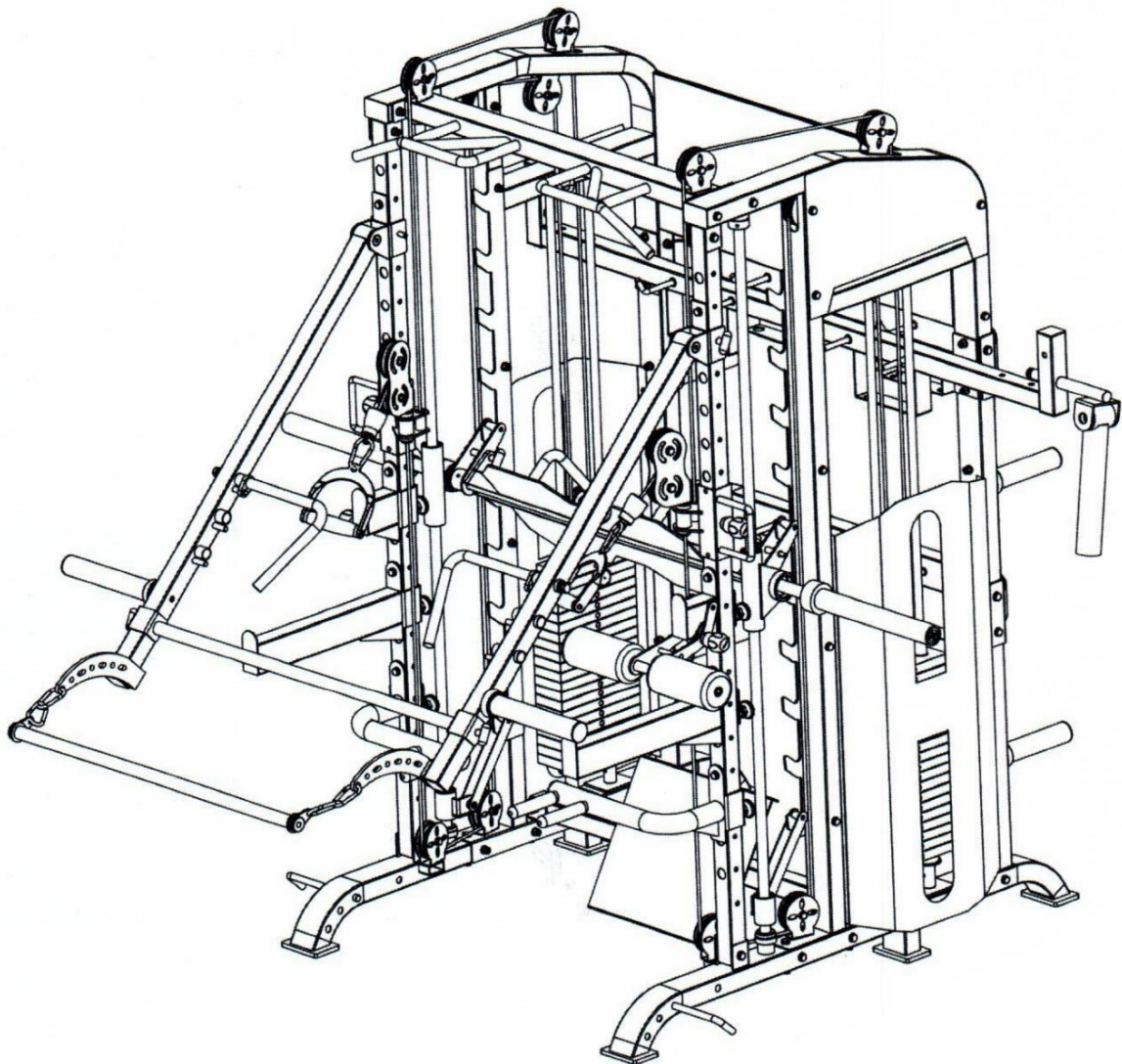


FRENCH FITNESS

FF-FSR90

FRENCH FITNESS FSR90 MULTI FUNCTIONAL
TRAINER SMITH & RACK SYSTEM (V1)

ASSEMBLY MANUAL



FEATURES

- Thick steel barbell hooks with quick and easy height adjustment
- Chrome/stainless steel used for most contact points (more scratches-resistant)
- Adjustable/Removable Dip Handles
- Thick steel barbell safety hooks with quick and easy height adjustment
- Heavy duty cables and pulley
- Extreme core trainer accessory
- Multi-grip chin up bar with comfortable knurling
- Quick and easy pop pin functional adjustment
- Thick steel support plates
- Weight plate storage
- Storage holder Olympic barbell

SMITH MACHINE:

- Straight up and down movement
- Ultra smooth smith machine movement and solid steel tubing

- Smith Bearing Type: Linear
- Adjustable safety catches for Smith Machine exercises

THE ULTIMATE ALL-IN-ONE MACHINE:

- Smith Machine
- Squat Rack
- Functional Trainer
- Landmine
- Dip Bars
- Pull Up Bar
- Lat Pulldown
- Jammer Arm
- Leg Press
- Bench (Optional)
- Preacher Curl (Optional on Bench Attachment)
- Leg Extension / Leg Curl (Optional on Bench Attachment)

ACCESSORIES INCLUDED

- Stirrup Handles
- Adjustable Dual Dip Bars
- Lat Bar
- J Hooks (Extends 4.5" From Cable Columns)
- Bar Catches (Extends 16" From Cable Columns - Included in the Depth measurement of 65)
- Landmine Attachment
- 86" Olympic Smith Bar
- Lat Pull Knee Cushion (latches on to support you at the knees for lat pull downs)
- Jammer Arms (Connects to Cable Columns to perform various arm / leg workouts)
- Vertical Leg Press Plate

TECH SPECS

- Max Load (J Hooks): 550 lbs
- Max Load (Bar Catches): 660 lbs
- Max Load (Smith Bar): 600 lbs
- Max Load (Plate Storage): 600 lbs
- Max Load (Pull Up Bar): 1100 lbs
- Weight: 992 lbs (450 kgs)
- (2) 220 lb weight stacks
- 2:1 Ratio
- Weight Stack Increments: 11 lbs (20) 11 lb Plates per side (Feels like 5.5 lb increments due to 2:1 ratio)
- Cables extends 62"
- Width (Inner Part of Cage): 48"
- Width (Outer Part of Cage): 52"
- Dimensions: 87 3/8"h x 88 1/8"W x 65"D (65" Depth is w/Bar Catches connected)
- Dimensions w/Jammer Arms Fully Extended" 101.5"

WARRANTY

10 Years Parts, 1 Year Labor (Light Commercial)

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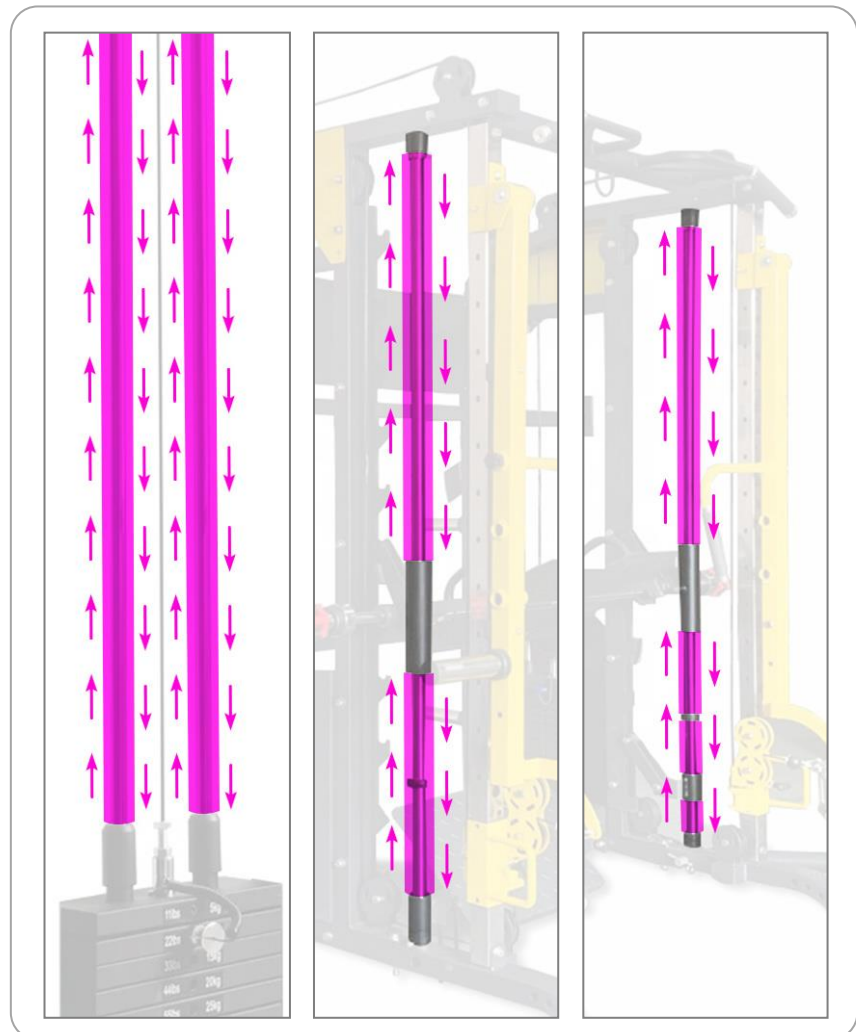
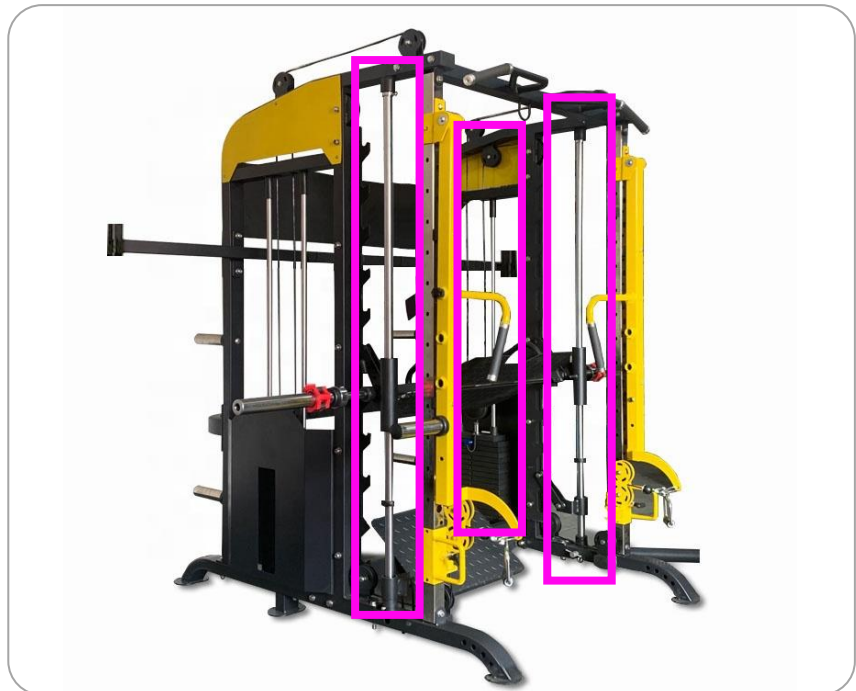
CLEAN GUIDE RODS.....	4
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CLEAN GUIDE RODS

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.



PARTS LIST

Serial number	Part Name	Specification	Number
1	Hexagon head bolts	M10*100	22
2	Shims	Ø10	72
3	Hexagon lock nuts	M10	36
4	Hexagon head bolts	M10*80	14
5	Left Box Group Assembly	assembled parts	1
6	Right Box Group Assembly	assembled parts	1
7	Crane up assembly	assembled parts	1
8	Assembly of rear connection welds	assembled parts	2
9	Accessory Placement Weld Assembly	assembled parts	1
10	Left Base Frame Assembly	assembled parts	1
11	Right base frame assembly	assembled parts	1
12	Sliding sleeve assembly one left	assembled parts	1
13	Sliding sleeve assembly one right	assembled parts	1
14	Stainless steel conduit one left	assembled parts	1
15	Stainless steel conduit one right	assembled parts	1
16	Hexagon head bolts	M10*80	4
17	Hexagon head bolts	M10*100	6
18	Shims	Ø10	20
19	Antitamper nut	M10	10
20	Smiths Hook Plate	assembled parts	2
21	Guide Rod Locking Sleeve	assembled parts	2
22	Cushion	Ø25	2
23	Decorative outer board	assembled parts	2
24	Outer spring	Ø30	2
25	Inner Caliper	Ø42	2
26	Deep groove ball bearings	Ø42* Ø30*7	2
27	Outer spring	Ø30	2
28	Barbell Plate Hanging Rod Assembly	assembled parts	2
29	Spacer for barbell bar	assembled parts	2
30	Slideweld assembly	assembled parts	2
31	Stainless Steel Guide Bar	Ø25*1870	2
32	Smith safety welds. - Left.	assembled parts	1
33	Barbell pole	Ø30*2200	1
34	Smith Hook and Loop welds	assembled parts	2
35	Smith safety welds - right	assembled parts	1
36	Stainless steel guide bar	Ø20*1565	4

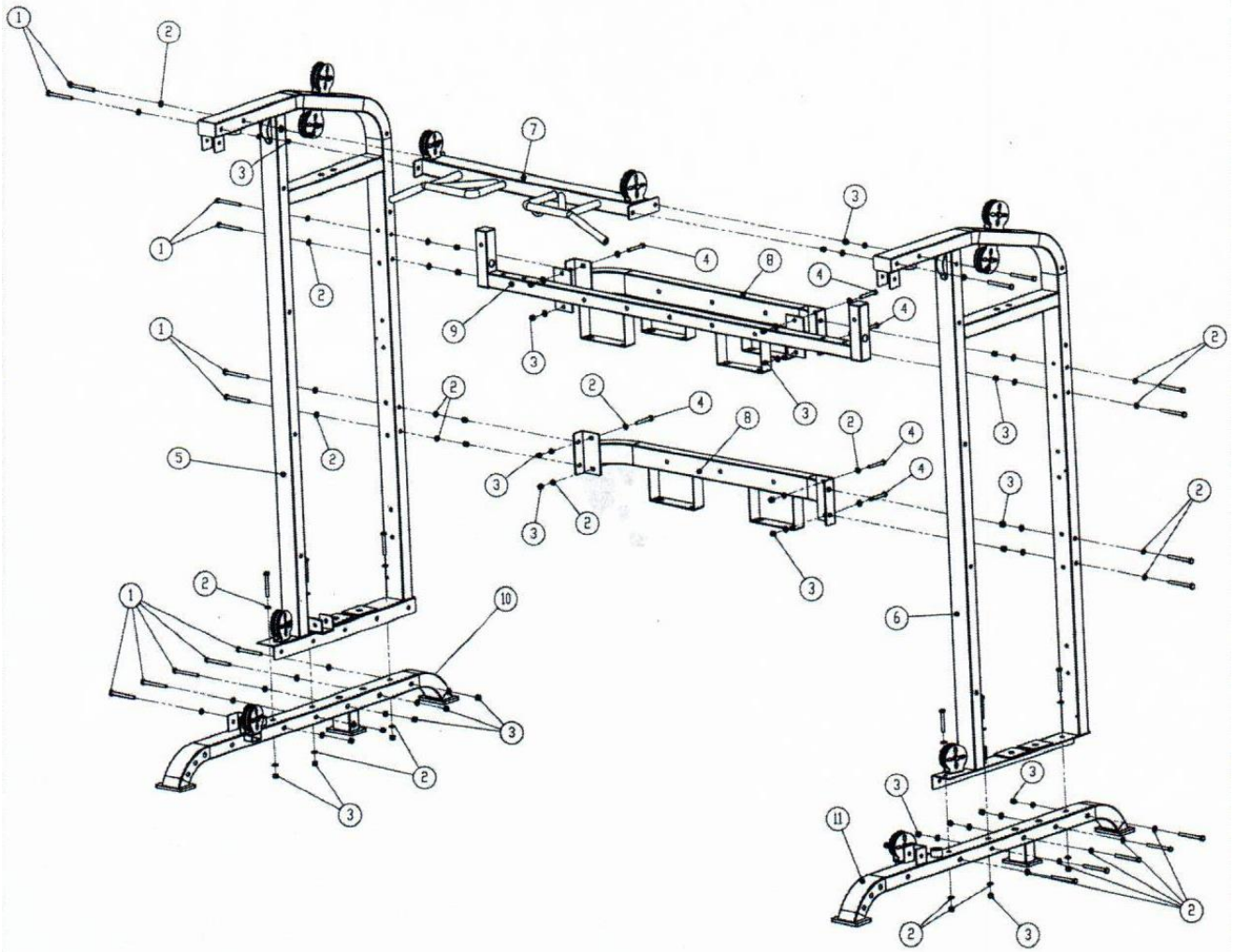
PARTS LIST

Serial number	Part Name	Specification	Number
37	Counterweight head piece assembly	assembled parts	2
38	Counterweight	assembled parts	19
39	Cushion	Ø20	4
40	Shims	Ø45* Ø21*3	4
41	Piping	Ø30*62	4
42	Hexagon head bolts	M10*100	6
43	Shims	Ø10	12
44	Antitamper nut	M10	6
45	Hexagon head bolts	M10*100	2
46	Shims	Ø10	4
47	Antitamper nut	M10	2
48	Upper shield	assembled parts	2
49	Backboard	assembled parts	1
50	Wire rope	assembled parts	2
51	Rubber spacer	assembled parts	2
52	Hexagonal locking rope head	assembled parts	2
53	Carabiner	assembled parts	2
54	lit. birds pulling on handle	assembled parts	2
55	Shield	assembled parts	2
56	Barbell Plate Hanging Rod Assembly	assembled parts	4
57	Hexagon head bolts	M12*70	8
58	Shims	Ø12	16
59	Antitamper nut	M12	8
60	Hook assembly	assembled parts	10
61	Antitamper nut	M10	10
62	Half Round Head Bolt	M8*15	8

PARTS LIST

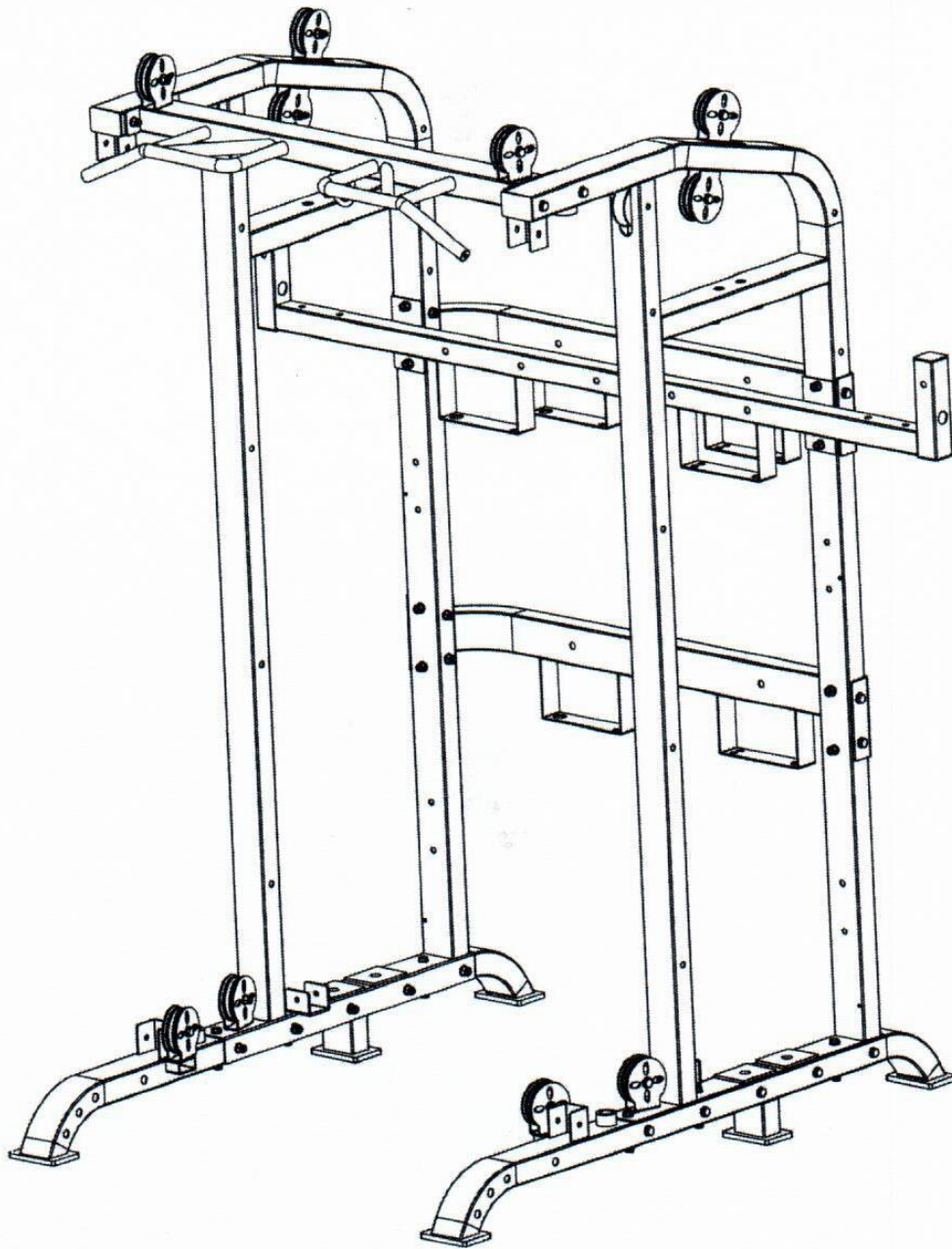
Serial number	Part Name	Specification	Number
21	Guide Rod Locking Sleeve	assembled parts	2
22	Cushion	Ø25	2
23	Decorative outer board	assembled parts	2
24	Outer spring	Ø30	2
25	Inner Caliper	Ø42	2
26	Deep groove ball bearings	Ø42*030*7	2
27	Outer spring	Ø30	2
28	Barbell Plate Hanging Rod Assembl	assembled parts	2
29	Spacer for barbell bar	assembled parts	2
30	Slideweld assembly	assembled parts	2
31	Stainless Steel Guide Bar	Ø25*1870	2
32	Smith safety welds. - Left.	assembled parts	1
33	Barbell pole	Ø30*2200	1
34	Smith Hook and Loop welds	assembled parts	2
35	Smith safety welds - right	assembled parts	1

INSTALLATION STEPS 1. BOMB MAP



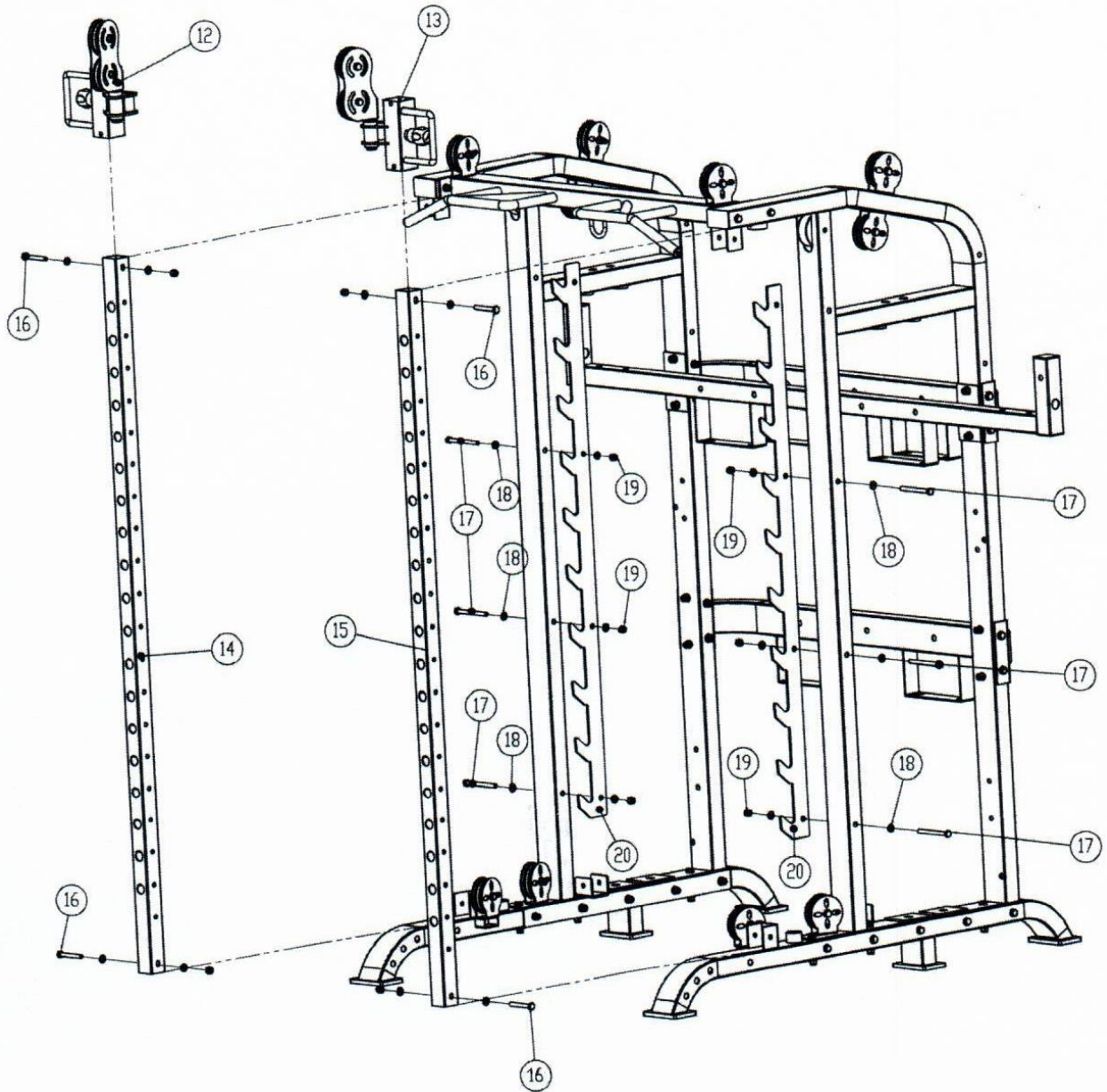
Serial number	Part Name	Specification	Number
1	Hexagon head bolts	M10*100	22
2	Shims	Ø 10	72
3	Hexagon lock nuts	M10	36
4	Hexagon head bolts	M10*80	14
5	Left Box Group Assembly	assembled parts	1
6	Right Box Group Assembly	assembled parts	1
7	Crane up assembly	assembled parts	1
8	Assembly of rear connection welds	assembled parts	2
9	Accessory Placement Weld Assembly	assembled parts	1
10	Left Base Frame Assembly	assembled parts	1
11	Right base frame assembly	assembled parts	1

INSTALLATION STEPS 1. AFTER INSTALLATION



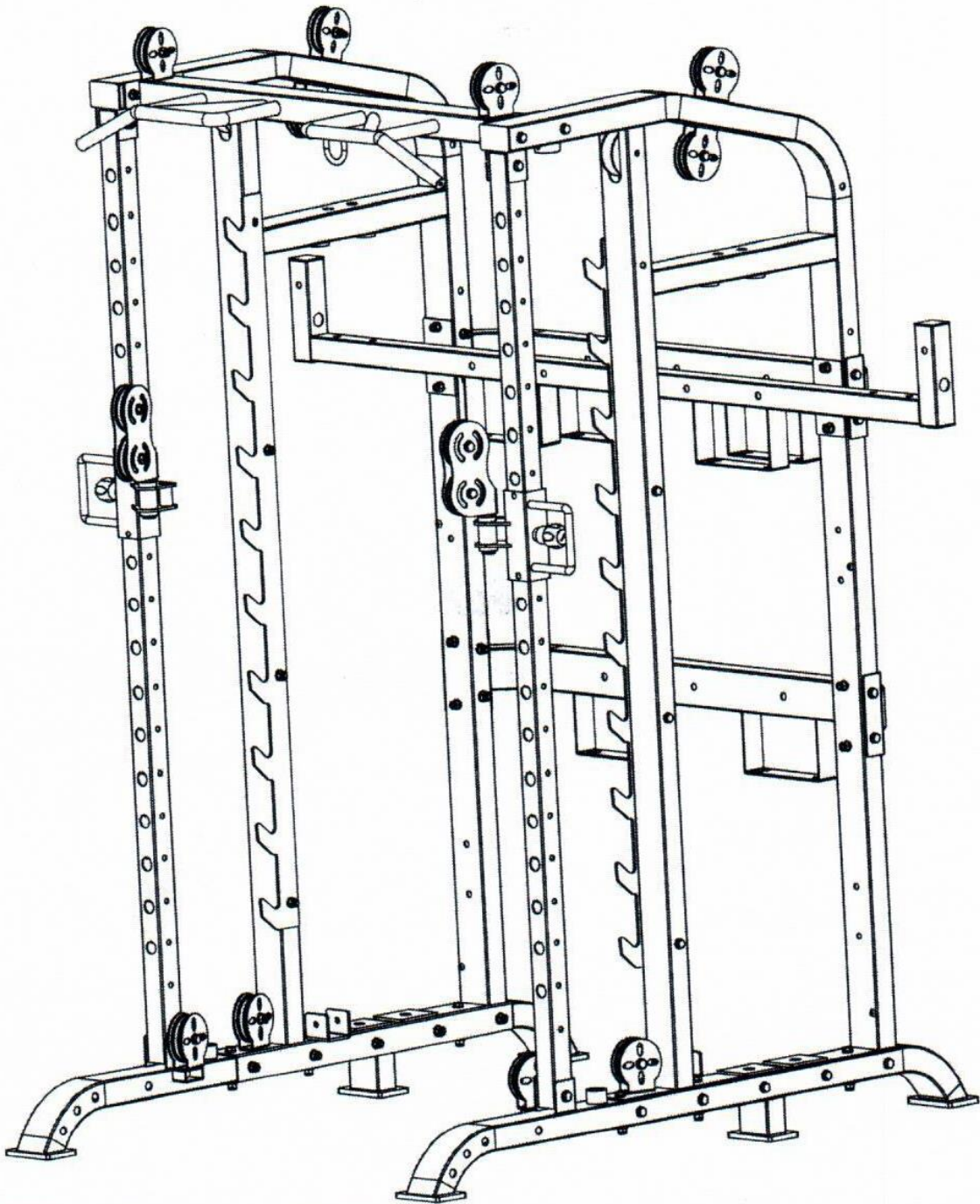
1. M10*90(12 with external hexagonal bolts). \varnothing 10 gaskets (10). M10 the anti-loosening nut (11), install the fixing group (26) on the guide rod to the fixing plate,
2. M10*90(12 with external hexagonal bolts). \varnothing 10 gaskets (10). M10 the anti-loosening nut (11), install the lower fixing group (32) of the guide rod onto the lower fixing plate,
3. light shaft (27) passes through the shock absorber pad (28) Smith safety welding piece group (31) cross shaft sleeve welding piece group (29) to the guide rod fixing group (26)(32) in turn, and is fixed headless inner hexagonal bolt M8*10(same left and right)
4. (left) barbell rod (30) passes through Smith hook (21) cross shaft sleeve welding piece group (29) retaining ring (25) barbell rod hanging piece group (24) outer clip spring (20) deep groove ball bearing (23) inner clip yellow (22) outer clip spring (20) after good, finally the outer plug card into the slot can (19)(note the left and right direction)

INSTALLATION STEPS 2. BOMB MAP



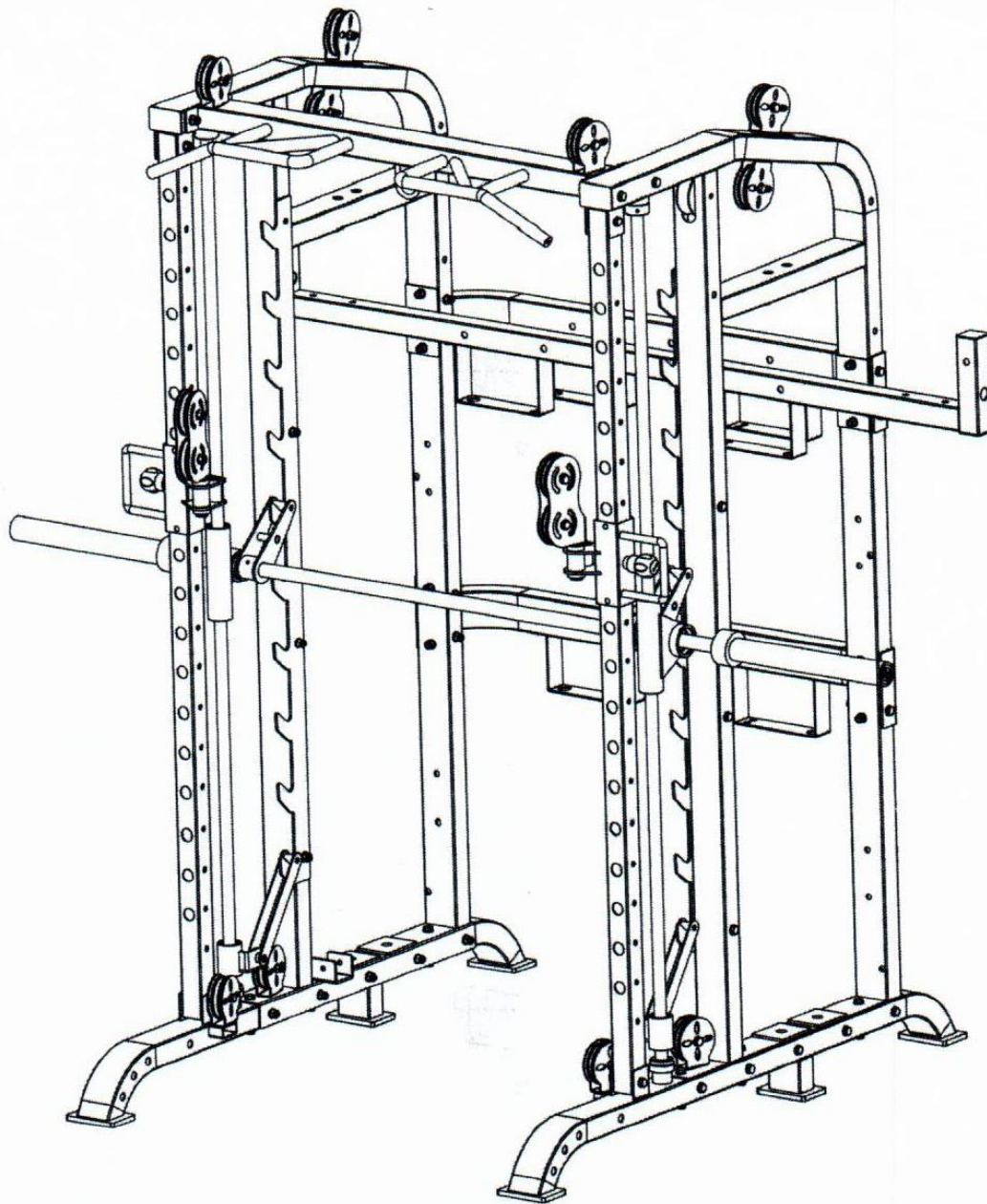
Serial number	Part Name	Specification	Number
12	Sliding sleeve assembly one left	assembled parts	1
13	Sliding sleeve assembly one right	assembled parts	1
14	Stainless steel conduit one left	assembled parts	1
15	Stainless steel conduit one right	assembled parts	1
16	Hexagon head bolts	M10*80	4
17	Hexagon head bolts	M10*100	6
18	Shims	Ø10	20
19	Antitamper nut	M10	10
20	Smiths Hook Plate	assembled parts	2

INSTALLATION STEPS 2. AFTER INSTALLATION



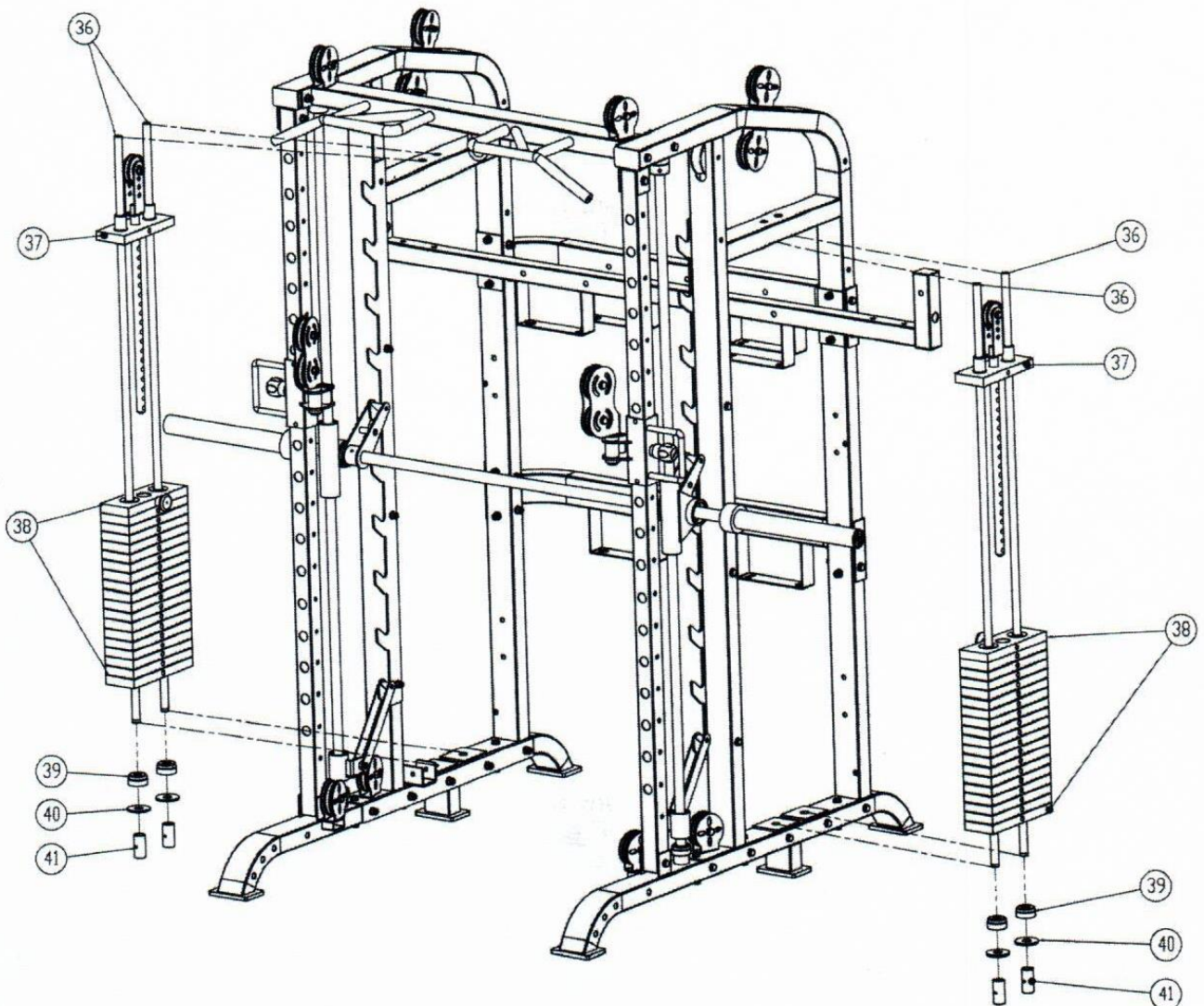
1. The sliding tube is mounted on the left (12) and the sliding tube is mounted on the right (13) on the left (14) and the right (13) of the stainless steel tube.
2. M10*80 hexagonal head bolt (16), $\text{Ø}10$ gasket (18), M10 anti-loosening nut (19) are used to install stainless steel conduit left (14) and stainless steel conduit right (15) on the left and right border.
3. M10*100 hexagonal head bolt (17) $\text{Ø}10$ gasket (18), and the Smith hook plate (20) is mounted on the left and right border with the anti-loosening nut (19) M10.

INSTALLATION STEPS 2. AFTER INSTALLATION



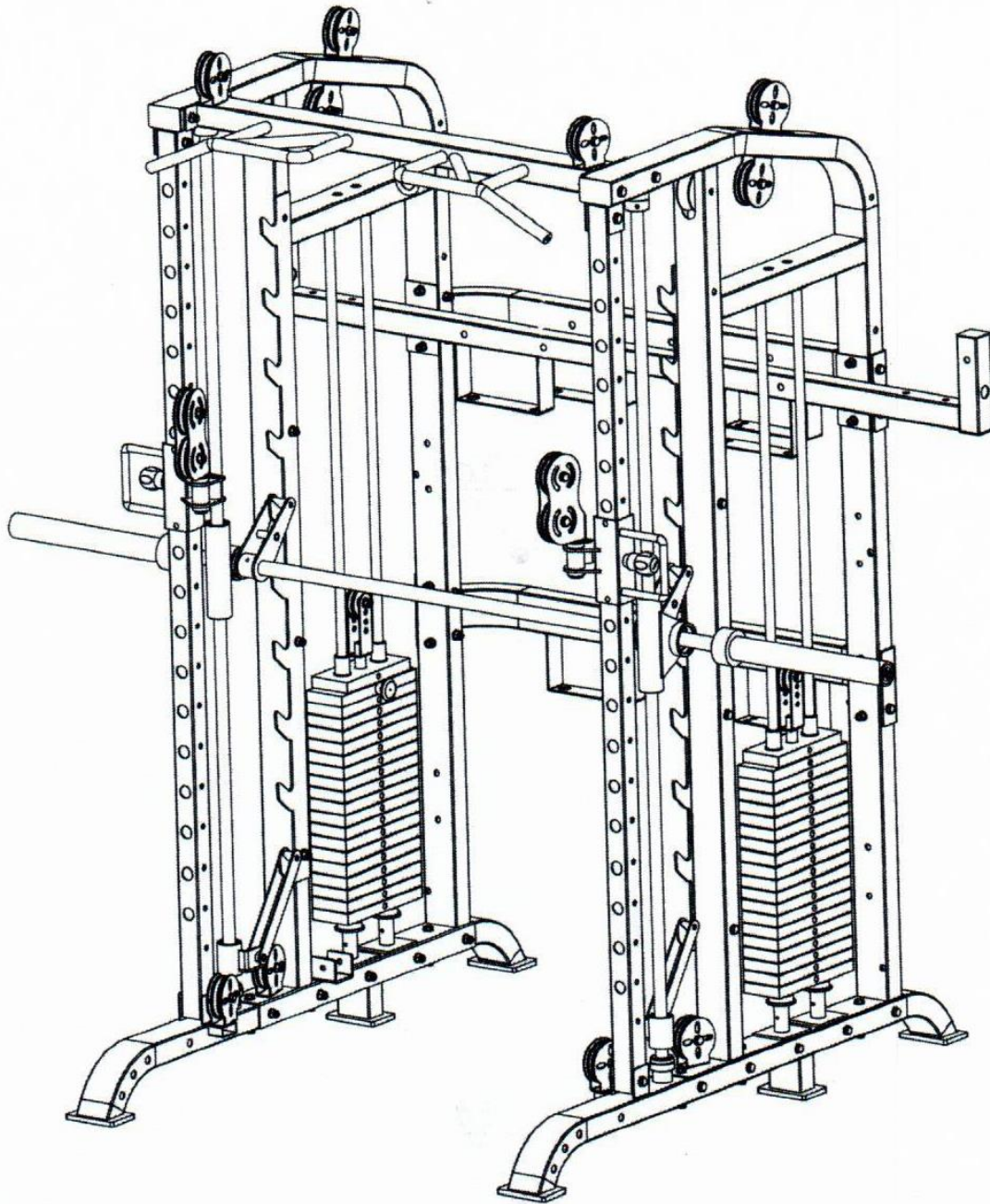
1. The Smith hook welding member (34) is worn to the barbell rod (33), and the two ends hook welding member (34) is in the middle of the hook plate.
2. The guide rod locking sleeve (21) and the slide welding piece assembly (30) Smith safety welding piece left (32) cushion (22) are inserted into the stainless steel guide rod (31) in turn.
3. The guide rod locking sleeve (21) and the slide welding piece assembly (30) Smith safety welding piece right (35) cushion (22) are inserted into the stainless steel guide rod (31) in turn.
4. Put the assembled guide rod on the left and right border, Install the guide rod locking sleeve (21) to the upper end with headless M8 inner hexagonal bolts.
5. The barbell bar in turn (29), Barbell plate hanging rod assembly (28), $\varnothing 30$ snap springs (27), Deep groove ball bearings (26), $\varnothing 42$ clip spring (25), $\varnothing 30$ snap springs (24), The decorative outer cardboard (23) is installed at both ends of the barbell rod (33) respectively.

INSTALLATION STEPS 3. BOMB MAP



Serial number	Part Name	Specification	Number
36	Stainless steel guide bar	Ø20*1565	4
37	Counterweight head piece assembly	assembled parts	2
38	counterweight	assembled parts	19
39	cushion	Ø20	4
40	shims	Ø45* Ø21*3	4
41	piping	Ø30*62	4

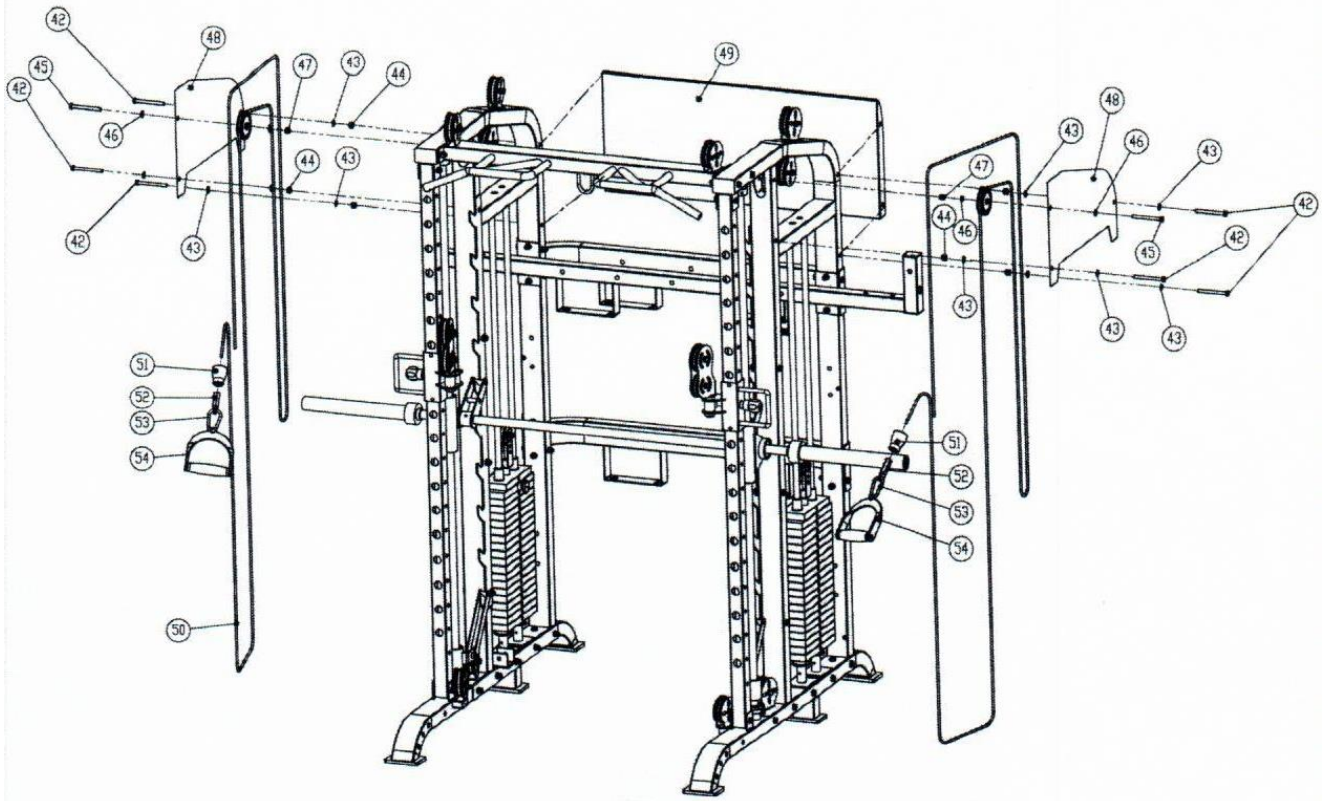
INSTALLATION STEPS 3. AFTER INSTALLATION



1. The bottom of the guide rod stainless steel (36) is mounted into the left and right frame, and the guide rod is tilted into the cushion tube (41), the gasket (40), the buffer pad (39), the counterweight plate (38), the counterweight head assembly (37). Lock the pad tube (41) with M8 headless hexagonal bolt

Note: Symmetry at both ends of counterweight sheet

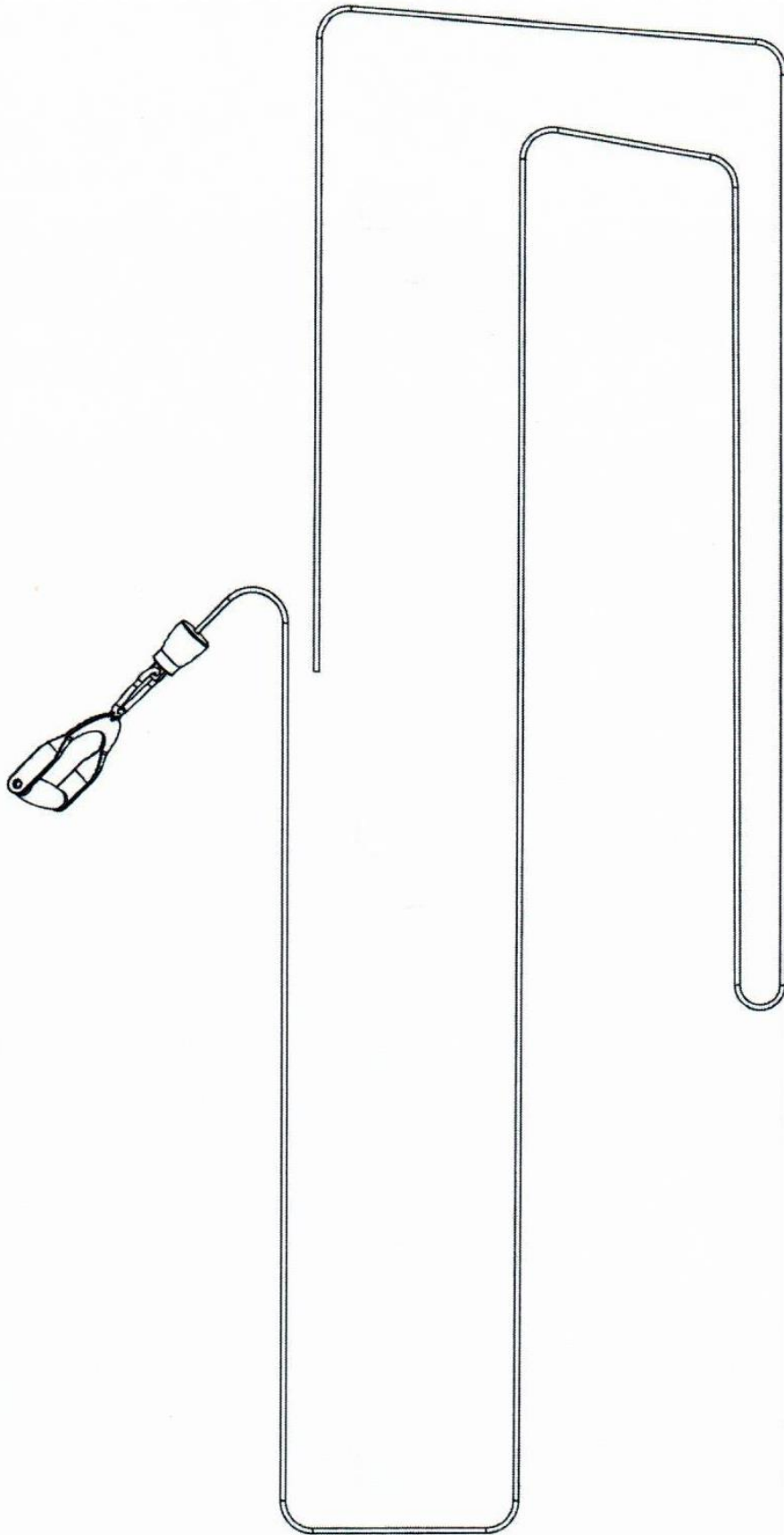
INSTALLATION STEPS 4. BOMB MAP



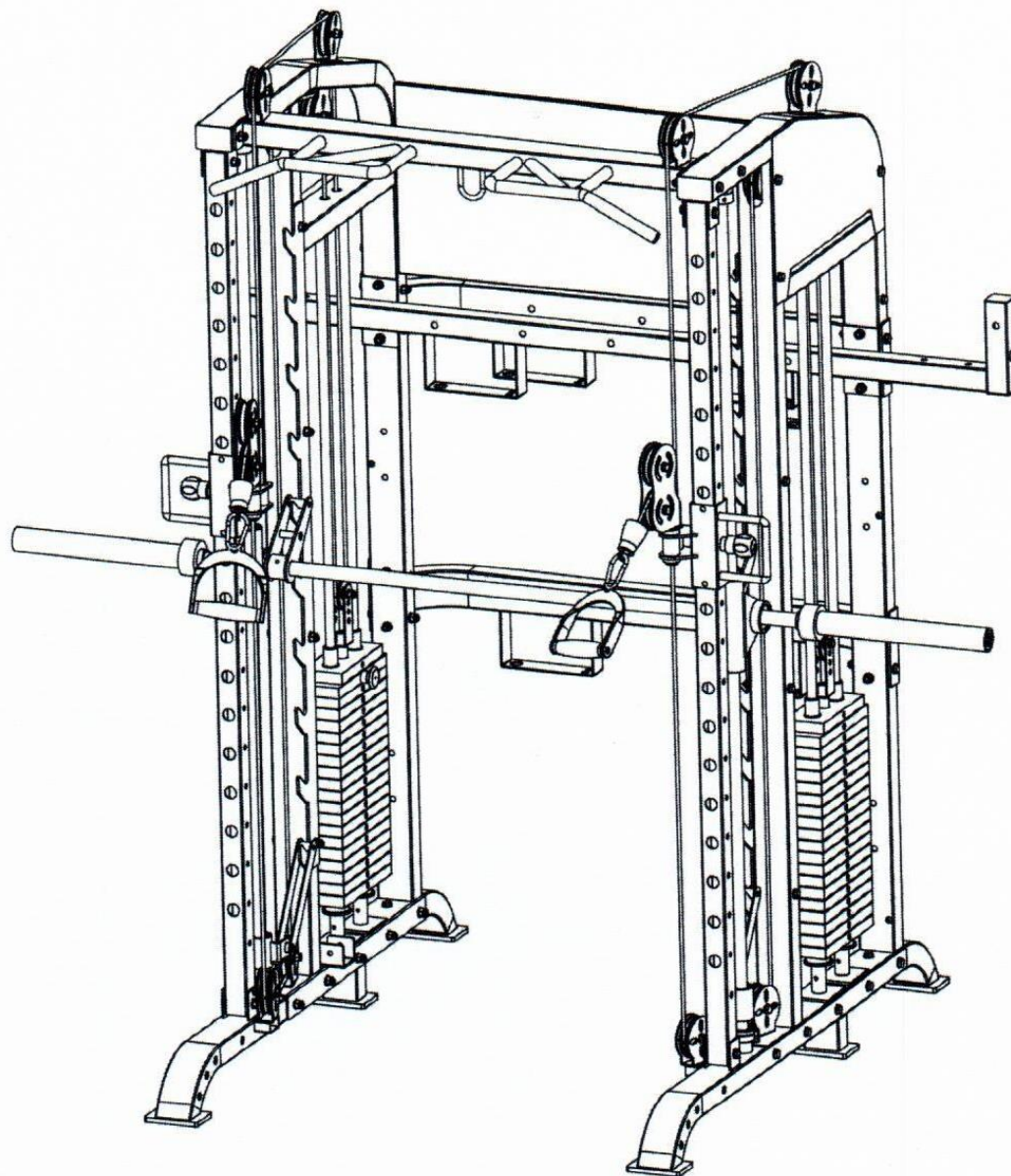
2x Cable (#50) = 306" (1 rubber ball and handle end and 1 regular end)

Serial number	Part Name	Specification	Number
42	Hexagon head bolts	M10*100	6
43	Shims	Ø10	12
44	Antitamper nut	M10	6
45	Hexagon head bolts	M10+100	2
46	Shims	Ø10	4
47	Antitamper nut	M10	2
48	upper shield	assembled parts	2
49	backboard	assembled parts	1
50	Wire rope	assembled parts	2
51	Rubber spacer	assembled parts	2
52	Hexagonal locking rope head	assembled parts	2
53	Carabiner	assembled parts	2
54	It. birds pulling on handle	assembled parts	2

DIAGRAM OF WIRE ROPE

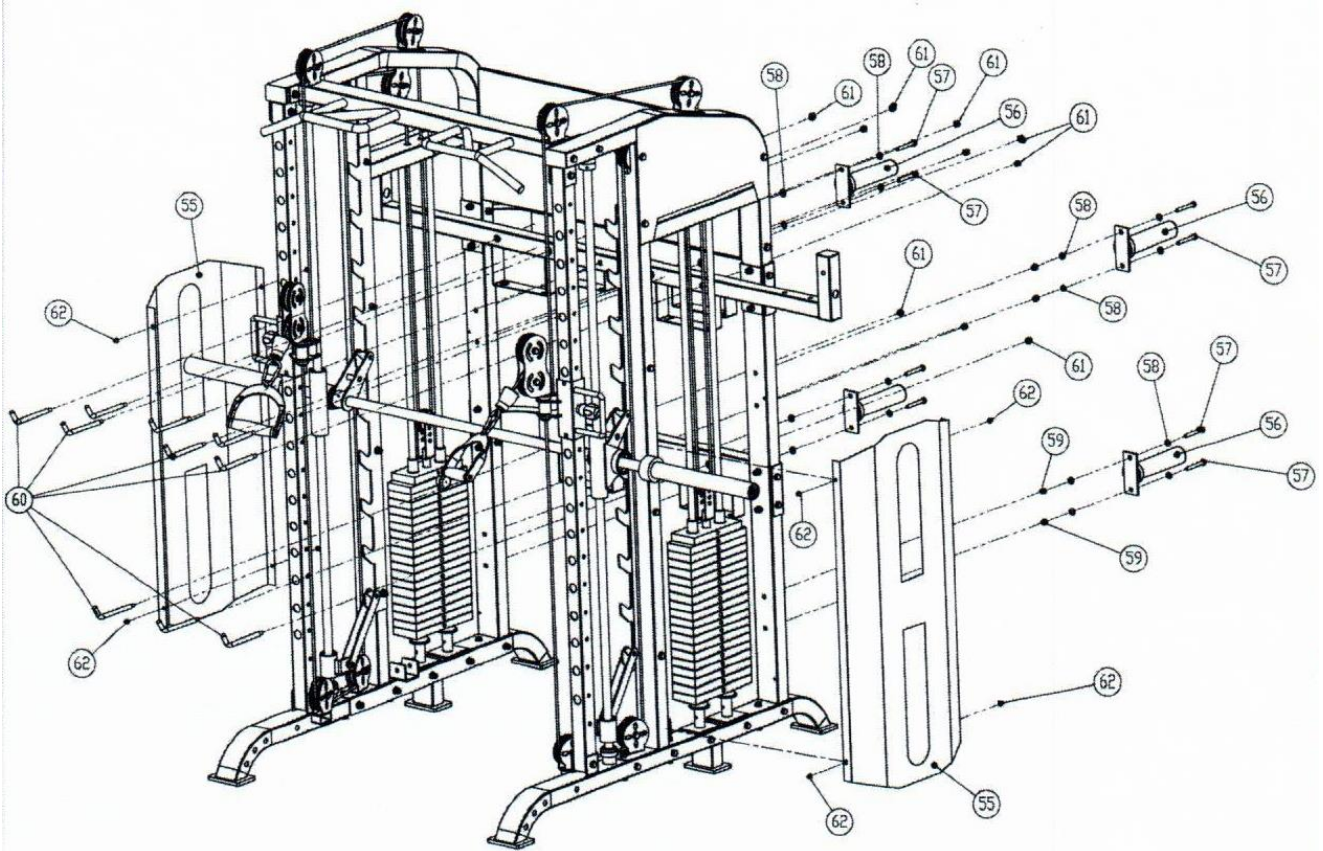


2x Cable (#50) = 306" (1 rubber ball and handle end and 1 regular end)



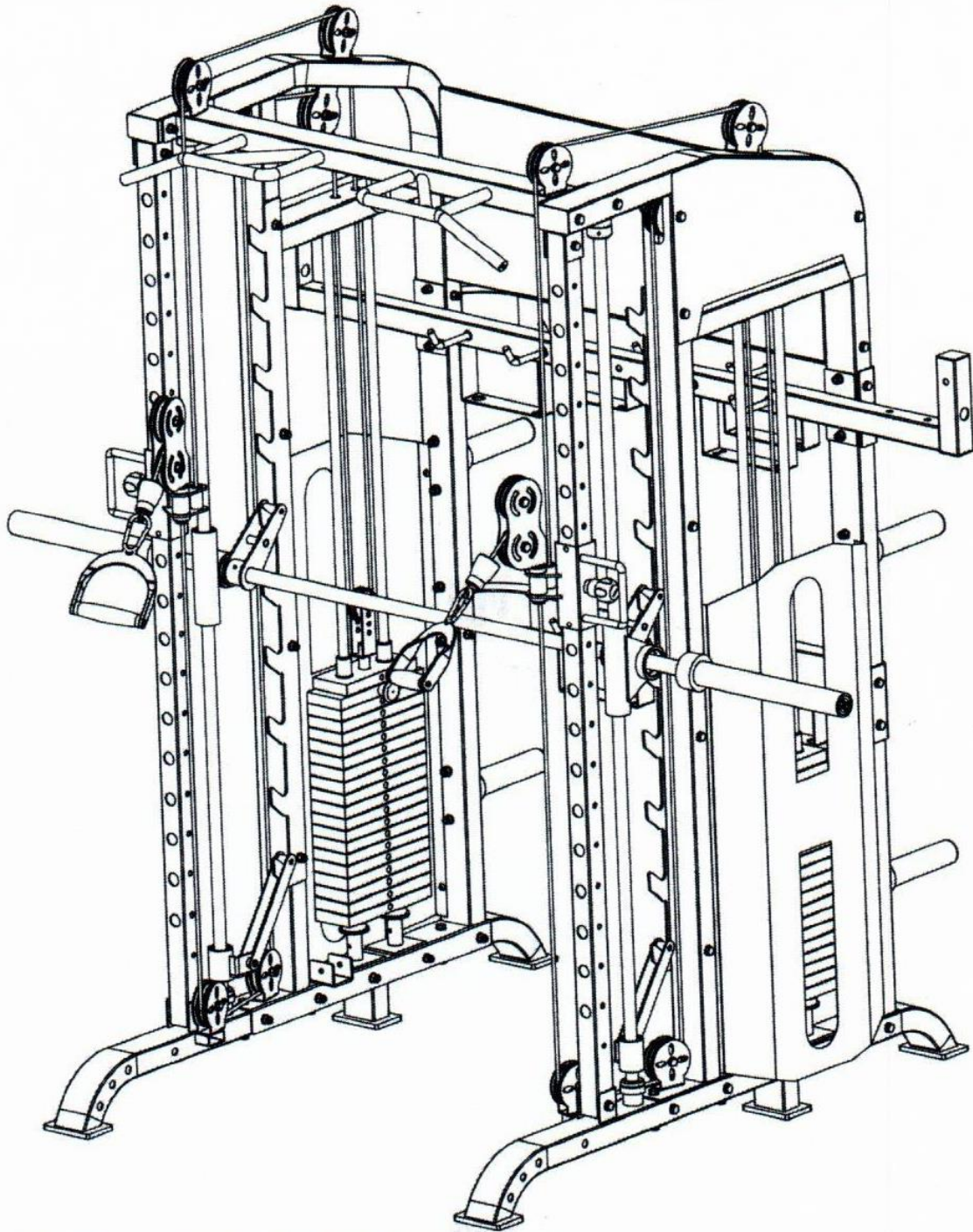
1. M 10*100 external hex bolts (42), \varnothing 10 gaskets (43), M10 loose nut (44) will \varnothing 90 pulleys, Upper guard (48), The rear guard (49) is fixed to the left and right border.
2. Wire rope (52) is worn according to the pattern in the drawing, the wire rope is fixed on the sliding casing assembly (12) lock rope shaft with the M8 headless angle, and the other end comes out on the sliding casing pulley. Lock the wire rope to (53) connects the bird handle (54) and the hexagonal lock rope head (52) through the rubber sleeve (51).

INSTALLATION STEPS 5. BOMB MAP



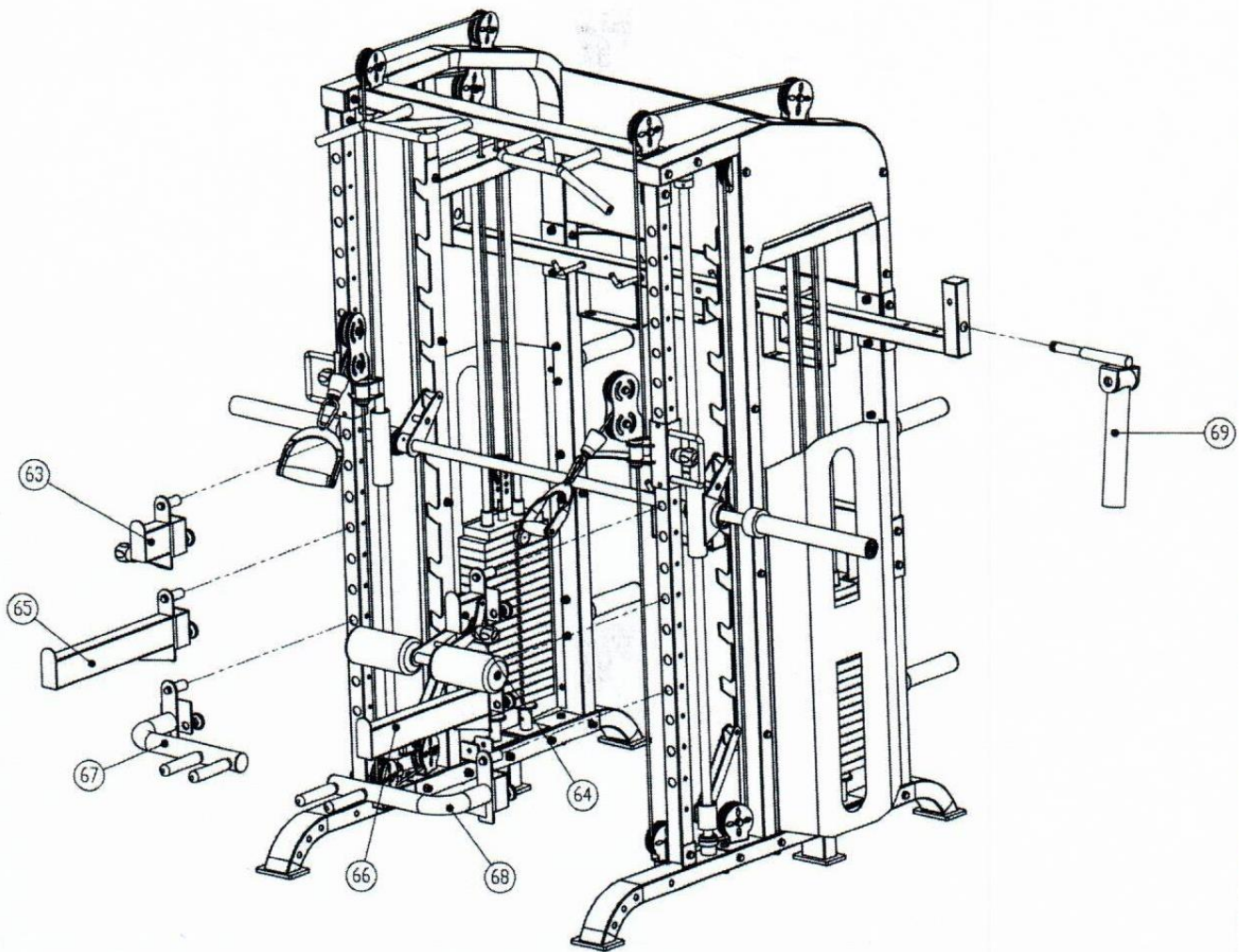
Serial number	Part Name	Specification	Number
55	Shield	assembled parts	2
56	Barbell Plate Hanging Rod Assembly	assembled parts	4
57	Hexagon head bolts	M12+70	8
58	Shims	Ø12	16
59	Antitamper nut	M12	8
60	Hook assembly	assembled parts	10
61	Antitamper nut	M10	10
62	Half Round Head Bolt	M8*15	8

INSTALLATION STEPS 5. AFTER INSTALLATION



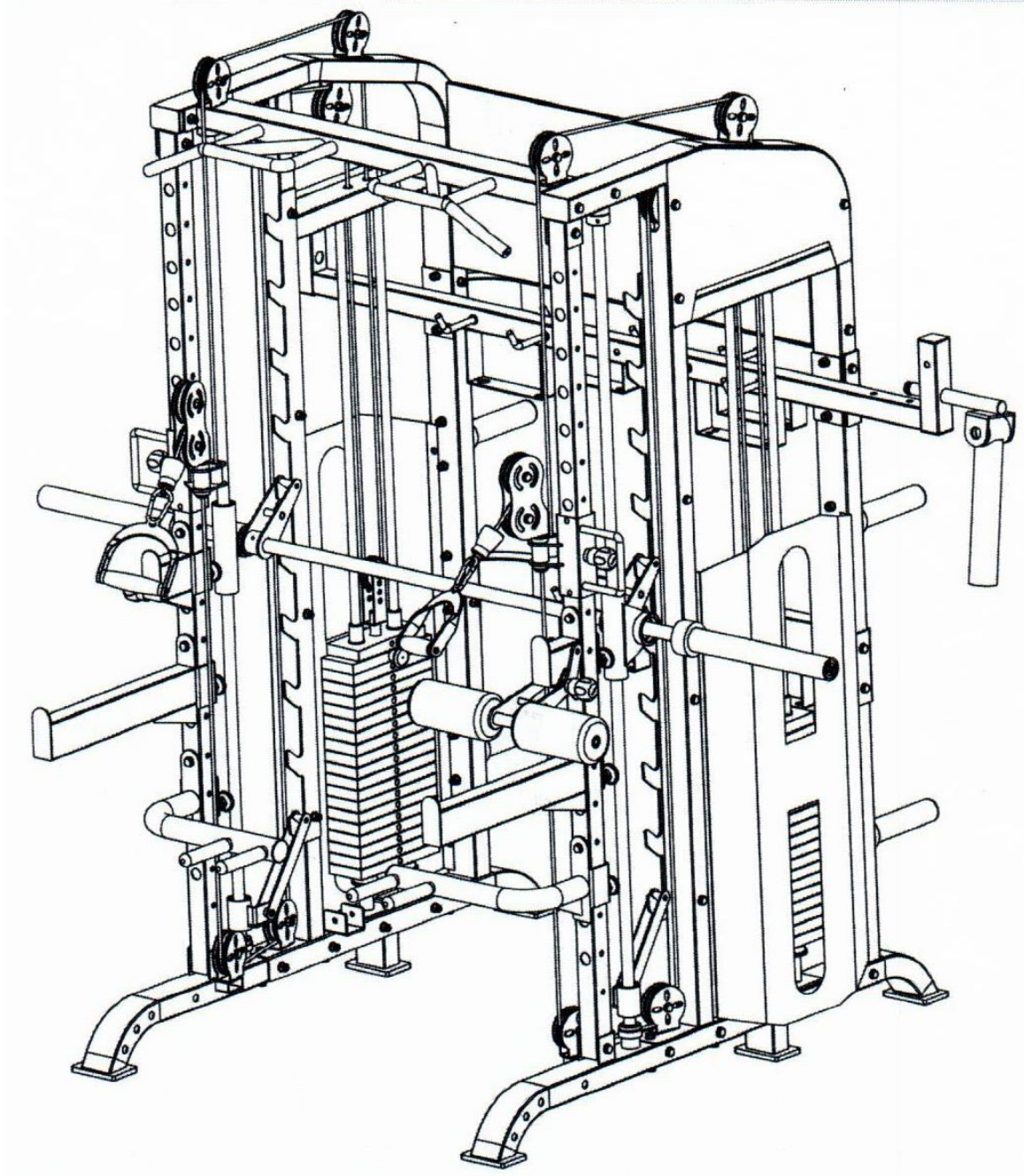
3. M12*70 outer hexagonal bolt (57), \varnothing 12 gasket (16) and M12 anti-loosening nut (59) are used to fix the barbell hanging rod (56) to the left and right border.
4. Large guard plate (55) is 2. fixed to the left and right border with M8*15 semicircular head bolt (62).
5. Hook assembly (60) is 3. fixed with a M10 anti-loosening nut (61) on the rear connection welding assembly (8), and the fittings are placed on the welding assembly (9).

INSTALLATION STEPS 6. BOMB MAP



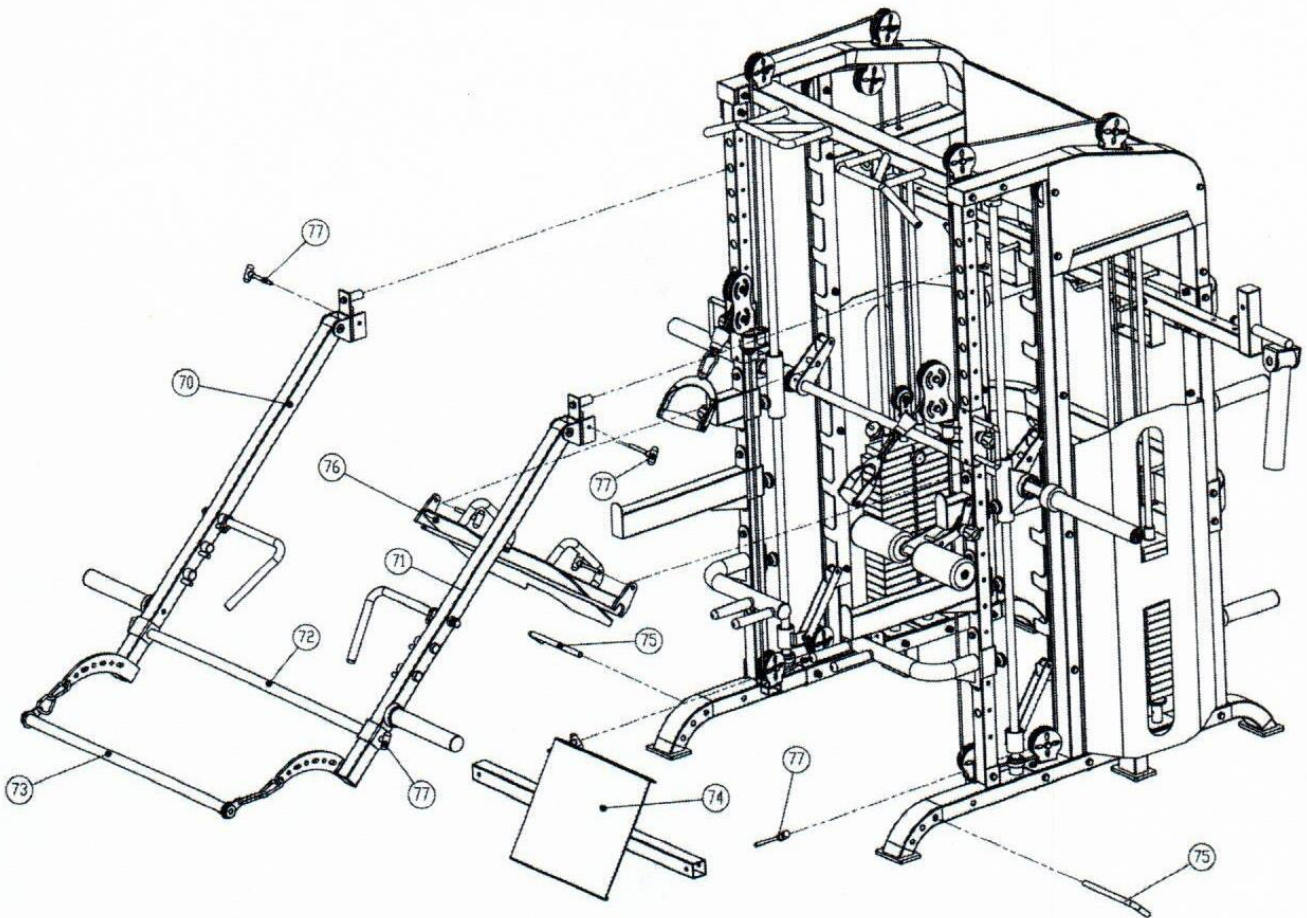
Serial number	Part Name	Specification	Number
63	Squat hook assembly one left	assembled parts	1
64	Squat hook assembly one right	assembled parts	1
65	Squat Safety One Left	assembled parts	1
66	Squat Safety One Right	assembled parts	1
67	Single bar assembly one left	assembled parts	1
68	Single Bar Assembly - Right	assembled parts	1
69	Ground barrel assembly	assembled parts	1

INSTALLATION STEPS 6. AFTER INSTALLATION



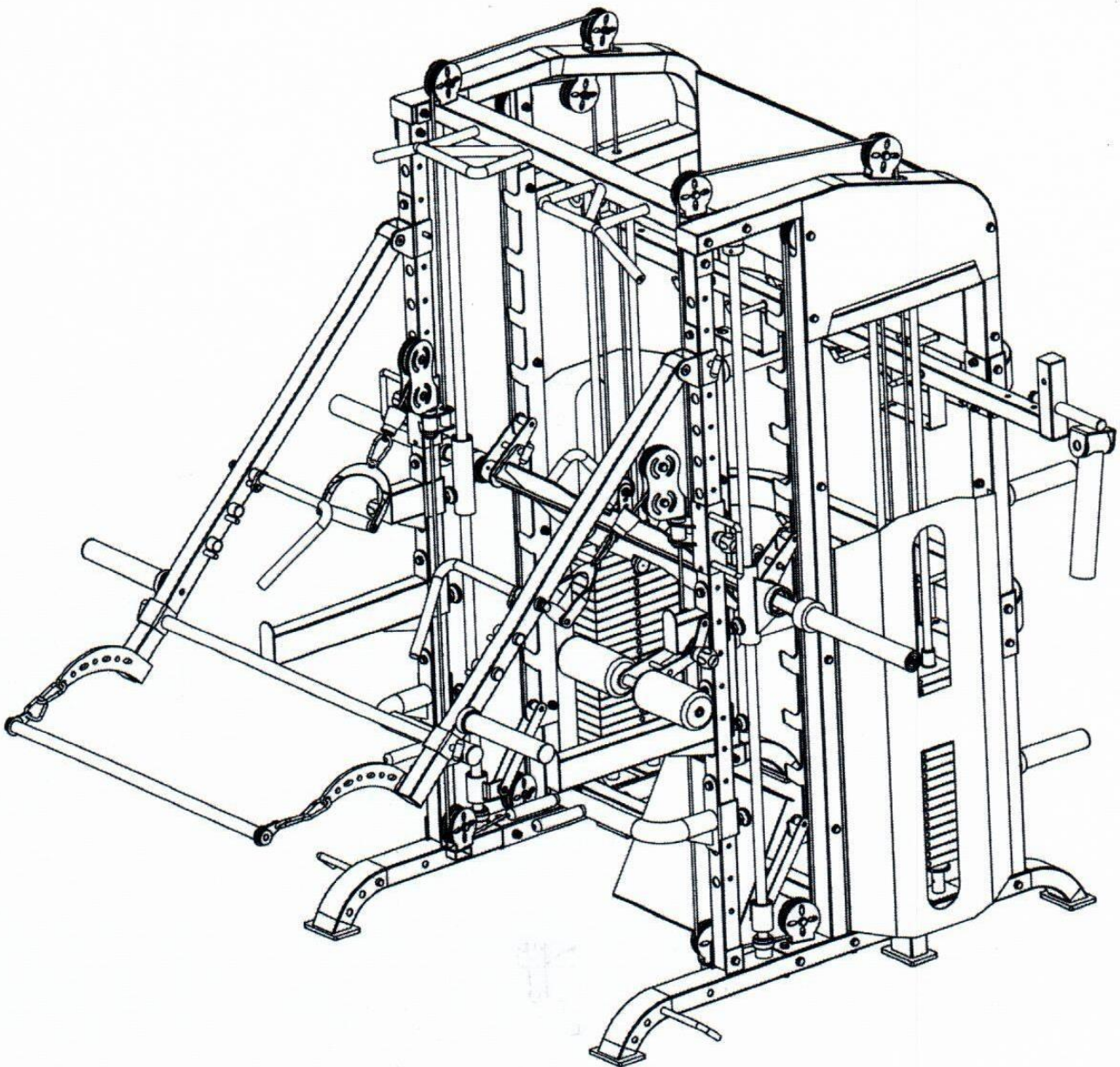
1. Hook squat left (63), squat hook right (64), squat insurance left (65), squat insurance right (66) horizontal bar left (67), horizontal bar right (68), assembled on stainless steel conduit.
2. Install the ground barrel assembly (69) onto the fitting placement weldment assembly (9), respectively.

INSTALLATION STEPS 7. BOMB MAP



Serial number	Part Name	Specification	Number
70	Push-arm main weld assembly one left	assembled parts	1
71	Push-arm main weld assembly - right	assembled parts	1
72	Pusher Weld Assembly	assembled parts	1
73	Tie rod assembly	assembled parts	1
74	Foot Weld Assembly	assembled parts	1
75	L-pins for elastic cord	assembled parts	2
76	Foot pedal welding assembly	assembled parts	1
77	T-pin	assembled parts	6

INSTALLATION STEPS 7. AFTER INSTALLATION



1. Mount the foot weldment assembly (74) on the border with a T type pin (77), respectively.
2. Mount the back pedal welding piece (76) on the Smith hook welding piece (34) with a T pin (77). The back pedal welding piece is fitted.
3. Install the left (70) and right (71) of the push arm supervisor to the stainless steel conduit
4. T pin (77) is used to connect the push rod welding piece assembly (72) with the push arm supervisor welding piece left and right.
5. Fasten the elastic rope L pin (76) to the base.
6. The transverse rod assembly (73) assembly (73) and the push arm supervisor welding piece left and right.