

FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS



CONDITIONING

Strengthens your heart and lungs while increasing your metabolic rate.



POWER

Increases speed and agility by activating fast twitch muscle fibers.



STRENGTH

Increase muscle, tendon and ligament strength; bone density; metabolic rate while improving heart and body composition.



FLEXIBILITY

Increase range of motion, flexibility and reduce the risk of injury.



WARNING

Consult your physician before beginning this or any exercise program. Keep out of reach of children.



FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

FEATURES

- 11-gauge, 2.5" x 4.5" flat oval steel tube
- Nylon-coated cable meets U.S. military specifications
- Fiberglass-impregnated nylon pulleys feature sealed bearings
- Grips retained with aluminum collars, preventing them from slipping during use
- Hand grips are a durable urethane composite

TECH SPECS

- Pulley Ratio: 2:1 ratio (Weight Stacks Feel like 110 lbs per side)
- Cable travel is double the weight stack travel
- Weight Stack: (2) 220 lb
- Weight: 670 lb
- Dimensions (L x W x H): 44" x 62" x 93" (1120 x 1570 x 2360 mm)

WARRANTY

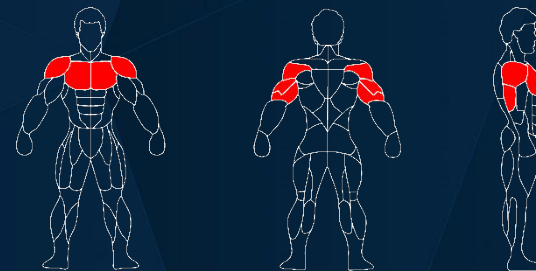
- 10 Years Part, 1 Year Labor (Commercial)

FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Alternating chest press

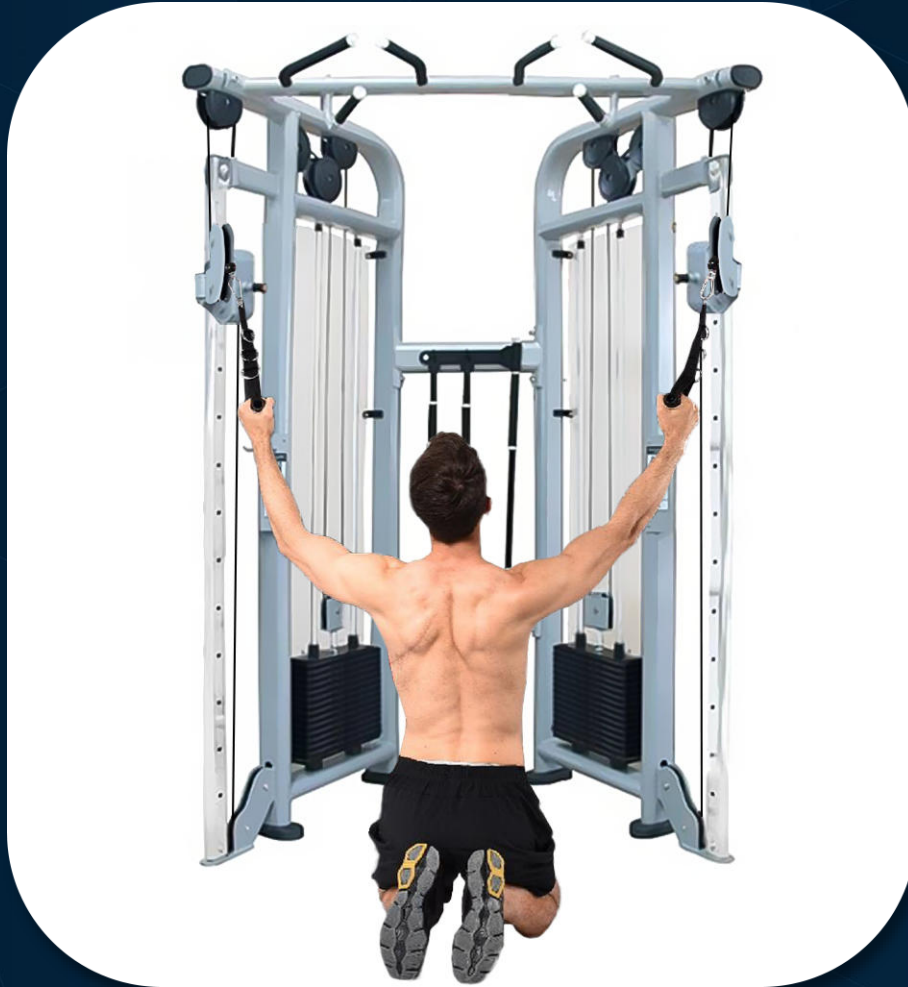
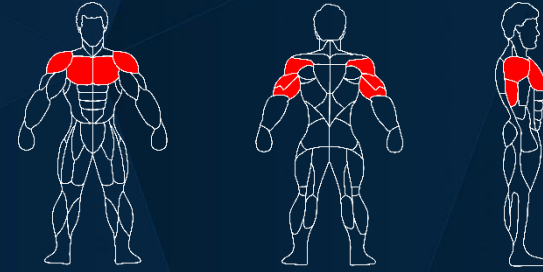


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Kneeling pulldown

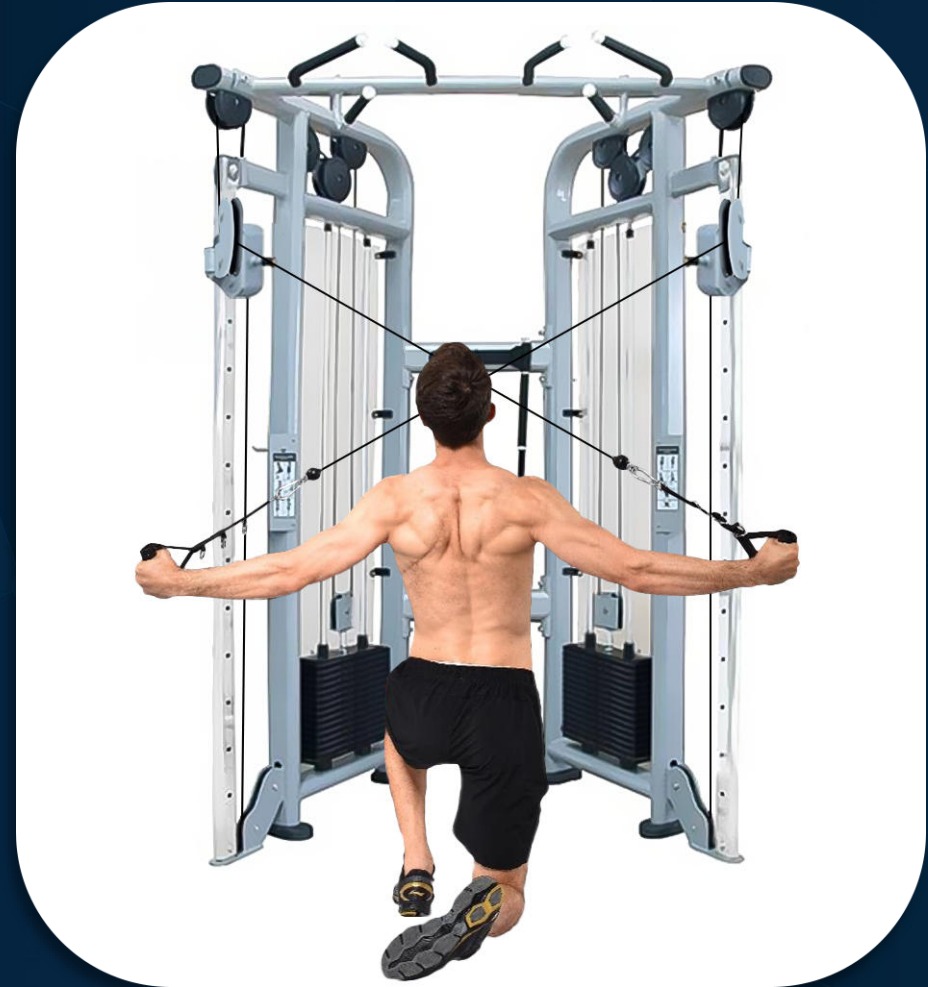
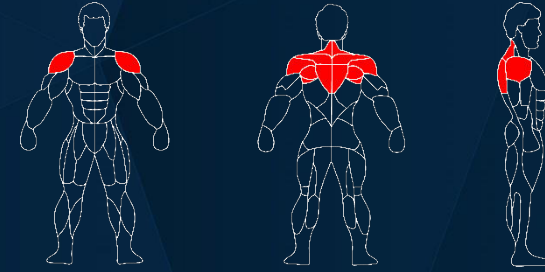


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Reverse cable x-over

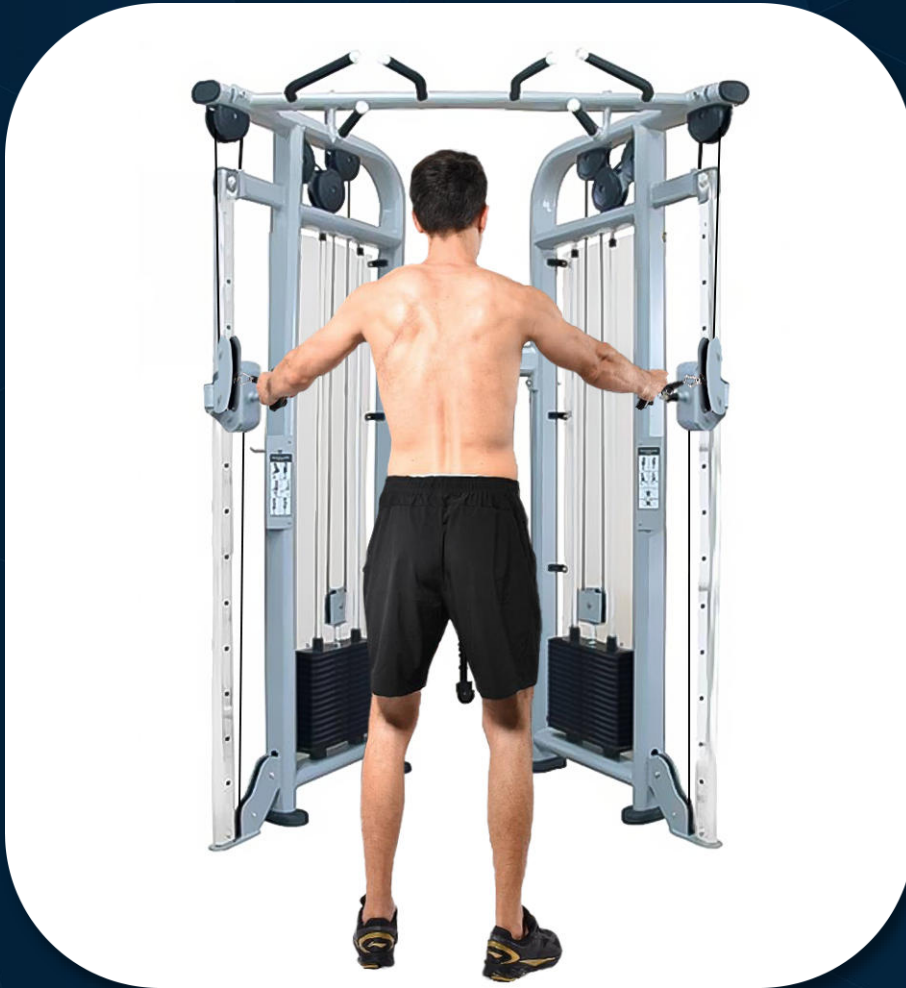
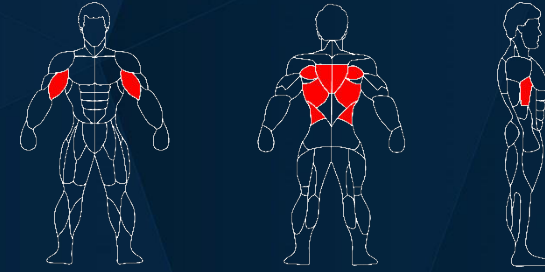


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Reverse fly

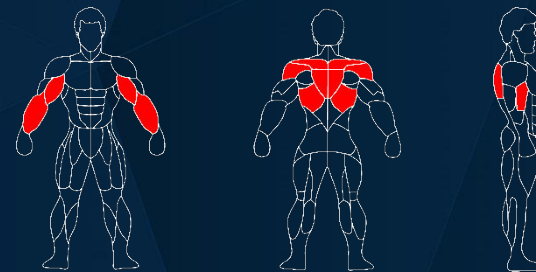


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Floor seated row

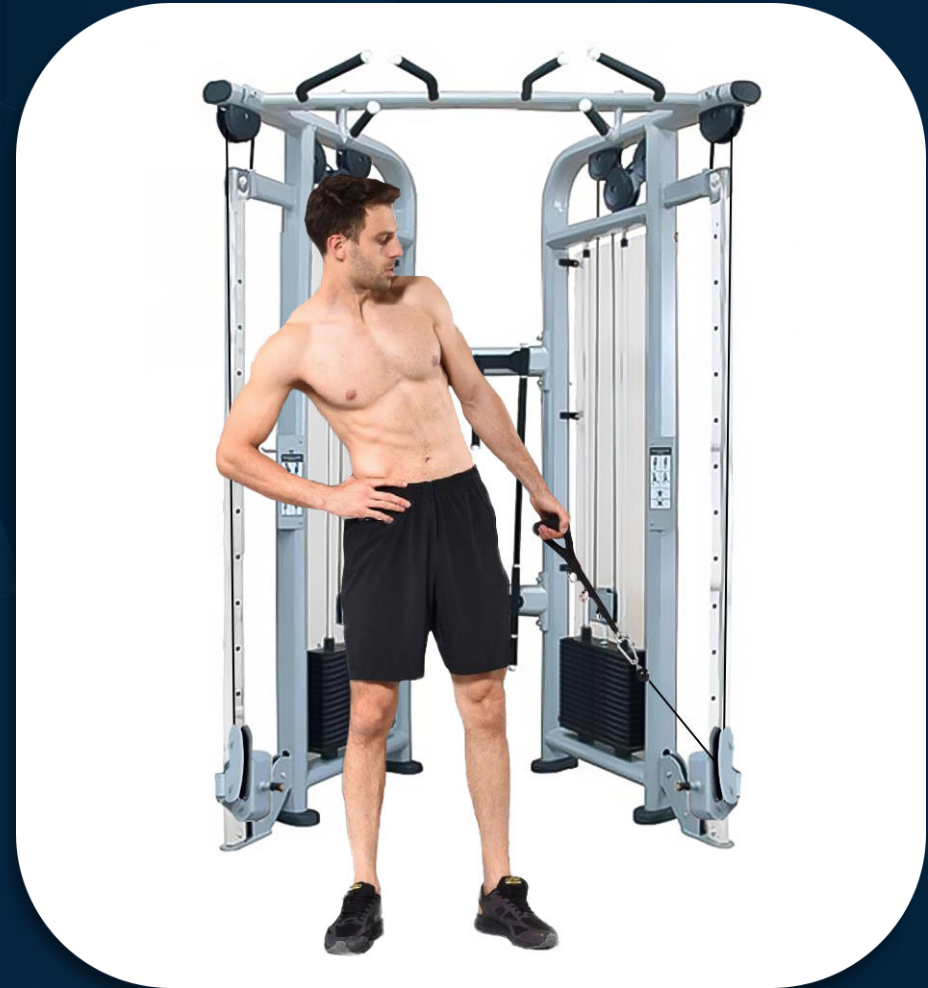
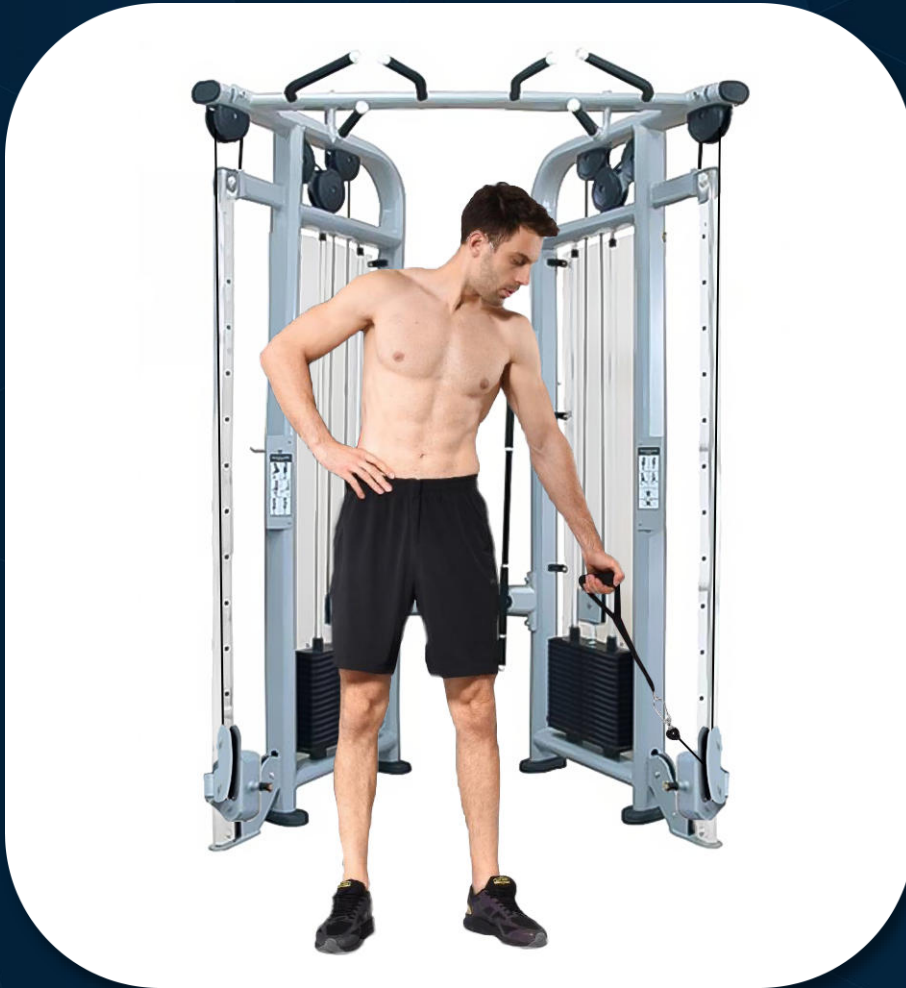
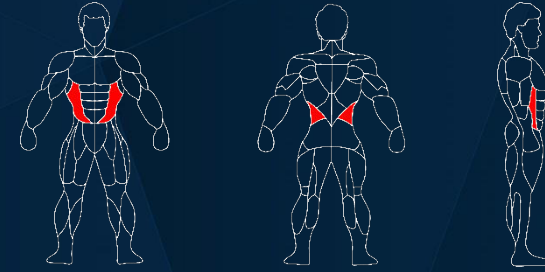


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Side bend

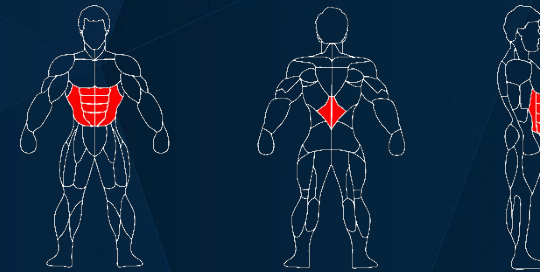


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Rotational row single leg

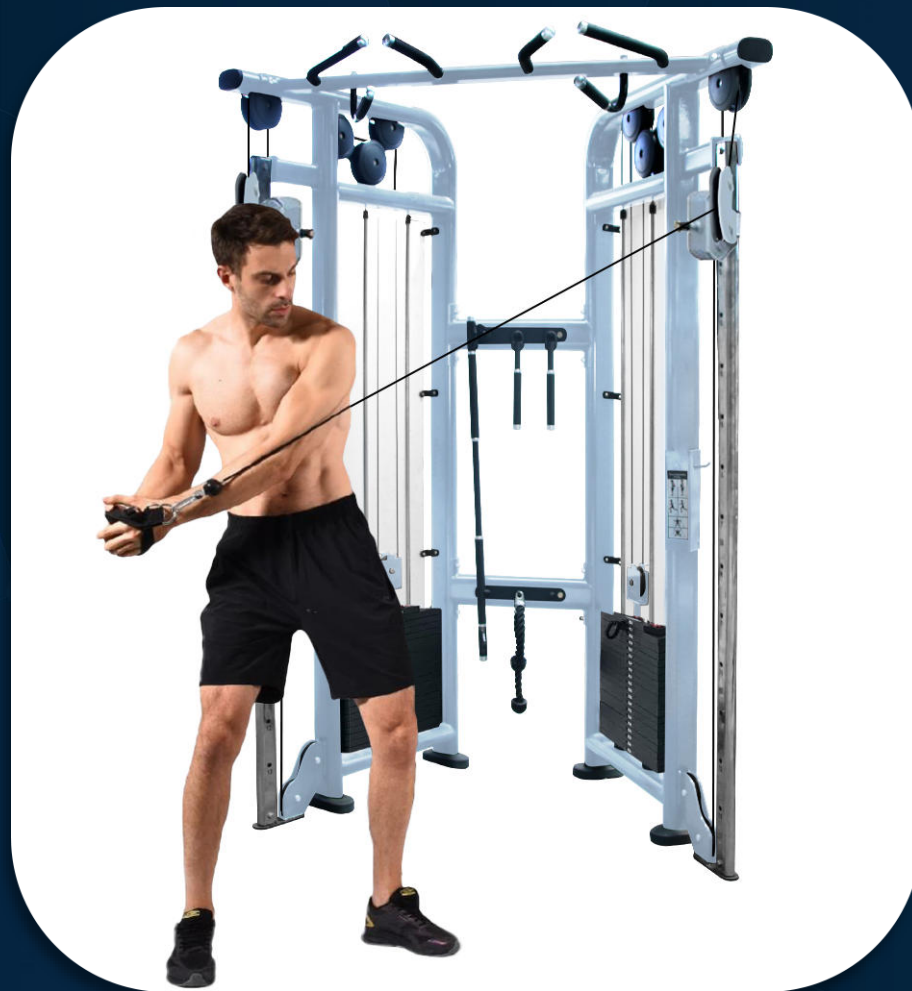
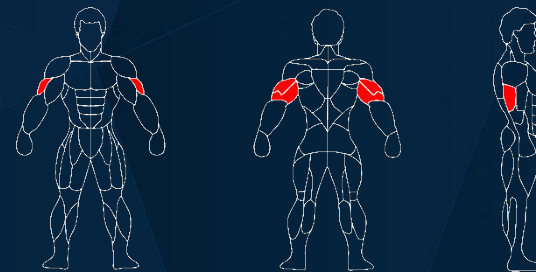


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Woodchopper

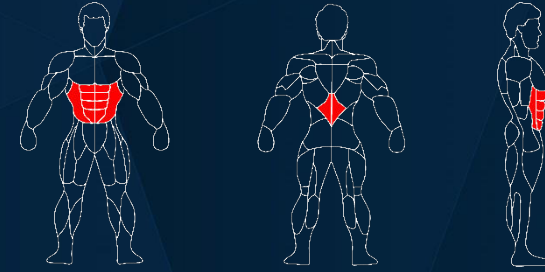


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Anti-rotation

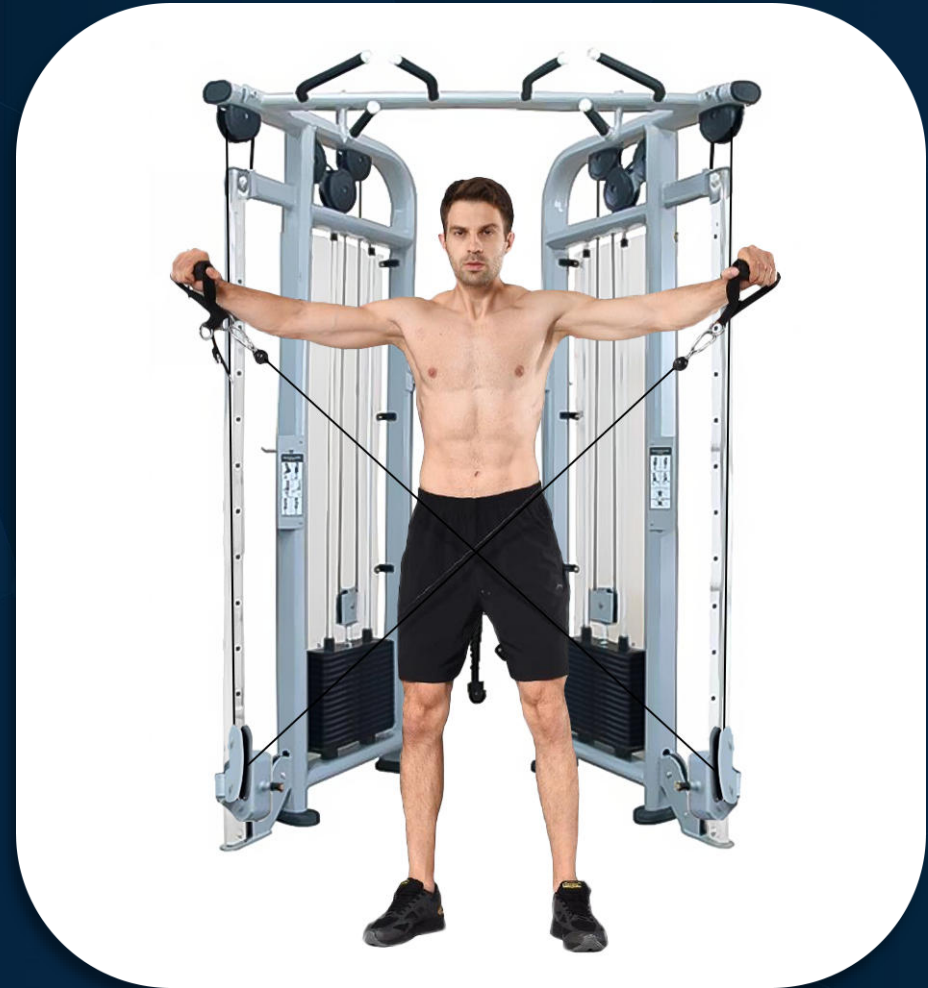
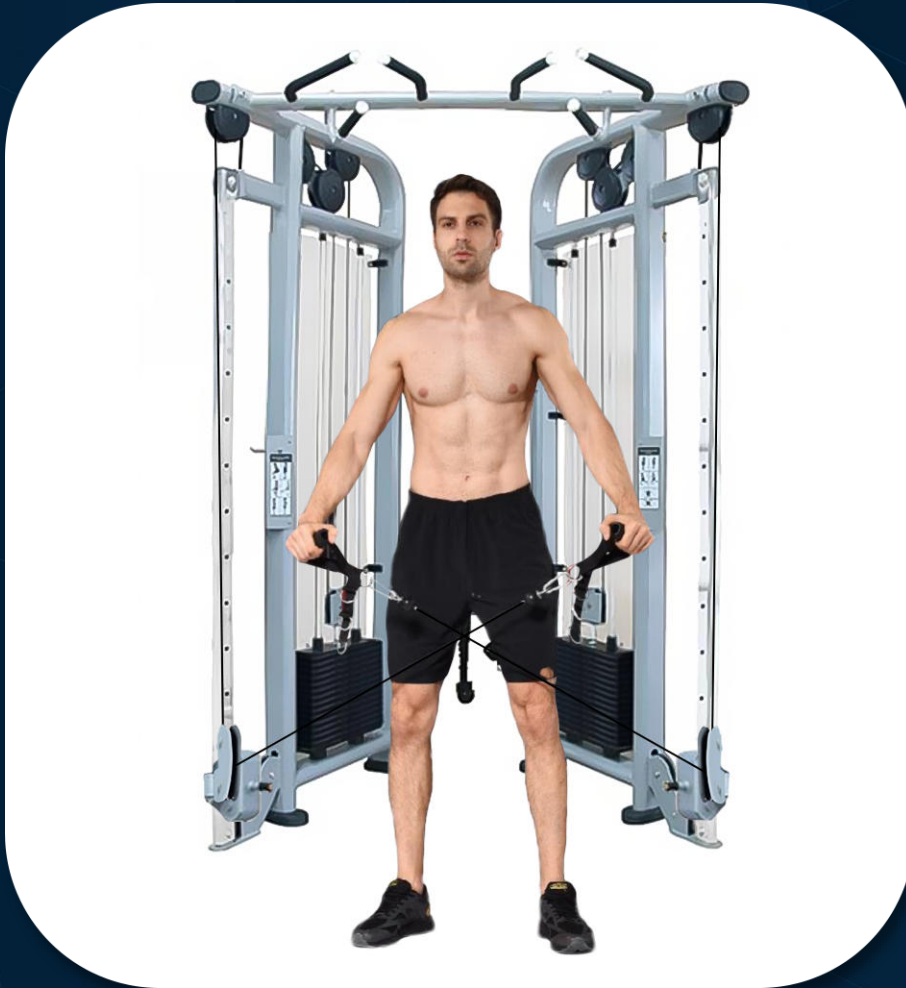
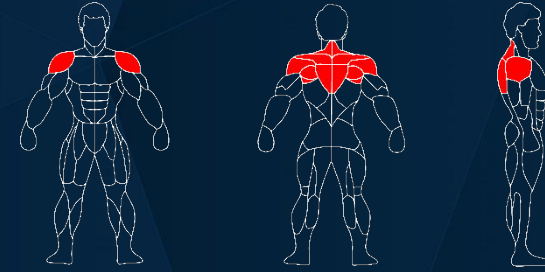


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

X-over latraise

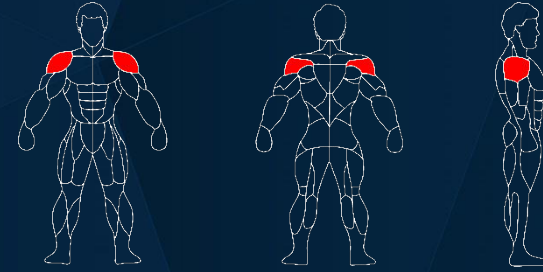


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Lateral raise

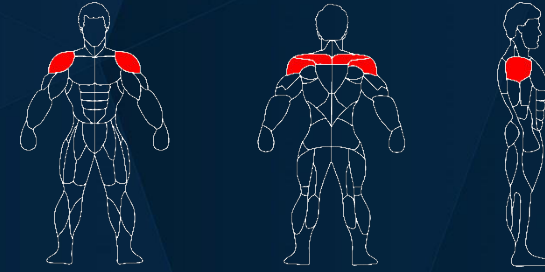


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

External rotation

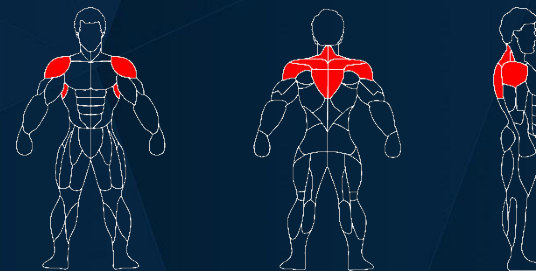


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Shoulder press

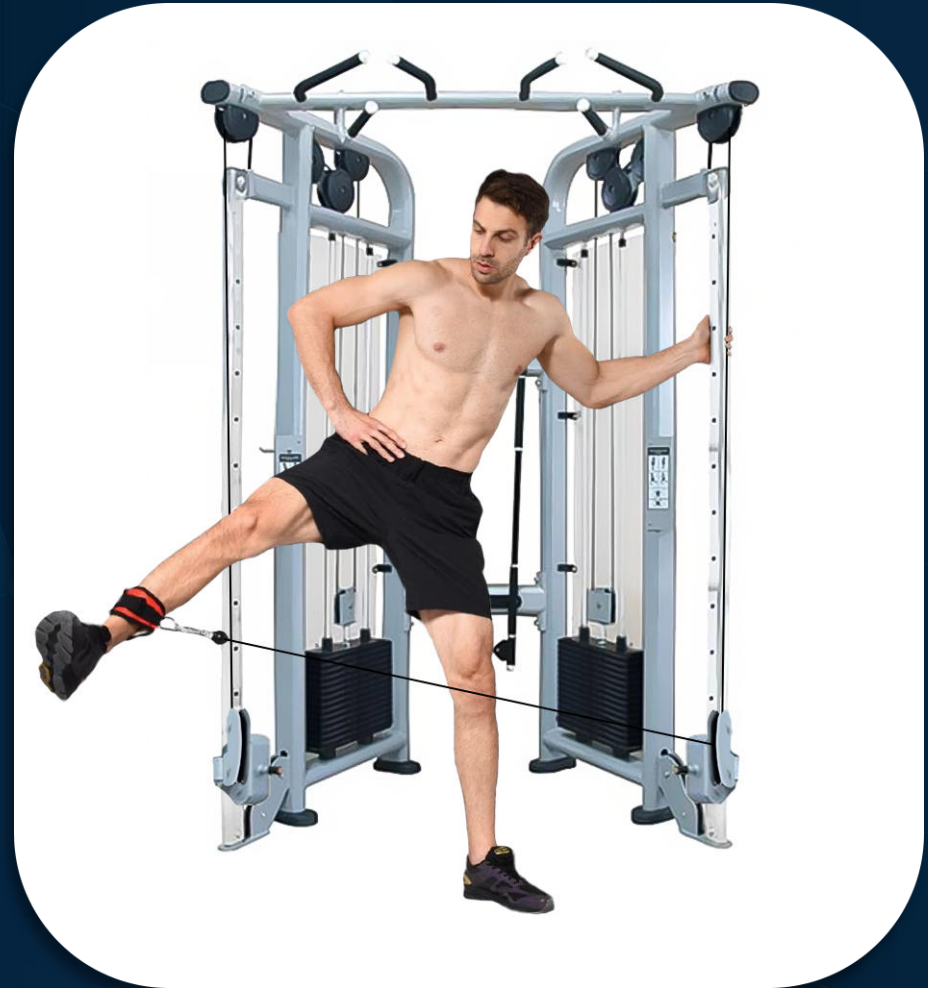
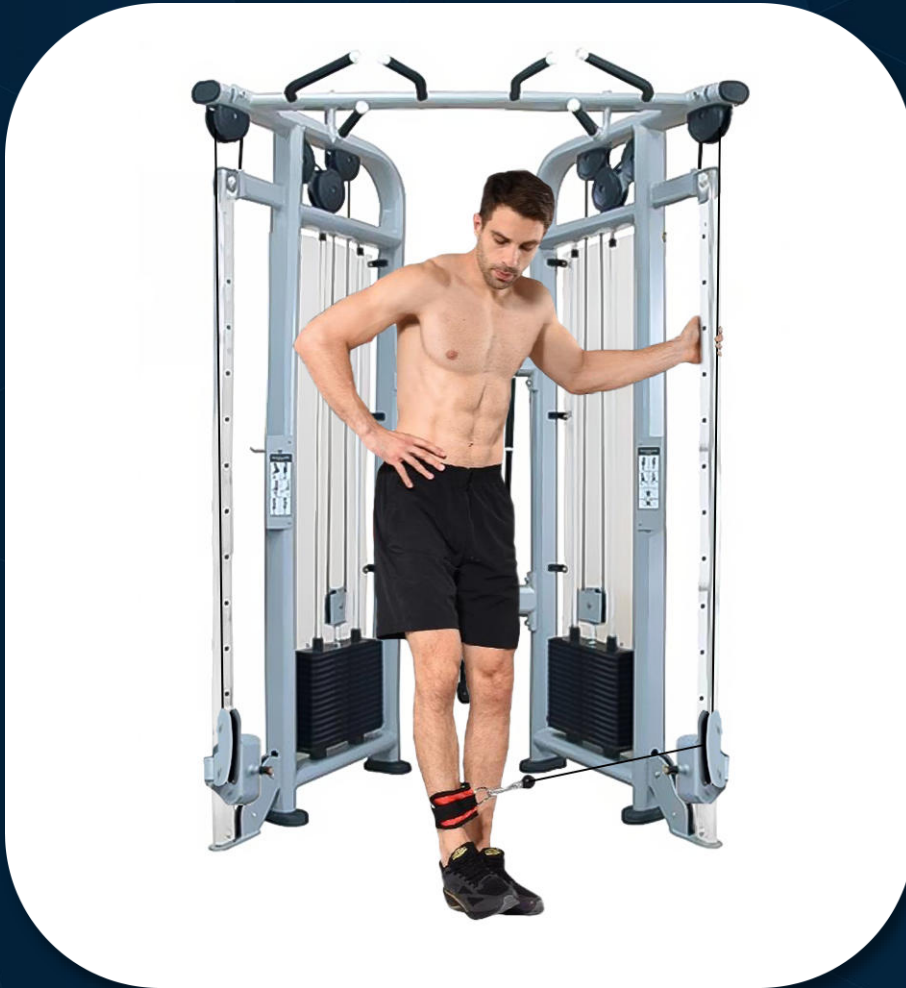
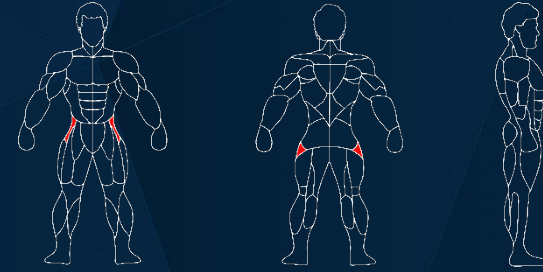


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Hip abduction

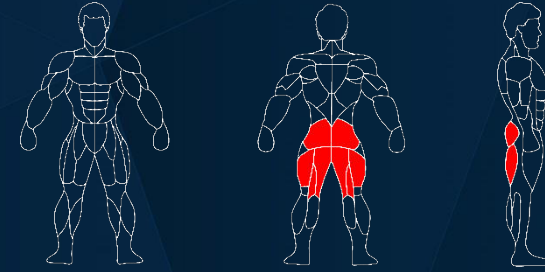


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Leg curl

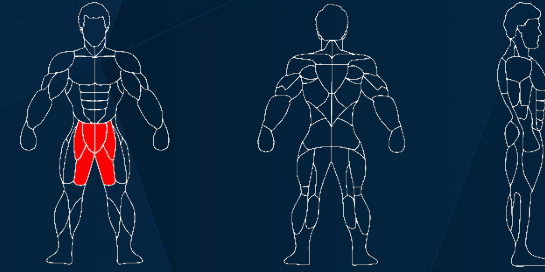


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Hip adduction

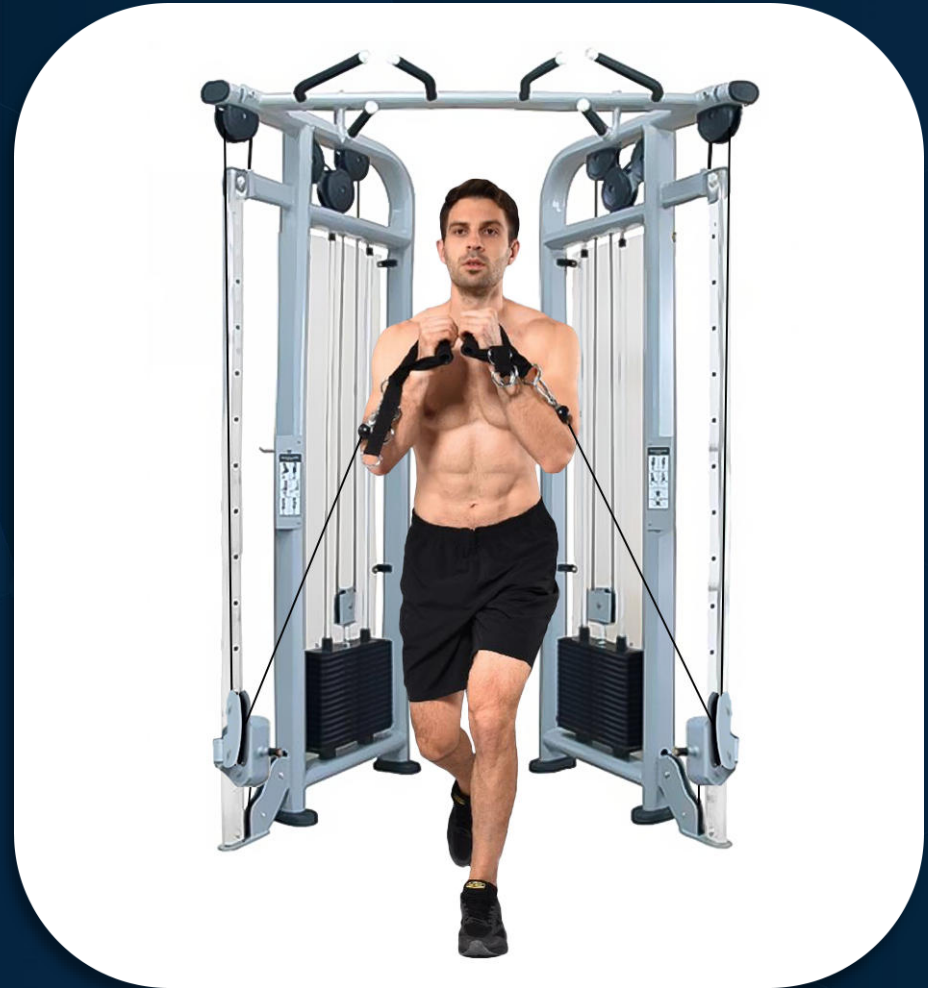
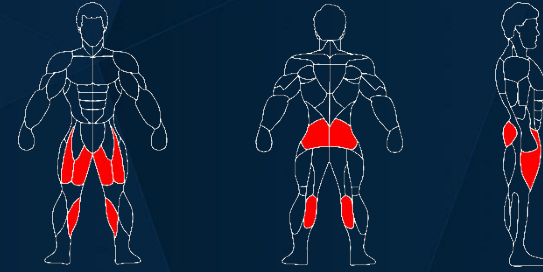


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Lunge

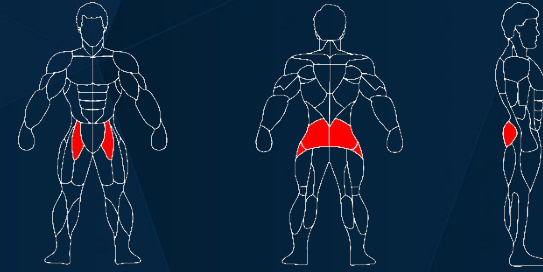


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Hip flexion

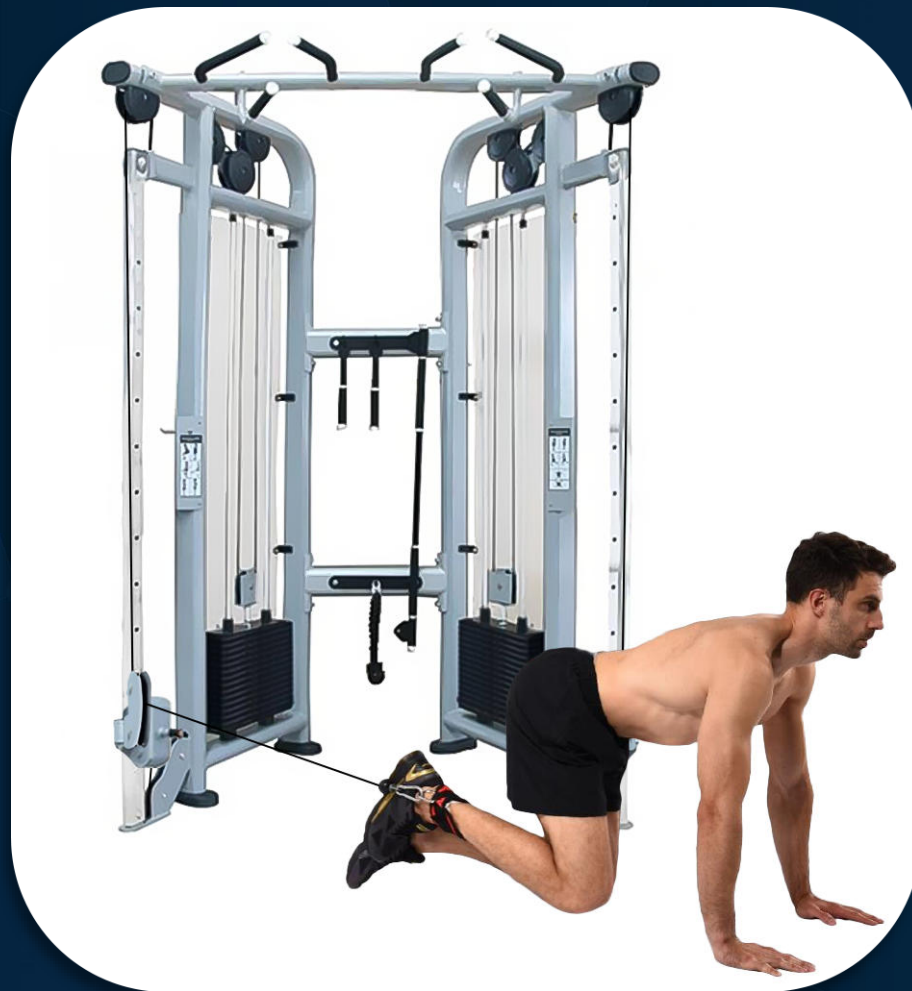
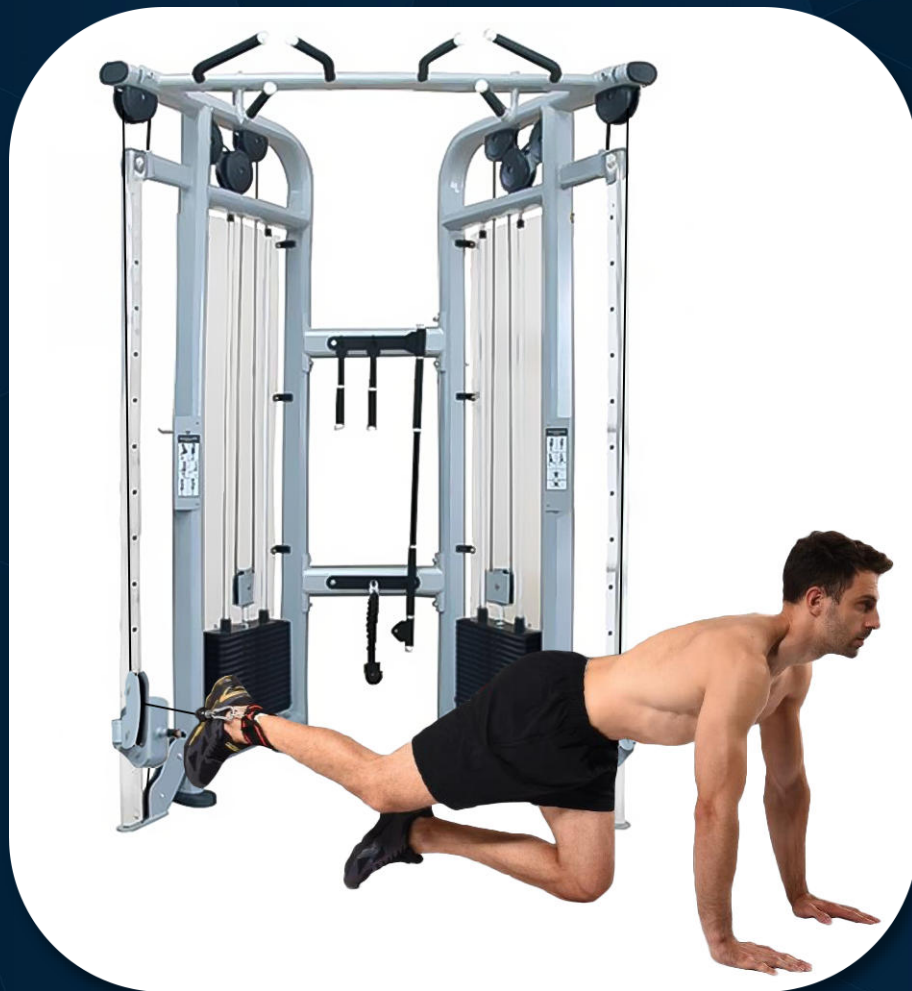
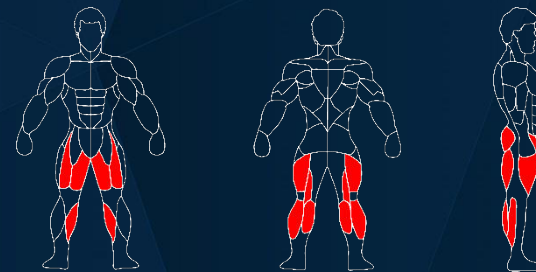


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Kneeling superman

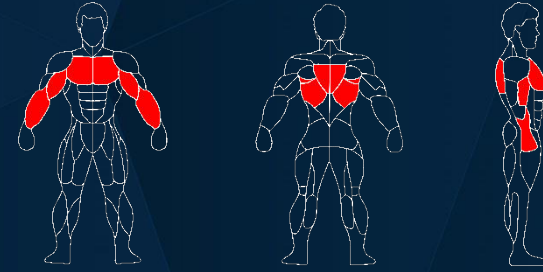


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Pull-up

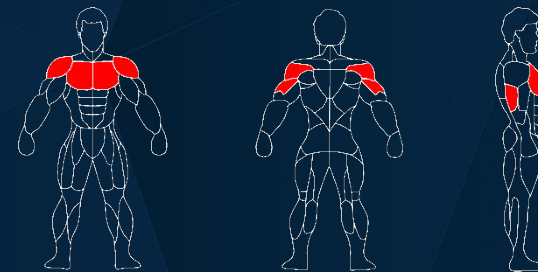


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Chest press with bar

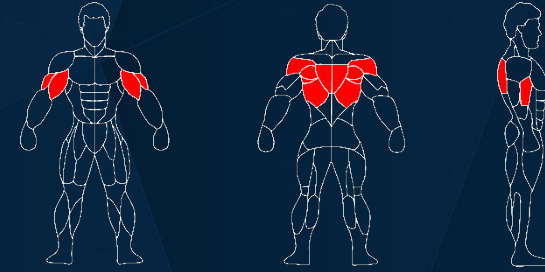


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Pullover

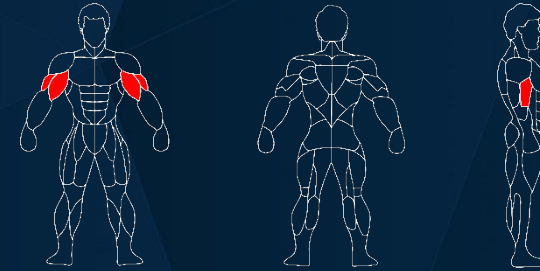


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Stand type pull rod bending

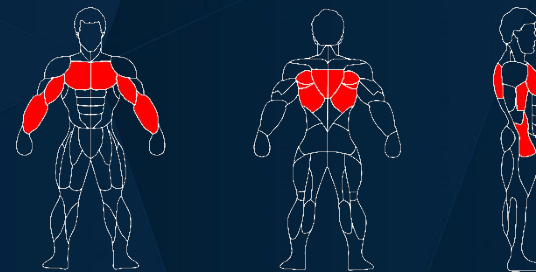


FFS-DAP & FFB-DAP

FRENCH FITNESS FFS SILVER & FFB BLACK DUAL ADJUSTABLE PULLEY

FRENCH FITNESS

Curved arm dropdown





FRENCH FITNESS

THE LEADER OF PROFESSIONAL STRENGTH FITNESS EQUIPMENTS

French Fitness

Local / International: +1-925-215-2927

Toll Free: 1-844-348-7253 (1-844-FIT-SALE)

E-mail: info@frenchfitness.com

Website: www.frenchfitness.com