

FRENCH FITNESS

FFS-ACD / FFT-ACD

**FRENCH FITNESS SHASTA & TAHOE
ASSISTED CHIN DIP**

ASSEMBLY AND EXERCISE MANUAL



OR



FEATURES

- 11 Gauge Steel
- 50 x 100mm thickness 3mm Steel tube
- ASTM A36 steel frame ensures maximum structural integrity
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability
- Nylon-coated cable meets U.S. military specifications
- Fiberglass-impregnated nylon pulleys feature sealed bearings
- Grips retained with aluminum collars, preventing them from slipping during use
- Hand grips are a durable urethane composite
- Solid-steel weight plates. Top weight plate is fitted with self-lubricating bushings
- Standard rear shrouds
- Weight selector pin magnetically locks in place and is connected to stack to prevent loss
- California Residents see Prop 65 WARNINGS

TECH SPECS

- (14) Weight Plate, EA 13.23 Lb (6 kg)
- Weight to Pulley Ratio: 1:1
- Weight stack: 185 lb (84 kg)
- Machine Weight: 529 lb (240 kg)
- Dimensions: 47"L x 45"W x 87"H (1180 x 1130 x 2200 mm)
- Paint Color: Silver
- Vinyl Color: Black

WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

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PARTS LIST

ITEM NO.	Name	QTY.
1	Screw, M8x55	2
2	Guide Rod Sleeve	2
3	Right Frame	1
4	Screw, M10x50	2
5	Guide Rod Sleeve Nut	2
6	Button Head Cap Screw (M12x125)	20
7	Guide Rod, L 48M	2
8	Guide Rod	2
9	Screw, M8x30	2
10	Screw, M12x25	2
11	Left Frame	1
12	Assy, Support	1
13	Seat Cushion	1
14	Handle Cap	1
15	Handle	2
16	Washer, M12	40
17	Nut, M12	20
18	Rectangle Cap 50*100	4
19	Rectangle Cap 40*80	5
20	Nut, M10	2
21	Washer, M10	2
22	Plastic Pedal	2
23	Wire rope	1
24	Washer, M8	2
25	Counter weight cushion	2
26	Acrylic Board	1
27	Φ25 linear Bearing	4
28	Shroud	1
29	Screw	12

CLEAN GUIDE RODS

Step must be completed prior to installing. Failure to do so can leave residue from packaging and other sources stuck in the bushings.

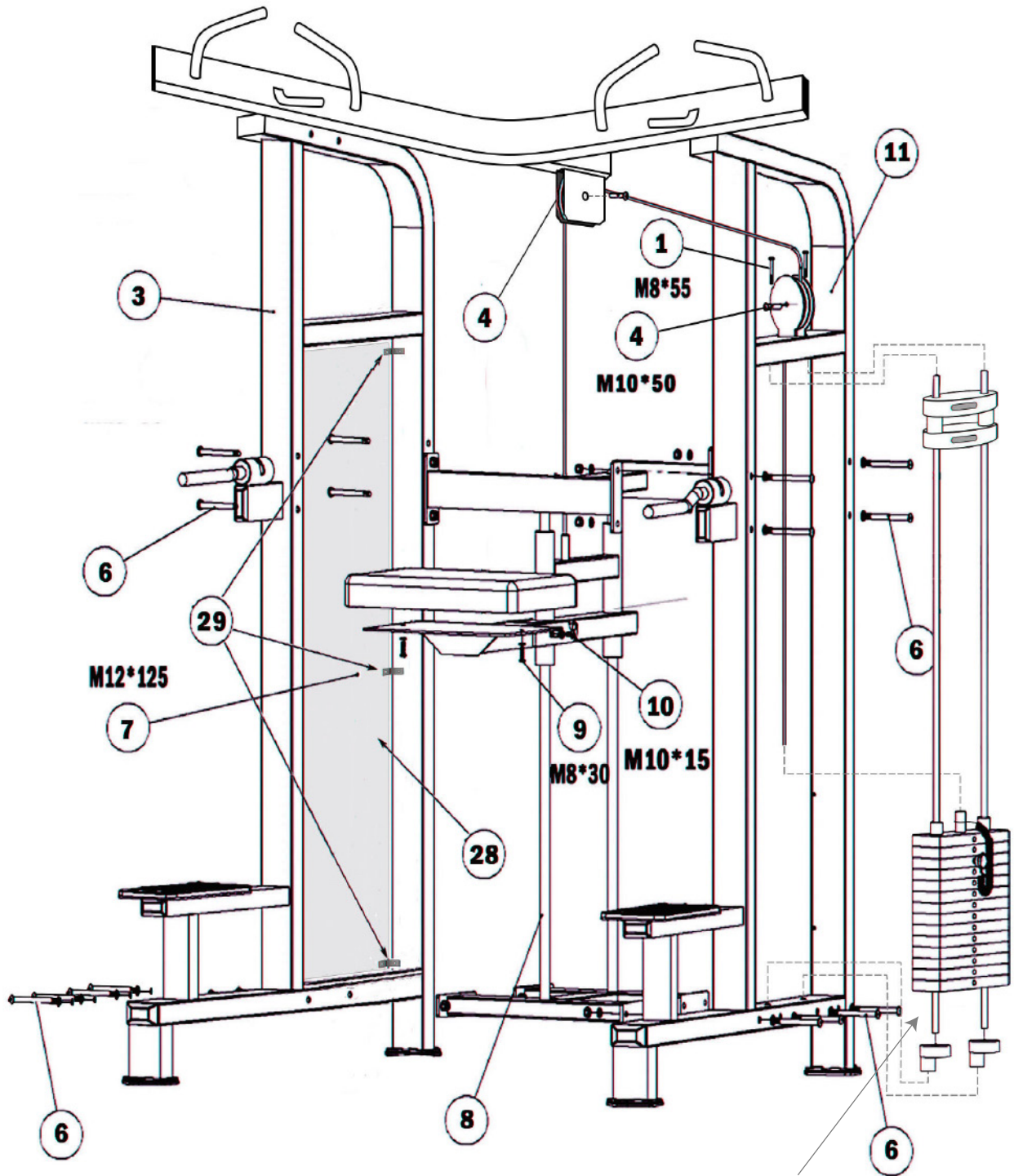
Guide rods need to make sure they are cleaned prior to installation otherwise this will cause the top plate to get stuck. It causes buildup in the bushings of the top plates. They just need to be cleaned out as well as the guide rods.

Use Silicon Spray and fiber to remove any excess residue. These can be found around the house or at a nearby hardware store, pics below. Use silicon Spray and steel wool.

We use "B'laster 16-SL Industrial Strength Silicone Lubricant" and Steel Wool, Grade #0000 Super Fine Grade.

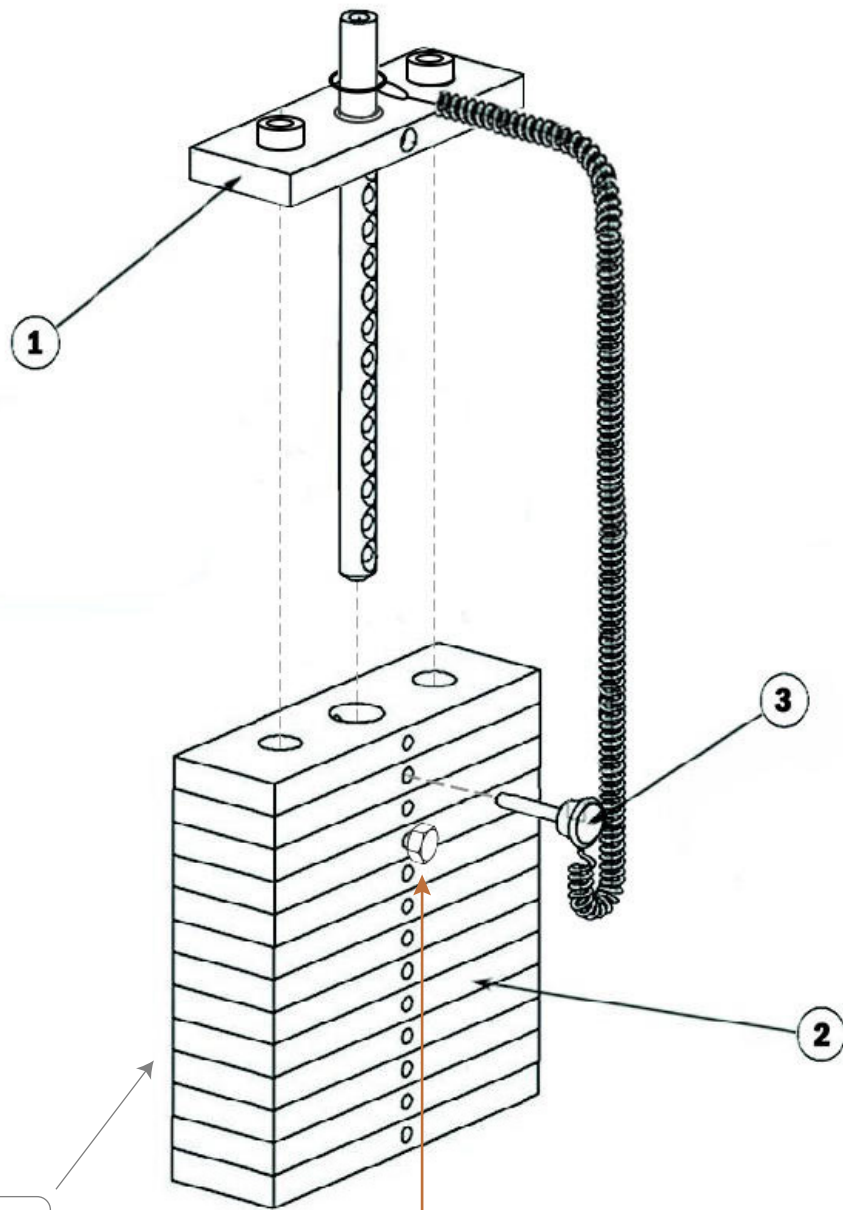


FRAME ASSEMBLY



See 7 Step Weight Stack
Assembly Directions,
starting on Page 8, for
Weight Stack Assembly
Details

WEIGHT SET ASSEMBLY



See 7 Step Weight Stack Assembly Directions, starting on Page 8, for Weight Stack Assembly Details

Counterweight bolt comes pre-installed in the 66 lb / 30 kg weight (the 5th weight from the top). It must stay installed. Do not remove

ITEM NO.	Name	QTY.
1	Top Weight Plate	1
2	Underside Weight plate	13
3	Adjustable bolt	1

WEIGHT STACK ASSEMBLY

STEP 1. RUBBER BUMPERS



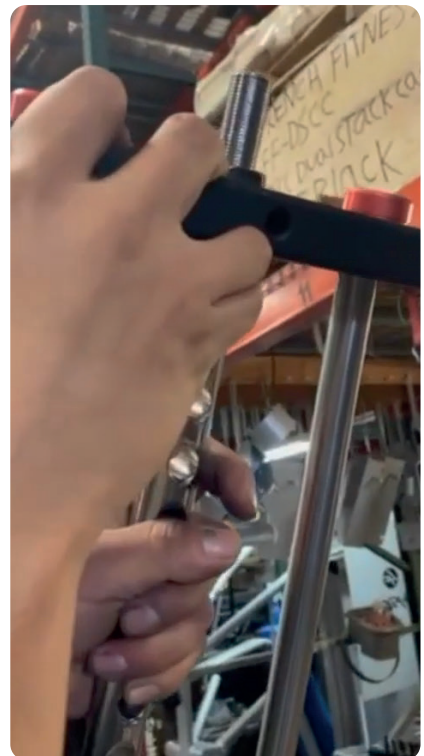
STEP 2. GUIDE RODS – TILT OUT



STEP 3. WEIGHT PLATES



STEP 4. TOP PLATE/SELECTOR ROD – REMOVE FROM CABLE FOR NOW + INSTALL THE TOP PLATE



STEP 5. ADAPTER WEIGHTS



STEP 6. TILT IN GUIDE RODS – RAISE THEM IN ORDER TO BOLT THEM IN



STEP 7. INSTALL THE WEIGHT SELECTOR PIN AND REATTACH CABLE TO THE TOP PLATE AND THEN STORE WEIGHT ADAPTERS ON THE CHROME BRACKET AT THE TOP SO THAT THE CABLE CAN BE TIGHTENED AND ADJUSTED



ASSEMBLY INSTRUCTIONS



- 1) Attach the shrouds using included screws to the black brackets
- 2) Once attached, apply circular "FF" stickers onto the shroud, on the side that faces away from the weight stacks, with the bottom of the FF circle at the height of the top weight stack plate.

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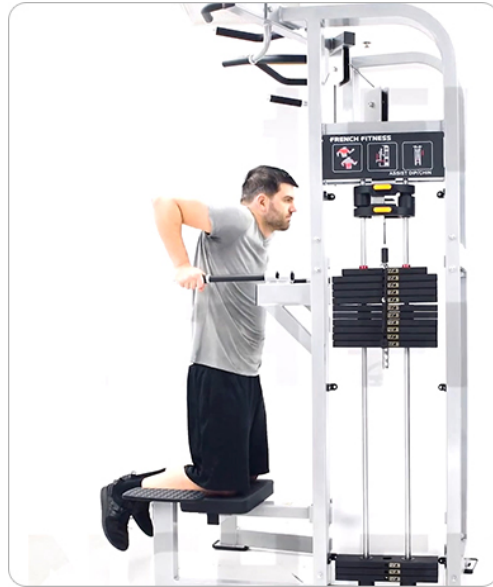
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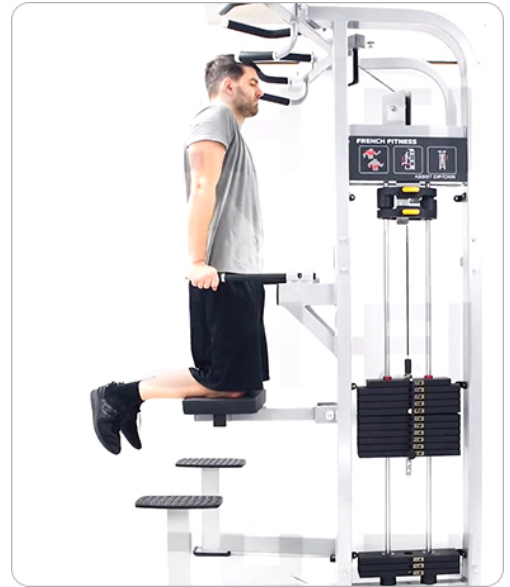
EXERCISES



ASSISTED DIP

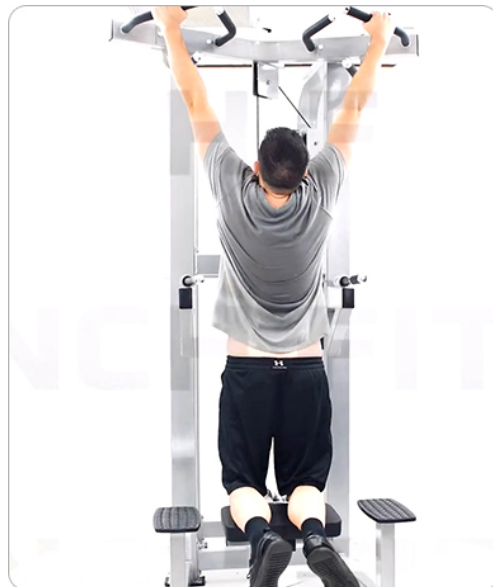


START



END

ASSISTED PULL UP

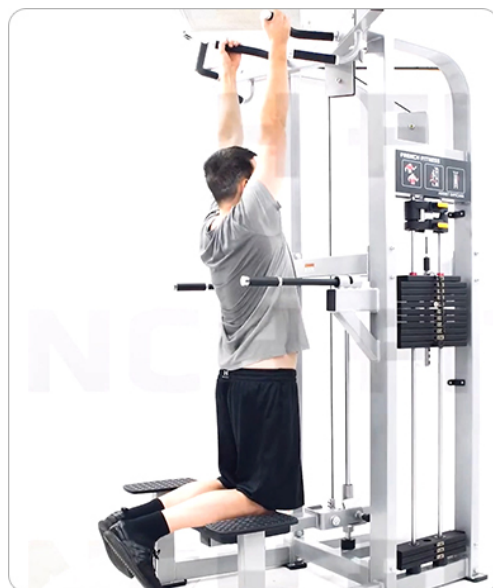


START



END

ASSISTED CHIN UP



START



END

UNASSISTED DIP

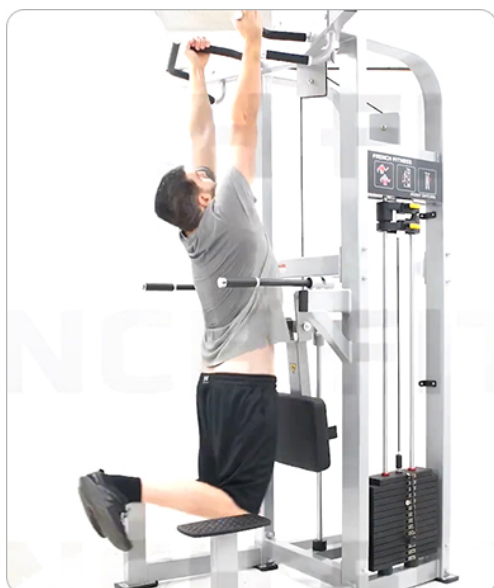


START



END

UNASSISTED CHIN UP



START



END

UNASSISTED PULL UP



START



END