

FRENCH FITNESS

FF-X20

**FRENCH FITNESS X20 4 STATION FUNCTIONAL
TRAINER & HOME GYM SYSTEM (NEW)**

ASSEMBLY MANUAL



FEATURES

Brand: French Fitness

Stations Included

Station 1: Main Station with Functional Training Arms

Allows for a variety of exercises, including Lat Pulldown, Chest Press, Shoulder Press, Abdominal Crunches, Seated Rows, Leg Extensions, Standing Leg Curls, Pec Flies, Bicep Curls, and Triceps Pushdowns.

- **Weight Capacity:**

The weight stack feels heavy, at least 220 lbs, providing sufficient resistance for most average and above-average lifters.

- **Note:**

The final pin setting for maximum extension on seated rows may not be possible due to the machine's design.

Station 2: Leg Press (Seated Leg Press & Calf Station)

- **Ratio:**

1:1, meaning the max weight feels like the full 220 lbs.

- **Targeted Muscles:**

Quadriceps, gluteus maximus, hamstrings, and calves.

- **Note:**

The Leg Press is not ideal for medium to heavy lifters, as it may not accommodate higher weight requirements effectively.

Station 3: Functional Trainer / Dual Adjustable Pulley

- **Features:**

Two adjustable cable columns offering hundreds of functional training movements.

- **Weight Stack:**

Single stack of 220 lbs, divided into a 2:1 ratio (each side feels like 50 lbs).

- **Cable Reach:**

104".

Station 4: Chin Dip Assist Station

- **Functionality:**

Offers assistance for chin-ups and dips, allowing users to target upper body muscle groups, including the back, shoulders, chest, biceps, and triceps.

- **Assistance Mechanism:**

The adjustable weight stack counterbalances body weight, making these exercises more manageable for users at varying fitness levels.

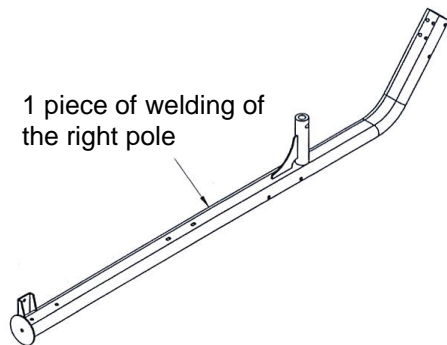
TECH SPECS

- Dimensions: 133.85"L x 98.42"W x 86.61"H (340 cm x 250 cm x 220 cm)
- Steel Frame Size: 50 mm x 100 mm
- Steel Thickness: 2 mm (14 Gauge Steel)
- Leg Kick Plate Thickness: 3 mm (11 Gauge Steel)
- Product Weight: 1256.63 lbs (570 kg)
- Shipping Weight: 1366.87 lbs (620 kg)
- 3 people can use it at the same time

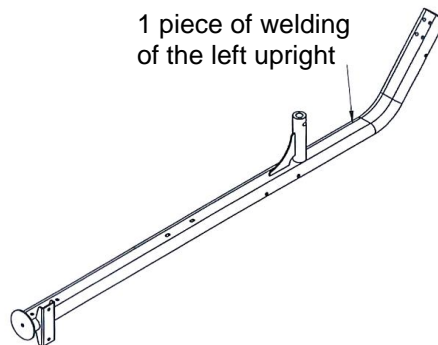
WARRANTY

- **10 Years Parts, 1 Year Labor (Home)**

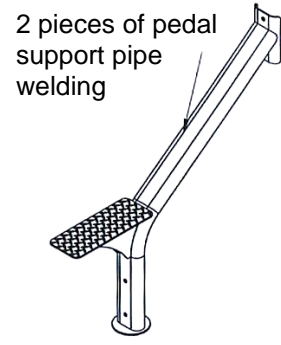
PARTS LIST



1 piece of welding of the right pole

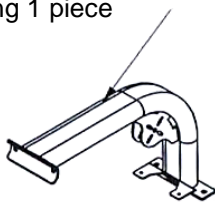


1 piece of welding of the left upright

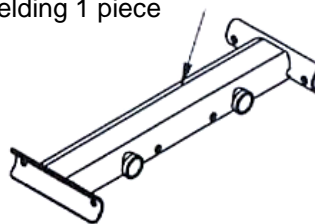


2 pieces of pedal support pipe welding

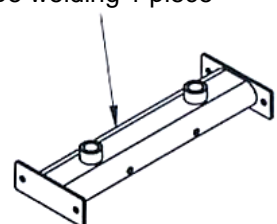
Upper connecting elbow welding 1 piece



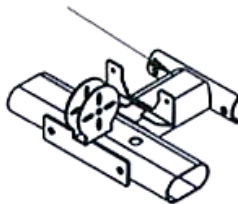
Bearing steel upper fixed pipe welding 1 piece



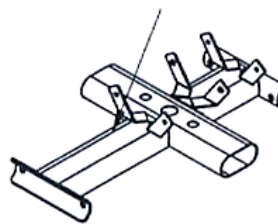
Bearing steel lower fixed pipe welding 1 piece



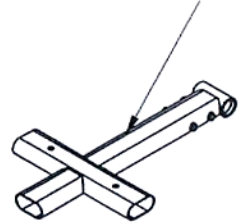
1 piece welding on the counterweight support pipe



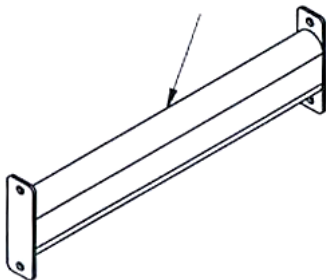
1 piece welding under the counterweight support pipe



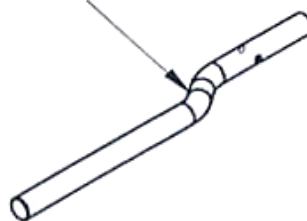
Support pad connection pipe welding 1 piece



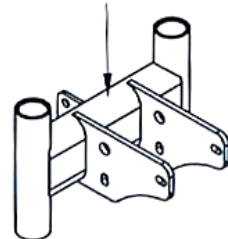
2 pieces of lower support pipe welding



2 pieces of parallel bar handles

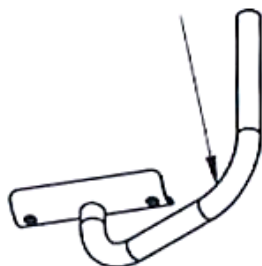


Linear bearing sleeve welding 1 piece

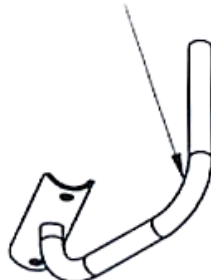


PARTS LIST

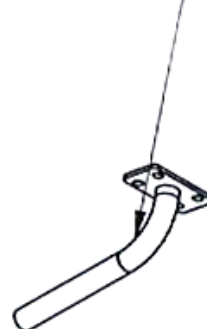
Upper handle 1 left
welding 1 piece



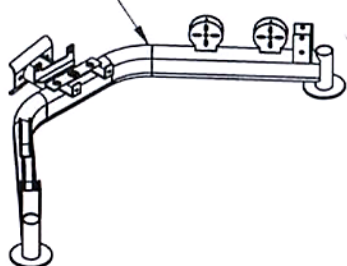
Upper handle 1 right
welded 1 piece



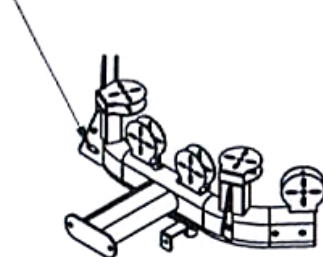
Upper handle 2 right
welded 2 pieces



Bird bottom elbow
welding 1 piece



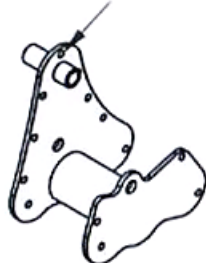
Bird upper elbow
welding 1 piece



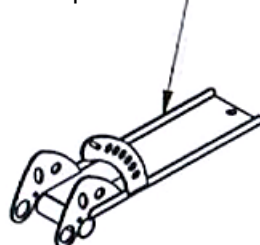
Arm adjustment bracket
welding 1 piece



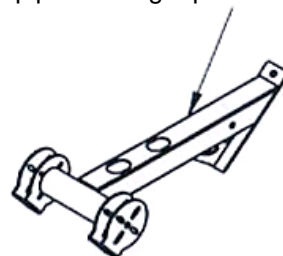
Arm connecting plate
welding 1 piece



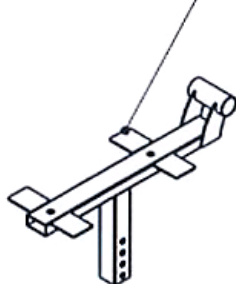
Backrest plate welding
1 piece



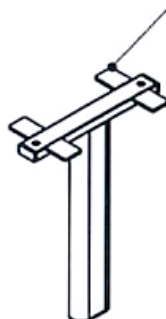
Pulley support included
pipe welding 1 piece



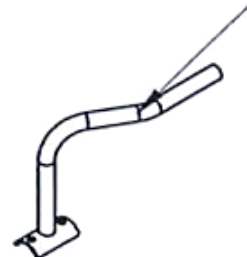
Seat adjustment tube
welding 1 piece



Backrest adjustment
pipe welding 1 piece



Leg kick handle left
welding 1 piece



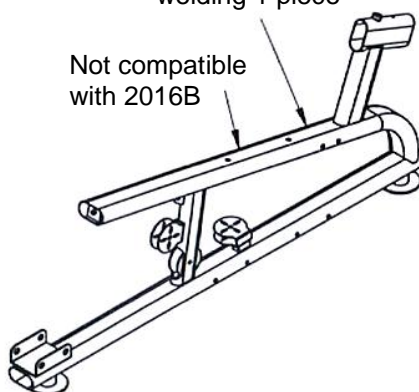
PARTS LIST

Leg kick handle right
welding 1 piece

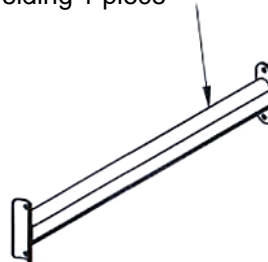


Leg kick base
welding 1 piece

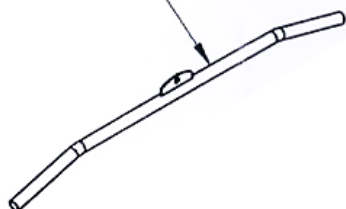
Not compatible
with 2016B



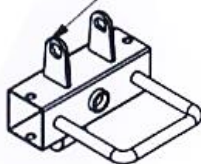
Bottom connecting pipe
welding 1 piece



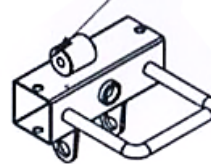
Upper tie rod welding
1 piece



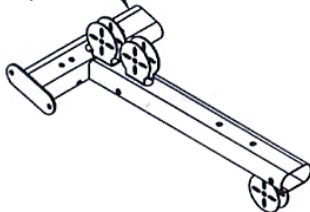
Adjusting sleeve right
welding 1 piece



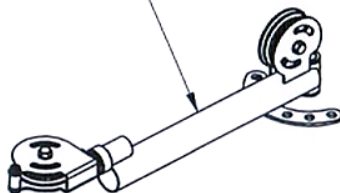
Adjusting sleeve left
welding 1 piece



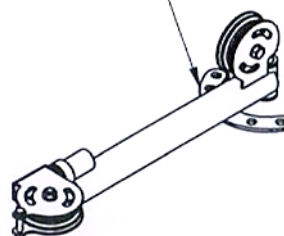
Upper beam welding
1 piece



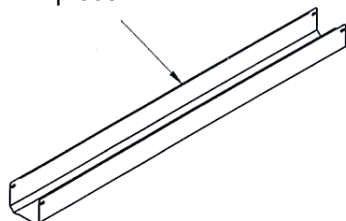
Butterfly arm right
welding 1 piece



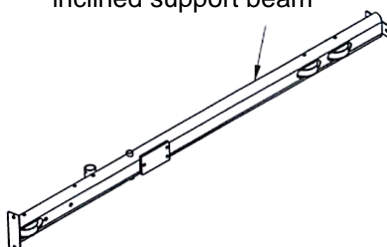
Butterfly arm left
welding 1 piece



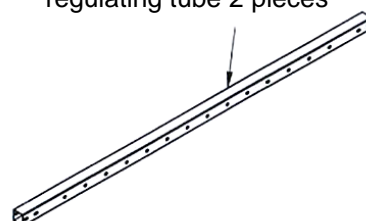
1 piece



1 piece of welding of
inclined support beam



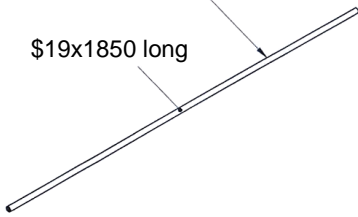
F50 stainless steel
regulating tube 2 pieces



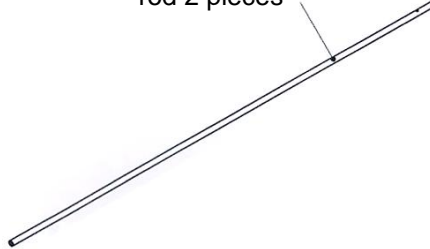
PARTS LIST

19 Guide rod welding
4 pieces

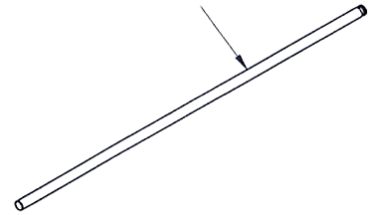
\$19x1850 long



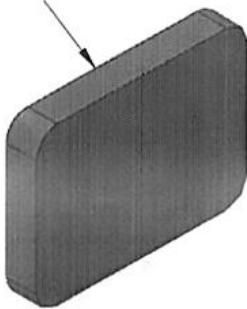
Flying Bird 19 guide
rod 2 pieces



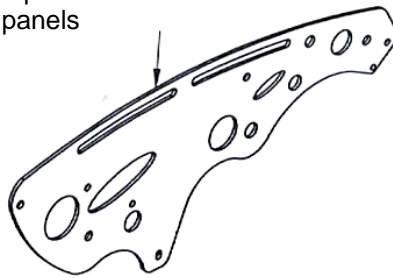
Bearing steel 2 pieces



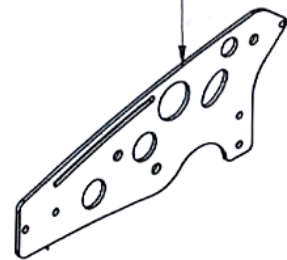
1 piece of support pad



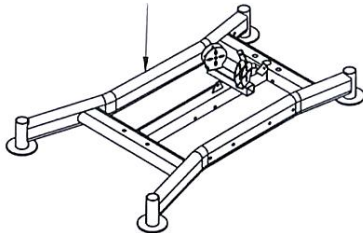
2 pieces of decorative
panels



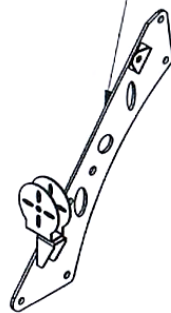
Flying bird decorative
panels 4 pieces



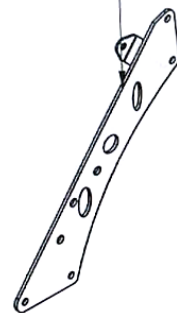
1 piece of base welding



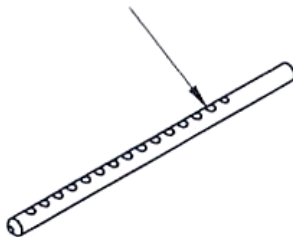
1 piece of support plate welded on
the left (not compatible with 2016B)



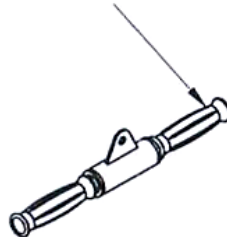
1 piece of support plate welded on
the right (not compatible with 2016B)



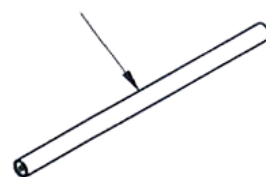
3 pieces of lifting rods



1 set of pull-down rods

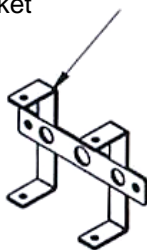


3 pieces of foam tubes



PARTS LIST

1 piece of welding of guard
fixing bracket



Nameplate bent plate 1 piece



4 double wheel frame pieces



Adjusting wheel frame
welded 3 pieces



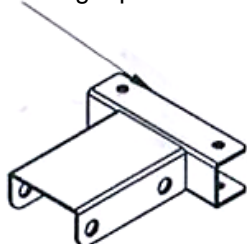
Counterweight wheel
frame welded 1 piece



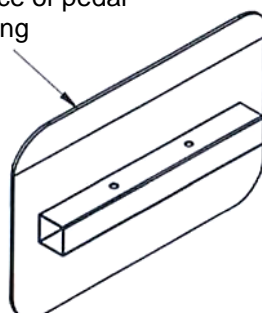
Pulley piece welding
2 pieces



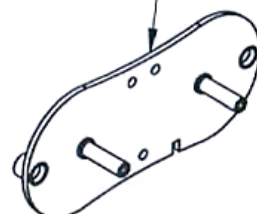
Pedal connection
block welding 1 piece



1 piece of pedal
welding



Butterfly arm fixing
plate welding 1 piece



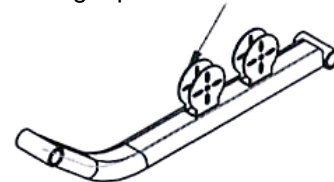
Front kick pipe welding
1 piece



Front pedal
welding 1 piece

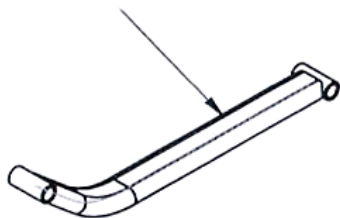


Pedal connecting pipe 1
welding 1 piece

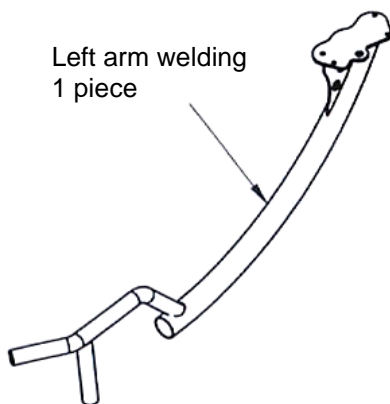


PARTS LIST

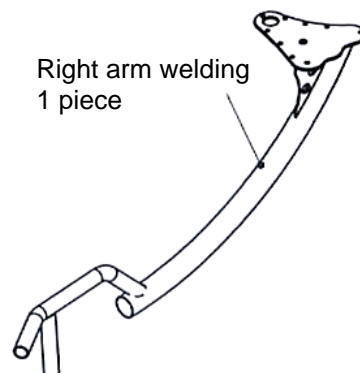
Pedal connecting pipe 2
welding 1 piece



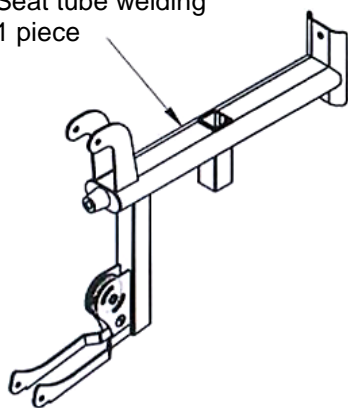
Left arm welding
1 piece



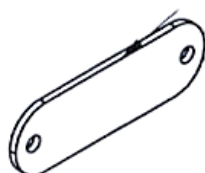
Right arm welding
1 piece



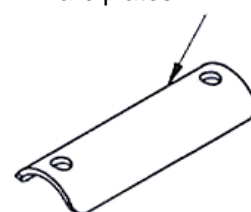
Seat tube welding
1 piece



2 pieces of
reinforcing plates



2 pieces of reinforcing
arc plates



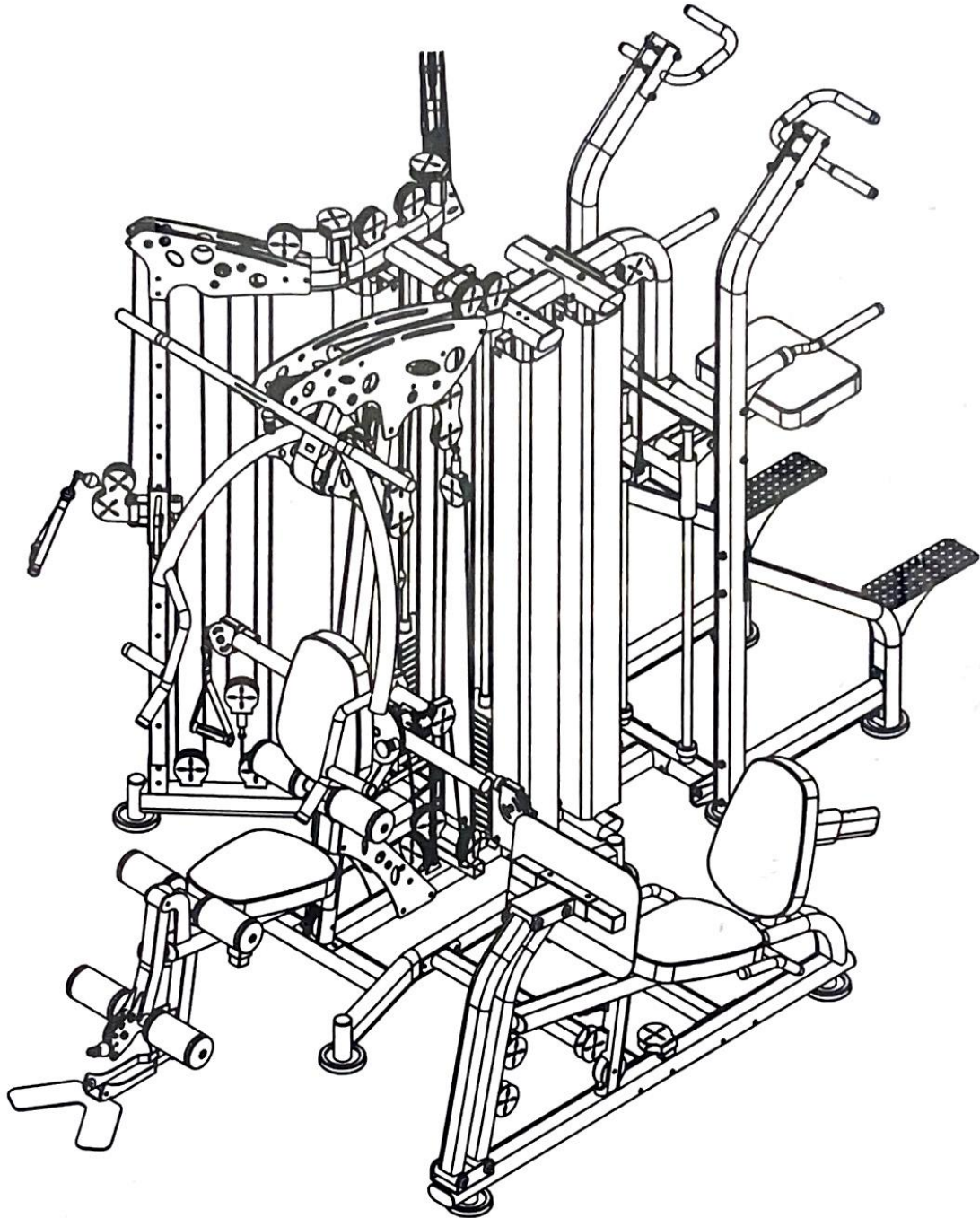
Seat cushions
4 pieces



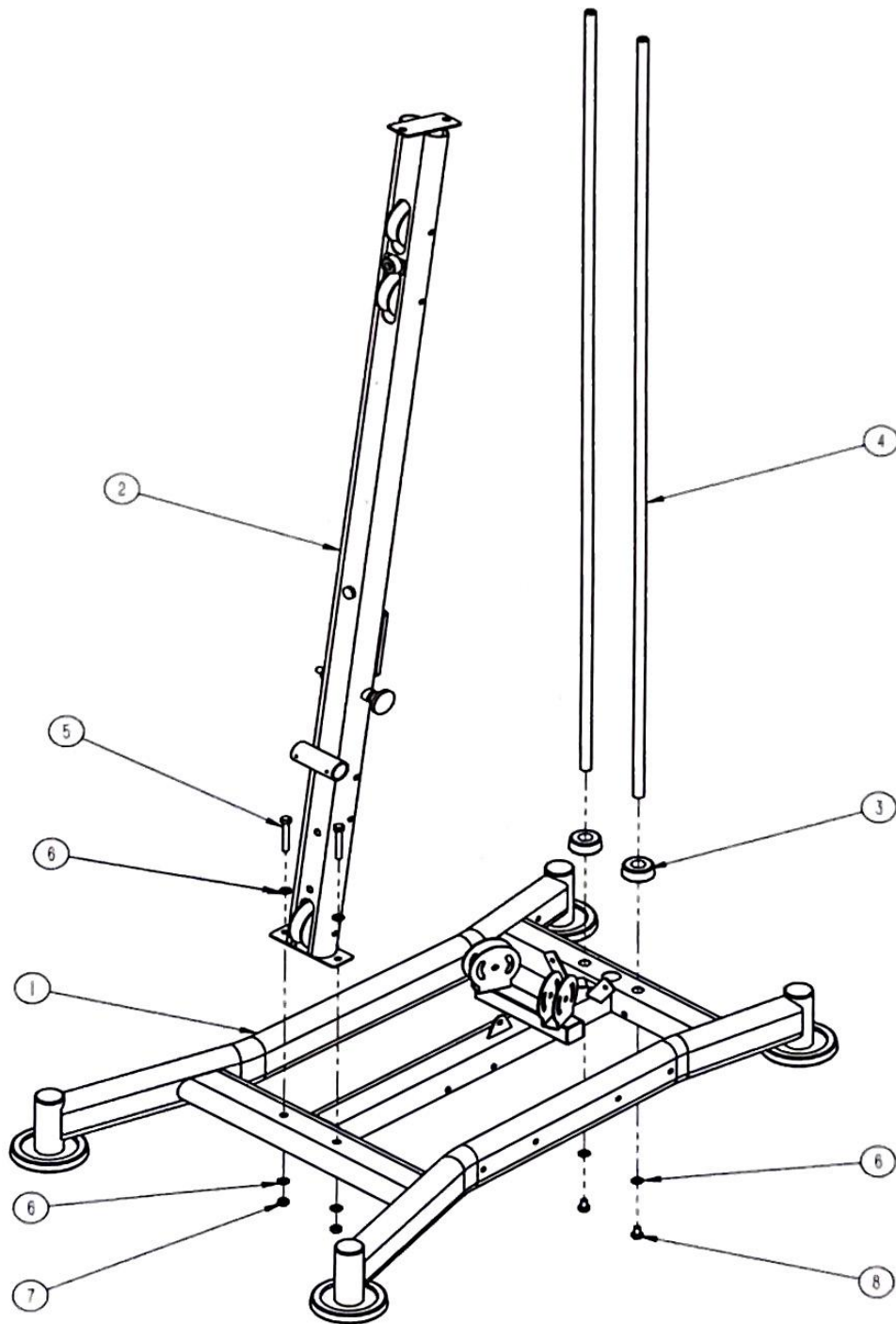
Foam 6 pieces with
leather covers



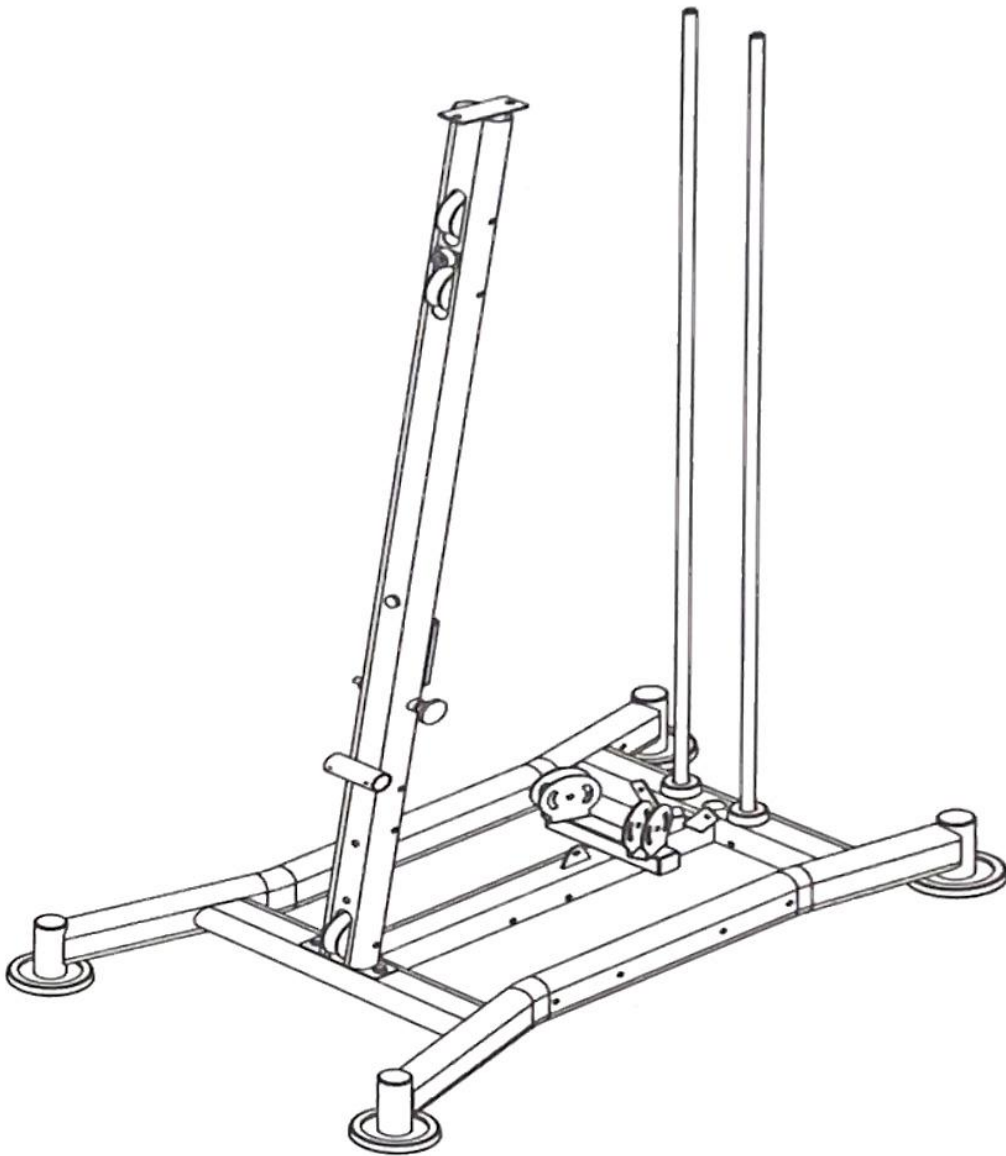
ASSEMBLY STEPS



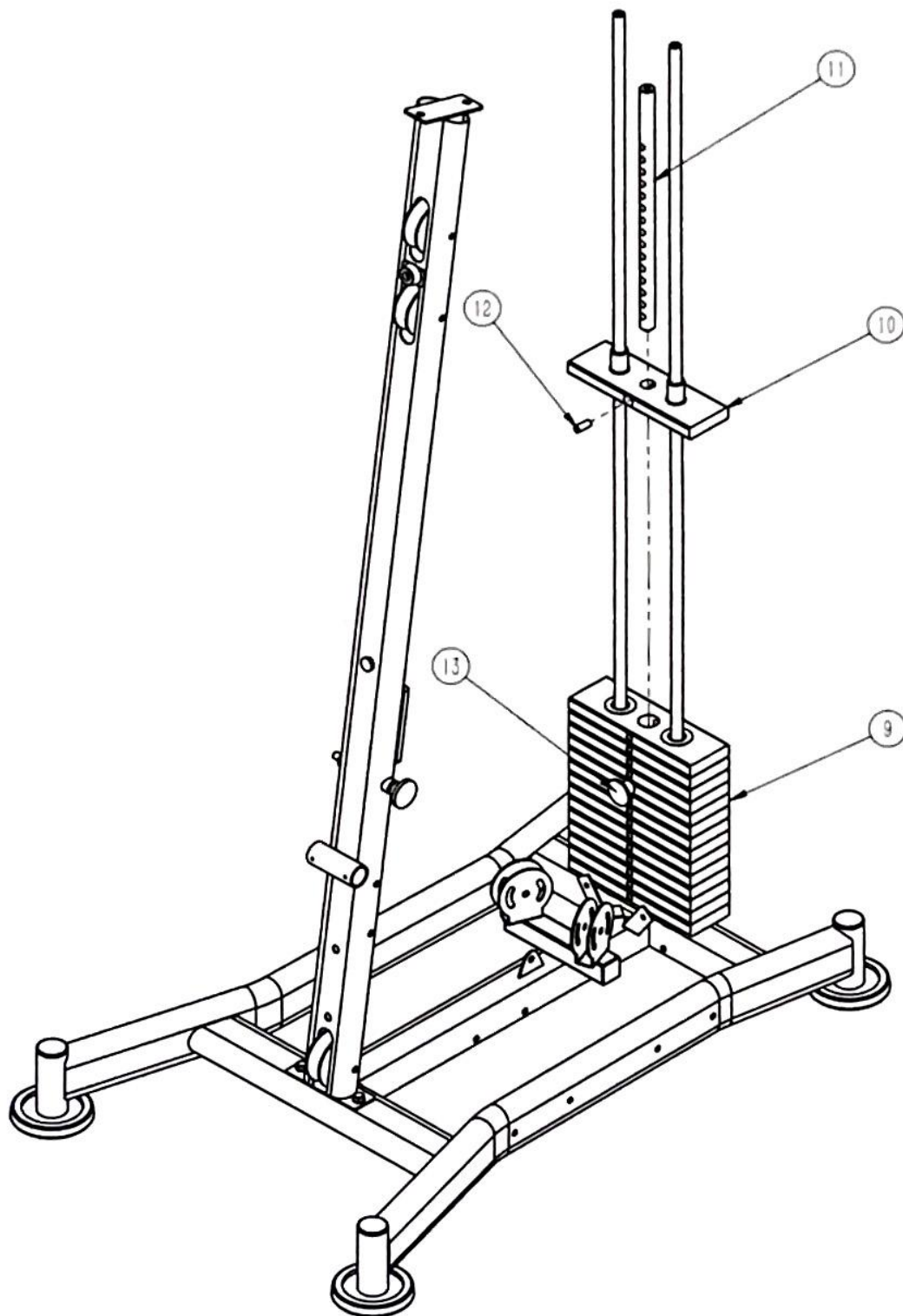
ASSEMBLY STEPS



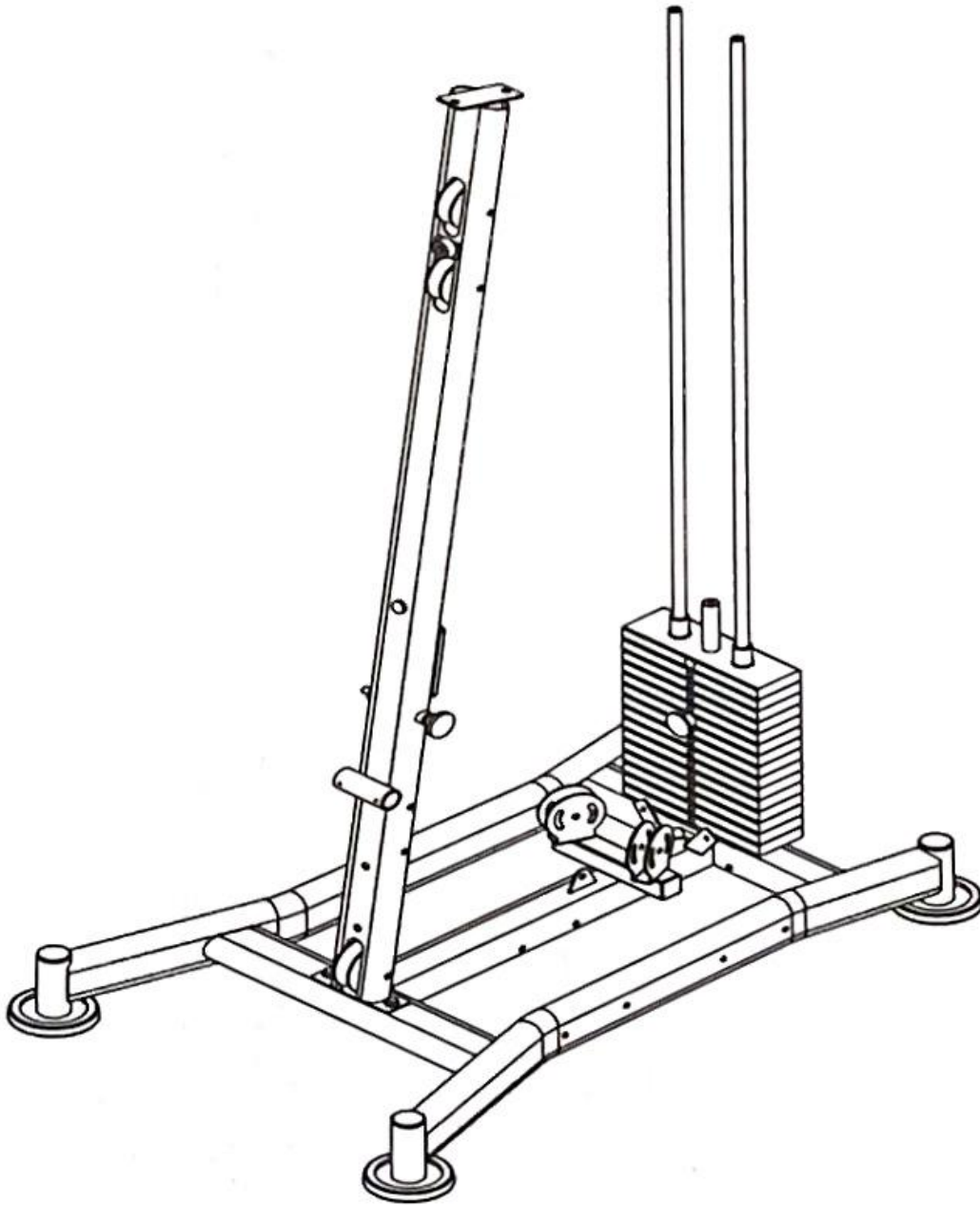
ASSEMBLY STEPS



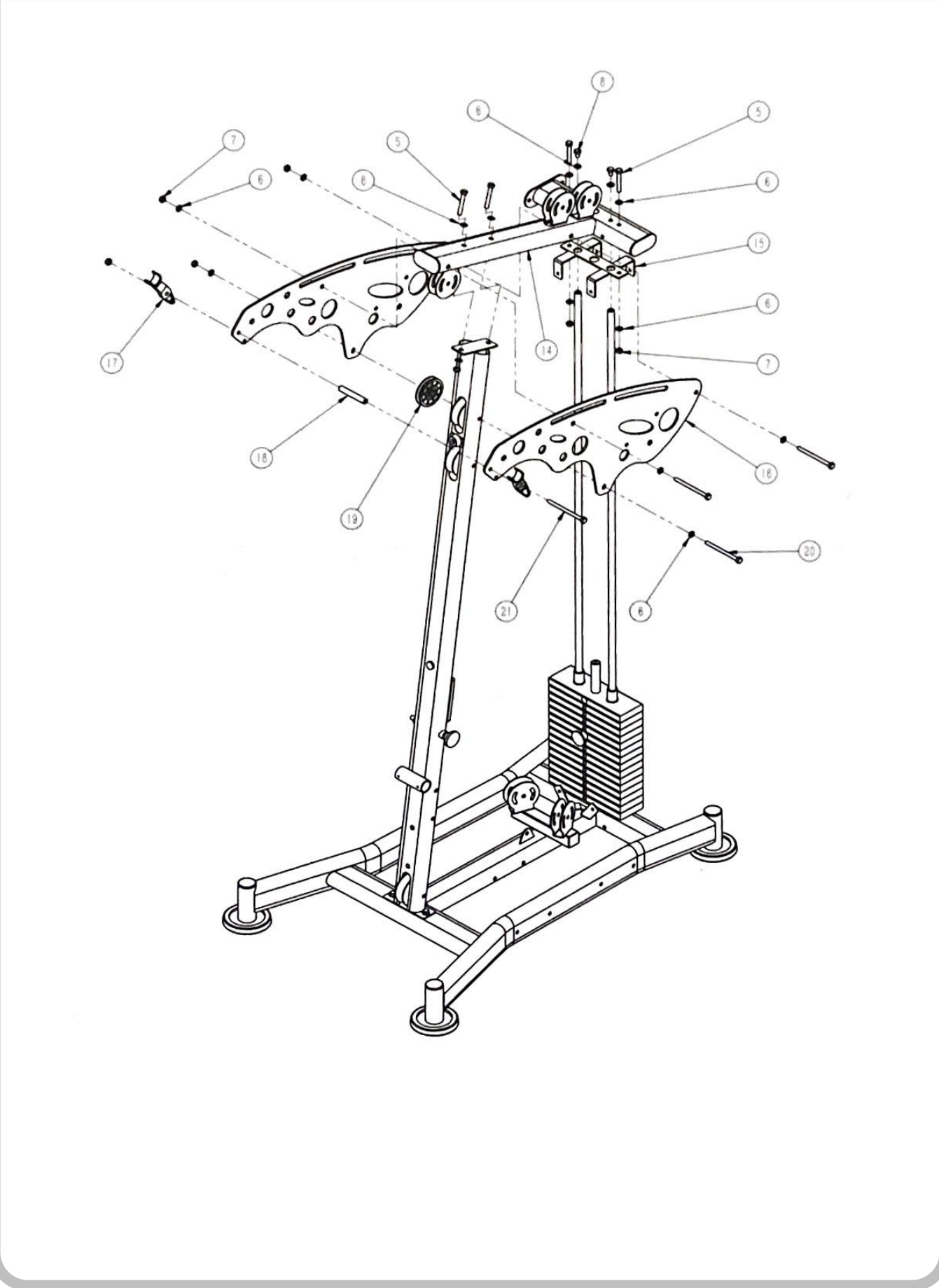
ASSEMBLY STEPS



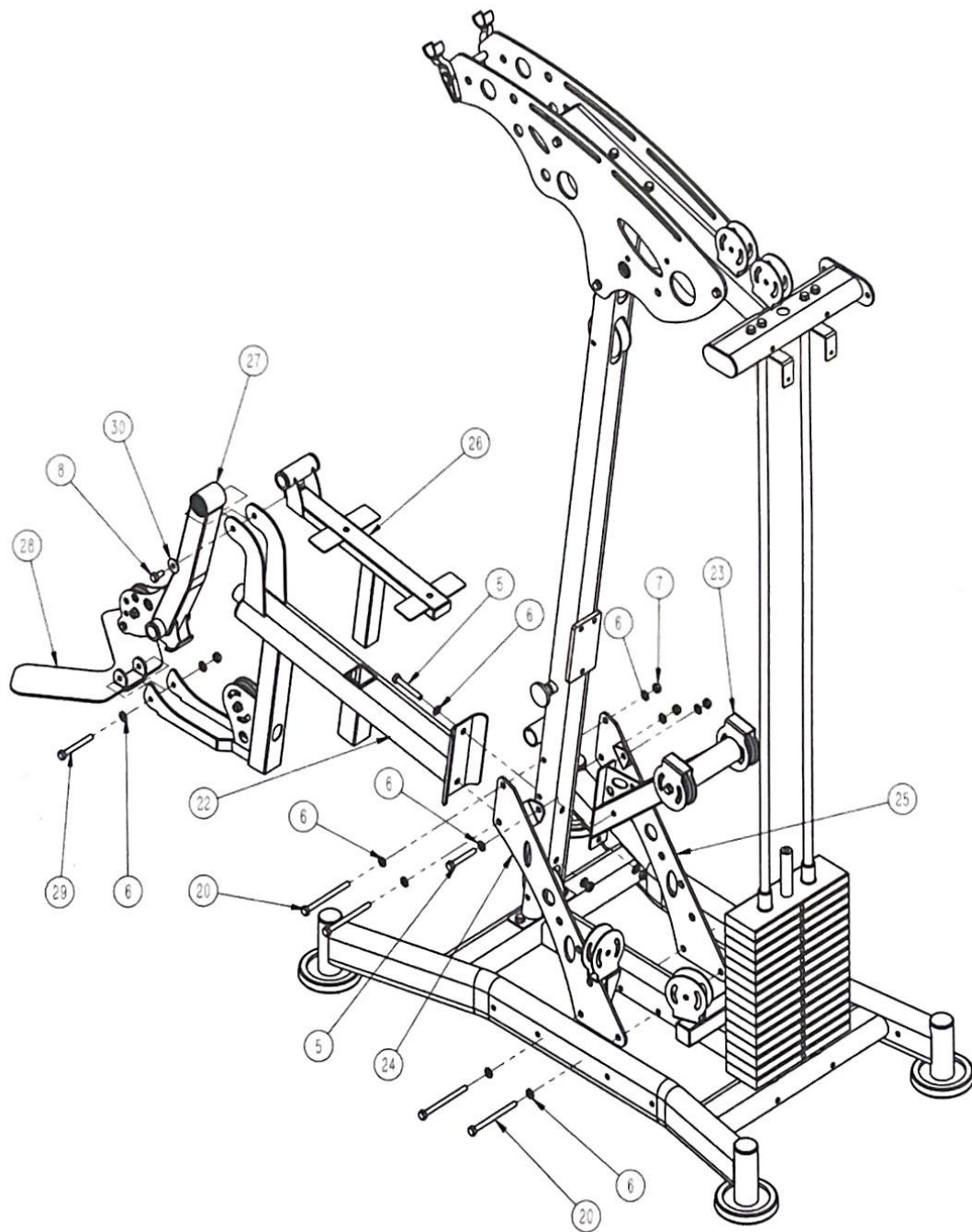
ASSEMBLY STEPS



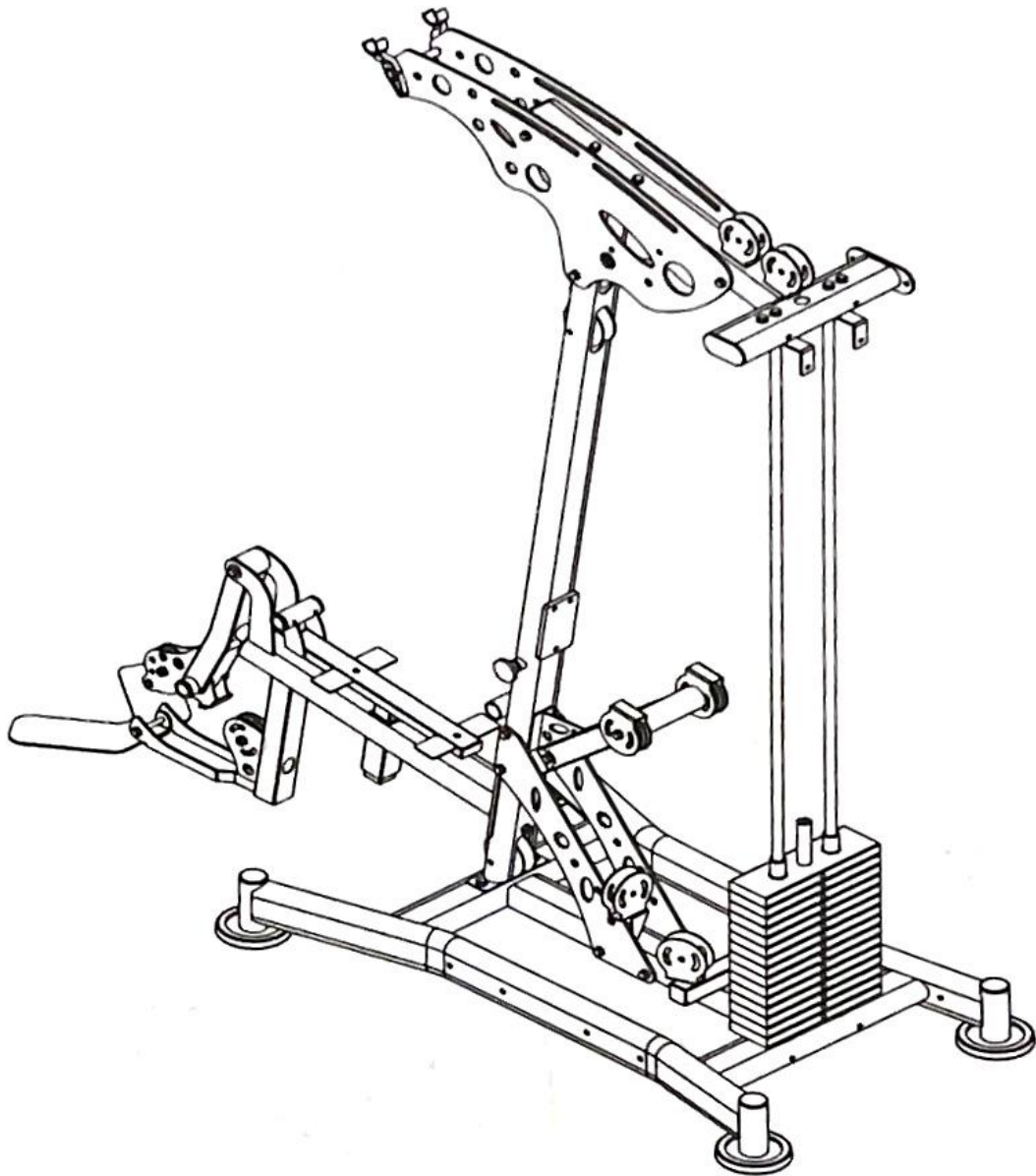
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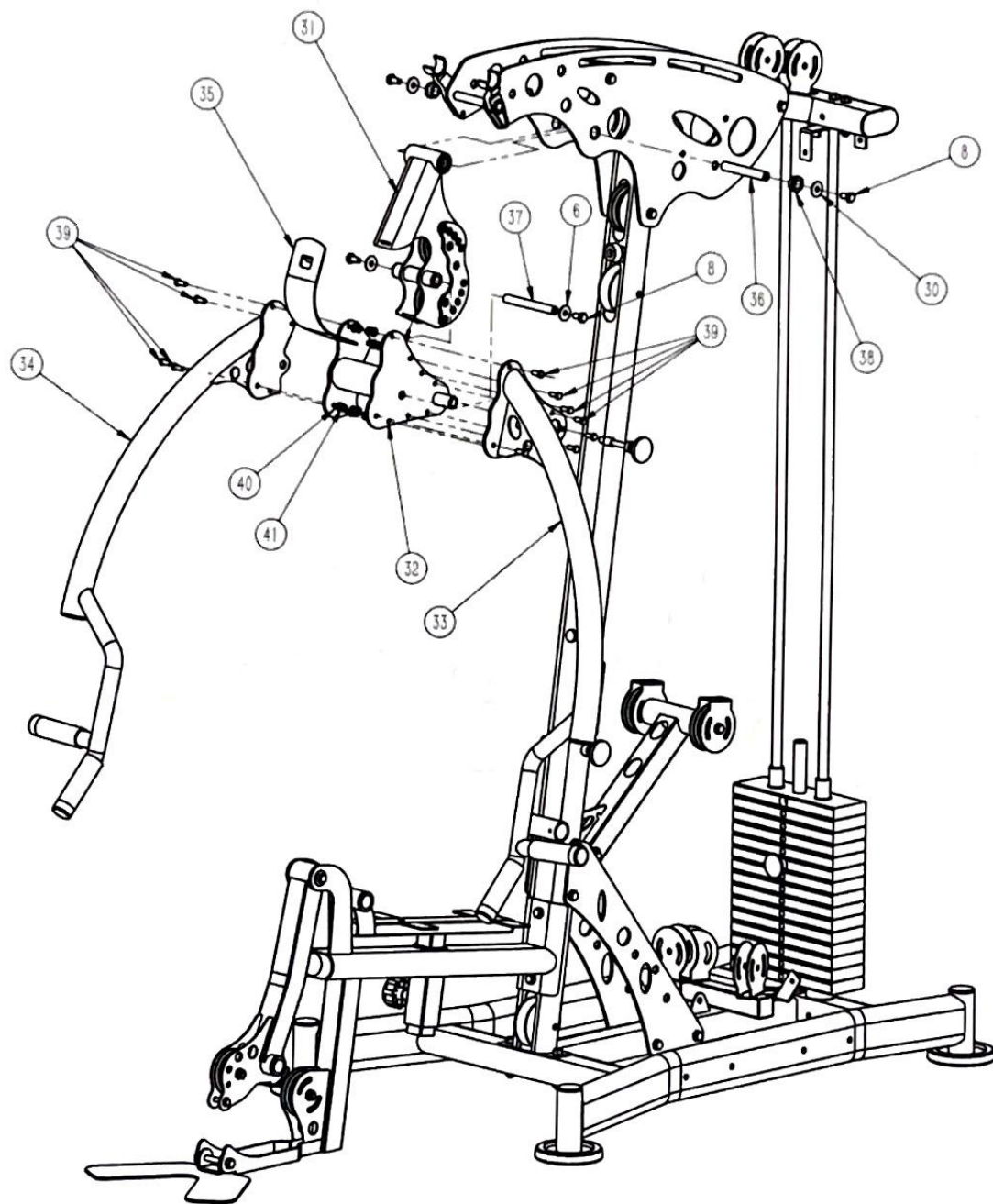
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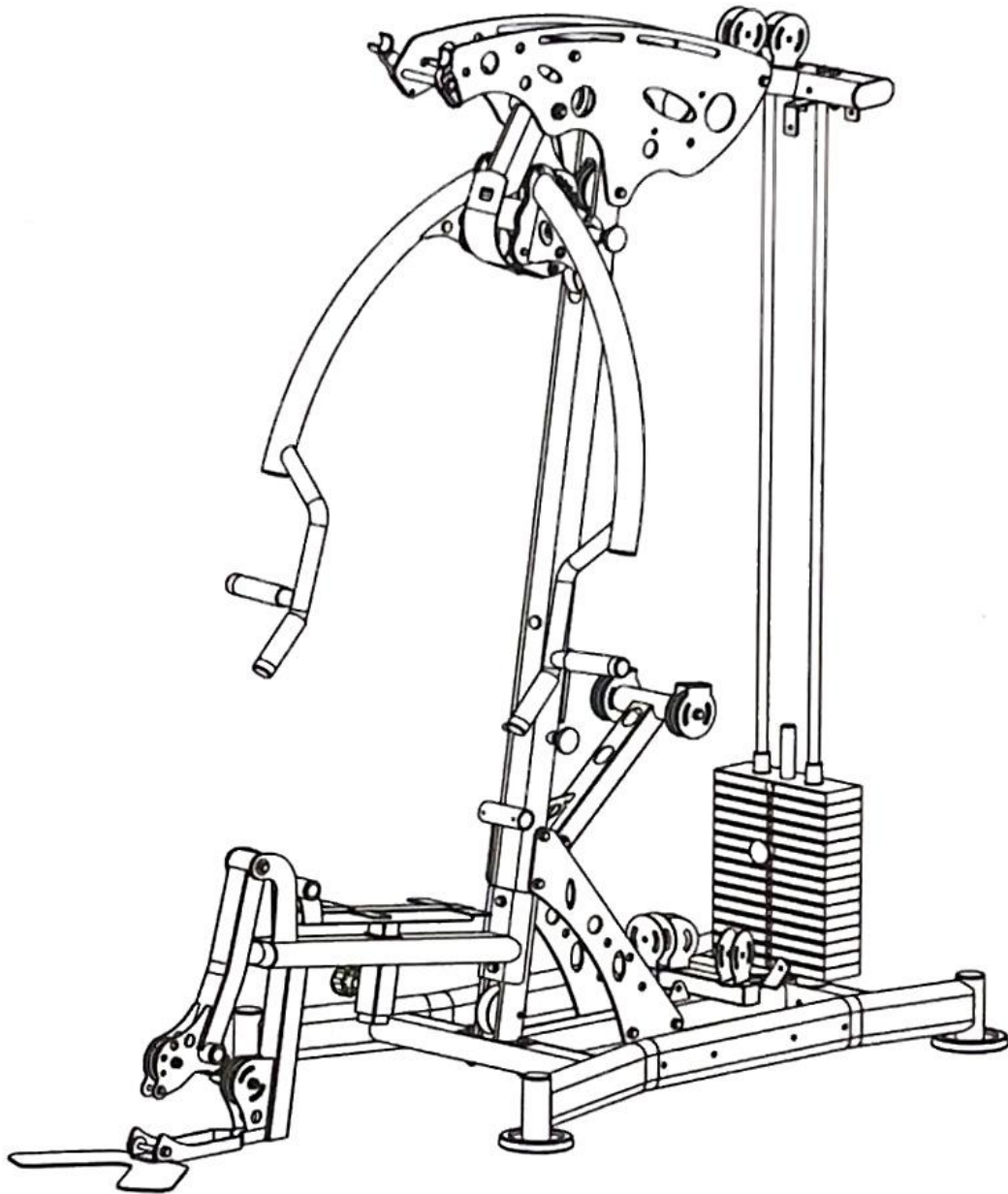
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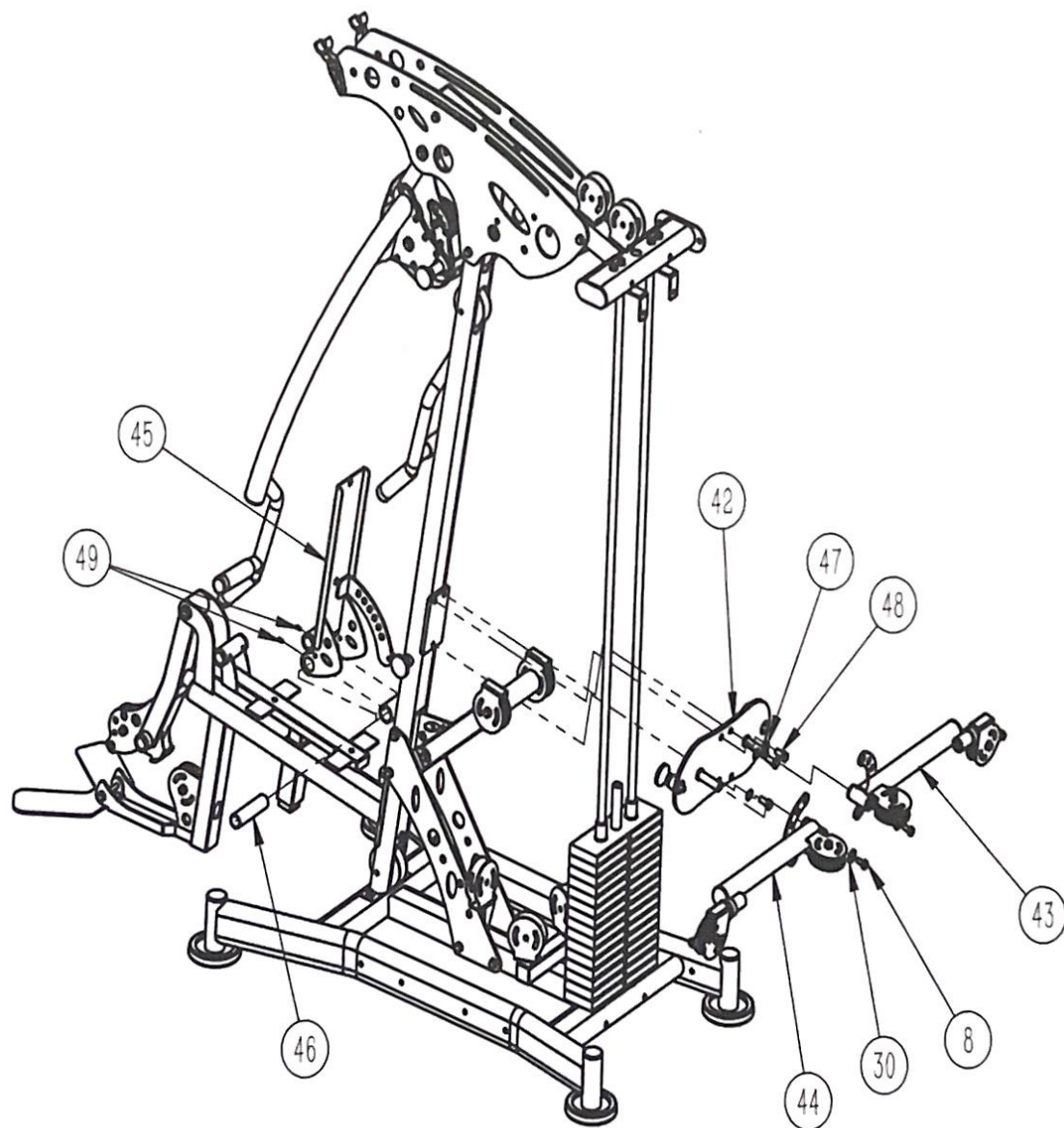
ASSEMBLY STEPS



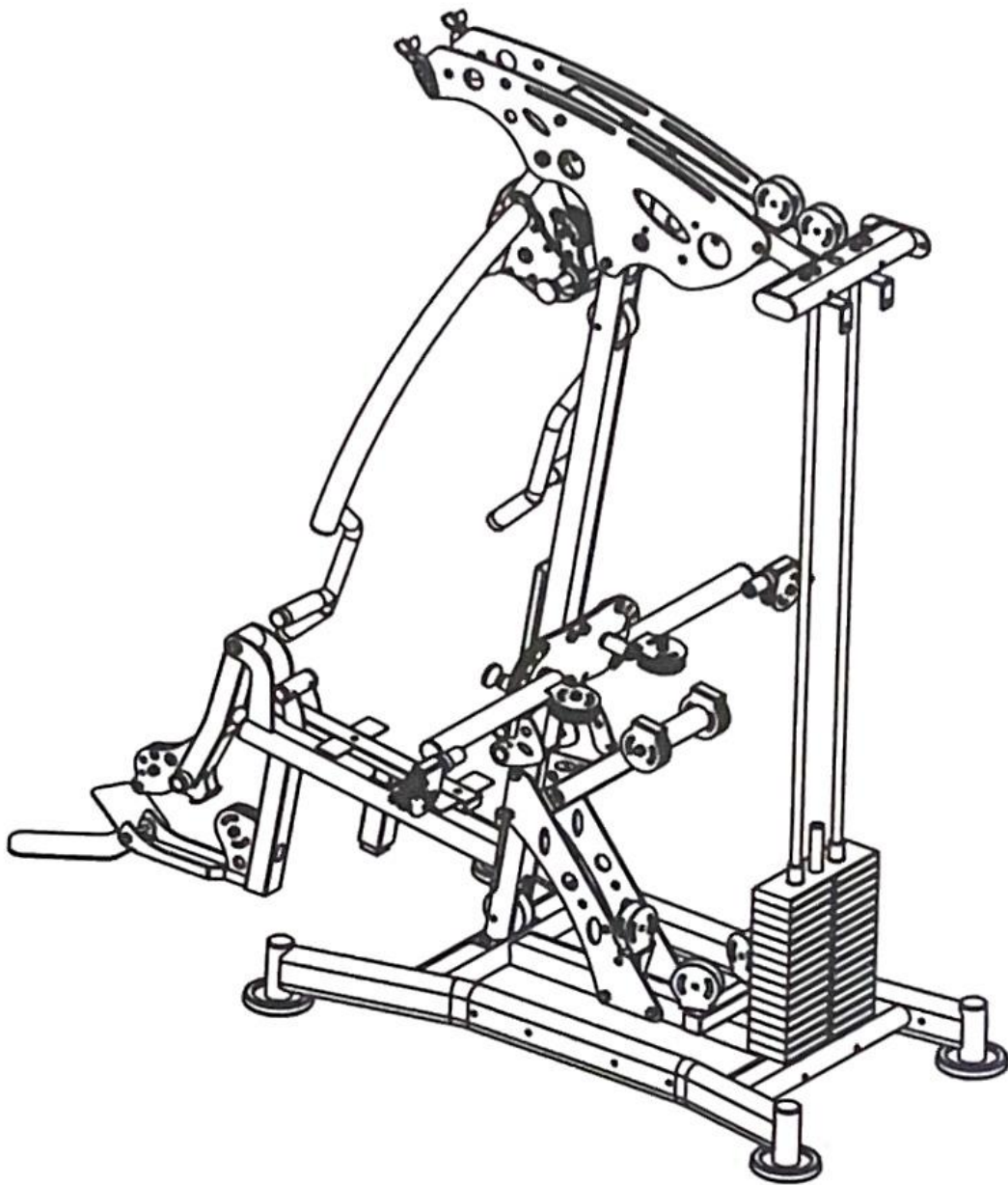
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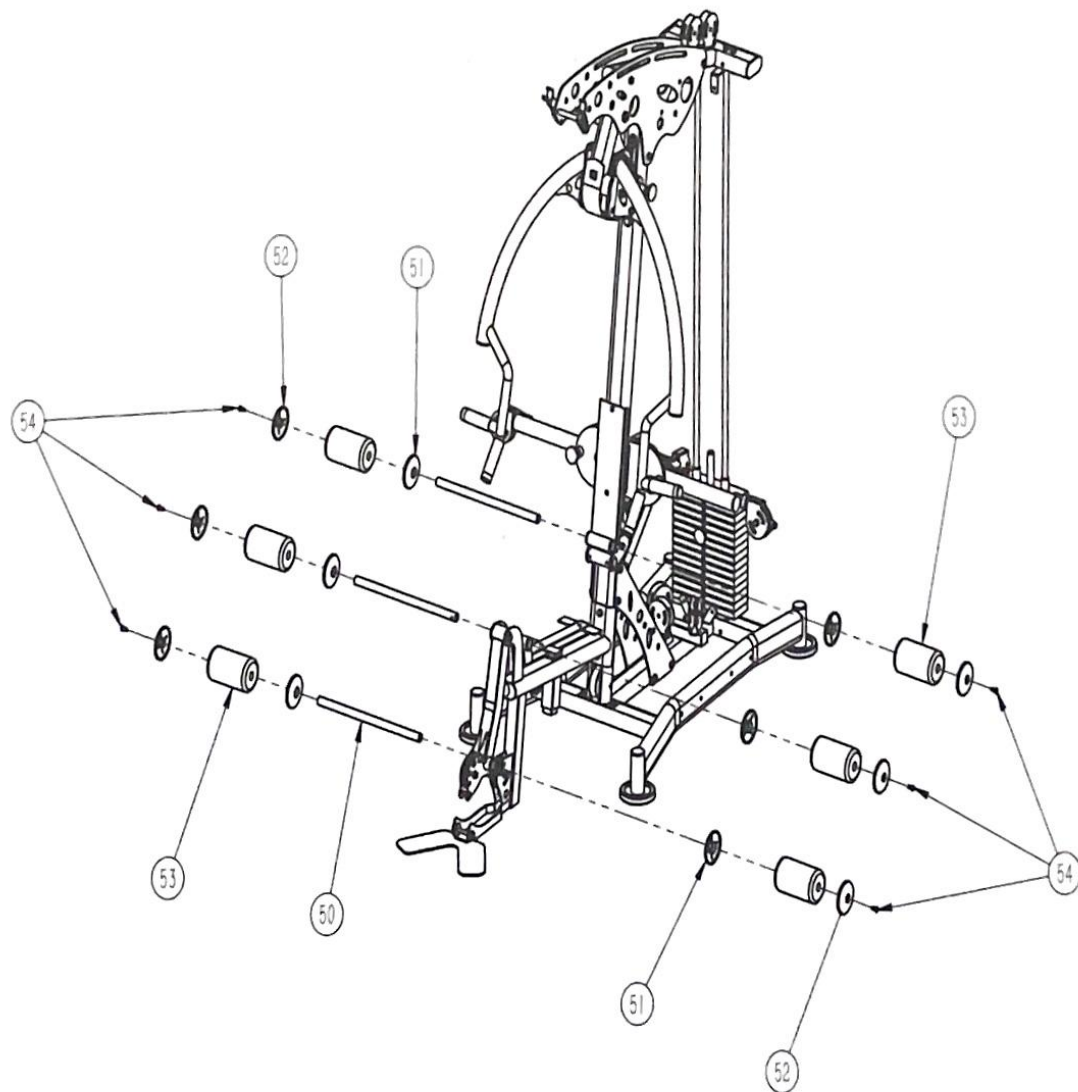
ASSEMBLY STEPS



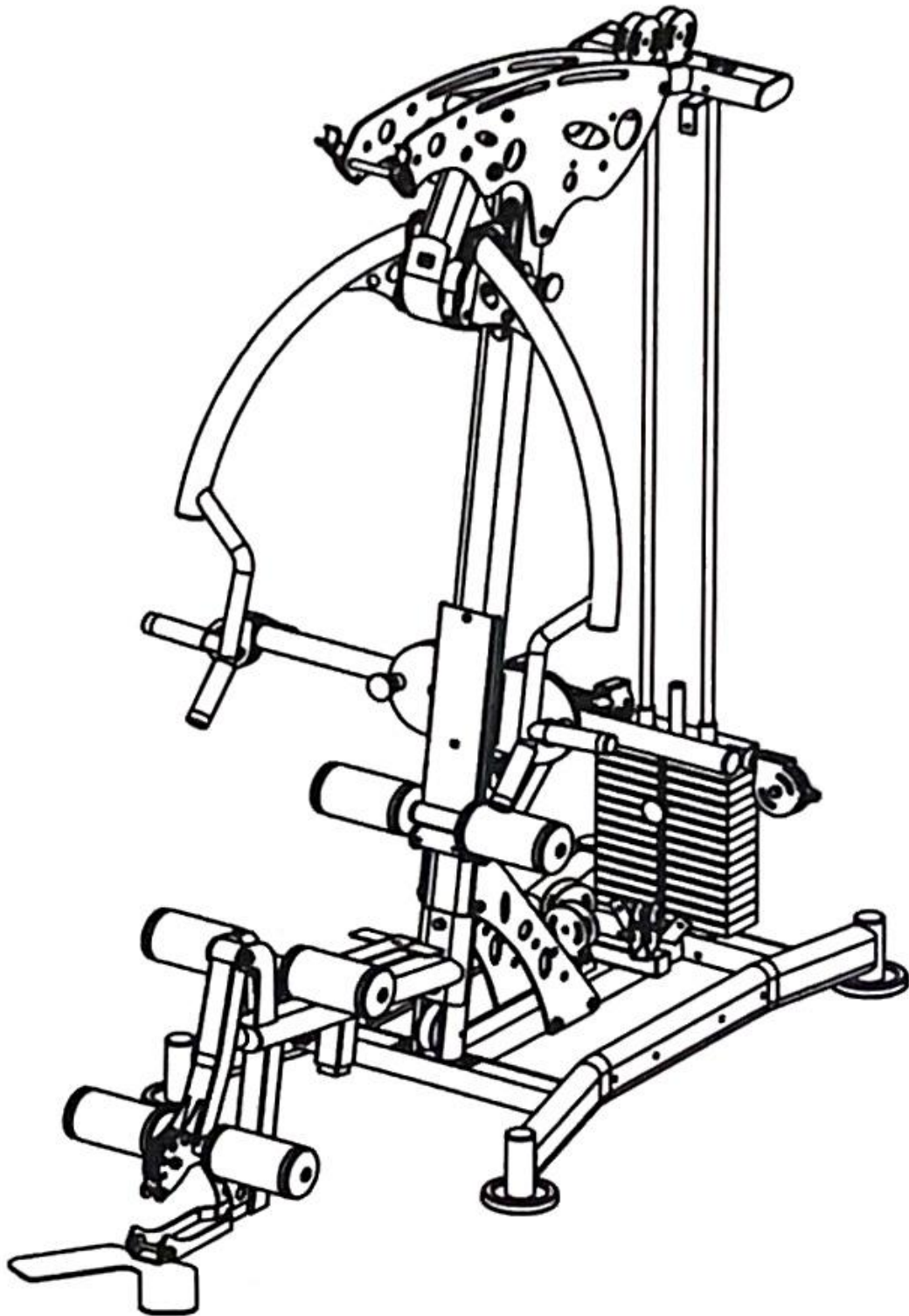
ASSEMBLY STEPS



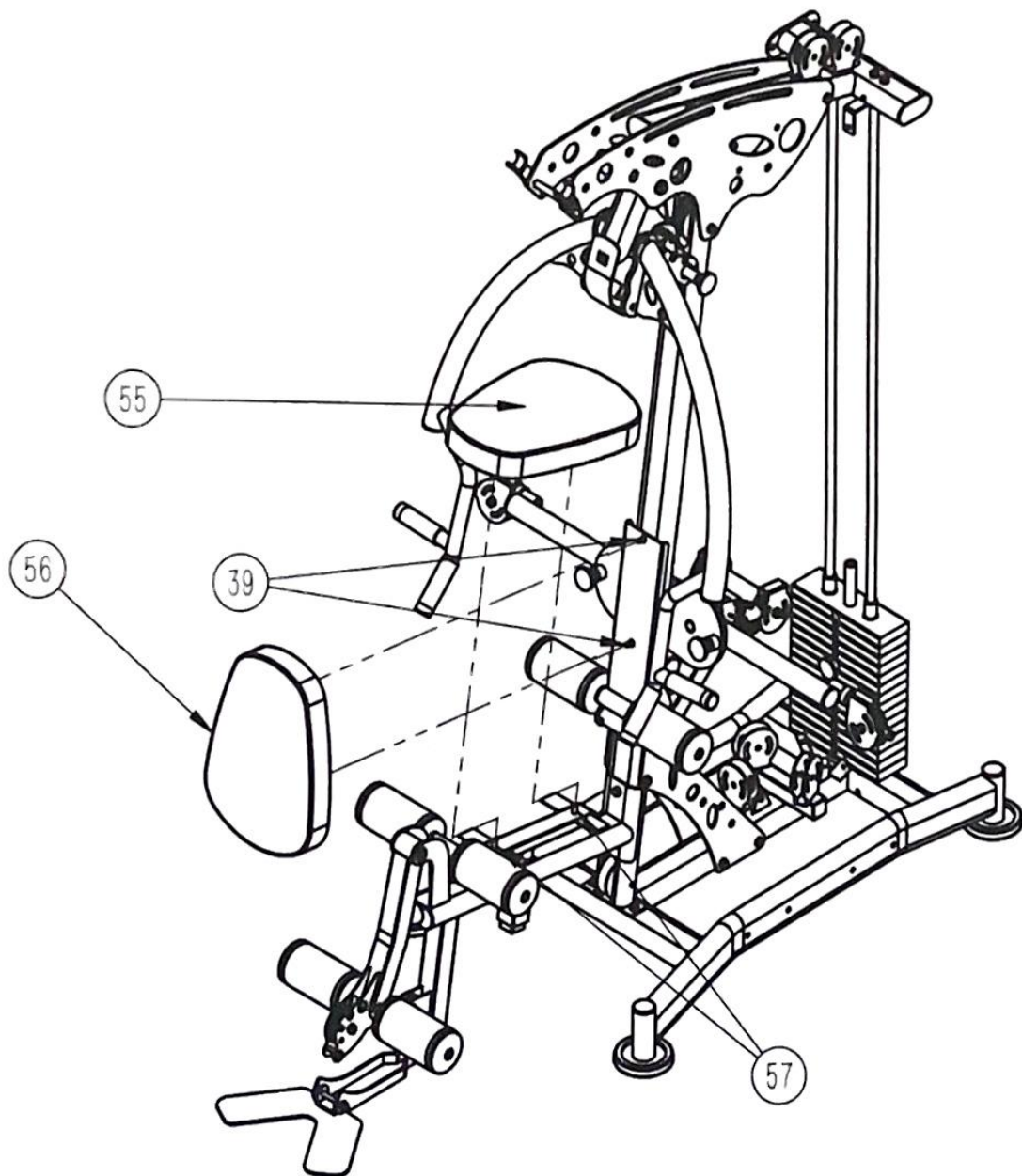
ASSEMBLY STEPS



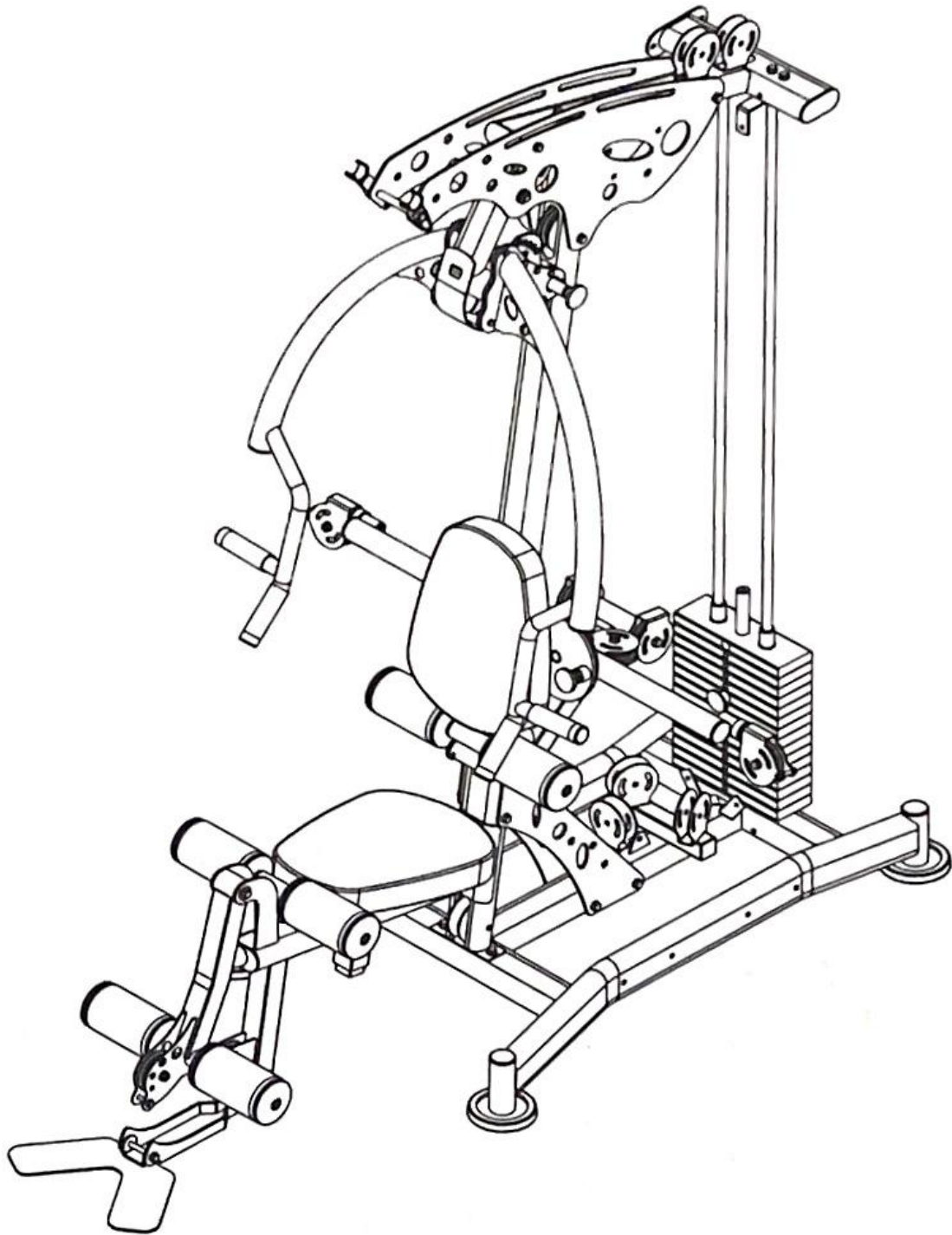
ASSEMBLY STEPS



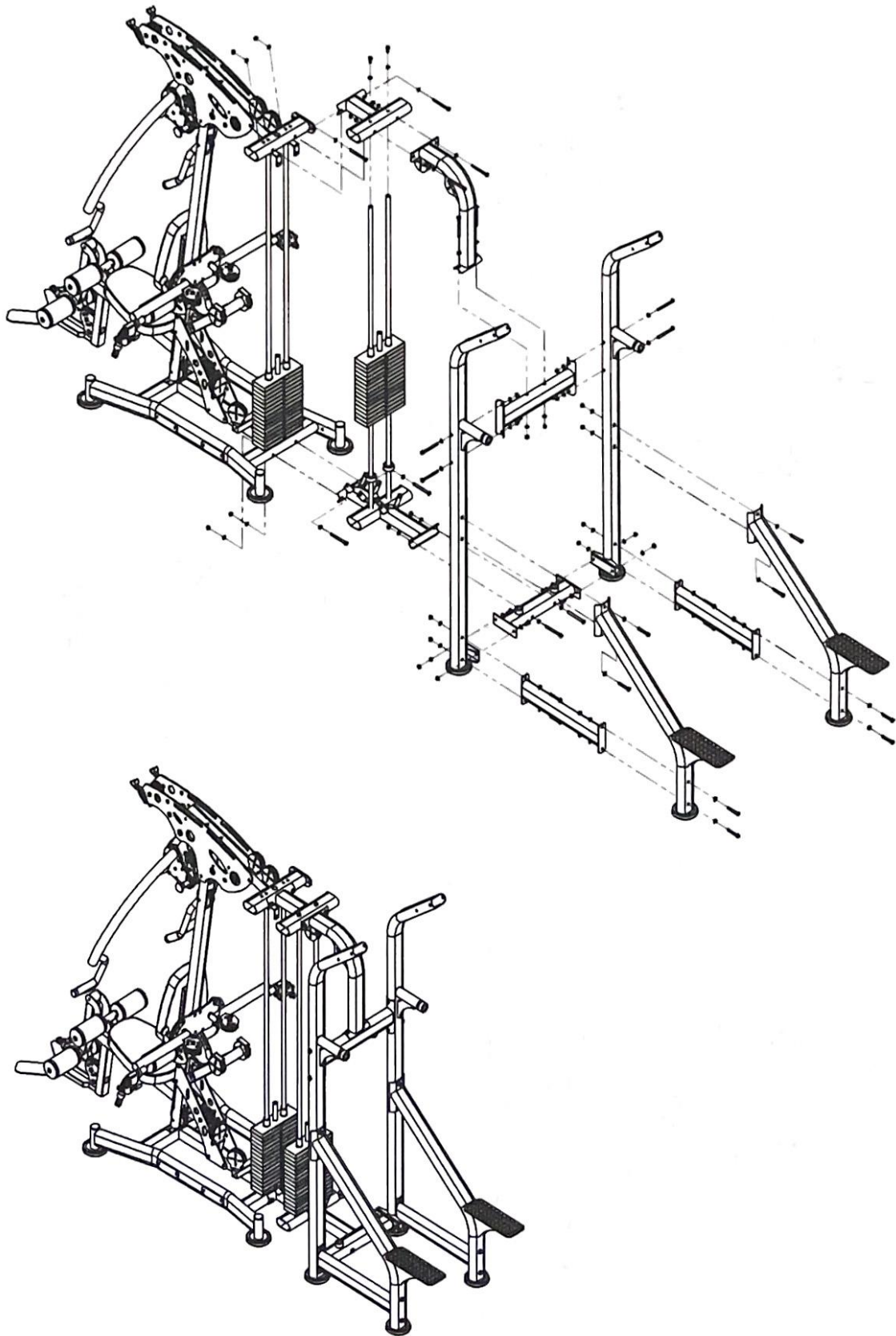
ASSEMBLY STEPS



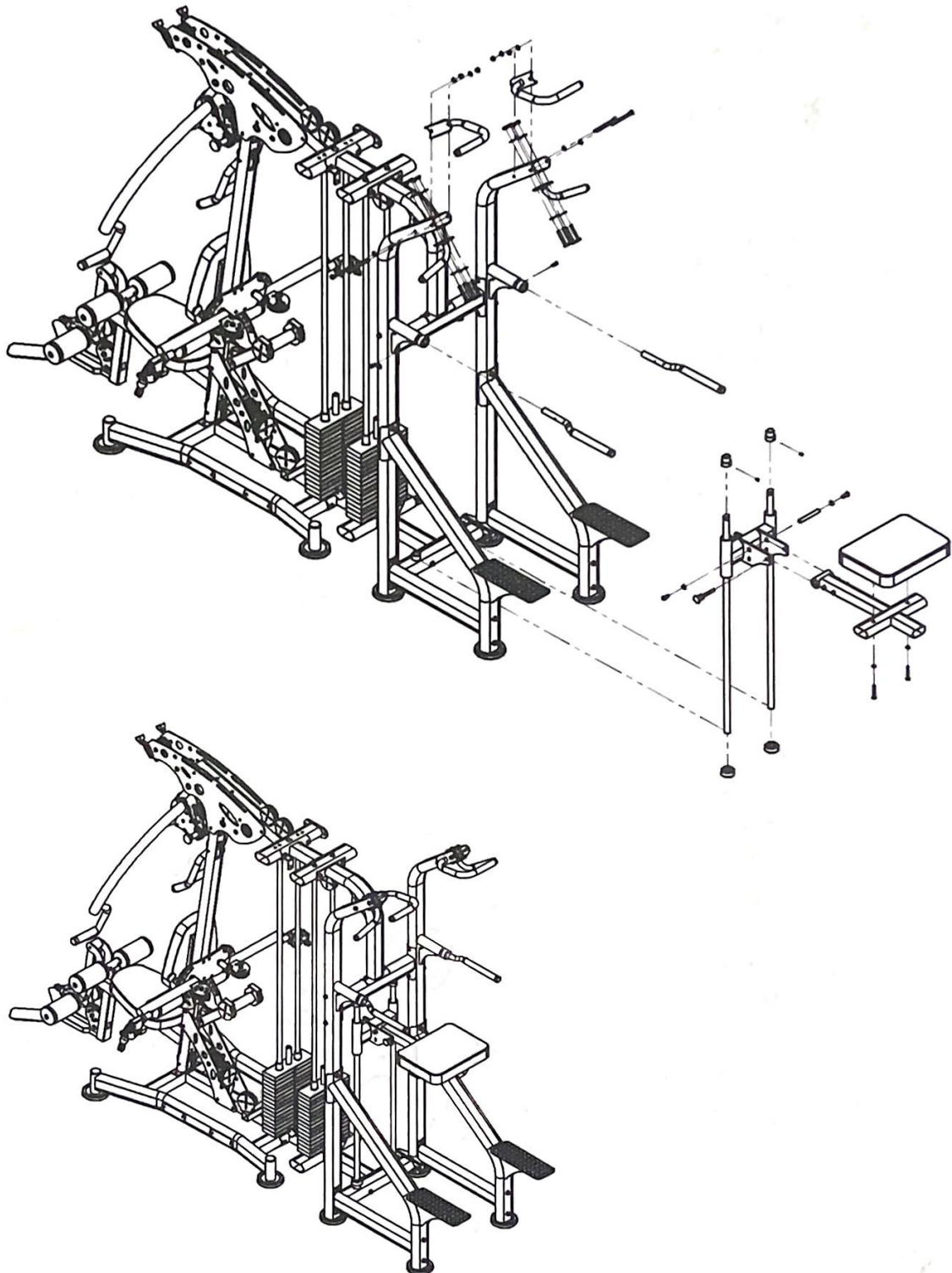
ASSEMBLY STEPS



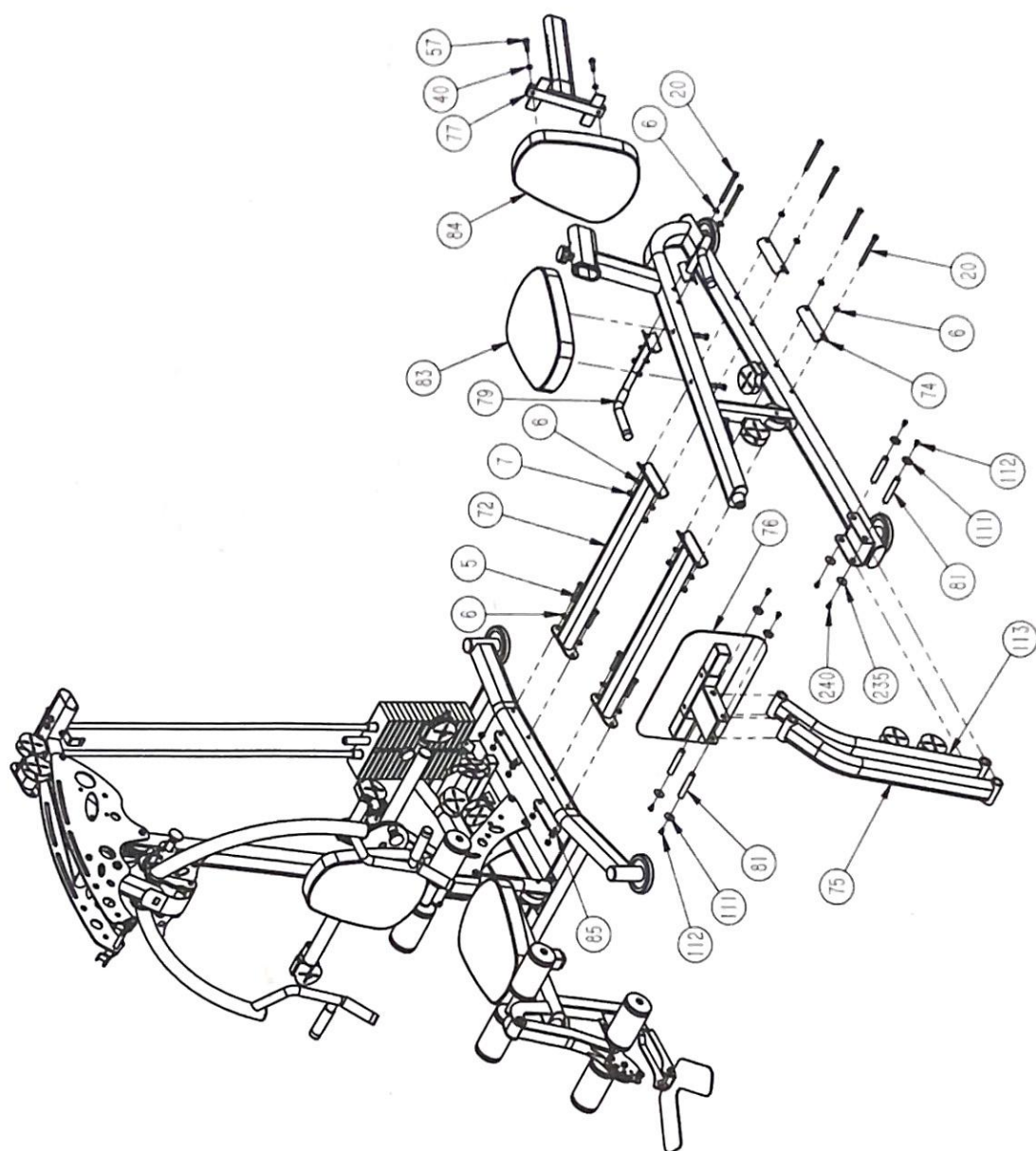
ASSEMBLY STEPS



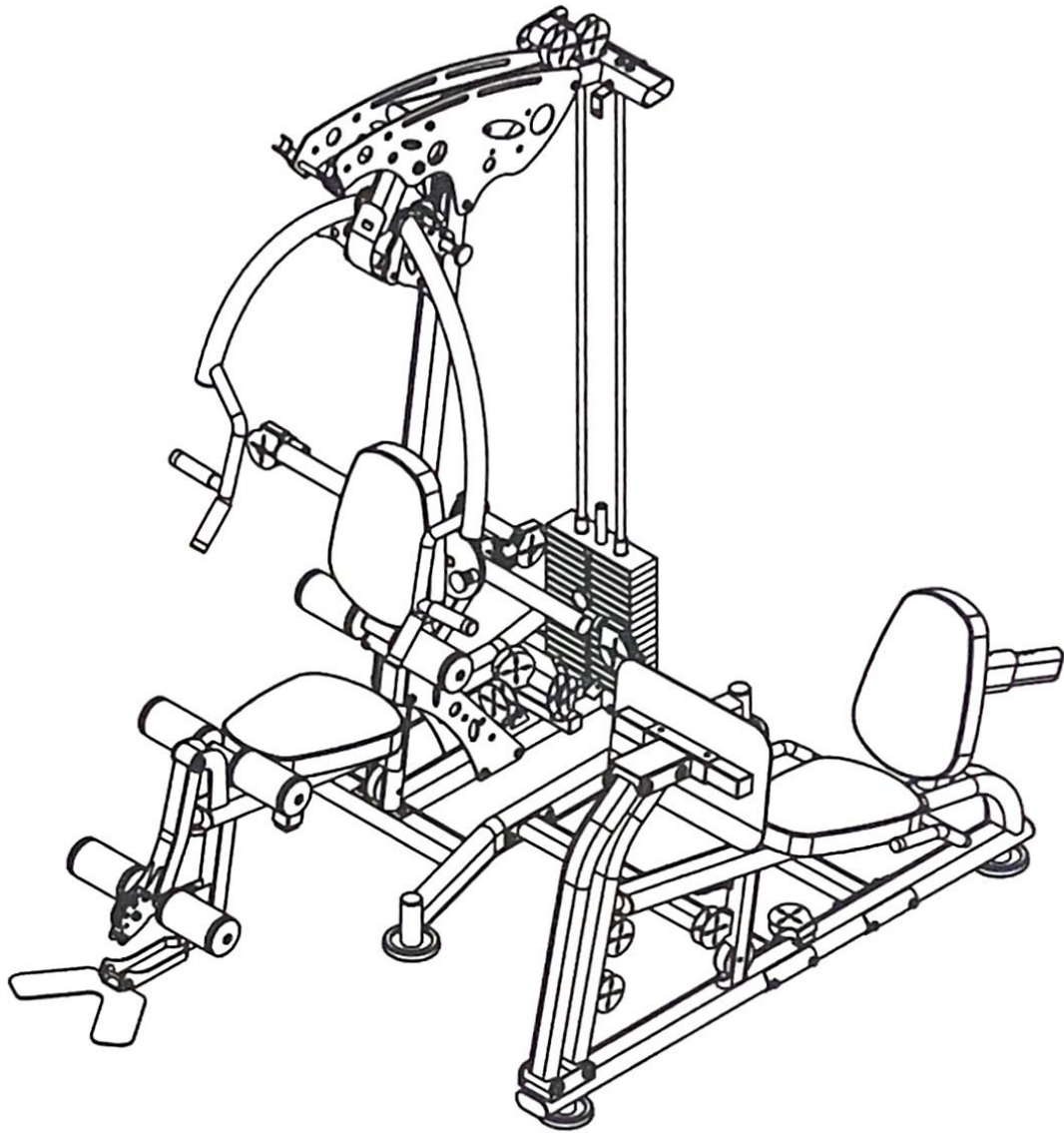
ASSEMBLY STEPS



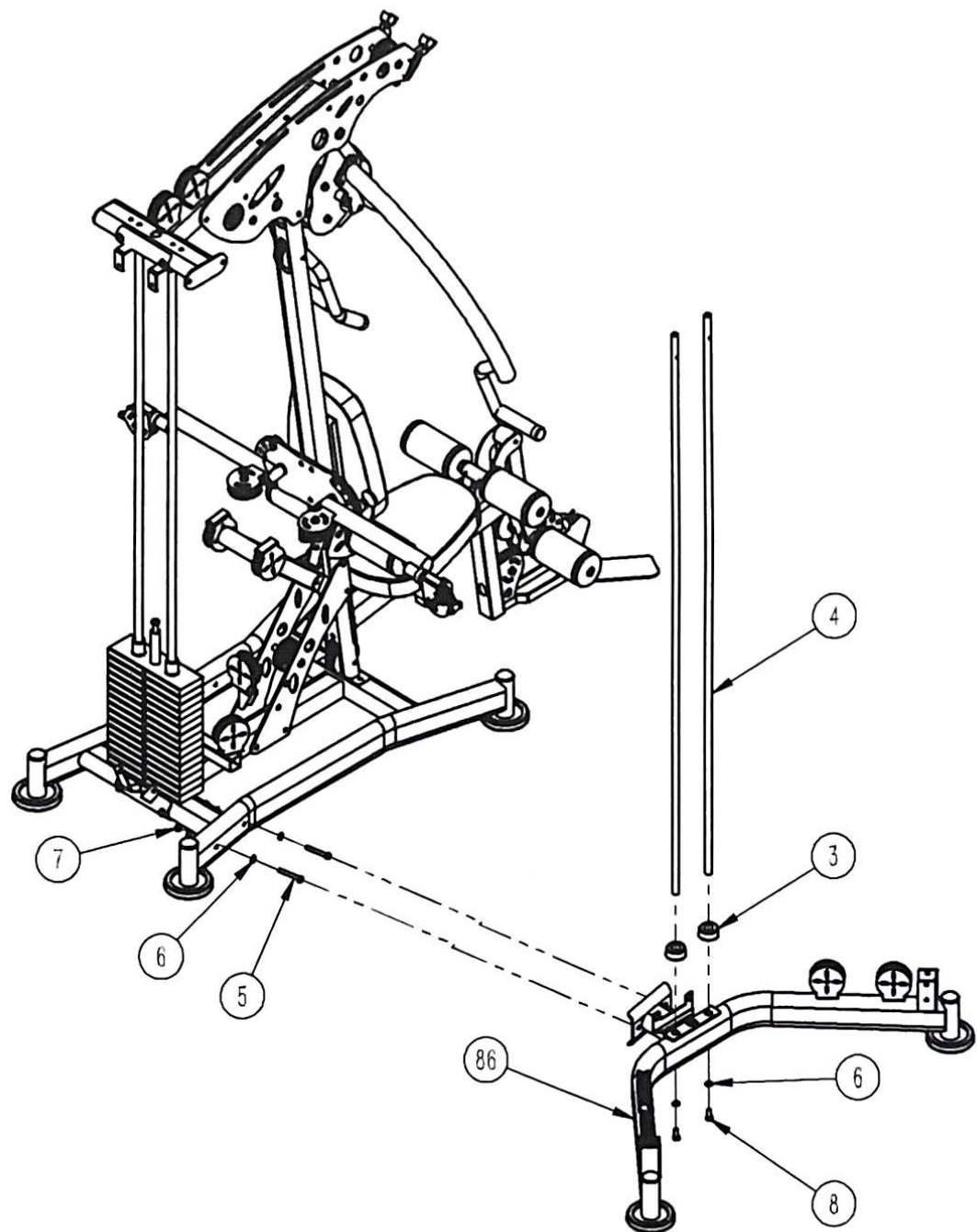
ASSEMBLY STEPS



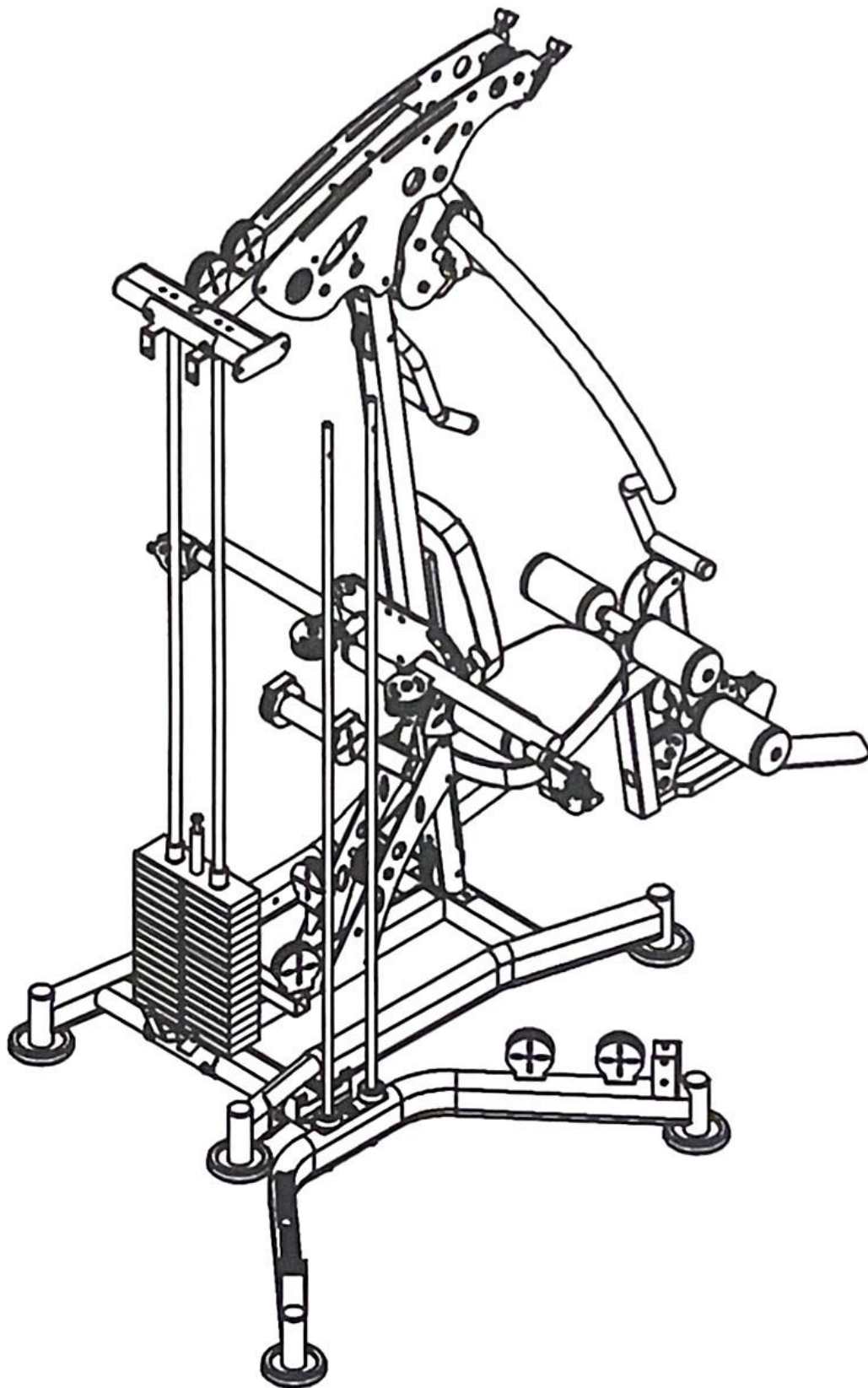
ASSEMBLY STEPS



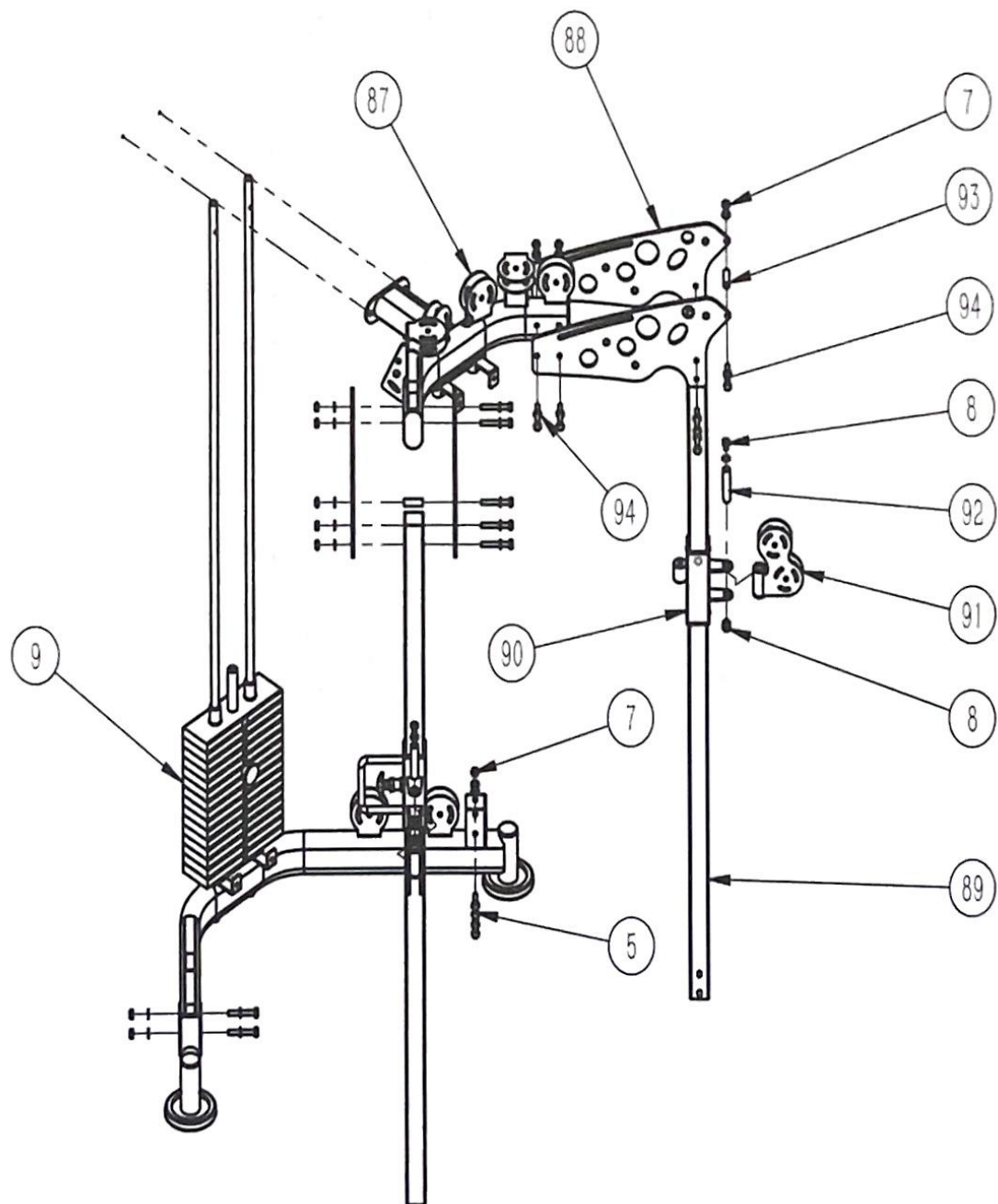
ASSEMBLY STEPS



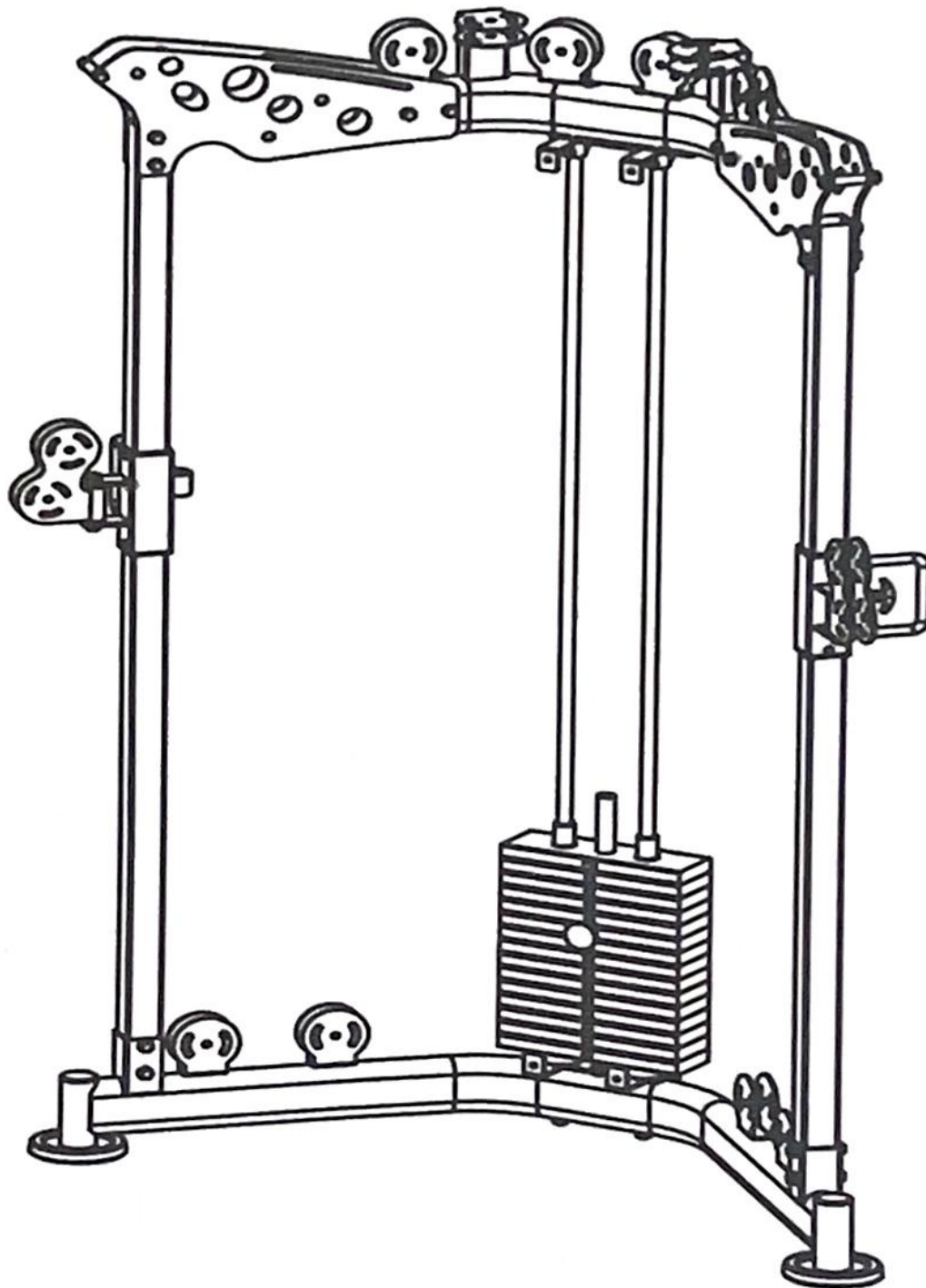
ASSEMBLY STEPS



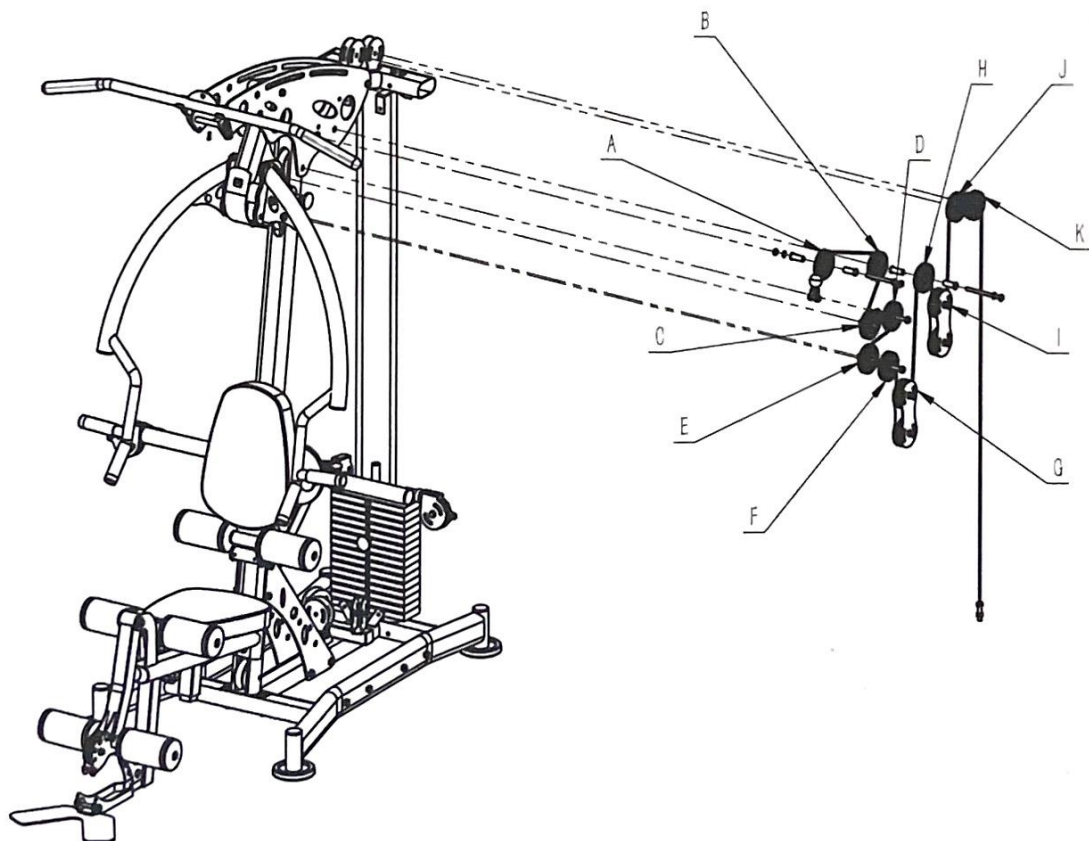
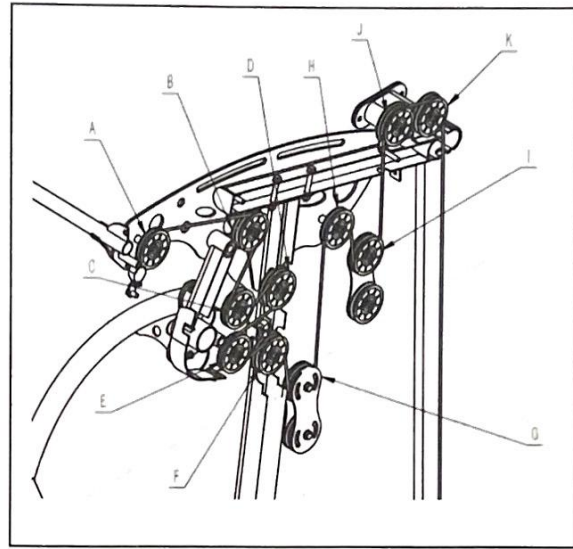
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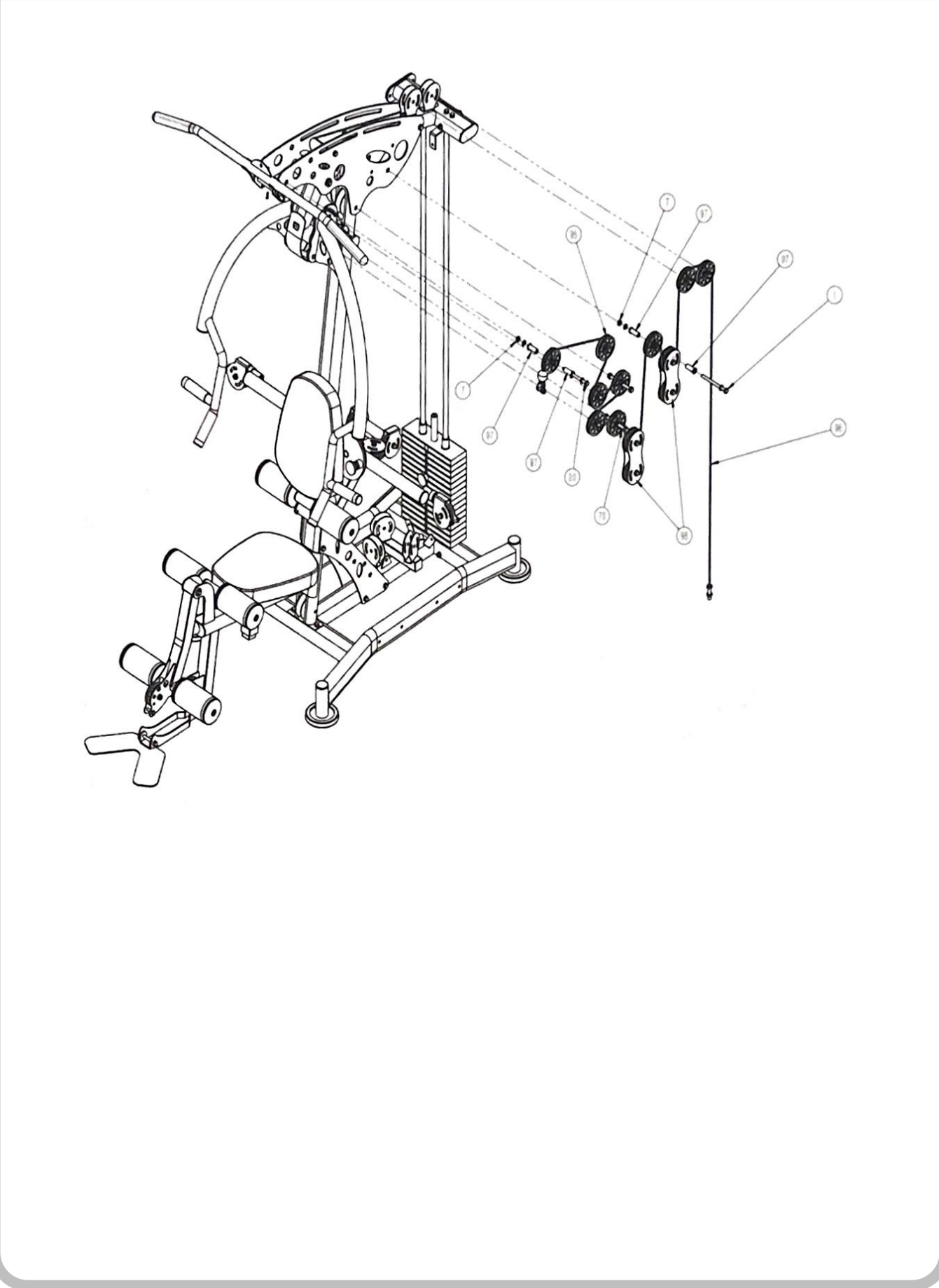
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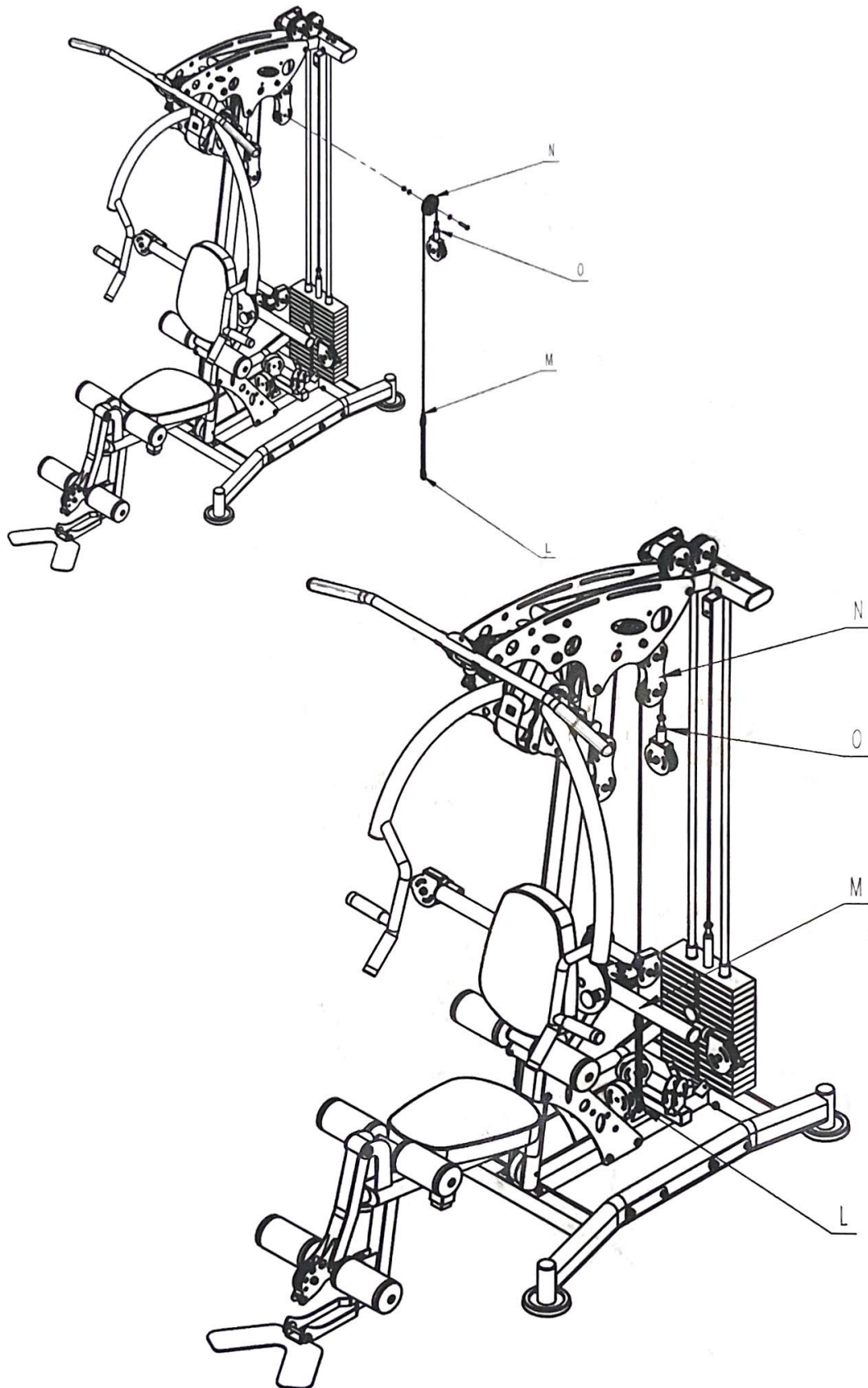
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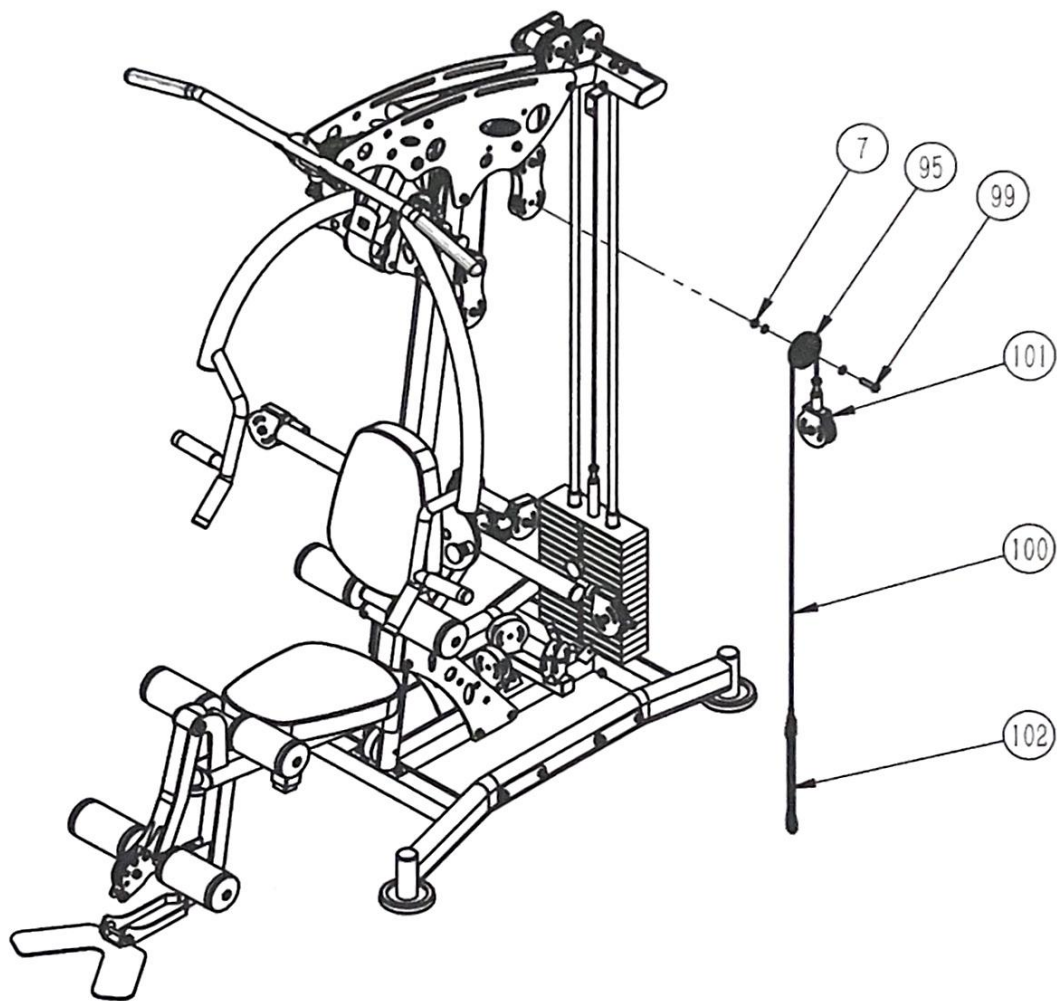
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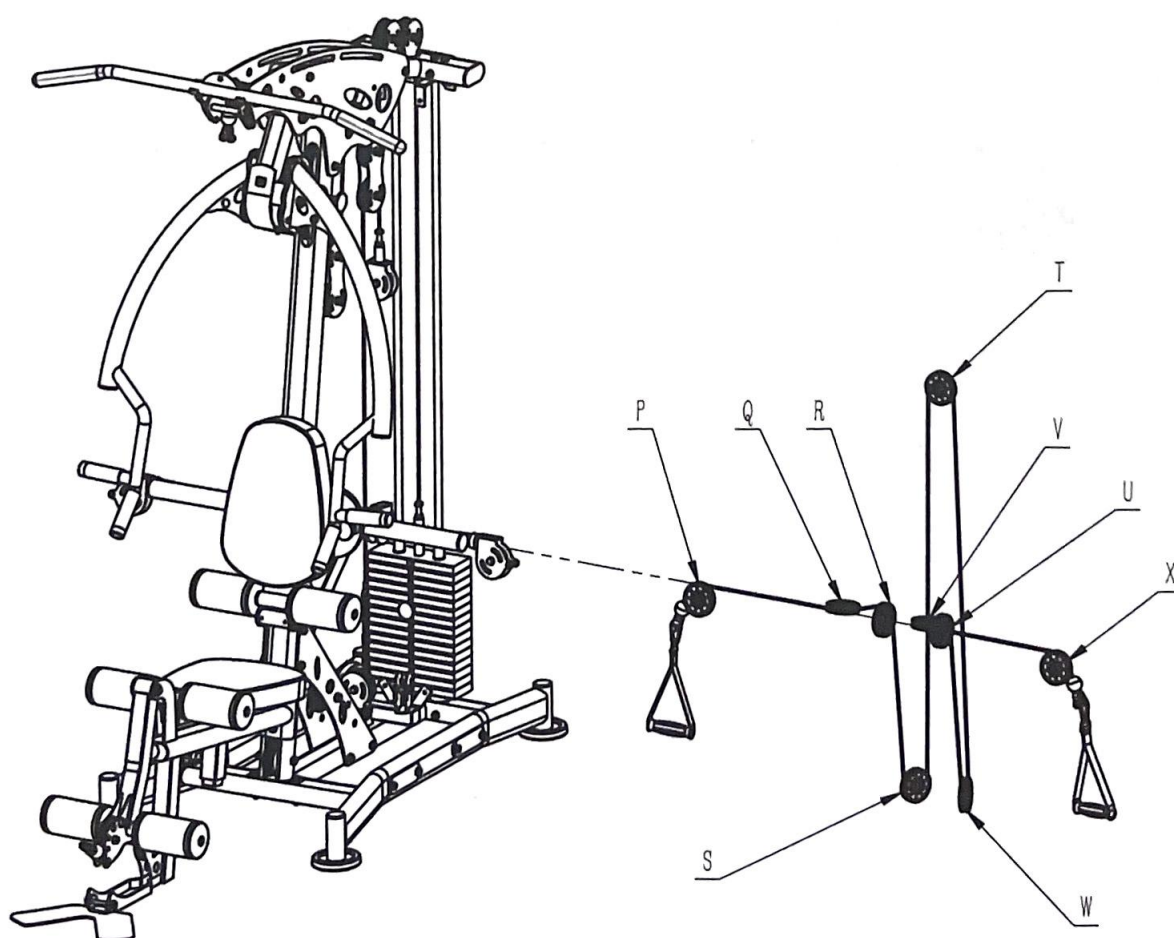
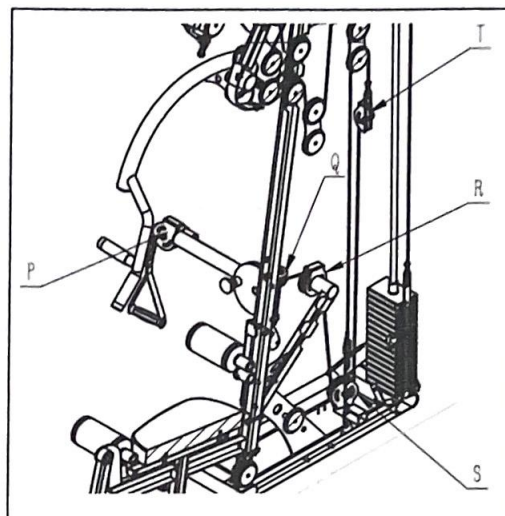
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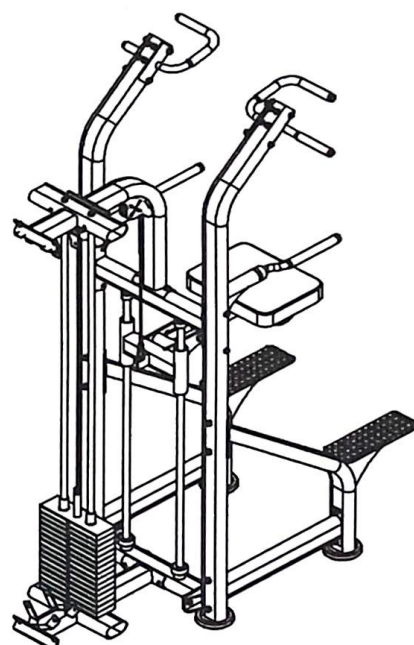
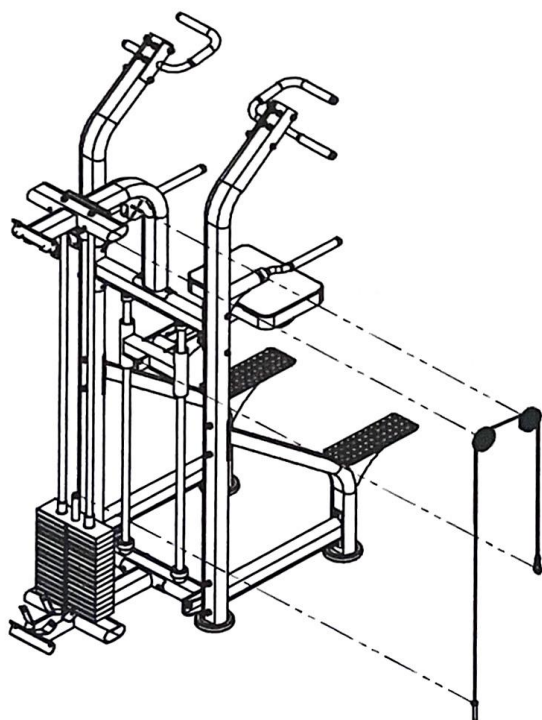
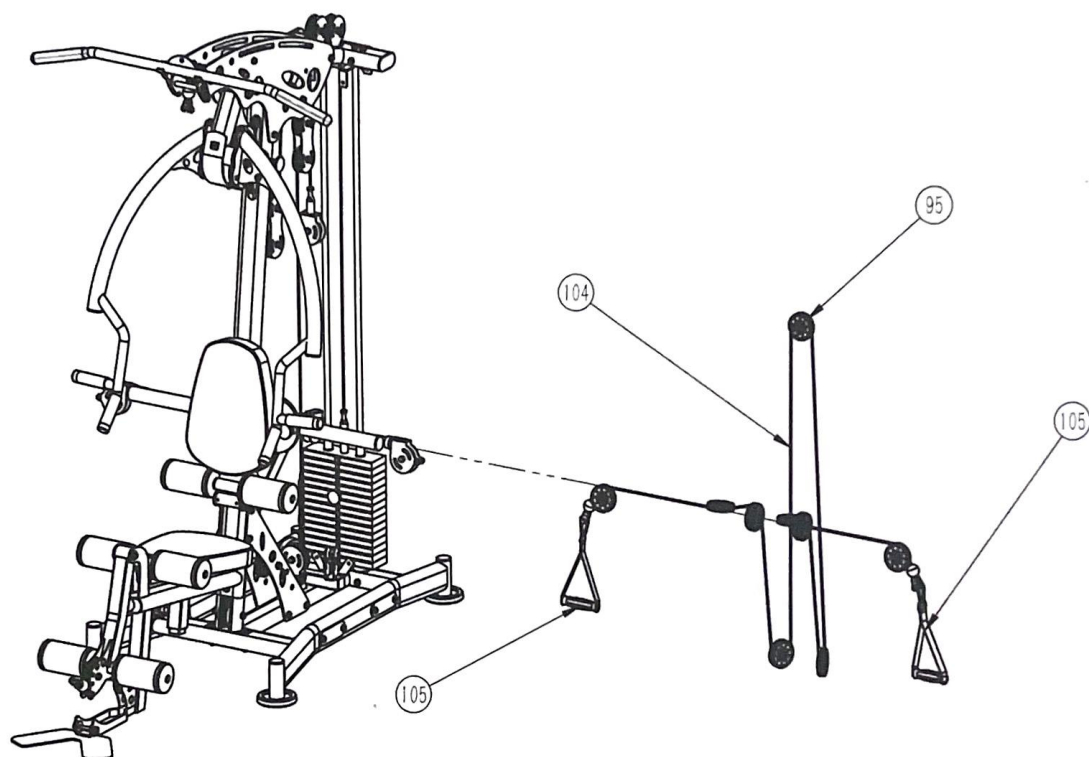
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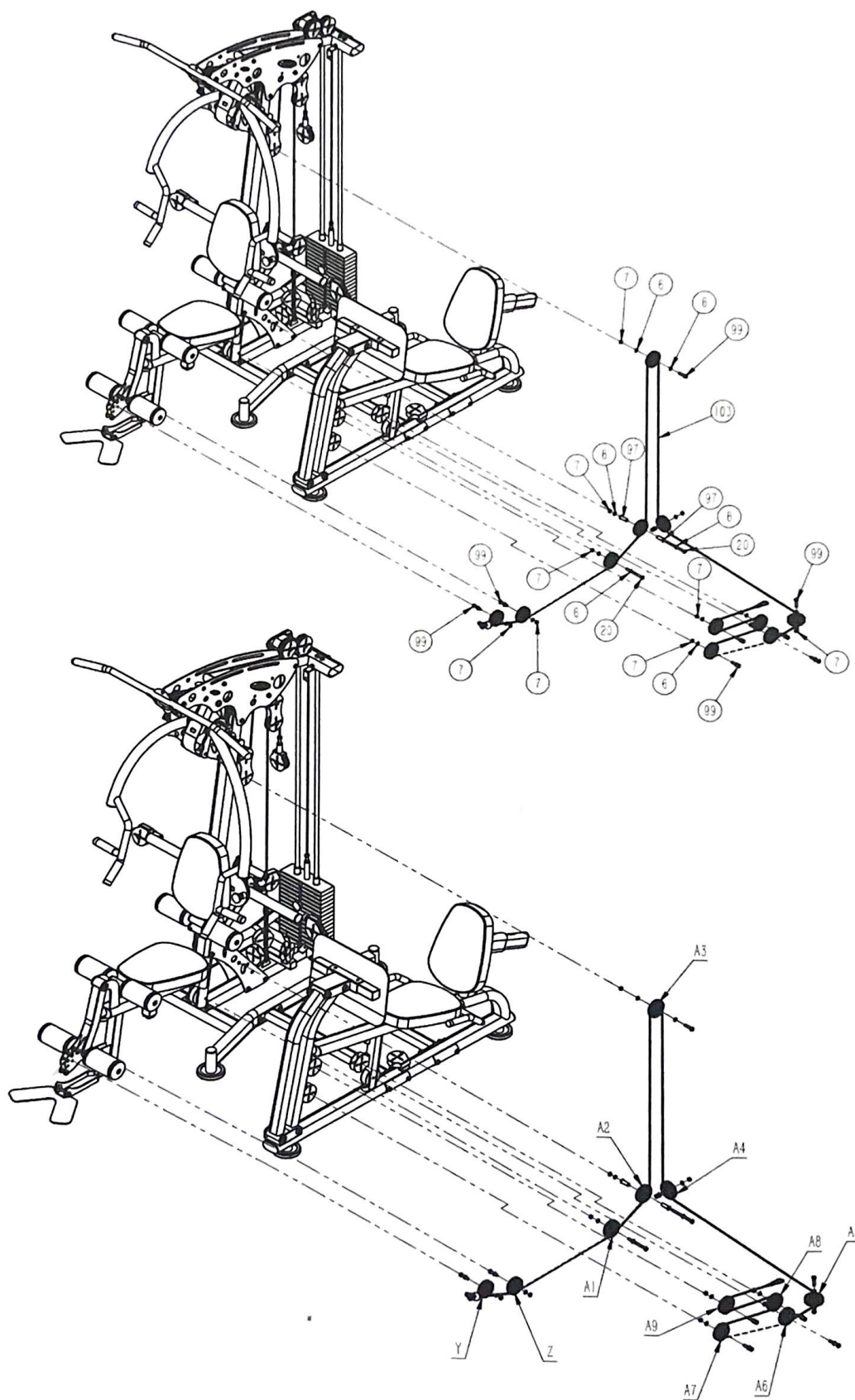
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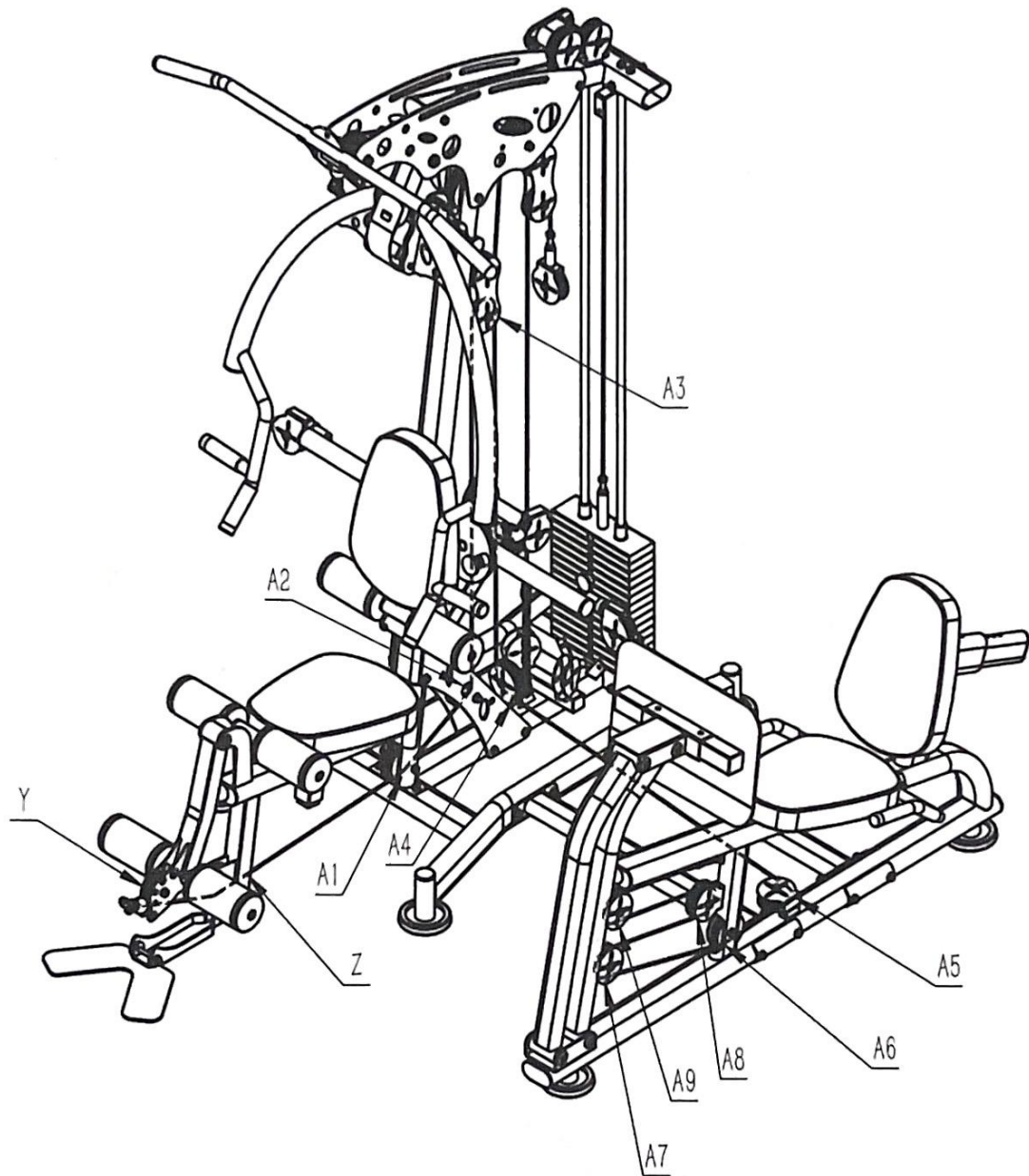
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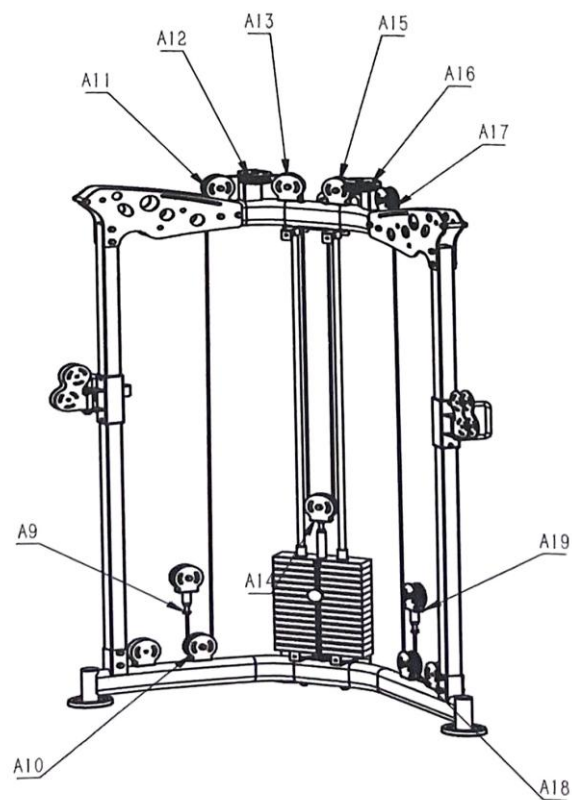
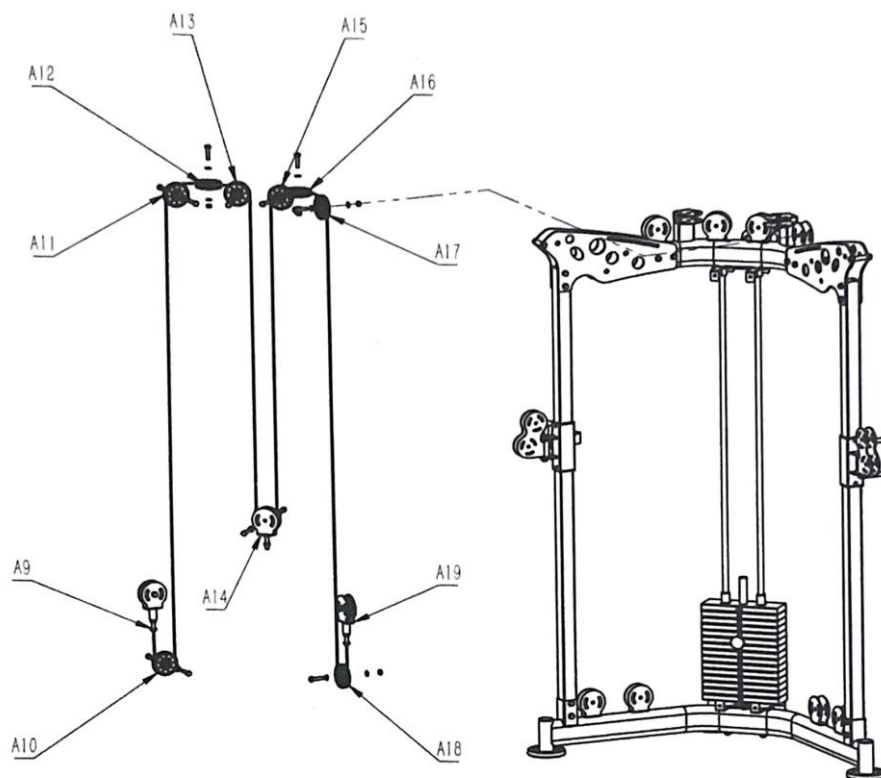
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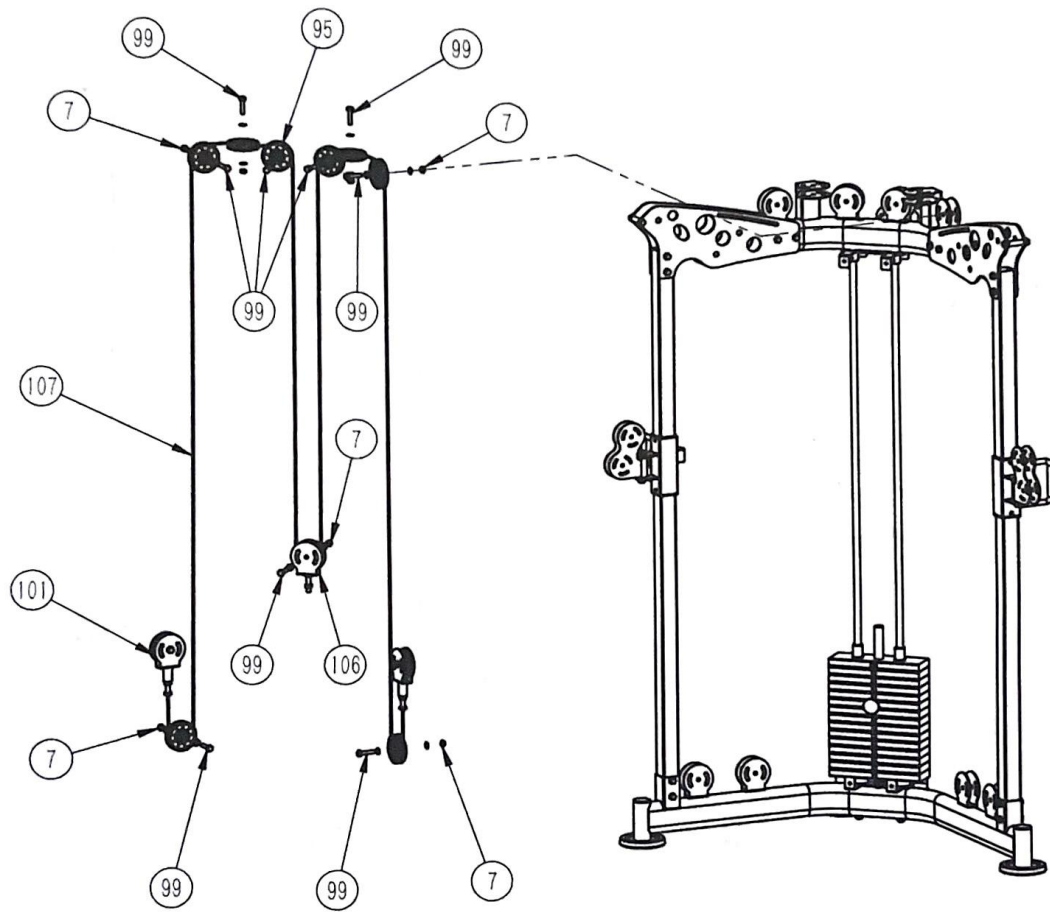
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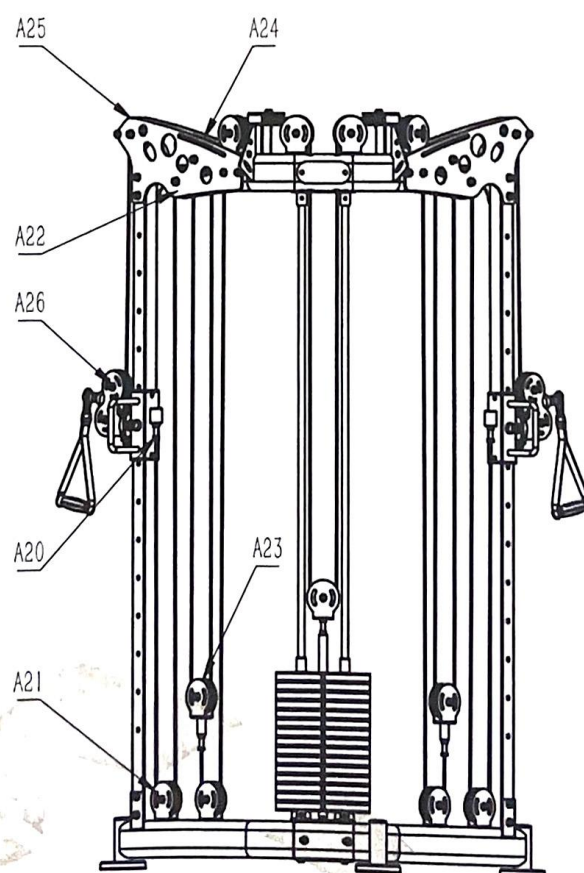
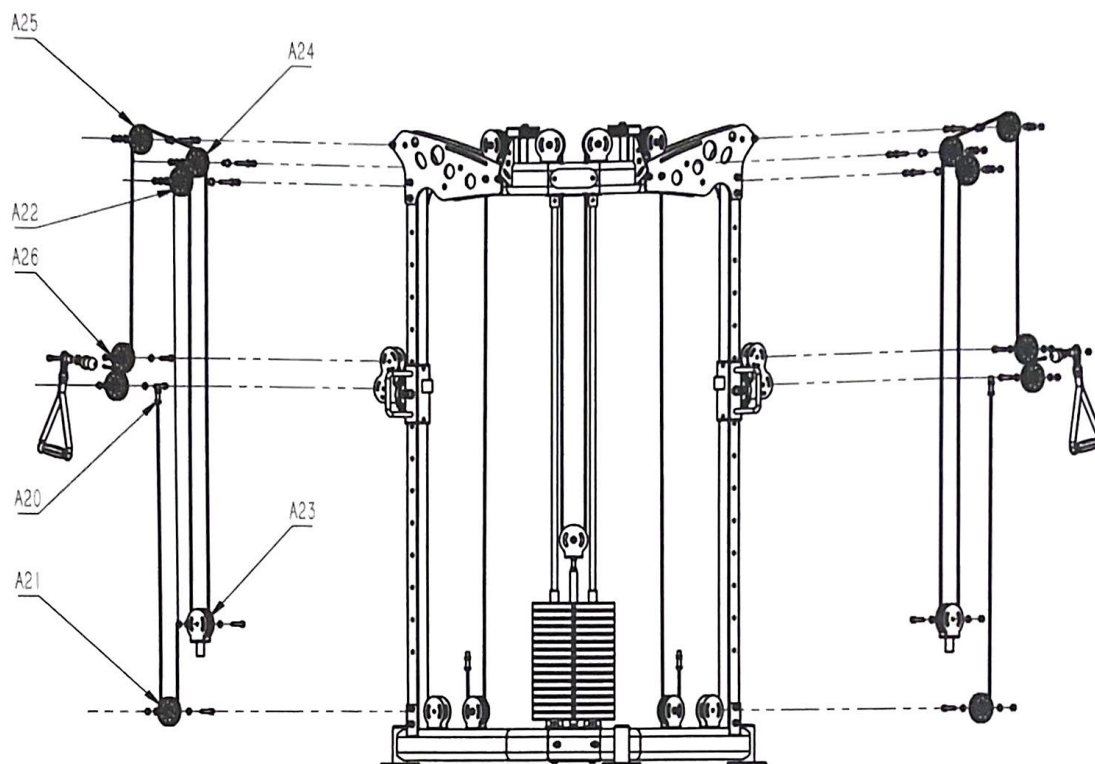
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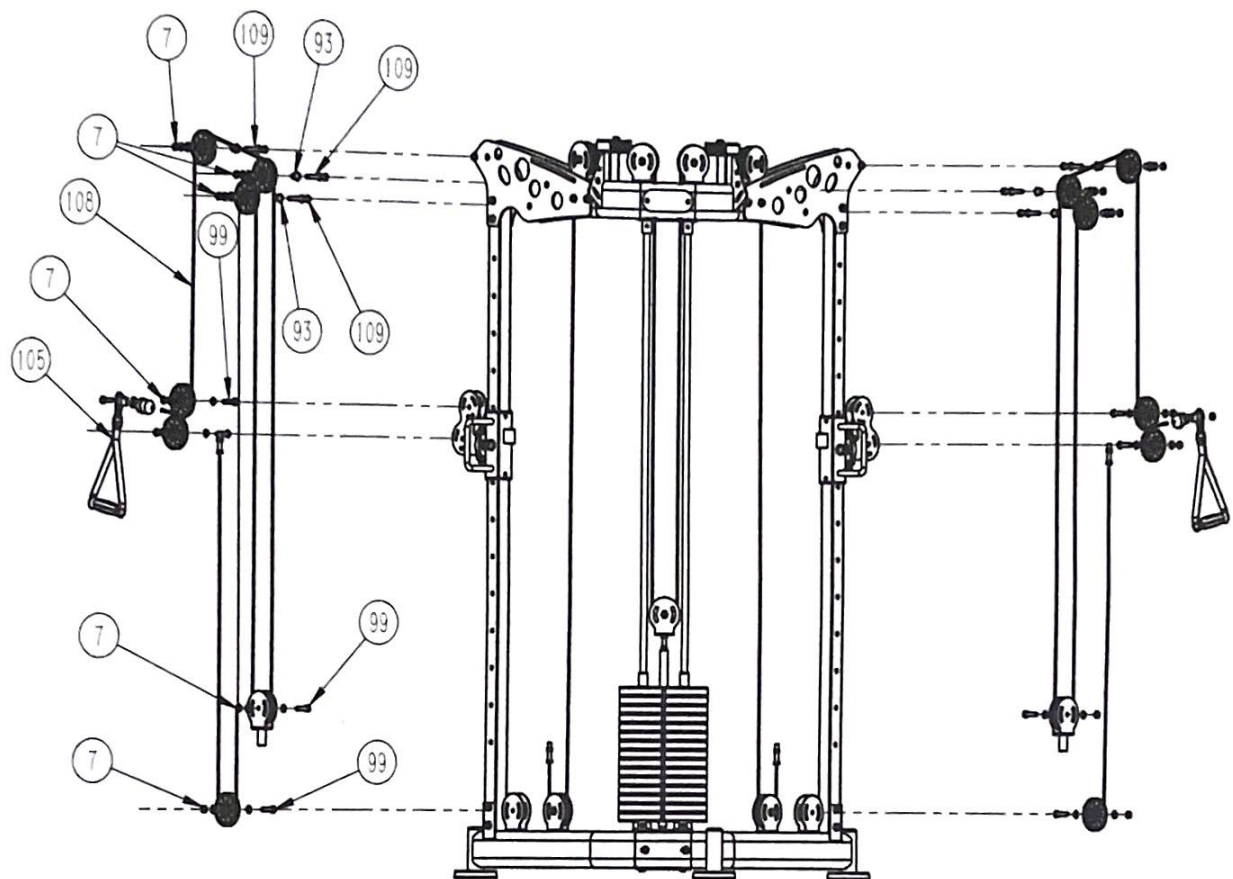
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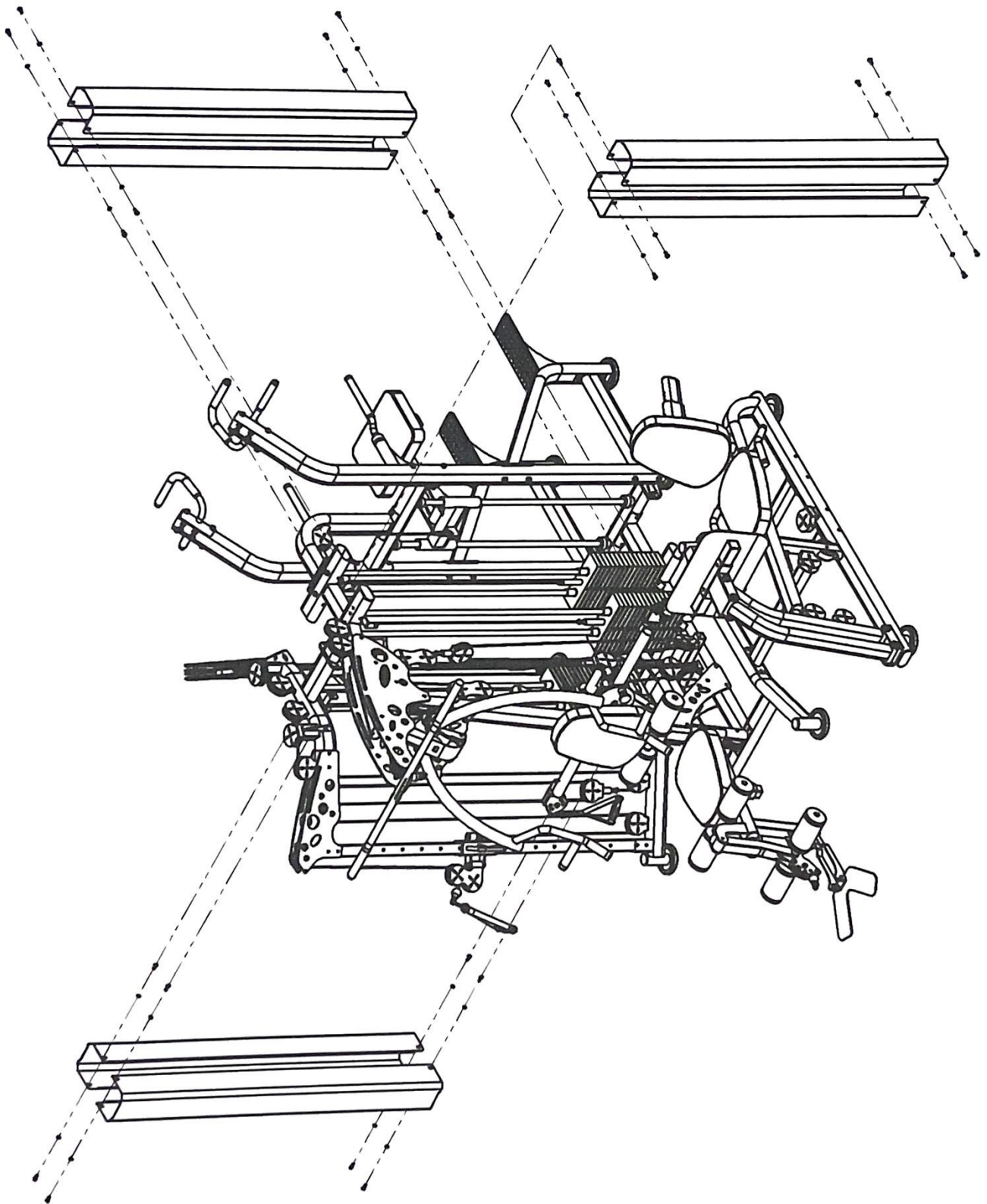
ASSEMBLY STEPS



ASSEMBLY STEPS



ASSEMBLY STEPS



ASSEMBLY STEPS

