

FRENCH FITNESS

FFS-PLSVS / FFB-PLSVS

FRENCH FITNESS FFB BLACK/SILVER
P/L SUPER V-SQUAT PRESS

ASSEMBLY MANUAL



OR



FEATURES

- 11 Gauge Steel
- 50 x 100 x 3mm steel tube
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability
- Standard rubber feet protect base of the frame and prevent the machine from slipping
- Contoured cushions utilize a molded foam for superior comfort and durability
- Grips retained with aluminum collars, preventing them from slipping during use
- Hand grips are a durable urethane composite
- Uses fulcrums, bearings, and pivots for real-like movement
- California Residents see Prop 65 WARNINGS

TECH SPECS

- Max Weight Load: 1000 lbs (450 kg)
- Max User Weight: 550 lbs (250 kg)
- Weight: 432 lb (196 kg)
- Dimensions: 77.75" Depth x 64.25" Wide x 68.8" Tall
- Paint Color: Black
- Vinyl Color: Black

WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

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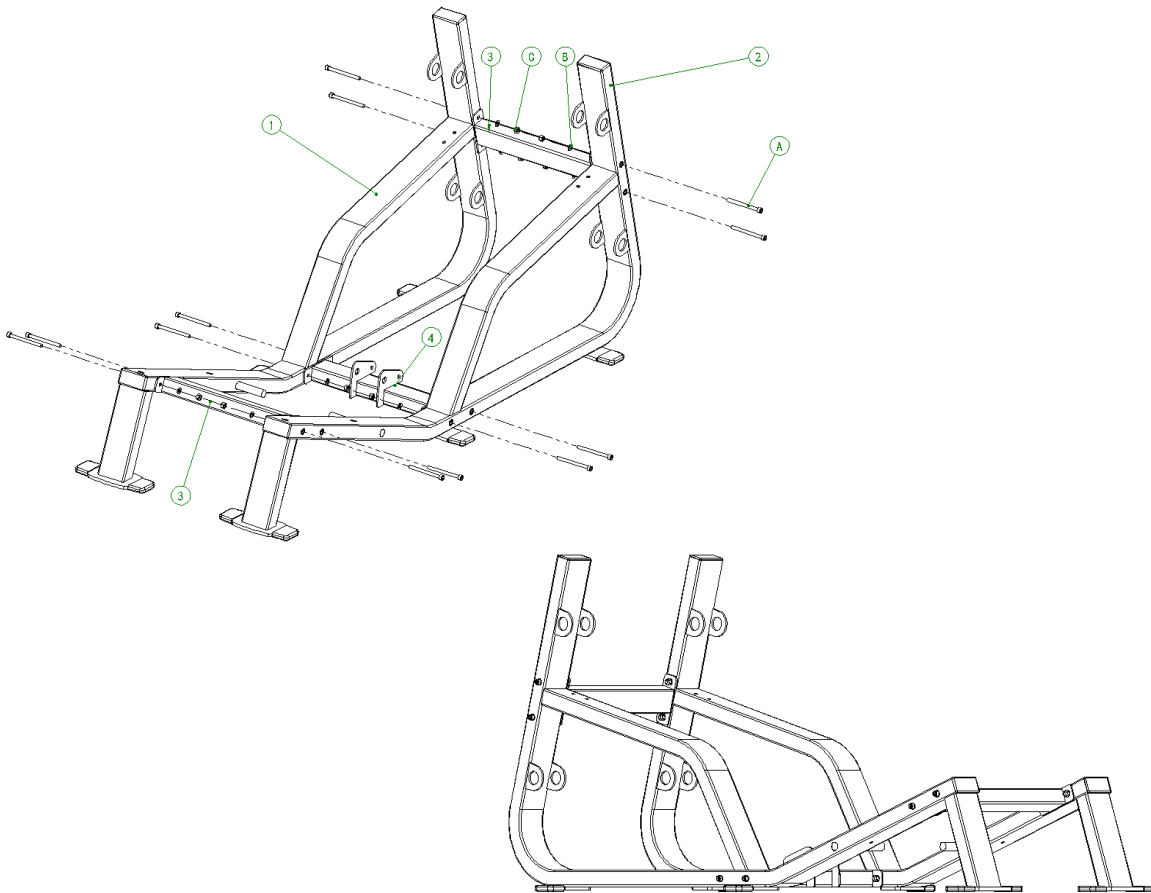
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Parts list (individual packaging)

NO 1	Chassis assembly left*1	NO 2	Chassis assembly right*1	NO 7	Turn frame*1
NO 18	seat components*1	NO 3	Chassis Connection Components*2	NO 4	Chassis Connection ComponentsB*1

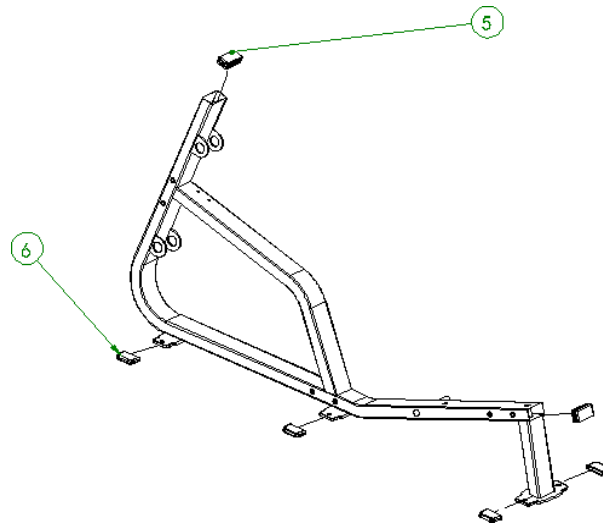
Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
1	NO 1	Bottom frame left	1	A	M10*120cylinder head screw	12
	NO 2	Bottom frame right	1	B	Φ20*Φ11 Gasket	12
	NO 3	Chassis Connection Components	2	C	10*9 fasten the screw n	12
	NO 4	Chassis Connection ComponentsB	1			



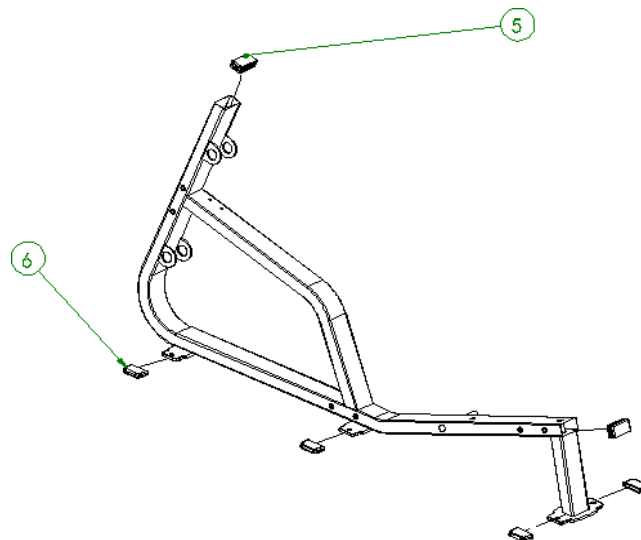
NO 1 Bottom frame left*1

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO 5	50*100 pipe plug	2	NO 6	rubber feet	4



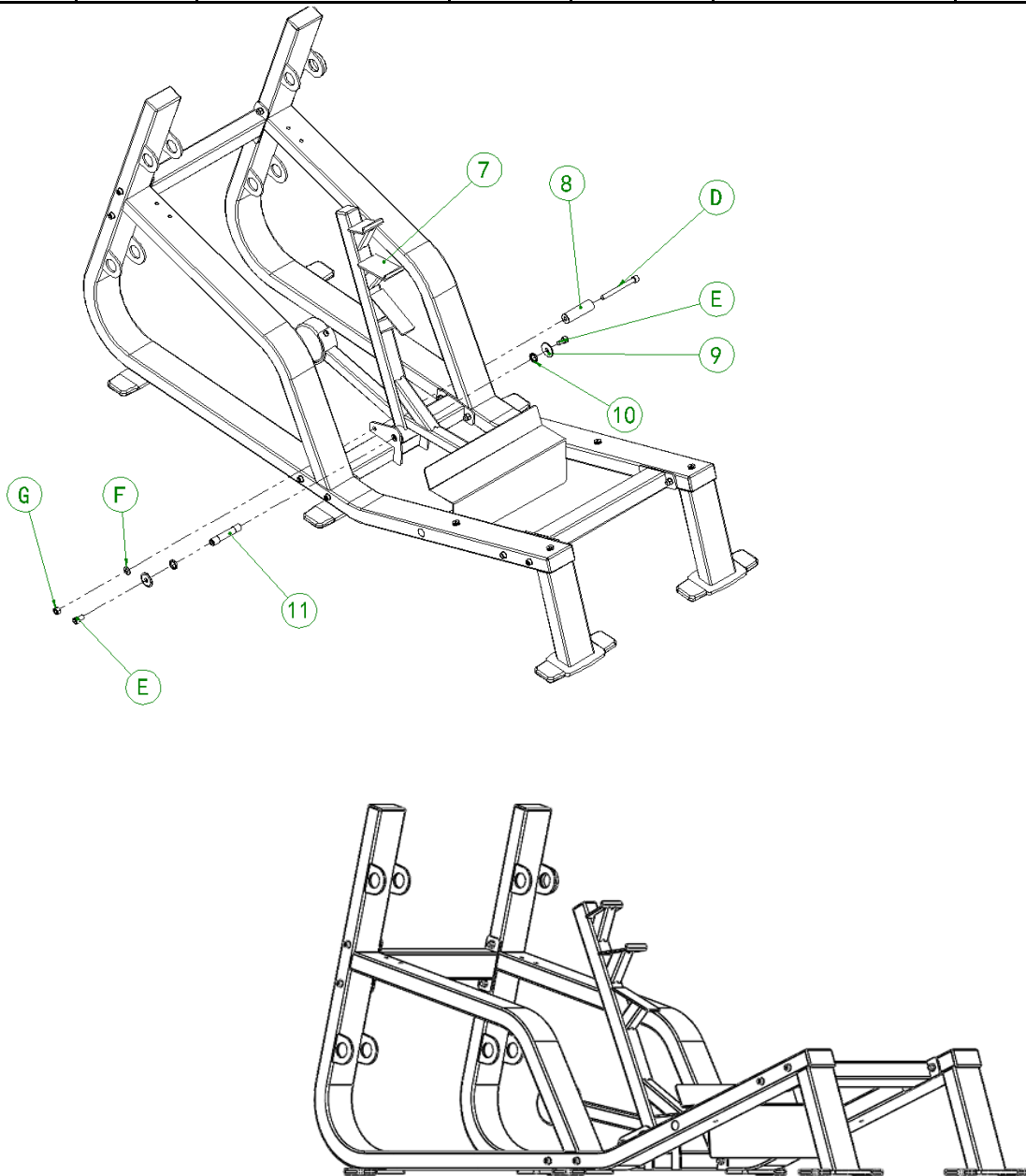
NO 2 Bottom frame right*1

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO 5	50*100 pipe plug	2	NO 6	rubber feet	4



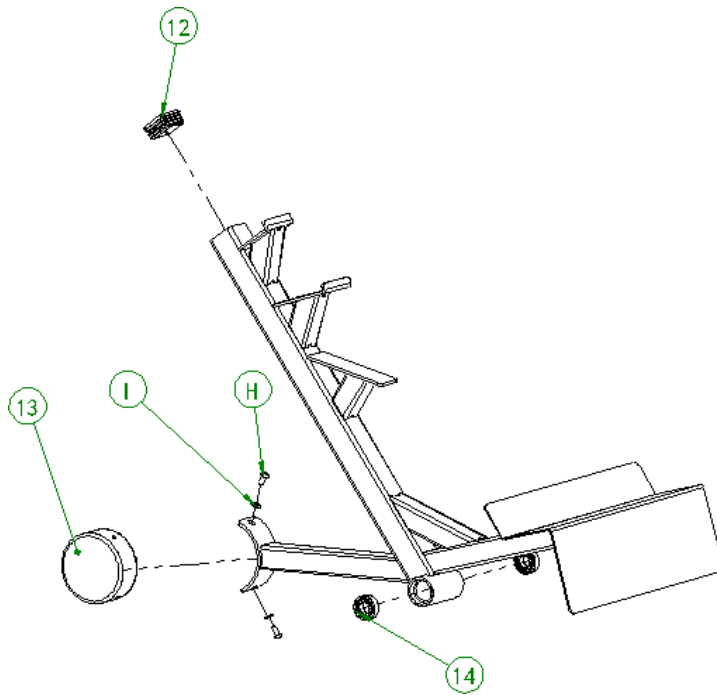
Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
2	NO 7	Turn frame	1	D	M12*125 cylinder head screw	1
	NO 8	Connect nylon shaft (Φ30)	1	E	M12*20 cylinder head screw	2
	NO 9	Gasket	2	F	Φ24*Φ13 Gasket	1
	NO 10	Spacer	2	G	M12 fasten the screw nut	1
	NO 11	connecting shaft (Φ20)	1			



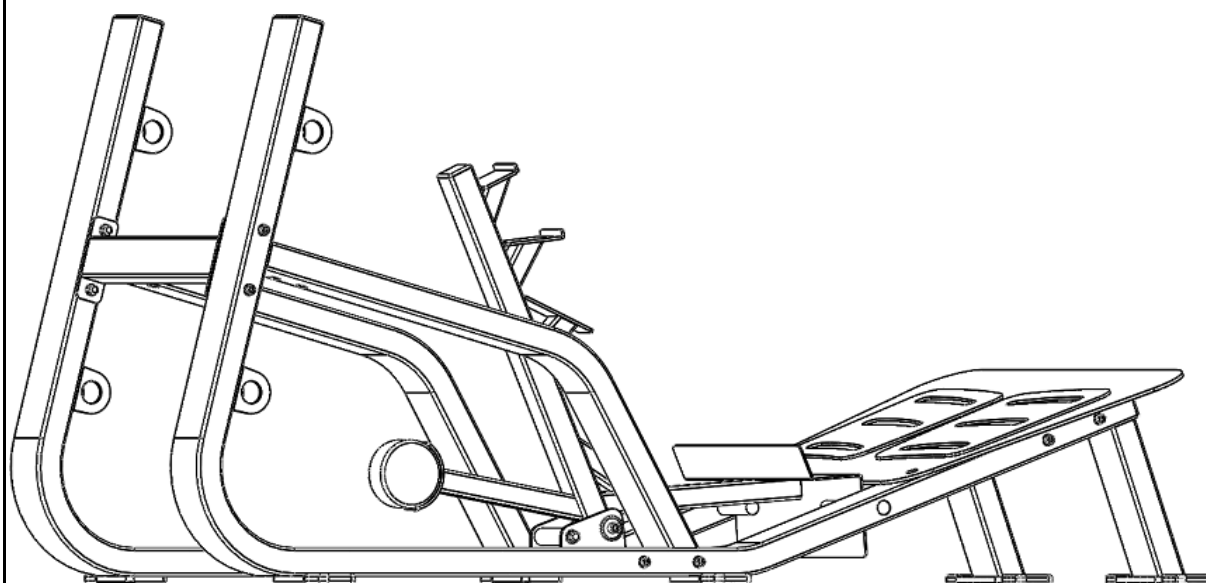
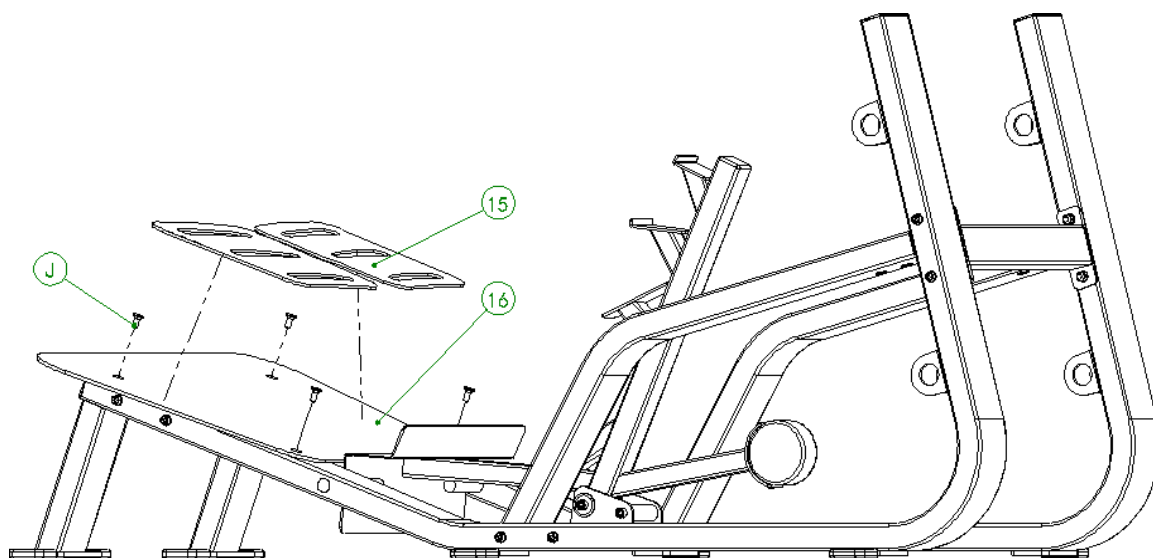
NO 7 Turn frame*1

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO 12	50*50 pipe end	1	H	M8*16 Round Head Screws	2
	NO 13	Weight plates	1	I	Φ16*Φ9 Gasket	2



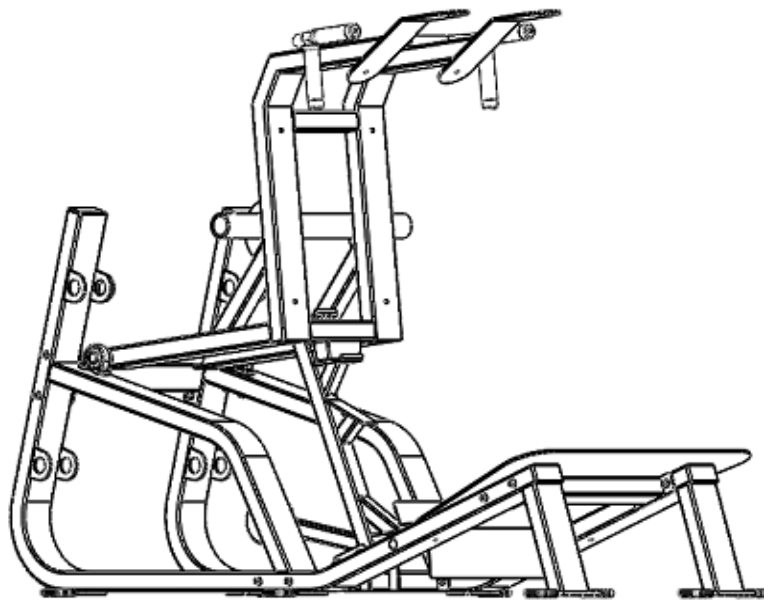
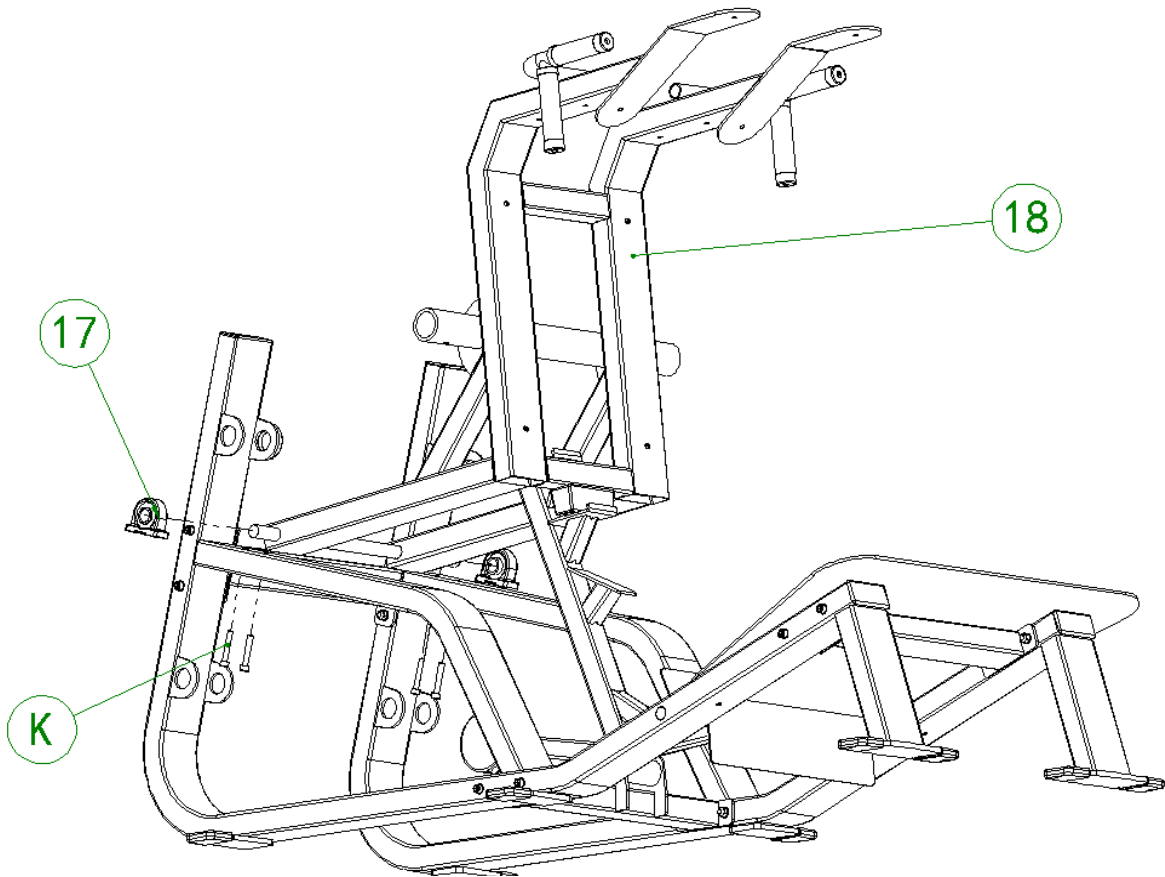
Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
3	NO 15	large non-slip mat	2	J	M10*25 flat head screw	4
	NO 16	pedal	1			



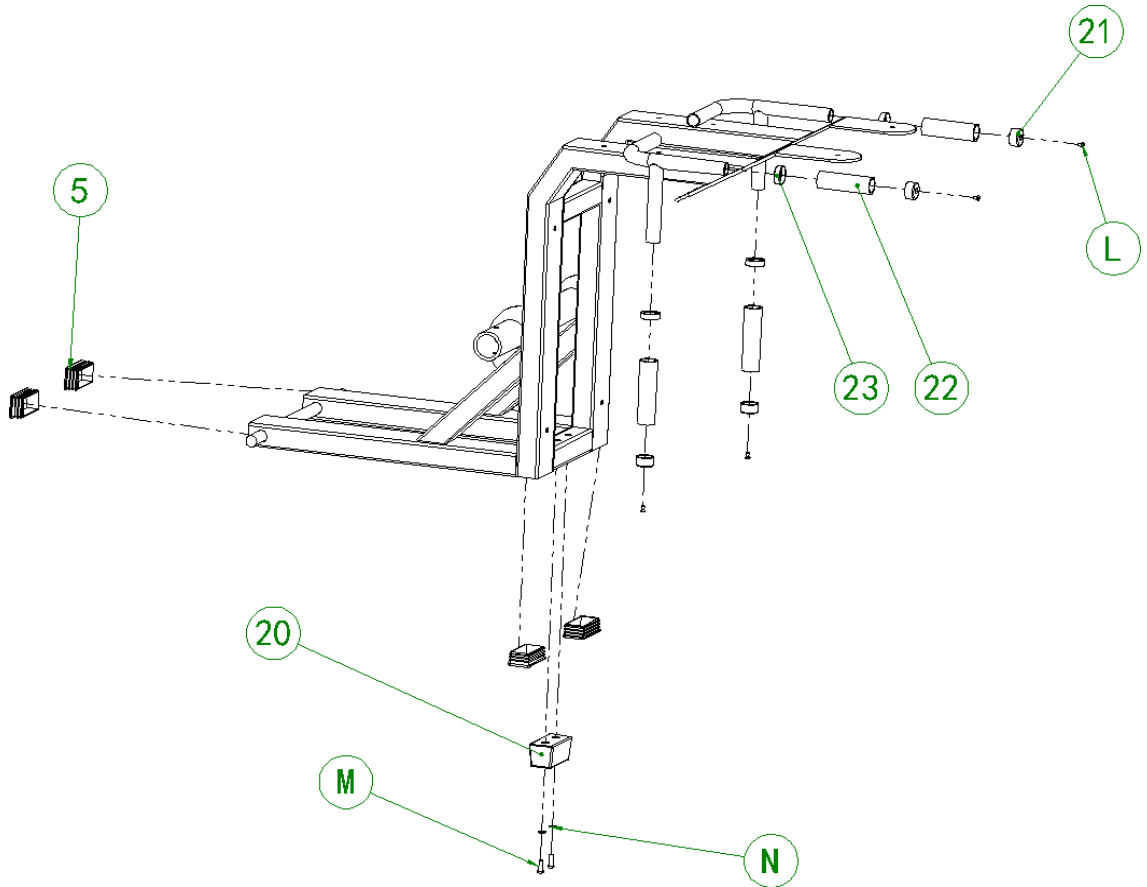
Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
4	NO 17	Bearing seat	2	K	M10*60 Cylinder head screw	4
	NO 18	Seat components	1			



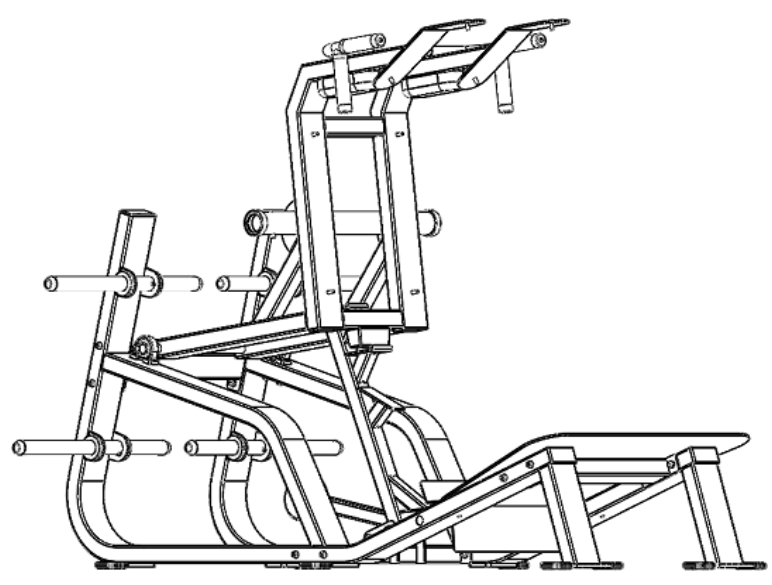
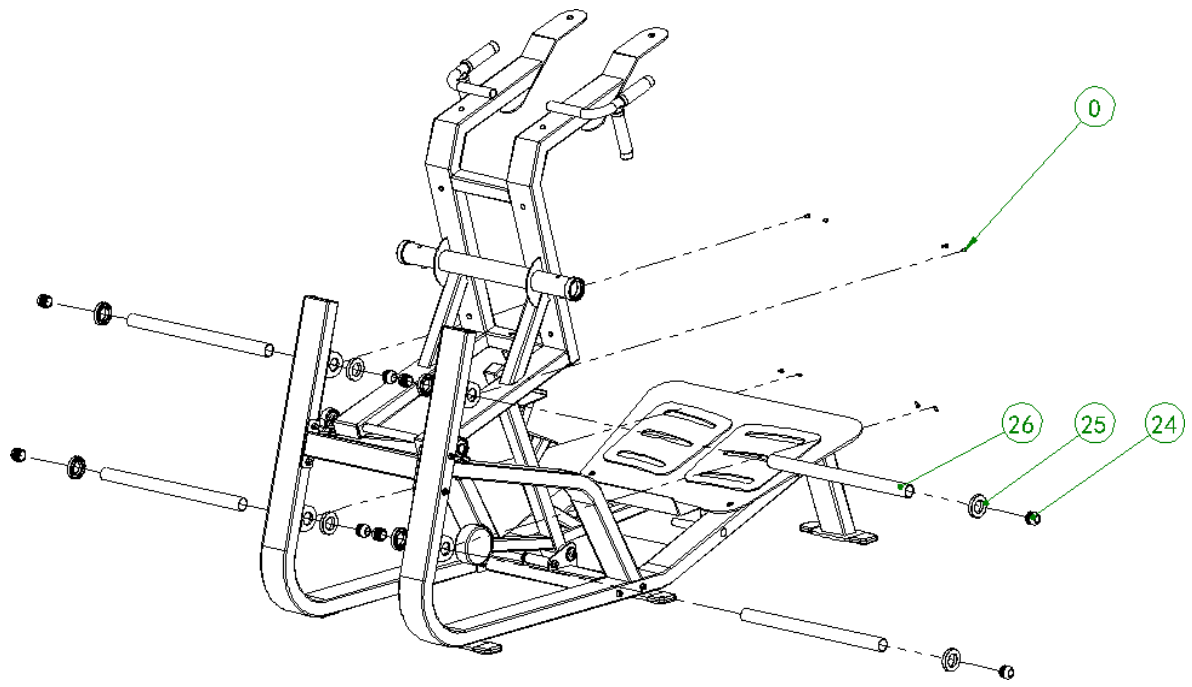
NO 18 Seat components*1

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO 5	50*100 pipe plug	4	NO 23	NO 81 plastic parts	4
	NO 20	Cushion	1	L	M6*20 Flat head screw	4
	NO 21	Aluminum handle cover	4	M	M8*25 Round Head Screws	2
	NO 22	Rubber cover	4	N	Φ8 Gasket	2



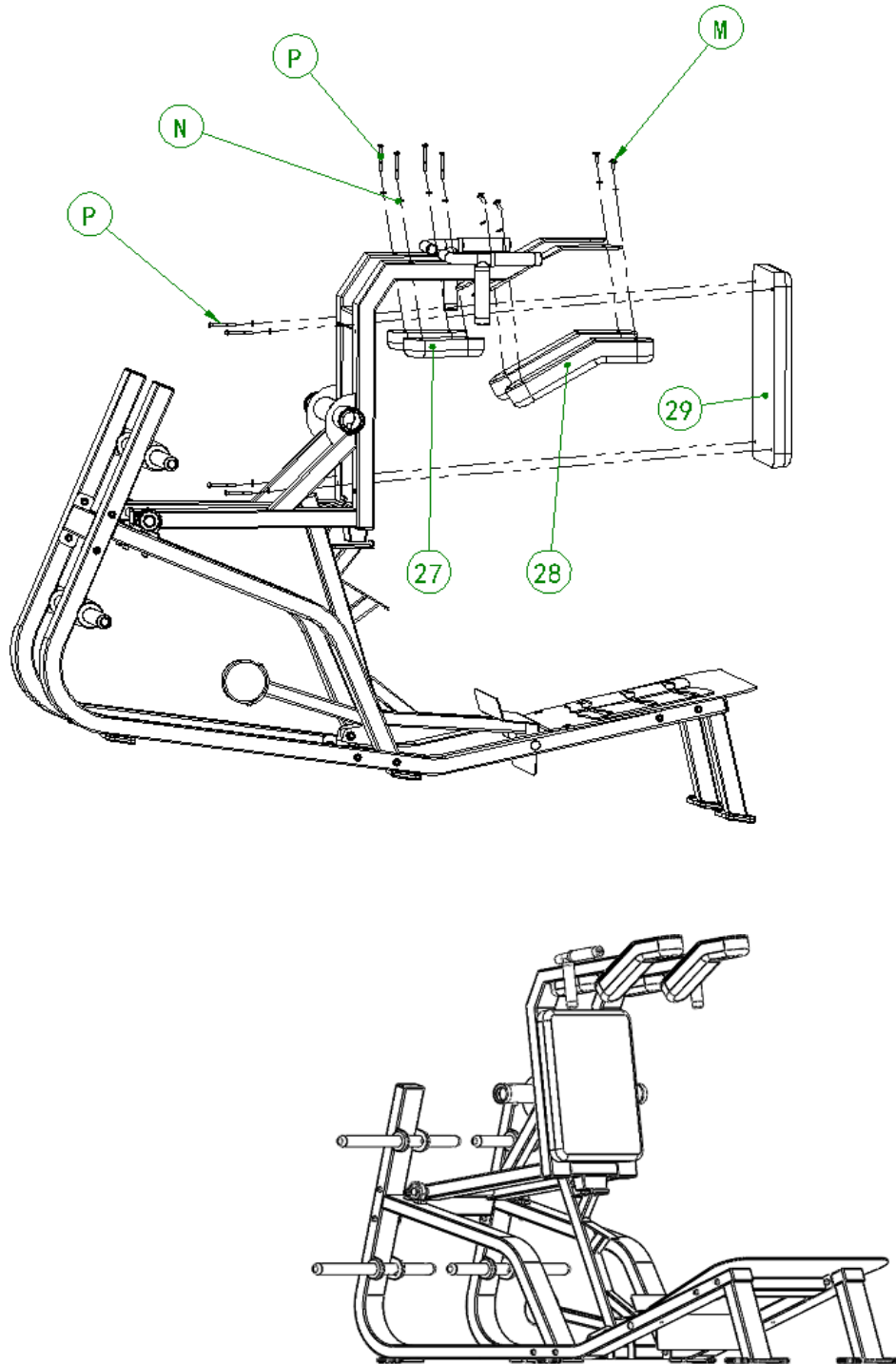
Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
5	NO 24	40 round pipe plug	8	NO 26	Coupon Guide	4
	NO 25	NO.527 rubber cover	8	0	M6*12 cylinder head screw	8



Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
6	NO 27	NO.48 Cushion	2	N	Ø8 Gasket	12
	NO 28	NO.47 Cushion	2	P	M8*70 cylinder head screw	8
	NO 29	NO.49 Cushion	1	M	M8*25 Round Head Screws	4



Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
7	NO 30	Stainless steel pipe plug	2	NO 32	Plate shaft	2
	NO 31	rubber band	2	R	M10*20 cylinder head screw	2

