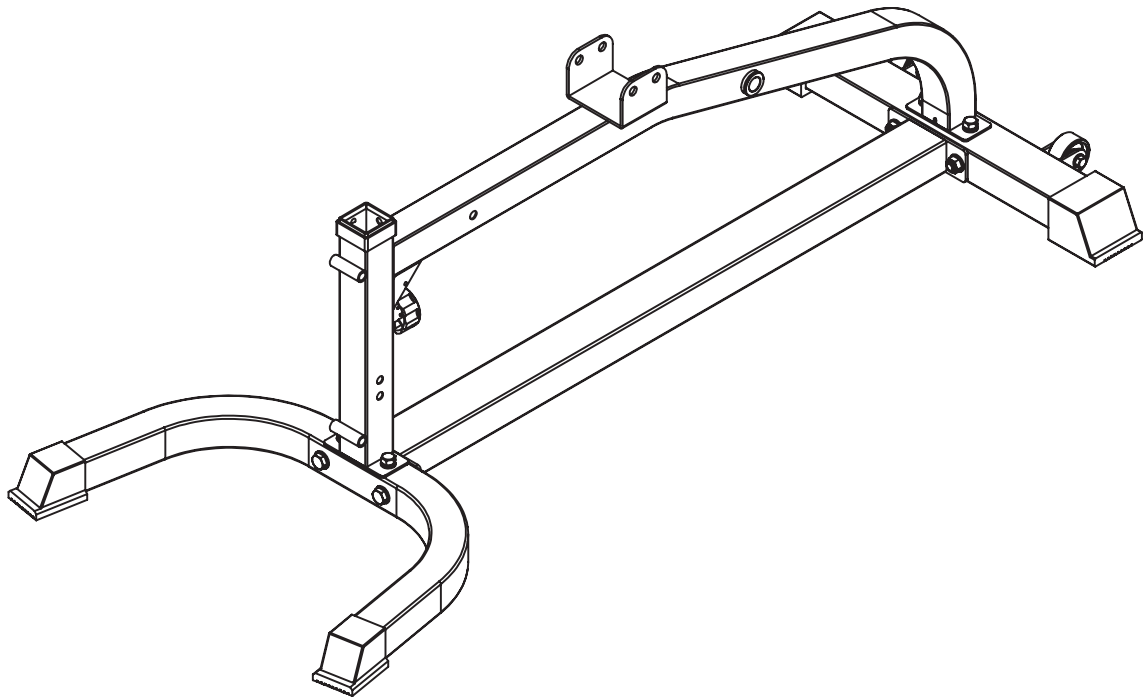
No.	Description	Note	Qty.
8	bending tube		1
9	hexagon bolt	M10*20	4
10	gasket	Φ10	4
11	locking spring knob	M18*1.5-35	1
12	spring gasket	Φ10	4

Factory assembly explosion drawing



No.	Description	Note	Qty.
49	powder metallurgy sleeve	$\Phi 32 * \Phi 28 * \Phi 20 * 18$	2
50	tube plug	$\square 50 * 50 / \square 45 * 45$	1

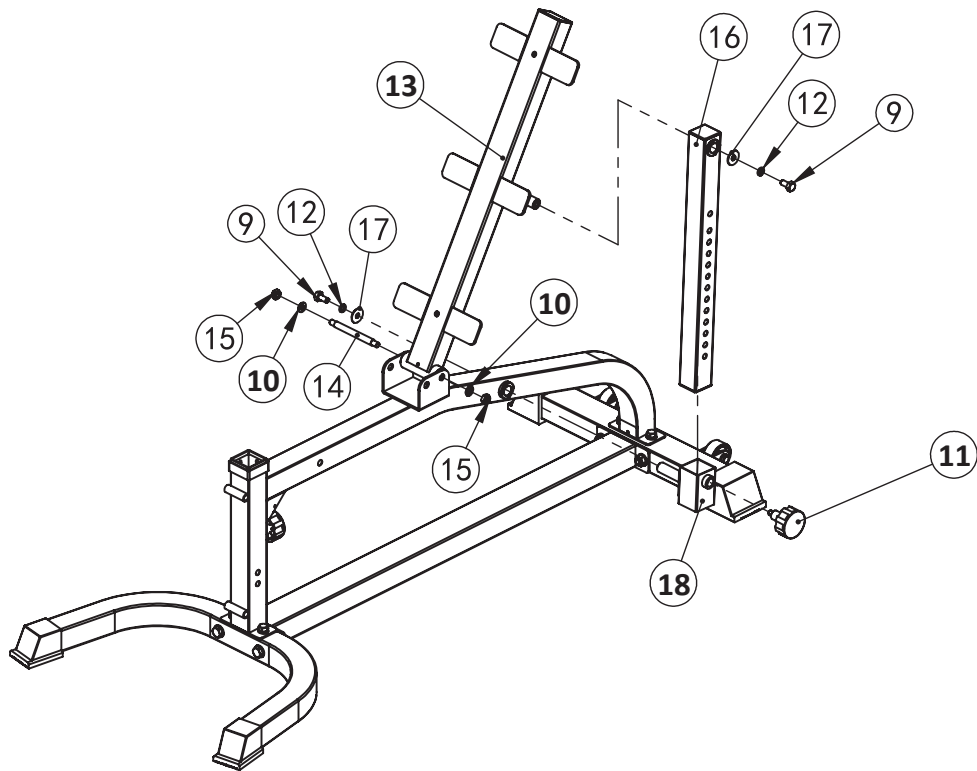
Assembly step-2 drawing



Assembly step-2 installation instruction

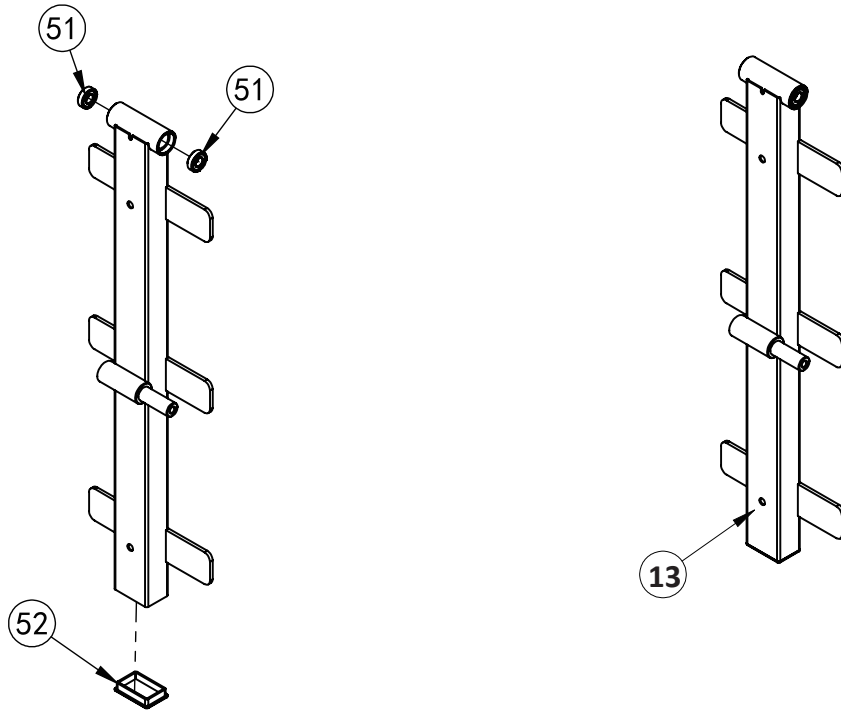
- 1 Fix bending tube-8 fastening on main frame using M10*25 hexagon bolt-42, Φ 10 gasket-10, Φ 10 spring gasket-12.
- 2 Put locking spring knob-11 on the bending tube-8.

Assembly step-3 explosion drawing

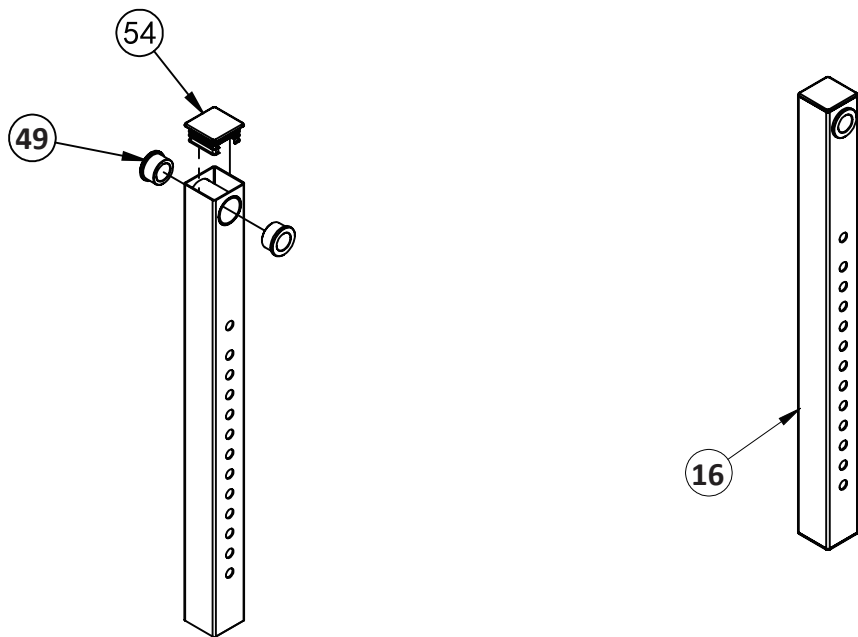


No.	Description	Note	Qty.
13	back pad tube		1
14	shaft	$\Phi 12 * 128 - M10$	1
10	gasket	$\Phi 10$	2
15	lock nut	M10	2
16	selector tube		1
17	big gasket	$\Phi 30 * \Phi 10.5 * 3.0$	2
9	hexagon bolt	M10*20	2
18	back pad rotating sleeve		1
11	locking spring knob	M18*1.5-35	1
12	spring gasket	$\Phi 10$	2

Factory assembly explosion drawing

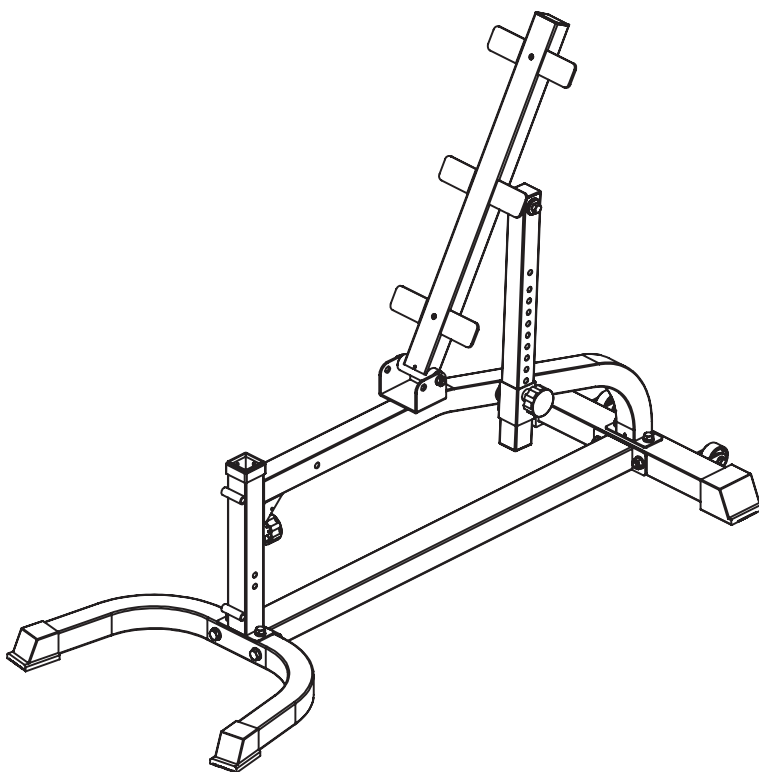


No.	Description	Note	Qty.
51	bearing	6001	2
52	tube plug	□40*60*2	1



No.	Description	Note	Qty.
49	powder metallurgy sleeve	Φ32*Φ28*Φ20*18	2
54	tube plug	□45*45	1

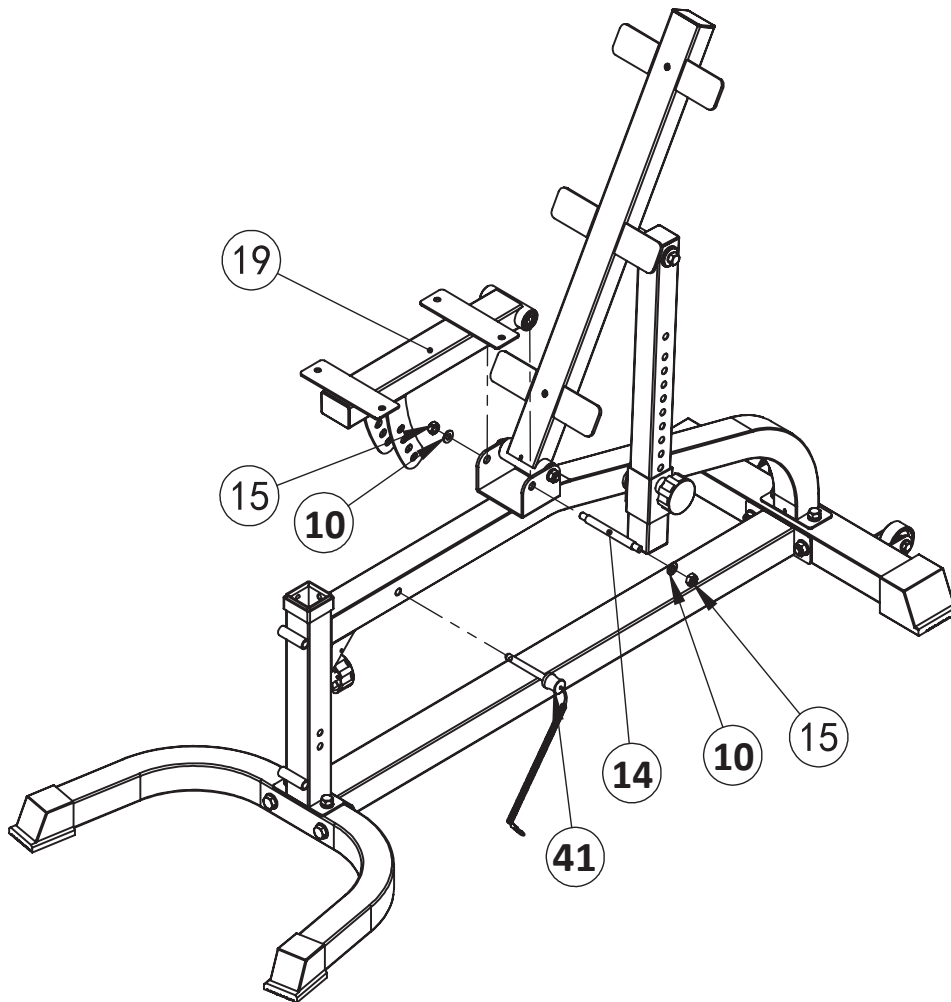
Assembly step-3 drawing



Assembly step-3 installation instruction

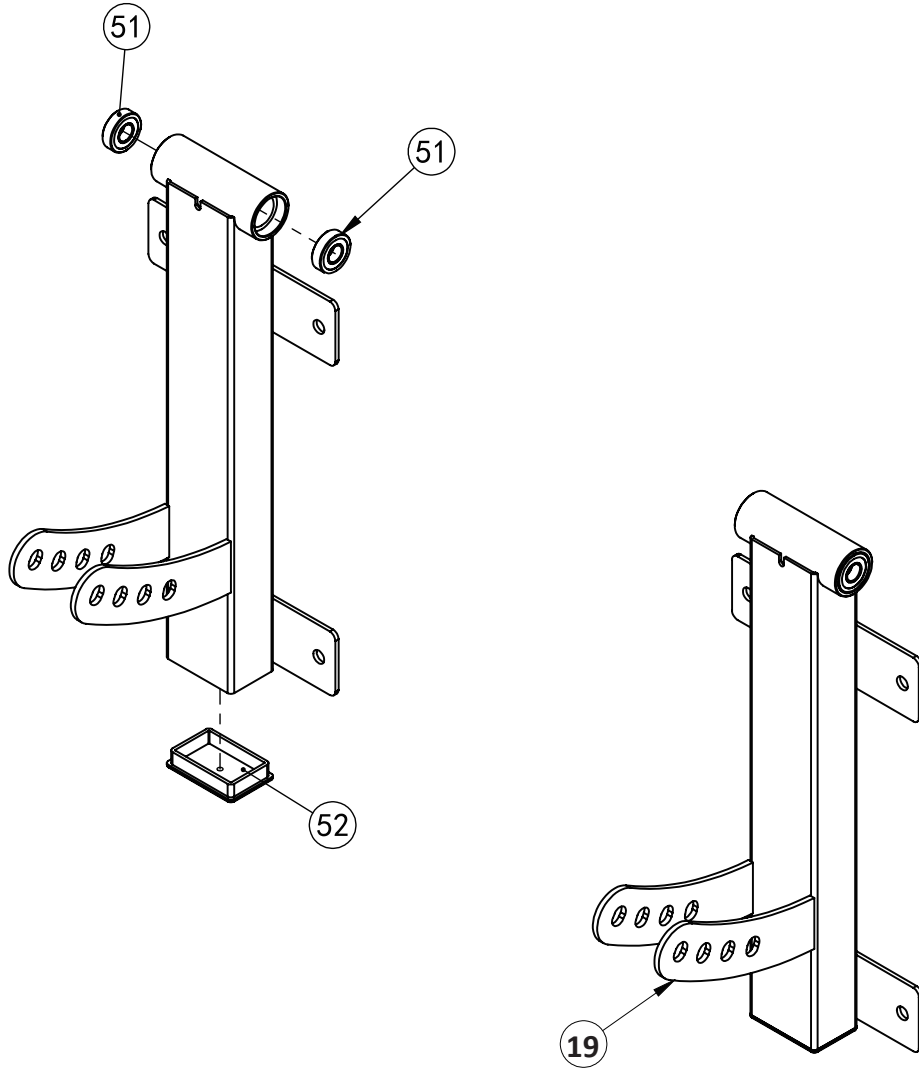
- 1 Fix selector tube-16, back pad rotating sleeve-18 and locking spring knob-11 on the main frame.
- 2 Connect back pad tube-13, selector tube-16 and main frame using shaft-14, $\Phi 10$ gasket -10 and M10 lock nut-15.
- 3 Fix selector tube-16 and back pad rotating sleeve-18 using M10*20 hexagon bolt-9, $\Phi 10$ big gasket-17 and $\Phi 10$ spring gasket-12.

Assembly step-4 explosion drawing



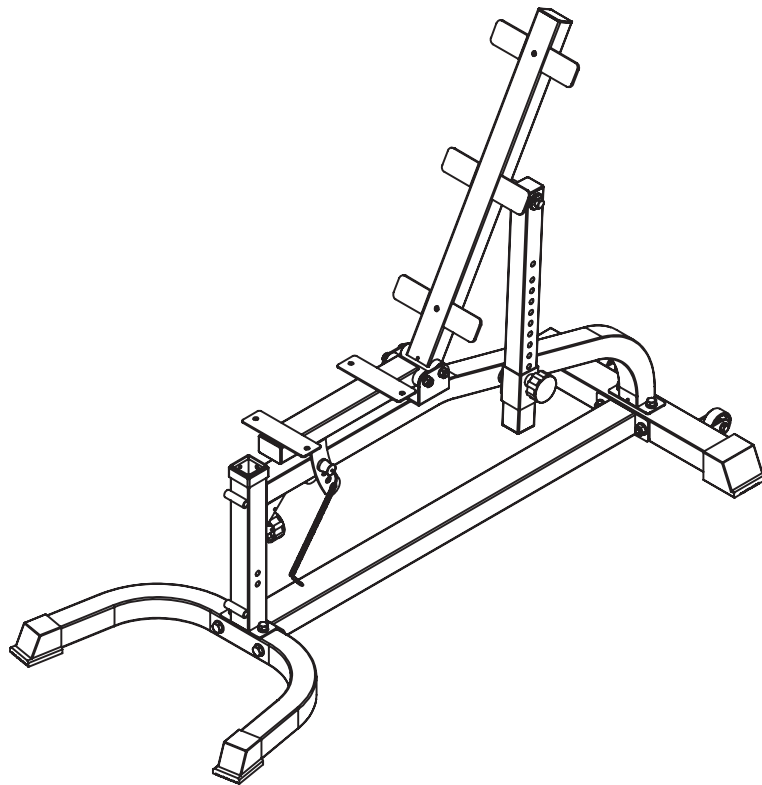
No.	Description	Note	Qty.
14	shaft	Φ12*128-M10	1
19	seat pad frame		1
10	gasket	Φ10	2
15	lock nut	M10	2
41	magnetic pin	Φ10*80	1

Factory assembly explosion drawing



No.	Description	Note	Qty.
51	bearing	6001	2
52	tube plug	□40*60*2	1

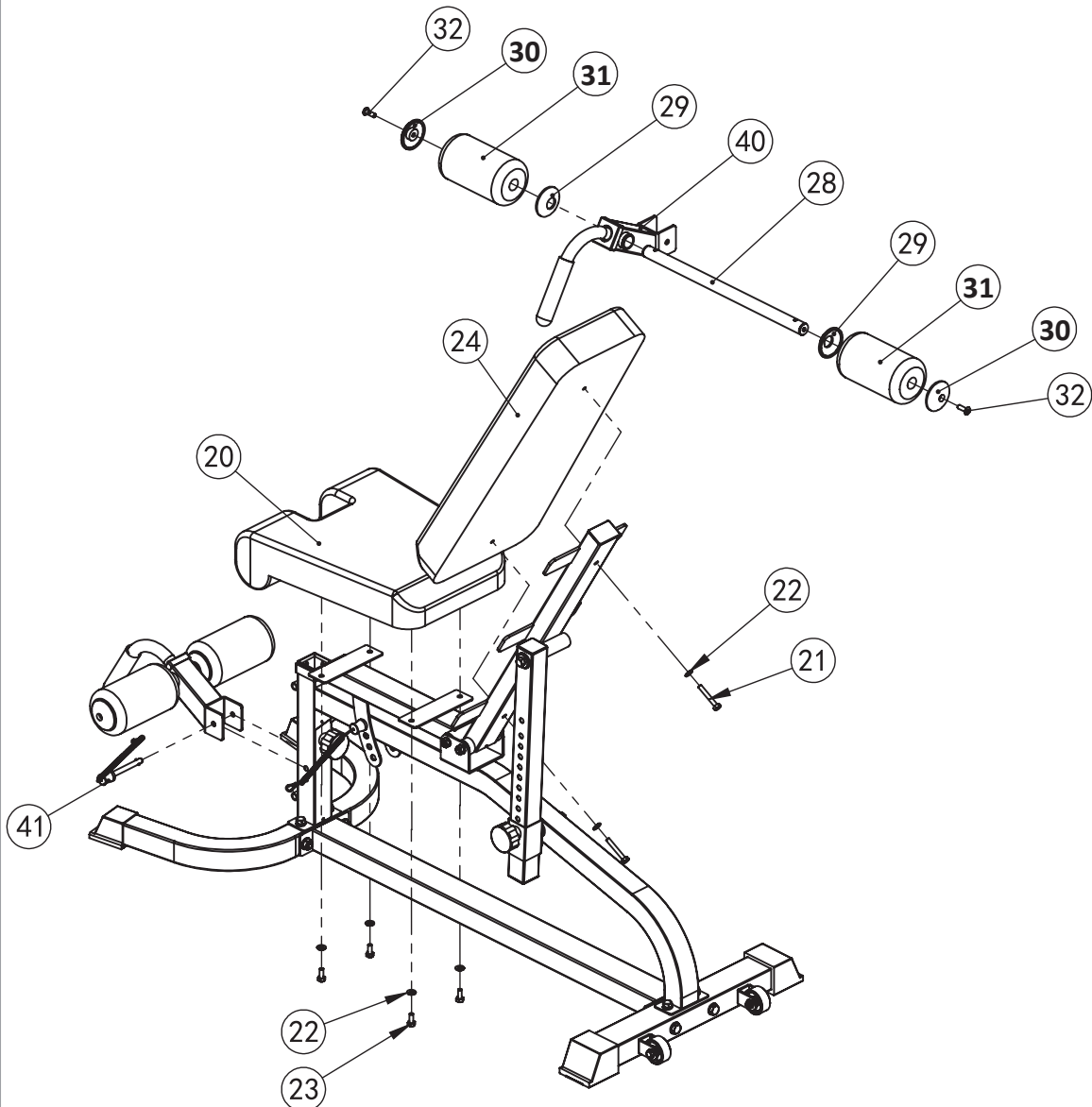
Assembly step-4 drawing



Assembly step-4 installation instruction

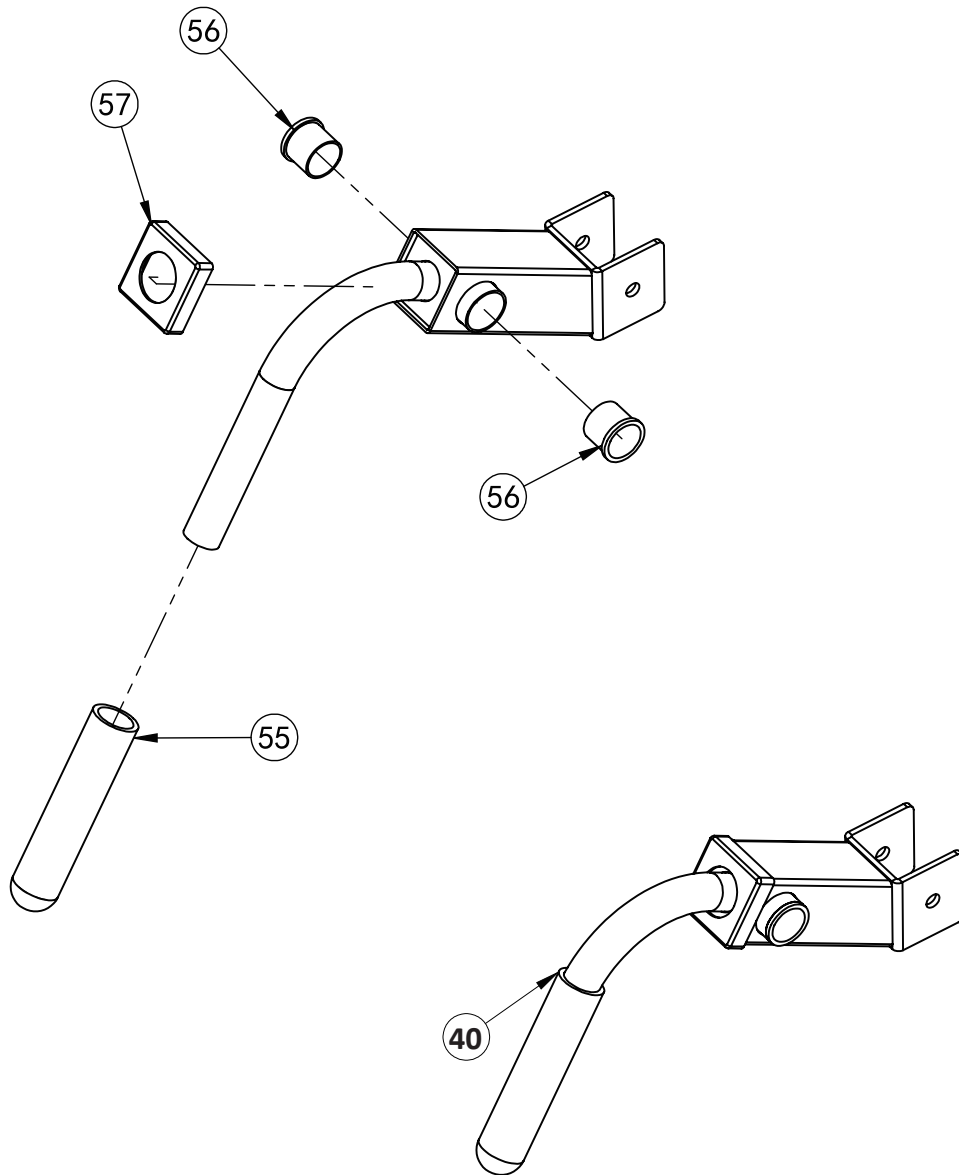
- 1 Fix seat pad frame-19 on the main frame using shaft-14, $\Phi 10$ gasket-10, M10 lock
- 2 Put magnetic pin-41 on the main frame.

Assembly step-5 explosion drawing



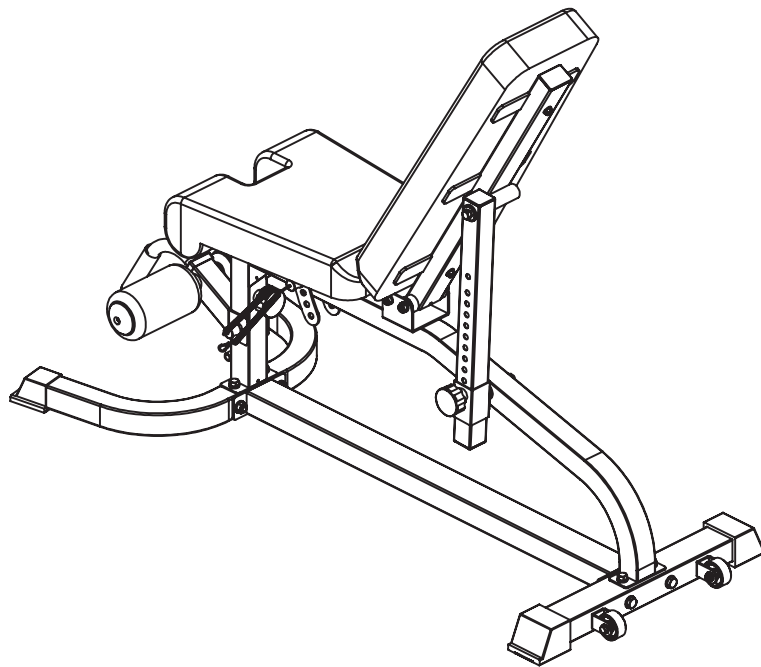
No.	Description	Note	Qty.
20	seat pad		1
21	hexagon bolt	M8*45	2
22	gasket	Φ8	6
23	hexagon bolt	M8*20	4
24	back pad		1
28	foam rod-450		1
29	foam inner cover		2
30	foam outer cover		2
31	foam	Φ100*175	2
32	allen bolt	M8*20 ROUND	2
40	leg curl tube		1
41	magnetic pin	Φ10*80	1

Factory assembly explosion drawing



No.	Description	Note	Qty.
55	handle cover	$\Phi 32 * \Phi 25 * 130$	1
56	tube plug	$\Phi 32 * \Phi 29 * \Phi 26 * 29$	2
57	tube plug	$\square 50 * 50 / \Phi 32$	1

Assembly step-5 drawing

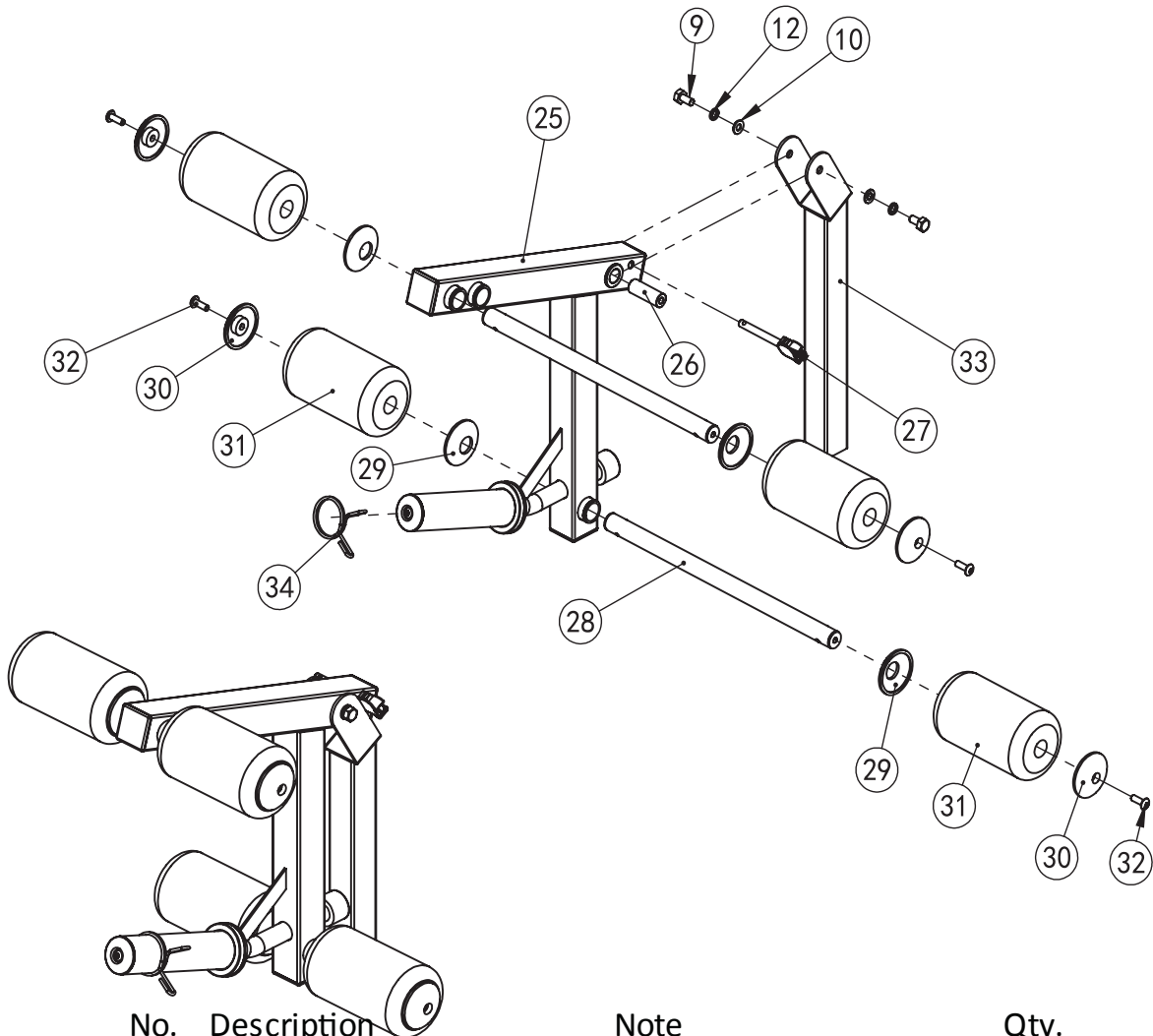


Assembly step-5 installation instruction

- 1 Fix the seat pad-20 and back pad-24 onto the main frame using $\Phi 8$ gasket-22, M8*25 hexagon bolt-23.
- 2 Fix foam tube-28, foam inner cover-29, foam-31 and foam outer cover-30 into the leg curl tube as shown in the figure using M8*25 allen bolt.
- 3 Put the leg curl tube-40 to the main body and fix them with magnetic pin-41.

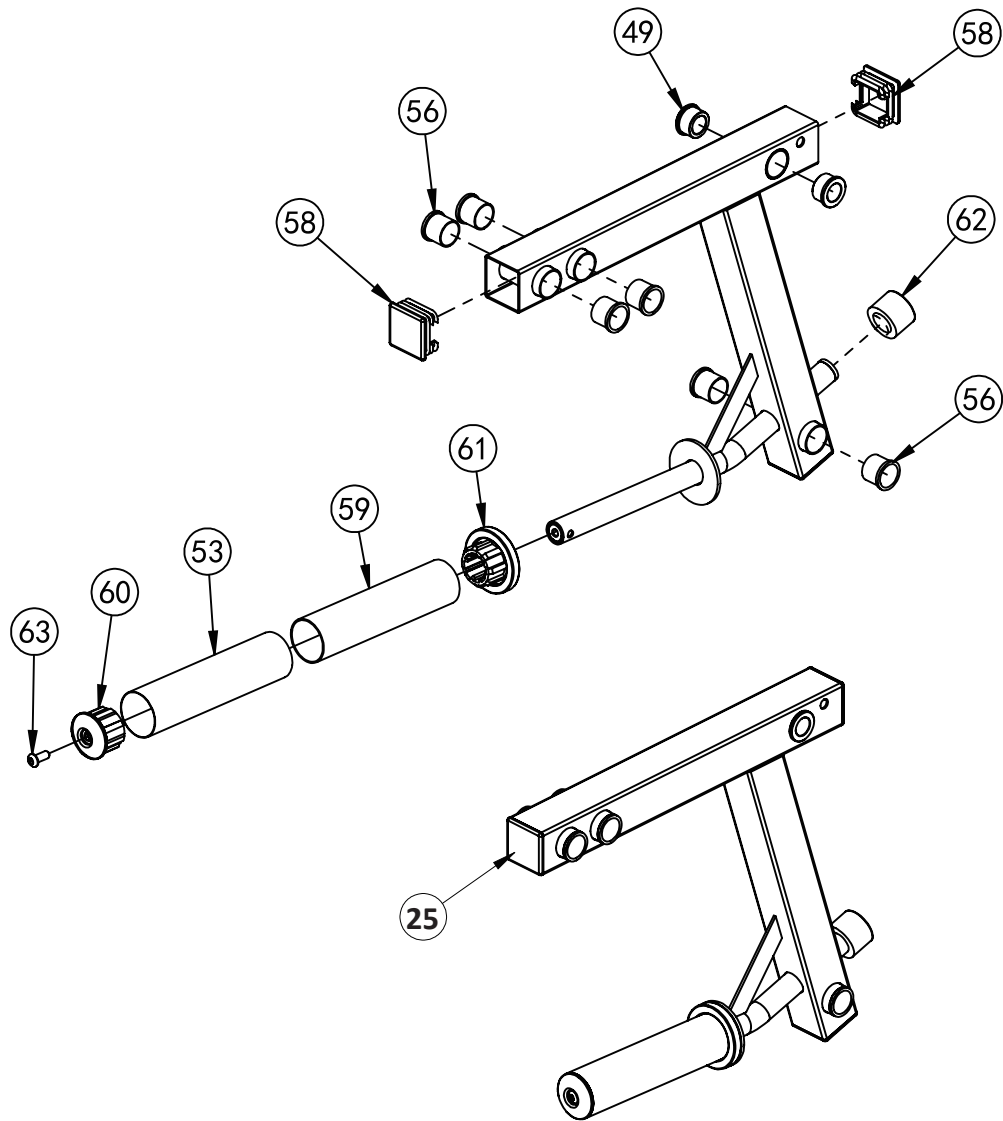
Supine hook foot can be achieved.
It can be disassembled at any time when the training action does not need this attachment.

Assembly step-6 explosion drawing



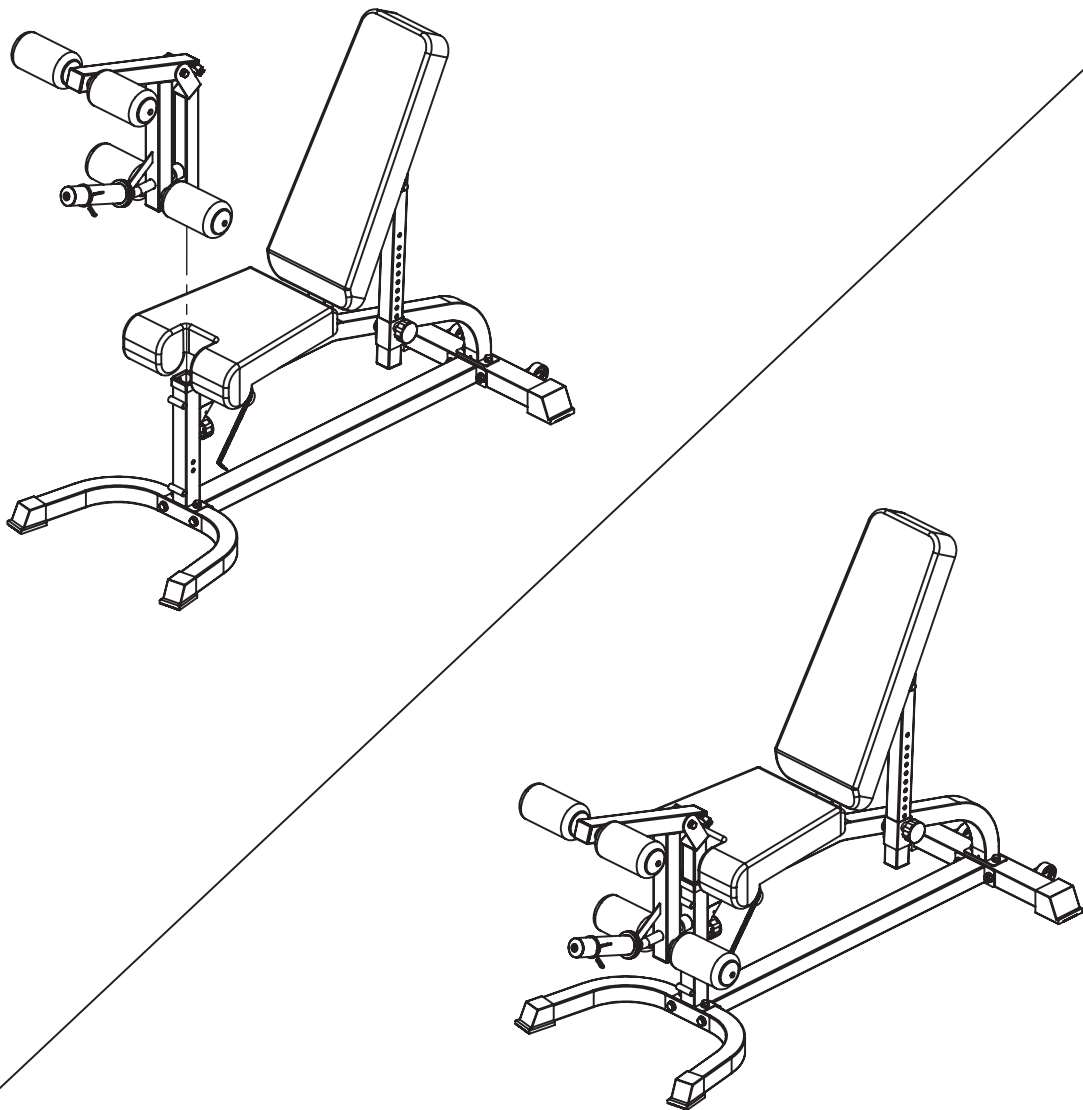
No.	Description	Note	Qty.
25	leg curl tube		1
26	shaft	Φ20*57-M10	1
9	hexagon bolt	M10*20	2
10	gasket	Φ10	2
27	T shape pin-85	Φ10*85	1
28	foam rod-450		2
29	foam inner cover		4
30	foam outer cover		4
31	foam	Φ100*175	4
32	allen bolt	M8*20 ROUND	4
33	upright tube		1
12	spring gasket	Φ10	2
34	spring collar	Φ50	1

Factory assembly explosion drawing



No.	Description	Note	Qty.
56	tube plug	$\Phi 32 * \Phi 29 * \Phi 26 * 29$	6
58	tube plug	$\square 50 * 50 * 2.0$	3
49	powder metallurgy sleeve	$\Phi 32 * \Phi 28 * \Phi 20 * 18$	2
53	tube	$\Phi 50 * 0.8$	1
59	tube	$\Phi 48 * 1.5$	1
60	tube plug	$\Phi 50 * \Phi 44.8 * \Phi 25.5$	1
61	tube plug	$\Phi 70 * \Phi 44.8 * \Phi 25.5 * 30$	1
62	rubber cushion	$\Phi 40 * \Phi 25 * 29$	1
63	allen bolt	M8*20	1

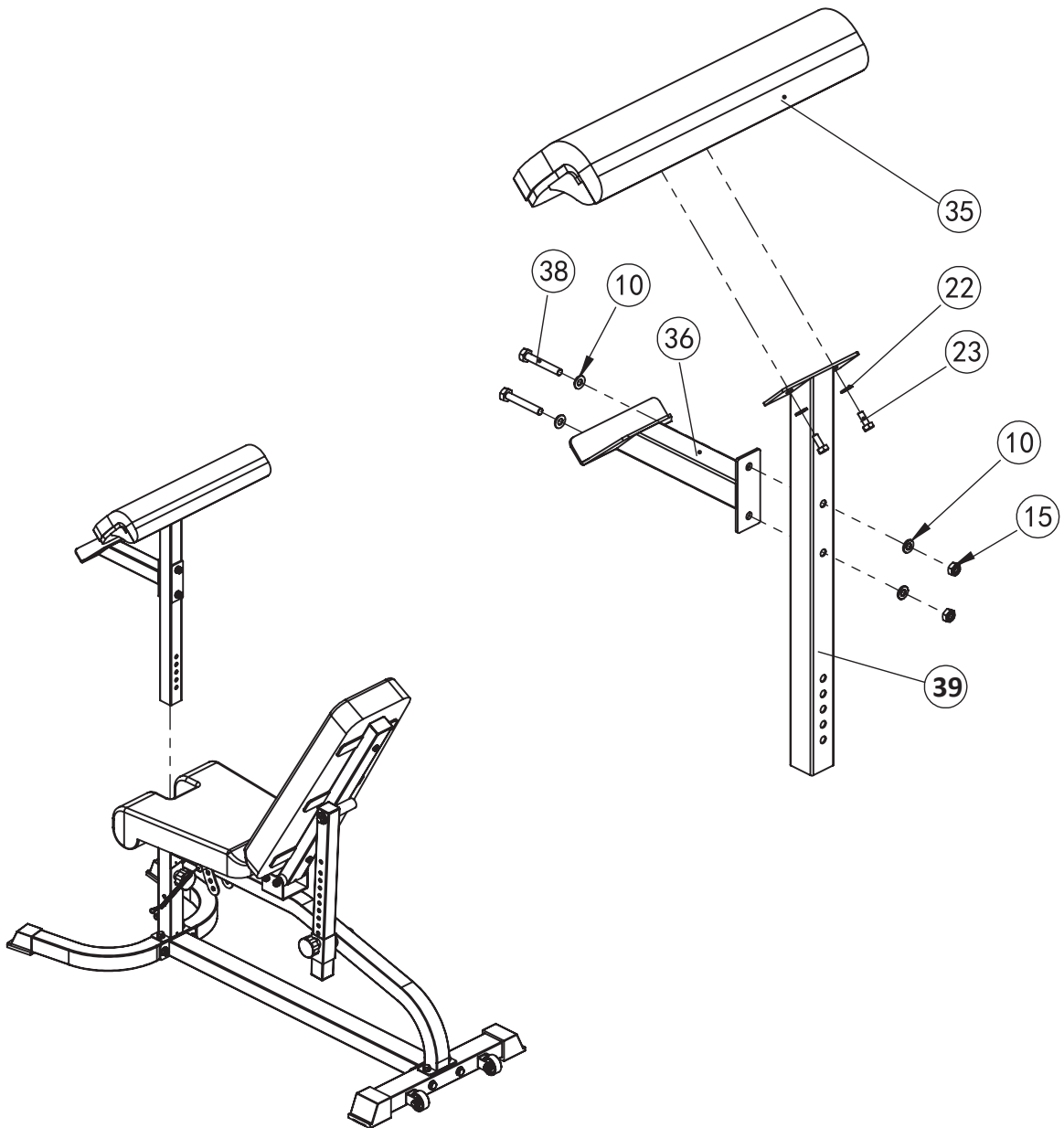
Assembly step-6 drawing



Assembly step-6 installation instruction

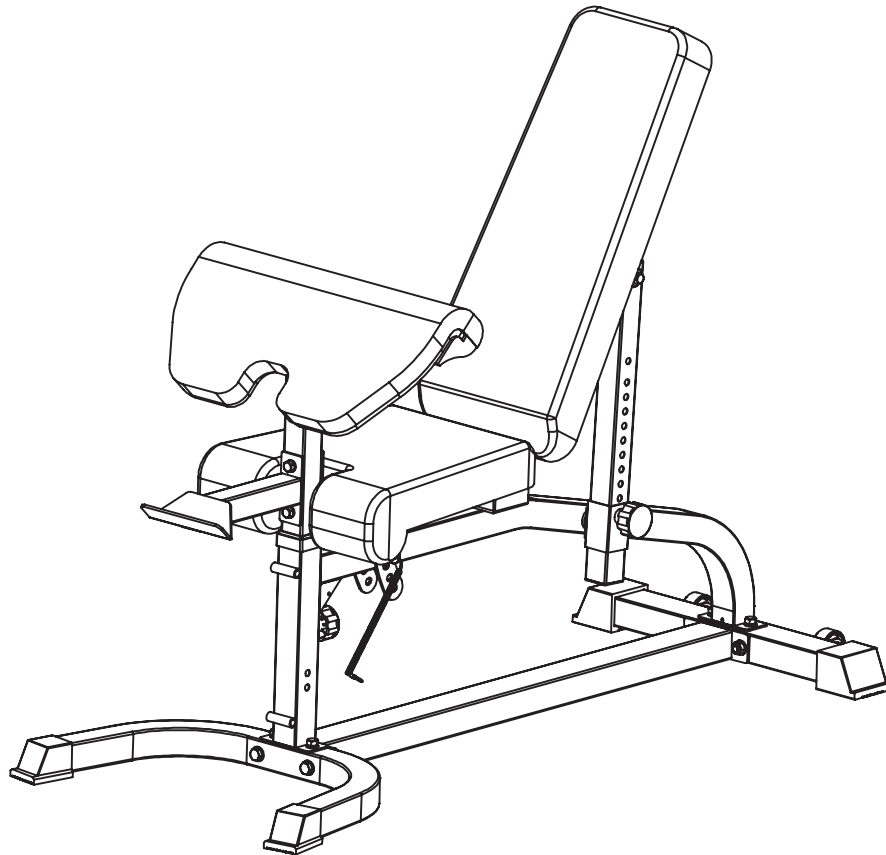
- 1 Fix shaft-26 and upright tube-33 fastening on leg curl tube-25 using $\Phi 10$ washer-10, $\Phi 10$ spring washer-12 and M10*20 hexagon bolt-9.
- 2 Assemble the foam rod-28, foam inner cover-29, foam-31 and foam outer cover-30 to leg curl tube-25 as shown in the figure, and fix it with M8*25 allen bolt-32 at both ends.
The two sets are assembled in the same way.
- 3 Put butterfly clip-34 onto leg curl tube-25.
- 4 As shown in the figure leg curl tube parts can be assembled and assembled onto the main frame to achieve kicking action with adjustable height. When not in use T shape pin-27 can be inserted into leg curl tube-25 and fixed.

Assembly step-7 explosion drawing



No.	Description	Note	Qty.
35	chest pad		1
23	hexagon bolt	M8*20	2
22	gasket	Φ8	2
36	barbell support tube		1
38	hexagon bolt	M10*65	2
10	gasket	Φ10	4
15	lock nut	M10	2
39	chest pad tube		1

Assembly step-7 drawing



Assembly step-7 installation instruction

- 1 As shown in the figure fix barbell support tube-36 fastening on the chest pad tube-39 using M10*65 hexagon head bolt-38, $\Phi 10$ gasket-10
- 2 Fix chest pad-35 onto the chest pad tube-39 and fix it with M8*25 hexagon bolt-23.
- 3 Assemble the whole set of barbell supporting trusteeship accessories onto the main body with adjustable height. When not needed, the attachment can be removed at any time, and the attachment can be replaced to achieve other training