

FRENCH FITNESS

FF-X8 / FF-X8 XL

FRENCH FITNESS FF-X8 AND FF-X8 XL
- MAIN BODY SINGLE STATION HOME GYM

ASSEMBLY MANUAL



*Shown with Optional Powertower and Bench



CAUTION!

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

FEATURES

EXERCISES

Main Station (Standard)

- Seated Row
- Chest Press
- Lat Pulldown
- Ab Crunch
- Tricep Pushdown
- Preacher Curl
- Bent Over Row
- Standing Curl
- Shoulder Shrugs
- Lex Extensions
- Standing Leg Curls
- One Arm Lat Raise
- One Arm Rear Delt
- One Arm Bicep Curls
- One Leg Lateral Raises
- One Leg Extension
- One Leg Curls

Butterfly Station (Standard)

- Pec Fly
- Rear Delt

Leg Press Station (Standard)

- Leg Press
- Calf Raises

Adjustable Bench (Optional)

- Abdominal Crunch

VKR Pull Up Station (Optional)

- Leg Raises
- Seated DipsPull Ups

X8 Multi Station Gym System

- HDR grip
- Arc Butterfly arm
- Adjustable backrest pad
- Adjustable arm curl pad
- Leather foam
- Non-slip metal footplate
- Super flexible PP pulley (Same as bumper material)
- 5mm Cable diameter
- Canvas shield for added protection and machine stability
- T design super stable base

TECH SPECS

- Weight Stack: 265 lb (Iron Weights)
- Weight Stack Increments: (24) 11 lb (5 kg) Plates
- Maximum user weight: 300 lb (136 kg)
- Dimension: 85 in x 54 in x 84 in (2160 mm x 1360 mm x 2130 mm)

X8-BF Butterfly

- Leather foam
- Adjustable backrest pad
- Backrest pad frame
- Adjustable cushion
- Cushion frame
- HDR grip
- Super flexible PP pulley (Same bumper material)
- Zinc plated lock pin
- Has aluminum alloy end cap

TECH SPECS

- Maximum user weight: 300 lb (136 kg)
- Dimensions: 96 in x 53 in x 83 in (2420 mm x 1330 mm x 2100 mm)

X8-LP Leg Press

- Non-slip metal footplate
- Ergonomical 5mm cable diameter lenti pattern for added friction
- Aluminium alloy end cap
- Comfortable HDR handle grip
- 5mm Cable diameter
- Footplate support frame
- Super Flexible PP pulley (Same bumper material)
- Canvas shield for added protection and stability
- Adjustable backrest pad

TECH SPECS

- Maximum user weight: 300 lb (136 kg)
- Weight Stack: 265 lb (Iron Weights)
- Weight Stack Increments: (24) 11 lb (5 kg) Plates
- Dimensions: 96 in x 53 in x 83 in (2420 mm x 1330 mm x 2100 mm)

X8 XL TECH SPECS

- Dimensions: 111" W x 92" Depth x 84" H
- NOTE: Pull up bar ads from 84" to 89" Height**

WARRANTY

- **10 Years Parts, 1 Year Labor (Home)**

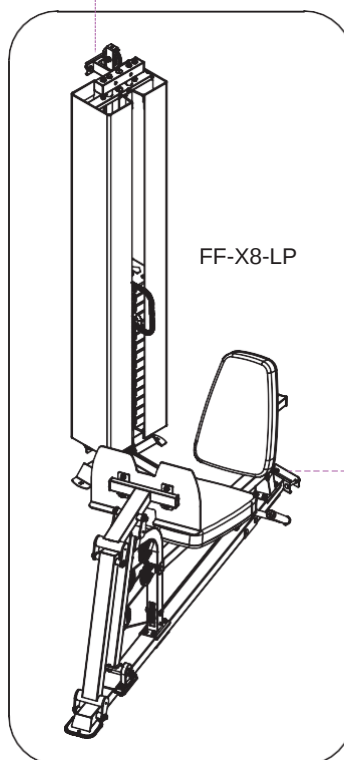
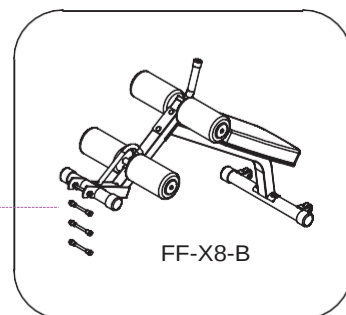
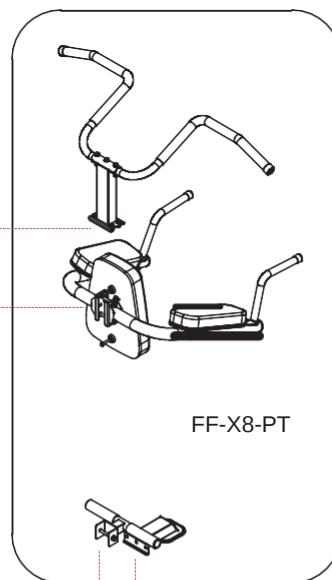
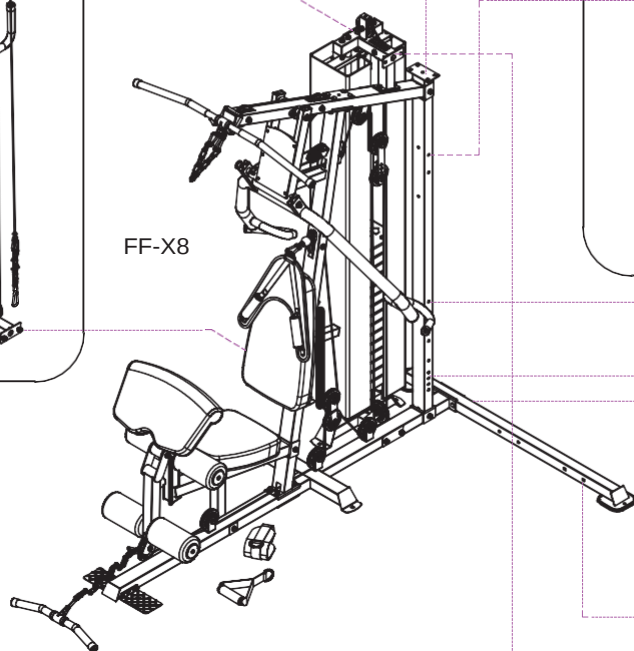
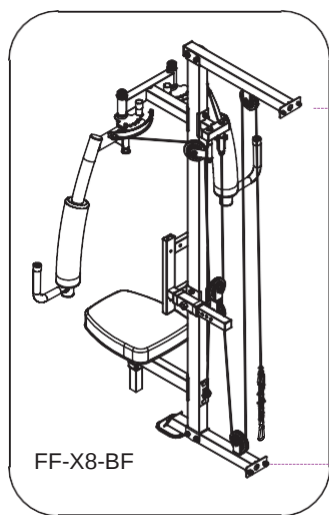
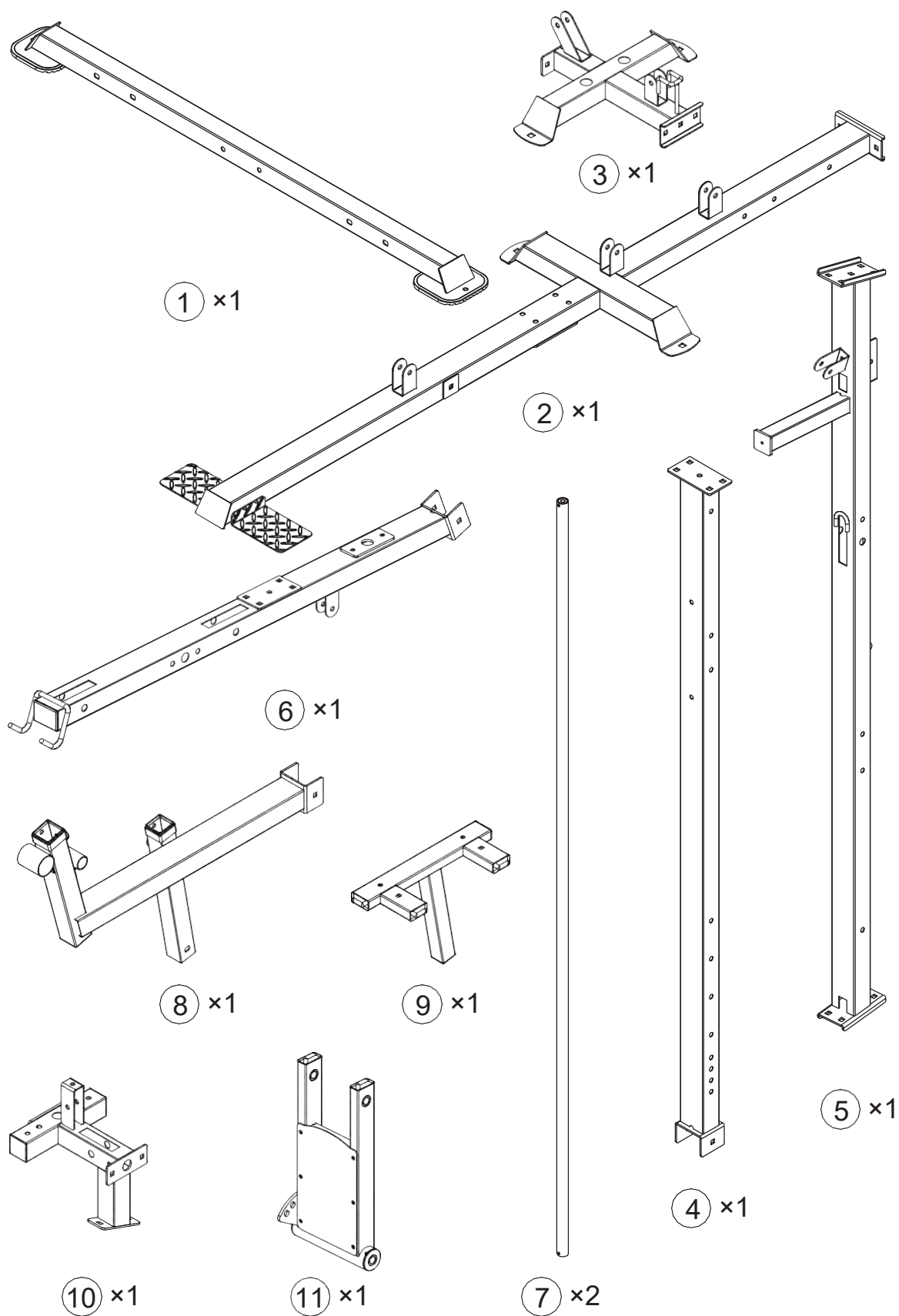
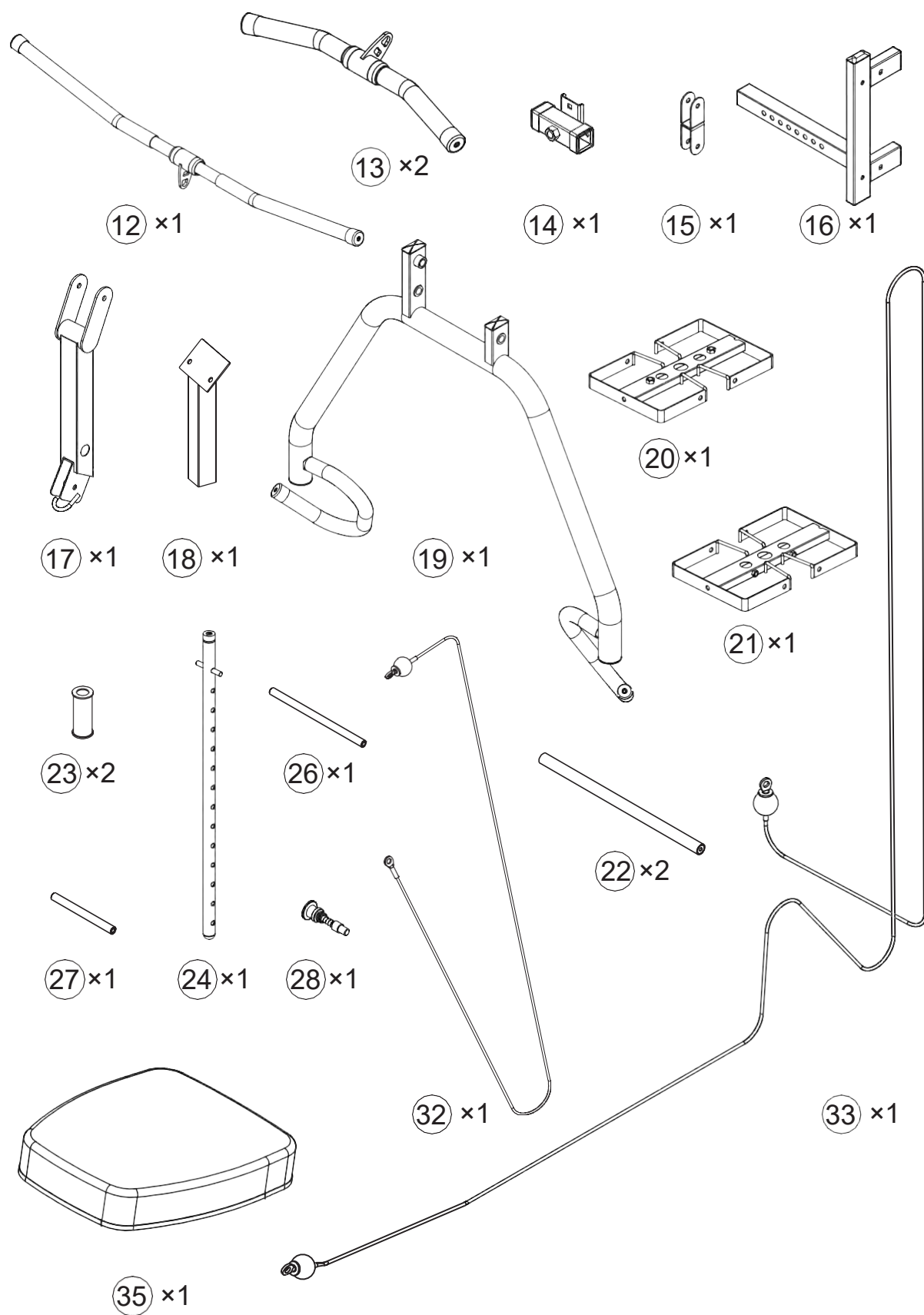
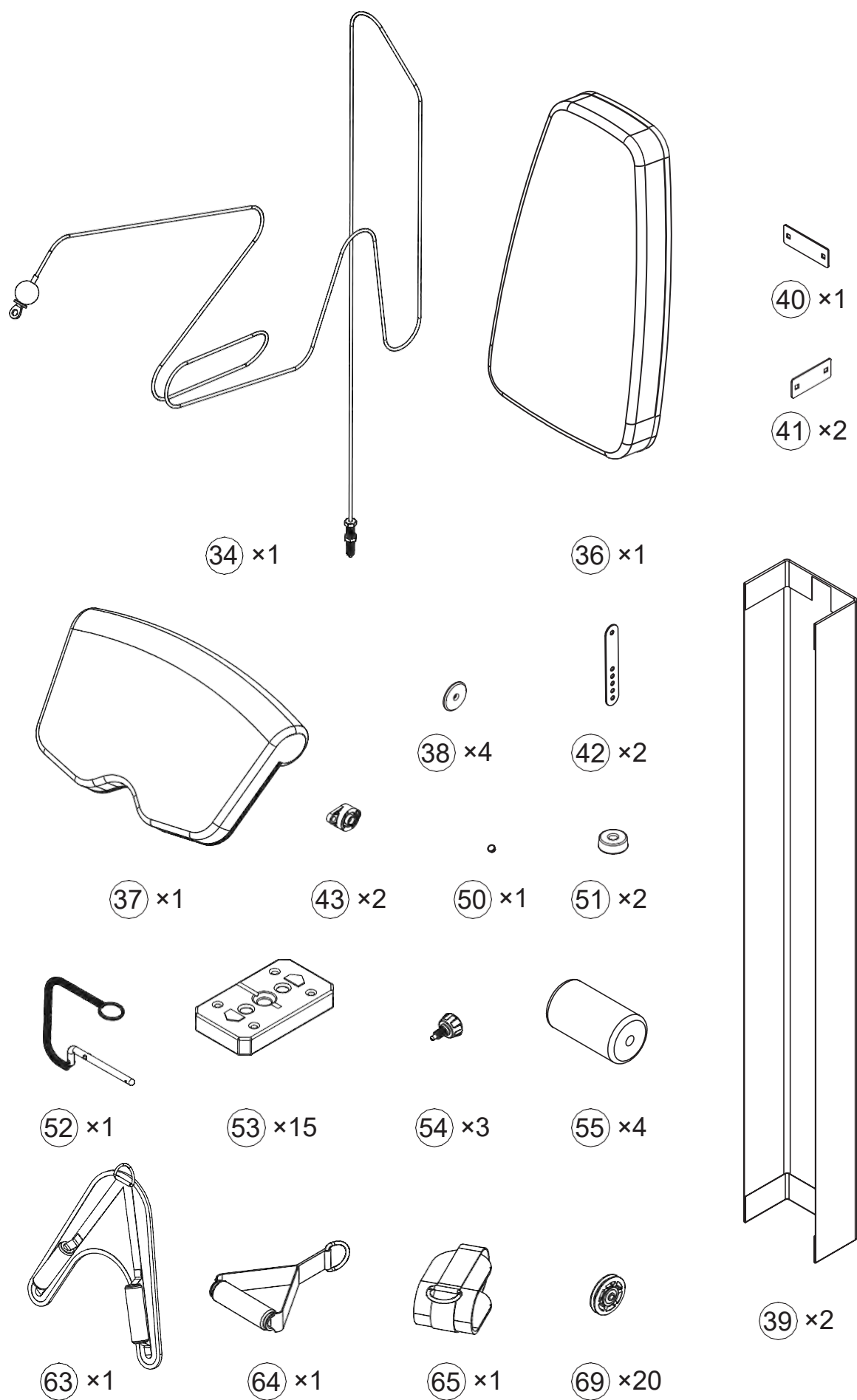


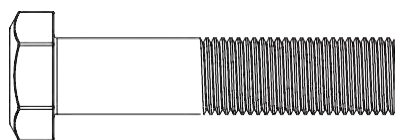
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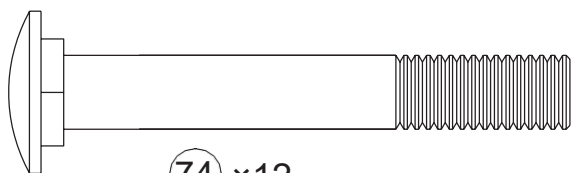








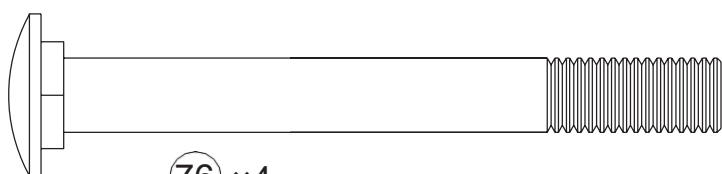
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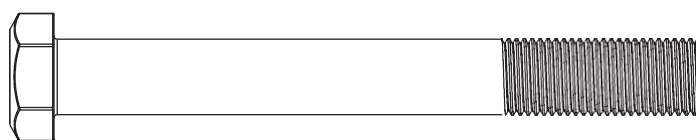
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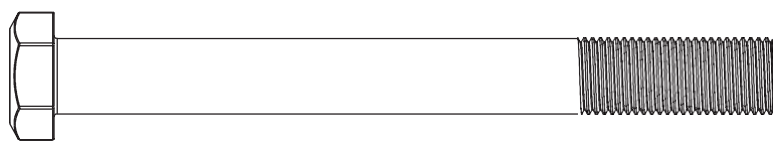
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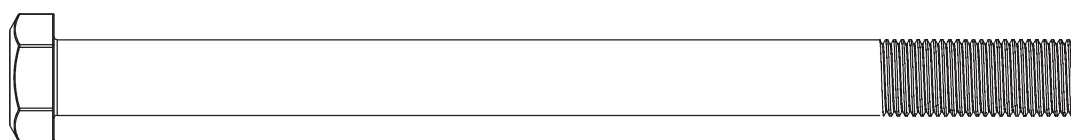
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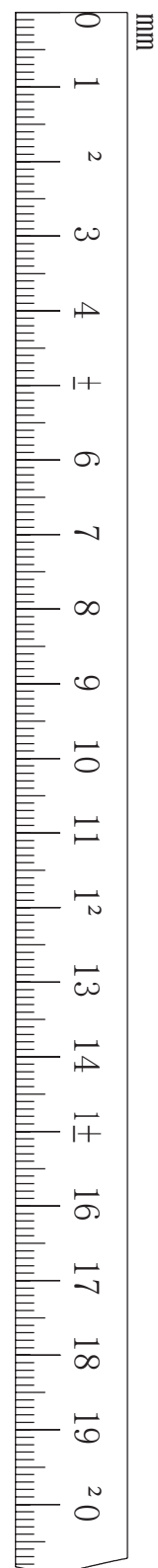
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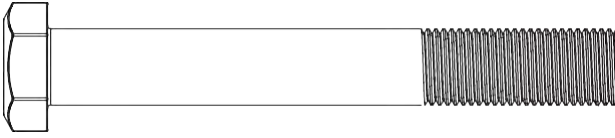
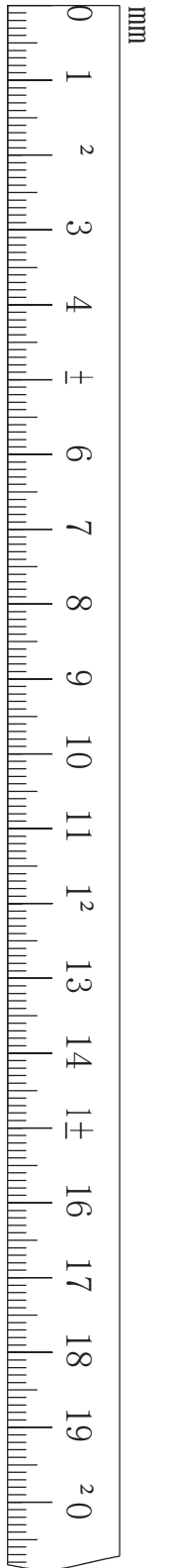


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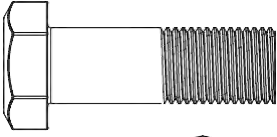


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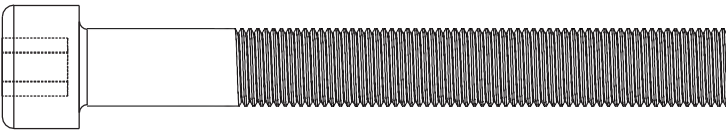




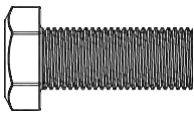
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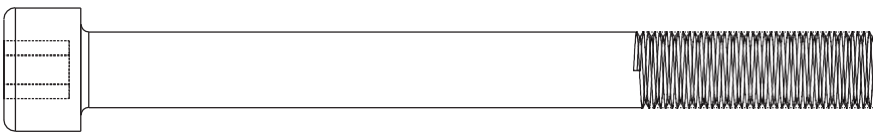
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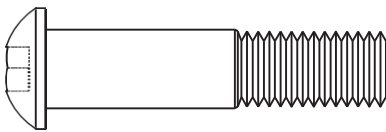
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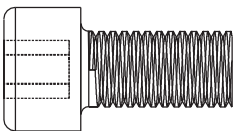
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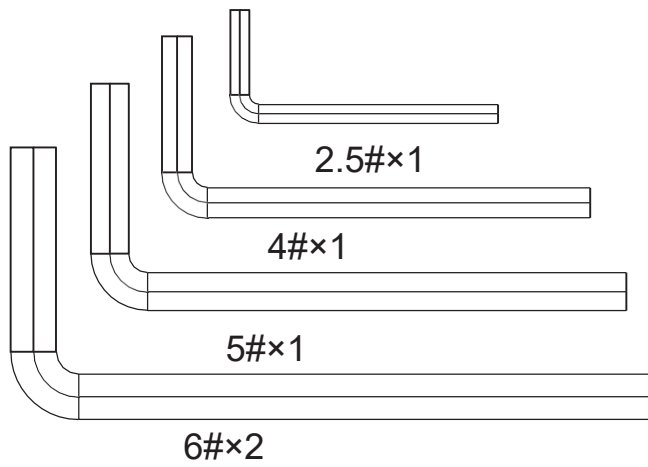
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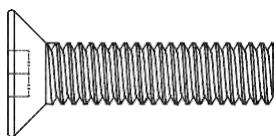


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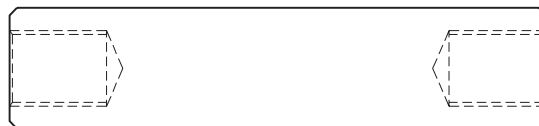


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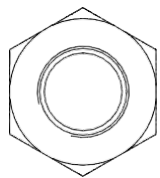




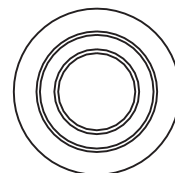
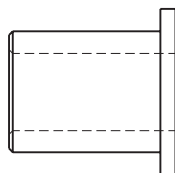
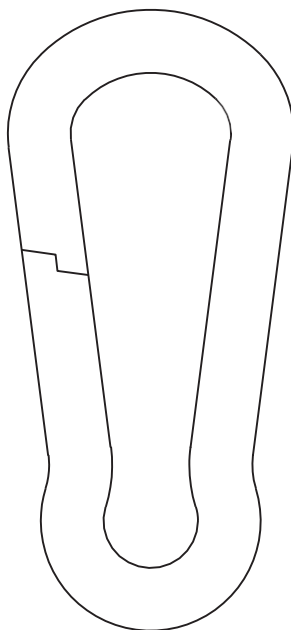
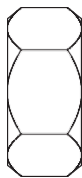
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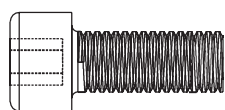
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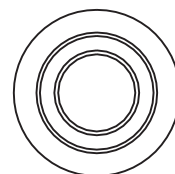
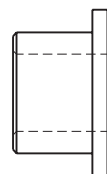
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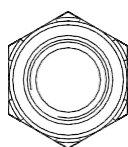
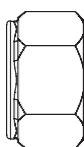
29 × 6



92 × 2

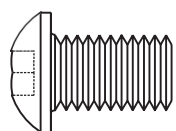


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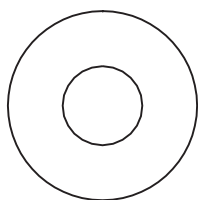


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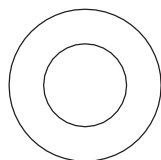
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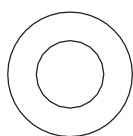
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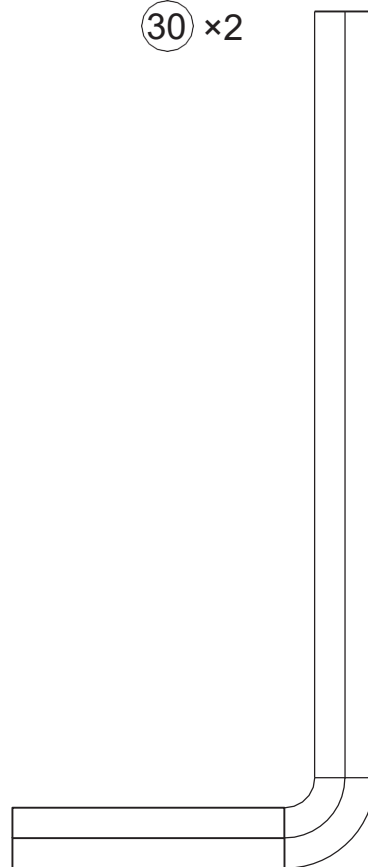
97 × 4



95 × 68



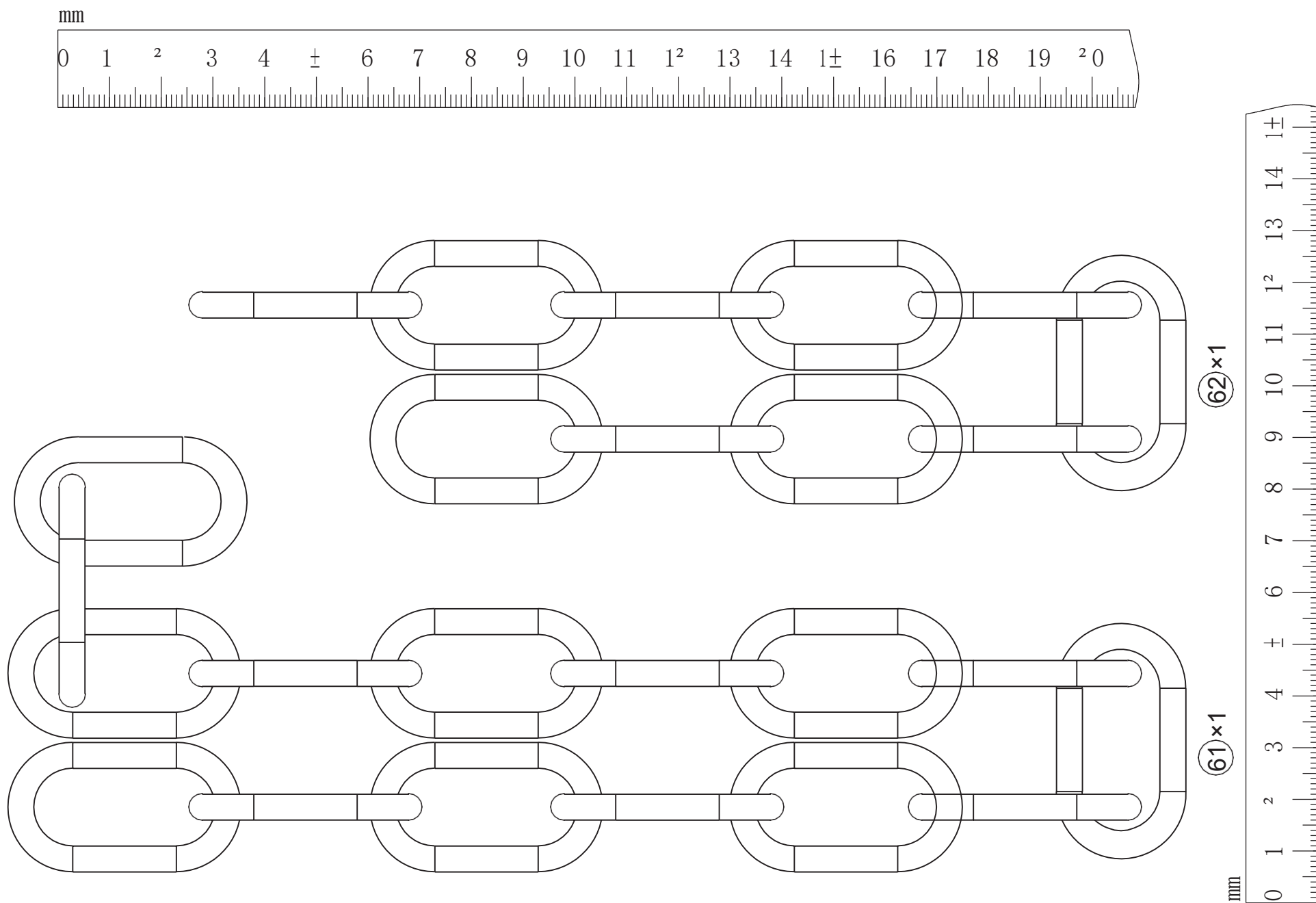
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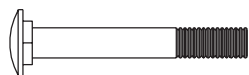
8# × 2

mm





74



× 2

M10×70mm

93



× 2

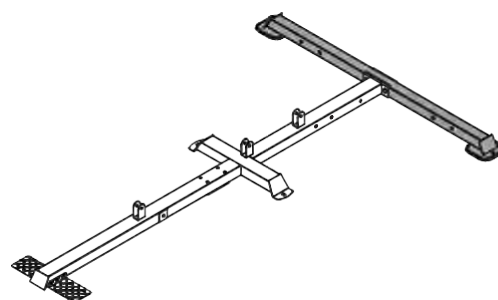
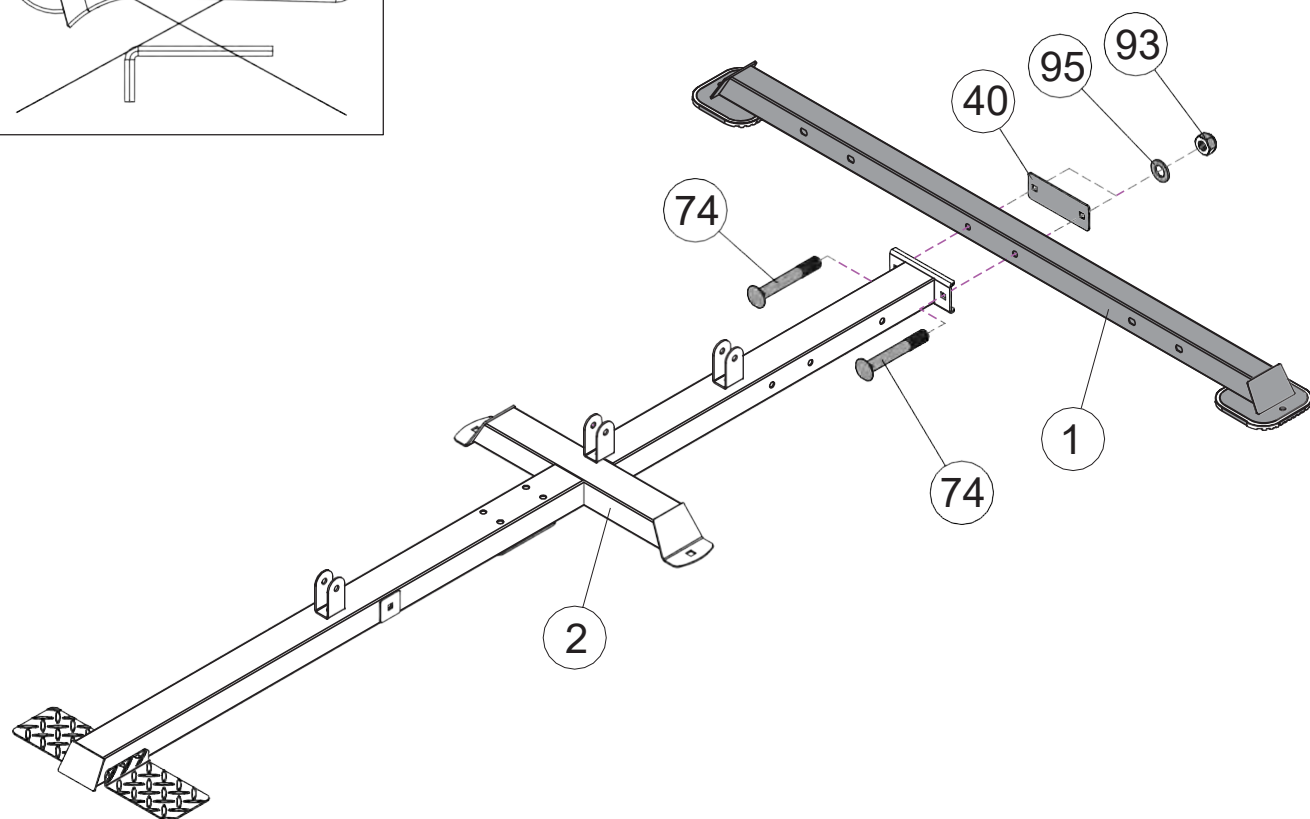
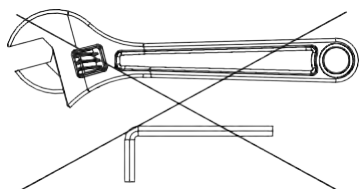
M10

95

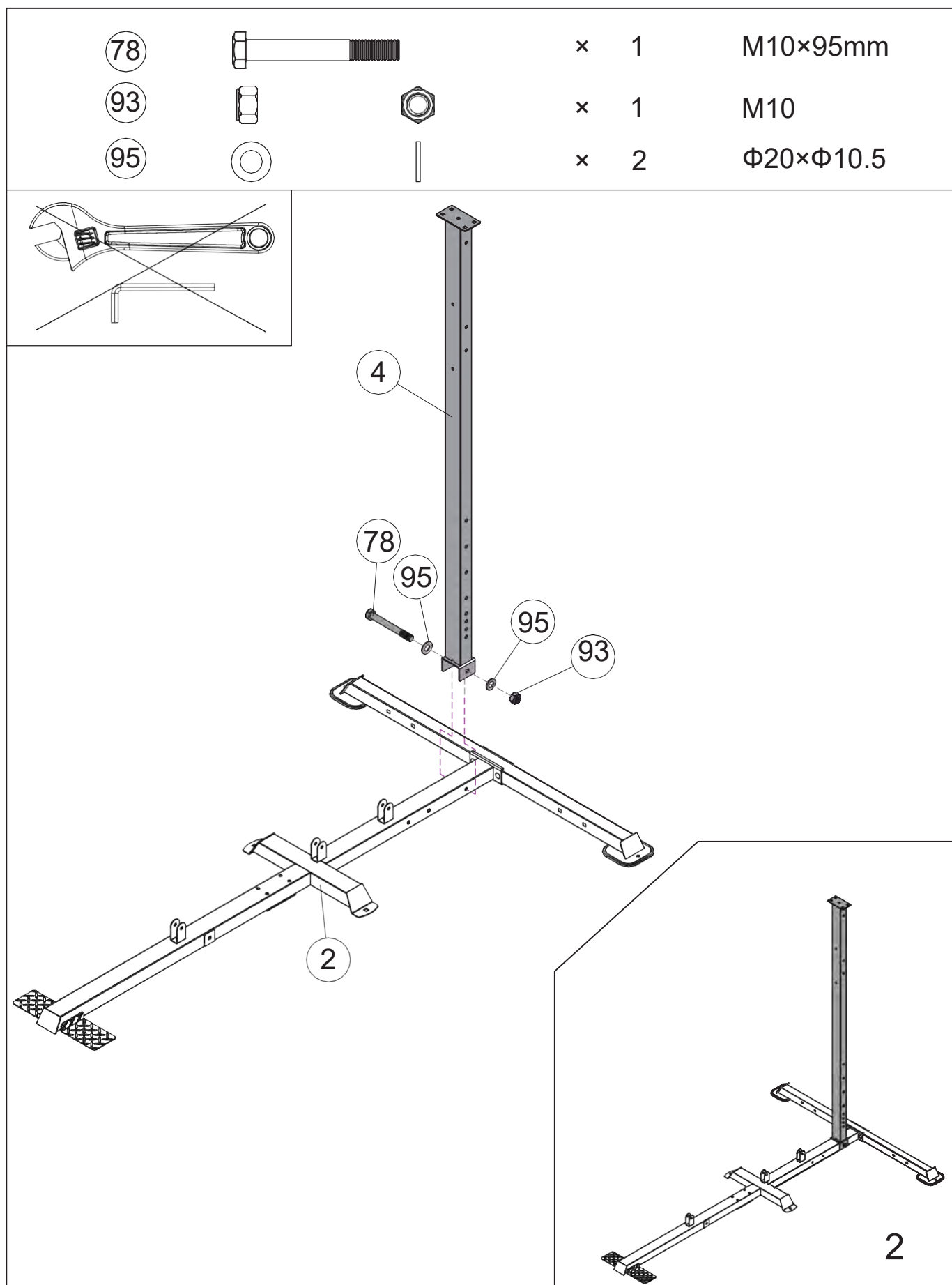


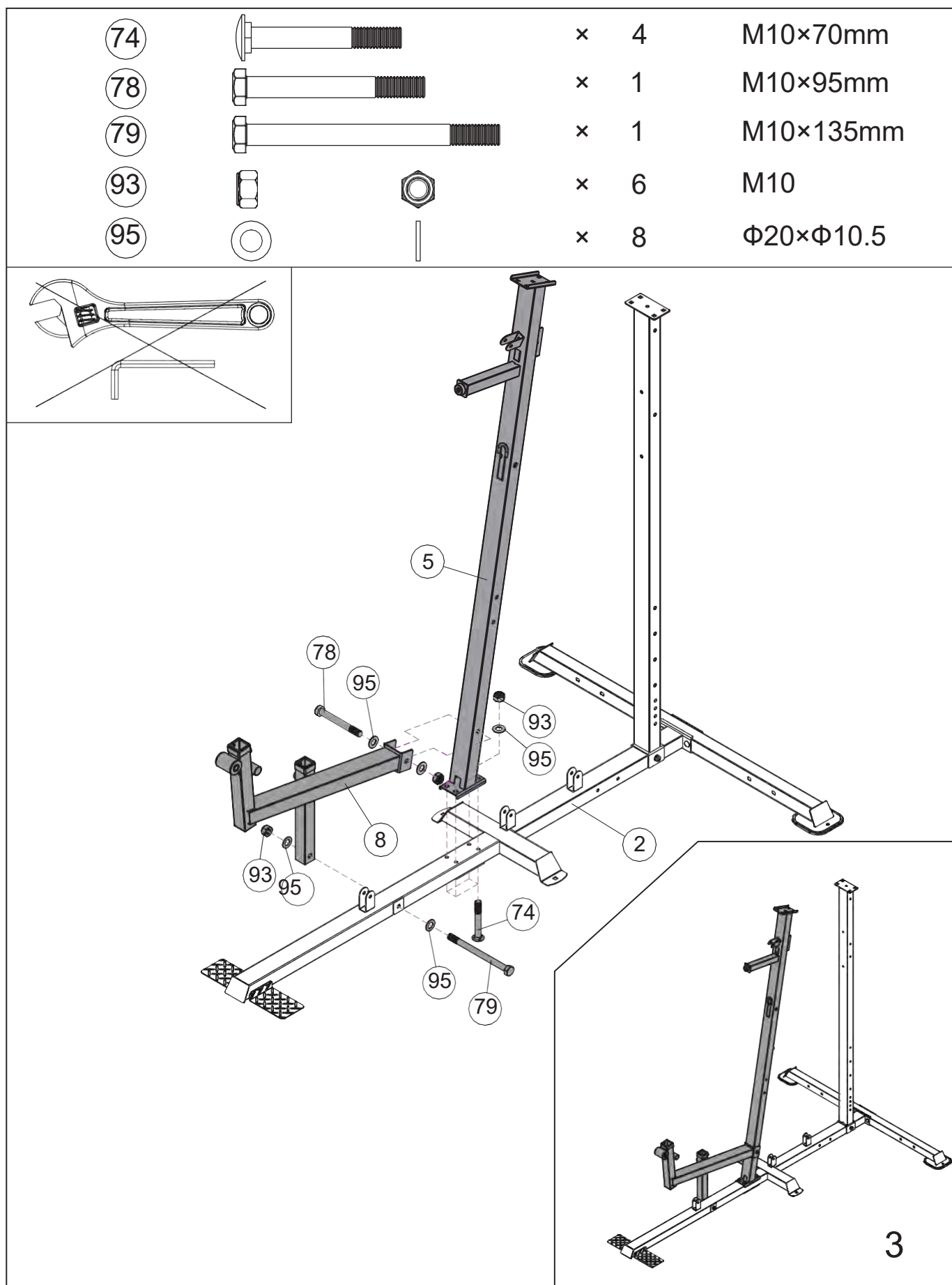
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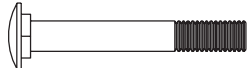
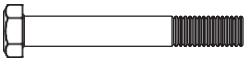
Φ20×Φ10.5

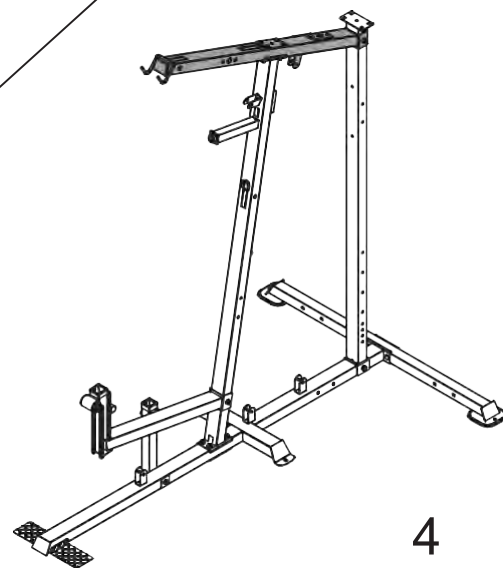
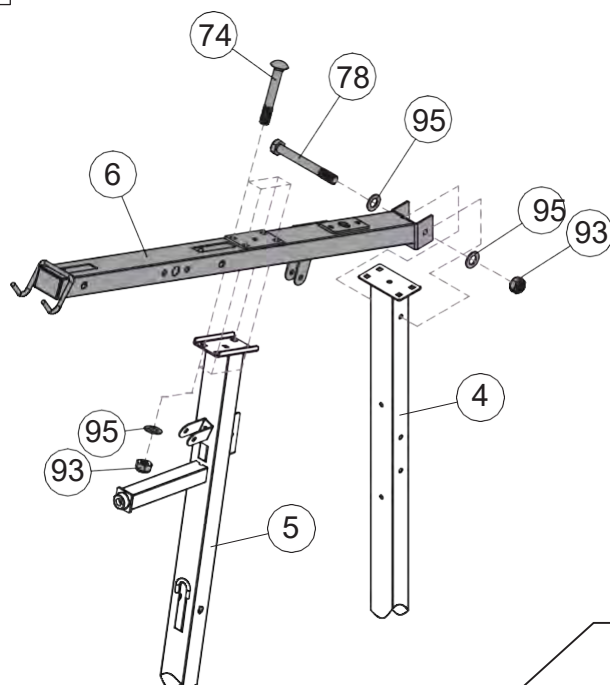
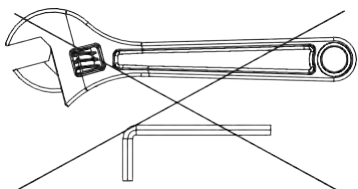


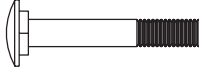
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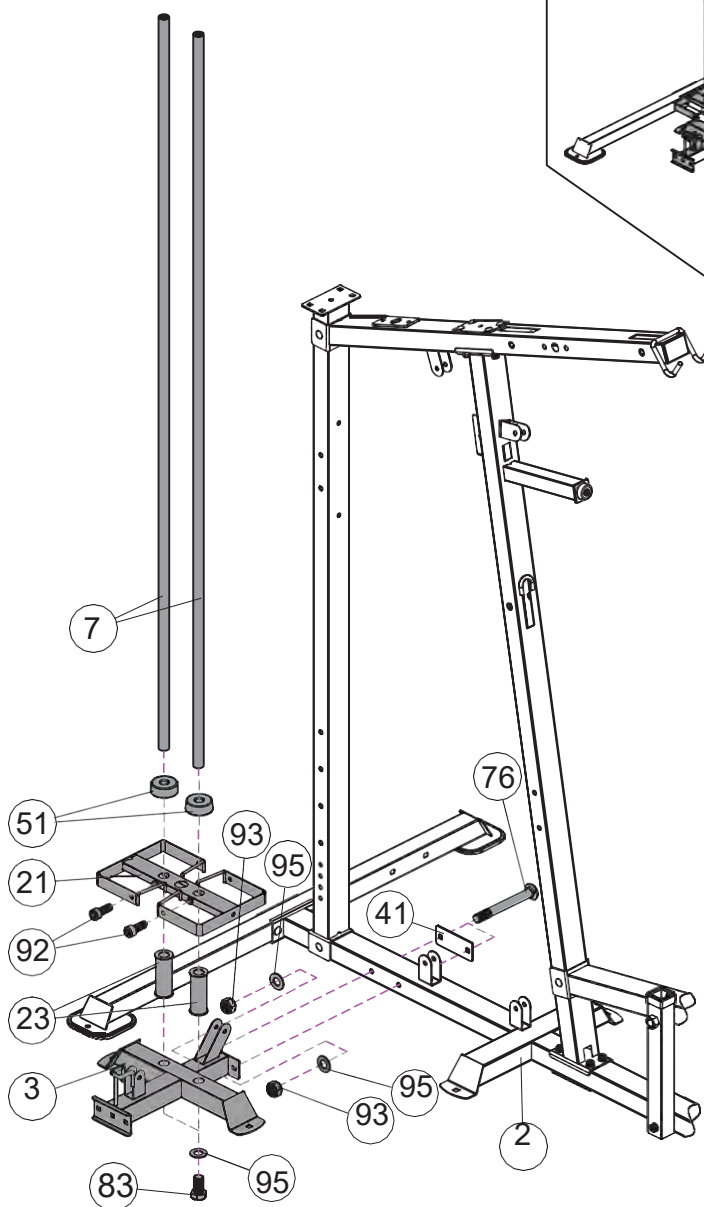
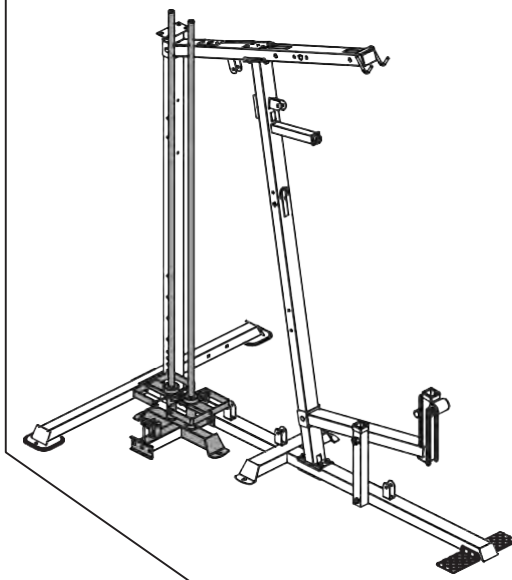
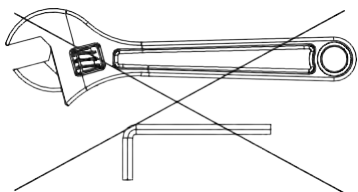




74		×	4	M10×70mm
78		×	1	M10×95mm
93	 	×	5	M10
95	 	×	6	Φ20×Φ10.5

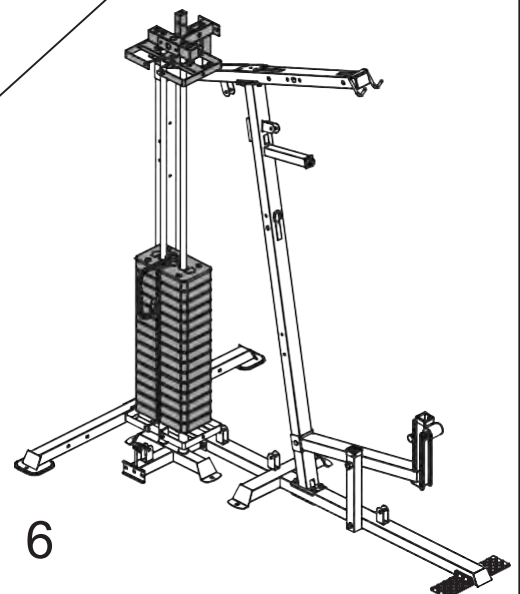
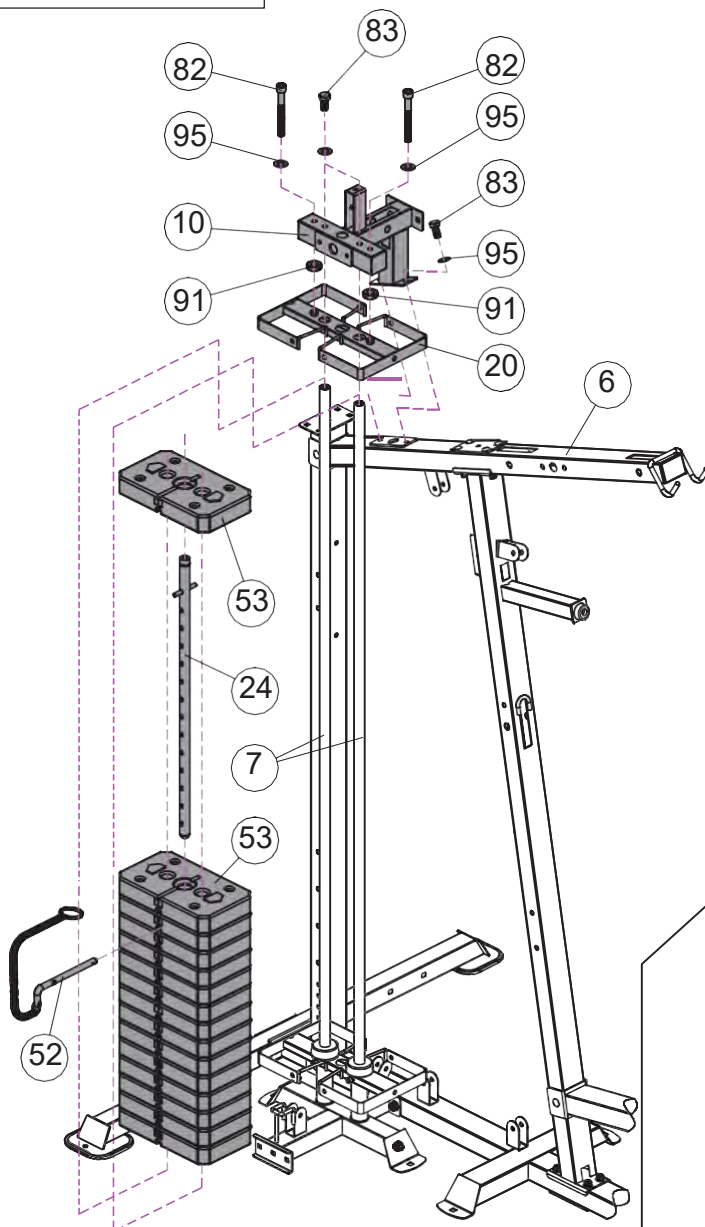
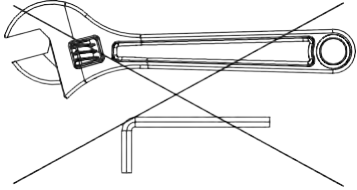


- (76)  × 2 M10×90mm (93)   × 2 M10
 (83)  × 2 M10×20mm (95)  | × 4 Φ20×Φ10.5
 (92)  × 2 M8×20mm



5

- (82)  × 2 M10×85mm (91)  × 2 M10
 (83)  × 4 M10×20mm (95)  × 6 Φ20×Φ10.5



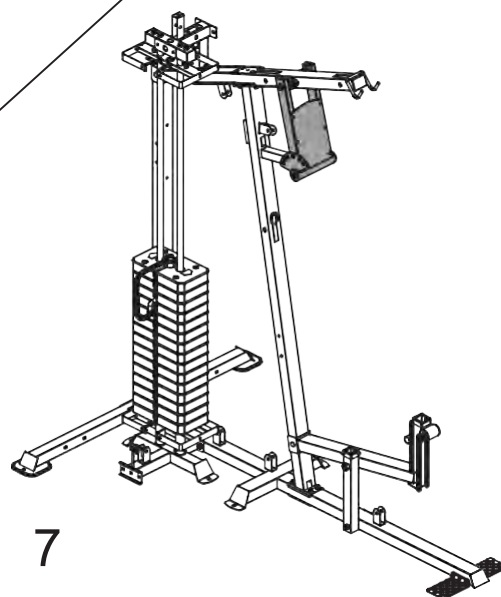
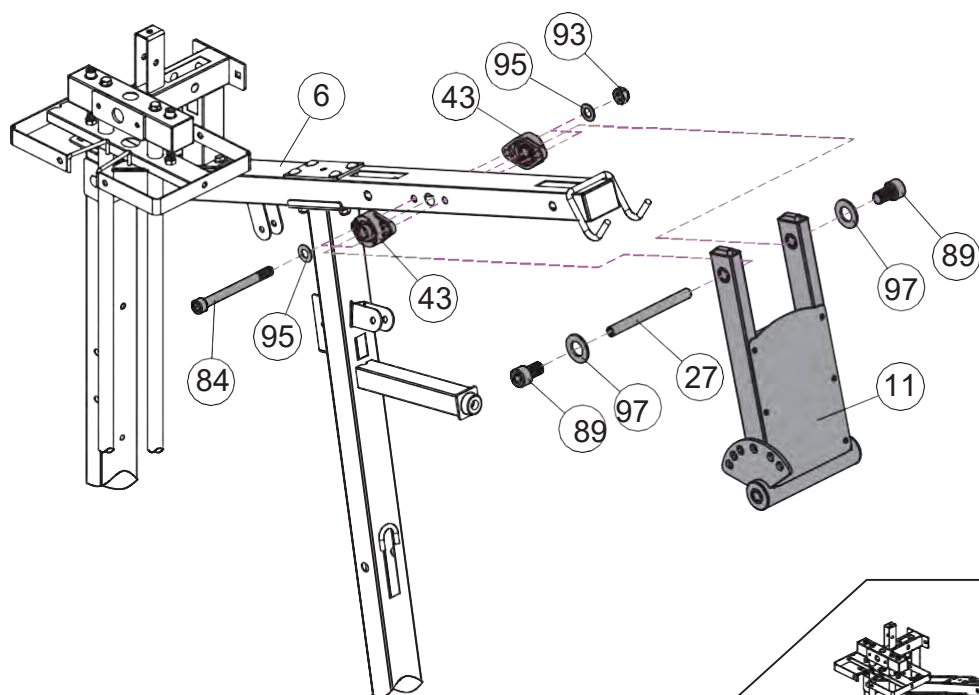
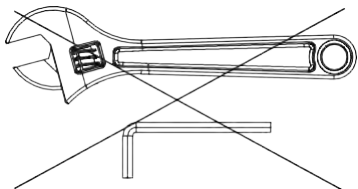
(84)  × 2 M10×105mm

(95)  × 4 Φ20×Φ10.5

(89)  × 2 M10×20mm

(97)  × 2 Φ25×Φ11

(93)   × 2 M10



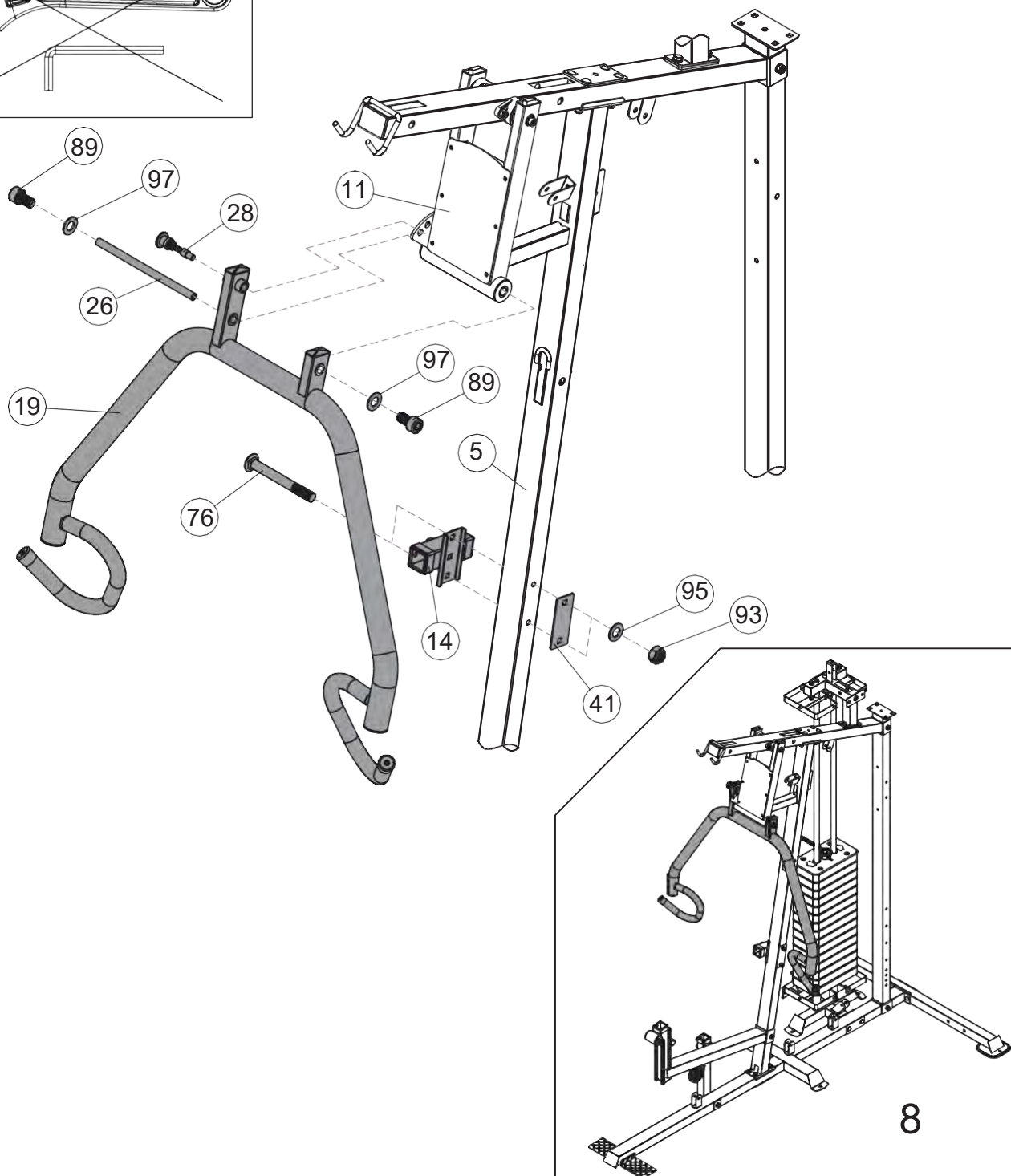
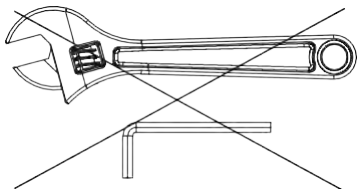
(76)  × 2 M10×90mm

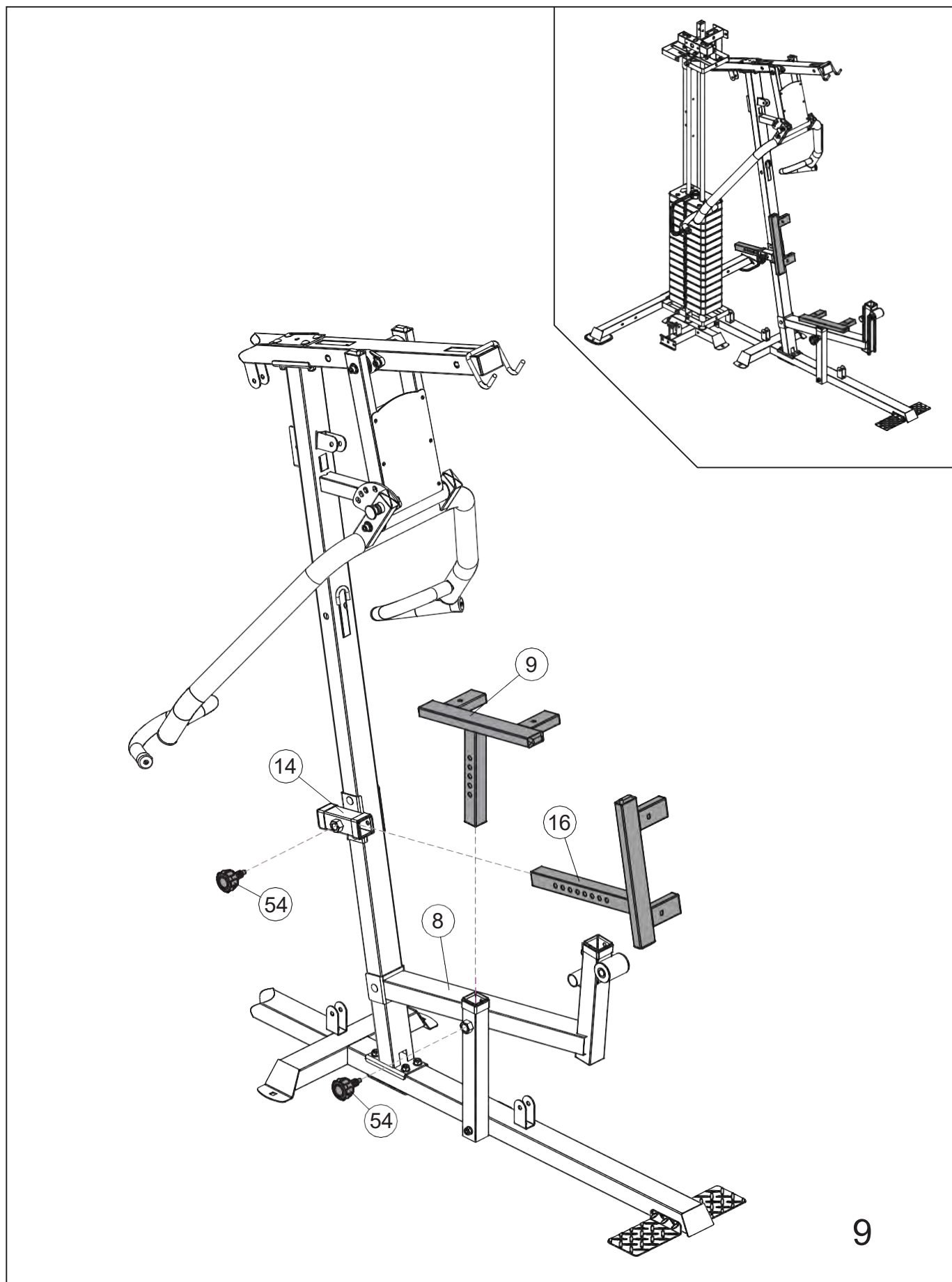
(95)  × 2 Φ20×Φ10.5

(89)  × 2 M10×20mm

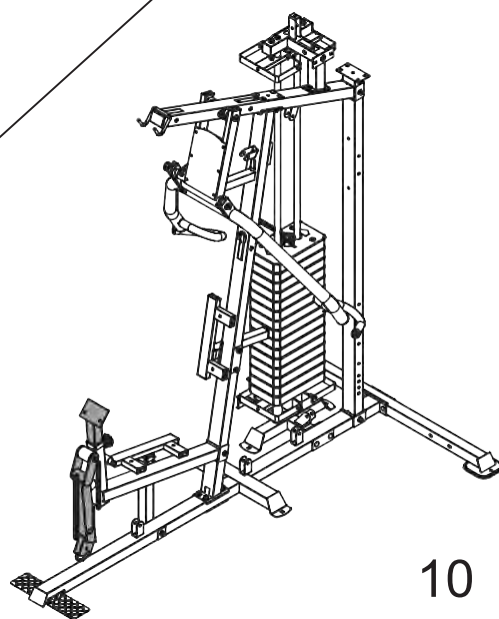
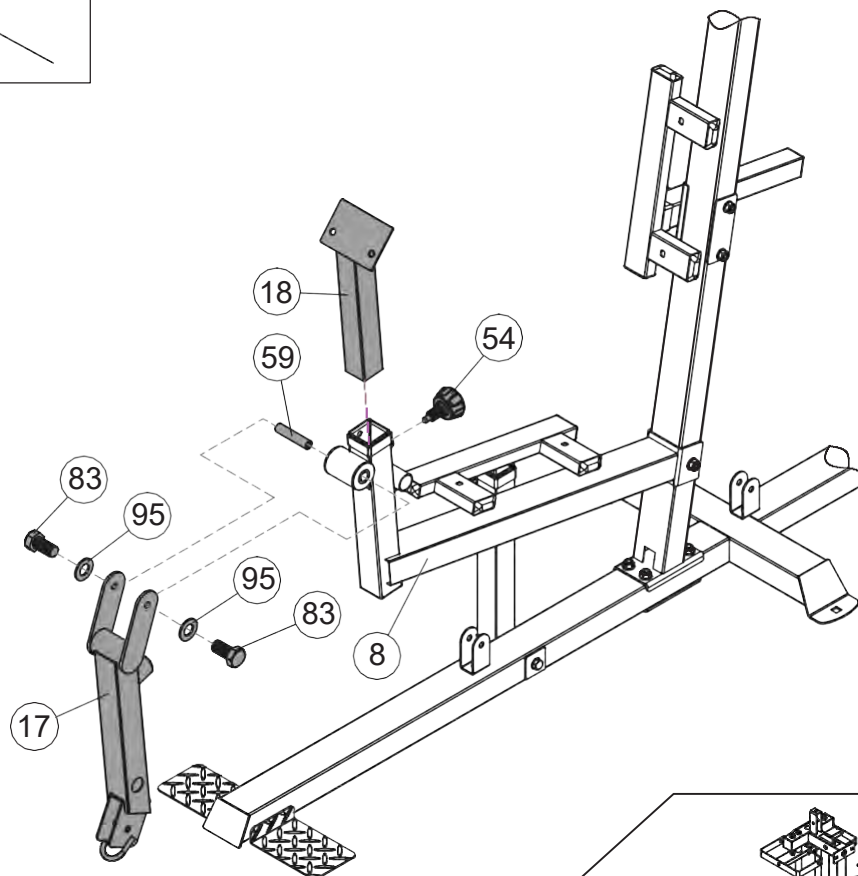
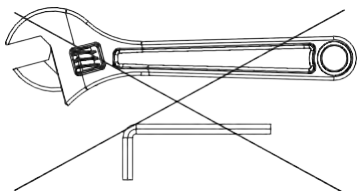
(97)  × 2 Φ25×Φ11

(93)   × 2 M10

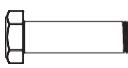
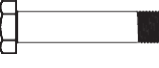


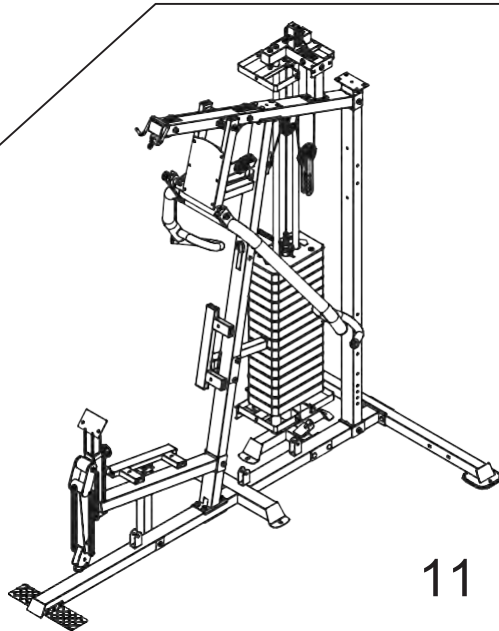
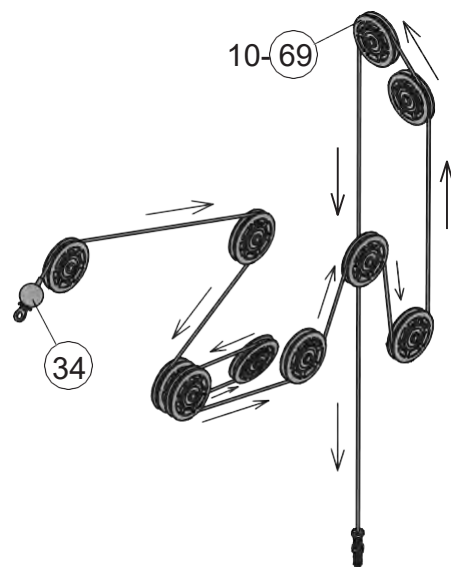
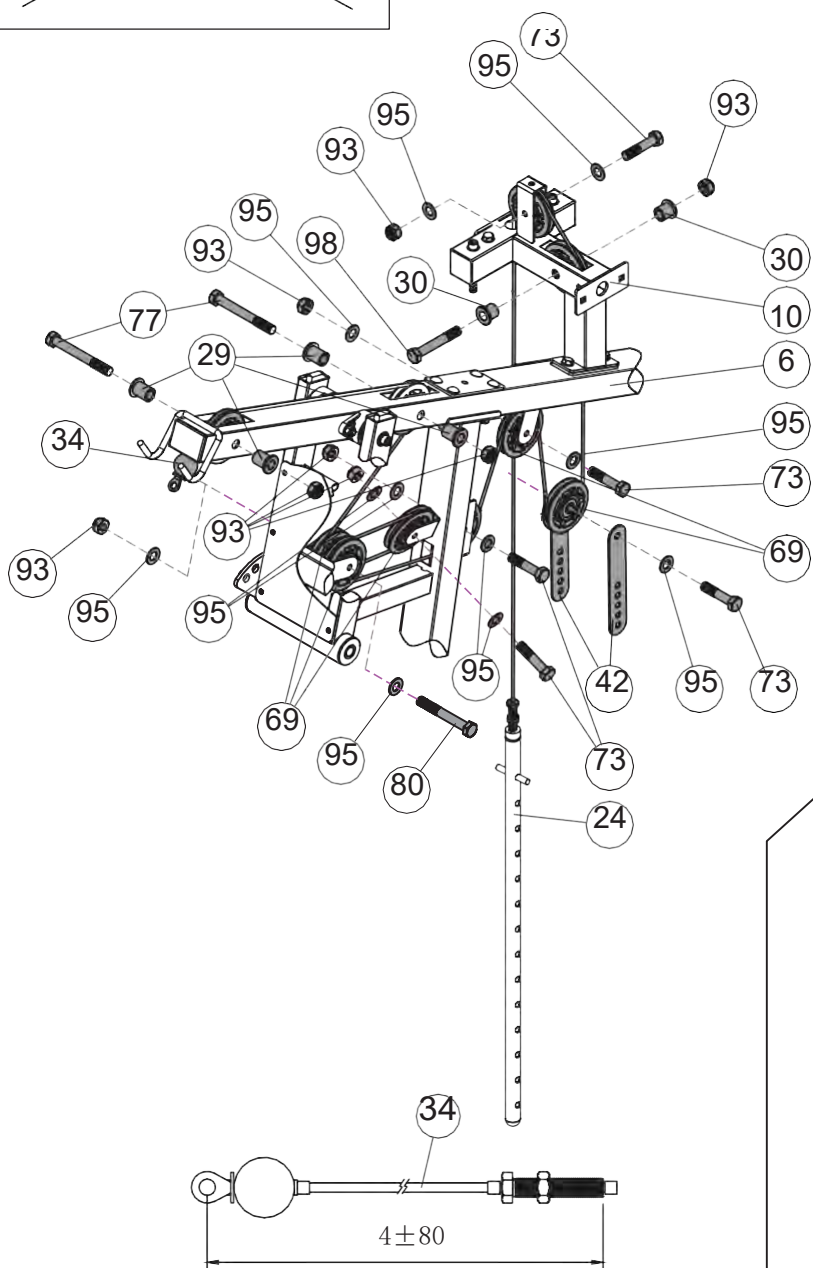
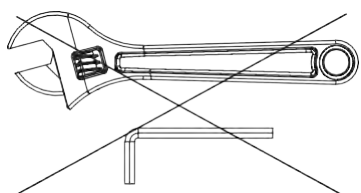


59		×	1	M10×φ16×71
83		×	2	M10×20mm
95	 	×	2	Φ20×Φ10.5

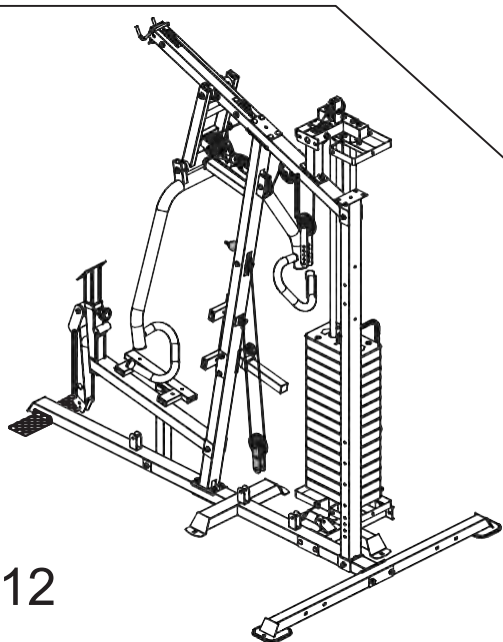
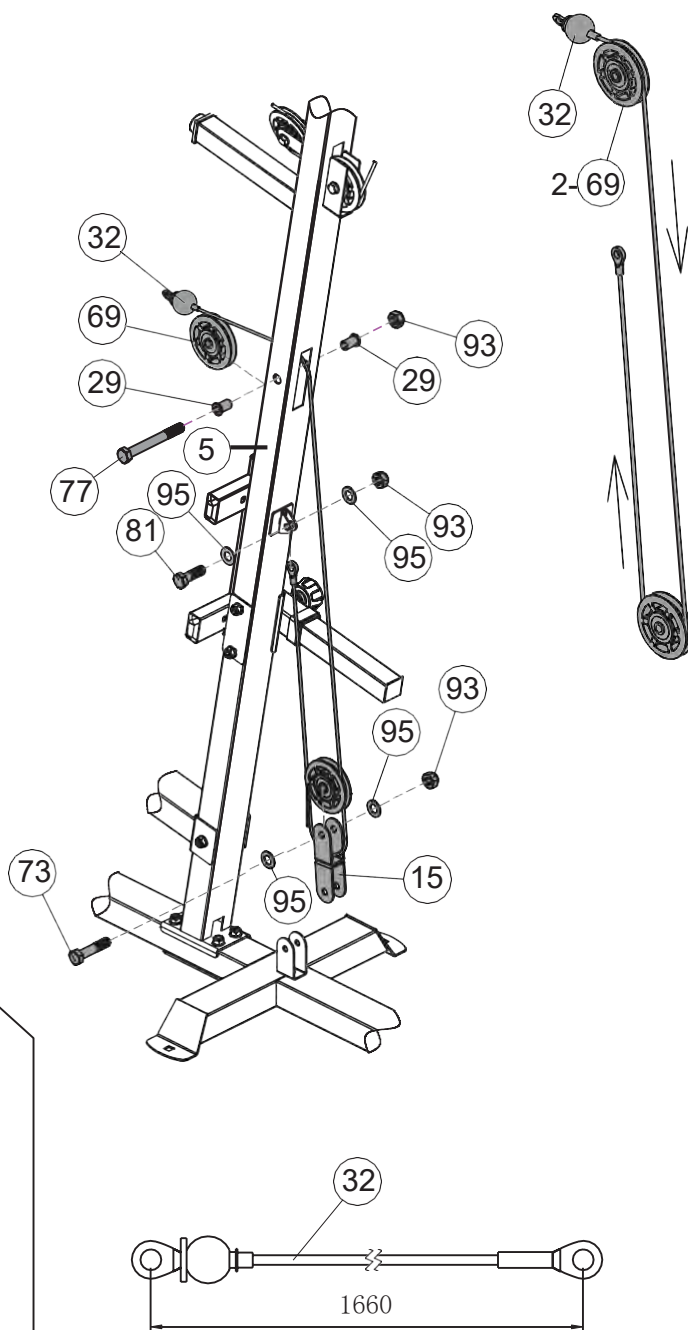
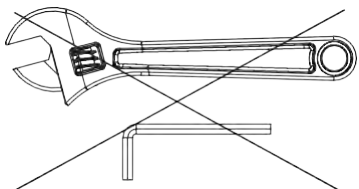


10

- | | | | | | |
|------|---|--|------|--|---------------------------------|
| (29) |  | × 4 $\phi 22 \times \phi 10.2 \times 25$ | (80) |  | × 1 M10×75mm |
| (30) |  | × 2 $\phi 22 \times \phi 10.2 \times 15$ | (93) |  | × 9 M10 |
| (73) |  | × 5 M10×45mm | (95) |  | × 12 $\phi 20 \times \phi 10.5$ |
| (77) |  | × 2 M10×85mm | (98) |  | × 1 M10×65mm |



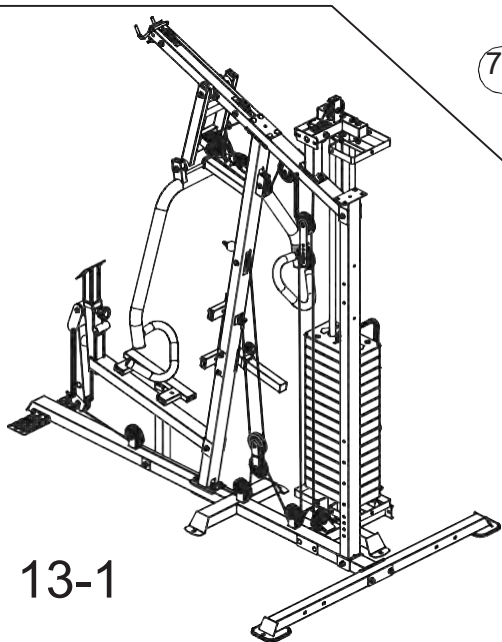
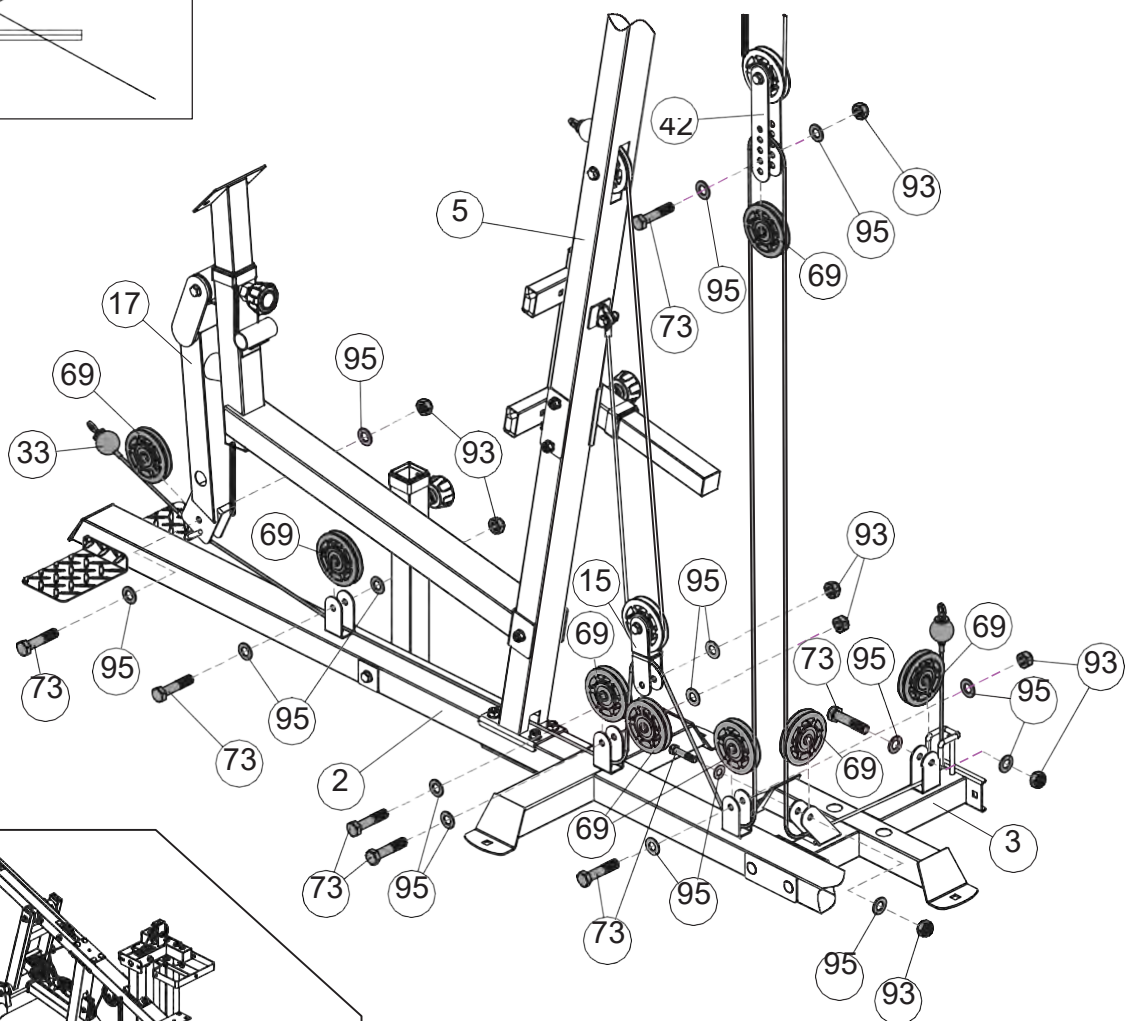
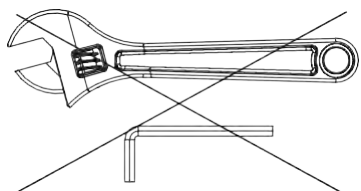
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|------|---|---|--|------|--|-----|----------------------------|
| (29) |  |  | × 2 $\Phi 20 \times \Phi 10.2 \times 25$ | (81) |  | × 1 | M10×30mm |
| (73) |  | | × 1 M10×45mm | (93) |  | × 3 | M10 |
| (77) |  | | × 1 M10×85mm | (95) |  | × 4 | $\Phi 20 \times \Phi 10.5$ |



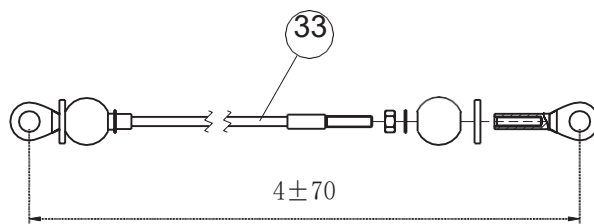
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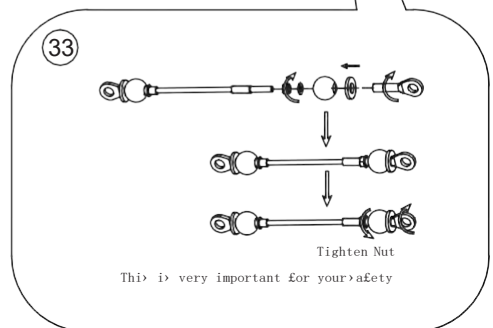
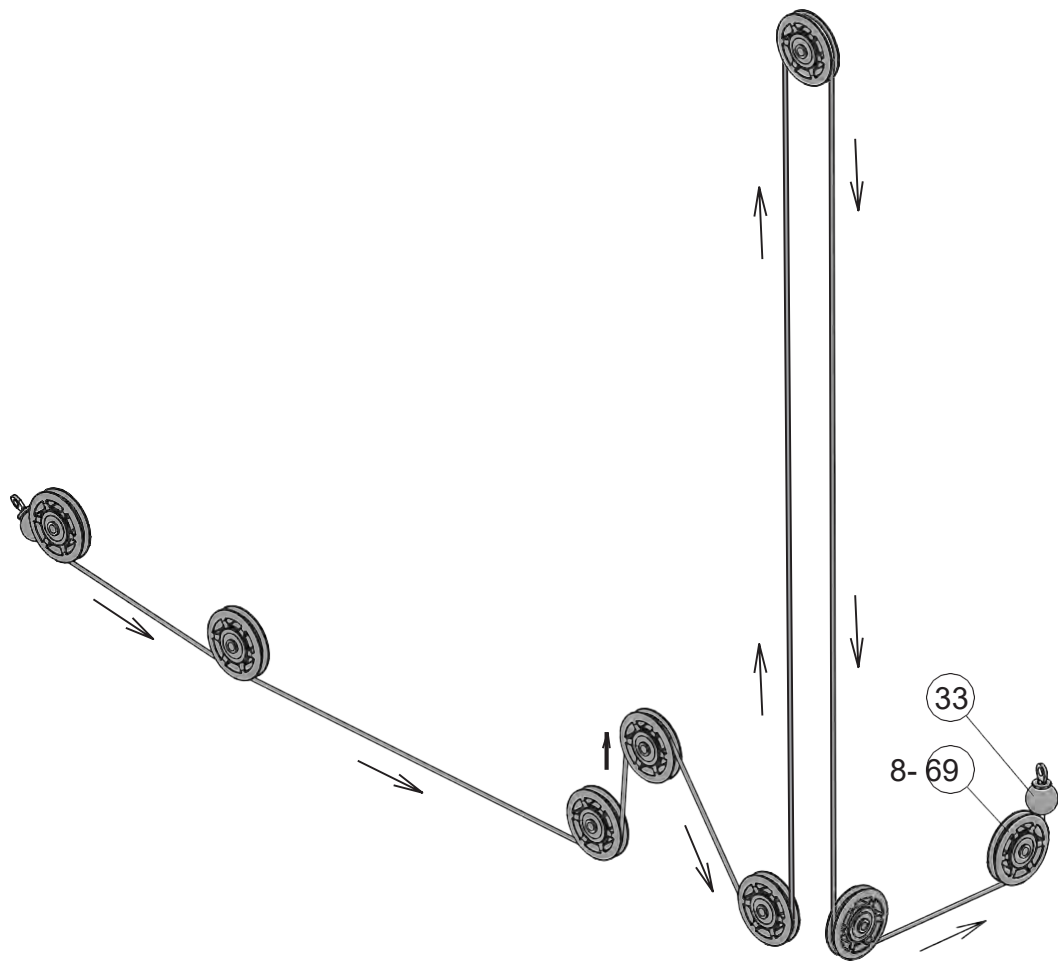
73  × 8 M10×45mm 95  | ×16 Φ20×Φ10.5

93   × 8 M10

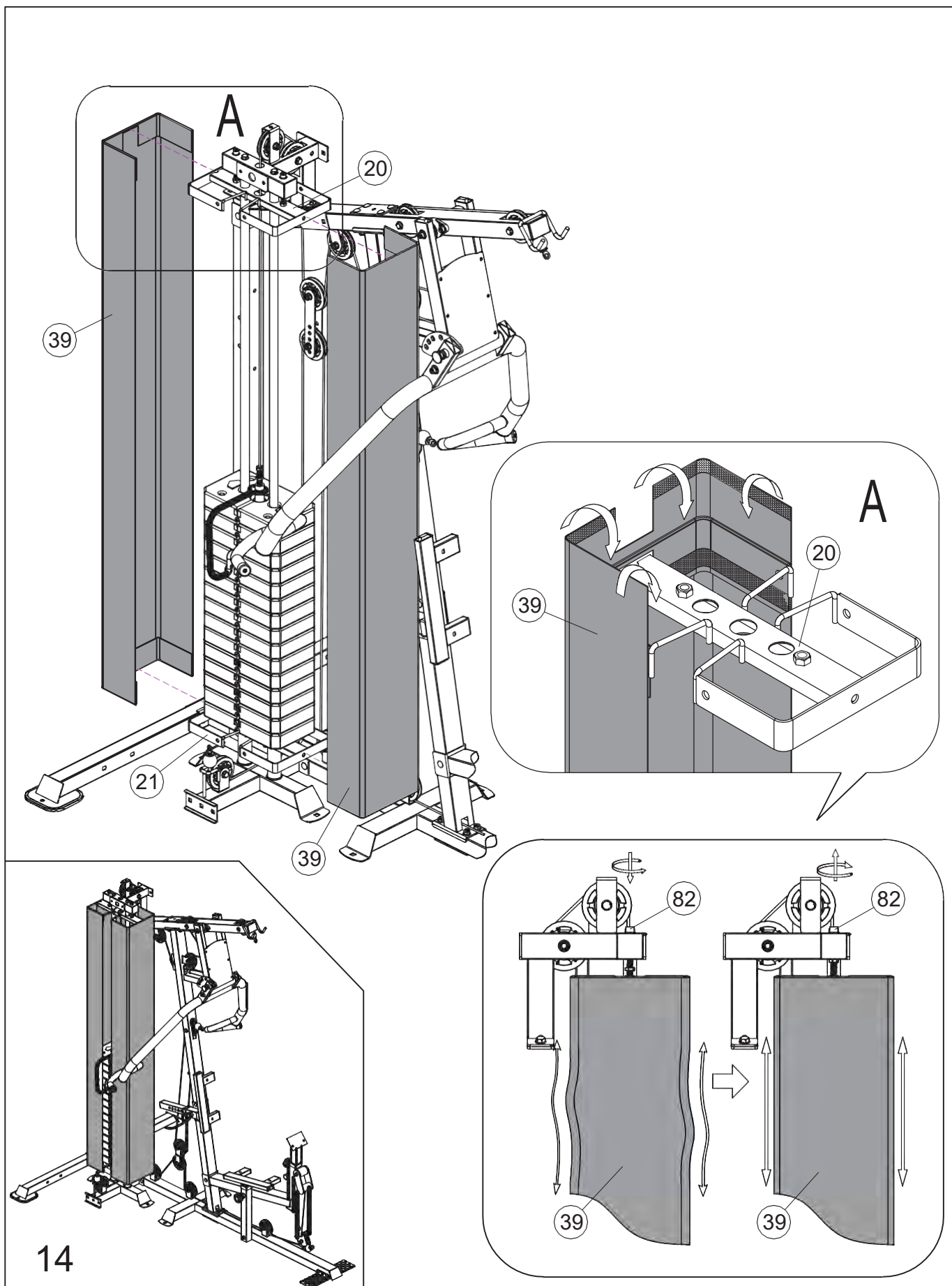


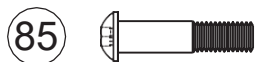
13-1





13-2





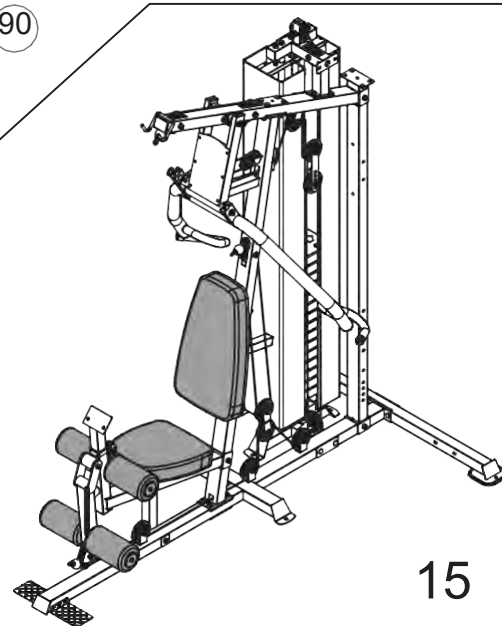
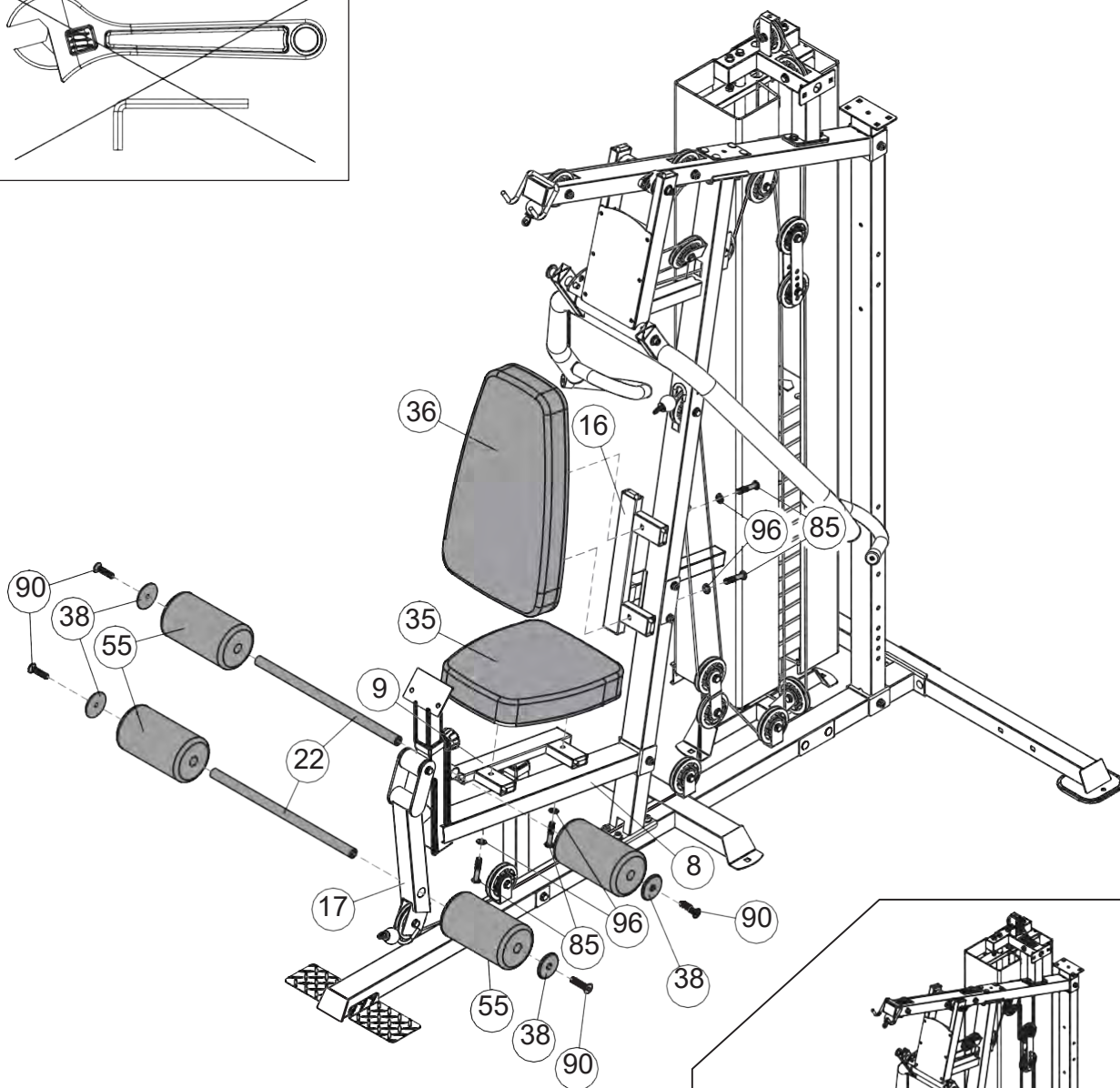
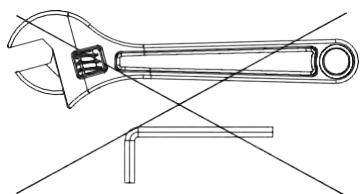
× 4 M8×45mm



× 4 Φ16×Φ8.4

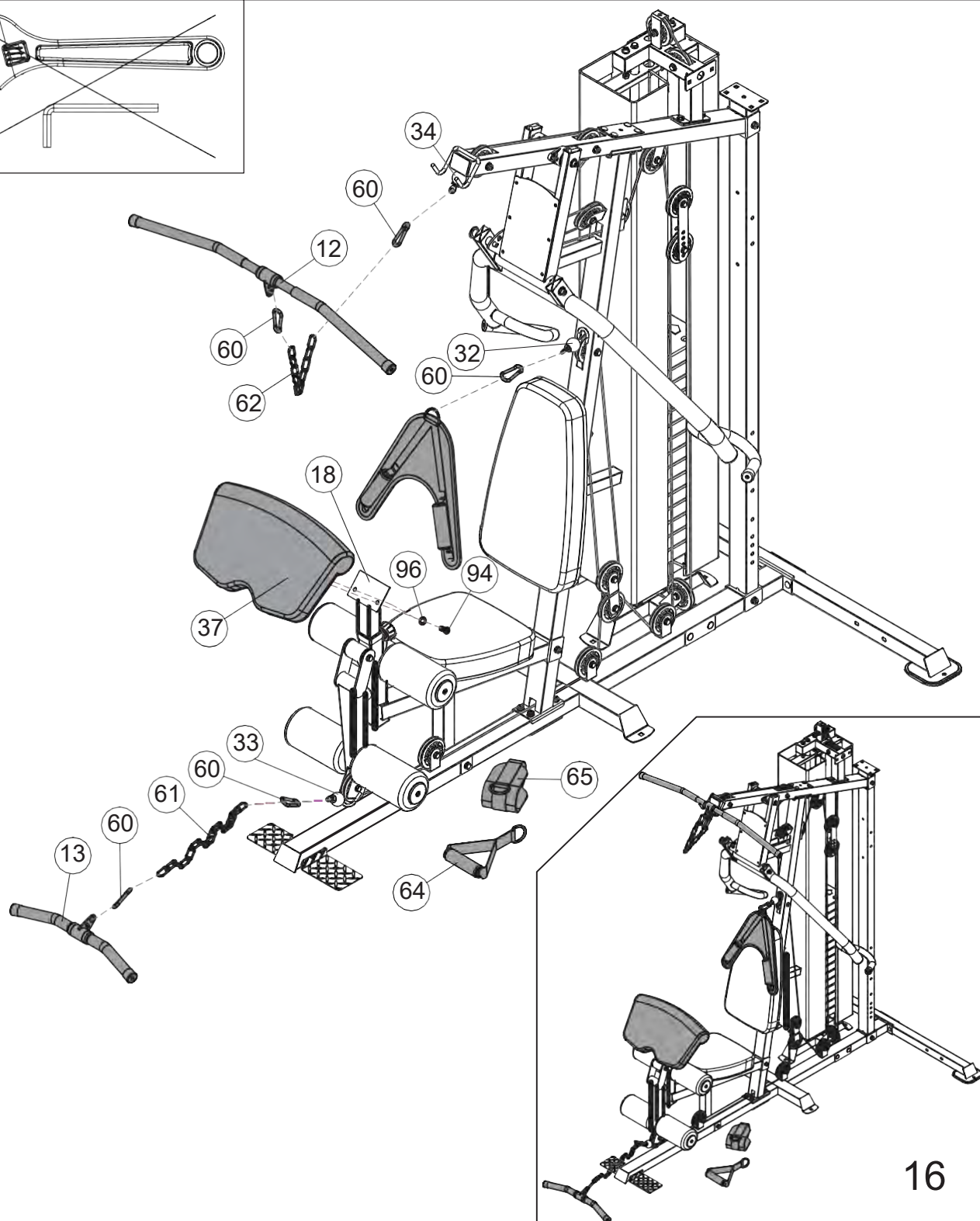
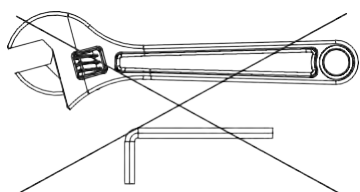


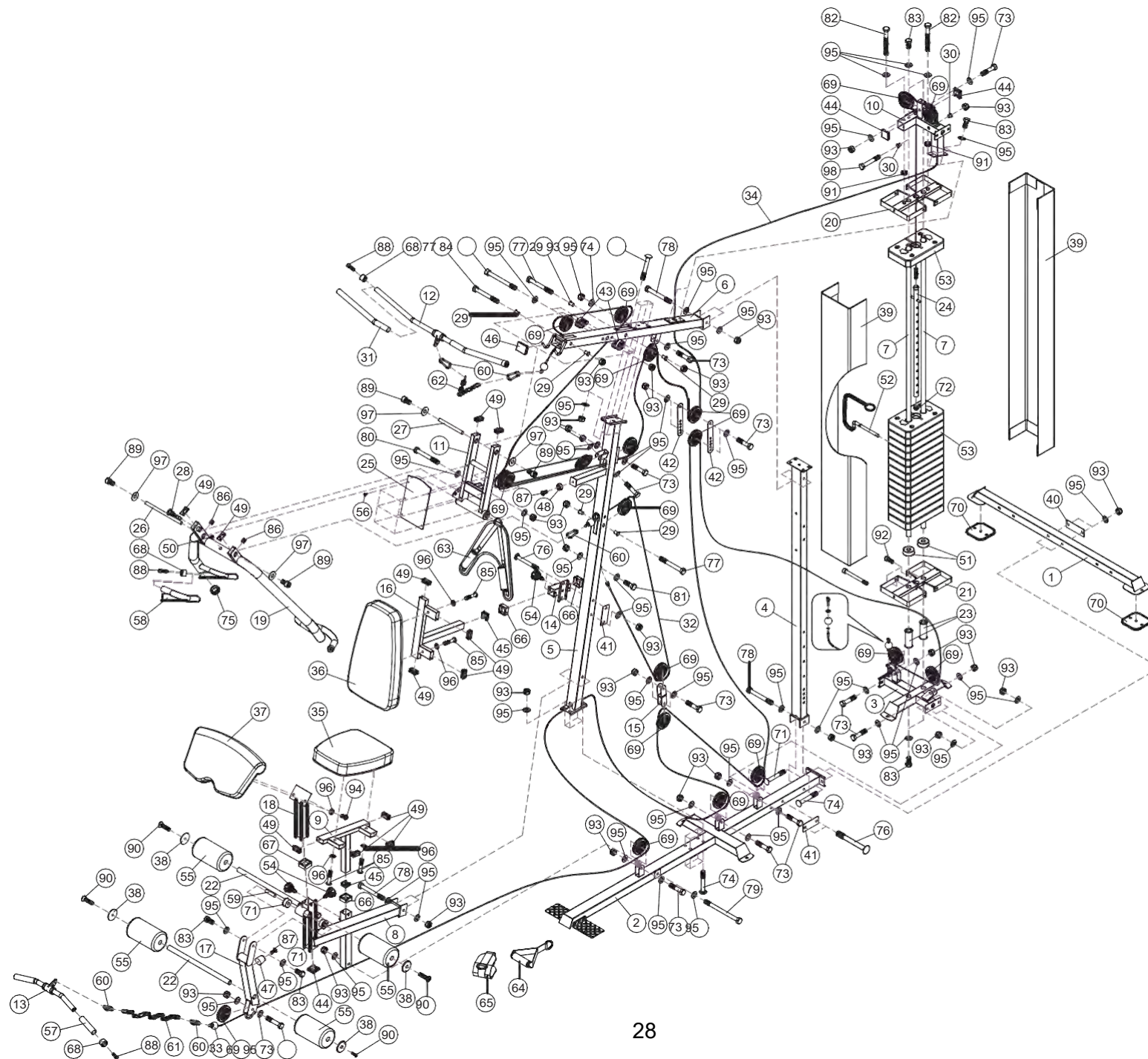
× 4 M8×30mm



15

- | | | | | | |
|----|---|-------------|----|--|--------------|
| ⑥0 |  | × 5 φ8 | ⑨4 |  | × 2 M8×20mm |
| ⑥2 |  | × 1 φ5(10) | ⑨6 |   | × 2 Φ16×Φ8.4 |
| ⑥1 |  | × 1 φ5(15) | | | |





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Rear Base Frame		1
2	Base Frame		1
3	Guide Rod Lower Bracket		1
4	Rear Vertical Frame		1
5	Front Vertical Frame		1
6	Upper Frame		1
7	Guide Rod	φ25×1980	2
8	Front Support Frame		1
9	Seat Support		1
10	Upper Guide Rod Frame		1
11	Front Press Base		1
12	Lat Bar		1
13	Shiver Bar		1
14	Adjustable Backrest Support		1
15	Pulley Bracket		1
16	Backrest Support		1
17	Leg Developer		1
18	Arm Curl Stand		1
19	Front Press Base		1
20	Shield Upper Bracket		1
21	Shield Lower Bracket		1
22	Long Foam Frame		2
23	Guide Rod Lower Support		2
24	Selector Rod		1
25	Front Cover	272×178.5×1.5	1
26	Mid Axle	φ16×280×M10	1
27	Press Upper Axle	φ16×181×M10	1
28	Lock Knob		1
29	Pulley Bushing	φ22×φ10.2×25	6
30	Pulley Bushing	φ22×φ10.2×15	2
31	Handle Grip	φ23×440	2
32	Pull Cable	L=1660	1
33	Front Cable	L=4570	1

PARTS LIST

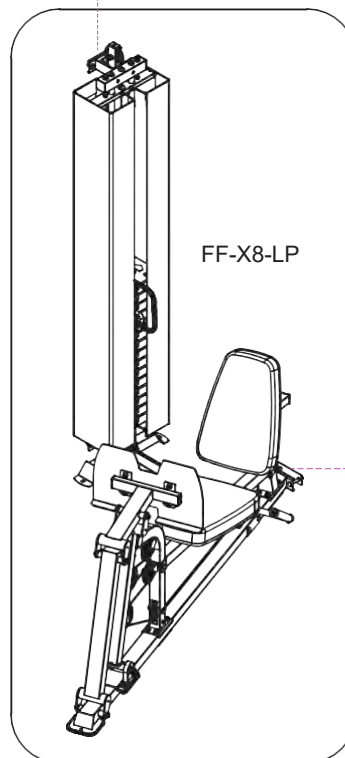
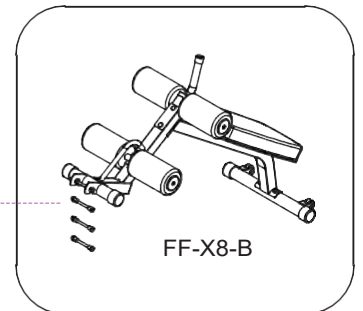
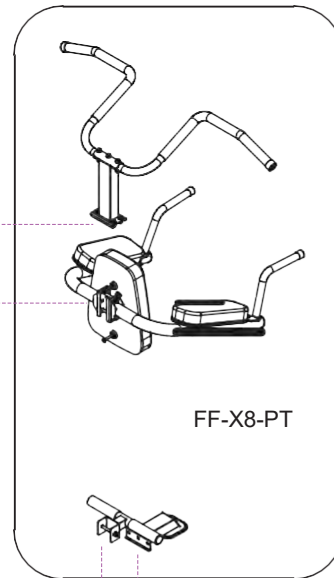
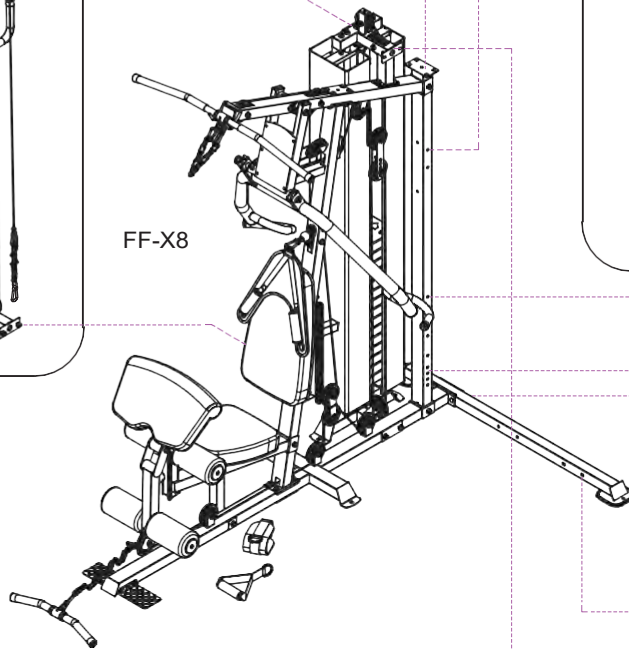
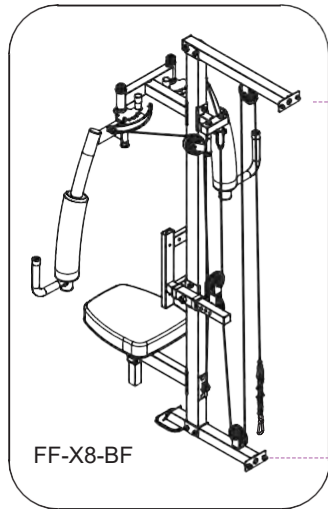
KEY NO.	PART DESCRIPTION	SPEC	QTY
34	Upper Cable	L=4580	1
35	Seat Pad	400×335 ×70	1
36	Backrest Board	600×340×205×70	1
37	Arm Curl Pad	500×300×φ80×50	1
38	Foam Baffle	φ68×5.7	4
39	Weight Stack Cover	1885×485×1	2
40	Bracket	140×50×3	1
41	Bracket	120×50×3	2
42	Llat Double Floating Pulley Bracket	218×38×3	2
43	With Rhomboid External Ball Bearing	UCFLU203	2
44	End Cap	□50	3
45	End Cap	□38	2
46	End Cap	□70×50	1
47	Rubber Bumper	φ45×40	1
48	Rubber Bumper	φ38×φ7×15	1
49	End Cap	□50×□25	12
51	Rubber Bumper	φ62×φ24.5×25	2
52	Weight Selector Pin	φ10×140	1
53	Weight Plate	300×175×48 (5KG)	15
54	Lock Knob	M18×φ10	3
55	Foam Roll	φ125×φ22×215	4
56	Rivet	φ4×10	6
57	Handle Grip	φ23×150	2
58	Handle Grip	φ23× (580)	2
59	Axle	M10×φ16×71	1
60	Hook	φ8	5
61	Long Chain	15-link	1
62	Short Chain	10-link	1
63	Strap		1
64	Single Handle		1
65	Ankle Strap	PH1300	1
66	Sleeve	□45×39	3
67	Sleeve	□50×□45	1

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
68	Ornament cover	φ33.5×φ6.6×25	6
69	Pulley	φ96	20
70	End Cap	□135×135×8	2
71	Bushing	φ50×φ16	2
72	End Cap	φ25	1
73	Hex BoltS	M10×45	14
74	Carriage Bolt	M10×70	10
75	End Cap	φ50	2
76	Carriage Bolt	M10×90	4
77	Hex Bolts	M10×85	3
78	Hex Bolts	M10×95	3
79	Hex Bolts	M10×135	1
80	Hex Bolts	M10×75	1
81	Hex Bolts	M10×30	1
82	Socket Cap Screw	M10×85	2
83	Hex Bolts	M10×20	8
84	Socket Cap Screw	M10×105	2
85	Allen Bolt	M8×45	4
86	Allen Bolt	M8×16	2
87	Philips Screw	M6×16	2
88	Socket Cap Screw	M6×20	6
89	Socket Cap Screw	M10×20	4
90	Sunk Screw	M8×30	4
91	Hexnut	M10	2
92	Socket Cap Screw	M8×20	2
93	Aircraft Nut	M10	40
94	Allen Bolt	M8×20	2
95	Washer	10	68
96	Washer	8	6
97	Washer	φ25×φ10.5×3	4
98	Hex Bolts	M10×65	1
	Allen Wrench	8#	2
	Allen Wrench	5#	1

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
	Allen Wrench	6#	2
	Allen Wrench	4#	1
	Allen Wrench	2.5#	1

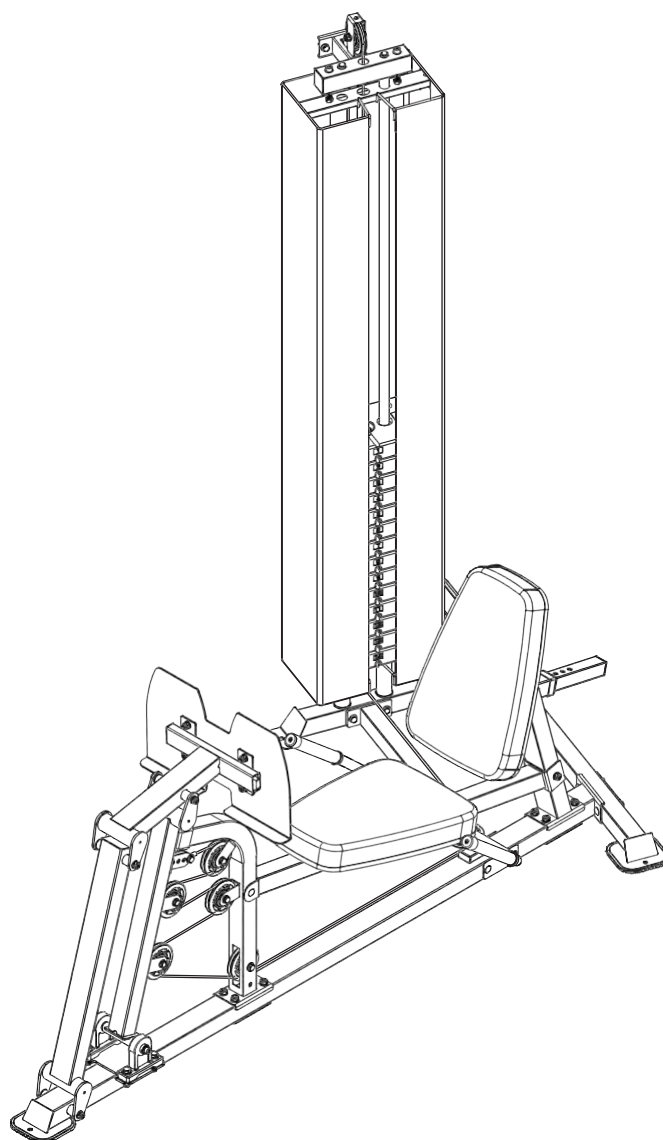


FRENCH FITNESS

FF-X8-LP

FRENCH FITNESS FF-X8 AND FF-X8 XL
- LEG PRESS

OWNER'S MANUAL



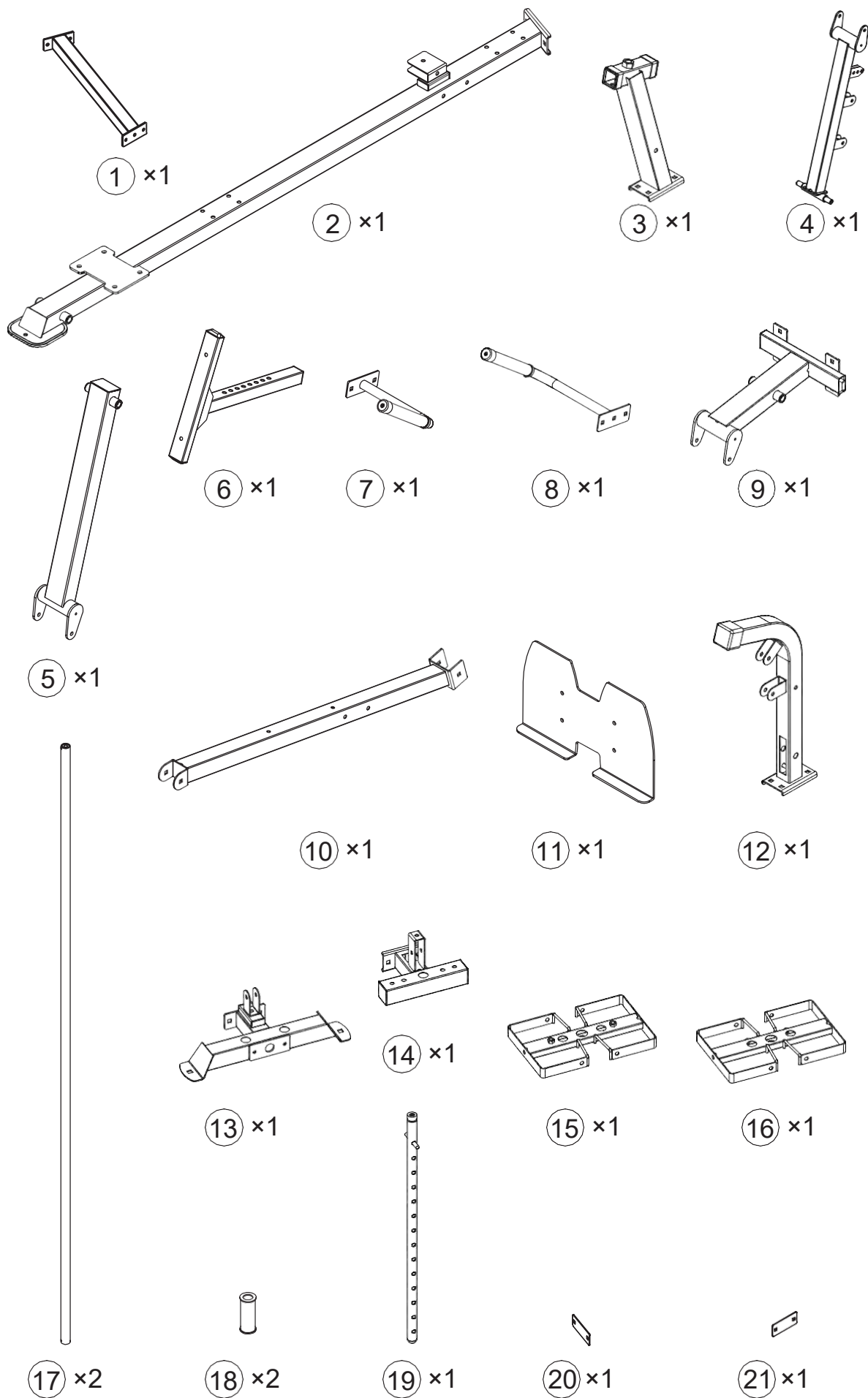
CAUTION!

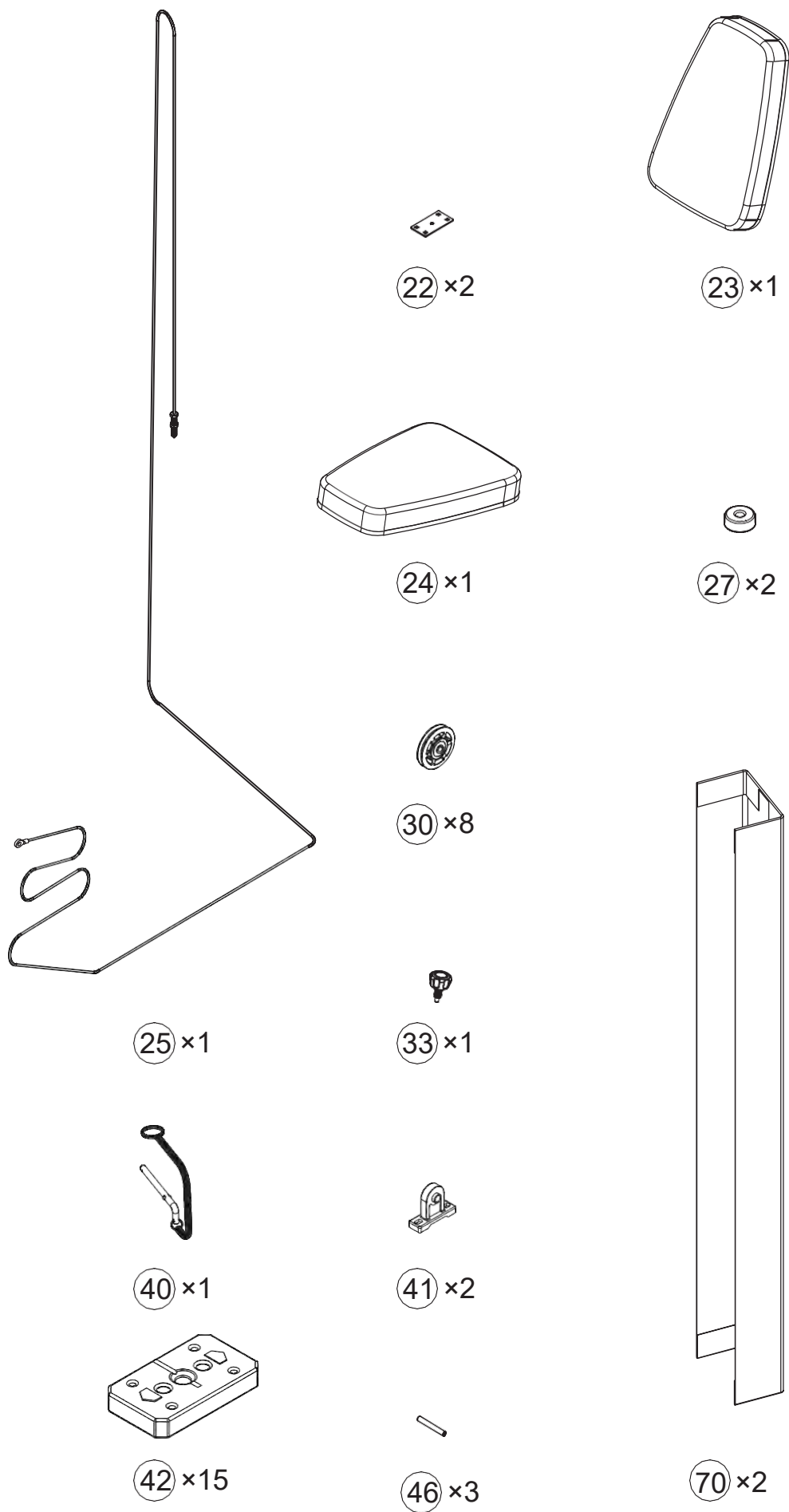
Read all precautions and instructions in this manual before using this equipment.

20201211-V1.0

*Optional Attachment on the FF-X8

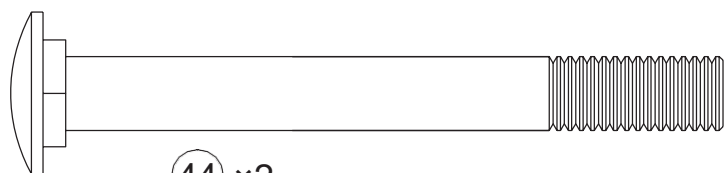
STANDARD WITH X8XL



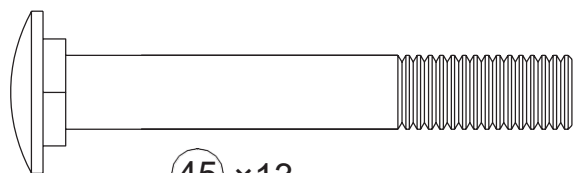


*Optional Attachment on the FF-X8

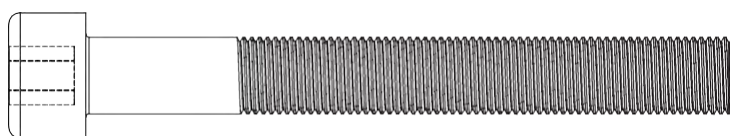
STANDARD WITH X8XL



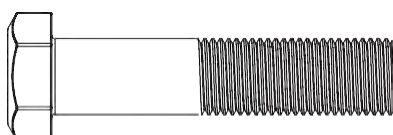
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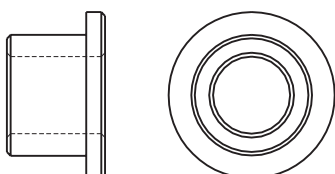
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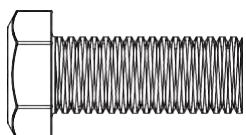
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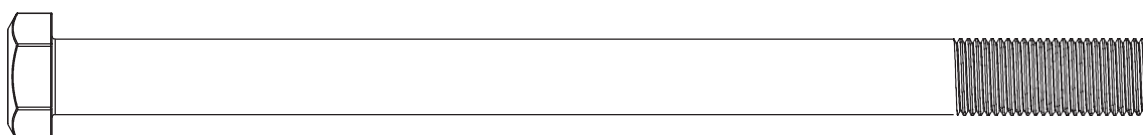
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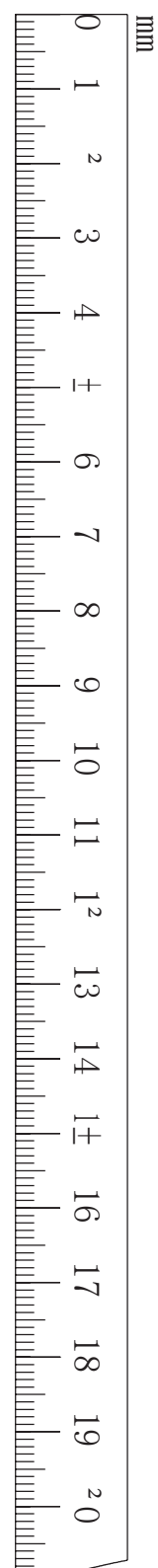
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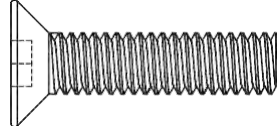


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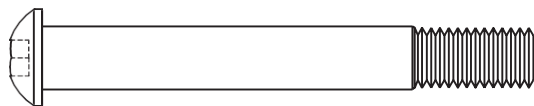


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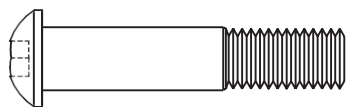




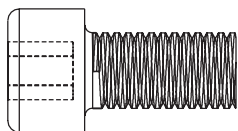
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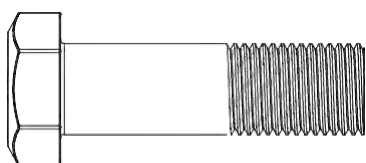
54 ×2



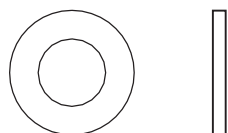
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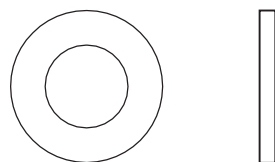
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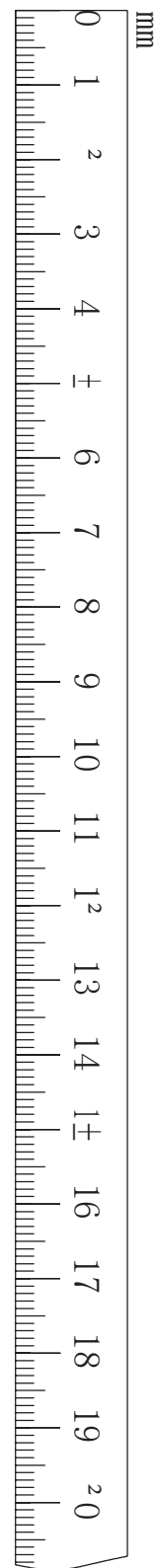
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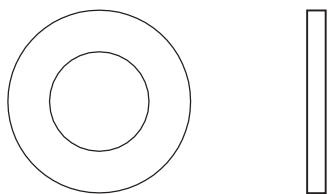


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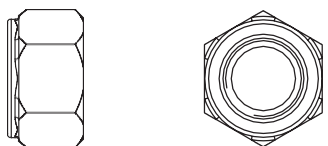


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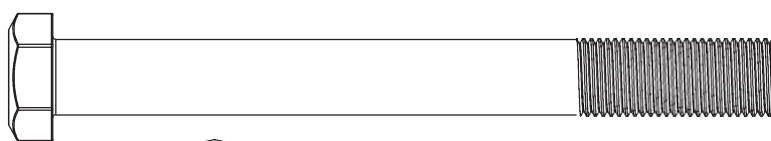




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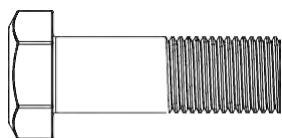
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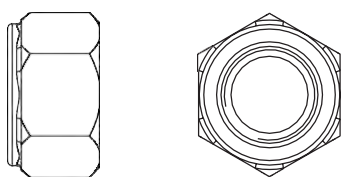
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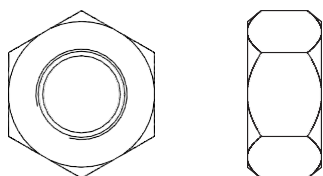
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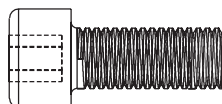
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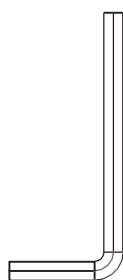
⑥5 ×4



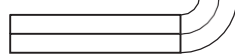
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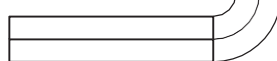
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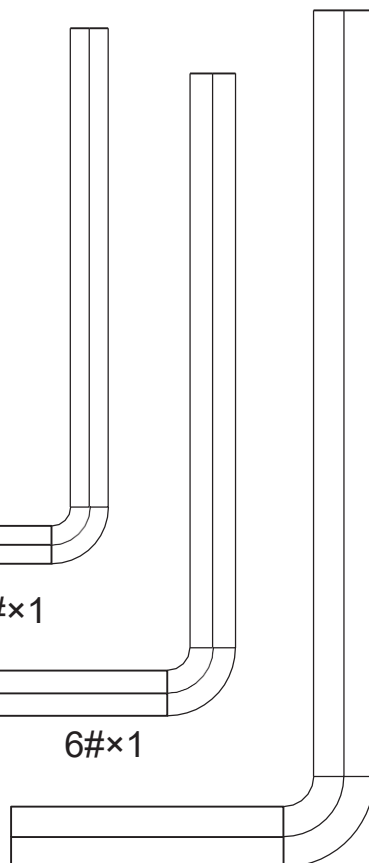
2.5#×1



5#×1



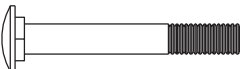
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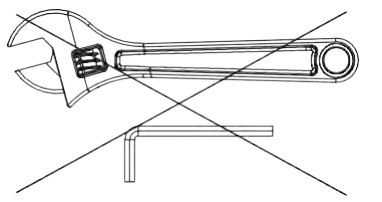


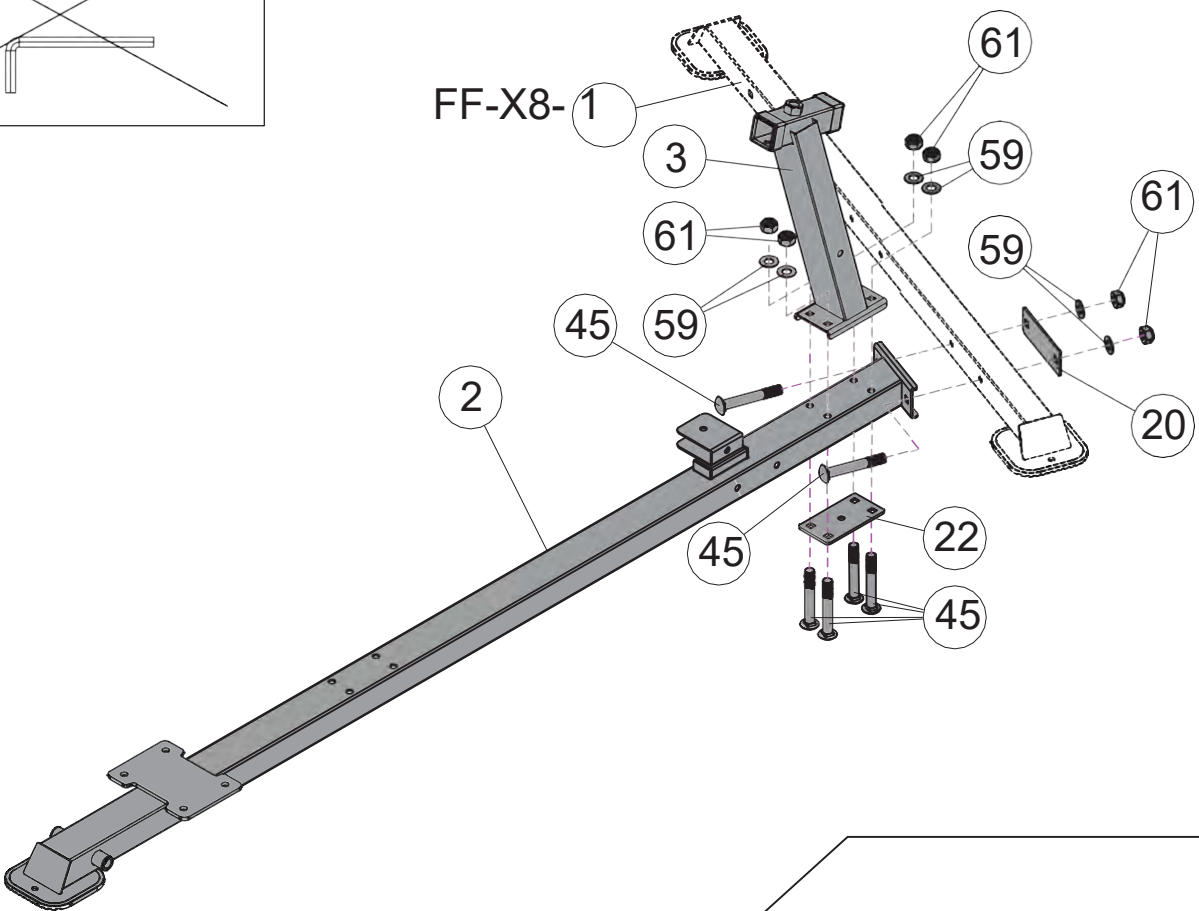
8#×1

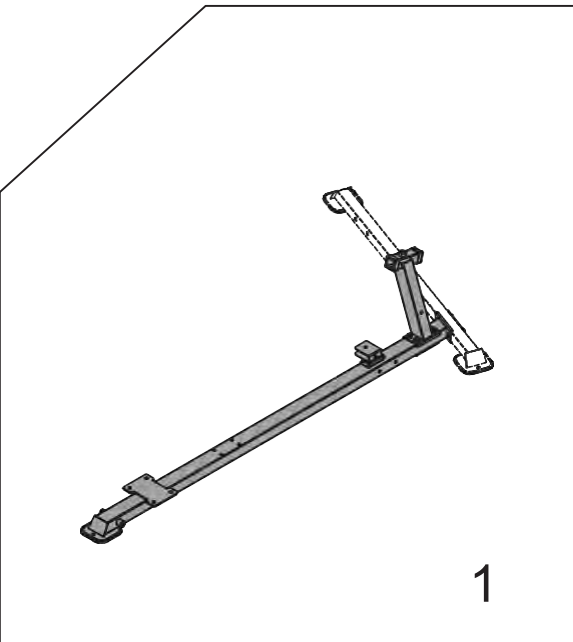
mm



45		×	6	M10×70mm
59	 	×	6	Φ20×Φ10.5
61	 	×	6	M10





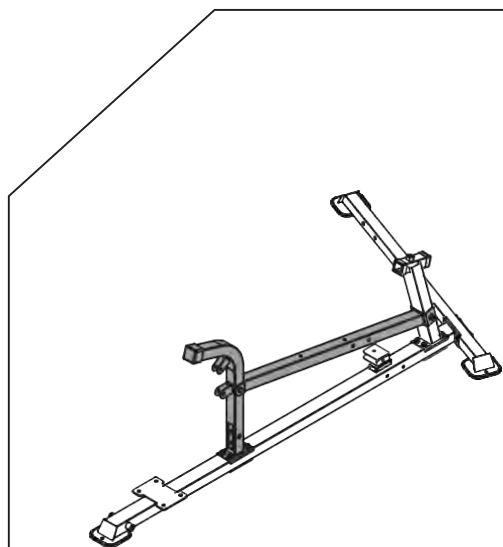
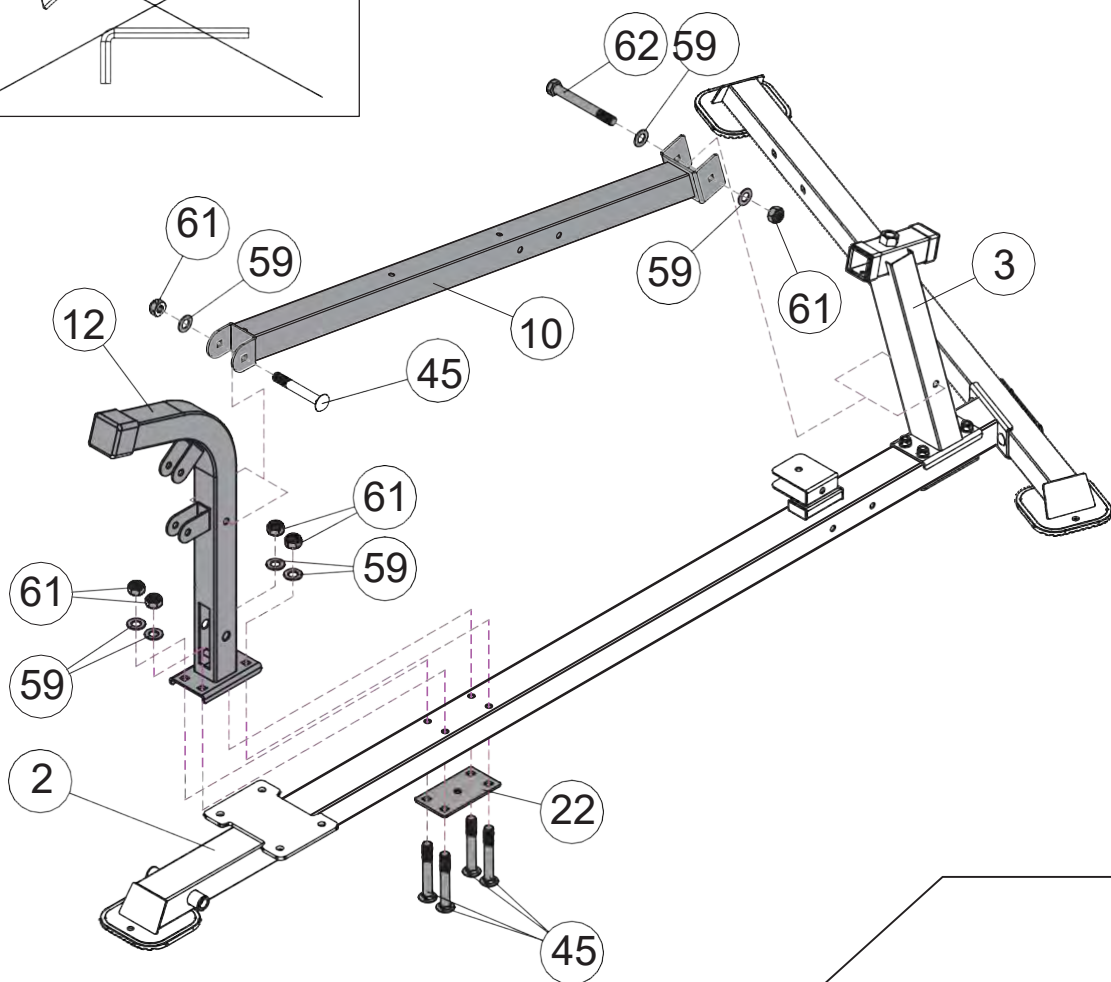
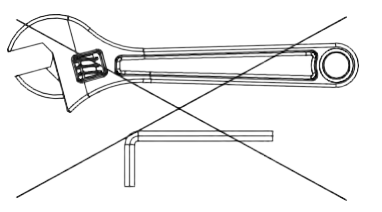


45  ×5 M10×70mm

61   ×6 M10

59   ×7 $\Phi 20 \times \Phi 10.5$

62  ×1 M10×95mm



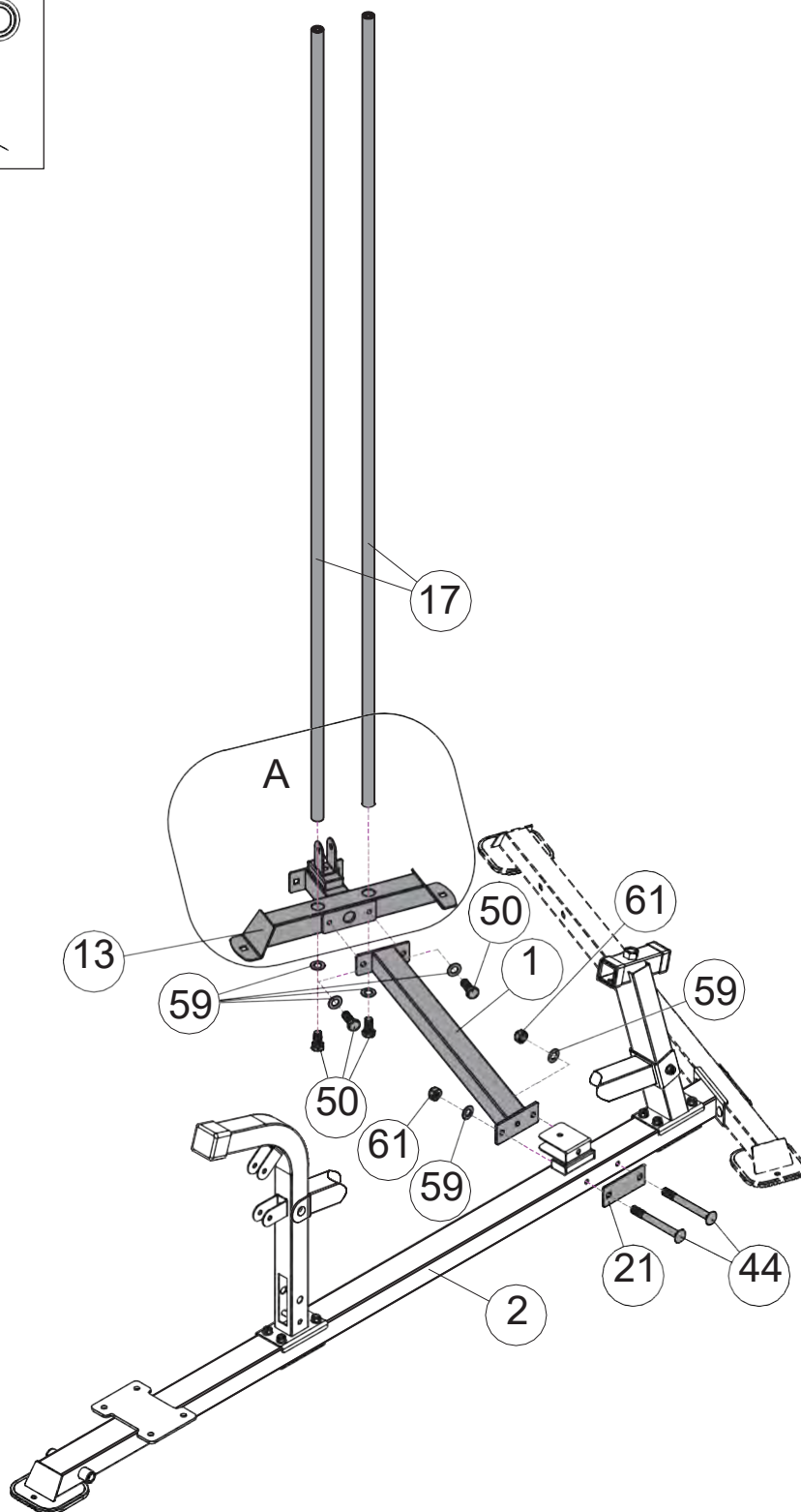
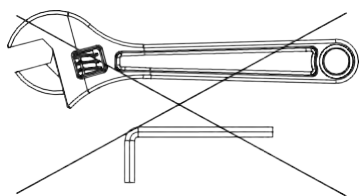
2

44  ×2 M10×90mm

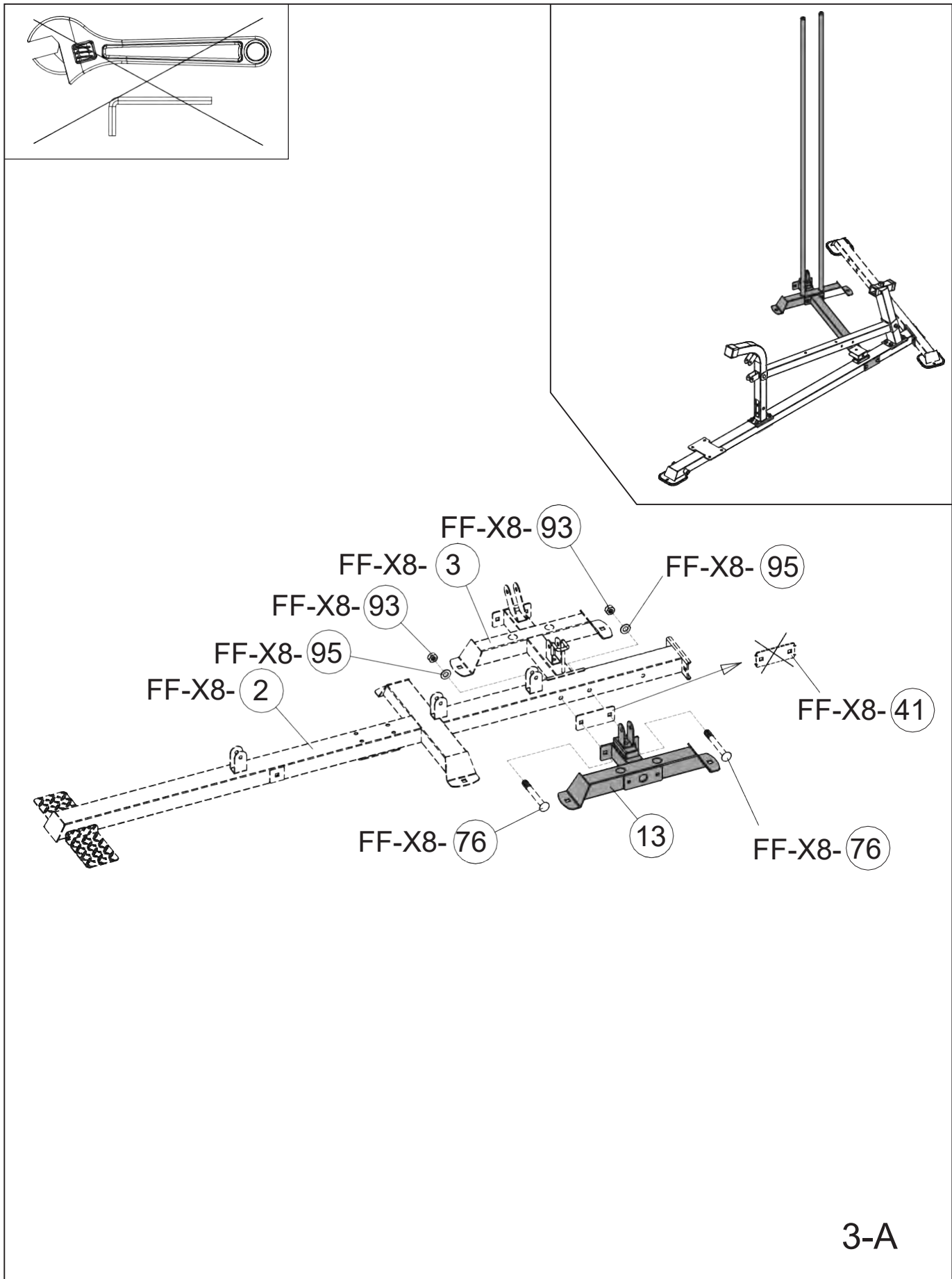
50  ×4 M10×25mm

59   × 6 Φ20×Φ10.5

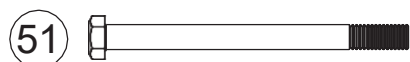
61   × 2 M10



3



3-A



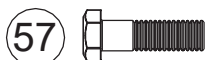
× 3

M10×145mm



× 2

M10×20mm



× 4

M12×40mm



× 8

Φ20×Φ10.5



× 8

Φ24×Φ13



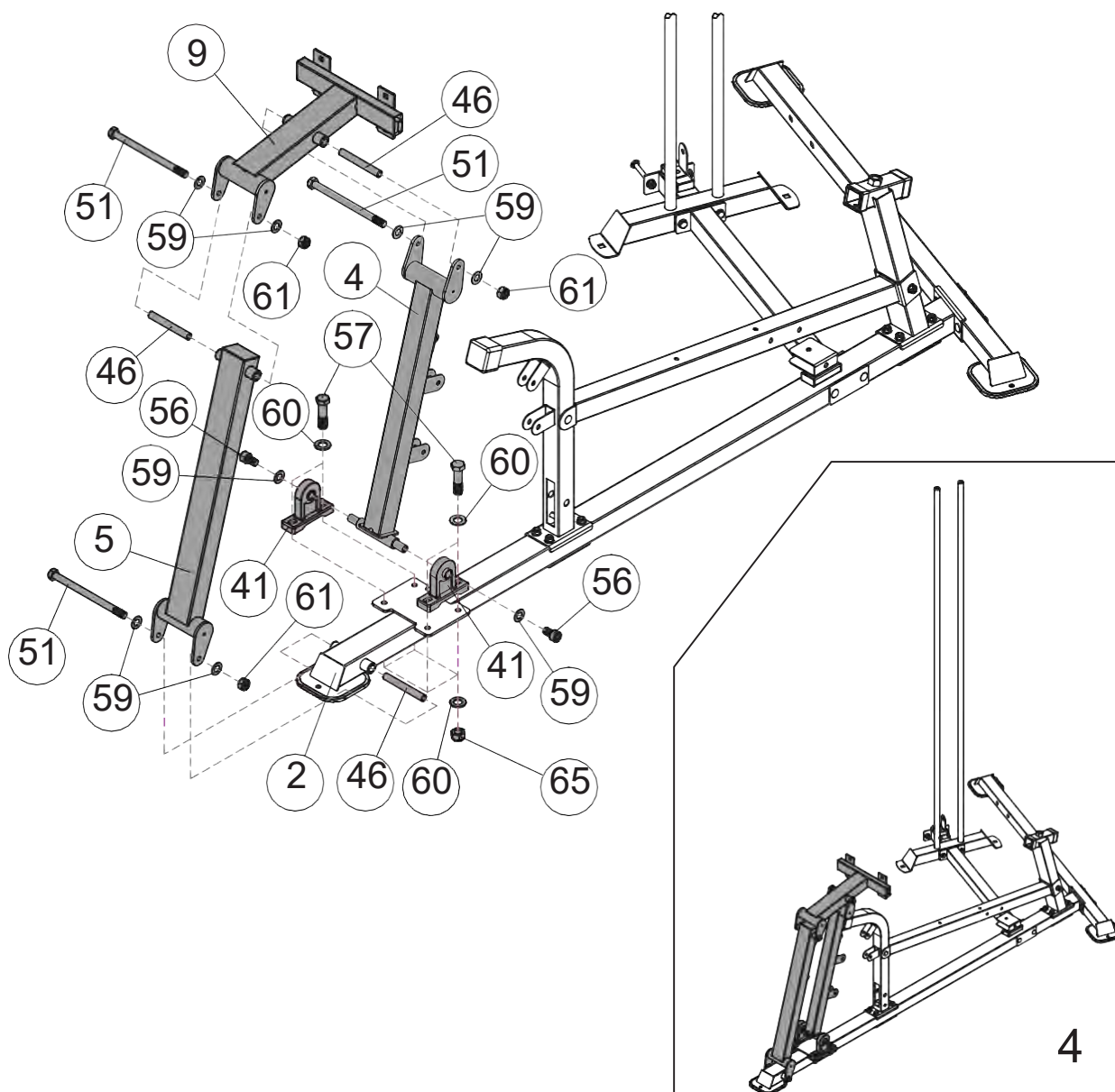
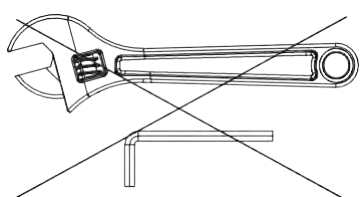
× 3

M10



× 4

M12

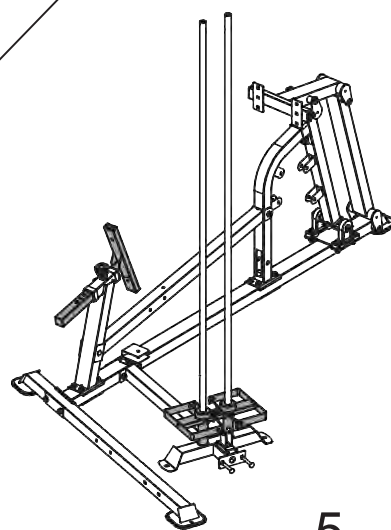
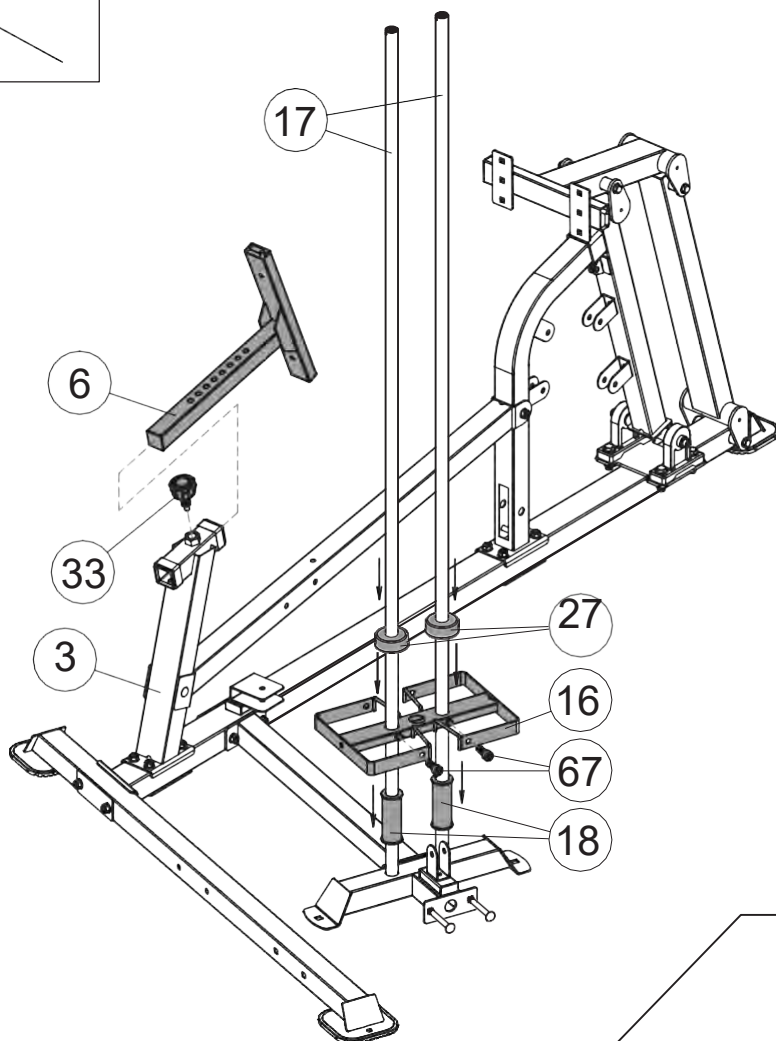
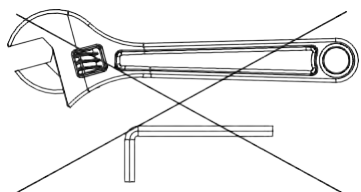


67



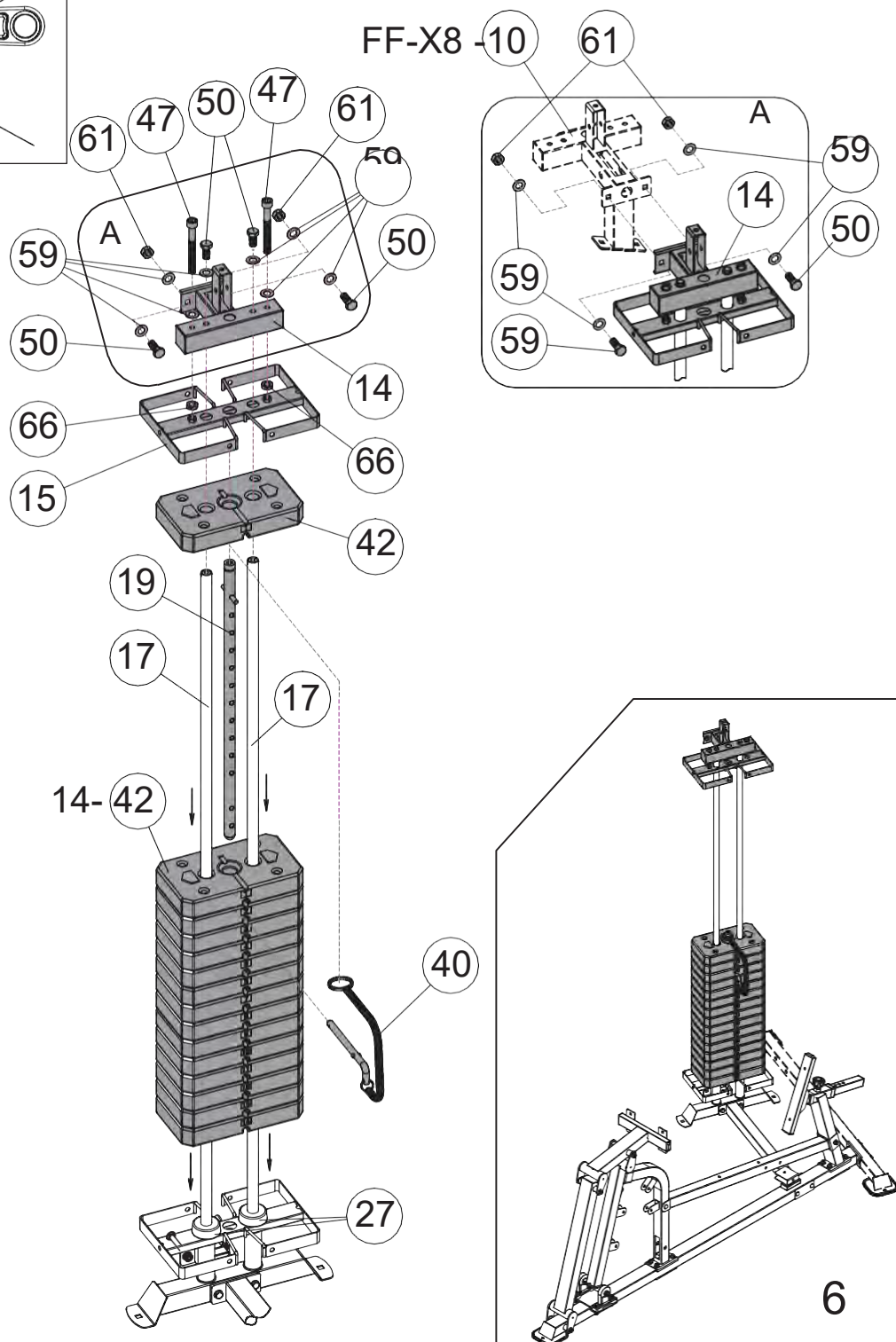
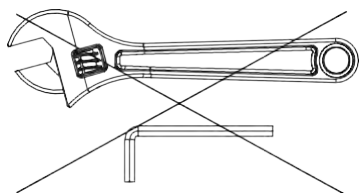
× 2

M8×20mm

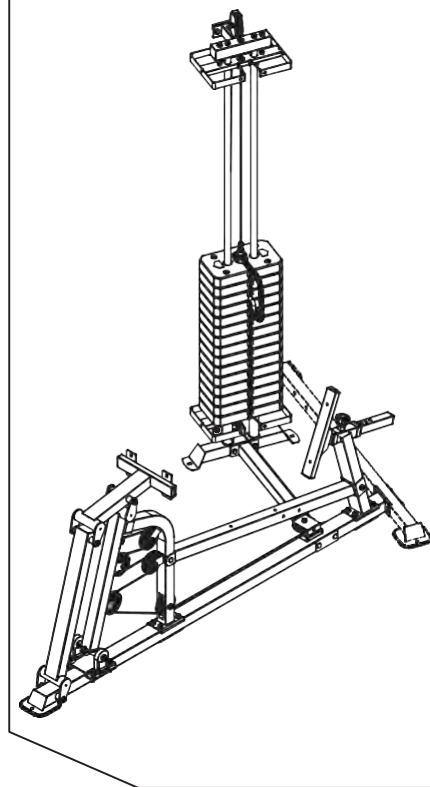
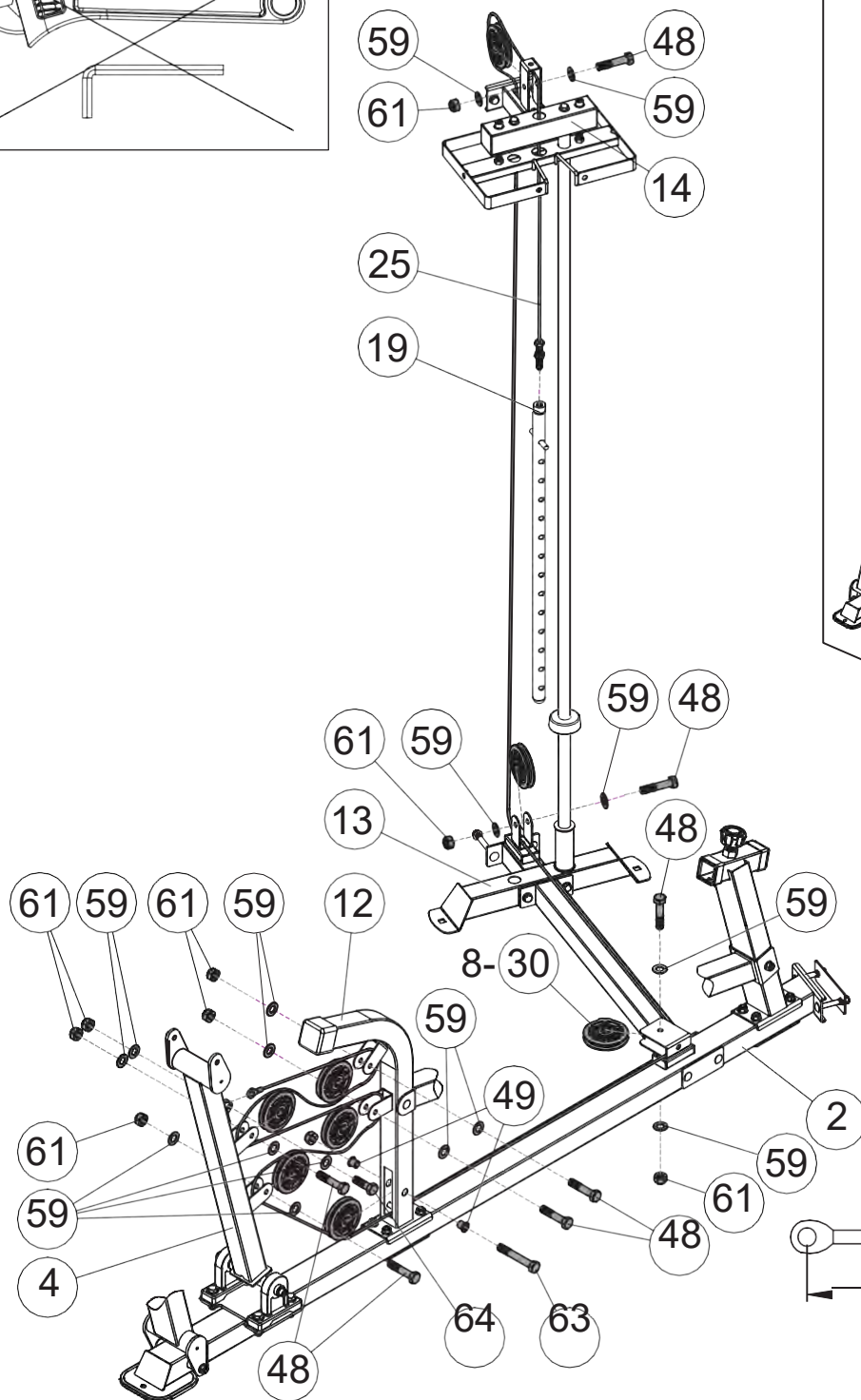
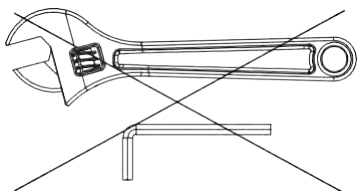


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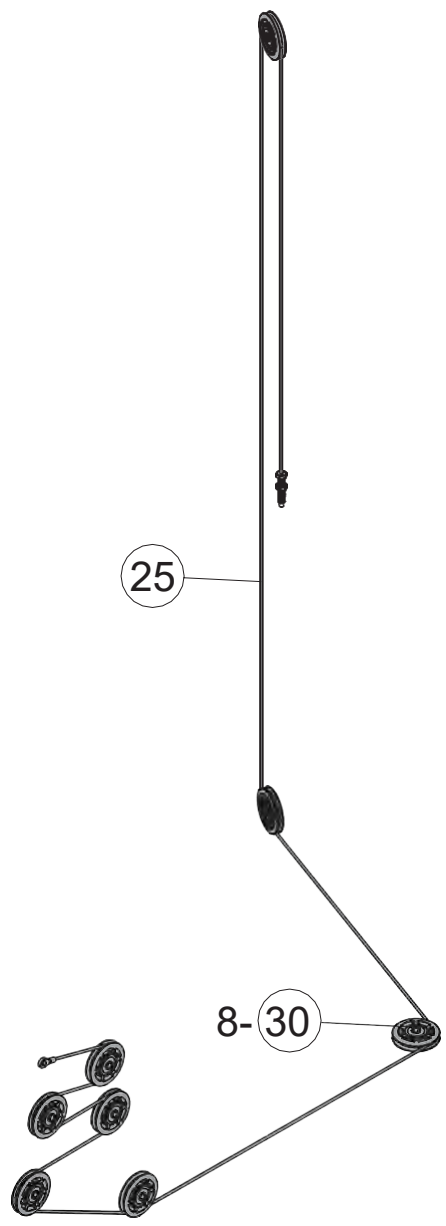
- (47)  × 2 M10×85mm (59)  | × 8 Φ20×Φ10.5
- (50)  × 4 M10×25mm (61)   × 2 M10
- (66)   × 2 M10



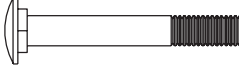
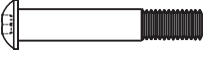
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|----|---|-----|----------|----|--|---|-----|--------------|
| ④⑧ |  | × 7 | M10×45mm | ④⑨ |  |  | ×2 | Φ22×Φ10.2×15 |
| ⑥③ |  | × 1 | M10×65mm | ⑤⑨ |  |  | ×16 | Φ20×Φ10.5 |
| ⑥④ |  | × 1 | M10×30mm | ⑥① |  |  | ×9 | M10 |

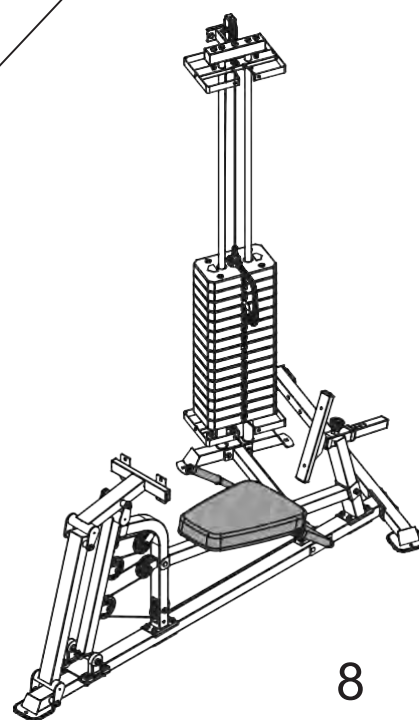
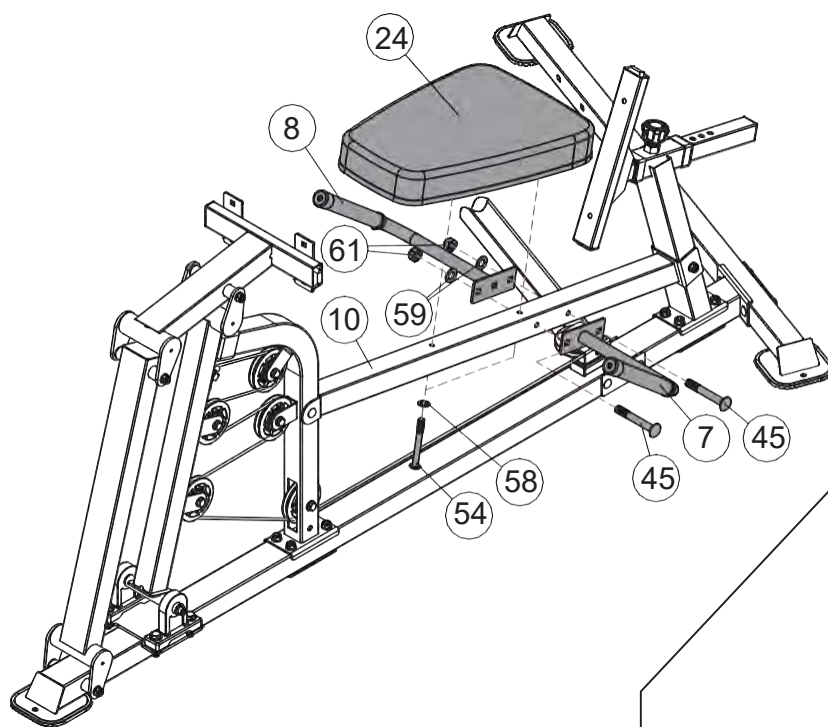
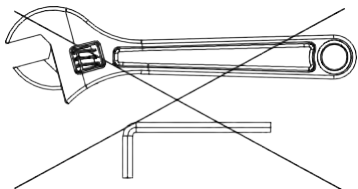


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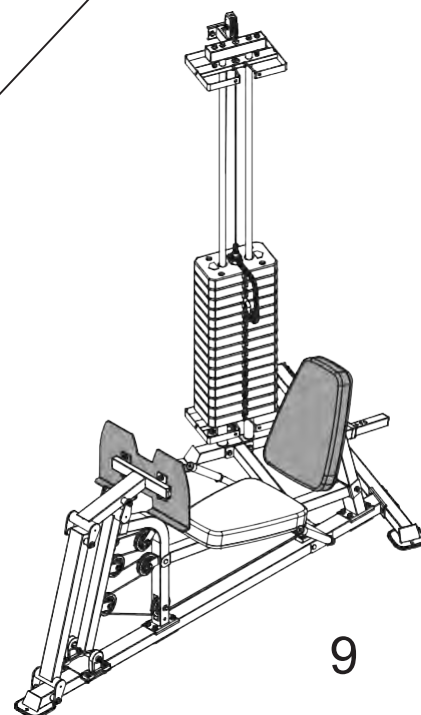
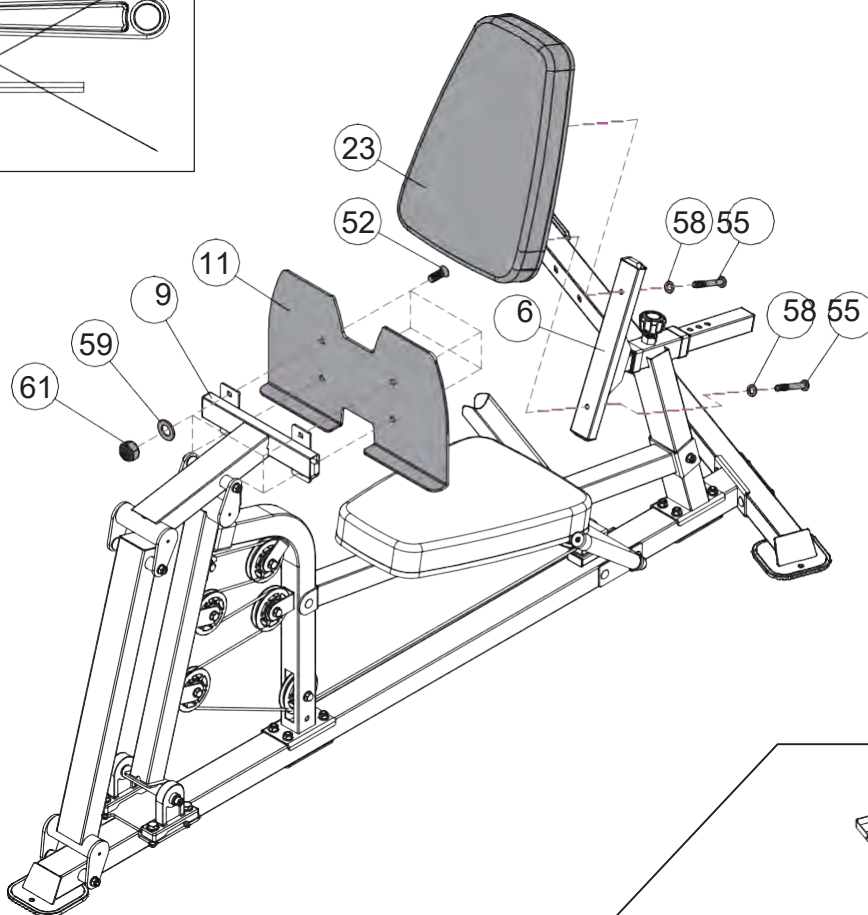
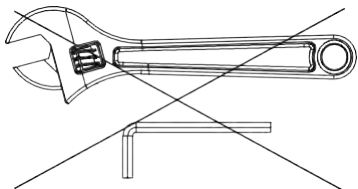


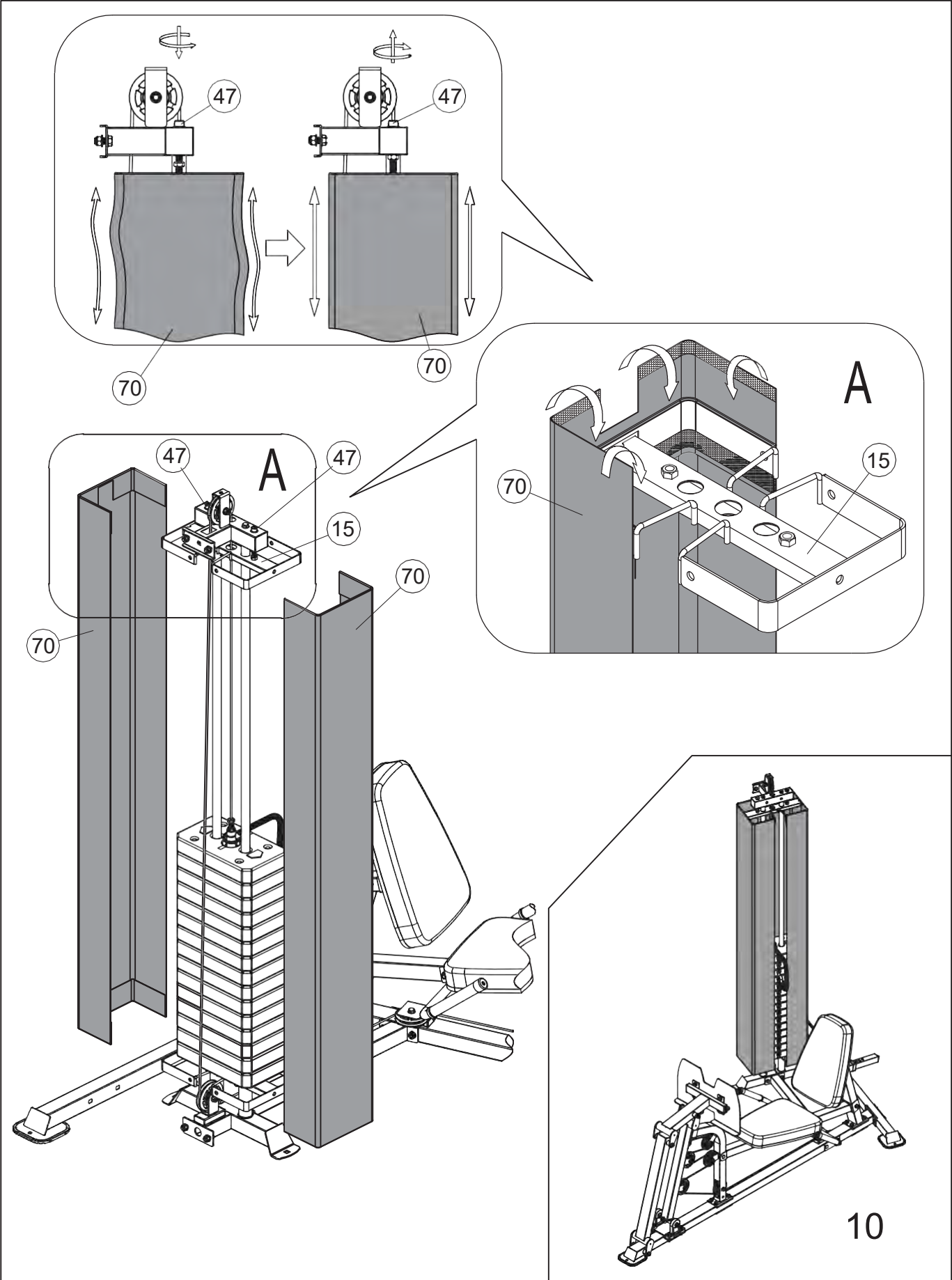
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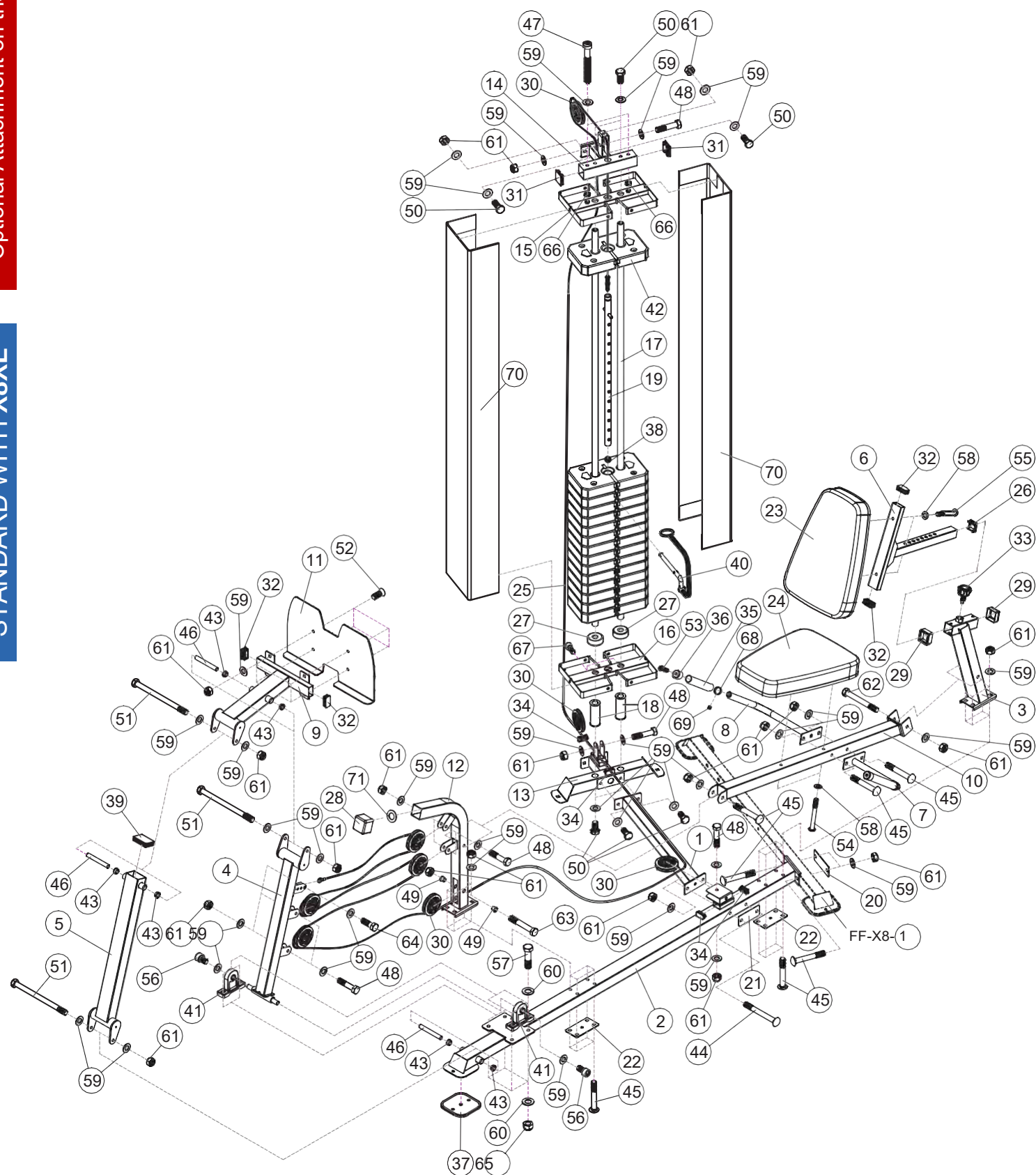
- (45)  × 2 M10×70mm (59)  | × 2 Φ20×Φ10.5
- (54)  × 2 M8×65mm (61)   × 2 M10
- (58)  | × 2 Φ16×Φ8.4



- | | | | | | |
|----|---|--------------|----|--|---------------|
| 52 |  | × 4 M10×20mm | 59 |  | × 4 Φ20×Φ10.5 |
| 55 |  | × 2 M8×45mm | 61 |  | × 4 M10 |
| 58 |  | × 2 Φ16×Φ8.4 | | | |





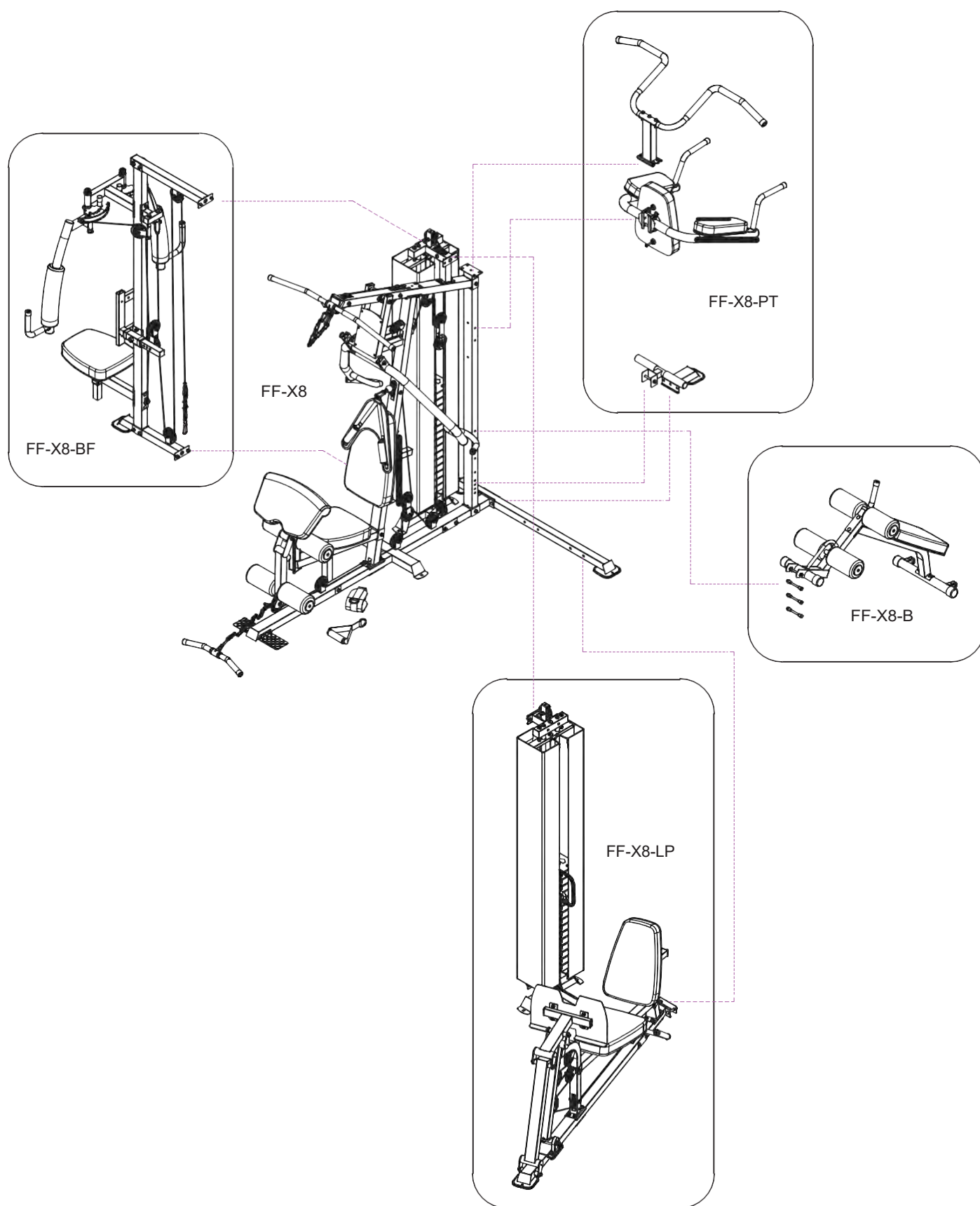


PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Connecting Base Frame		1
2	Base Frame		1
3	Backrest Support Frame		1
4	Rear Connecting Frame		1
5	Front Connecting Frame		1
6	Backrest Support		1
7	Left Handle Frame		1
8	Right Handle Frame		1
9	Leg Press Frame		1
10	Connecting Frame		1
11	Leg Press Frame	500×300×40×5	1
12	Foot Limiting stand		1
13	Guide Rod Lower Bracket		1
14	Guide Rod Upper Bracket		1
15	Shield Upper Bracket		1
16	Shield Lower Bracket		1
17	Guide Rod	φ 2±×1980	2
18	Guide Rod Lower Support		2
19	Selector Rod		1
20	Bracket	140×50×3	1
21	Bracket	120×50×3	1
22	Bracket	130×70×4	2
23	Backrest Pad	500×340×205×70	1
24	Seat Pad	±00×340×20±×70	1
25	Leg Press Cable	L=6330	1
26	End Cap	□ 38	1
27	Rubber Stopper	φ 62×φ 24.±×2±	2
28	Cover	□ 50	1
29	Square Sleeve	□45×□39	2
30	Pulley	φ96	8
31	End Cap	□ 50	2
32	End Cap	□50×□25	4
33	Lock Knob	M18×φ10	1
34	End Cap	□40×□20	4

KEY NO.	PART DESCRIPTION	SPEC	QTY
35	Handle Grip	φ 23×200	2
36	End Cap	φ 33.5×φ 6.8×25	2
37	End Cap	□135×135×8	1
38	End Cap	φ25	1
39	End Cap	□ 70×50	1
40	Spring Rope Pin		1
41	Bracket Bearing	UCP205	2
42	Weight Plate	300×175×48 (5KG)	15
43	Bushing	φ25×φ22×φ16×10	6
44	Carriage Bolt	M10×90	2
45	Carriage Bolt	M10×70	13
46	Casing	φ 16×φ 10.5×120	3
47	Socket Cap Screw	M10×85	2
48	Hex Bolts	M10×45	7
49	Pulley Bushing	φ 22×φ 10.2×15	2
50	Hex Bolts	M10×25	8
51	Hex Bolts	M10×145	3
52	Sunk Screw	M10×20	4
53	Socket Cap Screw	M6×20	2
54	Allen Bolt	M8×65	2
55	Allen Bolt	M8×40	2
56	Socket Cap Screw	M10×20	2
57	Hex Bolts	M12×40	4
58	Washer	8	4
59	Washer	10	57
60	Washer	12	8
61	Aircraft Nut	M10	34
62	Hex Bolts	M10×95	1
63	Hex Bolts	M10×65	1
64	Hex Bolts	M10×30	1
65	Aircraft Nut	M12	4
66	Hex Nut	M10	2
67	Socket Cap Screw	M8×20	2
68	Aluminium Alloy Baffle	φ 34.5×φ 26.5×14×M6	2
69	Allen Bolt	M6×6	2

KEY NO.	PART DESCRIPTION	SPEC	QTY
70	Shield	φ50×φ33.5×3	2
71	Washer	188±×48±×1	1
	Allen wrench	5#	1
	Allen wrench	6#	1
	Allen wrench	8#	1
	Allen wrench	3#	1
	Allen wrench	2.5#	1

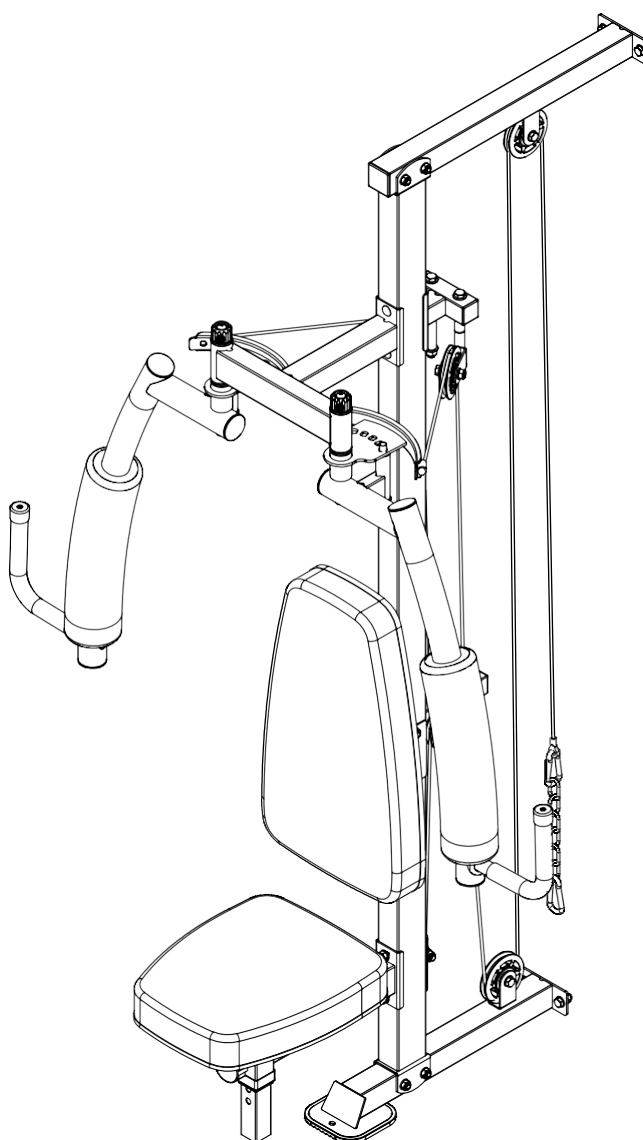


FRENCH FITNESS

FF-X8-BF

FRENCH FITNESS FF-X8 AND FF-X8 XL
- BUTTERFLY EXERCISE EQUIPMENT

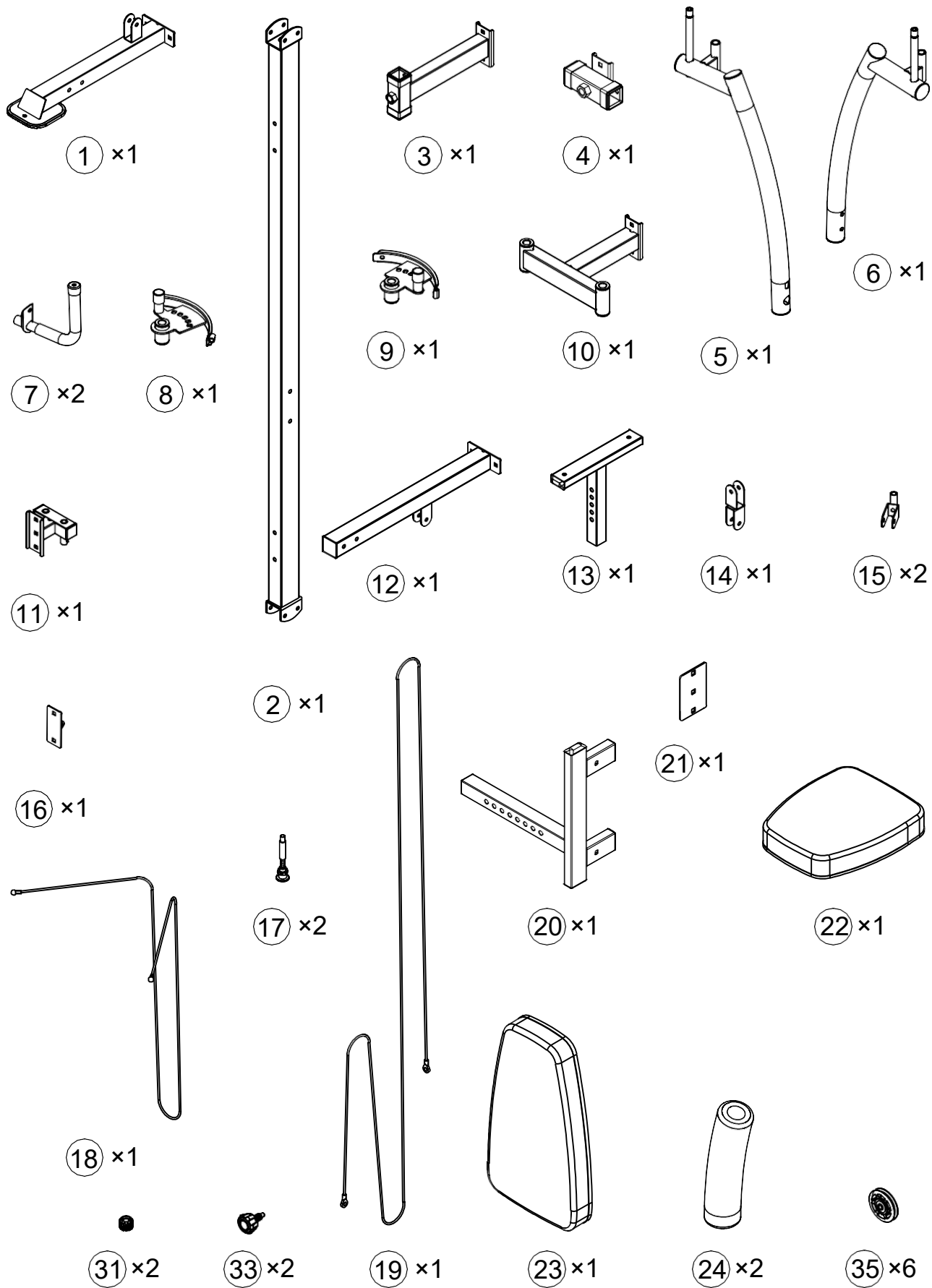
OWNER'S MANUAL

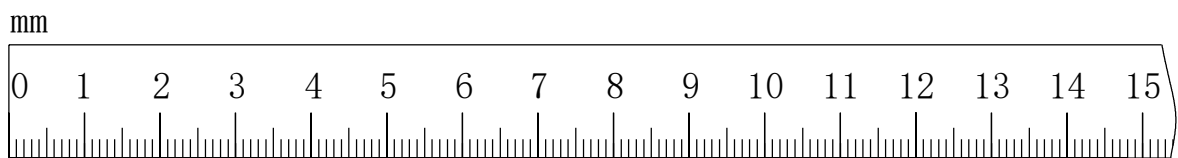
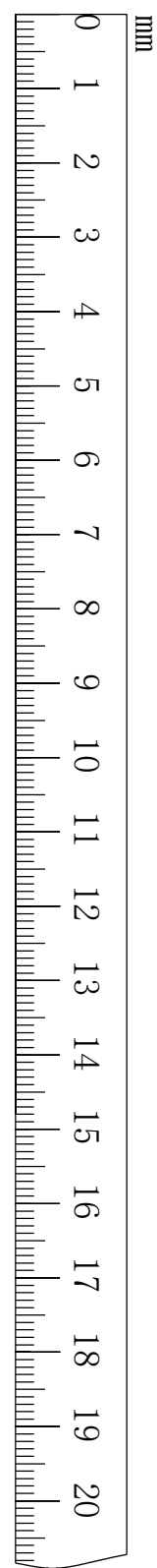
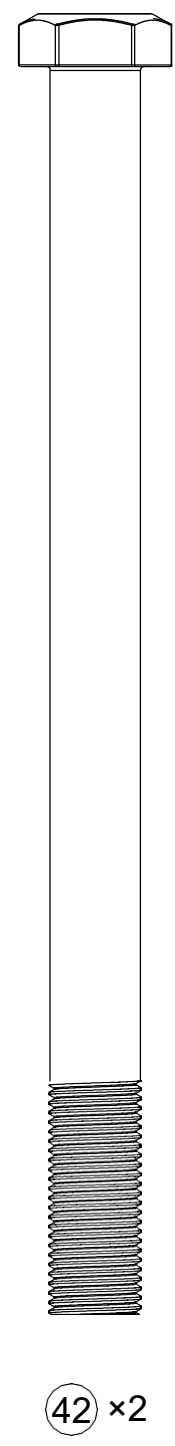
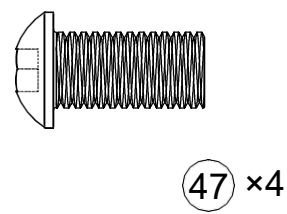
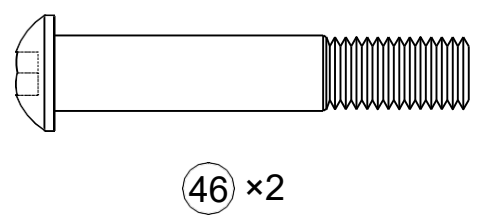
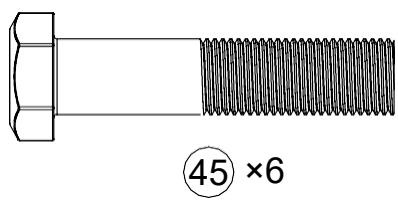
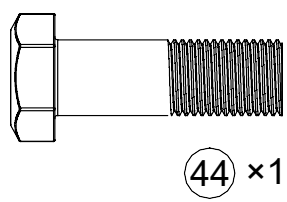
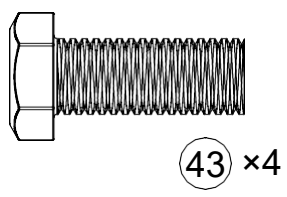
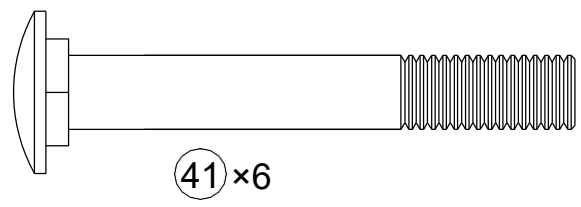
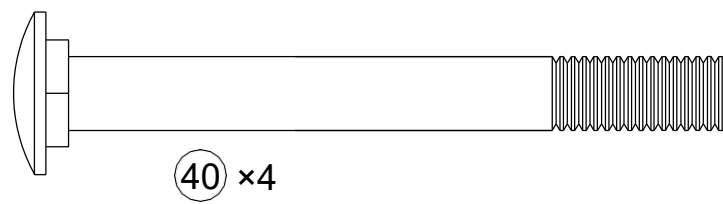


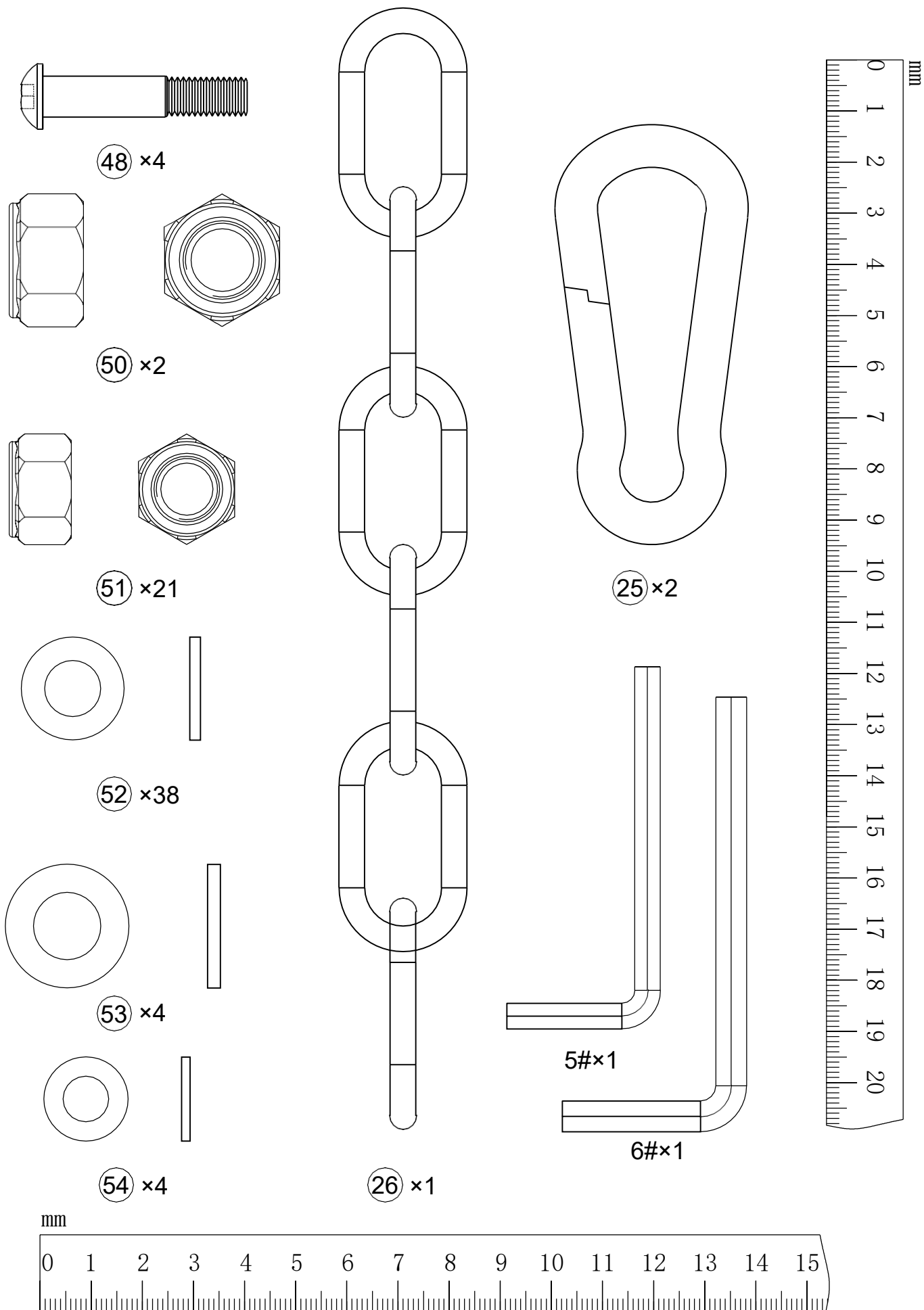
CAUTION!

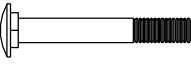
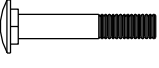
Read all precautions and instructions in this manual before using this equipment.

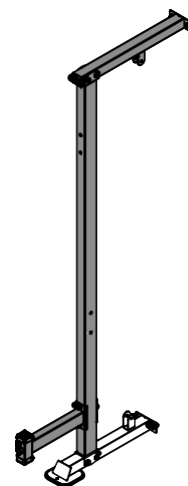
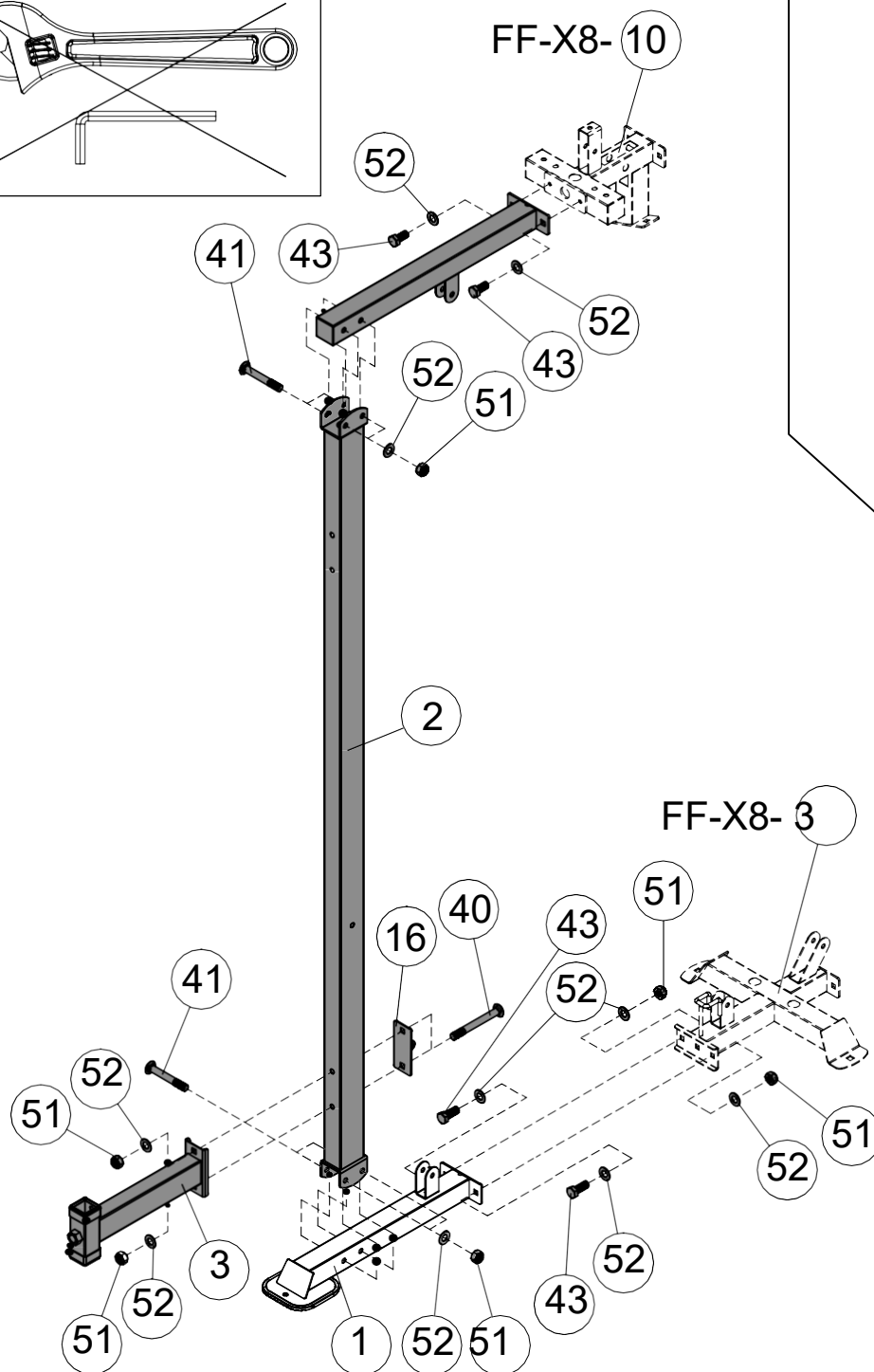
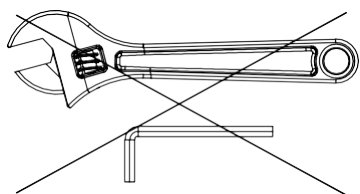
20201211-V1.0







- | | | | | | | |
|----|---|--------------|----|--|---|---------------|
| ④0 |  | × 2 M10×90mm | ⑤1 |  |  | ×8 M10 |
| ④1 |  | × 4 M10×70mm | ⑤2 |  |  | ×12 Φ20×Φ10.5 |
| ④3 |  | × 4 M10×25mm | | | | |

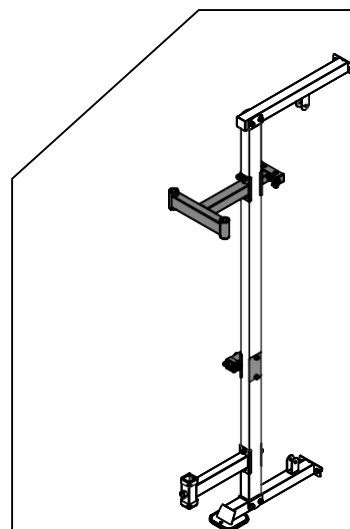
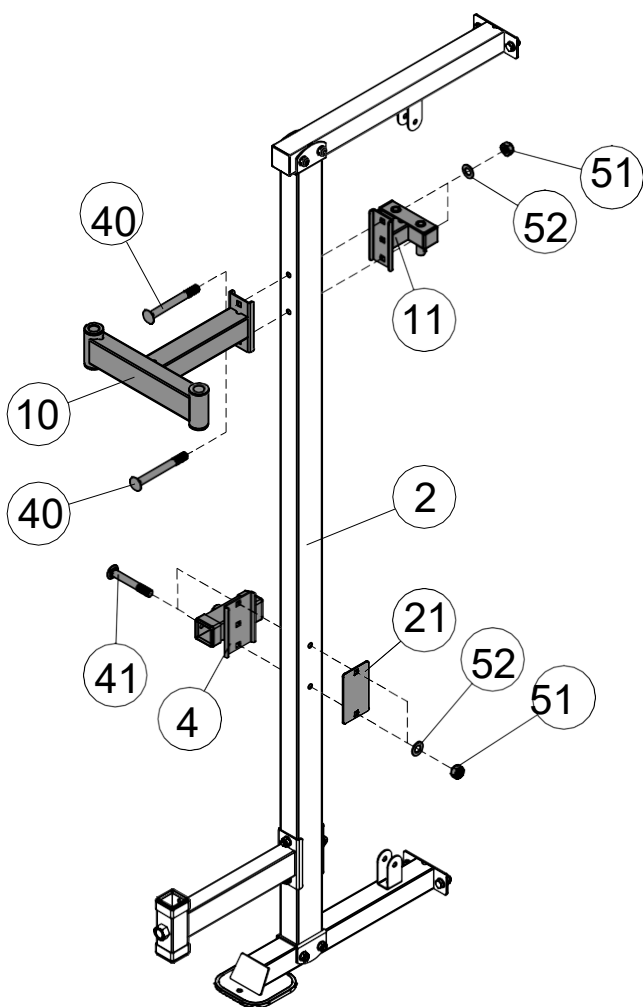
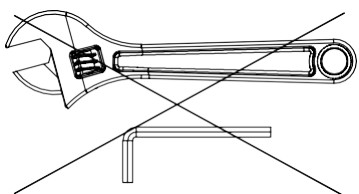


④① × 2 M10×90mm

④② × 2 M10×70mm

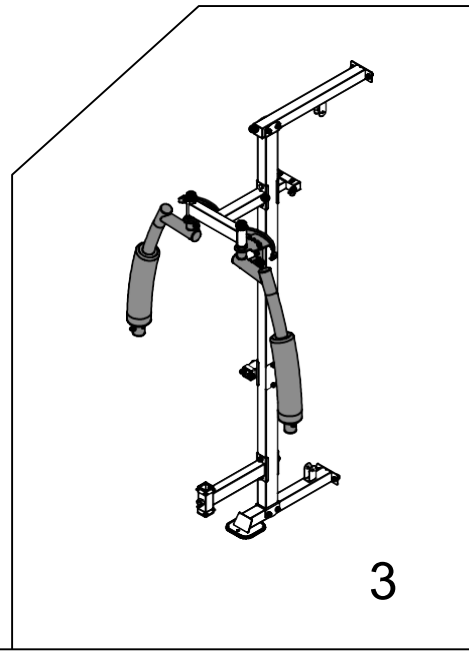
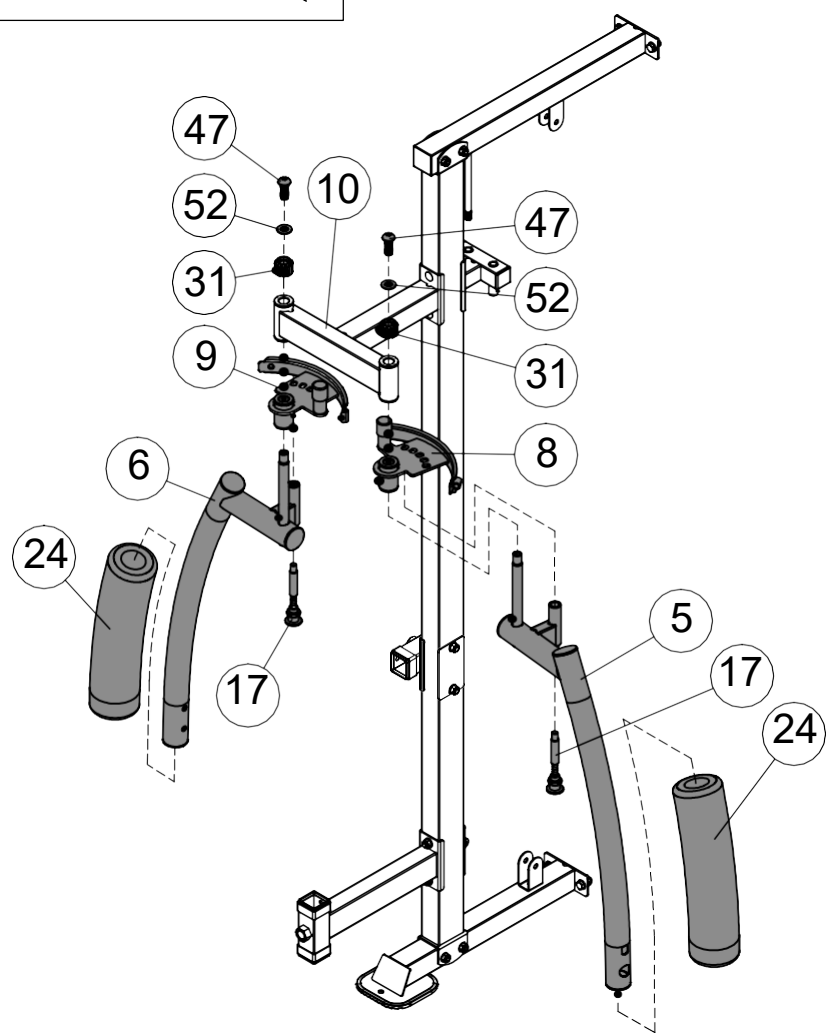
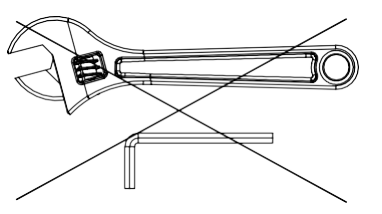
⑤① × 4 M10

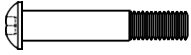
⑤② × 4 $\Phi 20 \times \Phi 10.5$

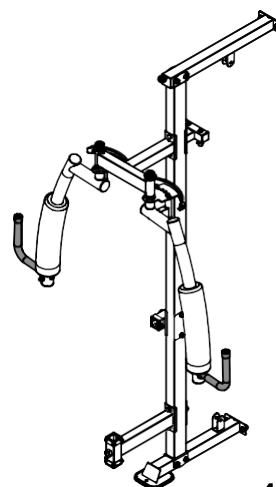
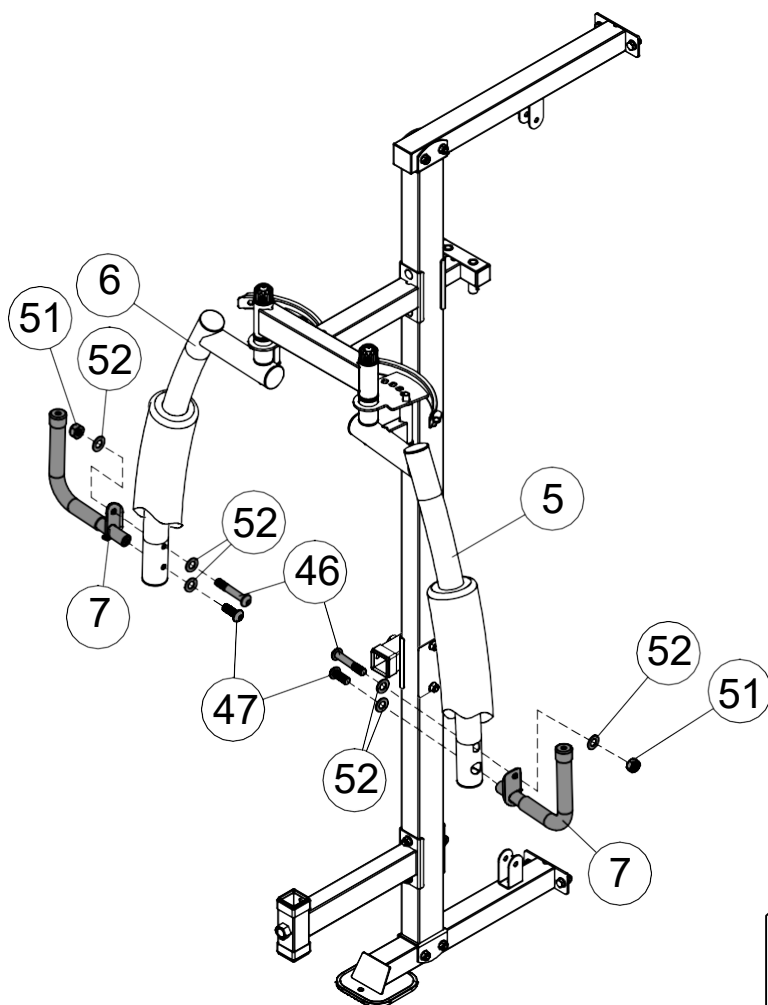
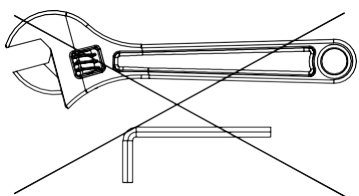


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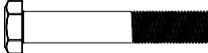
- (47)  × 2 M10×20mm (52)  | × 2 Φ20×Φ10.5

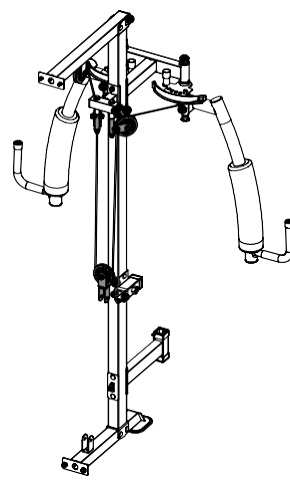
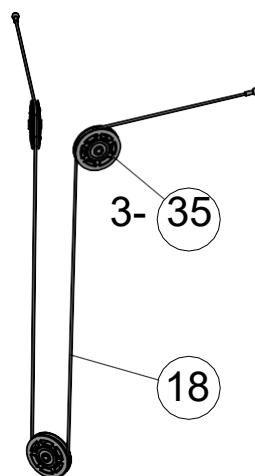
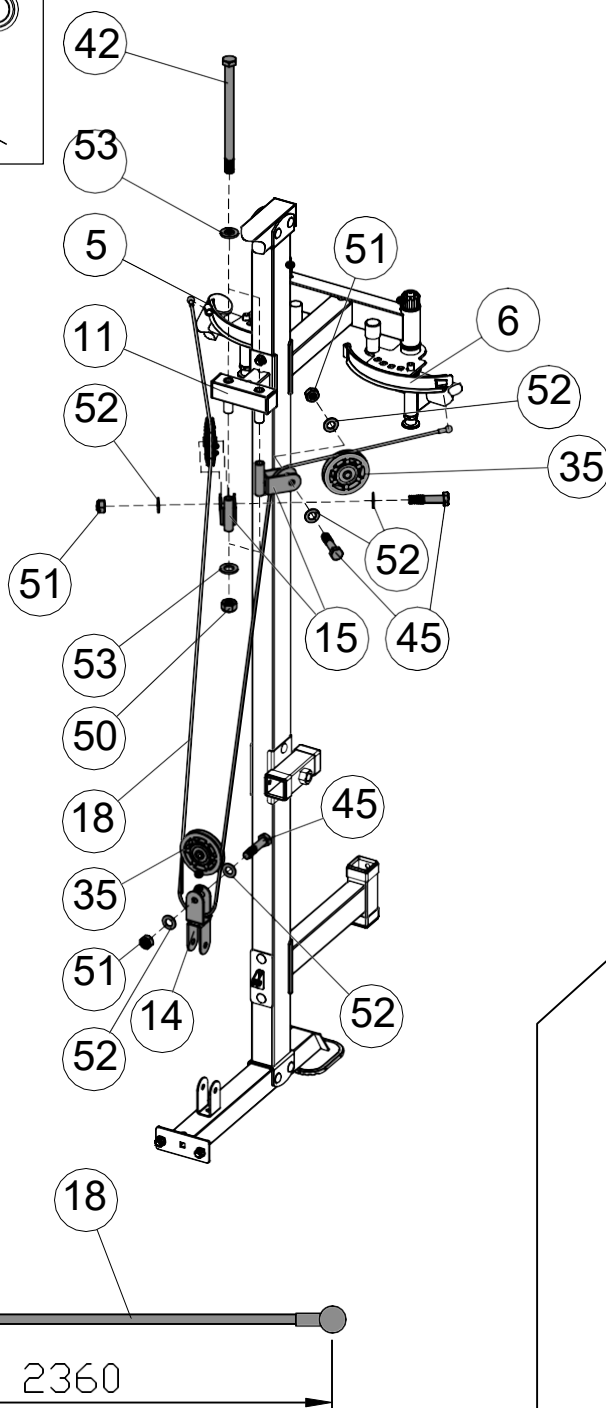
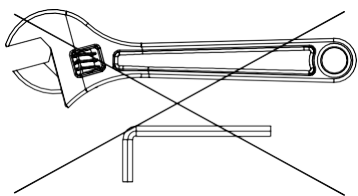


- | | | | | | | |
|----|---|--------------|----|--|---|---------------|
| ④⑥ |  | × 2 M10×65mm | ⑤① |  |  | × 2 M10 |
| ④⑦ |  | × 2 M10×20mm | ⑤② |  |  | × 6 Φ20×Φ10.5 |

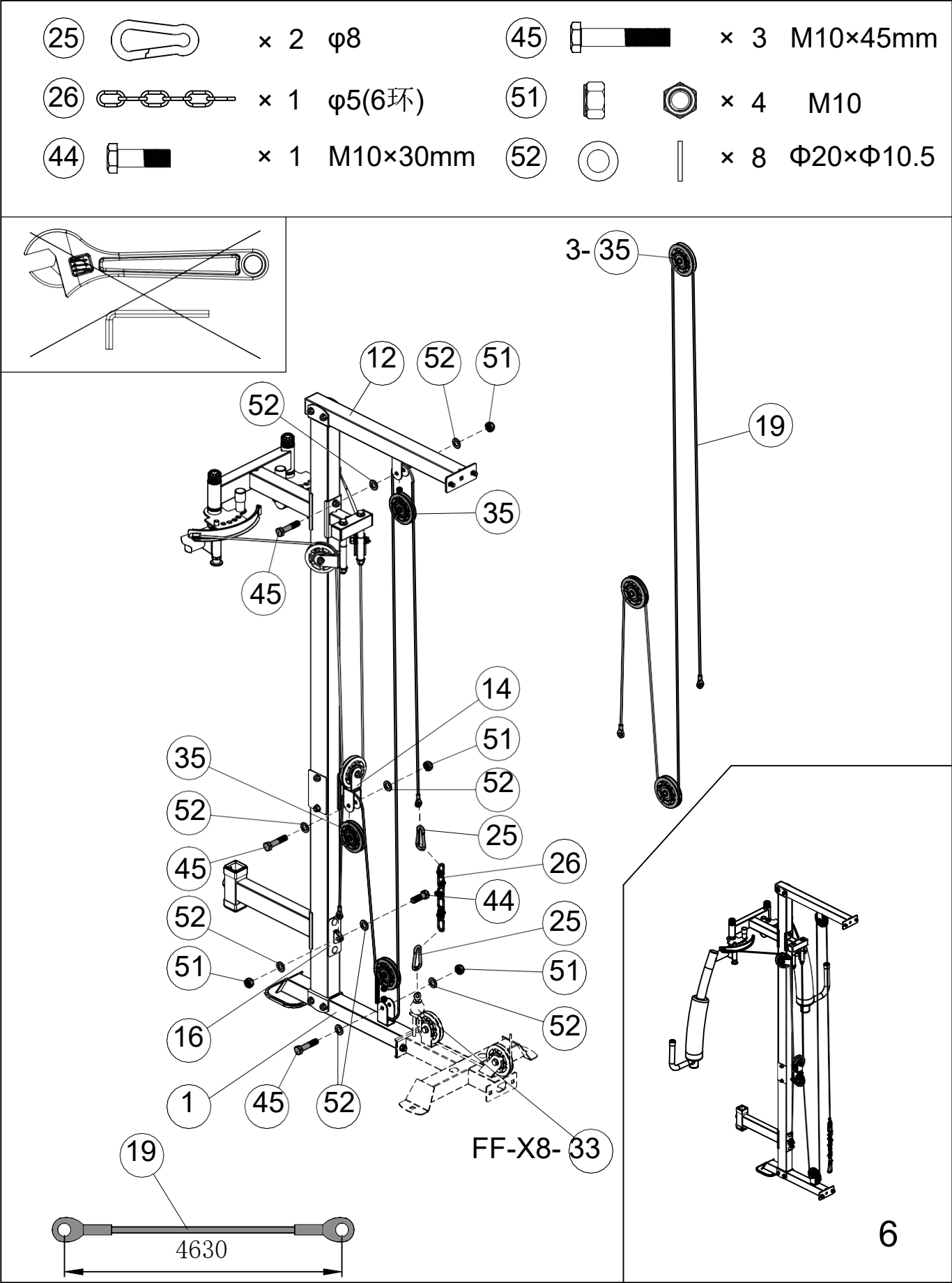


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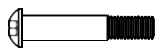
- | | | | | | | | | | |
|----|---|---|-----------|-----|---|---|---|-----------|---------|
| ④② |  | × 2 | M12×165mm | ⑤① |  |  | × 3 | M10 | |
| ④⑤ |  | × 3 | M10×45mm | ⑤② |  |  | × 6 | Φ20×Φ10.5 | |
| ⑤③ |  |  | × 2 | M12 | ⑤③ |  |  | × 4 | Φ24×Φ13 |



5



48



× 4

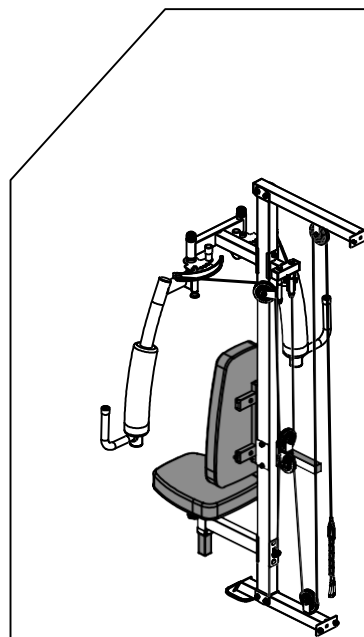
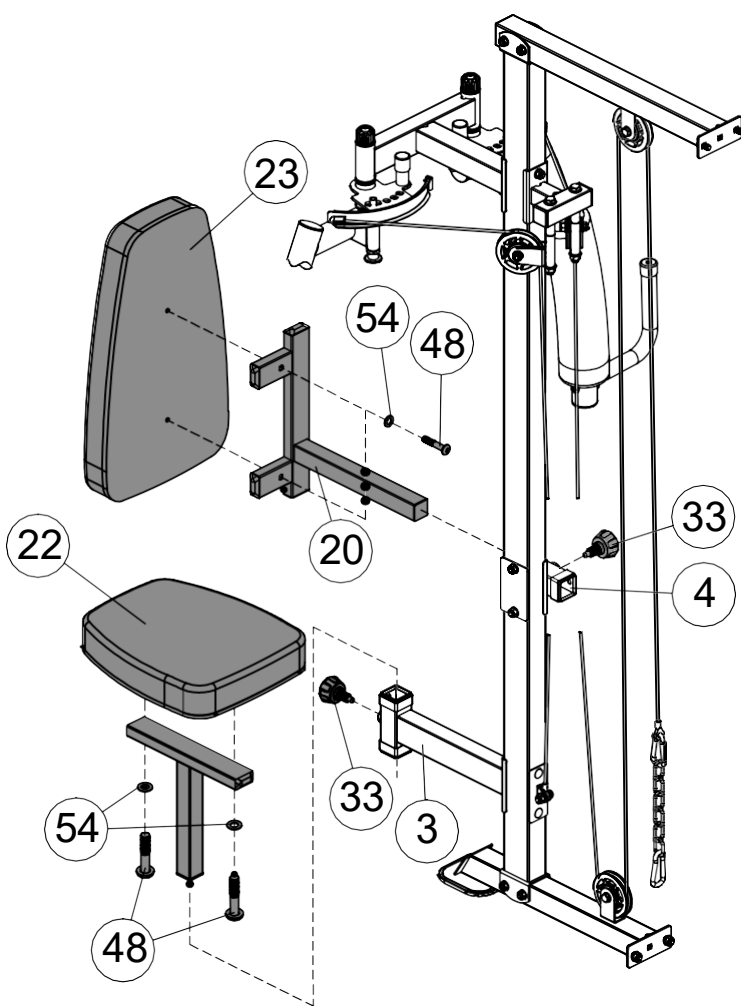
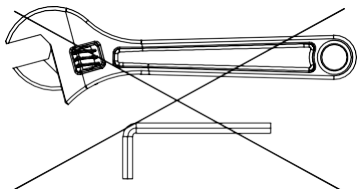
M8×40mm

54

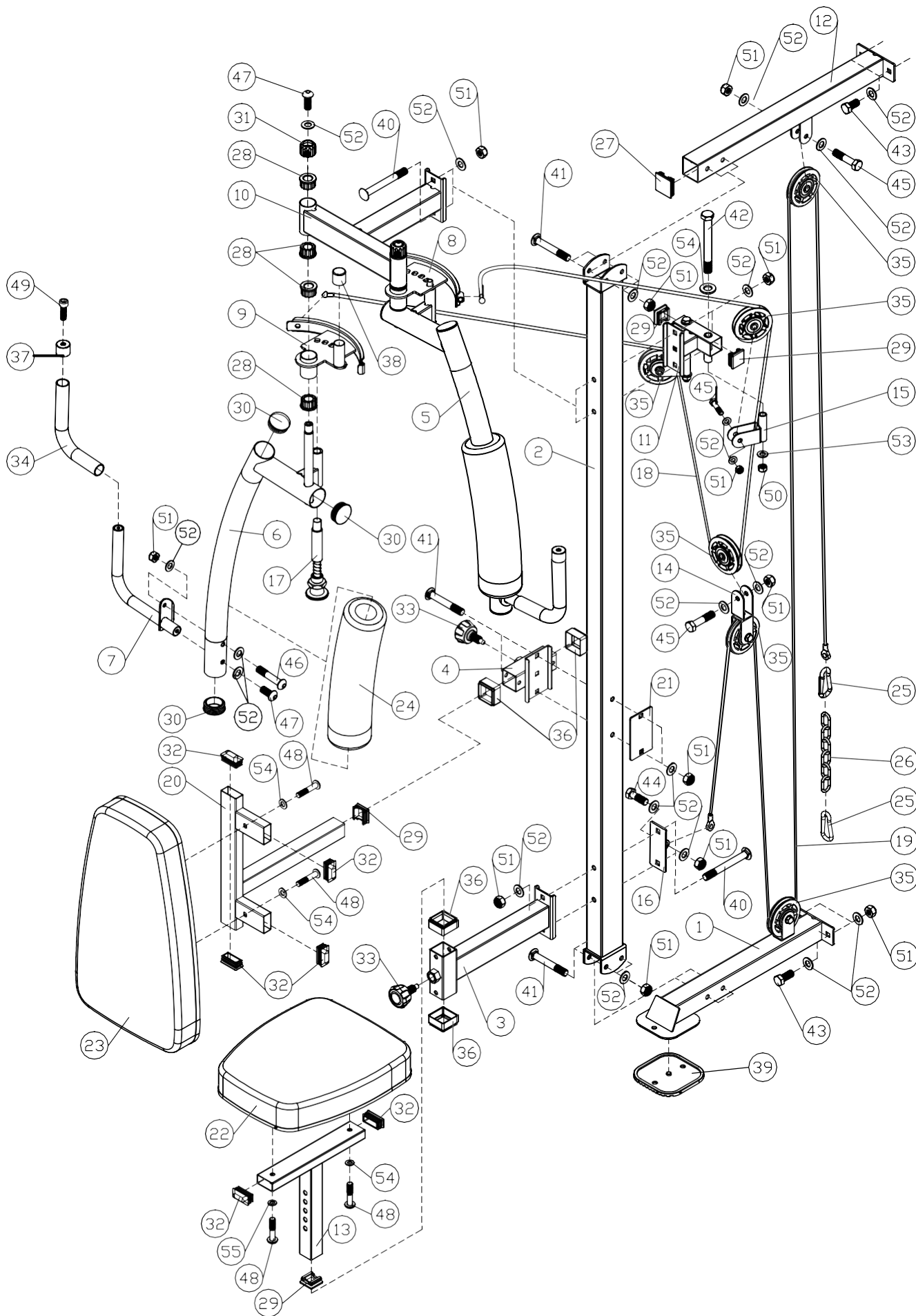


× 4

Φ20×Φ8.4



7

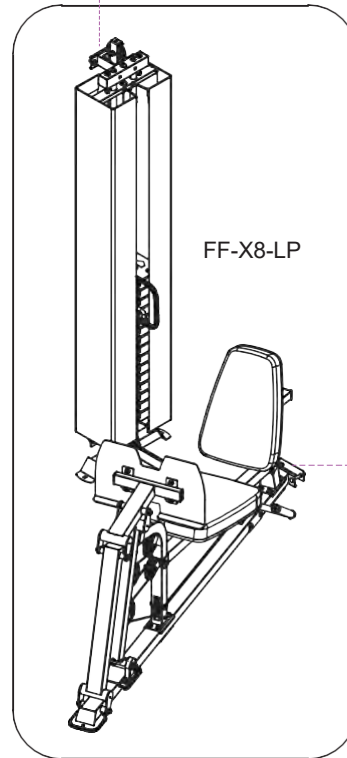
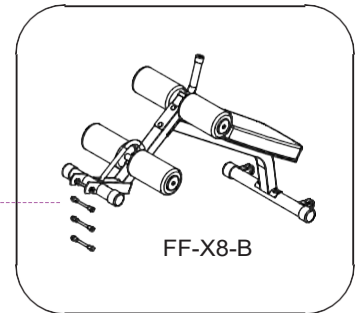
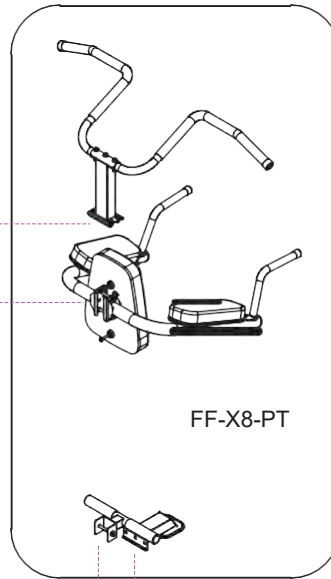
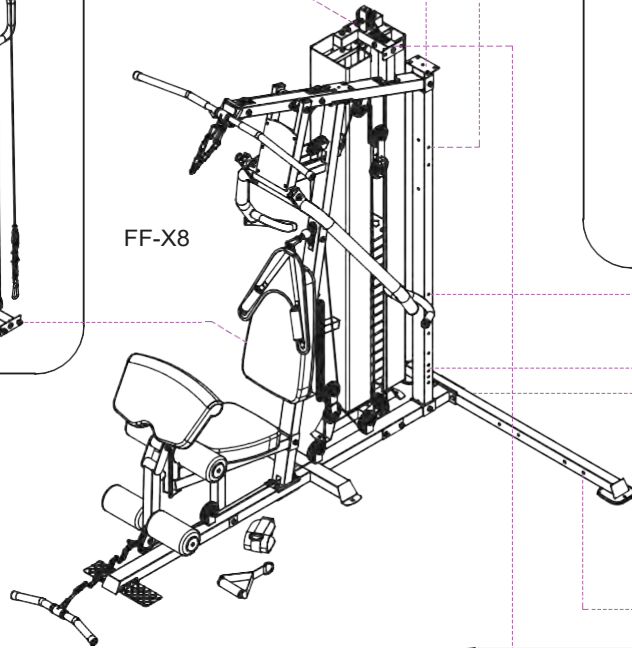
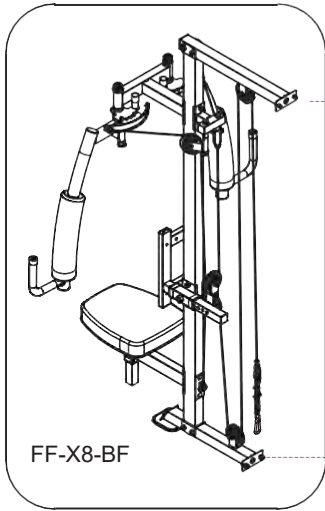


PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Frame		1
2	Butterly vertical frame		1
3	Seat block		1
4	Adjustable Backrest Support		1
5	Left Butterly Frame		1
6	Right Butterly Frame		1
7	Butterly Handle Frame		2
8	Left Butterly Adjustable frame		1
9	Right Butterly Adjustable frame		1
10	Butterly Support		1
11	Pulley support		1
12	Upper Connecting Frame		1
13	Seat support		1
14	Pulley Bracket		1
15	Swivel Pulley Bracket		2
16	Cable end frame		1
17	Lock Knob		2
18	Butterly Cable	L=2360	1
19	Connectable Cable	L=4630	1
20	Backrest Support		1
21	Bracket	120×70×3	1
22	Seat Pad	400×335 ×70	1
23	Backrest Board	600×340×205×70	1
24	Foam Roll	φ 105×φ 54×305	2
25	Hook	φ 8	2
26	Short Chain	6-link	1
27	End Cap	□50	1
28	Bushing	φ 38×φ 34×φ 20×22	8
29	End Cap	□38	4
30	End Cap	φ 50	6
31	Lock Ring	φ 36×27	2
32	End Cap	□50×□25	6
33	Lock Knob	M18×φ 10	2

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
34	Short Handle Grip	φ 23×280	2
35	Pulley	φ 96	6
36	Sleeve	□45×39 φ 33.5×φ 6.6×25	4
37	Ornament cover		2
38	Sleeve	φ 30×φ 25×30	2
39	End Cap	□135×135×8	1
40	Carriage Bolt	M10×90	4
41	Carriage Bolt	M10×70	6
42	Hex Bolts	M12×165	2
43	Hex Bolts	M10×25	4
44	Hex Bolts	M10×30	1
45	Hex Bolts	M10×45	6
46	Allen Bolt	M10×65	2
47	Allen Bolt	M10×20	4
48	Allen Bolt	M8×45	4
49	Socket Cap Screw	M6×20	2
50	Aircraft Nut	M12	2
51	Aircraft Nut	M10	21
52	Washer	10	38
53	Washer	12	4
54	Washer	8	4
	Allen wrench	6#	1
	Allen wrench	5#	1

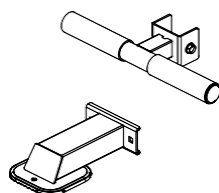
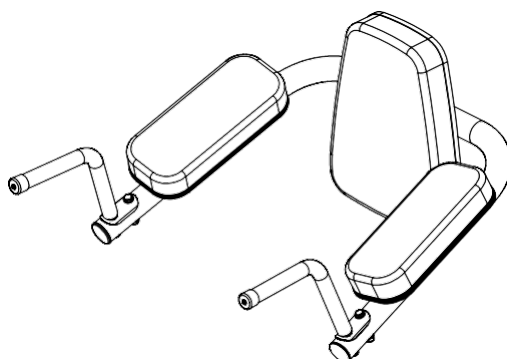
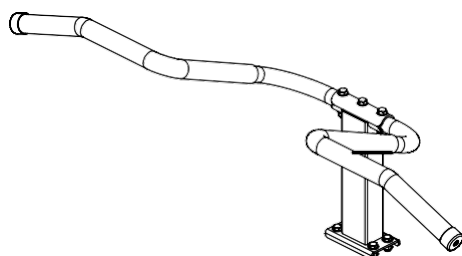


FRENCH FITNESS

FF-X8-PT

4+1 MULTI-STATION HOME GYM
- POWER TOWER

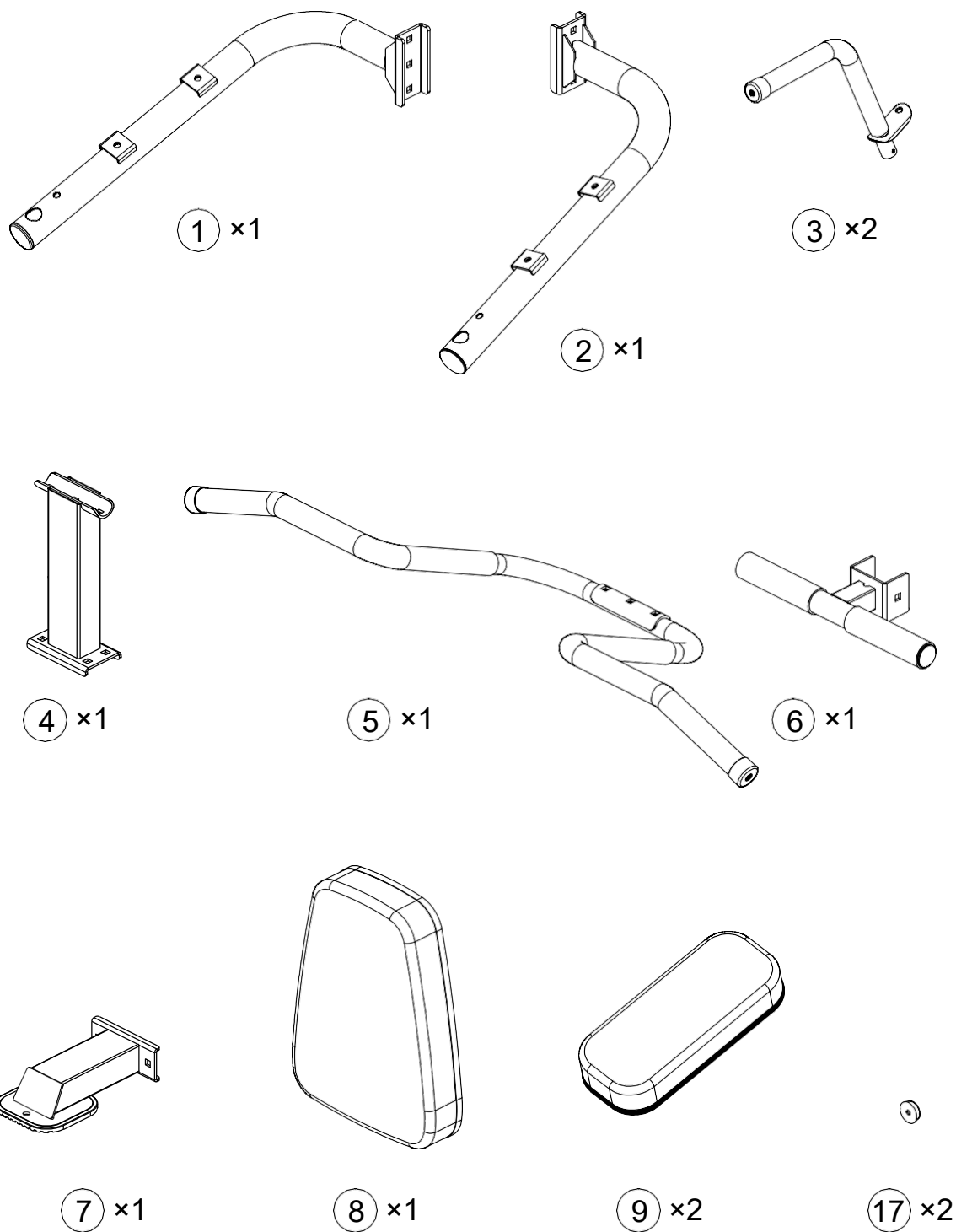
OWNER'S MANUAL

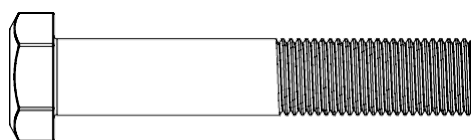


CAUTION!

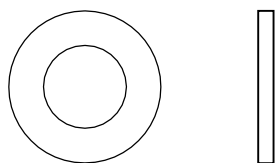
Read all precautions and instructions in this manual before using this equipment.

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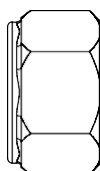




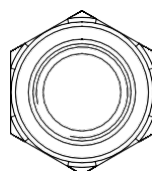
①9 ×3



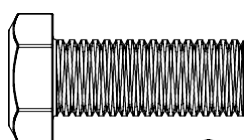
②0 ×23



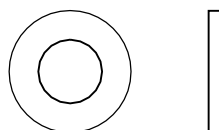
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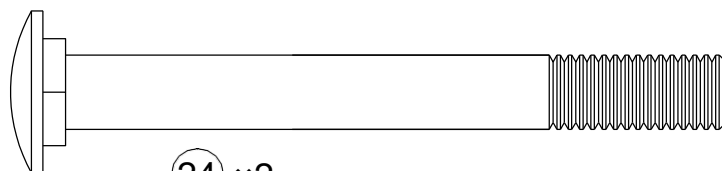
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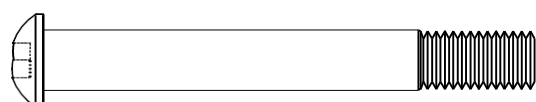
②3 ×6



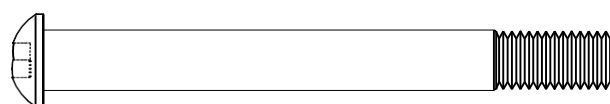
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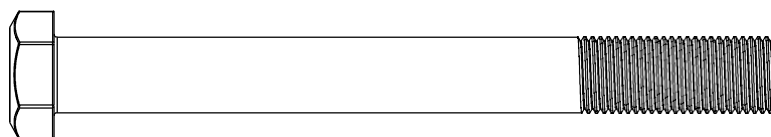
②4 ×2



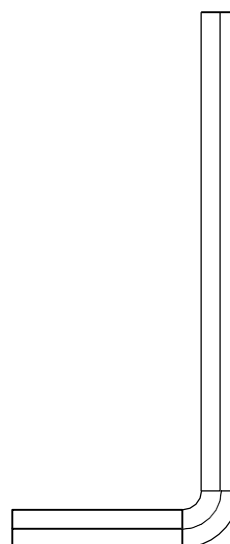
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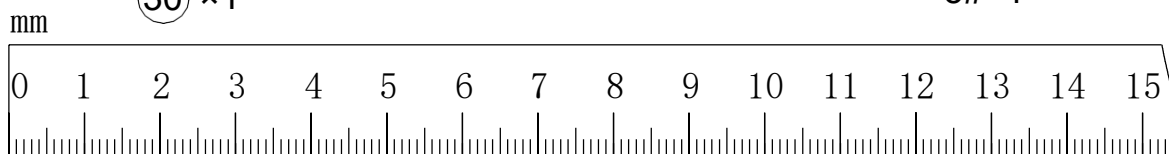
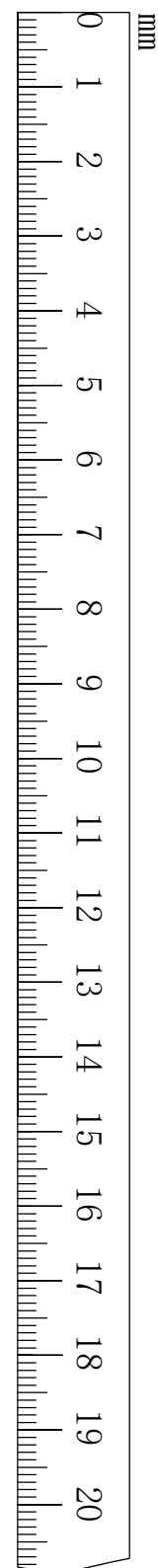
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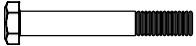


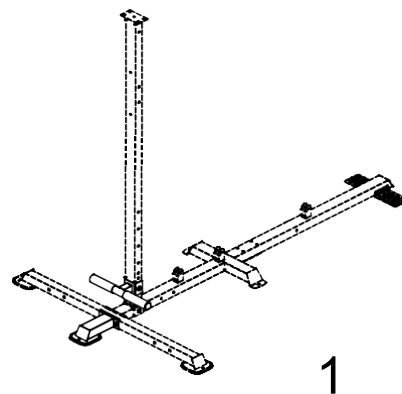
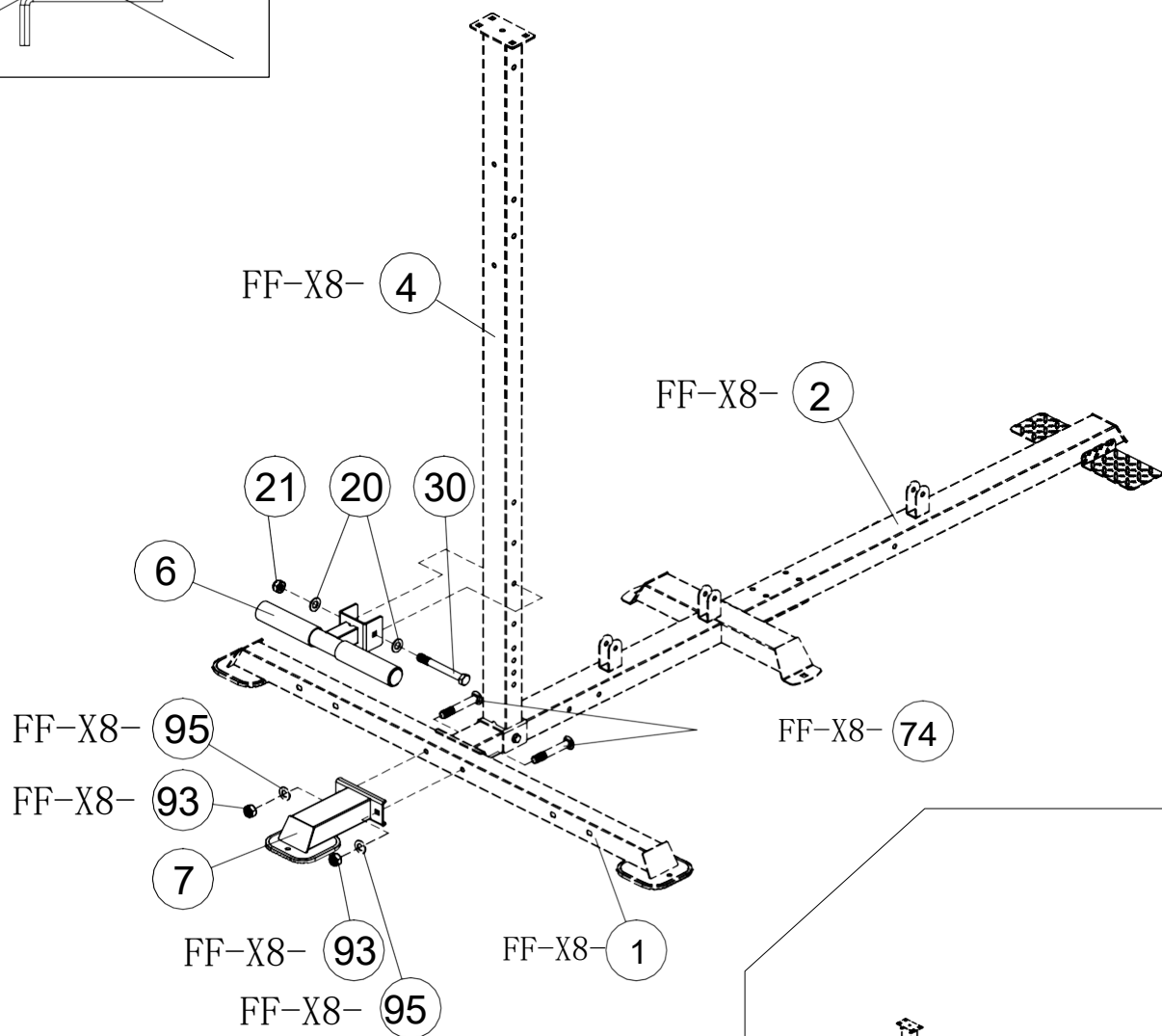
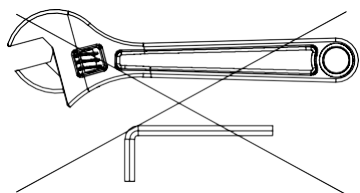
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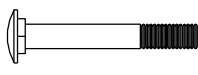


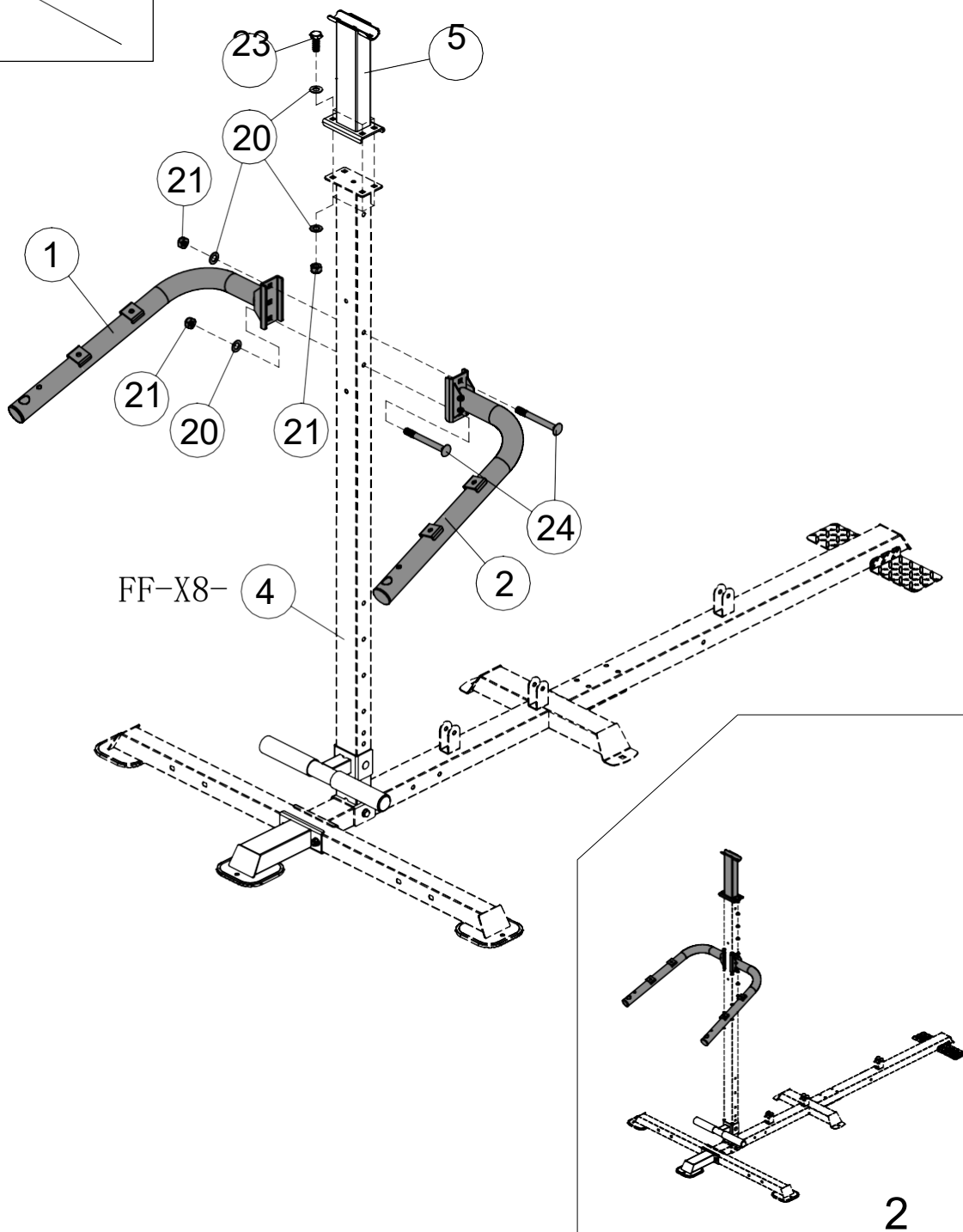
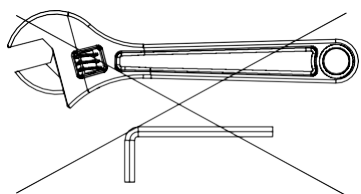
5#×1



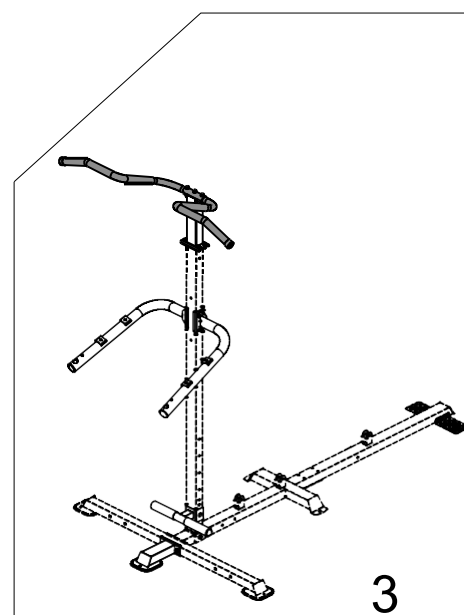
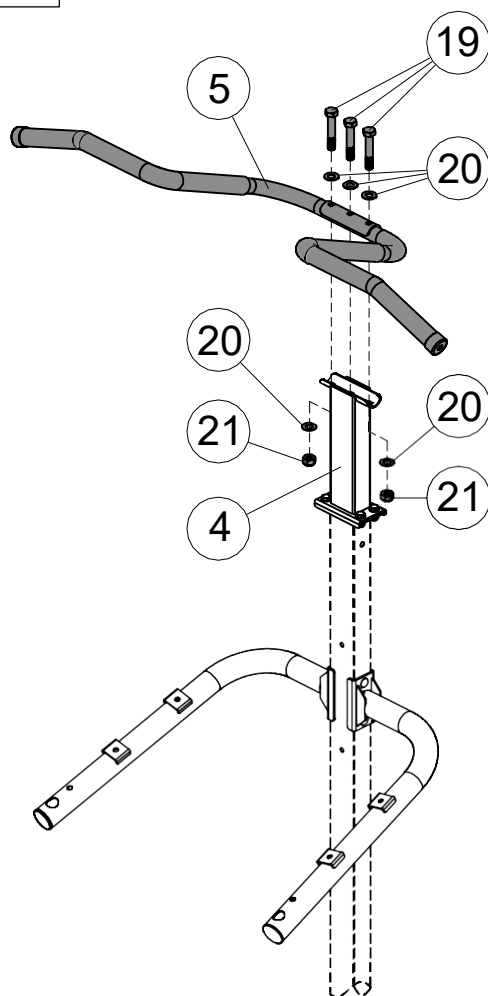
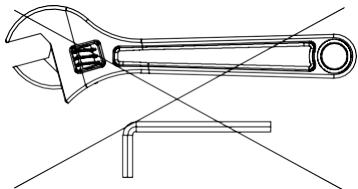
- (20)   × 2 Φ20×Φ10.5 (30)  × 1 M10×95mm
 (21)   × 1 M10

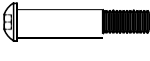


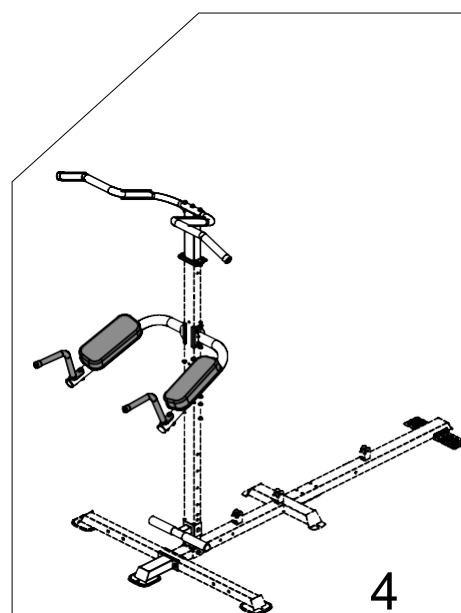
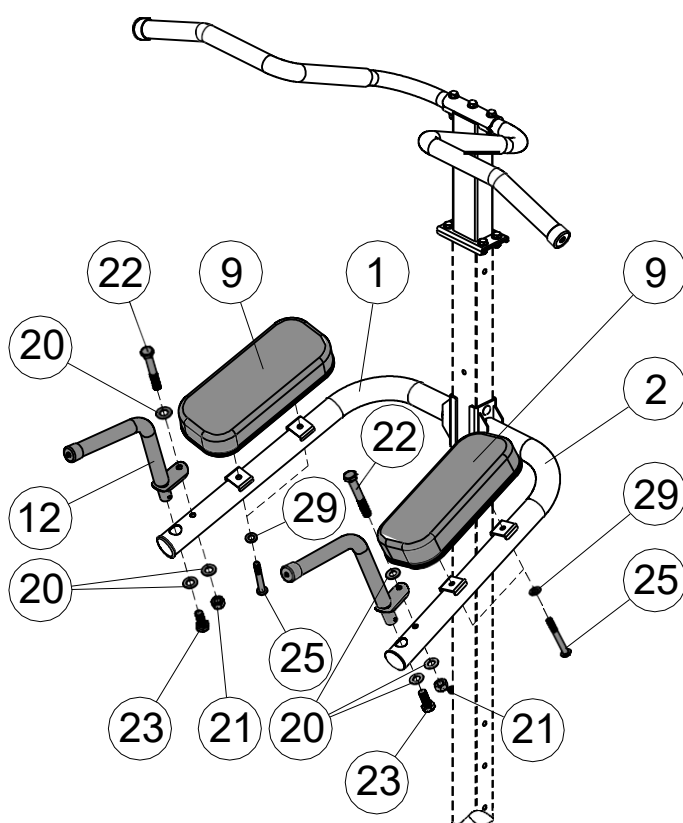
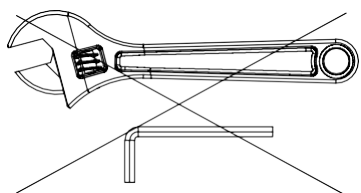
- | | | | | | |
|----|---|--------------|----|---|---------------|
| ②④ |  | × 2 M10×90mm | ②⑤ |  | ×10 Φ20×Φ10.5 |
| ②③ |  | × 4 M10×25mm | ②① |  | ×6 M10 |



- (19)  × 3 M10×55mm (21)   × 2 M10
- (20)   × 5 $\Phi 20 \times \Phi 10.5$

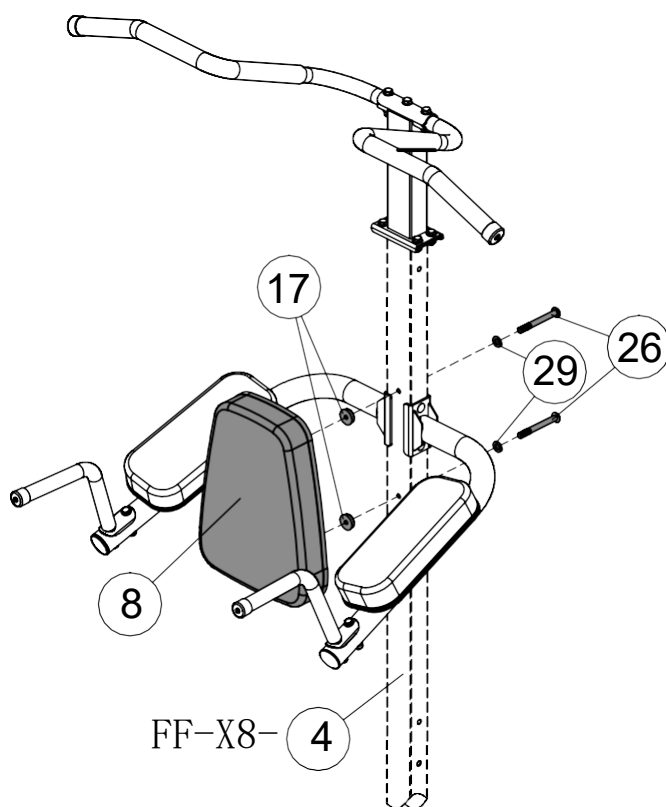
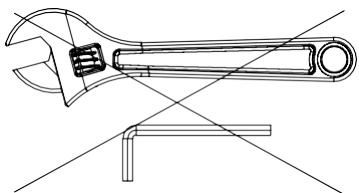


- | | | | | | | | | |
|------|---|---|-----|-----------|------|--|-----|----------|
| (20) |  |  | × 6 | Φ20×Φ10.5 | (23) |  | × 2 | M10×25mm |
| (21) |  |  | × 2 | M10 | (25) |  | × 4 | M8×65mm |
| (22) |  |  | × 2 | M10×70mm | (29) |  | × 4 | Φ16×Φ8.4 |

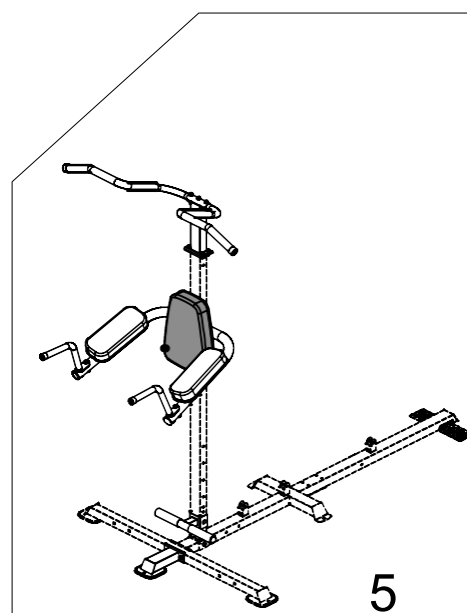


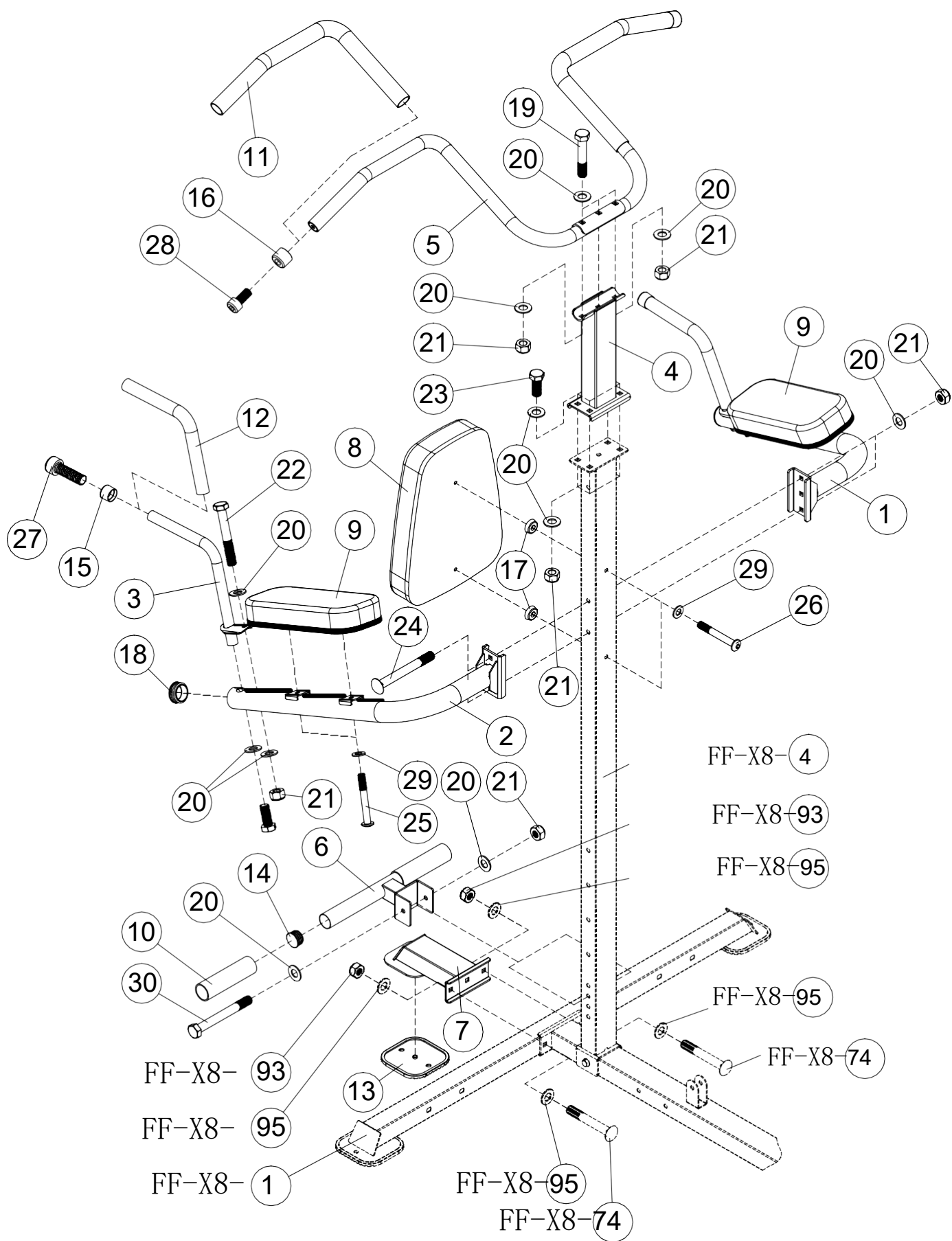
26  × 2 M8×75mm

29  | × 2 Φ16×Φ8.4



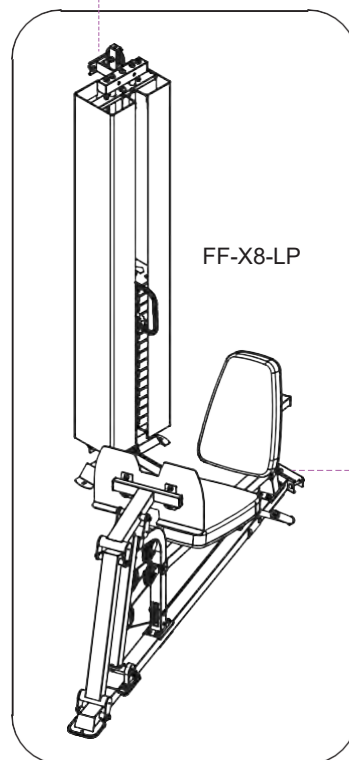
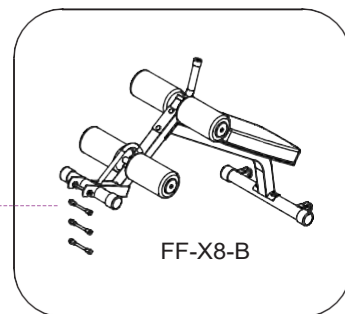
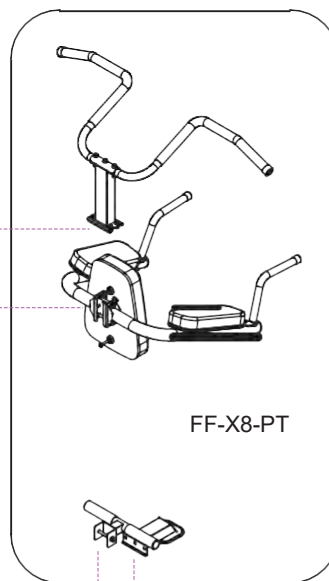
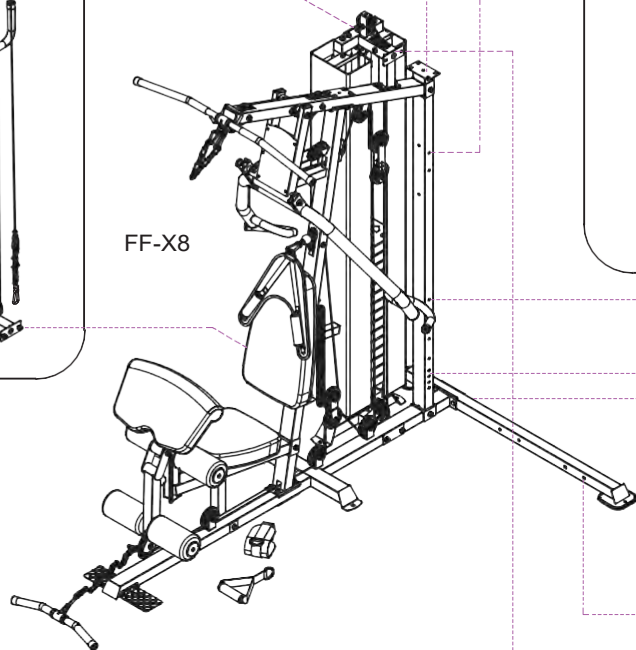
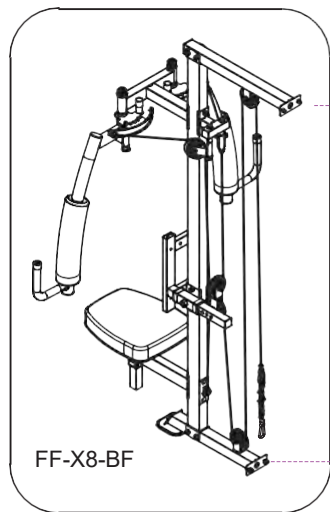
FF-X8- 4





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Left Dip Support		1
2	Right Dip Support		1
3	Handle Frame		2
4	Horizontal Bar Bracket		1
5	Chin-up Bar		1
6	Hook Beg Frame		1
7	Rear Base Frame		1
8	Backrest Board	420×310×205×70	1
9	Arm Curl Pad	350×150×60	2
10	Handle Grip	φ 41×3×160	2
11	Long Handle Grip	φ 36×3×640	2
12	Long Handle Grip	φ 30×3×390	2
13	End Cap	□135×135×8	1
14	End Cap	φ 38	2
15	Ornament Cover	φ 33.5×φ 6.6×25	2
16	Ornament Cover		2
17	Rubber Stopper	φ 35×φ 30×10	2
18	End Cap	φ 50	2
19	Hex Bolts	M10×55	3
20	Washer	10	23
21	Aircraft Nut	M10	11
22	Hex Bolts	M10×70	2
23	Hex Bolts	M10×25	6
24	Carriage Bolt	M10×90	2
25	Allen Bolt	M8×65	4
26	Allen Bolt	M8×75	2
27	Socket Cap Screw	M6×20	2
28	Socket Cap Screw	M8×20	2
29	Washer	8	6
30	Hex Bolts	M10×95	1
	Allen Wrench	5#	1

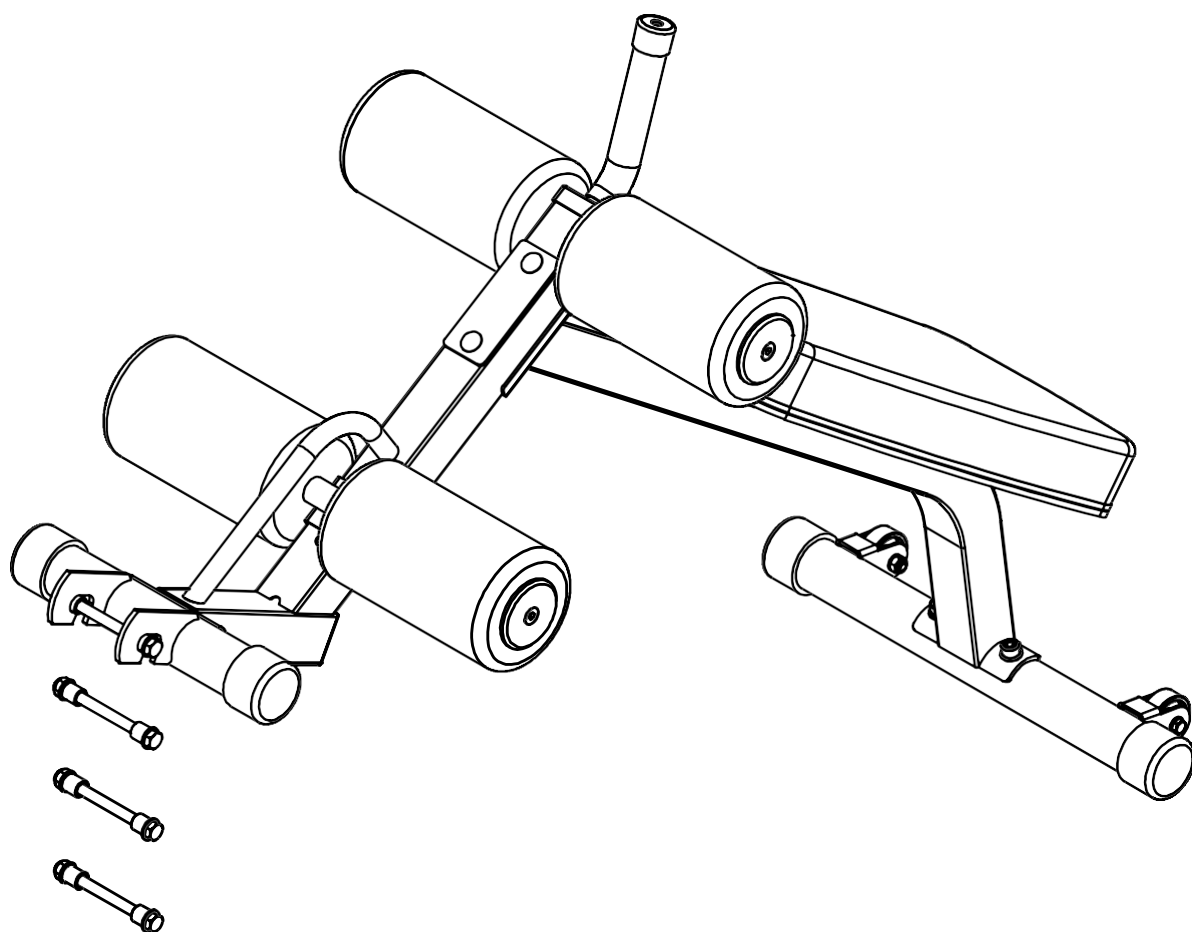


FRENCH FITNESS

FF-X8-B

FRENCH FITNESS FF-X8 AND FF-X8 XL
- POWER BENCH

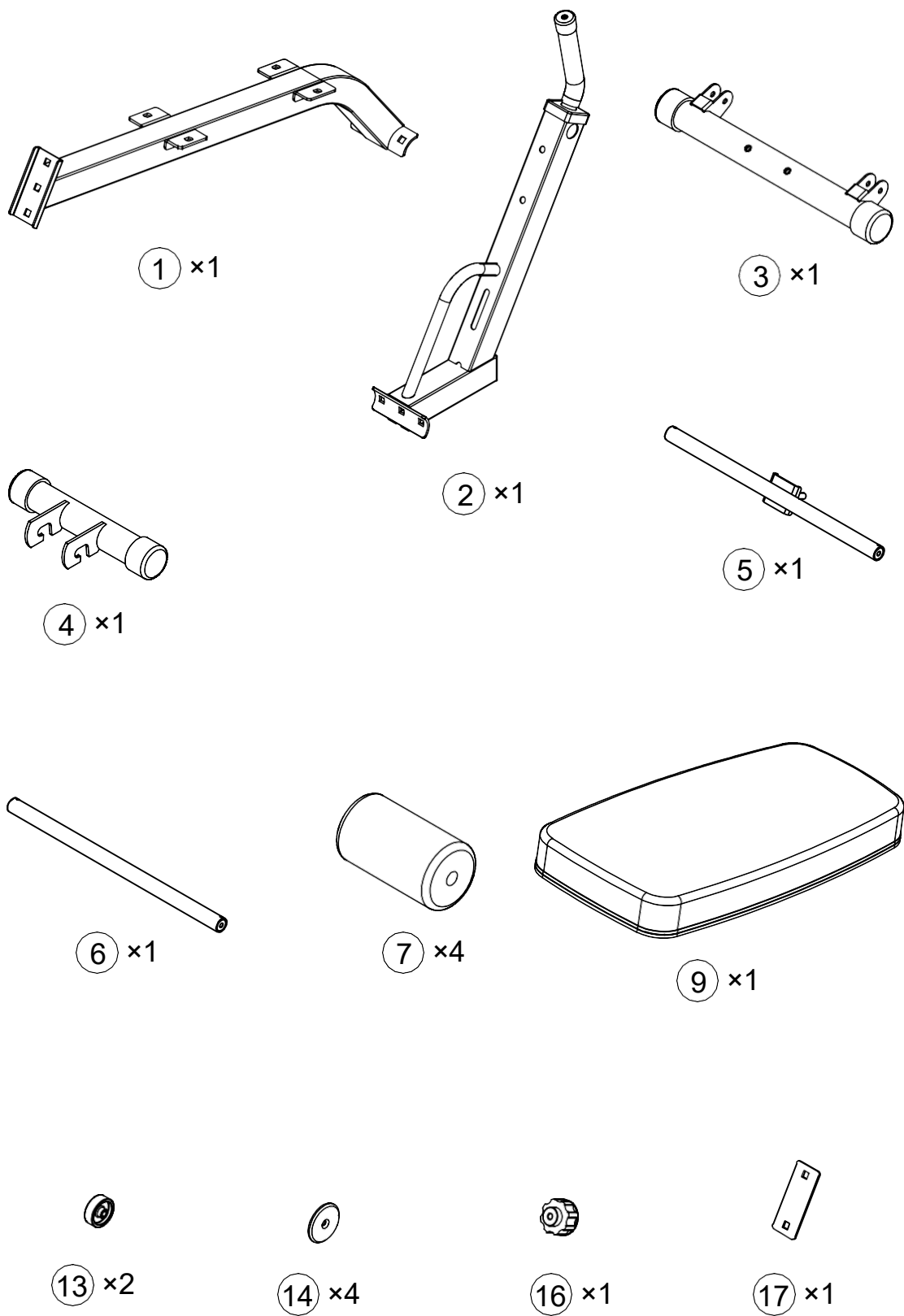
OWNER'S MANUAL

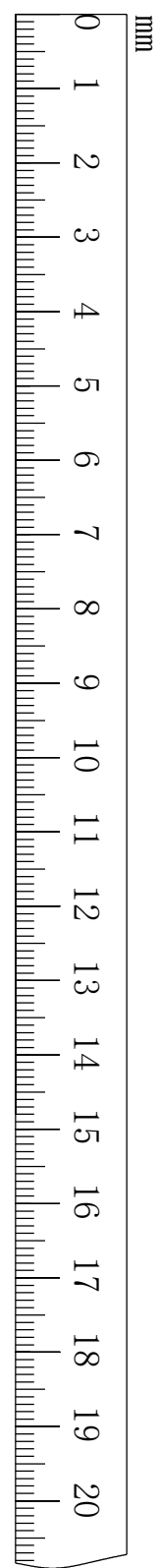
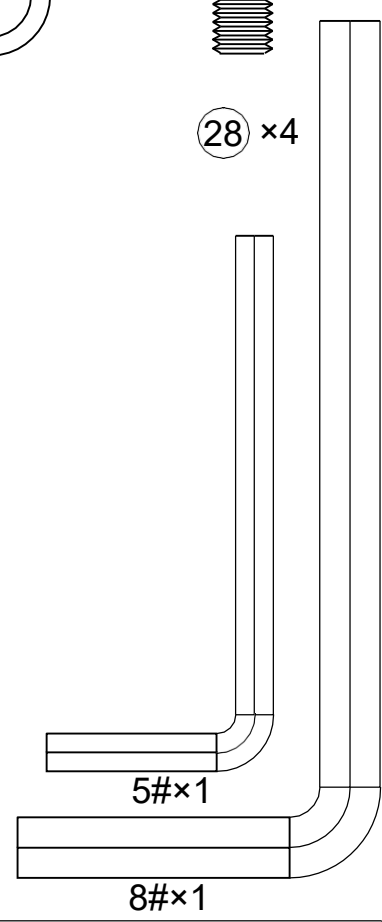
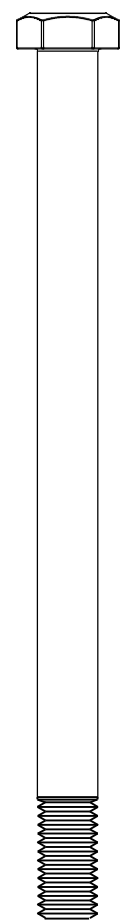
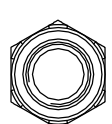
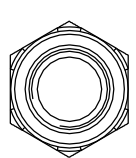
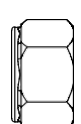
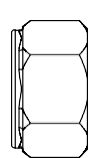
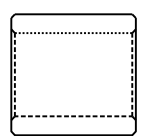
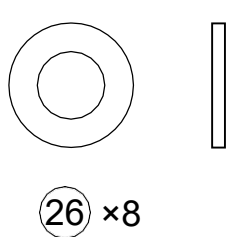
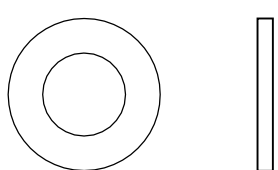
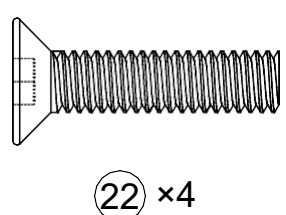
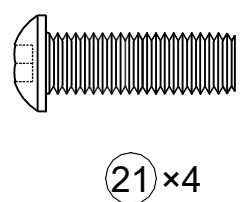
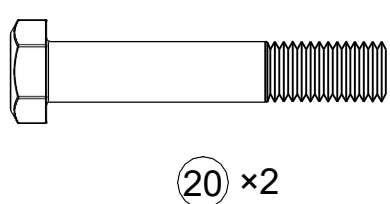
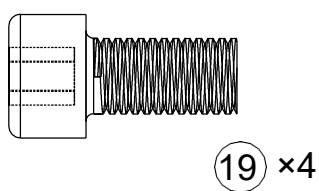
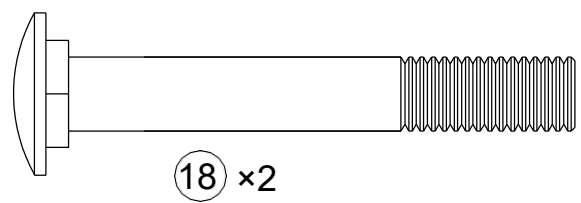


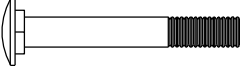
CAUTION!

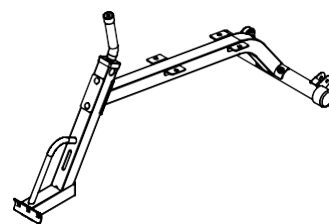
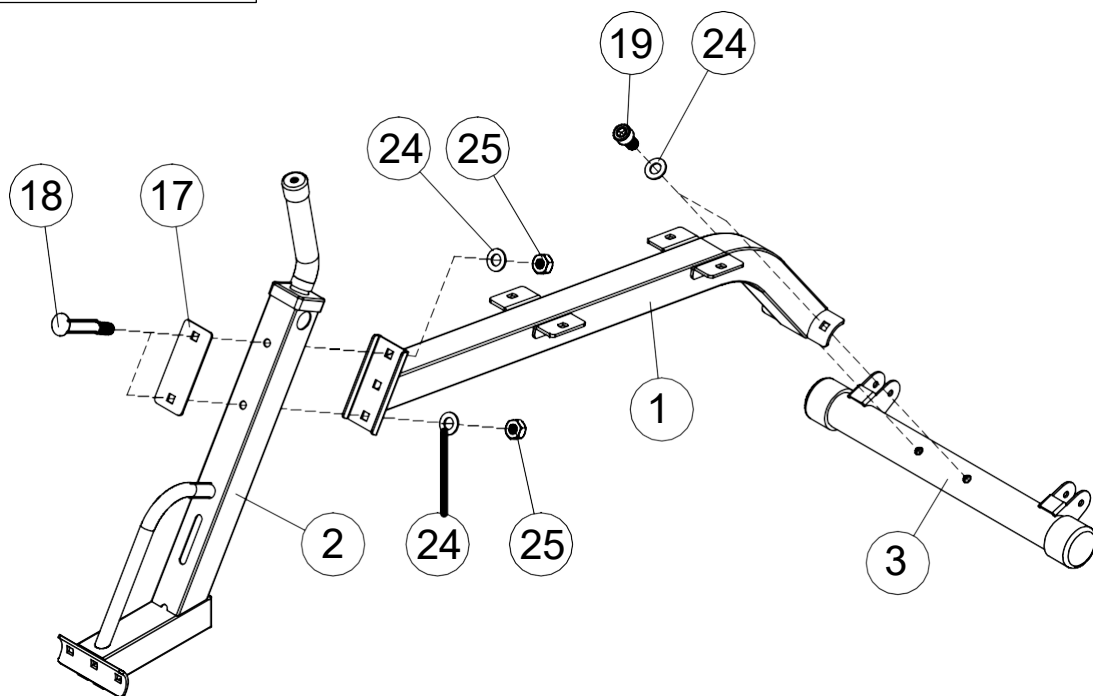
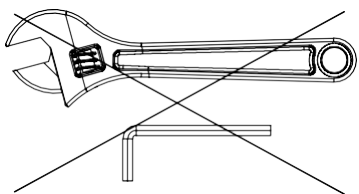
Read all precautions and instructions in this manual before using this equipment.

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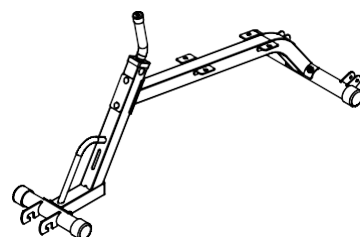
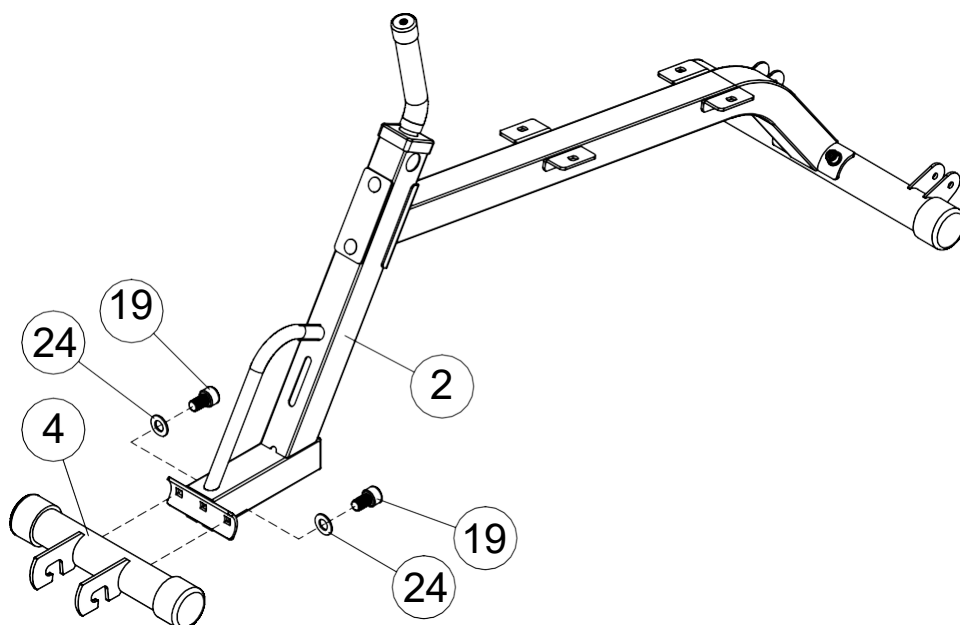
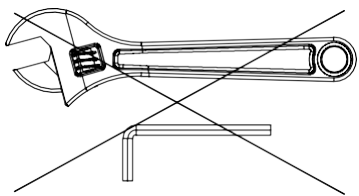


18		×	2	M10×70mm
19		×	2	M10×20mm
24		×	4	Φ20×Φ10.5
25		×	2	M10



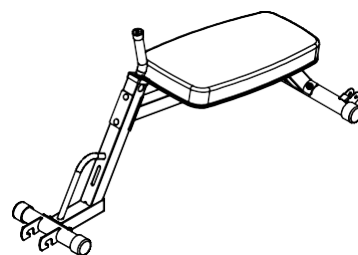
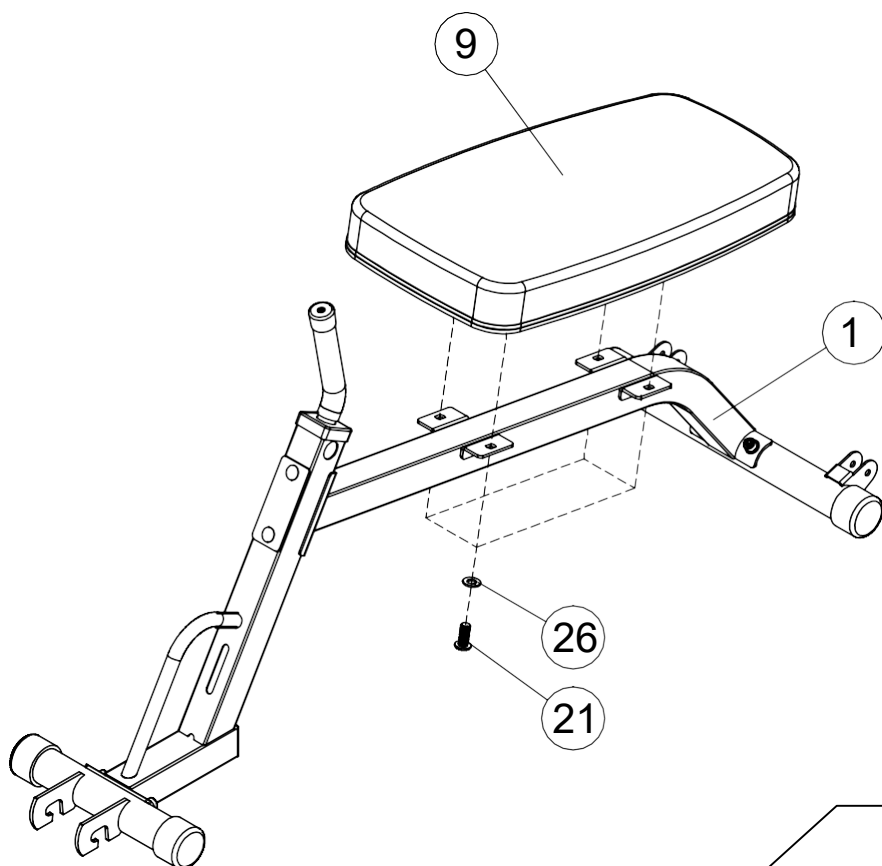
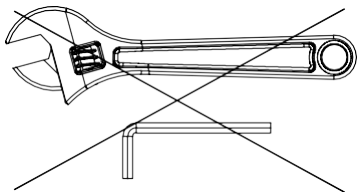
1

19		×	2	M10×20mm
24		×	2	Φ20×Φ10.5



2

21			×	4	M8×25mm
26			×	4	Φ16×Φ8.4



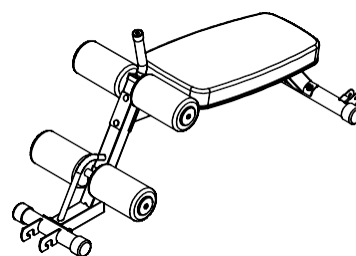
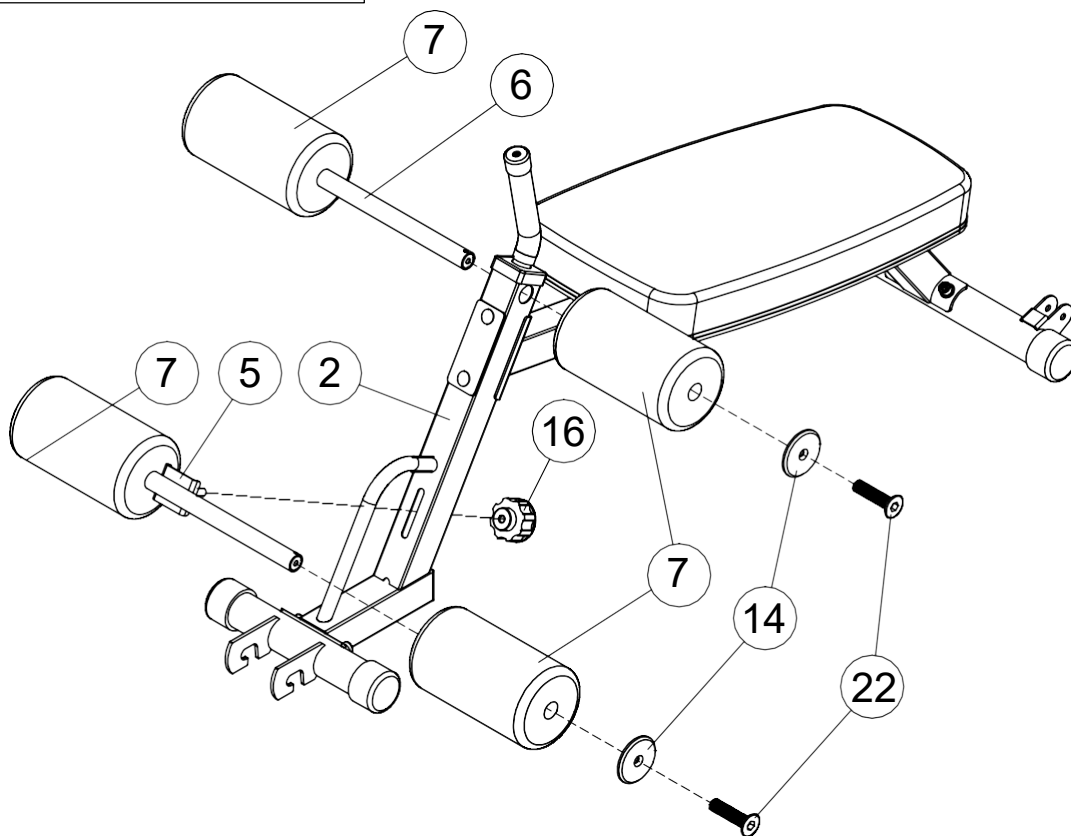
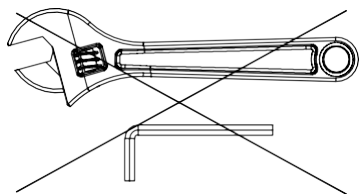
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22

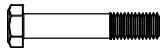


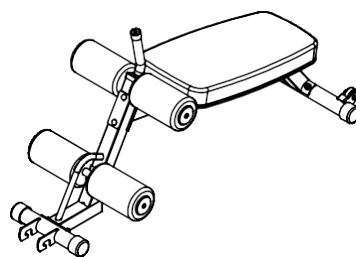
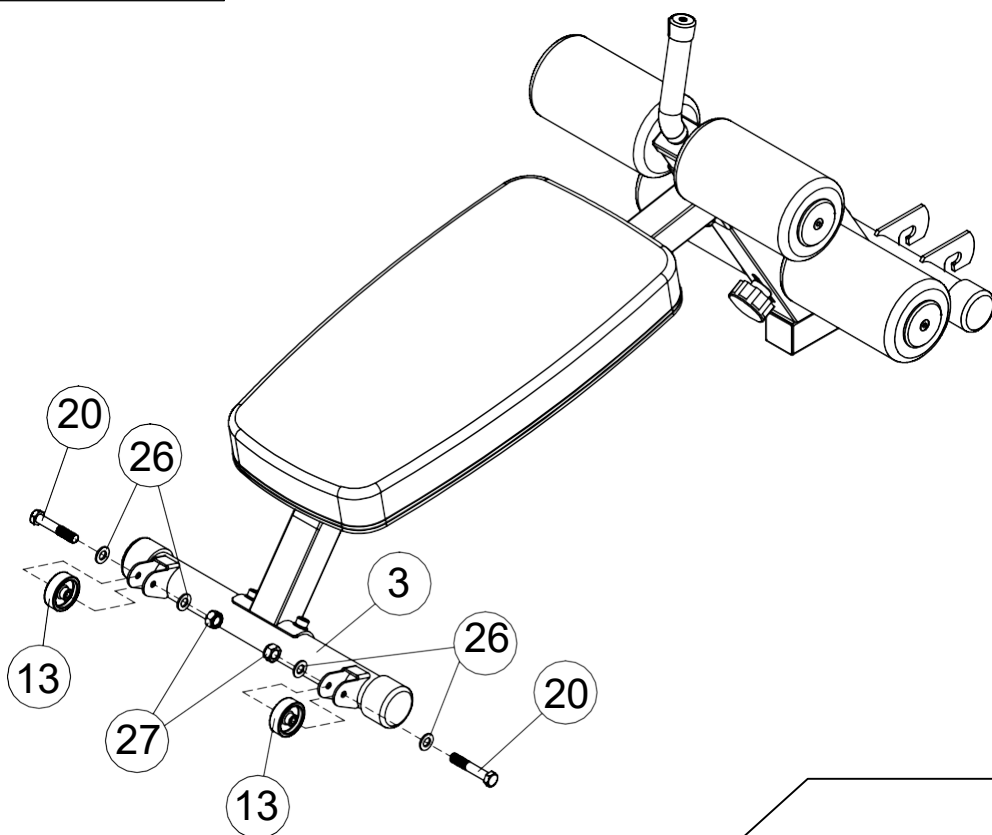
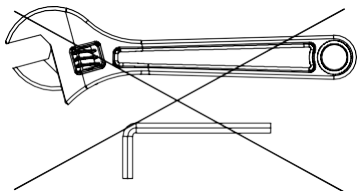
× 4

M8×30mm

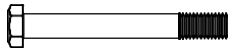


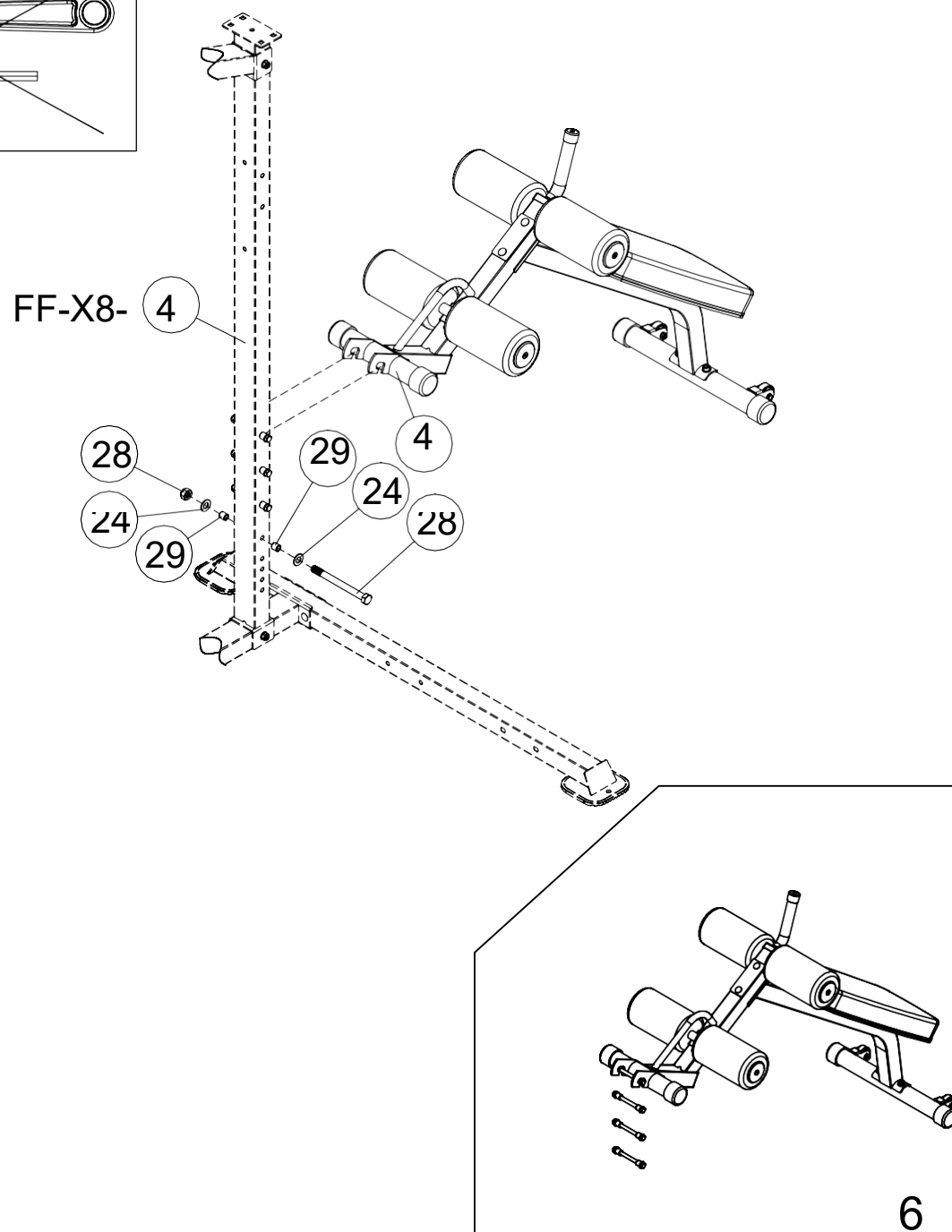
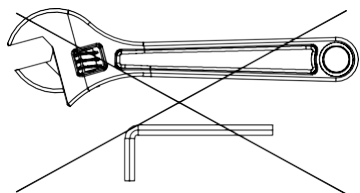
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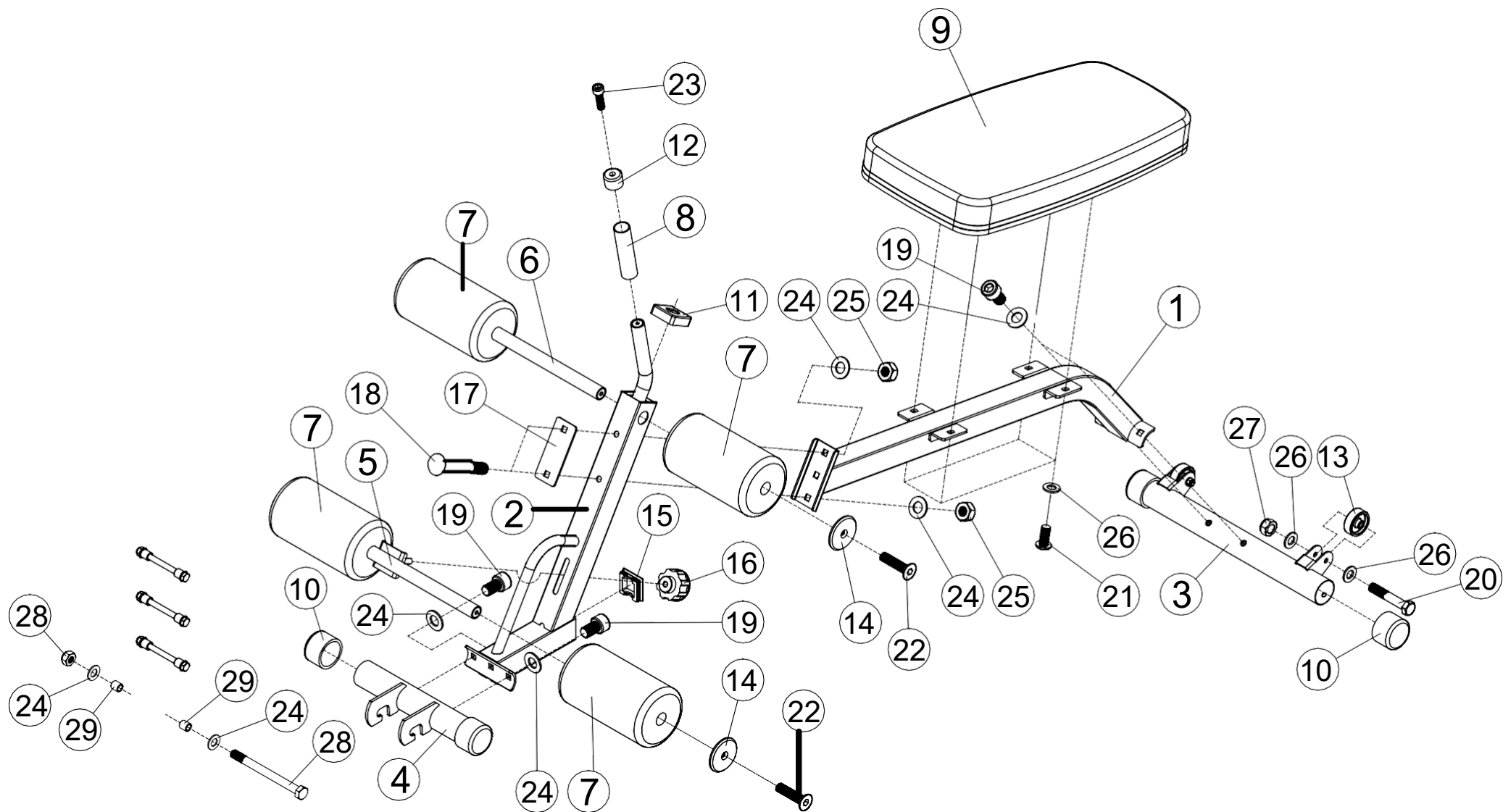
20		×	2	M8×45mm
26		×	4	Φ16×Φ8.4
27		×	2	M 8



5

28		×	4	M10×115mm
24	 	×	8	Φ20×Φ10.5
25	 	×	4	M10
29	 	×	8	φ16×φ11×16.5





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Curved Beams		1
2	Front Support		1
3	Rear Base Frame		1
4	Front Base Frame		1
5	Foam Frame		1
6	Foam Frame		1
7	Foam Roll	φ 125×φ 22×215	4
8	Handle Grip	φ 23×150	1
9	Pad	625×300×260×70	1
10	Stabilizer End Cap	φ 50	4
11	Sleeve	□50×φ 34	1
12	Ornament Cover	φ 33.5×φ 6.6×25	1
13	Plastic Round	φ 50×23×φ 8.2	2
14	Foam Baffle	φ 68×5.7	4
15	End Cap	□50	1
16	Plum Blossom Nut	M10	1
17	Bracket	120×50×3	1
18	Carriage Bolt	M10×70	2
19	Socket Cap Screw	M10×20	4
20	Hex Bolts	M8×45	2
21	Allen Bolt	M8×25	4
22	Sunk Screw	M8×30	4
23	Socket Cap Screw	M6×20	1
24	Washer	10	14
25	Aircraft Nut	M10	6
26	Washer	8	8
27	Aircraft Nut	M8	2
28	Hex Bolts	M10×115	4
29	Casing	φ 16×φ 11×16.5	8
	Allen Wrench	5#	1
	Allen Wrench	8#	1