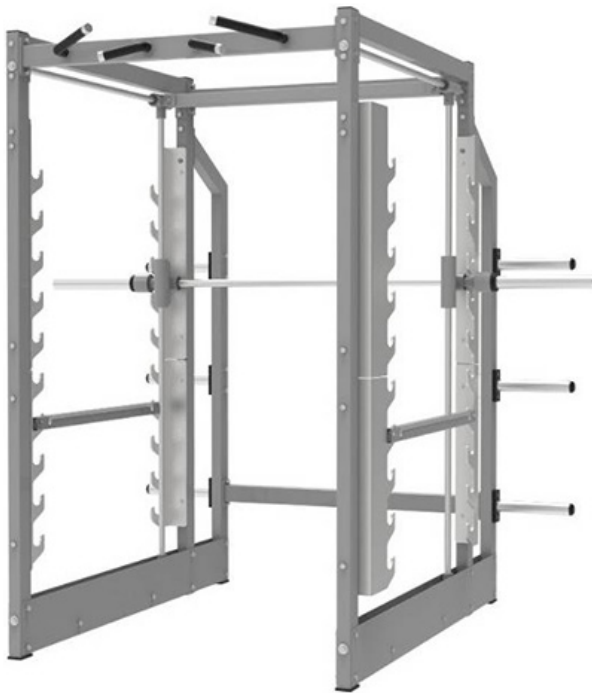


FRENCH FITNESS

FF-3D-SMITH

FRENCH FITNESS 3D DUAL ACTION
SMITH MACHINE

ASSEMBLY MANUAL



OR



FEATURES

- 11 Gauge Steel
- Commercial grade, heavy-duty steel frame
- Main tube: 50 x 75 x 3mm rectangular tube
- Secondary tube: 60 x 120 x 3mm rectangular tube
- 3D movement (up, down, backward, and forward)
- Heavy duty adjustable safety catch bars
- Electrostatic powder-coated for superior durability
- Integrated chin up bar
- Six (6) standard weight horns
- California Residents see Prop 65 WARNINGS

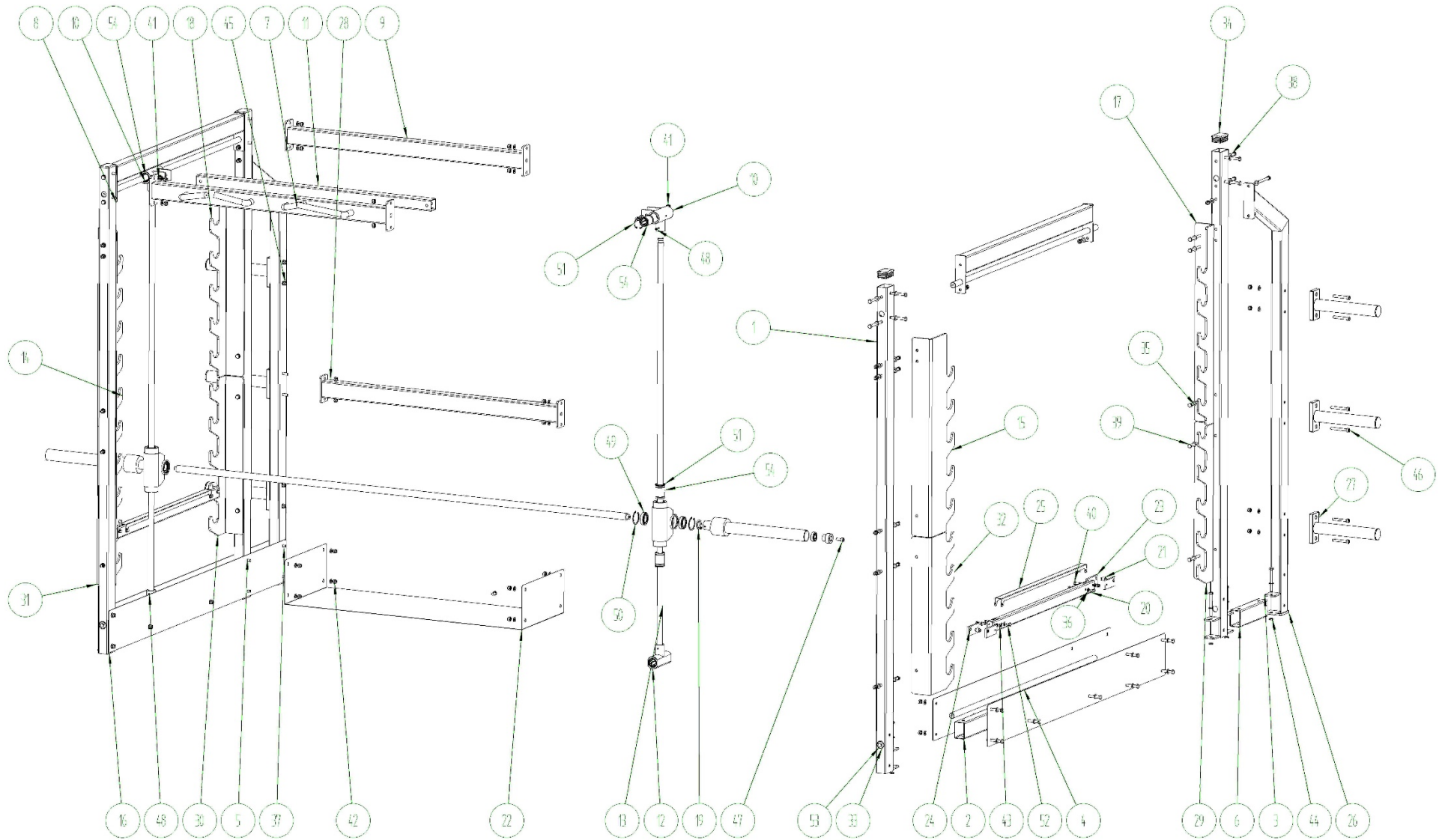
TECH SPECS

- Weight: 683.4lb (310kg)
- Dimensions: 76.7"L x 92.9"W x 87.4"H (L:1950mm, W:2360mm, H:2220mm)

WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

EXPLODED VIEW



PARTS LIST

Item No.	Spare parts No.	Quantity
1	TZ-6078-0100B Right support assembly	2
2	TZ-6078-0100 Base assembly	1
3	TZ-6078-0200 Right support pedal assembly	1
4	TZ-6078-0300 Seat base assembly	1
5	TZ-6066 seat	1
6	TZ-6078-0400 Back component	1
7	TZ-6078 Back cushion	1
8	TZ-6078-0400B Position regulating assembly	1
9	TZ-6078-0300B Connecting bracket	1
10	TZ-6078-0408 Stop pull pin	1
11	TZ-5048-0137 Nut	1
12	TZ-6078-0500 Pedal assembly	1
13	TZ-6078-0500B Stainless steel shaft assembly	2
14	TZ-6078-0514 Fixed optical axis flange	4
15	TZ-6068-0308 Hanging piece stainless steel pipe	4
16	TZ-6078-0600 Support pedal assembly	1
17	TZ-6078-0100C Live connection assembly	1
18	TZ-6078-0517 Gear board	1
19	Mirror TZ-6078-0517 Gear board	1
20	MWH-01 Shock pad	1
21	Limit assembly	1
22	TZ-6078-0306 Plate	2
23	TZ-6066-0406 The copper sleeve	8
24	TZ-6078-0400A Gear handle welding	1
25	TZ-6078-0400C Gear lever assembly	1
26	TZ-6078-0400D Limit component	1
27	TZ-6078-0409 Rotation axis	1
28	TZ-6078-0319 Threaded column	1
29	TZ-6078-0320 Seat group rotation axis	1
30	TZ-6078-0112 Spacer sleeve	2
31	2023-011 copper sleeve	2
32	TZ-6078-0113 axis	1
33	TZ-6078-0110 Welding thread	4
34	Door mat	6
35	039 Damping positioning block	1

Item No.	Spare parts No.	Quantity
36	TZ-6078-0513 Pedal stainless steel plate	2
37	GB_SOCKET_TYPE7 M5X10-N	40
38	GB_SOCKET_TYPE7 M8X16-N	6
39	GB_SOCKET_TYPE7 M10X20-N	4
40	GB_FASTENER_WASHER_PWNA 10	72
41	GB_FASTENER_WASHER_PWNA 12	4
42	GB_FASTENER_WASHER_PWNA 8	8
43	GB_FASTENER_SCREWS_HSHCS M10X20-N	48
44	GB_FASTENER_SCREWS_HSHCS M12X20-N	4
45	GB_FASTENER_SCREWS_HSHCS M8X20-N	2
46	GB_FASTENER_SCREWS_HSHCS M10X125-N	8
47	GB_FASTENER_SCREWS_HSHCS M10X40-N	2
48	GB_FASTENER_SCREWS_HSHCS M10X140-N	4
49	GB_FASTENER_SCREWS_HSHCS M10X70-N	1
50	GB_FASTENER_SCREWS_HSHCS M10X50-N	1
51	GB_FASTENER_SCREWS_HSHCS M10X30-N	2
52	GB_HEXAGON_LOCK_TYPE1 M10-N	20
53	GB_FASTENER_SCREWS_HSCHS M5X10-N	4
54	GB_FASTENER_SCREWS_HSCHS M6X16-N	6
55	GB_CONNECTING_PIECE_RING_R RA 20	2
56	6302 Bearing	6
57	Washer	4
58	TZ-6078-0321 axis	2
59	Shim	4
60	Yellow handle	2
61	067 Yellow handle	1
62	Linear bearing	4
63	TZ- 567 end plug(75X50)	4
64	60x120 Plugs	6
65	TZ-566 Plastic parts (100X50)	3
66	TZ-5017-0105 Handle cover	2
67	TZ-568 The end plug (50X50)	2
68	TZ-5034-0303 The spacer ring	4
69	Mirror TZ-5040-03-005 Plastic handle	1
70	6002 Bearing	2