

FRENCH FITNESS

FF-FSR40

**FRENCH FITNESS FSR40 COMMERCIAL
FUNCTIONAL SMITH & SQUAT POWER
CAGE - 83" TALL (NEW)**

ASSEMBLY MANUAL



FEATURES

- Brand: French Fitness

Perfect for Variety of Functions and Strength Exercises such as Smith Deep Squat, Smith Dead Lift, Free Weight Exercise, Incline Chest Press, Flat Chest Press, Weight incline, Press Squat, Morning Exercise, Triceps Extension, Arm Curl, squat with cable, Wood Chopper, Hip Abduction, Pulley Triceps Extension, Seated Row, alternating Chest Press, Chest Fly and many more!

The Ultimate 3-IN-ONE Machine:

- Smith Machine
- Squat Rack
- Functional Trainer
- Dual Cable Column
- Dip Bars (Optional)
- Seated Row Foot Rest (Optional)
- Landmine (Optional)
- Pull Up Bar (Optional)
- Jammer Arm (Optional)
- Leg Press (Optional)
- Lat Pulldown (Optional)
- Bench (Optional)
- Preacher Curl (Optional on Bench Attachment)
- Leg Extension / Leg Curl (Optional on Bench Attachment)

TECH SPECS

- Color: Black
- 11 Gauge Steel
- Steel Tube Size: 75mm x 75mm x 3mm
- Hole Size: 1" (26mm)
- Hole Spacing (center to center): 2" (50mm)
- Inner Rack Width: 42.5" (108 cm)
- Dimensions: 48.42"L x 70.86"D x 83"H (123cm x 180cm x 211cm)
- Product Weight: 1058 lbs (480 kg)

WEIGHT STACKS

- Weight Stacks: 220 lbs (100 kg) Dual Weight Stacks (440 lbs combined)
- Weight Stack Increments: (20) 11 lbs (5 kg) Weight Plates each side
- Pulley to Weight Ratio: 2:1 (Feels like 110 lbs per side)

WARRANTY

- **Lifetime Frame Warranty**
- **10 Years Parts Warranty***
- **1 Year Labor Warranty***

*What is covered? See complete [French Fitness Warranty](#) details.

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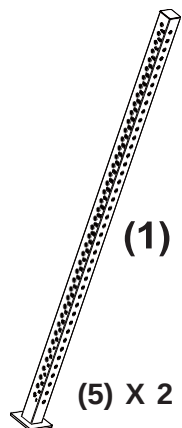
PRATS LIST 4

ASSEMBLY STEPS 6

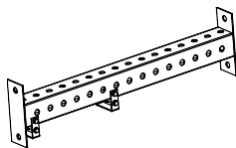
PRATS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	UPRIGHT TUBE	4	16	TUBE	2
2	UNDERSIDE TUBE	2	17	HOOK	2
3	UPSIDE TUBE	2	18	ROUND TUBE	8
4	VENTRAL TUBE	2	19	HOOK	2
5	FRONT SUPPORT FEET	4	20	ROUND TUBE	1
6	GRAVITY PLATE WASHER	30	21	CANNULA	2
7	GRAVITY PLATE	4	22	HEX BOLT M16	38
8	ROUND TUBE	2	23	WASHER Ø 16	84
9	GRAVITY BLOCK	2	24	M16 LOCK NUT	46
10	PULLEY	8	25	HEX BOLT M8	22
11	SMALL PULLEY	4	26	WASHER Ø 8	44
12	FIXED PLATE	4	27	M8 LOCK NUT	22
13	PULLEY BLOCK	2			
14	FRONT TRANSOM	1			
15	REAR TRANSOM	1			

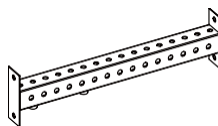
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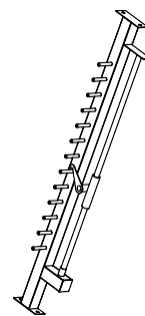
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(2) X 2

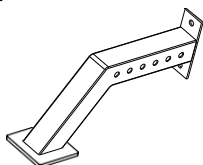


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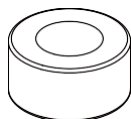


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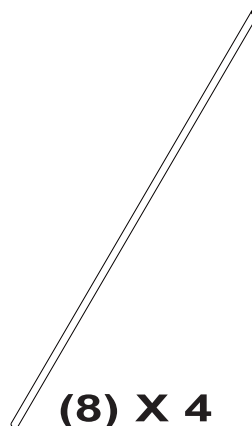
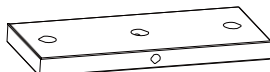
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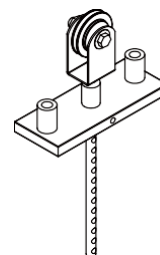
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(7) X 30



(8) X 4



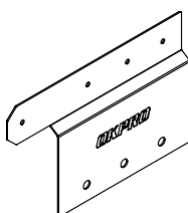
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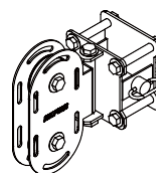
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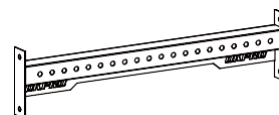
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(12) X 4



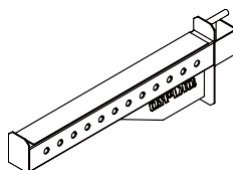
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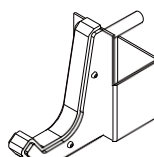
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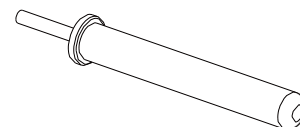
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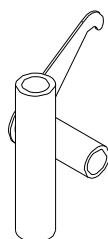
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(17) X 2



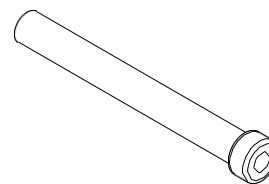
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(19) X 2



(20) X 1



(21) X 2

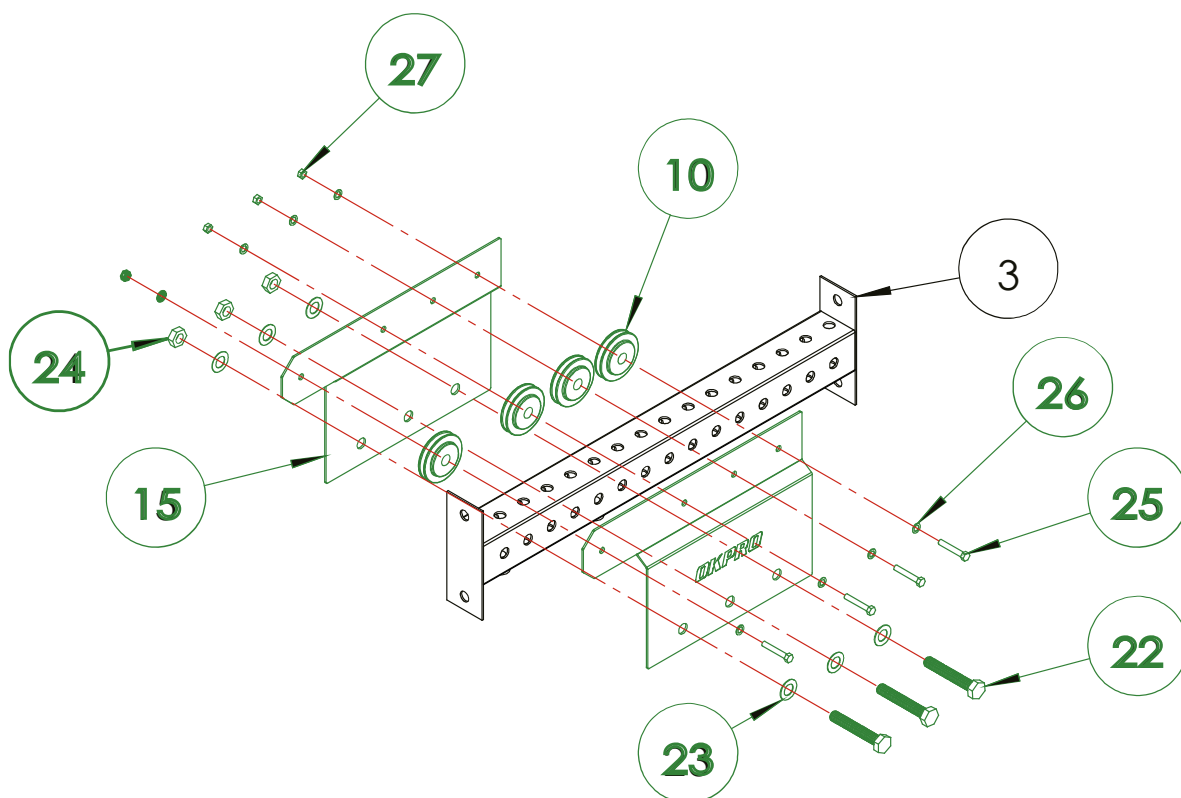
ASSEMBLY STEPS

STEP: 1

REMARK:

BLACK: INSTALLATION COMPLETE

BLUE: INSTALL AS SHOWN IN THE FIGURE



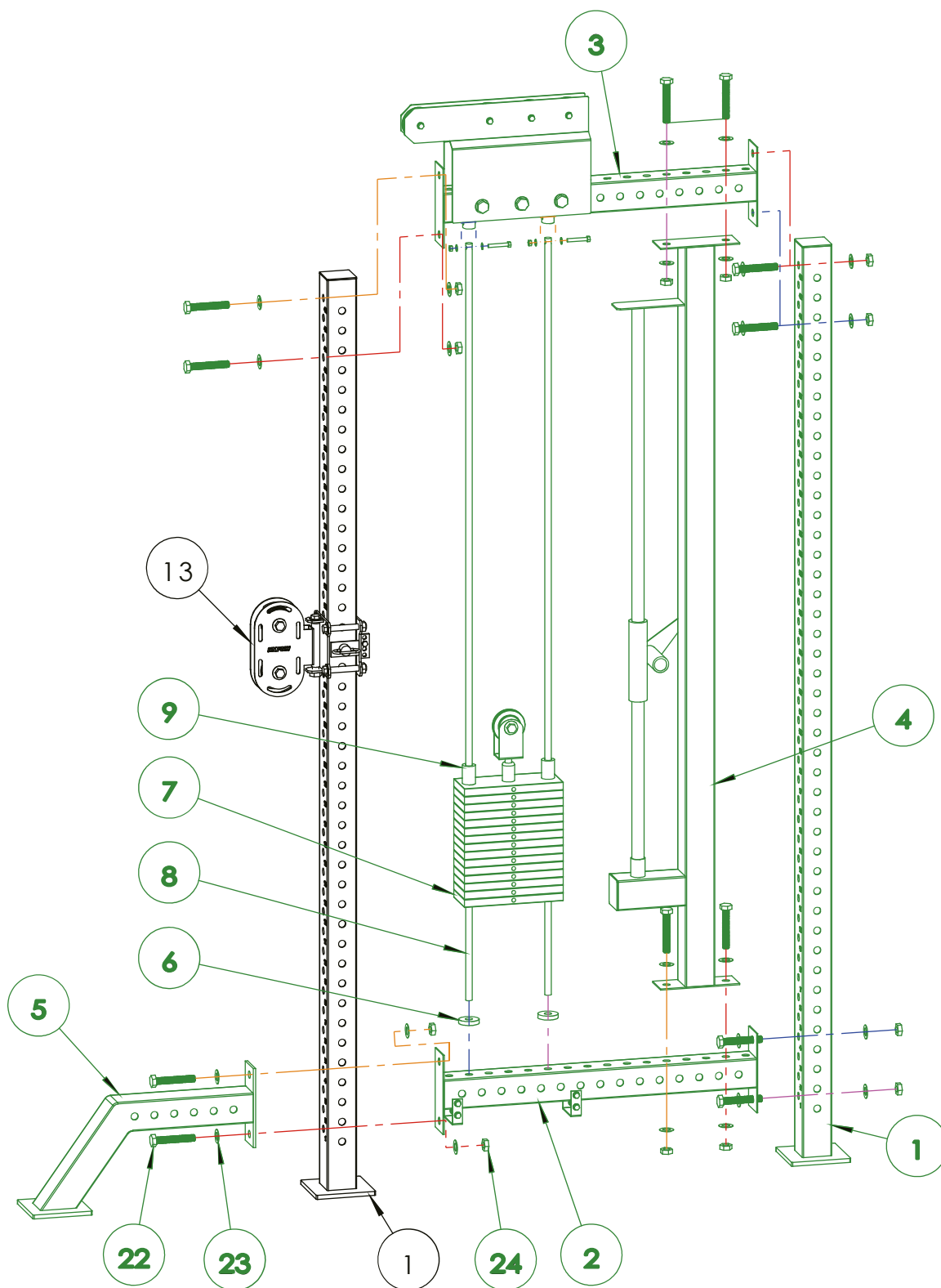
ASSEMBLY STEPS

STEP: 2

REMARK:

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BLUE: INSTALL AS SHOWN IN THE FIGURE



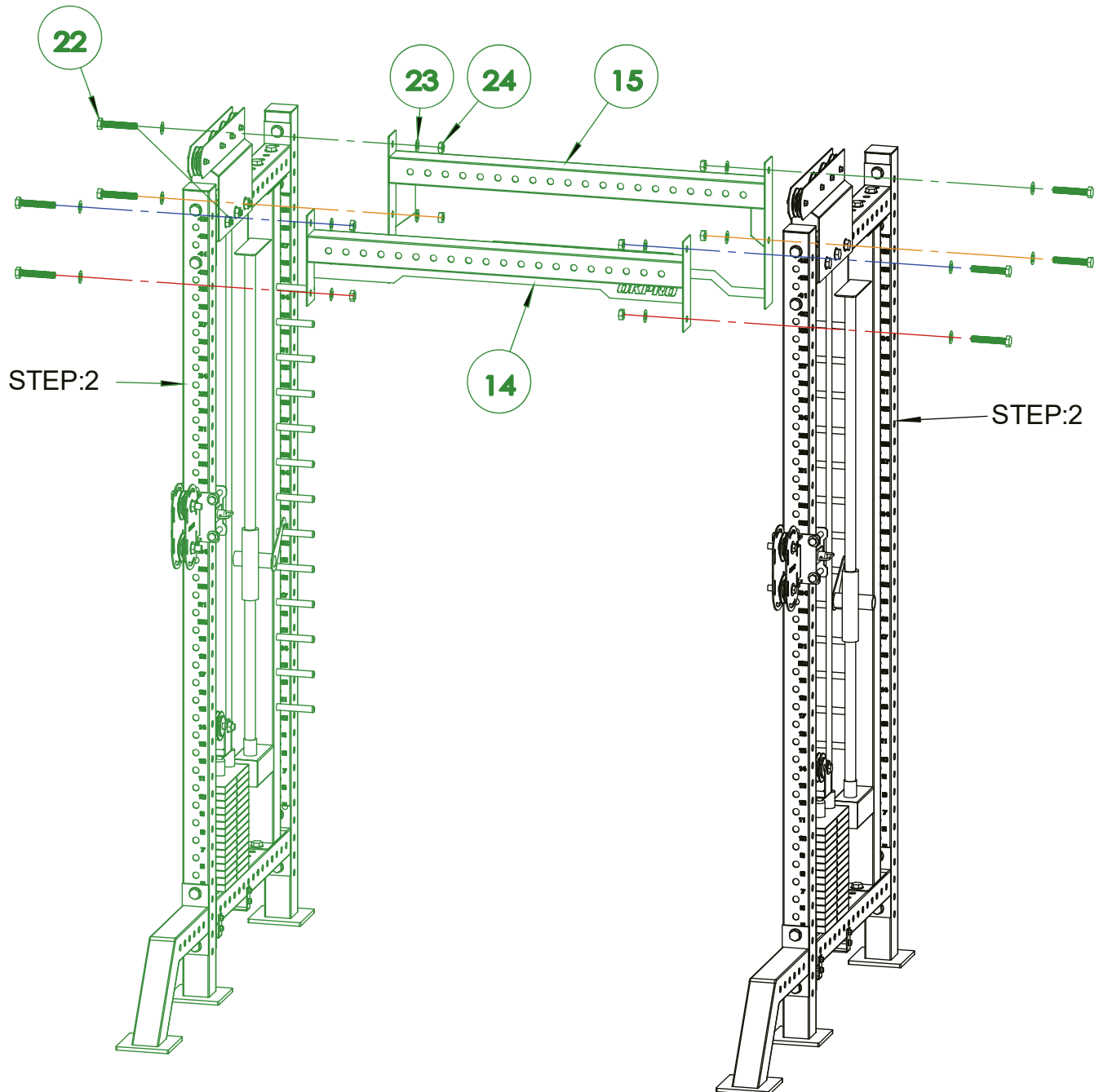
ASSEMBLY STEPS

STEP: 3

REMARK:

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BLUE: INSTALL AS SHOWN IN THE FIGURE



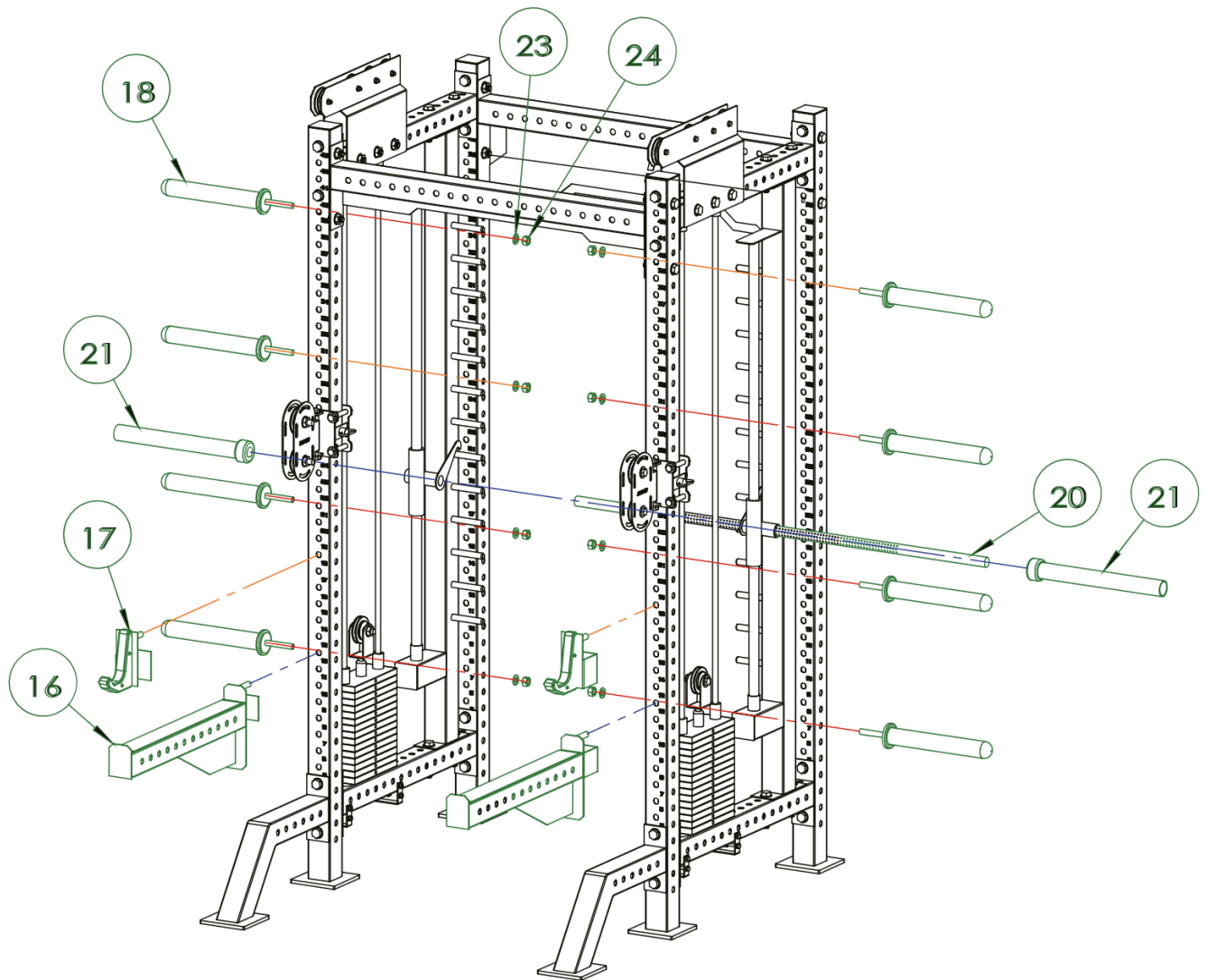
ASSEMBLY STEPS

STEP: 4

REMARK:

BLACK: INSTALLATION COMPLETE

BLUE: INSTALL AS SHOWN IN THE FIGURE



ASSEMBLY STEPS

STEP: 5

