

FRENCH FITNESS

FFS-SHC / FFT-SHC

**FRENCH FITNESS SHASTA / TAHOE
SELECTORIZED HORIZONTAL CALF**

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

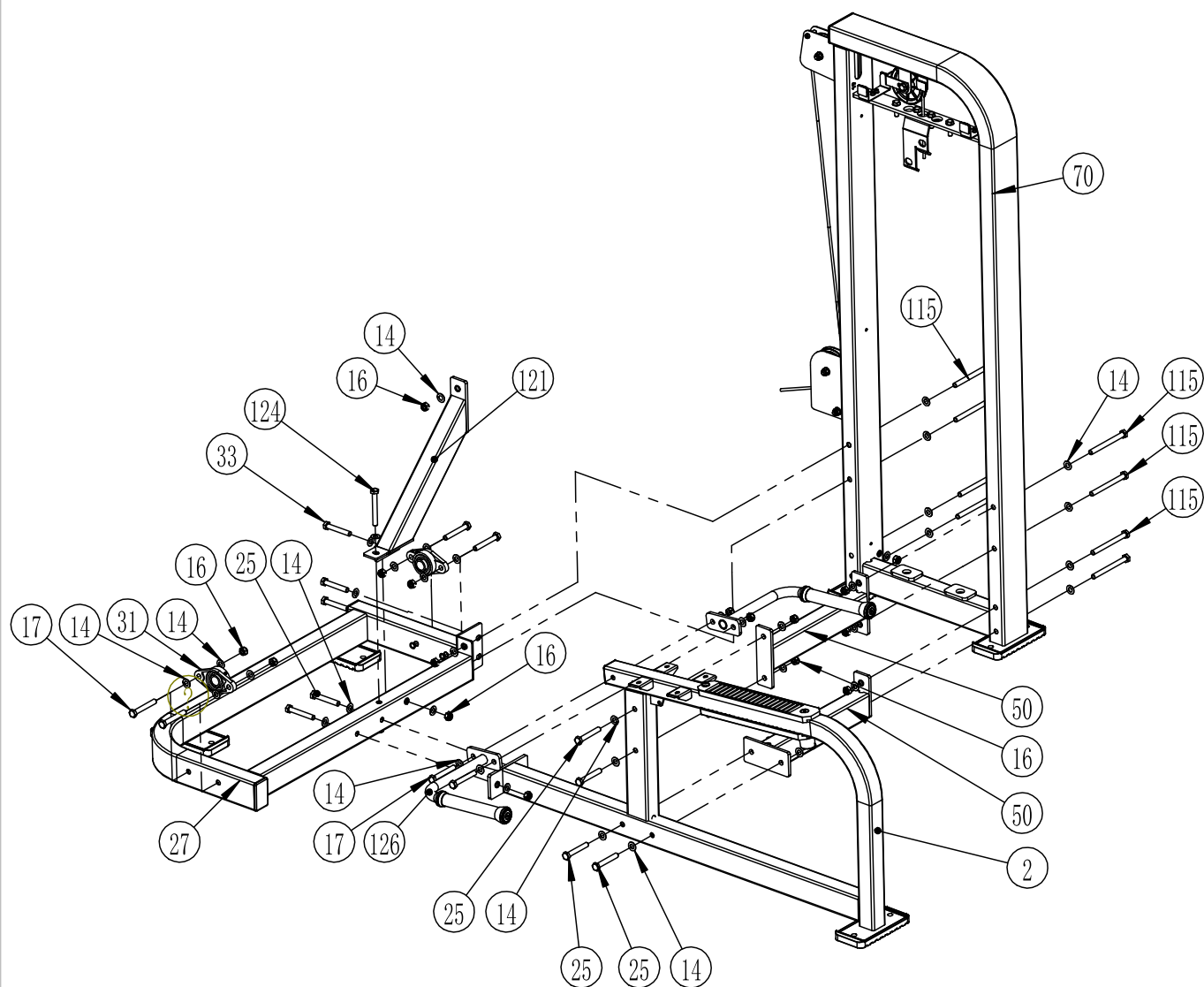
TECH SPECS

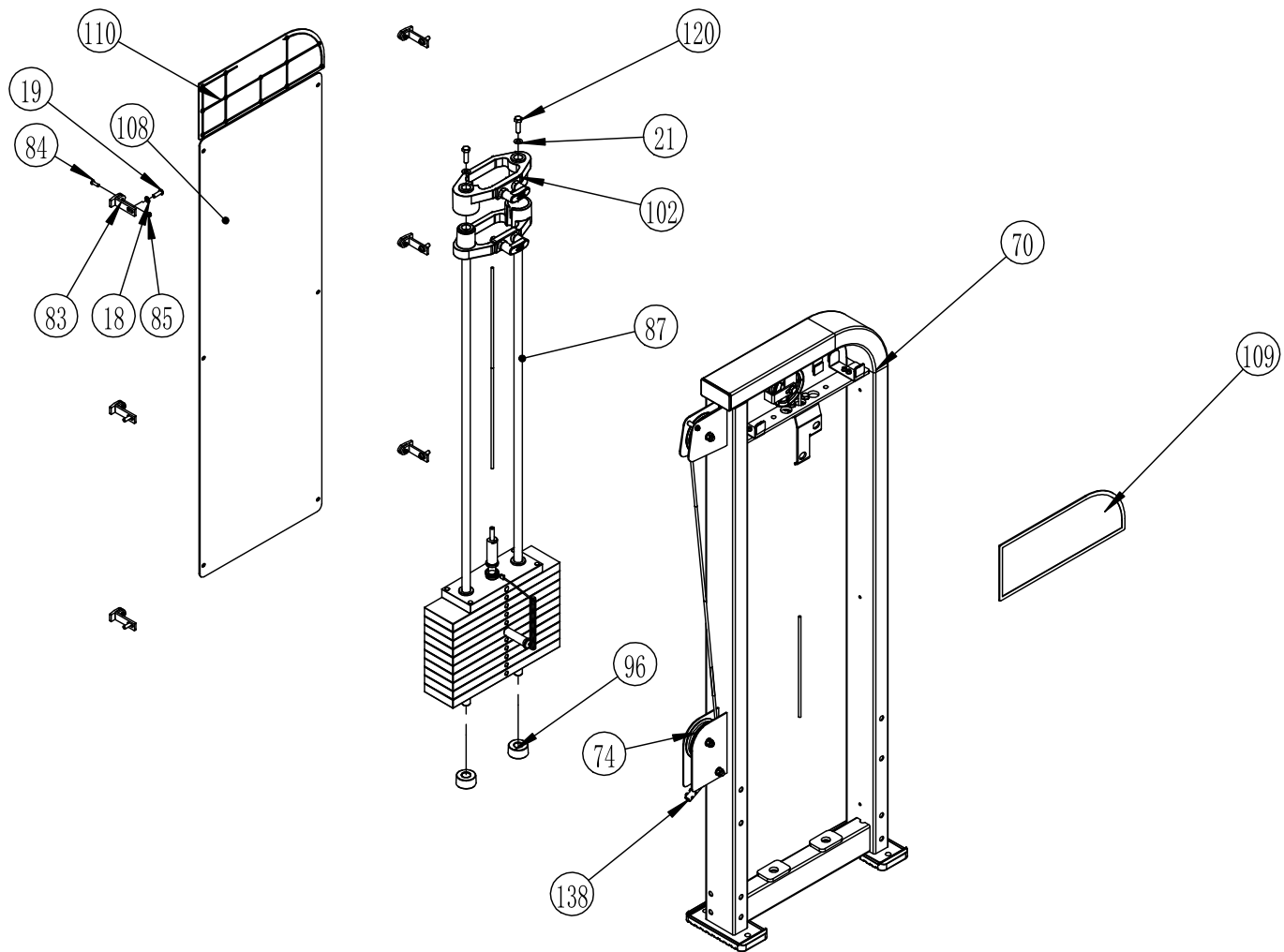
- Cable Steel Diameter: 6mm
- Weight: 415.6 lbs (188.5 kg)
- 210 lb Weight Stack (96 kg)
- Weight to Pulley Ratio: 1:1
- Dimensions: 41.7"L x 69.7"W x 64.5"H (106cm x 177cm x 164cm)

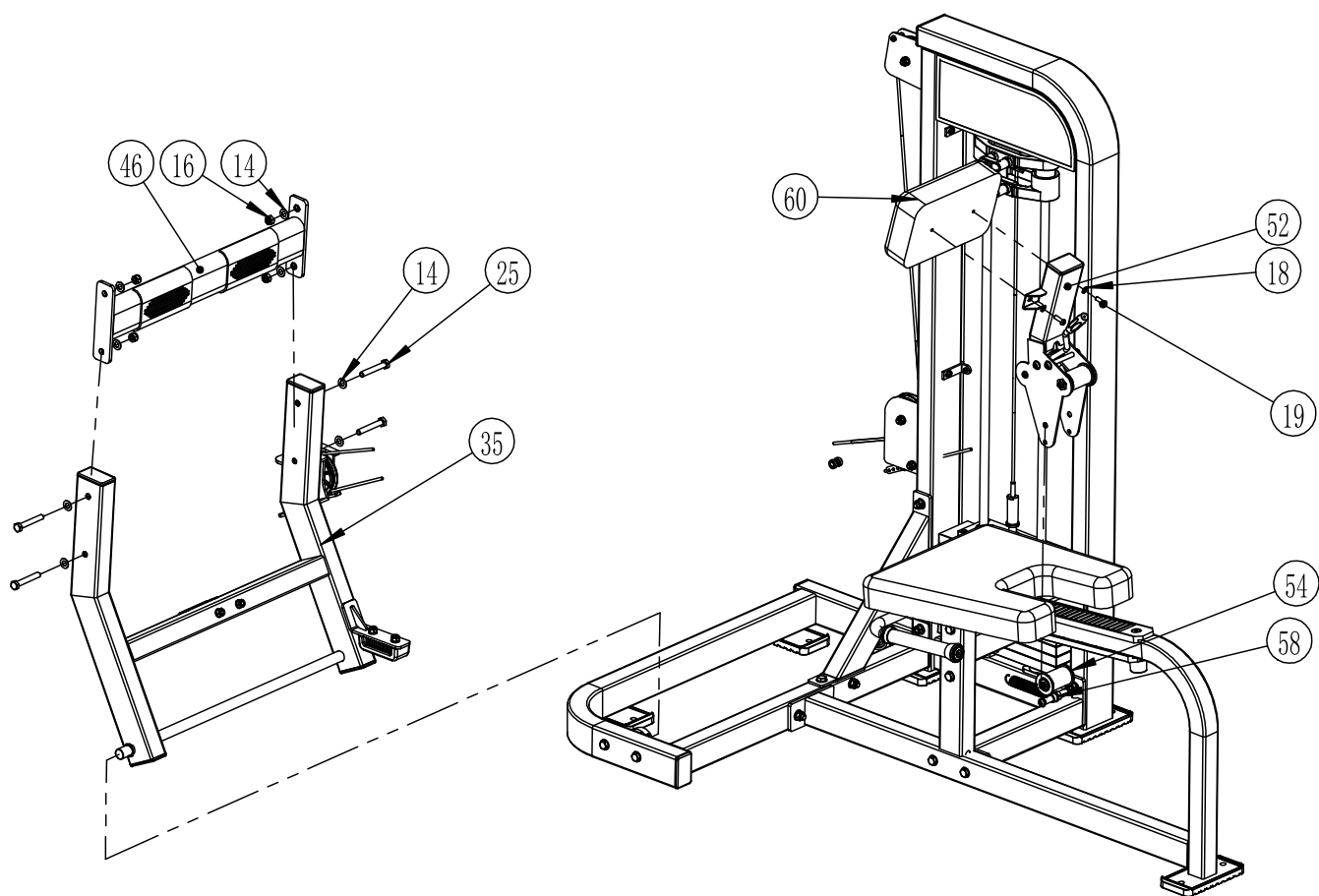
WARRANTY

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

ASSEMBLY STEPS







PARTS LIST

No.	Name	Quantity
2	FM19-0500 Side frame	1
14	M12 Flat pad	53
16	M12 Locknut	25
17	M12X85-External hexagonal screw	6
18	M8 pad	18
19	M8x25- Hexagon socket head screw	18
21	M10 Flat pad	28
25	M12X80-External hexagonal screw	10
27	FM19-0200 lampstand	1
31	FL205- bearing block	2
33	M12X75-External hexagonal screw	3
35	FM19-0400 Boom group	1
46	FM19-1000 Pedal group	1
50	FM19-0800 Connecting brace	1
52	FM19-0600 Backrest group	1
54	FM01-1300 Nylon wheel	3
58	S1633 Plastic clamp pipe	1
60	FM19-3100- back cushion	1
70	FM19-0100 Door group	1
74	FM19-0100 Door group	1
83	S1634 Guard buckle	6
84	M6x20-Hexagon socket head cap screw	6
85	M6 nut	7
87	FM01-2700 Guide rod	2
96	X026-Weight piece damping pad	2
102	ZG015-Fine tuning cast iron	2
108	S1638 backplate	1
110	S1637L Small guard board	1
115	M12X130-External hexagonal screw	7
120	M10x35-External hexagonal screw	4
121	FM19-0300 Support group	1
126	FM19-0700 Handlebar	2
138	AN00-0282-Wire rope fixing head	1

