

# FRENCH FITNESS

FFS-4SMJG / FFB-4SMJG

**FRENCH FITNESS FFS SILVER / FFB BLACK  
4 STACK MULTI JUNGLE GYM**

**ASSEMBLY MANUAL**



OR



## FEATURES

- Brand: French Fitness
- 11 Gauge Steel
- 65 x 114 x 3mm Flat oval steel tube
- ASTM A36 steel frame ensures maximum structural integrity
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability
- Solid-steel weight plates. Top weight plate is fitted with self-lubricating bushings
- Nylon-coated cable meets U.S. military specifications
- Fiberglass-impregnated nylon pulleys feature sealed bearings
- Grips retained with aluminum collars, preventing them from slipping during use
- Hand grips are a durable urethane composite
- Standard rubber feet protect base of the frame and prevent the machine from slipping

### Stations Included (Standard)

- (1) Dual Pulley Lat Pulldown (Weight Stack: 264 lbs)
- (1) Dual Pulley Low Row (Weight Stack: 264 lbs)

- (1) Adjustable Pulleys (Weight Stack: 198 lbs each) - Feels like 99 lbs each because of 2:1 ratio.
- (1) Fixed Tricep Extension (Weight Stack: 198 lbs)

### Stations Included (Optional)

- (1) Dual Pulley Lat Pulldown (Weight Stack: 264 lbs)
- (1) Dual Pulley Low Row (Weight Stack: 264 lbs)
- (2) Adjustable Pulleys (Weight Stack: 198 lbs each) - Feels like 99 lbs each because of 2:1 ratio.

### Standard Cable Attachments

- (1) 48" Lat Pulldown Bar
- (1) Seated Row / Chin Bar
- (1) Tricep Rope
- (1) Stirrup Handle

**California Residents see Prop 65 WARNING**

## TECH SPECS

- Vinyl Color: Black
- Cable Reach (Adjustable Pulley): 98"
- Cable Reach (Tricep, Lat, & Row Stations): 49"
- Machine Weight: 1585 lb (719 kg)
- Dimensions: 143" L x 92" W x 94.25" H
- Pulleys Swivel 180 Degrees
- Number of Vertical Adjustments: 20
- Distance from Ground to Lowest Pulley Adjustment: 7" (Measured From Center of Pulley)
- Distance from Ground to Highest Pulley Adjustment: 78" (Measured From Center of Pulley)

## WARRANTY

**10 Years Parts, 1 Year Labor (Commercial)**

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## PARTS LIST

ITEM NO.	DESCRIPTION	QTY.
1	Top Frame Three	1
2	Top Frame One	1
3	Main Frame	1
4	Top Frame Four	1
5	Top Frame Two	1
6	ROW	1
8	Adjuster post	1
9	Lable Placard	4
10	Guide Post	8
11	Footplate	1
12	Long Seat Pad	1
13	Short Seat Pad	1
14	Lat Pull down Assembly	1
15	Adjuster Plate	1
16	10.6lbs Weight Stack	80
18	Selector Bar / Top plate	4
19	Weight Stack Pin	4
20	Tube Top	2
21	Arc Plate	1
22	Pulley Bracket	1
23	Right Footplate	1
24	Left Footplate	1
25	Rubber Foot	6
26	Foot cover	6
27	Adjuster Post Base	1
28	Shock Rubber Gasket	8
29	Press Leg Tube Assembly	1
30	Foam roller	2
31	Outside End Cap	2
32	Inside End Cap	2



## PARTS LIST

33	Swivel Pulley Carriage	1
34	Carriage Shroud	1
35	Pulley D114	13
36	Pulley D89	1
37	End Cap 40X80	5
38	End Cap 114X65	6
39	Cable 1 L2420mm	1
40	Cable 2 L2780mm	1
41	Cable 3 L8165mm	1
42	Cable 4 L3325mm	1
43	Retaining rings D25	8
44	Ring	2
45	Pull Pin Assembly	1
46	Bushing	2
47	Bushing D10	1
48	Shaft D19X 111	1
49	Shaft D17X76	1
50	Retaining rings D19	2
51	End Cap D180	2
53	E Washer	8
54	Bearing 6203	8
55	Adjuster Lever Assembly	1
56	Slide Bushing	3
57	Shaft D17X90.5	3
58	Lock Washer	1
59	Adjuster Knob	1
60	Adjuster Knob Cap	1
61	Shaft D19x117.5	1
62	Spring	1
63	Plastic Stoper	4
64	Foot Rest Cover Large	2
65	Foot Rest Cover Small	4

## PARTS LIST

ITEM NO.	DESCRIPTION	QTY.
T10-4	Allen Bolt M10X20	1
L10-5	Hex Head Bolt M10X25	12
D4-1	Socket Set Screw M4X3	14
D4-5	Socket Set Screw M4X10	2
D6-3	Socket Set Screw M6X8	4
D8-10	Socket Set Screw M8X50	8
K10-12	Countersunk Head Screw M10X60	3
KL4-5	Cross Recessed Pan Head Screw M4X10	4
D4-1	Socket Set Screw M4X3	14
DK8-4	Socket Cap Screw M8X20	10
DK10-5	Socket Cap Screw M10X25	20
DK10-10	Socket Cap Screw M10X50	12
DK10-11	Socket Cap Screw M10X55	3
DK10-12	Socket Cap Screw M10X60	2
DK10-14	Socket Cap Screw M10X70	1
DK10-20	Socket Cap Screw M10X100	2
DK10-22	Socket Cap Screw M10X110	5
DK10-28	Socket Cap Screw M10X140	10
DK10-30	Socket Cap Screw M10X150	4
DK12-7	Socket Cap Screw M12X35	4
F4	Washer $\phi 4$	4
F6	Washer $\phi 6$	24
F8	Washer $\phi 8$	10
F10	Washer $\phi 10$	140
F12	Washer $\phi 12$	8
P10	Nylon Nut M10	78
P12	Nylon Nut M12	4

## ASSEMBLY INSTRUCTIONS. BEFORE YOUR BEGIN

### BEFORE YOUR BEGIN:

This exercise equipment is built for optimum safety. Be sure to Read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

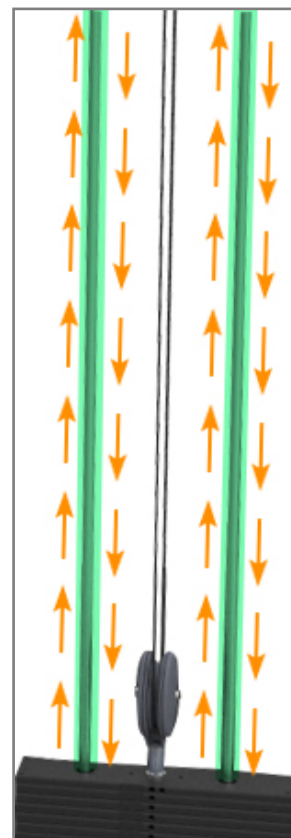
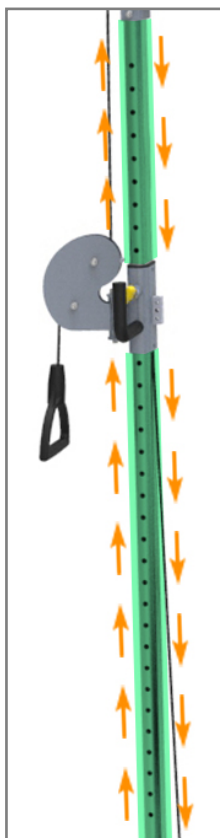
1. Keep Children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms STOP the workout at once CONSULT A PHPHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the equipment near water or outdoors.
5. Keep Hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising.
1. DO NOT Wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacture.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly.

## CLEAN GUIDE RODS

Step must be completed prior to installing. Failure to do so can leave residue from packaging and other sources stuck in the bushings

Guide rods need to make sure they are cleaned prior to installation otherwise this will cause the top plate to get stuck. It causes buildup in the bushings of the top plates. They just need to be cleaned out as well as the guide rods.

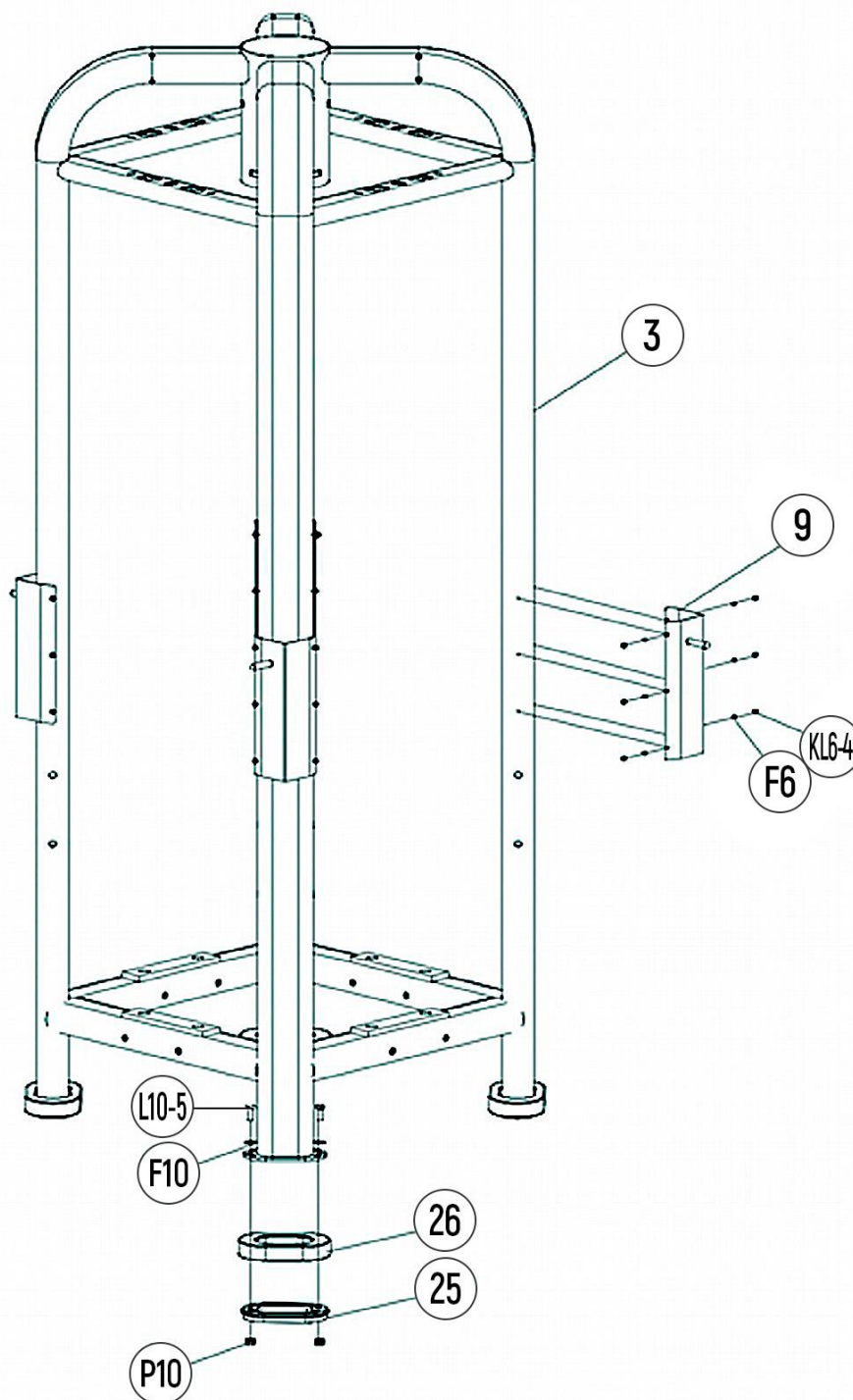
Use Silicon Spray and fiber to remove any excess residue. These can be found around the house or at a nearby hardware store, pics below. Use silicon Spray and fiber.



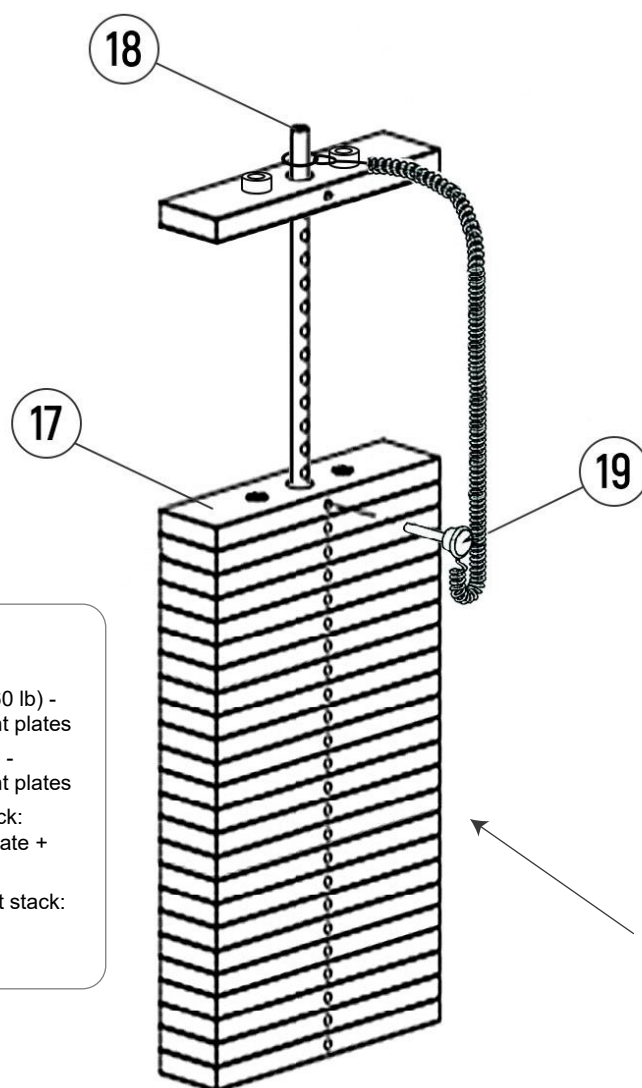
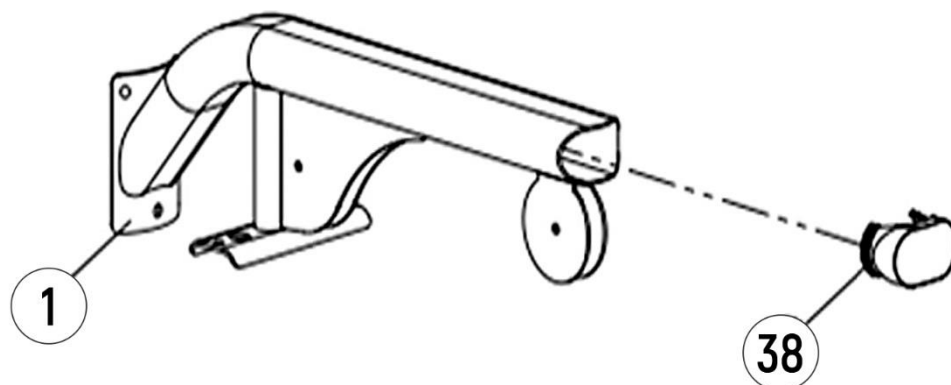
# ASSEMBLY INSTRUCTIONS. STEP 1

## INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.
- Tighten all the bolts/nuts



## ASSEMBLY INSTRUCTIONS. STEP 2



### 4 Stations

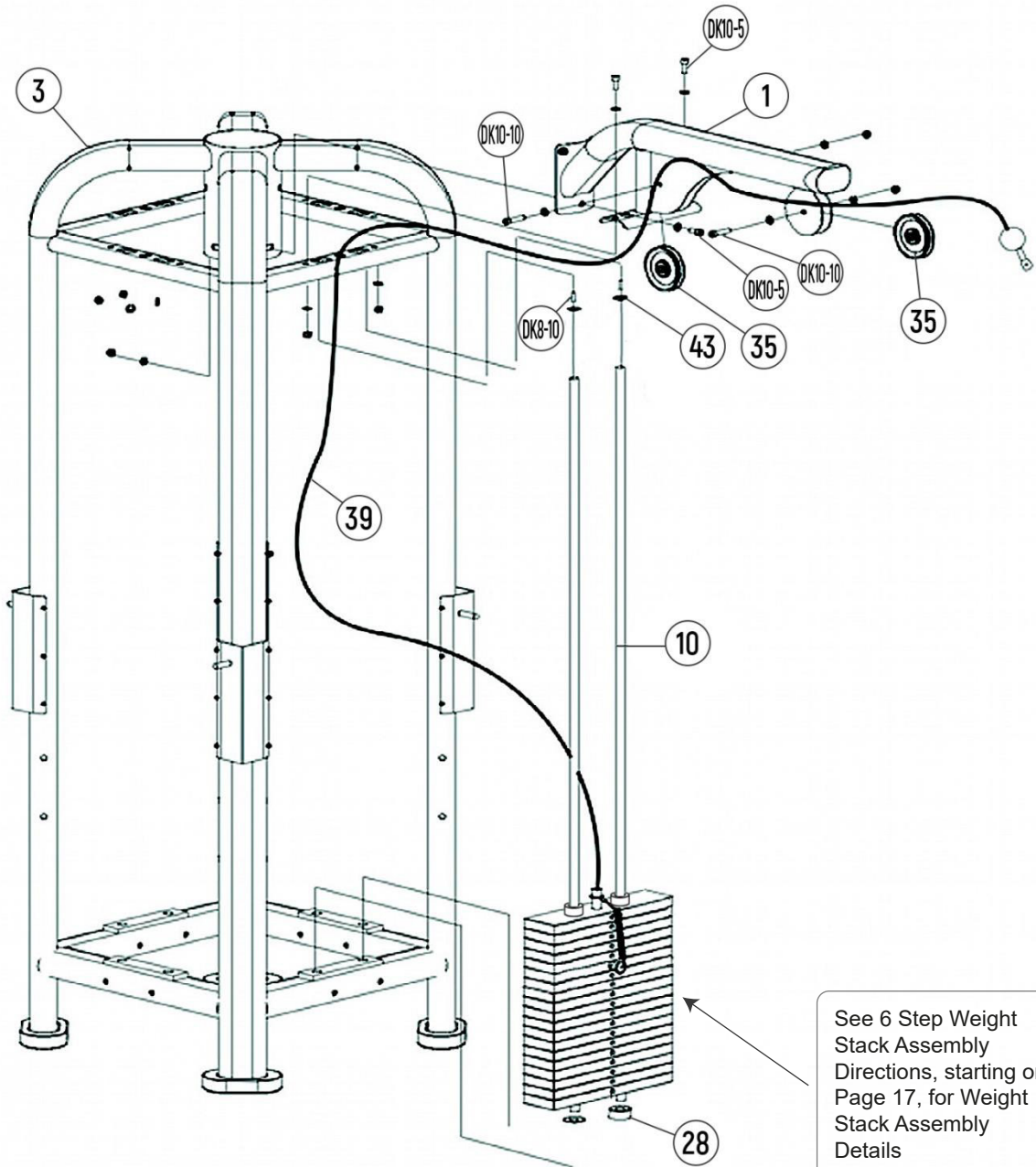
- (1) Lat Pulldown (Weight stack: 260 lb) - Selector Rod/Top plate + 23 weight plates
- (1) Low row (Weight stack: 260 lb) - Selector Rod/Top plate + 23 weight plates
- (1) Adjustable Pulleys (Weight stack: 190 lb each) - Selector Rod/Top plate + 17 weight plates
- (1) Fixed Tricep Extension (Weight stack: 190 lb) - Selector Rod/Top plate + 17 weight plates

See 6 Step Weight Stack Assembly Directions, starting on Page 17, for Weight Stack Assembly Details

## ASSEMBLY INSTRUCTIONS. STEP 3

**NOTE:**

In this step, all the washers and nuts which are not marked are F10 and P10





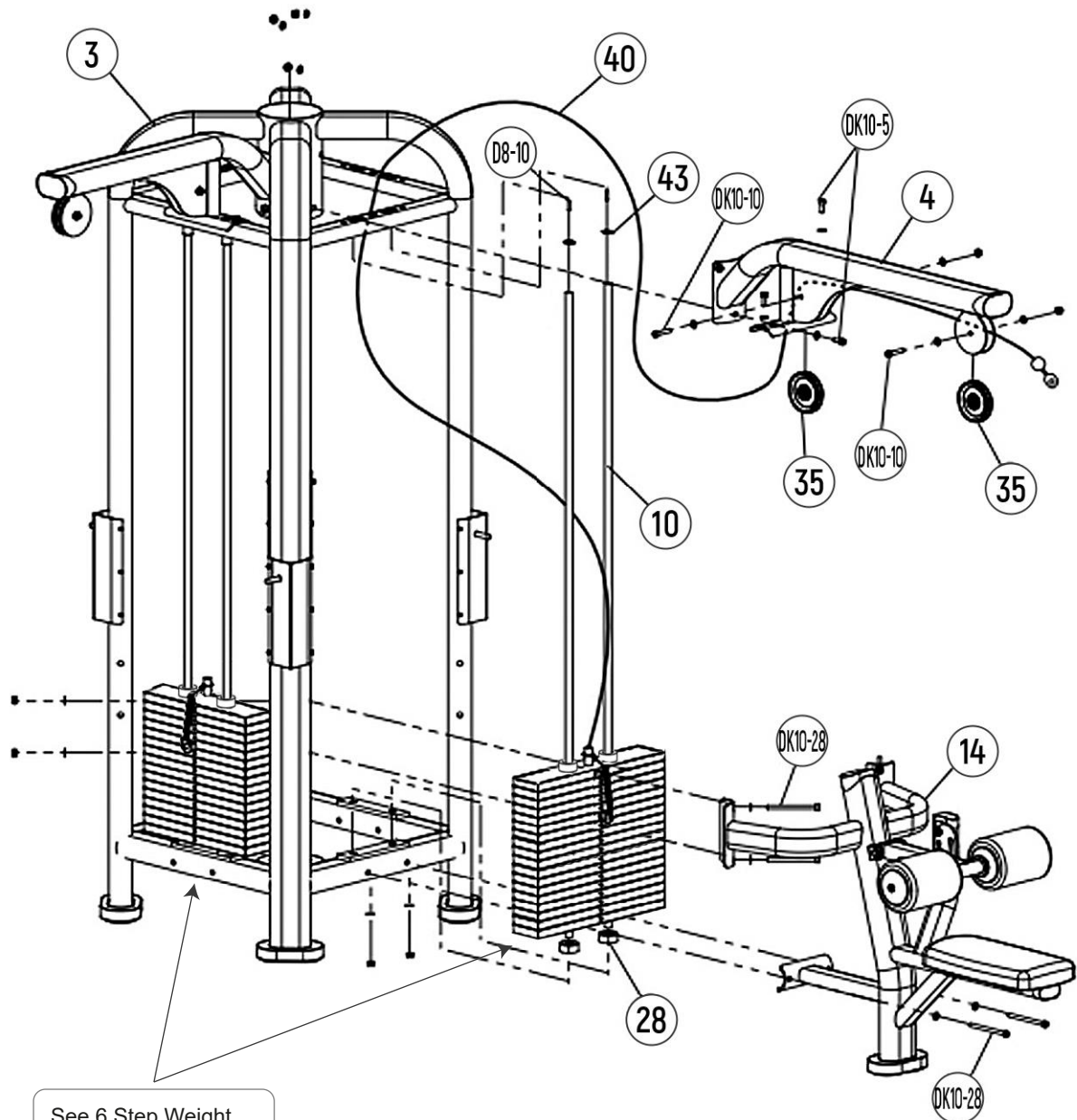




## ASSEMBLY INSTRUCTIONS. STEP 5

### NOTE:

In this step, all the washers and nuts which are not marked are F10 and P10

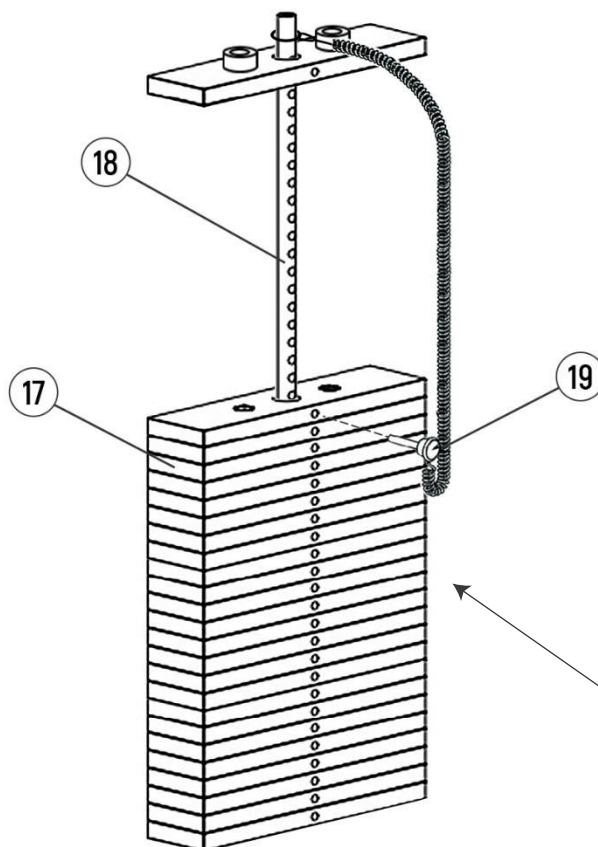
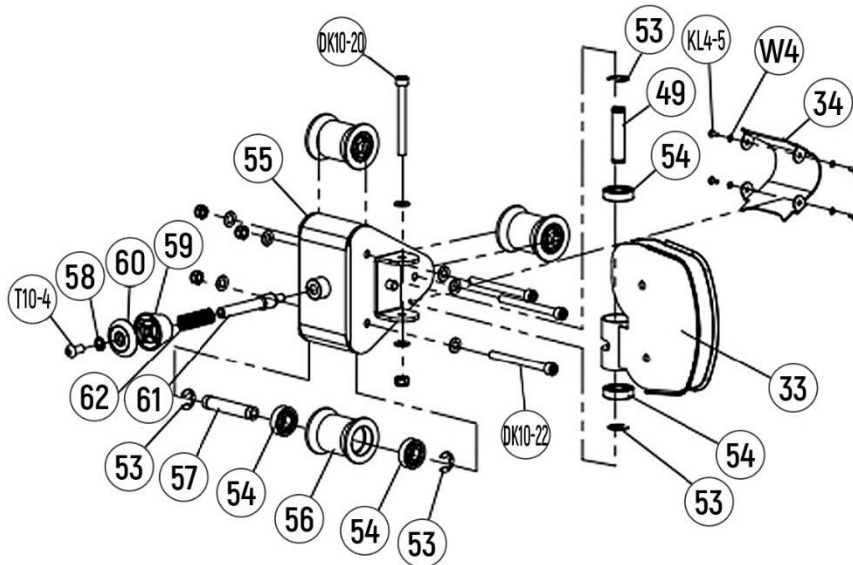


See 6 Step Weight  
Stack Assembly  
Directions, starting on  
Page 17, for Weight  
Stack Assembly  
Details

## ASSEMBLY INSTRUCTIONS. STEP 6

### NOTE:

In this step, all the washers and nuts which are not marked are F10 and P10

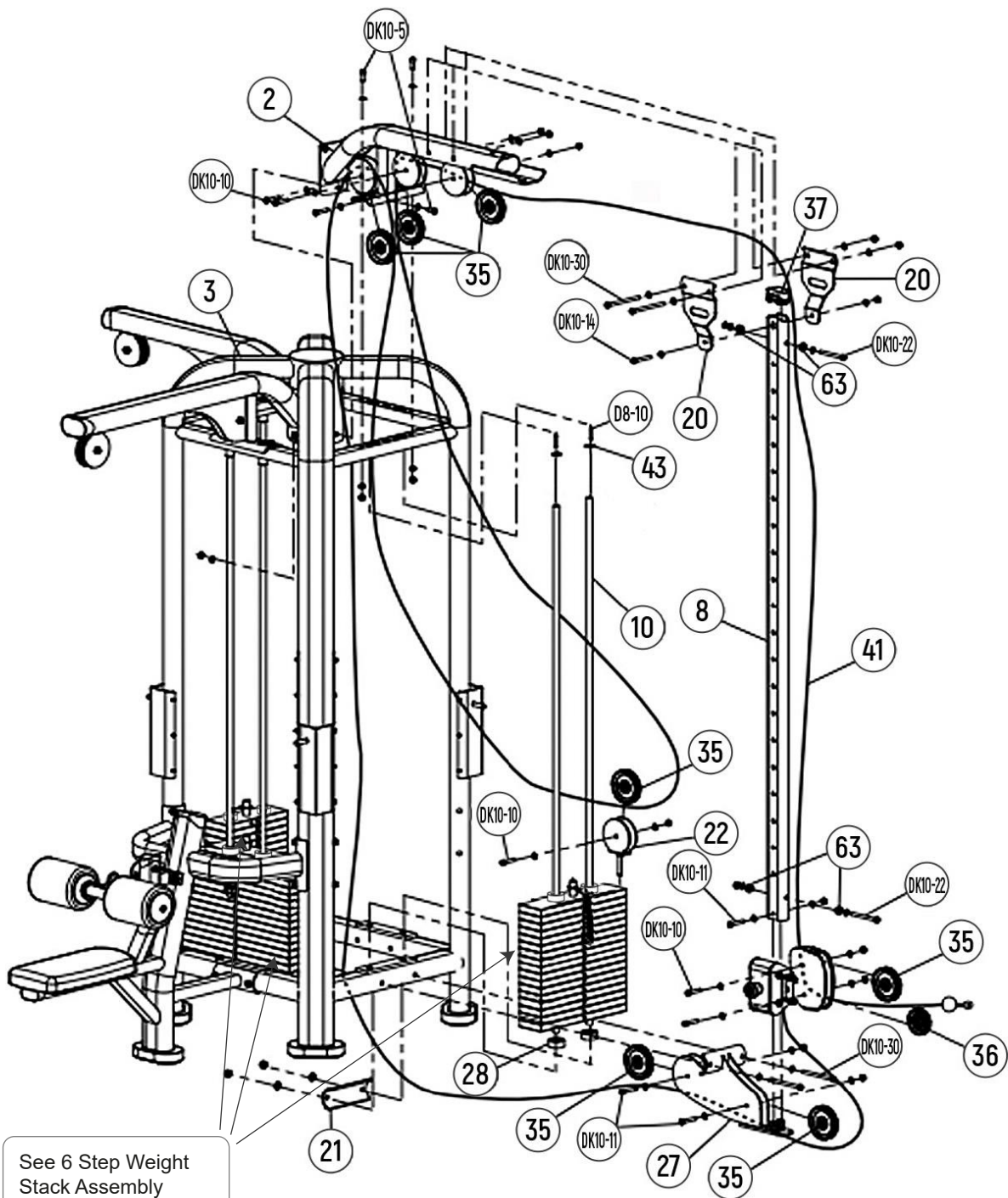


See 6 Step Weight Stack Assembly Directions, starting on Page 17, for Weight Stack Assembly Details

## ASSEMBLY INSTRUCTIONS. STEP 7

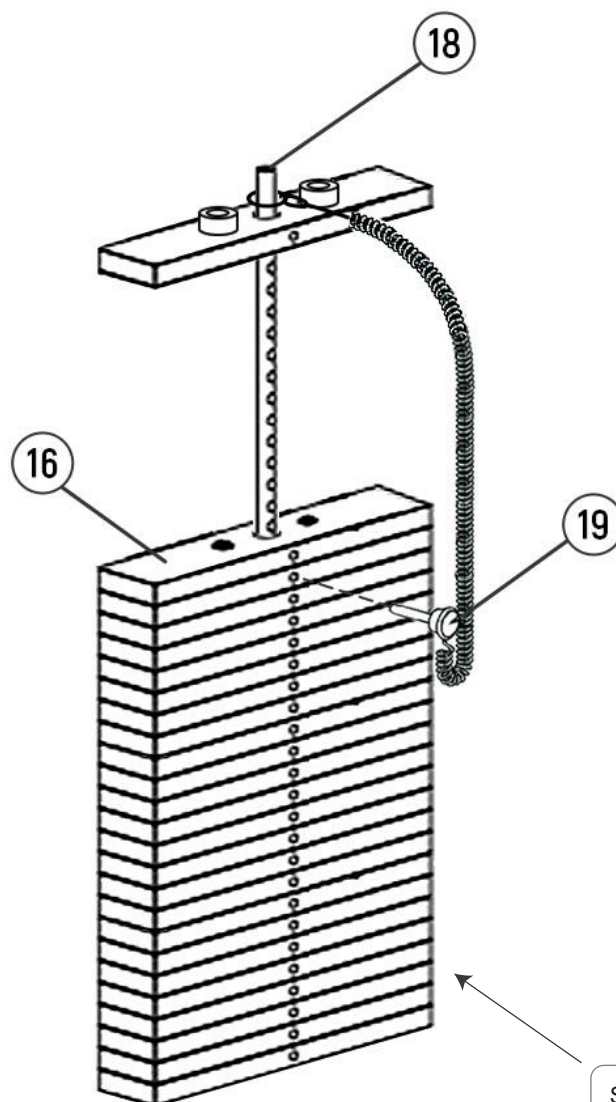
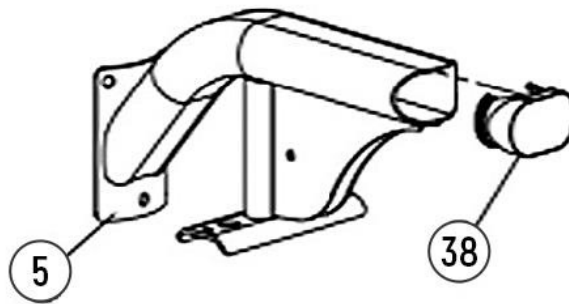
### NOTE:

In this step, all the washers and nuts which are not marked are F10 and P10



See 6 Step Weight Stack Assembly Directions, starting on Page 17, for Weight Stack Assembly Details

## ASSEMBLY INSTRUCTIONS. STEP 8



See 6 Step Weight  
Stack Assembly  
Directions, starting on  
Page 17, for Weight  
Stack Assembly  
Details



## **ASSEMBLY DIRECTIONS – STEP 9: WEIGHT STACK ASSEMBLY**

### **STEP 1. RUBBER BUMPERS**



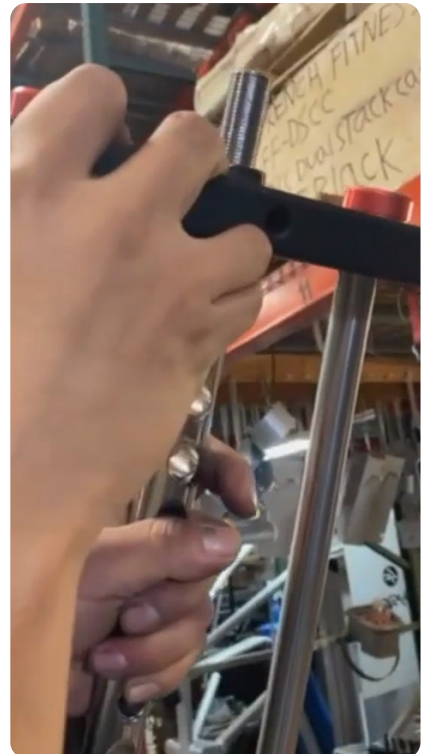
### **STEP 2. GUIDE RODS – TILT OUT**



### STEP 3. WEIGHT PLATES



### STEP 4. TOP PLATE/SELECTOR ROD – REMOVE FROM CABLE FOR NOW + INSTALL THE TOP PLATE



**STEP 5. TILT IN GUIDE RODS—  
RAISE THEM IN ORDER TO BOLT THEM IN**





**STEP 6. INSTALL THE WEIGHT SELECTOR PIN AND REATTACH CABLE TO THE TOP PLATE AND THEN STORE WEIGHT ADAPTERS ON THE CHROME BRACKET AT THE TOP SO THAT THE CABLE CAN BE TIGHTENED AND ADJUSTED**





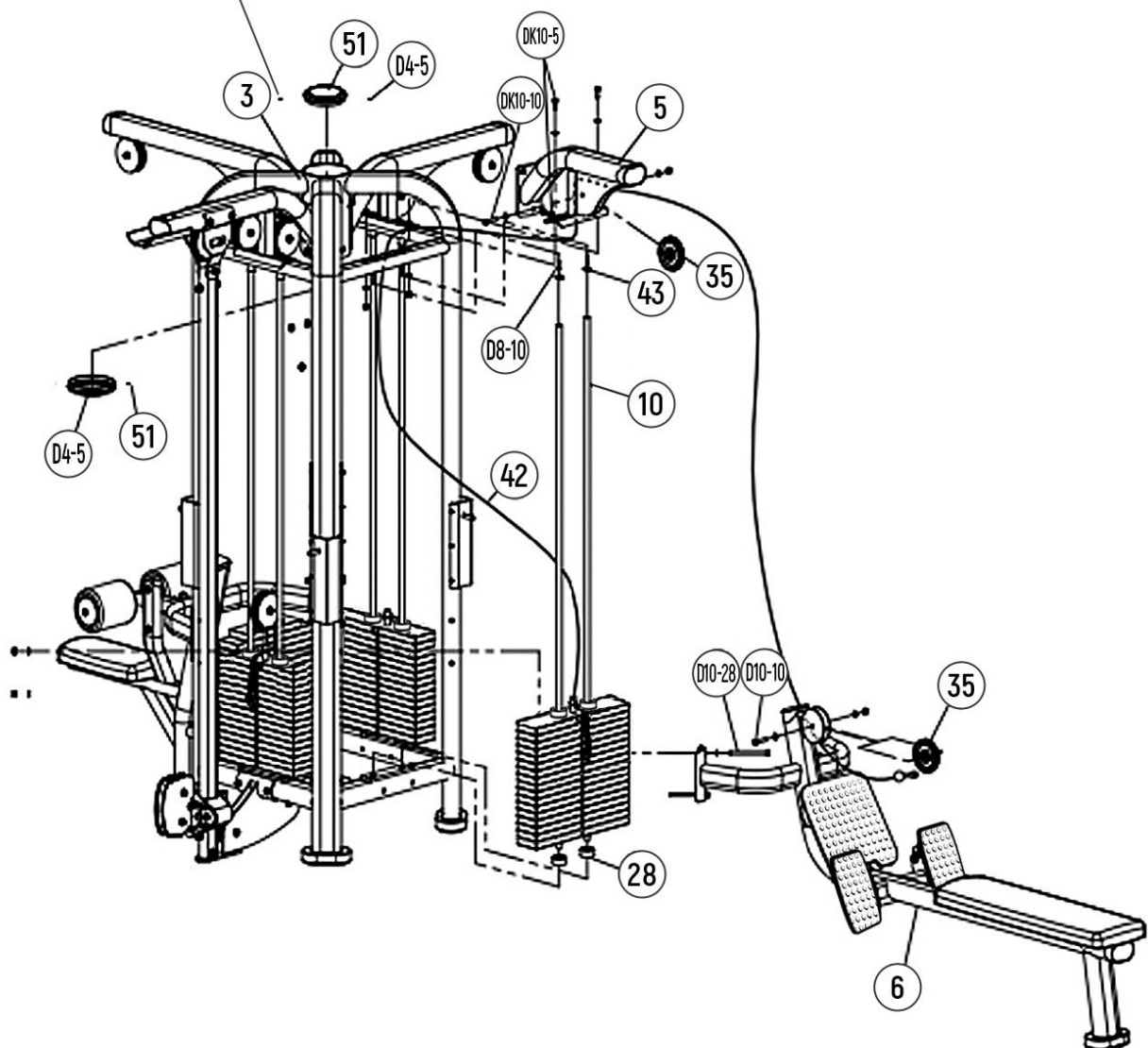
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## ASSEMBLY INSTRUCTIONS. STEP 11

### NOTE:

In this step, all the washers and nuts which are not marked are F10 and P10

There are 2 screws(D4-5) in the main frame(1) to lock the end cap(51).



## ASSEMBLY INSTRUCTIONS. STEP 12

