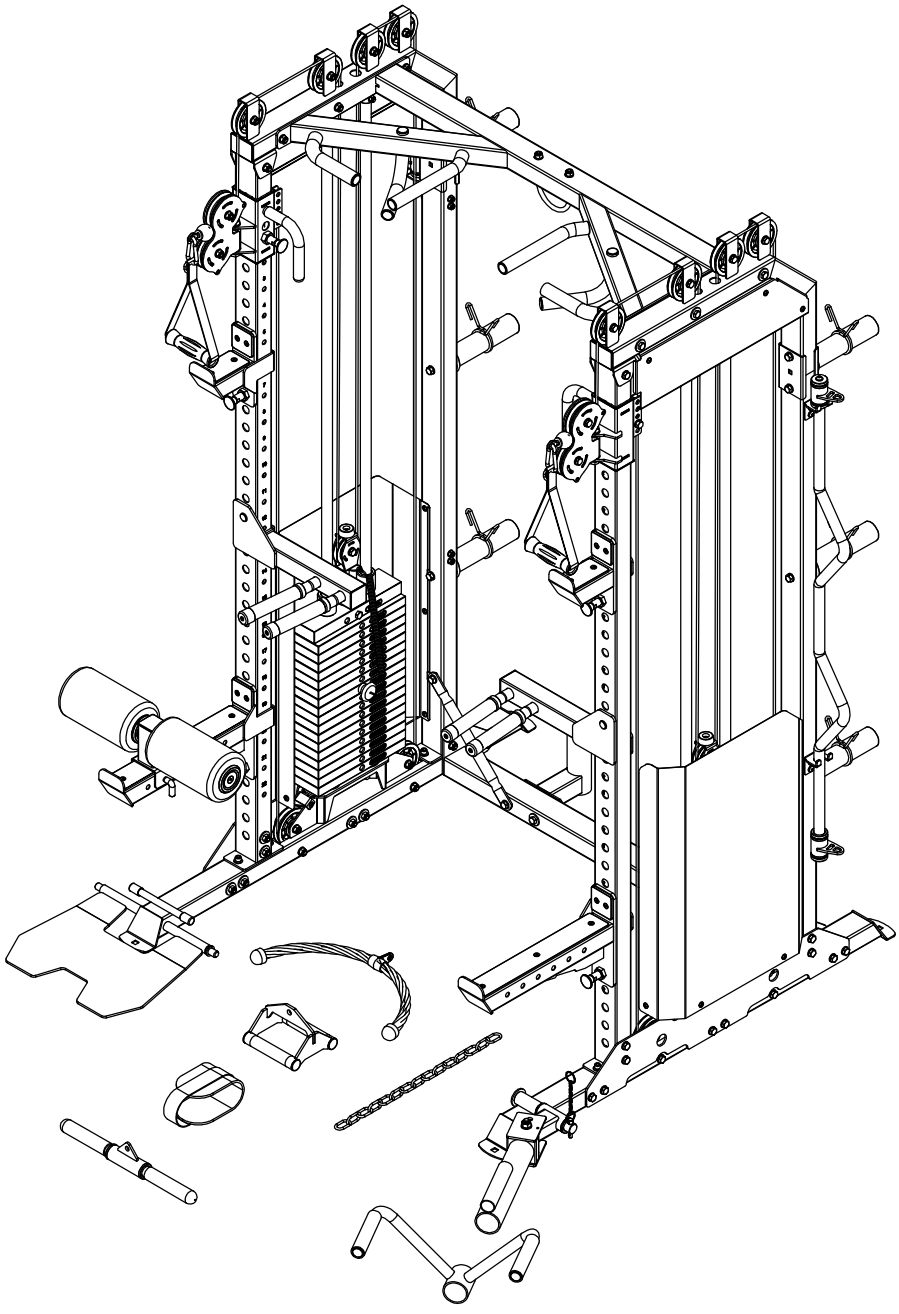
FRENCH FITNESS

OWNER'S MANUAL

FF-SRFT8-198



CAUTION!

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

20260917-V3.0

IMPORTANT SAFETY NOTICE

PRECAUTIONS

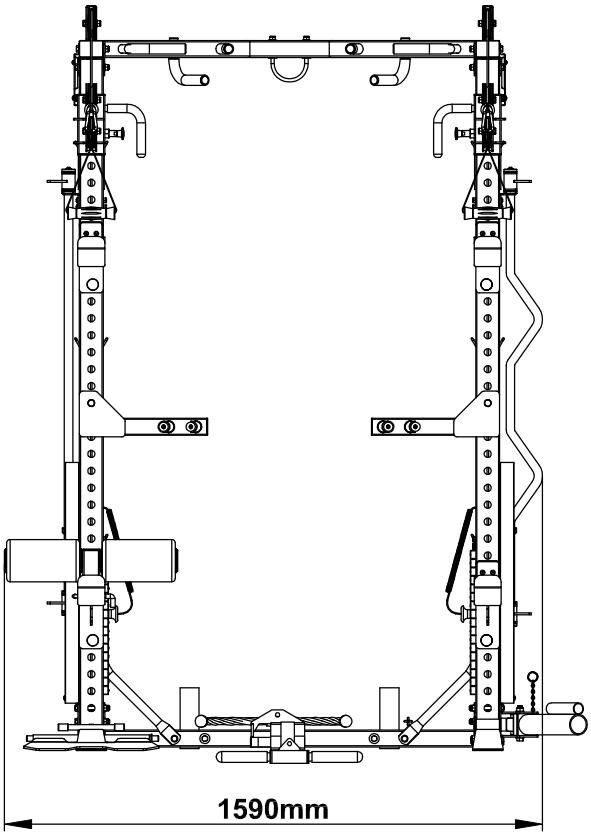
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

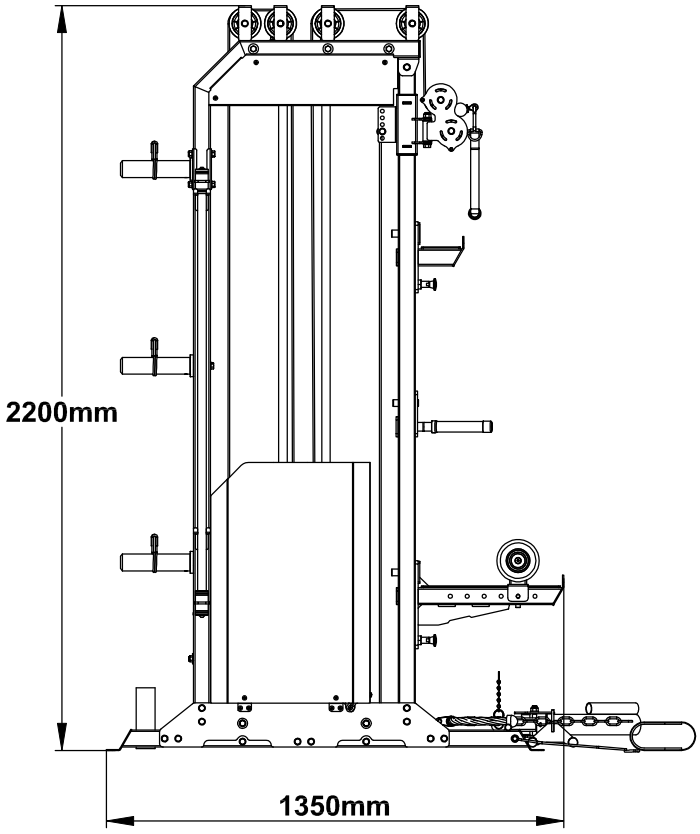
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once.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

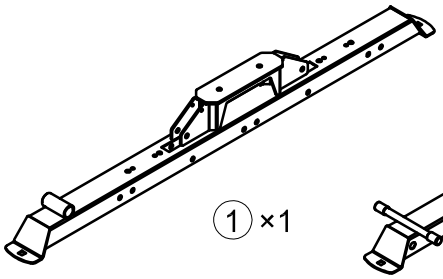
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE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

SAVE THESE INSTRUCTIONS.

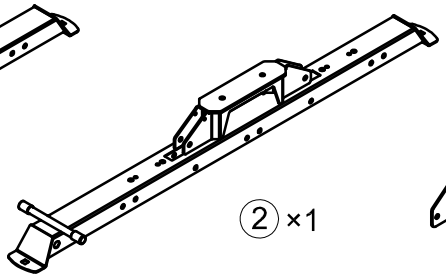
Assembled Dimension: 1590mm x 1350mm x2200mm



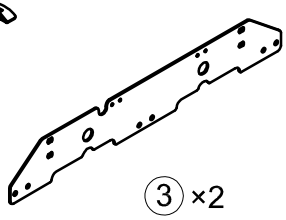




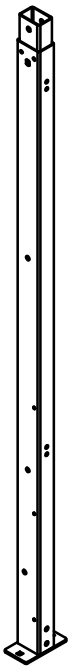
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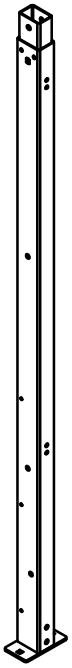
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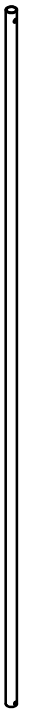
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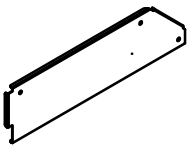
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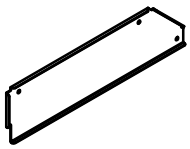
⑤ ×1



⑧ ×4



⑥ ×1



⑦ ×1



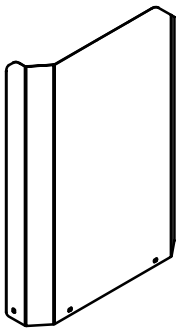
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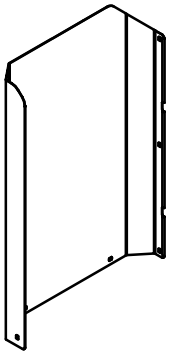
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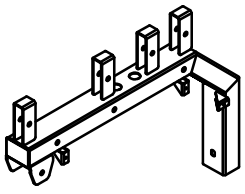
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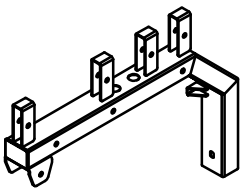
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⑫ ×1



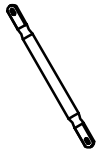
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⑯ ×1



⑲ ×4



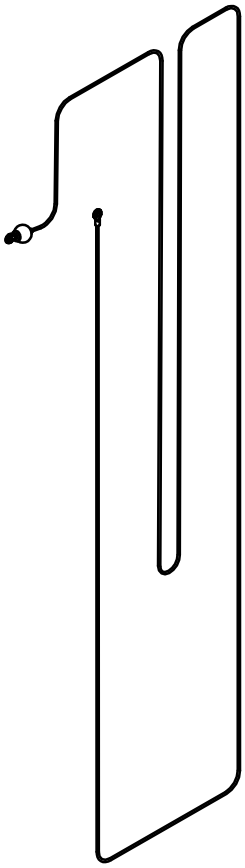
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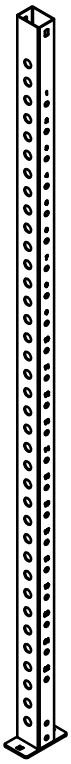
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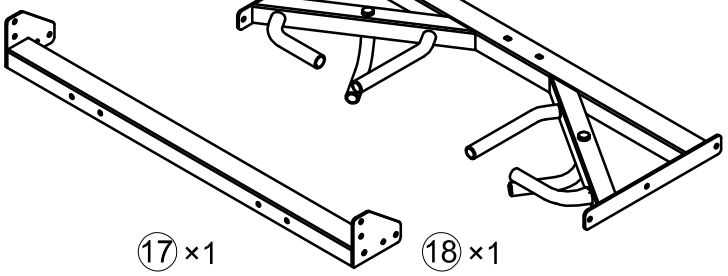
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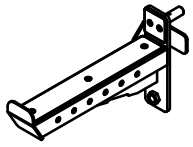
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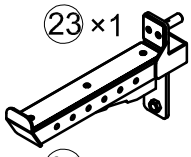
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⑰ ×1 ⑱ ×1



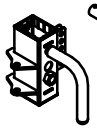
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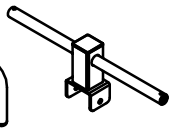
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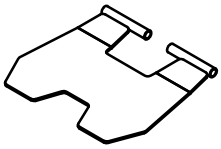
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㉘ ×2



㉙ ×1



㉚ ×2



㉛ ×2



㊱ ×1



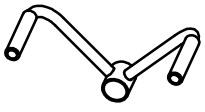
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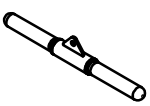
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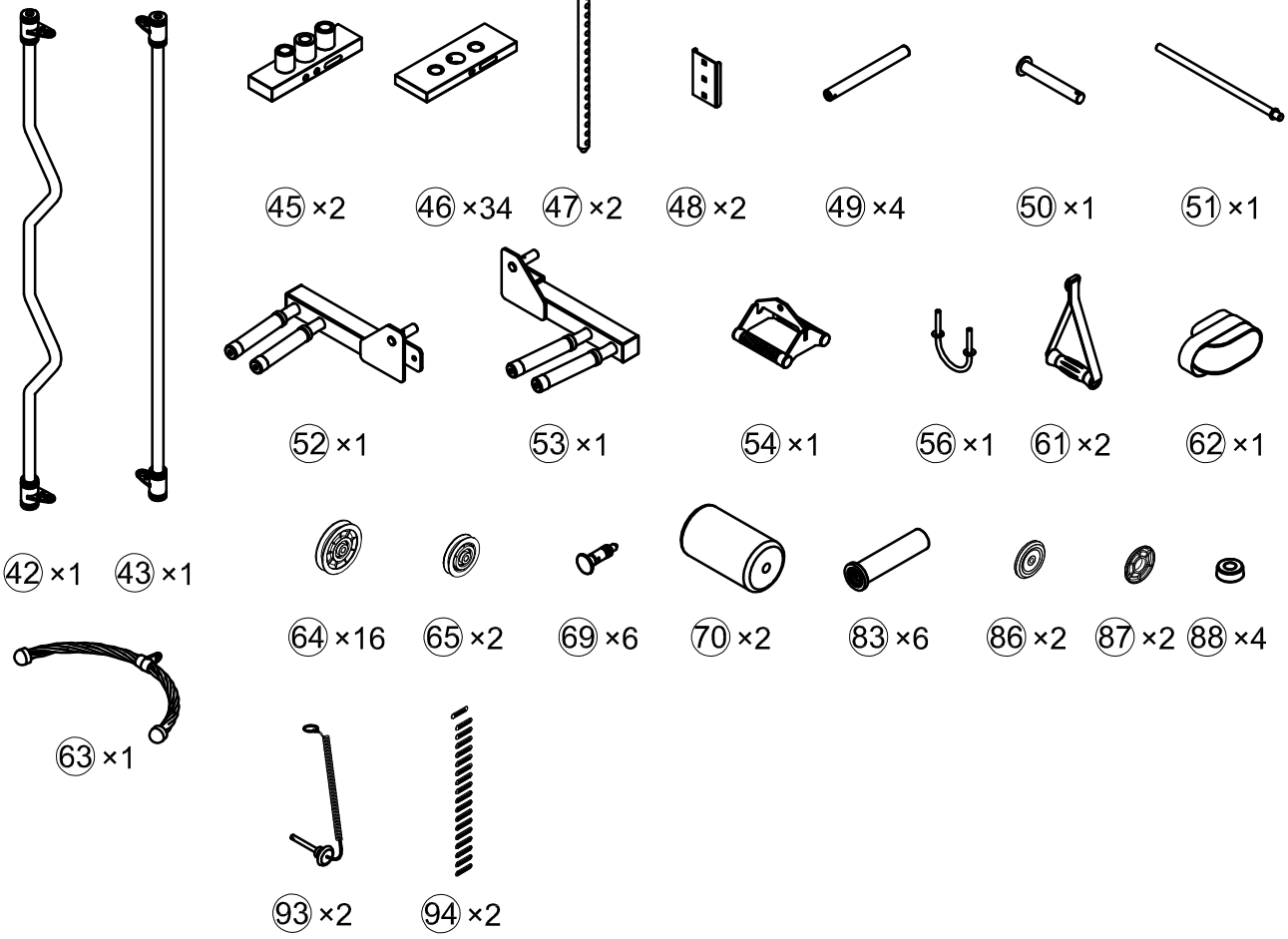
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㊵ ×1



㊶ ×1

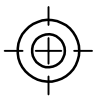

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87 ×2
88 ×4
63 ×1
93 ×2
94 ×2



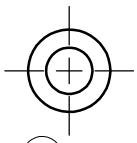
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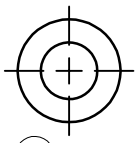
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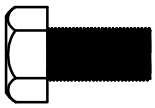
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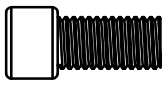
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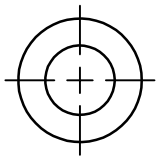
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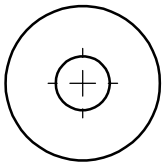
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107 ×16



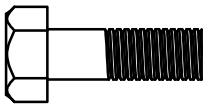
115 ×6



116 ×22



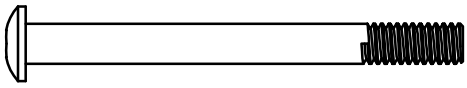
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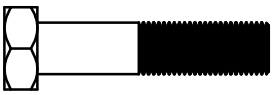
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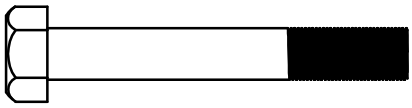
108 ×30



109 ×8



98 ×18



99 ×6



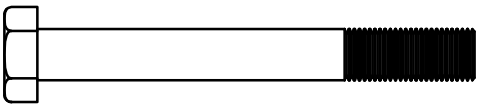
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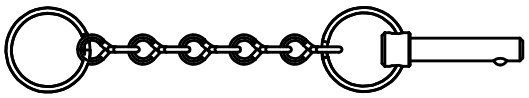
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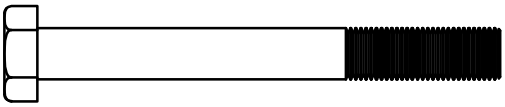
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100 ×4



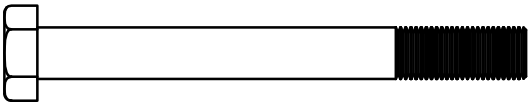
60 ×1



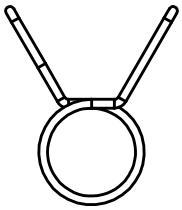
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67 ×1



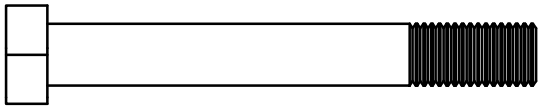
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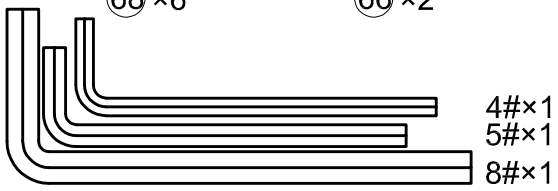
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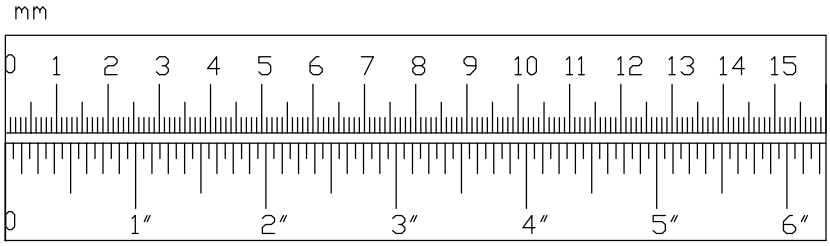


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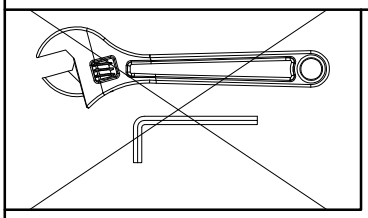


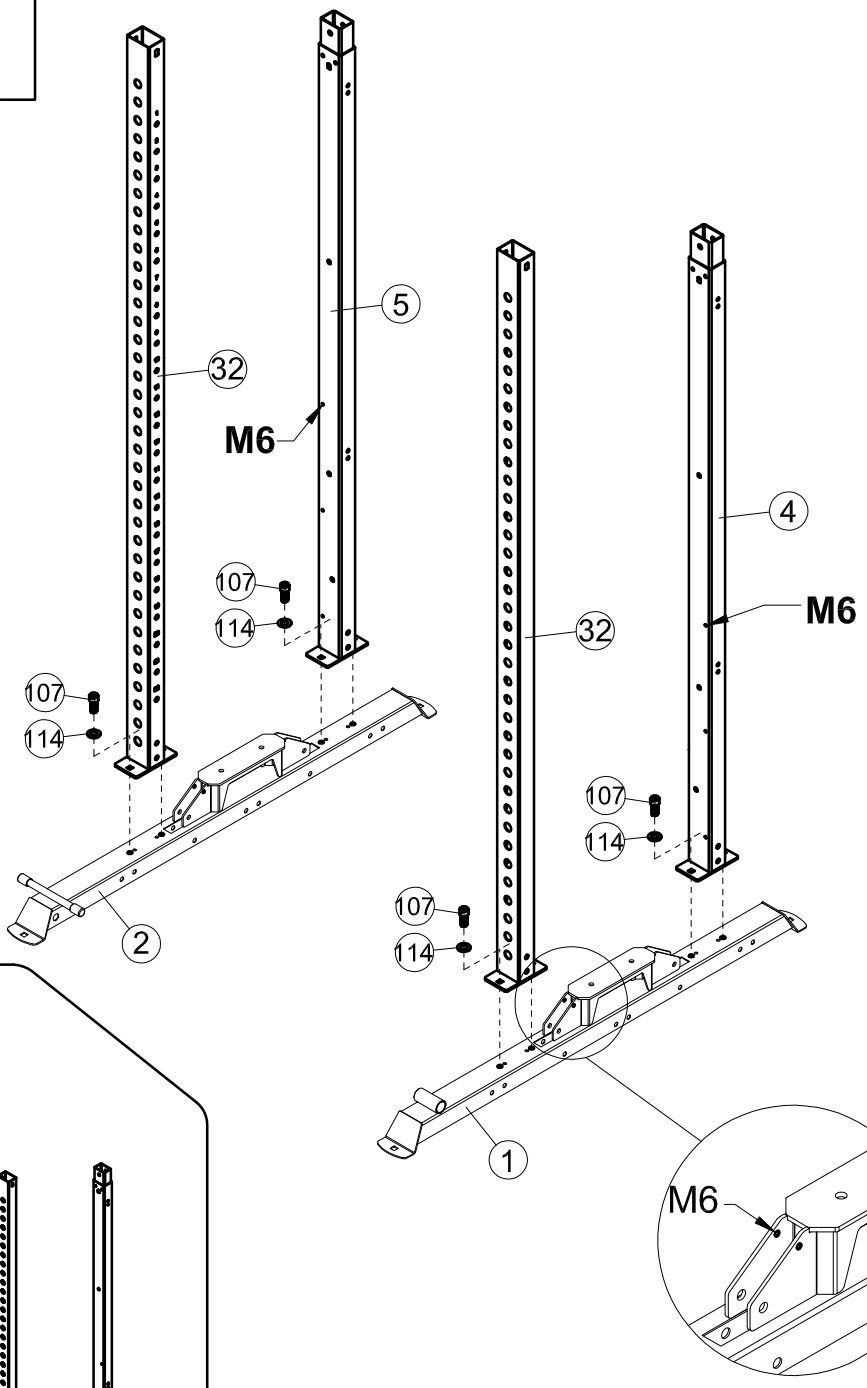
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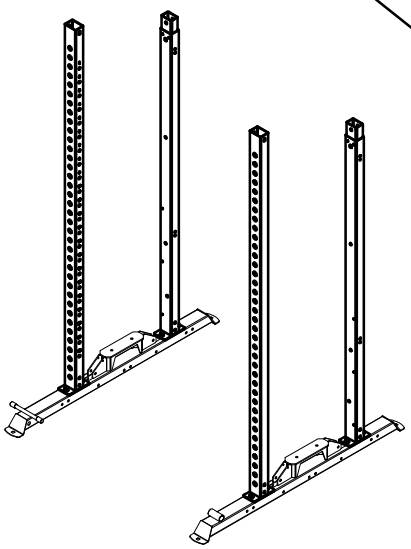




107		×8	M10×20
114		×8	Φ10

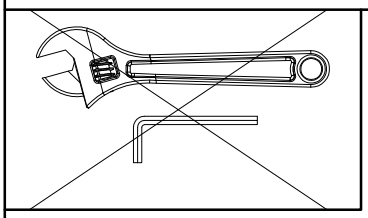


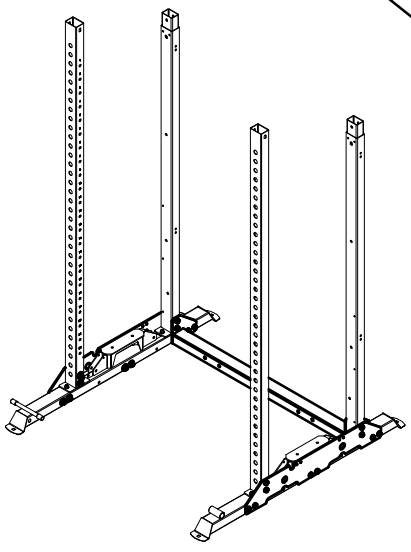




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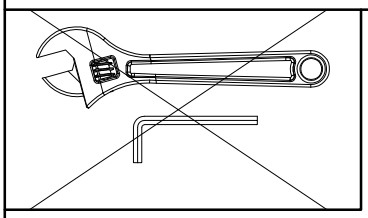
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102		×8	M10×95	114		×28	Φ10
				118		×20	M10

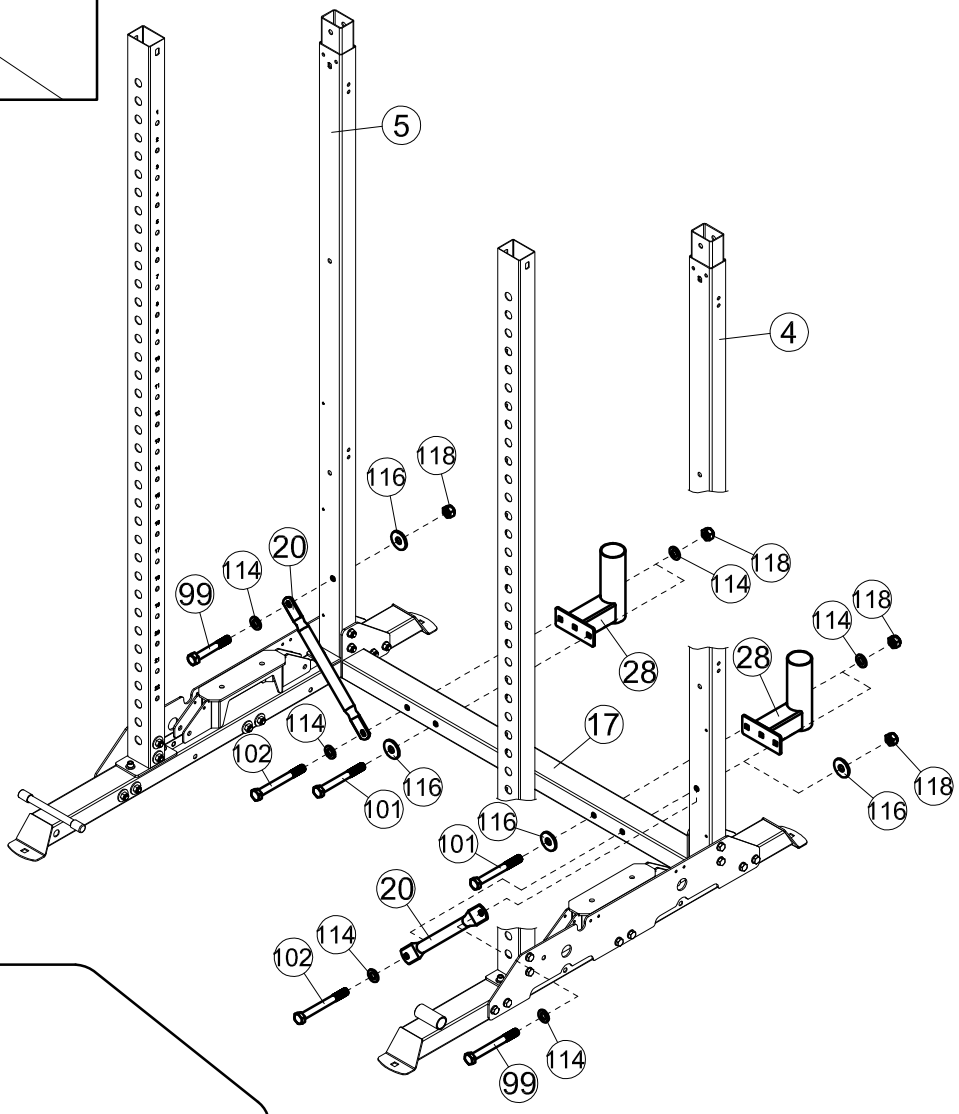


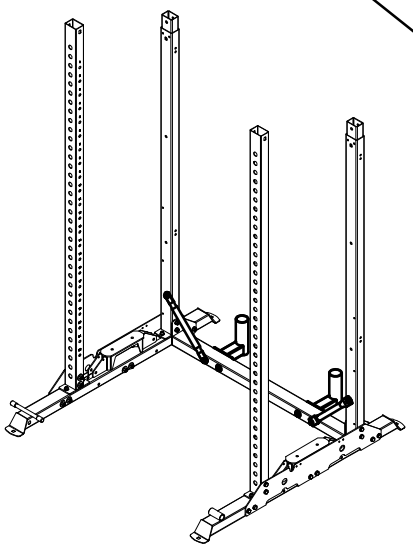


2

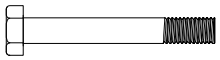
101		×2	M10×90	116		×4	Φ30×Φ10.5
102		×2	M10×95	114		×8	Φ10
99		×2	M10×70	118		×6	M10

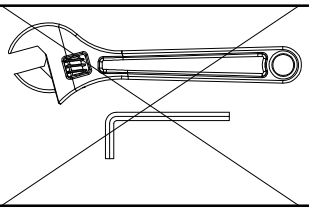


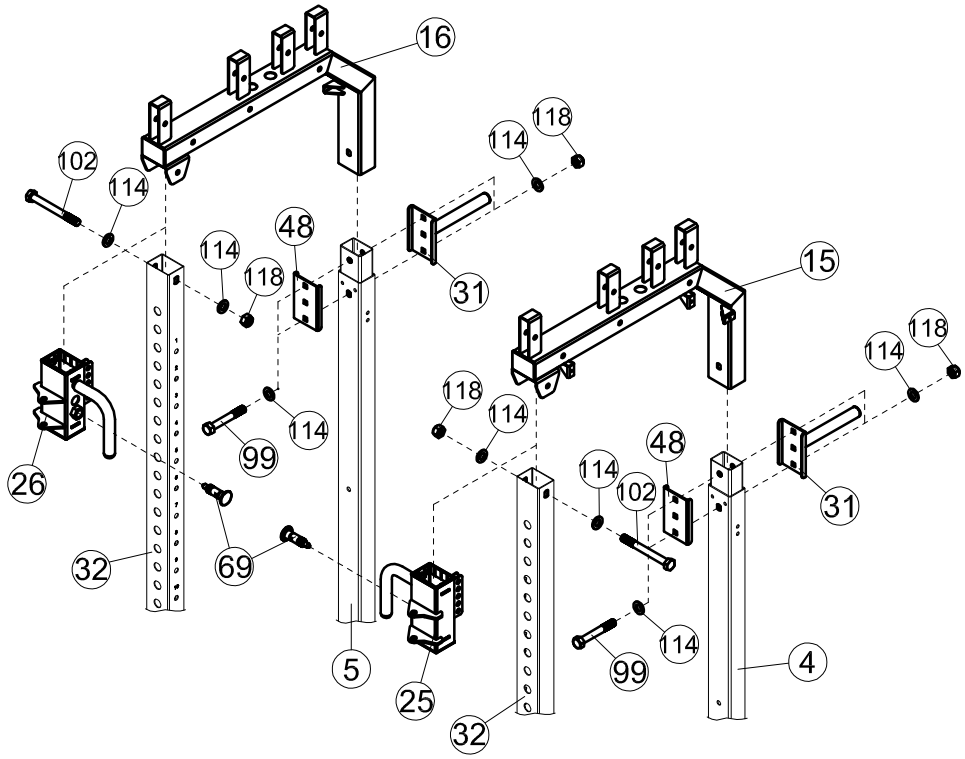


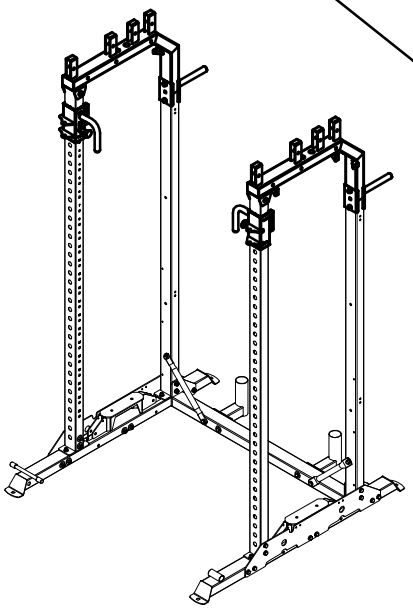


3

102		×2	M10×95	114			×12	Φ10
99		×4	M10×70	118			×6	M10

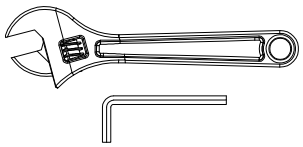


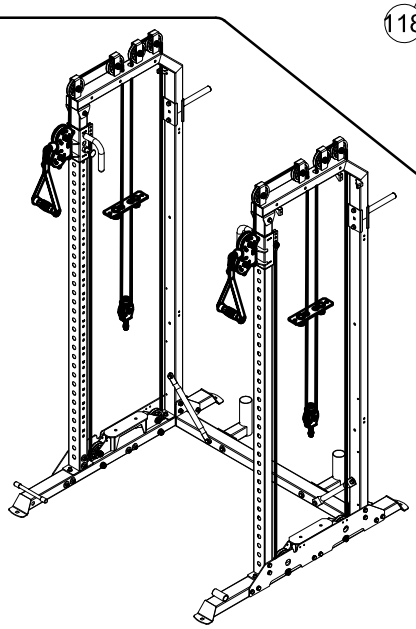


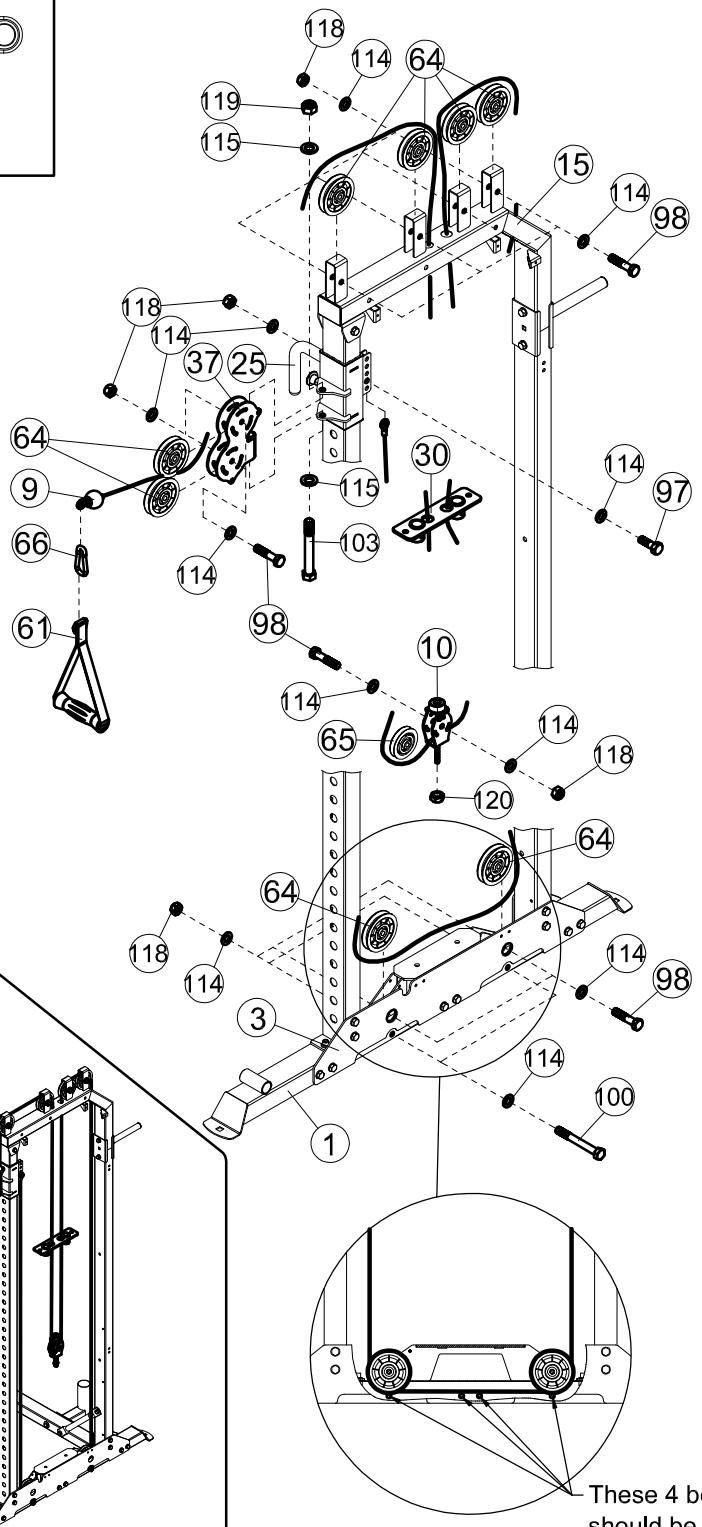


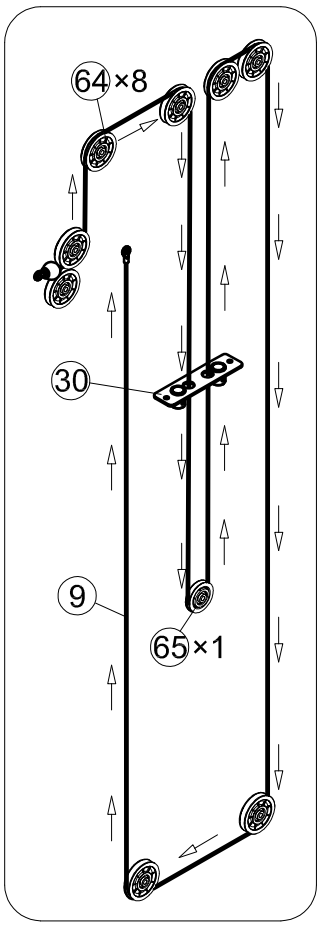
4

103		×2	M12×95	115		×4	Φ12
97		×2	M10×30	114		×48	Φ10
98		×18	M10×45	118		×24	M10
100		×4	M10×85	119		×2	M12
120		×2	M12	66		×2	Φ8





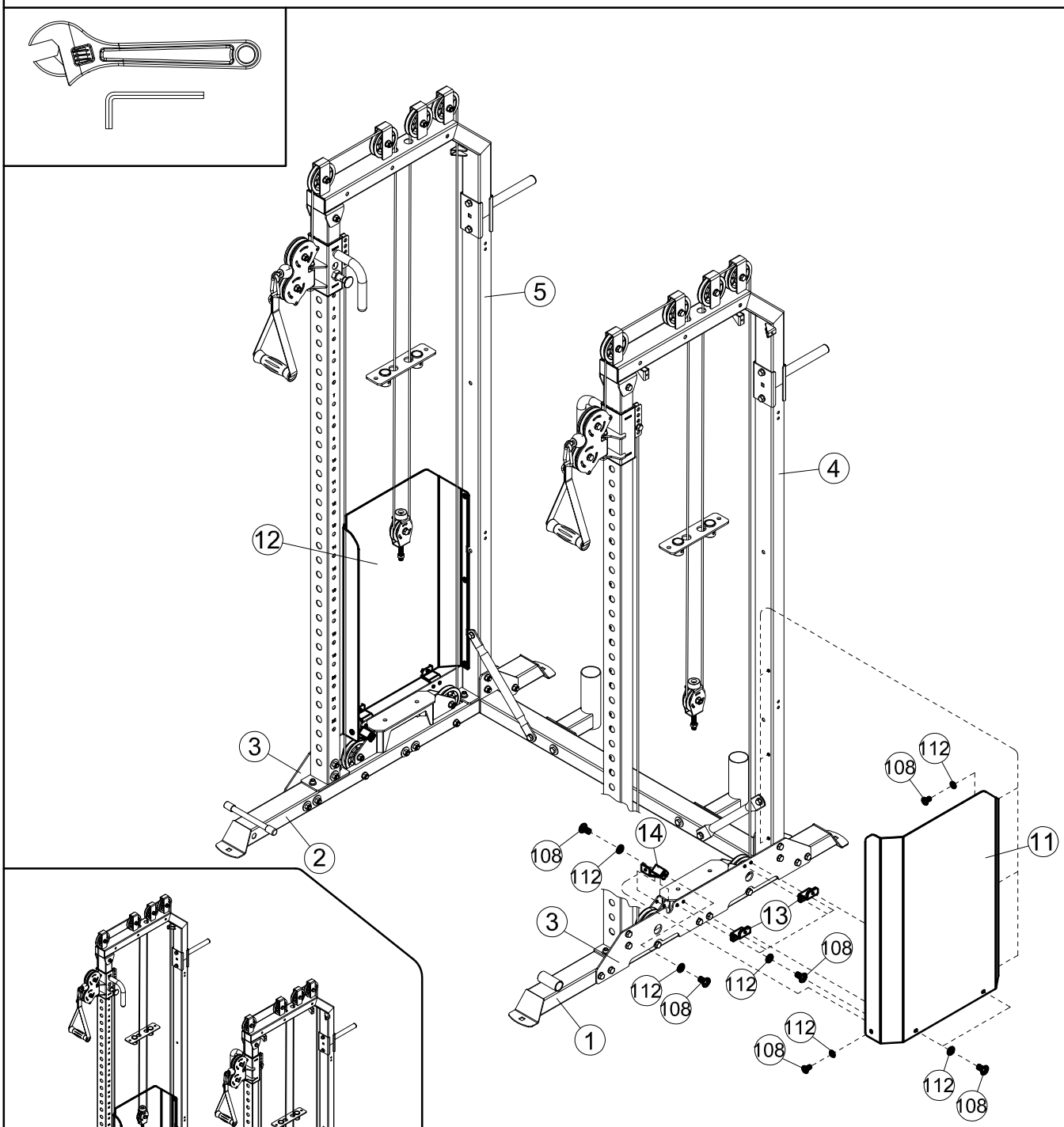




These 4 bolts（100# 101#）
should be under the cable（9#)

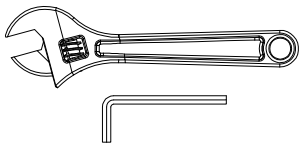
5

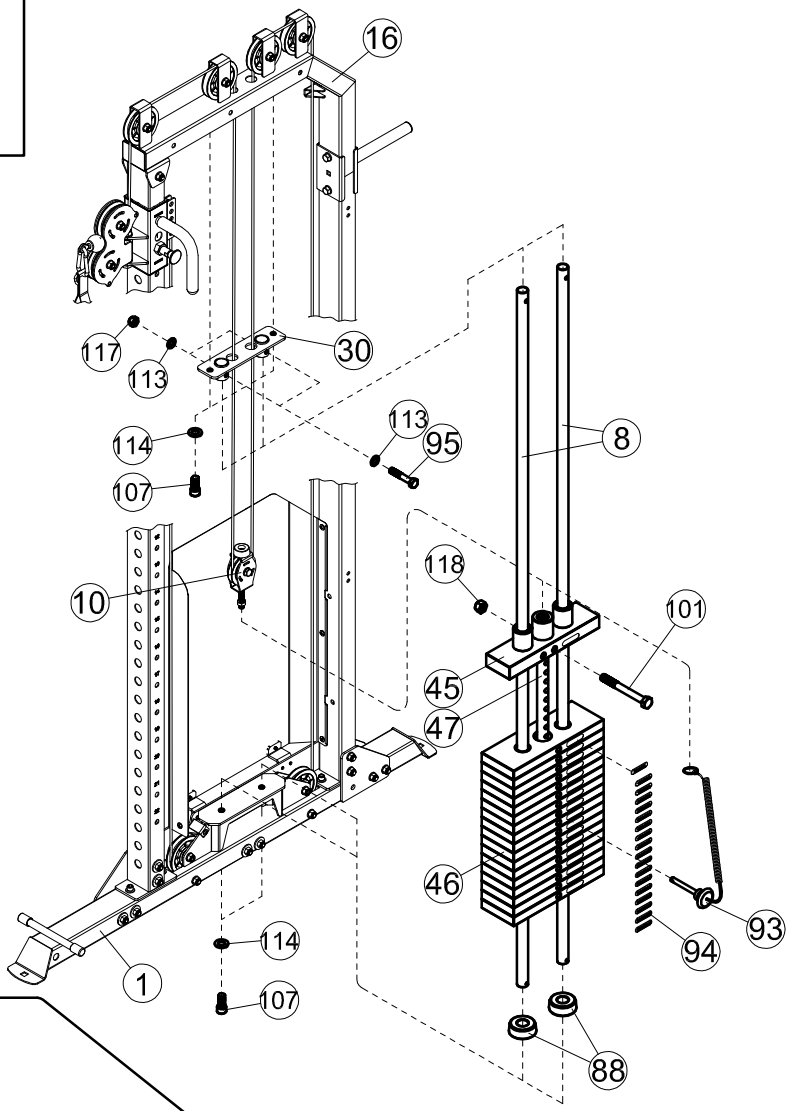
108 ×24 M6×12 112 ×24 Φ6

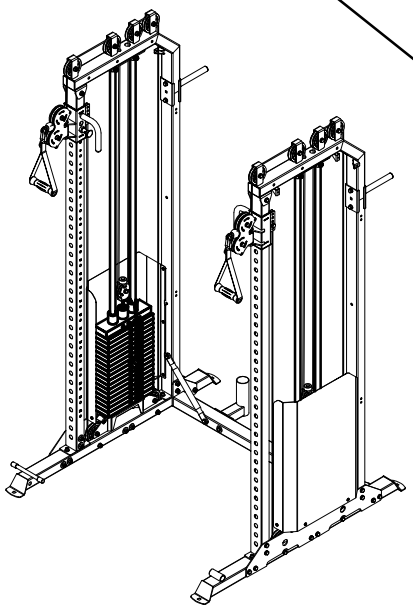


6

107		×8	M10×20	117		×4	M8
101		×2	M10×90	114		×8	Φ10
95		×4	M8×45	118		×2	M10
113		×8	Φ8				

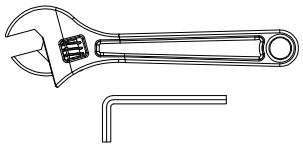


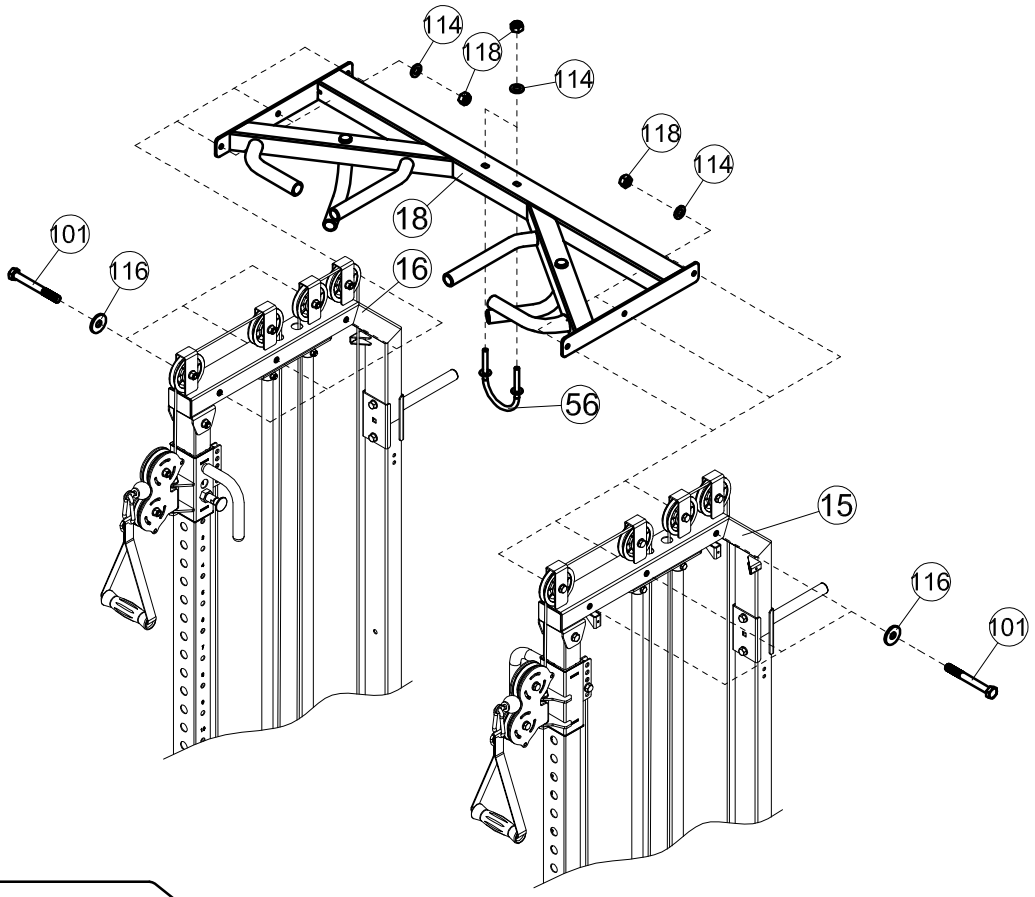


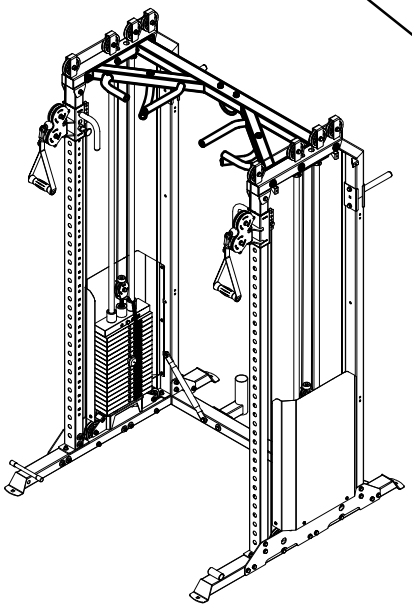


7

101		×6	M10×90	114		×8	Φ10
116		×6	Φ30×Φ10.5	118		×8	M10

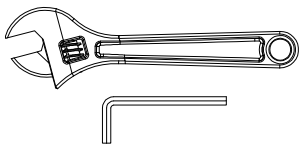


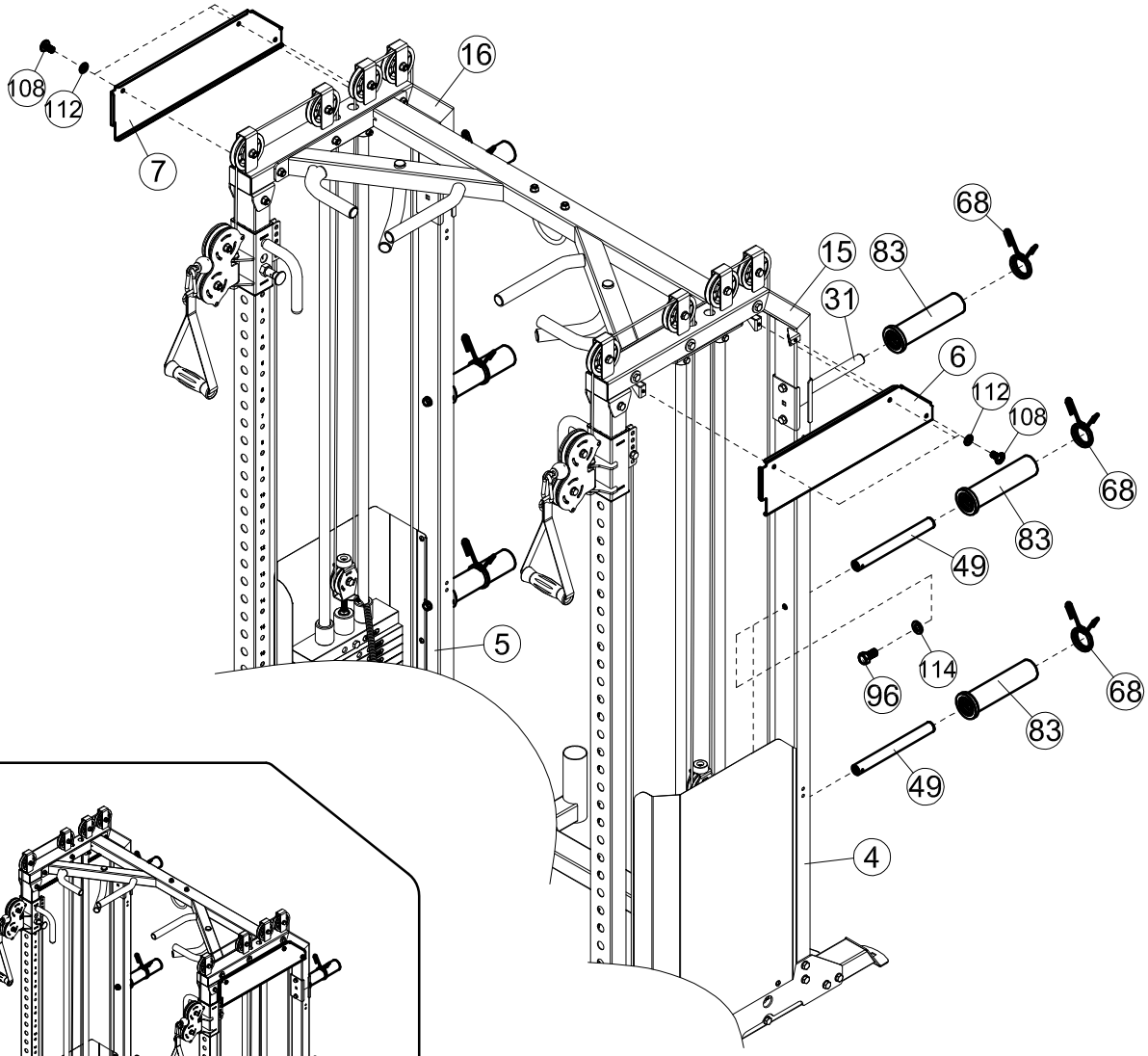


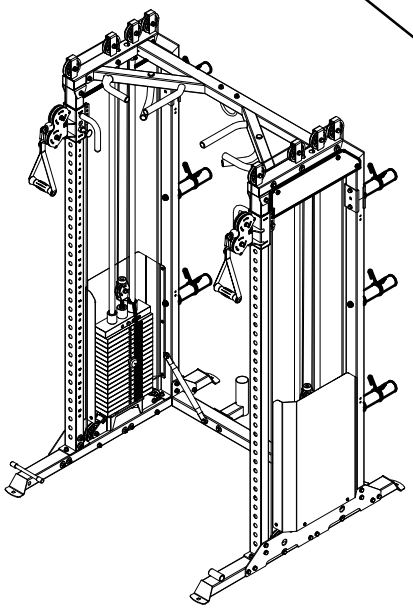


8

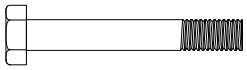
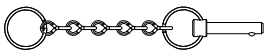
108		×6	M6×12	96		×4	M10×20
112		×6	Φ6	114		×4	Φ10
				68		×6	Φ49

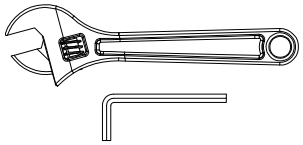


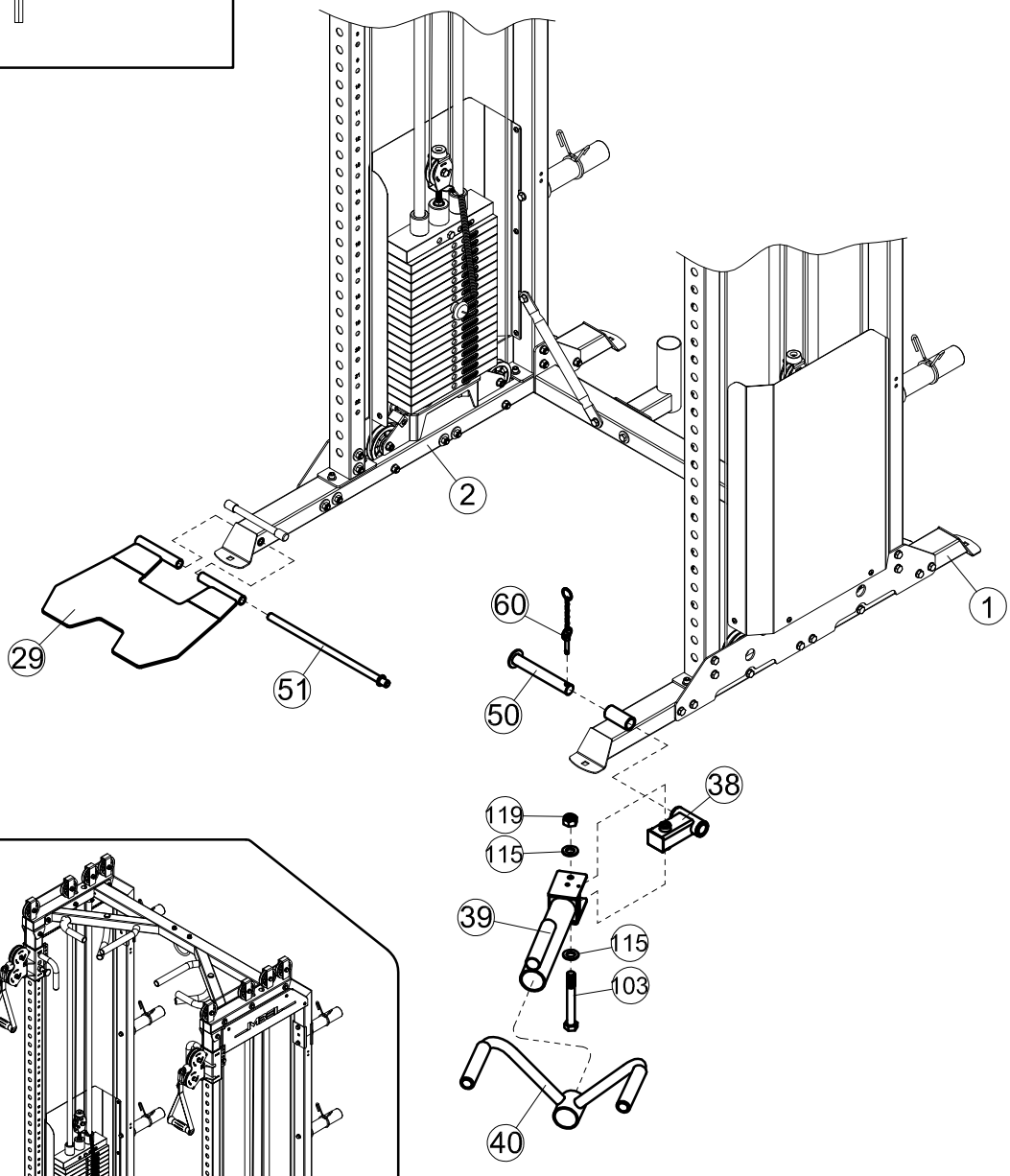


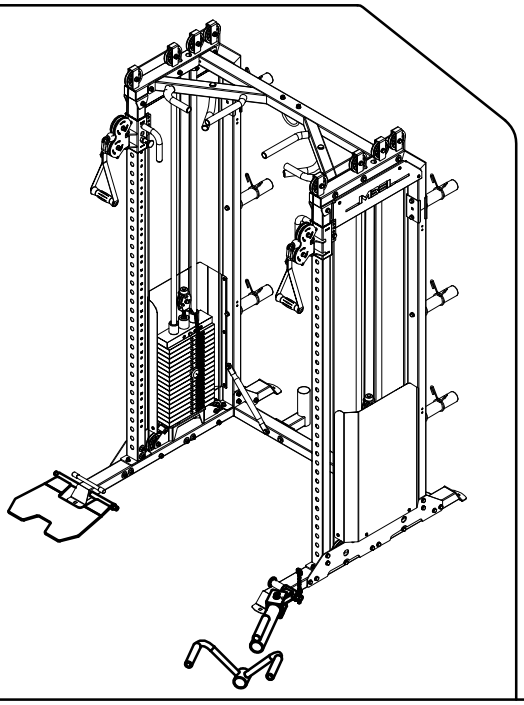


9

103		×1	M12×95
115		×2	Φ12
119		×1	M12
60		×1	φ12×φ8×50

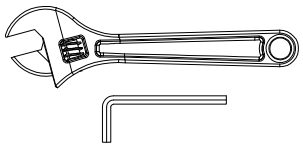


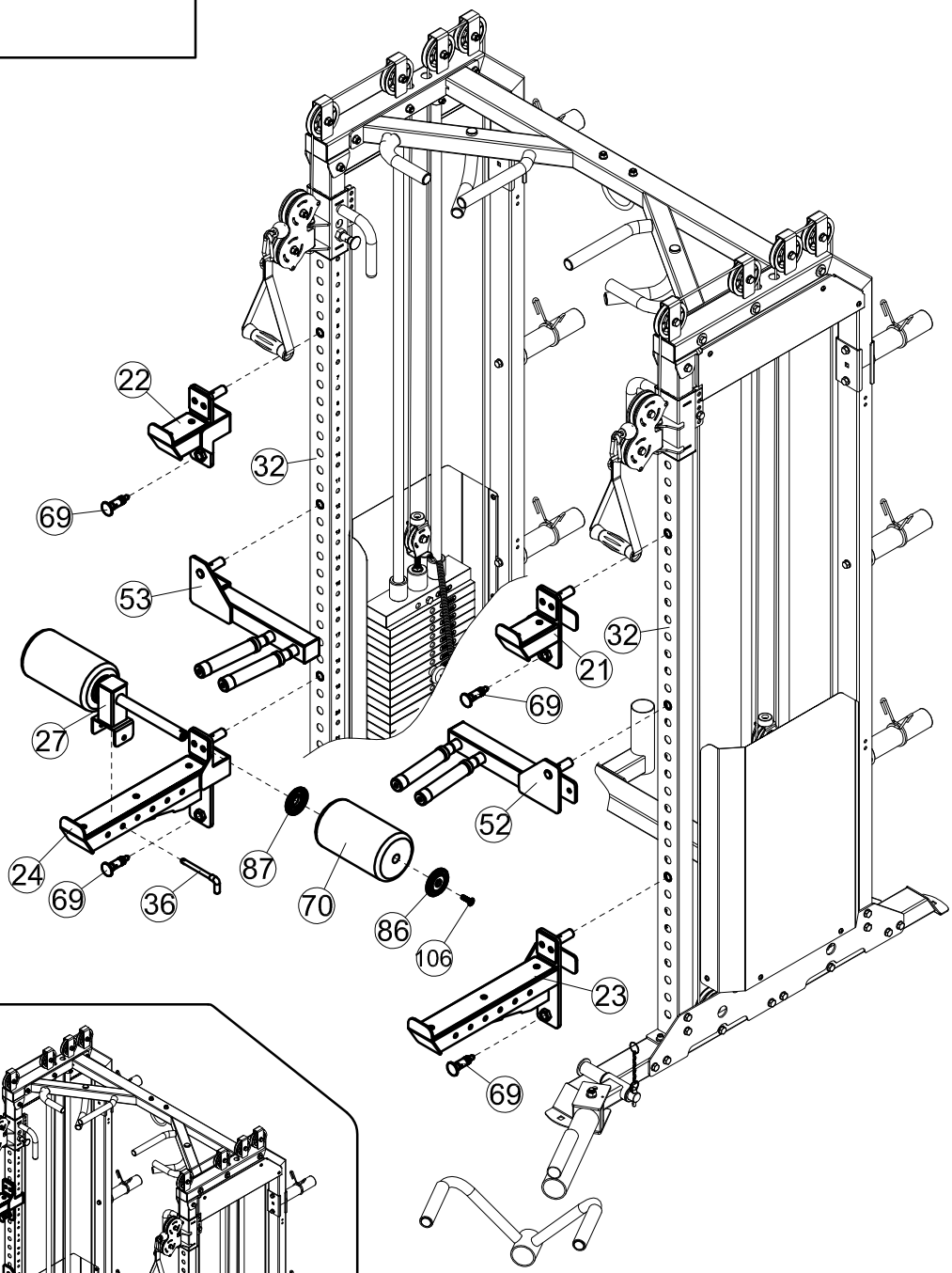


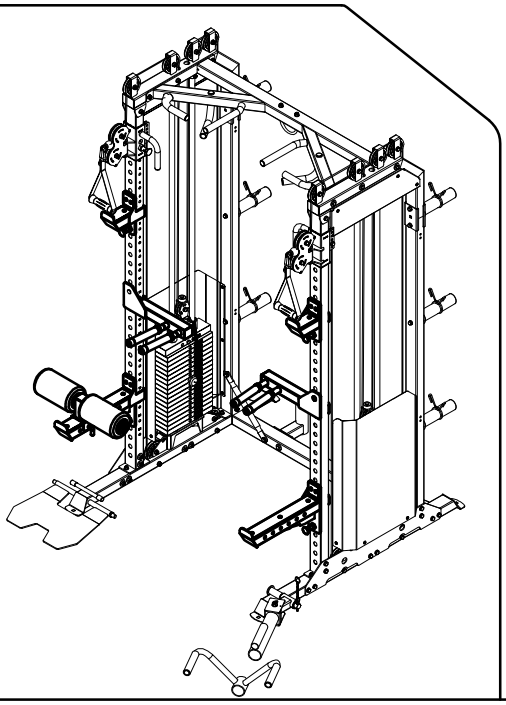


10

106 ×2 M8×30

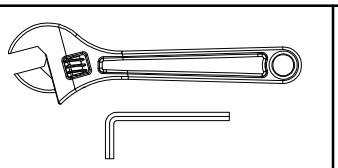


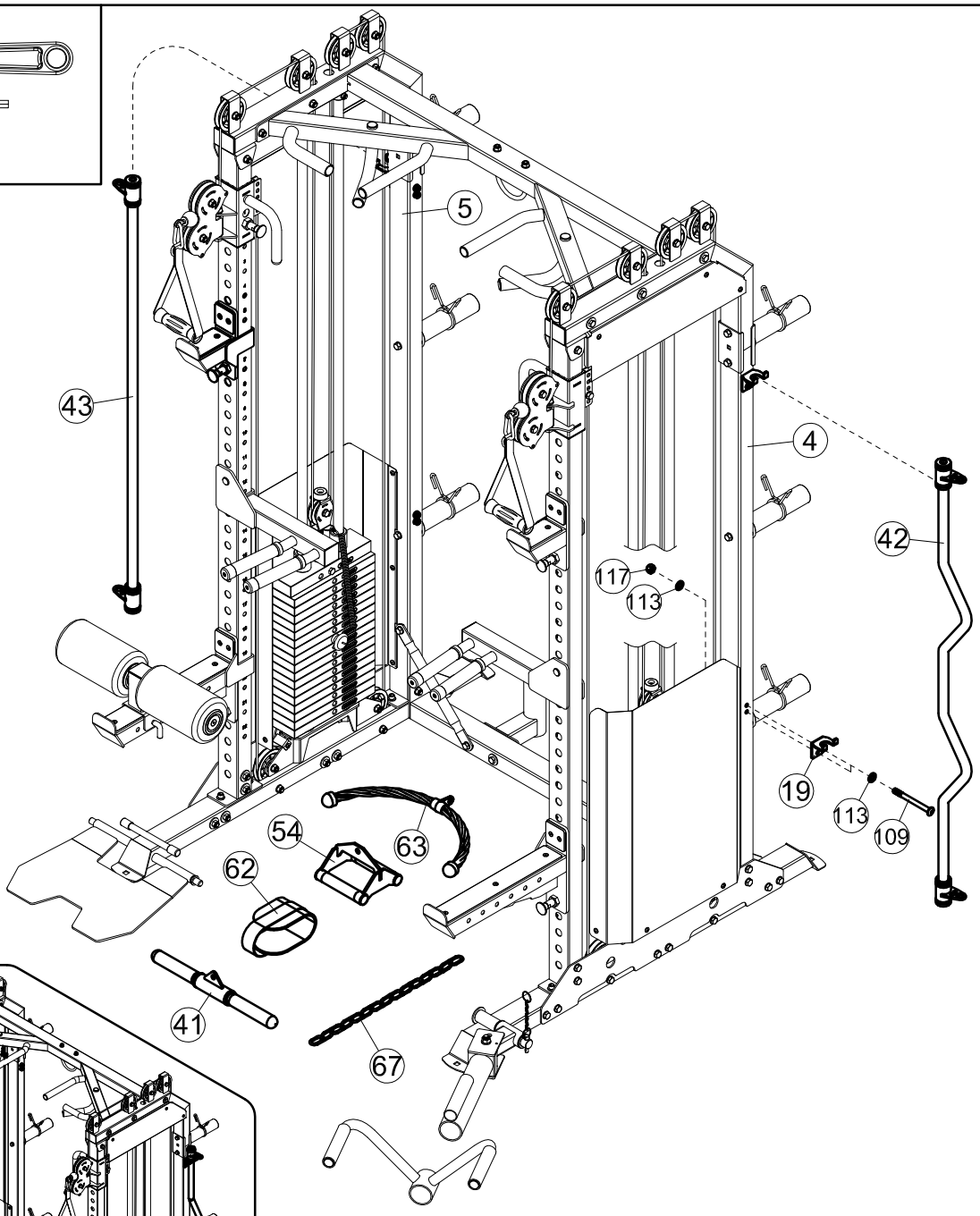


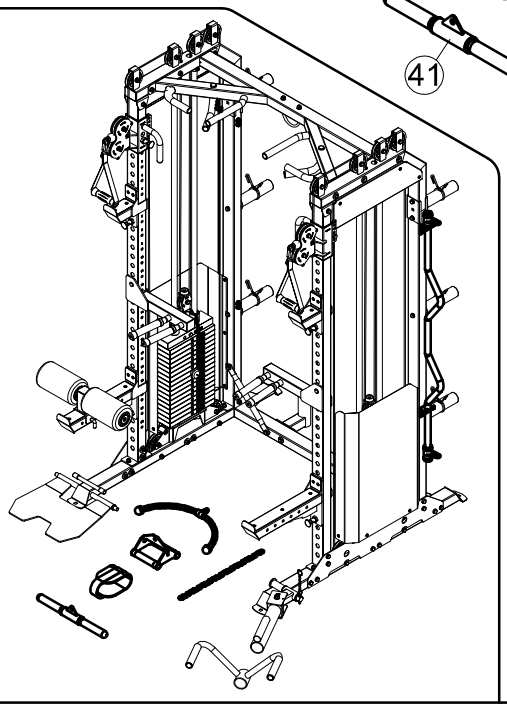


11

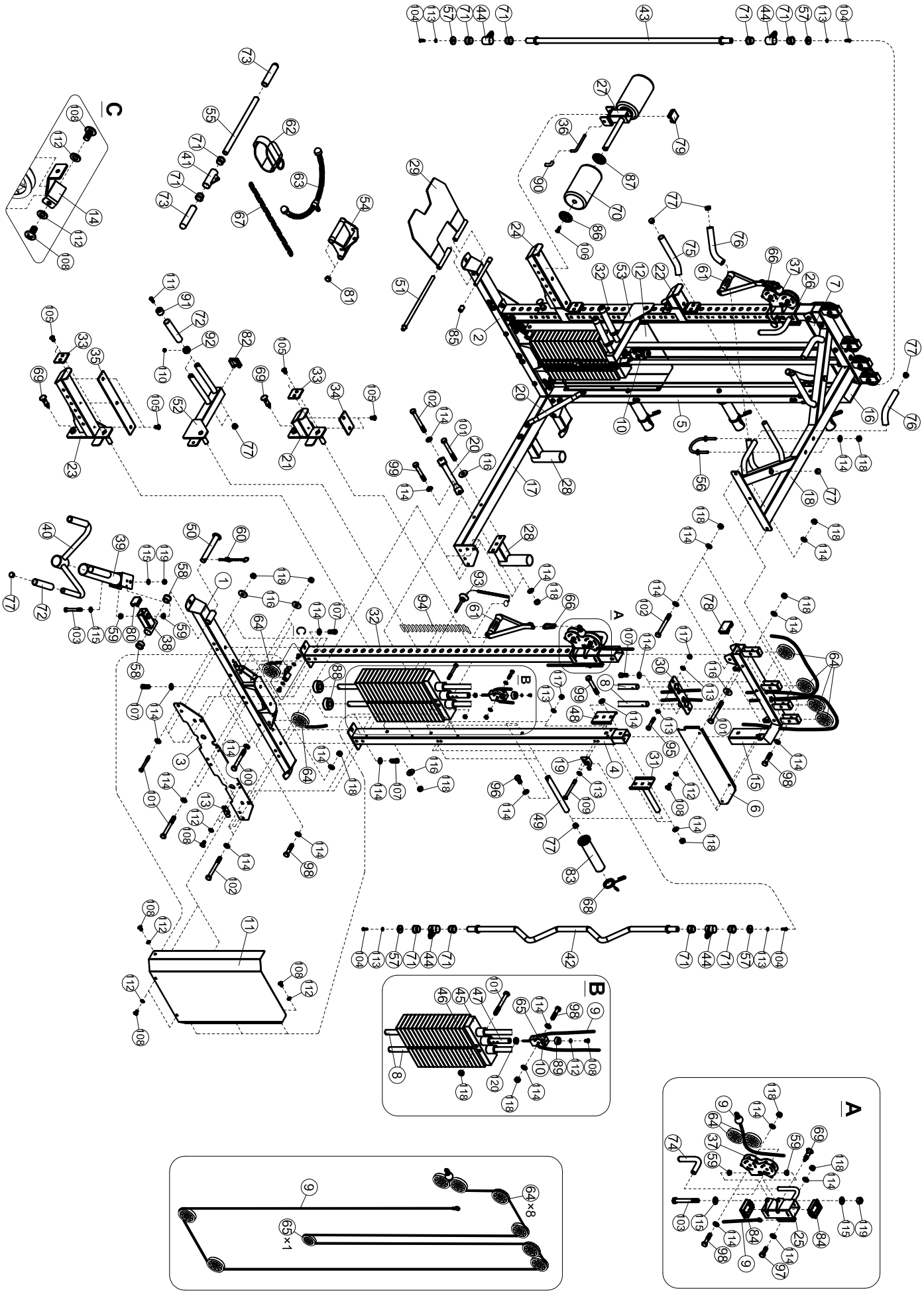
109		×8	M8×85
113		×16	Φ8
117		×8	M8
67		×1	Φ5







12


A
B
C
9
64×8
65×1

PARTS LIST			
KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Frame L		1
2	Base Frame R		1
3	Base Bracket	855×130×4×M6	2
4	Rear Post L		1
5	Rear Post R		1
6	Protective cover L	560×152×1.5	1
7	Protective cover R	560×152×1.5	1
8	Guide rod	φ25×1900	4
9	Double pull cable	L=8200mm	2
10	Guide Pulley Frame		2
11	Protective cover L	710×472×102×72×0.8	1
12	Protective cover R	710×472×102×72×0.8	1
13	Bracket	40×30×25×5×M6	4
14	Bracket	49×34×33×25×3×M6	2
15	Top Frame L		1
16	Top Frame R		1
17	Connecting Frame Rear		1
18	Connecting Frame Top		1
19	Bracket	50×50×50×4	4
20	Connecting Rod	φ25×1.5×(363)	2
21	Short Safety Rack L		1
22	Short Safety Rack R		1
23	Long Safety Rack L		1
24	Long Safety Rack R		1
25	Sliding Frame L		1
26	Sliding Frame R		1
27	FOAM Frame		1
28	Barbell Socket		2
29	Foot Pedal Set		1
30	Guide Rod Support		2
31	Weights Stow Rod		2
32	Front Post		2
33	Rack Liner	65×65×5	4
34	Rack Liner	115×65×5	2
35	Rack Liner	410×65×5	2
36	L spring pins	φ10×125	1
37	Pulley Case		2
38	Spacer		1
39	Rotating Frame		1
40	Handle		1
41	Handle		1
42	Cambered Bar (attachment)		1
43	Straight Bar (attachment)		1
44	Hub		4

PARTS LIST			
KEY NO.	PART DESCRIPTION	SPEC	QTY
45	Top Weight Plate	285×75×34	2
46	Weight Plate	285×102×25(5kg)	34
47	Selector Rod	Φ25×525（17+1）	2
48	Bracket	120×71×13×3	2
49	Weights Stow Rod	φ25×245	4
50	Rotating Shaft	φ25×183	1
51	Rotating Shaft	φ16×390	1
52	Dip Bar L		1
53	Dip Bar R		1
54	V-type handle		1
55	Handle	φ25×1.5×400	1
56	U-type Hook		1
57	Bar End	φ38×φ9×8	4
58	Bushing	φ38×φ34×φ25×22	2
59	Bushing	φ25×φ20×φ12.2×10	6
60	Pop pin		1
61	Nylon Strap Iso-Handle		2
62	Ankle Strap		1
63	Rope		1
64	Pulley with Bearings	φ96	16
65	Small Pulley with Bearing	φ75	2
66	Hook	φ8	2
67	15-Joint Chain	φ5	1
68	Spring Clip	φ49	6
69	Moving Lock Pin		6
70	FOAM	φ125×φ22×215	2
71	Bushing	φ38×φ34×φ27×26	10
72	Dips Handle	φ23×150	6
73	Dips Handle	φ24×150	2
74	Dips Handle	φ24×φ18×227	2
75	Dips Handle	φ30×φ23×250	2
76	Dips Handle	φ23×200	4
77	Rectangular End Cap	φ25	20
78	Rectangular End Cap	□70×50	2
79	Rectangular End Cap	□50	1
80	Rectangular End Cap	□40×50	1
81	Rectangular End Cap	φ28	4
82	Rectangular End Cap	□50 3mm(Thickness)	2
83	Olympic Sleeve	φ50×210	6
84	Slide Guide	□60×80×2×□50×70	4
85	Rubber Stopper	φ20×φ16×29	2
86	FOAM Decorative cover	φ70×φ9×8.5	2
87	FOAM Decorative cover	φ70×φ26×9.5	2
88	Rubber Stopper	φ62×φ24.5×25	4

PARTS LIST			
KEY NO.	PART DESCRIPTION	SPEC	QTY
89	Rubber Stopper	φ38×φ7×15	2
90	Rubber sleeve	φ13×φ9.5×58	1
91	Decorative cover	φ33.5×φ6.6×25	4
92	Retaining ring	φ34.5×φ26.5×14×M6	4
93	Weight Selector Pin		2
94	Weight Plate Sticker (90kg)	51×13（5kg-90KG）	2
95	Hex Bolts	M8×45	4
96	Hex Bolts	M10×20	4
97	Hex Bolts	M10×30	2
98	Hex Bolts	M10×45	18
99	Hex Bolts	M10×70	6
100	Hex Bolts	M10×85	4
101	Hex Bolts	M10×90	22
102	Hex Bolts	M10×95	12
103	Hex Bolts	M12×95	3
104	Allen Bolt	M8×25	4
105	AllenIlen BoltBolt	M6×12	18
106	AllenIlen BoltBolt	M8×30	2
107	Hexagon socket button head	M10×20	16
108	Screw	M6×12	32
109	Allen Bolt	M8×85	8
110	Set screw	M6×6	4
111	Hexagon socket button head	M6×15	4
112	Washer	6	32
113	Washer	8	28
114	Washer	10	124
115	Washer	12	6
116	Washer	φ30×φ10.5×2.5	22
117	Hex nuts	M8	12
118	Hex nuts	M10	66
119	Hex nuts	M12	3
120	Hex nuts	M12	2
	Allen wrench	4#	1
	Allen wrench	5#	1
	Allen wrench	8#	1