

FRENCH FITNESS

FF-ST10

**FRENCH FITNESS FF-ST10 STRETCH
TRAINER (NEW)**

ASSEMBLY MANUAL



FEATURES

- High quality steel tube ASTM A36
- Tungsten Inert Gas (TIG) welding
- Quality PU leather
- Electrostatic powder coating

TECH SPECS

- Weight: 77 lb (35 kg)
- Dimensions: 60.5"L x 37.25"W x 44.4"H

WARRANTY

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

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MATTERS NEEDING ATTENTION

1. Please carefully read the following precautions before operation:

- Please read this instruction manual before using the lacing machine.
- Please operate the lacing machine in strict accordance with the instructions.
- Please check the safety of all parts before stretching.
- During stretching, please ensure that there is a space of 0.5m around, away from pets and children.
- Stop stretching immediately in case of dizziness, pain, chest tightness or any discomfort.
- When stretching, do not loosen the handle or try to use the wrist strap. Using the stretching machine, you can improve agility, increase the range of motion, stretch muscle tension, in order to stretch all major muscles. Please use the basic stretching method.
- This machine is only used for the specified purpose. Please do not try to modify the machine.
- Children are not allowed to use this machine. Teenagers must use it under the supervision of their parents.

2. Main tensile parts:

Lower back, popliteal, crotch, hip, back, inner thigh, groin, upper back, shoulder and quadriceps femoris.

3. Advantages:

Small floor area, easy to place, light weight and easy to move; Arc design, beautiful and practical.

EFFECT OF STRETCHING ON MUSCLE

1. Relax muscles and promote blood circulation:

Stretching exercise can promote the blood circulation of the stretching part, so as to relax the muscles. If you need to stand regularly or walk for a long time, you can use stretching to prevent it Stop muscle spasm and varicose veins. In addition, stretching before exercise can help to a certain extent Improve the sports effect, especially the muscle strengthening effect of core training.

2. Improve body flexibility:

Stretching exercises can move to the inner thigh and lumbar and abdominal muscles that are rarely used, so as to strengthen the body Muscle elasticity, improve the flexibility and flexibility of the body.

3. Prevent muscle soreness:

After exercise, do some stretching exercise, which can not only relax the muscles, but also avoid pain The emergence of. Low intensity stretching after exercise can stimulate muscle contraction, which can help Uric acid is metabolized out of the body faster to avoid the formation of uric acid crystals.

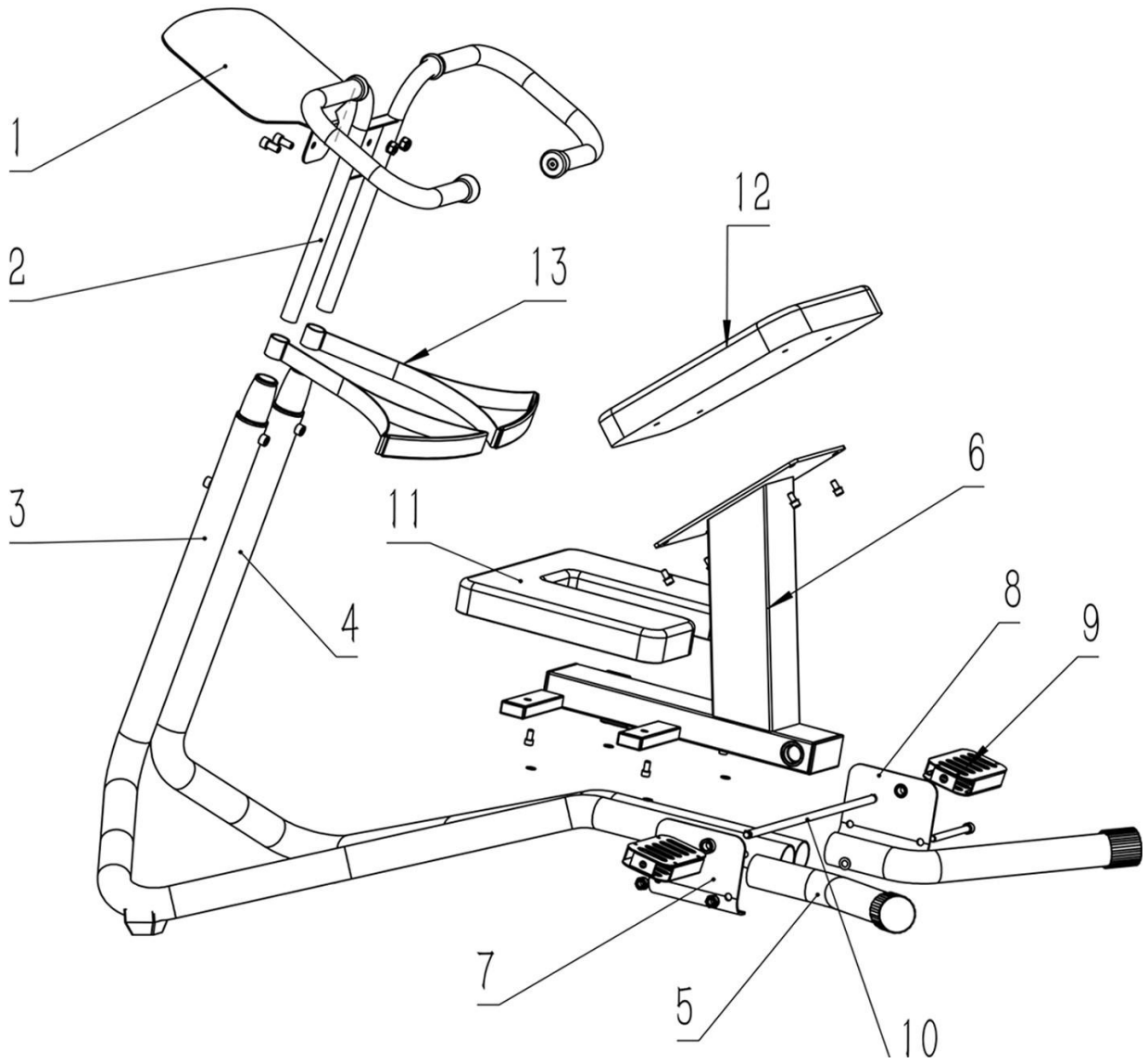
4. Improve shoulder and neck stiffness:

Working with a computer for a long time can easily cause muscle stiffness and pain in the shoulder and neck, except pressing Besides massage, you can also try stretching to promote blood circulation and relieve muscle stiffness.

5. Keep fit:

How long do urban white-collar workers sit and lack exercise? Over time, they will gradually lose their shape. And every Doing some simple stretching exercises every 1-2 hours can help maintain the stability of muscles and ligaments Flexibility to prevent body shape problems such as round shoulders and hunchbacks.

EXPLOSION DIAGRAM



ACCESSORIES LIST+INSTALLATION STEPS

SERIAL NUMBER	NAME	NUMBER
1	Teaching Manual	1
2	Handle	1
3	Left bracket tube	1
4	Right bracket tube	1
5	Rear foot tube	2
6	Cushion support	1
7	Left connecting plate	1
8	Right connecting plate	1
9	Pedal	2
10	Foot connection shaft	1
11	Knee Pad	1
12	Cushion	1
13	Protective rope	1

INSTALLATION STEPS:

1. First insert the bottom of the handle into the protective rope, and then insert the handle into the left and right bracket pipes (3.4).
2. Insert the rear foot tube (5) into the left and right bracket tubes (3.4).
3. Place the left and right connecting plates (3.4) as shown in the figure on the left and right connecting pipes (7.8) using screws Tighten 10 * 120.
4. Place the cushion bracket (6) into the two connecting plates and insert the foot pedal on both sides of the connecting shaft (10)Use circlip pliers or pointed nose pliers to clamp both sides of the circlip securely.
5. Assemble the kneeling pad and seat cushion as shown in the figure. Use
6. 10 * 15 screws to assemble the instruction panel. Tighten all screws Complete the assembly of the wire.

PRODUCT INTRODUCTION



1. TEACHING MANUAL:

At a glance, 8 professional stretching exercises provide the most abundant stretching schemes.

2. KNEE PAD:

The comfortable knee pad ensures full stretching and reduces body fatigue.

3. SHOCK ABSORBING CUSHION:

The shock-absorbing cushion design ensures the comfort of movement when users stretch.

4. HANDLE PAD:

The handle range set according to ergonomics is equipped with a pad to ensure the user's grip.

5. RESISTANCE DESIGN:

Professional resistance design realizes real equilateral movement and allows users to get full exercise.

6. WRISTBAND DESIGN:

It provides safety and controllability for users in the stretching process.

8 STRETCHING ACTIONS

Keep arms straight and knees on the kneepad. Stretch slowly. Breathe normally. Hold that stretch for 10-30 seconds.



1. LOWER BACK

begin with seat in the forward position. Hold upper bar with palms facing down. Slowly tip the seat back.



2. HAMSTRINGS

Hold lower bar with palms facing down. Keep extended leg straight. Point or flex toe. Complete the stretch, then switch legs. To intensify stretch, hold upper bar.



3. GLUTEALS, HIPS

Hold lower bar with palms facing down. Place ankle on top edge of kneepad, knee, or thigh. Complete the stretch, then switch legs.



4. HIPS, LEGS, BACK

Hold upper bar with palms facing down. Place both hands LEFT of center. Extend LEFT leg toward the RIGHT side of center. Point or flex toe. Complete the stretch, then switch leg and hand positions.



5. INNER THIGHS, GROIN

Hold lower bar with palms facing down. With seat in forward position, place feet facing one another on top edge of kneepad.



6. UPPER BACK

Hold upper bar with palms facing up. To intensify this stretch, you can look up, look to the right, or look to the left.



7. SHOULDERS

Cross arms and grasp upper bar with palms facing down. Complete the stretch, then switch hand positions. To intensify this stretch, you can look up, look to the right, or look to the left.



8. quadriceps

Flip the seat back. Stand to the side facing forward. Hold the bar for support. Rest top of foot on top edge of kneepad. Keep back straight. Bend support leg. Complete the stretch, and then switch legs.

PRODUCT PARAMETERS

LENGTH (IN / CM) :	59inches / 150cm
WIDTH (IN / CM) :	28inches / 70cm
HEIGHT (IN / CM) :	41inches / 105cm
PACKAGE SIZE (IN / CM) :	48*15*34inches / 122*36*86cm
EQUIPMENT WEIGHT (LB / KG) :	122lbs / 55kg
MAXIMUM USER WEIGHT (LB / KG)	2651 bs / 120kg
STANDARD FRAME COLOR:	Glossy metallic silver
STANDARD FINISH COLOR:	Black

SIX CORES HELP FULLY STRETCH:

- The special resistance design realizes equilateral movement: the force is uniform, and many muscles are exercised.
- strengthen core muscles and avoid sports injuries: exercise muscles in arms and other places in a planned way.
- appropriate height, easy to use: suitable for multiple scenes, moderate height, convenient and practical.
- compact design and less land occupation.
- cushion seats and knee pads make users more comfortable to lean on.
- the prompt panel is equipped with 8 stretching movements: a variety of movement modes meet the needs of a variety of stretching movements.