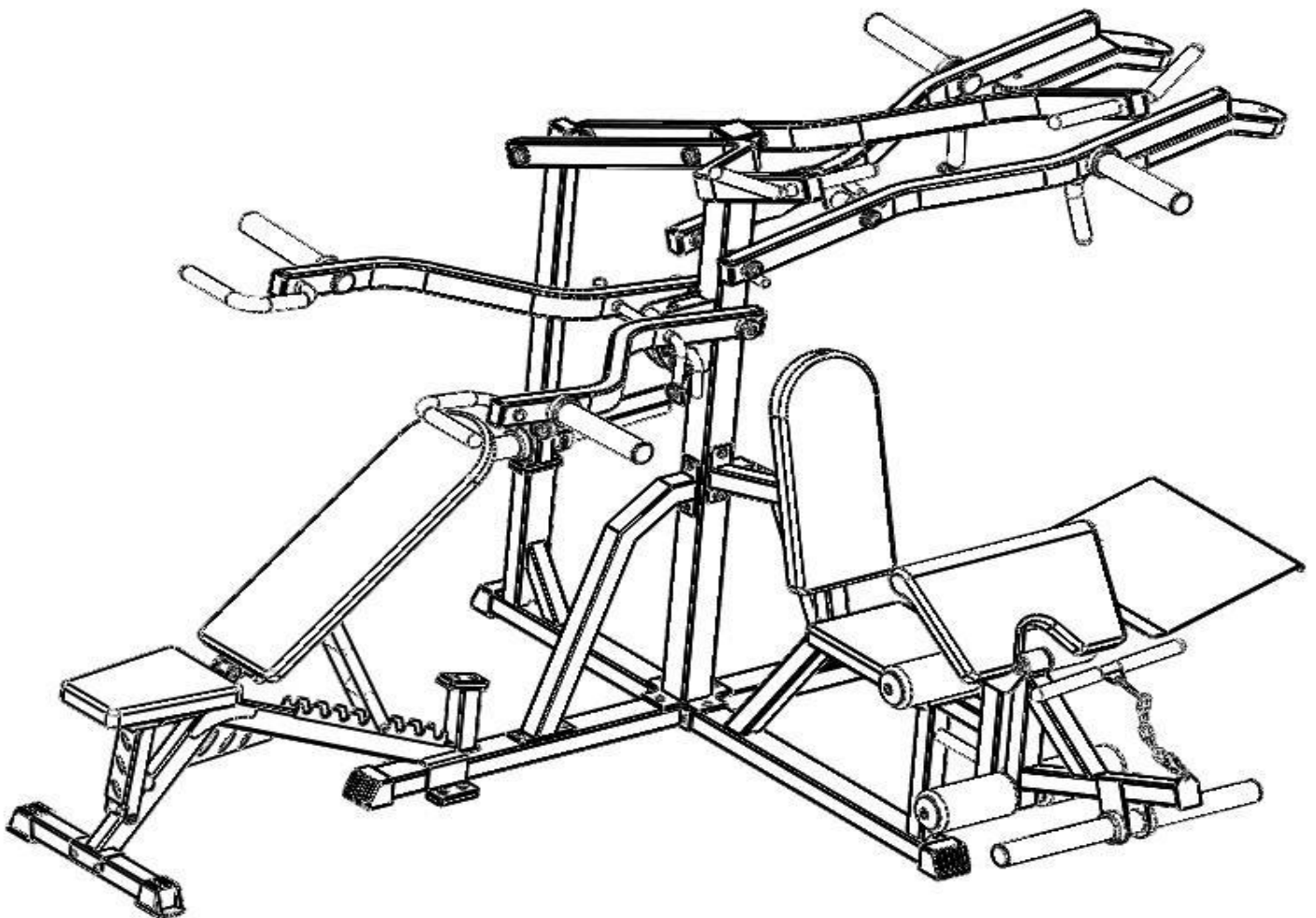


# FRENCH FITNESS

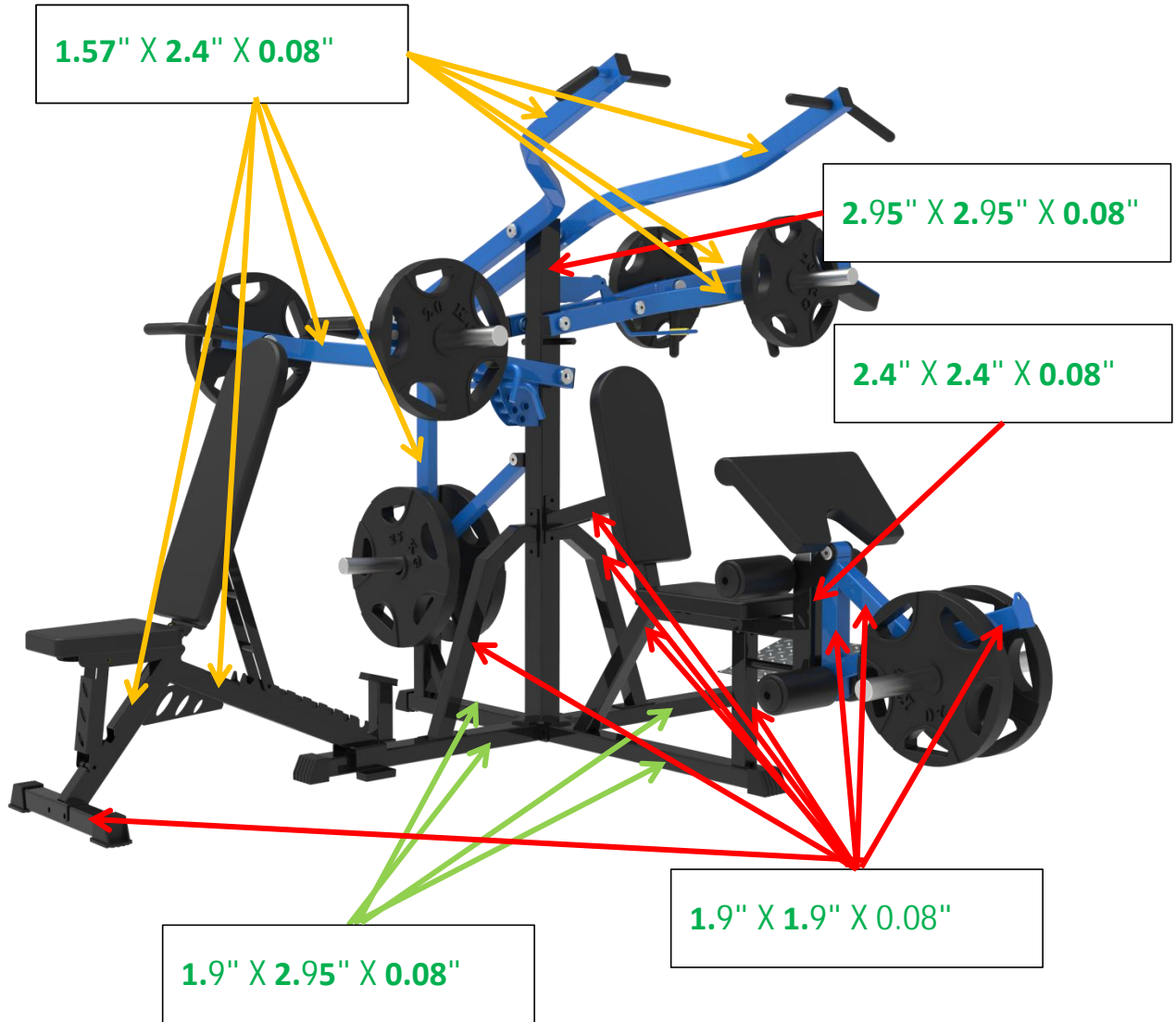
Product Code: FF-FL70

**Freeweight Leverage Gym System (New)**

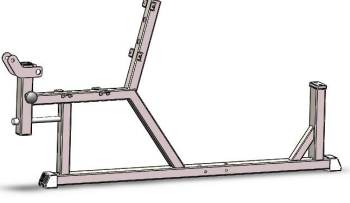
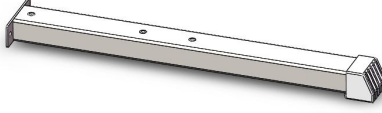
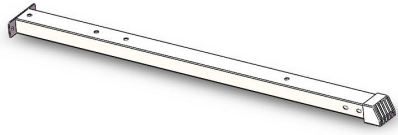
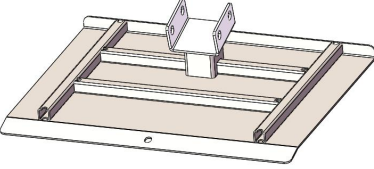
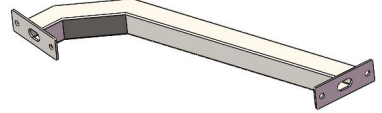
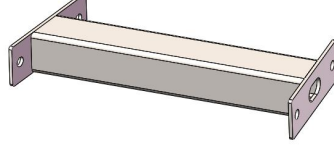
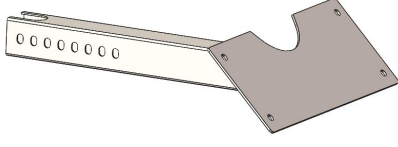
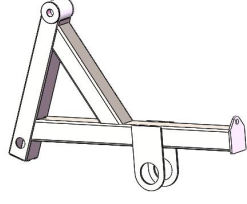
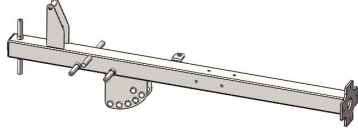
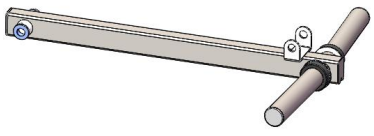
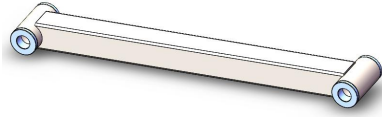
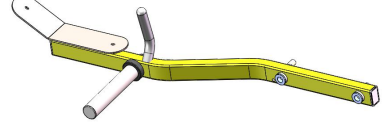
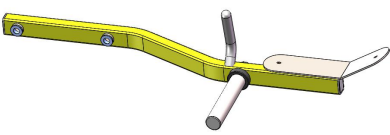


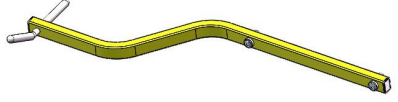
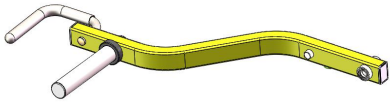
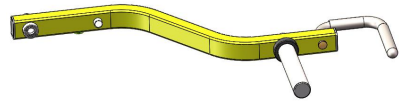
**ASSEMBLY MANUAL**



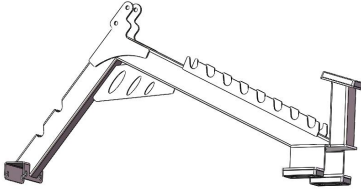
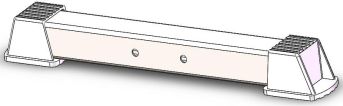
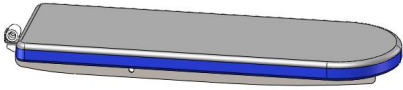
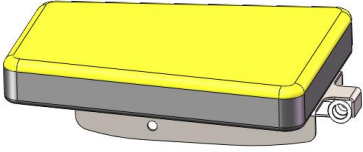
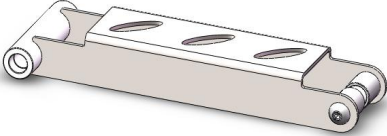
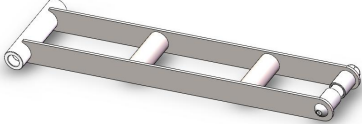
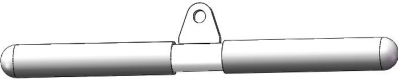



# FL70



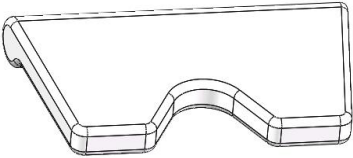
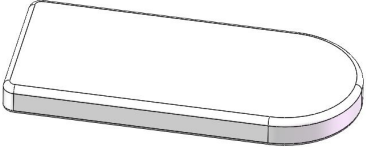
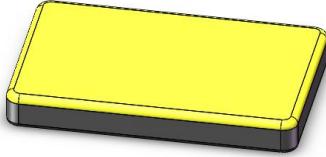
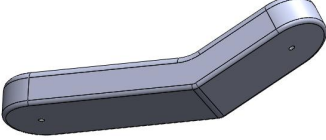



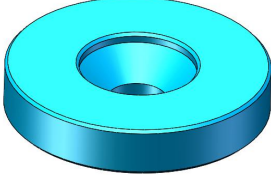
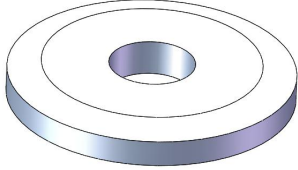



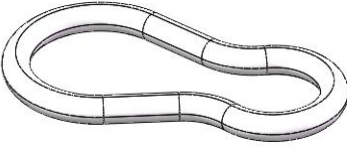
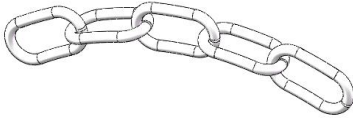
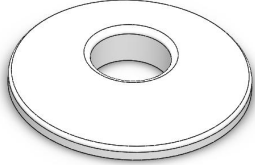



## Parts list-1 (Individual Packaging)

					
NO.1	Base components*1pcs	NO.2	Bottom bracket *1pcs	NO.3	Squat connection components*1pcs
					
NO.4	Big pedal *1pcs	NO.5	Elbow welding components*2pcs	NO.6	Backrest support components*1pcs
					
NO.7	Biceps rack set *1pcs	NO.8	Leg extension boom components*1pcs	NO.9	Large column components*1pcs
					
NO.10	Boom components*1pcs	NO.11	Link components*1pcs	NO.12	Squat Boom components Left*1pc
					
NO.13	Squat boom components right*1pc	NO.14	Hook welding components*1pcs	NO.15	High pull arm welding components right*1pc
					
NO.16	High pull arm welding group left*1pcs	NO.17	Push chest and boom group right*1pcs	NO.18	Push chest and boom group left*1pcs

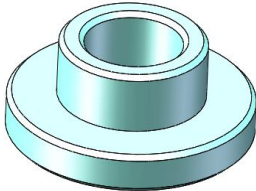
## Parts list-2 (Individual Packaging)

					
NO.19	Tripod set*1pcs	NO.20	Base set*1pcs	NO.21	Backrest components*1pcs
					
NO.22	Seat cushion components*1pcs	NO.23	Seat support assembly *1pcs	NO.24	Backrest support assembly*1pcs
					
NO.25	Low pull components*1pcs	NO.26	Long foam rod set*1pcs	NO.27	Short foam rod set*1pcs
					
NO.28	Stainless steel bell rod assembly*1pcs				

## Parts list-3 (Individual Packaging)






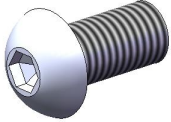
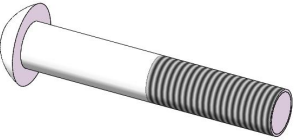
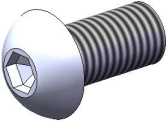
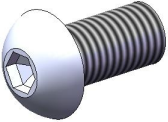

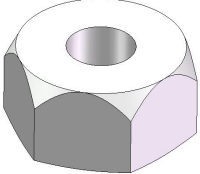
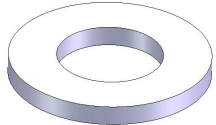
					
NO.29	Biceps pad*1pcs	NO.30	Small backrest*1pcs	NO.31	Seat cushion*1pcs
					
NO.32	Shoulder pads*2pcs	NO.33	Foam roller*4pcs	NO.34	Curved handle latch 1*1pcs
					
NO.35	Curved handle latch*2*1pcs	NO.36	Aluminum alloy end cap*2pcs	NO.37	Gasket*14pcs
					
NO.38	Shaft-240L*2pcs	NO.39	Joint axis-69L*1pcs	NO.40	Joint axis-90L*2pcs
					
NO.41	Standard safety hook*2pcs	NO.42	Chain*1pcs	NO.43	Foam bucket lid*4pcs
					
NO.44	Foam barrel outer cover*4pcs	NO.45	jacket*2pcs	NO.46	Small latchΦ6*3pcs

Parts list-4 (Assembly Accessories)



NO.47	Nylon sleeve*8pcs				
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## Blister Pack Screw List-5 (Standard Parts)

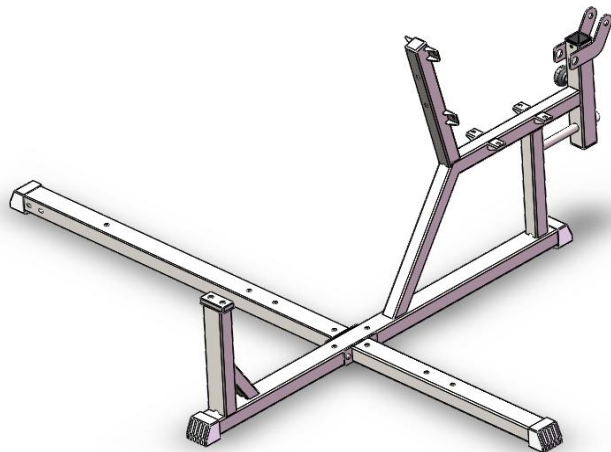
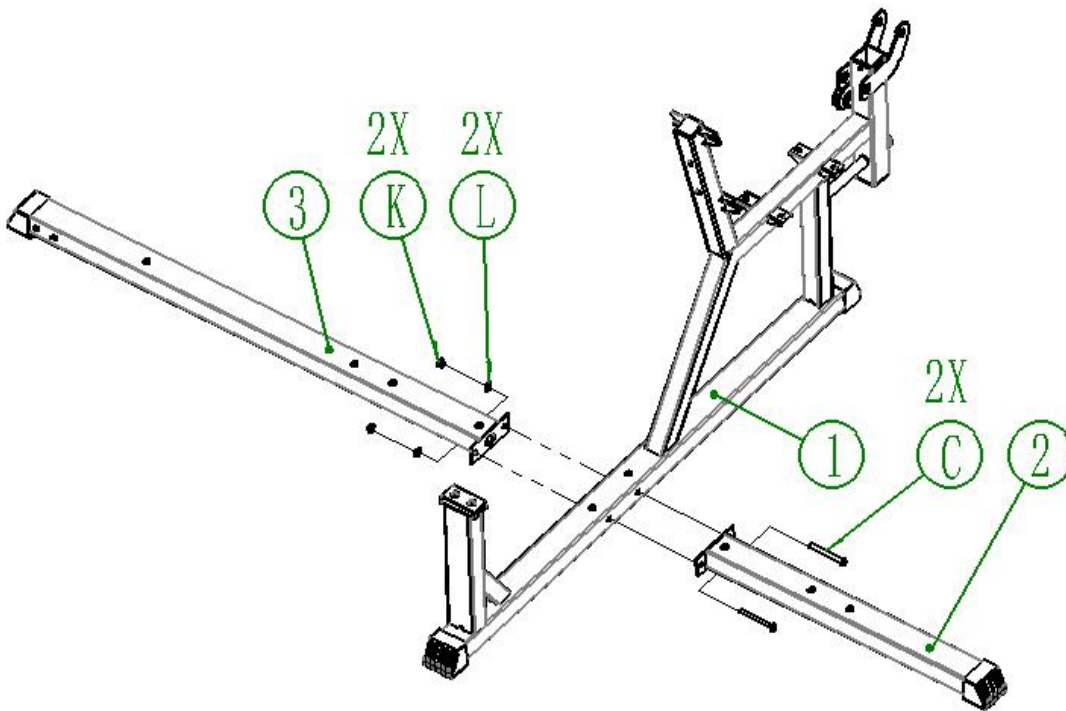
					
A	Hexagon socket flat head screws M10*130*2pcs	B	Hexagon socket flat head screws M10*110*1pcs	C	Hexagon socket flat head screws M10*95*8pcs
					
D	Hexagon socket flat head screws M10*90*2pcs	E	Hexagon socket flat head screws M10*75*2pcs	F	Hexagon socket flat head screws M8*25*12pcs
					
G	Hexagon socket flat head screws M10*60*2pcs	H	Hexagon socket flat head screws M10*25*4pcs	I	Hexagon socket flat head screws M10*20*25pcs
					
J	Hexagon socket countersunk head screws M10*20*2pcs	K	Locknut M10*16pcs	L	Flat gasket Ø10*16pcs

## Main Frame Assembly Steps

Steps	No.	Name	QTY	Item	No.	QTY
1	1	Base components	1	L	Flat gasket Ø10	2
	2	Bottom bracket assembly	1	K	Locknut M10	2
	3	Squat connection components	1			
	C	M10*95Hexagon socket flat head screws	2			

Tools/Equipment

6#Hexagon screwdriver , wrench



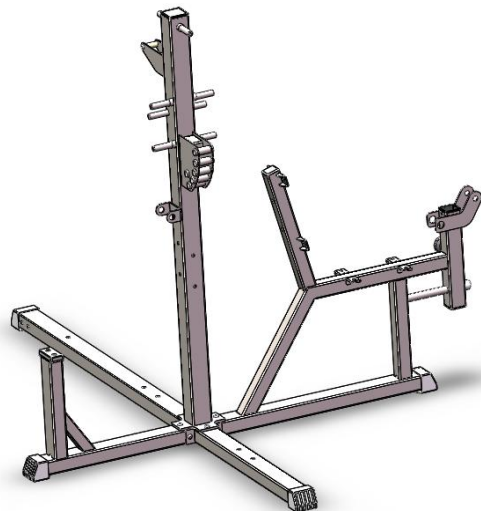
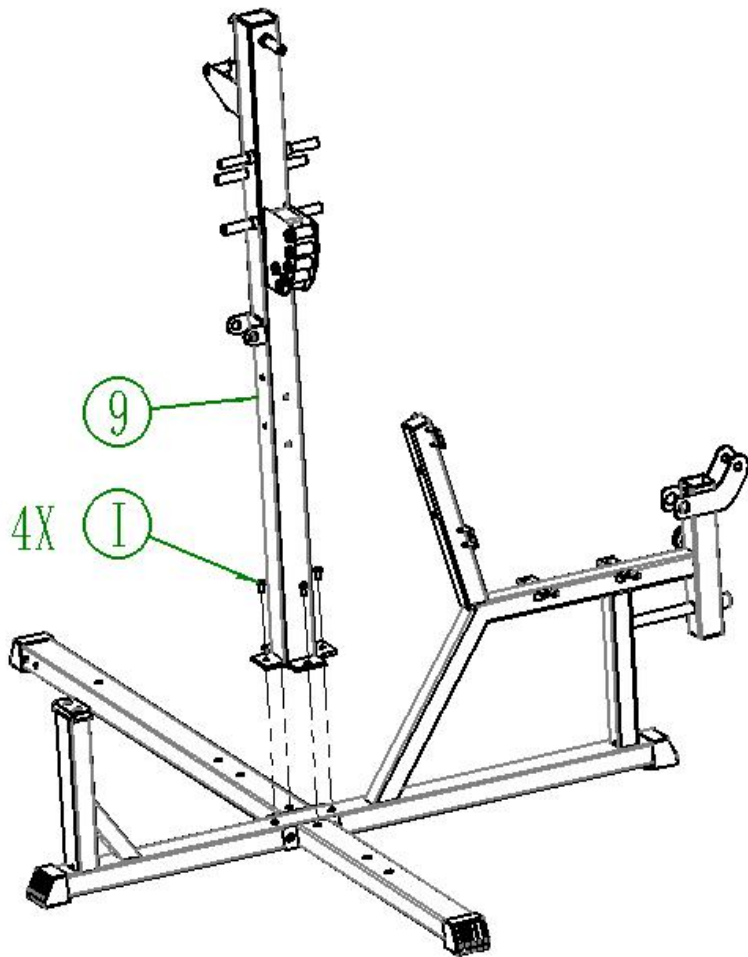


## Main Frame Assembly Steps

Steps	No.	Name	QTY	Item	No.	QTY
2	9	Large column assembly	1			
	1	Hexagon socket flat head screwsM10*20	4			

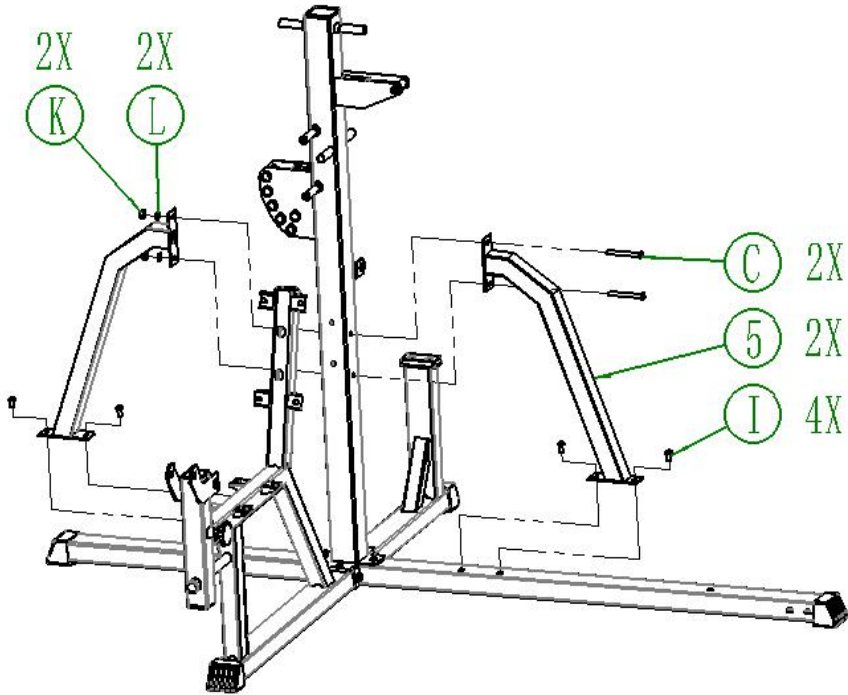
Tools/Equipment

6#Hexagon screwdriver



## Main Frame Assembly Steps

Steps	No.	Name	QTY	Item	No.	QTY
3	NO.5	Elbow welding group	2	K	Locknut M10	2
	C	M10*95 Hexagon socket flat head screws	2			
	I	M10*20 Hexagon socket flat head screws	4			
	L	Ø10 Flat gasket	2			
Tools/Equipment		6#Hexagon screwdriver , wrench				

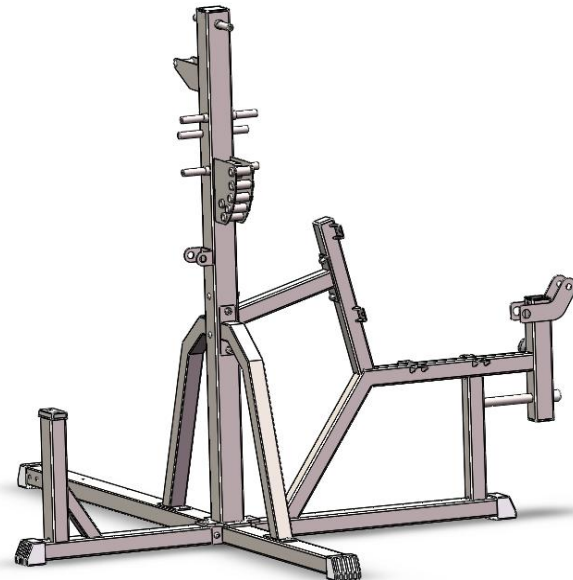
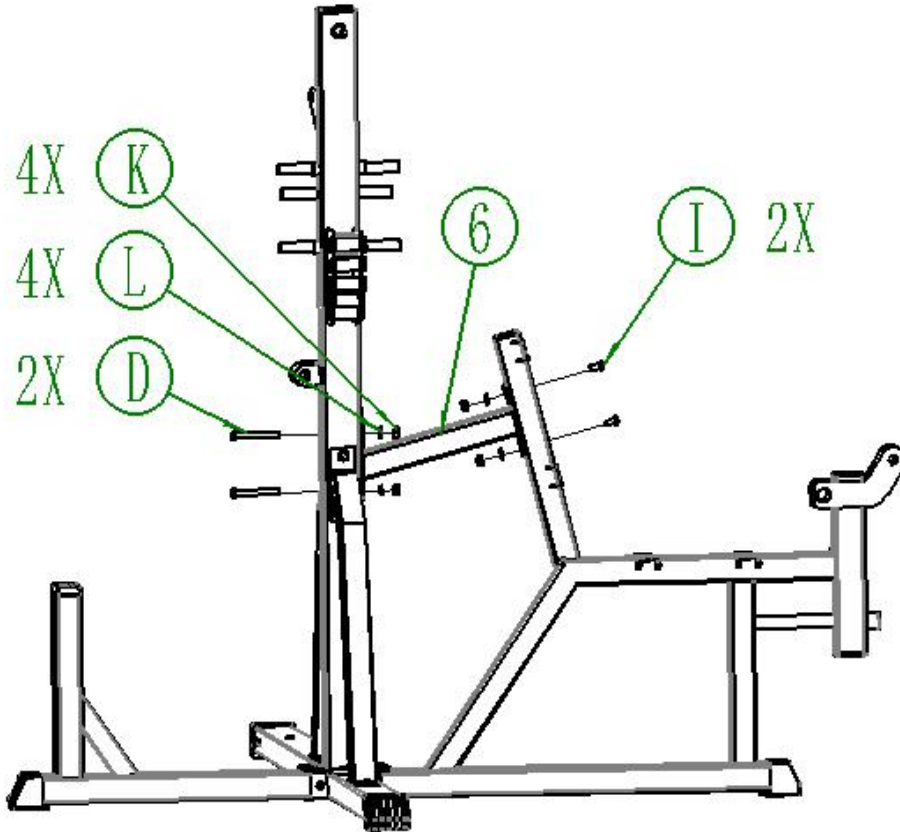


## Main Frame Assembly Steps

Steps	No.	Name	QTY	Item	No.	QTY
4	NO.6	Backrest support assembly	1	K	Locknut M10	4
	D	M10*90 Hexagon socket flat head screws	2			
	I	M10*20 Hexagon socket flat head screws	2			
	L	Ø10 Flat gasket	4			

Tools/Equipment

6#Hexagon screwdriver , wrench

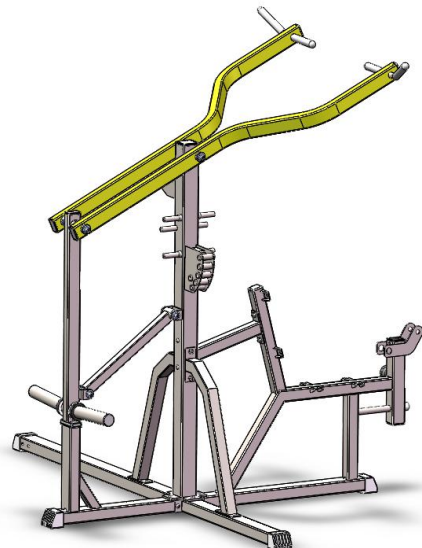
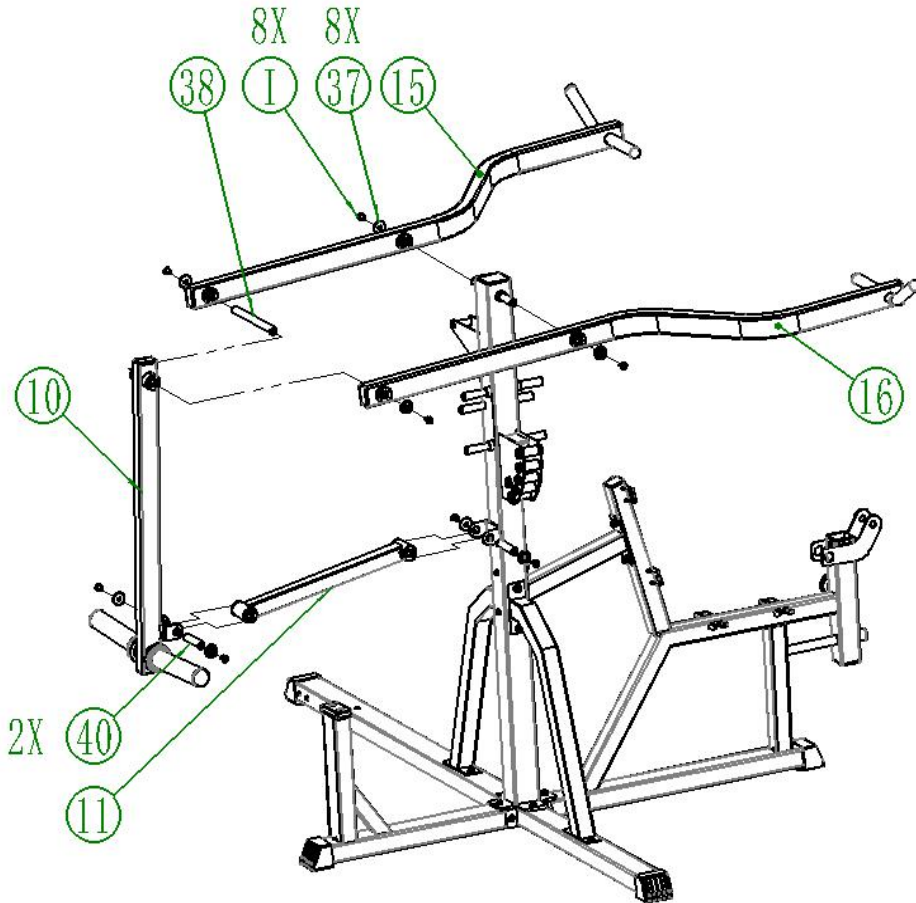


## Main Frame Assembly Steps

Steps	No.	Name	QTY	Item	No.	QTY
5	No.10	Boom components	1	37	Gasket	8
	11	Connecting rod assembly	1	38	Shaft	1
	15	High pull arm welding group right	1	40	Joint axis	2
	16	High pull arm welding group left	1	1	M10*20 Hexagon socket flat head screws	8

Tools/Equipment

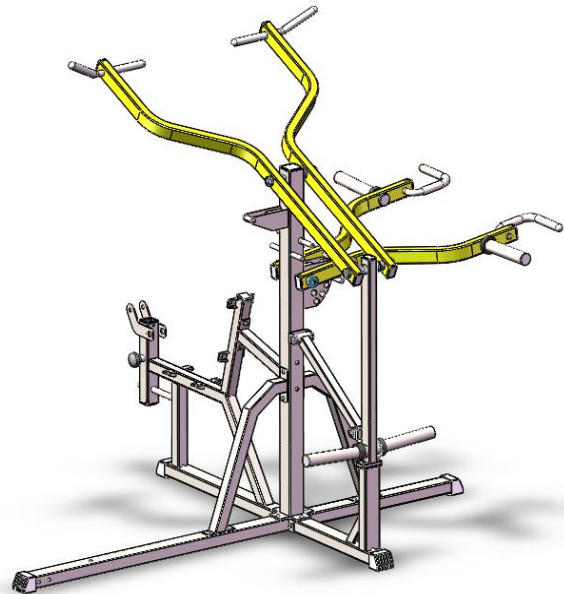
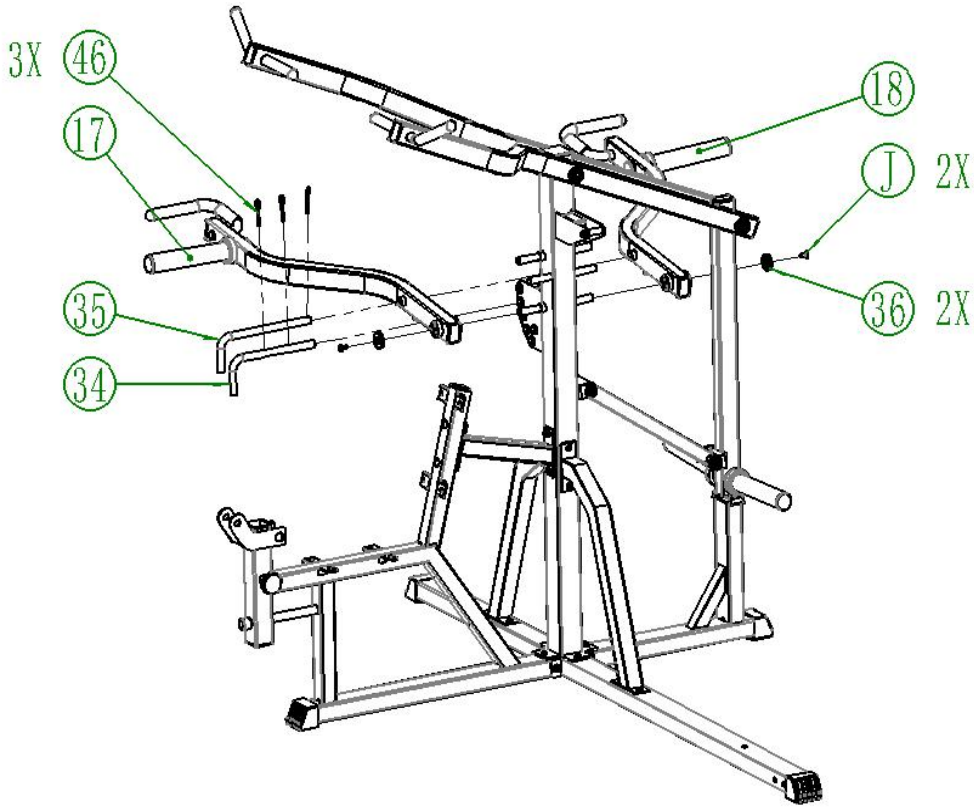
6#Hexagon screwdriver



## Main Frame Assembly Steps

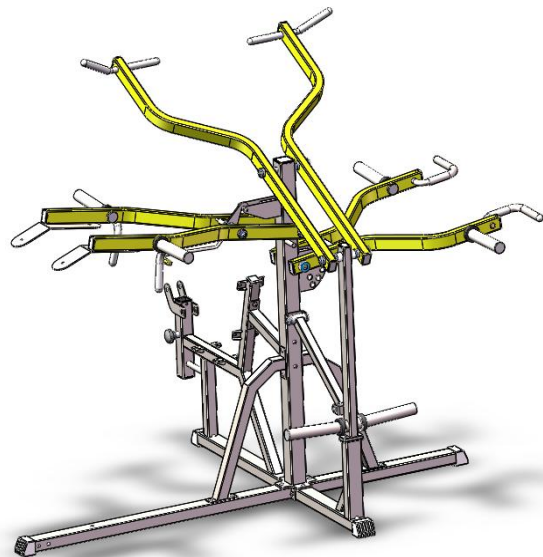
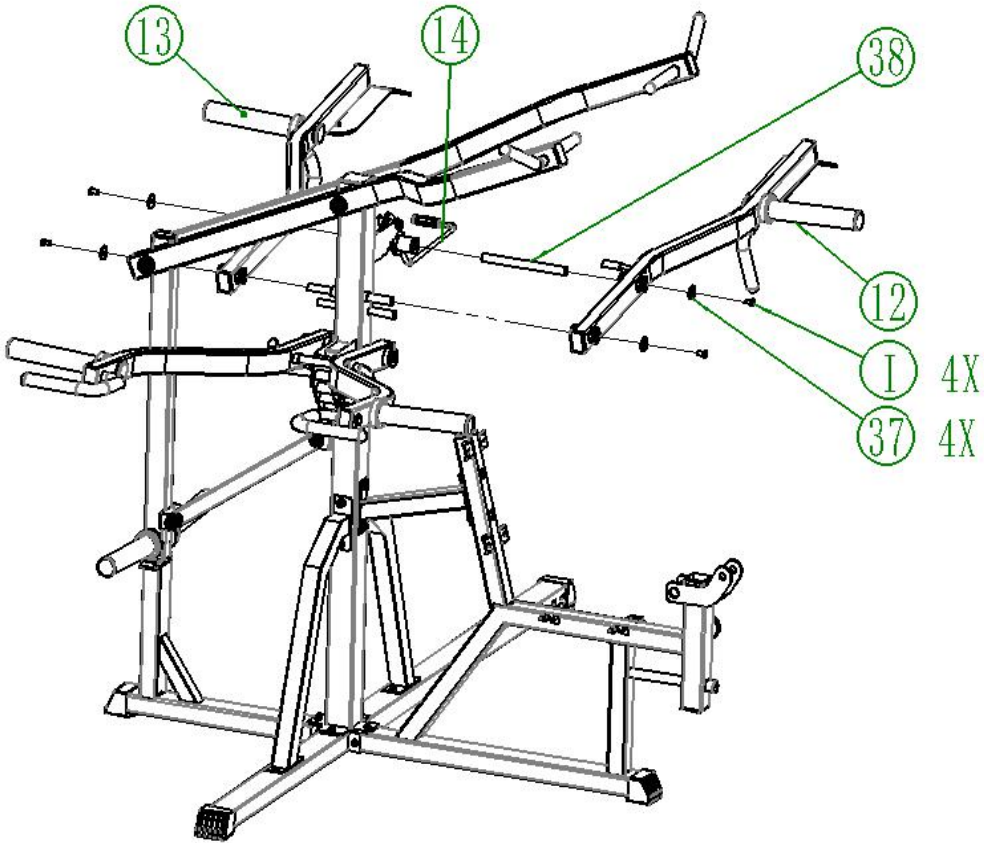
Steps	No.	Name	QTY	Item	No.	QTY
6	17	High pull arm welding group right	1	36	Aluminum alloy end cap	1
	18	High pull arm welding group left	1	46	Small latchΦ6	3
	34	Curved handle latch 1	1	J	M10*20 Hexagon socket flat head screws	2
	35	Curved handle latch 2	1			

Tools/Equipment 6#Hexagon screwdriver



## Main Frame Assembly Steps

Steps	No.	Name	QTY	Item	No.	QTY
7	12	High pull arm welding group left	1	38	Shaft	1
	13	High pull arm welding group right	1	I	M10*20 Hexagon socket flat head screws	4
	14	Hook welding group	1			
	37	Gasket	4			
Tools/Equipment		6#Hexagon screwdriver				

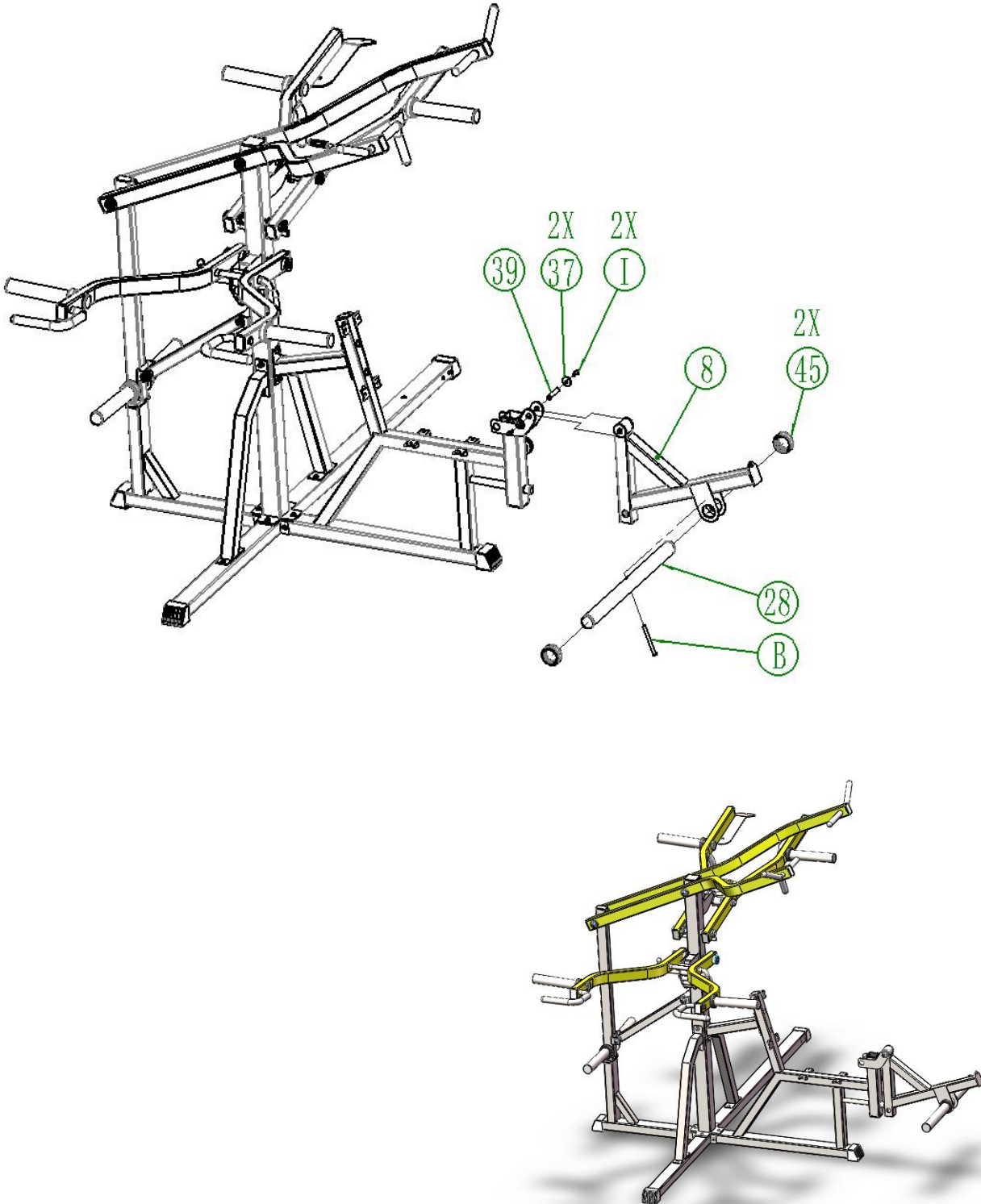


## Main Frame Assembly Steps

Steps	No.	Name	QTY	Item	No.	QTY
8	8	Leg extension boom assembly	1	39	Joint axis	1
	28	Stainless steel bell rod group	1	B	M10*110 Hexagon socket flat head screws	1
	37	Gasket	2	I	M10*20 Hexagon socket flat head screws	2
	45	jacket	2			

Tools/Equipment

6#Hexagon screwdriver

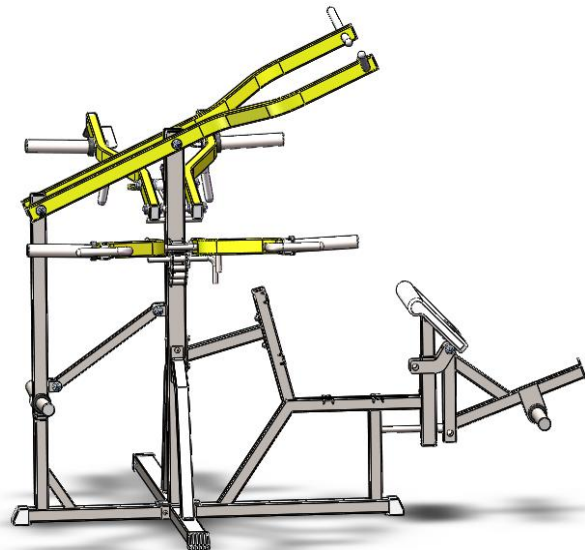
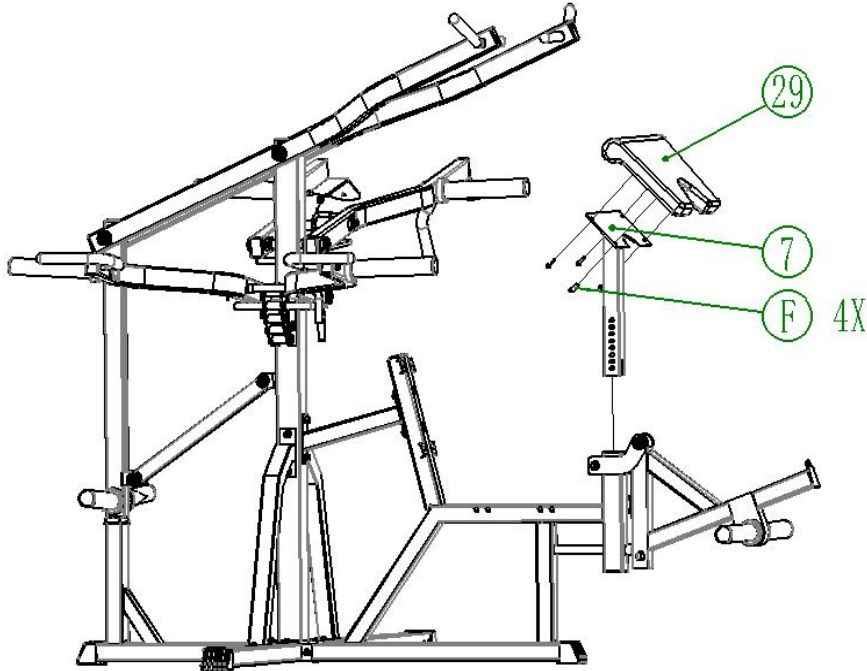


## Main Frame Assembly Steps

Steps	No.	Name	QTY	Item	No.	QTY
9	7	Biceps frame	1			
	29	Biceps pad	1			
	F	M8*25 Hexagon socket flat head screws	4			

Tools/Equipment

6#Hexagon screwdriver



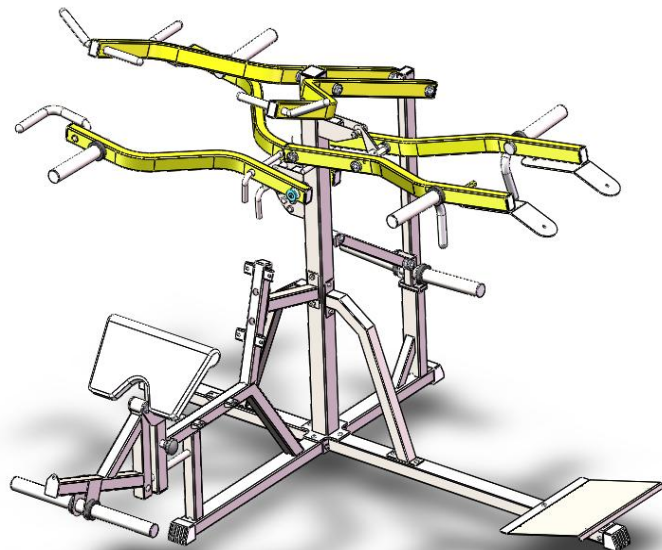
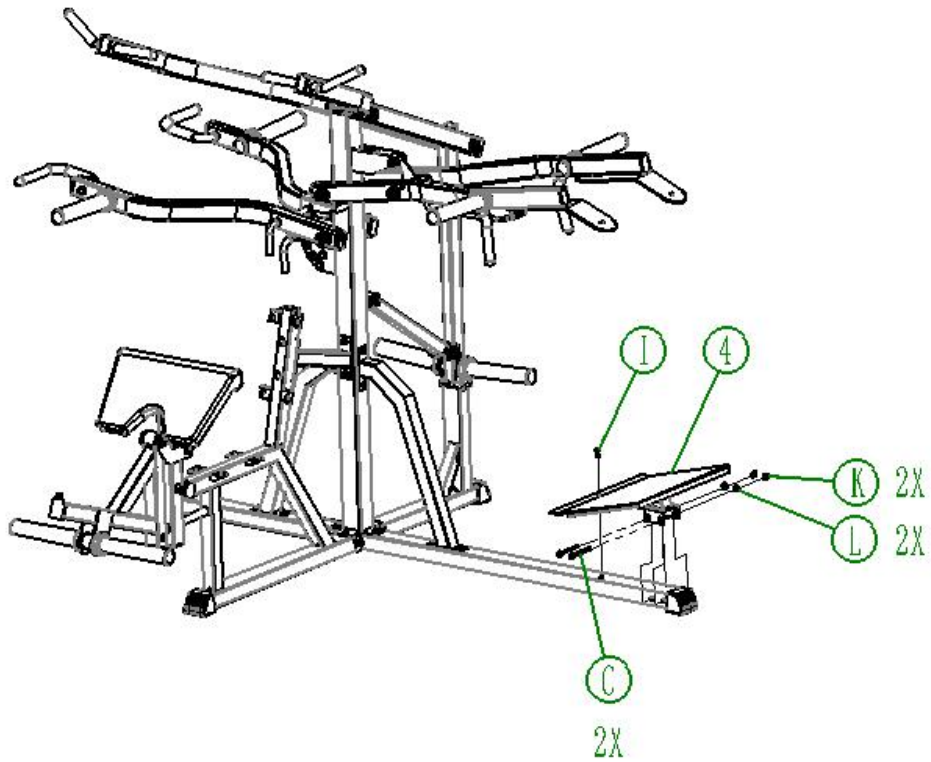


## Main Frame Assembly Steps

Steps	No.	Name	QTY	Item	No.	QTY
10	4	Big pedal assembly	1	I	M10*20 Hexagon socket flat head screws	1
	C	M10*95 Hexagon socket flat head screws	2			
	L	Ø10 Flat gasket	2			
	K	M10 Locknut	2			

Tools/Equipment

6#Hexagon screwdriver , wrench

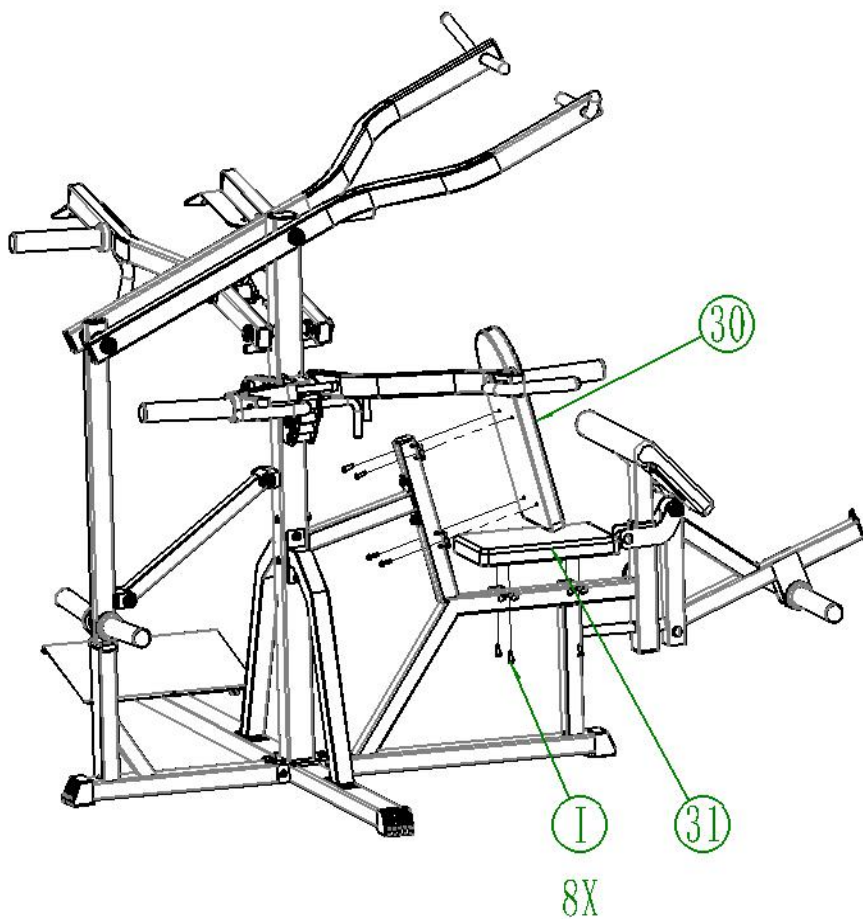


## Main Frame Assembly Steps

Steps	No.	Name	QTY	Item	No.	QTY
11	30	Small backrest	1			
	31	Seat cushion	1			
	I	M10*20 Hexagon socket flat head screws	8			

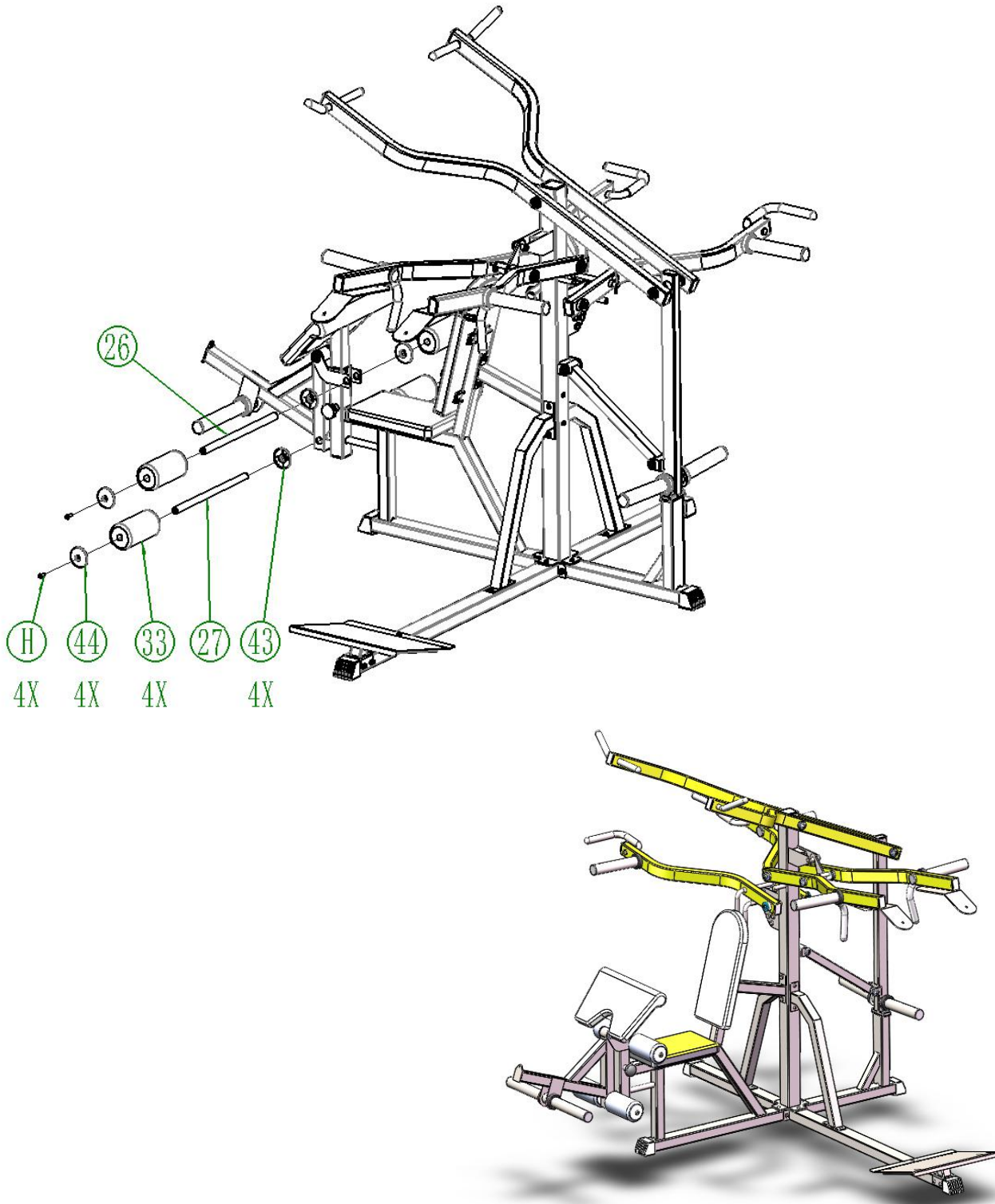
Tools/Equipment

8#Hexagon screwdriver



## Main Frame Assembly Steps

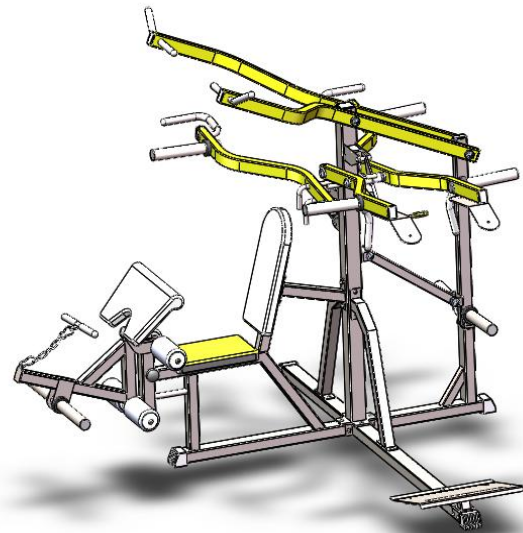
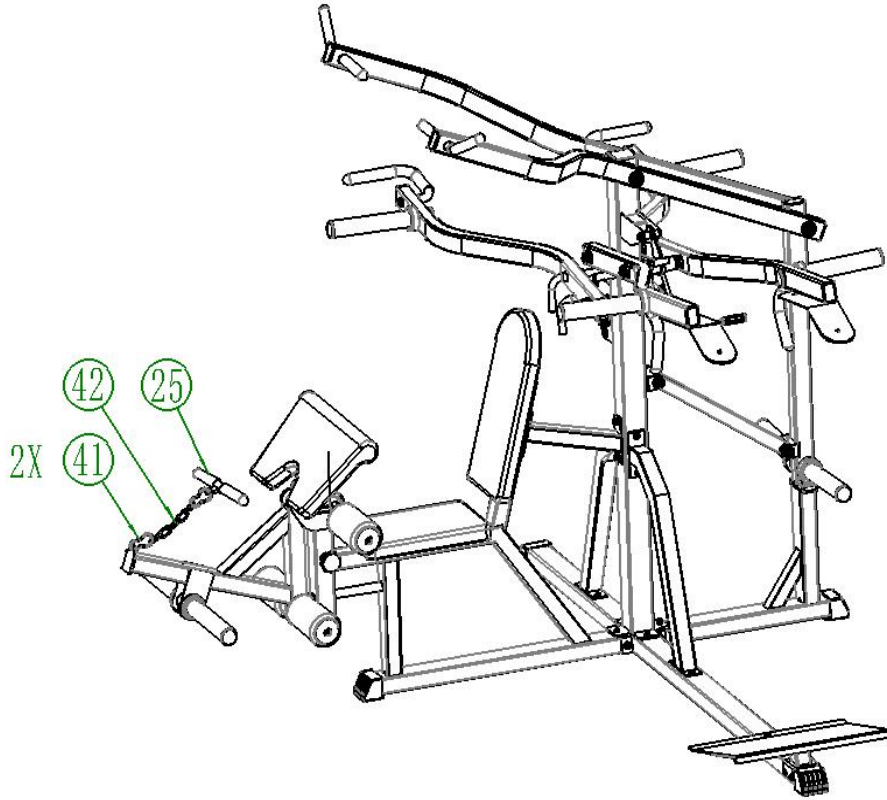
Steps	No.	Name	QTY	Item	No.	QTY
12	26	Long foam rod set	1	44	Foam barrel outer	4
	27	Short foam rod set	1	H	M10*25 Hexagon socket flat head screws	4
	33	Foam roller	4			
	43	Foam bucket lid	4			
Tools/Equipment		6#Hexagon screwdriver				



## Main Frame Assembly Steps

Steps	No.	Name	QTY	Item	No.	QTY
13	25	Low pull components	1			
	42	Chain	1			
	41	Standard safety hook	2			

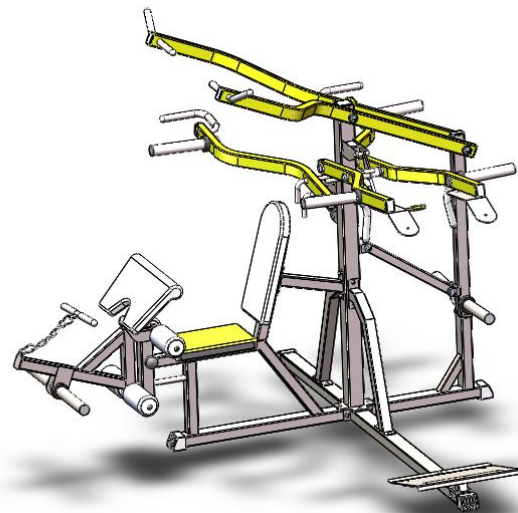
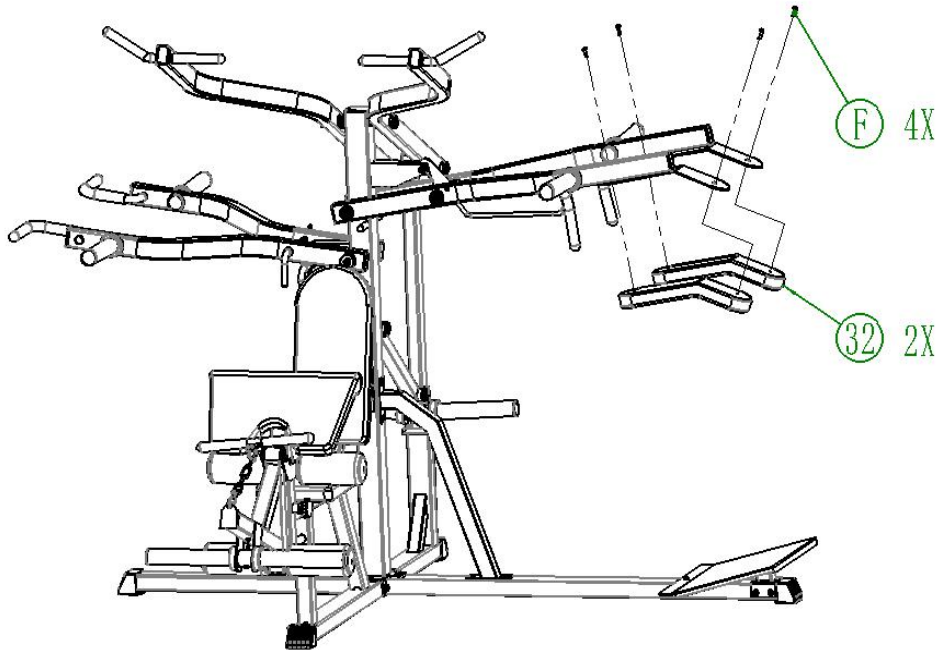
Tools/Equipment



## Main Frame Assembly Steps

Steps	No.	Name	QTY	Item	No.	QTY
14	32	Shoulder pads	2			
	F	M8*25 Hexagon socket flat head screws	4			

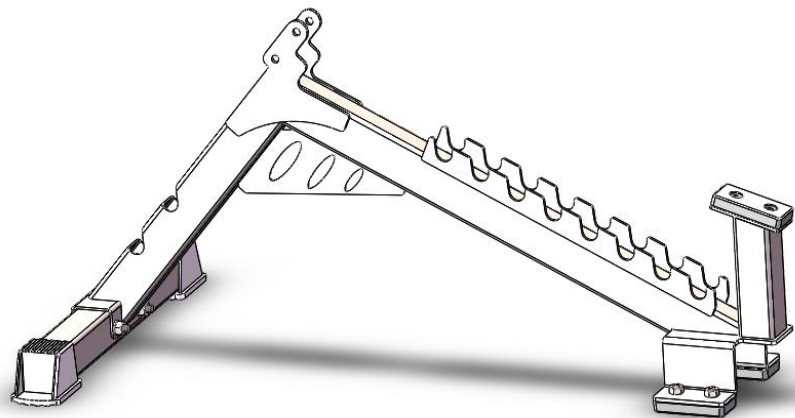
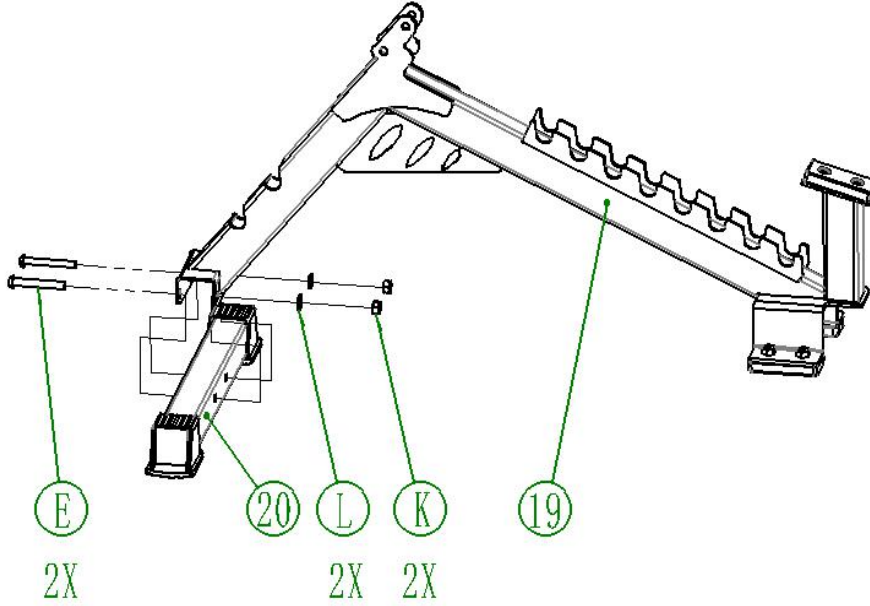
Tools/Equipment



## Dumbbell bench assembly steps

Steps	No.	Name	QTY	Item	No.	QTY
1	19	Tripod assembly	1	K	Locknut M10	2
	20	Base assembly	1			
	E	M10*75 Hexagon socket flat head screws	2			
	L	Ø10 Flat gasket	2			

Tools/Equipment 6#Hexagon screwdriver , wrench

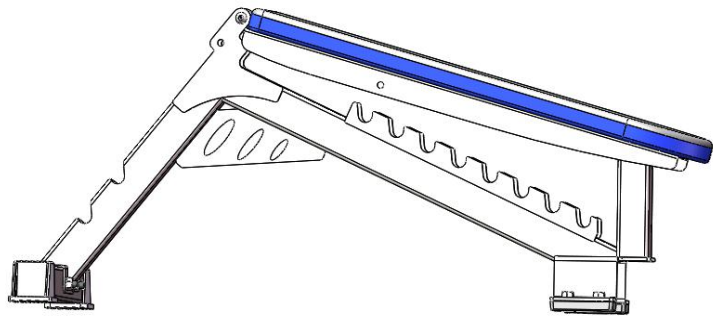
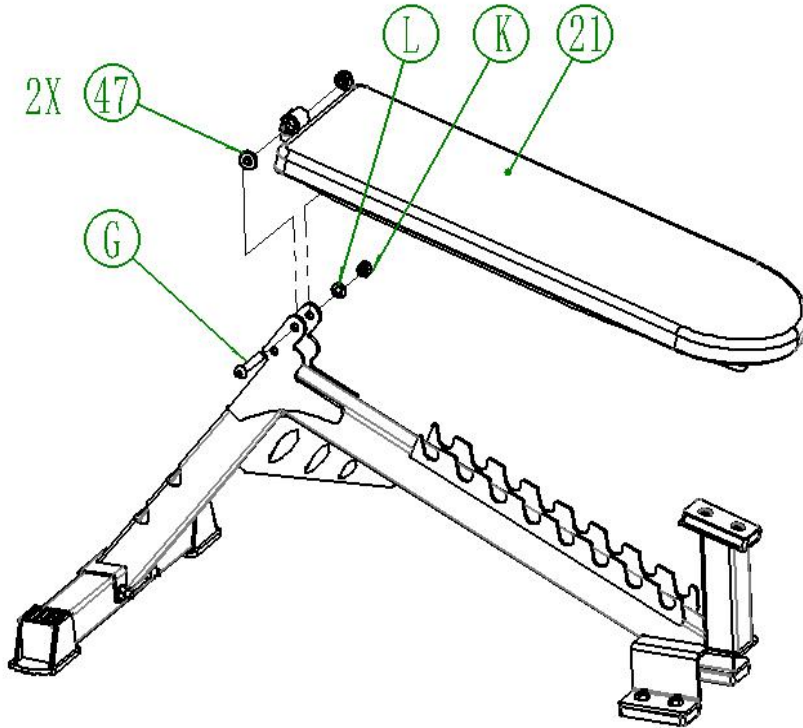


## Dumbbell bench assembly steps

Steps	No.	Name	QTY	Item	No.	QTY
2	21	Backrest support assembly	1	K	Locknut M10	1
	47	nylon sleeve	2			
	G	M10*60 Hexagon socket flat head screws	1			
	L	Ø10 Flat gasket	1			

Tools/Equipment

6#Hexagon screwdriver , wrench

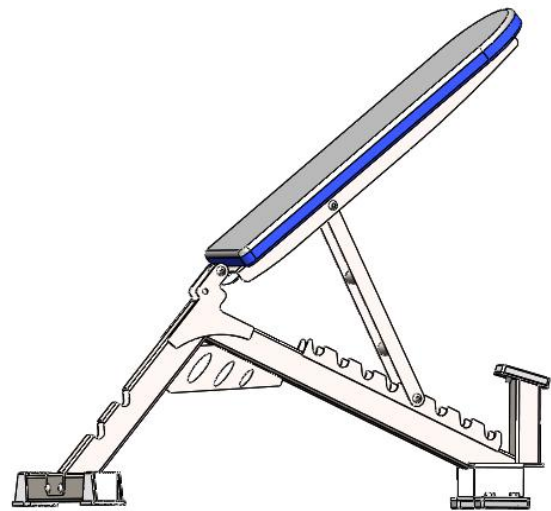
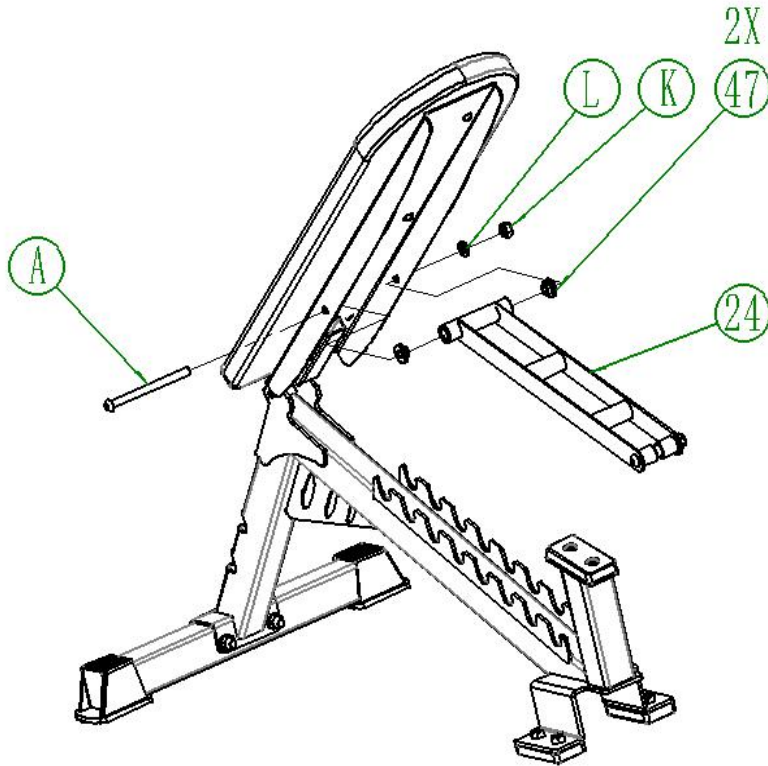


## Dumbbell bench assembly steps

Steps	No.	Name	QTY	Item	No.	QTY
3	24	Backrest support assembly	1	K	Locknut M10	1
	47	nylon sleeve	2			
	A	M10*130 Hexagon socket flat head screws	1			
	L	Ø10 Flat gasket	1			

Tools/Equipment

6#Hexagon screwdriver , wrench



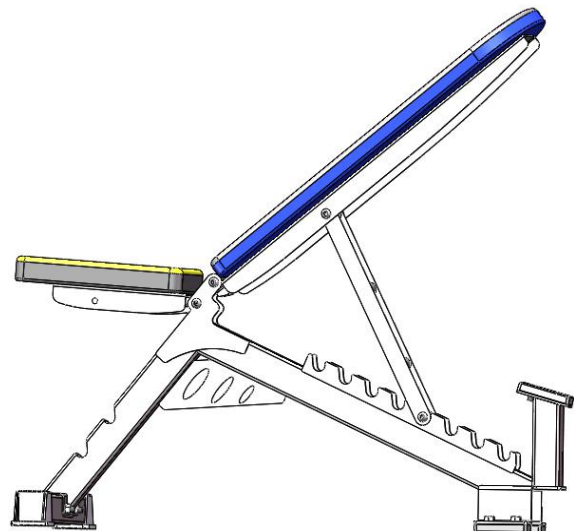
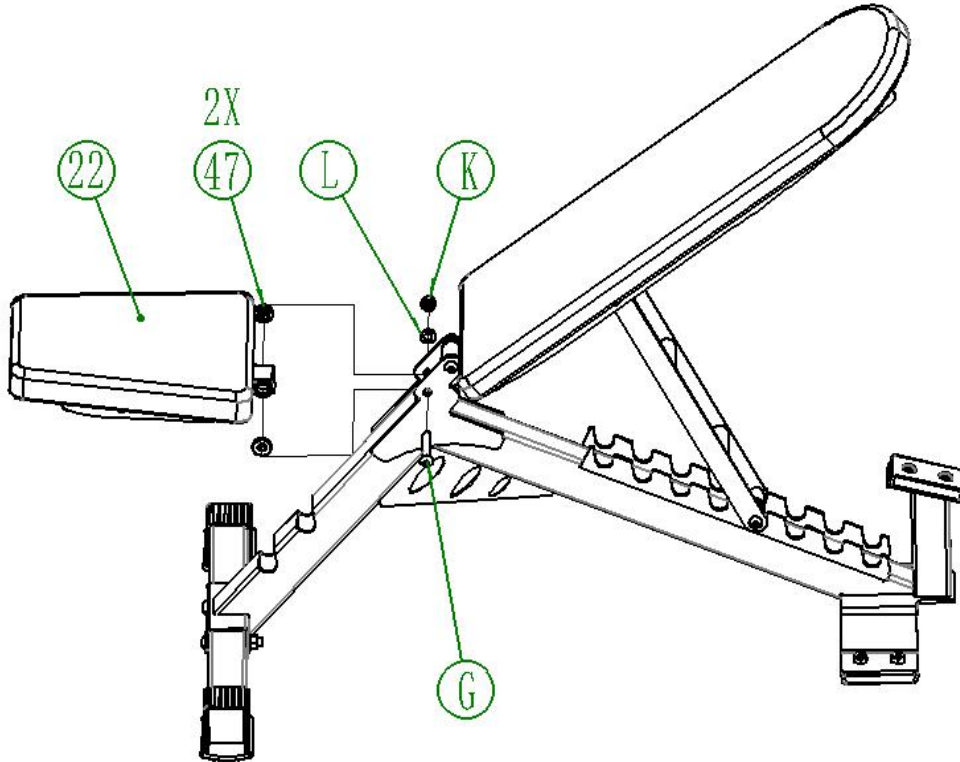


## Dumbbell bench assembly steps

Steps	No.	Name	QTY	Item	No.	QTY
4	22	Backrest support assembly	1	K	Locknut M10	1
	47	nylon sleeve	2			
	G	M10*60 Hexagon socket flat head screws	1			
	L	Ø10 Flat gasket	1			

Tools/Equipment

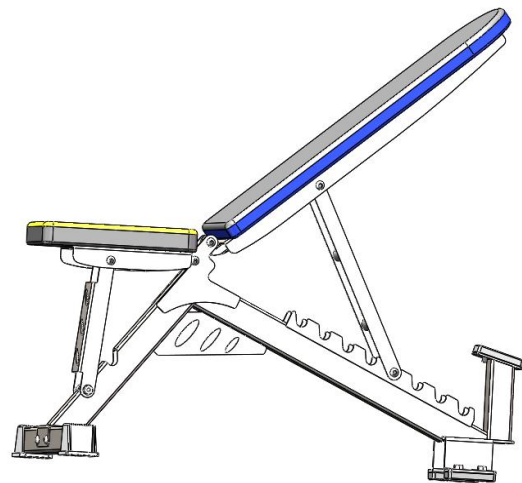
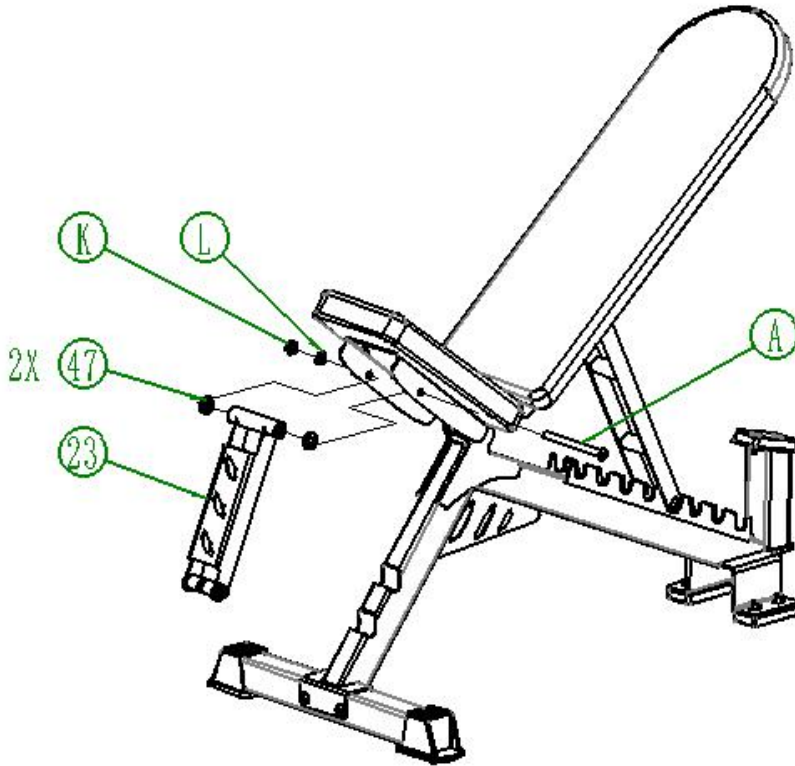
6#Hexagon screwdriver , wrench



## Dumbbell bench assembly steps

Steps	No.	Name	QTY	Item	No.	QTY
5	23	Seat support assembly	1	K	Locknut M10	1
	47	Nylon sleeve	2			
	A	M10*130	1			
	L	Ø10 Flat gasket	1			

Tools/Equipment 6#Hexagon screwdriver , wrench



# Complete assembly

Steps	No.	Name	QTY	Item	No.	QTY

Tools/Equipment

