

FRENCH FITNESS

FF-FCPRC

FRENCH FITNESS FOLDING
CABLE POWER RACK / CAGE

ASSEMBLY MANUAL



FEATURES

- Main tube size: 60 mm x 60 mm x 2 mm
- Material: Light Commercial
- Foldable and easy to use
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability
- Rubber feet protect base of the frame and prevent the machine from slipping
- Hand Grips retained with aluminum collars, preventing them from slipping during use

STATIONS INCLUDED

- Low Pulley (Ankle Raises, Seated Rows, Bicep curls, One Arm Lat Raise, One Arm Rear Delt, One Arm Bicep Curls, One Legged Leg Curls, One Legged Leg Extension, Standing Shrugs)
- High Pulley (Lat Pulldown, Tricep Pushdowns, Tricep Extensions)
- Pull Up / Chin Up Bar
- Squat Cage

TECH SPECS

- Max Weight Capacity: 800 lbs
- Dimension: 67.63"L x 29"W x 90.43"H (Folded)
- Dimension: 67.63"L x 64.78"W x 90.43"H (Unfolded)

SHIPPING DIMS & WEIGHT

5 Boxes, on a Pallet

- 1 of 5: 92.5"L x 7.5"W x 6"H, 67lbs
- 2 of 5: 45"L x 12"W x 6"H, 50lbs
- 3 of 5: 49.5"L x 13"W x 6.5"H, 103lbs
- 4 of 5: 88"L x 27"W x 4"H, 70lbs
- 5 of 5: 89.5"L x 10"W x 6.5"H, 50lbs

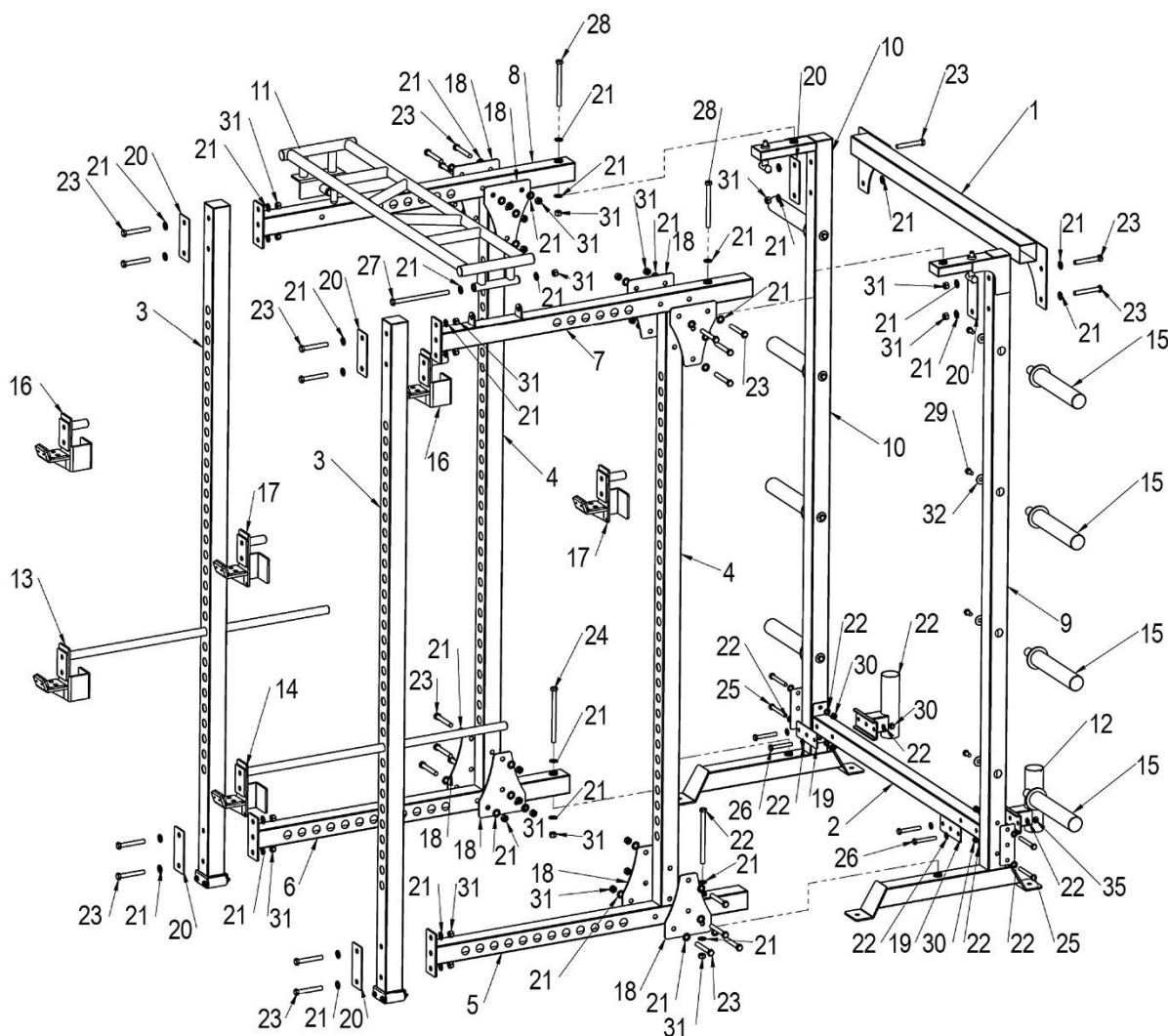
WARRANTY

10 Years Part, 1 Year Labor (Commercial)

ACCESSORIES PARTS LIST

ITEM NO.	DESCRIPTION	QTY.
1	Upper Rear Connection Tube	1
2	Bottom Connection Tube	1
3	Front Upright	2
4	Front Support Tube	2
5	Bottom Tube R	1
6	Bottom Tube L	1
7	Connect Tube R	1
8	Connect Tube L	1
9	Rear Upright L	1
10	Rear Upright R	1
11	Pull Up Bar	1
1?	Bar Holder	2
13	Saty Arm L	1
14	Saty Arm R	1
15	Plate Stroage	8
16	J-Cup L	2
17	J-Cup R	2
18	Connecting Plate (200*160mm)	8
19	Connecting Plate (130*50*3mm)	4
20	Connecting Plate (140*60*3mm)	6
21	M12 Washer	66
22	M10 Washer	16
23	M12X85 Hex Bolt	28
24	M12X170 Hex Bolt	2
25	M10X85 Hex Bolt	4
26	M10X70 Hex Bolt	4
27	M12X190 Hex Bolt	1
28	M12X140 Hex Bolt	2
29	M10X20 Hex Bolt	8
30	M10 Nylon Nut	8
31	M12 Nylon Nut	33
32	φ10Xφ30 Big Washer	8

ACCESSORIES ASSEMBLY



SAFETY PRECAUTIONS

- This unit should only be used on a level surface and is intended for indoor use only. We recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable ,good-quality walking or running shoes and appropriate clothing. Do not use this unit wit bare feet, sandals, socks or stockings!
- Always examine your unit before using to ensure all parts are in working over.
- DO not leave children unsupervised near to the unit.

ACCESSORIES PARTS LIST

ITEM NO.	DESCRIPTION	QTY.
1	Connection Tube	1
2	Guaide Rod	1
3	Plate Frame	1
4	Connection Tube	1
5	OP Tube	2
6	Pull Rod A	1
7	Pull Rod B	1
8	Plate (130*50*3mm)	4
9	Pulley Plate	2
10	Pulley ϕ 90mm	6
11	Bushing	6
12	Chain ϕ 5*200mm	3
13	Buckle	7
14	1# Wirerope : 3130mm	1
15	2# Wirerope : 2450mm	1
16	M10 Washer	22
17	M10X70 Hex Bolt	9
18	M10X80 Hex Bolt	2
19	M10X45 Hex Bolt	3
20	M10 Nylon Nut	14
21	2' Clip	2

ACCESSORIES ASSEMBLY

