

FRENCH FITNESS

FFS-SHLP / FFT-SHLP

**FRENCH FITNESS TAHOE / SHASTA
SELECTORIZED HORIZONTAL LEG PRESS**

ASSEMBLY MANUAL



OR



FEATURES

- Steel Tubing: 50 x 100 x 3mm and 50 x 50 x 3mm
- Weight to Pulley Ratio: 1:1
- Seat Pad Dimensions: 25.6" x 15.7" (650 x 400mm)
- Pedal Plate Size: 25.6" x 20.4" (650mm x 520mm)
- Enhanced Leg Press Variation: The sled is slightly angled and with no gravity and very little friction, the sled glides smoothly while being guided by parallel solid rods that are connected by linear bearings, preventing upper-body and knee-related injuries. Perform the horizontal leg press using one leg at a time. This variation increases the demand on each leg independently, providing a greater challenge for balance and stability. Adjust the foot placement on the footplate by widening your stance. This variation targets the inner thigh muscles (adductors) to a greater extent.
- Side Padding for Support and Alignment: The padding on the sides provides support and stability for the user during the exercise. When performing a leg press, users typically position themselves with their back against the backrest and their feet on the footplate. The padding on the sides helps to keep the user's body aligned and centered on the machine, preventing unnecessary lateral movements that may compromise form or balance.
- Grip Handle for Stability and Control: The handle on the shoulder pad serves as a gripping point for users during the exercise. The handle provides an additional point of contact for users to hold onto while performing the leg press. By gripping the handle, users can enhance their stability and control during the exercise. It allows them to have a firm and secure grip, minimizing the chances of slipping or losing balance while exerting force.
- Comfortable Shoulder Pads for Optimal Alignment and Stability: The shoulder pads are designed to provide a comfortable and padded surface for the user's shoulders to rest against. When the user positions themselves on the machine, the shoulder pads ensure that the upper body is aligned with the lower body and the back is supported against the backrest. This alignment promotes stability, minimizes unnecessary movements, and allows for efficient force transfer during the exercise.
- Versatile Footplate Design: The footplate is designed with different angles to accommodate individual variations in lower body mechanics and exercise preferences. The footplate's different angles allow users to target specific muscle groups in the legs differently. Users can place emphasis on different areas of the lower body, such as the quadriceps, hamstrings, glutes, or calves. For example, a higher footplate angle may emphasize the quadriceps, while a lower angle may engage the glutes and hamstrings to a greater extent. People have varying degrees of ankle mobility and comfort in different foot positions. By providing multiple angles, the machine allows users to find a foot position that feels comfortable and natural for their specific body mechanics. This helps maintain proper joint alignment and reduces the risk of unnecessary strain on the ankles, knees, and hips during the exercise.

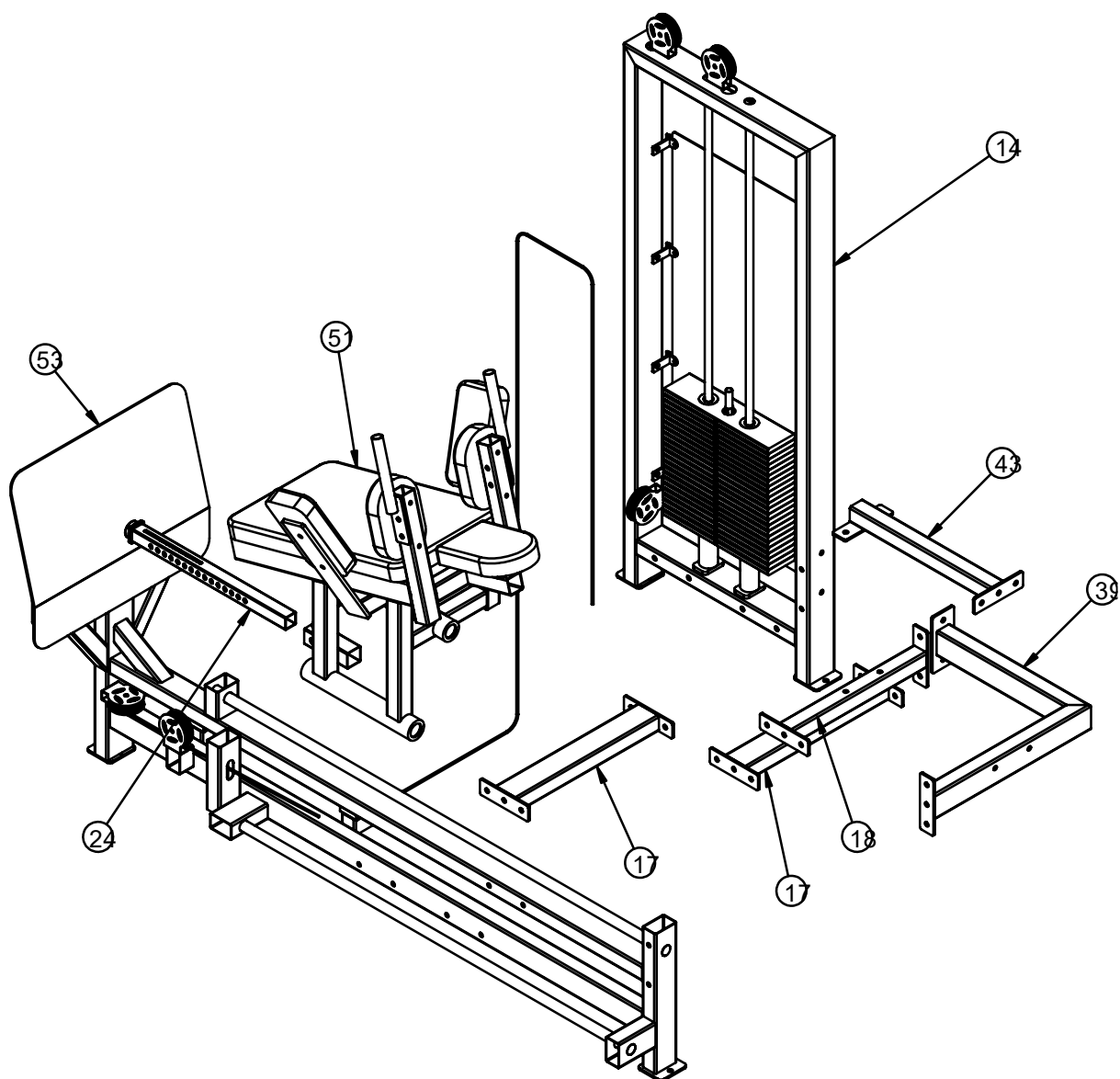
TECH SPECS

- Weight: 595 lbs (270 KG)
- Weight Stack: 308 lbs (140 KG)
- Dimensions: 86"L x 38.4"W x 80.3"H (L:2185.5 mm, W:975.50 mm, H:2040.9 mm)
- User Height Range: 4'10" to 6'6" (147.32 cm to 198.12 cm)

WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

EXPLODED VIEW



Item No.	Part No.	Quantity
1	0100-door frame assembly group	1
2	0400-connecting pipe welding	2
3	bend pipe connecting support pipe welding	1
4	0500-upper connecting pipe welding	1
5	0500-horizontal connecting pipe welding	1
6	leg assembly group	1
7	trolley sliding assembly group	1
8	stainless steel adjustment pipe assembly group	1
9	acrylic guard plate	1
10	wire rope	1
11	handle welding group	2

