

# FRENCH FITNESS

FF-FSR100-CB

**FRENCH FITNESS FSR100-CB  
COMMERCIAL CABLE SMITH RACK  
W/COUNTER BALANCE (NEW) V2**

**ASSEMBLY MANUAL**



## FEATURES

Perfect for a variety of Functions and Exercises such as cross-over/standing lat pull, sitting lat pull, barbell bar left and right rotation and push-up, single parallel bars, barbell bar standing lifting, barbell shoulder squatting, push-ups, pull-ups, biceps, seated leg curl, incline/decline/flat bench press, leaning and stretching of upper limbs and a lot more.

### THE ULTIMATE ALL-IN-ONE MACHINE

- Smith Machine (Counterbalanced)
- Squat Rack
- Functional Trainer
- Landmine
- Pull Up Bar
- Seated Row Foot Rest
- Jammer Arm (Optional)
- Leg Press (Optional)
- Bench (Optional)
- Lat Pulldown / Low Row (Optional)
- Dip Handle (Optional)
- Lat Pull Down Seat (optional)
- Pull Up Connecting Bar (optional)

## TECH SPECS

- 11 Gauge Steel
- Square Tube: 75mm x 75mm x 3mm
- Size of Ea. Cable Column Hole: 0.658"
- Maximum user weight: 350 lbs (159 kg)
- Maximum user weight (Lat Pulldown Knee Cushion): 350 lbs (159 kg)
- Maximum Capacity (Pull Up Bar): 551 lbs (250 kg)
- Max Load (J Hooks): 992 lbs (450 kg)
- Max Load (Spotter Arms): 1102 lbs (500 kg)
- Max Load (Smith Bar): 992 lbs (450 kg)
- Max Load (Seated Foot Rest): 661 lbs (300 kg)
- Max Load (Plate Storage): 135 lbs (Per Weight Horn) x 6 Weight Horns = 810 lbs total
- Smith Bar Weight: 46 lbs (20.5 kg)
- Smith Bearing Type: Ball Bearings
- Weight of Counterbalance on Smith: 19.2 lb x 2 (1 per side) = 38.4 lb (8.7 kg x 2 = 17.4 kg)
- Counterbalance Smith Weight: User Feels 7 lbs (3.2 kg) when no plates are loaded
- When no Plates are Loaded, User Feels 6.8 lb (45.2 lb - 38.4 lb) / 3.1 kg (20.5 kg - 17.4 kg)
- Weight Stack: (2) 220lb stacks (440lbs total) - Upgraded Weight Stacks Optional  
Note: The machine must be upgraded at the time of purchase since the upgrade is not possible once it ships because the entire stack is different.
- Pulley to Weight Ratio: 2:1 (Feels like 110 lbs per side due to ratio)
- Weight: 1197 lbs (543 KG)
- Ratio: 2:1
- Inner Frame Width: 42.52"
- Height to top pulley: 91.2"
- Height to bar rack: 81.1"
- Width from weight-horn to weight-horn: 70.9"
- Inner Frame Width: 42"
- Width with bar: 86.6"
- Length: 66.4"
- Dimensions: 66.4"L x 86.6"W x 91.2"H (L:1689mm, W:220mm, H:2318mm)
- (2) Olympic Bar Holders (For Storage): Located on Back of Machine

## ACCESSORIES INCLUDED

- (1) 86" Olympic Bar
- (2) 42" Dual Hook Straight Bar
- (3) Lat Pulldown Bar
- (4) 18" Revolving Straight Bar
- (5) Lat Pulldown Support Pad
- (6) Safety Spotter Arm (Left)
- (7) Safety Spotter Arm (Right)
- (8) Carabiner Clip (Qty 6)
- (9) Landmine w/ Full Swivel
- (10) Foot Rest for Seated Rows
- (11) J Cup (left)
- (12) J Cup (Right)
- (13) Extension Chains (Set)
- (14) Stirrup Handles (Set)
- (15) T-Bar Row Handle
- (16) Vertical Bar Holder (Qty 2)
- (17) Cord Stopper (Qty 2)
- (18) Accessory Storage Hooks (Qty 4)
- (19) Tricep Rope
- (20) Olympic Collar Bar Lock (Set of 2)

## WARRANTY

- **10 Years Parts, 1 Year Labor (Commercial)**
- **California Residents see Prop 65 WARNING**

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# WARRANTY

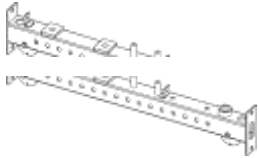

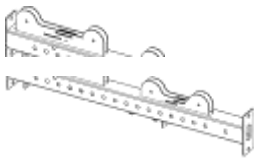

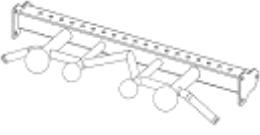

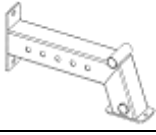
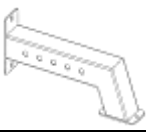
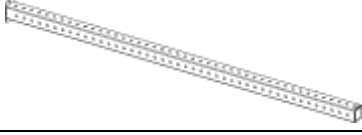
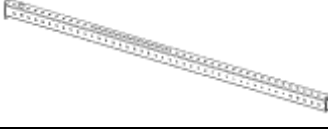
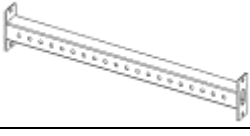
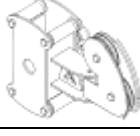
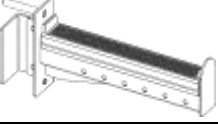
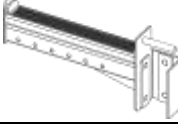

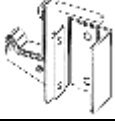
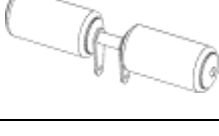
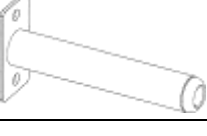




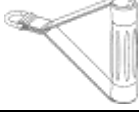

- Lifetime Parts and 1 Year Labor Warranty

## 1. IMPORTANT SAFETY INSTRUCTIONS

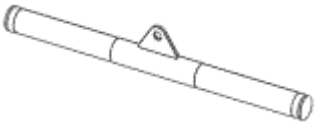
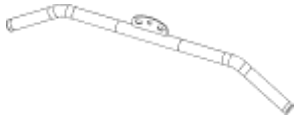

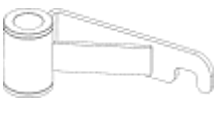
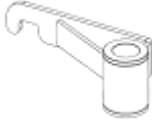








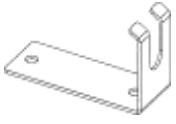

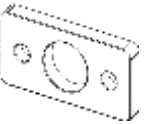
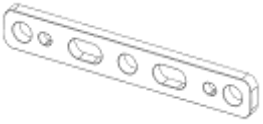



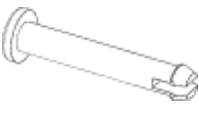



WARNING - Read all instructions before using this machine.

- Install the product on a flat level surface
  - Place your unit on a solid, level surface when in use
  - Never allow children on or near the machine.
  - Keep hands away from all moving parts.
  - Never drop or insert any object into any openings.
  - Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
  - Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
  - Only 1 person at a time should use the machine.
  - If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY
  - Do not use the machine near water or outdoors.
  - Keep hands away from all moving parts.
  - Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
  - Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
  - Do not place any sharp objects around the machine.
  - Disabled person should not use the machine without a qualified person or physician in attendance.
- 
- Never operate the machine if the machine is not functioning properly.
  - A spotter is recommended during exercise.


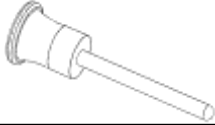
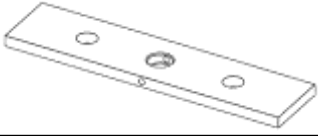


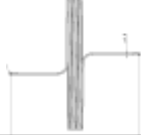




# ACCESSORIES LIST (INDIVIDUAL PACKAGING)

		
1	2	3
		
4	5	6
		
7	8	9
		
10	11	12
		
13	14	15
		
16	17	18
		
19	20	21
		
22	23	24

# ACCESSORIES LIST (INDIVIDUAL PACKAGING)

		
25	26	27
		
28	29	30
		
31	32	33
		
34	35	36
		
37	38	39
		
40	41	42
		
43	44	45
		
46	47	48

# ACCESSORIES LIST (INDIVIDUAL PACKAGING)






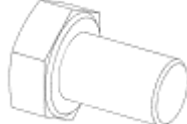


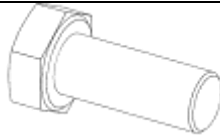
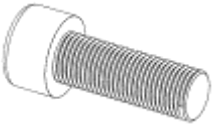
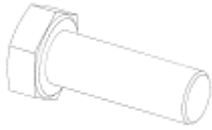



		
49	50	51
		
53	54	55
		
56	57	58
		
59		



## PARTS LIST

Model	Name	QTY
1	weight stack bottom tube welding assembly	2
2	weight stack assembly	2
3	top weight stack welding group	2
4	Hook column riser welding group	2
5	Front connection welding group	1
6	Upper pulley block	2
7	Front bend pipe welding group	1
8	Front bend pipe welding group	1
9	Rear riser welding group	2
10	Front pillar welding group	2
11	Lower connection welding group	2
12	right butterfly slide set	1
13	Left safety frame group	1
14	Right safety frame group	1
15	Hook welding group left	1
16	Hook welding group right	1
17	Pressure leg welding group	1
18	Hanging rod welding group	6
19	Hook weldment	4
20	Bottom weight holder assembly	1
21	left butterfly slide set	1
22	cable head	2
23	low row bar	2
24	Pull welding group	1
25	Low row welding group	1
26	lat pulldown welding group	1
27	Push rod welding group	1
28	Smith Insurance Group left	1
29	Smith Insurance Group Right	1
30	Push rod assembly	1
31	Pedal set	1
32	Olympic bar 2.2m	2
33	Carabiner Clip	6
34	jacket	6
35	guide rod	4
36	Large guard plate	2
37	Smith optical axis	2
38	Olympic pole lock plate	2
39	T-shaped pin 100mm	1
40	Optical axis fixed seat	2
41	Optical axis fixing plate	2
42	barbell card holder	2
43	056 guide rod pad	4
44	Decorative board 2	8
45	Card rope pin (ABS)	8
46	Rubber mat	4
47	Pulley limit sleeve	8
48	φ25x430L fixed shaft	2
49	Top weight stack group	2
50	New pin	2
51	Long weight stack	38
53	Cable A (9890)	2
54	Cable B (2400)	2
55	Balance weight optical axis guide column	4
56	Shock pad	4
57	Blister package	1
58	Manuals	1
59	Three-head press rope	1

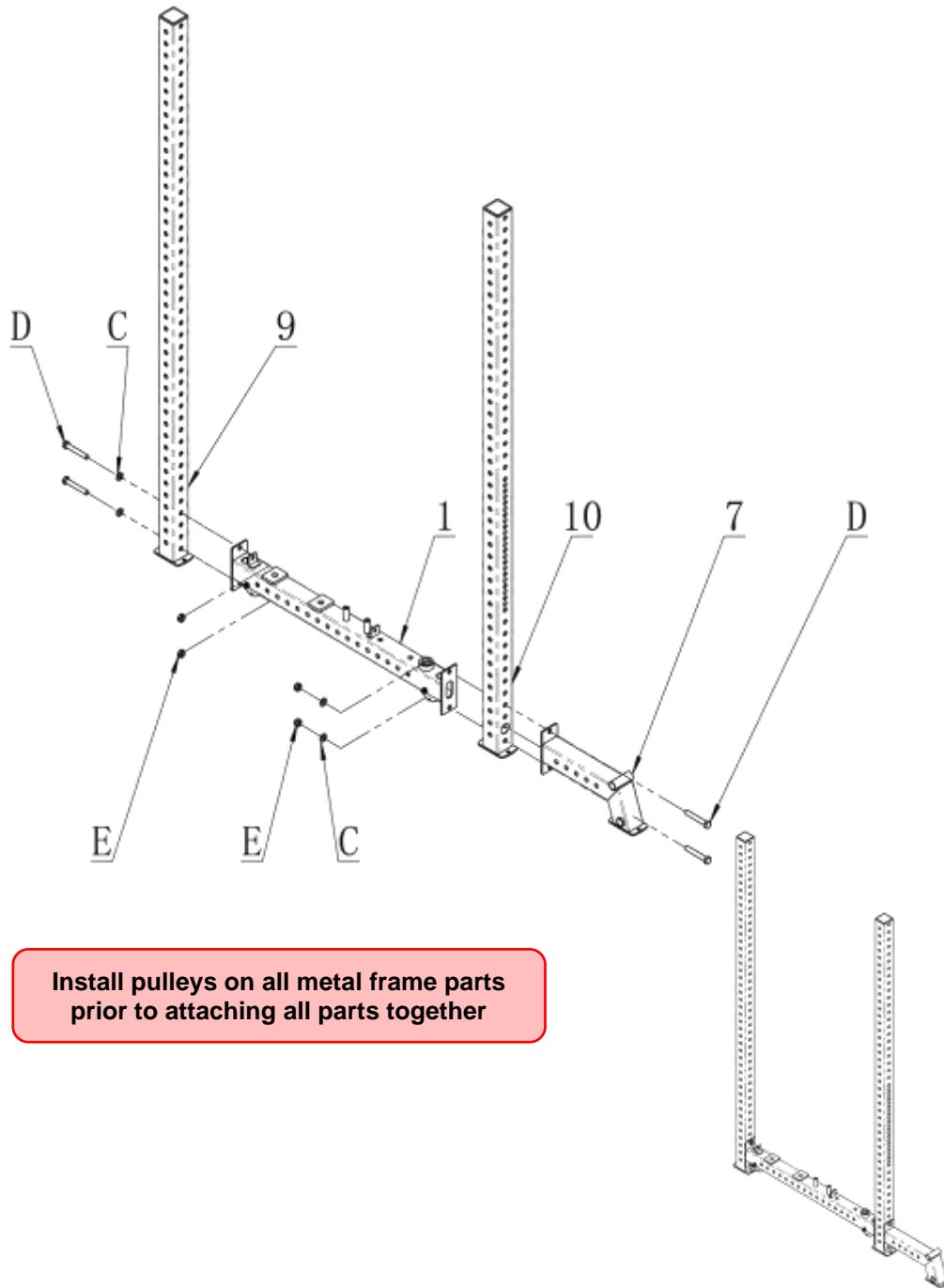
## BLISTER PACK SCREW LIST

		
A	B	C
		
D	E	F
		
G	H	K
		
L	M	N
		
P	Q	

Model	Name	QTY
A	4mm Allen wrench	1
B	M10 lock nut	16
C	Flat washer Φ16	62
D	External hexagonal screw M16X100	58
E	Lock nut M16	58
F	External hexagonal screw M10X16	9
G	Φ10 flat washer	12
H	Small hole big pad Φ30XΦ11X2	1
K	External hexagonal screw M10X25	2
L	Cylindrical head screw M16x30	4
M	External hexagonal screws (galvanized) M10X30	10
N	No. 14--No. 17wrench	2
P	No. 22--No. 24 wrench	2
Q	6mm Allen wrench	1

# ASSEMBLY STEPS

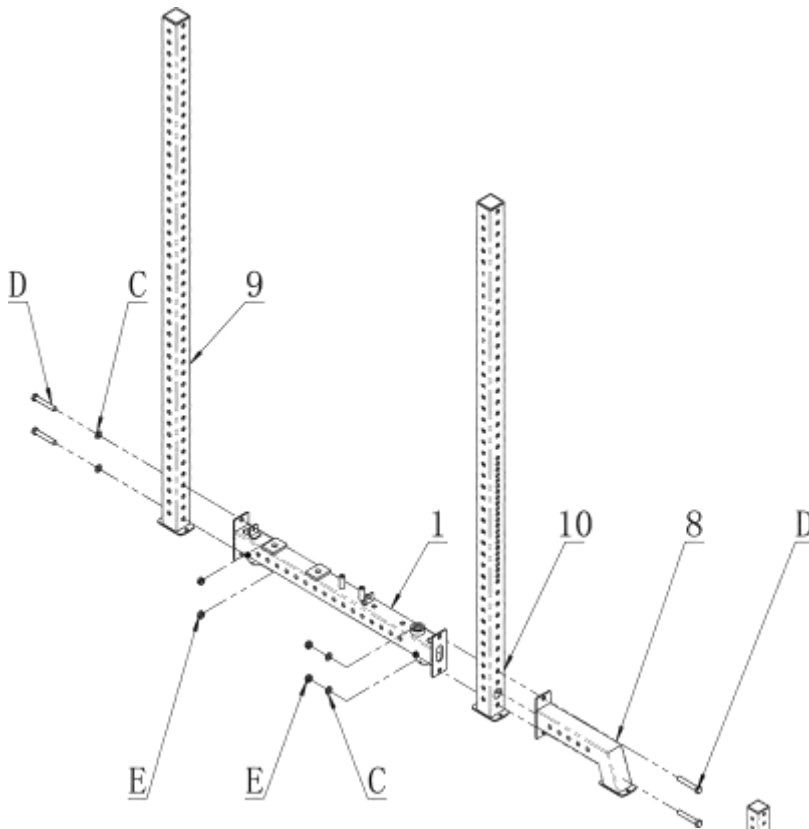
Steps	Model No.	Name	QTY
1	1	weight stack bottom tube welding assembly	1
	7	Front bend pipe welding group	1
	9	Rear riser welding group	1
	10	Front pillar welding group	1
	C	Flat washer $\Phi 16$	4
	D	External hexagonal screw M16X100	4
	E	Lock nut M16	4



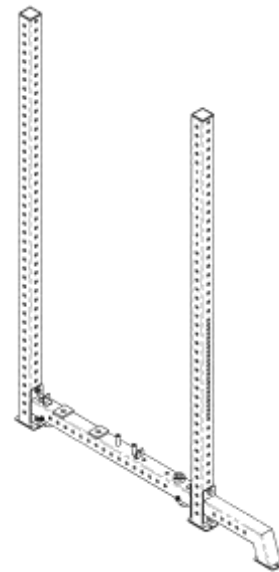
**Install pulleys on all metal frame parts prior to attaching all parts together**

# TABLE OF CONTENTS

Steps	No.	Name	Qty
2	1	weight stack bottom tube welding assembly	1
	8	Front bend pipe welding group	1
	9	Rear riser welding group	1
	10	Front pillar welding group	1
	C	Flat washer $\Phi 16$	4
	D	External hexagonal screw M16X100	4
	E	Lock nut M16	4

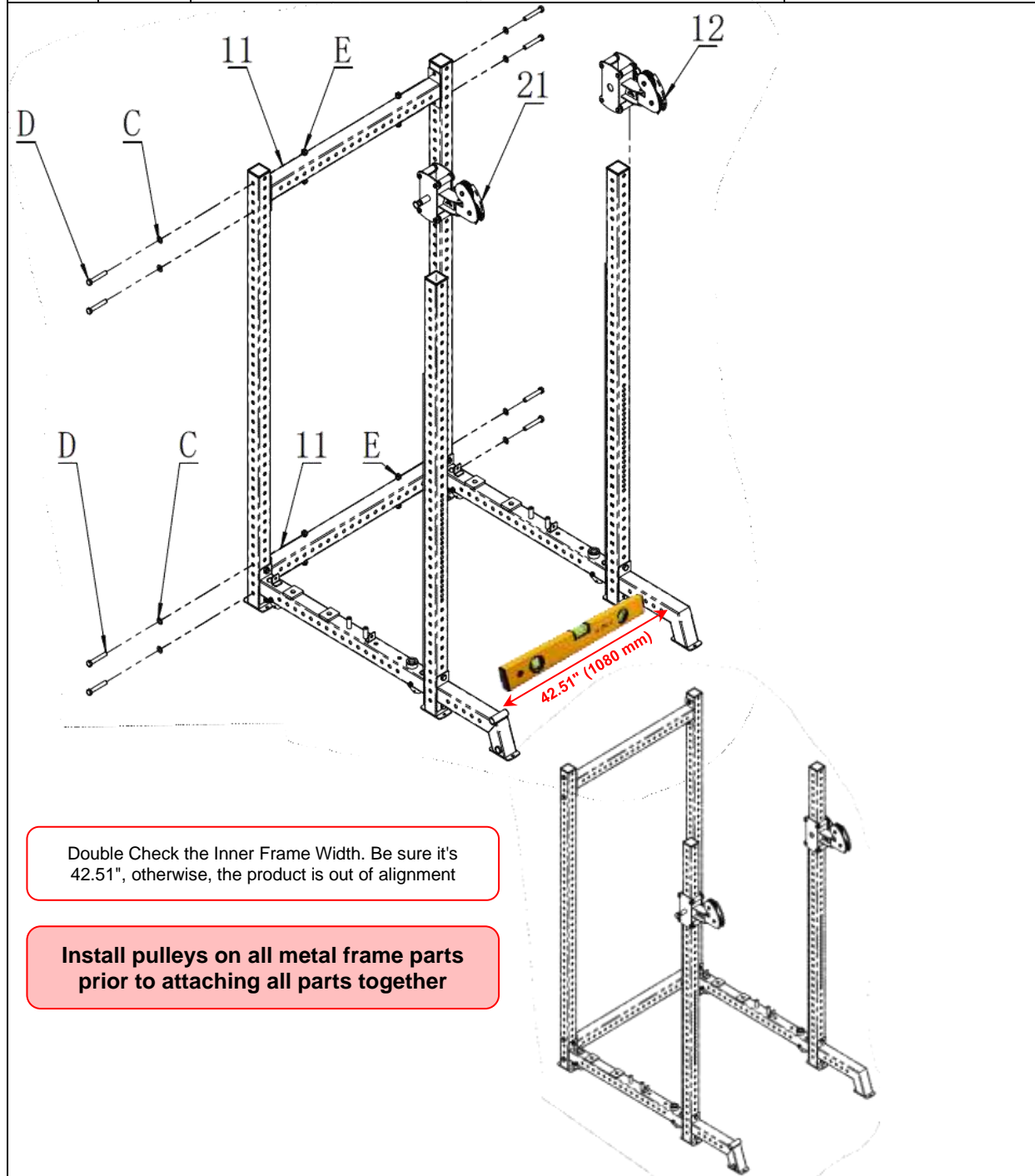


**Install pulleys on all metal frame parts prior to attaching all parts together**



# TABLE OF CONTENTS

Steps	No.	Name	Qty
3	11	Lower connection welding group	2
	12	right butterfly slide set	1
	21	left butterfly slide set	1
	C	Flat washer $\Phi 16$	8
	D	External hexagonal screw M16X100	8
	E	Lock nut M16	8



Double Check the Inner Frame Width. Be sure it's 42.51", otherwise, the product is out of alignment

Install pulleys on all metal frame parts prior to attaching all parts together

# WARNING

Please DO NOT proceed with assembly if the floor is not level or the frame doesn't measure as described on page 13.

If the inner frame width does not measure 42.51" +/- 1/8" (as shown in the picture on page 12), please loosen frame bolts and push or pull the frame.

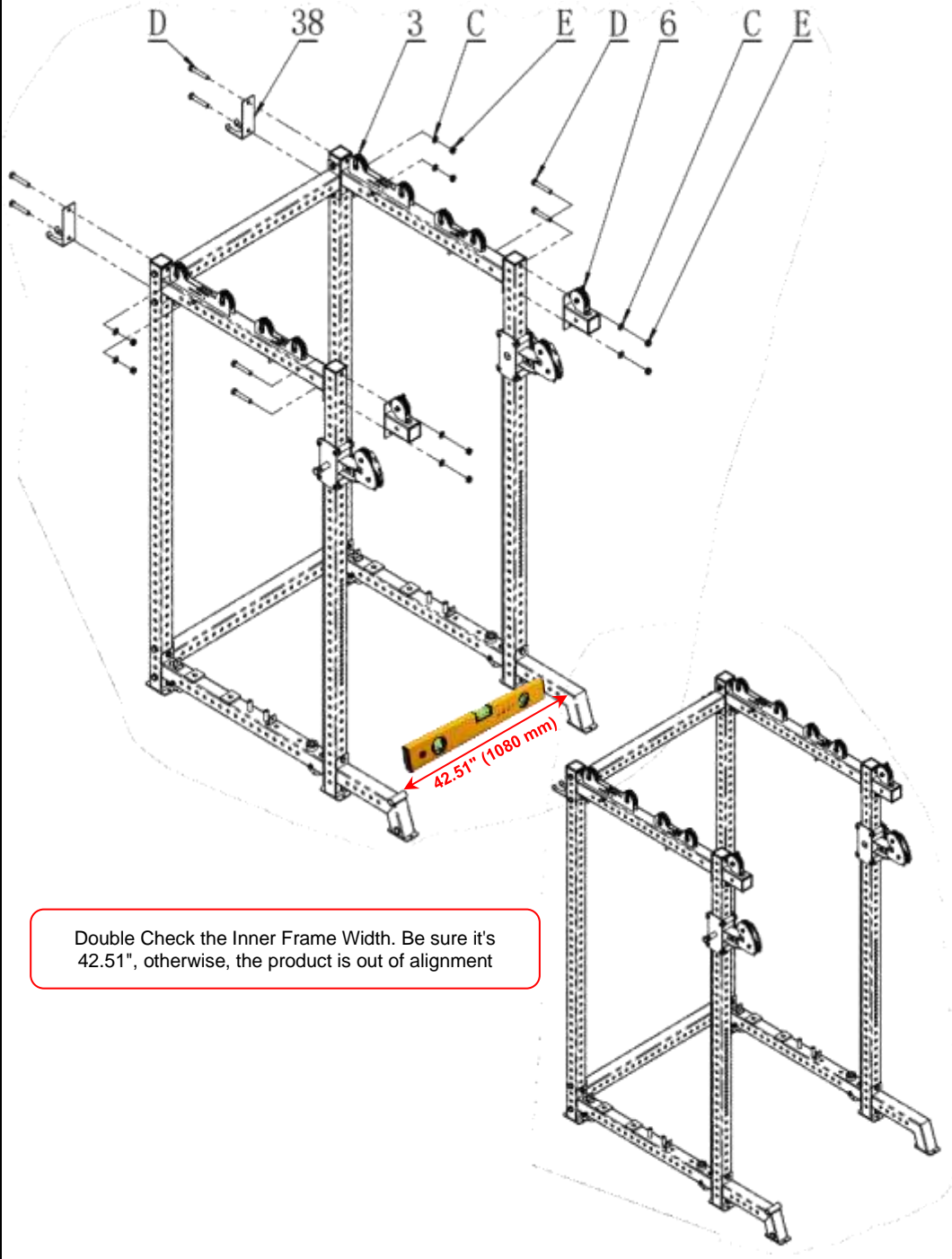
If the floor is not level (as shown in the picture on page 13), then the options are:

- placement elsewhere
- turning the machine at a different angle
- raising the proper area on the floor so the feet sit level with the rest of the feet (use a leveler on the smith bar in this case)

**FAILURE TO DO THIS WILL RESULT IN DISTORTION  
OF THE SMITH MACHINE CAUSING IT TO NOT  
GLIDE PROPERLY**

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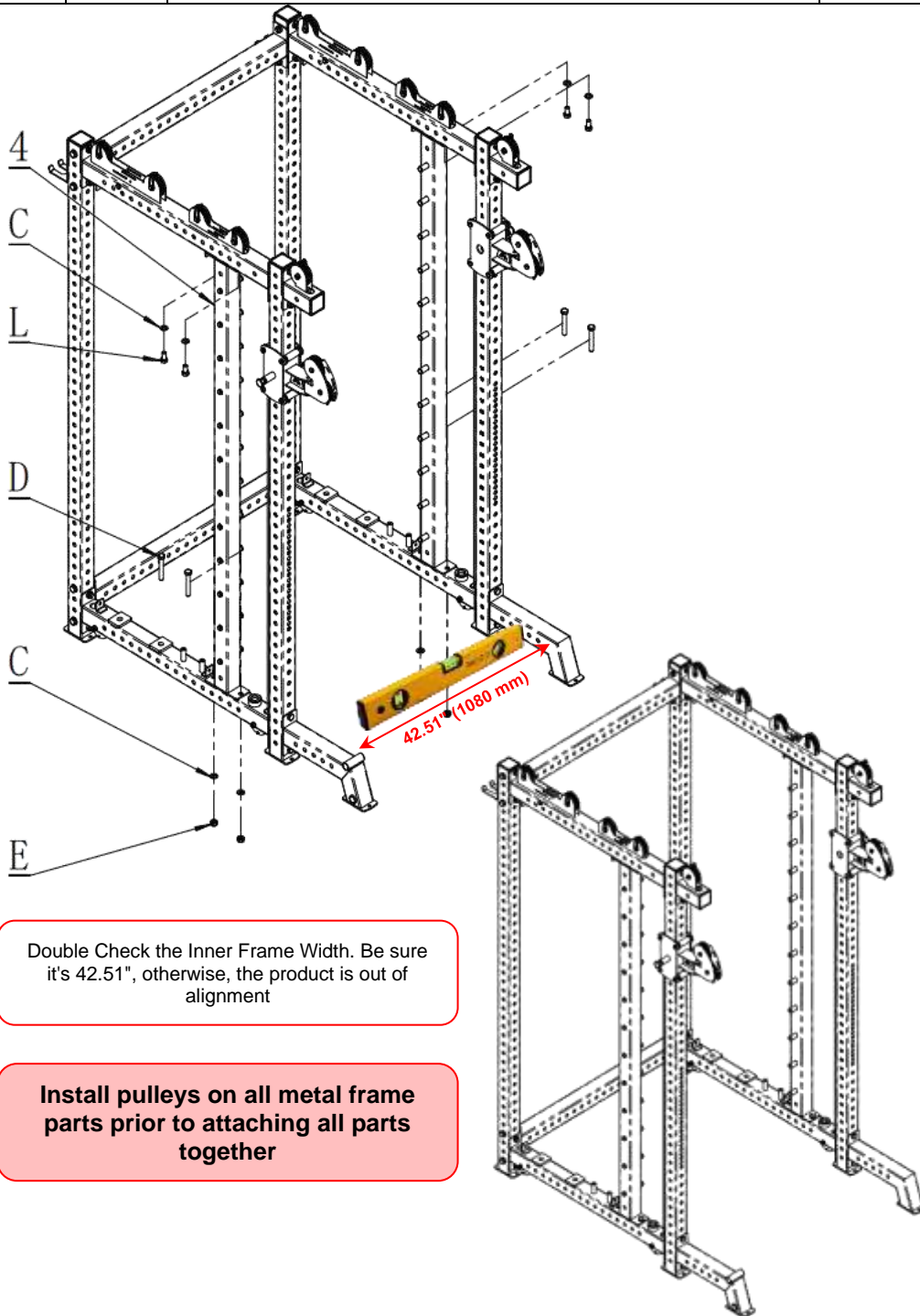
Steps	No.	Name	Qty
4	3	top weight sack welding group	2
	6	Upper pulley block	2
	38	Olympic pole lock plate	2
	C	Flat washer $\Phi 16$	8
	D	External hexagonal screw M16X100	8
	E	Lock nut M16	8



Double Check the Inner Frame Width. Be sure it's 42.51", otherwise, the product is out of alignment

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Steps	No.	Name	Qty
5	4	Hook column riser welding group	2
	C	Flat washer $\Phi 16$	8
	D	External hexagonal screw M16X100	4
	E	Lock nut M16	4
	L	Cylindrical head screw M16x30	4



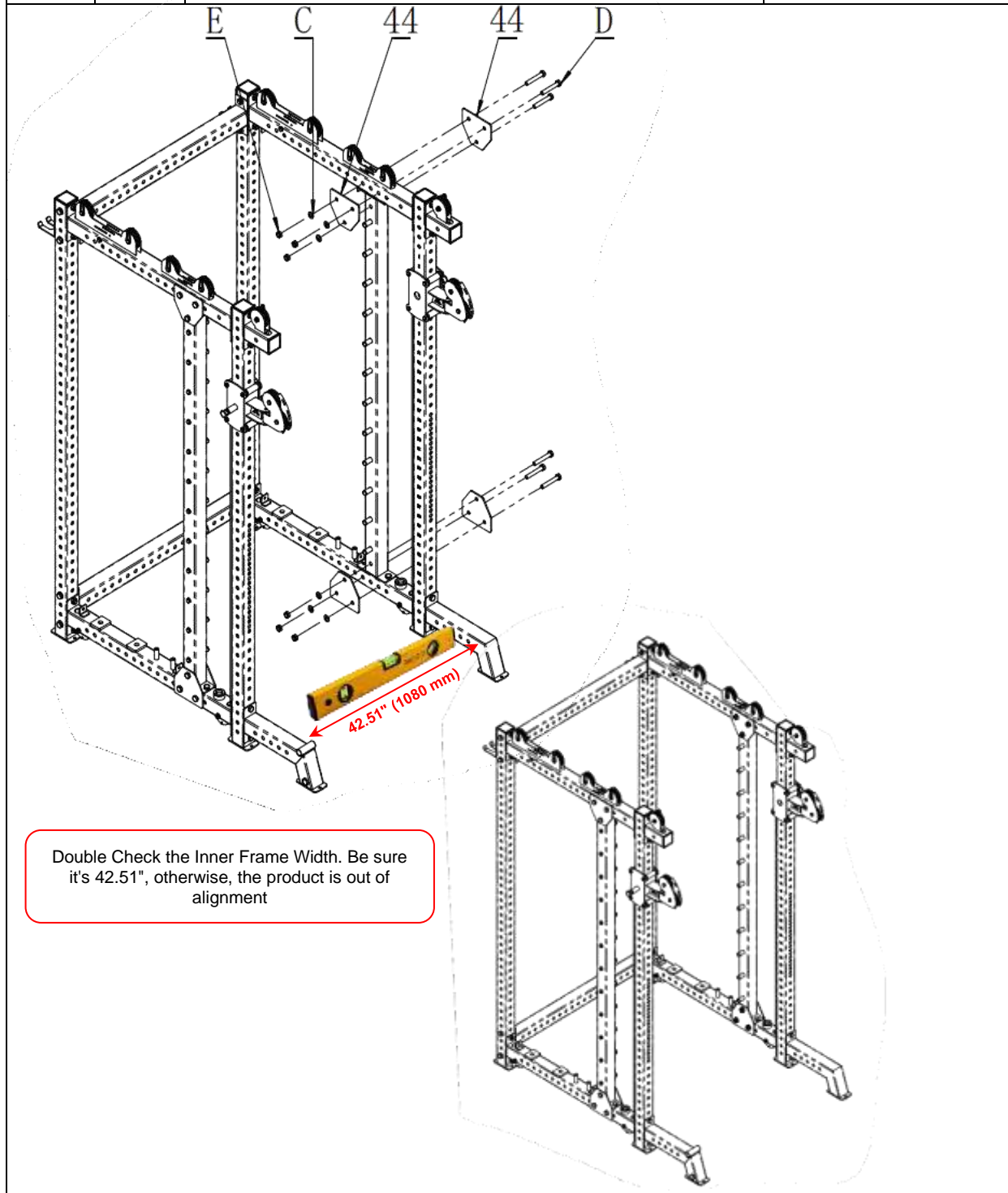
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**Install pulleys on all metal frame parts prior to attaching all parts together**



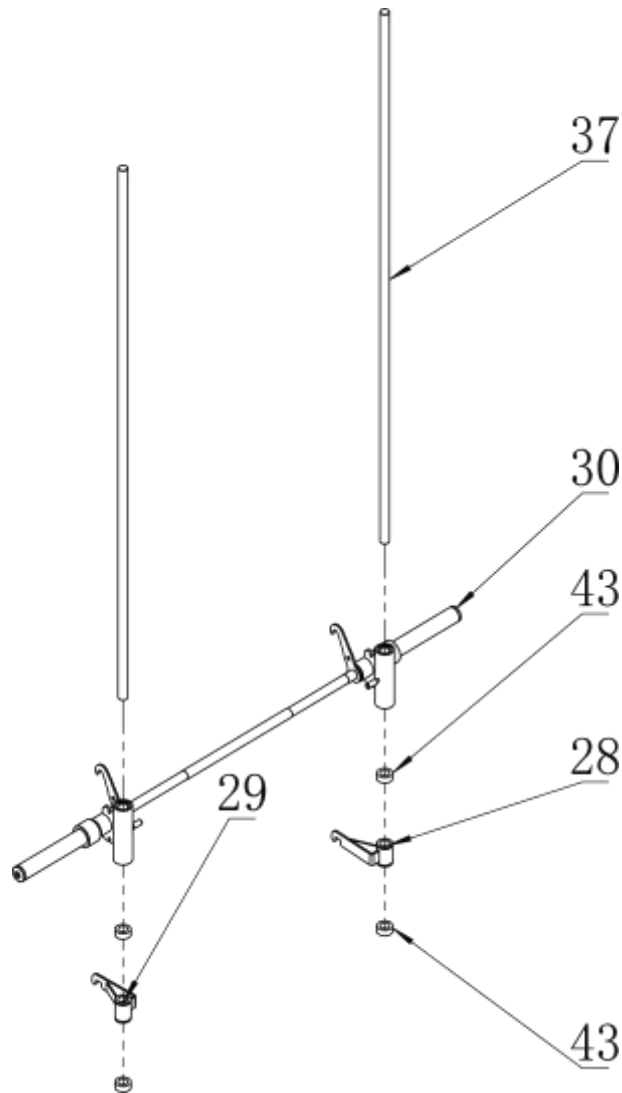
# TABLE OF CONTENTS

Steps	No.	Name	Qty
6	44	Decorative board 2	8
	C	Flat washer $\Phi 16$	12
	D	External hexagonal screw M16X100	12
	E	Lock nut M16	12



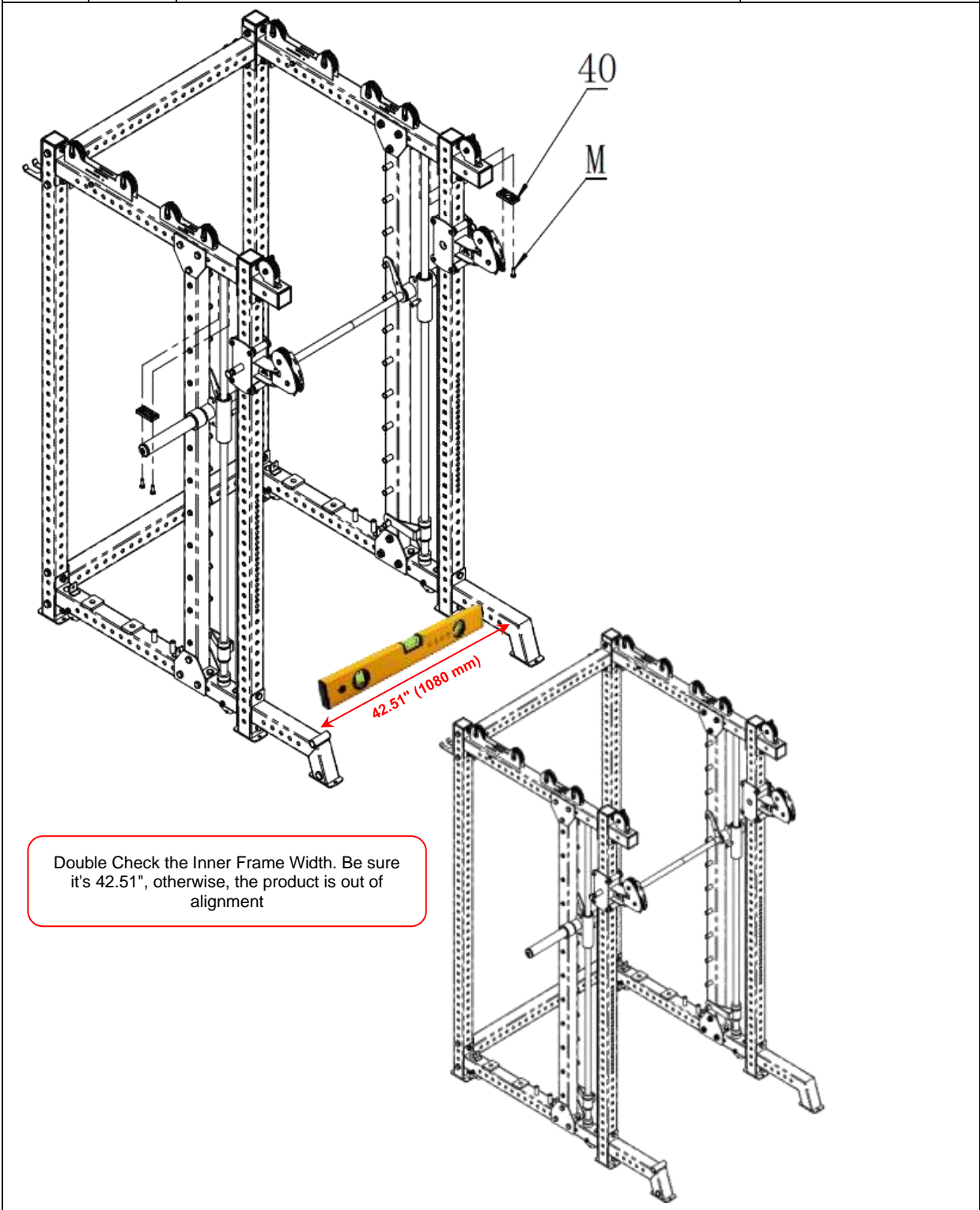
# TABLE OF CONTENTS

Steps	No.	Name	Qty
7	28	Smith Insurance Group left	1
	29	Smith Insurance Group right	1
	30	Push rod assembly	1
	37	Smith optical axis	2
	43	056 guide rod pad	4



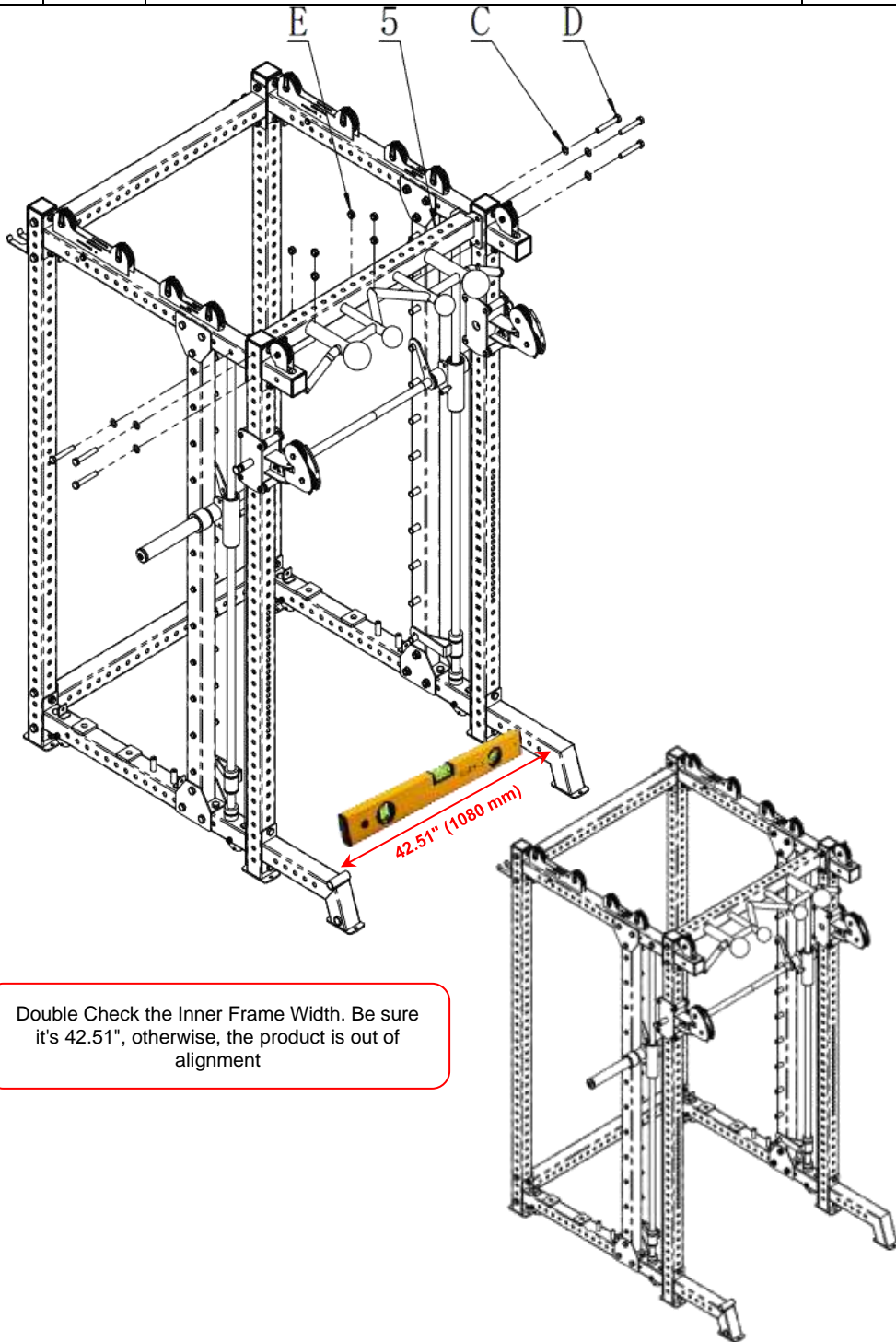
# TABLE OF CONTENTS

Steps	No.	Name	Qty
<b>8</b>	40	optical axis holder	2
	M	External hexagonal screw M10X30	4



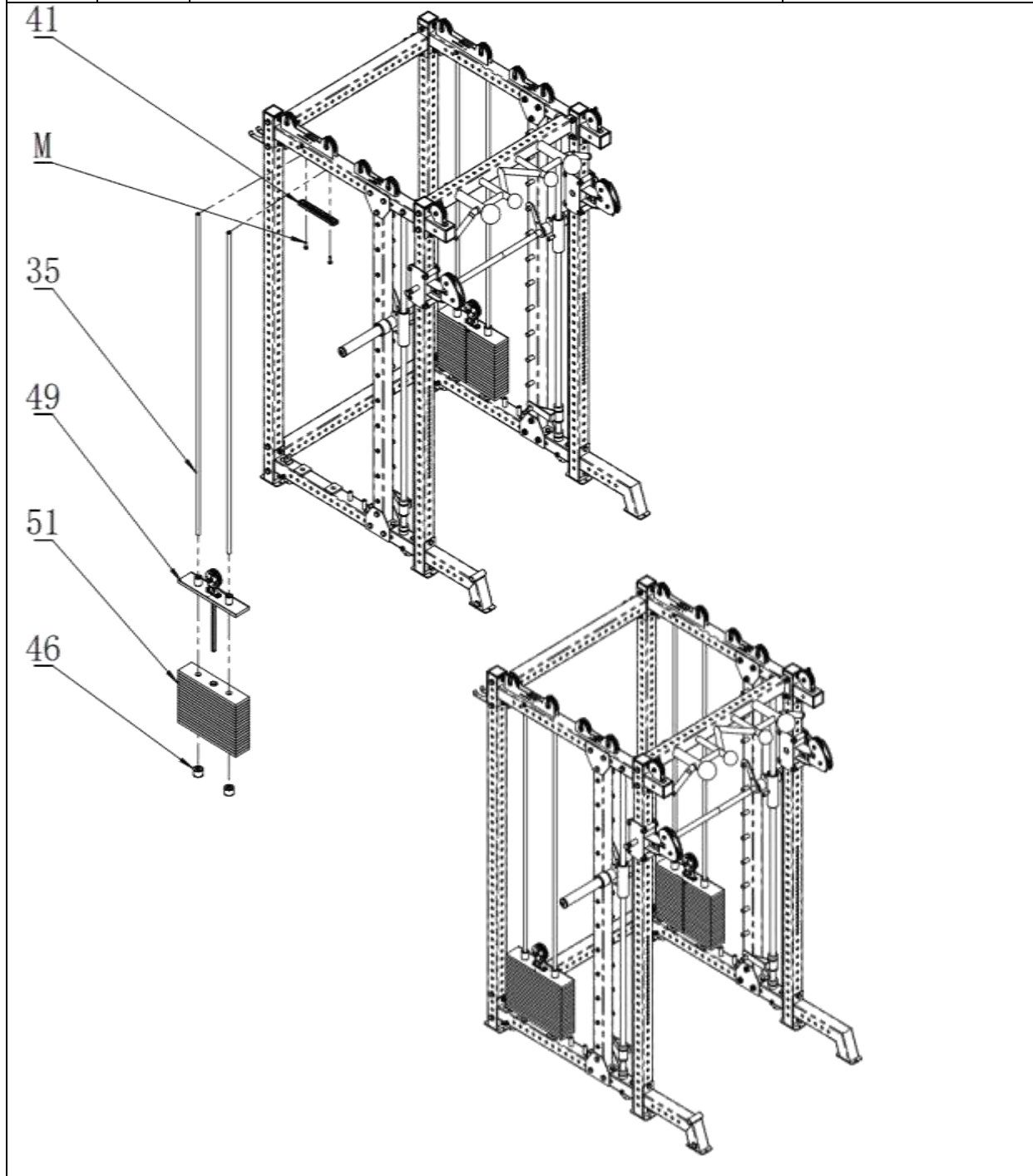
# TABLE OF CONTENTS

Steps	No.	Name	Qty
9	5	Front connection welding group	1
	C	Flat washer $\Phi 16$	6
	D	External hexagonal screw M16X100	6
	E	Lock nut M16	6



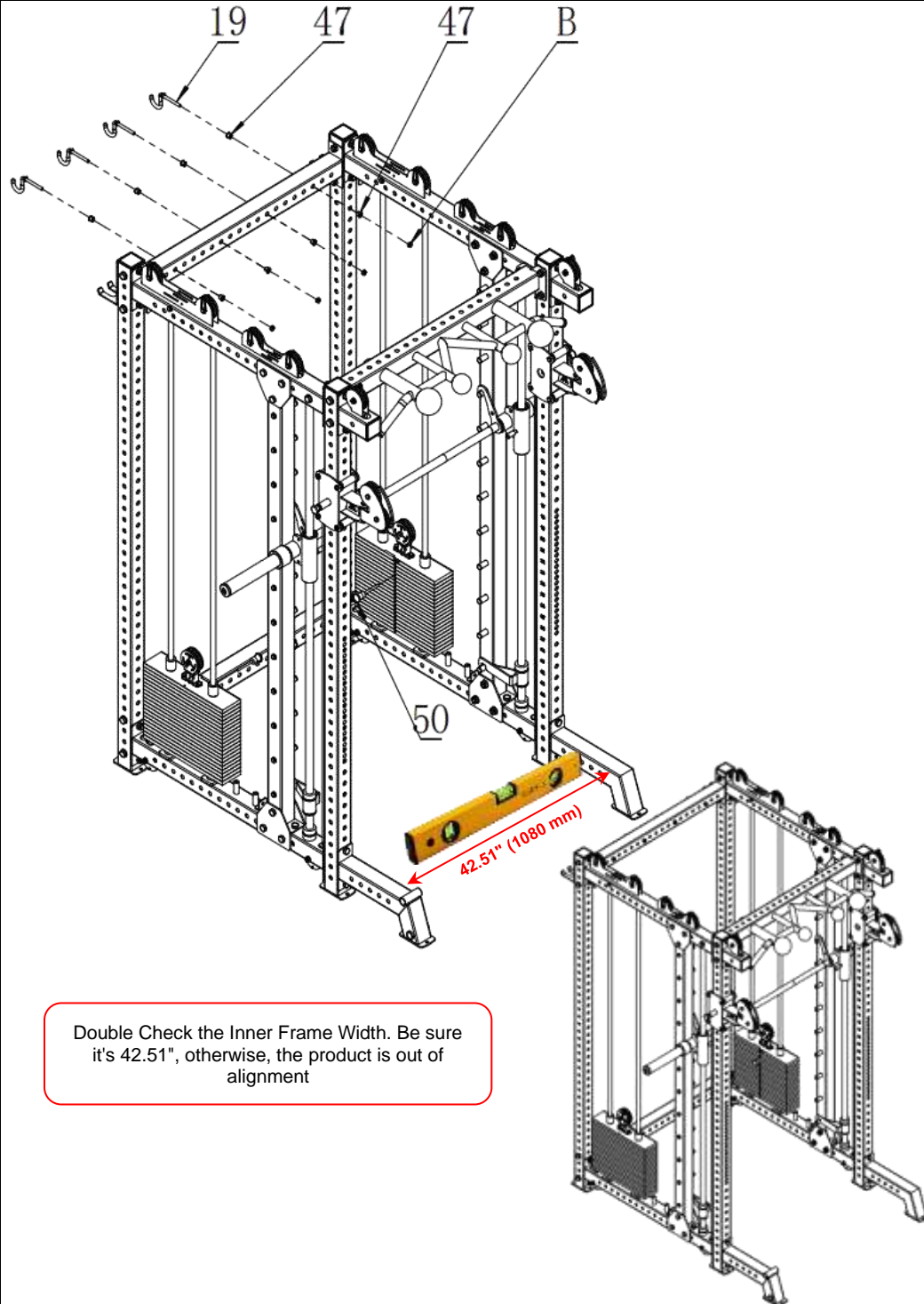
# TABLE OF CONTENTS

Steps	No.	Name	Qty
10	35	guide rod	4
	41	Optical axis fixing plate	2
	46	rubber pad	4
	49	Top weight stack group	2
	51	weight stack	38
	M	External hexagonal screw M10X30	4



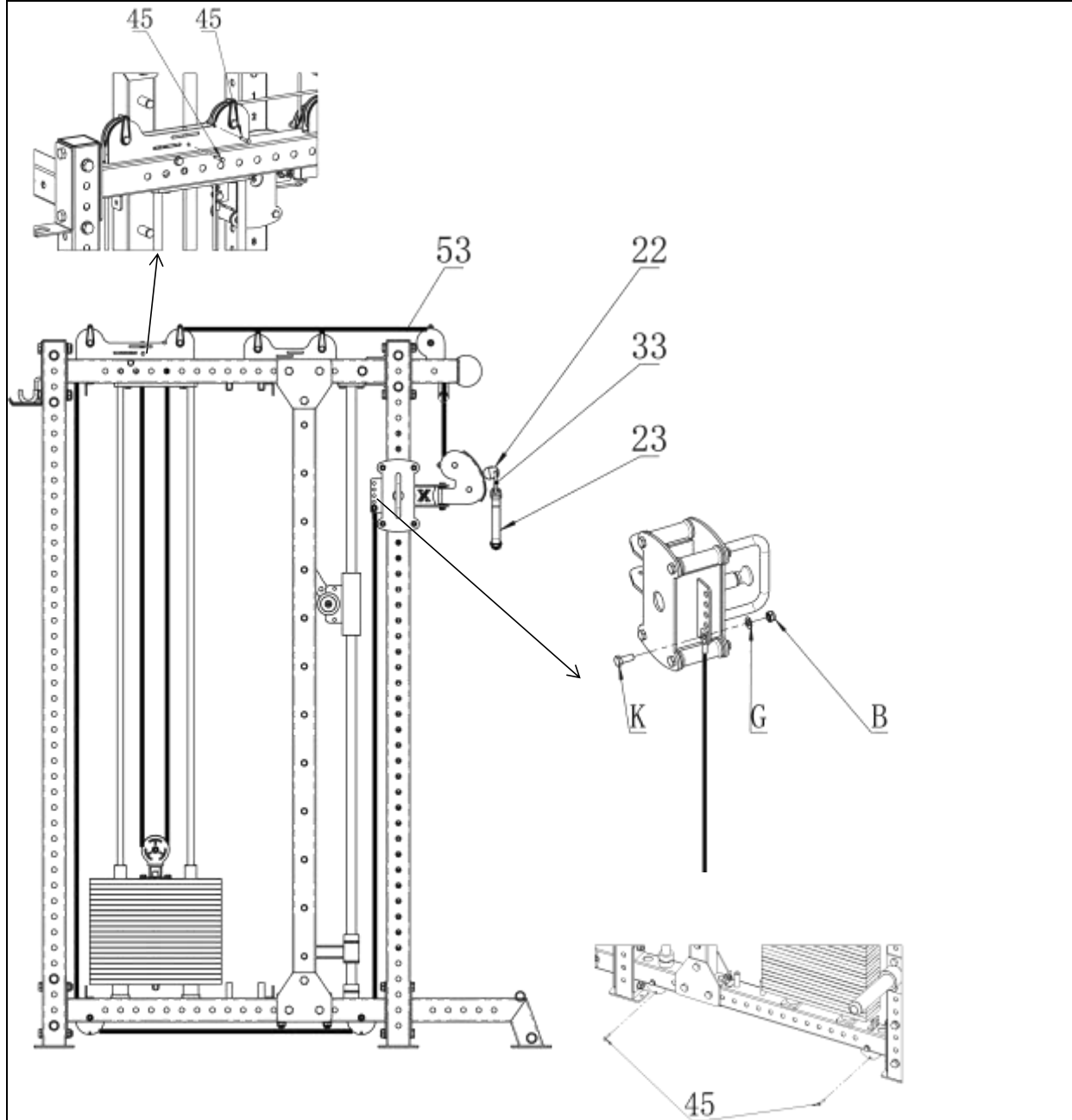
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Steps	No.	Name	Qty
11	19	Hook weldment	4
	47	Pulley limit sleeve	8
	50	New pin	2
	B	M10 lock nut	4



# TABLE OF CONTENTS

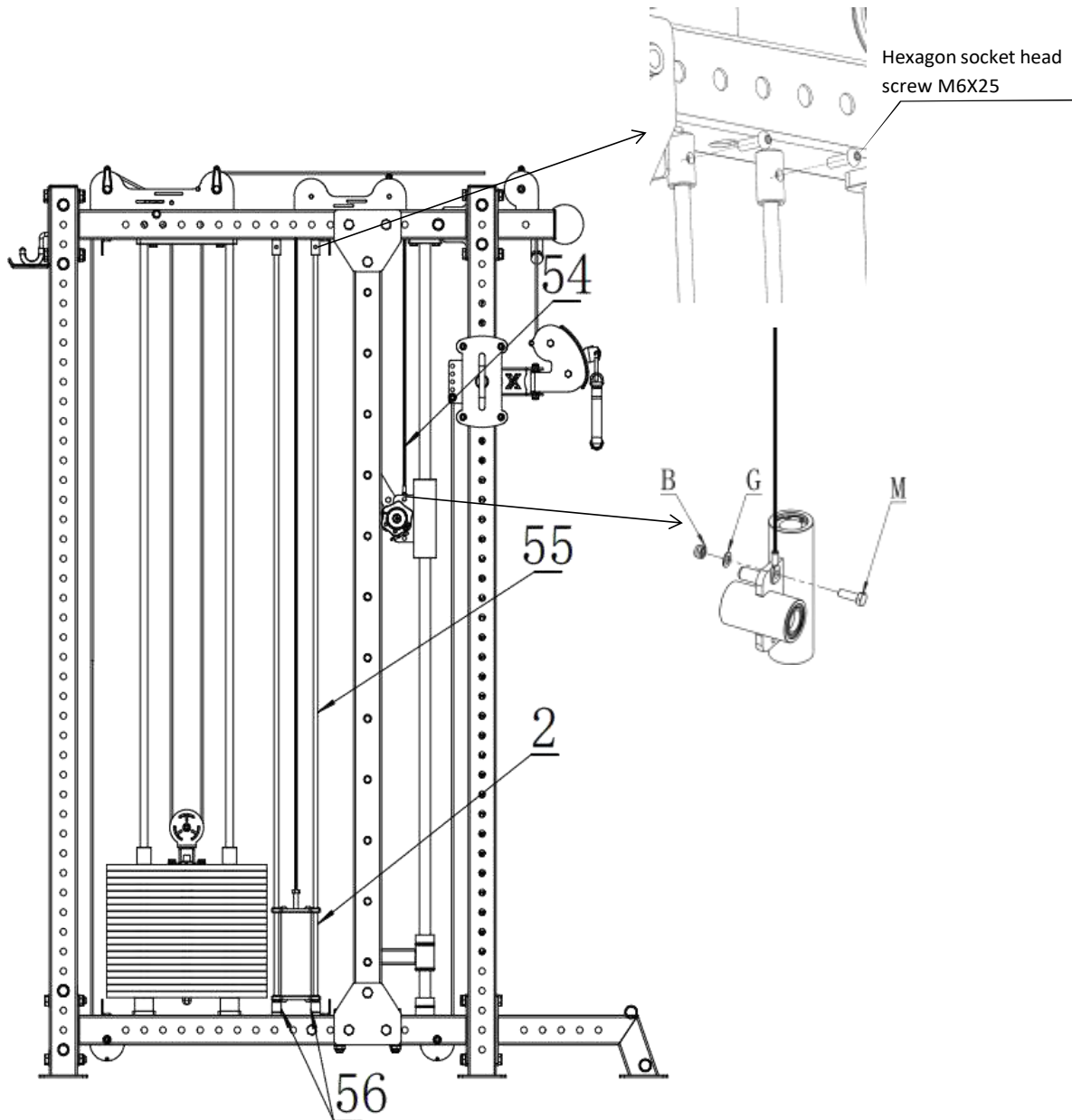
Steps	No.	Name	Qty
12	22	cable head	2
	23	low row bar	2
	33	Carabiner Clip	6
	45	Card rope pin (ABS)	8
	53	cable A(9890)	2
	B	M10 lock nut	2
	G	Φ10 flat washer	2
	K	External hexagonal screw M10X25	2



**Cable routing diagram**

# TABLE OF CONTENTS

Steps	No.	Name	Qty
13	2	Weight stack assembly	2
	54	cable B (2400)	2
	55	Balance weight optical axis guide column	2
	56	Shock pad	4
	B	M10 lock nut	2
	G	Φ10 flat washer	2
	M	External hexagonal screws (galvanized) M10X30	2

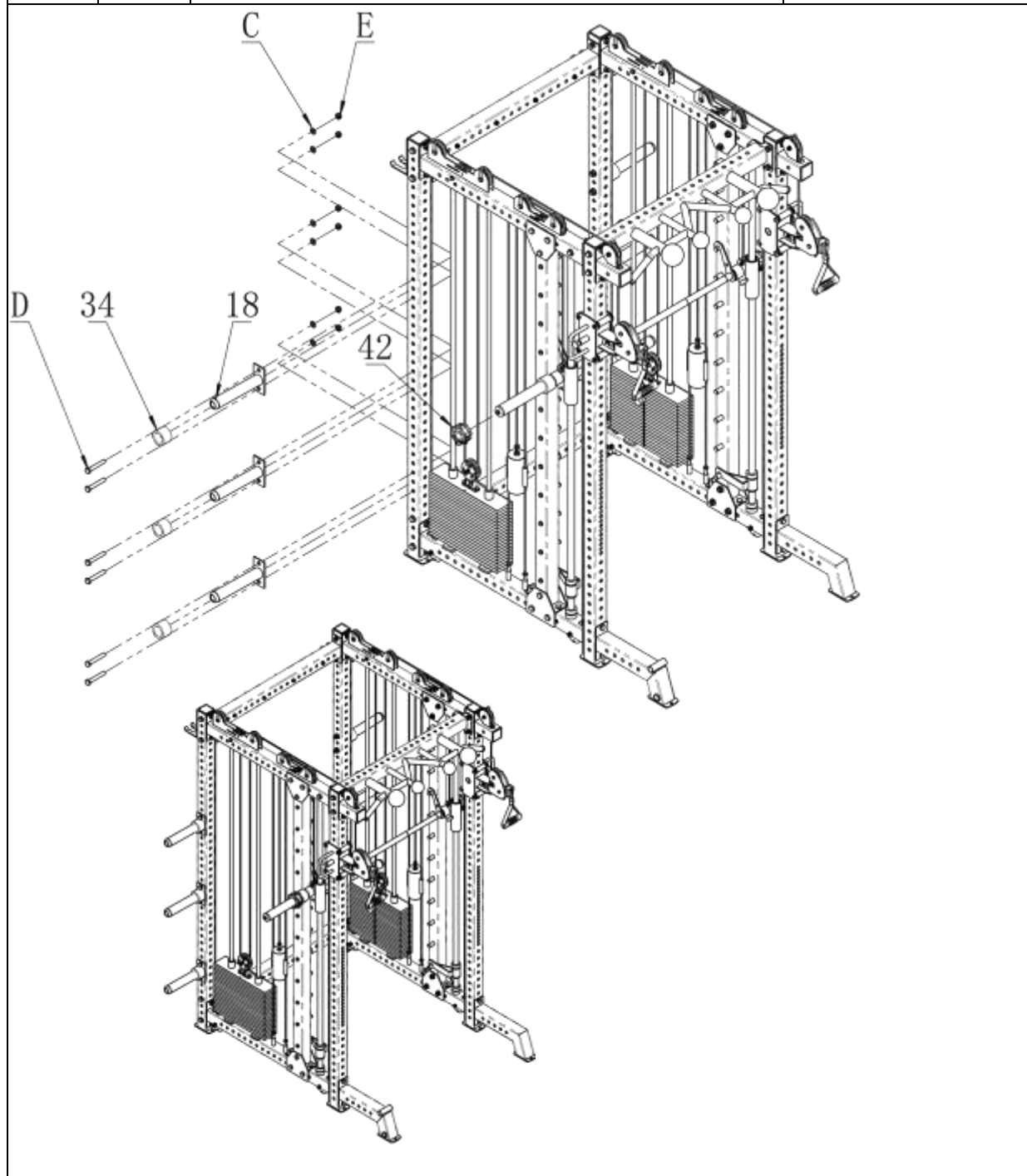


**Cable routing diagram**



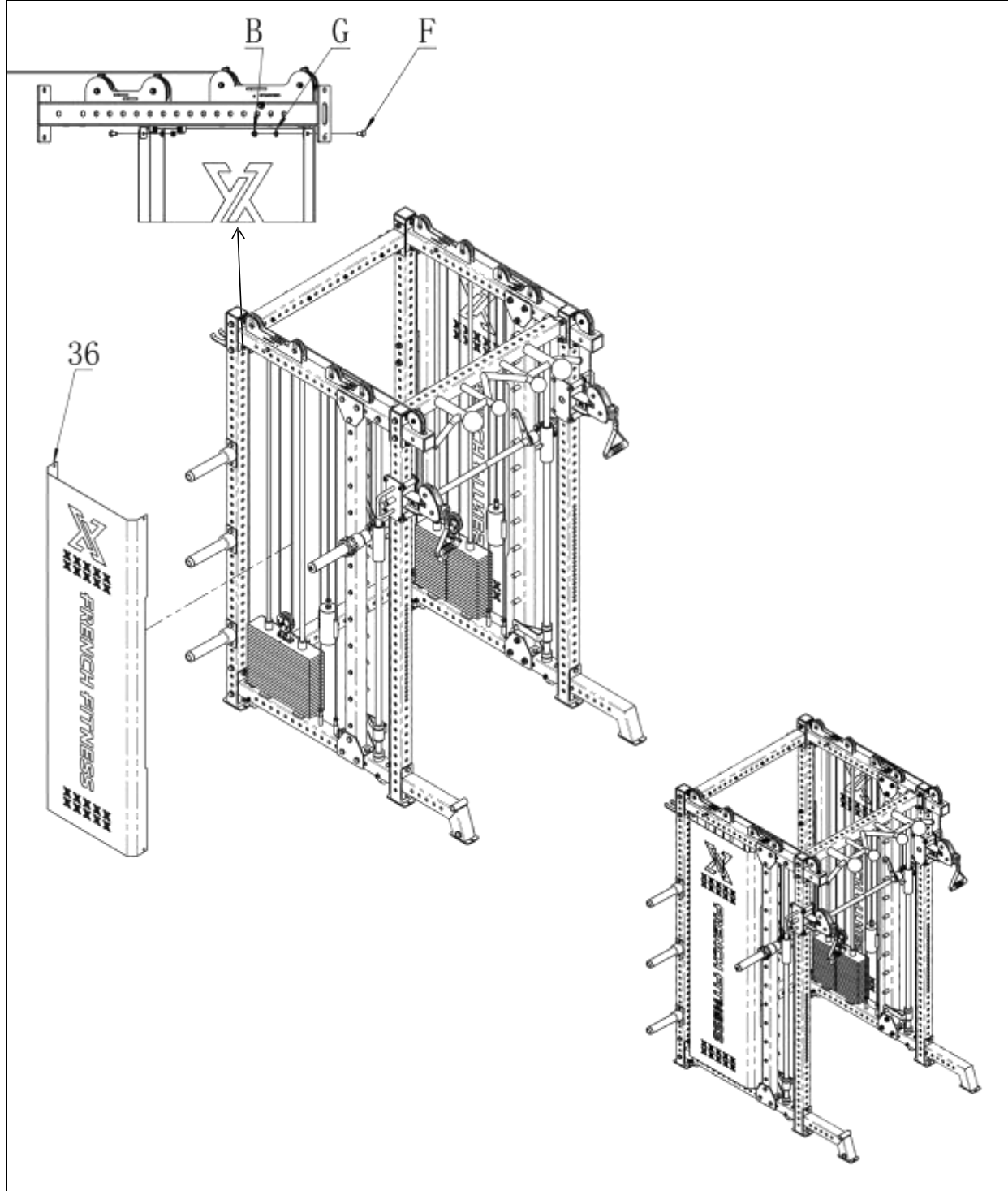
# TABLE OF CONTENTS

Steps	No.	Name	Qty
14	18	Hanging rod welding group	6
	34	9107-0609	6
	42	barbell card holder	2
	C	Flat washer $\Phi 16$	12
	D	External hexagonal screw M16X100	12
	E	Lock nut M16	12



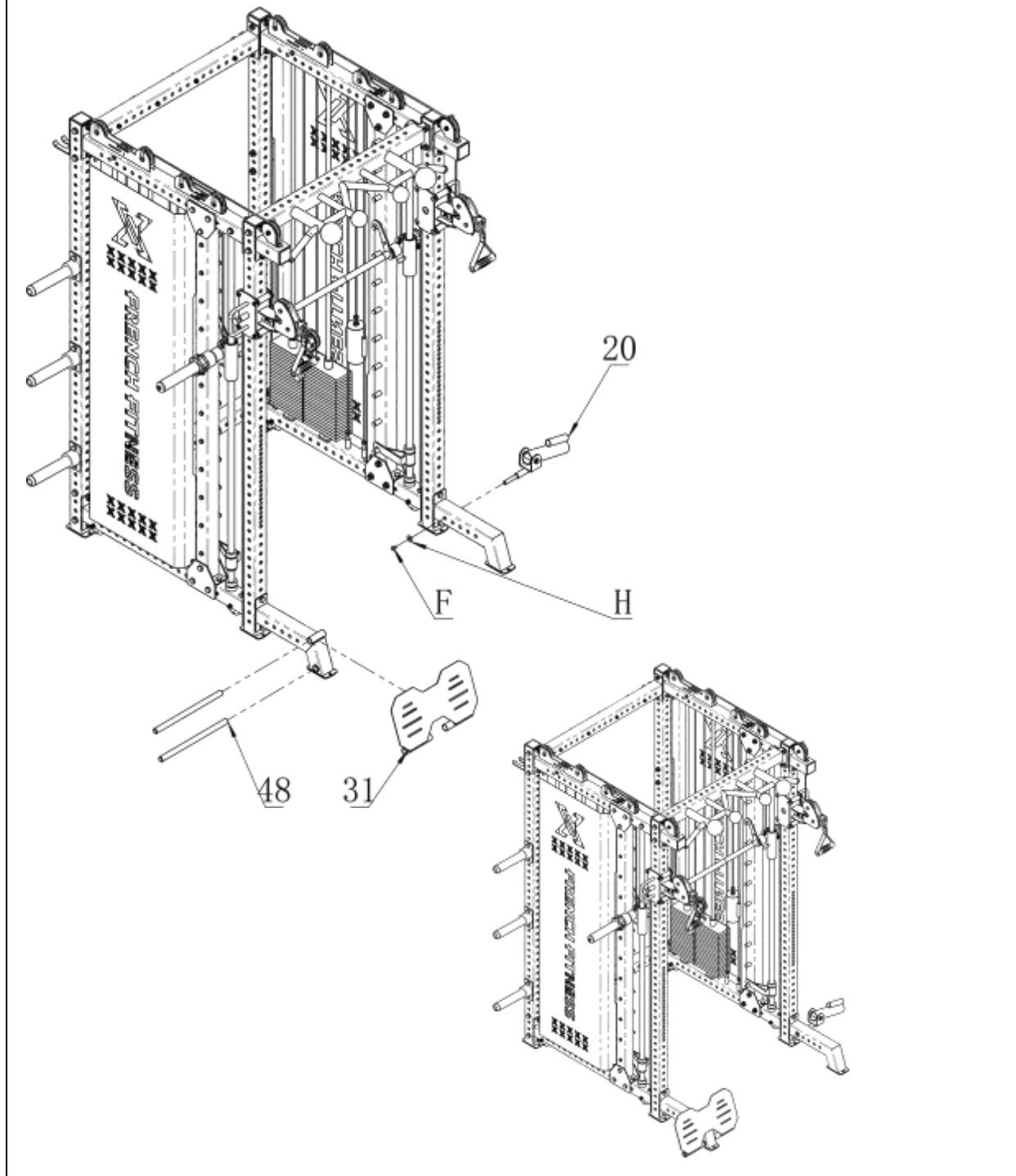
# TABLE OF CONTENTS

Steps	No.	Name	Qty
15	36	Large guard plate	2
	B	M10 lock nut	8
	F	External hexagonal screw M10X16	8
	G	Φ10 flat washer	8



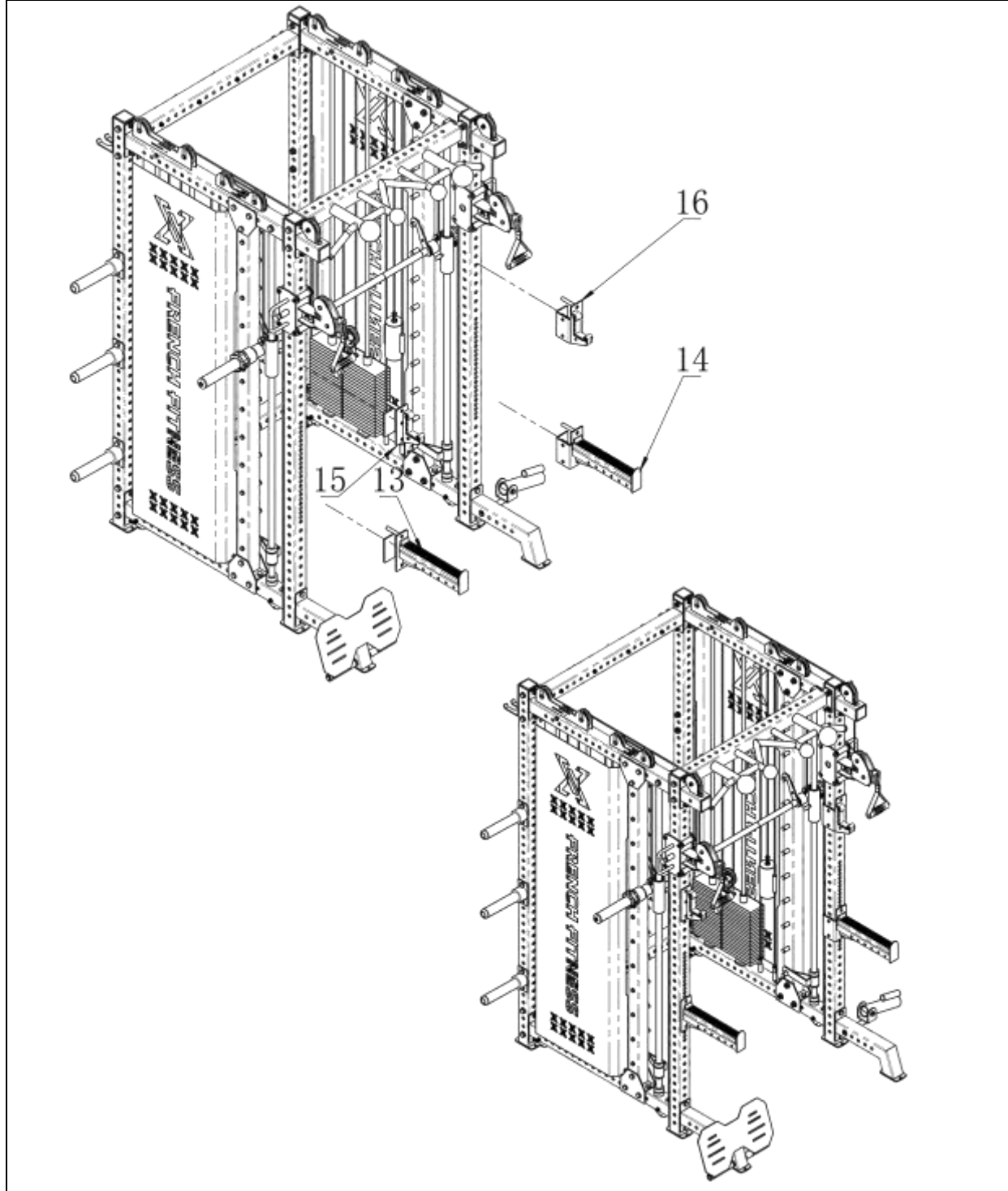
# TABLE OF CONTENTS

Steps	No.	Name	Qty
16	20	Bottom weight holder assmemy	1
	31	Pedal set	1
	48	$\phi 25 \times 430L$ fixed shaft	2
	F	External hexagonal screw M10X16	1
	H	Small hole big pad $\Phi 30 \times \Phi 11 \times 2$	1



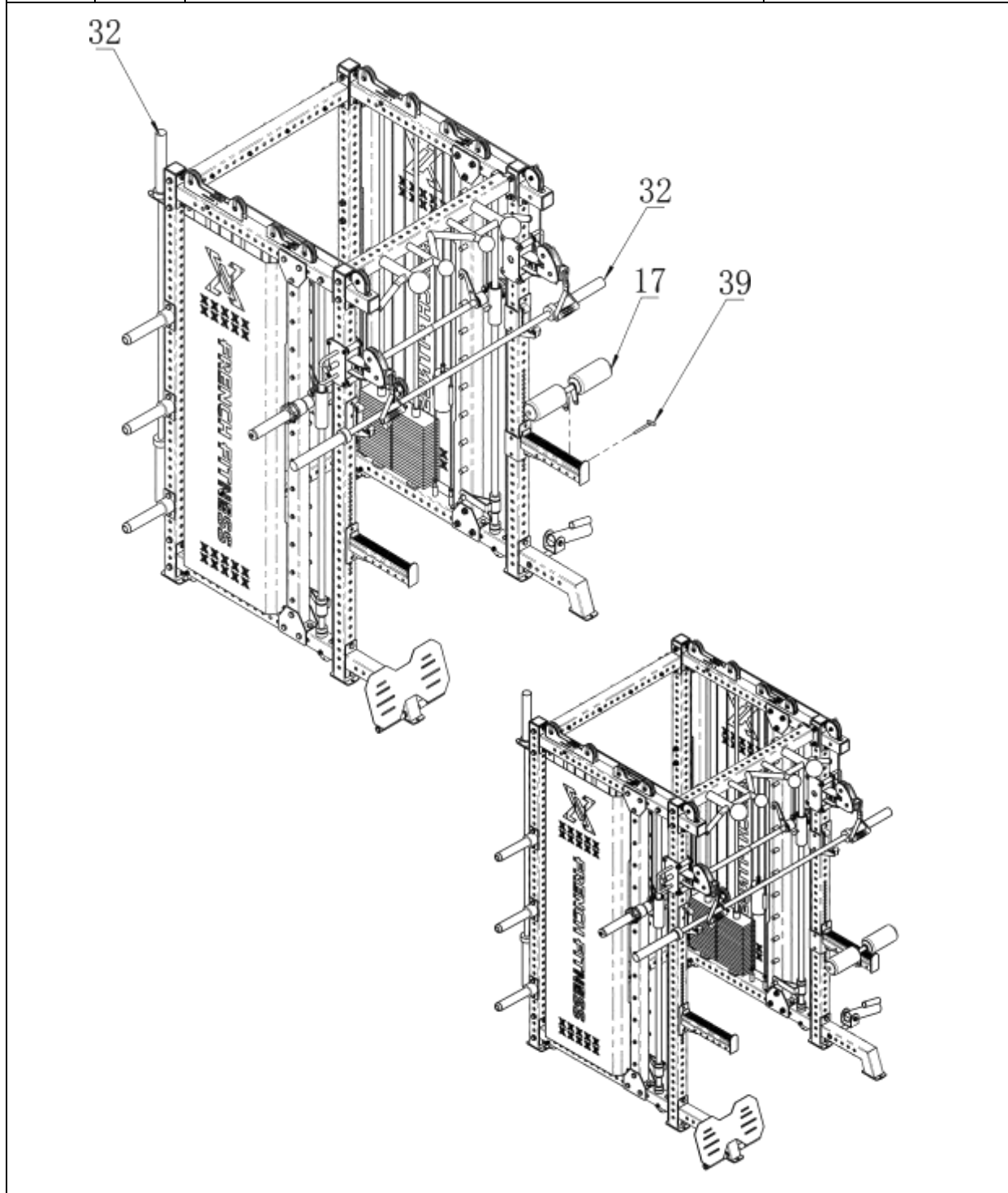
# TABLE OF CONTENTS

Steps	No.	Name	Qty
17	13	Left safety frame group	1
	14	Right safety frame group	1
	15	Hook welding group left	1
	16	Hook welding group right	1



# TABLE OF CONTENTS

Steps	No.	Name	Qty
18	17	Pressure leg welding group	1
	32	Olympic bar 2.2m	2
	39	T-shaped pin 100mm	1



# TABLE OF CONTENTS

Steps	No.	Name	Qty
19	24	Pull welding group	1
	25	low row welding group	1
	26	lat pulldown welding group	1
	27	Push rod welding group	1

