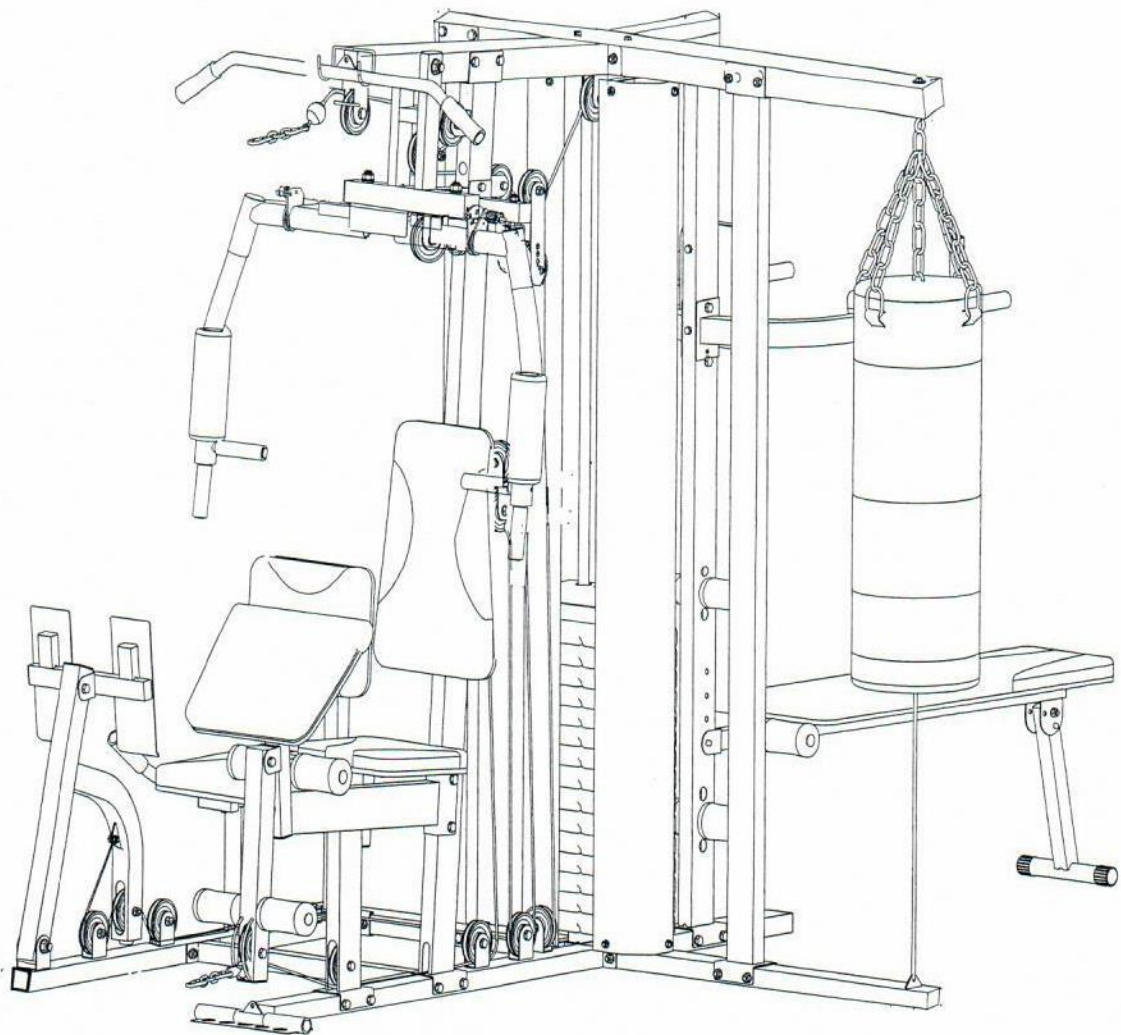


# FRENCH FITNESS

FF-X5

FRENCH FITNESS X5 5 STATION  
MULTI GYM SYSTEM V2

OWNER'S MANUAL



## FEATURES

- Thick 2.0 mm steel frame
- Heavy duty cables and pulley
- Premium powder coating anti-rust protection
- Contoured cushions utilize a molded foam for superior comfort and durability
- Standard rubber feet protect base of the frame and prevent the machine from slipping

## STATIONS

- Changes
- Preacher curl (adjustable height)
- Leg press (13" x 7" plate) + Adjustable
- Chest / Pec Fly Station - And Standing Row
- Low Pulley (38" extension) - Seated Rows, curls, and one legged leg exercises
- Lat pulldown (38" extension).
- Please note a tall person will not get full extension. Also do tricep pushdowns
- VKR (Vertical Knee Raises) + Dip Station
- Punching Bag
- Pull Up Bar
- Abdominal board

## TECH SPECS

- Weight Stack: 165 lbs (75 kg)
- Weight: 568.7 lbs (258 kg)
- Dimensions L x W x H): 87" x 101.5" x 82.75" (2200 mm x 2600 mm x 2102 mm)

## WARRANTY

- **10 Years Parts, 1 Year Labor (Home)**

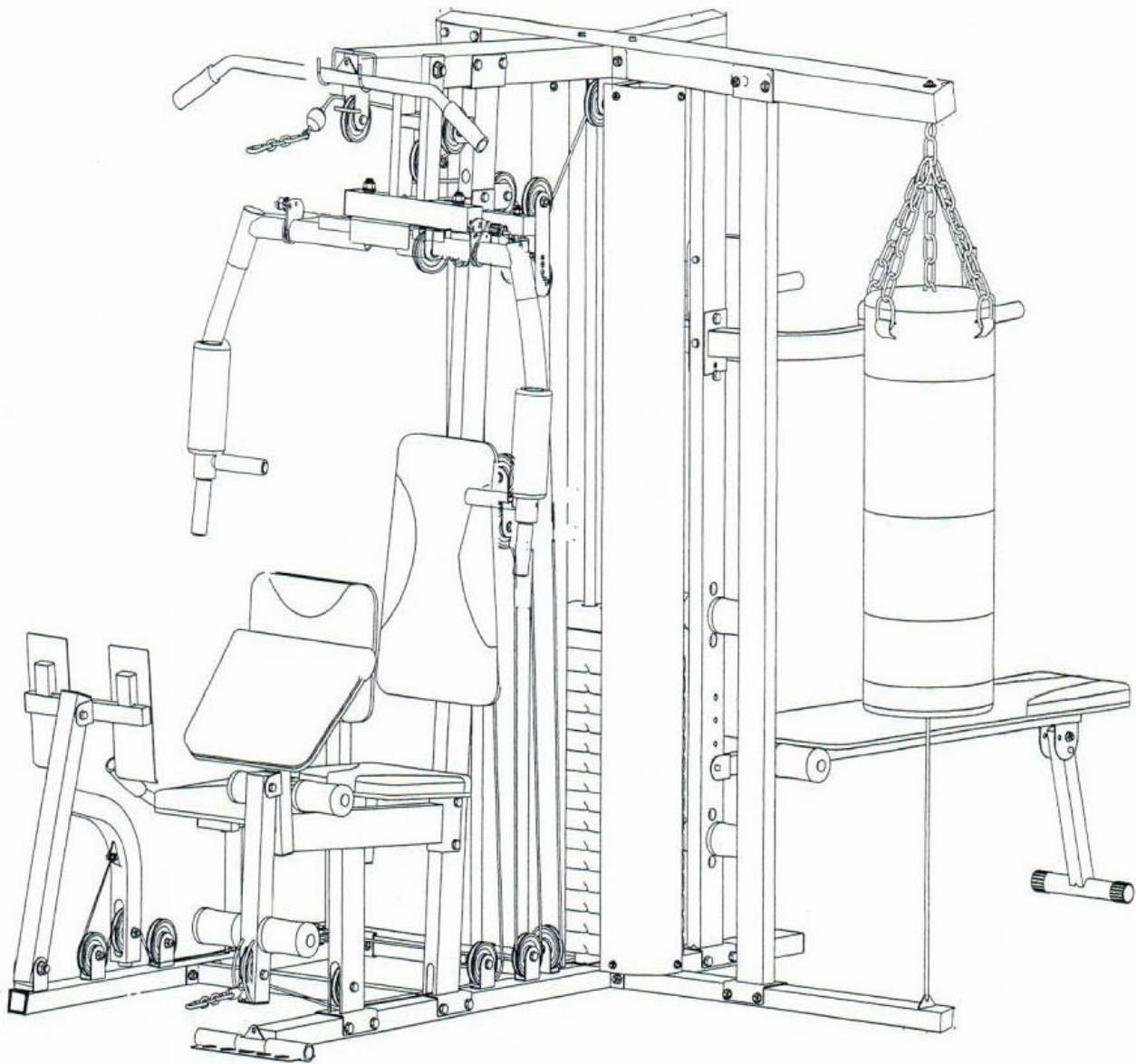
## PRECAUTIONS AND WARNINGS

**Note: Please read the instructions carefully before use, and bear in mind the following precautions:**

1. The machine shall be placed indoors and away from water, and no objects shall be placed on top of it.
2. Please dress in sportswear and sports shoes before exercising.
3. Loose clothes are prohibited to prevent body scratches.
4. Keep children away from the machine.
5. Please keep fresh air in the room while using the machine. In case of feeling uncomfortable during use, please stop exercising immediately and consult a doctor.
6. When selecting the weight, make sure that the locking pin is fully inserted into the adjusting hole.
7. After lifting the weight, be sure to put it down slowly.
8. Make sure that the steel ropes are firmly connected inside the pulley groove.

**Warning: To avoid accidents or injury, please follow the instructions below:**

1. Please check if your clothes are buttoned or zippered properly before use.
2. Loose clothes are prohibited.
3. In case of feeling dizzy, chest pain, nausea, or shortness of breath during exercise, please stop immediately and consult a fitness professional or doctor.



### Product Parameter















<b>Product Name</b>	5 STATION MULTI GYM SYSTEM V2
<b>Weight</b>	72 KG
<b>Groud Size</b>	3000 x 2100 x 1980

## **TABLE OF CONTENTS**





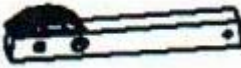









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PARTS LIST .....	6
ASSEMBLY STEPS .....	12
TRAINING DIAGRAM.....	26



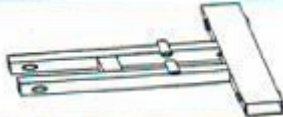






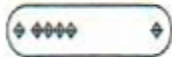






# PARTS LIST

ITEM NO.	Name	Graph	QTY.
1	Base frame		1
2	Rear base tube		1
3	Underground tube		1
4	Guiding rod		2
5	Left and right riser		2
6	Rear riser		1
7	Shockproof pad		2
8	Counterweight		15
9	Selection lever		1
10	Guiding rod cover		1
11	Pin		1
12	Weight block		1
13	Middle riser		1
14	Connecting tube		1

# PARTS LIST

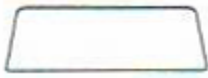









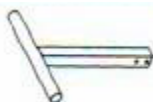




ITEM NO.	Name	Graph	QTY.
15	Sandbag holder		1
16	Top beam		1
17	Low-pull steel rope		1
18	Cushion frame		1
19	Cross kick stand		1
20	Cushion adjuster		1
21	Biceps adjuster		1
22	Adjusting pulley piece		2
23	L-shaped fixed piece		2
24	Kick stand		1
25	Kick movement frame		1
26	Footboard		1
27	Left handle		1
28	Right handle		1

# PARTS LIST

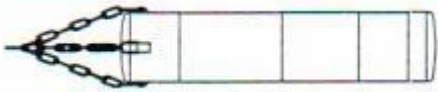
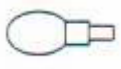

















ITEM NO.	Name	Graph	QTY.
29	Backrest adjuster		1
30	Foot hook tube		6
31	Bracket		1
32	Right butterfly arm		1
33	Left butterfly arm		1
34	Foam		2
35	Butterfly arm handle 1		4
36	Butterfly arm handle 2		6
37	High-pull steel rope		1
38	Adjusting pulley piece		2
39	Pulley		20
40	Butterfly arm steel rope		1
41	Front Clamping Ring		1
42	Chain		2
43	Back cushion		1
44	Seat cushion		1
















# PARTS LIST

ITEM NO.	Name	Graph	QTY.
45	Elbow pad		1
46	Kick seating pad		1
47	Kick back pad		1
48	High-pull rod		1
49	Low-pull rod		1
50	Foot hook foam		10
51	Protection cover		2
52	Left parallel bars		1
53	Right parallel bars		1
54	Abs frame		1
55	Rear stand welding piece		6
56	Parallel bar back pad		1
57	Parallel bar elbow pad		1
58	Abs seating pad		1
59	Handle foam		16

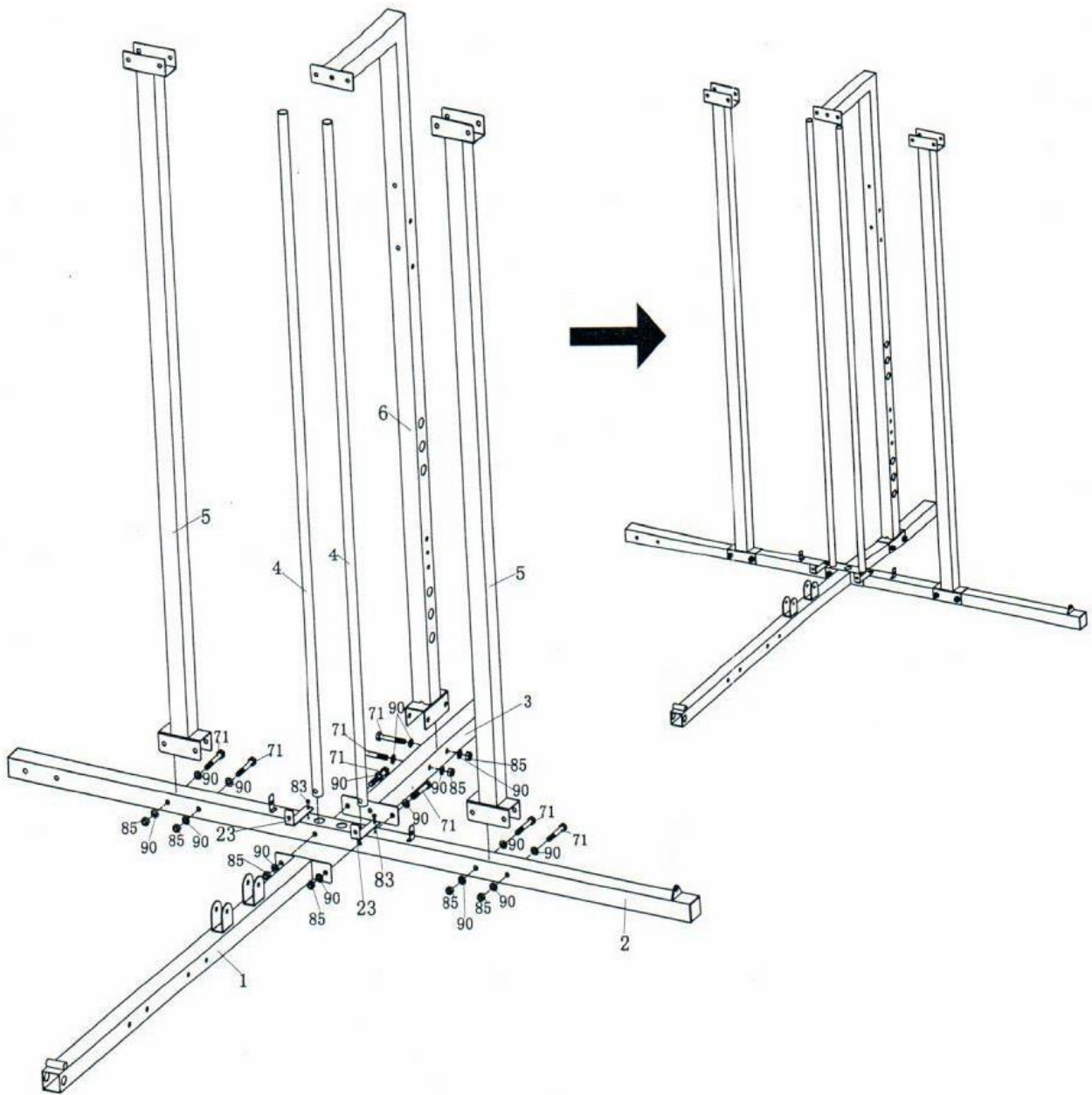
# PARTS LIST





ITEM NO.	Name	Graph	QTY.
60	Sandbag		1
61	Ball head pull pin		3
62	Gourd hook		4
63	Φ21*Φ16 metallurgical Set		8
64	Counterweight limitation pin		1
65	Plug		2
66	Sandbag hook		1
67	Outer hexagonal bolt M16*130		1
68	Outer hexagonal bolt M16*80		1
69	Outer hexagonal bolt M10*125		1
70	Outer hexagonal bolt M10*105		2
71	Outer hexagonal M10*100		14
72	Outer hexagonal M10*70		2
73	Outer hexagonal bolt M10*65		5
74	Outer hexagonal bolt M10*70		
75	Outer hexagonal bolt M10*80		2
76	Outer hexagonal bolt M10*45		16
77	Outer hexagonal bolt M16*95		1
78	Outer hexagonal bolt M8*65		7

# PARTS LIST

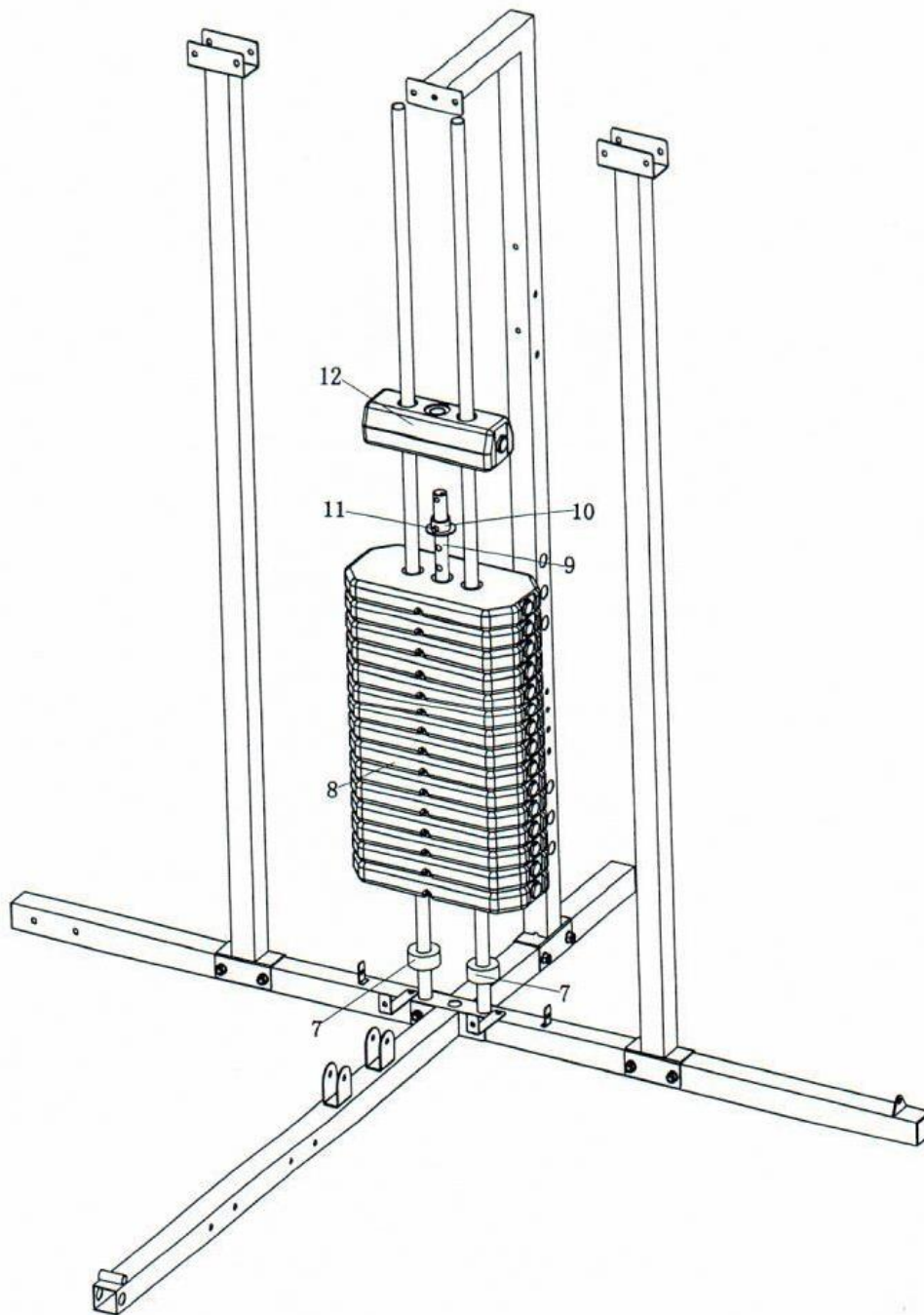
ITEM NO.	Name	Graph	QTY.
79	Outer hexagonal bolt M8*40		2
80	Outer hexagonal bolt M8*20		1
81	Outer hexagonal bolt M8*15		22
82	Outer hexagonal bolt M8*12		8
83	Semi-circle cross screw M5*10		4
84	Self-tapping screw ST4.0*15		10
85	Lock nut M10		58
86	Lock nut M16		4
87	Lock nut M8		1
88	Flat washer $\Phi 30 * \Phi 10$		1
89	Flat washer $\Phi 16$		6
90	Flat washer $\Phi 10$		110
91	Flat washer $\Phi 8$		46

# INSTALLATION INSTRUCTION. STEP 1



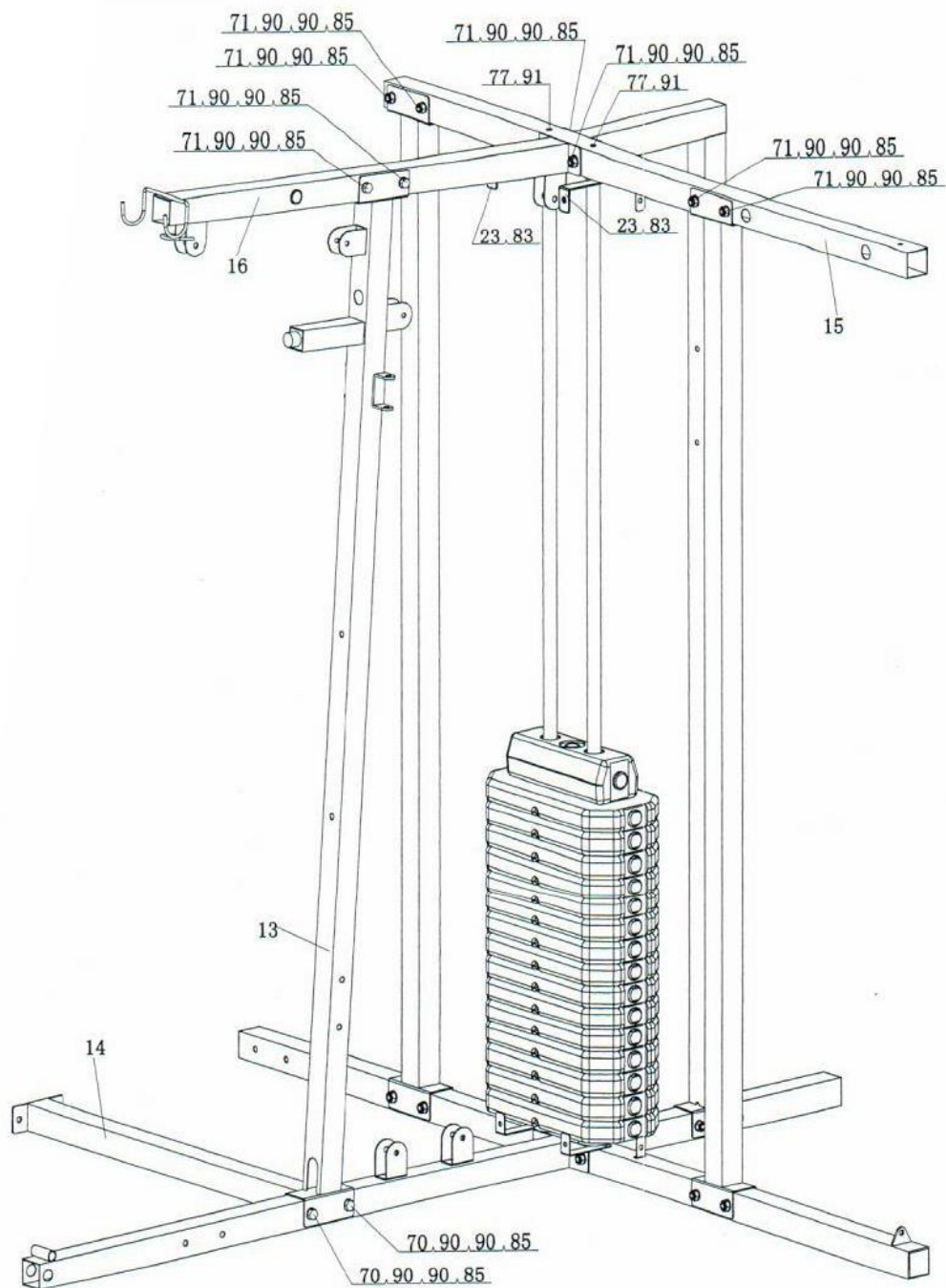
ITEM NO.	Name	Graph	QTY.	ITEM NO.	Name	Graph	QTY.
71	Outer hexagonal M10*100		8	90	Flat washer $\Phi$ 10		16
85	Lock nut M10		8	83	Semi-circle cross screw M5*10		2








## INSTALLATION INSTRUCTION. STEP 2



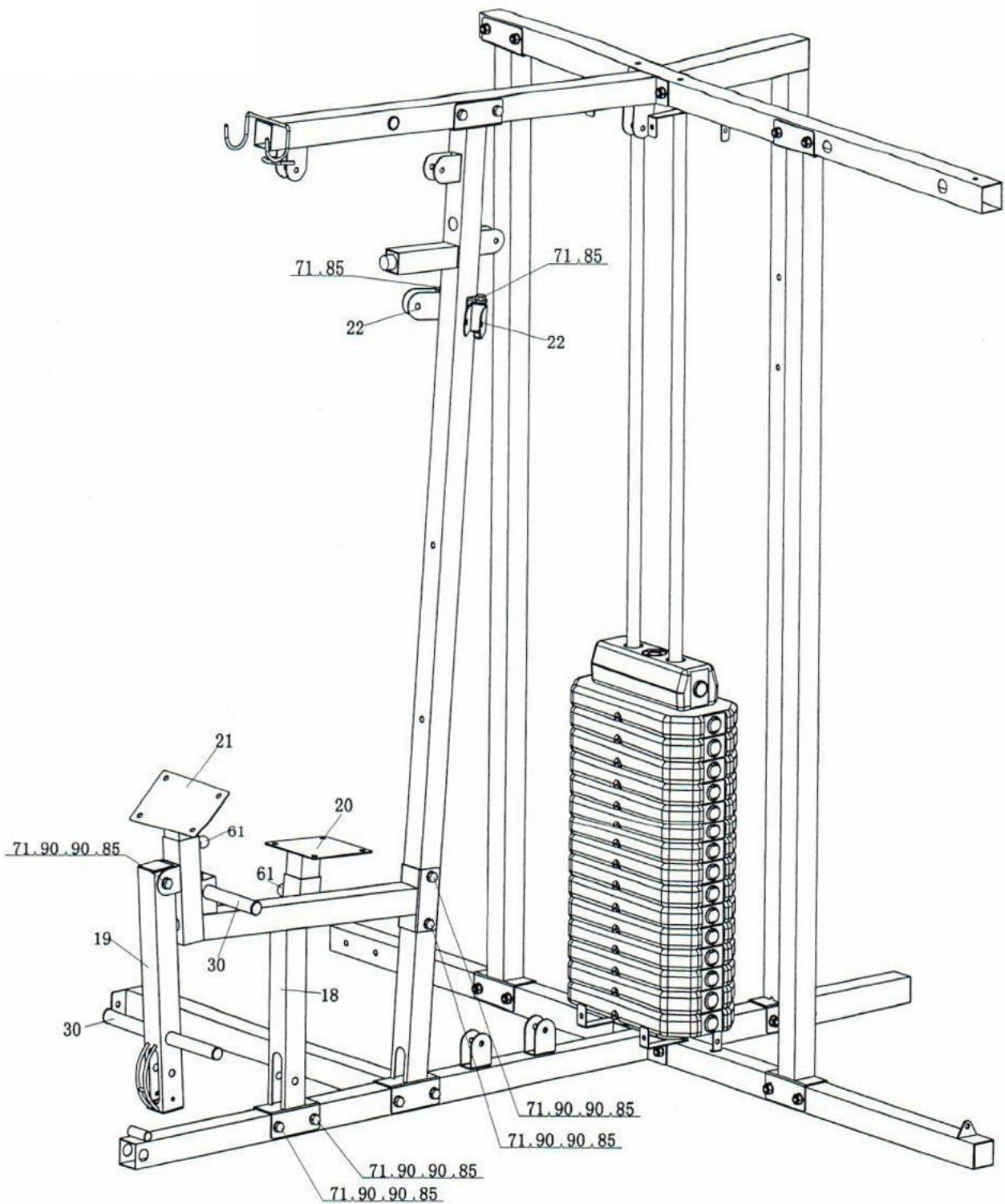
Install the parts shown in the figure above by order




# INSTALLATION INSTRUCTION. STEP 3



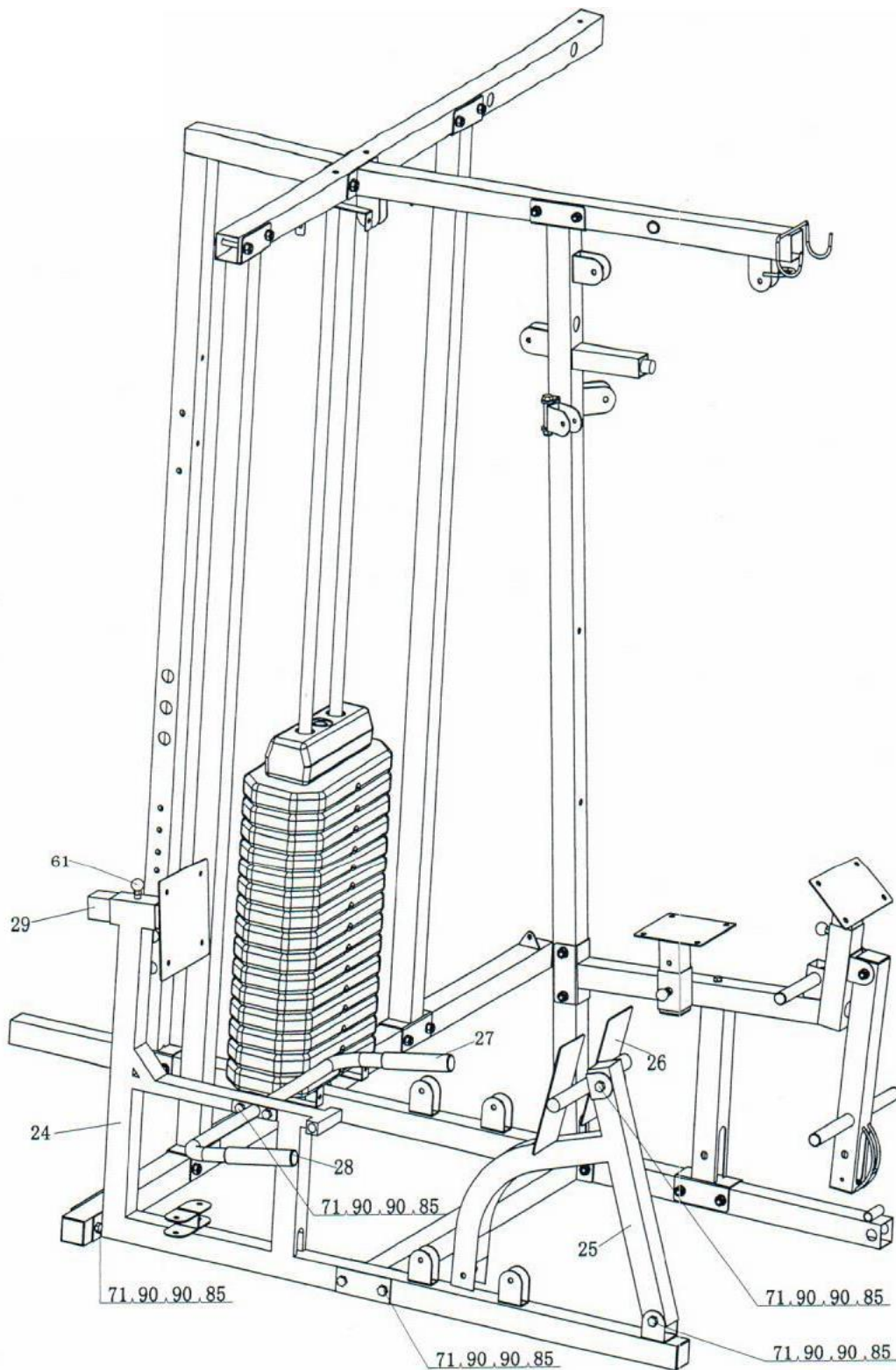
ITEM NO.	Name	Graph	QTY.	ITEM NO.	Name	Graph	QTY.
70	Outer hexagonal bolt M10*105		2	90	Flat washer Φ10		20
71	Outer hexagonal bolt M10*100		8	91	Flat washer Φ8		2
77	Outer hexagonal bolt M16*95		2	83	Semi-circle cross screw M5*10		2
85	Lock nut M10		10				




# INSTALLATION INSTRUCTION. STEP 4



ITEM NO.	Name	Graph	QTY.	ITEM NO.	Name	Graph	QTY.
71	Outer hexagonal M10*100		9	90	Flat washer $\Phi 10$		14
85	Lock nut M10		9				

# INSTALLATION INSTRUCTION. STEP 5

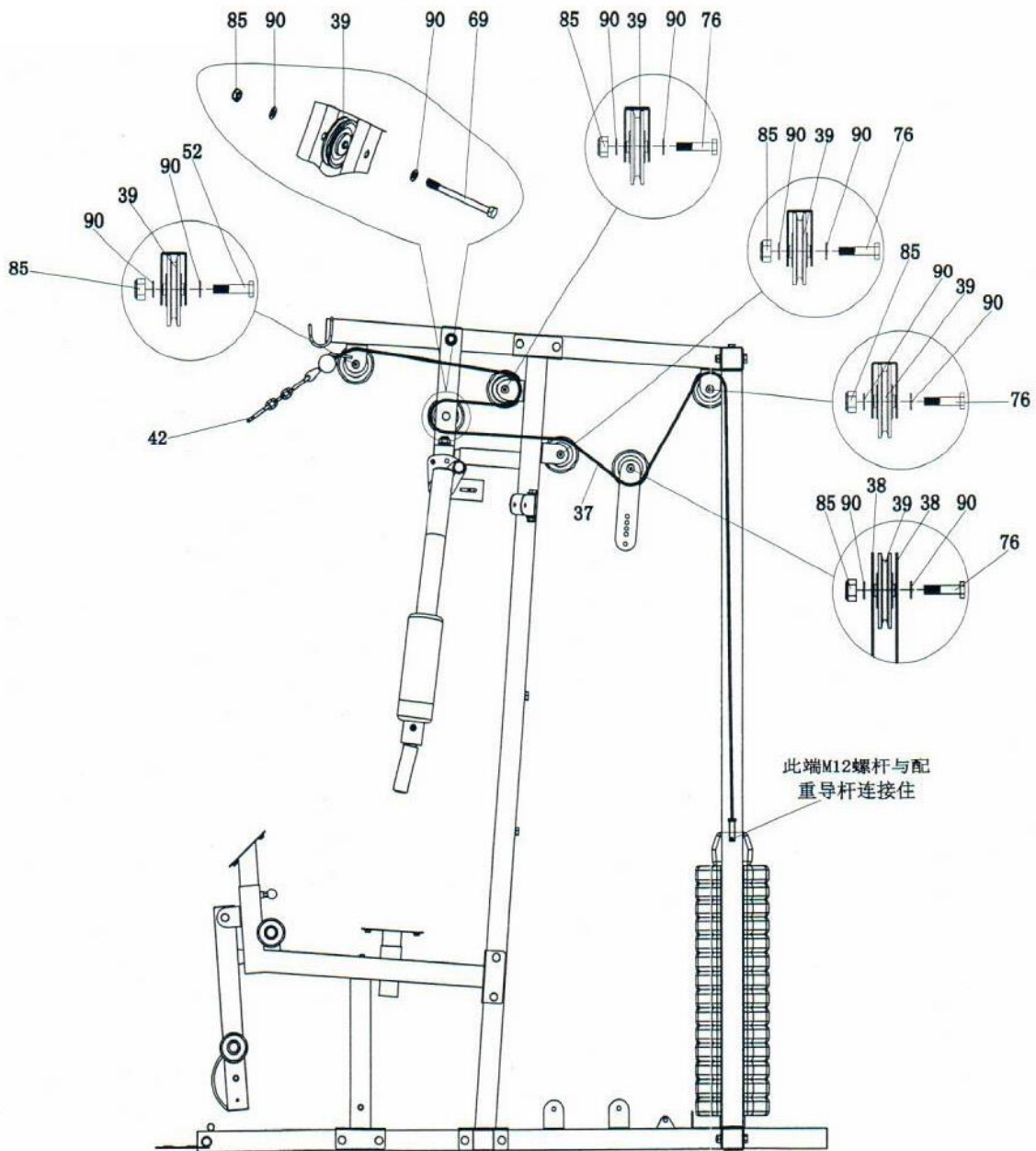


ITEM NO.	Name	Graph	QTY.	ITEM NO.	Name	Graph	QTY.
71	Outer hexagonal M10*100		9	90	Flat washer $\Phi 10$		14
85	Lock nut M10		9				



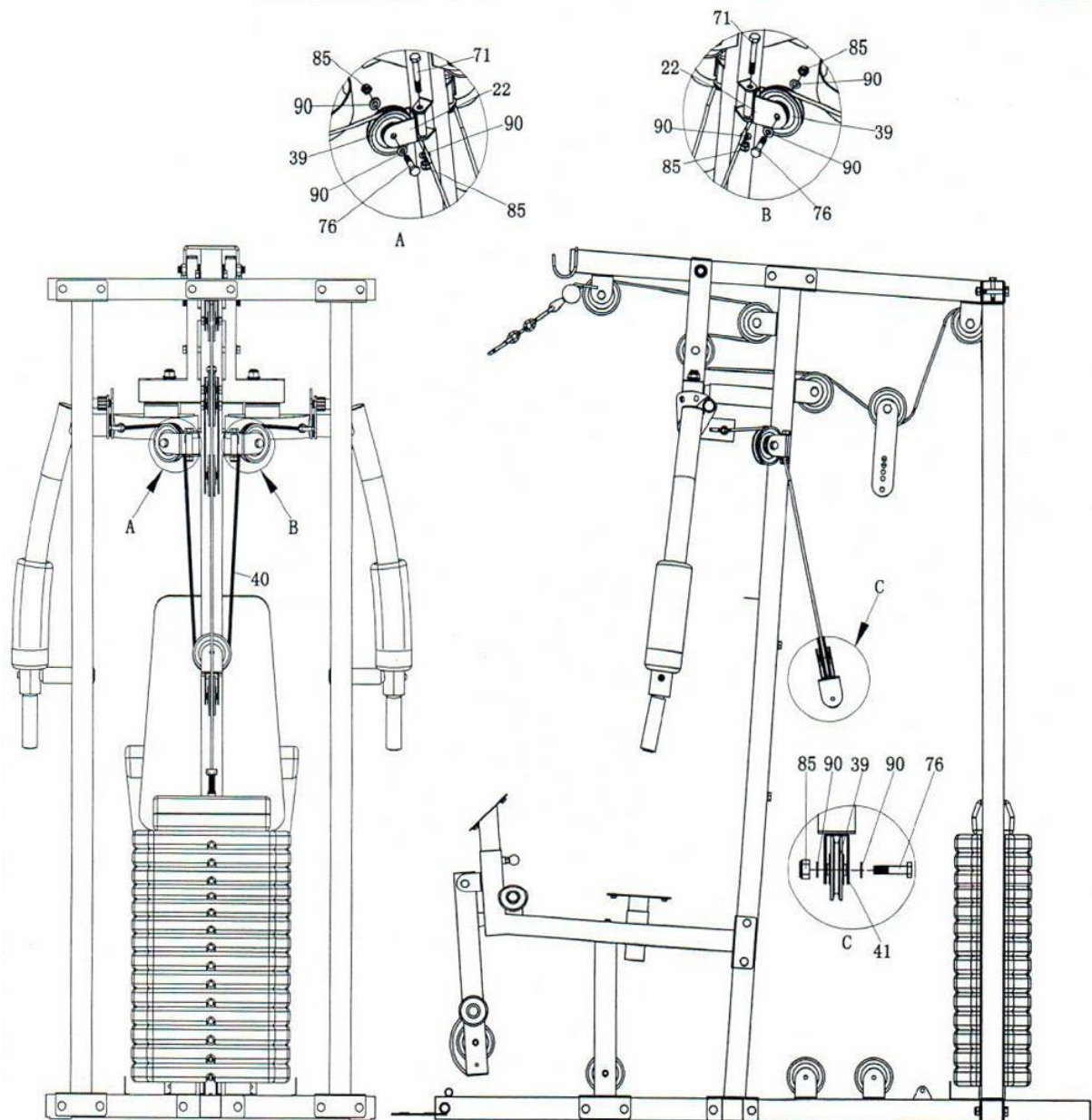


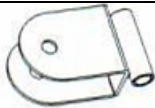



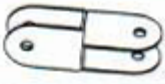



# INSTALLATION INSTRUCTION. STEP 7



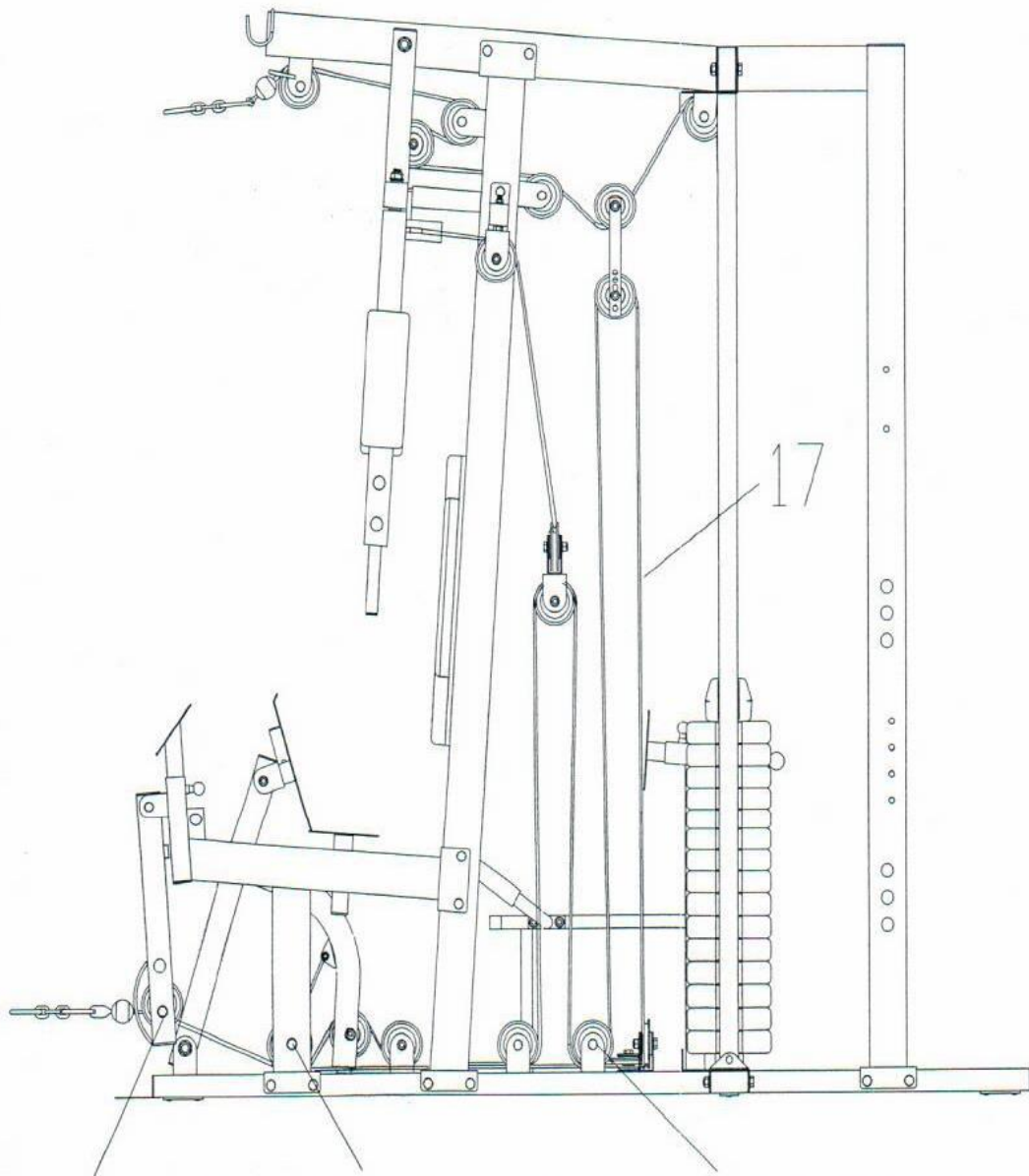
ITEM NO.	Name	Graph	QTY.	ITEM NO.	Name	Graph	QTY.
38	Adjusting pulley piece		2	90	Flat washer $\Phi 10$		12
39	Pulley		6	76	Outer hexagonal bolt M10*45		5
42	Chain		1	85	Lock nut M10		6
69	Outer hexagonal bolt M10*125		1	37	High-pull steel rope		1

# INSTALLATION INSTRUCTION. STEP 8












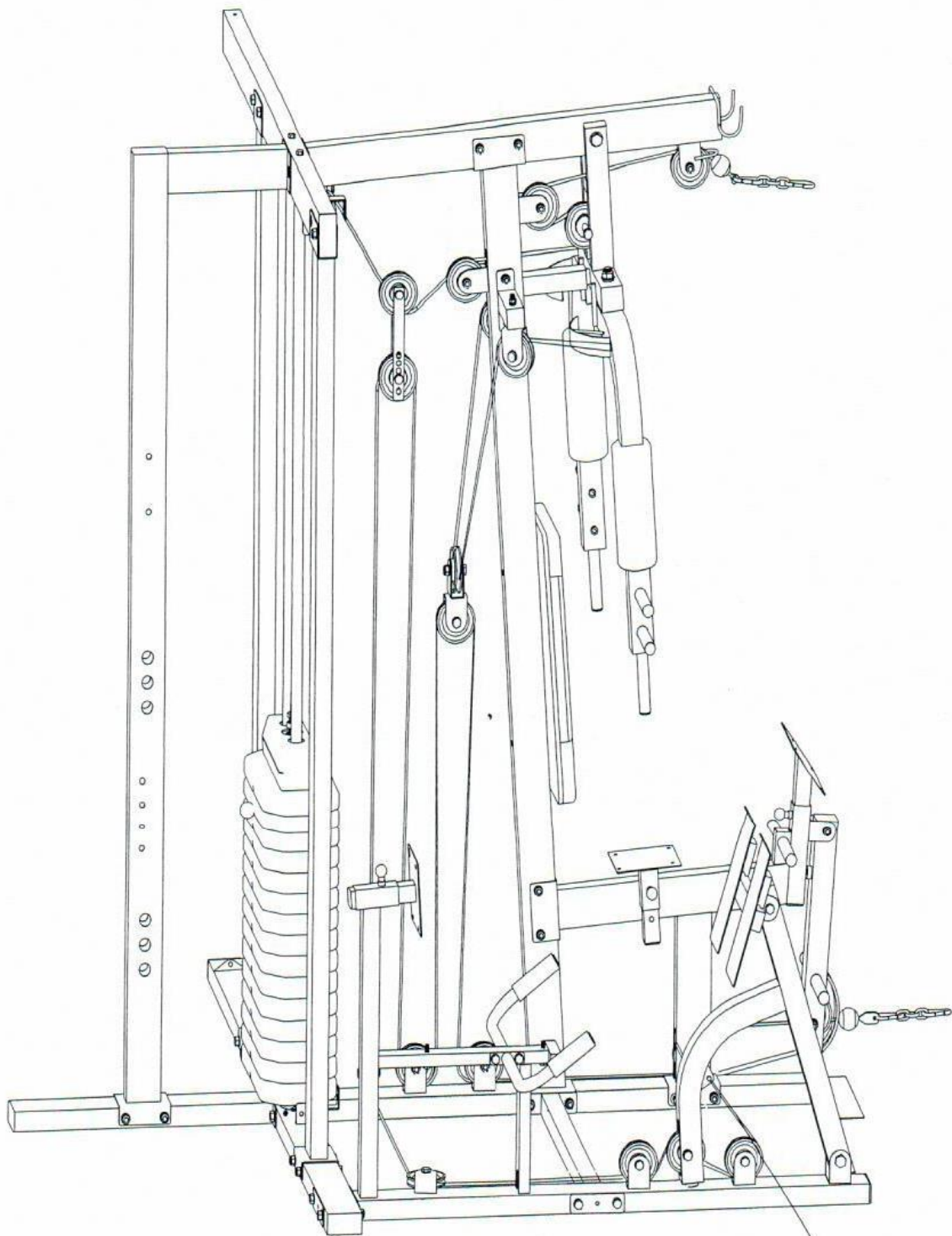
ITEM NO.	Name	Graph	QTY.	ITEM NO.	Name	Graph	QTY.
22	Adjusting pulley piece		2	90	Flat washer $\Phi 10$		8
39	Pulley		3	71	Outer hexagonal M10*100		2
41	Front Clamping Ring		1	76	Outer hexagonal bolt M10*45		3
40	Butterfly arm steel rope		1	85	Lock nut M10		5

# INSTALLATION INSTRUCTION. STEP 9



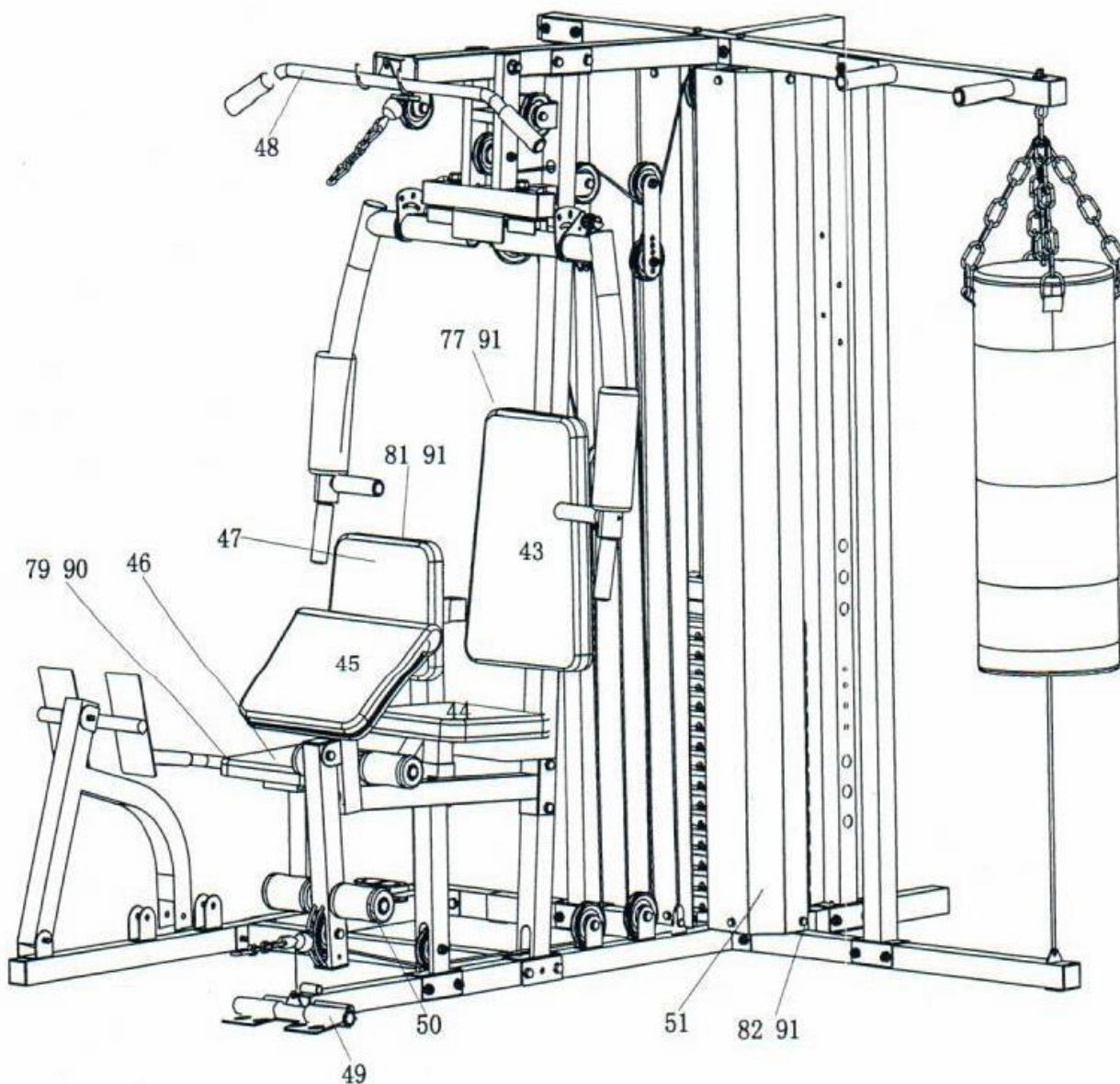
73 90 90 85 75 90 90 85 76 90 90 85






ITEM NO.	Name	Graph	QTY.	ITEM NO.	Name	Graph	QTY.
73	Outer hexagonal bolt M10*65		2	87	Lock nut M8		1
75	Outer hexagonal bolt M10*80		1	90	Flat washer $\Phi 10$		20
76	Outer hexagonal bolt M10*45		7	91	Flat washer $\Phi 8$		2
80	Outer hexagonal bolt M8*20		1	40	Butterfly arm steel rope		1
85	Lock nut M10		10				



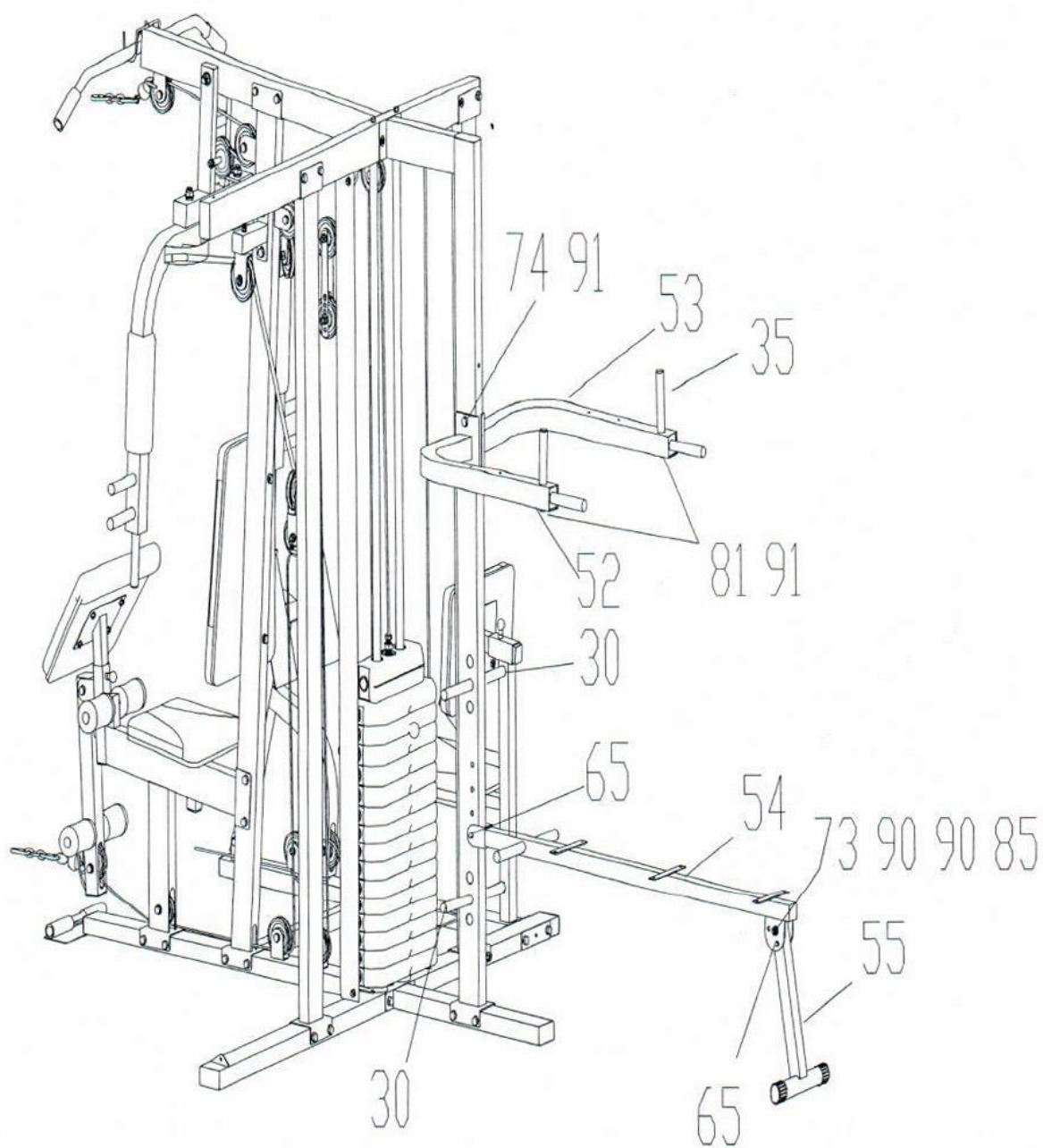
80 91 91 87







# INSTALLATION INSTRUCTION. STEP 10



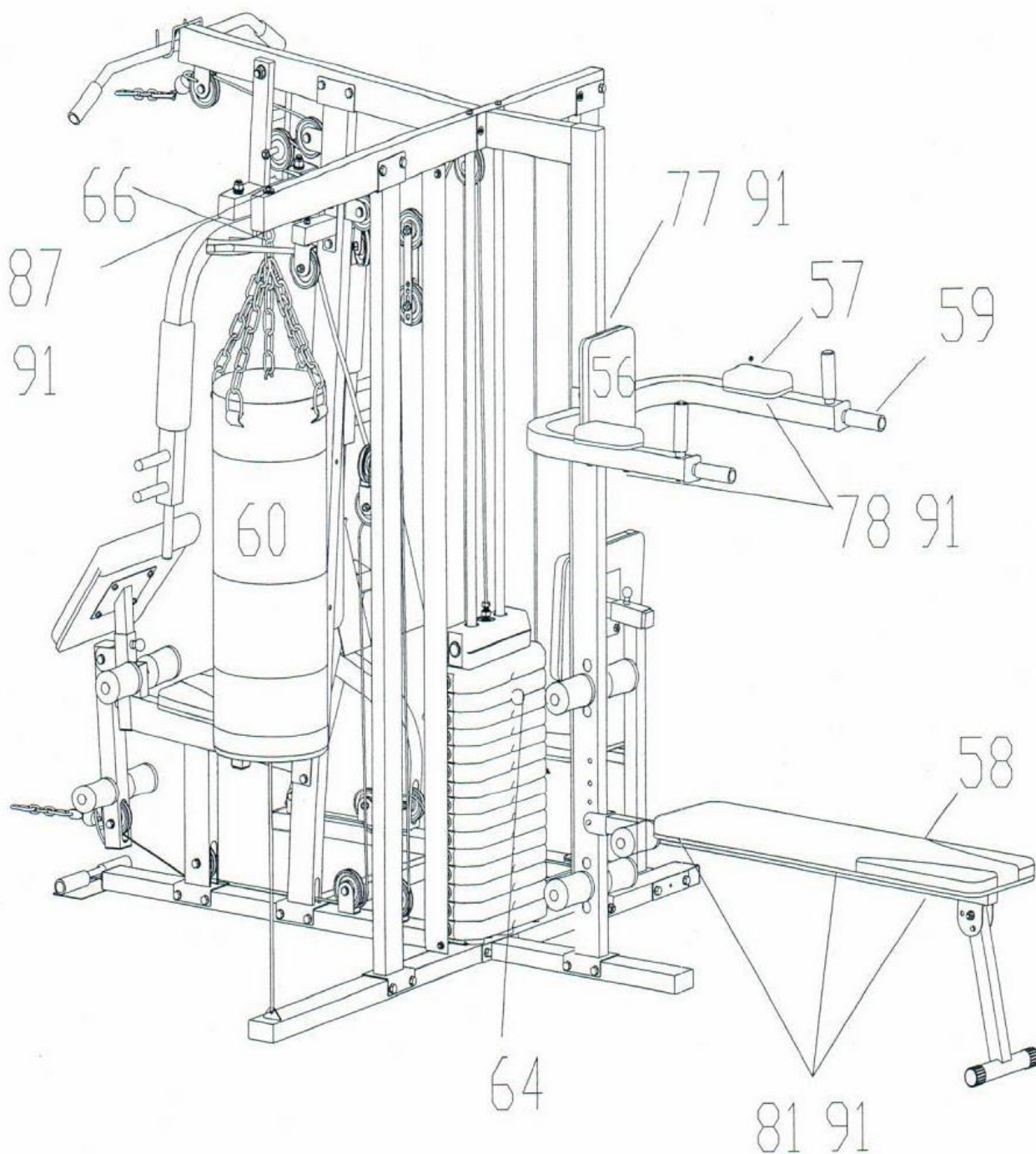
ITEM NO.	Name	Graph	QTY.	ITEM NO.	Name	Graph	QTY.
77	Outer hexagonal bolt M16*95		2	82	Outer hexagonal bolt M8*12		8
81	Outer hexagonal bolt M8*15		12	91	Flat washer Φ8		24
79	Outer hexagonal bolt M8*40		2				







# INSTALLATION INSTRUCTION. STEP 11



ITEM NO.	Name	Graph	QTY.	ITEM NO.	Name	Graph	QTY.
65	Plug		4	90	Flat washer $\Phi 10$		6
73	Outer hexagonal bolt M10*65		1	81	Outer hexagonal bolt M8*15		2
74	Outer hexagonal bolt M10*70		2	91	Flat washer $\Phi 8$		2

# INSTALLATION INSTRUCTION. STEP 12



ITEM NO.	Name	Graph	QTY.	ITEM NO.	Name	Graph	QTY.
77	Outer hexagonal bolt M16*95		2	91	Flat washer $\Phi 8$		10
78	Outer hexagonal bolt M8*65		2		Flat washer $\Phi 30*\Phi 10$		1
81	Outer hexagonal bolt M8*15		6	87	Lock nut M8		1



## EXERCISE ADVICE AND INSTRUCTION

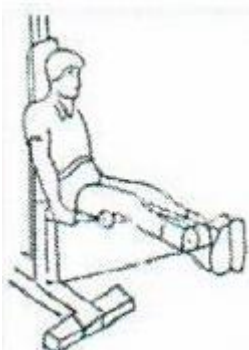
1. **Stretching exercises:** It's better to do some stretching before any kind of exercise. It's easier to move muscles after warm up. Do stretching exercises as follows: 10 seconds or more each time, and 5 times for each leg, and repeat one more time after work out.
2. **Downwards stretching:** Slightly bend your knees, and lean your body forward. Relax your back and shoulders, and try to reach your toes by hands. Hold for 10-15 seconds, and then relax. Repeat it for 3 times.
3. **Hamstring stretching:** Sit on a clean cushion, straighten one leg, bend in the other leg, and put it next to the straighten leg. Try to reach your toes by hands. Hold for 10-15 seconds, and then relax. Repeat it 3 times for each leg.
4. **Calf and Achilles tendon stretching:** stand by the wall or table, step back on one foot, keep the leg straight and heels on the ground, and lean toward the wall or table. Hold for 10-15 seconds, and then relax. Repeat it 3 times for each leg.
5. **Quadriceps stretching:** Keep balance with your right on the wall or table, stretch your left hand backwards, grab your left foot and slowly pull up to your hip, until you feel the tension in your thighs. Pull up for about 10-15 seconds, and then relax. Repeat it 3 times for each leg.
6. **Sartorius (inner thigh muscles) stretching:** Sit down with your feet facing each other, and knees facing outwards, grab your feet and pull them toward your hip. Hold for 10-15 seconds, and then relax. Repeat it for 3 times.

# TRAINING DIAGRAM



## LEG BENDING EXERCISE (TENDON)

This exercise one leg at a time. Adjust the foam tube to the highest position, hook the steel rope on the leg, and hold the foam against the knee, and then bend the leg as much as possible.



## KICKING EXERCISE (QUADRICEPS)

Adjust the foam tube to the lowest, hook it with both legs, grab the bottom of the seat cushion, and slowly straighten your legs.



## BACK TRAINING (RECTUS ABDOMINIS, LATISSIMUS DORSI)

Install the high-pull "T" handle to the high pulley, adjust the foam tube to the lowest position, hook it with both feet, hold the high-pull handle, and bend your waist downward as much as possible.



## ARM PULLING EXERCISE (PECTORALIS MAJOR, DELTOID MUSCLE)

Connect the high-pull "T" handle to the high pulley, sit on the seat cushion, hold the handle, straighten your arms, and do circular motions around your shoulders. You can lean on the cushion during exercise to extend your movements.



## PULLING EXERCISE (TRICEPS)

Install the high pull handle to the high pulley, adjust the foam tube to the highest position, hold the handle tightly, and place your thigh under the foam tube as a support while sitting on the seat cushion, and pull the handle to the chest while arching your back.



## CHEST TRAINING (PECTORALIS MAJOR)

Adjust the handle to the same level as the ground, lean your forearm against the round foam tube, and use your elbow to push forward.



## SEATED ROWING (TRAPEZIUS MUSCLE)

Install the low-pull "T" handle to the low pulley, sit on the ground and support the cross riser with your feet, bend your legs slightly, straighten your legs while your body moves upwards, and bend your waist. At the same time, bend your elbow while straightening your waist.



## KNEE TRAINING (RECTUS ABDOMINIS)

Install the low-pull "T" handle on the low pulley, lie flat on the ground, with your legs almost straight, with your toes up, place the "T" handle between your legs, and lift your knees up to bring the "T" handle as close to the chest as possible.

# TRAINING DIAGRAM



## BICEPS TRAINING (BICEPS-FOREARM MUSCLES)

Install the low-pull "T" handle to the low pulley. Grab it with your body and arms straight. Keep your hind legs close to your body. Raise the handle with your forearms as much as possible.



## BICEPS TRAINING (BICEPS-FOREARM MUSCLES)

Install the low-pull "T" handle to the low pulley, adjust the foam tube to the highest position, sit on the seat cushion, lean on the foam tube with your elbows, and hold the "T" handle and do circular motions around your elbows. Make your movements as big as possible.



## BICEPS TRAINING (REVERSE GRIP) (BICEPS- FOREARM MUSCLES STRENGTHENING)

Do the same preparatory work and exercises as in the previous step, but with the low-pull handle grabbed backwards. During the exercise, you can feel the real force coming from the hands, not the biceps..



## WRIST TRAINING (FOREARM MUSCLES)

Install the low-pull "T" handle to the low pulley, adjust the foam tube to the highest position, hold the low-pull handle, rest the forearm on the round foam tube, and bend the wrist as much as possible. Bending in the opposite direction will train the extended muscles of the forearm.