

# FRENCH FITNESS

FFM-PLHSLP

FRENCH FITNESS MONSTER P/L  
HACK SQUAT LEG PRESS

ASSEMBLY MANUAL



## FEATURES

- 2-in-1 Machine features Leg Press and Hack Squat positions
- Massive 1000 lbs weight rating
- Easy adjust from leg press to hack squat
- Linear bearings create a smooth feel and function
- Multiple lockout positions
- Oversized shoulder support pads
- Durable and comfortable upholstery
- Fully adjustable patterned upper and lower foot plates
- Comfortable and adjustable back pad/footplate angle
- Massive guide rails to handle the heaviest loads
- 8 adjustable weight plate storage holders for easy plate access
- Rubber non-skid feet to protect floors and for added stability
- Incorporates resistance bands to give you that extra push
- Slid resistance foam grip handle with ABS chrome-plated end cover
- Super quiet buffer spring
- Chrome plated rear adjustment board
- Triangle structure for stability and security

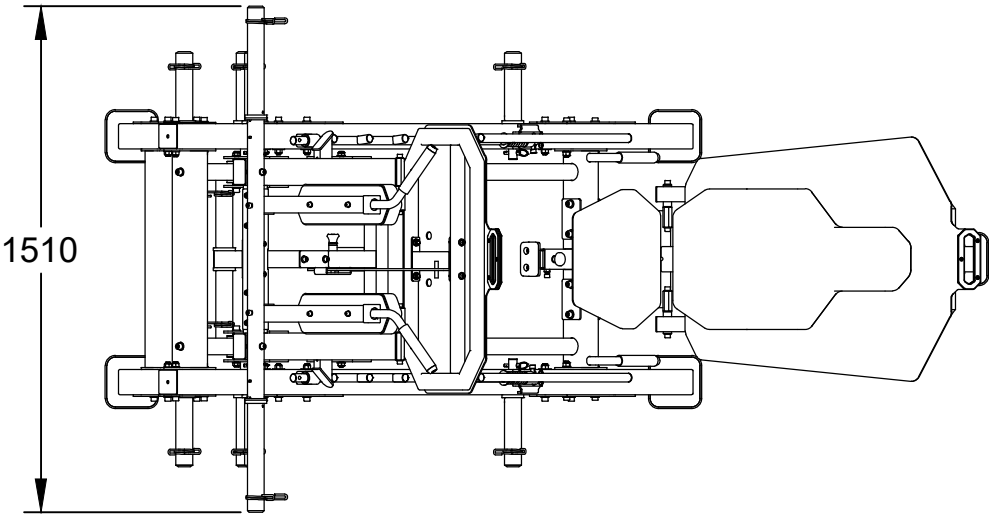
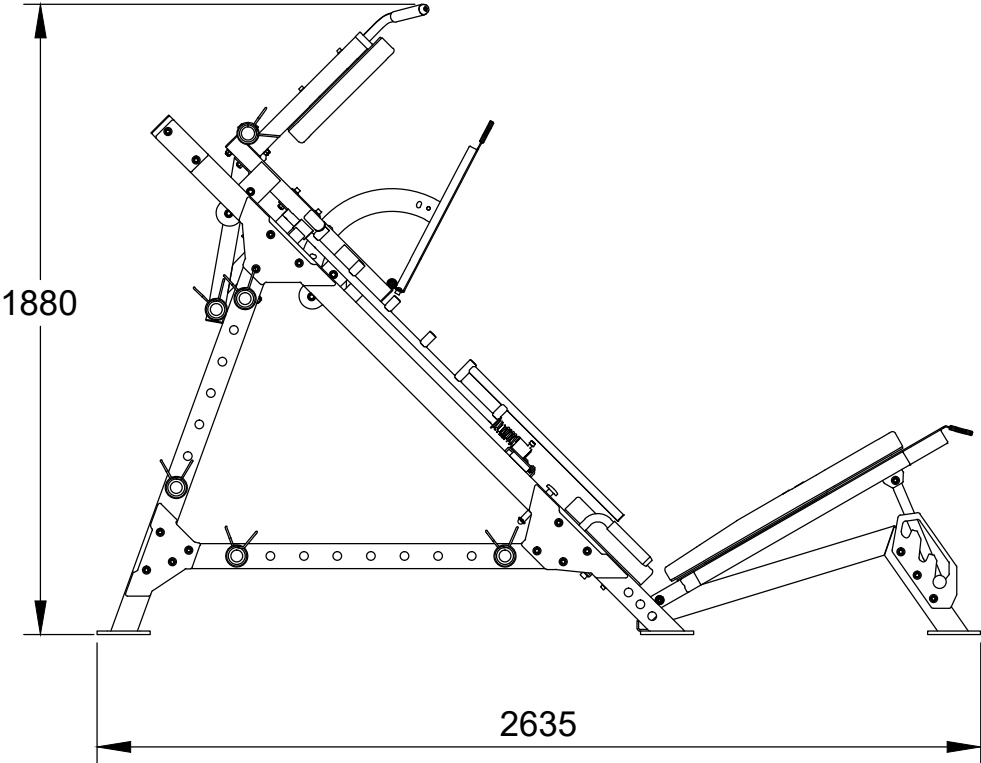
## TECH SPECS

- Max Weight (Per Storage Weight horn): 135 lbs
- Max Drop Weight: 555 lbs
- Maximum User Weight: 350 lbs
- Maximum Load Weight: 1,000 lbs
- Total Weight Horns for Loading: 4
- Total Weight Horns for Storage: 8
- Test Weight: 3306 lbs
- Leg Press Plate Dimensions: 28.5"L x 36"W
- Hack Squat Plate Dimensions: 28.82" (732 mm) x 36.05" (915.5 mm)
- Dimensions: 103.7"L x 59.4"W x 74"H (L:2635mm, W:1510mm, H:1880mm)

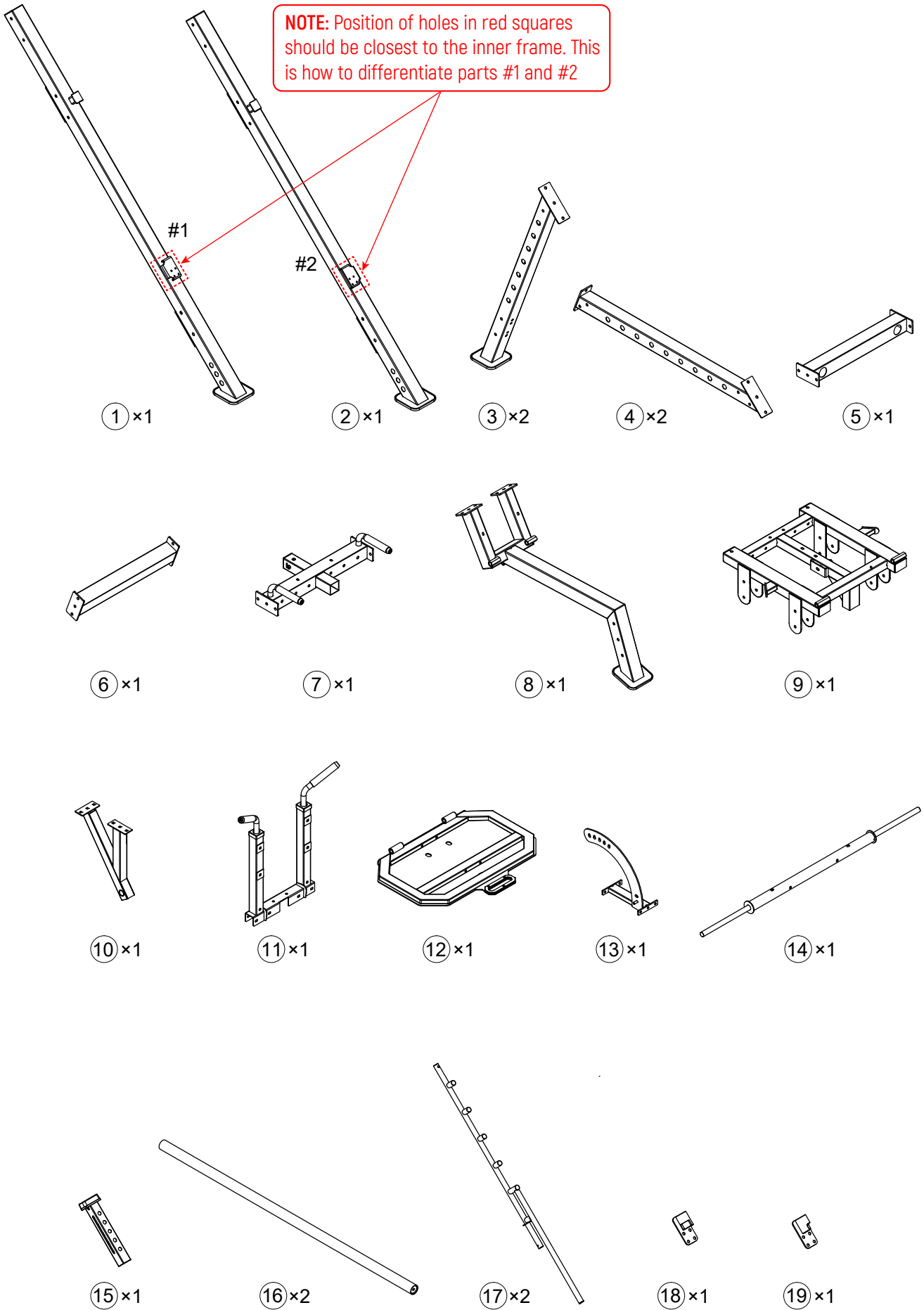
## WARRANTY

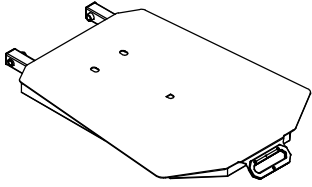
**10 Years Parts, 1 Year Labor (Commercial)**

Assembled Dimension: 2635mm×1510mm×1880mm



**NOTE:** Position of holes in red squares should be closest to the inner frame. This is how to differentiate parts #1 and #2

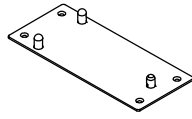




20×1



21×1



22×1



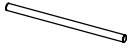
23×2



24×2



25×8



26×1



27×2



28×2



29×2



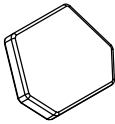
30×2



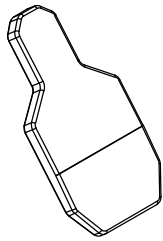
31×2



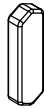
32×1



33×1



34×1



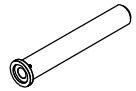
35×2



38×2



39×10



40×2



41×12



45×1



50×8



53×2



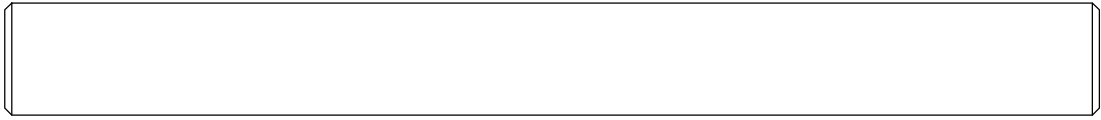
55×8



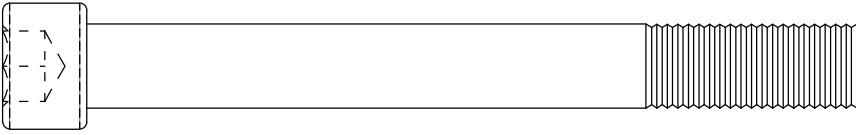
56×1



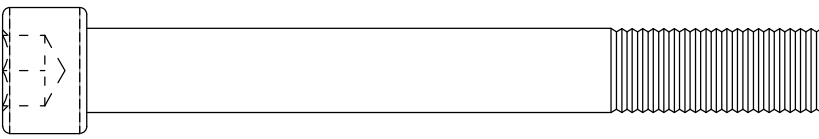
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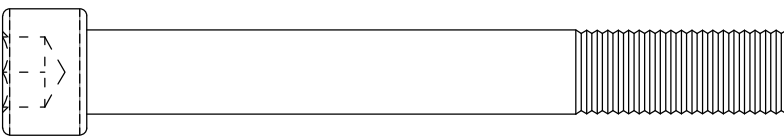
④③ × 2



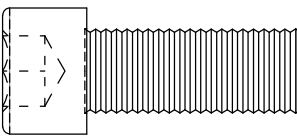
⑤⑧ × 9



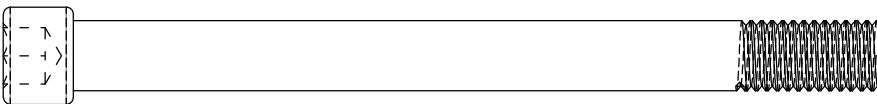
⑤⑨ × 19



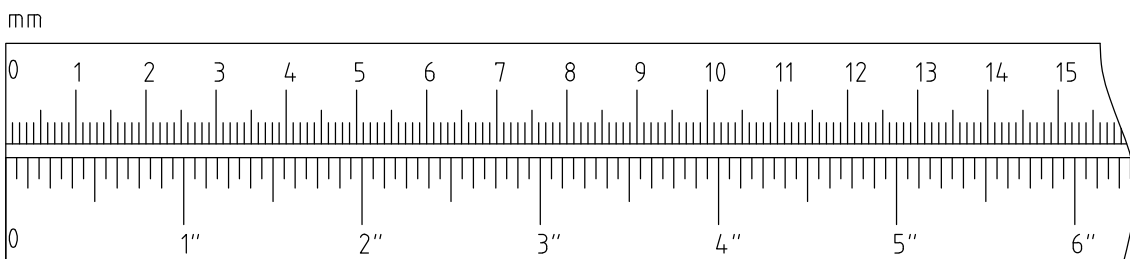
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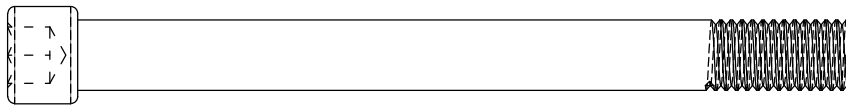


⑥① × 12



⑥② × 2

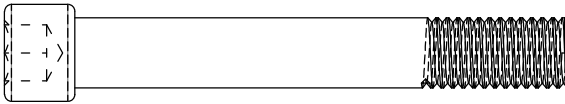




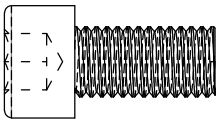
⑥3 × 2



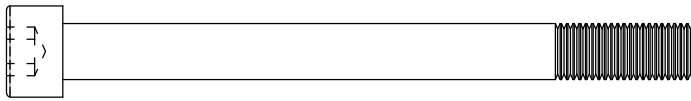
⑥4 × 2



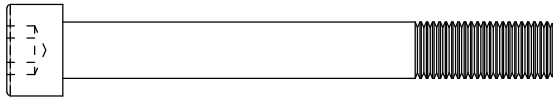
⑥5 × 10



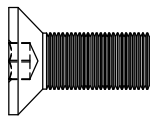
⑥6 × 9



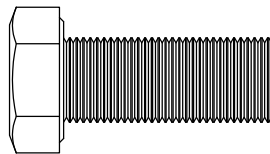
⑥7 × 4



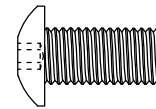
⑥8 × 4



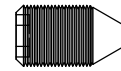
⑦2 × 4



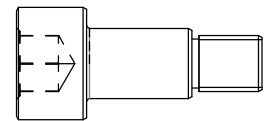
⑦7 × 4



⑦4 × 8

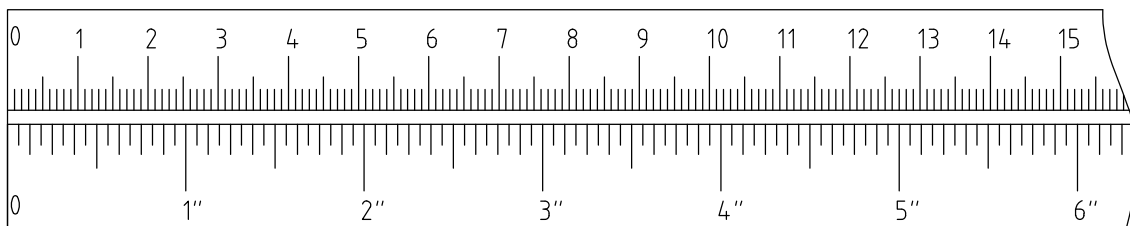


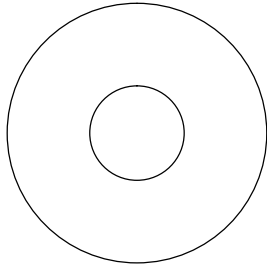
⑦5 × 1



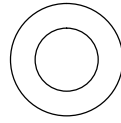
⑦6 × 2

mm

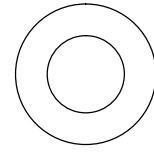




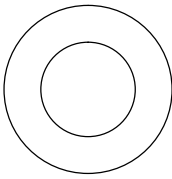
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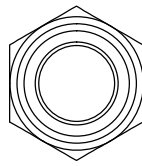
⑦9 × 16



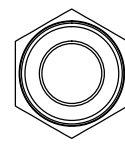
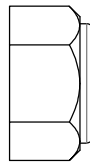
⑧0 × 40



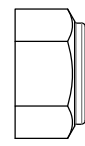
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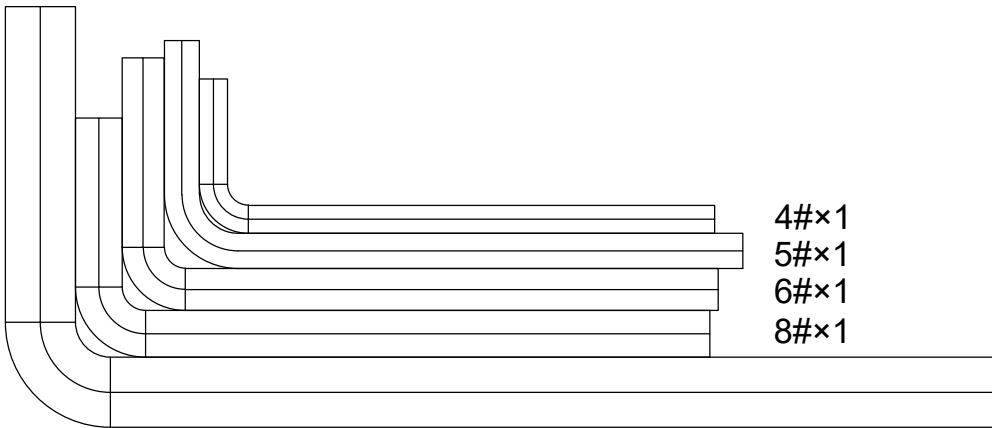
⑧2 × 42



⑧3 × 16



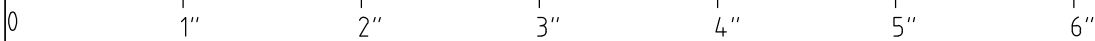
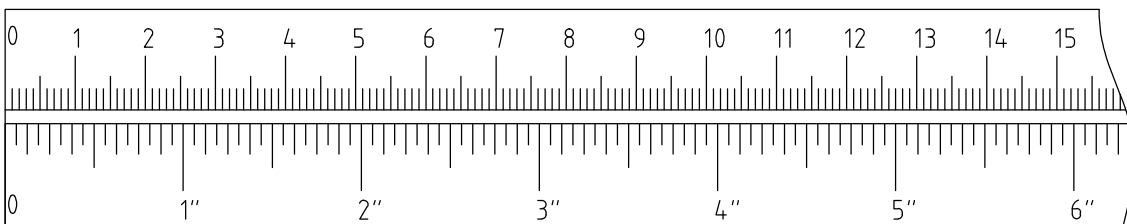
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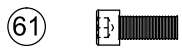
4# × 1  
5# × 1  
6# × 1  
8# × 1

10# × 1

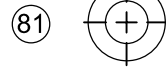
mm







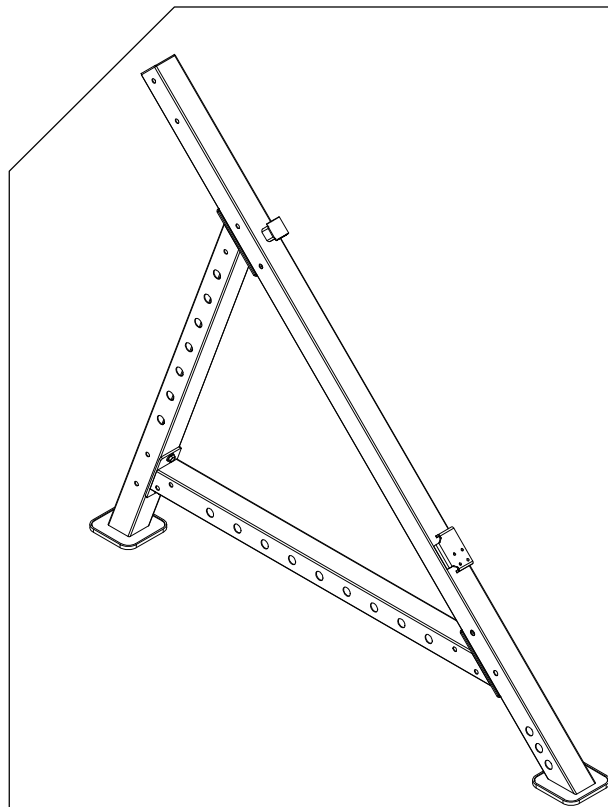
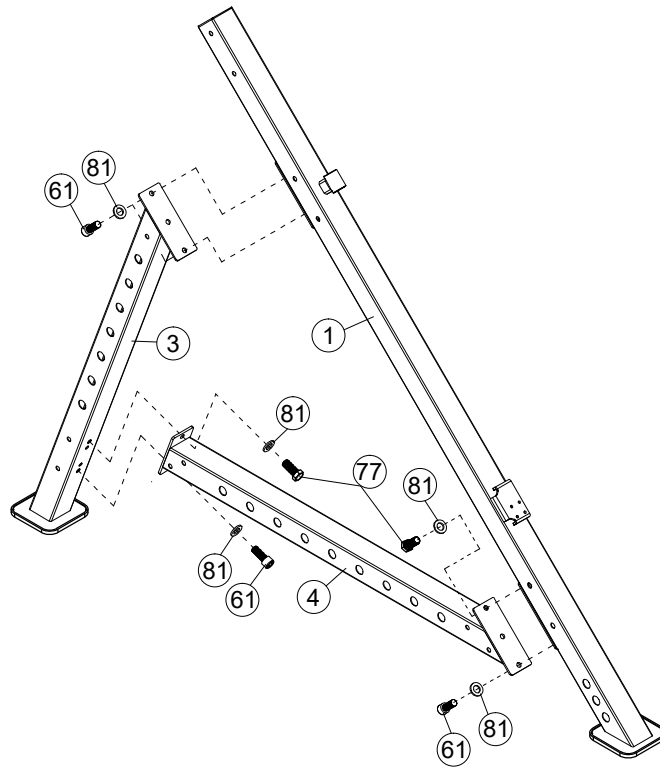
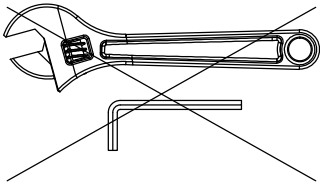
×4 M12×30mm

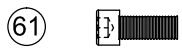


×6 Φ12

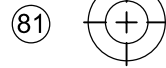


×2 M12×30mm





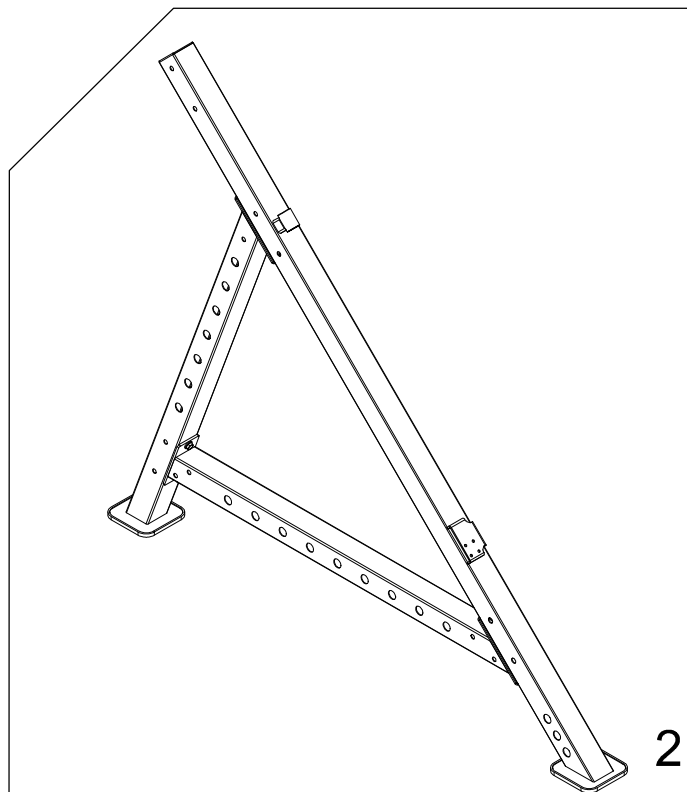
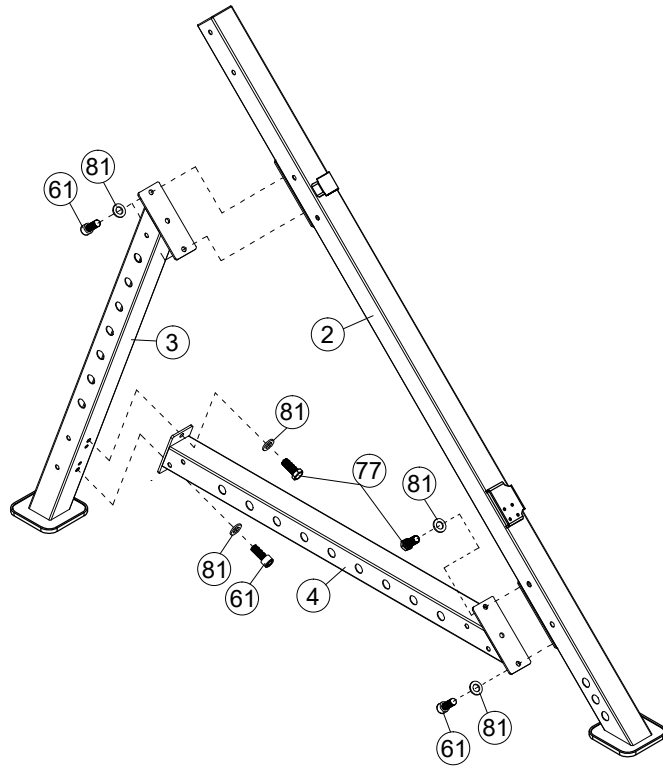
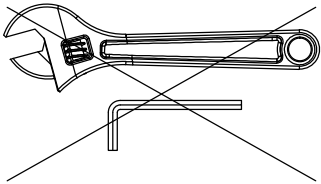
x4 M12x30mm



x6 Φ12



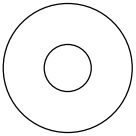
x2 M12x30mm




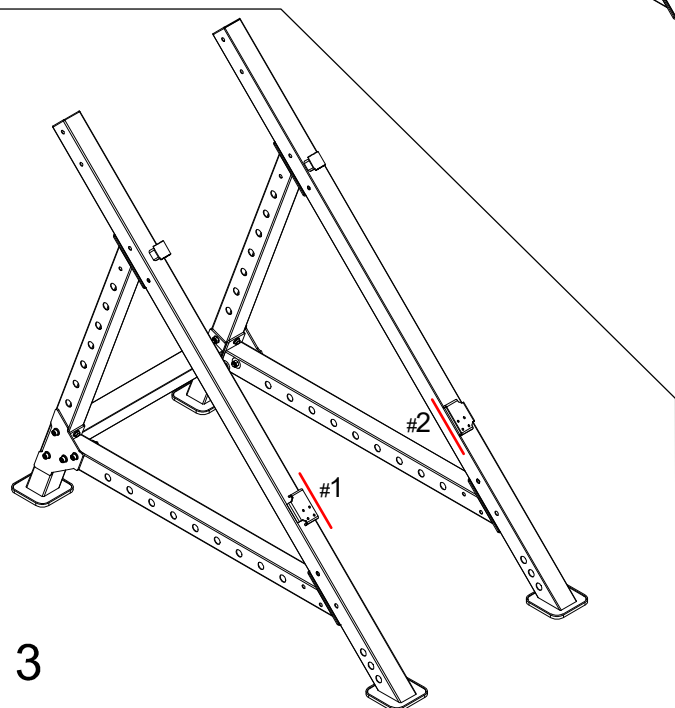
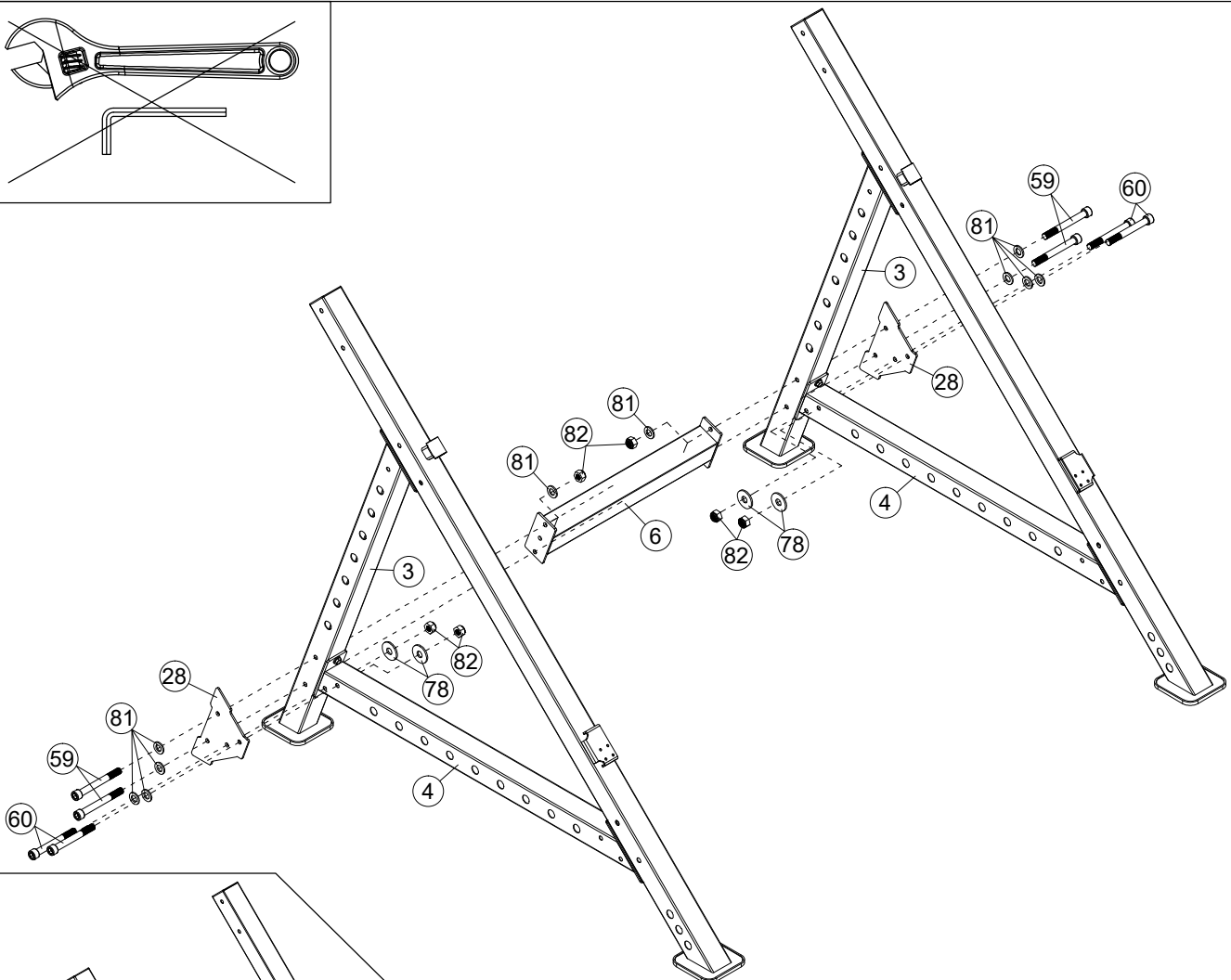
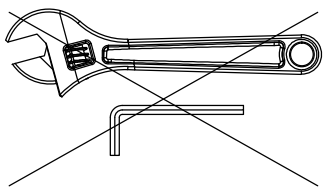
59  ×4 M12×105mm

60  ×4 M12×100mm

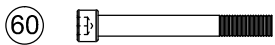
81  ×12 Φ12

78  ×4 Φ37×Φ13.5

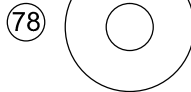
82  ×8 M12



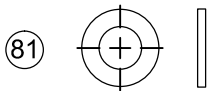
3



×6 M12×100mm



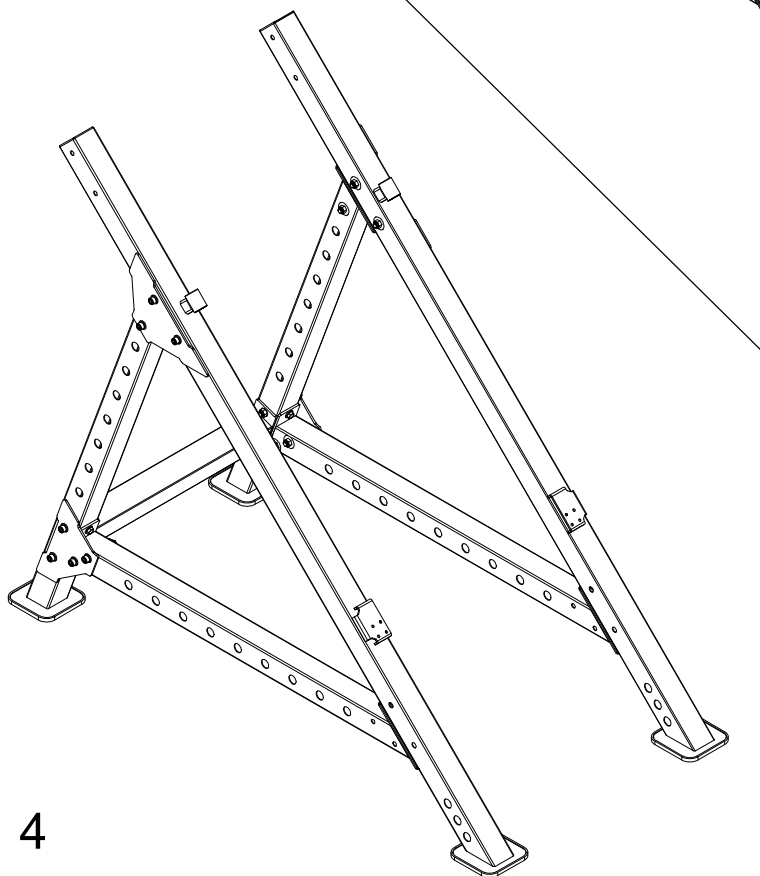
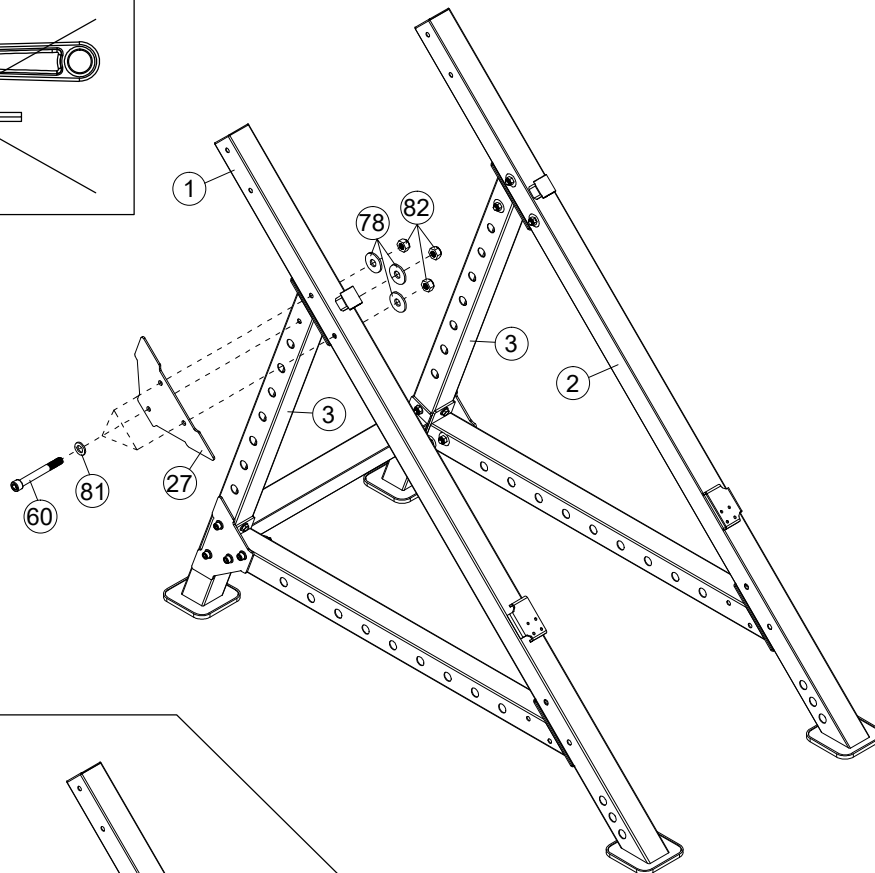
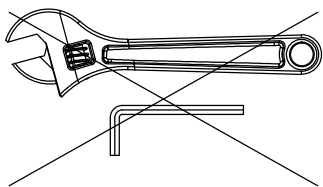
×6  $\Phi 37 \times \Phi 13.5$



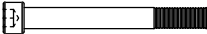
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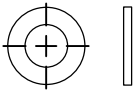
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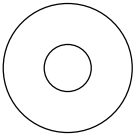


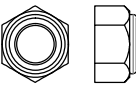
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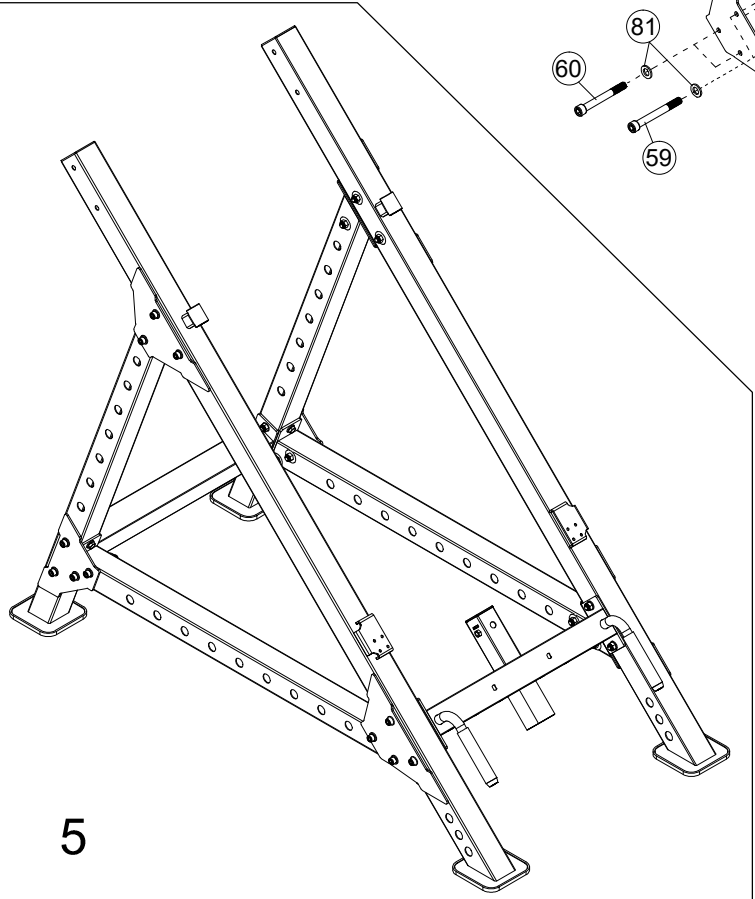
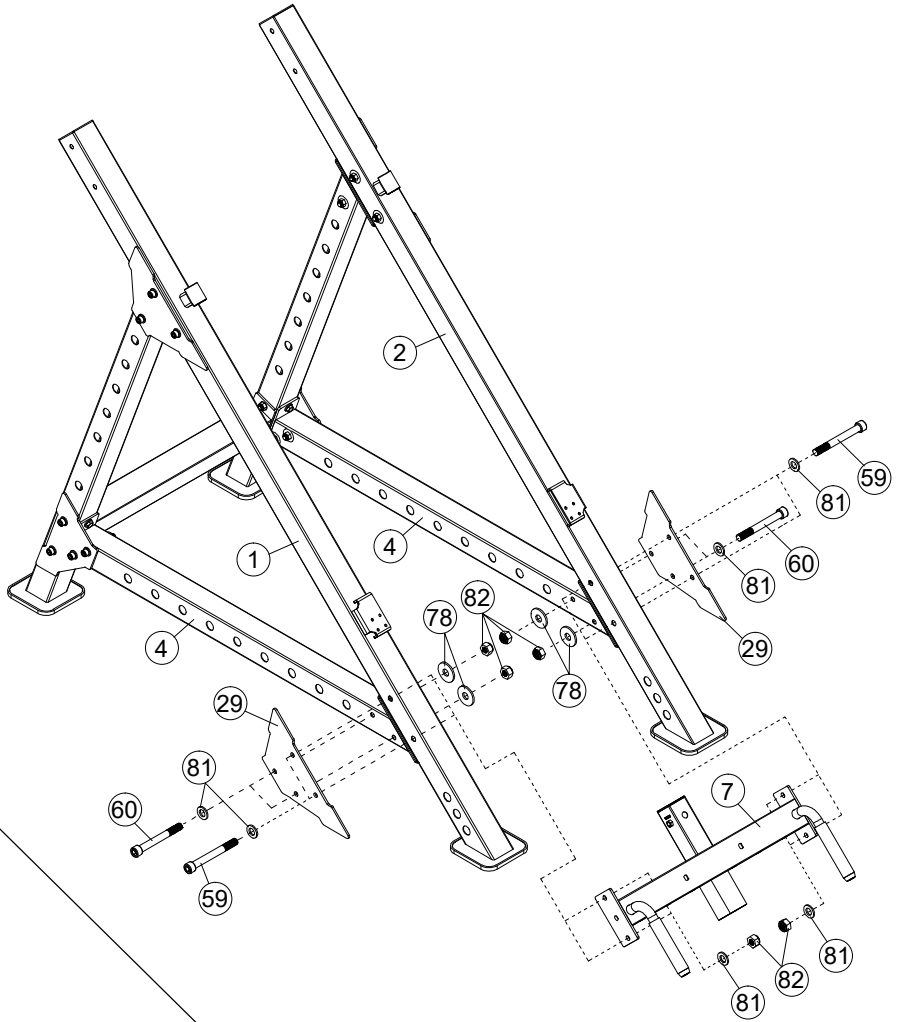
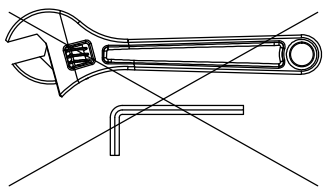
59  ×4 M12×105mm

60  ×4 M12×100mm

81  ×12 Φ12

78  ×4 Φ37×Φ13.5

82  ×8 M12





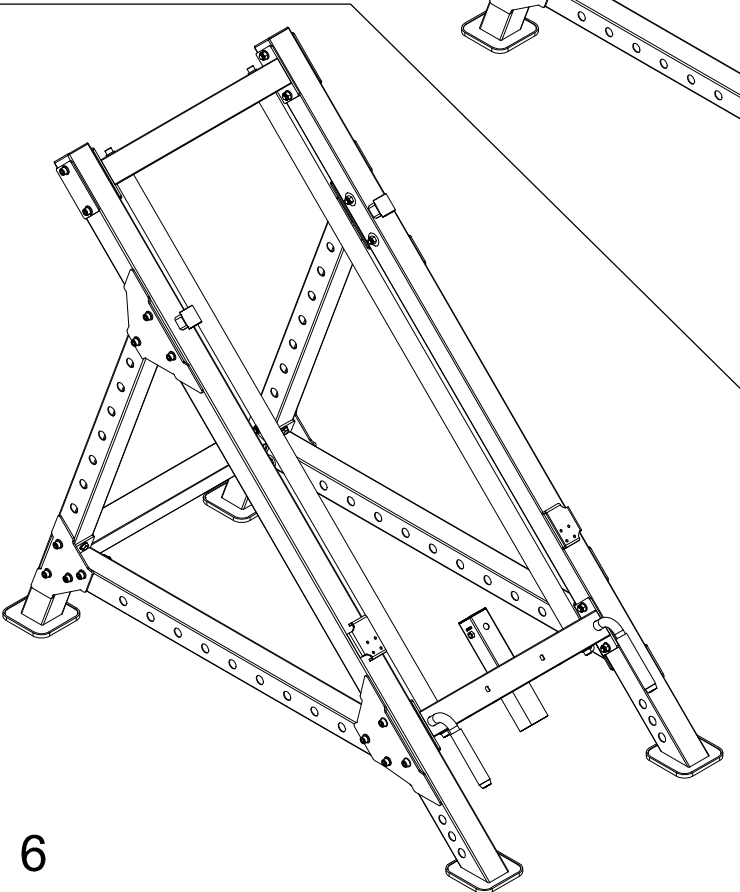
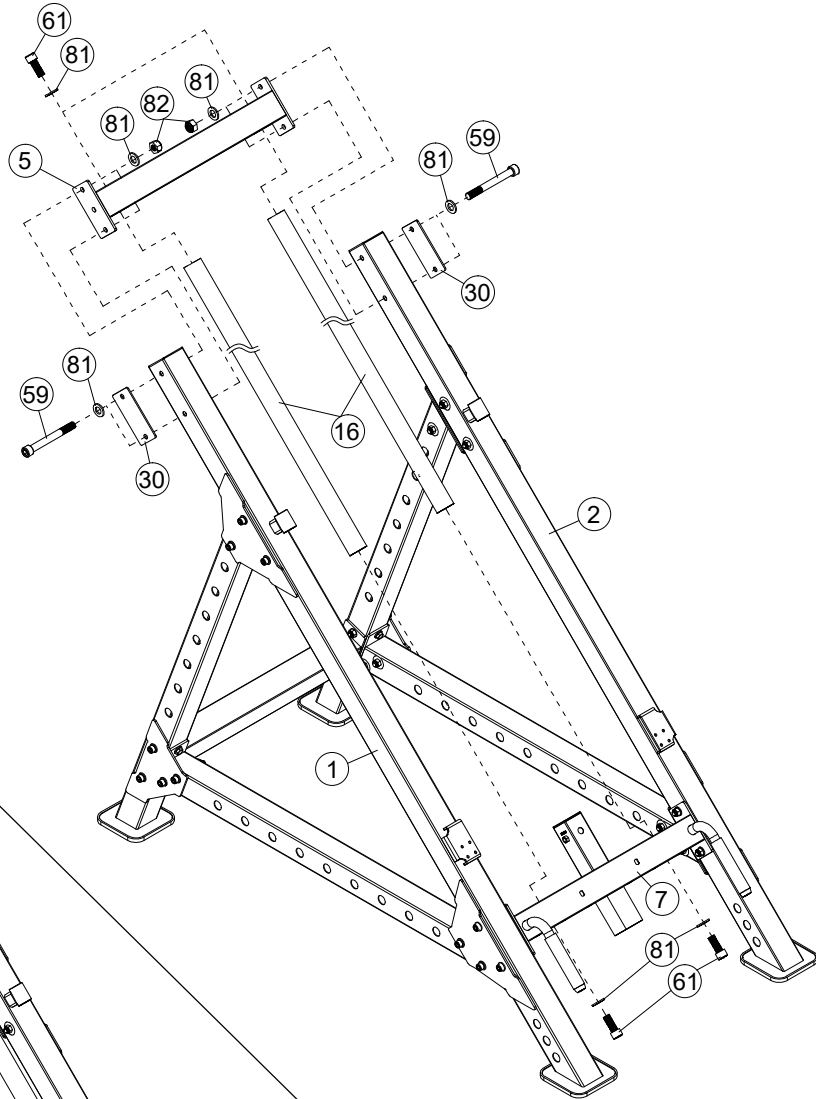
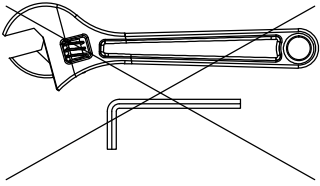
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59  ×4 M12×105mm

81  ×12 Φ12

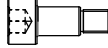
61  ×4 M12×30mm

82   ×4 M12



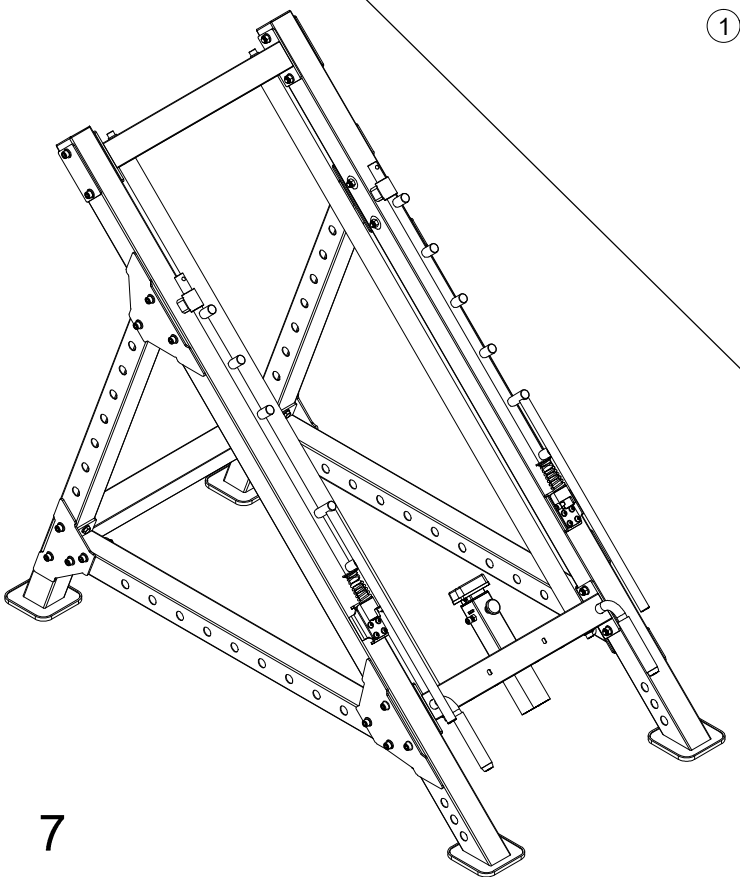
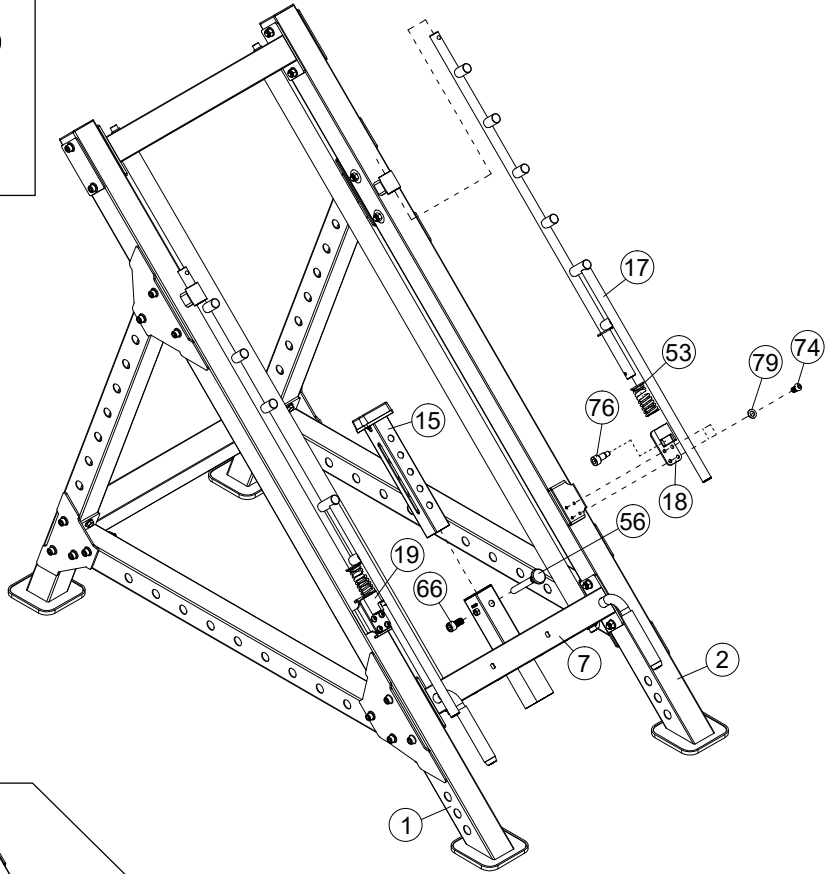
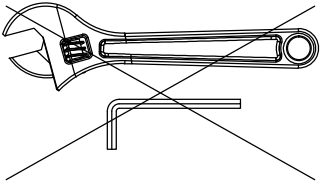
6

66  ×1 M10×20mm

76  ×2 M8×25mm

74  ×8 M8×16mm


79  ×8 Φ8

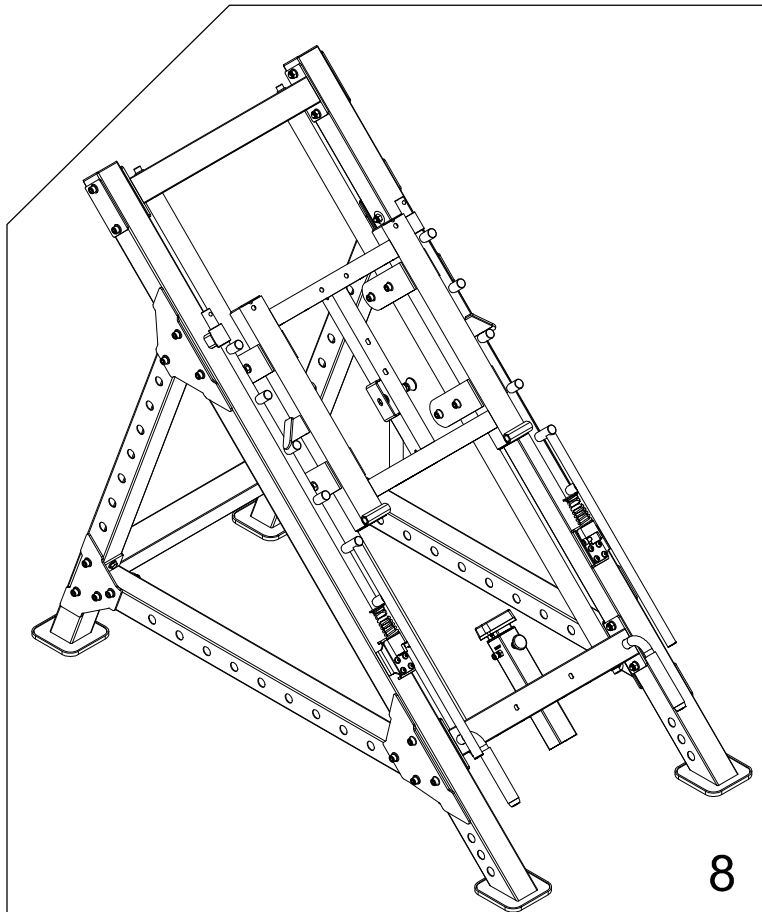
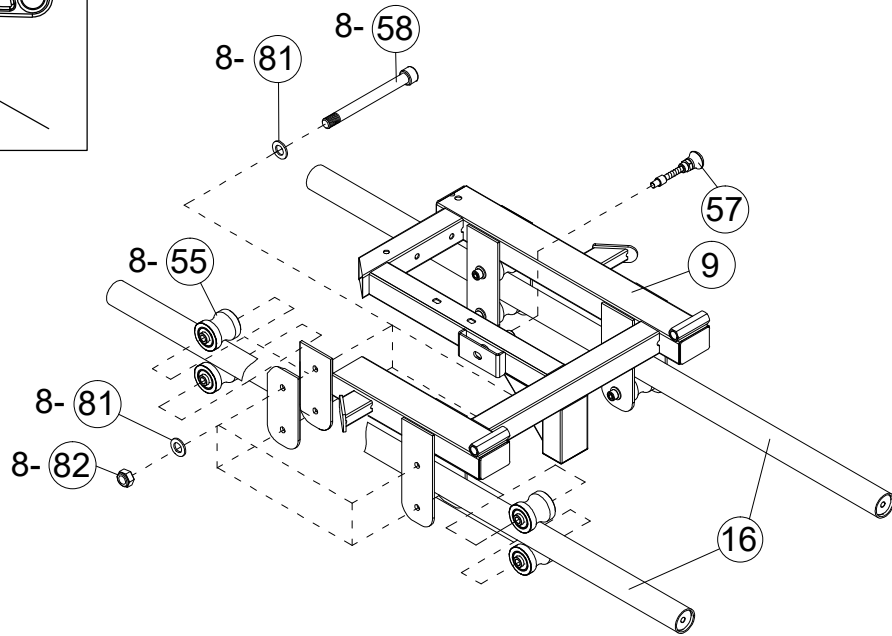
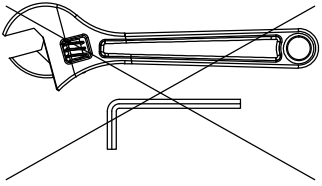


7

58  ×8 M12×110mm

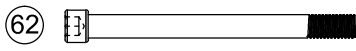
81  ×16 Φ12

82  ×8 M12



8

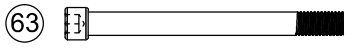




×2 M10×115mm



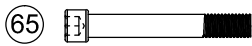
×24 Φ10



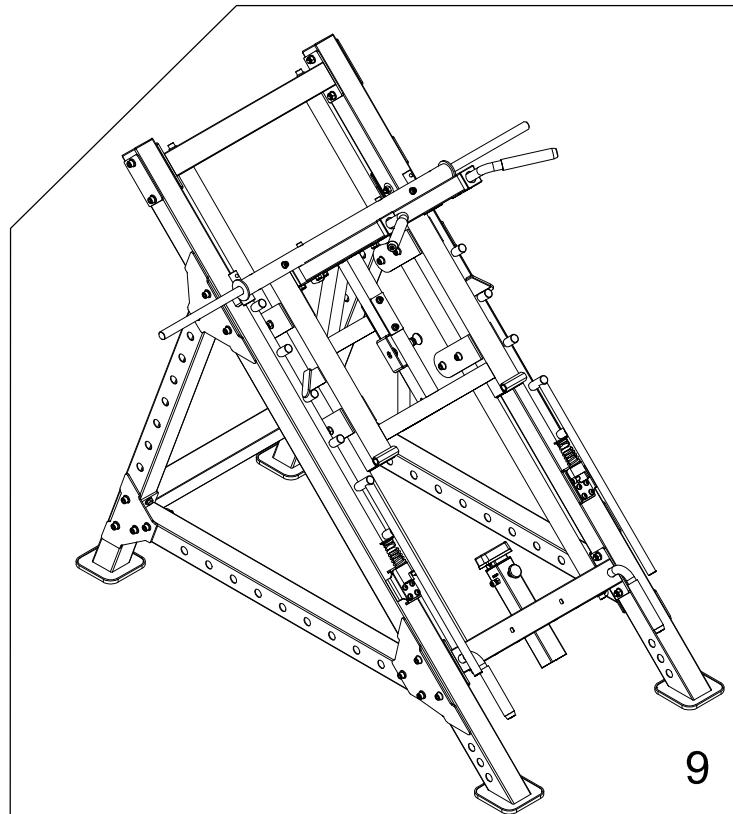
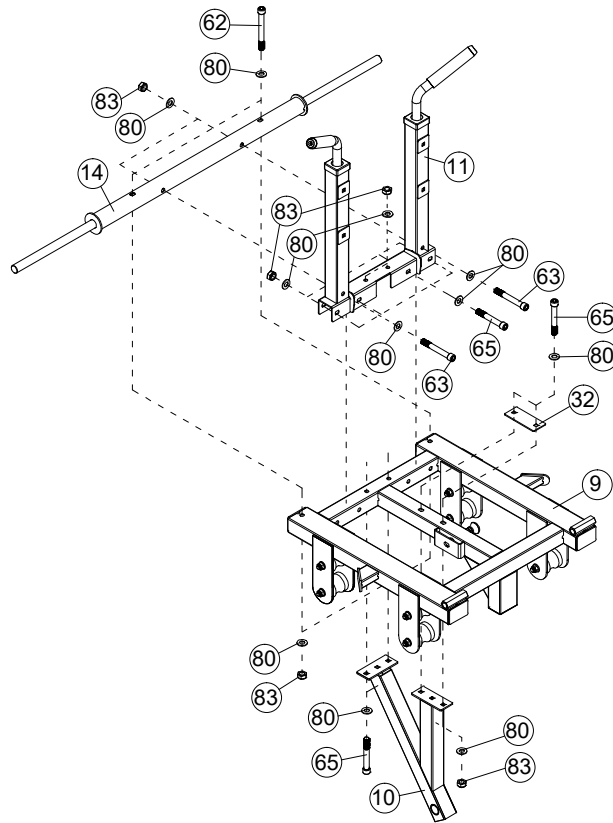
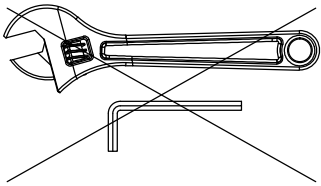
×2 M10×110mm



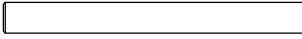

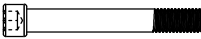

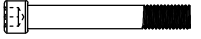

×12 M10

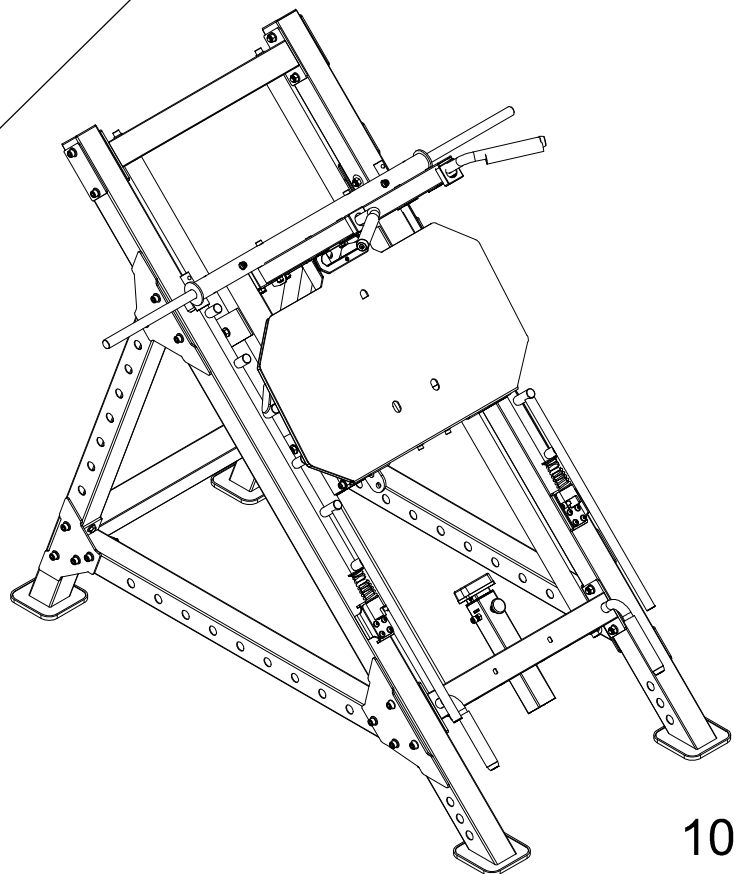
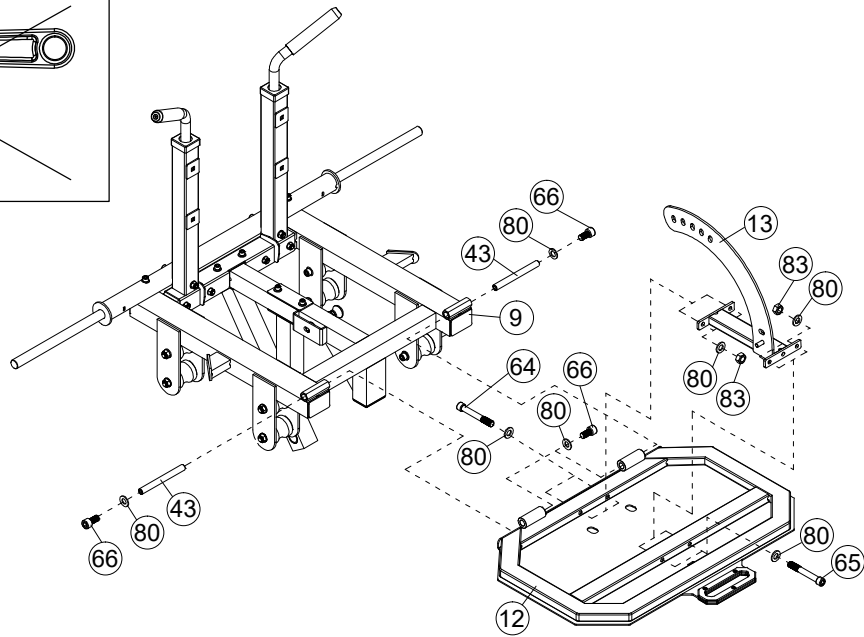
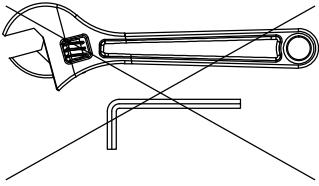


×8 M10×70mm



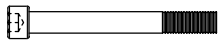
9

- |    |   |    |               |    |   |     |          |
|----|---|----|---------------|----|---|-----|----------|
| ④3 |  | ×2 | φ16×M10×156mm | ⑥6 |  | ×4  | M10×20mm |
| ⑥4 |  | ×2 | M10×75mm      | ⑧0 |  | ×12 | Φ10      |
| ⑥5 |  | ×2 | M10×70mm      | ⑧3 |  | ×4  | M10      |



10

59



×7 M12×105mm

81

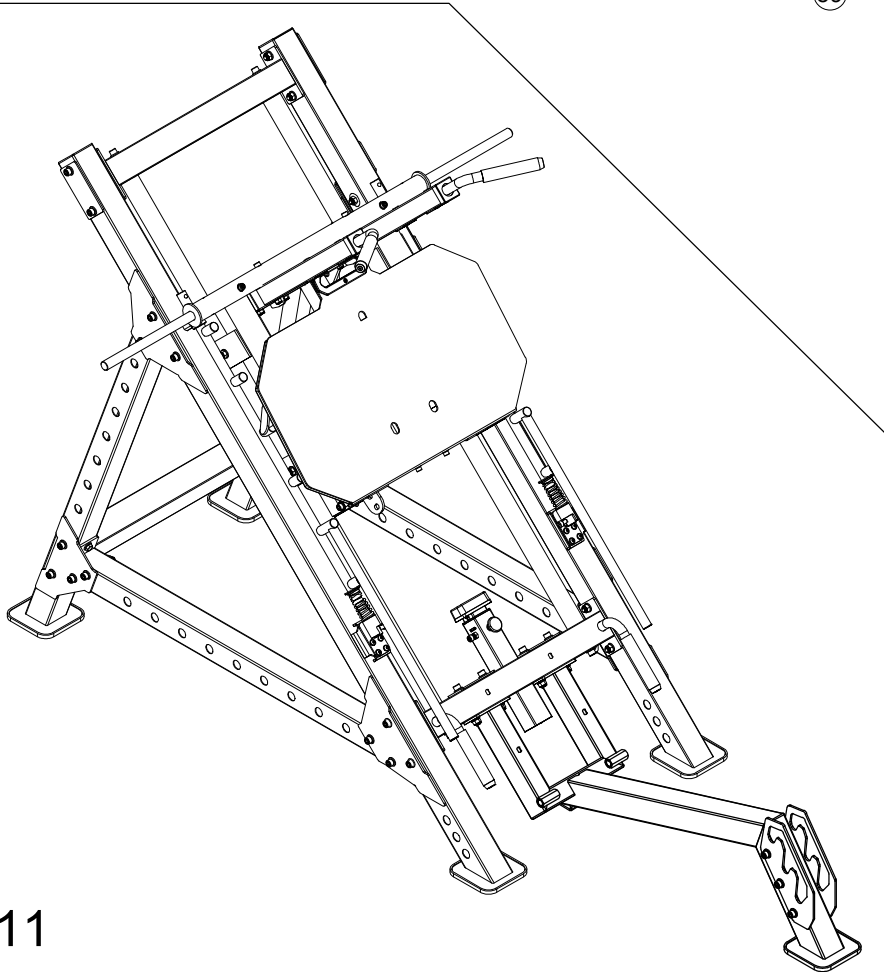
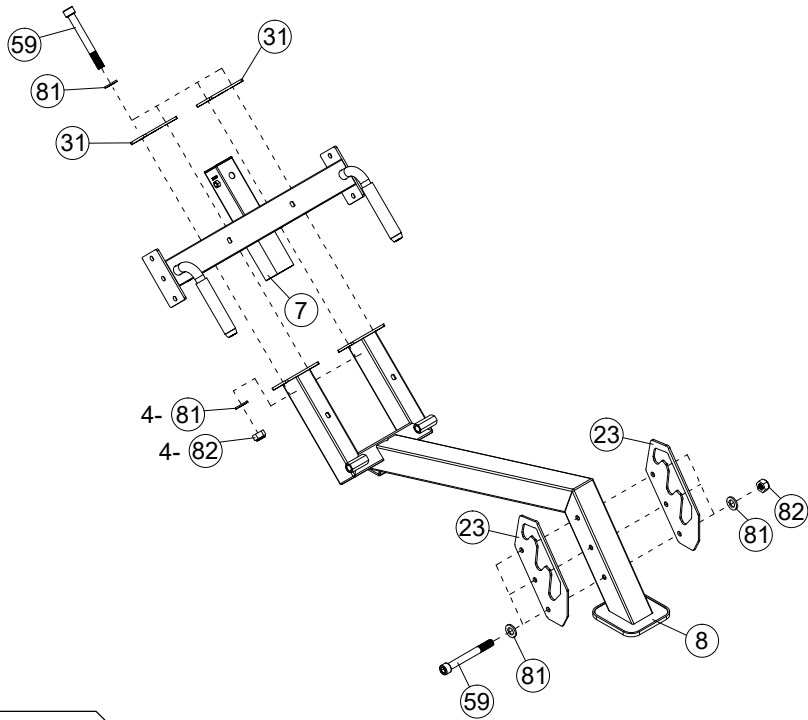
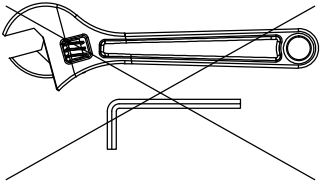


×14 Φ12

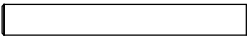

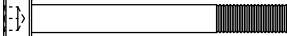



82

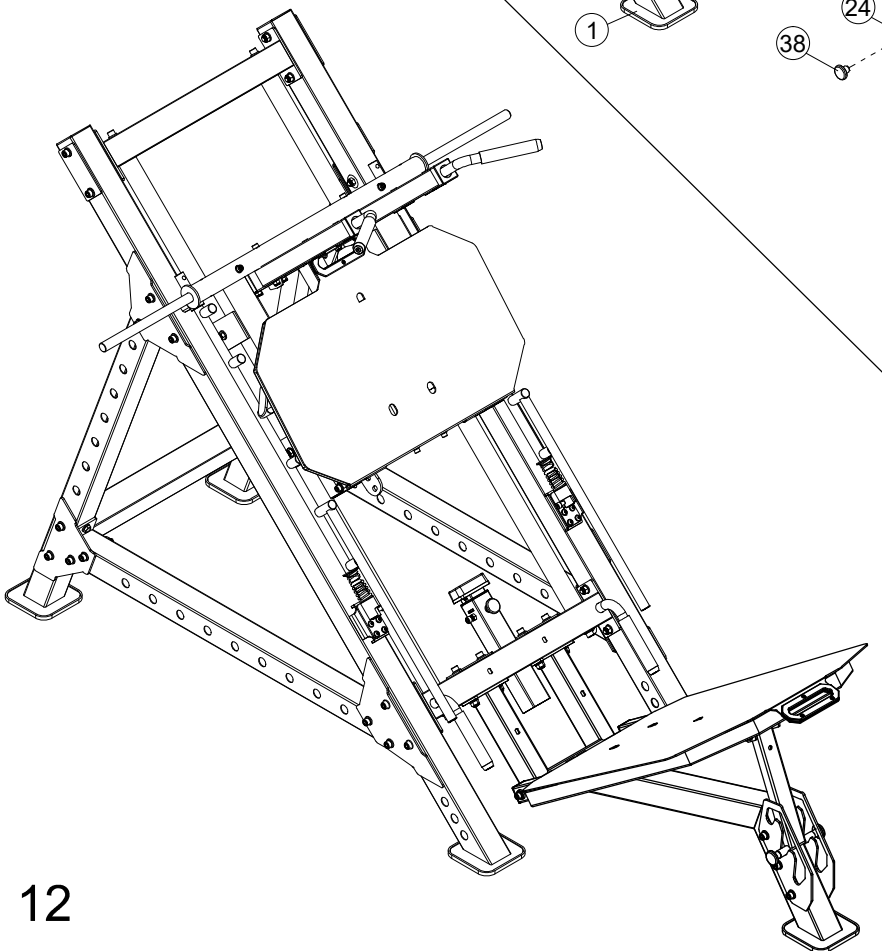
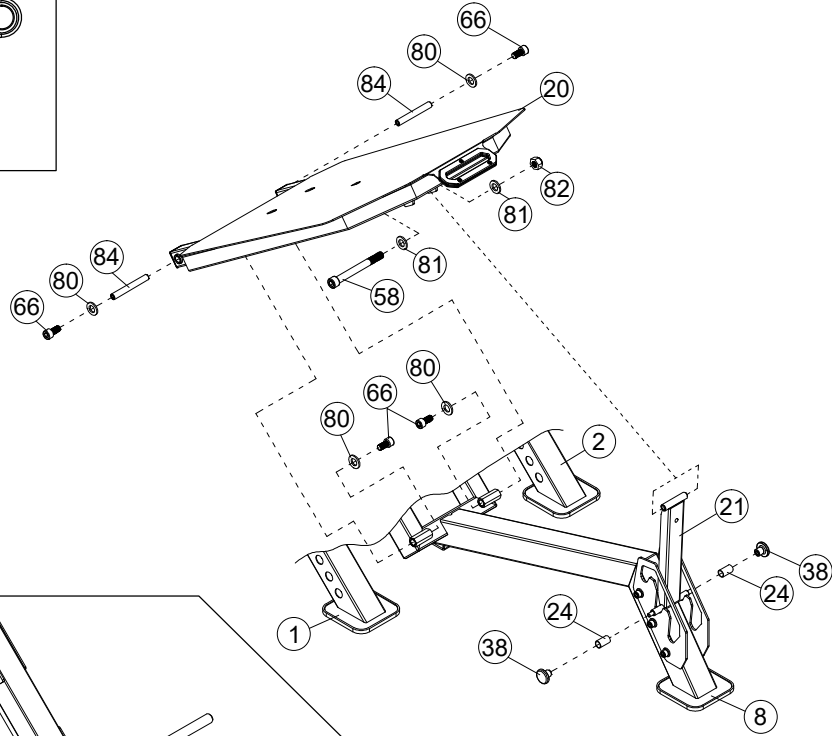
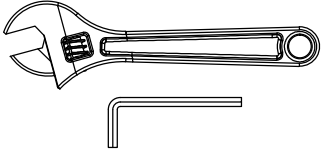


×7 M12

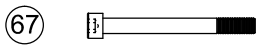


11

- |    |   |    |               |    |   |    |     |
|----|---|----|---------------|----|---|----|-----|
| 84 |  | x2 | φ16×M10×127mm | 80 |  | x4 | Φ10 |
| 58 |  | x1 | M12×110mm     | 81 |  | x2 | Φ12 |
| 66 |  | x4 | M10×20mm      | 82 |  | x1 | M12 |



12



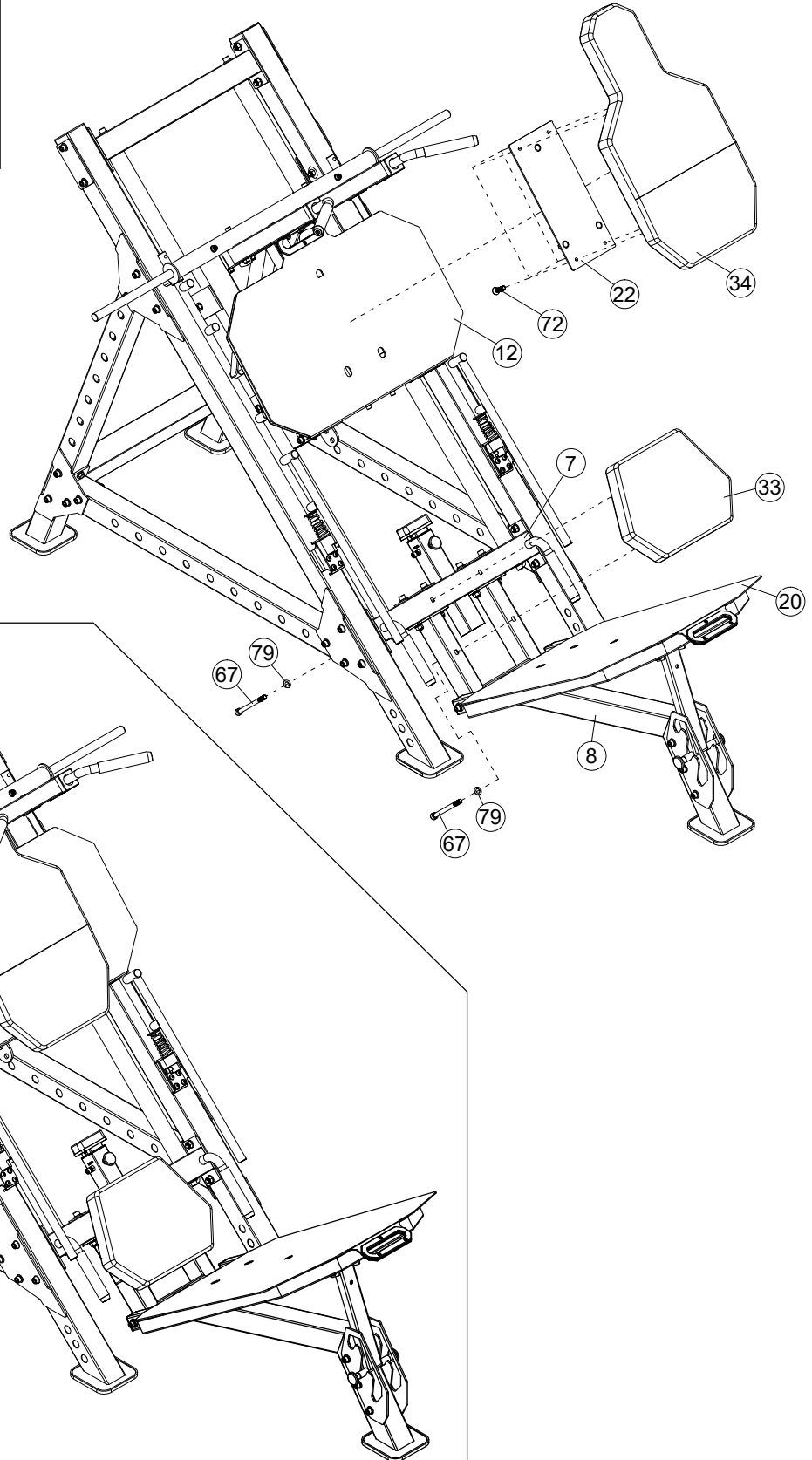
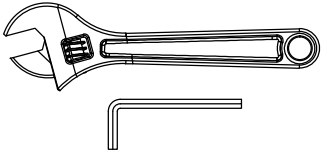
×4 M8×90mm



×4 Φ8

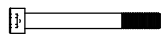


×4 M8×20mm



13

68

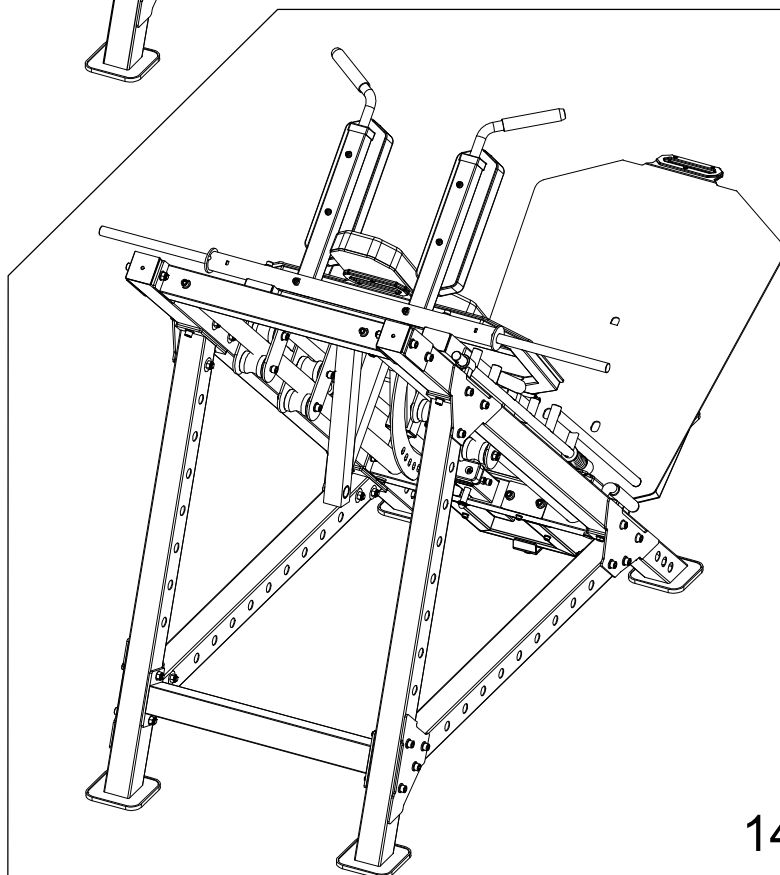
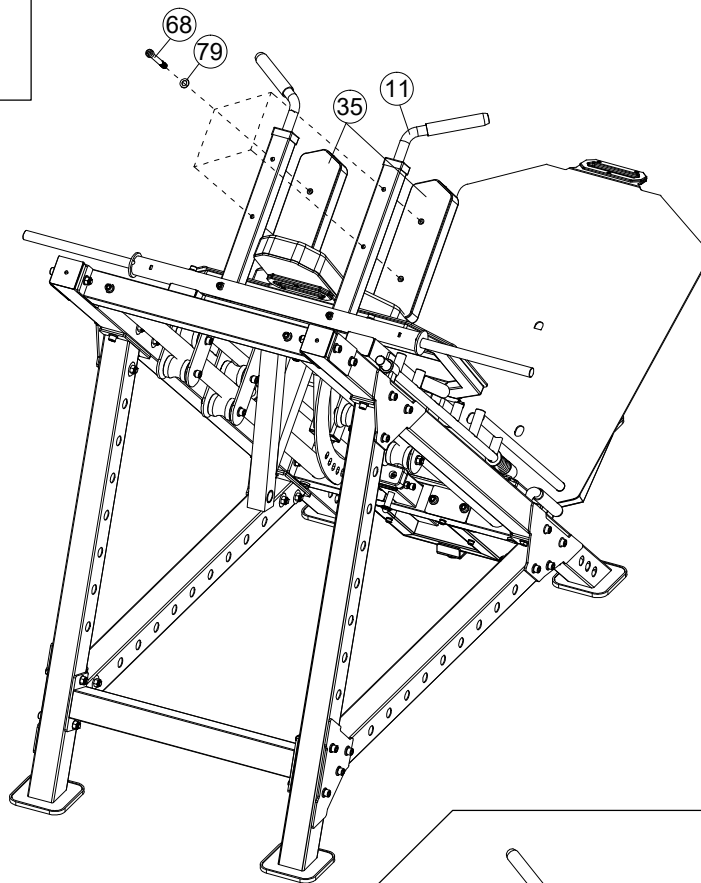
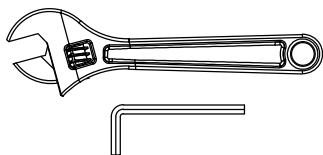


×4 M8×70mm

79



×4 Φ8

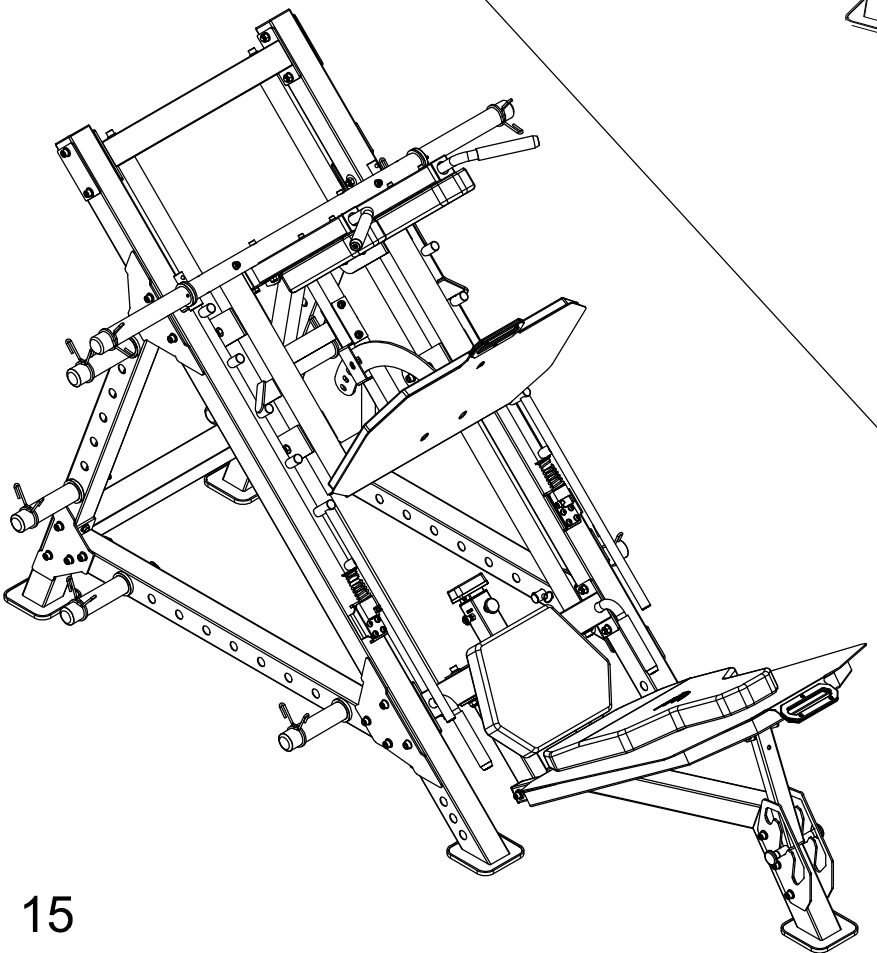
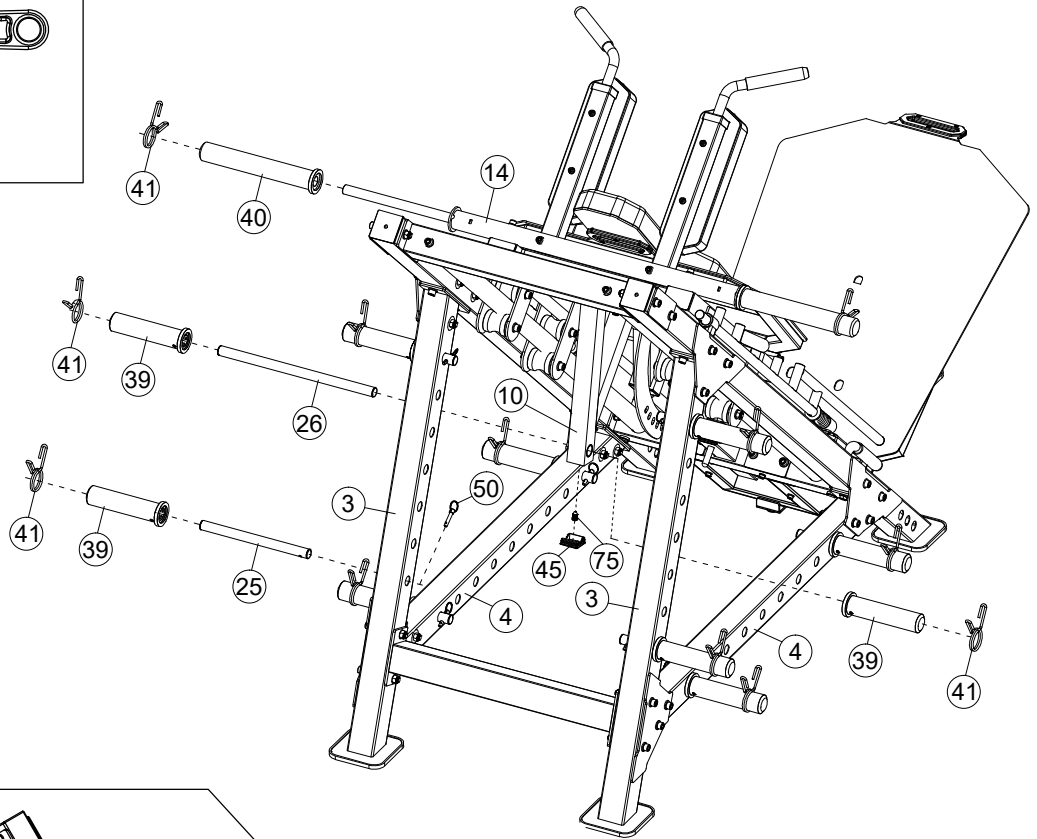
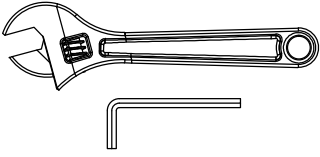


14

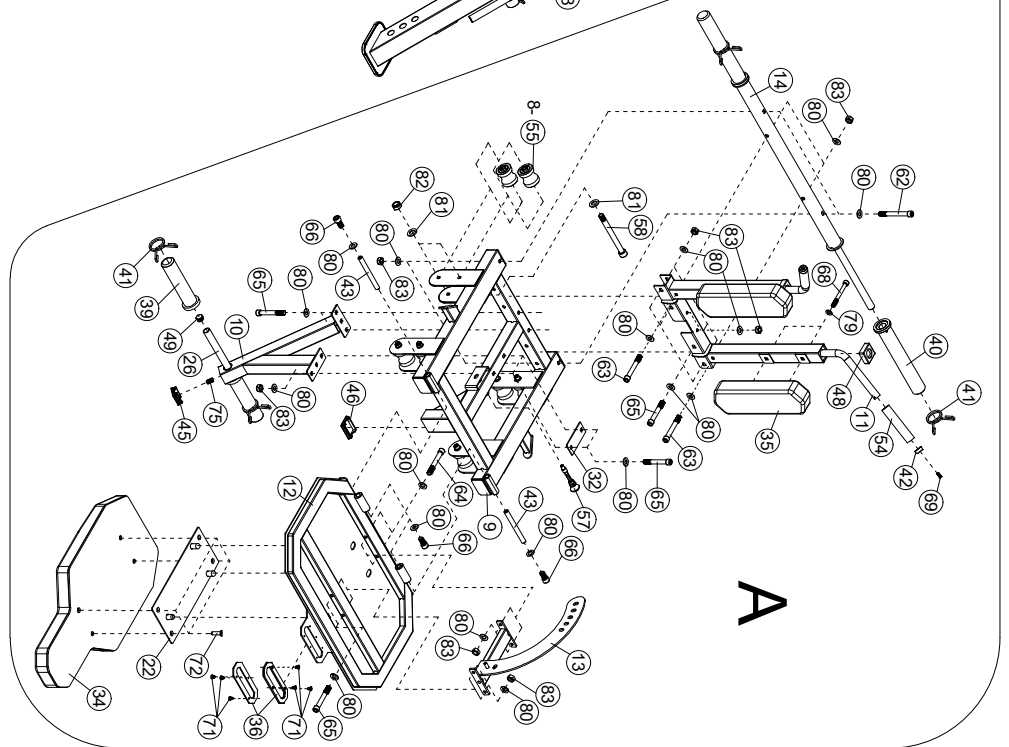
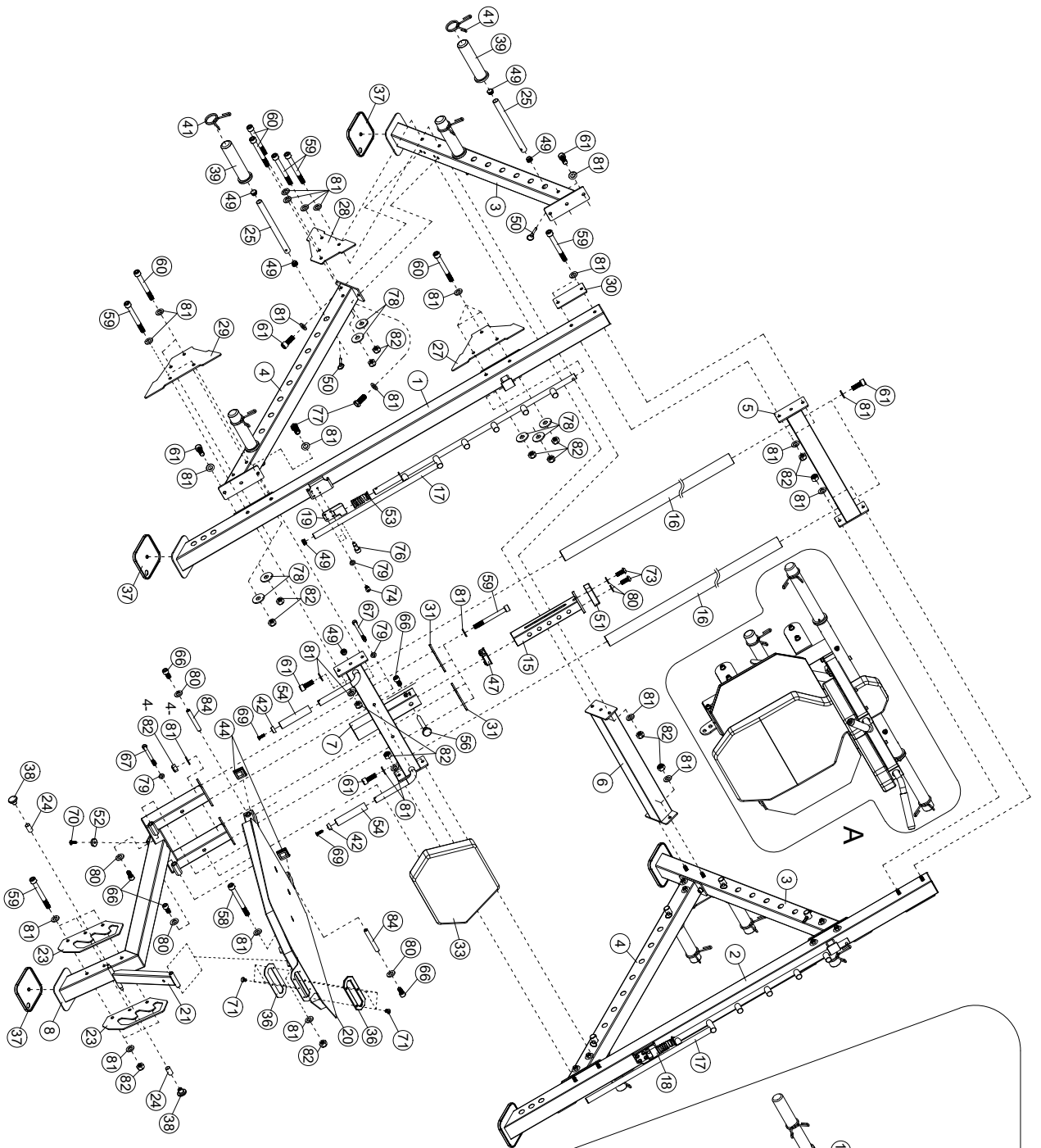
75



x1 M10x16mm



15





# PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Left Oblique Beams		1
2	Right Oblique Beams		1
3	Front Frame		2
4	Cross Connection Frame		2
5	Front Upper Connecting Frame		1
6	Front Lower Connecting Frame		1
7	Lower Connecting Frame		1
8	Rear Support Frame		1
9	Sliding Frame		1
10	Lower Weight Carriage		1
11	Shoulder Pad Mount		1
12	Upper Foot Support		1
13	Upper Adjuster		1
14	Upper Weight Carriage		1
15	Front Adjusting Frame		1
16	Guide Rod		2
17	Lock Out		2
18	Lock Out Left		1
19	Lock Out Right		1
20	Lower Foot Support		1
21	Lower Adjuster		1
22	Backrest Pad Mount		1
23	Rear Adjusting Plate	316×132×5	2
24	Stainless Steel Sleeve	φ20×1.5×35	2
25	Barbell Tube	φ25×2×310	8
26	Barbell Rod	φ25×2.5×450	1
27	Upper Front Fixing Plate	368×160×5	2
28	Lower Front Fixing Plate	294×160×5	2
29	Lower Fixing Plate	387×160×5	2
30	Bracket	150×75×4	2

## PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
31	Bracket	120×75×4	2
32	Bracket	120×50×3	1
33	Seat Pad	320×420×60	1
34	Backrest Pad	800×420×60	1
35	Shoulder Pad	395×120×60	2
36	Handle Liner	180×70×5	4
37	Floor End Cap	158×158×10.5	5
38	Pin Drawing Head	φ40×φ18×M10×30	2
39	Olympic Sleeve	φ50×210	10
40	Weight Bar Olympic Sleeve	φ50×335	2
41	Spring Clip	φ49	12
42	Cover Cap	φ30×φ26×12	4
43	Axle	φ16×M10×156	2
44	End Cap	φ 45	2
45	End Cap	φ 50	1
46	End Cap	φ 70×50	1
47	Slide Guide	φ 60×2× φ 50×23.5	1
48	Sleeve	φ 50×φ34	2
49	End Cap	φ25	22
50	Ring Bolt		8
51	Bumper	100×50×25	1
52	Bumper	φ35×φ30×10	1
53	Spring	φ43×φ27×φ8×80	2
54	Grip	φ23×150	4
55	Rollers		8
56	Lock Pin	φ16	1
57	Moving Lock Pin		1
58	Socket Head Allen Bolt	M12×110	9
59	Socket Head Allen Bolt	M12×105	19
60	Socket Head Allen Bolt	M12×100	14

# PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
61	Socket Head Allen Bolt	M12×30	12
62	Socket Head Allen Bolt	M10×115	2
63	Socket Head Allen Bolt	M10×110	2
64	Socket Head Allen Bolt	M10×75	2
65	Socket Head Allen Bolt	M10×70	10
66	Socket Head Allen Bolt	M10×20	9
67	Socket Head Allen Bolt	M8×90	4
68	Socket Head Allen Bolt	M8×70	4
69	Socket countersunk head screw	M6×20	4
70	Cross Recess Head Screw	M6×10	1
71	Cross Recessed Countersunk Head Scre	M5×8	12
72	Socket countersunk head screw	M8×20	4
73	Allen Bolt	M10×25	2
74	Allen Bolt	M8×16	8
75	Allen Screw	M10×16	1
76	Hexagon socket button head screws	M8×25	2
77	Hex Bolts	M12×30	4
78	Washer	φ37×φ13.5×3	14
79	Washer	8	16
80	Washer	10	42
81	Washer	12	86
82	Aircraft Nut	M12	42
83	Aircraft Nut	M10	16
84	Axle	φ16×M10×127	2
	Allen Wrench	10#	1
	Allen Wrench	8#	1
	Allen Wrench	6#	1
	Allen Wrench	5#	1
	Allen Wrench	4#	1

**BOX 1:**

# PARTS LIST

Part1 ×1	Part2 ×1	Part4 ×2	Part25 ×8
<b>BOX 2:</b>			
Part14 ×1	Part16 ×2	Part17 ×2	Part26 ×1
Parts Bag 6-1	Parts Bag 6-2	Parts Bag 6-3	Parts Bag 6-4
Parts Bag 6-5	Parts Bag 6-6		
<b>BOX 3:</b>			
Part3 ×2	Part5 ×1	Part6 ×1	Part8 ×1
Part18 ×1	Part19 ×1	Part21 ×1	Part22 ×1
Part23 ×2	Part24 ×2	Part38 ×2	Part39 ×10
Part40 ×2	Part41 ×12	Part45 ×1	Part50 ×8
Part53 ×2	Part55 ×8	Part56 ×1	Part57 ×1
<b>BOX4:</b>			
Part7 ×1	Part9 ×1	Part10 ×1	Part12 ×1
Part13 ×1	Part15 ×1		
<b>BOX5:</b>			
Part11 ×1	Part20 ×1	Part27 ×2	Part28 ×2
Part29 ×2	Part30 ×2	Part31 ×2	Part32 ×1
Part33 ×1	Part34 ×1	Part35 ×2	Manual