

FRENCH FITNESS

FFP-PLPPS / FFA-PLPPS

FRENCH FITNESS PHOENIX / ASPEN PLATE
LOADED PRO POWER SQUAT (NEW)

ASSEMBLY MANUAL



OR



FEATURES

- High quality ASTM A36 steel tube
- 50mm x 80mm x 3mm steel
- 11 gauge steel
- Tungsten Inert Gas (TIG) welding
- Electrostatic powder coated
- Large thick padding for comfort
- Floating yoke makes it feel like lifting regular weights.
- Top and bottom load positions support optimal strength training flexibility.
- Non-skid footplate ensures a secure and stable footing during exercises.

TECH SPECS

- Weight: 491 lbs (223 KG)
- Dimensions: 57"L x 57.8"W x 70.8"H (L:1450 mm, W:1470 mm, H:1800 mm)

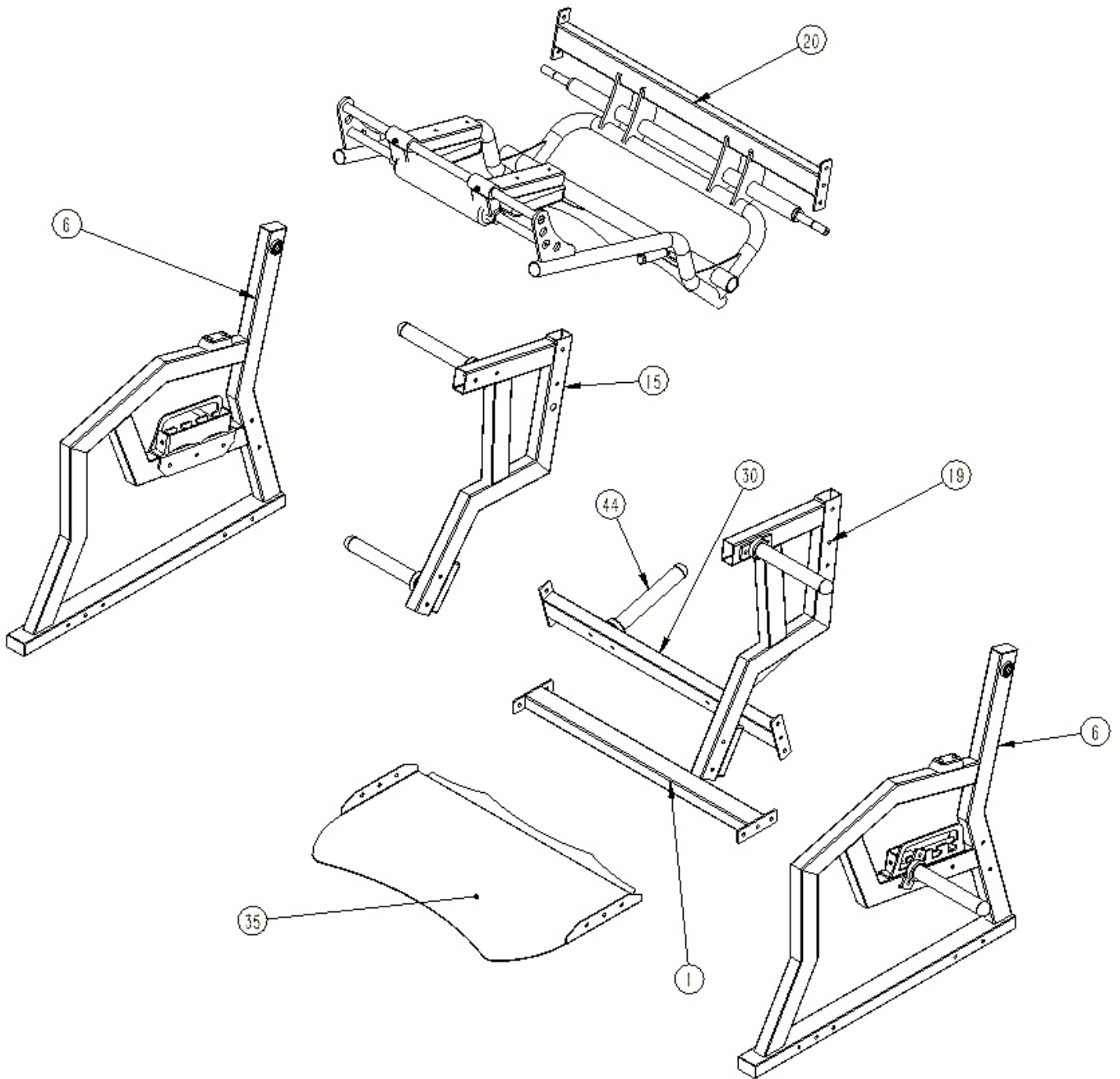
WARRANTY

- **10 Years Parts, 1 Year Labor (Commercial)**
- **California Residents see Prop 65 WARNING**

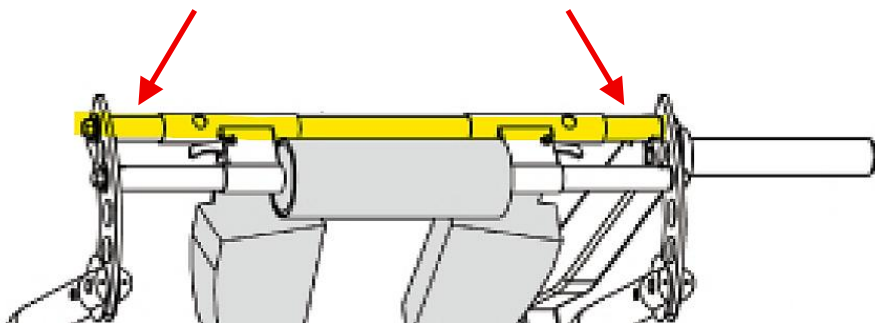
TABLE OF CONTENTS

EXPLODED VIEW.....	4
ASSEMBLY	5
DISASSEMBLY FOR MOVING	8

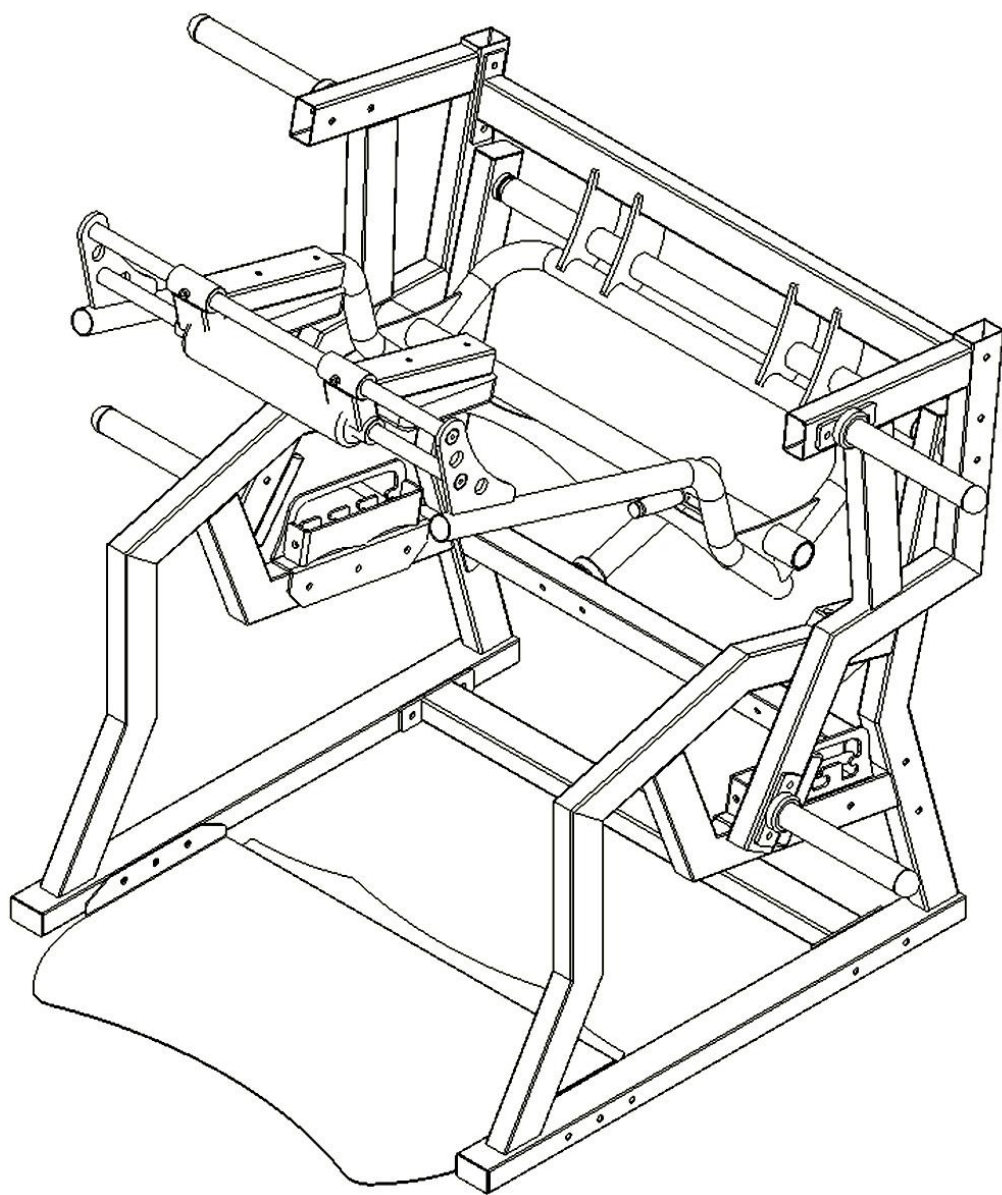
EXPLODED VIEW



Ensure that the welded lock housings are facing down and in the correct position for safe functioning.

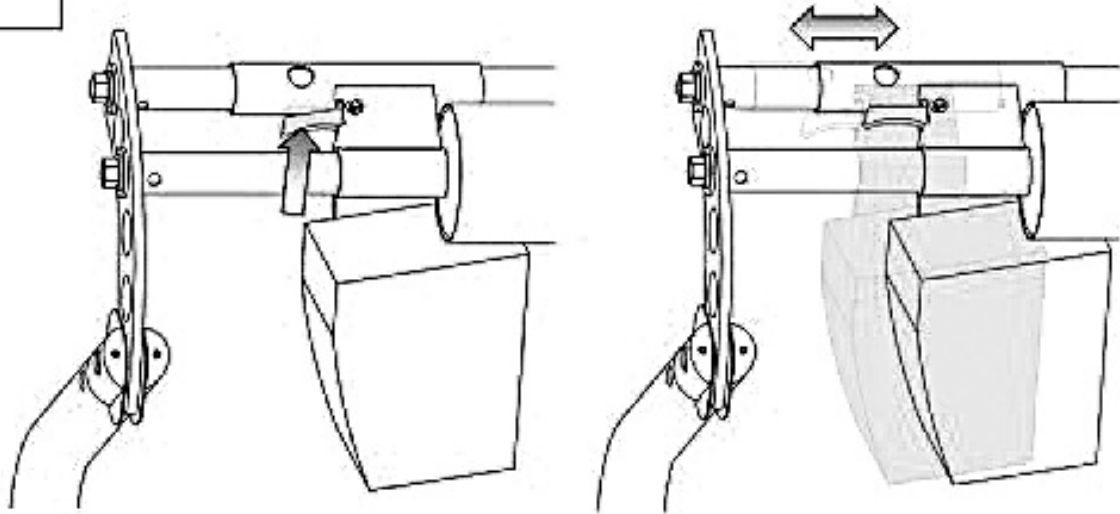


ASSEMBLY



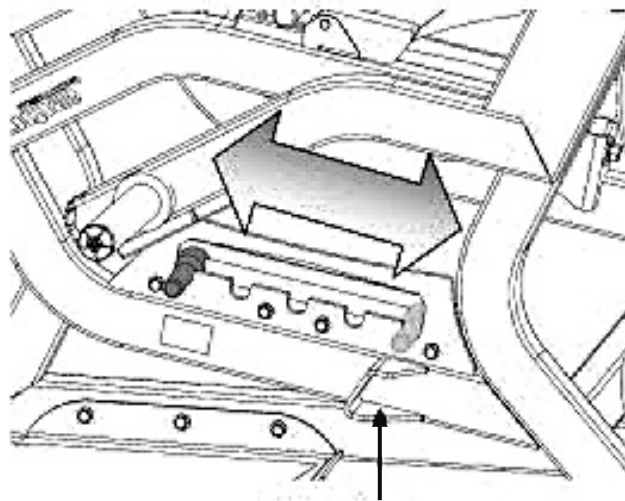
ASSEMBLY

1



To adjust the shoulder pads, squeeze the trigger lock and slide pad into the desired position

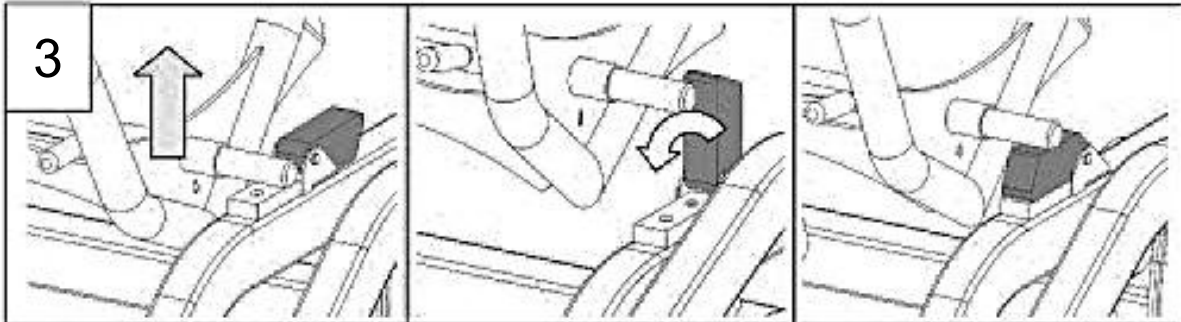
2



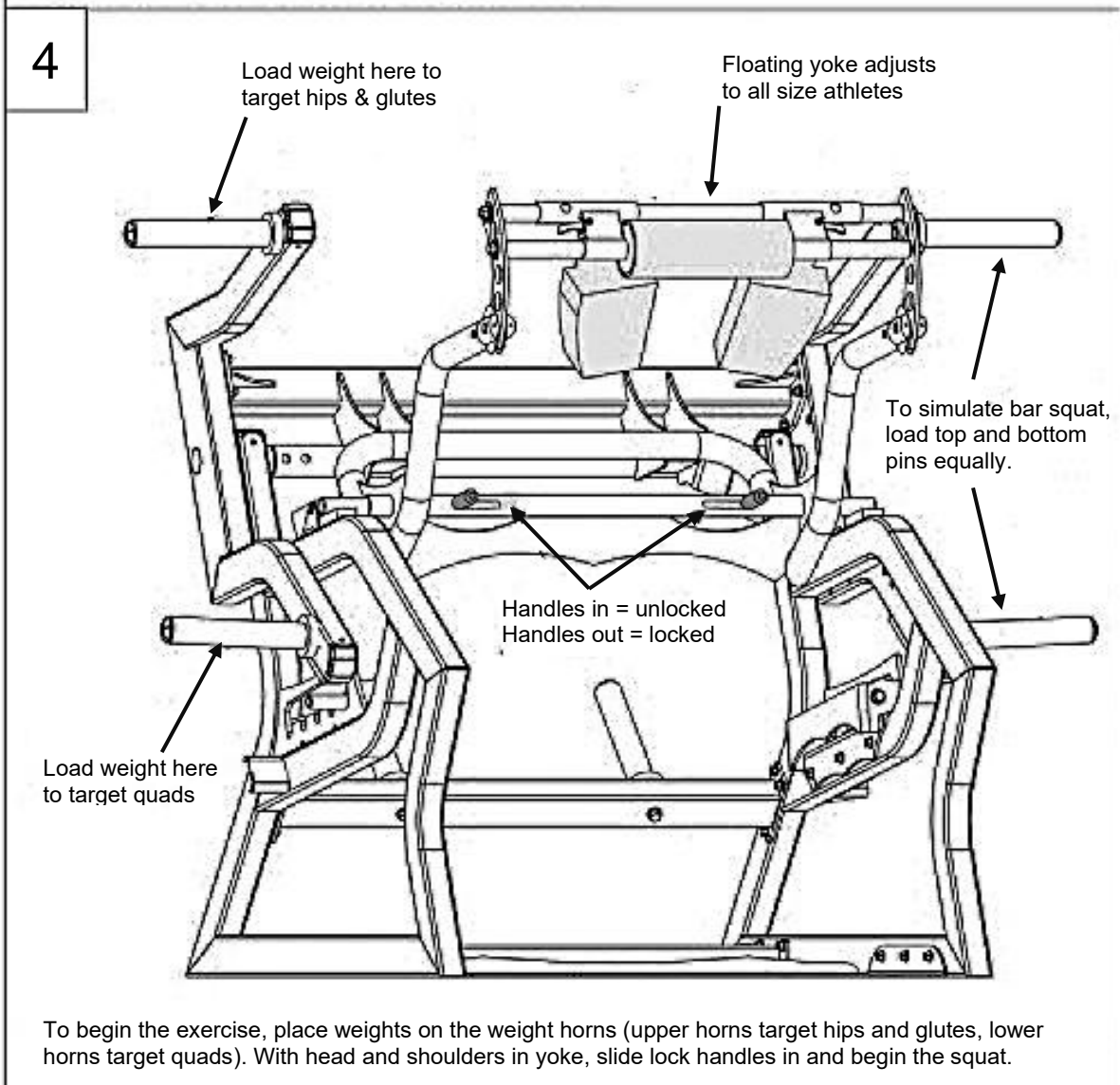
Welded Stop

To adjust range of motion, pull lever up and slide adjuster left or right into the desired slot. The welded stop acts as a safety backup, not allowing the machine to pass that range

ASSEMBLY

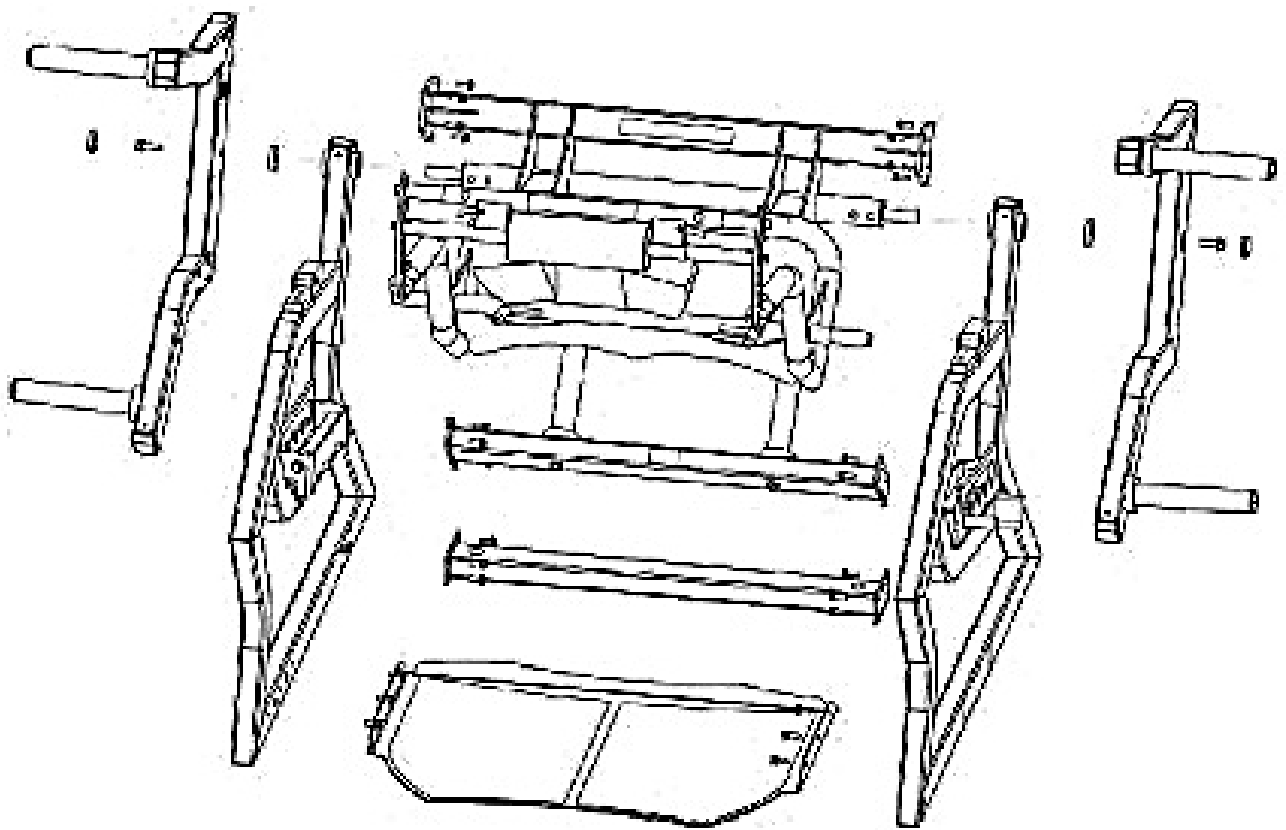


To change the start height, lift up on the yoke and flip the adjuster block up or down according to height. Shorter users use without block, taller users use with block.



To begin the exercise, place weights on the weight horns (upper horns target hips and glutes, lower horns target quads). With head and shoulders in yoke, slide lock handles in and begin the squat.

DISASSEMBLY FOR MOVING



PARTS LIST

Item No.	Part No.	Number
1	H 0200 Bottom connection welding group	1
2	X-1 0100 Bottom frame group-assembly	2
3	0900 Reinforcement plate welding	1
4	X-1 0300 Barbell fixed welding group	1
5	X-1 0500 Barbell fixed welding group	1
6	H 0700 Middle support pipe welding	1
7	X-1 0600 Support pipe welding	1
8	X-1 1000 Limit welding group	2
9	X-11100 Guide rod	2
10	X-1 1200 Right reinforcement plate welding	1
11	X-1 1300 Pedal	1
12	Movable shoulder pad assembly group	2
13	X-1-L03 Fixed rod stainless steel	2
14	Back cushion	1
15	Φ50X312-Barbell rod- Stainless steel welding assembly-T3-0006-ZP	6
16	Rusty steel limit round pipe welding group	2
17	Black rubber pad	2
18	BT-0013 Small handle	2