

FRENCH FITNESS

FF-FL100

FRENCH FITNESS FL100 FREEWEIGHT
LEVERAGE GYM SYSTEM

ASSEMBLY AND EXERCISE MANUAL



FEATURES

- Press Station
- Pulldown Station
- Hack Squat and Calf Raise Station
- Accommodates 3 users at the same time
- Heavy duty construction
- Flat, Incline, Decline adjustable bench
- Comfortable and secure grip handles
- Non-Slip Rubber Feet

STANDARD ACCESSORIES

- Squat
- Standing Calf Raise
- Chest press
- Incline chest press
- Shoulder press
- Bent over row
- Standing Shrugs
- Lat pulldown
- Leg extension
- Standing leg curl
- Preacher bicep curl

TECH SPECS

- Dimension: 110.5"L x 74.7"W x 90.2"H (2808mm x 1898mm x 2292mm)
- Weight: 403lb (183kg)

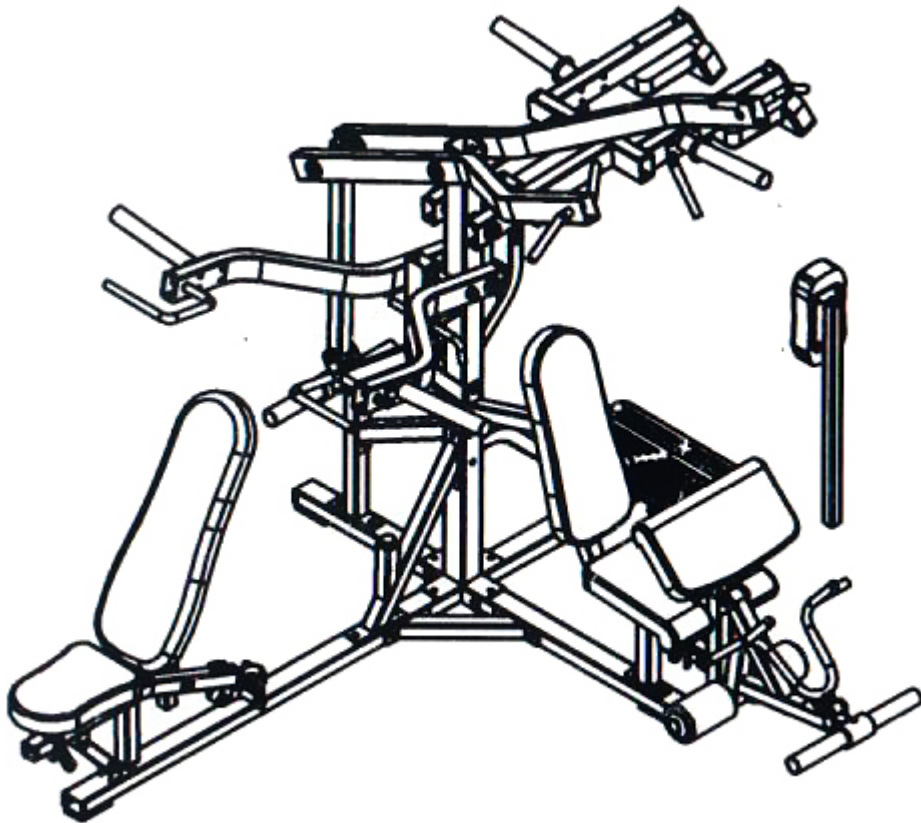
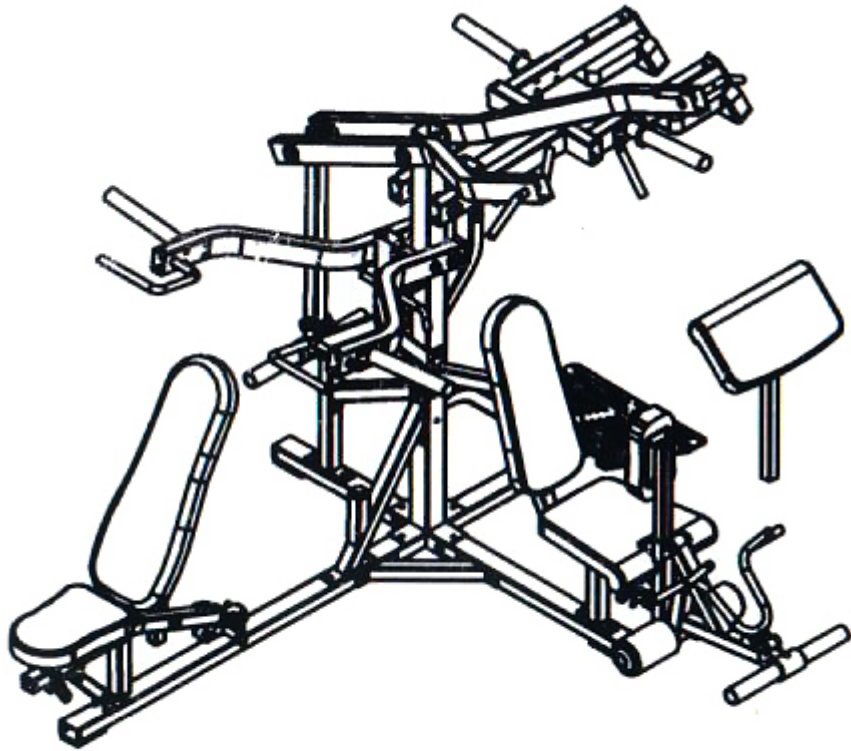
WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

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ASSEMBLY



FRENCH FITNESS

FF-FL100

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LEVERAGE GYM SYSTEM

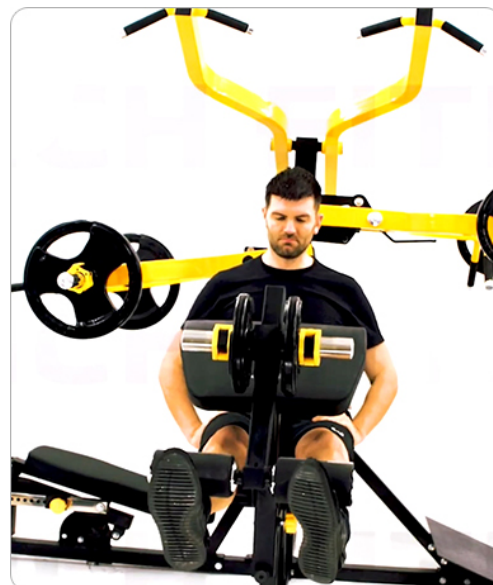
EXERCISES



**LEG
EXTENSION**



START



END

**PREACHER
CURL**



START

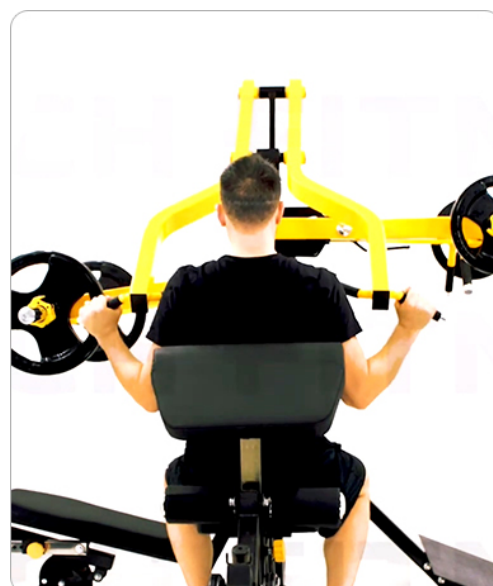


END

**LAT
PULLDOWN**



START

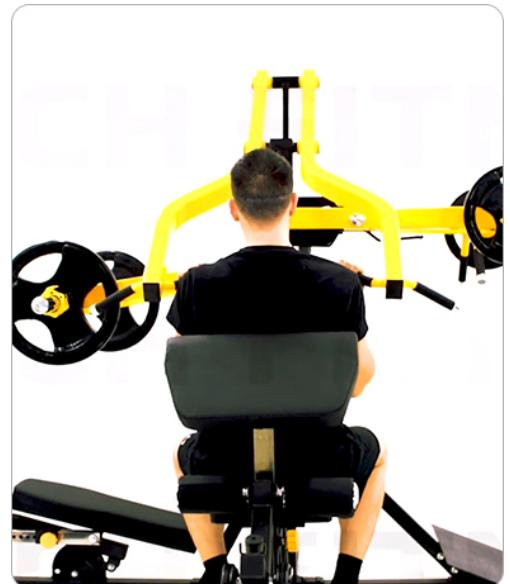


END

REVERSE
GRIP LAT
PULLDOWN



START

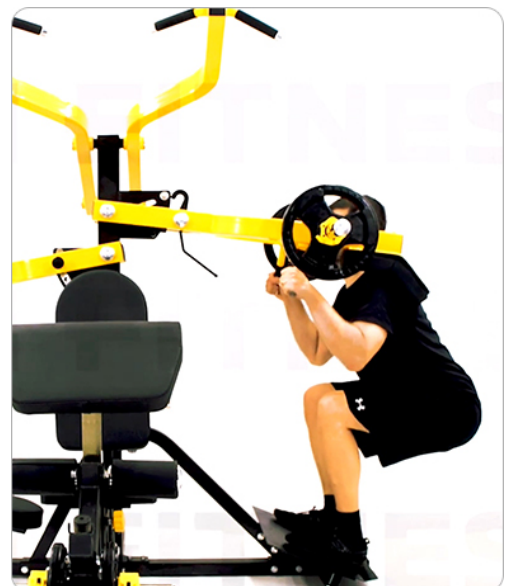


END

SQUAT

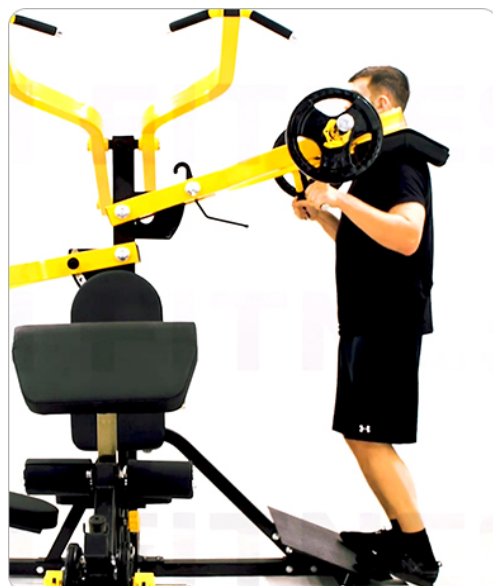


START

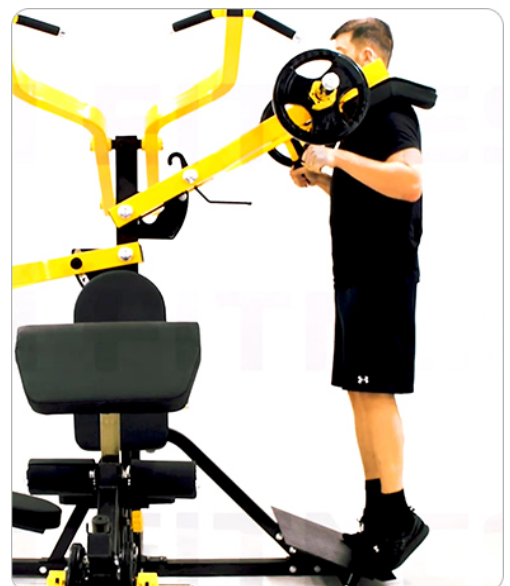


END

CALF RAISE

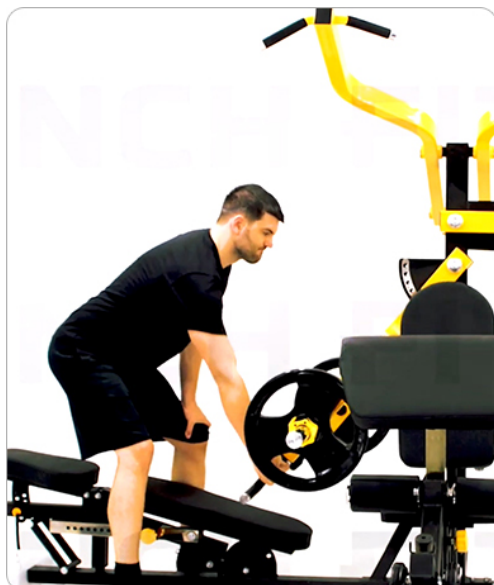


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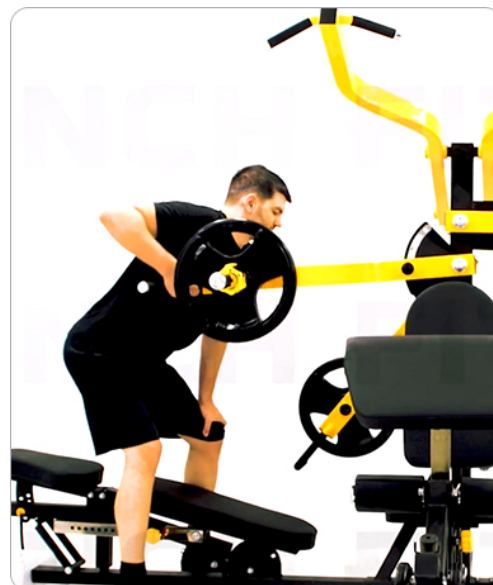


END

**ISO LATERAL
BENT OVER
ROW**

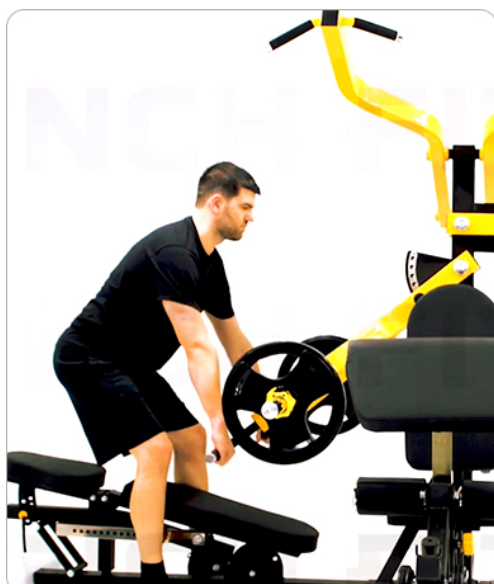


START

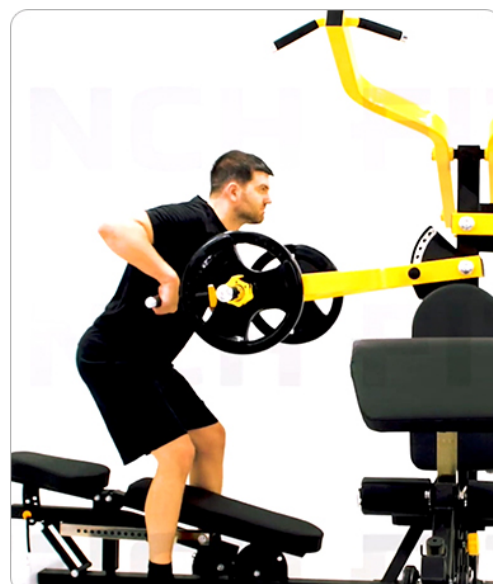


END

**BENT OVER
ROW**



START



END

**DECLINE
BENCH**



START



END

**ISO-LATERAL
DECLINE
BENCH**



START



END

**ISO-LATERAL
DECLINE
BENCH**

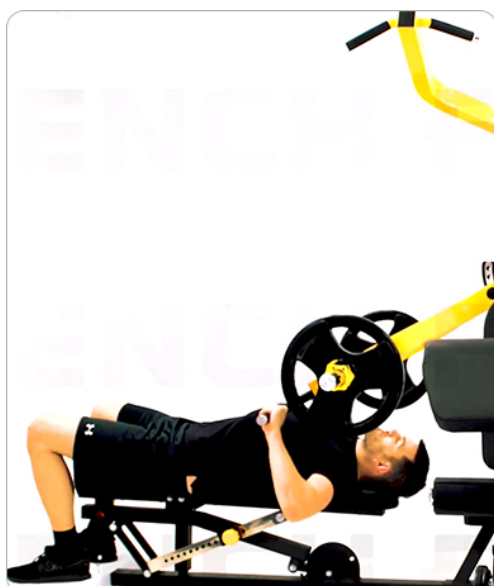


START



END

FLAT BENCH



START



END

**ISO-LATERAL
FLAT BENCH**

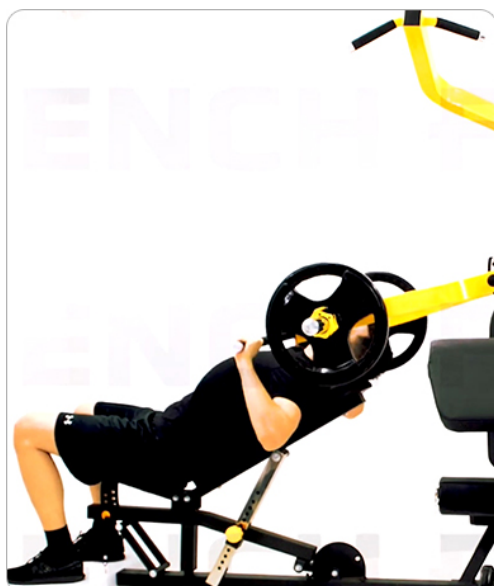


START

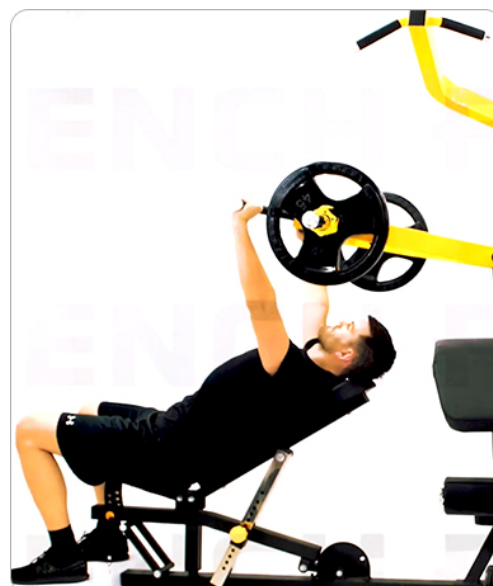


END

**INCLINE
BENCH**

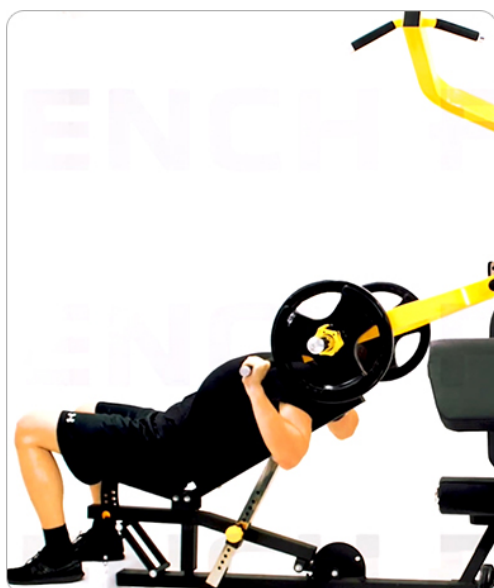


START



END

**ISO-LATERAL
INCLINE BENCH**



START

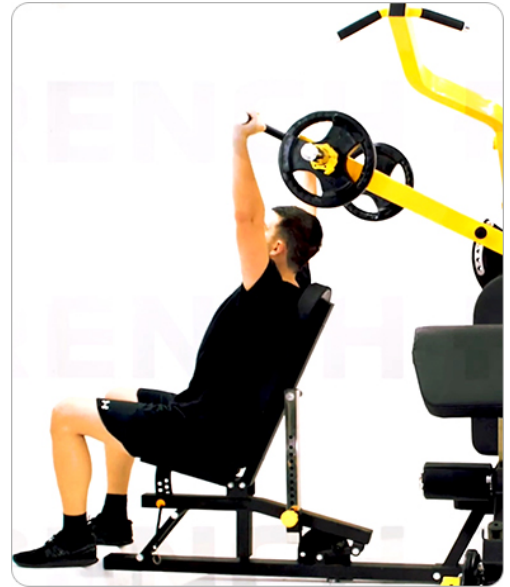


END

SHOULDER PRESS



START

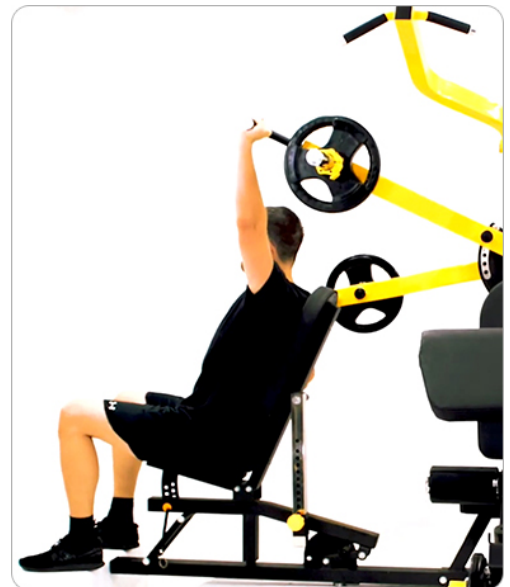


END

ISO-LATERAL SHOULDER PRESS



START



END

STANDING LEG CURL



START



END