

# FRENCH FITNESS

FFS-SBE / FFT-SBE

**FRENCH FITNESS SHASTA / TAHOE  
SELECTORIZED BACK EXTENSION**

**ASSEMBLY MANUAL**



OR



## FEATURES

- 11 Gauge Steel
- 50 x 80 mm thickness 3mm Steel tube
- ASTM A36 steel frame ensures maximum structural integrity
- Each frame receives a 3 layers electrostatic powder coat finish to ensure maximum adhesion and durability
- Super fiber leather cushion
- 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
- 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
- Weight selector pin magnetically locks in place and is connected to stack to prevent loss

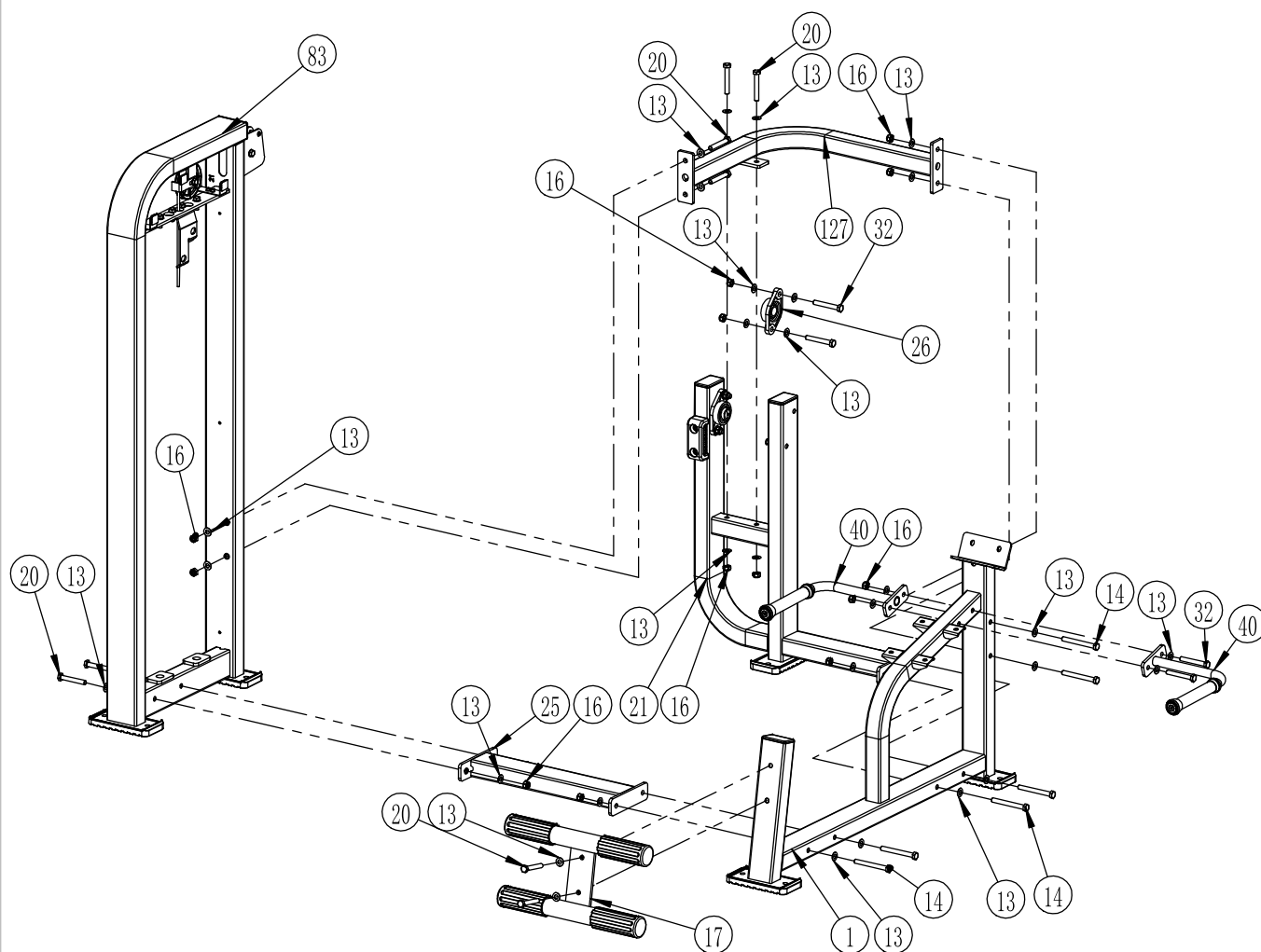
## TECH SPECS

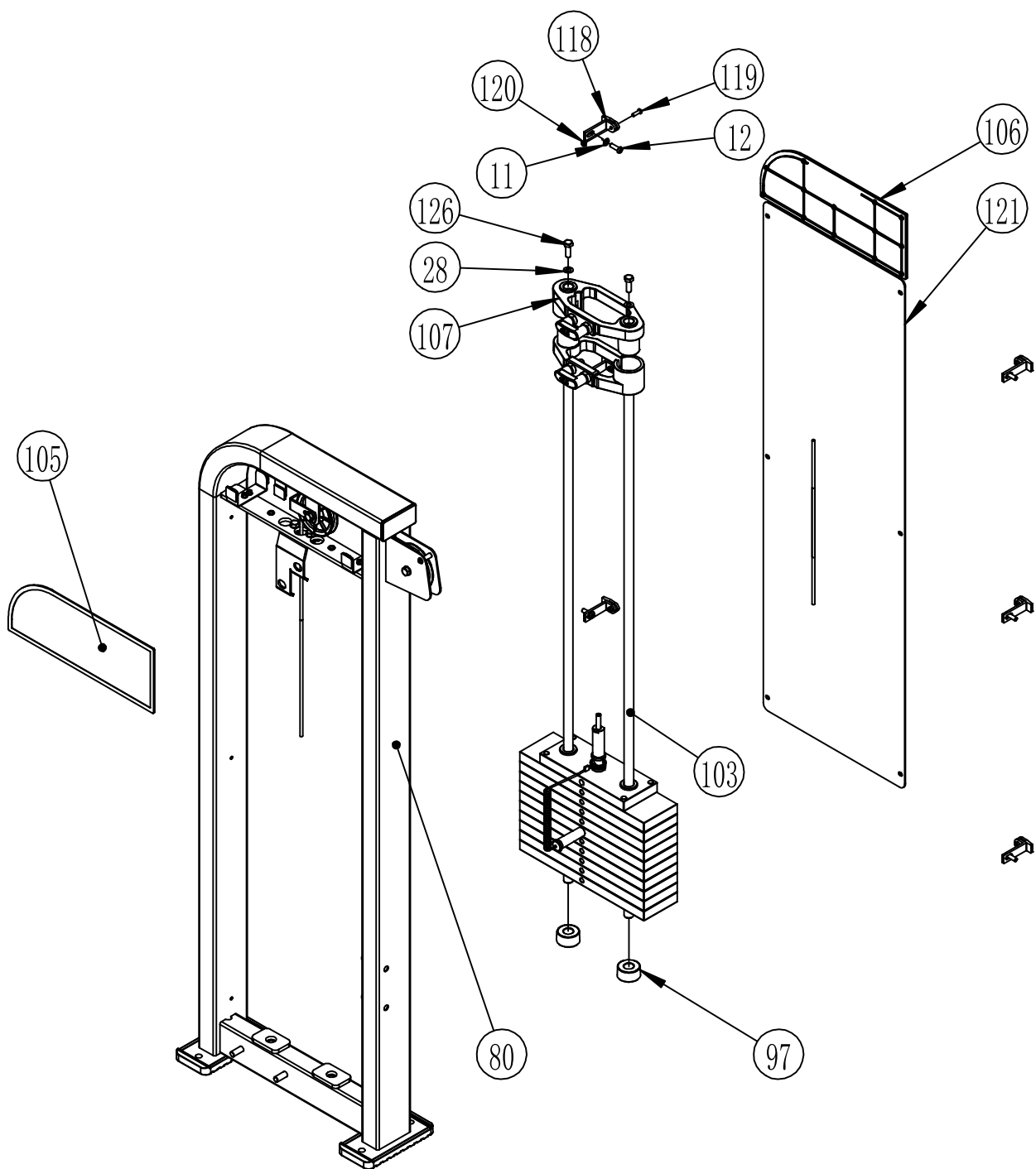
- Cable Steel Diameter: 6mm
- Weight: 427.7 lbs (194 kg)
- 210 lb Weight Stack (96 kg)
- Weight to Pulley Ratio: 1:1
- Dimensions: 40"L x 46"W x 64.5"H (102cm x 117cm x 164cm)

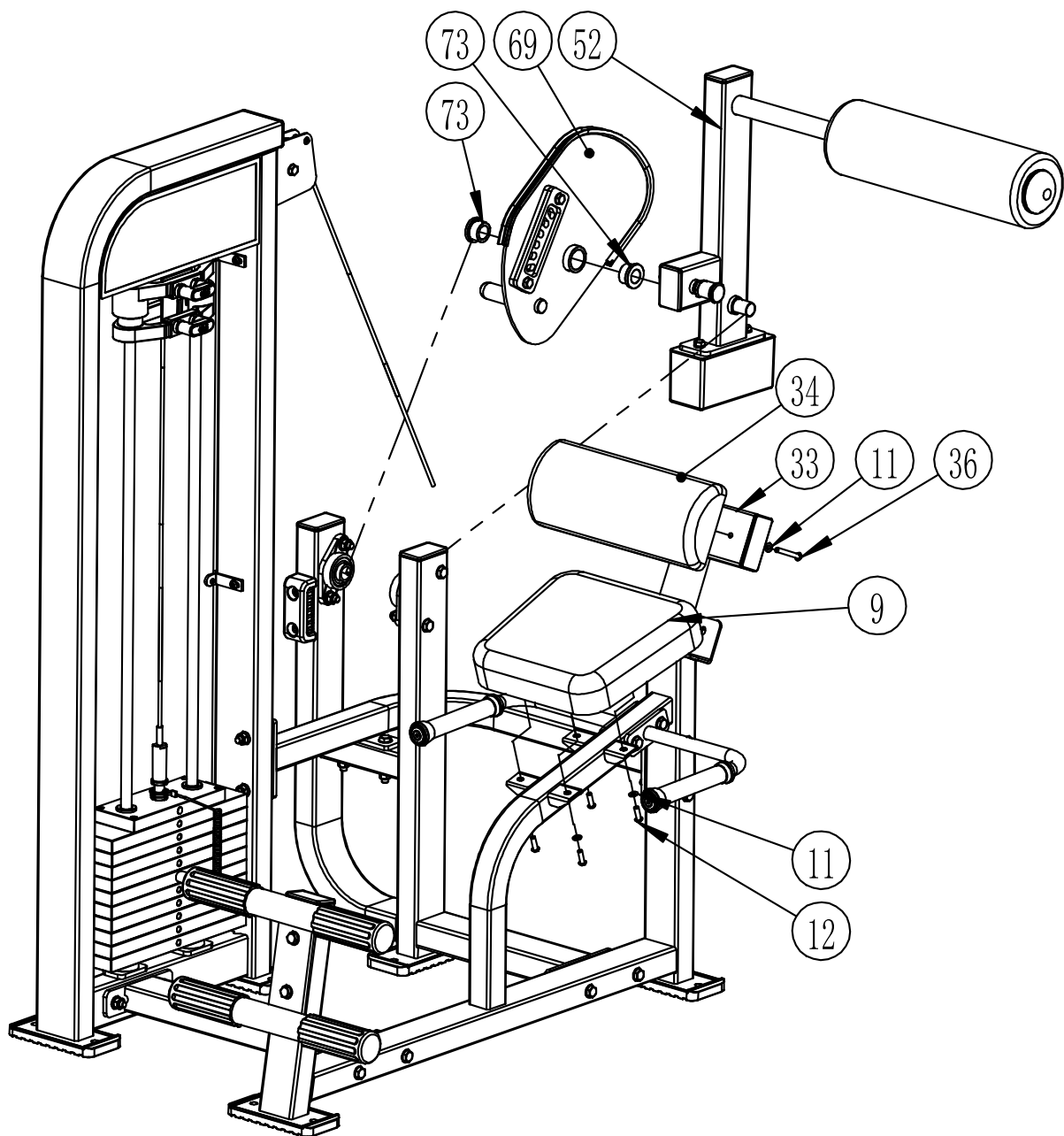
## WARRANTY

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

# ASSEMBLY STEPS







## PARTS LIST

No.	Name	Quantity
1	FM21-0200 body frame	1
9	FM21-2000-cushion	1
11	M8-pad	12
12	M8x25-Hexagon socket head cap screw	10
13	M12 Flat pad	40
14	M12X110- External hexagonal screw	6
16	M12 Locknut	20
17	FM21-0500 Pedal group	1
20	M12X80-External hexagonal screw	8
21	FM21-0400 carriage	1
25	FM21-0300 Connecting brace	3
26	FL205 bearing block	2
28	M10- Flat pad	26
32	M12X85-External hexagonal screw	6
33	FM21-1000- Backrest support tube	1
34	FM21-6000-back cushion	1
36	M8x65-Hexagon socket head cap screw	2
40	FM21-0700 Handlebar	2
52	FM21-0800 Boom group	1
69	FM21-0900 Enamel plate	1
73	GT086- Copper sleeve	2
80	FM21-0100 Small door group	1
83	FM21-0100 Small door group	1
97	X026-Weight piece damping pad	2
103	FM01-2700-Guide rod	2
105	S1637L-Small guard board	1
106	S1637R-Small guard board	1
107	ZG015- Adjusting block	2
118	S1634-FM Series - Guard buckle	6
119	M6x20-Hexagon socket head cap screw	6
120	M6 nut	7
121	S1638-backplate	1
127	FM21-0600 Connecting brace	1

