



FRENCH FITNESS

FF-WMRFT11

**FRENCH FITNESS WALL MOUNTED RACK
FUNCTIONAL TRAINER 1:1 (NEW)**

ASSEMBLY MANUAL



FEATURES

- Brand: French Fitness
- Wall-mounted rack and functional trainer in one system
- 1:1 pulley ratio for more direct cable feel
- Dual adjustable pulley stations for unilateral and bilateral training
- Integrated pull-up bar for upper-body and core work
- Compact design for efficient use of training space
- Includes J-cups, spotter arms, and cable handles
- Wall-mounted installation only

INCLUDED WITH THIS RACK

Rack Components

- (1) Pull-up bar
- (1) Pair of J-cups
- (1) Pair of spotter arms

Functional Trainer Components

- Dual adjustable pulley stations
- Dual selectorized weight stacks
- (2) Single cable handles

TECH SPECS

- Product Code: FF-WMRFT11
- Mounting: Wall mounted only
- Frame Material: 11-gauge steel
- Tube Size: 3" x 3" (75 x 75 x 3 mm)
- Inner Cage Width: 43" (110 cm)
- Assembled Dimensions: 54.3" W x 48.2" L x 90.9" H (1380 x 1225 x 2310 mm)

Cable & Pulley System

- Cable Type: Steel wire, 0.19" (4.8 mm) diameter, 7x19 strand
- Pulley Cable Weight Rating: 2,205 lb (1000 kg)
- Bearing Type: Roller bearing

Load Capacity

- Cable: 2,205 lb / 1,653 lb (1000 kg / 750 kg)
- J-Cups: 1,323 lb / 992 lb (600 kg / 450 kg)
- Spotter Arms: 2,205 lb / 1,433 lb (1000 kg / 650 kg)
- Pull-Up Bar: 441 lb (200 kg)

Rig & Attachment Compatibility

- Hole Diameter: 1" (26 mm)
- Hole Spacing: 1" (26 mm)
- Compatible with common cable attachments

- Rack attachment compatibility should follow current approved internal linking and compatibility rules

Weight Stack Details

- Weight Stacks: Dual selectorized stacks
- Plates per Stack: 20 per side
- Weight per Plate: 10 lb each
- Total Stack Weight: 200 lb per side / 400 lb total (90.7 kg per side / 181.4 kg total)

Weight Stacks

- Pulley Ratio: 1:1
- Pulley Cables Weight Rating: 2205 lbs (1000 kg)
- Cable Type: Steel wire, 4.8 mm diameter, 7x19 strand
- Bearing Type: Roller Bearing
- Weight Stacks: Dual selectorized stacks
- Plates per Stack: 20 per side
- Weight per Plate: 10 lb each
- Total Stack Weight: 200 lb per side / 400 lb total (90.7 kg per side / 181.4 kg total)

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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SAFETY INSTRUCTION



IMPORTANT– Please read fully manual before assembly or using

BEFORE YOU START

Please take sufficient time to read the installation instructions before assembling.

Remove all parts from the packaging, separate and count each various components to ensure everything has been correctly provided.

The innovative Modular Design and Preassembly that ensure the installation of this machine to be Quick and Easy.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear safety footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled.
- Ensure you correctly orientate each piece before attaching.
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.

Stop immediately if you experience any pain, dizziness or nausea. See a doctor at once.

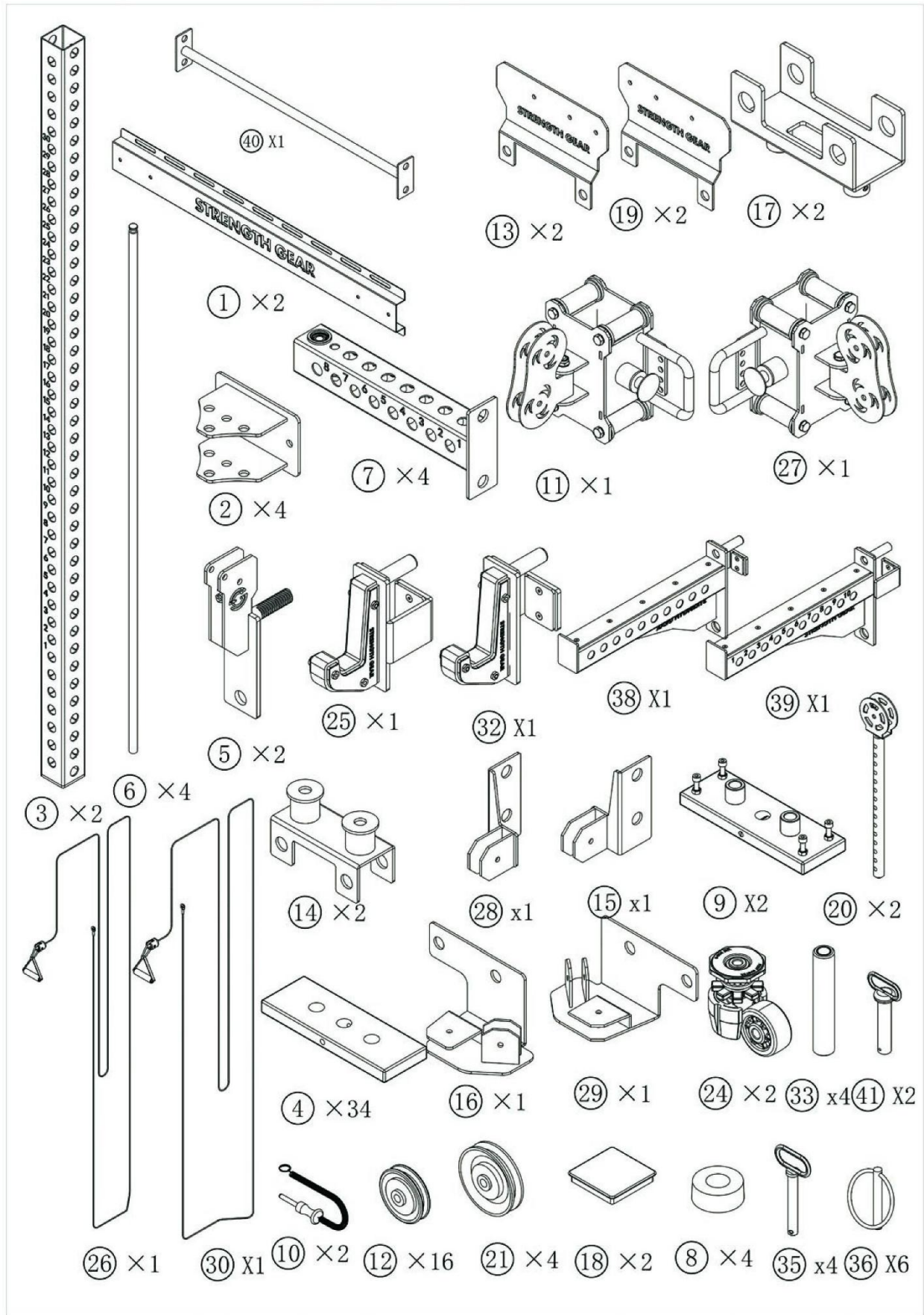
STRENGTH GEAR ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

PARTS/HARDWARE LIST

ITEM NO.	PARTS	SPECIFICATION	UNIT	QTY	MARKS
1	WALL MOUNTED PLATE		PCS	2	
2	UPPER&LOWER COLUMN CONNECTION PLATES		PCS	4	
3	UPRIGHT	75×75×2300mm	PCS	2	
4	WEIGHT STACKS	5KG	PCS	34	
5	FRONT PULL BOX SUPPORT		PCS	2	
6	GUIDE ROD	1730mm	PCS	4	
7	STRINGER		PCS	4	
8	WEIGHT STACKS RUBBER WASHER	φ25mm	PCS	4	
9	FIRST WEIGHT STACKS		PCS	2	
10	WEIGHT STACK SELECTED PINS		PCS	2	
11	FUNCTIONAL TRAINER PULLEY BOX		PCS	1	
12	ALUMINUM PULLEY	φ70mm	PCS	16	
13	LEFT YOKE		PCS	2	
14	BOTTOM WEIGHT STACK GUIDE ROD FIXED BRACKET		PCS	2	
15	PULLEY FIXED BRACKET	RIGHT BOTTOM	PCS	1	
16	MIDDLE PULLEY FIXED BRACKET	RIGHT MIDDLE	PCS	1	
17	UPPER WEIGHT STACK GUIDE ROD FIXED BRACKET		PCS	2	
18	INNER PLUG		PCS	2	
19	RIGHT YOKE		PCS	2	
20	WEIGHT STACK GUIDE ROD		PCS	2	
21	ALUMINUM PULLEY	φ90mm	PCS	4	
22	HEX NUTS&BOLTS	M10×45mm	PCS	20	
23	HEX NUTS&BOLTS	M24×110mm	PCS	26	
24	CASTER WHEEL		PCS	2	
25	RIGHT J CUP		PCS	1	
26	RIGHT CABLE ASSEMBLY		PCS	1	
27	PULLEY BOX LEFT		PCS	1	
28	PULLEY FIXED BRACKET	LEFT	PCS	1	
29	MIDDLE PULLEY FIXED BRACKET	LEFT BOTTOM	PCS	1	
30	LEFT CABLE ASSEMBLY		PCS	1	
31	HEX NUTS&BOLTS	M10×20mm	PCS	2	
32	LEFT J CUP		PCS	1	
33	PIVOT SHAFT		PCS	4	
34	HEX NUTS&BOLTS	M10×20mm	PCS	8	
35	RED PIN	φ16mm	PCS	4	
36	PIN		PCS	6	
37	HEX NUTS&BOLTS	M12×30mm	PCS	8	
38	LEFT SAFETY SPOTTER		PCS	1	
39	RIGHT SAFETY SPOTTER		PCS	1	
40	PULL UP BAR		PCS	1	
41	RED PIN	φ25mm	PCS	2	
42	HEX NUTS&BOLTS	M10×100mm	PCS	8	

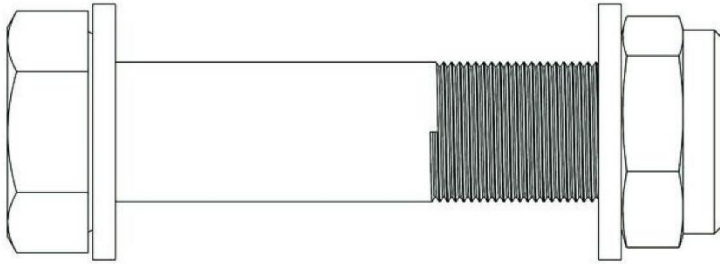
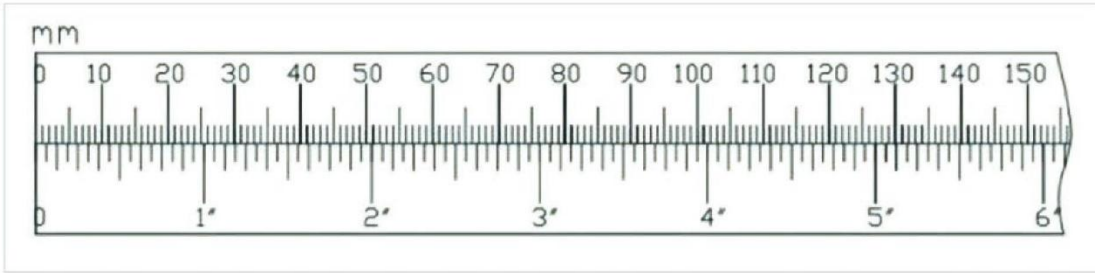
PART IDENTIFICATION

IMPORTANT: if you cannot find a part in the hardware kit, check to see if it has been preassembled.



PART IDENTIFICATION

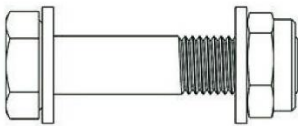
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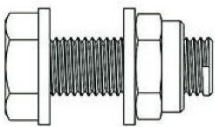
②③ X26



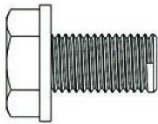
④② X8



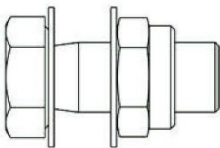
②② X20



③① X2






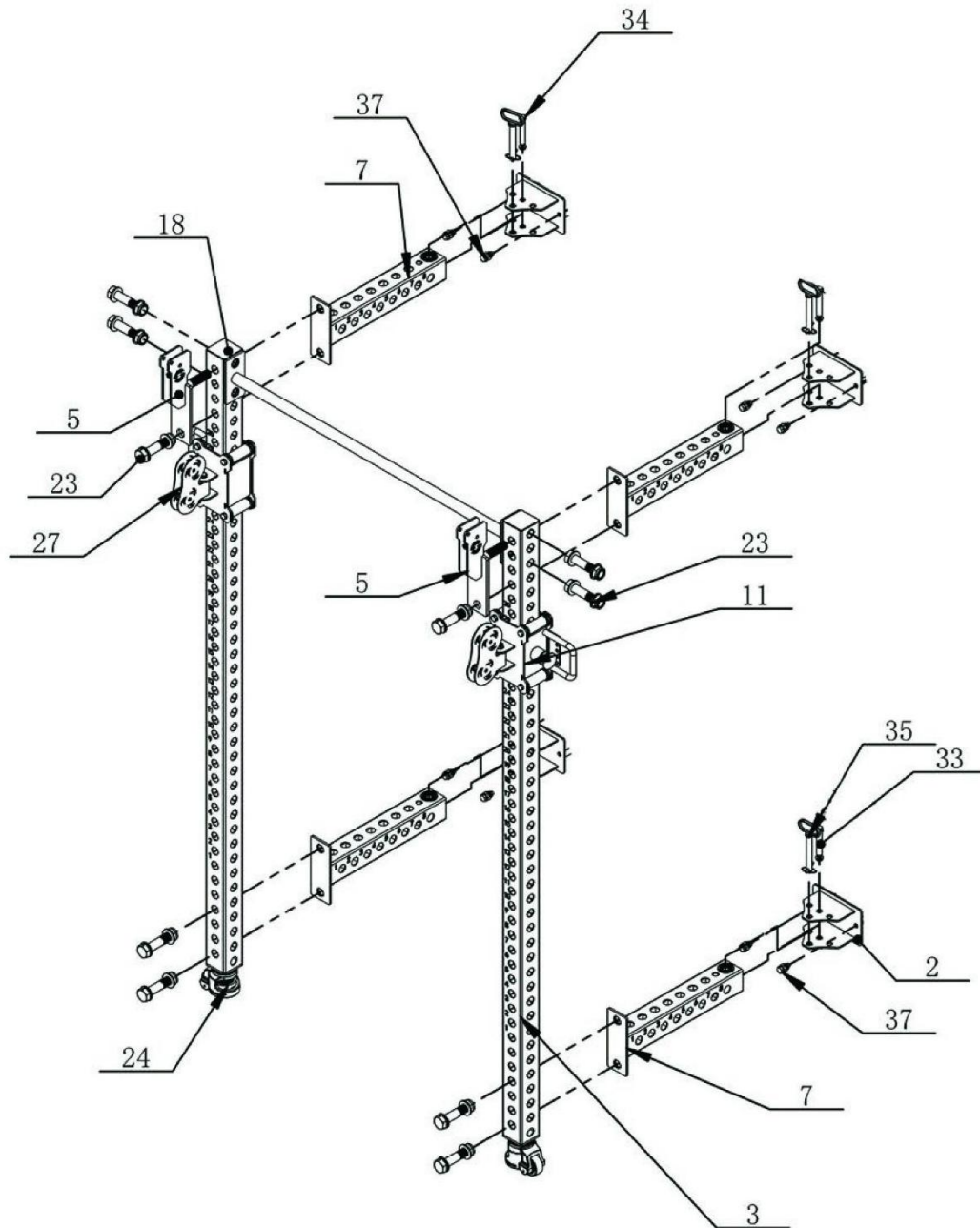
③④ X8



③⑦ X8

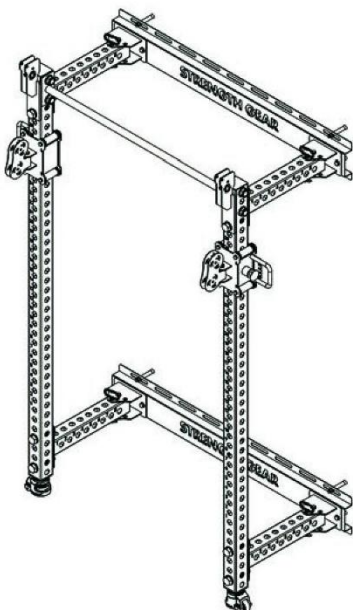
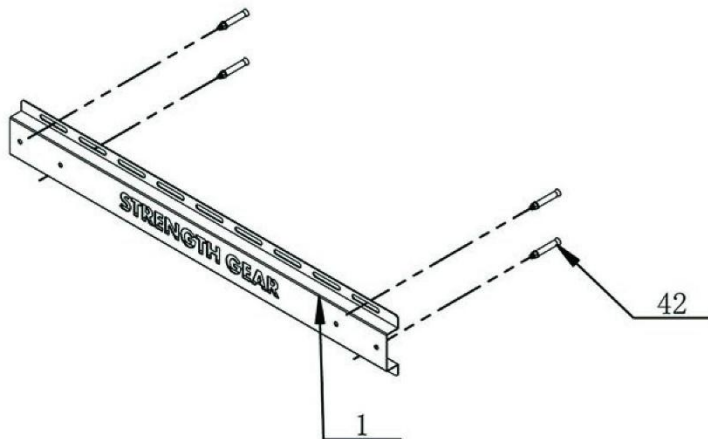
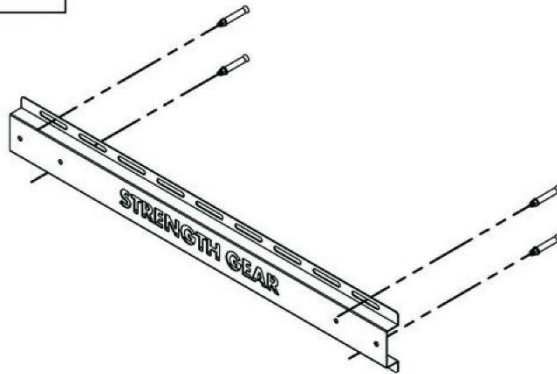
ASSEMBLY STEPS 1

②③		X10 M24X110
③④		X8 M10X20
③⑦		X8 M12X30





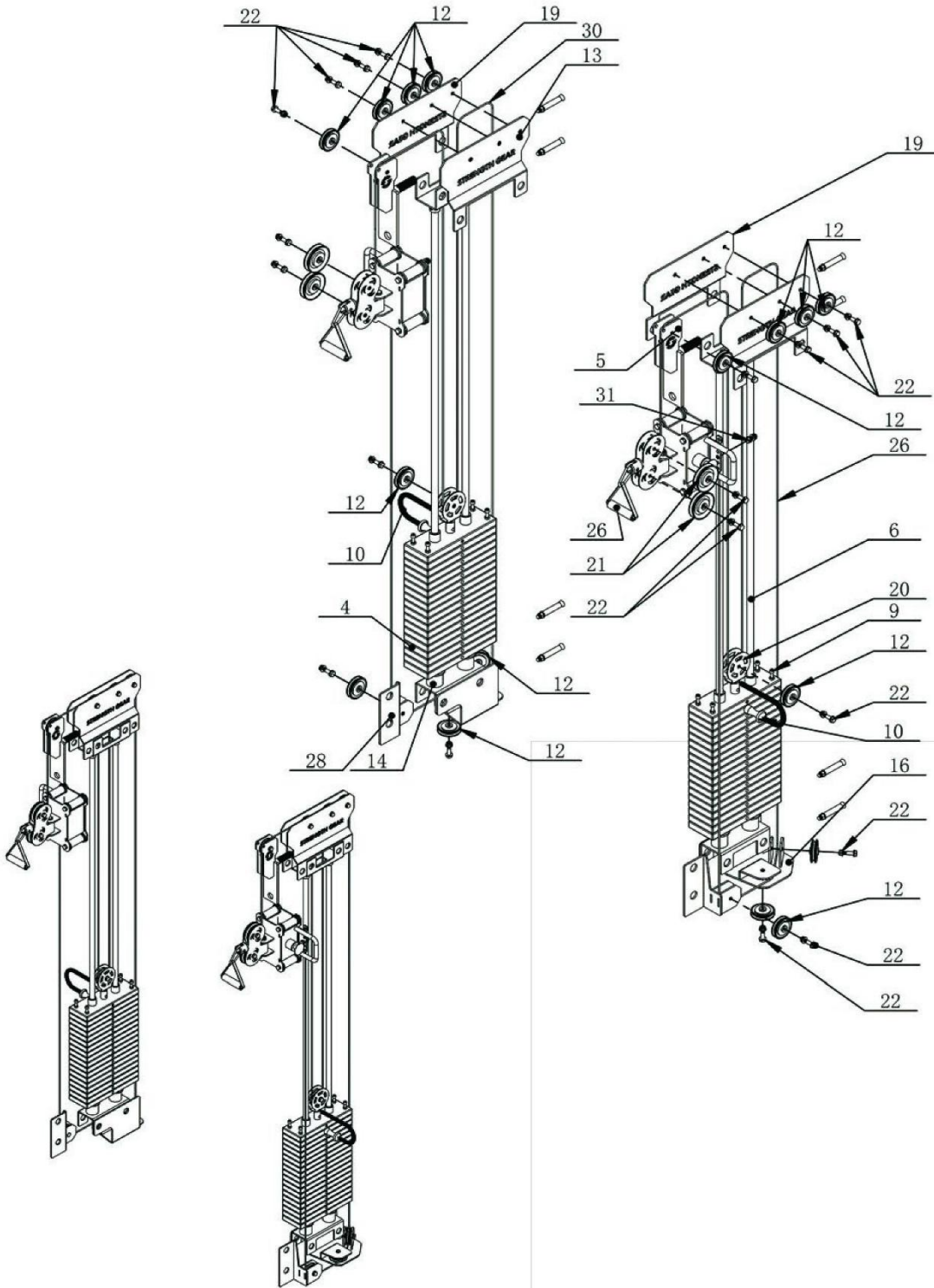
ASSEMBLY STEPS 2

④② X8 M10X100



ASSEMBLY STEPS 3

- ②②  X20 M10X45
- ③①  x2 M10X20

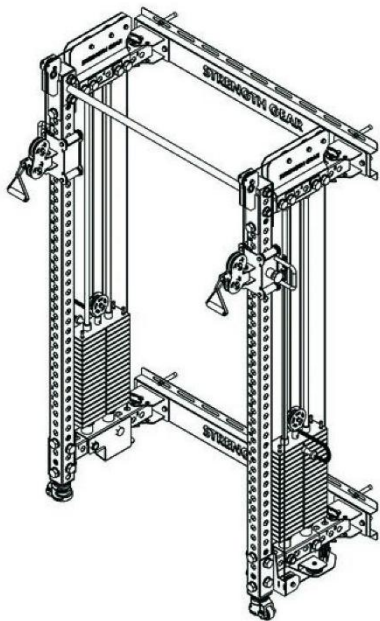
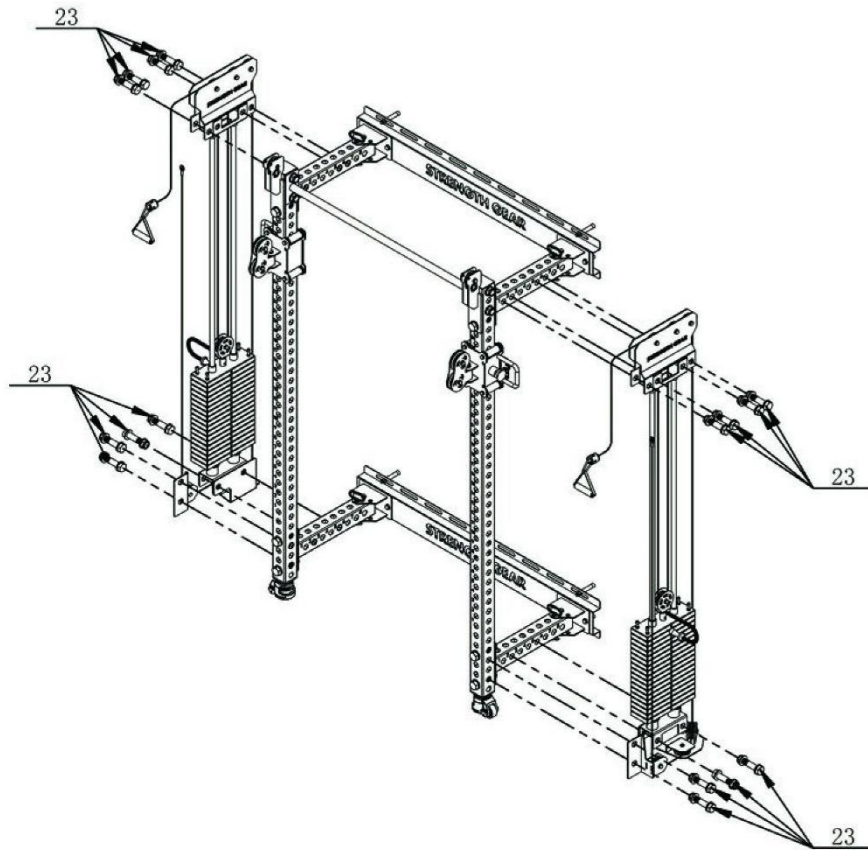


ASSEMBLY STEPS 4

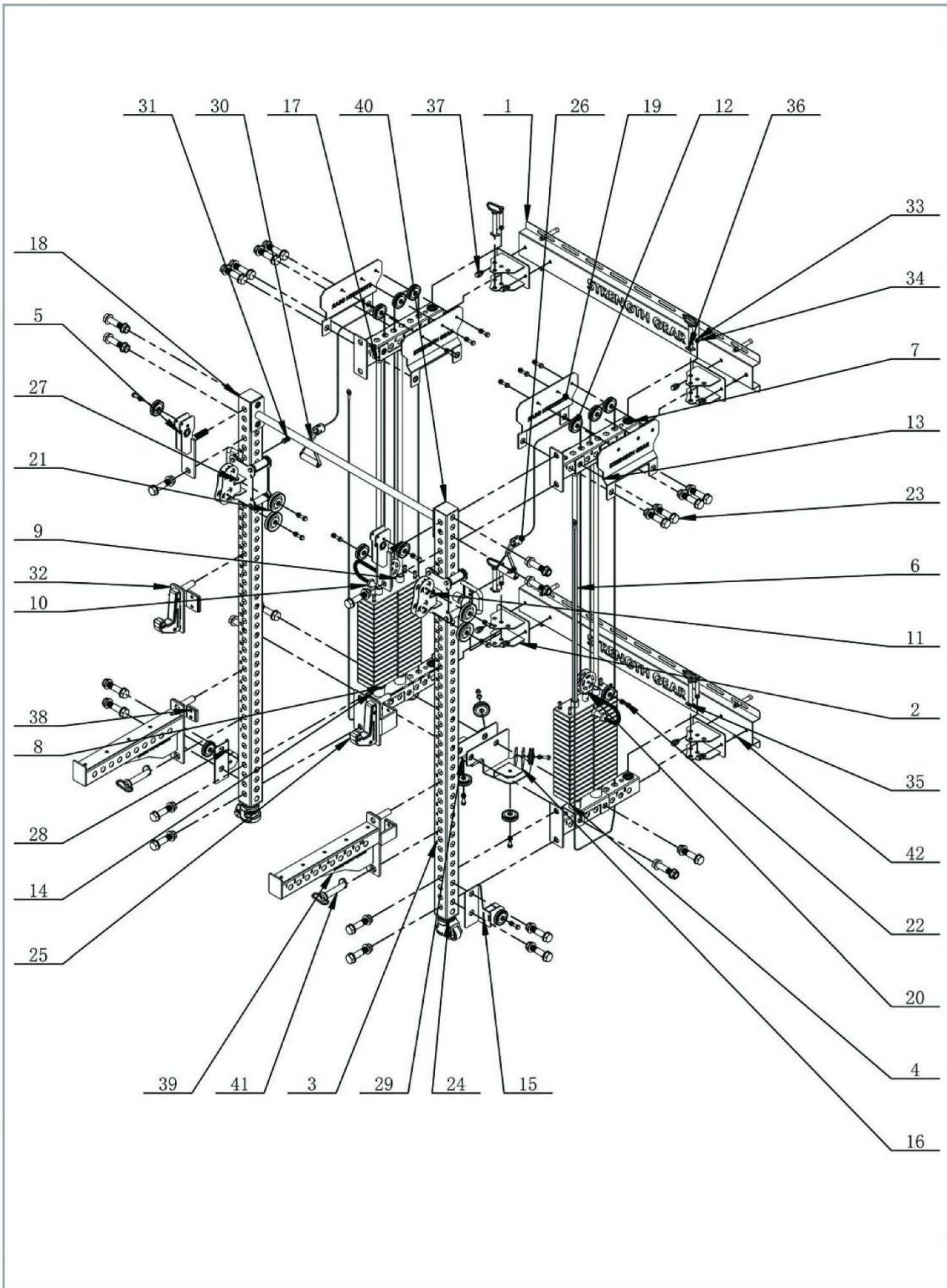
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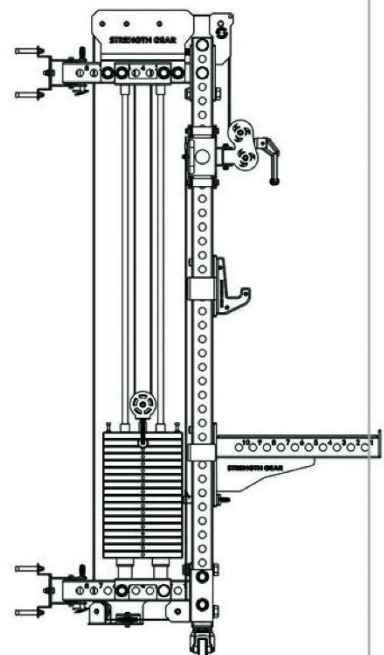
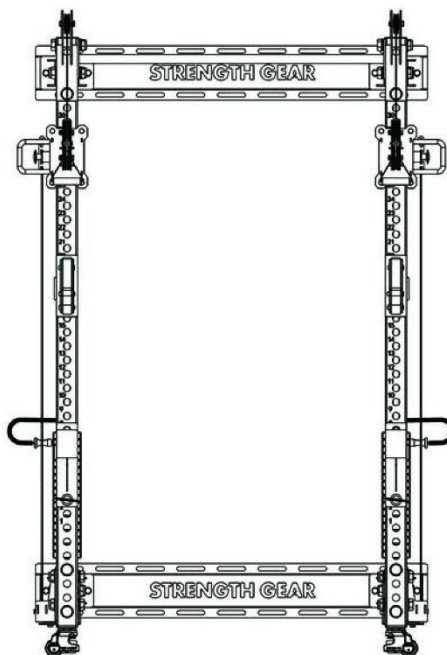
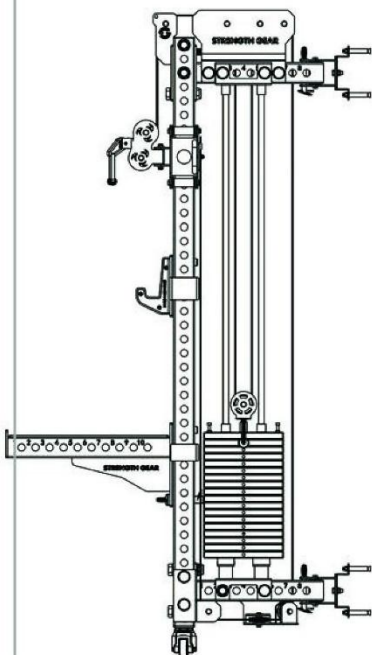
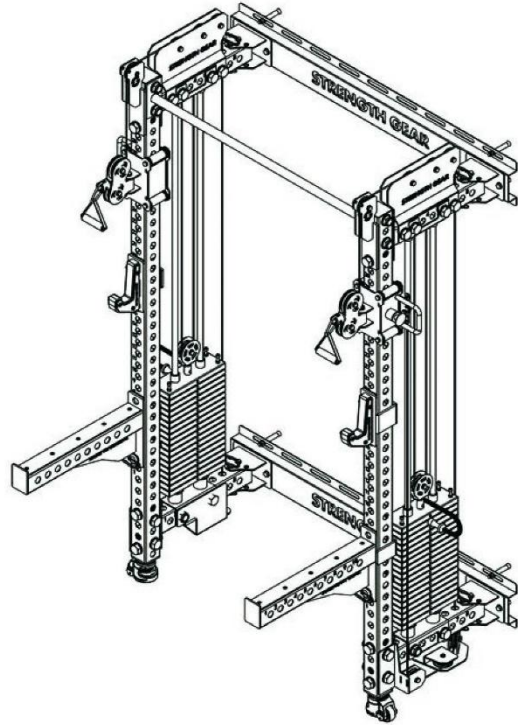
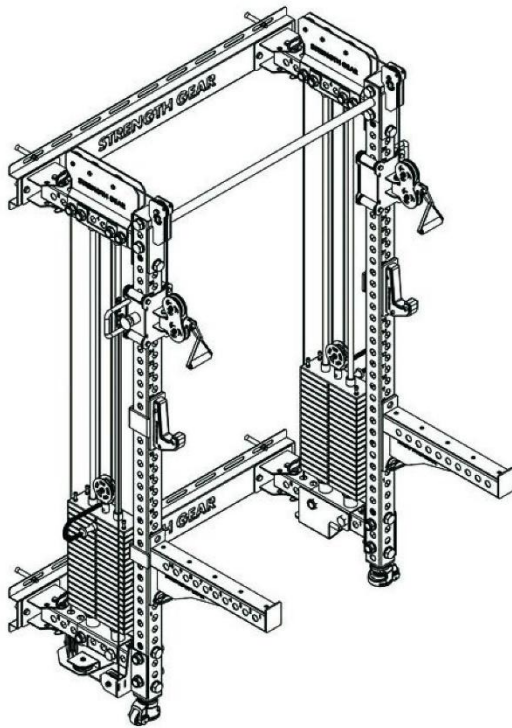
X16 M24X110



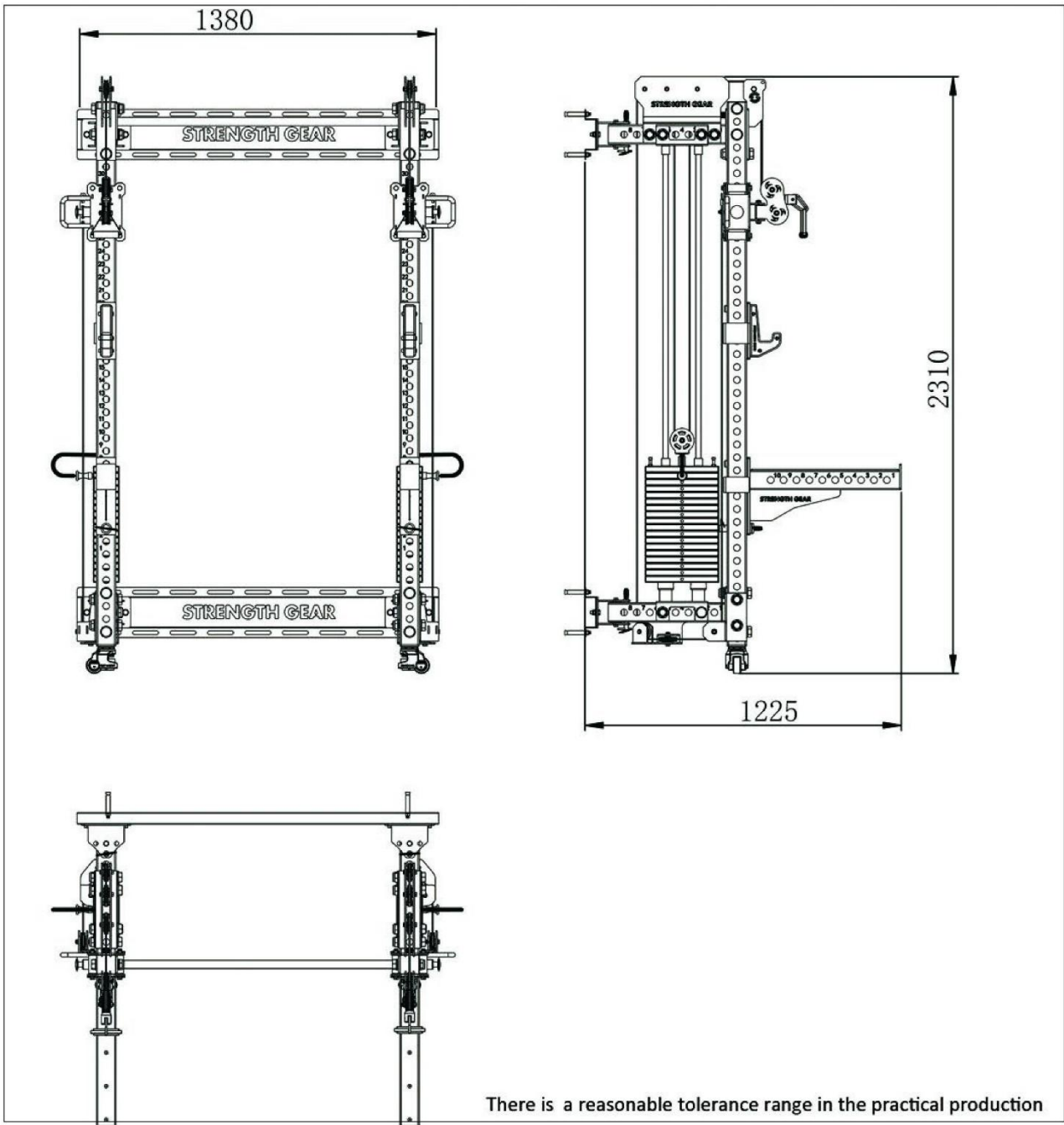
EXPLODED DIAGRAM



ASSEMBLY DIAGRAM



WARRANTY



WARRANTY

LIFETIME WARRANTY ON FRAME AND 2 YEAR WARRANTY ON MOVING PARTS

This warranty applies to first owners and does not cover second-hand equipment or re-sold equipment. This warranty covers only failures due to defects in structural, cables and pulleys and workmanship that occur during regular exercise use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, misapplication, alteration or improper assembly of the product.