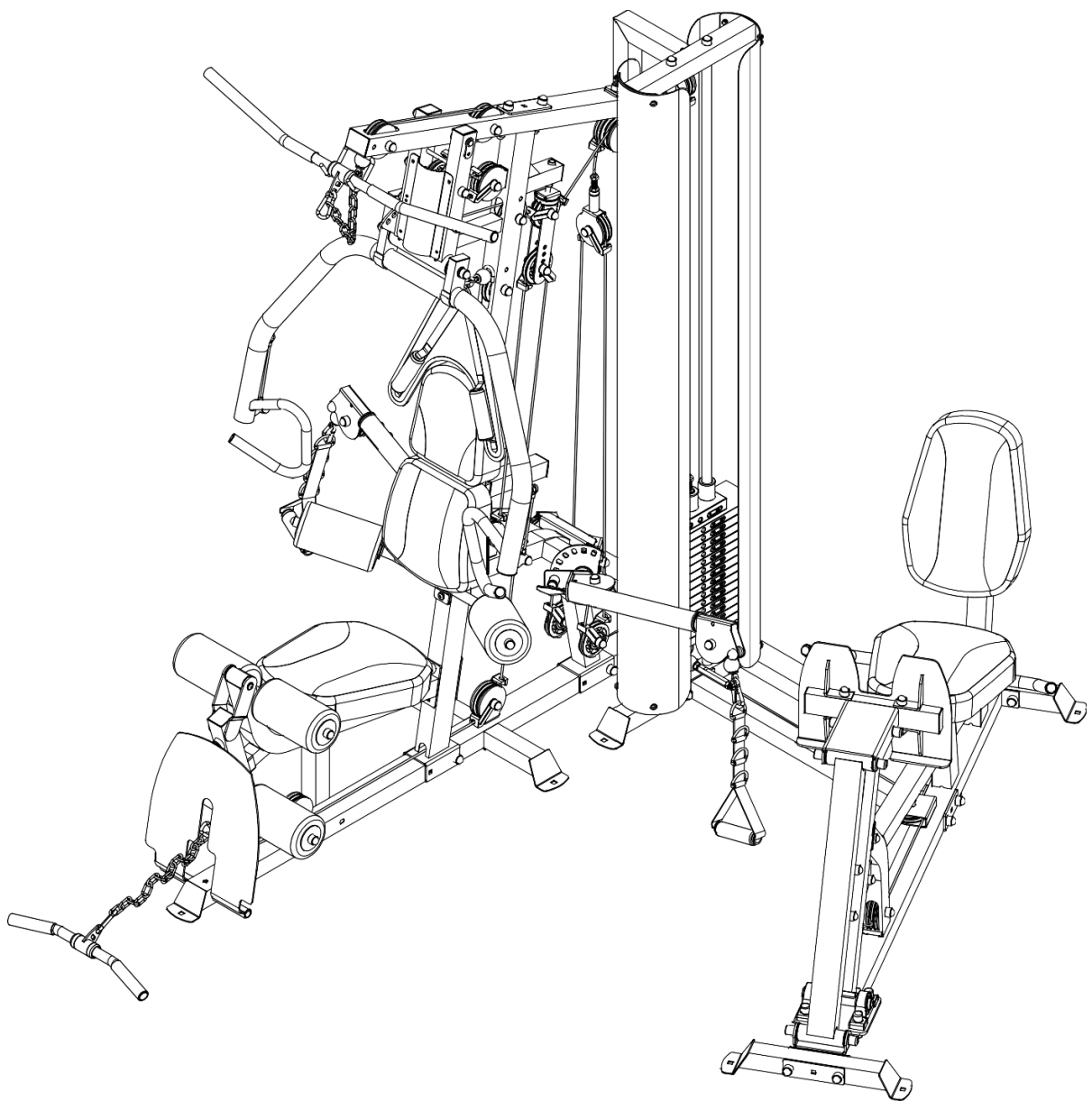


FRENCH FITNESS

FF-X4

French Fitness X4 Home Gym System w/Leg Press

ASSEMBLY MANUAL



CAUTION!

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

20201211-V1.0

FEATURES

- Functional Training Arms

MAIN STATION

- Seated Row
- Pec Flies (w/Functional Training Arms)
- Shoulder Press (w/Functional Training Arms)
- Chest Press
- Lat Pulldown
- Ab Crunch
- Tricep Pushdown
- Preacher Curl
- Bent Over Row
- Standing Curl

- Shoulder Shrugs
- Lex Extensions
- Standing Leg Curls
- One Arm Lat Raise
- One Arm Rear Delt
- One Arm Bicep Curls
- One Leg Lateral Raises
- One Leg Extension
- One Leg Curls

LEG PRESS STATION (STANDARD)

- Leg Press
- Calf Raises

ACCESSORIES INCLUDED

- Ab Harness
- Ankle Cuff
- Lat Pulldown Bar
- Straight Bar

TECH SPECS

- Weight Stack: 198 lb
- Weight Stack Increments: (15) 13 lb (6 kg) Plates
- Dimensions: 82"D x 91"W x 83.9"H

WARRANTY

- 10 Years Parts, 1 Year Labor (Home)

ASSEMBLY MANUAL

CORPORATE HOME GYM

BEFORE YOU START

Remove all parts from the packaging. Separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

Certain parts may arrive pre-assembled from the factory.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear appropriate footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled.
- Ensure you correctly orientate each piece before attaching.
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Do not use the equipment outdoors or around water.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if you experience any pain, dizziness or nausea. See a doctor at once.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.

READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.

WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

Tools provided with FF-X4

Allen wrench 6 # X2

Allen wrench 5# X1

Allen wrench 4 # X1

SAVE THESE INSTRUCTIONS

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	Q' TY
1	Rear Base Frame		1
2	Rear Vertical Frame		1
3	Front Vertical Frame		1
4	Upper Frame		1
5	Guide Rod		2
6	Front support Frame		1
7	Seat Support		1
8	Upper Guide Rod Frame		1
9	Front Press Base		1
10	Foot Plate		1
11	Bending Foamframe		1
12	Mid Axle	$\phi 16 \times 267 \times M10$	1
13	Base Frame		1
14	Lat Bar		1
15	Shiver Bar		1
16	Bushing	$\phi 50 \times \phi 46 \times 86$	2
17	Adjustable Pulley Bracket		2
18	Pulley Bracket		1
19	Adjustable Backrest Support		1
20	Backrest Support		1
21	Butterfly Support		1
22	Butterfly		2
23	Bushing	$\phi 50 \times \phi 33 \times 15$	2
24	Butterfly Sleeve	$\phi 50 \times \phi 32.5 \times 18 \times M18$	2
25	Bushing	$\phi 50 \times \phi 46 \times \phi 16 \times 20$	2
26	Leg Developer		1
27	Weight Stack Cover	$1916 \times R90 \times 1$	2
28	Adjustable Bolt		2
29	Shell bearing	$\phi 42 \times \phi 25 \times \phi 16 \times 15$	2
30	Front Cover	$240 \times 150 \times 1.5$	1
31	Upper Axle		1
32	Foot Plate Tube	$\Phi 19 \times 2 \times 300$	1
33	Lock Knob		3
34	Bushing	$\phi 50 \times \phi 45 \times \phi 32.5 \times 18$	4
35	Handle Grip	$\phi 23 \times 580$	2
36	Long Foam frame		1
37	Short Foam frame		1
38	Bracket	$100 \times 70 \times 59 \times 3$	1
39	Front Press		1
40	Pull Cable	L=4175	1
41	Butterfly Cable	L=4840	1
42	ConnectableCable	L=4835	1
43	Upper Cable	L=4490	1
44	Short Connectable Cable	L=200	2
45	Seat Pad	$460 \times 370 \times 70$	1

46	Upper Backrest Board	260×290×80	1
47	Lower Backrest Board	305×310×90	1
48	Foam Baffle	φ 70×2	6
49	Arm Swing Pulley Bracket		2
50	End Cap	□40×50	3
51	Bracket	160×50×5	1
52	Bracket	130×70×5	1
53	Wheel	φ 27×24	2
54	Bushing	φ 32× φ 20×19	2
55	End Cap	□50	1
56	End Cap	□45	3
57	End Cap	□70×50	1
58	End Cap	φ 19	2
59	Rubber Bumper	φ 35× φ 30×10	1
60	End Cap	□50×□25	6
61	End Cap	φ 25	6
62	Weight Selector Pin		1
63	Stopper	□38	2
64	End Cap	φ 50	2
65	Rubber Bumper	φ 62× φ 24.5×25	2
66	Selector Stem	189×79×33	1
67	Weight Plate	366×102×25	14
68	Lock Knob	M18× φ 10	2
69	Foam Roll	φ 125× φ 22×215	6
70	Rivet	φ 4×10	6
71	Short Handle Grip	φ 23×150	2
72	Long Handle Grip	φ 23×440	2
73	Selector Rod	φ 25×450	1
74	Axle	φ 16×M10×65	1
75	Magnet	φ 11× φ 17.5×13	2
76	Groove Ball Bearing	61904-RZ	2
77	Thrust ball bearing	51105	4
78	Hook	φ 8	7
79	Pulley	φ 96	29
80	Strap		1
81	Adjustable Single Handle	HERS	2
82	Ankle Strap	PH1300	1
83	Pulley Bushing	φ 22× φ10.2×15	4
84	Sleeve	□50×□45	2
85	Cable Retainer Bushing	φ 16× φ 11	36
86	Cable Retainer		36
87	Cover Cap	M10	104
88	Cover Cap	M8	4
89	Long Chain	15-link	1
90	Short Chain	10-link	1
91	Washer	8	22
92	Washer	10	109
93	Washer	φ 25× φ 10.5×3	3

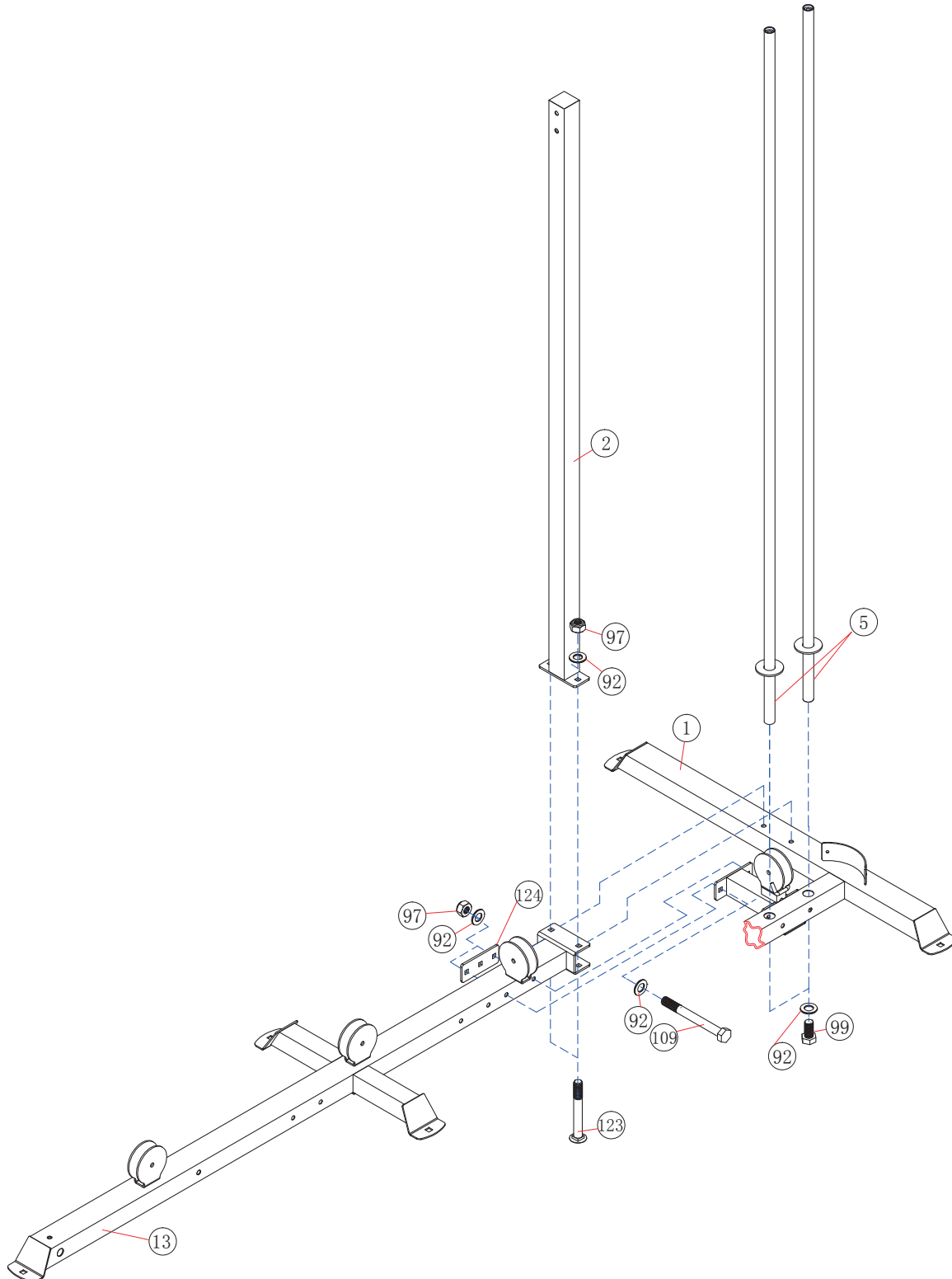
94	Washer	φ38×φ13×3	2
95	Serrated Nut	M24×1	4
96	Aircraft Nut	M8	2
97	Aircraft Nut	M10	47
98	Hex Bolt	M10×16	5
99	Hex Bolt	M10×20	10
100	Hex Bolt	M10×25	2
101	Hex Bolt	M10×45	4
102	Hex Bolt	M10×50	4
103	Hex Bolt	M10×55	11
104	Hex Bolt	M10×65	2
105	Hex Bolt	M10×70	1
106	Hex Bolt	M10×75	6
107	Hex Bolt	M10×80	1
108	Hex Bolt	M10×85	2
109	Hex Bolt	M10×95	8
110	Hex Bolt	M10×135	1
111	Hex Bolt	M10×170	1
112	Allen Bolt	M10×190	2
113	Hex Bolt	M10×90	1
114	Hex Bolt	M8×40	2
115	Allen Bolt	M8×9	12
116	Allen Bolt	M8×45	2
117	Allen Bolt	M8×90	2
118	Allen Bolt	M8×25	2
119	Allen Bolt	M10×16	4
120	Allen Bolt	M8×8	4
121	Allen Bolt	M8×16	3
122	Philips Screw	M6X16	1
123	Carriage Bolt	M10×80	2
124	Bracket	120×50×5	2
125	Hexnut	M12	2

ASSEMBLY DIAGRAM 1

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

1. Ensuring correct orientation, slot the bracket on the end of BASE FRAME (13) over the bolt holes in the centre of the REAR BASE FRAME (1)
2. Position the REAR VERTICAL FRAME (2) over the same point and attach all three parts together from underneath using two CARRIAGE BOLT M10X80 (123), two WASHER10 (92) and two AIRCRAFT NUT M10 (97)
3. Position a BRACKET (124) on the right side of the BASE FRAME (13) level with the rear pulley bracket.
4. Connect the BRACKET (124), the BASE FRAME (13) and the REAR BASE FRAME (1) together using two HEX BOLT M10X95 (109), four WASHER10 (92) and two AIRCRAFT NUT M10 (97)
5. Slot the two GUIDE RODS (5) into the slots on the REAR BASE FRAME (1) and connect from underneath using two HEX BOLT M10X20 (99) and two WASHER10 (92)



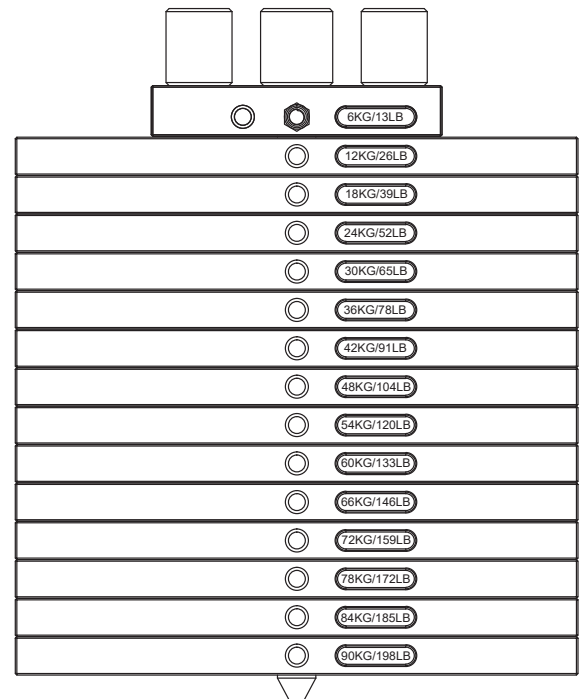
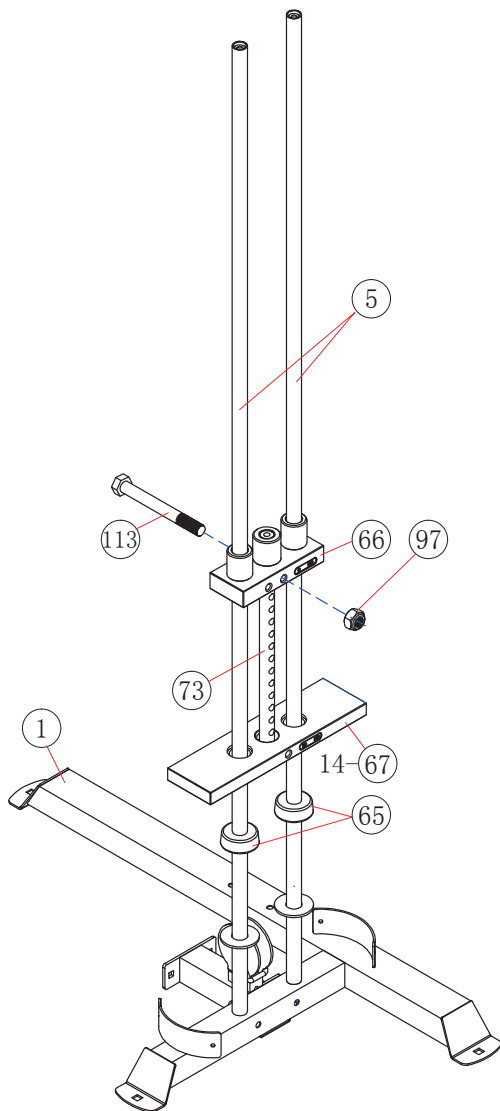
Descriptions of LEFT and RIGHT are from the point of view of standing behind the equipment facing the front

ASSEMBLY DIAGRAM 2

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

1. Slide a RUBBER BUMPER (65) down onto each GUIDE ROD (5) ensuring they are level with each other.
2. Position the fourteen WEIGHT PLATES (67) onto the GUIDE RODS (5) ensuring the holes for the adjustor pin are facing outward
3. Connect the SELECTOR ROD (73) to the SELECTOR STEM (66) using a HEX BOLT M10X90 (113) and an AIRCRAFT NUT M10 (97).
4. Slide the connected selector parts (73&66) down over the GUIDE RODS (5) and into the centre of the WEIGHT PLATES (67)

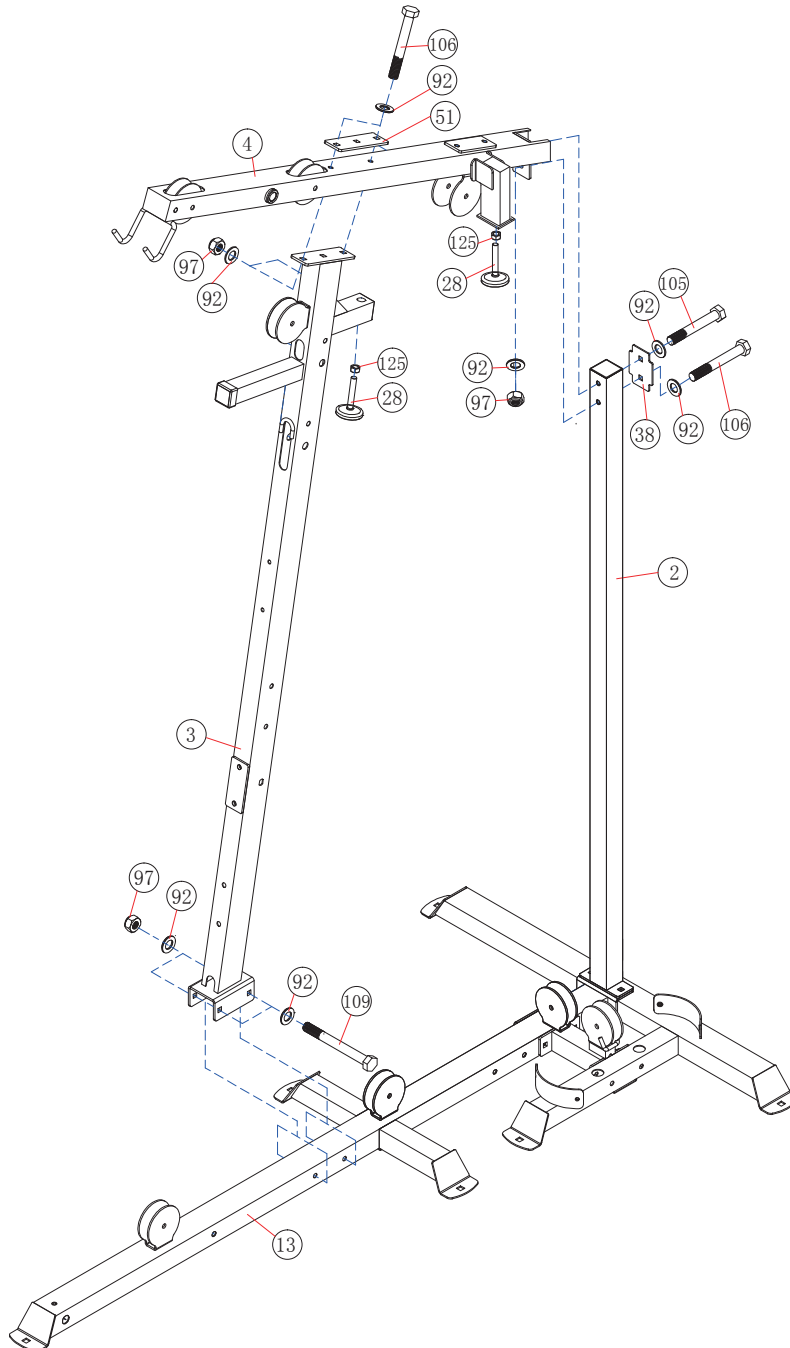


ASSEMBLY DIAGRAM 3

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

1. Ensuring correct orientation, position the top of the FRONT VERTICAL FRAME (3) under the centre of the UPPER FRAME (4). Place a BRACKET (51) above the same point and connect all parts together using two HEX BOLT M10X75 (106), four WASHER10 (92) and two AIRCRAFT NUT M10 (97)
2. Screw an ADJUSTABLE BOLT (28) and an HEXNUT M12 (125) into the small horizontal post at the top of the FRONT VERTICAL FRAME (3). Screw an ADJUSTABLE BOLT (28) and an HEXNUT M12 (125) into the small vertical post near the rear of the UPPER FRAME (4)
3. Lift the assembled parts (3&4) and position them, so the base of the FRONT VERTICAL FRAME (3) slots over the central bolt holes in the BASE FRAME (13) and the rear end of the UPPER FRAME (4) slots over the bolt holes at the top of the REAR VERTICAL FRAME (2)
4. Connect the FRONT VERTICAL FRAME (3) to the BASE FRAME (13) using two HEX BOLT M10X95 (109), four WASHER10 (92) and two AIRCRAFT NUT M10 (97)
5. Connect the UPPER FRAME (4) to the REAR VERTICAL FRAME (2) through a BRACKET (38) placed over the rear using a HEX BOLT M10X70 (105) and a WASHER10 (92) in the upper hole, and a HEX BOLT M10X75 (106), two WASHER10 (92) and an AIRCRAFT NUT M10 (97) in the lower hole.

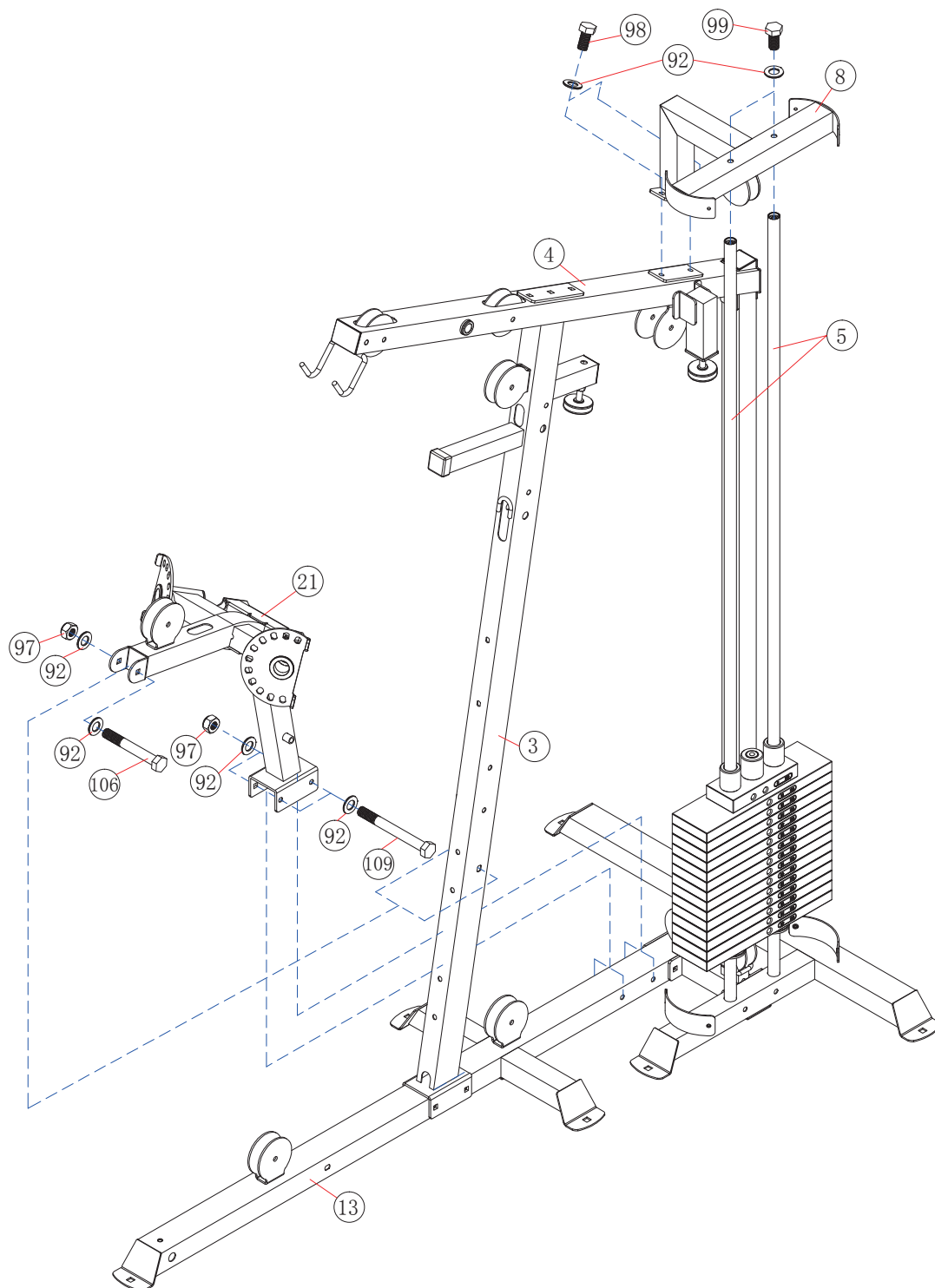


ASSEMBLY DIAGRAM 4

USE A PARTNER TO HELP WITH THIS STEP

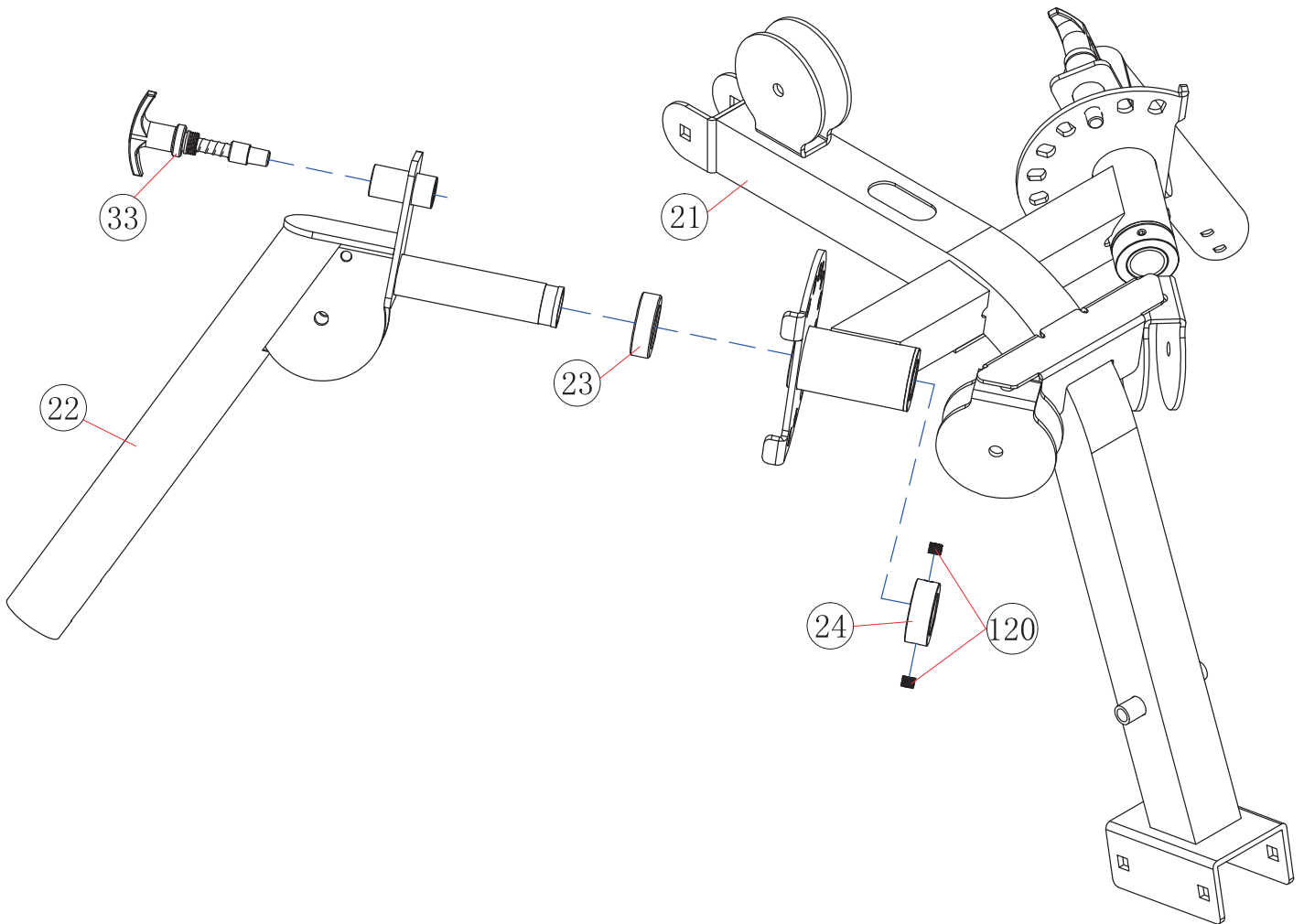
REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

1. Ensuring correct orientation, position the BUTTERFLY SUPPORT (21) between the BASE FRAME (13) and the rear of the FRONT VERTICAL FRAME (3)
2. Connect the BUTTERFLY SUPPORT (21) to the BASE FRAME (13) using two HEX BOLT M10X95 (109), four WASHER10 (92) and two AIRCRAFT NUT M10 (97)
3. Connect the BUTTERFLY SUPPORT (21) to the FRONT VERTICAL FRAME (3) using HEX BOLT M10X75 (106), two WASHER10 (92) and an AIRCRAFT NUT M10 (97)
4. Ensuring correct orientation, position the UPPER GUIDE ROD FRAME (8) over the top of the GUIDE RODS (5) and the UPPER FRAME (4)
5. Connect the UPPER GUIDE ROD FRAME (8) to the GUIDE RODS (5) using two HEX BOLT M10X20 (99) and two WASHER10 (92). Connect the UPPER GUIDE ROD FRAME (8) to the UPPER FRAME (4) using two HEX BOLT M10X16 (98) and two WASHER10 (92)



ASSEMBLY DIAGRAM 5**USE A PARTNER TO HELP WITH THIS STEP****REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled**

1. Insert a BUSHING (34) into each open end of the BUTTERFLY SUPPORT (21) posts. (See the exploded diagram for more detail, skip this step if pre-assembled)
2. Attach a BUSHING (23) to the short end of both BUTTERFLY (22) and slot them into position on each side of the BUTTERFLY SUPPORT (21)
3. Connect the BUTTERFLY (22) to the BUTTERFLY SUPPORT (21) on both sides using a BUTTERFLY SLEEVE (24) and two ALLEN BOLTS M8X8 (120) on each.
4. Slot a LOCK KNOB (33) into position on the front of each BUTTERFLY (22) to angle the butterflies equally on each side.

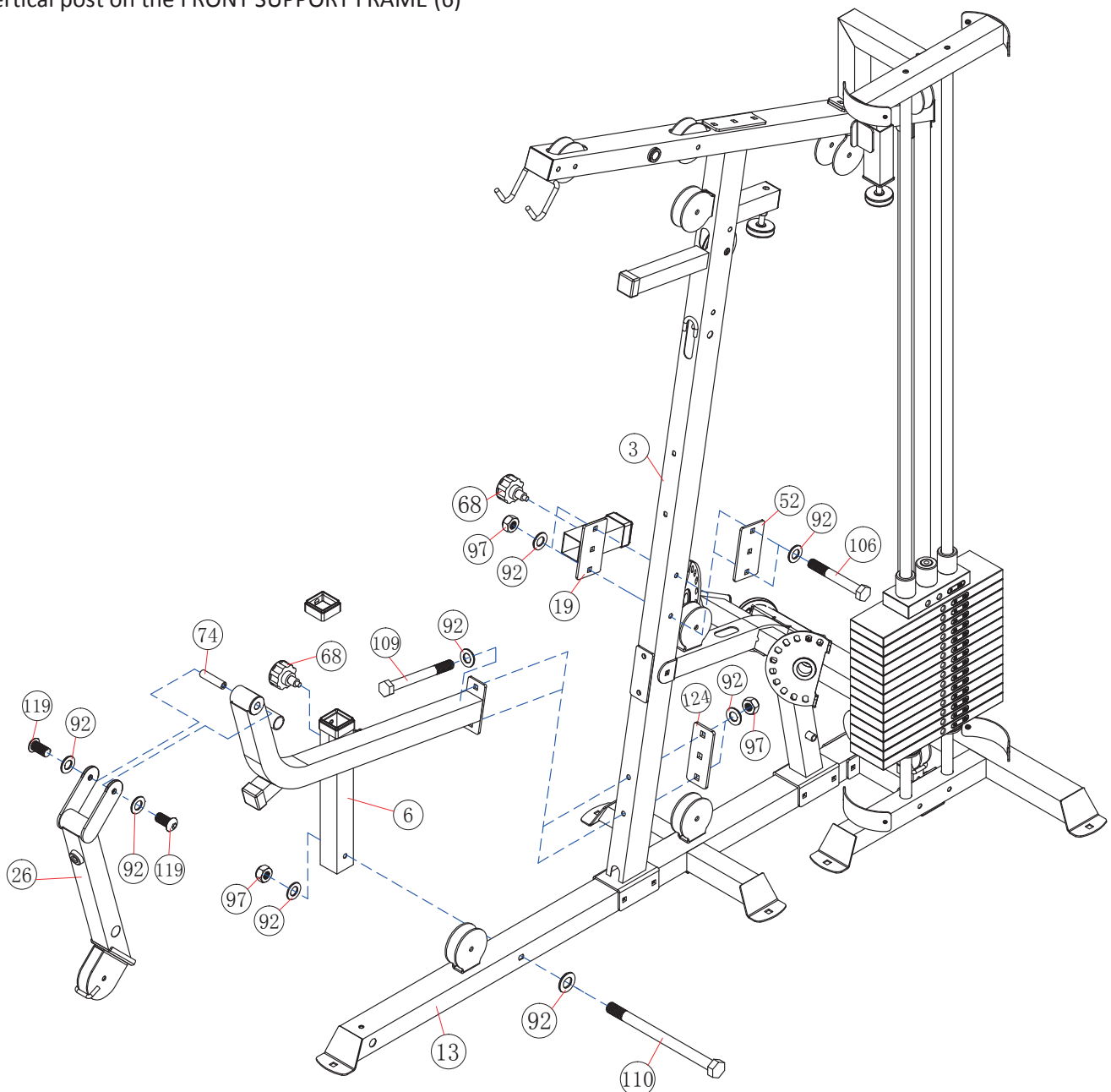


ASSEMBLY DIAGRAM 6

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

1. Ensuring correct orientation, position the ADJUSTABLE BACKREST SUPPORT (19) over the mid-point bolt holes on the right side of the FRONT VERTICAL FRAME (3) and a BRACKET (52) at the same point on the left.
2. Connect all parts using two HEX BOLT M10X75 (106), four WASHER10 (92) and two AIRCRAFT NUT M10 (97)
3. Attach a SLEEVE (84) to the rear of the ADJUSTABLE BACKREST SUPPORT (19) (*Skip this step if pre-assembled*)
4. Position the FRONT SUPPORT FRAME (6) so the vertical post sits to the right of the BASE FRAME (13) and the rear bracket lines up with the lowest bolt holes on the FRONT VERTICAL FRAME (3)
5. Connect the FRONT SUPPORT FRAME (6) to the BASE FRAME (13) using a HEX BOLT M10X135 (110), two WASHER10 (92) and an AIRCRAFT NUT M10 (97)
6. Connect the FRONT SUPPORT FRAME (6) to the FRONT VERTICAL FRAME (3) and through a BRACKET (124) positioned at the rear, using two HEX BOLT M10X95 (109), four WASHER10 (92) and two AIRCRAFT NUT M10 (97)
7. Assemble the AXEL (74) using two GROOVE BALL BEARING (76) and two SHELL BEARING (29). Insert a RUBBER BUMPER (59) into the front of the LEG DEVELOPER (26) using a PHILIPS SCREW (122) (*See the exploded diagram for more detail, skip this step if pre-assembled*)
8. Slot the AXEL (74) through the front of the FRONT SUPPORT FRAME (6). Position the LEG DEVELOPER (26) over the ends of the AXEL (74), connecting with two ALLEN BOLT M10X16 (119) and two WASHER10 (92)
9. Clip a LOCK KNOB (68) to the right side of the ADJUSTABLE BACKREST SUPPORT (19) and also to the top right of the vertical post on the FRONT SUPPORT FRAME (6)

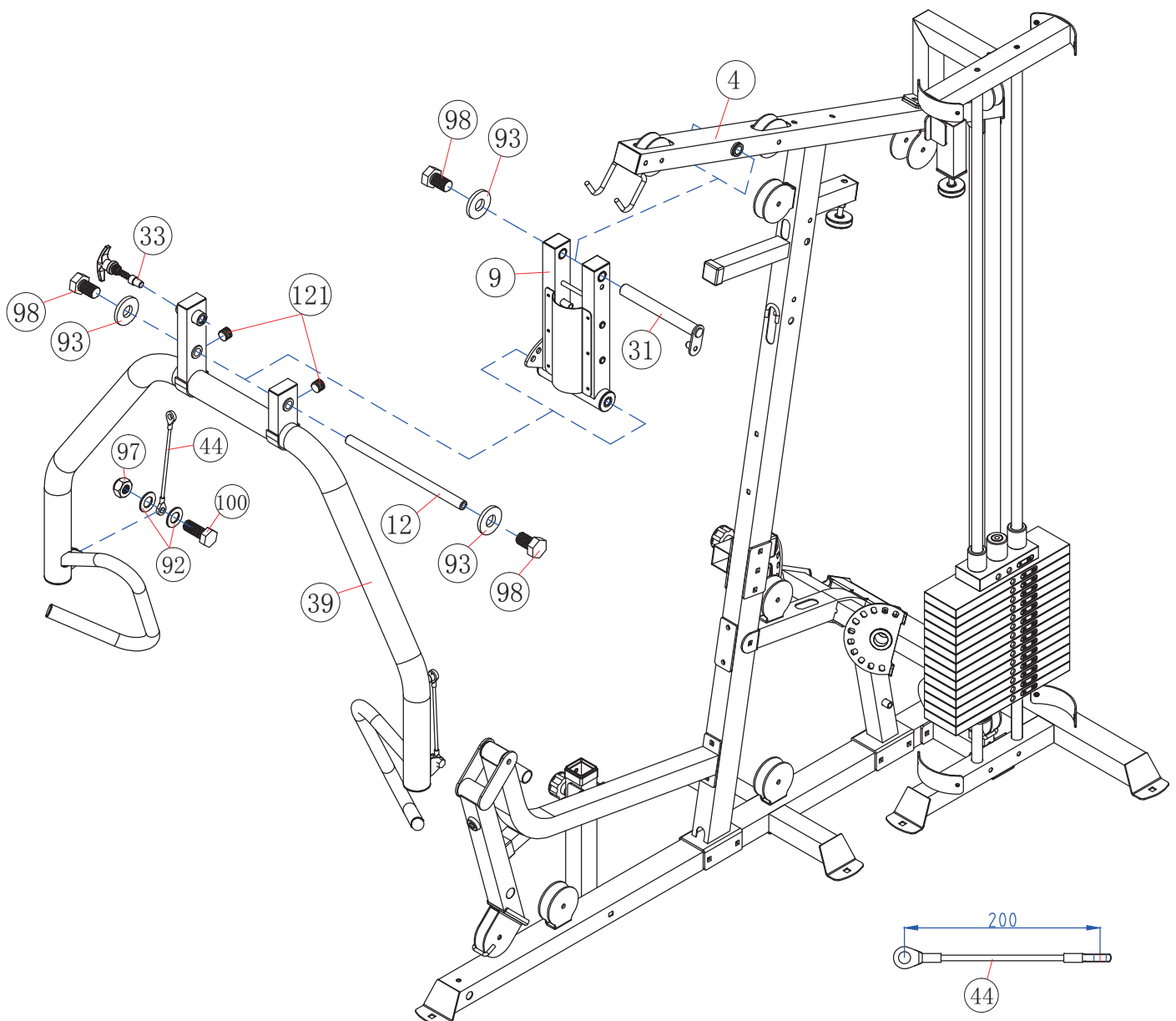


ASSEMBLY DIAGRAM 7

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

1. Attach the FRONT COVER (30) to the FRONT PRESS BASE (9) using six RIVETS (70). Insert a BUSHING (25) into each side of the base. (See the exploded diagram for more detail, skip this step if pre-assembled)
2. Insert a HANDLE GRIP (35) into each side of the FRONT PRESS (39). Insert an END CAP (61) to the end of each handle and an END CAP (64) on the ends of the FRONT PRESS (39) Insert a MAGNET (75) into each rear side of the BUTTERFLY (39) (See the exploded diagram for more detail, skip this step if pre-assembled)
3. Insert a BUSHING (54) into each side of the axel hole near the front of the UPPER FRAME (4). Ensuring correct orientation, position the FRONT PRESS BASE (9) over the axel hole.
4. Slide the UPPER AXEL (31) through the FRONT PRESS BASE (9) and the UPPER FRAME (4) from left to right. Connect using a HEX BOLT M10X16 (98) and a WASHER (93)
5. Ensuring correct orientation, position the FRONT PRESS (39) over the holes at the base of the FRONT PRESS BASE (9)
6. Slide the MID AXEL (12) through the FRONT PRESS (39) and the FRONT PRESS BASE (9). Connect using two HEX BOLT M10X16 (98) and two WASHER (93). Insert two ALLEN BOLT M8X16 (121) to the rear holes on the BUTTERFLY (39)
7. Connect a LOCK KNOB (33) through the upper right side of the FRONT PRESS (39)
8. Behind each butterfly handle, connect vertically upward a SHORT CONNECTABLE CABLE (44), using a HEX BOLT M10X25 (100), two WASHER10 (92) and an AIRCRAFT NUT M10 (97) on each side.

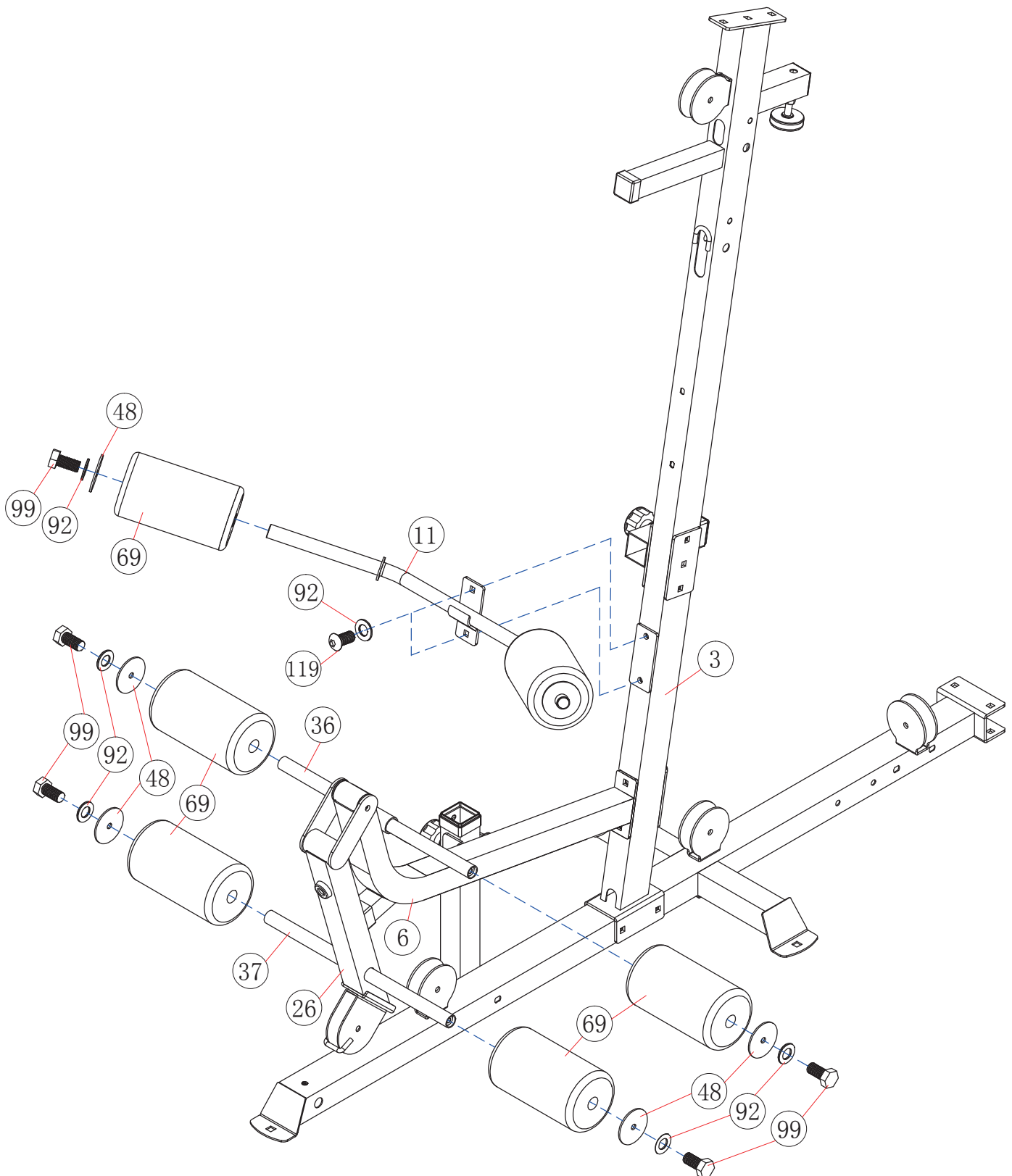


ASSEMBLY DIAGRAM 8

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

1. Slide a FOAM ROLL (69) onto each end of the BENDING FOAM FRAME (11) and secure using a FOAM BAFFLE (48), a WASHER10 (92) and a HEX BOLT M10X20 (99) on each side.
2. Ensuring correct orientation, Connect the assembled BENDING FOAM FRAME (11) to the FRONT VERTICAL FRAME (3) using two ALLEN BOLT M10X16 (119) and two WASHER10 (92)
3. Insert the LONG FOAM FRAME (36) into the upper hole on the FRONT SUPPORT FRAME (6)
4. Insert the SHORT FOAM FRAME (37) into the lower hole on the LEG DEVELOPER (26)
5. On each end of both frames (36&37) slide a FOAM ROLL (69) and secure using a FOAM BAFFLE (48), a WASHER10 (92) and a HEX BOLT M10X20 (99) on each

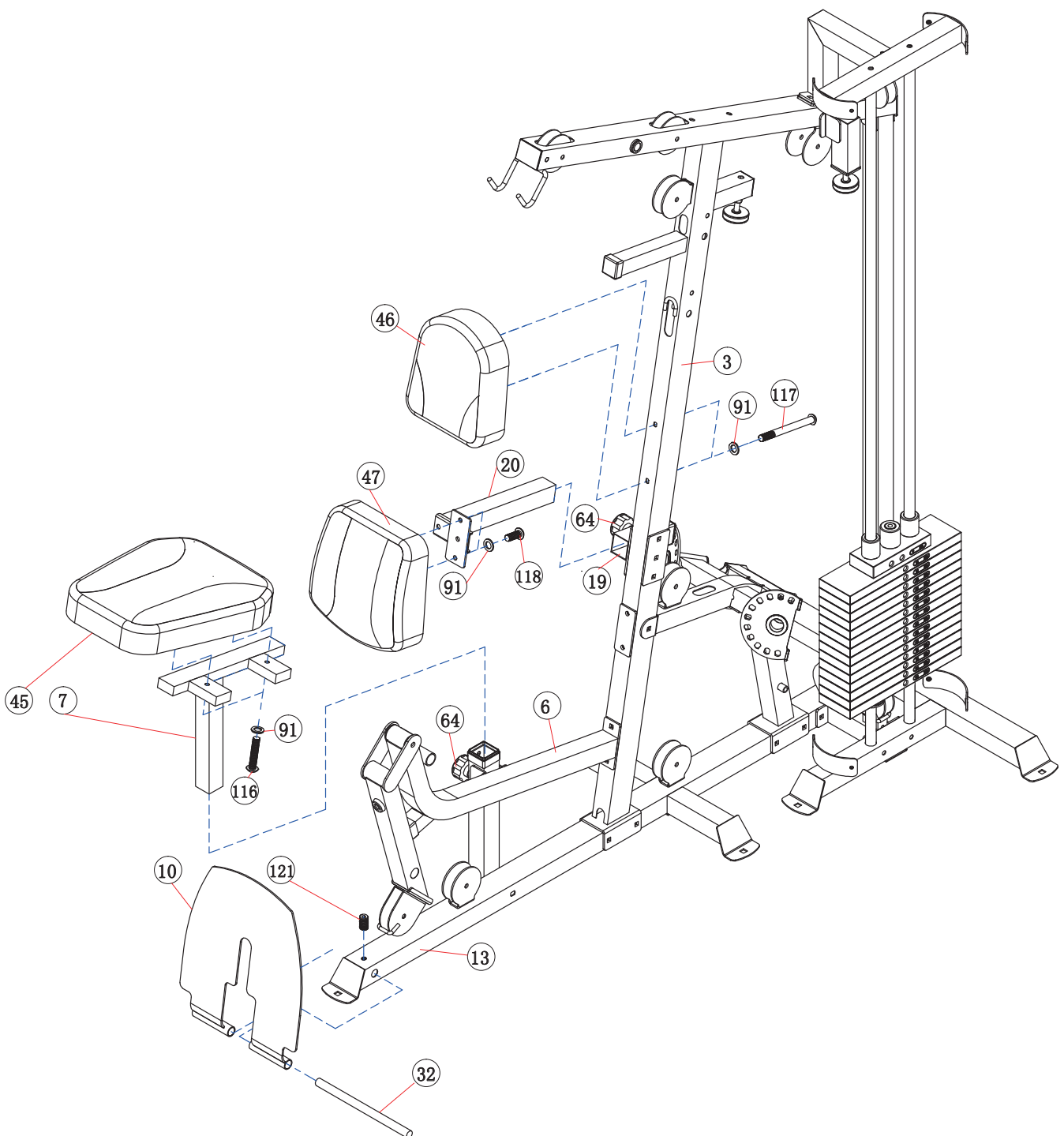


ASSEMBLY DIAGRAM 9

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

1. Attach the UPPER BACKREST BOARD (46) to the FRONT VERTICAL FRAME (3) using two ALLEN BOLT (117) and two WASHER8 (91)
2. Attach the LOWER BACKREST BOARD (47) to the BACK REST SUPPORT (20) using two ALLEN BOLT M8X25 (118) and two WASHER8 (91)
3. Ensuring correct orientation, slot the assemble support and board (20&47) into the ADJUSTABLE BACKREST SUPPORT (19), securing it with the pre-positioned LOCK KNOB (64)
4. Attach SEAT PAD (45) to the SEAT SUPPORT (7) using two ALLEN BOLT M8X45 (116) and two WASHER8 (91)
5. Insert a SLEEVE (84) and an END CAP (56) into the base of SEAT SUPPORT (7) (*Skip this step if pre-assembled*)
6. Slot the assembled seat (45&7) into the hollow post on the FRONT SUPPORT FRAME (6), securing it with the pre-positioned LOCK KNOB (64)
7. Position the FOOT PLATE (10) over the holes at the front of the BASE FRAME (13). Slide the FOOT PLATE TUBE (32) through the plate and the frame and secure from above with an ALLEN BOLT M8X16 (121)



ASSEMBLY DIAGRAM 10

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

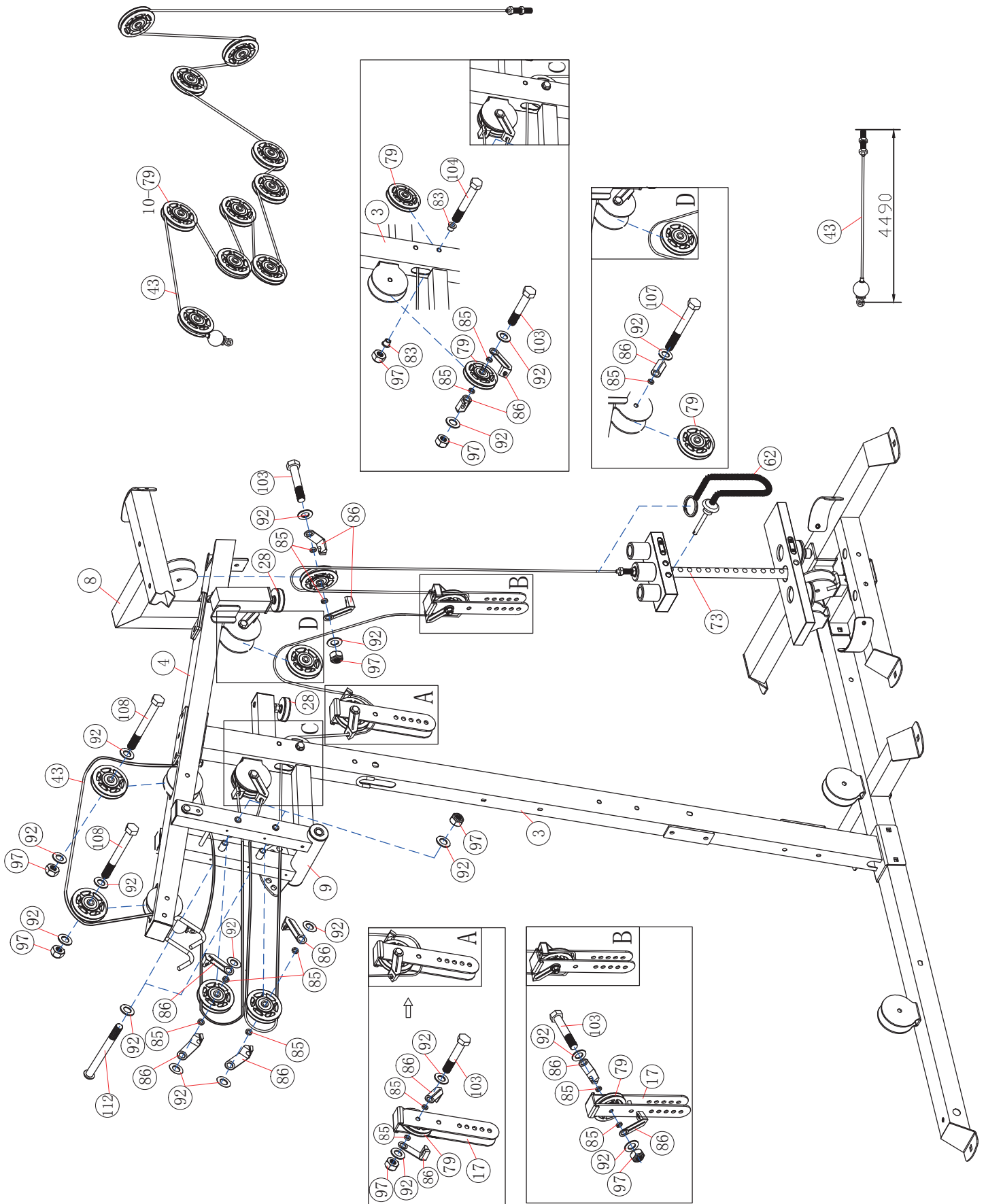
(HINT: Work your way from the stoppered end of the cable to the other, connecting one pulley at a time and ensuring everything is positioned correctly before continuing. Ensure the cable retainers are all correctly angled)

1. Position the stoppered end of the UPPER CABLE (43) underneath the front of the UPPER FRAME (4), draw the rest of the cable up through the pulley bracket.
2. Insert a PULLEY (79) into the pulley bracket, ensuring the cable runs up the front and over the pulley. Attach using a HEX BOLT M10X85 (108), two WASHER10 (92) and an AIRCRAFT NUT M10 (97)
3. Draw the cable along and down through the next pulley bracket on the UPPER FRAME (4)
4. Insert a PULLEY (79) into the pulley bracket, ensuring the cable runs over the top and down the back of the pulley. Attach using a HEX BOLT M10X85 (108), two WASHER10 (92) and an AIRCRAFT NUT M10 (97)
5. Draw the cable forward through the top of the FRONT PRESS BASE (9)
6. Slide an ALLEN BOLT M10X190 (112) through a WASHER10 (92) and into the top right hole of the FRONT PRESS BASE (9). Feed onto the bolt (in correct order), two WASHER10 (92), two CABLE RETAINER (86), two CABLE RETAINER BUSHING (85) and a PULLEY (79). Slide the bolt out the top left hole, secure using a WASHER10 (92) and an AIRCRAFT NUT (97)
7. Ensure the cable runs over the top of the pulley, then draw the cable backward into the pulley bracket on the FRONT VERTICAL FRAME (3) **DIAGRAM C**
8. Insert a PULLEY (79) into the bracket, ensuring the cable runs over and down the rear of the pulley. Using a HEX BOLT M10X55 (103), connect a WASHER10 (92), a CABLE RETAINER (86), and a CABLE RETAINER BUSHING (85) to both outer sides of the pulley bracket. Secure the whole assembly with an AIRCRAFT NUT M10 (97)
9. Draw the cable forward again, through the FRONT PRESS BASE (9)
10. Slide an ALLEN BOLT M10X190 (112) through a WASHER10 (92) and into the lower right hole of the FRONT PRESS BASE (9). Feed onto the bolt (in correct order), two WASHER10 (92), two CABLE RETAINER (86), two CABLE RETAINER BUSHING (85) and a PULLEY (79). Slide the bolt out the lower left hole, secure using a WASHER10 (92) and an AIRCRAFT NUT (97)
11. Ensure the cable runs over the top of the pulley, then draw the cable under and backward and feed it through the pulley slot on the FRONT VERTICAL FRAME (3) **DIAGRAM C**
12. Insert a PULLEY (79) into the slot ensuring the cable runs over the top of the pulley. Attach using a HEX BOLT M10X65 (104), two PULLEY BUSHING (83) and an AIRCRAFT NUT M10 (97)
13. Assemble the two hanging pulley brackets **DIAGRAM A & B**. For each, insert a PULLEY (79) into the top bolt holes of ADJUSTABLE PULLEY BRACKET (17). Using a HEX BOLT M10X55 (103), connect a WASHER10 (92), a CABLE RETAINER (86), and a CABLE RETAINER BUSHING (85) to both outer sides of the pulley bracket. Secure the whole assembly with an AIRCRAFT NUT M10 (97). Ensuring correct orientation, attach them to the two pre-positioned ADJUSTABLE BOLTS (28) under the upper frame.
14. Draw the cable downward and feed it under the assembled hanging pulley **A**
15. Draw the cable upward to the pulley bracket under the rear of the UPPER FRAME (4) **DIAGRAM D**. Insert a PULLEY (79) into the pulley bracket. Using a HEX BOLT M10X80 (107), connect a WASHER10 (92), a CABLE RETAINER (86), and a CABLE RETAINER BUSHING (85) to the left outer side of the pulley bracket. Leave the other side bare and unsecured until the next stage of assembly in **STEP 11**
16. Ensure the cable runs over the top of the pulley, then draw the cable downward and feed it under the assembled hanging pulley **B**
17. Draw the cable up into the pulley bracket under the UPPER GUIDE ROD FRAME (8). Insert a PULLEY (79) into the pulley bracket. Using a HEX BOLT M10X55 (103), connect a WASHER10 (92), a CABLE RETAINER (86), and a CABLE RETAINER BUSHING (85) to both outer sides of the pulley bracket. Secure the whole assembly with an AIRCRAFT NUT M10 (97). Ensure the cable runs over the pulley from right to left.
18. Draw the cable downwards, pass it through the ring on the end of the WEIGHT SELECTOR PIN (62) and connect the end to the top of the SELECTOR ROD (73)

ASSEMBLY DIAGRAM 10

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled



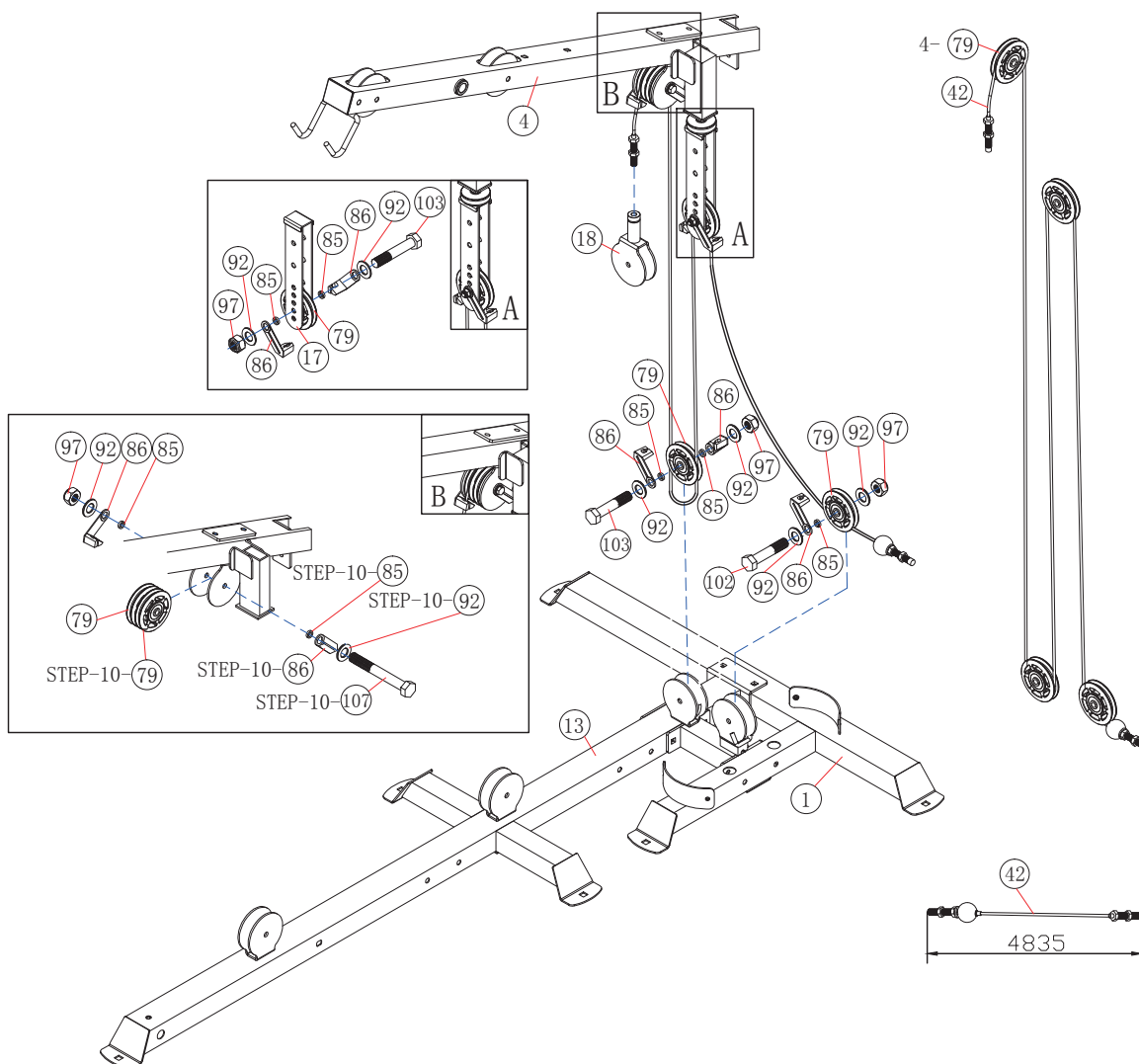
ASSEMBLY DIAGRAM 11

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

(HINT: Work your way from the stoppered end of the cable to the other, connecting one pulley at a time and ensuring everything is positioned correctly before continuing. Ensure the cable retainers are all correctly angled)

1. Position the stoppered end of CONNECTABLE CABLE (42) in the rear left pulley bracket on the REAR BASE FRAME (1)
2. Insert a PULLEY (79), ensuring the cable runs under the pulley. Attach using a HEX BOLT M10X50 (102), a WASHER10 (92), a CABLE RETAINER (86), and a CABLE RETAINER BUSHING (85); on the front outer side of the bracket; and a WASHER10 (92) and an AIRCRAFT NUT M10 (97) on the rear outer side.
3. Draw the cable upward to the ADJUSTABLE PULLEY BRACKET (17) under the left rear of the UPPER FRAME (4)
DIAGRAM A. Insert a PULLEY (79) into a lower bolt hole, ensuring the cable runs over the pulley. Attach using a HEX BOLT M10X55 (103), with a WASHER10 (92), a CABLE RETAINER (86), and a CABLE RETAINER BUSHING (85) on each outer side of the bracket. Secure with an AIRCRAFT NUT M10 (97)
4. Draw the cable downward to the pulley bracket at the rear of the BASE FRAME (13)
5. Insert a PULLEY (79) into the bracket, ensuring the cable runs under the pulley from left to right. Attach using a HEX BOLT M10X55 (103), with a WASHER10 (92), a CABLE RETAINER (86), and a CABLE RETAINER BUSHING (85) on each outer side of the bracket. Secure with an AIRCRAFT NUT M10 (97)
6. Draw the cable upward to the pulley bracket under the rear of the UPPER FRAME (4) **DIAGRAM B** it will still be unsecured from the previous stage (**STEP 10**)
7. Insert a second PULLEY (79) to the right hand of the one in use, so there are now two pulleys within the bracket. Ensure the cable runs over the new pulley from rear to front.
8. Slide the pre-positioned bolt through both pulleys and attach a CABLE RETAINER BUSHING (85), a CABLE RETAINER (86), a WASHER10 (92) and an AIRCRAFT NUT (97) to the outer right side of the bracket.
9. Attach a PULLEY BRACKET (18) to the upper end of the CONNECTABLE CABLE (42)



Descriptions of LEFT and RIGHT are from the point of view of standing behind the equipment facing the front

ASSEMBLY DIAGRAM 12

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

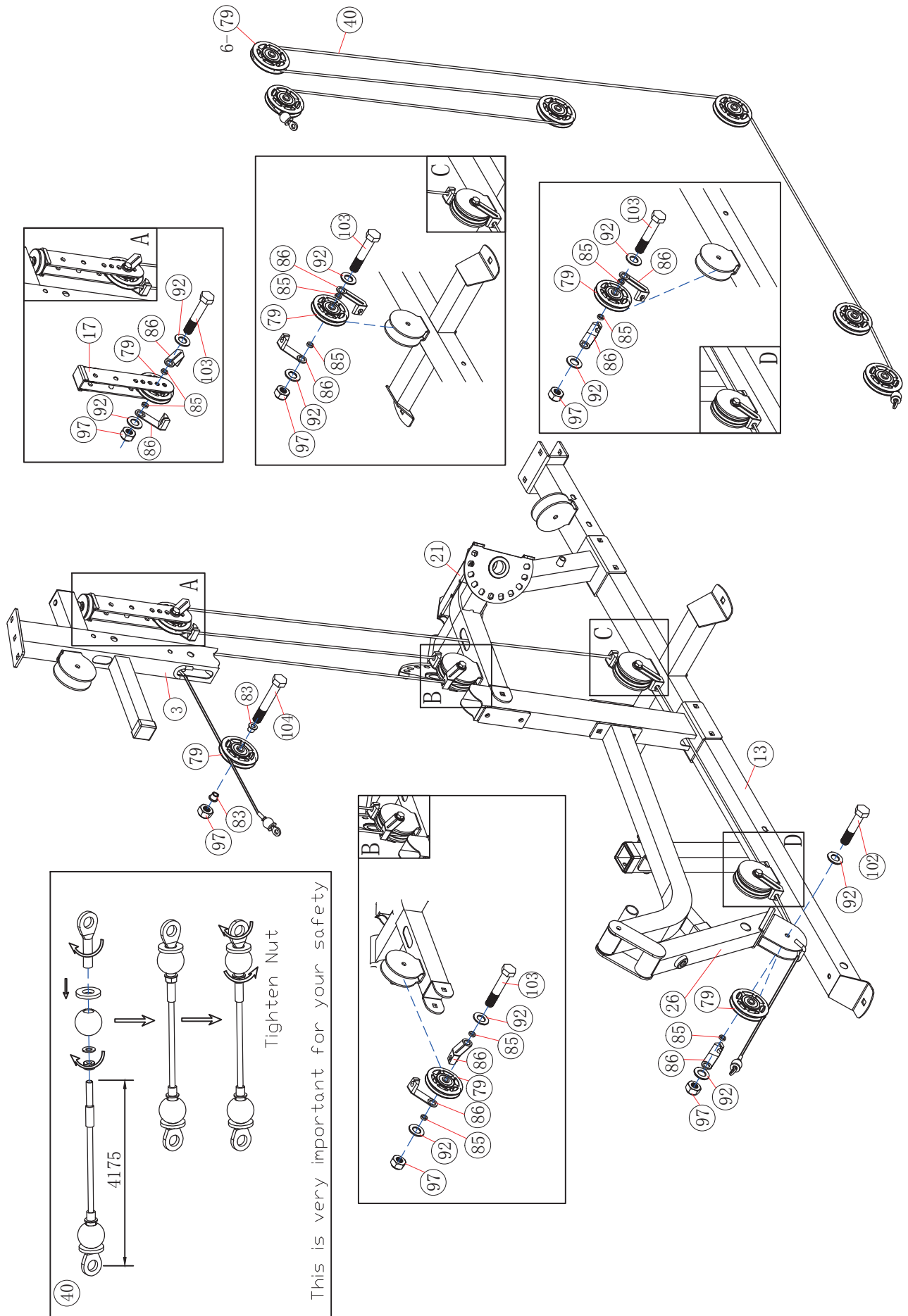
(HINT: Work your way from one end of the cable to the other, connecting one pulley at a time and ensuring everything is positioned correctly before continuing. Ensure the cable retainers are all correctly angled)

1. **IMPORTANT:** If you undo the end of the PULLCABLE (40) during assembly, it is very important to ensure that you securely re-tighten the nuts at the ends of the cable before use . Use the diagram as a reference.
2. Position one end of the cable in the pulley bracket on the front of the LEG DEVELOPER (26)
3. Insert a PULLEY (79) into the bracket, ensuring the cable runs under the pulley from front to back. Attach using a HEX BOLT M10X50 (102), with a WASHER10 (92), a CABLE RETAINER (86), and a CABLE RETAINER BUSHING (85) on each outer side of the bracket. Secure with an AIRCRAFT NUT M10 (97)
4. Draw the cable backward, through the pulley bracket at the front of the BASE FRAME (13) **DIAGRAM D**
5. Insert a PULLEY (79) into the bracket, ensuring the cable runs under the pulley. Attach using a HEX BOLT M10X55 (103), with a WASHER10 (92), a CABLE RETAINER (86), and a CABLE RETAINER BUSHING (85) on each outer side of the bracket. Secure with an AIRCRAFT NUT M10 (97)
6. Draw the cable backward, through the pulley bracket in the middle of the BASE FRAME (13) **DIAGRAM C**
7. Insert a PULLEY (79) into the bracket, ensuring the cable runs under the pulley. Attach using a HEX BOLT M10X55 (103), with a WASHER10 (92), a CABLE RETAINER (86), and a CABLE RETAINER BUSHING (85) on each outer side of the bracket. Secure with an AIRCRAFT NUT M10 (97)
8. Draw the cable upward to the ADJUSTABLE PULLEY BRACKET (17) at the top of the FRONT VERTICAL FRAME (3) **DIAGRAM A**. Insert a PULLEY (79) into a lower bolt hole, ensuring the cable runs over the pulley from rear to front. Attach using a HEX BOLT M10X55 (103), with a WASHER10 (92), a CABLE RETAINER (86), and a CABLE RETAINER BUSHING (85) on each outer side of the bracket. Secure with an AIRCRAFT NUT M10 (97)
9. Draw the cable downward into the pulley bracket on top of the BUTTERFLY SUPPORT (21) **DIAGRAM B**
10. Insert a PULLEY (79) into the bracket, ensuring the cable runs under the pulley from rear to front. Attach using a HEX BOLT M10X55 (103), with a WASHER10 (92), a CABLE RETAINER (86), and a CABLE RETAINER BUSHING (85) on each outer side of the bracket. Secure with an AIRCRAFT NUT M10 (97)
11. Draw the cable upwards and forward through the slit in the FRONT VERTICAL FRAME (3)
12. Insert a PULLEY (79) into the slit, ensuring the cable runs over the pulley. Attach using a HEX BOLT M10X65 (104), two PULLEY BUSHING (83) and an AIRCRAFT NUT M10 (97)

ASSEMBLY DIAGRAM 12

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled



ASSEMBLY DIAGRAM 13

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

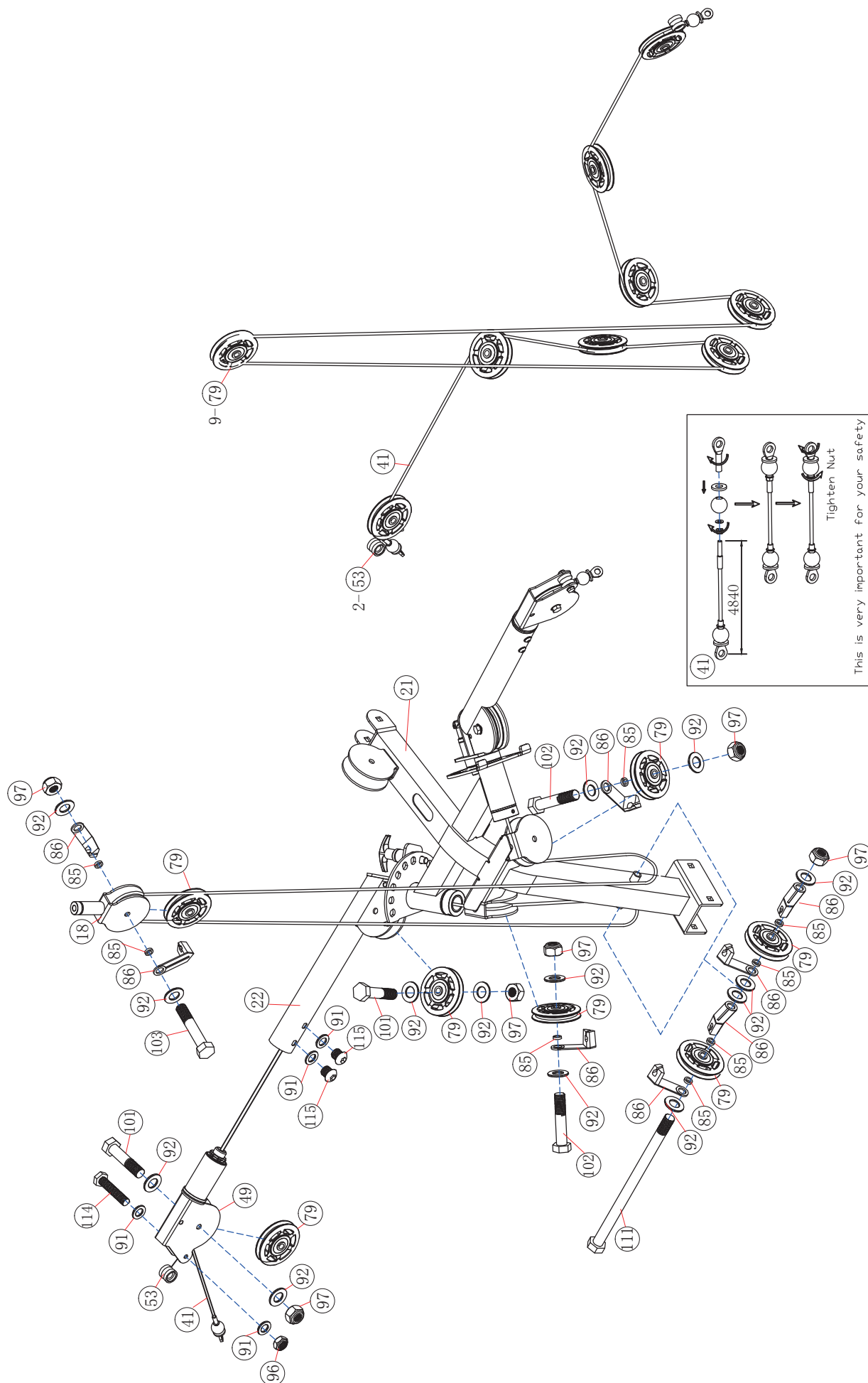
(HINT: Work your way from one end of the cable to the other, connecting one pulley at a time and ensuring everything is positioned correctly before continuing. Ensure the cable retainers are all correctly angled)

1. **IMPORTANT:** When you undo the ends of the BUTTERFLY CABLE (41) during assembly, it is very important that you securely re-tighten the nuts at the ends of the cable before use. Use the diagram as a reference.
2. Assemble the ARM SWING PULLEY BRACKET (49) by attaching two THRUST BALL BEARINGS (77), a BUSHING (16) and two SERRATED NUTS (95) *(For details, view the expanded diagram – skip this step if pre-assembled)*
3. Position one end of the BUTTERFLY CABLE (41) at the entrance of a ARM SWING PULLEY BRACKET (49), feed the cable through the bracket. Insert a WHEEL (53) at the entrance to the bracket. Attach using a HEX BOLT M8X40 (114), two WASHER8 (91) and an AIRCRAFT NUT M8 (96)
4. Insert a PULLEY (79) into the bracket; ensure the cable runs over the pulley. Attach using a HEX BOLT M10X45 (101), with a WASHER10 (92) on each outer side of the bracket. Secure with an AIRCRAFT NUT M10 (97)
5. Thread the cable through the left BUTTERFLY (22) to the rear of the BUTTERFLY SUPPORT (21)
6. Slot the ARM SWING PULLEY BRACKET (49) with the inserted cable, into the left BUTTERFLY (22) and attach using two ALLEN BOLT M8X9 (115) and two WASHER8 (91)
7. Insert a PULLEY (79) into the corner pulley bracket on the left BUTTERFLY (22). Attach using a HEX BOLT M10X45 (101), two WASHER10 (92) and an AIRCRAFT NUT M10 (97)
8. Insert a PULLEY (79) into the pulley bracket at the rear left of BUTTERFLY SUPPORT (21). Ensure the cable runs over the top of the pulley. Attach using a HEX BOLT M10X50 (102), with a WASHER10 (92), a CABLE RETAINER (86), and a CABLE RETAINER BUSHING (85) on the outer side of the bracket. Secure with an WASHER10 (92) and an AIRCRAFT NUT M10 (97)
9. Onto HEX BOLT M10X170 (111) thread (in correct order), two WASHER10 (92), two CABLE RETAINER (86), two CABLE RETAINER BUSHING (85) and a PULLEY (79).
10. Insert the assembled HEX BOLT M10X170 (111) through the base of the BUTTERFLY SUPPORT (21) and then thread on (in correct order), two WASHER10 (92), two CABLE RETAINER (86), two CABLE RETAINER BUSHING (85) and a PULLEY (79). Secure with an AIRCRAFT NUT M10 (97)
11. Draw the cable down and under the left pulley at the base of the BUTTERFLY SUPPORT (21), ensuring the cable runs from front to rear.
12. Draw the cable up to the PULLEY BRACKET (18) attached to end of the CONNECTABLE CABLE (42)
13. Insert a PULLEY (79) into the pulley bracket, ensuring the cable runs over the pulley from left to right. Attach using a HEX BOLT M10X55 (103), with two WASHER10 (92), two CABLE RETAINER (86) and two CABLE RETAINER BUSHING (85) on each outer side of the bracket. Secure using an AIRCRAFT NUT M10 (97)
14. Draw the cable down and under the right pulley at the base of the BUTTERFLY SUPPORT (21), ensuring the cable runs from rear to front.
15. Repeat the required assembly steps in reverse to thread the cable through the right hand side of the butterfly.

ASSEMBLY DIAGRAM 13

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

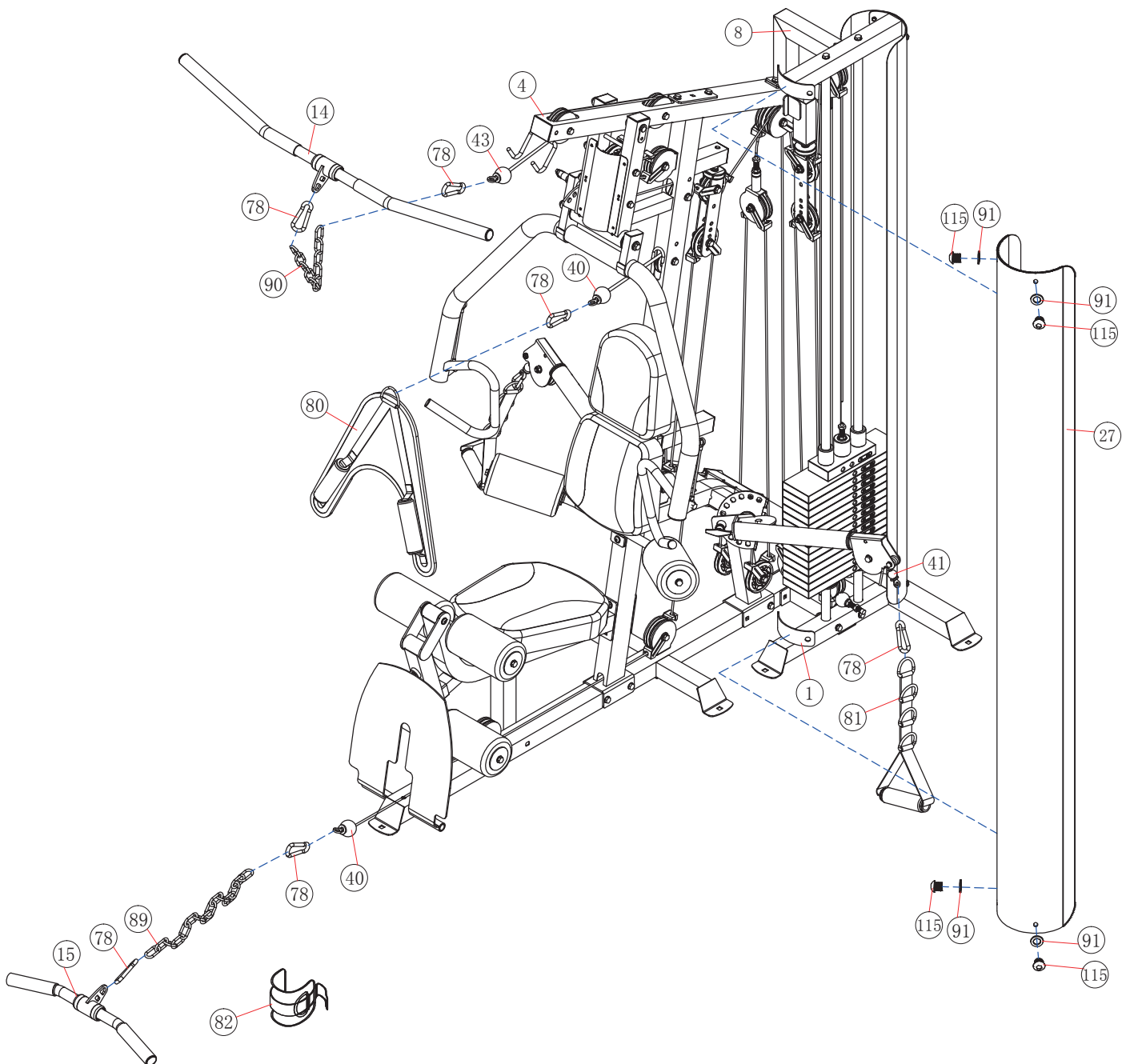


ASSEMBLY DIAGRAM 14

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

1. Position a WEIGHT STACK COVER (27) over the front and rear sides of the weight stack.
2. Attach the top of each WEIGHT STACK COVER (27) to the UPPER GUIDE ROD FRAME (8) using two ALLEN BOLT M8X9 (115) and two WASHER8 (91)
3. Attach the base of each WEIGHT STACK COVER (27) to the REAR BASE FRAME (1) using two ALLEN BOLT M8X9 (115) and two WASHER8 (91)
4. Attach two SHORT HANDLE GRIPS (71) and two END CAP (61) to each end of the SHIVER BAR (15). Attach two LONG HANDLE GRIPS (72) and two END CAP (61) to each end of the LAT BAR (14) (*Skip this step if pre-assembled*)
5. Attach a HOOK (78) to each end of the LONG CHAIN (89). Attach one hook to the lower end of PULL CABLE (40). Attach the other hook to the SHIVER BAR (15)
6. Attach a HOOK (78) to each end of the SHORT CHAIN (90). Attach one hook to the front end of UPPER CABLE (43). Attach the other hook to the LAT BAR (14)
7. Attach a HOOK (78) to the end of upper end of PULL CABLE (40) and clip the STRAP (80) into the same hook.
8. Attach a HOOK (78) onto both ends of BUTTERFLY CABLE (41). Clip an ADJUSTABLE SINGLE HANDLE (81) into each hook.



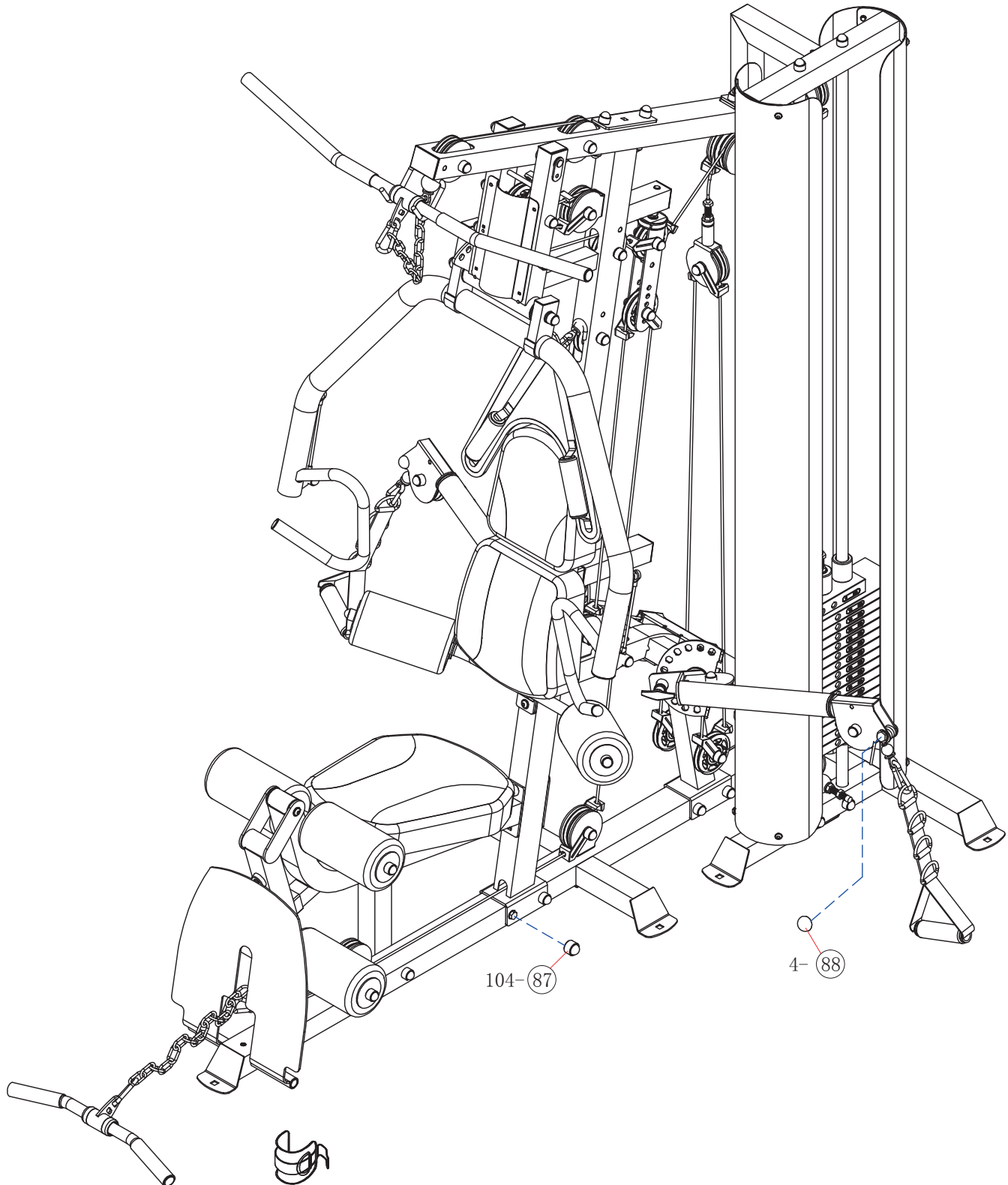
Descriptions of LEFT and RIGHT are from the point of view of standing behind the equipment facing the front

ASSEMBLY DIAGRAM 15

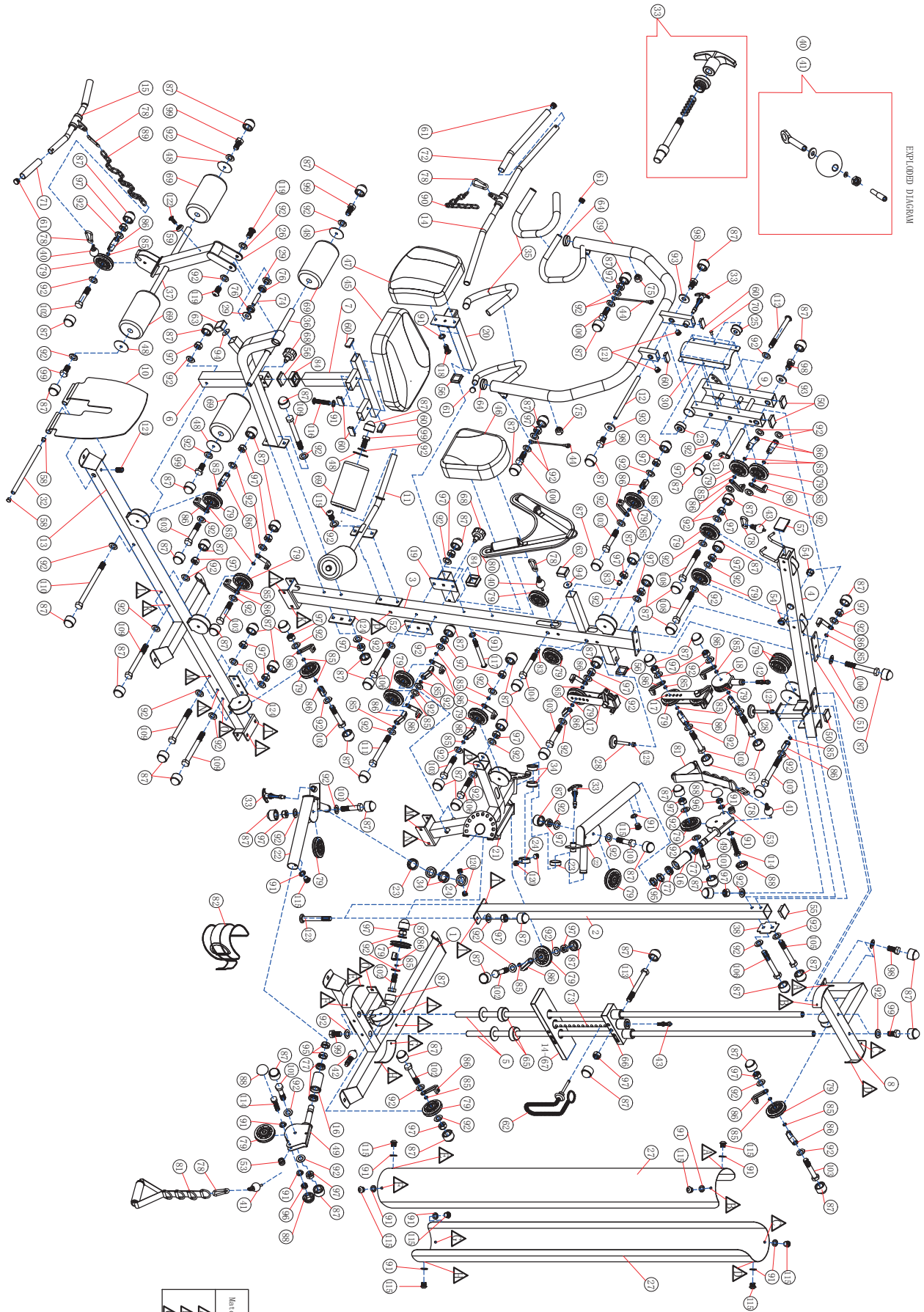
USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

1. Once the nuts and bolts are all correctly attached and tightened, cover them with the one hundred and four COVER CAPS M10 (87) and the four COVER CAPS M8 (88)
2. Insert all the correct sized END CAPS into any open ends.
3. Insert a STOPPER (63) and WASHER (94) onto the front of the FRONT SUPPORT FRAME (6) and the front of the FRONT VERTICAL FRAME (3) (For greater detail – see the expanded diagram, skip this step if pre-assembled)



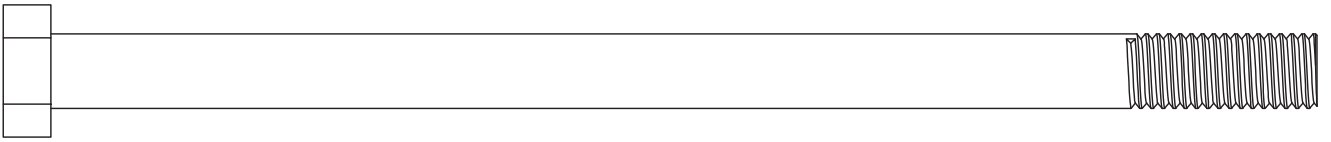
EXPLODED DIAGRAM



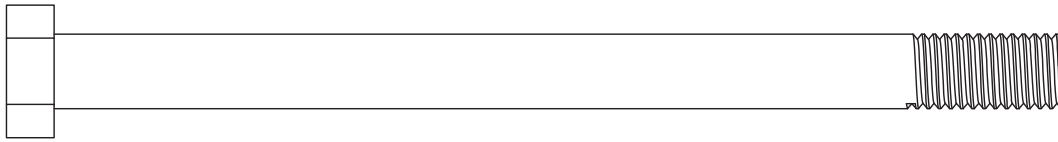
EXPLODED DIAGRAM

KEY	
	Match the letters inside
	connects to
	connects to
	connects to

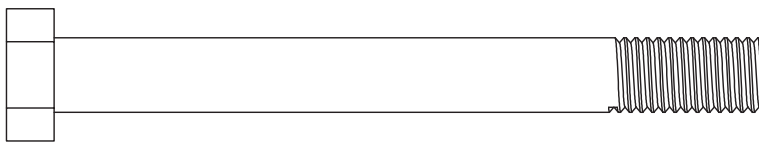
HARDWARE



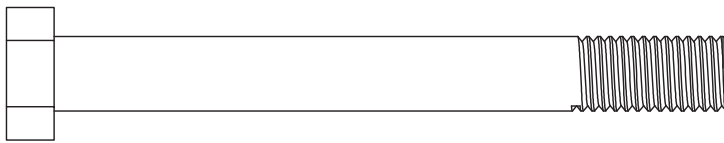
(111#) M10 × 170 Hex Bolt (Qty 1)



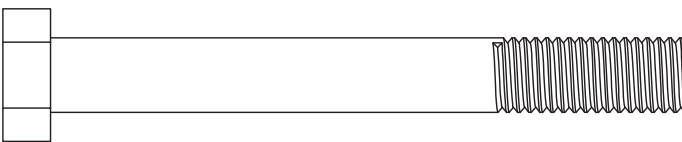
(110#) M10 × 135 Hex Bolt (Qty 1)



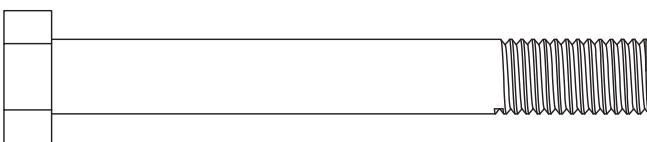
(109#) M10 × 95 Hex Bolt (Qty 8)



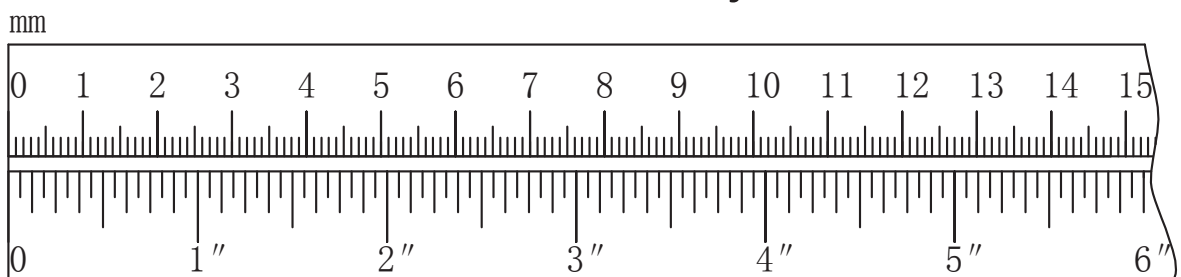
(113#) M10 × 90 Hex Bolt (Qty 1)

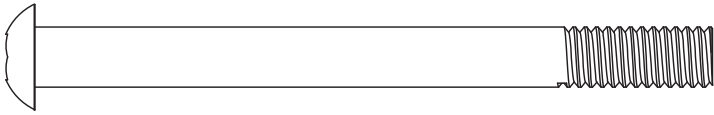


(108#) M10 × 85 Hex Bolt (Qty 2)

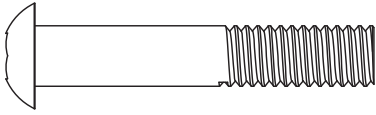


(107#) M10 × 80 Hex Bolt (Qty 1)

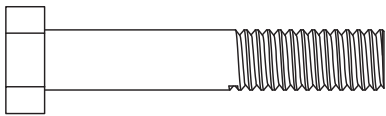




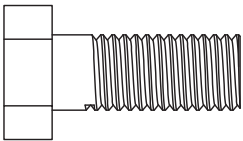
(117#) M8×90 Allen Bolt (Qty 2)



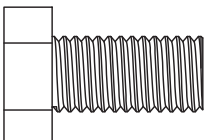
(116#) M8×45 Allen Bolt (Qty 2)



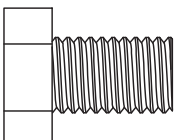
(114#) M8×40 Hex Bolt (Qty 2)



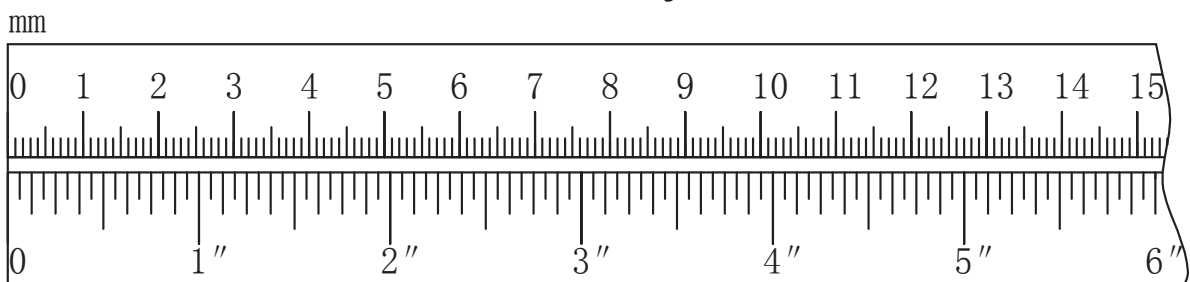
(100#) M10×25 Hex Bolt (Qty 2)

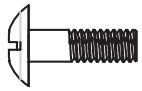


(99#) M10×20 Hex Bolt (Qty 10)

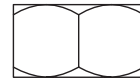


(98#) M10×16 Hex Bolt (Qty 5)

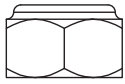




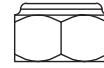
(122#) M6 × 16
Philips Screw (Qty 1)



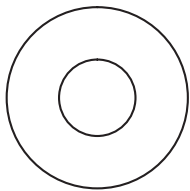
(125#) M12 Aircraft Nut
(Qty 2)



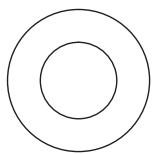
(97#) M10 Aircraft Nut
(Qty 47)



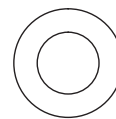
(96#) M8 Aircraft Nut
(Qty 2)



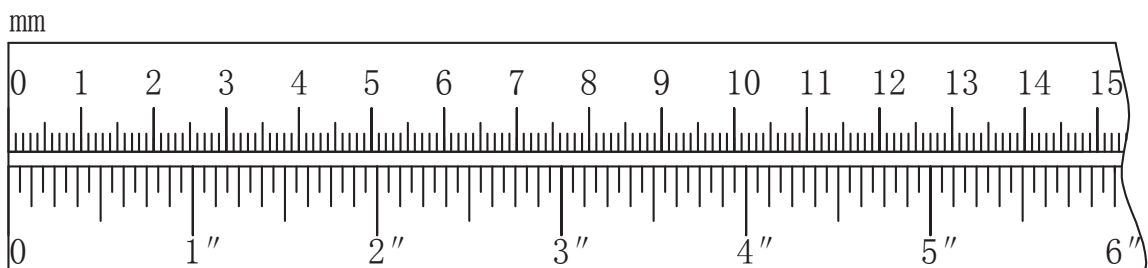
(93#) $\phi 25 \times \phi 10.5 \times 3$
Washer (Qty 3)

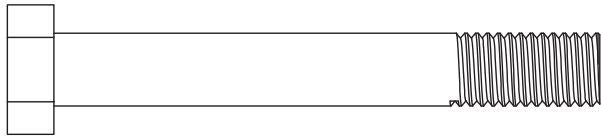


(92#) $\phi 10$ Washer
(Qty 109)

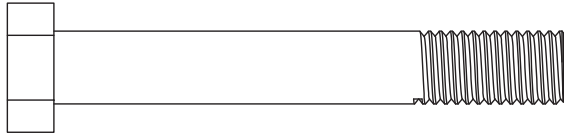


(91#) $\phi 8$ Washer
(Qty 22)

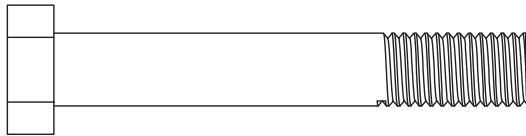




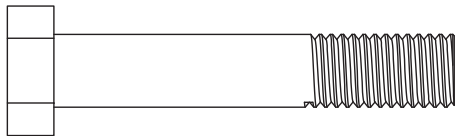
(106#) M10 × 75 Hex Bolt (Qty 6)



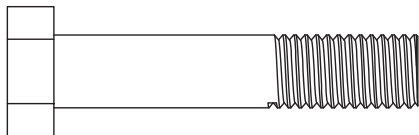
(105#) M10 × 70 Hex Bolt (Qty 1)



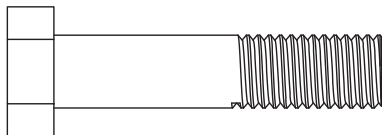
(104#) M10 × 65 Hex Bolt (Qty 2)



(103#) M10 × 55 Hex Bolt (Qty 11)

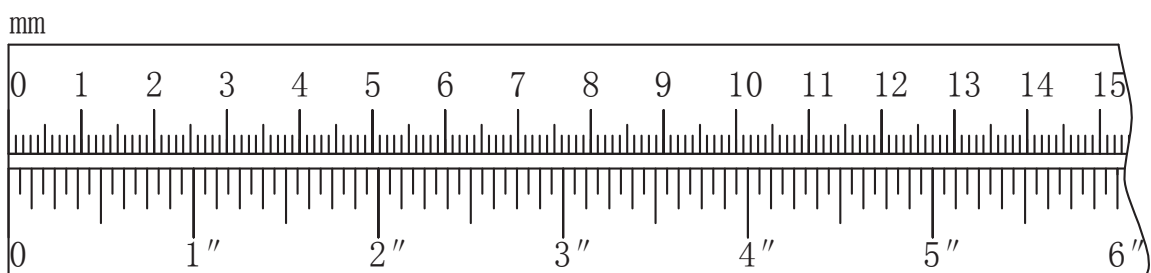
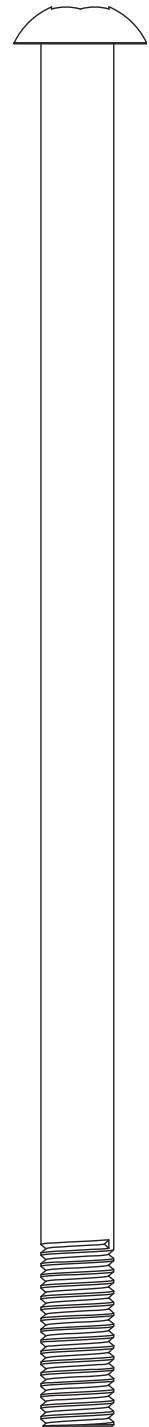


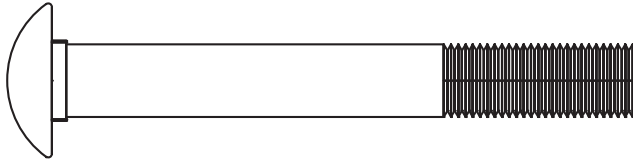
(102#) M10 × 50 Hex Bolt (Qty 4)



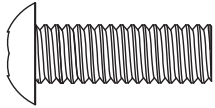
(101#) M10 × 45 Hex Bolt (Qty 4)

(112#) M10 × 190 Allen Bolt (Qty 2)

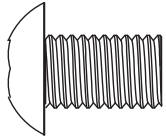




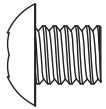
(123#) M10×80 Carriage Bolt (Qty 2)



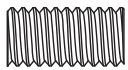
(118#) M8×25 Allen Bolt (Qty 2)



(119#) M10×16 Allen Bolt (Qty4)



(115#) M8×9 Allen Bolt (Qty 12)

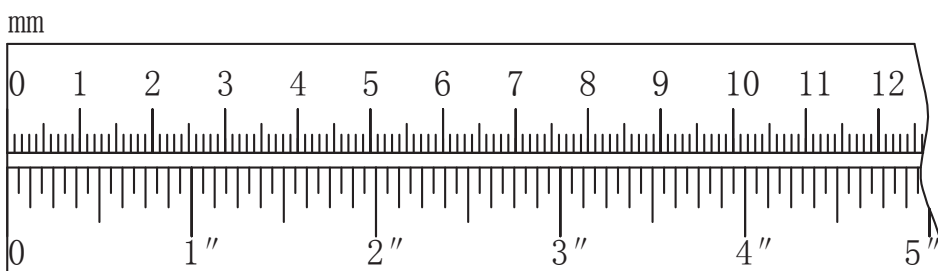


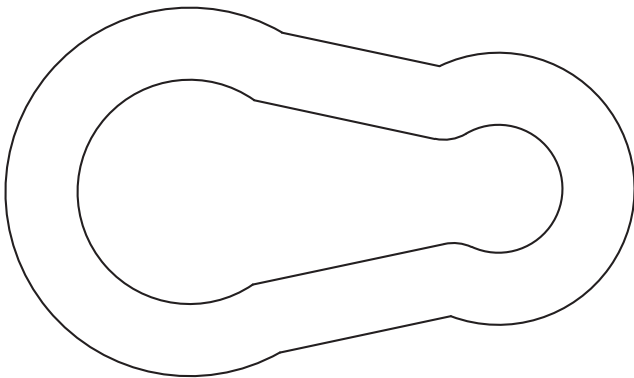
(121#) M8×16 Allen Bolt (Qty 3)



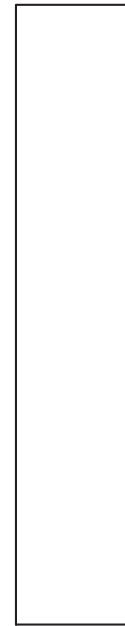
(120#) M8×8 Allen Bolt (Qty 4)

(12#) Φ 16×267×M10 Mid Axle (Qty 1)

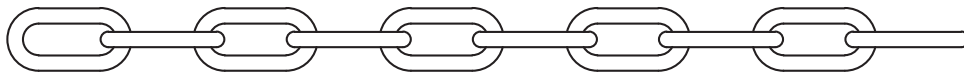




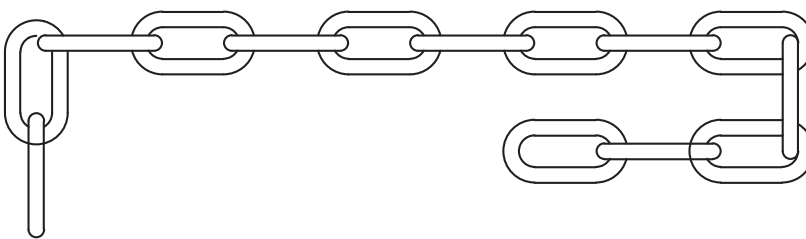
(78#) Hook (Qty 7)



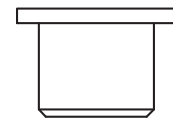
(74#) $\phi 16 \times M10 \times 65$
Axle (Qty 1)



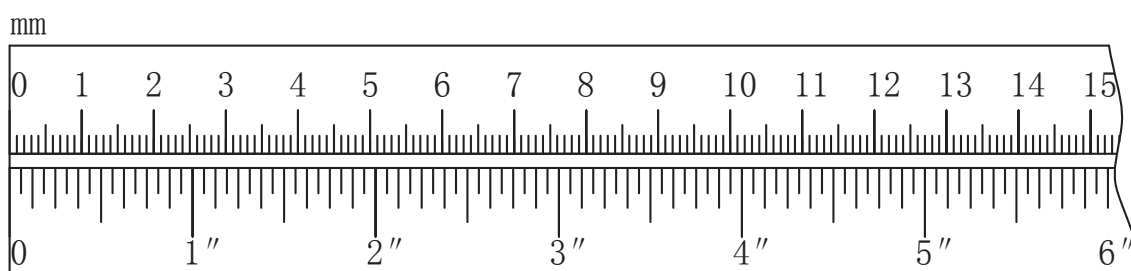
(90#) Short Chain (Qty 1)



(89#) Long Chain (Qty 1)



(83#) $\phi 22 \times \phi 10.2 \times 15$
Pulley Bushing (Qty 4)

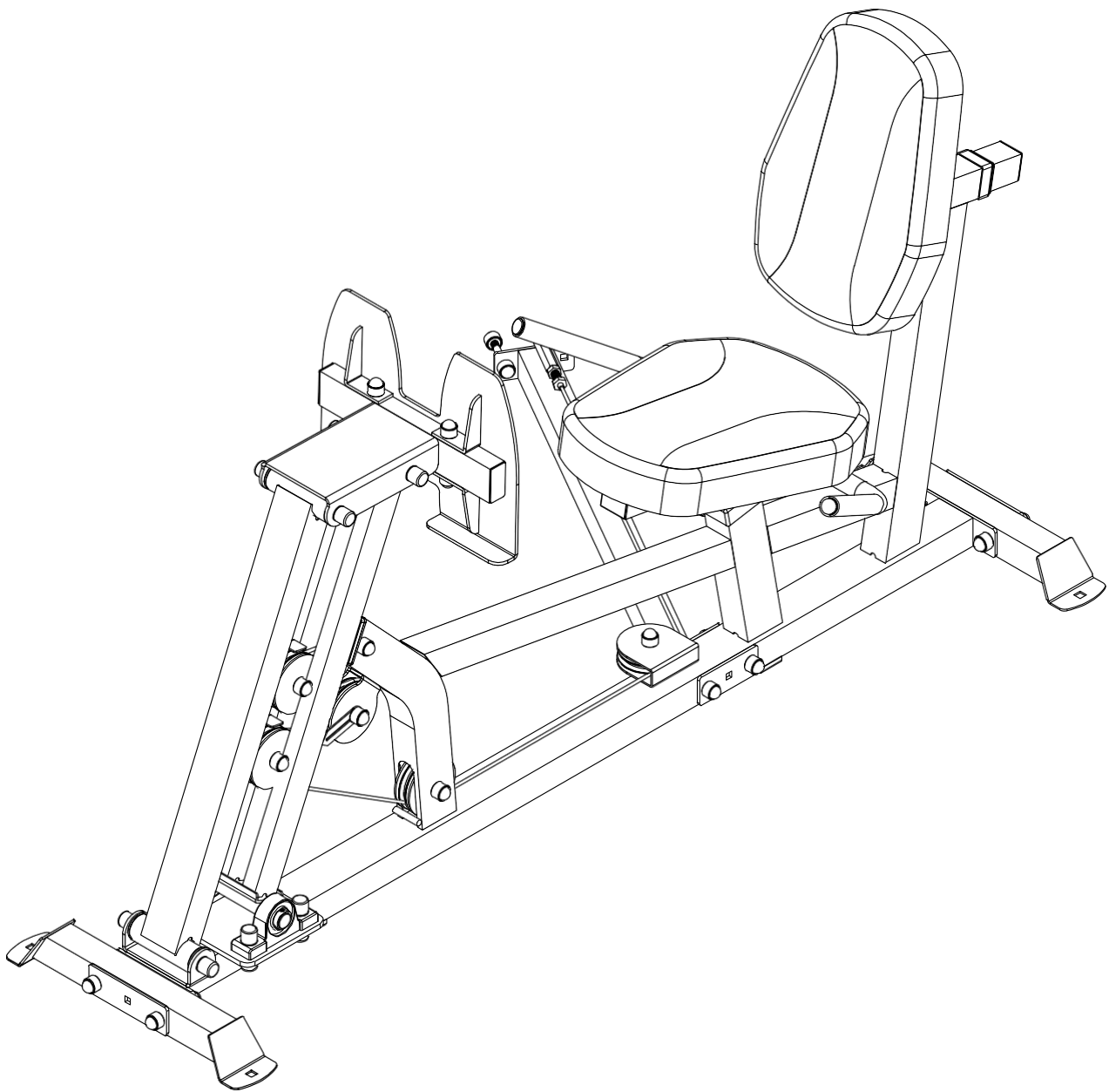


FRENCH FITNESS

FF-X4

CORPORATE HOME GYM – LEG PRESS ATTACHMENT

OWNER'S MANUAL



CAUTION!

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

20201211-V1.0

ASSEMBLY MANUAL - LEG PRESS ATTACHMENT

BEFORE YOU START

The FF-X4 LEG PRESS is an attachment for the FF-X4 Corporate Home Gym which must be purchased and assembled separately.

Remove all parts from the packaging, separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

Certain parts may arrive pre-assembled from the factory.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear appropriate footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled.
- Ensure you correctly orientate each piece before attaching.
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Do not use the equipment outdoors or around water.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if you experience any pain, dizziness or nausea. See a doctor at once.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

Any instructions relating to parts of the HG6 have been shown in *Italics* to help avoid confusion.

BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.

READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.

WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

Tools provided with FF-X4

Allen wrench 5# X 1

Allen wrench 3# X 1

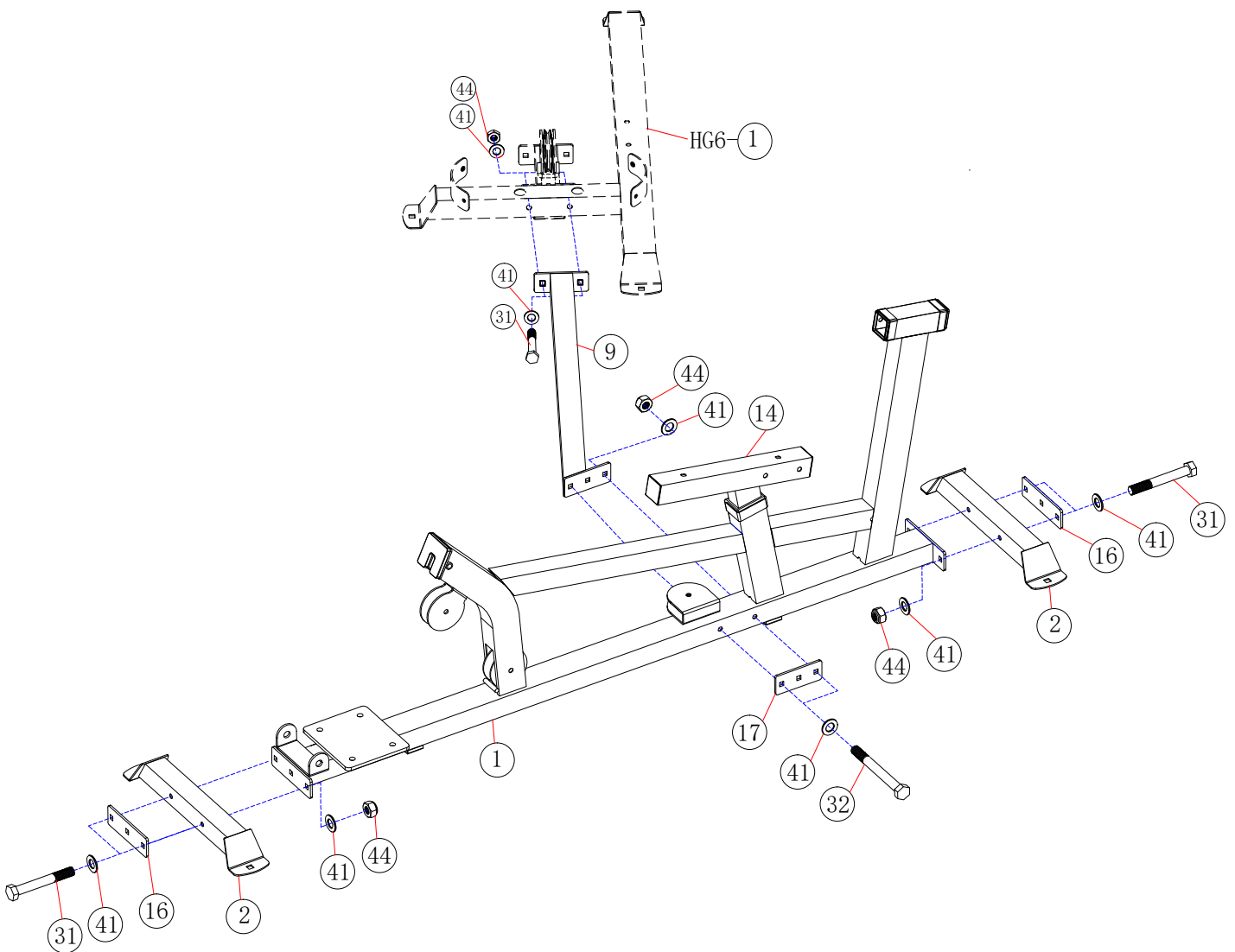
SAVE THESE INSTRUCTIONS

KEY NO.	PART DESCRIPTION	SPEC	Q'TY
1	Main Frame		1
2	Base Frame		2
3	Backrest Support		1
4	Right Handle Frame		1
5	Left Handle Frame		1
6	Front Connecting Frame		1
7	Rear Connecting Frame		1
8	Leg Press Frame		1
9	Connecting Frame		1
10	Seat Pad	460×370×70	1
11	Backrest Board	470×320×70	1
12	Rubber Bumper	80×75×8	1
13	Leg Press Cable	L=2460	1
14	Seat Support		1
15	Slide Sleeve	64×44×32	1
16	Bracket	160×50×5	2
17	Bracket	120×50×5	1
18	Pulley	φ96	5
19	End Cap	□50	2
20	End Cap	□45	1
21	End Cap	□60×30	2
22	Hex Bolt	M10×85	2
23	Sleeve	77×57×30	1
24	Lock Knob	M18×φ10	2
25	Handle Grip	φ30×φ22×340	2
26	Groove Ball Bearing	61904-2RZ	6
27	Bracket bearing	UCP205	2
28	Bearing Sleeve	φ42×φ25×φ16×15	6
29	Square Sleeve	□50×45	2
30	Hex Bolt	M10×65	1
31	Hex Bolt	M10×75	9
32	Hex Bolt	M10×95	2
33	Axle	φ16×167×M12	3
34	Hex Bolt	M12×45	4
35	Hex Bolt	M10×50	3
36	Hex Bolt	M10×55	1
37	Allen Bolt	M8×20	2
38	Leg Press Plate		1
39	Allen Bolt	M8×65	2
40	Washer	8	4
41	Washer	10	34
42	Washer	12	14
43	Philips Screw	ST2.9×9.5	2
44	Aircraft Nut	M10	16
45	Aircraft Nut	M12	10
46	L shaped Bracket	72×30×25×2.5	2
47	Cover Cap	M10	34
48	Cover Cap	M12	14
49	Cable Retainer		2
50	Cable Retainer Bushing	φ16×φ11	2
51	End Cap	φ25	2
52	Long Hex Nut	φ18×100×M12	1

ASSEMBLY DIAGRAM 1

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

1. Attach a BRACKET (16) and a BASE FRAME (2) to each end of the MAIN FRAME (1), using two HEX BOLT M10X75 (31), four WASHER10 (41) and two AIRCRAFT NUT M10 (44) at each end.
2. Ensuring correct orientation, attach the CONNECTING FRAME (9) to the central bolt holes on the MAIN FRAME (1), positioning a BRACKET (17) at the same point on the outer left side. Connect all parts using two HEX BOLT M10X95 (32), three WASHER10 (41) and an AIRCRAFT NUT M10 (44)
3. Attach the right hand end of the CONNECTING FRAME (9) to the bolt holes under the weight plate stack on the REAR BASE FRAME (HG6 1) using two HEX BOLT M10X75 (31), four WASHER10 (41) and two AIRCRAFT NUT M10 (44)
4. Insert a RUBBER BUMPER (12) over the top end of the angled post at the front of the MAIN FRAME (1) (See the exploded diagram for more detail – skip this step if pre-assembled)



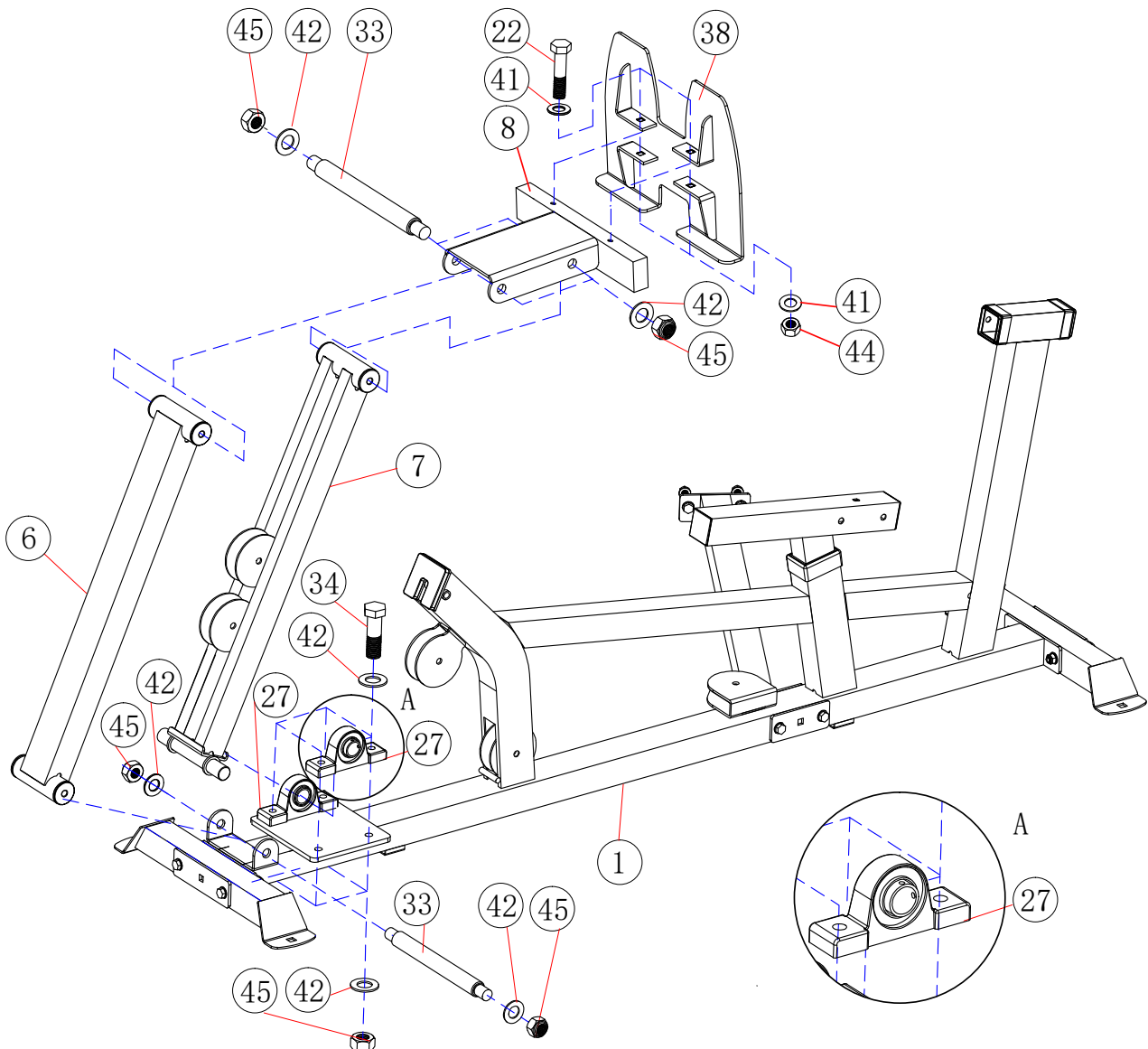
*Standard Attachment on the FF-X4 (F-HG6)

ASSEMBLY DIAGRAM 2

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

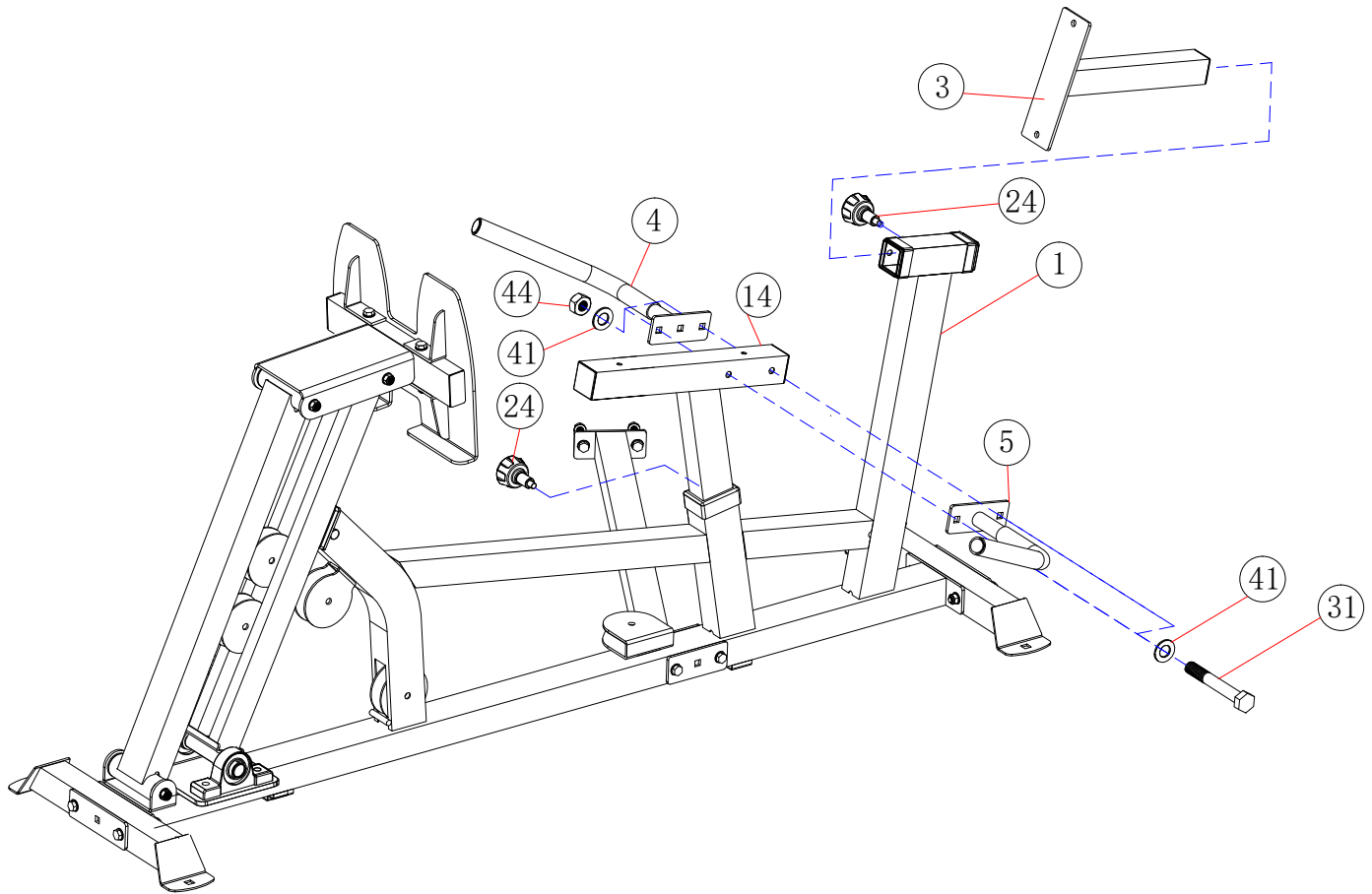
1. Attach a BRACKET BEARING (27) to one side of the square plate at the front of the MAIN FRAME (1) using two HEX BOLT M12X45 (34), four WASHER12 (42) and two AIRCRAFT NUT M12 (45)
2. Insert one side of the base of the REAR CONNECTING FRAME (7) into the attached BRACKET BEARING (27) ensuring the two pulley brackets extend towards the front.
3. Slot a BRACKET BEARING (27) over the other side of the base of the REAR CONNECTING FRAME (7). Attach to the square plate using two HEX BOLT M12X45 (34), four WASHER12 (42) and two AIRCRAFT NUT M12 (45)
4. In the top end of the REAR CONNECTING FRAME (7) and both ends of the FRONT CONNECTING FRAME (6), insert two GROOVE BALL BEARINGS (26) and two BEARING SLEEVES (28) (See the exploded diagram for more detail – skip this step if pre-assembled)
5. Insert the end of the FRONT CONNECTING FRAME (6) into the bracket at the front of the MAIN FRAME (1). Attach using an AXLE (33), two WASHER12 (42) and two AIRCRAFT NUT M12 (45)
6. Ensuring correct orientation, position the LEG PRESS FRAME (8) over the top of the FRONT CONNECTING FRAME (6) and the REAR CONNECTING FRAME (7)
7. Attach the FRONT CONNECTING FRAME (6) to the LEG PRESS FRAME (8) using an AXLE (33), two WASHER12 (42) and two AIRCRAFT NUT M12 (45)
8. Attach the REAR CONNECTING FRAME (7) to the LEG PRESS FRAME (8) using an AXLE (33), two WASHER12 (42) and two AIRCRAFT NUT M12 (45)
9. Ensuring correct orientation, attach the LEG PRESS PLATE (38) over the rear of the LEG PRESS FRAME (8) using two HEX BOLT M10X85 (22), four WASHER10 (41) and two AIRCRAFT NUT M10 (44)



ASSEMBLY DIAGRAM 3

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

1. Insert a SLEEVE (23) around the vertical post of the SEAT SUPPORT (14). Insert a SLIDE SLEEVE (15) into the base of the SEAT SUPPORT (14), connect using two PHILIPS SCREW (43) (See the exploded diagram for more detail – skip this step if pre-assembled)
2. Attach the SEAT SUPPORT (14) to the MAIN FRAME (1) with a LOCK KNOB (24)
3. Ensuring correct orientation, attach the RIGHT HANDLE FRAME (4) and the LEFT HANDLE FRAME (5) to the rear of the SEAT SUPPORT (14) using two HEX BOLT M10X75 (31), four WASHER10 (41) and two AIRCRAFT NUT (44)
4. Slide a HANDLE GRIP (25) onto each HANDLE FRAME (4&5) (Skip this step if pre-assembled)
5. Ensuring correct orientation, slot the BACKREST SUPPORT (3) into the rear post of the MAIN FRAME (1). Attach using a LOCK KNOB (24)

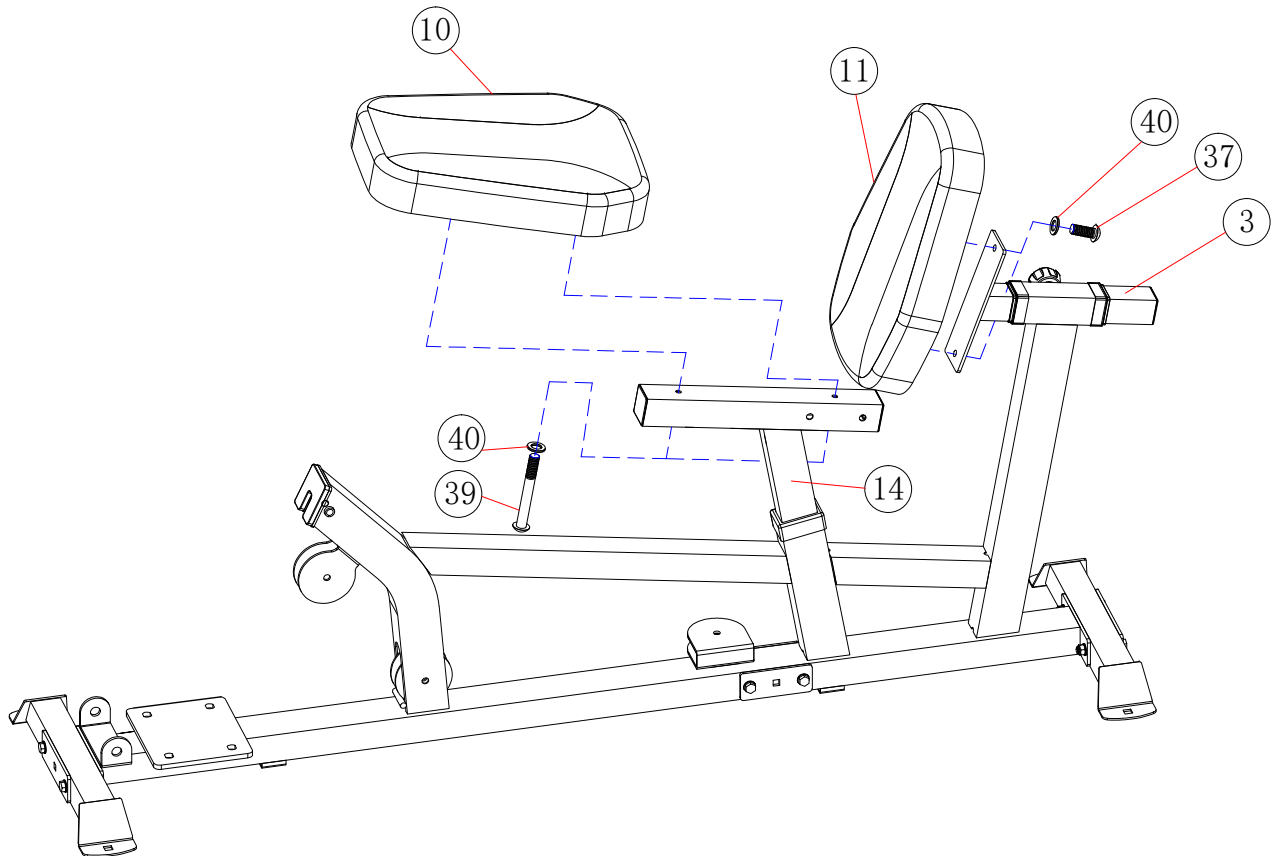


*Standard Attachment on the FF-X4 (F-HG6)

ASSEMBLY DIAGRAM 4

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

1. Attach the BACKREST BOARD (11) to the BACKREST SUPPORT (3) using two ALLEN BOLT M8X20 (37) and two WASHER8 (40)
2. Attach the SEAT PAD (10) to the top of the SEAT SUPPORT (14) using two ALLEN BOLT M8X65 (39) and two WASHER8 (40)



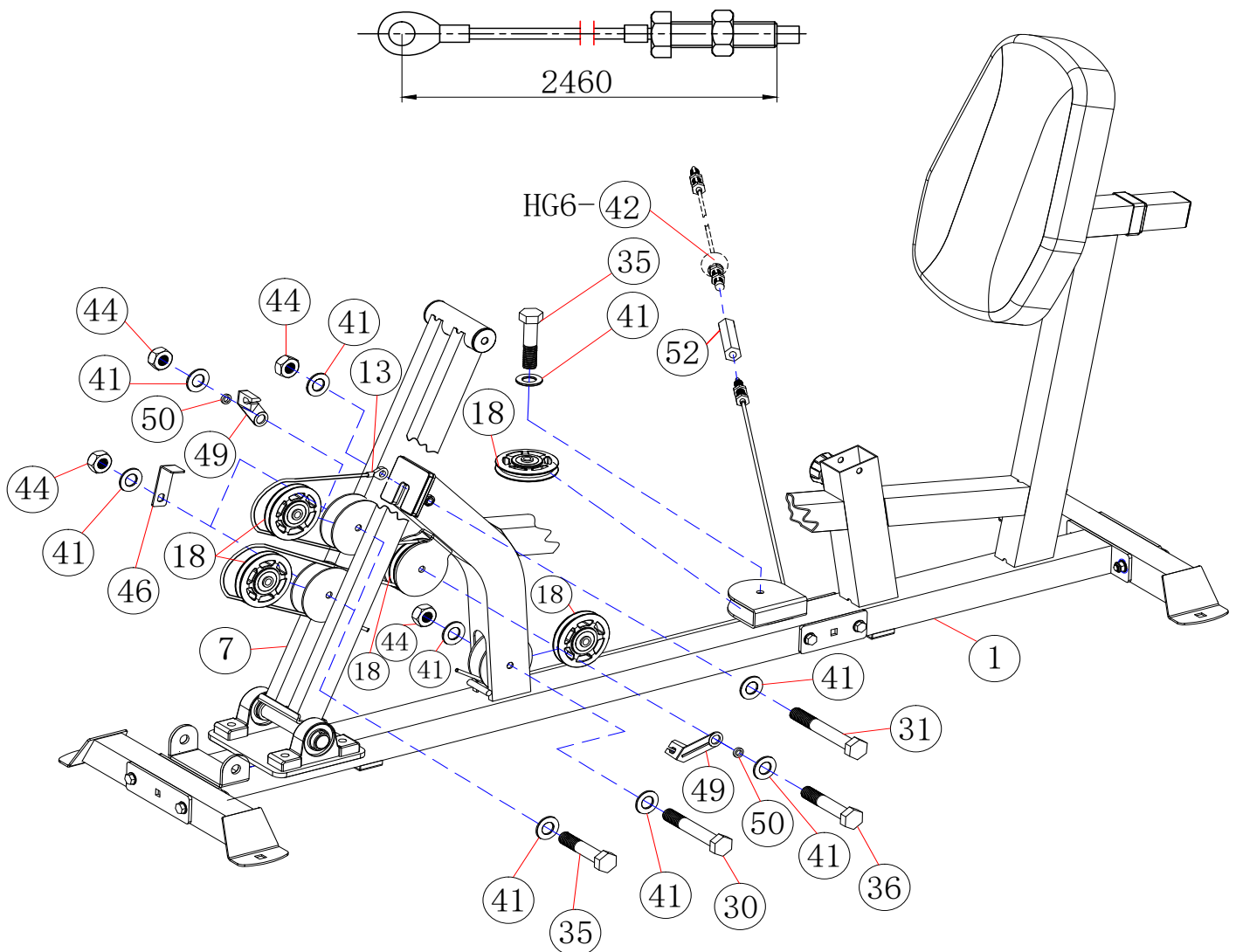
*Standard Attachment on the FF-X4 (F-HG6)

ASSEMBLY DIAGRAM 5

USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

1. Attach the end of the LEG PRESS CABLE (13) with the bolt hole, into the gap at the top of the angled front post on the MAIN FRAME (1) using a HEX BOLT M10X75 (31), two WASHER10 (41) and an AIRCRAFT NUT M10 (44)
2. Insert a PULLEY (18) into both pulley brackets on the REAR CONNECTING FRAME (7). Connect with a HEX BOLT M10X50 (35) and a WASHER10 (41) on the left side of the brackets, and an L SHAPED BRACKET (46), a WASHER10 (41) and an AIRCRAFT NUT M10 (44) on the right side of the brackets.
3. Draw the cable forward over the top pulley on the REAR CONNECTING FRAME (7), then under and back into the pulley bracket on the angled front post on the MAIN FRAME (1)
4. Insert a PULLEY (18) into the bracket, ensuring the cable runs over the top and back underneath the pulley. Connect using a HEX BOLT M10X55 (36), with a WASHER10 (41), a CABLE RETAINER BUSHING (50) and a CABLE RETAINER (49) on each outer side of the bracket. Secure with an AIRCRAFT NUT M10 (44)
5. Draw the cable forward over the lower pulley on the REAR CONNECTING FRAME (7), then under and back through the pulley holder at the base of the angled front post on the MAIN FRAME (1)
6. Insert a PULLEY (18) into the bracket, ensuring the cable runs under the pulley. Connect with a HEX BOLT M10X65 (30), two WASHER10 (41) and an AIRCRAFT NUT M10 (44)
7. Draw the cable back to the horizontal pulley bracket on the MAIN FRAME (1)
8. Insert a PULLEY (18) into the bracket, ensuring the cable runs behind the pulley from front to back. Connect using HEX BOLT M10X50 (35) and a WASHER10 (41)
9. Draw the cable across to the right and connect the end securely to the LONG HEX NUT (52) and then securely to the end of the CONNECTABLE CABLE (HG6 42)

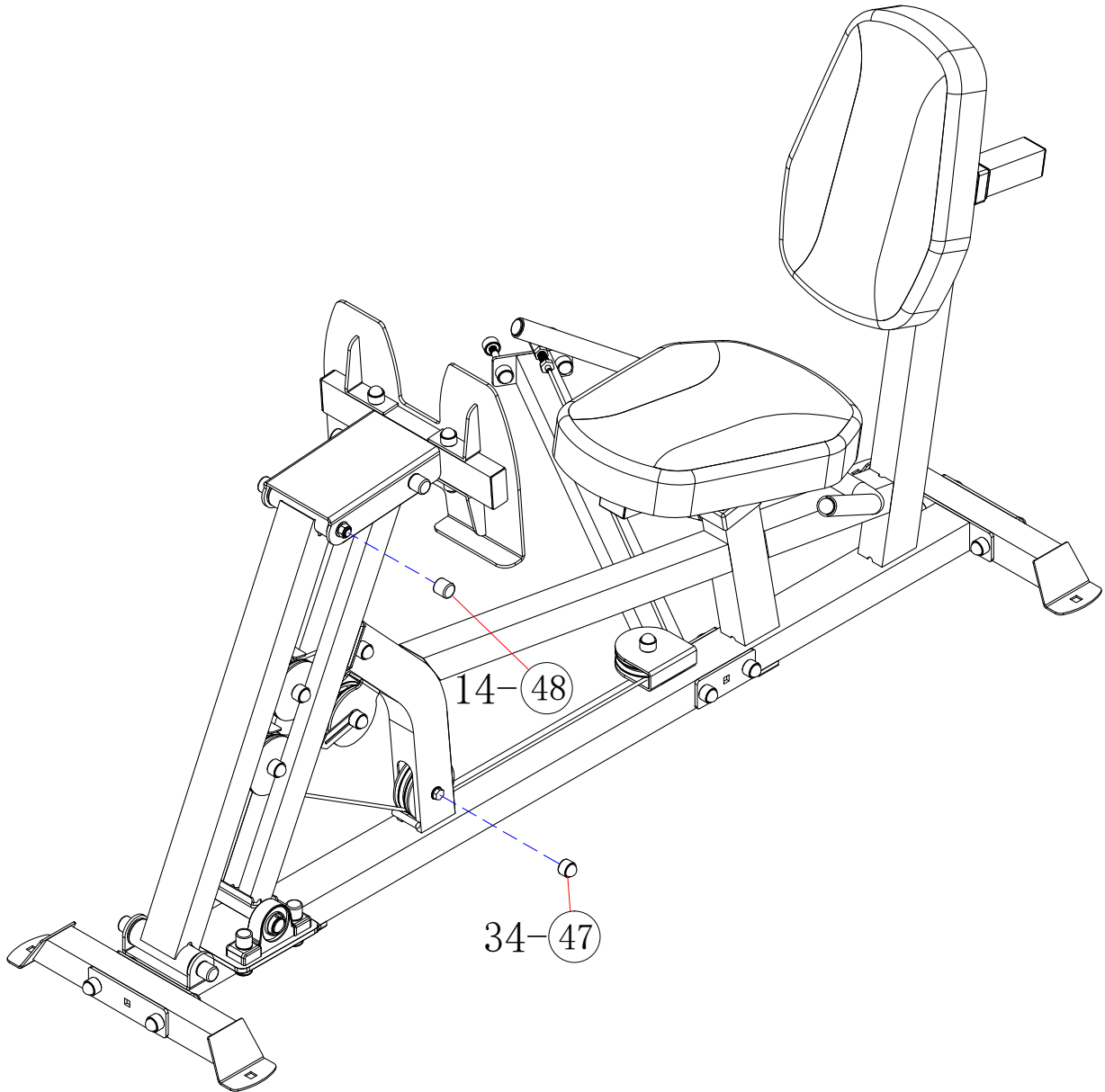


*Standard Attachment on the FF-X4 (F-HG6)

ASSEMBLY DIAGRAM 6

REMEMBER: Only hand tighten all nuts and bolts until whole FF-X4 is assembled

1. Securely tighten all the nuts and bolts and then attach the fourteen COVER CAP M12 (48) and the Thirty four COVER CAP M10 (47) over the ends.
2. Insert END CAPS (19, 20, 21, 51) over the correct open ends (*See the exploded diagram for more detail – skip this step if pre-assembled*)



EXPLODED DIAGRAM

*Standard Attachment on the FF-X4 (F-HG6)

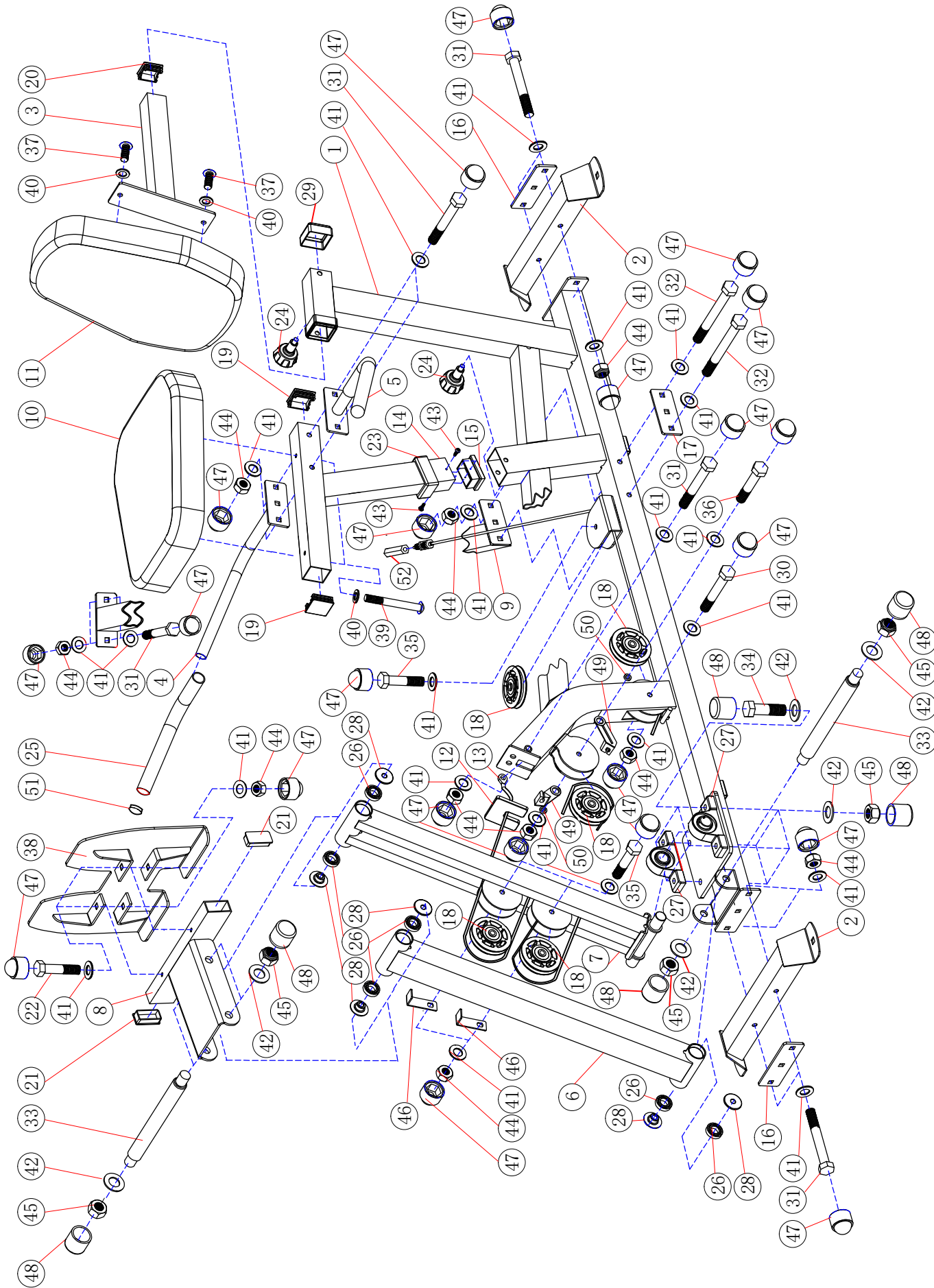
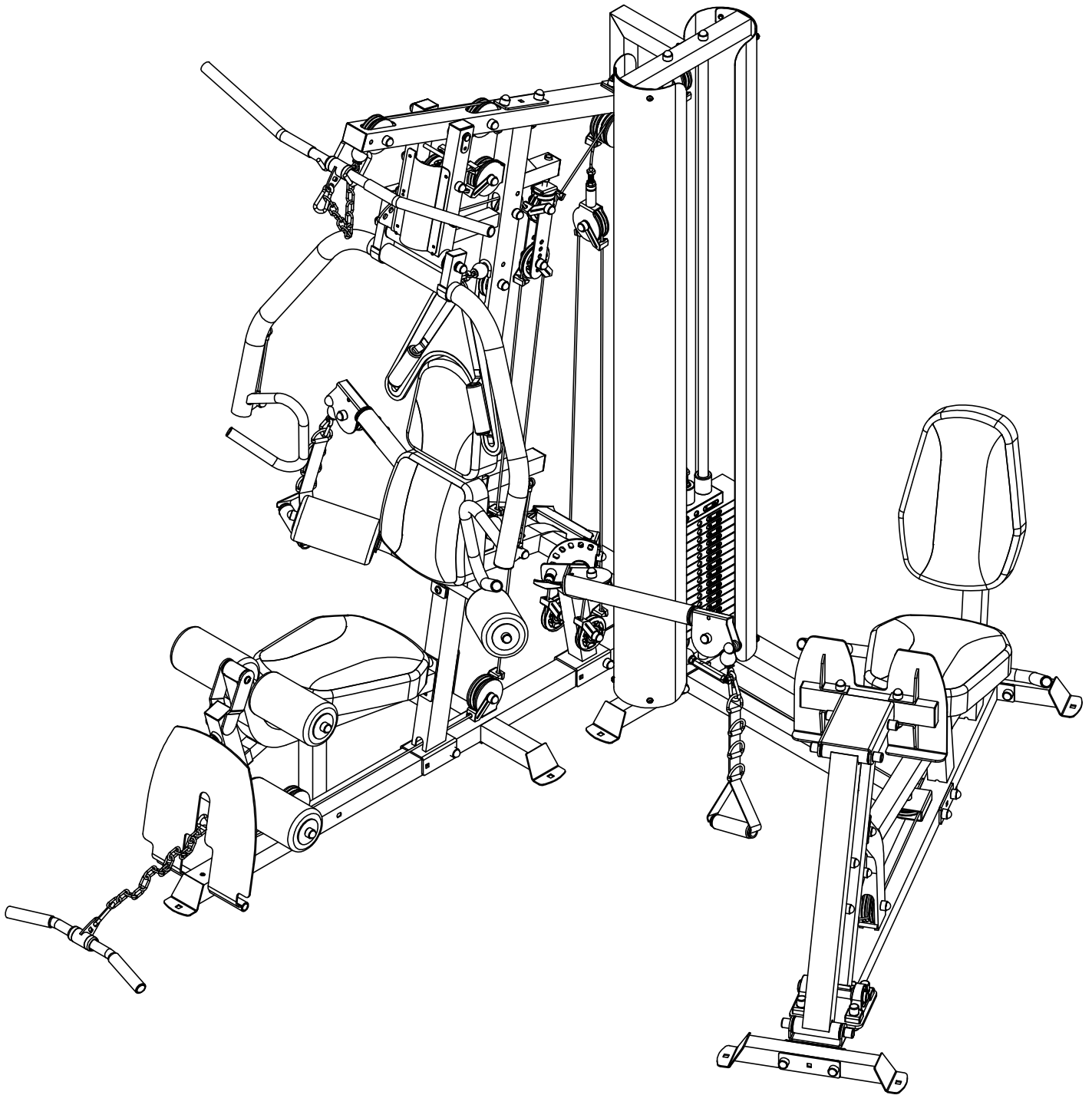


DIAGRAM SHOWING FF-X4

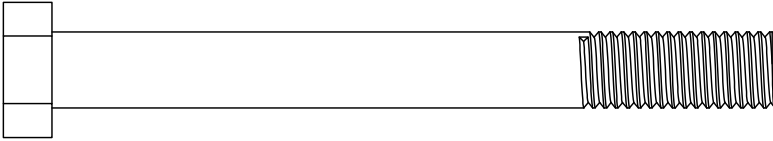
*Standard Attachment on the FF-X4 (F-HG6)



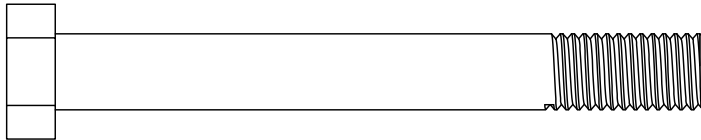
HARDWARE



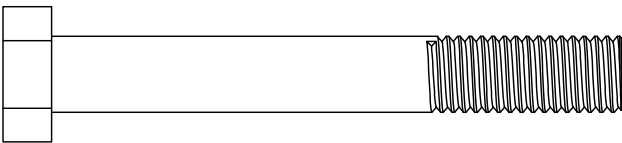
(33#) $\varnothing 16 \times 167 \times M12$ Axle (Qty 3)



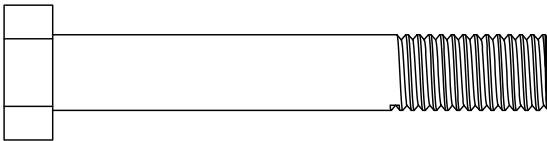
(32#) $M10 \times 95$ Hex Bolt (Qty 2)



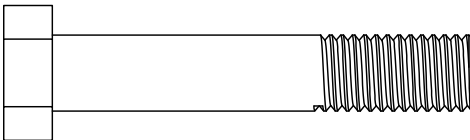
(22#) $M10 \times 85$ Hex Bolt (Qty 2)



(31#) $M10 \times 75$ Hex Bolt (Qty 9)

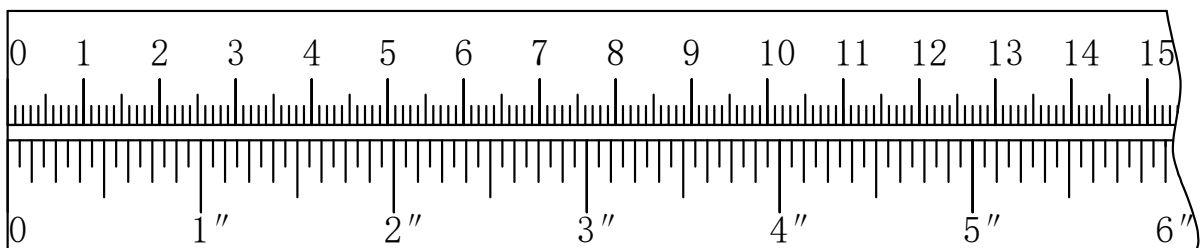


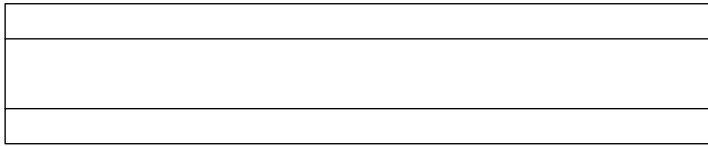
(30#) $M10 \times 65$ Hex Bolt (Qty 1)



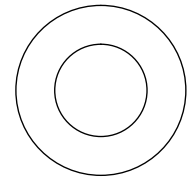
(36#) $M10 \times 55$ Hex Bolt (Qty 1)

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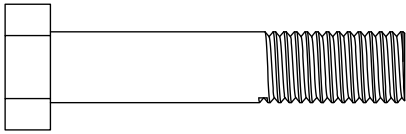




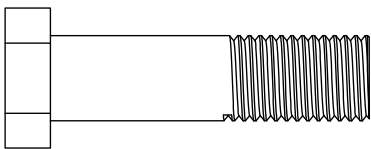
(52#) M12 Long Hex Nut (Qty 1)



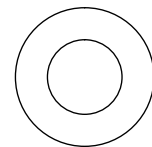
(42#) Ø12 Washer (Qty 14)



(35#) M10×50 Hex Bolt (Qty 3)



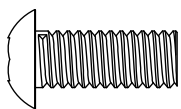
(34#) M12×45 Hex Bolt (Qty 4)



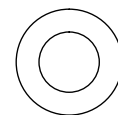
(41#) Ø10 Washer (Qty 34)



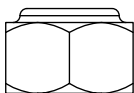
(39#) M8×65 Allen Bolt (Qty 2)



(37#) M8×20 Allen Bolt (Qty 2)



(40#) Ø8 Washer (Qty 4)



(45#) M12 Aircraft Nut (Qty 10)



(44#) M10 Aircraft Nut (Qty 16)

