

FRENCH FITNESS

FF-X8 / FF-X8 XL

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

OWNER'S MANUAL



*Shown with Optional Powertower and Bench



CAUTION!

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

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X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

FRENCH FITNESS



CONDITIONING

Strengthens your heart and lungs while increasing your metabolic rate.



POWER

Increases speed and agility by activating fast twitch muscle fibers.



STRENGTH

Increase muscle, tendon and ligament strength; bone density; metabolic rate while improving heart and body composition.



FLEXIBILITY

Increase range of motion, flexibility and reduce the risk of injury.



WARNING

Consult your physician before beginning this or any exercise program. Keep out of reach of children.

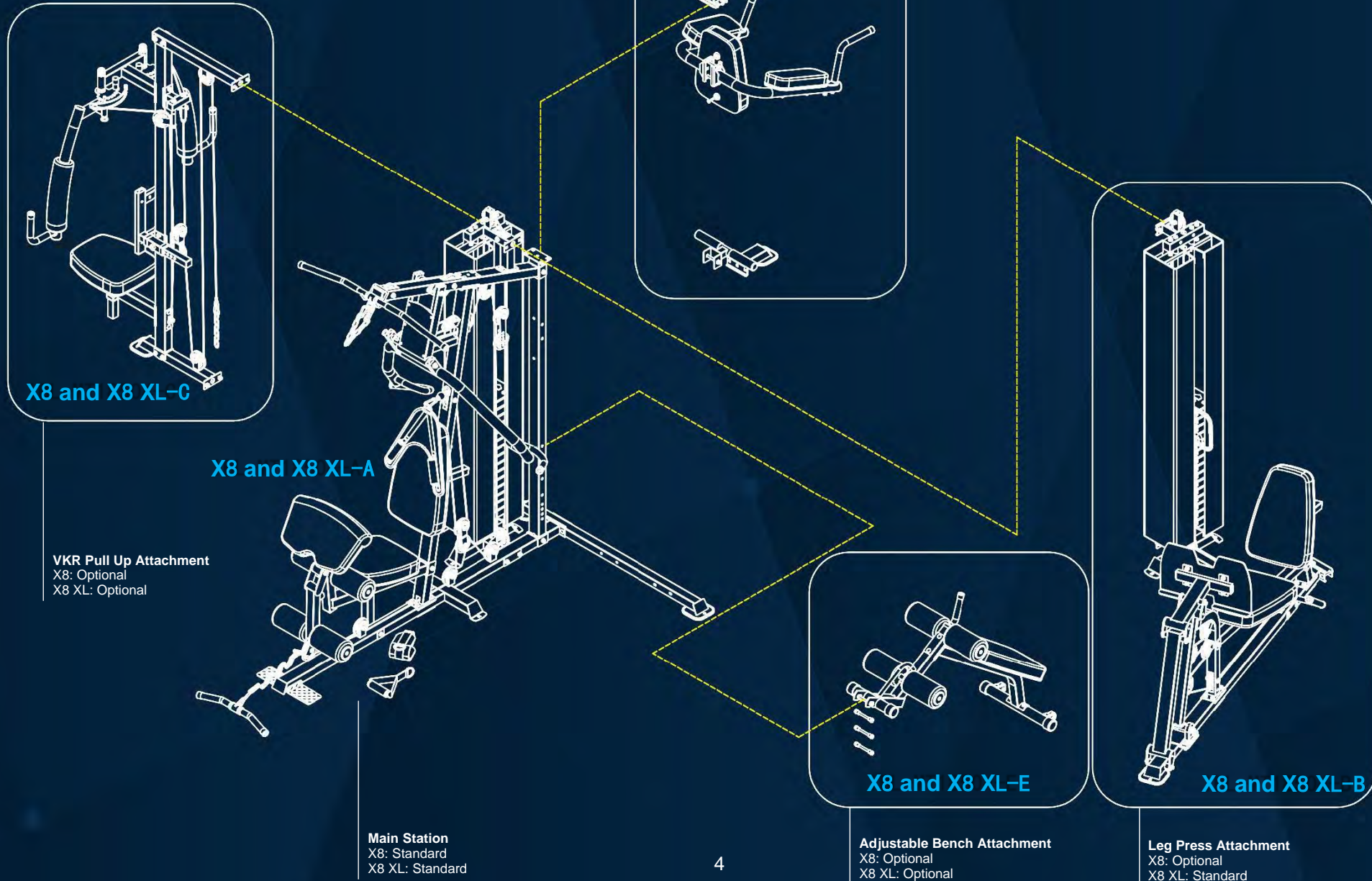


X8 and X8 XL

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Exploded diagram



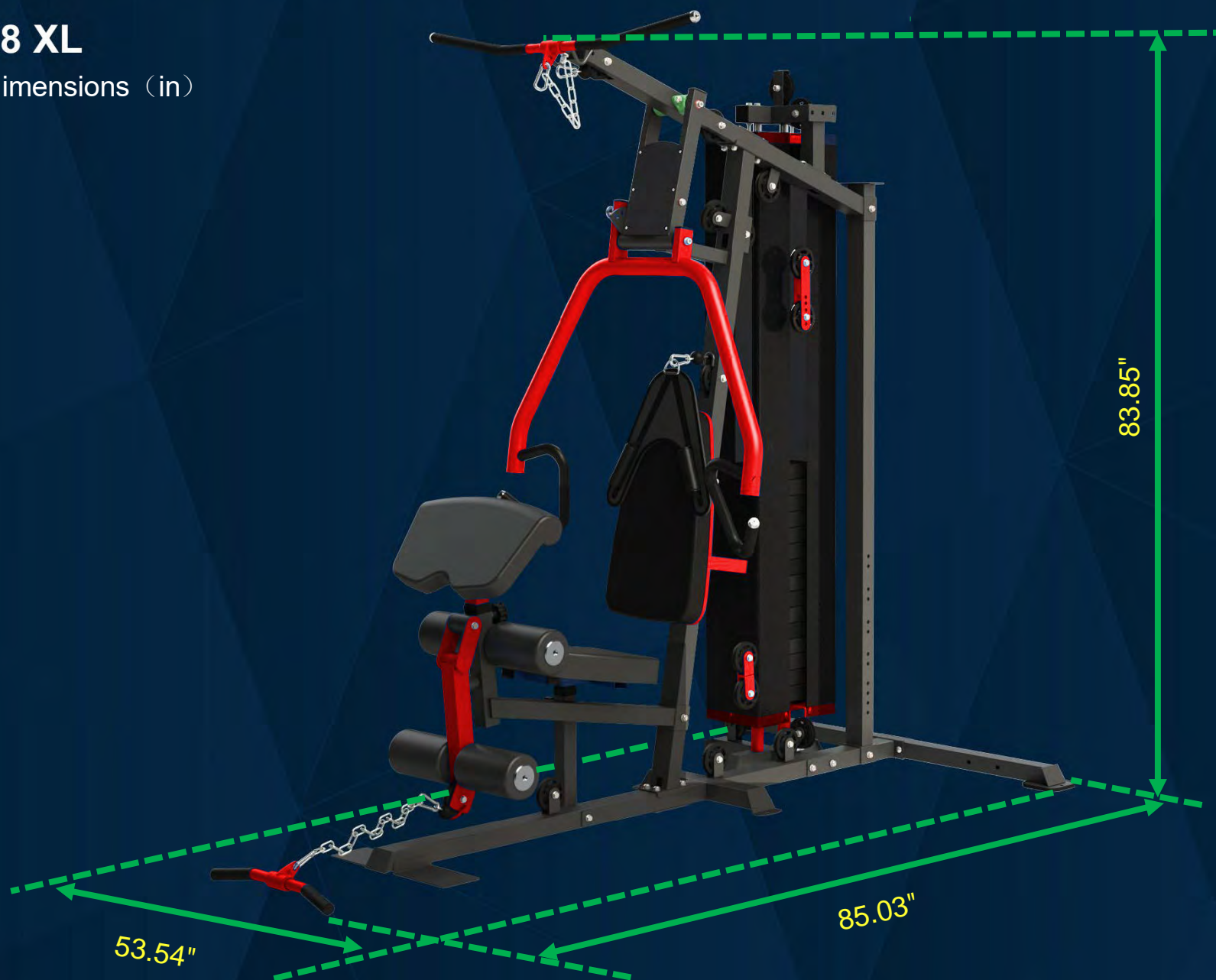
X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

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X8 and X8 XL

Assembled dimensions (in)



X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

FRENCH FITNESS

X8 and X8 XL

Maximum weight & Main tube size

Maximum user weight: 300lbs

$\Phi 0.9" \times 0.08"$

$\Phi 0.9" \times 1.9" \times 0.08"$

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$\Phi 1.9" \times 0.08"$

$\Phi 0.9" \times 0.08"$

$1.9" \times 2.7" \times 0.06"$

$\Phi 1.9" \times 0.08"$

$\Phi 1.9" \times 2.7" \times 0.08"$

$\Phi 1.9" \times 2.7" \times 0.09"$

$\Phi 1.9" \times 2.7" \times 0.08"$

$\Phi 1.9" \times 0.06"$

$\Phi 1.9" \times 2.7" \times 0.08"$

$\Phi 1.9" \times 0.08"$

$1.77" \times 0.09"$

X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

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X8 and X8 XL

Characteristic



X8 and X8 XL

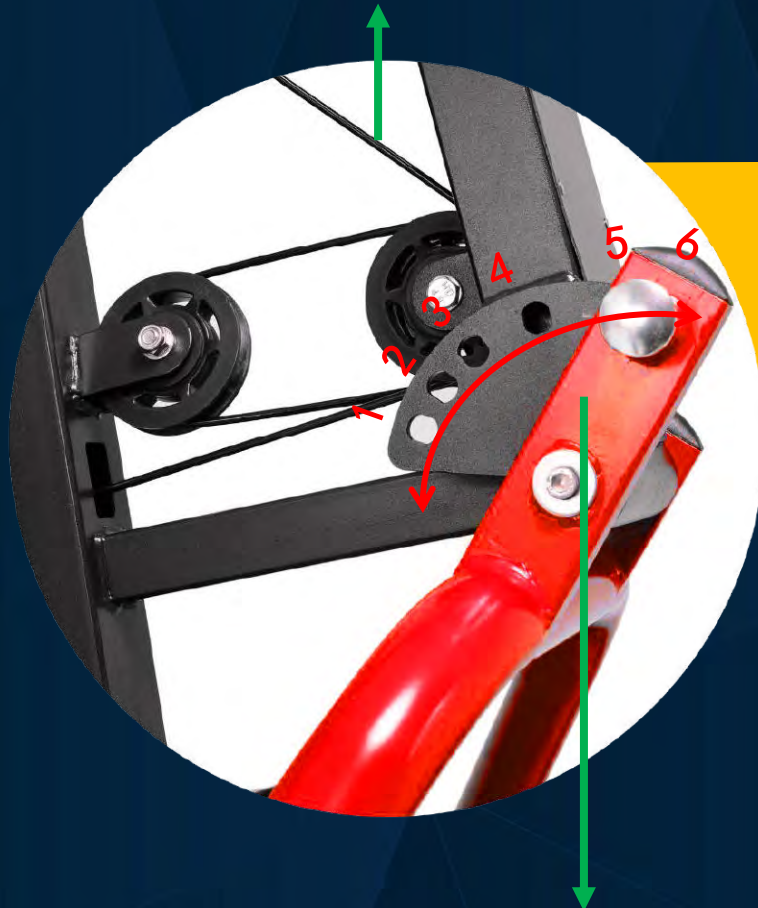
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X8 and X8 XL

Adjustable butterfly

Φ0.2" Cable . Pass through 440 lbs tension test.
The cable is tensile, wear-resisting and safe.



6 adjustable butterfly machine can do both chest and back exercise by adjusting position.



X8 and X8 XL

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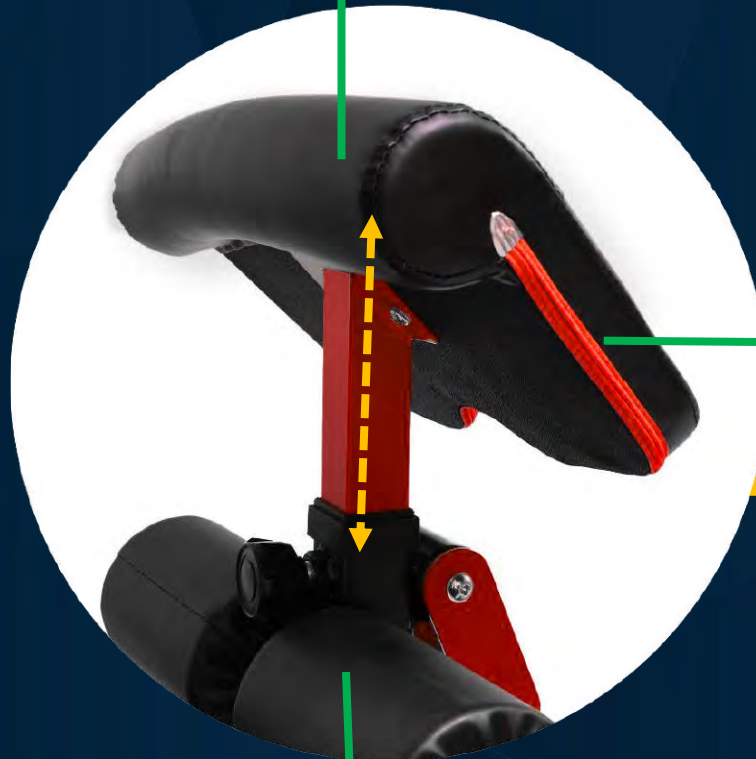
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Adjustable arm curl pad

Double blue color formed the unique production process.

2 position to adjust the height of arm curl pad. Please adjust towards this direction.



High elastic leg foam



X8 and X8 XL

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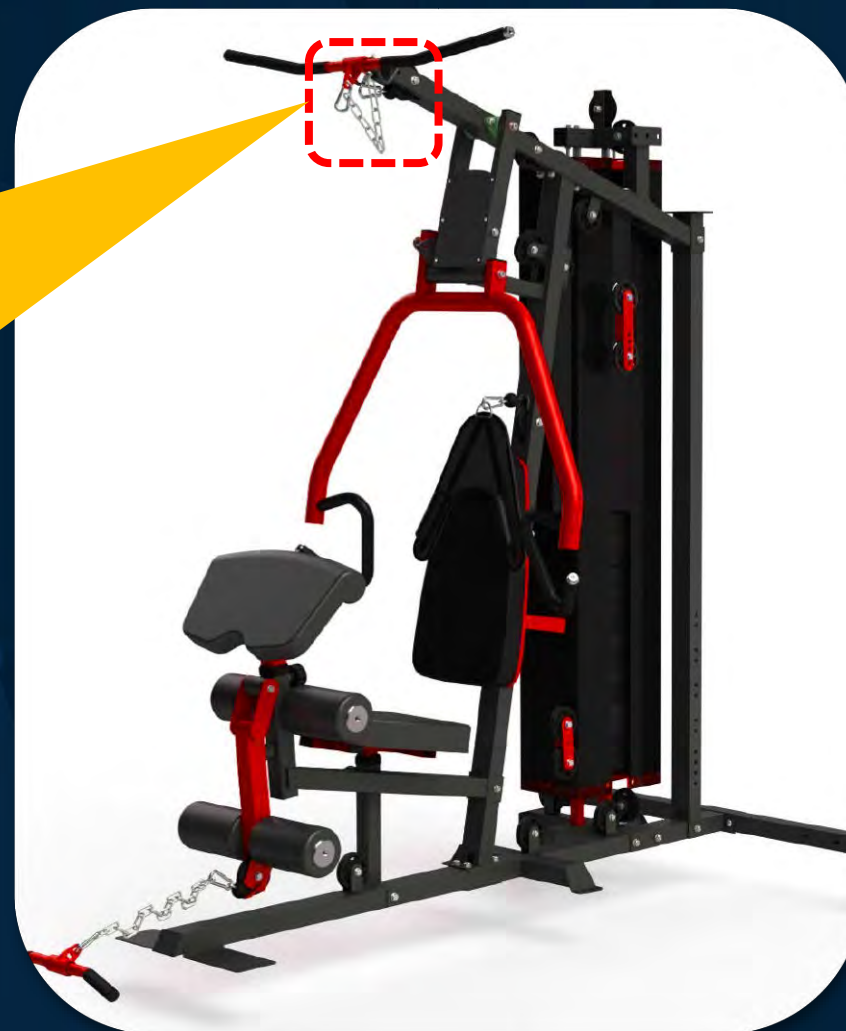
X8 and X8 XL

Detail display

Galvanized gourd hook can be easily adjusted.



10 ring adjustable iron chain can meet different training needs.



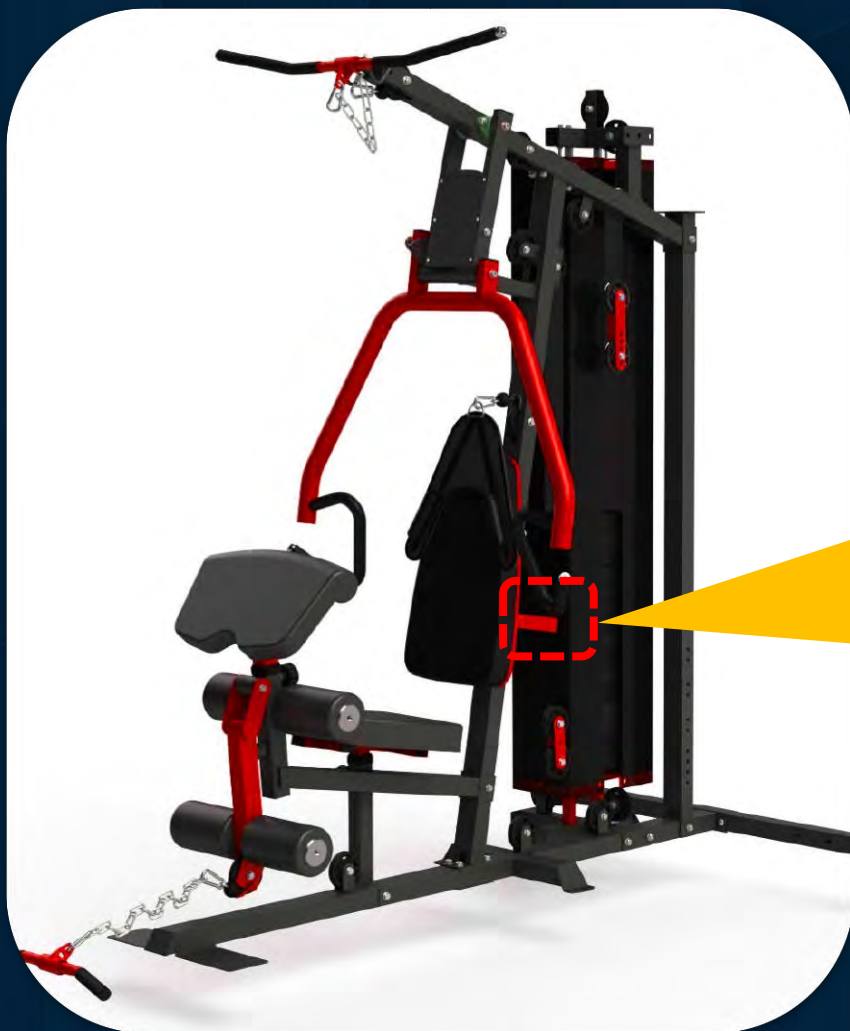
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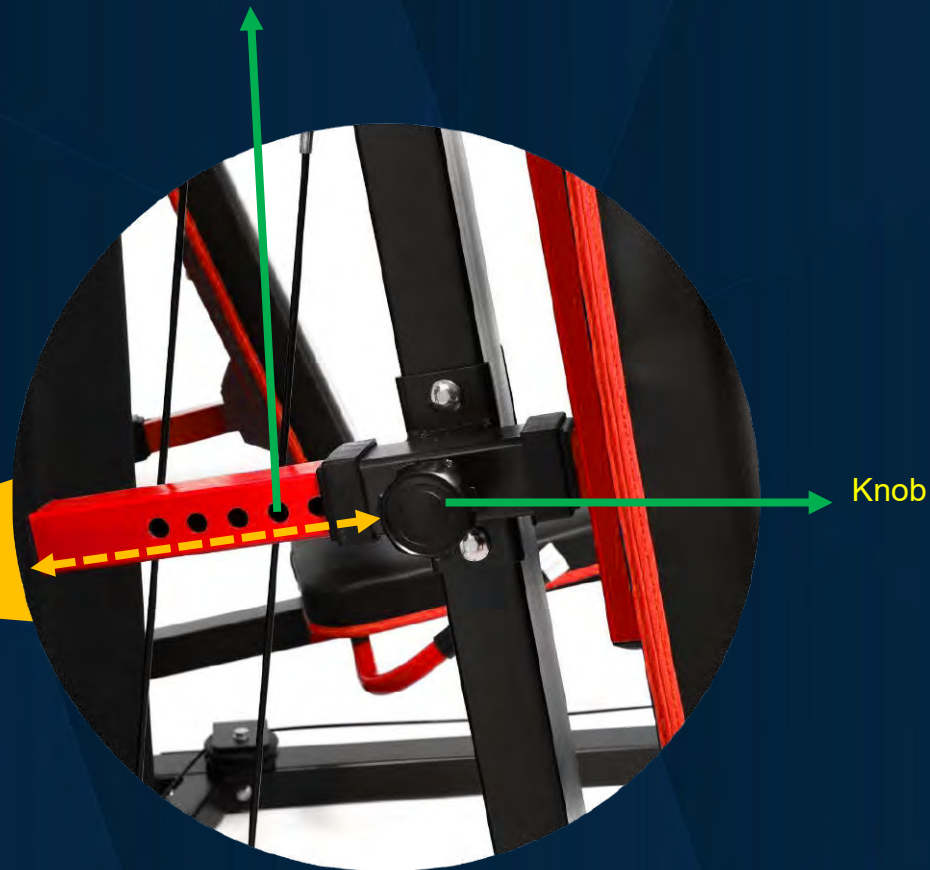
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Adjustable backrest pad



6 position adjustable backrest pad can meet the different height users.



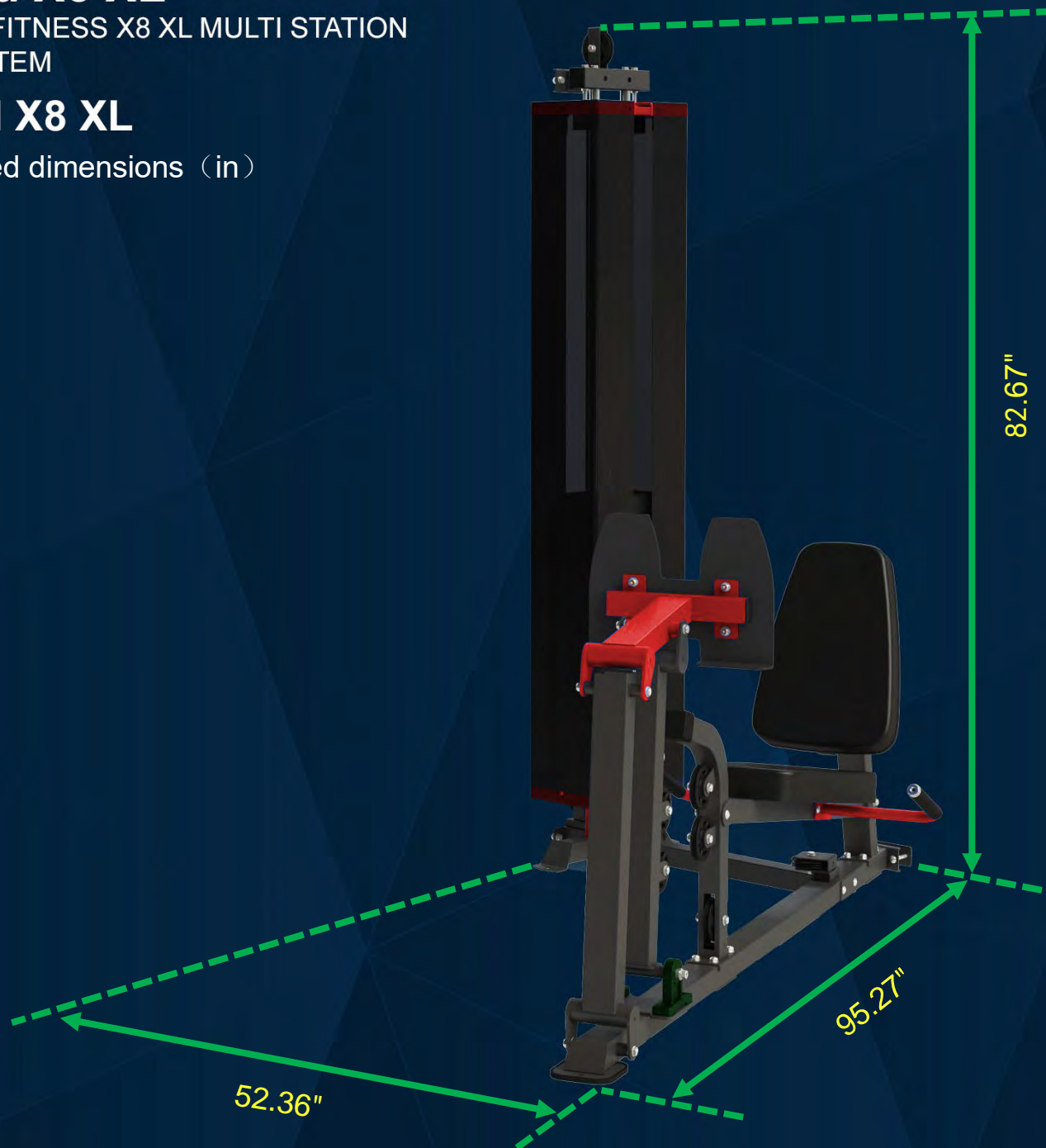
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X8 and X8 XL

Assembled dimensions (in)

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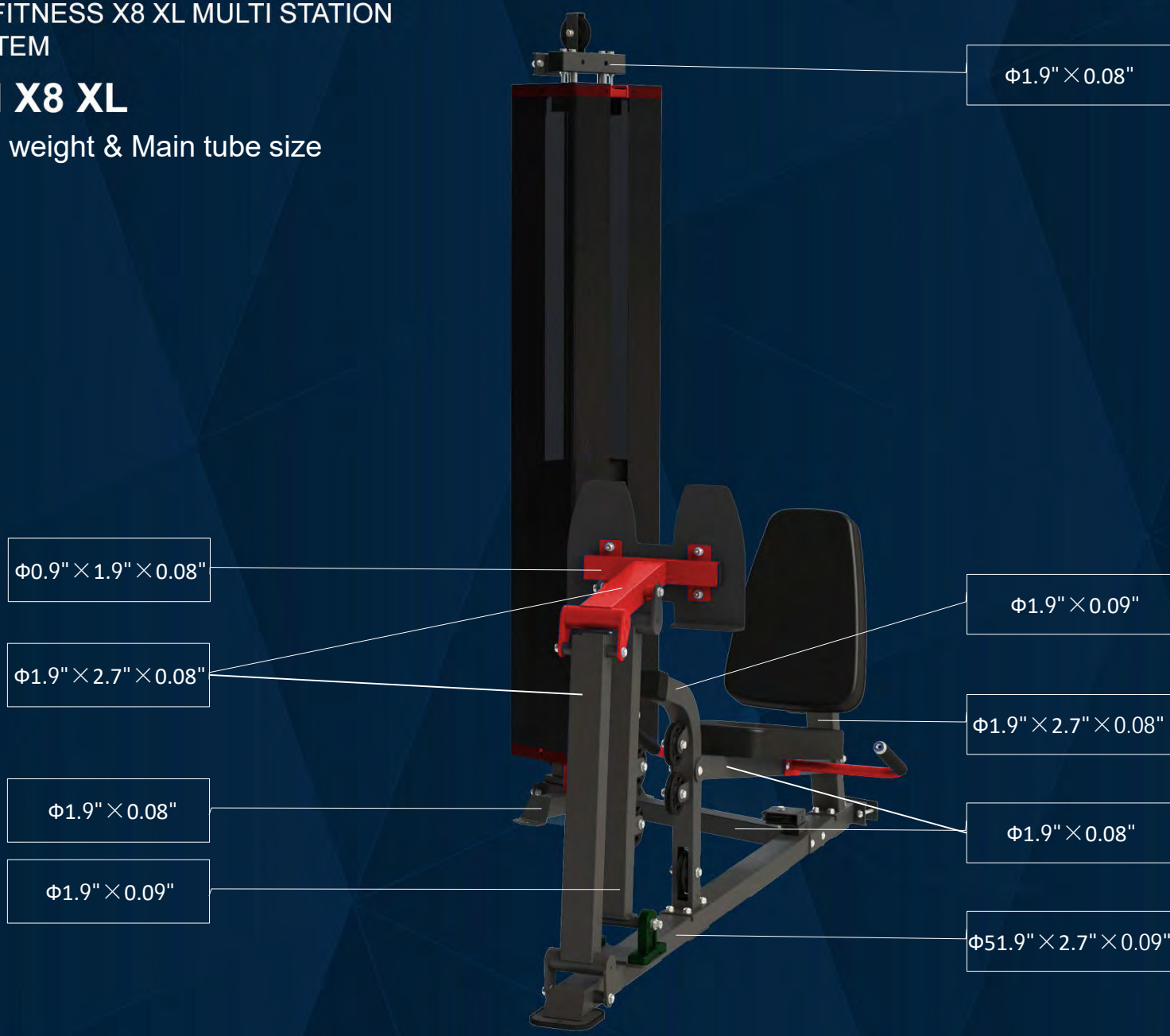


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X8 and X8 XL
Maximum weight & Main tube size



Maximum user weight: 300lbs

X8 and X8 XL

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X8 and X8 XL

Characteristic

Cable diameter: 5mm

Non-slip metal footplate

Footplate support frame

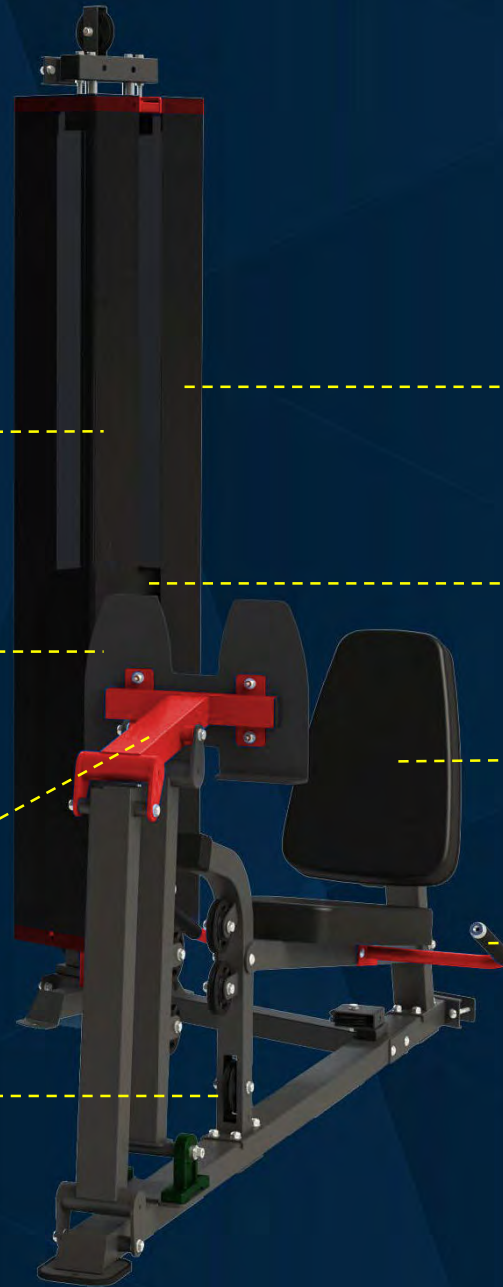
Super flexible PP pulley (Same
bumper material)

Canvas shield not only has the
protection effect but also increases
the stability of the machine.

weight stack is
11 lbsx24=265lbs

Adjustable backrest pad

HDR grip



X8 and X8 XL

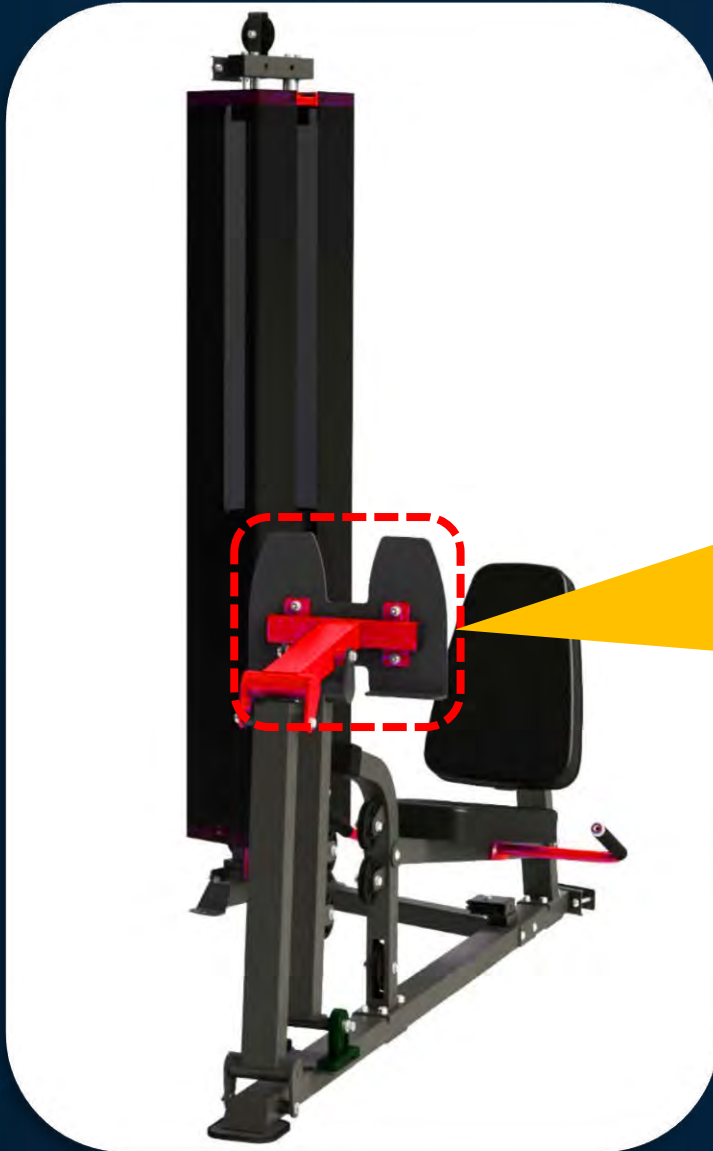
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Non-slip metal footplate

Humanized non-slip metal footplate. The pattern is lentil, with a basic height of 5mm, which is consistent with ergonomics. It can increase the force of friction.



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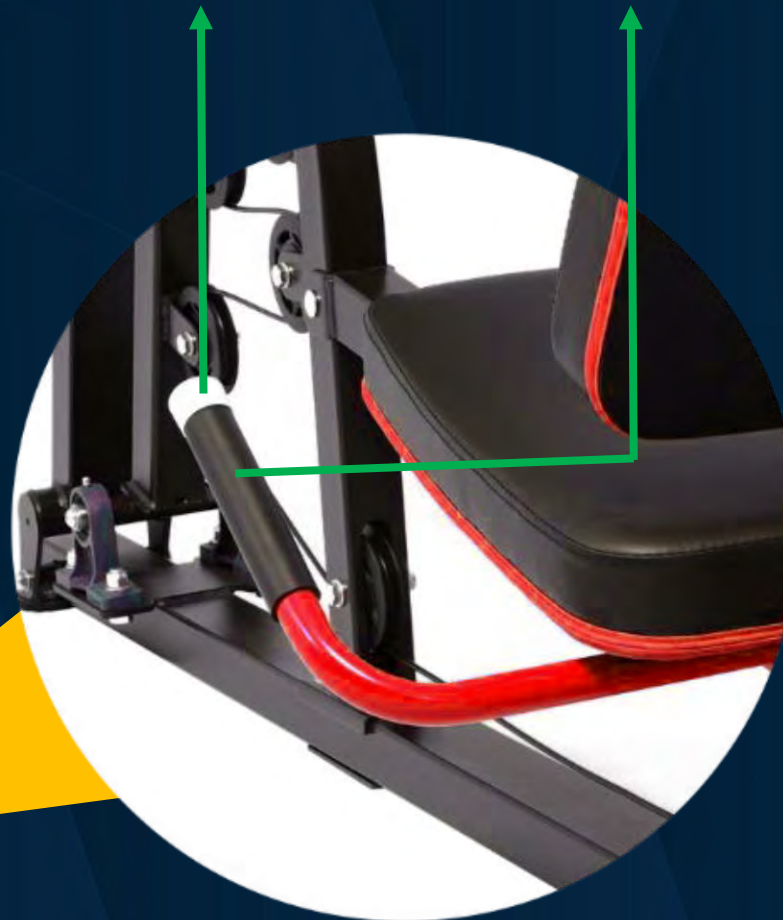
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Detail display



Aluminium alloy end cap

Comfortable HDR handle grip



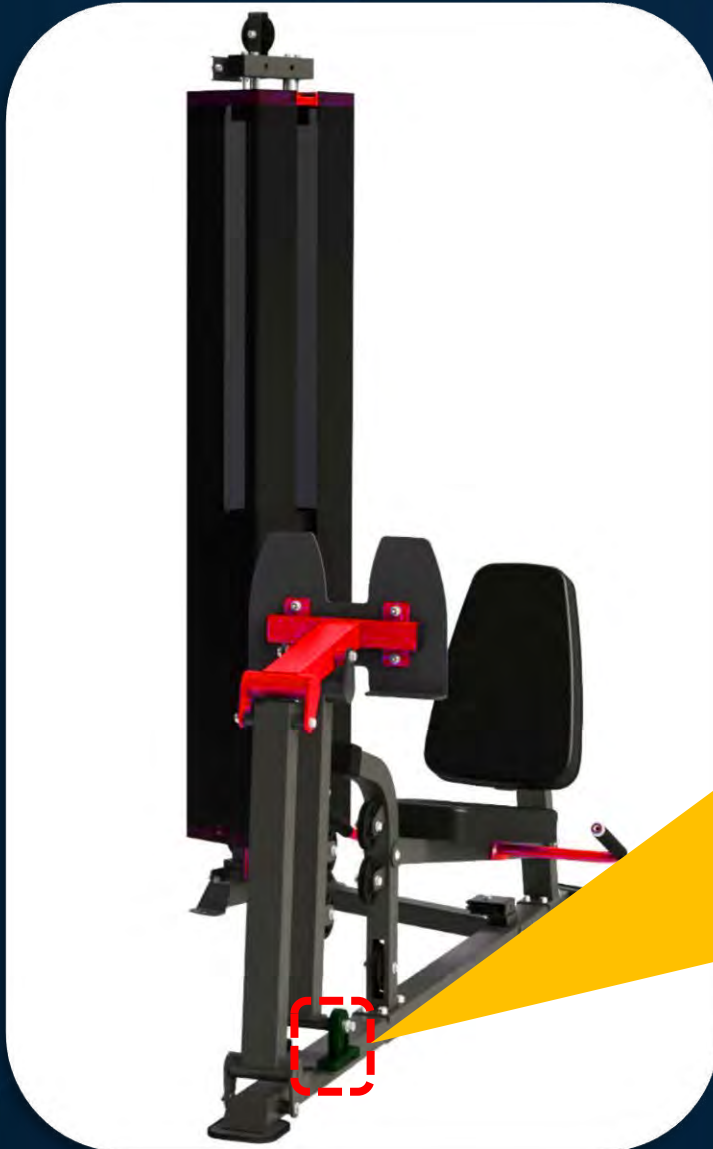
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Bearing bracket



The use of double bearing bracket has no gap fit and makes the leg press more smooth.



Zinc plated hexagon socket head screw is more easy to tighten.

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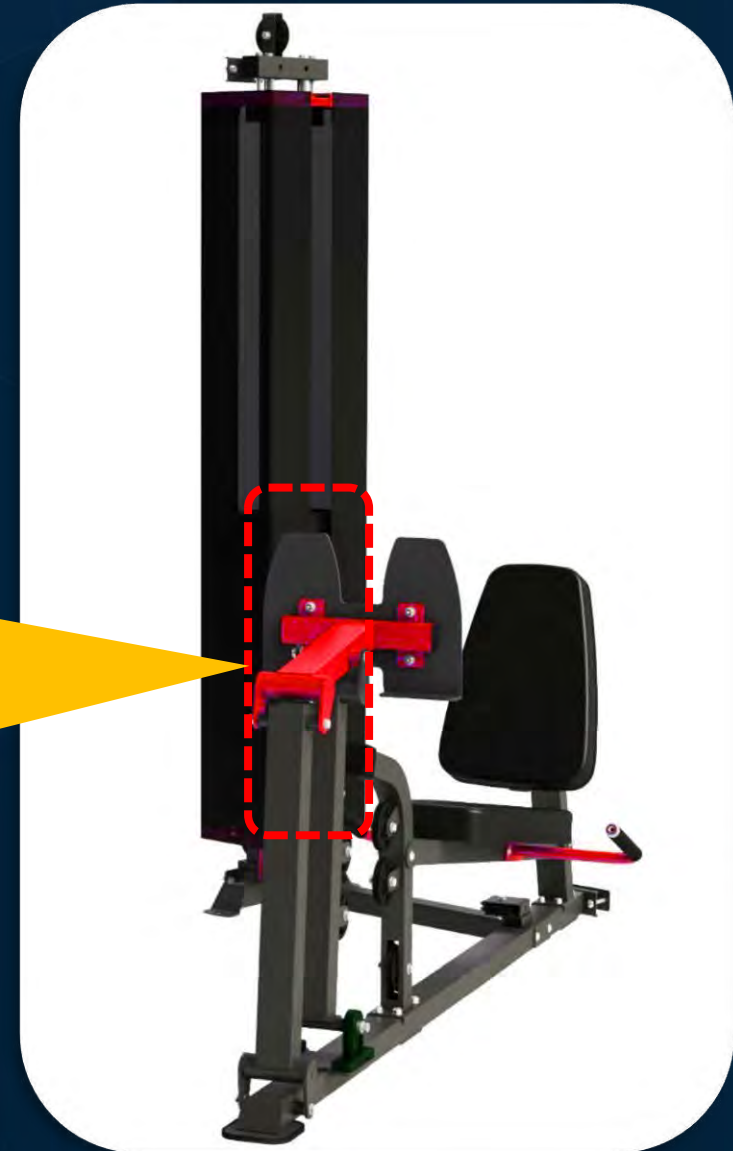
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Weight stack

Canvas shield not only has the protection effect but also increases the stability of the machine.

265 lb weight
Stack on X8
and X8 XL



X8 and X8 XL

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Reinforced base

It's more stable with increasing the contact area between the end and the ground.



More stable full welding



X8 and X8 XL

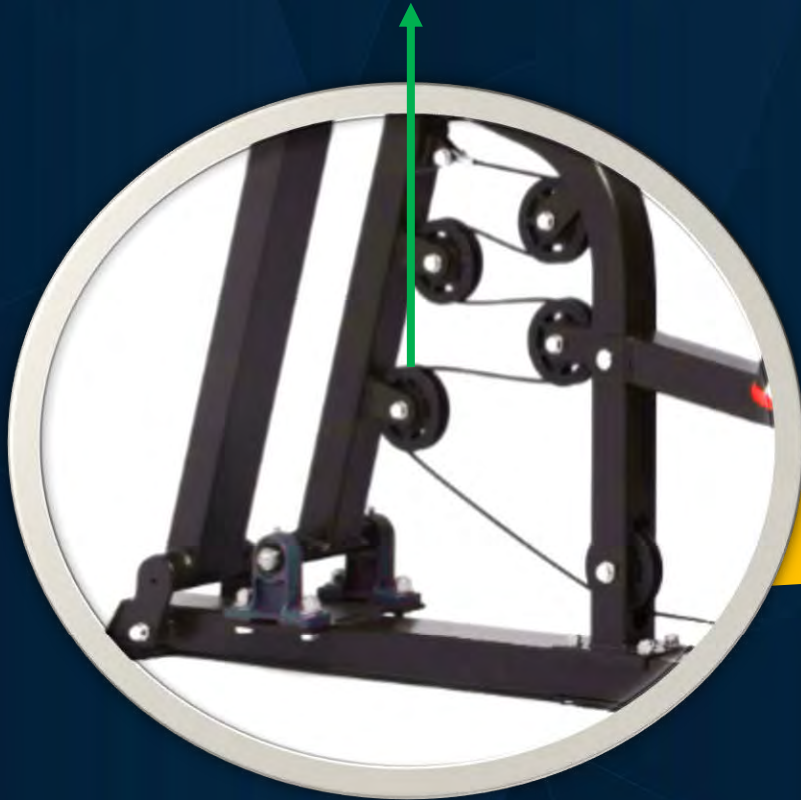
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Key structure of leg lifting

5 times force of the steel cable and the four bar linkage to ensure the linearity of the movement track.



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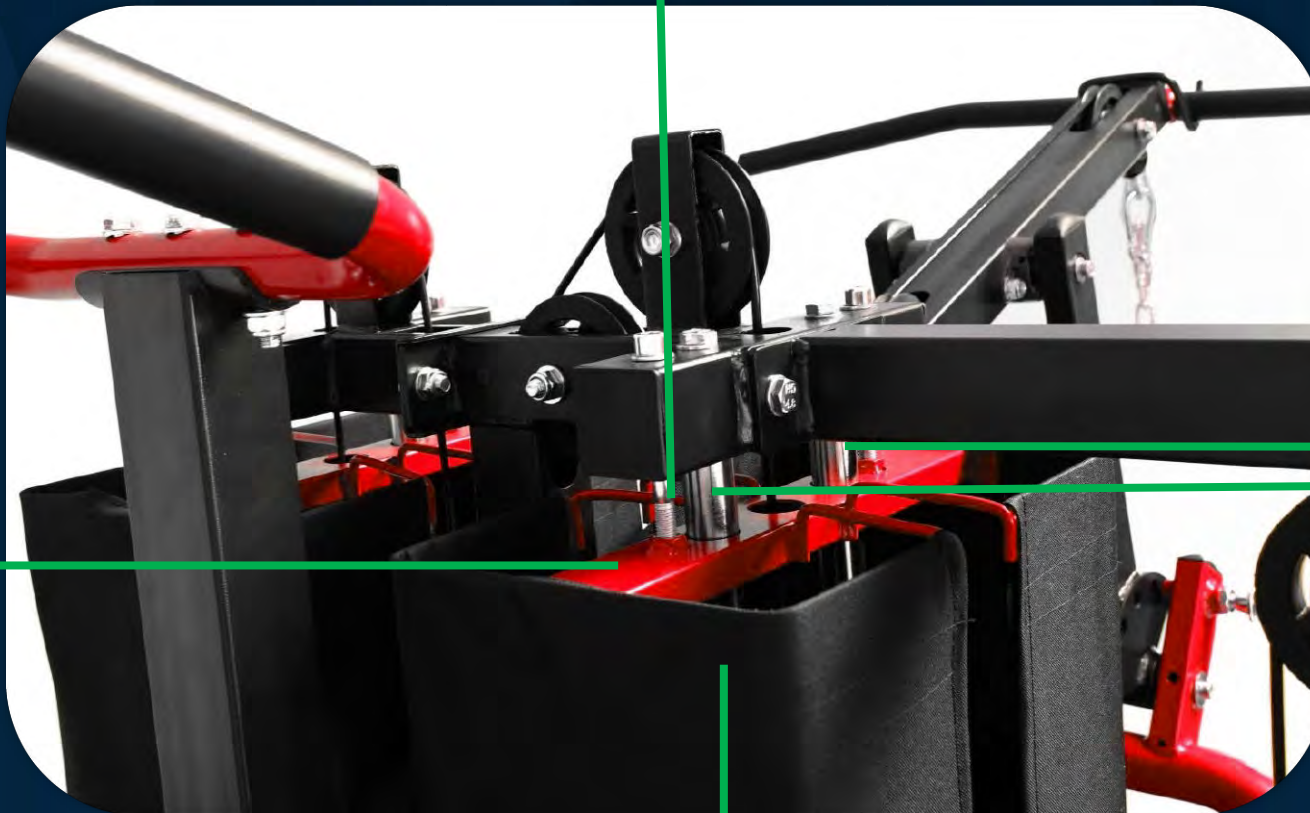
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Strained structure of canvas cover

When the shield is loose, loosen the nut, then adjust the the bolt clockwise, and lift the shield holder and tighten the shield.



Fix the shield on frame

Put the sleeve on the guide.

Canvas shield not only has the protection effect but also cut down the cost.

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X8 and X8 XL

Assembled dimensions (in)



X8 and X8 XL

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X8 and X8 XL

Maximum weight & Main tube size



Maximum user weight: 300lbs

X8 and X8 XL

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X8 and X8 XL

Characteristic

Leather foam

Adjustable backrest pad

Adjustable cushion

Cushion frame

HDR grip

Backrest pad frame

Super flexible PP
pulley (Same
bumper material)



X8 and X8 XL

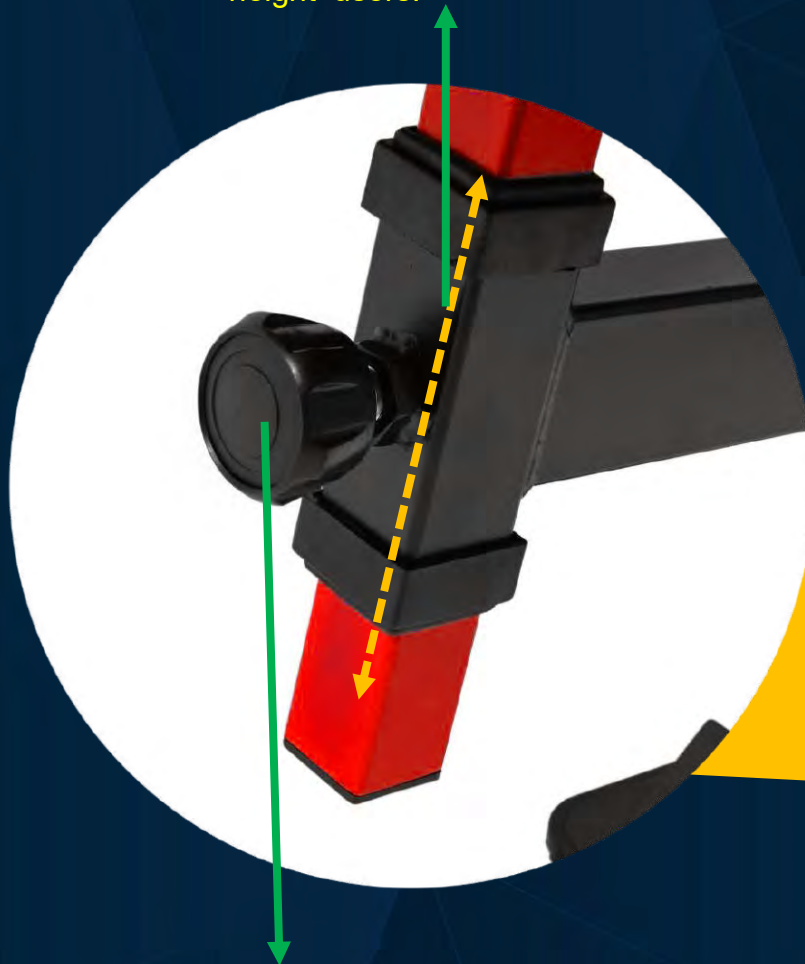
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X8 and X8 XL

Adjustable cushion

5 position adjustment can meet the different height users.



Round knob, easy to be adjustable.



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X8 and X8 XL

Reinforced base

It's more stable with increasing the contact area between the base and ground.



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Adjustable butterfly

5 position adjustment design can meet the different height users.

Zinc plated
Lock Pin



Training the chest and back with adjustable butterfly

X8 and X8 XL

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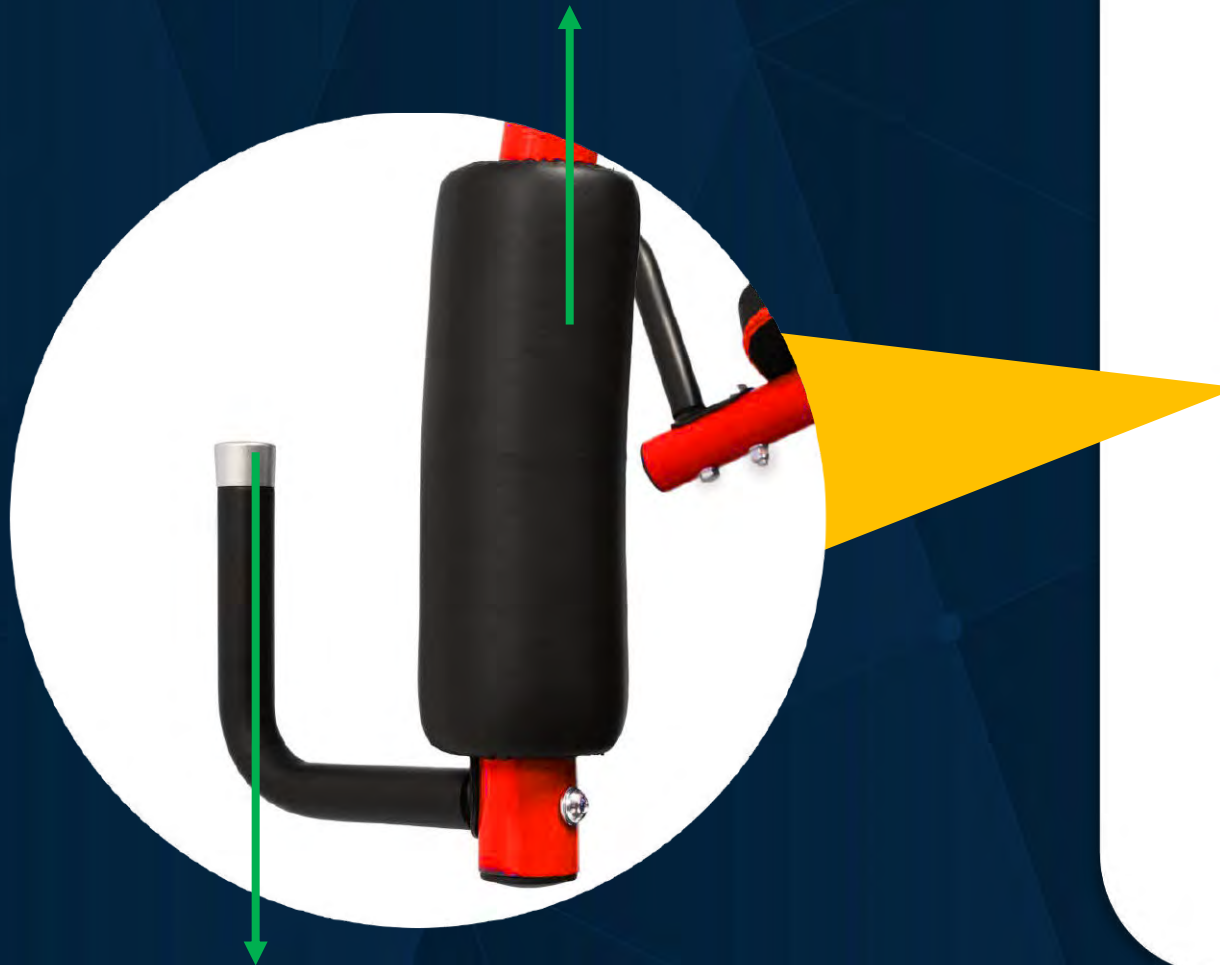
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Detail display

Comfortable leather. reduce noise

Aluminium alloy end cap



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Backrest pad frame



8 position adjustment can meet the different height users.



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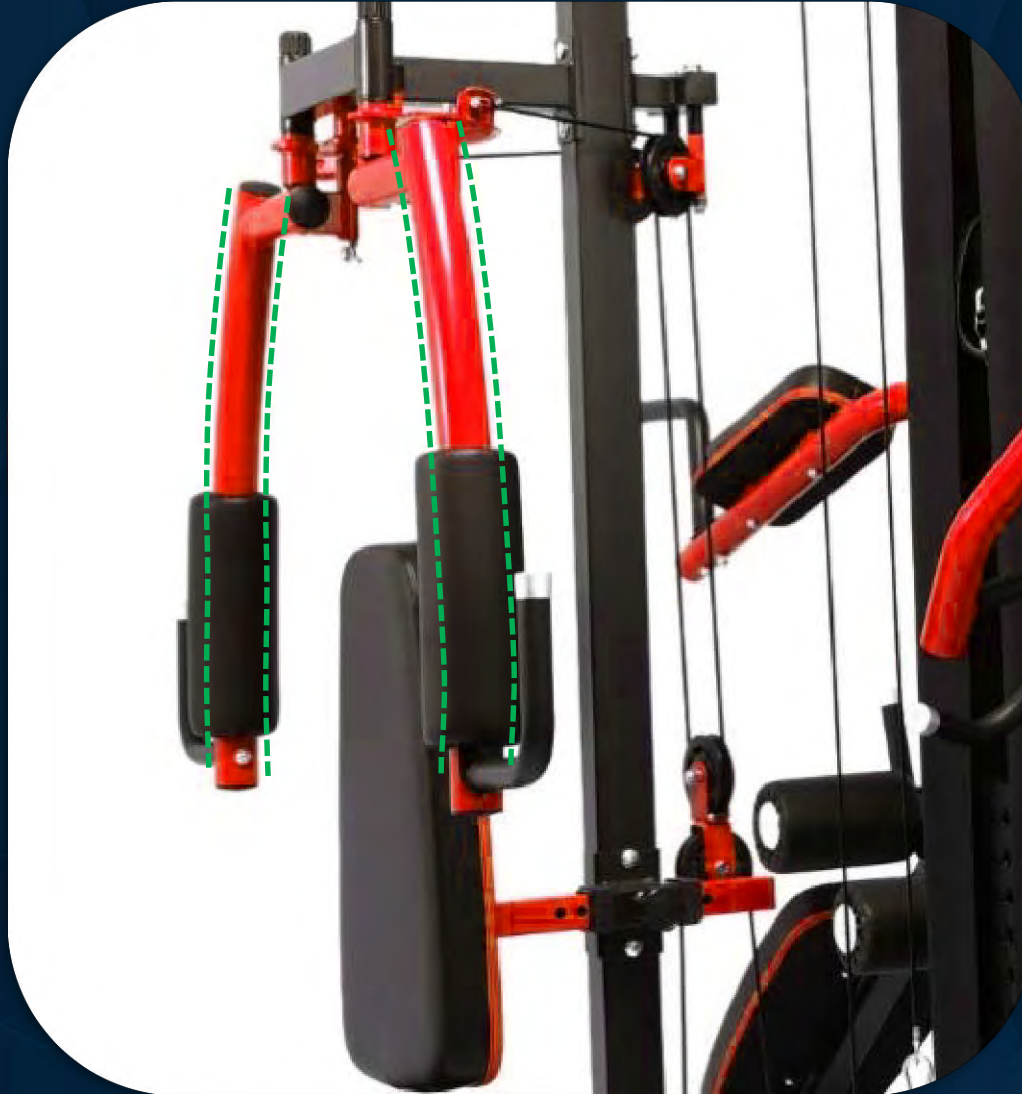
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X8 and X8 XL

Unique butterfly design

The arc butterfly machine is designed to swing arm structure backward, forming rowing, chest clamping and pushing the chest three in one function. In accordance with the ergonomics, the structure has realized the use of one machine. It breaks through the use of two sets of structures in the past, and the two groups of cable trends can realize the limitation of the three functions, reduce the cost and save the use space.



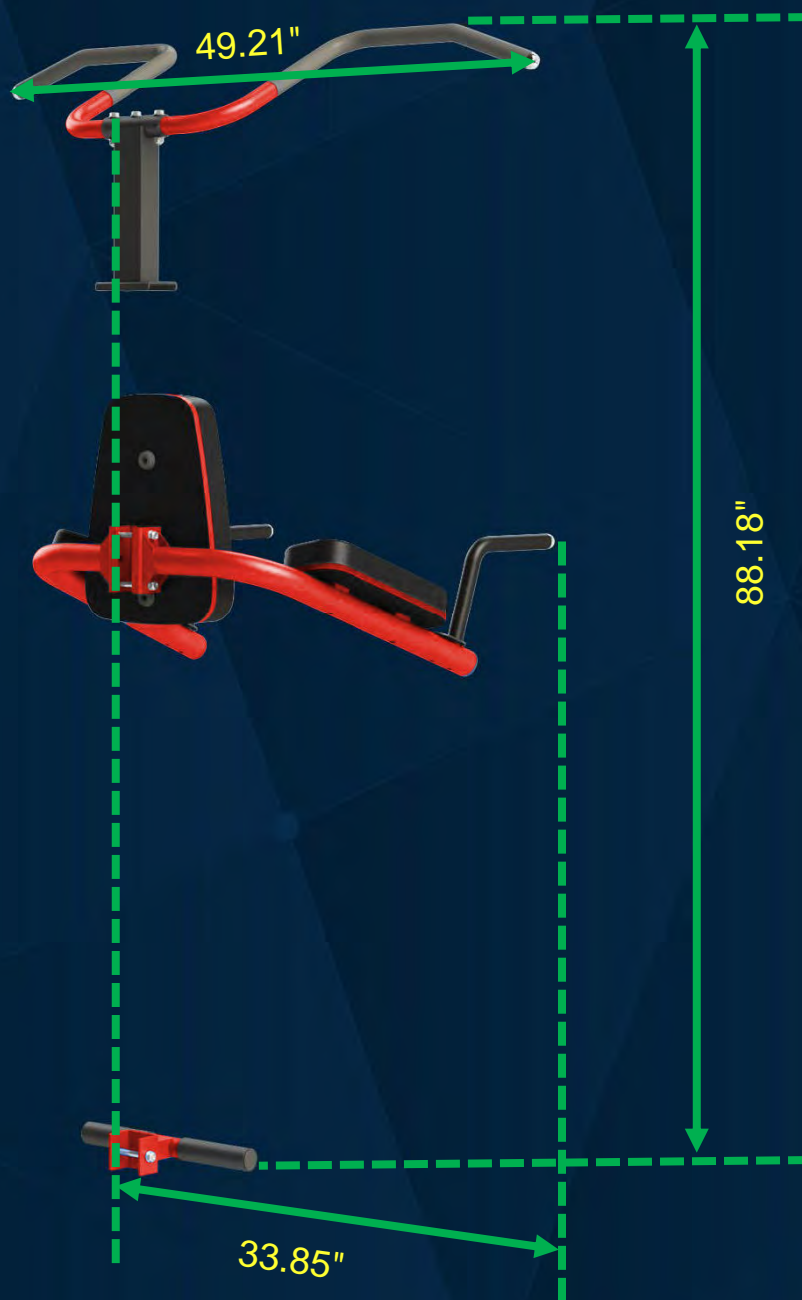
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X8 and X8 XL

Assembled dimensions (in)



X8 and X8 XL

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X8 and X8 XL

Maximum weight & Main tube size



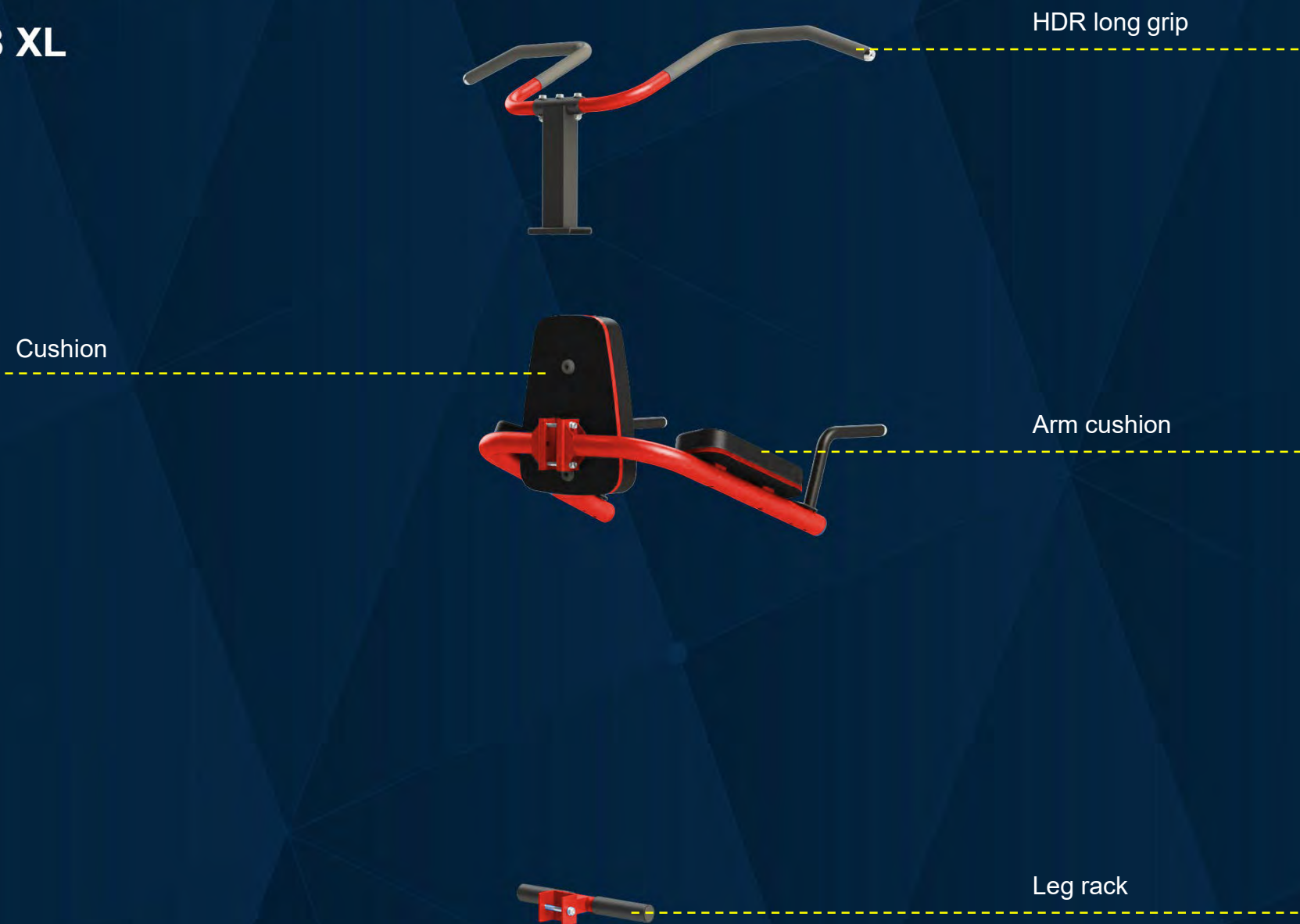
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X8 and X8 XL

Characteristic



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Chin up



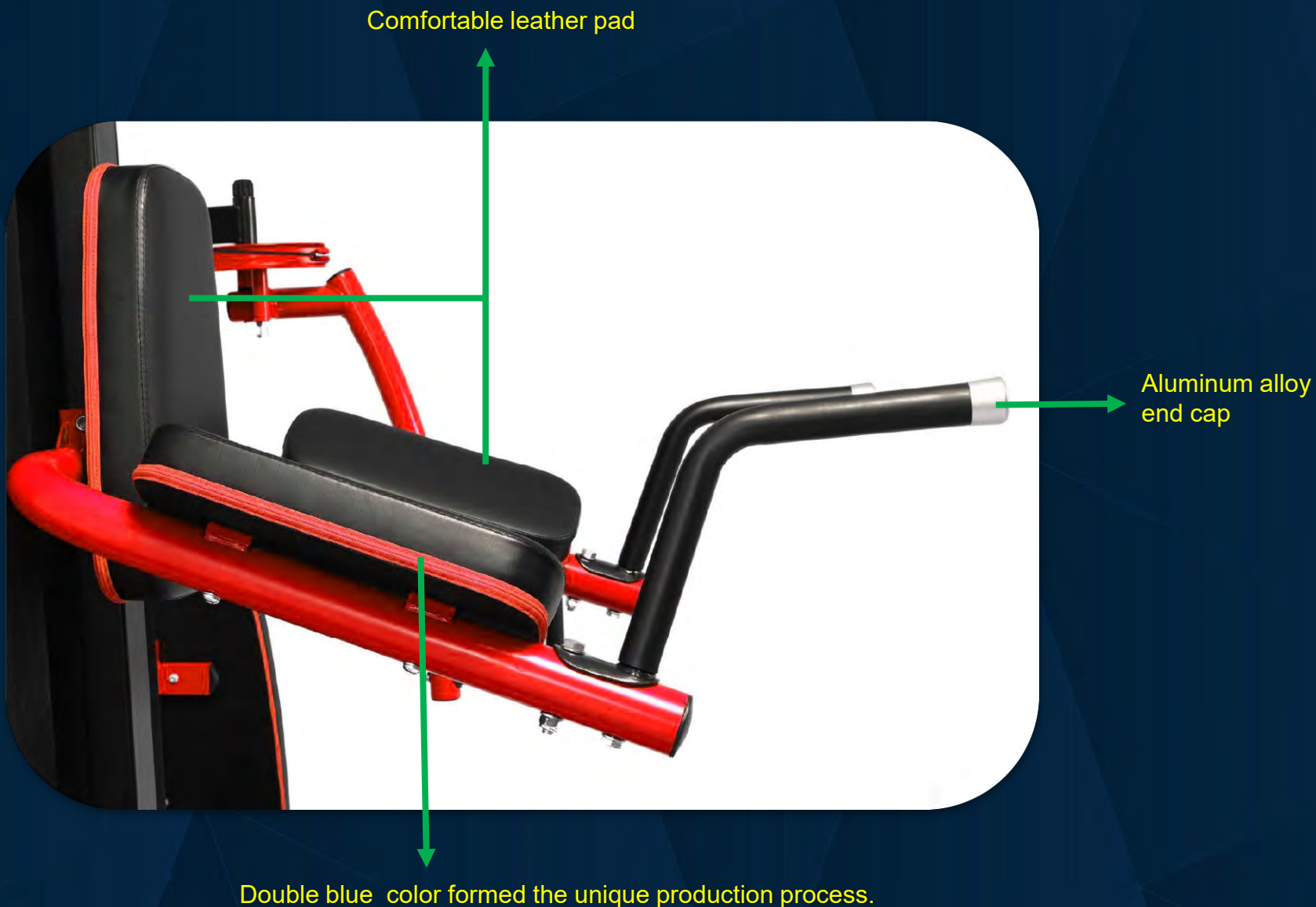
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X8 and X8 XL

Detail display



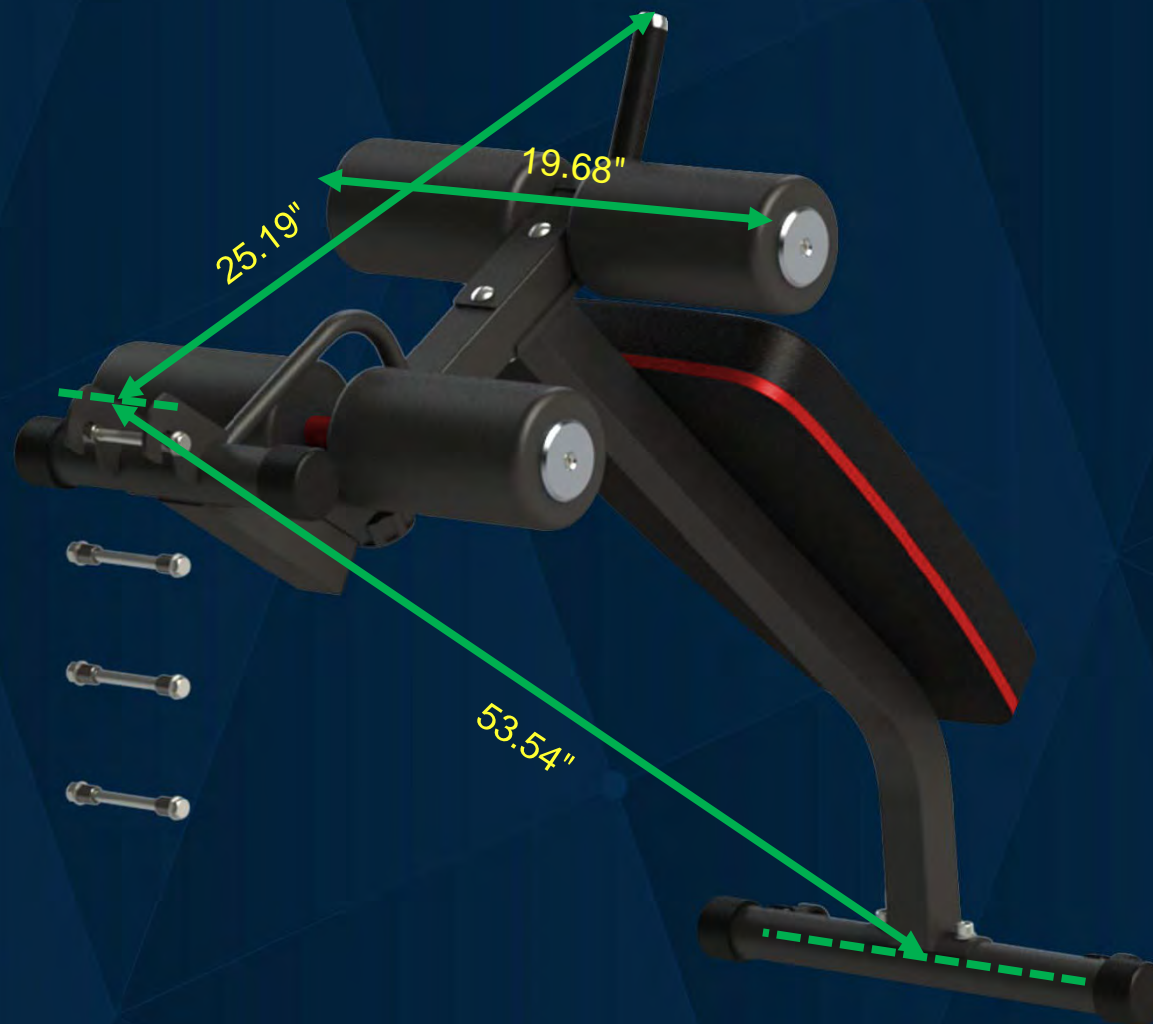
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Assembled dimensions (in)



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Maximum weight & Main tube size

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X8 and X8 XL

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X8 and X8 XL

Characteristic

ABS chrome plated end cap

HDR long grip

Leather foam

High quality elastic cushion

Limit gear shaft



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X8 and X8 XL

Easy to move the bench

Equipped with wear-resistant moving roller .



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Detail display

HDR handle grip . Feel more comfortable.



It uses top grade black fur with generous appearance, full and elastic.



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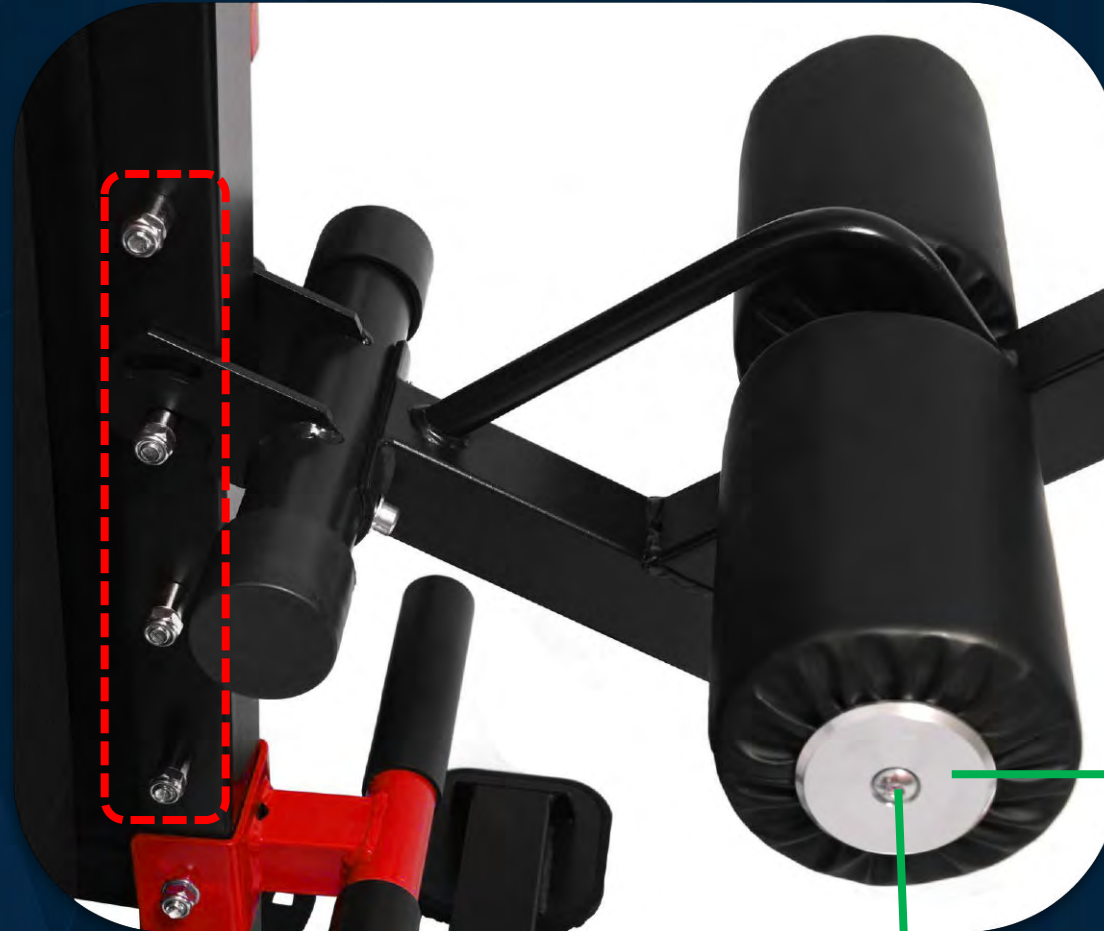
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Limit gear shaft

Using 4 limit gear shaft, the height of the bench can be flexibly adjusted according to different height training.



Aluminum alloy FOAM block .

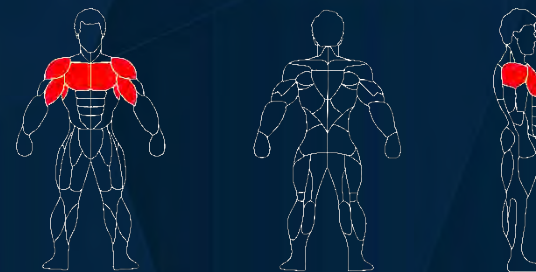
The hexagon sunk head screw s are fixed in the FOAM tube to make the leather FOAM more stable.

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Pectoral fly

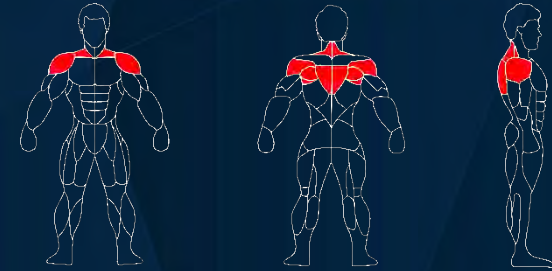


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Pectoral fly

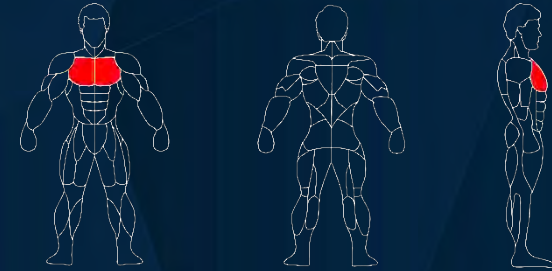


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Pectoral fly

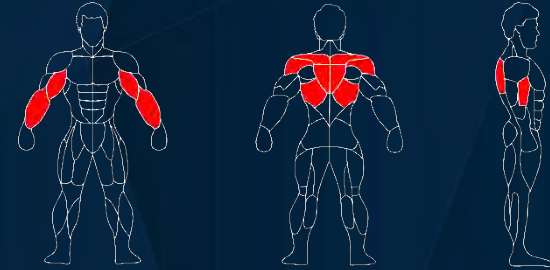


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Seated row

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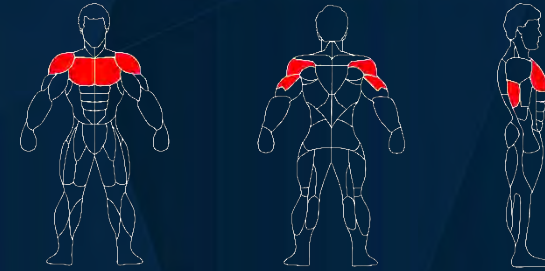


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Bench press

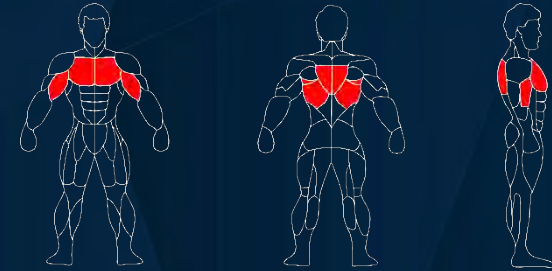


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Lat pull-down

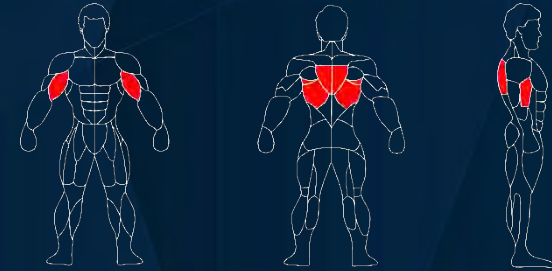


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Wide-grip pull-down

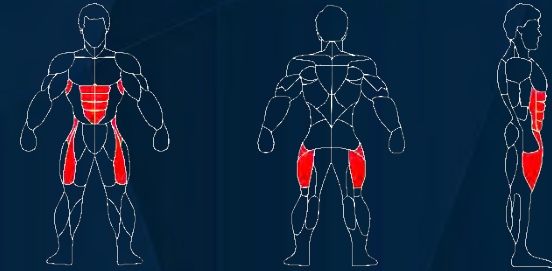


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Abdominal crunch

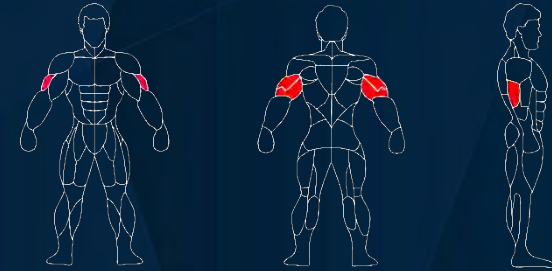


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Tricep push-down

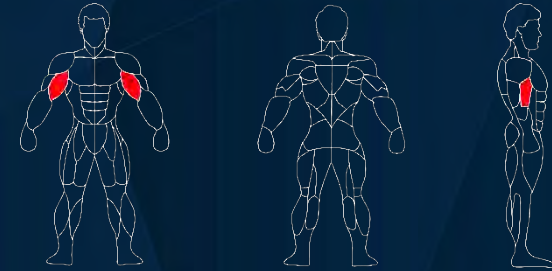


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Seated preacher curl

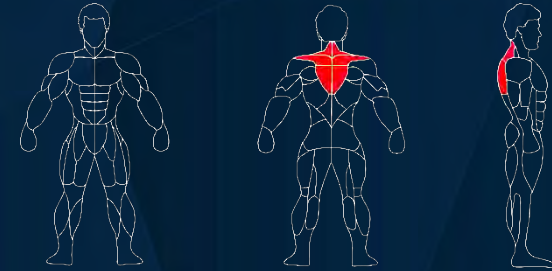


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Upright row

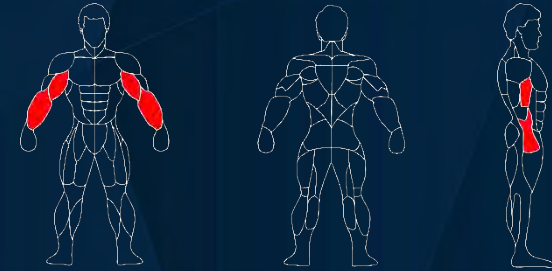


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Double bicep curl

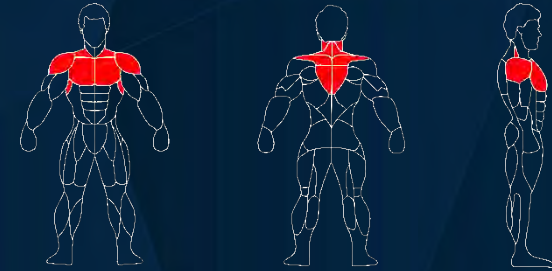


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Bent over lateral shoulder raise

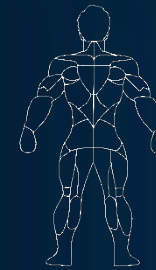


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Lateral chest cable cross

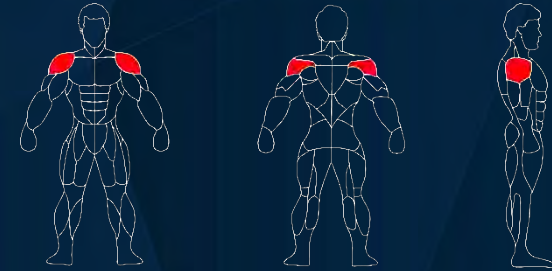


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Lateral raise



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Shoulder shrug

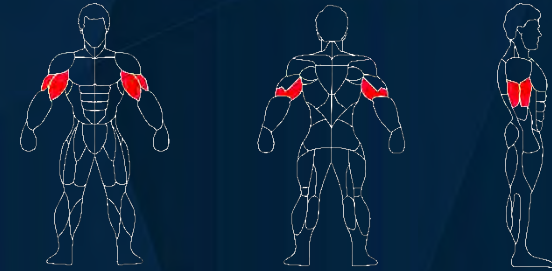


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Single bicep curl

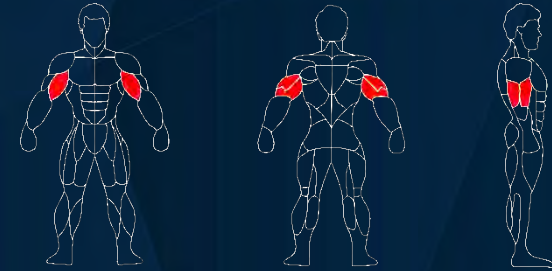


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Tricep kickback

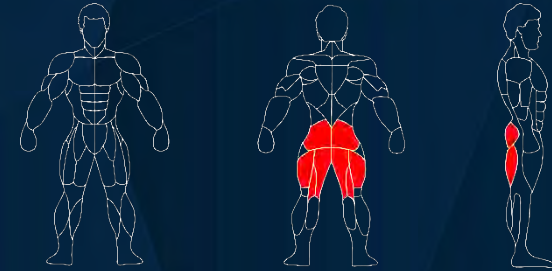


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Leg kick-back

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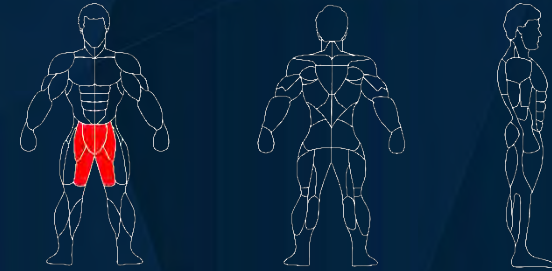


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Hip adduction

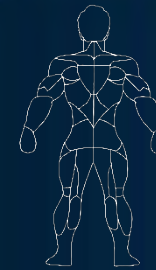
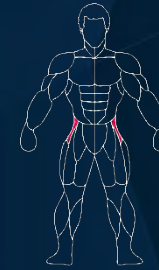


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Leg kick-outer

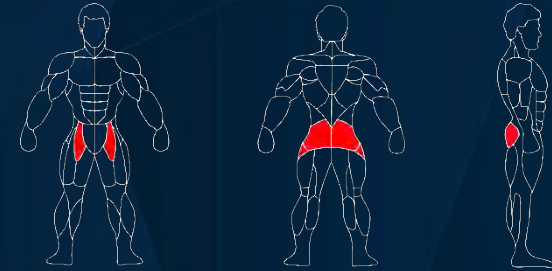


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Hip flexion

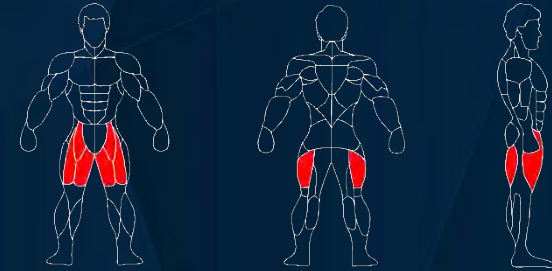


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Leg extension



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Standing leg curl

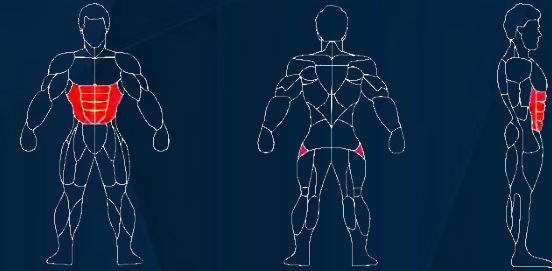


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Slanted plate back up

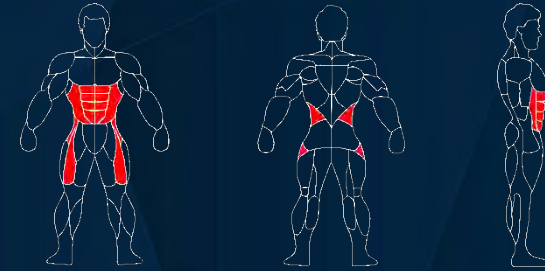


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Parallel bars leg raise

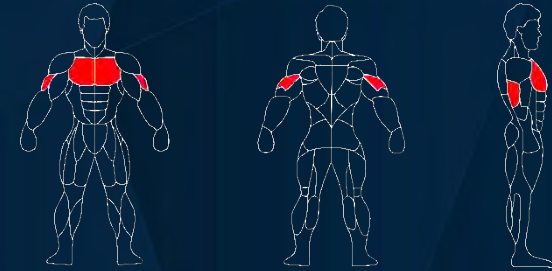


X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

FRENCH FITNESS

Arm flexion and extension

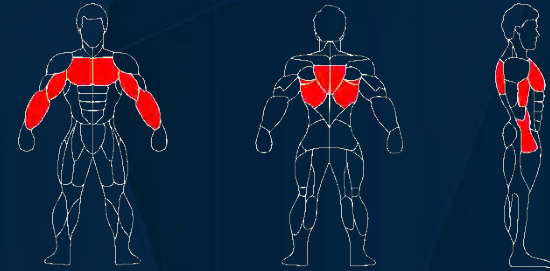


X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

FRENCH FITNESS

Pull-up

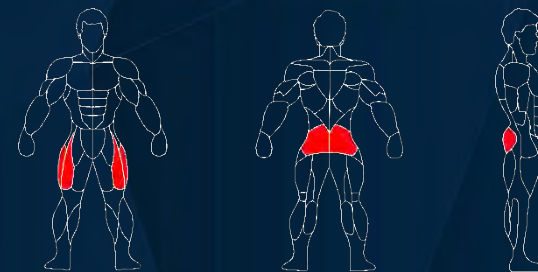


X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

FRENCH FITNESS

Leg press

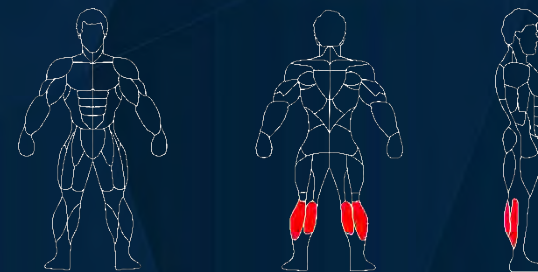


X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

FRENCH FITNESS

Sitting Huck squat



US & European design idea
Innovative technical patent



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Website: www.frenchfitness.com



Pectoral fly



Pectoral fly



Pectoral fly



Bench press



Bench press



Seated row



Wide-grip pull-down



Lat pull-down



Seated preacher curl



Abdominal crunch



**Bent over lateral
shoulder raise**



Lateral chest cable cross



Tricep kickback



Lateral shoulder raise



Single bicep curl



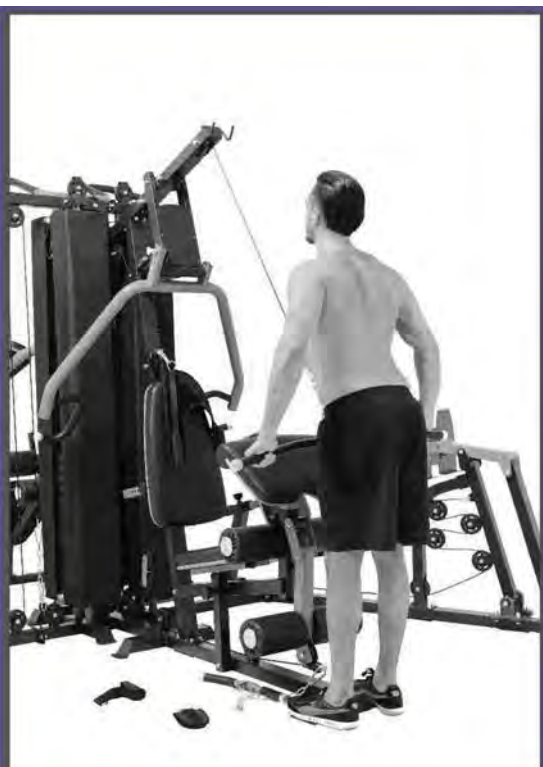
Bent-over row



Shoulder shrug



Standing bicep curl



Tricep push-down



Leg kick-inner



Abdominal leg raise



Standing leg curl



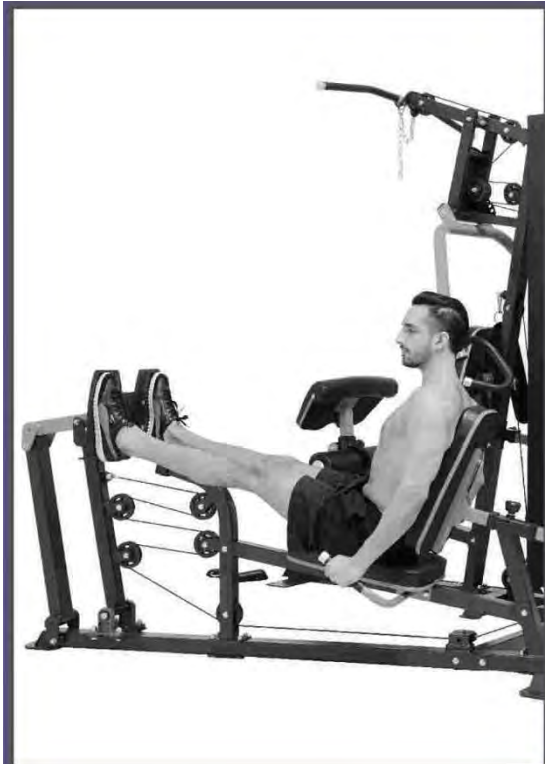
Leg kick-back



Leg kick-outer



Leg extension



Leg press



Sitting hack squat



Slanted plate back up



Slanted plate back up



Dip



Parallel bars leg raise



Pull-up