

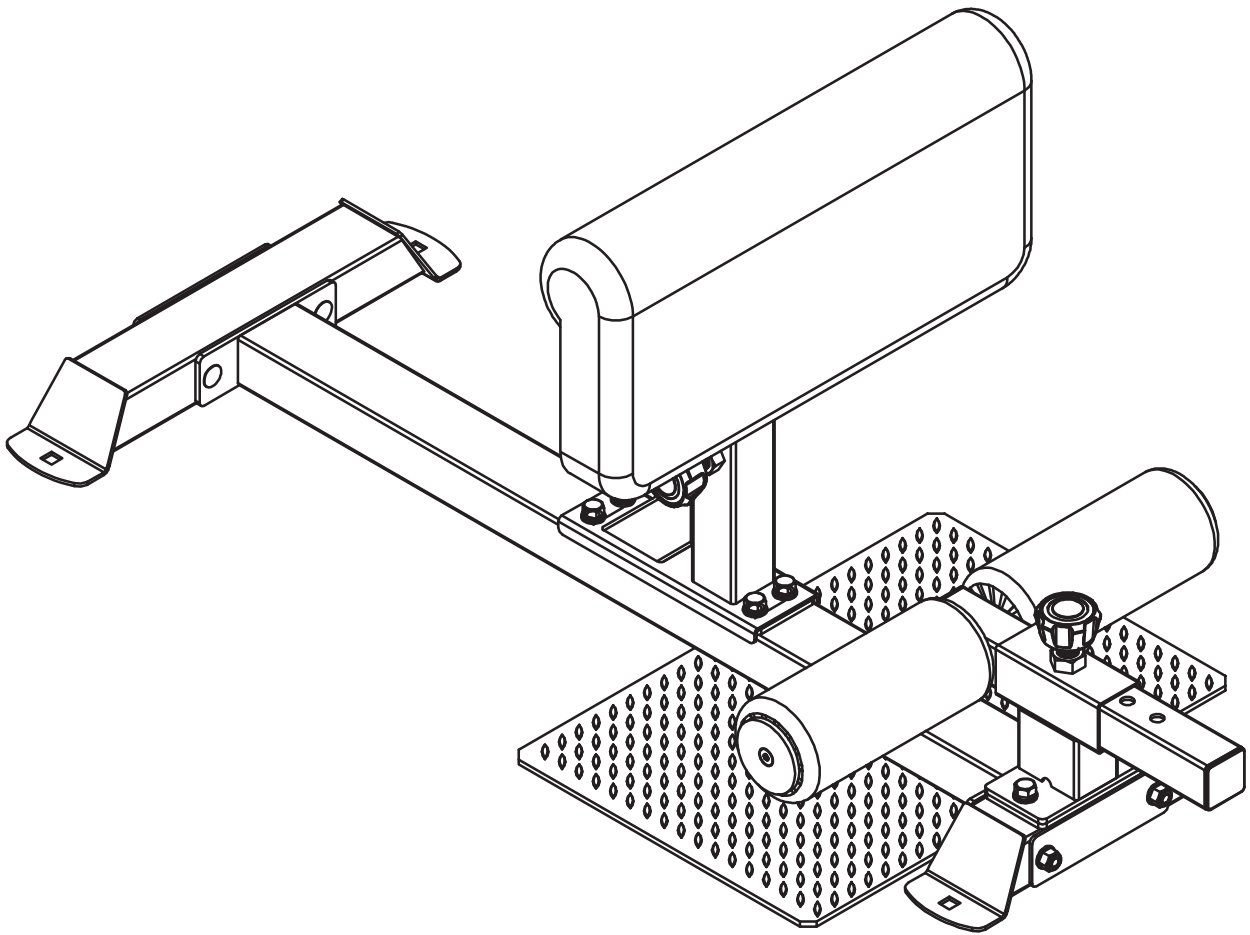
FRENCH FITNESS

OWNER'S MANUAL

FF-SS20

SISSY SQUAT

Color: Black



CAUTION!

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

20220308-V1.0

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

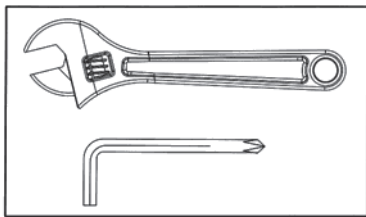
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

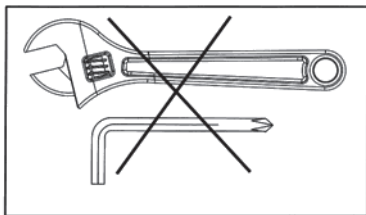
IMPORTANT ASSEMBLY INFORMATION

- ❖ Tools Required for Assembling the Bench: Adjustable Wrench and Allen Wrench.
- ❖ NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.
- ❖ Ensure **Carriage Bolts** are inserted through the **SQUARE holes** on components that need to be assembled. Attach washer only to end of the Carriage Bolt.
- ❖ Use **Allen Bolts or Hex Bolts** inserted through the **ROUND hole** on components that need to be assembled.
- ❖ Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed

Fasten Nuts and Bolts

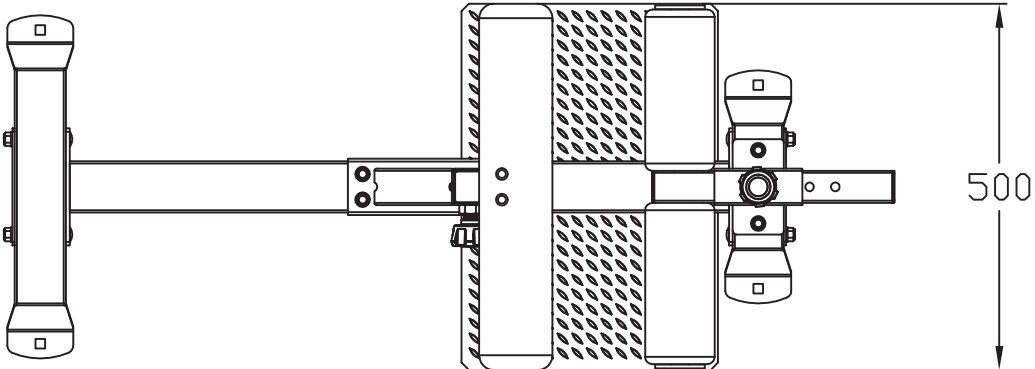
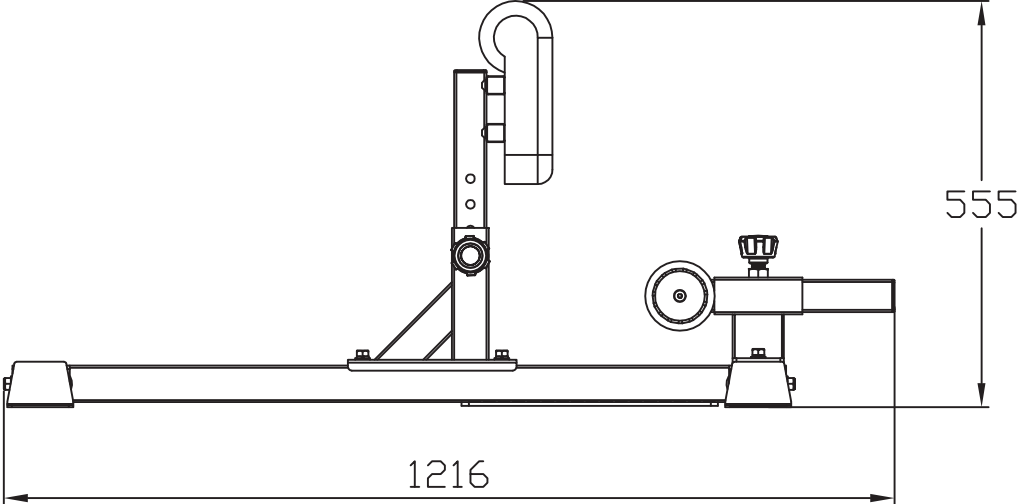


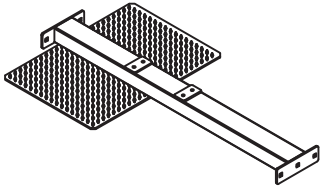
Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.
NOTE: Do not over tighten any component with pivoting function.
Make sure all pivoting components are able to move freely.



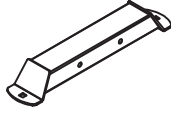
Do not tighten all Nuts and Bolts in this step.

Assembled Dimension:





① × 1



② × 1



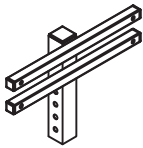
③ × 1



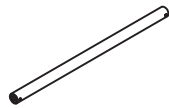
④ × 1



⑤ × 1



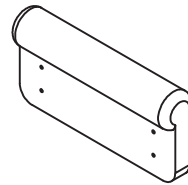
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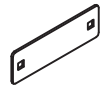
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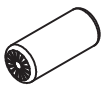
⑧ × 1



⑨ × 1



⑩ × 2



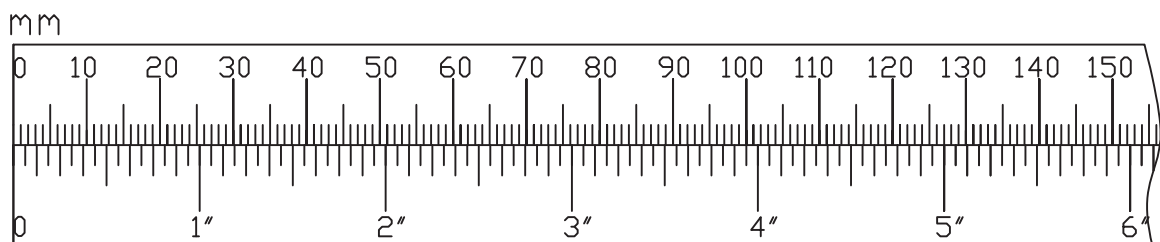
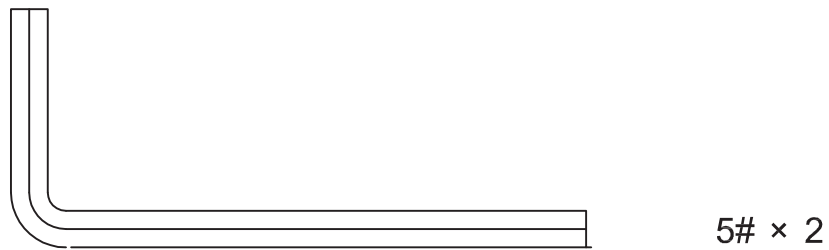
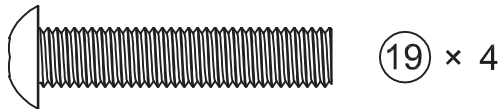
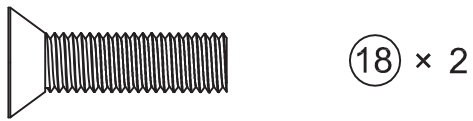
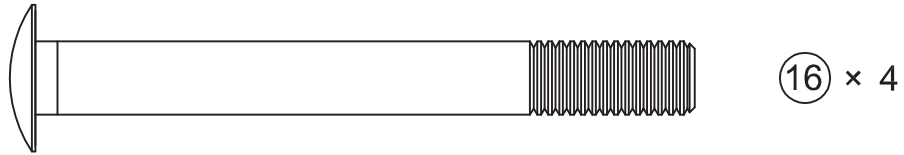
⑪ × 2

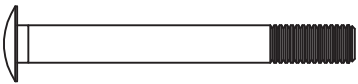




⑫ × 2

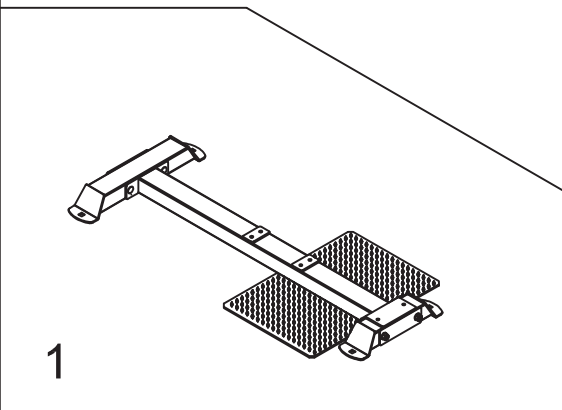
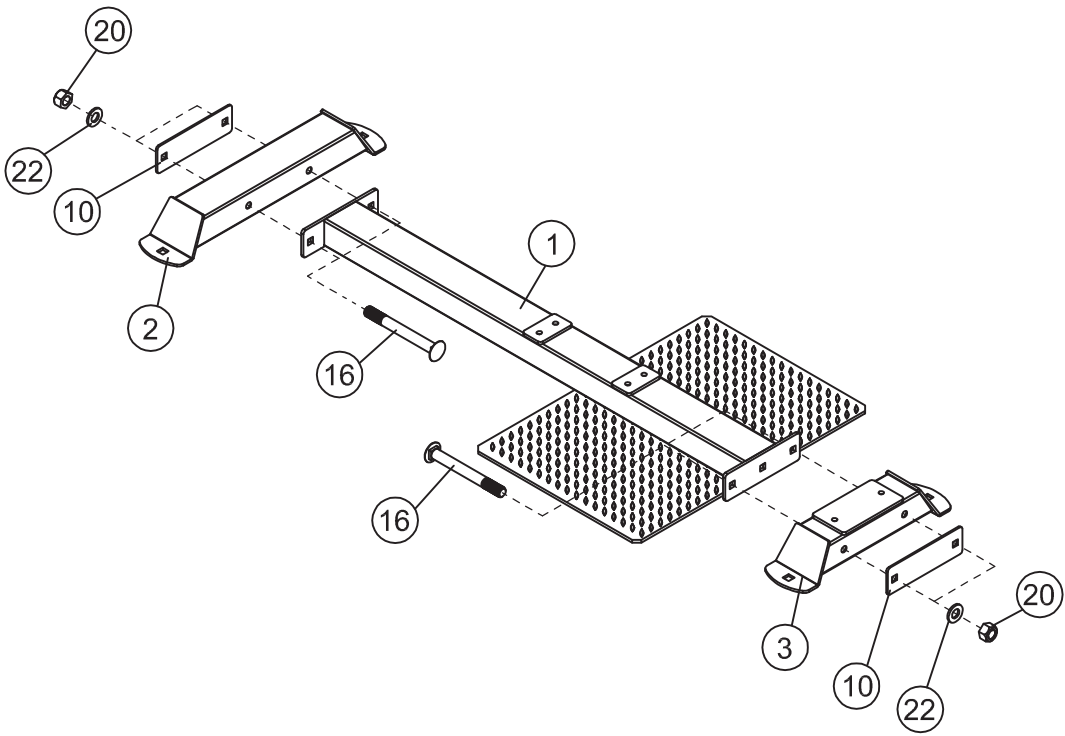
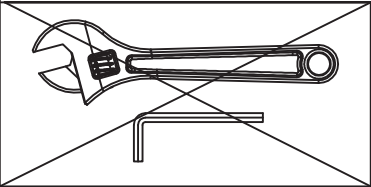


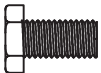
⑬ × 2



①⑥  ×4 M10×90mm ②①   ×4 M10

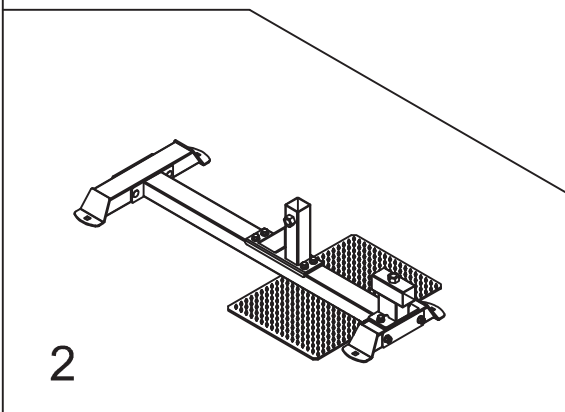
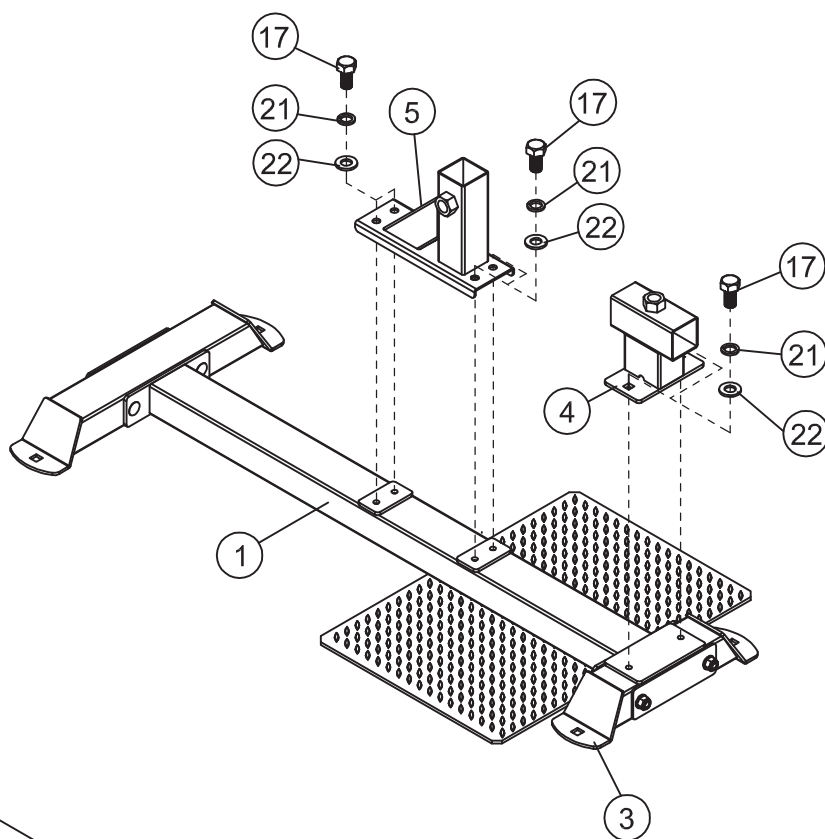
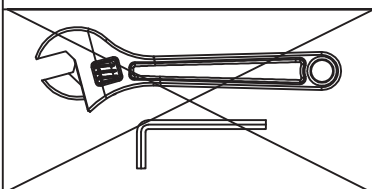
②②   ×4 Ø10



17  ×6 M10×20mm

21   ×6 Ø10

22   ×6 Ø10

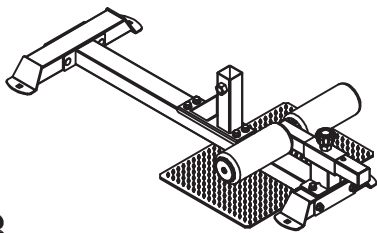
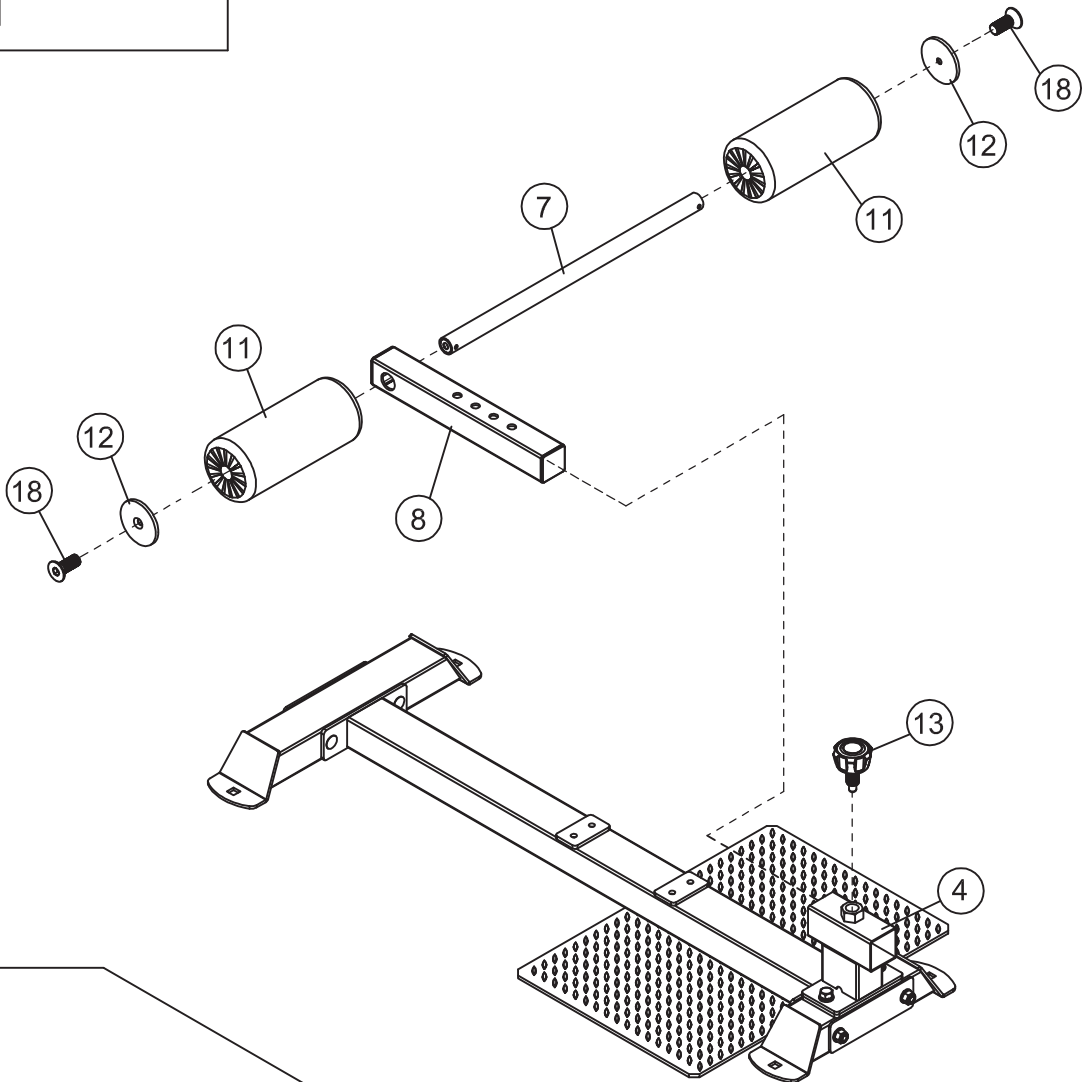
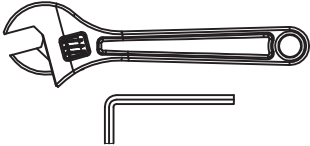


18




×2

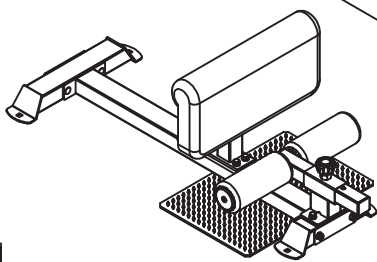
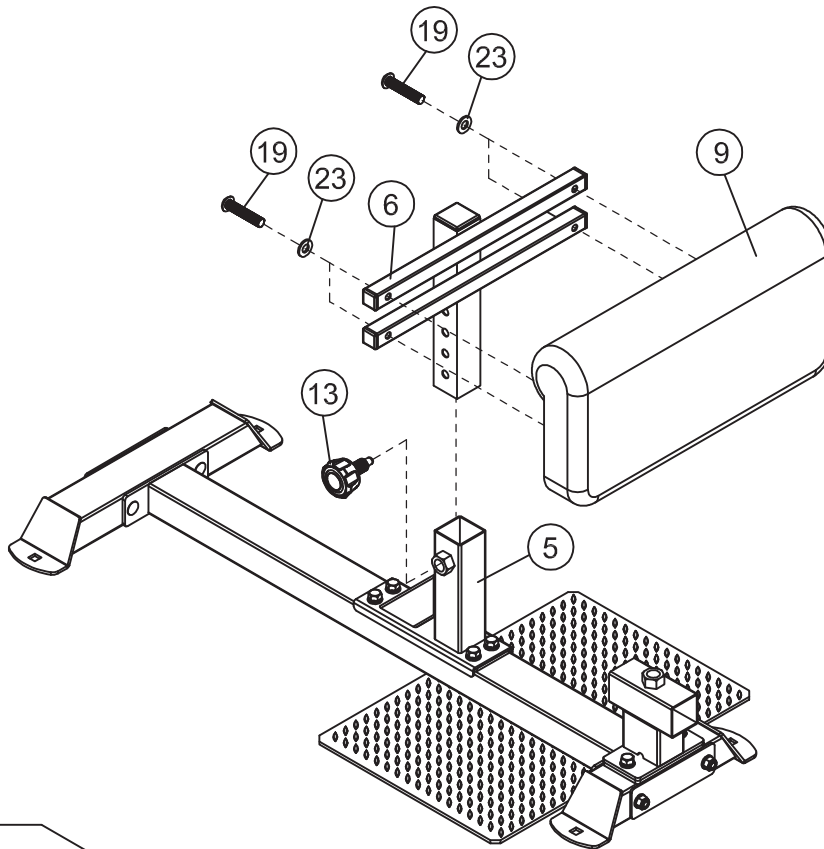
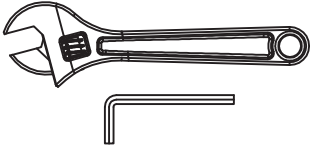
M8×30mm



3

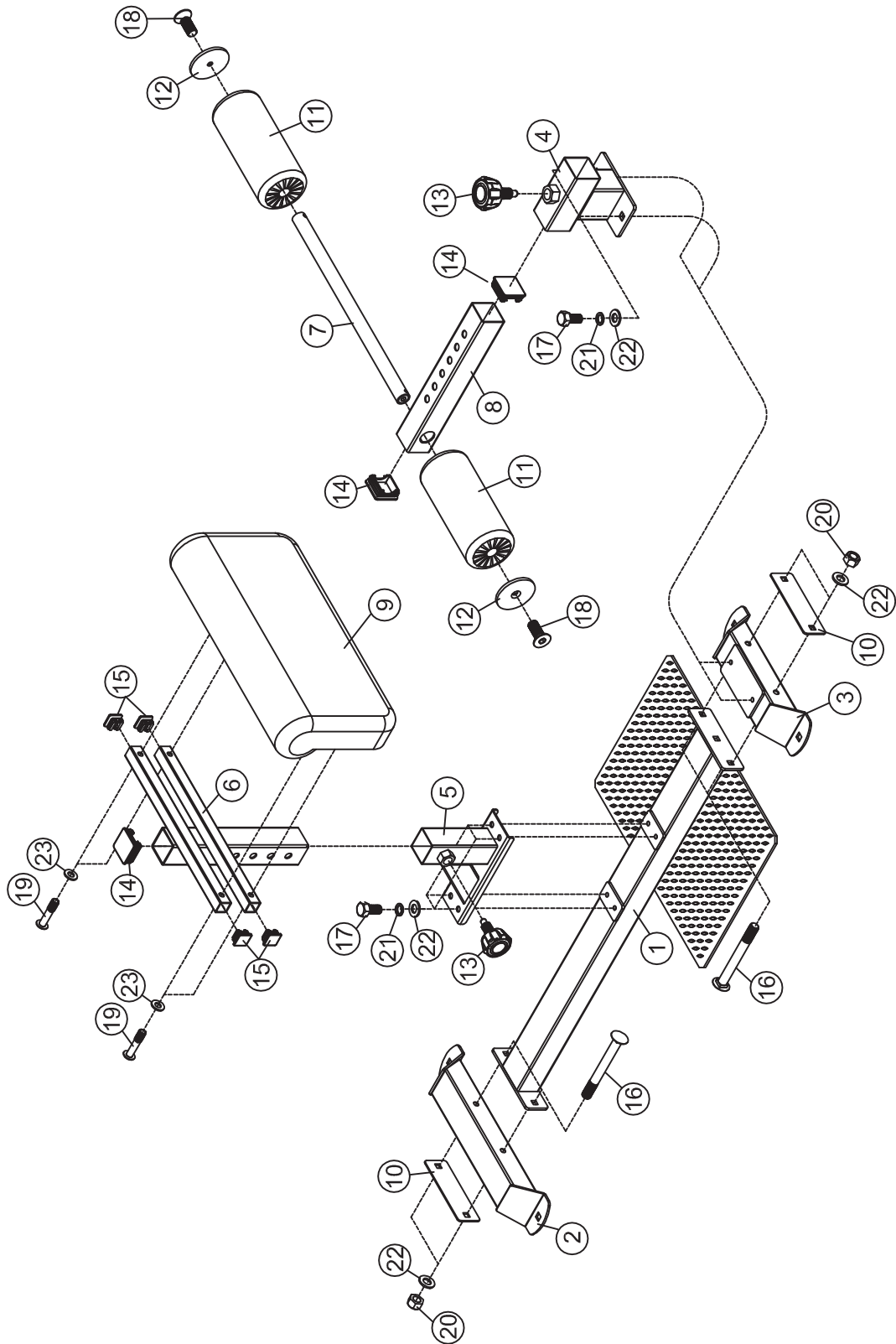
19  ×4 M8×40mm

23   ×4 Ø8



4

EXPLODED DIAGRAM



PARTS LIST

| PART NO. | DESCRIPTION | SIZE | QUANTITY |
|----------|------------------|--------|----------|
| 1 | Main Base | | 1 |
| 2 | Rear Base | | 1 |
| 3 | Front Base | | 1 |
| 4 | Front Support | | 1 |
| 5 | Upright Support | | 1 |
| 6 | Cushion Support | | 1 |
| 7 | Foam Rod | | 1 |
| 8 | Adjustable Frame | | 1 |
| 9 | Cushion | | 1 |
| 10 | Bracket | | 2 |
| 11 | Foam | | 2 |
| 12 | Foam Plug | | 2 |
| 13 | Knob | | 2 |
| 14 | End Cap | □44 | 3 |
| 15 | End Cap | □25 | 4 |
| 16 | Carriage Bolt | M10×90 | 4 |
| 17 | Hex Bolt | M10×20 | 6 |
| 18 | Allen Bolt | M8×30 | 2 |
| 19 | Allen Bolt | M8×40 | 4 |
| 20 | Aircraft Nut | M10 | 4 |
| 21 | Spring Washer | Φ10 | 6 |
| 22 | Washer | Φ10 | 10 |
| 23 | Washer | Φ8 | 4 |
| 24 | Allen Wrench | 5# | 2 |