

FRENCH FITNESS

FF-MAB20-AR

**FRENCH FITNESS MULTI ADJUSTABLE
BENCH W/AB ROLLERS (NEW)**

ASSEMBLY MANUAL



FEATURES

- Brand: French Fitness
- Easy adjustment from Flat, Incline and Decline
- 6 adjustable seat levels (-15 to 40 degree)
- 9 back rest adjustable levels (0 to 78 degree)
- Wide frame for additional stability
- Separate cushions for backrest and seat
- Ankle & knee roller pad for full support and comfort
- Handle and dual transport wheels allow for ease of movement
- Non-slip rubber feet
- Maximum Combined Weight Capacity (including user): 1,000 lbs (453.5 kg)

TECH SPECS

- Dimensions: 51.9"L x 18.1"W x 20.2"H (132 cm x 46 cm x 51.5 cm)
- Weight: 143.3 lbs (65kg)
- Maximum Combined Weight Capacity (including user): 1,000 lbs (453.5 kg)

WARRANTY

- **Lifetime Frame Warranty**
- **10 Years Parts Warranty***
- **1 Year Labor Warranty***

*What is covered? See complete [French Fitness Warranty](#) details.

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IMPORTANT SAFETY INSTRUCTIONS

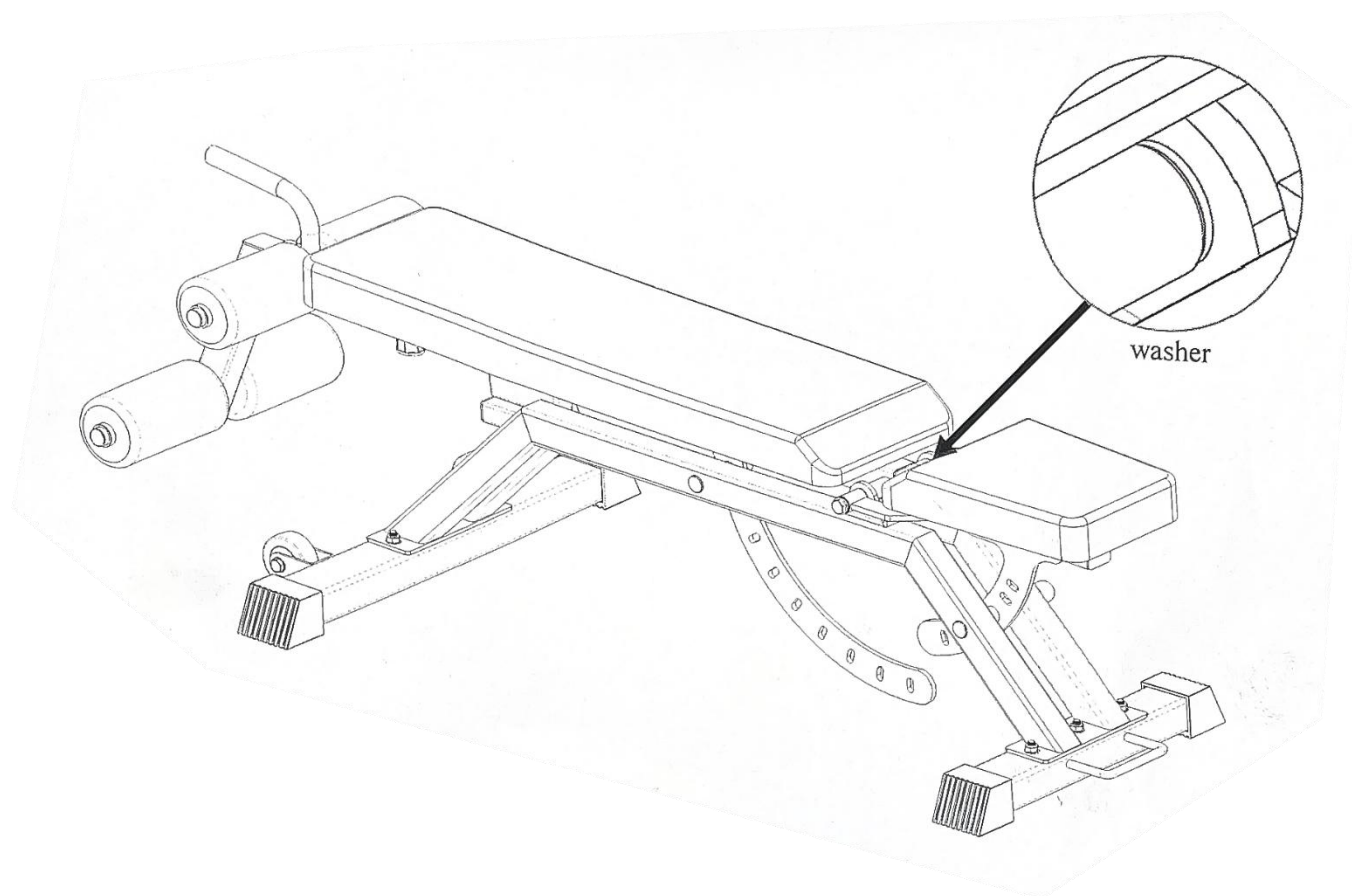
Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- * Wear proper exercise clothing and shoes for your workout no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * Never operate the unit when it has been dropped or damaged.
- * Never drop or insert anything into any opening in the equipment.
- * Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- * Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- * Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

PERSONAL SAFETY DURING ASSEMBLY

- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

ASSEMBLY



ASSEMBLY

