



FRENCH FITNESS

FF-MFAB-ACLE-V3

**FRENCH FITNESS MULTI FUNCTIONAL
ADJUSTABLE BENCH V3 W/ARM CURL +
LEG EXT (NEW)**

ASSEMBLY MANUAL



! CAUTION

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

FEATURES

- Brand: French Fitness
- Grade: Light Commercial
- Multi Functional Adjustable Bench
- Decline / Flat / Incline Bench Positions
- Arm Curl Attachment Included
- Leg Developer Attachment Included
- Supports Preacher Curl
- Supports Leg Extensions and Lying Leg Curls
- Olympic Plate-Loaded Leg Developer
- Heavy-Duty 50 x 70 x 2 mm Steel Frame
- Black Paint Finish
- Black Vinyl Upholstery

TECH SPECS

- Product Code: FF-MFAB-ACLE-V3
- Product Type: Multi-Functional Adjustable Bench
- Grade: Light Commercial
- Bench Positions: Decline / Flat / Incline
- Attachments Included: Arm Curl + Leg Developer
- Leg Functions: Leg Extensions + Lying Leg Curls
- Frame Construction: 50 x 70 x 2 mm Steel Tubing
- Assembled Dimensions: 61.9" L x 25.8" W x 51.5" H / 1573 x 655 x 1307 mm
- Product Weight: 90 lbs / 41 kg
- Gross Weight: 108 lbs / 49 kg
- Maximum User Weight: 300 lbs / 136 kg
- Maximum Training Load: 683 lbs / 310 kg
- Maximum Weight Storage Load: 132 lbs / 60 kg
- Paint Color: Black
- Vinyl Color: Black

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 NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

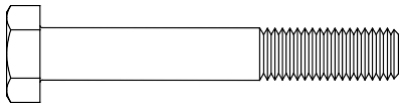
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

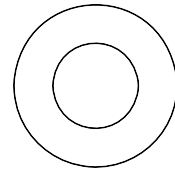
PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	Q'TY
1	Main Frame		1
2	Rear Base Frame		1
3	Front Base Frame		1
4	Seat Support		1
5	Backrest Support		1
6	Foam Roll Support		1
7	Adjustment Support		1
8	Rear Support		1
9	Foam Roll Frame		1
10	Seat Pad	400×380×70	1
11	Backrest Board	845×275×70	1
12	Tensile Spring	φ15×φ2×65	1
13	Pop Pin	φ10×110	1
14	Lock Knob	M18×φ10	1
15	Rubber Feet	□105×□105×10	1
16	Foam Roll	φ125×φ22×215	2
17	Foam Baffle	φ70×2	2
18	End Cap	□50	1
19	End Cap	□70×50	1
20	Sleeve	□50×□45	1
21	Handle Grip	φ19×50	1
22	Wheel	φ50×23×φ8.2	2
23	Hex Bolt	M8×55	4
24	Allen Bolt	M8×45	2
25	Allen Bolt	M8×30	2
26	Hex Bolt	M10×75	4
27	Hex Bolt	M12×115	1
28	Hex Bolt	M12×100	2
29	Aircraft Nut	M12	4
30	Aircraft Nut	M10	4
31	Aircraft Nut	M8	2
32	Washer	8	8
33	Washer	10	8
34	Washer	12	7
35	End Cap	□40×60	2
36	End Cap	□25	2
37	HandBall	SR15.5×M10	2
38	Bushing	φ19×φ16×φ12×8	6
	Allen wrench	5#	1

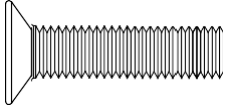
PARTS LIST



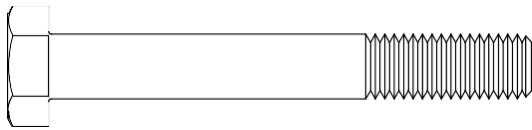
(#23) M8×55 Hex Bolt (Qty 4)



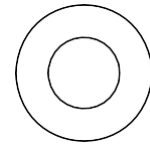
(#34) ϕ 12
Washer (Qty 7)



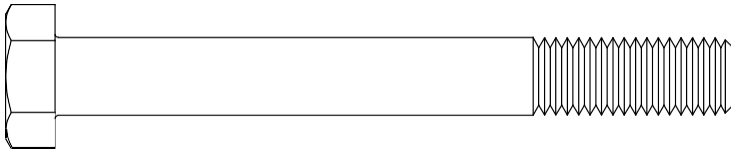
(#25) **M8×30** Allen Bolt (Qty 2)



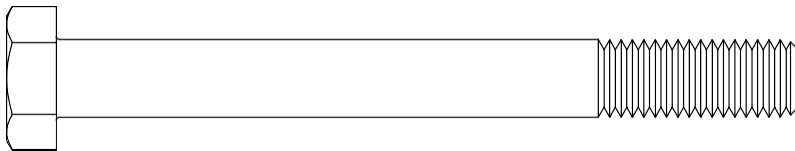
(#26) M10×75 Hex Bolt (Qty 4)



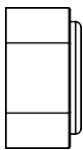
(#33) ϕ 10
Washer (Qty 8)



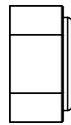
(#28) M12×100 Hex Bolt (Qty 2)



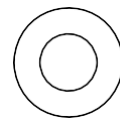
(#27) M12×115 Hex Bolt (Qty 1)



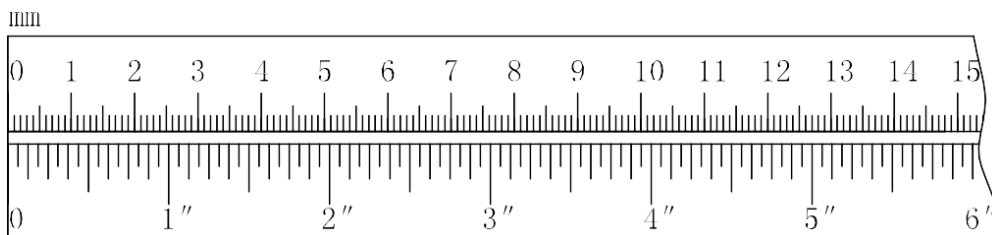
(#29) M12
Aircraft Nut
(Qty 4)



(#30) M10
Aircraft Nut
(Qty 4)



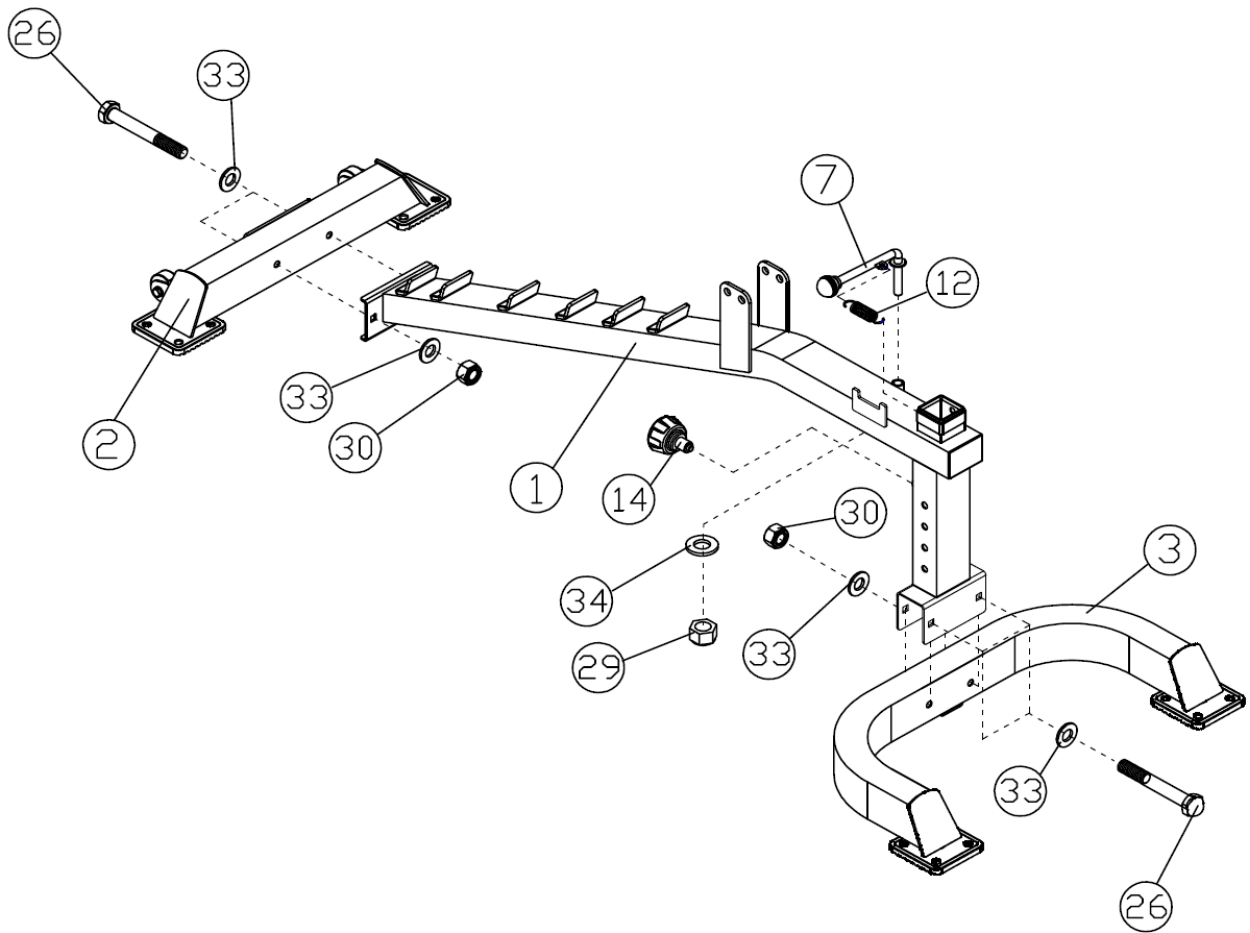
(#32) ϕ 8
Washer (Qty 4)



ASSEMBLY DIAGRAM 1

REMEMBER: Only hand tighten all nuts and bolts until whole FF-MFAB-ACLE-V3 is assembled

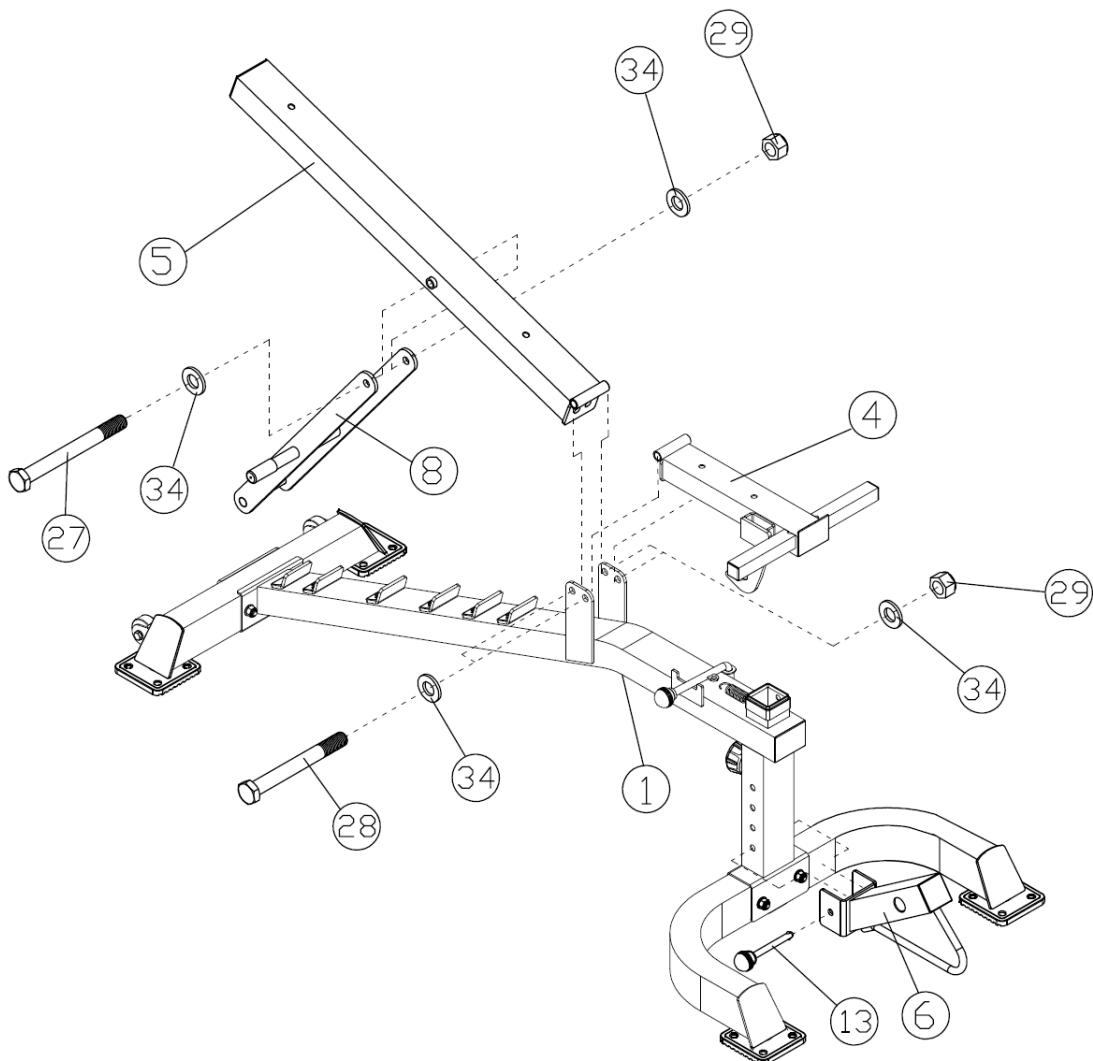
1. Ensuring correct orientation, attach the front of the MAIN FRAME (1) to the FRONT BASE FRAME (3) using two HEX BOLT M10X75 (26), four WASHER10 (33) and two AIRCRAFT NUT M10 (30)
2. Attach the WHEELS (22) to the back of the REAR BASE FRAME (2) using a Allen BOLT M8X45 (24), two WASHERS (32) and an AIRCRAFT NUT MB (31) on each wheel. (See the exploded diagram for more detail, skip this step if pre-assembled)
3. Ensuring correct orientation, attach the rear of the MAIN FRAME (1) to the REAR BASE FRAME (2) using two HEX BOLT M10X75 (26), four WASHER10 (33) and two AIRCRAFT NUT M10 (30)
4. Insert a LOCK KNOB (14) into the rear of the front post on the MAIN FRAME (1)
5. Connect the HANDBALL (37) to the ADJUSTMENT SUPPORT (7) and attach to the top of the MAIN FRAME (1) using a WASHER12 (34) and an AIRCRAFT NUT M12 (29)
6. Attach the TENSILE SPRING (12) to the top of the MAIN FRAME (1)
7. Insert a SLEEVE (20) into the top of the front post on the MAIN FRAME (1) (See the exploded diagram for more detail, skip this step if pre-assembled)



ASSEMBLY DIAGRAM 2

REMEMBER: Only hand tighten all nuts and bolts until whole FF-MFAB-ACLE-V3 is assembled

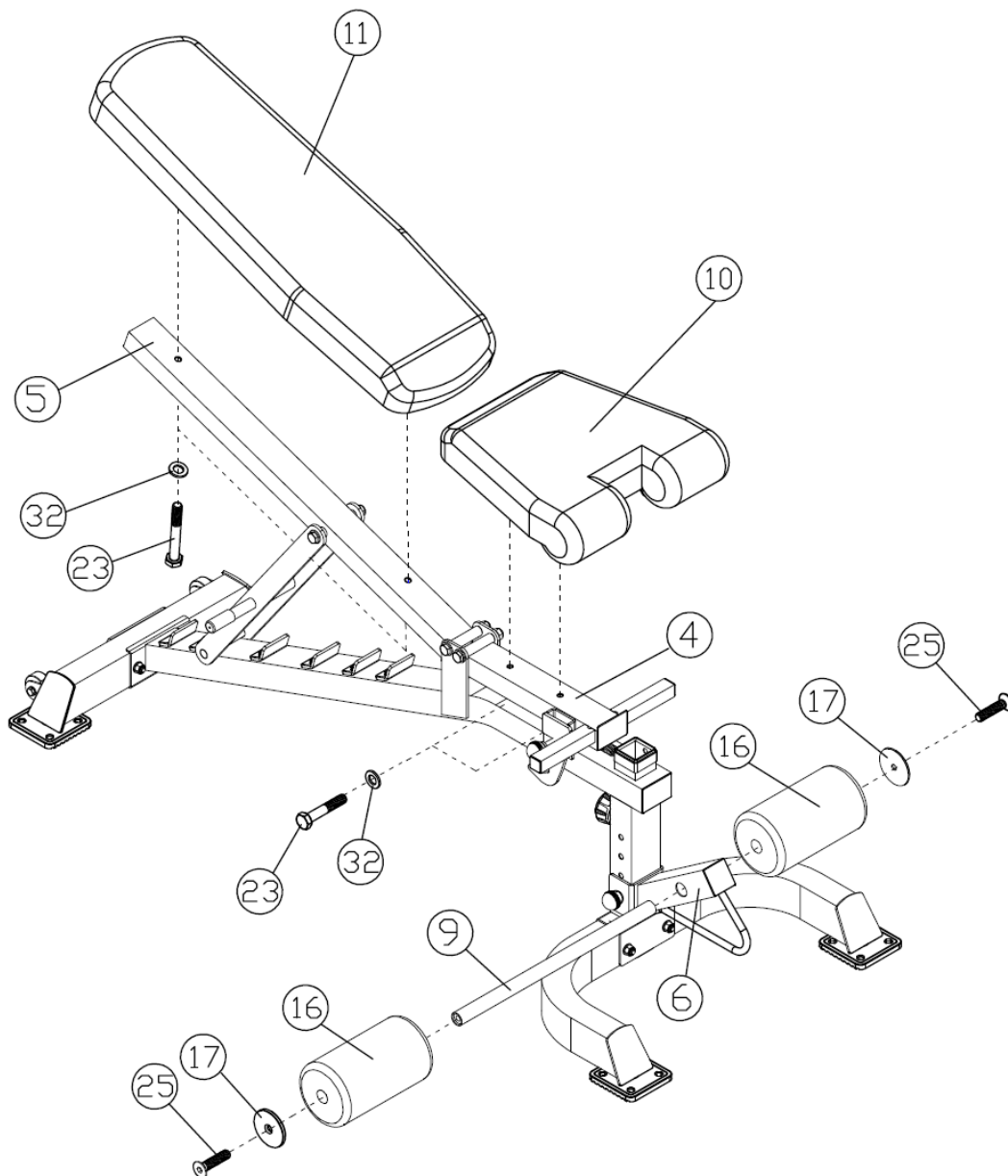
1. Ensuring correct orientation, attach the SEAT SUPPORT (4) to the front holes in the upright bracket on the MAIN FRAME (1) using a HEX BOLT M12X100 (28), two WASHER12 (34) and an AIRCRAFT NUT M12 (29)
2. Ensuring correct orientation, attach the BACKREST SUPPORT (5) to the rear holes in the upright bracket on the MAIN FRAME (1) using a HEX BOLT M12X100 (28), two WASHER12 (34) and an AIRCRAFT NUT M12 (29)
3. Attach the REAR SUPPORT (8) to the underside of the BACKREST SUPPORT (5) using a HEX BOLT M12X115 (27), two WASHER12 (34) and an AIRCRAFT NUT M12 (29)
4. Connect the FOAM ROLL SUPPORT (6) to the front post of the MAIN FRAME (1) using a POP PIN (13) with attached HANDBALL (37)
5. Attach a HANDLE GRIP (21) to the REAR SUPPORT (8) (See the exploded diagram for more detail, skip this step if pre-assembled)



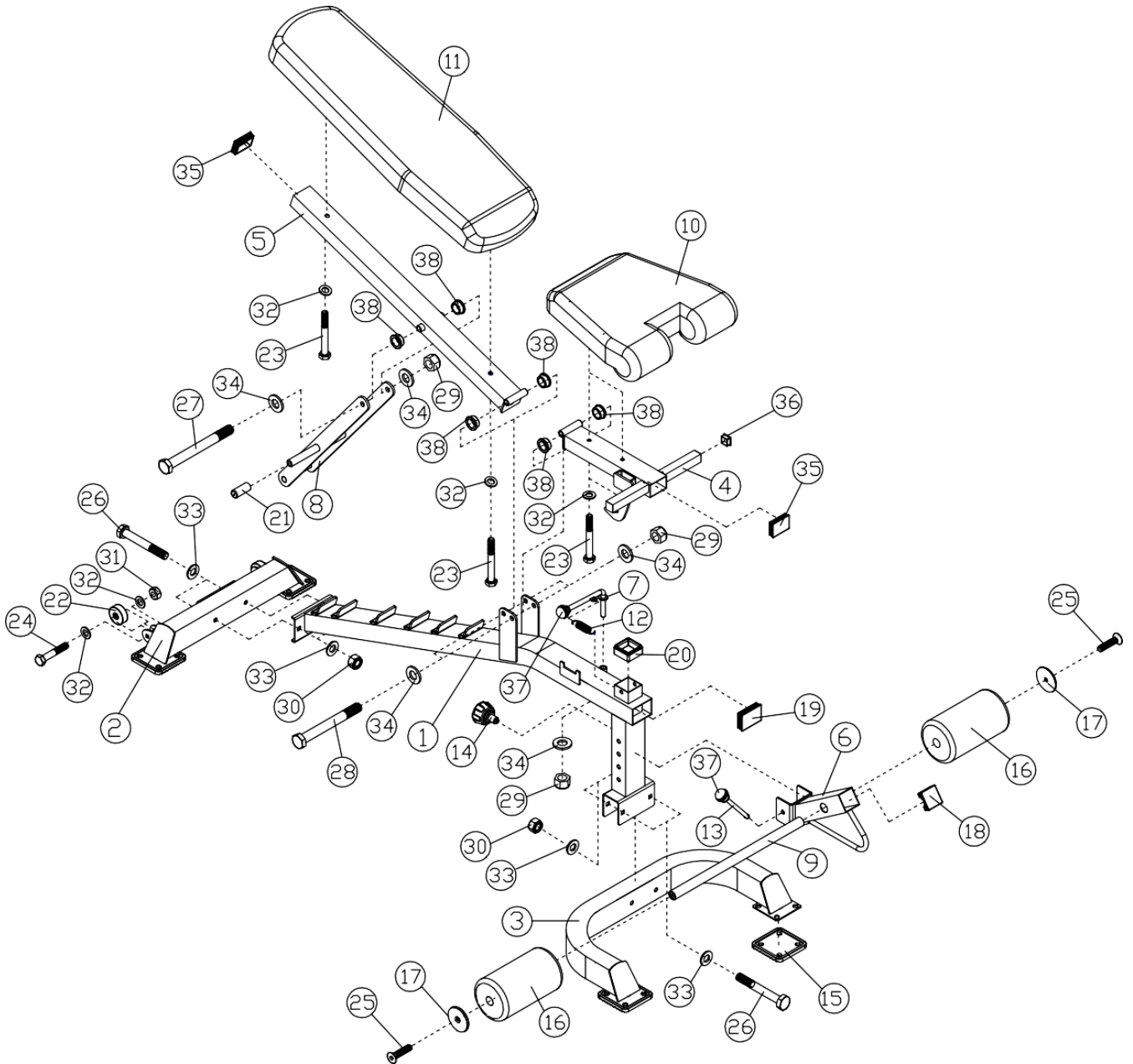
ASSEMBLY DIAGRAM 3

REMEMBER: Only hand tighten all nuts and bolts until whole FF-MFAB-ACLE-V3 is assembled

1. Attach the BACKREST BOARD (11) to the BACKREST SUPPORT (5) using two HEX BOLT M8X55(23) and two WASHERS (32)
2. Attach the SEAT PAD (10) to the SEAT SUPPORT (4) using two HEX BOLT M8X55(23) and two WASHERS (32)
3. Insert the FOAM ROLL FRAME (9) through the FOAM ROLL SUPPORT (6)
4. Slide a FOAM ROLL (16) over each end of the FOAM ROLL FRAME (9) and attach using a FOAM BAFFLE (17) and a Allen BOLT M8X30 (25) on each side.
5. Insert the appropriate sized END CAPS (18,19, 35&36) into any open ends (See the exploded diagram for more detail, skip this step if pre-assembled)



EXPLODED DIAGRAM

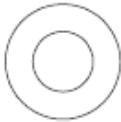


PARTS LIST AND HARDWARE

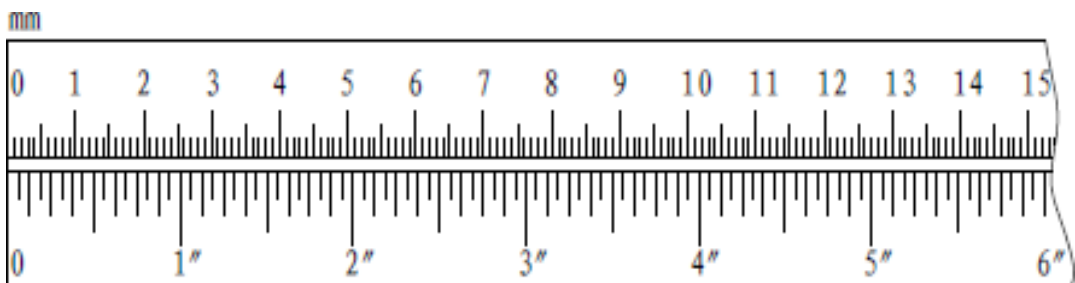
KEY NO.	PART DESCRIPTION	SPEC	Q'TY
1	Arm Curl Stand		1
2	Arm Curl Pad	590×310×70	1
3	Hex Bolt	M8×20	2
4	Washer	8	2



(#3) M8×20 Hex Bolt (Qty 2)



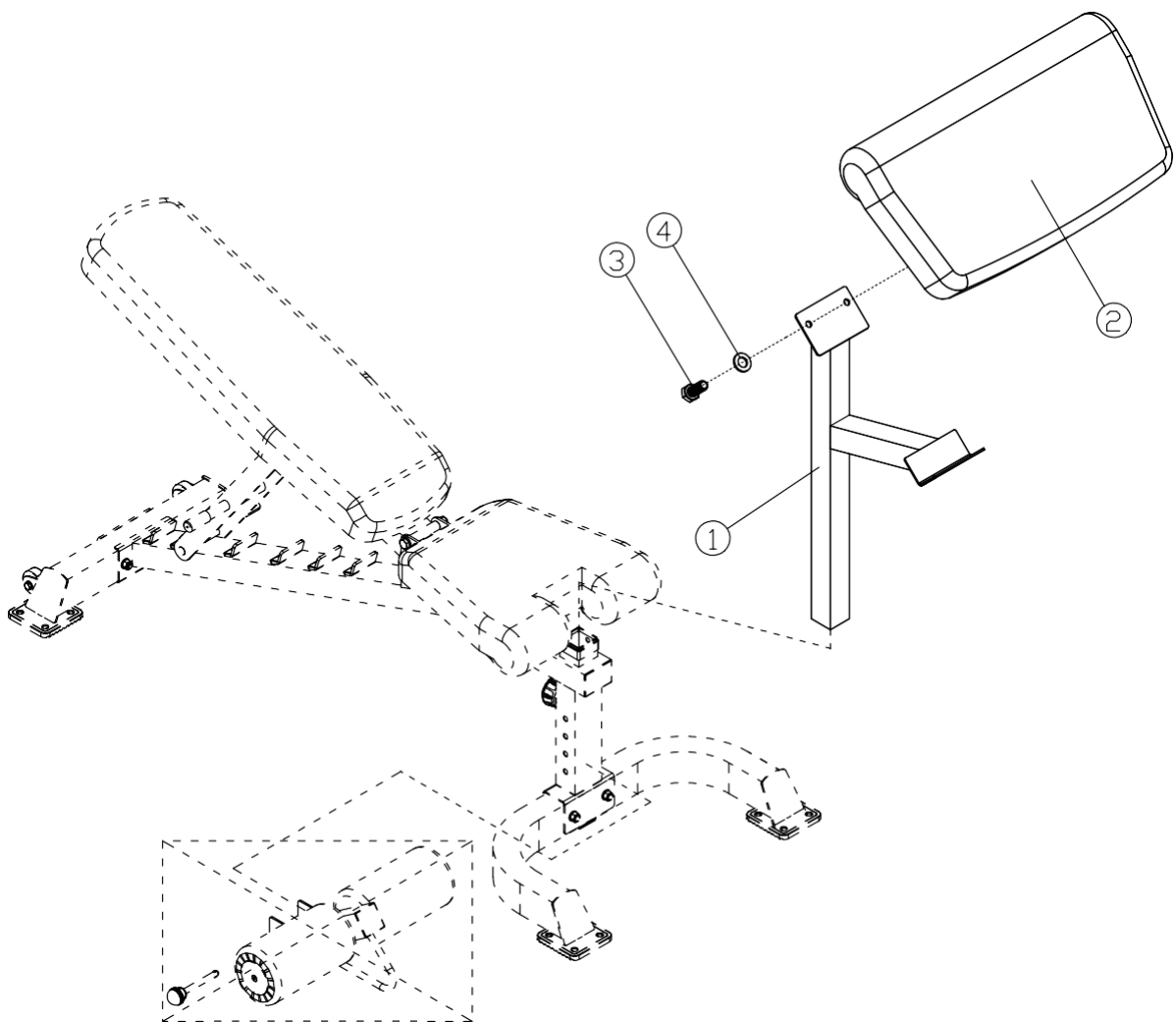
(#4) $\phi 8$
Washer (Qty 2)



ASSEMBLY DIAGRAM 1

REMEMBER: Only hand tighten all nuts and bolts until whole FF-MFAB-ACLE-V3 is assembled

1. Remove the whole assembled and attached FOAM ROLL SUPPORT from the front of the MAIN FRAME
2. Insert the ARM CURL STAND (1) into the top of the post at the front of the MAIN FRAME
3. Attach the ARM CURL PAD (2) to the top of the ARM CURL STAND (1) using two HEX BOLT M8X20 (3) and two WASHER8 (4)



PARTS LIST AND HARDWARE

EY NO.	PART DESCRIPTION	SPEC	Q'TY
1	Leg Developer Holder		1
2	Leg Developer		1
3	Foam Frame		2
4	U shaped Lock Pin	60×62×28×φ10 ×M6	1
5	End Cap	□ 45	4
6	Foam Roll	φ125×φ22× 215	4
7	Foam Baffle	φ68×5.7	4
8	Short Barbell Casing		1
9	Rubber Bumper	φ30×φ25× 30	1
10	Buckle	φ50	1
11	End Cap	φ25	1
12	Bushing	φ14×φ 10	2
13	Spring	φ12×φ1.2× 55	1
14	Philips Screw	M6×16	1
15	Hex Bolt	M10×75	1
16	Aircraft Nut	M10	1
17	Washer	φ25×φ11× 2	1
18	Washer	10	2
19	Washer	6	1
20	Allen Bolt	M8X30	4
21	End Cap	φ48	1
22	Socket Cap Screws	M8×10	1
23	Weight Plate Cushion	φ78xφ47.5x13	1
	Allen wrench	4#	1
	Allen wrench	5#	1



(#20) M8×30 Allen Bolt (Qty 4)



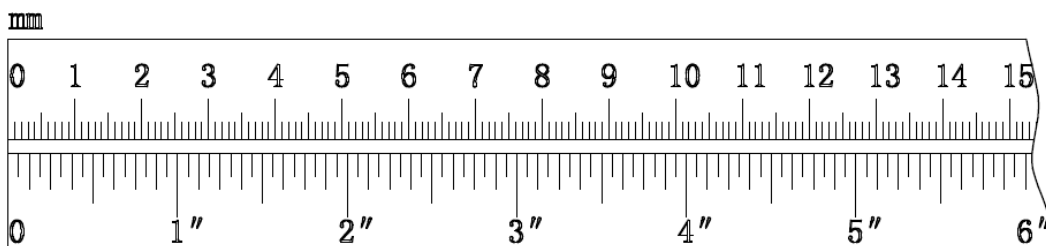
(#15) M10×75 Hex Bolt (Qty 1)



(#16) M10
Aircraft Nut
(Qty 1)

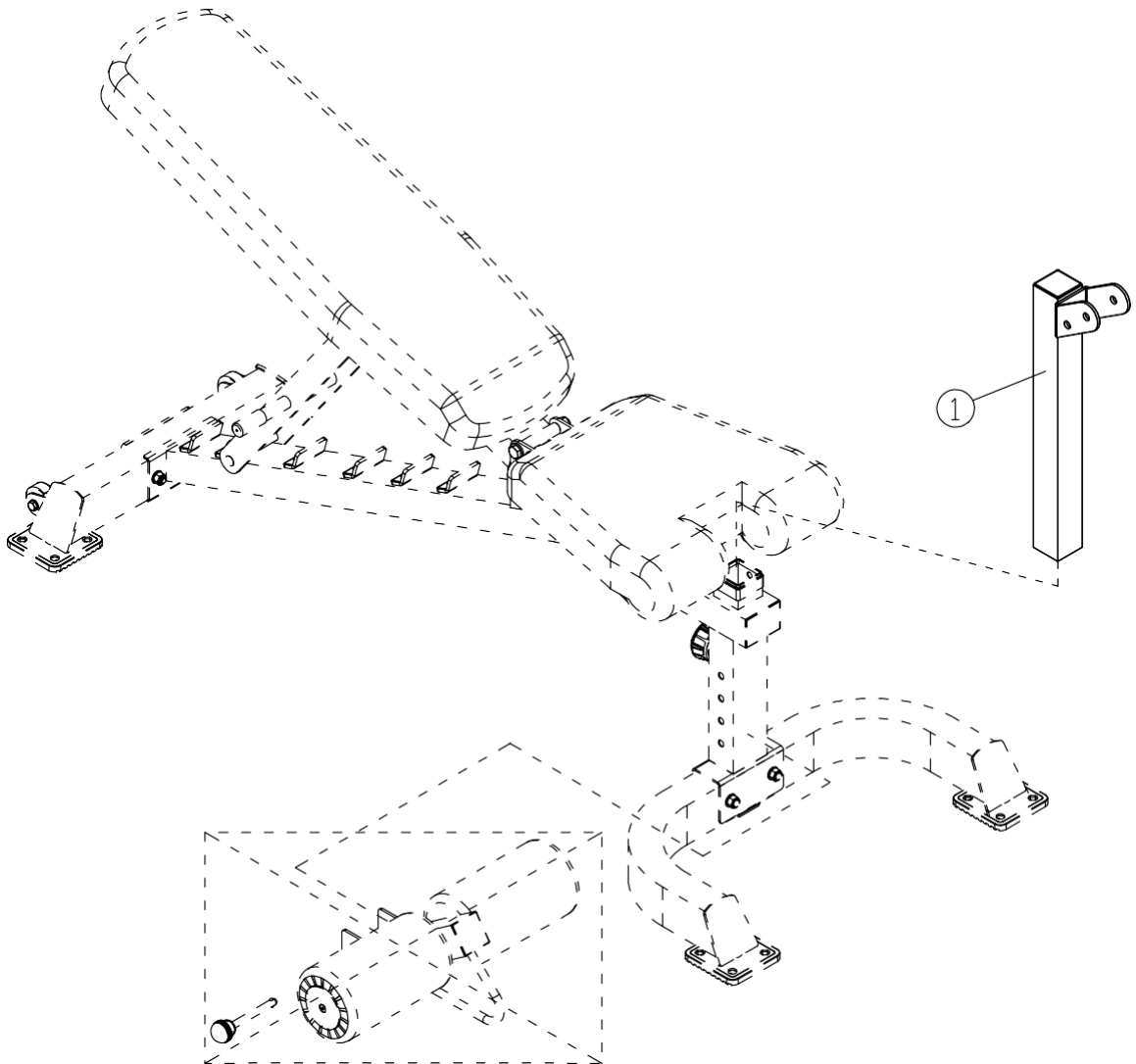


(#18) φ 10
Washer (Qty 2)



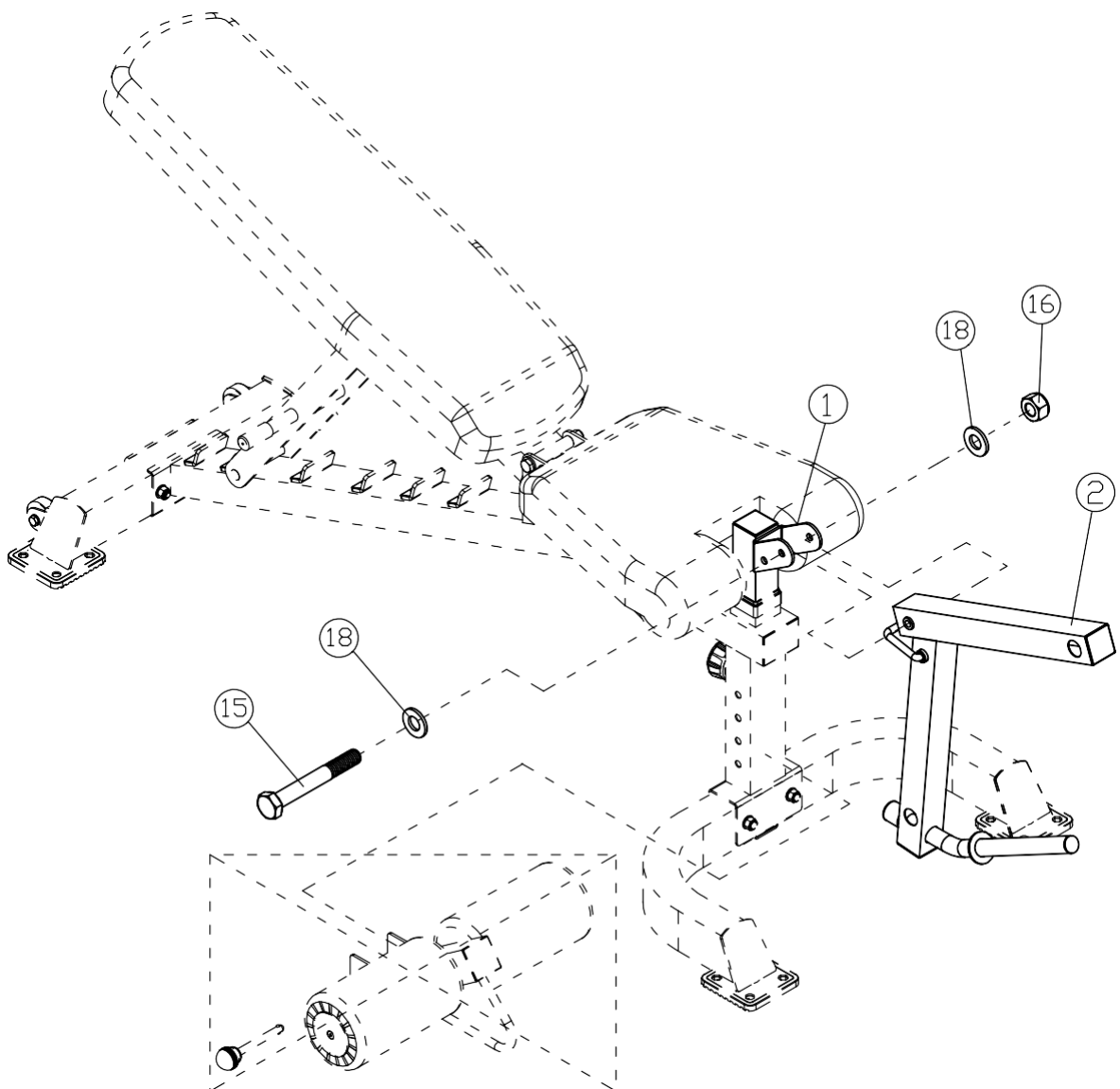
STEP 01

1. Remove the assembled and attached FOAM ROLL SUPPORT from the front of the MAIN FRAME
2. Ensuring correct orientation, insert the LEG DEVELOPER HOLDER (1) into the top of the front post on the MAIN FRAME



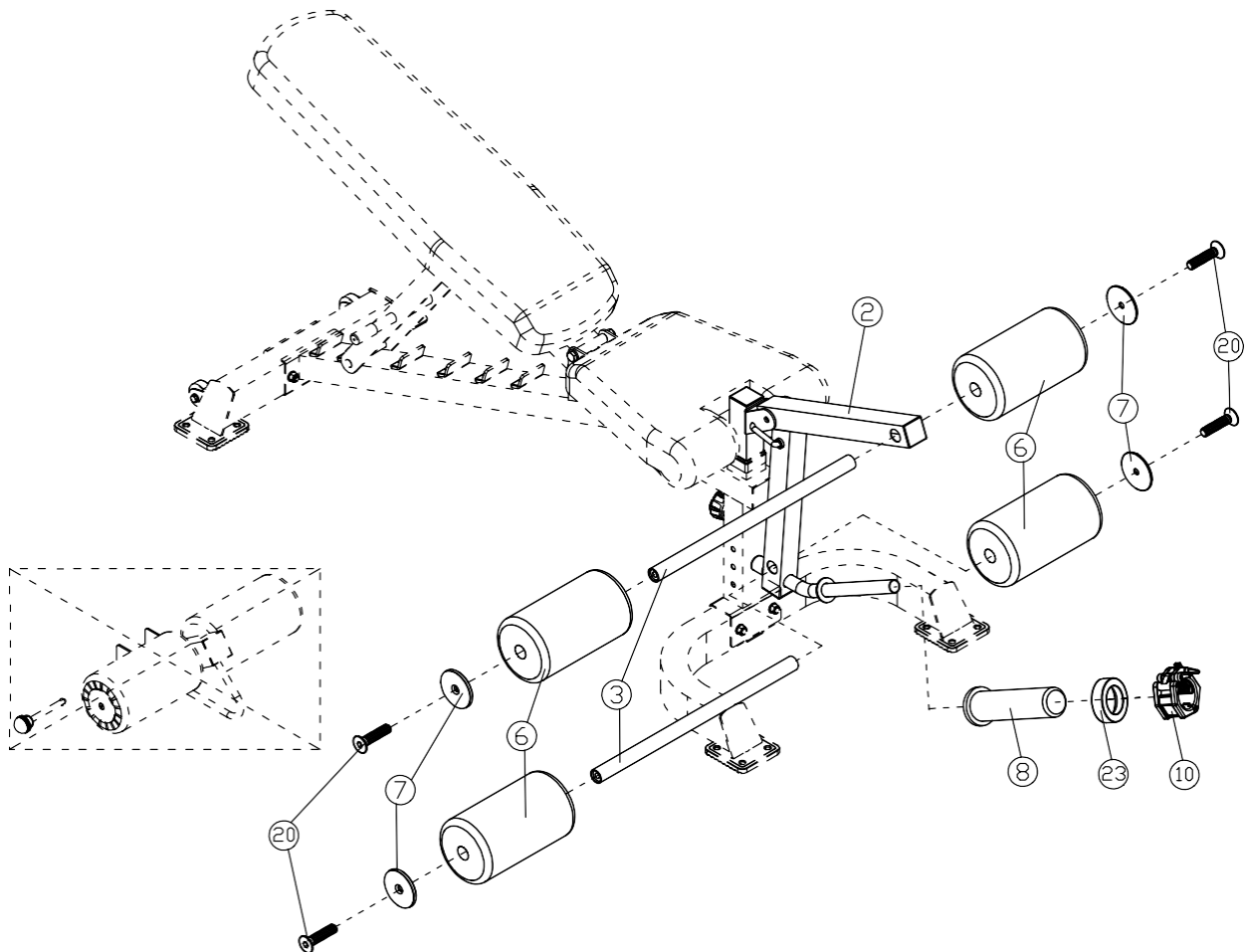
STEP 02

1. Attach the RUBBER BUMPER (9) and the WASHER 25X11X2 (17) to the back of the LEG DEVELOPER (2). Inset the U-SHAPED LOCK PIN (4) into the top of the post on the LEG DEVELOPER (2) using the SPRING (13), the WASHER6 (19) and the PHILLIPS SCREW M6X16 (14) (See the exploded diagram for more detail, skip this step if pre-assembled)
2. Ensuring correct orientation, connect the LEG DEVELOPER (2) to the LEG DEVELOPER HOLDER (1) using a HEX BOLT M10X75 (15), two WASHER10 (18) and an AIRCRAFT NUT M10 (16)



STEP 03

1. Insert the two FOAM FRAMES (3) into the holes on the LEG DEVELOPER (2)
2. Slide a FOAM ROLL (6) onto each end of the FOAM FRAMES (3). Attach each one using a FOAM BAFFLE (7) and a ALLEN BOLT M8X30 (20)
3. Slide an OLYMPIC SLEEVE (8) onto the angled post at the base of the LEG DEVELOPER (2). Slide a WEIGHT PLATE CUSHION (23) onto the weight-receiving part of the SHORT BARBELL CASING (8). Now fasten a BUCKLE (10)
4. Insert the appropriate sized END CAPS (5&11) and the BUSHINGS (12) into the open ends(See the exploded diagram for more detail, skip this step if pre assembled)



EXPLODED DIAGRAM

