



FRENCH FITNESS

FFS-LPSCR

**SEATED LEG PRESS SLED AND CALF RAISE
- FRENCH FITNESS SHASTA (NEW)**

ASSEMBLY MANUAL



! CAUTION

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

FEATURES

- Brand: French Fitness
- Dual Function Design: Combines leg press and calf raise for efficient lower-body training.
- Commercial-Grade Frame: 11-gauge ASTM A36 steel ensures maximum stability and durability.
- Sled Motion Path: Promotes natural biomechanics and reduces joint stress.
- Smooth Linear Bearings: Sealed bearing carriage delivers consistent, quiet motion.
- Ergonomic Back Pad: Contoured support maintains alignment through every rep.
- Wide Non-Slip Footplate: Allows multiple stance positions to target specific muscles.
- Integrated Safety Lockouts: Preset start/stop points ensure safe solo use.
- High Weight Capacity: Supports multiple Olympic plates for progressive overload.
- Maintenance-Friendly Design: Open structure simplifies cleaning and inspection.
- Finish & Upholstery: Dual-layer black powder coat with black vinyl upholstery (standard).
- Seat Adjustment: Fore-and-aft sliding seat accommodates users of different leg lengths while maintaining a fixed backrest angle.

TECH SPECS

- | | |
|--|---|
| • Package Type: Wooden Crate | • Dimensions: 79.1" L x 40.1" W x 71.2" H (201 cm x 102 cm x 181 cm) |
| • Frame Material : ASTM A36 | • Cable Type: Diameter 6.3 mm, 8x19 shares |
| • 11 Gauge Steel | • Cable Reach: 30.9" (78.6 cm) |
| • Steel Tube Size: 50mm x 100mm x 3mm | • Weight Stack: 390 lbs (176 kg) |
| • Foot Platform Size : 30.1" L x 18.1" W (76.5 cm x 46 cm) | • Weight Stack Increments: (19) 20 lb (9.1 kg) Weight Plates + (1) 10 lb (4.5 kg) Top Plate |
| • Steel Tube Type: Square | • Shipping Dimensions: 82.6" x 32.2" x 51.5" (210cm x 82 cm x 131 cm) |
| • User Height Range : 4'11" - 6'7" (150 cm - 201 cm) | • Finish: Dual-Layer Anti-Static Powder Coat (Silver) |
| • Max User Weight: 440 lbs (200 kg) | • Upholstery: Black Vinyl (Standard) |
| • Product Weight: 1031.8 lbs (468 kg) | |

WEIGHT STACKS

- Weight Stack: 390 lbs (176 kg)
- Weight Stack Increments: (19) 20 lb (9.1 kg) Weight Plates + (1) 10 lb (4.5 kg) Top Plate
- Cable Type : Diameter 6.3 mm, 8x19 shares
- Cable Reach : 30.9" (78.6 cm)
- Includes (2) 5.5 lbs add-on plate adapter for incremental weight adjustments.

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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KEY

LANGUAGE 1 2 3

Items with Black call-outs require the language to be listed within the order notes. IE: English

UPHOLSTERY 1 2 3

Items with Gray call-outs require the upholstery color listed within the order notes. IE: Putty

FRAME AND WORK ARM COLORS 1 2 3

Items with Blue call-outs require the powder coat frame color to be listed within the order notes. Add 'No Clear' after color - IE: Platinum No Clear

IMPORTANT SAFETY INSTRUCTIONS

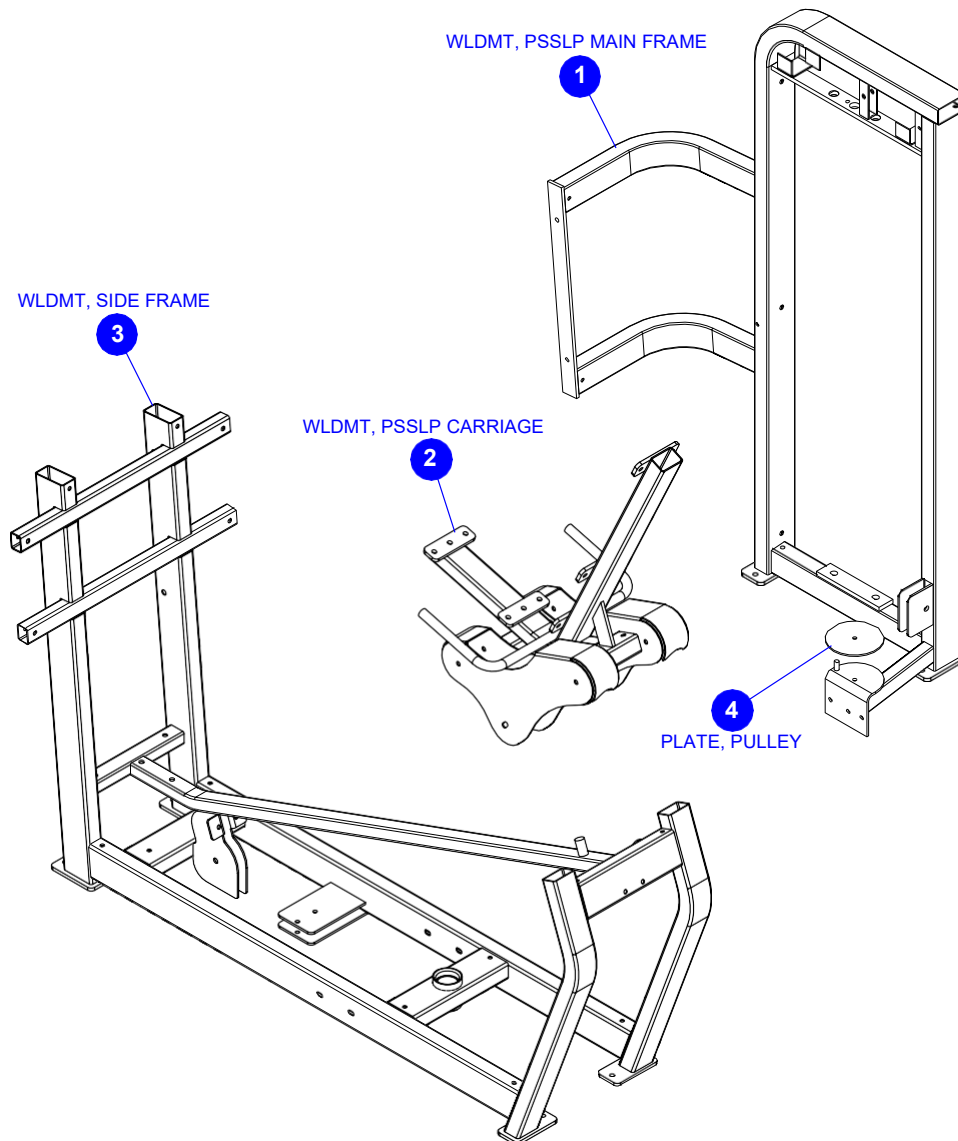
Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * 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.

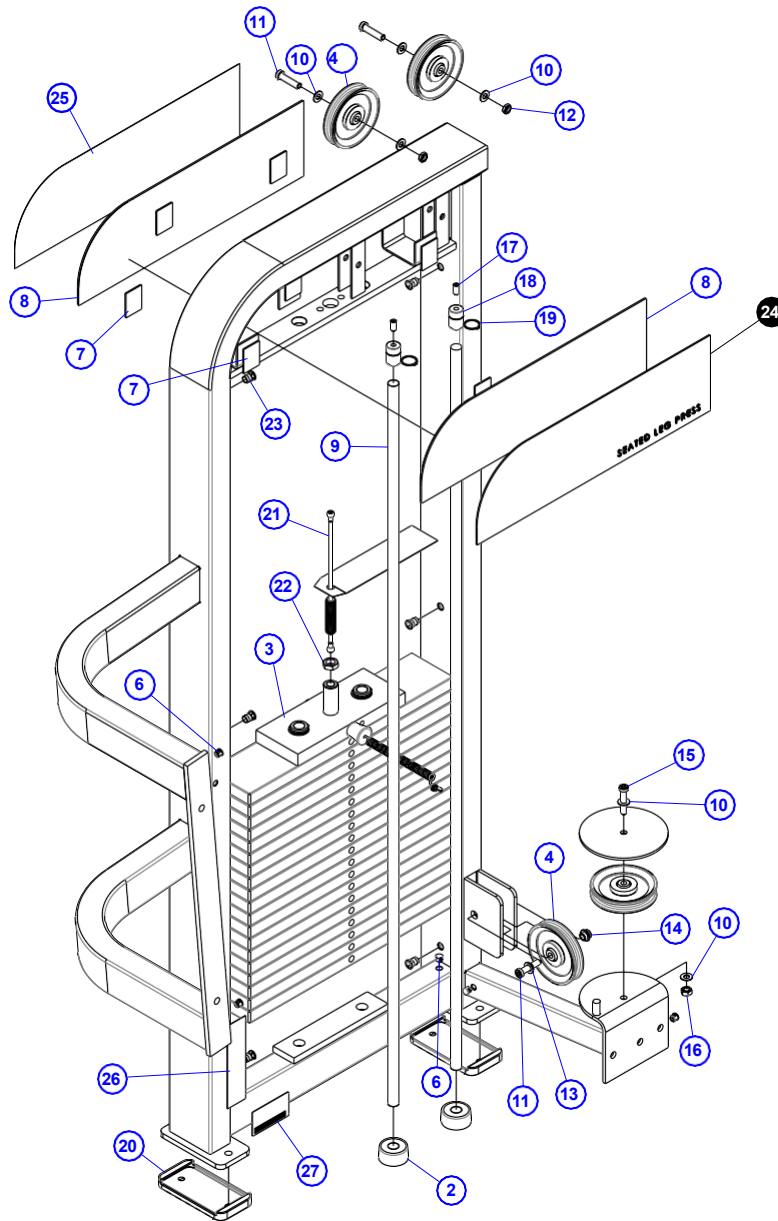
POWDER COATED COMPONENTS



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	POSSIBLE RMA	WLDMT, PSSLP MAIN FRAME
2	1	7448799	WLDMT, PSSLP CARRIAGE
3	1	POSSIBLE RMA	WLDMT, SIDE FRAME
4	1	7301199	PLATE, PULLEY

ITEMS ON THIS PAGE ARE POWDER COAT PAINTED. REFER TO PAGE 2 FOR ORDERING INSTRUCTIONS.

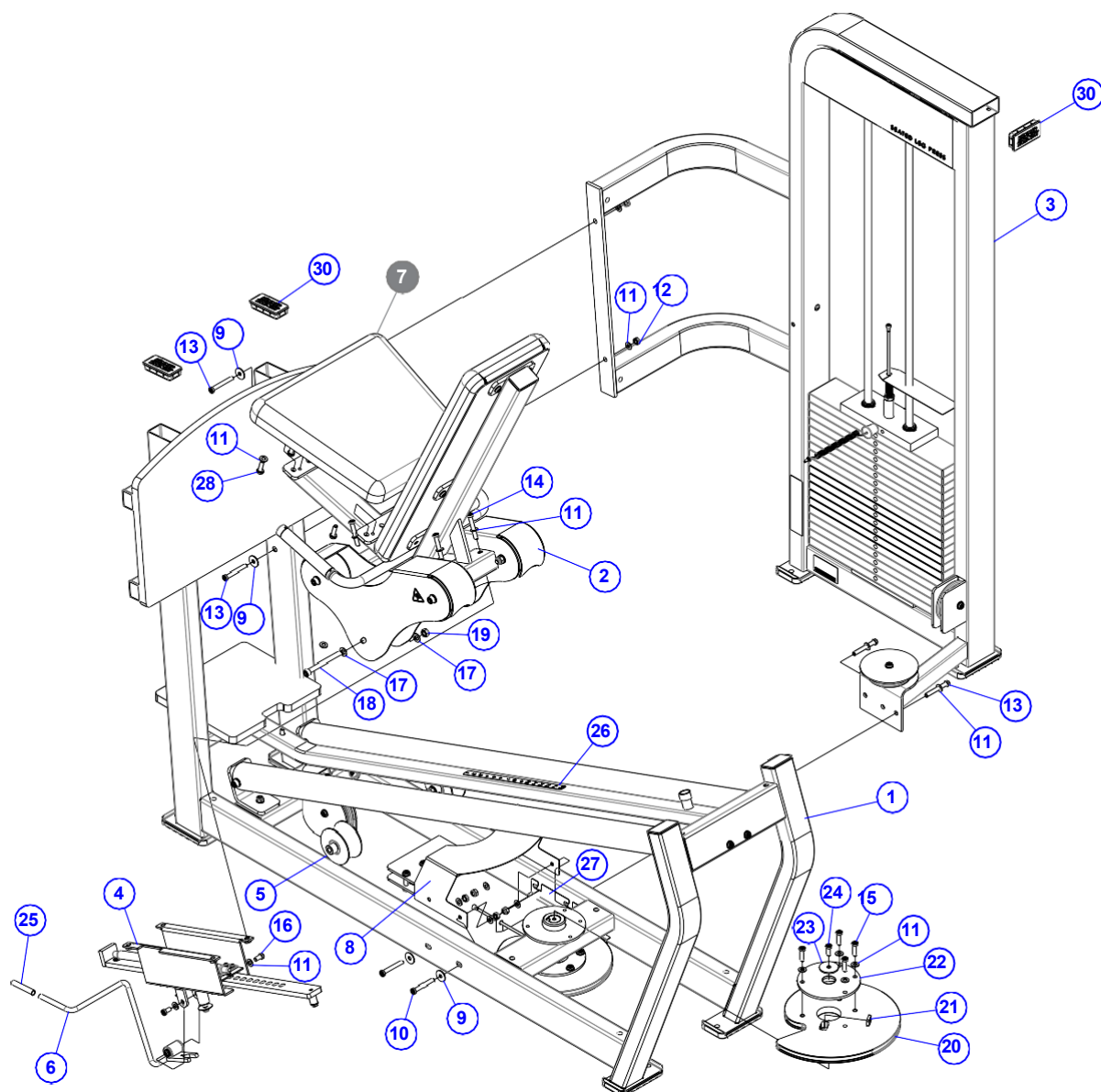
SIDE FRAME ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	7352101	CUSHION, WEIGHT STACK
3	1	-	ASSY, 390LB STACK
4	4	3237801	PULLEY, 4.5" OD
6	6	3237401	PLUG, 7/16" HOLE
7	12	7544202	PAD, DUAL LOCK 250 1.5" X 2.0"
8	2	9169601	COVER, STACK-PRO2 WIDE
9	2	7328606	GUIDE ROD, .75 OD SOLID 59.63
10	6	3236601	WASHER, 3/8 SAE SS
11	3	3236206	SCREW, M10 X1.5 45MM
12	2	3236901	NUT, HEX JAM M10 X 1.5 SS
13	1	7348101	WASHER, SPACER
14	1	7335401	NUT, M10 X 1.5 SOCKET HEAD
15	1	3236207	SCREW, M10 X1.5 50MM

ITEM NO.	QTY.	PART NO.	DESCRIPTION
16	1	3236801	NUT, M10 HEX NYLOCK SS
17	2	3240501	M10 X 1.5 HXS NO CUP ST BO
18	2	7402301	RETAINER, GUIDEROD
19	2	3232421	RING, BRE .940, 5100-100 ST PP B
20	2	7388201	FOOTPAD, PS RUBBER
21	1	7423721	CABLE, PSSLP-1 145
22	1	3236902	NUT, HEX JAM M16 X 2 SS
23	6	3238601	M10X1.5 BLIND THREADED INSERT (HEX)
24	1	9470499	LABEL, HS-SLP PLACARD
25	1	9470501	LABEL, HS-SLP LOGO PANEL
26	1	7422004	LABEL, 2" ASTM WARN
27	1	-	LABEL, SERIAL NUMBER, BLANK

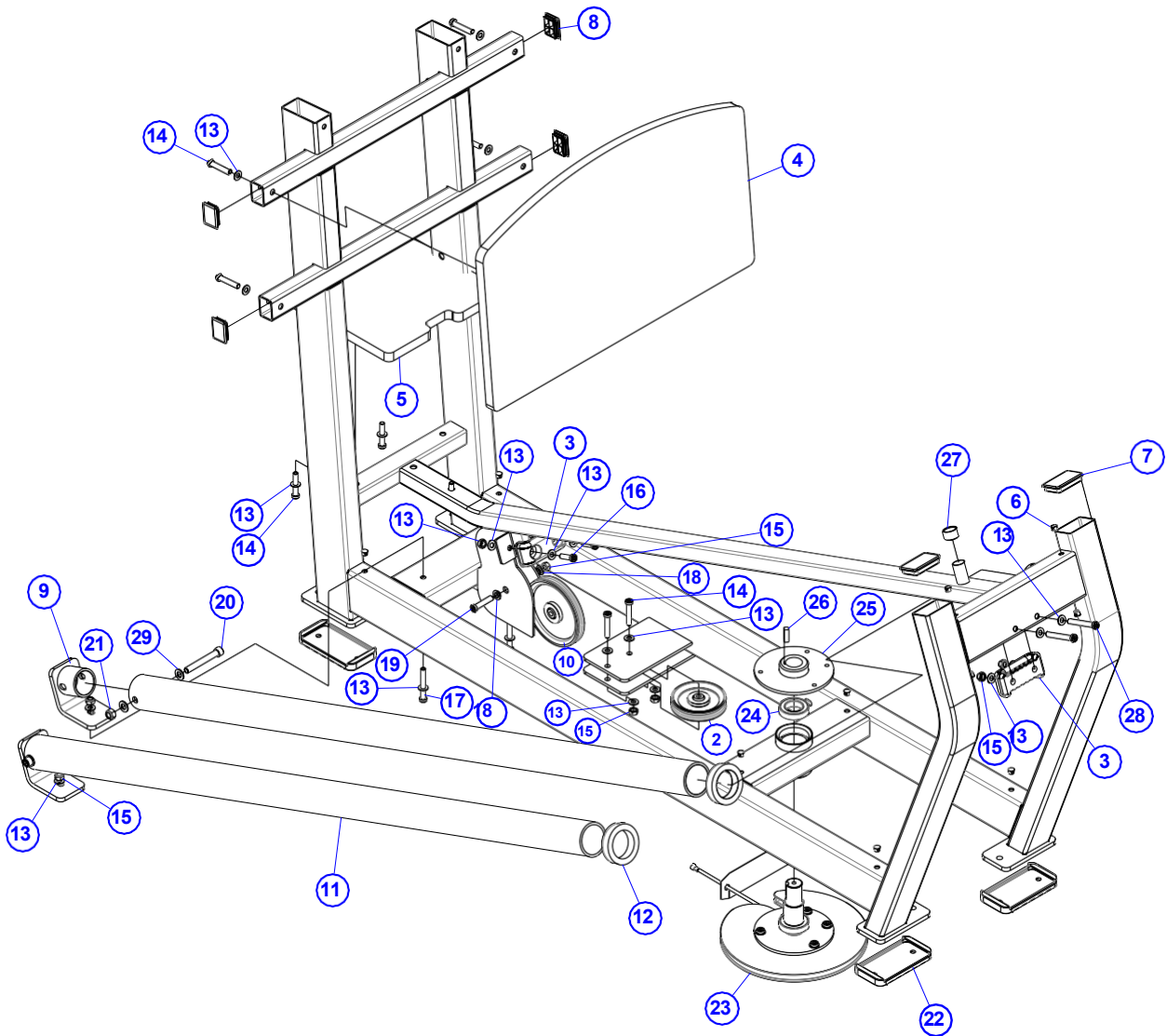
COMPONENT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	-	ASSY, PSSLP BASE FRAME
2	1	-	ASSY, PSSLP SEAT
3	1	-	ASSY, PSSLP SIDE FRAME
4	1	-	ASSY, FZ/PS- SLP SEAT ADJ - SG
5	2	3251501	ROLLER ASSY
6	1	-	ASSY, FZ/PS- SLP SEAT HANDLE - SG
7	1	7399199	PAD, 17 X 18 1/2
8	1	7409895	SHIELD, FZ/PS- SLP CAM - SG
9	4	3236602	WASHER, 3/8 ID X 1.25 OD SS
10	2	3236211	SCREW, M10 X1.5 70MM
11	22	3236601	WASHER, 3/8 SAE SS
12	6	3236801	NUT, M10 HEX NYLOCK SS
13	4	3236212	SCREW, M10 X1.5 75MM
14	4	3236210	SCREW, M10 X1.5 65MM
15	4	3236204	SCREW, M10 X1.5 35MM

ITEM NO.	QTY.	PART NO.	DESCRIPTION
16	2	3236201	SCREW, M10 X1.5 20MM
17	4	3241401	WASHER, FLAT 12MM SS
18	2	3241320	SCREW, M12 X1.75 120MM
19	2	3236803	NUT, M12 HEX NYLOCK SS
20	1	7414501	CAM, FZ/PS- SLP OBLONG
21	1	7342201	PLATE, CABLE END
22	1	7511295	PLATE, FZ/PS- SLP TORQUE - SG
23	1	7322301	PLATE, 1.97 OD X .44 ID 10GA
24	1	3236202	SCREW, M10 X1.5 25MM
25	1	3238502	CAP, 1/2 X 3
26	1	9132601	LABEL, 1-15 STRAIGHT
27	1	8161195	BRKT, FZ/PS- SLP CABLE RETAINER - SG
28	4	3251204	SCREW, M10 X1.5 X 35MM UNS HEX CS ST ZN
30	3	9462701	CAP, HAMMER, END 2 X 4

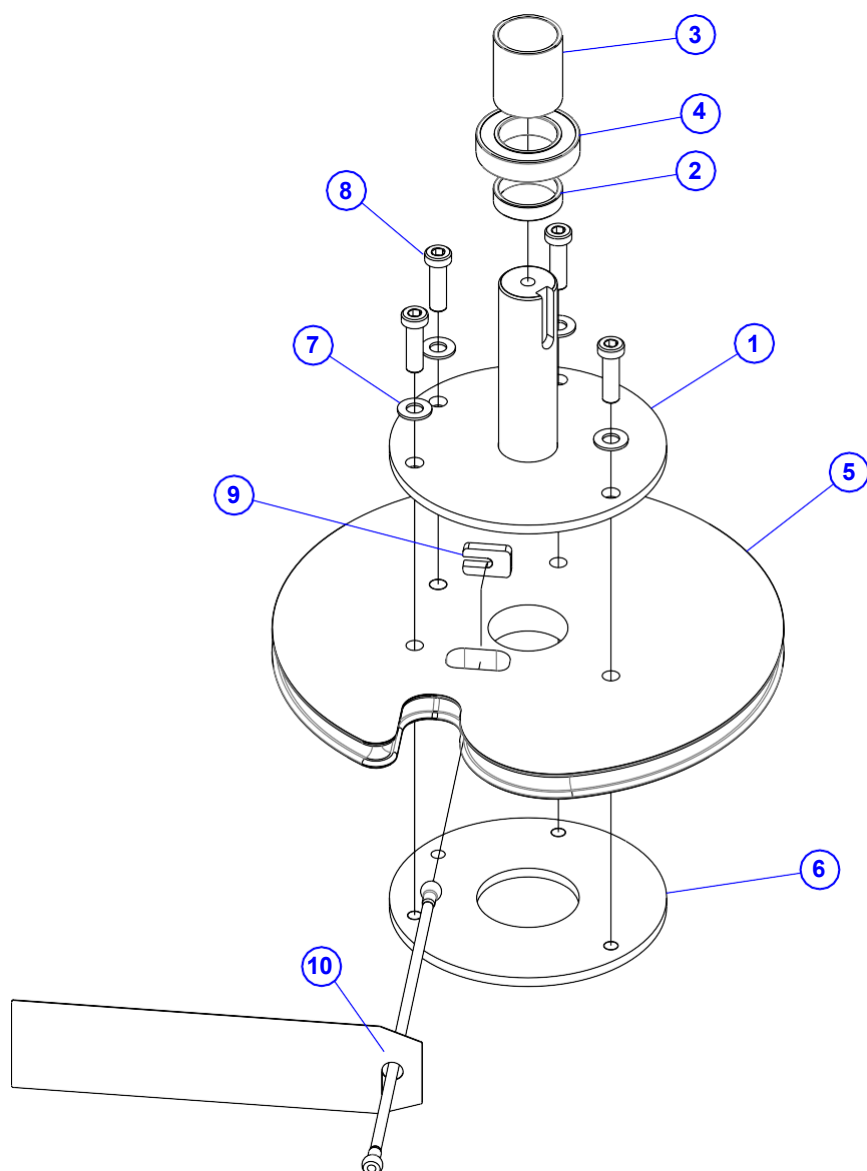
BASE FRAME ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	3237801	PULLEY, 4.5" OD
3	2	7352001	BUMPER, 2-1/8 X 4-5/8
4	1	7450901	BOARD, PSSLP LINEXED
5	1	7494301	BOARD, PSSLP LINEXED
6	10	3237401	PLUG, 7/16" HOLE
7	2	7352301	CAP, END 2 X 3
8	4	9217401	CAP, 1.5IN X 2IN - 10-14GA, END
9	2	7408895	WLDMT, FZ/PS-SLP RAIL BRKT-SG
10	1	3239601	PULLEY, 6" OD x 10MM ID
11	2	7961101	TUBE, RAIL
12	2	7444601	BUMBER, DONUT
13	23	3236601	WASHER, 3/8 SAE SS
14	9	3236208	SCREW, M10 X1.5 55MM
15	9	3236801	NUT, M10 HEX NYLOCK SS

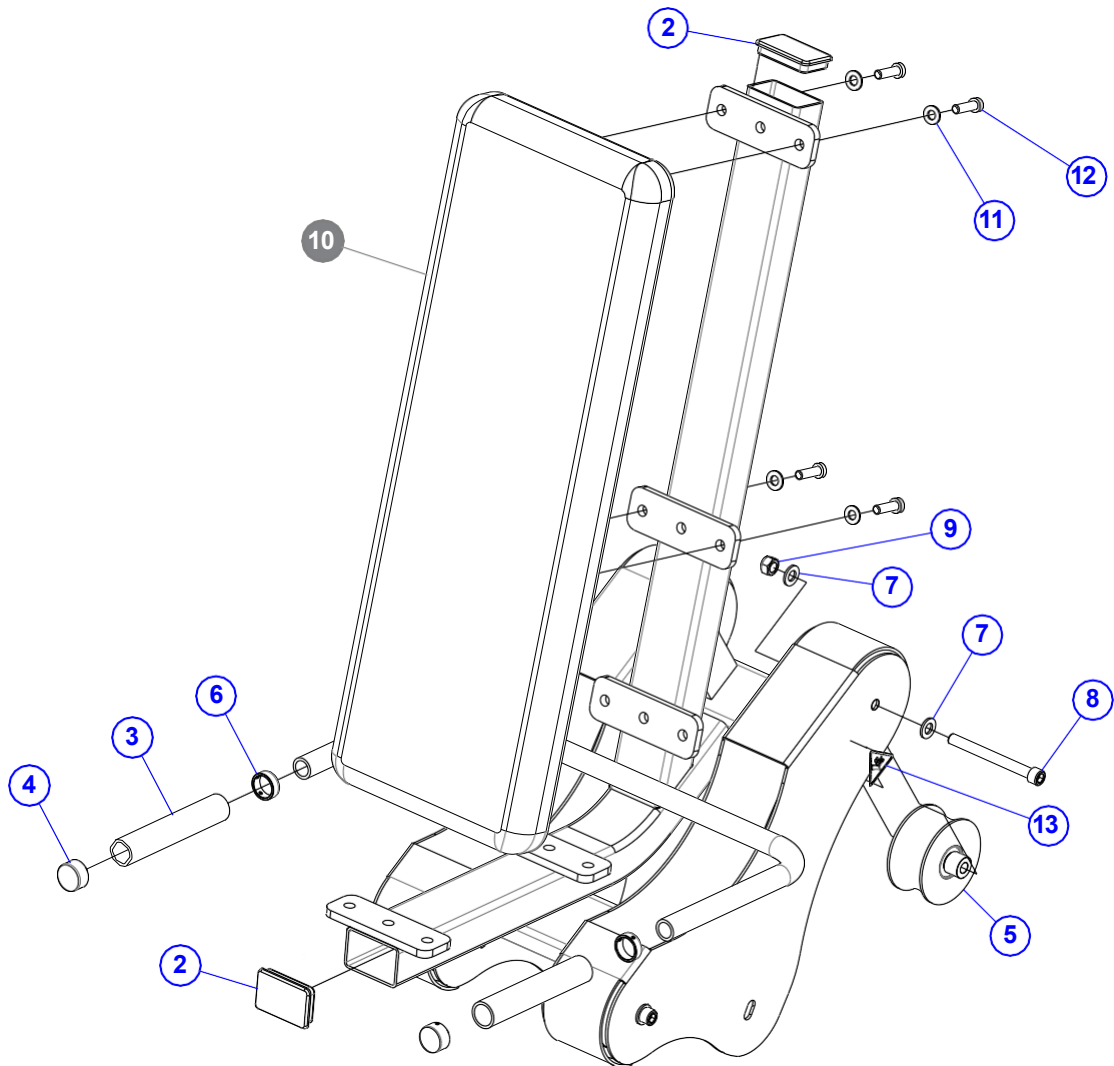
ITEM NO.	QTY.	PART NO.	DESCRIPTION
16	2	3236204	SCREW, M10 X1.5 35MM
17	2	3236212	SCREW, M10 X1.5 75MM
18	2	7348101	WASHER, SPACER
19	1	3236207	SCREW, M10 X1.5 50MM
20	2	3241315	SCREW, M12 X1.75 90MM
21	2	3236803	NUT, M12 HEX NYLOCK SS
22	4	7388201	FOOTPAD, PS RUBBER
23	1	-	ASSY, FZ/PS-SLP RND CAM
24	1	3243201	BEARING, 6007 BALL
25	1	7511395	WLDMT, FZ/PS-SLP HUB - SG
26	1	7511601	KEY, .375 SQUARE X 1.25
27	1	7690101	BUMPER, SLEEVE - 1 INCH DIA
28	2	3236213	SCREW, M10 X1.5 80MM
29	4	3241401	WASHER, FLAT 12MM SS

BOTTOM CAM ASSEMBLY



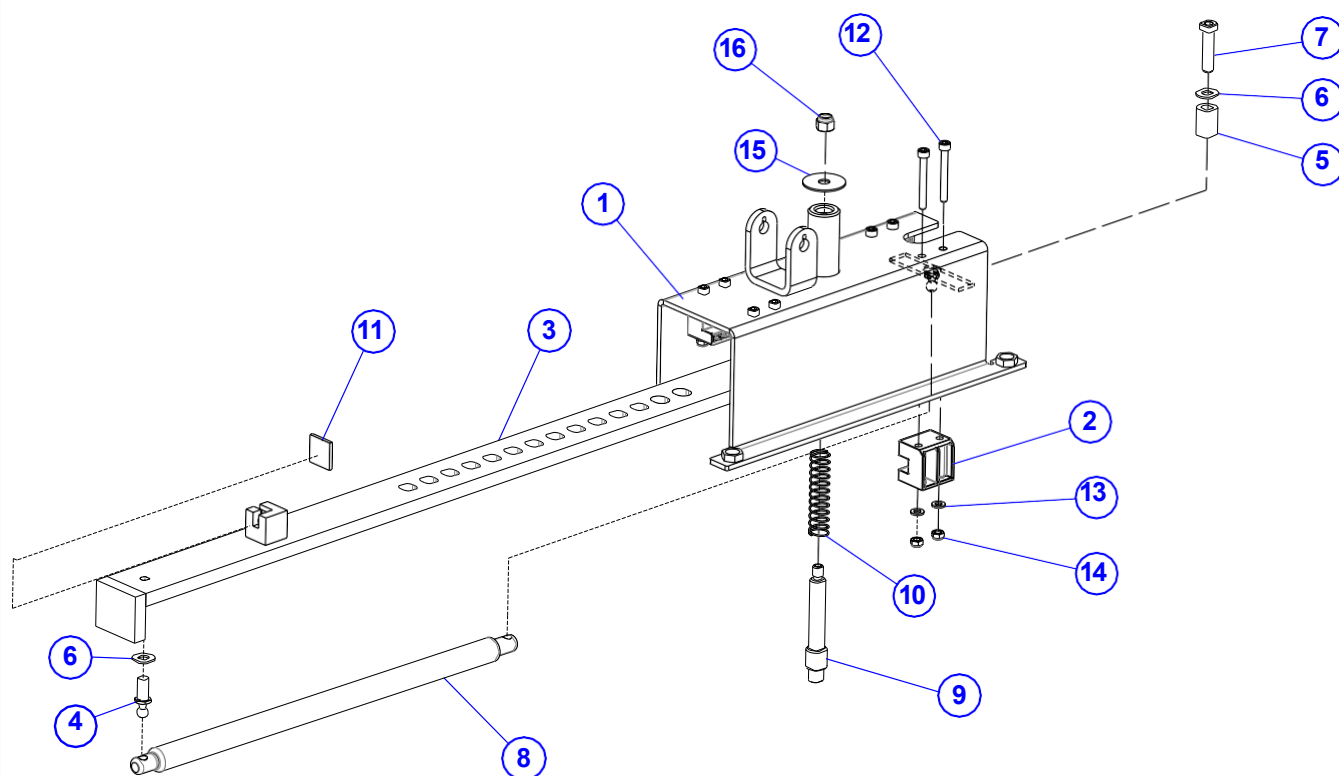
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7511495	WLDMT, FZ/PS-SLP CAM SHAFT SG
2	1	7511501	SPACER, FZ/PS INTERNAL .403
3	1	7511502	SPACER, FZ/PS INTERNAL 1.845
4	1	3243201	BEARING, 6007 BALL
5	1	7414401	CAM, FZ/PS-SLP RND
6	1	7511195	PLATE, FZ/PS-SLP CAM THRD -SG
7	4	3236601	WASHER, 3/8 SAE SS
8	4	3236204	SCREW, M10 X1.5 35MM
9	1	7342201	PLATE, CABLE END
10	1	7423803	CABLE, PSSLP-2

SEAT ASSEMBLY



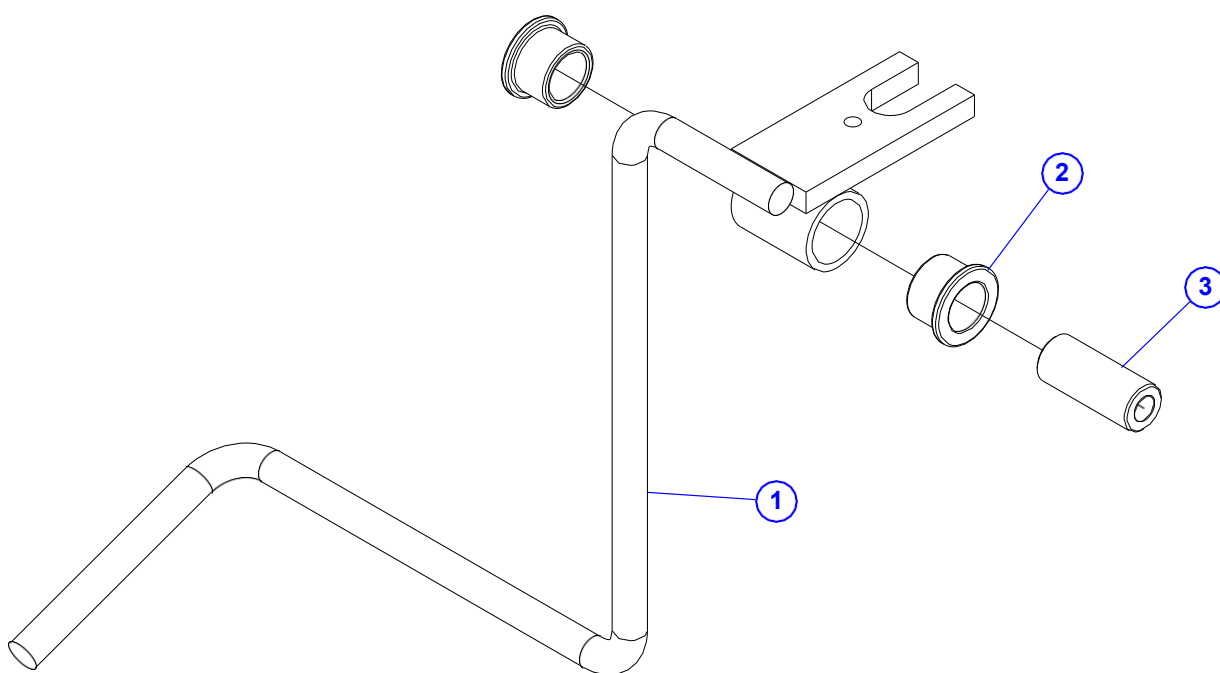
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	7352301	CAP, END 2 X 3
3	2	3235801	GRIP, 1.25 OD OPEN END
4	2	7662901	CAP, GRIP 1.25 OD
5	4	3251501	ROLLER ASSY
6	2	7662801	RING, GRIP 1.25 OD
7	8	3241401	WASHER, FLAT 12MM SS
8	4	3241320	SCREW, M12 X1.75 120MM
9	4	3236803	NUT, M12 HEX NYLOCK SS
10	1	7354099	PAD, BACK 32-1/2 X 11-1/4
11	4	3236601	WASHER, 3/8 SAE SS
12	4	3236204	SCREW, M10 X1.5 35MM
13	2	8039501	LABEL, WARNING, TRIANGLE

SEAT ADJUST ASSEMBLY



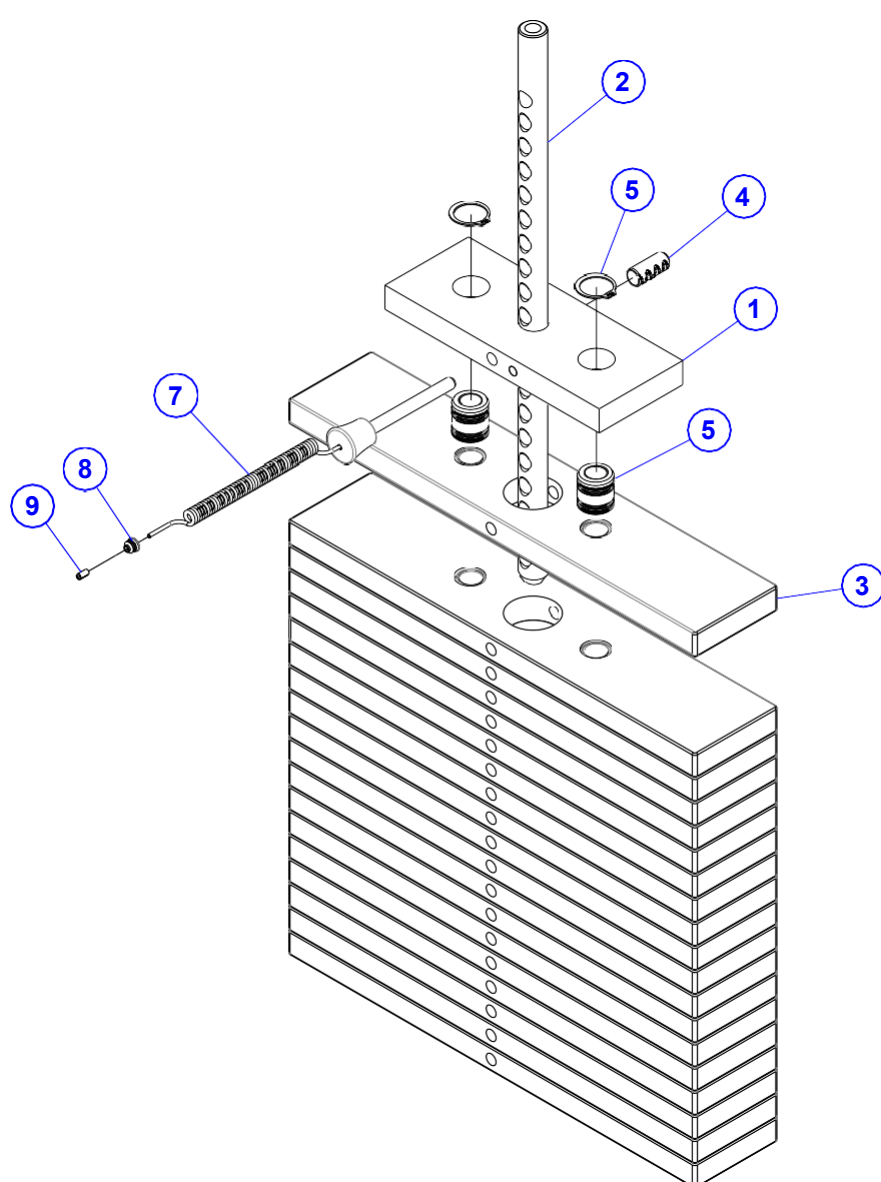
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9064495	WLDMT, FZ/PS-SLP SEAT ADJ -SG
2	4	7778501	BLOCK, FZ/PS-SLP
3	1	9064302	WLDMT, FZ/PS-SPL ADJ
4	1	7414301	STUD, M10 BALL END M10 X 1.5
5	1	7354301	SPACER, 7/16 ID X .75 OD X 1
6	2	3236601	WASHER, 3/8 SAE SS
7	1	3236205	SCREW, M10 X1.5 40MM
8	1	3272301	SPRING, GAS 135N - 350MM
9	1	7351301	PIN, PULL
10	1	7351501	SPRING, PULL PIN LARGE
11	1	6140701	GLIDE 1 X 1
12	8	3241707	SCREW, M6 X1 50MM
13	8	3241801	WASHER, FLAT 6MM SS
14	8	3236802	NUT, M6 HEX NYLOCK SS
15	1	3236701	WASHER, FENDER 3/8" ID X 1.5" OD SS
16	1	3102802	NUT, NYLOCK 3/8-16

SEAT HANDLE ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION	COLOR
1	1	7412295	WLDMT, FZ/PS-SLP LEVER SG	-
2	2	3104901	.75" ID 1.00" OD BRONZE BUSHING	-
3	1	7324802	SHAFT, TAPPED 0.75 DIA X 1.800	-

WEIGHT STACK ASSEMBLY

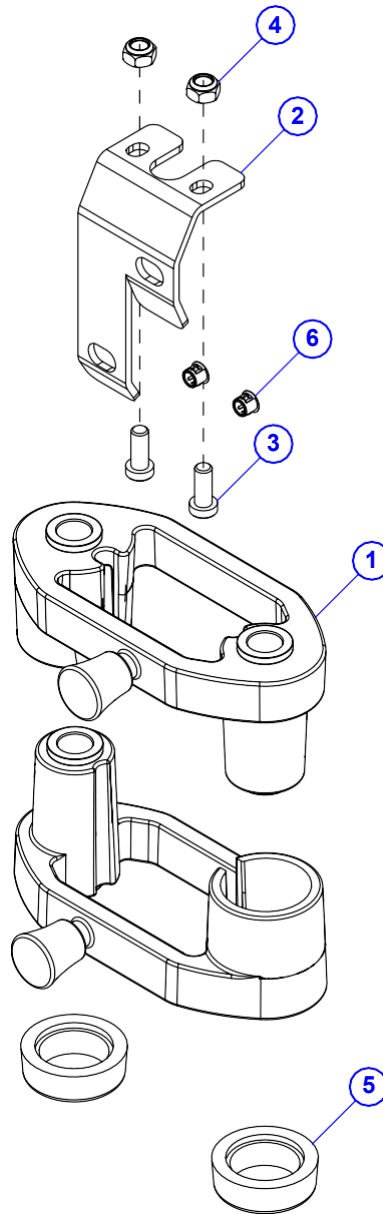


10	
10	○
30	○ 30
50	○ 50
70	○ 70
90	○ 90
110	○ 110
130	○ 130
150	○ 150
170	○ 170
190	○ 190
210	○ 210
230	○ 230
250	○ 250
270	○ 270
290	○ 290
310	○ 310
330	○ 330
350	○ 350
370	○ 370
390	○ 390
	○
5	○ 5
Lbs.	○ Lbs.

11	
5	○
15	○ 15
25	○ 25
35	○ 35
45	○ 45
55	○ 55
65	○ 65
75	○ 75
85	○ 85
95	○ 95
105	○ 105
115	○ 115
125	○ 125
135	○ 135
145	○ 145
155	○ 155
165	○ 165
175	○ 175
185	○ 185
195	○ 195
	○
2.5	○ 2.5
Kg.	○ Kg.

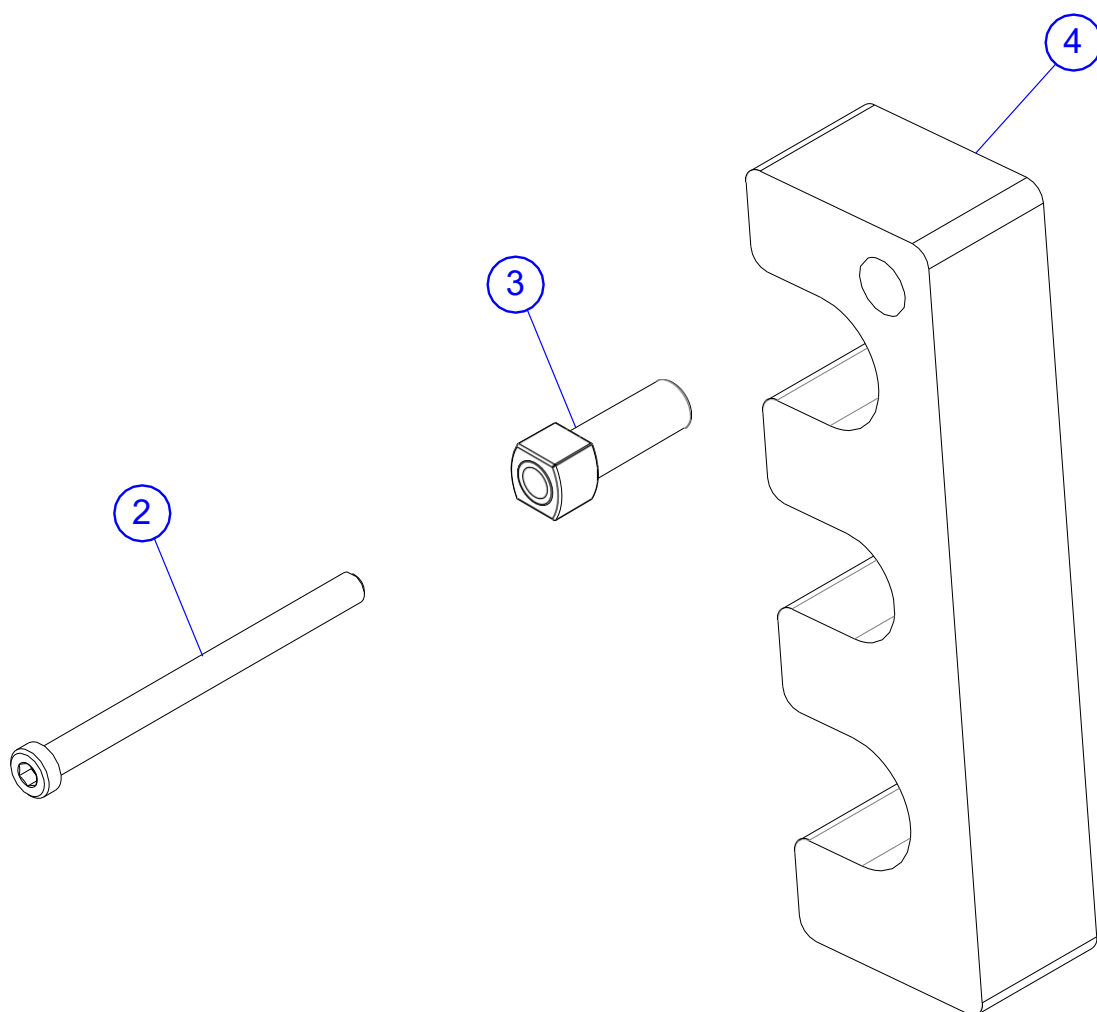
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7353901	HEADPLATE, WT. STACK
2	1	7356601	STEM, PRO2 19 HOLE
3	19	7328401	WEIGHT PLATE, 20 LB
4	1	3236001	BUSHING, SPRING PIN
5	2	7338001	BUSHING, HEADPLATE
7	1	7353001	ASSY, SELECTOR PIN
8	1	7356501	PLUG, LANYARD ATTACHMENT
9	1	7523601	CRIMP, CABLE
10	1	7927201	LABEL, 390 LB STACK
11		7927301	LABEL, 195 KG STACK

INCREMENT WEIGHT ASSEMBLY



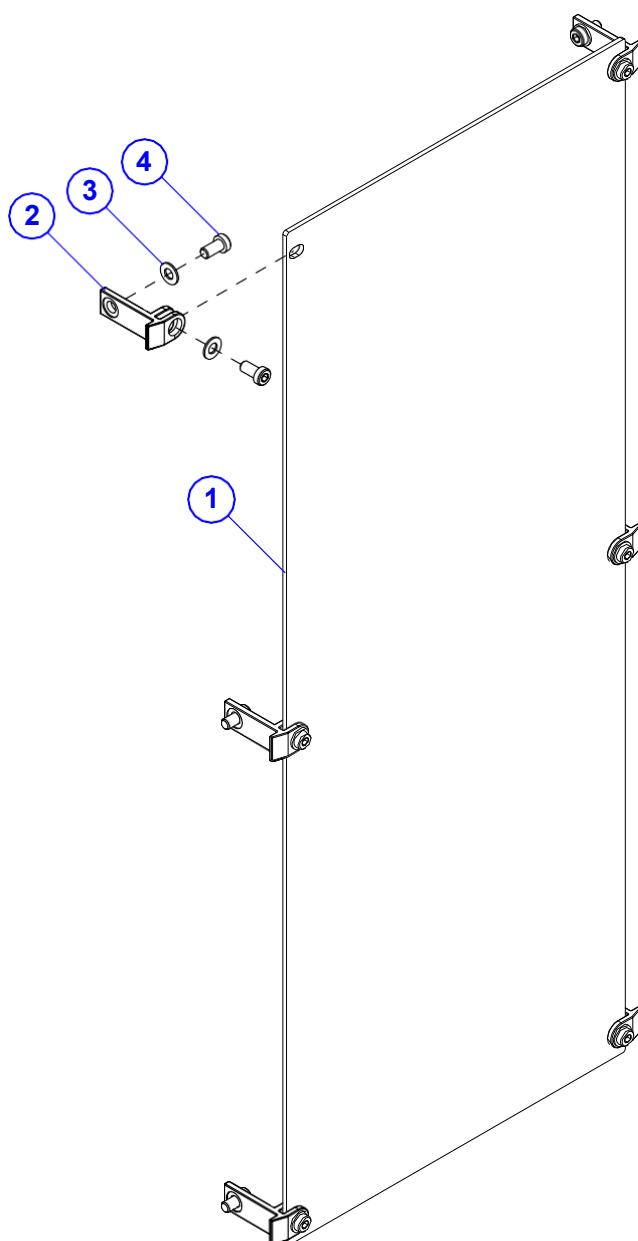
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	8047001	ASSY, PS, INCREMENT WEIGHT
2	1	8700801	PLATE, INCREMENT WEIGHT STRIKER
3	2	3236202	M10 X 1.5 X 25 SHCS, LOW HEAD
4	2	3236801	NUT, NYLOCK M10 X 1.5 SS
5	2	7767601	BUMPER, PS INCREMENT
6	2	3237401	PLUG, 7/16" HOLE

ADD-ON WEIGHT ASSEMBLY



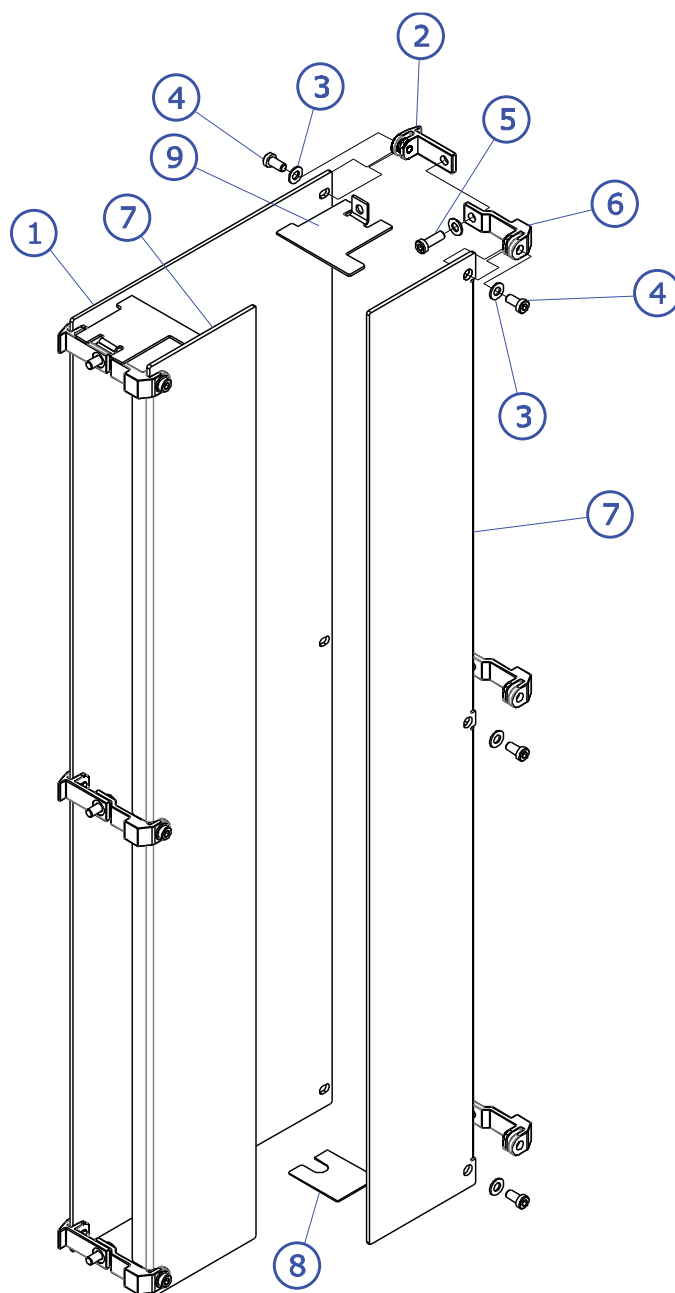
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	3236601	WASHER, 3/8 SAE SS
2	1	3236220	SCREW, M10 X1.5 130MM
3	1	7401701	COVER, PLASTIC PEG
4	1	7366101	WEIGHT, 7.5 LB. ADD-ON

REAR SHROUD ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9475705	SHROUD, HS REAR 58.25 X 21.43
2	6	7655301	BRKT, PS REAR SHIELD
3	12	3236601	WASHER, 3/8 SAE STAINLESS STEEL
4	12	3236201	M10 X 1.5 X 20 SHCS, LOW HEAD

FULL SHROUD ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9475705	SHROUD, HS REAR 58.25 X 21.43
2	6	7655301	BRKT, PS REAR SHIELD
3	18	3236601	WASHER, 3/8 SAE STAINLESS STEEL
4	12	3236201	M10 X 1.5 X 20 SHCS, LOW HEAD
5	6	3236203	M10 X 1.5 X 30 SHCS, LOW HEAD
6	6	7376601	BRACKET, PS FRONT SHIELD
7	2	7376905	SHIELD, PS FRONT 58.25
8	2	7570901	PLATE, PS SHIELD STAND-OFF
9	2	7657401	PLATE, PRO2 SHROUD SPCR