

# FRENCH FITNESS

FFN-PLSTP / FFT-PLSTP

FRENCH FITNESS NAPA / TAHOE  
P/L SEATED DIP / TRICEP PRESS

ASSEMBLY MANUAL



OR



## FEATURES

- Paint Color: Silver / Black
- Vinyl Color: Black
- 11 Gauge Steel
- Tube: 2" x 3" x 0.1" (40mm x 80mm x 3.0mm) Square steel tube
- Frame: Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability
- Standard rubber feet protect base of the frame and prevent the machine from slipping
- Cushion: Contoured cushions utilize a molded foam for superior comfort and durability
- Hand Grips: Grips retained with aluminum collars, preventing them from slipping during use
- Hand grips are a durable urethane composite
- Weight Plates And Guide Rods: Solid-steel weight plates. Top weight plate is fitted with self-lubricating bushings
- 7/16" (11 mm) diameter weight selector pin magnetically locks in place and is connected to stack to prevent loss

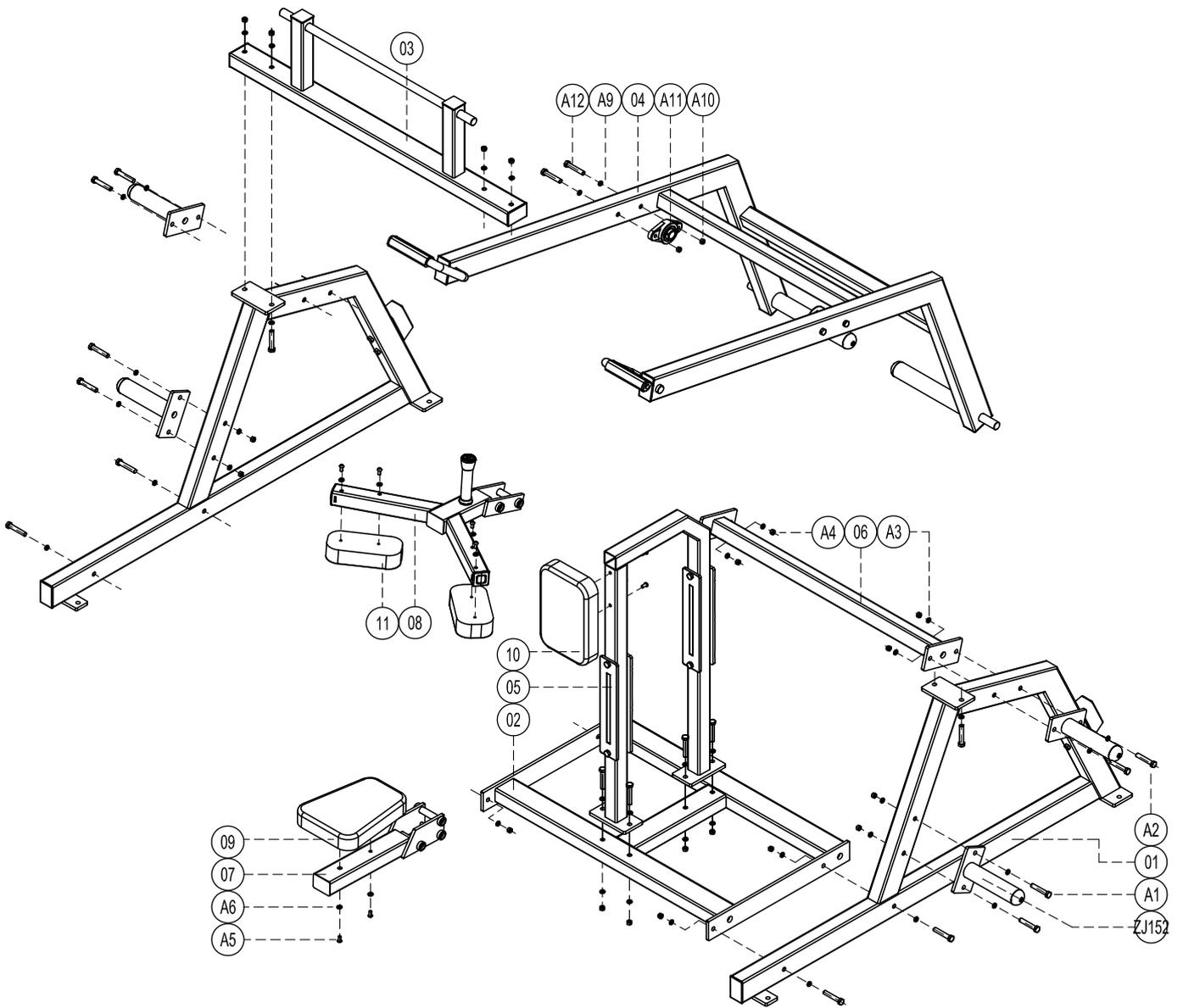
## TECH SPECS

- Dimension: 67"L x 38"W x 42"H (L:171cm, W:97cm, H:107cm)
- Product weight: 320lbs (145kg)
- User Height Range: 4'11" to 6'5" (149.86 cm to 195.58 cm)

## WARRANTY

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

# EXPLODED VIEW



## PARTS LIST

No.	Name	Quantity
1	Main frame	2
2	Lower connection group	1
3	Upper connection group	1
4	Boom group	1
5	Cushion frame assembly	1
6	Upper connection	1
7	Seat plate fixing group	1
8	Cushion frame assembly	1
9	Seat cushion	1
10	Waist cushion	1
11	Knee cushion	2
ZJ152	Connection sleeve assembly	4
A1	Hex bolt M12*75	16
A2	Hex bolt M12*85	4
A3	Flat washer $\phi$ 12	40
A4	Lock nut M12	20
A5	Button head socket cap screw M8*75	8
A6	Flat washer $\phi$ 8	8
A9	Spherical washer	2
A10	Hex bolt M12*75	4
A11	Flat washer $\phi$ 12	4
A12	Lock nut M12	4