

FRENCH FITNESS

FFN-PLAOC / FFM-PLAOC

FRENCH FITNESS NAPA / MARIN
P/L ABDOMINAL OBLIQUE CRUNCH

ASSEMBLY MANUAL



OR



FEATURES

- 11 gauge steel
- Steel Tube Dimensions: 50mm x 80mm x 3mm
- Dual action abdominal to target full abdominal wall
- Swivel seat to target oblique muscles
- 4 Weight Horns And Built for maximum durability
- Long-lasting molded pads

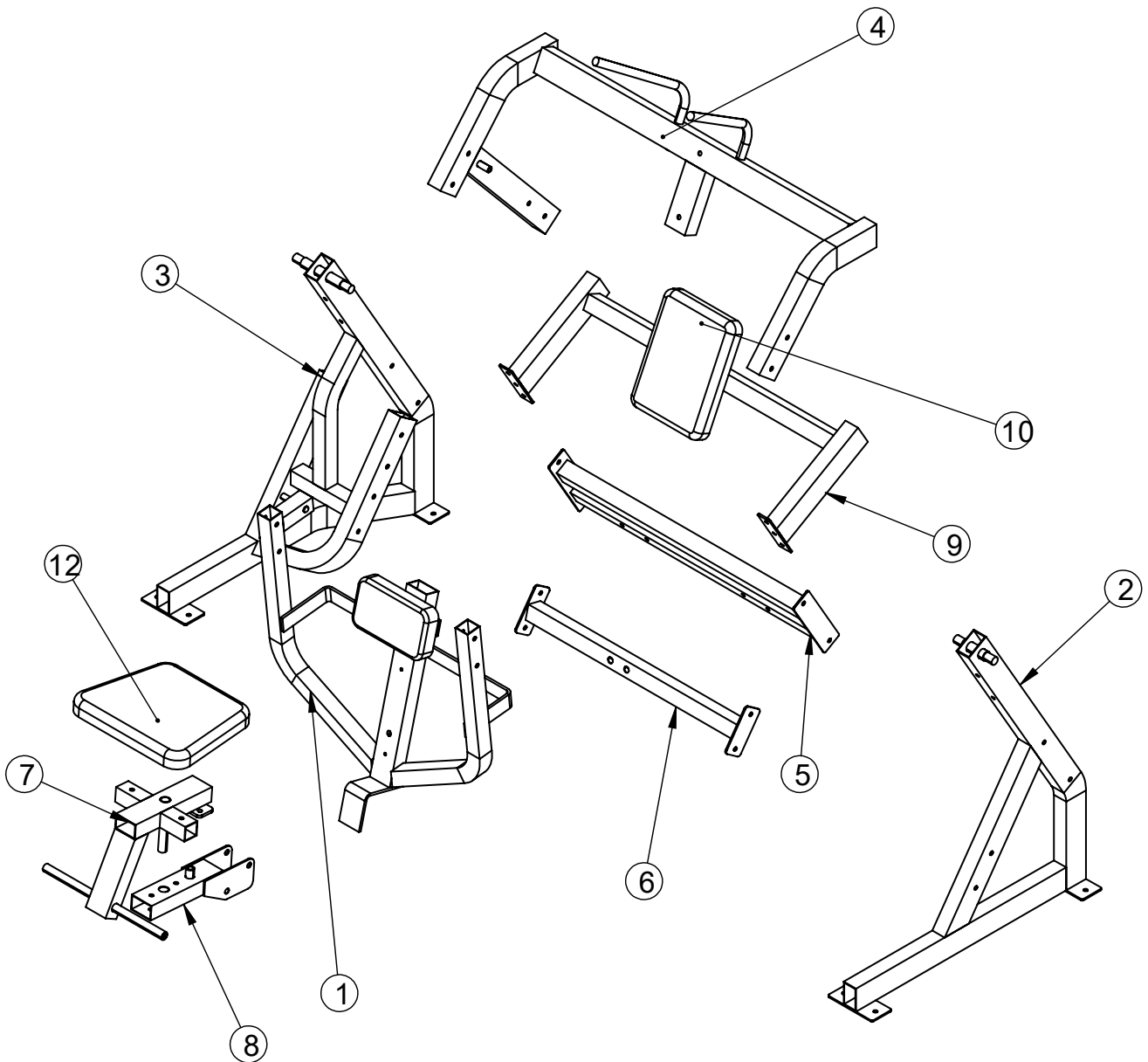
TECH SPECS

- Weight: 305 lb (138 kg)
- Dimensions: 47"L x 59"W x 67"H (L:1190mm, W:1500mm, H:1680mm)
- 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



Item No.	Part No.	Quantity
1	Back cushion support frame welding set - 1 piece	1
2	Side frame set - right 1 piece	1
3	Side frame set - left 1 piece	1
4	Upper rotation set - 1 piece	1
5	Rear double connection support - 1 piece	1
6	Lower connection cross support - 1 piece	1
7	Seat cushion rotation frame - 1 piece	1
8	Seat cushion adjustment frame - 1 piece	1
9	Rear upper connection frame - 1 piece	1
10	Abdominal muscle seat cushion - 1 piece	1
11	Abdominal muscle back cushion - 1 piece	1
12	Abdominal muscle waist cushion - 1 piece	1

