



FRENCH FITNESS

FFN-OIBWH / FFM-OIBWH

**OLYMPIC INCLINE BENCH WITH WEIGHT
STORAGE - FRENCH FITNESS
NAPA / MARIN (NEW)**

ASSEMBLY MANUAL



OR



! CAUTION

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

FEATURES

- Brand: French Fitness
- Vinyl Color: Black
- 11 gauge steel
- High quality steel tube ASTM A36 with 50 x 80 x 3mm
- Tungsten Inert Gas (TIG) welding
- Quality PU leather
- Electrostatic powder coating
- Diamond-plated, non-skid spotter platform
- 30-degree incline
- Three (3) catch bar
- Eight (8) seat adjustments
- Rear extension with built-in four (4) weight horns

TECH SPECS

- Max Load (J-hook): 661.3 lbs (300 KG)
- Max Load (Seat): 661.3 lbs (300 KG)
- Max Load (Spotting Platform): 1102.3 lbs (500 KG)
- Max Load: (Weight Horn): 225 lbs (102 kg) per horn
- Weight Horn: 11.6" (297 mm) long
- Max User Weight: 350 lbs (158 kg)
- Product Weight: 202.8 lbs (92 KG)
- Dimensions: 63.3"L x 73.6"W x 60.4"H (L:1608.36 mm, W:1871.68 mm, H:1534.98 mm)
- Inner Frame: 44.25"
- Outer Frame: 48.25"

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:

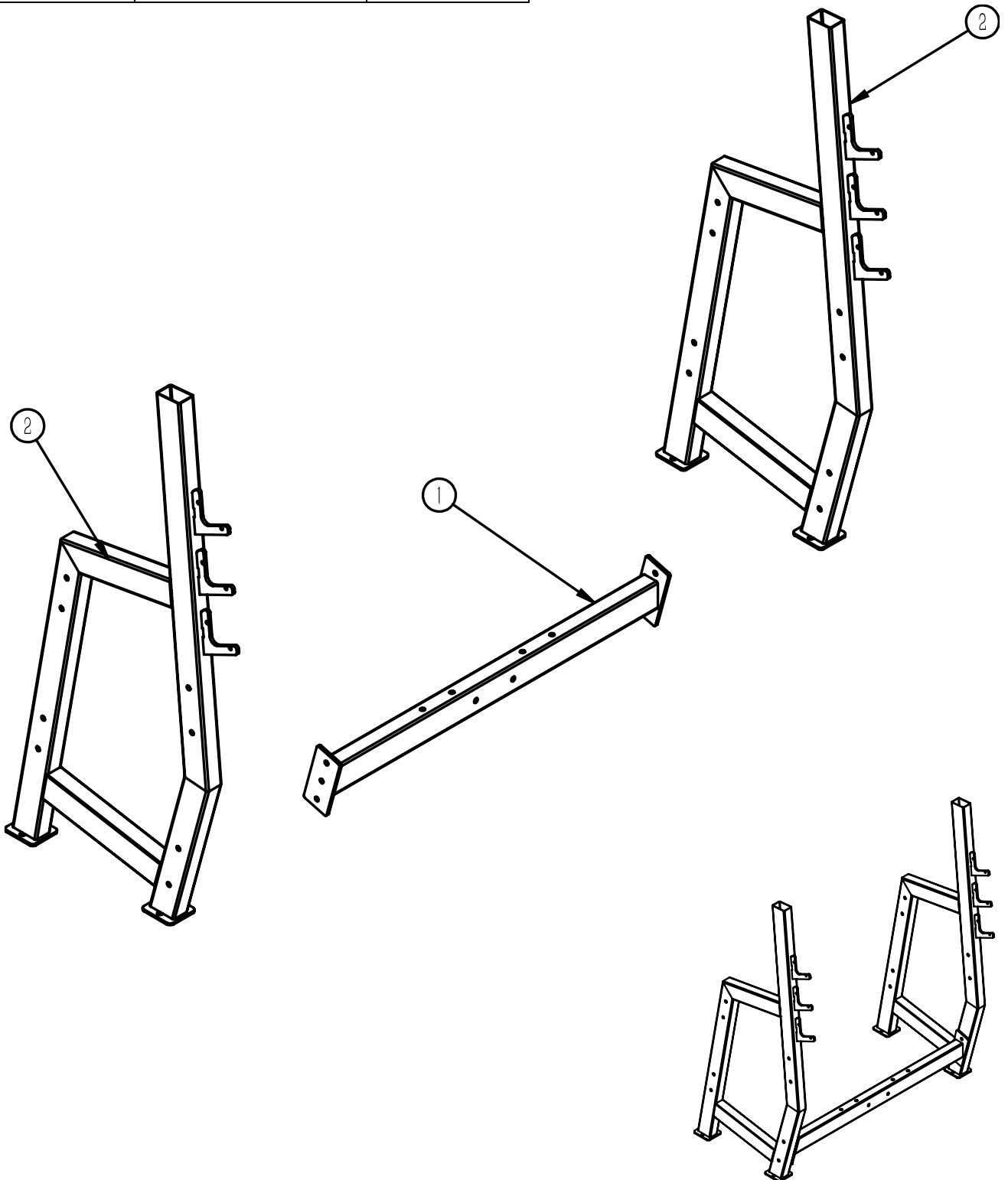
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. 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.

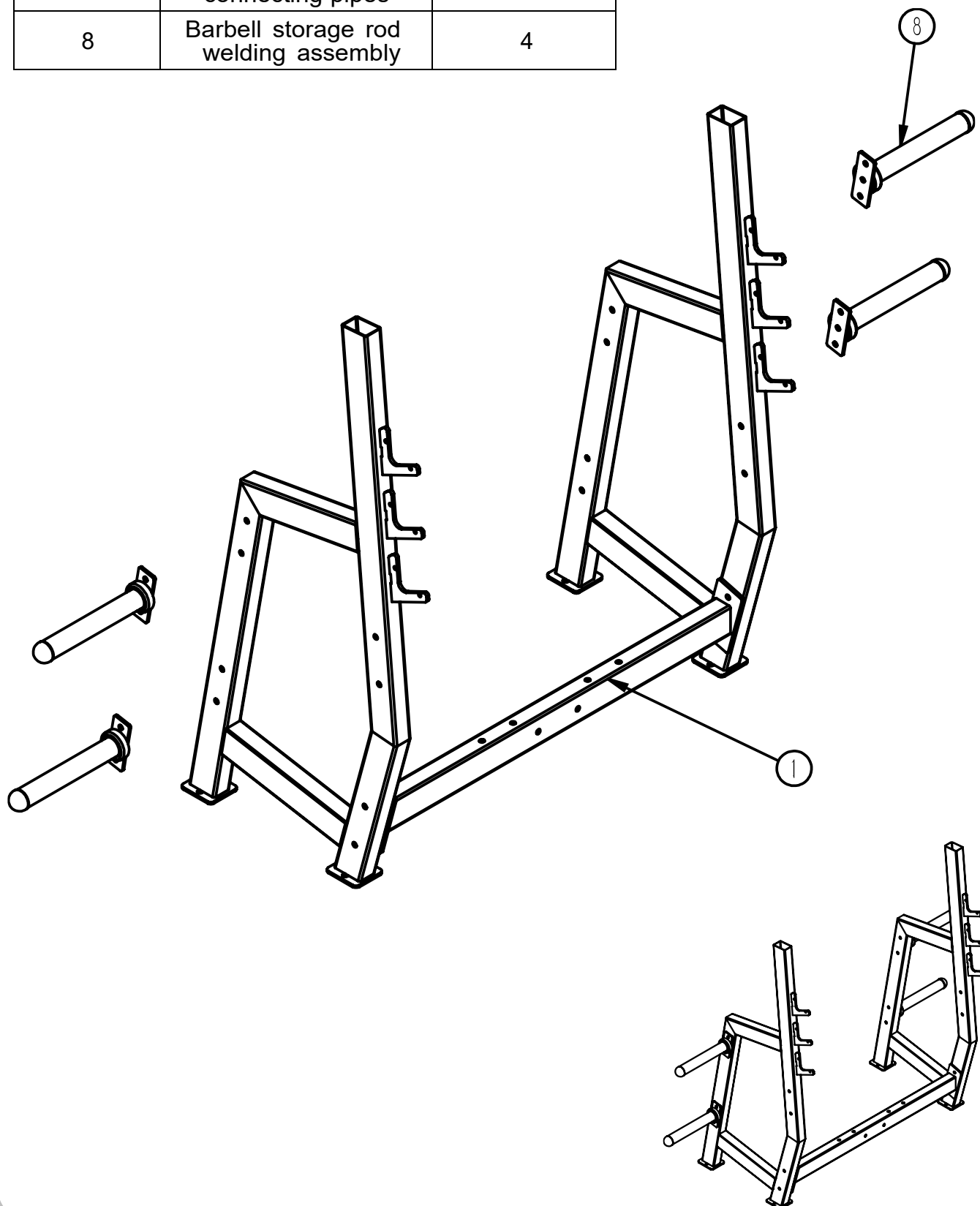
STEP 1: INSTALLATION STEPS

Project Number	Part Name	quantity
1	Welding of intermediate connecting pipes	1
2	Side rack assembly	2



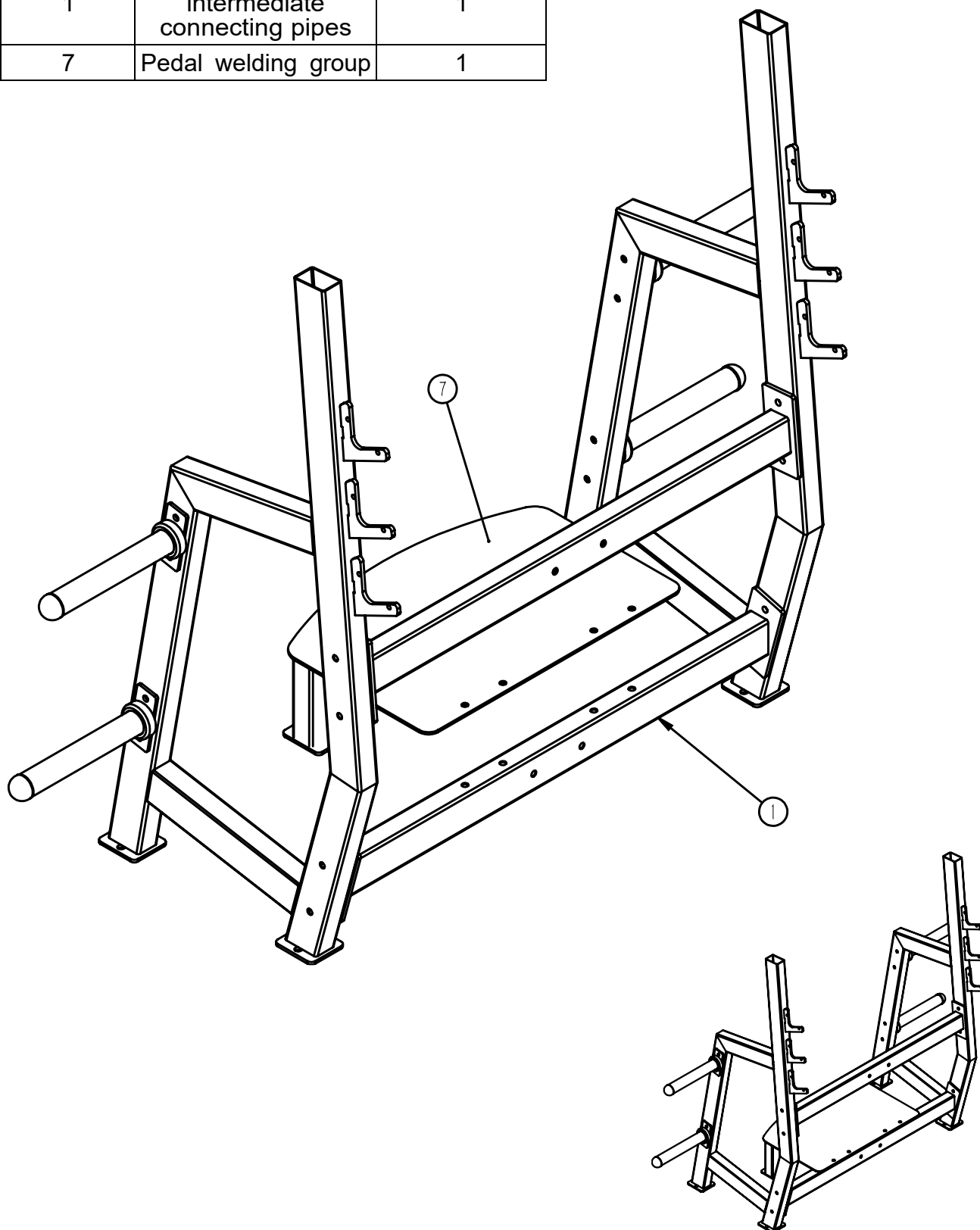
STEP2: INSTALLATION STEPS

serial number	Part Name	quantity
1	Welding of intermediate connecting pipes	1
8	Barbell storage rod welding assembly	4



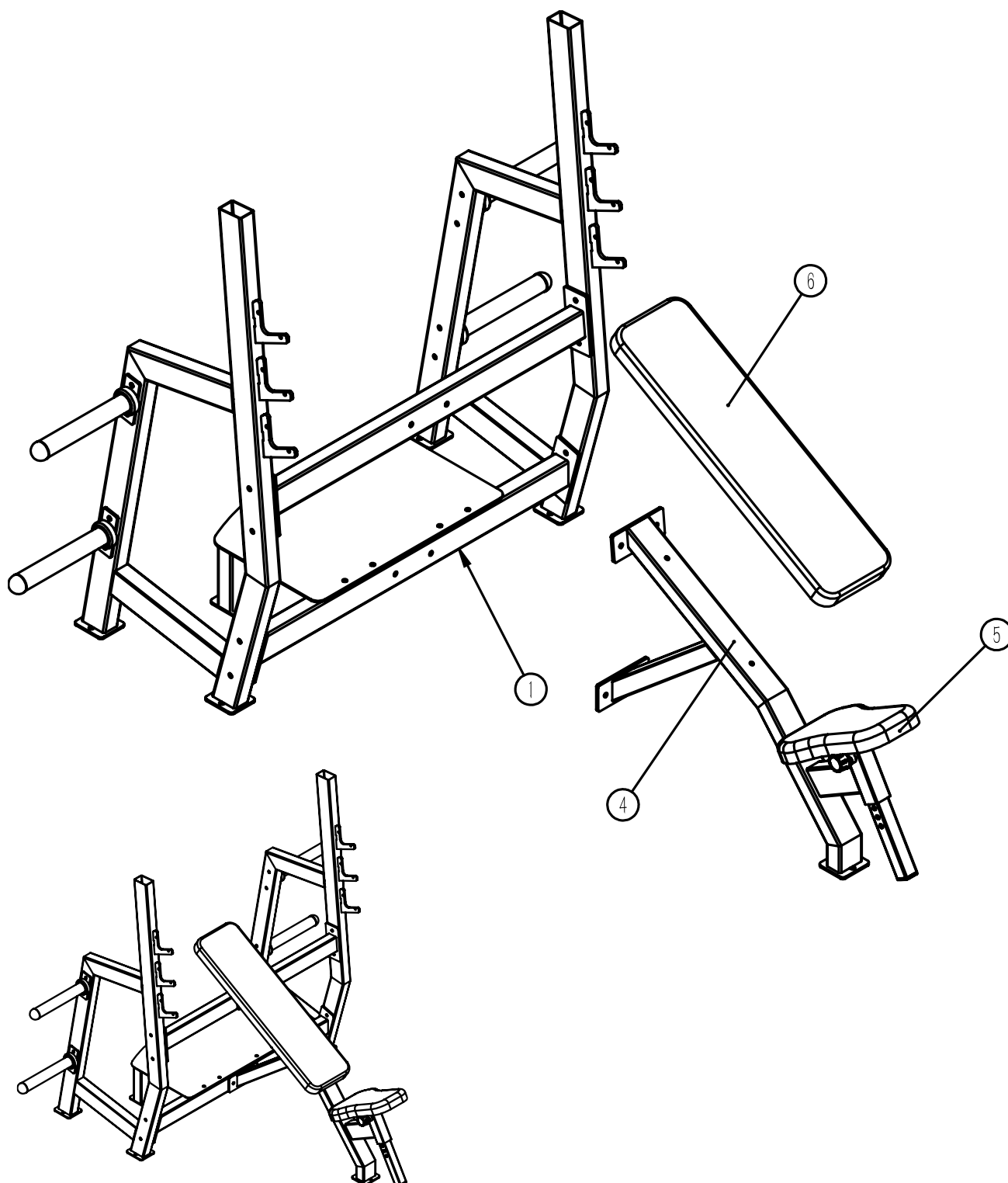
STEP3: INSTALLATION STEPS

serial number	Part Name	quantity
1	Welding of intermediate connecting pipes	1
7	Pedal welding group	1



STEP4: INSTALLATION STEPS

serial number	Part Name	quantity
1	Welding of intermediate connecting pipes	1
4	Backpad welding group	1
6	Back cushion	1
7	Pedal welding group	1
8	Barbell storage rod welding assembly	4



INSTALLATION COMPLETED

FOR YOUR ATTENTION:

Make certain all bolts are tightened securely before using the equipment.

Thank you for purchasing the equipment and enjoy your time.