

FRENCH FITNESS

FFM-R30-3DSMITH

FRENCH FITNESS R30-3DS MONSTER
3D DUAL ACTION SMITH RACK

ASSEMBLY MANUAL



FEATURES

- 4 Way Movement: Goes Up, Down, Back, & Forth
- Solid steel structure with dimensions of 3" x 3" and a thickness of 3 mm
- Stable base for a secure and reliable foundation during lifting sessions.
- Adjustable height feature allows customization to fit your specific lifting requirements.
- Ergonomically designed handles ensure proper lifting form, reducing strain on the spine and promoting a balanced midline center of gravity when handling heavy weights.
- Elevated sleeve design raises the weight off the ground, making plate transitions smooth and effortless during your lifting sessions.
- The equipment's laser-cut holes allow for easy attachment of accessories, providing a customizable and versatile workout experience.
- Bearing Type: Linear Ball Bushing Bearings

Upgrade the FFM-R30-3DSMITH with a pair of Spotter Arms, J-Hooks, and an Olympic Bar to unlock the potential for Half Rack Free Weight exercises.

TECH SPECS

- 11 Gauge Steel
- Rack Height: 90.5" (2299 mm)
- Rack Width: 48" (1219 mm)
- Steel Tubing: 75mm x 75mm x 3mm
- Bar Diameter: 25mm
- Dimensions of Cage Only: 48.5"W x 48.5"D x 90.5"H (Add additional width considering smith bar)
- Hole Diameter: 1"
- Hole Spacing (Center to Center): 2"

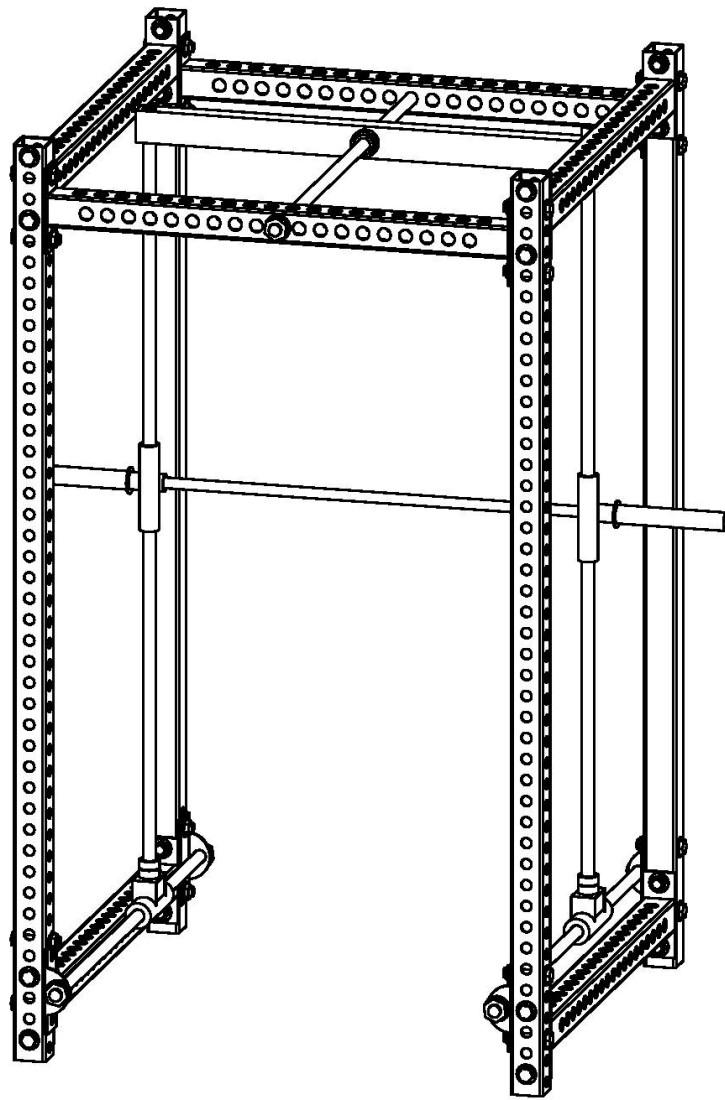
WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

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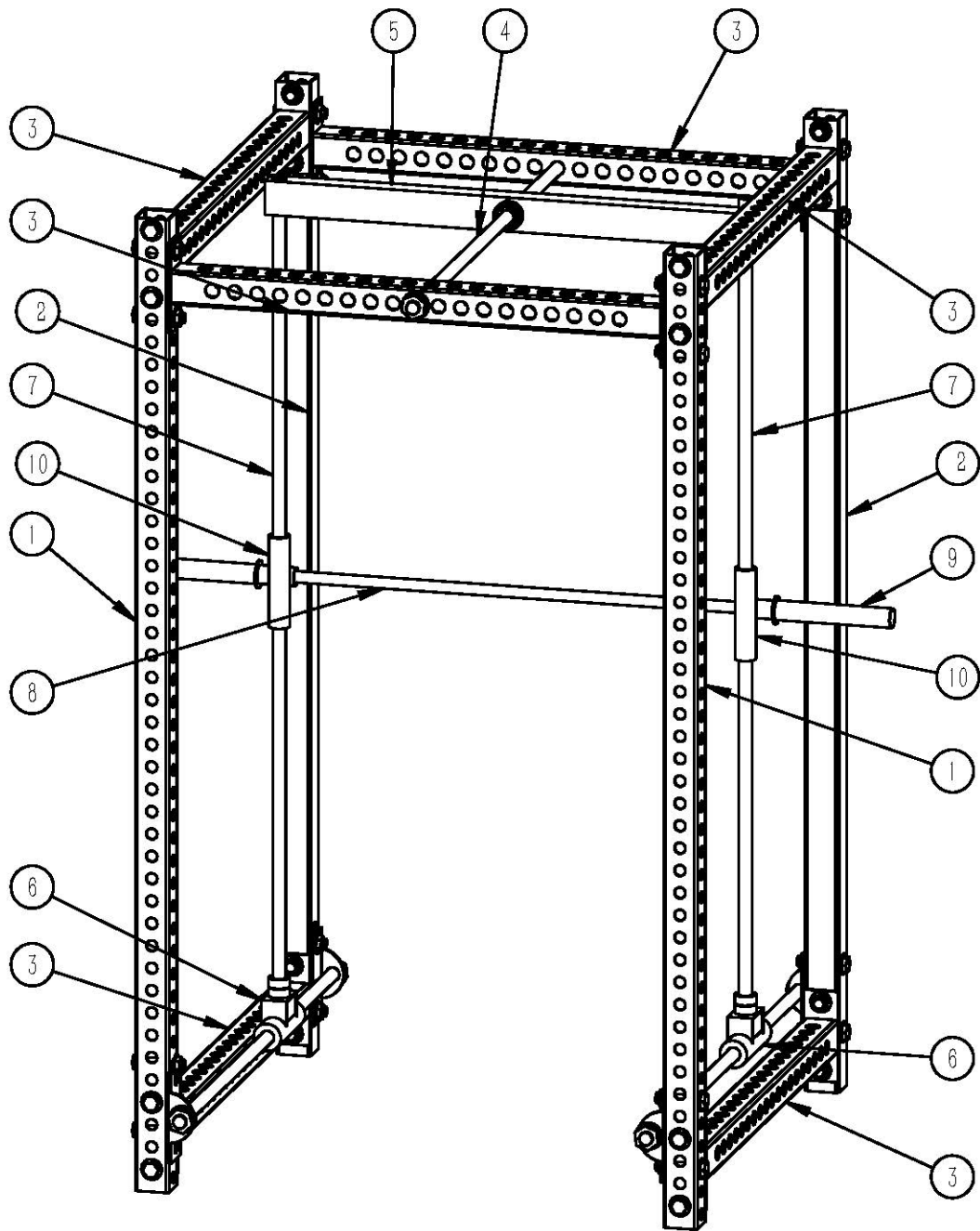
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PRATS LIST



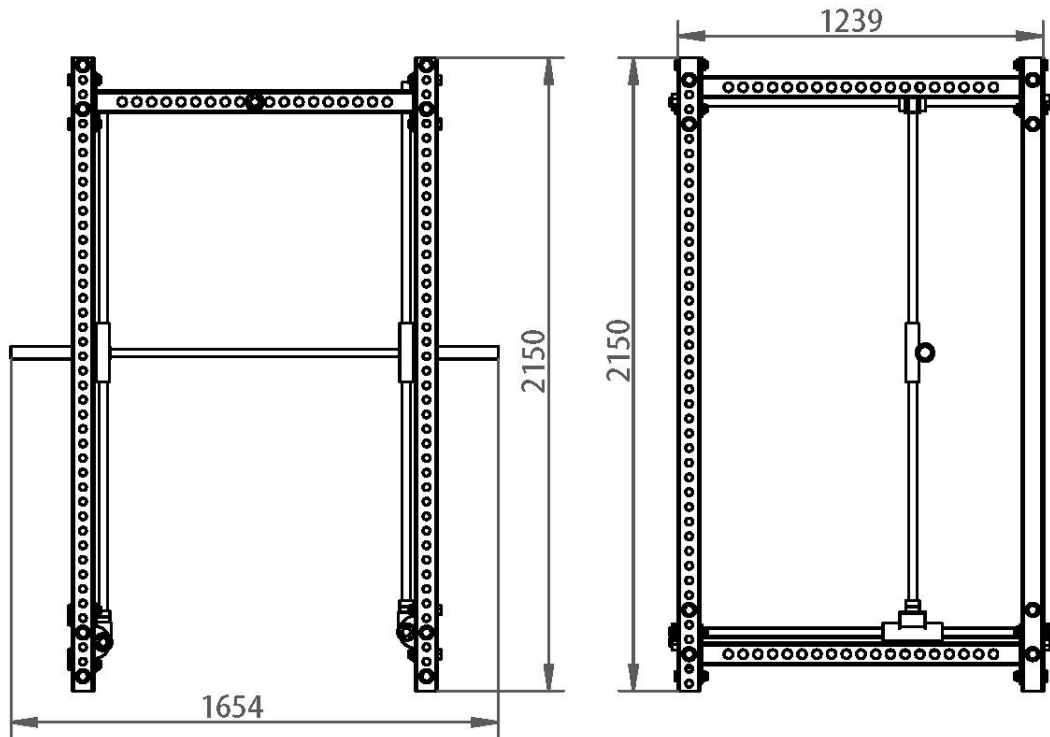
NO.	DESCRIPTION	Q'TY		
01	FRONT PILLAR	2		
02	REAR PILLAR	2		
03	BEAM	6		
04	CIRULAR TUBE	3		
05	SLIDING BEAM	1		
06	SLIDING BLOCK	2		
07	SLIDING TUBE	2		
08	BELL BLADE GRIP	1		
09	BELL BLADE EXTENSION TUBE	2		
10	BELL POSITIONING HOOK	2		

EXPLODE DRAWING

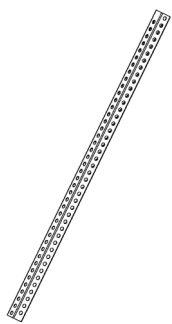


PRODUCT SPECIFICATIONS

DIMENSIONS



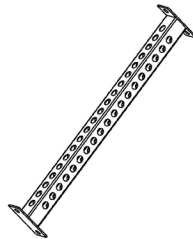
PARTS DIAGRAM



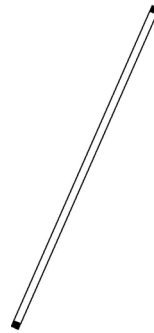
① X2



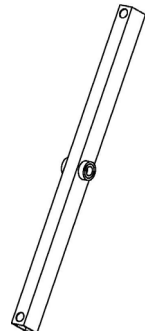
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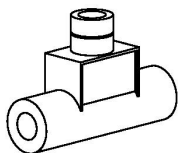
③ X6



④ X3



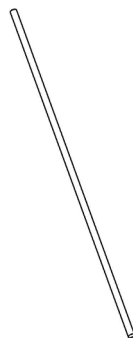
⑤ X1



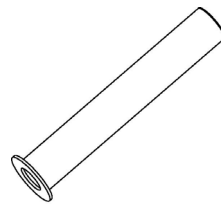
⑥ X2



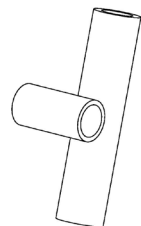
⑦ X2



⑧ X1



⑨ X2



⑩ X2

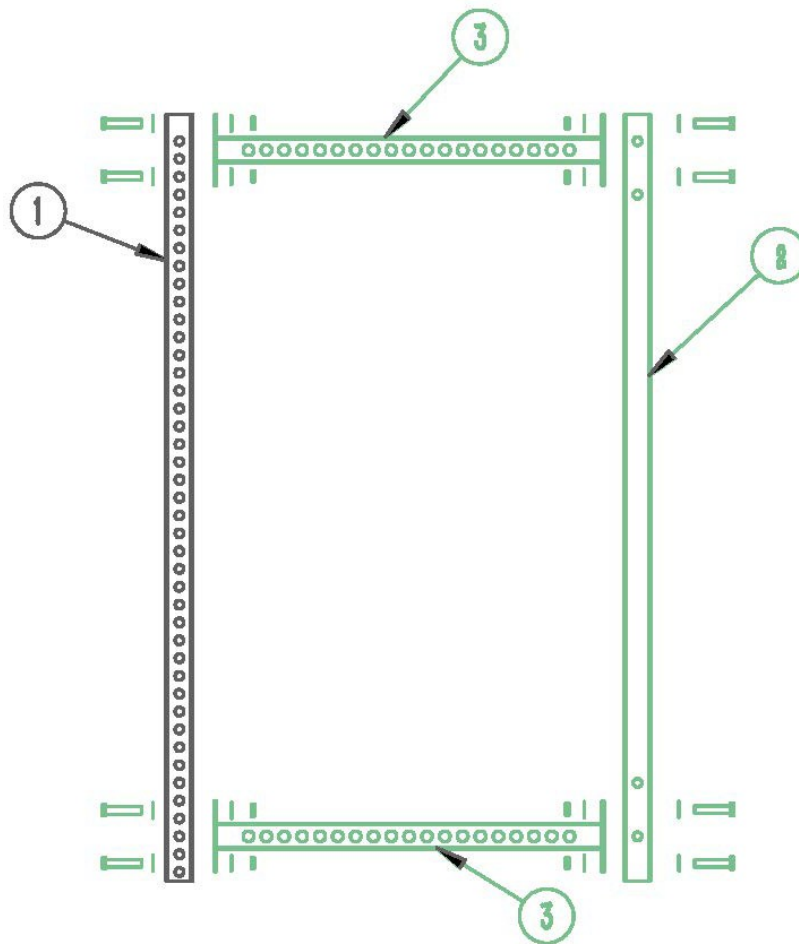
INSTALLATION STEPS

STEP:1

REMARK:

GRAY: INSTALLATION COMPLETE

BLUE: INSTALL AS SHOWN IN THE FIGURE



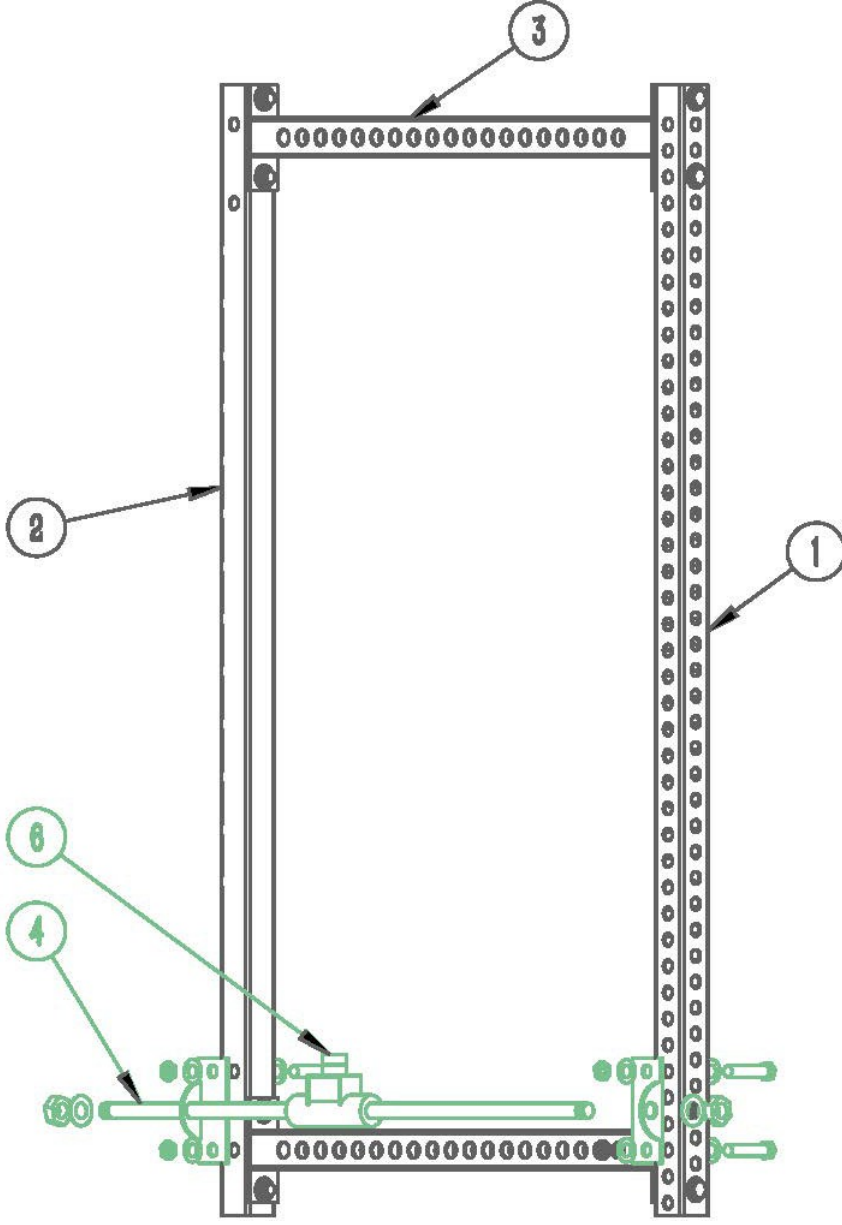
TWO COPIES IN TOTAL

STEP:8

REMARK:

GRAY: INSTALLATION COMPLETE

BLUE: INSTALL AS SHOWN IN THE FIGURE



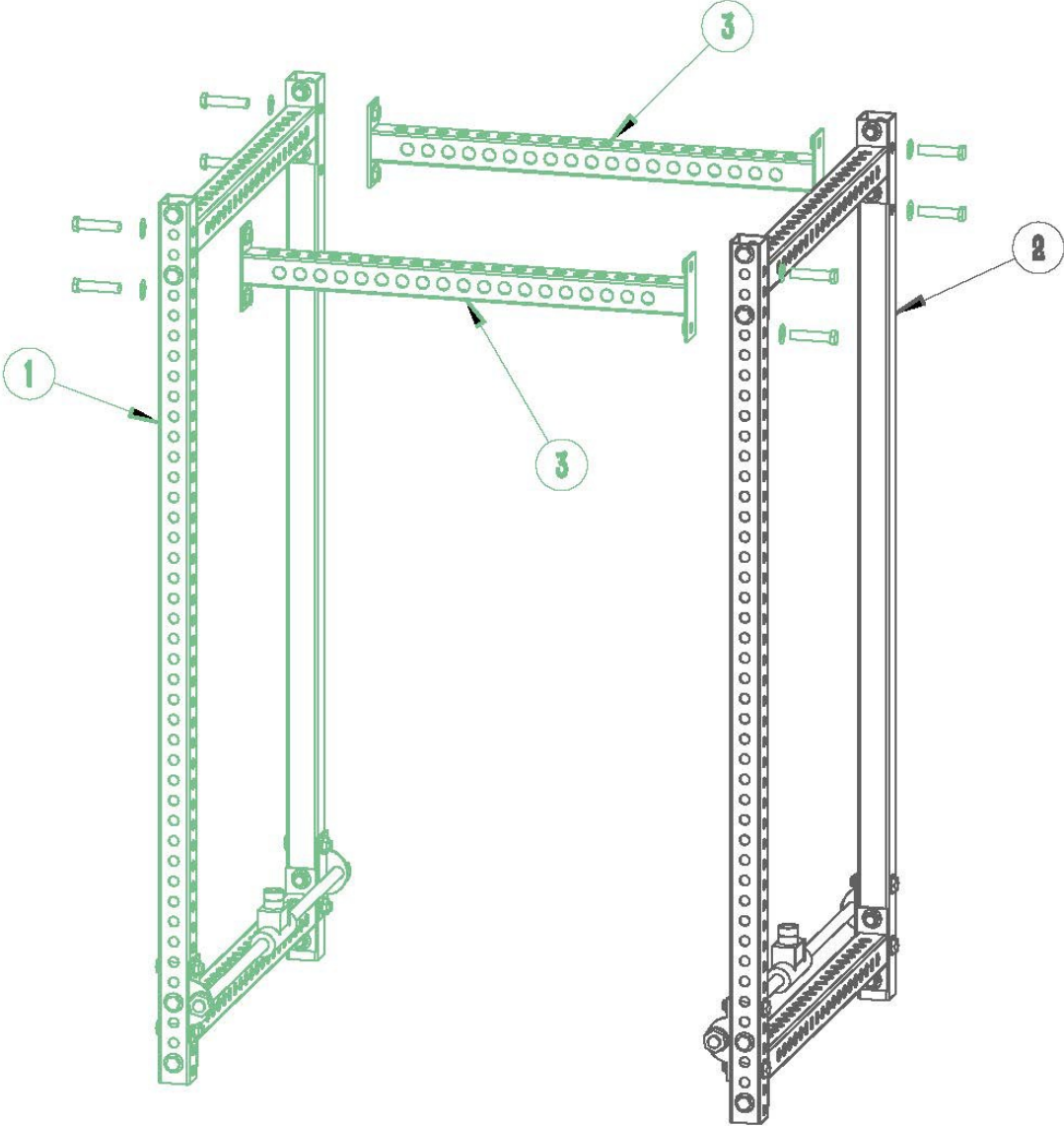
TWO COPIES IN TOTAL

STEP:9

REMARK:

GRAY: INSTALLATION COMPLETE

BLUE: INSTALL AS SHOWN IN THE FIGURE



STEP:4

REMARK:

GRAY: INSTALLATION COMPLETE

BLUE: INSTALL AS SHOWN IN THE FIGURE

