



FRENCH FITNESS

FFS-LPDLR / FFT-LPDLR

LAT PULLDOWN LOW ROW - FRENCH
FITNESS SHASTA / TAHOE (NEW)

ASSEMBLY MANUAL



OR



! CAUTION

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

FEATURES

- Brand: French Fitness
- Dual-function design for lat pulldowns and seated rows
- 11-gauge ASTM A36 steel frame with durable powder coat finish
- Military-spec nylon-coated cables with fiberglass-reinforced pulleys and sealed bearings
- Magnetic selector pin stays tethered and locks securely in place
- Solid-steel weight plates with self-lubricating bushings in the top plate
- Adjustable thigh pads keep you stable during workouts
- Urethane composite grips secured with aluminum collars
- Standard safety shrouds and rubber feet protect your gym space
- Comes standard with a 48" Lat Bar, Seated Row/Chin Bar, and Bench Pad

TECH SPECS

- Vinyl Color: Black
- Steel Tube Sizing: 50mm x 100mm x 3mm
- Dimensions: 82"L x 33"W x 89.25"H (208.3 × 83.8 × 226.7 cm)
- Bench Pad Length: 31.7" (80.5cm)
- User Height Range: 4'11" to 6'5" (149.86cm to 195.58cm)
- Max User Weight: 350 lbs (158 kg)
- Product Weight: 672.41 lbs (305 kg)

TECH SPECS

- Weight Stack: 236 lbs (107 kg)
- Weight Stack Increment: (14) 15.8 lbs (7.2 kg) Weight Plates + 15 lbs (6.8 kg) Top Plate w/selector rod

**Available Upgrade in Options: 315 lbs (143 kg)*

Note: The machine must be upgraded at the time of purchase since the upgrade is not possible once it ships because the entire stack is different.

- Includes (2) 5.5 lbs add-on plate adapter for incremental weight adjustments.
- Weight to Pulley Ratio: 1:1 Lat Pulldown and 1:1 Low Row
- Cable Type: Nylon-coated cable, U.S. military specification
- Cable Breaking Load: 3000 lbs (1360 kg)

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.

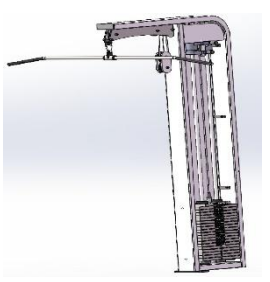
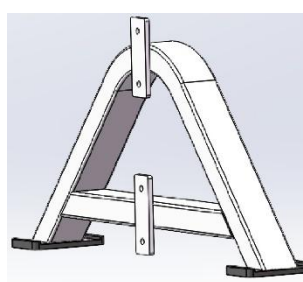
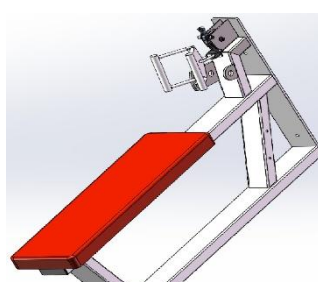
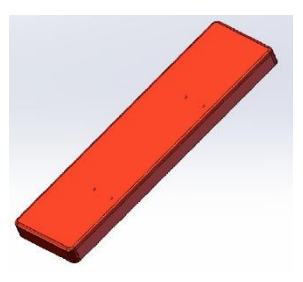
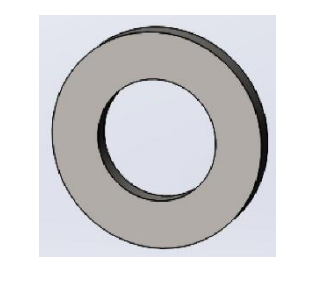
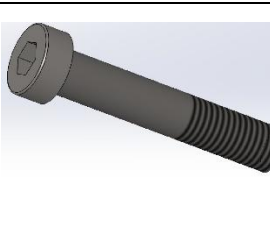
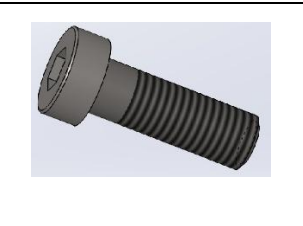
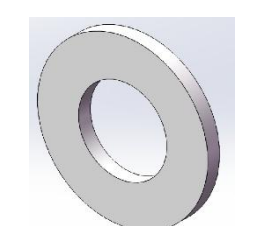
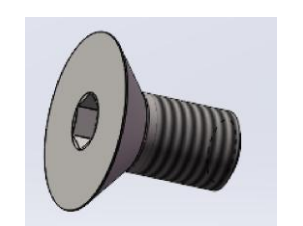
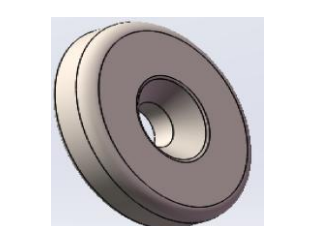
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

SAVE THESE INSTRUCTIONS.

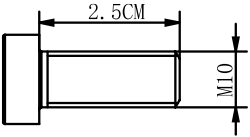
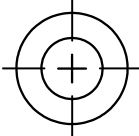
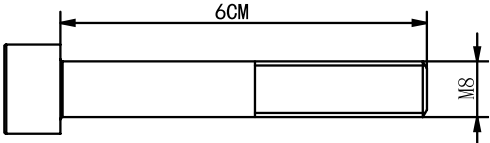
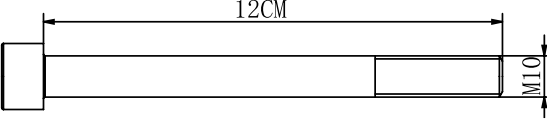
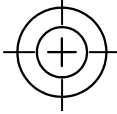

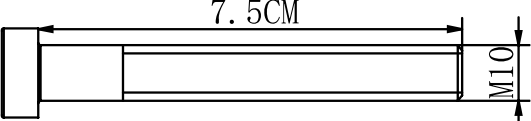
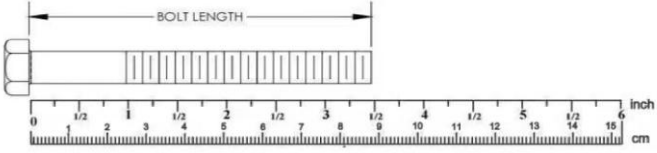
PARTS LIST

Serial number	Name	Quantity
1	Body frame	1
2	Post-support group	1
3	Bottom support group	1
4	Leg-blocking group	1
5	Foot pedal group	2
6	Seat cushion	1
7	Flat washer M10	21
8	Hexagonal locking nut M10	10
9	Thin-head internal hexagonal cylindrical head screw M8x60	4
10	Thin-head internal hexagonal cylindrical head screw M10x25	1
11	Thin-head internal hexagonal cylindrical head screw M10x75	5
12	Thin-head internal hexagonal cylindrical head screw M10x120	2
13	Flat washer M8	20
14	Hexagon countersunk screw M8x16	2
15	Aluminum decorative ring (large)	2
16	The upper rope on the wire rope is 353 cm long, and the lower rope is 202 cm long.	2

COMPONENT LIST

			
1	2	3	4
			
5	6	7	8
			
9	10	11	12
			
13	14	15	

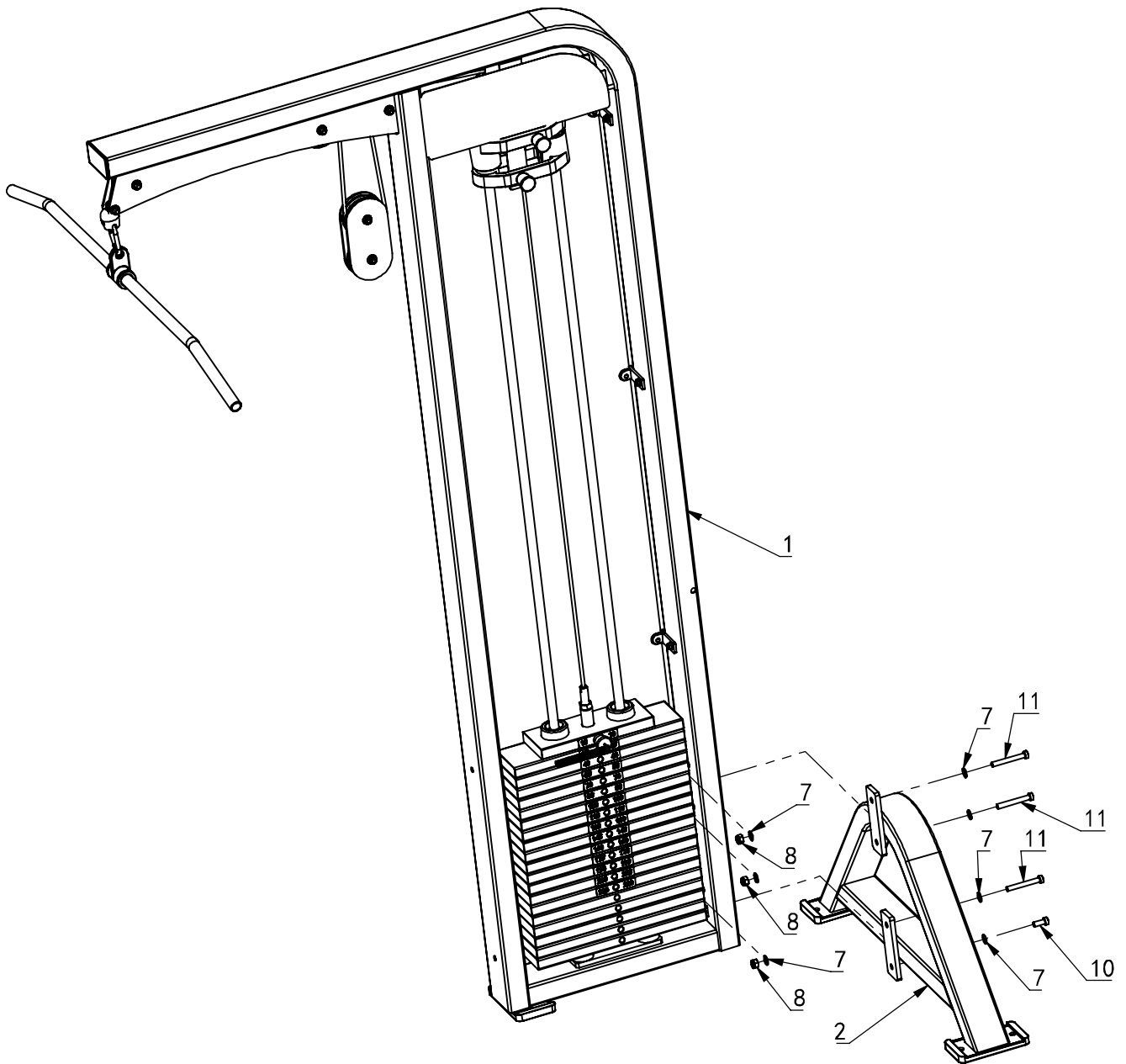
COMPONENT LIST

		
<p>Flat head countersunk cylindrical head screws M10X2.5CM (1 piece)</p>	<p>Flat washer M10 (21 pieces)</p>	<p>Flat head countersunk cylindrical head screws M8X6CM (4 pieces)</p>
		
<p>Flat head countersunk cylindrical head screws M10x12CM (2 pieces)</p>	<p>Flat washer M8 (20 pieces)</p>	<p>Hex lock nut M10 (10pieces)</p>
 <p>Flat head countersunk cylindrical head screws M10X7.5CM (5 pieces)</p>	<p style="text-align: center;">Bolt Length Ruler</p> 	

STEP 1: INSTALLATION STEPS

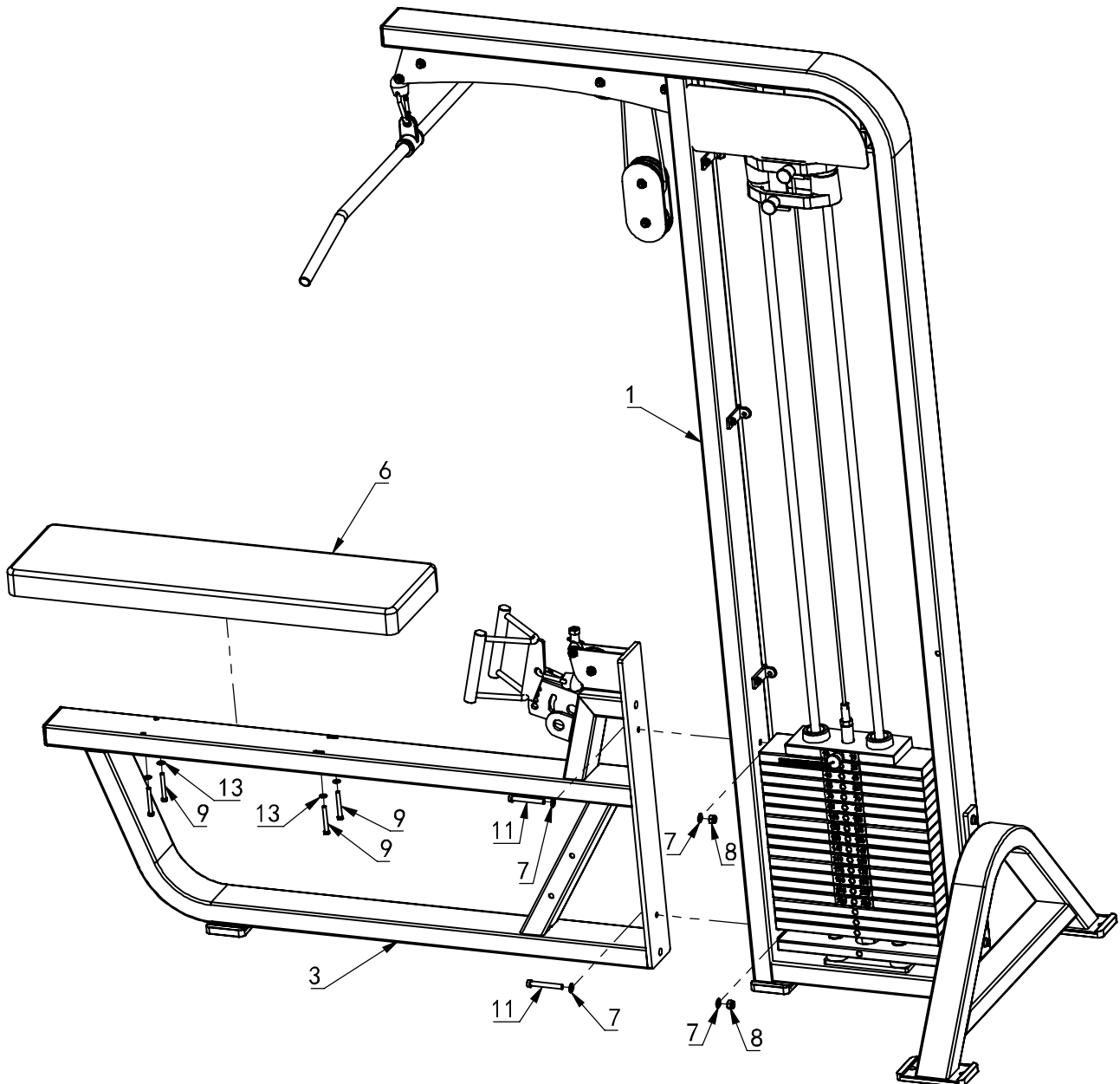
Place the main frame (1) and the rear support group (2) at the designated positions, and then fix them with thin head hexagon socket set screws M10x25 (10), thin head hexagon socket set screws M10x75 (11), flat washers M10 (7) and hexagon lock nuts M10 (8).

Loosely Tighten
50%



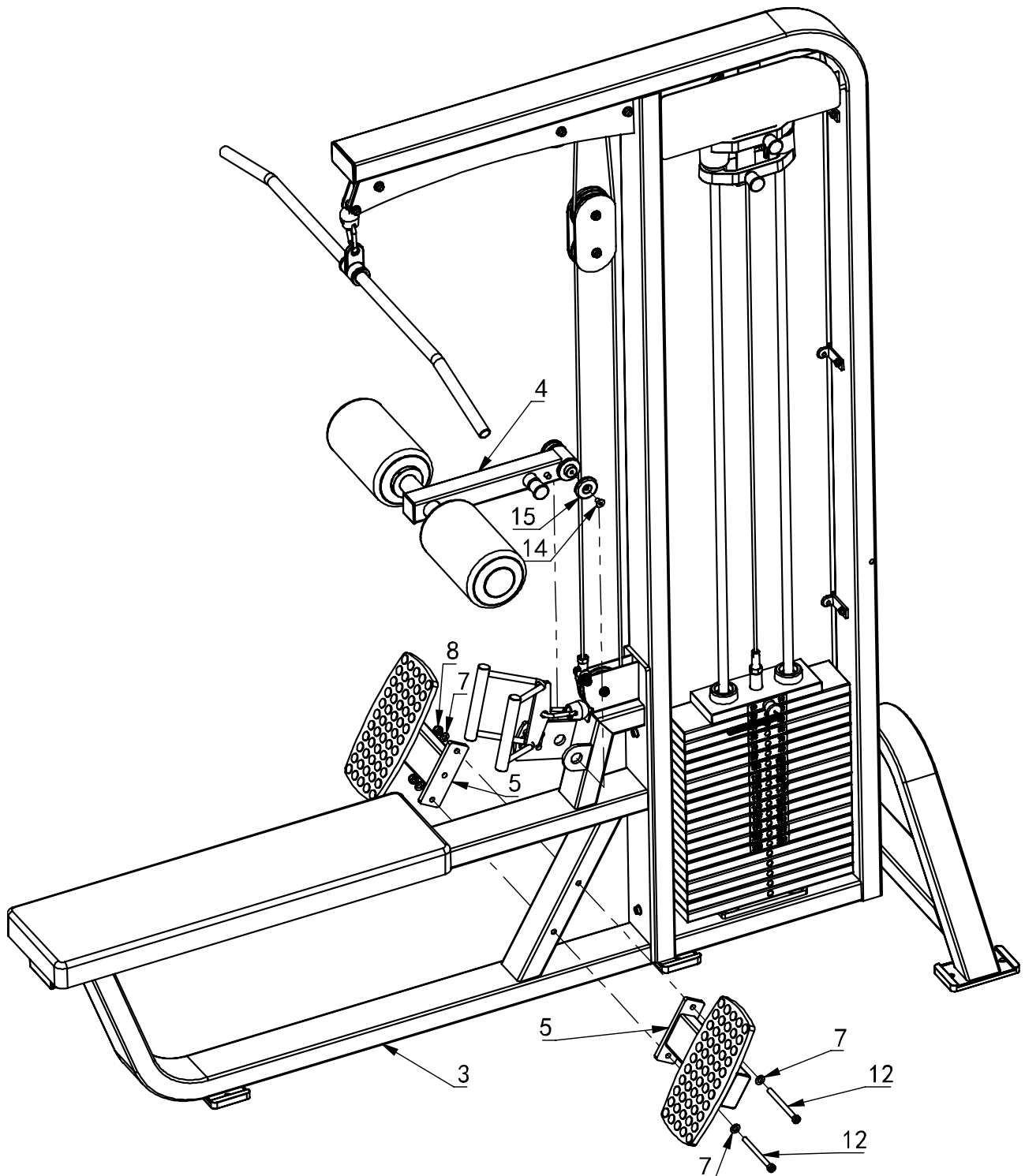
STEP 2: INSTALLATION STEPS

1. Place the main frame (1) and the bottom support assembly (3) in the designated position, and then fix them using a thin-head internal hexagonal cylindrical head screw M10x75 (11), a flat washer M10 (7), and a hexagonal locking nut M10 (8).
2. Then fix the seat cushion (6) and the bottom support assembly (3) using a flat washer M8 (13) and a thin-head internal hexagonal cylindrical head screw M8x60 (9).



STEP 3: INSTALLATION STEPS

1. Place the footrest assembly (5) and the bottom support assembly (3) in the designated position, and then fix them using a thin-head internal hexagonal cylindrical head screw M10x120 (12), a flat washer M10 (7), and a hexagonal locking nut M10 (8).
2. Then fix the guard leg assembly (4) and the bottom support assembly (3) using an internal hexagonal countersunk screw M8x16 (14) and an aluminum decorative ring (large) (15).



CABLE ROUTING

Cable length: 353CM/139"

The upper end of the rope is fixed at (A). Then it passes through (B) pulley, (C) pulley, (D) pulley, (E) pulley, (F) pulley and is fixed at (G).

Cable length: 202CM/79.5"

The lower rope is fixed at (1). Then it passes through (2) pulley, (3) pulley and is fixed at (4).

