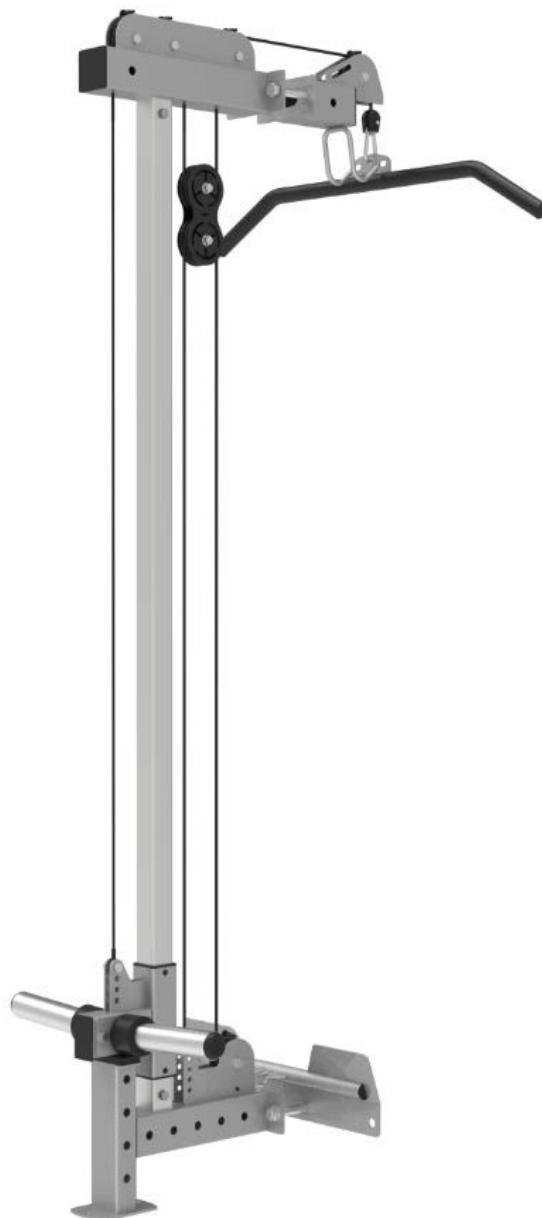


FRENCH FITNESS

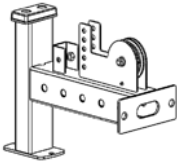
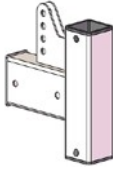
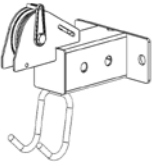
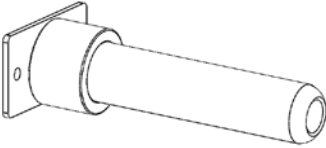

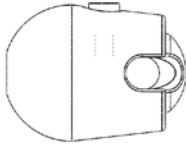
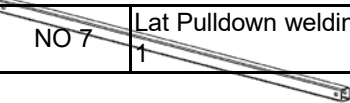
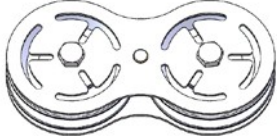
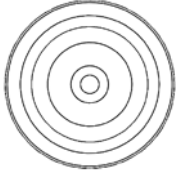

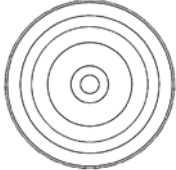

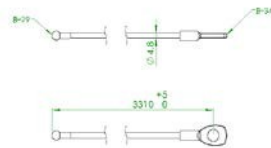

FSR100

French Fitness FSR100
Lat Pulldown / Low Row Attachment



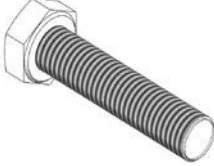

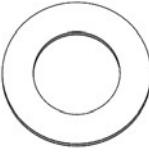
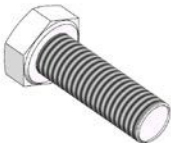
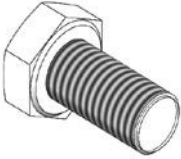
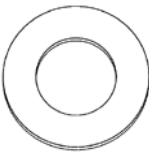

ASSEMBLY MANUAL



PARTS LIST

Individual packaging			
			
NO 1	Back base welding group sets * 1	NO 2	Functional trainer group sets * 1
			
NO 3	Upper support welding group * 1	NO 5	Rod welding group sets * 2
			
NO 4	Upper cantilever welding group sets * 1	NO 6	Low-stretch welding group sets * 1
			
NO 7	Lat Pulldown welding * 1	NO 8	Pulley combination * 1
			
NO 10	Stainless steel conduit * 1	NO 11	Foot pedal * 1
			
NO 13	Φ90 pulley * 7	NO 14	User guide * 1
			
NO 16	Cable 1 * 2	NO 17	10 Joint of Chain * 2

Screws / Nuts / Gaskets Assembling List -2 (FID-8 Plastic Package)

					
A	Hexagon socket flat head screw M16*100*6	B	Hexagon socket screw M10*70*2	C	Hexagon socket flat head screw M10*45*1
					
D	M16 lock nut*6	E	Ø16 Flat gasket * 6	F	Hexagon socket flat head screw M10*30*1
					
G	Hexagon socket flat head screw M10*20*4	H	Φ10 Flat gasket *8	I	M10 lock nut * 4

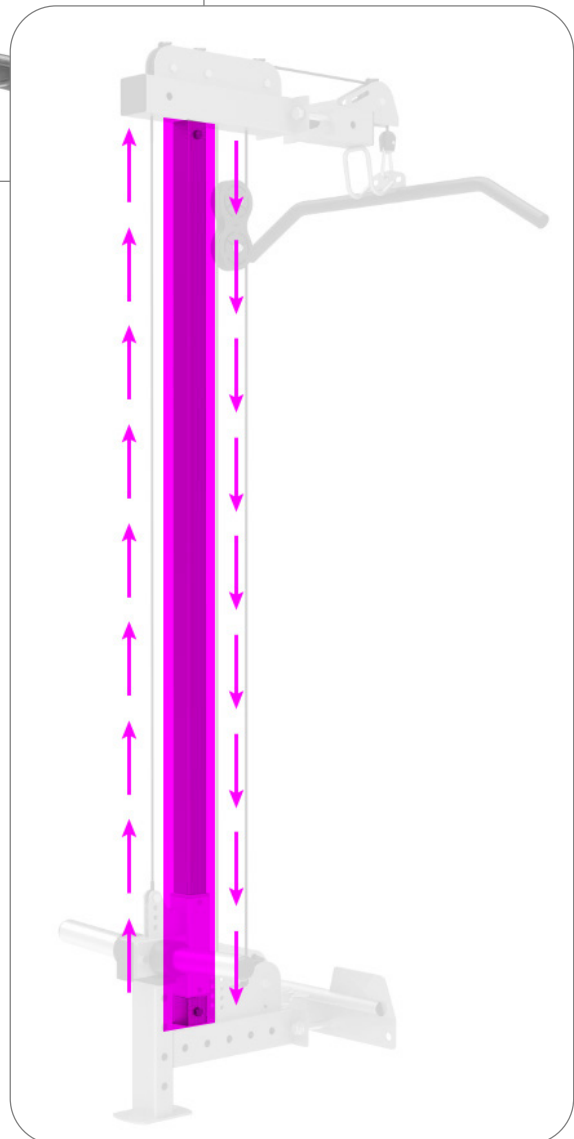
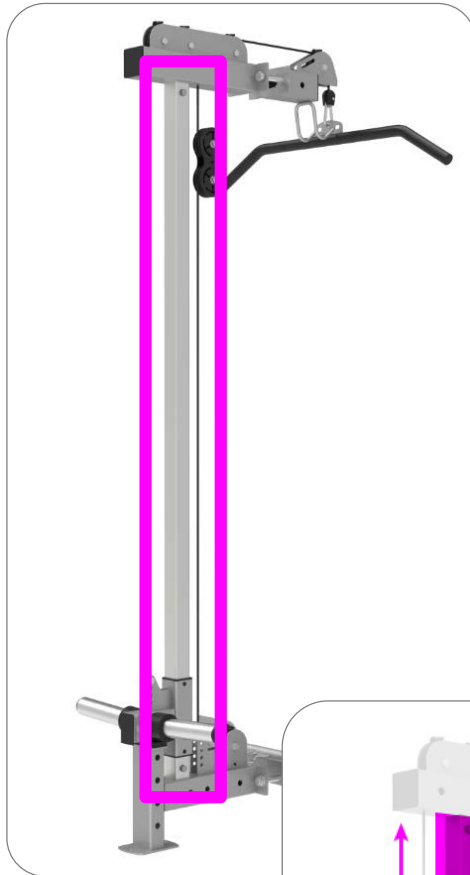
CLEAN GUIDE RODS

Step must be completed prior to installing. Failure to do so can leave residue from packaging and other sources stuck in the bushings.

Guide rods need to make sure they are cleaned prior to installation otherwise this will cause the top plate to get stuck. It causes buildup in the bushings of the top plates. They just need to be cleaned out as well as the guide rods.

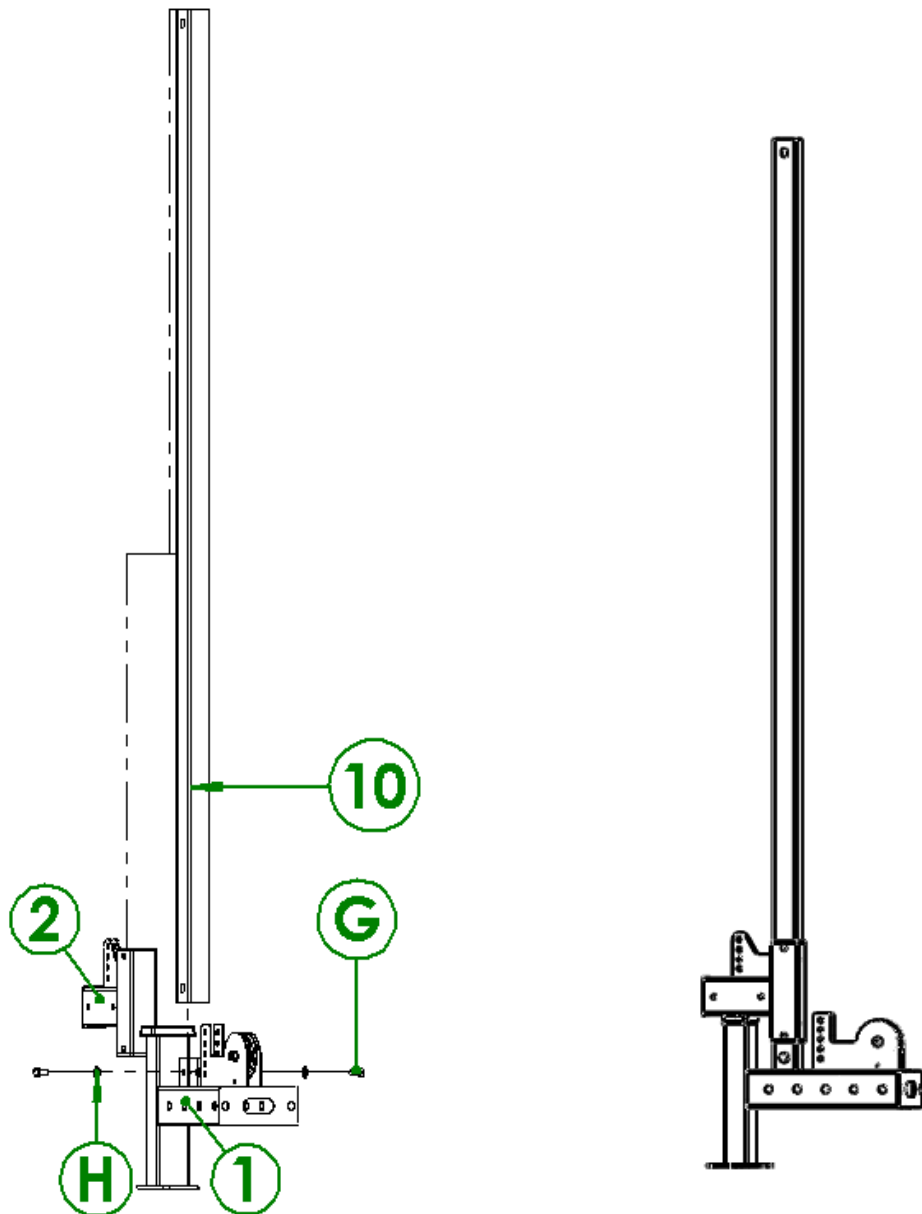
Use Silicon Spray and fiber to remove any excess residue. These can be found around the house or at a nearby hardware store, pics below. Use silicon Spray and steel wool.

We use "B'laster 16-SL Industrial Strength Silicone Lubricant" and Steel Wool, Grade #0000 Super Fine Grade.



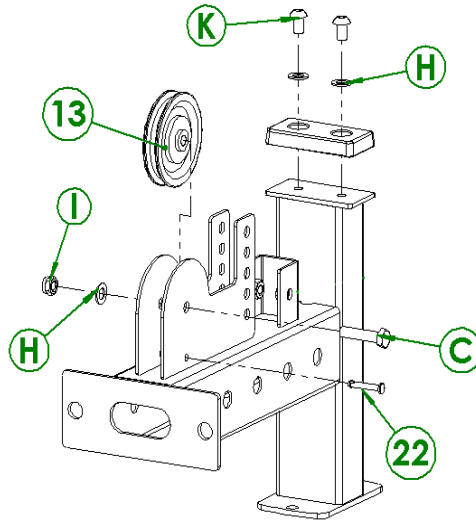
ASSEMBLY STEPS

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
1	NO 1	Back base welding group sets	1	G	M10*20 Hexagon socket flat head screw	2
	NO 2	Functional trainer group sets	1	H	Φ10 Flat gasket	2
	NO 10	Stainless steel conduit	1			



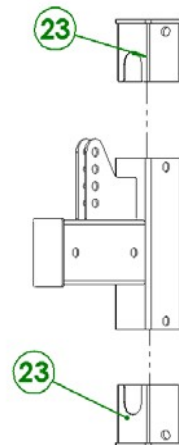
NO 1 Back base welding group sets * 1pc

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO 13	Φpulley	1	C	M10*45 Hexagon socket flat head screw	1
	NO 22	Clamp pin	1	K	M10*16 Flat round head screws	2
	H	Φ Flat gasket	3			
	I	M10 lock nut	1			



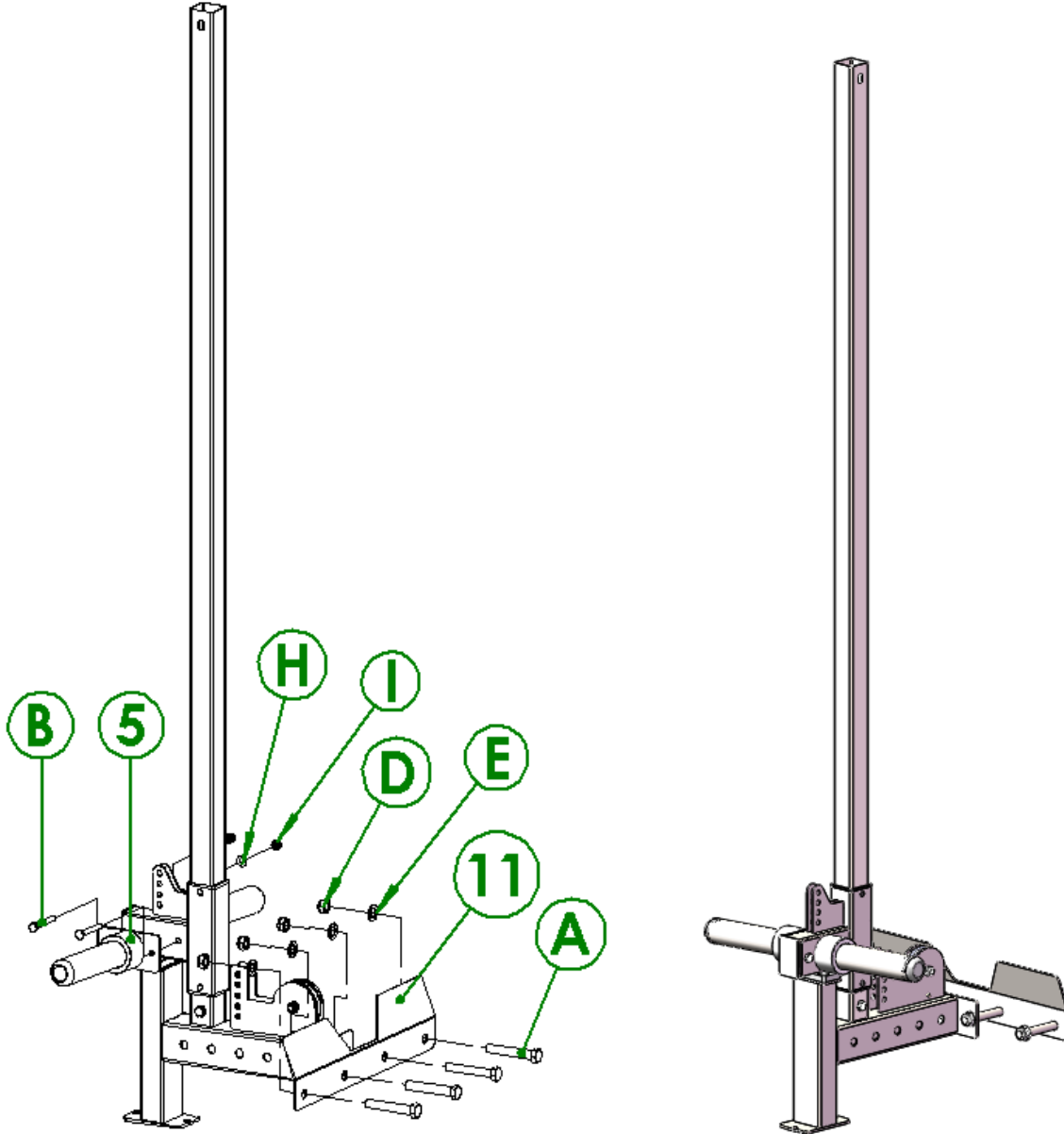
NO 2 Functional trainer group sets * 1pc

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO 23	Reducer	2			



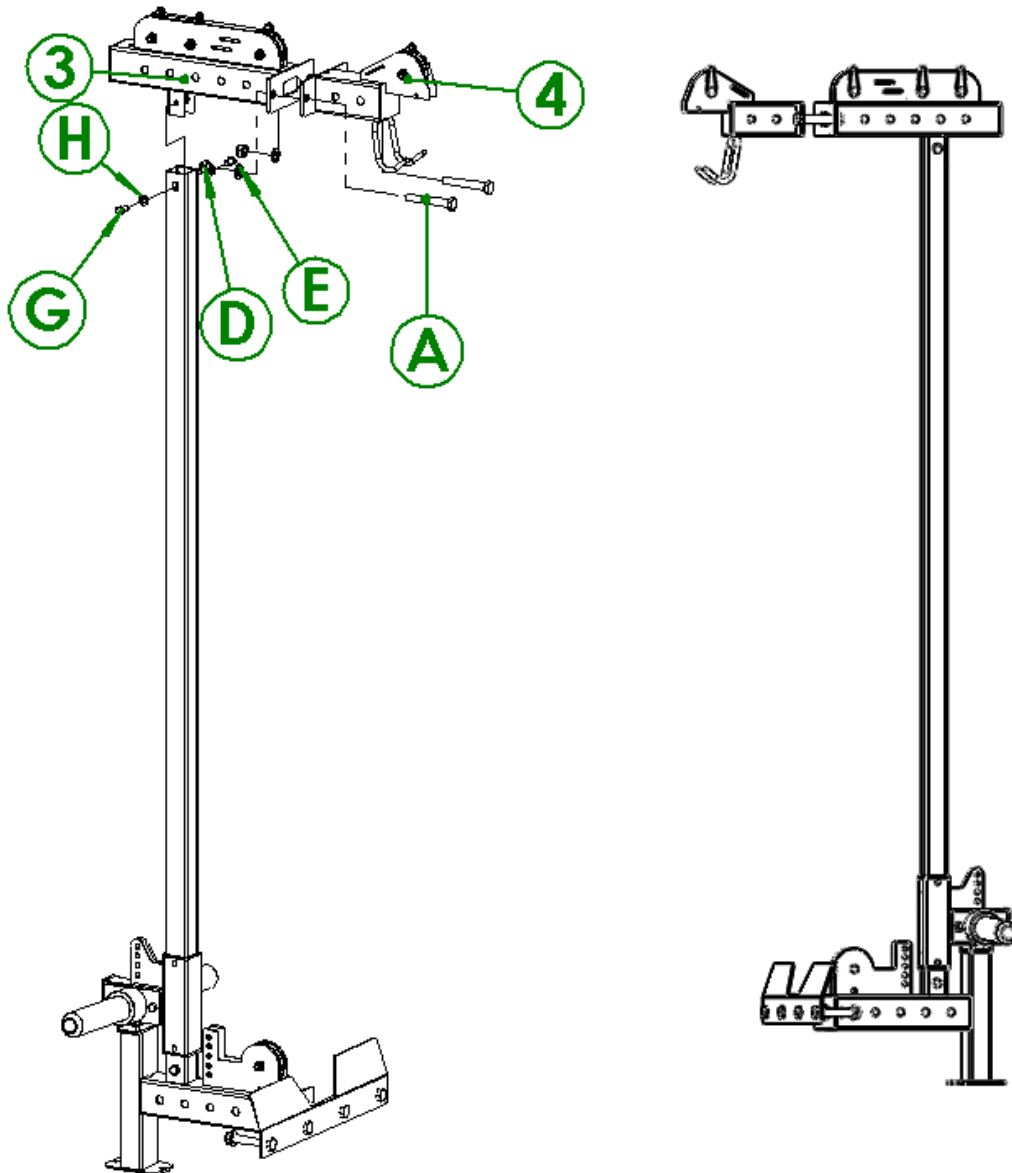
ASSEMBLY STEPS

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO 5	Rod welding group sets * 2pcs	2	A	M16*100 Hexagon socket screw	4
	B	M10*70 Hexagon socket screw	2	E	Φ16 Flat gasket	4
	I	M10 lock nut	2	D	M16 lock nut	4
	H	Φ10 Flat gasket	2	NO 11	Foot pedal	1



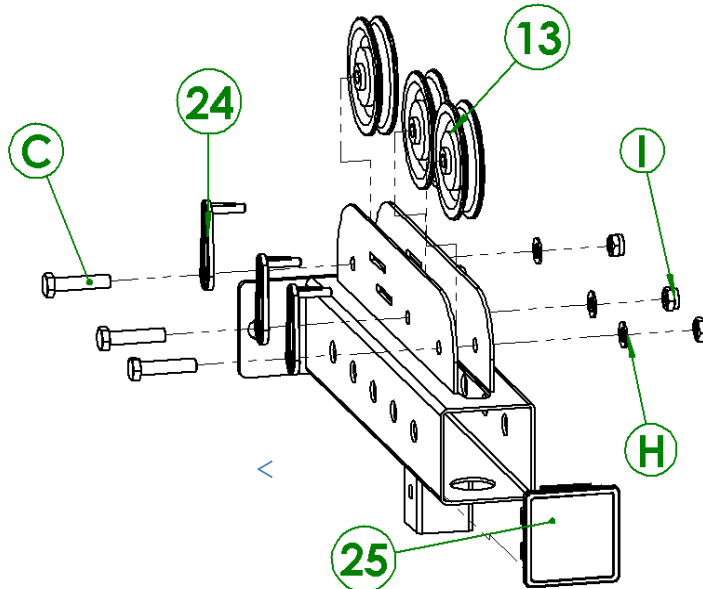
ASSEMBLY STEPS

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
2	NO 3	Upper support welding group	1	E	Φ16 Flat gasket	2
	NO 4	Upper cantilever welding group sets	1	H	Φ10 Flat gasket	2
	A	M16*100 Hexagon socket screw	2			
	G	M10*20 Hexagon socket screw	2			
	D	M16 lock nut	2			



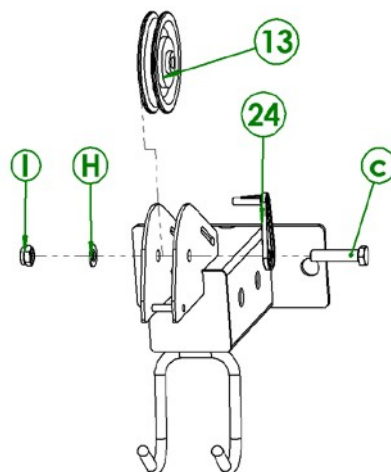
NO 3 Upper support welding group * 1pc

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO 13	Φ90 pulley	3	C	M10*45 Hexagon socket screw	3
	NO 24	Pulley rope sleeve	3	I	M10 lock nut	3
	NO 25	75*75 Pipe cap	1	H	Φ10 Flat gasket	3



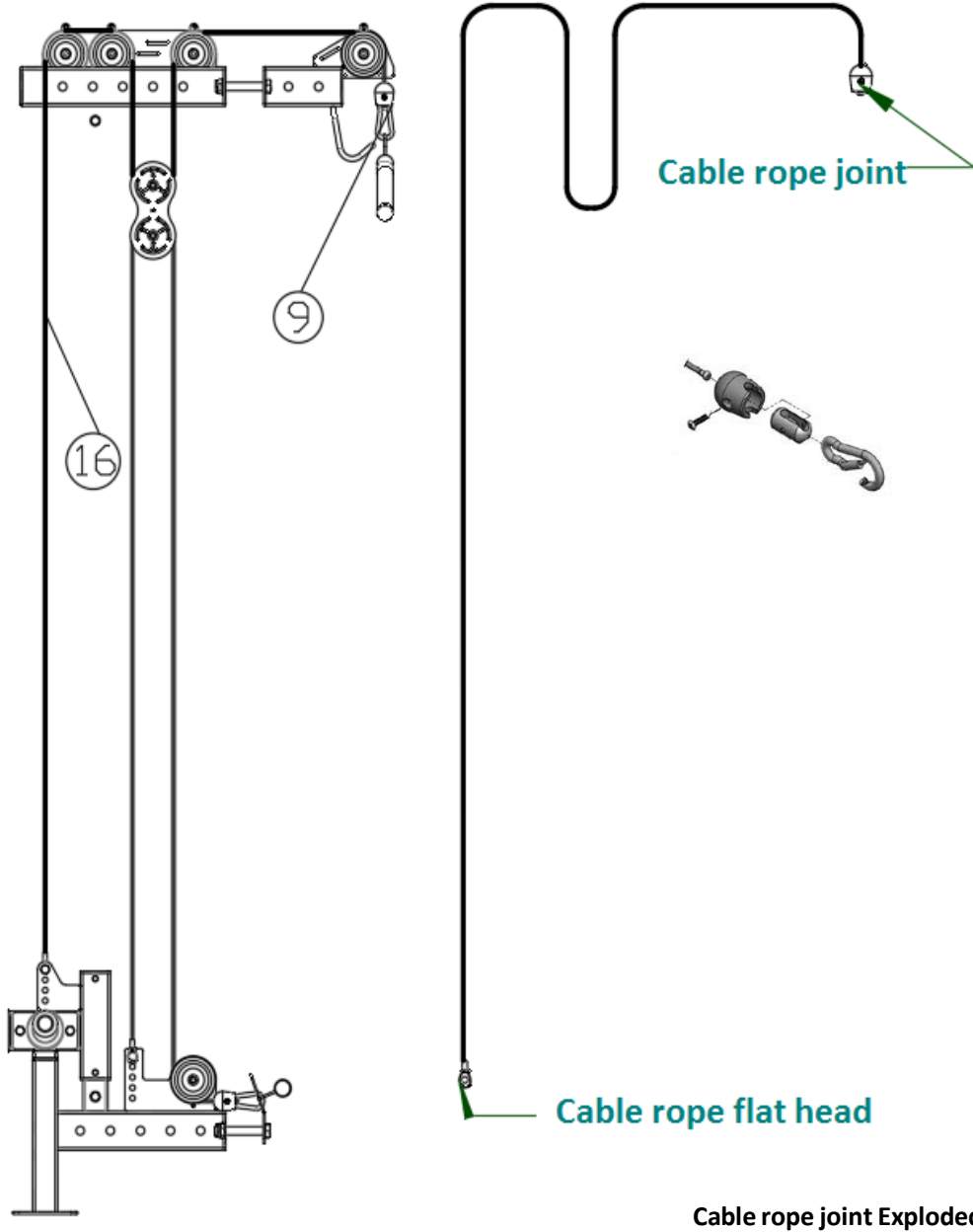
NO 4 Upper cantilever welding group sets * 1pc

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO 13	Φ90 pulley	1	C	M10*45 Hexagon socket screw	1
	NO 24	Pulley rope sleeve	1	H	Φ10 Flat gasket	1
				I	M10 lock nut	1



ASSEMBLY STEPS

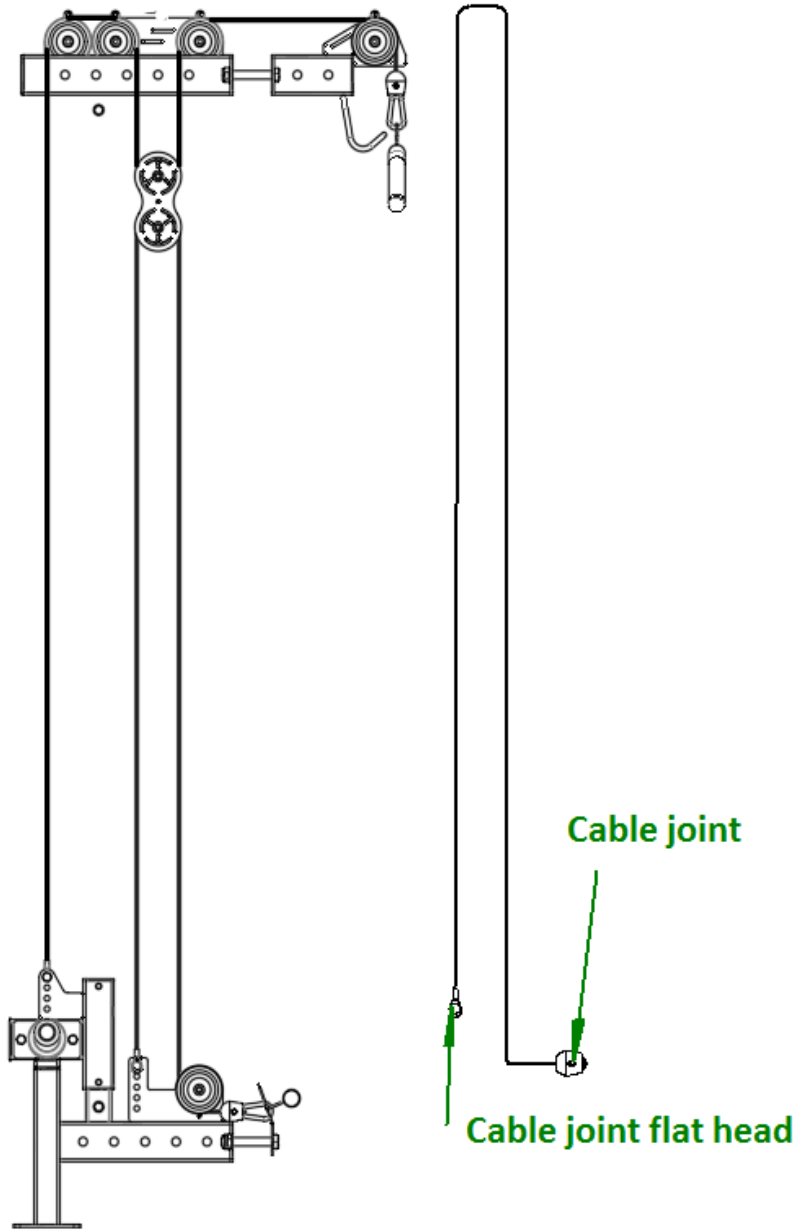
Steps NO	Item NO	Name	Qty	Item NO	Name	Qty
	No.16	Cable	1			
	No.9	Cable rope joint	1			



Cable rope joint Exploded view

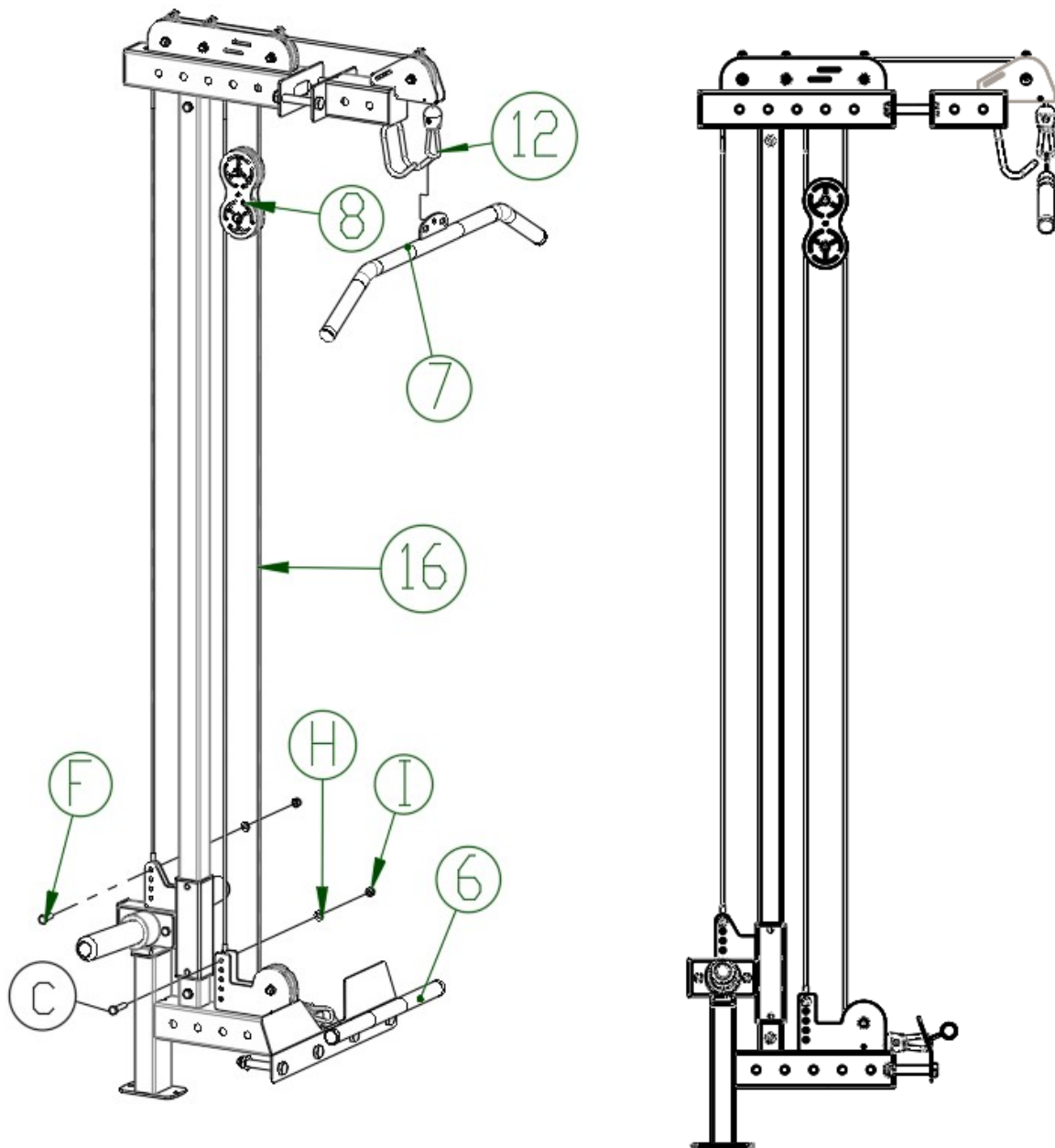
SCHEMATIC DIAGRAM OF CABLE

Assembly Step						
Steps NO	Item NO	Name	Qty	Item NO	Name	Qty



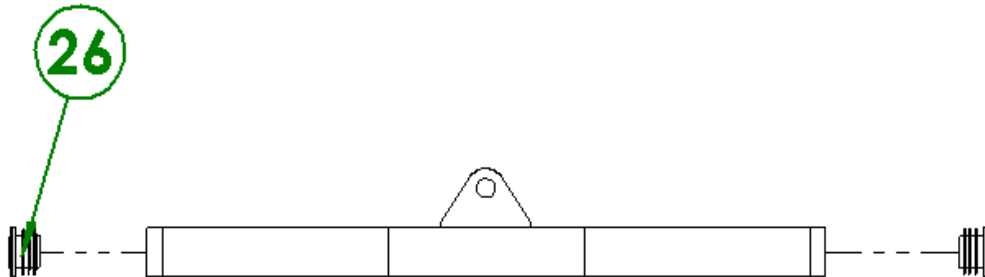
SCHEMATIC DIAGRAM OF CABLE

Assembly Step						
Steps NO	Item NO	Name	Qty	Item NO	Name	Qty
	No.7	Lat row welding group	1	H	Φ10 gasket	2
	No.8	Pulley combination	1	I	M10 lock nut	2
	No.16	Cable	1	F	M10*30 Outer Hexagon Screw	1
	No.6	Low row welding group	1	NO.12	Standard safety hook	2
	C	M10*45 Hexagon Screw	1			



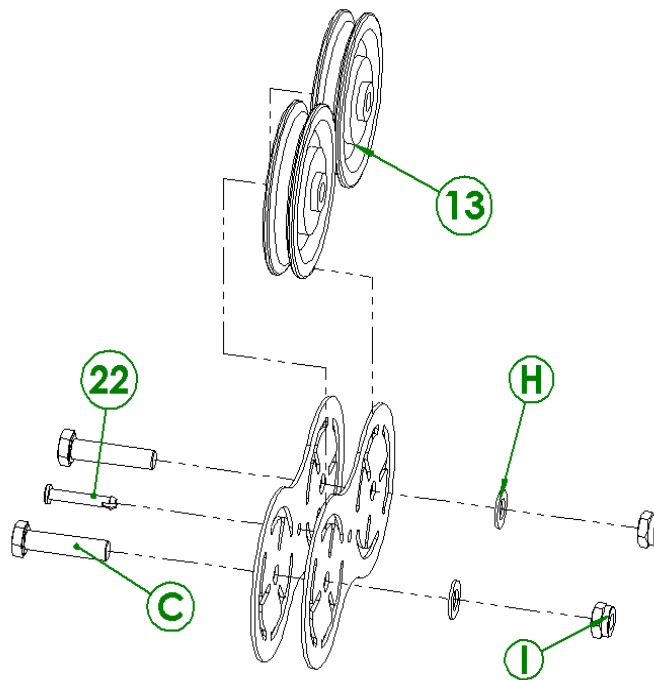
No. 6 Low row welding group *1

Steps NO	Item NO	Name	Qty	Item NO	Name	Qty
	26	Φ32 round pipe plug	2			



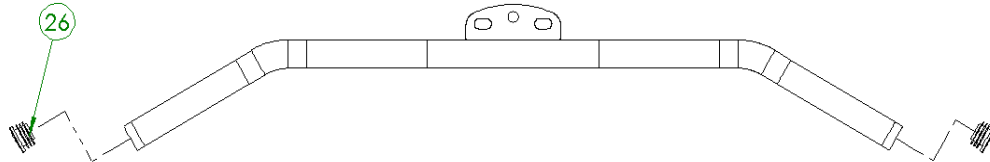
No. 8 Double pulley combination * 1

Steps NO	Item NO	Name	Qty	Item NO	Name	Qty
	No.22	Clamp pin	1	I	M10 lock nut	2
	No.13	Φ90 pulley	2	C	M10*45 Hexagon Screw	2
	H	Φ10 gasket	2			



No. 7 Lat row welding group *1

Steps NO	Item NO	Name	Qty	Item NO	Name	Qty
	No.26	Φ32 round pipe plug	2			



No. 5 Hanging rod group * 2

Steps NO	Item NO	Name	Qty	Item NO	Name	Qty
	No.27	Stainless steel pipe blockage	1			
	No.28	Thick rubber sleeve	1			

