

# FRENCH FITNESS

FFS-DBCT / FFT-DBCT

**FRENCH FITNESS SHASTA / TAHOE BICEPS  
CURL / TRICEPS EXTENSION (NEW)**

**ASSEMBLY MANUAL**



OR



## FEATURES

- 11 Gauge Steel
- 50 x 100 mm, thickness 3mm Steel tube
- ASTM A36 steel frame ensures maximum structural integrity
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability
- Nylon-coated cable meets U.S. military specifications
- Fiberglass-impregnated nylon pulleys feature sealed bearings
- Standard rear shrouds
- Solid-steel weight plates. Top weight plate is fitted with self-lubricating bushings
- Weight selector pin magnetically locks in place and is connected to stack to prevent loss
- Standard rubber feet protect base of the frame and prevent the machine from slipping
- California Residents see Prop 65 WARNINGS

### WORKOUT AREA

- Very compact and do not require much extra space for full function; No extra height is needed to operate - other than the users height when on the machine
- The only extra width consideration is enough room for a user to access the unit (the machines do not need any extra width to operate) just for the user to actually get into it
- Add 24" of length out the front to allow the curl bar to pivot out

## TECH SPECS

- (16) Weight Plate, EA 13.23 Lb (6 kg)
- Weight to Pulley Ratio: 1:1
- 212 lb Weight Stack (96 kg)
- (2) Weight Stack Adapters: 2.5 & 5 lbs. Add to the weight stack when needed so the weight stack can increase the weight stack by 2.5 lb increments.
- Machine Weight: 396 lb (180 kg)
- Dimensions: 45" x 41" x 56" (1140 x 1040 x 1400 mm)
- Paint Color: Silver / Black
- Vinyl Color: Black

## WARRANTY

**10 Years Parts, 1 Year Labor (Commercial)**

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## BEFORE YOU BEGIN

Thank you for selecting the Biceps Curl/Triceps Press. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory.

**NOTE:** Image shown here is indicative only. If there is any inconsistency between the image and the actual product you receive, the actual product will govern.

## 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.
12. A spotter is recommended during exercise.

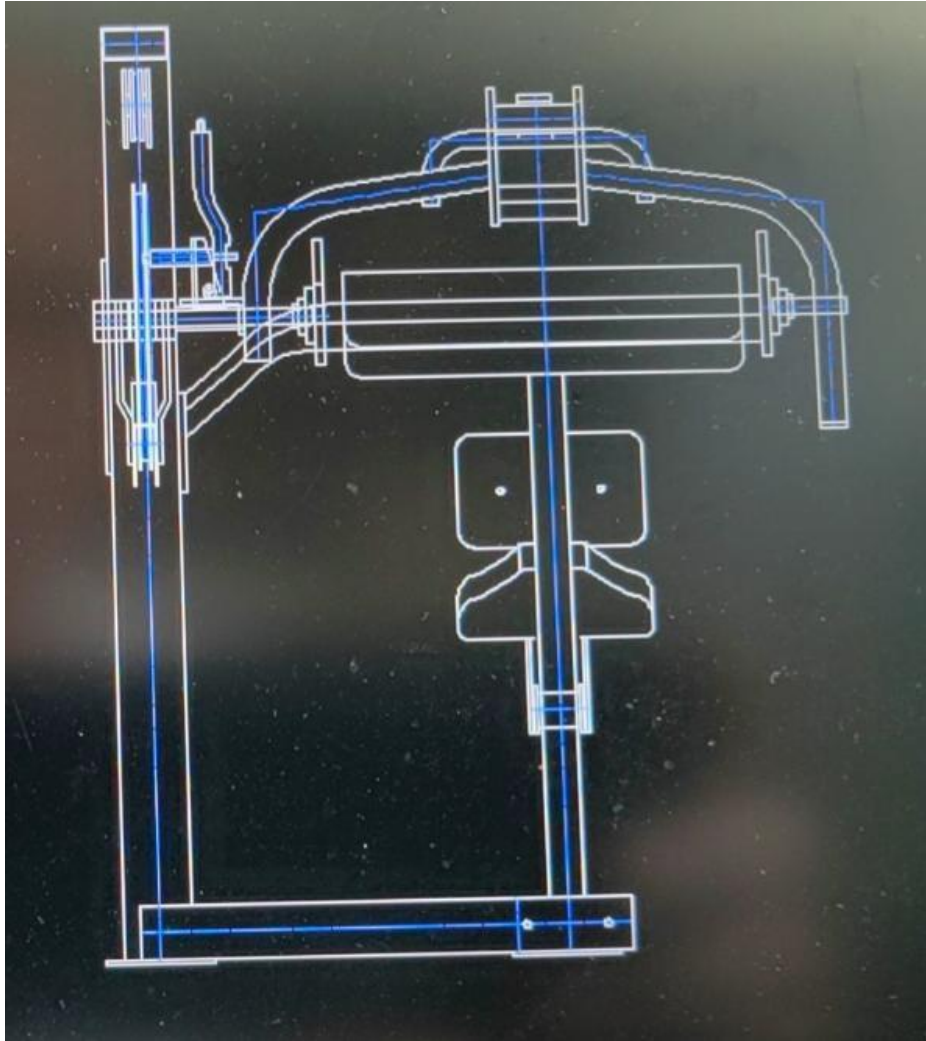
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. HYPER EXTENSION LIMITED. ASSUMES NO RESPONSIBILITY FOR PERSONAL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

**SAVE THESE INSTRUCTIONS.**

## ASSEMBLY INSTRUCTIONS

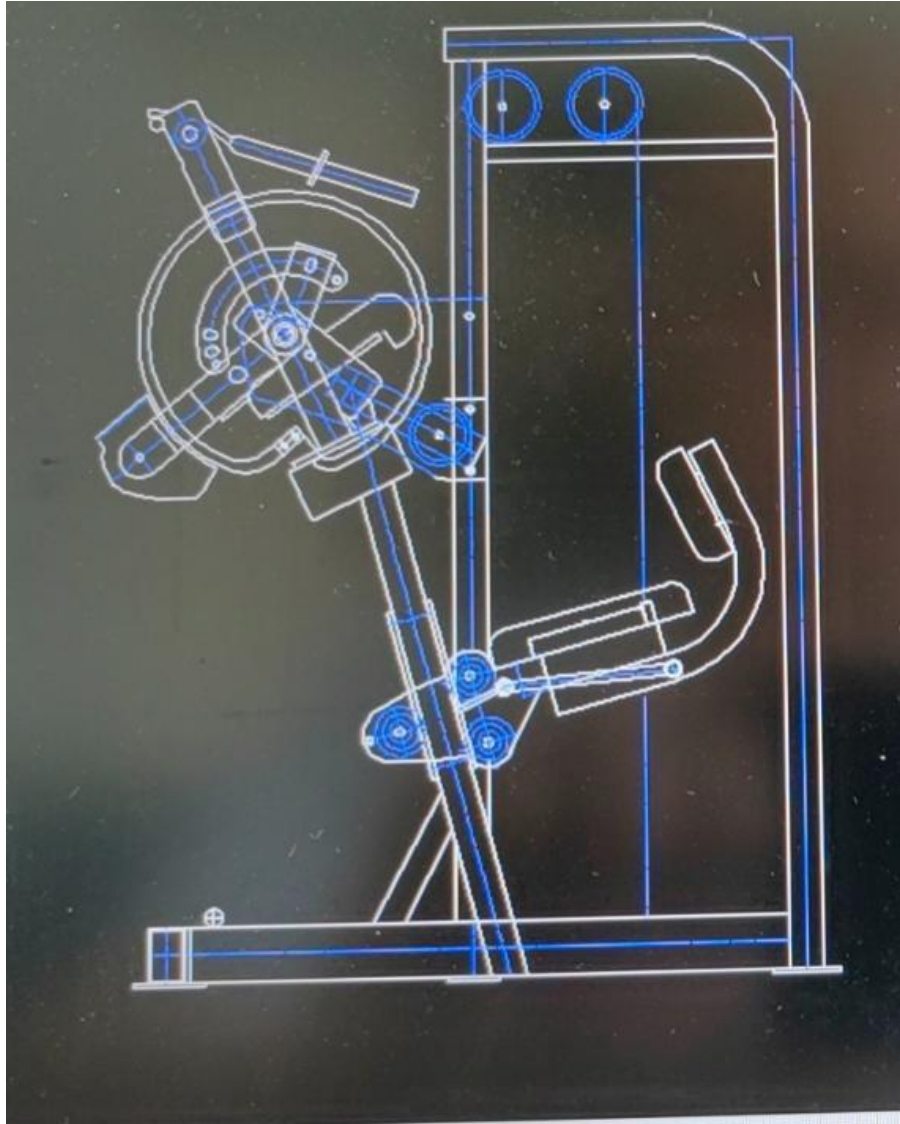
### NOTE.

1. Washers are pushed at two ends of bolts.
2. Some parts has been assembled at the factory.
3. It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.



### STEP 1 (Diagram 1)

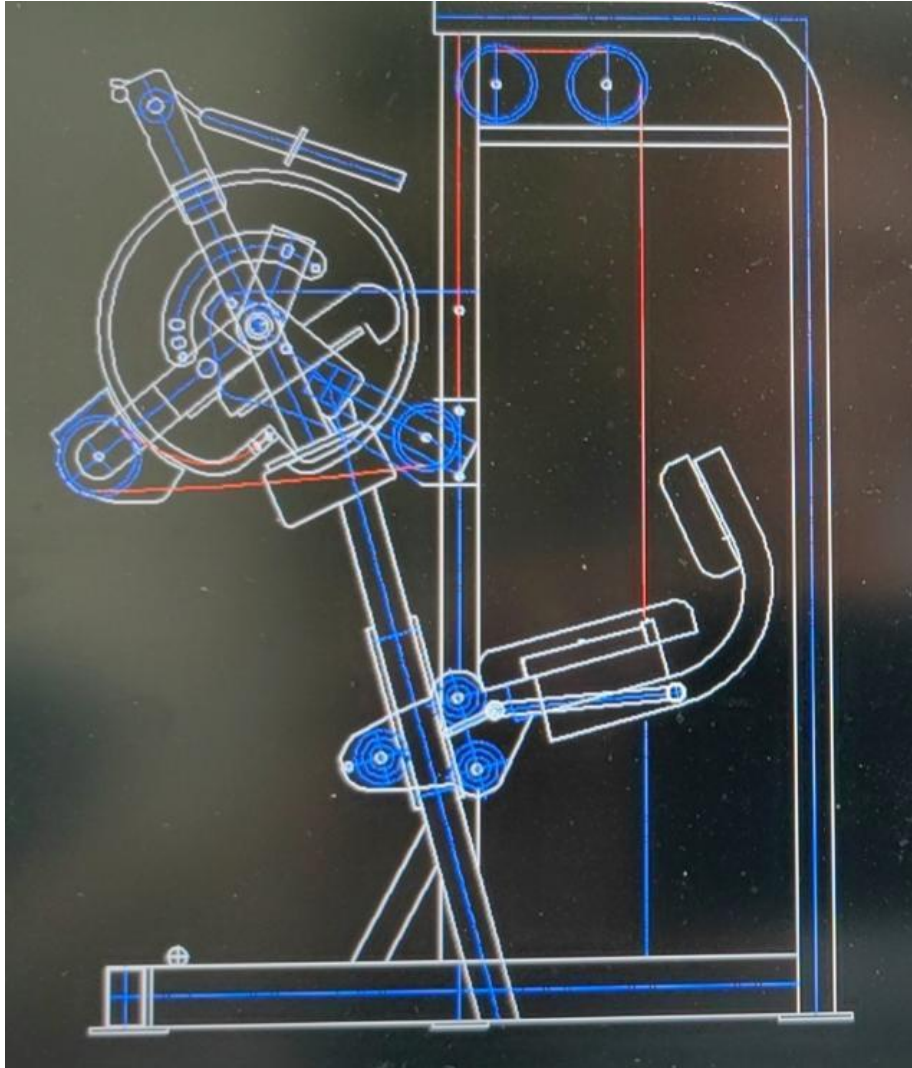
Attach Part #2 to Part #1, Secure it with Bolt #4 and Washer #5, Nuts #6



**STEP 2 (See Diagram 2)**

1. Insert the Guide Rod #10 into the base tube, sliding the Rubber Bumper #7 into the Guide Rod, then Sliding the weight stack #8 and Weight Stem #9 into the Guide Rod one by one. Insert the Selector #11 into the middle hole of weigh stack.
2. Secure it with Bolt #4 and Washer #5.

## Cable Loop



1. Tighten all the bolts and nuts.
2. Before using the machine, please tighten the cable and pulley hard