

FRENCH FITNESS

FFS-PLCLE / FFT-PLCLE

French Fitness Shasta & Tahoe
Prone Leg Curl / Leg Extension

ASSEMBLY MANUAL



OR



FEATURES

- Q235 steel frame ensures maximum structural integrity
- 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
- Nylon-coated cable meets U.S. military specifications
- Fiberglass-impregnated nylon pulleys feature sealed bearings
- Grips retained with aluminum collars, preventing them from slipping during use
- Hand grips are a durable urethane composite
- Solid-steel weight plates. Top weight plate is fitted with self-lubricating bushings
- Weight selector pin magnetically locks in place and is connected to stack to prevent loss
- Standard rear shrouds

TECH SPECS

- (16) Weight Plate, EA 13.23 Lb (6 kg)
- Weight to Pulley Ratio: 1:1
- 212 lb Weight Stack (96 kg)
- Machine Weight: 507 lb (230 kg)
- Dimensions: 65" x 39" x 56" (1650 x 990 x 1400 mm)

WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

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PARTS LIST

Name	NO	Name	NO
M12x110 Hex bolt	1	M12x20 Hex bolt	17
Flat Washer	2	Shaft	18
M12 Lock Nut	3	M10x80 Hex bolt	19
M12x65 Hex bolt	4	M8x30 Flat Head Cap Screw	20
M12x125 Hex bolt	5	Weight Stack Assembly	21
M12x35 Hex bolt	6	Adjustable bolt	26
Flat Washer	7	Weight Plate	27
M8x25 Flat Head Cap Screw	8	M10x120 Hex bolt	30
M12x20 Hex bolt	9	Velcros	31
Aluminum Cap	10	Guide Rod	34
Cam Pivot Bearing	11	Weight Plates Stack	35
M12 Lock Nut	12	Cushion	36
Cable Directional Pulley	13	Weight Stack Adapter (Top)	37
Counter Weight	14	Weight Stack Adapter (Bottom)	38
Lock Knob	15	Shroud	39
M8x70 Hat Head Cap Screw	16	Screw	40

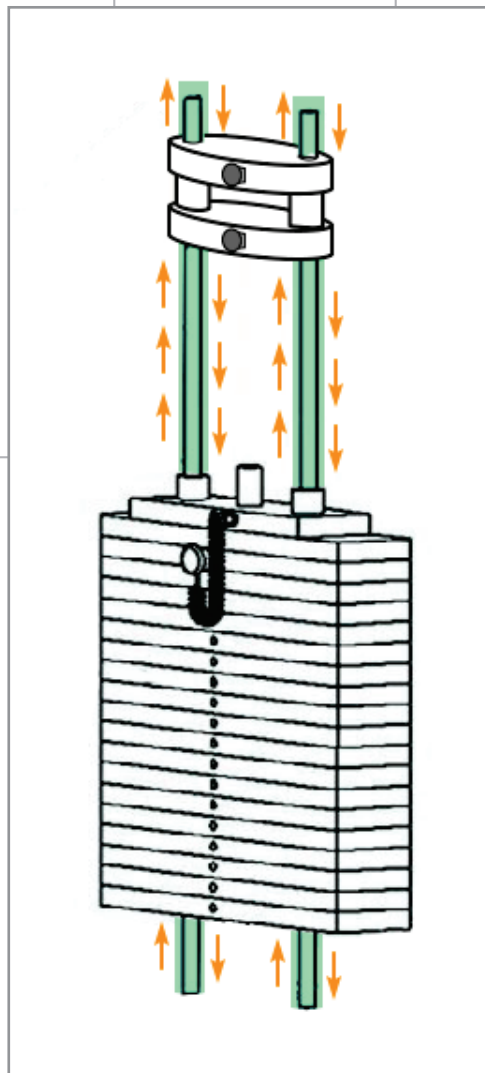
CLEAN GUIDE RODS

Step must be completed prior to installing. Failure to do so can leave residue from packaging and other sources stuck in the bushings.

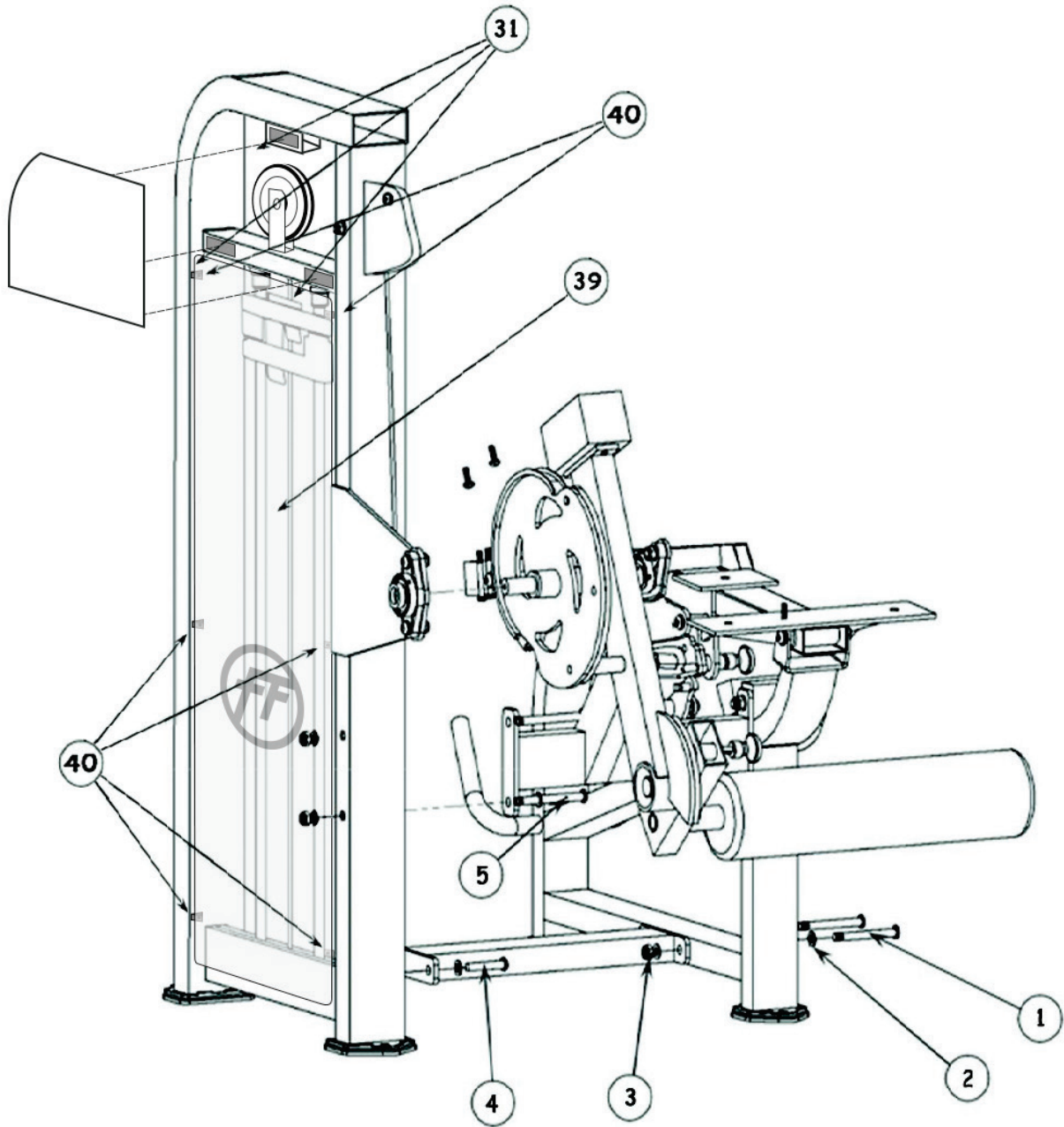
Guide rods need to make sure they are cleaned prior to installation otherwise this will cause the top plate to get stuck. It causes buildup in the bushings of the top plates. They just need to be cleaned out as well as the guide rods.

Use Silicon Spray and fiber to remove any excess residue. These can be found around the house or at a nearby hardware store, pics below. Use silicon Spray and steel wool.

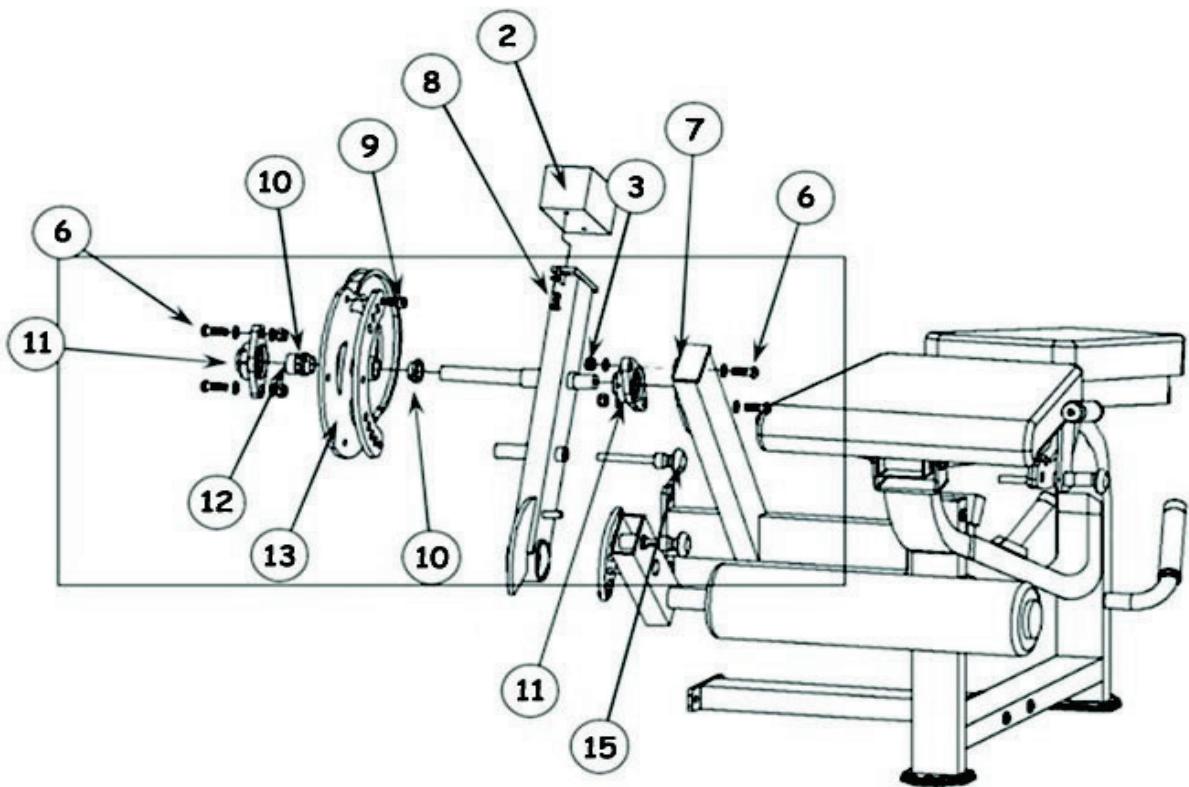
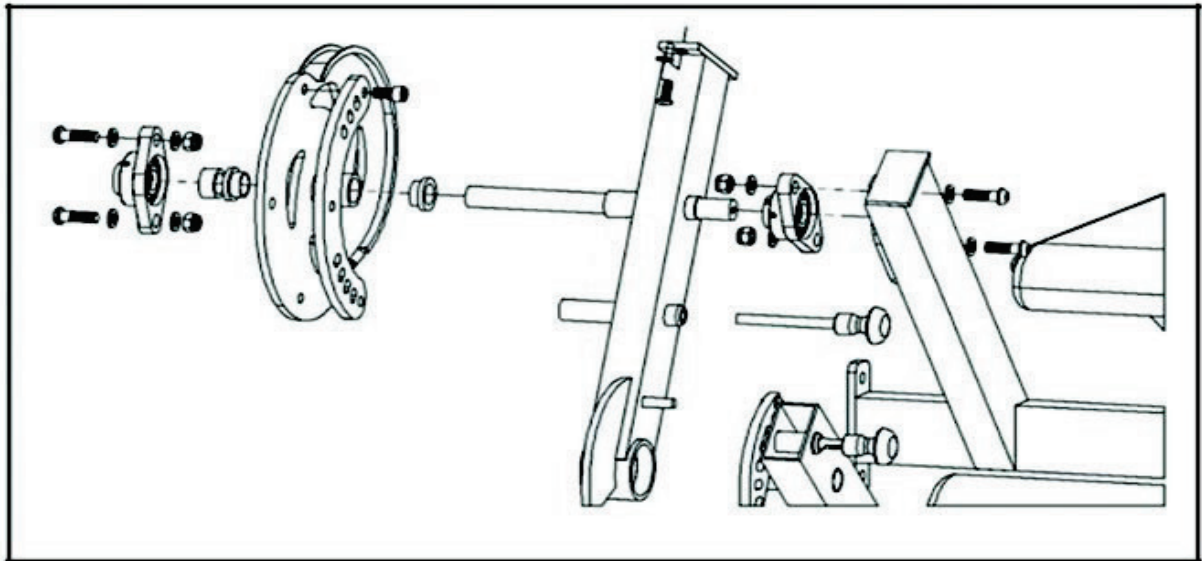
We use "B'laster 16-SL Industrial Strength Silicone Lubricant" and Steel Wool, Grade #0000 Super Fine Grade.



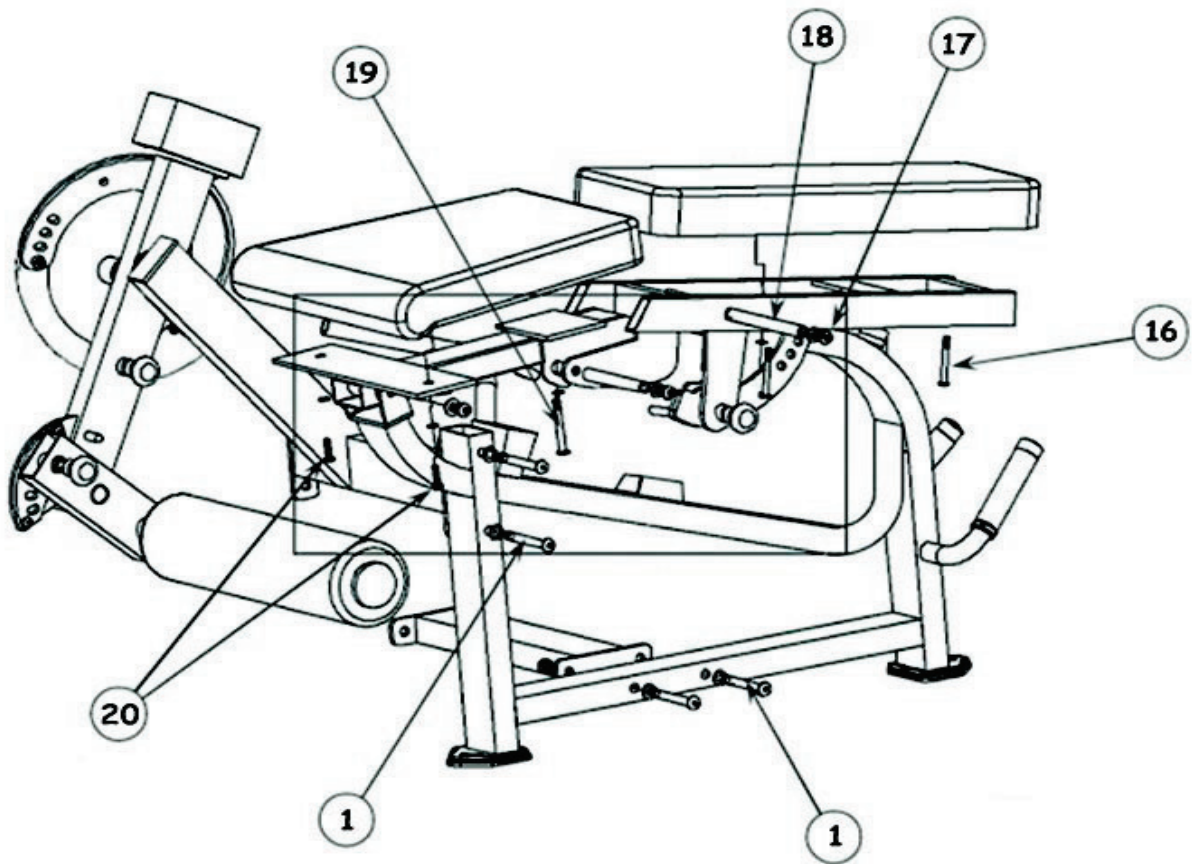
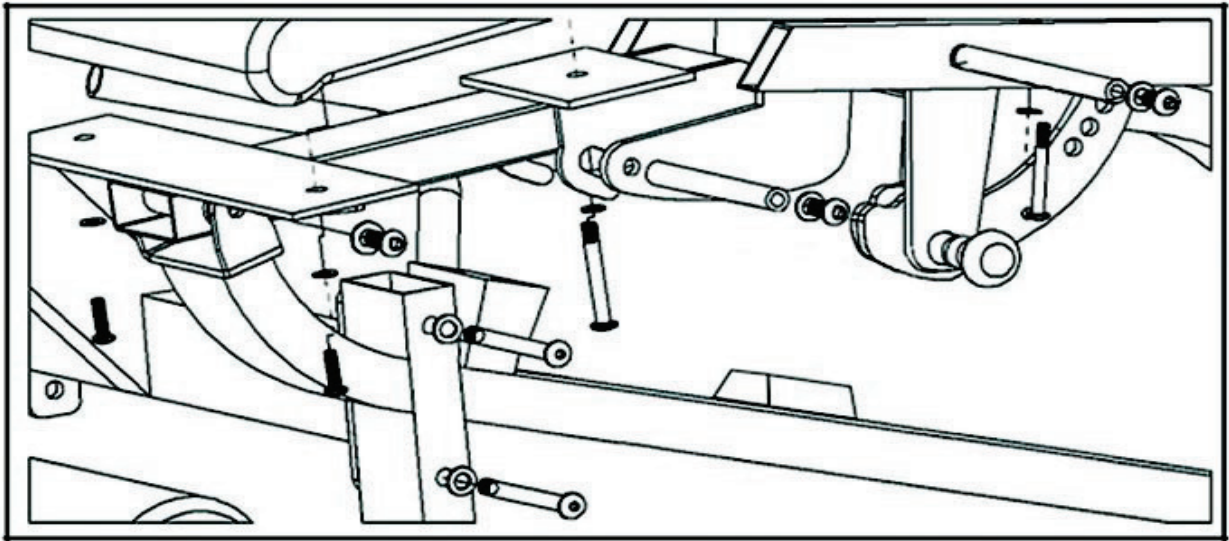
WEIGHT STACK FRAME AND SEAT FRAME ASSEMBLY



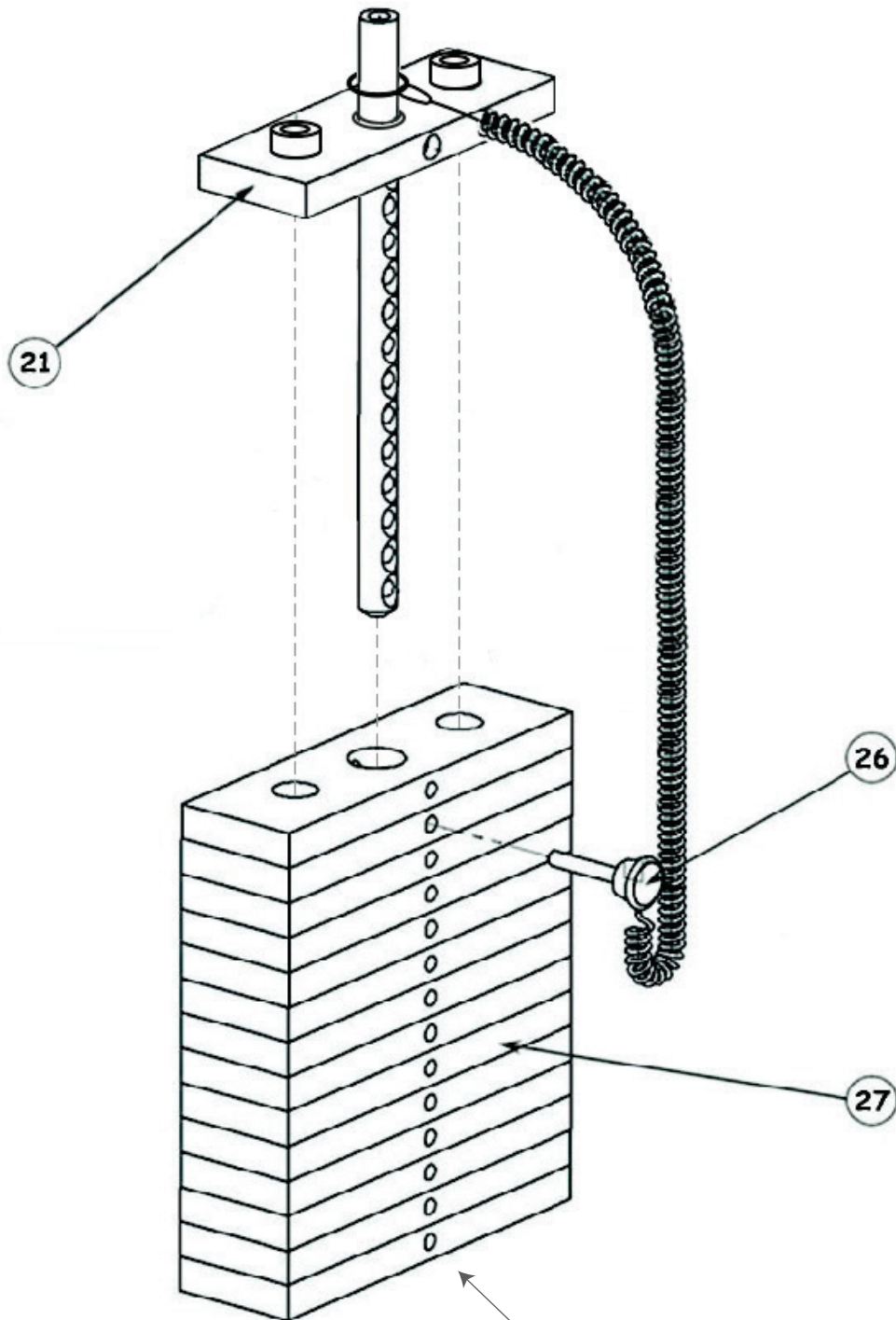
ADJUSTABLE LEG ROLLER ASSEMBLY



SEAT FRAME ASSEMBLY



WEIGHT SET ASSEMBLY



See 7 Step Weight Stack Assembly Directions, starting on Page 10, for Weight Stack Assembly Details

WEIGHT STACK ASSEMBLY

STEP 1. RUBBER BUMPERS



STEP 2. GUIDE RODS – TILT OUT



STEP 3. WEIGHT PLATES



STEP 4. TOP PLATE/SELECTOR ROD – REMOVE FROM CABLE FOR NOW + INSTALL THE TOP PLATE



STEP 5. ADAPTER WEIGHTS



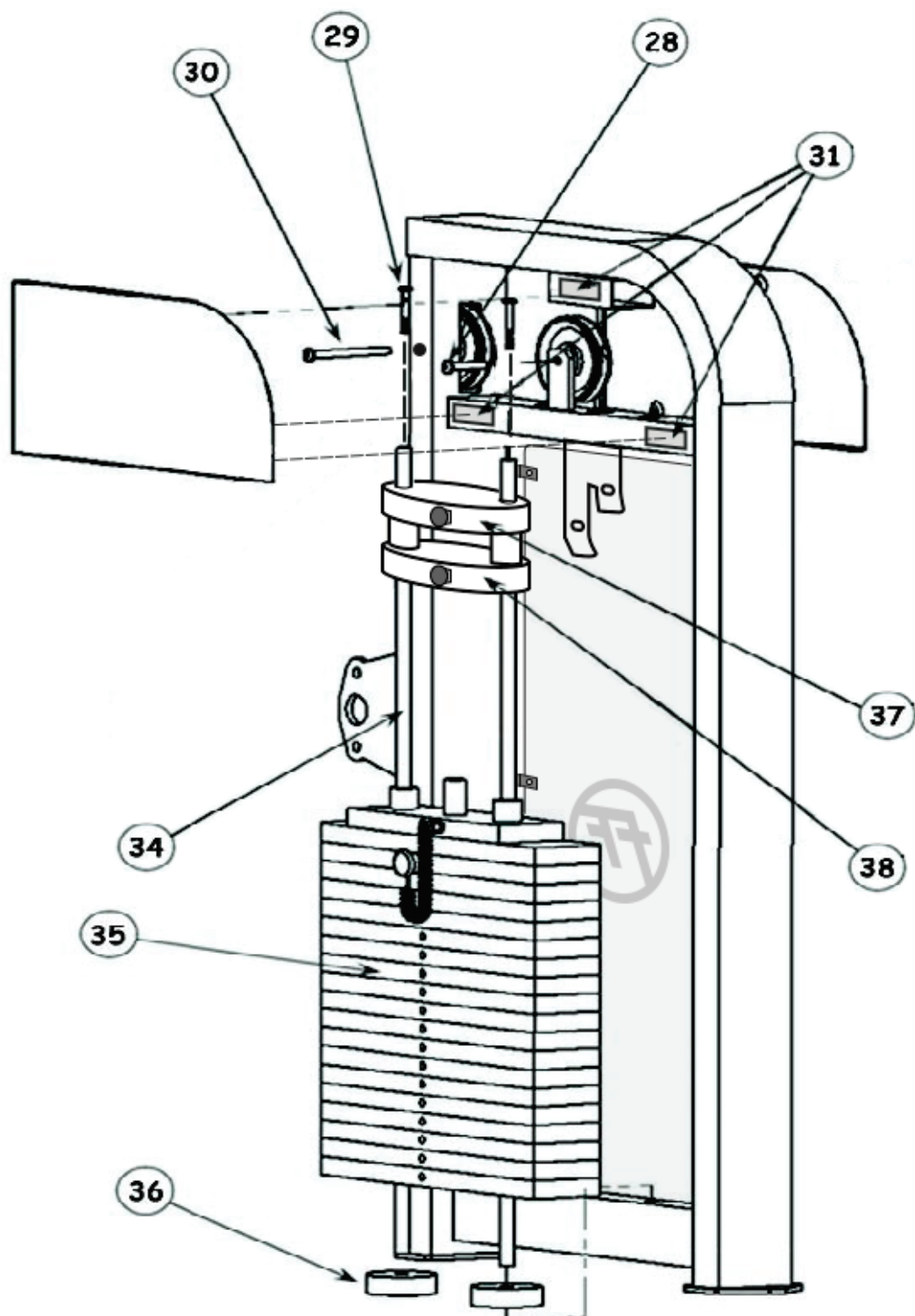
STEP 6. TILT IN GUIDE RODS – RAISE THEM IN ORDER TO BOLT THEM IN



STEP 7. INSTALL THE WEIGHT SELECTOR PIN AND REATTACH CABLE TO THE TOP PLATE AND THEN STORE WEIGHT ADAPTERS ON THE CHROME BRACKET AT THE TOP SO THAT THE CABLE CAN BE TIGHTENED AND ADJUSTED



WEIGHT STACK FRAME ASSEMBLY



ASSEMBLY INSTRUCTIONS



- 1) Attach the shrouds using included screws to the black brackets
- 2) Once attached, apply circular "FF" stickers onto the shroud, on the side that faces away from the weight stacks, with the bottom of the FF circle at the height of the top weight stack plate.