

FRENCH FITNESS

FFS-HAA / FFT-HAA

French Fitness Shasta Inner Outer Thigh &
Tahoe Hip Abduction / Adduction

ASSEMBLY MANUAL



FEATURES

- 50 x 100 mm, thickness 3mm Steel tube
- Q235 steel frame ensures maximum structural integrity
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability
- Standard rubber feet protect base of the frame and prevent the machine from slipping
- Nylon-coated cable meets U.S. military specifications
- Fiberglass-impregnated nylon pulleys feature sealed bearings
- Solid-steel weight plates. Top weight plate is fitted with self-lubricating bushings
- Weight selector pin magnetically locks in place and is connected to stack to prevent loss
- Standard rear shrouds

TECH SPECS

- (16) Weight Plates, EA 13.23 Lb (6 kg)
- Weight to Pulley Ratio: 1:1
- Weight stack: 212 lb (96 kg)
- Machine Weight: 397 lb (180 kg)
- Dimensions: 61" x 26" x 56" (1550 x 660 x 1400 mm)

WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

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PARTS LIST

ITEM NO.	Name	QTY.
1	SIDE FRAME	1
2	BACK CUSHION	1
3	SEAT CUSHION	1
4	MAIN FRAME	1
5	SCREW M12*65	6
6	NUT, M12	11
7	SCREW, M8*25	3
8	SCREW, M8*30	4
9	SCREW, M8*70	4
10	SCREW, M12*25	4
11	BEARING 205	2
15	SCREW, M12x20	1
16	SCREW, M10x75	1
17	SCREW, M6x25	1
18	SCREW, M10x80	3
19	SCREW, M12x35	4
20	BEARING 205	2
21	ASSY, BACK CUSHION	1
22	HANDLE	1
23	PULLY CAP	1
24	RUBBER SUPPORT	1
25	PLATING	1
26	WASHER M12	16
27	RECTANGLE RUBER SHOE, 50X100	2
28	GRIP RING	2

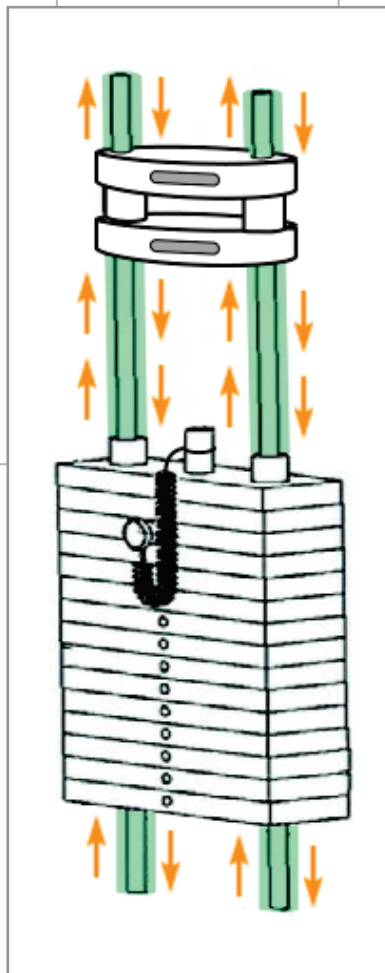
CLEAN GUIDE RODS

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

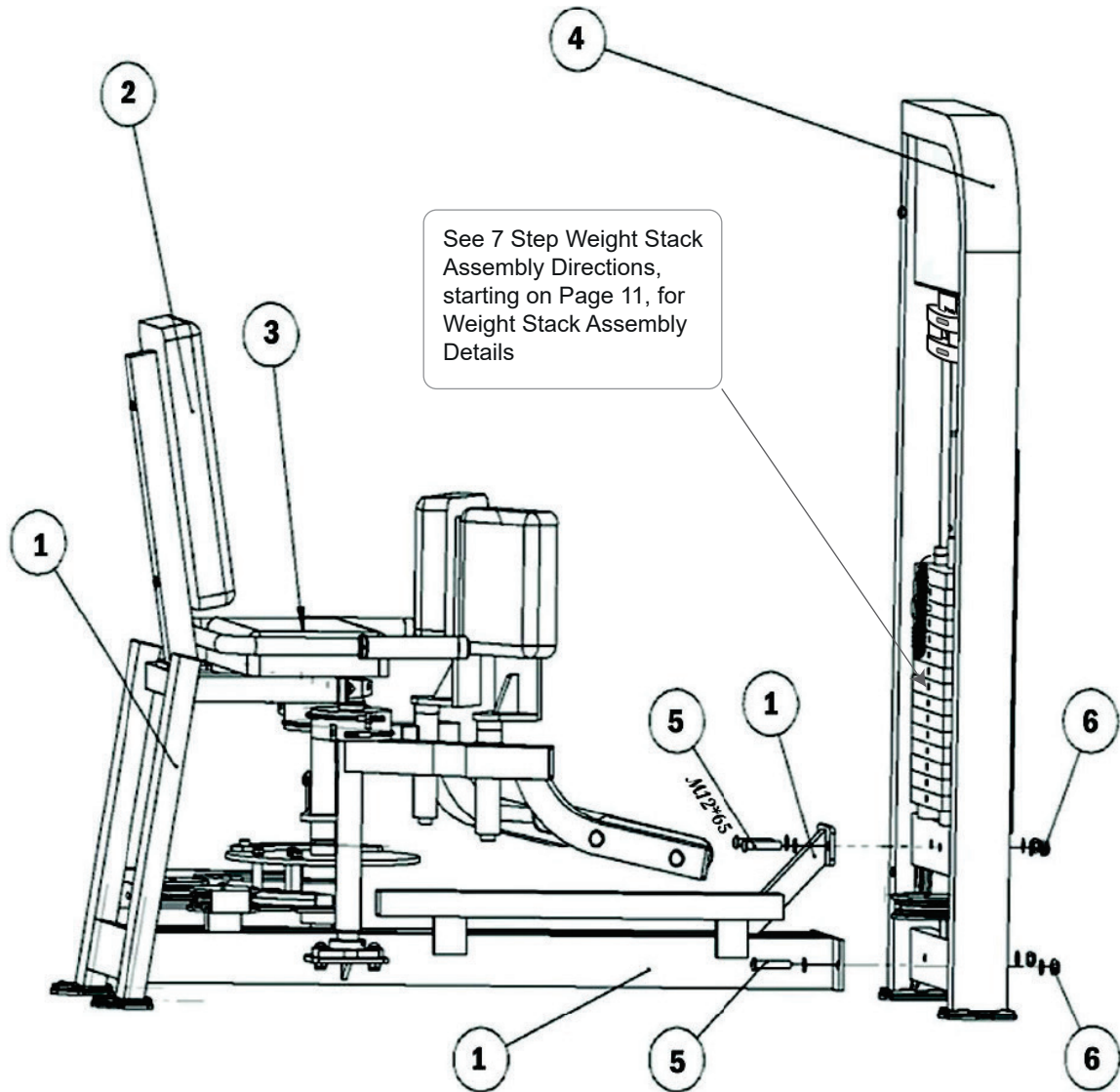
Guide rods need to make sure they are cleaned prior to installation otherwise this will cause the top plate to get stuck. It causes buildup in the bushings of the top plates. They just need to be cleaned out as well as the guide rods.

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.

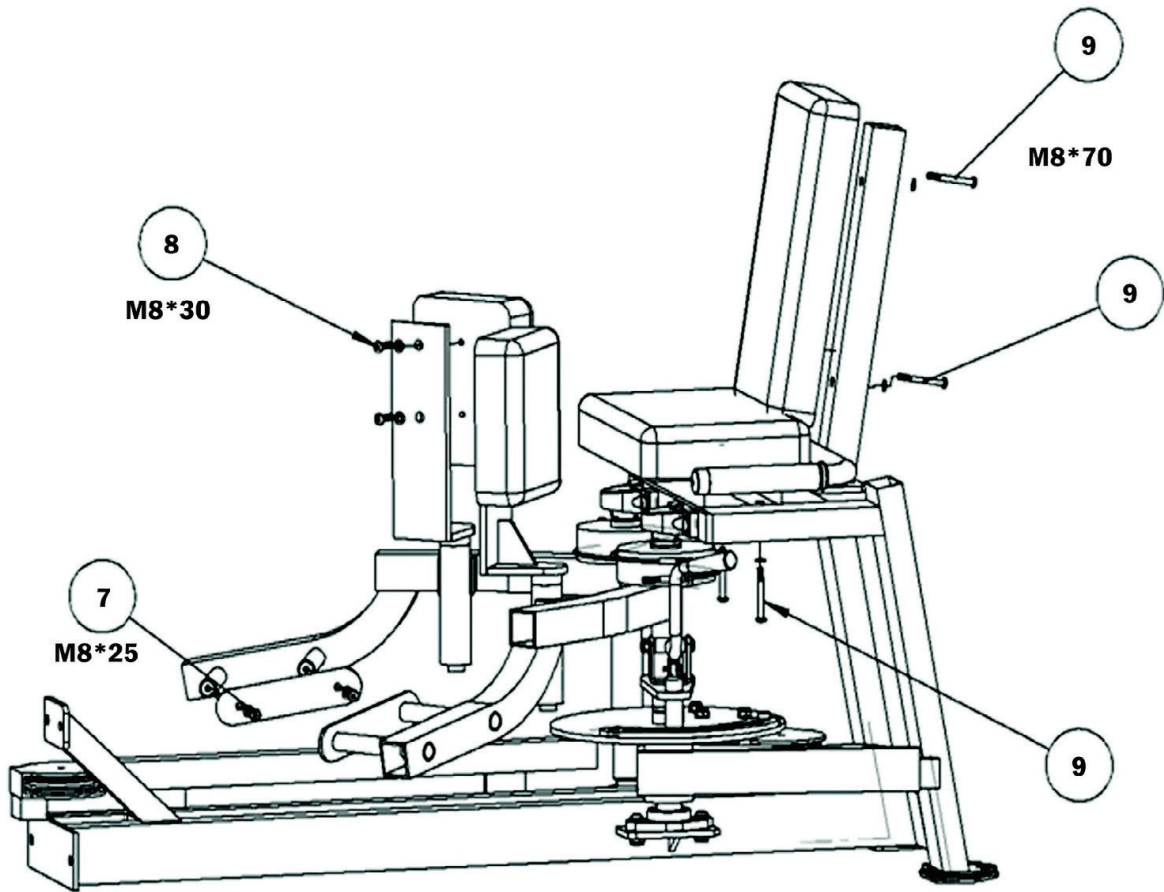
We use "B'laster 16-SL Industrial Strength Silicone Lubricant" and Steel Wool, Grade #0000 Super Fine Grade.



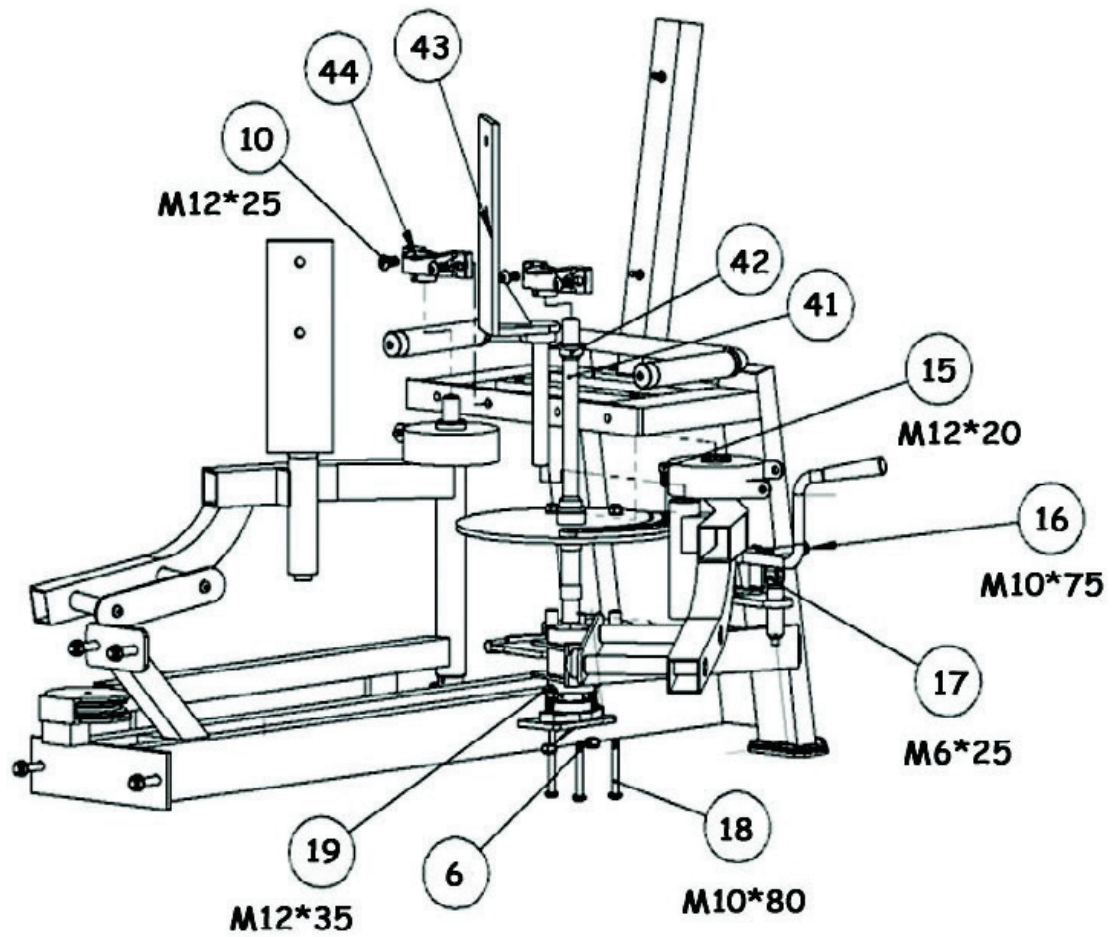
MAIN FRAME AND SIDE FRAME ASSEMBLY



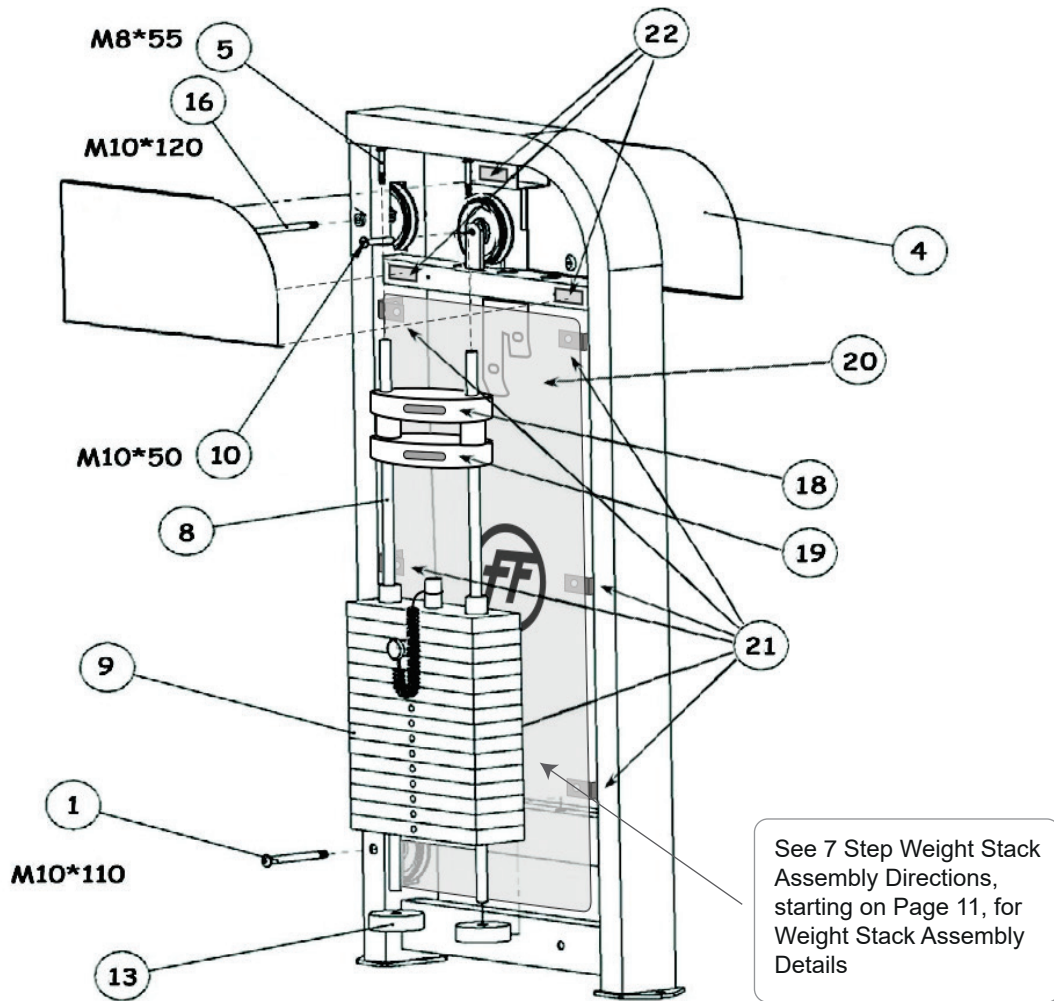
SIDE FRAME ASSEMBLY



ARM FRAME ASSEMBLY

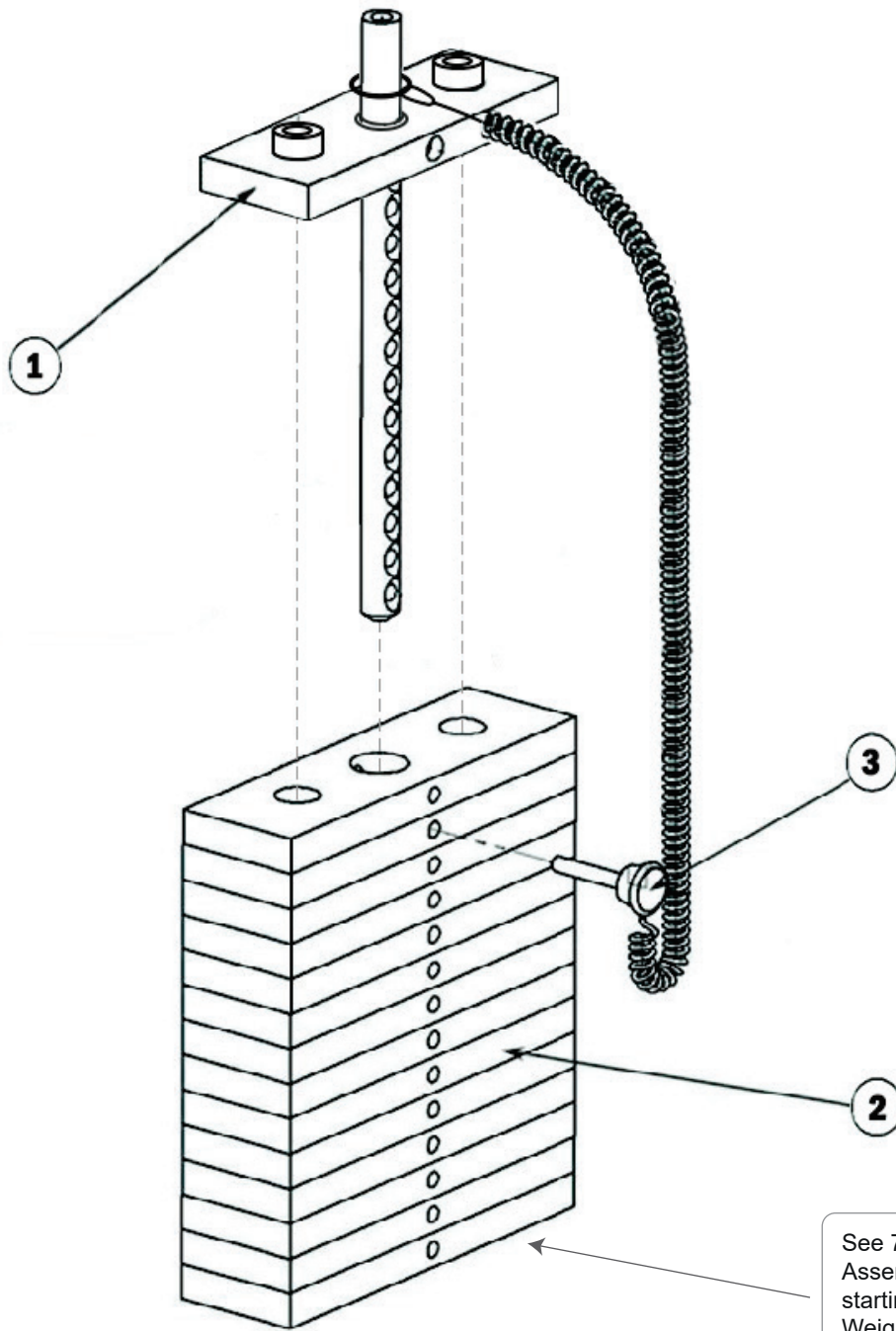


MAIN FRAME ASSEMBLY



ITEM NO.	Name	QTY.
1	SCREW M12X110	1
4	PLACARD	1
5	SCREW, M8*55	2
8	GUIDE ROD 0.91M	2
9	ASSY,WEIGHT PLATE	1
10	SCREW, M10*50	1
16	SCREW, M10*120	1
17	ACRYLIC BOARD	1
18	WEIGHT STACK ADAPTER (TOP)	1
19	WEIGHT STACK ADAPTER (BOTTOM)	1
20	SHROUD	1
21	SCREW	12
22	VELCROS	6

WEIGHT STACK ASSEMBLY



See 7 Step Weight Stack Assembly Directions, starting on Page 11, for Weight Stack Assembly Details

ITEM NO.	Name	QTY.
1	Top Weight Plate	1
2	Underside Weight plate	14
3	Adjustable bolt	1

WEIGHT STACK ASSEMBLY

STEP 1. RUBBER BUMPERS



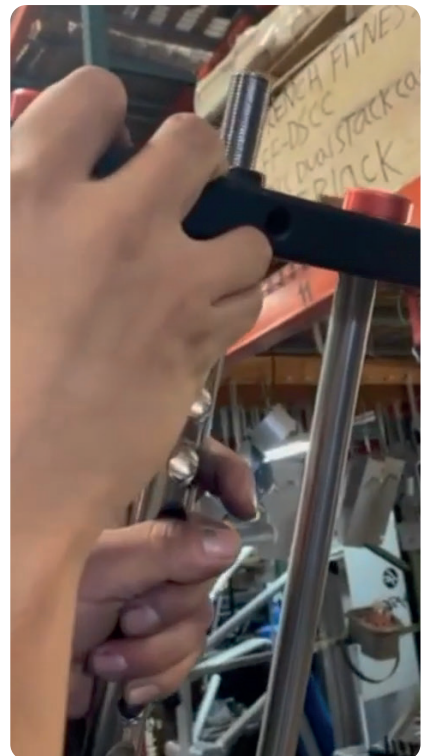
STEP 2. GUIDE RODS – TILT OUT



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.