

FRENCH FITNESS

FFNS-DCC / FFV-DCC

FRENCH FITNESS VENICE / NEWPORT DUAL CABLE
CROSSOVER FUNCTIONAL TRAINER (NEW)

ASSEMBLY MANUAL



Venice

OR



Newport

FEATURES

- Brand: French Fitness
- Dual 198 lb enclosed weight stacks for single or dual side resistance
- Independent rotating arms for unilateral and bilateral training
- 8 arm height levels, 12 vertical pivot settings, and 5 horizontal swing positions
- Heavy duty commercial steel frame
- Main Tube: 50 mm x 150 mm x 2.5 mm rectangle tubing
- Stainless steel 20 x 2.0 mm guide rods for steady stack travel
- 5.6 mm 7x19 strand steel wire rope with internal lubrication
- Precision machined aluminum pulleys
- Integrated chin up bar for additional upper body work
- Non slip handles and dual leg stability base
- Wheelchair accessible open frame
- Clear exercise illustration panel with neutral position marker
- Electrostatic paint with multi stage coating process
- Unrestricted movement path suitable for upper body, lower body, and core training
- Comes standard with carabiners, chains, and strap handles

TECH SPECS

- Arm Length: 31.4" (800mm)
- Arm Adjustments
- Height Levels: 8 (26.5" strokes)
- Vertical Pivot Settings: 12
- Horizontal Swing Position: 5 (0-90 degrees)
- Frame: Heavy-Duty Steel Construction
- Recommended User Height Range: 59"-75" (150 cm-190 cm)
- Maximum User Weight: 440 lbs (200 kg)
- Product Weight: 728 lbs (330 kg)
- Dimensions (Arms Folded): 50"L x 67.4"W x 71.4"H
- Dimensions (Arms Extended): 50"L x 121.6"W x 98.4"H

WEIGHT STACKS

- Weight Stack: 198 lbs each side (396 lbs combined)
- Weight Stack Increments: (20) 19.9 lb weight plates each side
- Weight to Pulley Ratio: 2:1
- Cable Type: PA 5.6mm diameter, 7x19 strands steel wire rope
- Cable Reach: 68.5" (174 cm)
- Cable Elongation: 46%
- Cable Breaking Load: 1,705 lbs (775 kg)
- Cable Tensile Strength: 30,800 PSI (212.62 Mpa)

WARRANTY

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

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

TABLE OF CONTENTS

ACCESSORIES BREAKDOWN.....	4
BLISTER PACK SCREW SCHEDULE.....	6
ASSEMBLY STEPS 1	7
ASSEMBLY STEPS 2	10
ASSEMBLY STEPS 3	13
ASSEMBLY STEPS 4	16
ASSEMBLY STEPS 5	19
ASSEMBLY STEPS 6	21
WIRE ROPEWIRE ALIGNMENT DIAGRAM.....	22
ASSEMBLY STEPS 7	23

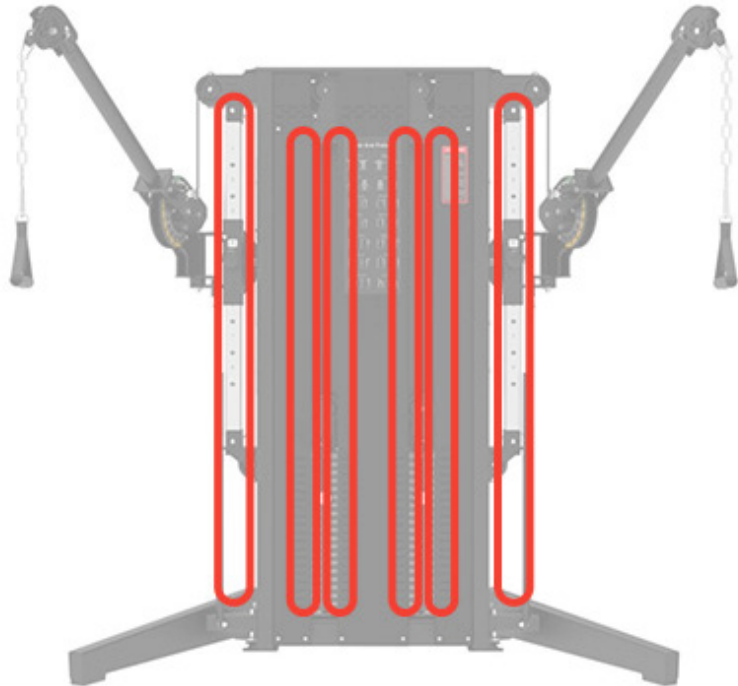
CLEAN GUIDE RODS

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

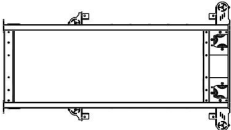
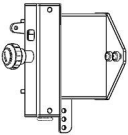
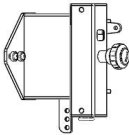
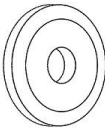
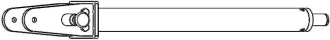
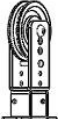
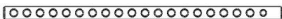
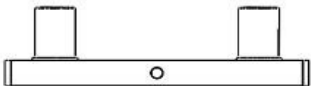
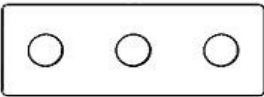
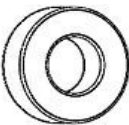
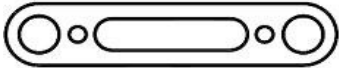
Guide rods need to make sure they are cleaned prior to installation otherwise this will cause the top plate to get stuck. It causes buildup in the bushings of the top plates. They just need to be cleaned out as well as the guide rods.

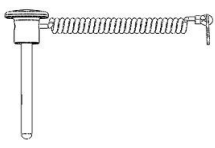
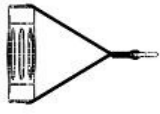
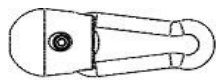
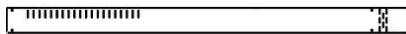
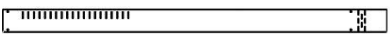
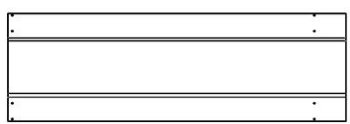
Use Silicon Spray and fiber to remove any excess residue. These can be found around the house or at a nearby hardware store, pics below. Use silicon Spray and steel wool.

We use "B'laster 16-SL Industrial Strength Silicone Lubricant" and Steel Wool, Grade #0000 Super Fine Grade

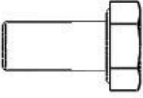
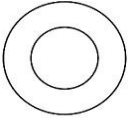
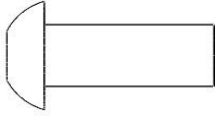
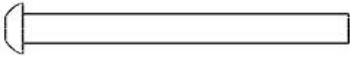
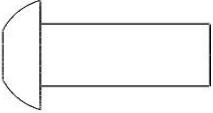
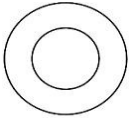
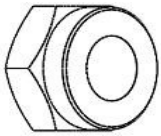
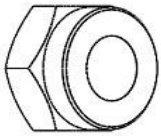
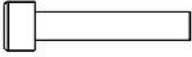
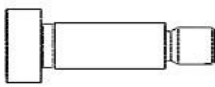
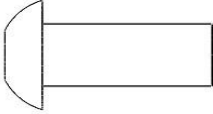
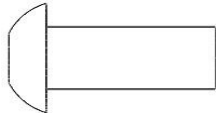
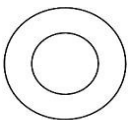


ACCESSORIES BREAKDOWN

Accessories breakdown (individually packaged category)					
					
1	Small door welding set *1 piece	2	Base welding bottom left *1 piece	3	Base welding bottom right *1 piece
					
4	2010 slide plate *2 pieces	5	2005 Stainless steel conduit*2 pieces	6	Slip on welding set left *1 piece
					
7	Slip on welding set right *1 piece	8	2009 Gas spring*2 pieces	9	0211 Gasket
					
10	2008 Big Spool	11	Flying bird arm welding set *2 pieces	12	2007Φ25 guide bar*2 pieces
					
13	Q1027-08 small door pulley set *2 pieces	14	Q1018-5010 center rod 20 holes *2 pieces	15	Head piece set *2 pieces
					
16	Lower piece 4.5kg*38 pieces	17	Q1001-5065 round type vibration damping pad	18	Q1018-5001 optical shaft fixing block *2 pieces

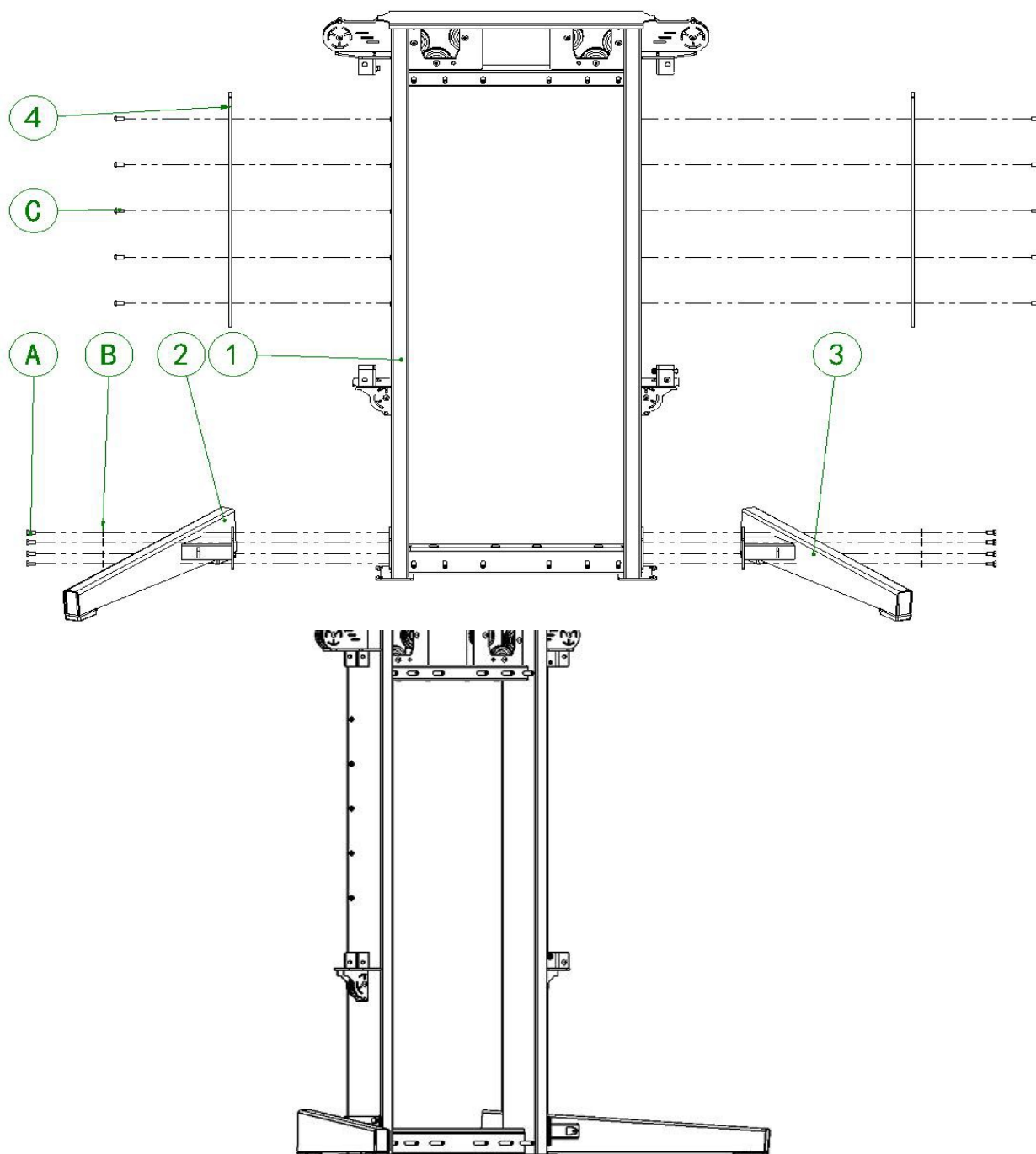
					
19	Q1018-5028 Counterweight pins*2 pieces	20	Q1001-5023Low level handle (complete set outsourced)*2 pieces	21	10 links of chain *2 pieces
					
22	Assembly kit *2 pieces	23	2003 right guard*1 piece	24	2001 Center shield *1 piece
					
25	2002 Left shield*1 piece	26	2004 rear guard*1 piece		

BLISTER PACK SCREW SCHEDULE

					
A	M10*20 external hexagonal screws*12	B	Φ10 flat washers*48 pieces	C	M10*20 flat round head screws*20
					
D	M10*70 flat round head screws*8 pieces	E	M8*25 flat round head screws*4pcs	F	Φ8 flat washers*4 pieces
					
G	M8 lock nuts*4 pieces	H	M10 lock nut*34 pieces	I	M10*20 cheese head screws*4 pieces
					
J	Φ10*25 cylindrical head plugging screws*4pcs	K	M10*30 flat round head screws*4pcs	L	M10*110 flat round head screws*2pcs
					
M	M6*12 flat round head screws*20 pieces	N	Φ6 flat washers*20 pieces		

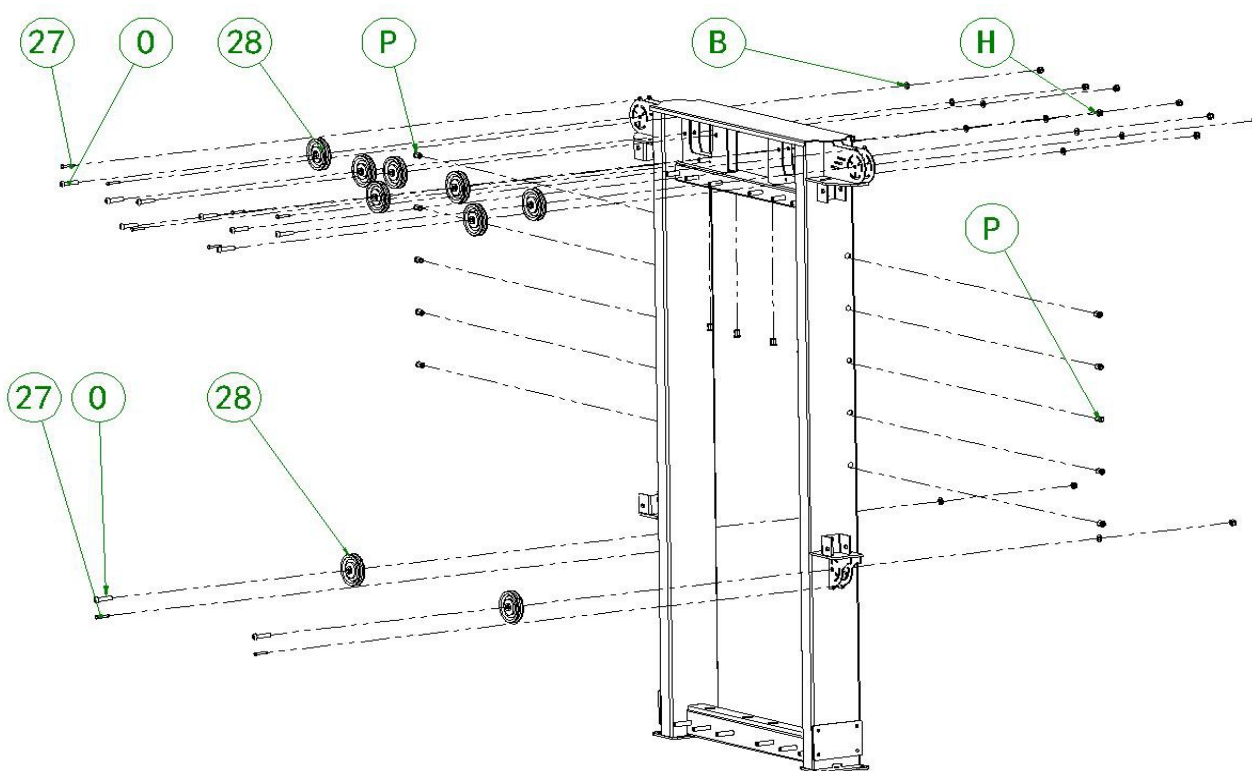
ASSEMBLY STEPS 1

Steps	Item	Name	Qty	Item	Name	Qty
1	1	Small door welding set	1	A	M10*20 external hexagonal screws	8
	2	Base welding bottom left	1	B	Φ10flat washers	8
	3	Base welding bottom Right	1	C	M10*20flat round head screws	10
	4	2010 slide plate	2			



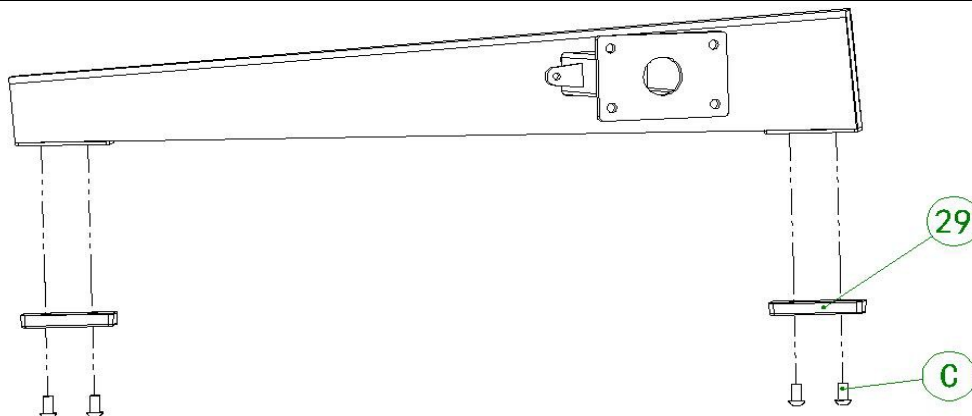
Small door welding set *1 piece

Steps	Item	Name	Qty	Item	Name	Qty
	27	Q1001-5080Card rope pin	10	H	M10lock nut	10
	28	90 Pulley	10	O	0*45Flat round head screw	10
	B	Φ10 flat washers	10	P	M10Hexagonal rivet nuts	14



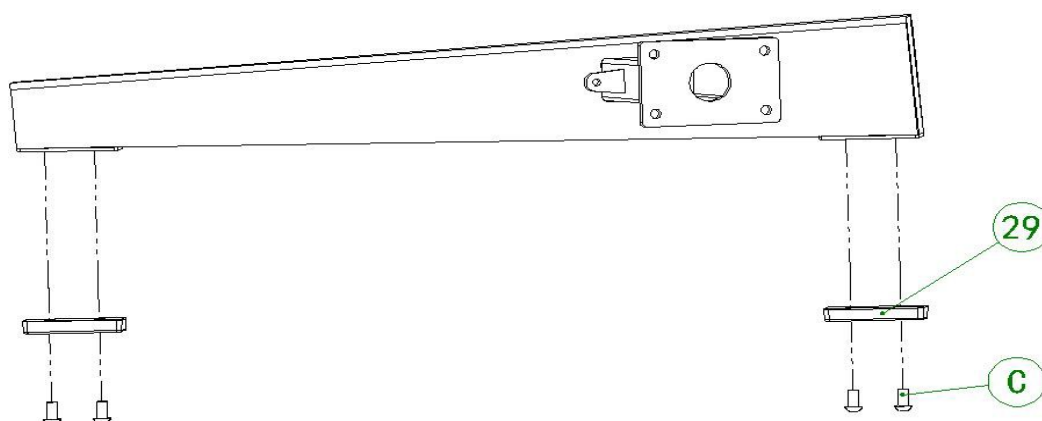
2 base welding bottom left *1 piece

Steps	Item	Name	Qty	Item	Name	Qty
	29	Q1020-2003Thin vibration damping pad 15mm	2	C	M10*20 flat round head screws	4



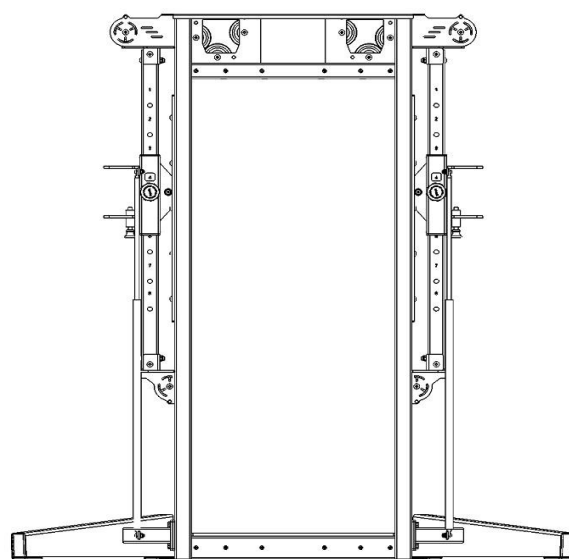
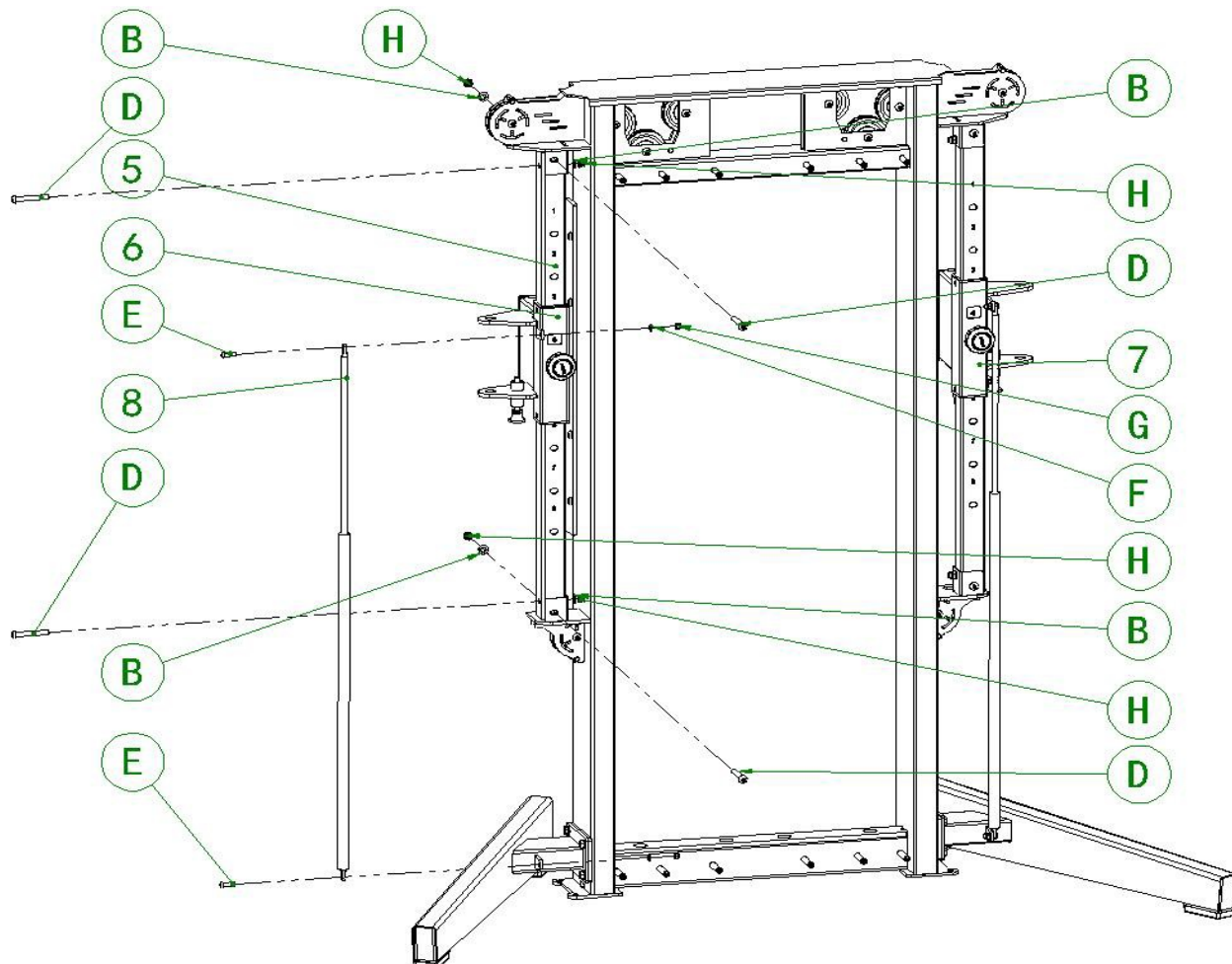
3 base welding bottom right *1 piece

Steps	Item	Name	Qty	Item	Name	Qty
	29	Q1020-2003Thin vibration damping pad 15mm	2	C	M10*20 flat round head screws	4



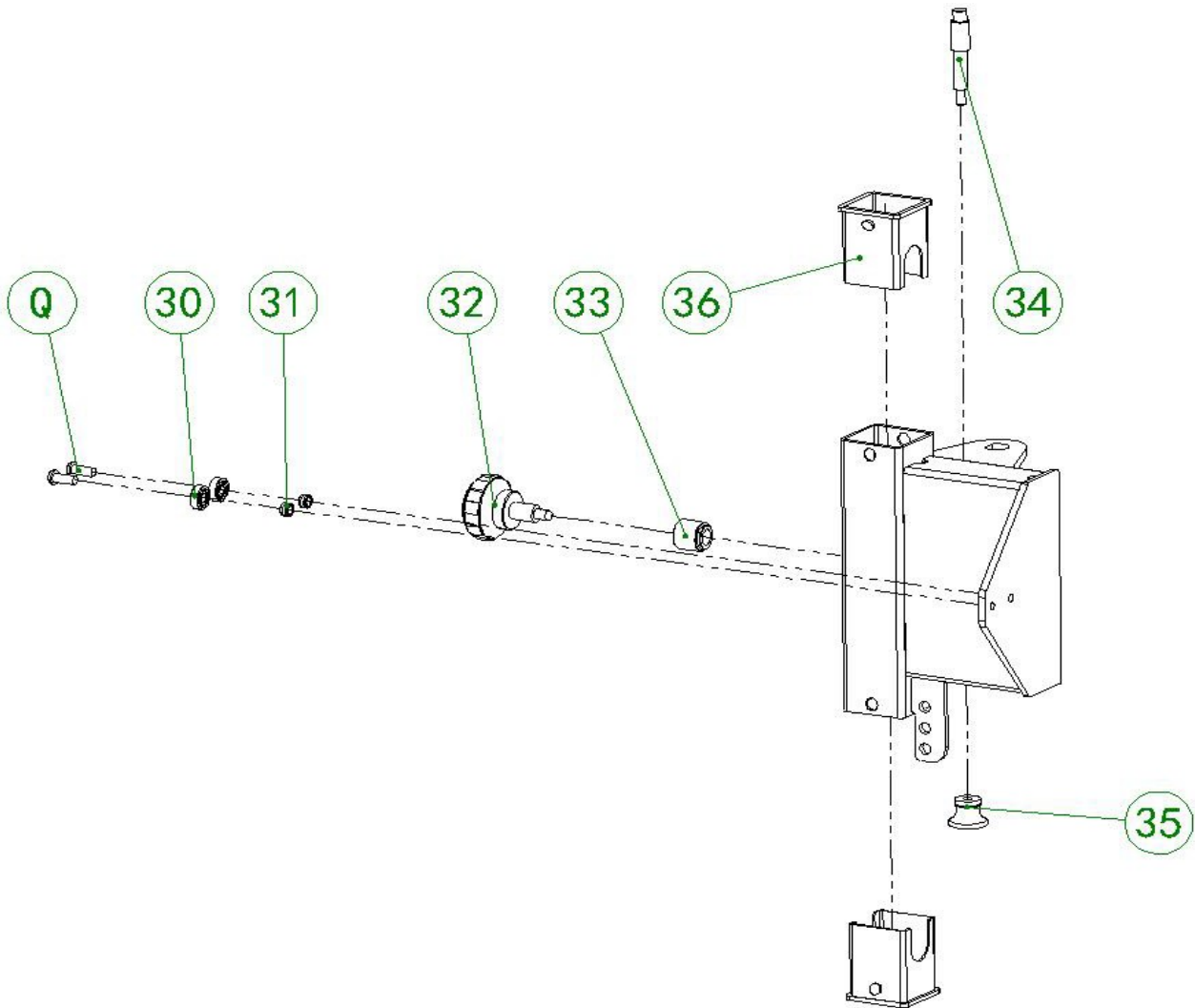
ASSEMBLY STEPS 2

Steps	Item	Name	Qty	Item	Name	Qty
2	5	005 Stainless steel conduit	2	B	Φ10flat washers	8
	6	Slip on welding set left	1	D	10*70 flat round head screw	8
	7	Slip on welding set Right	1	E	8*25 flat round head screw	4
	8	2009 Gas spring	2	F	Φ8flat washers	4
	H	M10 lock nut	8	G	M8 lock nuts	4



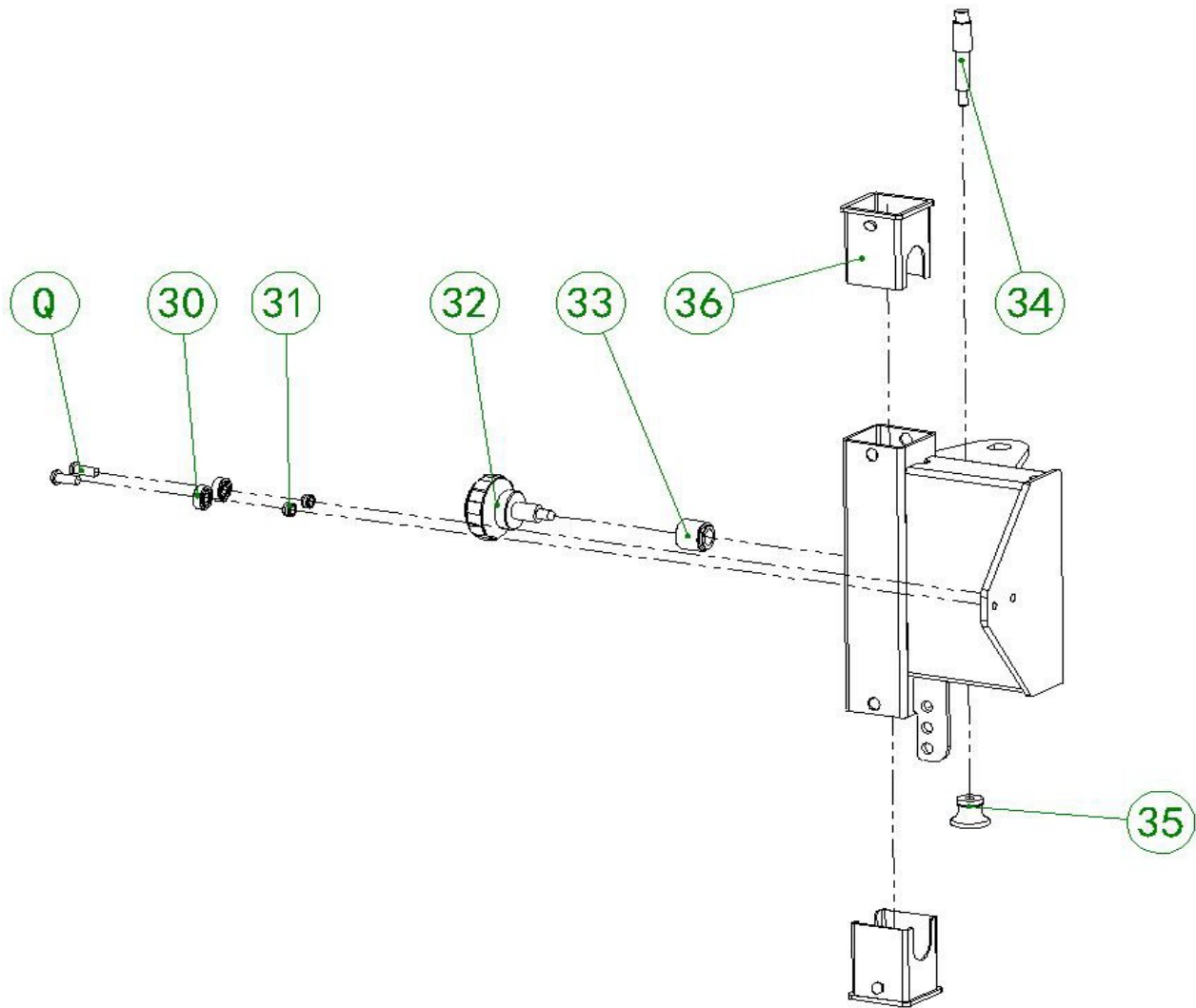
6 Slip on welding set left *1 piece

Steps	Item	Name	Qty	Item	Name	Qty
	30	608Deep groove ball bearings	2	35	18-5029Aluminum alloy pop	1
	31	0307Large bearing spacer	2	36	New 60*60 square tube	2
	32	Bicycle pulling pin 24 teeth	1	Q	*20 half round head screw	2
	33	1021-0108 Pull pin bushir	1	55	Q1001-5090 spring	1
	34	1021-2012 pins galvanize	1			



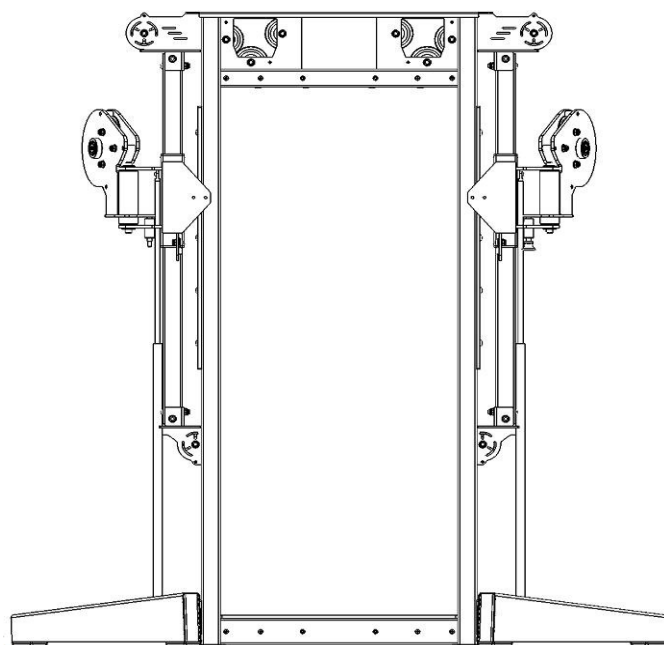
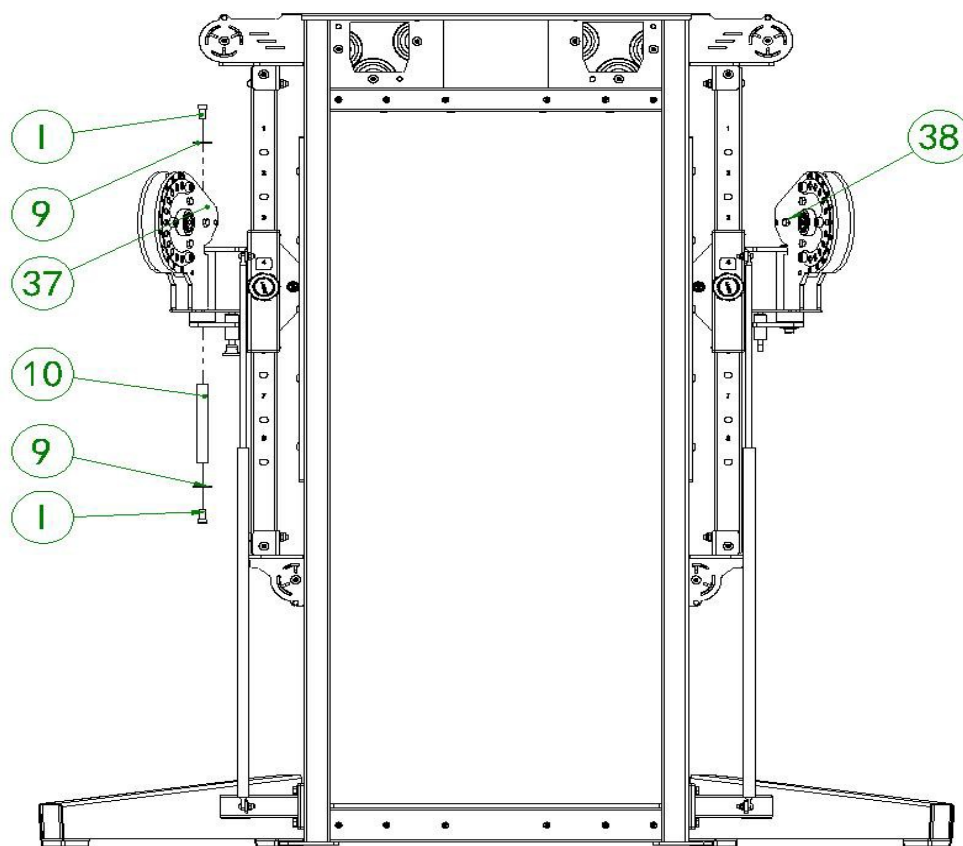
7 Slip-on welding set right *1 piece

Steps	Item	Name	Qty	Item	Name	Qty
	30	608Deep groove	2	35	18-5029Aluminum alloy pop	1
	31	0307Large bearing spacer	2	36	New 60*60 square tube	2
	32	Bicycle pulling pin 24 teeth	1	Q	*20 half round head scre	2
	33	1021-0108 Pull pin bushir	1	55	Q1001-5090 spring	1
	34	1021-2012 pins galvanize	1			



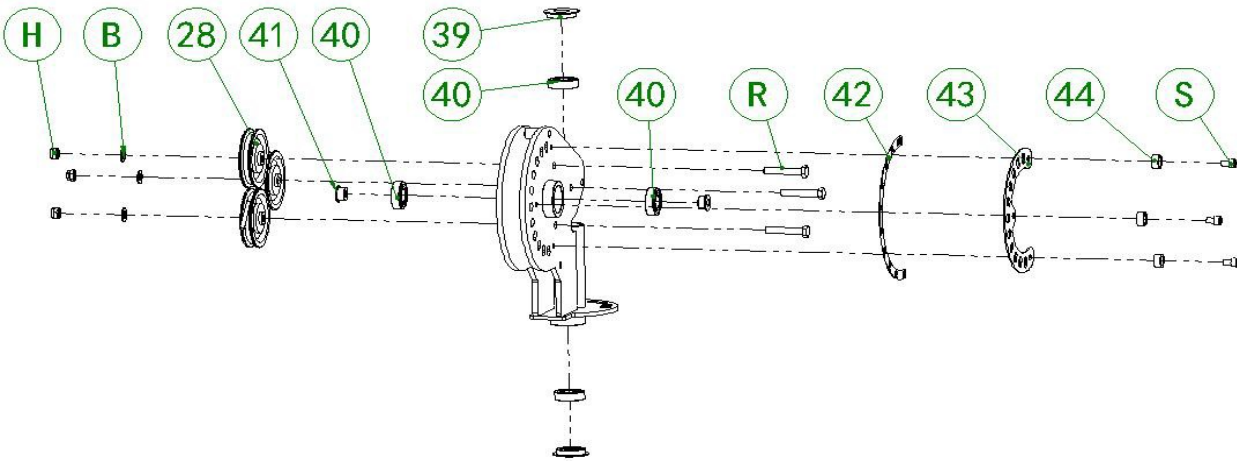
ASSEMBLY STEPS 3

Steps	Item	Name	Qty	Item	Name	Qty
3	9	0211 Gasket	4	1	10*20 cheese head screw	4
	10	2008 Big Spool	2			
	37	Rotating welding group left	1			
	38	Rotating welding group right	1			



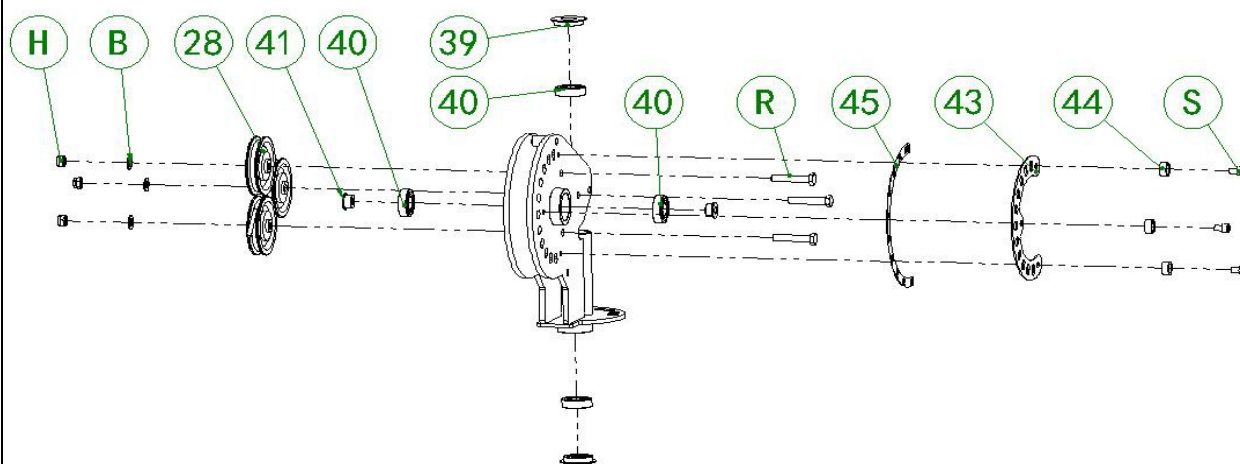
37 Rotation welding group left *1 piece

Steps	Item	Name	Qty	Item	Name	Qty
	28	90 Pulley	3	44	1010-5016 limit sleeve po	3
	39	2013 Polypropylene Space	2	B	Φ10 flat washer	3
	40	04 deep groove ball beari	4	H	M10 lock nut	3
	41	0303 Copper Bushing	2	R	*55 external hexagonal se	3
	42	2007 scale marker left	1	S	8*12 cheese head screw	3
	43	ge stainless steel adjustme	1			



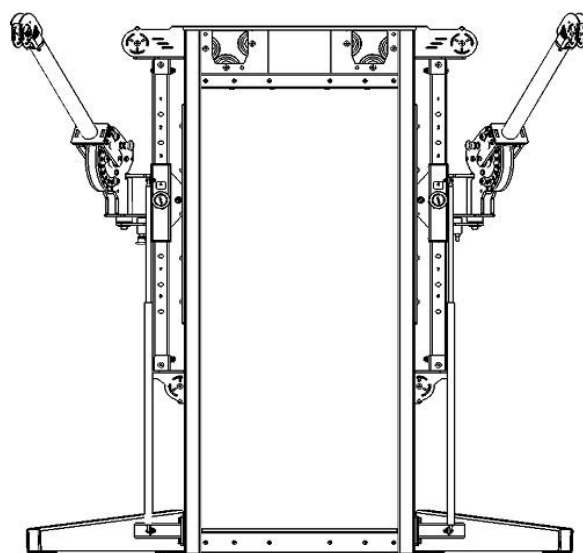
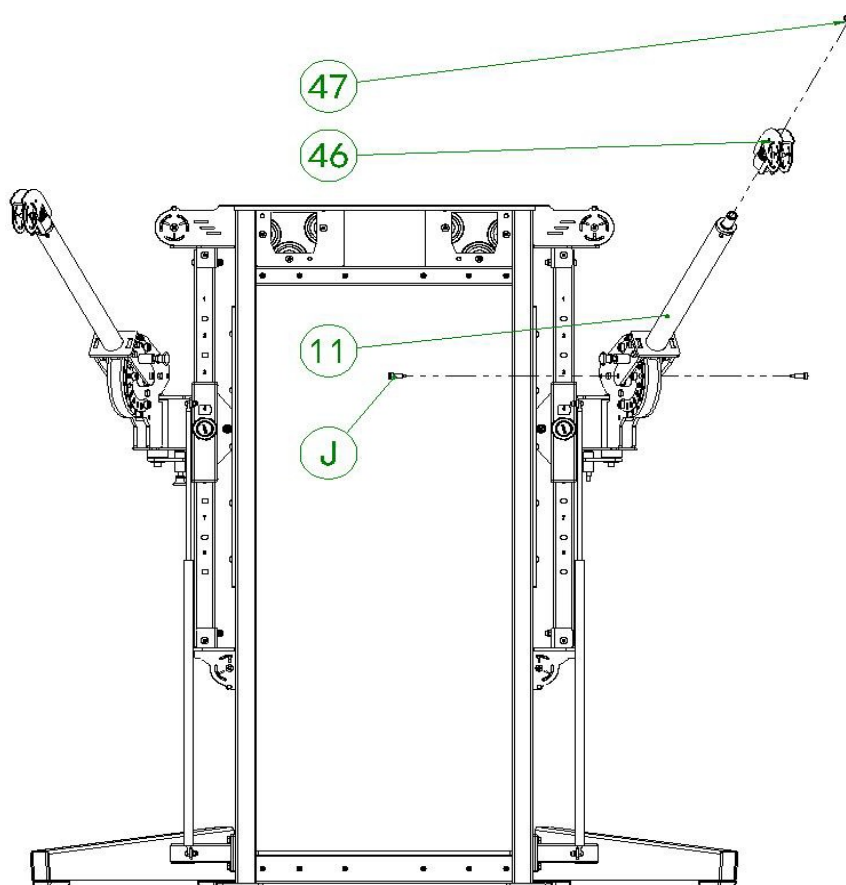
38 Rotating welding set right *1 piece

Steps	Item	Name	Qty	Item	Name	Qty
	28	90 Pulley	3	44	1010-5016 limit sleeve po	3
	39	2013 Polypropylene Space	2	B	Φ10 flat washer	3
	40	04 deep groove ball beari	4	H	M10 lock nut	3
	41	0303 Copper Bushing	2	R	*55 external hexagonal se	3
	45	2007 scale marker right	1	S	8*12 cheese head screw	3
	43	ge stainless steel adjustme	1			



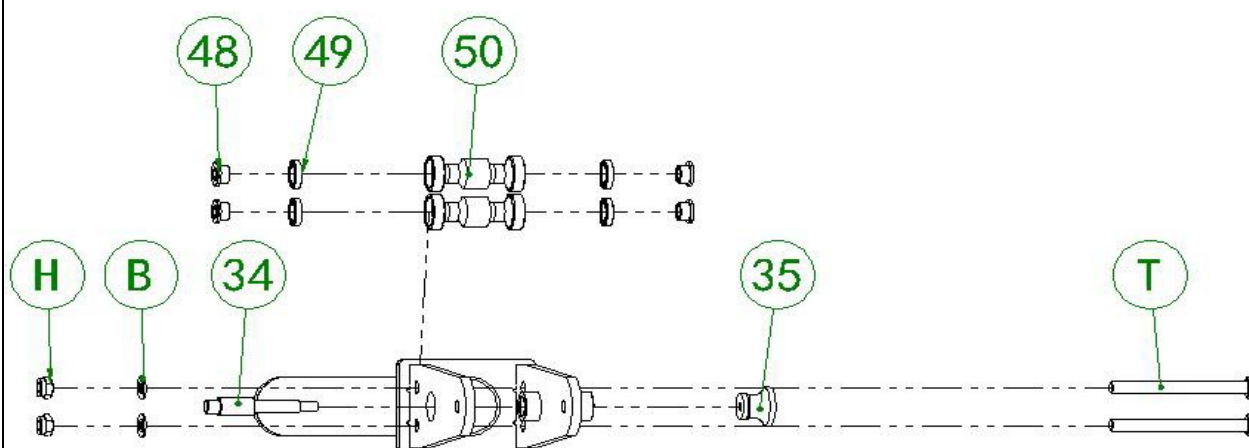
ASSEMBLY STEPS 4

Steps	Item	Name	Qty	Item	Name	Qty
4	11	Flying bird arm welding set	2	J	Φ10*25 cylindrical head plug punch screw	4
	46	Q1027-07 Jointed Pulley Set	2			
	47	Φ25 shaft elastic retainer A type	2			



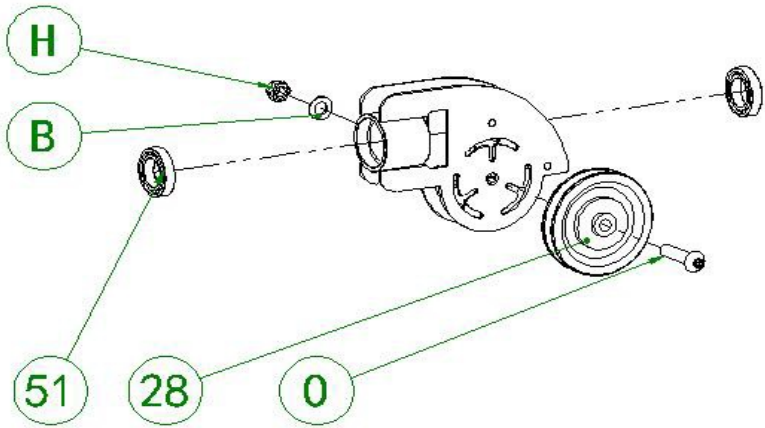
11 Flying bird welding arm set *2 pieces

Steps	Item	Name	Qty	Item	Name	Qty
	34	Q1021-2012 pins galvanized	1	50	2009 Slip-on roller	2
	35	Q1018-5029 aluminum alloy pop pin	1	B	Φ10 flat washer	2
	48	Q1031-6008 roller spacer	4	H	M10 lock nut	2
	49	61802 deep groove ball bearing	4	T	110 external hexagonal s	2
	55	Q1001-5090 spring	1			



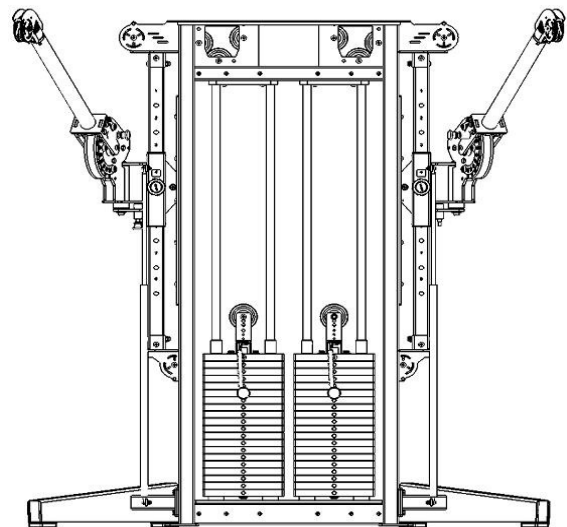
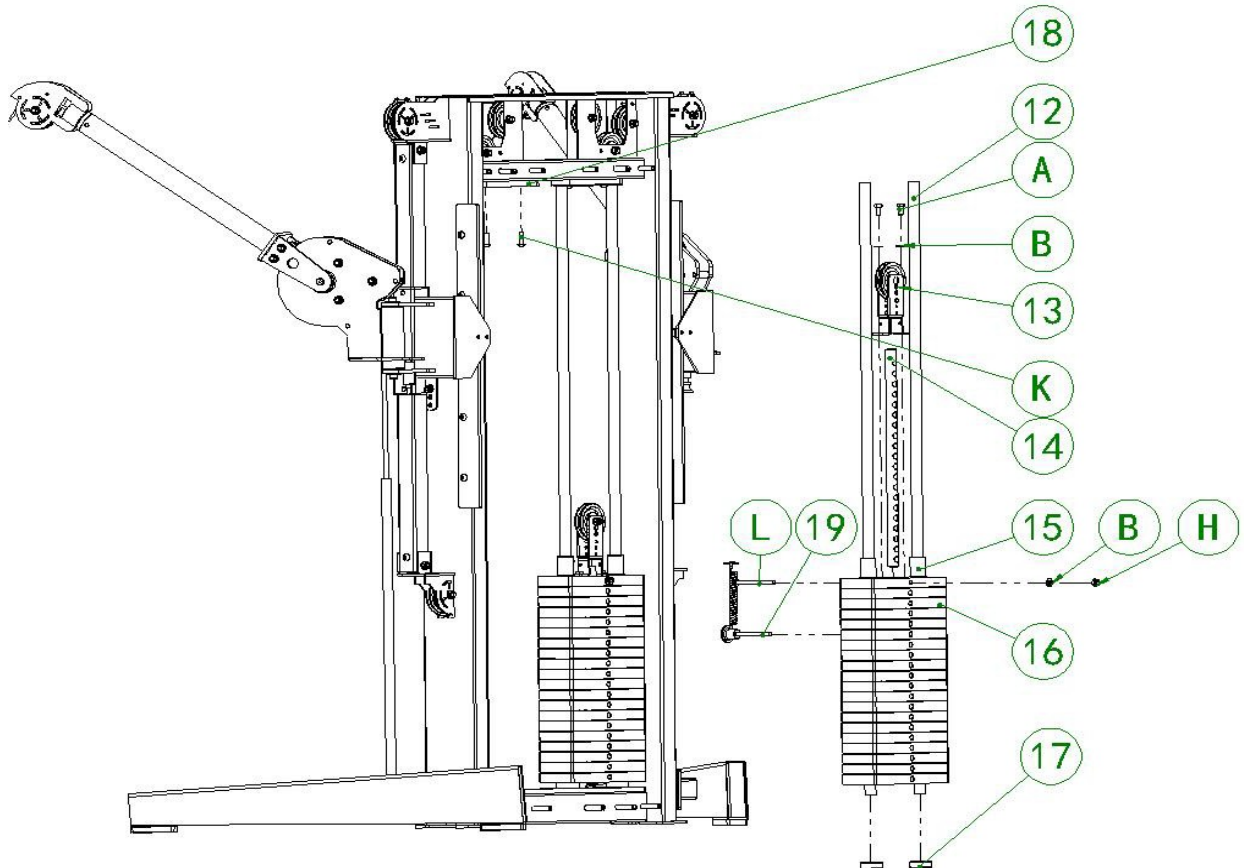
46 Q1027-07Joint pulley set *2 pieces

Steps	Item	Name	Qty	Item	Name	Qty
	28	90 Pulley	1	B	Φ10 flat washer	1
	51	905 Deep groove ball bear	2	H	M10 lock nut	1
				O	10*45 flat round head scre	1



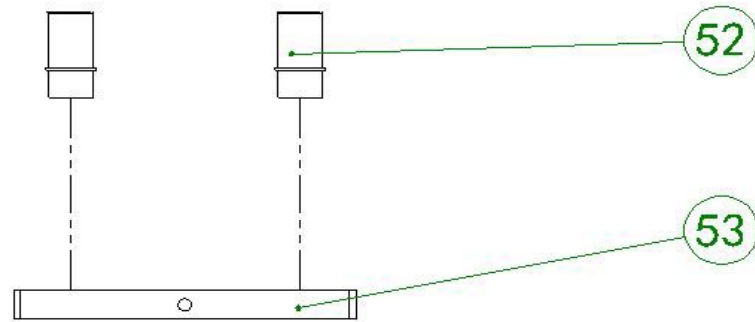
ASSEMBLY STEPS 5

Steps	Item	Name	Qty	Item	Name	Qty
5	12	2007Φ25 guide bar	4	A	0*20external hexagonal scr	4
	13	1027-08small door pulley s	2	B	Φ10flat washers	6
	14	1018-5010 center rod 20 hol	2	H	M10 lock nut	2
	15	Head piece set	2	K	0*30flat round head scre	4
	16	Lower piece 4.5kg	38	L	0*110flat round head scr	2
	17	065 round type vibration dam	4			
	18	001 round type vibration dam	2			
	19	018-5028Counterweight p	2			



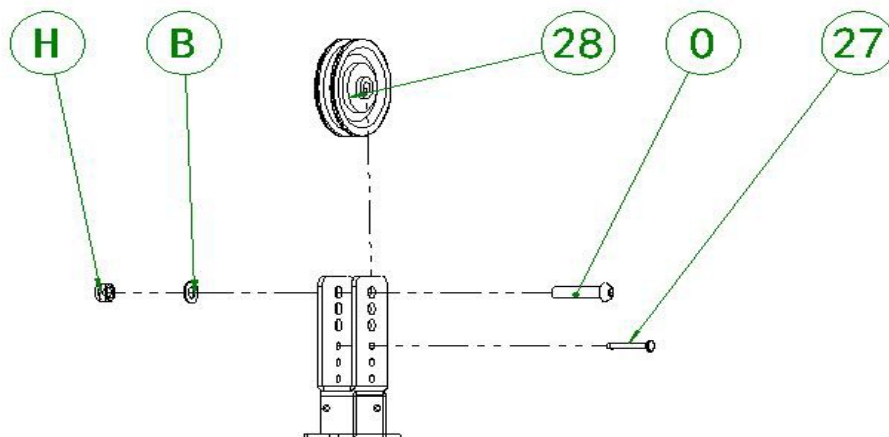
15 Head piece set *2 pieces

Steps	Item	Name	Qty	Item	Name	Qty
	52	Counterweight guide bar	2			
	53	1018-5026Head piece3.7K	1			



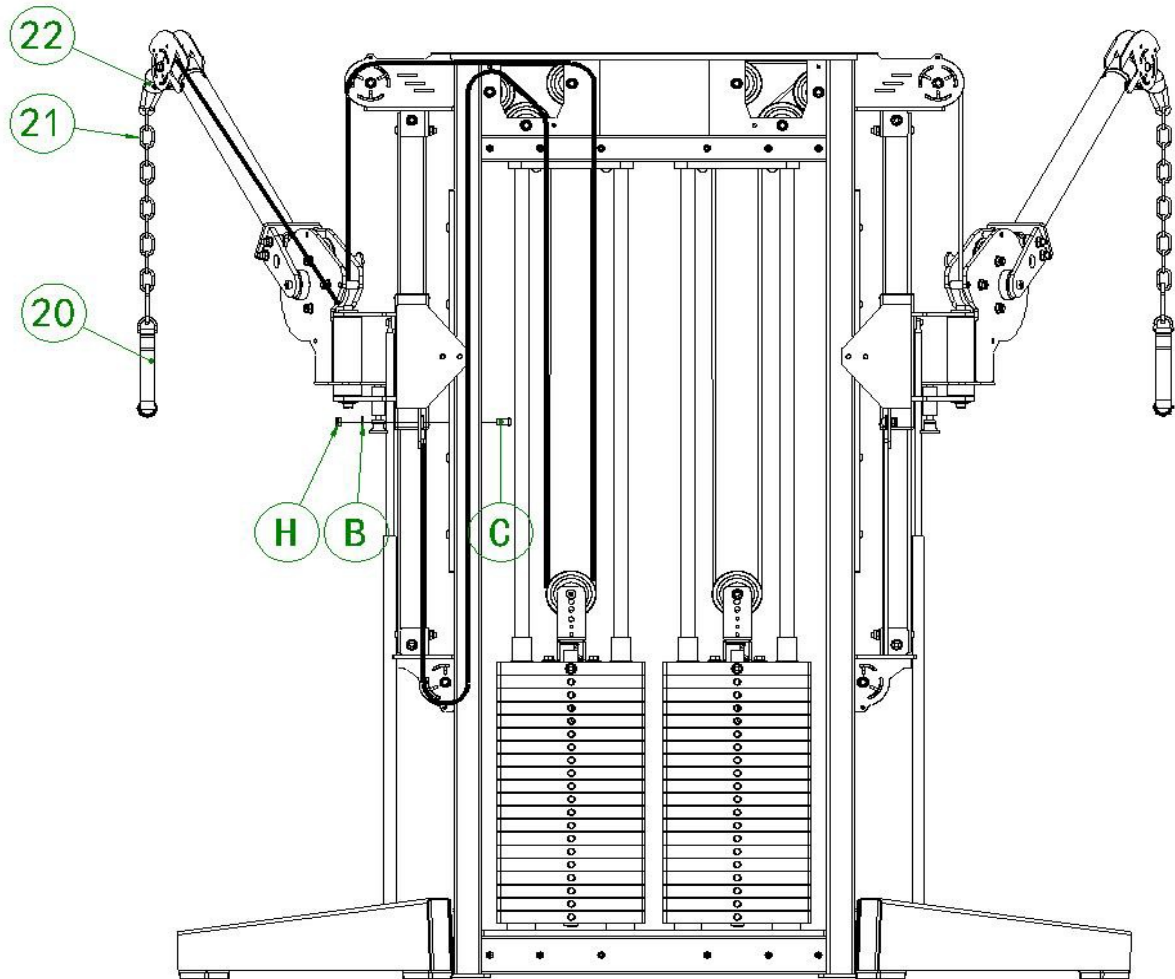
13 Q1027-08Small door pulley set *2 pieces

Steps	Item	Name	Qty	Item	Name	Qty
	27	Q1001-5080Card rope pin	1	O	0*45Flat round head screw	1
	28	90pulley	1	B	Φ10Flat washers	1
				H	M10Anti-loosening nuts	1



ASSEMBLY STEPS 6

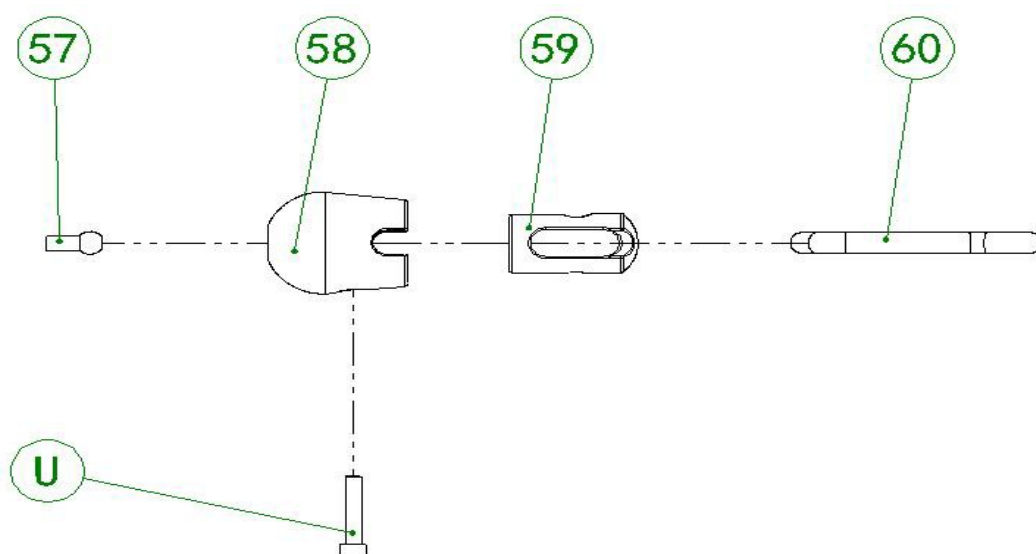
Steps	Item	Name	Qty	Item	Name	Qty
6	20	01-5023Low level handle set outsou	2	B	Φ10Flat washers	2
	21	10 links of chain	2	C	0*20Flat round head scre	2
	22	Combination of joints	2	H	M10Anti-loosening nuts	2
	54	Wire Rope	2	56	1007-6001Wire rope fixed flat hea	2



WIRE ROPEWIRE ALIGNMENT DIAGRAM

22Combination of joints*2

Steps	Item	Name	Qty	Item	Name	Qty
	57	1001-5052Small ball head sleeve	1	60	Insurance Hook	1
	58	Q1001-5053Rubber Cover	1	U	5*25Cylindrical head screw	1
	59	Q1001-5054Card Slot Cover	1			



ASSEMBLY STEPS 7

Steps	Item	Name	Qty	Item	Name	Qty
7	23	2003Right guard	1	M	6*12Flat round head screw	20
	24	2001Middle guard	1	N	Φ6Flat washers	20
	25	2002Left guard	1			
	26	2004Rear guard	1			

