

FRENCH FITNESS

FFS-DCC

FRENCH FITNESS FFS SILVER
DUAL CABLE CROSS

ASSEMBLY MANUAL



FEATURES

- 11 Gauge Steel
- 50 x 80 mm Steel tube
- ASTM A36 steel frame ensures maximum structural integrity
- Non-slip handles
- Two legs provide greater stability
- Dual weight stacks
- Shrouded weight stacks
- Independent rotating arms with unilateral movement
- User-defined movement
- Independently rotating arms
- Wheelchair accessible
- California Residents see Prop 65 WARNINGS

TECH SPECS

- Number of Vertical Adjustments (High to Low): 12
- Number of Horizontal Adjustments (Left to Right): 9
- Number of Weight Stacks: 2
- Weight Per Stack: 220 lbs (100 kg)
- Each Stack: (25) 8.8 lbs (4 kg) Weight Plates
- Pulley to Weight Ratio: 2:1 (Feels like 110 lbs per side due to ratio)
- Height (Base): 73.5"
- Width (Base): 86.5"
- Width (Base with feet removed): 46"
- Depth: 46"
- Depth w/ feet removed: 21.5"
- Depth at maximum arm extension: 69"
- Height at maximum arm extension: 97"
- Width at maximum extension 144.5"
- Cable Reach: 68.5"
- Total weight: 694 lb (315 kg)

WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

EXPLODED VIEW

