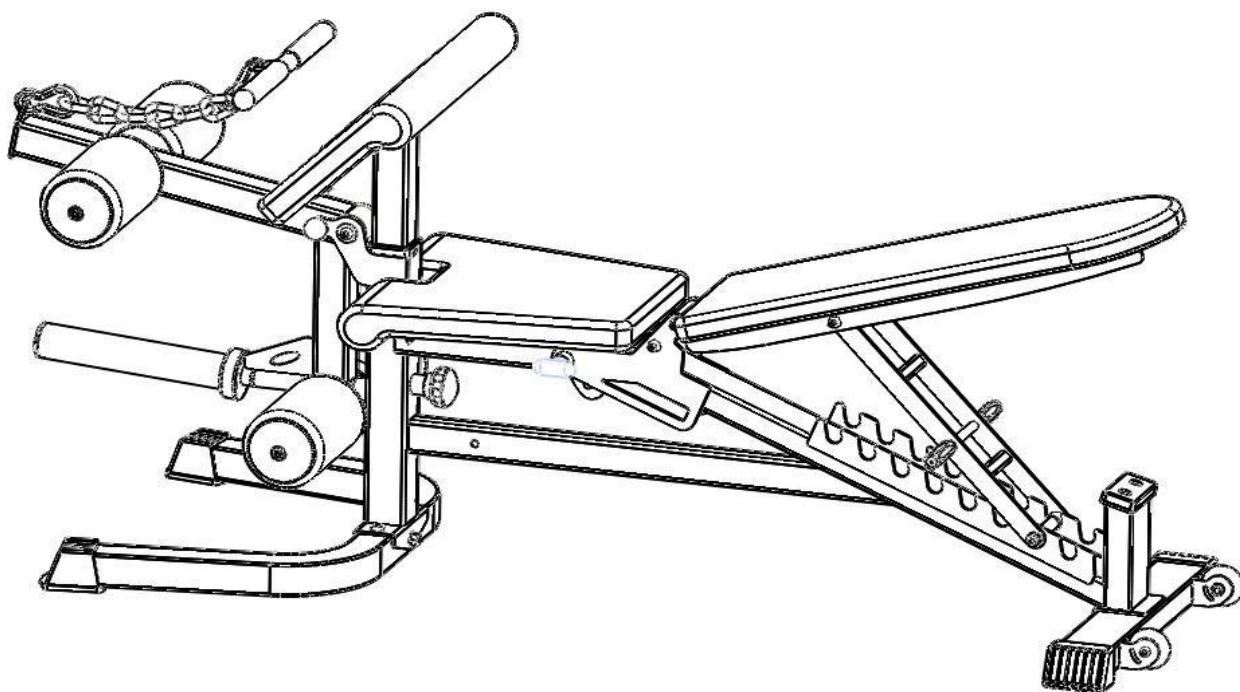


FRENCH FITNESS

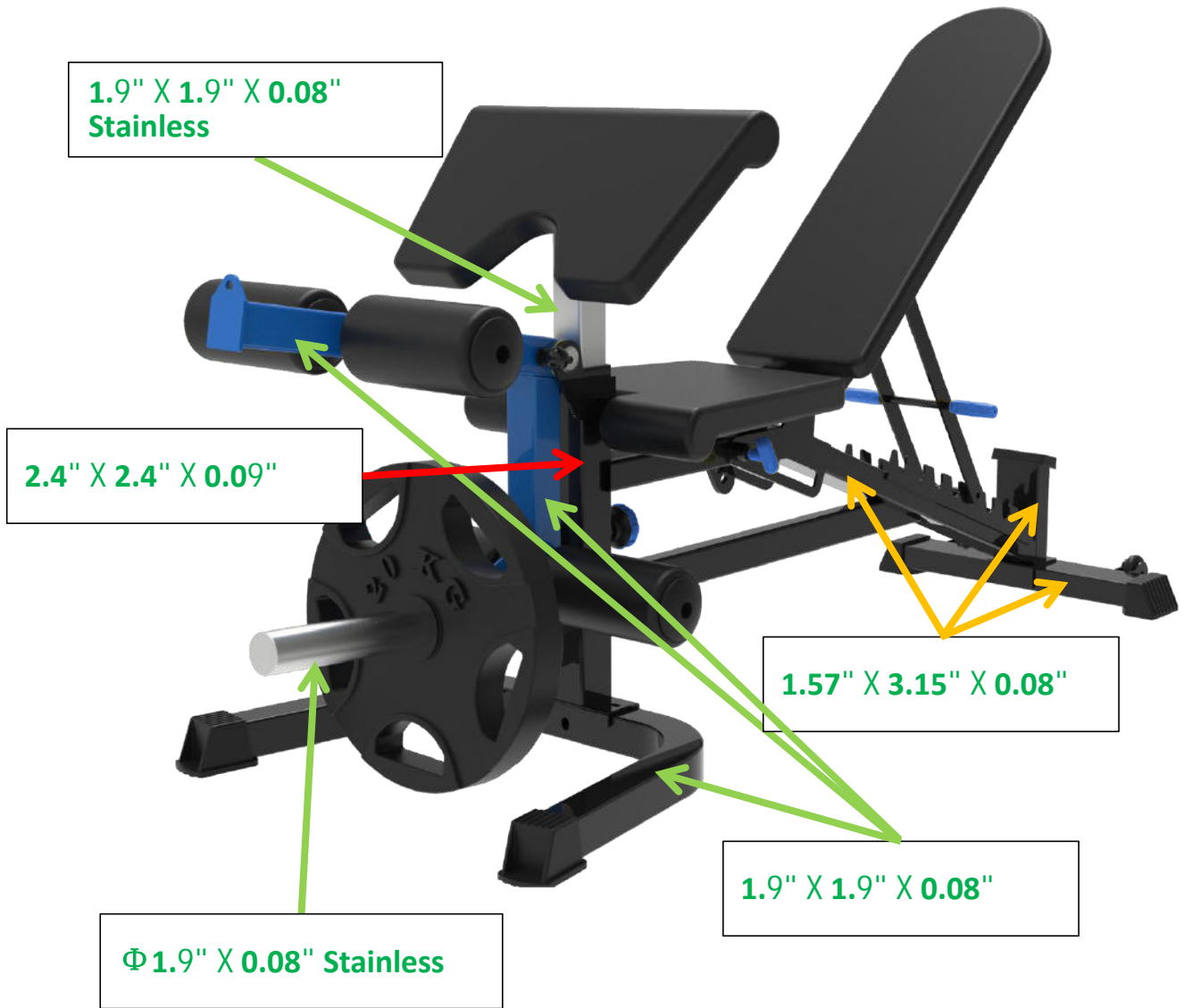
Product Code: FF-MFAB-ACLE-V2

**French Fitness Multi Functional Adjustable
Bench V2 w/Arm Curl + Leg Ext**

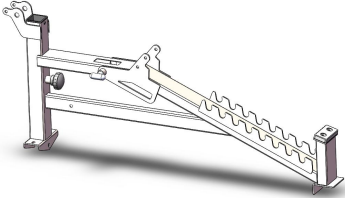
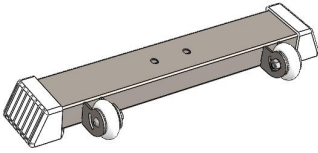
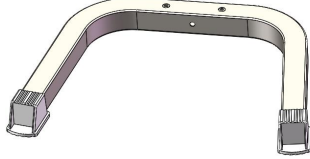
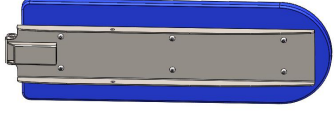
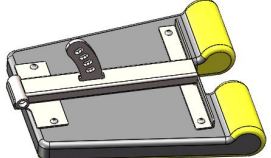
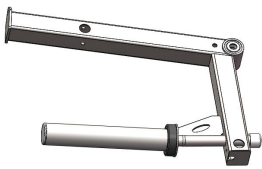


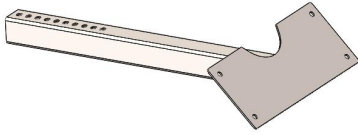
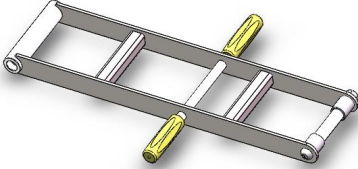
ASSEMBLY MANUAL





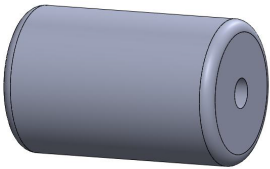

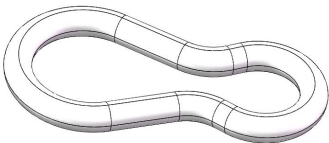
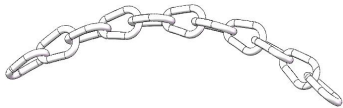
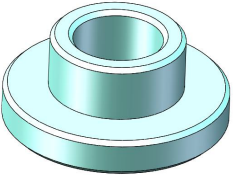
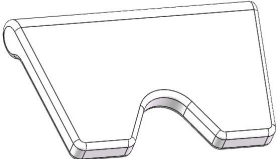
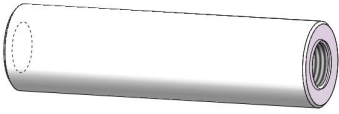
FF-MFAB-ACLE-V2





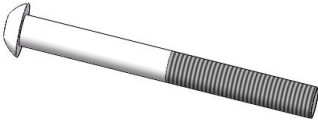
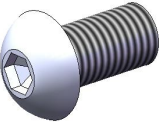
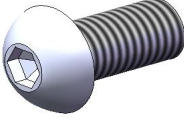
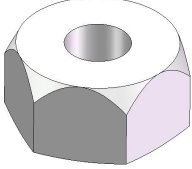
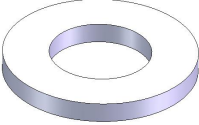
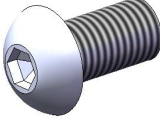
Part list -1 (individual packaging)

					
1#	Tripod welding group- 1pc	2#	Rear base assembly- 1pc	3#	Front base assembly- 1pc
					
4#	Back part components-1pc	5#	Cushion assembly - 1pc	6#	Swing arm assembly -1pc
					
7#	low pull handle assembly -1pc	8#	Foam rod assembly- 2pcs	9#	Bicep rack assembly- 1pc
					
10#	Backrest support assembly-1pc				

Part list-2 (assembly parts)

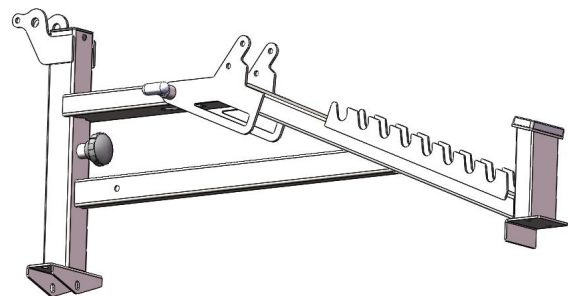
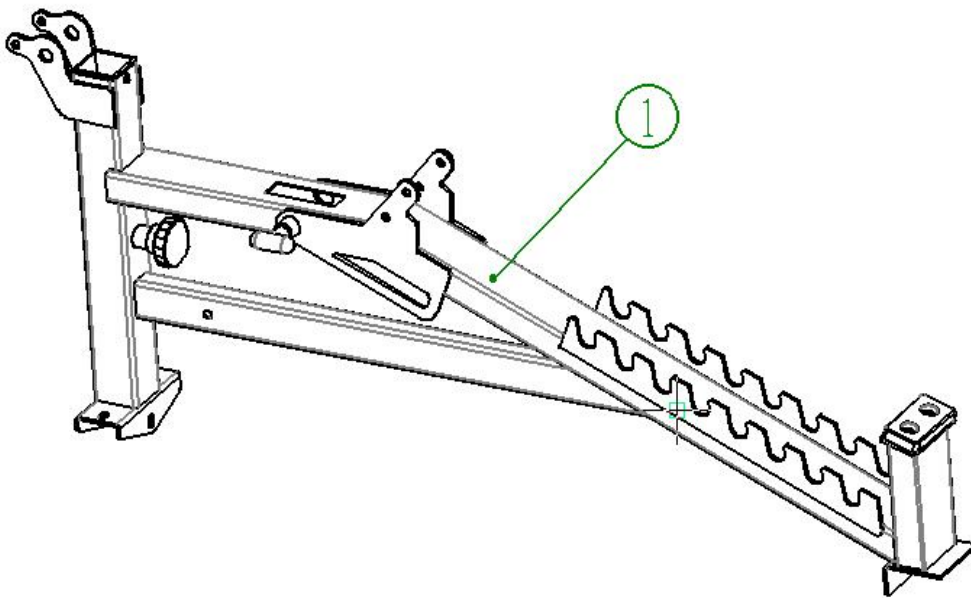
					
11#	Foam barrel inside cover -4pc	12#	Foam barrel outside cover -4pc	13#	Foam roll barrel-4pc
					
14#	Spherical pin 80mm-1pc	15#	safe hook-2pcs	16#	chain 0.2m-1pc
					
17#	Nylon sleeve*6pcs	18#	Biceps cushion*1pc	19#	Joint axis*1pc

Blister pack screw schedule-3

					
A	Hexagon flat head screw M10*100*2pcs	B	Hexagon flat head screw M10*75*1pc	C	Hexagon flat head screw M10*150*1pc
					
D	Hexagon flat head screw M10*20*6pcs	E	Hexagon flat head screw M10*25*4pcs	F	Locknut M10*4pcs
					
G	Flat washer Ø10*4pcs	I	Hexagon flat head screw M8*25*4pcs		

Assembly steps

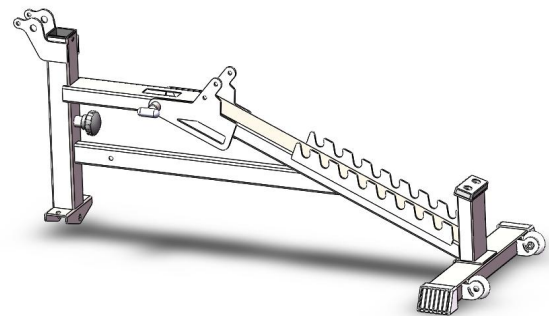
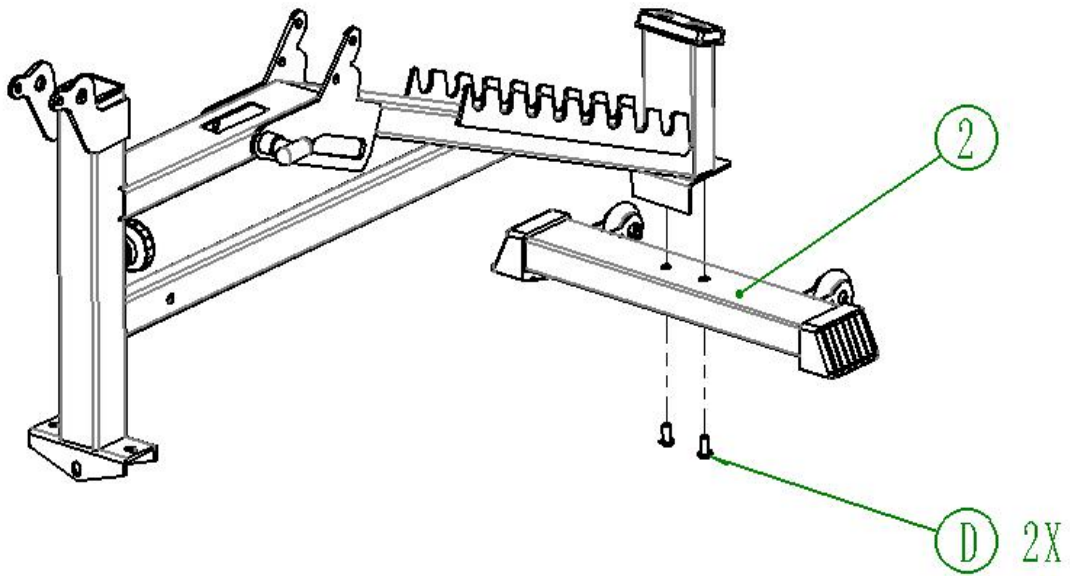
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
1	No 1	Tripod welding group	1			
Tools						



Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
2	NO 2	Rear base assembly	1			
	D	M10*20 Hexagon flat head screw	2			

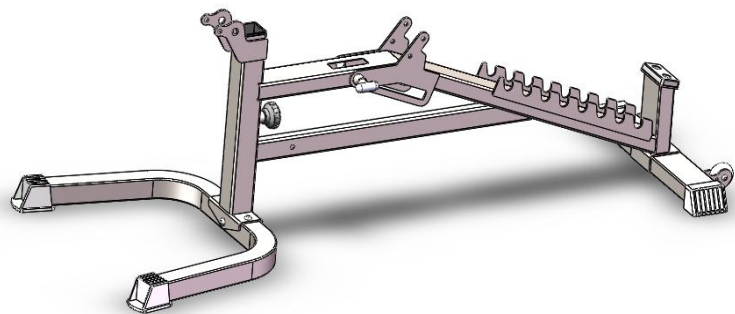
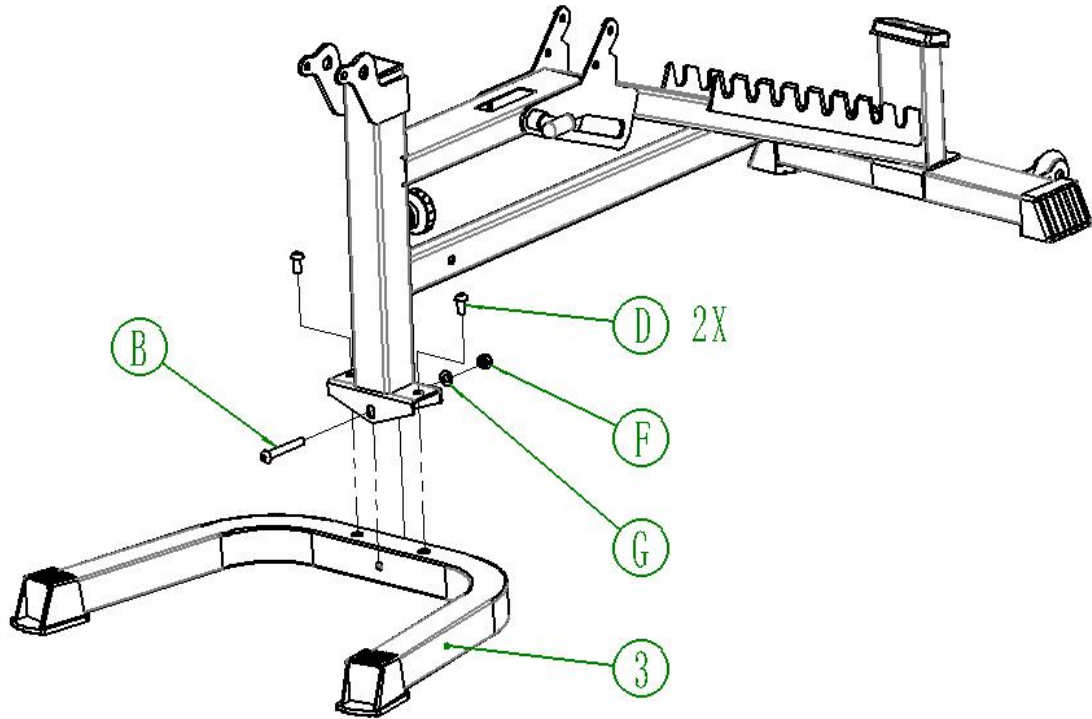
Tools



Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
3	No 3	Front base assembly	1	G	Ø10 Flat washer	1
	B	M10*75Hexagon flat head screw	1			
	D	M10*20Hexagon flat head screw	2			
	F	M10 Locknut	1			

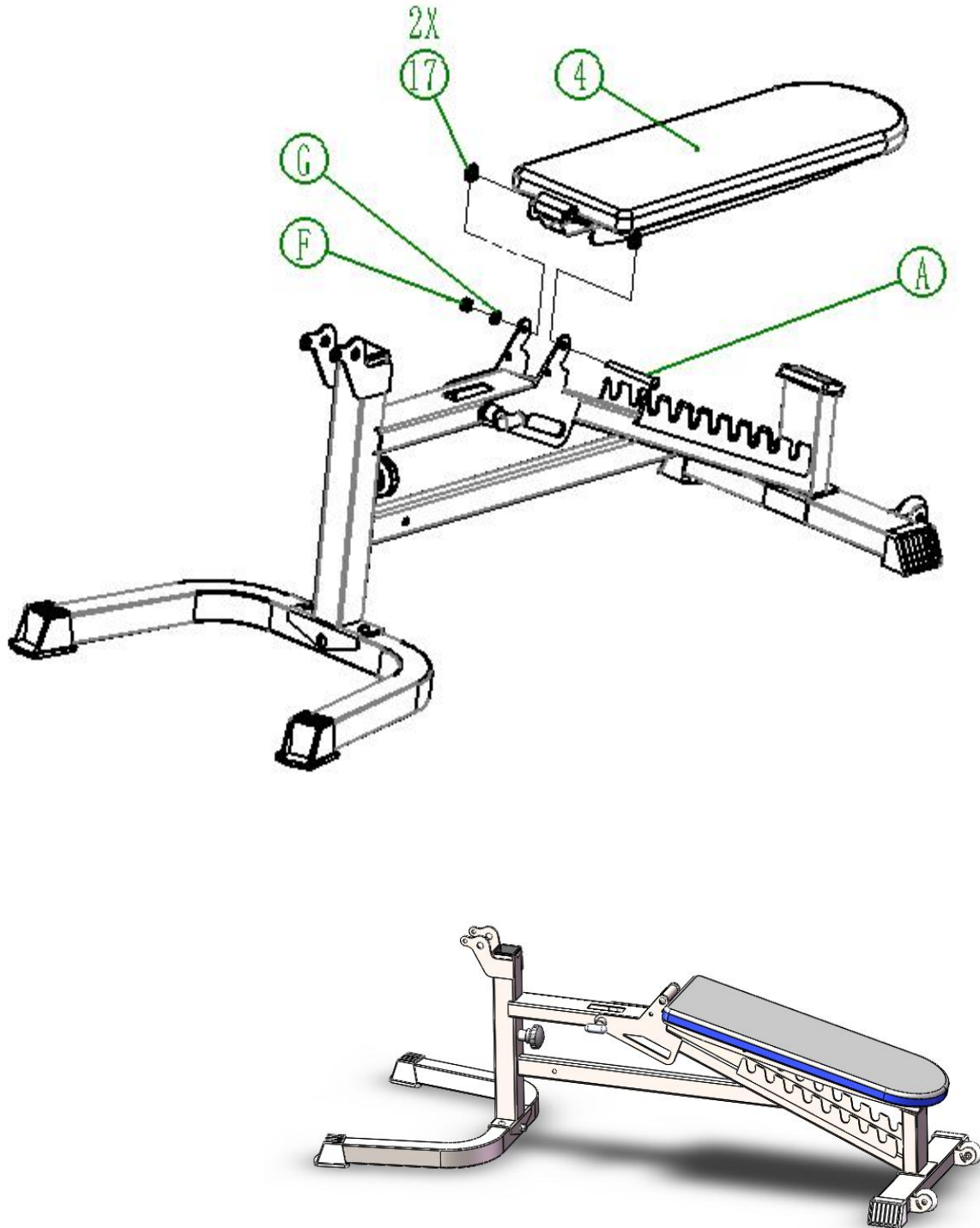
Tools



Assembly steps

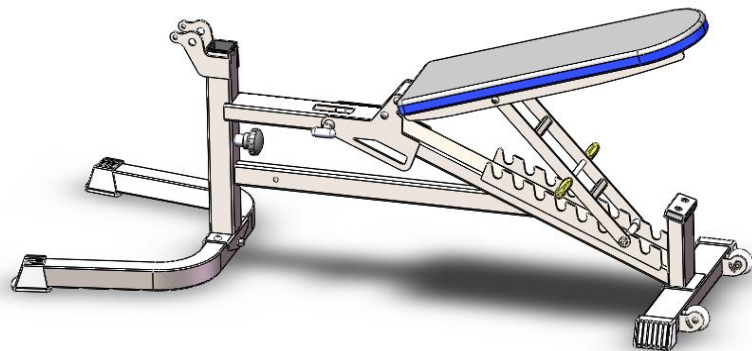
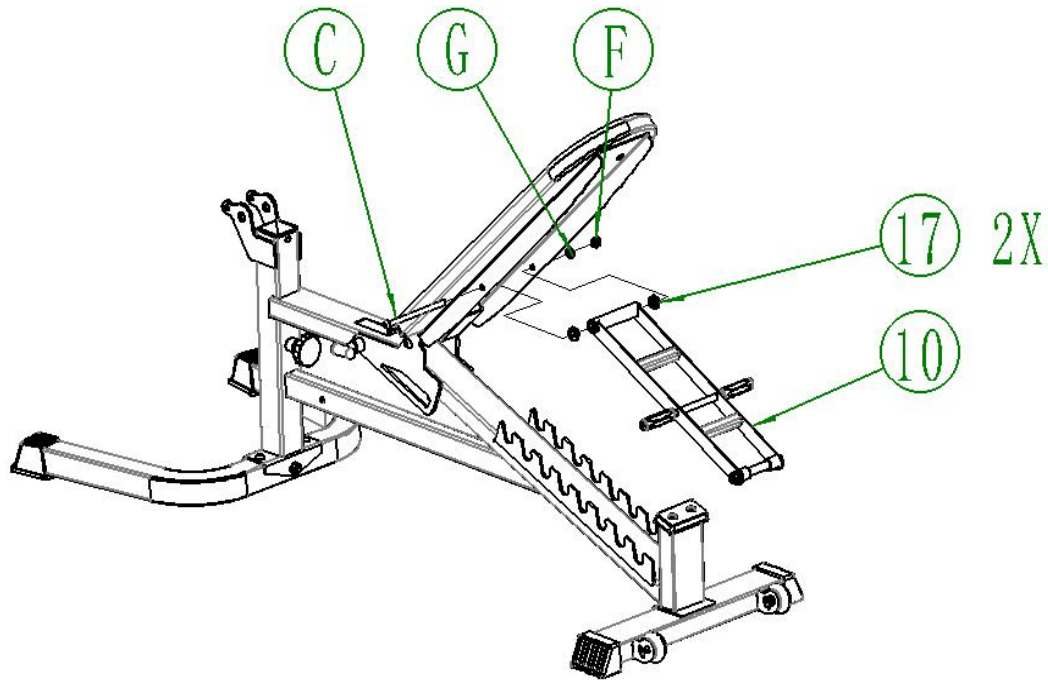
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
4	No 4	Back part component	1	F	M10 Locknut	1
	No 17	Nylon sleeve	2			
	A	M10*100Hexagon flat head screw	1			
	G	Ø10 Flat washer	1			

Tools



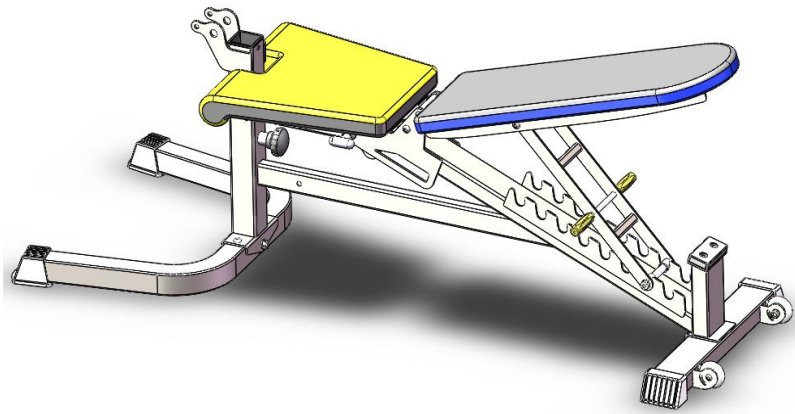
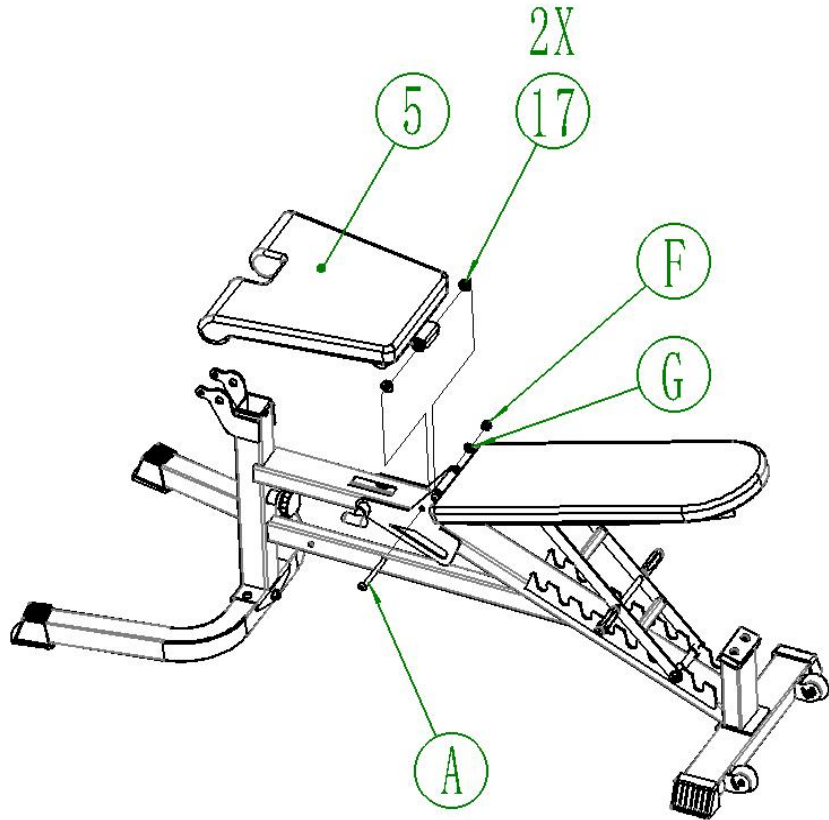
Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
5	10#	Backrest support assembly	1	F	M10 Locknut	1
	17#	Nylon sleeve	2			
	C	M10*150 Hexagon flat head screw	1			
	G	Ø10 Flat washer	1			
Tools						

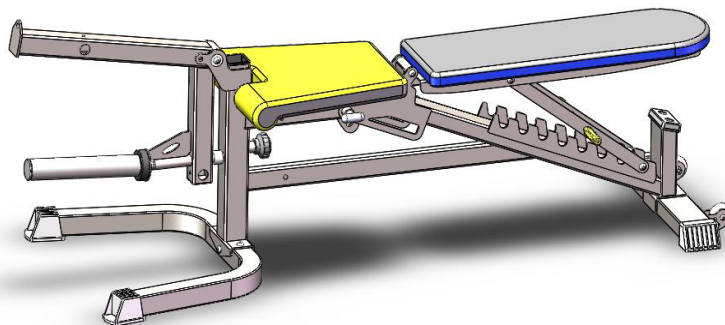
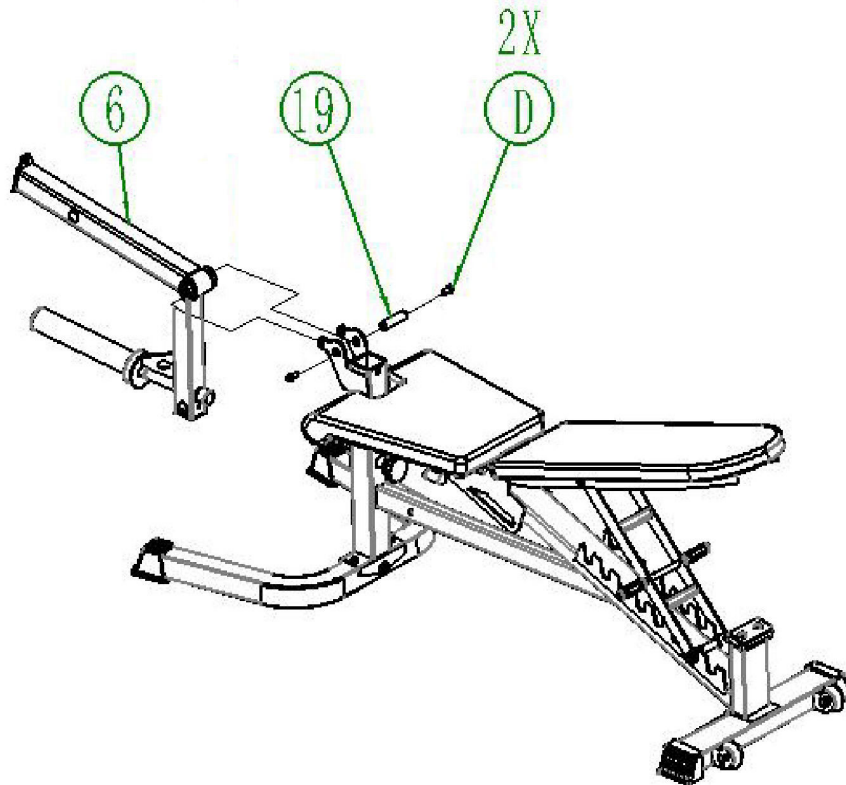


Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
6	NO 5	Cushion assembly	1	G	Ø10 Flat washer	1
	NO 17	Nylon sleeve	2			
	A	M10*100 Hexagon flat head screw	1			
	F	M10 Locknut	1			
Tools						



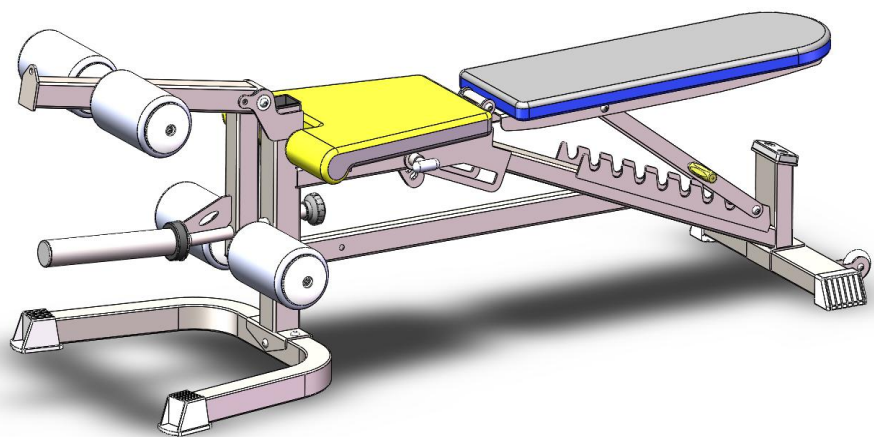
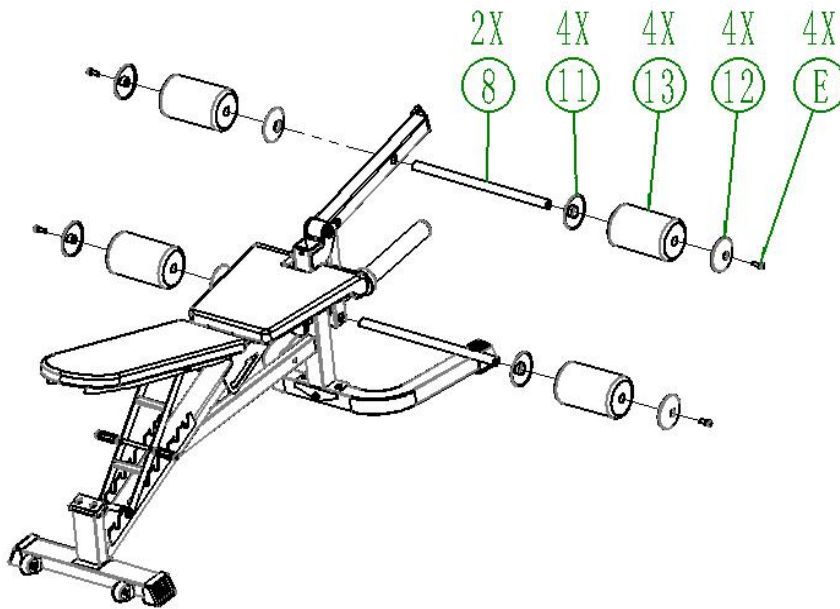
Assembly steps						
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
7	NO 6	Swing assembly	1			
	NO 19	Joint Axis	1			
	D	M10*20 Hexagon flat head screw	2			
Tools						



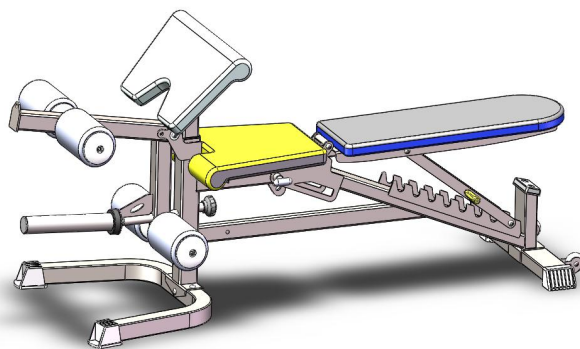
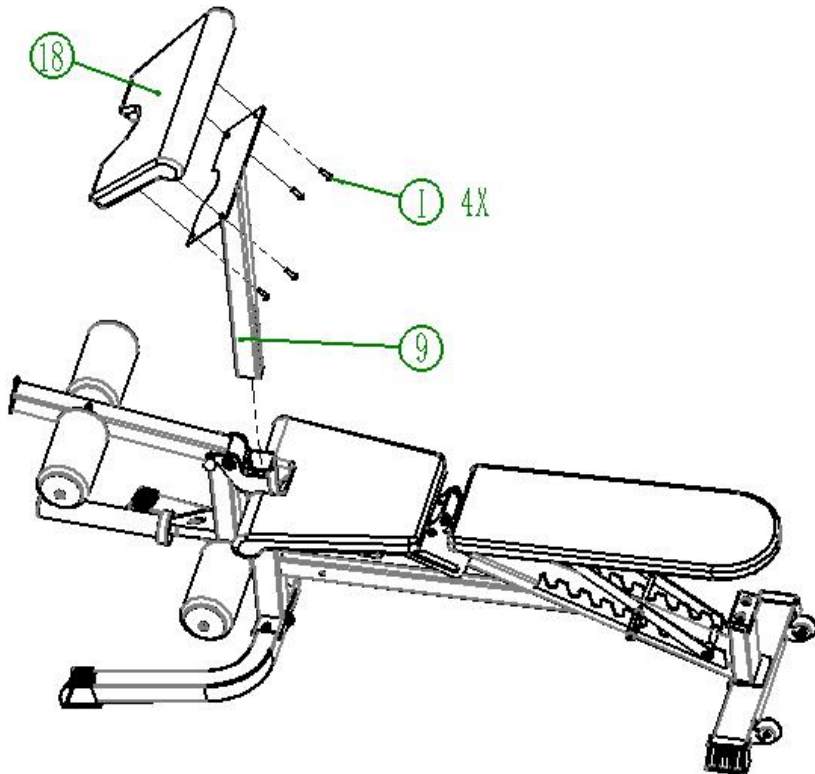
Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
8	NO 8	Foam rod assembly	2	E	M10*25 Hexagon flat head screw	4
	NO 11	Foam barrel inside cover	4			
	NO 12	Foam barrel outside cover	4			
	NO 13	Foam roll barrel	4			

Tools



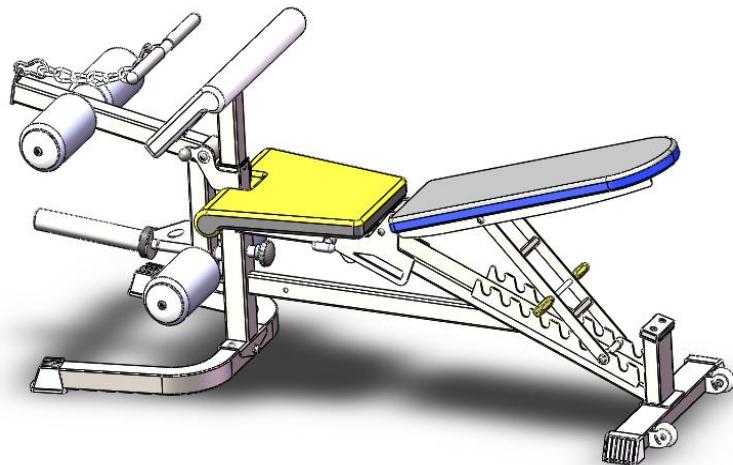
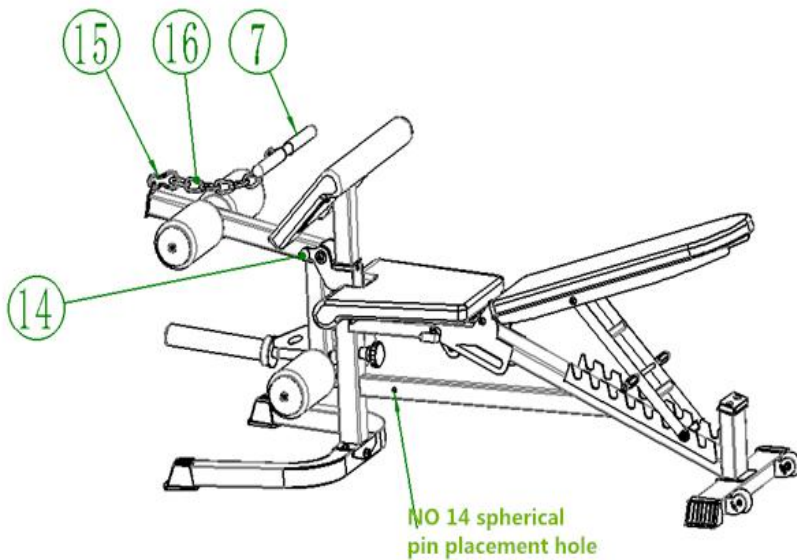
Assembly steps						
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
9	NO 9	Bicep rack assembly	1			
	NO 18	Bicep cushion	1			
	I	M8*25 Hexagon flat head screw	4			
Tools						



Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
10	NO 7	low pull handle assembly	1			
	NO 14	Spherical pin 80mm	1			
	NO 15	Safe hook	2			
	NO 16	Chain	1			

Tools



Note: The No. 14 spherical pin can only be inserted into the stop hole when it needs to be fixed by foam, as shown in the figure; it is usually inserted into the placement hole.