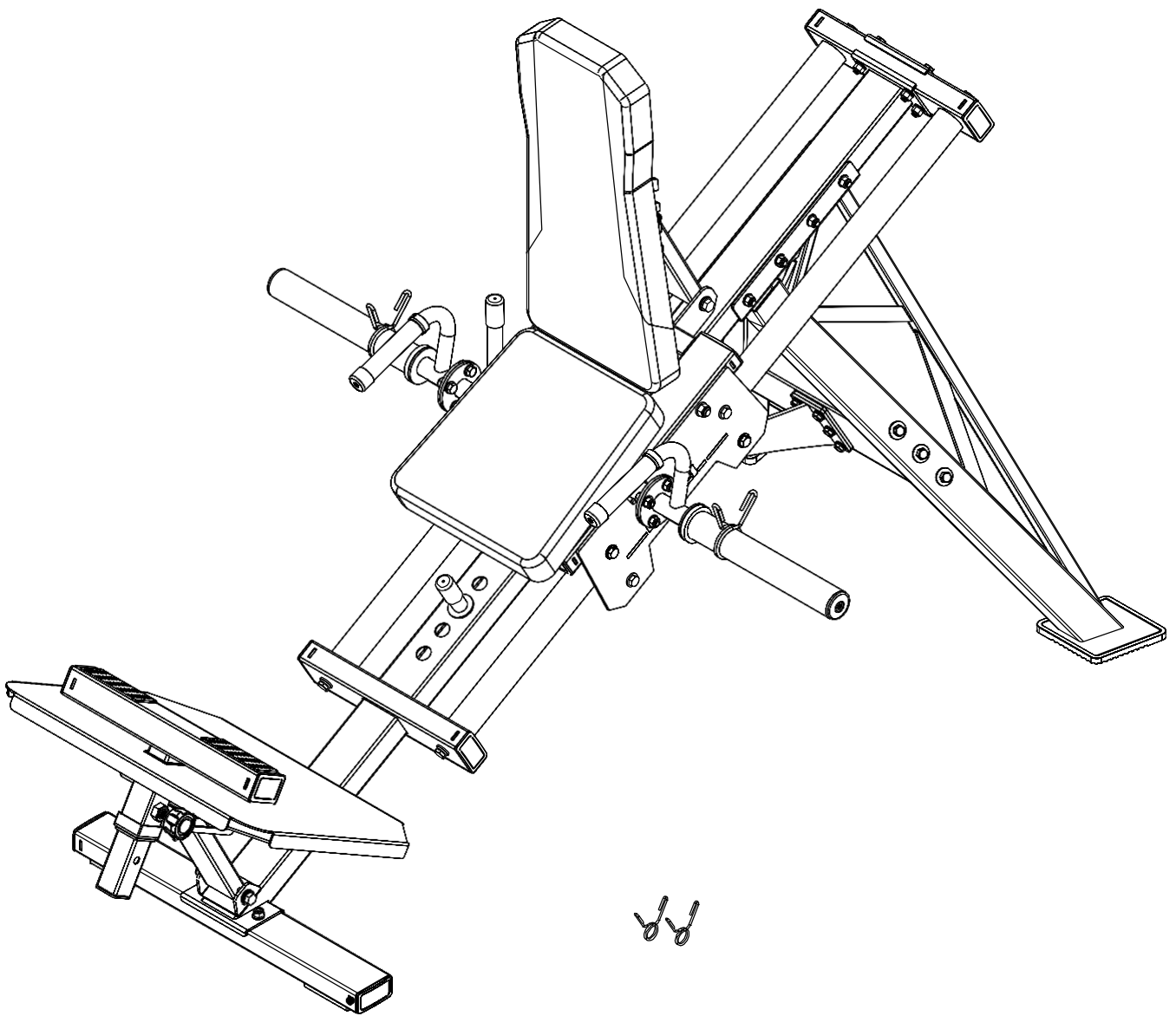


FRENCH FITNESS

FFM-CLPS

FRENCH FITNESS MONSTER COMPACT
LEG PRESS SLED

ASSEMBLY MANUAL



CAUTION!

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

20211110-V1.0

FEATURES

- Stable and solid frame construction for heavy workouts
- Smooth roller sled for precise top-to-bottom motion
- Four adjustable stop settings
- Easy to use one-handed locking system
- Adjustable foot plate
- Quick and easy to adjust calf block, adjustable to three different positions
- Textured foot plate and calf block
- Backrest with 3 adjustable incline positions
- Seat with high-density foam padding
- Rubberized feet for added stability

TECH SPECS

- Maximum capacity (weight horns): 300 lbs
- Maximum weight capacity (including user weight): 850 lbs
- Dimensions: 77.5"L x 51.3"W x 56.1"H (1970 x 1305 x 1425)

WARRANTY

10 Years Parts, 1 Year Labor (Light Commercial)

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IMPORTANT SAFETY NOTICE

PRECAUTIONS

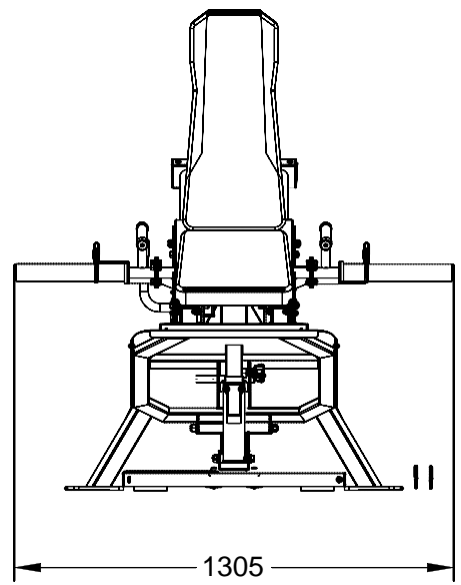
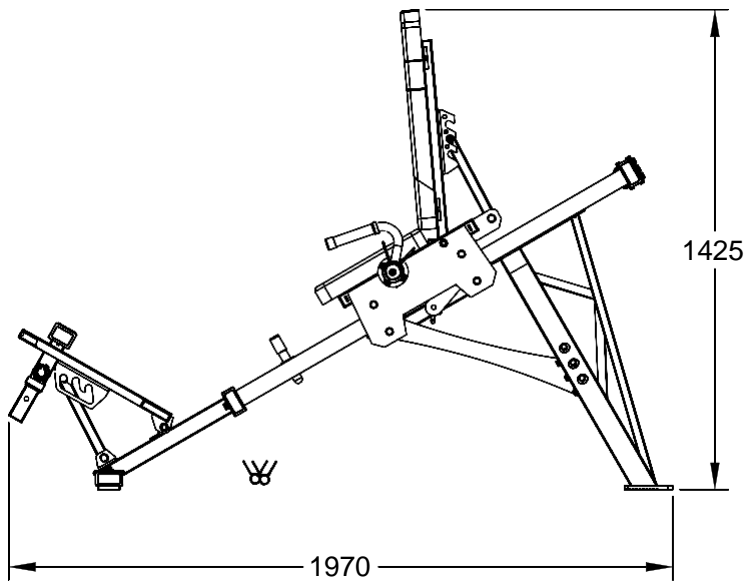
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

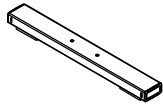
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. 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.

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.

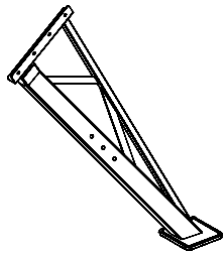
SAVE THESE INSTRUCTIONS.

Assembly Dimension:1970x1305x1425

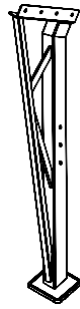




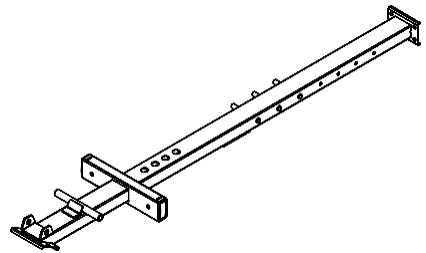
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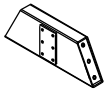
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③ x1



④ x1



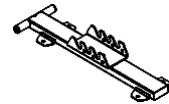
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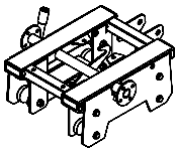
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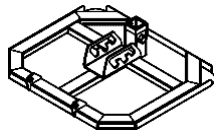
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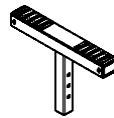
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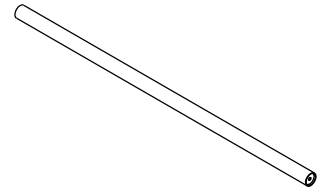
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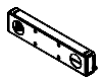
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⑪ x1



⑫ x2



⑬ x1



⑭ x1



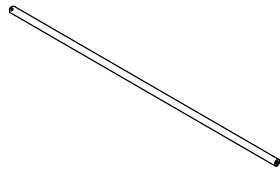
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⑱ x1



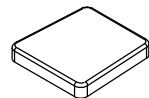
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⑳ x1



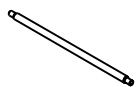
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㉒ x1



㉓ x1



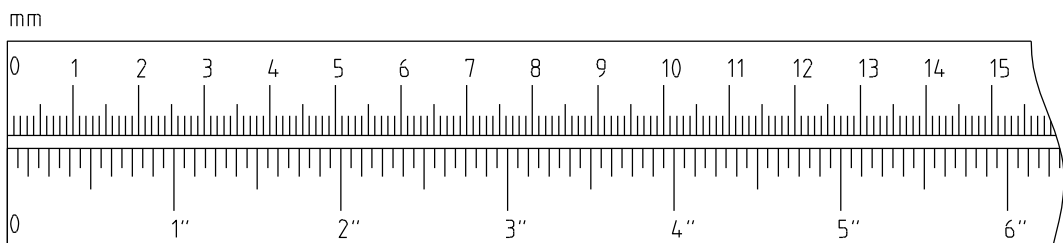
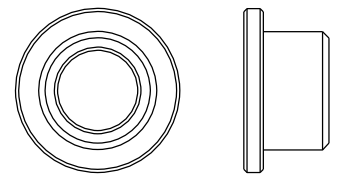
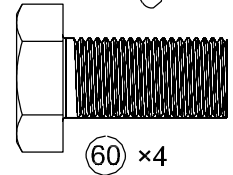
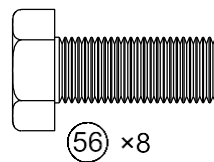
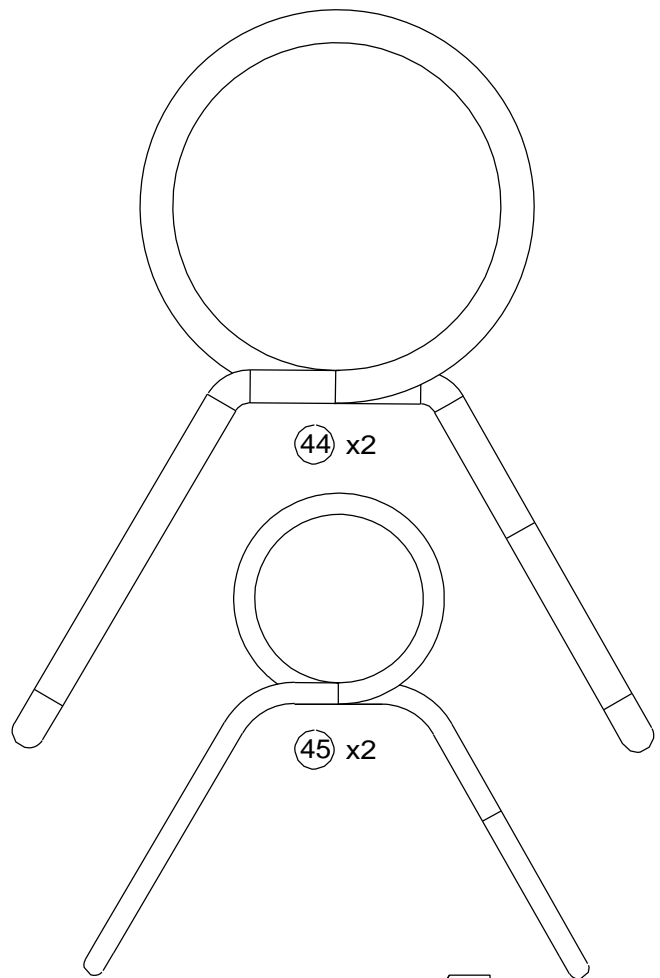
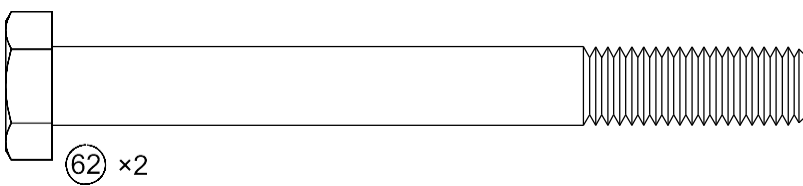
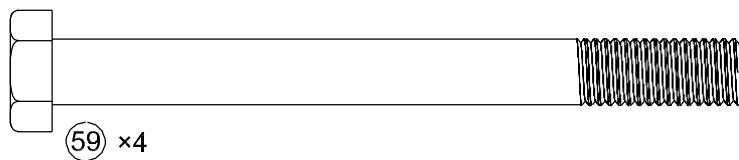
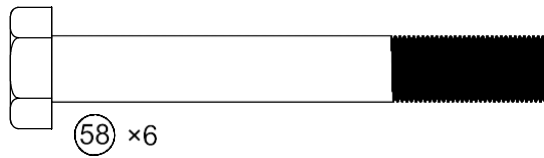
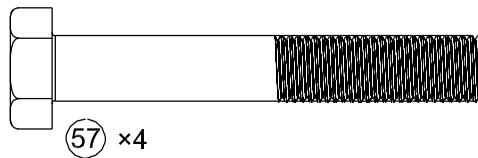
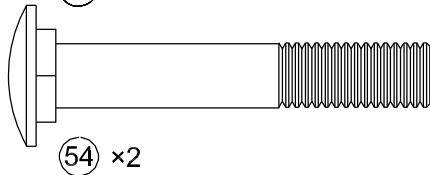
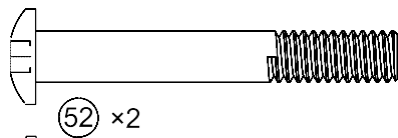
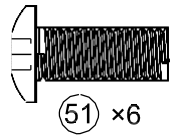
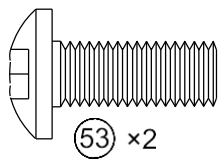
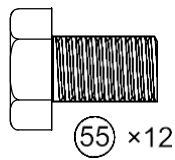
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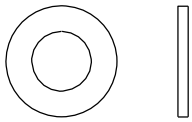


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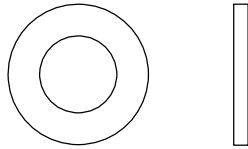


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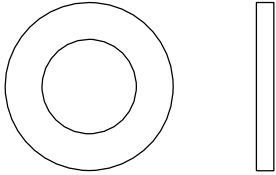




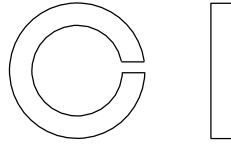
63 xs



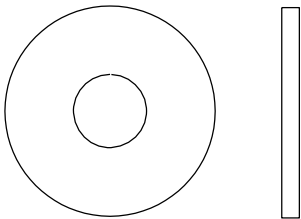
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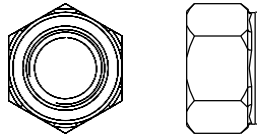
65 x12



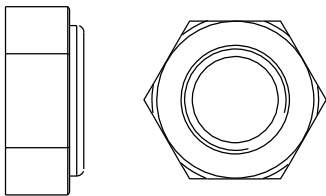
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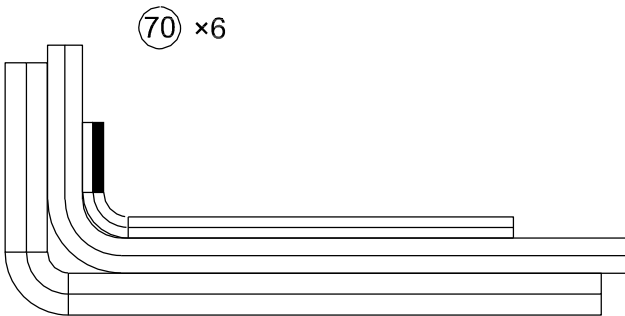
68 x6



69 x18

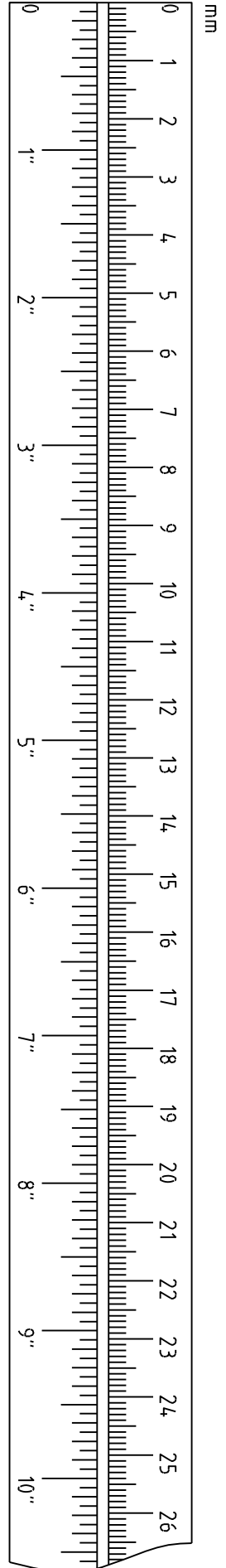
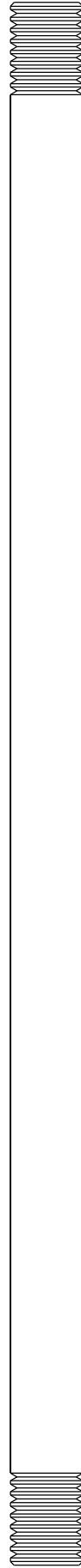
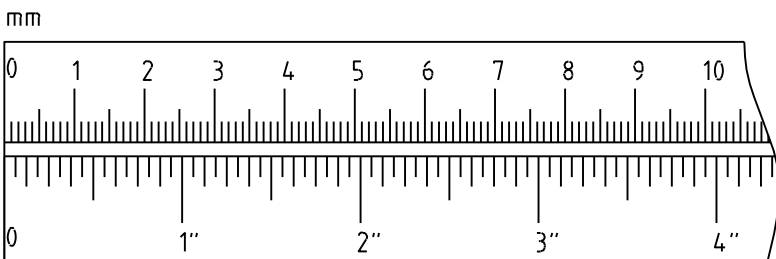


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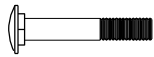


70 x6

3#x1
5#x1
6#x1



54



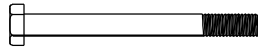
x2 M10x60mm

64



x10 Φ20xΦ10.5

59

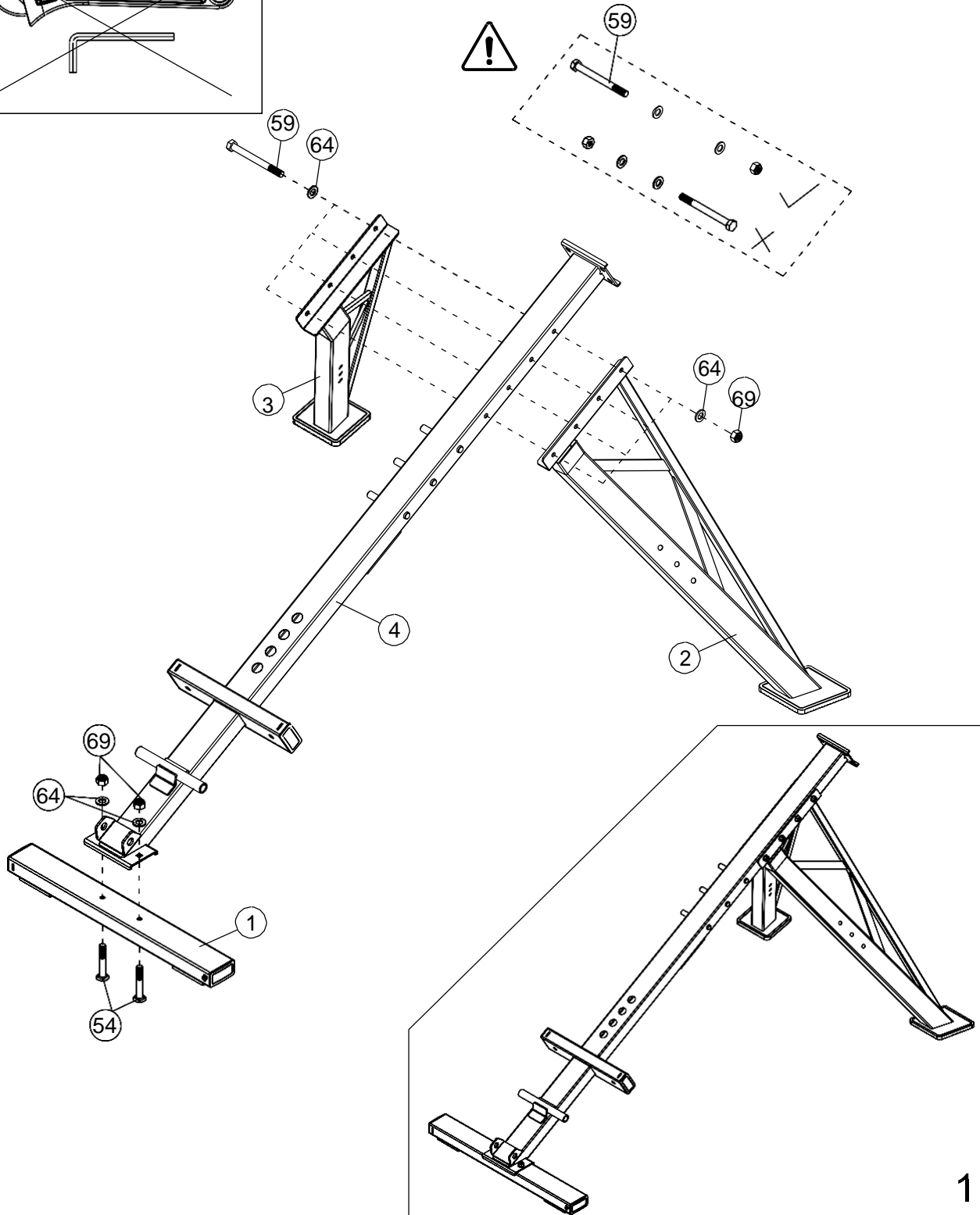
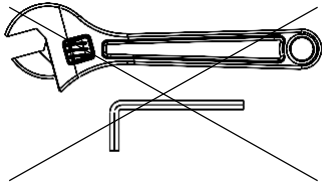


x4 M10x105mm

69



x6 M10



1

55



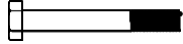
×12 M10×16mm

64



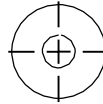
×12 Φ20×Φ10.5

58

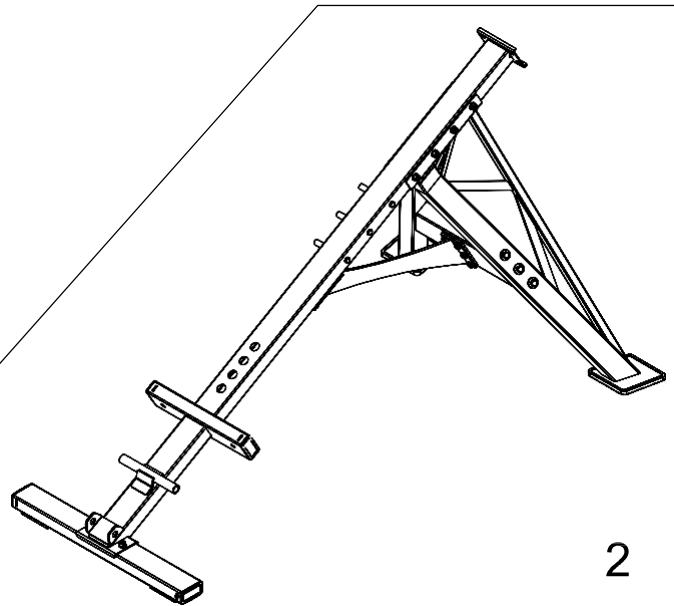
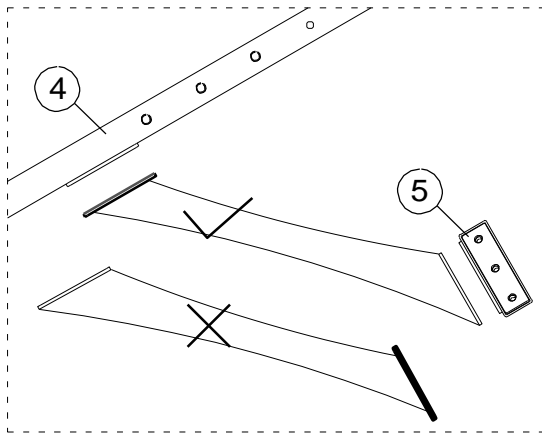
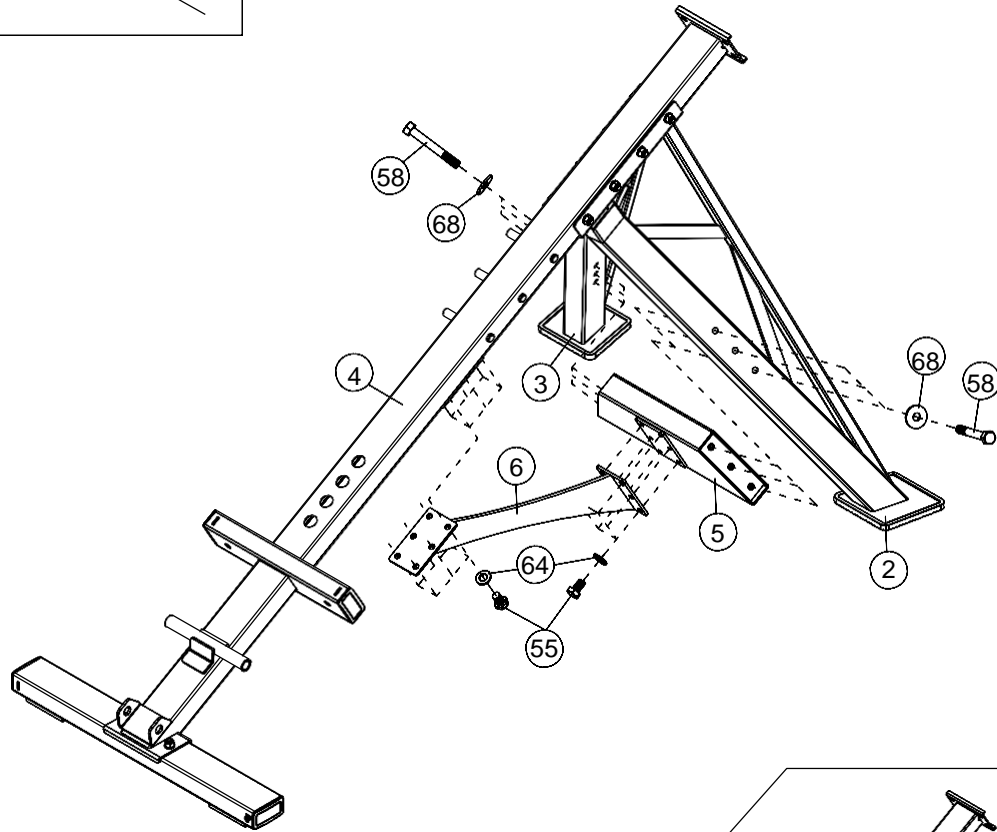
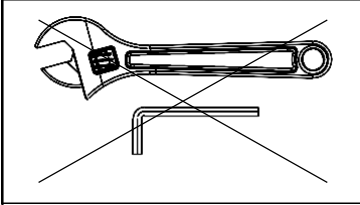


×6 M10×75mm

68



×6 Φ30×Φ10.5

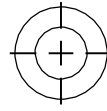


60



x2 M12x25mm

65

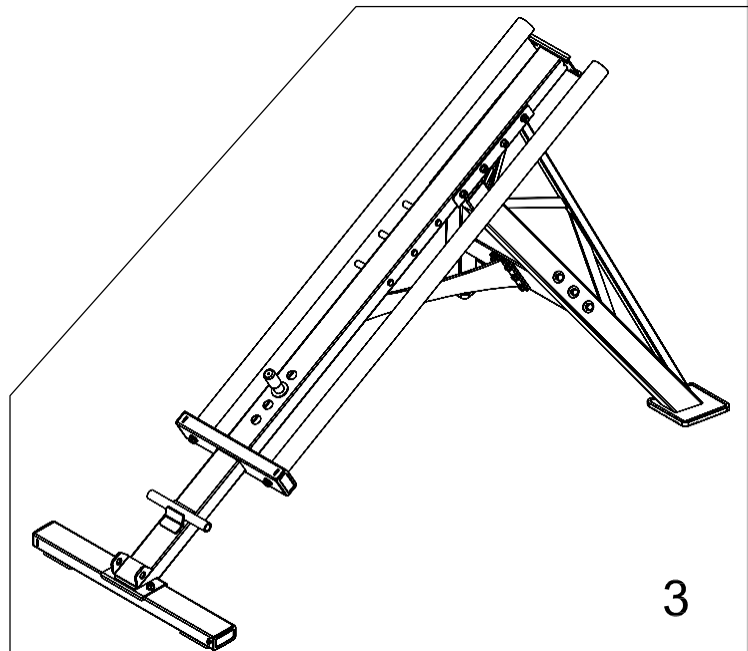
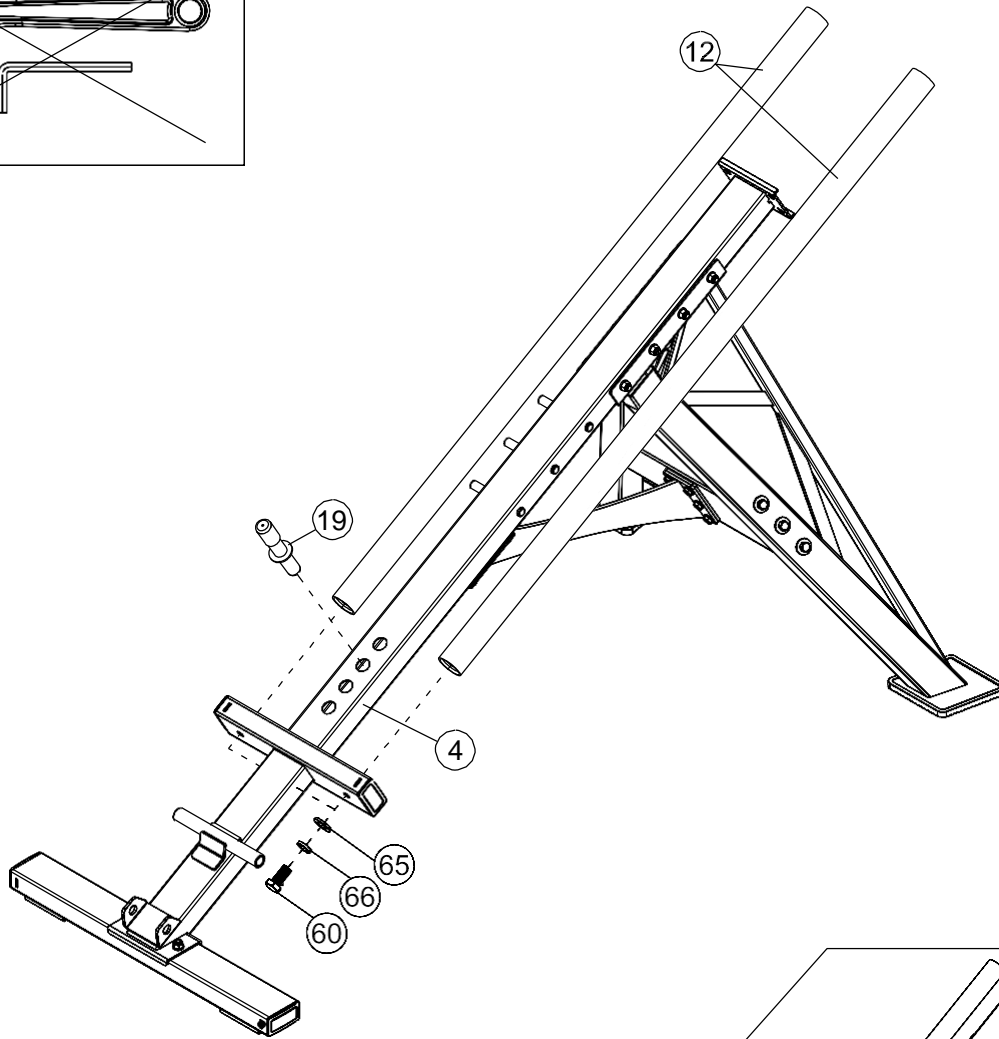
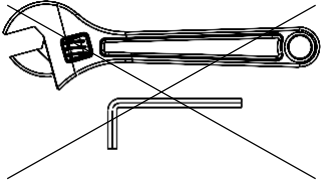


x2 Φ24xΦ13.5

66



x2 Φ12



51



x2 M8x20mm

63

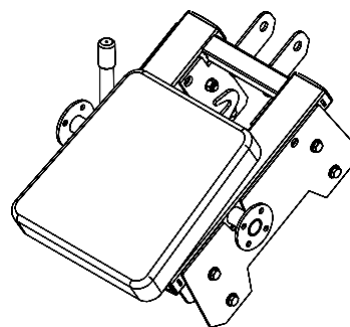
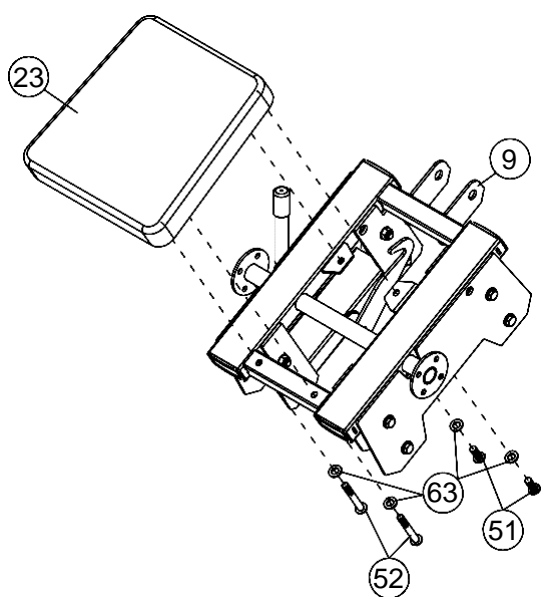
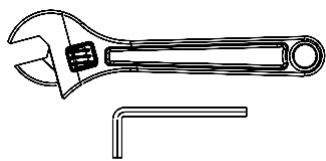


Φ16 x Φ8.4


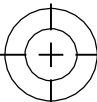




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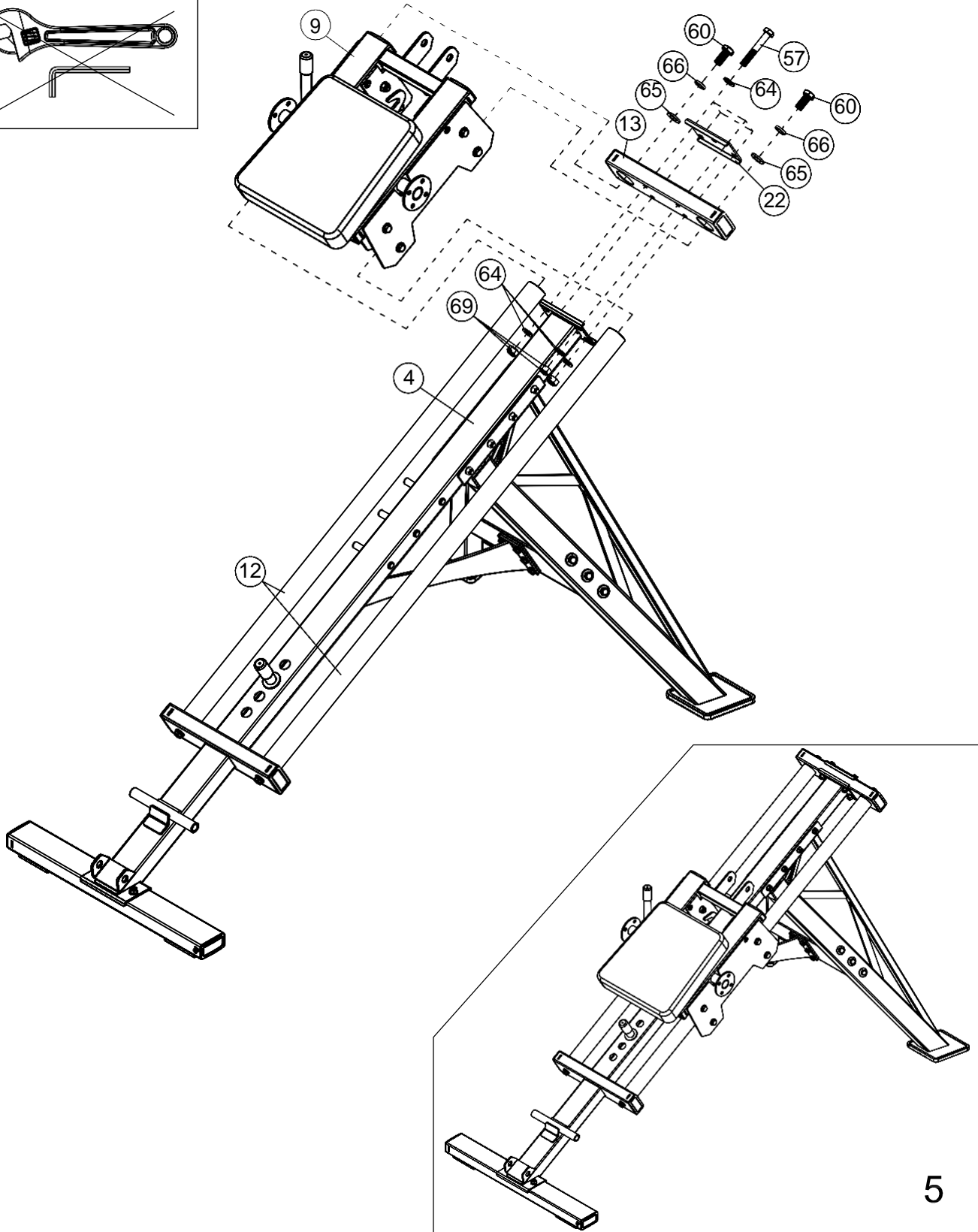
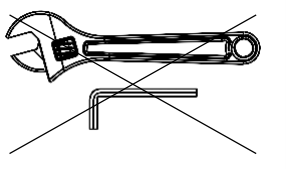


x2 M8x55mm



4

- | | | | | | | | |
|----|---|----|-----------|----|--|----|-----------|
| 57 |  | x4 | M10x65mm | 65 |  | x2 | Φ24xΦ13.5 |
| 60 |  | x2 | M12x25mm | 66 |  | x2 | Φ12 |
| 64 |  | x8 | Φ20xΦ10.5 | 69 |  | x4 | M10 |



5

⑤1  ×4 M8×20mm

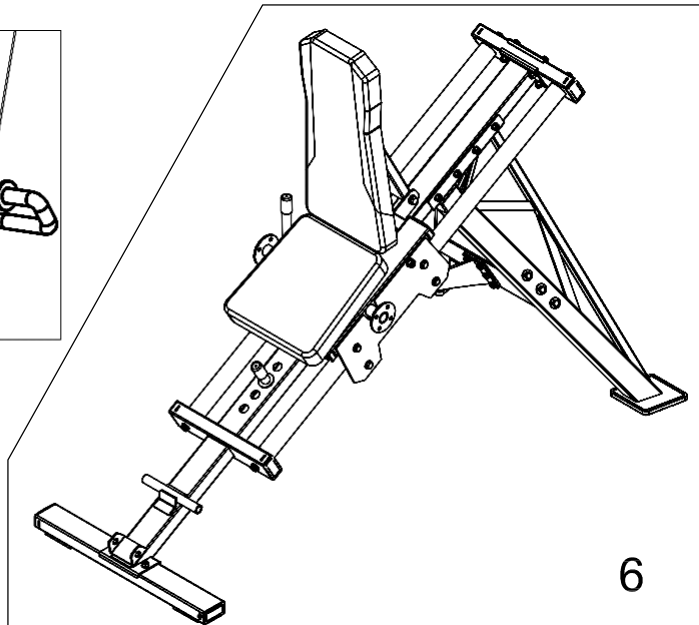
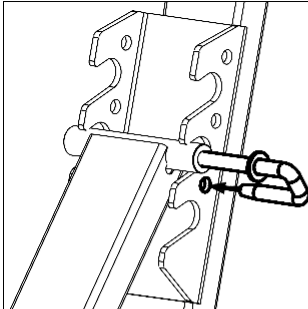
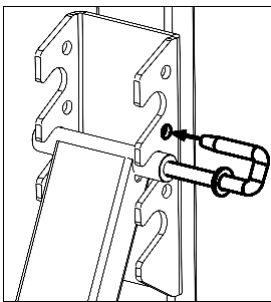
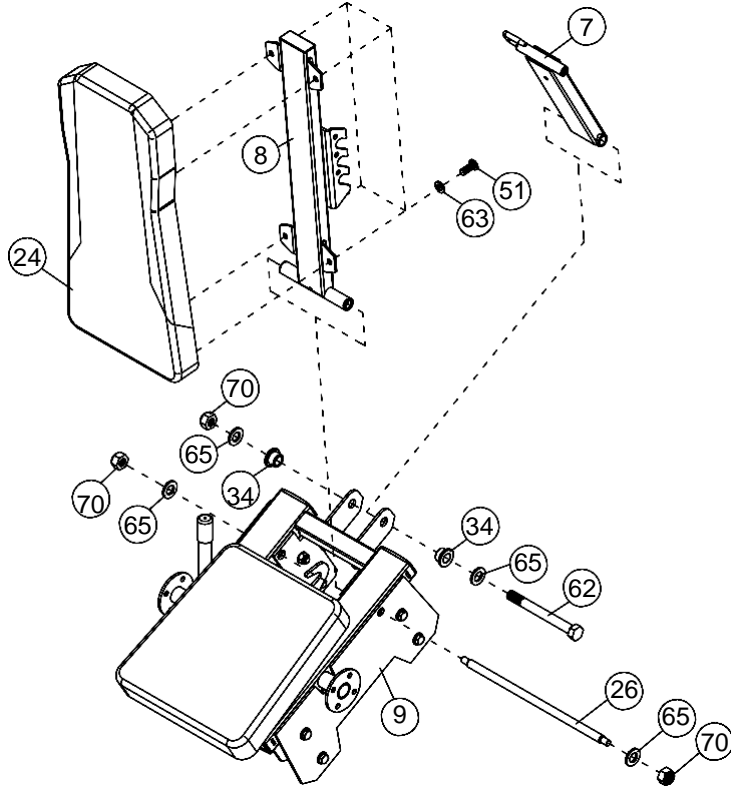
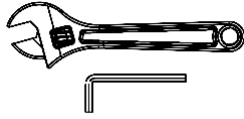
⑥3  $\Phi 16 \times \Phi 8.4$

⑥2  ×1 M12×115mm

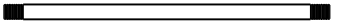
⑥5  $\Phi 24 \times \Phi 13.5$

③4  $\Phi 25 \times \Phi 12.2$

⑦0  3 M12





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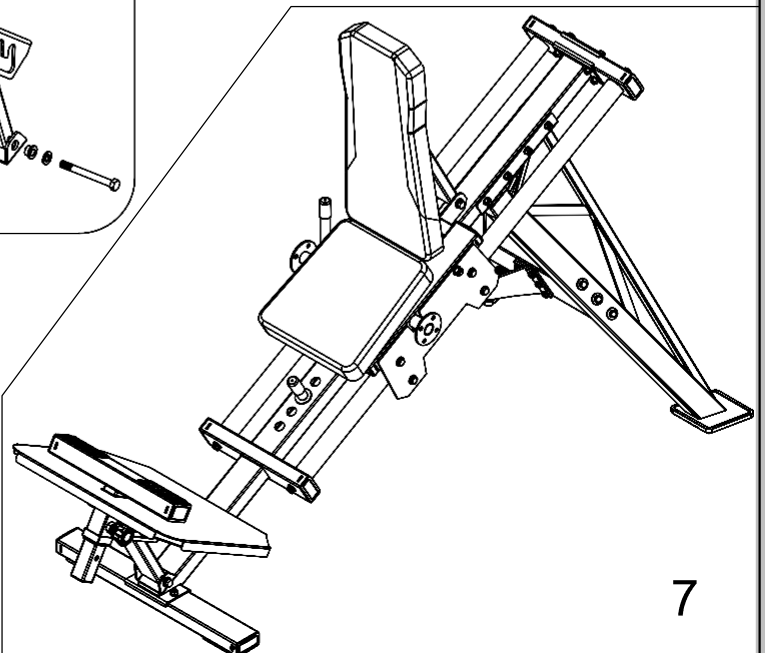
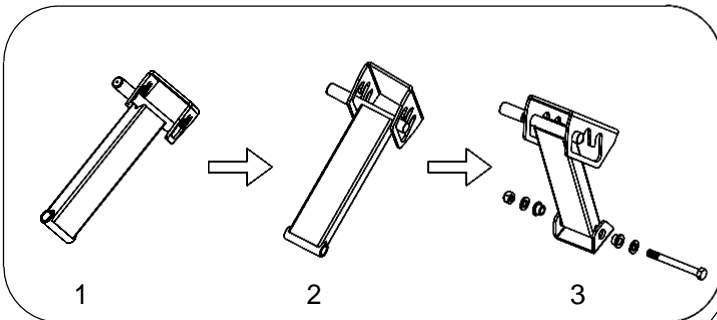
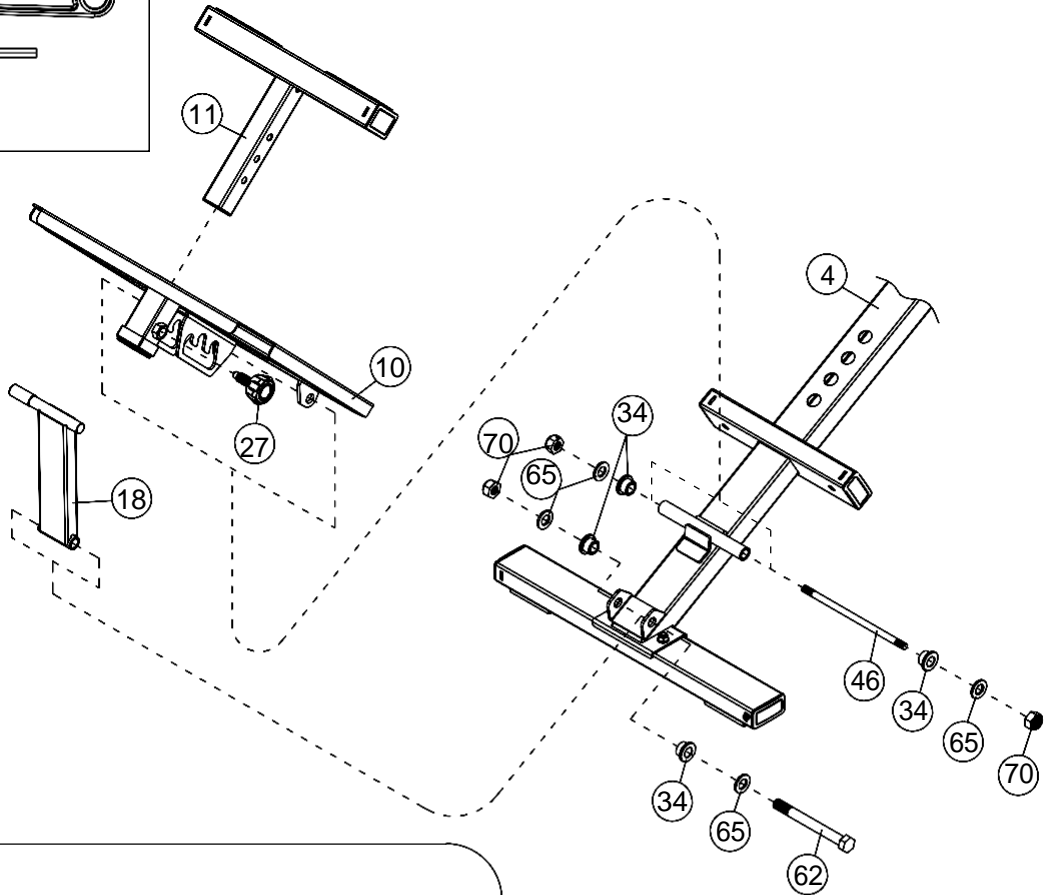
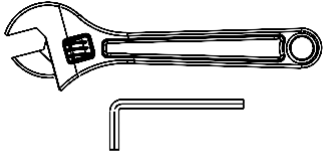
④⑥  ×1 M12×260mm


⑥②  ×1 M12×115mm


③④  ×4 Φ25×Φ12.2


⑥⑤   Φ24 x Φ13.5

⑦①   3 M12

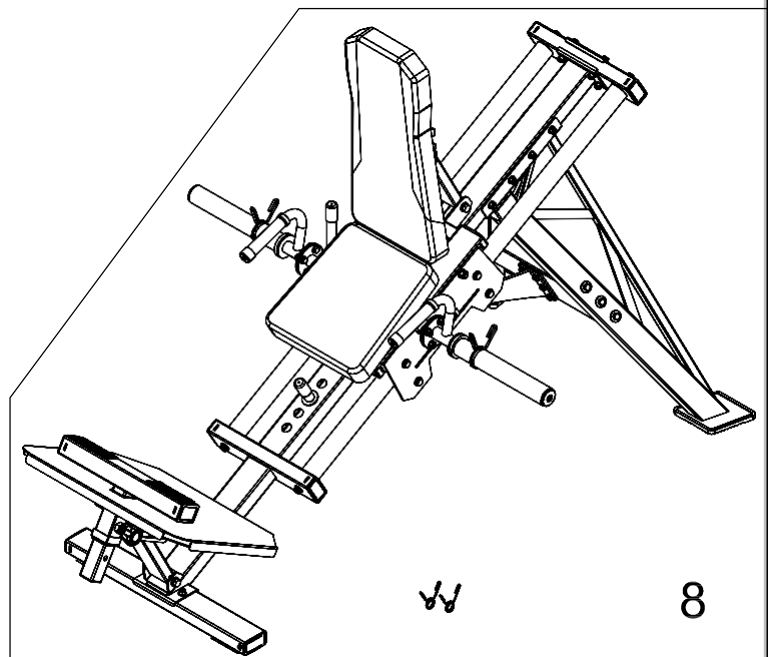
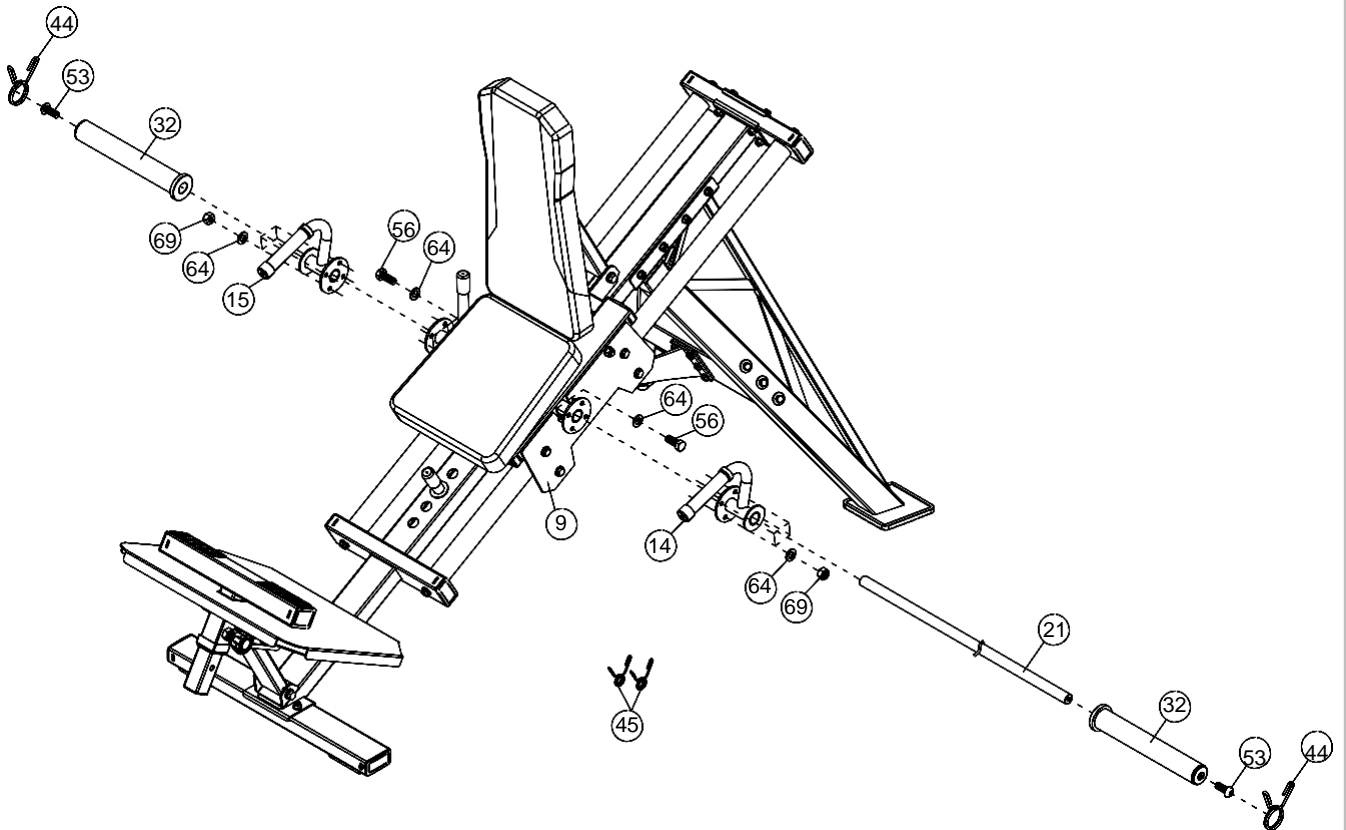
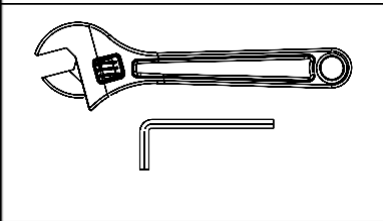


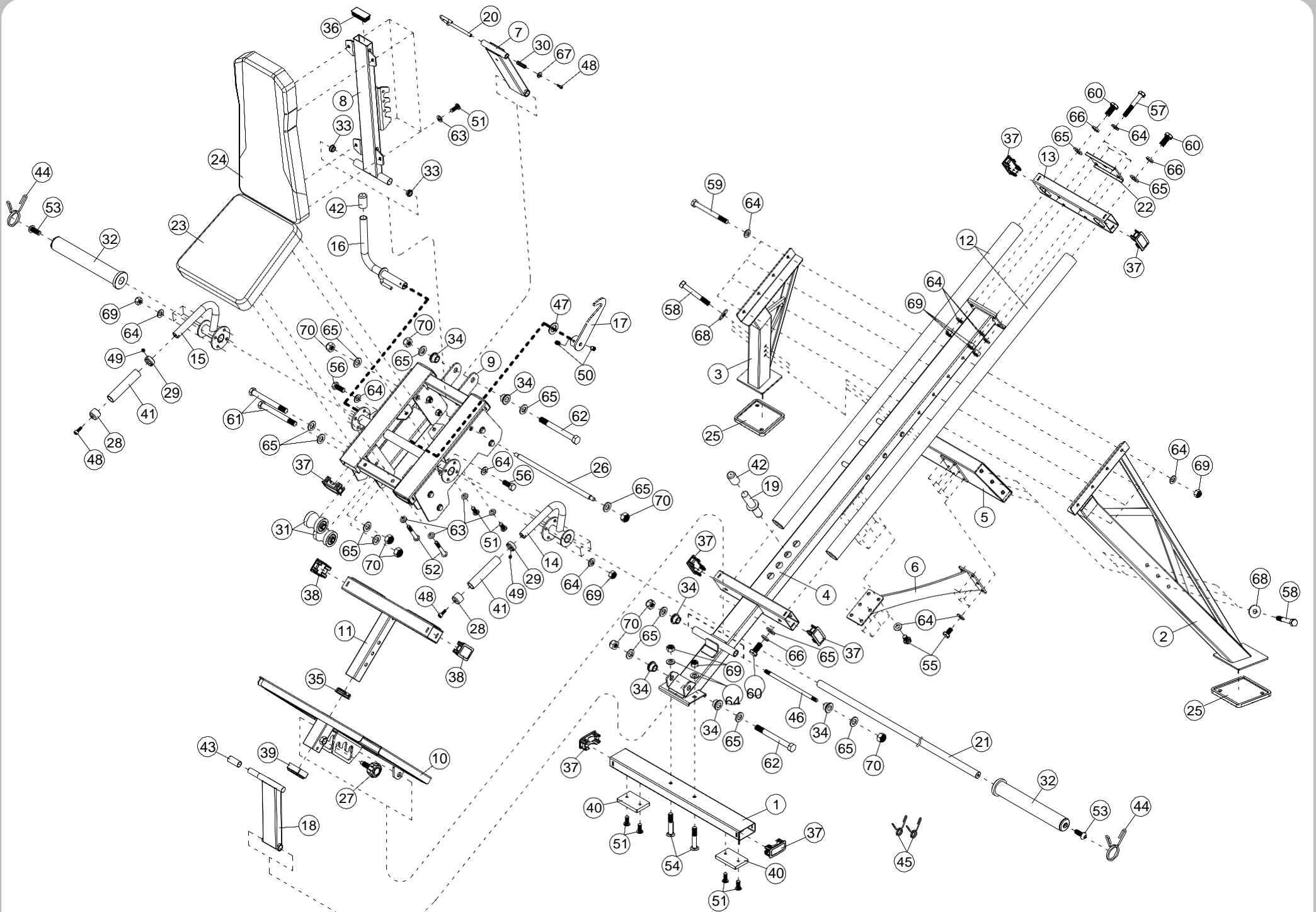
53  x2 M10x25mm

64  x16 $\Phi 20 \times \Phi 10.5$

56  x8 M10x25mm

69  x8 M10





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	Q'ty
1	Front Stabilizer		1
2	Left Oblique Bracket		1
3	Right Oblique Bracket		1
4	Skew Frame		1
5	Rear Connecting Frame		1
6	Connector		1
7	Backrest Pad Adjuster		1
8	Backrest Pad Mount		1
9	Sliding Frame		1
10	Foot Stand		1
11	Pedal Stand		1
12	Guide Rod		2
13	Connector Tube		1
14	Left hand stand		1
15	Right hand stand		1
16	Rotating hand stand		1
17	Hook		1
18	Adjuster		1
19	Pin axle		1
20	U-shaped Pin		1
21	Bearing Rod	φ25×1270×M10	1
22	Bracket	140×81×13×4	1
23	Seat Pad	360×350×310×55	1
24	Backrest Pad	650×310×260×55	1
25	Diamond Floor Covering	127×127×12	2
26	Achse	φ16×M12×394	1
27	Lock Knob	M18×φ12	1
28	Decorative Cover	φ33.5×φ6.6×25	2
29	Retaining Ring	φ34.5×φ26.5×14×M6	2
30	Spring	φ12.4×φ1.2×38.2	1
31	Rollers		8
32	Long Olympic Sleeve		2
33	Bushing	φ25×φ22×φ16×10	2
34	Bushing	φ25×φ18×φ12.2×13	6
35	Square End Cap	φ44	1
36	Square End Cap	φ70×30	1
37	Square End Cap	φ40×80	10

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	Q'ty
38	Square End Cap	φ50×70	2
39	Sleeve	φ50× φ45	1
40	Rubber Bumper	65×100×12	2
41	Grip	φ23×150	2
42	Limit Set	φ30×φ25×50	2
43	Cover	φ19×50	1
44	Spring Clip	φ49	2
45	Spring Clip	φ24.5	2
46	Stud Bolt	M12×260	1
47	Washer	φ44×φ25.5×3	1
48	Socket Head Allen Bolt	M6×15	3
49	Set Screw	M6×6	2
50	Set Screw	M10×16	2
51	Allen Bolt	M8×20	10
52	Allen Bolt	M8×55	2
53	Allen Bolt	M10×25	2
54	Carriage Bolts	M10×60	2
55	Hex Bolt	M10×16	12
56	Hex Bolt	M10×25	8
57	Hex Bolt	M10×65	4
58	Hex Bolt	M10×75	6
59	Hex Bolt	M10×105	4
60	Hex Bolt	M12×25	4
61	Hex Bolt	M12×110	8
62	Hex Bolt	M12×115	2
63	Washer	8	8
64	Washer	10	46
65	Washer	12	28
66	Spring Washer	12	4
67	Washer	φ13×φ6.5×2	1
68	Washer	φ30×φ10.5×2.5	6
69	Aircraft Nut	M10	18
70	Aircraft Nut	M12	14
	Allen Wrench	3#	1
	Allen Wrench	5#	1
	Allen Wrench	6#	1