

# FRENCH FITNESS

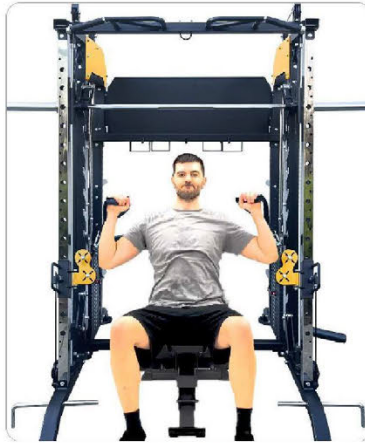
FF-FSR90

FRENCH FITNESS FSR90 FUNCTIONAL  
TRAINER SMITH & SQUAT RACK MACHINE  
EXERCISE MANUAL

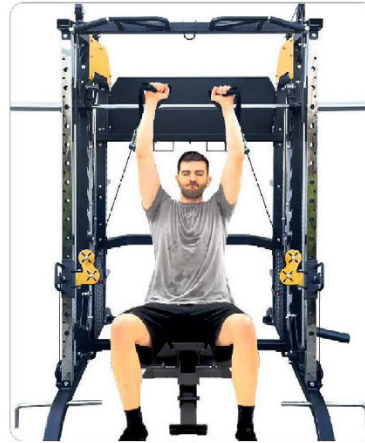


START & END MOVEMENTS OF (79) FSR90 EXERCISES

**SEATED  
SHOULDER  
PRESS**

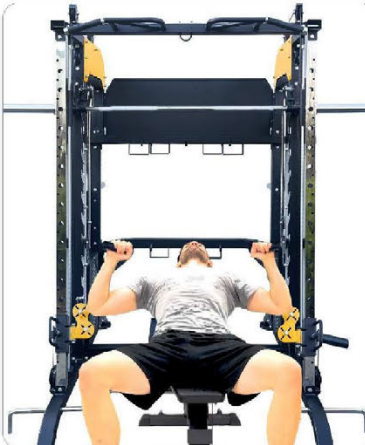


START

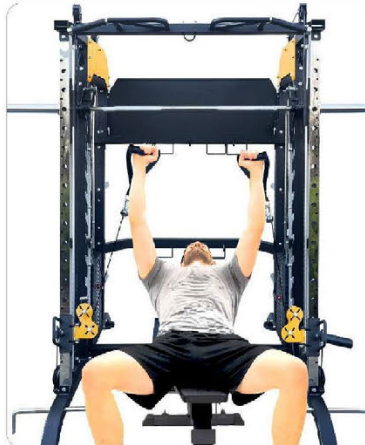


END

**INCLINE  
CHEST**

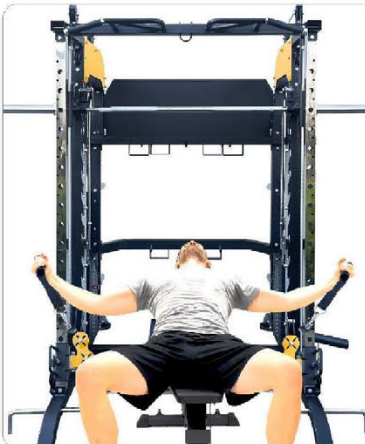


START

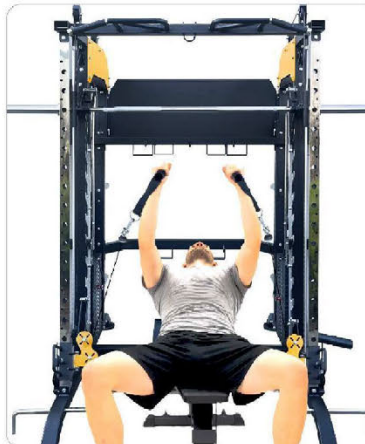


END

**INCLINE  
PEC FLY**

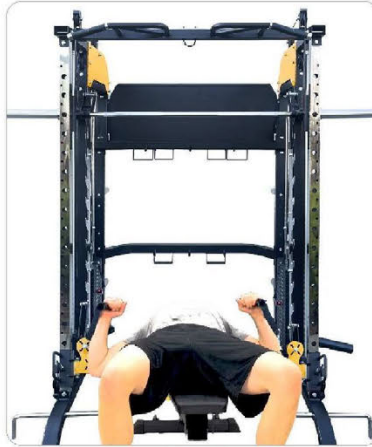


START

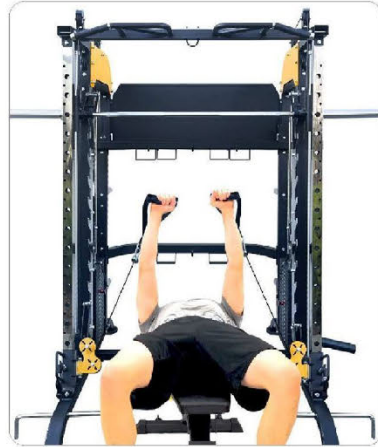


END

### FLAT CHEST PRESS

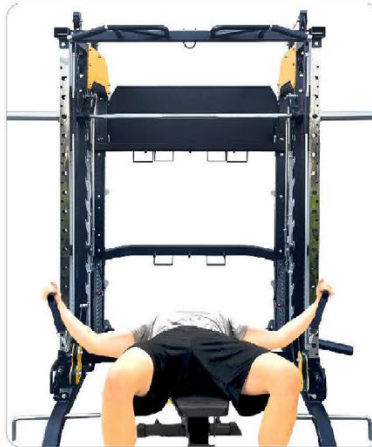


START

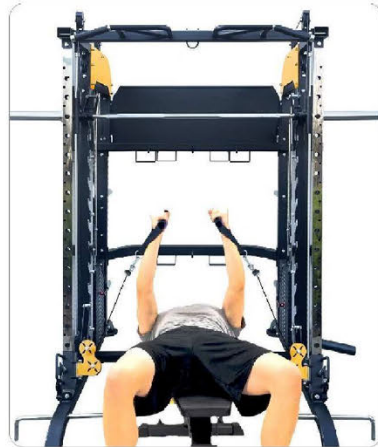


END

### FLAT PEC FLY

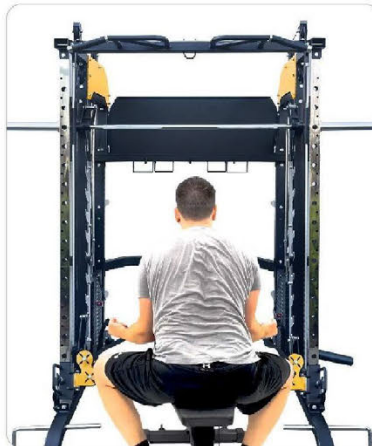


START

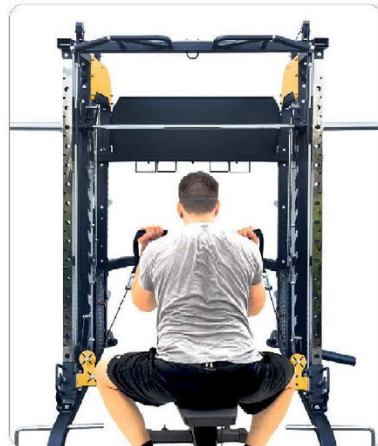


END

### SEATED BICEP CURL

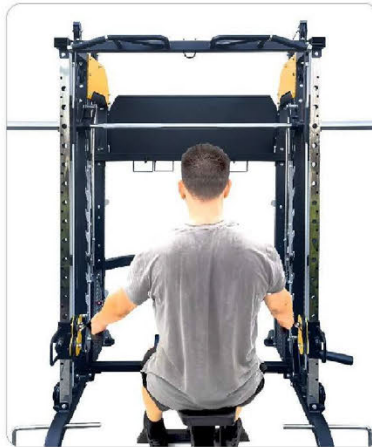


START

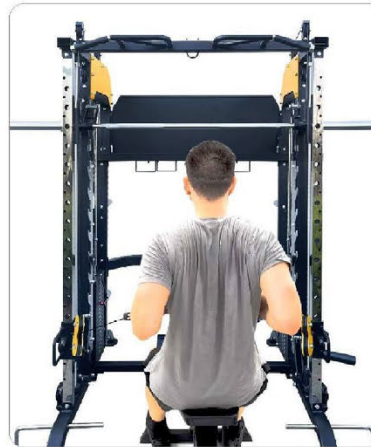


END

### SEATED ROW

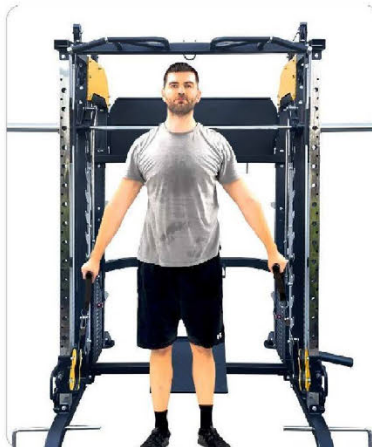


START

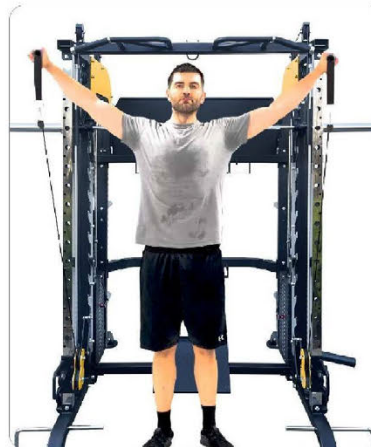


END

### LATERAL RAISES

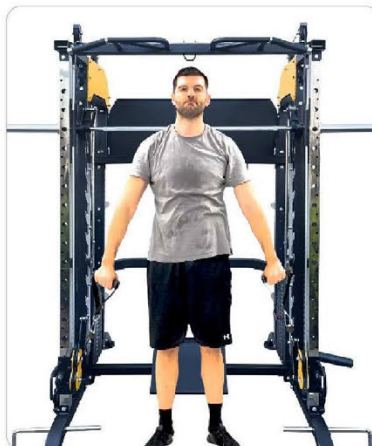


START

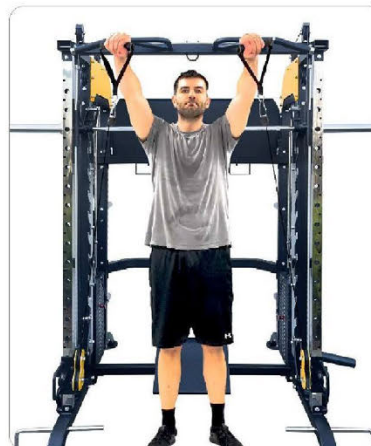


END

### FRONT SHOULDER RAISES

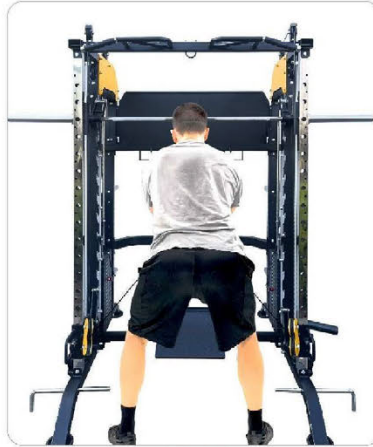


START



END

**BENT OVER  
REAR DELT**

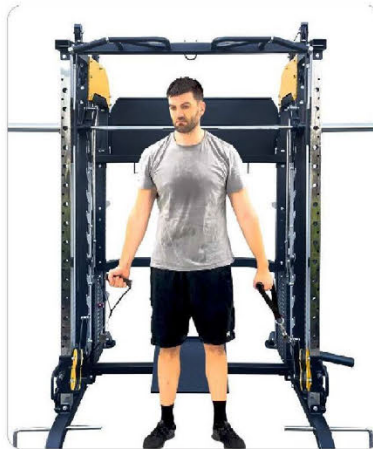


START

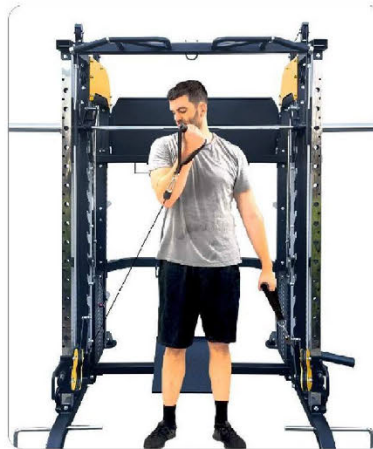


END

**ISO  
LATERAL  
BICEP CURL**

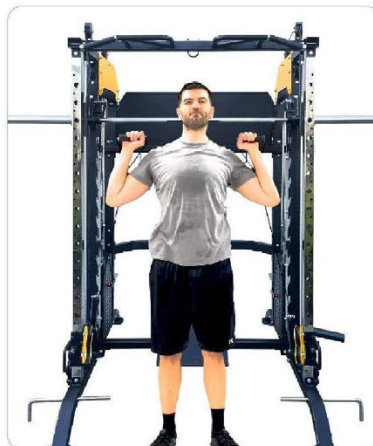


START

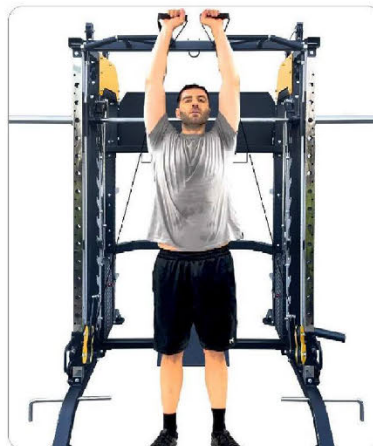


END

**STANDING  
SHOULDER  
PRESS**

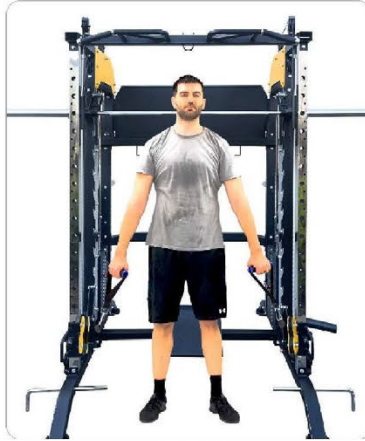


START

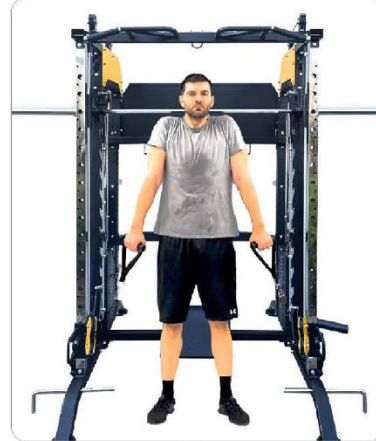


END

**STANDING  
SHOULDER  
SHRUGS**

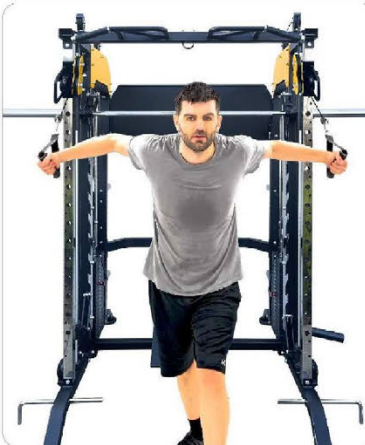


START

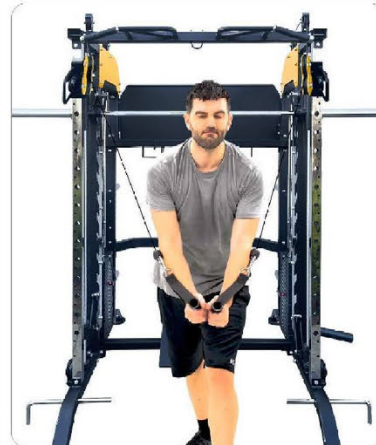


END

**STANDING  
PEC FLY**



START

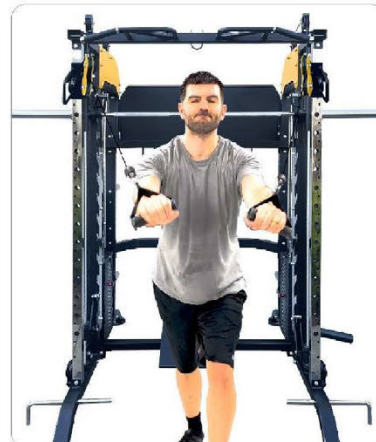


END

**STANDING  
TRICEP  
KICKBACKS**



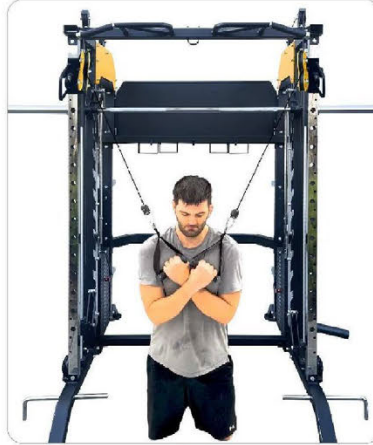
START



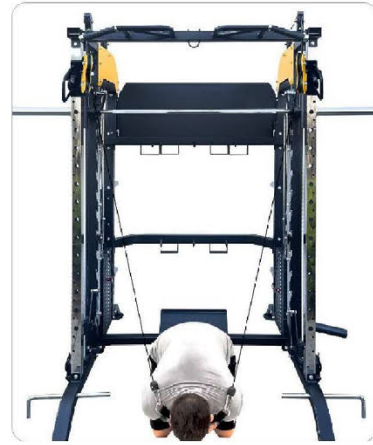
END

STRAP HANDLES (Included Attachment)

### KNEELING ABDOMINAL CRUNCH

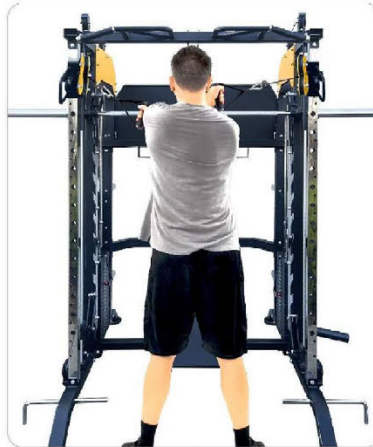


START

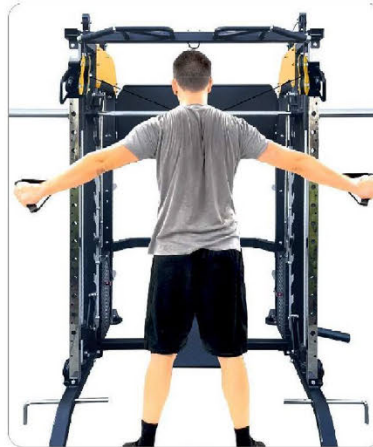


END

### STANDING REAR DELT



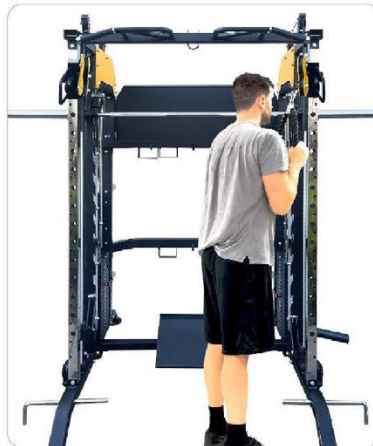
START



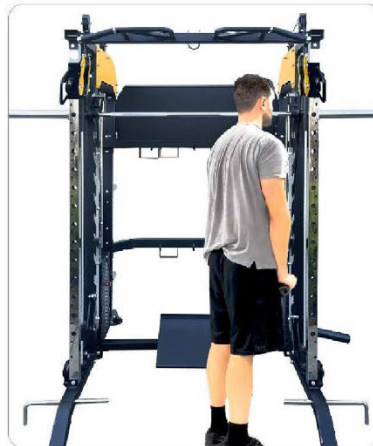
END

TRICEP ROPE (Included Attachment)

### TRICEP PUSHDOWN



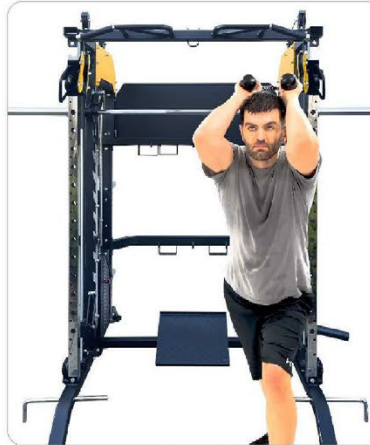
START



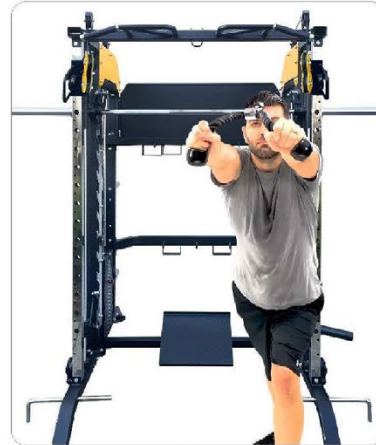
END

TRICEP ROPE (Included Attachment)

### TRICEP KICKBACK

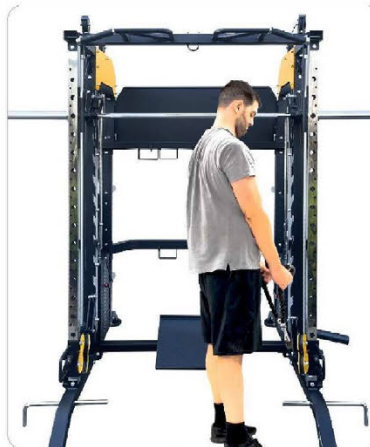


START

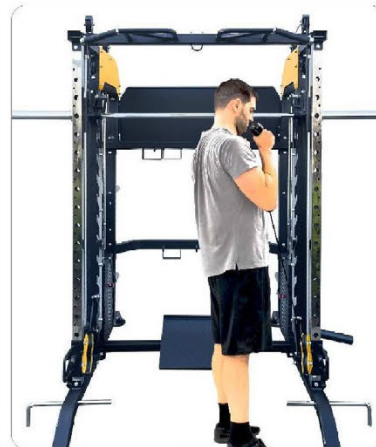


END

### BICEP CURLS



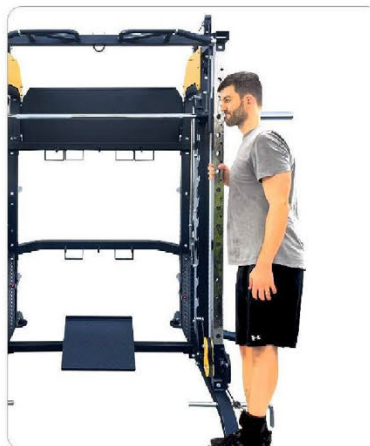
START



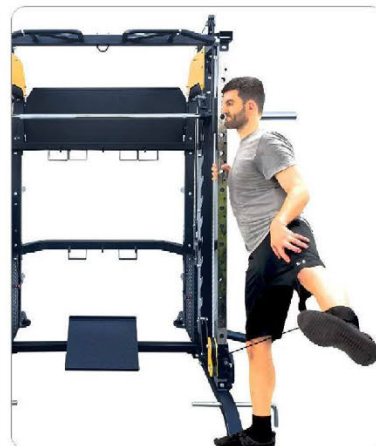
END

ANKLE CUFF (Included Attachment)

### LATERAL LEG RAISES



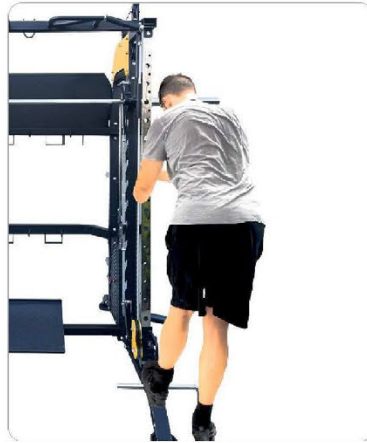
START



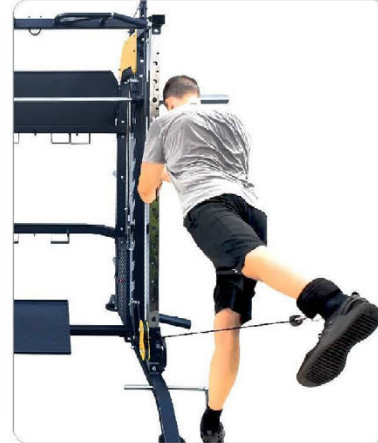
END



### GLUTE KICKBACK

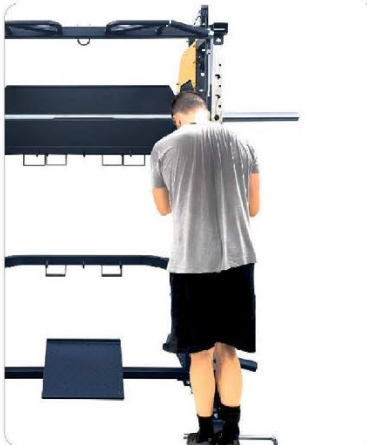


START

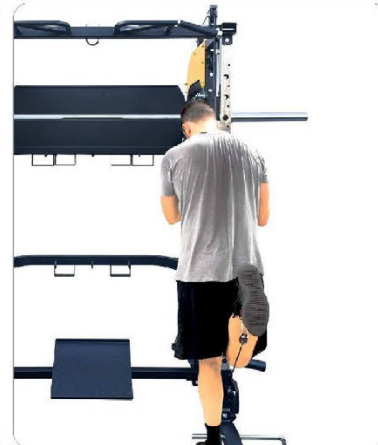


END

### ONE LEGGED REVERSE LEG CURLS



START

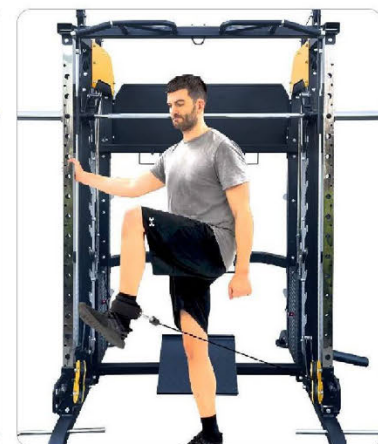


END

### FRONT LEG RAISES



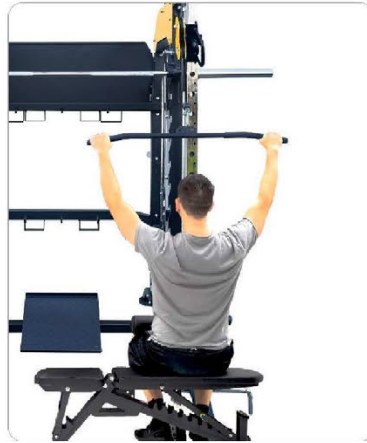
START



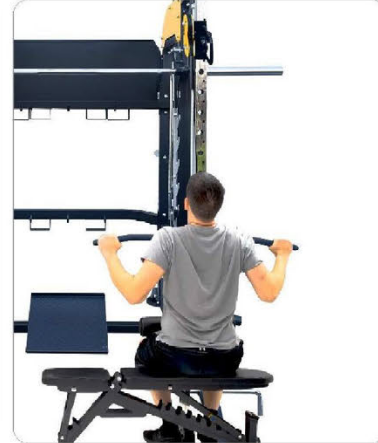
END

LAT PULLDOWN BAR / KNEE CUSHION (Included Attachment)

## LAT PULLDOWN

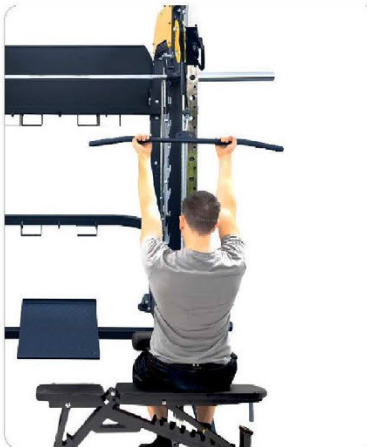


START

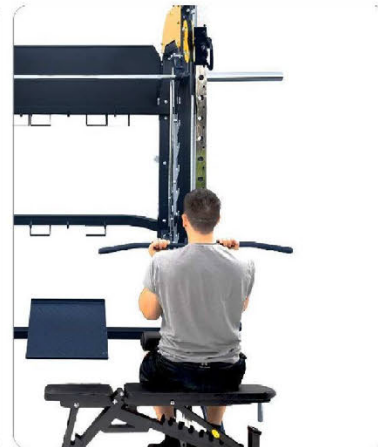


END

## REVERSE GRIP LAT PULLDOWN



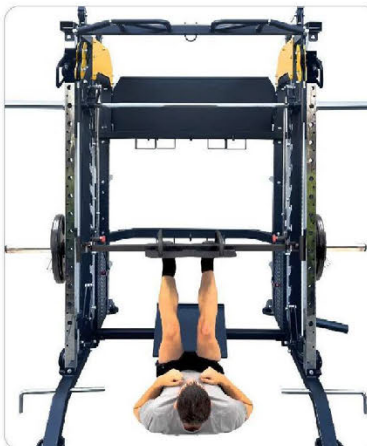
START



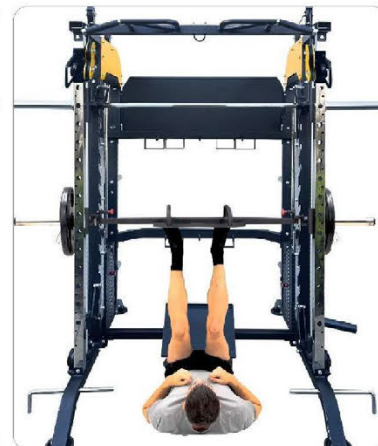
END

LEG PRESS PLATE (Included Attachment)

## CALF RAISES

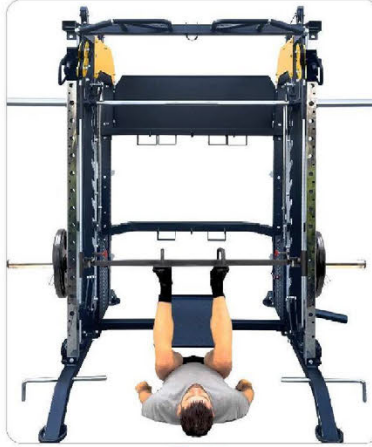


START

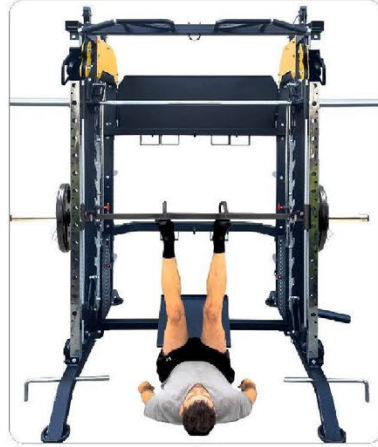


END

### VERTICAL LEG PRESS

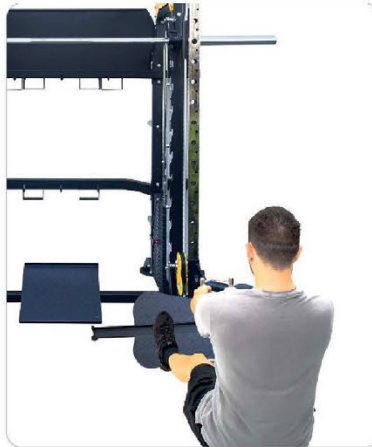


START

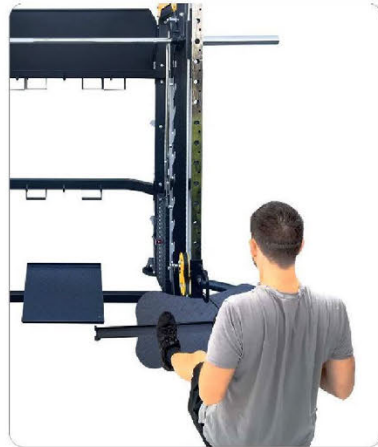


END

### SEATED ROWS

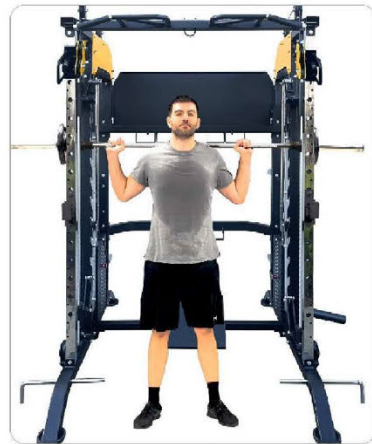


START

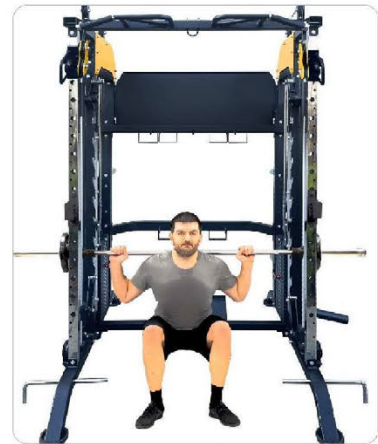


END

### SQUAT

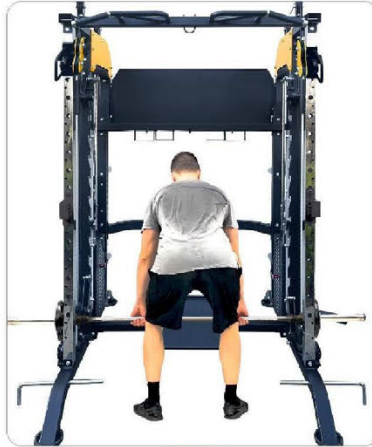


START

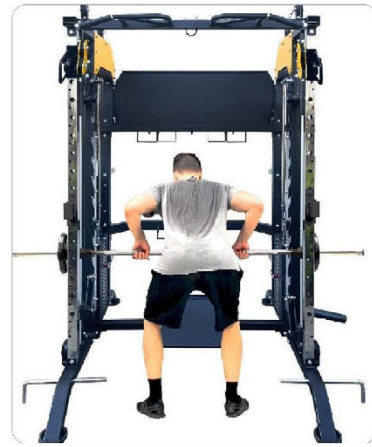


END

### BENT OVER ROWS

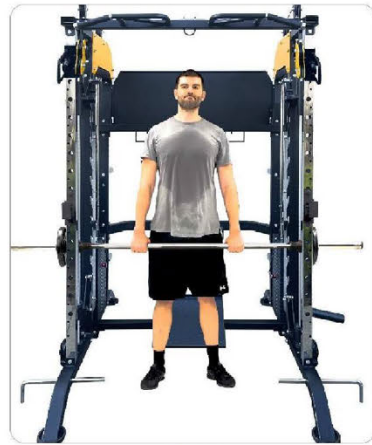


START

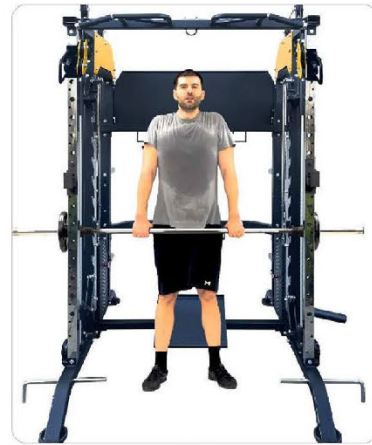


END

### SHOULDER SHRUGS

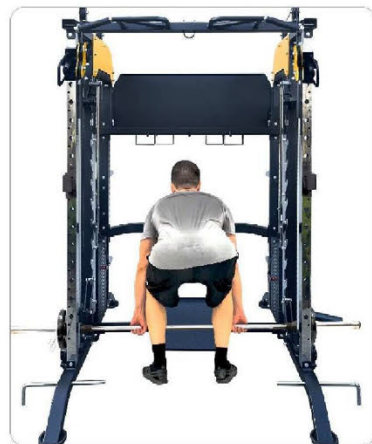


START

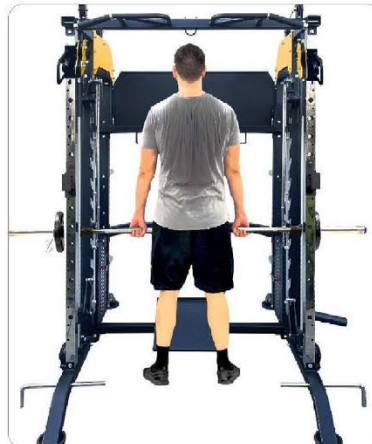


END

### DEADLIFT

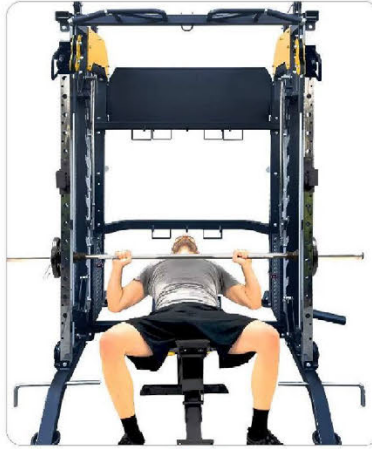


START

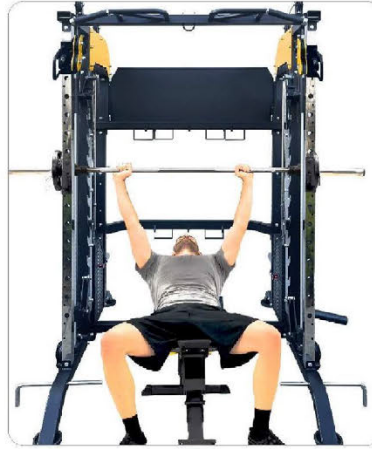


END

### INCLINE CHEST PRESS

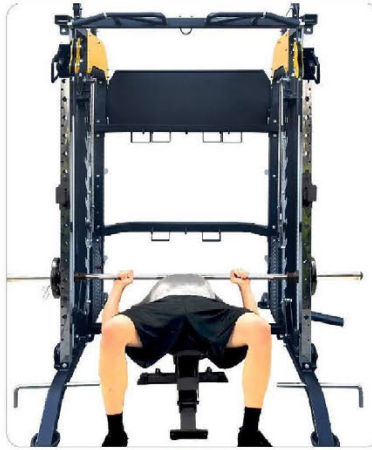


START

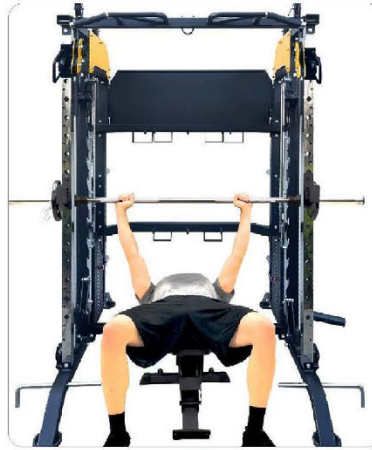


END

### FLAT CHEST PRESS

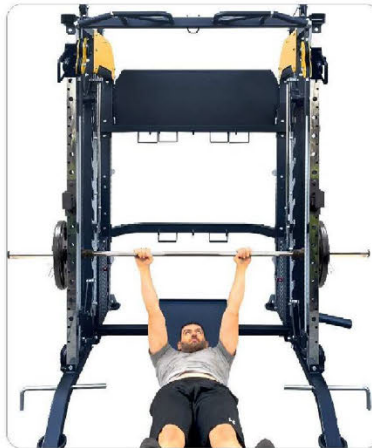


START

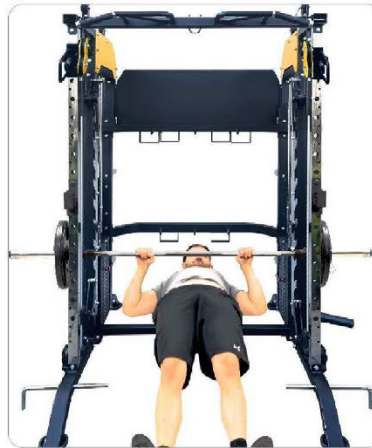


END

### SUPINE ROW



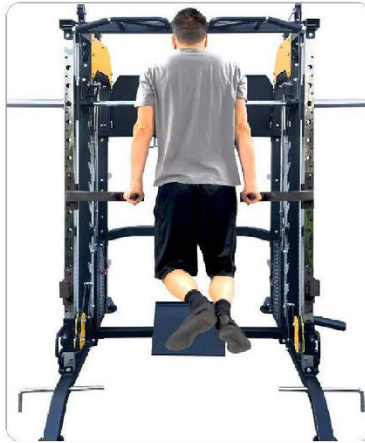
START



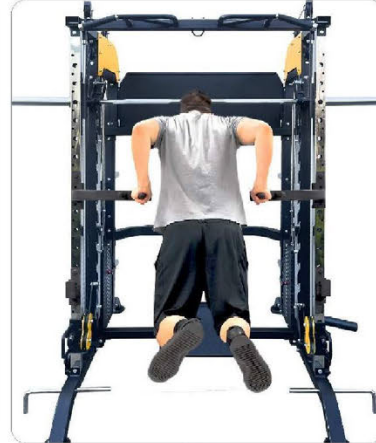
END

DIP BARS (Included Attachment)

## DIPS



START



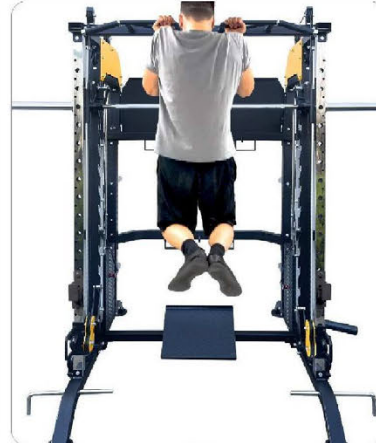
END

PULL UP BARS (Included Attachment)

## CHIN UPS

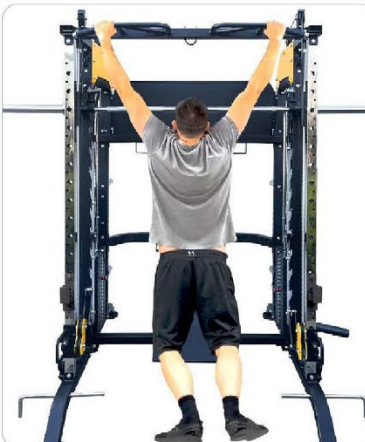


START

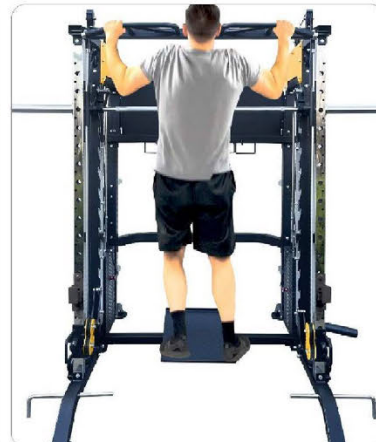


END

## PULL UP



START

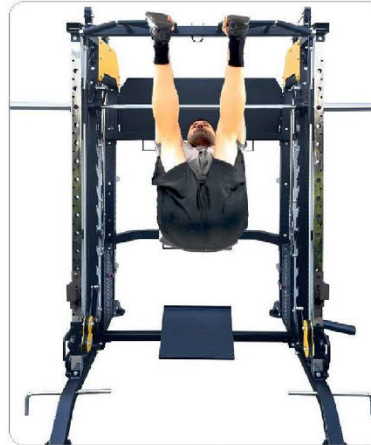


END

**TOES  
TO BAR**

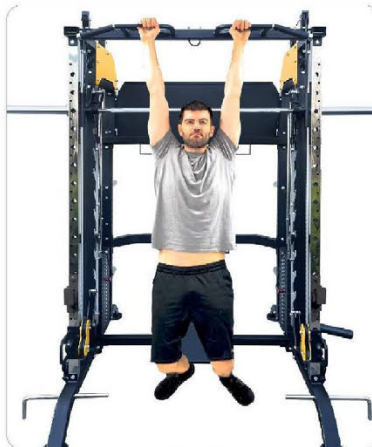


START

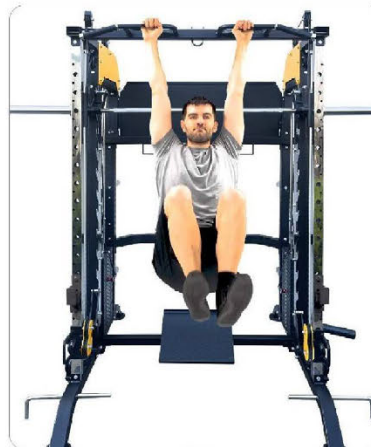


END

**LEG RAISES**

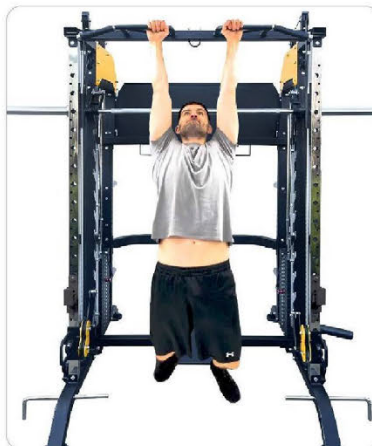


START

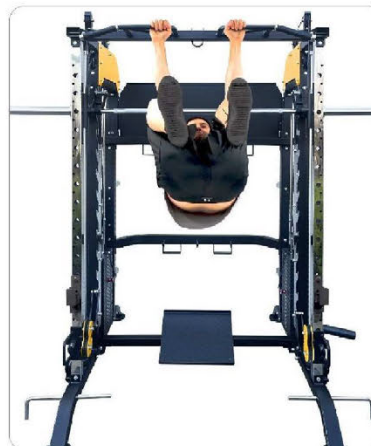


END

**KNEES TO  
ELBOWS**

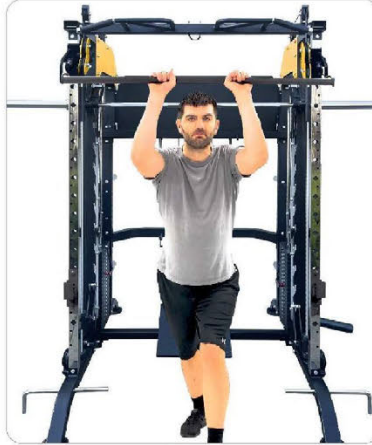


START

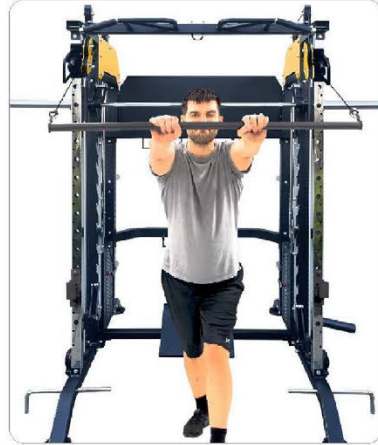


END

**OVERHEAD  
TRICEP  
KICKBACKS**

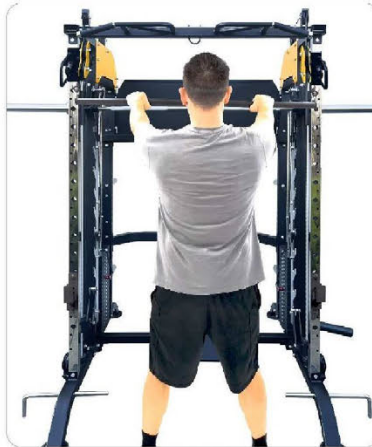


START

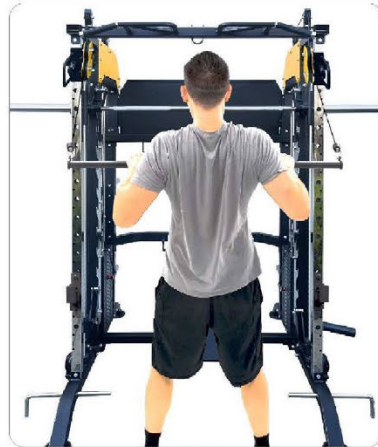


END

**STANDING  
ROWS**

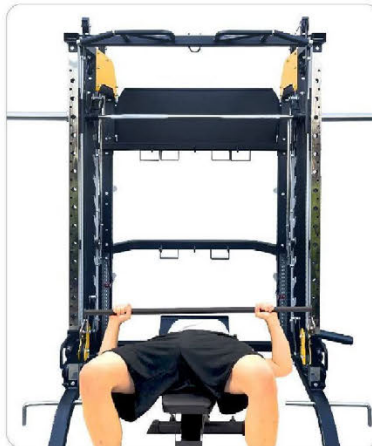


START

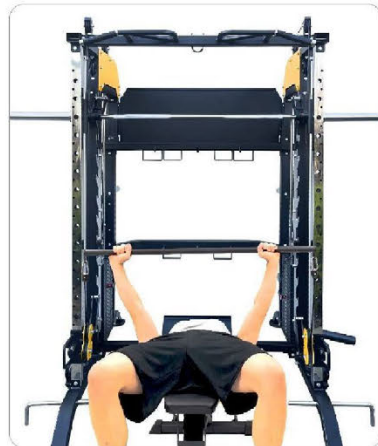


END

**FLAT  
BENCH  
PRESS**



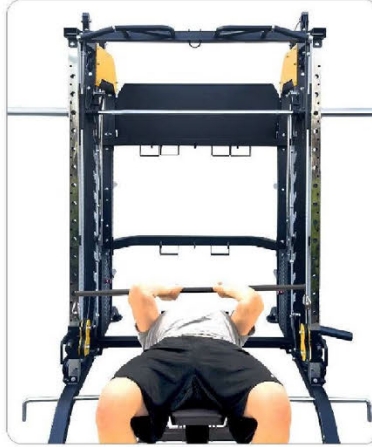
START



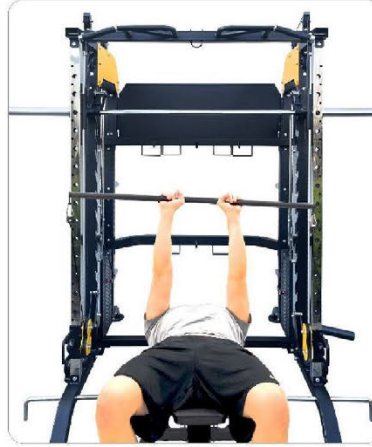
END



### SKULL CRUSHERS

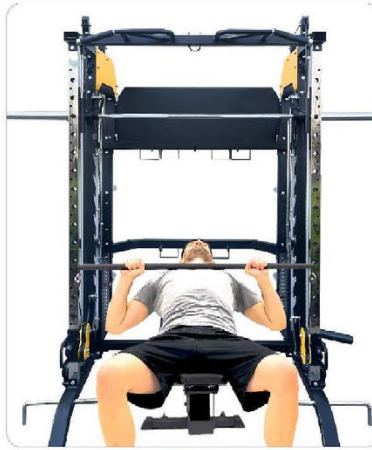


START

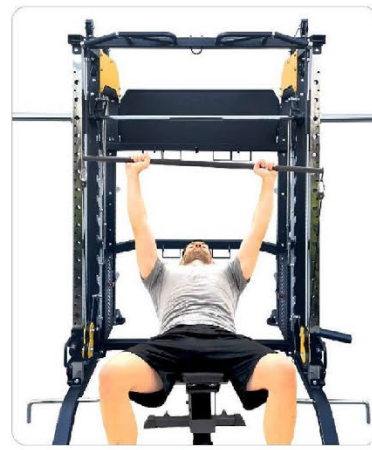


END

### INCLINE BENCH PRESS

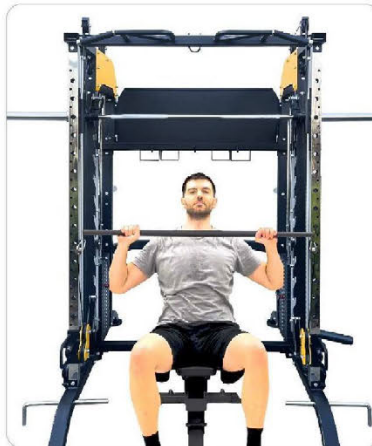


START

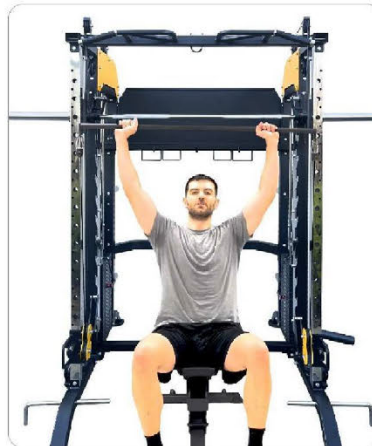


END

### SEATED SHOULDER PRESS

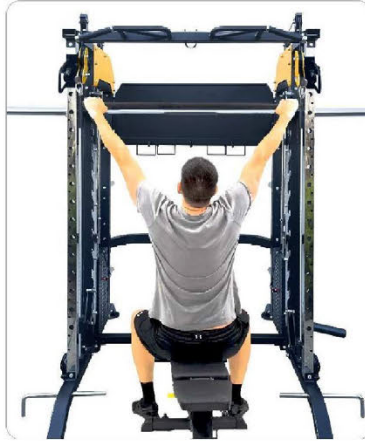


START

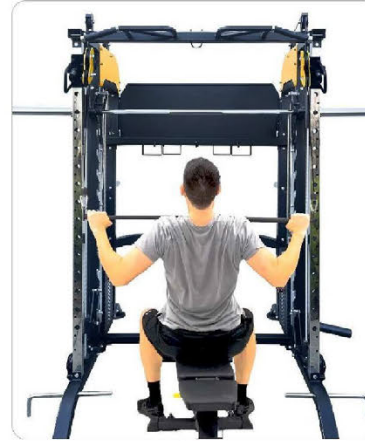


END

### LAT PULLDOWNS

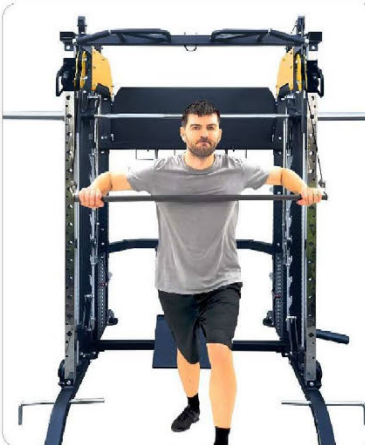


START

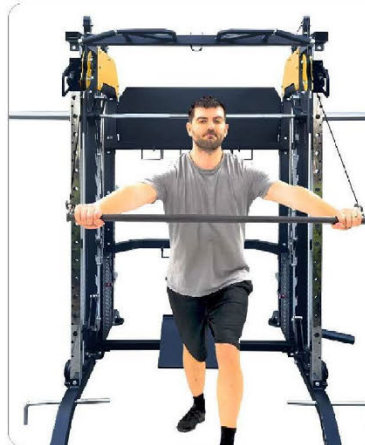


END

### STANDING CHEST PRESS

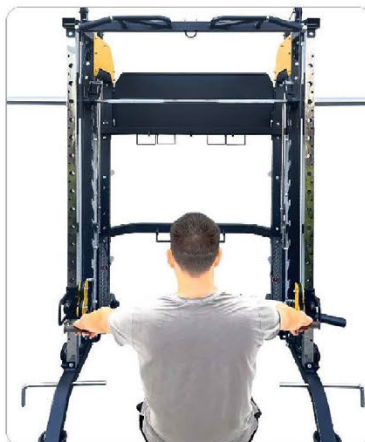


START

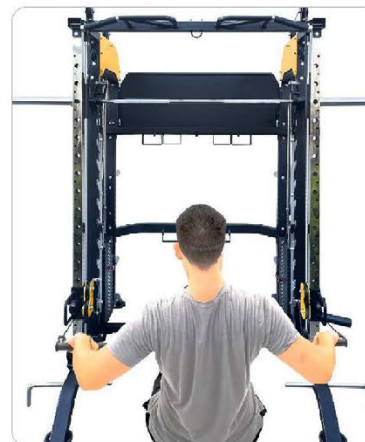


END

### WIDE GRIP SEATED ROWS



START

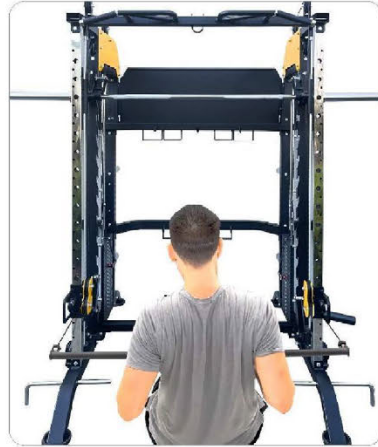


END

**REVERSE  
GRIP  
SEATED  
ROWS**

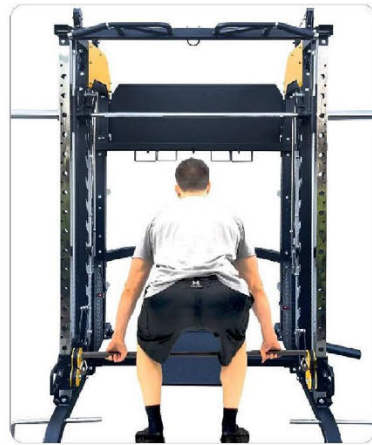


START

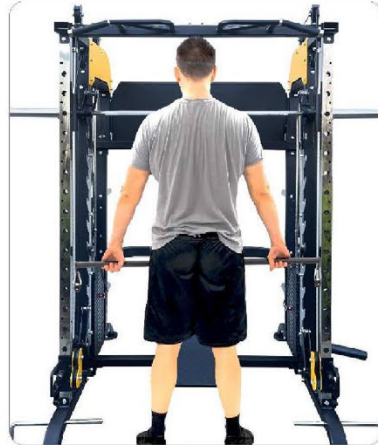


END

**DEADLIFT**

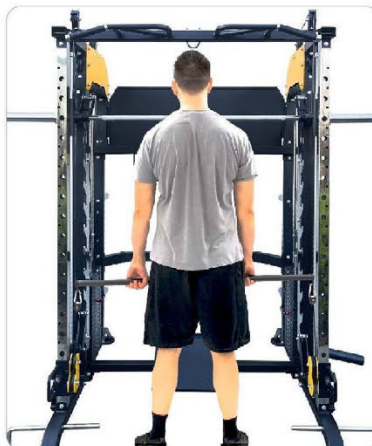


START

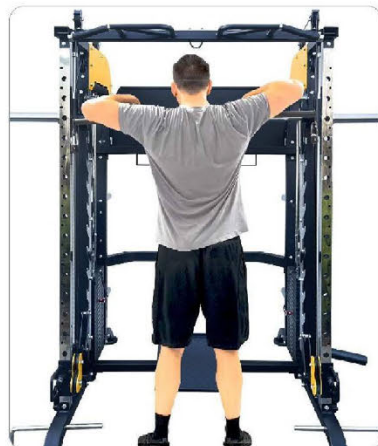


END

**UPRIGHT  
ROWS**

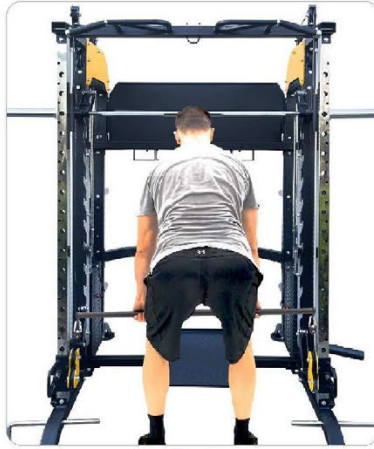


START

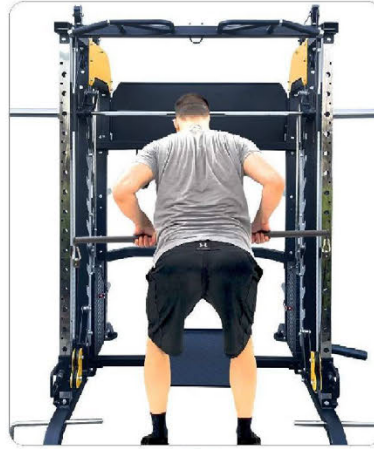


END

### BENT OVER ROWS

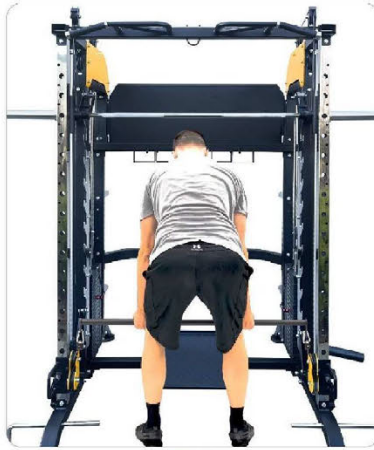


START

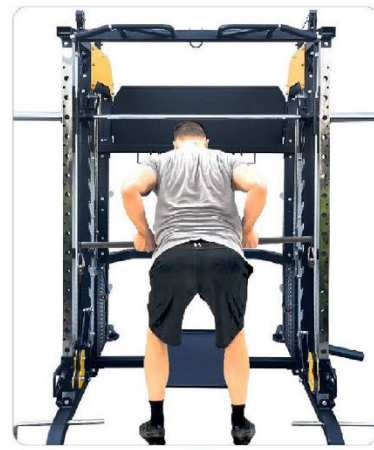


END

### REVERSE GRIP BENT OVER ROWS

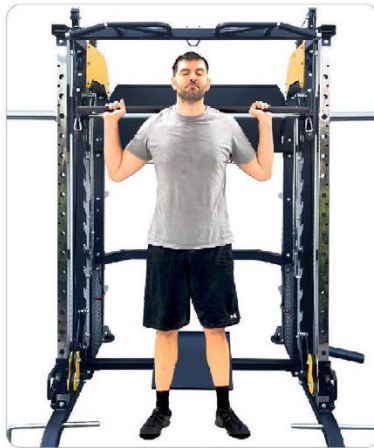


START

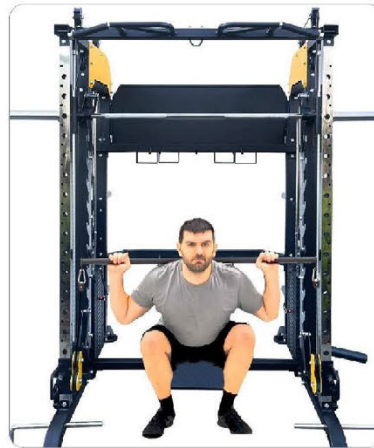


END

### STANDING SQUAT

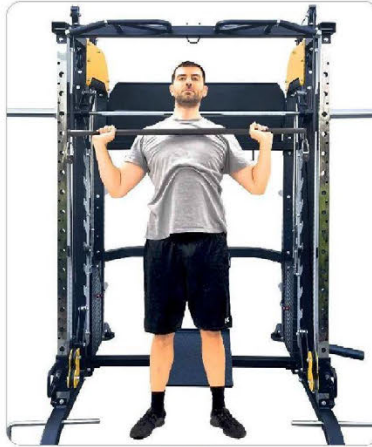


START

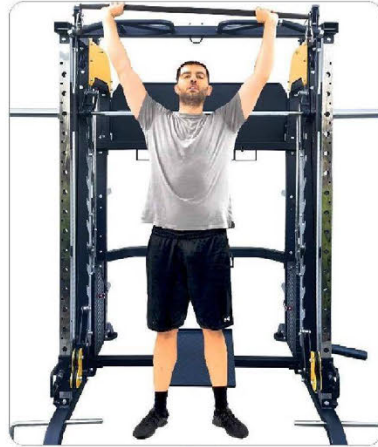


END

### SHOULDER PRESS

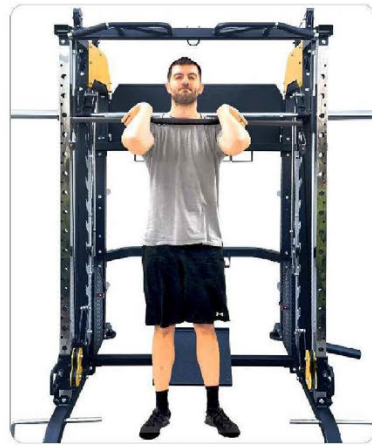


START

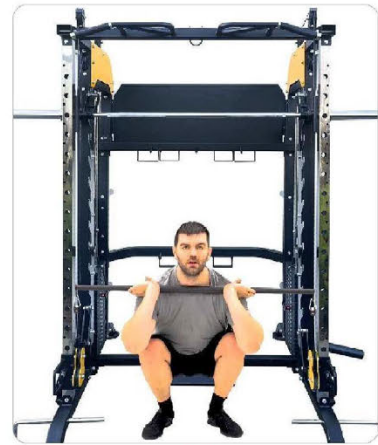


END

### STANDING FRONT SQUATS

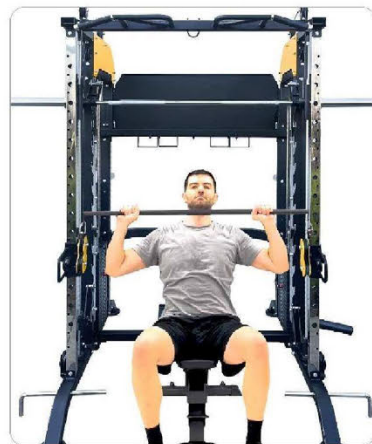


START

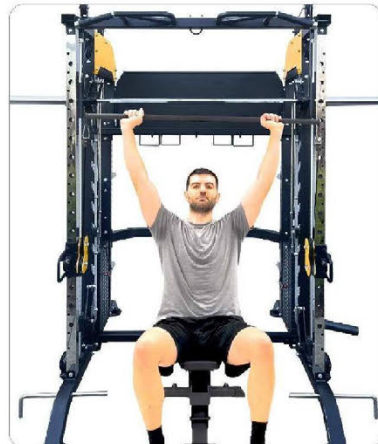


END

### SEATED SHOULDER PRESS

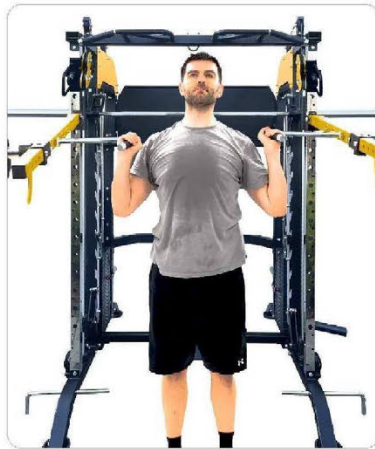


START

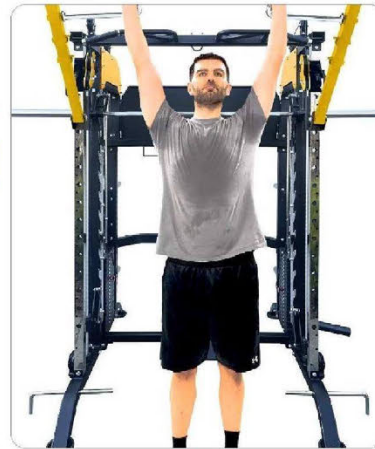


END

### SHOULDER PRESS

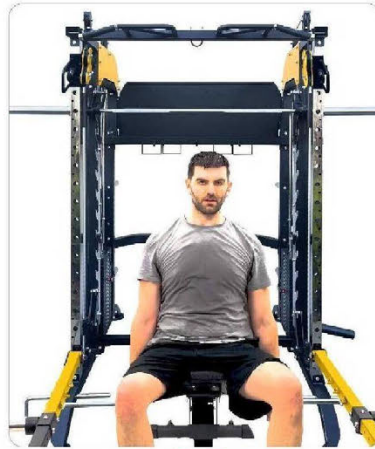


START

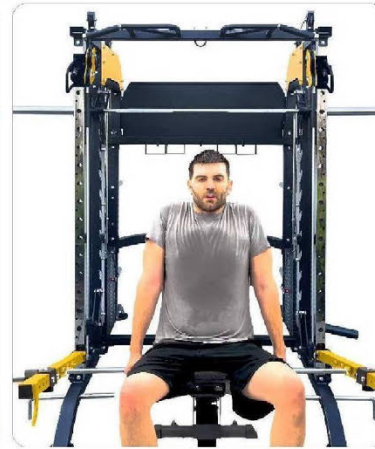


END

### SEATED SHRUGS

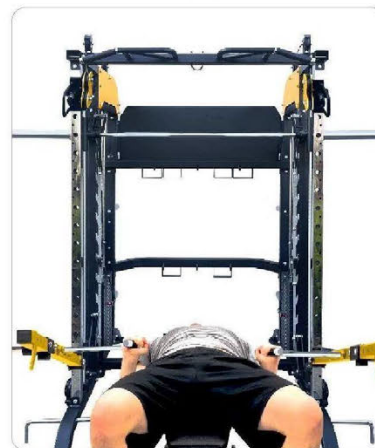


START

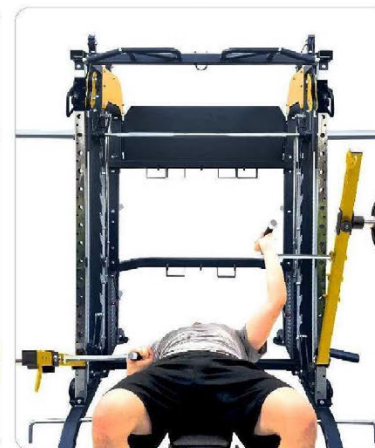


END

### ISO LATERAL DECLINE BENCH

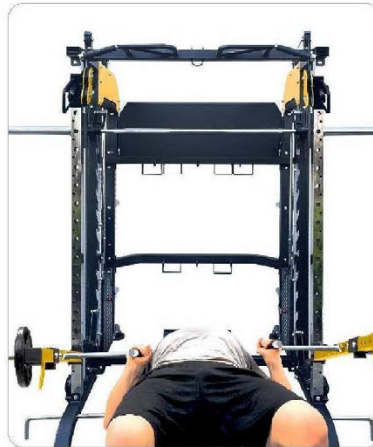


START

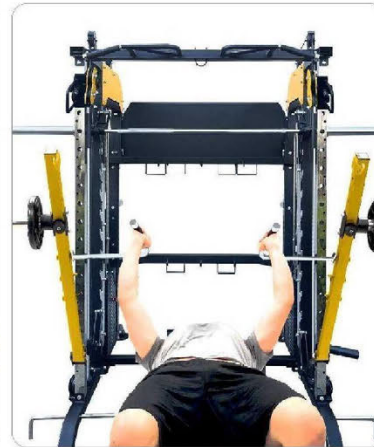


END

### ISO LATERAL BENCH

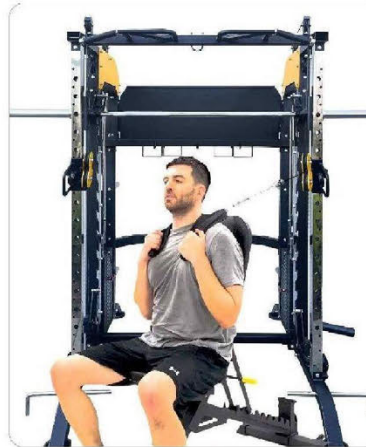


START

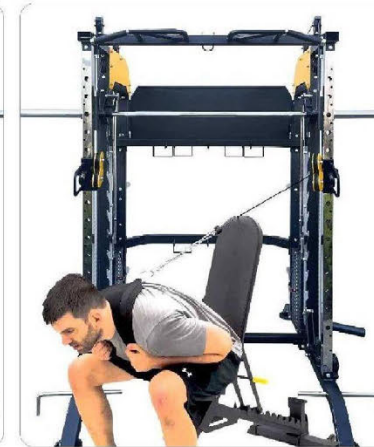


END

### SEATED ABDOMINAL CRUNCH



START

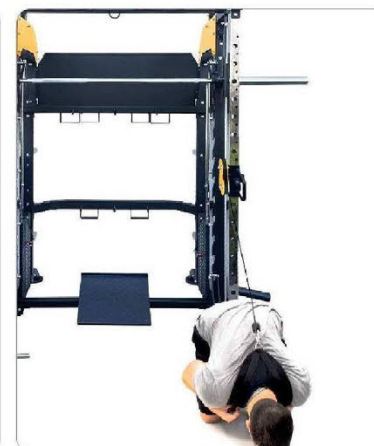


END

### KNEELING ABDOMINAL CRUNCH



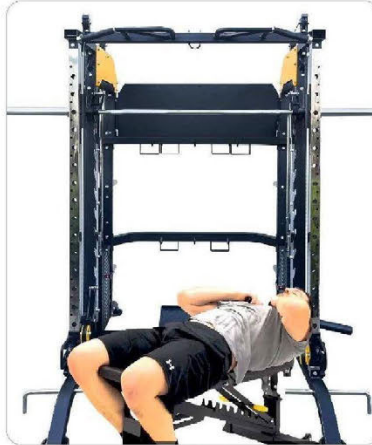
START



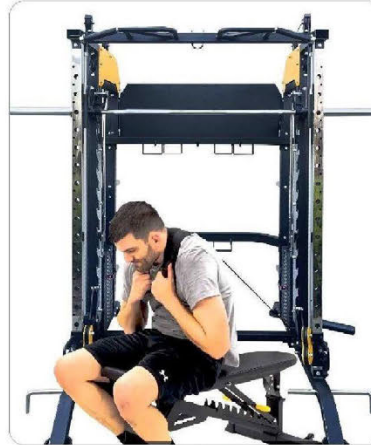
END

**AB CRUNCH HARNESS**  
(Optional Attachment)

### SEATED ABDOMINAL CRUNCH



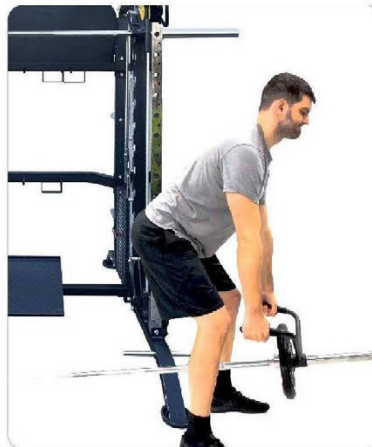
START



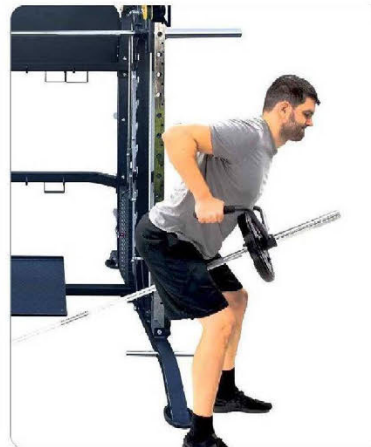
END

**LANDMINE AND LAT BLASTER BAR** (Optional Attachment)

### LANDMINE ROWS

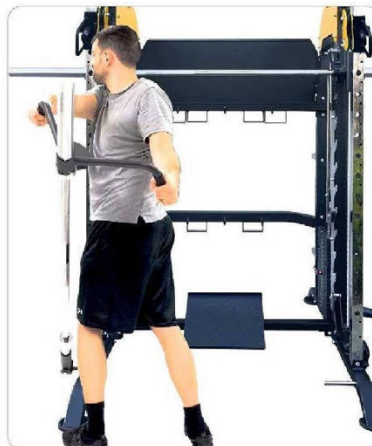


START

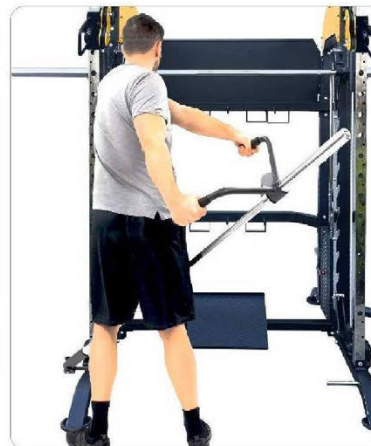


END

### TRUNK ROTATIONS



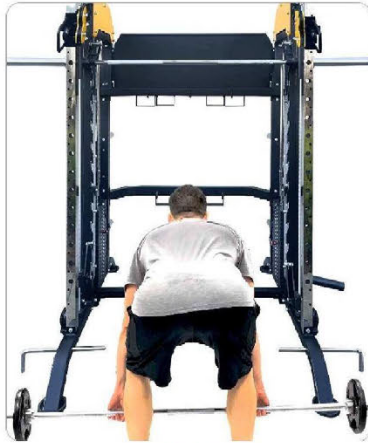
START



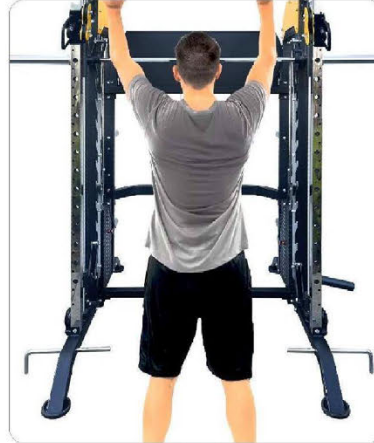
END



**CLEAN AND SNATCH**



START

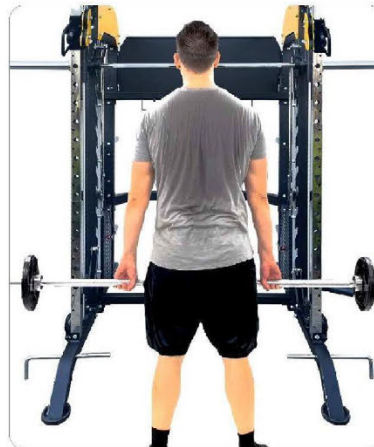


END

**STIFF LEGGED DEADLIFT**



START



END

**REVERSE GRIP BENT OVER ROWS**



START



END

**CLEAN  
AND PUSH  
PRESS**

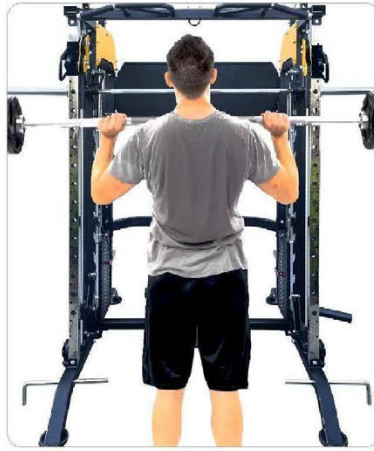


START

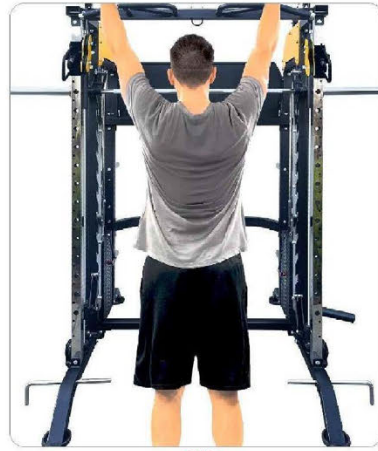


END

**SHOULDER  
PRESS**

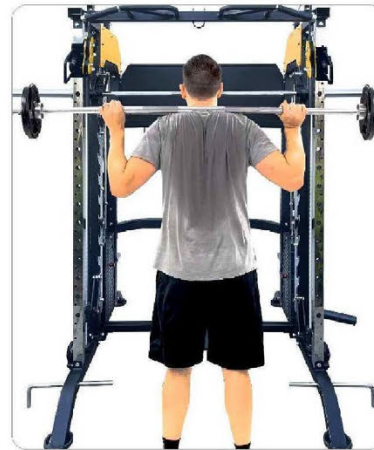


START



END

**BARBELL  
SQUAT**



START



END

**BARBELL  
BENCH  
PRESS**



START



END

**INCLINE  
CHEST**

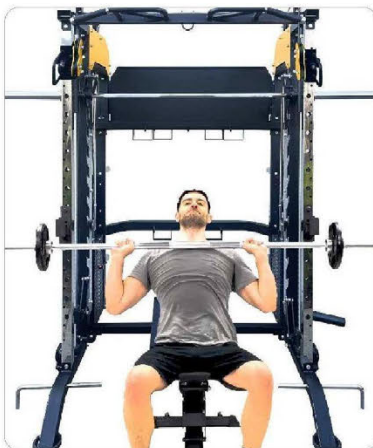


START

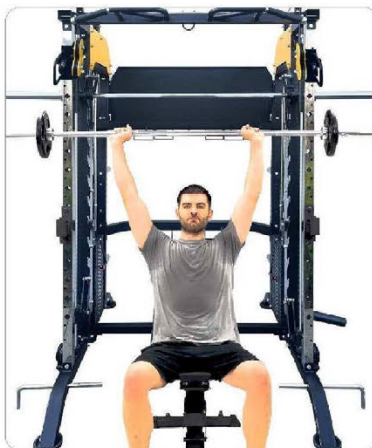


END

**BARBELL  
SHOULDER  
PRESS**



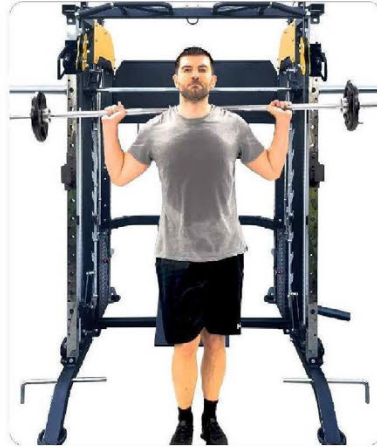
START



END

OLYMPIC BAR (Optional Attachment)

## BARBELL LUNGES



START



END