FRENCH FITNESS

FF-4TSSR

FRENCH FITNESS 4 TIER STORAGE SQUAT RACK PULL UP (NEW)

ASSEMBLY MANUAL



! CAUTION

Read all precautions and instructions in this manual before using this equipment.

FEATURES

- Brand: French Fitness
- This product is designed to choose ANY configuration
- Specialized tiers for immersive boxing training
- Precision-crafted design for organized equipment storage
- Built-in pull-up bar for seamless exercise transitions
- Ideal for home gyms or studios, enabling independent training
- Tailored for solo sessions, offering expert guidance
- Elevates fitness routine with a dynamic all-in-one solution.

TECH SPECS

- Steel Tubing: 75 mm x 75 mm x 3 mm
- Hole Size: 1/2" (12.80mm)
- Hole Spacing (Center to Center): 2.39" (60.70mm)
- Dimensions: 56.7"W x 32"D x 89.8"H (144cm x 81.2cm x 228cm)

WARRANTY

- **Lifetime Frame Warranty**
- **10 Years Parts Warranty***
- **1 Year Labor Warranty***

*What is covered? See complete French Fitness Warranty details.

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IMPORTANT SAFETY INSTRUCTIONS

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
   These instructions are written to ensure your safety and to protect the unit.

2. Use the equipment only for its intended purpose as described in this guide.
   Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.

3. The product should only be used on a level surface and is with 0.5 meters space around the product.
   Do not use the equipment outdoors.

4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
   Teenagers should use this equipment with adult supervision.

5. Do not overexert yourself or work to exhaustion.
   Do not attempt to lift more weight than you can control safely.
   If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

6. This equipment is not used as medical apparatus and instruments.

7. Never operate the unit when it has been dropped or damaged.
   Never drop or insert anything into any opening in the equipment.
   Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
   Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
   Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.

8. Be careful when getting on or off the equipment.

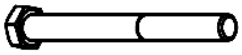
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

PARTS LIST AND ASSEMBLY INSTRUCTIONS

Item No.	Description		QTY
1	M12x100 bolts		52
1	nut		52
1	washer		52

PARTS LIST AND ASSEMBLY INSTRUCTIONS

