

# FRENCH FITNESS

FFS-360XL / FFB-360XL

French Fitness FFS Silver & FFB Black  
360XL Energy Group Training System

ASSEMBLY MANUAL



OR



## PACKAGE INCLUDED

- (1) Rope Pull
- (2) Cable Station
- (1) Suspension Chin Up Bar
- (1) Rock Grip Chin Up Bar
- (1) Box Bag Connector
- (8) Accessory Storage Shelves
- (4) U-Link Adjustment Columns
- (4) Battle Rope Attachment
- (1) Step-Up Platform
- (1) Dip Handle
- (1) Power Pivot
- (1) Rebounder
- (1) Stall Bars

## ACCESSORIES INCLUDED

- Medicine ball: 1kg, 2kg, 3kg, 4kg, 5kg, one piece each
- Kettle ball: 4kg, 6kg, 8kg, 10kg, one piece each
- Sand bag: 30kg (diameter 33cm; high 1.4m), one piece each
- Boxing glove: one pair
- Dynamic rope: light, medium, heavy (13mm, 32mm, 64mm ) one piece each
- TRX Rop: 1 set
- Physical Training Rope: length 9m, diameter 38mm one pc
- Plates: 2.5kg, 5kg, 10kg one piece each
- Fixed Black Rubber Dumbbell: 5kg, 10kg, 15kg one piece each
- Medicine Ball Trampoline: 40" diameter 1 pc

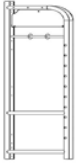





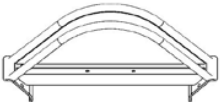
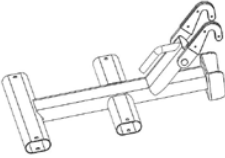
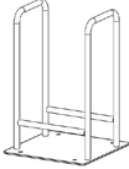
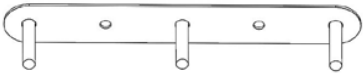
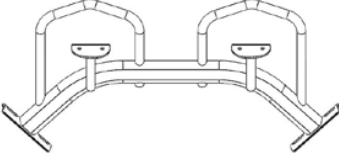
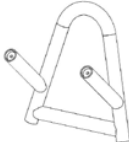

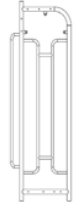
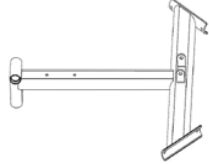
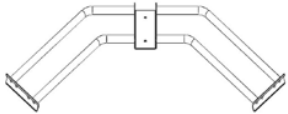
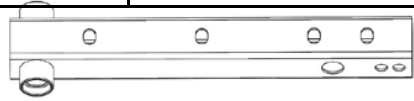

## TECH SPECS

- Tube: 50mm x 100mm x 3mm flat elliptical tube
- Weight Stack: (2) 176.37lb (80kg)
- Weight: 2903.48 lb (1317kg)
- Machine Size: 218.8"L x 173.8"W x 101.4"H (5559mm x 4415mm x 2578mm)
- Recommended Live Area: (322.8346" 322.8") (8200mm x 8200mm)


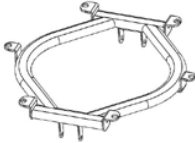


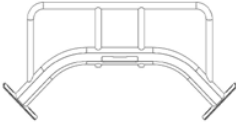
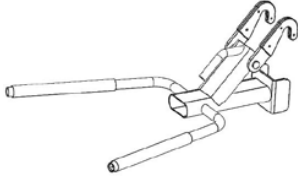
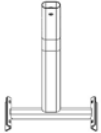





## WARRANTY

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

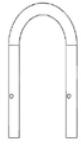
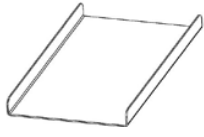







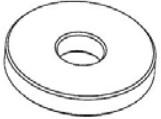



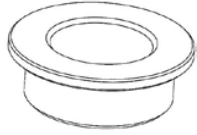
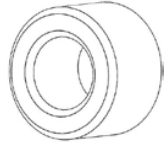


# PARTS LIST

Separately packaged					
					
No.1	0100 main frame components * 2 pcs	No.2	0100E Assembly and disassembly components*1 pc	No.3	0100D Assembly and disassembly components*4 pc
					
No.4	0100F Assembly and disassembly components*9 pcs	No.5	the barbell components for Barbell * 1 pc	No.6	0100A Welding group * 8 pcs
					
No.7	0100B Assembly and disassembly components*1pc	No.8	Large hook set *1 pc	No.9	Square frame component *1 pc
					
No.10	Hook frame assembly*1 pc	No.11	Relay disassembly assembly *1 pc	No.12	Tripod assembly * 1 pc
					
No.13	0100G* 1 pc	No.14	0200 Main frame assembly * 2 pcs	No.15	0200C Support sliding component *1 pc
					
No.16	0200D Support frame *1 pc	No.17	0200E Gear adjustment component *1 pc	No.18	0200F Slide assembly *1 pc

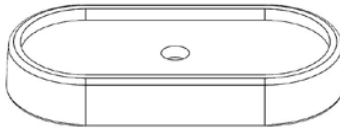
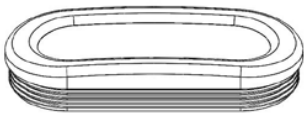
Separately packaged

					
No.19	0200G Gear handle *1 pc	No.20	0200P Spring net support frame *1 pc	No.21	Elastic bed *1 pc
					
No.22	0300A Main frame assembly*2 pc	No.23	0300E Relay disassembly assembly *1 pc	No.24	0400A Disassembly and assembly components *1 pc
					
No.25	0400C Disassembly and assembly of connecting components*1 pc	No.26	0400C Connection components * 2 pcs	No.27	0400D Main frame assembly*2pc
					
No.28	0500A Connection components * 2 pcs	No.31	0500B Connection components * 2 pcs	No.32	0500C Connection components * 2 pcs

### Assembly parts

					
No.29	Gear hook * 10 pcs	No.30	Protective pad *4 pcs	No.33	Upper beam assembly*2 pc
					
No.34	0500F Leveraging armrest set * 10 pcs	No.35	0500G Side connection set * 2 pcs	No.36	0500P Olympic bar * 1 pc
					
No.37	washer	No.38	Cable locking shaft	No.39	Handle
					
No.40	Spacer washer	No.41	Pull pin	No.42	the copper sleeve column
					
No.43	Connecting column	No.44	Copper sets	No.45	Rubber sleeve
					
No.46	Bearing column	No.47	Rotating suspension plate assembly		

### Assembly parts



No.49

Flat oval tube plug

No.50

Flat oval bottom tube

### Blister package screw schedule-5 (standard parts)



A

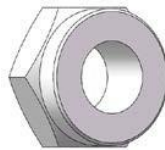
Socket head cap screws  
M10\*16\*5 pcs

B

Socket head cap screws  
M10\*70\*42 pcs

C

Socket head cap screws  
M10\*90\*4 pcs



D

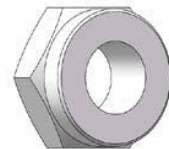
Hexagon screw M12\*120\*8  
pcs

E

Locknut M12\*14 pcs

F

Flat gasket Ø10\*100 pcs



G

Hexagon screw M10\*100\*2  
pcs

H

Hexagon screw M12\*120\*6  
pcs

I

Locknut M10\*48 pcs

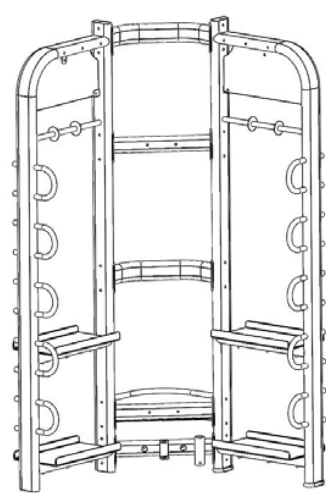
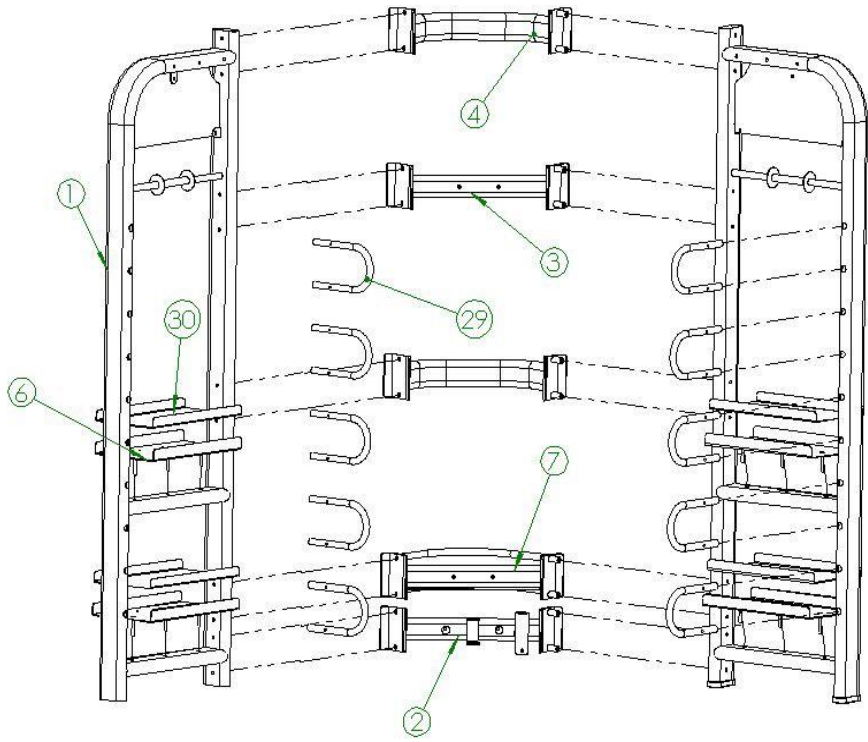


J

Flat gasket Ø12\*28 pcs

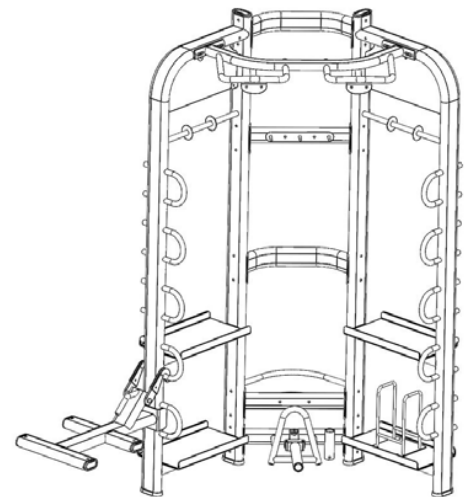
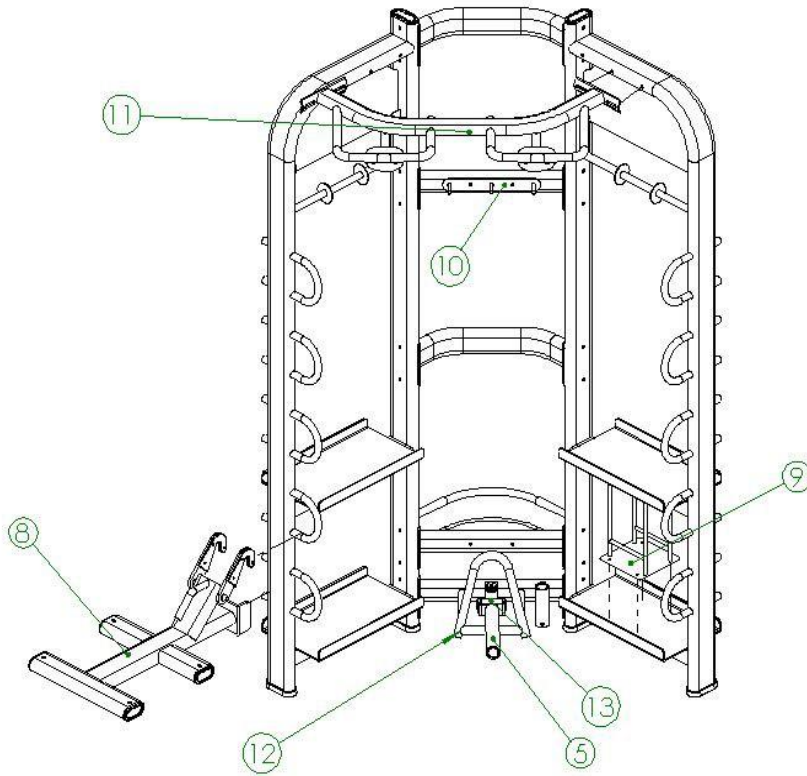
# MAIN FRAME A ASSEMBLY STEPS

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
1	No.1	0100 Main frame components	2	No.6	0100A Welding group	4
	No.2	0100E Assembly and disassembly components	1	No.7	Assembly and disassembly components	1
	No.3	0100D Assembly and disassembly components	1	No.29	Gear hook	10
	No.4	0100F Assembly and disassembly components	2	No.30	Protection pad	4
Tools/equipment		6# Hexagonal screwdriver, wrench				



# MAIN FRAME ASSEMBLY STEPS

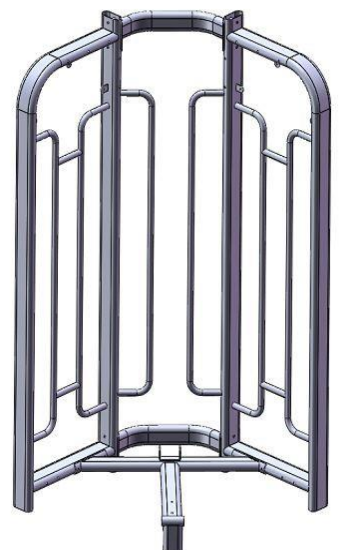
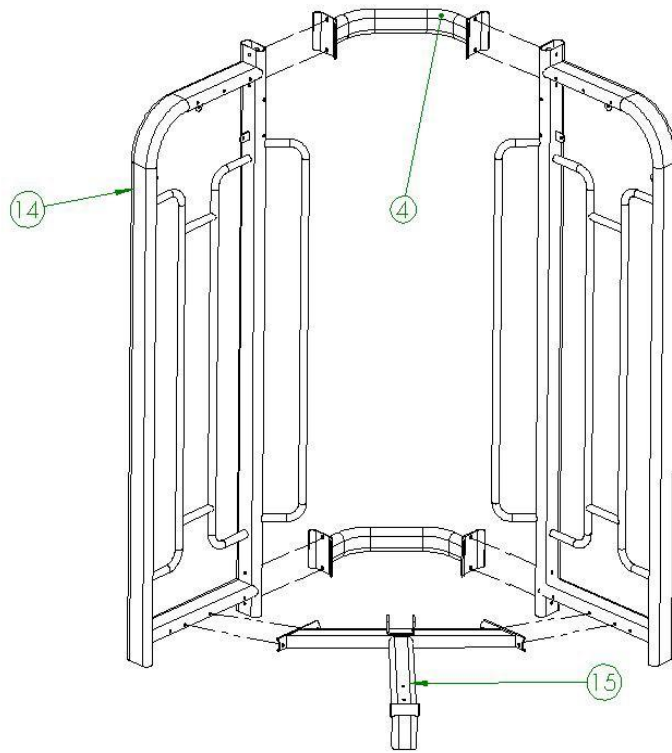
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
2	No.5	the barbell components for Barbell	1	No.11	Relay disassembly assembly	1
	No.8	Large hook set	1	No.12	Tripod assembly	1
	No.9	Square frame component	1	No.13	0100G	1
	No.10	Hook frame assembly	1			
Tools/equipment		6# Hexagon screwdriver				



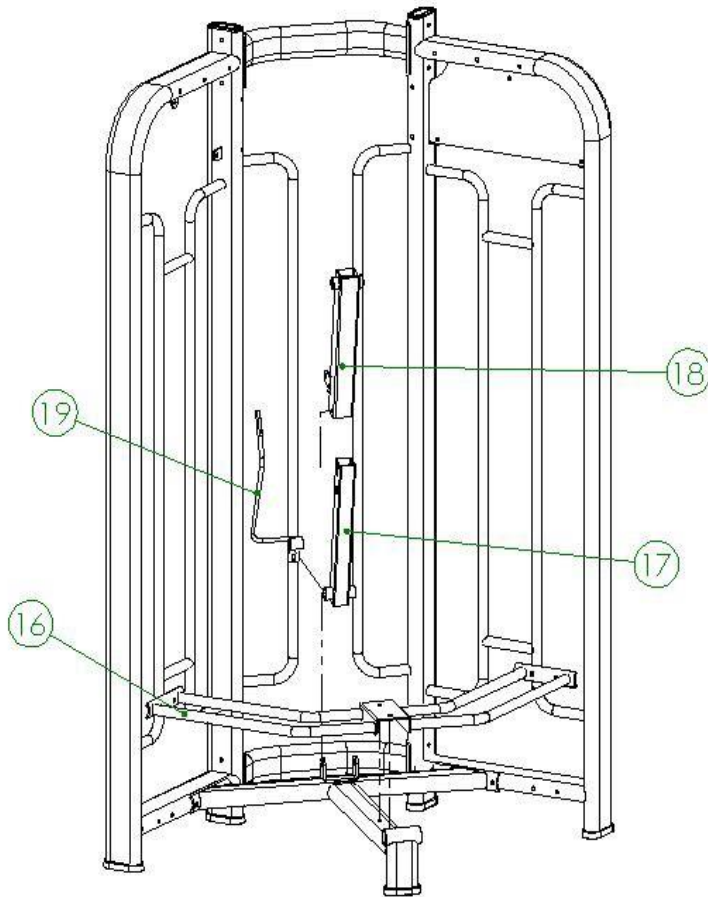


# MAIN FRAME B ASSEMBLY STEPS

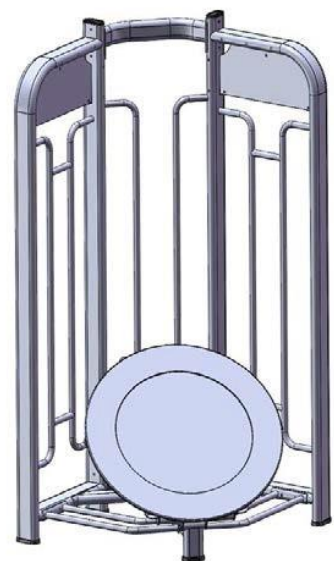
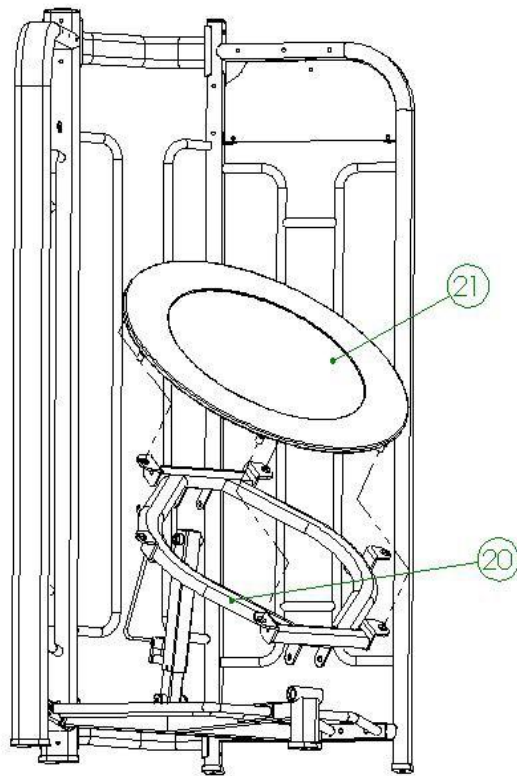
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
3	No.4	0100F Assembly and disassembly components	4			
	No.14	0200 Main frame components	2			
	No.15	0200C Support sliding components	1			
Tools/equipment		6#Inner hexagon screwdriver, wrench				



Step NO	Item NO	Name	Qty	Item NO	Name	Qty
4	No.16	0200D Support frame	1			
	No.17	0200E Gear adjustment components	1			
	No.18	0200F Slide components	1			
	No.19	0200G Gear handle	1			
Tools/equipment		6#Inner hexagon screwdriver, wrench				

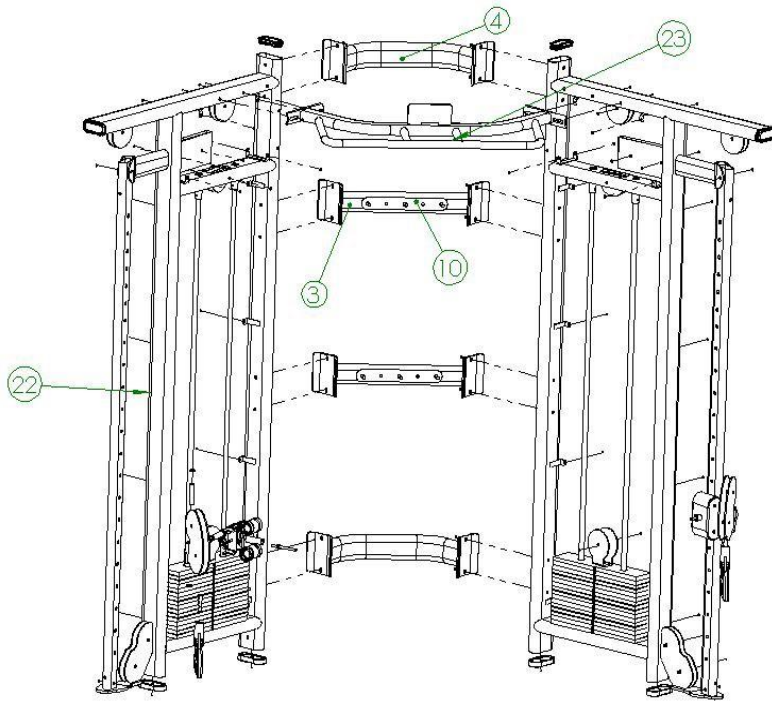


Step NO	Item NO	Name	Qty	Item NO	Name	Qty
5	No.20	0200P Spring net support frame	1			
	No.21	Elastic bed	1			
Tools/equipment		6# Hexagon screwdriver				



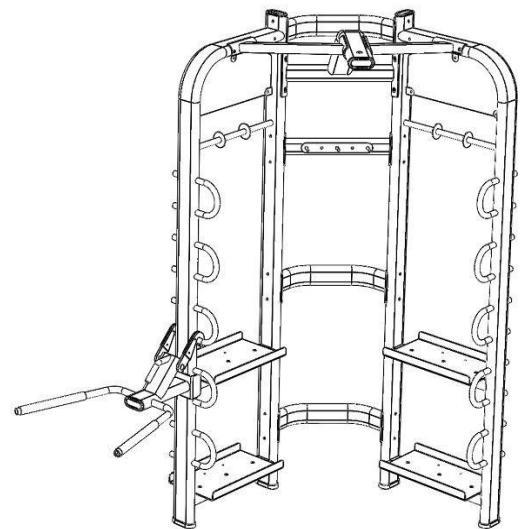
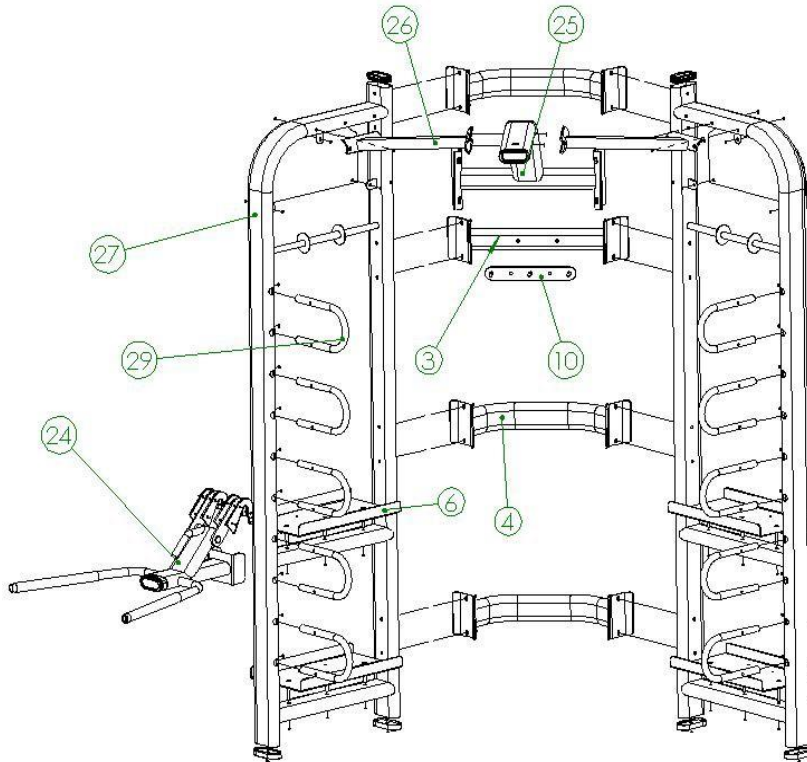
# MAIN FRAME C ASSEMBLY STEPS

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
6	No.3	0100D Assembly and disassembly components	2	No.23	0300F Take advantage of the disassembly and assembly of components	1
	No.4	0100F Assembly and disassembly components	2			
	No.10	Hook frame assembly	2			
	No.22	0300A Main frame components	1			
Tools/equipment		6# Hexagon screwdriver				



# MAIN FRAME D ASSEMBLY STEPS

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
7	No.3	0100D Assembly and disassembly components	1	No.24	0400A Assembly and disassembly components	1
	No.4	0100F Assembly and disassembly components	3	No.25	0400C Disassembly and assembly of connecting components	1
	No.29	Gear hook	10	No.26	0400C Connecting components	1
	No.10	Hook frame assembly	1	No.27	0400 Main frame components	1
Tools/equipment		6# Hexagon screwdriver				



# MAIN FRAME TOTAL ASSEMBLY STEPS

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
8	No.31	0500B Connecting components	2	No.34	0500F Leverage handrail group	10
	No.32	0500C Connecting components	2	No.35	0500G Side connection group	2
	No.28	0500A Connecting components	2	No.36	0500P Olympic Bar	1
	No.33	Upper beam assembly	2			
Tools/equipment		6# Hexagon screwdriver				

