

# FRENCH FITNESS

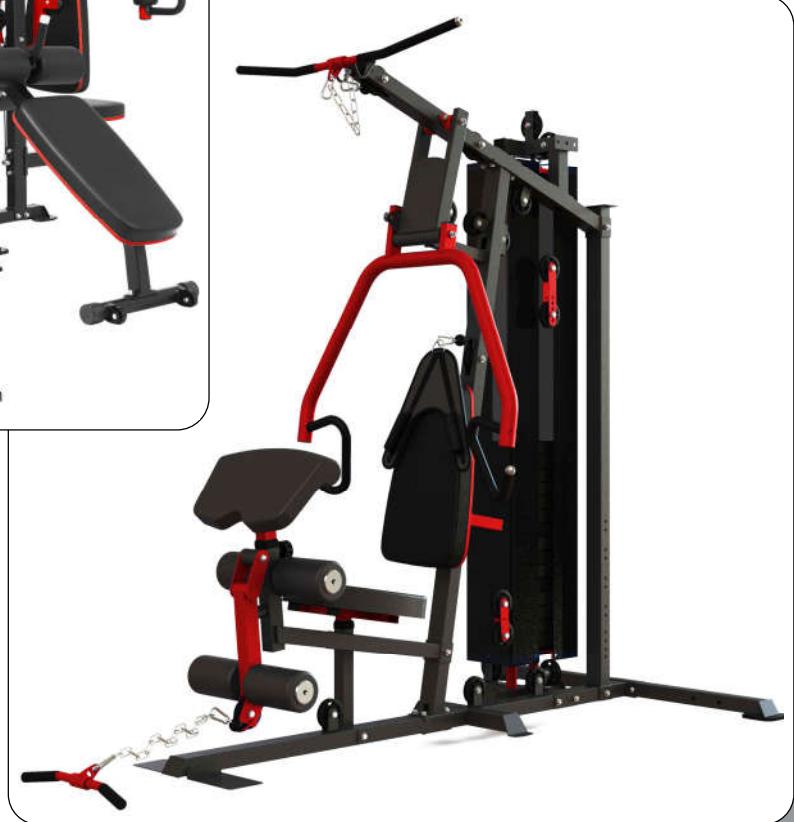
FF-X8 / FF-X8 XL

**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.

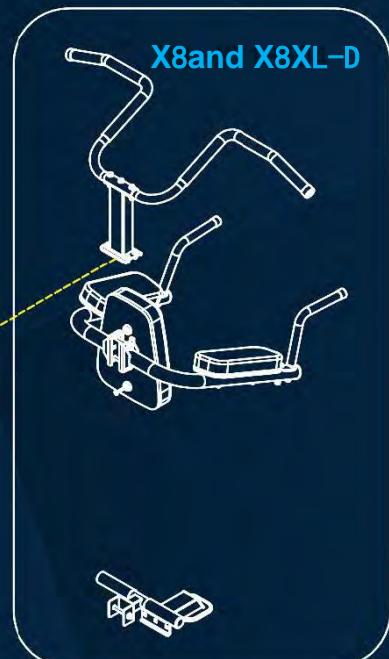
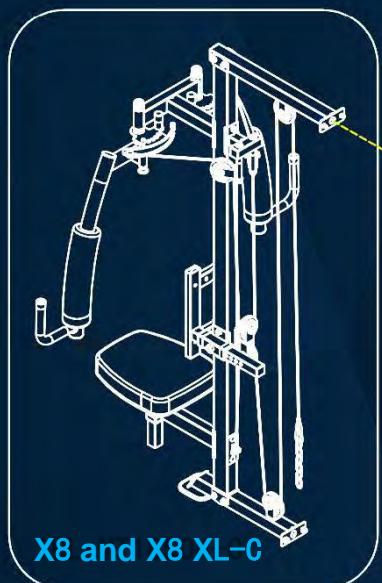


# X8 and X8 XL

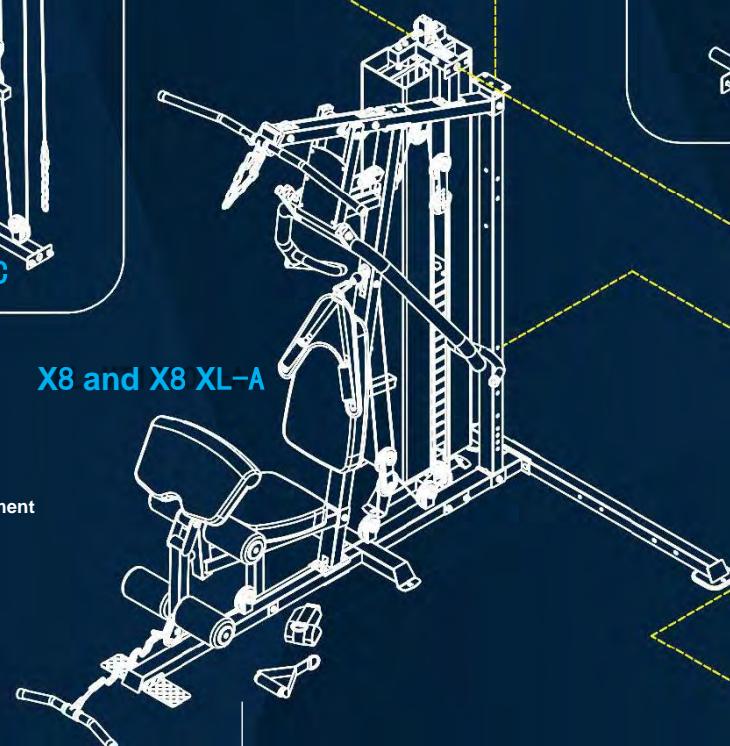
FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

FRENCH FITNESS

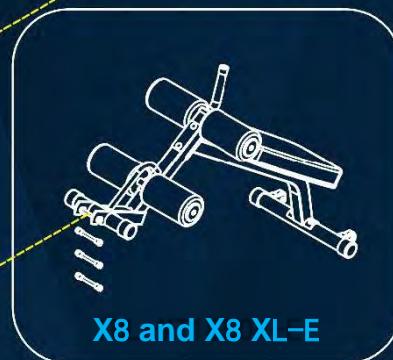
Exploded diagram



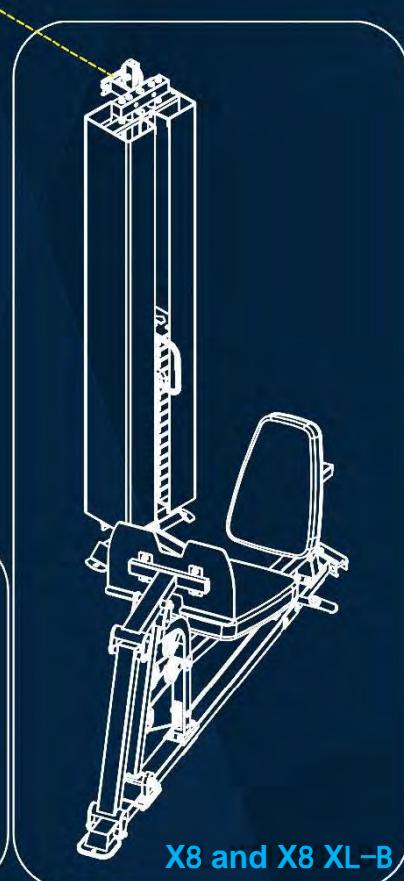
Butterfly Attachment  
X8: Optional  
X8 XL: Standard



VKR Pull Up Attachment  
X8: Optional  
X8 XL: Optional



Adjustable Bench Attachment  
X8: Optional  
X8 XL: Optional



Leg Press Attachment  
X8: Optional  
X8 XL: Standard

Main Station  
X8: Standard  
X8 XL: Standard

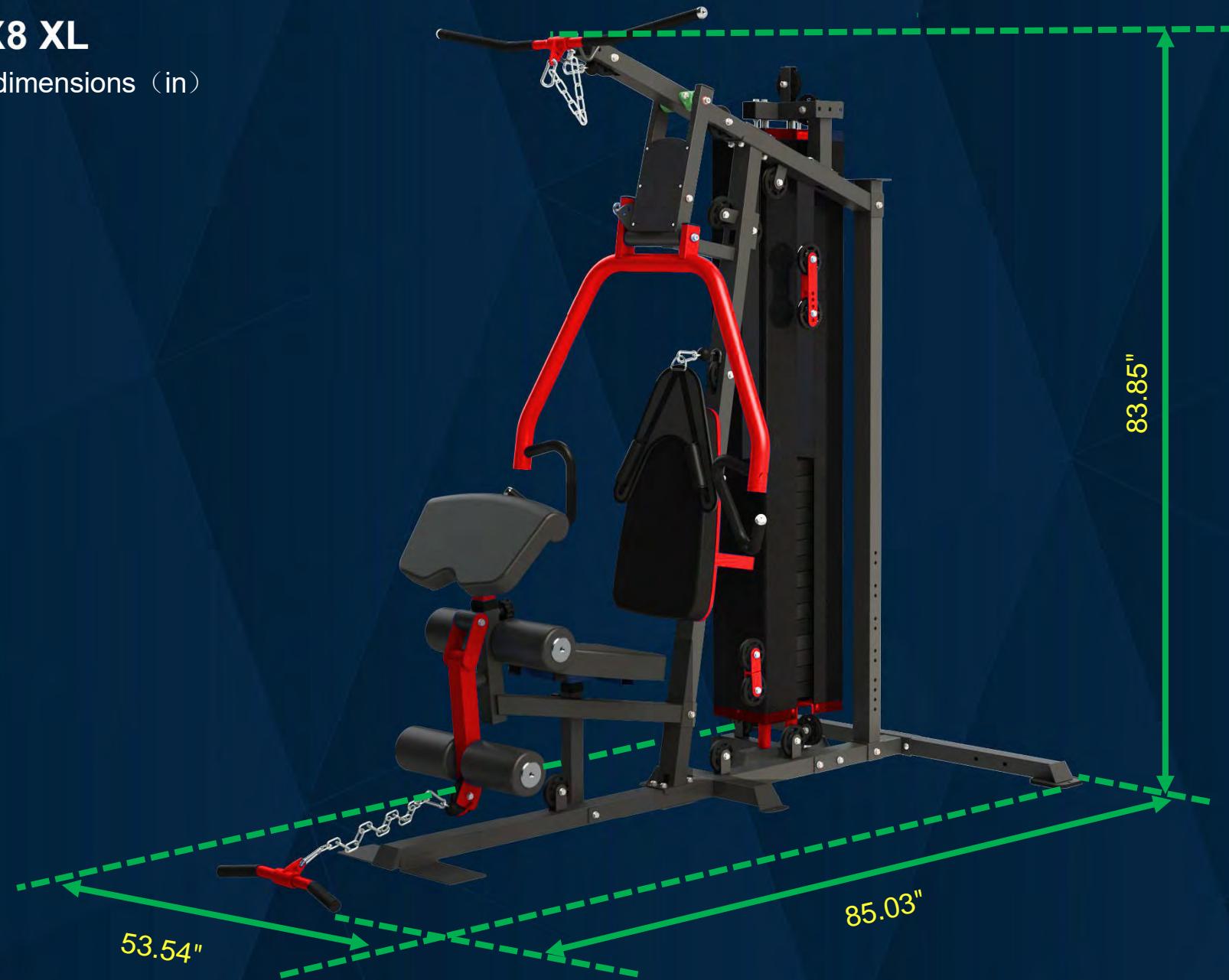
# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

## X8 and X8 XL

Assembled dimensions (in)



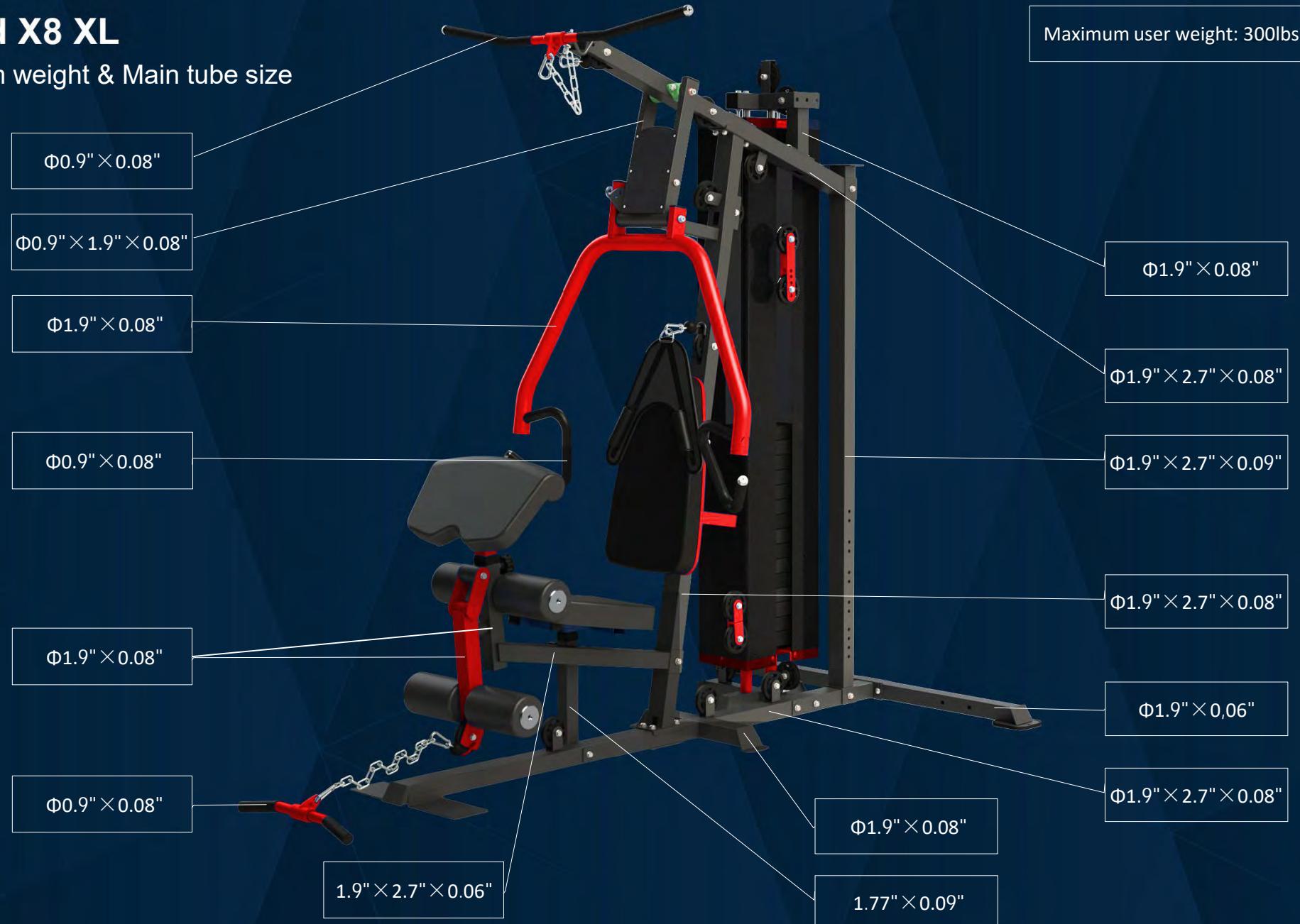
# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

## X8 and X8 XL

Maximum weight & Main tube size



# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

## X8 and X8 XL

Characteristic

HDR grip

Arc butterfly design

Adjustable backrest pad

Adjustable arm curl pad

Leather foam

Non-slip metal footplate

Super flexible PP pulley ( Same as bumper material )

Cable diameter: 0.2"

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

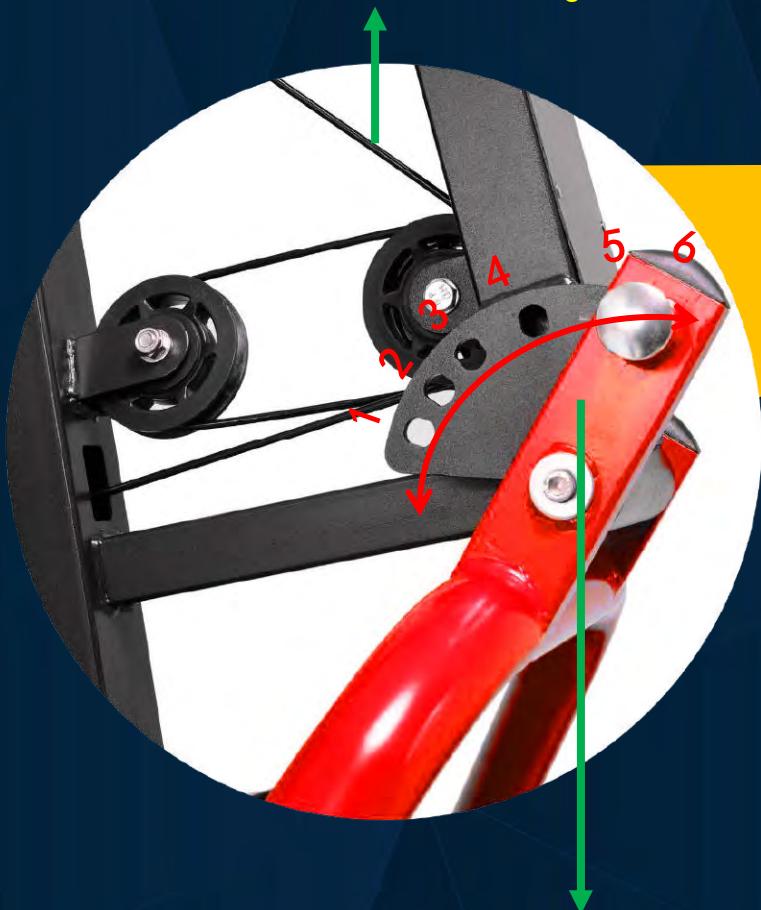
weight stack is  
 $11 \text{ lbs} \times 24 = 265 \text{ lbs}$

T super stable base

## 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.



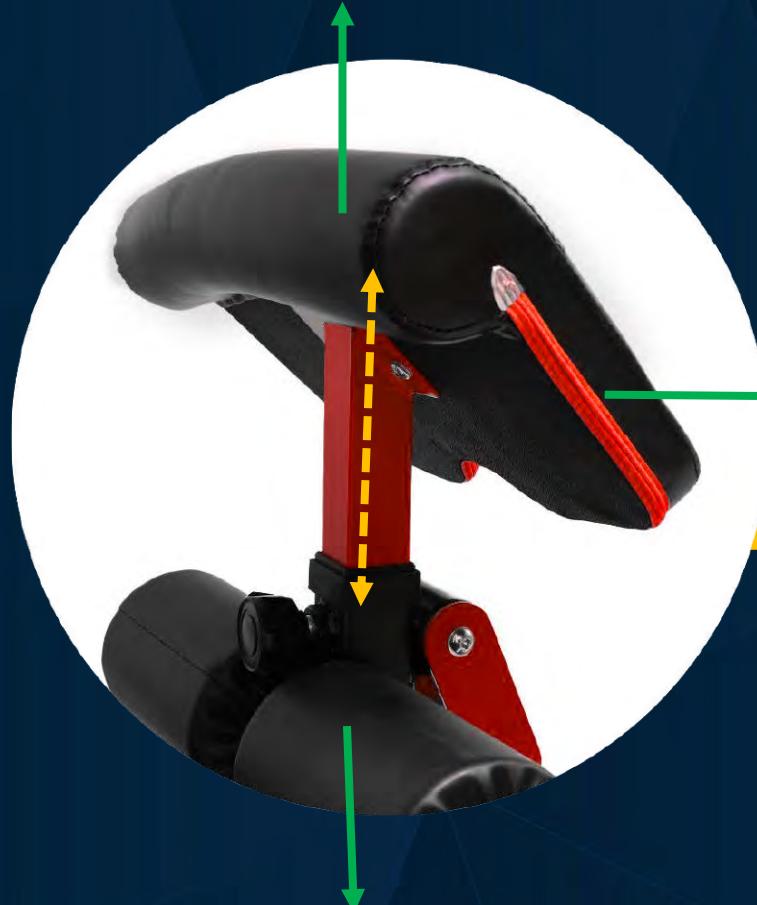
# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

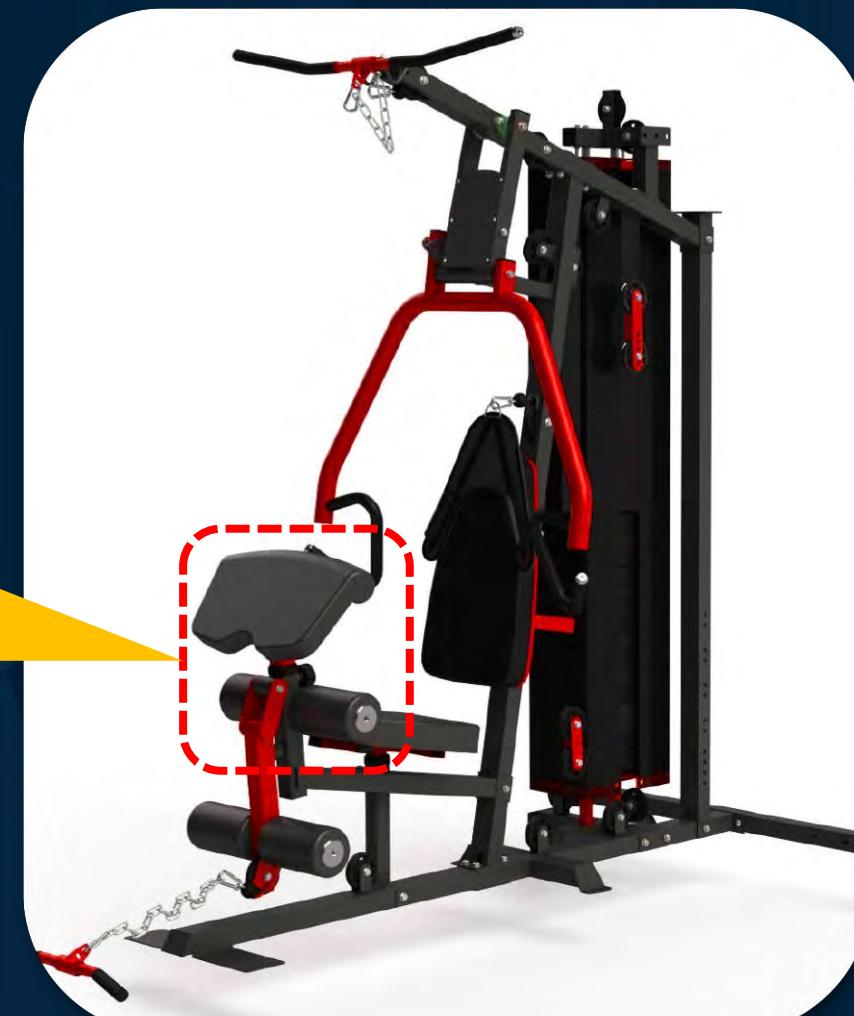
**FRENCH FITNESS**

## X8 and X8 XL

Adjustable arm curl pad



Double blue color formed the unique production process.



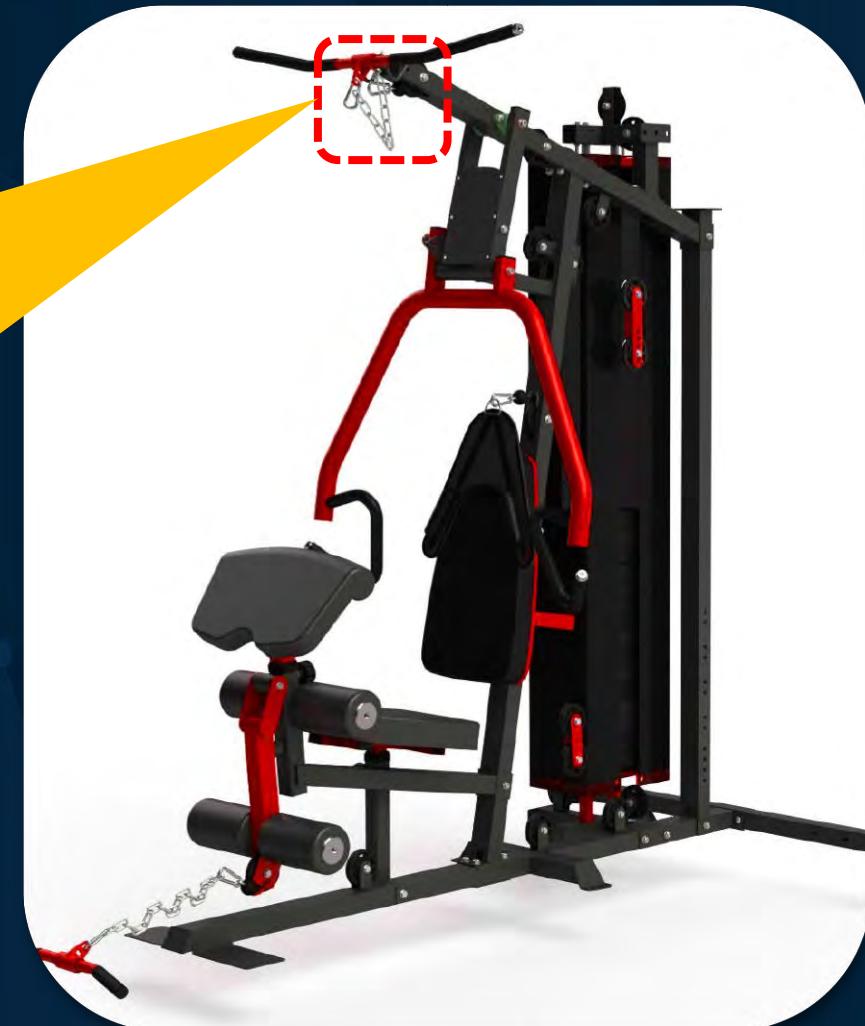
High elastic leg foam

## X8 and X8 XL

Detail display



Galvanized gourd hook can be easily adjusted.



10 ring adjustable iron chain can meet different training needs.

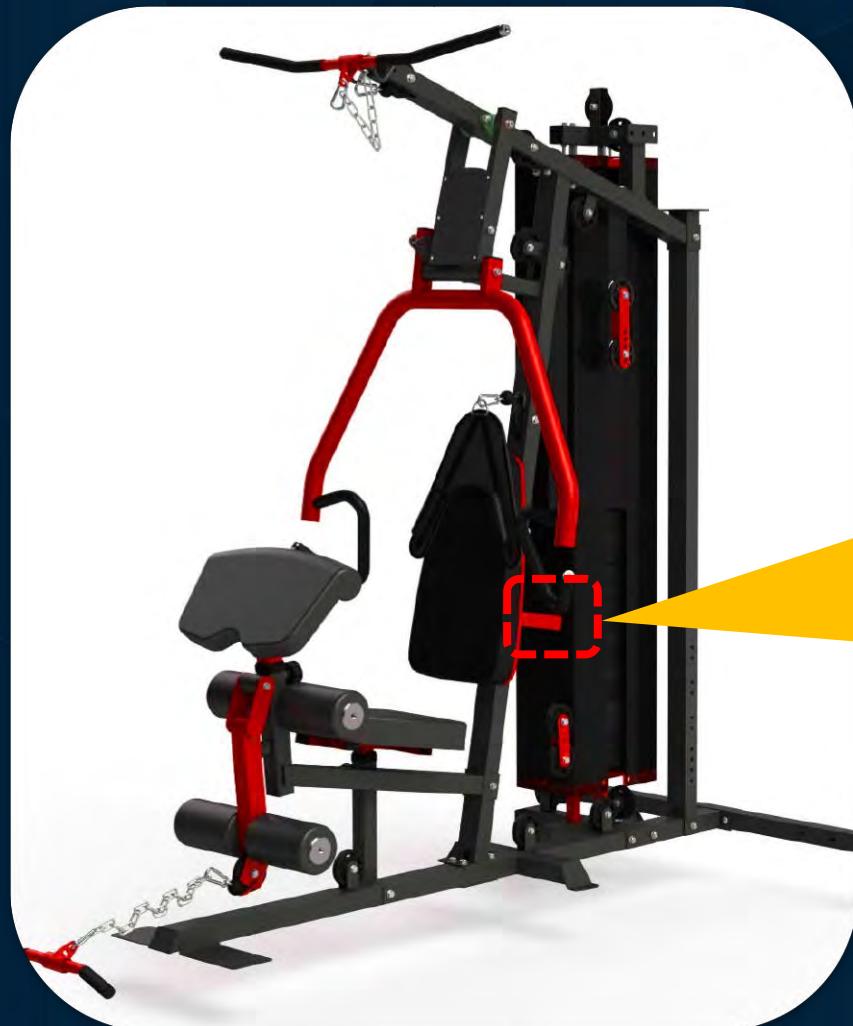
# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

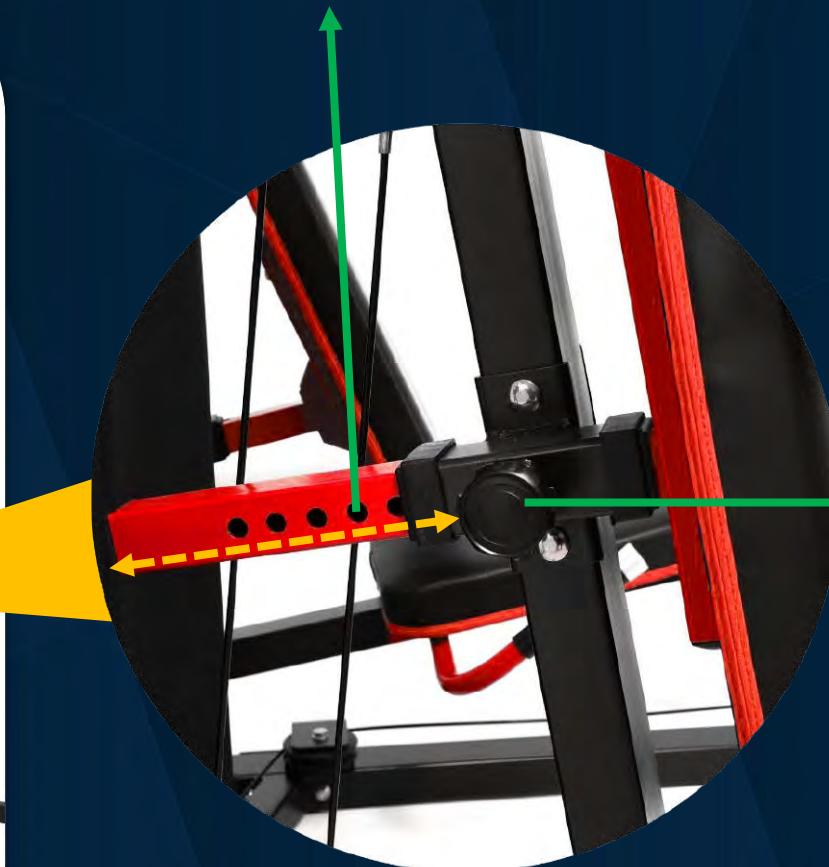
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## X8 and X8 XL

Adjustable backrest pad



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



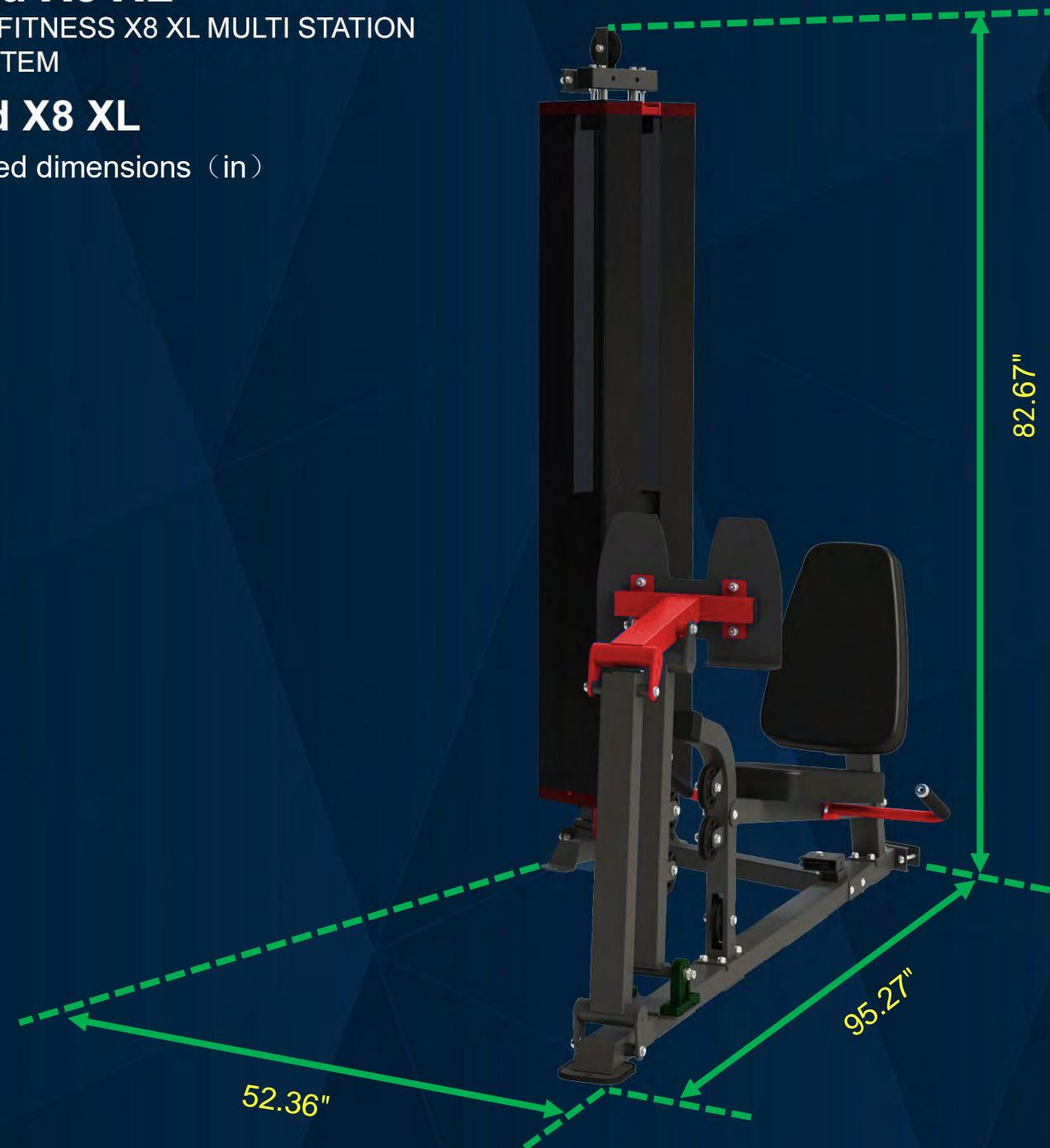
# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION  
GYM SYSTEM

**FRENCH FITNESS**

## X8 and X8 XL

Assembled dimensions (in)



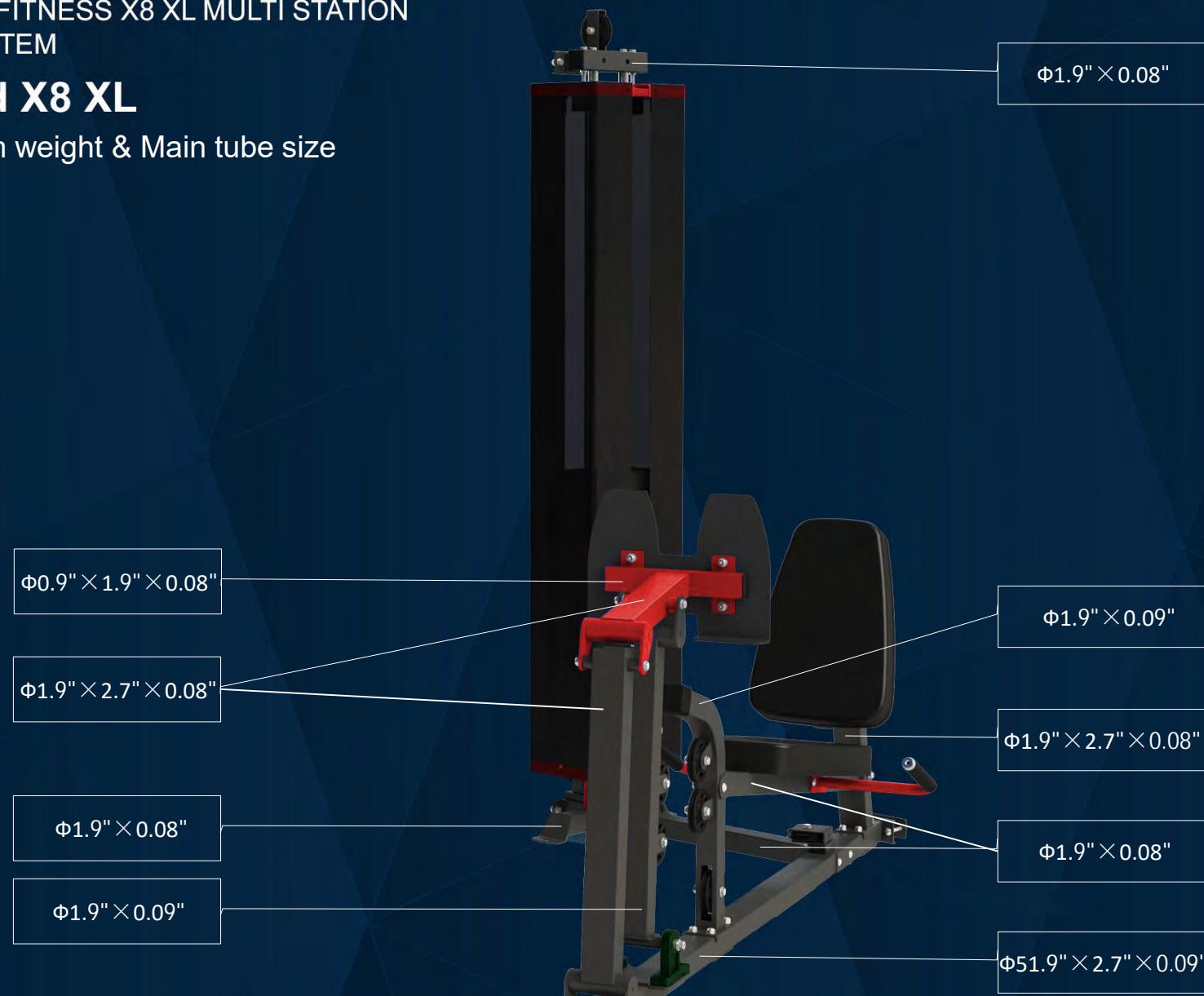
# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION  
GYM SYSTEM

**FRENCH FITNESS**

## X8 and X8 XL

Maximum weight & Main tube size



# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION  
GYM SYSTEM

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## X8 and X8 XL

Characteristic

Cable diameter: 5mm

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

Non-slip metal footplate

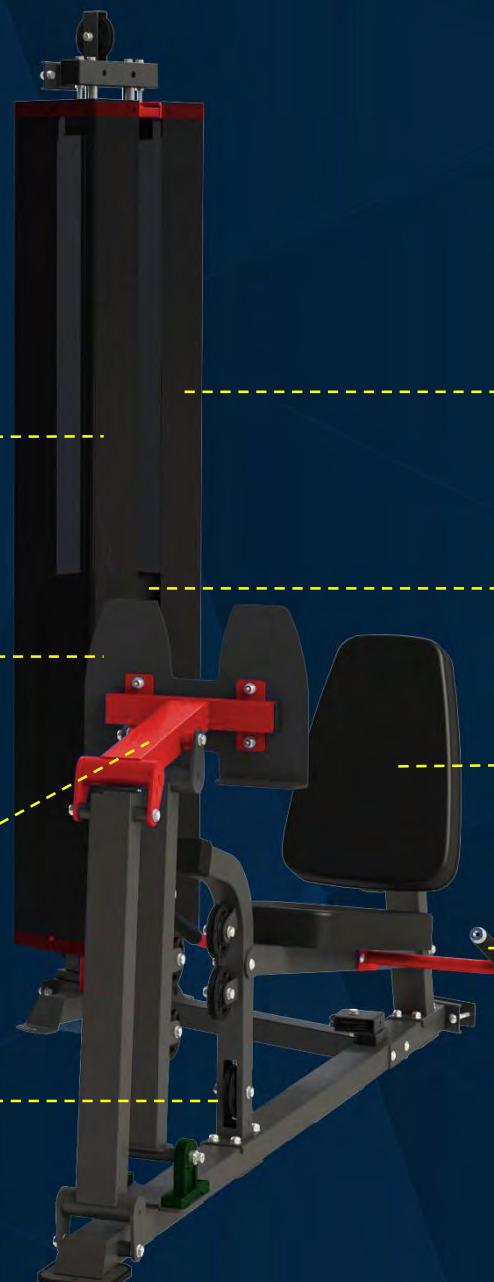
weight stack is  
11 lbsx24=265lbs

Footplate support frame

Adjustable backrest pad

Super flexible PP pulley ( Same bumper material )

HDR grip



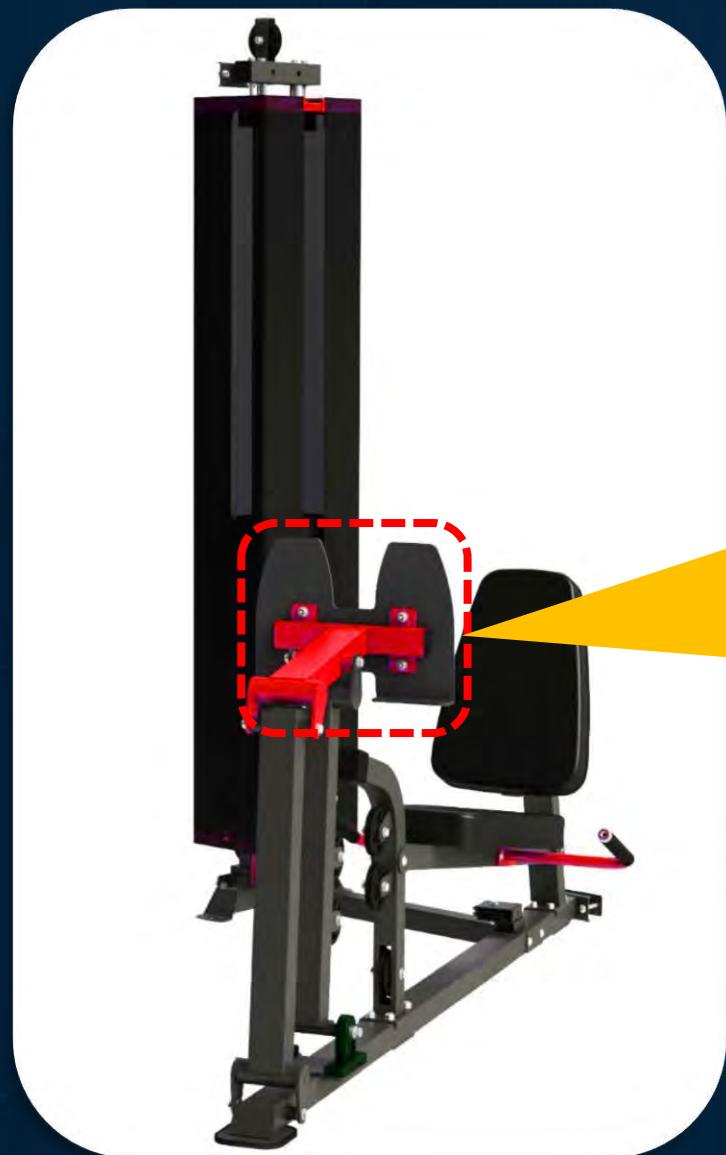
# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

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## X8 and X8 XL

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.



# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

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## X8 and X8 XL

Detail display



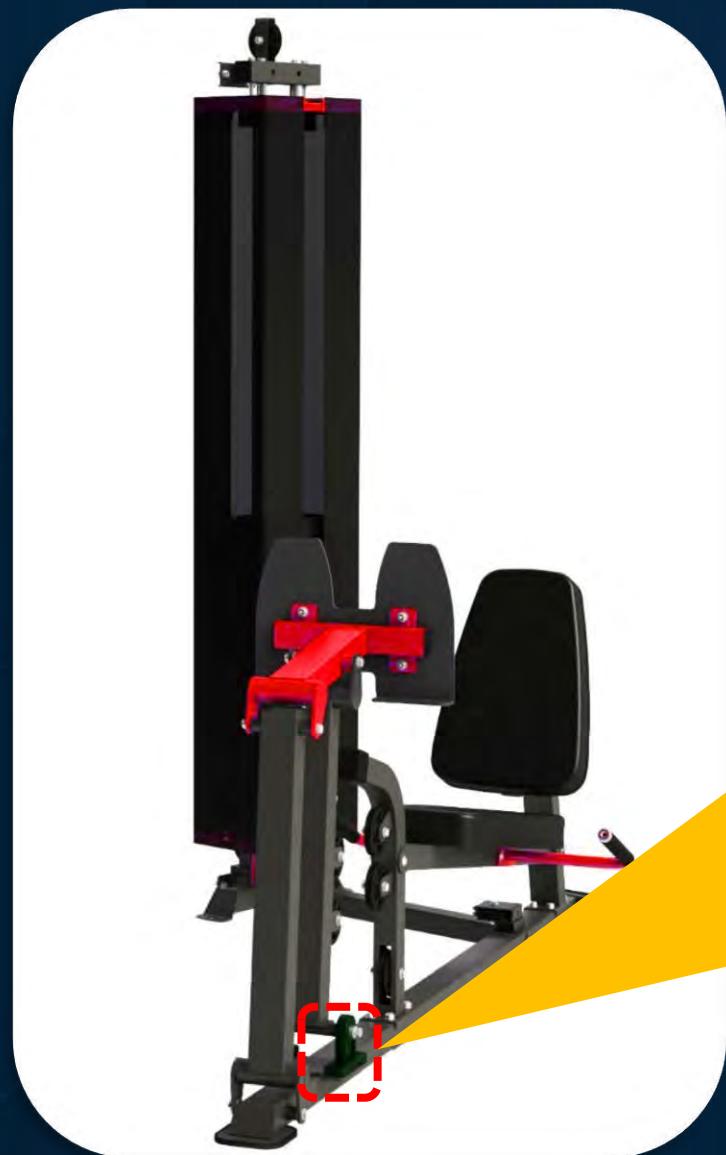
Aluminium alloy end cap

Comfortable HDR handle grip



## X8 and X8 XL

### 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.

# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

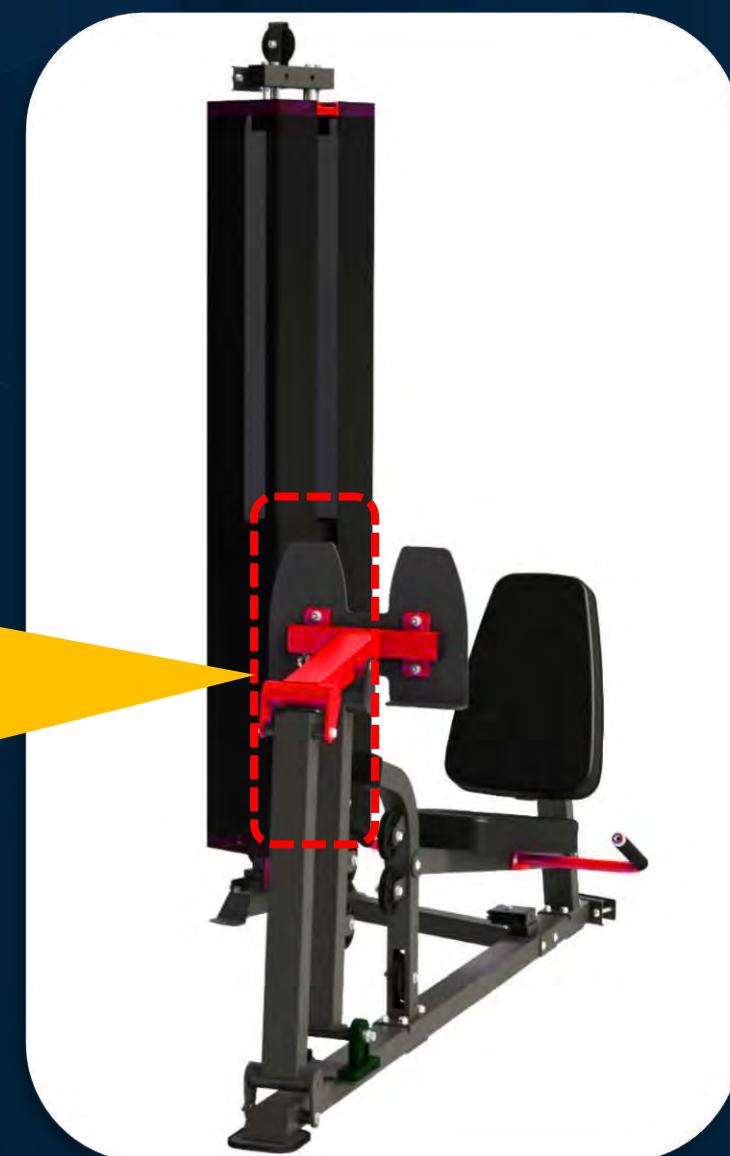
**FRENCH FITNESS**

## X8 and X8 XL

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

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

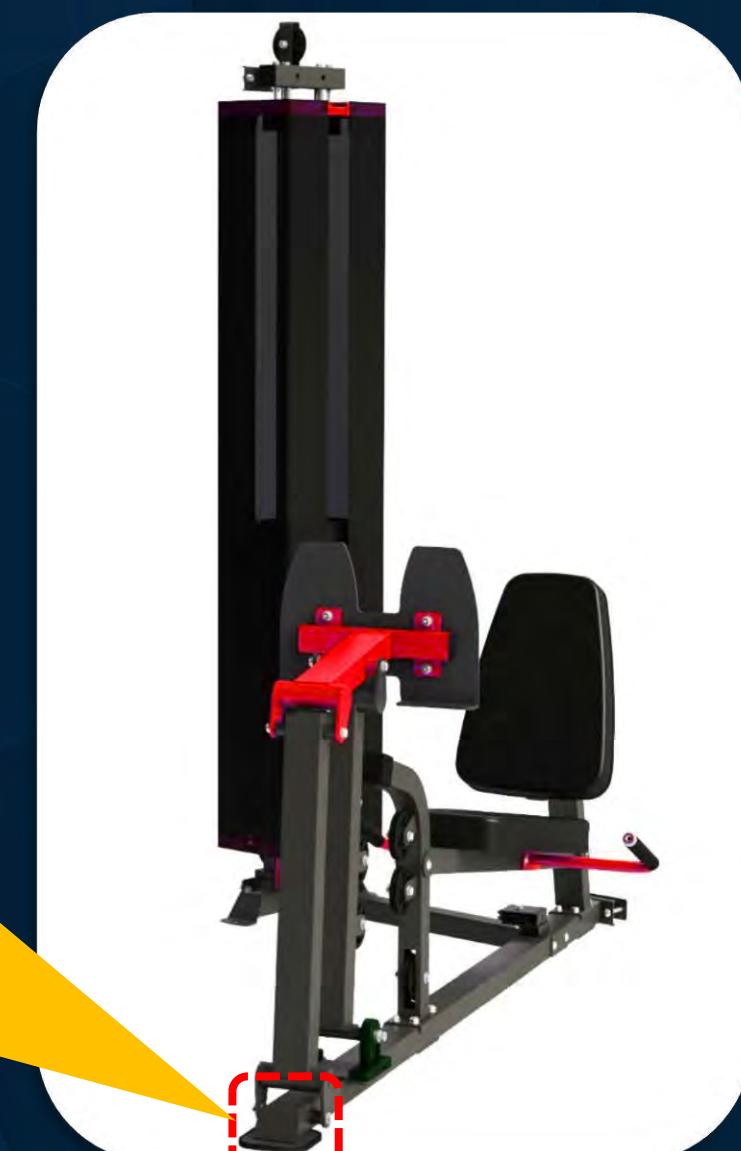
## X8 and X8 XL

Reinforced base

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



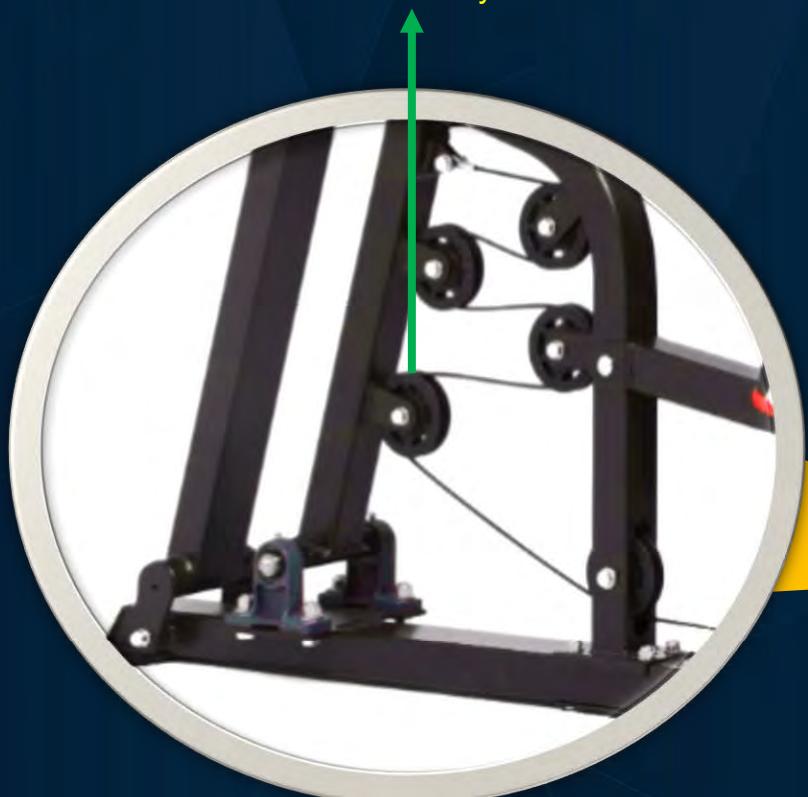
More stable full welding



## X8 and X8 XL

Key structure of leg lifting

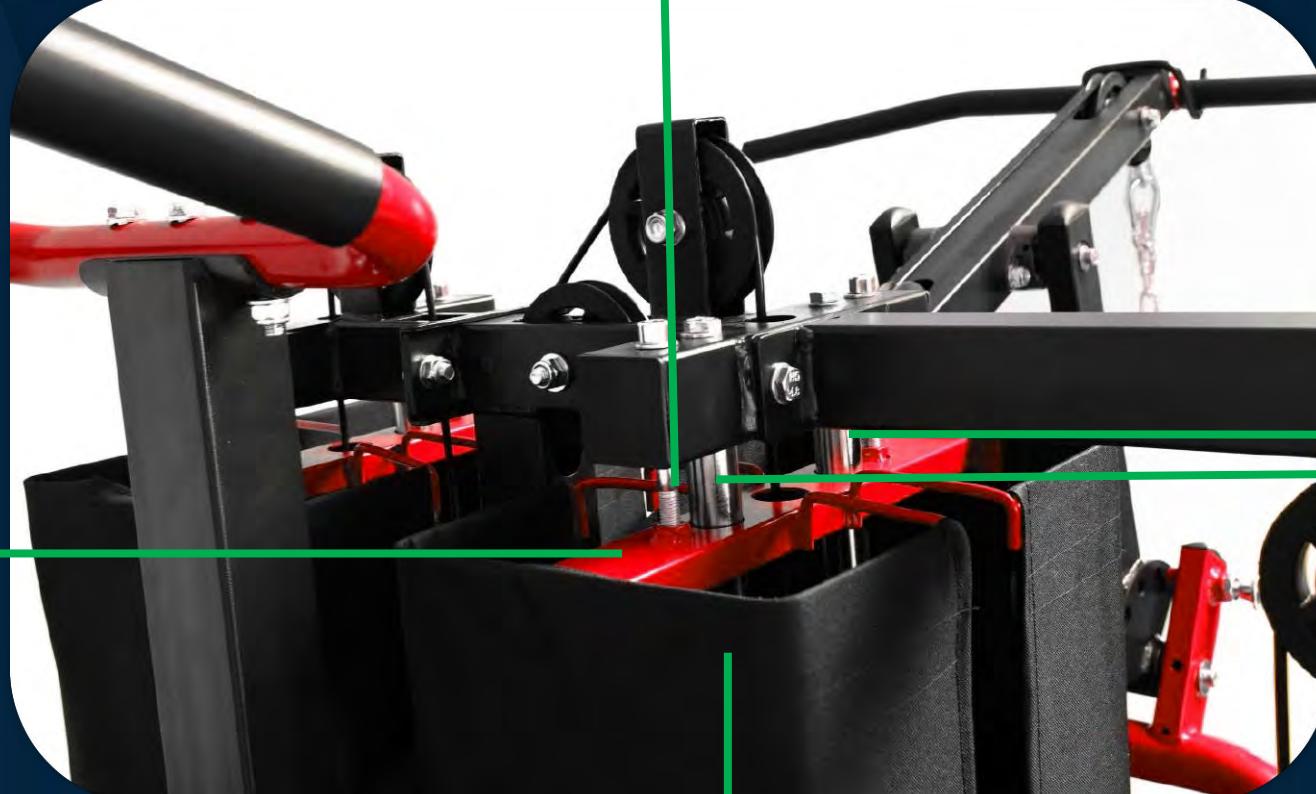
5 times force of the steel cable and the four bar linkage to ensure the linearity of the movement track.



## X8 and X8 XL

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 guild.

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

## X8 and X8 XL

## FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

# FRENCH FITNESS

## 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



# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

## X8 and X8 XL

Characteristic



# X8 and X8 XL

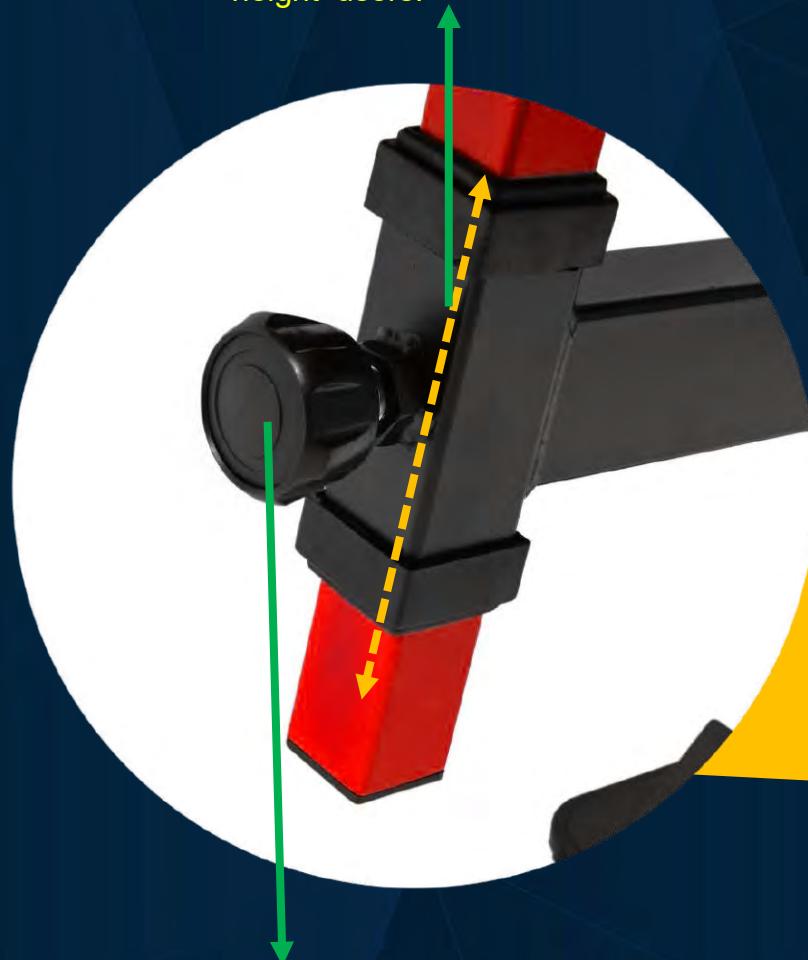
FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

## X8 and X8 XL

Adjustable cushion

5 position adjustment can meet the different height users.



Round knob, easy to be adjustable.



# X8 and X8 XL

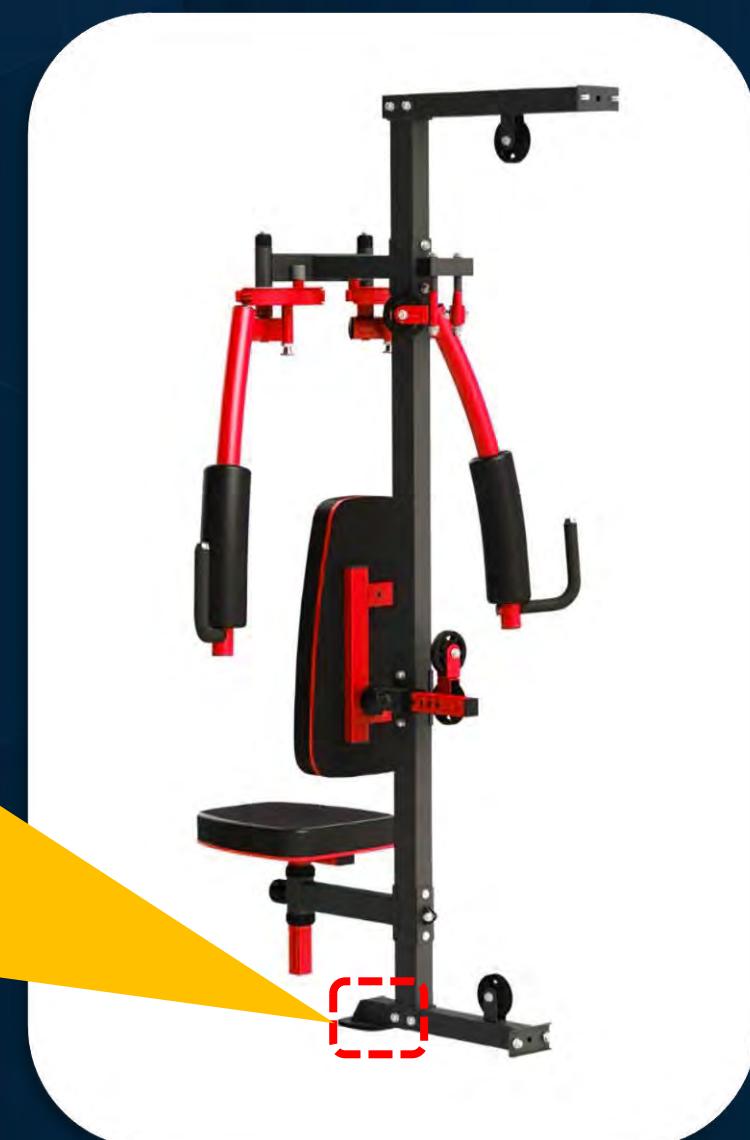
FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

## X8 and X8 XL

Reinforced base

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



# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

## X8 and X8 XL

Adjustable butterfly

5 position adjustment design can meet the different height users.



Training the chest and back with adjustable butterfly

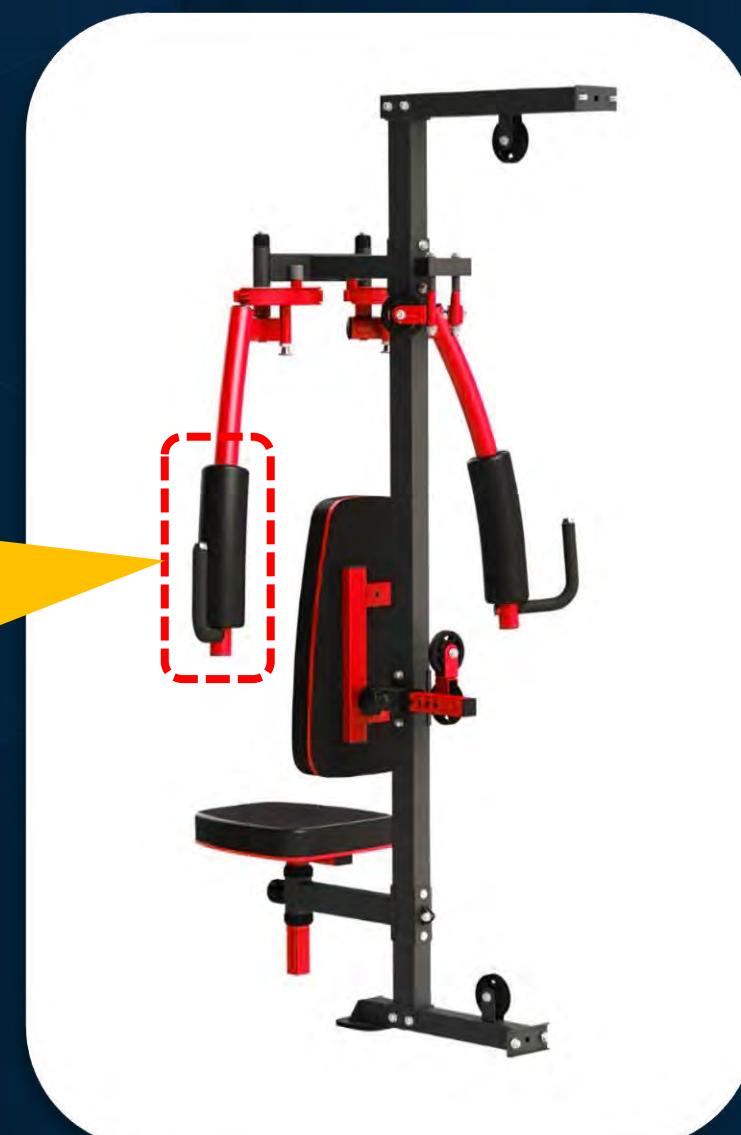
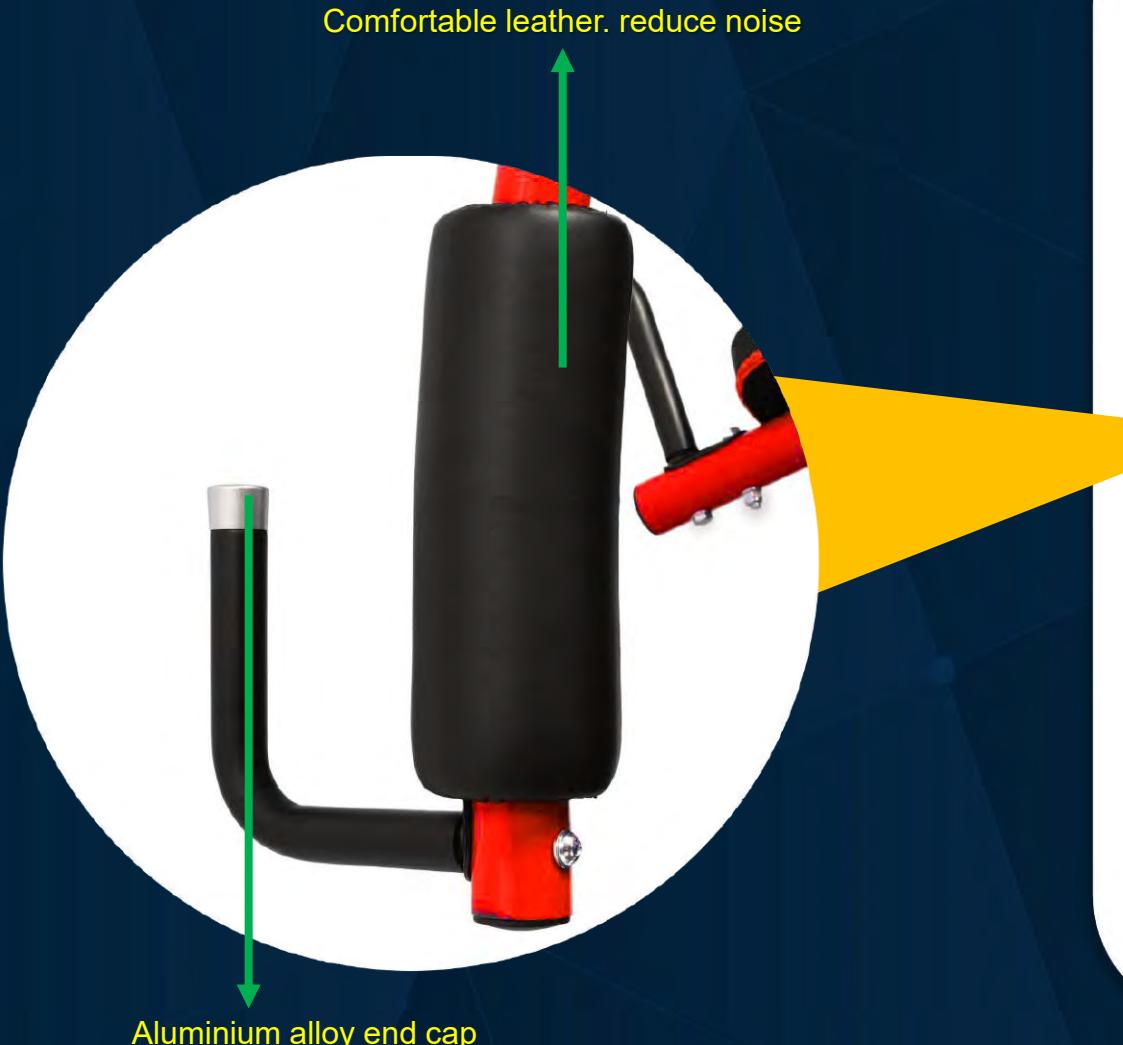
# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

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## X8 and X8 XL

Detail display



# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

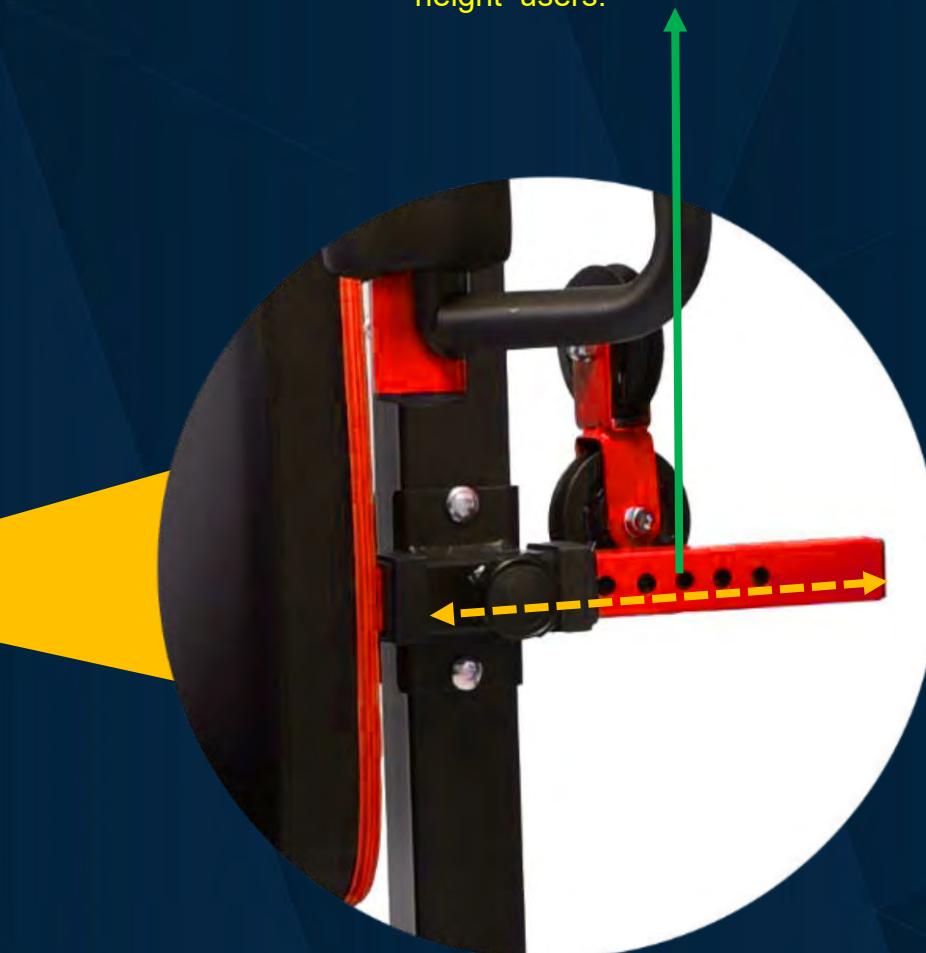
**FRENCH FITNESS**

## X8 and X8 XL

Backrest pad frame



8 position adjustment can meet the different height users.



# X8 and X8 XL

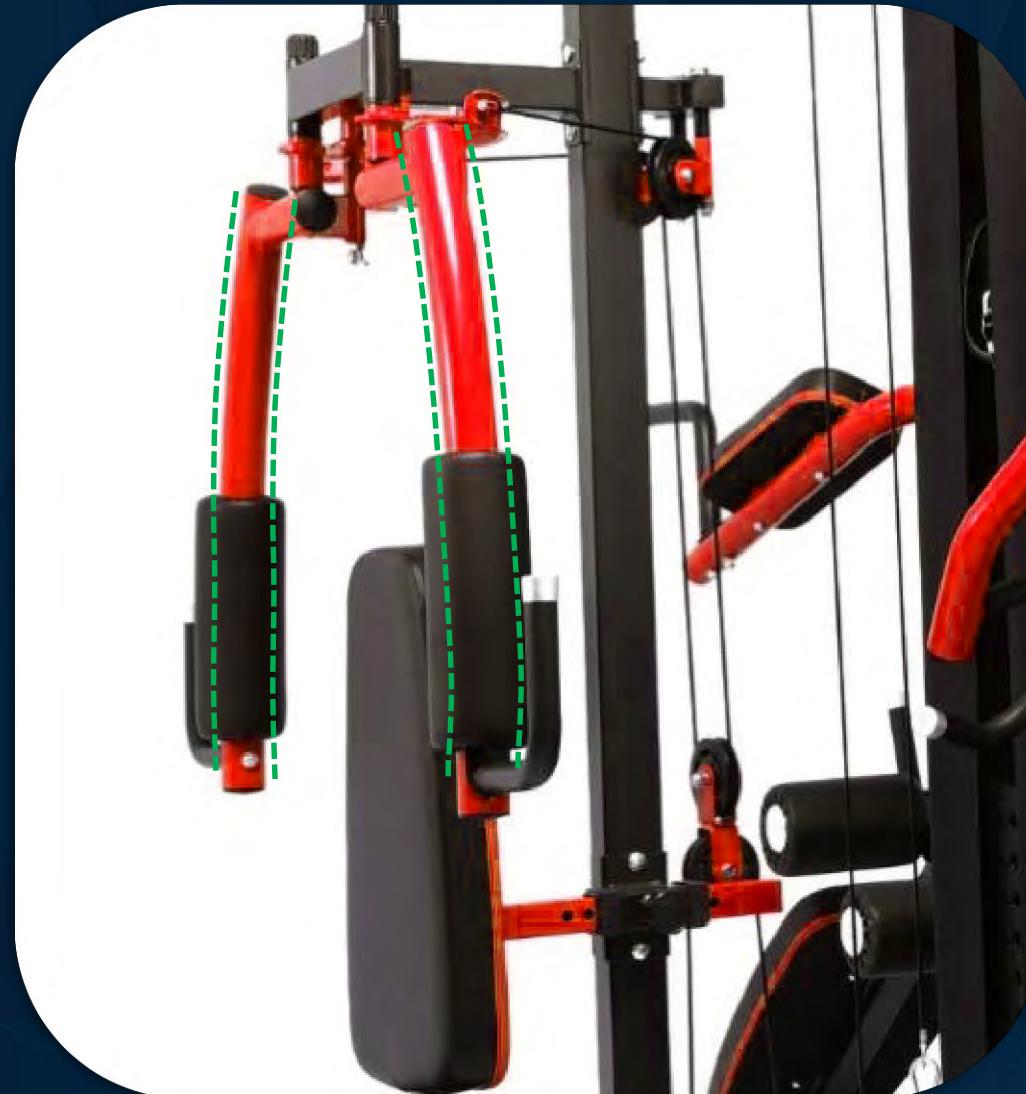
FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

## 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.



# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

## 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

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



$\Phi 1.25" \times 0.08"$

$\Phi 0.9" \times 0.08"$



$\Phi 1.9" \times 0.08"$

$\Phi 1.49" \times 0.06"$



$\Phi 1.49" \times 0.06"$

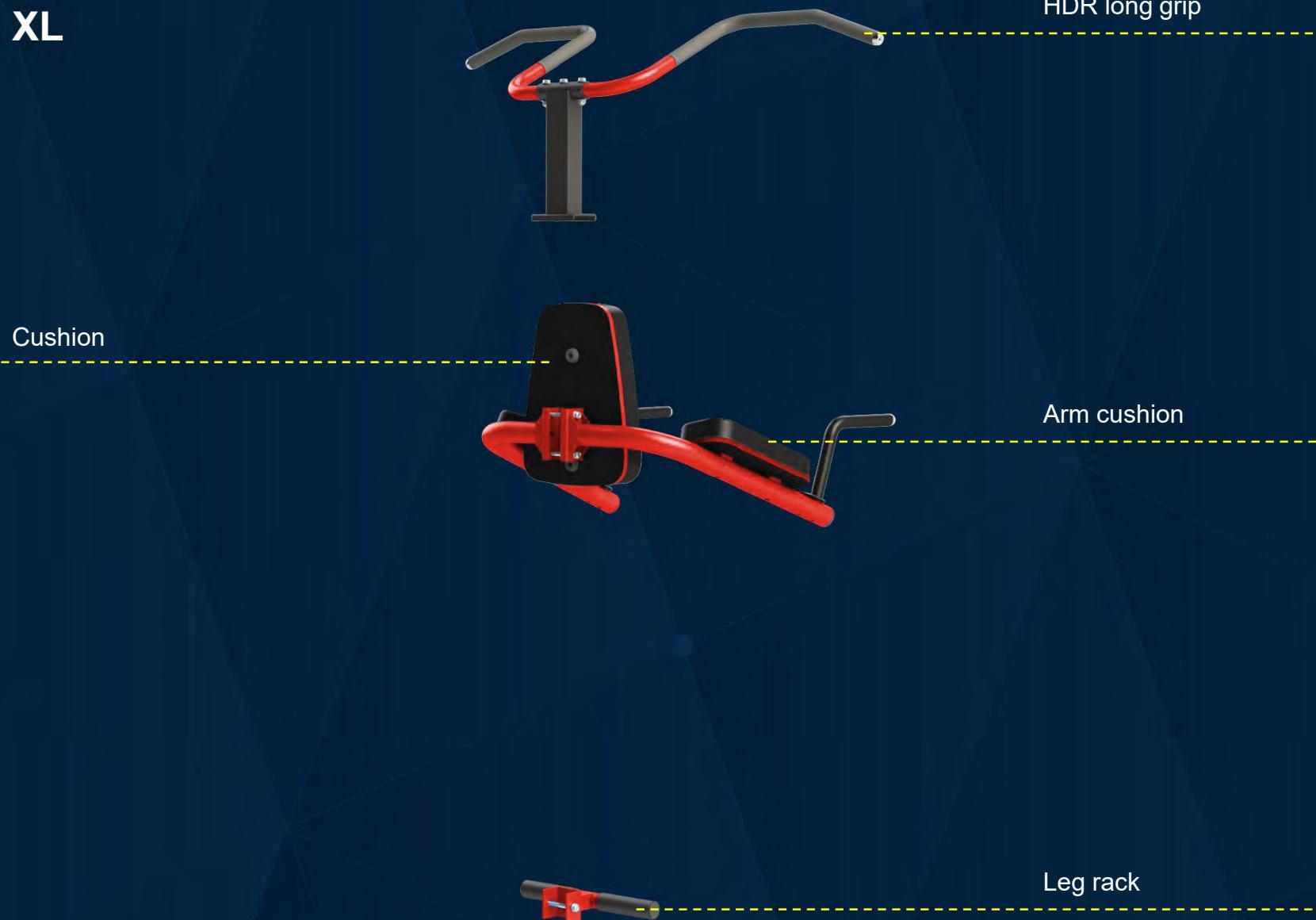
# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

## X8 and X8 XL

Characteristic



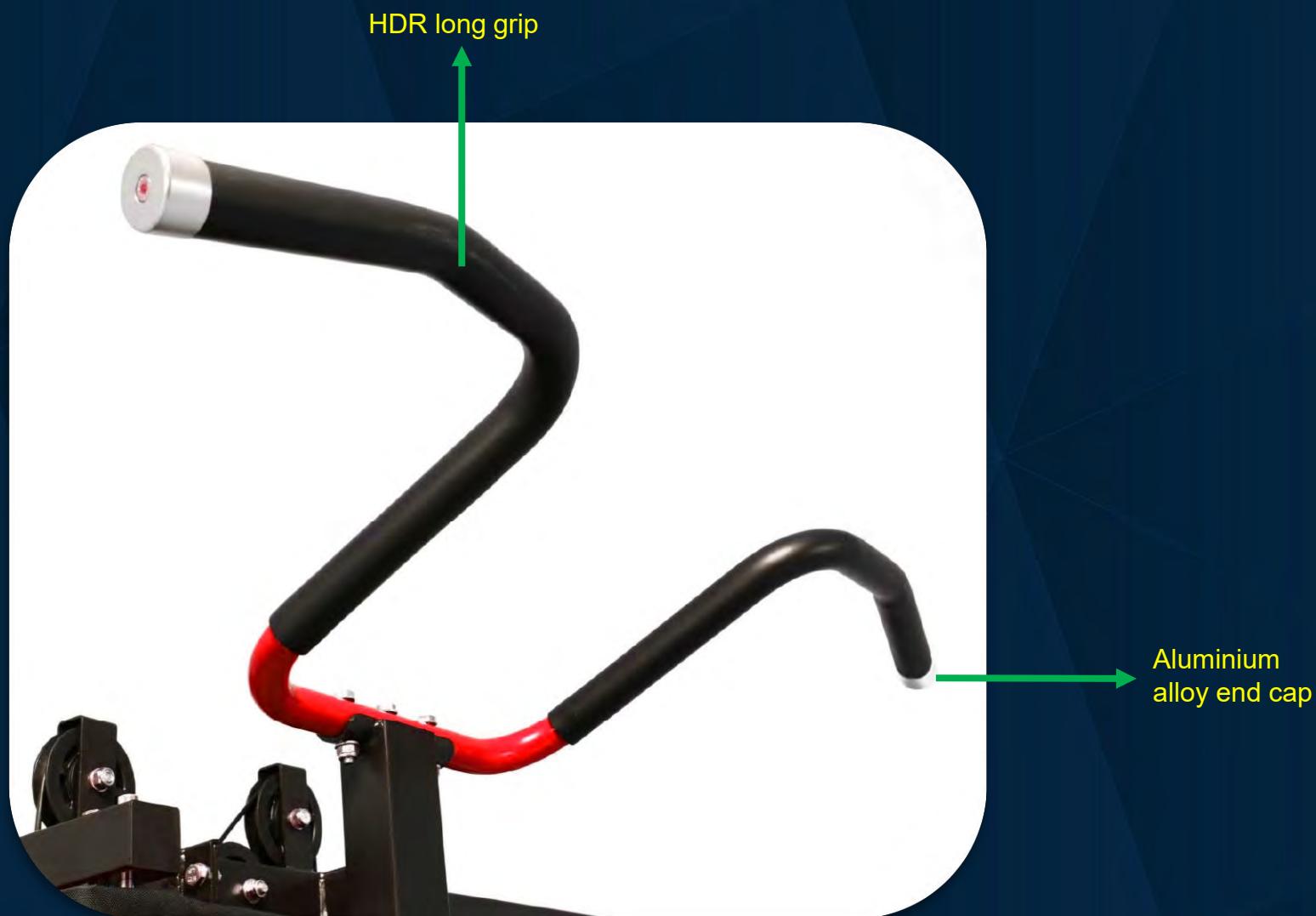
# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

## X8 and X8 XL

Chin up



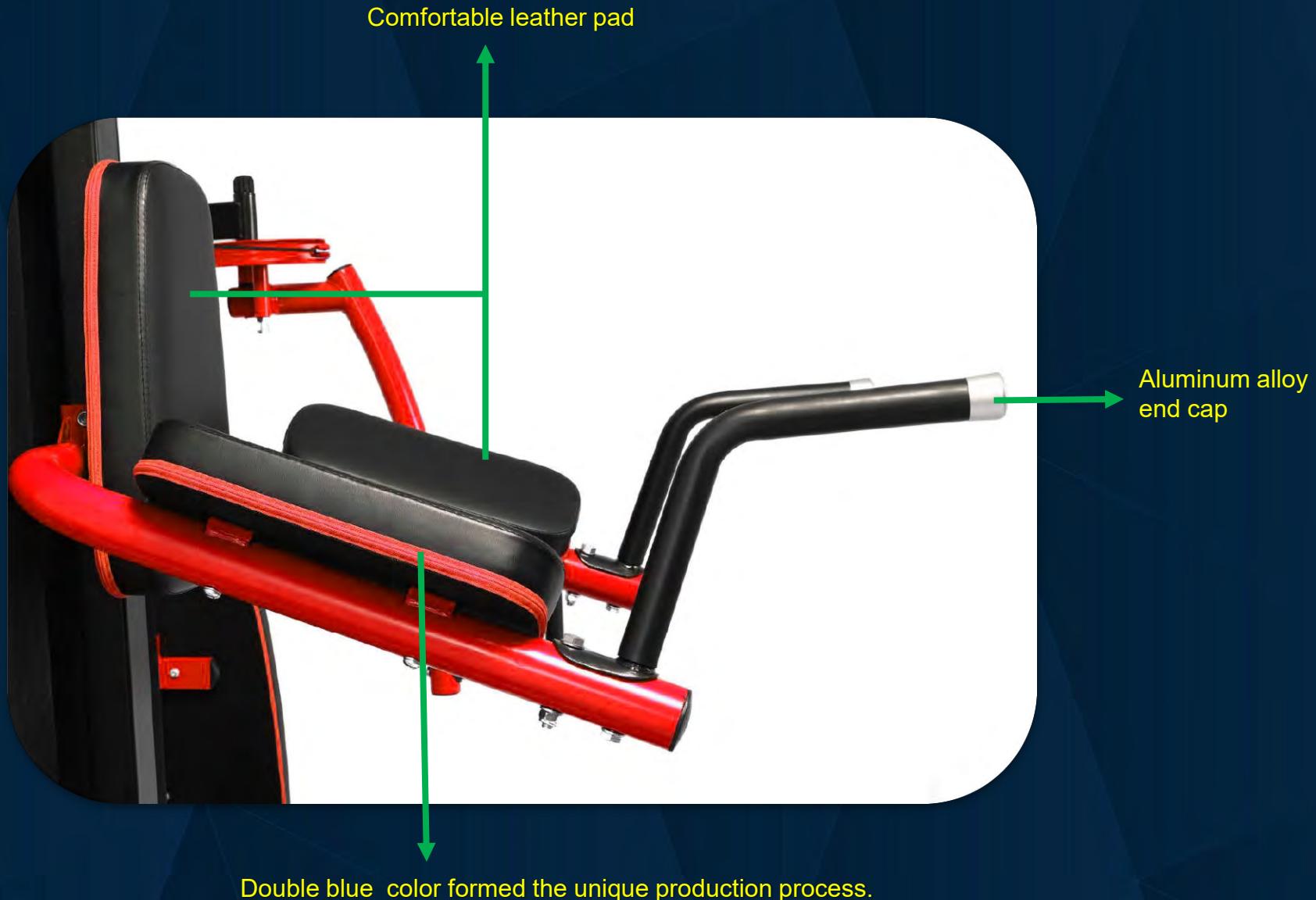
# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

## X8 and X8 XL

Detail display



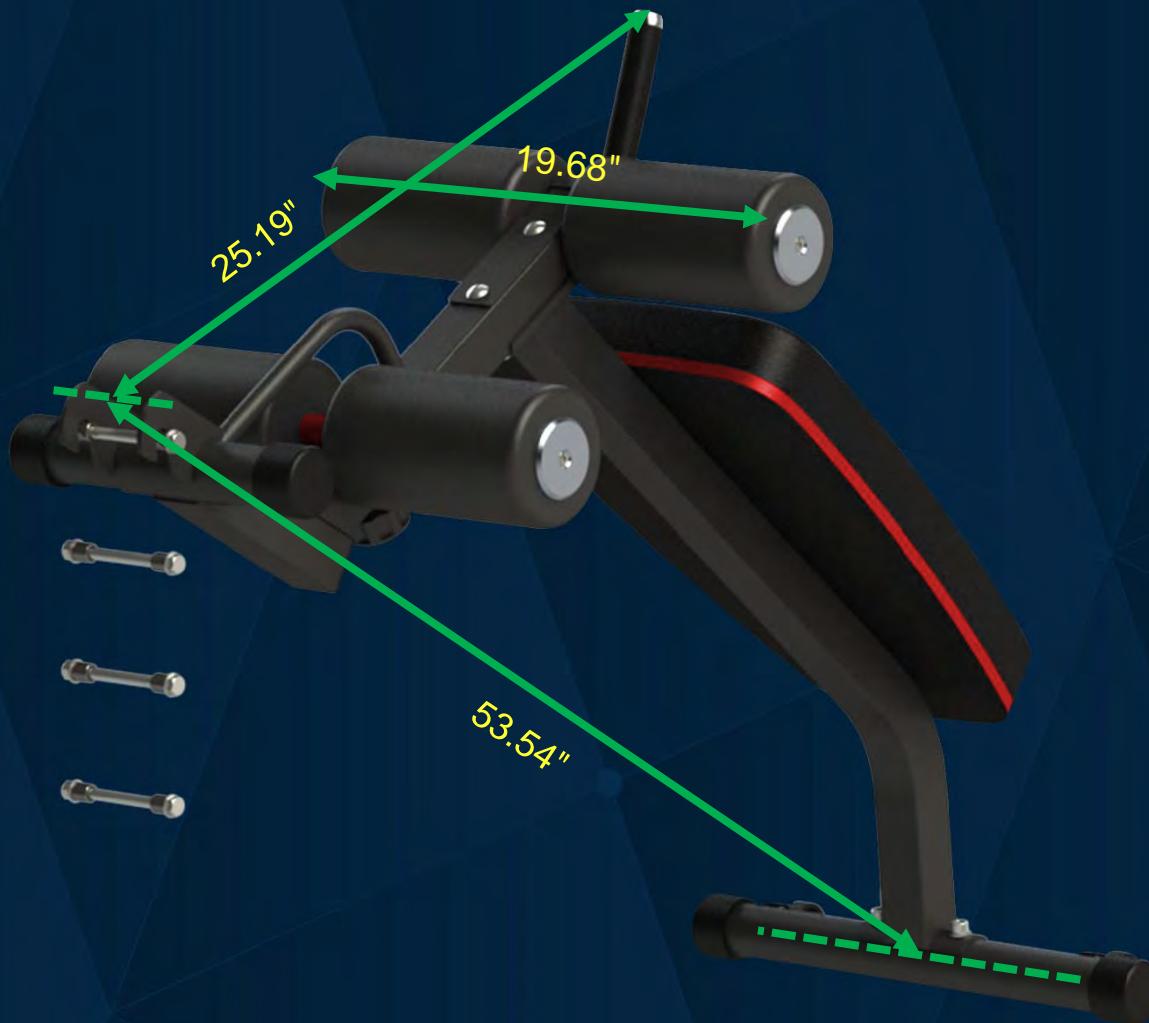
# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

## 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



# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

## X8 and X8 XL

Characteristic



# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

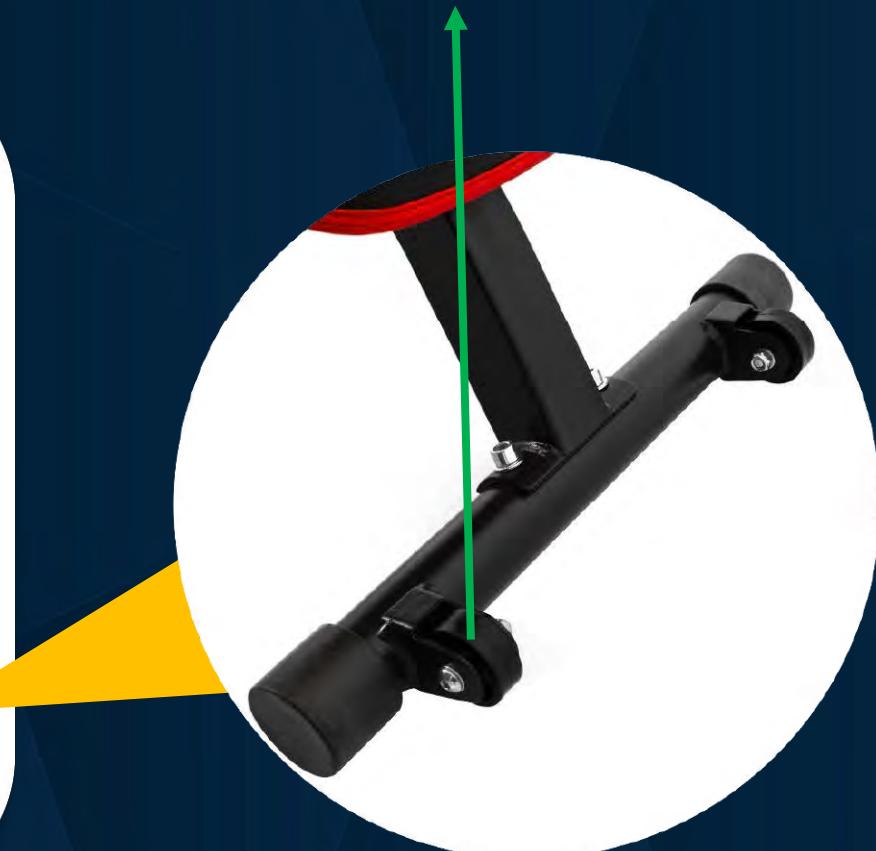
**FRENCH FITNESS**

## X8 and X8 XL

Easy to move the bench



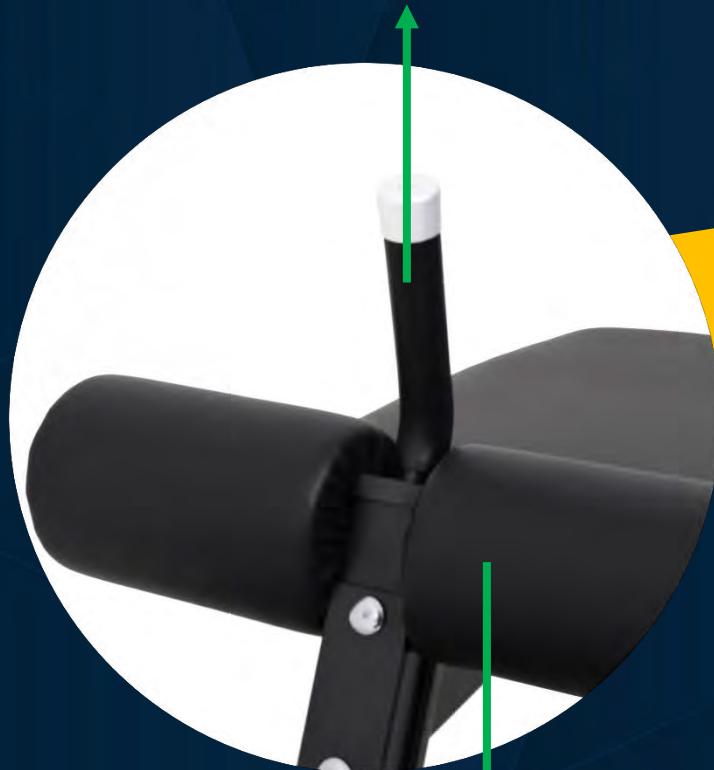
Equipped with wear-resistant moving roller .



## X8 and X8 XL

Detail display

HDR handle grip . Feel more comfortable.



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



## X8 and X8 XL

Limit gear shaft

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



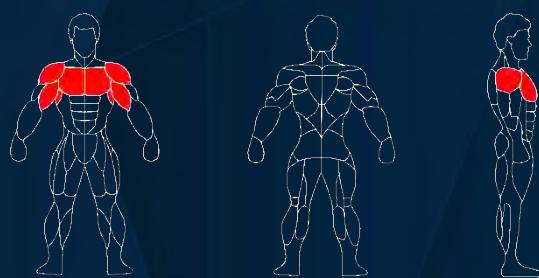
The hexagon sunk head screw s are fixed in the FOAM tube to make the leather FOAM more stable.

# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Pectoral fly

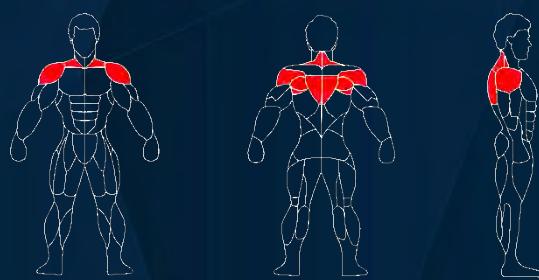


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Pectoral fly

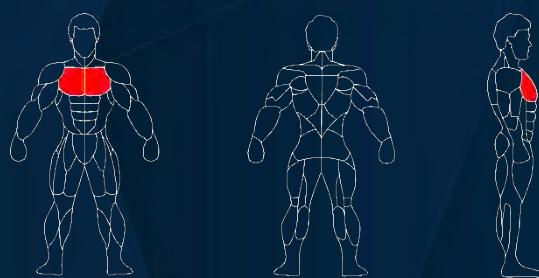


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Pectoral fly

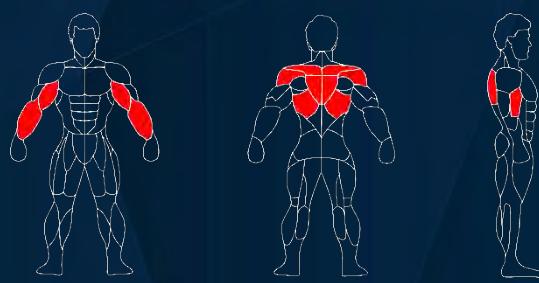


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FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Seated row

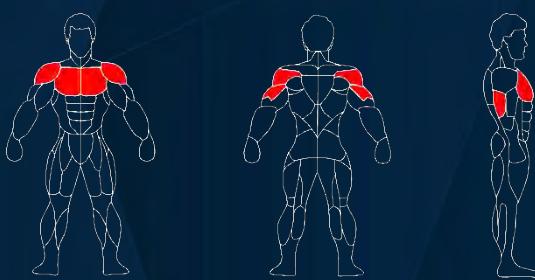


# X8 and X8 XL

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**FRENCH FITNESS**

Bench press

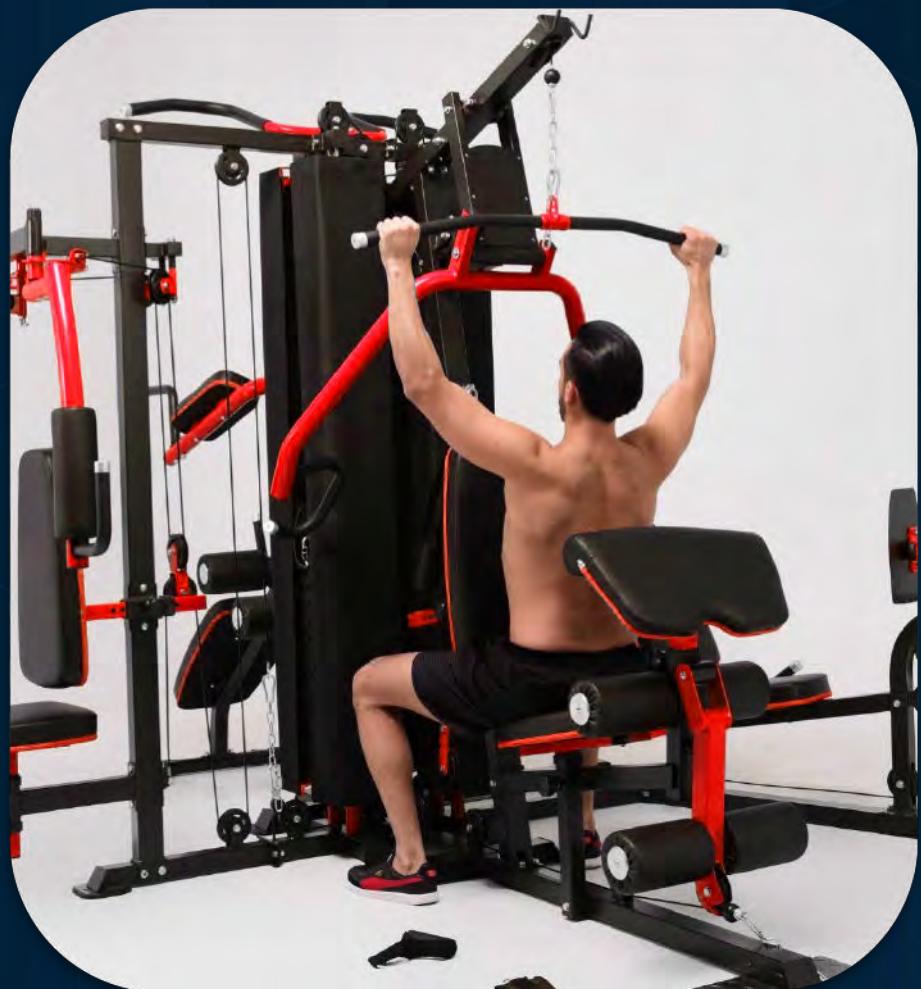
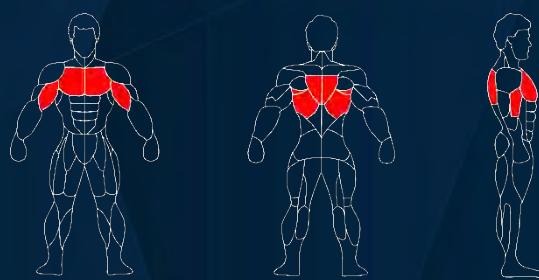


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Lat pull-down

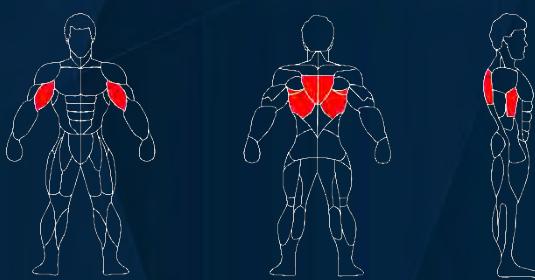


# X8 and X8 XL

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**FRENCH FITNESS**

Wide-grip pull-down

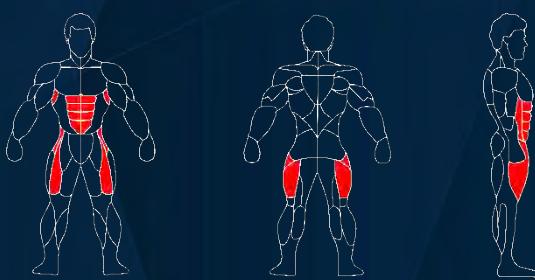


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Abdominal crunch

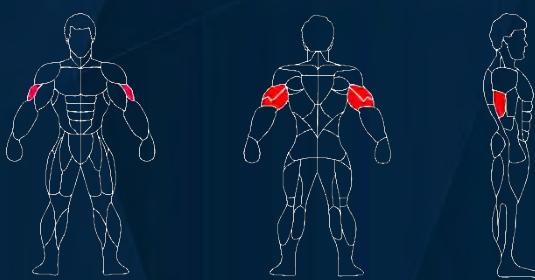


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Tricep push-down

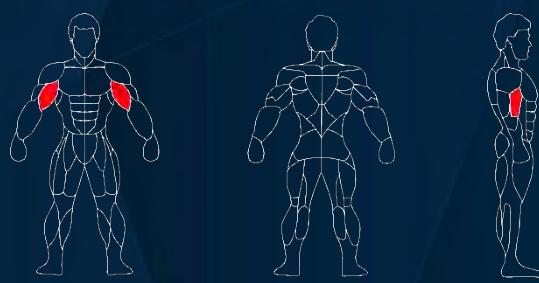


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Seated preacher curl

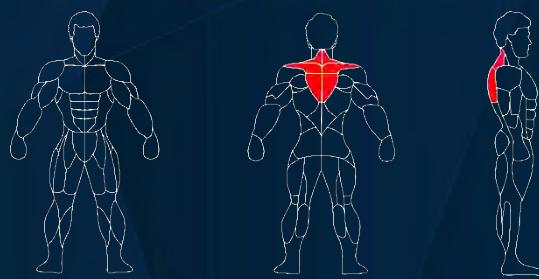


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Upright row

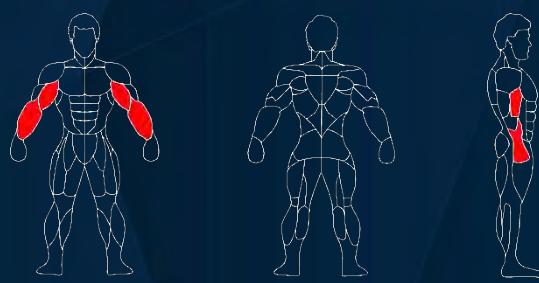
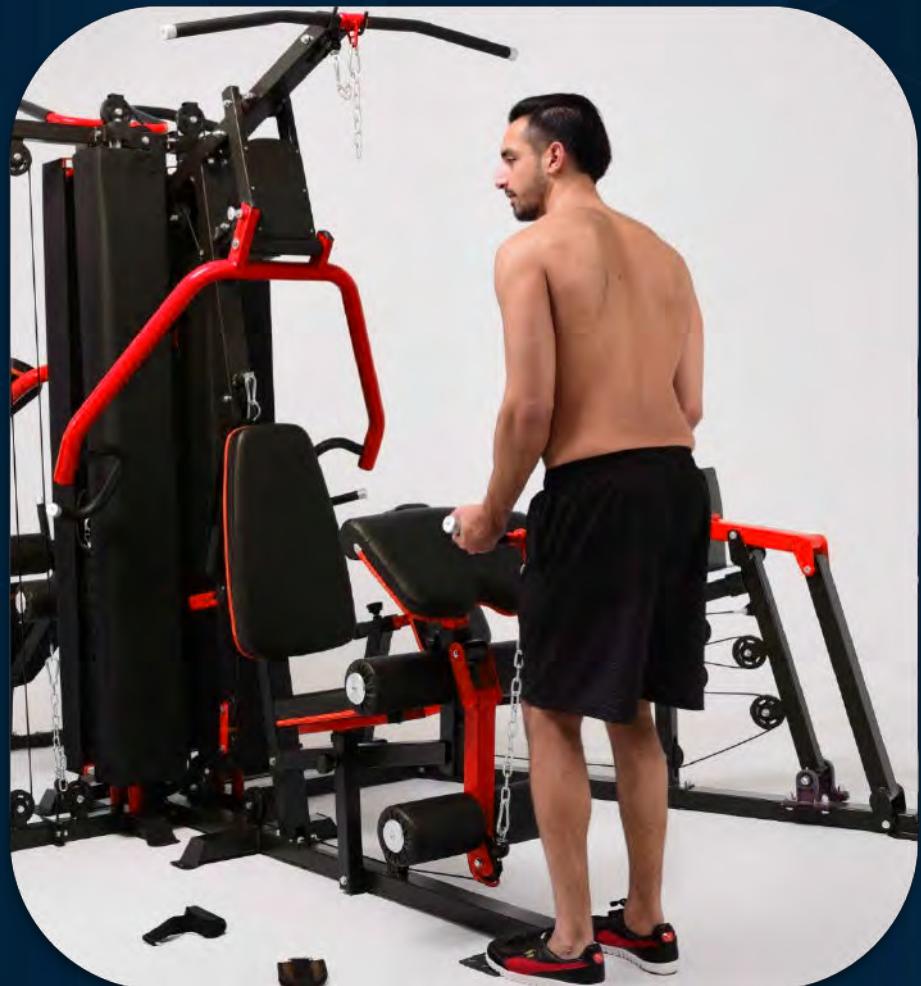


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Double bicep curl

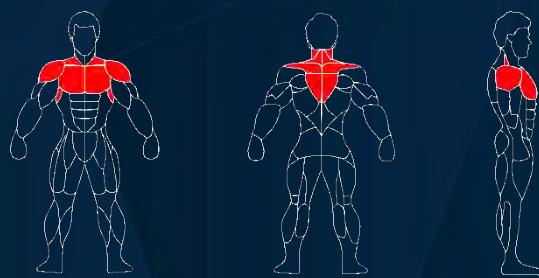


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Bent over lateral shoulder raise

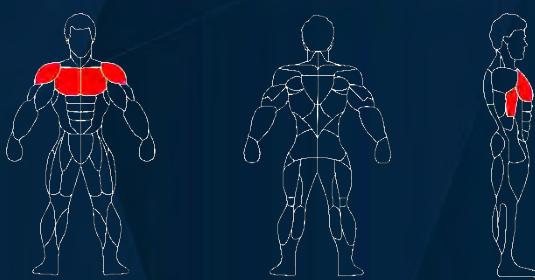


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Lateral chest cable cross

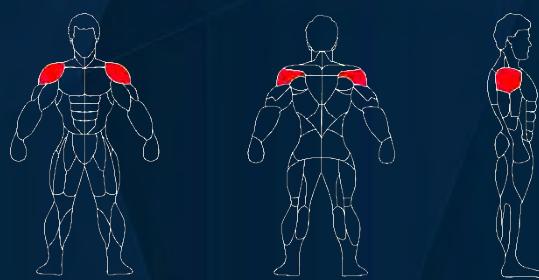


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Lateral raise

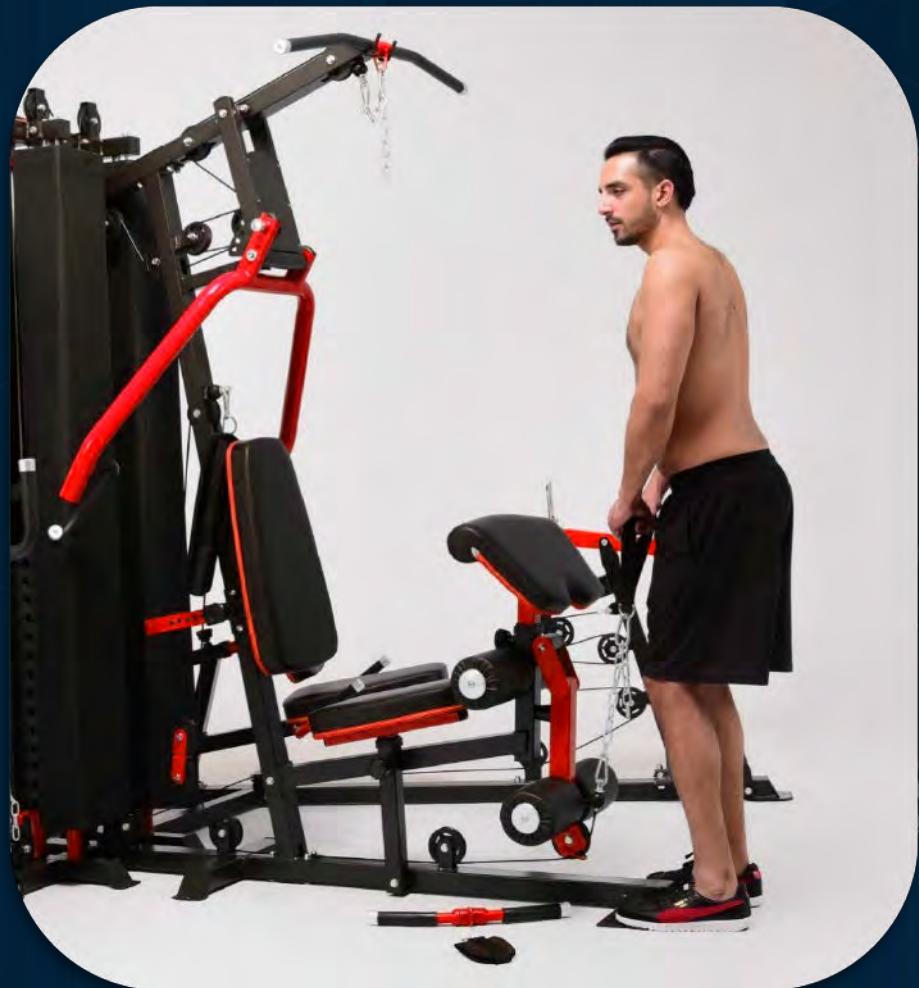
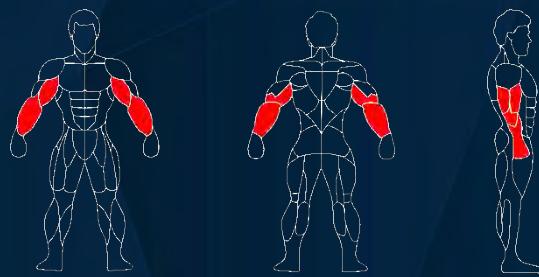


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Shoulder shrug

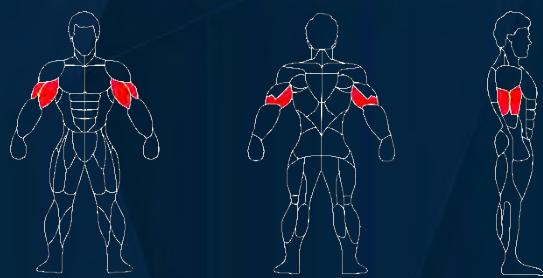


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Single bicep curl

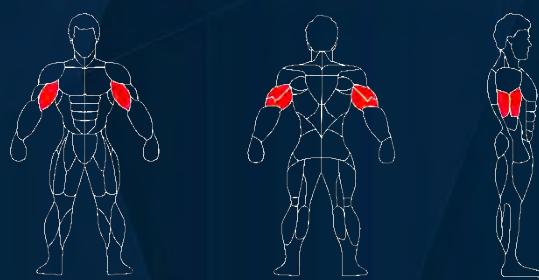


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Tricep kickback

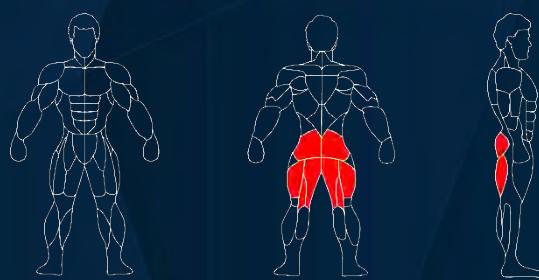


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Leg kick-back

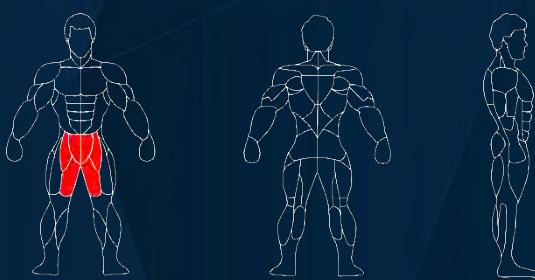


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Hip adduction

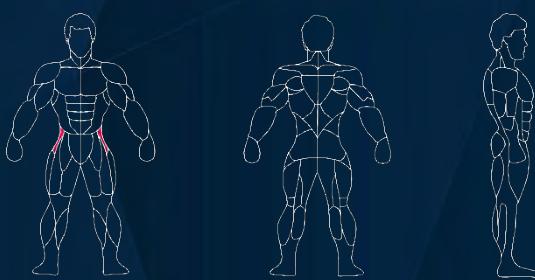


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Leg kick-outer

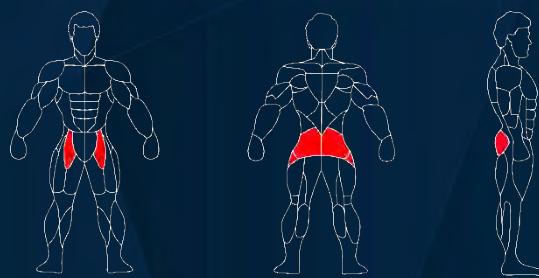


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Hip flexion

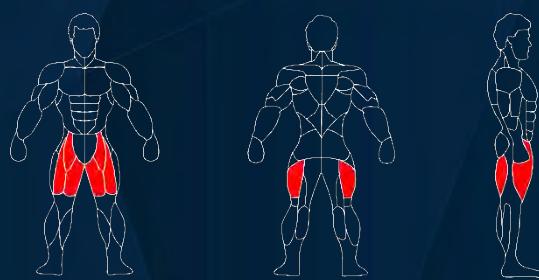


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Leg extension

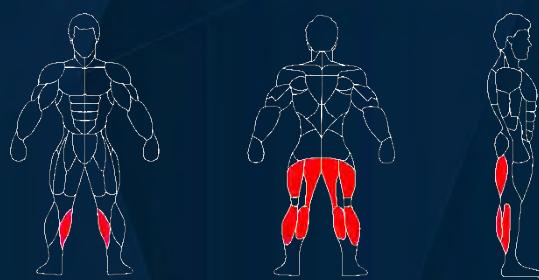


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Standing leg curl

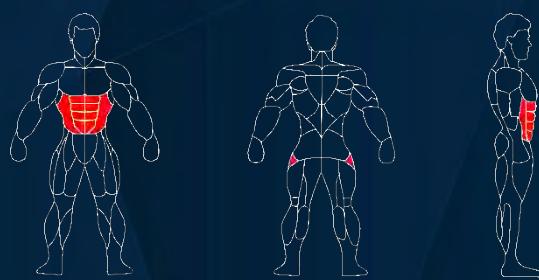


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Slanted plate back up

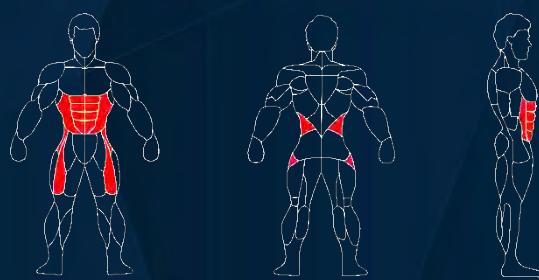


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Parallel bars leg raise

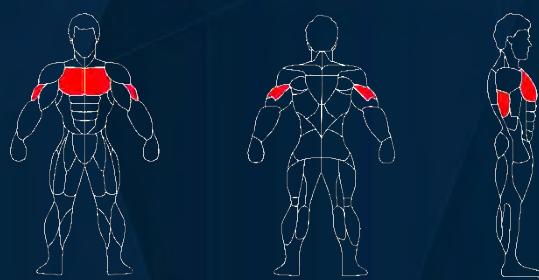


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Arm flexion and extension

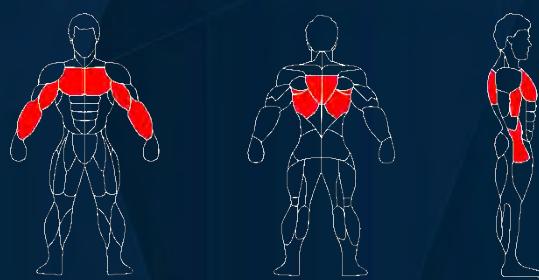


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Pull-up

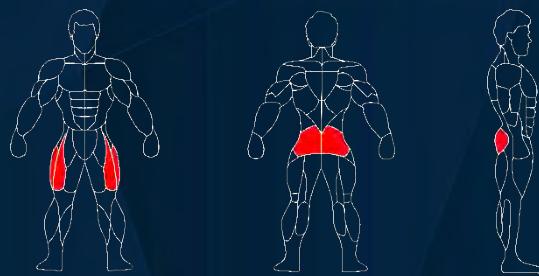


# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Leg press

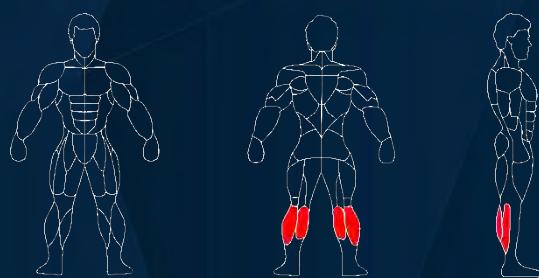


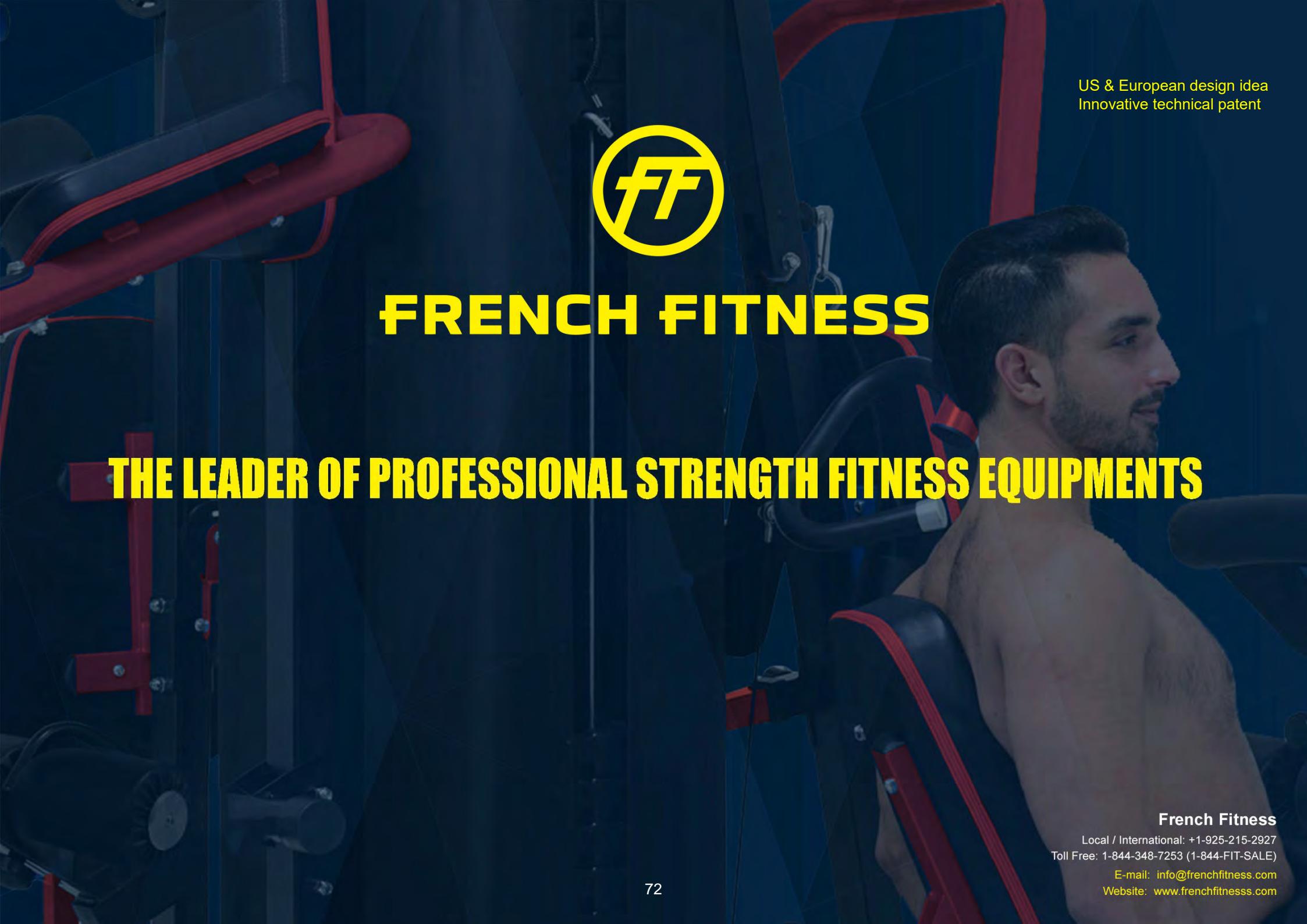
# X8 and X8 XL

FRENCH FITNESS X8 XL MULTI STATION GYM SYSTEM

**FRENCH FITNESS**

Sitting Huck squat





US & European design idea  
Innovative technical patent



# **FRENCH FITNESS**

## **THE LEADER OF PROFESSIONAL STRENGTH FITNESS EQUIPMENTS**

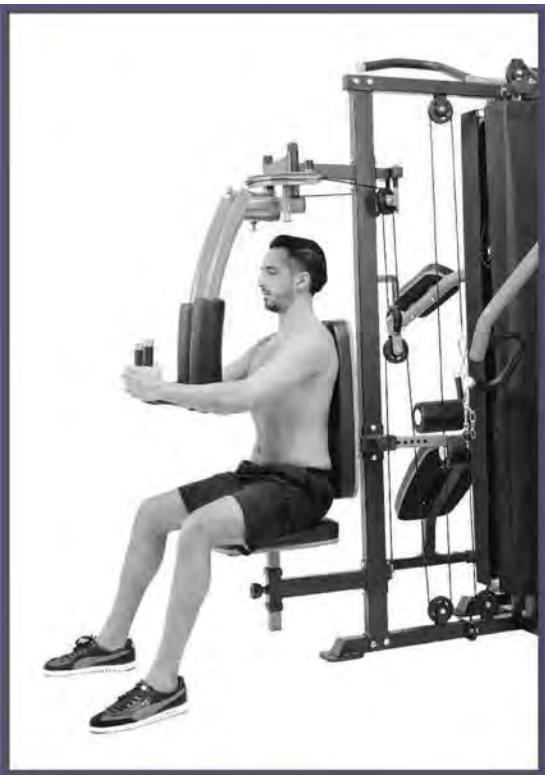
**French Fitness**

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Pectoral fly



Pectoral fly



Pectoral fly



Bench press



Bench press



Seated row



Wide-grip pull-down



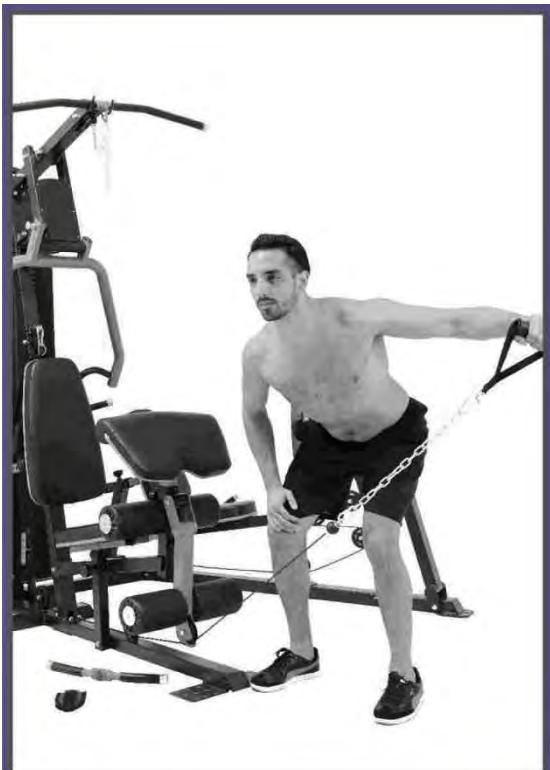
Lat pull-down



Seated preacher curl



Abdominal crunch



Bent over lateral shoulder raise



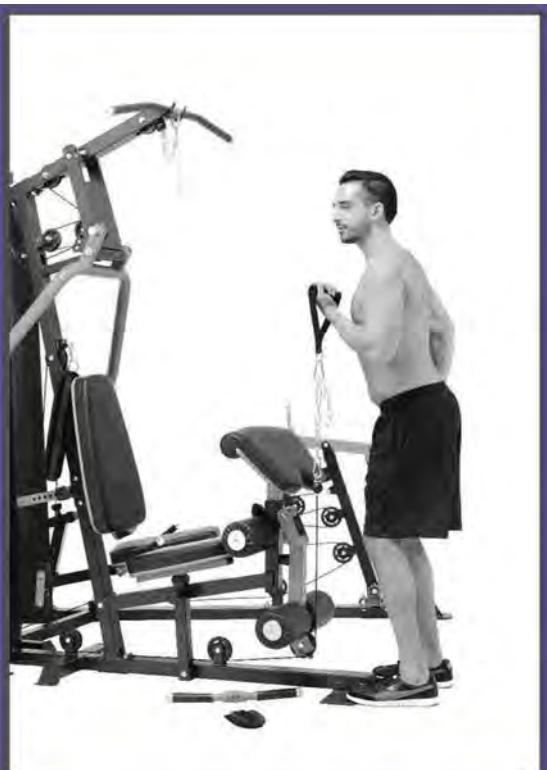
Lateral chest cable cross



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



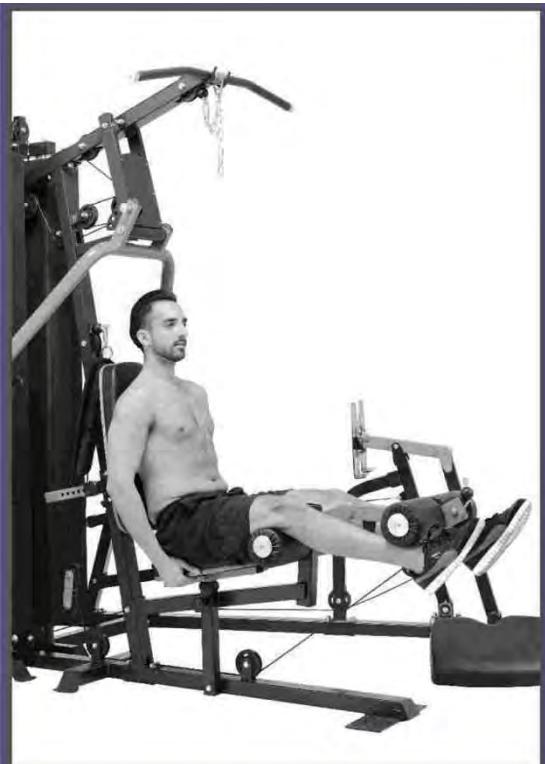
Standing leg curl



Leg kick-back



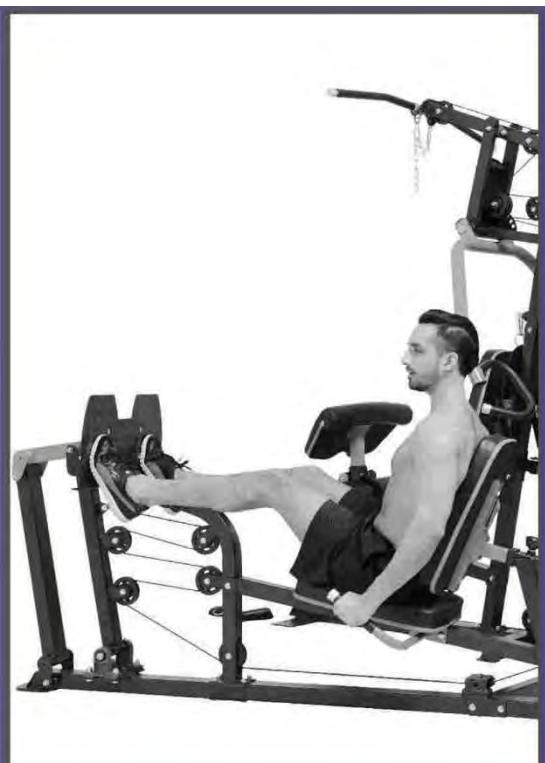
Leg kick-outer



Leg extension



Leg press



Sitting huck squat



Slanted plate back up



Slanted plate back up



Dip



Parallel bars leg raise



Pull-up