

FRENCH FITNESS

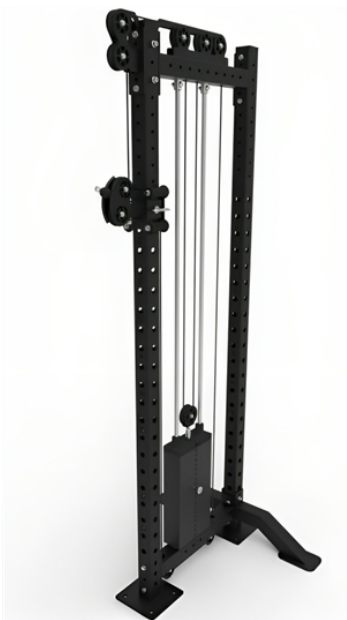
ASSEMBLY MANUAL

French Fitness Rack & Rig Cable Column (FF-RR-CC-176)

French Fitness Rig & Rack Functional Trainer w/3 Tier Storage 49" (FF-RR-FT-3TS49)

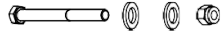
French Fitness Rig & Rack Functional Trainer w/3 Tier Storage 78" (FF-RR-FT-3TS78)

French Fitness Rig & Rack Functional Training Cave (FF-RR-FT-CAVE)

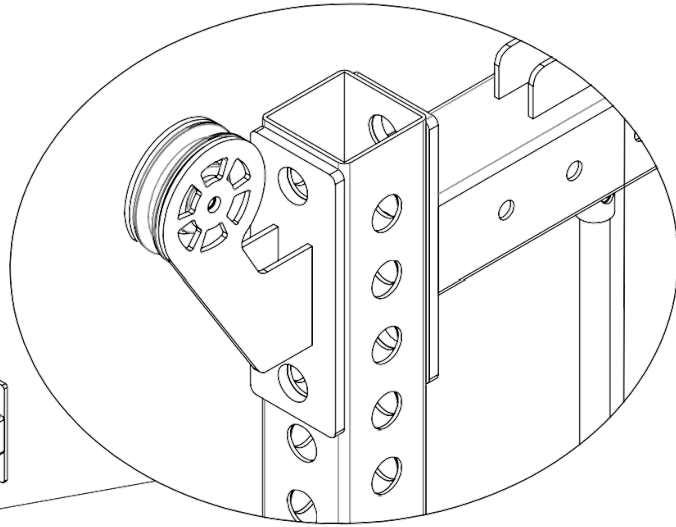


Cable Column Assembly & Mounting

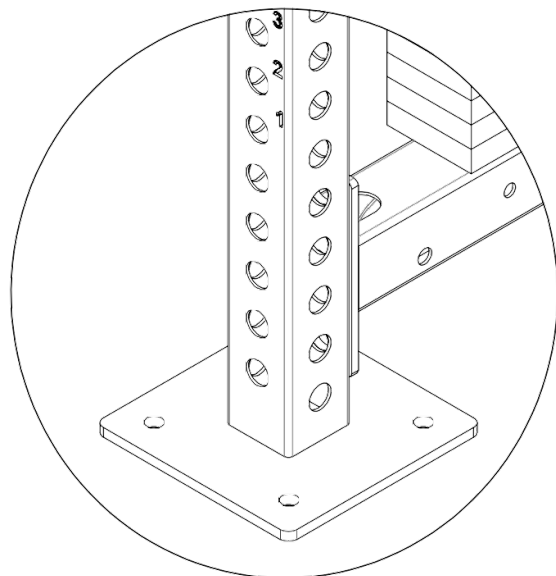
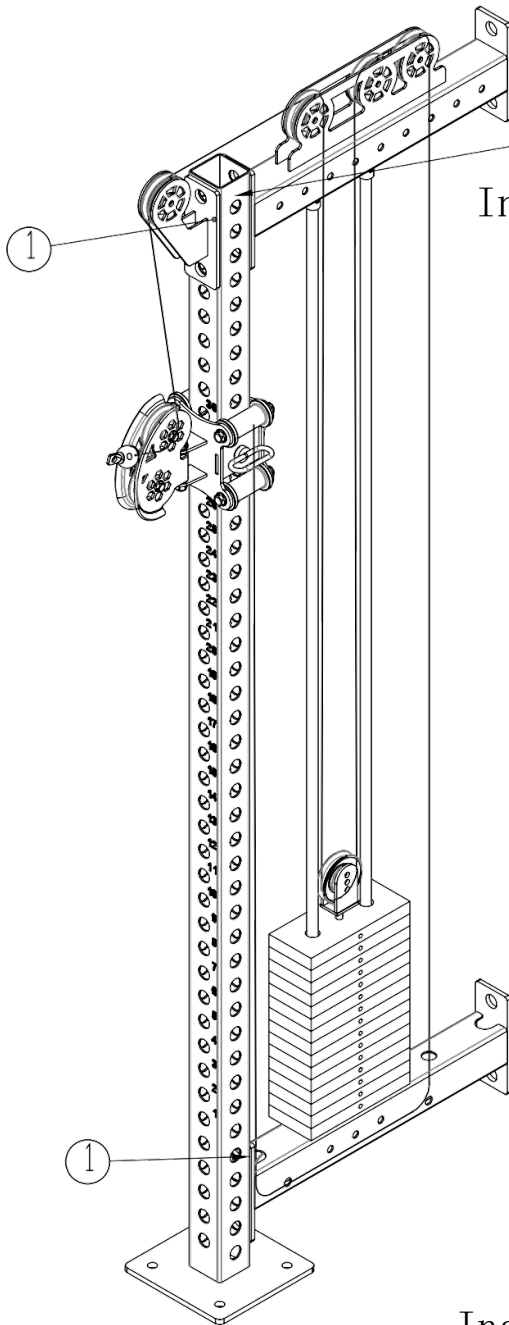
① M24x120 bolts , nut , washer



x 4



Installed at the top hole position



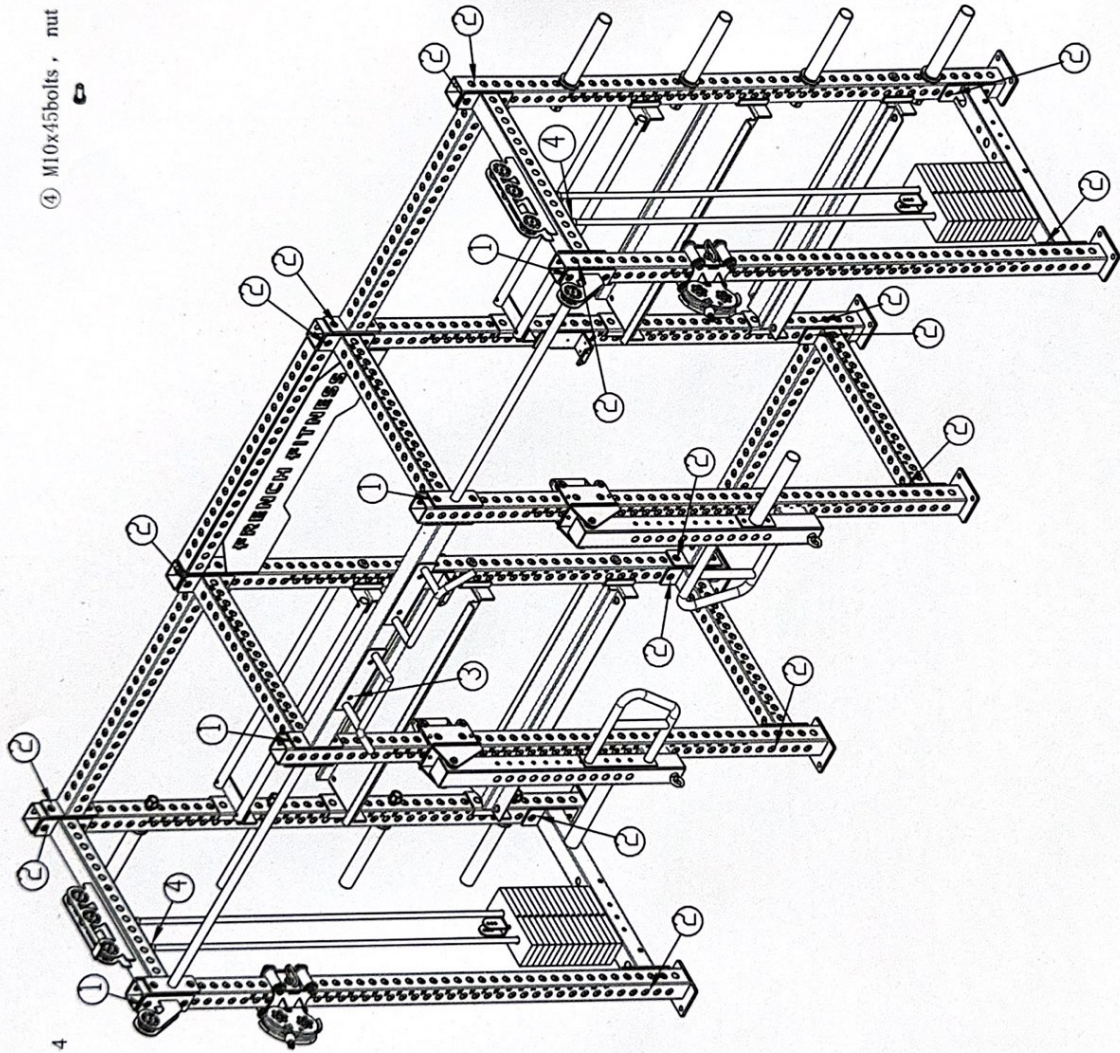
Install at the bottom hole position

① M24x130 bolts, nut, washer
x 8

③ M16x110 bolts, nut, washer
x 4

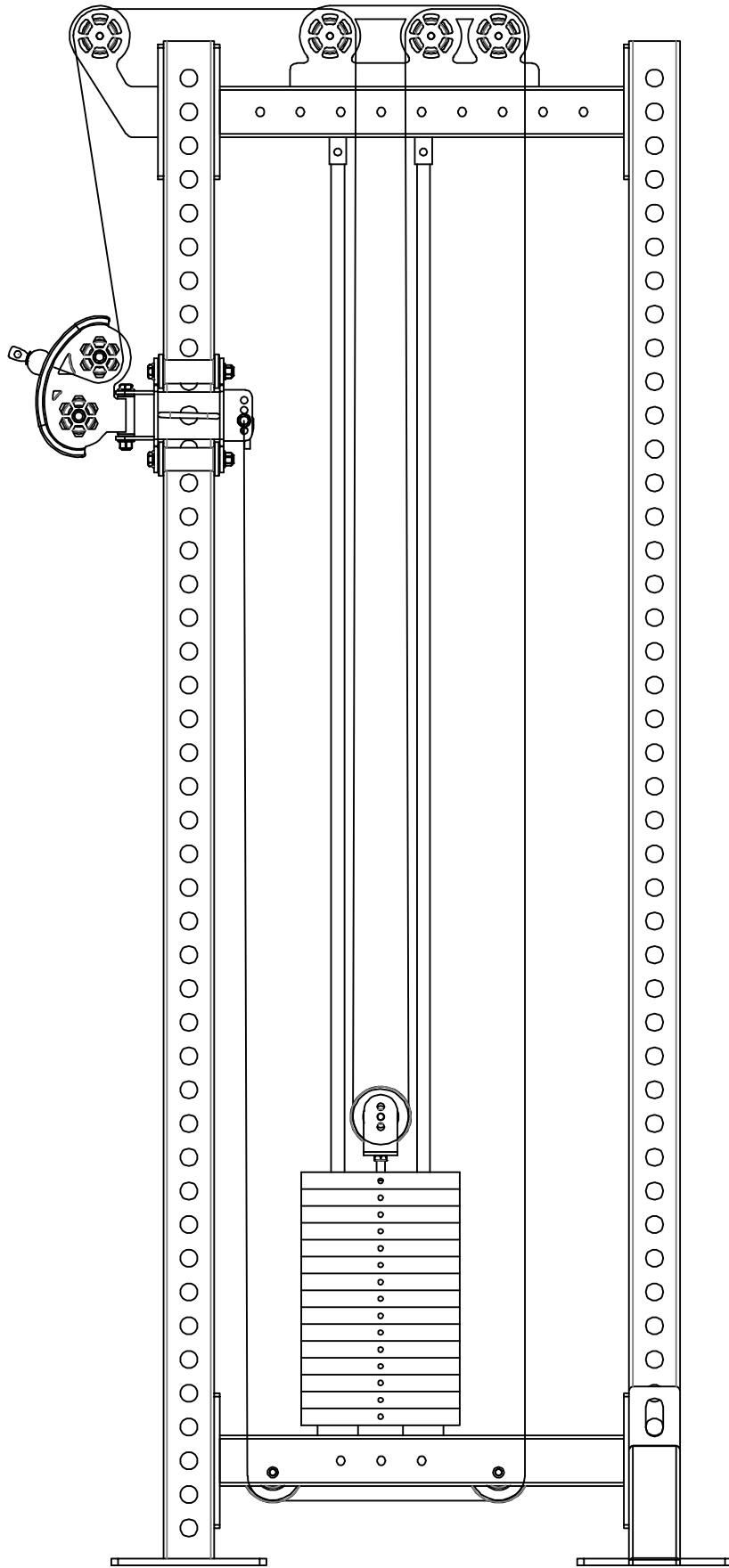
② M24x120 bolts, nut, washer
x 38

④ M10x45 bolts, nut
x 4



Rig & Rack Functional Training Cave Assembly Directions / Exploded Parts Diagram

CABLE ROUTING



Rack & Rig Cable Column Only, Free Standing Option

