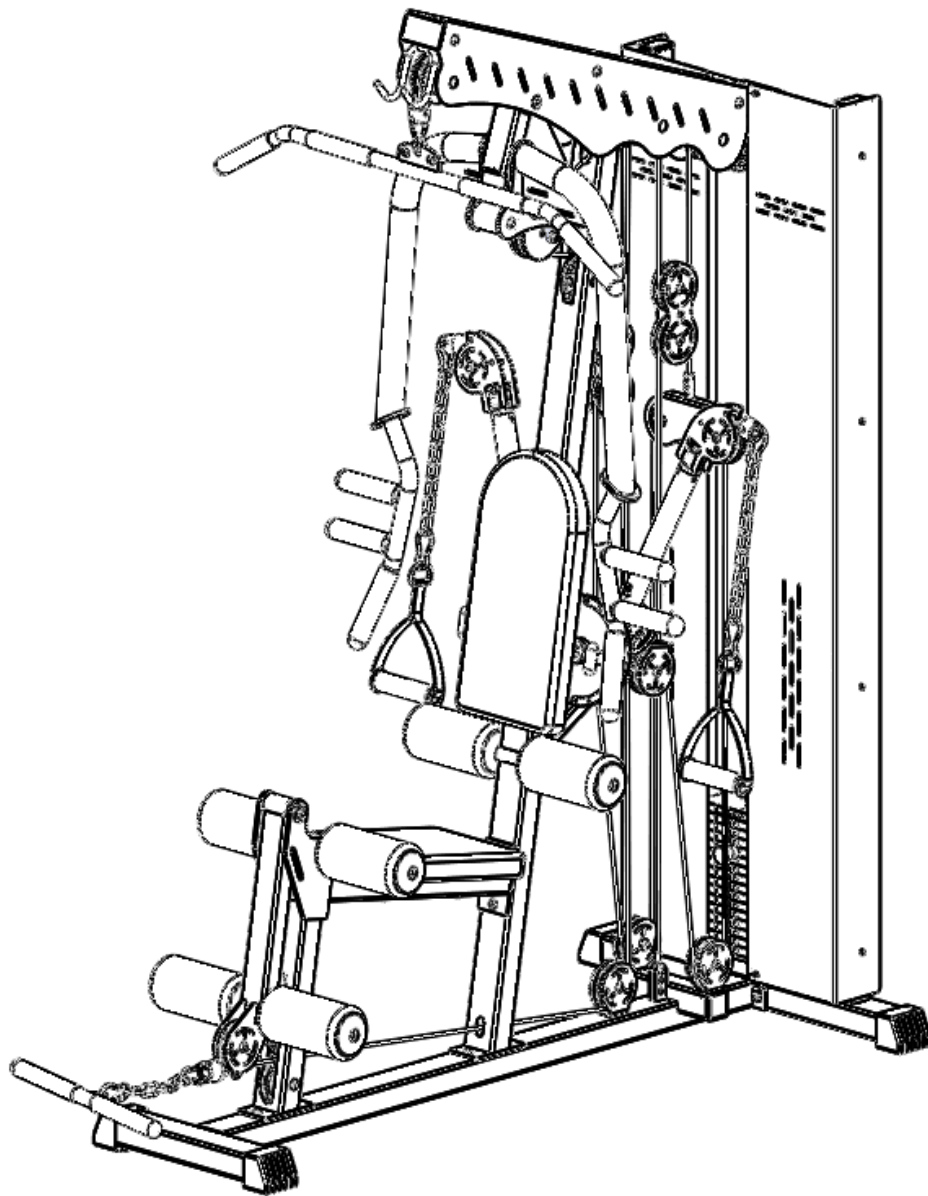


FRENCH FITNESS

FF-X7

FRENCH FITNESS X7 MULTI HOME GYM
W/FUNCTIONAL ARMS

OWNER'S MANUAL



FEATURES

- Steel Tube: Q235, 1.6 in x 3.2 in (40 mm x 80 mm)
- Pulley: Nylon, 4.2 in x .8 in (106 x 20 mm), with sealed bearing 6202RS, more durable than cast iron and protect cable
- Cable: Steel cable .13 in (3.5 mm) jacketed with PVC .21 in (5.5 mm) outside diameter
- Powder Coating: 2 rounds
- Stuffing: PU foam with synthetic leather

TECH SPECS

- Weight Stack: 174 lb (80 kg)
- Weight: 408 lb (185 kg)
- Dimensions (L x W x H): 63" 44" x 81" (1580 mm x 1100 mm x 2050 mm)


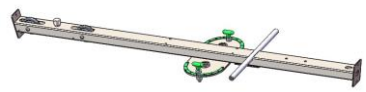
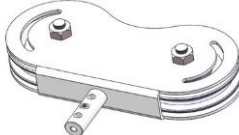
WARRANTY

- **10 Years Parts, 1 Year Labor (Home)**


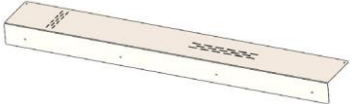
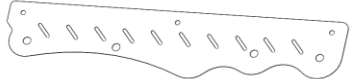
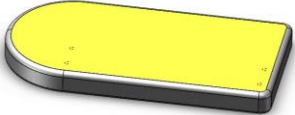


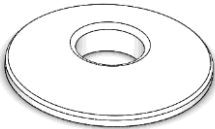

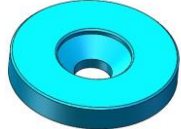

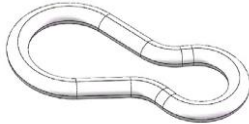
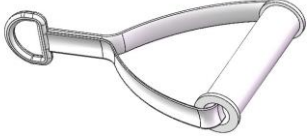



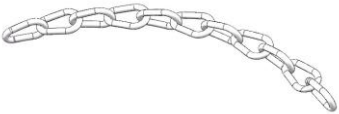
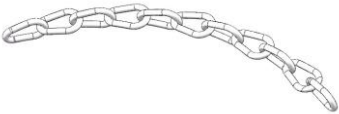

TABLE OF CONTENTS

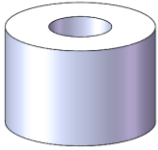
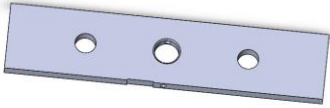
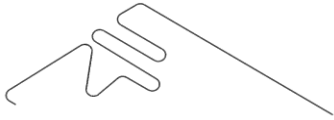


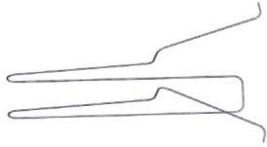
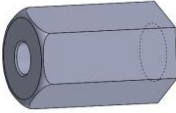
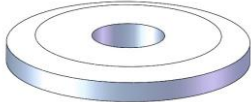
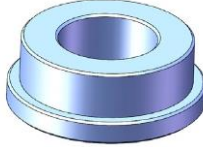






Parts list	4
Assembly steps.....	8
Training instruction.....	27

Parts list-1 (individual packaging)











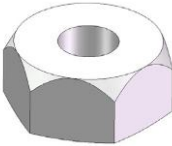
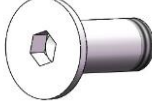
		
NO 1 Small door welding group *1pcs	NO 2 Base components*1pcs	NO 3 Inclined column welding group *1pcs
		
NO 4 Upper oblique welding group *1pcs	NO 5 Turntable assembly*1pcs	NO 6 Boom right assembly*1 pcs
		
NO 7 Boom left assembly*1pcs	NO 8 Boom assembly * 2 pcs	NO 9 Guide component *1pcs
		
NO 10 Bracket component *1pcs	NO 11 Leg arm assembly *1pcs	NO 12 Short foam rod set *1pcs
		
NO 13 Long foam rod set *1pcs	NO 14 Double hanging pulley assembly*1pcs	NO 15 Pulley combination * 2 pcs
		
NO 16 High tensile welding group *1pcs	NO 17 Low-stretch welding group *1pcs	NO 18 Counterweight component *1pcs

Parts list-2 (Assembly parts)

					
NO 19	Left guard plate*1 pcs	NO 20	Right guard plate*1 pcs	NO 21	Upper guard * 2 pcs
					
NO 22	Backrest*1 pcs	NO 23	Seat cushion*1 pcs	NO 24	Foam roller *6 pcs
					
NO 25	Foam bucket inner lid*6 pcs	NO 26	Foam barrel outer cover*6 pcs	NO 27	Aluminum alloy end cover*2pcs
					
NO 28	Nylon spacer*4 pcs	NO 29	Standard safety hook * 4 pcs	NO 30	Low pull handle*2 pcs
					
NO 31	Wire rope joint * 4 pcs	NO 32	Small door optical axis * 2pcs	NO 33	Counterweight bolt *1pcs
					

NO 34	Chain 0.35m*2 pcs	NO 35	Chain 0.5m*1 pcs	NO 36	Rotating shaft*2 pcs
					
NO 37	Weight piece rubber sleeve * 2 pcs	NO 38	Long weight stack * 15 pcs	NO 39	Wire rope (large and small head) *1pcs
					
NO 40	Wire rope (small, flat head) *1pcs	NO 41	Wire rope (single flat head) *1pcs	NO 42	Wire rope (double small head) *1pcs
					
NO 43	Tie line fixing sleeve*1pcs	NO 44	Gasket*6 pcs	NO 45	Nylon sleeve * 2 pcs
					
NO 46	Joint shaft *1pcs	NO 47	Blisterpack*1pcs	NO 48	Manual *1pcs
					

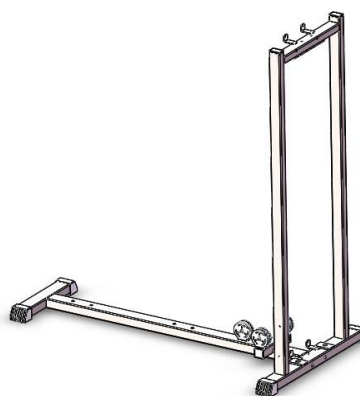
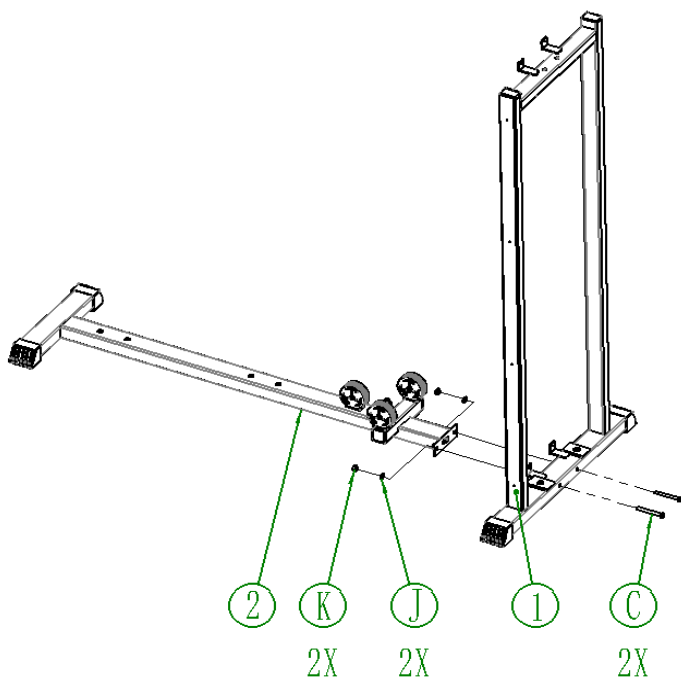
Blister Pack Screw List

								
A	Hexagon socket flat head screws M10*110*3pcs	B	Hexagon socket flat head screw	C	Hexagon socket flat head screw M10*90*2pcs			
								
D	Hexagon socket flat head screw M8*70*8pcs	E	Hexagon socket flat head screw M10*65*2pcs	F	Hexagon socket flat head screw M10*55*2pcs			
								
G	Hexagon socket flat head screw M10*20*14pcs	H	Hexagon socket flat head screw	I	Hexagon socket head screw M5*12*12pcs			
								
J	Ø10 flat gasket*14pcs	K	M10 lock nut*14pcs	L	M10*25 hexagon socket flat countersunk head screws*2pcs			

Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
1	NO 1	Small door welding group	1	K	M10 lock nut	2
	NO 2	Base components	1			
	C	M10*90Hexagon socket flat head screws	2			
	J	Ø10 flat gasket	2			

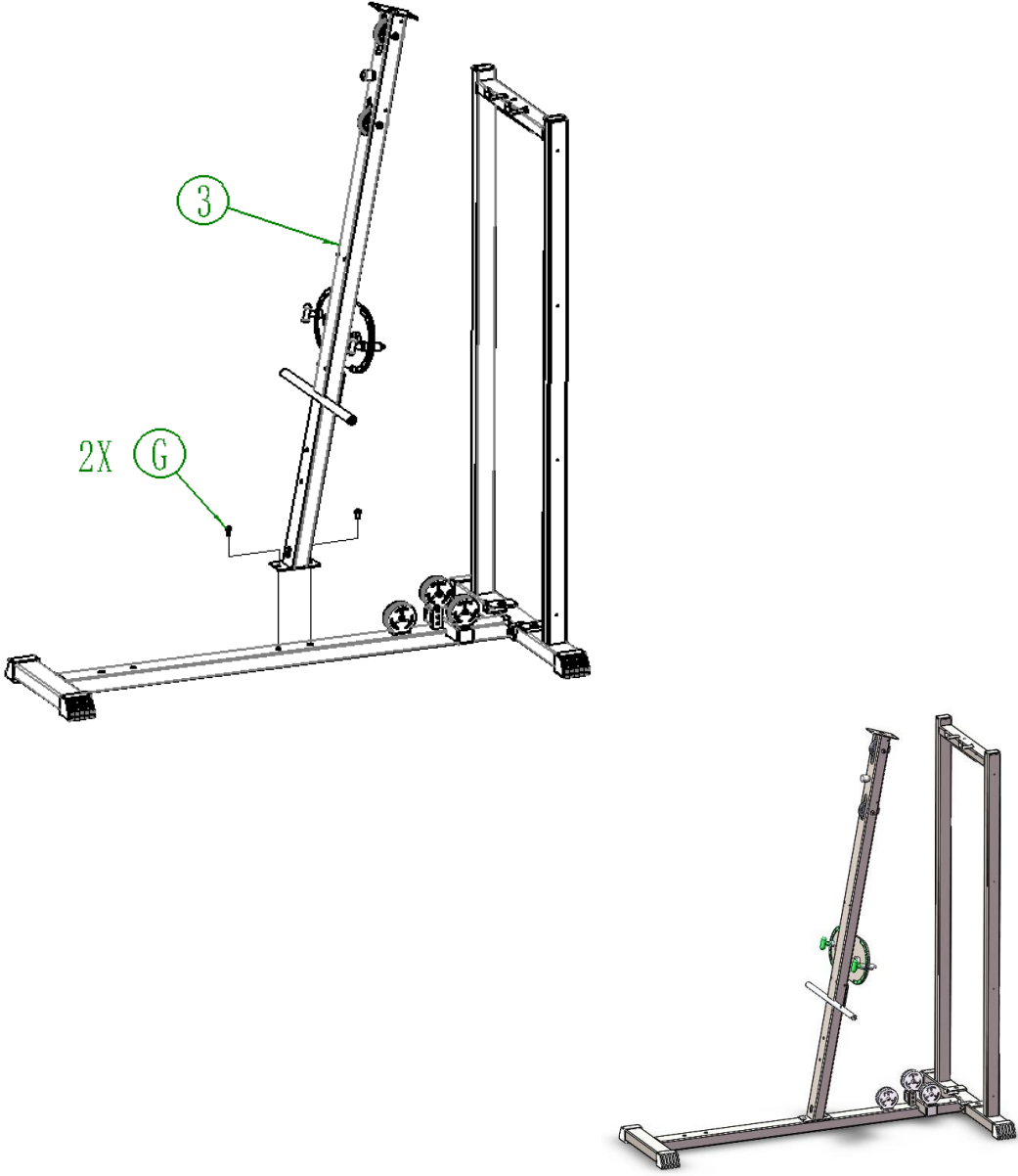
Tools



Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
2	NO 3	Inclined column welding group	1			
	G	M10*20Hexagon socket flat head screws	2			

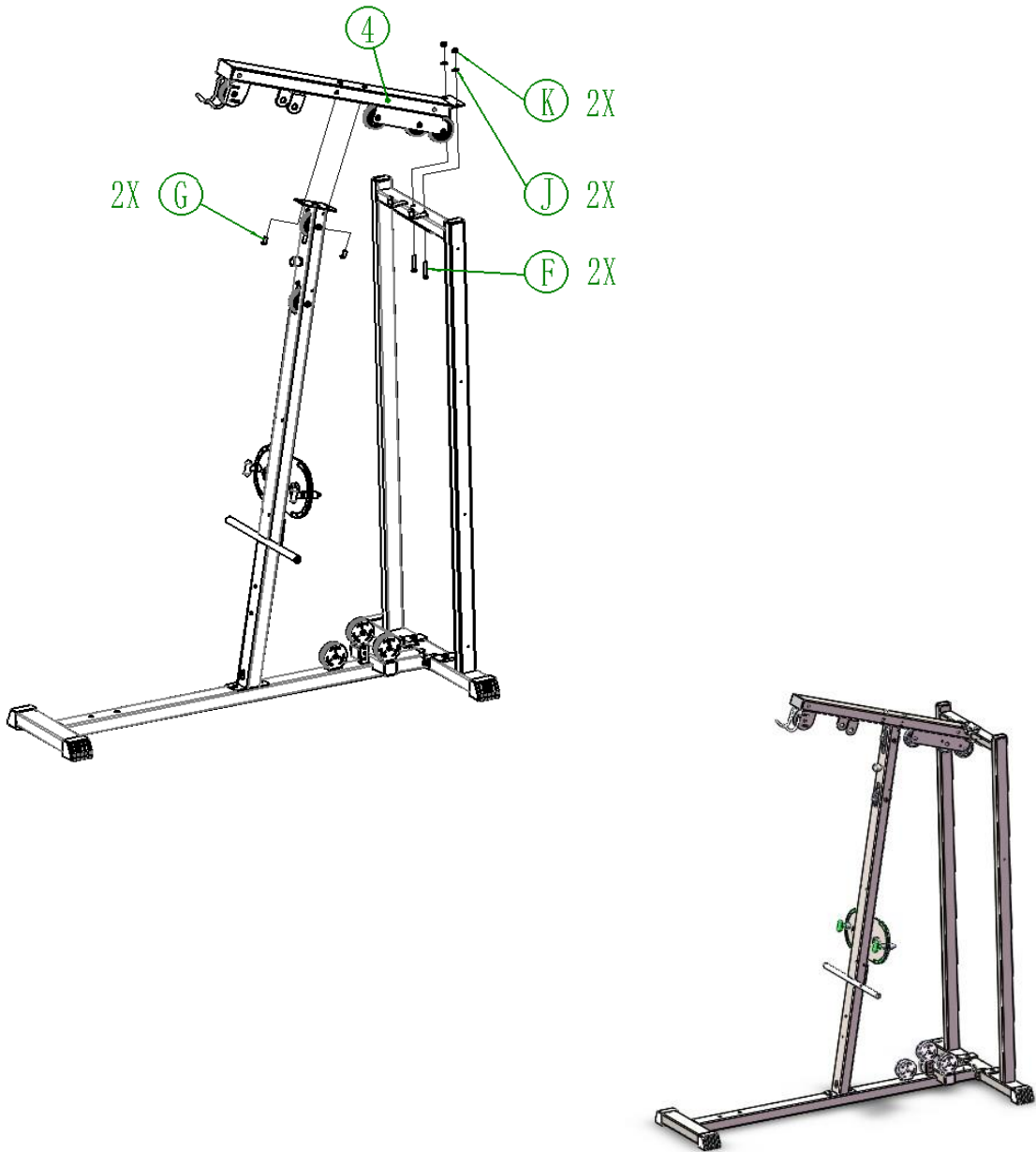
Tools



Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
3	NO 4	Inclined welding group	1	K	M10Locknut	2
	G	M10*20Hexagon socket flat head screws	2			
	F	M10*55Hexagon socket flat head screws	2			
	J	Ø10 flat gasket	2			

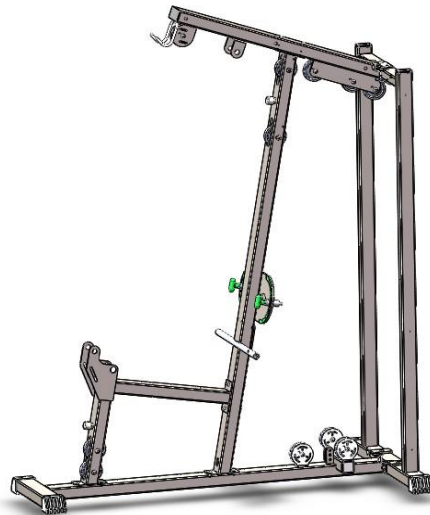
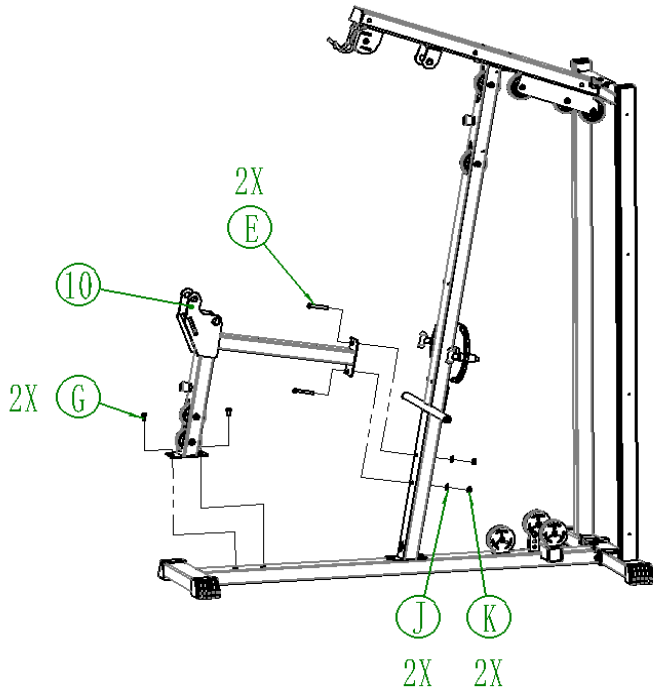
Tools



Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
4	NO 10	Bracket assembly	1	K	M10Locknut	2
	E	M10*65Hexagon socket flat head screws	2			
	G	M10*20Hexagon socket flat head screws	2			
	J	Ø10 flat gasket	2			

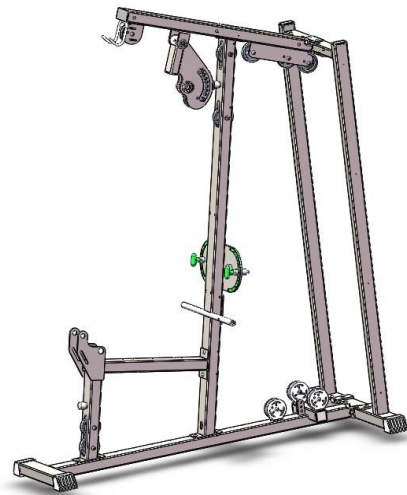
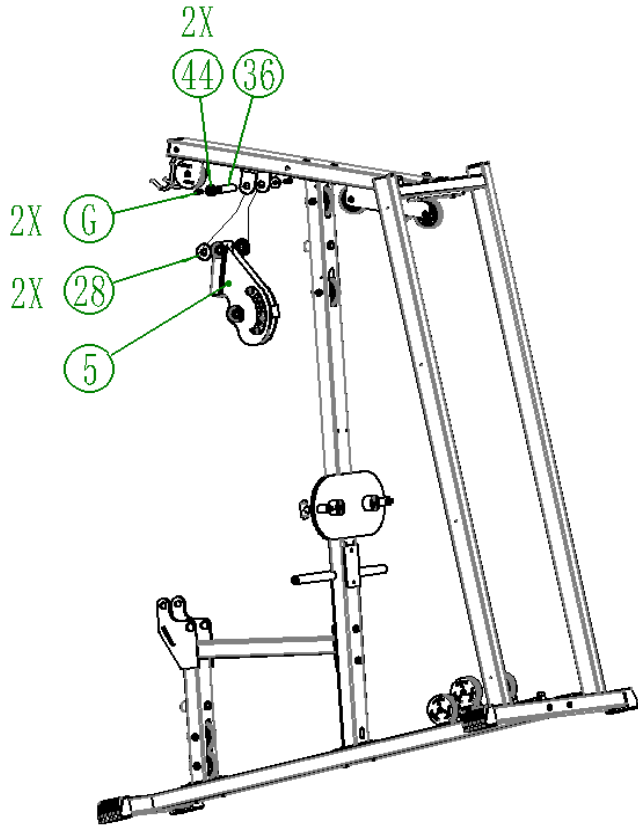
Tools



Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
5	NO 5	Turntable assembly	1	G	M10*20Hexagon socket flat head screws	2
	NO 28	Nylon spacer	2			
	NO 36	Shaft	1			
	NO 44	Gasket	2			

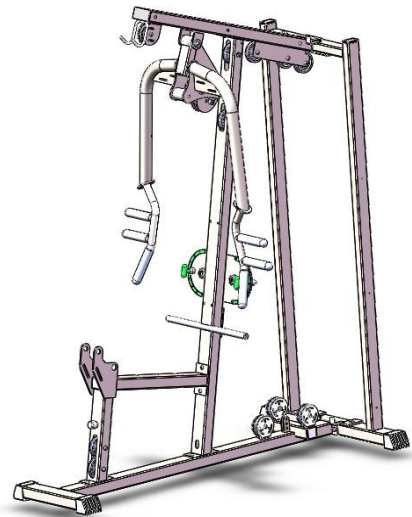
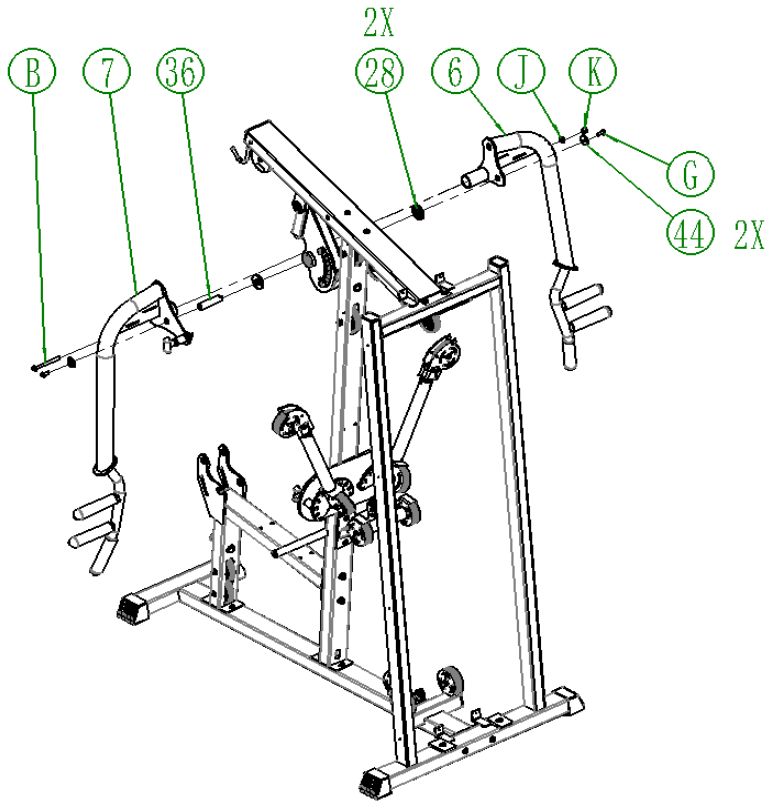
Tools



Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
6	NO 6	Boom right assembly	1	G	M10*20Hexagon socket flat head screws	2
	NO 7	Boom left assembly	1	B	M10*100Hexagon socket flat head screws	1
	NO 28	Nylon spacer	2	J	Ø10 flat gasket	1
	NO 30	Shaft	1	K	M10Locknut	1
	NO 40	Gasket	2			

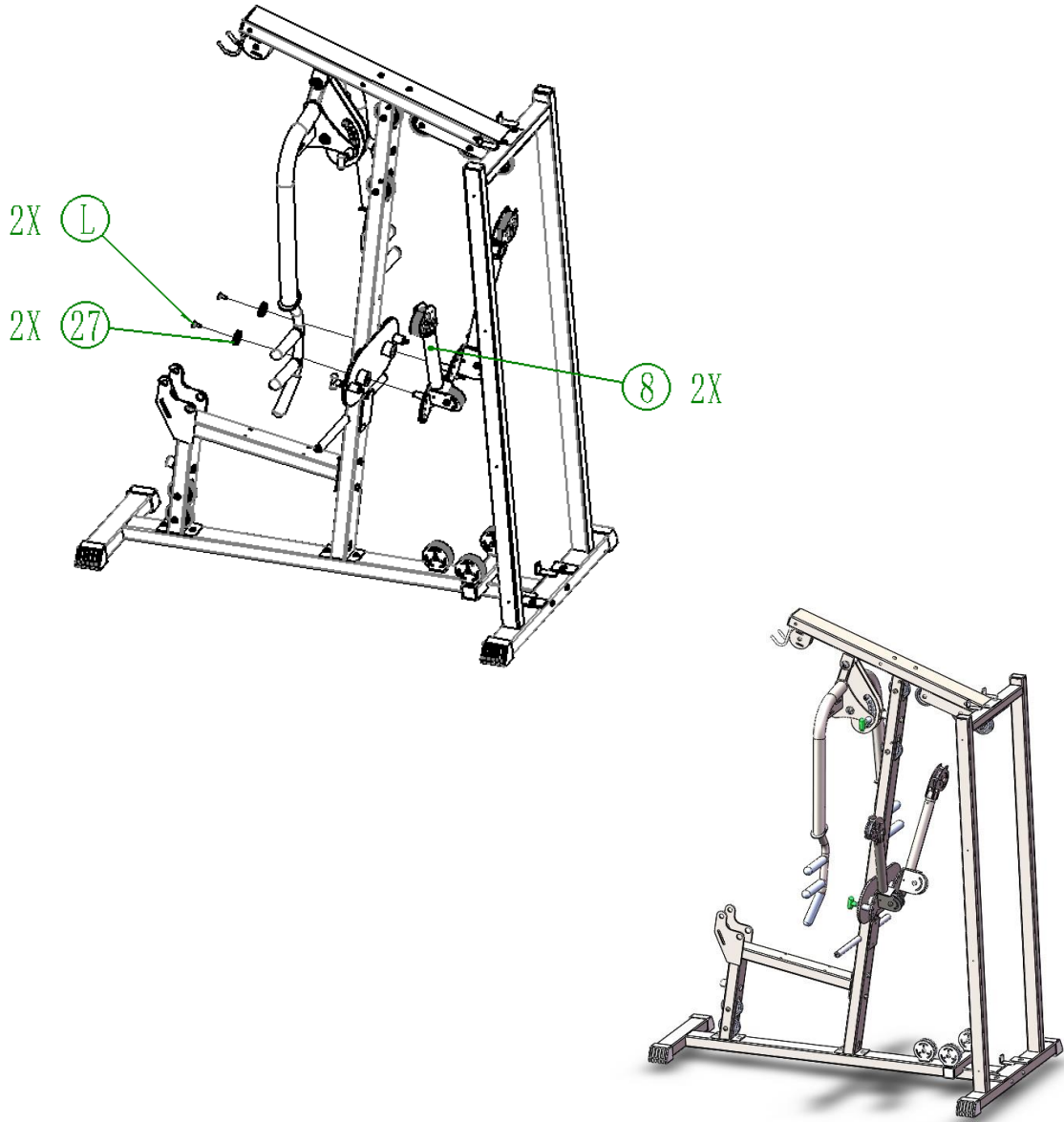
Tools



Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
7	NO 8	Boom assembly	2			
	NO 27	Aluminum alloy end cap	2			
	L	M10*25Hexagon socket countersunk head screws	2			

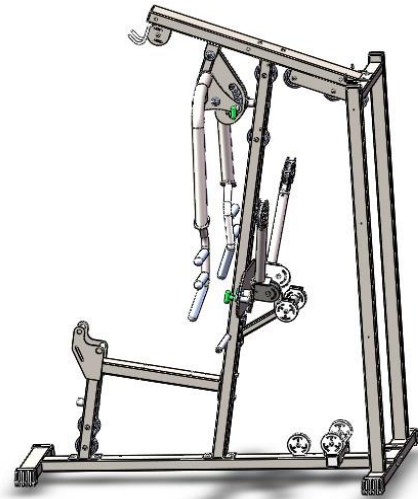
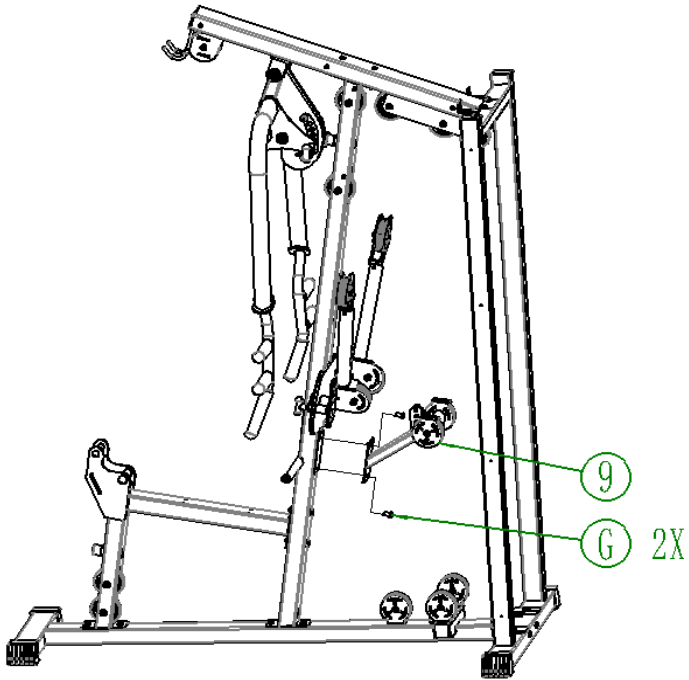
Tools



Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
8	NO 9	Guide components	1			
	G	M10*20Hexagon socket flat head screws	2			

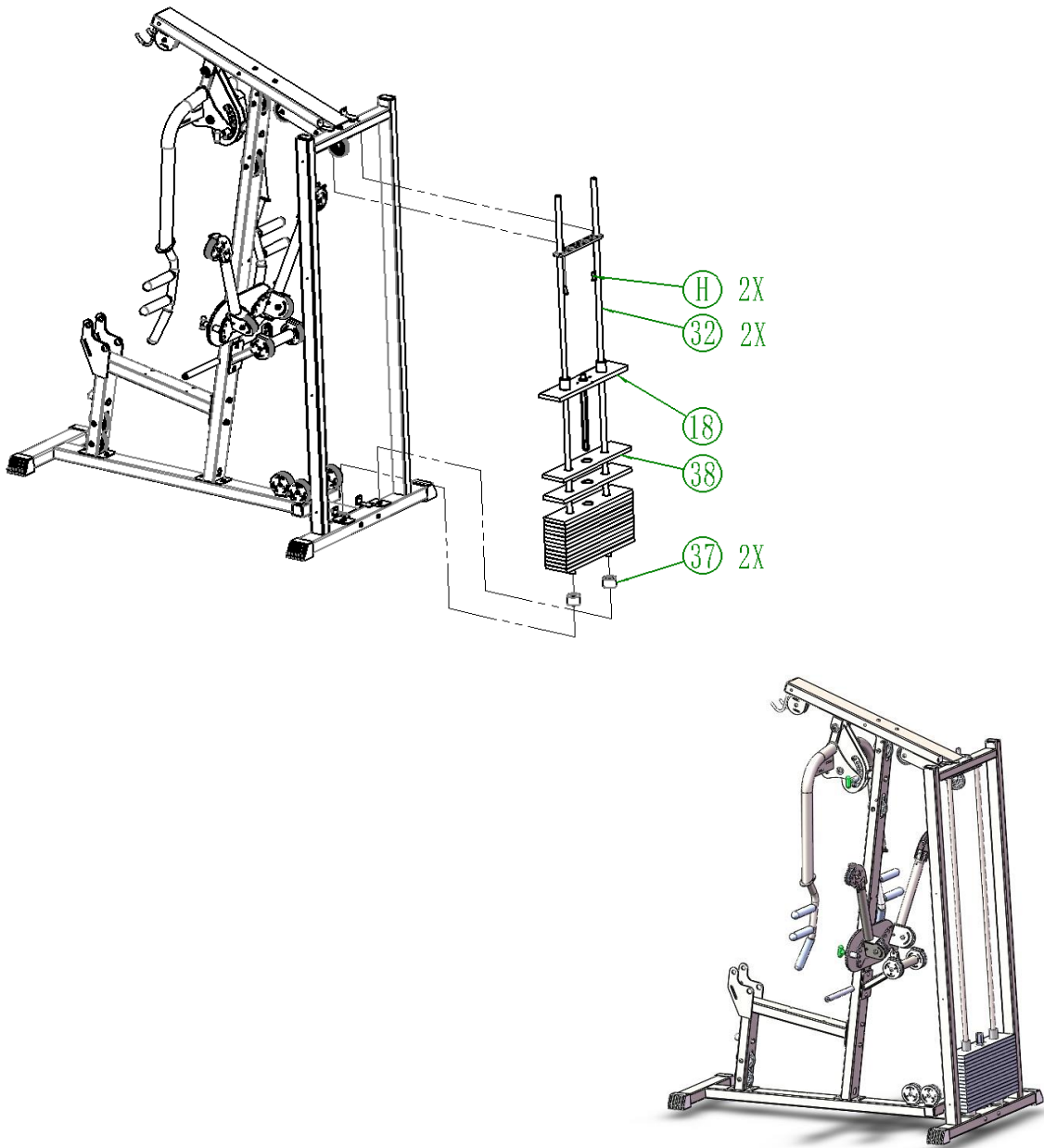
Tools



Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
9	NO 18	Counterweight components	1	H	Hexagon flat head screw M10*30	2
	NO 32	Small door optical axis	2			
	NO 37	Weight piece rubber sleeve	2			
	NO 38	Long counterweight	15			

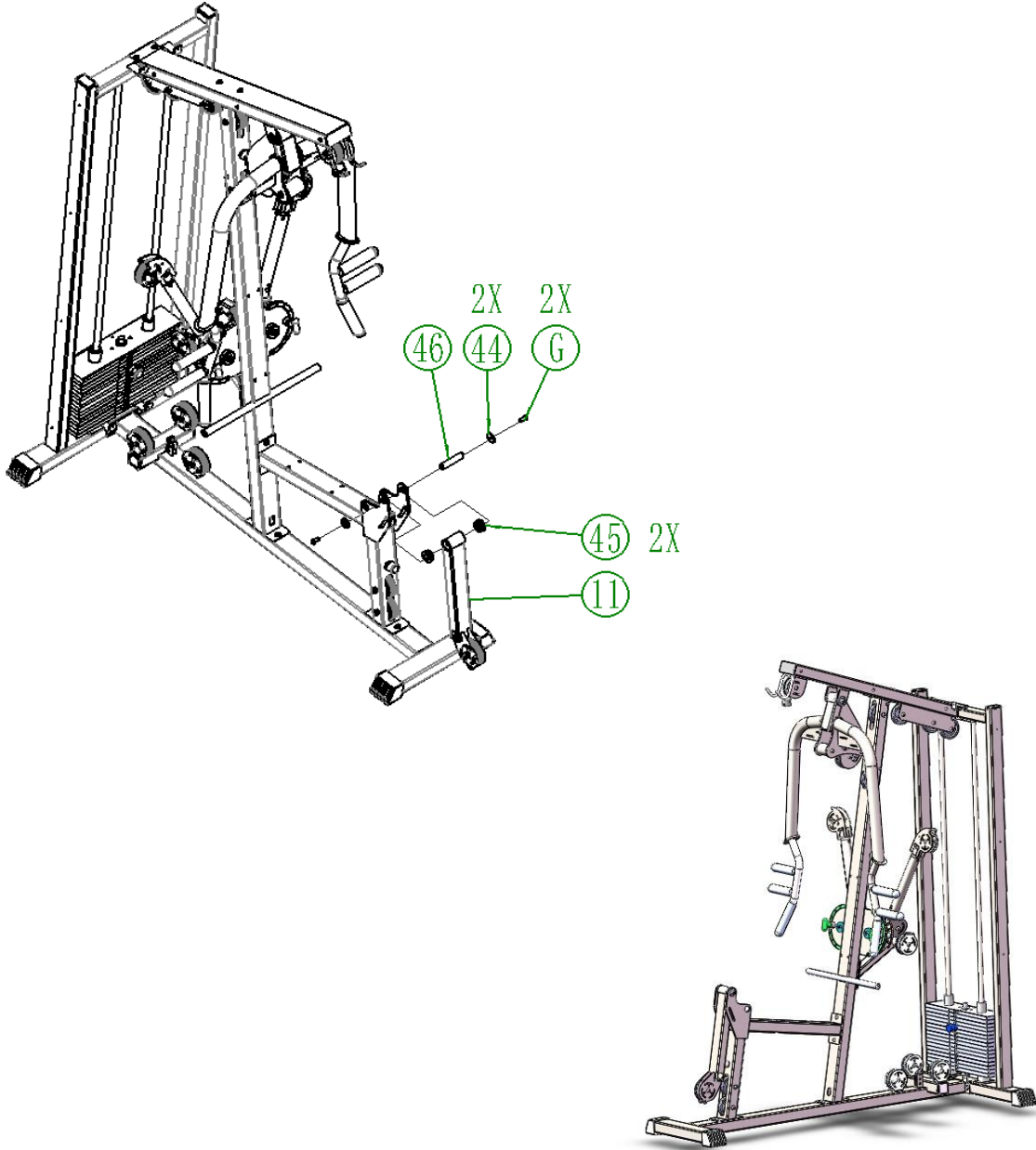
Tools



Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
10	NO 11	Leg arm assembly	1	G	Hexagon flat head screw M10*20	2
	NO 44	Gasket	2			
	NO 45	Nylon sleeve	2			
	NO 46	Joint axis	1			

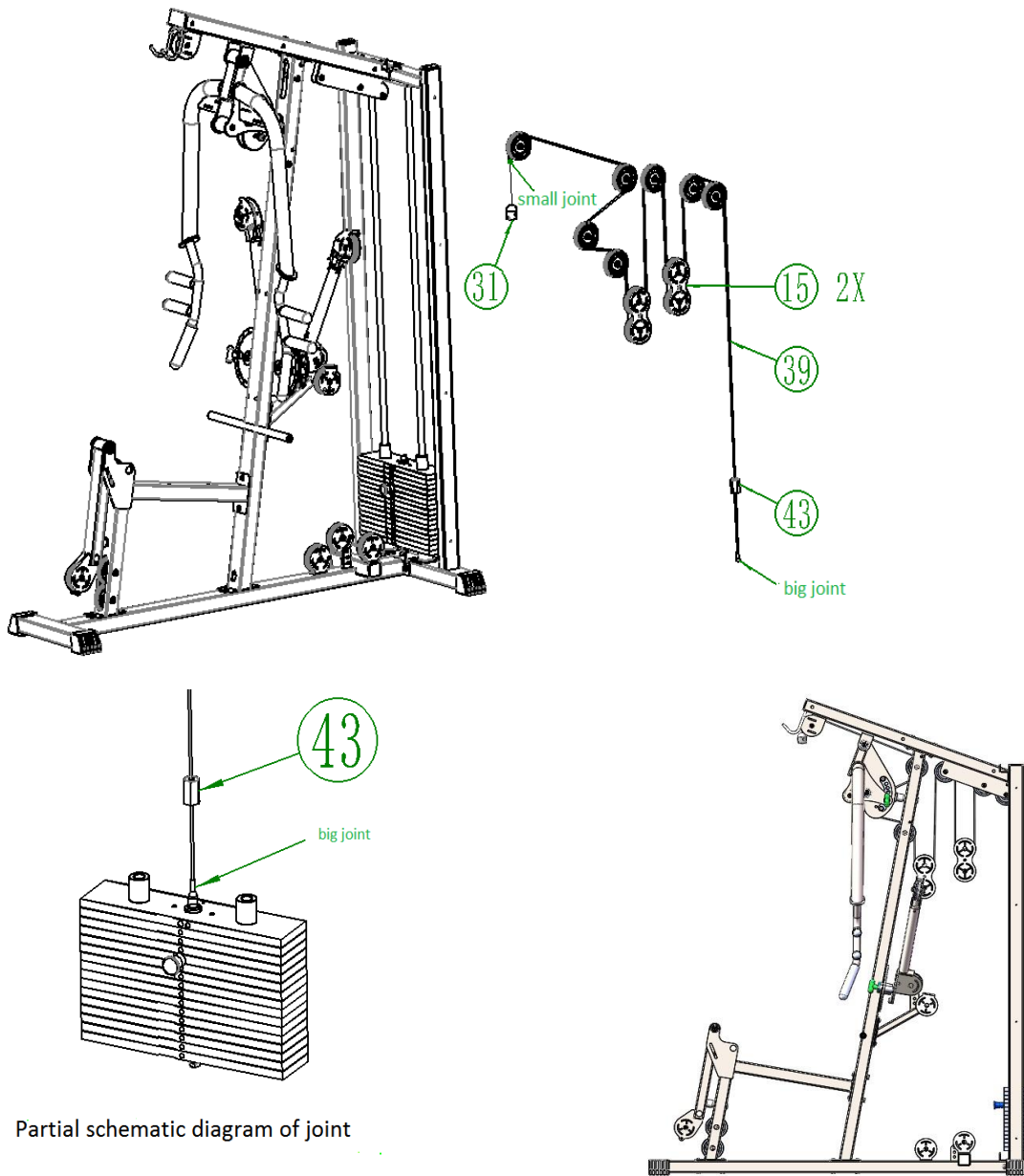
Tools



Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
11	NO 15	Pulley combination	2			
	NO 31	Wire rope Connector	1			
	NO 39	Wire rope	1			
	NO 43	Tie line fixing sleeve	1			

Tools



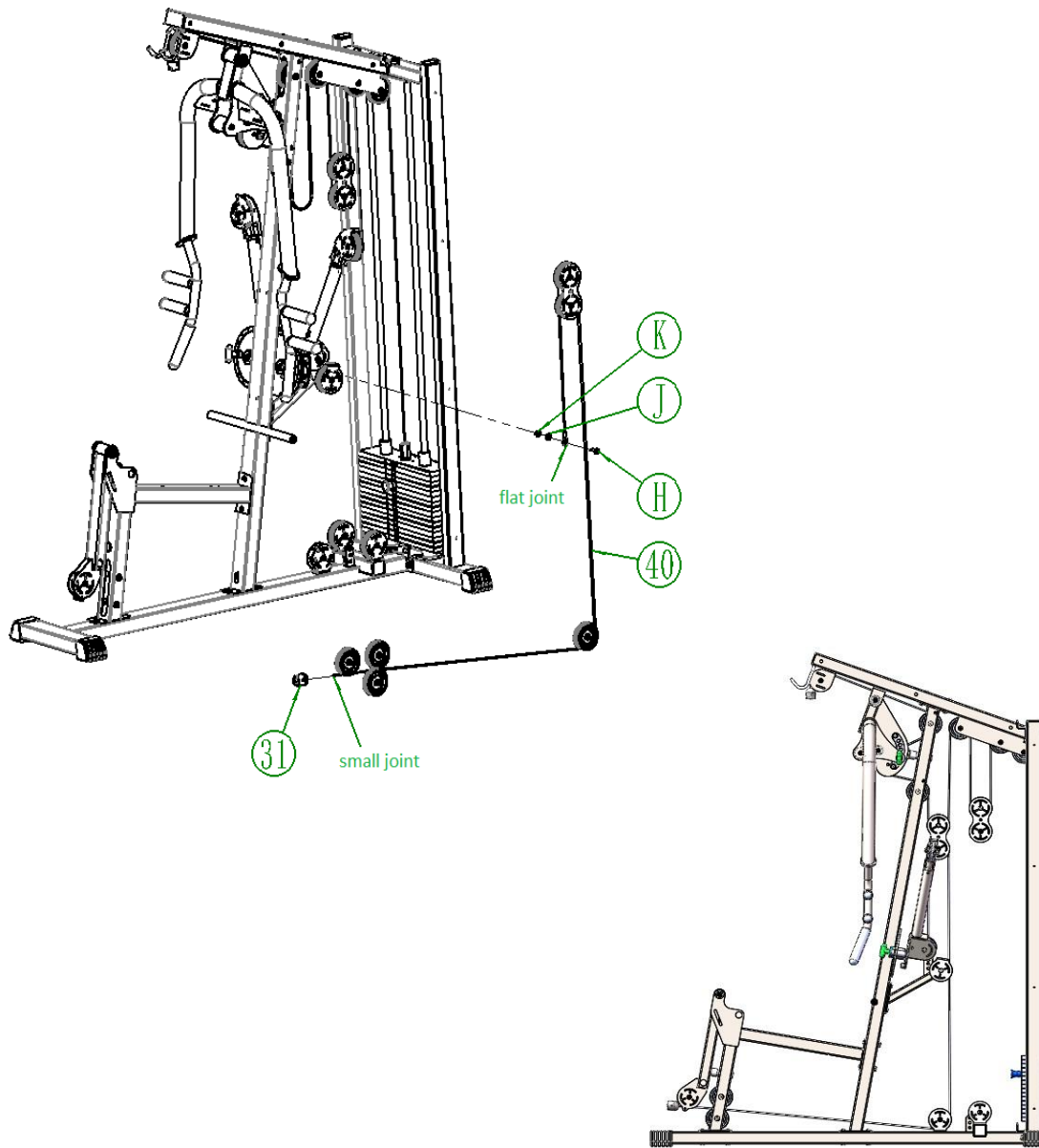
Partial schematic diagram of joint

Pay attention to the position of the two ends when threading the wire rope, and the installation pulley can be temporarily removed

Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
12	NO 31	Wire rope Connector	1	K	Locknut M10	1
	NO 40	Wire rope	1			
	H	Hexagon flat head screw M10*30	1			
	J	Flat washer Ø10	1			

Tools

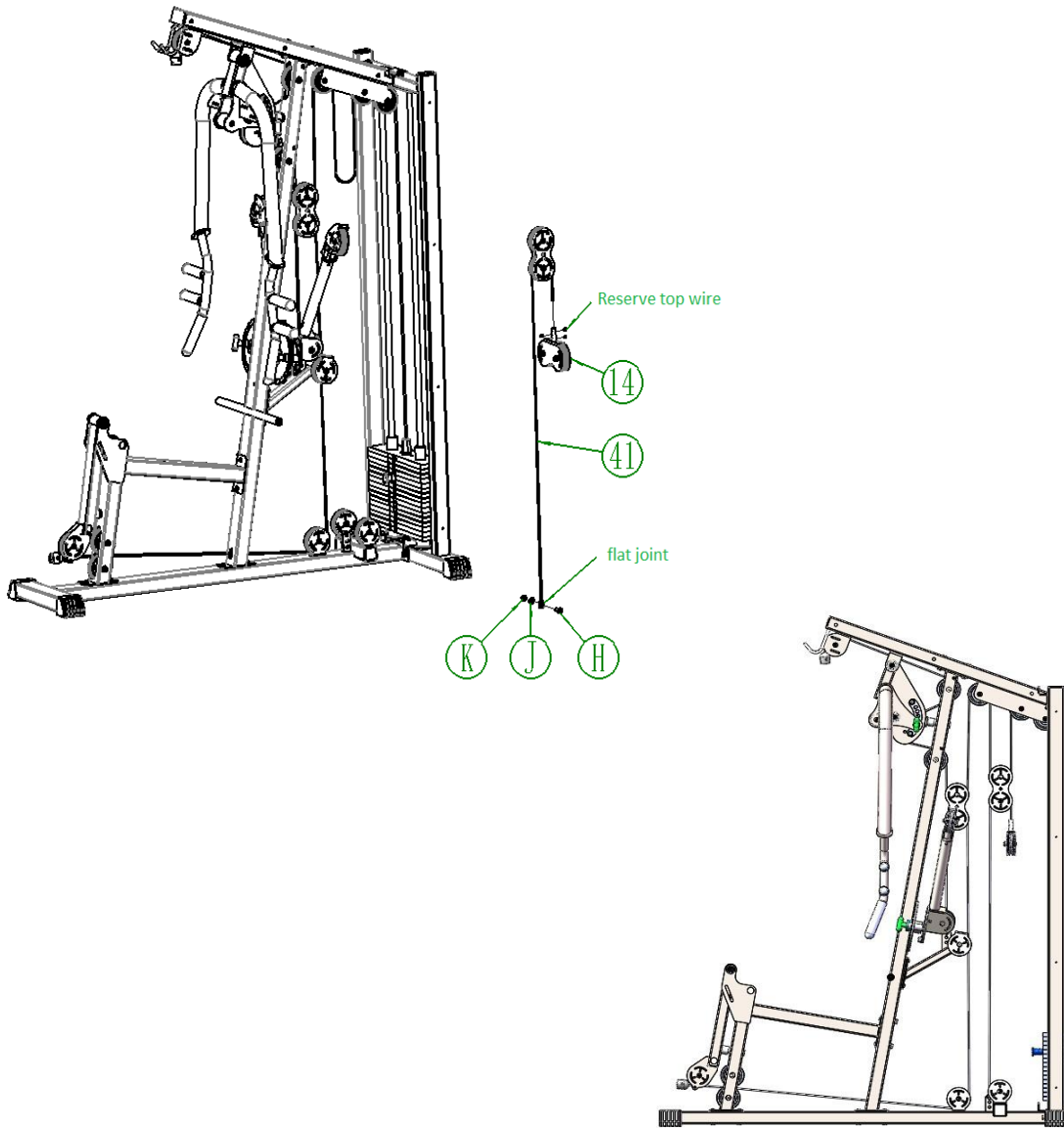


Pay attention to the position of the two ends when threading the wire rope, and the installation pulley can be temporarily removed

Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
13	NO 14	Double hanging pulley assembly	1	K	Locknut M10	1
	NO 41	Wire rope (single flat head)	1			
	H	Hexagon flat head screw M10*30	1			
	J	Flat washer Ø10	1			

Tools

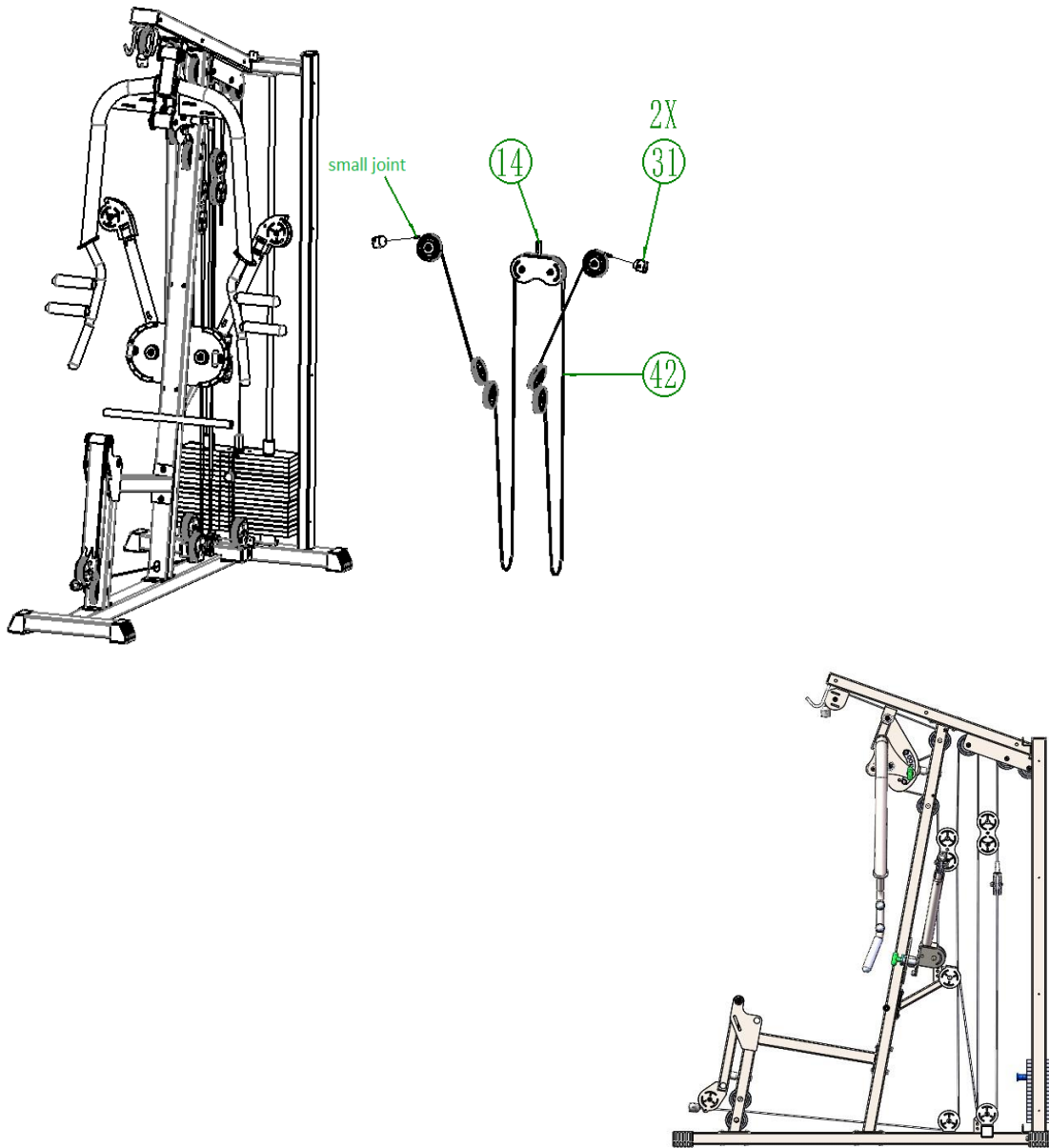


Pay attention to the position of the two ends when threading the wire rope, and the installation pulley can be temporarily removed

Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
14	NO 14	Double hanging pulley assembly	1			
	NO 31	Wire rope Connector	2			
	NO 42	Wire rope	1			

Tools

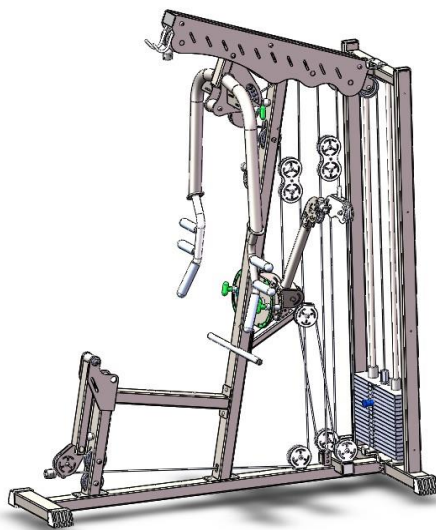
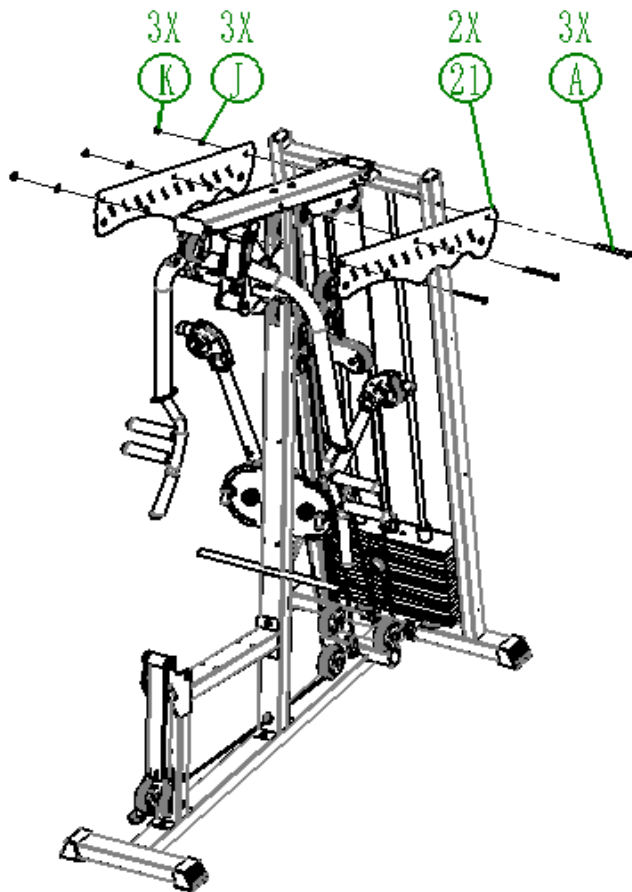


Pay attention to the position of the two ends when threading the wire rope, and the installation pulley can be temporarily removed

Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
15	NO 21	Upper guard	2			
	A	Hexagon flat head screw M10*110	3			
	J	Flat washer Ø10	3			
	K	Locknut M10	3			

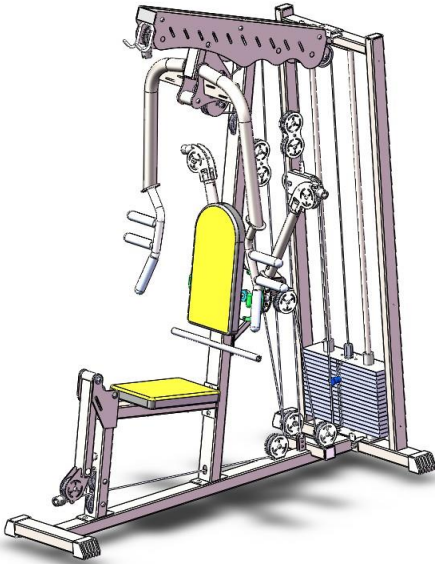
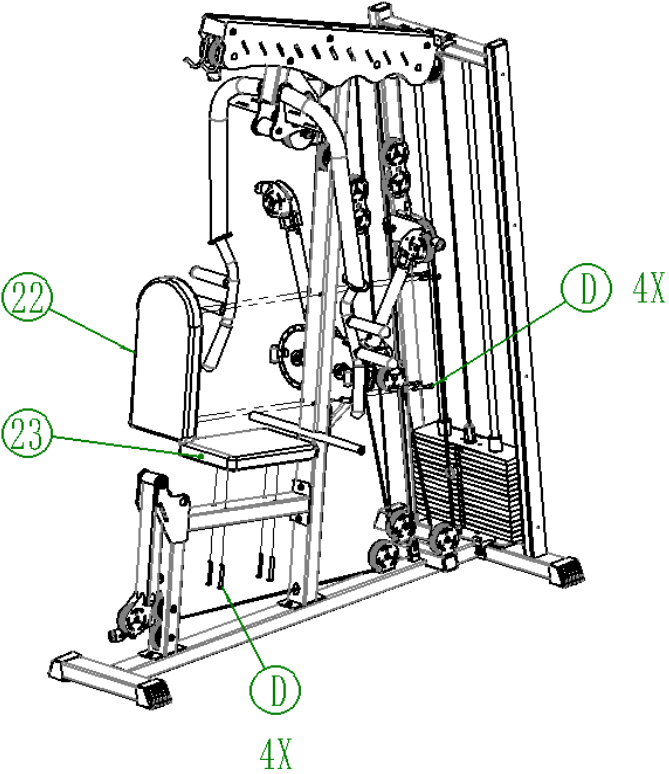
Tools



Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
16	NO 22	Backrest	1			
	NO 23	Seat cushion	1			
	D	Hexagon flat head screw M8*70	8			

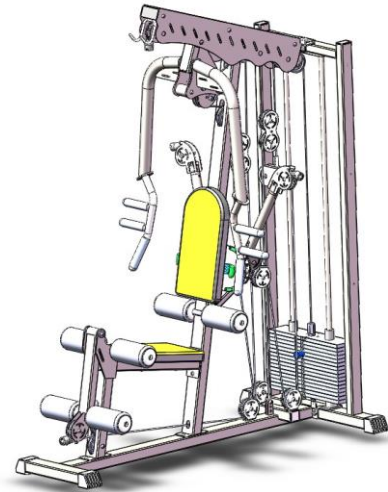
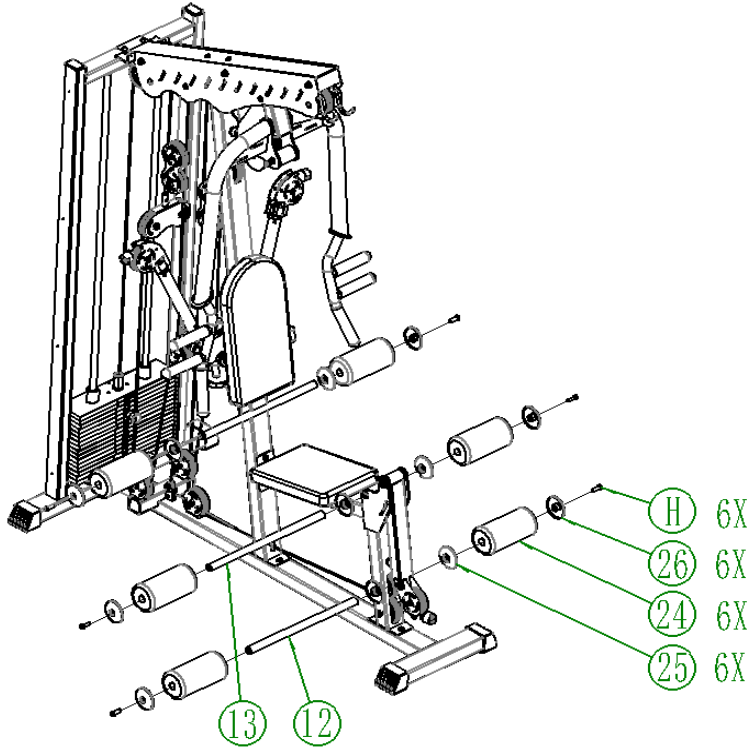
Tools



Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
17	NO 12	Short foam rod set	1	NO 26	Foam barrel outer cover	6
	MO 13	Long foam rod set	1	H	Hexagon flat head screw M10*30	6
	NO 24	Foam roller	6			
	NO 25	Foam bucket lid	6			

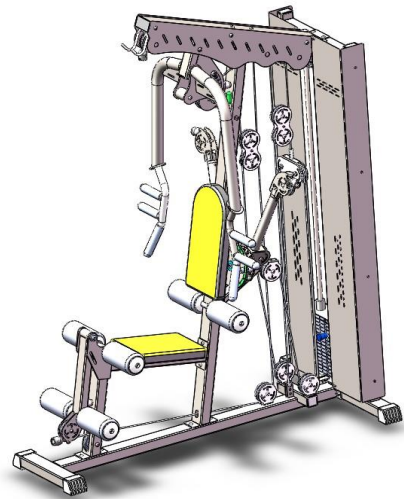
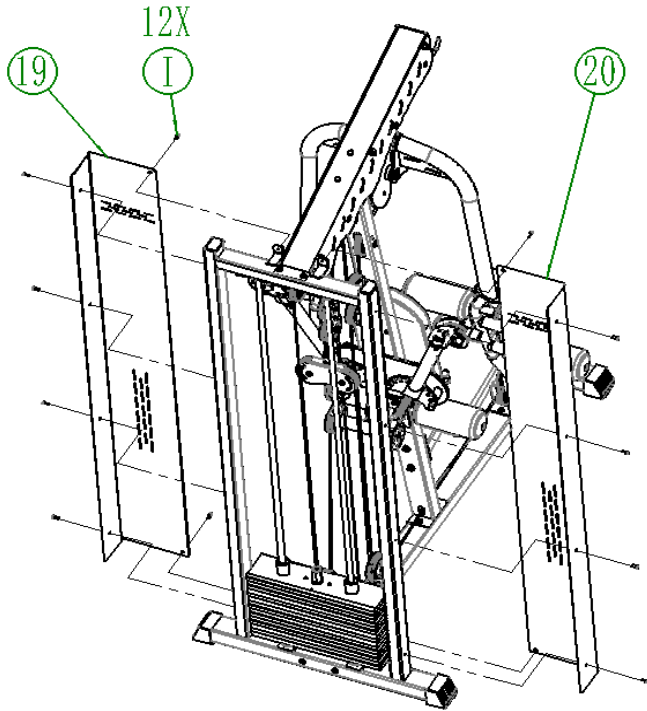
Tools



Assembly steps

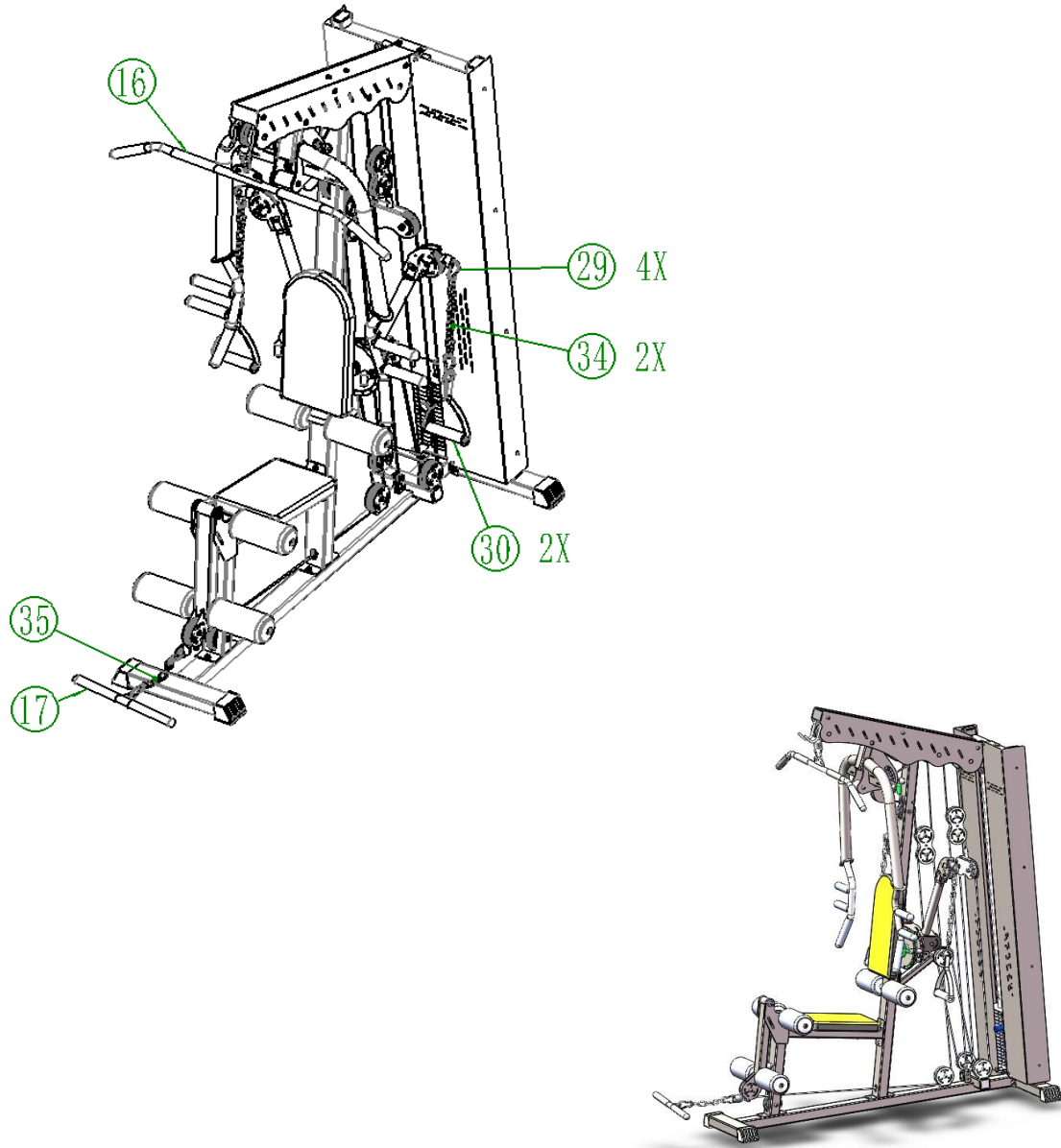
Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
18	NO19	Left cover	1			
	NO20	Right cover	1			
	I	Hexagon flat head screw M5*12	12			

Tools



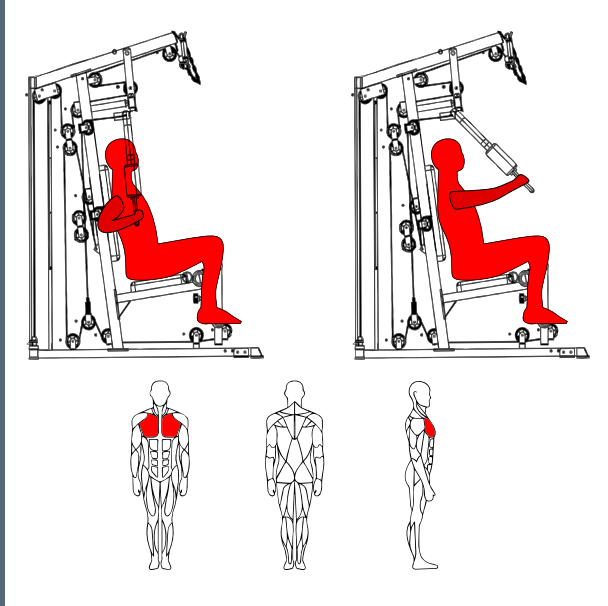
Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
19	NO 16	Lat Pulldown welding	1	NO 34	Chain0.35m	1
	NO 17	Low pull welding group	1	NO 35	Chain0.5m	1
	NO 29	Safety hook	4			
	NO 30	Low pull bar	2			
Tools						

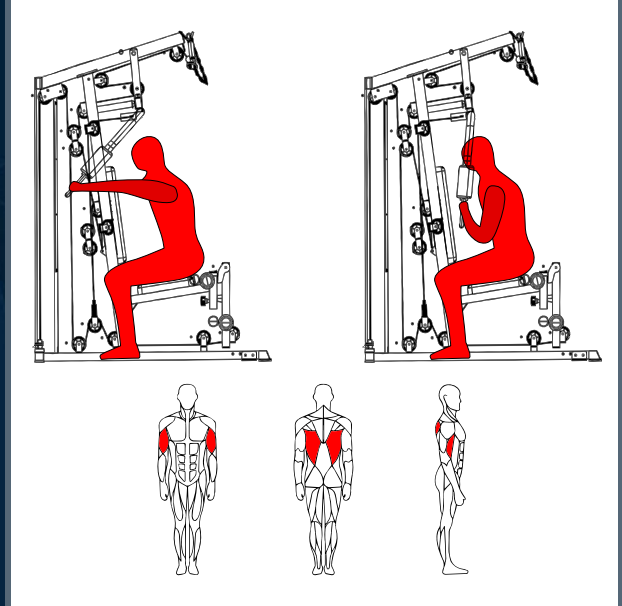


TRAINING INSTRUCTION

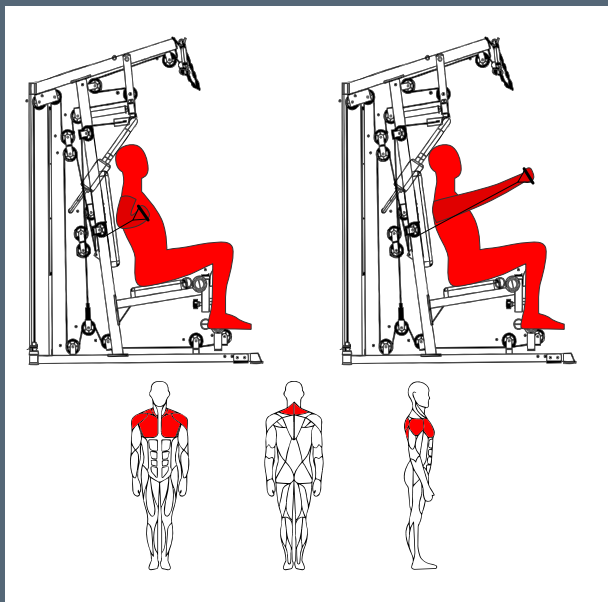
SEATED CHEST PRESS



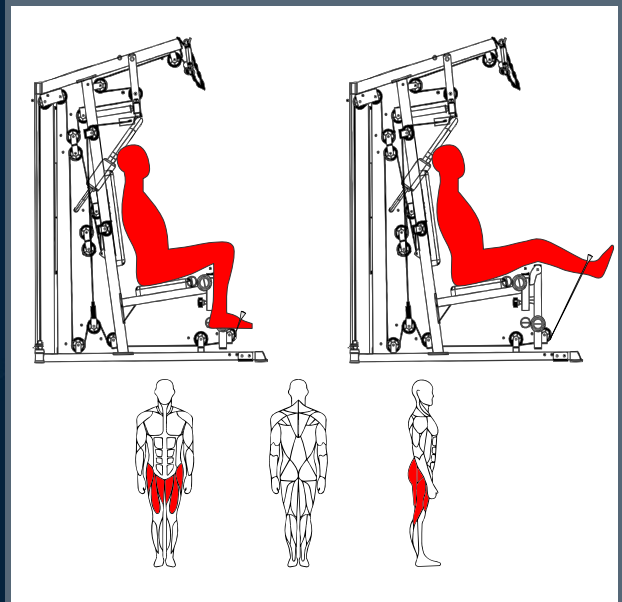
SEATED ROW



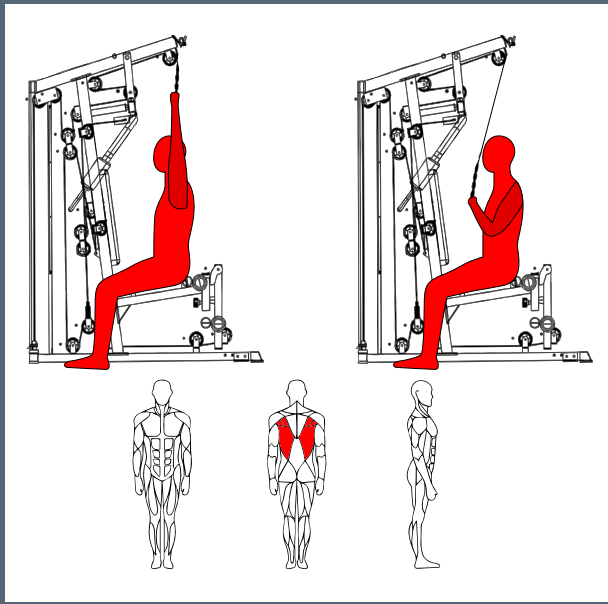
PEC FLY



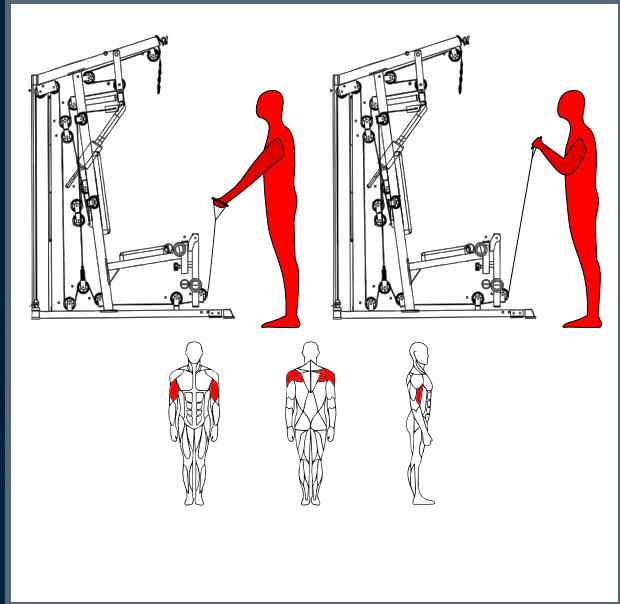
SEATED LEG EXTENSION



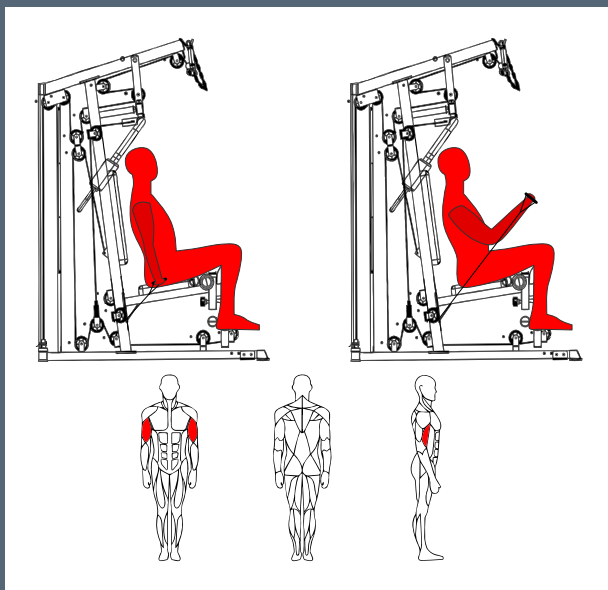
LAT PULLDOWN



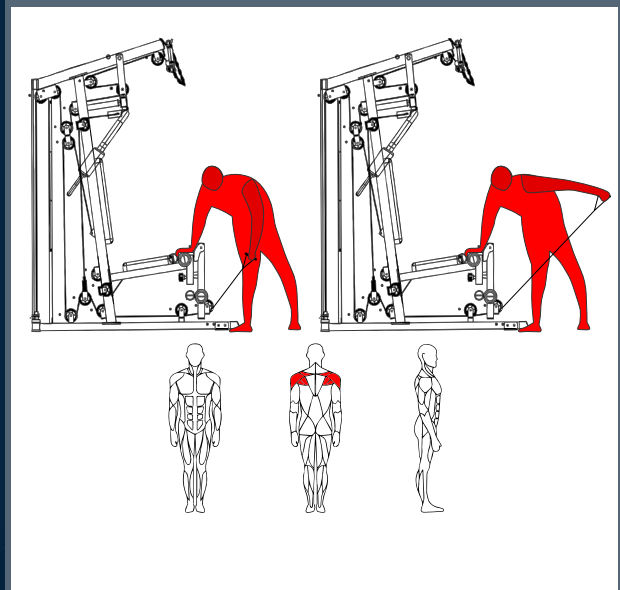
LIFTING



BICEPS



MULTIPLY PRESS



WARNING

1. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY KEEP CLEAR OF ALL MOVING DO NOT ATTEMPT TO FREE ANY JAMMED PART BY YOURSELF OBTAIN ASSISTANCE IN ORDER TO AVOID POSSIBLE INJURY.
2. TAKE YOUR TIME AND DO NOT RUSH THE EXERCISE PRACTICE PROPER BREATHING NEVER HOLD YOUR BREATH.
3. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT TO AVOID POSSIBLE INJURY. CHILDREN SHOULD BE KEPT AT A SAFE DISTANCE WHEN THIS EQUIPMENT IS IN USE . TEENAGERS SHOULD NOT USE THIS EQUIPMENT WITHOUT ADULT SUPERVISION.