

FRENCH FITNESS

FFN-PLSLCE / FFM-PLSLCE

**FRENCH FITNESS NAPA / MARIN SEATED
LEG CURL & EXTENSION PLATE
LOADED (NEW)**

ASSEMBLY MANUAL



FEATURES

- 14 Gauge Steel
- 50 x 50 x 2 mm steel tube
- Excellent electrostatic powder coating with good adhesive force
- PU Leather covered cushions and with high quality rubber handles
- Made from imported high quality steel tubes
- Has high quality and durable bearing for the rotating parts

TECH SPECS

- Max User Weight: 440 lbs (200 kg)
- Max Weight Plate Capacity: 400 lbs (181 kg)
- Dimensions: 64.6"L x 39.4"W x 32.7"H (164 cm x 100 cm x 83 cm)
- Product Weight: 110 lbs (50 kgs)

WARRANTY

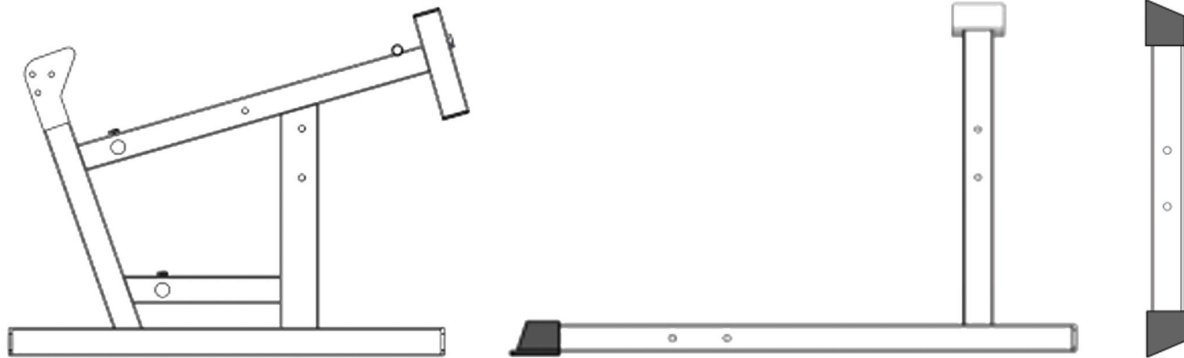
- **10 Years Parts, 1 Year Labor (Commercial)**
- **California Residents see Prop 65 WARNING**

TABLE OF CONTENTS

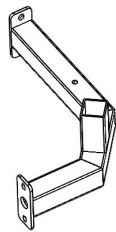
PART IDENTIFICATION	4
ASSEMBLY STEP 1	6
ASSEMBLY STEP 2	7
ASSEMBLY STEP 3	8
ASSEMBLY STEP 4	9

PART IDENTIFICATION

IMPORTANT:if you cannot find a part in the hardware kit,check to see if it has been preassembled.



① × 1



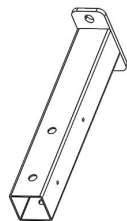
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⑨ × 2



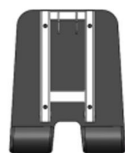
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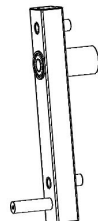
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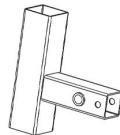
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⑯ × 1



⑥ × 1

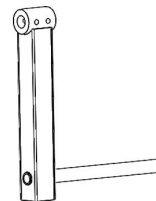


⑪ × 1



⑰ × 2

② × 1



⑦ × 1

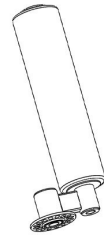


⑫ × 1



⑱ × 2

③ × 2



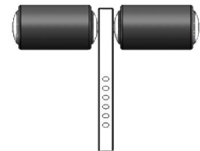
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⑬ × 1



⑲ × 2



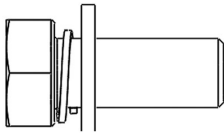
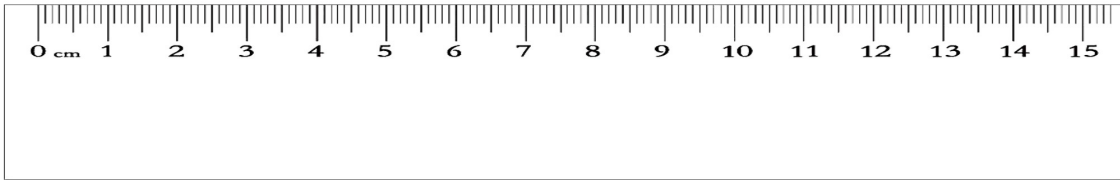
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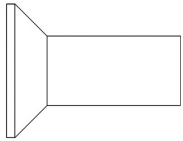
⑳ × 2

PART IDENTIFICATION

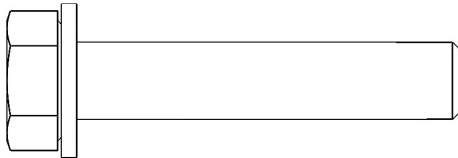
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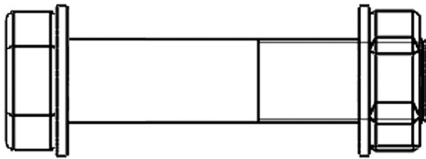
a×5 M10*25



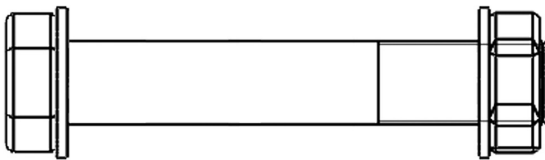
b×4 M8*25



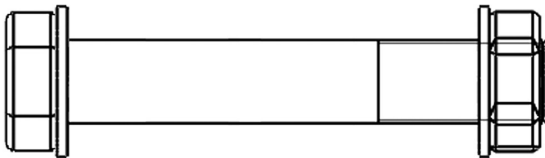
c×4 M10*55



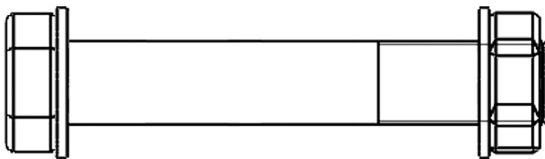
d×2 M10*60



e×8 M10*70



f×3 M10*80



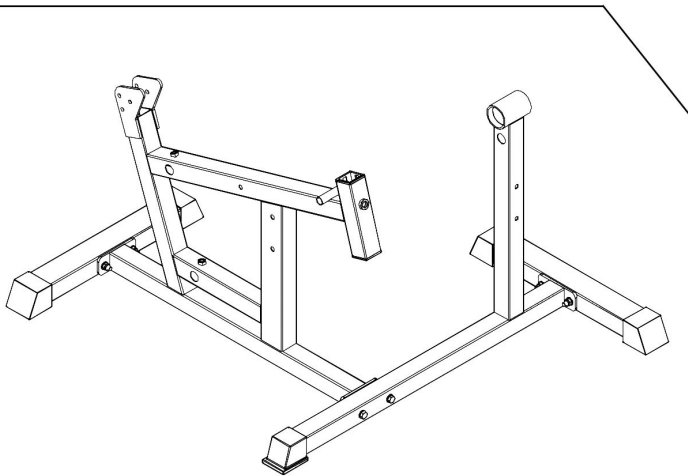
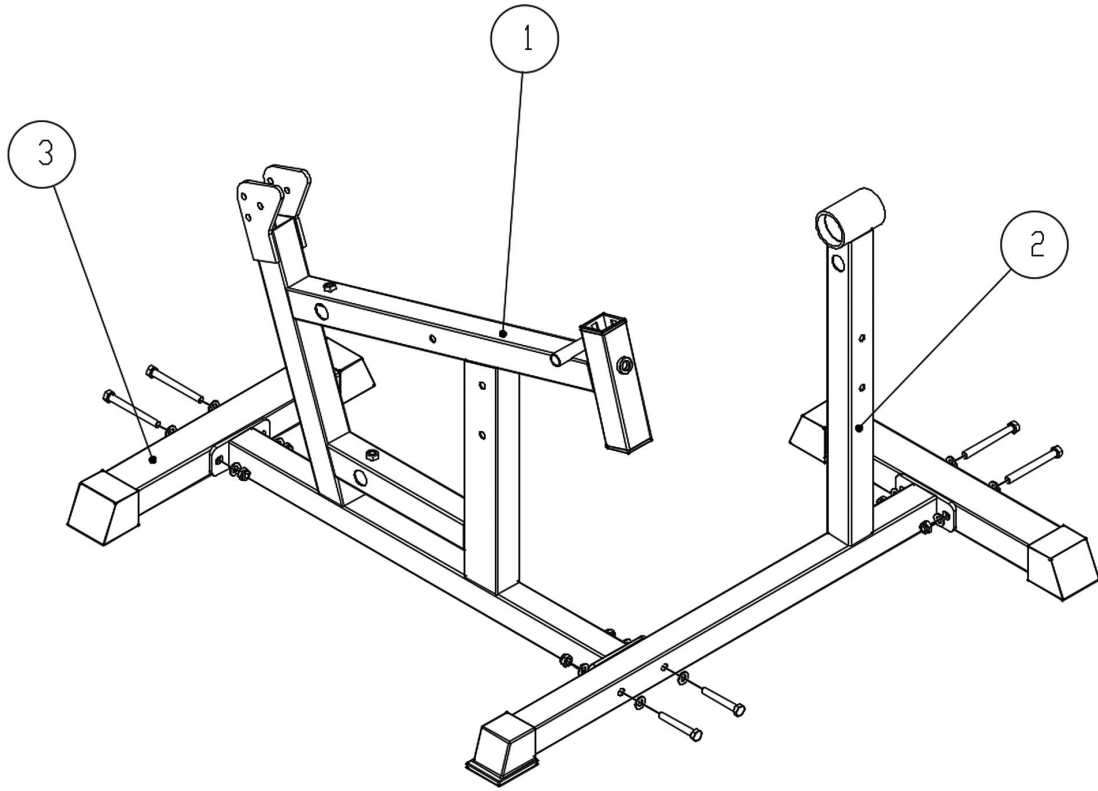
g×4 M10*90

ASSEMBLY STEP 1



4pcs M10*90

2pcs M10*70

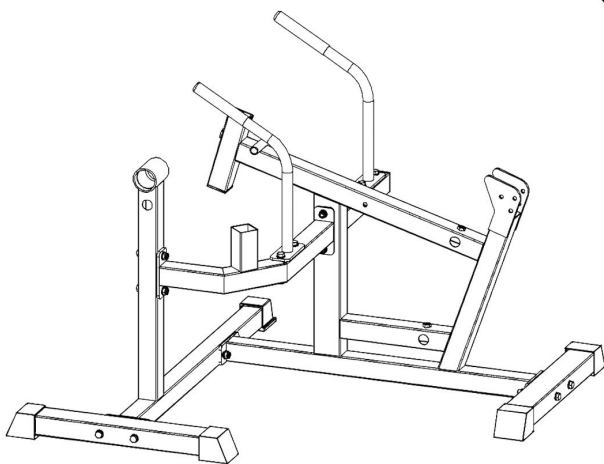
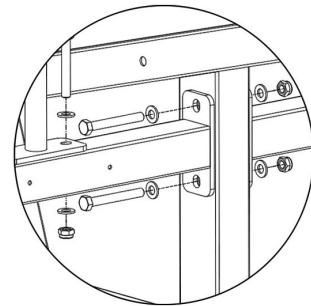
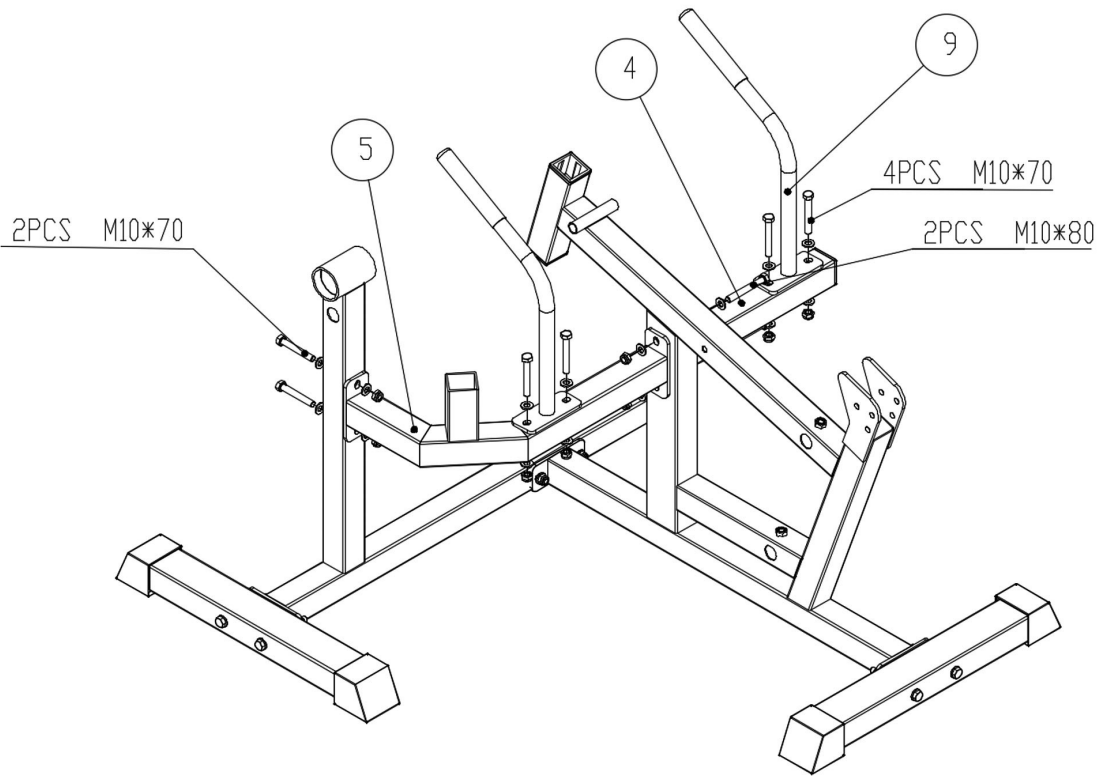


ASSEMBLY STEP 2



6pcs M10*70

2pcs M10*80



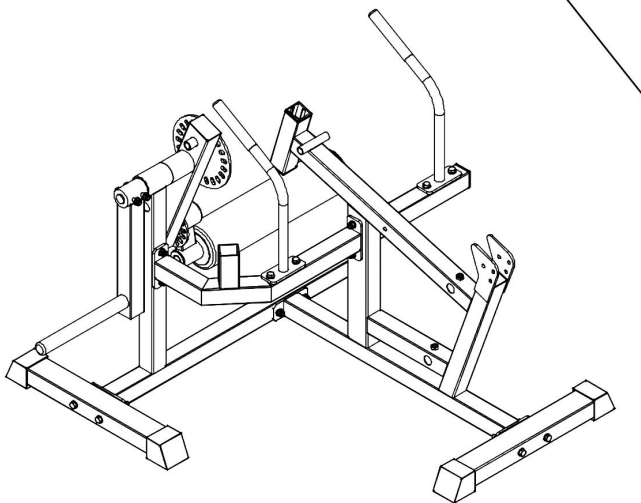
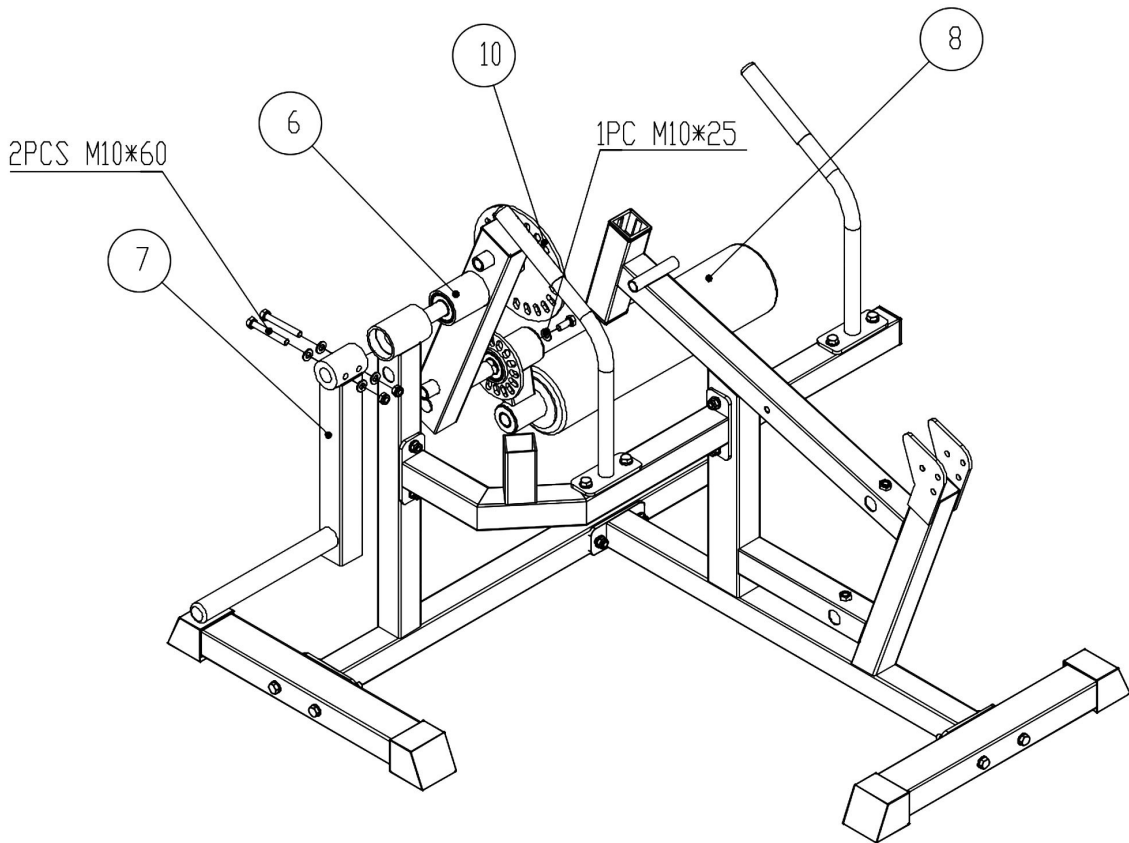
ASSEMBLY STEP 3



2pcs M10*60



1pc M10*25



ASSEMBLY STEP 4

 1pc M10*80  4pcs M10*55 4pcs M10*25  4pcs M8*25

