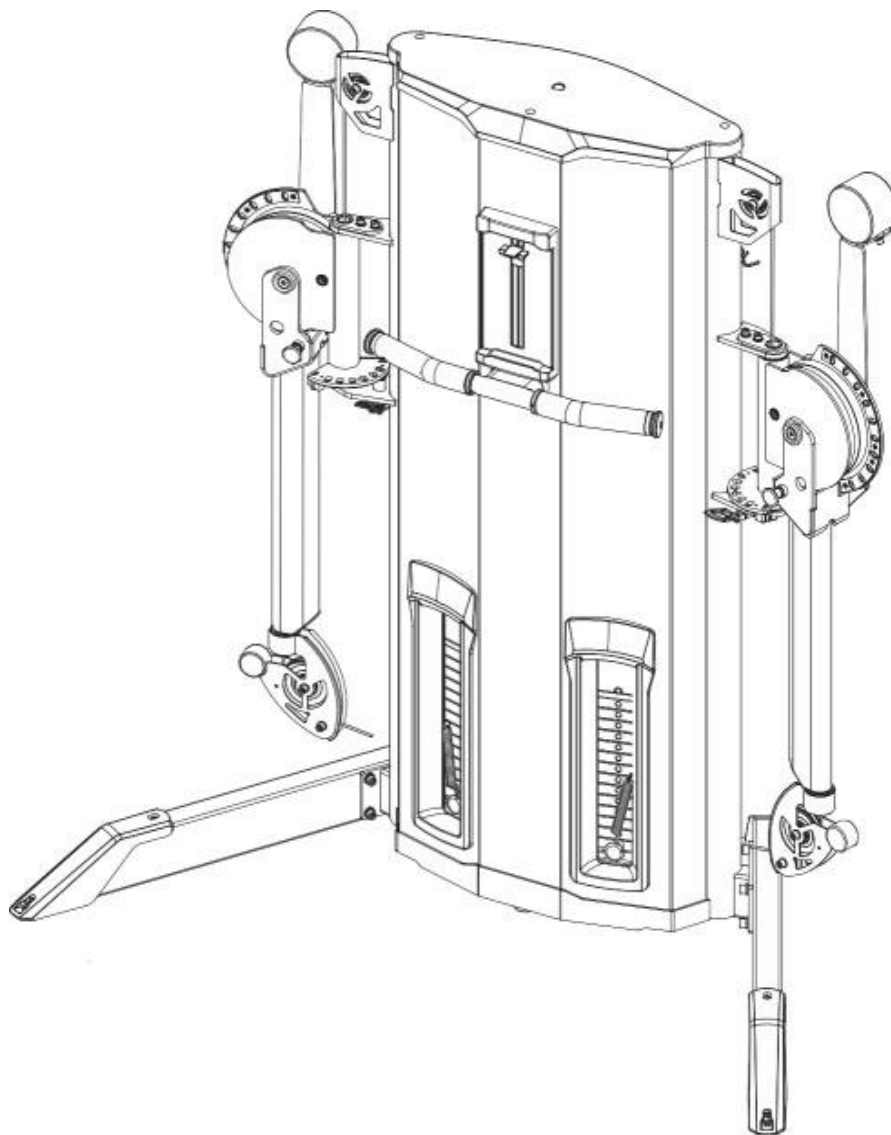


FRENCH FITNESS

FF-DSCC

FRENCH FITNESS DSCC DUAL STACK
CABLE CROSS

ASSEMBLY MANUAL



FEATURES

- Extension arm offers 150° vertical adjustments and 165° horizontal adjustments.
- Designed for functional, speed and ballistic training, and is accessible for wheelchairs, rehab equipment, workout benches and stability balls.
- Ball bearing swivel pulleys, increase fluidity and cable response for more effective sport specific training.
- Independent movement for bilateral and unilateral training.
- Hydraulically supported arms for safe and easy adjustments.

TECH SPECS

- Weight Plate Increments: 10 lbs (16 Weight Plates per side)
- Cable Ratio: 2:1
- Weight Stacks: 160 lbs per Side (320 lbs total) Weight: 739 lb (335 kg)
- Width: 72" at feet (With arms folded), 133" (with arms fully extended)
- Height: 73.6" (Base & Height w/Arms Folded), 90" (with arms fully extended)
- Dimensions (L x W x H): 133 in x 43 in x 90 in (3380 mm x 1080 mm x 2270 mm)

WARRANTY

10 Years Part, 1 Year Labor (Commercial)

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Please read the following important notes carefully before using this series of equipment to avoid personal injury and property damage.

1. Read the manual carefully before use, install and use the equipment according to the relevant instructions on the manual.
2. Make sure that trainers fully understand the safety warnings and precautions on the equipment before use.
3. Do not wear loose clothes when using equipment. Wear trainers when training.
4. Check the trainer carefully before using the equipment. If there is damage, please do not use it and do not try to use it. The machine has been repaired, please inform the after-sale service to repair it as soon as possible.
5. Make sure that the counterweight bolt is fully inserted before use. Do not use the counterweight bolt provided by other manufacturer to avoid injury
6. The equipment should be placed indoors and make sure that the ground is flat and there is enough space around the equipment for trainers use the machine freely.
7. Check the cables before use to make sure they are on the pulley and pay attention to the ends of the cables.
8. When using the equipment, only its own or the manufacturer provides the counterweight device. No other form of counterweight is allowed device to increase the counterweight of equipment.
9. Children and pets are not allowed near the trainer when using the equipment.
10. If dizziness or physical pain occurs during training, the trainer should immediately stop exercise and consult a doctor.
11. The equipment shall be used in places where access and management have been clearly specified by the owner and shall be in a supervised clause
Use under parts.
Please consult your doctor and fitness expert before use. Please read all the instructions before use. The factory will not be responsible for any personal injury or property loss caused by incorrect use of this product.

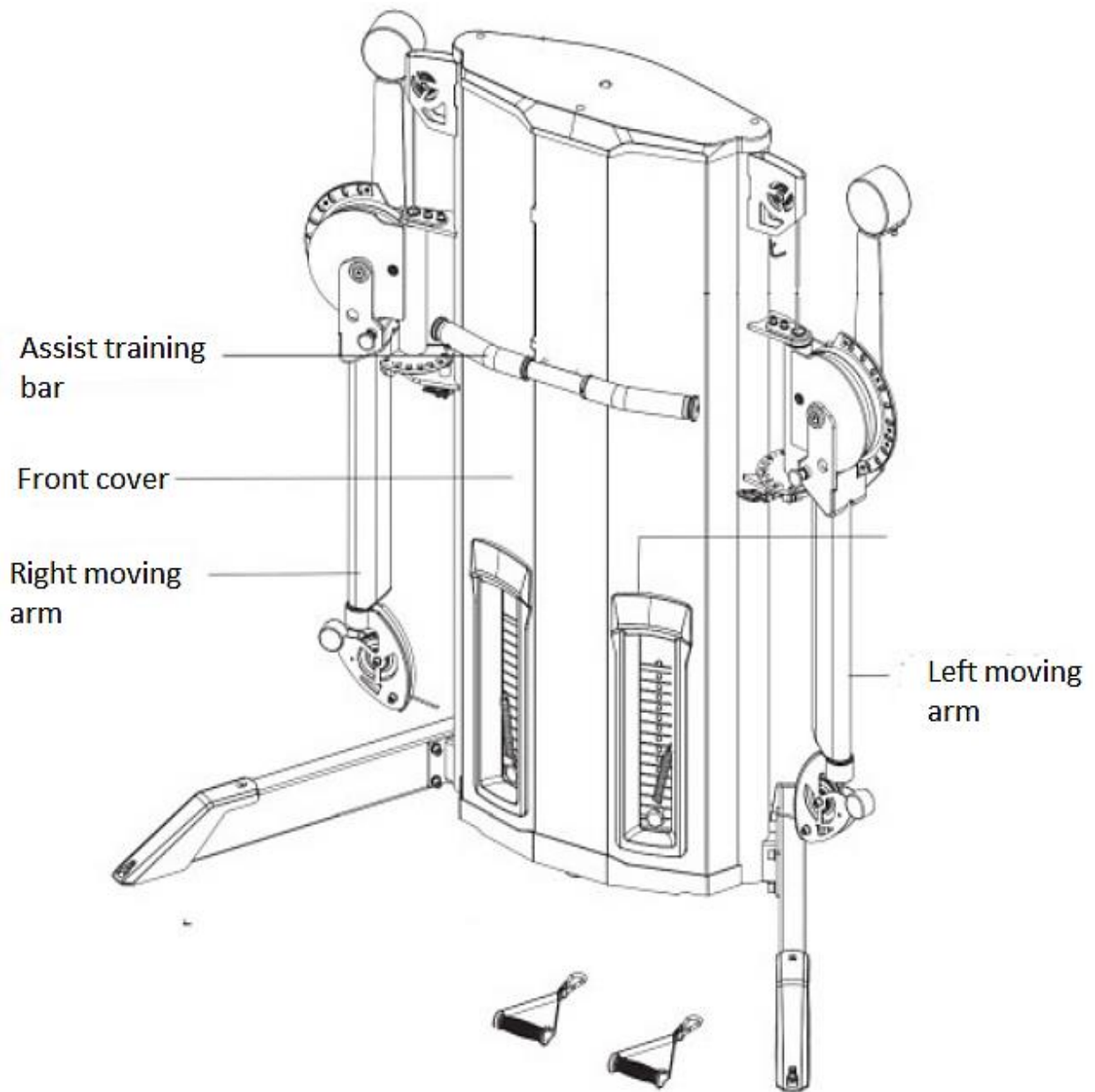
PARTS LIST

NO	Name	Specification	Qty
1	Main Frame		1
2	Right bracket		1
3	Left bracket		1
4	Auxiliary training rack		1
5	Guide rod fixing plate		2
6	Front guard assembly		1
7	Rear guard assembly		1
8	Guide rod		4
9	Left counterweight iron frame		1
10	Right counterweight iron frame		1
11	Baffle		2
14	Bolt set		2
15	Wire rope group		2
17	Choose iron shield		2
22	Right adjustment plate rack		1
23	Left adjustment plate rack		1
24	Right turning arm		1
25	Left turning arm		1
26	Turret		2
27	Fixed frame		2
28	End cap		4
29	Fixed sleeve		2
30	Spacer		4
31	Adjustment column		2
32	Left anti-skid plate		2
33	Right skid plate		2
34	Anti-slip board		2
35	Limit sleeve		4
36	Balance iron		2
37	Pulley block		2
38	Adjustment column		2
39	spring		2
41	M20Nut		4
42	Retaining ring		2
43	Guide rod end cap		8
44	Round limit pad		4
45	Handle knob		2
46	Mat		1
48	Adjustment handle		2
49	Aluminum pulley block		2
50	Aluminum pulley block		12
51	Aluminum pulley block		2
52	Gourd hook	R-B-5103	2

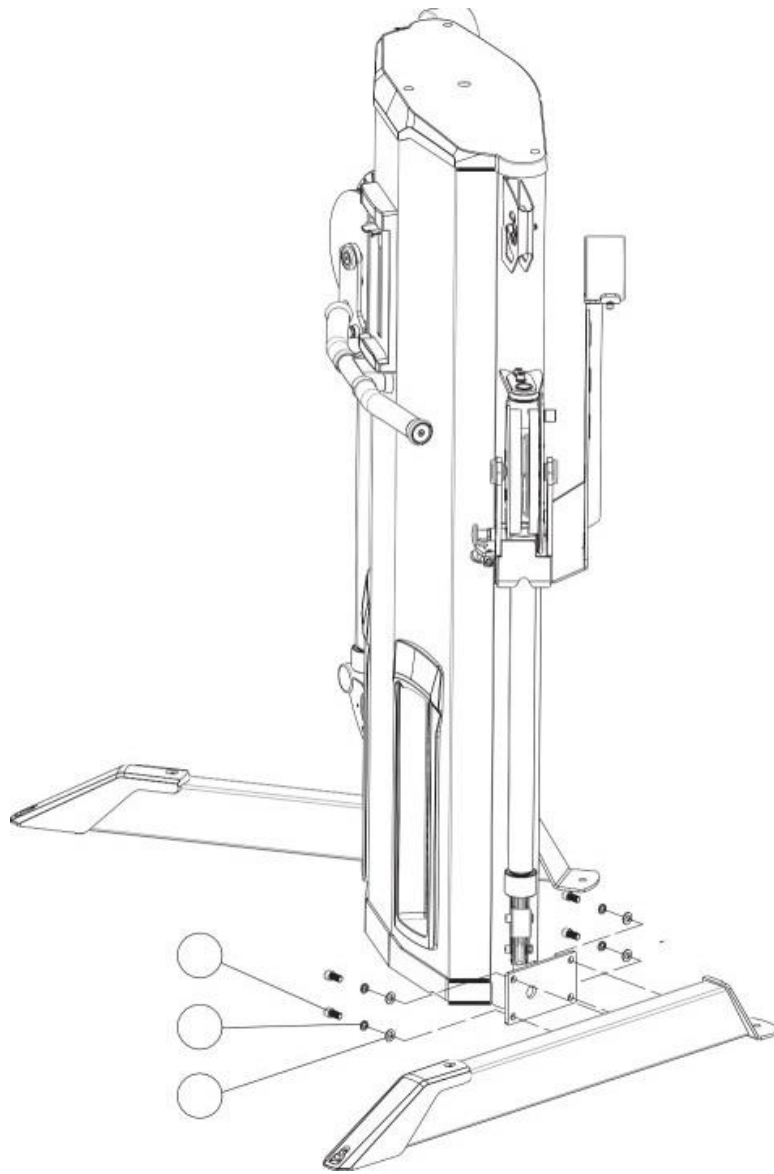
PARTS LIST

53	Handle group	R-C-6301	2
56	Buffer cushion	R-c-4008	4
57	Sliding sleeve	R-B-4408-02	8
58	10 lb select iron components	R-B-4408	28
59	Through hole gloves	R-C-6206	2
61	Ring assembly	R-B-5112	2
63	Roller link head	10A	2
64	Deep groove ball bearing	6004-2Z	2
65	Deep groove ball bearing	6006-2Z	6
66	Deep groove ball bearing	6001-2Z	4
67	Circlip for hole	d0=28	4
68	Circlip for hole	d0=30	2
69	Hexagon socket head screw	M10*40 Full silk	2
70	Hexagon socket head screw	M10*45silk30	4
71	Hexagon socket head screw	M10*50silk30	8
72	Hexagon socket head screw	M10*60silk30	4
73	Hexagon socket head screw	M10*20	4
74	Hexagon socket head screw	M8*25	4
75	Hexagon socket head screw	M8*20	8
76	Hexagon socket head screw	M8*16	8
77	Hexagon socket head screw	M12*25	8
78	Hexagon socket head screw	M5*30silk20	2
79	Hexagon socket head screw	M10*25	2
80	Umbrella head hexagon screw	M8*20	2
83	Countersunk Hexagon Screw	M12*50 Full silk	4
85	Cross recessed countersunk head screws	M5*10	18
86	Cross recessed large flat head tapping screws	ST4.2*9.5	20
87	Flat Washers	Φ20*Φ10.5*2	32
88	Flat Washers	Φ16*Φ8.4*1.6	20
89	Flat Washers	Φ24*Φ13*2.5	8
90	Flat Washers	Φ10*Φ5.3*1	4
100	Reed nut	M6*Φ33.8*15	2
104	Spring		2
105	Hexagon socket set screws with cone point	M5*5	4
106	Aluminum retaining ring	R-B-2209	2
107	Aluminum ring	R-B-2208	2
108	Plastic ring	R-C-2618	2
109	Aluminum end cap	R-B-2207	2
110	Hexagon socket head screw	M6*25	2
111	Double hook hook	R-A2-8201	2
112	Cross recessed countersunk head screws	M4*10	4
113	Buffer pad	R-C-4003	2
114	Guide rod fixing plate		2

EQUIPMENT SCHEMATIC

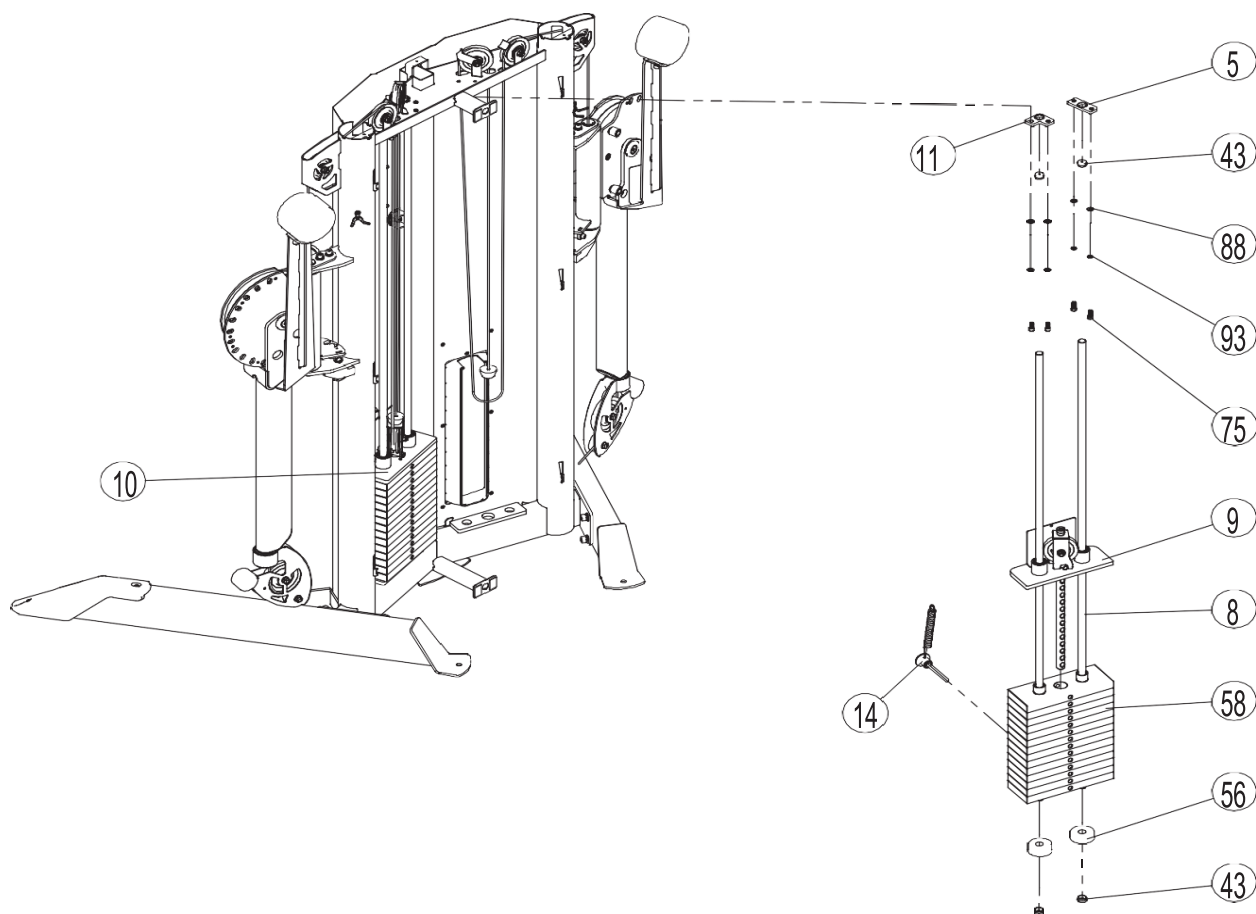


INSTALLATION STEP 1



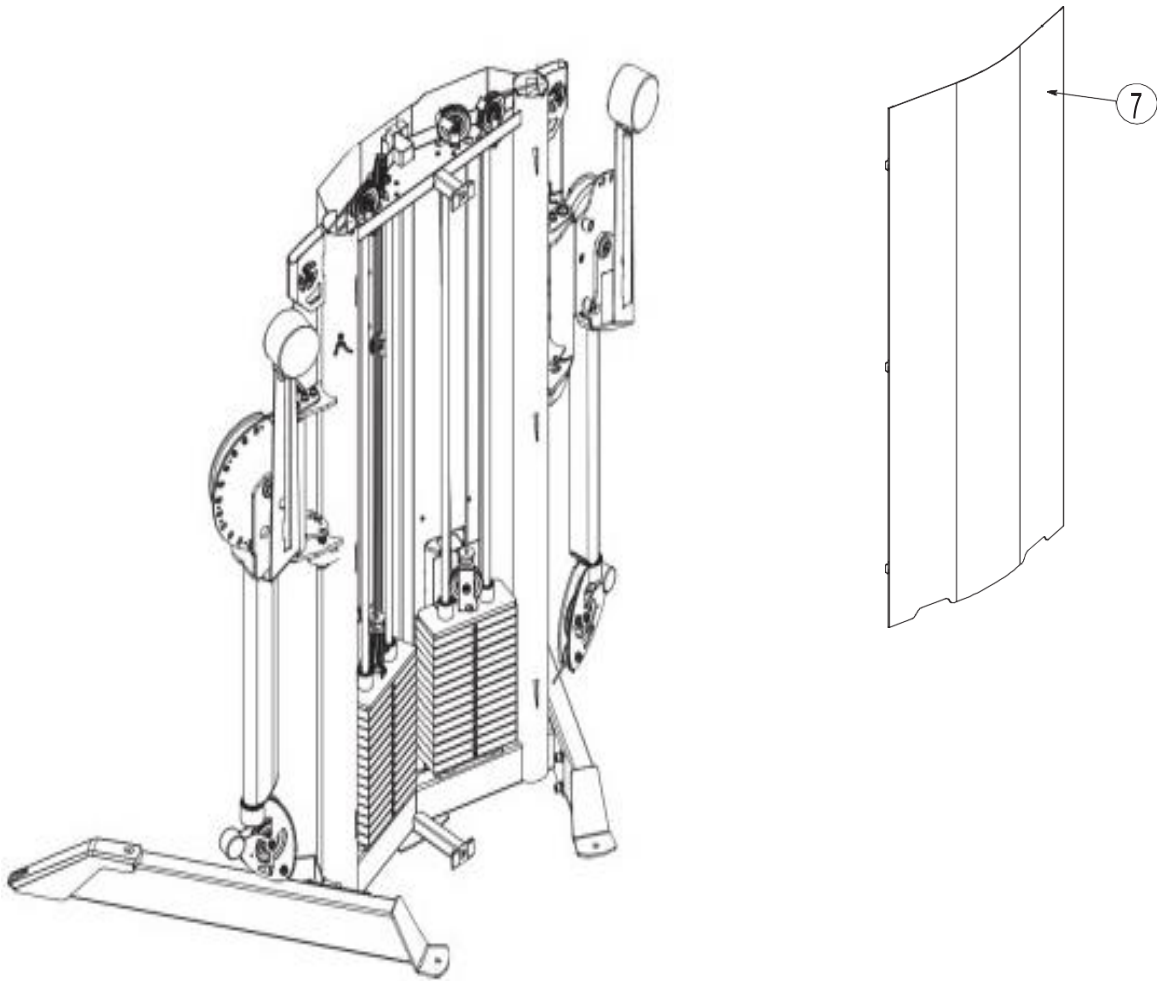
INSTALLATION STEP 2

Step	NO.	Name	Specification	Qty
2	5	Guide rod fixing plate	80*30*8	2
	8	Guide rod		4
	9	Left weight stack iron assembly		1
	10	Right weight stack iron assembly		1
	14	Bolt set	φ42*100	2
	43	Guide rod end cap	φ23*12	8
	56	Buffer cushion	φ62*φ20*26	2
	58	10 lb select iron components		28
	75	Hexagon socket head screw	M8*20	8
	88	Flat Washers	Φ16*Φ8.4*1.6	8
	93	Spring washer	M8*20	8
	114	Guide rod fixing plate	50*50*8	2

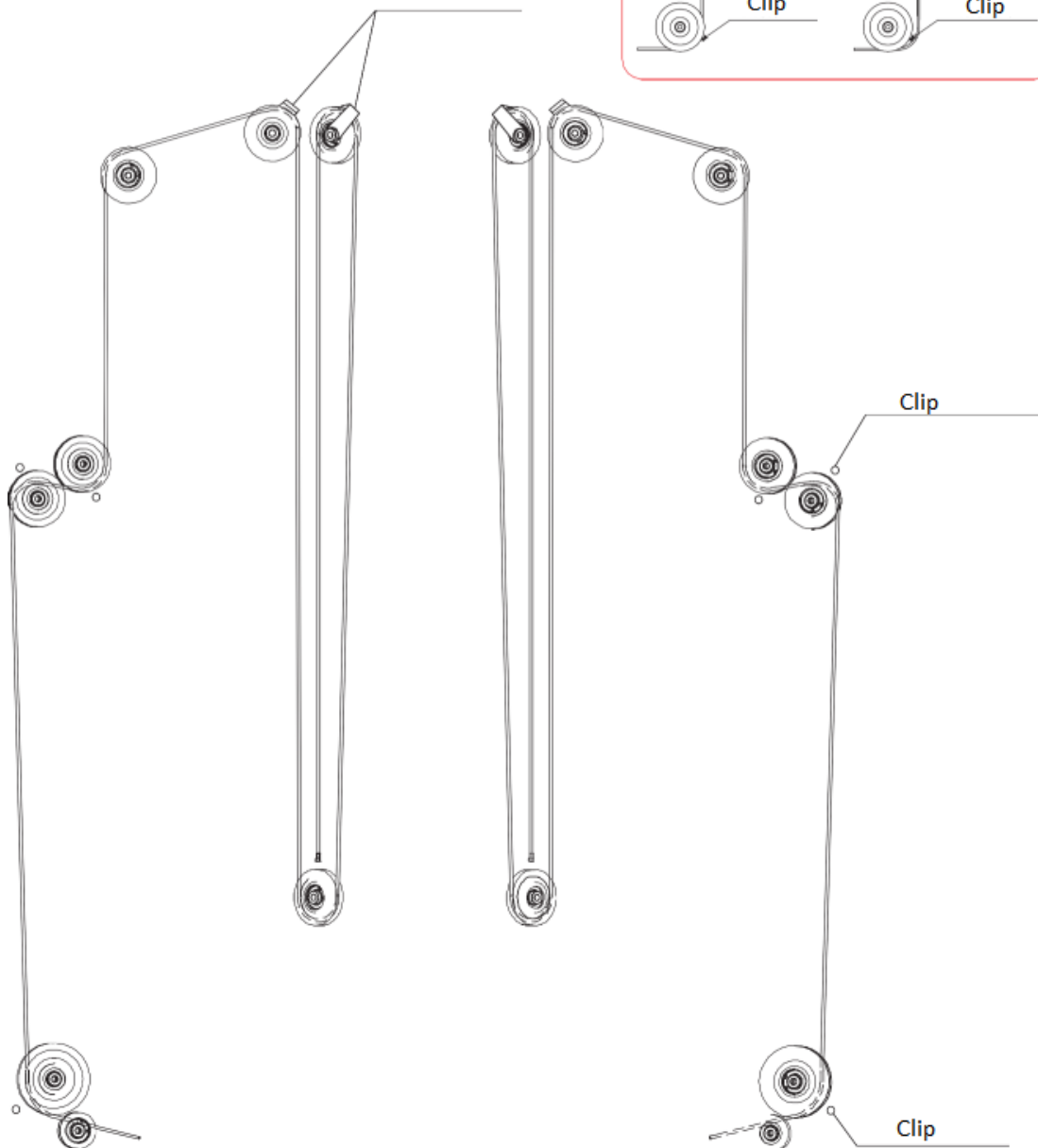
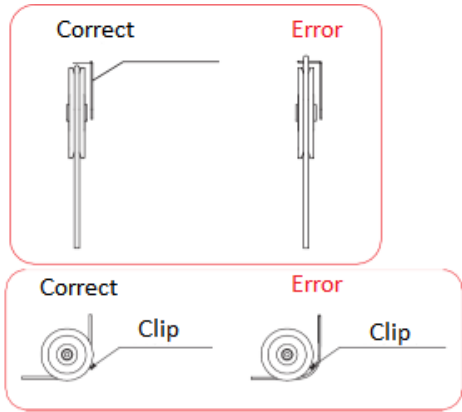


INSTALLATION STEP 3

Step	NO.	Name	Specification	Qty
3	81	Umbrella head hexagon screw	M6*16	3
	91	Flat Washers	$\Phi 12 * \Phi 6.4 * 1.6$	3
	7	Rear shield weldment		1



CABLE ROUTE MAP



EXPLODED DIAGRAM

