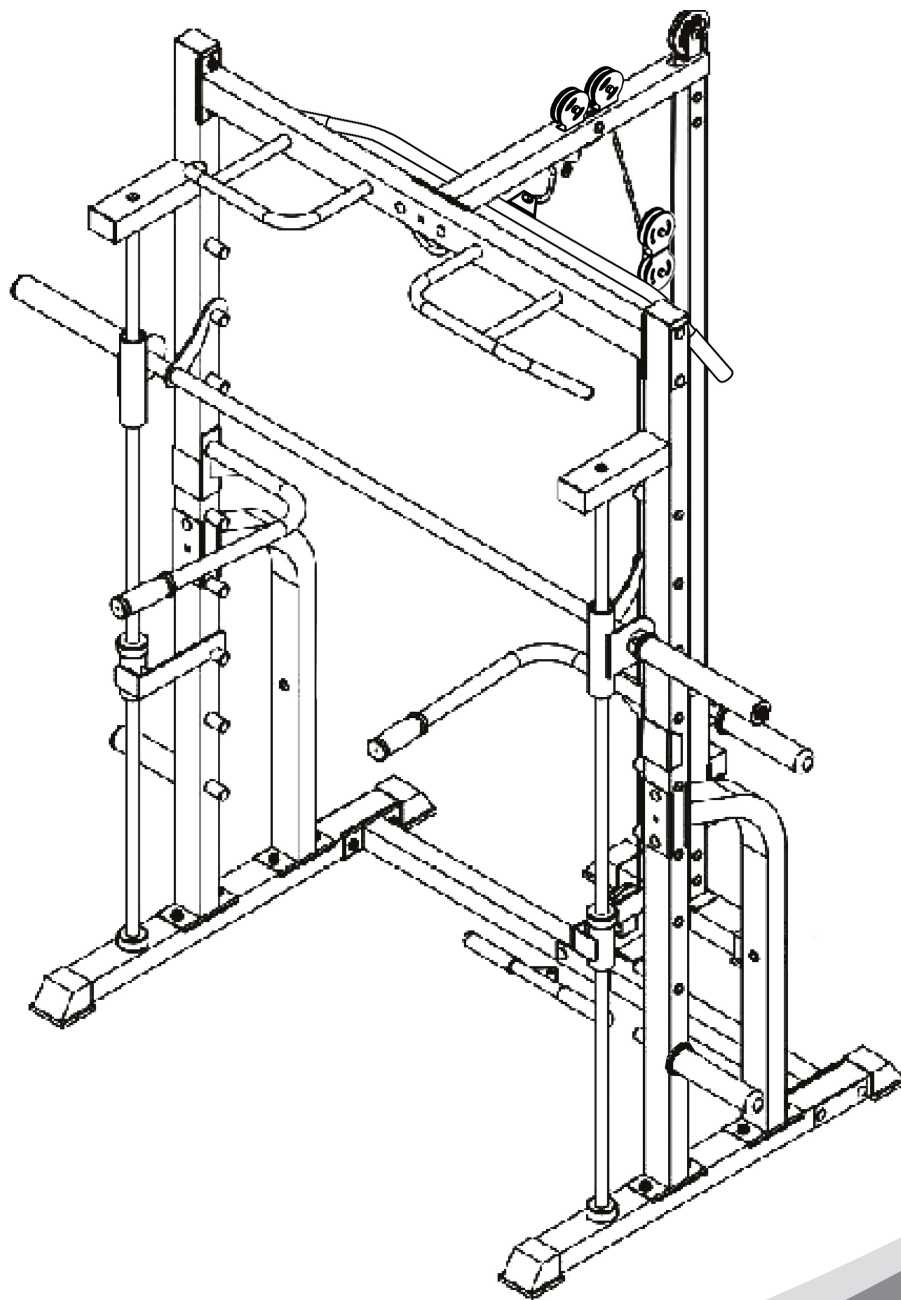


# FRENCH FITNESS

MSC8

MULTI SMITH CABLE MACHINE

## ASSEMBLY MANUAL



## FRENCH FITNESS MSC8 MULTI SMITH CABLE MACHINE

The French Fitness MSC8 Multi Smith Cable Machine is the ultimate Smith machine and freeweight gym system, perfect for the serious weight lifter. Extremely heavy duty tubular steel frame and a total load capacity of 1,102 lbs (500 kgs), the MSC8 is a durable, versatile fitness machine. The MSC8 comes with a dip bar attachment so you can perform dip exercises without adding more equipment to your home gym.

### FEATURES

- This multi-functional machine has a built-in Smith machine for training your balance and stability.
- Specially designed with an attachment and weight holders, giving easy access to your various gym accessories.
- Has an integrated adjustable cable machine great for building your strength in specific muscle groups.
- Multifunctional cable/pulley machine for weight lifting, chin-up and cable exercises.
- Thick 1.8mm steel frame
- Multi-grip double chin-up bar
- Ideal for weight lifting, chin-up, cable and bench press exercises
- Multiple gear adjustment

#### THE ULTIMATE ALL-IN-ONE MACHINE:

- Smith Machine
- High Pulley (Lat Pulldown, Triceps)
- Low Pulley (Seated Rows, Biceps, Legs, Shoulders, & More)
- Dip Bars
- Pull Up Bar
- Bench (Optional)
- Preacher Curl (Optional on Bench Attachment)
- Leg Extension / Leg Curl (Optional on Bench Attachment)

### SMITH MACHINE

- 45 lb 6 ft (72 in) Olympic Bar
- Bearings are Louder
- Straight up and Down

### TECH SPECS

- Weight: 353 lb (160 kg)
- Bar height range: 10" to 61" (from the bottom of the bar to the ground. Please note the max user height is around 5'10" to do squats or stand up with the bar on your back)
- Dimensions (From Farthest Machine Points): 48" Depth (56" depth required for weights as they go beyond the machine) x 86"W x 83.5"H
- Footprint: 55" x 46" (Actual floor space meaning what sits and touches floor)
- Dip Bars: Note these do have movement when doing dips, and, well, feel a tad flimsy. The rest of the machine is solid, home grade. Dip bars, though, feel like this

### WARRANTY

- **10 Years Parts, 1 Year Labor (Home)**

## 1. IMPORTANT SAFETY INSTRUCTIONS

**WARNING** - Read all instructions before using this machine.






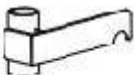





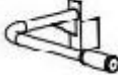


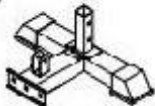
















- Install the product on a flat level surface
- Place your unit on a solid, level surface when in use
- Never allow children on or near the machine.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Care must be taken when lifting or moving the equipment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

## 2. CARE INSTRUCTIONS

- Lubricate moving joints with silicon spray after periods of usage.
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- The machine can be kept clean by wiping it down using dry cloth.
- Check and adjust the tension of wire rope on a regular basis.
- Regularly check all moving parts and make sure there are signs of wear and damage, if any the use of the device must be stopped immediately and contact our after-sales department.
- During inspection, it is necessary to make sure that all bolts and nuts are completely fixed. If any bolt or nut connection is loosened, please re-tighten.
- Check weld for cracks.
- Failure to perform daily maintenance may result in personal injury or equipment damage.

### 3. PARTS LIST

NO	Name	QTY	NO	Name	QTY
1	Ground tube	2	17	Crossbar	1
2	Ground tube	1	18	Short rod /w M10X20 Bolt	18
3	Smith rod	2	21	Shock pad	4
4	Push hook	1	22	Jacket <sup>2</sup> weight horn	2
5	Left protective sleeve	1	23	M10X70 Carriage bolt	18
6	Right protective sleeve	1	24	M10X90 Carriage bolt	11
7	Slide bushing	2	25	M10X65 Bolt	5
8	Rear prop	2	26	Wire rope	1
9	Left column	1	27	Wire rope	1
10	Right column	1	28	Pulley (welded)	1
11	Upper connection		29	Low-pull handle	1
12	Left bar	1	30	Pulling handle	1
13	Right bar	1	31	Nuts	34
14	Rear column	1	32	Washers	68
15	Rear tube	1	33	Carabiner	2
16	Weight sleeve + 27 <sup>2</sup>	1			

1	2	3	4	5
				
6	7	8	9	10
				
11	12	13	14	15
				
16	17	18	19	20
				
21	22	23	24	25
				
26	27	28	29	30
				
31	32	33	34	35
				
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50

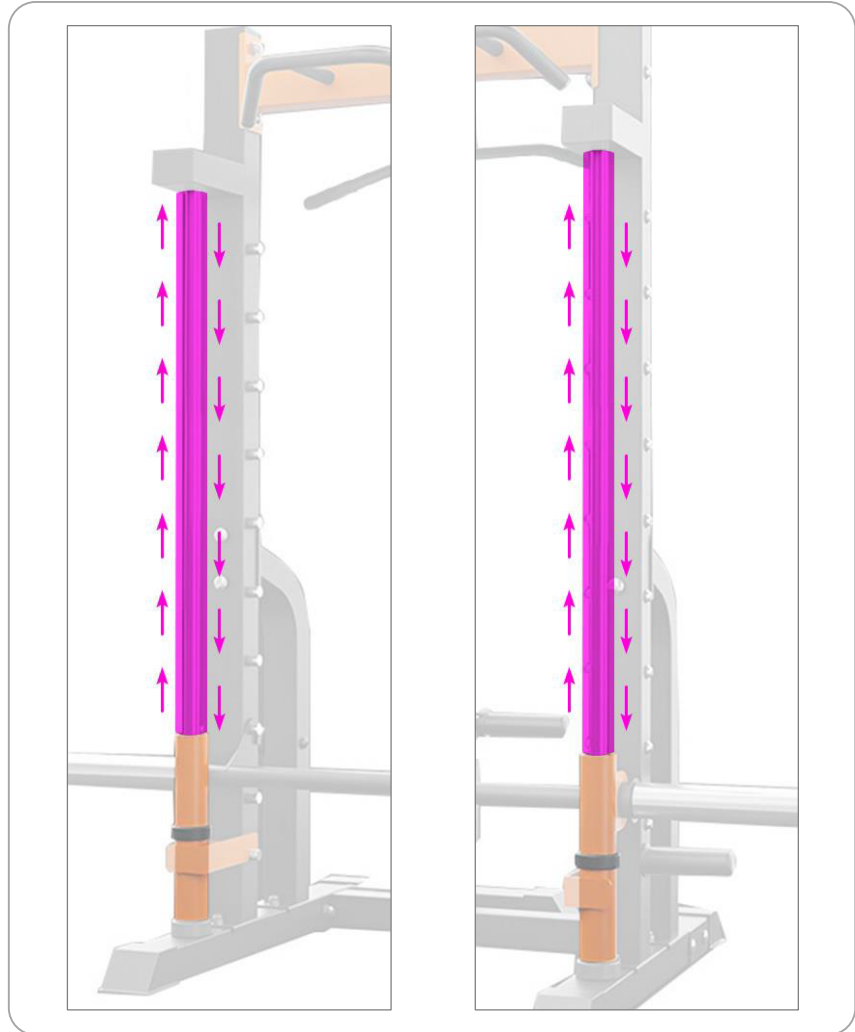
# CLEAN GUIDE RODS

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 "Blaster 16-SL Industrial Strength Silicone Lubricant" and Steel Wool, Grade #0000 Super Fine Grade.



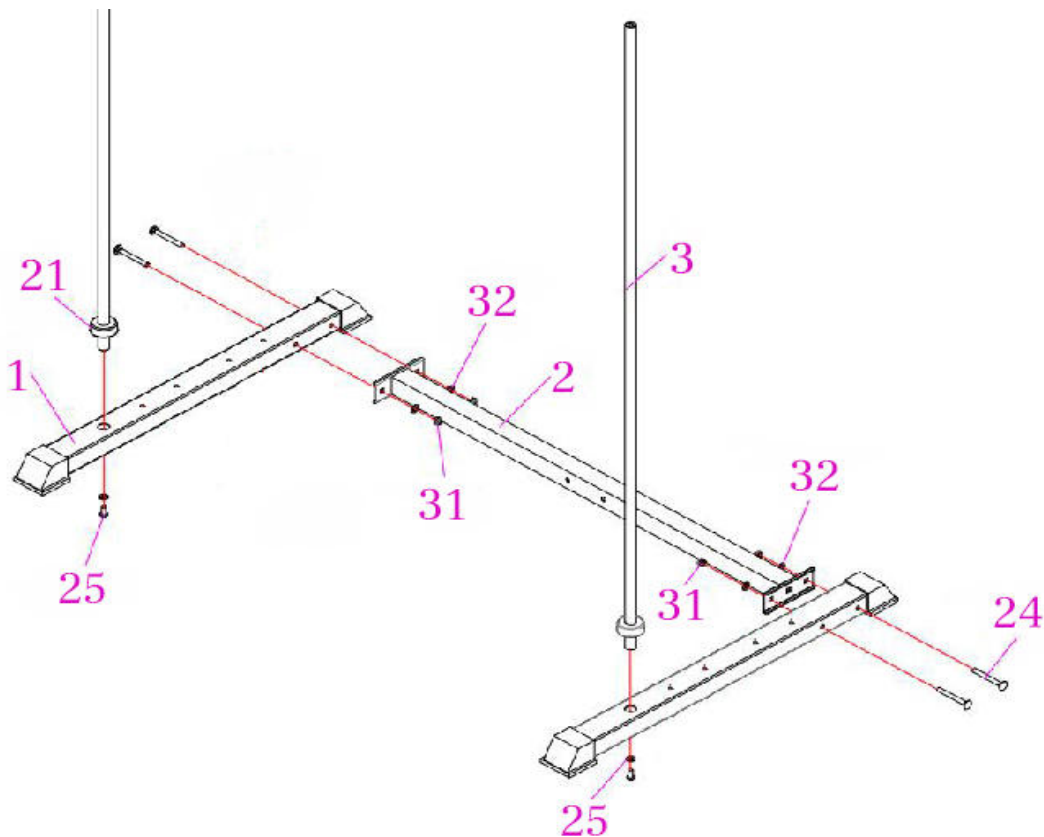
## 4. ASSEMBLY INSTRUCTIONS

### NOTE:

1. Gaskets shall be placed at both ends of the bolt (against bolt head and nut), as otherwise stated.
2. The initial assembly is to tighten all bolts and nuts by hand, and to tighten them with wrenches when fully assembled.
3. Some spare parts have been pre-assembled in the factory.
4. This product is recommended for installation by more than two people.

### STEP 1

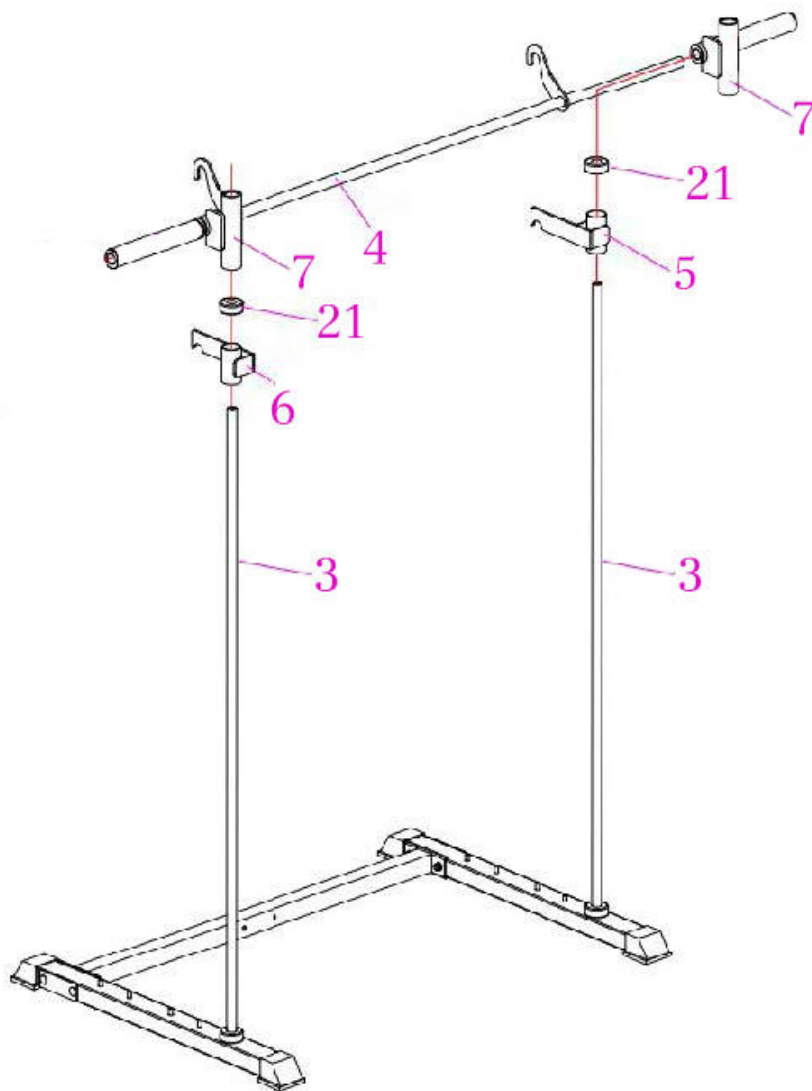
1. The Smith guide rod (#3) is installed on the floor (#1) according to the diagram and fastened with bolt (#25) and flat gasket (#32) respectively, and the shock absorber (#21) is installed in the Smith guide rod (#3).
2. The installed floor (#1), the rear connection (#2), and the bolt (#24), the flat gasket (#32), and the nut (#31) will be fastened with the bolt (#24), the flat gasket (#32) and the nut (#31).





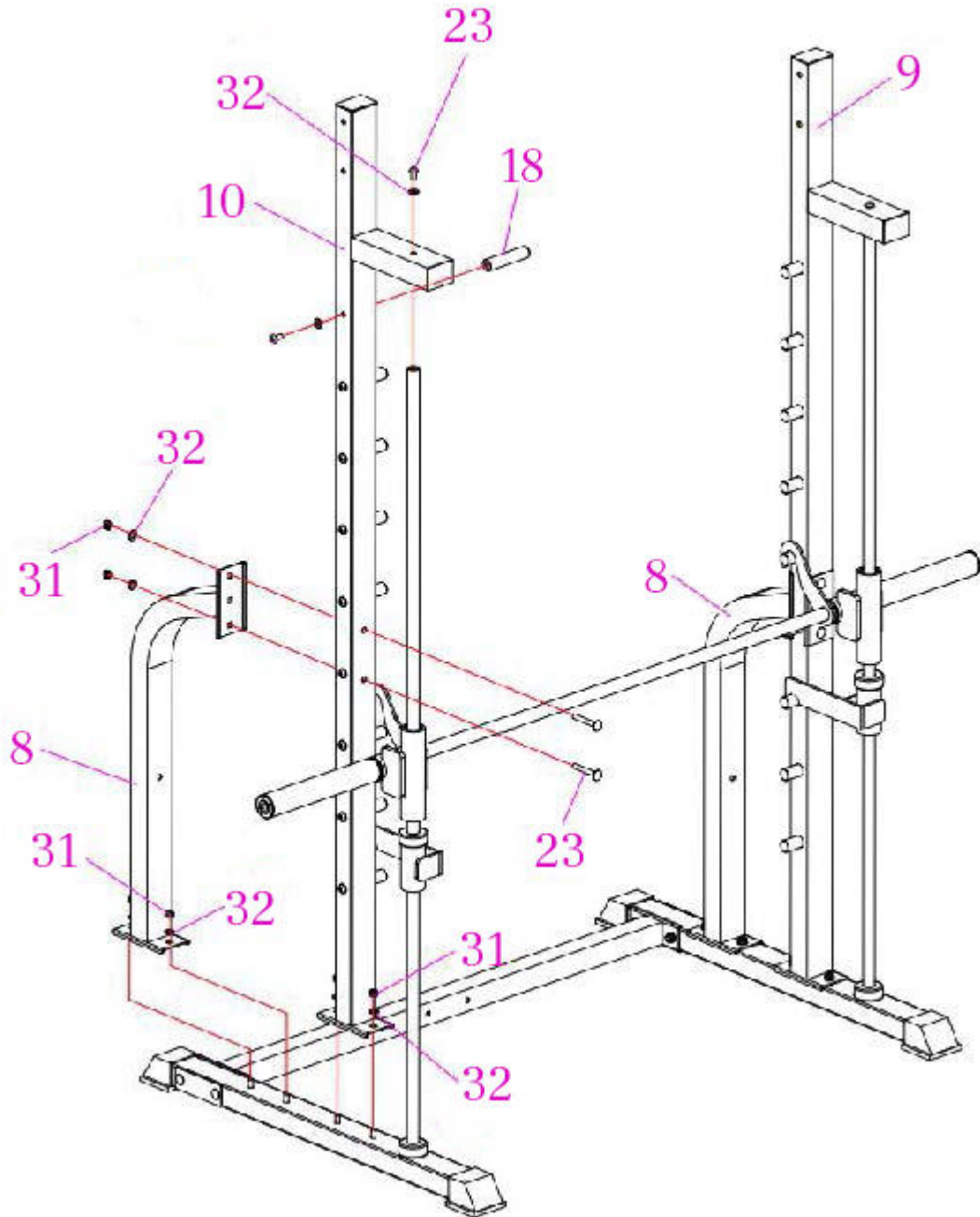
## STEP 2

1. According to the diagram, the left and right insurance (#5), (#6) and the shock absorber (#21) are installed on the Smith guide rod (#3), respectively.
2. Install the slide sleeve (#7) on the horizontal push hook (#4) and install the installed horizontal push hook (#4) on the Smith guide rod (#3).



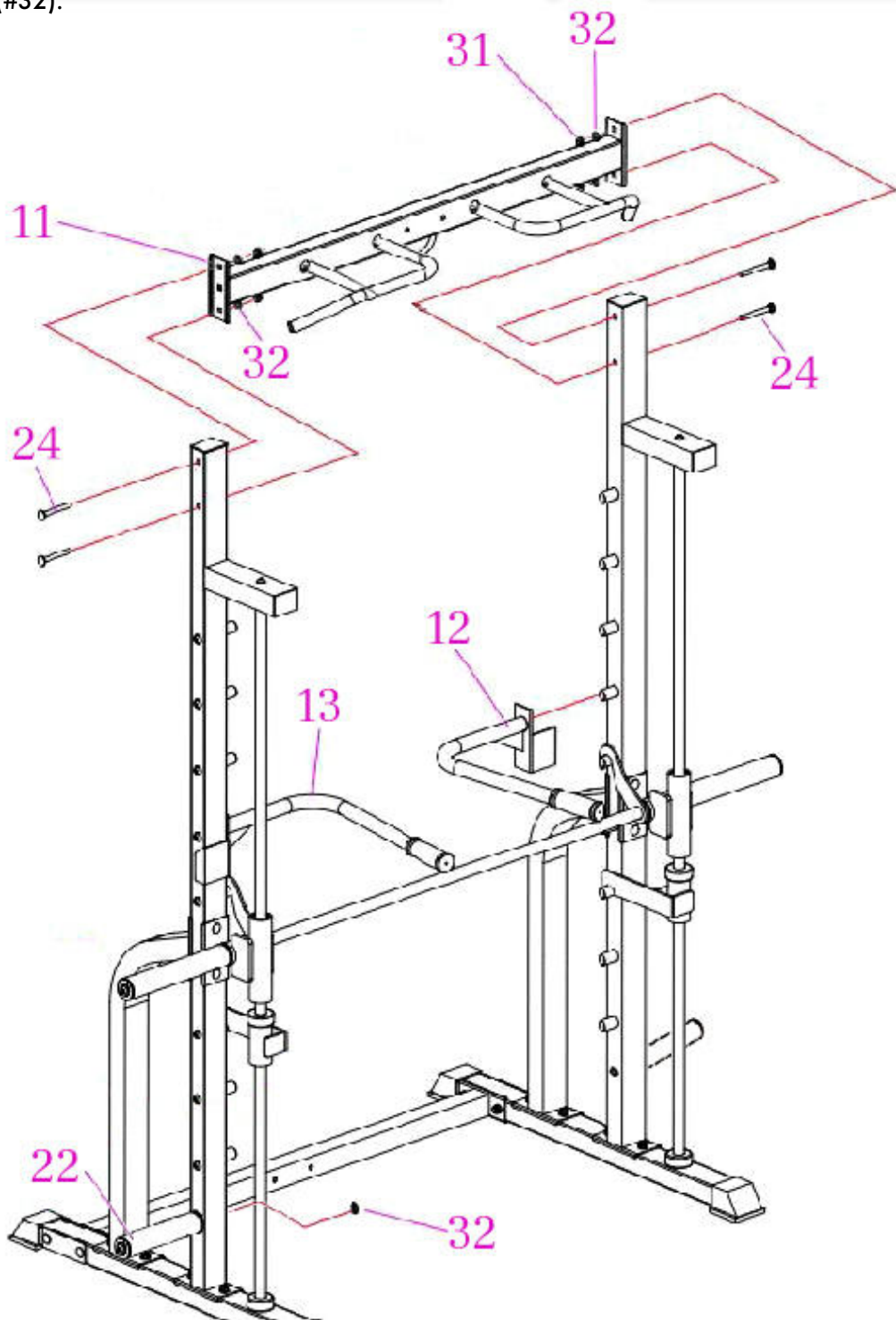
### STEP 3

1. Install the solid short hanging rod (#18) on the left and right column (#10).
2. Connect the left and right columns (#10), (#9) to the Smith guide rod (#3) and the floor (#1) according to the diagram and fasten them with bolts (#23) flat gaskets (#32).
3. Fasten the rear support (#8) on the left and right columns (#10) (#9) and on the floor (#1) with bolts (#21) flat gaskets (#32) nuts (#31).



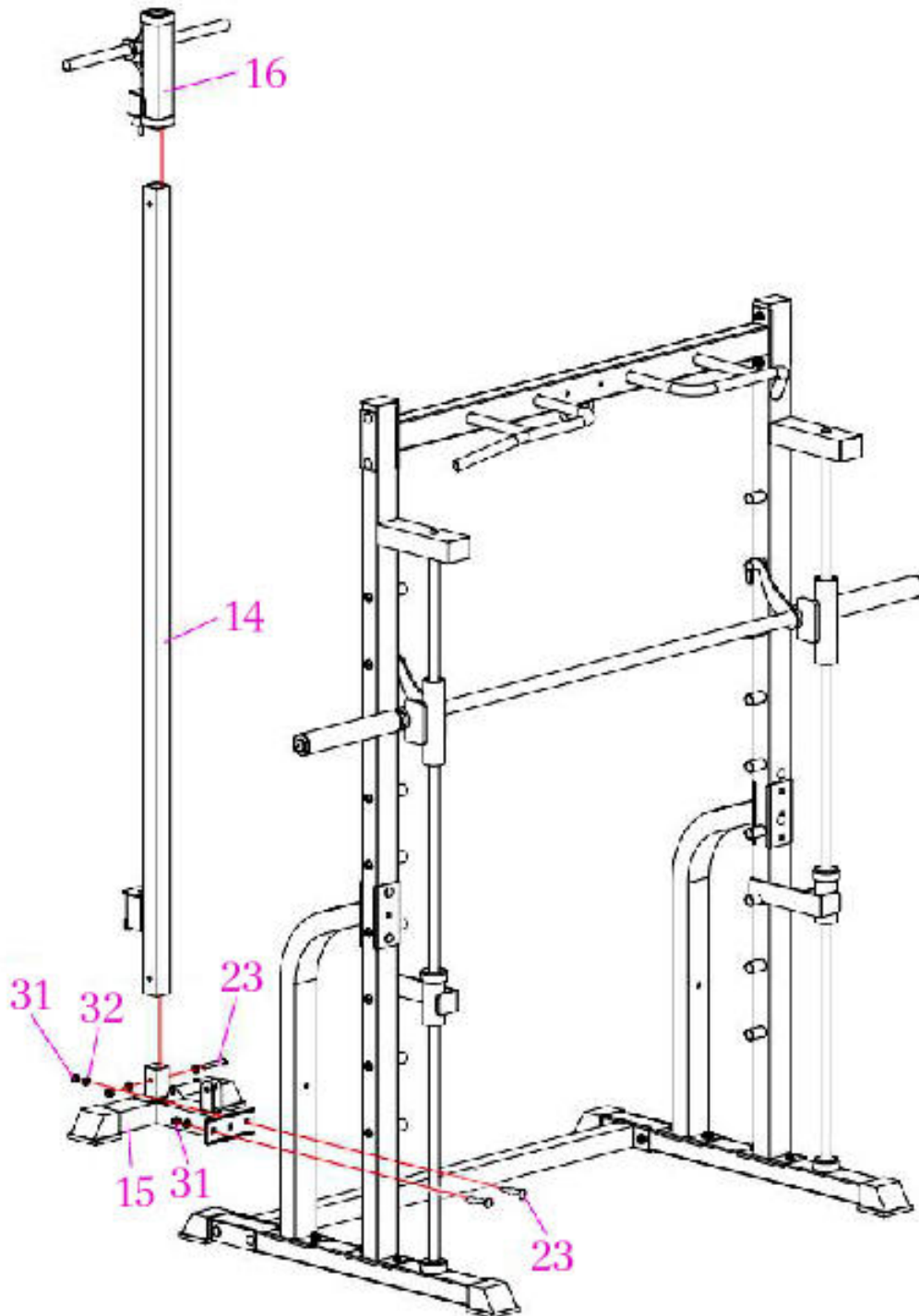
#### STEP 4

1. Install the left and right handle (#12), (#13) into the upper connection (#11), fasten it with bolt (#24) and flat gasket (#32).
2. Install the upper connection (#11) into the left and right columns (#9) (#10) and fix it with bolt (#25), flat gasket (#32) and nut (#31).
3. Install the left and right parallel bars handle (#15) (#16) into the left and right columns (#9) (#10) respectively.
4. Install the installed barbell sleeve on the rear support (#8) and fasten it with bolt (#24) flat gasket (#32).



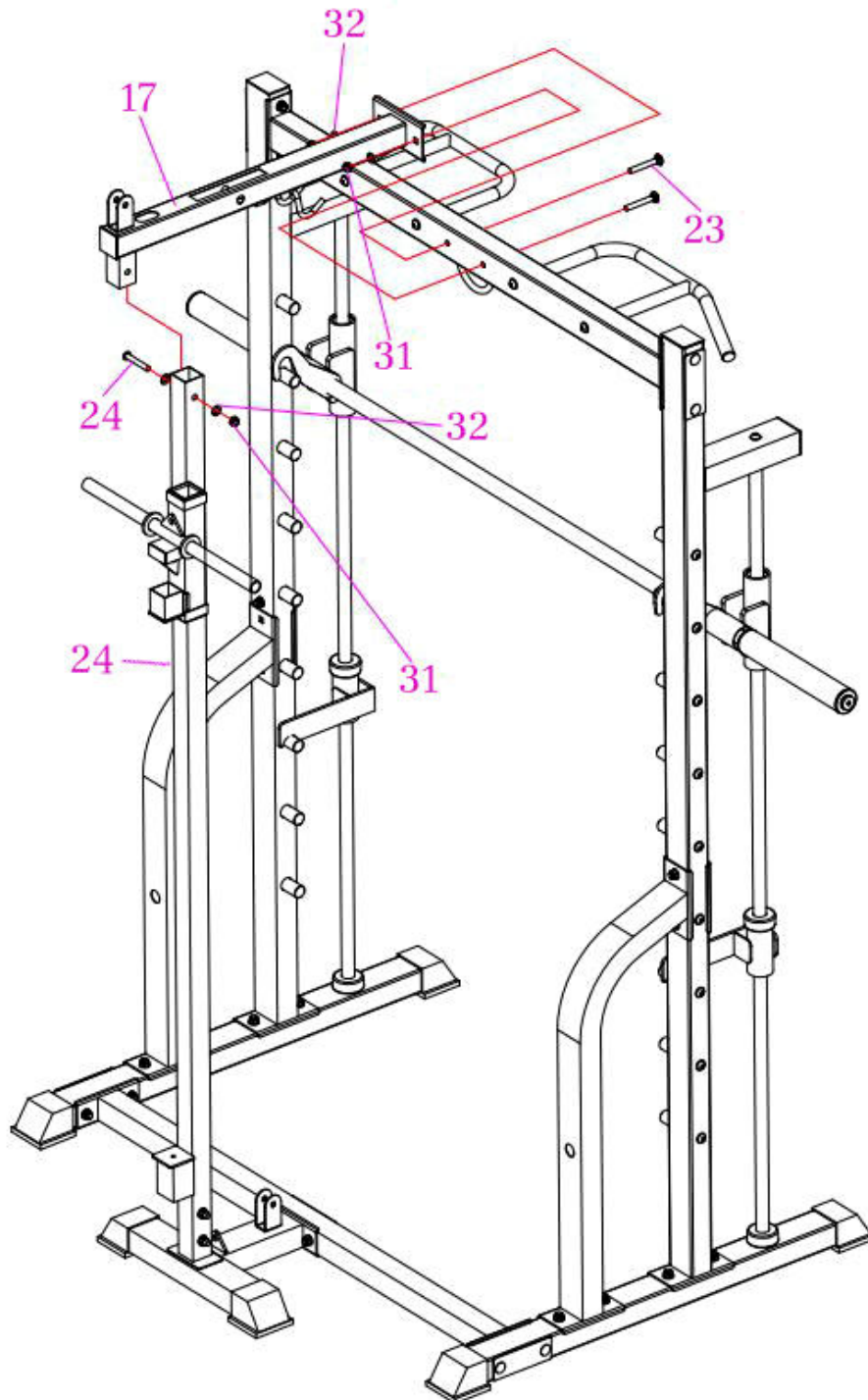
## STEP 5

1. Connect the rear floor (#15) with the rear connection (#2) and fix it with bolt (#23), flat gasket (#32) and nut (#15).
2. Install the rear pillar (#14) to the rear patch (#15) as shown and secure with the bolt (#23), (#32) and nut (#31).
3. Install the counterweight rear slide sleeve on the rear column (#16) as shown.



## STEP 6

1. According to the diagram, the upper beam is mounted on the rear column (# 14) and the upper connection (# 11), the bolt (# 23), flat gasket (# 32) and nut (# 31) are fixed for the connection with the rear column (# 14).
2. The bolt (# 23), flat gasket (# 32) and nut (# 31) is fixed for the connection with the upper beam.



## STEP 7

1. Install the Wire rope according to line diagram drawing.
2. After the whole instrument is assembled, check that the wire rope is tightened. If the wire rope is loose, adjust the pulley installation hole position through the pulley regulating plate (# 28).
3. Note: be sure to wear the wire rope before installing the pulley.

