

FRENCH FITNESS

FFA-SDCA

**FRENCH FITNESS ASPEN STANDING
DIP/CHIN ASSIST (NEW)**

ASSEMBLY MANUAL



FEATURES

- Brand: French Fitness
- 11 Gauge Steel
- ASTM A283 steel frame offers exceptional strength and durability.
- Adjustable up to 90 KG of assistance, suitable for all fitness levels.
- Dual-level steps offer easy access and exit.
- Flip-up foot bar allows quick transitions between assisted and bodyweight exercises.
- Choose from neutral, narrow, and wide grips to target muscles.
- Standing design ensures proper posture and full range of motion.

TECH SPECS

- Weight To Pulley Ratio: 1:1
- User Height Range: 5'3" to 6'7" (1.6 m to 2 m)
- Dip Handle Arm Distance (Handles Turned Inwards): 20.2 (51.4 cm)
- Dip Handle Arm Distance (Handles Turned Outwards): 26.5" (67.4 cm)
- Dip Handle Arm Length: 10.2" (26 cm)
- Foot Plate Length: 15.7" (40 cm)
- Foot Plate Height from the Floor (1st level): 15.5" (39.5 cm)
- Foot Plate Height from the Floor (2nd level): 26.3" (66.9 cm)
- Paint Color: Black
- Vinyl Color: Black
- Max User Weight: 440 lbs (200 kg)
- Product Weight: 540 lbs (245 kg)
- Dimensions: 68.8" L x 45.2" W 96.4" H (175 cm x 115 cm x 245 cm)

WEIGHT STACKS

- Weight Stack: 198 lbs (90 kg)

WARRANTY

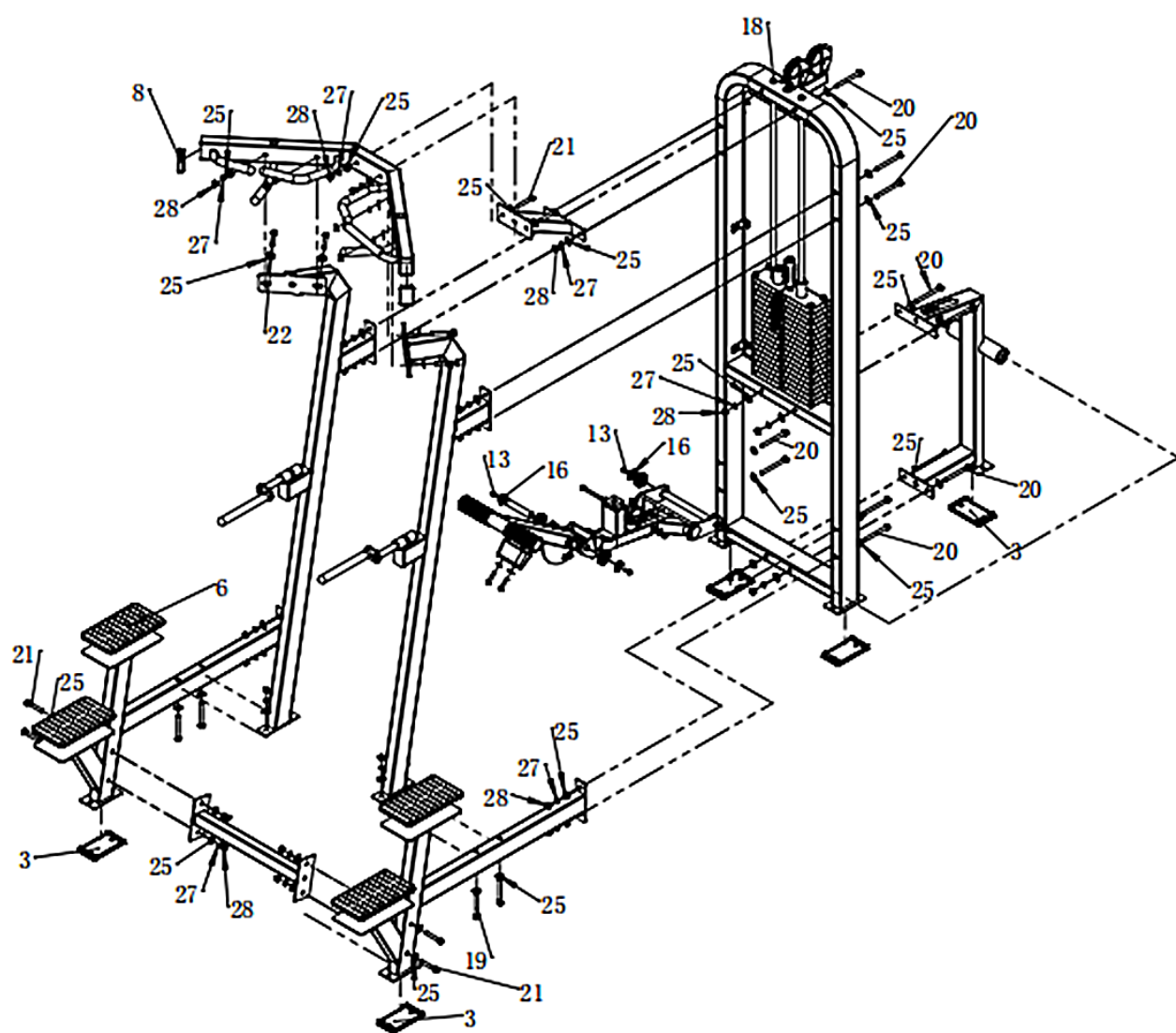
- **Lifetime Frame Warranty**
- **10 Years Parts Warranty***
- **1 Year Labor Warranty***

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

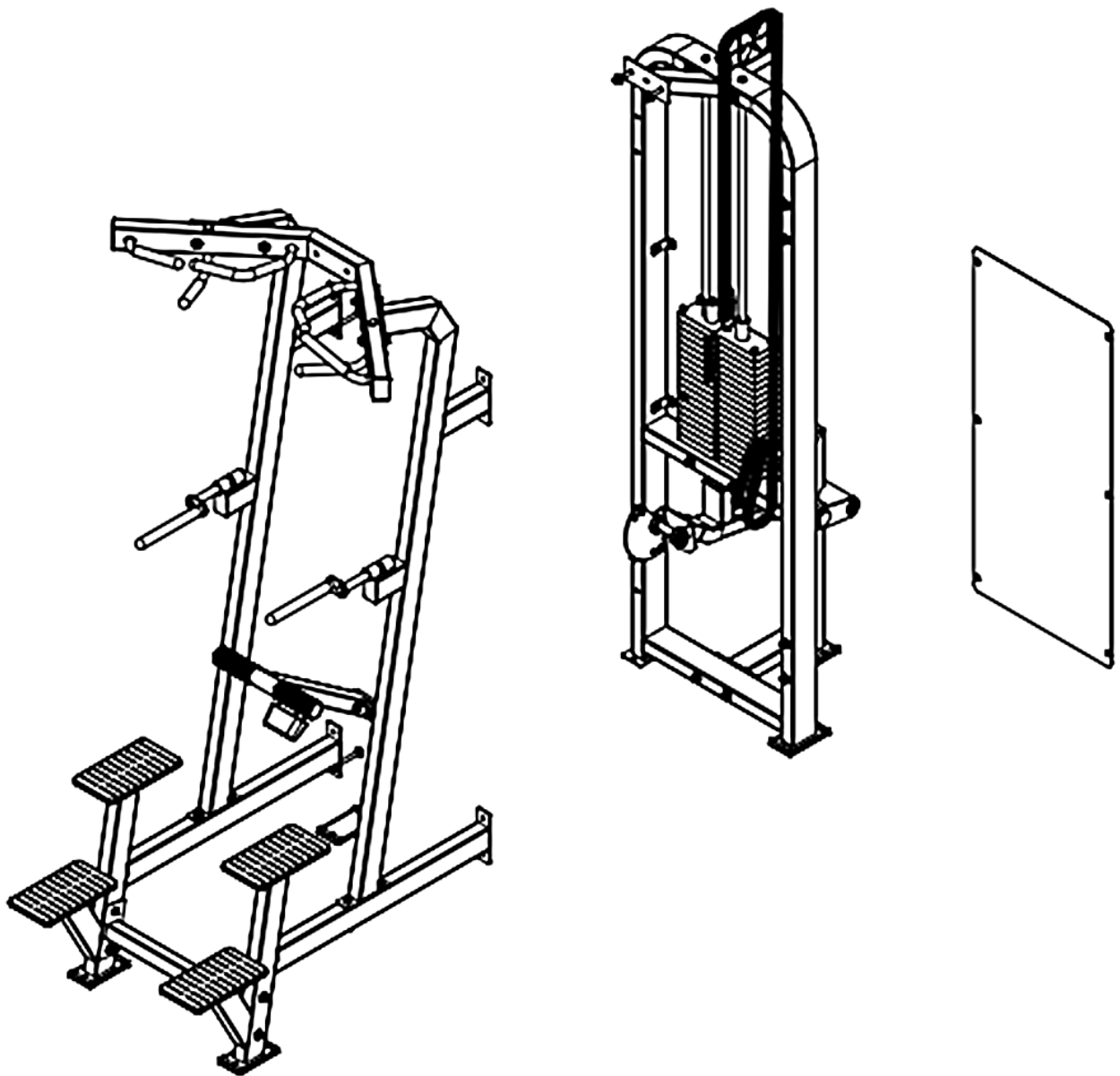
PARTS/HARDWARE LIST

Item Number	Name	Quantity
1	WEIGHT STACK BUMPER 50x50x15	1
2	RUBBER GRIP 250	1
3	BENT FOOT BASE	5
4	CABLE PULLEY 0104	2
5	ROLLER PAD	1
6	FOOT STEP MAT 170X300	4
7	50 50 END CAP	1
8	50 80 END CAP	2
9	050 END CAP	2
10	HEXAGON NUTS GRADE M10	3
11	HEXAGON NUTS GRADE M8	2
12	HEXAGON SOCKET BUTTON HEAD SCREWS M10X15	1
13	HEXAGON SOCKET BUTTON HEAD SCREWS M10X25	4
M	HEXAGON SOCKET HEAD CAP SCREWS M8X20	2
15	HEXAGON SOCKET HEAD CAP SCREWS M8X20	2
16	PLASTIC WASHER $\Phi 40 \times 13.5 \times 2$	4
17	HEXAGON HEAD BOLTS—PRODUCT GRADE M10X45	2
18	HEXAGON HEAD BOLTS—PRODUCT GRADE M10X75	2
19	HEXAGON HEAD BOLTS—PRODUCT GRADE M12X105	4
20	HEXAGON HEAD BOLTS—PRODUCT GRADE M12X125	14
21	HEXAGON HEAD BOLTS—PRODUCT GRADE M12X75	6
22	HEXAGON HEAD BOLTS—PRODUCT GRADE M12X80	1
23	HEXAGON HEAD BOLTS—PRODUCT GRADE M8X45	1
24	PLAIN WASHERS—PRODUCT GRADE $\Phi 10$	6
25	PLAIN WASHERS—PRODUCT GRADE $\Phi 12$	56
26	PLAIN WASHERS—PRODUCT GRADE $\Phi 8$	2
27	SPRING LOCK WASHERS—NORMAL TYPE $\Phi 12$	28
28	HEXAGON NUTS GRADE M12	28
29	HEXAGON NUTS GRADE M8	1

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