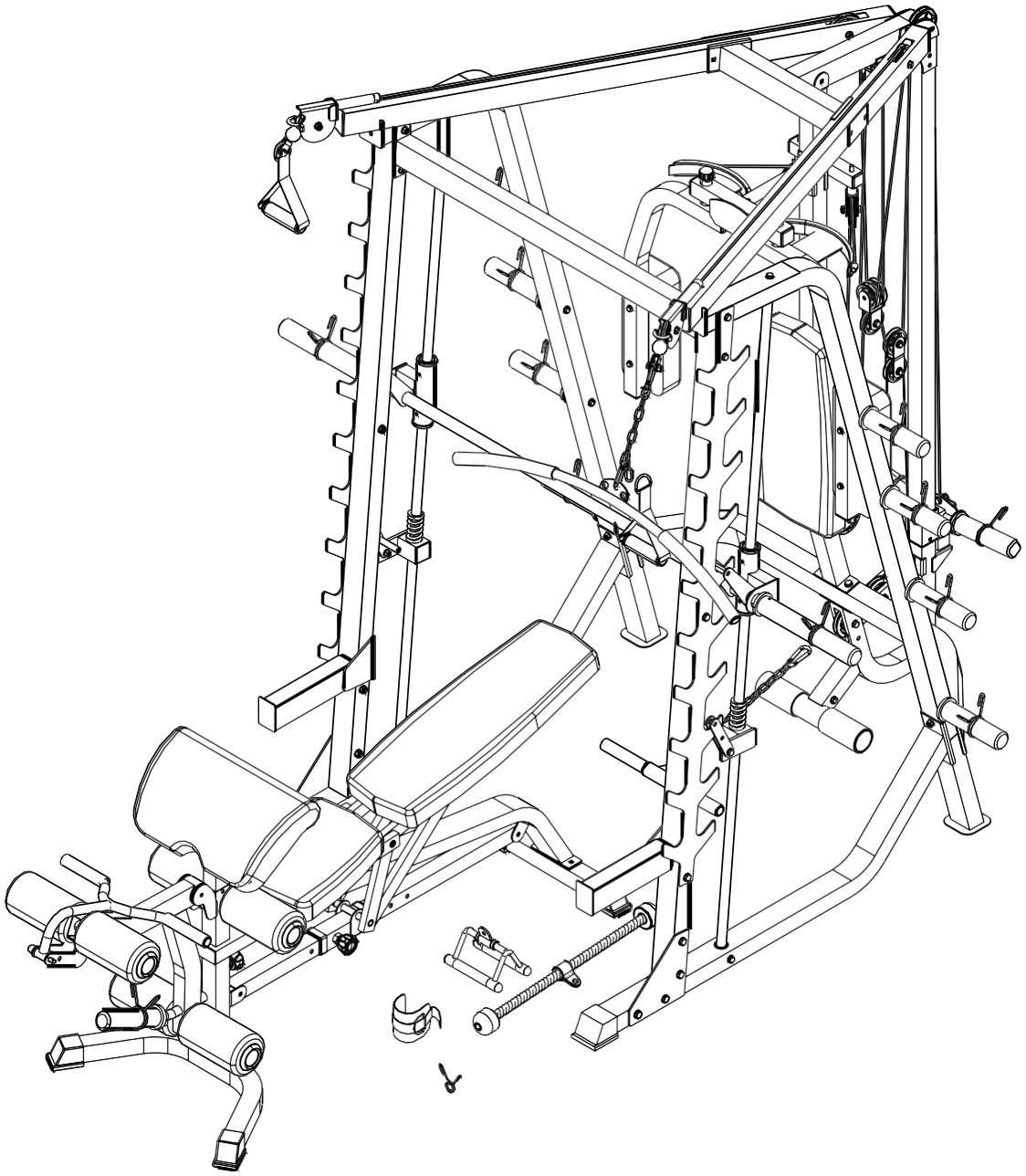
FRENCH FITNESS

FF-MSC10

DELUXE SMITH MACHINE

OWNER'S MANUAL



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

20201211-V1.0

FEATURES

- Product Weight: 336 lbs (152kg)
- Dimensions: 107 in D x 76 in W x 88 in H (2700 mm x 1930 mm x 2230 mm)
- Shipping Weight: 363 lbs (164.5kg)

ACCESSORIES INCLUDED

- Ankle Strap
- Seated Row/Chin Bar
- Tricep Rope
- Lat Bar
- 2 Standard Handles

TECH SPECS

MSC10-AB Adjustable Bench

- The U-shaped front frame, square 20-inch thick steel and non-slip feet all contribute to the durable and stable feel of the FFMSC10-AB. In order to further enhance its firm feel, the saw-tooth adjuster ensures that the bench is equally safe from upright to downward tilt; and the double foam rollers rest on it very comfortably.
- Product Weight: 61lbs (27.5kg)
- Product Dimensions (Assembled) (in): 63 ×25 ×52
- Shipping Weight: 71lbs (32kg)
- Shipping Dimensions: 50 x 20 x 10

MSC10-AC Arm Curl Attachment

- The 2-inch thick pad can increase comfort and support, reduce fatigue during exercise, and the adjustable arm curl support pad and arm curl bar make the entire arm exercise simple and effective.
- Product Weight: 10 lbs (4.5kg)
- Product Dimensions (Assembled) (in): 28 x 20 x 7
- Shipping Weight: 13 lbs (6kg)

MSC10-LA Leg Attachment

- Leg bending and stretching exercises are very suitable for training quadriceps and hamstrings. The contoured roller pad and dual-function leg spreader ensure that your legs are also mixed.
- Product Weight: 13 lbs (6kg)
- Product Dimensions (Assembled) (in): 56 x 20 x 7
- Shipping Weight: 18 lbs (8kg)
- Shipping Dimensions: 23 x 23 x 5

WARRANTY

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

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BEFORE YOU BEGIN

Thank you for selecting the FF-MSC10. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. 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.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.

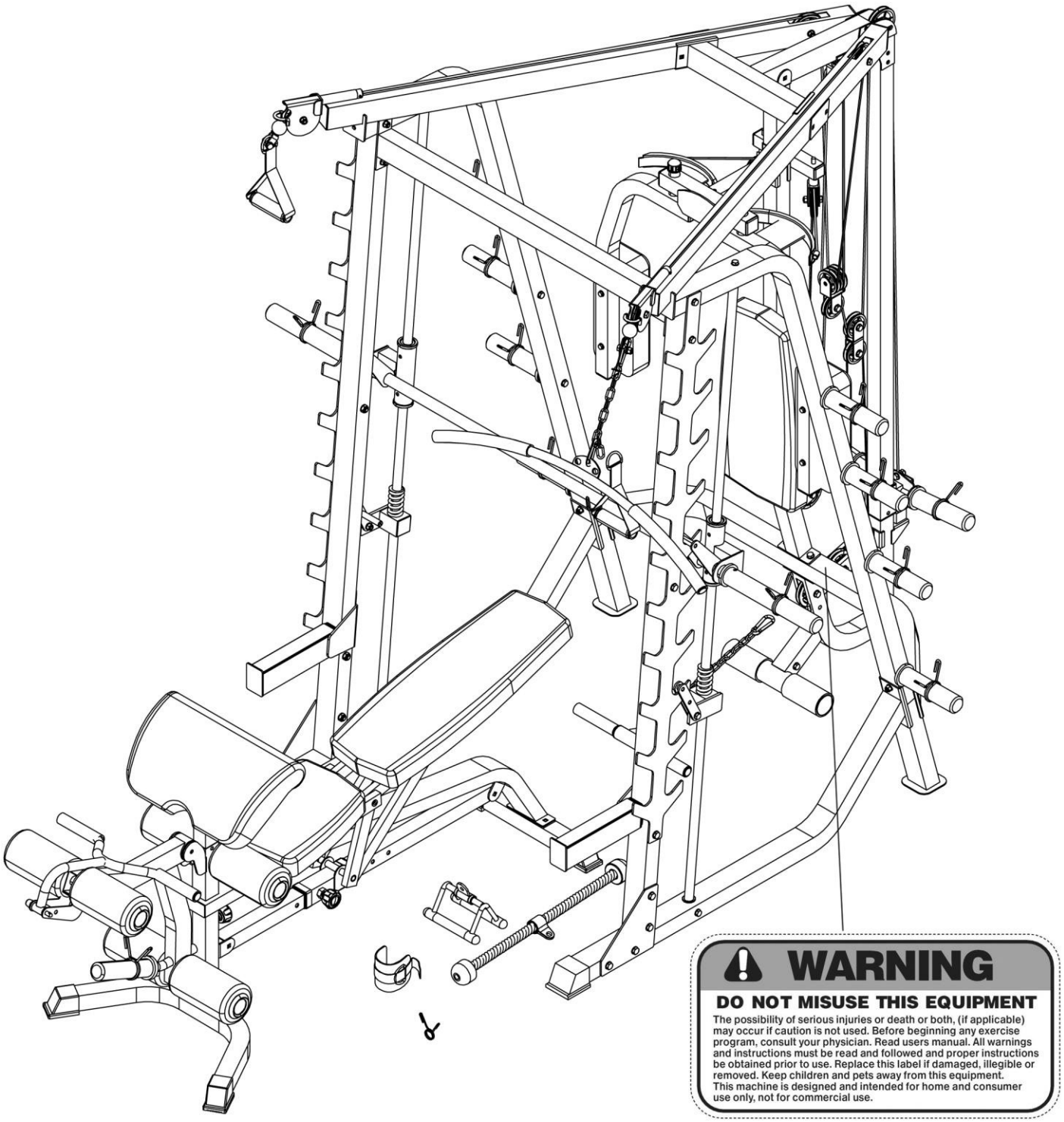
CARE AND MAINTENANCE

1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
4. Maximum user's weight: 300 lbs.
5. Maximum weights on the rack: 600 lbs.
6. Maximum weights on Leg Developer: 100 lbs.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IT IS THE OWNER'S RESPONSIBILITY TO ENSURE THAT ALL USERS OF THIS UNIT HAVE READ THE OWNER'S MANUAL AND ARE FAMILIAR WITH THE SAFETY PRECAUTIONS.

SAVE THESE INSTRUCTIONS.

WARNING LABEL PLACEMENT



SMITH MACHINE HARDWARE PACK

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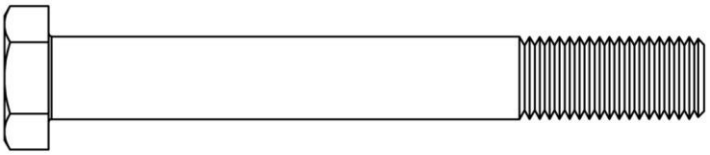
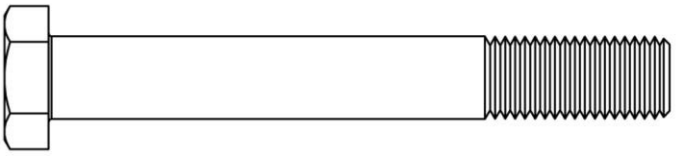
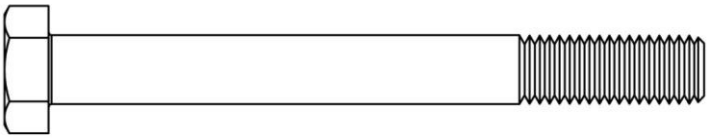


#84 M12×95 Hex Bolt (Qty 4)



#85 M12×90 Hex Bolt (Qty 12)



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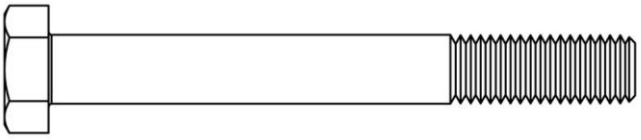

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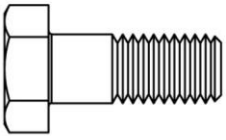

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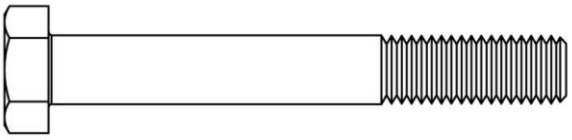

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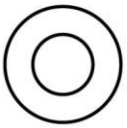
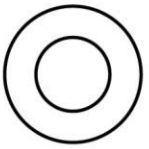


#102 Φ8 Washer
(Qty 6)



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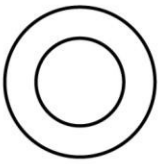

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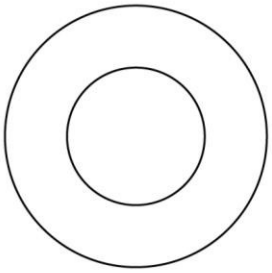

#105 Φ21 Washer
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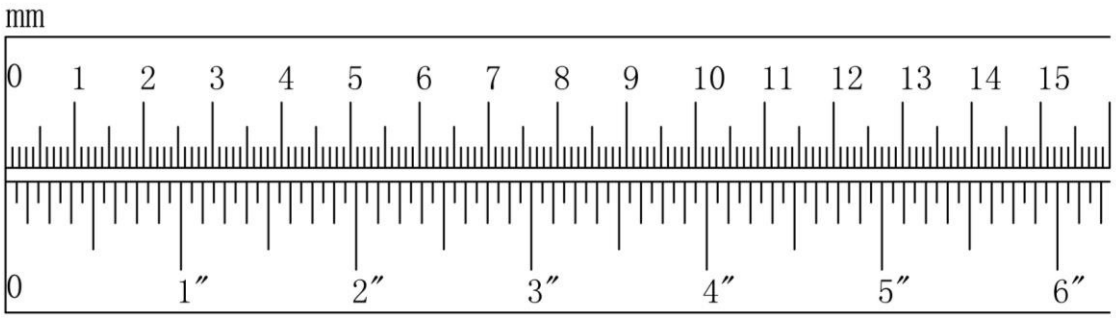

SMITH MACHINE HARDWARE PACK

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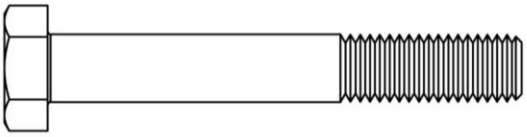
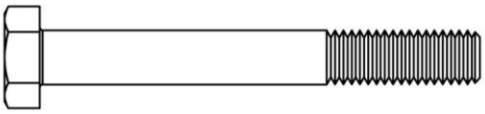
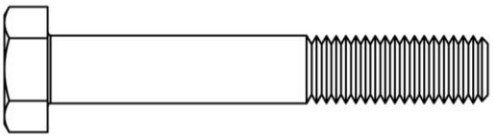


#90 M10×70 Hex Bolt (Qty 7)

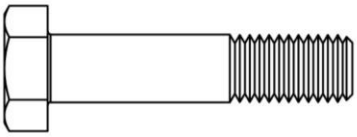


#96 M8×65 Hex Bolt (Qty 6)

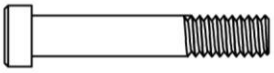


#91 M10×65 Hex Bolt (Qty 4)

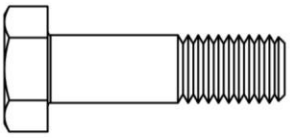
#98 M6×6 Allen Bolt (Qty 4)



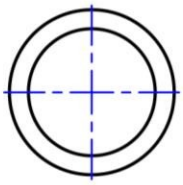
#92 M10×45 Hex Bolt (Qty 10)



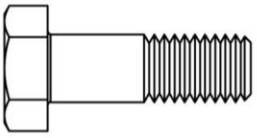
#101 M6×33 Allen Bolt (Qty 2)



#93 M10×35 Hex Bolt (Qty 4)

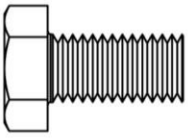


#39 Φ24.5×Φ18.5×15 Bushing (Qty 2)

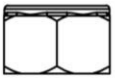


#94 M10×30 Hex Bolt (Qty 3)

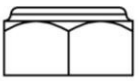
#107 M6 Aircraft Nut
(Qty 2)



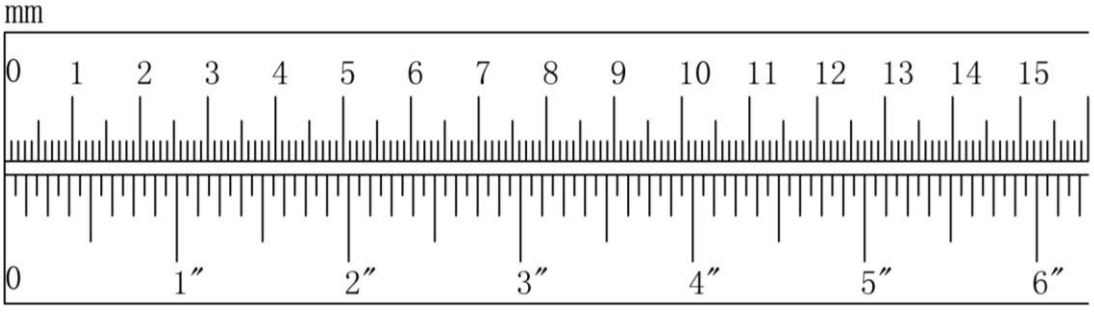
#95 M10×20 Hex Bolt (Qty 12)



#108 M10 Aircraft Nut
(Qty 44)



#109 M12 Aircraft Nut
(Qty 16)



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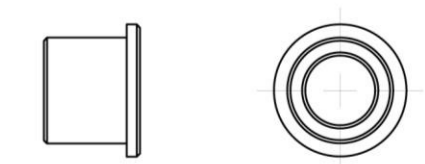
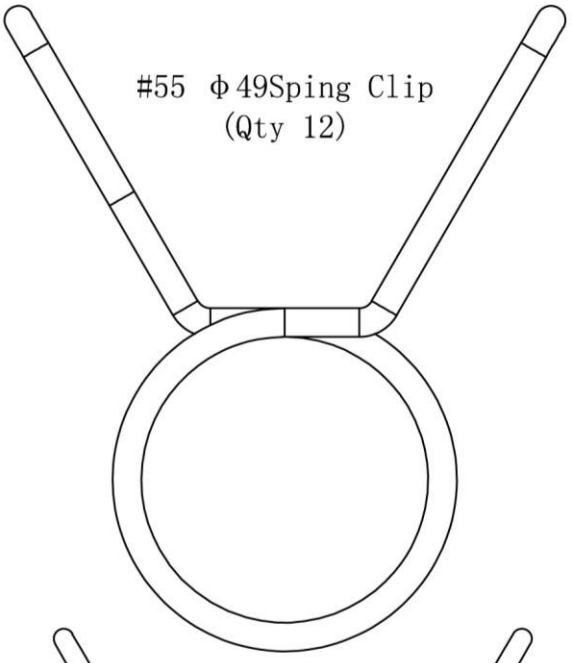
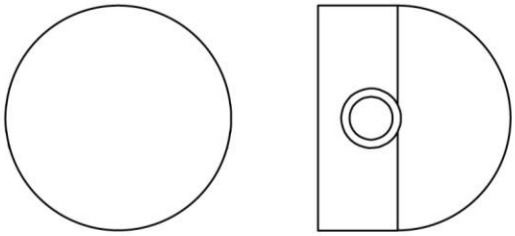


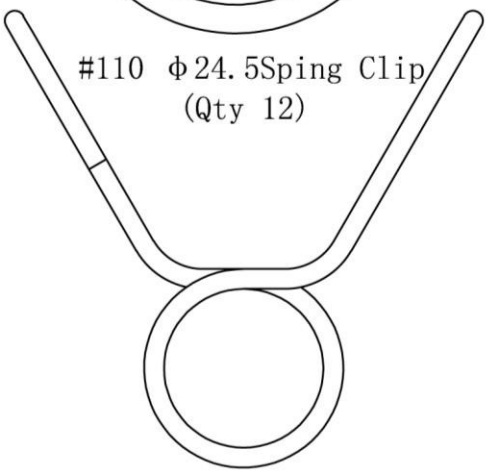
#66 Pulley Bushing
(Qty 8)



#55 Φ49Sping Clip
(Qty 12)



#57 Lock Ring
(Qty 2)



#110 Φ24.5Sping Clip
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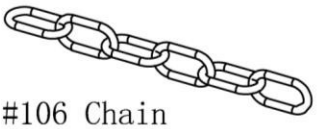
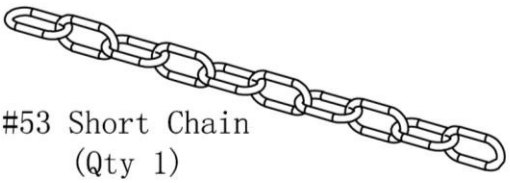
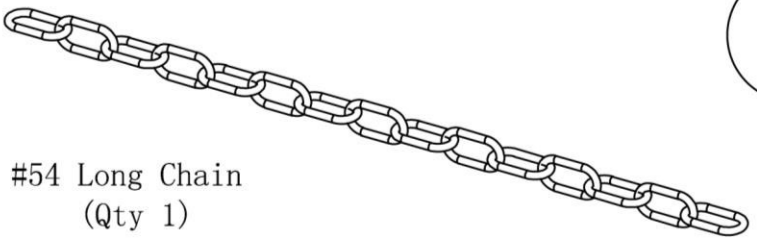


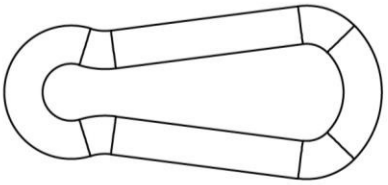
#106 Chain
(Qty 1)



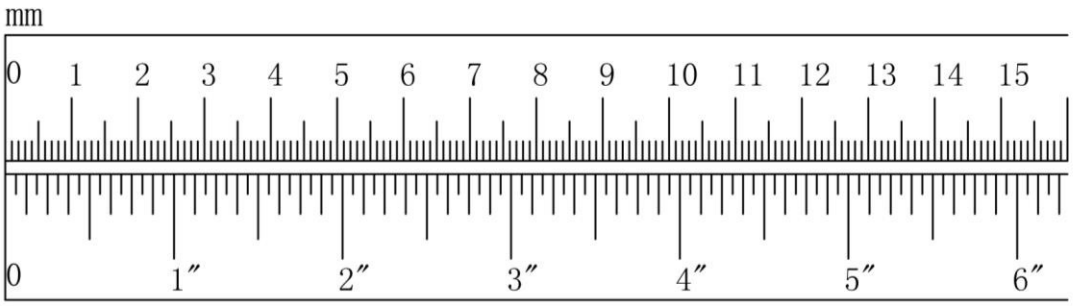
#53 Short Chain
(Qty 1)



#54 Long Chain
(Qty 1)



#52 Hook (Qty 5)



SMITH MACHINE ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches.
NOTE: It is strongly recommended two or more people assembling this machine to avoid possible injury.

STEP 1 (See Diagram 1)

A.) Do not tighten all nuts and bolts until instructed to do so.
B.) Connect the Base Frame (#6) to the Front Vertical Frame (#1) using the Inclined Bracket (#41) and four Hex Bolts M12X90 (#85), eight Washersφ 12 (#104) , four Nuts M12 (#109). Ensure the frames are correctly orientated.
C.) Connect the Guide Rod (#29) to the Base Frame (#6) using one Hex Bolt M10X85(#87),two Washersφ 10 (#103)and one Nut M10 (#108).
D.) Slide one Lower Safety Stop Frame (#26),one Spring (#56),one Safety Stop Frame (#25) onto the Guide Rod from the top.
E.) Connect the Vertical Base Frame (#2) and the Left Vertical Frame (#3) .Attach Guide Rod (#29) and the Left Vertical Frame with one Washerφ 10 (#103) and one Hex Bolt M10X20 (#95) .
F.) Align the Side Racks (#40) so the supports are angled upward and attach to the Front Vertical Frame (#1) using two Hex Bolts M12X90 (#85), four Washersφ 12 (#104) and two Nuts M12 (#109) in the two lowest available holes on the frame.
G.) Connect Lower Safety Stop Frame (#26) and Safety Hook (#27) using one Hex Bolt M10X35 (#93), two Washersφ 10 (#103) and one Nut M10 (#108).
H.) Repeat Procedures above to install the other side.
I.) Position the Cross Brace (#7) over the join between the two sides. Connect it with each side using two Hex Bolts M10X75 (#89), four Washersφ 10 (#103) and two Nuts M10 (#108).
J.) Position the Front Top Beam (#5) over the join between the two sides. Connect it with each side using two Hex Bolts M12X95 (#84), four Washersφ 12 (#104) and two Nuts M12 (#109).

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 steel wool.

We use "B'laster 16-SL Industrial Strength Silicone Lubricant" and Steel Wool, Grade #0000 Super Fine Grade.

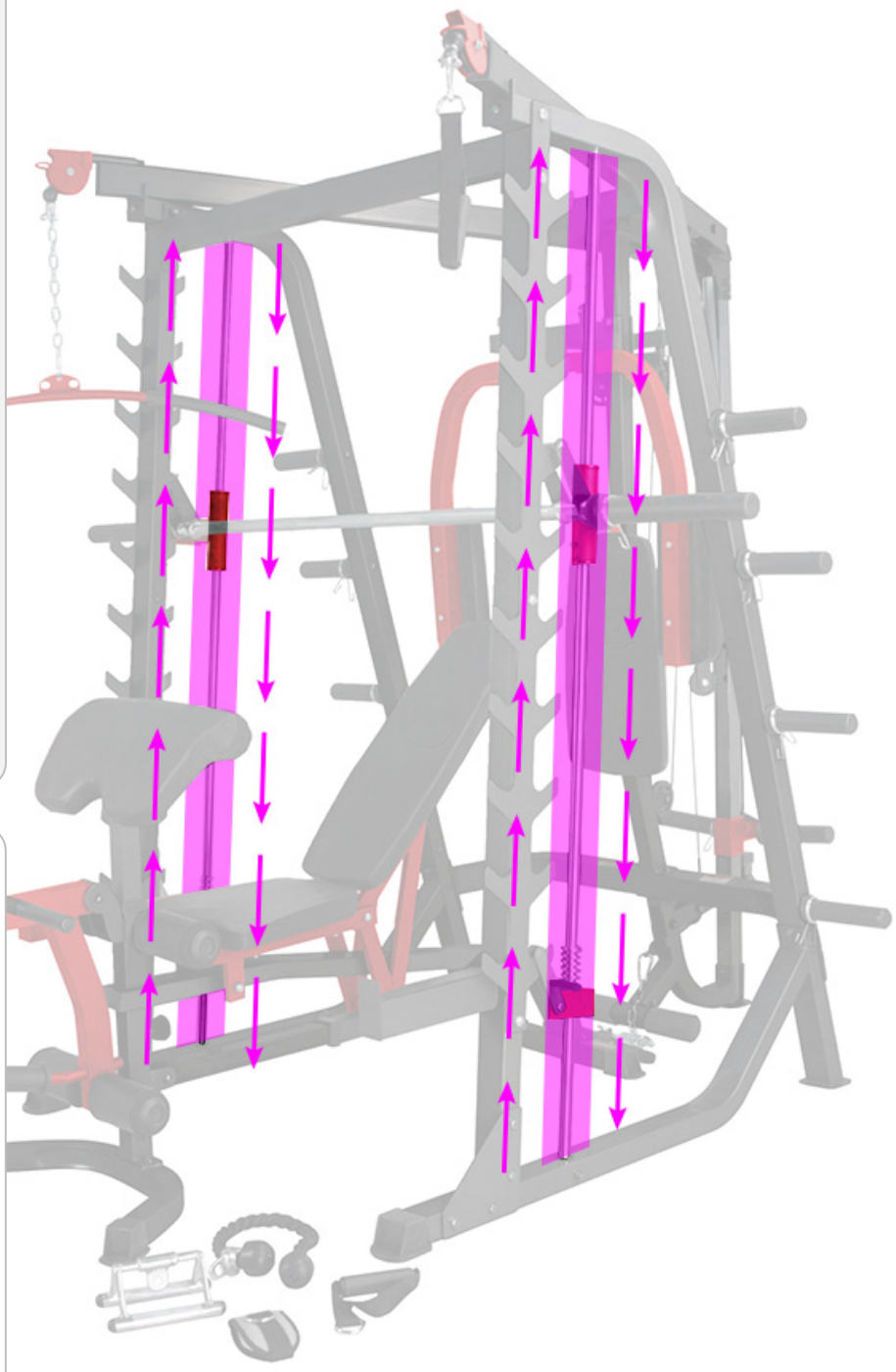
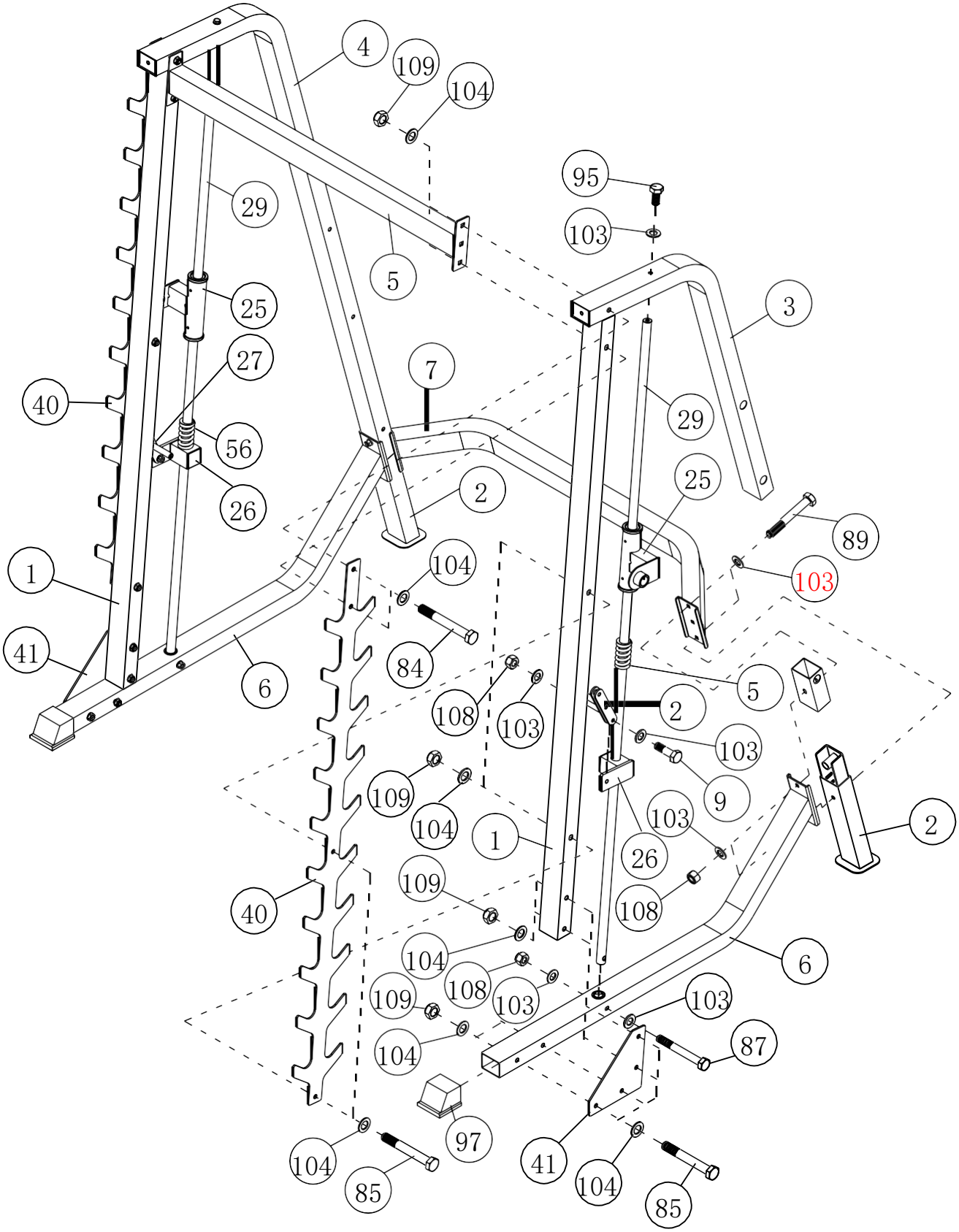


DIAGRAM 1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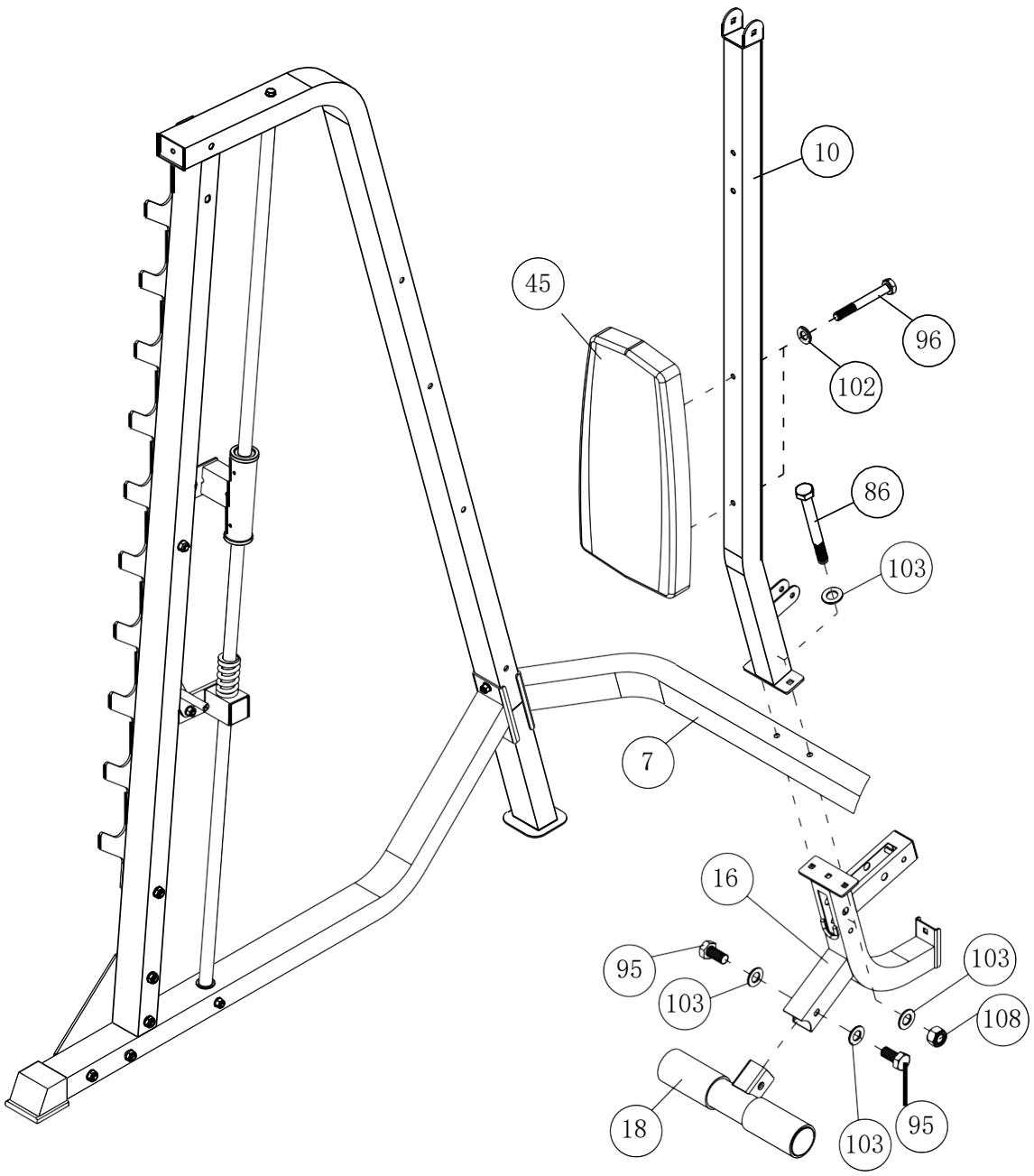
STEP 2 (See Diagram 2)

A.) Attach the Foot Frame (#18) to the Rear Support Frame (#16) using two Hex Bolts M10X20 (#95) and two Washersφ 10 (#103).

B.) Attach the Rear Vertical Frame (#10) and the combined piece (#16, #18) to the Cross Brace (#7) using two Hex Bolts M10X95 (#86), four Washersφ 10 (#103) and two Nuts M10 (#108).

C.) Attach the Backrest Board (#45) to the Rear Vertical Frame (#10) using two Hex Bolts M8X65 (#96) and two Washersφ 8 (#102).

DIAGRAM 2



STEP 3 (See Diagram 3)

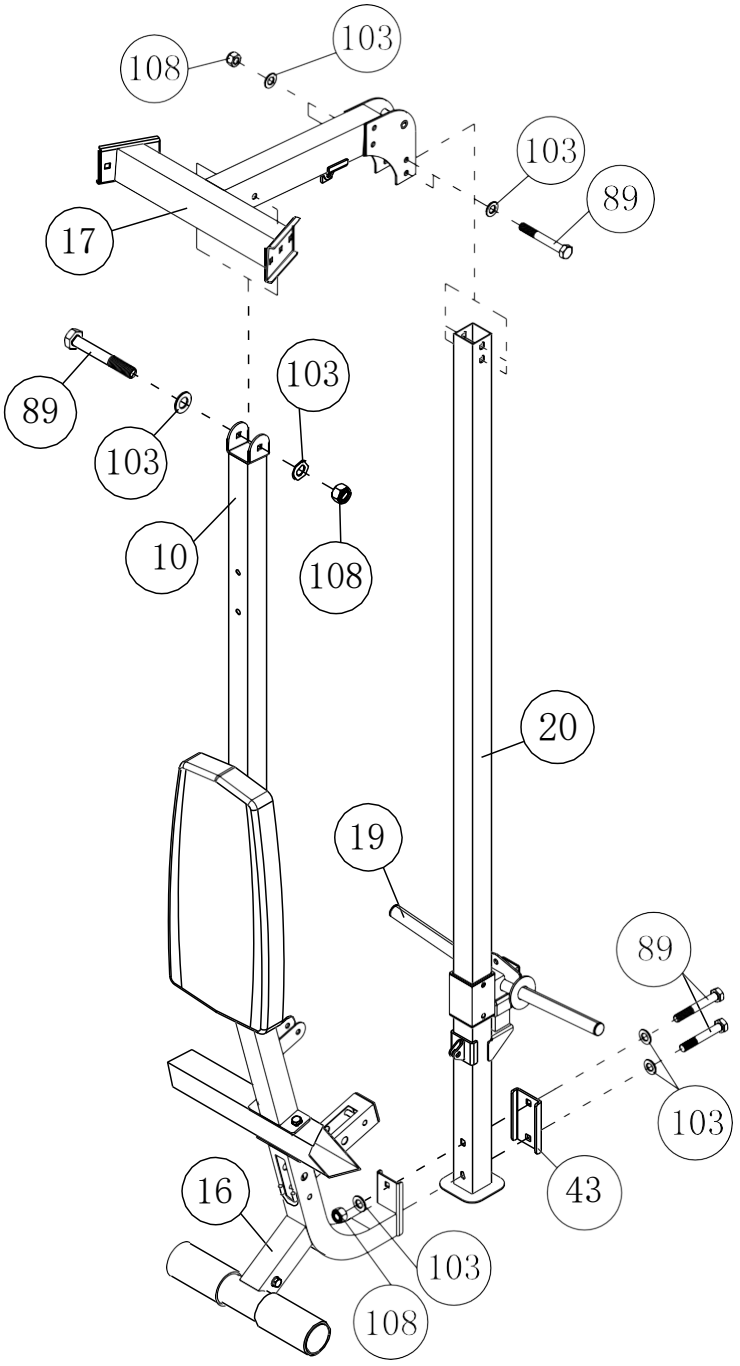
A.) Attach the Weight Glide Post (#20) to the Rear Support Frame (#16) using the Bracket (#43) and two Hex Bolts M10X75 (#89),three Washersφ 10 (#103), one Nut M10 (#108).

B.) Slide the Sliding Weight Post (#19) onto the Weight Glide Post (#20) . Ensure it is correctly orientated.

C.) Attach the Upper Frame (#17) onto the Rear Vertical Frame (#10). Secure it with one Hex Bolt M10X75 (#89), tow Washersφ 10 (#103) and one Nut M10 (#108).

D.) Connect the Upper Frame (#17) and the Weight Glide Post (#20) using two Hex Bolts M10X75 (#89), four Washersφ 10 (#103) and two Nuts M10 (#108).

DAIGRAM 3



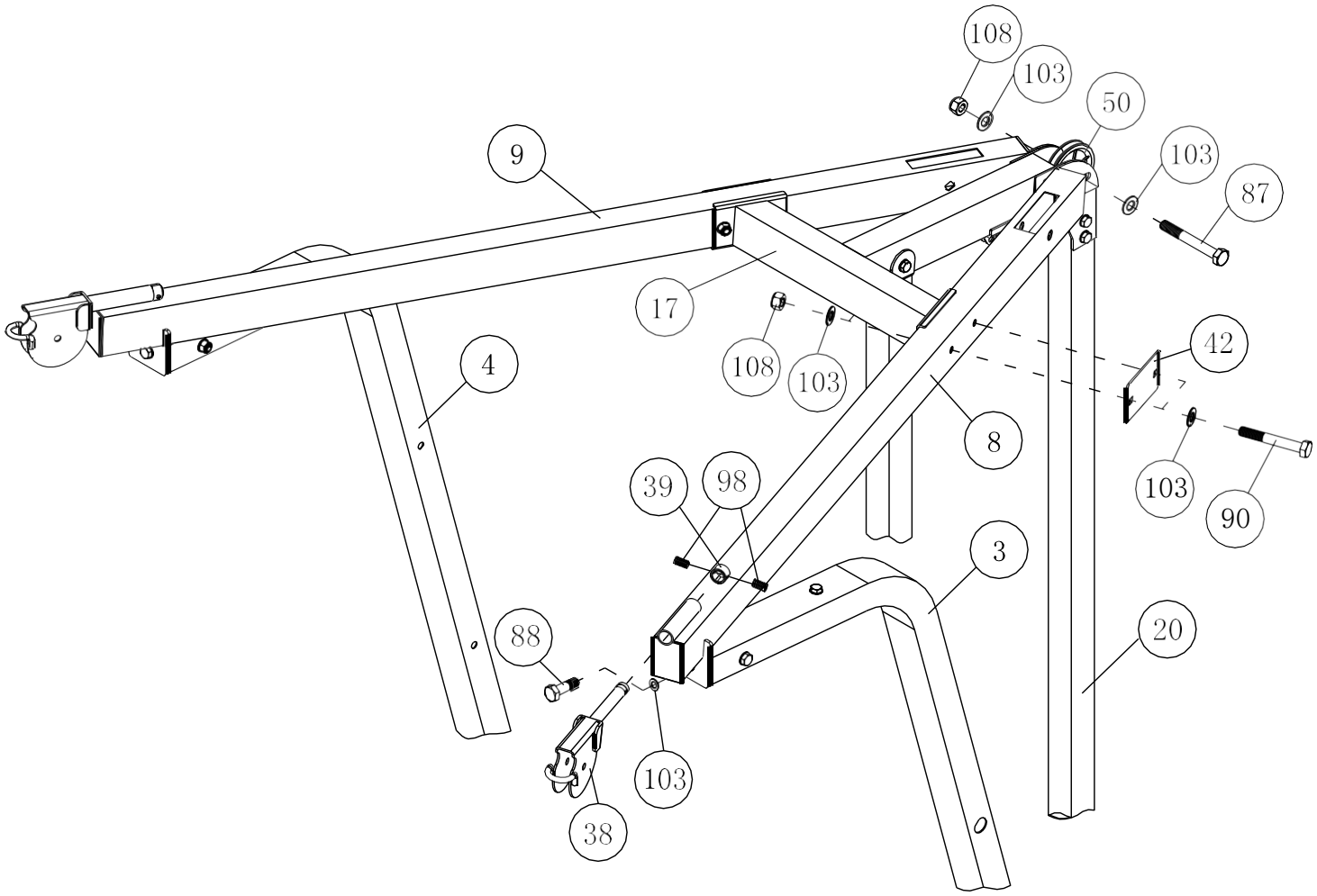
STEP 4 (See Diagram 4)

A.) Attach the Left Upper Frame（#8）onto the Left Vertical Frame（#3）.Connect it with the Upper Frame (#17) using one Bracket (#42) and two Hex Bolts M10×70 (#90),four Washers Φ10(#103),two Nuts M10 (#108).Repeat the same procedure to secure the other side.

B.) Connect the Left Upper Frame (#8),the Right Upper Frame (#9),the Upper Frame (#17) and one Pulley (#50) using one Hex Bolt M10×85 (#87),two Washers Φ10 (#103) and one Nut M10 (#108).

C.) Connect the Left Upper Frame (#8) and the Left Vertical Frame（#3）using one Hex Bolt M10×25 (#88) and one Washer Φ10 (#103). Insert one Cross-Over Swivel Pulley Bracket (#38) into the tube on the Left Upper Frame. Secure it with one Bushing (#39) and two Allen Bolts M6×6 (#98). Repeat the same procedure to secure the other side.

DIAGRAM 4



STEP 5 (See Diagram 5)

A） Securely tighten all Nuts and Bolts previously installed.

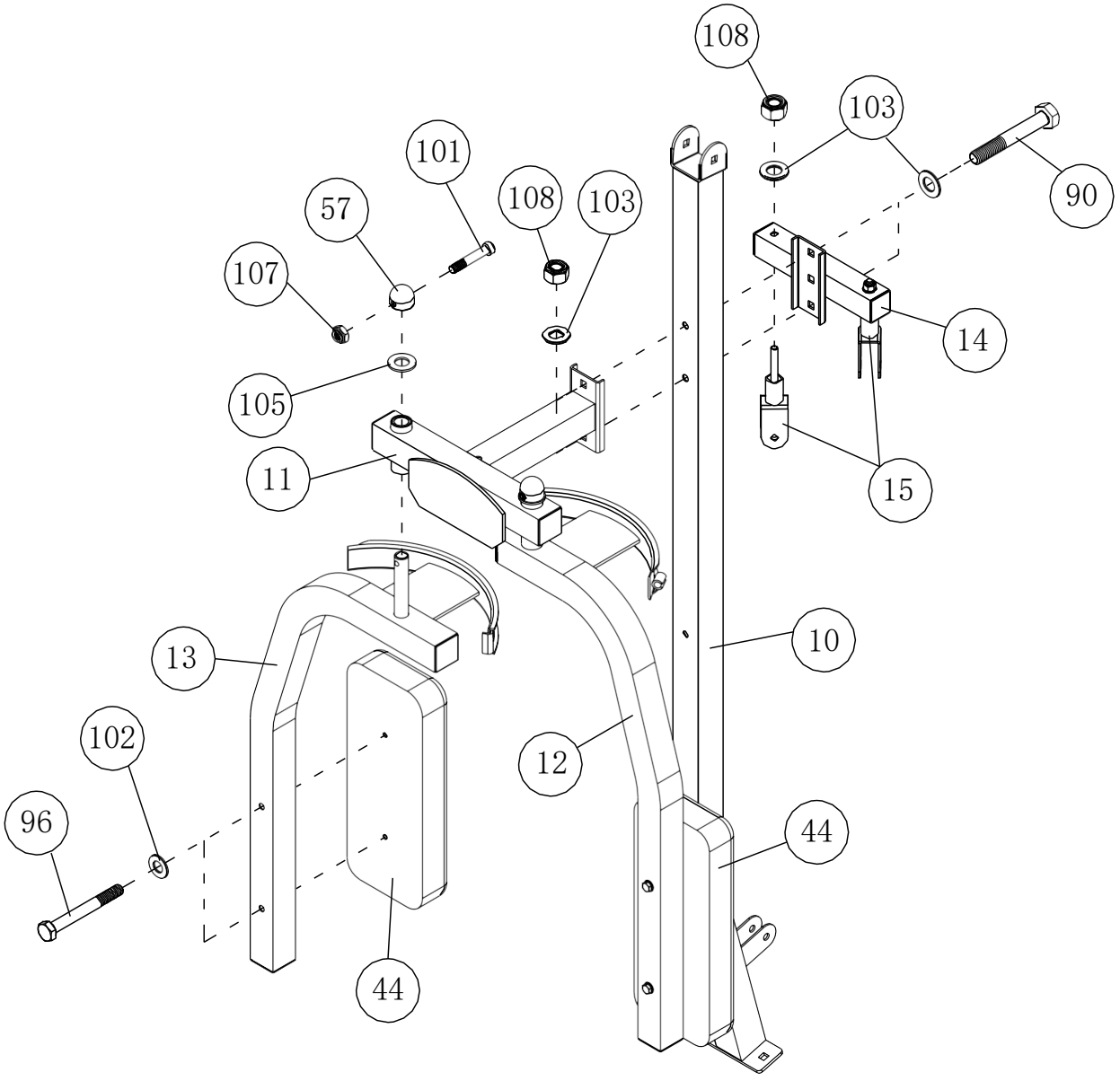
B） Align the Butterfly Base (#11) and the Butterfly Pulley Bracket (#14) with the correct holes on the Rear Vertical Frame (#10) .Attach using two Hex Bolts M10X70 (#90), four Washers ϕ 10 (#103) and two Nuts M10 (#108)

C） Attach the two Swivel Pulley Brackets (#15) to the Butterfly Pulley Bracket (#14) using two Washers ϕ 10(#103) and two Nuts M10 (108). Do not over tighten, the pulley should be able to swivel.

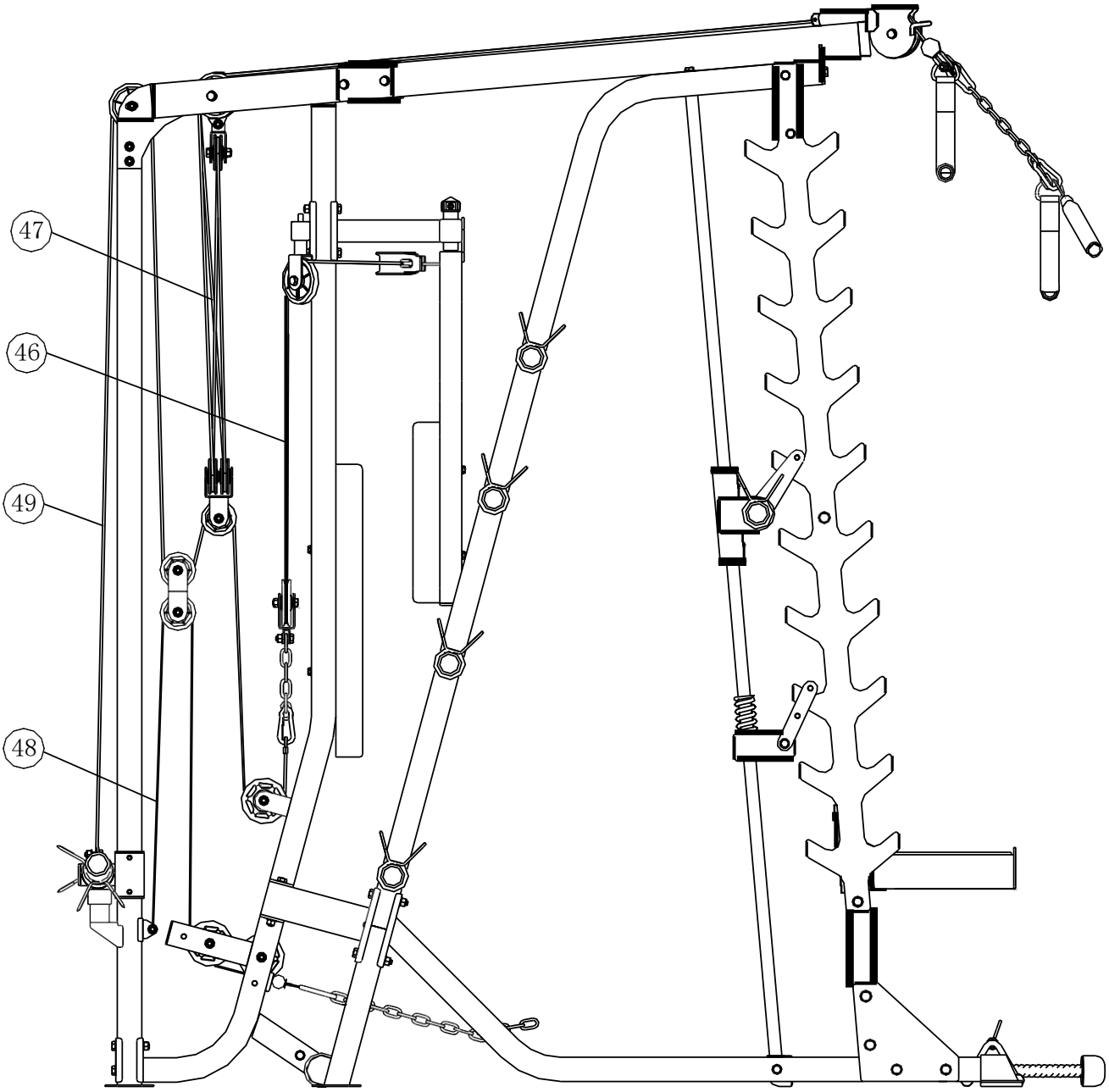
D） Attach the Left Butterfly (#12) and Right Butterfly (#13) to the Butterfly Base (#11) using one Washer ϕ 21 (#105), Lock Ring (#57), Allen Bolt M6X33 (#101) and Nut M6 (#107) on each frame.

E） Attach a Backrest Board (#44) to the Left Butterfly (#12) and Right Butterfly (#13) using two Hex Bolts M8X65 (#96) and two Washers ϕ 8 (#102) on each side.

DIAGRAM 5



CABLE LOOP DIAGRAM



STEP 6 (See Diagram 6& Cable Loop Diagram)

A.) Install the Ball Stopper, Big Washer and the U-shaped Connector to one end of the Upper Cable 6895 (#47). Secure it with one Hex Bolt M10×35 (#93) , Nut M10 (#108) and two Washersφ 10 (#103).

B.) Insert the other end of Cable through the left Cross-over Swivel Pulley Bracket (#38). Attach a Pulley (#50) to the Swivel Bracket and secure it with one Hex Bolt M10×45 (#92), two Washersφ 10 (#103), and one Nut M10 (#108). Draw the Cable over the Pulley and pull it towards the back of the machine.

C.) Draw the Cable along the Left Upper Frame (#8) to the opening on the rear of the Frame. Drop the cable through the opening.

D.) Attach a Pulley to the opening. Secure it with one Hex Bolt M10×65 (#91), two Pulley Bushings (#66), and one Nut M10 (#108). Draw the Cable around the Pulley then downward.

E.) Install the Little Single Floating Pulley Bracket (#37) to the bottom of the Upper Frame (#17). Secure it with one Hex Bolt M10×30 (#94), two Washersφ 10 (#103), and one Nut M10 (#108).

F.) Attach one Small Pulley (#51) to the Triple Floating Pulley Bracket (#36) . Draw the Cable around the Pulley. Secure it to the Bracket with one Hex Bolt M10×70 (#90) and one Washerφ 10 (#103) from one side temporarily. Then Draw the Cable upward to the bracket underneath the Upper Frame (#17).

G.) Install a Small Pulley to the Little Single Floating Pulley Bracket (#37). Draw the Cable around the Pulley. Secure it to the Bracket with one Hex Bolt M10×45 (#92), two Washersφ 10 (#103), and one Nut M10 (#108). Draw the Cable downward to the Triple Floating Pulley Bracket.

H.) Install another Small Pulley to the Triple Floating Pulley Bracket (#36). Draw the Cable around the Pulley. Secure the two Pulleys to the Bracket with one Hex Bolt M10×70 (#90) and one Washerφ 10 (#103) previously installed in Procedure F above, and another Washerφ 10 and one Nut M10 (#108).

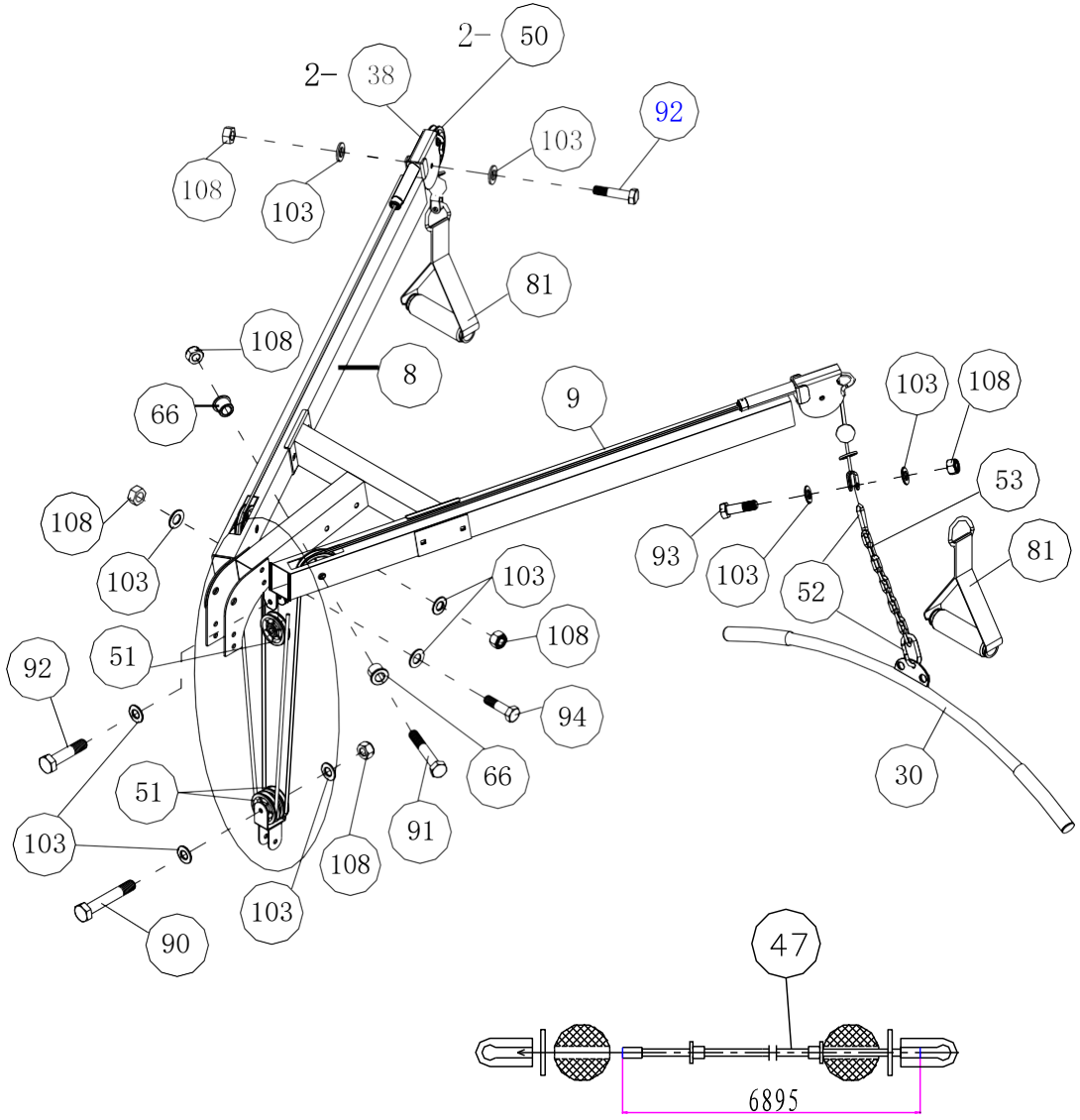
I.) Draw the Cable upward to the opening on the rear of Right Upper Frame (#9). Let the Triple Floating Pulley Bracket hanging for now.

J.) Install a Pulley to the opening. Draw the Cable over the Pulley along the top of the Right Upper Frame (#9) through the cable sleeve to the right Cross-over Swivel Pulley Bracket(#38). Install a Pulley to the Bracket.

K.) Install the Ball Stopper, Big Washer and the U-shaped Connector to the end of Cable. Secure it with one Hex Bolt M10×35 (#93) , Nut M10 (#108) and two Washersφ 10 (#103).Connect a Single Handle Strap (#81) to each end of the Cable with a Hook (#52).

L.) When using the Lat Bar, remove one of the Strap and connect the Lat Bar to end of the Cable with a Short Chain (#53) and two Hooks (#52).

DIAGRAM 6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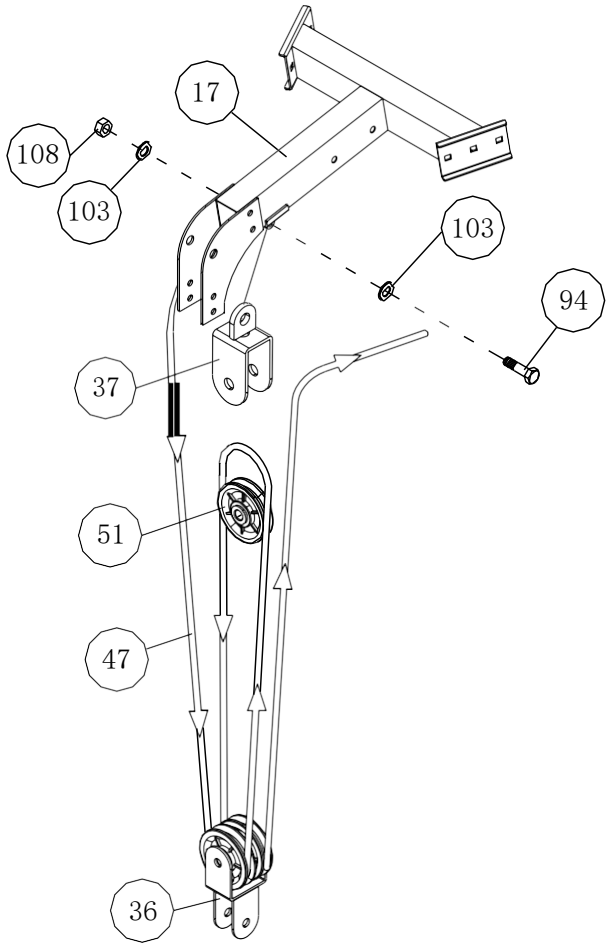
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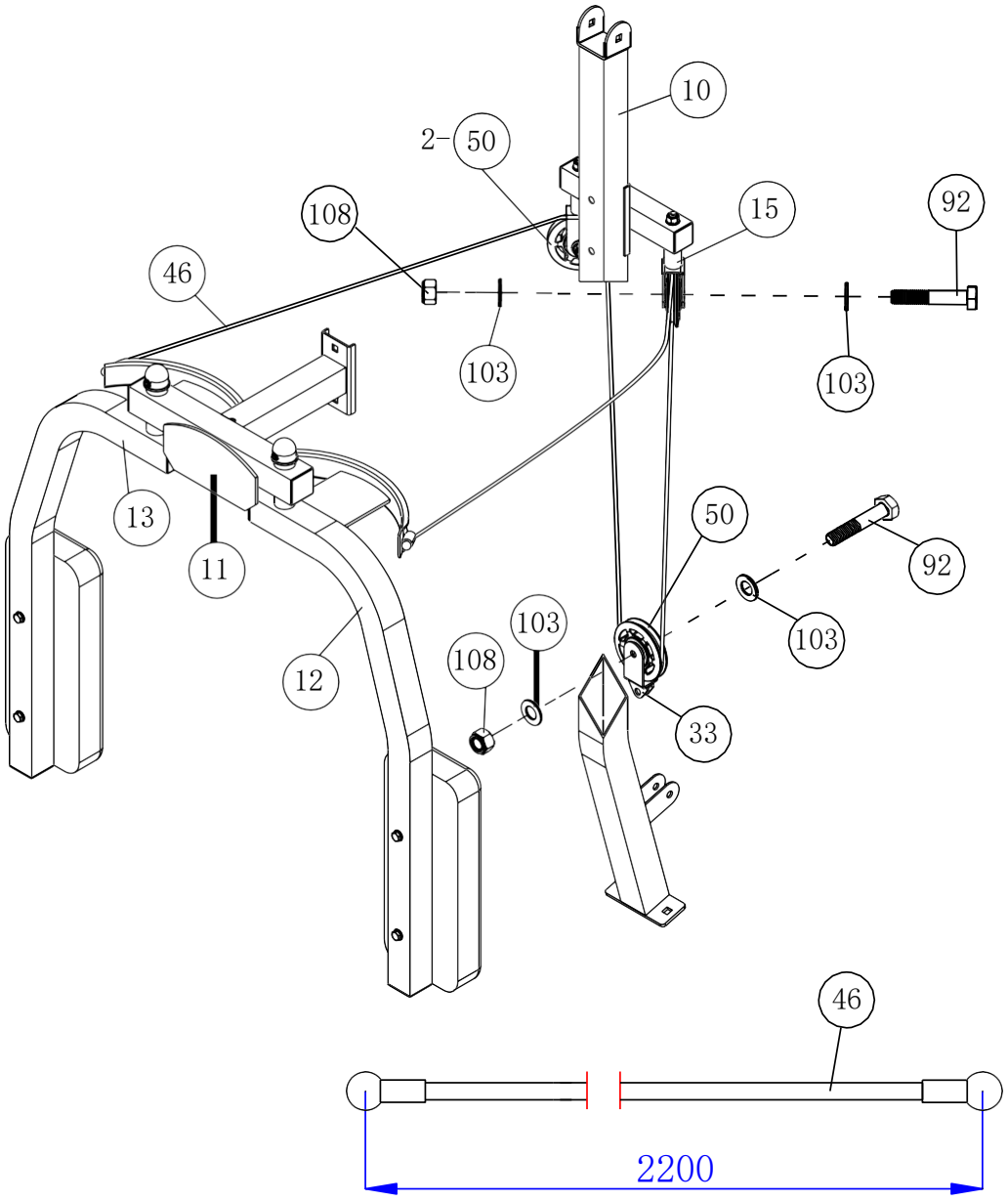
36

STEP 7 (See Diagram 7 & Cable Loop Diagram)

A.) Attach one end of Butterfly Cable 2200 (#46) to the clip on Right Butterfly (#13). Draw the Cable to the right Swivel Pulley Bracket (#15).
B.) Attach a Pulley (#50) to the Bracket. Secure it with one Hex Bolt M10×45 (#92), two Washers φ 10 (#103), and one Nut M10 (#108).
C.) Draw the Cable around the Pulley then downward. Attach a Single Floating Pulley Bracket (#33) to the Cable. Repeat Procedure B above to install a Pulley. Let the Bracket hanging for now.
D.) Draw the Cable around the Pulley then upward to the left Swivel Pulley Bracket. Repeat Procedure B above to install a Pulley to the Bracket.
E.) Draw the Cable around the Pulley then clip to the Left Butterfly (#12).

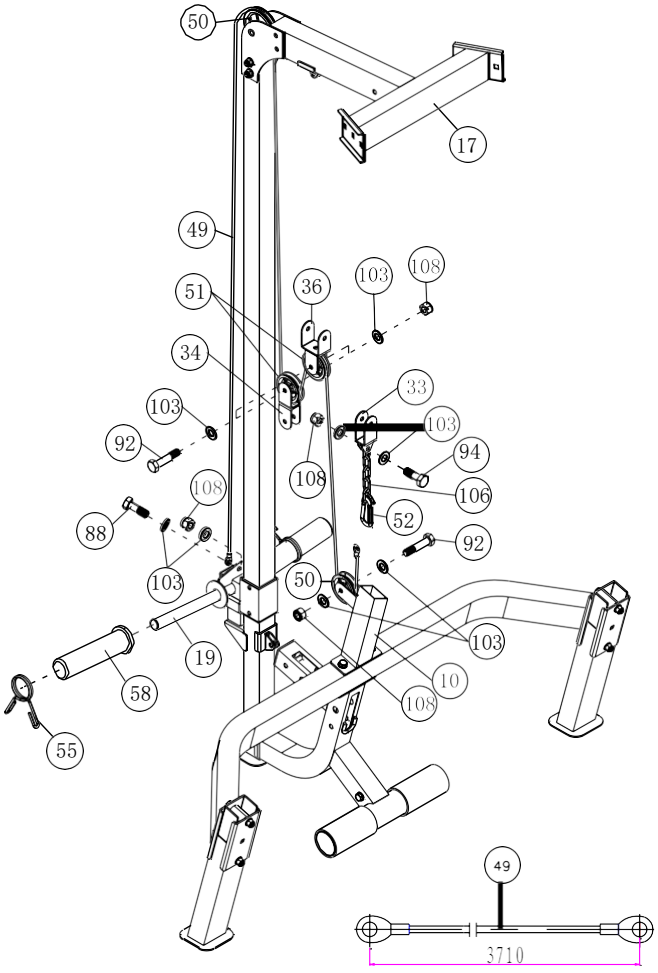
DIAGRAM 7



STEP 8 (See Diagram 8 & Cable Loop Diagram)

A.) Attach one end of the Sliding Weight Post Cable 3710 (#49) to the open bracket on the Sliding Weight Post (#19). Secure it with one Hex Bolt M10×25 (#88), two Washersφ 10 (#103), and one Nut M10 (#108).
B.) Draw the Cable upward to the Pulley on the top of the Upper Frame (#17) previously installed in Step-4.
C.) Draw the Cable around the Pulley then downward. Install a Small Pulley (#51) to the Double Floating Pulley Bracket (#34). Secure it with one Hex Bolt M10×45 (#92), two Washersφ 10 (#103), and one Nut M10 (#108).
D.) Draw the Cable around the Pulley then to the Triple Floating Pulley Bracket (#36) previously installed in Step-6.
E.) Install a Small Pulley to the Bracket. Draw the Cable around the Small Pulley then downward to the open bracket on the Rear Vertical Frame (#10).
F.) Install a Pulley to the bracket. Draw the Cable around the Pulley then upward.
G.) Connect the Cable to a Short Chain (#106) with a Hook (#52). Connect the Short Chain to the Single Floating Pulley Bracket (#33) previously installed in Step-7. Secure the Chain with one Hex Bolt M10×30 (#94), two Washersφ 10 (#103), and one Nut M10 (#108).
H.) After completing the entire cable installations, come back to this Short Chain to adjust the tension of the Cable system by adjusting the length of the Chain.
I.) Install two Olympic Sleeves (#58) and Spring Clips (#55) onto the Sliding Weight Post (#19).

DIAGRAM 8



STEP 9 (See Diagram 9 & Cable Loop Diagram)

A.) Attach the Lower Cable 1480 (#48) to a Pulley (#50). Attach the Pulley to the lower opening on the Rear Support Frame (#16). Secure it with the one Hex Bolt M10×65 (#91), two Pulley Bushings (#66), and one Nut M10 (#108).

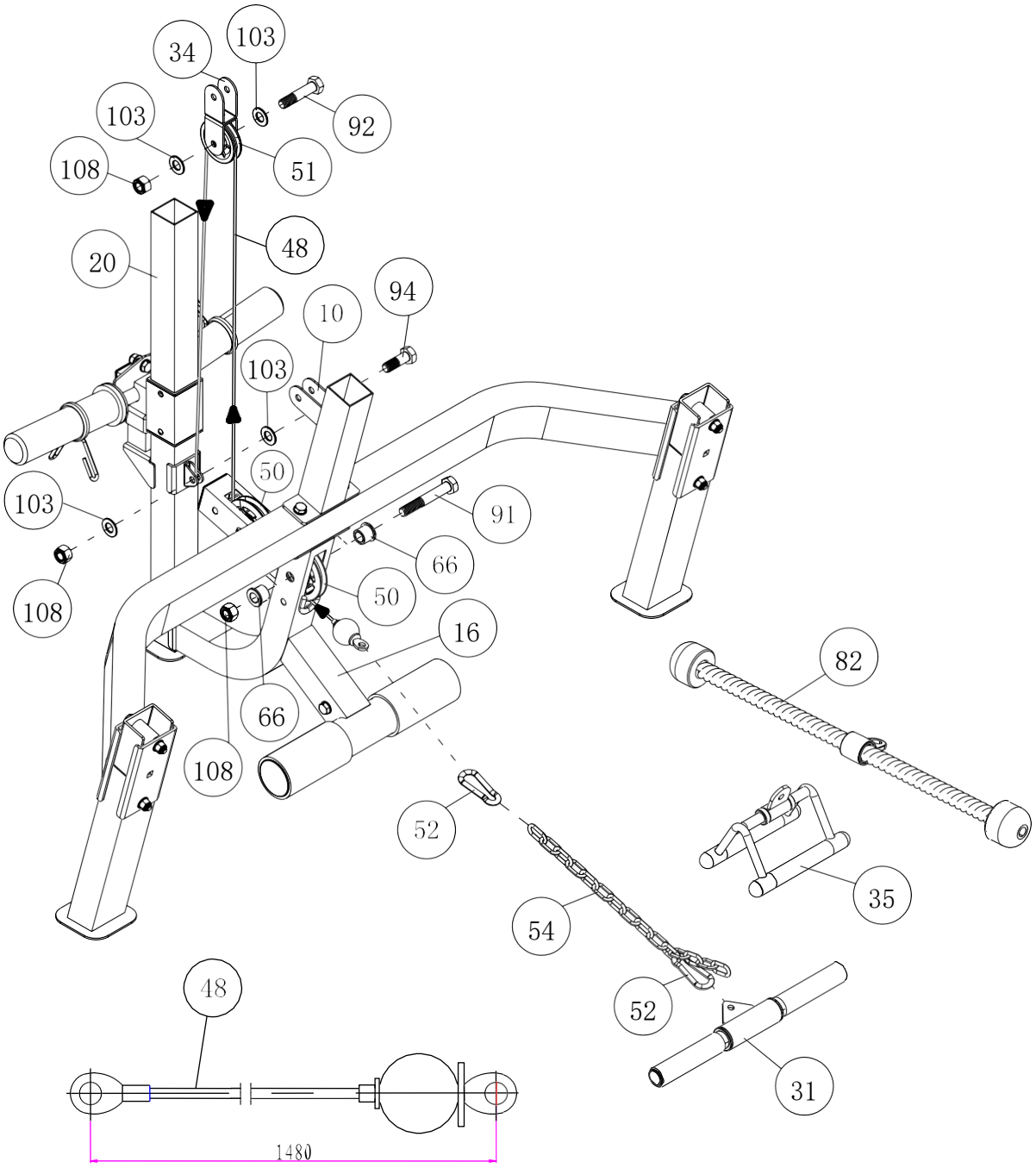
B.) Draw the Cable underneath the Pulley to the rear opening bracket on the Rear Support Frame (#16).

C.) Install a Pulley to the opening. Draw the Cable around the Pulley then upward to the Double Floating Pulley Bracket (#34) previously installed in Step-8.

D.) Install a Small Pulley (#51) to the Bracket. Draw the Cable around the Pulley then downward to the open bracket on the Weight Glide Post (#20). Secure the end of the Cable to the bracket with one Hex Bolt (#94), two Washersφ 10 (#103), and one Nut M10 (#108).

E.) Connect the Shiver Bar (#31) to a Long Chain (#54) with a Hook (#52). Connect the long Chain to the Cable with another Hook.

DIAGRAM 9



STEP 10 (See Diagram 10)

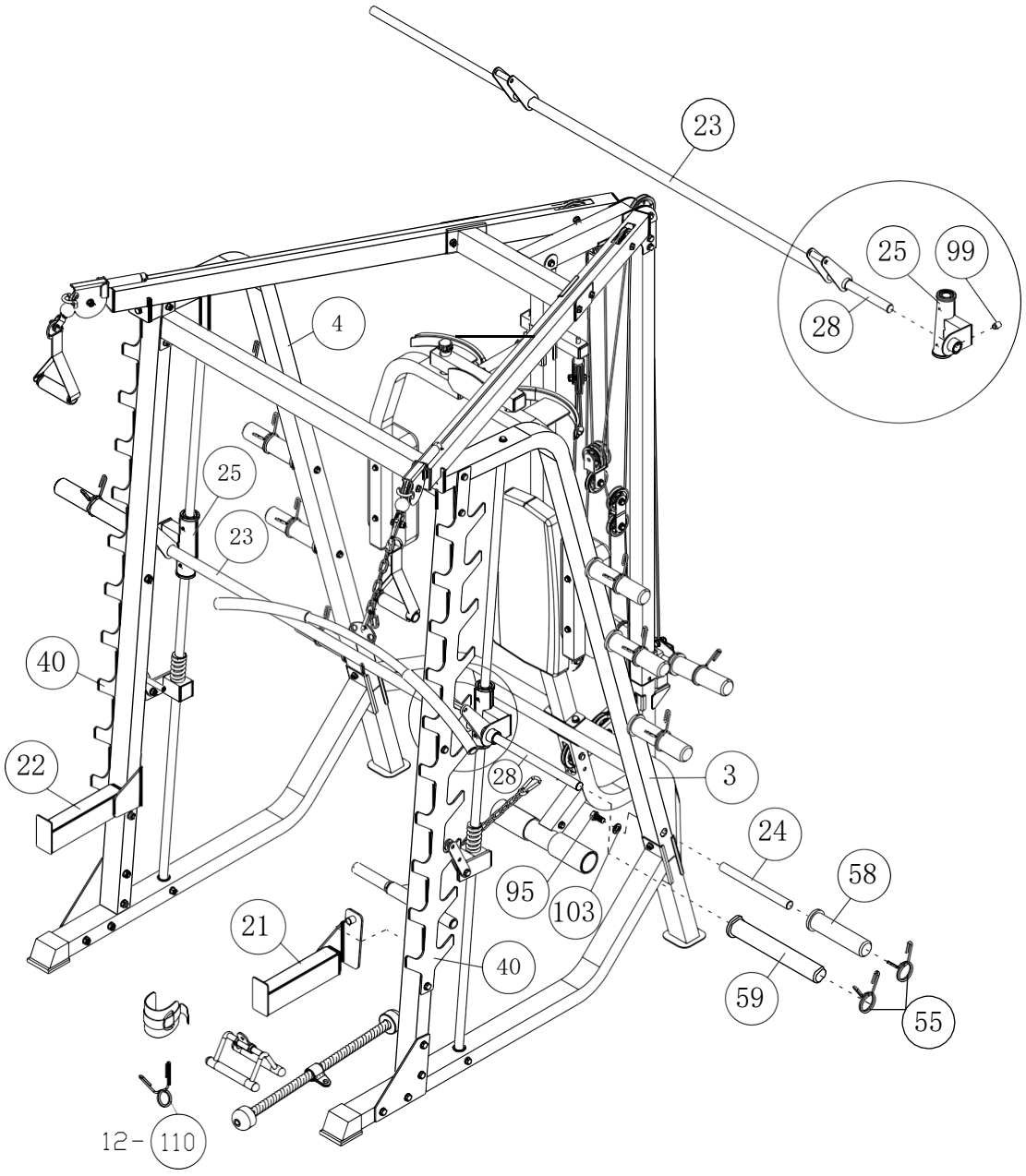
A.) NOTE: Help of another person is strongly recommended for this step. Place the Lifting Sleeve (#23) in between the two Safety Stop Frames (#25). Align the holes. Insert the Weight Bar (#28) into the Safety Stop Frame from one end and through the Lifting Sleeve (#23) to the other Safety Stop Frame on the opposite side. Secure the Weight Bar to each Safety Stop Frame with a Allen Bolt M8×10 (#99).

B.) Turn the safety catch hook forward on the Lifting Sleeve to secure its position onto the selected teeth on the Side Rack (#40). Attach a Long Olympic Sleeve (#59) to each end of the Weight Bar. Attach a Spring Clip (#55) to the Sleeve.

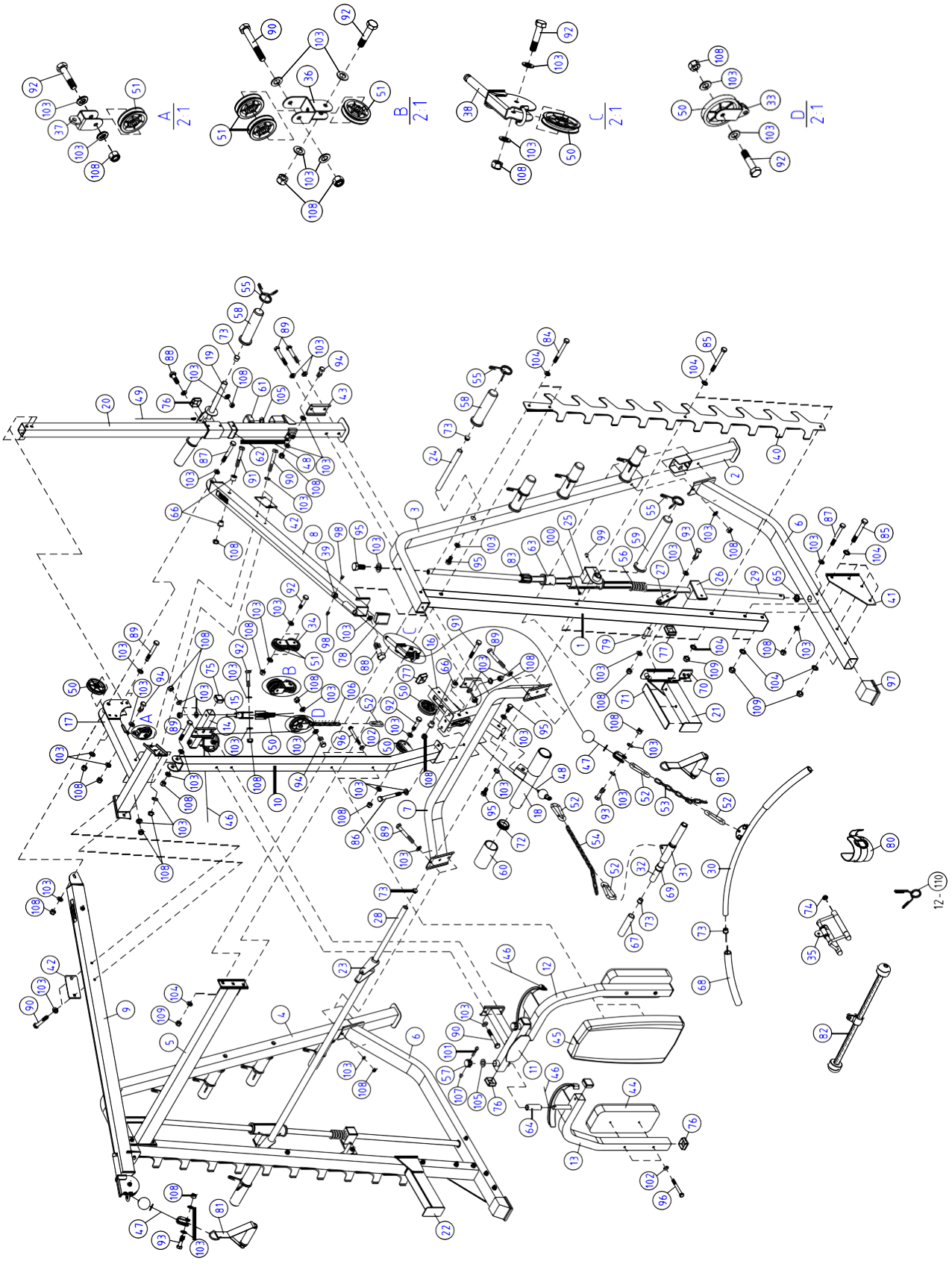
C.) Attach eight Weight Posts (#24) to the Left & Right Vertical Frames (#3&4). Secure each Weight Post with one Hex Bolt M10×20 (#95) and one Washerφ 10 (#103).

D.) Attach eight Olympic Sleeves (#58) to the Weight Posts. Attach Spring Clips (#55) to the sleeves. Insert the Left & Right Bar Holders (#21 & 22) into the selected holes on the Front Vertical Frame (#1).

DIAGRAM 10



SMITH CAGE EXPLODED DIAGRAM



PARTS LIST

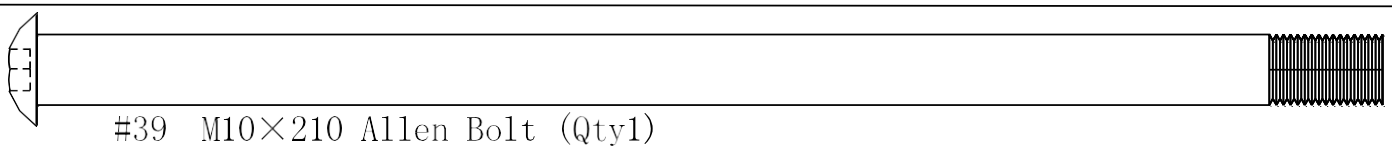
NO.	DESCRIPTION	SPEC	Q'TY
1	Front Vertical Frame	□50×70×2×1997	2
2	Vertical Base Frame		2
3	Left Vertical Frame		1
4	Right Vertical Frame		1
5	Front Top Beam		1
6	Base Frame		2
7	Cross Brace		1
8	Left Upper Frame		1
9	Right Upper Frame		1
10	Rear Vertical Frame		1
11	Butterfly Base		1
12	Left Butterfly		1
13	Right Butterfly		1
14	Butterfly Pulley Bracket		1
15	Swivel Pulley Bracket		2
16	Rear Support Frame		1
17	Upper Frame		1
18	Foot Frame		1
19	Sliding Weight Post		1
20	Weight Glide Post		1
21	Left Bar Holder		1
22	Right Bar Holder		1
23	Lifting Sleeve		1
24	Weight Post		8
25	Safety Stop Frame		2
26	Lower Safety Stop Frame		2
27	Safety Hook		2
28	Weight Bar	φ25×2.5×2070	1
29	Guide Rod	φ25×2070	2
30	Lat Bar		1
31	Shiver Bar		1
32	Shiver Bar Handle	φ25×1.5×420	1
33	Single Floating Pulley Bracket		1
34	Double Floating Pulley Bracket		1
35	V Bar		1
36	Triple Floating Pulley Bracket		1
37	Little Single Floating Pulley Bracket		1
38	Cross-Over Swivel Pulley Bracket		2
39	Bushing	φ24.5×φ18.5×15	2
40	Side Rack	1745×190×5	2
41	Inclined Bracket	200×200×5	2
42	Bracket	120×70×3	2
43	Bracket	100×51×14×4	1
44	Butterfly Arm Pad	370×150×55	2
45	Backrest Board	600×280×55	1
46	Butterfly Cable	L=2200	1
47	Upper Cable	L=6895	1
48	Lower Cable	L=1480	1
49	Sliding Weight Post Cable	L=3710	1
50	Pulley	φ96	11
51	Small Pulley	φ72×φ10	6
52	Hook		5
53	Short Chain		1
54	Long Chain		1
55	Spring Clip	φ49	12
56	Spring	φ43×φ27×φ8×80	2
57	Lock Ring		2
58	Olympic Sleeve	φ50×210	10
59	Long Olympic Sleeve	φ50×335	2
60	Square End Cap	φ56×5×130	2
61	Square End Cap	□38	1
62	Sliding Block Sleeve	□60×□50	2
63	Linear Bearing Sleeve	φ55×φ46×φ40×68	4
64	Bushing	φ27×φ20×80	2
65	Guide Bushing	φ36×φ26×7.5	2
66	Pulley Bushing		8
67	Short Handle Grip	φ23×150	2
68	Handle Grip	φ30×φ22×340	2

NO.	DESCRIPTION	SPEC	Q'TY
69	Bushing	φ38×φ34×φ27×26	2
70	Rubber Bumper	60×50×4	2
71	Rubber Bumper	280×48×5	2
72	End Cap	φ60	2
73	End Cap	φ25	16
74	End Cap	φ25	4
75	End Cap	□38	2
76	End Cap	□45	7
77	End Cap	□50	3
78	End Cap	□70×50	2
79	Handle Grip	φ16×φ10×70	2
80	Ankle Strap		1
81	Single Handle Strap		2
82	Rope		1
83	Linear Bearing	LB254058	4
84	Hex Bolt	M12×95	4
85	Hex Bolt	M12×90	12
86	Hex Bolt	M10×95	2
87	Hex Bolt	M10×85	3
88	Hex Bolt	M10×25	3
89	Hex Bolt	M10×75	9
90	Hex Bolt	M10×70	7
91	Hex Bolt	M10×65	4
92	Hex Bolt	M10×45	10
93	Hex Bolt	M10×35	4
94	Hex Bolt	M10×30	3
95	Hex Bolt	M10×20	12
96	Hex Bolt	M8×65	6
97	Stabilizer End Cap	□70×□50	2
98	Allen Bolt	M6×6	4
99	Allen Bolt	M8×10	2
100	Philips Screw	M6×7	4
101	Allen Bolt	M6×33	2
102	Washer	8	6
103	Washer	10	93
104	Washer	12	32

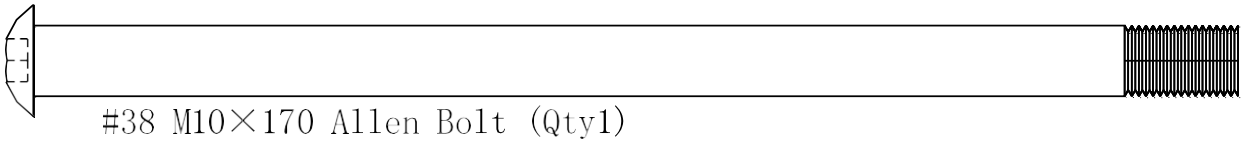
NO.	DESCRIPTION	SPEC	Q'TY
105	Washer	φ21	3
106	Chain		1
107	Aircraft Nut	M6	2
108	Aircraft Nut	M10	44
109	Aircraft Nut	M12	16
110	Spring Clip	φ24.5	12

SMITH MACHINE HARDWARE PACK

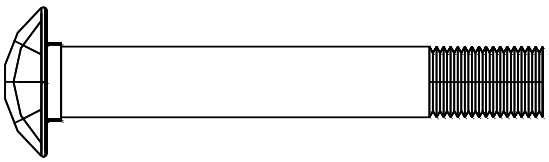
NOTE：The following parts are not drawn to scale. Please use your own ruler to measure the size.



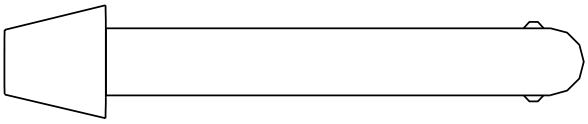
#39 M10×210 Allen Bolt (Qty1)



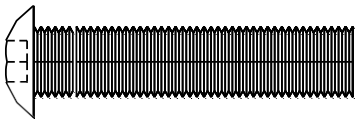
#38 M10×170 Allen Bolt (Qty1)



#35 M10×65 Carriage Bolt (Qty2)

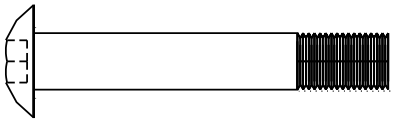


#21 Φ10×68 Lock Pin (Qty1)

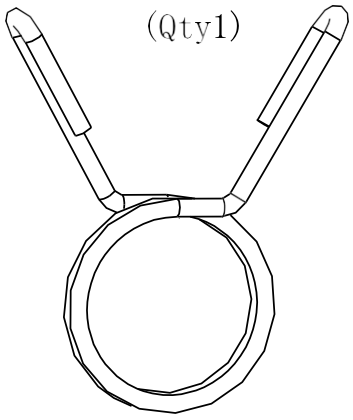


#37 M10×45 Allen Bolt (Qty2)

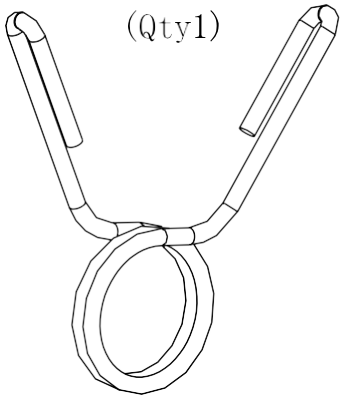
#17 Φ16×M10×56 Axle (Qty1)



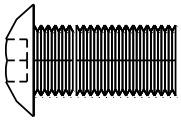
#40 M8×50 Allen Bolt (Qty8)



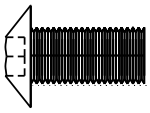
#22 Φ49 Spring Clip (Qty1)



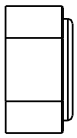
#45 Φ24.5 Spring Clip (Qty1)



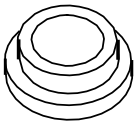
#36 M10×20 Allen Bolt (Qty6)



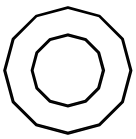
#41 M8×16 Allen Bolt (Qty2)



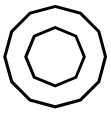
#44 M10 Aircraft Nut (Qty4)



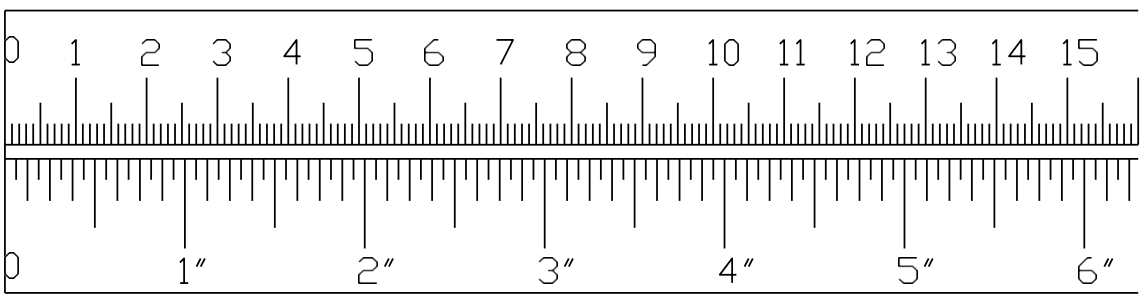
#27 Bushing (Qty16)



#42 Φ10Washer (Qty14)



#43 Φ8 Washer (Qty10)



MULTI-PURPOSE BENCH ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended this machine be assembled by two or more people to avoid possible injury.

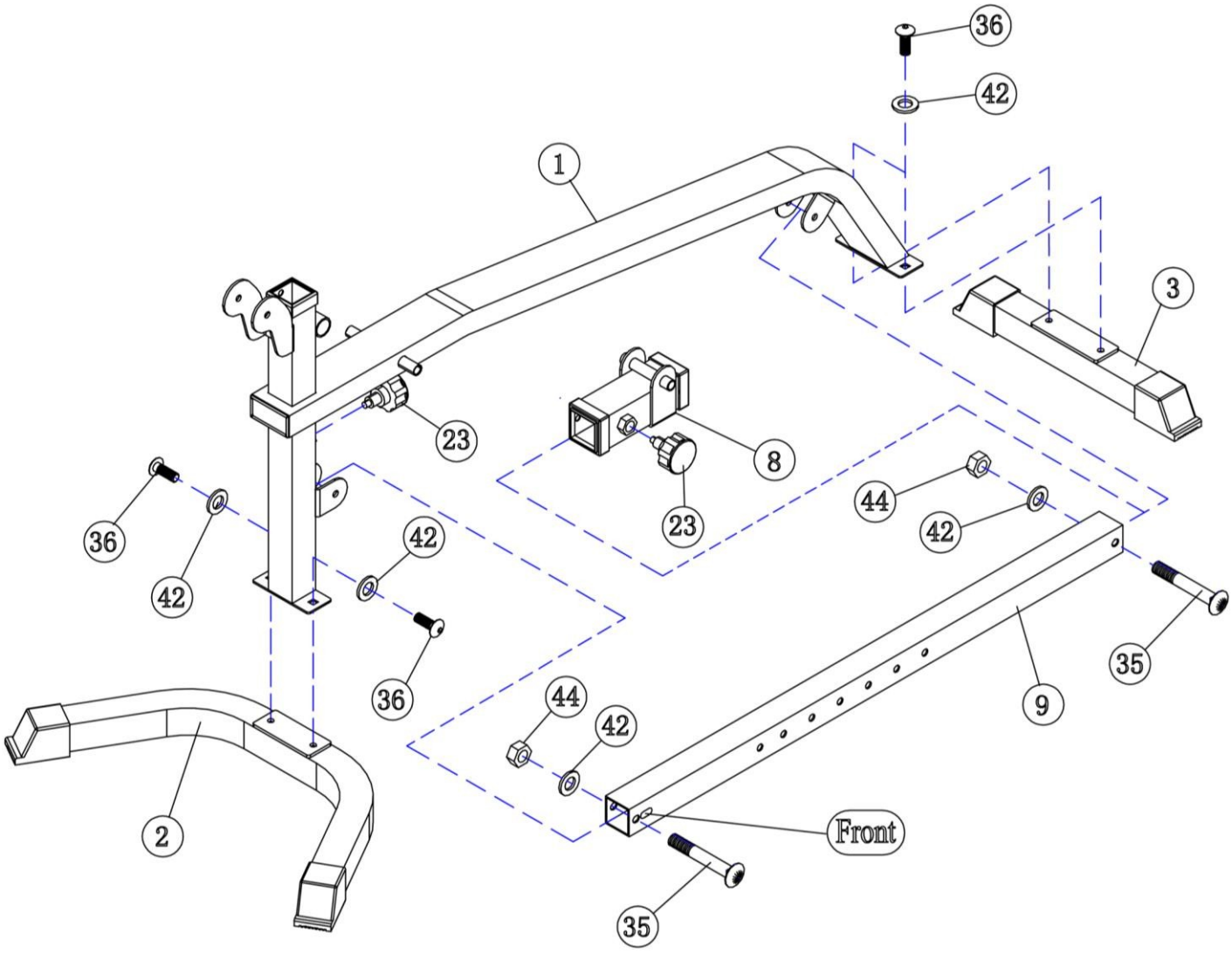
STEP 1 (See Diagram 1)

A.) Attach the Main Frame (#1) to the Front & Rear Stabilizers (#2 & 3). Secure each end with two M10 x 20 Allen Bolts (#36) and ∅ 10 Washers (#42). Attach a Lock Knob (#23) to the hole underneath the Main Frame.

B.) Slide the Sliding Block (#8) onto the Incline Adjustment Bar (#9). Align the hole then secure it with a Lock Knob (#23) to hold the Sliding Block in position.

C.) Attach the Incline Adjustment Bar to the brackets on the Main Frame. Secure each end with one M10 x 65 Carriage Bolt (#35), ∅ 10 Washer (#42), and M10 Aircraft Nut (#44).

DIAGRAM 1



STEP 2 (See Diagram 2)

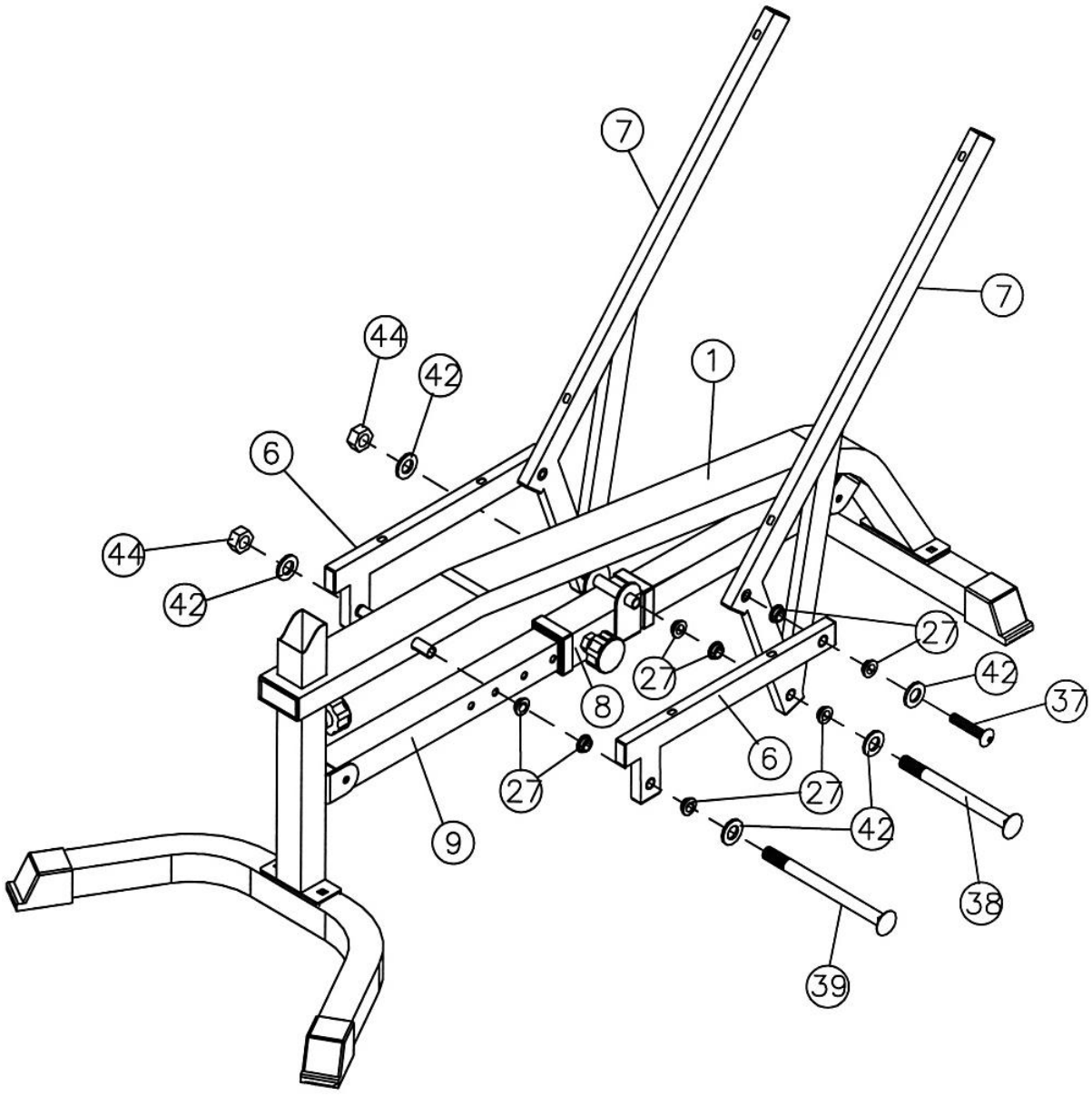
A.) Attach four Bushings (#27) to a Seat Support Frame (#6).

B.) Attach a Backrest Support (#7) to the rear of the Seat Support Frame (#6). Align the holes and secure them with one M10 x 45 Allen Bolt (#37) and ∅10 Washer (#42). Repeat the same procedure to install the other side.

C.) Attach two Bushings to the pivot on the Sliding Block (#8). Attach two Bushings to each Backrest Supports (#7). Align the holes and secure them with one M10 x 170 Allen Bolt (#38), two ∅ 10 Washers (#42), and one M10 Aircraft Nut (#44). Do not over tighten the nut and bolt. The Supports need to swivel on the Bolt.

D.) Attach two Bushings to the pivot on the Main Frame (#1). Loosen and pull the Lock Knob on the Sliding Block (#8). The Sliding Block needs to be able to slide on the Chromed Incline Adjustment Bar (#9). Align the two Seat Support Frames (#6) to both ends of the pivot on Main Frame. Secure them with one M10 x210 Allen Bolt (#39), two ∅ 10 Washers (#42), and one M10 Aircraft Nut (#44). Use the Lock Knob on the Sliding Block (#8) to adjust and secure the backrest incline position.

DIAGRAM 2

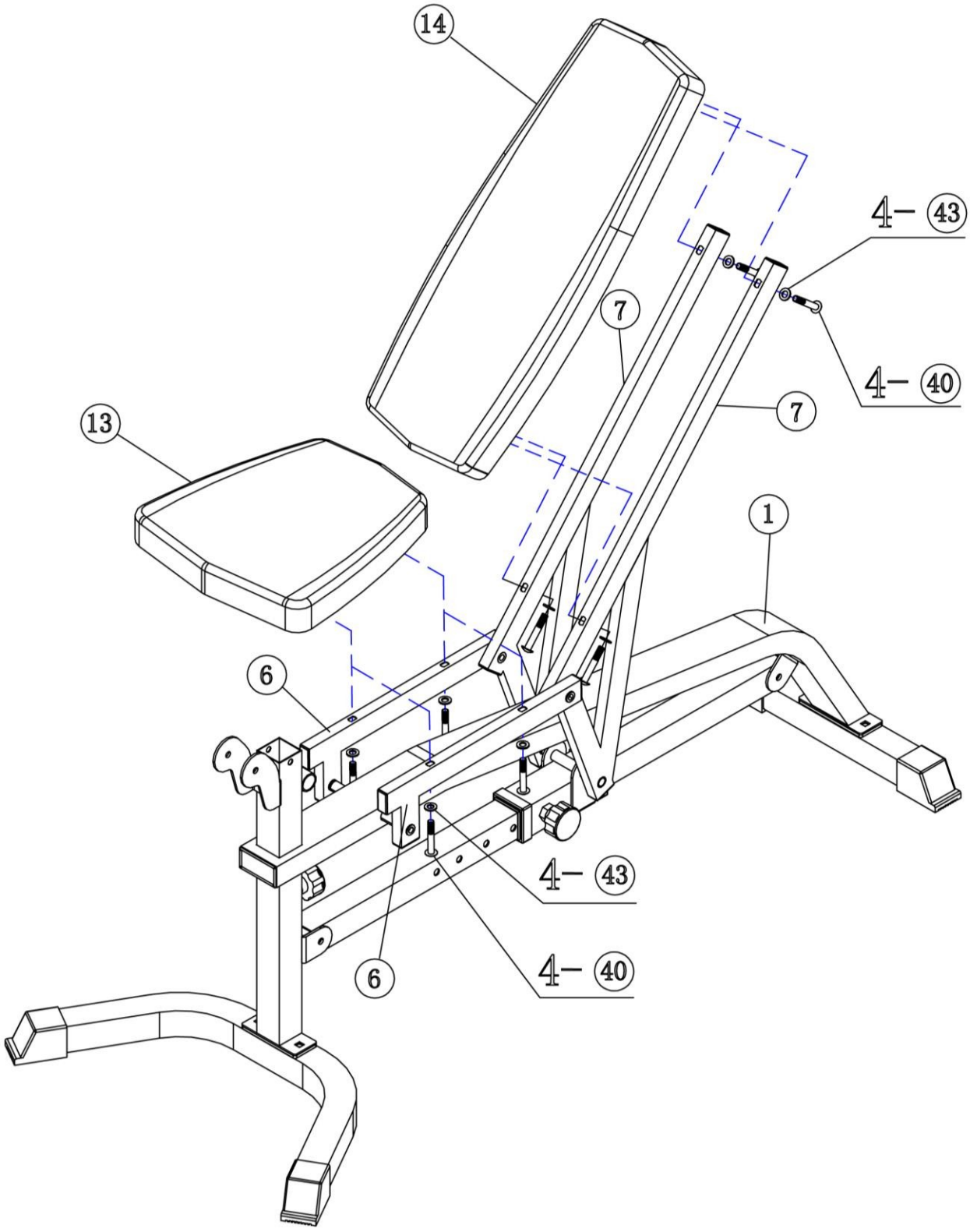


STEP 3 (See Diagram 3)

A.) Place the Backrest Board (#14) onto the Backrest Supports (#7). Secure it with four M8 x 50 Allen Bolts (#40) and ∅ 8 Washers (#43).

B.) Place the Seat Pad (#13) onto the Seat Support Frames (#6). Secure it with four M8 x 50 Allen Bolts (#40) and ∅ 8 Washers (#43).

DIAGRAM 3



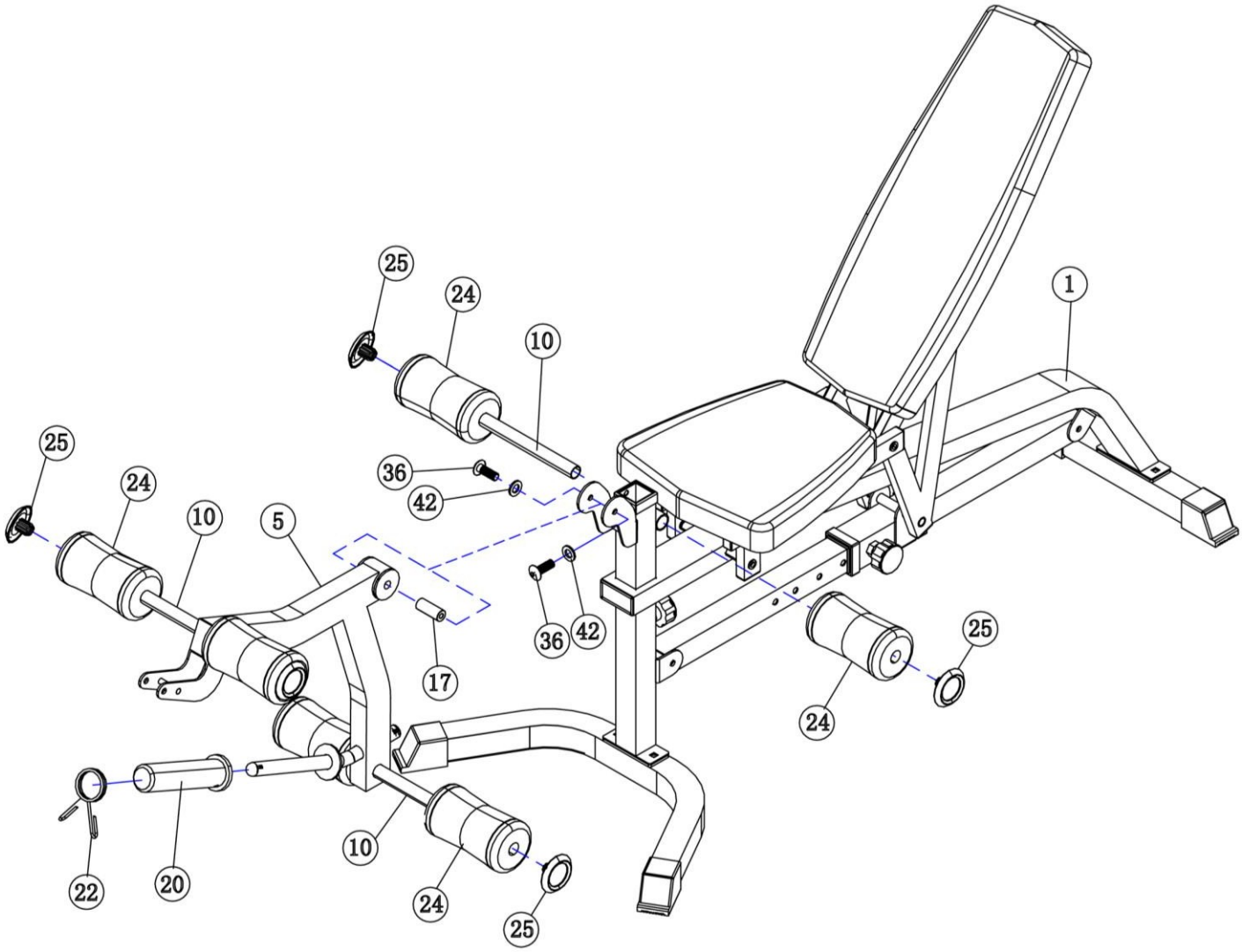
STEP 4 (See Diagram 4)

A.) Attach the Leg Developer (#5) to the open bracket on the Main Frame (#1). Secure it with an Axle (#17), two M10 x 20 Allen Bolts (#36), and two ∅ 10 Washers (#42).

B.) Insert one Foam Tube (#10) halfway through the hole on the Main Frame. Insert two Foam Tubes halfway through the holes on the Leg Developer (#5). Push six Foam Rolls (#24) onto the Tubes from both ends. Plug six Foam Roll End Caps (#25) into the Tubes.

C.) Slide the Olympic Sleeve (#20) onto the weight post on the Leg Developer. Attach a Spring Clip (#22) to the Sleeve.

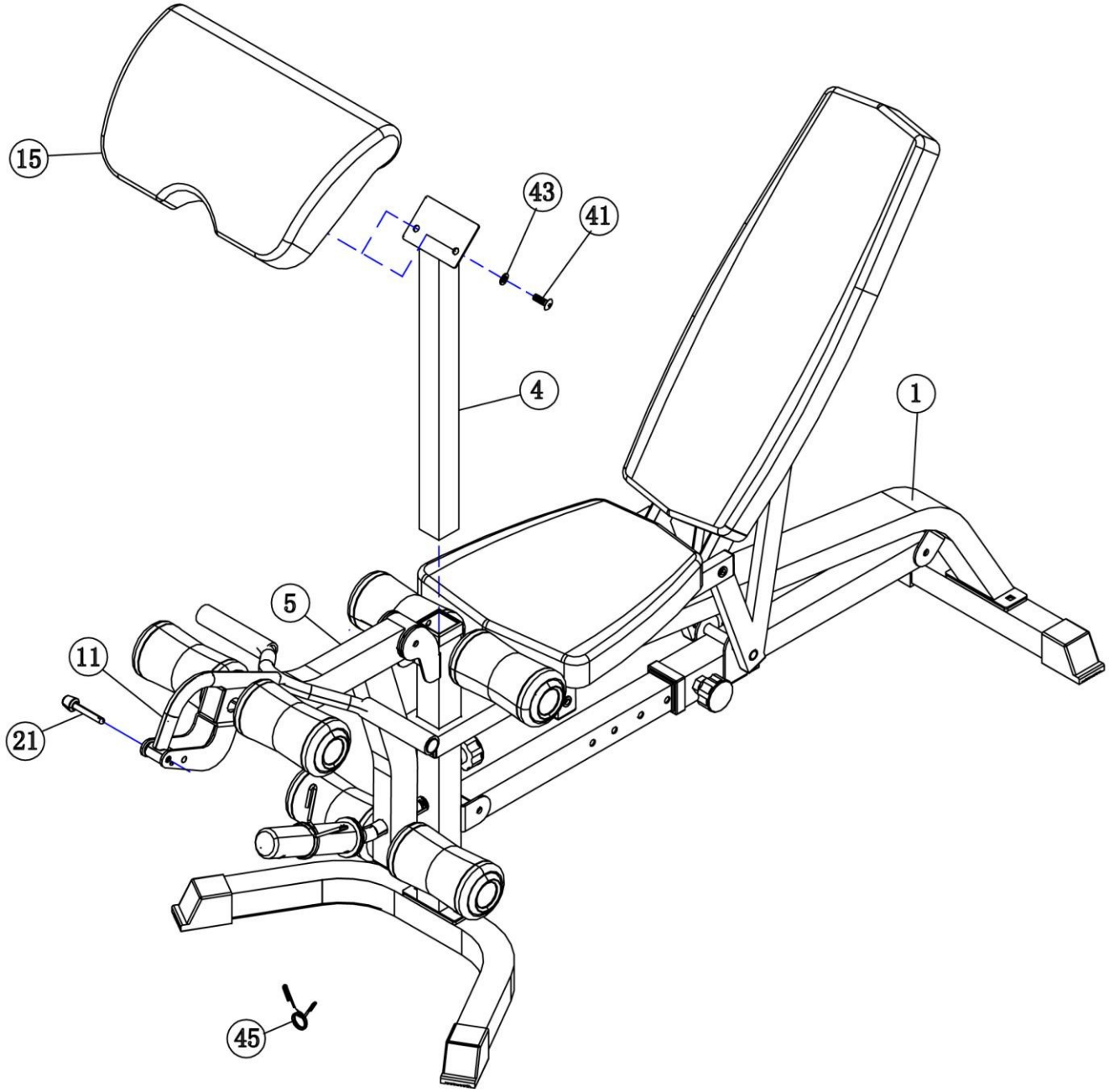
DIAGRAM 4



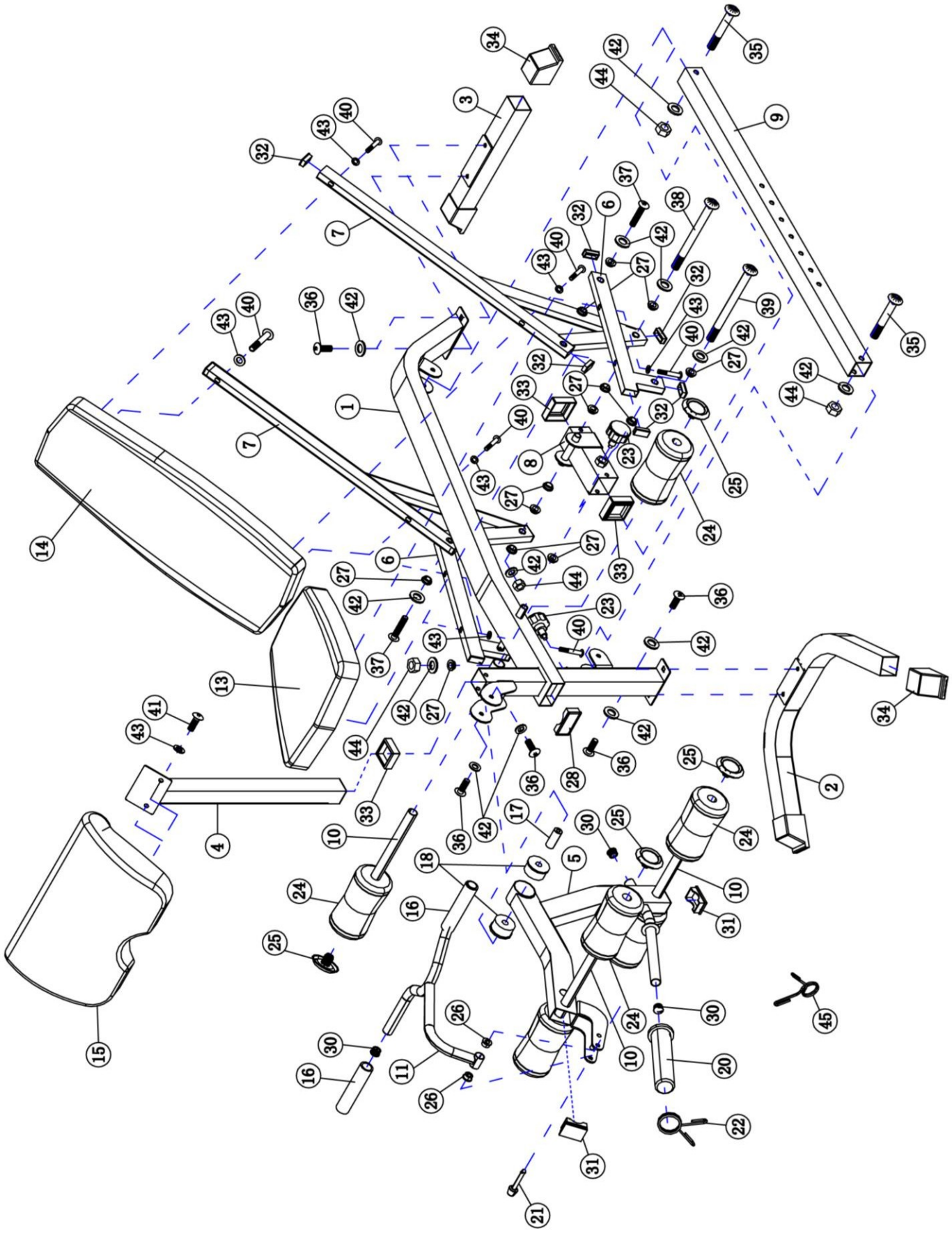
STEP 5 (See Diagram 5)

A.) Attach the Arm Curl Pad (#15) to the Arm Curl Stand (#4). Secure it with two M8 x 16Allen Bolts (#41) and two ∅ 8 Washers (#43). Insert the Arm Curl Stand into the front opening on the Main Frame (#1). Use the Lock Knob to hold the desired Arm Curl height.
B.) Attach the Arm Curl Handle (#11) to the open bracket on the Leg Developer (#5). Lock it with a Lock Pin (#21).
C.) Remove the Pin and Arm Curl Handle when using the Leg Developer to exercise.

DIAGRAM 5



SMITH CAGE EXPLODED DIAGRAM



PARTS LIST

NO.	DESCRIPTION	SPEC	Q'TY
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Arm Curl Stand		1
5	Leg Developer		1
6	Seat Support Bracket		2
7	Backrest Support		2
8	Sliding Block		1
9	Incline Adjustment Bar	□45×2×1045	1
10	Foam Tube	Φ25×1.5×400	3
11	Arm Curl Handle		1
13	Seat Pad	380×240×400×55	1
14	Backrest Board	750×281×220×55	1
15	Arm Curl Pad	500×295×76×Φ80	1
16	Curl Bar Handle Pad	Φ23×150	2
17	Axle	Φ16×M10×56	1
18	Bushing	Φ60×Φ56×Φ16×23	2
20	Olympic Sleeve	Φ50×210	1
21	Lock Pin	Φ10×68	1
22	Spring Clip	Φ49	1
23	Lock Knob	M18×Φ10	2
24	Foam Roll		6
25	Foam Roll End Cap	Φ65×Φ25	6
26	Bushing	Φ25×Φ21×10×Φ10.5	2
27	Bushing		16
28	End Cap	□80×□40	1
30	End Cap	Φ25	4
31	End Cap	□40×60	2
32	End Cap	□40×20	12
33	Sliding Block Sleeve	□50×□45	3
34	Stablizer End Cap	□50	4
35	Carriage Bolt	M10×65	2
36	Allen Bolt	M10×20	6

NO.	DESCRIPTION	SPEC	Q'TY
37	Allen Bolt	M10×45	2
38	Allen Bolt	M10×170	1
39	Allen Bolt	M10×210	1
40	Allen Bolt	M8×50	8
41	Allen Bolt	M8×16	2
42	Washer	10	14
43	Washer	8	10
44	Aricraft Nut	M10	4
45	Spring Clip	Φ24.5	1

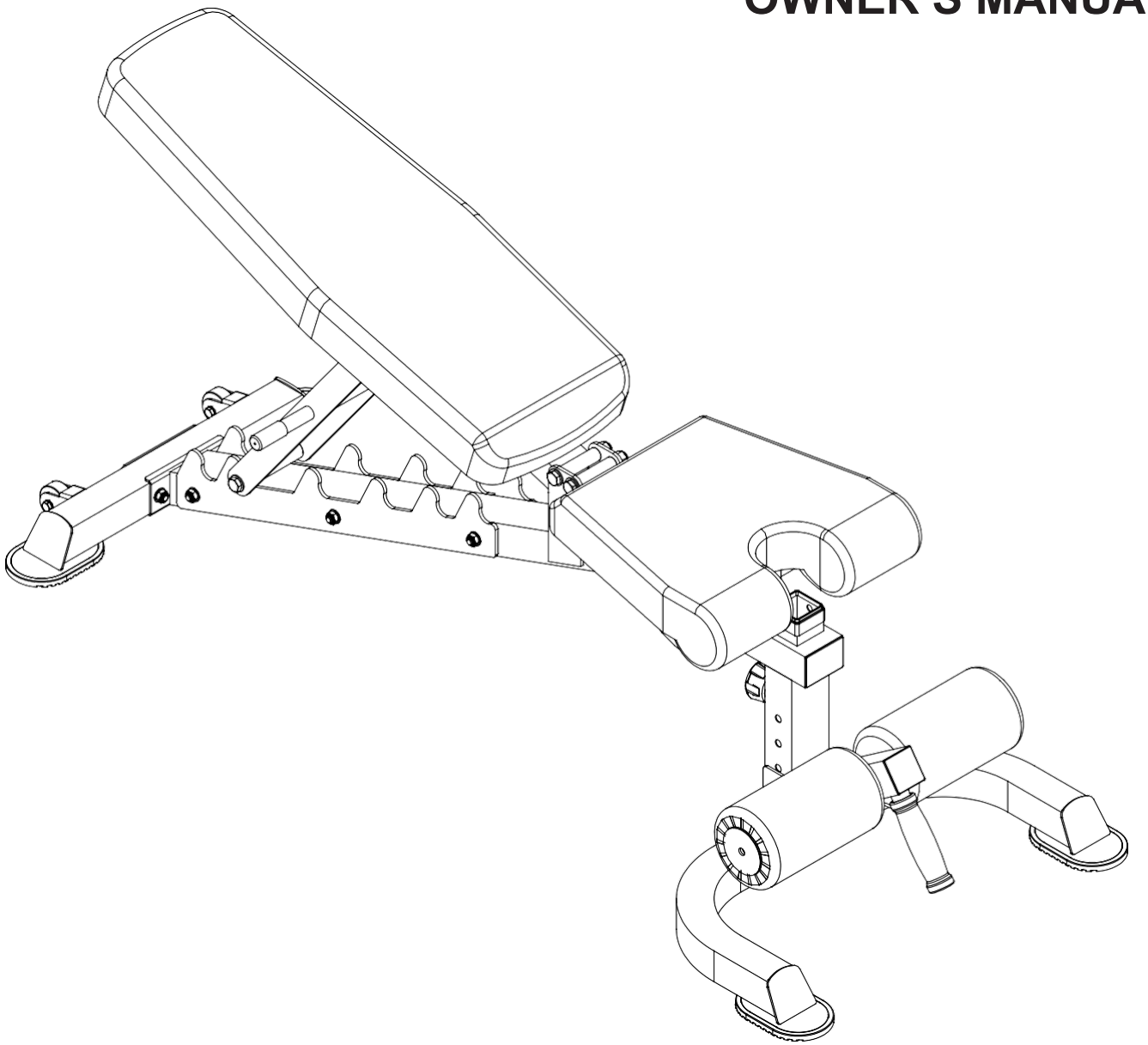
*Optional Attachment on the FF-MSC10

FRENCH FITNESS

FF-MSC10-AB

DELUXE SMITH MACHINE

OWNER'S MANUAL



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

20201211-V1.0

ASSEMBLY MANUAL FF-MSC10-AB BENCH

*Optional Attachment on the FF-MSC10

BEFORE YOU START

Remove all parts from the packaging, separate and count each various component, to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

Certain parts may arrive pre-assembled from the factory.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

SAFETY PRECAUTIONS

Highly recommended for two or more people to assemble the equipment to avoid injury.
Assemble the equipment on a flat level surface.
Consider placing a mat under the equipment to protect your floor.
Wear appropriate footwear and clothing during assembly and use.
Only tighten nuts and bolts after the whole equipment is assembled.
Ensure you correctly orientate each piece before attaching.
Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.
Ensure all parts are in full working order before use.
Only one person should use the machine at any one time.
Do not use the equipment outdoors or around water.
Keep hair, fingers or clothing away from moving parts.
Only use attachments recommended by the manufacturer.
Never operate if any parts are not functioning correctly.
Always correctly stretch and warm up before using the equipment.
Stop immediately if your experience any pain, dizziness or nausea. See a doctor at once.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS

*Optional Attachment on the FF-MSC10

Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

The only way to increase the size and strength of your muscles is to push them close to their maximum capacity. When you progressively increase the intensity of your exercise, your muscles will continually adapt and grow. You can tailor the individual exercise to the proper intensity level in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets per-formed (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions).

The proper amount of weight for each exercise obviously depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Many people desire a complete and well-balanced fitness program, and cross training is a very efficient way to accomplish this. One example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

PERSONALIZING YOUR EXERCISE PROGRAM

Specifying the exact length of time for each workout, as well as the number of repetitions or sets for each exercise, is a highly individual matter. It is very important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group with emphasis on the areas that you want to develop the most. To give balance and variety to your work-outs, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

You will gain the greatest benefits from exercising by maintaining proper form. This requires moving through the full range of motion for each exercise and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath!

*Optional Attachment on the FF-MSC10

You should rest for a short period of time after each set. The ideal resting periods are:

- Rest three minutes after each set for a muscle building workout
- Rest one minute after each set for a toning workout
- Rest 30 seconds after each set for a weight loss workout

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

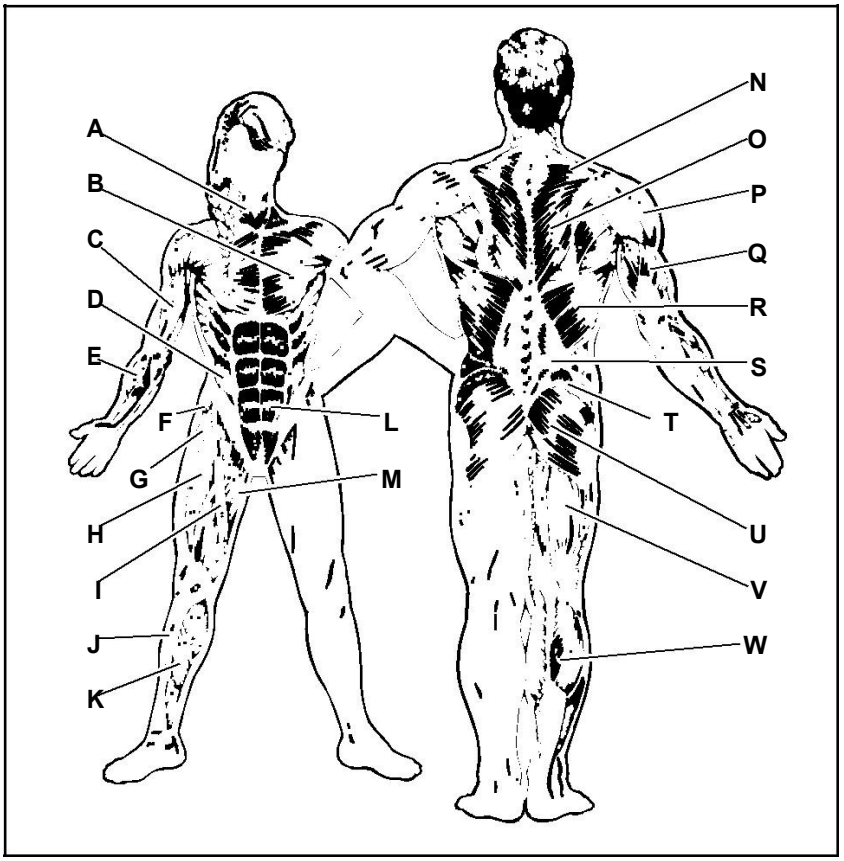
STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the weight plus the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Rectus Abdominus (stomach)
M. Adductor (inner thigh)
N. Trapezius (upper back)
O. Rhomboideus (upper back)
P. Deltoid (shoulder)
Q. Triceps (back of arm)
R. Latissimus Dorsi (mid back)
S. Spinae Erectors (lower back)
T. Gluteus Medius (hip)
U. Gluteus Maximus (buttocks)
V. Hamstring (back of leg)
W. Gastrocnemius (back of calf)



*Optional Attachment on the FF-MSC10

PARTS LIST

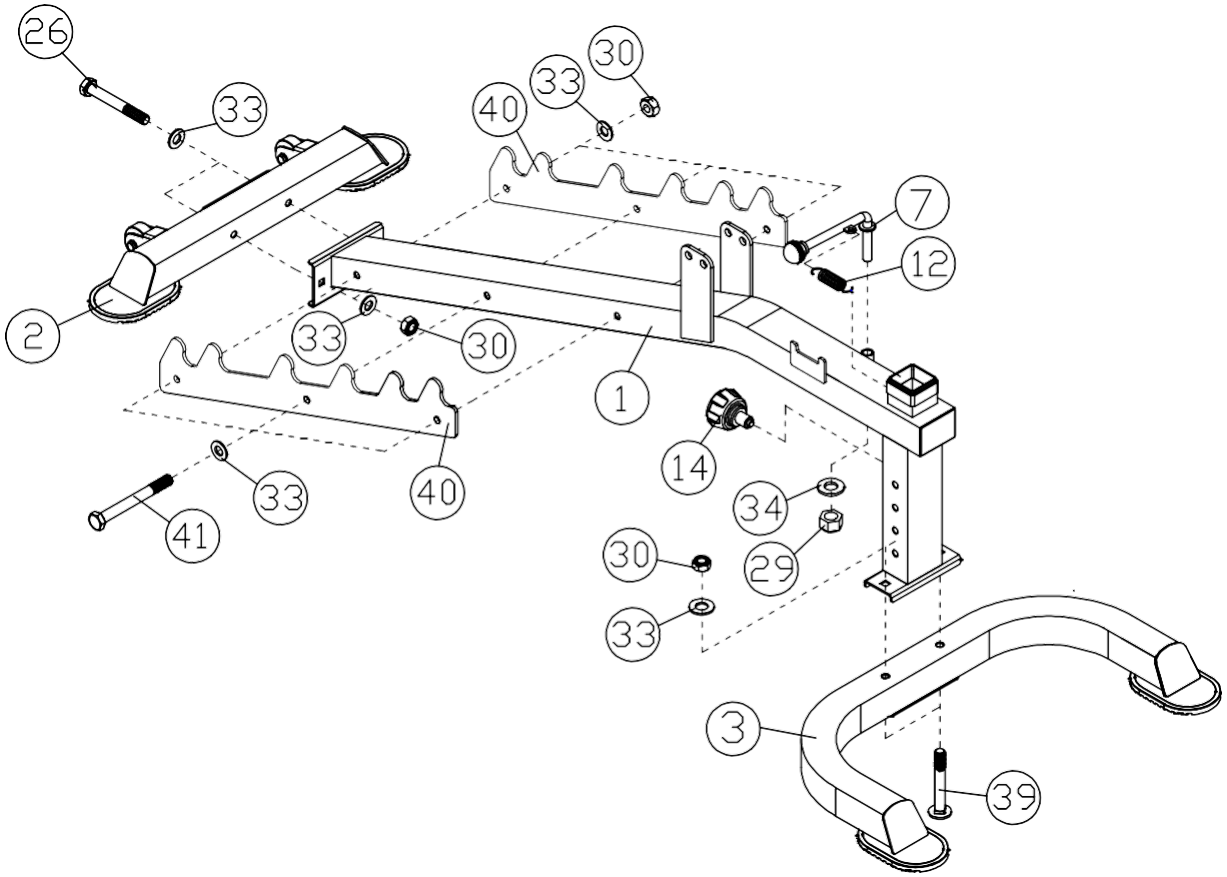
KEY NO.	PART DESCRIPTION	SPEC	Q'TY
1	Main Frame		1
2	Rear Base Frame		1
3	Front Base Frame		1
4	Seat Support		1
5	Backrest Support		1
6	Foam Roll Support		1
7	Adjustment Support		1
8	Rear Support		1
9	Foam Roll Frame		1
10	Seat Pad		1
11	Backrest Board		1
12	Tensile Spring	φ15×φ2×65	1
13	Pop Pin	φ10×110	1
14	Lock Knob	M18×φ10	1
15	Handle Grip	φ25×132	1
16	Foam Roll	φ125×φ22×215	2
17	Foam Baffle	φ68×5.7	2
18	End Cap	□50	1
19	End Cap	□70×50	1
20	Sleeve	□50×□45	1
21	Handle Grip	φ19×50	1
22	Wheel	φ50×23×φ8.2	2
23	Hex Bolt	M8×55	4
24	Allen Bolt	M8×45	2
25	Sunk Screw	M8×30	2
26	Hex Bolt	M10×70	2
27	Hex Bolt	M12×135	2
28	Hex Bolt	M12×95	2
29	Aircraft Nut	M12	5
30	Aircraft Nut	M10	7
31	Aircraft Nut	M8	2
32	Washer	8	8
33	Washer	10	12
34	Washer	12	9
35	End Cap	□40×60	2
36	End Cap	□25	2
37	HandBall	SR15.5×M10	2
38	Bushing	φ19×φ16×φ12×8	6
39	Step Bolt	M10×70	2
40	Incline Adjustment Base		2
41	Hex Bolt	M10×95	3
42	Roller Sleeve	φ25×φ12.5×105	1
43	Base End Cap	PT145×95	4
	Allen Wrench (Tool)	5#	2

*Optional Attachment on the FF-MSC10

ASSEMBLY DIAGRAM 1

REMEMBER: Only hand tighten all nuts and bolts until whole FF-MSC10-AB is assembled

1. Ensuring correct orientation, attach the front of the MAIN FRAME (1) to the FRONT BASE FRAME (3) using two STEP BOLT M10X70 (39), two WASHER10 (33) and two AIRCRAFT NUT M10 (30)
2. Attach the WHEELS (22) to the back of the REAR BASE FRAME (2) using a Allen BOLT M8X45 (24), two WASHER8 (32) and an AIRCRAFT NUT M8 (31) on each wheel. (See the exploded diagram for more detail, skip this step if pre-assembled)
3. Ensuring correct orientation, attach the rear of the MAIN FRAME (1) to the REAR BASE FRAME (2) using two HEX BOLT M10X70 (26), four WASHER10 (33) and two AIRCRAFT NUT M10 (30)
4. Insert a LOCK KNOB (14) into the rear of the front post on the MAIN FRAME (1)
5. Attach the ADJUSTMENT SUPPORT (7) to the top of the MAIN FRAME (1) using a WASHER12 (34) and an AIRCRAFT NUT M12(29)
6. Attach the TENSILE SPRING (12) to the top of the MAIN FRAME (1)
7. Insert a SLEEVE (20) into the top of the front post on the MAIN FRAME (1) (See the exploded diagram for more detail, skip this step if pre-assembled)
7. Ensuring correct orientation, attach the IINCLINE ADJUSTMENT BASE (40) to the front holes in the upright bracket on the MAIN FRAME (1) using three HEX BOLT M10X95 (41), six WASHER10 (33) and three AIRCRAFT NUT M10 (30)

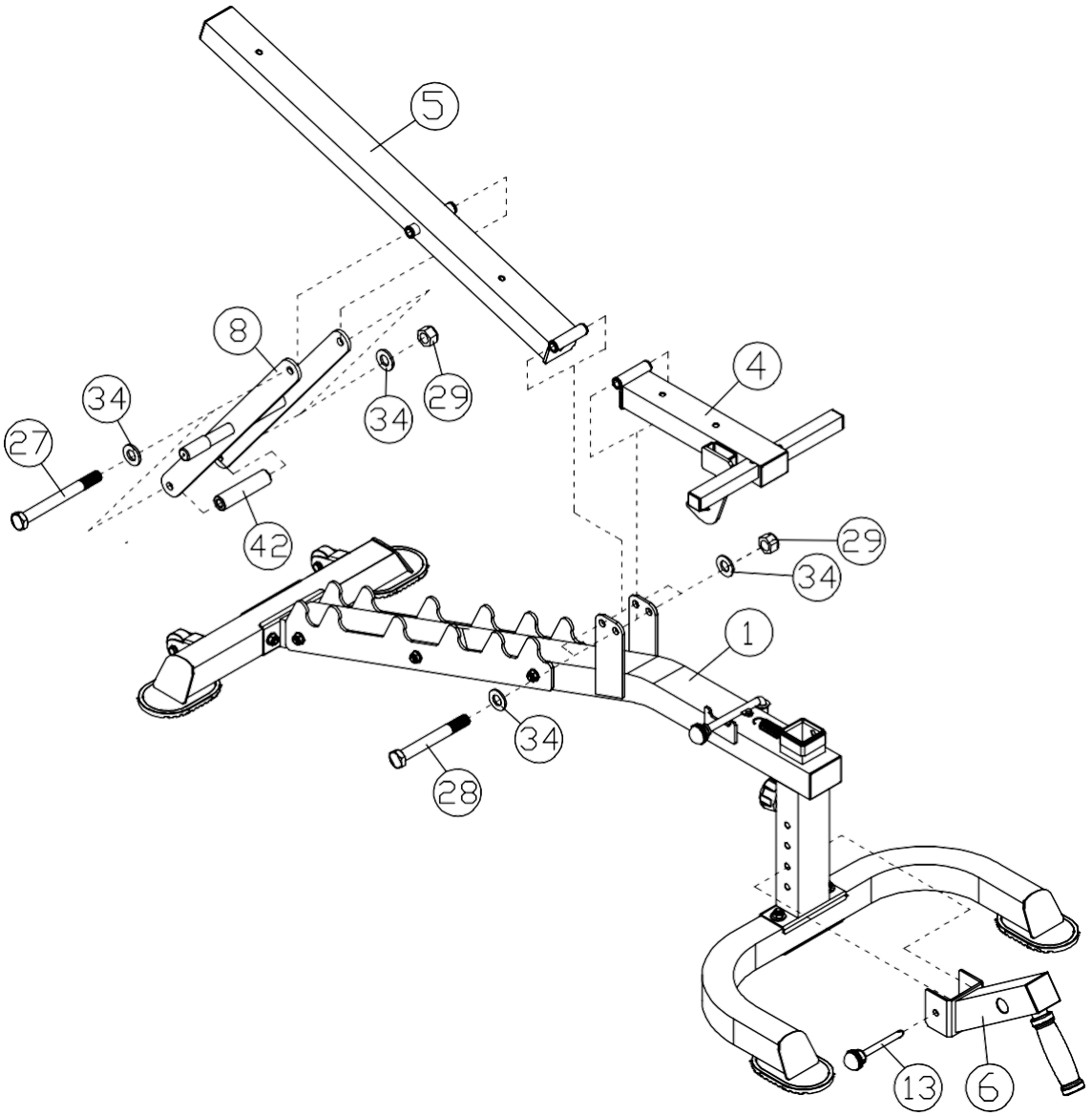


*Optional Attachment on the FF-MSC10

ASSEMBLY DIAGRAM 2

REMEMBER: Only hand tighten all nuts and bolts until whole FF-MSC10-AB is assembled

1. Ensuring correct orientation, attach the SEAT SUPPORT (4) to the front holes in the upright bracket on the MAIN FRAME (1) using a HEX BOLT M12X95 (28), two WASHER12 (34) and an AIRCRAFT NUT M12 (29)
2. Ensuring correct orientation, attach the BACKREST SUPPORT (5) to the rear holes in the upright bracket on the MAIN FRAME (1) using a HEX BOLT M12X95 (28), two WASHER12 (34) and an AIRCRAFT NUT M12(29)
3. Attach the ROLLER SLEEVE (42) to the REAR SUPPORT (8) using a HEX BOLT M12X135 (27), two WASHER12 (34) and an AIRCRAFT NUT M12 (29)
4. Attach the REAR SUPPORT (8) to the underside of the BACKREST SUPPORT (5) using a HEX BOLT M12X135 (27), two WASHER12 (34) and an AIRCRAFT NUT M12 (29)
5. Connect the FOAM ROLL SUPPORT (6) to the front post of the MAIN FRAME (1) using a POP PIN (13) with attached HANDBALL (37)
6. Attach the HANDLE GRIP (15) to the FOAM ROLL SUPPORT (6). Attach a HANDLE GRIP (21) to the REAR SUPPORT (8)(See the exploded diagram for more detail, skip this step if pre-assembled)

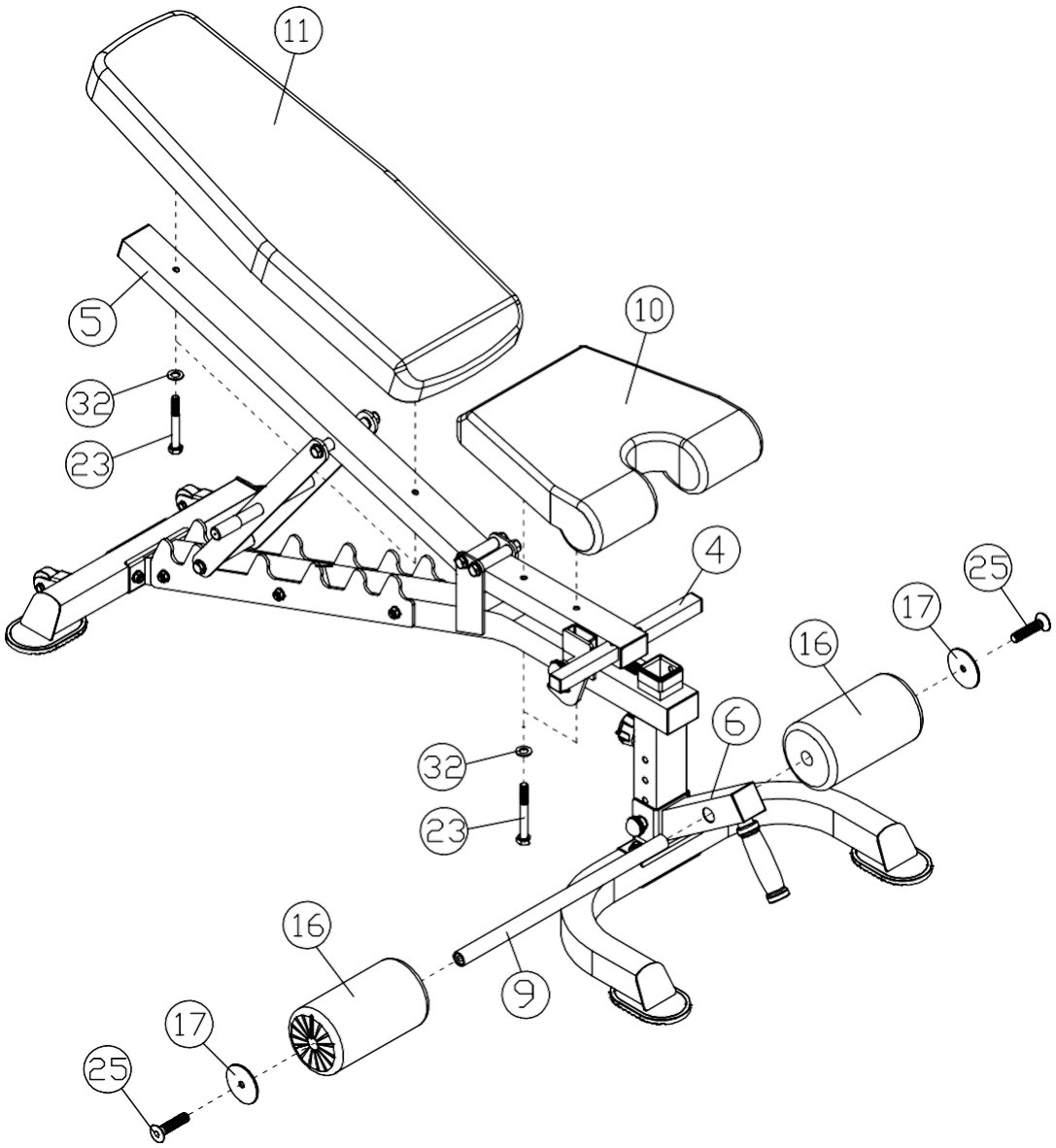


*Optional Attachment on the FF-MSC10

ASSEMBLY DIAGRAM 3

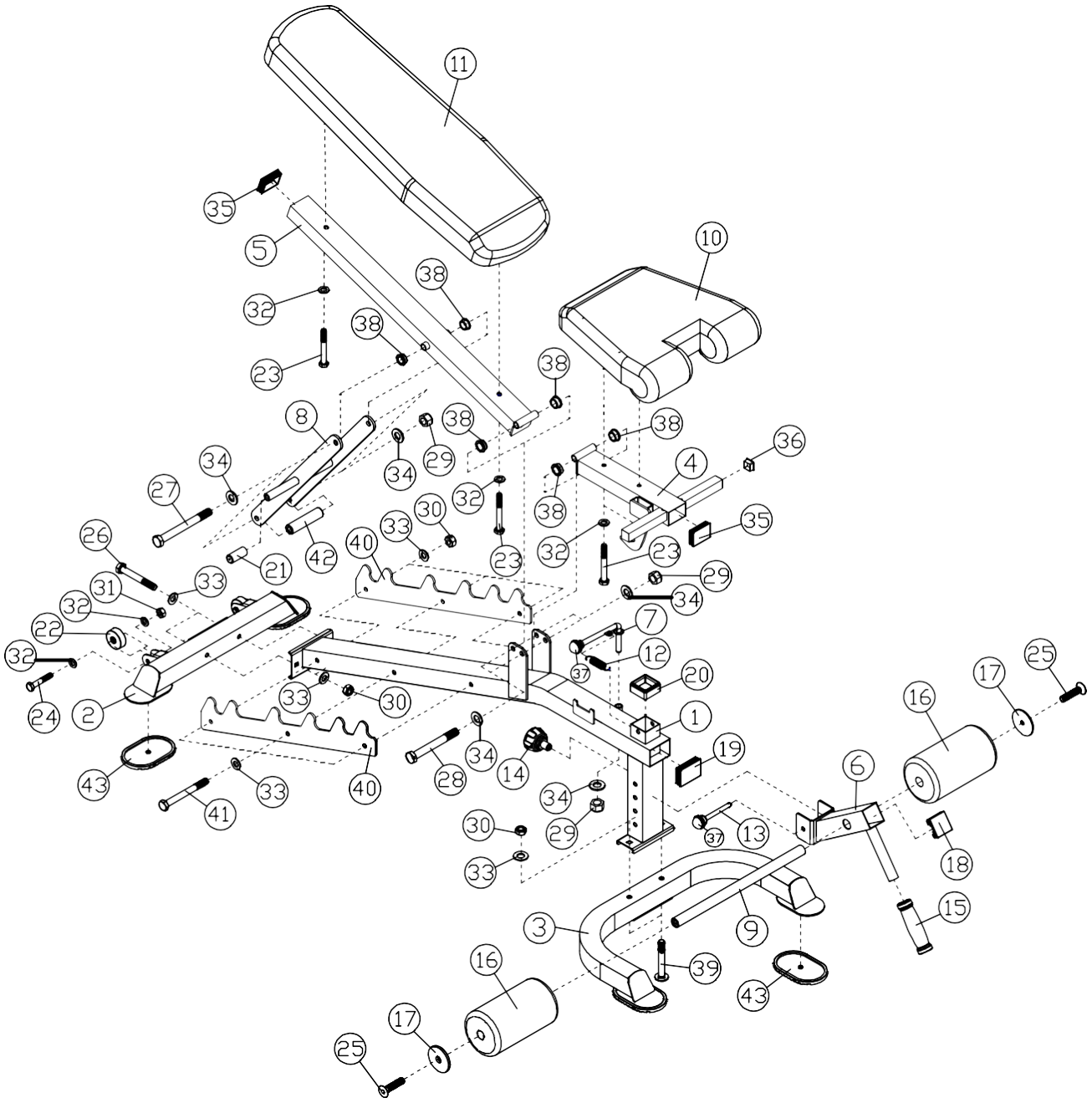
<u>REMEMBER: Only hand tighten all nuts and bolts until whole FF-MSC10-AB is assembled</u>

1. Attach the BACKREST BOARD (11) to the BACKREST SUPPORT (5) using two HEX BOLT M8X55 (23) and two WASHER8 (32)
2. Attach the SEAT PAD (10) to the SEAT SUPPORT (4) using two HEX BOLT M8X55 (23) and two WASHER8 (32)
3. Insert the FOAM ROLL FRAME (9) through the FOAM ROLL SUPPORT (6)
4. Slide a FOAM ROLL (16) over each end of the FOAM ROLL FRAME (9) and attach using a FOAM BAFFLE (17) and a SUNK SCREW M8X30 (25) on each side.
5. Insert the appropriate sized END CAPS (18,19, 35&36) into any open ends (See the exploded diagram for more detail, skip this step if pre-assembled)



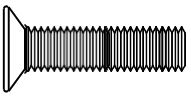
*Optional Attachment on the FF-MSC10

EXPLODED DIAGRAM

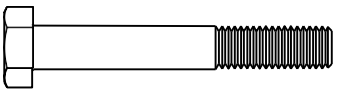


*Optional Attachment on the FF-MSC10

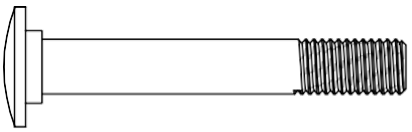
HARDWARE FF-MSC10-AB



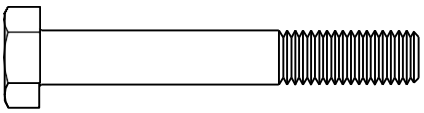
(#25)M8×30 Sunk Screw (Qty 2)



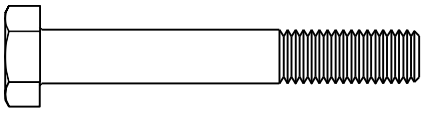
(#23)M8×55 Hex Bolt (Qty 4)



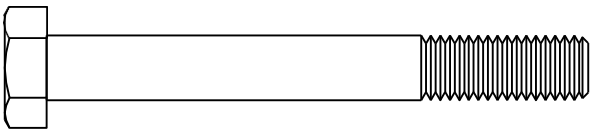
(#39)M10×70 Step Bolt (Qty 2)



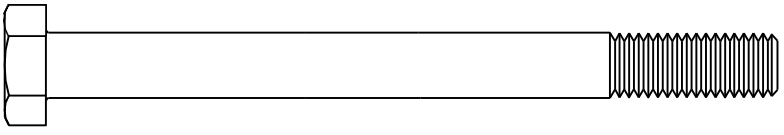
(#41)M10×95 Hex Bolt (Qty 3)



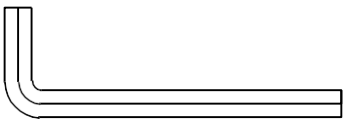
(#26)M10×70 Hex Bolt (Qty 2)



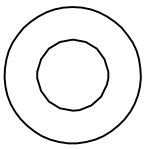
(#28)M12×95 Hex Bolt (Qty 2)



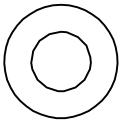
(#27)M12×135 Hex Bolt (Qty 2)



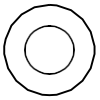
5# × 2



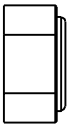
(#34) φ12
Washer (Qty 9)



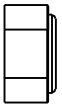
(#33) φ10
Washer (Qty 12)



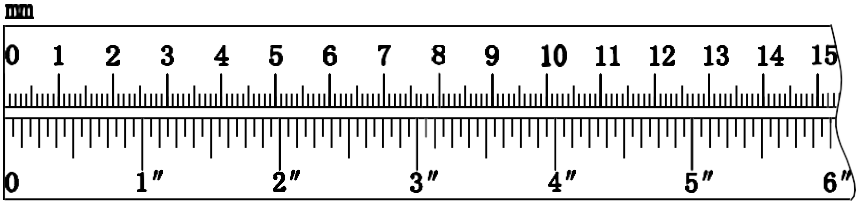
(#32) φ8
Washer (Qty 4)



(#29)M12
Aircraft Nut
(Qty 5)



(#30)M10
Aircraft Nut
(Qty 7)



*Optional Attachment on the FF-MSC10

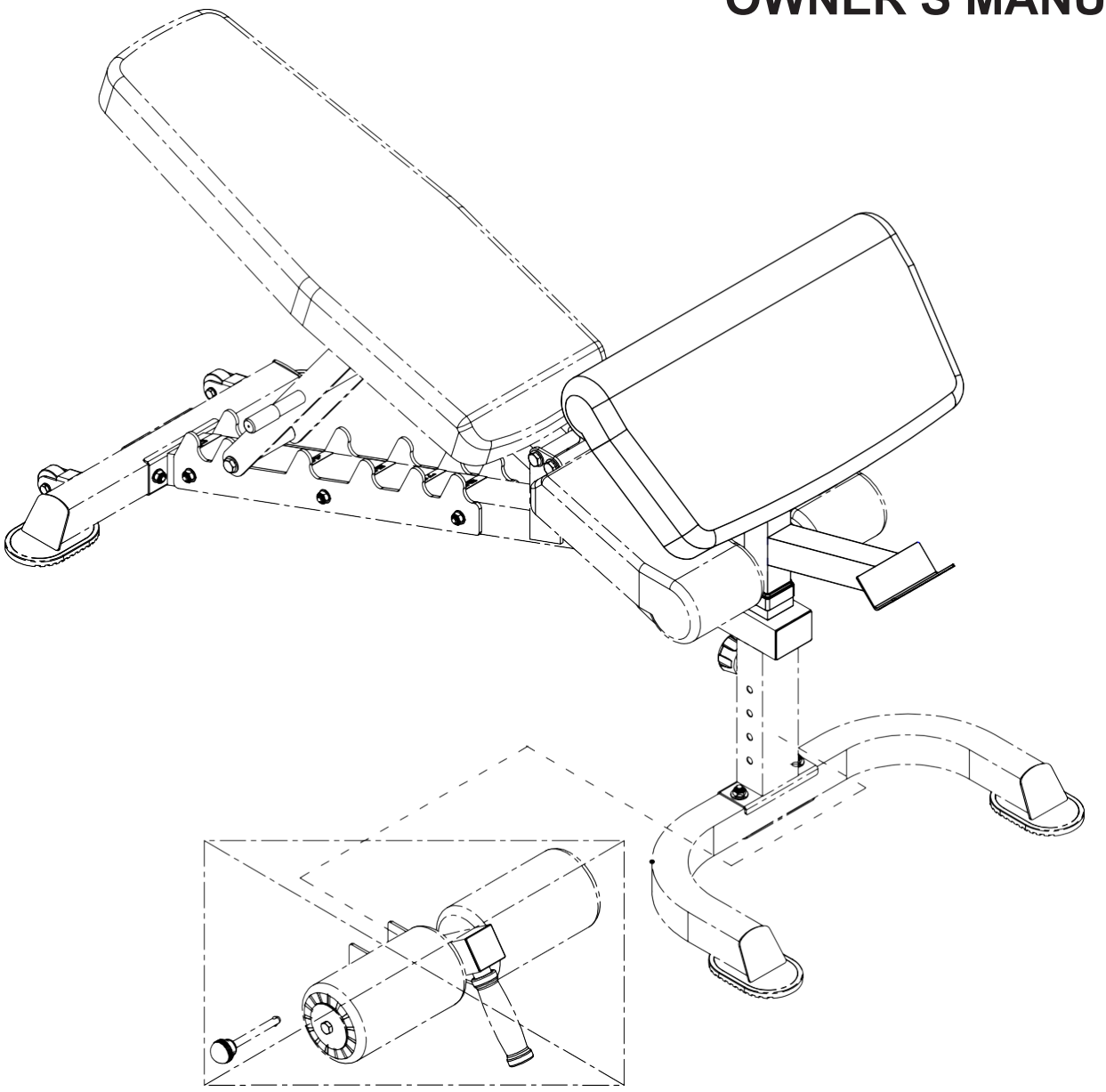
FRENCH FITNESS

FF-MSC10-AC

DELUXE SMITH MACHINE

FF-MSC10-AB BENCH – PREACHER CURL ATTACHMENT

OWNER'S MANUAL



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

20201211-V1.0

*Optional Attachment on the FF-MSC10

TABLE OF CONTENTS

BEFORE YOU BEGIN

Thank you for selecting the FF-MSC10-AC. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction.

*Optional Attachment on the FF-MSC10

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. 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.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

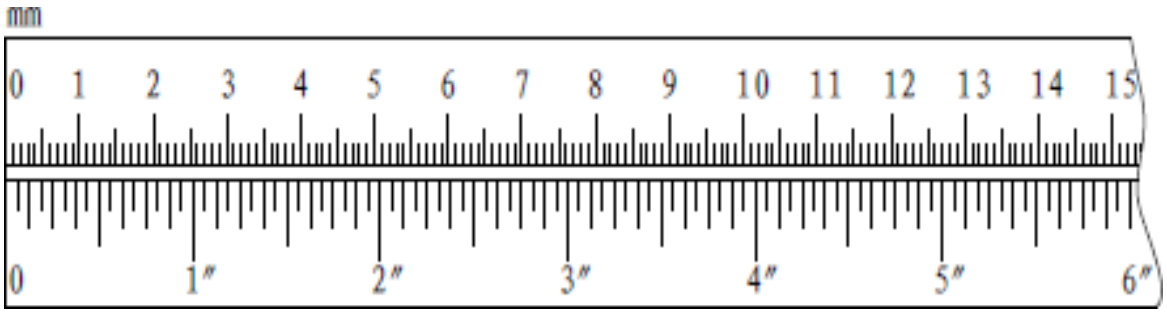
*Optional Attachment on the FF-MSC10

PARTS LIST AND HARDWARE

KEY NO.	PART DESCRIPTION	SPEC	Q'TY
1	Arm Curl Stand		1
2	Arm Curl Pad		1
3	Hex Bolt	M8×20	2
4	Washer	8	2

(#3)M8×20 Hex Bolt (Qty 2)

(#4) Φ8
Washer (Qty 2)

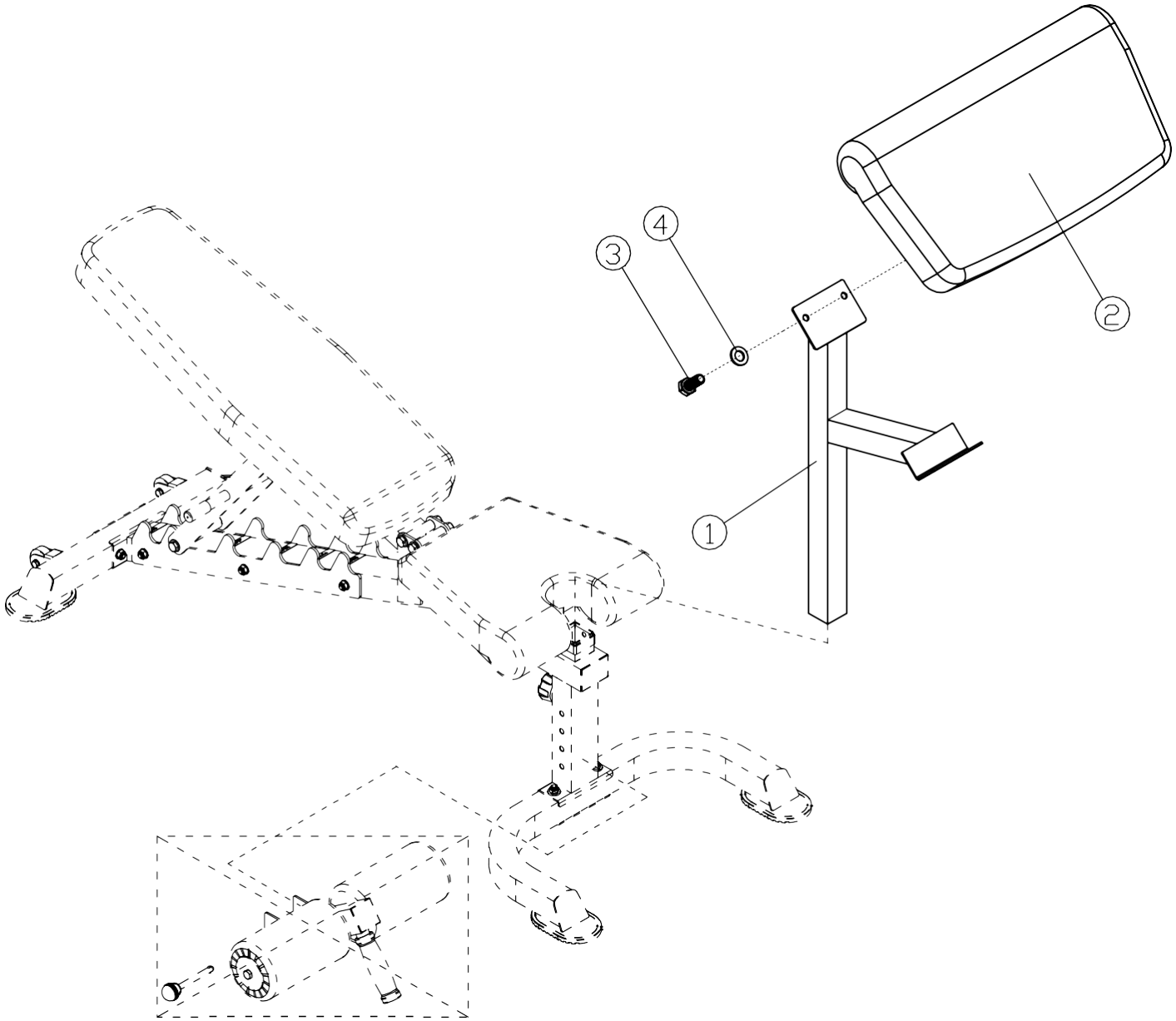


*Optional Attachment on the FF-MSC10

ASSEMBLY DIAGRAM 1

REMEMBER: Only hand tighten all nuts and bolts until whole FF-MSC10-AC is assembled

1. Remove the whole assembled and attached FOAM ROLL SUPPORT (FF-MSC10-AB 6) from the front of the MAIN FRAME (FF-MSC10-AB 1)
2. Insert the ARM CURL STAND (1) into the top of the post at the front of the MAIN FRAME (FF-MSC10-AB 1)
3. Attach the ARM CURL PAD (2) to the top of the ARM CURL STAND (1) using two HEX BOLT M8X20 (3) and two WASHER8 (4)



*Optional Attachment on the FF-MSC10

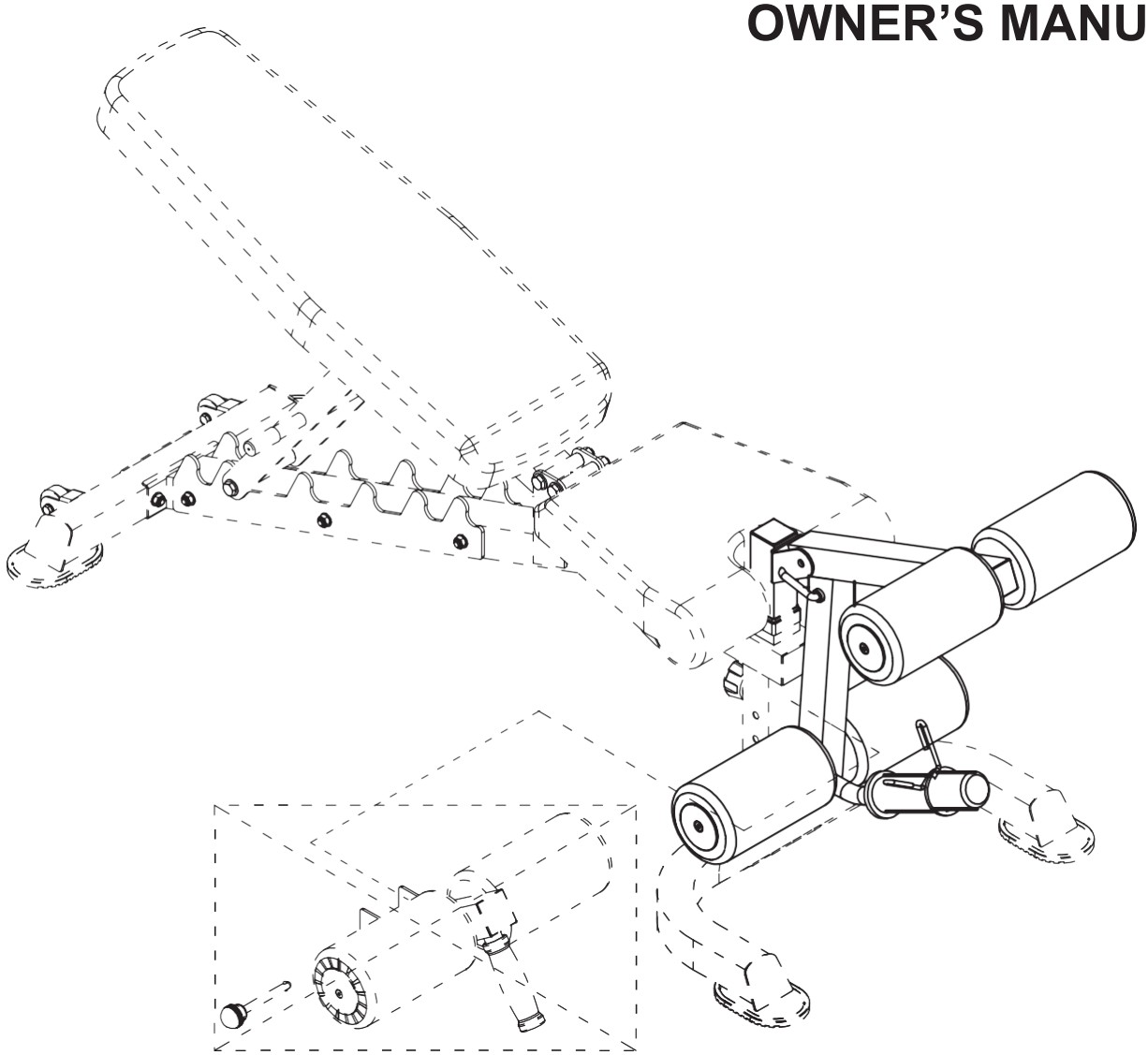
FRENCH FITNESS

FF-MSC10-LA

DELUXE SMITH MACHINE

FF-MSC10-AB BENCH – LEG CURL / LEG EXTENSION

OWNER'S MANUAL



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

20201211-V1.0

*Optional Attachment on the FF-MSC10

TABLE OF CONTENTS

BEFORE YOU BEGIN

Thank you for selecting the FF-MSC10-LA.
For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction.

*Optional Attachment on the FF-MSC10

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. 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.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

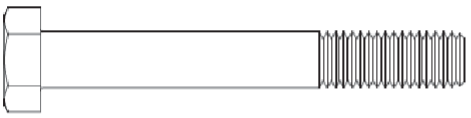
SAVE THESE INSTRUCTIONS.

*Optional Attachment on the FF-MSC10

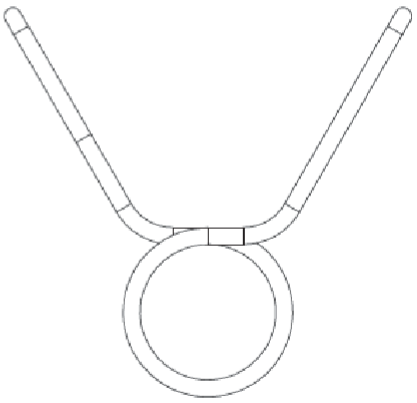
PARTS LIST AND HARDWARE

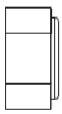
KEY NO.	PART DESCRIPTION	SPEC	Q'TY
1	Leg Developer Holder		1
2	Leg Developer		1
3	Foam Frame		2
4	U shaped Lock Pin	60×62×28×φ10 ×M6	1
5	End Cap	□ 45	4
6	Foam Roll	φ125×φ22× 215	4
7	Foam Baffle	φ68×5.7	4
8	Olympic Sleeve	φ50×21 0	1
9	Rubber Bumper	φ30×φ25× 30	1
10	Spring Clp	φ49	1
11	End Cap	φ25	1
12	Bushing	φ14×φ 10	2
13	Spring	φ12×φ1.2× 55	1
14	Philips Screw	M6×16	1
15	Hex Bolt	M10×75	1
16	Aircraft Nut	M10	1
17	Washer	φ25×φ11× 2	1
18	Washer	10	2
19	Washer	6	1
20	Hex Bolt	M10×20	4

(#20) M8X30 Allen BoltS (Qty 4)

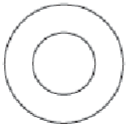


(#15)M10×75 Hex Bolt (Qty 1)



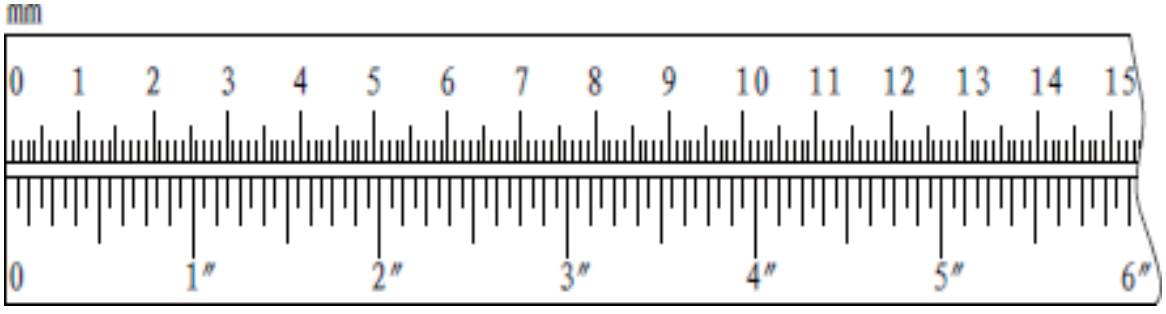


(#16)M10
Aircraft Nut
(Qty 1)



(#18) Φ10
Washer (Qty 2)

(#10) Φ49
Spring Clip (Qty 1)

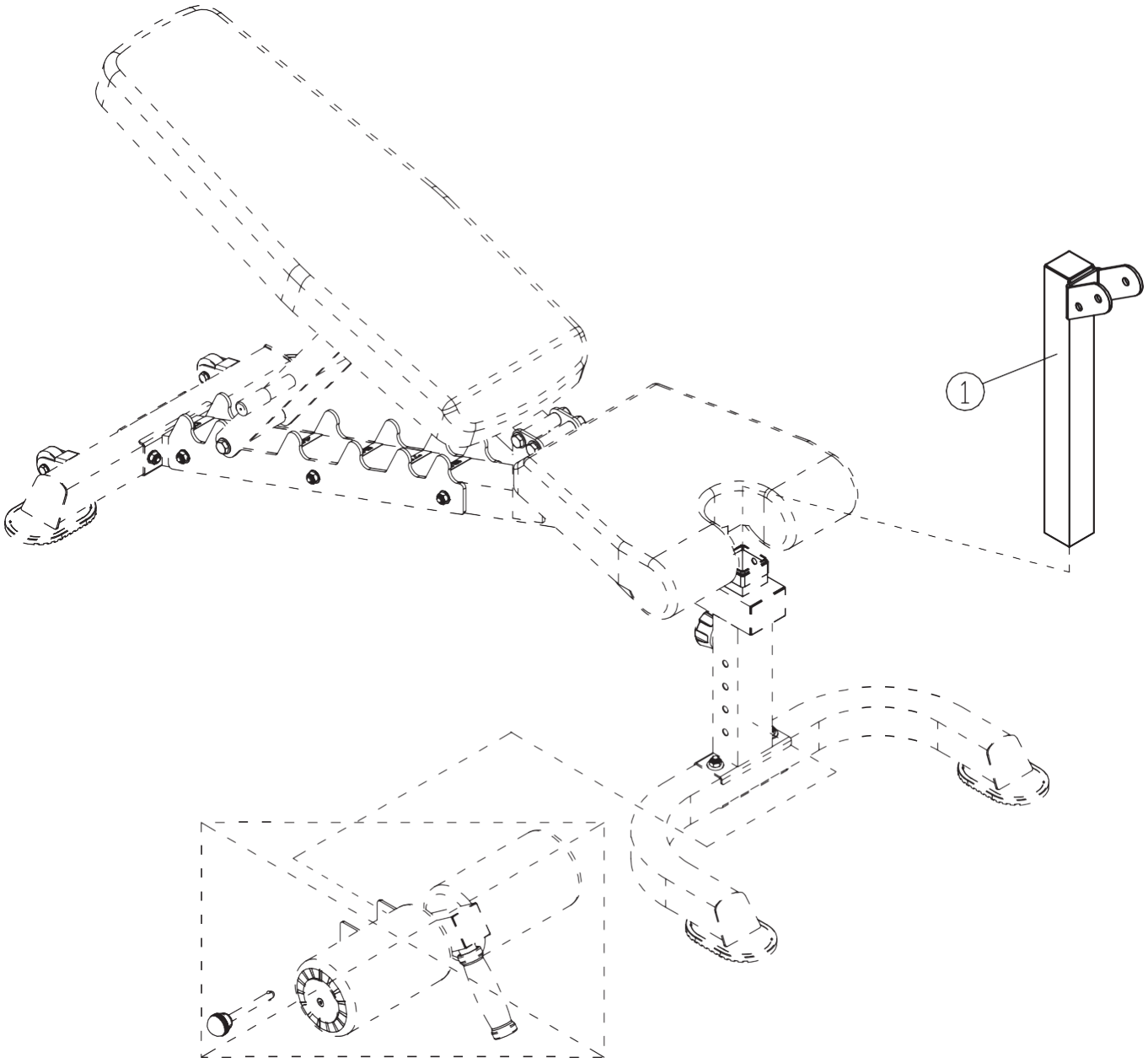


*Optional Attachment on the FF-MSC10

ASSEMBLY DIAGRAM 1

REMEMBER: Only hand tighten all nuts and bolts until whole FF-MSC10-LA is assembled

1. Remove the assembled and attached FOAM ROLL SUPPORT (FF-MSC10-AB 6) from the front of the MAIN FRAME (FF-MSC10-AB 1)
2. Ensuring correct orientation. insert the LEG DEVELOPER HOLDER (1) into the top of the front post on the MAIN FRAME (FF-MSC10-AB 1)

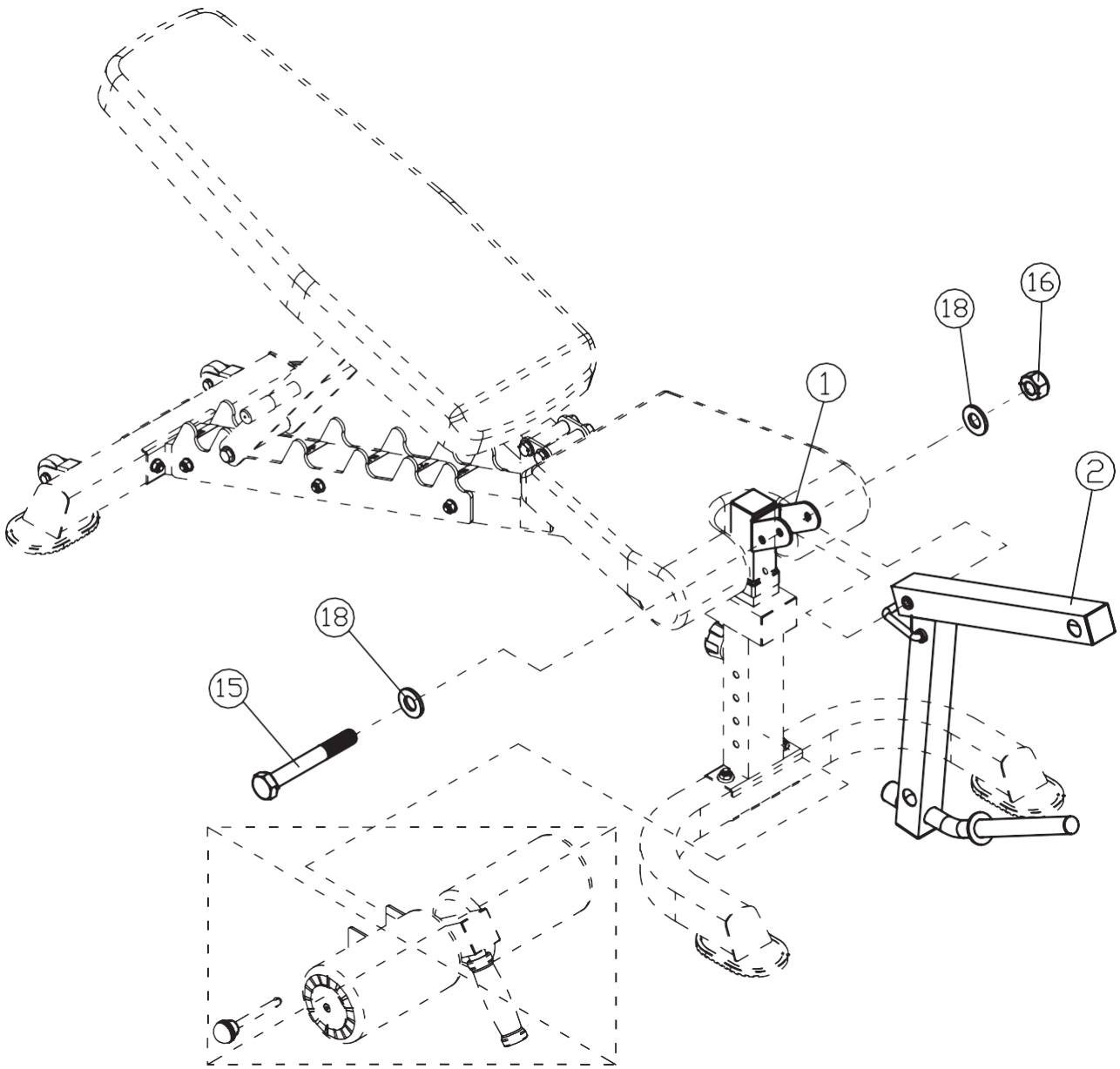


*Optional Attachment on the FF-MSC10

ASSEMBLY DIAGRAM 2

REMEMBER: Only hand tighten all nuts and bolts until whole FF-MSC10-LA is assembled

1. Attach the RUBBER BUMPER (9) and the WASHER 25X11X2 (17) to the back of the LEG DEVELOPER (2). Inset the U-SHAPED LOCK PIN (4) into the top of the post on the LEG DEVELOPER (2) using the SPRING (13), the WASHER6 (19) and the PHILLIPS SCREW M6X16 (14) (See the exploded diagram for more detail, skip this step if pre-assembled)
2. Ensuring correct orientation, connect the LEG DEVELOPER (2) to the LEG DEVELOPER HOLDER (1) using a HEX BOLT M10X75 (15), two WASHER10 (18) and an AIRCRAFT NUT M10 (16)

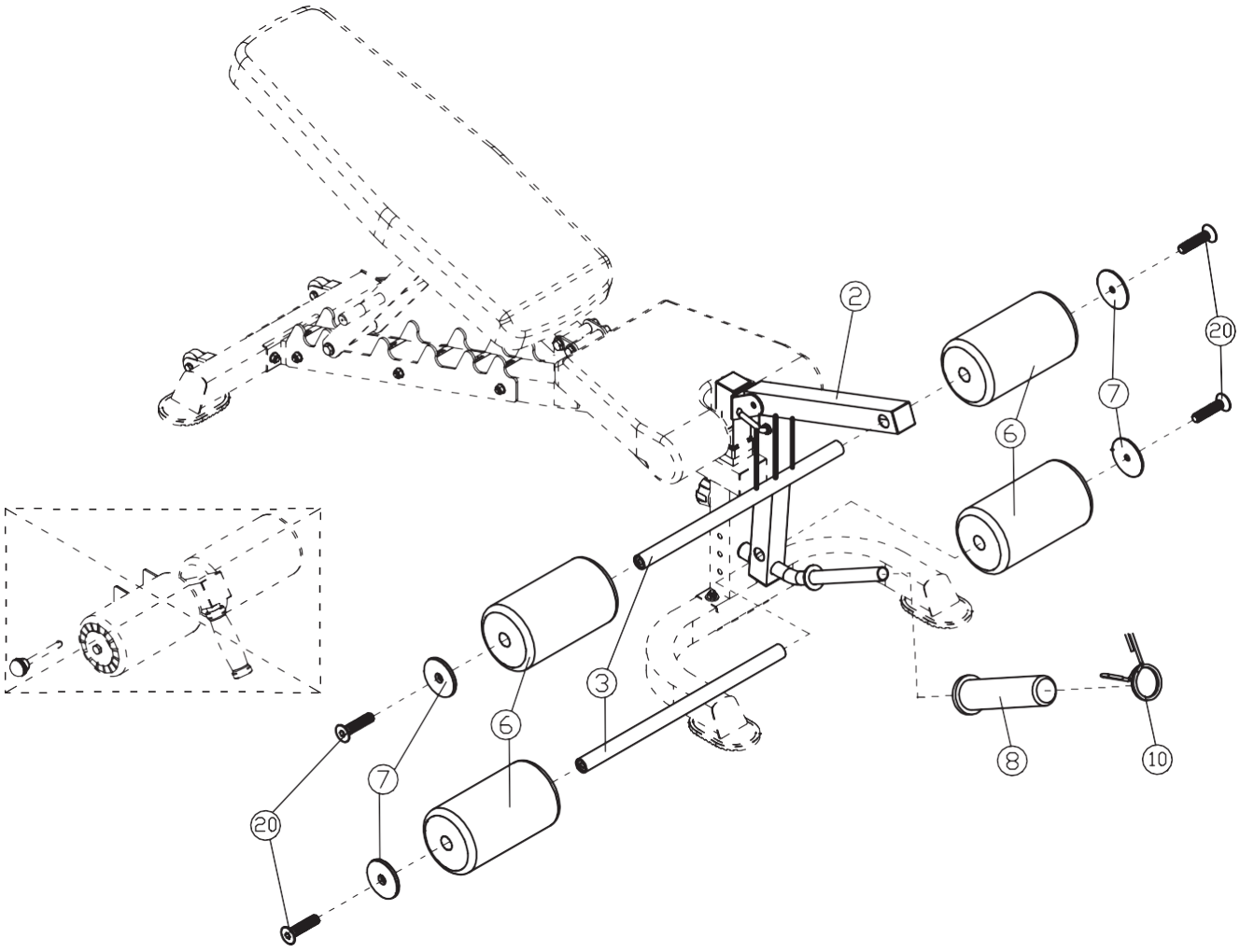


*Optional Attachment on the FF-MSC10

ASSEMBLY DIAGRAM 3

REMEMBER: Only hand tighten all nuts and bolts until w hole FF-MSC10-LA is assembled

1. Insert the two FOAM FRAMES (3) into the holes on the LEG DEVELOPER (2)
2. Slide a FOAM ROLL (6) onto each end of the FOAM FRAMES (3). Attach each one using a FOAM BAFFLE (7) and a ALLEN BOLT M8X30 (20)
3. Slide an OLYMPIC SLEEVE (8) onto the angled post at the base of the LEG DEVELOPER (2.) Attach a SPRING CLIP (10)
4. Insert the appropriate sized END CAPS (5&11) and the BUSHINGS (12) into the open ends(See the exploded diagram for more detail, skip this step if preassembled)



*Optional Attachment on the FF-MSC10

EXPLODED DIAGRAM