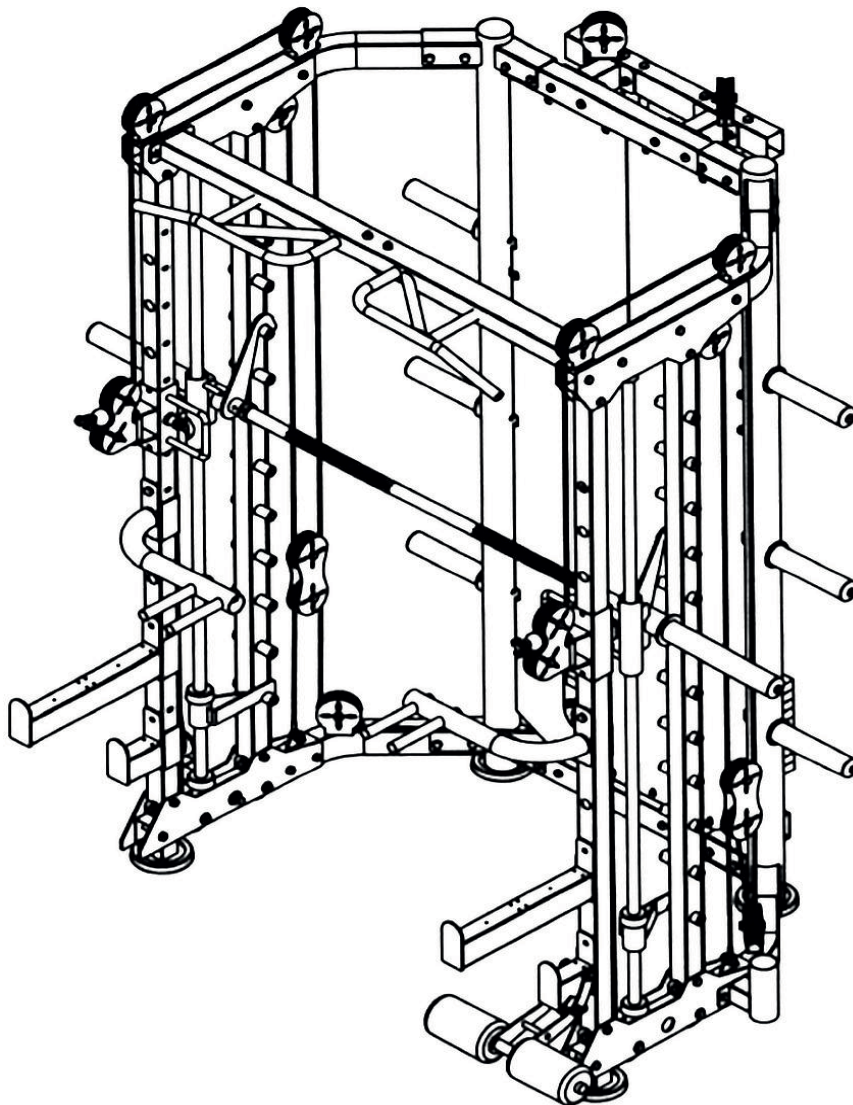


FRENCH FITNESS

FF-FSR80

FUNCTIONAL TRAINER SMITH & RACK GYM SYSTEM. V4

ASSEMBLY MANUAL



FEATURES

- Sealed bearing pulleys
- Multi-grip chin up bar with comfortable knurling
- 6 weight storage post
- High tensile 2000 lbs cables
- Adjustable dual pulley system
- 16 adjustable heights
- Lat Pulldown
- Leg Press
- Bench (Optional)
- Preacher Curl (Optional on Bench Attachment)
- Leg Extension / Leg Curl (Optional on Bench Attachment)

THE ULTIMATE ALL-IN-ONE MACHINE:

- Smith Machine
- Squat Rack
- Functional Trainer
- Landmine
- Dip Bars
- Pull Up Bar

SMITH MACHINE

- 79" Olympic Smith Bar
- Straight up and Down Motion
- 12 adjustable heights
- Smith Bearing Type: Linear

Note: Smith Bar does not have Counterweights.

ACCESSORIES INCLUDED

- Stirrup Handles
- Adjustable Dual Dip Bars
- Lat Bar
- J Hooks (4.5" Long)
- Bar Catches (16" Long)
- Olympic Bar Holder
- Landmine Attachment
- 79" Olympic Smith Bar
- Barbell Pad
- Lat Pull Knee Cushion (latches on to support you at the knees for lat pull downs)
- Vertical Leg Press Plate
- 48" Dual Hook Straight Bar

TECH SPECS

- Max Load (J Hooks): 440 lbs
- Max Load (Bar Catches): 550 lbs
- Max Load (Smith Bar): 500 lbs
- Max Load (Plate Storage): 500 lbs
- Max Load (Pull Up Bar): 1000 lbs
- Commercial frame 813 lbs (369 kgs)
- Total Weight Stack: (2) 220 lb Weight Stacks (440 lbs total) -- Feels like (2) 330 lbs due to 2:3 Pulley Ratio
- Weight Stack Increment: 10 lbs (Feels like 15 lbs due to 2:3 ratio)
- 2:3 Weight to Pulley Ratio
- Cables extends 54"
- Weight: 992 lbs (450 kgs)
- Inner Cage Width: 49 3/8"
- Outer Cage Width: 53 3/8"
- Dimensions: 79"W x 56"D x 85.75"H

WARRANTY

- 10 Years Parts, 1 Year Labor (Light Commercial)

Overview

The Multi-Functional Smith is a strength training equipment newly developed by our company combining the international and domestic markets. It has a smooth structure, beautiful appearance, firm connection and small footprint. The various configured functions can achieve the effect of the whole body being exercised through comprehensive use of training. This product was put on the market at the same time in the international and domestic markets. It is one of the first-choice equipment for family fitness at home and abroad.

Successful resistance training programs all share common characteristics: safe. When doing physical activities, there are some inherent risks in resistance training. Using the correct lifting method, correct breathing method, keeping the equipment in good working condition and wearing appropriate clothing can greatly reduce or completely avoid the possibility of injury.

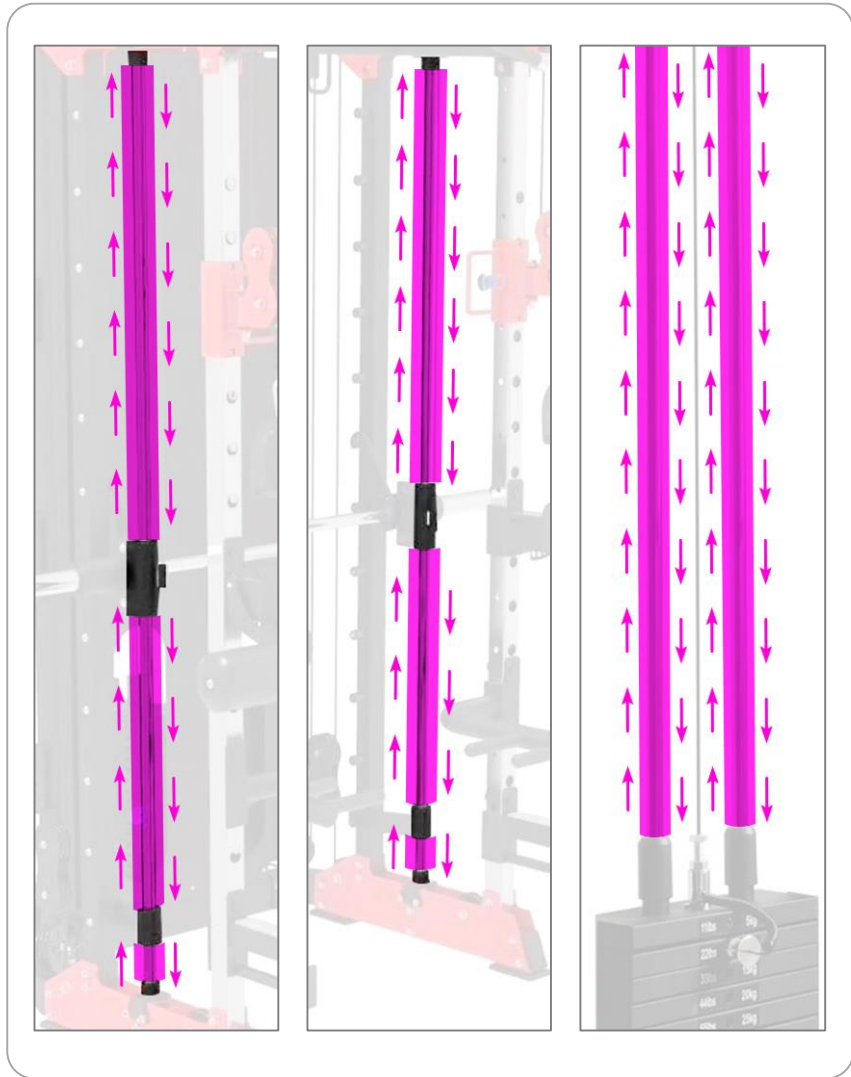
- It is recommended that you consult a doctor before doing any exercise program. This is very important for people who are over 35 years old or had health problems before.
- Warm-up must be done before starting exercise. Try to warm up your whole body before you start. It is important to warm up for the muscle groups you will use during the exercise. It is very simple to do. Just repeat a small amount of warm-up activities.
- Use the right way. Focus on working out the muscle groups used in the exercise you are doing. If other muscles are also involved, you may need to re-evaluate the weight you want to lift. Using the right way also includes controlling the movement amplitude.
- Correct breathing method. When in the eccentric phase of the muscles, inhale: when in the lifting process or in the centripetal phase of the muscles, exhale. Do not hold your breath during exercise.
- Please wear appropriate clothing and shoes when exercising. Wearing loose and supportive sports shoes and comfortable and breathable sportswear will reduce the possibility of injury.
- Keeping the equipment in good working condition is extremely important for the safety of resistance training programs. The wear of roller skates and cables should be checked frequently, and new ones should be replaced if necessary. The equipment should be lubricated in accordance with the manufacturer's instructions.
- You should read and understand the content of all the warning labels on the equipment. Before use, the user must be familiar with the correct way of using the equipment.
- Please keep your hands, feet, loose clothing and long hair away from all moving parts.
- Do not try to lift a weight beyond your ability.
- Check the equipment daily for loose or worn parts. If you find a problem, do not use the equipment. Do not proceed until loose parts are tightened, or worn or defective parts are repaired or replaced.

CLEAN GUIDE RODS

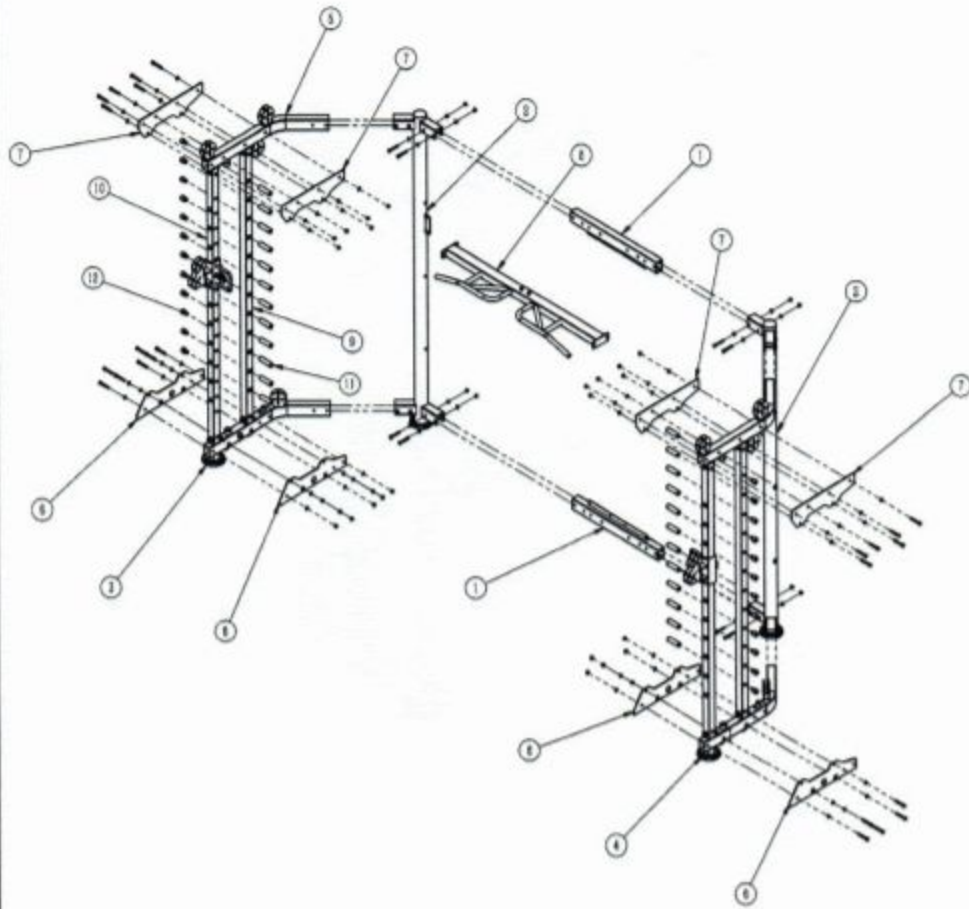
Step must be completed prior to installing. Failure to do so can leave residue from packaging and other sources stuck in the bushings

Guide rods need to make sure they are cleaned prior to installation otherwise this will cause the top plate to get stuck. It causes buildup in the bushings of the top plates. They just need to be cleaned out as well as the guide rods.

Use Silicon Spray and fiber to remove any excess residue. These can be found around the house or at a nearby hardware store, pics below. Use silicon Spray and fiber.



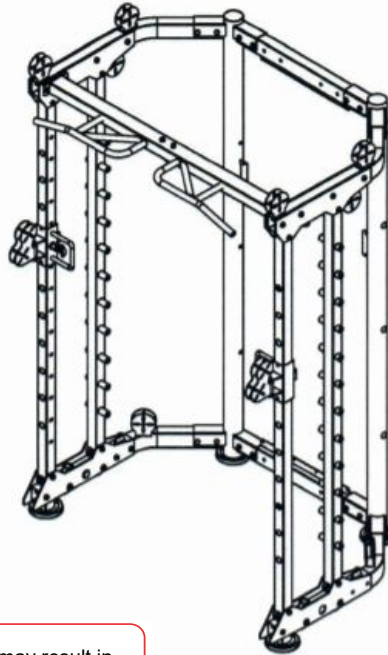
Installation Step (One) Exploded View



If you tighten every bolt firmly at first, it may result in the distortion of the finished product. To avoid this, tighten bolts lightly until the main frame is assembled and leveled then fasten the all bolts firmly.

Installation Step (One)

Real Picture After Assembly

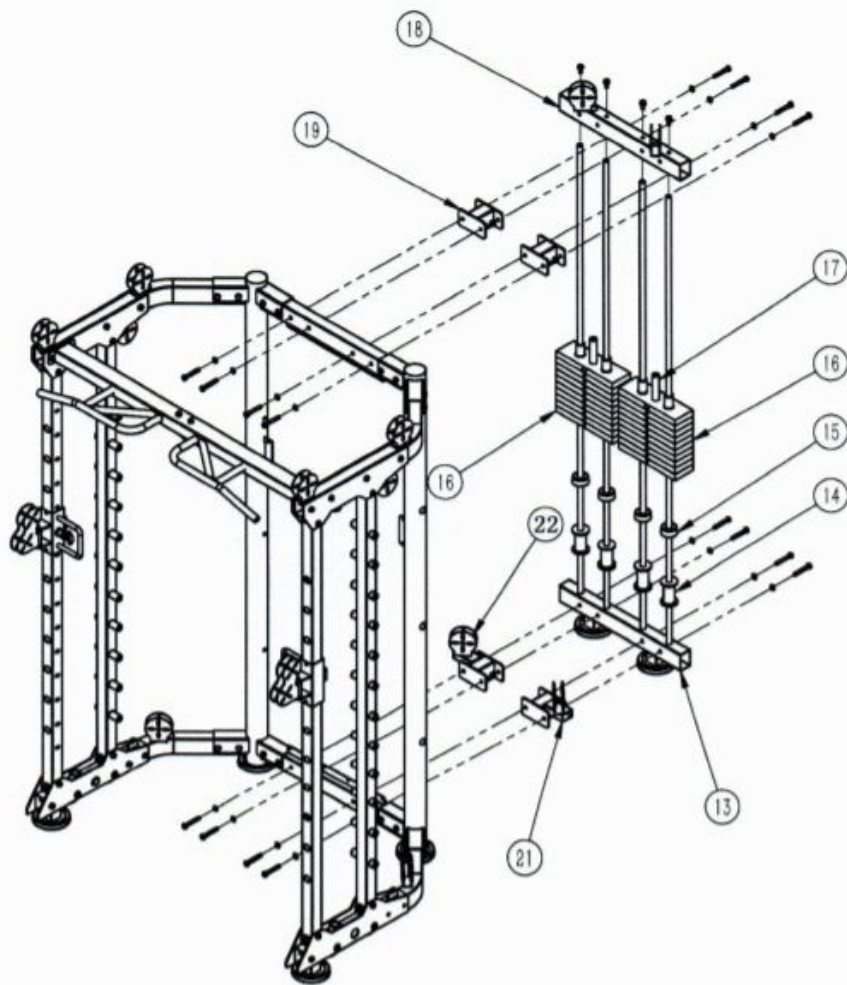


If you tighten every bolt firmly at first, it may result in the distortion of the finished product. To avoid this, tighten bolts lightly until the main frame is assembled and leveled then fasten the all bolts firmly.

Installation Instructions

1. Use M10*70 hex head cap bolts to penetrate the gaskets and separately connect the left and right sides of the rear risers. Use M10 locking nuts to fasten them.
2. Use M10*70 hex head cap bolts to penetrate the gaskets and fasten the two sides of the upper beam tubes. Use M10 locking nuts to fasten them.
3. Use M10*70 hex head cap bolts to connect the double pulley yokes and the adjusting casings.
4. Install the adjusting casings on the stainless steel adjusting tubes. Install the stainless steel adjusting tubes on the front of the side bent tubes. Use M10*70 hex head cap bolts, put on the gaskets and use M10 locking nuts to fasten them. Do the same on both sides.
5. Install the hanger bolts on the risers of the hanger bolts and fasten them with bolts. Install the risers of the hanger bolts on the side bent tubes. Use M10*70 hex head cap bolts, put on the gaskets and use M10 locking nuts to fasten them. Do the same on both sides.
6. Install the decorative boards separately on both the upper and lower spots of the side bent tubes. Use M10*75 hex head cap bolts, put on the gaskets and use M10 locking nuts to fasten them. Do the same on both sides.

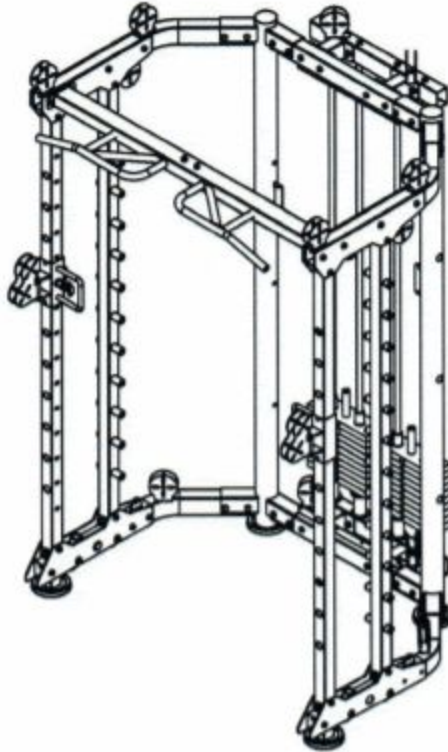
Installation Step (Two) Exploded View



Part 16: (40) Weight Plates - If you cannot locate, check under the crate. They are frequently packaged there

Installation Step (Two)

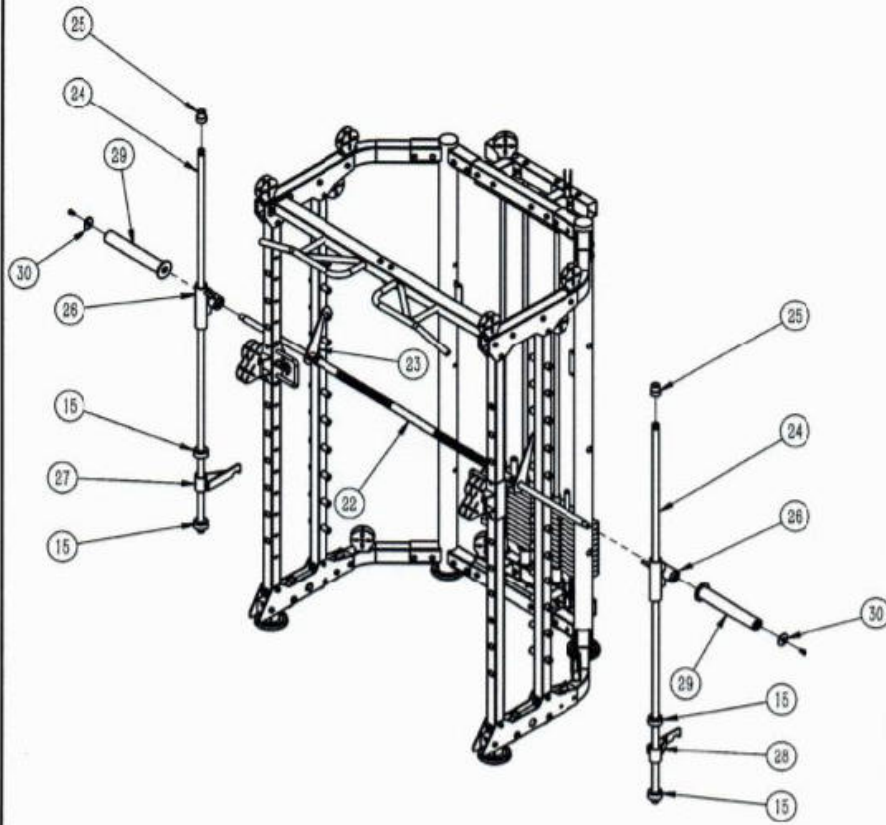
Real Picture After Assembly



Installation Instructions

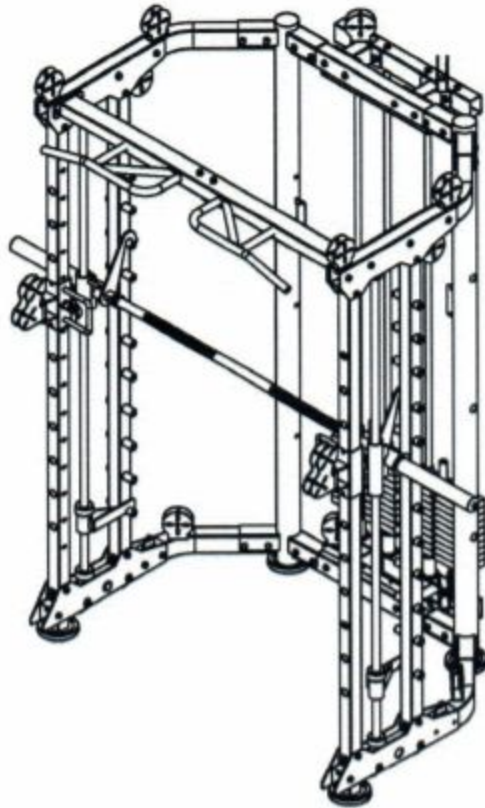
1. Use M10*70 hex head cap bolts to penetrate the gaskets and connect the left and right sides of the rear base connecting pipes. Use M10 locking nuts to fasten them.
2. Use M10*70 hex head cap bolts to penetrate the gaskets and separately connect the rear connecting pipes. Use M10 locking nuts to fasten them.
3. Use M10*70 hex head cap bolts to penetrate the gaskets and connect the left and right sides of the upper counterweight bottom tubes and the rear base connecting pipes. Use M10 locking nuts to fasten them.
4. Use M10*20 hex head cap bolts to penetrate the base to fasten the clump weight catheters.
5. Successively install the clump weight supports, cushions, clump weights and top pieces of the clump weights on the stainless steel catheters.
6. Install the fixing tubes of the clump weights on stainless steel tube stops and fasten them with M10*20 hex head cap bolts.
7. Use M10*70 hex head cap bolts to penetrate the gaskets to connect the fixing tubes of the clump weights and the rear connecting pipes. Use M10 locking nuts to fasten them.
8. Install the lifting rods on the top pieces of the clump weights and fasten them with bolts.

Installation Step (Three) Exploded View



Installation Step (Three)

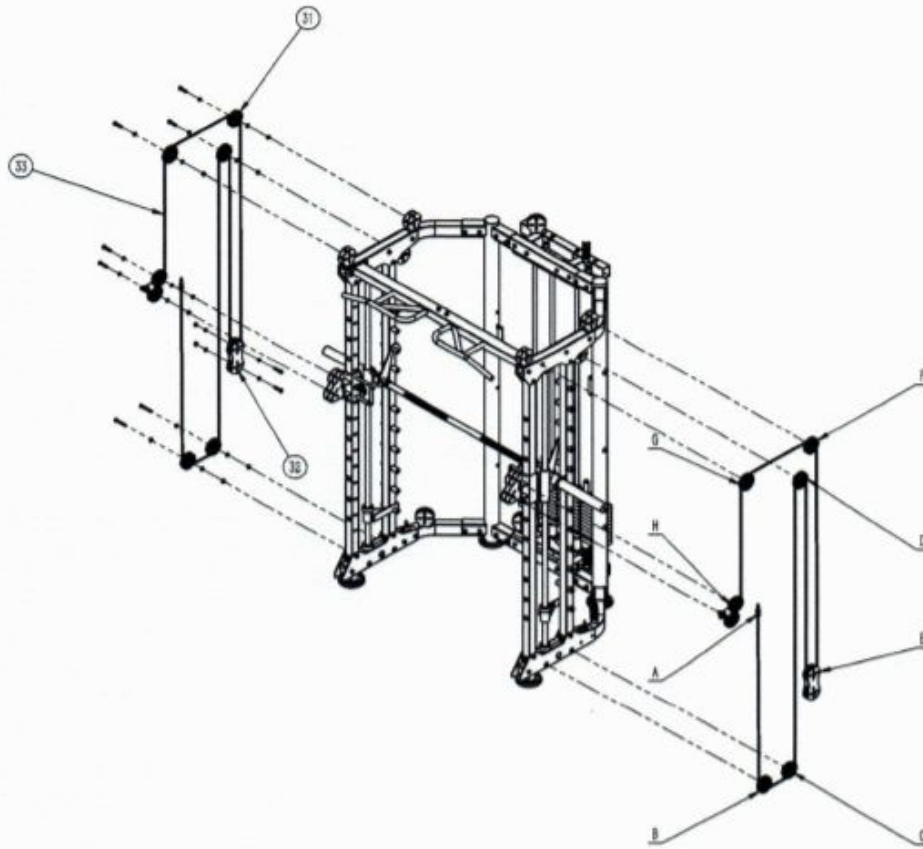
Real Picture After Assembly



Installation Instructions

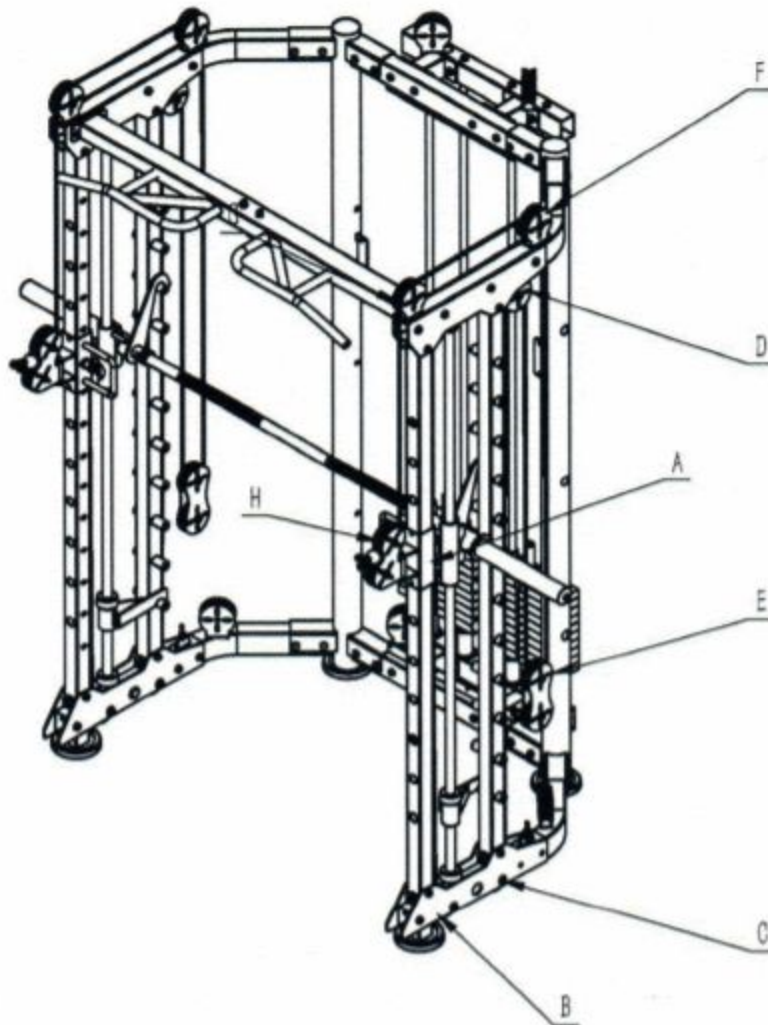
1. Put the hooks for Olympic barbell bars on both sides of the Olympic barbell bars. Fasten them with hex keys.
2. Successively apply fixing bearing steel sleeves, linear bearing sleeves, cushions, end hooks and cushions to bearing steel. Do the same on both sides.
3. Install Olympic barbell bars and linear bearing sleeves. Do the same on both sides.
4. Install bearing steel on side bent tubes and on the other side, install the fixing bearing steel sleeves on the side bent tubes. Fasten them with hex keys. Do the same on both sides.

Installation Step (Four) Exploded View



Installation Step (Four)

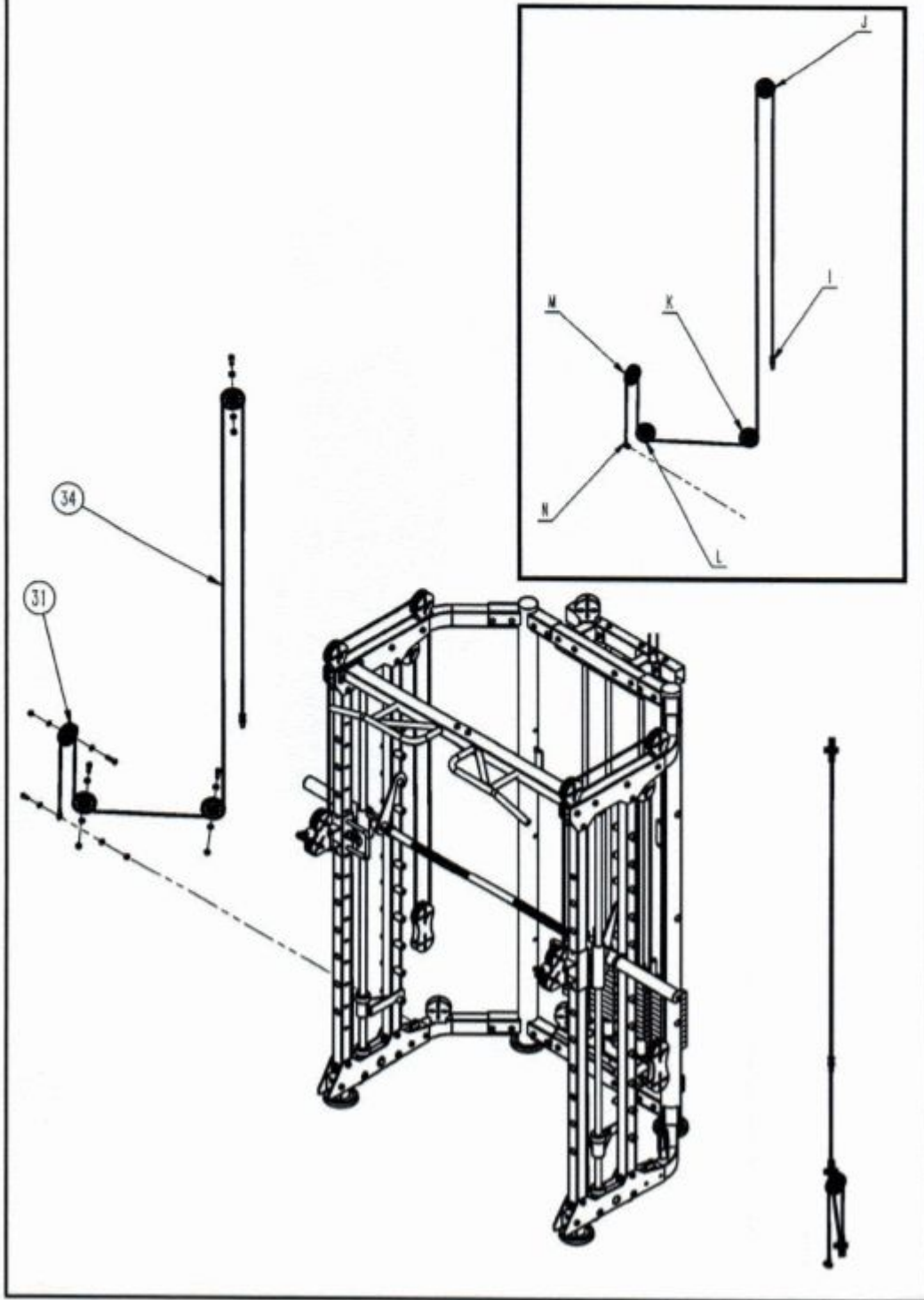
Real Picture After Assembly



Installation Instructions

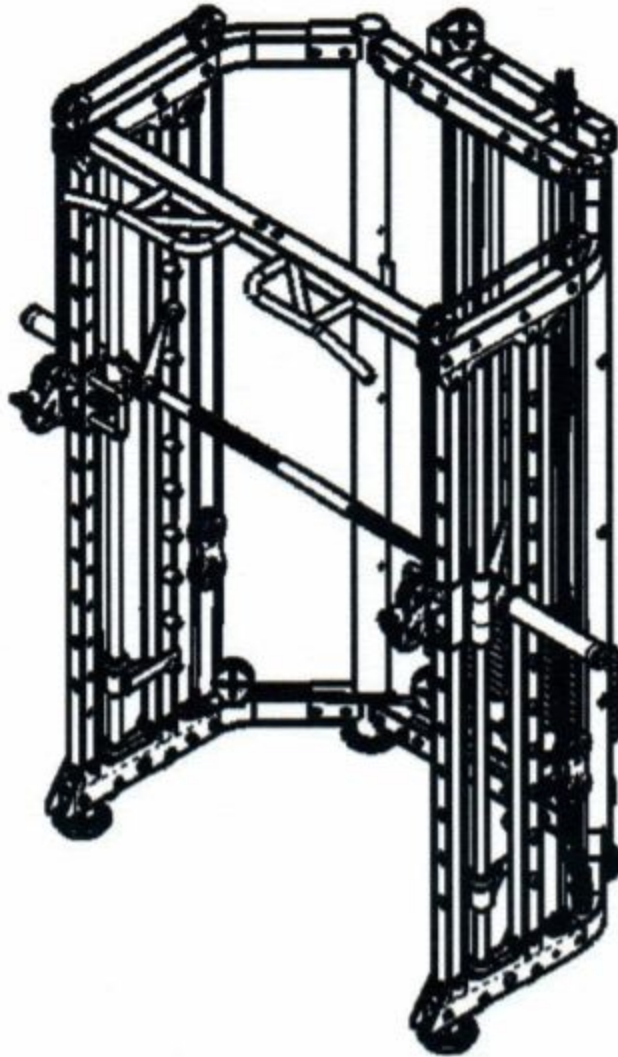
1. Uninstall the round heads and U-shaped clips of the steel wire rope at Dot H.
2. Connect the bolt side of the steel wire rope and Dot A of the adjusting casing. And successively penetrate Dot B, C, E, F, G on the other side.
3. Penetrate the double flaky pulley yokes with Dot H. Install the round heads and U-shaped clips.
4. Do the same on both sides.

Installation Step (Five) Exploded View



Installation Step (Five)

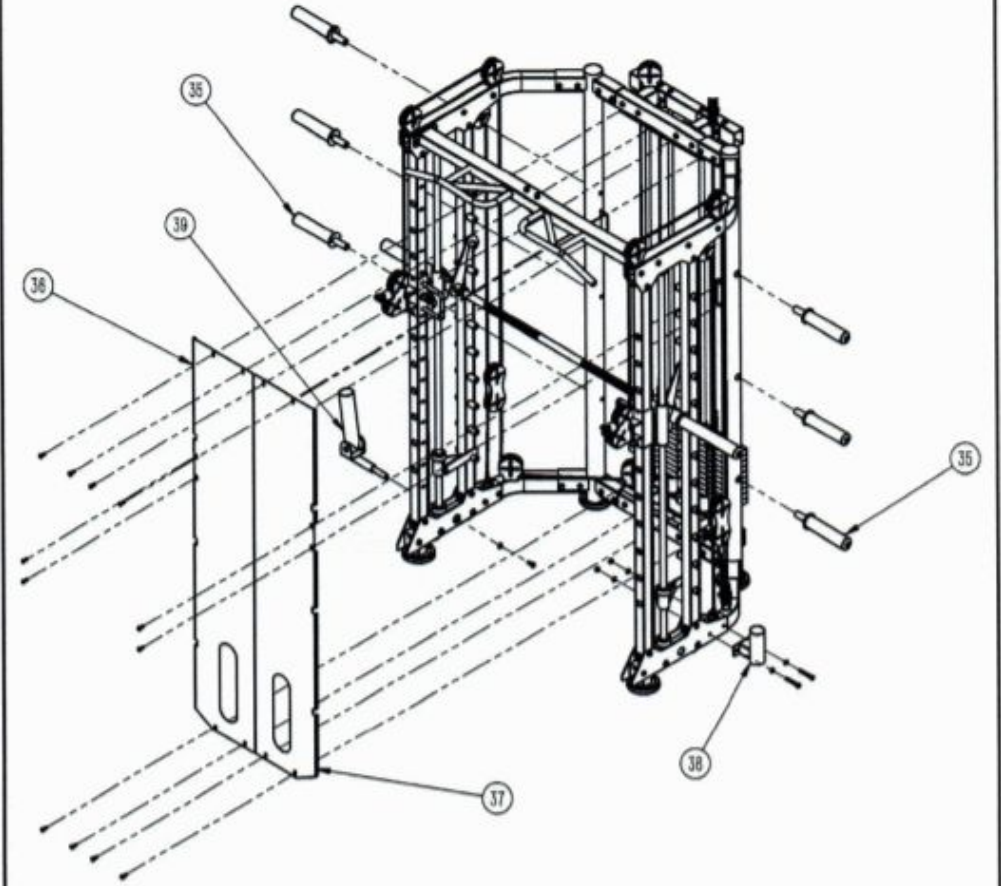
Real Picture After Assembly



Installation Instructions

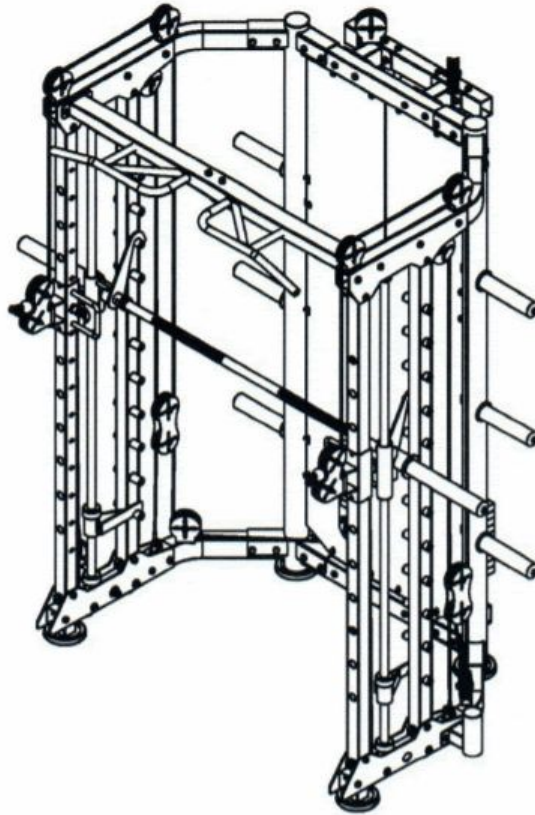
1. Connect one side of the counterweight steel rope bolts with Dot I lifting rods.
2. Successively penetrate Dot J, K, L and M with the other side.
3. Fix M10*20 hex head cap bolts with Dot N.

Installation Step (Six) Exploded View



Installation Step (Six)

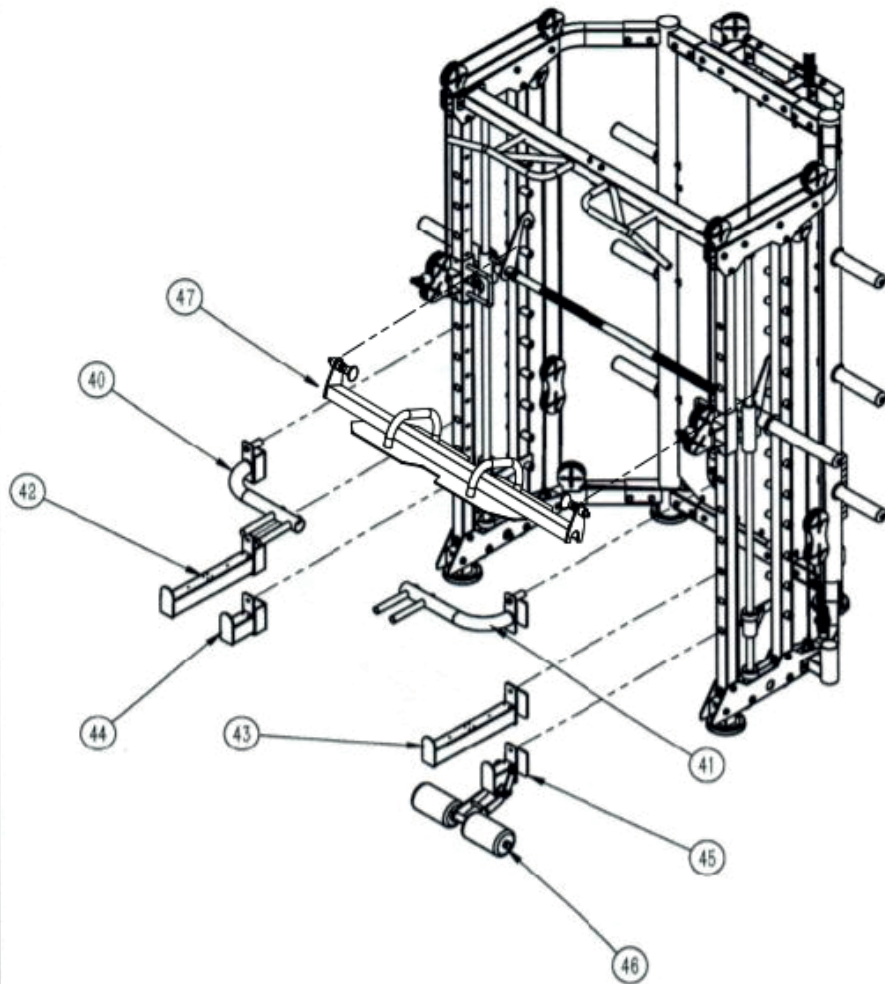
Real Picture After Assembly



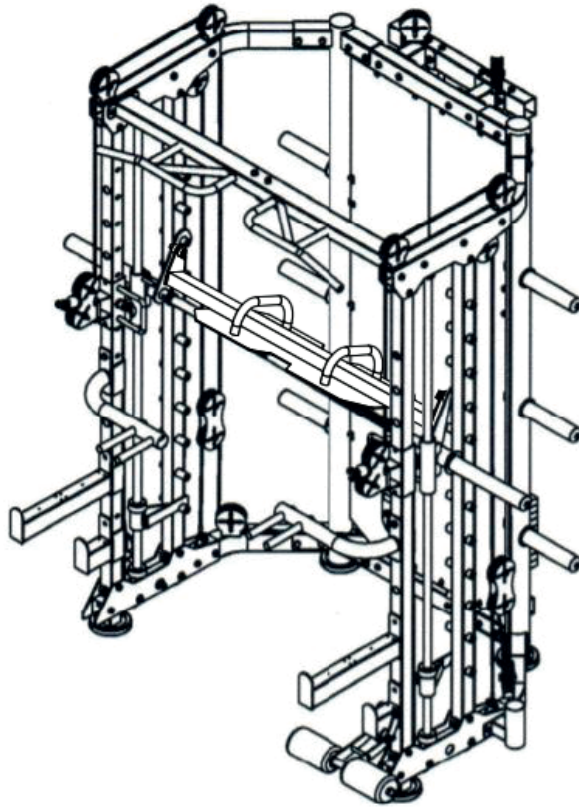
Installation Instructions

1. Separately install barbell sleeves on both sides of the rear risers. Use M10*20 hex head cap bolts to penetrate the gaskets to fasten them.
2. Use M8*20 hex head cap bolts to separately install the left and right sides of the casings on the connecting horizontal tubes.
3. Use M10*70 hex head cap bolts to install the fixing tubes of the barbell bars under the left bent tubes. Use M10 locking nuts to fasten them.
4. Penetrate under the right bent tubes with the barbell bar mobile tubes. Fasten them with M10*20 hex head cap bolts.

Installation Step (Seven) Exploded View



Installation Step (Seven) Real Picture After Assembly



Installation Instructions

1. Separately install the left and right sides of the parallel bar tubes on the stainless steel adjusting tubes on both sides.
2. Separately install the left and right sides of the small protection frames for the Olympic barbell bars on the stainless steel adjusting tubes on both sides.
3. Install the foam support boards on the small protection frames on the left and fasten them with zippers.
4. Install the foam on the foam support boards and fasten them with M10*20 socket head cap bolts.
5. Separately install the left and right sides of the protection frames of the Olympic barbell bars on the stainless steel adjusting tubes on both sides.
6. Put the footplate on the machine.