



FRENCH FITNESS

FF-FB40

**FRENCH FITNESS FB40 COMMERCIAL
FLAT WEIGHT BENCH (NEW)**

ASSEMBLY MANUAL



FEATURES

- Brand: French Fitness
- 11 Gauge Steel
- Main Tube: 75mm x 75mm x 3mm
- Solid main frame made of durable steel, ensuring long-lasting durability.
- Incorporate a unique triangular support structure to provide added stability.
- The extra-thick cushioning ensures comfort during workouts, making it easier to focus on your exercise routine without discomfort.
- Can be used for a wide range of exercises, such as bench presses, dumbbell presses, and various bodyweight exercises.

TECH SPECS

- Assembly Size: 43.3"L x 21.4"W x 17.5"H (L:110cm, W:54.5cm, H:44.5cm)
- Max User Weight: 800 lbs (363 KG)

WARRANTY

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

*What is covered? See complete [French Fitness Warranty](#) details.

TABLE OF CONTENTS

IMPORTANT SAFETY INFORMATION.....	4
THE COMPOSING OF ACCESSORIES.....	5

IMPORTANT SAFETY INFORMATION

Prior to assembly, remove, components from the box and verify that all the listed parts were supplied.

NOTE: Hand tighten bolts and nylon until machine is fully assembled.

CAUTION !

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

WARNING !

Before using this unit or starting any exercise program, consult your physician. this is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

It is the owner's responsibility to ensure that all users of this unit have read the owners manual and are familiar with safety information and precautions.

SAFETY PRECAUTIONS

- This unit should only be used on a level surface and is intended for indoor use only. We recommend an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- Always examine your unit before using to ensure all parts are in working order.
- DO not leave children unsupervised near the unit.

