

FRENCH FITNESS

FF-DHR80 / FF-SHR80

ASSEMBLY MANUAL



OR



**FRENCH FITNESS DHR80
DOUBLE HALF RACK**

**FRENCH FITNESS SHR80
SINGLE HALF RACK**

FEATURES

- Steel Tubing: 3" x 3" x 3mm Thickness (75mm x 75mm x 3mm)
- 11 Gauge Steel
- Sturdy steel uprights
- Laser cut holes
- Laser cut numbers spaced at 2 hole intervals
- Open-front design
- Twelve (12) weight horns (6 6-inch and 6 12-inch)
- Two (2) textured multi-grip pull-up bar
- Two (2) pairs of adjustable UHMW lined sandwich j-cups
- Two (2) pairs of adjustable Spotter arms
- Spotter Arms (Length): 43"
- California Residents see Prop 65 WARNINGS

TECH SPECS

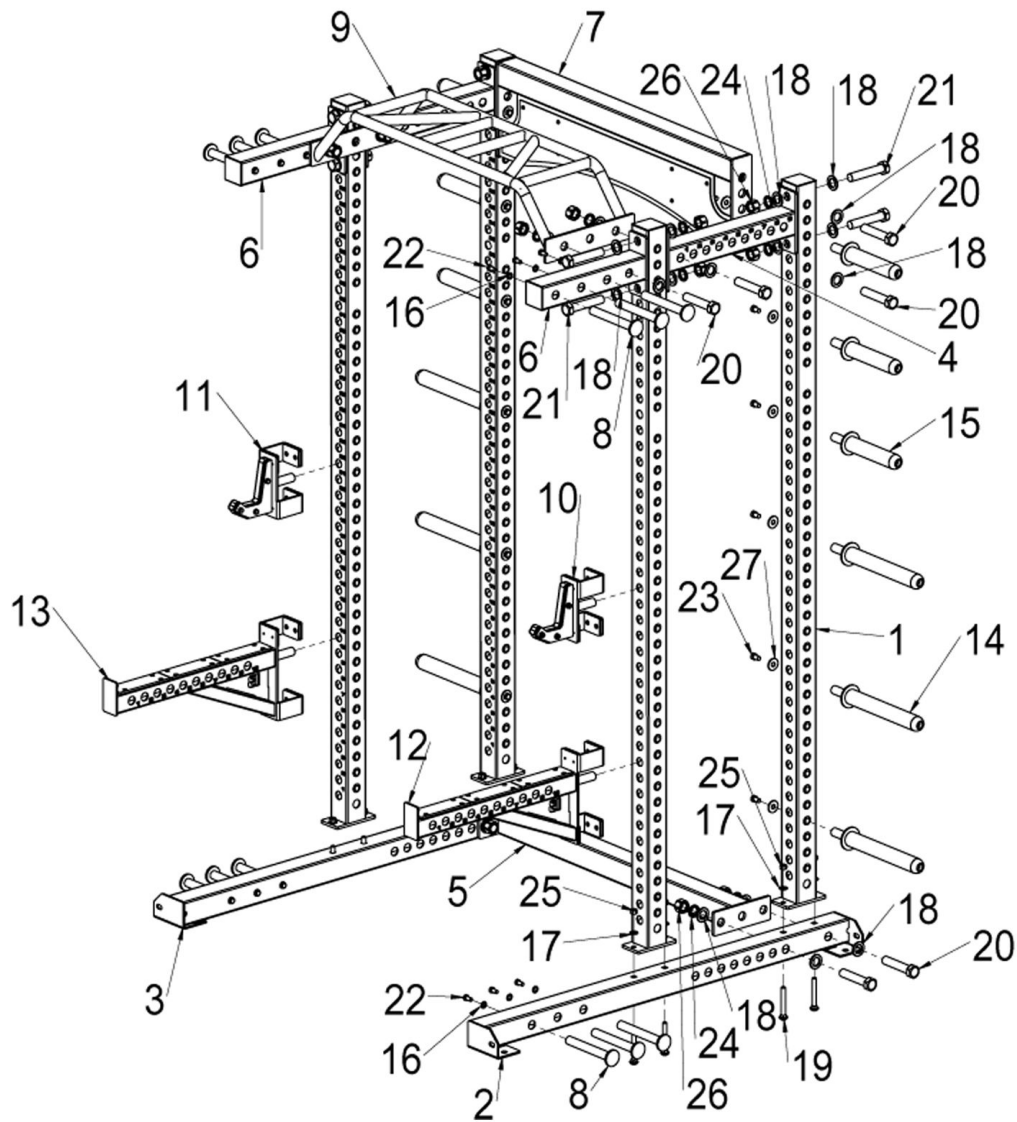
- Half Rack width: 56"
- Half Rack Extension width: 44"
- Full Dual Half Rack width: 100"
- Dimensions: 58"L x 100"W x 98"H (93" if pull-up bar is installed with arms arced down)

WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

STEP 1 (SHR80 AND DHR80)

| PART NO. | DESCRIPTION | QTY | PART NO. | DESCRIPTION | QTY |
|----------|------------------------|-----|----------|-------------------------|-----|
| 1 | Uprights | 4 | 15 | Weight Horns B | 6 |
| 2 | Foot Braces L | 1 | 16 | M10 Washer | 12 |
| 3 | Foot Braces R | 1 | 17 | M12 Washer | 8 |
| 4 | Top Connecting Tube | 2 | 18 | M24 Washer | 40 |
| 5 | Foot Connecting Tube | 1 | 19 | M12X95 Square Neck Bolt | 8 |
| 6 | Peg Bar Tube | 2 | 20 | M24X120 Hex Bolt | 12 |
| 7 | Connecting Tube | 1 | 21 | M24X130 Hex Bolt | 8 |
| 8 | Band Pegs | 12 | 22 | M10X20 Hex Bolt | 12 |
| 9 | Multi-grip pull up bar | 1 | 23 | M12X20 Hex Bolt | 12 |
| 10 | J-CUPS L | 1 | 24 | M24 Spring Washer | 20 |
| 11 | J-CUPS R | 1 | 25 | M12 Nylon Nut | 8 |
| 12 | Spotter arms L | 1 | 26 | M24 Nut | 20 |
| 13 | Spotter arms R | 1 | 27 | Φ12XΦ40 Big Washer | 12 |
| 14 | Weight Horns A | 6 | | | |



STEP 2 (DHR80 ONLY)

| PART NO. | DESCRIPTION | QTY | PART NO. | DESCRIPTION | QTY |
|----------|------------------------|-----|----------|-------------------------|-----|
| 1 | Power Rack L | 1 | 12 | Spotter arms R | 1 |
| 2 | Foot Brace A | 1 | 13 | M12X95 Square Neck Bolt | 4 |
| 3 | Foot Brace B | 1 | 14 | M12 Washer | 8 |
| 4 | Uprights | 2 | 15 | M24 Washer | 16 |
| 5 | Top Connecting Tube | 2 | 16 | M10 Washer | 12 |
| 6 | Peg Bar Tube | 2 | 17 | M12 Nylon Nut | 6 |
| 7 | Band Pegs | 12 | 18 | M24 Spring Washer | 8 |
| 8 | Multi-grip pull up bar | 1 | 19 | M24 Nut | 8 |
| 9 | J-Cups L | 1 | 20 | M24X130 Hex Bolt | 4 |
| 10 | J-Cups R | 1 | 21 | M24X120 Hex Bolt | 4 |
| 11 | Spotter arms L | 1 | 22 | M10X20 Hex Bolt | 12 |
| | | | 23 | M12X30 Hex Bolt | 2 |

