



FRENCH FITNESS

FF-WMRFT21

**FRENCH FITNESS WALL MOUNTED RACK
FUNCTIONAL TRAINER 2:1 (NEW)**

ASSEMBLY MANUAL



FEATURES

- Brand: French Fitness
- Wall-mounted rack and functional trainer in one system
- 2:1 pulley ratio for a lighter handle feel and longer cable travel
- 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-WMRFT21
- Mounting: Wall-mounted only
- Material: 11-Gauge Steel
- Steel Tube Size: 75 mm x 75 mm x 3 mm
- Inner Cage Width: 43" (110 cm)
- Dimensions: 54.3" W x 48.2" L x 90.9" H (1380 x 1225 x 2310 mm)

Cable / Pulley System

- 2:1 pulley ratio for lighter handle feel and longer cable travel
- Dual adjustable pulleys for flys, crossovers, presses, rows, curls, and accessory work
- Smooth cable travel for controlled, repeatable reps across a wide range of motion

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 the 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: 2:1
- Pulley Cables Weight Rating: 2205 lbs (1000 kg)
- Cable Type: Steel wire, 4.8 mm diameter, 7×19 strand
- Bearing Type: Roller Bearing
- Weight Stack: 198 lbs (90 kg) Dual Weight Stacks (396 lbs combined)
- Weight Stack Increment: (9) 22 lbs (10 kg) Weight Plates (each side)

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.

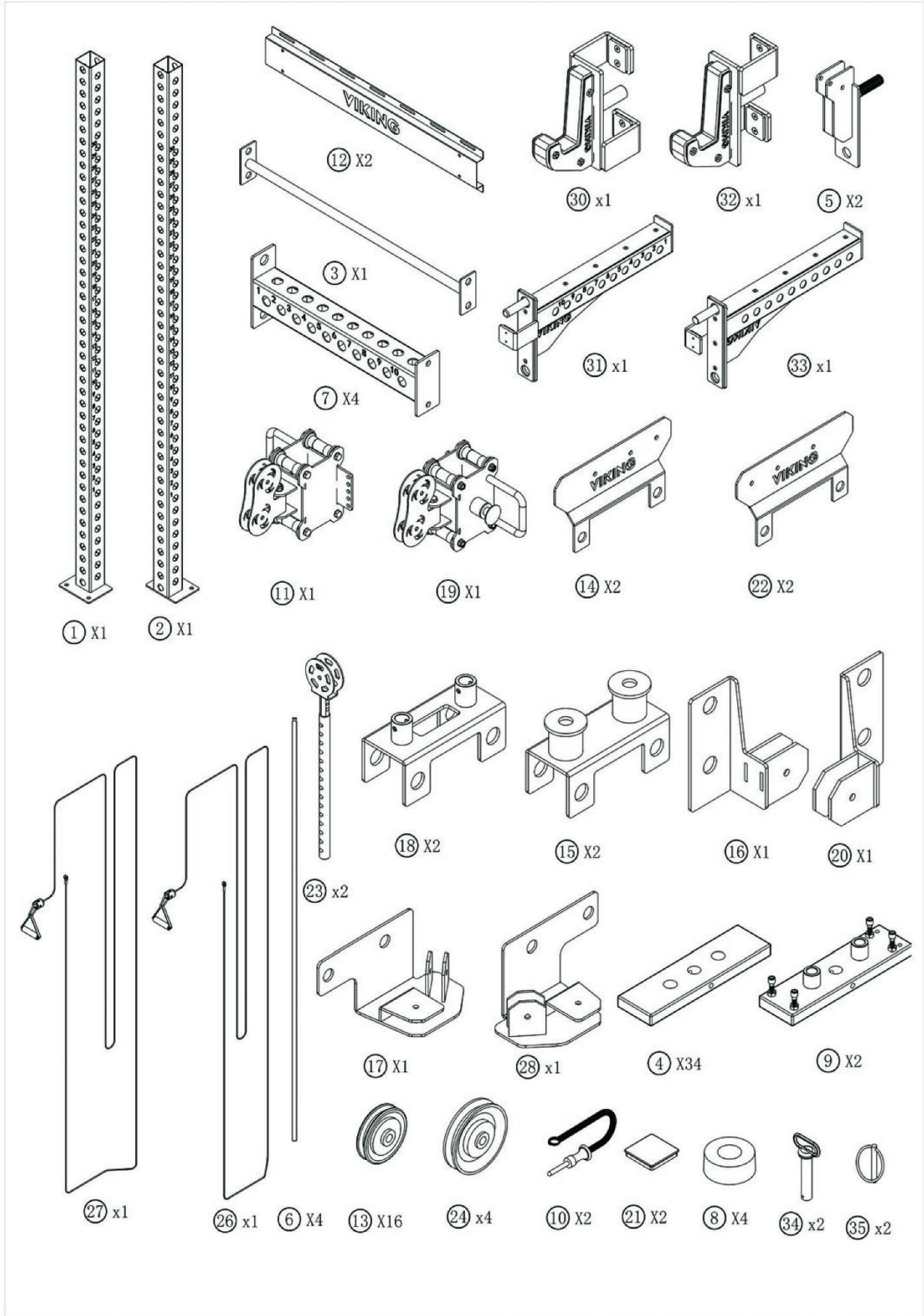
STRENGTH GEAR ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

PARTS/HARDWARE LIST

ITEM NO.	PARTS	SPECIFICATION	UNIT	QTY	MARKS
1	LEFT UPRIGHT	75×75×2300mm	PCS	1	
2	RIGHT UPRIGHT	75×75×2300mm	PCS	1	
3	PULL UP BAR		PCS	1	
4	WEIGHT STACKS	5KG	PCS	34	
5	FRONT PULL BOX SUPPORT		PCS	2	
6	WEIGHT STACK GUIDE ROD		PCS	4	
7	STRINGER		PCS	4	
8	WEIGHT STACKS RUBBER WASHER	φ 25mm	PCS	4	
9	FIRST WEIGHT STACKS		PCS	2	
10	WEIGHT STACK SELECTED PINS		PCS	2	
11	FUNCTIONAL TRAINER PULLEY BOX	RIGHT	PCS	1	
12	WALL MOUNTED PLATE		PCS	2	
13	ALUMINUM PULLEY	φ 70mm	PCS	16	
14	PULLEY FIXED BRACKET	RIGHT	PCS	2	
15	BOTTOM WEIGHT STACK GUIDE ROD FIXED BRACKET		PCS	2	
16	PULLEY FIXED BRACKET	RIGHT BOTTOM	PCS	1	
17	MIDDLE PULLEY FIXED BRACKET	RIGHT MIDDLE	PCS	1	
18	UPPER WEIGHT STACK GUIDE ROD FIXED BRACKET		PCS	2	
19	FUNCTIONAL TRAINER PULLEY BOX	LEFT	PCS	1	
20	PULLEY FIXED BRACKET	LEFT BOTTOM	PCS	1	
21	INNER PLUG		PCS	2	
22	PULLEY FIXED BRACKET	LEFT	PCS	1	
23	WEIGHT STACK SELECTED BAR		PCS	2	
24	ALUMINUM PULLEY	φ 90mm	PCS	4	
25	HEX NUTS&BOLTS	M10×45mm	PCS	20	
26	CABLES	RIGHT	PCS	1	
27	CABLES	LEFT	PCS	1	
28	PULLEY FIXED BRACKET	LEFT MIDDLE	PCS	1	
29	HEX NUTS&BOLTS	M24×110mm	PCS	26	
30	LEFT J CUP		PCS	1	
31	LEFT SAFETY SPOTTER		PCS	1	
32	RIGHT J CUP		PCS		
33	RIGHT SAFETY SPOTTER		PCS	1	
34	RED PIN		PCS	2	
35	RED PIN RING		PCS	2	
36	HEX NUTS&BOLTS	M12×30mm	PCS	8	
37	WXPANSION BOLTS	M12×110mm	PCS	8	
38	HEX NUTS&BOLTS	M10×20mm	PCS	2	

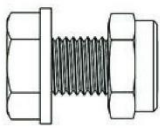
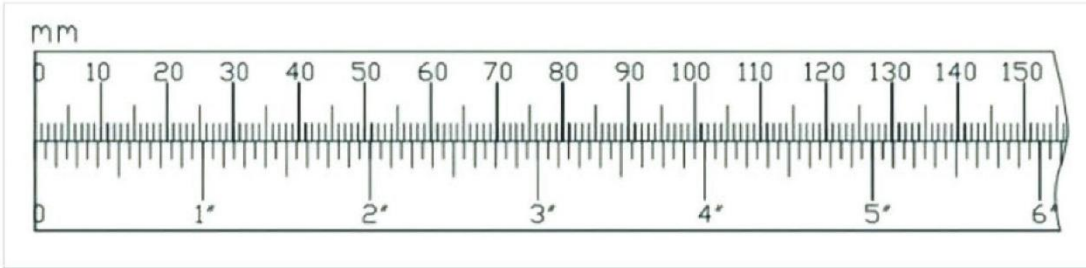
PART IDENTIFICATION

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

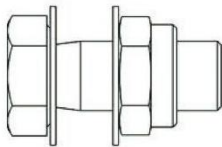


PART IDENTIFICATION

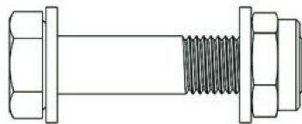
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③⑧ X2



③⑥ X8



②⑤ X20

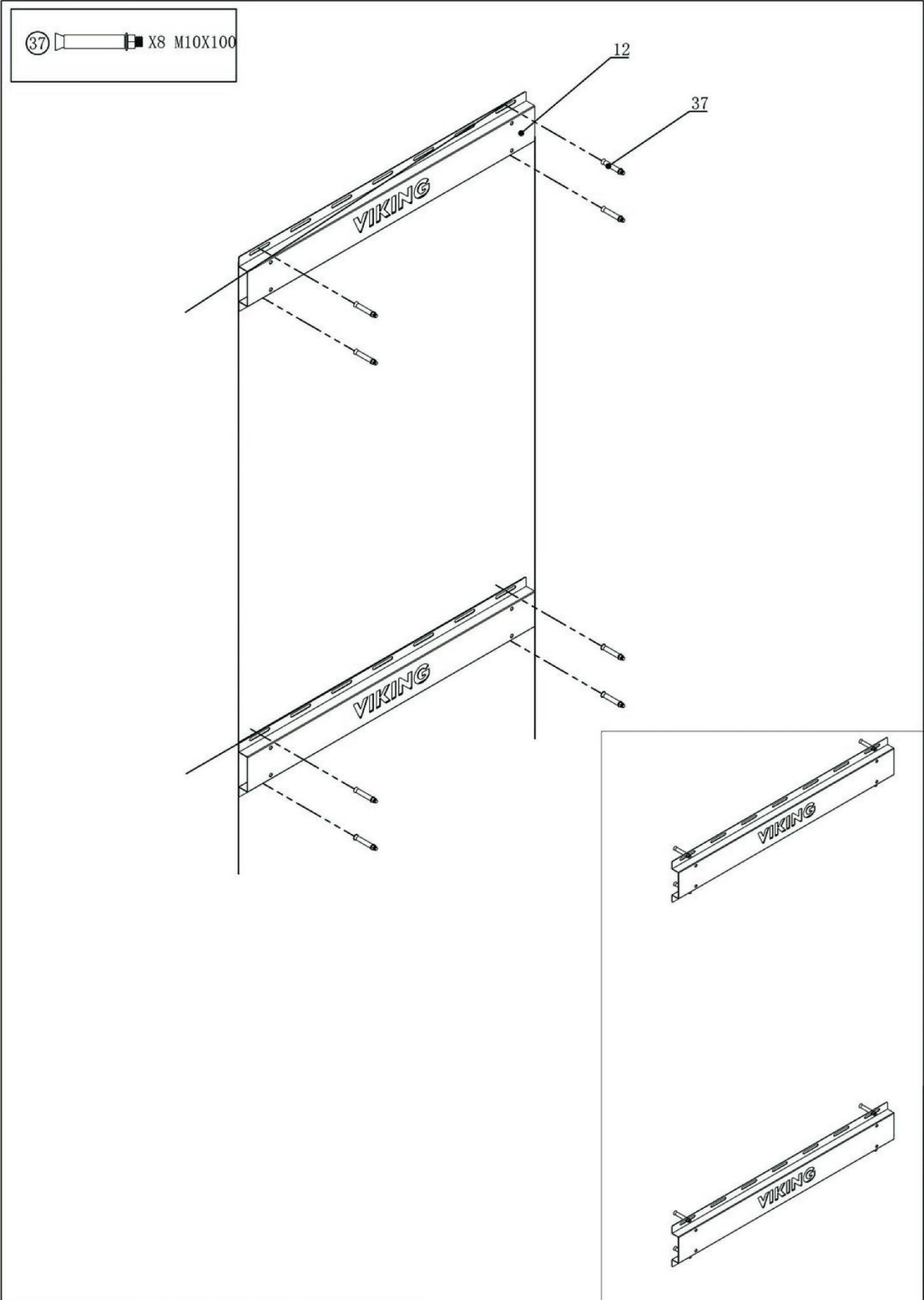


②⑨ X26



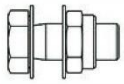
③⑦ X8

ASSEMBLY STEPS 1

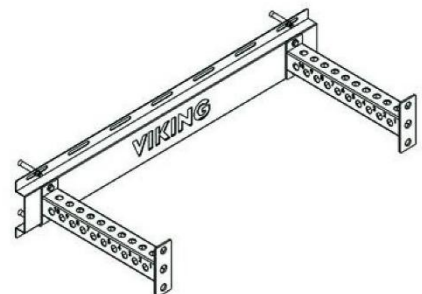
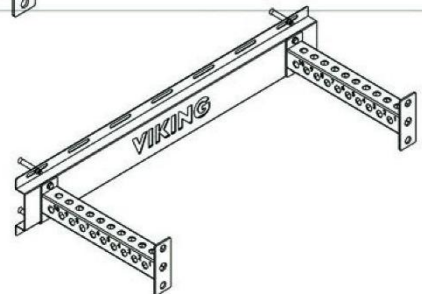
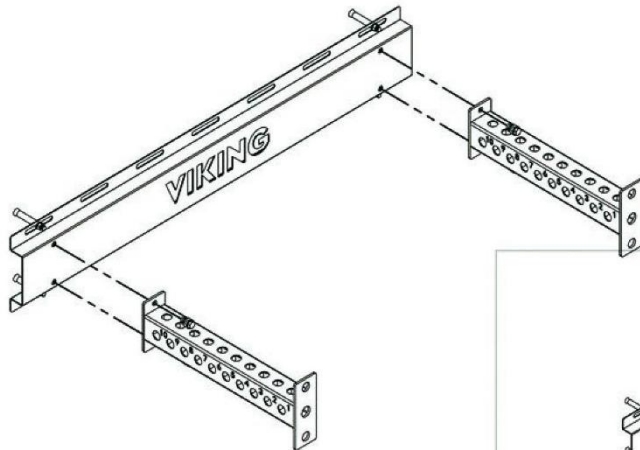
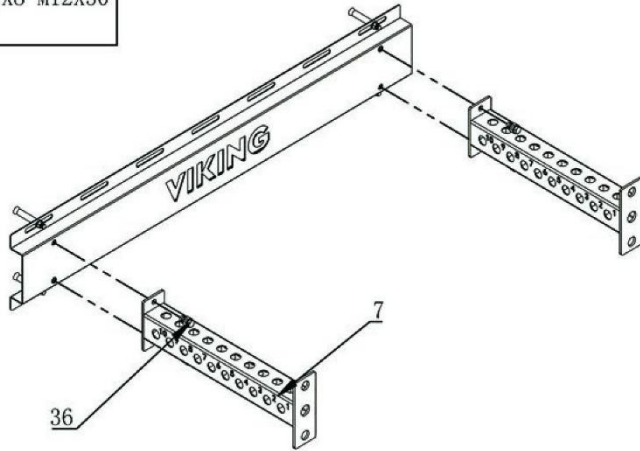


ASSEMBLY STEPS 2

36

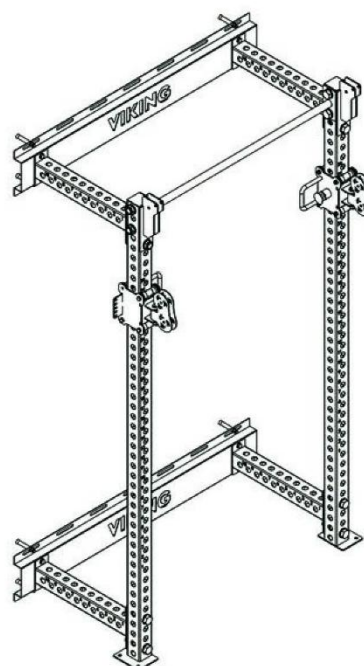
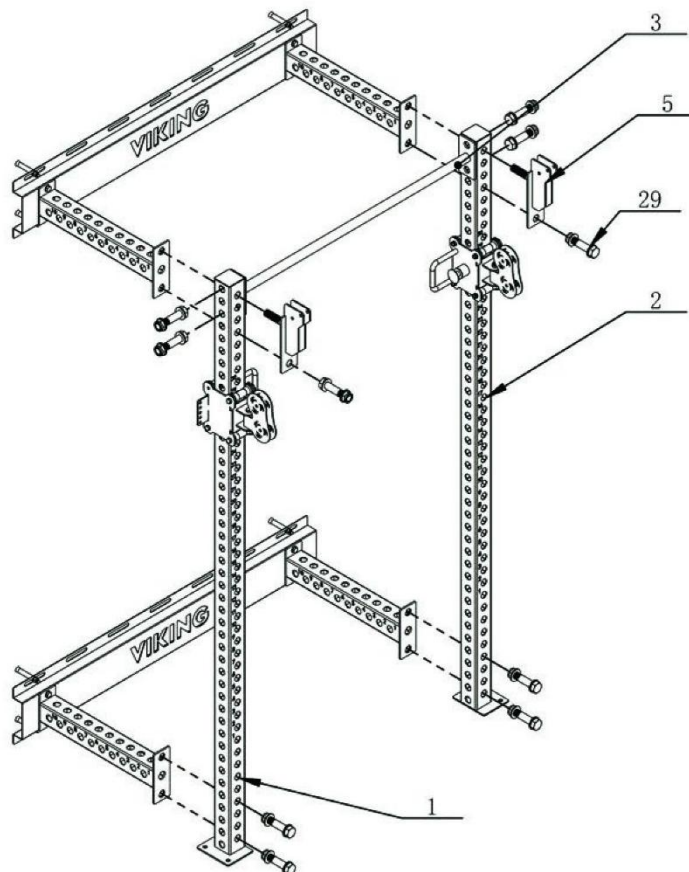


X8 M12X30

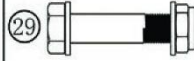
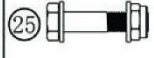


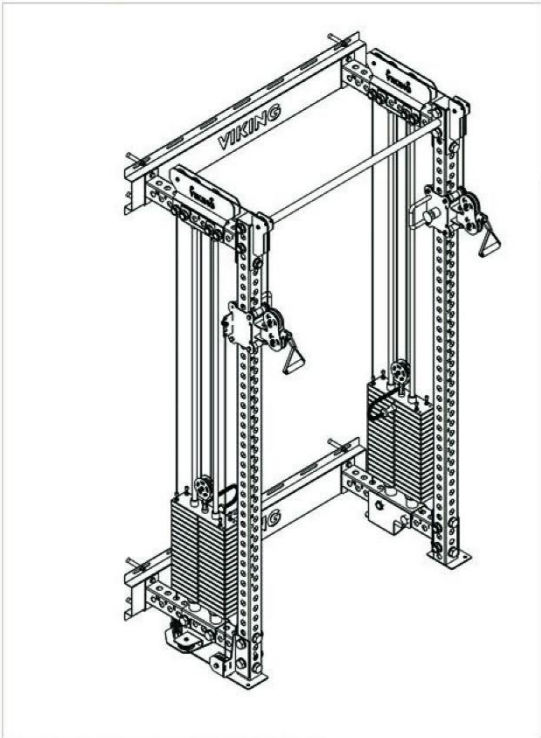
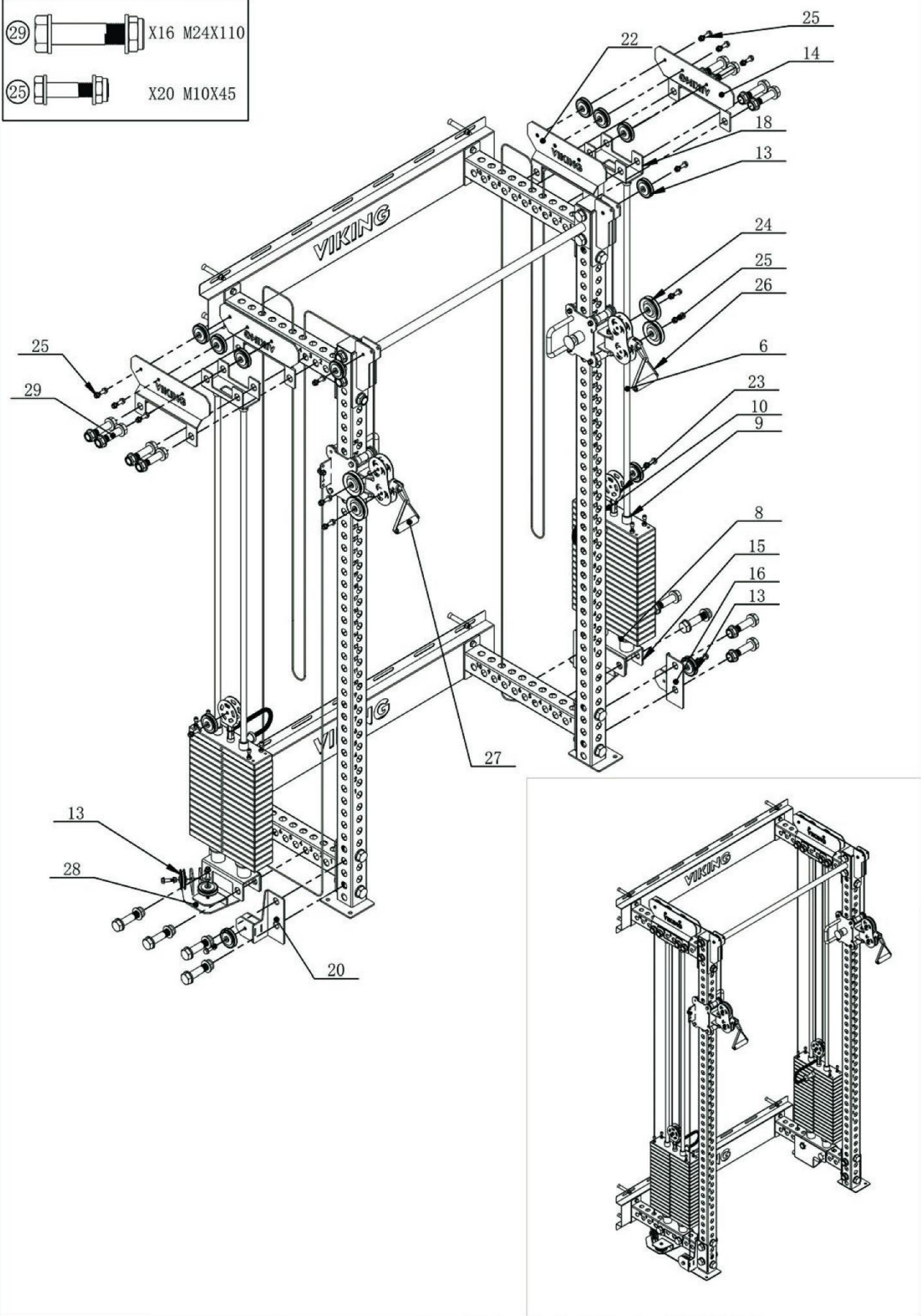
ASSEMBLY STEPS 3

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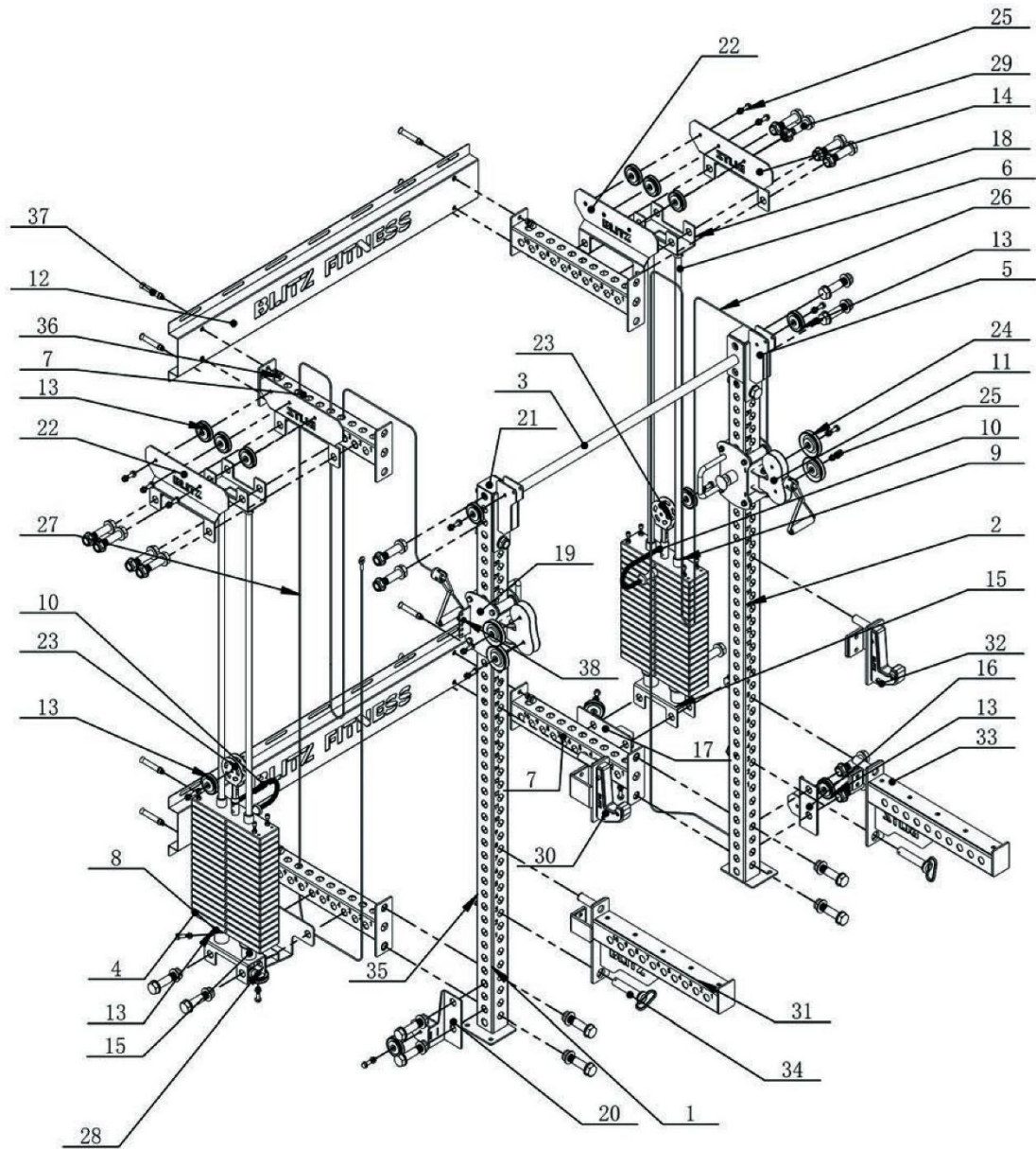


ASSEMBLY STEPS 4

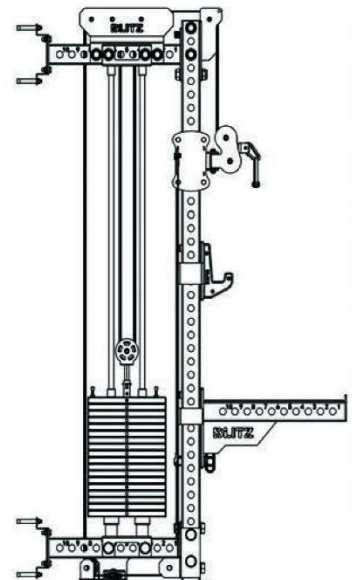
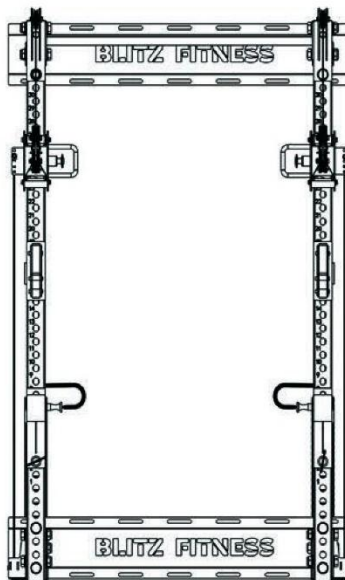
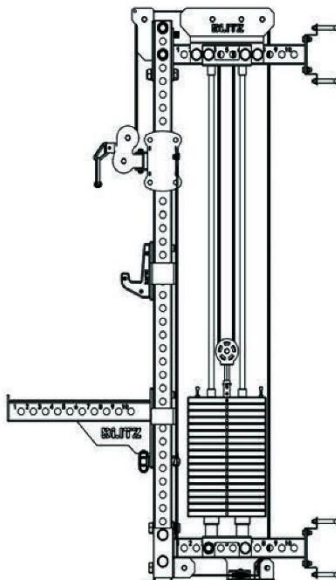
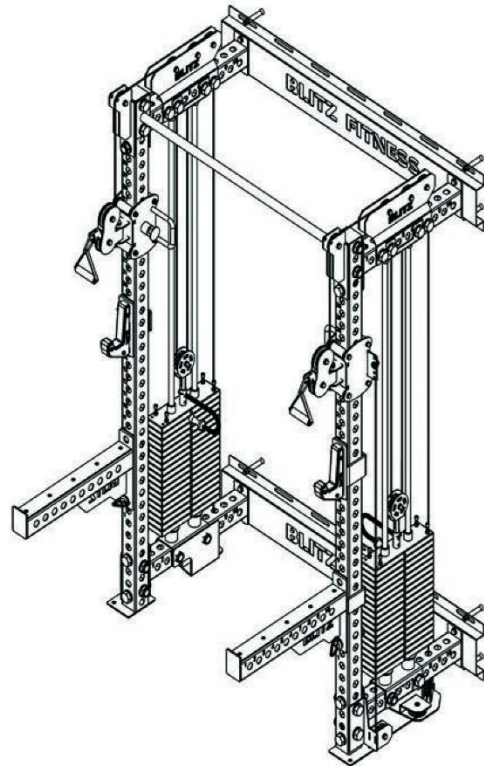
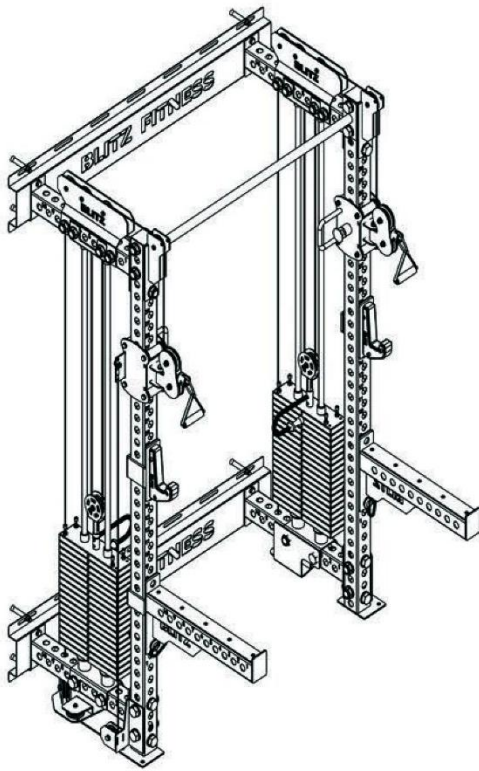
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X16 M24X110
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X20 M10X45



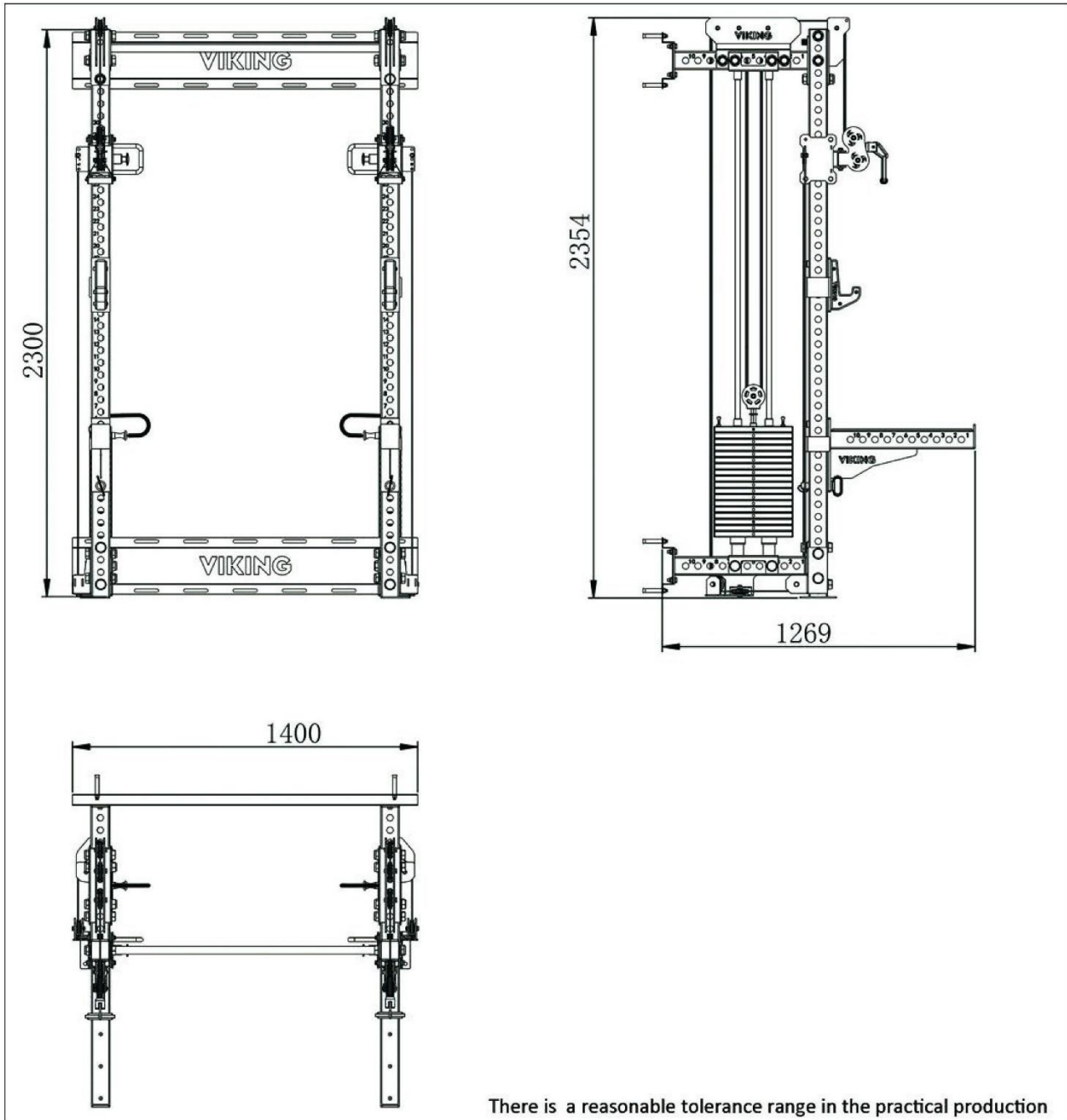
EXPLODED DIAGRAM



ASSEMBLY DIAGRAM



WARRANTY



There is a reasonable tolerance range in the practical production

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.